

R E S U L T A T E R

Veressjøen rundt

8. juli 1990.

Helgådal i.l

PLASS	NR.	N A V N	L A G	T I D	ETTER
<u>Jenter 16 og 17 år</u>					
1	166	Heidi Gudding	Vinne i 1	1:14.48,0	00.00,0
2	167	Therese Guddingsmo		1:14.58,0	00.10,0
<u>Gutter 16 og 17 år</u>					
1	002	Frode Klausen	Vinne i 1	1:07.32,0	00.00,0
2	001	Geir Martin Bjørkeng	Leirådal i 1	1:13.19,0	05.47,0
3	004	Aril Sagvold	Helgådal i 1	1:14.40,0	07.08,0
4	003	Torgrim Stene	Vinne i 1	1:19.30,0	11.58,0
<u>Jenter 18 og 19 år</u>					
1	176	Milda Mogård		1:01.13,0	00.00,0
<u>Gutter 18 og 19 år</u>					
1	023	Roar Lillefjell	Ogndal i 1	1:07.43,0	00.00,0
2	021	Stein Otto Bjørkeng	Leirådal i 1	1:07.45,0	00.02,0
3	022	Jørgen Valstad	Vinne i 1	1:11.48,0	04.05,0
4	018	Pål G. Modell	Følling i 1	1:12.06,0	04.23,0
5	017	Lars Hjelde	Verdal orientering	1:12.13,0	04.30,0
6	016	Kyrre Auran	Ranheim Kraft BIL	1:15.37,0	07.54,0
7	020	Torgeir Valøen	Kvam i 1	1:17.08,0	09.25,0
8	024	Tore Øystad	Stiklestad i 1	1:20.37,0	12.54,0
9	019	Ola Hallan	Steinkjer FIK	1:25.01,0	17.18,0
<u>Kvinner 20-29 år</u>					
1	186	Mari Ann Landsem	Steinkjer FIK	56.21,0	00.00,0
2	188	Kathrine Rokke	Stjørdals Blink	1:02.07,0	05.46,0
3	189	Tone Fossan Ertsås	Sparbu i 1	1:07.38,0	11.17,0
4	187	Toril Røsseng	Stiklestad i 1	1:08.33,0	12.12,0
5	190	Karianne Lund	Vinne i 1	1:13.18,0	16.57,0
6	043	Torunn Borgen	Leirådal i 1	1:14.43,0	18.22,0
<u>Menn 20-29 år</u>					
1	035	Frode Lillefjell	Ogndal i 1	58.50,0	00.00,0
2	034	Sture Sivertsen	Leirådal i 1	59.41,0	00.51,0
3	038	Øyvind Skaanes		1:01.54,0	03.04,0
4	039	Torberg Falch	Frol i 1	1:04.35,0	05.45,0
5	036	Jan Erik Grønn	Leirådal i 1	1:05.05,0	06.15,0
6	033	Erik Falstad	Helgådal i 1	1:09.34,0	10.44,0
7	032	Roar Leirset	Helgådal i 1	1:12.18,0	13.28,0
8	040	Børge Flønes	Klæbu i 1	1:12.46,0	13.56,0
9	031	Erik Foss	I L Leik	1:12.53,0	14.03,0
10	041	Dag Hafstad	Vuku i 1	1:14.32,0	15.42,0
11	037	Magnar Lillegård	Helgådal i 1	1:15.35,0	16.45,0
12	042	Jan Petter Marstad		1:46.27,0	47.37,0

RESULTATER
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Kvinner 30-39 år					
1	199	Ingvild Lein	55.18,0	00.00,0	
2	197	Audhild Melting	1:20.51,0	25.33,0	
3	196	Liv Valhaug	1:29.17,0	33.59,0	
4	198	Anne Torunn Lønseth	1:33.11,0	37.53,0	
Menn 30-39 år					
1	085	Olav Gudding	Frol i l	1:02.58,0	00.00,0
2	082	Ola Berget	Ogndal i l	1:04.06,0	01.08,0
3	078	Bernt Fresk	Duveds I F	1:05.49,0	02.51,0
4	088	Kjell Olav Storflor	Dalebrand	1:08.36,0	05.38,0
5	087	Hermann M. Storflor	Dalebrand	1:10.24,0	07.26,0
6	086	Gunnar Hermann	Leksdal i l	1:10.54,0	07.56,0
7	083	Hans Petter Minsaas	Stiklestad i l	1:12.09,0	09.11,0
8	080	Harald Gomo	Helgådalen i l	1:16.35,0	13.37,0
9	076	Rolf Green	Helgådalen i l	1:16.36,0	13.38,0
10	081	Nils Ottar Svaan	Klæbu i l	1:20.23,0	17.25,0
11	084	Sverre Kjeldsli	Statsbygd i l	1:20.29,0	17.31,0
12	090	Kjetil Sagvold	Helgådalen i l	1:28.02,0	25.04,0
13	077	Torkel J. Pande	Kyrksæterøra i l	1:29.41,0	26.43,0
14	092	Tony Welland		1:32.21,0	29.23,0
15	079	Jan Anderssen	Duveds I F	1:32.32,0	29.34,0
16	089	Johan Fossmo	Byåsen	1:35.23,0	32.25,0
17	091	Ingvar Sørgeard		1:35.59,0	33.01,0
Kvinner 40-49 år					
1	206	Hilde Oppheim	Sparbu i l	1:06.56,0	00.00,0
2	211	Gerd Undersaker	Inderøy i l	1:07.21,0	00.25,0
3	208	Solrun Landsem	Verdal FIK	1:08.20,0	01.24,0
4	210	Aase Lillefjell		1:21.55,0	14.59,0
5	209	Gerd Woll Grønn	Verdal i l	1:22.25,0	15.29,0
6	207	Signe Berit Berger	Royal Garden	2:06.04,0	59.08,0
Menn 40-49 år					
1	129	Harald M: Iversen	Verdal videregående	1:07.48,0	00.00,0
2	127	John Gudding	Frol i l	1:09.01,0	01.13,0
3	125	Stein Sivertsen	Leirådalen i l	1:10.35,0	02.47,0
4	134	Ola Pettersen		1:12.05,0	04.17,0
5	118	Odd Ekren	Stjørdals Blink	1:12.15,0	04.27,0
6	116	Kenneth Håll	IFK Enskede	1:12.57,0	05.09,0
7	126	Willy Petersen	Inderøy i l	1:13.01,0	05.13,0
8	135	Harald Storflor	Dalebrand	1:15.00,0	07.12,0
9	133	Halvard Evenhus	Inderøy i l	1:15.01,0	07.13,0
10	117	Anders Kvam	Inderøy i l	1:16.57,0	09.09,0
11	123	Svein Green	Helgådalen i l	1:17.11,0	09.23,0
12	131	Jon Lasse Myhre	Leirådalen i l	1:18.55,0	11.07,0
13	128	Magne Bergsmo	Helgådalen i l	1:23.46,0	15.58,0
14	121	Asbjørn J Anderssen	Åsgutten i l	1:24.48,0	17.00,0
15	138	Åsmund Leirset	Helgådalen i l	1:25.24,0	17.36,0
16	122	Sverre Kristoffersen	Verdal orientering	1:26.14,0	18.26,0
17	132	Kjell Langmo		1:27.13,0	19.25,0
18	130	Steinar Bergsmo	Leirådalen i l	1:27.14,0	19.26,0
19	136	Bjørn Steinsli	Leirådalen i l	1:28.13,0	20.25,0
20	119	Frode Sørli	Eide i l	1:45.26,0	37.38,0

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Menn 40-49 år forts.				
21	120 Halvor Driveklepp	Kyrksæterøra i l	1:46.38,0	38.50,0
22	124 Jostein Alstad	Sjetnemarka	2:06.03,0	58.15,0
Kvinner 50-59 år				
1	216 Marit Elnes	Helgådal i l	1:19.21,0	00.00,0
2	217 Jenny Godejord	Rissa i l	1:25.15,0	05.54,0
Menn 50-59 år				
1	239 Nils Undersåker	Inderøy i l	50.52,0	00.00,0
2	236 Morten Sveberg	Vinne i l	54.27,0	03.35,0
	235 Jostein Moksnes	Frol i l	56.34,0	05.42,0
4	227 Roald Rones	Tollpost Globe - D1	1:00.09,0	09.17,0
5	226 Gunnar Farbu	Ogndal i l	1:01.06,0	10.14,0
6	234 Bjørn Lund	Freidig i l	1:02.47,0	11.55,0
7	232 Arnulf Rekkebo	Hommelvik	1:03.55,0	13.03,0
8	238 Erik Berggren		1:06.28,0	15.36,0
9	231 Bjarne Bakkhaug	Mosvik i l	1:07.13,0	16.21,0
10	228 Leif Rotmo	Helgådal i l	1:09.20,0	18.28,0
11	230 John Humstad	Åfjord i l	1:12.25,0	21.33,0
12	229 Kjell Thomassen	Norske Skog	1:23.47,0	32.55,0
13	233 Øyvind Blomli	Statsbygd i l	1:28.51,0	37.59,0
Menn 60-69 år				
1	267 Erling Høe	Steinkjer FIK	59.41,0	00.00,0
2	270 Svein Hegge	Byåsen	1:05.57,0	06.16,0
3	271 Eilif Hagen	Helgådal i l	1:08.39,0	08.58,0
4	272 Hans Petter Glenne		1:10.21,0	10.40,0
5	273 Reidar Langdal	Helgådal i l	1:11.39,0	11.58,0
6	269 Jorleiv Vikan	Åfjord i l	1:12.22,0	12.41,0
7	268 Idar Elnes	Helgådal i l	1:18.54,0	19.13,0
8	266 Knut Green	Helgådal i l	1:30.37,0	30.56,0
Menn over 70 år				
1	293 Eldar Hagen		1:07.33,0	00.00,0
2	291 Gunnar Eng	Stiklestad i l	1:19.19,0	11.46,0
3	292 Olaf Stavlund	Verdal i l	1:25.29,0	17.56,0

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