

## DBK-MIF KONKURANSEN 24.03.10

Totaloversikt DBK		Tid	Totaloversikt MIF		Tid
Håkon Kylland	00:14:52		Lars Christian Karlsen	00:13:36	
Martin Sommer Nygaard	00:14:57		Tore Sand-Hanssen	00:14:41	
Karsten Rønning	00:15:07		Geir Olsen	00:14:42	
Simen Henriksen	00:15:21		Inge Ravnås	00:15:12	
Terje Christiansen	00:16:01		Nils Harald Vinsvold	00:15:21	
Jan Endresen	00:16:14		Tore Lae	00:15:26	
Tormod Eriksen	00:17:00		Olaf Haug	00:15:39	
Jakob Vinje	00:17:09		Trond Iversen	00:15:48	
Øyvind Nygaard	00:18:07		Rune Haugen	00:15:50	
Cecilie Endresen	00:18:16		Bjørn Svendsen	00:16:22	
Tom Helgesen	00:18:26		Asbjørn Olsen	00:16:22	
Mari Mile Helgesen	00:18:49		Frode Myrvang	00:16:33	
Marianne Teigen	00:19:40		Michel van der Spruyt	00:16:39	
Annemarie Ranvik	00:19:55	<u>03:59:54</u>	Geir Bodahl	00:17:09	<u>03:39:20</u>
Lene Lothe	00:21:20		Øivind Kjørmo	00:17:11	
Mette Justad	00:23:55		Wenche Sand-Hanssen	00:17:28	
			Christiane Honerud Olsen	00:17:41	
			Ida Lobben Stie	00:17:42	
			Erik Gevelt	00:18:15	
			Eirin Asmyhr Roa	00:20:23	
			Björg Bergland	00:20:45	
			Grete Bergland	00:23:26	
			Per Jostein Kleiven	00:24:30	
Nr.1	MIF	03:39:20			
Nr.2	DBK	03:59:54			

### 10-mannspokal (de beste fra 36 år -minimum 8 løper)

DBK			MIF		
Håkon Kylland	00:14:52		Geir Olsen	00:14:42	
Terje Christiansen	00:16:01		Tore Lae	00:15:26	
Jan Endresen	00:16:14		Olaf Haug	00:15:39	
Øyvind Nygaard	00:18:07		Asbjørn Olsen	00:16:22	
Cecilie Endresen	00:18:16		Bjørn Svendsen	00:16:22	
Tom Helgesen	00:18:26		Frode Myrvang	00:16:33	
Annemarie Ranvik	00:19:55		Michel van der Spruyt	00:16:39	
Lene Lothe	00:21:20		Geir Bodahl	00:17:09	
Mette Justad	00:23:55	<u>02:47:06</u>	Øivind Kjørmo	00:17:11	<u>02:26:03</u>
			Wenche Sand-Hanssen	00:17:28	
			Björg Bergland	00:20:45	
			Grete Bergland	00:23:26	
			Per Jostein Kleiven	00:24:30	
Nr.1	MIF	02:26:03			
Nr.2	DBK	02:47:06			

### 5-mannspokal (de beste over 46 år -minimum 4 løpere)

DBK			MIF		
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Jan Endresen	00:16:14	Asbjørn Olsen	00:16:22
Øyvind Nygaard	00:18:07	Øivind Kjørmo	00:17:11
Tom Helgesen	00:18:26	Wenche Sand-Hanssen	00:17:28
		Grete Bergland	00:23:26
			<u>01:14:27</u>

Nr.1 MIF 01:14:27  
 Nr.2 DBK 3 løpere

### Damepokal 15-35 år (minimum 4 løpere)

DBK

MIF

Mari Mile Helgesen	00:18:49	Christiane Honerud Olsen	00:17:41
Marianne Teigen	00:19:40	Ida Lobben Stie	00:17:42
		Eirin Asmyhr Roa	00:20:23

Ingen pokal utdelt

### Damepokal 36 år og eldre (minimum 4 løpere)

DBK

MIF

Cecilie Endresen	00:18:16	Wenche Sand-Hanssen	00:17:28
Annemarie Ranvik	00:19:55	Björg Bergland	00:20:45
Lene Lothe	00:21:20	Grete Bergland	00:23:26
Mette Justad	00:23:55		<u>1:23:26</u>

Nr.1 DBK 01:23:26  
 Nr.2 MIF 3 løpere

### Bestemannspremier

#### 15-20 år

Martin Sommer Nygaard 00:14:57 DBK

#### 21-35 år

Lars Christian Karlsen 00:13:36 MIF

#### 36-45 år

Geir Olsen 00:14:42 MIF

#### 46 år og eldre

Jan Endresen 00:16:14 DBK

#### Kvinner 15-35 år

Christiane Honerud Olsen 00:17:41 MIF

#### Kvinner 36 år og eldre

Wenche Sand-Hanssen 00:17:28 MIF