



ORKLATEMPO'N 2009

Temporitt 5 km, 9 km og 20 km, Lørdag 18.04.2009

Klasse	Dist	Nr	Fornavn	Etternavn	Klubb	Starttid	Innkomst	Sluttid
M10	5km	1	Magnus Øyaas	Håbrekke	Gauldal SK	13:07	13:17	00:10:45
		2	Edvin Grøtan	Eriksen	Gauldal SK	13:10	13:21:29	00:11:29
M 11-12	5km	1	Tobias	Røbergshagen	TVK	13:13	13:23:46	00:10:46
		2	Eirik	Ysland	Gauldal SK	13:12	13:23:15	00:11:15
		3	Markus	Røbergshagen	TVK	13:11	13:22:23	00:11:23
		4	Trym	Olsen	TVK	13:09	13:21:15	00:12:15
		5	Jakob	Høvik	Gauldal SK	13:08	13:20:25	00:12:25
K 13-14	5km	1	Mia	Skaufel	Stj-Blink	13:17	13:27:41	00:10:41
		2	Mia	Horsberg	Hemne SK	13:16	13:26:53	00:10:53
		3	Anna	Røe	TVK	13:15	13:26:39	00:11:39
M 13-14	9km	1	Thomas	Ekren	Gauldal SK	13:29	13:43:12	00:14:12
		2	Sivert Grøtan	Eriksen	Gauldal SK	13:31	13:46:28	00:15:28
		3	Thomas	Asphaug	Gauldal SK	13:28	13:43:59	00:15:59
		4	Erik	Sæther	Trollheimen SK	13:27	13:44:12	00:17:12
M 15-16	9km	1	Anders	Oddli	Orkla CK	13:45	13:58:44	00:13:44
		2	Sindre Skjøstad	Lunke	TVK	13:37	13:51:34	00:14:34
		3	Jon Håvard	Appelkvist	Stj-Blink	13:42	13:57:02	00:15:02
		4	Andreas	Eidsli	Gauldal SK	13:44	13:59:20	00:15:20
		5	Anders	Røe	TVK	13:47	14:02:21	00:15:21
		6	Sondre	Ormset	Trollheimen SK	13:43	13:58:32	00:15:32
		7	Vegard	Høiseth	Gauldal SK	13:36	13:51:40	00:15:40
		8	Erik Borg	Kolsung	TVK	13:40	13:55:41	00:15:41
		9	Jørgen	Kåsøl	TVK	13:49	14:04:48	00:15:48
		10	Martin	Sletta	Gauldal SK	13:38	13:53:51	00:15:51
		11	Erling	Grøtan	Hemne SK	13:51	14:06:51	00:15:51
		12	Jo Inge	Sandvik	Orkla CK	13:48	14:04:00	00:16:00
		13	Martin	Hunnes	Trollheimen SK	13:46	14:03:08	00:17:08
		14	Roger Schei	Bergheim	Trollheimen SK	13:39	13:56:37	00:17:37
K 17-18	9km	1	Marthe	Gilberg	IL Sverre	13:50	14:07:58	00:17:58

M 17-18	20KM	1	Vegard	Eliassen	Molde CK	13:57	14:27:16	00:30:16
		2	Martin	Lundemo	Stj-Blink	14:35	15:05:30	00:30:30
		3	Kristian	Eliassen	Molde CK	13:56	14:26:50	00:30:50
		4	Kenneth	Vold	Stj-Blink	13:58	14:29:37	00:31:37
		5	Anders Halvorsen	Bjørgan	TVK	14:36	15:08:46	00:32:46
		6	Magnus	Robinson	TVK	13:59	14:31:56	00:32:56
		7	Kristian	Vårvik	TVK	14:00	14:35:09	00:35:09
M SENIOR	20KM	1	Lorents Ola	Aasvold	TVK	14:11	14:38:40	00:27:40
		2	Are Siljan	Børset	NTNUI	14:15	14:43:00	00:28:00
		3	Tommy Frengen	Evensen	TVK	14:23	14:51:08	00:28:08
		4	Espen Halvorsen	Bjørgan	TVK	14:24	14:52:20	00:28:20
		5	Eigil Botten	Gjøstøl	Neset CK	14:08	14:36:38	00:28:38
		6	Mats	Skottvoll	TVK	14:14	14:42:40	00:28:40
		7	Thomas	Bremset	Stj-Blink	14:20	14:49:06	00:29:06
		8	Jan Erlend	Andersen	Orkla CK	14:21	14:50:06	00:29:06
		9	Thor Ole	Vold	Stj-Blink	14:22	14:51:09	00:29:09
		10	Dag Jonas	Skjølsvold	TVK	14:16	14:45:26	00:29:26
		11	Kjetil	Ertsås	TVK	14:19	14:48:35	00:29:35
		12	Børge	Godejord	Neset CK	14:07	14:36:54	00:29:54
		13	Øyvind	Høiseth	TVK	14:27	14:57:41	00:30:41
		14	Gunnar	Aschjem	Svarstad IL	14:26	14:57:06	00:31:06
		15	Mats Håkon	Strand	NTNUI	14:28	14:59:28	00:31:28
		16	Geir Arne	Øfsti	Stj-Blink	14:13	14:45:14	00:32:14
		17	Rasmus	Strand	NTNUI	14:12	14:44:15	00:32:15
		18	Frederic	Solberg	NTNUI	14:10	14:43:04	00:33:04
		19	Stein Arne	Overvik	TVK	14:09	14:43:33	00:34:33
		20	Magnus Rokke	Bangstad	IL Sverre	14:05	14:40:07	00:35:07
		21	John Ola	Buøy	CK Victoria	14:17	14:52:43	00:35:43
K SENIOR	20KM	1	Julie Hagerup	Appelkvist	Stj-Blink	14:29	15:02:18	00:33:18
		2	Gerit	Pfuhl	NTNUI	14:37	15:12:31	00:35:31

ORKLATEMPO`N VETERANCUP

K 40-49	20KM	1	Nina Riise	Oddan	Hemne SK	14:32	15:05:37	00:33:37
		2	Heidi Jørgensen	Krokdal	Hemne SK	14:34	15:08:50	00:34:50
		3	Ella	Bøhle	TVK	14:33	15:09:02	00:36:02
M 65-69	20KM	1	Asbjørn	Næss	Gauldal SK	14:38	15:16:24	00:38:24
M 60-64	20KM	1	Frode	Vevle	IL Sverre	14:41	15:12:34	00:31:34
		2	Hjalmar	Duklet	Gauldal SK	14:42	15:15:40	00:33:40
		3	Odd Erik	Schønberg	Stj-Blink	14:40	15:14:14	00:34:14
		4	Harald	Fenstad	Fosen SK	14:39	15:13:17	00:34:17
M 55-59	20KM	1	Bjørn	Horsberg	Hemne SK	14:46	15:17	00:31:32
		2	Øystein	Lorentzen	Inderøy IL	14:45	15:17:10	00:32:10
		3	Øyvind	Smistad	Gauldal SK	14:48	15:21:30	00:33:30
		4	John Ivar	Mogseth	TVK	14:47	15:24:22	00:37:22
		5	Olav	Hagerup	Stj-Blink	14:44	15:21:23	00:37:23
M 50-54	20KM	1	Johan	Hansen	TVK	14:50	15:24:31	00:34:31
		2	Asbjørn	Andersen	Stj-Blink	14:51	15:25:50	00:34:50
		3	Morten	Belsvik	Hemne SK	14:52	15:27:12	00:35:12
M 45-49	20KM	1	Pål Erik	Krangsås	Orkla CK	14:59	15:26:53	00:27:53
		2	John Rune	Gilberg	CK Victoria	14:58	15:27:05	00:29:05
		3	Atle	Torjuul	Orkla CK	15:00	15:29:35	00:29:35
		4	Brage	Kjøren	Orkla CK	14:57	15:28:04	00:31:04
		5	Olaf	Røe	TVK	14:56	15:32:41	00:36:41
M 40-44	20KM	1	Roger	Sundet	CK Victoria	15:07	15:35:52	00:28:52
		2	Rune	Aune	CK Krank1	15:08	15:37:48	00:29:48
		3	Jørgen	Berge	CK Victoria	15:09	15:40:05	00:31:05
		4	Einar	Spjøtvoll	TVK	15:04	15:35:10	00:31:10
		5	Åge	Berg	Orkla CK	15:06	15:37:21	00:31:21
		6	Georg	Søyseth	TVK	15:05	15:37:57	00:32:57
		7	Kjetil	Sogge	Trollheimen SK	15:03	15:37:38	00:34:38
		8	Johnny	Bergsmyr	Orkla CK	15:15	15:51:12	00:36:12
M 30-39	20KM	1	Arne Inge	Hangerhagen	CK Victoria	15:19	15:48:22	00:29:22
		2	Dag Olav	Løseth	Orkla CK	15:18	15:47:24	00:29:24
		3	Tony	Sandvold	CK Victoria	15:17	15:47:22	00:30:22
		4	Morten	Bøstein-Melhus	CK Victoria	15:13	15:44:51	00:31:51
		5	Rune	Skjølberg	TVK	15:14	15:46:22	00:32:22
		6	Øyvind	Eid	TVK	15:20	15:53:55	00:33:55