

TERRENGSYKKELRITTET 2024 UTFOR

📅 06/01/2024 ØSTMARKA

Result - Utforspris - Men

| 🏆 | # | Name | Nation | Club | Time | Behind |
|----|------|-----------------------------------|--|---------------------------|--------|---------|
| 1 | 3211 | Fredrik Haraldseth |  NOR | Bærums Verk CK | 3:43.0 | +0:00.0 |
| 2 | 107 | Eirik Rokke |  NOR | IF Frøy | 3:47.1 | +0:04.1 |
| 3 | 1 | Tormod Weydahl |  NOR | Ottadalen SK | 3:47.8 | +0:04.8 |
| 4 | 3262 | Roar Olsen |  NOR | Follo SK | 3:48.5 | +0:05.5 |
| 5 | 3266 | Roy Kjetil Håkeli |  NOR | Odal SK | 3:49.1 | +0:06.1 |
| 6 | 3232 | Aslak Mørstad |  NOR | Siggerud IL – sykkel | 3:50.0 | +0:07.0 |
| 7 | 102 | Nikolai Nilsen |  NOR | IF Frøy | 3:50.9 | +0:07.9 |
| 8 | 101 | Emil August Longva |  NOR | IF Frøy | 3:52.5 | +0:09.5 |
| 9 | 460 | Fredrik Lysakerrud |  NOR | Odal SK | 3:53.2 | +0:10.2 |
| 10 | 3254 | Thomas Færgestad |  NOR | IF Frøy | 3:53.2 | +0:10.2 |
| 11 | 3229 | Fredrik Krey Berntz |  NOR | Asker CK | 3:53.8 | +0:10.8 |
| 12 | 10 | Ådne Anmarkrud |  NOR | Konnerud IL Sykkel | 3:54.0 | +0:11.0 |
| 13 | 351 | Jonas Nermoen |  NOR | IF Frøy | 3:55.0 | +0:12.0 |
| 14 | 104 | Fredrik Vingelsgaard |  NOR | CK Elverum | 3:55.1 | +0:12.1 |
| 15 | 6 | Vidar Mehl |  NOR | Raufoss & Gjøvik SK | 3:56.2 | +0:13.2 |
| 16 | 2 | Preben Brønstad |  NOR | Raufoss & Gjøvik SK | 3:56.7 | +0:13.7 |
| 17 | 453 | Frode Bokerød |  NOR | Halden CK | 3:57.3 | +0:14.3 |
| 18 | 403 | Magnus Cederholm |  NOR | Oslo Sykleklubb | 3:57.5 | +0:14.5 |
| 19 | 1505 | Simen Føsker |  NOR | Lørenskog CK | 3:57.6 | +0:14.6 |
| 20 | 458 | Kenneth Lømo |  NOR | CK Elverum | 4:00.4 | +0:17.4 |
| 21 | 3253 | Nils Rustad |  NOR | Stovnerkameratene | 4:01.7 | +0:18.7 |
| 22 | 109 | Christian Holm |  NOR | IF Frøy | 4:02.8 | +0:19.8 |
| 23 | 105 | Truls Lutnæs |  NOR | IF Frøy | 4:03.4 | +0:20.4 |
| 24 | 3278 | Roy Ripe |  NOR | Nesodden SK | 4:04.0 | +0:21.0 |
| 25 | 1508 | Einar Andreas S Biørn-Lian |  NOR | IF Frøy | 4:04.5 | +0:21.5 |
| 26 | 455 | Alexander Hagen |  NOR | IF Frøy / Alexander Hagen | 4:05.8 | +0:22.8 |
| 27 | 1301 | Linus Johnsrud |  NOR | Ringerike SK | 4:05.8 | +0:22.8 |

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|----|------|-------------------------------|--|---------------------------|--------|---------|
| 29 | 3240 | Dagfinn Bang-Johansen |  NOR | IF Frøy | 4:07.1 | +0:24.1 |
| 30 | 106 | Eivind Aamodt Eikemo |  NOR | Follo SK | 4:07.2 | +0:24.2 |
| 31 | 3234 | Pål Johansen |  NOR | Aron Sportsklubb | 4:08.0 | +0:25.0 |
| 32 | 9 | Markus Rindli |  NOR | Follo SK | 4:08.4 | +0:25.4 |
| 33 | 103 | Sindre Moe Landén |  NOR | Romeriksåsen SK | 4:08.7 | +0:25.7 |
| 34 | 3216 | Ola Tuko |  NOR | Kongsberg IF Sykkel | 4:09.3 | +0:26.3 |
| 35 | 13 | Martin ANDERSEN |  NOR | Tromsø CK | 4:09.5 | +0:26.5 |
| 36 | 301 | Eirik Tengesdal |  NOR | Sandane SK | 4:09.8 | +0:26.8 |
| 37 | 3233 | Edmund Høydahl |  NOR | IF Frøy | 4:09.9 | +0:26.9 |
| 38 | 3238 | Rune Halvorsen |  NOR | IL Heming - sykkelgruppe | 4:11.4 | +0:28.4 |
| 39 | 1504 | Sigmund Bokerød |  NOR | Halden CK | 4:11.8 | +0:28.8 |
| 40 | 402 | Finn Moe |  NOR | Romeriksåsen SK | 4:11.8 | +0:28.8 |
| 41 | 12 | Fredrik Nordlien |  NOR | Nes Sp.Kl. Sykkel | 4:12.0 | +0:29.0 |
| 42 | 1513 | Oliver Seljetun |  NOR | Lørenskog CK | 4:14.2 | +0:31.2 |
| 43 | 3258 | Tommy Frøyna |  NOR | Bærums Verk CK | 4:14.9 | +0:31.9 |
| 44 | 3280 | Fredrik Flatland |  NOR | Noteam | 4:15.1 | +0:32.1 |
| 45 | 1501 | Jens Aksel Jorde |  NOR | Asker CK | 4:15.7 | +0:32.7 |
| 46 | 3 | Laurits Pete |  NOR | IF Frøy | 4:16.1 | +0:33.1 |
| 47 | 552 | Johan Erlandsson |  NOR | SK Rye sykkel | 4:16.3 | +0:33.3 |
| 48 | 3260 | Jørgen Sørensen |  NOR | Sagene IF Sykkel | 4:16.8 | +0:33.8 |
| 49 | 7 | Odd Erlend Hansen Berg |  NOR | Raufoss & Gjøvik SK | 4:17.2 | +0:34.2 |
| 50 | 3212 | Thomas Kristiansen |  NOR | Bærums Verk CK | 4:18.2 | +0:35.2 |
| 51 | 3286 | Magnus Krogstad |  NOR | Godlia Løpeklubb | 4:18.4 | +0:35.4 |
| 52 | 3270 | Erik Mikkelsen |  NOR | Fossum IF Sykkel | 4:20.9 | +0:37.9 |
| 53 | 3282 | Per Andreas Norseng |  NOR | IF Frøy | 4:21.4 | +0:38.4 |
| 54 | 3206 | Marius Minster |  NOR | Soon CK | 4:21.9 | +0:38.9 |
| 55 | 3205 | Sindre Tengesdal |  NOR | Noteam | 4:22.3 | +0:39.3 |
| 56 | 3247 | Dag Finstad |  NOR | Siggerud IL – sykkel | 4:22.3 | +0:39.3 |
| 57 | 3259 | Atle Kvien |  NOR | Sagene IF Sykkel | 4:23.2 | +0:40.2 |
| 58 | 551 | Ole Martin Anmarkrud |  NOR | Konnerud IL Sykkel | 4:23.7 | +0:40.7 |
| 59 | 3265 | Atle Reitan |  NOR | Nitelva CK - sykkelgruppe | 4:24.2 | +0:41.2 |
| 60 | 3252 | Thomas Lium |  NOR | IF Frøy | 4:24.3 | +0:41.3 |
| 61 | 3241 | Anders Helle |  NOR | Asker CK | 4:24.5 | +0:41.5 |

|  | # | Name | Nation | Club | Time | Behind |
|--|-------|----------------------------------|--|----------------------|--------|---------|
| 62 | 3222 | Knut Arne Letterud |  NOR | Asker | 4:25.2 | +0:42.2 |
| 63 | 3277 | Ola Ringsaker |  NOR | SK Rye sykkel | 4:26.1 | +0:43.1 |
| 64 | 3251 | Kristian Dyrset |  NOR | Andebarkji TSK | 4:26.2 | +0:43.2 |
| 65 | 1512 | Bjørnar Øhrn Johansen |  NOR | SK Rye sykkel | 4:26.3 | +0:43.3 |
| 66 | 3281 | Stig Eines |  NOR | Team Tore | 4:26.6 | +0:43.6 |
| 67 | 3257 | Viktor Lorentz |  NOR | IF Frøy | 4:27.5 | +0:44.5 |
| 68 | 4 | Eirik Aamodt Eikemo |  NOR | Follo SK | 4:29.1 | +0:46.1 |
| 69 | 3261 | Trond Johannessen |  NOR | Glåmdal SK | 4:29.8 | +0:46.8 |
| 70 | 3219 | Mads Thomsen |  DEN | IF Frøy | 4:30.4 | +0:47.4 |
| 71 | 3275 | Michael Olofsson |  NOR | Siggerud IL – sykkel | 4:30.6 | +0:47.6 |
| 72 | 302 | Tore Medgard |  NOR | Sogn CK | 4:31.6 | +0:48.6 |
| 73 | 3272 | Lars-Erik Gradert |  NOR | Fossum IF Sykkel | 4:32.7 | +0:49.7 |
| 74 | 3285 | Rune Røsten |  NOR | Østmarka Skiforening | 4:35.6 | +0:52.6 |
| 75 | 601 | Geir Kjær |  NOR | IF Frøy | 4:35.8 | +0:52.8 |
| 76 | 3231 | Stefano Baldari |  ITA | Mjølkerampa SK | 4:36.7 | +0:53.7 |
| 77 | 3226 | Mats Richard Mathisen |  NOR | Noteam | 4:37.1 | +0:54.1 |
| 78 | 3271 | Lars Birger Nielsen |  NOR | Follo SK | 4:38.2 | +0:55.2 |
| 79 | 1510 | Jonathan Bråthen Jensen |  NOR | Raufoss & Gjøvik SK | 4:38.2 | +0:55.2 |
| 80 | 505 | Helge Kolstad |  NOR | Sagene IF Sykkel | 4:39.1 | +0:56.1 |
| 81 | 651 | Oddbjørn Raam |  NOR | SK Rye sykkel | 4:39.3 | +0:56.3 |
| 82 | 3214 | Sindre Hovind Rødland |  NOR | Noteam | 4:40.3 | +0:57.3 |
| 83 | 3227 | Jan Andreas Knudsen |  NOR | Noteam | 4:40.3 | +0:57.3 |
| 84 | 3246 | Terje Gomo |  NOR | IF Frøy | 4:41.3 | +0:58.3 |
| 85 | 10009 | Henning Driveklepp |  NOR | Gruvelia SK | 4:41.4 | +0:58.4 |
| 86 | 1304 | Halvor Longva |  NOR | IF Frøy | 4:42.7 | +0:59.7 |
| 87 | 3274 | Jan Fredrik Lund |  NOR | SK Rye sykkel | 4:42.9 | +0:59.9 |
| 88 | 3255 | Ola Thjømøe |  NOR | Asker CK | 4:42.9 | +0:59.9 |
| 89 | 3283 | Christoffer Serck-Hanssen |  NOR | Bærum OCK | 4:43.4 | +1:00.4 |
| 90 | 603 | Ben Arild Schreier |  NOR | Bjørndal IF Sykkel | 4:46.5 | +1:03.5 |
| 91 | 3242 | Ole Kristian Gudbrandsrud |  NOR | Oslo | 4:46.9 | +1:03.9 |
| 92 | 462 | Nils Ole Madsen |  NOR | Konnerud IL Sykkel | 4:47.4 | +1:04.4 |
| 93 | 652 | Kay-Ove Vetland |  NOR | Bjørndal IF Sykkel | 4:48.3 | +1:05.3 |
| 94 | 3263 | John Harald Johansen |  NOR | IF Frøy | 4:49.3 | +1:06.3 |

|  # | Name | Nation | Club | Time | Behind |
|--|------------------------------|--|---------------------------|--------|---------|
| 95 | 3249 Øyvind Stevenson |  NOR | Lørenskog CK | 4:52.5 | +1:09.5 |
| 96 | 3236 Lasse Johansen |  NOR | SK Rye sykkel | 4:57.9 | +1:14.9 |
| 97 | 3221 Haakon Hamre |  NOR | Noteam | 4:58.3 | +1:15.3 |
| 98 | 3264 Jens Rolfsen |  NOR | SK Rye sykkel | 4:59.1 | +1:16.1 |
| 99 | 3230 Morten Kildahl |  NOR | IF Frøy | 5:04.6 | +1:21.6 |
| 100 | 401 Risto Scheidl |  EST | MILTON Larvik Sportsklubb | 5:05.0 | +1:22.0 |