

PLASS NR.	N A V N	L A G	T I D	ETTER

Jenter 16 - 17 år, 8,7 km				

1	001 Marit Anette Julnes	Helgådal i 1 - 9	46.17,0	00.00,0
Jenter 18 - 19 år, 8,7 km				

1	006 Kjersti Husby	Aasgutten - 5	44.37,0	00.00,0
2	007 Heidi Alstad	Vinne i 1 - 3	47.28,0	02.51,0
Damer 20 - 34 år, 8,7 km				

1	012 Astri Waldal	Stjørdal FIK - 1	35.53,0	00.00,0
2	015 Shawn Armstrong	Anchorage Alaska U	43.20,0	07.27,0
Damer 35 - 39 år, 8,7 km				

1	017 Sissel Norum	Steinkjer FIK - 1	40.08,0	00.00,0
2	018 Ellinor Indahl	Helgådal - 5	47.36,0	07.28,0
Damer 40 - 44 år, 8,7 km				

1	022 Anne Torunn Lønseth	Følling - 8	58.17,0	00.00,0
Damer 45 - 49 år, 8,7 km				

1	026 Jorunn Hallan	Skogn i 1 - 4	42.19,0	00.00,0
2	027 Hilde Opheim	Sparbu i 1 - 7	45.02,0	02.43,0
Damer 50 - 54 år, 8,7 km				

1	030 Solbjørg Hallager	Grogn i 1 - 1	44.49,0	00.00,0
2	031 Gerd Undersåker	Inderøy i 1 - 6	45.12,0	00.23,0
Damer 55 - 59 år, 8,7 km				

1	035 Birgit Hovdal	Skogn i 1 - 1	48.40,0	00.00,0
Damer 60 - 64 år, 8,7 km				

1	039 Ragnhild Hammer	Inderøy i 1 - 6	49.02,0	00.00,0
2	038 Gunvor Svendsen	Frosta i 1 - 5	56.59,0	07.57,0
Menn 55 - 59 år, 8,7 km				

1	065 Nils Undersåker	Inderøy i 1 - 7	33.53,0	00.00,0
2	061 Willy Petersen	Inderøy i 1 - 6	38.23,0	04.30,0
3	062 Jarle Nesse	Helgådal i 1 - 9	42.48,0	08.55,0
Menn 50 - 54 år, 8,7 km				

1	049 Bård Brønstad	Helgådal i 1 - 16	34.54,0	00.00,0
2	044 John Gudding	Vinne i 1 - 9	36.51,0	01.57,0
3	051 Torbjørn Veie	Vinne i 1 - 9	37.17,0	02.23,0
4	055 Lorns Berg	Inderøy i 1 - 1	37.59,0	03.05,0
5	046 Kåre Ronnes	Ogndal i 1 - 3	38.38,0	03.44,0
6	047 Arne Ramdal	Frol i 1 - 7	40.11,0	05.17,0
7	045 Olav Magne Svendgård	Skogn i 1 - 1	40.38,0	05.44,0

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Menn 50 - 54 år, 8,7 km forts.				

8	056 Knut Gran	Leksdal - 7	40.42,0	05.48,0
9	057 Svein Arne Mossing	Aasgutten - 2	41.16,0	06.22,0
10	054 Kjell Hegstad	Vinne Skilag - 2	43.49,0	08.55,0

Menn 60 - 64 år, 8,7 km				

1	078 Eirik Stamnes	Beistad i l - 7	41.18,0	00.00,0

Menn 65 - 69 år, 8,7 km				

1	088 Erling Høe	Steinkjer FIK - 5	49.06,0	00.00,0
2	086 Jon Svendsen	Frosta i l - 4	49.14,0	00.08,0

Menn 70 - 74 år, 8,7 km				

1	097 Hilmar Kjesbu	Leksdal - 9	59.02,0	00.00,0
2	098 Knut Green	Helgådal i l - 22	1:02.39,0	03.37,0

Menn 75 - 79 år, 8,7 km				

1	101 Olaf Stavlund	Verdal FIK - 16	1:01.50,0	00.00,0

Gutter 16 - 17 år, 15 km				

1	151 Einar Skaarstad	Verdal FIK - 1	1:08.42,0	00.00,0
2	150 Ole Jermstad	Leirådal i l - 10	1:10.55,0	02.13,0
3	152 Vegard Austmo	Vinne i l - 1	1:19.57,0	11.15,0

Gutter 18 - 19 år, 15 km				

1	163 Andreas Valbekmo	- 7	1:04.14,0	00.00,0
2	164 Arild Selseth	Vinne i l - 2	1:04.24,0	00.10,0
3	161 Eskil Jørstad	Snåsa i l - 1	1:07.12,0	02.58,0
4	165 Tore Lundsauet	- 3	1:08.39,0	04.25,0
5	160 Petter Alstad	Vinne i l - 4	1:09.50,0	05.36,0
6	162 Jomar Jentoft	Vinne i l - 6	1:11.35,0	07.21,0

Menn 20 - 34 år, 15 km				

1	170 Carlos Silva de Brito	Ogndal i l - 5	52.42,0	00.00,0
2	176 Sture Sivertsen	Leirådal i l - 16	52.43,0	00.01,0
3	180 Frode Lillefjell	Ogndal - 6	53.44,0	01.02,0
4	178 Hallgeir Martin Lundemo	Strindheim - 4	56.11,0	03.29,0
5	187 Bjørnar Lynum	Skogn i l - 1	56.58,0	04.16,0
6	182 Øyvind Waade	Bøler - 1	57.17,0	04.35,0
7	189 Tor Arne Brevik	Mosvik i l - 4	57.40,0	04.58,0
8	183 Olve Fredrichsen	Bøler - 1	57.48,0	05.06,0
9	177 Svein Anders Melhus	Ogndal - 5	58.14,0	05.32,0
10	185 Trond Salater	Skogn i l - 1	58.33,0	05.51,0
11	191 Vidar Nåvik	Frosta i l - 6	58.58,0	06.16,0
12	190 Kai Rye	Strindheim - 1	59.07,0	06.25,0
13	186 Gunnar Vatn	Frol i l - 5	59.53,0	07.11,0
14	188 Vegard Iversen	Verdal FIK - 10	1:00.44,0	08.02,0
15	184 Skjalg Dreyer	Leirådal i l - 1	1:02.18,0	09.36,0
16	173 Halvor Jørstad	Snåsa i l - 1	1:03.42,0	11.00,0
17	172 Vebjørn Jentoft	Vinne i l - 5	1:08.07,0	15.25,0

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Menn 20 - 34 år, 15 km forts.				

18	174 Ivar Dillan	Helgådal i 1 - 7	1:15.30,0	22.48,0
19	175 Kjell Ove Pedersen Tiller	Leksdal i 1 - 6	1:17.26,0	24.44,0

Menn 35 - 39 år, 15 km				

1	205 Ola Berget	Ogndal - 10	54.20,0	00.00,0
2	201 Gunnar Melting	Mosvik i 1 - 6	54.58,0	00.38,0
3	204 Bjørn Nordheim	Hydro Glomfjord -	1:04.01,0	09.41,0
4	202 Arnt Tore Sagvold	Helgådal i 1 - 8	1:10.39,0	16.19,0
5	200 Olav Kveldstad	Aker BIL - 4	1:18.10,0	23.50,0

Menn 40 - 44 år, 15 km				

1	229 Joar Halseth	Ogndal i 1 - 7	59.48,0	00.00,0
2	227 Sturla Green	Helgådal i 1 - 21	1:02.22,0	02.34,0
3	228 Terje Stokdal	Vinne i 1 - 3	1:05.58,0	06.10,0
4	226 Asbjørn Løding	Vinne i 1 - 4	1:09.48,0	10.00,0
5	225 Hermann Dahl	Følling i 1 - 3	1:18.26,0	18.38,0

Menn 45 - 49 år, 15 km				

1	240 Per Arild Bolaas	Steinkjer FIK - 2	1:01.45,0	00.00,0
2	241 Agnar Kvam	Inderøy i 1 - 2	1:05.37,0	03.52,0

Raketertausmila, 8,7 km				

1	118 Frode Berg	Mosjøen Ski - 1	38.26,0	00.00,0
2	119 Ragnar Leithe	Aker Elektro - 3	39.43,0	01.17,0
3	116 John Gomo	Helgådal i 1 - 24	40.18,0	01.52,0
4	114 Tor Erik Indahl	Helgådal i 1 - 5	42.17,0	03.51,0
5	122 Jon Marius Vaag Iversen	- 1	43.01,0	04.35,0
6	121 Jan Skarsvåg	Inndal - 4	43.07,0	04.41,0
7	113 Rune Bolaas	Steinkjer FIK - 2	43.12,0	04.46,0
8	117 Arve Solberg	Verdal FIK - 3	44.14,0	05.48,0
9	110 Jørgen Nordheim	IL Glomfjord - 1	45.51,0	07.25,0
10	123 Odd Austmo	Vinne i 1 - 1	51.47,0	13.21,0
11	111 Ingvild Larsen	Steinkjer FIK - 1	54.14,0	15.48,0
12	120 Mary Benum	Steinkjer - 1	1:01.07,0	22.41,0