













Hareid IL - Nordvest Maraton 2020

Result List AG Halvmaraton


Plass	Navn	Klubb	Halvveis Tid	Diff.	Tempo
Nordvest Maraton 2018					
Kvinner 10-16					
1.	 Pernille RANGNES [1203]	Molde Olymp	1:03:17	1:42:20 --	4:50 min/km
2.	 Seline KVALHEIM TØMMERSTØL	Volda	1:18:51	2:13:47 +31:27	6:20 min/km
Kvinner 17-34					
1.	 Ingvild ØYE [1144]	Hovdebygda IL	57:25	1:34:44 --	4:29 min/km
2.	 Hanne Quist CHRISTENSEN [1124]	Oslo	1:03:06	1:43:37 +08:53	4:54 min/km
3.	 Pia KVERNEVIK [1151]	Måløy	1:03:54	1:44:43 +09:59	4:57 min/km
4.	 Guri LØKKESMO [1195]	Trondheim	1:06:42	1:50:46 +16:02	5:14 min/km
5.	 Elna KNUTSEN BERG [1161]	Volda	1:10:19	1:54:35 +19:51	5:25 min/km
6.	 Kristin Hvistendahl BRATTÅS [1140]	Sandefjord	1:09:33	1:55:55 +21:11	5:29 min/km
7.	 Astrid ANDERSEN [1125]	Hareid IL	1:11:24	2:00:30 +25:46	5:42 min/km
8.	 Stine Marie HASFJORD [1194]	Ulsteinvik	1:36:11	2:43:38 +68:54	7:45 min/km
Kvinner 40-44					
1.	 Iren NORDAL [1213]	Midsund IL	55:31	1:31:04 --	4:18 min/km
2.	 Monica HUSØY [1238]	Bergsøy	1:05:24	1:46:42 +15:38	5:03 min/km
3.	 Ragnhild PAULSEN [1156]	Volda	1:09:39	1:54:53 +23:49	5:26 min/km
4.	 Gunnhild HAFSÅS [1164]	Ålesund	1:09:30	1:54:55 +23:51	5:26 min/km
5.	 Ingunn BARMEN MELBØ [1228]	Team Joggis	1:37:32	2:44:45 +73:41	7:48 min/km
Kvinner 50-54					
1.	 Marit LILLESTØL [1138]	Gjerdsvika	1:15:37	2:07:17 --	6:01 min/km
2.	 Maria T. AAMBAKK [1187]	TeamK-Rekneskap AS	1:29:34	2:31:02 +23:45	7:09 min/km
3.	 Bjørg HATLØY [1128]	Dimna	1:35:40	2:35:40 +28:23	7:22 min/km
4.	 Trine Helen SELLAND SVENKERUD	GIF Joggen	1:36:11	2:41:41 +34:24	7:39 min/km
Herrer 17-34					
1.	 Sjur HAUG [1221]	Tartanmandag	46:21	1:15:25 --	3:34 min/km
2.	 Per MYREN [1222]	Ålesund	49:53	1:20:36 +05:11	3:49 min/km
3.	 Einar ORTEN TROVÅG [1234]	Hareid IL avd.	49:23	1:21:45 +06:20	3:52 min/km
4.	 Sverre HOGGEN [1209]	Team Bankettpartner	51:49	1:24:15 +08:50	3:59 min/km
5.	 Vegard OTTERDAL NILSEN [1233]	Ørsta	52:23	1:27:32 +12:07	4:08 min/km
6.	 Martin HAUGE-NILSEN [1184]	Kondis	54:07	1:28:40 +13:15	4:12 min/km
7.	 Kristian AAGÅRD SKAAR [1166]	Ukjent	54:03	1:28:55 +13:30	4:12 min/km
8.	 Benjamin H. LEINE [1198]	Fosnavåg	55:05	1:28:57 +13:32	4:12 min/km
9.	 Håvard Bolstad BANNE [1123]	Hareid IL	55:05	1:28:58 +13:33	4:12 min/km
10.	 Preben NEDRELID [1139]	Kaldholen Maratonlag	55:09	1:29:11 +13:46	4:13 min/km
11.	 Sondre Andre HOLSTAD [1219]	Hareid IL	53:43	1:30:06 +14:41	4:16 min/km
12.	 Peter Vattøy NYGJERDE [1145]	Ulsteinvik	54:14	1:30:22 +14:57	4:16 min/km
13.	 Henrik HAREIDE HOLSTAD [1169]	Hareid IL	53:44	1:32:31 +17:06	4:23 min/km
14.	 Andreas Kleven RASMUSSEN [1154]	Ulsteinvik	55:59	1:33:32 +18:07	4:25 min/km
15.	 Terje TEIGE [1181]	Fosnavåg	56:28	1:33:41 +18:16	4:26 min/km
16.	 Are BJØRGUM [1186]	Vartdal TIL	54:24	1:34:15 +18:50	4:28 min/km
17.	 Stian RISTESUND [1230]	LGFK fotballklubb	58:44	1:34:23 +18:58	4:28 min/km
18.	 Sverre KJERPESET [1152]	Molde	57:08	1:34:54 +19:29	4:29 min/km
19.	 Hallvard Kleven GODØ [1136]	Ulstein	58:19	1:37:55 +22:30	4:38 min/km
20.	 Martin INGJERD [1160]	Godøy IL	59:43	1:38:54 +23:29	4:41 min/km
21.	 Andreas NESSET JR [1173]	Hareid IL	59:32	1:39:18 +23:53	4:42 min/km
22.	 Vidar LIASKAR [1210]	Ørsta IL Fotball	1:01:43	1:39:25 +24:00	4:42 min/km
23.	 Svein Eirik ERTESVÅG [1205]	Hasundgot IL	58:06	1:40:53 +25:28	4:46 min/km

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Plass	Navn	Klubb	Halvveis Tid	Diff.	Tempo
24.	 Daniel REITE [1167]	Kaldholen Maratonlag	1:03:59	1:42:06	+26:41 4:50 min/km
25.	 Torgeir SKEIDE [1172]	Ulsteinvik	1:04:00	1:42:48	+27:23 4:52 min/km
26.	 Morten ANDERSEN [1121]	Ålesund	1:01:46	1:43:04	+27:39 4:53 min/km
27.	 Ola KALVØ VATTØY [1168]	Ulsteinvik	1:03:18	1:45:49	+30:24 5:00 min/km
28.	 Jan Ove STEINNES [1241]	Indre Steinnes	1:04:02	1:46:00	+30:35 5:01 min/km
29.	 Andreas MOSBY NAKKEN [1240]	Velledalen IL	1:05:32	1:46:27	+31:02 5:02 min/km
30.	 Vegard FLISTER [1127]	Måløy	1:04:33	1:47:20	+31:55 5:05 min/km
31.	 Henning SÆTHRE [1211]	Sula	1:06:53	1:50:36	+35:11 5:14 min/km
32.	 André ALMESTAD [1133]	Bergsøy IL	1:09:31	1:52:06	+36:41 5:18 min/km
33.	 Bjørn Håkon VARPE [1141]	Ulsteinvik	1:11:30	1:54:16	+38:51 5:24 min/km
34.	 Ørjan RØYSET [1171]	Kaldholen Maratonlag	1:10:56	1:56:51	+41:26 5:32 min/km
35.	 Stian Myrene HOLSTAD [1226]	Hareid	1:09:27	1:59:59	+44:34 5:41 min/km
36.	 Jørn STRØMMEGJERDE [1132]	Velledalen IL	1:14:27	2:04:30	+49:05 5:54 min/km
37.	 Joakim SKARBØ [1192]	Tufte IL	1:33:29	2:37:46	+82:21 7:28 min/km







Herrer 35-39

1.	 Sindre SKÅNØY [1243]	Il Skauga	51:24	1:23:55	-- 3:58 min/km
2.	 Hallvard YKSNØY BERGMANN	Hovdebygda IL	51:47	1:24:27	+00:32 4:00 min/km
3.	 Terje REBBESTAD [1207]	Team Bankettpartner	51:50	1:24:32	+00:37 4:00 min/km
4.	 Knut VIKEBAKK [1224]	Hareidlandet triatlon	52:14	1:25:42	+01:47 4:03 min/km
5.	 Kenneth HOLSÆKER [1131]	Vartdal TIL	51:53	1:26:11	+02:16 4:05 min/km
6.	 Richard RINGSTAD OSCARSSON	Ulsteinvik	54:02	1:30:37	+06:42 4:17 min/km
7.	 Stian LONGVA [1232]	Gursken	58:44	1:34:26	+10:31 4:28 min/km
8.	 Runar Dahl RØSAND [1149]	Averøy 3 Fjell	1:00:37	1:41:30	+17:35 4:48 min/km
9.	 Andreas Eikrem RØREN [1137]	Ulsteinvik	1:03:11	1:42:08	+18:13 4:50 min/km
10.	 Pål-Ove HUSØY [1239]	Gjerdsvika-Bergsøy	1:05:25	1:46:42	+22:47 5:03 min/km
11.	 Kristian FISKERSTRAND [1142]	Garsholhaugen	1:05:30	1:47:36	+23:41 5:05 min/km
12.	 Steinar LADE [1217]	Rusten Kondisteam	1:05:42	1:55:34	+31:39 5:28 min/km

Herrer 40-44

1.	 Hilmar KRÅKENES [1129]	Almenning IL	49:40	1:20:57	-- 3:50 min/km
2.	 Stian NEDRELID [1157]	Volda	51:07	1:23:06	+02:09 3:56 min/km
3.	 Kai Arne SKÅR [1214]	Ørsta	53:31	1:27:38	+06:41 4:09 min/km
4.	 Alt Petter BØE [1197]	Rindal IL	54:38	1:29:47	+08:50 4:15 min/km
5.	 Terje NYBØ [1199]	Bergsøy IL	56:31	1:31:23	+10:26 4:19 min/km
6.	 Odd Einar MOLNES [1202]	Nordøy Idrettslag	56:37	1:32:34	+11:37 4:23 min/km
7.	 Frode FUGLEHAUG [1206]	Ørsta	56:36	1:32:58	+12:01 4:24 min/km
8.	 Thomas DALSOREN [1235]	Hareid IL	58:29	1:36:07	+15:10 4:33 min/km
9.	 Mads EGSETH MELBØ [1227]	Team Joggis	59:54	1:39:50	+18:53 4:43 min/km
10.	 Bjørn-Ove AALAND [1215]	Rusten Kondisteam	1:04:37	1:46:23	+25:26 5:02 min/km
11.	 Ole Theodor HOVDEN [1216]	Rusten Kondisteam	1:01:42	1:47:56	+26:59 5:06 min/km
12.	 Bjarne STOKSETH [1150]	Gjerdsvika IL	1:05:33	1:49:55	+28:58 5:12 min/km
13.	 Bjørnar HOVLID [1189]	Puls og pils (Hareid)	1:07:27	1:53:33	+32:36 5:22 min/km
14.	 Monica Cecilie TORP [1158]	Ulsteinvik	1:11:01	1:56:03	+35:06 5:30 min/km
15.	 Audun EIKSUND [1170]	Ulsteinvik	1:33:16	2:40:42	+79:45 7:36 min/km

Herrer 45-49








1.	 Jan Endre RISE [1188]	Hareid IL	50:20	1:21:14	-- 3:50 min/km
2.	 Bernt BERGHEIM [1178]	Sogndal	52:43	1:25:46	+04:32 4:03 min/km
3.	 Gisle SKJØLBERG [1162]	Bremanger Motbakkelaag	53:57	1:27:18	+06:04 4:08 min/km
4.	 Nicolas BERG [1204]	Ålesund	57:39	1:33:38	+12:24 4:26 min/km
5.	 Pål RØE [1220]	Volda	59:25	1:36:36	+15:22 4:34 min/km
6.	 Olav E. TORSET [1237]	Larsnes	1:01:26	1:39:14	+18:00 4:42 min/km

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Plass	Navn	Klubb	Halvveis Tid	Diff.	Tempo
7.	 Sebastian PRAWDA [1180]	Wieczorne Bieganie	1:02:16	1:44:43	+23:29 4:57 min/km
8.	 Aage Falch GUNDERSEN [1130]	Gjerdsvika IL	1:05:18	1:48:07	+26:53 5:07 min/km
9.	 Marcus VEDELER [1191]	Eid IL	1:04:41	1:48:56	+27:42 5:09 min/km
10.	 Tom Inge GOTTEN [1126]	Gjerdsvika IL	1:05:45	1:50:00	+28:46 5:12 min/km
11.	 Lars-Petter RØNNESTAD [1190]	Moltustranda IL	1:09:56	2:00:17	+39:03 5:42 min/km


Herrer 50-54

1.	 Bjørn Ole VASSBOTN [1200]	Volda Turn og IL	51:08	1:24:08	-- 3:59 min/km
2.	 Øyvind VEBENSTAD [1218]	Turvenner	56:01	1:32:55	+08:47 4:24 min/km
3.	 Asbjørn EKERHOVD [1193]	Bremanger Motbakkelag	56:24	1:34:11	+10:03 4:27 min/km
4.	 Hans Jakob AARSKOG [1236]	Vartdal	1:02:04	1:42:06	+17:58 4:50 min/km
5.	 Roger STEINNES [1229]	Indre Steinnes	1:12:31	2:01:31	+37:23 5:45 min/km
6.	 Johann ROPPEN [1147]	Volda	1:14:21	2:01:46	+37:38 5:46 min/km
7.	 Ulf-Magne EIKÅS [1153]	Stryn	1:14:38	2:02:28	+38:20 5:48 min/km

Herrer 55-59

1.	 Andre Østbye MARHAUG [1109]	Akselera Norway	57:41	1:35:53	-- 4:32 min/km
2.	 Asle JOHANSEN [1212]	Larsnes IL	59:23	1:37:23	+01:30 4:36 min/km
3.	 Øystein ORTEN [1196]	Hareid IL	1:01:41	1:39:59	+04:06 4:44 min/km
4.	 Thomas ANDERSSON [1135]	Gursken IL	1:01:27	1:41:09	+05:16 4:47 min/km

Herrer 60-64

1.	 Odd ELVANES [1176]	Hareid IL	1:05:33	1:48:55	-- 5:09 min/km
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Herrer 65-69

1.	 Knut SKAAR [1201]	Ålesund	1:01:10	1:41:22	-- 4:48 min/km
2.	 Per Eilert ORTEN [1242]	Aure IL	1:04:49	1:48:38	+07:16 5:08 min/km
3.	 Øyvind ANDRESEN [1185]	Fiskarstrand	1:10:08	1:55:46	+14:24 5:29 min/km
4.	 Dag SNIPSØYR [1148]	Hareid IL	1:15:05	2:06:04	+24:42 5:58 min/km
5.	 Per Arne PEDERSEN [1182]	Hasundgot IL	1:16:43	2:08:41	+27:19 6:05 min/km

Herrer 70-74

1.	 Kjell FAGERLUND [1179]	Hasundgot IL	1:19:25	2:11:39	-- 6:14 min/km
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Herrer 75-79

1.	 Peder RINGDAL [1223]	Måndalen IL	1:18:36	2:16:21	-- 6:27 min/km
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Number of records: 113