

## Poengfordeling HelgelandsTrippelen 2007

Navn	Klubb	Kjemsåstempoen	Vefsntråkket	Kleivamila	Criterion	Spent-Tempoen	Myskoxrittet	Sammelattpoeng	Antall ritt	Premie
<b>Menn</b>										
Hugo Strand	RSK	12	12	12	10	12	7	65	6	DIPLOM
Tom Eriksen	MOC	7	10		12		12	41	4	
Tor Arne Bonsaksen	MOC	8	1	8	7	7	5	36	6	DIPLOM
Yngvar Hansen	MOC	10	6	4	8	1	4	33	6	DIPLOM
Frode Thomassen	RSK	1	1	10	3	10	1	26	6	DIPLOM
Jan Birger Solheim	TVK	1	2	6	1	6	1	17	6	DIPLOM
Terje K. Jørgensen	SOCK	5	4			5	3	17	4	
Jan Roger Rasmussen	MOC	3	4	5	4			16	4	
Yngve Kiserud	MCK					5	10	15	2	
Øystein Pettersen	MOC	6	7		DNF	1		14	4	
Thorbjørn Olsen	RSK	4	1	1	5	1		12	5	DIPLOM
Rune Westvoll	RSK	1		7		4		12	3	
Trond Are Rasmussen	MOC				1	8	1	10	3	
Sondre Thorbergsen	Harstad Cykleklubb					2	8	10	2	
Jørgen Nordvang	RSK		8	1	DNF			9	3	
Dag-Ove Olsen	RSK	1	1	3	1	1	1	8	6	DIPLOM
Erik Nordstoga	MOC		1		6		1	8	3	
Tor Helge Nordvang	RSK	1	1	1	1	1	1	6	6	DIPLOM
Tore Nilsskog	RSK	1	1	1	2		1	6	5	DIPLOM
Øystein Lorentzen	Innerøy I.L			1	1	3	1	6	4	
Thor Einar K Henriksen	Rana Sykkelklubb						6	6	1	
Alexandre Voronov	MOC	1	3		1			5	3	
Jim Roger Fagerdal	SOCK	1	1	1	1		1	5	5	DIPLOM
Jan K Olsen	SOCK	2	1		1			4	3	
Johnny Fagerås	RSK	1	1	1	1			4	4	
Kristian Olaisen	SOCK	1	1	1	1			4	4	
Gøran Nordeng	RSK			1	1	1	1	4	4	
Cato Årnes	SOCK			2	1			3	2	
Lars Erik Berge	MOC		1	1	1			3	3	
Alex Finvåg	SOCK		1	1	DNF		1	3	4	
Jon Inge Kvalbukt	RSK		1			1	1	3	3	
Halvor Nordstoga	MOC	1	1					2	2	
Jan-Håkon Kristiansen	SOCK			1	1			2	2	
John Even Liland	MOC	1	1					2	2	
Ottar Simonsen	MOC	1	1					2	2	
Ronny Larsen	MOC	1	1					2	2	
Tommy Edvardsen	SOCK			1	1			2	2	
Torbjørn Buri	SOCK	1	1					2	2	
Espen Kalkenberg	RSK		1				1	2	2	
Jens Berget	MOC		1				1	2	2	
Erik Pettersen	BOC					1	1	2	2	
Thomas Markussen	Rana Sykkelklubb					1	1	2	2	
Tore Sundrønning	Rana Sykkelklubb					1	1	2	2	
Gunnar Haaland	Namdal SK					1	1	2	2	
Terje Erfjord	BOC					1	1	2	2	
Odd Arne Karlson	SOCK			1	DNF			1	2	
Einar Nilsen	MOC		1					1	1	
Geir Kristian Pedersen	MOC			1				1	1	
Jan Tore Dahl	Bodø CK		1					1	1	
Jarle Andersen	RSK			1				1	1	
John Arne Vatshaug	MOC		1					1	1	
Ken Tollaksen	SOCK			1				1	1	
Lars Kristian Granlund	TVK		1					1	1	
Sture Ånes	MOC		1					1	1	
Terje Karoliussen	Bodø CK			1				1	1	
Trond A. Wilhelmsen	Bodø CK		1					1	1	
Raymond Lian	MOC						2			
<b>Antall startende menn</b>		<b>24</b>	<b>36</b>	<b>27</b>	<b>28</b>	<b>22</b>	<b>28</b>			
<b>Kvinner</b>										
Berit Bakkan	RSK	12	12	12				36	3	
Kathrine Tollaksen	SOCK			10				10	1	
<b>Antall startende kvinner</b>		<b>1</b>	<b>1</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>			
<b>Totalt startende</b>		<b>25</b>	<b>37</b>	<b>29</b>	<b>28</b>	<b>22</b>	<b>28</b>	<b>169</b>		



## Resultatliste Kjemsåstempoen 12.5.07 Helgelandstrippelen. Ritt 1. av 6

Klasse	Navn	Klubb	Tid	Etter
<b>K40-44</b>				
	1 Berit Bakkan	RSK	14:33	
<b>Menn Elite</b>				
	1 Øystein Pettersen	MOC	11:10	
	2 Jan K Olsen	SOCK	11:39	00:29
	3 Kristian Olaisen	SOCK	11:46	00:36
	4 Jim Roger Fagerdal	SOCK	13:42	02:32
<b>M U23</b>				
	1 Thorbjørn Olsen	RSK	11:17	
	2 Alexandre Voronov	MOC	11:49	00:32
<b>M30-39</b>				
	1 Yngvar Hansen	MOC	10:49	
	2 Tor Arne Bonsaksen	MOC	10:53	00:04
	3 Terje K. Jørgensen	SOCK	11:12	00:23
	4 Jan Roger Rasmussen	MOC	11:31	00:42
	5 Rune Westvoll	RSK	12:03	01:14
	6 Dag-Ove Olsen	RSK	12:27	01:38
	7 Frode Thomassen	RSK	12:45	01:56
	8 Ronny Larsen	MOC	14:11	03:22
	9 Torbjørn Buri	SOCK	14:55	04:06
<b>M40-44</b>				
	1 Hugo Strand	RSK	10:11	
	2 Tom Erisken	MOC	11:08	00:57
	3 Johnny Fagerås	RSK	12:16	02:05
	4 John Even Liland	MOC	12:54	02:43
<b>M45-49</b>				
	1 Tore Nilsskog	RSK	11:42	
	2 Tor Helge Nordvang	RSK	12:33	00:51
	3 Ottar Simonsen	MOC	13:53	02:11
<b>M55-59</b>				
	1 Jan Birger Solheim	TVK	11:54	
	2 Halvor Nordstoga	MOC	13:13	01:19

**Resultatliste Kjemsåstempoen 12.5.07**  
**Helgelandstrippelen. Ritt 1. av 6**  
**Sortert etter plassering**

<b>Plass</b>	<b>Navn</b>	<b>Klubb</b>	<b>Tid</b>	<b>Tid bak</b>
1	Hugo Strand	RSK	10:11	00:00
3	Yngvar Hansen	MOC	10:49	38:00
5	Tor Arne Bonsaksen	MOC	10:53	42:00
7	Tom Erisken	MOC	11:08	57:00
9	Øystein Pettersen	MOC	11:10	59:00
11	Terje K. Jørgensen	SOCK	11:12	01:00
13	Thorbjørn Olsen	RSK	11:17	06:00
15	Jan Roger Rasmussen	MOC	11:31	20:00
17	Jan K Olsen	SOCK	11:39	28:00
19	Tore Nilsskog	RSK	11:42	31:00
21	Kristian Olaisen	SOCK	11:46	35:00
23	Alexandre Voronov	MOC	11:49	38:00
25	Jan Birger Solheim	TVK	11:54	43:00
27	Rune Westvoll	RSK	12:03	52:00
29	Johnny Fagerås	RSK	12:16	05:00
31	Dag-Ove Olsen	RSK	12:27	16:00
33	Tor Helge Nordvang	RSK	12:33	22:00
35	Frode Thomassen	RSK	12:45	34:00
37	John Even Liland	MOC	12:54	43:00
39	Halvor Nordstoga	MOC	13:13	02:00
41	Jim Roger Fagerdal	SOCK	13:42	31:00
43	Ottar Simonsen	MOC	13:53	42:00
45	Ronny Larsen	MOC	14:11	00:00
47	Berit Bakkan	RSK	14:33	22:00
49	Torbjørn Buri	SOCK	14:55	44:00

## Vefsntråkket 13. mai 2007 Mosjøen HT ritt 2 av 6

Klasse	Navn/Plassering	Klubb	Tid	Etter
<b>K40-44</b>				
1	Berit Bakkan	RSK	02:20:00	
<b>Elite</b>				
1	Øystein Pettersen	MOC	02:00:03	
2	Alexandre Voronov	MOC	02:00:05	00:02
3	Erik Nordstoga	MOC	02:00:08	00:05
4	Jan Tore Dahl	Bodø CK	02:00:09	00:06
5	Jim Roger Fagerdal	SOCK	02:07:11	07:08
6	Kristian Olaisen	SOCK	02:07:11	07:08
7	Jan Kristian Olsen	SOCK	02:08:36	08:33
<b>M U23</b>				
1	Jørgen Nordvang	RSK	02:00:02	
2	Torbjørn Olsen	RSK	02:00:08	00:06
<b>M30-39</b>				
1	Yngvar Hansen	MOC	02:00:03	
2	Terje Kjeøy Jørgensen	SOCK	02:00:04	00:01
3	Jan Roger Rasmussen	MOC	02:00:05	00:02
4	Frode Thomassen	RSK	02:00:07	00:04
5	Tor Arne Bonsaksen	MOC	02:00:08	00:05
6	Lars Kristian Granlund	TVK	02:00:08	00:05
7	Jon Inge Kvalbukt	RSK	02:00:08	00:05
8	Lars Erik Berge	MOC	02:00:09	00:06
9	Dag-Ove Olsen	RSK	02:00:09	00:06
10	Ronny Larsen	MOC	02:19:59	19:56
11	Espen Kalkenberg	RSK	02:32:26	08:23
DNF	Tommy Edvardsen		SOCK	
<b>M40-44</b>				
1	Hugo Strand	RSK	02:00:01	
2	Tom Eriksen	MOC	02:00:02	00:01
3	John Even Liland	MOC	02:00:08	00:07
4	Johnny Fagerås	RSK	02:00:08	00:07
5	Jens Berget	MOC	02:00:09	00:08
6	Trond A Wilhelmssen	Bodø CK	02:00:11	00:10
7	Sture Ånes	MOC	02:08:36	08:35
<b>M45-49</b>				
1	Tore Nilsskog	RSK	02:00:08	
2	Tor Helge Nordvang	RSK	02:00:08	00:00
3	Ottar Simonsen	MOC	02:20:00	19:52
<b>M50-54</b>				
1	Alex Finvåg	SOCK	02:19:48	
2	John A. Vatshaug	MOCK	02:19:48	00:00
<b>M55-59</b>				
1	Jan Birger Solheim	TVK	02:00:07	

Klasse	Navn/Plassering	Klubb	Tid	Etter
1	Hugo Strand	RSK	02:00:01	
1	Jørgen Nordvang	RSK	02:00:02	00:00:01
2	Tom Eriksen	MOC	02:00:02	00:00:01
3	Øystein Pettersen	MOC	02:00:03	00:00:02
4	Yngvar Hansen	MOC	02:00:03	00:00:02
5	Terje Kjørøy Jørgensen	SOCK	02:00:04	00:00:03
6	Alexandre Voronov	MOC	02:00:05	00:00:04
7	Jan Roger Rasmussen	MOC	02:00:05	00:00:04
1	Frode Thomassen	RSK	02:00:07	00:00:06
2	Jan Birger Solheim	TVK	02:00:07	00:00:06
1	Erik Nordstoga	MOC	02:00:08	00:00:07
2	Torbjørn Olsen	RSK	02:00:08	00:00:07
3	Tor Arne Bonsaksen	MOC	02:00:08	00:00:07
4	Lars Kristian Granlund	TVK	02:00:08	00:00:07
5	Jon Inge Kvalbukt	RSK	02:00:08	00:00:07
6	John Even Liland	MOC	02:00:08	00:00:07
7	Johnny Fagerås	RSK	02:00:08	00:00:07
8	Tore Nilsskog	RSK	02:00:08	00:00:07
9	Tor Helge Nordvang	RSK	02:00:08	00:00:07
10	Jan Tore Dahl	Bodø CK	02:00:09	00:00:08
11	Lars Erik Berge	MOC	02:00:09	00:00:08
	Dag-Ove Olsen	RSK	02:00:09	00:00:08
1	Jens Berget	MOC	02:00:09	00:00:08
2	Trond A Wilhelmsen	Bodø CK	02:00:11	00:00:10
3	Jim Roger Fagerdal	SOCK	02:07:11	00:07:10
4	Kristian Olaisen	SOCK	02:07:11	00:07:10
5	Jan Kristian Olsen	SOCK	02:08:36	00:08:35
6	Sture Ånes	MOC	02:08:36	00:08:35
7	Alex Finvåg	SOCK	02:19:48	00:19:47
1	John A. Vatshaug	MOCK	02:19:48	00:19:47
2	Ronny Larsen	MOC	02:19:59	00:19:58
3	Berit Bakkan	RSK	02:20:00	00:19:59
1	Ottar Simonsen	MOC	02:20:00	00:19:59
2	Espen Kalkenberg	RSK	02:32:26	00:32:25
1	Tommy Edvardsen	SOCK	DNF	

## Sandnessjøen Kleivamila 10 km tempo

Place	NAME	Class	Club	Time	Best of
1	HUGO STRAND	M 40-44	RANA S.K	13:22	00:00
2	FRODE THOMASSEN	M 30-39	RANA S.K	14:30	01:08
3	TOR ARNE BONSAKSEN	M 30-39	MOSJØEN O.C	14:32	01:10
4	RUNE WESTVOLL	M 30-39	RANA S.K	14:35	01:13
5	JAN BIRGER SOLHEIM	M 50-54	TVK	14:52	01:30
6	JAN ROGER RASMUSSEN	M 30-39	MOSJØEN O.C	14:55	01:33
7	YNGVAR A. HANSEN	M 30-39	MOSJØEN O.C	15:01	01:39
8	DAG OVE OLSEN	M 30-39	RANA S.K	15:02	01:40
9	CATO ÅRNES	M 30-39	SANDNESSJØEN O.C.K	15:03	01:41
10	TERJE KAROLIUSSEN	M 50-54	RANA S.K	15:10	01:48
11	ØYSTEIN LORENTSEN	M 50-54	INNERØY I.L	15:13	01:51
12	KRISTIAN OLAISEN	M ELITE	SANDNESSJØEN O.C.K	15:23	02:01
13	KEN TOLLAKSEN	M ELITE	SANDNESSJØEN O.C.K	15:23	02:01
28	JOHNNY FAGERÅS	M 40-44	RANA S.K	15:23	02:01
29	THORBJØRN OLSEN	M U23	RANA SK	15:28	02:06
14	TORE NILSSKOG	M 45-49	RANA S.K	15:38	02:16
15	LARS BERGE	M 30-39	MOSJØEN O.C	15:41	02:19
16	GØRAN NORDENG	M 30-39	RANA S.K	15:48	02:26
17	JARLE ANDERSEN	M 40-44	RANA S.K	15:55	02:33
18	JØRGEN MINDE	M U23	RANA SK	16:06	02:44
19	TOR HELGE NORDVANG	M 45-49	RANA S.K	16:10	02:48
20	ALEX FINVÅG	M 50-54	SANDNESSJØEN O.C.K	16:17	02:55
21	JAN-HÅKON KRISTIANSEN	M 30-39	SANDNESSJØEN O.C.K	16:21	02:59
22	JIM ROGER FAGERDAL	M ELITE	SANDNESSJØEN O.C.K	16:25	03:03
23	BERIT BAKKAN	K 40-44	RANA S.K	17:10	03:48
24	GEIR KRISTIAN PEDERSEN	M 30-39	MOSJØEN O.C	17:44	04:22
25	ODD ARNE KARLSEN	M 65-69	SANDNESSJØEN O.C.K	18:16	04:54
26	TOMMY EDVARDBEN	M 30-39	SANDNESSJØEN O.C.K	18:27	05:05
27	KATRINE TOLLAKSEN	K ELITE	SANDNESSJØEN O.C.K	18:54	05:32
<b>1</b>	<b>Jan Birger Solheim</b>	<b>TVK</b>	<b>14:38</b>	41,00	10:41
<b>2</b>	<b>Dag Tollaksen</b>	<b>SOCK</b>	<b>16:24</b>	36,59	00:40
<b>3</b>	<b>Kjetil Kristiansen</b>	<b>SOCK</b>	<b>16:46</b>	35,79	05:28
<b>4</b>	<b>Børge Jackobsen</b>	<b>SOCK</b>	<b>17:52</b>	33,58	00:36
<b>Place</b>	<b>M Veteran 60-64</b>	<b>Club</b>	<b>Time</b>	<b>Snittfart</b>	<b>Poeng</b>
<b>1</b>	<b>Odd Arne Karlsen</b>	<b>SOCK</b>	<b>17:23</b>	34,52	23:00
<b>Place</b>	<b>K Elite 23-29</b>	<b>Club</b>	<b>Time</b>	<b>Snittfart</b>	<b>Poeng</b>
<b>1</b>	<b>Mirela Årnes</b>	<b>SOCK</b>	<b>18:14</b>	32,91	08:23
<b>2</b>	<b>Anne Katrine Meland</b>	<b>SOCK</b>	<b>19:33</b>	30,69	03:12

**Resultatliste Sandnessjøen Criterium 27.05.2007**

Nr.	Etternavn	Fornavn	Klasse	Klubb	Starttid	Anvent tid	Runder bak
1	Olsen	Thorbjørn	M U23	Rana S.K.	11:00	01:13:00	
2	Voronov	Alexandre	M U23	Mosjøen O.C.	11:00	01:14:00	1 runde
	Nordvang	Jørgen Minde	M U23	Rana S.K.	11:00	DNF	

1	Nordstoga	Erik	M Elite	Mosjøen O.C.	11:00	01:10:57	
2	Olaisen	Kristian	M Elite	Sandnessjøen O.C.K.	11:00	01:14:15	
3	Olsen	Jan Kristian	M Elite	Sandnessjøen O.C.K.	11:00	01:14:15	
4	Fagerdal	Jim Roger	M Elite	Sandnessjøen O.C.K.	11:00	01:16:54	1 runde
	Tollaksen	Ken	M Elite	Sandnessjøen O.C.K.	11:00	DNS	
	Pettersen	Øystein	M Elite	Mosjøen O.C.	11:00	DNF	

	Bakkan	Berit	K 40-44	Rana S.K.	11:00	DNS	
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1	Hansen	Yngvar Alexander	M 30-39	Mosjøen O.C.	11:00	01:10:48	
2	Bonsaksen	Tor Arne	M 30-39	Mosjøen O.C.	11:00	01:10:54	
3	Rasmussen	Jan Roger	M 30-39	Mosjøen O.C.	11:00	01:13:06	
4	Thomassen	Frode	M 30-39	Rana S.K.	11:00	01:13:39	
5	Nordeng	Gøran	M 30-39	Rana S.K.	11:00	01:14:15	
6	Berge	Lars	M 30-39	Mosjøen O.C.	11:00	01:14:15	
7	Olsen	Dag-Ove	M 30-39	Rana S.K.	11:00	01:14:15	
8	Arnes	Cato	M 30-39	Sandnessjøen O.C.K.	11:00	01:14:25	
9	Rasmussen	Trond Are	M 30-39	Mosjøen O.C.	11:00	01:11:20	1 runde
10	Kristiansen	Jan Håkon	M 30-39	Sandnessjøen O.C.K.	11:00	01:18:14	1 runde
11	Edvardsen	Tommy	M 30-39	Sandnessjøen O.C.K.	11:00	01:18:20	2 runder
	Westvoll	Rune	M 30-39	Rana S.K.	11:00	DNF	

1	Eriksen	Tom	M 40-44	Mosjøen O.C.	11:00	01:10:47	
2	Strand	Hugo	M 40-44	Rana S.K.	11:00	01:10:48	
3	Fagerås	Johnny	M 40-44	Rana S.K.	11:00	01:14:15	
	Ånes	Sture	M 40-44	Mosjøen O.C.	11:00	DNS	

1	Nilsskog	Tore	M 45-49	Rana S.K.	11:00	01:13:40	
2	Nordvang	Tor Helge	M 45-49	Rana S.K.	11:00	01:14:15	

1	Lorentsen	Øystein	M 50-54	Innerøy I.L.	11:00	01:10:57	1 runde
2	Solheim	Jan Birger	M 50-54	TVK	11:00	01:11:12	1 runde
	Finvåg	Alex	M 50-54	Sandnessjøen O.C.K.	11:00	DNF	

	Karlisen	Odd Arne	M 65-69	Sandnessjøen O.C.K.	11:00	DNF	
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**Sandnessjøen Criterium. 27. mai 2007**

Pluss	Navn	Etternavn	Klubb	Tid	Stipulert tid	Sn. Fart	Runder	Tid bak	HT poeng
1	Eriksen	Tom	Mosjøen O.C.	01:10:47	01:10:47	0,00	12	00:00:00	12
2	Strand	Hugo	Rana S.K.	01:10:48	01:10:48	0,00	12	00:00:01	10
3	Hansen	Yngvar Alexander	Mosjøen O.C.	01:10:48	01:10:48	0,00	12	00:00:01	8
4	Bonsaksen	Tor Arne	Mosjøen O.C.	01:10:54	01:10:54	0,00	12	00:00:07	7
5	Nordstoga	Erik	Mosjøen O.C.	01:10:57	01:10:57	0,00	12	00:00:10	6
6	Olsen	Thorbjørn	Rana S.K.	01:13:00	01:13:00	0,00	12	00:02:13	5
7	Rasmussen	Jan Roger	Mosjøen O.C.	01:13:06	01:13:06	0,00	12	00:02:19	4
8	Thomassen	Frode	Rana S.K.	01:13:39	01:13:39	0,00	12	00:02:52	3
9	Nilsskog	Tore	Rana S.K.	01:13:40	01:13:40	0,00	12	00:02:53	2
10	Olaisen	Kristian	Sandnessjøen O.C.K.	01:14:15	01:14:15	0,00	12	00:03:28	1
11	Olsen	Jan Kristian	Sandnessjøen O.C.K.	01:14:15	01:14:15	0,00	12	00:03:28	1
12	Nordeng	Gøran	Rana S.K.	01:14:15	01:14:15	0,00	12	00:03:28	1
13	Berge	Lars	Mosjøen O.C.	01:14:15	01:14:15	0,00	12	00:03:28	1
14	Olsen	Dag-Ove	Rana S.K.	01:14:15	01:14:15	0,00	12	00:03:28	1
15	Fagerås	Johnny	Rana S.K.	01:14:15	01:14:15	0,00	12	00:03:28	1
16	Nordvang	Tor Helge	Rana S.K.	01:14:15	01:14:15	0,00	12	00:03:28	1
17	Arnes	Cato	Sandnessjøen O.C.K.	01:14:25	01:14:25	0,00	12	00:03:38	1
18	Lorentsen	Øystein	Innerøy I.L.	01:10:57	01:17:24	0,00	11	00:06:37	1
19	Solheim	Jan Birger	TVK	01:11:12	01:17:40	0,00	11	00:06:53	1
20	Rasmussen	Trond Are	Mosjøen O.C.	01:11:20	01:17:49	0,00	11	00:07:02	1
21	Voronov	Alexandre	Mosjøen O.C.	01:14:00	01:20:44	0,00	11	00:09:57	1
22	Fagerdal	Jim Roger	Sandnessjøen O.C.K.	01:16:54	01:23:53	0,00	11	00:13:06	1
23	Kristiansen	Jan Håkon	Sandnessjøen O.C.K.	01:18:14	01:25:21	0,00	11	00:14:34	1
24	Edvardsen	Tommy	Sandnessjøen O.C.K.	01:18:20	01:34:00	0,00	10	00:23:13	1
25	Nordvang	Jørgen Minde	Rana S.K.	DNF					
26	Pettersen	Øystein	Mosjøen O.C.	DNF					
27	Westvoll	Rune	Rana S.K.	DNF					
28	Finvåg	Alex	Sandnessjøen O.C.K.	DNF					
29	Karlisen	Odd Arne	Sandnessjøen O.C.K.	DNF					
	Tollaksen	Ken	Sandnessjøen O.C.K.	DNS					
	Bakkan	Berit	Rana S.K.	DNS					
	Ånes	Sture	Mosjøen O.C.	DNS					



Rana Sykkelklubb



**Startliste Spenst-Tempoen. 20 km. Mo i Rana 18 august Kl. 1500**  
**Helgelandstrippelen. Ritt 5. av 6**

Start nr	Plass	Navn	Klubb	Klasse	Starttidspunkt	Start	Mål	Tid	Snittfart	Bak bestetid	Ht Poeng
12	1	Sondre Thorbergesen	Harstad Cykleklubb	M Junior	15:12:00	00:12:00	42:47,0	<b>30:47,00</b>	38,98		
13					15:13:00	00:13:00					
14	1	Thorbjørn Olsen	Rana Sykkelklubb	U 23	15:14:00	00:14:00	47:43,0	<b>33:43,00</b>	35,59		
15					15:15:00	00:15:00					
17	1	Yngve Kiserud	Medisinerne CK	M Elite	15:17:00	00:17:00	47:16,0	<b>30:16,00</b>	39,65		
16	2	Øystein Pettersen	Mosjøen OCK	M Elite	15:16:00	00:16:00	48:09,0	<b>32:09,00</b>	37,33		
18	3	Thomas Markussen	Rana Sykkelklubb	M Elite	15:18:00	00:18:00	52:46,0	<b>34:46,00</b>	34,52		
19					15:19:00	00:19:00					
20	1	Gunnar Haaland	Namdal SK	M 75+	15:20:00	00:20:00	08:10,0	<b>48:10,00</b>	24,91		
23					15:23:00	00:23:00					
24	1	Erik Pettersen	BOC	M 60-64	15:24:00	00:24:00	57:17,0	<b>33:17,00</b>	36,05		
25					15:25:00	00:25:00					
26	1	Terje Erfjord	BOC	M 55-59	15:26:00	00:26:00	58:40,0	<b>32:40,00</b>	36,73		
27					15:27:00	00:27:00					
28	1	Jan Birger Solheim	TVK	M 50-54	15:28:00	00:28:00	58:02,0	<b>30:02,00</b>	39,96		
29	2	Øystein Lorentsen	Inderøy I.L	M 50-54	15:29:00	00:29:00	59:38,0	<b>30:38,00</b>	39,17		
30					15:30:00	00:30:00					
31	1	Tor Helge Nordvang	Rana Sykkelklubb	M 45-49	15:31:00	00:31:00	02:58,0	<b>31:58,00</b>	37,54		
32					15:32:00	00:32:00					
34	1	Hugo Strand	Rana Sykkelklubb	M 40-44	15:34:00	00:34:00	01:42,0	<b>27:42,00</b>	43,32		
33	2	Tore Sundrønning	Rana Sykkelklubb	M 40-44	15:33:00	00:33:00	08:15,0	<b>35:15,00</b>	34,04		
35					15:35:00	00:35:00					
38	1	Frode Thomassen	Rana Sykkelklubb	M 30-39	15:38:00	00:38:00	07:08,0	<b>29:08,00</b>	41,19		
40	2	Trond Are Rasmussen	Mosjøen OCK	M 30-39	15:40:00	00:40:00	09:28,0	<b>29:28,00</b>	40,72		
36	3	Tor Arne Bonsaksen	Mosjøen OCK	M 30-39	15:36:00	00:36:00	05:45,0	<b>29:45,00</b>	40,34		
44	4	Terje Jørgensen	Sandnesjøen OCK	M 30-39	15:44:00	00:44:00	14:03,0	<b>30:03,00</b>	39,93		
37	5	Rune Westvoll	Rana Sykkelklubb	M 30-39	15:37:00	00:37:00	07:27,0	<b>30:27,00</b>	39,41		
39	6	Jon Inge Kvalbukt	Rana Sykkelklubb	M 30-39	15:39:00	00:39:00	10:06,0	<b>31:06,00</b>	38,59		
41	7	Gøran Nordeng	Rana Sykkelklubb	M 30-39	15:41:00	00:41:00	12:16,0	<b>31:16,00</b>	38,38		
43	8	Dag-Ove Olsen	Rana Sykkelklubb	M 30-39	15:43:00	00:43:00	15:14,0	<b>32:14,00</b>	37,23		
42	9	Yngvar Hansen	Mosjøen OCK	M 30-39	15:22:00	00:22:00	02:43,0	<b>40:43,00</b>	29,47		

22 Ant.navn

# Startliste Spenst-Tempoen. 20 km. Mo i Rana 18 august Kl. 1500

## Helgelandstrippelen. Ritt 5. av 6

Sortert etter resultat

Start nr	Plass	Navn	Klubb	Klasse	Starttidspunkt	Start	Mål	Tid	Snittfart	Bak bestetid	Ht Poeng
34	1	Hugo Strand	Rana Sykkelklubb	M 40-44	15:34:00	00:34:00	01:42,0	<b>27:42,00</b>	43,32	00:00,00	12
38	2	Frode Thomassen	Rana Sykkelklubb	M 30-39	15:38:00	00:38:00	07:08,0	<b>29:08,00</b>	41,19	01:26,00	10
40	3	Trond Are Rasmussen	Mosjøen OCK	M 30-39	15:40:00	00:40:00	09:28,0	<b>29:28,00</b>	40,72	01:46,00	8
36	4	Tor Arne Bonsaksen	Mosjøen OCK	M 30-39	15:36:00	00:36:00	05:45,0	<b>29:45,00</b>	40,34	02:03,00	7
28	5	Jan Birger Solheim	TVK	M 50-54	15:28:00	00:28:00	58:02,0	<b>30:02,00</b>	39,96	02:20,00	6
44	6	Terje Jørgensen	Sandnesjøen OCK	M 30-39	15:44:00	00:44:00	14:03,0	<b>30:03,00</b>	39,93	02:21,00	5
17	7	Yngve Kiserud	Medisinerne CK	M Elite	15:17:00	00:17:00	47:16,0	<b>30:16,00</b>	39,65	02:34,00	5
37	8	Rune Westvoll	Rana Sykkelklubb	M 30-39	15:37:00	00:37:00	07:27,0	<b>30:27,00</b>	39,41	02:45,00	4
29	9	Øystein Lorentsen	Inderøy I.L	M 50-54	15:29:00	00:29:00	59:38,0	<b>30:38,00</b>	39,17	02:56,00	3
12	10	Sondre Thorbergesen	Harstad Cykleklubb	M Junior	15:12:00	00:12:00	42:47,0	<b>30:47,00</b>	38,98	03:05,00	2
39	11	Jon Inge Kvalbukt	Rana Sykkelklubb	M 30-39	15:39:00	00:39:00	10:06,0	<b>31:06,00</b>	38,59	03:24,00	1
41	12	Gøran Nordeng	Rana Sykkelklubb	M 30-39	15:41:00	00:41:00	12:16,0	<b>31:16,00</b>	38,38	03:34,00	1
31	13	Tor Helge Nordvang	Rana Sykkelklubb	M 45-49	15:31:00	00:31:00	02:58,0	<b>31:58,00</b>	37,54	04:16,00	1
16	14	Øystein Pettersen	Mosjøen OCK	M Elite	15:16:00	00:16:00	48:09,0	<b>32:09,00</b>	37,33	04:27,00	1
43	15	Dag-Ove Olsen	Rana Sykkelklubb	M 30-39	15:43:00	00:43:00	15:14,0	<b>32:14,00</b>	37,23	04:32,00	1
26	16	Terje Erfjord	BOC	M 55-59	15:26:00	00:26:00	58:40,0	<b>32:40,00</b>	36,73	04:58,00	1
24	17	Erik Pettersen	BOC	M 60-64	15:24:00	00:24:00	57:17,0	<b>33:17,00</b>	36,05	05:35,00	1
14	18	Thorbjørn Olsen	Rana Sykkelklubb	U 23	15:14:00	00:14:00	47:43,0	<b>33:43,00</b>	35,59	06:01,00	1
18	19	Thomas Markussen	Rana Sykkelklubb	M Elite	15:18:00	00:18:00	52:46,0	<b>34:46,00</b>	34,52	07:04,00	1
33	20	Tore Sundrønning	Rana Sykkelklubb	M 40-44	15:33:00	00:33:00	08:15,0	<b>35:15,00</b>	34,04	07:33,00	1
42	21	Yngvar Hansen	Mosjøen OCK	M 30-39	15:22:00	00:22:00	02:43,0	<b>40:43,00</b>	29,47	13:01,00	1
20	22	Gunnar Haaland	Namdal SK	M 75+	15:20:00	00:20:00	08:10,0	<b>48:10,00</b>	24,91	20:28,00	1



# Myskoxrittet Aktiv søndag 19. juli 2007



Plass	Navn	Klubb	Klasse	TID	Snittfart	Bak Bestetid	HT Poeng
	Sondre Thorbergsen	Harstad Cykleklubb	M Junior 17-18	01:49:29	37,7		
1	Yngve Kiserud	Medisinerne CK	Menn Elite	01:49:29	37,7		
2	Thor Einar K Henriksen	Rana Sykkellubb/Team RSS	Menn Elite	01:52:54	36,6		
3	Raymond Lian	Mosjøen OCK	Menn Elite	01:52:54	36,6		
4	Erik Nordstoga	Mosjøen OCK	Menn Elite	01:55:33	35,7		
6	Thomas Markussen	Rana Sykkellubb	Menn Elite	02:04:45	33,1		
5	Jim Roger Fagerdal	Sandnesjøen OCK	Menn Elite	02:04:45	33,1		
	Øystein Pettersen	Mosjøen OCK	Menn Elite	DNS			
	Tor Arne Bonsaksen	Mosjøen OCK	M Veteran 30-39	01:52:54	36,6		
	Yngvar Hansen	Mosjøen OCK	M Veteran 30-39	01:52:54	36,6		
	Terje Jørgensen	Sandnesjøen OCK	M Veteran 30-39	01:52:54	36,6		
	Gøran Nordeng	Rana Sykkellubb	M Veteran 30-39	01:52:54	36,6		
	Trond Are Rasmussen	Mosjøen OCK	M Veteran 30-39	01:54:06	36,2		
	Frode Thomassen	Rana Sykkellubb	M Veteran 30-39	01:54:10	36,2		
	Jon Inge Kvalbukt	Rana Sykkellubb	M Veteran 30-39	01:54:11	36,2		
	Espen kalkenberg	Rana Sykkellubb	M Veteran 30-39	02:04:45	33,1		
	Egil Fjellheim	Rana Sykkellubb/Team RSS	M Veteran 30-39	02:04:45	33,1		
	Dag-Ove Olsen	Rana Sykkellubb	M Veteran 30-39	02:14:43	30,6		
	Rune Westvoll	Rana Sykkellubb	M Veteran 30-39	DNS			
	Tom Eriksen	Mosjøen OCK	M Veteran 40-44	01:48:52	37,9		
	Hugo Strand	Rana Sykkellubb	M Veteran 40-44	01:52:54	36,6		
	Jens Berget	Mosjøen OCK	M Veteran 40-44	01:58:02	35,0		
	Ole Asbjøen Solli	Rana Sykkellubb	M Veteran 40-44	02:04:45	33,1		
	Tore Sundrønning	Rana Sykkellubb	M Veteran 40-44	02:12:45	31,1		
	Kjell Tore Grønningsæter	Rana Sykkellubb	M Veteran 40-44	DNF			
	Tor Helge Nordvang	Rana Sykkellubb	M Veteran 45-49	01:54:07	36,2		
	Tore Nilsskog	Rana Sykkellubb	M Veteran 45-49	01:54:11	36,2		
	Jan Birger Solheim	TVK	M Veteran 50-54	01:52:54	36,6		
	Øystein Lorentsen	Inderøy I.L	M Veteran 50-54	01:52:54	36,6		
	Alex Finvåg	Sandnesjøen OCK	M Veteran 50-54	02:14:43	30,6		
	Terje Erfjord	BOC	M Veteran 55-59	0:59:41	34,6		
	Erik Pettersen	BOC	M Veteran 60-64	01:10:25	29,3		
	Odd Arne Karlsen	Sandnesjøen OCK	M Veteran 65-69	DNS			
	Gunnar Haaland	Namdal SK	M Veteran 75+	01:23:16	24,8		



Myskoxrittet Aktiv søndag 19. juli 2007  
sortert etter plassering



Lang løype 78,8 km

Plass	Navn	Klubb	Klasse	TID	Snittfart	Bak Bestetid	HT Poeng
1	Tom Eriksen	Mosjøen OCK	M Veteran 40-44	01:48:52	37,9	00:00:00	12
2	Yngve Kiserud	Medisinerne CK	Menn Elite	01:49:29	37,7	00:00:37	10
3	Sondre Thorbergsen	Harstad Cykleklubb	M Junior 17-18	01:49:29	37,7	00:00:37	8
4	Hugo Strand	Rana Sykkelklubb	M Veteran 40-44	01:52:54	36,6	00:04:02	7
5	Thor Einar K Henriksen	Rana Sykkelklubb/Team RSS	Menn Elite	01:52:54	36,6	00:04:02	6
6	Tor Arne Bonsaksen	Mosjøen OCK	M Veteran 30-39	01:52:54	36,6	00:04:02	5
7	Yngvar Hansen	Mosjøen OCK	M Veteran 30-39	01:52:54	36,6	00:04:02	4
8	Terje Jørgensen	Sandnesjøen OCK	M Veteran 30-39	01:52:54	36,6	00:04:02	3
9	Raymond Lian	Mosjøen OCK	Menn Elite	01:52:54	36,6	00:04:02	2
10	Jan Birger Solheim	TVK	M Veteran 50-54	01:52:54	36,6	00:04:02	1
11	Gøran Nordeng	Rana Sykkelklubb	M Veteran 30-39	01:52:54	36,6	00:04:02	1
12	Øystein Lorentsen	Inderøy I.L	M Veteran 50-54	01:52:54	36,6	00:04:02	1
13	Trond Are Rasmussen	Mosjøen OCK	M Veteran 30-39	01:54:06	36,2	00:05:14	1
14	Tor Helge Nordvang	Rana Sykkelklubb	M Veteran 45-49	01:54:07	36,2	00:05:15	1
15	Frode Thomassen	Rana Sykkelklubb	M Veteran 30-39	01:54:10	36,2	00:05:18	1
16	Jon Inge Kvalbukt	Rana Sykkelklubb	M Veteran 30-39	01:54:11	36,2	00:05:19	1
17	Tore Nilsskog	Rana Sykkelklubb	M Veteran 45-49	01:54:11	36,2	00:05:19	1
18	Erik Nordstoga	Mosjøen OCK	Menn Elite	01:55:33	35,7	00:06:41	1
19	Jens Berget	Mosjøen OCK	M Veteran 40-44	01:58:02	35,0	00:09:10	1
20	Thomas Markussen	Rana Sykkelklubb	Menn Elite	02:04:45	33,1	00:15:53	1
21	Jim Roger Fagerdal	Sandnesjøen OCK	Menn Elite	02:04:45	33,1	00:15:53	1
22	Espen kalkenberg	Rana Sykkelklubb	M Veteran 30-39	02:04:45	33,1	00:15:53	1
23	Egil Fjellheim	Rana Sykkelklubb/Team RSS	M Veteran 30-39	02:04:45	33,1	00:15:53	1
24	Ole Asbjørn Solli	Rana Sykkelklubb	M Veteran 40-44	02:04:45	33,1	00:15:53	1
25	Tore Sundrønning	Rana Sykkelklubb	M Veteran 40-44	02:12:45	31,1	00:23:53	1
26	Dag-Ove Olsen	Rana Sykkelklubb	M Veteran 30-39	02:14:43	30,6	00:25:51	1
27	Alex Finvåg	Sandnesjøen OCK	M Veteran 50-54	02:14:43	30,6	00:25:51	1
	Kjell Tore Grønningsæter	Rana Sykkelklubb	M Veteran 40-44	DNF			
	Øystein Pettersen	Mosjøen OCK	Menn Elite	DNS			
	Rune Westvoll	Rana Sykkelklubb	M Veteran 30-39	DNS			

Kort løype 34,4 km.

1	Terje Erfjord	BOC	M Veteran 55-59	00:59:41	34,6	00:00:00	1
2	Erik Pettersen	BOC	M Veteran 60-64	01:10:25	29,3	00:10:44	1
3	Gunnar Haaland	Namdal SK	M Veteran 75+	01:23:16	24,8	00:23:35	1
	Odd Arne Karlsen	Sandnesjøen OCK	M Veteran 65-69	DNS			

## Myskoxrittet TUR-Ritt søndag 19. juli 2007

Plass	Navn	Klubb	Tid	Snittfart
<b>M 20</b>				
1	Trond Millerjord	Rana Sykkelklubb	01:04:45	33,73
2	Thomas Opdal	Friskhuset	01:06:55	32,64
3	Daniel Vekseth	Rana Sykkelklubb	01:21:54	26,67
<b>M 30</b>				
1	Roy Millerjord	Rana Sykkelklubb	01:04:45	33,73
2	Trond Briel	NAV	01:26:41	25,20
<b>M 40</b>				
1	Stig Sagli	Rana Sykkelklubb	01:04:45	33,73
<b>M 50</b>				
1	Bjørn H. Stamnes	Bodø CK	01:15:13	29,04
<b>M 60</b>				
1	Bo Berntstøm	Fjellvinden IF	01:17:19	28,25
2	Olav Smalsundmo	Bleikvassli IL	01:22:25	26,50
3	Ivar Skår Davidsen	Selfors UL	01:35:56	22,77
4	Alf Tømmermo	Korgen IL	01:45:23	20,72
<b>M 70 +</b>				
1	Ole Ormseth	Rana SK	01:17:34	28,16
2	Harry E. Hanssen	Rana SK	01:20:55	26,99
3	Håkon Albertsen	Bleikvassli IL	01:22:25	26,50
4	Erland Dahlberg	Fjellvinden IF	01:35:19	22,91
<b>K 30</b>				
1	Elisabeth Rødfjell	Helse Nord	01:26:41	25,20
<b>K 60</b>				
1	Reidun Myrset	Hammeren U.L	02:07:30	17,13

## Myskoxrittet TUR-Ritt søndag 19. juli 2007

sortert etter tid

Plass	Navn	Klubb	Tid	Snittfart
	Stig Sagli	Rana Sykkelklubb	01:04:45	33,73
	Trond Millerjord	Rana Sykkelklubb	01:04:45	33,73
	Roy Millerjord	Rana Sykkelklubb	01:04:45	33,73
	Thomas Opdal	Friskhuset	01:06:55	32,64
	Bjørn H. Stamnes	Bodø CK	01:15:13	29,04
	Bo Berntstøm	Fjellvinden IF	01:17:19	28,25
	Ole Ormseth	Rana SK	01:17:34	28,16
	Harry E. Hanssen	Rana SK	01:20:55	26,99
	Daniel Vekseth	Rana Sykkelklubb	01:21:54	26,67
	Olav Smalsundmo	Bleikvassli IL	01:22:25	26,50
	Håkon Albertsen	Bleikvassli IL	01:22:25	26,50
	Trond Briel	NAV	01:26:41	25,20
	Elisabeth Rødfjell	Helse Nord	01:26:41	25,20
	Erland Dahlberg	Fjellvinden IF	01:35:19	22,91
	Ivar Skår Davidsen	Selfors UL	01:35:56	22,77
	Alf Tømmermo	Korgen IL	01:45:23	20,72
	Reidun Myrset	Hammeren U.L	02:07:30	17,13