

Jenter 8-10 år		Tre runder hver på ca 300m				Start kl 11.00		
Plass nr	Lag nr	Lagnavn	Etp	Fornavn	Etternavn	Etappetid	Tid	Etter
1	Steinkjer Skiklubb		1	Samantha Roma	Estenstad	00:00,0	00:00,0	
			2	Sigrid Igelsrud	Saursaunet	00:00,0	00:00,0	
			3	Samantha Roma	Estenstad	00:00,0	00:00,0	
			4	Sigrid Igelsrud	Saursaunet	00:00,0	00:00,0	
			5	Samantha Roma	Estenstad	00:00,0	00:00,0	
			6	Sigrid Igelsrud	Saursaunet	00:00,0	00:00,0	<b>00:00,0</b>
2	Leksvik IL		1	Mali Ramdal	Farbu	00:00,0	00:00,0	
			2	Anna Oline	Moan	00:00,0	00:00,0	
			3	Mali Ramdal	Farbu	00:00,0	00:00,0	
			4	Anna Oline	Moan	00:00,0	00:00,0	
			5	Mali Ramdal	Farbu	00:00,0	00:00,0	
			6	Anna Oline	Moan	00:00,0	00:00,0	<b>00:00,0</b>
3	Sparbu IL		1	Tone Grøseth	Heistad	00:00,0	00:00,0	
			2	Mangler navn!		00:00,0	00:00,0	
			3	Tone Grøseth	Heistad	00:00,0	00:00,0	
			4	Mangler navn!		00:00,0	00:00,0	
			5	Tone Grøseth	Heistad	00:00,0	00:00,0	
			6	Mangler navn!		00:00,0	00:00,0	<b>00:00,0</b>

Gutter 8-10 år		Tre runder hver på ca 300m				Start kl 11.00		
Plass nr	Lag nr	Lagnavn	Etp	Fornavn	Etternavn	Etappetid	Tid	Etter
4	Steinkjer Skiklubb		1	Amund Asprem	Holmstad	00:00,0	00:00,0	
			2	Alexander Roma	Estenstad	00:00,0	00:00,0	
			3	Amund Asprem	Holmstad	00:00,0	00:00,0	
			4	Alexander Roma	Estenstad	00:00,0	00:00,0	
			5	Amund Asprem	Holmstad	00:00,0	00:00,0	
			6	Alexander Roma	Estenstad	00:00,0	00:00,0	<b>00:00,0</b>
5	Steinkjer Skiklubb		1	Ludvig Fossum	Skjevik	00:00,0	00:00,0	
			2	Fillip Eriksen	Hegge	00:00,0	00:00,0	
			3	Ludvig Fossum	Skjevik	00:00,0	00:00,0	
			4	Fillip Eriksen	Hegge	00:00,0	00:00,0	
			5	Ludvig Fossum	Skjevik	00:00,0	00:00,0	
			6	Fillip Eriksen	Hegge	00:00,0	00:00,0	<b>00:00,0</b>
6	Steinkjer Skiklubb		1	Harald Rodum	Grut	00:00,0	00:00,0	
			2	Abel Håpnes	Sormul	00:00,0	00:00,0	
			3	Harald Rodum	Grut	00:00,0	00:00,0	
			4	Abel Håpnes	Sormul	00:00,0	00:00,0	
			5	Harald Rodum	Grut	00:00,0	00:00,0	
			6	Abel Håpnes	Sormul	00:00,0	00:00,0	<b>00:00,0</b>
7	Frol IL		1	Sigurd Skoglund	Leithe	00:00,0	00:00,0	
			2	Iver Hov	Lomsdal	00:00,0	00:00,0	
			3	Sigurd Skoglund	Leithe	00:00,0	00:00,0	
			4	Iver Hov	Lomsdal	00:00,0	00:00,0	
			5	Sigurd Skoglund	Leithe	00:00,0	00:00,0	
			6	Iver Hov	Lomsdal	00:00,0	00:00,0	<b>00:00,0</b>
8	Frol IL		1	Ulrik Ness	Aune	00:00,0	00:00,0	
			2	Trym	Ness-Jensen	00:00,0	00:00,0	
			3	Ulrik Ness	Aune	00:00,0	00:00,0	
			4	Trym	Ness-Jensen	00:00,0	00:00,0	
			5	Ulrik Ness	Aune	00:00,0	00:00,0	
			6	Trym	Ness-Jensen	00:00,0	00:00,0	<b>00:00,0</b>
9	Inderøy IL		1	Tuva Gausen	Løseth	00:00,0	00:00,0	
			2	Sverre	Berfiord	00:00,0	00:00,0	
			3	Tuva Gausen	Løseth	00:00,0	00:00,0	
			4	Sverre	Berfiord	00:00,0	00:00,0	
			5	Tuva Gausen	Løseth	00:00,0	00:00,0	
			6	Sverre	Berfiord	00:00,0	00:00,0	<b>00:00,0</b>
10	Inderøy IL		1	Per Sakshaug	Kristensen	00:00,0	00:00,0	
			2	Anton Iversen	Klepp	00:00,0	00:00,0	
			3	Per Sakshaug	Kristensen	00:00,0	00:00,0	
			4	Anton Iversen	Klepp	00:00,0	00:00,0	
			5	Per Sakshaug	Kristensen	00:00,0	00:00,0	
			6	Anton Iversen	Klepp	00:00,0	00:00,0	<b>00:00,0</b>
11	Vinne Skilag		1	Alfred Hestegrei	Høknes	00:00,0	00:00,0	
			2	Tiril	Gudding	00:00,0	00:00,0	
			3	Alfred Hestegrei	Høknes	00:00,0	00:00,0	
			4	Tiril	Gudding	00:00,0	00:00,0	
			5	Alfred Hestegrei	Høknes	00:00,0	00:00,0	
			6	Tiril	Gudding	00:00,0	00:00,0	<b>00:00,0</b>

## Henning IL

Rennleder: Vegard Forbord

TD: Leif Kjesbu

## Startliste

Sparebank 1 SMN Teamsprint

2023

## Henningvola

Renndato: 03.12.2023

Jenter 11-12 år			Tre runder hver på ca 500m			Start kl 11.30		
Plass nr	Lag nr	Lagnavn	Etp	Fornavn	Etternavn	Etappetid	Tid	Etter
12	Beitstad IL		1	Mina Johanne Lillefi	Haugan	00:00,0	00:00,0	
			2	Live Lillefuhr	Haugan	00:00,0	00:00,0	
			3	Mina Johanne Lillefi	Haugan	00:00,0	00:00,0	
			4	Live Lillefuhr	Haugan	00:00,0	00:00,0	
			5	Mina Johanne Lillefi	Haugan	00:00,0	00:00,0	
			6	Live Lillefuhr	Haugan	00:00,0	<b>00:00,0</b>	00:00,0
13	Frol IL/Vinne SL		1	Live Marie	Langøvgard	00:00,0	00:00,0	
			2	Heidi	Rånes	00:00,0	00:00,0	
			3	Live Marie	Langøvgard	00:00,0	00:00,0	
			4	Heidi	Rånes	00:00,0	00:00,0	
			5	Live Marie	Langøvgard	00:00,0	00:00,0	
			6	Heidi	Rånes	00:00,0	<b>00:00,0</b>	00:00,0
14	Vinne Skilag		1	Mari Pauline	Green	00:00,0	00:00,0	
			2	Ingrid	Gudding	00:00,0	00:00,0	
			3	Mari Pauline	Green	00:00,0	00:00,0	
			4	Ingrid	Gudding	00:00,0	00:00,0	
			5	Mari Pauline	Green	00:00,0	00:00,0	
			6	Ingrid	Gudding	00:00,0	<b>00:00,0</b>	00:00,0
15	Sparbu IL		1	Sigrid	Mollan	00:00,0	00:00,0	
			2	Sofie	Landstad	00:00,0	00:00,0	
			3	Sigrid	Mollan	00:00,0	00:00,0	
			4	Sofie	Landstad	00:00,0	00:00,0	
			5	Sigrid	Mollan	00:00,0	00:00,0	
			6	Sofie	Landstad	00:00,0	<b>00:00,0</b>	00:00,0
16	Vinne Skilag		1	Mali	Gudding	00:00,0	00:00,0	
			2	Mathea	Barli	00:00,0	00:00,0	
			3	Mali	Gudding	00:00,0	00:00,0	
			4	Mathea	Barli	00:00,0	00:00,0	
			5	Mali	Gudding	00:00,0	00:00,0	
			6	Mathea	Barli	00:00,0	<b>00:00,0</b>	00:00,0

Jenter 13-14 år			Tre runder hver på ca 500m			Start kl 11.30		
Plass nr	Lag nr	Lagnavn	Etp	Fornavn	Etternavn	Etappetid	Tid	Etter
24	Kvam IL		1	Kari Elise	Langlid	00:00,0	00:00,0	
			2	Ylva Belbo	Ringseth	00:00,0	00:00,0	
			3	Kari Elise	Langlid	00:00,0	00:00,0	
			4	Ylva Belbo	Ringseth	00:00,0	00:00,0	
			5	Kari Elise	Langlid	00:00,0	00:00,0	
			6	Ylva Belbo	Ringseth	00:00,0	<b>00:00,0</b>	00:00,0
25	Beitstad IL		1	Andrine	Brørs	00:00,0	00:00,0	
			2	Rebekka	Saugestad	00:00,0	00:00,0	
			3	Andrine	Brørs	00:00,0	00:00,0	
			4	Rebekka	Saugestad	00:00,0	00:00,0	
			5	Andrine	Brørs	00:00,0	00:00,0	
			6	Rebekka	Saugestad	00:00,0	<b>00:00,0</b>	00:00,0
26	Frol IL		1	Selma	Langøvgard	00:00,0	00:00,0	
			2	Solveig Skoglund	Leithe	00:00,0	00:00,0	
			3	Selma	Langøvgard	00:00,0	00:00,0	
			4	Solveig Skoglund	Leithe	00:00,0	00:00,0	
			5	Selma	Langøvgard	00:00,0	00:00,0	
			6	Solveig Skoglund	Leithe	00:00,0	<b>00:00,0</b>	00:00,0
27	Aasguten IL		1	Sofia	Meyer-Ekle	00:00,0	00:00,0	
			2	Vilde Tangstad	Husby	00:00,0	00:00,0	
			3	Sofia	Meyer-Ekle	00:00,0	00:00,0	
			4	Vilde Tangstad	Husby	00:00,0	00:00,0	
			5	Sofia	Meyer-Ekle	00:00,0	00:00,0	
			6	Vilde Tangstad	Husby	00:00,0	<b>00:00,0</b>	00:00,0
28	Vinne Skilag		1	Johanne Gudding	Barli	00:00,0	00:00,0	
			2	Ingeborg Grande	Gudding	00:00,0	00:00,0	
			3	Johanne Gudding	Barli	00:00,0	00:00,0	
			4	Ingeborg Grande	Gudding	00:00,0	00:00,0	
			5	Johanne Gudding	Barli	00:00,0	00:00,0	
			6	Ingeborg Grande	Gudding	00:00,0	<b>00:00,0</b>	00:00,0

Gutter 11-12 år		Tre runder hver på ca 500m			Start kl 12.00			
Plass nr	Lag nr	Lagnavn	Etp	Fornavn	Etternavn	Etappetid	Tid	Etter
17	Aasguten IL		1	Sverre	Mever-Ekle	00:00.0	00:00.0	
			2	Jonas	Almlid	00:00.0	00:00.0	
			3	Sverre	Mever-Ekle	00:00.0	00:00.0	
			4	Jonas	Almlid	00:00.0	00:00.0	
			5	Sverre	Mever-Ekle	00:00.0	00:00.0	
			6	Jonas	Almlid	00:00.0	<b>00:00.0</b>	00:00.0
18	Steinkier Skiklubb		1	Einar	Susegg	00:00.0	00:00.0	
			2	Per Even Grøseth	Heistad	00:00.0	00:00.0	
			3	Einar	Susegg	00:00.0	00:00.0	
			4	Per Even Grøseth	Heistad	00:00.0	00:00.0	
			5	Einar	Susegg	00:00.0	00:00.0	
			6	Per Even Grøseth	Heistad	00:00.0	<b>00:00.0</b>	00:00.0
19	Vinne Skilag		1	Theodor Hestegrei	Høknes	00:00.0	00:00.0	
			2	Imre	Gregersen	00:00.0	00:00.0	
			3	Theodor Hestegrei	Høknes	00:00.0	00:00.0	
			4	Imre	Gregersen	00:00.0	00:00.0	
			5	Theodor Hestegrei	Høknes	00:00.0	00:00.0	
			6	Imre	Gregersen	00:00.0	<b>00:00.0</b>	00:00.0
20	Steinkier Skiklubb		1	Henrik	Kløvian	00:00.0	00:00.0	
			2	Iver Asp	Evien	00:00.0	00:00.0	
			3	Henrik	Kløvian	00:00.0	00:00.0	
			4	Iver Asp	Evien	00:00.0	00:00.0	
			5	Henrik	Kløvian	00:00.0	00:00.0	
			6	Iver Asp	Evien	00:00.0	<b>00:00.0</b>	00:00.0
21	Steinkier Skiklubb		1	Gard	Finstad	00:00.0	00:00.0	
			2	Sverre I.	Saursaune	00:00.0	00:00.0	
			3	Gard	Finstad	00:00.0	00:00.0	
			4	Sverre I.	Saursaune	00:00.0	00:00.0	
			5	Gard	Finstad	00:00.0	00:00.0	
			6	Sverre I.	Saursaune	00:00.0	<b>00:00.0</b>	00:00.0
22	Steinkier Skiklubb		1	Anton	Sandhaugen	00:00.0	00:00.0	
			2	Olaf Sand	Ludvigsen	00:00.0	00:00.0	
			3	Anton	Sandhaugen	00:00.0	00:00.0	
			4	Olaf Sand	Ludvigsen	00:00.0	00:00.0	
			5	Anton	Sandhaugen	00:00.0	00:00.0	
			6	Olaf Sand	Ludvigsen	00:00.0	<b>00:00.0</b>	00:00.0
23	Steinkier Skiklubb		1	Ask	Ivarsønn	00:00.0	00:00.0	
			2	Sigurd	Aalberg	00:00.0	00:00.0	
			3	Ask	Ivarsønn	00:00.0	00:00.0	
			4	Sigurd	Aalberg	00:00.0	00:00.0	
			5	Ask	Ivarsønn	00:00.0	00:00.0	
			6	Sigurd	Aalberg	00:00.0	<b>00:00.0</b>	00:00.0

Gutter 13-14 år		Tre runder hver på ca 500m			Start kl 12.00			
Plass nr	Lag nr	Lagnavn	Etp	Fornavn	Etternavn	Etappetid	Tid	Etter
29	Leksvik IL		1	Magnar	Neverås	00:00.0	00:00.0	
			2	Jon	Moan	00:00.0	00:00.0	
			3	Magnar	Neverås	00:00.0	00:00.0	
			4	Jon	Moan	00:00.0	00:00.0	
			5	Magnar	Neverås	00:00.0	00:00.0	
			6	Jon	Moan	00:00.0	<b>00:00.0</b>	00:00.0
30	Inderøv IL		1	Philip Noel	Bach	00:00.0	00:00.0	
			2	Lavrans Haavik	Dretvik	00:00.0	00:00.0	
			3	Philip Noel	Bach	00:00.0	00:00.0	
			4	Lavrans Haavik	Dretvik	00:00.0	00:00.0	
			5	Philip Noel	Bach	00:00.0	00:00.0	
			6	Lavrans Haavik	Dretvik	00:00.0	<b>00:00.0</b>	00:00.0
31	Inderøv IL		1	Johannes	Værdal	00:00.0	00:00.0	
			2	William Sund	Biørhusdahl	00:00.0	00:00.0	
			3	Johannes	Værdal	00:00.0	00:00.0	
			4	William Sund	Biørhusdahl	00:00.0	00:00.0	
			5	Johannes	Værdal	00:00.0	00:00.0	
			6	William Sund	Biørhusdahl	00:00.0	<b>00:00.0</b>	00:00.0
32	Aasguten IL		1	Even	Almlid	00:00.0	00:00.0	
			2	Sigurd	Brvhn	00:00.0	00:00.0	
			3	Even	Almlid	00:00.0	00:00.0	
			4	Sigurd	Brvhn	00:00.0	00:00.0	
			5	Even	Almlid	00:00.0	00:00.0	
			6	Sigurd	Brvhn	00:00.0	<b>00:00.0</b>	00:00.0
33	Vinne Skilag		1	Tor-Ivar	Green	00:00.0	00:00.0	
			2	Johannes	Gudding	00:00.0	00:00.0	
			3	Tor-Ivar	Green	00:00.0	00:00.0	
			4	Johannes	Gudding	00:00.0	00:00.0	
			5	Tor-Ivar	Green	00:00.0	00:00.0	
			6	Johannes	Gudding	00:00.0	<b>00:00.0</b>	00:00.0

## Henning IL

Rennleder: Vegard Forbord

TD: Leif Kjesbu

## Startliste

Sparebank 1 SMN Teamsprint

2023

## Henningvola

Renndato: 03.12.2023

Jenter 15-16 år			Tre runder hver på ca 900m			Start kl 12.30		
Plass nr	Lag nr	Lagnavn	Etp	Fornavn	Etternavn	Etappetid	Tid	Etter
34	Steinkjer Skiklubb		1	Tuva Andrea	Undersaker	00:00,0	00:00,0	
			2	Live	Ivardsdatter	00:00,0	00:00,0	
			3	Tuva Andrea	Undersaker	00:00,0	00:00,0	
			4	Live	Ivardsdatter	00:00,0	00:00,0	
			5	Tuva Andrea	Undersaker	00:00,0	00:00,0	
			6	Live	Ivardsdatter	00:00,0	00:00,0	00:00,0
35	Lånke IL		1	Frida Wangberg	Lund	00:00,0	00:00,0	
			2	Lovise	Kjesbu	00:00,0	00:00,0	
			3	Frida Wangberg	Lund	00:00,0	00:00,0	
			4	Lovise	Kjesbu	00:00,0	00:00,0	
			5	Frida Wangberg	Lund	00:00,0	00:00,0	
			6	Lovise	Kjesbu	00:00,0	00:00,0	00:00,0

Gutter 15-16 år			Tre runder hver på ca 900m			Start kl 12.30		
Plass nr	Lag nr	Lagnavn	Etp	Fornavn	Etternavn	Etappetid	Tid	Etter
36	Vinne Skilag		1	Marius	Viken	00:00,0	00:00,0	
			2	Sivert Gudding	Barli	00:00,0	00:00,0	
			3	Marius	Viken	00:00,0	00:00,0	
			4	Sivert Gudding	Barli	00:00,0	00:00,0	
			5	Marius	Viken	00:00,0	00:00,0	
			6	Sivert Gudding	Barli	00:00,0	00:00,0	00:00,0
37	Inderøy IL		1	Sindre Skei	Mjømen	00:00,0	00:00,0	
			2	Alfred Haavik	Dretvik	00:00,0	00:00,0	
			3	Sindre Skei	Mjømen	00:00,0	00:00,0	
			4	Alfred Haavik	Dretvik	00:00,0	00:00,0	
			5	Sindre Skei	Mjømen	00:00,0	00:00,0	
			6	Alfred Haavik	Dretvik	00:00,0	00:00,0	00:00,0
38	Inderøy IL		1	Even Våset	Agle	00:00,0	00:00,0	
			2	Ole	Værdal	00:00,0	00:00,0	
			3	Even Våset	Agle	00:00,0	00:00,0	
			4	Ole	Værdal	00:00,0	00:00,0	
			5	Even Våset	Agle	00:00,0	00:00,0	
			6	Ole	Værdal	00:00,0	00:00,0	00:00,0
39	Steinkjer Skiklubb		1	Sindre	Aalberg	00:00,0	00:00,0	
			2	Leander Helland	Iversen	00:00,0	00:00,0	
			3	Sindre	Aalberg	00:00,0	00:00,0	
			4	Leander Helland	Iversen	00:00,0	00:00,0	
			5	Sindre	Aalberg	00:00,0	00:00,0	
			6	Leander Helland	Iversen	00:00,0	00:00,0	00:00,0
40	Frol IL		1	Ludvig	Langøygard	00:00,0	00:00,0	
			2	Eirik Gravdal	Zetterström	00:00,0	00:00,0	
			3	Ludvig	Langøygard	00:00,0	00:00,0	
			4	Eirik Gravdal	Zetterström	00:00,0	00:00,0	
			5	Ludvig	Langøygard	00:00,0	00:00,0	
			6	Eirik Gravdal	Zetterström	00:00,0	00:00,0	00:00,0
41	Lånke IL		1	Gustav	Standal	00:00,0	00:00,0	
			2	Edvard Hagen	Kvål	00:00,0	00:00,0	
			3	Gustav	Standal	00:00,0	00:00,0	
			4	Edvard Hagen	Kvål	00:00,0	00:00,0	
			5	Gustav	Standal	00:00,0	00:00,0	
			6	Edvard Hagen	Kvål	00:00,0	00:00,0	00:00,0