

<b>Resultat Lønahorgi opp 20.06.09</b>						
	<b>Navn</b>	<b>Klubb</b>	<b>Til Bavallst.</b>	<b>Frå Bavallst.</b>	<b>Resultat</b>	<b>Etter</b>
G 12-15 år						
	Sivert Vonen	GIF		00:39:30	<b>39:30</b>	
	Einar Trefall	Eksingedalen-Modalen IL		00:40:05	<b>40:05</b>	00:35
	Olav Haugo	Voss IL		00:41:03	<b>41:03</b>	01:33
	Gustav Iden	IL Norna Salhus		00:42:46	<b>42:46</b>	03:16
	Eivind Maurseth Blindheim	Bulken IL		00:43:49	<b>43:49</b>	04:19
	Lars Andre Møen	Voss IL		00:45:53	<b>45:53</b>	06:23
	Ingve Helland	Voss IL		00:46:29	<b>46:29</b>	06:59
	Jarand Lid Trøen	BUL		00:47:09	<b>47:09</b>	07:39
	Lars Tveito	Voss IL		00:47:14	<b>47:14</b>	07:44
	Torstein Haaker Dagestad	Bulken IL		00:47:17	<b>47:17</b>	07:47
	Magnus Trefall	Eksingedalen-Modalen IL		00:50:15	<b>50:15</b>	10:45
	Tobias Nyborg	IL Ørnar		00:54:02	<b>54:02</b>	14:32
	Jakob Gullbrå Tollefsen	BUL		00:56:49	<b>56:49</b>	17:19
G 16-17 år						
	Eirik Finne	Viking		41:52	<b>41:52</b>	
	Martin Finne	Korlevoll		43:17	<b>43:17</b>	01:25
G 18-19 år						
	Henry Kiplagat	Vidar	00:18:54	00:32:20	<b>00:51:14</b>	
	Richard Bartale	Vidar	00:18:54	00:33:14	<b>00:52:08</b>	00:54
	Asbjørn Berland	AKS-77	00:20:53	00:38:45	<b>00:59:38</b>	08:24
J 12-15 år						
	Anvor Teigen Nestås	Bulken IL		00:56:42	<b>00:56:42</b>	
	Hege Djukastein	Bulken IL		00:56:42	<b>00:56:42</b>	
	Live Finne	Voss IL		01:08:27	<b>01:08:27</b>	11:45
J 18 - 19 år						
	Guro Tveito	Voss IL	00:28:55	00:56:18	<b>01:25:13</b>	
Kv 20-34 år						
	Merete Helgheim	No Team	00:23:31	00:43:22	<b>01:06:53</b>	
	Therese Sjursen	BFG-FANA	00:24:30	00:45:08	<b>1:09:38</b>	02:45
	Mai Britt Buer	Harding IL	00:24:30	00:45:46	<b>1:10:16</b>	03:23
	Maria Kalvik	No Team	00:30:25	00:57:42	<b>1:28:07</b>	21:14
	Jenny Dugstad	NTNUI	00:31:21	01:02:39	<b>1:34:00</b>	27:07

Kv 35-39 år						
	Marianne Soltvedt	Voss IL	00:29:15	00:53:23	<b>1:22:38</b>	
Kv 40-44 år						
	Therese Eidsheim	Mjøsdalen IL	00:28:55	00:55:15	<b>1:24:10</b>	
Kv 55-59 år						
	Anne Grete Haugen	IL Viljar	00:27:51	00:54:03	<b>1:21:54</b>	
Kv 45-49 år						
	Marit Seim	Voss IL	00:27:41	00:52:19	<b>1:20:00</b>	
Kv 60-64 år						
	Sigrun Molland	AKS-77	00:30:28	00:56:54	<b>1:27:22</b>	
M 20-34 år						
	E-Luid Kirui	Vidar	00:18:54	00:32:50	<b>00:51:44</b>	
	Mike Tuniy	Vidar	00:18:54	00:34:37	<b>00:53:31</b>	01:47
	Joel Dyrhovden	Samnanger IL	00:19:50	00:37:57	<b>00:57:47</b>	06:03
	Kjell-Christian Markset	Byåsen IL	00:20:40	00:38:02	<b>00:58:42</b>	06:58
	Espen Rognsvåg	BFG-FANA	00:21:16	00:38:48	<b>1:00:04</b>	08:20
	Sjur Røthe	Voss IL	00:21:00	00:40:02	<b>1:01:02</b>	09:18
	Leif B. Grindedal	Feios IL	00:21:43	00:40:10	<b>1:01:53</b>	10:09
	Øyvind Loftås	No Team	00:22:26	00:42:01	<b>1:04:27</b>	12:43
	Sigbjørn Emblem	Hakallestranda fil	00:24:03	00:42:59	<b>1:07:02</b>	15:18
	Bjarte Nestås Johnsen	Voss IL	00:22:38	00:46:43	<b>1:09:21</b>	17:37
	Remi Kvalheim	Team Nautilus	00:26:33	00:49:33	<b>1:16:06</b>	24:22
	Allan Bohsen	Asker skiklubb	00:25:53	00:51:29	<b>1:17:22</b>	25:38
	Christian Jensen	No Team	00:29:46	00:58:00	<b>1:27:46</b>	36:02
M 35-39 år						
	Terje Aggvin	Gular IL	00:19:01	00:35:18	<b>00:54:19</b>	
	Dag-Henry Nilsen	Vaksdal	00:22:00	00:40:16	<b>1:02:16</b>	07:57
	John Olav Tjønneland	Viksdalen IL	00:22:45	00:45:36	<b>1:08:21</b>	14:02
	Jan Vidar Akseberg	IL Fri	00:28:48	00:46:08	<b>1:09:06</b>	14:47
	Jarle Torkildsen	No Team	00:23:53	00:45:45	<b>1:09:38</b>	15:19
	Roy Dyrkolbotn	Mjøsdalen IL	00:25:26	00:47:27	<b>1:12:53</b>	18:34
	Bård Lyngnes	Voss IL	00:24:30	00:50:08	<b>1:14:38</b>	20:19
	Kjetil Iden	AKS-77	00:24:58	00:50:17	<b>1:15:15</b>	20:56
	Eirik Magnus Kalleklev	BCK	00:27:09	00:49:03	<b>1:16:12</b>	21:53
	Tor Erik Nilsen	Ahlsell B.I.L	00:26:58	00:51:53	<b>1:18:51</b>	24:32
	Helge Finne	Voss IL	00:27:28	00:51:55	<b>1:19:23</b>	25:04

M 40-44 år						
	Kristen Skjeldal	Bulken IL	00:19:49	00:35:42	<b>00:55:31</b>	
	Alf Ove Esperås	IL Fri	00:22:04	00:39:53	<b>1:01:57</b>	06:26
	Harald Hauso	BFG-FANA	00:22:58	00:41:36	<b>1:04:34</b>	09:03
	Tore Klanderud	No Team	00:23:36	00:44:09	<b>1:07:45</b>	12:14
	Tore Nyborg	IL Ørnar	00:23:55	00:44:49	<b>1:08:44</b>	13:13
	Alan Lathman	Highbury	00:26:04	00:51:01	<b>1:17:05</b>	21:34
	Jonhny L Borge	Eidfjord IL	00:27:04	00:51:49	<b>1:18:53</b>	23:22
	Asle Øydvin	Eidfjord IL	00:29:05	00:56:59	<b>1:26:04</b>	30:33
	Åge Rolland	Rosenkrantz Turning	00:31:52	00:59:03	<b>1:30:55</b>	35:24
M 45-49 år						
	Kjetil Dyrvik	Voss friidrett	00:21:31	00:39:41	<b>1:01:12</b>	
	Alemayehu Sitotaw	Varegg	00:22:01	00:41:04	<b>1:03:05</b>	01:53
	Brynjulf Vonen	Varegg	00:22:47	00:40:57	<b>1:03:44</b>	02:32
	Kjell Mundal	Jølster IL	00:22:43	00:41:37	<b>1:04:20</b>	03:08
	Terje Skinstad	Drammen IL	00:23:27	00:42:25	<b>1:05:52</b>	04:40
	Bjørn Krossøy	Kalandseid IL	00:23:25	00:45:24	<b>1:08:49</b>	07:37
	Jan Rolland	Rosenkrantz Turning	00:24:58	00:47:12	<b>1:12:10</b>	10:58
	Philemon Boit	Vidar	00:26:14	00:50:36	<b>1:16:50</b>	15:38
	Robert Næss	No Team	00:27:20	00:53:02	<b>1:20:22</b>	19:10
	Bård Gjerde	IL Ørnar	00:30:26	00:57:49	<b>1:28:15</b>	27:03
M 50-54 år						
	Oddmund Roaldkvam	Stord IL	00:20:24	00:35:54	<b>00:56:18</b>	
	Øystein Øvsthus	Mjøsdaalen IL	00:25:03	00:50:38	<b>1:15:41</b>	19:23
	Arnfinn Trøen	BUL	00:29:15	00:54:33	<b>1:23:48</b>	27:30
M 55-59 år						
	Klaus Nikolai Takle	Brekke IL	00:24:58	00:45:24	<b>1:10:22</b>	
	Anders Inge Hundere	Lærdal IL	00:24:58	00:47:04	<b>1:12:02</b>	01:40
	Olav Kvalheim	No Team	00:26:06	00:49:45	<b>1:15:51</b>	05:29
	Knut O. Dugstad	IL Ørnar	00:27:28	00:54:38	<b>1:22:06</b>	11:44
M 60-64 år						
	Leif Molland	AKS-77	00:26:35		<b>1:18:45</b>	
	Steinar Tysse	Mjøsdaalen IL	00:30:37	00:55:36	<b>1:26:13</b>	07:28
	Svein Steinsland	BKK	00:29:40	01:00:00	<b>1:29:40</b>	10:55
M 65-69 år						
	Birger Hanstveit	Mjøsdaalen IL	00:30:37	00:56:05	<b>1:26:42</b>	