

Resultat Superkjering

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
2004								
Superkjering junior jenter								
	1	Siri Bente Haugen	Bjørn, IL	00:12:07	00:17:05	00:16:04	00:19:40	01:04:56
	2	Mari Harkjerr	Sogndal IL	00:12:39	00:20:28	00:17:32	00:23:08	01:13:47
	3	Torhild Høgheim	Syril, IL	00:13:52	00:21:57	00:17:37	00:22:41	01:16:07
	4	Kristine Veum	Sogndal IL	00:12:48	00:25:08	00:17:43	00:22:13	01:17:52
	5	Andrea Strand Solbakken	Sogndal IL	00:14:28	00:22:44	00:18:29	00:22:36	01:18:17
	6	Guro Loftesnes	Sogndal IL	00:15:18	00:25:11	00:17:14	00:22:10	01:19:53
	7	Mali Farsund	Sogndal IL	00:13:48	00:27:51	00:19:06	00:22:59	01:23:44
	8	Siv Jeanette Lerum	Sogndal IL	00:13:35	00:27:48	00:19:45	00:26:20	01:27:28
	9	Herdis Berge	Syril, IL	00:15:03	00:26:01	00:22:58	00:23:49	01:27:51
Superkjering junior gutar								
	1	Torstein Yttri Hamre	Sogndal IL	00:09:49	00:17:57	00:14:09	00:17:23	00:59:18
	2	Torbjørn Selseng	Sogndal IL	00:12:08	00:15:56	00:13:23	00:17:53	00:59:20
	3	Lars Gjeraker	Kaupanger IL	00:12:22	00:16:58	00:15:15	00:18:09	01:02:44
	4	Kristian Teigen Svedal	Syril, IL	00:11:27	00:19:12	00:15:10	00:17:12	01:03:01
	5	Vegar Wathne Bøyum	Syril, IL	00:12:15	00:18:06	00:14:33	00:19:09	01:04:03
	6	Vegard Nes	Sogndal IL	00:11:57	00:16:56	00:15:26	00:20:21	01:04:40
	7	Kjetil Kristiansen	Syril, IL	00:17:04	00:17:18	00:14:32	00:18:38	01:07:32
	8	Terje Thorsnes	Syril, IL	00:11:36	00:21:05	00:18:09	00:20:05	01:10:55
	9	Bård Henjum	Syril, IL	00:13:50	00:19:09	00:15:29	00:22:48	01:11:16
	10	Gjert Rosenlund	-	00:12:12	00:24:22	00:19:59	00:20:18	01:16:51
Superkjering senior kvinner								
	1	Bodil Ryste	Strindheim	00:11:11	00:14:40	00:14:19	00:17:55	00:58:05
	2	Anne Kristin Lindvik	Ekornes BIL	00:11:54	00:18:20	00:15:27	00:20:25	01:06:06
	3	Silje Heltne	Hovdebygda IL	00:12:54	00:17:34	00:16:44	00:20:00	01:07:12
	4	Ingrid Fjær Andersen	Syril, IL	00:12:19	00:19:41	00:16:56	00:20:01	01:08:57

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	5	Torill Felde	Syril, IL	00:12:02	00:20:11	00:16:53	00:20:13	01:09:19
	6	Ingeborg Anfinsen	BSI	00:13:01	00:20:18	00:16:58	00:23:11	01:13:28
	7	Tone M Lenning	KRIK	00:12:52	00:24:18	00:16:56	00:19:36	01:13:42
	8	Sunniva B. L. Helleland	-	00:12:40	00:22:19	00:19:02	00:19:48	01:13:49
	9	Gunn Beate Thorsnes Lefdal	Bjørn, IL	00:15:10	00:20:48	00:17:13	00:21:25	01:14:36
	10	Marit Bue	-	00:14:20	00:23:31	00:17:26	00:22:31	01:17:48
	11	Camilla Helen Landsverk	-	00:16:52	00:24:12	00:17:46	00:19:05	01:17:55
	12	Eva Arntzen	Sykkylven Sykkelklubb	00:15:53	00:23:09	00:19:49	00:20:43	01:19:34
	13	Elisabeth Skjeret	Sykkylven Sykkelklubb	00:13:59	00:23:31	00:21:35	00:20:31	01:19:36
	14	Irene Røneid	Bjørn, IL	00:14:02	00:22:30	00:21:03	00:23:44	01:21:19
	15	Katrin Læg Reid Nes	LUVIS	00:18:35	00:22:52	00:18:03	00:21:51	01:21:21
	16	Elise Hovet	Sykkylven Sykkelklubb	00:15:52	00:24:39	00:20:02	00:23:27	01:24:00
	17	Ingveig Holand Wahl	Fykil	00:14:36	00:27:36	00:19:52	00:22:37	01:24:41
	18	Anne Berit Dyngen	-	00:21:06	00:24:44	00:18:54	00:22:19	01:27:03
	19	Jorunn Vigdal	Stranda sykkelklubb	00:18:13	00:21:10	00:22:24	00:25:35	01:27:22

Superkjering senior menn

	1	Ole-Jakob Sande	Gaular IL	00:09:38	00:13:18	00:12:39	00:15:49	00:51:24
	2	Espen Gudevang	-	00:08:32	00:15:00	00:12:56	00:15:15	00:51:43
	3	Jarle Berge	BKK Nett	00:09:26	00:14:55	00:13:06	00:15:20	00:52:47
	4	Steinar Nes	Norwegian Mork Racing	00:08:36	00:14:49	00:13:14	00:17:31	00:54:10
	5	Per Sigve Selseng	Norwegian Mork Racing	00:09:03	00:13:52	00:15:59	00:16:00	00:54:54
	6	Anders Vonheim	Markane IL	00:09:28	00:14:59	00:13:36	00:17:31	00:55:34
	7	Jon Mordal	Lovisenberg	00:10:06	00:15:27	00:14:21	00:15:52	00:55:46
	8	Henning Heimlid	Markane IL	00:08:22	00:16:08	00:15:34	00:16:17	00:56:21
	9	Geir Inge Austbø	Vik IL	00:09:46	00:16:57	00:13:43	00:16:09	00:56:35
	10	Jørund Hammersvik	SFE	00:11:13	00:15:55	00:13:04	00:16:39	00:56:51
	11	Håkon Fedt	Velledalen IL	00:09:27	00:16:19	00:14:55	00:16:23	00:57:04
	12	Bjarte Haugen	Norwegian Mork Racing	00:10:36	00:14:54	00:14:18	00:17:35	00:57:23

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	13	Bjørn Harald Røyseth	Syril, IL	00:09:44	00:15:15	00:15:51	00:16:48	00:57:38
	14	Jonny Øvrebø	Bjørn, IL	00:09:22	00:17:04	00:14:20	00:17:05	00:57:51
	15	Bård Ottesen	-	00:09:01	00:17:09	00:15:30	00:16:25	00:58:05
	16	Lars Helge Andersen	Raufoss	00:09:11	00:17:09	00:14:37	00:17:44	00:58:41
	17	Ørjan Hov	Førde IL	00:09:37	00:15:52	00:16:00	00:18:21	00:59:50
	18	Pål Salberg	Couloir Chop Drop Team	00:08:50	00:17:54	00:14:56	00:18:10	00:59:50
	19	Daniel Due-Tønnessen	BSI	00:09:23	00:17:16	00:15:35	00:18:53	01:01:07
	20	Henrik Røyseth	Syril, IL	00:09:16	00:17:09	00:16:13	00:18:32	01:01:10
	21	Stig Vatsaas	Utrøna seglarlag	00:10:57	00:20:11	00:13:33	00:16:39	01:01:20
	22	Rune Aase Kalhagen	-	00:09:49	00:19:22	00:15:31	00:16:39	01:01:21
	23	Johnny Skår	Hydro BIL	00:09:36	00:19:43	00:15:00	00:17:09	01:01:28
	24	Per Jakob Kyrkjeeide	Markane IL	00:11:11	00:17:49	00:14:58	00:17:38	01:01:36
	25	Øyvind Tollefsen	Kaupanger IL	00:08:52	00:19:45	00:15:54	00:17:48	01:02:19
	26	Frode Vagstad	Vegil	00:11:36	00:18:10	00:16:19	00:16:34	01:02:39
	27	Frode Lauvstad	Ekornes BIL	00:09:43	00:18:20	00:17:12	00:17:28	01:02:43
	28	Lars Roar Skarsbø	-	00:10:14	00:18:16	00:14:55	00:19:24	01:02:49
	29	Leif Bjørn Grindedal	-	00:11:22	00:20:42	00:14:06	00:16:40	01:02:50
	30	Håvard Evjestad	Bjørn, IL	00:09:08	00:17:31	00:17:59	00:18:29	01:03:07
	31	Morten Hovdet	Bagn	00:10:57	00:17:13	00:16:52	00:18:09	01:03:11
	32	Nils Martin Fjær	Frosta I.L.	00:10:53	00:19:35	00:15:50	00:17:13	01:03:31
	33	Karl Helge Albretsen	-	00:10:44	00:18:39	00:16:15	00:17:57	01:03:35
	34	Steinar Røysum	-	00:12:56	00:16:54	00:14:49	00:19:00	01:03:39
	35	Kai Kvalsøren	Bjørn, IL	00:10:57	00:19:44	00:15:13	00:18:53	01:04:47
	36	Ernst Andersen	Couloir Chop Drop Team	00:09:08	00:17:20	00:18:12	00:20:09	01:04:49
	37	Ole Hagen	NRK BIL	00:10:46	00:20:00	00:16:15	00:18:02	01:05:03
	38	Hans Kristian Dolmen	-	00:11:13	00:19:50	00:15:42	00:18:33	01:05:18
	39	Håvard Myrvang	Sogn CK	00:11:14	00:20:20	00:17:02	00:16:52	01:05:28
	40	Preben Myrvoll	Rettpåtryne SK	00:11:49	00:19:21	00:16:25	00:17:54	01:05:29

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	41	Bjarte Breilid	-	00:11:13	00:21:29	00:15:21	00:17:46	01:05:49
	42	Ottar Steinstø	-	00:10:50	00:19:49	00:16:12	00:19:03	01:05:54
	43	Jørgen Mathias Langeland	Sogndal IL	00:12:12	00:18:38	00:17:30	00:18:13	01:06:33
	44	Arild Orvedal	SOGNEKRAFT A/S	00:13:33	00:19:37	00:16:47	00:17:00	01:06:57
	45	Påsan Vigerust	Veritas BIL	00:11:39	00:18:27	00:15:31	00:21:41	01:07:18
	46	Odd-André Rustad	Vegil	00:11:24	00:20:38	00:16:21	00:18:56	01:07:19
	47	Endre Vonheim	Markane IL	00:11:18	00:20:41	00:14:55	00:20:32	01:07:26
	48	Erik Røen Pettersen	Gjøvard	00:12:20	00:19:47	00:16:25	00:20:26	01:08:58
	49	Oddbjørn Aas	Sykkylven Sykkelklubb	00:10:36	00:21:21	00:17:40	00:20:06	01:09:43
	50	Jan Flæte	Vardåsen	00:16:28	00:19:41	00:15:30	00:18:44	01:10:23
	51	Art Hamre	-	00:09:17	00:22:10	00:18:48	00:20:32	01:10:47
	52	Ronny Olsen	Ekornes BIL	00:12:57	00:20:31	00:16:56	00:20:33	01:10:57
	53	Kjartan Heggø	Hydro BIL	00:11:14	00:22:14	00:18:07	00:19:30	01:11:05
	54	Martin Andestad	Molde IF	00:12:42	00:22:55	00:16:47	00:19:01	01:11:25
	55	Vidar Kvåle	Gilde	00:11:20	00:24:22	00:18:09	00:19:23	01:13:14
	56	Stein Dyngen	Syril, IL	00:11:36	00:20:11	00:20:12	00:21:38	01:13:37
	57	Marius Slinde	Syril, IL	00:12:56	00:23:46	00:18:49	00:20:23	01:15:54
	58	Harald Fykse	-	00:11:15	00:25:46	00:20:23	00:22:12	01:19:36
	59	Aage Olaf Ødegaard	Veritas BIL	00:13:00	00:26:49	00:20:38	00:19:27	01:19:54
	60	Petter Stenstadvold	Fykil	00:13:19	00:26:24	00:21:01	00:23:00	01:23:44
	61	Steinar Skagemo	-	00:15:40	00:24:45	00:19:52	00:23:28	01:23:45
	62	Espen Bakketeig	-	00:22:03	00:29:51	00:24:14	00:21:03	01:37:11
	63	Kjell Olav Nordheim	Fylkesmannen i Sogn og Fj.	00:19:05	00:29:17	00:27:23	00:23:54	01:39:39
Superkjering veteran kvinner								
	1	Torunn Grut	-	00:12:53	00:16:46	00:14:47	00:19:50	01:04:16
	2	Tove Stensås	Syril, IL	00:13:18	00:18:15	00:16:55	00:19:38	01:08:06
	3	Siri Storevik	Syril, IL	00:17:10	00:19:10	00:19:14	00:20:35	01:16:09
	4	Benedicte Martens Nes	Sogndal IL	00:16:30	00:19:38	00:18:17	00:22:22	01:16:47

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	5	Gro Hovland	LUVIS	00:16:40	00:23:59	00:18:24	00:22:28	01:21:31
	6	Gry Tokvam	LUVIS	00:19:11	00:23:27	00:19:16	00:22:13	01:24:07
	7	Susanne Svardal	Vegil	00:23:44	00:21:52	00:17:06	00:21:45	01:24:27
	8	Wenche Fjørtoft	-	00:21:33	00:22:57	00:18:48	00:22:55	01:26:13
	9	Anne Fredriksen	Sykkylven Sykkelklubb	00:15:09	00:24:22	00:21:02	00:25:53	01:26:26
	10	Agnes Landstad	Syril, IL	00:23:49	00:24:34	00:18:44	00:22:57	01:30:04
	11	Randi Marie Sjøholt	-	00:18:18	00:27:04	00:21:26	00:26:51	01:33:39
	12	Rita-Karin Bakken	LUVIS	00:20:24	00:26:04	00:19:37	00:29:47	01:35:52
	13	Kristin Linnerud	-	00:26:21	00:26:18	00:22:31	00:29:42	01:44:52
	14	Randi Skår	-	00:33:08	00:30:02	00:18:24	00:27:39	01:49:13
Superkjering veteran menn								
	1	Geir Verpeide	Stranda sykkelklubb	00:09:07	00:14:22	00:13:29	00:16:09	00:53:07
	2	Ivar Henjum	Syril, IL	00:09:26	00:14:56	00:13:07	00:16:47	00:54:16
	3	Helge Harkjerr	Sogndal IL	00:10:07	00:14:52	00:14:36	00:16:54	00:56:29
	4	Anders Bergset	Veten, IL	00:09:46	00:17:22	00:13:58	00:17:42	00:58:48
	5	Ingar Hals	-	00:11:42	00:15:55	00:14:12	00:17:02	00:58:51
	6	Arne Johannessen	Hafslo IL	00:10:32	00:15:46	00:15:03	00:17:37	00:58:58
	7	Jan Milde	Hydro BIL	00:09:11	00:18:38	00:15:35	00:19:18	01:02:42
	8	Morten Michalsen	-	00:10:41	00:19:22	00:14:19	00:18:53	01:03:15
	9	Sverre N. Moe	Syril, IL	00:14:00	00:17:26	00:13:51	00:18:00	01:03:17
	10	Svein Romstad	Kaupanger IL	00:10:07	00:16:52	00:18:53	00:17:39	01:03:31
	11	Per Hauge	Syril, IL	00:11:39	00:18:16	00:16:17	00:17:47	01:03:59
	12	Fredleiv Fosse	Nestangen	00:12:32	00:19:40	00:14:47	00:17:51	01:04:50
	13	Jarle Skoge	-	00:12:04	00:18:41	00:16:03	00:18:09	01:04:57
	14	Karl Erik Johnsen	Syril, IL	00:11:02	00:18:05	00:17:03	00:19:09	01:05:19
	15	Arne Egil Husabø	-	00:11:44	00:19:04	00:17:02	00:17:41	01:05:31
	16	Kåre Træen	Sogndal IL	00:12:35	00:19:24	00:16:56	00:18:23	01:07:18
	17	Nils Magne Slinde	Syril, IL	00:14:58	00:18:47	00:14:45	00:19:35	01:08:05

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	18	Øystein Dale	Kaupanger IL	00:13:24	00:21:33	00:15:22	00:18:37	01:08:56
	19	Per Farsund	Torturlaget	00:09:04	00:21:45	00:18:33	00:20:21	01:09:43
	20	Anders Knut Molland	I.L. Post Sogndal	00:14:51	00:20:18	00:15:18	00:20:49	01:11:16
	21	Arne Nyhammer	-	00:14:24	00:22:10	00:15:58	00:22:01	01:14:33
	22	Knut Steinar Eitungjerde	-	00:16:25	00:21:44	00:17:59	00:19:45	01:15:53
	23	Hermund Mjelstad	-	00:13:37	00:23:42	00:17:58	00:20:56	01:16:13
	24	Øyvin Myrmel	-	00:15:21	00:21:53	00:17:39	00:21:31	01:16:24
	25	Tobias Dahle	Syril, IL	00:14:48	00:24:22	00:16:36	00:21:10	01:16:56
	26	Arne Monrad Johnsen	Syril, IL	00:11:19	00:24:13	00:20:57	00:20:36	01:17:05
	27	Einar Målsnes	-	00:15:49	00:22:55	00:17:00	00:21:26	01:17:10
	28	Ottar Sverre Bakken	Hafslo IL	00:17:46	00:22:04	00:16:21	00:21:52	01:18:03
	29	Kåre Dalaker	-	00:16:44	00:25:19	00:15:40	00:22:31	01:20:14
	30	Harald Grebstad	Sykkylven I.L.	00:14:47	00:23:14	00:20:50	00:22:41	01:21:32
	31	Ingvar K. Halsnes	Syril, IL	00:15:30	00:26:29	00:19:30	00:22:18	01:23:47
	32	Arne Vikse	-	00:19:25	00:26:14	00:19:01	00:21:09	01:25:49
	33	Inge Døskeland	-	00:20:51	00:24:24	00:20:18	00:20:16	01:25:49
Superkjering superveteran kvi								
	1	Greta E. Salveson	Liv & Lyst	00:11:51	00:20:19	00:17:20	00:19:24	01:08:54
	2	Mai-Evy Bakken	-	00:17:05	00:24:46	00:17:47	00:23:10	01:22:48
	3	Jorunn Fjermestad	-	00:19:42	00:24:36	00:19:55	00:21:55	01:26:08
	4	Reidun Strand	Syril, IL	00:25:14	00:29:44	00:26:49	00:30:22	01:52:09
Superkjering superveteran me								
	1	Per Torodd Nes	Øpste Tjødnali	00:10:34	00:15:40	00:14:25	00:17:23	00:58:02
	2	Tore Loe	Stranda sykkelklubb	00:10:55	00:15:39	00:14:31	00:17:28	00:58:33
	3	Asbjørn Røyseth	Syril, IL	00:12:13	00:18:05	00:14:52	00:17:46	01:02:56
	4	Nils T. Henjum	Vegil	00:11:30	00:18:04	00:15:27	00:19:00	01:04:01
	5	Jon Ove Lomheim	Hafslo IL	00:11:59	00:17:43	00:16:09	00:18:14	01:04:05
	6	Rolf Almås	Syril, IL	00:13:02	00:17:49	00:16:05	00:18:01	01:04:57

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	7	Lars Magnar Røneid	Syril, IL	00:14:31	00:16:56	00:16:14	00:18:02	01:05:43
	8	Jørgen Hundseth	Balestrand IL	00:14:01	00:17:37	00:15:23	00:19:58	01:06:59
	9	Vidar Læg Reid	Sogndal IL	00:16:22	00:17:42	00:15:08	00:18:44	01:07:56
	10	Harald Forland	Breimsbygda IL	00:13:15	00:19:24	00:16:12	00:19:51	01:08:42
	11	Martin Sande	Gaular IL	00:12:36	00:19:28	00:16:25	00:20:41	01:09:10
	12	Tor Eirik Hamre	Syril, IL	00:14:10	00:18:34	00:17:27	00:19:26	01:09:37
	13	Trond Sundby	BIL/FYKIL	00:13:45	00:20:32	00:17:28	00:19:27	01:11:12
	14	Jan Hallstein Lie	Nestangen	00:13:59	00:21:08	00:17:37	00:18:36	01:11:20
	15	Halvor Thurn-Basberg	Sauradnkameratadn	00:12:11	00:22:29	00:17:14	00:20:07	01:12:01
	16	Arne Gjeraker	Kaupanger IL	00:14:05	00:21:08	00:18:06	00:21:29	01:14:48
	17	Ragnar Børsheim	Bedr.il.Førde Sentralsh.	00:16:05	00:26:24	00:18:38	00:16:08	01:17:15
	18	Bjørn Birger Bremer	Fykil	00:15:09	00:23:16	00:19:43	00:19:40	01:17:48
	19	Svein Helge Frækaland	Vegil	00:16:10	00:23:57	00:17:13	00:21:30	01:18:50
	20	Torgeir Urdahl	-	00:17:06	00:23:01	00:17:54	00:22:12	01:20:13
	21	Per Vikane	Statoil	00:22:13	00:21:36	00:16:11	00:21:03	01:21:03
	22	Reidar Andestad	-	00:21:12	00:23:43	00:16:28	00:20:37	01:22:00
	23	Tom Dybwad	-	00:15:37	00:26:34	00:19:10	00:22:26	01:23:47
	24	Jonn Skagen	Gaular	00:16:13	00:23:40	00:19:38	00:24:56	01:24:27
	25	Kjell Stenstadvold	Tyrving	00:17:00	00:24:38	00:20:10	00:23:05	01:24:53
	26	Jan Arne Nystuen	Bjørn, IL	00:27:26	00:28:19	00:17:49	00:23:44	01:37:18
	27	Bjørn Andresen	Vegil	00:25:45	00:26:53	00:22:37	00:26:59	01:42:14
	Σ+04	Jan Olav Ormberg	FANA Orientering	00:33:34	00:31:25	00:25:06	00:26:49	01:56:54
		Snittider 2004		00:13:42	00:20:43	00:17:08	00:20:03	01:11:35
		Standardavvik 2004		00:04:19	00:03:48	00:02:34	00:02:51	00:12:02
		Snittider for alle år		00:13:42	00:20:43	00:17:08	00:20:03	01:11:35
		Standardavvik for alle år		00:04:19	00:03:48	00:02:34	00:02:51	00:12:02