


















































H3 Hamar HOKA Maraton 2019





















































Overall Results

Topp 3 er basert på bruttotid, resterende nettotid.

Pla	Navn	Kj	Sta	Klubb/Lag	Klasse	mi	Bak	Brut	Net
10 km									
1.	Bjørn Ivar NILSEN		M	528 Sk Vidar	M40-44	3:20	--	33:24	33:23
2.	Magnus		M	455 Mosvik IL - Friidrett, Team	M23-34	3:22	+25	33:49	33:48
3.	Bård Eskil		M	502 Oppstad IL	M18-22	3:35	+2:33	35:57	35:55
4.	Andreas ALMLID		M	523 Highflyers	M35-39	3:36	+2:38	36:02	36:00
5.	Jon Inge ENGESMO		M	447 OPIL	M40-44	3:36	+2:43	36:07	36:05
6.	Jonathan BREDA		M	511 Halden IL	M18-22	3:36	+2:46	36:10	36:08
7.	Terje		M	471 BDO Innlandet	M45-49	3:37	+2:52	36:16	36:15
8.	Sondre HANEBERG		M	480 Oppegård IL	M18-22	3:38	+3:02	36:26	36:25
9.	Thor Kristian		M	460 Team Ingrid Kristiansen	M23-34	3:40	+3:20	36:44	36:42
10.	Aleksander JÆGER		M	485 Åssiden IF	M23-34	3:42	+3:46	37:10	37:08
11.	Espen ALMLID		M	526 Hamar skiklubb / Bane NOR	M40-44	3:45	+4:14	37:38	37:37
12.	Vegar BRØNDBO		M	518	M23-34	3:46	+4:20	37:44	37:41
13.	Silje EKLUND		K	524 Skreia IL / Skreia IL/Totenåsen	K35-39	3:47	+4:35	37:59	37:56
14.	Nikolai Gylthe		M	500 Hamar IL	M14-17	3:51	+5:13	38:37	38:35
15.	Sondre SVEEN		M	472	M23-34	3:51	+5:15	38:39	38:37
16.	Marius		M	461 Lillehammer IF	M14-17	3:53	+5:35	38:59	38:58
17.	Tommy OLSEN		M	529	M50-54	3:54	+5:37	39:01	39:00
18.	Henning LIE		M	513	M23-34	3:55	+5:54	39:18	39:16
19.	Martin Alexander		M	509 Storhamar Hockey	M14-17	4:09	+8:10	41:34	41:28
20.	Jon Åge		M	429 Kelda Vikings	M23-34	4:09	+8:10	41:34	41:31
21.	Tor-Eivind FRØEN		M	410 Espern Aktivitetspark	M50-54	4:09	+8:11	41:35	41:33
22.	Tone BRODSHAUG		K	507 Totenåsen Løp	K40-44	4:10	+8:18	41:42	41:39
23.	Erik KROGSTIE		M	520	M45-49	4:13	+8:55	42:19	42:16
24.	Kjetil ØRBEKK		M	406	M40-44	4:13	+8:56	42:20	42:17
25.	Kristine SLOKVIK		K	449 Ottestad IL	K23-34	4:16	+9:24	42:48	42:45
26.	Juan Victor		M	439	M23-34	4:18	+9:44	43:08	43:02
27.	Dorte FOSS		K	504 Raufoss Friidrett	K50-54	4:23	+10:28	43:52	43:48
28.	Stian LARSEN		M	484	M35-39	4:23	+10:30	43:54	43:50
29.	Anders Vestel HAGA		M	515 Gjøvik vgs	M40-44	4:23	+10:35	43:59	43:57
30.	Kyrre HOVDE		M	478	M35-39	4:25	+10:51	44:15	44:09
31.	Heidi SYVERSEN		K	436 FIK Orion	K18-22	4:28	+11:25	44:49	44:45
32.	Lene BÆKKEVOLD		K	435 Team Fønix	K23-34	4:29	+11:27	44:51	44:46
33.	Steinar VASAASEN		M	413 Eidsiva BIL	M60-64	4:29	+11:31	44:55	44:50
33.	Håvard BOLDDVIK		M	522 Fartsholder 45 min	M45-49	4:29	+11:30	44:54	44:50
35.	Even RØNNINGEN		M	527 Hamar IL Svømming og Triatlon	M40-44	4:32	+12:05	45:29	45:24
36.	Tommy		M	496	M45-49	4:34	+12:23	45:47	45:40
37.	Simen NORDAL		M	477	M35-39	4:35	+12:27	45:51	45:46
38.	Anne STORSLETT		K	453 Moelven IL	K23-34	4:34	+12:26	45:50	45:47
39.	Børge JOHNSEN		M	438 IIseng IL	M45-49	4:35	+12:31	45:55	45:51
40.	Mari TØRSET		K	443	K23-34	4:36	+12:42	46:06	45:58
41.	Frode MOEN		M	503 Espern Aktivitetspark	M35-39	4:38	+13:01	46:25	46:21
42.	Bjørnar SEIM		M	479 Nr1 Fitness	M45-49	4:40	+13:17	46:41	46:37
43.	Silje AASVANG		K	467	K23-34	4:40	+13:26	46:50	46:42
44.	Henrik STENBERG		M	508 Hamar IL / Hoka Run	M18-22	4:42	+13:41	47:05	46:57
45.	Håkon FOSSERUD		M	414 Espern Aktivitetspark	M40-44	4:42	+13:41	47:05	47:03
46.	Kristoffer SAUG LIE		M	521 Kone AS	M23-34	4:43	+13:51	47:15	47:09
47.	Vilde QVALE		K	425 Vidar, Sportsklubben	K23-34	4:45	+14:11	47:35	47:29
48.	Katrine FIMLAND		K	448	K23-34	4:45	+14:11	47:35	47:30
49.	Amund NYBAKKE		M	481 Oppegård IL	M12-13	4:46	+14:21	47:45	47:42




















































H3 Hamar HOKA Maraton 2019

Overall Results

Pla	Navn	Kj	Sta	Klubb/Lag	Klasse	mi	Bak	Brut	Net	
50.	Kjell SENUMSTAD		M	465	Hamar Kommune	M40-44	4:46	+14:25	47:49	47:44
51.	Ingeborg ALSGAARD		K	416	Espern Aktivitetspark	K50-54	4:47	+14:30	47:54	47:49
52.	Svein Inge BERGSET		M	463	Høyang,IL / Team Bergset	M45-49	4:50	+15:03	48:27	48:20
52.	Elias AASMUNDSEN		M	497		M14-17	4:50	+15:03	48:27	48:20
54.	Hanne SKOGLY		K	401		K40-44	4:51	+15:08	48:32	48:26
55.	Malin BERGSET		K	462	TeamBergset	K50-54	4:53	+15:33	48:57	48:50
56.	Sverre WEDUM		M	505	Team Jønsrud	M60-64	4:53	+15:35	48:59	48:54
57.	Brage NERGÅRD		M	458		M18-22	4:55	+15:47	49:11	49:05
58.	Kjell HAUGLAND		M	483	HAP	M50-54	4:56	+16:02	49:26	49:21
59.	Martin LASSEN		M	424	Espern Aktivitetspark	M35-39	4:57	+16:15	49:39	49:35
60.	Hanne DØLPLADS		K	475		K50-54	5:01	+16:56	50:20	50:15
61.	Morten ØIAMO		M	459	Team OCR Norway	M23-34	5:04	+17:17	50:41	50:37
62.	Linn Aurora		K	409		K23-34	5:07	+17:51	51:15	51:08
62.	Carl-Otto		M	423	nesteløp.no	M35-39	5:07	+17:50	51:14	51:08
64.	Petter STAI		M	495		M23-34	5:07	+17:51	51:15	51:09
65.	Torstein HOLTEN		M	422	Espern Aktivitetspark	M50-54	5:09	+18:14	51:38	51:32
66.	Ardian OSMANI		M	512		M23-34	5:12	+18:40	52:04	51:54
67.	Kent Inge		M	412	Espern Aktivitetspark	M23-34	5:13	+18:54	52:18	52:10
68.	Ingvild GULLING		K	499	Hamar IL	K40-44	5:14	+19:01	52:25	52:14
69.	Georg MYHRE		M	474		M35-39	5:14	+18:59	52:23	52:16
70.	Juni STAVNE		K	498		K23-34	5:15	+19:10	52:34	52:22
71.	Heidi Irene		K	445		K45-49	5:15	+19:10	52:34	52:25
72.	Morten STENBERG		M	510	NRK	M55-59	5:16	+19:18	52:42	52:35
73.	Svein HAUGOM		M	415	Espern Aktivitetspark	M45-49	5:16	+19:17	52:41	52:37
74.	Bjørn THORSDALEN		M	441		M45-49	5:23	+20:28	53:52	53:42
75.	Odd Magne LUND		M	428		M55-59	5:22	+20:26	53:50	53:43
76.	Kristin HANSEN		K	489		K45-49	5:23	+20:33	53:57	53:49
77.	Arild HANSEN		M	490		M50-54	5:23	+20:33	53:57	53:50
78.	Hege HEIER		K	476		K45-49	5:26	+21:05	54:29	54:21
79.	Torbjørn LEIN		M	482		M50-54	5:27	+21:13	54:37	54:33
80.	Tove Irene		K	402	Annet	K45-49	5:29	+21:30	54:54	54:47
81.	Sølvi BRÅTHEN		K	486	Actic	K60-64	5:32	+22:00	55:24	55:17
82.	April HOLTEN		K	517	Espern	K45-49	5:34	+22:23	55:47	55:39
83.	Johan NYGAARD		M	468		M35-39	5:36	+22:44	56:08	55:59
84.	Lage Thune		M	519		M55-59	5:37	+22:51	56:15	56:05
85.	Jens Levi		M	417	Espern Aktivitetspark	M60-64	5:37	+22:55	56:19	56:10
86.	Anders HELLERUD		M	464	Ringsaker sang og swingers	M23-34	5:38	+22:58	56:22	56:15
87.	Nikolay LEIN		M	421		M23-34	5:46	+24:24	57:48	57:38
88.	Kari Melgård SVEEN		K	514		K50-54	5:48	+24:39	58:03	57:53
89.	Beate BARTSCH		K	442		K45-49	5:50	+24:59	58:23	58:12
90.	Hanne Kristin		K	427		K55-59	5:50	+25:02	58:26	58:19
91.	Audun NYGAARD		M	452		M23-34	5:51	+25:15	58:39	58:29
91.	Kristine DÅRSTAD		K	488	Ringsaker IF	K14-17	5:51	+25:12	58:36	58:29
91.	Ondrej CERVENAK		M	516		M23-34	5:52	+25:17	58:41	58:29
94.	Karianne DÅRSTAD		K	487	Ringsaker IF	K40-44	5:52	+25:24	58:48	58:40
95.	Magnhild HUSEBY		K	456	Regnskap & Revisjon Valdres	K23-34	5:54	+25:43	59:07	58:55
96.	Anette AAEN		K	451		K45-49	5:54	+25:46	59:10	59:00
97.	Kim Andreas Ruen		M	491		M23-34	5:55	+25:48	59:12	59:01
98.	Andreas ERIKSEN		M	493	Fartsholder 10 km - 60 min	M23-34	5:55	+25:50	59:14	59:06
99.	Ingvild FRAMNES		K	457		K23-34	6:02	+27:06	1:00:3	1:00:
100.	Erlend		M	407		M35-39	6:03	+27:08	1:00:3	1:00:
101.	Anja BOSDAL		K	418	Espern Aktivitetspark	K35-39	6:07	+27:55	1:01:1	1:01:






















































H3 Hamar HOKA Maraton 2019

Overall Results

Pla	Navn	Kj	Sta	Klubb/Lag	Klasse	mi	Bak	Brut	Net	
102.	Frode ROGHELL		M	446		M45-49	6:07	+27:56	1:01:2	1:01:
103.	Vibeke Lund		K	430		K45-49	6:12	+28:43	1:02:0	1:01:
104.	Bente BØE		K	473		K50-54	6:13	+28:53	1:02:1	1:02:
105.	Trine ANDREASSEN		K	501		K45-49	6:16	+29:21	1:02:4	1:02:
106.	Iryna LYMAR		K	492		K23-34	6:19	+29:49	1:03:1	1:03:
107.	Ole-Anders		M	426		M23-34	6:22	+30:21	1:03:4	1:03:
108.	Mari MARTINSEN		K	469		K23-34	6:34	+32:20	1:05:4	1:05:
109.	Tehua Michael XU		M	506	Torggata Legesenter Hamar	M35-39	6:35	+32:30	1:05:5	1:05:
110.	Anita LUNDE		K	420		K40-44	6:46	+34:24	1:07:4	1:07:
111.	Thomas RAGO		M	525	Hamar Taekwondoklubb	M23-34	7:15	+39:16	1:12:4	1:12:
112.	Erling SANDBERG		M	408	Sandberg Revisjon.no	M65-69	7:31	+41:51	1:15:1	1:15:
113.	Kine Elisabeth		K	431	Espen Aktivitetspark	K23-34	7:34	+42:25	1:15:4	1:15:
113.	Hanne KARLSEN		K	433	Espen Aktivitetspark	K23-34	7:34	+42:25	1:15:4	1:15:
115.	Dung Kim LIEU		K	494	Ringsaker sang og swingers	K18-22	7:49	+44:54	1:18:1	1:18:
DNS	Anne FINSTAD		K	403	Hamar Katedralskole	K45-49				DNS DNS
DNS	Bjarne Chr. FINSTAD		M	404	SpareBank 1 Finans Østlandet	M45-49				DNS DNS
DNS	Monica SVEVAD		K	405		K50-54				DNS DNS
DNS	Mette BJØRNSETH		K	411	Espen Aktivitetspark	K60-64				DNS DNS
DNS	Aina SKOGLUND		K	419		K40-44				DNS DNS
DNS	Linda MIKKELSEN		K	432	Espen Aktivitetspark	K23-34				DNS DNS
DNS	Silje ØSTBERG		K	434	Espen Aktivitetspark	K23-34				DNS DNS
DNS	Markus GYENE		M	437		M23-34				DNS DNS
DNS	Alice		K	440	SSB IL	K55-59				DNS DNS
DNS	Andrea FURUSETH		K	444	BUL, IL i	K23-34				DNS DNS
DNS	Martine SLOKVIK		K	450	Lyn Ski	K18-22				DNS DNS
DNS	Kristine		K	454		K23-34				DNS DNS
DNS	Sondre		M	466	Team Ingrid Kristiansen	M23-34				DNS DNS
DNS	Rudy BEFRING		M	470	Ottestad IL	M14-17				DNS DNS
21 km										
1.	Ola KORBØL		M	360	Mosvik il friidrett	M23-34	3:27	--	1:12:3	1:12:
2.	Thor Emil		M	611	Vang Skiløperforening	M23-34	3:27	+03	1:12:3	1:12:
3.	Magnus Rognstad		M	345	Hamar IL	M35-39	3:27	+06	1:12:4	1:12:
4.	Henrik FLEISJE		M	355	Harestua IL	M40-44	3:27	+12	1:12:4	1:12:
5.	Stian STORSVEEN		M	624	Anlegg Øst Entreprenør AS	M23-34	3:29	+44	1:13:1	1:13:
6.	Ole Petter		M	323	Nordea	M23-34	3:32	+1:41	1:14:1	1:14:
7.	Arunas		M	380		M23-34	3:32	+1:50	1:14:2	1:14:
8.	Sverre Gunnar		M	615	Lørenskog Friidrettslag	M50-54	3:34	+2:35	1:15:0	1:15:
9.	Simen Engebretsen		M	364	Team	M23-34	3:35	+2:59	1:15:3	1:15:
10.	Sverre		M	338		M40-44	3:36	+3:04	1:15:3	1:15:
11.	Espen RUSTEN		M	339		M23-34	3:39	+4:16	1:16:5	1:16:
12.	Kristoffer Bugge		M	384		M23-34	3:40	+4:37	1:17:1	1:17:
13.	Henrik MOBAKK		M	346	Kongsvinger IL Friidrett	M23-34	3:41	+4:49	1:17:2	1:17:
14.	Vegard BROX		M	373	Bøler IF - Friidrett	M40-44	3:44	+6:06	1:18:4	1:18:
15.	Steinar		M	609	Nittedal	M23-34	3:45	+6:32	1:19:0	1:19:
16.	Mads Novik NILSEN		M	620	Hamar Skiklubb	M23-34	3:46	+6:40	1:19:1	1:19:
17.	Ole Morten KORSMO		M	619	Kil il Friidrett	M40-44	3:47	+7:13	1:19:4	1:19:
18.	Ørjan SKILBREI		M	374	Årdal FK	M23-34	3:48	+7:18	1:19:5	1:19:
19.	Geir André		M	391	Moelven IL	M40-44	3:48	+7:19	1:19:5	1:19:
20.	Jan-Erik		M	371		M45-49	3:49	+7:36	1:20:1	1:20:
21.	Eimantas DAUJOTAS		M	381		M23-34	3:53	+9:19	1:21:5	1:21:
22.	Jørn		M	302		M45-49	3:57	+10:39	1:23:1	1:23:
23.	Jo REISTAD		M	612		M45-49	3:58	+10:48	1:23:2	1:23:





















































H3 Hamar HOKA Maraton 2019

Overall Results

Pla	Navn		Kj	Sta	Klubb/Lag	Klasse	mi	Bak	Brut	Net
24.	Klas AARLID		M	389		M35-39	3:59	+11:15	1:23:4	1:23:
25.	Andreas DÅRSTAD		M	607	Ringsaker IF	M14-17	4:02	+12:23	1:24:5	1:24:
26.	Olaf SLETNER		M	396	Utstillingsplassen Eiendom AS	M40-44	4:05	+13:22	1:25:5	1:25:
26.	Anders FLEMMEN		M	617		M23-34	4:05	+13:24	1:25:5	1:25:
28.	Svein Christian		M	613	Eidsiva BIL	M23-34	4:08	+14:27	1:27:0	1:26:
29.	Jon Marius OPHUS		M	400	Arve Hagen	M23-34	4:08	+14:27	1:27:0	1:27:
30.	Joachim		M	378	Team Stredet	M23-34	4:14	+16:30	1:29:0	1:29:
31.	Randi Hernes		K	395	Varegg Fleridrett	K40-44	4:15	+16:58	1:29:3	1:29:
32.	Øyvind SNIPSTAD		M	347	Vind IL	M23-34	4:16	+17:07	1:29:4	1:29:
33.	Håkon HAUGEN		M	628	Lillehammer if	M65-69	4:19	+18:08	1:30:4	1:30:
34.	Odd HANISCH		M	394	Løpegruppa Jessheim	M45-49	4:19	+18:11	1:30:4	1:30:
35.	Lars Bolstad		M	344		M23-34	4:19	+18:11	1:30:4	1:30:
36.	Dag BYRØYGARD		M	626	OBOS BIL	M50-54	4:20	+18:27	1:31:0	1:30:
37.	Nils ØYGARDEN		M	375		M35-39	4:20	+18:32	1:31:0	1:31:
38.	Marit Ann LAULO		K	311	Equinor BIL	K50-54	4:21	+18:50	1:31:2	1:31:
39.	Arne Petter OMHOLT		M	343	T-rank BIL	M50-54	4:21	+18:57	1:31:3	1:31:
40.	Hans Jørgen		M	606	Team Coop	M40-44	4:22	+19:22	1:31:5	1:31:
41.	Simon ELGEN		M	368		M23-34	4:23	+19:42	1:32:1	1:32:
42.	Gunnar AARSETH		M	379	Stavanger Friidrettsklubb / Spirit	M60-64	4:24	+20:10	1:32:4	1:32:
43.	Kjersti		K	361	Moelven IL	K40-44	4:26	+20:52	1:33:2	1:33:
44.	Stein VIEM		M	349	Mingus Schulze trio	M55-59	4:27	+21:00	1:33:3	1:33:
45.	Marte IHRSTAD		K	623		K40-44	4:27	+21:14	1:33:4	1:33:
46.	Kristian ROALD		M	382		M35-39	4:28	+21:32	1:34:0	1:34:
47.	Camilla JOHNSRUD		K	604		K35-39	4:29	+21:42	1:34:1	1:34:
48.	Bente HELLEVIK		K	387	Trio, IL	K45-49	4:30	+22:14	1:34:4	1:34:
49.	Tage DJUPVIK		M	310	Lofotkameratene	M55-59	4:31	+22:21	1:34:5	1:34:
50.	Odd Perry SØVIK		M	315	Benteler BIL, Raufoss	M55-59	4:33	+23:01	1:35:3	1:35:
51.	Frode HOPREKSTAD		M	605	Sykkylven il	M50-54	4:33	+23:10	1:35:4	1:35:
52.	Ewa HOLMSTAD		K	354		K40-44	4:36	+24:05	1:36:3	1:36:
53.	Arne MJØS		M	630	Fossum IF / Itera	M55-59	4:37	+24:25	1:36:5	1:36:
54.	Pål Vegard HAGEN		M	601		M45-49	4:38	+24:53	1:37:2	1:37:
55.	Victoria		K	388	Rye Sp.Kl.	K23-34	4:39	+25:07	1:37:4	1:37:
56.	Thomas		M	631	Røa IL / Romerike	M40-44	4:39	+25:12	1:37:4	1:37:
57.	Gaute GILLUND		M	321	Espern Aktivitetspark	M40-44	4:41	+25:54	1:38:2	1:38:
58.	Kenneth ANTONSEN		M	633	Rye Sp.Kl. / Hey'di AS	M40-44	4:44	+27:07	1:39:4	1:39:
59.	Jon Lockert ROHDE		M	634		M23-34	4:45	+27:25	1:39:5	1:39:
60.	Anette Elisabeth		K	308		K45-49	4:45	+27:32	1:40:0	1:40:
61.	Stein Arild UTBY		M	328	Espern Aktivitetspark	M60-64	4:46	+27:36	1:40:1	1:40:
62.	Ronny BOHRMANN		M	367	Team Innit	M45-49	4:48	+28:25	1:40:5	1:40:
63.	Ronny HAGEN		M	305		M40-44	4:48	+28:32	1:41:0	1:40:
64.	Beate PAULSRUD		K	603	Team Renault	K23-34	4:48	+28:31	1:41:0	1:40:
65.	Stefan RÓŽANEK		M	326		M55-59	4:49	+28:39	1:41:1	1:41:
66.	Hanne GARBERG		K	386		K23-34	4:49	+28:42	1:41:1	1:41:
67.	Ola		M	340		M45-49	4:51	+29:30	1:42:0	1:42:
68.	Andis KLEINBERGS		M	316		M40-44	4:52	+29:48	1:42:2	1:42:
69.	Thorgrim		M	351		M40-44	4:53	+30:11	1:42:4	1:42:
70.	Svein RINGLI		M	332		M55-59	4:53	+30:19	1:42:5	1:42:
71.	Joachim SURLAND		M	616		M23-34	4:54	+30:29	1:43:0	1:42:
72.	Espen ANDERSEN		M	398		M40-44	4:55	+30:56	1:43:3	1:43:
73.	Ole Christer LUND		M	383		M35-39	4:57	+31:38	1:44:1	1:44:
74.	Marius HELLERUD		M	629	Ringsaker sang og svingers	M23-34	4:58	+31:57	1:44:3	1:44:
75.	Sarah		K	337		K35-39	4:58	+32:05	1:44:3	1:44:




















































H3 Hamar HOKA Maraton 2019

Overall Results

Pla	Navn	Kj	Sta	Klubb/Lag	Klasse	mi	Bak	Brut	Net	
76.	Morten M. HANSEN		M	385	Godsetunionen	M55-59	5:01	+33:05	1:45:3	1:45:
77.	Marthe KEISERAAS		K	353	Team lfr prospect	K23-34	5:03	+33:49	1:46:2	1:46:
78.	Leif Iver		M	329	Espern Aktivitetspark	M40-44	5:05	+34:17	1:46:5	1:46:
79.	Karianne Opgård		K	625		K35-39	5:05	+34:29	1:47:0	1:46:
80.	Kristoffer ØYAN		M	352	Team LFR	M40-44	5:07	+35:00	1:47:3	1:47:
81.	Elizabeth ACKLAM		K	397		K45-49	5:07	+35:14	1:47:4	1:47:
82.	Trond HANSEN		M	362		M45-49	5:10	+36:17	1:48:5	1:48:
83.	Tom NILSEN		M	322	Espern Aktivitetspark	M55-59	5:11	+36:18	1:48:5	1:48:
84.	Thomas MEININGEN		M	621		M35-39	5:12	+36:49	1:49:2	1:49:
85.	Tommy NYSTED		M	348		M40-44	5:13	+37:07	1:49:4	1:49:
86.	Ole Erik		M	336	Hamar Pinjatas	M35-39	5:14	+37:22	1:49:5	1:49:
87.	Morten BØRKE		M	330	Nes Sportsklubb sykkel	M40-44	5:14	+37:24	1:49:5	1:49:
88.	Tone Lise		K	393	Moelven IL	K45-49	5:16	+38:10	1:50:4	1:50:
88.	Silje BERGVIK		K	602	Fsc Løten	K23-34	5:16	+38:09	1:50:4	1:50:
90.	Oddgeir NYSTUEN		M	327	Espern Aktivitetspark	M35-39	5:16	+38:17	1:50:5	1:50:
91.	Thor Willy NYGÅRD		M	350		M45-49	5:18	+38:53	1:51:2	1:51:
92.	Daniel NYMO		M	318	Espern Aktivitetspark	M35-39	5:18	+39:00	1:51:3	1:51:
93.	Stian KARLSMOEN		M	331	Økonomidekk as	M40-44	5:21	+40:00	1:52:3	1:52:
94.	Håkon Strøm		M	627		M40-44	5:23	+40:49	1:53:2	1:53:
95.	Lars HAUG		M	335	Hamar Pinjatas	M23-34	5:24	+40:51	1:53:2	1:53:
96.	Hanne NEGÅRD		K	314		K50-54	5:24	+40:58	1:53:3	1:53:
97.	Marius NÆVERDAL		M	319	Espern Aktivitetspark	M23-34	5:24	+41:00	1:53:3	1:53:
97.	Morten Øystein		M	334		M50-54	5:24	+40:56	1:53:3	1:53:
99.	Vidar		M	632		M23-34	5:24	+41:03	1:53:3	1:53:
100.	Axel Henrik STAIB		M	313	Rygge IL	M70-74	5:25	+41:23	1:53:5	1:53:
101.	Tea Anine HINDAR		K	333		K23-34	5:26	+41:45	1:54:1	1:54:
102.	Kamilla THORESEN		K	614		K40-44	5:26	+41:52	1:54:2	1:54:
103.	Wichayada NOISRI		K	390		K40-44	5:28	+42:20	1:54:5	1:54:
104.	Eva DANIELSEN		K	377		K40-44	5:31	+43:28	1:56:0	1:55:
105.	Jerzy PECAK		M	376	Fartsholder 2:00	M40-44	5:33	+44:05	1:56:3	1:56:
106.	Karina LIE		K	317	Makkerparet	K23-34	5:36	+45:13	1:57:4	1:57:
107.	Ann Helen LIE		K	399	Team Lie	K60-64	5:36	+45:13	1:57:4	1:57:
108.	Kristina VIRKUTIENE		K	608		K40-44	5:38	+46:03	1:58:3	1:58:
109.	Oleksii VOROBEL		M	610		M40-44	5:45	+48:14	2:00:4	2:00:
110.	Björg EKEBERG		K	392		K35-39	5:49	+49:42	2:02:1	2:02:
111.	Elin OLSTAD		K	359	Team Fønix	K45-49	5:49	+49:42	2:02:1	2:02:
112.	Siri VALEN		K	307		K23-34	5:52	+50:45	2:03:1	2:03:
113.	Pål VIKSMOEN		M	372		M23-34	6:13	+58:17	2:10:5	2:10:
114.	Sari LINDVÅG		K	312		K40-44	6:22	+1:01:21	2:13:5	2:13:
115.	Sigurd EINANG		M	342		M18-22	6:23	+1:01:37	2:14:1	2:14:
116.	Siv-Renate HANSEN		K	309	Romerike Ultraløperklubb	K45-49	6:24	+1:02:03	2:14:3	2:14:
117.	Beate FREBEL		K	303		K50-54	7:09	+1:17:43	2:30:1	2:30:
118.	Mareike Antje Christa		K	365		K18-22	7:21	+1:21:50	2:34:2	2:34:
118.	Jette Lena TROST		K	366		K18-22	7:21	+1:21:50	2:34:2	2:34:
118.	Julian GEBEL		M	622		M18-22	7:21	+1:21:50	2:34:2	2:34:
121.	Ann Helen DYBWAD		K	357	NVIO Oslo Runners	K50-54	8:20	+1:42:27	2:55:0	2:54:
DNF	Lisbeth STRØMSTAD		K	358	Nykirke IF	K55-59				DNF DNF
DNF	Åge Mikael STRAND		M	618	Grindvoll IL	M45-49				DNF DNF
DNS	Sara SKARABOT		K	301	FIK Orion / Runner's World	K23-34				DNS DNS
DNS	Ellen JORDFALD		K	304		K35-39				DNS DNS
DNS	Carl-Jørgen		M	306		M23-34				DNS DNS
DNS	Elise SMENES		K	320	Espern Aktivitetspark	K23-34				DNS DNS

H3 Hamar HOKA Maraton 2019

Overall Results

Pla	Navn	Kj	Sta	Klubb/Lag	Klasse	mi	Bak	Brut	Net	
DNS	Kristin SKOUG		K	324	Espern Aktivitetspark	K50-54		DNS	DNS	
DNS	Beate TILLEY		K	325	Espern Aktivitetspark	K35-39		DNS	DNS	
DNS	Carsten Stævne		M	341	nesteløp.no	M45-49		DNS	DNS	
DNS	Jarle JAKOBSEN		M	356	Moelven IL / Gubbetrim	M40-44		DNS	DNS	
DNS	Kjetil AARBOGH		M	363	NORDBOLIG	M40-44		DNS	DNS	
DNS	Tor Inge MULELID		M	369	KRIK Kondis	M23-34		DNS	DNS	
DNS	Marte Dybendal		K	370	Bekk Consulting AS	K23-34		DNS	DNS	
42 km										
1.	Fredrik GRANVIKEN		M	130	Klæbu Løpeklubb	M35-39	3:31	--	2:28:0	2:28:
2.	Håkon URDAL		M	153	Team Sportsmanden	M35-39	3:43	+8:16	2:36:2	2:36:
3.	Ottar GRØNVOLD		M	143		M35-39	3:44	+8:48	2:36:5	2:36:
4.	Erik JAKOBSEN		M	160		M23-34	3:56	+17:26	2:45:3	2:45:
5.	Thomas FLEMMEN		M	114	Nittedal IL / Team Stredet	M23-34	3:58	+18:37	2:46:4	2:46:
6.	Håvard ELLEFSEN		M	124	Espern Aktivitetspark	M35-39	4:01	+20:58	2:49:0	2:49:
7.	Kjartan		M	140	Bekk Consulting	M23-34	4:07	+25:25	2:53:3	2:53:
8.	Simon RAMSKEID		M	118	Team Stredet	M23-34	4:11	+28:15	2:56:2	2:56:
9.	Paal MORK		M	126		M50-54	4:14	+29:50	2:57:5	2:57:
10.	Markus STEINBAKK		M	131	Bane NOR Eiendom	M40-44	4:16	+31:38	2:59:4	2:59:
11.	Joachim NYBAKKE		M	146	Oppegård IL	M40-44	4:21	+34:57	3:03:0	3:02:
12.	Marthe Kristine		K	158	Vang Skiløperforening/Norsk	K23-34	4:27	+39:00	3:07:0	3:07:
13.	Christian HOEN		M	120	Nittedal IL	M23-34	4:29	+40:27	3:08:3	3:08:
14.	Esther INNSELSET		K	147	Hamar IL	K40-44	4:32	+42:31	3:10:3	3:10:
15.	Halvor BEEN		M	150	Rygge IL	M40-44	4:35	+44:47	3:12:5	3:12:
16.	Lars Erik ØDE		M	125	Ryggejoggen / Mopil	M45-49	4:35	+44:47	3:12:5	3:12:
17.	Even MORK		M	132	Ringve Legesenter	M40-44	4:38	+47:00	3:15:0	3:15:
18.	Kristofer KISTE		M	101	IS Göta	M23-34	4:42	+49:51	3:17:5	3:17:
19.	Lasse Tjugum		M	109		M40-44	4:46	+52:11	3:20:1	3:20:
20.	Atle MYRE		M	112	Øl og kondis	M35-39	4:46	+52:42	3:20:4	3:20:
21.	Bjørn Henry		M	134	Rygge IL	M45-49	4:47	+53:24	3:21:3	3:21:
22.	Per Olav TVEIT		M	127		M50-54	4:50	+55:10	3:23:1	3:23:
23.	Morten JØRGENSEN		M	137	Hobøl IL / Knapstad Runners	M50-54	4:57	+1:00:11	3:28:1	3:28:
24.	Rolf BAKKEN		M	149	FIK Orion / Team 55+	M55-59	5:00	+1:02:20	3:30:2	3:30:
25.	Vincent VILAMOSA		M	145		M23-34	5:05	+1:05:32	3:33:3	3:33:
26.	Øyvind HELLAND		M	122		M40-44	5:05	+1:05:48	3:33:5	3:33:
27.	Helge FUGLSETH		M	128	Ålesundløpene	M70-74	5:08	+1:07:37	3:35:4	3:35:
28.	Kåre OPHUS		M	119	Nes Sportsklubb	M23-34	5:16	+1:13:16	3:41:2	3:41:
29.	Terje URIANSRUD		M	152		M45-49	5:19	+1:15:34	3:43:4	3:43:
30.	Bjørnar ESPE		M	111		M23-34	5:20	+1:16:25	3:44:3	3:44:
31.	Kristin		K	138		K23-34	5:23	+1:18:16	3:46:2	3:46:
32.	Pål LAMPERT		M	113	Romerike Runners Team	M50-54	5:23	+1:18:23	3:46:2	3:46:
33.	Ole Jørgen HOLCK		M	117		M50-54	5:27	+1:21:23	3:49:2	3:49:
34.	Christer TUNGARD		M	159	Espern Aktivitetspark	M50-54	5:28	+1:21:38	3:49:4	3:49:
35.	Bengt Erik OLSEN		M	144	Reiseplaneten	M50-54	5:29	+1:22:22	3:50:2	3:50:
36.	Per ENGE		M	141	Drøbak Undervannsklubb	M50-54	5:30	+1:23:27	3:51:3	3:51:
37.	Bente		K	133	Espern Aktivitetspark	K50-54	5:34	+1:26:08	3:54:1	3:54:
38.	Harald Borthen		M	136	FBI - Forsvarsbygg bedriftidrett	M50-54	5:36	+1:27:47	3:55:5	3:55:
39.	Andreas BERGERUD		M	116		M23-34	5:38	+1:28:43	3:56:4	3:56:
40.	Anna		K	129	ASICS FrontRunner	K40-44	5:38	+1:28:44	3:56:5	3:56:
41.	Hege NORDLIE		K	102	Team JLo	K35-39	5:39	+1:29:42	3:57:4	3:57:
42.	Ole Jørgen HOLTHE		M	105	Gutta krutt	M23-34	5:43	+1:32:17	4:00:2	4:00:
43.	Lene RODVANG		K	110	Hamarjentene	K40-44	5:45	+1:33:49	4:01:5	4:01:
44.	Liv B. Jegteberg		K	139	Vidar, Sportsklubben	K55-59	5:52	+1:38:30	4:06:3	4:06:

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Overall Results

Pla	Navn	Kj	Sta	Klubb/Lag	Klasse	mi	Bak	Brut	Net
45.	Jostein LUNDGAARD 	M	156		M55-59	5:57	+1:42:09	4:10:1	4:10:
46.	Janmorten 	M	148	Krysset IL	M45-49	5:57	+1:42:14	4:10:2	4:10:
47.	Hanne NYSÆTER 	K	104		K55-59	5:58	+1:42:44	4:10:5	4:10:
48.	André GRIMSGAARD 	M	106	Gutta krutt	M23-34	6:04	+1:46:48	4:14:5	4:14:
49.	Anja VASKINN 	K	151	Team 6847	K45-49	6:12	+1:52:34	4:20:4	4:20:
50.	Vebjørn HØIE 	M	154		M23-34	6:17	+1:55:49	4:23:5	4:23:
51.	Thea FRAMAAS 	K	107		K23-34	6:20	+1:57:58	4:26:0	4:25:
52.	Terje FURUSETH 	M	103	Hamar IL	M45-49	6:39	+2:11:16	4:39:2	4:39:
53.	Åshild JENSSEN 	K	135	TeamJLo	K35-39	6:53	+2:21:05	4:49:1	4:49:
DNF	Leo 	M	123	Espern Aktivitetspark	M23-34				DNF DNF
DNF	Toril Langård 	K	142	Vaaler IF	K55-59				DNF DNF
DNS	Egil LØKEN 	M	157	Team Sportsmanden	M50-54				DNS DNS
DNS	Pål Hallvard VIRIK 	M	108	Skåbu Tverrbygda Espedalen	M50-54				DNS DNS
DNS	Jan Robert HEIBERG 	M	115		M23-34				DNS DNS
DNS	Erik LANDA 	M	121	Bøler IF - Friidrett	M45-49				DNS DNS
DNS	Jon WEYDAHL 	M	155	Drøbak maratonklubb	M60-64				DNS DNS