

Hareid IL - Nordvest Maraton 2020

Result List AG Helmaraton

Plass	Navn	Klubb	Halvveis Tid	Diff.	Tempo
Nordvest Maraton 2018					
Herrer 17-34					
1.	 Ingar Richardsen LIASET [1106]	Lokomotiv Oslo	1:25:13	2:51:52	-- 4:04 min/km
Herrer 40-44					
1.	 Karl Idar VIK [1114]	Syvde IL	1:27:12	2:57:25	-- 4:12 min/km
2.	 Christian AARSTAD ODEGAARD [1112]	Team	1:33:14	3:11:23	+13:58 4:32 min/km
3.	 Bertil ANDREASSEN [1103]	Ålesund	1:51:50	3:53:47	+56:22 5:32 min/km
4.	 Slawomir LESNIAK [1118]	Valldal	1:57:30	4:15:19	+77:54 6:03 min/km
Herrer 45-49					
1.	 Stian SKRETTING [1102]	Langevåg/Stavange	1:50:21	3:37:07	-- 5:08 min/km
2.	 Øivind TELSTAD [1113]	Fiskarstrand	1:51:13	3:54:33	+17:26 5:33 min/km
Herrer 50-54					
1.	 Dag Harald MOLDSKRED [1116]	Hareid IL	1:40:05	3:21:06	-- 4:45 min/km
2.	 Paul Johan UNDHEIM [1108]	Arkeoplan BIL	1:44:31	3:46:53	+25:47 5:22 min/km
3.	 Bjørn Aase DIMMEN [1111]	Sula	2:03:59	4:17:50	+56:44 6:06 min/km
Herrer 60-64					
1.	 Geir Arve RÅHEIM [1119]		1:51:11	3:58:25	-- 5:39 min/km
2.	 Svein-Rune JOHANNESSEN [1110]	Kondis	1:56:07	3:59:13	+00:48 5:40 min/km
Herrer 65-69					
1.	 Inge Asbjørn HAUGEN [1101]	Hornindal IL	2:14:24	4:37:18	-- 6:34 min/km
Herrer 70-74					
1.	 Helge FUGLSETH [1117]	Ålesund FIK	1:56:07	3:59:13	-- 5:40 min/km

Number of records: 14