



Hareid IL - Nordvest Maraton 2019

Finisher List

Plass	Navn	Aldersklas	Klubb	Halvvei Diff.	Tempo	Tid
Helmaraton						
1.	 Jørn HJØRUNGNES [11]	M45-49	Hareid	1:28:19 --	4:09 min/km	2:55:13
2.	 Joakim OLSVIK [6]	M45-49	Ålesund	1:35:52 +18:42	4:35 min/km	3:13:55
3.	 Helge HAFSÅS [8]	M50-54	Olden	1:27:15 +19:29	4:36 min/km	3:14:42
4.	 Per Ivar HOVDEN [2]	M35-39	Ålesund	1:35:52 +25:11	4:44 min/km	3:20:24
5.	 Andrus SULTS [12]	M17-34	Estland	1:36:46 +27:42	4:48 min/km	3:22:55
6.	 Paul Johan UNDHEIM [7]	M50-54	Molde	1:37:50 +28:11	4:49 min/km	3:23:24
7.	 Stian SKRETTING [4]	M40-44	Langevåg	1:59:28 +62:01	5:37 min/km	3:57:14
8.	 Brudevoll BJORN [3]	M35-39		1:47:26 +66:10	5:43 min/km	4:01:23
9.	 Geir RÅHEIM [9]	M60-64	Ålesund	1:54:49 +90:27	6:17 min/km	4:25:40
10.	 Arlen Rønning EID [1]	K45-49		2:06:42 +101:12	6:33 min/km	4:36:25
11.	 Inge Asbjørn HAUGEN [10]	M65-69	Hornindal	2:11:44 +110:23	6:46 min/km	4:45:36
DNF	 Bertil ANDREASSEN [5]	M40-44	Ålesund	1:49:24 DNF	DNF	DNF
Halvmaraton						
1.	 Olger PEDERSEN [71]	M17-34	Dimna IL	--	3:45 min/km	1:19:20
2.	 Per MYREN [51]	M17-34	Ålesund	+03:18	3:54 min/km	1:22:38
3.	 Karl Ivar VIK [31]	M35-39	Syvde	+04:36	3:58 min/km	1:23:56
4.	 Hilmar KRÅKNES [34]	M40-44	Deknepollen	+05:27	4:01 min/km	1:24:47
5.	 Daniel SLETTEBAKK [59]	M35-39	Hareidlandet	+07:04	4:05 min/km	1:26:24
6.	 Jan Endre RISE [52]	M40-44	Hareid	+08:06	4:08 min/km	1:27:26
7.	 Pål RØRVIK [37]	M45-49	Sogndal	+10:36	4:15 min/km	1:29:56
8.	 Bård AUNE [60]	M55-59	Spjelkavik	+10:56	4:16 min/km	1:30:16
9.	 Kenneth HOLSKÆR [49]	M35-39	Team Joggis	+11:56	4:19 min/km	1:31:16
10.	 Even ÅREHOL [57]	M17-34	NTNU Ålesund	+13:03	4:22 min/km	1:32:23
11.	 Jodi BRAUTASET [41]	K40-44		+13:38	4:24 min/km	1:32:58
12.	 Svein Erik ERTESVÅG [72]	M17-34	Hasundgot	+13:55	4:25 min/km	1:33:15
13.	 Tore FOLLAND [25]	M50-54	Averøy	+14:15	4:26 min/km	1:33:35
14.	 Iren NORDAL [22]	K40-44	Midsund II	+14:28	4:26 min/km	1:33:48
15.	 Bernt BERGSHEIM [36]	M45-49	Sogndal	+17:09	4:34 min/km	1:36:29
16.	 Steffen Andre KRÅKNES [69]	M17-34		+17:51	4:36 min/km	1:37:11
17.	 Odd Einar MOLNES [35]	M40-44	Nordøy	+18:01	4:36 min/km	1:37:21
18.	 Inge-Jonny HIDE [80]	M50-54		+18:05	4:37 min/km	1:37:25
19.	 Håvard BANNE [68]	M17-34	Hareid	+18:49	4:39 min/km	1:38:09
20.	 Frode SØRLOTH [30]	M35-39	Ålesund	+20:38	4:44 min/km	1:39:58
21.	 Thomas ANDERSEN [64]	M55-59	Gursken IL	+21:51	4:47 min/km	1:41:11
22.	 Morten ANDERSEN [82]	M17-34		+24:47	4:56 min/km	1:44:07
23.	 Andreas RØREN [78]	M17-34		+25:33	4:58 min/km	1:44:53
24.	 Are BJØRGUM [28]	M17-34	Volda	+26:54	5:02 min/km	1:46:14
25.	 Martin INGJERD [75]	M17-34	Godøy IL	+27:15	5:03 min/km	1:46:35
26.	 Christine HØYVIK [79]	K17-34		+27:36	5:04 min/km	1:46:56
27.	 Eirik STRØMSHEIM [50]	M17-34	Ålesund	+27:48	5:04 min/km	1:47:08
28.	 Siv G BERGE HOFF [23]	K45-49	Bergsøy II	+27:53	5:04 min/km	1:47:13
29.	 Ronny DAHLØ [45]	M35-39	Hareid IL	+28:25	5:06 min/km	1:47:45
30.	 Einar STRANDEN [65]	M60-64	Olden	+29:04	5:08 min/km	1:48:24
31.	 Marcus VEDLER [33]	M40-44	Nordfjordeid	+29:18	5:08 min/km	1:48:38
32.	 John Rune LILLEBØ [81]	M40-44		+30:50	5:13 min/km	1:50:10
33.	 Beate HELSETH [66]	K50-54	Team Helseth	+31:11	5:14 min/km	1:50:31
34.	 Willy ULLALAND [61]	M65-69	Ålesund	+32:38	5:18 min/km	1:51:58
35.	 Aage FALCH GUNDERSEN [73]	M45-49		+33:41	5:21 min/km	1:53:01
36.	 Nora WOXLHOLTH [55]	K17-34	NTNU Ålesund	+34:20	5:23 min/km	1:53:40
37.	Sigleiv KARLSEN [44]	M70-74		+34:25	5:23 min/km	1:53:45

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Plass	Navn	Aldersklas	Klubb	Halvvei Diff.	Tempo	Tid
38.	 Egil Arne STANDAL [43]	M60-64		+34:44	5:24 min/km	1:54:04
39.	 Bjarne STOKSETH [32]	M35-39	Fosnavåg	+35:05	5:25 min/km	1:54:25
40.	 Peter RISE [53]	M55-59	Hareid	+36:14	5:28 min/km	1:55:34
41.	 Charlotte PEDERSEN [56]	K17-34	NTNUI Ålesund	+36:51	5:30 min/km	1:56:11
42.	 David PAULEN [47]	H10-16		+38:02	5:33 min/km	1:57:22
43.	 Helge KROKEN [42]	M55-59		+38:10	5:34 min/km	1:57:30
44.	 Vivian JOHANSEN [54]	K40-44	Hareid	+40:04	5:39 min/km	1:59:24
45.	 Per Arne PEDRSEN [39]	M65-69	Hasundgot	+41:39	5:44 min/km	2:00:59
46.	 Dag SNIPSØYR [38]	M65-69	Hareid IL	+43:05	5:48 min/km	2:02:25
47.	 Tom Inge GOTTEN [74]	M40-44		+43:35	5:49 min/km	2:02:55
48.	 Øistein ØIEN [40]	M65-69	Langevåg	+44:19	5:51 min/km	2:03:39
49.	 Thomas PAULEN [48]	H10-16		+46:29	5:57 min/km	2:05:49
50.	 Laura BUTHVIENE [70]	K17-34		+49:05	6:05 min/km	2:08:25
51.	 Marit LILLESTØL [76]	K50-54		+50:02	6:07 min/km	2:09:22
52.	 Ulf Magne EIKÅS [29]	M50-54	Stryn	+51:06	6:10 min/km	2:10:26
53.	 Kjell M FAGERLUND [67]	M70-74		+57:44	6:29 min/km	2:17:04
54.	 Oddfrid LIASKAR [24]	K65-69	Ålesund	+58:51	6:32 min/km	2:18:11
55.	 Fredrik LØKEN KLOKK [26]	M17-34		+61:12	6:39 min/km	2:20:32
56.	 Bjørn PAULEN [46]	M55-59		+63:26	6:45 min/km	2:22:46
57.	 Oda BUNNES [58]	K17-34	NTNUI Ålesund	+65:03	6:50 min/km	2:24:23
58.	 Mildrid FLØ [62]	K45-49	Myrvåg	+66:32	6:54 min/km	2:25:52
59.	 Aili SKUM [63]	K45-49	Myrvåg	+66:32	6:54 min/km	2:25:52
60.	 Karianne HAVSBERG [21]	K35-39	Holmenkoll	+125:53	9:43 min/km	3:25:13
DNS	 Daniel DI GINSTO [27]	M17-34	Valder	DNS	DNS	DNS

Antall resultater: 73