










































































Hareid IL - Nordvest Maraton 2020

Finisher List Halvmaraton

Plass	Navn	Aldersklas	Klubb	Halvvei	Diff.	Tempo	Time
Halvmaraton							
1.	 Sjur HAUG [1221]	M17-34	Tartanmandag	46:21	--	3:34 min/km	1:15:25
2.	 Per MYREN [1222]	M17-34	Ålesund	49:53	+05:11	3:49 min/km	1:20:36
3.	 Hilmar KRÅKENES [1129]	M40-44	Almenning IL	49:40	+05:32	3:50 min/km	1:20:57
4.	 Jan Endre RISE [1188]	M45-49	Hareid IL	50:20	+05:49	3:50 min/km	1:21:14
5.	 Einar ORTEN TROVÅG [1234]	M17-34	Hareid IL avd.	49:23	+06:20	3:52 min/km	1:21:45
6.	 Stian NEDRELID [1157]	M40-44	Volda	51:07	+07:41	3:56 min/km	1:23:06
7.	 Sindre SKÅNØY [1243]	M35-39	Il Skauga	51:24	+08:30	3:58 min/km	1:23:55
8.	 Bjørn Ole VASSBOTN [1200]	M50-54	Volda Turn og IL	51:08	+08:43	3:59 min/km	1:24:08
9.	 Sverre HOGGEN [1209]	M17-34	Team	51:49	+08:50	3:59 min/km	1:24:15
10.	 Hallvard YKSNØY	M35-39	Hovdebygda IL	51:47	+09:02	4:00 min/km	1:24:27
11.	 Terje REBBESTAD [1207]	M35-39	Team	51:50	+09:07	4:00 min/km	1:24:32
12.	 Knut VIKEBAKK [1224]	M35-39	Hareidlandet triatlon	52:14	+10:17	4:03 min/km	1:25:42
13.	 Bernt BERGHEIM [1178]	M45-49	Sogndal	52:43	+10:21	4:03 min/km	1:25:46
14.	 Kenneth HOLSÆKER [1131]	M35-39	Vartdal TIL	51:53	+10:46	4:05 min/km	1:26:11
15.	 Gisle SKJØLBERG [1162]	M45-49	Bremanger	53:57	+11:53	4:08 min/km	1:27:18
16.	 Vegard OTTERDAL NILSEN	M17-34	Ørsta	52:23	+12:07	4:08 min/km	1:27:32
17.	 Kai Arne SKÅR [1214]	M40-44	Ørsta	53:31	+12:13	4:09 min/km	1:27:38
18.	 Martin HAUGE-NILSEN [1184]	M17-34	Kondis	54:07	+13:15	4:12 min/km	1:28:40
19.	 Kristian AAGÅRD SKAAR	M17-34	Ukjent	54:03	+13:30	4:12 min/km	1:28:55
20.	 Benjamin H. LEINE [1198]	M17-34	Fosnavåg	55:05	+13:32	4:12 min/km	1:28:57
21.	 Håvard Bolstad BANNE [1123]	M17-34	Hareid IL	55:05	+13:33	4:12 min/km	1:28:58
22.	 Preben NEDRELID [1139]	M17-34	Kaldholen	55:09	+13:46	4:13 min/km	1:29:11
23.	 Alt Petter BØE [1197]	M40-44	Rindal IL	54:38	+14:22	4:15 min/km	1:29:47
24.	 Sondre Andre HOLSTAD	M17-34	Hareid IL	53:43	+14:41	4:16 min/km	1:30:06
25.	 Peter Vattøy NYGJERDE	M17-34	Ulsteinvik	54:14	+14:57	4:16 min/km	1:30:22
26.	 Richard RINGSTAD	M35-39	Ulsteinvik	54:02	+15:12	4:17 min/km	1:30:37
27.	 Iren NORDAL [1213]	K40-44	Midsund IL	55:31	+15:39	4:18 min/km	1:31:04
28.	 Terje NYBØ [1199]	M40-44	Bergsøy IL	56:31	+15:58	4:19 min/km	1:31:23
29.	 Henrik HAREIDE HOLSTAD	M17-34	Hareid IL	53:44	+17:06	4:23 min/km	1:32:31
30.	 Odd Einar MOLNES [1202]	M40-44	Nordøy Idrettslag	56:37	+17:09	4:23 min/km	1:32:34
31.	 Øyvind VEBENSTAD [1218]	M50-54	Turvenner	56:01	+17:30	4:24 min/km	1:32:55
32.	 Frode FUGLEHAUG [1206]	M40-44	Ørsta	56:36	+17:33	4:24 min/km	1:32:58
33.	 Andreas Kleven RASMUSSEN	M17-34	Ulsteinvik	55:59	+18:07	4:25 min/km	1:33:32
34.	 Nicolas BERG [1204]	M45-49	Ålesund	57:39	+18:13	4:26 min/km	1:33:38
35.	 Terje TEIGE [1181]	M17-34	Fosnavåg	56:28	+18:16	4:26 min/km	1:33:41
36.	 Asbjørn EKERHOVD [1193]	M50-54	Bremanger	56:24	+18:46	4:27 min/km	1:34:11
37.	 Are BJØRGUM [1186]	M17-34	Vartdal TIL	54:24	+18:50	4:28 min/km	1:34:15
38.	 Stian RISTESUND [1230]	M17-34	LGFK fotballklubb	58:44	+18:58	4:28 min/km	1:34:23
39.	 Stian LONGVA [1232]	M35-39	Gursken	58:44	+19:01	4:28 min/km	1:34:26
40.	 Ingvild ØYE [1144]	K17-34	Hovdebygda IL	57:25	+19:19	4:29 min/km	1:34:44
41.	 Sverre KJERPESET [1152]	M17-34	Molde	57:08	+19:29	4:29 min/km	1:34:54
42.	 Andre Østbye MARHAUG	M55-59	Akselera Norway	57:41	+20:28	4:32 min/km	1:35:53
43.	 Thomas DALSFØREN [1235]	M40-44	Hareid IL	58:29	+20:42	4:33 min/km	1:36:07
44.	 Pål RØE [1220]	M45-49	Volda	59:25	+21:11	4:34 min/km	1:36:36
45.	 Asle JOHANSEN [1212]	M55-59	Larsnes IL	59:23	+21:58	4:36 min/km	1:37:23
46.	 Hallvard Kleven GODØ [1136]	M17-34	Ulstein	58:19	+22:30	4:38 min/km	1:37:55
47.	 Martin INGJERD [1160]	M17-34	Godøy IL	59:43	+23:29	4:41 min/km	1:38:54
48.	 Olav E. TORSET [1237]	M45-49	Larsnes	1:01:26	+23:49	4:42 min/km	1:39:14
49.	Andreas NESSET JR [1173]	M17-34	Hareid IL	59:32	+23:53	4:42 min/km	1:39:18
50.	Vidar LIASKAR [1210]	M17-34	Ørsta IL Fotball	1:01:43	+24:00	4:42 min/km	1:39:25

Hareid IL - Nordvest Maraton 2020

Finisher List Halvmaraton

Plass	Navn	Aldersklas	Klubb	Halvvei Diff.	Tempo	Time
51.	 Mads EGSETH MELBØ [1227]	M40-44	Team Joggis	59:54 +24:25	4:43 min/km	1:39:50
52.	 Øystein ORTEN [1196]	M55-59	Hareid IL	1:01:41 +24:34	4:44 min/km	1:39:59
53.	 Svein Eirik ERTESVÅG [1205]	M17-34	Hasundgot IL	58:06 +25:28	4:46 min/km	1:40:53
54.	 Thomas ANDERSSON [1135]	M55-59	Gursken IL	1:01:27 +25:44	4:47 min/km	1:41:09
55.	 Knut SKAAR [1201]	M65-69	Ålesund	1:01:10 +25:57	4:48 min/km	1:41:22
56.	 Runar Dahl RØSAND [1149]	M35-39	Averøy 3 Fjell	1:00:37 +26:05	4:48 min/km	1:41:30
57.	 Daniel REITE [1167]	M17-34	Kaldholen	1:03:59 +26:41	4:50 min/km	1:42:06
58.	 Hans Jakob AARSKOG [1236]	M50-54	Vartdal	1:02:04 +26:41	4:50 min/km	1:42:06
59.	 Andreas Eikrem RØREN [1137]	M35-39	Ulsteinvik	1:03:11 +26:43	4:50 min/km	1:42:08
60.	 Pernille RANGNES [1203]	K10-16	Molde Olymp	1:03:17 +26:55	4:50 min/km	1:42:20
61.	 Torgeir SKEIDE [1172]	M17-34	Ulsteinvik	1:04:00 +27:23	4:52 min/km	1:42:48
62.	 Morten ANDERSEN [1121]	M17-34	Ålesund	1:01:46 +27:39	4:53 min/km	1:43:04
63.	 Hanne Quist CHRISTENSEN	K17-34	Oslo	1:03:06 +28:12	4:54 min/km	1:43:37
64.	 Sebastian PRAWDA [1180]	M45-49	Wieczorne Bieganie	1:02:16 +29:18	4:57 min/km	1:44:43
65.	 Pia KVERNEVIK [1151]	K17-34	Måløy	1:03:54 +29:18	4:57 min/km	1:44:43
66.	 Ola KALVØ VATTØY [1168]	M17-34	Ulsteinvik	1:03:18 +30:24	5:00 min/km	1:45:49
67.	 Jan Ove STEINNES [1241]	M17-34	Indre Steinnes	1:04:02 +30:35	5:01 min/km	1:46:00
68.	 Bjørn-Ove AALAND [1215]	M40-44	Rusten Kondisteam	1:04:37 +30:58	5:02 min/km	1:46:23
69.	 Andreas MOSBY NAKKEN	M17-34	Velledalen IL	1:05:32 +31:02	5:02 min/km	1:46:27
70.	 Pål-Ove HUSØY [1239]	M35-39	Gjerdsvika-Bergsøy	1:05:25 +31:17	5:03 min/km	1:46:42
71.	 Monica HUSØY [1238]	K40-44	Bergsøy	1:05:24 +31:17	5:03 min/km	1:46:42
72.	 Vegard FLISTER [1127]	M17-34	Måløy	1:04:33 +31:55	5:05 min/km	1:47:20
73.	 Kristian FISKERSTRAND	M35-39	Garsholhaugen	1:05:30 +32:11	5:05 min/km	1:47:36
74.	 Ole Theodor HOVDEN [1216]	M40-44	Rusten Kondisteam	1:01:42 +32:31	5:06 min/km	1:47:56
75.	 Aage Falch GUNDERSEN	M45-49	Gjerdsvika IL	1:05:18 +32:42	5:07 min/km	1:48:07
76.	 Per Eilert ORTEN [1242]	M65-69	Aure IL	1:04:49 +33:13	5:08 min/km	1:48:38
77.	 Odd ELVANES [1176]	M60-64	Hareid IL	1:05:33 +33:30	5:09 min/km	1:48:55
78.	 Marcus VEDELER [1191]	M45-49	Eid IL	1:04:41 +33:31	5:09 min/km	1:48:56
79.	 Bjarne STOKSETH [1150]	M40-44	Gjerdsvika IL	1:05:33 +34:30	5:12 min/km	1:49:55
80.	 Tom Inge GOTTEN [1126]	M45-49	Gjerdsvika IL	1:05:45 +34:35	5:12 min/km	1:50:00
81.	 Henning SÆTHRE [1211]	M17-34	Sula	1:06:53 +35:11	5:14 min/km	1:50:36
82.	 Guri LØKKESMO [1195]	K17-34	Trondheim	1:06:42 +35:21	5:14 min/km	1:50:46
83.	 André ALMESTAD [1133]	M17-34	Bergsøy IL	1:09:31 +36:41	5:18 min/km	1:52:06
84.	 Bjørnar HOVLID [1189]	M40-44	Puls og pils (Hareid)	1:07:27 +38:08	5:22 min/km	1:53:33
85.	 Bjørn Håkon VARPE [1141]	M17-34	Ulsteinvik	1:11:30 +38:51	5:24 min/km	1:54:16
86.	 Eina KNUTSEN BERG [1161]	K17-34	Volda	1:10:19 +39:10	5:25 min/km	1:54:35
87.	 Ragnhild PAULSEN [1156]	K40-44	Volda	1:09:39 +39:28	5:26 min/km	1:54:53
88.	 Gunnhild HAFSÅS [1164]	K40-44	Ålesund	1:09:30 +39:30	5:26 min/km	1:54:55
89.	 Steinar LADE [1217]	M35-39	Rusten Kondisteam	1:05:42 +40:09	5:28 min/km	1:55:34
90.	 Øyvind ANDRESEN [1185]	M65-69	Fiskarstrand	1:10:08 +40:21	5:29 min/km	1:55:46
91.	 Kristin Hvistendahl BRATTÅS	K17-34	Sandefjord	1:09:33 +40:30	5:29 min/km	1:55:55
92.	 Monica Cecilie TORP [1158]	M40-44	Ulsteinvik	1:11:01 +40:38	5:30 min/km	1:56:03
93.	 Ørjan RØYSET [1171]	M17-34	Kaldholen	1:10:56 +41:26	5:32 min/km	1:56:51
94.	 Stian Myrene HOLSTAD [1226]	M17-34	Hareid	1:09:27 +44:34	5:41 min/km	1:59:59
95.	 Lars-Petter RØNNESTAD	M45-49	Moltustranda IL	1:09:56 +44:52	5:42 min/km	2:00:17
96.	 Astrid ANDERSEN [1125]	K17-34	Hareid IL	1:11:24 +45:05	5:42 min/km	2:00:30
97.	 Roger STEINNES [1229]	M50-54	Indre Steinnes	1:12:31 +46:06	5:45 min/km	2:01:31
98.	 Johann ROPPEN [1147]	M50-54	Volda	1:14:21 +46:21	5:46 min/km	2:01:46
99.	 Ulf-Magne EIKÅS [1153]	M50-54	Stryn	1:14:38 +47:03	5:48 min/km	2:02:28
100.	 Jørn STRØMMEGJERDE	M17-34	Velledalen IL	1:14:27 +49:05	5:54 min/km	2:04:30
101.	 Dag SNIPSØYR [1148]	M65-69	Hareid IL	1:15:05 +50:39	5:58 min/km	2:06:04
102.	 Marit LILLESTØL [1138]	K50-54	Gjerdsvika	1:15:37 +51:52	6:01 min/km	2:07:17

Hareid IL - Nordvest Maraton 2020

Finisher List Halvmaraton

Plass	Navn	Aldersklas	Klubb	Halvvei Diff.	Tempo	Time
103.	 Per Arne PEDERSEN [1182]	M65-69	Hasundgot IL	1:16:43 +53:16	6:05 min/km	2:08:41
104.	 Kjell FAGERLUND [1179]	M70-74	Hasundgot IL	1:19:25 +56:14	6:14 min/km	2:11:39
105.	 Seline KVALHEIM	K10-16	Volda	1:18:51 +58:22	6:20 min/km	2:13:47
106.	 Peder RINGDAL [1223]	M75-79	Måndalen IL	1:18:36 +60:56	6:27 min/km	2:16:21
107.	 Maria T. AAMBAKK [1187]	K50-54	TeamK-Rekneskap	1:29:34 +75:37	7:09 min/km	2:31:02
108.	 Bjørg HATLØY [1128]	K50-54	Dimna	1:35:40 +80:15	7:22 min/km	2:35:40
109.	 Joakim SKARBØ [1192]	M17-34	Tufte IL	1:33:29 +82:21	7:28 min/km	2:37:46
110.	 Audun EIKSUND [1170]	M40-44	Ulsteinvik	1:33:16 +85:17	7:36 min/km	2:40:42
111.	 Trine Helen SELAND	K50-54	GIF Joggen	1:36:11 +86:16	7:39 min/km	2:41:41
112.	 Stine Marie HASFJORD [1194]	K17-34	Ulsteinvik	1:36:11 +88:13	7:45 min/km	2:43:38
113.	 Ingunn BARMEN MELBØ	K40-44	Team Joggis	1:37:32 +89:20	7:48 min/km	2:44:45

Antall resultater: 113