

R E S U L T A T E R  
Veressjøen Rundt

Helgådal idrettslag

2. juli 1995

PLASS NR.	N A V N	L A G	T I D	ETTER	
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Jenter 16 - 17 år, 11 km					
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1	001	Kjersti Husby	I L Aasguten	1:12.04,0	00.00,0
2	002	Kirsti Stensland	Vinne i 1	1:15.14,0	03.10,0
Jenter 18 - 19 år, 11 km					
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1	007	Eva Cathrine Fjerdingsøy	Steinkjer FIK	1:09.05,0	00.00,0
2	005	Camilla Letnes	Vinne	1:12.38,0	03.33,0
3	004	Kristin Kjesbu	Stiklestad	1:13.04,0	03.59,0
BRUTT	006	Marit Skjærvik	Inderøy i 1		
Damer 20 - 34 år, 11 km					
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1	011	Marit Sund	Otterøy	59.45,0	00.00,0
2	010	Mariann Landsem	Steinkjer FIK	1:04.29,0	04.44,0
3	009	Berit Jørum		1:15.47,0	16.02,0
Damer 35 - 39 år, 11 km					
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1	014	Anne Torunn Lønseth	Følling	1:41.31,0	00.00,0
Damer 40 - 44 år, 11 km					
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1	019	Ingvild Lein	Frosta i 1	59.24,0	00.00,0
2	020	Jorunn Hallan	Skogn i 1	1:08.31,0	09.07,0
Damer 45 - 49 år, 11 km					
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1	022	Hilde Oppheim	Sparbu	1:10.13,0	00.00,0
2	023	Aase Lillefjell	Stod i 1	1:20.10,0	09.57,0
Damer 50 - 54 år, 11 km					
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1	025	Gerd Undersåker	Inderøy	1:12.03,0	00.00,0
Damer 55 - 59 år, 11 km					
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1	028	Gunvor Svendsen	Frosta	1:27.05,0	00.00,0
2	029	Marit Elnes	Helgådal	1:29.40,0	02.35,0
Damer 60 - 64 år, 11 km					
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1	030	Ragnhild Hammer	Inderøy	1:21.23,0	00.00,0
Menn 50 - 54 år, 11 km					
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1	039	Odd M. Spjøtvold	Kyrksæterrøra	53.09,0	00.00,0
2	036	Bård Brønstad	Helgådal	53.34,0	00.25,0
3	040	Torbjørn Veie	Vinne	1:00.09,0	07.00,0
4	041	Arne Ramdal	Frol i 1	1:02.00,0	08.51,0
5	044	KJell Beitland	Fora i 1	1:05.07,0	11.58,0
6	059	Svein Arne Mossing	Aasguten	1:05.45,0	12.36,0
7	058	Bernt Ryggvik	Frosta	1:07.11,0	14.02,0
8	063	Johan Lein	Frosta	1:08.31,0	15.22,0
9	035	Finn Fjeld	Snåsa i 1	1:10.57,0	17.48,0
10	048	Oddbjørn Brattaker	Leksdal i 1	1:12.02,0	18.53,0

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Klassen 50 - 54 år, 11 km forts.				
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11	037	Asmund Leirset	Helgådalen	1:12.28,0 19.19,0
12	042	Jarle Haugen		1:13.05,0 19.56,0
13	043	Trond Eide	Malm	1:17.03,0 23.54,0
14	038	Halvor Driveklepp	Kyrksæterøra	1:26.41,0 33.32,0
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Klassen 55 - 59 år, 11 km				
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1	046	Nils Undersaker	Inderøy	55.09,0 00.00,0
2	049	Knut Gran	Leksdal i l	1:06.41,0 11.32,0
3	045	Jostein Moksnes	Frol i l	1:07.28,0 12.19,0
4	034	Torbjørn Tjestad	Snåsa i l	1:17.22,0 22.13,0
5	047	Gar Garåsen	Hegra i l	1:21.47,0 26.38,0
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Klassen 60 - 64 år, 11 km				
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1	051	Eirik Stamnes	Beistad i l	1:02.27,0 00.00,0
2	054	Gunnar Farbu	Ogndal	1:06.20,0 03.53,0
3	053	Odd Halseth	Jernbanen FIL	1:08.01,0 05.34,0
4	050	Jørund Saurset	Steinkjer OK	1:10.40,0 08.13,0
5	052	Kjell Thomassen	Norske Skog	1:31.01,0 28.34,0
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Klassen 65 - 69 år, 11 km				
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1	055	Idar Elnes	Helgådalen i l	1:24.53,0 00.00,0
2	056	John Humstad	Afjord i l	1:25.06,0 00.13,0
3	057	Erling Walleraunet	Steinkjer skiklubb	1:33.18,0 08.25,0
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Klassen 70 - 74 år, 11 km				
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1	061	Hilmar Kjesbu	Leksdal i l	1:26.22,0 00.00,0
2	060	Knut Green	Helgådalen i l	1:40.39,0 14.17,0
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Klassen 75 - 79 år, 11 km				
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1	062	Olaf Stavlund	Verdal FIK	1:35.52,0 00.00,0
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Klassen gutter 16 - 17 år, 15 km				
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1	064	Roger Berg	Sparbu i l	1:16.23,0 00.00,0
2	066	Tore Lundsæunet	Vinne i l	1:17.56,0 01.33,0
3	065	Andreas Valbekmo	Vinne i l	1:24.20,0 07.57,0
4	067	Arild Selseth	Vinne skilag	1:27.18,0 10.55,0
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Klassen gutter 18 - 19 år, 15 km				
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1	071	Frode Olsen	Vinne i l	1:13.59,0 00.00,0
2	072	Espen Pedersen	Frol i l	1:15.46,0 01.47,0
3	073	Kjell Ove Pedersen	Leksdal	1:22.54,0 08.55,0
4	069	Erik Aunøyen	Vinne i l	1:27.14,0 13.15,0
4	070	Vebjørn Jentoft	Vinne i l	1:27.14,0 13.15,0

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<b>Menn 20 - 34 år, 15 km</b>				
1	080 Bjørn Dæhli	Nannestad	57.59,0	00.00,0
2	094 Frode Lillefjell	Ogndal	1:00.07,0	02.08,0
3	095 Carlos Silva de Brito	Ogndal	1:00.10,0	02.11,0
4	092 Marcus Gøransson	Åsarne	1:02.22,0	04.23,0
5	093 Morgan Gøransson	Åsarne	1:02.39,0	04.40,0
6	091 Hallgeir Martin Lundemo	Strindheim	1:05.32,0	07.33,0
7	079 Gunnar Melting	Mosvik i l	1:05.40,0	07.41,0
8	085 Vidar Nåvik	Frosta i l	1:05.42,0	07.43,0
9	084 Svein Anders Melhus	Ogndal i l	1:05.50,0	07.51,0
10	087 Frode Jermstad	Skogn i l	1:07.39,0	09.40,0
11	088 Bjørnar Aksnes	Helgådal i l	1:10.25,0	12.26,0
12	096 Helge Holshagen	Røra i l	1:10.32,0	12.33,0
13	090 Ivar Johannes Bjørken	Ogndal	1:11.04,0	13.05,0
14	089 Gunnar Vatn	NTHI	1:12.56,0	14.57,0
15	082 Ole Einar Marken	Verdal FIK	1:15.35,0	17.36,0
16	078 Knut Roar Farbu	Ogndal i l	1:16.20,0	18.21,0
17	081 Ola Langleite	Snåsa i l	1:17.00,0	19.01,0
18	074 Ivar Dillan	Helgådal i l	1:19.19,0	21.20,0
19	097 Bjørnar Forbord	Verdal FIK	1:20.13,0	22.14,0
20	083 Gunnar Martinsen	Snåsa i l	1:21.18,0	23.19,0
21	075 Asle Bjarne Hammer	Inderøy i l	1:26.26,0	28.27,0
22	076 Asgeir Leirset	Helgådal i l	1:28.07,0	30.08,0
23	077 Even Andre Bjørsmo	Ness i l	1:46.47,0	48.48,0

**Menn 35 - 39 år, 15 km**

1	107 Arne Okkenhaug	Verdal OK	1:02.40,0	00.00,0
2	113 Torstein Bjørhusdal	Elva/Namsskogan	1:02.42,0	00.02,0
3	114 Ola Berget	Ogndal	1:04.49,0	02.09,0
4	116 Victor Dale	Verdal kommune	1:10.15,0	07.35,0
5	112 Sturla Throndsen	Vidar	1:10.32,0	07.52,0
6	117 Jan Mikal Selbo	Ogndal i l	1:11.38,0	08.58,0
7	109 Bjørnar Skrove	Vinne i l	1:14.34,0	11.54,0
8	110 Terje Stokdal	Vinne i l	1:15.36,0	12.56,0
9	115 Arve Skavhaug	Inndal i l	1:16.38,0	13.58,0
10	108 Asbjørn Løding	Vinne i l	1:17.03,0	14.23,0
11	105 Tore Sagvold	Helgådal i l	1:21.10,0	18.30,0
12	118 Ketil Osen	Aker Verdal i l	1:22.38,0	19.58,0
13	111 Hermann Dahl	Følling	1:25.09,0	22.29,0
14	104 Olav Kveldstad	Aker Verdal	1:28.45,0	26.05,0
15	106 Audun Hammer	Inderøy i l	1:34.11,0	31.31,0
16	119 Terje Leithe		1:36.49,0	34.09,0

**Menn 40 - 44 år, 15 km**

1	121 Joar Halseth	Ogndal i l	1:06.06,0	00.00,0
2	124 Olav Gudding	Vinne i l	1:06.57,0	00.51,0
3	123 Sturla Green	Helgådal i l	1:10.40,0	04.34,0
4	128 Jan Martin Grøtting	Vinne i l	1:15.10,0	09.04,0
5	122 Ivar Lyngstad	Stiklestad i l	1:17.39,0	11.33,0
6	129 Ragnar Leithe	Stiklestad i l	1:21.28,0	15.22,0
7	126 Arnstein Kaspersen	Markabygda	1:21.29,0	15.23,0

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Menn 45 - 49 år, 15 km				
1	137 Harald Morten Iversen	Vinne i l	1:11.51,0	00.00,0
2	136 Tormod Hansen		1:14.20,0	02.29,0
3	140 Stig Larsson	Ness i l	1:16.48,0	04.57,0
4	139 Stein I. Sivertsen	Leirådal i l	1:19.52,0	08.01,0

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