

3-TOPPSLØPET 2019

Totalt 248 deltagere

Resultatliste

1-TOPPSLØPET 10km

81 deltagere

HERRER

1	Tobias Repstad	Andersen	Moss	45:50.0	0:00.0
2	Herman	Christiansen	Sprint	56:02.0	10:12.0
3	Kasper B.	Hansen	Sprint-Jeløy	56:20.0	10:30.0
4	Joakim	Bekkåsen	Dilling	57:08.0	11:18.0
5	Svein Kåre	Aas	Privat	58:31.0	12:41.0
6	Gabriel	Hoff	Sprint Jeløy	59:01.0	13:11.0
7	Trym Brevik	Kolsvik	Sprint/Jeløy	59:08.0	13:18.0
8	Øyvind E.	Hansen	Moss	59:23.0	13:33.0
9	Edvard Foss	Møller	Moss	59:41.0	13:51.0
10	Stig	Frøyshov	Uiobil	1:00:03.0	14:13.0
11	Tarald	Nomeland	Moss	1:00:18.0	14:28.0
12	Johannes	Østby	Moss	1:00:18.0	14:28.0
13	Lucas	Gjessing	Moss	1:01:02.0	15:12.0
14	Anders	Larsen	Sprint 06	1:01:12.0	15:22.0
15	Gard	Kristiansen	Moss	1:01:14.0	15:24.0
16	Georg	Jenseg	1.Jeløy	1:01:54.0	16:04.0
17	Sander	Fløgstad	Larkollen	1:02:14.0	16:24.0
18	Iver	Garsrud	Team Fjella	1:02:43.0	16:53.0
19	Ulrik	Grundesen	Moss	1:02:50.0	17:00.0
20	Vidar	Thormodsen	Bjørnemyr	1:03:46.0	17:56.0
21	Claus	Koren	Moss Skiklubb	1:04:13.0	18:23.0
22	Harald	Fløgstad	Larkollen	1:04:55.0	19:05.0
23	Julian	Aas	Moss	1:07:09.0	21:19.0
24	Arian Amundsen	Borgaas	Sprint-Jeløy G2009	1:07:21.0	21:31.0
25	Odd Erik	Midthaug	Moss	1:07:24.0	21:34.0
26	Magnus	Presterud	Moss	1:07:28.0	21:38.0
27	Tormod	Kjørвик	Fredrikstad	1:07:58.0	22:08.0
28	Jonas Berg	Karlsen	Eika Krapfoss	1:09:33.0	23:43.0
29	Ola	Amundsen	Moss	1:10:23.0	24:33.0
30	Hans Chr	Sundby	Sprint Jeløy	1:11:48.0	25:58.0
31	Geir	Svoen	Oslo	1:12:44.0	26:54.0
32	Herman Frydenlund	Carlsen	Moss	1:14:09.0	28:19.0
33	Stian	Falkenbo	Moss	1:14:49.0	28:59.0
34	Kristoffer Løvdal	Kleiven	Sprint Jeløy	1:15:40.0	29:50.0
35	Jakob O	Østby	Moss	1:15:45.0	29:55.0
36	David	Østby	Moss	1:17:04.0	31:14.0
37	Erik	Østby	Moss	1:17:05.0	31:15.0
38	Damien	Georgsen	Moss IL	1:17:58.0	32:08.0
39	Gent	Haziraj	Moss	1:27:06.0	41:16.0
40	Mag	Solem	Moss	1:27:07.0	41:17.0

41	Stian	Kalsnes	Moss	1:34:00.0	48:10.0
42	Anders Mollatt	Sundby	Sprint Jeløy	1:34:01.0	48:11.0
43	Anton Nygård	Mosseros	Moss	1:40:52.0	55:02.0
44	Jonas	Bødvarsson	Moss	1:40:54.0	55:04.0
44	Cedrik	Sannerud	Cedrik Sannerud	1:40:54.0	55:04.0
46	Markus	Bødgarsson		1:40:56.0	55:06.0
47	Fredrik	Nygård	Moss	1:44:51.0	59:01.0
48	Theodor Nygård	Mosseros	Moss	1:44:54.0	59:04.0
49	Richard	Aas	Moss		DNS
49	Mikael Stray	Frøyshov	Oslo		DNS

KVINNER

1	Johanne Bjørk	Urstad	Moss Skiklubb	55:03.0	0:00.0
2	Ida	Pollen	Haslum	55:30.0	0:27.0
3	Siril	Cock	Moss	57:02.0	1:59.0
4	Christine K	Berg	Øreåsen IL	1:00:27.0	5:24.0
5	Elin	Ludvigsen	Oslo	1:02:14.0	7:11.0
6	Anna Holdhus	Tveten	Oslo	1:03:51.0	8:48.0
7	Dagne Iselin	Meling	Bremnes	1:04:53.0	9:50.0
8	Cecilie	Fjeldhaug	Moss	1:06:31.0	11:28.0
9	Anne-Cathrine	Karlsen	Rygge	1:10:12.0	15:09.0
10	Anne Toril Bjørk	Kvarsnes	Moss Skiklubb	1:10:23.0	15:20.0
11	Else Dagfrid	Bratland	Moss	1:10:26.0	15:23.0
12	Kristin Wiese	Bromander	Moss	1:11:48.0	16:45.0
13	Nina Bromander	Falkenbo	Moss	1:14:50.0	19:47.0
14	Silje	Hobbøl	Moss	1:14:54.0	19:51.0
15	Mathilde	Abrahamsen	Moss	1:15:18.0	20:15.0
16	Ane Hjorth	Karlbom	Sprint Jeløy	1:17:57.0	22:54.0
17	Katrin	Lemjan	Moss	1:21:30.0	26:27.0
18	Sanna	Gjessing	Moss	1:23:11.0	28:08.0
19	Astrid	Emblem	Moss	1:23:16.0	28:13.0
19	Janne	Gjessing	Moss	1:23:16.0	28:13.0
21	Solveig	Olsen	Moss	1:23:30.0	28:27.0
22	Ruth	Pedersen	Manchester City	1:24:53.0	29:50.0
23	Klara	Øienmalmedal	Manchester United FC	1:24:54.0	29:51.0
24	Emma Aune Rytter	Jakobsen	Ok Moss	1:27:47.0	32:44.0
25	Erle	Wold	OK Moss	1:27:48.0	32:45.0
26	Hanne Sophie	Gundersen Wold	OK Moss	1:36:03.0	41:00.0
27	Elisabeth Aune	Jakobsen	Ok Moss	1:36:07.0	41:04.0
28	Thea	Koren	Moss	1:42:36.0	47:33.0
29	Camilla	Mosseros	Moss	1:44:50.0	49:47.0
30	Kamilla	Kaptan	Oslo		DNS
30	Sofie	Theilin	Moss		DNS

3-TOPPSLØPET 30km

167 deltagere

HERRER

1	Sondre	Fylling	OSI	2:07:27.0	0:00.0
2	Ole-Hermann	Røhr	Rygge	2:13:35.0	6:08.0
3	Sigve	Vågsnes	Oppsal Orientering	2:16:02.0	8:35.0
4	Ottar	Grønvold	Oslo	2:17:59.0	10:32.0
5	Kjetil	Myklebust	Vegan Runners	2:19:18.0	11:51.0
6	Kenneth	Horne-Olsen	Moss IL	2:19:31.0	12:04.0
7	Henning	Pedersen	3TL Jeløya	2:24:09.0	16:42.0
8	Marius	Gjestrumbakken	Moss	2:27:43.0	20:16.0
9	Bjørn Tore	Kildahl	Tarzan Bundolo	2:32:27.0	25:00.0
10	Svein-Åge	Karlsen	Rygge IL	2:32:45.0	25:18.0
11	Magne	Janitz	Moss Multichallengers	2:36:27.0	29:00.0
12	Helge Petter	Brenden	Moss	2:36:33.0	29:06.0
13	Rune	Eriksen	Rygge IL	2:37:26.0	29:59.0
14	Lars Mikkel Lødeng	Nilsen	Moss	2:37:52.0	30:25.0
15	Karl Kristian	Nordheim	Oslofjord Triatlon/Opil	2:39:10.0	31:43.0
16	Jonas	Bergan	Rygge IL	2:40:37.0	33:10.0
17	Morten	Fredriksen	Moss	2:41:28.0	34:01.0
18	Hans Martin	Stokke	Rygge IL	2:41:34.0	34:07.0
19	Sverre	Jensen	Team Sportsmanden	2:41:54.0	34:27.0
20	Kenneth Thunshelle	Wiig	Soonløp	2:43:20.0	35:53.0
21	Mads	Lolland	Moss Skiklubb	2:43:27.0	36:00.0
22	Rudi	Kristiansen	OSI Langrenn	2:44:34.0	37:07.0
23	Jakob	Kirkebak	Equipe Ganger-Rolv	2:45:51.0	38:24.0
24	Aksel Aimar	Gundersen	Moss Skiklubb	2:46:14.0	38:47.0
25	Roger Hild	Hansen	Team Hild	2:46:32.0	39:05.0
26	Martin	Kolstad	Oslo	2:47:31.0	40:04.0
27	Raymond	Mathisen	Moss	2:49:19.0	41:52.0
28	Kim	Launy	Moss	2:51:04.0	43:37.0
29	Frank	Sæther	Moss	2:52:06.0	44:39.0
30	Torbjørn	Stigen	Stigen i Steget	2:52:14.0	44:47.0
31	Sondre	Piiksi	Moss	2:52:58.0	45:31.0
32	Henrik Jarl	Ljungberg	Moss Padelklubb	2:53:33.0	46:06.0
33	Eric	Menchini	Moss IL	2:54:49.0	47:22.0
34	Knut Erlend	Hjorth-Johansen	Moss	2:55:49.0	48:22.0
35	Kjetil	Gudevold	Oslo	2:55:53.0	48:26.0
36	Lars Egil	Saastad	Moss Politiidrettslag	2:55:53.0	48:26.0
37	Martin	Sørhaug	Moss	2:56:51.0	49:24.0
38	Frank	Eriksen	Moss	2:56:52.0	49:25.0
			Tistedalen FI/Team		
39	Fredrik Fossum	Jensen	Craft Østfold	2:58:14.0	50:47.0
40	Erik Rytter	Jakobsen	Löplabbet AS	2:59:38.0	52:11.0
41	Kristoffer	Nordheim	Equipe Ganger-Rolv	3:00:57.0	53:30.0
42	Magne	Espelid	Mjøsdaalen IL	3:02:19.0	54:52.0
43	Odin	Svendsen	Moss	3:03:05.0	55:38.0
44	Ole Kristian	Narmo	Moss Skiklubb	3:04:00.0	56:33.0
45	Anders Dalsaune	Jansen	Oslo	3:04:28.0	57:01.0
46	Anders	Hansen	Moss	3:05:42.0	58:15.0
47	Pål André	Eliassen	Hobøl	3:06:02.0	58:35.0

48	Erik	Sjaastad	Moss	3:07:29.0	1:00:02.0
49	Kim	Gundrosen	Moss	3:08:16.0	1:00:49.0
50	Frank	Skaftun	Sarpsborg	3:08:42.0	1:01:15.0
51	Martin	Sorte	Rått & Råte	3:09:50.0	1:02:23.0
52	Eirik	Kristoffersen	Moss	3:09:57.0	1:02:30.0
53	Espen	Rymoene	Moss CK	3:11:30.0	1:04:03.0
54	Terje	Sand	Hagan	3:12:27.0	1:05:00.0
55	Vidar	Selju	Moss	3:13:04.0	1:05:37.0
56	Magnus	Ombustvedt	Moss	3:13:17.0	1:05:50.0
57	Thomas	Roskifte	OK Moss	3:13:29.0	1:06:02.0
58	Jahn	Mamen	Moss	3:14:32.0	1:07:05.0
59	Ole Martin	Bollandsås	Rustad IL	3:14:42.0	1:07:15.0
60	Ole-Håkon	Opstad	Rygge	3:15:26.0	1:07:59.0
61	Agnar	Lirhus	Moss	3:15:53.0	1:08:26.0
62	Helge	Karlbom	Moss Skiklubb	3:15:58.0	1:08:31.0
63	Espen	Gustavsen	Moss	3:16:39.0	1:09:12.0
64	Erik Oskar	Christensen	Moss Roklubb	3:17:25.0	1:09:58.0
65	Bernt	Rekstad	Ssmk Møbler	3:18:00.0	1:10:33.0
66	Frode	Stave	Moss	3:20:03.0	1:12:36.0
67	Arne	Suleng	Moss	3:20:05.0	1:12:38.0
68	Even	Svae	Bekkestua	3:20:23.0	1:12:56.0
69	Erik	Bergli	SK Vidar	3:20:47.0	1:13:20.0
70	Morten	Bakke-Divenah	Sofiemyr	3:21:07.0	1:13:40.0
71	Arne	Brunvoll	Dnt Vansjø	3:21:12.0	1:13:45.0
72	John Arne	Johannesen	Moss Roklubb	3:22:22.0	1:14:55.0
73	Jonas	Askautrud	Ryggejoggen	3:22:37.0	1:15:10.0
74	Alexander	Jenseg	Matriks BIL	3:23:44.0	1:16:17.0
75	Tommy	Kristiansen	Buns Of Steel	3:28:43.0	1:21:16.0
75	André	Kjærnsmo	Oslo	3:32:13.0	1:24:46.0
77	Erlend Foss	Møller	Sprint2005	3:32:53.0	1:25:26.0
78	Arne Harald	Jensen	Moss	3:33:04.0	1:25:37.0
79	Eirik Hjorth	Karlbom	Sprint Jeløy	3:33:22.0	1:25:55.0
80	Geir	Malmedal	NAF	3:34:10.0	1:26:43.0
81	Christian	Nordahl	Moss	3:34:32.0	1:27:05.0
82	Erik	Ersnes	Høegh Sport	3:34:59.0	1:27:32.0
83	Bjarne	Dyrøy	Gokk	3:38:18.0	1:30:51.0
84	Svein-Robert	Johansen	Moss	3:39:23.0	1:31:56.0
85	Vidar Log	Samuelsen	Brandbu	3:39:38.0	1:32:11.0
86	Christer	Tunes	Drøbak	3:42:30.0	1:35:03.0
87	Oliver	Gjessing	Moss	3:43:18.0	1:35:51.0
88	Jørgen	Eliassen	Moss	3:44:00.0	1:36:33.0
89	Aleksander	Veksler	Oslo	3:45:14.0	1:37:47.0
90	Gjert	Olsen	Tromsø	3:46:06.0	1:38:39.0
91	Emre Amundsen	Borgaas	Sprint-Jeløy G2005	3:47:33.0	1:40:06.0
92	Pål Dixon	Sandberg	Moss	3:47:39.0	1:40:12.0
93	Geir	Nodland	Moss	3:47:47.0	1:40:20.0
94	Truls	Rundgren	Manstad	3:48:27.0	1:41:00.0
95	Kieran	Dunn	Gjensidige Sport Øst	3:52:04.0	1:44:37.0

96	Dagfinn	Mo	Våler I Østfold	4:01:23.0	1:53:56.0
97	Bødvar	Ingvarsson	Moss	4:03:00.0	1:55:33.0
98	Sveinung	Omdal Tveito	Vinje	4:03:00.0	1:55:33.0
99	Peder	Svaleng	Moss	4:03:34.0	1:56:07.0
100	Niklas	Heia	Moss	4:09:58.0	2:02:31.0
101	André	Vallner	Privat	4:10:01.0	2:02:34.0
102	Erlend H.	Bakke	Oslo	4:10:42.0	2:03:15.0
103	Børge	Erdal	Moss	4:12:54.0	2:05:27.0
104	Torstein	Nesby	Drøbak	4:22:10.0	2:14:43.0
104	Kristian	JSW	Moss	4:26:16.0	2:18:49.0
104	Hans Olav	Sæby	Moss	4:35:45.0	2:28:18.0
104	Mika	Åman	Privat	4:42:21.0	2:34:54.0
104	Michael	Baker	Vegdirektoratet Idrettsf	4:48:58.0	2:41:31.0
104	Jon	Asleson	Oslo	5:15:57.0	3:08:30.0
104	Stian	Eriksen	Moss	5:48:29.0	3:41:02.0
104	Thom Martin	Johansen	Rygge	5:48:29.0	3:41:02.0
104	Paal	Larsen	Paal Larsen	7:01:00.0	4:53:33.0
104	Eirik	Bærulfsen	Moss		DNF
104	Øyvind	Espelund	Moss		DNF
104	Daniel	Giske	Moss		DNF
104	Filip Grevle	Lolland	Rygge IL		DNF
104	Martinus	Pedersen	Tottenham Hotspurs		DNF
104	Karl Erik	Presterud	Moss		DNF
104	Alf	Dahlmann	Moss		DNS
104	Tom	Grønlien	Moss		DNS
104	Audun	Nicolaysen	Fredrikstad IF		DNS
104	Jon-Audun	Solem	Jeløy Cykleklubb		DNS
104	Kai Erland	Thelin	Moss		DNS

KVINNER

1	Marte	Sønstevold	Sportsklubben Vidar	2:39:11.0	0:00.0
2	Shirin	Asadi	Moss	3:00:56.0	21:45.0
3	Tiril	Lindberg	Moss	3:01:42.0	22:31.0
4	Ann Kristine	Bjørk	Moss Skiklubb	3:04:00.0	24:49.0
5	Stine	Wasenius	Moss	3:05:13.0	26:02.0
6	Marianne Ramberg	Årdalen	Gjerpen Idrettsforening	3:07:48.0	28:37.0
7	Lene Christin	Hanche Hafskjold	Moss SK	3:11:29.0	32:18.0
8	Stine	Svoen	Svelgen	3:16:40.0	37:29.0
9	Tonje	Magnussøn	Moss	3:21:32.0	42:21.0
10	Mia	Heed	Moss	3:22:36.0	43:25.0
11	Kristine	Lier	Oslo	3:22:40.0	43:29.0
12	Emilie	Nilssen	Sarpsborg	3:23:12.0	44:01.0
13	Anne Marthe Svendsen	Rysst-Heilmann	Moss	3:24:47.0	45:36.0
14	Anette	Johnsrød	Larkollen	3:26:01.0	46:50.0
15	Micheline Roko	Kavli	Sarpsborgsarpsborg	3:26:12.0	47:01.0
16	Kristin	Pihlstrøm	Sarpsborg	3:26:28.0	47:17.0
17	Stine	Hjorth	Moss	3:33:33.0	54:22.0
18	Solveig	Nordstrand	Moss	3:33:33.0	54:22.0

18	Linda	Christiansen	Moss	3:33:34.0	54:23.0
20	Ingeborg	Thorstrand	Moss	3:33:36.0	54:25.0
21	Nina Marie	Pedersen	Moss	3:42:32.0	1:03:21.0
22	Anne	Flæte	Nesodden	3:43:47.0	1:04:36.0
23	Maria	Lorentzen	Rockwool Kondis	3:46:48.0	1:07:37.0
24	Hilde	Lillejord	Nesoddtangen	3:48:22.0	1:09:11.0
25	Flora	Asadi	Mangfold ?	3:50:04.0	1:10:53.0
26	Marie Utnes	Borgaas	Moss	3:52:52.0	1:13:41.0
27	Hanne	Winger Pedersen	Moss	4:00:31.0	1:21:20.0
28	Caroline	Sannerud	Moss	4:01:26.0	1:22:15.0
29	Elin Måleng	Tingstad	Moss Skiklubb	4:03:33.0	1:24:22.0
29	Jane	Olden	Forsvaret	4:05:37.0	1:26:26.0
31	Karianne	Stave	Moss	4:06:13.0	1:27:02.0
32	Astrid	Wettrhus	Moss	4:08:48.0	1:29:37.0
33	Mette	Svoen	Oslo	4:10:54.0	1:31:43.0
34	Erna	Larsen	Moss	4:20:54.0	1:41:43.0
35	Linda	Høgheim	Rasta	4:29:30.0	1:50:19.0
36	Ylva	Lohne	Moss	4:58:34.0	2:19:23.0
37	Jorunn	Lolland	Moss	5:43:21.0	3:04:10.0
38	Henriette	Opperud	BDO AS	7:01:00.0	4:21:49.0
39	Ida Marie	Steinsmo	BDO AS	7:01:00.0	4:21:49.0
40	Janne	Edwardsen	BDO AS	7:07:00.0	4:27:49.0
41	Vibeke	Stræth	BDO AS	7:07:00.0	4:27:49.0
42	Tora	Asledottir	Oslo		DNF
43	Cathrine	Stokke	Moss		DNF
44	Kari Bjørnø	Vangen	Stovnerkameratene		DNF