



Norgescup 3

Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT LADIES 500M - 18.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	161	Aurora Grinden LØVÅS	NOIL	NOR	A2	41.58	40
2	162	Anne Sofie Knutsen BIRKEDAL	Asker SK	NOR	B1	43.47	35
3	102	Linnea MELGÅRD SHAGEN	SFIL	NOR	C2	45.16	30
4	159	Lovisia OLSTAD GRINDEN	NOIL	NOR	B1	45.36 MT	27
5	158	Leona Olstad GRINDEN	NOIL	NOR	A1	45.38	24
6	145	Milla Grønvold ANDERSEN	Geithus IL	NOR	B1	45.77	22
7	115	Ingrid Håkegård EICHLER	SSK Toten	NOR	A2	45.80	20
8	168	Lova ELIASSON NYSTRØM	IK Wega	SWE	A2	45.82 MT	18
9	131	Eline Lupke TVETER	OSK	NOR	C2	46.22 MT	16
10	147	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	B2	46.31 MT	15
11	134	Rosanne Osina GRANSETH	Hamar IL	NOR	B1	46.64 MT	14
12	122	Pernille Løvestad SKOLEM	HBSK	NOR	A1	46.87	13
13	116	Linnea HANEBERG	Hamar IL	NOR	B1	47.54 MT	12
14	121	Emmeline BERENTSEN	Aktiv SK	NOR	B2	47.75	11
15	166	Josefine HENRIKSEN	KSK	NOR	B2	48.16	10
16	123	Ada DARUP	Tønsberg	NOR	A1	48.55 MT	9

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	133	Carina JAGTØYEN	Leinstrand	NOR	Senior	40.34 MT	40
2	156	Vilde BAAS	Dølemo IL	NOR	Neo	40.60	35
3	117	Hanna SVENNI	Asker SK	NOR	Neo	42.87 MT	30
4	167	Sofie ULSET	BØSK	NOR	Neo	43.40	27
5	160	Sarah Marie SANDERUD	NOIL	NOR	Neo	43.54 MT	24
6	135	Kari Celine REISS-JACOBSEN	SSK Toten	NOR	Neo	44.09 MT	22
7	130	Pauliina KLEVSTUEN	OSK	NOR	Neo	45.89 MT	20
8	104	Tina SVENSSON	Motala AIF	SWE	Neo	46.29	18
9	110	Maiken Nerstad GUNDERSEN	Båstad IL	NOR	Neo	58.30	16

Heidi Sten



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RESULT MEN 500M - 18.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	127	Frederik Gajos HAMRE	SSSK	NOR	A1	37.99 MT	40
2	173	Aron AANNØ	BØSK	NOR	A2	38.19 MT	35
3	118	Arne LERNES	Tromsø SK	NOR	A1	38.62 MT	30
4	146	Ivar NORHEIM	Fana IL	NOR	A2	39.28 MT	27
5	152	Sigmund LØVLIEN-KROKHAUG	Tynset IF	NOR	B1	39.49 MT	24
6	140	Jonas Olderli BERGET	Spk Falken	NOR	A2	39.84 ^{DF}	22
7	129	William VORVIK	TSK	NOR	B2	39.84 MT	20
8	119	Aron Magnus FEIRING	Aktiv SK	NOR	B2	40.23 MT	18
9	128	Tage Alexander LINN	BØSK	NOR	B1	40.78	16
10	111	David Martin DAVIDSEN	Jevnaker	NOR	B1	41.49 MT	15
11	176	Haakon Anders BIERMANN	OSK	NOR	B1	41.63	14
12	109	Marius Sæther NILSEN	Båstad IL	NOR	A1	41.81	13
13	108	Adrian Andreas GRØNNEVIK	Båstad	NOR	B1	43.80	12
14	164	Eirik Knudsen GÅSEIDNES	Asker SK	NOR	Senior	52.11 MT	11
15	141	Nicolai ULVAN	Spk Falken	NOR	A1	1:10.40 MT	10
-	149	Lucas Haugnæs BJØRKLUND	Geithus	NOR	B1	WDR	-

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	143	Siver BRATTGJERD	Spk Falken	NOR	Neo	36.09	40
2	142	Cristian Landrø MAGNUSSEN	Spk Falken	NOR	Neo	36.47	35
3	139	Martin Solberg ANDREASSEN	Spk Falken	NOR	Neo	36.69	30
4	155	Sindre BAAS	Døle IL	NOR	Senior	37.17	27
5	106	Magnus DAHLE	SSSK	NOR	Senior	37.23	24
6	137	Sebastian FORSMARK	SIK	SWE	Neo	37.48	22
7	151	Håkon Sundøen BRØRBY	Jevnaker	NOR	Senior	38.10	20
8	105	Erlend Andre RUE	Gol IL	NOR	Neo	38.14	18
9	174	Simon AANNØ	BØSK	NOR	Neo	38.28	16
10	153	Joren SLEEKING	Hol IL	NOR	Neo	38.31	15
11	148	Oddbjørn MELLEMSTRAND	SSSK	NOR	Neo	38.35	14
12	163	Runar Njåtun KRØYER	Asker SK	NOR	Senior	38.50	13
13	113	Bendik MAUSETH	Hamar IL	NOR	Neo	38.93	12
14	124	Birk Finnstø REFSAAS	BØSK	NOR	Neo	39.32	11
15	120	Viktor Smedstad HAUKAAS	Aktiv SK	NOR	Neo	39.33	10
16	157	Vegard RYE	Sssk	NOR	Neo	39.43	9
17	171	Ole BJØRNSMOEN NÆSS	Tynset IF	NOR	M30	40.37	8
18	154	Robin SLEEKING	Hol IL	NOR	Neo	45.02	7

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Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT LADIES 1000M - 18.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	147	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	B2	1:37.74	40
2	123	Ada DARUP	Tønsberg	NOR	A1	1:49.44	35
-	162	Anne Sofie Knutsen BIRKEDAL	Asker SK	NOR	B1	WDR	-

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	133	Carina JAGTØYEN	Leinstrand	NOR	Senior	1:22.60	40
2	167	Sofie ULSET	BØSK	NOR	Neo	1:28.94	35
3	110	Maiken Nerstad GUNDERSEN	Båstad IL	NOR	Neo	2:05.96	30

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Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT MEN 1000M - 18.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	127	Frederik Gajos HAMRE	SSSK	NOR	A1	1:15.43	40
2	118	Arne LERNES	Tromsø SK	NOR	A1	1:16.78	35
3	173	Aron AANNØ	BØSK	NOR	A2	1:16.96	30
4	141	Nicolai ULVAN	Spk Falken	NOR	A1	1:17.06	27
5	132	Nicolai BJERKE	OSK	NOR	A1	1:20.39	24
6	129	William VORVIK	TSK	NOR	B2	1:20.57	22
7	140	Jonas Olderli BERGET	Spk Falken	NOR	A2	1:21.31	20
8	128	Tage Alexander LINN	BØSK	NOR	B1	1:21.40	18
9	176	Haakon Anders BIERMANN	OSK	NOR	B1	1:21.68	16
10	119	Aron Magnus FEIRING	Aktiv SK	NOR	B2	1:22.50	15
11	109	Marius Sæther NILSEN	Båstad IL	NOR	A1	1:25.38	14
12	165	Sindre Heggelund LJUNGQUIST	KSK	NOR	B2	1:27.75	13
13	108	Adrian Andreas GRØNNEVIK	Båstad	NOR	B1	1:31.90	12
-	149	Lucas Haugnæs BJØRKLUND	Geithus	NOR	B1	WDR	-

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	174	Simon AANNØ	BØSK	NOR	Neo	1:13.12	40
2	137	Sebastian FORSMARK	SIK	SWE	Neo	1:14.13	35
3	151	Håkon Sundøen BRØRBY	Jevnaker	NOR	Senior	1:14.32	30
4	153	Joren SLEEKING	Hol IL	NOR	Neo	1:15.49	27
5	105	Erlend Andre RUE	Gol IL	NOR	Neo	1:15.50	24
6	113	Bendik MAUSETH	Hamar IL	NOR	Neo	1:20.90	22
7	154	Robin SLEEKING	Hol IL	NOR	Neo	1:23.65	20



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Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT LADIES 1500M - 18.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	161	Aurora Grinden LØVÅS	NOIL	NOR	A2	2:05.61	40
2	115	Ingrid Håkegård EICHLER	SSK Toten	NOR	A2	2:13.37	35
3	145	Milla Grønvold ANDERSEN	Geithus IL	NOR	B1	2:20.77	30
4	170	Pauline Lysø OLSEN	BØSK	NOR	B1	2:21.93	27
5	122	Pernille Løvestad SKOLEM	HBSK	NOR	A1	2:22.46	24
6	168	Lova ELIASSON NYSTRØM	IK Wega	SWE	A2	2:22.75	22
7	102	Linnea MELGÅRD SHAGEN	SFIL	NOR	C2	2:23.61	20
8	158	Leona Olstad GRINDEN	Nord-Odal	NOR	A1	2:24.12	18
9	131	Eline Lupke TVETER	OSK	NOR	C2	2:26.03	16
10	159	Lovisia OLSTAD GRINDEN	NOIL	NOR	B1	2:26.26	15
11	116	Linnea HANEBERG	Hamar IL	NOR	B1	2:29.31	14
12	121	Emmeline BERENTSEN	Aktiv SK	NOR	B2	2:30.30	13
13	166	Josefine HENRIKSEN	KSK	NOR	B2	2:35.21	12
14	134	Rosanne Osina GRANSETH	Hamar IL	NOR	B1	2:40.73	11
-	172	Martine SOLEM	BØSK	NOR	B2	WDR	-

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	126	Sofie Karoline HAUGEN	Sandefjord	NOR	Senior	2:04.49	40
2	117	Hanna SVENNI	Asker SK	NOR	Neo	2:07.94	35
3	160	Sarah Marie SANDERUD	NOIL	NOR	Neo	2:12.34	30
4	135	Kari Celine REISS-JACOBSEN	SSK Toten	NOR	Neo	2:12.87	27
5	104	Tina SVENSSON	Motala AIF	SWE	Neo	2:23.40	24
6	130	Pauliina KLEVSTUEN	OSK	NOR	Neo	2:27.05	22

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Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT MEN 3000M - 18.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	107	Finn Elias HANEBERG	Hamar IL	NOR	A2	3:49.61	40
2	114	Didrik Eng STRAND	Hamar IL	NOR	A1	3:54.06	35
3	125	Filip Møller NORDAL	Sandefjord	NOR	A1	3:59.77	30
4	146	Ivar NORHEIM	Fana IL	NOR	A2	4:02.90	27
5	152	Sigmund LØVLIEN-KROKHAUG	Tynset IF	NOR	B1	4:09.71	24
6	132	Nicolai BJERKE	OSK	NOR	A1	4:22.75	22
7	111	David Martin DAVIDSEN	Jevnaker	NOR	B1	4:41.08	20
8	165	Sindre Heggelund LJUNGQUIST	KSK	NOR	B2	4:58.26	18
9	164	Eirik Knudsen GÅSEIDNES	Asker SK	NOR	Senior	5:34.49	16

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	112	Sander TVETER	SSSK	NOR	Senior	3:50.10	40
2	148	Oddbjørn MELLEMSTRAND	SSSK	NOR	Neo	3:55.43	35
3	171	Ole BJØRNSMOEN NÆSS	Tynset IF	NOR	M30	3:57.80	30
4	157	Vegard RYE	Sssk	NOR	Neo	3:58.23	27
5	163	Runar Njåtun KRØYER	Asker SK	NOR	Senior	4:02.56	24
6	120	Viktor Smedstad HAUKAAS	Aktiv SK	NOR	Neo	4:03.79	22
7	138	Kaspar NORBERG	SIK	SWE	Neo	4:06.21	20
8	124	Birk Finnstø REFSAAS	BØSK	NOR	Neo	4:06.96	18
9	164	Eirik Knudsen GÅSEIDNES	Asker SK	NOR	Senior	5:34.49	16
-	101	Emil ERVIK	Hamar IL	FIN	Neo	DNF	-



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Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT LADIES 100M - 18.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	147	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	B2	12.39	40
2	123	Ada DARUP	Tønsberg	NOR	A1	12.80	35

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	110	Maiken Nerstad GUNDERSEN	Båstad IL	NOR	Neo	14.61	40



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Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	141	Nicolai ULVAN	Spk Falken	NOR	A1	10.59	40
2	140	Jonas Olderli BERGET	Spk Falken	NOR	A2	10.93	35

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	105	Erlend Andre RUE	Gol IL	NOR	Neo	10.20	40
2	139	Martin Solberg ANDREASSEN	Spk Falken	NOR	Neo	10.28	35
3	153	Joren SLEEKING	Hol IL	NOR	Neo	10.51	30
4	124	Birk Finnstø REFSAAS	BØSK	NOR	Neo	11.17	27
4	154	Robin SLEEKING	Hol IL	NOR	Neo	11.17	27
4	120	Viktor Smedstad HAUKAAS	Aktiv SK	NOR	Neo	11.17	27
-	143	Siver BRATTGJERD	Spk Falken	NOR	Neo	DQ	-
-	151	Håkon Sundøen BRØRBY	Jevnaker	NOR	Senior	WDR	-



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RESULT LADIES 500M - 19.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	172	Martine SOLEM	BØSK	NOR	B2	41.97	40
2	170	Pauline Lysø OLSEN	BØSK	NOR	B1	43.34	35
3	158	Leona Olstad GRINDEN	Nord-Odal	NOR	A1	46.10	30
3	168	Lova ELIASSON NYSTRØM	IK Wega	SWE	A2	46.10	30
5	147	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	B2	46.31	24
6	134	Rosanne Osina GRANSETH	Hamar IL	NOR	B1	46.79	22
7	116	Linnea HANEBERG	Hamar IL	NOR	B1	47.42	20
8	121	Emmeline BERENTSEN	Aktiv SK	NOR	B2	47.94 MT	18
9	123	Ada DARUP	Tønsberg	NOR	A1	49.33	16

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	133	Carina JAGTØYEN	Leinstrand	NOR	Senior	40.11	40
2	167	Sofie ULSET	BØSK	NOR	Neo	43.00	35
3	130	Pauliina KLEVSTUEN	OSK	NOR	Neo	45.17 MT	30
4	110	Maiken Nerstad GUNDERSEN	Båstad IL	NOR	Neo	58.22	27



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Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT MEN 500M - 19.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	114	Didrik Eng STRAND	Hamar IL	NOR	A1	36.82	40
2	118	Arne LERNES	Tromsø SK	NOR	A1	37.79	35
3	141	Nicolai ULVAN	Spk Falken	NOR	A1	38.29	30
4	127	Frederik Gajos HAMRE	SSSK	NOR	A1	38.31	27
5	129	William VORVIK	TSK	NOR	B2	39.72	24
6	140	Jonas Olderli BERGET	Spk Falken	NOR	A2	39.94	22
7	132	Nicolai BJERKE	OSK	NOR	A1	39.99	20
8	176	Haakon Anders BIERMANN	OSK	NOR	B1	40.41	18
9	119	Aron Magnus FEIRING	Aktiv SK	NOR	B2	40.48	16
10	128	Tage Alexander LINN	BØSK	NOR	B1	40.61	15
11	109	Marius Sæther NILSEN	Båstad IL	NOR	A1	41.28	14
12	111	David Martin DAVIDSEN	Jevnaker	NOR	B1	41.50	13
13	108	Adrian Andreas GRØNNEVIK	Båstad	NOR	B1	42.63	12
14	165	Sindre Heggelund LJUNGQUIST	KSK	NOR	B2	42.94	11
15	164	Eirik Knudsen GÅSEIDNES	Asker SK	NOR	Senior	52.13	10
16	152	Sigmund LØVLIEN-KROKHAUG	Tynset IF	NOR	B1	1:13.79	9

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	142	Cristian Landrø MAGNUSSEN	Spk Falken	NOR	Neo	36.01	40
2	143	Siver BRATTGJERD	Spk Falken	NOR	Neo	36.32	35
3	139	Martin Solberg ANDREASSEN	Spk Falken	NOR	Neo	36.73	30
4	155	Sindre BAAS	Døle IL	NOR	Senior	36.74	27
5	106	Magnus DAHLE	SSSK	NOR	Senior	36.82	24
6	174	Simon AANNØ	BØSK	NOR	Neo	37.05	22
7	105	Erlend Andre RUE	Gol IL	NOR	Neo	37.99	20
8	153	Joren SLEEKING	Hol IL	NOR	Neo	38.03	18
9	163	Runar Njåtun KRØYER	Asker SK	NOR	Senior	38.17	16
10	124	Birk Finnstø REFSAAS	BØSK	NOR	Neo	39.60	15
11	154	Robin SLEEKING	Hol IL	NOR	Neo	41.57	14
-	113	Bendik MAUSETH	Hamar IL	NOR	Neo	WDR	-



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Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT LADIES 1000M - 19.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	102	Linnea MELGÅRD SHAGEN	SFIL	NOR	C2	1:31.06	40
2	158	Leona Olstad GRINDEN	Nord-Odal	NOR	A1	1:31.38	35
3	145	Milla Grønvold ANDERSEN	Geithus IL	NOR	B1	1:31.95	30
4	131	Eline Lupke TVETER	OSK	NOR	C2	1:32.40	27
5	122	Pernille Løvestad SKOLEM	HBSK	NOR	A1	1:32.73	24
6	168	Lova ELIASSON NYSTRØM	IK Wega	SWE	A2	1:32.98	22
7	116	Linnea HANEBERG	Hamar IL	NOR	B1	1:34.91	20
8	121	Emmeline BERENTSEN	Aktiv SK	NOR	B2	1:36.30	18
9	166	Josefine HENRIKSEN	KSK	NOR	B2	1:36.65	16
10	147	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	B2	1:37.53	15
11	134	Rosanne Osina GRANSETH	Hamar IL	NOR	B1	1:39.67	14
12	123	Ada DARUP	Tønsberg	NOR	A1	1:48.02	13

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	156	Vilde BAAS	Dølemo IL	NOR	Neo	1:21.79	40
2	117	Hanna SVENNI	Asker SK	NOR	Neo	1:22.81	35
3	160	Sarah Marie SANDERUD	NOIL	NOR	Neo	1:24.92	30
4	135	Kari Celine REISS-JACOBSEN	SSK Toten	NOR	Neo	1:25.55	27
5	167	Sofie ULSET	BØSK	NOR	Neo	1:28.00	24
6	130	Pauliina KLEVSTUEN	OSK	NOR	Neo	1:29.47	22
7	104	Tina SVENSSON	Motala AIF	SWE	Neo	1:32.14	20
8	110	Maiken Nerstad GUNDERSEN	Båstad IL	NOR	Neo	2:06.15	18

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RESULT MEN 1000M - 19.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	108	Adrian Andreas GRØNNEVIK	Båstad	NOR	B1	1:29.28	40

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	155	Sindre BAAS	Døleml IL	NOR	Senior	1:12.72	40
2	142	Cristian Landrø MAGNUSSEN	Spk Falken	NOR	Neo	1:12.75	35
3	139	Martin Solberg ANDREASSEN	Spk Falken	NOR	Neo	1:14.96	30
4	120	Viktor Smedstad HAUKAAS	Aktiv SK	NOR	Neo	1:16.99	27



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Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT MEN 1500M - 19.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	114	Didrik Eng STRAND	Hamar IL	NOR	A1	1:49.68	40
2	107	Finn Elias HANEBERG	Hamar IL	NOR	A2	1:50.52	35
3	146	Ivar NORHEIM	Fana IL	NOR	A2	1:54.61	30
4	127	Frederik Gajos HAMRE	SSSK	NOR	A1	1:56.61	27
5	173	Aron AANNØ	BØSK	NOR	A2	1:56.66	24
6	141	Nicolai ULVAN	Spk Falken	NOR	A1	1:57.55	22
7	152	Sigmund LØVLIEN-KROKHAUG	Tynset IF	NOR	B1	1:57.59	20
8	132	Nicolai BJERKE	OSK	NOR	A1	2:00.75	18
9	140	Jonas Olderli BERGET	Spk Falken	NOR	A2	2:05.44	16
10	129	William VORVIK	TSK	NOR	B2	2:05.56	15
11	119	Aron Magnus FEIRING	Aktiv SK	NOR	B2	2:05.89	14
12	176	Haakon Anders BIERMANN	OSK	NOR	B1	2:05.91	13
13	128	Tage Alexander LINN	BØSK	NOR	B1	2:06.73	12
14	111	David Martin DAVIDSEN	Jevnaker	NOR	B1	2:09.04	11
15	109	Marius Sæther NILSEN	Båstad IL	NOR	A1	2:15.82	10
16	165	Sindre Heggelund LJUNGQUIST	KSK	NOR	B2	2:15.83	9
17	164	Eirik Knudsen GÅSEIDNES	Asker SK	NOR	Senior	2:37.54	8

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	175	Sigurd Holbø DYRSET	TKK	NOR	Neo	1:51.45	40
2	148	Oddbjørn MELLESTRAND	SSSK	NOR	Neo	1:51.48	35
3	174	Simon AANNØ	BØSK	NOR	Neo	1:52.07	30
4	151	Håkon Sundøen BRØRBY	Jevnaker	NOR	Senior	1:52.58	27
5	163	Runar Njåtun KRØYER	Asker SK	NOR	Senior	1:53.11	24
6	157	Vegard RYE	Sssk	NOR	Neo	1:53.37	22
7	171	Ole BJØRNSMOEN NÆSS	Tynset IF	NOR	M30	1:54.91	20
8	138	Kaspar NORBERG	SIK	SWE	Neo	1:55.78	18
9	105	Erlend Andre RUE	Gol IL	NOR	Neo	1:57.78	16
10	154	Robin SLEEKING	Hol IL	NOR	Neo	2:08.14	15
-	113	Bendik MAUSETH	Hamar IL	NOR	Neo	WDR	-

Reli Note



Norgescup 3

Olympia Hall – Hamar (NOR) / 18. - 19.11.2023

RESULT LADIES 3000M - 19.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	161	Aurora Grinden LØVÅS	NOIL	NOR	A2	4:26.32	40
2	115	Ingrid Håkegård EICHLER	SSK Toten	NOR	A2	4:32.73	35
3	145	Milla Grønvold ANDERSEN	Geithus IL	NOR	B1	5:01.77	30
4	131	Eline Lupke TVETER	OSK	NOR	C2	5:04.92	27
5	159	Lovisia OLSTAD GRINDEN	NOIL	NOR	B1	5:10.42	24
6	102	Linnea MELGÅRD SHAGEN	SFIL	NOR	C2	5:21.52	22
7	166	Josefine HENRIKSEN	KSK	NOR	B2	5:28.34	20
-	122	Pernille Løvestad SKOLEM	HBSK	NOR	A1	WDR	-

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	126	Sofie Karoline HAUGEN	Sandefjord	NOR	Senior	4:19.30	40
2	135	Kari Celine REISS-JACOBSEN	SSK Toten	NOR	Neo	4:43.84	35
3	104	Tina SVENSSON	Motala AIF	SWE	Neo	5:00.80	30
-	160	Sarah Marie SANDERUD	NOIL	NOR	Neo	WDR	-



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RESULT MEN 5000M - 19.11.2023

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	125	Filip Møller NORDAL	Sandefjord	NOR	A1	6:57.33	40
2	146	Ivar NORHEIM	Fana IL	NOR	A2	6:57.84	35

Rnk	Nr	Name	Club	Nat.	Age gr.	Time	NC-pts.
1	112	Sander TVETER	SSSK	NOR	Senior	6:43.62	40
2	171	Ole BJØRNSMOEN NÆSS	Tynset IF	NOR	M30	6:50.20	35
3	148	Oddbjørn MELLEMSTRAND	SSSK	NOR	Neo	6:55.49	30
4	120	Viktor Smedstad HAUKAAS	Aktiv SK	NOR	Neo	7:00.41	27
5	157	Vegard RYE	Sssk	NOR	Neo	7:05.46	24
6	153	Joren SLEEKING	Hol IL	NOR	Neo	7:12.55	22
7	124	Birk Finnstø REFSAAS	BØSK	NOR	Neo	7:18.53	20