

PLASS NR.	N A V N	L A G	T I D	ETTER
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Jenter 16 - 17 år, 8,7 km				
1	001 Kjersti Husby	I L Aasguten	44.15,0	00.00,0
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Jenter 18 - 19 år, 8,7 km				
1	005 Marit Gundersen Skjærvik	Steinkjer FIK	37.16,0	00.00,0
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Damer 20 - 34 år, 8,7 km				
1	013 Inger Lise Høgge	Steinkjer FIK	35.16,0	00.00,0
2	012 Kari Grindberg	Steinkjer FIK	37.46,0	02.30,0
3	011 Mariann Landsem	Steinkjer FIK	38.32,0	03.16,0
4	015 Guri Knotten	Stjørdal FIK	39.37,0	04.21,0
5	016 Eva Cathrine Fjerdingøy	Steinkjer FIK	40.42,0	05.26,0
6	010 Camilla Letnes	Vinne	46.12,0	10.56,0
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Damer 40 - 44 år, 8,7 km				
1	023 Jorunn Hallan	Skogn	42.47,0	00.00,0
2	022 Anne Torun Lønseth	Følling	58.02,0	15.15,0
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Damer 45 - 49 år, 8,7 km				
1	027 Hilde Opheim	Sparbu	43.42,0	00.00,0
BRUTT 026	Asbjørg Strand	Sylling IF		
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Damer 55 - 59 år, 8,7 km				
1	034 Gunvor Svendsen	Frosta	51.55,0	00.00,0
2	035 Marit Elnes	Helgådal	55.31,0	03.36,0
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Damer 60 - 64 år, 8,7 km				
1	038 Ragnhild Hammer	Inderøy	49.03,0	00.00,0
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Mer 55 - 59 år, 15 km				
1	193 Nils Undersåker	Inderøy	1:00.02,0	00.00,0
2	195 Arvid Valøen	Steinkjer	1:05.20,0	05.18,0
3	191 Willy Petersen	Inderøy	1:11.00,0	10.58,0
4	194 Bernt Ryggvik	Frosta	1:15.06,0	15.04,0
5	190 Roald Ronnes	Tollpost Globe	1:15.26,0	15.24,0
BRUTT 192	Jostein Moksnes	Frol i l		
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Menn 50 - 54 år, 15 km				
1	175 Torbjørn Veie	Vinne	1:04.12,0	00.00,0
2	178 Tor Petter Abelsen	Vinne	1:05.38,0	01.26,0
3	181 Jarle Aurstad	Leksdal	1:10.34,0	06.22,0
4	180 Arne Ramdal	Frol i l	1:12.06,0	07.54,0
5	177 Knut Gran	Leksdal	1:16.27,0	12.15,0
6	176 Steinar Stene	Aasguten	1:21.20,0	17.08,0

PLASS NR.	N A V N	L A G	T I D	ETTER
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Menn 60 - 64 år, 8,7 km				
1	046 Per Amdahl	Frol	37.56,0	00.00,0
2	044 Eirik Stamnes	Beitstad	39.56,0	02.00,0
3	047 Odd Halseth	NSB	44.45,0	06.49,0
4	045 Kjell Thomassen	Norske Skog	58.27,0	20.31,0
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Menn 65 - 69 år, 8,7 km				
1	054 Jon Svendsen	Frosta	47.24,0	00.00,0
2	056 Jarle Løe	Røra i l	50.00,0	02.36,0
3	057 Idar Elnes	Helgådalen	50.08,0	02.44,0
4	055 Jon Humstad	Afjord il	54.27,0	07.03,0
5	058 Jorleiv Vikan	Afjord	1:04.02,0	16.38,0
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Menn 70 - 74 år, 8,7 km				
1	060 Hilmar Kjesbu	Leksdal	57.34,0	00.00,0
2	059 Knut Green	Helgådalen	1:00.10,0	02.36,0
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Menn 75 - 79 år, 8,7 km				
1	062 Olaf Stavlund	Verdal FIK	58.39,0	00.00,0
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Gutter 16 - 17 år, 15 km				
1	067 Andreas Valbekmo	Vinne i l	1:08.31,0	00.00,0
2	065 Ole Jermstad	Leirådalen	1:13.04,0	04.33,0
3	066 Jomar Jentoft	Vinne	1:23.38,0	15.07,0
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Gutter 18 - 19 år, 15 km				
1	076 Tore Lundsauet	Vinne	1:05.40,0	00.00,0
2	077 Erlend B. Nilsen	Vinne	1:10.00,0	04.20,0
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Menn 20 - 34 år, 15 km				
1	099 Carlos Silva de Brito	Ogndal	53.07,0	00.00,0
2	095 Marcus Gøransson	Åserna	54.34,0	01.27,0
3	098 Ole Einar Bjørndalen	Simostranda	54.36,0	01.29,0
4	100 Tor Arne Hetland	Trønderøst	55.00,0	01.53,0
5	093 Hallgeir Martin Lundemo	Varden	55.23,0	02.16,0
6	085 Svein Anders Melhus	Ogndal	55.28,0	02.21,0
7	094 Vegard Iversen	Ogndal	56.10,0	03.03,0
8	089 Gunnar Melting	Mosvik	56.46,0	03.39,0
9	104 Frode Jermstad	Skogn	57.46,0	04.39,0
10	114 Tor Arne Brevik	Mosvik	57.50,0	04.43,0
11	086 Hallgeir Viken	Steinkjer FIK	58.29,0	05.22,0
11	108 Hallgeir J. H. Sagmo	Kvam	58.29,0	05.22,0
13	113 Vidar Nåvik	Frosta il	58.53,0	05.46,0
14	116 Morten Brørs	Steinkjer	59.09,0	06.02,0
15	107 Torbjørn Mæhlumsveen	Rygg i l	59.11,0	06.04,0
16	092 Vebjørn Jentoft	Vinne	59.51,0	06.44,0
17	106 Helge Holshagen	Røra il	59.53,0	06.46,0
18	087 Trond Iversen	Ogndal	1:00.14,0	07.07,0
19	101 Torleif Kr. Haugan	Frosta	1:01.47,0	08.40,0
20	105 Roger Hønnås	Frosta	1:02.44,0	09.37,0
21	115 Johan Hernes	Frosta	1:03.28,0	10.21,0

## R E S U L T A T E R

Veressjøen Rundt

30. juni 1996

Helgådal idrettslag

PLASS NR.	N A V N	L A G	T I D	ETTER	
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Menn 20 - 34 år, 15 km forts.					
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22	110	Pål G. Modell	Kvam	1:05.39,0	12.32,0
23	091	Ivar Dillan	Helgådal	1:06.23,0	13.16,0
24	103	Kjell Ove Pedersen Tiller	Leksdal	1:08.50,0	15.43,0
25	112	Kyrre Auran	Ranheim Kraft BIL	1:09.05,0	15.58,0
26	088	Frode Olsen	Vinne	1:11.37,0	18.30,0
27	109	Ola Hallan	Kvam	1:15.21,0	22.14,0
28	090	Asle Hammer	Inderøy	1:18.55,0	25.48,0
29	102	Asgeir Leirset	Helgådal	1:21.19,0	28.12,0
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Menn 35 - 39 år, 15 km					
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1	124	Ola Berget	Ogndal	56.25,0	00.00,0
2	121	Bjørnar Skrove	Vinne	1:02.10,0	05.45,0
3	122	Bjørn Bakkhaug	Mosvik	1:10.28,0	14.03,0
4	120	Arnt Tore Sagvold	Helgådal	1:13.03,0	16.38,0
5	126	Jan Skarsvåg	Inndal	1:19.02,0	22.37,0
6	125	Olav Kveldstad	Aker	1:19.23,0	22.58,0
7	123	Terje Leithe	Steinkjer	1:29.22,0	32.57,0
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Menn 40 - 44 år, 15 km					
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1	153	Joar Halseth	Ogndal	59.18,0	00.00,0
2	147	Erling Ragnar Hermann	Leksdal	1:02.22,0	03.04,0
3	145	Asbjørn Løding	Vinne	1:07.55,0	08.37,0
4	151	Arnstein Kirste	Inderøy	1:08.27,0	09.09,0
5	150	Arnstein Kaspersen	Markabygda	1:08.33,0	09.15,0
6	146	Ragnar Leithe	Aker Elektro BIL	1:09.19,0	10.01,0
7	152	Meier Hallan	Markabygda	1:10.11,0	10.53,0
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Menn 45 - 49 år, 15 km					
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1	167	Kåre Ronnes	Ogndal	1:01.56,0	00.00,0
2	165	Per Arild Bolaas	Steinkjer skiklubb	1:02.04,0	00.08,0
3	162	John Gudding	Vinne	1:02.43,0	00.47,0
4	164	Agnar Kvam	Inderøy	1:04.58,0	03.02,0
5	163	Stein Sivertsen	Leirådal	1:09.12,0	07.16,0
6	160	John Gomo	Helgådal	1:12.13,0	10.17,0
7	161	Magne Ringstad	Mosvik	1:13.31,0	11.35,0
8	166	Johan Granlund	Ess-Løparlubb Sver	1:29.22,0	27.26,0

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