




















Hareid IL - Nordvest Maraton 2019

Result List AG Halvmaraton

Plass	Navn	Klubb	Halvveis	Tid	Diff.	Tempo
Nordvest Maraton 2018						
Kvinner 17-34						
1.	 Christine HØYVIK [79]			1:46:56	--	5:04 min/km
2.	 Nora WOXHOLTH [55]	NTNUI Ålesund		1:53:40	+06:44	5:23 min/km
3.	 Charlotte PEDERSEN [56]	NTNUI Ålesund		1:56:11	+09:15	5:30 min/km
4.	 Laura BUTHVIENE [70]			2:08:25	+21:29	6:05 min/km
5.	 Oda BUNNES [58]	NTNUI Ålesund		2:24:23	+37:27	6:50 min/km
Kvinner 35-39						
1.	 Karianne HAVSBERG [21]	Holmenkoll		3:25:13	--	9:43 min/km
Kvinner 40-44						
1.	 Jodi BRAUTASET [41]			1:32:58	--	4:24 min/km
2.	 Iren NORDAL [22]	Midsund II		1:33:48	+00:50	4:26 min/km
3.	 Vivian JOHANSEN [54]	Hareid		1:59:24	+26:26	5:39 min/km
Kvinner 45-49						
1.	 Siv G BERGE HOFF [23]	Bergsøy II		1:47:13	--	5:04 min/km
2.	 Mildrid FLØ [62]	Myrvåg		2:25:52	+38:39	6:54 min/km
3.	 Aili SKUM [63]	Myrvåg		2:25:52	+38:39	6:54 min/km
Kvinner 50-54						
1.	 Beate HELSETH [66]	Team Helseth		1:50:31	--	5:14 min/km
2.	 Marit LILLESTØL [76]			2:09:22	+18:51	6:07 min/km
Kvinner 65-69						
1.	 Oddfrid LIASKAR [24]	Ålesund		2:18:11	--	6:32 min/km
Herrer 10-16						
1.	 David PAULEN [47]			1:57:22	--	5:33 min/km
2.	 Thomas PAULEN [48]			2:05:49	+08:27	5:57 min/km
Herrer 17-34						
1.	 Olger PEDERSEN [71]	Dimna IL		1:19:20	--	3:45 min/km
2.	 Per MYREN [51]	Ålesund		1:22:38	+03:18	3:54 min/km
3.	 Even ÅREHOL [57]	NTNUI Ålesund		1:32:23	+13:03	4:22 min/km
4.	 Svein Erik ERTESVÅG [72]	Hasundgot		1:33:15	+13:55	4:25 min/km
5.	 Steffen Andre KRÅKNES [69]			1:37:11	+17:51	4:36 min/km
6.	 Håvard BANNE [68]	Hareid		1:38:09	+18:49	4:39 min/km
7.	 Morten ANDERSEN [82]			1:44:07	+24:47	4:56 min/km
8.	 Andreas RØREN [78]			1:44:53	+25:33	4:58 min/km
9.	 Are BJØRGUM [28]	Volda		1:46:14	+26:54	5:02 min/km
10.	 Martin INGJERD [75]	Godøy IL		1:46:35	+27:15	5:03 min/km
11.	 Eirik STRØMSHEIM [50]	Ålesund		1:47:08	+27:48	5:04 min/km
12.	 Fredrik LØKEN KLOKK [26]			2:20:32	+61:12	6:39 min/km
DNS	 Daniel DI GINSTO [27]	Valder		DNS	DNS	DNS
Herrer 35-39						
1.	 Karl Idar VIK [31]	Syvde		1:23:56	--	3:58 min/km
2.	 Daniel SLETTEBAKK [59]	Hareidlandet Triatlon		1:26:24	+02:28	4:05 min/km
3.	 Kenneth HOLSKÆR [49]	Team Joggis		1:31:16	+07:20	4:19 min/km
4.	 Frode SØRLOTH [30]	Ålesund		1:39:58	+16:02	4:44 min/km
5.	 Ronny DAHLØ [45]	Hareid IL		1:47:45	+23:49	5:06 min/km
6.	 Bjarne STOKSETH [32]	Fosnavåg		1:54:25	+30:29	5:25 min/km

Hareid IL - Nordvest Maraton 2019

Result List AG Halvmaraton

Plass	Navn	Klubb	Halvveis	Tid	Diff.	Tempo
Herrer 40-44						
1.	 Hilmar KRÅKNES [34]	Deknepollen		1:24:47	--	4:01 min/km
2.	 Jan Endre RISE [52]	Hareid		1:27:26	+02:39	4:08 min/km
3.	 Odd Einar MOLNES [35]	Nordøy		1:37:21	+12:34	4:36 min/km
4.	 Marcus VEDLER [33]	Nordfjordeid		1:48:38	+23:51	5:08 min/km
5.	 John Rune LILLEBØ [81]			1:50:10	+25:23	5:13 min/km
6.	 Tom Inge GOTTEN [74]			2:02:55	+38:08	5:49 min/km
Herrer 45-49						
1.	 Pål RØRVIK [37]	Sogndal		1:29:56	--	4:15 min/km
2.	 Bernt BERGSHEIM [36]	Sogndal		1:36:29	+06:33	4:34 min/km
3.	 Aage FALCH GUNDERSEN [73]			1:53:01	+23:05	5:21 min/km
Herrer 50-54						
1.	 Tore FOLLAND [25]	Averøy		1:33:35	--	4:26 min/km
2.	 Inge-Jonny HIDE [80]			1:37:25	+03:50	4:37 min/km
3.	 Ulf Magne EIKÅS [29]	Stryn		2:10:26	+36:51	6:10 min/km
Herrer 55-59						
1.	 Bård AUNE [60]	Spjelkavik		1:30:16	--	4:16 min/km
2.	 Thomas ANDERSEN [64]	Gursken IL		1:41:11	+10:55	4:47 min/km
3.	 Peter RISE [53]	Hareid		1:55:34	+25:18	5:28 min/km
4.	 Helge KROKEN [42]			1:57:30	+27:14	5:34 min/km
5.	 Bjørn PAULEN [46]			2:22:46	+52:30	6:45 min/km
Herrer 60-64						
1.	 Einar STRANDEN [65]	Olden		1:48:24	--	5:08 min/km
2.	 Egil Arne STANDAL [43]			1:54:04	+05:40	5:24 min/km
Herrer 65-69						
1.	 Willy ULLALAND [61]	Ålesund		1:51:58	--	5:18 min/km
2.	 Per Arne PEDRSEN [39]	Hasundgot		2:00:59	+09:01	5:44 min/km
3.	 Dag SNIPSØYR [38]	Hareid IL		2:02:25	+10:27	5:48 min/km
4.	 Øistein ØIEN [40]	Langevåg		2:03:39	+11:41	5:51 min/km
Herrer 70-74						
1.	 Sigleiv KARLSEN [44]			1:53:45	--	5:23 min/km
2.	 Kjell M FAGERLUND [67]			2:17:04	+23:19	6:29 min/km

Number of records: 61