

Helgådal i l
04.07.1999

R E S U L T A T E R
Veressjøen Rundt 1999

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

Jenter 17-18 år, 8,7 km				

1	608 Mari Gudding	Vinne i l	40.35,0	00.00,
2	609 Trine Ertsås	Steinkjer FIK	42.17,0	01.42,
3	607 Merete Sagvold	Helgådal i l	44.43,0	04.08,
Damer 19-34 år, 8,7 km				

1	613 Camilla Letnes	Strindheim	40.11,0	00.00,
2	615 Anne Myhr	Skogn i l	43.20,0	03.09,
3	614 Kjersti Husby	Skogn i l	44.29,0	04.18,
4	610 Kjersti Olsen	Vinne i l	44.55,0	04.44,
5	612 Nina Lysfjord	Steinkjer FIK	47.01,0	06.50,
6	611 Heidi Alstad	Vinne i l	50.21,0	10.10,
Damer 35-39 år, 8,7 km				

1	617 Ann Sissel Vehus	Steinkjer FIK	39.32,0	00.00,
2	616 Anne Lise Kvannli	Skogn	42.47,0	03.15,
Damer 40-44 år, 8,7 km				

1	620 Anne Torunn Lønseth	Følling i l	58.18,0	00.00,
Damer 45-49 år, 8,7 km				

1	624 Jorunn Hallan	Skogn i l	43.12,0	00.00,
2	626 Hilde Opheim	Sparbu i l	45.13,0	02.01,
3	625 Kari Melbye	Verdal OK	48.48,0	05.36,
Damer 60-64 år, 8,7 km				

1	635 Gunvor Svendsen	Frosta i l	56.15,0	00.00,
Gutter 15-16 år, 8,7 km				

1	640 Rune Bolaas	Steinkjer FIK	36.21,0	00.00,
2	641 Jon Marius Vaag Iversen	Verdal i l	41.28,0	05.07,
Gutter 17-18 år, 8,7 km				

1	646 Jonas A. Kolstad	Steinkjer FIK	36.03,0	00.00,
Menn 50-54 år, 8,7 km				

1	654 Olav Hestveit	Inderøy i l	33.56,0	00.00,
2	651 Bård Brønstad	Helgådal i l	35.50,0	01.54,
3	652 John Gudding	Vinne i l	36.09,0	02.13,
4	656 Arne Ramdal	Frol i l	38.58,0	05.02,
5	661 Torbjørn Veie	Vinne i l	39.49,0	05.53,
6	659 Stein Sivertsen	Leirådal	41.22,0	07.26,
7	653 Kjell Hegstad	Vinne skilag	42.52,0	08.56,
8	658 John Gomo	Helgådal i l	43.28,0	09.32,
9	660 Ove M. Bengtsson	Helgådal i l	47.34,0	13.38,

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Menn 55-59 år, 8,7 km				

1	666 Willy Petersen	Inderøy i l	39.45,0	00.00,
2	667 Halvard Evenhus	Inderøy i l	41.43,0	01.58,
3	665 Knut Gran	Leksdal i l	44.10,0	04.25,
Menn 60-64 år, 8,7 km				

1	676 Eirik Stamnes	Beitstad	42.23,0	00.00,
2	677 Roald Ronnes		44.58,0	02.35,
Menn 65-69 år, 8,7 km				

1	683 Jørund Saurasunet	Steinkjer OK	47.31,0	00.00,
2	682 Roald Jensen	Aker BIL	59.00,0	11.29,
3	684 Kjell Thomassen	Norske Skog	1:04.21,0	16.50,
Menn 70-74 år, 8,7 km				

1	690 Jon Svendsen	Frosta i l	50.06,0	00.00,
Menn 19-34 år, 15 km				

1	143 Henrik Sandstad	Steinkjer FIK	50.23,0	00.00,
2	131 Carlos Silva de Brito	Ogndal	52.26,0	02.03,
3	145 Jan Erik Aalberg	Ogndal	53.26,0	03.03,
4	141 Hallgeir Viken	Nordli i l	54.09,0	03.46,
5	133 Frode Estil	Ogndal	54.53,0	04.30,
6	129 Tor Arne Brevik	Mosvik i l	57.00,0	06.37,
7	130 Espen Bjervik	Oseberg	57.01,0	06.38,
8	138 Sture Sivertsen	Leirådal i l	58.29,0	08.06,
9	142 Geir Martin Bjørkeng	Leirådal i l	59.40,0	09.17,
10	140 Bjørnar Aksnes	Helgådalen i l	1:01.00,0	10.37,
11	127 Morten Brørs	Steinkjer Skiklubb	1:01.56,0	11.33,
12	137 Pål Kristian Rygg	Steinkjer skiklubb	1:02.35,0	12.12,
13	134 Tore Lundsauet	Vinne i l	1:03.50,0	13.27,
14	136 Kurt Ove Melbye	Berdal OK	1:04.34,0	14.11,
15	128 Anders Berger	Mosvik i l	1:06.18,0	15.55,
16	144 Jon Arne Skrove	Bøler	1:06.33,0	16.10,
17	132 Ivar Dillan	Helgådalen i l	1:08.28,0	18.05,
18	139 Kjell Ove Pedersen Tiller	Leksdal i l	1:11.23,0	21.00,
Menn 35-39 år, 15 km				

1	161 Gunnar Melting	Mosvik i l	56.24,0	00.00,
2	160 Rune Morten Vannebo	Mosvik i l	57.06,0	00.42,
3	163 Vidar Skjerve	Frol i l	1:00.18,0	03.54,
4	162 Stein Rønning	Gjensidige	1:01.20,0	04.56,
Menn 40-44 år, 15 km				

1	180 Torstein Bjørhusdal	Ogndal	57.09,0	00.00,
2	181 Hallbjørn Holberg	Ronglan i l	59.51,0	02.42,
3	182 Jostein Myhr	Skogn i l	1:03.30,0	06.21,
4	183 Bjørn Bakkhaug	Mosvik i l	1:09.19,0	12.10,
5	184 Arnstein Kaspersen	Skogn	1:09.59,0	12.50,

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Menn 45-49 år, 15 km					

1	197	Joar Halseth	Ogndal	58.57,0	00.00,
2	198	Sturla Green	Helgådal i l	1:03.49,0	04.52,
3	196	Jens Gresdal	Spenncon	1:11.59,0	13.02,
Rakstertausmila Damer 8,7					

1	703	Kirsti Aune	Skogn i l	47.58,0	00.00,
2	701	Grete Kvannli	Røyrvik	48.33,0	00.35,
3	702	Siri Solem Rønning	Skogn i l	49.36,0	01.38,
4	700	Ingvild Larssen	Steinkjer	53.24,0	05.26,
Rakstertausmil Herrer 8,7					

1	720	Helge Holshagen	ITBK	36.14,0	00.00,
2	715	Terje Høyem	Stiklestad i l	38.16,0	02.02,
3	146	Pål Duvsete	Leksdal i l	39.14,0	03.00,
4	713	Arnt Tore Sagvold	Helgådal i l	39.36,0	03.22,
5	714	Øyvind Høe	Rygge i l	40.26,0	04.12,
6	711	Jan Morten Storhaug	Verdal Brannvesen	41.55,0	05.41,
7	712	Jan Skarsvåg	Inndal	42.55,0	06.41,
8	719	Bjørn Frøseth	Aker Verdal	43.10,0	06.56,
9	717	Petter Alstad	Vinne i l	46.37,0	10.23,
10	718	Annar Klokkehaug	Aker Verdal	46.53,0	10.39,

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