

## RESULTATER O-GRUPPA 2013

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## VM – Finland

### Sprint Herrer

1	Mårten Boström	FIN	14:19.6
2	Scott Fraser	GBR	14:36.7
3	Jonas Leandersson	SWE	14:37.8
4	Fabian Hertner	SUI	14:41.3
5	Matthias Kyburz	SUI	14:45.8
6	Rasmus Thrane Hansen	DEN	14:47.3
27	<b>Vincent Coupat</b>	<b>FRA</b>	<b>15:49.2</b>

### Sprint Damer

1	Simone Niggli	SUI	14:10.6
2	Annika Billstam	SWE	14:18.7
3	Venla Niemi	FIN	14:48.5
4	Maja Alm	DEN	14:53.0
5	Tessa Hill	GBR	14:58.2
6	<b>Galina Vinogradova</b>	<b>RUS</b>	<b>15:04.3</b>
10	<b>Anne-M Hausken Nordberg</b>	<b>NOR</b>	<b>15:22.8</b>
17	<b>Léa Verceilotti</b>	<b>FRA</b>	<b>15:54.3</b>
35	<b>Céline Dodin</b>	<b>FRA</b>	<b>17:09.3</b>

### Mellomdistanse Herrer

1	Leonid Novikov	RUS	37:45
2	Thierry Gueorgiou	FRA	37:54
3	Gustav Bergman	SWE	38:21
4	Matthias Kyburz	SUI	39:08
5	Fabian Hertner	SUI	39:16
	Daniel Hubmann	SUI	39:16

### Mellomdistanse Damer

1	Simone Niggli	SUI	35:25
2	Tove Alexandersson	SE	37:10
3	Merja Rantanen	FIN	37:59
4	Minna Kauppi	FIN	38:39
5	Irina Nyberg	RUS	38:45
6	Annika Billstam	SWE	38:49
9	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>38:56</b>
17	<b>Vendula Haldin</b>	<b>CZE</b>	<b>40:42</b>
19	<b>Mari Fasting</b>	<b>NOR</b>	<b>41:10</b>
21	<b>Hollie Orr</b>	<b>GBR</b>	<b>41:39</b>
25	<b>Eva Jurenikova</b>	<b>CZE</b>	<b>42:09</b>

### Langdistanse Herrer

1	Thierry Gueorgiou	FRA	01:41:39
2	Jani Lakanen	FIN	01:42:57
3	Edgars Bertuks	LAT	01:43:29
4	Dmitriy Tsvetkov	RUS	01:43:43
5	<b>Magne Dæhli</b>	<b>NOR</b>	<b>01:43:57</b>
6	Matthias Merz	SWI	01:44:20

### Langdistanse Damer

1	Simone Niggli	SUI	01:20:02
2	Tove Alexandersson	SWE	01:23:01
3	Lena Eliasson	SWE	01:23:08
4	Minna Kauppi	FIN	01:23:44
5	Tatiana Ryabkina	RUS	01:23:45
6	Anni-Maija Fincke	FIN	01:25:51
8	<b>Mari Fasting</b>	<b>NOR</b>	<b>01:26:40</b>
12	<b>Eva Jurenikova</b>	<b>CZE</b>	<b>01:29:26</b>

### Menn Stafett

1	Russia			1:41:47
	Leonid Novikov		34:04	
	Valentin Novikov		32:15	
	Dmitriy Tsvetkov		35:27	
2	Sweden			1:42:37
	Anders Holmberg		34:15	
18	<b>Vincent Coupat</b>	<b>FRA</b>	<b>32:00</b>	
	Peter Obergl		32:00	
	Gustav Bergman		36:20	
3	Ukraine			1:42:55
	Pavlo Ushkvarok		34:14	
	Oleksandr Kratov		31:20	
	Denys Shcherbakov		37:20	
4	Switzerland			1:43:39
5	Finland			1:44:55
6	Norway			1:45:00
	Øystein Kvaal Østerbø		33:29	
1	Carl Godager Kaas		33:48	
	<b>Simone Niggli</b>	<b>SUI</b>	<b>37:42</b>	
	<b>Magne Dæhli</b>			

### Damer Stafett

1	Norway			1:37:53
	Heidi Bagstevold		32:48	
	<b>Mari Fasting</b>		<b>31:35</b>	
	<b>Anne M. Hausken Nordberg</b>		<b>33:28</b>	
2	Finland			1:39:07
2	Valentin Novikov	RUS	36:50	
	Anni-Maija Fincke		34:58	
	Minna Kauppi		31:39	
3	Switzerland			1:43:44
	Sara Luescher		32:44	
	Judith Wyder		35:52	
	Simone Niggli		35:08	
4	Sweden			1:43:58
5	Czech Republic			1:45:48
	<b>Vendula Haldin</b>		<b>37:18</b>	
	<b>Eva Jurenikova</b>		<b>33:37</b>	
	Dana Safka Brozkova		34:53	
6	Russia			1:46:29
	<b>Galina Vinogradova</b>		<b>34:45</b>	
	Irina Nyberg		36:08	
	Tatiana Ryabkina		35:34	
8	Great Britain			1:53:54
	Catherine Taylor		32:38	
	<b>Hollie Orr</b>		<b>35:04</b>	
	Claire Ward		46:12	
14	France			2:02:16
2	Matthias Merz	SUI	36:34	
	<b>Léa Verceilotti</b>		<b>36:34</b>	
	Charlotte Bouchet		49:09	
	Amélie Chataing		36:32	

## World Cup

### Event 1, NZL / Mellomdistanse Menn

1)	Fabian Hertner	SUI	32:58
2)	Johan Runesson	SWE	33:55
3)	Jerker Lysell	SWE	34:31
38)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>42:34</b>

<b>DSQ</b>	<b>Olav Lundanes</b>	<b>NOR</b>	<b>DSQ</b>	3)	<b>Mari Fasting</b>	<b>NOR</b>	<b>34:05</b>
				10)	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>36:27</b>
<b>Event 1, NZL / Mellomdistanse Damer</b>				16)	<b>Galina Vinogradova</b>	<b>RUS</b>	<b>37:10</b>
1)	Helena Jansson	SWE	33:31	43)	<b>Lea Verdelotti</b>	<b>FRA</b>	<b>43:49</b>
2)	Ida Bobach	DEN	34:54	<b>Event 6, SWE / Sprint - Knockout Menn</b>			
3)	Tatiana Riabkina	RUS	35:21	1)	Fabian Hertner	SUI	8:12
9)	<b>Mari Fasting</b>	<b>NOR</b>	<b>37:36</b>	2)	Øystein Kvaal Østerbø	NOR	8:13
10)	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>37:53</b>	3)	Matthias Kyburz	SUI	8:13
<b>Event 2, NZL / Sprint Menn</b>				20)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>8:50</b>
1)	Matthias Kyburz	SUI	17:52	50)	<b>Vincent Coupat</b>	<b>FRA</b>	<b>19:10</b>
2)	Jerker Lysell	SWE	18:27	<b>Event 6, SWE / Sprint - Knockout Damer</b>			
3)	Matthias Merz	SUI	18:30	1)	Emma Klingenberg	DEN	8:17
5)	<b>Olav Lundanes</b>	<b>NOR</b>	<b>18:50</b>	2)	Simone Niggeli	SUI	8:18
30)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>20:49</b>	3)	Judith Wyder	SUI	8:19
<b>Event 2, NZL / Sprint Damer</b>				4)	<b>Galina Vinogradova</b>	<b>RUS</b>	<b>8:23</b>
1)	Tove Alexandersson	SWE	19:32	33)	<b>Lea Verdelotti</b>	<b>FRA</b>	<b>18:20</b>
2)	Annika Bilstam	SWE	19:35	<b>DSQ</b>	<b>Mari Fasting</b>	<b>NOR</b>	<b>DSQ</b>
3)	Lizzie Ingham	NZL	19:44	<b>Event 7, FIN / Sprint - Knockout Menn</b>			
16)	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>21:46</b>	1)	Matthias Kyburz	SUI	13:51
26)	<b>Mari Fasting</b>	<b>NOR</b>	<b>23:46</b>	2)	Daniel Hubmann	SUI	13:52
<b>Event 3, NZL / Mellom- Jakt Menn</b>				2)	Jerker Lysell	SWE	13:52
1)	Jerker Lysell	SWE	40:33	26)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>16:29</b>
2)	<b>Olav Lundanes</b>	<b>NOR</b>	<b>40:38</b>	<b>Event 7, FIN / Sprint - Knockout Damer</b>			
3)	Peter Øberg	SWE	41:14	1)	Simone Niggeli	SUI	14:03
40)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>52:34</b>	2)	Emma Klingenberg	DEN	14:17
<b>Event 3, NZL / Mellom - Jakt Damer</b>				3)	Annika Bilstam	SWE	14:23
1)	Tove Alexandersson	SWE	37:09	5)	<b>Galina Vinogradova</b>	<b>RUS</b>	<b>14:56</b>
2)	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>38:32</b>	<b>Event 8, FIN / Middel Menn</b>			
3)	Minna Kauppi	FIN	38:52	1)	Daniel Hubmann	SUI	155:48
14)	<b>Mari Fasting</b>	<b>NOR</b>	<b>44:10</b>	2)	Matthias Kyburz	SUI	157:10
<b>Event 4, NOR / Sprint Menn</b>				3)	Gustav Bergmann	SWE	157:57
1)	Matthias Kyburz	SUI	14:39	14)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>160:48</b>
2)	Daniel Hubmann	SUI	14:55	<b>Event 8, FIN / Middel Damer</b>			
3)	Tue Lassen	DEN	14:59	1)	Simone Niggeli	SUI	131:16
18)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>15:25</b>	2)	Tove Alexandersson	SWE	137:36
60)	<b>Vincent Coupat</b>	<b>FRA</b>	<b>16:45</b>	3)	Annika Bilstam	SWE	139:42
<b>Event 4, NOR / Sprint Damer</b>				12)	<b>Galina Vinogradova</b>	<b>RUS</b>	<b>154:06</b>
1)	Simone Niggeli	SUI	13:45	31)	<b>Lea Verdelotti</b>	<b>FRA</b>	<b>181:12</b>
2)	Tove Alexandersson	SWE	14:05	<b>Event 12, SUI / Middel Menn</b>			
3)	Ida Bobach	DEN	14:33	1)	Daniel Hubmann	SUI	36:15
9)	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>14:51</b>	2)	Matthias Kyburz	SUI	36:41
9)	<b>Mari Fasting</b>	<b>NOR</b>	<b>14:51</b>	3)	Andreas Kyburz	SUI	36:45
12)	<b>Galina Vinogradova</b>	<b>RUS</b>	<b>14:57</b>	42)	<b>Søren Bobach</b>	<b>DEN</b>	<b>43:53</b>
32)	<b>Lea Verdelotti</b>	<b>FRA</b>	<b>15:51</b>	49)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>44:59</b>
<b>Event 5, NOR / Middel Menn</b>				<b>Event 12, SUI / Middel Damer</b>			
1)	Carl Waaler Kaas	NOR	37:10	1)	Simone Niggeli	SUI	36:07
2)	Gustav Bergmann	SWE	37:13	2)	Annika Bilstam	SWE	37:44
3)	Bjørn Ekeberg	NOR	37:31	3)	Nadiya Volynska	UKR	37:59
11)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>38:44</b>	7)	<b>Mari Fasting</b>	<b>NOR</b>	<b>39:33</b>
46)	<b>Vincent Coupat</b>	<b>FRA</b>	<b>42:13</b>	10)	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>39:41</b>
<b>Event 5, NOR / Middel Damer</b>				14)	<b>Galina Vinogradova</b>	<b>RUS</b>	<b>40:18</b>
1)	Simone Niggeli	SUI	32:32	34)	<b>Ida Marie Næss Bjørgul</b>	<b>NOR</b>	<b>43:04</b>
2)	Tove Alexandersson	SWE	34:03	37)	<b>Lea Verdelotti</b>	<b>FRA</b>	<b>43:36</b>

### Event 13, SUI / Sprint Menn

1)	Matthias Kyburz	SUI	13:19
2)	Martin Hubmann	SUI	13:41
3)	Jonas Leandersson	SWE	13:43
11)	<b>Magne Dæhli</b>	<b>NOR</b>	<b>14:12</b>

### Event 13, SUI / Sprint Damer

1)	Simone Niggeli	SUI	14:13
2)	Judith Wyder	SUI	14:29
3)	Emma Klingenberg	DEN	14:35
8)	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>15:10</b>
28)	<b>Lea Verdelotti</b>	<b>FRA</b>	<b>16:18</b>
32)	<b>Mari Fasting</b>	<b>NOR</b>	<b>16:28</b>
36)	<b>Galina Vinogradova</b>	<b>RUS</b>	<b>16:53</b>

### World Cup Event 9-11: WOC

#### World Cup sammenlagt Herrer

1	Matthias Kyburz	SUI	870
2	Daniel Hubmann	SUI	685
3	Fabian Hertner	SUI	587
17	<b>Magne Dæhli</b>	<b>NOR</b>	<b>214</b>
32	<b>Olav Lundanes</b>	<b>NOR</b>	<b>125</b>
96	<b>Vincent Coupat</b>	<b>FRA</b>	<b>14</b>
124	<b>Søren Bobach</b>	<b>DEN</b>	<b>0</b>

#### World Cup sammenlagt Damer

1	Simone Niggeli	SUI	885
2	Tove Alexandersson	SWE	836
3	Annika Billstam	SWE	571
12	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>270</b>
14	<b>Galina Vinogradova</b>	<b>RUS</b>	<b>238</b>
15	<b>Mari Fasting</b>	<b>NOR</b>	<b>234</b>
40	<b>Lea Verdelotti</b>	<b>FRA</b>	<b>74</b>
58	<b>Eva Jurenikova</b>	<b>CZE</b>	<b>45</b>
78	<b>Vendula Haldin</b>	<b>CZE</b>	<b>24</b>
84	<b>Hollie Orr</b>	<b>GBR</b>	<b>20</b>
108	<b>Ida Marie Næss Bjørgul</b>	<b>NOR</b>	<b>7</b>

## World Games – Coloumbia

#### Sprint Herrer

1	Matthias Kyburz	SUI	14:30,8
2	Andrey Khramov	RUS	14:42,9
3	Jerker Lysell	SWE	14:46,6
4	Kiril Nikolov	BUL	14:47,2
5	Daniel Hubmann	SUI	14:48,8
6	Murray Strain	GBR	14:50,5

#### Sprint Damer

1	Annika Billstam	SWE	15:57,7
2	<b>Anne Margrethe H Nordberg</b>	<b>NOR</b>	<b>16:07,5</b>
3	Maja Alm	DEN	16:34,7
4	Nadiya Volynska	UKR	16:36,7
5	Alison Crocker	USA	16:37,2
6	Judith Wyder	SUI	16:49,5
12	<b>Mari Fasting</b>	<b>NOR</b>	<b>17:37,6</b>
23	<b>Celine Dodin</b>	<b>FRA</b>	<b>18:37,9</b>

#### Mellomdistanse Herrer

1	Matthias Kyburz	SUI	34:04,5
2	Daniel Hubmann	SUI	35:42,1
3	Vilius Aleliunas	LTU	35:42,5
4	Rasmus Thrane Hansen	DEN	35:45,0
5	Lucas Basset	FRA	35:50,9
6	Edgars Bertuks	LAT	35:54,9

#### Mellomdistanse Damer

1	Minna-Mari Kauppi	FIN	32:59,1
2	Tove Alexandersson	SWE	33:43,5
3	Nadiya Volynska	UKR	34:13,4
4	Anne Margrethe H Nordberg	NOR	34:16,7
5	Judith Wyder	SUI	35:00,7
6	Annika Billstam	SWE	35:22,2
7	Sara Luescher	SUI	35:30,9
8	<b>Mari Fasting</b>	<b>NOR</b>	<b>35:52,4</b>
18	Celine Dodin	FRA	39:08,4

#### Stafett

1	SUI	1:16:30
	Daniel Hubmann	19:40
	Sara Luescher	19:36
	Matthias Kyburz	18:05
	Judith Wyder	19:09
2	DEN	1:20:50
	Tue Lassen	20:14
	Ida Bobach	21:47
	Rasmus Thrane Hansen	18:58
	Maja Alm	19:51
3	AUT	1:22:04
	Gernot Kerschbaumer	19:15
	Anna Simkovic	21:36
	Robert Merl	19:44'
	Ursula Kadan	21:28
4	FRA	1:24:31
	Fredric Tranchand	19:38
	<b>Celine Dodin</b>	<b>22:20</b>
	Lucas Basset	20:14
	Amelie Chataing	22:18
5	LTU	1:25:09
6	LAT	1:25:18
DSQ	NOR	DSQ
	Carl Godager Kaas	20:02
	<b>Mari Fasting</b>	<b>mp</b>
	Øystein Kvaal Østerbø	20:11
	<b>Anne M. Hausken Nordberg</b>	<b>dnf</b>

## Junior-VM – Tsjekkia

#### Sprint Herrer

1	Schneider Florian	SUI	14:35
2	Hubacek Michael	CZE	14:39
3	Robertson Tim	NZL	14:47
4	Heggedal Sigur	NOR	14:57
5	Meier Christoph	SUI	14:58
6	Pedersli Trond Einar	NOR	15:00
45	<b>Blumenstein Bojan</b>	<b>GER</b>	<b>16:07</b>

#### Mellomdistanse Herrer

1	Svensk Emil	SWE	24:32
2	Johansson Anton	SWE	24:33

3	Wängdahl Jens	SWE	24:41
4	Anttolainen Aleksii	FIN	24:45
5	Melsom Borger	NOR	25:06
6	Minar Marek	CZE	25:13
<b>47</b>	<b>Blumenstein Bojan</b>	<b>GER</b>	<b>31:22</b>

<b>Long H18</b>			
1	Nicolas Rio	FRA	61:29
2	Emil Granquist	SWE	62:18
3	Mattias Gröll	AUT	62:43
<b>41</b>	<b>Anders Felde Olausen</b>	<b>NOR</b>	<b>81:46</b>

#### Langdistanse Herrer

1.	Parfianowicz Piotr	POL	69:21.9
2.	Schneider Florian	SUI	70:37.9
3.	Kozyrev Andrey	RUS	71:44.0
4.	Melsom Borger	NOR	71:53.2
5.	Meier Christoph	SUI	72:17.8
6.	Johansson Anton	SWE	73:04.1
<b>54.</b>	<b>Blumenstein Bojan</b>	<b>GER</b>	<b>81:02.5</b>

<b>Long H20</b>			
1	Jens Wängdahl	SWE	69:51
2	Florian Schneider	SUI	71:23
3	Sindre Rønning Huber	NOR	72:51
<b>12</b>	<b>Bojan Blumenstein</b>	<b>GER</b>	<b>76:50</b>

#### Herrer Stafett

1	CZE 2		104:28
	Schuster Marek	36.00	
	Chloupek Adam	32.35	
	Hubáček Michal	35.53	
2	SWE		105:44
	Johansson Anton	36.59	
	Wängdahl Jens	33.46	
	Svensk Emil	34.59	
3	RUS		107:35
	Kuchmenko Ivan	35.57	
	Polyakov Dmitry	36.17	
	Kozyrev Andrey	35.21	
4	DEN 2		110:04
5	LAT 1		110:29
6	FIN 2		110:30
21	GER		121:27
	<b>Blumenstein Bojan</b>	<b>35.20</b>	
	Otto Mark	45.48	
	Döllgast Moritz	40.19	

#### Damer Stafett

1	SWE 1		1:35:11
	Andrea Svensson	34:28	
	Linda Lindkvist	28:30	
	Lisa Risby	32:13	
2	NOR		1:37:02
	Gunvor Hov Høydal	34:23	
	Andrine Benjaminsen	27:42	
	Mathilde Rundhaug	34:57	
3	FRA		1:37:36
	Emilie Backschneider	34:43	
	Laurine Beauvisage	30:11	
	Isia Basset	34:42	
4	NOR 3		1:41:29
5	SUI		1:43:07
5	NOR 2		1:43:07
17	GER 1		1:57:23
	Hanna Müller	36:13	
	<b>Sabine Rothaug</b>	<b>46:26</b>	
	Susen Lösch	34:44	

### JEC – France

#### Sprint D20

1	Mathilde Rundhaug	NOR	15:00
2	Katerina Chroma	CZE	15:10
3	Ellen Reinhard	SUI	15:17
<b>34</b>	<b>Sabine Rothaug</b>	<b>GER</b>	<b>18:08</b>

#### Herrer Stafett

1	FRA		1:33:34
	Loic Capbern	32:18	
	Florentin Body	29:48	
	Nicolas Rio	31:28	
2	NOR 3		1:33:46
	Markus Holter	32:06	
	Sindre Sandven	29:28	
	Emil Ahlbeck	32:12	
3	SWE 2		1:34:11
	Emil Granquist	32:13	
	Erik Andersson	29:36	
	Ludwig Ljungquist	32:22	
4	SWE 3		1:34:31
5	SWE 1		1:34:46
6	AUT		1:34:55
20	GER		1:42:35
	Moritz Döllgast	33:40	
	<b>Bojan Blumenstein</b>	<b>31:32</b>	
	Mark Otto	37:23	
DSQ	NOR 4		DSQ
	<b>Anders Felde Olausen</b>	<b>36:40</b>	
	Elias Mølnvik	31:32'	
	Jon Nilsen	DSQ	

#### Sprint H18

1	Mattias Gröll	AUT	13:58
2	Nicolas Rio	FRA	14:03
3	Emil Granquist	SWE	14:10
<b>14</b>	<b>Anders Felde Olausen</b>	<b>NOR</b>	<b>14:54</b>

#### Sprint H20

1	Emil Svensk	SWE	14:24
2	Christoph Meier	SUI	14:31
3	Tristian Bloemen	BEL	14:38
<b>39</b>	<b>Bojan Blumenstein</b>	<b>GER</b>	<b>16:30</b>

#### Long D20

1	Lisa Risby	SWE	58:07
2	Marion Aebi	SUI	60:30
3	Mathilde Rundhaug	NOR	61:18
<b>24</b>	<b>Sabine Rothaug</b>	<b>GER</b>	<b>71:37</b>

## VM Pre-O, Finland

### Pre-O individuelt, Åpen klasse

1	Jari Turto	Finland	44 (t: 110)
2	Martin Fredholm	Sweden	44 (t: 164)
3	Antti Rusanen	Finland	43 (t: 52)
4	Lauri Kontkanen	Finland	43 (t: 66)
5	Stig Gertman	Sweden	43 (t: 123)
6	Tomáš Leštínský	Czech Rep	42 (t: 60)
10	<b>Martin Jullum</b>	<b>Norway</b>	<b>41 (t: 142)</b>

### Pre-O lagkonkurranse

1)	Sweden,	points 59,	t: 52
	(M. Fredholm, S. Gerdman, M. Johansson)		
2)	Croatia	points 58	t: 47
	(I. Bertol, Z. Horjan, I. Tisljar)		
3)	Denmarc	points 58	t: 124
	(S. Saxtorp, M. Schulz, V. Vogelius)		
4)	Finland,	points 58,	t: 130
5)	Norway,	points 57,	t: 35
	(L. Waaler, <b>M. Jullum</b> , E. Sønsterudbråte)		
6)	Lithuania	points 57,	ti:69.5

### TempO, Åpen klasse

1	Pinja Mäkinen	Finland	354
2	Marit Wiksell	Sweden	424
3	Lauri Kontkanen	Finland	459
4	Antti Rusanen	Finland	509.5
5	<b>Martin Jullum</b>	<b>Norway</b>	<b>526.5</b>
6	Vitaliy Kyrychenko	Ukraine	549.5

## Nordisk landskamp Pre-O, FIN

### Pre-O individuelt, Åpen klasse

1)	Antti Rusanen	FIN	points 43 time 15
2)	Stig Gerdman	SWE	points 41 time 50
3)	Lauri Kontkanen	FIN	points 40 time 16
6)	<b>Martin Jullum</b>	<b>NOR</b>	<b>points 40 time 77</b>

## NM

### NM lang H21, Kongsberg

1	<b>Dæhli, Magne</b>	<b>Halden SK</b>	<b>01:33:15</b>
2	Omdal, Hans Gunnar	Kristiansand OK	01:34:53
3	Årstad, Thomas Natvig	NTNUI	01:36:02
4	<b>Lundanes, Olav</b>	<b>Halden SK</b>	<b>01:37:27</b>
7	<b>Wingstedt, Emil</b>	<b>Halden SK</b>	<b>01:39:58</b>
15	<b>Helgerud, Øyvind</b>	<b>Halden SK</b>	<b>01:44:00</b>
21	<b>Coupat, Vincent</b>	<b>Halden SK</b>	<b>01:47:40</b>
22	<b>Fiskum, Espen</b>	<b>Halden SK</b>	<b>01:48:38</b>

### NM lang D21, Kongsberg

1	<b>Fasting, Mari</b>	<b>Halden SK</b>	<b>01:12:26</b>
2	<b>Nordberg, Anne M Hausken</b>	<b>Halden SK</b>	<b>01:14:34</b>
3	Bagstevold, Heidi Østlid	Fredrikstad SK	01:16:59
6	<b>Jurenikova, Eva</b>	<b>Halden SK</b>	<b>01:19:30</b>
7	<b>Bjørgul, Ida Marie Næss</b>	<b>Halden SK</b>	<b>01:19:45</b>
16	<b>Nordbrøden, Hanna Haugen</b>	<b>Halden SK</b>	<b>01:29:24</b>
25	<b>Bjørgul, Ane Sofie Næss</b>	<b>Halden SK</b>	<b>01:38:40</b>

### NM lang H19-20, Kongsberg

1	Melsom, Borger	Fossum IF	01:14:28
2	Sandven, Sindre	Kongsberg OL	01:20:58
3	Rønning, Sindre	Frol IL	01:22:29
15	<b>Blumenstein, Bojan</b>	<b>Halden SK</b>	<b>01:32:44</b>

### NM lang D19-20, Kongsberg

Ingen løpere fra Halden SK

### NM lang H17-18, Kongsberg

1	Heggedal, Sigur	Kongsberg OL	59:18:00
2	Holter, Markus	Indre Østfold OK	01:00:58
3	<b>Olaussen, Anders Felde</b>	<b>Halden SK</b>	<b>01:02:58</b>

### NM lang D17-18, Kongsberg

1	Benjaminsen, Andrine	Lillomarka OL	56:48:00
2	Bråten, Synnøve	Vegårshei IL	59:07:00
3	Ahlsand, Anine	Nydalens SK	01:02:06
17	<b>Torgersen, Ingvild</b>	<b>Halden SK</b>	<b>01:09:56</b>

### NM mellom H21, Kongsberg

1	<b>Lundanes, Olav</b>	<b>Halden SK</b>	<b>35:44</b>
2	Ekeberg, Bjørn	IL Tyrving	35:46
3	<b>Karlsson, Mattias</b>	<b>Halden SK</b>	<b>36:00</b>
14	<b>Dæhli, Magne</b>	<b>Halden SK</b>	<b>38:02</b>
24	<b>Wingstedt, Emil</b>	<b>Halden SK</b>	<b>39:22</b>
28	<b>Axelsson, Erik</b>	<b>Halden SK</b>	<b>40:04</b>
31	<b>Coupat, Vincent</b>	<b>Halden SK</b>	<b>40:15</b>
35	<b>Nordström, Jonas</b>	<b>Halden SK</b>	<b>40:54</b>
36	<b>Fiskum, Espen</b>	<b>Halden SK</b>	<b>41:16</b>
42	<b>Helgerud, Øyvind</b>	<b>Halden SK</b>	<b>42:43</b>
49	<b>Sandvik, Tore</b>	<b>Halden SK</b>	<b>44:06</b>

### NM mellomD21, Kongsberg

1	<b>Nordberg, Anne M Hausken</b>	<b>Halden SK</b>	<b>35:03</b>
2	Wigemyr, Tone	Bækkelagets SK	35:48
3	<b>Bagstevold, Heidi Østlid</b>	<b>Fredrikstad SK</b>	<b>36:42</b>
5	<b>Bjørgul, Ida Marie Næss</b>	<b>Halden SK</b>	<b>37:24</b>
6	<b>Fasting, Mari</b>	<b>Halden SK</b>	<b>37:28</b>
8	<b>Jurenikova, Eva</b>	<b>Halden SK</b>	<b>37:57</b>
16	<b>Nordbrøden, Hanna Haugen</b>	<b>Halden SK</b>	<b>40:53</b>
18	<b>Holmström, Bodil</b>	<b>Halden SK</b>	<b>41:11</b>

### NM mellomD19-20, Kongsberg

1	Høydal, Gunvor Hov	Fossum IF	26:05
2	Westli Andersen, Emilie	Løten o-lag	28:25
3	Bjørgum, Benedicte Hald	Kristiansand OK	28:27
4	Olaussen, Kamilla	Fredrikstad SK	28:36
5	<b>Granstedt, Gry</b>	<b>Halden SK</b>	<b>29:34</b>

### NM mellomH19-20, Kongsberg

1	Melsom, Borger	Fossum IF	24:41
2	Ahnbäck, Emil	Fossum IF	26:24
3	Arnesen, Simen Jevne	Hamar OK	26:43
11	<b>Blumenstein, Bojan</b>	<b>Halden SK</b>	<b>27:52</b>

### NM mellomD17-18, Nydalen

1	Benjaminsen, Andrine	Lillomarka OL	25:17
2	Sæther, Frida	Freidig	25:38
2	Vassend, Tonje	Porsgrunn OL	25:38

23	Torgersen, Ingvild	Halden SK	32:14	2. Eskil Kinneberg	36:43	
36	Birkeland, Nina Asheim	Halden SK	36:07	3. Vetle Ruud Bråten	53:00	
<b>NM mellomH17-18, Nydalen</b>						
1	Heggedal, Sigur	Kongsberg OL	25:31	7	<b>Halden SK 2</b>	2:22:03
2	Sølberg, Andreas	OL Trollelg	25:50	1.	<b>Espen Fiskum</b>	48:44
3	Nilsen, Jon	Vegårshei IL	25:53	2.	<b>Vincent Coupat</b>	38:22
12	<b>Olaussen, Anders Felde</b>	<b>Halden SK</b>	<b>28:53</b>	3.	<b>Emil Wingstedt</b>	54:57
<b>Stafett H17-20, Grue</b>						
1	Kristiansand OK 1		2:02:40	12	<b>Halden SK 3</b>	2:23:37
1.	Dag Blandkjenn	43:22		1.	<b>Jonas Nordström</b>	47:17
2.	Morten Bujordet	36:24		2.	<b>Øyvind Helgerud</b>	39:59
3.	Sjur Hovi	42:54		3.	<b>Erik Axelsson</b>	56:21
2	Fossum IF 1		2:02:49	29	<b>Halden SK 5</b>	2:34:09
1.	Elias T. Mølnevik	43:34		1.	<b>Tore Sandvik</b>	52:27
2.	Olai Stensland Lillevold	36:13		2.	<b>Øyvind Stokseth</b>	44:50
3.	Emil Ahlbäck	43:02		3.	<b>Andreas Johansson</b>	56:52
3	Frol IL 1		2:02:54	36	<b>Halden SK 4</b>	2:38:10
1.	Sindre Rønning	43:22		1.	<b>Bojan Blumenstein</b>	55:30
2.	Jonas Ressem	36:19		2.	<b>Mats Nordbrøden</b>	41:37
3.	Stian Sundsvik	43:13		3.	<b>Anders Felde Olaussen</b>	1:01:03
7	<b>Halden SK 1</b>		<b>2:13:17</b>	<b>Halden SK 6</b>		<b>brutt</b>
1.	<b>Bojan Blumenstein</b>	<b>43:30</b>		1.	<b>Magnus Nordbrøden</b>	1:17:24
2.	<b>Håkon Raadal Bjørlo</b>	<b>37:27</b>		2.		brutt
3.	<b>Anders Felde Olaussen</b>	<b>52:20</b>		3.		brutt
27	<b>Halden SK 2</b>		<b>2:41:29</b>	<b>NM Stafett D17, Nydalen</b>		
1.	<b>Peter Nordbrøden</b>	<b>55:00</b>		1	<b>Halden SK 1</b>	1:43:59
2.	<b>Petter Norsted Kildebo</b>	<b>49:20</b>		1.	<b>Ida Marie Næss Bjørgul</b>	30:33
3.	<b>Sander Kirkebøen</b>	<b>57:09</b>		2.	<b>Mari Fasting</b>	29:32
<b>Stafett D17-20, Grue</b>						
1	Fredrikstad SK 1		2:08:34	3.	<b>Anne M Hausken Nordberg</b>	43:54
1.	Sigrid Alexandersen	44:51		2	Fredrikstad SK 1	1:48:24
2.	Marie Olaussen	39:25		1.	Marianne Riddervold Kahrs	31:13
3.	Kamilla Olaussen	44:18		2.	Kamilla Olaussen	34:35
2	Frol IL 1		2:08:41	3.	Heidi Østlid Bagstevold	42:36
1.	Line Sundsvik	47:42		3	Freidig 1	1:52:26
2.	Eirin Svanøe-Hafstad	37:00		1.	Karen Oline Kolstad	33:42
3.	Mathilde Rundhaug	43:59		2.	Mari Angell-Petersen	35:26
3	Lillomarka OL 1		2:13:40	3.	Hanne Sandstad	43:18
1.	Siri Kollerud	49:19		4	<b>Halden SK 2</b>	1:52:27
2.	Kristin Brekke	42:04		1.	<b>Bodil Holmström</b>	32:04
3.	Andrine Benjaminsen	42:17		2.	<b>Hanna Haugen Nordbrøden</b>	34:49
7	<b>Halden SK 1</b>		<b>2:25:52</b>	3.	<b>Eva Jurenikova</b>	45:34
1.	<b>Gina Granstedt</b>	<b>49:16</b>		13	<b>Halden SK 3</b>	2:02:31
2.	<b>Nina Asheim Birkeland</b>	<b>43:40</b>		1.	<b>Ane Sofie Næss Bjørgul</b>	34:03
3.	<b>Ingvild Torgersen</b>	<b>52:56</b>		2.	<b>Ellen Kathrine Svendsby</b>	35:23
<b>NM Stafett H17, Kongsberg</b>						
1	IL Tyrving 1		2:14:59	3.	<b>Runa Lien Backstrøm</b>	53:05
1.	Anders Tiltnes	47:10		44	<b>Halden SK 4</b>	2:46:32
2.	Torgeir Nørbech	36:34		1.	<b>Ingvild Torgersen</b>	38:45
3.	Bjørn Ekeberg	51:15		2.	<b>Marit Kahrs</b>	45:53
2	<b>Halden SK 1</b>		<b>2:15:03</b>	3.	<b>Anne Julsrud Haugen</b>	1:21:54
1.	<b>Mattias Karlsson</b>	<b>47:19</b>		<b>NM Pre-O Åpen klasse , Kongsberg)</b>		
2.	<b>Olav Lundanes</b>	<b>36:32</b>		1	Ole Johan Waaler	Porsgrunn 18 104 sek
3.	<b>Magne Dæhli</b>	<b>51:12</b>		2	<b>Martin Jullum</b>	<b>Halden SK 17 24 sek</b>
3	Raumar Orientering 1		2:16:49	3	Ole A. Skaaraas	Vallset Stange 17 67sek
1.	Eirik Rustad	47:06		<b>NM Temp-O Åpen klasse, Kongsberg</b>		
<b>NM Temp-O Åpen klasse, Kongsberg</b>						
1	<b>Martin Jullum</b>	<b>Halden SK</b>	<b>257 sek</b>	1	Lars Jacob Waaler	Porsgrunn 266 sek
1	Lars Jacob Waaler	Porsgrunn	266 sek	2	Geir Myhr Øien	Tynset IF 359 sek
2	Geir Myhr Øien	Tynset IF	359 sek			

### NM sprint D21, Porsgrunn

1	Heidi Østlid Bagstevold	Fredrikstad SK	14:36
2	<b>Mari Fasting</b>	<b>Halden SK</b>	<b>14:45</b>
3	Tone Wigemyr	Bækkelagets SK	14:52
4	<b>Anne M Hausken Nordberg</b>	<b>Halden SK</b>	<b>14:58</b>
5	<b>Eva Jurenikova</b>	<b>Halden SK</b>	<b>15:15</b>
13	<b>Ida Marie Næss Bjørgul</b>	<b>Halden SK</b>	<b>16:02</b>
15	<b>Hanna Haugen Nordbrøden</b>	<b>Halden SK</b>	<b>16:15</b>

### NM sprint H21, Porsgrunn

1	<b>Emil Wingstedt</b>	<b>Halden SK</b>	<b>14:09</b>
2	Øystein Kvaal Østerbø	Wing OK	14:19
3	Bjørn Ekeberg	IL Tyrving	14:28
5	<b>Olav Lundanes</b>	<b>Halden SK</b>	<b>14:46</b>
9	<b>Magne Dæhli</b>	<b>Halden SK</b>	<b>14:59</b>
9	<b>Mattias Karlsson</b>	<b>Halden SK</b>	<b>14:59</b>
15	<b>Espen Fiskum</b>	<b>Halden SK</b>	<b>15:36</b>

### NM sprint D19-20, Porsgrunn

Ingen fra Halden SK

### NM sprint H19-20, Porsgrunn

1	Trond Einar Moen Pedersli	OL Trollelg	13:35
2	Anders Vister	Raumar Orientering	13:50
3	Sindre Rønning	Frol IL	13:56
12	<b>Bojan Blumenstein</b>	<b>Halden SK</b>	<b>14:40</b>

### NM sprint D17-18, Porsgrunn

Ingen fra Halden SK

### NM sprint H17-18, Porsgrunn

1	Andreas Sølberg	OL Trollelg	13:58
2	Gaute Friestad	Kristiansand OK	14:12
3	Sigurd Heggedal	Kongsberg OL	14:29
17	<b>Anders Felde Olaussen</b>	<b>Halden SK</b>	<b>15:23</b>

### NM ultralang H21, Nittedal

1	Jo Forseth Indgaard	Frol IL	2:50:05
2	Hans Gunnar Omdal	Kristiansand OK	2:50:38
3	Eirik Martens Svensen	Kristiansand OK	2:52:08
13	<b>Øyvind Helgerud</b>	<b>Halden SK</b>	<b>3:12:48</b>
18	<b>Espen Fiskum</b>	<b>Halden SK</b>	<b>3:25:28</b>

### NM ultralang D21, Nittedal

1	<b>Anne M Hausken Nordberg</b>	<b>Halden SK</b>	<b>1:55:27</b>
2	<b>Mari Fasting</b>	<b>Halden SK</b>	<b>1:57:38</b>
3	Tone Wigemyr	Bækkelagets SK	2:00:42
4	<b>Eva Jurenikova</b>	<b>Halden SK</b>	<b>2:03:40</b>
12	<b>Hanna Haugen Nordbrøden</b>	<b>Halden SK</b>	<b>2:22:43</b>
15	<b>Bodil Holmström</b>	<b>Halden SK</b>	<b>2:36:26</b>

### NM ultralang H19-20, Nittedal

Ingen fra Halden SK

### NM ultralang D19-20, Nittedal

Ingen fra Halden SK

### NM ultralang H17-18, Nittedal

1	Andreas Sølberg	OL Trollelg	1:46:07
2	Vegard Rønning Huber	Hamar OK	1:46:09

3	Øyvind Wiggen	Byåsen IL	1:46:13
10	<b>Anders Felde Olaussen</b>	<b>Halden SK</b>	<b>1:48:08</b>

### NM ultralang D17-18, Nittedal

1	Heidi Mårtensson	Modum OL	1:26:04
2	Andrine Benjaminsen	Lillomarka OL	1:33:56
3	Anine Ahlsand	Nydalens SK	1:37:34
8	<b>Ingvild Torgersen</b>	<b>Halden SK</b>	<b>1:40:43</b>

### NM Natt D21, Ås

1	Ingjerd Myhre	Kongsberg OL	1:06:24
2	<b>Bodil Holmström</b>	<b>Halden SK</b>	<b>1:07:53</b>
3	Anette Baklid	Konnerud IL	1:09:46
4	<b>Anne M Hausken Nordberg</b>	<b>Halden SK</b>	<b>1:10:01</b>
8	<b>Hanna Haugen Nordbrøden</b>	<b>Halden SK</b>	<b>1:14:39</b>

### NM Natt H21, Ås

1	Torgeir Nørbech	IL Tyrving	1:27:13
2	Håvard Lucassen	Ås-UMB	1:29:35
3	Anders Nordberg	Skien OK	1:29:54
12	<b>Espen Fiskum</b>	<b>Halden SK</b>	<b>1:41:45</b>
14	<b>Mattias Karlsson</b>	<b>Halden SK</b>	<b>1:44:58</b>
16	<b>Mats Nordbrøden</b>	<b>Halden SK</b>	<b>1:45:39</b>
20	<b>Tore Sandvik</b>	<b>Halden SK</b>	<b>1:47:45</b>
28	<b>Øyvind Helgerud</b>	<b>Halden SK</b>	<b>1:54:32</b>
38	<b>Jon Pedersen</b>	<b>Halden SK</b>	<b>2:04:24</b>
17	<b>Joacim Carlsson</b>	<b>Halden SK</b>	<b>1:22:57</b>

### NM Natt D17-18, Ås

1	Karen Oline Kolstad	Freidig	44:17
2	Sigrid Alexandersen	Fredrikstad SK	47:28
3	Ingrid Gulbrandsen	Asker Skiklubb	47:31
14	<b>Nina Asheim Birkeland</b>	<b>Halden SK</b>	<b>57:39</b>

### NM Natt D19-20, Ås

Ingen fra Halden SK

### NM Natt H17-18, Fredrikstad

1	Olai Stensland Lillevold	Fossum IF	1:00:33
2	<b>Anders Felde Olaussen</b>	<b>Halden SK</b>	<b>1:02:00</b>
3	Jonas Madslie Bakken	Nydalens SK	1:02:58

### NM Natt H19-20, Ås

1	Dag Lofthus	Hamar OK	1:18:09
2	Emil Ahlbäck	Fossum IF	1:20:44
3	Sindre Østgulen Deisz	Varegg Fleridrett	1:22:26
	<b>Bojan Blumenstein</b>	<b>Halden SK</b>	<b>DSQ</b>

### NM Ski-O D-21 Lang, Nordmarka

1	Audhild B. Rognstad	Lillehammer OK	1:10:11
8	<b>Heidi Stokseth</b>	<b>Halden SK</b>	<b>1:33:32</b>

### NM Ski-O H17-20 Lang, Nordmarka

1	Jørgen Madslie	Nydalens SK	1:11:03
5	<b>Bojan Blumenstein</b>	<b>Halden SK</b>	<b>1:16:52</b>
10	<b>Anders Felde Olaussen</b>	<b>Halden SK</b>	<b>1:40:38</b>

### NM Ski-O D17 Mellom, Nordmarka

1	Audhild B. Rognstad	Lillehammer OK	28:08
8	<b>Heidi Stokseth</b>	<b>Halden SK</b>	<b>42:50</b>



**NM Ski-O H17 Mellom, Nordmarka**

1	Lars Hol Moholdt	Wing OK	31:07
14	<b>Bojan Blumenstein</b>	<b>Halden SK</b>	<b>40:11</b>

**WRE****World Ranking Men 2013 (4 løp)**

1	Thierry Gueorgiou,	FRA	5609
2	Daniel Hubmann	SUI	5597
3	Matthias Kyburz	SUI	5480
4	<b>Olav Lundanes</b>	<b>NOR</b>	<b>5426</b>
35	<b>Magne Dæhli</b>	<b>NOR</b>	<b>5147</b>
101	<b>Emil Wingstedt</b>	<b>SWE</b>	<b>4775</b>
120	<b>Vincent Copat</b>	<b>FRA</b>	<b>4698</b>
192	<b>Øyvind Helgerud</b>	<b>NOR</b>	<b>4313</b>

**World Ranking Women 2013 (4 løp)**

1	Simone Niggeli	SUI	5706
2	Tove Alexandersson	SWE	5696
3	Minna Kauppi	FIN	5585
4	<b>Anne M. Hausken Nordberg</b>	<b>NOR</b>	<b>5473</b>
13	<b>Mari Fasting</b>	<b>NOR</b>	<b>5253</b>
20	<b>Eva Jurenikova</b>	<b>CZE</b>	<b>5175</b>
30	<b>Gaina Vinogradova</b>	<b>RUS</b>	<b>5066</b>
61	<b>Lea Verzelotti</b>	<b>FRA</b>	<b>4734</b>
64	<b>Elena Roos</b>	<b>SUI</b>	<b>4681</b>
68	<b>Hollie Orr</b>	<b>GBR</b>	<b>4657</b>
85	<b>Celine Dodin</b>	<b>FRA</b>	<b>4527</b>
90	<b>Bodil Holmström</b>	<b>FIN</b>	<b>4468</b>
115	<b>Ida Marie Ness Bjørgul</b>	<b>NOR</b>	<b>4176</b>
131	<b>Kine Hallan Steiwer</b>	<b>NOR</b>	<b>3993</b>
137	<b>Hanna Haugen Nordbrøden</b>	<b>NOR</b>	<b>3926</b>
168	<b>Vendula Haldin</b>	<b>CZE</b>	<b>3524</b>

**Norges Cup****H21**

1	Hans Gunnar Omdal	Kristiansand OK	482
2	Anders Nordberg	Skien OK	451
3	Emil Wingstedt	Halden SK	402
6	Magne Dæhli	Halden SK	317
13	Olav Lundanes	Halden SK	225
17	Mattias Karlsson	Halden SK	203
19	Espen Fiskum	Halden SK	201
36	Øyvind Helgerud	Halden SK	120
53	Mats Nordbrøden	Halden SK/Järla	62
75	Vincent Coupat	Halden SK	30
76	Jonas Nordstrøm	Halden SK	29
89	Tore Sandvik	Halden SK	21
98	Marius Bjugan	Halden SK	17
104	Erik Axelsson	Halden SK	13
126	Jon Pedersen	Halden SK	3

**D21**

1	Mari Fasting	Halden SK	470
2	Anne M Hausken Nordberg	Halden SK	367
3	Tone Wigemyr	Bækkelaget SK	366
10	Ida Marie Næss Bjørgul	Halden SK	207
13	Bodil Holmström	Halden SK	186
14	Hanna Haugen Nordbrøden	Halden SK	163
17	Eva Jurenikova	Halden SK	151
34	Ane Sofie Næss Bjørgul	Halden SK	46
42	Gøril Fristad	Halden SK	35
49	Elena Roos	Halden SK	24
50	Kajsa Nilsson	Halden SK	21
69	Heidi Stokseth	Halden SK	10

**D19-20**

1	Mathilde Rundhaug	Frol IL	563
2	Gunvor Hov Høydal	Fossum IF	526
3	Marte Ulvensøen	NTNUI	386
22	Gry Granstedt	Halden SK	145
29	Sabine Rothaug	Halden SK	41

**H 19-20**

1	Sindre Rønning	Frol IL	583
2	Borger Melsom	Fossum IF	582
3	Anders Vister	Raumar	540
14	Bojan Blumenstein	Halden SK	288

**D17-18**

1	Andrine Benjaminsen	Lillomarka OL	553
2	Anine Ahlsand	Nydalens SK	505
3	Karen O. Kolstad	Freidig	360
27	Ingvild Torgersen	Halden SK	87
29	Nina Asheim Birkeland	Halden SK	82
47	Anneli Grindstad	Halden SK	19

**H 17-18**

1	Sigur Heggedal	Kongsberg OL	708
2	Anders Sølberg	OL Trollelg	630
3	Jon Nilsen	Vegårshei IL	485
7	Anders Felde Olausen	Halden SK	412

**H21, Sprint**

1	Øystein Kvaal Østerbø	Wing OK	110
2	Bjørn Ekeberg	IL Tyrving	97
3	Emil Wingstedt	Halden SK	60
13	Olav Lundanes	Halden SK	32
33	Magne Dæhli	Halden SK	12

33	Mattias Karlsson	Halden SK	12
46	Espen Fiskum	Halden SK	19

#### D21, Sprint

1	Lone Brochmann	Bækkelaget	127
2	Mari Fasting	Halden SK	110
3	Kine Hallan Steiwer	Lillomarka OL	104
13	Hanna Haugen Nordbrøden	Halden SK	55
18	Ida Marie Næss Bjørgul	Halden SK	40
19	Anne M Hausken Nordberg	Halden SK	37
21	Eva Jurenikova	Halden SK	32
50	Gøril Fristad	Halden SK	17
62	Ane Sofie Næss Bjørgul	Halden SK	12
66	Heidi Stokseth	Halden SK	10

#### D17-18, sprint

1	Andrine Ahlsand	Vegårshei IL	227
2	Frida Sæther	Freidig	192
3	Andrine Benjaminsen	Lillomarka OL	173
37	Ingvild Torgersen	Halden SK	24

#### H17-18, sprint

1	Andreas Sølberg	OL Trollelg	288
2	Karl Fremstad	Kongsberg OL	178
3	Sigur Heggedal	Kongsberg OL	163
12	Anders Felde Olaussen	Halden SK	102

#### D19-20, sprint

1	Mathilde Rundhaug	Frol IL	223
2	Marta Ulvensøen	Tønsberg.	222
3	Emile W. Andersen	Løten	207
12	Gry Granstedt	Halden SK	64

#### H19-20, sprint

1	Dag Loftshus	Hamar OK	188
2	Trond E. Moen Pedersli	OL Trollelg	186
3	Anders Vister	Raumar	177
13	Bojan Blumenstein	Halden SK	62

#### Pre-O

1	Martin Jullum	Halden SK	76
2	Lars Jakob Waaler	Porsgrunn O-lag	74
3	Geir Myhr Øien	Tynset IF	62

#### Sport-8 Ski-O D21

1	Audhild B. Rognstad	Lillehammer	73
13	Heidi Stokseth	Halden SK	12

#### Sport-8 Ski-O H17-20

1	Jørgen Madslie	Nydalens SK	90
6	Bojan Blumenstein	Halden SK	36
22	Anders Felde Olaussen	Halden SK	1

#### Sport-8 Ski-O H21

1	Hans J. Kvåle	Hadeland OL	69
21	Øyvind Helgerud	Halden SK	3

## HØIAS TRIMTEX NIGHT CUP

#### Sesongen 2012-2013

1	Emil Wingstedt	Halden SK	475
2	Øyvind Helgerud	Halden SK	424
3	Espen Fiskum	Halden SK	321
4	Joacim Carlsson	Halden SK	315
6	Olav Lundanes	Halden SK	289
7	Mattias Karlsson	Halden SK	287
8	Magne Dæhli	Halden SK	284
9	Fredrik Eliasson	Halden SK	273
10	Erik Axelsson	Halden SK	233
12	Mats Haldin	Halden SK	188
13	Marcus Millegård	Halden SK	156
14	Andreas Johansson	Halden SK	154
16	Bojan Blumenstein	Halden SK	143
17	Vincent Coupat	Halden SK	137
18	Sami Hämälistö		127
19	Anders Felde Olaussen	Halden SK	119
20	Aapo Summanen	Halden SK	96
25	Dzmitry Krukov	Halden SK	68
28	Tore Sandvik	Halden SK	64
29	Jonas Nordström	Halden SK	57
31	Marius Bjugan	Halden SK	52
33	Kristian Vad	Halden SK	43
34	Lacho Iliev	Halden SK	41
35	Jostein Hagen-Tafjord	Halden SK	39
36	Jon Pedersen	Halden SK	33
38	Andrei Zhuravlev	Halden SK	1

#### Damer

1	Eva Jurenikova	Halden SK	353
2	Bodil Holmström	Halden SK	300
3	Ida Marie Næss Bjørgul	Halden SK	262
4	Hanna Haugen Nordbrøden	Halden SK	252
5	Heidi Stokseth	Halden SK	185
7	Léa Vercellotti	Halden SK	137
8	Gry Granstedt	Halden SK	121
9	Ane Sofie Næss Bjørgul	Halden SK	88

13	Vendula Haldin	Halden SK	62
14	Marit Kahrs	Halden SK	49
15	Natallia Bulatkina	Halden SK	47

# HØIÅS saucony® DAY CUP

Sesongen 2012-2013

1	Vendula Haldin	Halden SK	432
2	Eva Jurenikova	Halden SK	328
3	Hanna Haugen Nordbrøden	Halden SK	286
4	Bodil Holmström	Halden SK	276
5	Marit Kahrs	Halden SK	256
6	Anne M Hausken Nordberg	Halden SK	200
7	Gry Granstedt	Halden SK	183
8	Heidi Stokseth	Halden SK	164
9	Kajsa Nilsson	Halden SK	160
10	Ingunn Fristad	Halden SK	148
12	Runa Lien Backstrøm	Halden SK	120
13	Ingrid Kronborg Bronebakk	Halden SK	112
14	Ida Marie Næss Bjørgul	Halden SK	101
17	Ane Sofie Næss Bjørgul	Halden SK	76
19	Mari Fasting	Halden SK	71
21	Iliana Shandurkova	Halden SK	67
23	Léa Vercellotti	Halden SK	63
27	Jennie Andersson	Halden SK	46

## Herrer

1	Mats Haldin	Halden SK	447
2	Øyvind Helgerud	Halden SK	326
3	Anders Vister	Raumar	273
4	Emil Wingstedt	Halden SK	269
4	Olav Lundanes	Halden SK	269
6	Magne Dæhli	Halden SK	244
7	Erik Axelsson	Halden SK	235
8	Mattias Karlsson	Halden SK	225
9	Anders Felde Olaussen	Halden SK	197
10	Vincent Coupat	Halden SK	181
10	Marcus Millegård	Halden SK	181
12	Fredrik Eliasson	Halden SK	172
13	Sami Hämälistö		147
14	Mats Nordbrøden		142
15	Jonas Nordström	Halden SK	138
17	Aapo Summanen	Halden SK	127
17	Øyvind Stokseth	Halden SK	127
19	Espen Fiskum	Halden SK	123
20	Andreas Johansson	Halden SK	118
21	Håkon Raadal Bjørlo	Halden SK	116
22	Bojan Blumenstein	Halden SK	100

27	Tore Sandvik	Halden SK	71
28	Jon Pedersen	Halden SK	69
30	Joacim Carlsson	Halden SK	67
37	Kristian Vad	Halden SK	50
39	Jostein Hagen-Tafjord	Halden SK	47
43	Petter Næss Bjørgul	Halden SK	38

## Høiås Night & Day Cup 2012-2013: Gutter

1	Peter Nordbrøden	Halden SK	1035
2	Håkon Raadal Bjørlo	Halden SK	586
3	Olav Schmitt Gran	Halden SK	524
5	Håkon Østraat Sævareid	Halden SK	148
6	Sander Kirkebøen	Halden SK	88

## Høiås Night & Day Cup 2012-2013: Jenter

1	Gina Granstedt	Halden SK	420
2	Nina Asheim Birkeland	Halden SK	255
3	Tonje Vassend	Porsgrunn OL	158
4	Ingvild Torgersen	Halden SK	103
15	Nora Torgersen	Halden SK	20
16	Anneli Grindstad	Halden SK	10

## Høiås Night & Day Cup 2012-2013: Andre

1	Kjetil Bjørlo	Halden SK	289
2	Audun Bjerknes	Måren OK	282
3	Steinar Holt	Halden SK	270
4	Jostein Hagen-Tafjord	Halden SK	258
5	Pål Backstrøm	Halden SK	252
6	Jonas Nordström	Halden SK	244
7	Jan Granstedt	Halden SK	173
8	Bjørn Axel Gran	Halden SK	165
11	Magnus Nordbrøden	Halden SK	100
12	Øystein Kristiansen	Halden SK	100
12	Geir Torgersen	Halden SK	100
12	Lacho Iliev	Halden SK	100
12	Øyvind Stokseth	Halden SK	100
17	Petter Thoresen	Halden SK	89
17	Kenneth Buch	Halden SK	89
19	Bojan Blumenstein	Halden SK	85
20	Espen Bergstrøm	Halden SK	81
25	Espen Fiskum	Halden SK	54
27	Fredrik Eliasson	Halden SK	48
29	Jim Olaussen	Halden SK	10

# TIOMILA

## HERRER

1	3	Kalevan Rasti 1		639:10
	(1)	Kiril Nikolov	78:04	78:04
	(2)	Antti Nurmonen	44:58	123:02
	(3)	Simo-Pekka Fincke	73:31	196:33
	(4)	Jere Pajunen	97:34	294:07
	(5)	Jarkko Huovila	61:46	355:53
	(6)	Hannu Airila	55:05	410:58
	(7)	Fabian Hertner	35:29	446:27
	(8)	Philippe Adamski	68:37	515:04
	(9)	Jan Prochazka	48:48	563:52
	(10)	Thierry Gueorgiou	75:18	639:10
<b>2</b>	<b>1</b>	<b>Halden SK 1</b>		<b>642:07</b>
	(1)	Vincent Coupat	78:34	78:34
	(2)	Øyvind Helgerud	44:39	123:13
	(3)	Erik Axelsson	76:18	199:31
	(4)	Espen Fiskum	94:27	293:58
	(5)	Mattias Karlsson	59:49	353:47
	(6)	Emil Wingstedt	54:28	408:15
	(7)	Mats Haldin	35:16	443:31
	(8)	Magne Dæhli	68:21	511:52
	(9)	Marcus Millegård	48:58	560:50
	(10)	Olav Lundanes	81:17	642:07
3	8	IFK Göteborg 1		654:36
	(1)	Søren Schwartz	74:51	74:51
	(2)	Erik Engstrand	48:27	123:18
	(3)	Vetle Ruud Bråten	72:45	196:03
	(4)	Patrik Martner	97:59	294:02
	(5)	Jonas Pilblad	64:01	358:03
	(6)	Thor Nørskov	55:23	413:26
	(7)	Christian Christensen	38:55	452:21
	(8)	Marius Thrane Ødum	69:18	521:39
	(9)	Francois Gonon	51:55	573:34
	(10)	Eskil Kinneberg	81:02	654:36
4	9	Södertälje-Nykvarn OF 1		655:58
5	11	Hiidenkierätjät 1		656:56
6	10	Järäla Orientering 1		660:59
<b>41</b>	<b>29</b>	<b>Halden SK 2</b>		<b>738:50</b>
	(1)	Jonas Nordström	73:57	73:57
	(2)	Tore Sandvik	49:14	123:11
	(3)	Joacim Carlsson	79:09	202:20

	(4)	Bojan Blumenstein	119:51	322:11
	(5)	Håkon Raadal Bjørlo	65:09	387:20
	(6)	Marius Bjugan	65:37	452:57
	(7)	Anders Felde Olausen	42:56	495:53
	(8)	Jon Pedersen	87:48	583:41
	(9)	Lacho Iliev	56:17	639:58
	(10)	Aapo Summanen	98:52	738:50
<b>81</b>	<b>133</b>	<b>Halden SK 3</b>		<b>803:47</b>
	(1)	Denis Monich	82:23	82:23
	(2)	Kjetil Bjørlo	51:02	133:25
	(3)	Andrei Zhuravlev	93:32	226:57
	(4)	Dmitriy Krukov	117:09	344:06
	(5)	Petter Næss Bjørgul	67:08	411:14
	(6)	Kenneth Buch	66:45	477:59
	(7)	Magnus Nordbrøden	50:26	528:25
	(8)	Slava Zhuravlev	102:47	631:12
	(9)	Bodil Holmström	67:17	698:29
	(10)	Eva Jurenikova	105:18	803:47
	<b>256</b>	<b>Halden SK 4</b>		<b>DSQ</b>
	(1)	Svend Arne Ytterbøl	118:20	118:20
	(2)	Gry Granstedt	85:13	203:33
	(3)	Bjørn Axel Gran	152:01	355:34
	(4)	Espen Bergstrøm	158:25	513:59
	(5)	Olav Kristian Birkeland	133:24	647:23
	(6)	Olav Schmitt Gran	96:57	744:20
	(7)	Bård Laukvik	76:11	820:31
	(8)	Jan Granstedt	96:10	876:10
	(9)	Elena Roos	73:36	853:36
	(10)	Jim Olausen	Ej godk.	

## DAMER

1	505	Domnarvets GOLF 1		247:15
	(1)	Karolina A.Höjsgaard	48:14	48:14
	(2)	Dana Brozkova	51:05	99:19
	(3)	Johanna Lindberg	40:33	139:52
	(4)	Emma Johansson	46:19	186:11
	(5)	Lena Eliasson	61:04	247:15
<b>2</b>	<b>501</b>	<b>Halden SK 1</b>		<b>248:55</b>
	(1)	Vendula Haldin	47:55	47:55
	(2)	Bodil Holmström	50:19	98:14
	(3)	Kajsa Nilsson	39:02	137:16
	(4)	Eva Jurenikova	49:24	186:40
	(5)	Mari Fasting	62:15	248:55

3	502	OK Tisaren 1		249:14
	(1)	Andrea Svensson	52:10	52:10
	(2)	Claire Ward	52:30	104:40
	(3)	Helena Andersson	38:50	143:30
	(4)	Lilian Forsgren	47:45	191:15
	(5)	Simone Niggli	57:59	249:14
4	510	Hellas Orientering 1		249:20
5	503	Tampereen Pyrintö 1		251:13
6	506	IFK Lidingö SOK 1		251:19
<b>19</b>	<b>520</b>	<b>Halden SK 2</b>		<b>261:35</b>
	(1)	Elena Roos	48:29	48:29
	(2)	Léa Vercellotti	52:12	100:41
	(3)	Ida Marie Næss Bjørgul	40:15	140:56
	(4)	Hanna Haugen Nordbrøden	50:42	191:38
	(5)	Galina Vinogradova	69:57	261:35
<b>71</b>	<b>546</b>	<b>Halden SK 3</b>		<b>297:45</b>
	(1)	Runa Lien Backstrøm	51:01	51:01
	(2)	Jennie Andersson	57:40	108:41
	(3)	Gry Granstedt	43:14	151:55
	(4)	Ane Sofie Næss Bjørgul	56:49	208:44
	(5)	Natalia Bulatkina	89:01	297:45
<b>143</b>	<b>564</b>	<b>Halden SK 4</b>		<b>327:40</b>
	(1)	Delphine Poirot	56:09	56:09
	(2)	Nina Asheim Birkeland	65:18	121:27
	(3)	Marion Amet	49:03	170:30
	(4)	Anneli Grindstad	72:07	242:37
	(5)	Ingvild Torgersen	85:03	327:40
<b>762</b>		<b>Halden SK 5</b>		
	(1)	Ellen Kathrine Svendsby	55:28	55:28
	(2)	Hanne Lerche Raadal	68:30	123:58
	(3)	Gina Granstedt	49:05	173:03
	(4)	Irene Olausson	82:16	255:19
	(5)	vacant	Ej start	

## VENLA

1	3	OK Pan Århus		2:56:25
		1 Ida Bobach		54:04
		2 Miri Thrane Ödum	36:47 13.	1:30:52
		3 Maja Alm	32:56 3.	2:03:49
		4 Emma Klingenberg	52:35 7.	2:56:25
<b>2</b>	<b>1</b>	<b>Halden SK</b>		<b>2:56:56</b>
		1 Vendula Haldin		55:40
		2 Eva Jurenikova	35:02 3.	1:30:42
		3 Anne M. Hausken Nordberg	32:07 1.	2:02:50
		4 Mari Fasting	54:06 17.	2:56:56
3	7	OK Linne		2:58:04

		1 Catherine Taylor		54:08
		2 Inga Kazlauskaitė	37:45 21.	1:31:53
		3 Lina Bäckström	34:52 13.	2:06:46
		4 Annika Billstam	51:17 3.	2:58:04
4	25	Stora Tuna OK		2:58:42
5	5	Leksands OK		2:59:29
6	14	Kalevan Rasti		2:59:31
12	1	Halden SK 2		3:03:00
		1 Elena Roos		56:00
		2 Bodil Holmström	37:15 16.	1:33:15
		3 Hanna Nordbrøden	36:13 20.	2:09:28
		4 Galina Vinogradova	53:31 15.	3:03:00
-	<b>108</b>	<b>Halden SK 3</b>		<b>DSQ</b>
		1 Lea Vercellotti		55:59
		2 Celine Dodin	41:05 94.	1:37:05
		3 Ane Sofie Næss Bjørgul	40:01 63.	2:17:06
		4 Jennie Andersson		

## JUKOLA

1	1	Kalevan Rasti		7:27:58
		1 Jere Pajunen		1:10:08
		2 Simo-Pekka Fincke	1:12:29 11.	2:22:37
		3 Philippe Adamski	1:22:42 13.	3:45:19
		4 Hannu Airila	41:09 15.	4:26:28
		5 Jan Prochazka	38:23 11.	5:04:52
		6 Fabian Hertner	1:01:11 2.	6:06:04
		7 Thierry Gueorgiou	1:21:54 4.	7:27:58
2	24	Kristiansand OK		7:30:22
		1 Jostein Andersen		1:10:24
		2 Eirik Martens Svensen	1:15:48 43.	2:26:13
		3 Baptiste Rollier	1:20:29 3.	3:46:42
		4 Holger Hott	41:48 24.	4:28:30
		5 Martin Hubmann	38:05 6.	5:06:36
		6 Hans Gunnar Omdal	1:01:44 5.	6:08:20
		7 Daniel Hubmann	1:22:01 6.	7:30:22
3	4	Hiidenkiertäjät		7:33:41
		1 Perttu Sorsa		1:14:06
		2 Lauri Sild	1:10:05 2.	2:24:11
		3 Leonid Novikov	1:27:46 41.	3:51:57
		4 Mikko Patana	38:58 1.	4:30:56
		5 Olle Kämer	37:49 4.	5:08:46
		6 Timo Sild	1:02:33 12.	6:11:19
		7 Valentin Novikov	1:22:21 8.	7:33:41
4	3	Halden SK		7:34:10
		1 Jonas Nordström		1:14:16
		2 Erik Axelsson	1:14:47 28.	2:29:03
		3 Emil Wingstedt	1:22:49 15.	3:51:52
		4 Mathias Karlsson	39:04 2.	4:30:57

	5 Mats Haldin	37:30	2.	5:08:27
	6 Marcus Millegård	1:01:38	4.	6:10:06
	7 Magne Dæhli	1:24:03	14.	7:34:10
5	11 IL Tyrving			7:35:37
6	19 Göteborg Majorna OK			7:36:32
<b>42</b>	<b>48 Halden SK 2</b>			<b>8:08:20</b>
	1 Espen Fiskum			1:10:55
	2 Jon Pedersen	1:19:03	72.	2:29:59
	3 Öyvind Helgerud	1:31:47	66.	4:01:47
	4 Marius Bjugan	41:24	18.	4:43:11
	5 Apoo Summanen	42:00	40.	5:25:11
	6 Anders Felde Olaussen	1:18:33	130.	6:43:45
	7 Vincent Coupat	1:24:35	16.	8:08:20

## Night Hawk

### 1 Halden SK lag 1 4:29:03

Jennie Andersson	43:17	7	43:17
Hanna Haugen Nordbrøden	39:19	2	1:22:36
Bodil Holmström	48:09	3	2:10:45
Vendula Haldin	47:54	3	2:58:39
Hanna Haugen Nordbrøden	49:05	6	3:47:44
Anne M Hausken Nordberg	41:19	1	4:29:03

### 2 Fredrikstad SK lag 1 4:39:06

Kamilla Olaussen	38:41	1	38:41
Birgitte Husebye	39:48	5	1:18:29
Heidi Østlid Bagstevold	56:30	7	2:14:59
Marianne Riddervold Kahrs	47:41	2	3:02:40
Sigrid Alexandersen	53:34	8	3:56:14
Heidi Østlid Bagstevold	42:52	3	4:39:06

### 3 Paimion Rasti lag 1 4:40:15

Katri Lindeqvist	43:09	5	43:09
Emma Silvennoinen	42:21	6	1:25:30
Inga Dambe	49:47	4	2:15:17
Eveliina Hirvonen	57:00	13	3:12:17
Salla Fagerudd	44:09	1	3:56:26
Inga Dambe	43:49	4	4:40:15

### 4 Lillomarka OL lag 1 4:52:32

### 5 NTNUI lag 1 4:53:57

### 6 OK Linné lag 1 4:59:20

## HERRER

### 1 Södertälje-Nykvarn OL 1 6:50:54

Rickard Ohlsson	49:33	3	49:33
Ralph Street	58:22	20	1:47:55
Erik Liljequist	49:00	1	2:36:55
Kent Ohlsson	1:15:35	10	3:52:30
Eric Börjeskog	1:00:17	3	4:52:47
Erik Liljequist	40:27	8	5:33:14

Ralph Street	40:01	5	6:13:15
Ivar Lundanes	37:39	1	6:50:54
<b>2 Halden SK lag 1</b>			<b>6:53:50</b>
Magne Dæhli	48:54	1	48:54
Marcus Millegård	57:14	16	1:46:08
Mattias Karlsson	53:42	11	2:39:50
Emil Wingstedt	1:14:16	3	3:54:06
Mats Haldin	1:03:39	8	4:57:45
Marcus Millegård	38:40	1	5:36:25
Emil Wingstedt	38:06	2	6:14:31
Magne Dæhli	39:19	3	6:53:50
<b>3 Vaajakosken Terä lag 1</b>			<b>6:54:06</b>
Anders Nordberg	51:50	7	51:50
Jani Lakanen	49:27	1	1:41:17
Timo Joensuu	51:13	4	2:32:30
Håvard Lucasen	1:14:17	4	3:46:47
Ville Keskiisaari	1:12:19	21	4:59:06
Jani Lakanen	39:17	2	5:38:23
Håvard Lucasen	37:45	1	6:16:08
Anders Nordberg	37:58	2	6:54:06
<b>4 Kristiansand OK lag 1</b>			<b>6:56:50</b>
<b>5 Göteborg-Majorna OK</b>			<b>6:59:44</b>
<b>6 Turun Metsänkävijät lag 1</b>			<b>7:06:21</b>
<b>20 Halden SK lag 2</b>			<b>7:46:43</b>
Jonas Nordström	49:29	2	49:29
Anders Felde Olaussen	57:49	18	1:47:18
Erik Axelsson	51:43	6	2:39:01
Espen Fiskum	1:14:18	5	3:53:19
Jon Pedersen	1:26:17	25	5:19:36
Erik Axelsson	40:23	7	5:59:59
Anders Felde Olaussen	56:34	24	6:56:33
Espen Fiskum	50:10	23	7:46:43
<b>22 Halden SK lag 3</b>			<b>7:52:11</b>
Håkon Raadal Bjørlo	52:15	9	52:15
Peter Nordbrøden	1:06:17	23	1:58:32
Kjetil Bjørlo	1:03:08	24	3:01:40
Øyvind Helgerud	1:24:59	21	4:26:39
Fredrik Eliasson	1:04:28	10	5:31:07
Lacho Iliev	45:50	18	6:16:57
Øyvind Helgerud	47:24	20	7:04:21
Apoo Summanen	47:50	18	7:52:11
<b>DNF Halden SK lag 4</b>			<b>00:00</b>
Olav Schmitt Gran	57:41	DNF	57:41
Eirik Nordbrøden	1:39:21		2:37:02
Jørn Nordbrøden		DNS	6:07:02
Bjørn Axel Gran	1:53:07		8:00:09
Kenneth Buch	1:16:41		9:16:50
Jørn Nordbrøden		DNS	

## 25-manna

### 1 Halden SK 1 5:15:13

1. Jonas Nordström	34:21	34:21
2. Mari Fasting	32:39	1:07:00
3. Ida Marie Næss Bjørgul	24:43	1:31:43
3. Galina Vinogradova	26:44	1:33:44
3. Kine Hallan Steiwer	26:46	1:33:46
3. Hanna Haugen Nordbrøden	27:20	1:34:20
4. Idun Kristine Felde Olaussen	20:08	1:54:28
4. Runa Lien Backstrøm	19:35	1:53:55
4. Gina Granstedt	19:29	1:53:49
4. August Asheim Birkeland	20:25	1:54:45
5. Espen Fiskum	36:19	2:30:28
5. Emil Wingstedt	34:49	2:28:58
5. Erik Axelsson	36:19	2:30:28
5. Marcus Millegård	36:25	2:30:34
6. Tore Sandvik	25:36	2:55:50
6. Håkon Raadal Bjørlo	26:13	2:56:27
6. Kjetil Bjørlo	27:44	2:57:58
6. Øyvind Stokseth	28:04	2:58:18
7. Søren Bobach	28:02	3:25:04
7. Magne Dæhli	28:33	3:25:35
7. Bojan Blumenstein	31:19	3:28:21
7. Fredrik Eliasson	31:55	3:28:57
8. Eva Jurenikova	24:32	3:52:20
9. Olav Lundanes	41:36	4:33:56
10. Anne M Hausken Nordberg	41:17	5:15:13

2 Stora Tuna OK 1		5:15:55
3 Tampereen Pyrintö 1		5:18:39
4 Hiidenkiertäjät 1		5:21:25
5 OK Tisaren 1		5:22:12
6 IFK Lidingö SOK 1		5:22:15

### 80 Halden SK 2 6:33:50

1. Anders Felde Olaussen	41:02	41:02
2. Jennie Andersson	35:11	1:16:13
3. Ingvild Torgersen	29:57	1:46:10
3. Nina Asheim Birkeland	31:25	1:47:38
3. Frauke Schmitt Gran	34:52	1:51:05
3. Sabine Rothaug	35:21	1:51:34
4. Karoline Aune	24:00	2:15:34
4. Hedda Raadal Bjørlo	21:38	2:13:12
4. Nora Torgersen	26:12	2:17:46
4. Tor Ragnar Andersen	22:29	2:14:03
5. Lacho Iliev	39:01	2:53:04
5. Peter Nordbrøden	40:14	2:54:17
5. Olav Schmitt Gran	47:03	3:01:06
5. Håkon Østraat Sævareid	46:49	3:00:52

6. Jens Erik Mjølnerød	32:24	3:31:56
6. Per Olav Andersen	37:18	3:36:50
6. Jørn Nordbrøden	36:41	3:36:13
6. Trygve Kristoffer Løvli	44:41	3:44:13
7. Bjørn Axel Gran	39:15	4:21:09
7. Magnus Nordbrøden	38:12	4:20:06
7. Pål Backstrøm	39:56	4:21:50
7. Jan Granstedt	35:14	4:17:08
8. Eirik Nordbrøden	31:13	4:48:21
9. Kenneth Buch	1:00:29	5:48:50
10. Hanne Lerche Raadal	45:00	6:33:50

## 15-stafetten

Halden SK stilte ikke lag

## Blodslitet

H21

1 Olav Lundanes	Halden SK	2:25:25
9 Emil Wingstedt	Halden SK	2:37:58
13 Espen Fiskum	Halden SK	2:49:40
15 Øyvind Helgerud	Halden SK	2:55:44
16 Mattias Karlsson	Halden SK	2:56:49

D21

1 Tove Alexandersson	Stora Tuna OK	1:50:30
3 Mari Fasting	Halden SK	1:52:11
4 Eva Jurenikova	Halden SK	1:54:12
5 Anne M Hausken Nordberg	Halden SK	1:55:57
7 Ida Marie Næss Bjørgul	Halden SK	1:59:53
12 Ane Sofie Næss Bjørgul	Halden SK	2:16:02

D17-18

1 Heidi Mårtensson	Modum OL	1:36:56
4 Ingvild Torgersen	Halden SK	1:42:24
14 Nina Asheim Birkeland	Halden SK	1:51:00

D19-20

1 Kamilla Olaussen	Fredrikstad SK	1:42:44
13 Sabine Rothaug	Halden SK	2:17:51
Gry Granstedt	Halden SK	brutt

H17-18

1 Markus Holter	Indre Østfold OK	1:39:52
12 Anders Felde Olaussen	Halden SK	1:52:50

H19-20

1 Emil Svensk	Stora Tuna OK	1:49:48
5 Bojan Blumenstein	Halden SK	1:59:58

H35

1 Mats Haldin	Halden SK	1:31:47
4 Andreas Johansson	Halden SK	1:37:18

D40

1 Hanne Sandstad	Freidig	1:22:02
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5	Runa Lien Backstrøm	Halden SK	1:25:15
9	Hanne Lerche Raadal	Halden SK	1:40:22
H40			
1	Øyvind Stokseth	Halden SK	1:31:32
29	Pål Backstrøm	Halden SK	2:07:03
H45			
1	Gjermund Urset	IL BUL-Tromsø	1:27:41
9	Kjetil Bjørlo	Halden SK	1:34:32
10	Jim Olaussen	Halden SK	1:34:36
37	Svend Arne Ytterbøl	Halden SK	1:43:50
54	Bjørn Axel Gran	Halden SK	1:50:30
D50			
1	Kari Christiansen	Sandefjord OK	1:07:21
25	Anne Julsrud Haugen	Halden SK	1:28:20
H55			
1	Eirik Næss-Ulseth	Nydalens SK	1:20:58
37	Eirik Nordbrøden	Halden SK	1:40:39
H65			
1	Eldar Børsum	Bækkelagets SK	1:12:38
25	Thor Palmgren	Halden SK	1:27:53
D-ÅPEN			
1	Betty Ann Bjerkreim	Lillehammer OK	54:35
7	Bodil Holmstrøm	Halden SK	58:44
H-ÅPEN			
1	Jon Pedersen	Halden SK	51:26
16	Petter Næss Bjørgul	Halden SK	56:41
21	Lacho Iliev	Halden SK	57:23
131	Jo Køhn	Halden SK	1:27:05
150	Pål Hellerud	Halden SK	1:56:24

## Smålandskavlen

Herrer

1	IFK Lidingö SOK 1	4:54:20
1.	Anders Carlsson	1:00:24 4 1:00:24
2.	Filip Dahlgren	58:01 1 1:58:25
3.	Niklas Serrander	46:05 14 2:44:30
4.	Øystein Kvaal Østerbø	58:43 2 3:43:13
5.	Fredrik Johansson	1:11:07 1 4:54:20
2	Södertälje-Nykvärn OF 1	4:54:59
3	Malungs OK Skogsmårdarna 1	4:55:09
4	Kalevan Rasti 1	4:56:17
<b>5</b>	<b>Halden SK 1</b>	<b>5:05:24</b>
1.	Jonas Nordstrøm	1:02:37 11 1:02:37
2.	Espen Fiskum	1:04:48 26 2:07:25
3.	Fredrik Eliasson	46:23 15 2:53:48
4.	Marcus Millegård	59:48 5 3:53:36
5.	Olav Lundanes	1:11:48 2 5:05:24

Damer

1	OK Pan Århus 1	3:06:59
1.	Signe Klinting	54:45 10 54:45
2.	Stine Bagger Hagner	33:34 2 1:28:19
3.	Maja Alm	40:53 1 2:09:12
4.	Emma Klingenberg	57:47 8 3:06:59
2	Göteborg-Majorna OK 1	3:07:18
3	OK Tisaren 1	3:10:38
<b>4</b>	<b>Halden SK 1</b>	<b>3:13:04</b>
1.	Ida Marie Næss Bjørgul	52:02 3 52:02
2.	Ane Sofie Bjørgul	40:09 18 1:32:11
3.	Kine Hallan Steiwer	46:33 10 2:18:44
4.	Eva Jurenikova	54:20 1 3:13:04
16	Halden SK 2	3:32:06
1.	Jennie Andersson	55:49 12 55:49
2.	Hanne Lerche Raadal	39:53 17 1:35:42
3.	Elena Roos	45:04 4 2:20:46
4.	Léa Vercellotti	1:11:20 26 3:32:06

## KM

Natt, Fredrikstad

D19-20	Sølv: Gry Granstedt
D21	Sølv: Hanna Haugen Nordbrøden
	Bronse: Eva Jurenikova
H17-18	Gull: Anders Felde Olausen
H21	Gull: Emil Wingstedt
	Bronse: Mats Haldin

Sprint, Trøsken

D21	Gull: Hanne Lerche Raadal
	Bronse: Randi Brevig Aune
H21	Gull: Jonas Nordstrøm
	Sølv: Vincent Coupat
	Bronse: Kjetil Bjørlo

Mellom, Gimle

D17	Bronse: Ane Sofie Næss Bjørgul
D40	Gull: Ellen Kathrine Svendsby
	Sølv: Runa Lien Backstrøm
	Bronse: Hanne Lerche Raadal
H17	Gull: Erik Axelsson
	Sølv: Emil Wingstedt
	Bronse: Mattias Karlsson
H35	Gull: Steinar Holt
H40	Gull: Geir Torgersen
	Sølv: Pål Backstrøm
H50	Gull: Jan Granstedt
	Sølv: Morten Kildebo
H75	Gull: Øivind Nielsen

Lang, Sarpsborg

D19-20	Gull: Sabine Rothaug
D40	Gull: Runa Lien Backstrøm
	Sølv: Ellen Kathrine Svendsby
	Bronse: Hanne Lerche Raadal
H21	Gull: Marcus Millegård



H50 Gull: Jon Steinar Mjølnerød  
Sølv: Jens Erik Mjølnerød  
Bronse: Morten Kildebo

KM Stafett (Fredrikstad)

H17 Gull: Halden SK 1

Tore Sandvik  
Bojan Blumenstein  
Mattias Karlsson

D17 Sølv Halden SK 1

Ida Marie Næss Bjørgul  
Heidi Stokseth  
Eva Jurenikova

D17 Bronse Halden SK 3

Hanne Lerche Raadal  
Marit Kahrs  
Frauke Schmitt Gran

H150 Bronse Halden SK 1

Jarle Herrebrøden  
Jens Erik Mjølnerød  
Jon Steinar Mjølnerød

#### Klubb KM Stafett

**1 Halden SK 4 2:16:52**

1. Niels Christian Hellerud	23:06	23:06
2. Jim Olaussen	36:22	59:28
3. Trygve Kristoffer Løvli	47:43	1:47:11
4. Idun Kristine Felde Olaussen	29:41	2:16:52

2 Indre Østfold OK 1 2:17:31

3 Sarpsborg OL 5 2:28:17

**4 Halden SK 1 2:29:55**

1. Mariluisse Schmitt Gran	25:32	25:32
2. Bjørn Axel Gran	37:08	1:02:40
3. Olav Schmitt Gran	53:11	1:55:51
4. Frauke Schmitt Gran	34:04	2:29:55

**6 Halden SK 3 2:34:40**

1. Marie Bergstrøm	23:50	23:50
2. Svend Arne Ytterbøl	33:14	57:04
3. Håkon Østraat Sævareid	50:04	1:47:08
4. Alexander Skaug Ytterbøl	47:32	2:34:40

11 Halden SK 2 2:55:26

1. Heidi Elisabeth Brække	29:08	29:08
2. Synne Malene Brække	52:27	1:21:35
3. Peter Nordbrøden	45:32	2:07:07
4. Erlend Brendstuen	48:19	2:55:26