

# AOSK - Kretsmesterskap All Round - Båstad 5. - 6. mars 2010 Resultatliste

Fredag 5/3 500m/5000m start kl 18:00 -8/vindstille slutt 21:30 -17/vindstille - Lørdag 6/3 1500m 10000m start kl 11:00 -12/vindstille slutt kl 15:30 -4/vindstille

## MJA

|                  |     |           |             |             |               |         |   |
|------------------|-----|-----------|-------------|-------------|---------------|---------|---|
| William Davidsen | MJA | 49,00 - 6 | 9 42,50 - 8 | 2 33,70 - 8 | 20 38,00 - 11 | 220,383 | 1 |
|------------------|-----|-----------|-------------|-------------|---------------|---------|---|

## MV40

|               |      |           |            |             |              |         |   |
|---------------|------|-----------|------------|-------------|--------------|---------|---|
| Petter Enholm | MV40 | 45,80 - 1 | 8 2,00 - 1 | 2 15,70 - 2 | 17 22,80 - 2 | 191,373 | 1 |
|---------------|------|-----------|------------|-------------|--------------|---------|---|

|                     |      |           |             |             |              |         |   |
|---------------------|------|-----------|-------------|-------------|--------------|---------|---|
| Ole Espen Rakkestad | MV40 | 48,90 - 3 | 8 46,00 - 3 | 2 26,10 - 3 | 18 33,10 - 4 | 205,855 | 2 |
|---------------------|------|-----------|-------------|-------------|--------------|---------|---|

|                 |      |           |            |             |              |         |   |
|-----------------|------|-----------|------------|-------------|--------------|---------|---|
| Kjetil Davidsen | MV40 | 48,90 - 3 | 9 5,80 - 5 | 2 27,90 - 4 | 18 43,80 - 5 | 208,970 | 3 |
|-----------------|------|-----------|------------|-------------|--------------|---------|---|

|                |      |             |               |               |               |         |   |
|----------------|------|-------------|---------------|---------------|---------------|---------|---|
| Svein Ove Bøye | MV40 | 154,40 - 22 | 27 42,90 - 23 | 12 22,90 - 23 | 90 11,00 - 24 | 838,873 | 4 |
|----------------|------|-------------|---------------|---------------|---------------|---------|---|

## MV45

|                  |      |           |            |             |              |         |   |
|------------------|------|-----------|------------|-------------|--------------|---------|---|
| Gunnar Ligaarden | MV45 | 48,90 - 3 | 9 2,40 - 4 | 2 28,70 - 5 | 18 44,20 - 6 | 208,917 | 1 |
|------------------|------|-----------|------------|-------------|--------------|---------|---|

|              |      |            |              |              |               |         |   |
|--------------|------|------------|--------------|--------------|---------------|---------|---|
| Espen Riktor | MV45 | 53,60 - 12 | 9 49,50 - 10 | 2 47,30 - 11 | 20 22,00 - 10 | 229,417 | 2 |
|--------------|------|------------|--------------|--------------|---------------|---------|---|

## MV50

|                     |      |           |             |             |              |         |   |
|---------------------|------|-----------|-------------|-------------|--------------|---------|---|
| Geir Ivar Markussen | MV50 | 51,20 - 9 | 9 49,20 - 9 | 2 40,20 - 9 | 20 20,80 - 9 | 224,560 | 1 |
|---------------------|------|-----------|-------------|-------------|--------------|---------|---|

|                       |      |            |               |              |              |         |   |
|-----------------------|------|------------|---------------|--------------|--------------|---------|---|
| Herbert Kristoffersen | MV50 | 52,80 - 10 | 10 26,30 - 11 | 2 51,50 - 12 | 22 8,10 - 12 | 239,002 | 2 |
|-----------------------|------|------------|---------------|--------------|--------------|---------|---|

|                  |      |            |               |              |               |         |   |
|------------------|------|------------|---------------|--------------|---------------|---------|---|
| Gunnar Birkelund | MV50 | 55,40 - 13 | 10 59,60 - 14 | 2 54,50 - 13 | 22 50,00 - 14 | 248,027 | 3 |
|------------------|------|------------|---------------|--------------|---------------|---------|---|

|             |      |            |              |              |               |         |   |
|-------------|------|------------|--------------|--------------|---------------|---------|---|
| Geir Tvenge | MV50 | 66,30 - 17 | 12 5,70 - 20 | 3 17,40 - 16 | 24 24,30 - 17 | 277,885 | 4 |
|-------------|------|------------|--------------|--------------|---------------|---------|---|

|                |      |            |              |              |               |         |   |
|----------------|------|------------|--------------|--------------|---------------|---------|---|
| Kjetil Grøttum | MV50 | 62,70 - 16 | 12 7,60 - 21 | 3 24,20 - 18 | 24 54,60 - 18 | 278,257 | 5 |
|----------------|------|------------|--------------|--------------|---------------|---------|---|

## MV55

|                        |      |           |             |             |              |         |   |
|------------------------|------|-----------|-------------|-------------|--------------|---------|---|
| Bjørn Øyvind Bringedal | MV55 | 49,40 - 8 | 9 25,30 - 7 | 2 33,40 - 7 | 19 21,80 - 8 | 215,153 | 1 |
|------------------------|------|-----------|-------------|-------------|--------------|---------|---|

|          |      |            |               |              |               |         |   |
|----------|------|------------|---------------|--------------|---------------|---------|---|
| Jon Rike | MV55 | 53,40 - 11 | 10 44,50 - 13 | 2 55,50 - 14 | 22 20,60 - 13 | 243,380 | 2 |
|----------|------|------------|---------------|--------------|---------------|---------|---|

|             |      |            |               |             |               |         |   |
|-------------|------|------------|---------------|-------------|---------------|---------|---|
| Geir Årseth | MV55 | 60,00 - 15 | 11 27,30 - 17 | 3 9,90 - 15 | 23 28,10 - 16 | 262,435 | 3 |
|-------------|------|------------|---------------|-------------|---------------|---------|---|

## MV60

|                    |      |           |             |              |              |         |   |
|--------------------|------|-----------|-------------|--------------|--------------|---------|---|
| Ivar Johnny Tvenge | MV60 | 49,00 - 6 | 8 41,40 - 2 | 2 40,50 - 10 | 18 51,40 - 7 | 211,210 | 1 |
|--------------------|------|-----------|-------------|--------------|--------------|---------|---|

|             |      |            |               |              |              |         |   |
|-------------|------|------------|---------------|--------------|--------------|---------|---|
| Lars Rambøl | MV60 | 58,70 - 14 | 11 55,60 - 19 | 3 21,30 - 17 | 25 6,00 - 19 | 272,660 | 2 |
|-------------|------|------------|---------------|--------------|--------------|---------|---|

|                   |      |            |               |              |               |         |   |
|-------------------|------|------------|---------------|--------------|---------------|---------|---|
| Sven Otto Ringnes | MV60 | 66,30 - 17 | 11 45,60 - 18 | 3 28,10 - 19 | 23 20,10 - 15 | 276,232 | 3 |
|-------------------|------|------------|---------------|--------------|---------------|---------|---|

## MV65

|                 |      |           |            |             |              |         |   |
|-----------------|------|-----------|------------|-------------|--------------|---------|---|
| Asbjørn Hildrum | MV65 | 48,10 - 2 | 9 7,50 - 6 | 2 33,30 - 6 | 18 28,20 - 3 | 209,360 | 1 |
|-----------------|------|-----------|------------|-------------|--------------|---------|---|

# AOSK - KM All Round - 5. - 6. mars 2010 Resultater 500m

| Løper                  | Klubb   | Klasse | tid    | Plass |
|------------------------|---------|--------|--------|-------|
| Petter Enholm          | ASK     | MV40   | 45,80  | 1     |
| Asbjørn Hildrum        | ASK     | MV65   | 48,10  | 2     |
| Kjetil Davidsen        | LIK     | MV40   | 48,90  | 3     |
| Ole Espen Rakkestad    | ASK     | MV40   | 48,90  | 3     |
| Gunnar Ligaarden       | ASK     | MV45   | 48,90  | 3     |
| Ivar Johnny Tvenge     | Gran    | MV60   | 49,00  | 6     |
| William Davidsen       | LIK     | MJA    | 49,00  | 6     |
| Bjørn Øyvind Bringedal | A-LIK   | MV55   | 49,40  | 8     |
| Geir Ivar Markussen    | LIK     | MV50   | 51,20  | 9     |
| Herbert Kristoffersen  | A-LIK   | MV50   | 52,80  | 10    |
| Jon Rike               | A-LIK   | MV55   | 53,40  | 11    |
| Espen Riktor           | LIK     | MV45   | 53,60  | 12    |
| Gunnar Birkelund       | A-LIK   | MV50   | 55,40  | 13    |
| Lars Rambøl            | LIK     | MV60   | 58,70  | 14    |
| Geir Årseth            | SK94    | MV55   | 60,00  | 15    |
| Kjetil Grøttum         | A-LIK   | MV50   | 62,70  | 16    |
| Geir Tvenge            | Gran    | MV50   | 66,30  | 17    |
| Sven Otto Ringnes      | Hakadal | MV60   | 66,30  | 17    |
| Henrik                 | LIK     | M10    | 68,80  | 19    |
| Peder Tyvand           | ÅS      | MV50   | 72,90  | 20    |
| Sondre                 | LIK     | M10    | 90,80  | 21    |
| Svein Ove Bøye         | LIK     | MV40   | 154,40 | 22    |
| Viktor Markussen       | LIK     | M10    | 155,70 | 23    |

# AOSK - KM All Round - 5-6 mars 2010 Resultater 5000 m

| Løper                  | Klubb   | Klasse | tid        | Plass |
|------------------------|---------|--------|------------|-------|
| Petter Enholm          | ASK     | MV40   | 8 : 2,00   | 1     |
| Ivar Johnny Tvenge     | Gran    | MV60   | 8 : 41,40  | 2     |
| Ole Espen Rakkestad    | ASK     | MV40   | 8 : 46,00  | 3     |
| Gunnar Ligaarden       | ASK     | MV45   | 9 : 2,40   | 4     |
| Kjetil Davidsen        | LIK     | MV40   | 9 : 5,80   | 5     |
| Asbjørn Hildrum        | ASK     | MV65   | 9 : 7,50   | 6     |
| Bjørn Øyvind Bringedal | A-LIK   | MV55   | 9 : 25,30  | 7     |
| William Davidsen       | LIK     | MJA    | 9 : 42,50  | 8     |
| Geir Ivar Markussen    | LIK     | MV50   | 9 : 49,20  | 9     |
| Espen Riktor           | LIK     | MV45   | 9 : 49,50  | 10    |
| Herbert Kristoffersen  | A-LIK   | MV50   | 10 : 26,30 | 11    |
| Sondre                 | LIK     | M10    | 10 : 27,90 | 12    |
| Jon Rike               | A-LIK   | MV55   | 10 : 44,50 | 13    |
| Gunnar Birkelund       | A-LIK   | MV50   | 10 : 59,60 | 14    |
| Viktor Markussen       | LIK     | M10    | 11 : 10,70 | 15    |
| Peder Tyvand           | ÅS      | MV50   | 11 : 26,60 | 16    |
| Geir Årseth            | SK94    | MV55   | 11 : 27,30 | 17    |
| Sven Otto Ringnes      | Hakadal | MV60   | 11 : 45,60 | 18    |
| Lars Rambøl            | LIK     | MV60   | 11 : 55,60 | 19    |
| Geir Tvenge            | Gran    | MV50   | 12 : 5,70  | 20    |
| Kjetil Grøttum         | A-LIK   | MV50   | 12 : 7,60  | 21    |
| Henrik                 | LIK     | M10    | 14 : 54,80 | 22    |
| Svein Ove Bøye         | LIK     | MV40   | 27 : 42,90 | 23    |

# AOSK - KM All Round - 5-6 mars 2010 Resultater 1500 m

| Løper                  | Klubb   | Klasse | tid        | Plass |
|------------------------|---------|--------|------------|-------|
| Jon Gauslaa            | ASK     | MV45   | 2 : 15,50  | 1     |
| Petter Enholm          | ASK     | MV40   | 2 : 15,70  | 2     |
| Ole Espen Rakkestad    | ASK     | MV40   | 2 : 26,10  | 3     |
| Kjetil Davidsen        | LIK     | MV40   | 2 : 27,90  | 4     |
| Gunnar Ligaarden       | ASK     | MV45   | 2 : 28,70  | 5     |
| Asbjørn Hildrum        | ASK     | MV65   | 2 : 33,30  | 6     |
| Bjørn Øyvind Bringedal | A-LIK   | MV55   | 2 : 33,40  | 7     |
| William Davidsen       | LIK     | MJA    | 2 : 33,70  | 8     |
| Geir Ivar Markussen    | LIK     | MV50   | 2 : 40,20  | 9     |
| Ivar Johnny Tvenge     | Gran    | MV60   | 2 : 40,50  | 10    |
| Espen Riktor           | LIK     | MV45   | 2 : 47,30  | 11    |
| Herbert Kristoffersen  | A-LIK   | MV50   | 2 : 51,50  | 12    |
| Gunnar Birkelund       | A-LIK   | MV50   | 2 : 54,50  | 13    |
| Jon Rike               | A-LIK   | MV55   | 2 : 55,50  | 14    |
| Geir Årseth            | SK94    | MV55   | 3 : 9,90   | 15    |
| Geir Tvenge            | Gran    | MV50   | 3 : 17,40  | 16    |
| Lars Rambøl            | LIK     | MV60   | 3 : 21,30  | 17    |
| Kjetil Grøttum         | A-LIK   | MV50   | 3 : 24,20  | 18    |
| Sven Otto Ringnes      | Hakadal | MV60   | 3 : 28,10  | 19    |
| Henrik                 | LIK     | M10    | 3 : 37,00  | 20    |
| Sondre                 | LIK     | M10    | 4 : 12,90  | 21    |
| Viktor Markussen       | LIK     | M10    | 5 : 26,30  | 22    |
| Svein Ove Bøye         | LIK     | MV40   | 12 : 22,90 | 23    |

# AOSK - KM All Round - 5-6 mars 2010 Resultater 10000 m

| Løper                  | Klubb   | Klasse | tid        | Plass |
|------------------------|---------|--------|------------|-------|
| Jon Gauslaa            | ASK     | MV45   | 16 : 9,40  | 1     |
| Petter Enholm          | ASK     | MV40   | 17 : 22,80 | 2     |
| Asbjørn Hildrum        | ASK     | MV65   | 18 : 28,20 | 3     |
| Ole Espen Rakkestad    | ASK     | MV40   | 18 : 33,10 | 4     |
| Kjetil Davidsen        | LIK     | MV40   | 18 : 43,80 | 5     |
| Gunnar Ligaarden       | ASK     | MV45   | 18 : 44,20 | 6     |
| Ivar Johnny Tvenge     | Gran    | MV60   | 18 : 51,40 | 7     |
| Bjørn Øyvind Bringedal | A-LIK   | MV55   | 19 : 21,80 | 8     |
| Geir Ivar Markussen    | LIK     | MV50   | 20 : 20,80 | 9     |
| Espen Riktor           | LIK     | MV45   | 20 : 22,00 | 10    |
| William Davidsen       | LIK     | MJA    | 20 : 38,00 | 11    |
| Herbert Kristoffersen  | A-LIK   | MV50   | 22 : 8,10  | 12    |
| Jon Rike               | A-LIK   | MV55   | 22 : 20,60 | 13    |
| Gunnar Birkelund       | A-LIK   | MV50   | 22 : 50,00 | 14    |
| Sven Otto Ringnes      | Hakadal | MV60   | 23 : 20,10 | 15    |
| Geir Årseth            | SK94    | MV55   | 23 : 28,10 | 16    |
| Geir Tvenge            | Gran    | MV50   | 24 : 24,30 | 17    |
| Kjetil Grøttum         | A-LIK   | MV50   | 24 : 54,60 | 18    |
| Lars Rambøl            | LIK     | MV60   | 25 : 6,00  | 19    |
| Peder Tyvand           | ÅS      | MV50   | 25 : 20,30 | 20    |
| Henrik                 | LIK     | M10    | 31 : 0,70  | 21    |
| Sondre                 | LIK     | M10    | 32 : 39,40 | 22    |
| Viktor Markussen       | LIK     | M10    | 41 : 18,80 | 23    |
| Svein Ove Bøye         | LIK     | MV40   | 90 : 11,00 | 24    |