

# Hareid IL - Nordvest Maraton 2020

## Finisher List Helmaraton

Plas	Navn	Alderskl	Klubb	Halvv	Diff.	Tempo	Time
<b>Helmaraton</b>							
1.	 Ingar Richardsen LIASET [1106]	M17-34	Lokomotiv	1:25:13	--	4:04 min/km	<b>2:51:52</b>
2.	 Karl Idar VIK [1114]	M40-44	Syvde IL	1:27:12	+05:33	4:12 min/km	<b>2:57:25</b>
3.	 Christian AARSTAD ODEGAARD [1112]	M40-44	Team	1:33:14	+19:31	4:32 min/km	<b>3:11:23</b>
4.	 Dag Harald MOLDSKRED [1116]	M50-54	Hareid IL	1:40:05	+29:14	4:45 min/km	<b>3:21:06</b>
5.	 Stian SKRETTING [1102]	M45-49	Langevåg/St	1:50:21	+45:15	5:08 min/km	<b>3:37:07</b>
6.	 Paul Johan UNDHEIM [1108]	M50-54	Arkeoplan	1:44:31	+55:01	5:22 min/km	<b>3:46:53</b>
7.	 Bertil ANDREASSEN [1103]	M40-44	Ålesund	1:51:50	+61:55	5:32 min/km	<b>3:53:47</b>
8.	 Øivind TELSTAD [1113]	M45-49	Fiskarstrand	1:51:13	+62:41	5:33 min/km	<b>3:54:33</b>
9.	 Geir Arve RÅHEIM [1119]	M60-64		1:51:11	+66:33	5:39 min/km	<b>3:58:25</b>
10.	 Helge FUGLSETH [1117]	M70-74	Ålesund FIK	1:56:07	+67:21	5:40 min/km	<b>3:59:13</b>
11.	 Svein-Rune JOHANNESSEN [1110]	M60-64	Kondis	1:56:07	+67:21	5:40 min/km	<b>3:59:13</b>
12.	 Slawomir LESNIAK [1118]	M40-44	Valldal	1:57:30	+83:27	6:03 min/km	<b>4:15:19</b>
13.	 Bjørn Aase DIMMEN [1111]	M50-54	Sula	2:03:59	+85:58	6:06 min/km	<b>4:17:50</b>
14.	 Inge Asbjørn HAUGEN [1101]	M65-69	Hornindal IL	2:14:24	+105:26	6:34 min/km	<b>4:37:18</b>

Antall resultater: 14