



MDE IRONMAN 70.3 Sandnes

July 3, 2022

Results National Championship

Elite Men

Pos	Start #	Name	Surname	Gender	Division	Time
1	10	Kristian	Grue	M	Eli-M	3:46:16
2	14	Mikal	Iden	M	Eli-M	3:55:04
3	11	Andreas	Wathne	M	Eli-M	4:13:08
4	8	Leif Christian	Tallaksen	M	Eli-M	4:14:15
5	1	Ole-Bernard	Fuskevåg	M	Eli-M	4:16:07
6	15	Jo	Friedmann	M	Eli-M	4:17:47
7	12	Haakon	Vaaga	M	Eli-M	4:22:54
8	9	Martin	Haug	M	Eli-M	4:31:03

Elite Women

Pos	Start #	Name	Surname	Gender	Division	Time
1	5	Kaja Wright	Bergwitz-Larsen	F	Eli-F	4:45:30
2	6	Kristina	Starheim	F	Eli-F	4:48:28
3	3	Hannah Judithe	Eriksen	F	Eli-F	4:58:59
4	4	Andrea Hetlevik	Vanebo	F	Eli-F	5:22:23
5	2	Lene	Heimdal	F	Eli-F	5:24:33

Men 18-24

Pos	Start #	Name	Surname	Gender	Division	Time
1	69	Peik	Wieland	M	M18-24	4:36:42
2	68	Sindre	Thronæs	M	M18-24	4:42:02
3	73	Benjamin	Sigbjørnsen	M	M18-24	4:58:09
4	71	Trym	Mølstre	M	M18-24	5:19:16
5	72	Joakim	Birkeland	M	M18-24	5:24:32
6	74	Nikolai	Vestbøstad	M	M18-24	5:31:29
7	70	Leonhard	Spidsø	M	M18-24	5:41:05

Women 18-24

Pos	Start #	Name	Surname	Gender	Division	Time
1	46	Linnéa	Hove	F	F18-24	5:16:27
2	45	Mali Eggen	Furre	F	F18-24	5:29:33
3	43	Silje	Milenkovic	F	F18-24	5:47:34
4	44	Ellen	Skrimstad	F	F18-24	6:05:45

Men 25-29

Pos	Start #	Name	Surname	Gender	Division	Time
1	78	Oscar	Ovanger	M	M25-29	4:19:56
2	77	Erik Andre	Lorås	M	M25-29	4:38:57
3	75	Daniel	Jenssen	M	M25-29	4:49:10
4	83	Anders	Muren	M	M25-29	4:49:12
5	80	Bjørnar	Høiland	M	M25-29	5:05:50
6	79	Kenneth	Kittilsen	M	M25-29	5:05:50
7	84	Kristian	Johansen	M	M25-29	5:15:58
8	81	Simon	Stavland	M	M25-29	5:20:37
9	76	Stian	Kulien	M	M25-29	5:24:01
10	180	Kristoffer	Nieuwejaar	M	M25-29	5:46:46

Women 25-29

Pos	Start #	Name	Surname	Gender	Division	Time
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1	47 hanne	sande	F	F25-29	5:07:15
2	49 Synne Osaland	Haadem	F	F25-29	5:32:47
3	48 Hilde	Sørdal	F	F25-29	7:03:55

Men 30-34

Pos	Start #	Name	Surname	Gender	Division	Time
1	92	Tore	Anvik	M	M30-34	4:31:50
2	91	Andreas	Økland	M	M30-34	4:41:38
3	93	Vegard Vegsund	Syversen	M	M30-34	4:50:03
4	94	Martin Vikøren	Otteraaen	M	M30-34	5:02:37
5	88	Simon	Furnes	M	M30-34	5:08:08
6	87	Thor Gunnar Øksnevad	Wigen	M	M30-34	5:13:17
7	85	Didrik	Hådem	M	M30-34	5:19:34

IKKE NM

Women 30-34

Pos	Start #	Name	Surname	Gender	Division	Time
1	50	Eline	Granne Andresen	F	F30-34	4:53:23
2	229	Grete	Rødde	F	F30-34	5:35:37

Men 35-39

Pos	Start #	Name	Surname	Gender	Division	Time
1	101	Torjus	Kolnes	M	M35-39	4:20:22
2	96	Janis	Resnis	M	M35-39	4:29:12
3	97	Alexander	Neumann	M	M35-39	4:30:02
4	98	Olav	Amdahl	M	M35-39	4:33:29
5	100	Kenneth	Bergflødt	M	M35-39	4:47:52
6	27	Marius Meisterplass	Aam	M	M35-39	4:53:14
7	105	Sverre	Melleby	M	M35-39	5:04:15
8	177	Ken	Moon-At	M	M35-39	5:05:22
9	104	Jon	Sletteskog	M	M35-39	5:13:48
10	23	Andre	Erikssen	M	M35-39	5:32:29
11	99	Marius	Mikkelborg@gmail.com	M	M35-39	5:41:38
12	28	Tore	Hatlem	M	M35-39	6:08:09

Men 40-44

Pos	Start #	Name	Surname	Gender	Division	Time
1	24	Jan-Morten	Ra	M	M40-44	4:10:20
2	21	Chris	Nerli	M	M40-44	4:20:42
3	108	Andreas	Skavhaug	M	M40-44	4:24:10
4	36	Richard	Callow	M	M40-44	4:27:39
5	111	Frode	Gulliksen	M	M40-44	4:29:50
6	173	Morgan	Hovden	M	M40-44	4:32:38
7	109	Tom Berger	Trondsen	M	M40-44	4:36:03
8	176	Carl	Boström	M	M40-44	4:43:26
9	115	Joel	Honkanen	M	M40-44	4:49:02
10	30	Sjur	Breistein	M	M40-44	4:49:44
11	106	Richard	Fyhn	M	M40-44	4:52:11
12	112	Sverre	Egaas	M	M40-44	5:00:33
13	178	Roald	Aga	M	M40-44	5:22:26
14	113	Øyvind Omenaas	Flaageng	M	M40-44	5:26:43
15	172	Gunnar	Gunnarsson	M	M40-44	5:27:11
16	114	Erik	Smistad	M	M40-44	5:52:51
17	35	Thomas	Håland	M	M40-44	6:00:15
18	110	Bjørnar	Nilsen	M	M40-44	6:12:08
19	107	Hans	Omenaas	M	M40-44	6:22:17
20	29	Stian	Revheim	M	M40-44	6:33:32

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Women 40-44

Pos	Start #	Name	Surname	Gender	Division	Time
1	53	linda-christine	helgerud	F	F40-44	5:06:17
2	248	Ann Åse	Stava	F	F40-44	5:10:23

Men 45-49							Time
Pos	Start #	Name	Surname	Gender	Division		
				M	M45-49		4:30:00
1	116	Håkon	Sitre	M	M45-49		4:40:25
2	120	Ole Jonny	Øen	M	M45-49		4:48:29
3	39	Bjørn Egil	Vikse	M	M45-49		4:51:54
4	128	Geir Ellila	Jørgensen	M	M45-49		4:57:28
5	33	Trond	Blomberg	M	M45-49		5:05:34
6	121	Audun	Flateland	M	M45-49		5:06:04
7	119	Vegard	Vågene	M	M45-49		5:14:53
8	123	Jan Asle	Gustavsen	M	M45-49		5:26:19
9	31	Cédric	Guibert	M	M45-49		5:33:22
10	127	Ronny	Gundersen	M	M45-49		6:24:06
11	124	Eugene	Bilinski	M	M45-49		6:32:31
12	32	Peder	Omenaas	M	M45-49		6:47:55
13	37	Eirik	Eikeberg	M	M45-49		7:19:13
14	117	Pål	Jensen				

Women 45-49							Time
Pos	Start #	Name	Surname	Gender	Division		
				F	F45-49		5:05:06
1	60	Johanna	Håland	F	F45-49		5:07:37
2	59	Beate	Berg	F	F45-49		5:36:42
3	56	Janne	Kittilsen	F	F45-49		5:57:10
4	250	Lene	Rønnevik	F	F45-49		6:26:13
5	58	Maren kloster	Sandnes	F	F45-49		7:07:40
6	61	Hafdis	Helgadottir				

Men 50-54							Time
Pos	Start #	Name	Surname	Gender	Division		
				M	M50-54		4:34:56
1	132	John Inge	Pettersen	M	M50-54		4:36:19
2	137	Jens Christian	Iglebæk	M	M50-54		4:47:09
3	142	Njål	Ladstein	M	M50-54		4:50:40
4	40	irek	korfini	M	M50-54		4:53:15
5	143	Geir	Strømmland	M	M50-54		4:53:52
6	174	Rune	Skinnerlien	M	M50-54		5:02:01
7	135	Anders	palmberg	M	M50-54		5:12:32
8	139	Hans Frode	Andersen	M	M50-54		5:15:12
9	202	Tor Christopher	Fink	M	M50-54		5:16:35
10	136	Fred Arthur	Asdal	M	M50-54		5:31:49
11	146	Jørn-S.	Sivertsen	M	M50-54		5:31:56
12	150	Bjørn	Raknes	M	M50-54		5:42:59
13	141	Thor	Hesselberg	M	M50-54		5:45:23
14	476	Roy	Seland	M	M50-54		7:07:27
15	147	Bjorn	Blomberg				

Women 50-54							Time
Pos	Start #	Name	Surname	Gender	Division		
				F	F50-54		5:34:54
1	171	Astrid	Grønningen	F	F50-54		5:44:41
2	66	Solveig	Granås	F	F50-54		5:48:13
3	64	Anette	Hallberg	F	F50-54		6:33:29
4	63	JORUNN VESTØL	OLSEN				

Men 55-59							Time
Pos	Start #	Name	Surname	Gender	Division		
				M	M55-59		4:47:43
1	153	Egil	Solstad	M	M55-59		4:53:17
2	26	Åge	Saxlund	M	M55-59		4:55:12
3	151	Bjarte	Reed	M	M55-59		4:55:34
4	152	Jan Magne	Avlesbug	M	M55-59		5:02:18
5	157	Kenneth	Blom	M	M55-59		5:04:01
6	160	Reidar	Skrunes				

7	42	Gunnar	Hauso	M	M55-59	5:19:08
8	154	Jan Erik	Hyllseth	M	M55-59	5:19:16
9	159	Eigil	Holst	M	M55-59	5:42:14
10	158	Ove	Kaaseth	M	M55-59	5:47:05
11	179	Trond G.	Waage	M	M55-59	6:17:03
12	34	Damianos	Pridesis	M	M55-59	6:21:38

Men 60-64

Pos	Start #	Name	Surname	Gender	Division	Time
1	165	Hans Vidar	Lindseth	M	M60-64	5:12:19
2	162	Terje	Johansen	M	M60-64	5:39:13
3	164	Geir Harald	Movold	M	M60-64	5:51:52
4	161	Knut	Solbakken	M	M60-64	6:03:41

Women 60-64

Pos	Start #	Name	Surname	Gender	Division	Time
1	67	Kerstin Jany-Ann	Storsveen	F	F60-64	6:31:01

Men 65-69

Pos	Start #	Name	Surname	Gender	Division	Time
1	168	Dag	Aksnes	M	M65-69	5:56:13
2	169	Sverre	Samdal	M	M65-69	6:36:45

Men 70-74

Pos	Start #	Name	Surname	Gender	Division	Time
1	170	Asbjoern	Bakken	M	M70-74	5:53:56