

# Lofoten Triathlon Extreme 2016

## Gender/AG Results

Place	Bib	AG	Name	YoB	Club	Swim	T1	Bike	T2	Run	Finish
Female											
1.	128	1. Female 30-34	Katrin Elfberg	1983	Tromsø, Triathlonklubb	7:37:05	05:08	6:48:18	01:39	5:51:00	<b>14:23:06</b>
2.	141	1. Female 35-39	Nina-Sofie Berg	1979	Asker Triathlon	7:38:45	03:40	7:08:54	01:36	7:13:27	<b>16:06:19</b>
3.	122	1. Female 25-29	Ingrid Marie Alm	1987		7:45:58	07:23	7:19:49	05:57	8:17:33	<b>17:36:37</b>
4.	103	1. Female 45-49	Anne Lise Katle	1967	Asker Triathlon klubb	7:48:06	02:56	7:15:38	01:33	8:48:10	<b>17:56:19</b>
5.	111	2. Female 45-49	Elisabetta Mosso	1971	Triathlon Woman	7:47:07	16:14	7:51:38	03:40	8:18:28	<b>18:17:04</b>
Male											
1.	102	1. Male 30-34	Allan Hovda	1986	Haugesund Triathlon club	7:18:46	02:46	5:39:52	01:25	5:03:02	<b>12:05:48</b>
2.	154	1. Male 25-29	Stian Gilje	1990	Herbalife	7:29:52	02:42	5:38:51	00:52	5:22:30	<b>12:34:44</b>
3.	115	2. Male 25-29	Gunnar Aschjem	1987	Svarstad IL/Stavanger TriK	7:18:27	04:45	6:12:59	04:04	5:14:51	<b>12:55:03</b>
4.	148	2. Male 30-34	Pål Magnus	1986	Østmarka IL	7:34:01	03:01	6:07:16	02:01	5:28:47	<b>13:15:03</b>
5.	146	1. Male 35-39	Per Anders Hoven	1979	Skogn il	7:35:31	02:03	5:54:40	01:26	5:57:14	<b>13:30:50</b>
6.	108	1. Male 40-44	Christian Dramsdahl	1975		7:13:34	03:39	6:42:30	01:29	5:37:44	<b>13:38:53</b>
7.	125	1. Male 45-49	Jan Kildahl	1969	Asker Triathlon klubb	7:35:37	03:25	6:12:57	01:12	5:53:30	<b>13:46:38</b>
8.	101	3. Male 30-34	Alexander Gullesen	1984	Geilo IL	7:23:37	02:31	6:10:25	02:51	6:10:40	<b>13:50:01</b>
9.	116	2. Male 35-39	Günther Meesschaert	1978	12BO4	7:25:59	04:02	6:04:49	02:29	6:24:26	<b>14:01:42</b>
10.	112	2. Male 40-44	Francesco Puddu	1975	No limits sport. N.L.S.	7:10:33	03:13	6:19:58	03:29	6:31:35	<b>14:08:45</b>
11.	150	4. Male 30-34	Rolf ingulf Larsen	1983		7:37:23	02:44	6:21:59	01:46	6:14:29	<b>14:18:18</b>
12.	127	5. Male 30-34	Kamil Ostapski	1982	Triathlon Club Wroclaw	7:32:13	06:29	6:24:58	04:05	6:11:26	<b>14:19:08</b>
13.	105	3. Male 25-29	Arild Askestad	1987	Geilo IL	7:45:53	04:17	6:35:11	02:16	5:59:21	<b>14:26:54</b>
14.	131	3. Male 35-39	Kristian Kristiansen	1978	Athletic Development & Performance Training	7:35:33	03:59	6:21:20	05:11	6:24:14	<b>14:30:14</b>
15.	135	6. Male 30-34	Marius Orderud	1982	Team Raske Gutter	8:07:09	07:42	6:16:47	03:29	6:03:41	<b>14:38:45</b>
16.	119	7. Male 30-34	Henrik Karlstad	1986	Oslo brannkorps idrett / Asker Tri	7:33:41	03:42	6:21:38	05:22	6:37:39	<b>14:41:59</b>
17.	134	3. Male 40-44	Magnus Minde	1973	Haugesund Triathlon klubb	7:22:37	01:30	6:11:19	01:05	7:19:45	<b>14:56:13</b>
18.	156	4. Male 35-39	Tom Arne Arnesen	1978		7:11:36	02:52	6:22:02	02:08	7:27:32	<b>15:06:06</b>
19.	124	4. Male 40-44	James Watson	1976		7:41:00	04:30	6:50:00	06:36	6:26:54	<b>15:08:57</b>
20.	126	5. Male 35-39	Jim Flegstad	1981		7:42:10	02:47	6:15:34	01:21	7:08:34	<b>15:10:23</b>
21.	157	2. Male 45-49	Tom Atle Bordevik	1970	Drammen Triathlon Club	7:35:50	02:46	6:22:09	01:24	7:10:02	<b>15:12:08</b>
22.	153	1. Male 50-54	Roy Alapnes	1964	Yttersia Cykleklubb	7:47:17	06:14	6:36:37	03:00	6:42:54	<b>15:15:59</b>
23.	133	5. Male 40-44	Mads Larsen	1972	Soon Triathlon klubb	7:33:13	03:09	6:43:57	04:46	6:52:55	<b>15:17:57</b>
24.	155	6. Male 40-44	Svein Vestøl	1974	Gjerstad IL	7:47:57	07:46	7:30:14	03:31	5:50:03	<b>15:19:28</b>
25.	142	7. Male 40-44	Ole Jørgen Rød	1975	Statoil BIL	7:44:45	04:36	6:44:56	02:07	6:50:52	<b>15:27:13</b>

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Place	Bib	AG	Name	YoB	Club	Swim	T1	Bike	T2	Run	Finish
26.	117	3. Male 45-49	Gøran Nordeng	1971		7:42:34	02:52	6:18:04	02:11	7:21:59	15:27:37
27.	136	4. Male 25-29	Martin Kolstad	1991		7:27:37	09:00	6:43:13	05:56	7:06:40	15:32:23
28.	132	6. Male 35-39	Kristian Nashoug	1979	Lofoten Triathlonklubb	7:29:59	04:54	6:29:28	03:06	7:26:18	15:33:42
29.	121	2. Male 50-54	Hubert Jacobsen	1964	Totenranken CK	7:47:16	05:31	6:21:59	04:38	7:14:21	15:33:42
30.	120	7. Male 35-39	Henrik Litland	1979		7:35:39	03:10	7:13:14	02:55	6:42:49	15:37:44
31.	107	8. Male 40-44	Barry Middleton	1974	H.A Cowboys	7:27:15	05:45	7:07:53	04:15	6:56:26	15:41:31
32.	106	9. Male 40-44	Atle Stubberud	1974	Soon Triathlonklubb	7:34:40	04:39	6:28:05	04:20	7:33:35	15:45:16
33.	138	8. Male 35-39	Morten Dehli	1979	Kolbotn IL Triathlon	7:26:30	01:33	6:20:28	02:25	7:57:31	15:48:23
34.	129	10. Male 40-44	Kjell Aksel Sporild	1972		8:05:36	04:21	6:37:42	01:45	7:14:27	16:03:48
35.	152	11. Male 40-44	Ronnie Maas Pedersen	1973	Lofoten Triathlonklubb	7:26:53	01:20	6:19:57	01:32	8:31:56	16:21:35
36.	144	3. Male 50-54	Patrick POTIER	1965	Asvel Triathlon	7:42:37	03:03	6:58:22	01:54	7:42:40	16:28:33
37.	110	5. Male 25-29	Eirik Rovik	1989	Trondheim Triathlonklubb	7:29:58	03:13	6:58:30	03:12	8:00:32	16:35:22
38.	113	12. Male 40-44	Geir Hanslien	1973	Trondheim Triathlonklubb	7:22:18	03:33	6:38:07	03:59	8:27:29	16:35:23
39.	158	13. Male 40-44	Tom Espen Dalaker	1976	Tempo Triathlon	7:59:36	05:42	6:58:02	03:48	8:00:32	17:07:37
40.	104	4. Male 50-54	Are Ugland	1966	Soon Triathlonklubb	7:19:47	04:13	6:37:00	09:26	9:10:05	17:20:28
41.	147	8. Male 30-34	Pål Fredriksen	1985		7:39:16	05:53	7:04:58	04:43	8:33:48	17:28:34
42.	151	1. Male 55-59	Ronald Sivertsen	1958	Team Pay / Asker Triathlon klubb	7:42:51	05:08	6:30:59	08:17	9:06:04	17:33:16
43.	130	2. Male 55-59	Knut Grimstad	1959	Bergen Triathlon Club	7:27:12	02:47	6:28:41	02:10	9:39:13	17:39:59
44.	160	4. Male 45-49	Trond Pedersen	1971	Bergen Triathlon Club	8:02:43	10:35	7:01:38	08:29	8:16:59	17:40:21
45.	114	14. Male 40-44	Geir Morten Hoven	1973	Skogn IL	7:44:09	04:09	6:33:08	03:17	9:46:15	18:10:55
DNF	162	DNF Male 25-29	Stian Sandtorv	1987	Team Sport 1 Storgata	7:18:39	02:45	5:55:07	01:52		
DNF	149	DNF Male 45-49	Roger Hallstensen	1970	Soon Triathlonklub	7:22:23	02:54	6:35:24	00:59		
DNF	140	DNF Male 20-24	Nikolai Søndersrød Aamaas	1993	Team Smartfish Fuji	7:35:35	02:50	6:56:37	00:30		
DNF	143	DNF Male 55-59	Ottar Røed	1959	Oslofjord Triatlon	7:33:34	05:50	7:55:39	04:07		
DNF	118	DNF Male 30-34	Hans Jonas Engh	1986	Idrettsgjengen Akuttmottak Kalnes	7:28:56	08:43				

Number of records: 55