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|  | **Offisell Resultatliste LK 5 januar Møssingdalen** | | |  |  |  |
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|  | **Fornavn** | **Etternavn** | **Klubb** | **Distanse** | **År** | **Sluttid** |
| 3 | Edna | Langås Nesgård | Skogn IL | 1 km (arrangemet 1) | 2011 | **07:00** |
| 4 | Iver Hov | Lomsdal | Frol IL | 1 km (arrangemet 1) | 2014 | **08:41** |
| 5 | Peder | Munkeby | Frol IL | 1 km (arrangemet 1) | 2012 | **08:43** |
| 6 | Håkon Bjørnaas | Oksvoll | Nessegutten | 1 km (arrangemet 1) | 2013 | **10:33** |
| 7 | Ville | Skjeset | Frol IL | 1 km (arrangemet 1) | 2013 | **09:17** |
| 8 | Helle Thun | Tunset | IL Aasguten | 1 km (arrangemet 1) | 2013 | **10:15** |
| 11 | Vilde | Valbjør | Frol IL | 1 km (arrangemet 1) | 2013 | **11:22** |
| 12 | Nathaniel | Stenberg Aas | Nessegutten | 1 km (arrangemet 1) | 2014 | **09:32** |
| 13 | Maja Haugan | Skaufel | Frol | 1 km (arrangemet 1) | 2014 | **10:09** |
| 14 | Ulrik | Ness Aune | Frol | 1 km (arrangemet 1) | 2014 | **08:21** |
| 15 | Sverre | Meyer\_Ekle | IL Aasguten | 1 km (arrangemet 1) | 2013 | **07:25** |
| 16 | Edvard | Lello Talseth | Frol il | 1 km (arrangemet 1) | 2013 | **06:52** |
| 17 | Vebjørn | Laugsand Hestmann | Nessegutten | 1 km (arrangemet 1) | 2013 | **10:46** |
| 18 | Mali Karin | Husvang | IL Aasguten | 1 km (arrangemet 1) | 2012 | **08:00** |
| 20 | Erik Olsnes | Eggen | Nessegutten | 1 km (arrangemet 1) | 2013 | **08:29** |
| 21 | Kristian | Alstad | Frol il | 1 km (arrangemet 1) | 2014 | **08:15** |
| 22 | Agnes | Berntzen | Ekne IL | 1 km (arrangemet 1) | 2010 | **13:55** |
| 23 | Erik | Hemming | Frol IL | 1 km (arrangemet 1) | 2011 | **06:50** |
| 24 | Mathias | Jacobsen | Frol IL | 1 km (arrangemet 1) | 2012 | **09:32** |
| 25 | Amanda | Lello Talseth | Frol il | 1 km (arrangemet 1) | 2013 | **07:52** |
| 26 | Sander | Matberg | Frol il | 1 km (arrangemet 1) | 2013 | **07:16** |
| 27 | Sigrid | Myren Føll | Skogn IL | 1 km (arrangemet 1) | 2014 | **12:15** |
| 29 | Andrea | Vedul | IL Aasguten | 1 km (arrangemet 1) | 2013 | **12:21** |
| 35 | Johanne | Munkeby | Frol il | 1 km (arrangemet 1) | 2013 | **12:08** |
| 36 | Marius | Loe Brenne | Skogn IL | 1 km (arrangemet 1) | 2013 | **12:08** |
| 37 | Magnus | Jenssen | Frol il | 1 km (arrangemet 1) | 2011 | **06:35** |
| 38 | Mille | Bollerud | IL Aasguten | 1 km (arrangemet 1) | 2012 | **07:35** |
| 40 | Malin | Brænne | IL Aasguten | 1 km (arrangemet 1) | 2012 | **09:13** |
| 41 | Lukas | Hammeren | IL Aasguten | 1 km (arrangemet 1) | 2012 | **07:08** |
|  |  |  |  |  |  |  |
|  |  | **2 km** |  |  |  |  |
|  |  |  |  |  |  |  |
| 69 | Even | Sivertsen | Frol | 2 km (arrangement 1) | 2010 | **07:58** |
| 73 | Live Thun | Tunset | IL Aasguten | 2 km (arrangement 1) | 2010 | **08:45** |
| 72 | Heine Solem | Kosberg | Ekne IL | 2 km (arrangement 1) | 2008 | **08:52** |
| 62 | Luca | Bollerud | IL Aasguten | 2 km (arrangement 1) | 2010 | **08:54** |
| 47 | Sigurd | Jenssen | Frol il | 2 km (arrangement 1) | 2009 | **08:57** |
| 52 | Vilde | Tangstad Husby | Aasguten | 2 km (arrangement 1) | 2010 | **09:05** |
| 66 | Sivert | Munkeby | Frol il | 2 km (arrangement 1) | 2010 | **09:05** |
| 61 | Daniel | Alstad | Frol il | 2 km (arrangement 1) | 2010 | **09:08** |
| 54 | Sverre | Sivertsen | Frol il | 2 km (arrangement 1) | 2013 | **09:10** |
| 79 | Solveig | Skoglund Leithe | Frol IL | 2 km (arrangement 2) | 2010 | **09:10** |
| 44 | Martin Brenne | Blomsø | Ekne IL | 2 km (arrangement 1) | 2008 | **09:36** |
| 97 | Brage | Reinås | Frol IL | 2 km (arrangement 2) | 2010 | **09:43** |
| 81 | Ragne | Svendgård-Roe | Skogn IL | 2 km (arrangement 2) | 2010 | **09:54** |
| 76 | Selma | Langøygard | Frol Il | 2 km (arrangement 2) | 2010 | **09:58** |
|  | Hans | Holmestrand | Skogn IL | 2 km (arrangement 2) | 2011 | **09:58** |
| 74 | Amalie | Brænne | IL Aasguten | 2 km (arrangement 1) | 2010 | **10:04** |
| 75 | Martin | Furunes | Ekne IL | 2 km (arrangement 2) | 2011 | **10:12** |
| 68 | Mari Solberg | Opdal | Markabygda il | 2 km (arrangement 1) | 2010 | **10:26** |
| 49 | Trygve | Munkeby | Frol il | 2 km (arrangement 1) | 2011 | **10:32** |
| 43 | Aksel | Skjeset | Frol IL | 2 km (arrangement 1) | 2011 | **10:41** |
| 57 | Sofia | Meyer-Ekle | IL Aasguten | 2 km (arrangement 1) | 2011 | **10:45** |
| 86 | Jonas | Almlid | IL Aasguten | 2 km (arrangement 2) | 2013 | **10:50** |
| 93 | Petter Løvås | Valstad | Nessegutten | 2 km (arrangement 2) | 2011 | **10:56** |
| 51 | Frida | Sivertsen | Frol IL | 2 km (arrangement 1) | 2011 | **11:00** |
| 77 | Mari | Reitan | IL Aasguten | 2 km (arrangement 2) | 2010 | **11:07** |
| 64 | Oda | Hovdal | IL Aasguten | 2 km (arrangement 1) | 2011 | **11:13** |
| 70 | Nils | Søberg Fenstad | Nessegutten | 2 km (arrangement 1) | 2012 | **11:14** |
| 65 | Sanna | Iversen | Frol IL | 2 km (arrangement 1) | 2010 | **11:16** |
| 90 | Emma | Rønsåsbjørg | Markabygda IL | 2 km (arrangement 2) | 2012 | **11:32** |
| 92 | Iver | Steffenrem | Nessegutten | 2 km (arrangement 2) | 2011 | **11:32** |
| 100 | Frida | Rønning | Skogn IL | 2 km (arrangement 2) | 2011 | **11:35** |
| 89 | Brage | Lunnan Jermstad | Skogn IL | 2 km (arrangement 2) | 2011 | **11:47** |
| 46 | Tore | Hoff | Nessegutten | 2 km (arrangement 1) | 2013 | **11:59** |
| 98 | Live Marie | Langøygard | Frol | 2 km (arrangement 2) | 2013 | **12:00** |
| 50 | Runa Husby | Nordaune | IL Aasguten | 2 km (arrangement 1) | 2011 | **12:23** |
| 71 | Johannes | Vedul | IL Aasguten | 2 km (arrangement 1) | 2011 | **12:50** |
| 95 | Sigurd | Skoglund Leithe | Frol IL | 2 km (arrangement 2) | 2014 | **12:51** |
| 91 | Karin | Skjellegrind | Nessegutten | 2 km (arrangement 2) | 1979 | **13:21** |
| 48 | Johannes | Matberg | Frol il | 2 km (arrangement 1) | 2009 | **13:30** |
| 59 | Lasse | Hoff | Nessegutten | 2 km (arrangement 1) | 2010 | **13:38** |
| 87 | Leo | Dalen | Ekne IL | 2 km (arrangement 2) | 2007 | **13:45** |
| 60 | Ludvig | Granli Weie | Nessegutten | 2 km (arrangement 1) | 2013 | **14:05** |
| 84 | Ulrik | Pedersen | Nessegutten | 2 km (arrangement 2) | 2011 | **14:13** |
| 80 | Amalie | Worum | Nessegutten | 2 km (arrangement 2) | 2012 | **14:42** |
| 55 | Johan Wist | Rønning | Nessegutten | 2 km (arrangement 1) | 2013 | **14:48** |
| 63 | Filip | Hildrum | Nessegutten | 2 km (arrangement 1) | 2012 | **14:57** |
| 99 | Iver Andreas | Alstad | Frol | 2 km (arrangement 2) | 2013 | **15:15** |
| 83 | Hannah | Rønsåsbjørg | Markabygda IL | 2 km (arrangement 2) | 2013 | **15:25** |
| 82 | Åshild | Skjellegrind | Nessegutten | 2 km (arrangement 2) | 2014 | **15:56** |
| 88 | Maria Oline | Hodne | Markabygda IL | 2 km (arrangement 2) | 2011 | **16:41** |
| 78 | Fridtjof | Skjellegrind | Nessegutten | 2 km (arrangement 2) | 2011 | **17:06** |
| 56 | Anna | Mørreaunet Bentzen | Skogn IL | 2 km (arrangement 1) | 2011 | **18:27** |
| 96 | Oliver Fuglesang | Skei | Sp.kl. Nessegutten | 2 km (arrangement 2) | 2014 | **19:48** |
| 85 | Anna G. | Holmstrand | Nessegutten | 2 km (arrangement 2) | 2014 | **25:14** |
|  |  |  |  |  |  |  |
|  |  | **3 km** |  |  |  |  |
|  |  |  |  |  |  |  |
| 109 | Sivert Løvås | Valstad | Nessegutten | 3 km (arrangement 2) | 2008 | **10:52** |
| 123 | Marius | Viken | Frol IL | 3 km (arrangement 2) | 2009 | **11:12** |
| 103 | Ludvig | Langøygard | Frol il | 3 km (arrangement 2) | 2008 | **11:15** |
| 101 | Jonas | Alstad | Frol | 3 km (arrangement 2) | 2008 | **11:35** |
| 121 | Jonatan Fuglesang | Skei | Nessegutten | 3 km (arrangement 2) | 2008 | **11:38** |
| 111 | Mia | Reinås | Frol IL | 3 km (arrangement 2) | 2008 | **12:08** |
| 105 | Sondre | Skoglund Leithe | Frol IL | 3 km (arrangement 2) | 2008 | **12:21** |
| 106 | Nikolai | Støp | Nessegutten | 3 km (arrangement 2) | 2008 | **12:22** |
| 108 | Petter Hjulstad | Aarøe | Nessegutten | 3 km (arrangement 2) | 2008 | **12:26** |
| 114 | Eirik | Gravdal Zetterström | Frol | 3 km (arrangement 2) | 2009 | **12:26** |
| 125 | Mari | Fallan | Skogn IL | 3 km (arrangement 2) |  | **12:56** |
| 117 | Elias | Hodne | Markabygda IL | 3 km (arrangement 2) | 2008 | **12:59** |
| 104 | Vihle | Nydal Fossum | Nessegutten | 3 km (arrangement 2) | 2011 | **13:11** |
| 116 | Johannes | Alstad | Frol | 3 km (arrangement 2) | 2009 | **13:35** |
| 115 | Even | Almlid | IL Aasguten | 3 km (arrangement 2) | 2011 | **13:45** |
| 124 | Markus | Aakervik Munkvold | Nessegutten | 3 km (arrangement 2) | 2009 | **13:50** |
| 146 | Marianne | Langegard | Frol IL | 3 km (arrangement 2) |  | **13:52** |
| 122 | Henriiette | Hoven | Skogn IL | 3 km (arrangement 2) |  | **14:47** |
| 102 | Emil | Hoven | Skogn IL | 3 km (arrangement 2) | 2013 | **16:25** |
| 112 | David | Namsvatn | Markabygda il. | 3 km (arrangement 2) | 2007 | **17:02** |
| 113 | Hedda | Hoven | Skogn IL | 3 km (arrangement 2) | 2011 | **17:08** |
| 118 | Sigrid | Hoven | Skogn IL | 3 km (arrangement 2) | 2009 | **17:57** |
| 120 | Tillra | Nydal Fossum | Nessegutten | 3 km (arrangement 2) | 2014 | **Deltatt** |
|  |  |  |  |  |  |  |
|  |  | **5 km** |  |  |  |  |
|  |  |  |  |  |  |  |
| 128 | Hermann | Leithe | Frol IL | 5 km (arrangement 2) | 1980 | **14:24** |
| 126 | Martin Spillum | Grønli | Frol IL | 5 km (arrangement 2) | 1996 | **14:37** |
| 145 | Per Anders | Hoven | Skogn IL | 5 km (arrangement 2) |  | **14:51** |
| 137 | Bjørn Ståle | Eikrem | Skogn IL | 5 km (arrangement 2) | 1974 | **15:07** |
| 129 | Arne | Steffenrem | Nessegutten | 5 km (arrangement 2) | 1975 | **15:32** |
| 135 | Henrik | Furunes | Ekne IL | 5 km (arrangement 2) | 2007 | **15:44** |
| 140 | Jo | Langøygard | Frol | 5 km (arrangement 2) | 1978 | **15:53** |
| 144 | Kjersti | Husby | IL Aasguten | 5 km (arrangement 2) |  | **16:34** |
| 130 | Vemund | Svendgård-Roe | Skogn IL | 5 km (arrangement 2) | 2006 | **16:57** |
| 143 | Erik | Sørlie Fallan | Skogn IL | 5 km (arrangement 2) | 1980 | **17:02** |
| 136 | Henrik | Alstad | Frol | 5 km (arrangement 2) | 2006 | **17:13** |
| 138 | Sondre | Gording Hermo | Skogn IL | 5 km (arrangement 2) | 2007 | **17:23** |
| 142 | Geir | Svendgård-Roe | Skogn IL | 5 km (arrangement 2) | 1976 | **17:24** |
| 132 | Bjørn Åge | Reinås | Frol IL | 5 km (arrangement 2) | 1974 | **17:30** |
| 141 | Marte | Skoglund | Frol IL | 5 km (arrangement 2) | 1980 | **17:32** |
| 139 | Stig | Hermo | Skogn IL | 5 km (arrangement 2) | 1980 | **17:59** |
| 134 | Bernard | Heimro-Sunde | Nessegutten | 5 km (arrangement 2) | 2007 | **19:09** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |