

KM All-Round Senior og veteran AOSK - 22.02 - 23.02 - 2019

Fredag 22.02 500m/5000m start kl 18:00 4 m/s/+3, slutt 20:45 - Lørdag 23.02 1500m /10000m start kl 10:15 12m/s/+3, - slutt kl 15:00 - MT +0,20 sek

	Team - Class	500m	rank	5000 m	rank	1500m	rank	10000 m	rank	Combo	class	total
K40												
	Therese Staal Brekke	LIK-H	K40	66,78 PB - 24	11 26,37	- 22	3 15,74 PB - 23	23 1,43 - 21		269,734	1	21
K50												
	Marit D. Riktor	LIK	K50	81,45 - 28	14 41,02	- 27	3 50,39 - 26	3000m 8.21,75 - 329.973		246,348	1	
K60												
	Sara Hemmer	ASK	K60	61,88 - 22	10 17,50	- 18	2 53,26 - 19	19 57,71 - 13		241,268	1	18
M30												
	Mats Huseby	LIK-H	M30	51,13 PB - 12	10 5,80	- 16	2 34,25 - 9	20 25,83 - 15	PB	224,417	1	12
M35												
	Tomm Samodee	OSS	M35	47,54 PB - 5	9 4,02 PB - 6		2 28,60 PB - 5	18 10,53 - 5	PB	206,001	1	5
M40												
	Knut Erik Tveten	ASK	M40	50,29 - 9	9 48,13	- 13	2 36,04 PB - 11	19 47,52 - 12	PB	220,492	1	11
M45												
	Gard Fredriksen	LIK-H	M45	48,03 - 7	9 17,38	- 8	2 25,93 - 4	19 5,23 - 10		209,672	1	6
	Ole Martin Nodenes	LIK-H	M45	55,05 PB - 18	11 11,63	- 21	3 3,66 PB - 21	23 1,32 - 20	PB	252,499	2	20
	Erik Thorstensen	ASK	M45	63,39 - 23	11 55,37	- 24	3 17,14 - 24	25 10,86 - 23	PB	276,183	3	22
M50												
	Odd-Arild Ødegaard	ASK	M50	47,44 - 4	8 34,06	- 4	2 22,50 - 3	17 48,81 - 3		199,786	1	3
	Tord Fredriksen	LIK-H	M50	57,37 - 21	9 56,05	- 14	2 51,21 - 17	20 13,07 - 14		234,698	2	15
M55												
	Eric Askildsen	LIK-H	M55	46,04 - 3	8 19,38	- 2	2 18,60 - 1	16 55,59 - 1		192,957	1	1
	Gerrit Middelkoop	OSS	M55	51,85 - 13	9 24,52	- 10	2 37,76 - 12	19 2,90 - 9		218,033	2	9
	Njål Nore	Asker S	M55	55,09 PB - 19	9 24,43 PB - 9		2 39,40 PB - 8	18 34,85 - 7	PB	220,408	3	10
	Espen Riktor	LIK	M55	54,16 - 16	9 33,38	- 12	2 43,50 - 13	19 32,84 - 11		224,640	4	13
	Erik Michelsen	OSS	M55	54,62 - 17	10 17,02	- 17	2 54,72 - 20	21 21,34 - 17	PB	238,629	5	16
	Per Espen Kristoffers	OSS	M55	53,46 PB - 14	10 40,52	- 19	2 50,73 - 16	21 57,47 - 18		240,295	6	17
	Herbert Kristoffersen	OSS	M55	55,74 - 20	10 57,39	- 20	2 52,67 - 18	22 55,23 - 19		247,796	7	19

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	Team - Class	500m	rank	5000 m	rank	1500m	rank	10000 m	rank	Combo	class	total		
M60														
	Vidar Skripeland	LIK	M60	49,55	- 8	8 33,96	- 3	2 28,96	- 6	17 20,19	- 2	202,608	1	4
	Terje Bjørk	ASK	M60	50,90	- 10	9 11,32	- 7	2 32,09	- 7	18 18,77	- 6	211,666	2	7
	Ame Stenhaug	ASK	M60	47,93	- 6	9 29,66	- 11	2 35,27	- 10	18 49,69	- 8	213,136	3	8
	Geir Tvenge	SK94	M60	74,13	- 25	11 40,98	- 23	3 10,82	- 22	23 42,82	- 22	PB 278,975	4	23
M70														
	Lars Rambøl	LIK	M70	80,77	- 27	14 23,92	- 26	3 49,98	- 25	29 30,11	- 24	332,327	1	24
M75														
	Magnar Lundberg	LIK	M75	54,10	- 15	10 5,32	- 15	2 45,76	- 14	20 50,56	- 16	232,413	1	14
MSA														
	Morten Aske Kolstad	LIK-H	MSA	43,19	- 1	8 51,31	- 5	2 18,92	- 2	17 57,59	- 4	196,506	1	2

LIK-mesterskapet 2019 - Resultater 500m

22.02.2019 - 18:00 - Valle Hovin - 3-4 m/s temp +1 til +3 grader

Løper	Klubb	Klasse	tid	Plass	Poeng	diff. 5000m
Morten Aske Kolstad	LIK-H	MSA	43,19	1	43,190	0,00
Steinar Johansen	HBSK	M45	44,39	2	44,390	12,00
Eric Askildsen	LIK-H	M55	46,04	3	46,040	28,50
Odd-Arild Ødegaard	ASK	M50	47,44	4	47,440	42,50
Tomm Samodee	OSS	M35	47,54	5	47,540	43,50
Arne Stenhaug	ASK	M60	47,93	6	47,930	47,40
Gard Fredriksen	LIK-H	M45	48,03	7	48,030	48,40
Vidar Skripeland	LIK	M60	49,55	8	49,550	63,60
Knut Erik Tveten	ASK	M40	50,29	9	50,290	71,00
Terje Bjørk	ASK	M60	50,90	10	50,900	77,10
Tinius Alme Rambøl	ASK	MYA	50,97	11	50,970	77,80
Mats Huseby	LIK-H	M30	51,13	12	51,130	79,40
Gerrit Middelkoop	OSS	M55	51,85	13	51,850	86,60
Per Espen Kristoffersen	OSS	M55	53,46	14	53,460	102,70
Magnar Lundberg	LIK	M75	54,10	15	54,100	109,10
Espen Riktor	LIK	M55	54,16	16	54,160	109,70
Erik Michelsen	OSS	M55	54,62	17	54,620	114,30
Ole Martin Nodenes	LIK-H	M45	55,05	18	55,050	118,60
Njål Nore	Asker SK	M55	55,09	19	55,090	119,00
Herbert Kristoffersen	OSS	M55	55,74	20	55,740	125,50
Tord Fredriksen	LIK-H	M50	57,37	21	57,370	141,80
Sara Hemmer	ASK	K60	61,88	22	61,880	186,90
Erik Thorstensen	ASK	M45	63,39	23	63,390	202,00
Therese Staal Brekke	LIK-H	K40	66,78	24	66,780	235,90
Geir Tvenge	SK94	M60	74,13	25	74,130	309,40
Viola Kuldvere	LASK	K50	77,55	26	77,550	343,60
Lars Rambøl	LIK	M70	80,77	27	80,770	375,80
Marit D. Riktor	LIK	K50	81,45	28	81,450	382,60

LIK-mesterskapet 2019 - Resultater 5000 m

22.02.2019 - 18:45 temp +1 / +3 - 4 m/s - Valle Hovin - MT + 0,20 sek

Løper	Klubb	Klasse	Tid 5000m	Plass	Poeng	Totalt	Diff 1500
Steinar Johansen	HBSK	M45	7 51,54	1	47,154	91,544	13,30
Eric Askildsen	LIK-H	M55	8 19,38	2	49,938	95,978	0,00
Vidar Skripeland	LIK	M60	8 33,96	3	51,396	100,946	14,90
Odd-Arild Ødegaard	ASK	M50	8 34,06	4	51,406	98,846	8,60
Morten Aske Kolstad	LIK-H	MSA	8 51,31	5	53,131	96,321	1,03
Tomm Samodee	OSS	M35	9 4,02	Pers 6	54,402	101,942	17,89
Terje Bjørk	ASK	M60	9 11,32	7	55,132	106,032	30,16
Gard Fredriksen	LIK-H	M45	9 17,38	8	55,738	103,768	23,37
Njål Nore	Asker SK	M55	9 24,43	Pers 9	56,443	111,533	46,67
Gerrit Middelkoop	OSS	M55	9 24,52	10	56,452	108,302	36,97
Ame Stenhaug	ASK	M60	9 29,66	11	56,966	104,896	26,75
Espen Riktor	LIK	M55	9 33,38	12	57,338	111,498	46,56
Knut Erik Tveten	ASK	M40	9 48,13	13	58,813	109,103	39,38
Tord Fredriksen	LIK-H	M50	9 56,05	14	59,605	116,975	62,99
Magnar Lundberg	LIK	M75	10 5,32	15	60,532	114,632	55,96
Mats Huseby	LIK-H	M30	10 5,80	16	60,580	111,710	47,20
Erik Michelsen	OSS	M55	10 17,02	17	61,702	116,322	61,03
Sara Hemmer	ASK	K60	10 17,50	18	61,750	123,630	82,96
Per Espen Kristoffersen	OSS	M55	10 40,52	19	64,052	117,512	64,60
Herbert Kristoffersen	OSS	M55	10 57,39	20	65,739	121,479	76,50
Ole Martin Nodenes	LIK-H	M45	11 11,63	21	67,163	122,213	78,70
Therese Staal Brekke	LIK-H	K40	11 26,37	22	68,637	135,417	118,32
Geir Tvenge	SK94	M60	11 40,98	23	70,098	144,228	144,75
Erik Thorstensen	ASK	M45	11 55,37	24	71,537	134,927	116,85
Viola Kuldvere	LASK	K50	13 57,94	25	83,794	161,344	196,10
Lars Rambøl	LIK	M70	14 23,92	26	86,392	167,162	213,55
Marit D. Riktor	LIK	K50	14 41,02	27	88,102	169,552	220,72

LIK-mesterskapet 2019 - Resultater 1500 m

23.02.2019 - 10:15 - Valle Hovin - 1 m/s temp +3

Løper	Klubb	Klasse	tid		Plass	Poeng	Totalt	Diff. - 10000
Eric Askildsen	LIK-H	M55	2 18,60		1	46,200	142,178	0,0
Morten Aske Kolstad	LIK-H	MSA	2 18,92		2	46,306	142,627	9,0
Odd-Ariid Ødegaard	ASK	M50	2 22,50		3	47,500	146,346	83,4
Gard Fredriksen	LIK-H	M45	2 25,93		4	48,643	152,411	204,7
Tomm Samodee	OSS	M35	2 28,60	PB	5	49,533	151,475	185,9
Vidar Skripeland	LIK	M60	2 28,96		6	49,653	150,599	168,4
Terje Bjørk	ASK	M60	2 32,09		7	50,696	156,728	291,0
Mats Huseby	LIK-H	M30	2 34,25		8	51,416	163,126	419,0
Ame Stenhaug	ASK	M60	2 35,27		9	51,756	156,652	289,5
Knut Erik Tveten	ASK	M40	2 36,04	PB	10	52,013	161,116	378,8
Gerrit Middelkoop	OSS	M55	2 37,76		11	52,586	160,888	374,2
Njål Nore	Asker SK	M55	2 39,40	PB	12	53,133	164,666	449,8
Espen Riktor	LIK	M55	2 43,50		13	54,500	165,998	476,4
Magnar Lundberg	LIK	M75	2 45,76		14	55,253	169,885	554,1
Tinius Alme Rambøl	ASK	MYA	2 47,29		15	55,763	106,733	708,90
Per Espen Kristoffersen	OSS	M55	2 50,73		16	56,910	174,422	644,9
Tord Fredriksen	LIK-H	M50	2 51,21		17	57,070	174,045	637,3
Herbert Kristoffersen	OSS	M55	2 52,67		18	57,556	179,035	737,1
Sara Hemmer	ASK	K60	2 53,26		19	57,753	181,383	784,1
Erik Michelsen	OSS	M55	2 54,72		20	58,240	174,562	647,7
Ole Martin Nodenes	LIK-H	M45	3 3,66	PB	21	61,220	183,433	825,1
Geir Tvenge	SK94	M60	3 10,82		22	63,606	207,834	1 313,1
Therese Staal Brekke	LIK-H	K40	3 15,74	PB	23	65,246	200,663	1 169,7
Erik Thorstensen	ASK	M45	3 17,14		24	65,713	200,640	1 169,2
Lars Rambøl	LIK	M70	3 49,98		25	76,660	243,822	2 032,9
Marit D. Riktor	LIK	K50	3 50,39		26	76,796	246,348	2 083,4

LIK-mesterskapet 2019 - Resultater 10000 m

23.02.2019 - 11:15 - Valle Hovin - 1 m/s temp +3

Løper	Klubb	Klasse	tid	Plass	10000MP	KMPOINT
Eric Askildsen	LIK-H	M55	16 : 55,59	1	50,779	192,957
Vidar Skripeland	LIK	M60	17 : 20,19	2	52,009	202,608
Odd-Ariid Ødegaard	ASK	M50	17 : 48,81	3	53,440	199,786
Morten Aske Kolstad	LIK-H	MSA	17 : 57,59	4	53,879	196,506
Tomm Samodee	OSS	M35	18 : 10,53 PB	5	54,526	206,001
Terje Bjørk	ASK	M60	18 : 18,77	6	54,938	211,666
Njål Nore	Asker SK	M55	18 : 34,85 PB	7	55,742	220,408
Ame Stenhaug	ASK	M60	18 : 49,69	8	56,484	213,136
Gerrit Middelkoop	OSS	M55	19 : 2,90	9	57,145	218,033
Gard Fredriksen	LIK-H	M45	19 : 5,23	10	57,261	209,672
Espen Riktor	LIK	M55	19 : 32,84	11	58,642	224,640
Knut Erik Tveten	ASK	M40	19 : 47,52 PB	12	59,376	220,492
Sara Hemmer	ASK	K60	19 : 57,71	13	59,885	241,268
Tord Fredriksen	LIK-H	M50	20 : 13,07	14	60,653	234,698
Mats Huseby	LIK-H	M30	20 : 25,83 PB	15	61,291	224,417
Magnar Lundberg	LIK	M75	20 : 50,56	16	62,528	232,413
Erik Michelsen	OSS	M55	21 : 21,34 PB	17	64,067	238,629
Per Espen Kristoffersen	OSS	M55	21 : 57,47	18	65,873	240,295
Herbert Kristoffersen	OSS	M55	22 : 55,23	19	68,761	247,796
Ole Martin Nodenes	LIK-H	M45	23 : 1,32 PB	20	69,066	252,499
Therese Staal Brekke	LIK-H	K40	23 : 1,43	21	69,071	269,734
Geir Tvenge	SK94	M60	23 : 42,82 PB	22	71,141	278,975
Erik Thorstensen	ASK	M45	25 : 10,86 PB	23	75,543	276,183
Lars Rambøl	LIK	M70	29 : 30,11	24	88,505	332,327