

















































# H3 Hamar HOKA Maraton 2019














































## Overall Results

Topp 3 er basert på bruttotid, resterende nettotid.

Plas	Navn	Star	Klubb/Lag	Klasse	min	Ba	Brutt	Nett
10 km								
Kvinner								
1.	<b>Silje EKLUND</b>		524 Skreia IL / Skreia IL/Totenåsen Løp	K35-39	3:47	--	<b>37:59</b>	37:56
2.	<b>Tone BRODSHAUG</b>		507 Totenåsen Løp	K40-44	4:10	+3:4	<b>41:42</b>	41:39
3.	<b>Kristine SLOKVIK</b>		449 Ottestad IL	K23-34	4:16	+4:4	<b>42:48</b>	42:45
4.	Dorte FOSS		504 Raufoss Friidrett	K50-54	4:23	+5:5	43:52	<b>43:48</b>
5.	Heidi SYVERSEN		436 FIK Orion	K18-22	4:28	+6:5	44:49	<b>44:45</b>
6.	Lene BÆKKEVOLD		435 Team Fønix	K23-34	4:29	+6:5	44:51	<b>44:46</b>
7.	Anne STORSLETT		453 Moelven IL	K23-34	4:34	+7:5	45:50	<b>45:47</b>
8.	Mari TØRSET		443	K23-34	4:36	+8:0	46:06	<b>45:58</b>
9.	Silje AASVANG		467	K23-34	4:40	+8:5	46:50	<b>46:42</b>
10.	Vilde QVALE		425 Vidar, Sportsklubben	K23-34	4:45	+9:3	47:35	<b>47:29</b>
11.	Katrine FIMLAND		448	K23-34	4:45	+9:3	47:35	<b>47:30</b>
12.	Ingeborg ALSGAARD		416 Espern Aktivitetspark	K50-54	4:47	+9:5	47:54	<b>47:49</b>
13.	Hanne SKOGLY		401	K40-44	4:51	+10:	48:32	<b>48:26</b>
14.	Malin BERGSET		462 TeamBergset	K50-54	4:53	+10:	48:57	<b>48:50</b>
15.	Hanne DØLPLADS		475	K50-54	5:01	+12:	50:20	<b>50:15</b>
16.	Linn Aurora PEDERSEN		409	K23-34	5:07	+13:	51:15	<b>51:08</b>
17.	Ingvild GULLING		499 Hamar IL	K40-44	5:14	+14:	52:25	<b>52:14</b>
18.	Juni STAVNE		498	K23-34	5:15	+14:	52:34	<b>52:22</b>
19.	Heidi Irene		445	K45-49	5:15	+14:	52:34	<b>52:25</b>
20.	Kristin HANSEN		489	K45-49	5:23	+15:	53:57	<b>53:49</b>
21.	Hege HEIER		476	K45-49	5:26	+16:	54:29	<b>54:21</b>
22.	Tove Irene		402 Annet	K45-49	5:29	+16:	54:54	<b>54:47</b>
23.	Sølvi BRÅTHEN		486 Actic	K60-64	5:32	+17:	55:24	<b>55:17</b>
24.	April HOLTEN		517 Espern	K45-49	5:34	+17:	55:47	<b>55:39</b>
25.	Kari Melgård SVEEN		514	K50-54	5:48	+20:	58:03	<b>57:53</b>
26.	Beate BARTSCH		442	K45-49	5:50	+20:	58:23	<b>58:12</b>
27.	Hanne Kristin BRATLIE		427	K55-59	5:50	+20:	58:26	<b>58:19</b>
28.	Kristine DÅRSTAD		488 Ringsaker IF	K14-17	5:51	+20:	58:36	<b>58:29</b>
29.	Karianne DÅRSTAD		487 Ringsaker IF	K40-44	5:52	+20:	58:48	<b>58:40</b>
30.	Magnhild HUSEBY		456 Regnskap & Revisjon Valdres AS	K23-34	5:54	+21:	59:07	<b>58:55</b>
31.	Anette AAEN		451	K45-49	5:54	+21:	59:10	<b>59:00</b>
32.	Ingvild FRAMNES		457	K23-34	6:02	+22:	1:00:30	<b>1:00:1</b>
33.	Anja BOSDAL		418 Espern Aktivitetspark	K35-39	6:07	+23:	1:01:19	<b>1:01:0</b>
34.	Vibeke Lund WOLKOFF		430	K45-49	6:12	+24:	1:02:07	<b>1:01:5</b>
35.	Bente BØE		473	K50-54	6:13	+24:	1:02:17	<b>1:02:0</b>
36.	Trine ANDREASSEN		501	K45-49	6:16	+24:	1:02:45	<b>1:02:3</b>
37.	Iryna LYMAR		492	K23-34	6:19	+25:	1:03:13	<b>1:03:0</b>
38.	Mari MARTINSEN		469	K23-34	6:34	+27:	1:05:44	<b>1:05:3</b>
39.	Anita LUNDE		420	K40-44	6:46	+29:	1:07:48	<b>1:07:3</b>
40.	Kine Elisabeth		431 Espern Aktivitetspark	K23-34	7:34	+37:	1:15:49	<b>1:15:3</b>
40.	Hanne KARLSEN		433 Espern Aktivitetspark	K23-34	7:34	+37:	1:15:49	<b>1:15:3</b>
42.	Dung Kim LIEU		494 Ringsaker sang og swingers	K18-22	7:49	+40:	1:18:18	<b>1:18:1</b>
DNS	Anne FINSTAD		403 Hamar Katedralskole	K45-49			<b>DNS</b>	DNS
DNS	Monica SVEVAD		405	K50-54			<b>DNS</b>	DNS
DNS	Mette BJØRNSETH		411 Espern Aktivitetspark	K60-64			<b>DNS</b>	DNS
DNS	Aina SKOGLUND		419	K40-44			<b>DNS</b>	DNS
DNS	Linda MIKKELSEN		432 Espern Aktivitetspark	K23-34			<b>DNS</b>	DNS
DNS	Silje ØSTBERG		434 Espern Aktivitetspark	K23-34			<b>DNS</b>	DNS































# H3 Hamar HOKA Maraton 2019

## Overall Results




















Plas	Navn	Star	Klubb/Lag	Klasse	min	Ba	Brutt	Nett
DNS	Alice STEINKELLNER		440 SSB IL	K55-59			DNS	DNS
DNS	Andrea FURUSETH		444 BUL, IL i	K23-34			DNS	DNS
DNS	Martine SLOKVIK		450 Lyn Ski	K18-22			DNS	DNS
DNS	Kristine LONKEMOEN		454	K23-34			DNS	DNS
<b>Menn</b>								
1.	<b>Bjørn Ivar NILSEN</b>		528 Sk Vidar	M40-44	3:20	--	<b>33:24</b>	33:23
2.	<b>Magnus VESTERHEIM</b>		455 Mosvik IL - Friidrett, Team	M23-34	3:22	+25	<b>33:49</b>	33:48
3.	<b>Bård Eskil</b>		502 Oppstad IL	M18-22	3:35	+2:3	<b>35:57</b>	35:55
4.	Andreas ALMLID		523 Highflyers	M35-39	3:36	+2:3	36:02	<b>36:00</b>
5.	Jon Inge ENGESMO		447 OPIL	M40-44	3:36	+2:4	36:07	<b>36:05</b>
6.	Jonathan BREDA		511 Halden IL	M18-22	3:36	+2:4	36:10	<b>36:08</b>
7.	Terje GULBRANDSEN		471 BDO Innlandet	M45-49	3:37	+2:5	36:16	<b>36:15</b>
8.	Sondre HANEBERG		480 Oppegård IL	M18-22	3:38	+3:0	36:26	<b>36:25</b>
9.	Thor Kristian		460 Team Ingrid Kristiansen	M23-34	3:40	+3:2	36:44	<b>36:42</b>
10.	Aleksander JÆGER		485 Åssiden IF	M23-34	3:42	+3:4	37:10	<b>37:08</b>
11.	Espen ALMLID		526 Hamar skiklubb / Bane NOR	M40-44	3:45	+4:1	37:38	<b>37:37</b>
12.	Vegar BRØNDBO		518	M23-34	3:46	+4:2	37:44	<b>37:41</b>
13.	Nikolai Gylthe BERGET		500 Hamar IL	M14-17	3:51	+5:1	38:37	<b>38:35</b>
14.	Sondre SVEEN		472	M23-34	3:51	+5:1	38:39	<b>38:37</b>
15.	Marius STRANDHAUG		461 Lillehammer IF	M14-17	3:53	+5:3	38:59	<b>38:58</b>
16.	Tommy OLSEN		529	M50-54	3:54	+5:3	39:01	<b>39:00</b>
17.	Henning LIE		513	M23-34	3:55	+5:5	39:18	<b>39:16</b>
18.	Martin Alexander		509 Storhamar Hockey	M14-17	4:09	+8:1	41:34	<b>41:28</b>
19.	Jon Åge		429 Kelda Vikings	M23-34	4:09	+8:1	41:34	<b>41:31</b>
20.	Tor-Eivind FRØEN		410 Espern Aktivitetspark	M50-54	4:09	+8:1	41:35	<b>41:33</b>
21.	Erik KROGSTIE		520	M45-49	4:13	+8:5	42:19	<b>42:16</b>
22.	Kjetil ØRBEKK		406	M40-44	4:13	+8:5	42:20	<b>42:17</b>
23.	Juan Victor		439	M23-34	4:18	+9:4	43:08	<b>43:02</b>
24.	Stian LARSEN		484	M35-39	4:23	+10:	43:54	<b>43:50</b>
25.	Anders Vestel HAGA		515 Gjøvik vgs	M40-44	4:23	+10:	43:59	<b>43:57</b>
26.	Kyrre HOVDE		478	M35-39	4:25	+10:	44:15	<b>44:09</b>
27.	Steinar VASAASEN		413 Eidsiva BIL	M60-64	4:29	+11:	44:55	<b>44:50</b>
27.	Håvard BOLDVIK		522 Fartsholder 45 min	M45-49	4:29	+11:	44:54	<b>44:50</b>
29.	Even RØNNINGEN		527 Hamar IL Svømming og Triatlon	M40-44	4:32	+12:	45:29	<b>45:24</b>
30.	Tommy AASMUNDSSEN		496	M45-49	4:34	+12:	45:47	<b>45:40</b>
31.	Simen NORDAL		477	M35-39	4:35	+12:	45:51	<b>45:46</b>
32.	Børge JOHNSEN		438 IIseng IL	M45-49	4:35	+12:	45:55	<b>45:51</b>
33.	Frode MOEN		503 Espern Aktivitetspark	M35-39	4:38	+13:	46:25	<b>46:21</b>
34.	Bjørnar SEIM		479 Nr1 Fitness	M45-49	4:40	+13:	46:41	<b>46:37</b>
35.	Henrik STENBERG		508 Hamar IL / Hoka Run	M18-22	4:42	+13:	47:05	<b>46:57</b>
36.	Håkon FOSSERUD		414 Espern Aktivitetspark	M40-44	4:42	+13:	47:05	<b>47:03</b>
37.	Kristoffer SAUG LIE		521 Kone AS	M23-34	4:43	+13:	47:15	<b>47:09</b>
38.	Amund NYBAKKE		481 Oppegård IL	M12-13	4:46	+14:	47:45	<b>47:42</b>
39.	Kjell SENUMSTAD		465 Hamar Kommune	M40-44	4:46	+14:	47:49	<b>47:44</b>
40.	Svein Inge BERGSET		463 Høyang,IL / Team Bergset	M45-49	4:50	+15:	48:27	<b>48:20</b>
40.	Elias AASMUNDSSEN		497	M14-17	4:50	+15:	48:27	<b>48:20</b>
42.	Sverre WEDUM		505 Team Jønsrud	M60-64	4:53	+15:	48:59	<b>48:54</b>
43.	Brage NERGÅRD		458	M18-22	4:55	+15:	49:11	<b>49:05</b>
44.	Kjell HAUGLAND		483 HAP	M50-54	4:56	+16:	49:26	<b>49:21</b>
45.	Martin LASSEN		424 Espern Aktivitetspark	M35-39	4:57	+16:	49:39	<b>49:35</b>
46.	Morten ØIAMO		459 Team OCR Norway	M23-34	5:04	+17:	50:41	<b>50:37</b>
47.	Carl-Otto KARLENGEN		423 nesteløp.no	M35-39	5:07	+17:	51:14	<b>51:08</b>

# H3 Hamar HOKA Maraton 2019

## Overall Results




















































Plas	Navn	Star	Klubb/Lag	Klasse	min	Ba	Brutt	Nett	
48.	Petter STAI		495		M23-34	5:07	+17:	51:15	<b>51:09</b>
49.	Torstein HOLTEN		422	Espern Aktivitetspark	M50-54	5:09	+18:	51:38	<b>51:32</b>
50.	Ardian OSMANI		512		M23-34	5:12	+18:	52:04	<b>51:54</b>
51.	Kent Inge DAHLSVEEN		412	Espern Aktivitetspark	M23-34	5:13	+18:	52:18	<b>52:10</b>
52.	Georg MYHRE		474		M35-39	5:14	+18:	52:23	<b>52:16</b>
53.	Morten STENBERG		510	NRK	M55-59	5:16	+19:	52:42	<b>52:35</b>
54.	Svein HAUGOM		415	Espern Aktivitetspark	M45-49	5:16	+19:	52:41	<b>52:37</b>
55.	Bjørn THORSDALEN		441		M45-49	5:23	+20:	53:52	<b>53:42</b>
56.	Odd Magne LUND		428		M55-59	5:22	+20:	53:50	<b>53:43</b>
57.	Arild HANSEN		490		M50-54	5:23	+20:	53:57	<b>53:50</b>
58.	Torbjørn LEIN		482		M50-54	5:27	+21:	54:37	<b>54:33</b>
59.	Johan NYGAARD		468		M35-39	5:36	+22:	56:08	<b>55:59</b>
60.	Lage Thune		519		M55-59	5:37	+22:	56:15	<b>56:05</b>
61.	Jens Levi MOLDSTAD		417	Espern Aktivitetspark	M60-64	5:37	+22:	56:19	<b>56:10</b>
62.	Anders HELLERUD		464	Ringsaker sang og swingers	M23-34	5:38	+22:	56:22	<b>56:15</b>
63.	Nikolay LEIN		421		M23-34	5:46	+24:	57:48	<b>57:38</b>
64.	Audun NYGAARD		452		M23-34	5:51	+25:	58:39	<b>58:29</b>
64.	Ondrej CERVENAK		516		M23-34	5:52	+25:	58:41	<b>58:29</b>
66.	Kim Andreas Ruen		491		M23-34	5:55	+25:	59:12	<b>59:01</b>
67.	Andreas ERIKSEN		493	Fartsholder 10 km - 60 min	M23-34	5:55	+25:	59:14	<b>59:06</b>
68.	Erlend		407		M35-39	6:03	+27:	1:00:32	<b>1:00:1</b>
69.	Frode ROGHELL		446		M45-49	6:07	+27:	1:01:20	<b>1:01:1</b>
70.	Ole-Anders RØNNING		426		M23-34	6:22	+30:	1:03:45	<b>1:03:3</b>
71.	Tehua Michael XU		506	Torggata Legesenter Hamar	M35-39	6:35	+32:	1:05:54	<b>1:05:4</b>
72.	Thomas RAGO		525	Hamar Taekwondoklubb	M23-34	7:15	+39:	1:12:40	<b>1:12:3</b>
73.	Erling SANDBERG		408	Sandberg Revisjon.no	M65-69	7:31	+41:	1:15:15	<b>1:15:0</b>
DNS	Bjarne Chr. FINSTAD		404	SpareBank 1 Finans Østlandet	M45-49			<b>DNS</b>	DNS
DNS	Markus GYENE		437		M23-34			<b>DNS</b>	DNS
DNS	Sondre KRISTIANSEN		466	Team Ingrid Kristiansen	M23-34			<b>DNS</b>	DNS
DNS	Rudy BEFRING		470	Ottestad IL	M14-17			<b>DNS</b>	DNS

### 21 km

Kvinner									
1.	<b>Randi Hernes TVILDE</b>		395	Varegg Fleridrett	K40-44	4:15	--	<b>1:29:3</b>	1:29:2
2.	<b>Marit Ann LAULO</b>		311	Equinor BIL	K50-54	4:21	+1:5	<b>1:31:2</b>	1:31:2
3.	<b>Kjersti</b>		361	Moelven IL	K40-44	4:26	+3:5	<b>1:33:2</b>	1:33:2
4.	Marte IHRSTAD		623		K40-44	4:27	+4:1	1:33:48	<b>1:33:4</b>
5.	Camilla JOHNSRUD		604		K35-39	4:29	+4:4	1:34:16	<b>1:34:1</b>
6.	Bente HELLEVIK		387	Trio, IL	K45-49	4:30	+5:1	1:34:48	<b>1:34:4</b>
7.	Ewa HOLMSTAD		354		K40-44	4:36	+7:0	1:36:39	<b>1:36:3</b>
8.	Victoria		388	Rye Sp.Kl.	K23-34	4:39	+8:0	1:37:41	<b>1:37:3</b>
9.	Anette Elisabeth		308		K45-49	4:45	+10:	1:40:06	<b>1:40:0</b>
10.	Beate PAULSRUD		603	Team Renault	K23-34	4:48	+11:	1:41:05	<b>1:40:5</b>
11.	Hanne GARBERG		386		K23-34	4:49	+11:	1:41:16	<b>1:41:1</b>
12.	Sarah		337		K35-39	4:58	+15:	1:44:39	<b>1:44:3</b>
13.	Marthe KEISERAAS		353	Team lfr prospect	K23-34	5:03	+16:	1:46:23	<b>1:46:1</b>
14.	Karianne Opgård		625		K35-39	5:05	+17:	1:47:03	<b>1:46:5</b>
15.	Elizabeth ACKLAM		397		K45-49	5:07	+18:	1:47:48	<b>1:47:4</b>
16.	Tone Lise		393	Moelven IL	K45-49	5:16	+21:	1:50:44	<b>1:50:3</b>
16.	Silje BERGVIK		602	Fsc Løten	K23-34	5:16	+21:	1:50:43	<b>1:50:3</b>
18.	Hanne NEGÅRD		314		K50-54	5:24	+24:	1:53:32	<b>1:53:2</b>
19.	Tea Anine HINDAR		333		K23-34	5:26	+24:	1:54:19	<b>1:54:1</b>





















































# H3 Hamar HOKA Maraton 2019

## Overall Results

Plas	Navn	Star	Klubb/Lag	Klasse	min	Ba	Brutt	Nett
20.	Kamilla THORESEN		614		K40-44	5:26	+24: 1:54:26	<b>1:54:1</b>
21.	Wichayada NOISRI		390		K40-44	5:28	+25: 1:54:54	<b>1:54:4</b>
22.	Eva DANIELSEN		377		K40-44	5:31	+26: 1:56:02	<b>1:55:5</b>
23.	Karina LIE		317	Makkerparet	K23-34	5:36	+28: 1:57:47	<b>1:57:3</b>
24.	Ann Helen LIE		399	Team Lie	K60-64	5:36	+28: 1:57:47	<b>1:57:3</b>
25.	Kristina VIRKUTIENE		608		K40-44	5:38	+29: 1:58:37	<b>1:58:3</b>
26.	Björg EKEBERG		392		K35-39	5:49	+32: 2:02:16	<b>2:02:0</b>
27.	Elin OLSTAD		359	Team Fønix	K45-49	5:49	+32: 2:02:16	<b>2:02:0</b>
28.	Siri VALEN		307		K23-34	5:52	+33: 2:03:19	<b>2:03:1</b>
29.	Sari LINDVÅG		312		K40-44	6:22	+44: 2:13:55	<b>2:13:4</b>
30.	Siv-Renate HANSEN		309	Romerike Ultraløperklubb	K45-49	6:24	+45: 2:14:37	<b>2:14:2</b>
31.	Beate FREBEL		303		K50-54	7:09	+1:0 2:30:17	<b>2:30:0</b>
32.	Mareike Antje Christa		365		K18-22	7:21	+1:0 2:34:24	<b>2:34:1</b>
32.	Jette Lena TROST		366		K18-22	7:21	+1:0 2:34:24	<b>2:34:1</b>
34.	Ann Helen DYBWAD		357	NVIO Oslo Runners	K50-54	8:20	+1:2 2:55:01	<b>2:54:4</b>
DNF	Lisbeth STRØMSTAD		358	Nykirke IF	K55-59			<b>DNF DNF</b>
DNS	Sara SKARABOT		301	FIK Orion / Runner's World Norge	K23-34			<b>DNS DNS</b>
DNS	Ellen JORDFALD		304		K35-39			<b>DNS DNS</b>
DNS	Elise SMENES		320	Espern Aktivitetspark	K23-34			<b>DNS DNS</b>
DNS	Kristin SKOUG		324	Espern Aktivitetspark	K50-54			<b>DNS DNS</b>
DNS	Beate TILLEY		325	Espern Aktivitetspark	K35-39			<b>DNS DNS</b>
DNS	Marte Dybendal		370	Bekk Consulting AS	K23-34			<b>DNS DNS</b>
<b>Menn</b>								
1.	<b>Ola KORBØL</b>		360	Mosvik il friidrett	M23-34	3:27	--	<b>1:12:3</b> 1:12:3
2.	<b>Thor Emil KVERNEVIK</b>		611	Vang Skiløperforening	M23-34	3:27	+03	<b>1:12:3</b> 1:12:3
3.	<b>Magnus Rognstad</b>		345	Hamar IL	M35-39	3:27	+06	<b>1:12:4</b> 1:12:3
4.	Henrik FLEISJE		355	Harestua IL	M40-44	3:27	+12	1:12:46 <b>1:12:4</b>
5.	Stian STORSVEEN		624	Anlegg Øst Entreprenør AS	M23-34	3:29	+44	1:13:18 <b>1:13:1</b>
6.	Ole Petter		323	Nordea	M23-34	3:32	+1:4	1:14:15 <b>1:14:1</b>
7.	Arunas CIMARMANAS		380		M23-34	3:32	+1:5	1:14:24 <b>1:14:2</b>
8.	Sverre Gunnar		615	Lørenskog Friidrettslag	M50-54	3:34	+2:3	1:15:09 <b>1:15:0</b>
9.	Simen Engebretsen		364	Team ParkettpartnerSjuiøen/Vang	M23-34	3:35	+2:5	1:15:33 <b>1:15:3</b>
10.	Sverre		338		M40-44	3:36	+3:0	1:15:38 <b>1:15:3</b>
11.	Espen RUSTEN		339		M23-34	3:39	+4:1	1:16:50 <b>1:16:5</b>
12.	Kristoffer Bugge		384		M23-34	3:40	+4:3	1:17:11 <b>1:17:0</b>
13.	Henrik MOBAKK		346	Kongsvinger IL Friidrett	M23-34	3:41	+4:4	1:17:23 <b>1:17:2</b>
14.	Vegard BROX		373	Bøler IF - Friidrett	M40-44	3:44	+6:0	1:18:40 <b>1:18:3</b>
15.	Steinar FREDRIKSEN		609	Nittedal	M23-34	3:45	+6:3	1:19:06 <b>1:19:0</b>
16.	Mads Novik NILSEN		620	Hamar Skiklubb	M23-34	3:46	+6:4	1:19:14 <b>1:19:1</b>
17.	Ole Morten KORSMO		619	Kil il Friidrett	M40-44	3:47	+7:1	1:19:47 <b>1:19:4</b>
18.	Ørjan SKILBREI		374	Årdal FK	M23-34	3:48	+7:1	1:19:52 <b>1:19:4</b>
19.	Geir André		391	Moelven IL	M40-44	3:48	+7:1	1:19:53 <b>1:19:5</b>
20.	Jan-Erik KAMPENHØI		371		M45-49	3:49	+7:3	1:20:10 <b>1:20:0</b>
21.	Eimantas DAUJOTAS		381		M23-34	3:53	+9:1	1:21:53 <b>1:21:5</b>
22.	Jørn		302		M45-49	3:57	+10:	1:23:13 <b>1:23:1</b>
23.	Jo REISTAD		612		M45-49	3:58	+10:	1:23:22 <b>1:23:2</b>
24.	Klas AARLID		389		M35-39	3:59	+11:	1:23:49 <b>1:23:4</b>
25.	Andreas DÅRSTAD		607	Ringsaker IF	M14-17	4:02	+12:	1:24:57 <b>1:24:5</b>
26.	Olaf SLETNER		396	Utstillingsplassen Eiendom AS	M40-44	4:05	+13:	1:25:56 <b>1:25:5</b>
26.	Anders FLEMMEN		617		M23-34	4:05	+13:	1:25:58 <b>1:25:5</b>
28.	Svein Christian WEDUM		613	Eidsiva BIL	M23-34	4:08	+14:	1:27:01 <b>1:26:5</b>
29.	Jon Marius OPHUS		400	Arve Hagen	M23-34	4:08	+14:	1:27:01 <b>1:27:0</b>

# H3 Hamar HOKA Maraton 2019

## Overall Results

Plas	Navn	Star	Klubb/Lag	Klasse	min	Ba	Brutt	Nett
30.	Joachim		378 Team Stredet	M23-34	4:14	+16:	1:29:04	<b>1:29:0</b>
31.	Øyvind SNIPSTAD		347 Vind IL	M23-34	4:16	+17:	1:29:41	<b>1:29:3</b>
32.	Håkon HAUGEN		628 Lillehammer if	M65-69	4:19	+18:	1:30:42	<b>1:30:4</b>
33.	Odd HANISCH		394 Løpegruppa Jessheim	M45-49	4:19	+18:	1:30:45	<b>1:30:4</b>
34.	Lars Bolstad		344	M23-34	4:19	+18:	1:30:45	<b>1:30:4</b>
35.	Dag BYRØYGARD		626 OBOS BIL	M50-54	4:20	+18:	1:31:01	<b>1:30:5</b>
36.	Nils ØYGARDEN		375	M35-39	4:20	+18:	1:31:06	<b>1:31:0</b>
37.	Arne Petter OMHOLT		343 T-rank BIL	M50-54	4:21	+18:	1:31:31	<b>1:31:2</b>
38.	Hans Jørgen DÅRSTAD		606 Team Coop	M40-44	4:22	+19:	1:31:56	<b>1:31:5</b>
39.	Simon ELGEN		368	M23-34	4:23	+19:	1:32:16	<b>1:32:1</b>
40.	Gunnar AARSETH		379 Stavanger Friidrettsklubb / Spirit	M60-64	4:24	+20:	1:32:44	<b>1:32:4</b>
41.	Stein VIEM		349 Mingus Schulze trio	M55-59	4:27	+21:	1:33:34	<b>1:33:3</b>
42.	Kristian ROALD		382	M35-39	4:28	+21:	1:34:06	<b>1:34:0</b>
43.	Tage DJUPVIK		310 Lofotkameratene	M55-59	4:31	+22:	1:34:55	<b>1:34:5</b>
44.	Odd Perry SØVIK		315 Benteler BIL, Raufoss	M55-59	4:33	+23:	1:35:35	<b>1:35:2</b>
45.	Frode HOPREKSTAD		605 Sykkylven il	M50-54	4:33	+23:	1:35:44	<b>1:35:4</b>
46.	Arne MJØS		630 Fossum IF / Itera	M55-59	4:37	+24:	1:36:59	<b>1:36:5</b>
47.	Pål Vegard HAGEN		601	M45-49	4:38	+24:	1:37:27	<b>1:37:2</b>
48.	Thomas STORDALEN		631 Røa IL / Romerike Ultraløperklubb	M40-44	4:39	+25:	1:37:46	<b>1:37:4</b>
49.	Gaute GILLUND		321 Espern Aktivitetspark	M40-44	4:41	+25:	1:38:28	<b>1:38:2</b>
50.	Kenneth ANTONSEN		633 Rye Sp.Kl. / Hey'di AS	M40-44	4:44	+27:	1:39:41	<b>1:39:3</b>
51.	Jon Lockert ROHDE		634	M23-34	4:45	+27:	1:39:59	<b>1:39:5</b>
52.	Stein Arild UTBY		328 Espern Aktivitetspark	M60-64	4:46	+27:	1:40:10	<b>1:40:0</b>
53.	Ronny BOHRMANN		367 Team Innit	M45-49	4:48	+28:	1:40:59	<b>1:40:5</b>
54.	Ronny HAGEN		305	M40-44	4:48	+28:	1:41:06	<b>1:40:5</b>
55.	Stefan RÓŽANEK		326	M55-59	4:49	+28:	1:41:13	<b>1:41:0</b>
56.	Ola ANDERSBAKKEN		340	M45-49	4:51	+29:	1:42:04	<b>1:42:0</b>
57.	Andis KLEINBERGS		316	M40-44	4:52	+29:	1:42:22	<b>1:42:1</b>
58.	Thorgrim KRISTIANSEN		351	M40-44	4:53	+30:	1:42:45	<b>1:42:3</b>
59.	Svein RINGLI		332	M55-59	4:53	+30:	1:42:53	<b>1:42:4</b>
60.	Joachim SURLAND		616	M23-34	4:54	+30:	1:43:03	<b>1:42:5</b>
61.	Espen ANDERSEN		398	M40-44	4:55	+30:	1:43:30	<b>1:43:2</b>
62.	Ole Christer LUND		383	M35-39	4:57	+31:	1:44:12	<b>1:44:0</b>
63.	Marius HELLERUD		629 Ringsaker sang og svingers	M23-34	4:58	+31:	1:44:31	<b>1:44:2</b>
64.	Morten M. HANSEN		385 Godsetunionen	M55-59	5:01	+33:	1:45:39	<b>1:45:3</b>
65.	Leif Iver SANDBAKKEN		329 Espern Aktivitetspark	M40-44	5:05	+34:	1:46:51	<b>1:46:4</b>
66.	Kristoffer ØYAN		352 Team LFR	M40-44	5:07	+35:	1:47:34	<b>1:47:2</b>
67.	Trond HANSEN		362	M45-49	5:10	+36:	1:48:51	<b>1:48:4</b>
68.	Tom NILSEN		322 Espern Aktivitetspark	M55-59	5:11	+36:	1:48:52	<b>1:48:4</b>
69.	Thomas MEININGEN		621	M35-39	5:12	+36:	1:49:23	<b>1:49:1</b>
70.	Tommy NYSTED		348	M40-44	5:13	+37:	1:49:41	<b>1:49:3</b>
71.	Ole Erik KRISTIANSEN		336 Hamar Pinjatas	M35-39	5:14	+37:	1:49:56	<b>1:49:4</b>
72.	Morten BØRKE		330 Nes Sportsklubb sykkel	M40-44	5:14	+37:	1:49:58	<b>1:49:5</b>
73.	Oddgeir NYSTUEN		327 Espern Aktivitetspark	M35-39	5:16	+38:	1:50:51	<b>1:50:4</b>
74.	Thor Willy NYGÅRD		350	M45-49	5:18	+38:	1:51:27	<b>1:51:1</b>
75.	Daniel NYMO		318 Espern Aktivitetspark	M35-39	5:18	+39:	1:51:34	<b>1:51:2</b>
76.	Stian KARLSMOEN		331 Økonomidekk as	M40-44	5:21	+40:	1:52:34	<b>1:52:2</b>
77.	Håkon Strøm		627	M40-44	5:23	+40:	1:53:23	<b>1:53:1</b>
78.	Lars HAUG		335 Hamar Pinjatas	M23-34	5:24	+40:	1:53:25	<b>1:53:1</b>
79.	Marius NÆVERDAL		319 Espern Aktivitetspark	M23-34	5:24	+41:	1:53:34	<b>1:53:2</b>
79.	Morten Øystein		334	M50-54	5:24	+40:	1:53:30	<b>1:53:2</b>
81.	Vidar		632	M23-34	5:24	+41:	1:53:37	<b>1:53:2</b>

# H3 Hamar HOKA Maraton 2019

## Overall Results

Plas	Navn	Star	Klubb/Lag	Klasse	min	Ba	Brutt	Nett
82.	Axel Henrik STAIB		313 Rygge IL	M70-74	5:25	+41:	1:53:57	<b>1:53:5</b>
83.	Jerzy PECAK		376 Fartsholder 2:00	M40-44	5:33	+44:	1:56:39	<b>1:56:3</b>
84.	Oleksii VOROBEI		610	M40-44	5:45	+48:	2:00:48	<b>2:00:3</b>
85.	Pål VIKSMOEN		372	M23-34	6:13	+58:	2:10:51	<b>2:10:4</b>
86.	Sigurd EINANG		342	M18-22	6:23	+1:0	2:14:11	<b>2:14:0</b>
87.	Julian GEBEL		622	M18-22	7:21	+1:2	2:34:24	<b>2:34:1</b>
DNF	Åge Mikael STRAND		618 Grindvoll IL	M45-49				<b>DNF</b> DNF
DNS	Carl-Jørgen		306	M23-34				<b>DNS</b> DNS
DNS	Carsten Stævne BECH		341 nesteløp.no	M45-49				<b>DNS</b> DNS
DNS	Jarle JAKOBSEN		356 Moelven IL / Gubbetrim	M40-44				<b>DNS</b> DNS
DNS	Kjetil AARBOGH		363 NORDBOLIG	M40-44				<b>DNS</b> DNS
DNS	Tor Inge MULELID		369 KRIK Kondis	M23-34				<b>DNS</b> DNS

42 km

Kvinner								
1.	<b>Marthe Kristine</b>		158 Vang Skiløperforening/Norsk	K23-34	4:27	--	<b>3:07:0</b>	3:07:0
2.	<b>Esther INNSELSET</b>		147 Hamar IL	K40-44	4:32	+3:3	<b>3:10:3</b>	3:10:3
3.	<b>Kristin</b>		138	K23-34	5:23	+39:	<b>3:46:2</b>	3:46:1
4.	Bente		133 Espern Aktivitetspark	K50-54	5:34	+47:	3:54:14	<b>3:54:0</b>
5.	Anna		129 ASICS FrontRunner	K40-44	5:38	+49:	3:56:50	<b>3:56:4</b>
6.	Hege NORDLIE		102 Team JLo	K35-39	5:39	+50:	3:57:48	<b>3:57:4</b>
7.	Lene RODVANG		110 Hamarjentene	K40-44	5:45	+54:	4:01:55	<b>4:01:4</b>
8.	Liv B. Jegteberg		139 Vidar, Sportsklubben	K55-59	5:52	+59:	4:06:36	<b>4:06:2</b>
9.	Hanne NYSÆTER		104	K55-59	5:58	+1:0	4:10:50	<b>4:10:4</b>
10.	Anja VASKINN		151 Team 6847	K45-49	6:12	+1:1	4:20:40	<b>4:20:3</b>
11.	Thea FRAMAAS		107	K23-34	6:20	+1:1	4:26:04	<b>4:25:5</b>
12.	Åshild JENSSEN		135 TeamJLo	K35-39	6:53	+1:4	4:49:11	<b>4:49:0</b>
DNF	Toril Langård		142 Vaaler IF	K55-59				<b>DNF</b> DNF

Menn								
1.	<b>Fredrik GRANVIKEN</b>		130 Klæbu Løpeklubb	M35-39	3:31	--	<b>2:28:0</b>	2:28:0
2.	<b>Håkon URDAL</b>		153 Team Sportsmanden	M35-39	3:43	+8:1	<b>2:36:2</b>	2:36:1
3.	<b>Ottar GRØNVOLD</b>		143	M35-39	3:44	+8:4	<b>2:36:5</b>	2:36:4
4.	Erik JAKOBSEN		160	M23-34	3:56	+17:	2:45:32	<b>2:45:2</b>
5.	Thomas FLEMMEN		114 Nittedal IL / Team Stredet	M23-34	3:58	+18:	2:46:43	<b>2:46:3</b>
6.	Håvard ELLEFSEN		124 Espern Aktivitetspark	M35-39	4:01	+20:	2:49:04	<b>2:49:0</b>
7.	Kjartan STEINSHAMN		140 Bekk Consulting	M23-34	4:07	+25:	2:53:31	<b>2:53:2</b>
8.	Simon RAMSKEID		118 Team Stredet	M23-34	4:11	+28:	2:56:21	<b>2:56:1</b>
9.	Paal MORK		126	M50-54	4:14	+29:	2:57:56	<b>2:57:4</b>
10.	Markus STEINBAKK		131 Bane NOR Eiendom	M40-44	4:16	+31:	2:59:44	<b>2:59:3</b>
11.	Joachim NYBAKKE		146 Oppegård IL	M40-44	4:21	+34:	3:03:03	<b>3:02:5</b>
12.	Christian HOEN		120 Nittedal IL	M23-34	4:29	+40:	3:08:33	<b>3:08:2</b>
13.	Halvor BEEN		150 Rygge IL	M40-44	4:35	+44:	3:12:53	<b>3:12:4</b>
14.	Lars Erik ØDE		125 Ryggejoggen / Mopil	M45-49	4:35	+44:	3:12:53	<b>3:12:4</b>
15.	Even MORK		132 Ringve Legesenter	M40-44	4:38	+47:	3:15:06	<b>3:15:0</b>
16.	Kristofer KISTE		101 IS Göta	M23-34	4:42	+49:	3:17:57	<b>3:17:5</b>
17.	Lasse Tjugum		109	M40-44	4:46	+52:	3:20:17	<b>3:20:1</b>
18.	Atle MYRE		112 Øl og kondis	M35-39	4:46	+52:	3:20:48	<b>3:20:4</b>
19.	Bjørn Henry		134 Rygge IL	M45-49	4:47	+53:	3:21:30	<b>3:21:2</b>
20.	Per Olav TVEIT		127	M50-54	4:50	+55:	3:23:16	<b>3:23:0</b>
21.	Morten JØRGENSEN		137 Hobøl IL / Knapstad Runners	M50-54	4:57	+1:0	3:28:17	<b>3:28:1</b>
22.	Rolf BAKKEN		149 FIK Orion / Team 55+	M55-59	5:00	+1:0	3:30:26	<b>3:30:2</b>
23.	Vincent VILAMOSA		145	M23-34	5:05	+1:0	3:33:38	<b>3:33:3</b>

# H3 Hamar HOKA Maraton 2019

## Overall Results

Plas	Navn	Star	Klubb/Lag	Klasse	min	Ba	Brutt	Nett
24.	Øyvind HELLAND	 122		M40-44	5:05	+1:0	3:33:54	<b>3:33:4</b>
25.	Helge FUGLSETH	 128	Ålesundløpene	M70-74	5:08	+1:0	3:35:43	<b>3:35:3</b>
26.	Kåre OPHUS	 119	Nes Sportsklubb	M23-34	5:16	+1:1	3:41:22	<b>3:41:1</b>
27.	Terje URIANSRUD	 152		M45-49	5:19	+1:1	3:43:40	<b>3:43:3</b>
28.	Bjørnar ESPE	 111		M23-34	5:20	+1:1	3:44:31	<b>3:44:2</b>
29.	Pål LAMPERT	 113	Romerike Runners Team	M50-54	5:23	+1:1	3:46:29	<b>3:46:1</b>
30.	Ole Jørgen HOLCK	 117		M50-54	5:27	+1:2	3:49:29	<b>3:49:2</b>
31.	Christer TUNGARD	 159	Espern Aktivitetspark	M50-54	5:28	+1:2	3:49:44	<b>3:49:3</b>
32.	Bengt Erik OLSEN	 144	Reiseplaneten	M50-54	5:29	+1:2	3:50:28	<b>3:50:1</b>
33.	Per ENGE	 141	Drøbak Undervannsklubb	M50-54	5:30	+1:2	3:51:33	<b>3:51:2</b>
34.	Harald Borthen	 136	FBI - Forsvarsbygg bedriftidrett	M50-54	5:36	+1:2	3:55:53	<b>3:55:4</b>
35.	Andreas BERGERUD	 116		M23-34	5:38	+1:2	3:56:49	<b>3:56:3</b>
36.	Ole Jørgen HOLTHE	 105	Gutta krutt	M23-34	5:43	+1:3	4:00:23	<b>4:00:1</b>
37.	Jostein LUNDGAARD	 156		M55-59	5:57	+1:4	4:10:15	<b>4:10:0</b>
38.	Janmorten HORNSETH	 148	Krysset IL	M45-49	5:57	+1:4	4:10:20	<b>4:10:1</b>
39.	André GRIMSGAARD	 106	Gutta krutt	M23-34	6:04	+1:4	4:14:54	<b>4:14:4</b>
40.	Vebjørn HØIE	 154		M23-34	6:17	+1:5	4:23:55	<b>4:23:4</b>
41.	Terje FURUSETH	 103	Hamar IL	M45-49	6:39	+2:1	4:39:22	<b>4:39:1</b>
DNF	Leo MIDTDAL-LARSEN	 123	Espern Aktivitetspark	M23-34				<b>DNF</b> DNF
DNS	Egil LØKEN	 157	Team Sportsmanden	M50-54				<b>DNS</b> DNS
DNS	Pål Hallvard VIRIK	 108	Skåbu Tverrbygda Espedalen	M50-54				<b>DNS</b> DNS
DNS	Jan Robert HEIBERG	 115		M23-34				<b>DNS</b> DNS
DNS	Erik LANDA	 121	Bøler IF - Friidrett	M45-49				<b>DNS</b> DNS
DNS	Jon WEYDAHL	 155	Drøbak maratonklubb	M60-64				<b>DNS</b> DNS