



ORKLATEMPO`N 2010

Temporitt 5 km, 9 km og 20 km, Lørdag 17.04.2010

Klasse	Dist	Nr	Fornavn	Etternavn	Klubb	Starttid	Innkomst	Sluttid
M 10	5km		Odin	Løseth	Orkla CK	11:03	11:19:15	00:16:15
M 11-12	5km	1	Jakob	Høvik	Gauldal SK	11:05	11:16:24	00:11:24
		2	Magnus Øyås	Håbrekke	Gauldal SK	11:06	11:17:53	00:11:53
		3	Edvin Grøtan	Eriksen	Gauldal SK	11:09	11:20:59	00:11:59
		4	Vemund	Straum	TVK	11:04	11:19:10	00:15:10
K 13-14	9km	1	Mia	Skaufel	Stj-Blink	11:15	11:36:29	00:21:29
K 15-16	9km	1	Mari Øyås	Håbrekke	Gauldal SK	11:17	11:37:23	00:20:23
		2	Anna Norderhus	Røe	TVK	11:16	11:38:01	00:22:01
M 13-14	9km	1	Rolf Tore	Hofstad	Stj-Blink	11:25	11:43:29	00:18:29
		2	Lars Bakk	Stjern	Gauldal SK	11:24	11:43:53	00:19:53
		3	Håkon	Gilberg	IL Sverre	11:26	11:46:49	00:20:49
		4	Håkon	Sæther	Trollheimen SK	11:22	11:43:38	00:21:38
M 15-16	9km	1	Anders	Oddli	Orkla CK	11:35	11:49:43	00:14:43
		2	Thomas	Ekren	Gauldal SK	11:39	11:54:01	00:15:01
		3	Sivert Grøtan	Eriksen	Gauldal SK	11:32	11:47:54	00:15:54
		4	Andreas	Eidsli	Gauldal SK	11:34	11:50:21	00:16:21
		5	Vegard	Høiseith	Gauldal SK	11:36	11:52:33	00:16:33
		6	Roger Schei	Bergheim	Trollheimen SK	11:31	11:48:04	00:17:04
		7	Eskil	Sandvei	Gauldal SK	11:29	11:46:07	00:17:07
		8	Sverre Skogan	Fredriksen	Stj-Blink	11:38	11:55:35	00:17:35
		9	Martin	Sletta	Gauldal SK	11:33	11:50:46	00:17:46
		10	Odin Hallvard	Knutsen	TVK	11:30	11:48:24	00:18:24
M SENIOR	20KM	1	Are Siljan	Børset	NTNUI	12:02	12:29:45	00:27:45
		2	Espen Halvorsen	Bjørgran	TVK	12:10	12:37:54	00:27:54
		3	Arnt Ove	Fordal	Stj-Blink	12:15	12:42:59	00:27:59
		4	Jo	Karstensen	NTNUI	12:18	12:46:22	00:28:22
		4	Tommy Frengen	Evensen	TVK	12:16	12:44:22	00:28:22
		6	Mats	Skottvoll	TVK	12:14	12:43:02	00:29:02
		7	Dag Jonas	Skjølvold	TVK	12:06	12:35:04	00:29:04
		8	Kjetil	Ertsås	TVK	11:59	12:28:10	00:29:10
		9	Eivind	Ekeli	IF Frøy	12:11	12:40:14	00:29:14
		10	Stein Arne	Overvik	TVK	11:56	12:25:47	00:29:47
		11	Didrik Kalve	Strand	Grenland SK	12:07	12:36:51	00:29:51
		12	Mats Håkon	Strand	TVK	12:08	12:38:11	00:30:11
		13	Øyvind	Høiseith	TVK	12:05	12:35:13	00:30:13
		14	Olav Johannes	Hovland	Drammen CK	12:03	12:33:21	00:30:21
		15	Ola Inge	Drøpping	Neset CK	12:21	12:51:24	00:30:24
		16	Eirik Andre	Helsem	TVK	12:04	12:34:25	00:30:25
		17	Jon Arne	Gaundal	TVK	11:58	12:28:30	00:30:30
		18	Rasmus	Strand	TVK	12:12	12:43:24	00:31:24
		19	Magnus	Vågen	TVK	11:52	12:23:41	00:31:41
		20	Tor	Bjerkan	Oppdal SK	12:00	12:32:16	00:32:16
		21	Andreas	Hallan	NTNUI	11:57	12:29:24	00:32:24
		22	Gunnar	Aschjem	Svarstad IL	12:09	12:41:32	00:32:32
		23	Geir Arne	Øfsti	Stj-Blink	11:53	12:25:45	00:32:45
M 17-18	20KM	1	Martin	Lundemo	Stj-Blink	12:26	12:55:54	00:29:54
		2	Erik Borg	Kolsung	TVK	12:24	12:54:21	00:30:21
		3	Adrian Aas	Stien	TVK	12:23	12:53:33	00:30:33



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		4	Sindre Skjøstad	Lunke	TVK	12:27	12:58:34	00:31:34
		5	Anders Norderhu	Røe	TVK	12:25	12:56:54	00:31:54
		6	Anders Halvorser	Bjørgeran	TVK	12:22	12:54:45	00:32:45
K SENIOR	20KM	1	Anne Katrine	Meland	TVK	12:31	13:05:34	00:34:34
ORKLATEMPO`N VETERANCUP								
K 50 ++	20KM	1	Inger Johanne	Refsnes	TVK	12:32	13:12:12	00:40:12
K 40-49	20KM	1	Heidi Jørgensen	Krokdal	Hemne SK	12:35	13:08:49	00:33:49
		2	Ella	Bøhle	TVK	12:34	13:09:58	00:35:58
K 30-39	20KM	1	Borghild	Løvset	Orkla CK	12:36	13:10:24	00:34:24
M 65-69	20KM	1	Jeffrey Stanley	Stevens	Orkla CK	12:42	13:24:28	00:42:28
M 55-59	20KM	1	Øystein	Lorentsen	Inderøy IL	12:46	13:18:42	00:32:42
		2	Bjørn	Horsberg	Hemne SK	12:48	13:20:54	00:32:54
		3	Øyvind	Smistad	Gauldal SK	12:41	13:16:02	00:35:02
		4	Stein	Havik	Orkla CK	12:43	13:21:10	00:38:10
M 50-54	20KM	1	Geir	Mardahl	Orkla CK	12:51	13:29:23	00:38:23
M 45-49	20KM	1	Jørgen	Berge	CK Victoria	13:06	13:35:42	00:29:42
		2	John Rune	Gilberg	CK Victoria	12:59	13:29:17	00:30:17
		3	Atle	Torjuul	Orkla CK	13:00	13:30:30	00:30:30
		4	Geir	Evensen	TVK	13:01	13:31:31	00:30:31
		5	Gunnar	Jørgensen	Hemne SK	12:57	13:31:27	00:34:27
		6	Bjørnar	Næss	IL Sverre	12:56	13:33:34	00:37:34
M 40-44	20KM	1	Roger	Sundet	CK Victoria	13:11	13:42:31	00:31:31
		2	Einar	Spjøtvoll	TVK	13:07	13:39:50	00:32:50
		3	Johnny	Bergsmyr	Orkla CK	13:08	13:44:40	00:36:40
M 30-39	20KM	1	Dag Olav	Løseth	Orkla CK	13:29	13:58:34	00:29:34
		2	Arne Inge	Hangerhagen	CK Victoria	13:23	13:53:25	00:30:25
		3	Jan	Sæther	Trollheimen SK	13:25	13:55:43	00:30:43
		4	Åge	Jønsberg	Orkla CK	13:24	13:56:04	00:32:04
		5	Aleksander M.	Seifried	TVK	13:19	13:51:06	00:32:06
		6	Thomas	Romundstad	Orkla CK	13:21	13:54:02	00:33:02
		7	Per Joar	Botten	CK Victoria	13:20	13:53:06	00:33:06
		8	Øyvind	Eid	TVK	13:22	13:55:16	00:33:16
		9	Kjetil	Værnes	Oppdal SK	13:26	14:00:16	00:34:16