

R E S U L T A T E R

Veressjøen Rundt

3. juli 1994

Helgådalen idrettslag

PLASS NR.	N A V N	L A G	T I D	ETTER
<b>Jenter 16 og 17 år</b>				
1	701 Kjersti Gudding	Vinne i 1	1:22.33,0	00.00,0
<b>Gutter 16 og 17 år</b>				
1	814 Espen Pedersen	Frol i 1	1:17.51,0	00.00,0
2	816 Erik Aunøien	Vinne i 1	1:20.38,0	02.47,0
3	815 Erlend B. Nilsen	Vinne i 1	1:24.46,0	06.55,0
4	813 Jan Arild Green	Helgådalen i 1	1:29.23,0	11.32,0
<b>Jenter 18 og 19 år</b>				
1	708 Eva Cathrine Fjerdingsøy	Steinkjer FIK	1:09.36,0	00.00,0
2	705 Camilla Letnes	Vinne i 1	1:12.24,0	02.48,0
3	706 Kristin Kjesbu	Stiklestad i 1	1:14.20,0	04.44,0
4	707 Marit Husby	IL Aasguten	1:21.37,0	12.01,0
<b>Gutter 18 og 19 år</b>				
1	821 Lars Erik Ness	Verdal FIK	1:11.07,0	00.00,0
2	831 Ståle Walderhaug	Verdal FIK	1:11.37,0	00.30,0
3	819 Kjell Ove Pedersen	Leksdal i 1	1:20.47,0	09.40,0
4	820 Vebjørn Jentoft	Vinne i 1	1:21.37,0	10.30,0
<b>Kvinner 20-29 år</b>				
1	711 Marit Mikkelsplass	Vidar	57.38,0	00.00,0
2	712 Mariann Landsem	Steinkjer FIK	1:05.26,0	07.48,0
3	713 Ingrid Vatn	Frol i 1	1:13.36,0	15.58,0
<b>Menn 20-29 år</b>				
1	844 Sigurd Brørs	Rindals Troll	59.49,0	00.00,0
2	846 Sture Sivertsen	Leirådalen i 1	1:00.00,0	00.11,0
3	864 Carlos Silva de Brito	Ogndal	1:01.50,0	02.01,0
4	867 Vegard Iversen	Strindheim i 1	1:02.17,0	02.28,0
5	845 Øyvind Skaanes		1:02.36,0	02.47,0
6	865 Svein Anders Melhus	Ogndal	1:05.47,0	05.58,0
7	847 Frode Jermstad	Skogn i 1	1:05.50,0	06.01,0
8	868 Tor Arne Brevik	Mosvik i 1	1:07.02,0	07.13,0
9	872 Ole Petter Storstad	Helgådalen i 1	1:09.04,0	09.15,0
10	843 Bjørnar Aksnes	Helgådalen i 1	1:09.22,0	09.33,0
11	871 Helge Holshagen	Røra i 1	1:09.50,0	10.01,0
12	870 Arild Olav Sagvold	Helgådalen i 1	1:09.59,0	10.10,0
13	850 Gunnar Vatn	Frol i 1	1:10.38,0	10.49,0
14	873 Vidar Nåvik	Frosta i 1	1:11.28,0	11.39,0
15	869 Kurt Ove Melbye	Verdal OK	1:14.21,0	14.32,0
16	853 Stein Otto Bjørkeng	Leirådalen	1:15.07,0	15.18,0
16	854 Geir Martin Bjørkeng	Leirådalen	1:15.07,0	15.18,0
18	852 Ivar Dillan	Helgådalen i 1	1:17.34,0	17.45,0
19	866 Kyrre Auran	Ranheim Kraft	1:21.53,0	22.04,0
20	849 Torgrim Stene	Vinne i 1	1:21.58,0	22.09,0
21	851 Asgeir Leirset	Helgådalen i 1	1:28.57,0	29.08,0

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Kvinner 30-39 år				
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1	721 Liv Karin Ertsås	Sparbu i l	1:09.54,0	00.00,0
2	722 Anne Torunn Lønseth	Innherred Trekkhund	1:38.42,0	28.48,0
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Menn 30-39 år				
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1	892 Knut Hagen	Bøler	59.53,0	00.00,0
2	886 Pål Gunnar Mikkelsplass	Nesbyen	1:03.07,0	03.14,0
3	887 Ola Berget	Ogndal i l	1:06.11,0	06.18,0
4	896 Olav Gudding	Vinne i l	1:07.49,0	07.56,0
5	891 Vidar Skjerve	Frol i l	1:07.56,0	08.03,0
6	895 Gunnar Melting	Mosvik i l	1:08.44,0	08.51,0
7	898 Torbjørn Mæhlumsveen	Rygg i l	1:11.17,0	11.24,0
8	899 Børge Flønes	Klæbu løpeklubb	1:14.00,0	14.07,0
9	888 Gunnar Hermann	Leksdal i l	1:14.48,0	14.55,0
10	890 Roar Leirset	Helgådalen i l	1:17.36,0	17.43,0
11	885 Arnt Tore Sagvold	Helgådalen i l	1:18.21,0	18.28,0
12	889 Arnstein Nymo	Sparbu i l	1:18.32,0	18.39,0
13	894 Bjørnar Skrove	Vinne i l	1:19.39,0	19.46,0
14	897 Terje Stokdal	Vinne i l	1:22.14,0	22.21,0
15	893 Jan Skarsvog	Inndal	1:34.47,0	34.54,0
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Kvinner 40-49 år				
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1	730 Hilde Opheim	Sparbu i l	1:11.46,0	00.00,0
2	733 Aase Lillefjell	Stod i l	1:38.42,0	26.56,0
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Menn 40-49 år				
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1	937 Joar Halseth	Ogndal i l	1:05.04,0	00.00,0
2	939 Bård Brønstad	Helgådalen i l	1:07.37,0	02.33,0
3	941 Sturla Green	Helgådalen i l	1:09.10,0	04.06,0
4	932 John Gudding	Vinne i l	1:11.36,0	06.32,0
5	938 Jan Grøtting	Vinne i l	1:11.40,0	06.36,0
6	954 Jan Rønning	Skogn i l	1:14.30,0	09.26,0
7	953 Stein Sivertsen	Leirådalen i l	1:15.45,0	10.41,0
8	934 Arne Ramdal	Frol i l	1:17.53,0	12.49,0
9	931 John Gomo	Helgådalen i l	1:19.56,0	14.52,0
10	945 Karl A. Melbye	Ness i l	1:22.54,0	17.50,0
11	933 Rolf Green	Helgådalen i l	1:24.48,0	19.44,0
12	942 Magne Bergsmo	Helgådalen	1:26.16,0	21.12,0
13	940 Harald Gomo	Helgådalen i l	1:29.32,0	24.28,0
14	943 Steinar Bergsmo	Leirådalen	1:39.48,0	34.44,0
15	935 Inge Nymo	Aker BIL	1:41.44,0	36.40,0
16	944 Sverre Kristoffersen	Verdal OK	1:56.54,0	51.50,0
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Kvinner 50-59 år				
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1	755 Marit Elnes	Helgådalen i l	1:29.38,0	00.00,0
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Menn 50-59 år				
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1	780 Morten Sveberg	Verdal OK	59.03,0	00.00,0
2	765 Eirik Stamnes	Beitstad	1:01.02,0	01.59,0
3	778 Knut Gran	Leksdal i l	1:06.14,0	07.11,0
4	769 Dag Høvde	Verdal OK	1:06.19,0	07.16,0
5	766 Jarle Nesse	Helgådalen i l	1:08.04,0	09.01,0

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Menn 50-59 år forts.				
6	779 Asmund Leirset	Helgådal i 1	1:10.09,0	11.06,0
7	781 Oddbjørn Brattaker	Leksdal i 1	1:15.14,0	16.11,0
8	782 Jostein Alstad	Adresseavisa	1:17.58,0	18.55,0
9	768 Jostein Moksnes	Frol i 1	1:18.05,0	19.02,0
Kvinner 60-69 år				
1	761 Jenny Godejord	Rissa i 1	1:39.52,0	00.00,0
Menn 60-69 år				
1	791 Per Arndal	Frol i 1	59.57,0	00.00,0
2	789 Jørum Saurset	Steinkjer OK	1:09.10,0	09.13,0
3	792 Arnfinn Rønning	Skogn i 1	1:16.11,0	16.14,0
4	793 John Humstad	Afjord i 1	1:22.28,0	22.31,0
5	786 Idar Elnes	Helgådal i 1	1:22.53,0	22.56,0
6	790 Kjell Thomassen	Norske Skog	1:34.29,0	34.32,0
Menn 70-79 år				
1	802 Knut Green	Helgådal i 1	1:41.20,0	00.00,0
Menn over 80 år				
1	810 Petter Green	Stjørdals Blink	1:31.15,0	00.00,0