

Saldilten 2010 - 24.Mai

Resultatliste

HALVMARATON

Halvmaraton - Kvinner 18-19

1,Marthe Nagelhus Haug, Steinkjer, 1:38:00,

Halvmaraton - Kvinner 40-44

1,Laila Zielinsky, Namsos LK, 2:07:38,

Halvmaraton - Herrer 23-39

1,Jo Magne Tyldum, Hålingen, 1:29:28,

Halvmaraton - Herrer 40-44

1,Morten Skarstad, Namdal LK, 1:14:00,

Halvmaraton - Herrer 50-54

1,Knut Lian, Spillum IL, 1:32:10,

2,Tormod Johansen, Namsos LK, 1:42:44,

3,Tor Inge Aune, Namsos LK, 2:09:38,

Halvmaraton - Herrer 55-59

1,Tor Ivar Stakkevold, Botnan IL, 1:39:05,

2,Svein Ola Nagelhus, Namsos LK, 1:39:14,

KORTLØYPE

Kvinner 18-19

1,Maria Wågan, Namsos IL, 30:20,

2,Rannveig Jørgensen, Frol IL, 35:52,

Kvinner 23-39

1,Hanne Flaas, Namdal LK, 30:58,

2,Ida Antonsen, Vemundvik IL, 36:33,

Kvinner 40-44

1,Hild Inger Moen, Namdal LK, 29:37,

2,Hild Sissel Vannebo, Spillum IL, 39:36,

Kvinner 45-49

1,Berit Vestermo, Namdal LK, 27:58,

Herrer 18-19

1,Erik Grimstad, Namdal LK, 24:38,

2,Martin Løkkemo, Nexans, 26:29,

3,Mattis Amundsen, NOTEAM, 28:14,

Herrer 23-39

1,Espen Fiskum, Namdal LK, 23:05,

2,Ole Leirvik, Namdal LK, 23:24,

3,Jan Olav Smalås, Spillum IL, 24:26,

4,Vidar Nufsfjord, Namdal LK, 24:41,

5,Tomas Sandvik, Namdal LK, 24:52,

6,Lars Petter Danielsen, Namsos Volleyball klubb, 29:02,

7,Lars Håvard Tømmervik, Malm IL, 29:11,

Herrer 40-44

1,Roar Brøndbo, Namdal LK, 23:48,

2,Tor Morten Klingen, Namdal LK, 24:04,

3,Andreas Vannebo, Spillum IL, 26:25,

4,Jan Olav Dagsvik, Sørli, 27:19,

5,Leif Arve Sve, Namdal LK, 28:29,

6,Tore Brøndbo, Namdal LK, 29:04,

7,Leif Heggli, Sandvollan, 29:21,

Herrer 45-49

1,Jan Sverre Fjærli, Namdal LK, 24:13,

2,Roger Nilsen, Botnan IL, 35:19,

Herrer 50-54
1,Trond Hestvik, Ytre Namdal Løpelag, 25:55,
2,Sverre Homstad, Overhalla IL, 27:53,
Herrer 55-59
1,Torkild Bruun, Botnan IL, 04:43,
2,Otto Helge Reitan, Leik IL, 26:35,
Herrer 65-69
1,Kjell Hopen, Elvalandet, 33:27,
Kvinner 12-13
1,Klara Wågan, Namsen FIF, 30:25,
Kvinner 14-15
1,Kristin Riseth, Vemundvik IL, 31:25,
2,Lena Wågan, Namsos IL, 33:52,
Kvinner 16-17
1,Kathrine Hovd, Spillum IL, 30:00,
Herrer 12-13
1,Lasse Andreas Vannebo, Spillum IL, 29:33,
2,Aleksander Dagsvik, Sørli, 31:50,
3,Espen Elstad, Spillum IL, 33:16,
4,Daniel Hovd, Spillum IL, 33:18,
Herrer 14-15
1,Øyvind Løkkemo, Namsos, 27:08,
2,Sverre Solbakken, Vemundvik IL, 28:52,
Herrer 16-17
1,Ola Raaum Jansen, Spillum IL, 26:33,
2,Jonas Riseth, Vemundvik IL, 28:02,

TRIM MED TID

- 1, Finn Johannesen, Vemundvik IL, 04:37,
- 2, Randi Martinsen, Botnan IL, 16:28,
- 3, Robert Husby, Malm IL, 27:42,
- 4, Petter Lunde Husby, Malm IL, 27:58,
- 5, Kenneth Løkkemo, Nexans, 27:59,
- 6, Ivar Bruun, Namsos, 28:22,
- 7, Joakim Hestvik, NOTEAM, 28:57,
- 8, Anders Fougner, Olav Duun BIL, 30:13,
- 9, Bernt Åge Kalnes, Overhalla IL, 30:23,
- 10, Knut Solbakken, Vemundvik IL, 30:33,
- 11, Jonas Røthe, Namsos, 30:44,
- 12, Erik Almås, Spillum IL, 31:00,
- 13, Line Borkmo, Namdal LK, 31:02,
- 14, Merete Røthe, Namsos LK, 31:45,
- 15, Jan Ove Klingen, Spillum IL, 31:50,
- 16, Frode Skaret, Vemundvik IL, 31:58,
- 17, Anita Hoddø, Namsos LK, 32:03,
- 18, Anita Hovd, Spillum IL, 32:15,
- 19, Kristian Foss, Botnan IL, 32:58,
- 20, Håkon Henriksen, NOTEAM, 33:23,
- 21, Arne Haug, Sparebank 1, 33:31,
- 22, Roy Sandberg, NOTEAM, 33:46,
- 23, Tor Marius Borkmo, Namsos LK, 33:48,
- 24, Isak Almås, Spillum IL, 33:51,
- 24, Birger Almås, Namdal LK, 33:51,
- 26, Elise Engen, Vemundvik IL, 33:56,
- 27, Nils Halvard Brørs, Namsos LK, 34:01,
- 28, Gunnar Solbakken, Vemundvik IL, 35:02,
- 29, Arne Jakob Foss, Botnan IL, 35:40,
- 30, Fredrik Hestø, Vemundvik IL, 35:51,
- 31, Hege Marita Flakk, NOTEAM, 35:56,
- 32, Johannes Leirbekk, NOTEAM, 36:09,
- 33, Steinar Martinsen, Botnan IL, 36:28,

34,Knut Kjelbotn, Botnan IL, 37:05,
35,Egil Hov, Ranheim, 37:13,
36,Hanne Wågan, Gullvikmoen, 37:25,
37,Per Sandvik, Otterøy IL, 37:26,
38,Leonard Toubert, Vemundvik IL, 37:51,
39,Stephan Schuler, Vemundvik IL, 37:52,
40,Mona Kjelbotn, Vemundvik IL, 38:09,
41,Trude Langstrand, Otterøy IL, 38:19,
42,Ina Mikalsen, NOTEAM, 38:40,
43,Ole Aleksander Geitsund, Vemundvik IL, 38:48,
44,Laila Aar, NOTEAM, 38:58,
45,Steffen Hestø, Vemundvik IL, 39:32,
46,Hanna Riseth, Vemundvik IL, 39:35,
46,Jorunn Riseth, Vemundvik IL, 39:35,
46,Per Olav Weiseth, NOTEAM, 39:35,
49,Anders Sandberg, NOTEAM, 39:37,
50,Jan Eirik Smalås, Spillum IL, 40:46,
51,Sirkka Lisa Schultz, Namsos, 40:49,
52,Lene Mjøsund, Namsos, 40:50,
53,Hanne Aalberg, Vemundvik IL, 41:06,
54,Per Ivar Henriksen, NOTEAM, 41:21,
55,Dina Katrine Wågan Seierstad, Vemundvik IL, 41:37,
55,Liv Kristin Wågan Seierstad, Vemundvik IL, 41:37,
57,Gunn Karin Wågan, Vemundvik IL, 41:40,
57,Harald Seierstad, Vemundvik IL, 41:40,
59,Terje Husvik, Otterøy IL, 41:45,
60,Marit Bergum, Botnan IL, 42:24,
61,Sara Gjemdal, NOTEAM, 42:41,
61,Mathea Amundsen, NOTEAM, 42:41,
63,Kjetil Heibert, NOTEAM, 42:54,
64,Roar Sandberg, Gullvikmoen, 43:44,
65,Liv Jenny Hestmo, Vemundvik IL, 45:30,
66,Kjell Hestmo, Vemundvik IL, 45:33,
67,Marit Ugseth, Botnan IL, 45:40,
68,Arvid Bergum, Botnan IL, 46:00,

69,Tina Hakli, Botnan IL, 46:34,
70,Trine Opsahl, Vemundvik IL, 48:17,
71,Joackim Derås, NOTEAM, 52:09,
72,Kjell Lien, Botnan IL, 52:29,
73,Eirin Vikan, Botnan IL, 52:30,
74,Ane Sandvik, Botnan IL, 52:47,
75,Kjell Anders Vikan, Botnan IL, 53:09,
76,Kristian Aakervik, Botnan IL, 58:43,
76,Aina Henriksen, Botnan IL, 58:43,
78,Robin Kjelbotn, Vemundvik IL, 59:16,
78,Karin Bruun, Botnan IL, 59:16,
80,Tadzio Heibert, NOTEAM, 1:02:50,

TRIM UTEN TID

Reidun Elden, Overhalla IL,
Bjørg Kalnes, NOTEAM,
Siri Hogseth, Overhalla IL,
Ove Vollan, Skorovass,
Toril Klingen, Spillum IL,
Mats Ivar Klingen, Spillum IL,
Anne Merete Reppen, Spillum IL,
Anne Grete Strøm, Namsos,
Marit Kolberg, Namsos,
Liv Aalberg, Vemundvik IL,
Lea Aalberg, Vemundvik IL,
Kåre Aalberg, Vemundvik IL,
Liv Indermo, Spillum IL,
Margot Lagesen, Spillum IL,
Marit Hals, NOTEAM,
Bodil Hansen, Vemundvik IL,
Evy Lein, Namdal LK,
Birgit Ødegård, Overhalla IL,
Astrid Ødegård, Overhalla IL,
Emil Elstad, Spillum IL,
Tone Rygg, Spillum IL,

Arne Elstad, Spillum IL,
Nina Asp, Botnan IL,
Heidi Finnseth, Botnan IL,
Johs. Okstad, Høylandet IL,
Arve Smevik, Spillum IL,
Roy Barstad, Spillum IL,
Jon Håkon Flakk, NOTEAM,
Anne Karin Flakk, NOTEAM,
Evy Myrvik, NOTEAM,
Irena Myrvik, NOTEAM,
Kjell Hildrum, NOTEAM,
Knut Osnes, Spillum IL,
Elin Nygård, NOTEAM,
Ann K Raaum Jansen, Spillum IL,
Ståle Duna, Vemundvik IL,
Kjellfrid Skage, Skorovass,
Kjersti Tyldum, Hålingen,
Louise Tyldum Saur, Hålingen,
Sila Heibert, NOTEAM,
Linnea Heibert, NOTEAM,
Anne Marie Holum, Namsos Kommune,
Sanna Kjørsvik Stenvik, NOTEAM,
Anders Kjørsvik Stensvik, NOTEAM,
Kristin Kjørsvik, NOTEAM,
Trond Stensvik, NOTEAM,
Torunn K Haugan, NOTEAM,
Trude Haugan, NOTEAM,
Terje Haugan, NOTEAM,
Stian Myrvik, Vemundvik IL,
Sigrid Myrvik, Vemundvik IL,
Ragni Myrvik, Vemundvik IL,
Magnus Dahl, Grong,
Per Hammerstrøm, Vemundvik IL,
Tora Hollup Lande, Namdal LK,
Karoline Hollup Lande, Namdal LK,

Tor Ingar Lande, Namdal LK,
Gunvor Røthe, Namsos,
Bernt Røthe, Namsos,
Lene Maria Bergum, Botnan IL,
Oda Sofie Aaring, Botnan IL,
Bård Aksel Hanssen, NOTEAM,
Gunhild Nilsen, Namsos Kommune,
Pål Kristian Kleven, Overhalla IL,
Alice Kleven, Overhalla IL,
Astrid Kleven, Overhalla IL,
Pål Kleven Solli, Overhalla IL,
Solvor Kleven Solli, Overhalla IL,
Knut Arve Husby, Otterøy IL,
Grete Hagen, Vemundvik IL,
Håvard Hagen, Vemundvik IL,
Janne Margreta Hagen, Vemundvik IL,
Guro Katrine Hagen, Vemundvik IL,
Helle Christina Hagen, Vemundvik IL,
Grete Sund, Namsos,
Caroline Sund Mohrsen, Namsos,
Kristoffer Sund Mohrsen, Namsos,
Sten Heimdal, Overhalla IL,
Willy Kjelbotn, Botnan IL,
Thunsuda Kjelbotn, Botnan IL,
Stine Marie Hestmo, Vemundvik IL,
Hermann Hestmo, Vemundvik IL,
Ella Hestmo, Vemundvik IL,
Karin Vikan, Botnan IL,
Daniel Vikan, Botnan IL,
Celina Vikan, Botnan IL,
Amund Geitsund, Vemundvik IL,
Ådne Geitsund, Vemundvik IL,
Harald Geitsund, Vemundvik IL,
Hilde Kristiansen, Vemundvik IL,
Turid Gundersen, Vemundvik IL,

Heidi Lona, Vemundvik IL,
Malin Lona, Vemundvik IL,
Viggo Nufsfjord, Elvalandet,
Kirsti Nufsfjord, Elvalandet,
John Ove Bruun, Botnan IL,
Åse Marie Bruun, Botnan IL,
John Magnus Bruun, Botnan IL,
Nils Johannes Bruun, Botnan IL,
Thomas Ilstad, Vemundvik IL,
Stine Nufsfjord, Vemundvik IL,
Håkon Dalby, Harran,
Anne Husvik, Otterøy IL,
Ingrid Henriksen, NOTEAM,
Liv Unni Årseth, NOTEAM,
Inge Kjelbotn, Botnan IL,
Sunniva Kjelbotn, Botnan IL,
Signe Anita Olsen, Vemundvik IL,
Anne Sofie Vannebo, Spillum IL,
Ruth Evy Tyldum, Hålingen,
Johanne Tyldum, Hålingen,
Erik Tyldum, Hålingen,
Inger Lise Rasmussen, Vemundvik IL,
Mikael Rasmussen, Vemundvik IL,
Ida Marie Rasmussen, Vemundvik IL,
Ann Karin Solli, Vemundvik IL,
Per Kjetil Flasnes, Vemundvik IL,
Maria Henriksen, NOTEAM,
Odd Harald Flasnes, Vemundvik IL,
Ann Mari Solli, NOTEAM,
Kjell Solli, NOTEAM,
Gunvor Flasnes, Vemundvik IL,
Berit Flasnes, Vemundvik IL,
Bjørg Skomsvold, NOTEAM,
Helga Vestermo-Reitan, Leik IL,
Bjørn Vestermo-Reitan, Leik IL,

Jannicke Strømmen, Vemundvik IL,
Jakob Løvvold, Vemundvik IL,
Christian Wallace, Vemundvik IL,
Richard Kjelbotn, Botnan IL,
Mona Grubbmo, Lierne IL,
Erik Aakervik, Botnan IL,
Guri Ingebrigsen, NOTEAM,
Ove Ingebrigsen, NOTEAM,
Anita Skaftnesmo, NOTEAM,
Arnt Rørvik, NOTEAM,
Elisabeth Rørvik, NOTEAM,
Sunniva Moen Rørvik, NOTEAM,
William Moen Rørvik, NOTEAM,
Lene Klingen, Spillum IL,
Arnhild Skogmo, Vemundvik IL,
Dagfinn Wagnild, Vemundvik IL,
Per Jakob Rønning, Overhalla IL,
Bjarne Olsen, Vemundvik IL,
Ståle Haugen, Vemundvik IL,
Ann Karin Haugen, Vemundvik IL,
Sigurd Granli, Grong,
Halvard Granli, Grong,
Ingrid Johanne Finvold Sagmo, Elva/Namsskogan,
Daniel Finvold Sagmo, Elva/Namsskogan,
Bjørn Sagmo, Trones,
Kristine Amdal, Namsos,
Kjell Ove Riseth, NOTEAM,
Andreas Riseth, NOTEAM,
Øyvind Ugseth, Elvalandet,
Emilie Ugseth, Elvalandet,
Lone Myrvik Olsen, Vemundvik IL,
Lisa Myrvik Olsen, Vemundvik IL,
Nina Myrvik, Vemundvik IL,
Sara Moum, Vemundvik IL,
Torkild Due, Namsos,

Stine Ekker, Spillum IL,
May Linn Ekker, Spillum IL,
Vendela Ekker, Spillum IL,
Hege Saugen, Vemundvik IL,
Mariann Finnanger, Vemundvik IL,
Rigmor Sandneseng, Vemundvik IL,
Gøril Sandneseng, Vemundvik IL,
Ronal Flakk, NOTEAM,
Oddny Flakk, NOTEAM,
Eva Myrvold, NOTEAM,
Ola Myrvold, NOTEAM,
Bjørg Amdal, Overhalla IL,
Heidi Bratlie, Namsos,
Martin Knudsen, Elvalandet,
Kristin Ugseth, Elvalandet,
Mie Knudsen, Elvalandet,
Vilde Løkkemo, Vemundvik IL,
Minidilten
Tobias Bergslid, Spillum IL,
Tina Brøndbo, Spillum IL,
Hanna Fossheim, Gullvikmoen,
Odin Fossheim, Gullvikmoen,
Are Fossheim, Gullvikmoen,
Mayfrid Amdal, Vemundvik IL,
Sigrid Busse, Namsos,
Maren Busse, Namsos,
Ingeborg Busse, Namsos,
Arne Marius Flasnes, Vemundvik IL,
Pål Flasnes, Vemundvik IL,
Jan Erik Mortensen, Vemundvik IL,
Isak Mortensen, Vemundvik IL,
Lea Mortensen, Vemundvik IL,
Martine Leirfjord, Vemundvik IL,
Maja Løkkemo, Vemundvik IL,

