

Resultatliste Åpent treningsløp 02.04.2011

D15-16

1	Nina Asheim Birkeland, Halden SK					38:00	+00:00							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0
Strekktid	00:00	-	-	-	-	-	-	-	-	-	-	-	-	-
2	Anneli Grindstad, Sarpsborg OL					38:51	+00:51							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	03:38-9	05:57-5	10:29-5	14:02-3	15:41-2	17:39-2	19:05-1	23:49-2	25:10-1	31:40-3	34:40-1	37:13-1	38:26-1	38:51-1
Strekktid	03:38	02:19-2	04:32-7	03:33-4	01:39-3	01:58-2	01:26-5	04:44-9	01:21-4	06:30-4	03:00-2	02:33-5	01:13-3	00:25-3
3	Eldbjørg Narum, Vallset/Stange, OL					39:24	+01:24							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	02:15-1	05:54-4	09:01-2	12:19-2	13:57-1	16:51-1	23:30-4	26:55-4	28:03-4	32:42-4	35:22-3	37:37-2	38:53-2	39:24-2
Strekktid	02:15	03:39-8	03:07-1	03:18-1	01:38-2	02:54-12	06:39-19	03:25-1	01:08-1	04:39-1	02:40-1	02:15-1	01:16-4	00:31-13
4	Anine Ahlsand, Nydalens SK					39:32	+01:32							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	02:33-2	04:28-1	08:42-1	12:18-1	16:28-3	18:25-3	20:04-2	23:41-1	25:26-2	30:11-1	34:59-2	37:44-3	39:06-3	39:32-3
Strekktid	02:33	01:55-1	04:14-2	03:36-5	04:10-18	01:57-1	01:39-10	03:37-2	01:45-11	04:45-2	04:48-7	02:45-8	01:22-6	00:26-5
5	Sigrid Alexandersen, Fredrikstad SK					40:57	+02:57							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	02:59-5	06:12-6	10:33-6	14:23-4	16:30-4	18:51-4	20:06-3	23:54-3	25:28-3	31:05-2	36:40-4	39:07-4	40:29-4	40:57-4
Strekktid	02:59	03:13-6	04:21-6	03:50-6	02:07-4	02:21-6	01:15-1	03:48-4	01:34-6	05:37-3	05:35-12	02:27-4	01:22-6	00:28-8
6	Ida Rongved, Ringerike OL					47:47	+09:47							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	03:16-7	06:56-9	11:16-8	16:04-6	19:26-6	21:58-6	23:30-4	30:10-9	32:03-9	38:53-6	43:38-6	46:03-5	47:22-5	47:47-5
Strekktid	03:16	03:40-9	04:20-5	04:48-8	03:22-17	02:32-7	01:32-8	06:40-15	01:53-13	06:50-7	04:45-6	02:25-3	01:19-5	00:25-3
7	Thea H Kleiven, Ringerike OL					48:23	+10:23							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	04:02-12	08:58-13	15:35-16	19:00-10	21:40-10	23:38-8	24:53-7	28:42-5	30:26-5	40:19-7	43:52-7	46:29-6	47:57-6	48:23-6
Strekktid	04:02	04:56-17	06:37-15	03:25-2	02:40-10	01:58-2	01:15-1	03:49-6	01:44-9	09:53-12	03:33-3	02:37-6	01:28-11	00:26-5
8	Katinka Jussie L. Brurberg, Sturla, IF					49:26	+11:26							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	05:45-19	09:55-18	16:33-18	20:04-12	22:34-13	24:39-10	25:56-9	29:44-7	31:29-8	41:21-9	44:54-8	47:31-7	48:58-7	49:26-7
Strekktid	05:45	04:10-16	06:38-16	03:31-3	02:30-7	02:05-4	01:17-3	03:48-4	01:45-11	09:52-11	03:33-3	02:37-6	01:27-10	00:28-8

9	Trine D Kihle, Ringerike OL					51:57	+13:57							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	04:07-13	10:55-19	15:13-15	20:07-13	23:22-15	26:01-15	27:32-14	34:14-16	36:07-16	42:50-10	47:42-11	50:06-8	51:29-8	51:57-8
Strekktid	04:07	06:48-19	04:18-4	04:54-9	03:15-16	02:39-8	01:31-7	06:42-16	01:53-13	06:43-5	04:52-8	02:24-2	01:23-8	00:28-8
10	Åsne Trømborg, Kongsberg OL					52:33	+14:33							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	02:39-3	05:23-3	09:37-3	15:21-5	16:54-5	19:55-5	26:13-10	29:53-8	31:06-7	41:07-8	47:14-9	51:05-10	52:12-10	52:33-9
Strekktid	02:39	02:44-5	04:14-2	05:44-11	01:33-1	03:01-15	06:18-18	03:40-3	01:13-2	10:01-13	06:07-16	03:51-14	01:07-1	00:21-1
11	Marthe Kristensen, Sarpsborg OL					52:34	+14:34							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	03:20-8	09:39-17	14:49-14	20:22-15	23:01-14	26:00-14	27:33-15	32:45-13	34:58-13	43:45-13	47:35-10	50:32-9	52:01-9	52:34-10
Strekktid	03:20	06:19-18	05:10-13	05:33-10	02:39-9	02:59-14	01:33-9	05:12-11	02:13-16	08:47-9	03:50-5	02:57-10	01:29-12	00:33-16
12	Solveig Hegstad Krüger, Nydalens SK					53:20	+15:20							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	02:50-4	05:15-2	09:49-4	17:11-7	19:28-7	22:07-7	24:14-6	28:43-6	30:55-6	38:09-5	43:14-5	51:23-11	52:47-11	53:20-11
Strekktid	02:50	02:25-3	04:34-8	07:22-15	02:17-6	02:39-8	02:07-14	04:29-7	02:12-15	07:14-8	05:05-9	08:09-19	01:24-9	00:33-16
13	Sofie Lillestrand, Trøsken IL					54:14	+16:14							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	05:37-18	09:20-16	13:59-11	21:17-16	23:48-16	26:45-16	28:40-16	33:39-15	36:01-15	42:50-10	49:15-12	52:09-12	53:47-12	54:14-12
Strekktid	05:37	03:43-10	04:39-9	07:18-14	02:31-8	02:57-13	01:55-13	04:59-10	02:22-17	06:49-6	06:25-17	02:54-9	01:38-13	00:27-7
14	Ingvild Torgersen, Halden SK					56:34	+18:34							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	03:03-6	06:52-8	11:39-9	19:30-11	22:24-11	25:08-13	26:30-12	33:24-14	34:42-12	45:09-14	51:06-14	55:03-15	56:10-14	56:34-13
Strekktid	03:03	03:49-11	04:47-11	07:51-16	02:54-13	02:44-10	01:22-4	06:54-17	01:18-3	10:27-14	05:57-15	03:57-15	01:07-1	00:24-2
15	Ingvild Fjeldstad, Ringerike OL					56:41	+18:41							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	03:44-10	07:20-10	14:04-12	20:19-14	22:28-12	24:41-11	26:23-11	31:06-10	32:45-10	43:12-12	51:28-15	54:27-14	56:08-13	56:41-14
Strekktid	03:44	03:36-7	06:44-17	06:15-12	02:09-5	02:13-5	01:42-11	04:43-8	01:39-8	10:27-14	08:16-19	02:59-11	01:41-14	00:33-16
16	Tilla (2) Farnes Hennum, Lierbygda O-lag					57:15	+19:15							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	04:11-14	08:00-11	12:58-10	17:20-8	20:13-8	24:43-12	26:37-13	32:30-11	35:54-14	45:44-15	51:05-13	54:21-13	56:39-15	57:15-15
Strekktid	04:11	03:49-11	04:58-12	04:22-7	02:53-12	04:30-19	01:54-12	05:53-12	03:24-18	09:50-10	05:21-11	03:16-12	02:18-19	00:36-19
17	Maria Dahl Fosby, Gimle IF					1:03:14	+25:14							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	03:51-11	06:28-7	11:12-7	18:27-9	21:17-9	24:04-9	25:33-8	32:40-12	34:09-11	52:32-16	57:39-16	60:56-16	62:43-16	63:14-16
Strekktid	03:51	02:37-4	04:44-10	07:15-13	02:50-11	02:47-11	01:29-6	07:07-18	01:29-5	18:23-19	05:07-10	03:17-13	01:47-16	00:31-13
18	Stina Sandberg, Nydalens SK					1:10:11	+32:11							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14

Total tid	05:11-16	09:13-14	16:29-17	25:48-17	28:57-18	32:42-17	34:54-17	41:10-17	42:54-17	56:45-17	62:21-17	67:31-17	69:41-17	70:11-17
Strekktid	05:11	04:02-14	07:16-18	09:19-18	03:09-15	03:45-16	02:12-15	06:16-13	01:44-9	13:51-18	05:36-13	05:10-18	02:10-17	00:30-12
19	Kjersti Heir, Nydalens SK													
						1:10:19	+32:19							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	05:14-17	09:19-15	16:40-19	25:52-18	28:56-17	32:53-18	35:05-18	41:22-18	42:58-18	56:45-17	62:27-18	67:34-18	69:51-18	70:19-18
Strekktid	05:14	04:05-15	07:21-19	09:12-17	03:04-14	03:57-17	02:12-15	06:17-14	01:36-7	13:47-17	05:42-14	05:07-17	02:17-18	00:28-8
20	Gyda Alexandria Jensen, Indre Østfold OK													
						1:22:08	+44:08							
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	04:34-15	08:30-12	14:29-13	30:50-19	36:42-19	41:11-19	43:55-19	52:46-19	56:31-19	68:06-19	75:31-19	79:56-19	81:37-19	82:08-19
Strekktid	04:34	03:56-13	05:59-14	16:21-19	05:52-19	04:29-18	02:44-17	08:51-19	03:45-19	11:35-16	07:25-18	04:25-16	01:41-14	00:31-13
DNF	Fredrikke Fjirst Aas, Fredrikstad SK													
Post	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Total tid	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0	00:00-0
Strekktid	00:00	-	-	-	-	-	-	-	-	-	-	-	-	-

02.04.11 20:52:55 eTiming versjon 3.5 [Emit as](#)

Lisensen tilhører: Sarpsborg OL