

PLASS NR.	N A V N	L A G	T I D	ETTER
KVINNER 16 AR				
1	001 LØVSETH UNN ANITA	AFJORD IL	1:21.20,0	00.00,0
KVINNER 21 - 34 AR				
1	011 LANDSEM MARI-ANN	STEINKJER FIK	53.18,0	00.00,0
2	010 ERTSAS TONE	SPARBU IL	1:08.23,0	15.05,0
KVINNER 35 - 39 AR				
1	013 BJØRGAN ANNA	LEIRADAL IL	55.50,0	00.00,0
KVINNER 40 - 44 AR				
1	016 UNDERSAKER GERD	INDERØY IL	1:07.26,0	00.00,0
KVINNER 45 - 49 AR				
1	019 GRINDBERG LIV G.	RØRA IL	1:16.13,0	00.00,0
KVINNER 50 - 54 AR				
1	022 ELNES MARIT	HELGADAL IL	1:15.44,0	00.00,0
2	023 GRINDBERG MARIT	LEVANGER BIL	1:21.38,0	05.54,0
KVINNER 55 - 59 AR				
1	027 REKKEBO ASE	BYASEN	1:03.24,0	00.00,0
2	025 LORAS INGEBORG	TRONDHEIM	1:12.26,0	09.02,0
3	026 GODEJORD JENNY	RISSA IL	1:16.53,0	13.29,0
MENN 16 AR				
1	031 BJØRKENG GEIR MARTIN	LEIRADAL IL	1:08.26,0	00.00,0
2	032 SAGVOLD ARILD	HELGADAL IL	1:21.20,0	12.54,0
MENN 17 AR				
1	037 BJØRKENG STEIN O.	LEIRADAL IL	1:06.45,0	00.00,0
2	036 ØGSTAD TORE	STIKLESTAD IL	1:17.10,0	10.25,0
MENN 18 AR				
1	042 MODELL PÅL G.	FØLLING	1:09.16,0	00.00,0
2	045 VALSTAD JØRGEN	VINNE	1:11.32,0	02.16,0
3	043 VALØEN TORGEIR	KVAM IL	1:11.50,0	02.34,0
4	041 HALLAN OLA	STEINKJER FIK	1:40.57,0	31.41,0
MENN 21- 34 AR				
1	056 BERGET OLA	MOSVIK	58.29,0	00.00,0
2	059 SIVERTSEN STURE	LEIRADAL IL	59.00,0	00.31,0
3	052 GUDDING OLAV	FROL IL	59.55,0	01.26,0
4	057 GRØNN JAN ERIK	LEIRADAL IL	1:00.57,0	02.28,0
5	055 LUND EINAR	VINNE	1:02.11,0	03.42,0
6	051 STORFLOR KJELL OLAV	DALEBRAND	1:05.08,0	06.39,0

PLASS NR.	NAV N	LAG	TID	ETTER
MENN 21- 34 AR forts.				
5 7	054 LILLEGARD MAGNAR	HELGADAL IL	1:07.21,0	08.52,0
/ 8	060 FORBORG BJØRNAR	STIKLESTAD IL	1:12.45,0	14.16,0
/ 9	058 HAFSTAD DAG	VUKU IL	1:14.07,0	15.38,0
/ 10	062 LØVTANGEN ASBJØRN	SPAREBANKEN MIDT-N1	1:15.49,0	17.20,0
/ 11	053 VINGEN ROAR	FOSEN LØPEKL.	1:18.38,0	20.09,0
/ 12	061 RØSTEN SIGBJØRN	SPARESKILLINGSBANK	1:21.52,0	23.23,0
/ 13	063 MOE SVEIN HAVARD	ØGNDAL IL	1:38.23,0	39.54,0

## MENN 35 - 39 AR

1	103 RØNNING JAN	SKOEN IL	1:02.58,0	00.00,0
/ 2	111 BRØRS TORKJELL	NAMDALSEID	1:05.18,0	02.20,0
3	108 SAGVOLD STEIN	HELGADAL IL	1:05.38,0	02.40,0
4	101 SLAPGARD EINAR	LEIRADAL IL	1:08.26,0	05.28,0
0 5	104 GREEN STURLA	HELGADAL IL	1:10.28,0	07.30,0
0 6	105 GREEN ROLF	HELGADAL IL	1:16.33,0	13.35,0
6	109 GOMO HARALD	HELGADAL IL	1:16.33,0	13.35,0
/ 8	112 SØGARD INGVAR	POSTEN TR.HEIM	1:16.43,0	13.45,0
/ 9	102 SVAA NILS OTTAR	KLÆBU IL	1:20.12,0	17.14,0
7 10	106 NYMOEN INGE	AKER BIL	1:23.28,0	20.30,0
5 11	110 BRUSTAD ASGEIR	VERDAL ØK	1:33.14,0	30.16,0
/ 12	107 LØVSETH OLAV	FOSEN LØPEKL.	1:34.25,0	31.27,0

## MENN 40 - 44 AR

/ 1	143 RONES KARE	ØGNDAL IL	59.38,0	00.00,0
/ 2	142 STEIN MALVIN	ØGNDAL IL	1:03.22,0	03.44,0
3	133 BRØNSTAD BARD	HELGADAL IL	1:03.54,0	04.16,0
4	140 GOMO JOHN	HELGADAL IL	1:05.42,0	06.04,0
/ 5	132 EVENHUS KNUT	ASGUTEN IL	1:08.22,0	08.44,0
6	136 IVERSEN HARALD M.	VERDAL VIDEREG. SK	1:08.53,0	09.15,0
7	135 BJØRKENG OVE	LEIRADAL IL	1:09.52,0	10.14,0
/ 8	134 ØSTGAARD ARNFINN	BØRSA IL	1:13.58,0	14.20,0
/ 9	131 STORFLOR DAGFINN	DALEBRAND	1:13.59,0	14.21,0
/ 10	137 SÆRAS SVEIN	FOSEN LØPEKL.	1:14.21,0	14.43,0
0 11	138 ANDERSEN ASBJØRN	ASGUTEN IL	1:17.37,0	17.59,0
/ 12	141 JOHANSON JAN	HICO	1:20.31,0	20.53,0
/ 13	139 NYBORG TORBJØRN	ASGUTEN IL	1:23.27,0	23.49,0

## MENN 45 - 49 AR

/ 1	164 VINGEN HARALD	FOSEN LØPEKL.	1:06.53,0	00.00,0
/ 2	165 PETERSEN WILLY	INDERØY IL	1:09.00,0	02.07,0
/ 3	169 EVENHUS HALVARD	INDERØY IL	1:09.06,0	02.13,0
/ 4	161 FAGERVOLD HARALD	RISSA IL	1:12.07,0	05.14,0
3 5	166 HØVDE DAG	VERDAL ØK	1:14.58,0	08.05,0
6	170 BRATTAKER ØDDBJØRN	LEKSDAL	1:15.35,0	08.42,0
3 7	168 WOLD TORE	VESTA FORSIKR.	1:18.11,0	11.18,0
/ 8	167 BJELVIK OLA	SVANA	1:19.02,0	12.09,0
/ 9	162 LEIRSETH ASMUND	HELGADAL IL	1:19.25,0	12.32,0
/ 10	163 NYENG BJARNE	MOSVIK	1:20.31,0	13.38,0

R E S U L T A T E R  
VERES-SJØEN RUNDT 1989  
9. JULI -89

HELGADAL IL

PLASS NR.	N A V N	L A G	T I D	ETTER
<u>MENN 50 - 54 AR</u>				
/ 1	184 UNDERSAKER NILS	INDERØY IL	48.53,0	00.00,0
/ 2	183 MOKSNES JOSTEIN	FROL IL	52.41,0	03.48,0
/ 3	182 SVEBERG MORTEN	VINNE	52.57,0	04.04,0
4	181 FARBU GUNNAR	ØGNDAL IL	58.28,0	09.35,0
<u>MENN 55 - 59 AR</u>				
/ 1	204 REKKEBO ARNULF	HOMMELVIK	1:00.35,0	00.00,0
/ 2	203 MYHR JOHN	HENNING	1:03.07,0	02.32,0
/ 3	202 ELUNG JOHAN	STATSBYGD	1:04.39,0	04.04,0
4	205 EGGEN GUNNAR	SKOGEN IL	1:11.38,0	11.03,0
5	201 THOMASSEN KJELL	VINNE	1:15.30,0	14.55,0
<u>MENN 60 - 64 AR</u>				
/ 1	225 HAGEN EILIF	HELGADAL IL	1:01.26,0	00.00,0
/ 2	223 SOLBERG LEIF	RØRA IL	1:03.44,0	02.18,0
/ 3	224 KVERNDAL HARALD	AFJORD IL	1:13.36,0	12.10,0
<u>KVINNER 19 - 20 AR</u>				
1	007 LUND KARINANNE	VINNE	1:08.40,0	00.00,0
<u>MENN 19 - 20 AR</u>				
5 / 1	047 IVERSEN VEGAR	ØGNDAL IL	1:04.54,0	00.00,0
/ 2	048 VIK LARS EINAR	STIKLESTAD IL	1:07.30,0	02.36,0
3	046 SKROVE JON ARNE	LEIRADAL IL	1:14.27,0	09.33,0
<u>MENN 65 - 69 AR</u>				
/ 1	227 KALVA JAKOB	YRJAR	1:16.48,0	00.00,0
2	226 GREEN KJUT	HELGADAL IL	1:23.53,0	07.05,0
<u>MENN OVER 70 AR</u>				
1	222 STAVLUND OLAF	VERDAL FIK	1:12.01,0	00.00,0
15 / 2	221 ENG GUNNAR	STIKLESTAD IL	1:15.06,0	03.05,0