

## Mjø̄s-O trening Hamar Prestrudhallen 24.01.2012

### Kort 2,6 km

|    |                   |              |       |
|----|-------------------|--------------|-------|
| 1  | Anders Bergum     | Gjø̄/Vard OL | 18:39 |
| 2  | Anine Lome        | Hamar OK     | 22:00 |
| 3  | Knut Skjeset      | Vang OL      | 22:42 |
| 4  | Mona Lome         | Hamar OK     | 23:43 |
| 5  | Frode (nabo) Haug | NOTEAM       | 25:45 |
| 6  | Kjetil Noren      | Hamar OK     | 25:53 |
| 7  | Hilde Tvedt Ryen  | Hamar OK     | 27:11 |
| 8  | Gunnhild Ljones   | Hamar OK     | 29:13 |
| 9  | Trygve Hestad     | Hamar OK     | 39:22 |
| 10 | Siri Hestad       | Hamar OK     | 39:38 |

### Lang 4,6 km

|     |                          |                   |                      |
|-----|--------------------------|-------------------|----------------------|
| 1   | Eskil Sande Gullord      | Gjø̄/Vard OL      | 29:48                |
| 2   | Ove Haugereid            | Løten OL          | 30:14                |
| 3   | Marius Wikstrøm          | Vang OL           | 30:39                |
| 4   | Øystein Storsveen        | Løten OL          | 31:32                |
| 5   | Sofie Johansson          | Løten OL          | 31:44                |
| 6   | Sverre Bang Støeng       | Hamar OK          | 33:28                |
| 7   | Håkon Godager            | Løten OL          | 34:04                |
| 8   | Bjørn Ryen               | Hamar OK          | 34:48                |
| 9   | Ivar Jevne Arnesen       | Hamar OK          | 35:52                |
| 10  | Simen Bordal             | Ringsaker OK      | 35:53                |
| 11  | Matias Noren             | Hamar OK          | 37:48                |
| 12  | Frode Haug               | Hamar OK          | 38:39                |
| 13  | Dorte Narum              | OL Vallset/Stange | 39:03                |
| 14  | Fredrik Helgestad        | Hamar OK          | 40:42                |
| 15  | Evine Westli Andersen    | Løten OL          | 41:19                |
| 16  | Edvin Elisenberg         | Hamar OK          | 41:47                |
| 17  | Trond Ivar Tømmervold    | Hamar OK          | 42:21                |
| 18  | Harald Volden            | Hamar OK          | 43:03                |
| 19  | Stein Arne Negård        | Vang OL           | 43:54                |
| 20  | June R. Hovde            | Hamar OK          | 45:10                |
| 21  | Stine Frogner Tømmervold | Hamar OK          | 46:19                |
| 22  | Karoline Haug            | Hamar OK          | 49:33                |
| 22  | Marte Welhaven           | Hamar OK          | 49:33                |
| 24  | John Mikalsen            | Hamar OK          | 51:00                |
| DNF | Kjersti Narum            | OL Vallset/Stange | 41:24                |
| DNF | Kristian Storsveen       | Løten OL          | 42:15                |
| DSQ | Nora Hui Andersen        | Hamar OK          | 37:24 DSQ Missed 047 |
| NC  | Emilie Westli Andersen   | Løten OL          | 44:33 Utenfor konk.  |
| NC  | Anne Marit Bordal        | Ringsaker OK      | 56:31 Utenfor konk.  |