

# Resultat Superkjering

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
<b>2006</b>								
<b>Superkjering junior jenter</b>								
	1	Herdis Berge	-	00:15:31	00:27:43	00:20:20	00:25:30	01:29:04
<b>Superkjering junior gutar</b>								
	1	Vegar Wathne Bøyum	Syril, IL	00:11:30	00:14:38	00:13:20	00:16:22	00:55:50
	2	Hallvard Haugen	Bjørn, IL	00:12:43	00:13:44	00:13:06	00:17:09	00:56:42
	3	Sondre Lekve Bjelle	Sogndal IL	00:12:06	00:15:31	00:14:47	00:16:39	00:59:03
	4	Sigurd Borlaug	Kaupanger IL	00:11:00	00:17:13	00:13:35	00:19:08	01:00:56
	5	Bård Henjum	Syril, IL	00:12:46	00:16:19	00:14:25	00:17:51	01:01:21
	6	Vegard Nes	Sogndal IL	00:11:18	00:15:08	00:16:54	00:18:02	01:01:22
	7	Øystein Lerum	Sogndal IL	00:14:37	00:19:41	00:12:44	00:18:28	01:05:30
	8	Jaran Wathne Bøyum	Syril, IL	00:14:30	00:19:12	00:15:52	00:19:41	01:09:15
	9	Helge Henjum	Syril, IL	00:13:28	00:19:08	00:16:25	00:20:46	01:09:47
	10	Eirik Söderholm	Syril, IL	00:14:32	00:18:02	00:16:38	00:20:57	01:10:09
	11	Asbjørn Klakeg Forland	Breimsbygda IL	00:14:54	00:23:17	00:19:16	00:18:39	01:16:06
	12	Olav Landstad	Syril, IL	00:16:45	00:22:43	00:19:45	00:20:55	01:20:08
	13	Øyvind Vagstad	Syril, IL	00:16:41	00:22:56	00:19:36	00:20:56	01:20:09
	14	Sigurd Henjum Halsnes	Syril, IL	00:19:29	00:28:10	00:20:46	00:21:40	01:30:05
<b>Superkjering senior kvinner</b>								
	1	Benedikte Aa	Hyen	00:13:48	00:14:52	00:14:17	00:17:13	01:00:10
	2	Silje Heltne	Hovdebygda IL	00:13:23	00:15:09	00:14:47	00:18:33	01:01:52
	3	Siri Bente Haugen	Bjørn, IL	00:11:39	00:16:16	00:15:57	00:18:23	01:02:15
	4	Ingrid Fjær Andersen	Syril, IL	00:12:38	00:19:19	00:16:02	00:18:42	01:06:41
	5	Sigrid Henjum	Sogn Fjordsymjeklubb	00:13:22	00:20:14	00:14:52	00:18:44	01:07:12
	6	Evy Øygarden Lund	Kaupanger IL	00:15:49	00:18:18	00:15:50	00:19:55	01:09:52
	7	Silje Svanevik	Syril, IL	00:14:36	00:21:38	00:14:37	00:19:54	01:10:45
	8	Gunn Beate Thorsnes Lefdal	Bjørn, IL	00:16:34	00:18:51	00:16:32	00:18:51	01:10:48

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	9	Kari Holen Loftesnes	Syril, IL	00:13:17	00:21:01	00:17:31	00:20:49	01:12:38
	10	Torill Felde	Sogn Fjordsymjeklubb	00:13:15	00:21:56	00:17:32	00:21:53	01:14:36
	11	Mali Farsund	Sogndal IL	00:12:24	00:22:27	00:18:06	00:22:05	01:15:02
	12	Guri Kausrud	COWI BIL	00:17:07	00:20:19	00:18:44	00:19:56	01:16:06
	13	Åshild Apalset	-	00:15:04	00:23:33	00:17:41	00:21:02	01:17:20
	14	Kristi Henjum	Syril, IL	00:12:57	00:22:30	00:20:27	00:22:51	01:18:45
	15	Anette Bjordal	Vegspretten BIL	00:17:54	00:24:26	00:16:41	00:20:52	01:19:53
	16	Jenny Farsund Storvik	Farsund IL	00:13:27	00:22:44	00:18:07	00:27:04	01:21:22
	17	Kristine Veum	Sogndal IL	00:15:59	00:23:36	00:19:22	00:22:51	01:21:48
	18	Berit Heitmann Skrindo	-	00:16:22	00:22:54	00:20:27	00:22:21	01:22:04
	19	Anne Berit Dyngen	-	00:21:37	00:22:45	00:18:19	00:20:40	01:23:21
	20	Hilde Aga	-	00:15:53	00:24:27	00:24:06	00:24:00	01:28:26
	21	Lisa Sollie Moen	-	00:19:55	00:27:15	00:18:00	00:24:00	01:29:10
	22	Stine Askeland	Vegspretten BIL	00:18:59	00:27:20	00:21:09	00:23:33	01:31:01
	23	Kjersti Dalaker	LUVIS	00:23:29	00:27:08	00:20:55	00:26:05	01:37:37
	24	Gro Anita Svanheld Strand	-	00:21:12	00:28:32	00:25:23	00:28:32	01:43:39
	25	Sigrid Hasle	-	00:27:45	00:30:18	00:21:55	00:26:05	01:46:03
	26	Lena Sollie	-	00:27:09	00:29:08	00:24:49	00:28:33	01:49:39
	27	Anita Kverndal Veslegard	Fjellet i.l	00:26:00	00:33:16	00:24:48	00:28:50	01:52:54
	28	Annhild Fetveit	Jo Tankers BIL	00:33:24	00:35:57	00:24:30	00:31:46	02:05:37

### Superkjering senior menn

	1	Henrik Langeland	Mork Racing	00:08:42	00:14:01	00:13:47	00:15:01	00:51:31
	2	Kevin Kolstad	KAN-KAN opplevelser	00:09:30	00:14:01	00:13:12	00:14:58	00:51:41
	3	Jarle Berge	Tealøpet	00:09:33	00:14:03	00:13:55	00:15:21	00:52:52
	4	Steinar Nes	TNMR	00:09:13	00:14:33	00:13:23	00:16:44	00:53:53
	5	Ole Johan Torsnes	Høyanger BIL	00:10:46	00:13:38	00:13:52	00:16:13	00:54:29
	6	Leif Bjørn Grindedal	Feios	00:10:42	00:15:47	00:13:05	00:15:20	00:54:54
	7	Jonny Øvrebø	LUSTER IL	00:09:57	00:15:48	00:14:20	00:16:15	00:56:20

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	8	Nils Martin Fjær	-	00:11:01	00:16:10	00:14:46	00:16:30	00:58:27
	9	Jan Helge Aalbu	BSI	00:10:09	00:16:03	00:16:11	00:17:26	00:59:49
	10	Kristian Teigen Svedal	Jernhingst	00:10:38	00:17:21	00:14:25	00:17:26	00:59:50
	11	Ole Hagen	Godt forberedt	00:11:02	00:16:58	00:15:16	00:17:18	01:00:34
	12	Rune Aase Kalhagen	-	00:10:26	00:18:29	00:15:03	00:16:42	01:00:40
	13	Hans Kristian Dolmen	Stamsund IL	00:11:09	00:17:24	00:15:09	00:16:59	01:00:41
	14	Trond Fritzon	Sauradnkameratadn	00:12:09	00:17:03	00:14:11	00:17:43	01:01:06
	15	Lars Gjeraker	Kaupanger IL	00:11:22	00:15:47	00:15:53	00:18:12	01:01:14
	16	Per Jakob Kyrkjeide	-	00:11:34	00:17:28	00:15:19	00:17:48	01:02:09
	17	Asle Hillestad	Sogndal IL	00:10:47	00:18:23	00:15:51	00:17:36	01:02:37
	18	Tore Frimanslund	-	00:11:47	00:18:40	00:15:06	00:17:48	01:03:21
	19	Karl Helge Albretsen	-	00:11:24	00:17:39	00:16:34	00:18:22	01:03:59
	20	Kjetil Vikane	AF-gruppen	00:12:35	00:17:15	00:15:52	00:18:47	01:04:29
	21	John Espen Gjøen	-	00:10:25	00:22:16	00:14:17	00:17:50	01:04:48
	22	Stig Anders Hauge	-	00:11:05	00:16:39	00:15:42	00:21:58	01:05:24
	23	Magne Pedersen	Vik IL	00:13:12	00:18:48	00:14:21	00:20:01	01:06:22
	24	Påsan Vigerust	Veritas BIL	00:11:36	00:18:19	00:16:55	00:19:40	01:06:30
		Påsan Vigerust	Veritas BIL	00:11:36	00:18:19	00:16:55	00:19:40	01:06:30
	25	Øystein Nondal	Kaupanger IL	00:11:01	00:19:19	00:16:23	00:20:09	01:06:52
	26	Ronny Sanden	-	00:12:53	00:20:03	00:15:51	00:19:34	01:08:21
	27	Hallvard Indgjerd	Ål IL	00:12:48	00:19:52	00:18:06	00:17:49	01:08:35
	28	Rune Røysum	-	00:18:42	00:19:29	00:14:55	00:17:36	01:10:42
	29	Steinar Veka	-	00:15:04	00:19:27	00:17:37	00:18:40	01:10:48
	30	Erik Olufsen	COWI BIL	00:11:17	00:21:29	00:17:52	00:20:18	01:10:56
	31	Håvard Evjestad	Bjørn, IL	00:10:08	00:18:42	00:20:43	00:21:34	01:11:07
	32	Arnt Egil Rørtvedt	Vegspretten BIL	00:15:56	00:22:45	00:16:11	00:16:56	01:11:48
	33	Morten Birkeland Engelsen	-	00:14:10	00:21:33	00:15:40	00:20:49	01:12:12
	34	Petter Hagenlund	-	00:11:09	00:21:38	00:21:44	00:19:03	01:13:34

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	35	Fredrik Falkgård	Hordaveg BIL	00:15:21	00:22:42	00:17:53	00:19:17	01:15:13
	36	Leif Gabriel Kapstad	-	00:13:09	00:24:07	00:21:41	00:20:36	01:19:33
	37	Dag Nese	-	00:13:14	00:25:51	00:18:51	00:21:40	01:19:36
	38	Jan Reidar Kalstad	-	00:15:31	00:22:59	00:20:26	00:21:15	01:20:11
	39	Eivind Røysum	Syril, IL	00:16:49	00:26:32	00:18:53	00:20:07	01:22:21
	40	Ole Kristian Åset	-	00:15:38	00:25:52	00:20:37	00:21:53	01:24:00
	41	Stein Dyngen	Vegil	00:12:55	00:33:39	00:22:50	00:20:15	01:29:39
	42	Martin Andestad	Molde IF	00:14:14	00:21:23	00:16:10	00:38:25	01:30:12
	43	Roar Erlandsen	Sogndal IL	00:10:29	00:35:35	00:36:03	00:23:29	01:45:36
	44	Bård Settem	-	00:25:22	00:38:11	00:20:13	00:26:19	01:50:05
<b>Superkjering veteran kvinner</b>								
	1	Torunn Grut	Syril, IL	00:12:45	00:15:58	00:13:59	00:19:01	01:01:43
	2	Gro Skjelle Fimreite	Kaupanger IL	00:15:06	00:19:38	00:17:42	00:20:41	01:13:07
	3	Solaug Dalaker	Kaupanger IL	00:22:03	00:18:49	00:15:28	00:22:07	01:18:27
	4	Agnes Landstad	Syril, IL	00:18:25	00:22:20	00:17:57	00:19:46	01:18:28
	5	Gro Hovland	LUVIS	00:17:10	00:22:23	00:17:53	00:21:18	01:18:44
	6	Wenche Fjørtoft	Fossil	00:19:49	00:22:17	00:18:49	00:21:56	01:22:51
	7	Siri Storevik	Syril, IL	00:17:48	00:21:22	00:24:57	00:24:19	01:28:26
	8	Helene Mallasvik	-	00:24:59	00:26:10	00:18:30	00:23:59	01:33:38
	9	Gry Hagen	-	00:18:53	00:30:30	00:26:35	00:31:08	01:47:06
	10	Bente Bergstø	Hordaveg BIL	00:27:52	00:30:37	00:25:56	00:30:36	01:55:01
<b>Superkjering veteran menn</b>								
	1	Geir Verpeide	Stranda sykkelklubb	00:09:24	00:13:32	00:12:59	00:15:40	00:51:35
	2	Ivar Henjum	Syril, IL	00:09:49	00:14:35	00:14:17	00:16:14	00:54:55
	3	Paul Ivar Pedersen	Stranda sykkelklubb	00:09:30	00:15:47	00:13:46	00:16:30	00:55:33
	4	Helge Harkjerr	Sogndal IL	00:09:59	00:16:02	00:15:09	00:17:02	00:58:12
	5	John Olaf Røhme	Bjørn, IL	00:11:44	00:16:32	00:13:33	00:17:13	00:59:02
	6	Jan Arve Lund	Kaupanger IL	00:13:55	00:14:48	00:14:03	00:16:32	00:59:18

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	7	Bjørn Ness	-	00:10:49	00:16:22	00:14:32	00:18:43	01:00:26
	8	Ingar Hals	Vegil	00:11:44	00:16:19	00:15:12	00:17:35	01:00:50
	9	Svein Romstad	-	00:10:38	00:16:05	00:16:51	00:18:06	01:01:40
	10	Steinar Røysum	Syril, IL	00:12:11	00:17:03	00:15:34	00:19:17	01:04:05
	11	Kai Kvalsøren	Bjørn, IL	00:11:18	00:18:39	00:15:28	00:19:15	01:04:40
	12	Nils Magne Slinde	Vegil	00:14:28	00:16:39	00:14:42	00:19:01	01:04:50
	13	Per Farsund	helge og torturlaget	00:09:47	00:19:08	00:17:57	00:18:09	01:05:01
	14	Sverre N. Moe	Syril, IL	00:16:25	00:17:28	00:14:08	00:18:22	01:06:23
	15	Karl Erik Johnsen	Syril, IL	00:11:30	00:18:33	00:17:53	00:18:28	01:06:24
	16	Frode Vagstad	Vegil	00:13:54	00:18:36	00:17:13	00:16:49	01:06:32
	17	Per Hauge	Syril, IL	00:14:06	00:18:56	00:16:34	00:17:31	01:07:07
	18	Morten Michalsen	-	00:12:18	00:20:40	00:15:04	00:19:11	01:07:13
	19	Gunnar Søderholm	Vegil	00:13:11	00:17:50	00:17:28	00:19:50	01:08:19
	20	Øystein Dale	Kaupanger IL	00:13:06	00:21:26	00:16:22	00:18:11	01:09:05
	21	Jan Ole Liljedal	Syril, IL	00:10:49	00:20:22	00:19:30	00:19:09	01:09:50
	22	Øyvinn Myrmel	Syril, IL	00:15:57	00:20:20	00:16:53	00:18:59	01:12:09
	23	Magne Høgelid	-	00:15:58	00:22:34	00:16:59	00:19:25	01:14:56
	24	Vemund Aartun	Syril, IL	00:15:09	00:23:07	00:17:29	00:21:15	01:17:00
	25	Helge Fardal	LUVIS	00:18:06	00:20:49	00:16:54	00:21:34	01:17:23
	26	Carlo Aall	Syril, IL	00:14:57	00:26:52	00:18:36	00:19:08	01:19:33
	27	Arne Monrad Johnsen	Syril, IL	00:11:19	00:21:40	00:29:14	00:18:29	01:20:42
	28	Tor O. Walskaar	Vegspretten BIL	00:18:01	00:22:53	00:21:35	00:20:35	01:23:04
	29	Ragnar Seime	Vegil	00:13:49	00:25:03	00:22:41	00:23:17	01:24:50
	30	Hermund Mjelstad	Fylkesmannen	00:15:54	00:29:14	00:20:06	00:21:54	01:27:08
	31	Kjetil Nerland	COWI BIL	00:34:43	00:25:41	00:18:32	00:24:19	01:43:15
<b>Superkjering superveteran kvin</b>								
	1	Greta E. Salveson	Liv & Lyst	00:14:01	00:18:52	00:17:32	00:19:40	01:10:05
	2	Jorunn Fjermestad	Kaupanger IL	00:24:06	00:24:55	00:19:27	00:23:10	01:31:38

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
<b>Superkjering superveteran men</b>								
	1	Tore Loe	Stranda sykkelklubb	00:11:07	00:15:21	00:13:15	00:16:31	00:56:14
	2	Per Torodd Nes	Sogndal IL	00:11:37	00:15:00	00:13:59	00:17:34	00:58:10
	3	Odd Arve Rakstad	Syril, IL	00:11:50	00:17:13	00:15:15	00:16:12	01:00:30
	4	Rolf Almås	Fykil	00:12:26	00:17:12	00:16:00	00:17:42	01:03:20
	5	Nils T. Henjum	Vegil	00:11:31	00:19:29	00:15:34	00:18:43	01:05:17
	6	Asbjørn Røyseth	Syril, IL	00:14:12	00:17:46	00:16:11	00:19:03	01:07:12
	7	Jon Henjum	Syril, IL	00:12:17	00:21:19	00:17:01	00:18:45	01:09:22
	8	Halvor Thurn-Basberg	Sauradnkameratadn	00:12:16	00:20:18	00:17:15	00:20:12	01:10:01
	9	Jan Hallstein Lie	Nestangen laugarlag	00:14:56	00:19:58	00:16:38	00:18:30	01:10:02
		Trond Sundby	Fykil	00:14:24	00:18:40	00:17:49	00:19:09	01:10:02
	11	Harald Forland	Breimsbygda IL	00:15:02	00:20:16	00:16:15	00:19:14	01:10:47
	12	Tor Eirik Hamre	Syril, IL	00:14:12	00:18:55	00:18:11	00:19:33	01:10:51
	13	Lars Magnar Røneid	Vegil	00:16:26	00:18:27	00:20:16	00:19:40	01:14:49
	14	Ingmar Ølmheim	Hordaveg BIL	00:16:30	00:19:29	00:20:25	00:20:34	01:16:58
	15	Bjørn Sørheim	Sauradnkameratadn	00:15:22	00:23:41	00:21:23	00:21:00	01:21:26
	16	Svein Helge Frækaland	Vegil	00:16:24	00:25:01	00:18:49	00:21:47	01:22:01
	17	Per Vikane	Statoil	00:21:47	00:21:23	00:18:01	00:22:50	01:24:01
	18	Arne Gjeraker	Kaupanger IL	00:17:37	00:21:29	00:19:39	00:25:44	01:24:29
	19	Torgeir Urdahl	Syril, IL	00:17:01	00:26:43	00:20:23	00:23:50	01:27:57
	20	Steinar Tveita	Syril, IL	00:29:37	00:25:29	00:24:42	00:21:09	01:40:57
		<b>Snittider</b>	<b>2006</b>	00:14:46	00:20:45	00:17:37	00:20:12	01:13:20
		<b>Standardavvik</b>	<b>2006</b>	00:04:41	00:04:48	00:03:31	00:03:31	00:14:21
		<b>Snittider for alle år</b>		00:14:46	00:20:45	00:17:37	00:20:12	01:13:20
		<b>Standardavvik for alle år</b>		00:04:41	00:04:48	00:03:31	00:03:31	00:14:21