

Dato : 06.06.2013
 Kart : Stangelandsmarka
 Løyper : 3.6 km / 2.7 km
 Deltakere : 37

Løypelegger :
 Løypelegger :
 Makro-O-løp

Ole Johannes Emmerhoff
 Sveinung Erland

L = Løypelegger
 D = Disk
 B = Brutt
 R = Rekrutteringsbonus

			Tid	Poeng	Strekketider											
					133	135	140									
1	D18-41 Anita Nicolaysen	Karmsund BIL	01:08:41	1000	04:11	05:00	02:08	08:44	06:40	07:04	18:33	04:50	04:56	03:35	03:00	
1	D42-54 Ingrid Lindaas	Sjukehuset BIL	00:44:19	1000	02:04	03:23	01:23	03:36	03:56	05:13	10:46	03:37	05:44	02:03	02:34	
2	Solfrid H Thuestad	Haugesund kommune BIL	00:47:32	936	0/0/+1	02:34	03:28	01:35	04:15	04:20	05:27	11:48	04:21	03:44	02:21	02:39
3	Birgitte Torbjørnsen	Politi BIL	00:53:41	813	0/0/+1	05:55	05:05	01:35	04:15	05:30	05:42	11:12	03:41	04:28	02:09	03:09
4	Anita Sælevik	Aibel BIL	00:54:59	787		02:45	04:44	01:58	05:31	04:38	05:27	12:01	05:05	06:09	02:55	03:46
1	D55+ Britt Rameckers	Sjukehuset BIL	01:03:35	1000	03:55	05:34	02:51	05:53	05:50	07:36	16:09	04:41	05:41	02:27	02:58	
2	Inger K. Haavik	Haugaland kraft BIL	01:07:51	915		04:47	06:16	02:10	05:19	07:57	07:09	14:31	05:01	08:39	02:43	03:19
	Olga Våg	Sjukehuset BIL	01:24:51	D 0	-138	04:05	05:28	02:20	22:14	08:37	06:38	12:24		15:52	02:45	04:28
1	D-kort Tove Vinje Paulsen	Gassco BIL	01:18:18	1000	-/+1/0	04:59	05:32	10:59	18:34	01:41	04:44	12:01	13:12	05:36		
	D60-kort Ingen															
	H18-41 Sveinung Erland	Gassco BIL		L 1000												
1	H42-54 Jon Magne Svendsbøe	Statoil BIL	00:30:23	1000	01:40	02:36	01:02	02:25	03:05	03:41	07:09	02:38	03:05	01:23	01:39	
2	John Arvid Djupesland	Haugaland kraft BIL	00:31:39	975	01:31	02:30	01:02	02:24	02:59	03:21	09:17	02:49	02:48	01:18	01:40	
3	Einar Martinsen	Hustvedt & Skeie Transport AS	00:32:42	954	02:05	02:26	01:03	02:51	03:17	03:38	08:00	03:32	02:47	01:28	01:35	
4	Per Helge Knutsen	Kopervik IL	00:49:29	618	0/0/+1	02:19	03:40	02:09	04:27	06:26	05:16	10:02	04:38	04:36	02:07	02:49
5	Mikal Liknes	COWI BIL	00:50:34	597	0/+1/0	05:32	03:02	01:35	03:27	03:51	09:50	08:09	03:27	06:53	01:44	02:04
6	Tor Storesund	Marine Aluminium BIL	00:53:58	529		03:28	04:28	01:33	04:26	04:16	05:53	11:58	05:13	05:59	03:15	03:29
7	Oskar Bjelland	Hydro BIL	00:54:02	527		05:42	06:37	02:28	04:34	04:10	05:32	10:34	03:31	05:44	02:25	02:45
8	Per Gunnar Hettervik	Borgøy FK	00:54:50	511	0/+1/0	01:53	03:52	01:58	03:59	05:39	05:10	10:35	09:36	06:13	02:21	02:34
9	Lars Vestvik	Veidekke BIL	00:58:07	446	0/0/+1	01:58	03:16	01:24	03:44	04:36	05:25	17:28	04:57	08:23	03:23	02:33
10	Jan Steffensen	Hydro BIL	00:59:59	408	0/+1/+1	02:11	03:56	02:23	03:30	05:11	06:26	09:21	10:45	07:40	03:39	02:57
	Ole Johannes Emmerhoff	Hydro BIL		L 1000												
1	H55-64 Steinar Lundberg	Hydro BIL	00:41:06	1000	01:52	02:47	01:22	03:11	04:10	05:22	10:25	03:14	04:12	01:54	02:37	
2	Ivar Kvale	Hydro BIL	00:42:28	973	02:02	03:31	01:14	03:06	04:07	04:31	09:14	03:33	03:11	05:40	02:19	
3	Erling Haavik	Haugaland kraft BIL	00:46:02	902	0/+1/0	02:23	03:37	01:28	03:44	04:42	04:22	13:25	03:29	03:53	01:53	02:06
4	Wigard Nilsen	Sjukehuset BIL	00:48:53	845	0/+1/0	04:30	03:22	01:28	03:31	03:44	05:48	11:31	04:02	06:06	02:00	01:51
5	Lars Kristian Gjerde	Telesport BIL	00:56:17	697		02:19	03:14	02:02	03:12	05:59	08:36	13:49	05:07	05:34	03:14	03:11
6	Lars Johann Milje	Sjukehuset BIL	01:00:19	616	0/+1/+2	02:42	04:15	01:54	03:33	10:12	06:01	10:54	03:59	08:57	02:20	02:32
7	Anfinn Paulsen	Gassco BIL	01:04:08	540	0/0/+1	02:51	05:25	02:23	05:04	05:48	07:54	15:23	05:15	06:50	02:53	03:22
1	H65+ Sigved Gramstad	Sjukehuset BIL	00:45:43	1000	02:17	04:24	01:21	03:19	04:10	05:54	10:18	03:29	05:50	02:02	02:39	
2	Knut Bendik Kvala	Sjukehuset BIL	00:52:36	863	0/0/+1	02:15	04:25	01:47	04:16	05:13	06:43	12:12	04:32	04:19	02:51	03:03
3	Roald Tellnes	Telesport BIL	01:12:51	458		02:08	06:14	01:48	03:50	04:45	16:46	15:44	06:13	06:46	03:29	05:08
4	Lars Petter Knutsen	ConocoPhillips BIL	01:24:24	227	+1/0/+1	04:00	04:06	18:24	04:06	05:41	05:55	21:55	04:12	07:24	03:08	03:33
	H-kort Ingen															
1	H60-kort Sverre Lervik	Koperviklærerne BIL	00:51:26	1000	02:21	07:31	06:14	13:52	01:53	04:04	06:05	05:14	04:12			
2	Jakob Fosen	Hydro BIL	00:54:16	944	-/+1/0	04:34	05:19	06:20	13:32	01:42	03:31	05:16	07:19	05:43		
3	Einar Sæbo	Haugesund kommune BIL	00:59:25	841	-/0/+1	03:18	05:19	06:13	09:44	05:07	04:14	06:04	12:52	05:34		
4	Tor Roar Pedersen	Gassco BIL	01:05:07	727	-/+1/0	04:36	05:18	06:13	19:24	03:47	04:06	04:37	11:00	05:06		
5	Kåre Vold	Hydro BIL	01:09:40	636	+1/+1/+1	05:06	06:10	07:01	19:19	03:20	03:19	05:02	14:05	04:18		
6	Karl Johan Rød	Marine Aluminium BIL	01:15:51	512	-/0/+1	03:46	06:21	04:40	37:06	01:00	06:34	04:34	05:02	05:48		
	Aktiv-N Ingen															
1	Aktiv-K Øyvind Dommersnes	Haugesund IL	00:44:22	1000	05:41	04:36	05:19	07:50	01:40	02:55	05:46	07:48	02:47			