



## STRAUMEMILEN 2010 - Søndag 11. april.

Rittet ble avviklet i flott vær, med gode forhold for alle.

Løypen er ca. 5,3 km for klasse M/K 10-12, og 10, 4 km for øvrige klasser.

Anders Stensakers 12:56 er dermed en meget god tid så tidlig i sesongen.

Klasse/ Plassering	Navn	Klubb	Tid MÅL	Tid vending
<b>M10 – 5 km</b>				
1	Pål Eirik Rognsøy	Åsane CK	14:20,0	
<b>K10– 5 km</b>				
1	June Tronstad	Åsane CK	12:20,0	
<b>K 11-12 – 5 km</b>				
1	Silje Broll	Bergen CK	10:20,0	
2	Eva Charlotte Eiking	Bergen CK	10:50,0	
3	Theodora Sommerlade	Bergen CK	11:34,0	
4	Iselin Noss	Bergen CK	12:30,0	
5	Marie W Tønning	Bergen CK	12:43,0	
<b>M 11-12 – 5 km</b>				
1	Erik Vevatne Øverland	Bergen CK	09:16,0	
2	Karl Jonas Tronstad	Åsane CK	09:39,0	
3	Ole Martin A Tjønneland	Førde CK	09:57,0	
4	Erik Hem Reidarsen	Fana IL	10:13,0	
5	Ole Johannes Stigen	Førde CK	10:32,0	
6	Espen Hanøy Nilsen	Fana IL	10:34,0	
7	Erlend B. Salhus	Åsane CK	10:38,0	
8	Mikal Dyngeland Vik	Fana IL	10:45,0	
9	Tobias Endresen Budal	Bergen CK	11:14,0	
10	Henrik Hovland	Førde CK	11:21,0	
11	Erlend Wiklund Larsen	Bergen CK	21:26,0	
	Fredrik Tvedt Rustand	Bergen CK	DNS	
<b>M 13-14</b>				
1	Gustav Iden	Åsane CK	16:40,0	08:11
2	Kristian Kriek	Åsane CK	16:51,0	08:28
3	Sverre Dyngeland Vik	Fana IL	17:25,0	08:39
4	Kristoffer Madsen	Bergen CK	17:30,0	08:31
5	Kristian Stalheim	Åsane CK	18:41,0	09:19
6	Simen Austgulen Grinde	Åsane CK	18:56,0	09:09
7	Vegard Ness	Bergen CK	19:12,0	09:25
8	Sondre Vikøyr	Bergen CK	19:34,0	09:36
9	Ole Morten Gjørseter	CK Sotra	19:39,0	09:43
10	Andreas Jacobsen	Åsane CK	19:44,0	09:40
11	Simon Andreas Klakegg Vinnes	Fana IL	19:46,0	09:44
12	Ole Kristoffer H Jensen	Bergen CK	20:12,0	10:36
13	Aleksander Kristiansen Meyer	Åsane CK	20:27,0	10:11
14	Henrik Almenningen	Bergen CK	20:53,0	10:06
15	Sondre Hopsdal	Bergen CK	20:56,0	10:29
16	Hallvard Sælemyr	Bergen CK	20:59,0	10:05
17	Espen Holme Moldestad	Førde CK	21:11,0	10:23

<b>M 15-16</b>				
1	Odd Christian Eiking	Bergen CK	15:08,0	07:21
2	Einar Stefansson	Bergen CK	15:33,0	07:43
3	Mikal Iden	Åsane CK	16:12,0	07:56
4	Henrik G Sandal	Bergen CK	16:13,0	08:00
5	Jan William H Jensen	Bergen CK	16:17,0	08:14
6	Sivert Broll	Bergen CK	16:30,0	08:00
7	Bjørnar Øverland	Bergen CK	16:37,0	08:06
8	Anders Fanebust	Norhordaland CK	16:44,0	08:20
9	Mads Sæle Rønhovde	Åsane CK	17:13,0	08:49
10	Jonas Våge	Bergen CK	17:13,0	08:30
11	Henrik Heldal	Bergen CK	17:19,0	08:38
12	Per Kristian Drægri Bøe	Bergen CK	18:13,0	09:01
13	Eivind Wiik Ånes	Bergen CK	19:33,0	09:51
14	Jørgen Sakkariassen	Fløyen MTB	19:34,0	09:54
15	Joachim Hyllestad	Førde CK	19:34,0	09:47
16	Kristian Tjønneland	Førde CK	19:54,0	09:51
17	Marius Noss	Bergen CK	23:19,0	11:28
DNS	Ole Garmann Garmannslund	CK Sotra		
<b>K 15-16</b>				
1	Thea Øvrebotten	Førde CK	20:37,0	10:11
2	Ingrid Sælemyr	Bergen CK	20:55,0	10:16
3	Oda Amalie Løberg Grimstad	Bergen CK	23:57,0	11:50
<b>K Senior</b>				
1	Pernille Iden	Åsane CK	16:49,0	08:18
2	Vita Petersone	Bergen CK	16:59,0	08:28
3	Caroline A Johannsesen	Fana IL	17:47,0	08:40
4	Patricia Viviana Alme Flataker	Bergen CK	21:51,0	09:38
<b>K 40-49</b>				
1	Marit Irene Iden	Åsane CK	16:59,0	08:24
<b>K 50-59</b>				
1	Gunn Marit Strisland	Bergen CK	17:47,0	08:53
<b>M 30-39</b>				
1	Bjørnar Lunde	Bergen CK	14:22,0	07:02
2	Eirik Ekerhovd Vassenden	Bergen CK	14:40,0	07:25
3	Stian Heggøy	CK Sotra	14:50,0	07:15
4	Fredrik Madsen	Bergen CK	15:07,0	07:28
5	Kjetil Nautnes	CK Sotra	15:45,0	07:43
6	Stig Løland	Fana IL	16:06,0	07:56
7	Torstein Våge	Bergen CK	16:10,0	08:04
8	Carl Oscar Krokeide Alsos	Bergen CK	17:07,0	08:26
9	Nils Olaf Solberg	Bergen CK	17:10,0	08:28
<b>M 40-44</b>				
1	Frode Valen	Stord SK	14:15,0	07:01
2	Frode Jarle Jacobsen	Åsane CK	14:18,0	07:06
3	Trond Folkedal	Åsane CK	14:18,0	06:59
4	Bjarte Hetlevik	CK Sotra	14:52,0	07:17
5	Jon Amundsen	BOC	15:02,0	07:25

6	Arne Stalheim	Åsane CK	15:06,0	07:33
7	Bjørn Christian Larsen	Bergen CK	15:06,0	07:19
8	Leif Erichsen	Bergen CK	15:46,0	07:54
9	Anders Røyrøy	Bergen CK	15:48,0	07:44
10	Øystein Ringheim	Vossevangen CK	15:53,0	07:46
<b>M 45-49</b>				
1	Ove Matland	Bergen CK	14:12,0	07:13
2	Frode Asperheim	Bergen CK	14:52,0	07:27
3	Jarle Reistad	Bergen CK	15:47,0	07:48
4	Inge Paulsen	Bergen CK	16:40,0	08:03
<b>M 50-54</b>				
1	Audun Hasti	Bergen CK	15:20,0	07:32
2	Bjarne Fanebust	Norhordaland CK	15:53,0	07:51
3	Sigfred Tellnes	Bergen CK	15:49,0	07:55
4	Egil Kvarven	Stord SK	15:51,0	07:46
5	Robert Meyer	Åsane CK	15:59,0	07:57
6	Knut Grimstad	Bergen CK	16:53,0	08:33
7	Arne Håland	Bergen CK	17:48,0	08:44
<b>M Junior</b>				
1	Nicholas H C Hammersland	Bergen CK	14:09,0	06:59
2	Daniel Hjørnevik	Åsane CK	14:14,0	07:05
3	Eirik Oskari Halvorsen	Bergen CK	14:18,0	07:02
4	Bjørn William Strand	Stord SK	14:33,0	07:09
5	Ulrik Thuestad	Bergen CK	14:43,0	07:19
6	Benjamin Al S. Donovan	Bergen CK	14:59,0	07:26
7	Jonas Hopsdal	Bergen CK	15:00,0	07:30
8	Christoffer Jacobsen	Åsane CK	15:18,0	07:48
9	Thomas Nordtveit Solberg	Bergen CK	15:20,0	-
10	David Desa	Bergen CK	15:49,0	07:49
11	Tony Hagen	Fløyen MTB	15:55,0	07:58
12	Mattias Nilsen Norstrand	Bergen CK	16:09,0	07:55
13	Martin Breyholtz	Bergen CK	16:09,0	08:02
14	Torstein Stokkenes	Åsane CK	16:56,0	08:22
15	Lars Olav Apold	Bergen CK	17:17,0	08:26
16	Daniel Rikstad Nielsen	Norhordaland CK	18:07,0	09:24
<b>M U23</b>				
1	Anders Stensaker	Bergen CK	12:56,0	06:23
2	Ørjan Borgen Nordtveit	Fana IL	13:45,0	06:50
3	Erik Kriek	Fana IL	15:35,0	07:37
DNS	Eigil Botten Gjøstøl	Bergen CK		
<b>M Elite</b>				
1	Daniel Arnesen	Bergen CK	14:17,0	07:07
2	Kjartan Pedersen Gurholt	Fana IL	14:18,0	07:09
3	Kjetil Frøystein Larsen	Bergen CK	14:48,0	07:11
4	Thomas Solheim	Bergen CK	15:28,0	07:35
5	Ivar Skauge Strandenes	Bergen CK	15:30,0	07:38
6	Guillaume Potier	Bergen CK	15:53,0	07:49