

# Glommaløpet 10 miles individuelt

## Historikk

Navn	Klubb	Ant.	Bestetid	2016	2015	2014	2013
Aarek Kidd, Shani Wilhelmina		1	1:55:07		1:55:07		
Aarekol, Jakob	COWI AS	1	1:08:33	1:08:33			
Aarmo, Sverre Sigurd	SARPSBORG SYKLEKLUBB	1	1:29:26	1:29:26			
Aas, Hans Rudi		1	1:28:43		1:28:43		
Aas, Heine Kristoffer	VARTEIG BOYZ	3	1:28:37		1:28:37	1:30:35	1:44:32
Aas, Svein Kåre	PRIVAT	1	1:25:51			1:25:51	
Aase, Kine		2	1:25:22	1:26:58		1:25:22	
Aasen, Benjamin	SARPSBORG ORIENTERINGSKLAG	1	1:05:31	1:05:31			
Aasen, Ole Johnny		2	1:33:35	1:44:58	1:33:35		
Aasland, Thorleiv	SKILØPERNE - NORDEA BIL	3	1:12:06	1:12:06	1:13:18	1:18:51	
Aasli, Hilde Christin		3	1:35:10	1:36:59	1:35:10	1:39:41	
Adamek, Wieslaw		2	1:19:38		1:19:38	1:31:56	
Adolfson, Morgan		1	1:25:04		1:25:04		
Adomaitis, Darius		1	1:20:35		1:20:35		
Agerup, Stina		1	1:37:29	1:37:29			
Agnalt, Sigrid Helene		1	1:38:32			1:38:32	
Aguillaume, Regis	TRENINGSCAMP	1	1:29:51				1:29:51
Aigård, Anders		1	1:38:36	1:38:36			
Akre, Anne-Mette	FRESENIUS KABITRACK BIL	1	1:39:15	1:39:15			
Akselsen, Andreas		1	1:11:24		1:11:24		
Aleksandersen, David		1	1:25:11			1:25:11	
Alim, Richard	SOON CK	1	1:23:54			1:23:54	
Alnæs, Tom Christian	-	2	1:27:24			1:27:24	1:35:08
Ambjørnsen, Truls Martin	RT 27 FREDRIKSTAD	2	1:16:51	1:16:51	1:18:11		
Amundsen, Anders		1	1:34:45		1:34:45		
Amundsen, Freddy	SEFA	1	1:15:43				1:15:43
Amundsen, Marte		1	1:18:35				1:18:35
Amundsen, Simen	KVERNHUSET BIL	1	1:04:58	1:04:58			
Andersen, Anne Marie		1	1:35:13		1:35:13		
Andersen, Audun		1	1:20:34			1:20:34	
Andersen, Fredrik		1	1:23:08	1:23:08			
Andersen, Frits Atle	FORSVARET	1	1:20:47			1:20:47	
Andersen, Frode		2	1:44:39	1:44:39		1:45:07	
Andersen, Frode		2	1:17:48	1:17:48	1:24:38		
Andersen, Hilde-Marie		1	1:23:12		1:23:12		

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Andersen, Håvard		1	1:36:08			1:36:08	
Andersen, Jørgen		1	1:37:26	1:37:26			
Andersen, Kjersti Gram	SKIMILAJOGGEN	1	1:29:37			1:29:37	
Andersen, Knut Viggo	FREDRIKSTAD IF	2	1:07:18	1:08:06	1:07:18		
Andersen, Lene Margarete		1	1:40:21		1:40:21		
Andersen, Marcus	OPPEGÅRD IL SKIGRUPPEN	1	1:22:51	1:22:51			
Andersen, Maria		2	1:23:18	1:31:57	1:23:18		
Andersen, May Britt		1	1:41:46		1:41:46		
Andersen, Mayna		1	1:45:48				1:45:48
Andersen, Mette Dahle	HEMELI	1	1:26:51	1:26:51			
Andersen, Ole Christian		1	1:15:07	1:15:07			
Andersen, Ole Christian		1	1:15:50	1:15:50			
Andersen, Ole Petter	MOSSJONISTENE	1	1:51:43			1:51:43	
Andersen, Ole-Henrik	SARPSBORG IDRETTSRÅD	2	1:35:42	1:40:47		1:35:42	
Andersen, Petter		2	1:22:34	1:25:43	1:22:34		
Andersen, Rasmus		1	1:45:03			1:45:03	
Andersen, Terje	SARPSBORG ARBEIDERBLAD	1	1:37:37	1:37:37			
Andersen, Thomas	TEAM ENGELSVIKEN	1	1:09:30			1:09:30	
Andersen, Øystein		1	1:22:42		1:22:42		
Andersrød, Arnt		3	1:12:39	1:14:38	1:12:39	1:19:50	
Andersrød, Odd Arne		1	1:59:53				1:59:53
Andreassen, Mette		1	1:20:59		1:20:59		
Andresen, Atle		1	1:24:50	1:24:50			
Andresen, Stig	FREDRIKSTAD IF	3	1:11:22	1:14:08	1:11:22	1:13:59	
Andresen, Terje	SARPSBORG ARBEIDERBLAD	2	1:36:32		1:36:32	1:48:41	
Andresen, Thomas	VARTEIG IL	2	1:08:13	1:11:45		1:08:13	
Andresen, Øystein Jurgen	SWEDE TRIATLON	2	1:27:20	1:45:21	1:27:20		
Anfinsen, Wenche	FREDRIKSTAD SKIKLUBB	1	1:25:07			1:25:07	
Angelskår, Steinar	FREDRIKSTAD IF	1	1:23:19	1:23:19			
Arnesen, Camilla Opstad		1	1:27:42		1:27:42		
Arnesen, Jan Morten		1	1:38:33			1:38:33	
Arnesen, Mads	FREDRIKSTAD SKIKLUBB	1	1:09:14	1:09:14			
Arnesen, Magnus		1	1:24:49		1:24:49		
Arnesen, Thor		1	1:28:23		1:28:23		
Arntzen, Morten Moberg	KONGSTEN IF	2	1:15:52		1:15:52	1:29:20	
Asklien, Marit S.		1	1:29:11		1:29:11		

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Aspelund, Hilde	SKYTTERHUSET T.L.	1	1:47:25	1:47:25			
Asprem, Bjørn Ove		2	1:20:15	1:20:19	1:20:15		
Aster, Bente	RIKSKONSERTENE	1	1:23:00	1:23:00			
Aube Damsleth, Harald	ZENITH SURVEY	1	1:23:02	1:23:02			
Aubell, Helene		1	1:36:05		1:36:05		
Auberg, Anders		1	2:01:51			2:01:51	
Auberg, Tone		1	2:01:52			2:01:52	
Augustin, Vidar	FREDRIKSTAD IF	3	1:20:22	1:27:05	1:20:22		1:24:49
Aurebekk, Ingvild	FSK / DØLASLETTA IL	4	1:13:40	1:19:23	1:13:40	1:15:05	1:17:32
Aurebekk, Lars	FREDRIKSTAD SK / VEUM CK	3	1:02:07	1:06:45	1:02:07	1:02:38	
Austbø, Sven Ove		1	1:21:11		1:21:11		
Baardsgaard, Linn		1	1:46:47	1:46:47			
Baarstad, Morten		1	2:04:01			2:04:01	
Bacari, Cass		1	1:44:07			1:44:07	
Bakke, Bente		1	1:51:55			1:51:55	
Bakke, Mona		1	1:56:38			1:56:38	
Bakke, Morten	BAKKE RANGERS	1	1:56:38			1:56:38	
Bakke, Siri	MOSS SKIKLUBB	1	1:38:23			1:38:23	
Bakken, Jon Sindre		1	1:30:27			1:30:27	
Bakken, Kent Gøran		1	1:15:25			1:15:25	
Bakkeng, Camilla		1	1:31:09	1:31:09			
Bakkerud, Siv		1	1:42:21				1:42:21
Bakkevik, Anette	SPENST SKJEBERGSENTERET	1	1:41:04			1:41:04	
Balchen, Jon		1	1:33:05	1:33:05			
Ballangby, Terje		1	1:36:13	1:36:13			
Ballovarre, Kim-Erik	HVALER HØYRES MOSJONGRUPPE	1	1:41:25			1:41:25	
Bamrud, Arne	SARPSBORG WHISKY SYMPOSIUM	2	1:12:42			1:12:42	1:14:30
Barstad, Stian		1	1:33:37	1:33:37			
Basberg, Steinar	FREDRIKSTAD IF	3	1:10:08	1:11:52	1:10:08		1:11:35
Becker, Cathrine	KOLL IL	1	1:40:03	1:40:03			
Been, Anne Signe	MOSS CK	1	1:13:08			1:13:08	
Bellmann, Linda		1	1:47:00				1:47:00
Bellmann, Ronnie		1	1:31:19				1:31:19
Belstad, Marius	ONSØY RUNNERS	1	1:24:40	1:24:40			
Benco, Paul	HOVEDSTADSKAMERATENE	1	1:14:38	1:14:38			
Bendiksby, Axel		1	1:06:32		1:06:32		

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Benediktsdottir, Agnes		1	1:14:45		1:14:45		
Bengtsson, Monica		1	2:05:16				2:05:16
Berg, Andreas		1	1:36:13		1:36:13		
Berg, Christine K		1	1:29:22	1:29:22			
Berg, Heidi Strømnes		2	1:28:31	1:28:31	1:29:45		
Berg, Herman	TORP FOTBALLKLUBB	1	1:15:58	1:15:58			
Berg, Jon	HANSA BORG	1	1:31:37			1:31:37	
Berg, Robin		1	1:20:36	1:20:36			
Berg, Roger	TARGET	1	1:35:36			1:35:36	
Berg, Ronny	TEAM ENGELSVIKEN	1	1:47:54			1:47:54	
Berg, Terje	SALENKIRKEN HALDEN	3	1:32:18	1:32:18	1:32:59	1:54:31	
Bergby, Dag Henrik		1	1:27:00			1:27:00	
Berge Johansson, Ingjerd	KURLAND SKOLE AVD. REGNBUEEN	1	1:51:28			1:51:28	
Berge, Nina Borovski		2	1:32:44	1:35:26	1:32:44		
Berger, Line	STOREMYR IL	2	1:29:45	1:36:33	1:29:45		
Berget, Håvard	MULTICONSULT	1	1:01:16	1:01:16			
Bergli, Anniken		1	1:37:49	1:37:49			
Bergli, Morten		3	1:21:49		1:23:46	1:21:49	1:24:29
Bergsland, Marte	VARTEIG IL	1	1:35:19	1:35:19			
Bergstrøm, Tina	FREDRIKSTAD IF	1	1:22:36	1:22:36			
Bergum, Cathrine	JELØY FYSIOTERAPI	1	1:27:21				1:27:21
Bergum, Svein	MOSS CK / EUROPRIS	2	1:16:47			1:16:47	1:19:47
Berhelsen, Ida	OSLO IDRETTLAG	1	1:26:09	1:26:09			
Berntsen, Tore	MARKEDSPARTNER	1	1:29:08	1:29:08			
Berntzen, Catharina		1	1:48:33		1:48:33		
Berntzen, Rune		2	1:16:02	1:16:02	1:17:57		
Berthelsen, Gunnar	LYN	3	1:07:43	1:08:23		1:07:43	1:10:19
Bertheussen, Kim	TEAM TRIA FAMILY	1	1:09:17	1:09:17			
Bertheussen, Øystein		3	1:06:03	1:06:03	1:06:38	1:10:27	
Birkeland, Susanne		1	1:43:58			1:43:58	
Bjercke, Jørn Anders		2	1:22:30		1:23:24	1:22:30	
Bjercke, Jørn Cato	JCB HAGE OG GRØNTAREALER AS	3	1:47:30	1:49:48	1:47:30	1:50:26	
Bjerk, Trond	BJERKEN	1	1:24:36	1:24:36			
Bjerkehagen, Bill	TRØMBORG IL	2	1:23:52	1:23:52	1:27:15		
Bjerkenes, Birgitte		1	1:20:41		1:20:41		
Bjerkholt, Linda		1	1:35:44		1:35:44		

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Bjerknes, Linnea	GJENSIDIGE SPORT ØST	1	1:32:30	1:32:30			
Bjornstad, Frederik	BORN TO RUN	3	1:03:47	1:06:53	1:03:47		1:09:37
Bjurstrøm, Erik		1	1:19:35		1:19:35		
Bjærum, Roar		2	1:14:06		1:14:06	1:17:02	
Bjørge, Åge Kristian	FREDRIKSTAD IF	1	1:20:44				1:20:44
Bjørke-Hill, Jon	HØGSKOLEN I ØSTFOLD BIL	2	1:10:17	1:12:19	1:10:17		
Bjørkenes, Espen		2	1:25:05	1:25:05		1:25:32	
Bjørkli, Hallvard		2	1:09:26		1:09:26	1:13:36	
Bjørkli, Ragnhild		2	1:29:20	1:29:20	1:36:33		
Bjørkå, Remi		2	1:23:42	1:23:42	1:26:39		
Bjørland, Frode	KVERNHUSET BIL	2	1:09:33	1:09:33		1:19:43	
Bjørling, Trond		1	1:26:53		1:26:53		
Bjørndal, Torger	STOREMYR IL	2	1:22:05	1:36:33	1:22:05		
Bjørnebekk, Fredrik		2	1:16:39		1:16:39		1:40:31
Bjørnebekk, Stian	KRÅKERØY SPURTKOMPANI	2	1:26:10		1:30:03	1:26:10	
Bjørnebekk-Waagen, Fredrik	FREDRIKSTAD TRIATHLONKLUBB	1	1:22:02	1:22:02			
Bjørnerud, Kari-Anne		1	1:24:02	1:24:02			
Bjørnnes, Jon Fredrik		1	1:55:05			1:55:05	
Bjørnstad, Geir		1	1:18:42		1:18:42		
Bjørnstad, Morten		1	1:30:06		1:30:06		
Bjørnstad, Tor Gunnar		1	1:01:15			1:01:15	
Bjørnstad, Viggo	SARPSBORG IL	4	1:11:57	1:21:59	1:11:57	1:13:50	1:17:10
Blomkvist, Jan Edvin		1	1:20:38		1:20:38		
Bogetveit, Karoline		2	1:30:02	1:42:34	1:30:02		
Bolin, Merete		2	1:16:36		1:16:36	1:19:06	
Borchgrevink, Lise	SKILØPERNE	1	1:40:19			1:40:19	
Borg, Øystein		1	1:02:01	1:02:01			
Borge, Atle	LYN REGNSKAP AS	1	1:33:50	1:33:50			
Borge, Camilla	LYN REGNSKAP AS	1	1:48:11	1:48:11			
Borger, Thomas	IMTECH	2	1:23:10		1:23:10	1:23:54	
Borgersen, Elin		1	1:47:19				1:47:19
Borgmo, Kjellrun		2	1:58:02	2:09:16	1:58:02		
Borgmo, Knut		1	2:00:45	2:00:45			
Borgmo, Knut Gunnar		1	1:56:07		1:56:07		
Bossum, Tor Erling	TEAM FYSIO	1	1:18:18			1:18:18	
Braathen, Ole Bjørn	SJÅSTAD VESTRE LIER	1	1:13:49			1:13:49	

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Brastad, Ingrid	BØLER IF FRIIDRETT	1	1:26:40	1:26:40			
Brastad, Ole Kristian	BØLER IF FRIIDRETT	1	1:27:50	1:27:50			
Brattstrøm, Gøran	ASKIM IF	1	1:26:58	1:26:58			
Bregård, Kjetil	UNDHEIM IL	1	1:03:43	1:03:43			
Brenne, Martin		1	1:44:31				1:44:31
Brewster, Daniel		2	1:09:40		1:09:40	1:15:51	
Bringsvor, Tonje	SKILØPERNE	2	1:31:43		1:31:43	1:40:12	
Brox, Cecilie		1	1:33:14	1:33:14			
Brox, Håkon	NORGE	1	0:56:13				0:56:13
Brox, Knut A.	NORDREISA IL	1	1:16:52				1:16:52
Brox, Synøve	STURLA	1	1:10:10				1:10:10
Bruheim, Morten		2	1:15:21	1:15:21	1:24:55		
Brunke, Nils		1	1:41:16				1:41:16
Brusevold, Cathrine		1	1:30:56	1:30:56			
Brynildsen, Anders	TEAM BRYNILD GRUPPEN	3	1:16:06	1:16:21	1:16:06	1:19:08	
Brynildsen, Robin	FREDRIKSTAD TRIATLON KLUBB	3	1:11:43	1:13:58	1:11:43	1:17:58	
Brynildsen, Stine		1	1:33:57			1:33:57	
Brække, Magnus		1	1:43:26			1:43:26	
Bråten, Ida	VEIDEKKE BIL	2	1:19:25	1:19:25		1:27:44	
Bråten, Inger Johanne		2	1:35:51		1:43:01	1:35:51	
Bråten, Øyvind		1	1:13:28		1:13:28		
Bråthen Blekken, Vetle		2	1:16:39	1:17:22	1:16:39		
Bråthen Tangen, Trym		2	1:27:12	1:27:41	1:27:12		
Bråthen, Elin	HIRVI RIDERS	2	1:29:49		1:29:49	1:35:26	
Bråthen, Frank Robert		3	1:13:33		1:13:33	1:21:03	1:17:21
Bråthen, Fredrik		1	1:24:40		1:24:40		
Bråthen, Michael		1	1:41:28			1:41:28	
Bråthen, Per		1	1:12:44		1:12:44		
Bråthen, Roy	ØSTFOLD ENERGI	2	1:27:38	1:31:46	1:27:38		
Buflod, Hilde		1	1:31:02		1:31:02		
Bukholm, Trond-Reidar	HALDEN IL	1	1:08:53			1:08:53	
Bunes, Anne	TEAM BONDS	1	1:32:59	1:32:59			
Bunes, Maria		1	1:33:23	1:33:23			
Bye, Stian	SOONLØP	2	1:13:28	1:13:28	1:14:20		
Bye, Theodor		1	1:38:19		1:38:19		
Byfuglien, Ingrid	SYNNFJELL O- LAG	1	1:33:36			1:33:36	

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Byfuglien, Martin	HALDEN FENGSEL	1	1:42:08			1:42:08	
Bysted, Thomas	RT 27 FREDRIKSTAD	3	1:24:26	1:35:51	1:44:37	1:24:26	
Bøhn, Claes Jørgen		1	1:19:36		1:19:36		
Bøhn, Raymond	PRIVATMEGLEREN	1	1:24:02	1:24:02			
Bøhn, Rolf E.	HALDEN IL	2	1:07:59	1:14:37	1:07:59		
Bølset, Synnøve Mollan		1	2:12:03	2:12:03			
Børve, Jacob	GRAABEIN	1	1:25:44	1:25:44			
Carlsen, Annette		1	1:39:55		1:39:55		
Carlsen, Jon Harald	HALDEN	2	1:12:31	1:12:31	1:13:57		
Castrini, Anna Isotta		1	1:46:17	1:46:17			
Christensen, Dorthe		1	1:50:31	1:50:31			
Christensen, Ida		1	1:50:32	1:50:32			
Christensen, Oddbjørn		1	1:23:58	1:23:58			
Christensen, Øystein E. D.		1	1:39:53				1:39:53
Christiansen, Frode		1	1:17:43		1:17:43		
Codiglia, Irene		1	1:39:05	1:39:05			
Collier, Gunvor		1	1:45:50			1:45:50	
Collier, Steve	ATOMEN HALDEN BIL	2	1:11:21		1:11:21	1:12:45	
Cubas, Ole-Petter	NESODDEN IF	1	1:17:30	1:17:30			
Dagfinrud, Linn Hansen		1	1:20:37		1:20:37		
Dahl, Birgitte Wold		1	1:30:32		1:30:32		
Dahl, Erling		1	1:13:48		1:13:48		
Dahl, Gry Austvik		2	1:27:31		1:27:31	1:30:58	
Dahl, Vidar	ELIXIA	3	1:21:28		1:21:28	1:30:43	1:31:12
Dahlberg Karlsen, Trine		1	1:29:13		1:29:13		
Dahlby Karlsen, Bjørn		1	1:08:55		1:08:55		
Dahlby, William		1	1:34:54	1:34:54			
Dahlqvist, Thea		2	1:23:08		1:23:08	1:32:21	
Dalen, Gunnar		1	1:12:40	1:12:40			
Dalen, Petter		2	1:14:39	1:14:47		1:14:39	
Dalen, Tor		1	1:12:56		1:12:56		
Dalheim, Jonas	HØYSAND KJØTT & FLESK	1	1:38:33			1:38:33	
Danielsen, Heidi		2	1:25:20		1:25:20	1:30:53	
Danielsen, Petter	KONGSTEN IF	2	1:24:17	1:24:17	1:25:02		
Daughton, Tara		1	1:40:14			1:40:14	
De Flon, Halvor		2	1:15:10		1:15:10		1:22:12

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De Flon, Monica	FRESENIUS KABI NORGE AS	2	1:38:40	1:38:40			1:42:12
De Ibarra Argiles, Alfredo		2	1:22:46		1:22:46	1:31:13	
De Lange, Morten	ALBATROSS IL	1	1:31:55			1:31:55	
Dege, Anders F	FSK	1	1:16:01	1:16:01			
Degnes, Olav Gram		1	1:26:46		1:26:46		
Delebekk, Pål Anders	FREDRIKSTAD TRIATLONKLUBB	2	1:18:51	1:18:51		1:21:33	
Delås, Ann Kristin		1	1:33:40		1:33:40		
Derbakk, Nils Jørgen		1	1:16:48			1:16:48	
Diskerud, Karl-Erik	TELL REKLAMEBYRÅ	4	1:12:51	1:12:51	1:19:21	1:25:20	1:27:15
Dragvoll, Jan Terje		1	1:07:51		1:07:51		
Drevsjø, Dag Harald	OPIL	1	1:17:51			1:17:51	
Drivenes, Philip		1	1:25:47		1:25:47		
Dueholen, Linda Annette		1	1:27:55			1:27:55	
Eberson, Hanne-Linn		1	1:29:53	1:29:53			
Edvinsen, Lars		1	1:20:16		1:20:16		
Egenes, Andreas		1	1:30:43		1:30:43		
Egenes, Jon		1	1:22:51		1:22:51		
Eggen, Knut		1	1:44:51		1:44:51		
Eibakk, Thomas		1	1:09:53	1:09:53			
Eidissen, Tage	SARPSBORG ORIENTERINGSLAG	2	1:14:30		1:14:30	1:18:27	
Eilefsen, Camilla		1	1:56:57			1:56:57	
Ekeberg, Martin		1	1:10:42		1:10:42		
Ekker, Siri		1	1:52:56		1:52:56		
Ekman, Stina		1	1:27:28		1:27:28		
Eliassen, Ida		1	1:50:12				1:50:12
Eliassen, Steffen		2	1:32:44	1:35:26	1:32:44		
Eliasson, Ulf		2	1:07:51		1:07:51	1:13:21	
Ellingsen, Per Morten	FREDRIKSTAD TRIATHLON	1	1:01:09			1:01:09	
Elnes Hansen, Natalie		1	1:27:42		1:27:42		
Elstad, Magne		1	1:37:14		1:37:14		
Emilsen, Ole		1	1:38:21		1:38:21		
Engdahl, Geir	FREDRIKSTAD TRIATLONKLUBB	1	1:16:55				1:16:55
Engelsen, Per Ekren		2	1:20:25	1:22:29	1:20:25		
Engelstad, Franceska		1	1:24:19		1:24:19		
Engen, Kenny		1	1:30:44		1:30:44		
Engen, Terje	VARTEIG IL	1	1:23:28			1:23:28	



## Glommaløpet 10 miles individuelt

### Historikk

Engh, Harald	HAFSLUND NETT	3	1:12:04	1:14:55	1:12:04	1:15:44	
Enghaug, Pål-Andre		1	1:23:47			1:23:47	
Enoksen, Roy Harry	RYGGEJOGGEN	1	1:21:48	1:21:48			
Eriksen, Beate Thunem		1	1:37:39		1:37:39		
Eriksen, Espen Michael		1	1:19:15		1:19:15		
Eriksen, Joachim		2	1:17:23	1:17:23	1:19:03		
Eriksen, Kirsti	FREDRIKSTAD IF	3	1:22:45	1:24:09	1:22:45	1:29:15	
Eriksen, Lars-Andréas		3	1:15:47	1:18:24	1:15:47	1:25:45	
Eriksen, Ole Martin		1	1:18:46			1:18:46	
Eriksen, Rune	RYGGEJOGGEN	3	1:03:37	1:03:37	1:03:47	1:06:55	
Eriksen, Stein		1	1:28:39		1:28:39		
Eriksson, Carl		1	1:25:16			1:25:16	
Erstad, Magnus	ASPLAN VIAK	1	1:09:01			1:09:01	
Erthe, Tuija		1	1:29:12		1:29:12		
Ertnes, Gro		1	1:30:54		1:30:54		
Ese, Jo	HØGSKOLEN I ØSTFOLD	1	1:17:16	1:17:16			
Espenes, Edel		1	1:28:24		1:28:24		
Evensen, Andreas		1	1:22:40		1:22:40		
Evensen, Ole Christian	FREDRIKSTAD SKIKLUBB	2	1:11:55			1:11:55	1:16:44
Evensen, Ole Jacob		1	1:19:43			1:19:43	
Evensen, Roger	MOSSJONISTENE.COM	2	1:50:34		1:56:26	1:50:34	
Falch, Dag Vidar	TRØSKEN/CENTRUM FYSIOTERAPI	2	1:14:32	1:14:32	1:15:23		
Fatland, Roy		1	1:14:44	1:14:44			
Fenstad, Ståle	RUSTAD IL	1	1:09:22	1:09:22			
Ferguson, Stine	FREDRIKSTAD IF	2	1:21:20	1:21:20		1:29:31	
Fialho, Robert		1	1:15:59		1:15:59		
Fineidet, Line Mari	FET SKIKLUBB / TEAM FOSS SPORT	1	1:40:13			1:40:13	
Finseth, Sunniva	SUNNIVA FINSETH	1	1:39:20	1:39:20			
Finsveen, Bård	ALBATROSS IL	1	1:31:54			1:31:54	
Fisker, Christine		2	1:21:41	1:21:41	1:24:56		
Fiskum, Espen	NAMDAL LØPEKLUBB	1	0:59:18	0:59:18			
Fjellbakk, Ethel		1	2:03:40			2:03:40	
Fjelle, Marie		1	1:47:53			1:47:53	
Fjærli, Rita	SOON CK	1	1:24:50			1:24:50	
Fjærvik, Mats	BORGEN IL	2	1:16:30			1:24:40	1:16:30
Flandorfer, Camilla		1	1:26:05		1:26:05		

## Glommaløpet 10 miles individuelt

### Historikk

Flatland, Marie		2	1:22:46	1:33:01	1:22:46		
Flikke, Yngvild Sve		1	1:34:32	1:34:32			
Floor, Tor Hernan		1	1:34:07			1:34:07	
Fluske, Vidar	MAN SARPSBORG	1	1:35:22	1:35:22			
Flø, August Magnus	FREDRIKSTAD IF	1	0:58:07				0:58:07
Fodstad, Anne Sofie		1	1:29:05		1:29:05		
Fodstad, Jens Christian	FODSTAD FILM	1	1:36:07	1:36:07			
Folkvang, Anders	SARPSBORG TENNISKLUBB	1	1:12:12	1:12:12			
Folmer, Arne Chr	HALDEN IL	1	1:10:25				1:10:25
Forsetlund, Ole Marttin		2	1:20:31	1:20:31	1:22:00		
Foss, Dorte		1	1:08:38		1:08:38		
Fosse, Lars		1	1:14:42		1:14:42		
Fosse, Sindre	IMTECH	1	1:16:27			1:16:27	
Fosser, Lars		1	1:35:11				1:35:11
Foss-Jacobsen, Tom Erik		1	1:26:42				1:26:42
Fraugerud, Linda		1	1:35:25		1:35:25		
Fredheim, Anders Schjøllert		2	1:16:26	1:18:58	1:16:26		
Fredheim, Christina		2	1:16:09	1:16:47	1:16:09		
Fredheim, Martin	FREDRIKSTAD IF	4	1:16:13	1:19:01	1:16:13	1:23:48	1:20:11
Fredriksen, Sebastian		1	1:37:14	1:37:14			
Frey, Caroline Slattum		2	1:25:42		1:25:42	1:40:46	
Frøisland, Nils Arve		4	1:20:38	1:26:52	1:21:33	1:20:38	1:25:00
Frøland, Ole Marius Risan		1	1:36:08	1:36:08			
Frølandshagen, Anne-Lene	FREDRIKSTAD IF	1	1:35:14	1:35:14			
Frøyland, Jon	SKJEBERG CK	4	1:13:28	1:16:24	1:13:28	1:17:39	1:22:40
Frøyland, Thor-Martin	GRANDAHL EIENDOMSMEGLING	2	1:21:42			1:21:42	1:23:26
Furuheim, Knut Magne	FREDRIKSTAD IF	2	1:09:46	1:09:46	1:13:38		
Førsund, Erlend	MARKEDSPARTNER	1	1:44:23	1:44:23			
Gaarder, Fredrik		1	1:27:09		1:27:09		
Gammelsrud, Lennart		1	1:25:31		1:25:31		
Gangestad, Stephen	FREDRIKSTAD IF	4	1:14:08	1:16:30	1:16:38	1:18:35	1:14:08
Garder Olsen, Andreas	TROSVIK IF	1	1:05:10			1:05:10	
Garder, Bjørn Petter		1	1:24:01	1:24:01			
Garsrud, Iver	PRIVAT	1	1:25:36			1:25:36	
Gathen, Hege	FREDRIKSTAD IF	2	1:14:35	1:16:16	1:14:35		
Gaustad, Anders	COWI BIL	1	1:02:13	1:02:13			
Gautun, Preben	FREDRIKSTAD IF	2	1:04:45		1:04:45	1:07:52	

## Glommaløpet 10 miles individuelt

### Historikk

Geelmuyden, Johnny		1	1:18:27			1:18:27	
Gimmestad, Idar	STATNETT BIL	1	1:25:31	1:25:31			
Gjerlaugsen, Lars		1	1:30:52		1:30:52		
Gjertsen, Lars Magne	FOPIL	1	1:23:28				1:23:28
Gjesdal, Kari-Marie	FREDRIKSTAD IF	2	1:33:46		1:35:36	1:33:46	
Gjessing, Glenn	MULTICONSULT	1	1:12:49	1:12:49			
Gjølstad, Kjetil	FRISKIS OG SVETTIS	1	1:22:24			1:22:24	
Gjøsæter, Eirik	TEAM BLIKKENSLAGAR FLOTVE	2	0:59:13		0:59:13	1:00:56	
Glende Eriksen, Ole Martin		2	1:13:57	1:13:57	1:19:26		
Glomsrød, Thale		1	1:15:58	1:15:58			
Glückstad, Ole Petter		1	1:31:05		1:31:05		
Gløersen, Herman	FREDRIKSTAD SKIKLUBB	3	1:04:12	1:04:12	1:10:52	1:16:52	
Gløersen, Jakob	FREDRIKSTAD SKIKLUBB	2	1:15:36	1:33:03	1:15:36		
Gløersen, Knut		1	1:16:16		1:16:16		
Gløersen, Mathias	TØNSBERG FIK	1	1:00:44	1:00:44			
Godtlund Bråthen, Marthe		1	1:22:42				1:22:42
Gonzalez, Diego	SMELLS LIKE TEAM SPIRIT	2	1:14:40	1:14:40	1:18:54		
Goodchild, Steinar	PRIVAT	1	1:20:21				1:20:21
Graarud, Harald		1	1:13:46		1:13:46		
Graasten, Kjell	BORGEN IL	2	1:19:58			1:20:05	1:19:58
Graham, Kari Elisabeth	FREDRIKSTAD IF	1	1:31:15	1:31:15			
Grandahl, Birgit		1	1:47:26		1:47:26		
Grandahl, Birgit	GRANDAHN EIENDOMSMEGLING AS	1	1:43:15	1:43:15			
Granli, Ole-Jan		1	1:14:14		1:14:14		
Grannes, Stian	TEAM EKEBERG	1	1:24:27				1:24:27
Granstrøm, Lene		1	1:47:13				1:47:13
Grendal, Tom	SKJEBERGCK	1	1:14:44	1:14:44			
Gretland, Jon-Erik	TEAM PARADISAAK	3	1:23:21		1:27:20	1:23:21	1:29:27
Grigson, Richard	TUNE IL	1	1:10:12			1:10:12	
Grimsby, Gjermund	RØDSVEIEN 55 FIGHTERS	1	1:13:48				1:13:48
Grindahl, Espen		3	1:06:58	1:06:58	1:08:20	1:18:13	
Grundstad, Thomas		1	1:23:10		1:23:10		
Grundt-Ileby, Helene Louise		1	1:48:20		1:48:20		
Grundvig, Jan Olav		1	1:25:52			1:25:52	
Grundvig, Margunn		2	1:28:23	1:28:23		1:37:30	
Grüner, Lars Petter		1	1:14:56		1:14:56		
Grønneberg, Ketil		3	1:13:52	1:13:52	1:16:22	1:22:31	
Grønneberg, Marie	FREDRIKSTAD IF	3	1:09:01	1:09:01	1:10:01	1:14:21	
Grønner, Grete	RAKKESTAD SYKKELKLUBB	2	1:25:44		1:25:44	1:29:44	

## Glommaløpet 10 miles individuelt

### Historikk

Grønsund, Are Sakarias		1	1:29:41	1:29:41			
Grønvold, Elisabeth Berg		1	1:40:20		1:40:20		
Gucwa, Gregor		1	1:42:07			1:42:07	
Gudevold, Anders	TELENOR BIL	1	1:46:19	1:46:19			
Gudevold, Karoline		1	1:42:35	1:42:35			
Gudmundstuen, Tor		1	1:28:32			1:28:32	
Gulbrandsen, Cecilie	BRUA FYSIKALSKE	3	1:28:45	1:28:45	1:30:30	1:34:03	
Gulbrandsen, Marius	TUMASTU SPORT&SPILL;	1	1:34:47			1:34:47	
Gundersen, Terje	MOSSJONISTENE	2	1:21:12	1:21:12			1:25:21
Gurandsrud, Jørgen	FREDRIKSTAD IF	4	1:32:03	1:35:21	1:32:03	1:37:28	1:35:55
Gurung, Ozzy	FREDRIKSTAD IF	4	1:00:47	1:00:52	1:00:47	1:03:15	1:07:34
Gustavsen, Bjørg		2	1:41:15	1:41:16	1:41:15		
Guthu, Geir Ole	COWI	1	1:21:27	1:21:27			
Guthu, Jon	HIOA	3	1:14:19	1:16:12	1:14:19	1:19:40	
Guttormsen, Christer		1	1:10:44	1:10:44			
Gøransson, Ida		1	1:19:57	1:19:57			
Gøransson, Lasse		1	1:10:29	1:10:29			
Haabeth, Audun		1	1:02:07	1:02:07			
Haabeth, Ingeborg Marie		1	1:23:13		1:23:13		
Haabeth, Jørn	FREDRIKSTAD IF	4	1:10:37	1:18:21	1:10:37	1:18:49	1:14:58
Haabeth, Ole Audun		3	0:59:38		0:59:38	1:02:40	1:05:38
Haabeth, Sjur	KRÅKERØYTANNLEGENE	3	1:10:56	1:13:24	1:10:56		1:14:21
Haaby, Aina	RAKKESTAD FSC	1	1:25:44			1:25:44	
Hagen, Charlotte Scott		2	1:15:19	1:17:35	1:15:19		
Hagestande, Wenche Murtnes	FREDRIKSTAD	2	1:27:52	1:27:52	1:28:56		
Hajdu, Csilla		1	1:21:09			1:21:09	
Hald, Kennet	KENNET HALD	2	1:17:01		1:17:01	1:24:14	
Hallstensen, Per Åge		2	1:08:56		1:08:56		1:21:32
Halstensen, Talette Borsheim		2	1:25:09			1:36:11	
Halvorsen, Joachim		1	1:44:12		1:44:12		
Halvorsen, Lars Erik		2	1:25:07	1:27:50	1:25:07		
Halvorsen, Sara		1	1:34:21	1:34:21			
Halvorsen, Tor-Arne		2	1:23:03	1:25:20	1:23:03		
Halvorsen, Øyvind	FREDRIKSTAD IF	1	1:27:51	1:27:51			
Hammer, Tone	MARKEDSPARTNER	1	1:46:46	1:46:46			
Hammerseng Lund, Mari	KVERNHUSET BIL	1	1:15:43	1:15:43			
Hammerstad, Lars	SKJEBERG CK	3	1:15:32	1:17:24	1:15:32	1:22:52	
Hammerstad, Tom Henning	SKJEBERG CK	2	1:20:00		1:20:00	1:28:08	

## Glommaløpet 10 miles individuelt

### Historikk

Handegård, Espen	FREDRIKSTAD IF	2	1:21:22		1:21:22	1:28:17	
Hansen, Arild Olsrud	SKJEBERG SK	3	1:26:20	1:36:37	1:26:20		1:33:20
Hansen, Frank	DRAMMEN BALLKLUBB	1	1:13:33				1:13:33
Hansen, Grete Lill	ESSO RAF SPORT	1	1:38:08				1:38:08
Hansen, Hanne	INFOTJENESER	1	1:27:32	1:27:32			
Hansen, Karsten F.		1	1:17:51		1:17:51		
Hansen, Kathrine Ruud	KVERNHUSET BIL FREDRIKSTAD	2	1:12:56	1:12:56		1:19:42	
Hansen, Lars Andre		1	1:50:13			1:50:13	
Hansen, Lise Borgen		1	1:07:09	1:07:09			
Hansen, Marius	TEAM HANSEN	4	1:42:05	1:48:13	1:42:05	1:44:36	1:44:13
Hansen, Mette	FREDRIKSTAD KOMMUNE	1	2:20:10	2:20:10			
Hansen, Morgan	PRODOK AS	1	1:31:49	1:31:49			
Hansen, Morten		4	1:26:02	1:26:36	1:26:02	1:32:42	1:41:46
Hansen, Nils Henrik Bjæring	SOLKYSTEN LK	1	1:29:21			1:29:21	
Hansen, Rolf		1	2:40:26				2:40:26
Hansen, Stine	TEAM SMARTFISH FUJI	1	1:32:11	1:32:11			
Hansen, Terje	FREDRIKSTAD IF	4	1:13:55	1:17:54	1:13:55	1:15:38	1:17:20
Hansen, Therese Marie		1	1:35:18			1:35:18	
Hansen, Thomas Rene		1	1:21:50	1:21:50			
Hansen, Tone B	MARKEDSPARTNER	1	1:48:53	1:48:53			
Hansen, Torkil Skancke	IMTECH	1	1:44:12			1:44:12	
Hansen, Tron	IMTECH	1	1:35:14			1:35:14	
Hansen, Trond V.		1	1:31:54		1:31:54		
Hansen, Vidar Boye		2	1:20:21	1:22:57	1:20:21		
Hansen, Wenche		1	1:35:38	1:35:38			
Hanssen, Jan Frode	RÅDE LØPEKLUBB	1	1:34:46				1:34:46
Haraldsen, Anna		1	1:54:35			1:54:35	
Haraldsson, Snorre		1	1:09:29		1:09:29		
Hareide Berg, Tobias		1	1:45:48	1:45:48			
Hareide, Kenneth	TEAM LUMBAGO	2	1:11:31	1:11:31		1:16:57	
Harstad, Elisabeth	BEGBYFURIA	1	1:26:40	1:26:40			
Hasle-Finstad, Jannicke	FSC RAKKESTAD	2	1:31:03	1:31:03		1:32:14	
Hasle-Finstad, Oddbjørn	RAKKESTAD SK	1	1:20:00	1:20:00			
Haslerud Stjern, Sondre		1	1:24:44		1:24:44		
Hasselgård, Vegard Ringsby		1	1:18:16	1:18:16			
Hasselstrøm, Kaja		2	1:22:46	1:22:46	1:26:38		
Hassing, Tove Elisabeth	FREDRIKSTAD IF	1	1:30:51	1:30:51			
Hasvold, Helge	FREDRIKSTAD KOMMUNE	1	1:33:19	1:33:19			
Hatlelid, Maria		1	1:30:31			1:30:31	

## Glommaløpet 10 miles individuelt Historikk

Hattevig, Ralph		1	1:09:43			1:09:43	
Hauer, Robert		1	1:16:15		1:16:15		
Haugan, Rune	TILTAKSGRUPPA FOKUS	1	1:12:06			1:12:06	
Hauge, Lars	GRÉÅKER IF	3	1:07:26	1:08:40	1:07:26		1:14:20
Haugen Brårthen, Lisbet	RUDSBYGD	1	1:34:13			1:34:13	
Haugen, Kim	BLODSMAK SK	1	1:22:05			1:22:05	
Haugen, Renate	RENATE HAUGEN	1	1:28:11	1:28:11			
Haugerud, Fredrik Myhre		1	1:18:47		1:18:47		
Haugerud, Henning	DSV ROAD	1	1:07:43	1:07:43			
Haugland, Per Ove	NYLENDE IF	2	1:10:14		1:10:14	1:19:20	
Haukeli, Eirik		1	1:49:12				1:49:12
Haukeli, Espen		1	1:33:18				1:33:18
Haukeli, Hans Øivind	SPK FONNA	1	1:25:00			1:25:00	
Haukeli, Linda	RFF	1	1:25:00			1:25:00	
Hedin, Anne Kari		1	1:30:57			1:30:57	
Hedin, Pål Espen	BORGEN IL	1	1:08:28			1:08:28	
Hegge, Rene	TOTEAM	2	1:19:45		1:19:45	1:32:29	
Heia, Tom Erik		1	1:08:54		1:08:54		
Heiberg, Anette		3	1:37:02	1:37:27	1:37:02	1:43:43	
Heier, Per Arne		1	1:22:36	1:22:36			
Heier, Ragnar		1	1:21:59		1:21:59		
Heines, Per Christian		1	1:28:40		1:28:40		
Helgesen, Jane		1	1:47:19			1:47:19	
Helgesen, Martin		2	1:06:47			1:06:47	1:08:48
Helgesen, Melonie		1	1:37:10			1:37:10	
Helgesen, Simone Vikran		1	1:23:08			1:23:08	
Heli-Hansen, Morten		1	1:28:05		1:28:05		
Hellerud, Nanna		1	1:33:36		1:33:36		
Helli, Erik	GIF SKI	1	1:20:24			1:20:24	
Hendset, May Kristin		2	1:47:02	2:00:16	1:47:02		
Henriksen, Aleksander	TEAM SWOOSH	1	1:33:57				1:33:57
Henriksen, Silje Grande		1	1:41:33		1:41:33		
Hermansen, Hanne Jeanett Bang		1	1:59:04		1:59:04		
Hermansen, Jarle S.	NAVERNE	1	1:24:12				1:24:12
Hermansen, Kristine	FREDRIKSTAD IF	2	1:19:40	1:19:40	1:22:46		
Hermansen, Per		1	1:13:59		1:13:59		
Hermansen, Thomas		1	1:23:20			1:23:20	
Hermansen, Thomas A	ROLVSØY VEKTLØFTERKLUBB	1	1:23:23	1:23:23			
Hetland, Henning		1	1:26:28			1:26:28	

## Glommaløpet 10 miles individuelt

### Historikk

Hinsch, Malte	MALTE HINSCH	1	1:05:50	1:05:50			
Hjardar, Espen	BIL FREDRIKSTAD KVERNHUSET	1	1:12:56	1:12:56			
Hjelvin, Erik	PFIZER AKTIV	1	1:28:43			1:28:43	
Hjemly, Håkon		1	0:56:29		0:56:29		
Hoff, Yvonne		1	1:27:27				1:27:27
Hofmo, Elise	MARKEDSPARTNER	1	1:58:09	1:58:09			
Hofosseter, Øyvind		1	1:22:51	1:22:51			
Holberg, Janne		1	1:34:26	1:34:26			
Hole, Jørgen	ÅS IL / SKILØPERNE	3	1:11:09	1:14:11	1:11:09	1:18:44	
Holen, Jarl-Håvard	SEMPRO AS	1	1:43:10	1:43:10			
Holm Hansen, Ida-Anette		1	1:18:56		1:18:56		
Holm, Erling Dokk		1	1:18:35		1:18:35		
Holme, Egil	FREDRIKSTAD IF	2	1:09:55	1:12:18	1:09:55		
Holme, Simen		1	1:39:32			1:39:32	
Holmskau, Kristine		1	1:35:48		1:35:48		
Holmskog, Stian	PENTEX AS	2	1:25:54	1:25:54	1:28:48		
Holte, Tonny	FREDRIKSTAD BLAD	3	1:14:26	1:21:42	1:14:26	1:29:56	
Holth, Jonas		3	1:25:59	1:32:52	1:31:41	1:25:59	
Horgheim, Julius		1	1:24:54		1:24:54		
Horgheim, Julius	KONGSTEN IF	1	1:16:33	1:16:33			
Horne, Lasse		1	1:14:19		1:14:19		
Horpestad, Bjørn Håkon	HORPESTAD NØDSLAKT	1	1:34:11			1:34:11	
Hovde, Kristine	TEAM HEIDERØD	3	1:35:44	1:37:49	1:35:44	1:52:04	
Hovind, Eirik Kamstrup		1	0:58:19	0:58:19			
Hox, Lars	KONGSTEN IF	2	1:14:16		1:14:16	1:16:28	
Hryn, Piotr	ADAMEKS	2	1:15:40	1:15:40	1:18:55		
Hult, Christer	LIRE BK	3	1:06:05	1:07:58	1:06:05	1:08:16	
Humberset, Marianne		1	1:26:02				1:26:02
Humlekjær, Cathrine		1	1:37:43	1:37:43			
Humlekjær, Merethe	HUMLEFJELLET	2	1:41:57		1:41:57	1:48:20	
Humlekjær, Rino	HUMLEFJELLET	2	1:27:27		1:27:27	1:39:59	
Huneide, Henning		1	1:20:22	1:20:22			
Hunn, Linn		1	1:31:54		1:31:54		
Hystad, Inger Lise	RAKKESTAD SYKKELKLUBB	3	1:09:41	1:09:41	1:11:09	1:14:36	
Häbler, Morten	FREDRIKSTAD IF	1	1:14:19				1:14:19
Hæren, Tina	TRØSKEN IL	1	1:31:59				1:31:59
Høgberg Johansen, Mikael		1	1:21:32		1:21:32		
Høgberg Johansen, Theres		1	1:20:11		1:20:11		
Høgsæt, Frøydis		1	1:33:16		1:33:16		

## Glommaløpet 10 miles individuelt

### Historikk

Høidahl, Henrik		1	1:05:47		1:05:47		
Høier, Birthe Lundestad	FREDRIKSTAD TRIATLONKLUBB	1	1:39:57			1:39:57	
Høier, Maria Therese	BRYNILD GRUPPEN B.I.L.	1	1:34:56	1:34:56			
Høydal, Audun		1	1:51:56			1:51:56	
Høyvik, Erik		1	1:05:03	1:05:03			
Imrik, Elisabeth		1	1:43:09				1:43:09
Indstøy, Morten		1	1:23:33	1:23:33			
Ingdahl, Inger Marie		1	1:18:58		1:18:58		
Ingebrigsten, Marthe Christine		1	1:40:26			1:40:26	
Ingebrigtsen, Sandra Merete		1	1:33:02		1:33:02		
Isaksen, Jan Erik	BORREGAARD	1	1:08:53	1:08:53			
Iversen, Arne	ABB BIL	1	1:19:18			1:19:18	
Iversen, Hans Petter	NOTEAM	1	1:18:31	1:18:31			
Iversen, Pete	FREDRIKSTAD IF	2	1:27:12			1:27:51	1:27:12
Jacobsen, Dan-Petter	COWI	2	1:36:04	1:36:04	1:38:16		
Jacobsen, Elin	SEFA	4	1:18:57	1:18:57	1:19:24	1:24:56	1:25:16
Jacobsen, Karsten		1	1:16:33		1:16:33		
Jacobsen, Paal Espen		1	1:26:30			1:26:30	
Jacobsen, Renate		1	1:29:18			1:29:18	
Jacobsen, Steinar	SARPSBORG BANDYKLUBB	2	1:26:31	1:29:27		1:26:31	
Jakobsen, Lau		1	1:04:33			1:04:33	
Jakobsen, Margareth	FSC MYSEN	2	1:21:56	1:21:56	1:25:12		
Jamissen, Leif Morten		2	1:07:41	1:14:12	1:07:41		
Jansen, Cathrin		1	1:33:05	1:33:05			
Jansen, Svein Oskar	FREDRIKSTAD IF	3	1:31:34	1:31:34		1:34:32	1:41:11
Jansen-Bekke, Merethe		1	1:41:57			1:41:57	
Jeksrud, Arne Aleksander		3	1:18:07	1:18:07	1:19:05	1:25:36	
Jensen, Heine		2	1:19:19	1:19:19	1:19:54		
Jensen, Jørgen	IMTECH KRISTIANSAND AS	1	1:21:05			1:21:05	
Jensen, Kikki	KIKKIJAY	3	1:16:04	1:19:59	1:16:04	1:20:54	
Jensen, Morten	TEAM XOCAI	2	1:10:47		1:10:47		1:18:22
Jensen, Ole		1	1:23:07		1:23:07		
Jensen, Petter Kvamme		1	1:13:10		1:13:10		
Jensen, Stein		3	1:15:38	1:15:38	1:15:42	1:20:29	
Jensen, Steinar		1	1:42:44		1:42:44		
Jensen, Torstein		2	1:27:10	1:27:10		1:36:16	
Jernberg, Vigdis		2	1:22:47	1:28:39	1:22:47		
Johannessen, Bjørn	HALDEN IL	2	1:01:12		1:01:12		1:03:37



## Glommaløpet 10 miles individuelt

### Historikk

Johannessen, Espen	TEAM BTS	3	1:20:08	1:27:45	1:20:08	1:31:34	
Johannessen, Malin	TEAM BTS	1	1:31:34			1:31:34	
Johannessen, Robin	GAARDS-SERVICE AS	1	1:23:36			1:23:36	
Johannessen, Trine		1	1:39:22				1:39:22
Johansen, Anne-Christin		1	1:33:57		1:33:57		
Johansen, Belinda Marie		1	1:50:11				1:50:11
Johansen, Bengt Petter	ØSTFOLD ENERGI	2	1:27:46	1:35:54	1:27:46		
Johansen, Elin Marie		2	1:27:49		1:27:49	1:34:37	
Johansen, Espen R.		2	1:26:30	1:28:16			1:26:30
Johansen, Finn Markes	FREDRIKSTAD IF	1	1:08:17				1:08:17
Johansen, Henning	COWI BIL	2	1:18:08		1:18:08	1:20:12	
Johansen, Henrik	SWIX	1	1:03:07			1:03:07	
Johansen, Jan Roger		1	1:19:25				1:19:25
Johansen, Janne Kjellberg	FREDRIKSTAD IF	1	1:10:02			1:10:02	
Johansen, Jørgen	SOLKYSTEN LK	2	1:17:31		1:17:31	1:24:58	
Johansen, Kim	ROUND TABLE FREDRIKSTAD	2	1:35:36	1:35:36		2:00:21	
Johansen, Kjell Arne	FREDRIKSTAD IF	3	1:15:37	1:15:37	1:17:15	1:19:30	
Johansen, Linn Desire	FREDRIKSTAD TRIATHLON	2	1:25:18		1:25:26	1:25:18	
Johansen, Mona	COWI BIL	2	1:20:50		1:20:50	1:24:52	
Johansen, Odd Hilberg	RSL	3	1:15:40		1:18:07	1:15:40	1:23:03
Johansen, Per Kristian		1	1:14:21		1:14:21		
Johansen, Pål Andre	FREDRIKSTAD FOTBALLKLUBB	1	1:26:01			1:26:01	
Johansen, Rita		1	1:30:56	1:30:56			
Johansen, Stein		1	1:11:42		1:11:42		
Johansen, Stein Ivar		1	1:12:11	1:12:11			
Johansen, Tanja		3	1:44:06		1:53:33	1:44:06	1:45:21
Johansen, Tore André		1	1:19:30		1:19:30		
Johansen, Truls		1	1:05:48			1:05:48	
Johansen, Turid		1	1:29:42		1:29:42		
Johansen, Turid	FREDRIKSTAD SKIKLUBB	2	1:35:26		1:36:09	1:35:26	
Johansen, Turid	HVALER KOMMUNE	1	1:38:58	1:38:58			
Johansen, Vegard Ulrik		1	1:34:56				1:34:56
Johansson, Anette	SPENST	1	1:40:52				1:40:52
Johansson, Jan	HCK	1	1:55:27	1:55:27			
Johansson, Mikael	HCK	1	1:19:00	1:19:00			
Johansson, Jan		1	1:50:10		1:50:10		
Joheim, Øyvind		1	1:25:44	1:25:44			
Johnsen, Heidi		1	1:41:47		1:41:47		
Johnsen, Lasse		1	1:35:47		1:35:47		

## Glommaløpet 10 miles individuelt

### Historikk

Johnsen, Linda		1	1:58:07		1:58:07		
Johnsen, Mette Lise		1	1:37:19			1:37:19	
Johnsen, Siri Madeleine		1	1:54:14	1:54:14			
Jonassen, Lone		1	1:50:14			1:50:14	
Jonassen, Markus		1	1:20:05	1:20:05			
Jonassen, Martin		1	1:17:16	1:17:16			
Jonsson, Mikael		1	1:11:57				1:11:57
Josipovic, Jelena	NAV FREDRIKSTAD	1	1:34:04	1:34:04			
Julusmoen, June		2	1:17:31			1:17:31	1:19:45
Jønland, Endre Olav		4	1:23:33	1:33:18	1:23:33	1:27:13	1:30:11
Jøransen, Mona		1	1:21:13	1:21:13			
Jørgensen, Geir	FREDRIKSTAD IF	3	1:08:12	1:17:13	1:08:12	1:12:50	
Jørgensen, Hege		1	1:31:44		1:31:44		
Jørgensen, Leif Roar	FREDRIKSTAD IF	1	1:29:23	1:29:23			
Jørgensen, Petter	DANSKE BANK	1	1:01:27				1:01:27
Jørstad, Erik	FREDRIKSTAD SYKKELKLUBB / STOREM	3	1:10:15	1:18:43	1:10:15	1:24:22	
Kahrs, Christian Riddervold	SLEVIK IL	1	0:58:29	0:58:29			
Kahrs, Marianne Riddervold	COWI	1	1:05:58	1:05:58			
Karesch, Joshua		1	1:25:29		1:25:29		
Karlsen, Jan Erik	SENTRUM KAMPSPORT - SARPSBORG	1	1:24:35			1:24:35	
Karlsen, Jon Andre		1	1:33:46	1:33:46			
Karlsen, Maria Dahle		1	1:37:08	1:37:08			
Karlsen, Morten	TEAM ENDORPHINS	1	1:10:23			1:10:23	
Karlsen, Rolf	BUL	2	1:05:09	1:05:09			1:09:14
Karlsen, Svein-Åge	FELLESKJØPET KAMBO	1	1:05:56	1:05:56			
Karlsson, Anders		1	1:19:56		1:19:56		
Karlsson, Kjærstin		1	1:29:44	1:29:44			
Karlstad, Tore		1	1:20:21		1:20:21		
Karslsen, Ina Susanne		1	1:52:34	1:52:34			
Karstensen, Linn Therese		2	1:34:28		1:34:28	1:48:11	
Kasbohm, Ellen K. V.		2	1:17:48		1:17:48	1:24:09	
Kaspersen, Steve	POLITIET / MOPIL	2	1:07:21		1:07:21		1:22:50
Kavli, Micheline		1	1:19:55		1:19:55		
Kavli, Stig		1	1:19:06		1:19:06		
Kielland, Erik		2	1:26:19			1:34:42	1:26:19
Kirkeng, Anne Marit		2	1:23:51	1:24:58	1:23:51		
Kirkeng, Hans- Olaf		1	1:39:14		1:39:14		
Kirkeng, Tommy Andre	ØSTBYGDA IL	1	1:15:21	1:15:21			

## Glommaløpet 10 miles individuelt

### Historikk

Kjellesvig, Tellef	FREDRIKSTAD SKIKLUBB	2	1:19:15	1:19:15		1:25:02	
Kjellvik, Richard		3	1:12:13	1:13:45	1:12:13	1:24:43	
Kjerkreit, Halvor	SARPSBORG KULTURSKOLE	1	1:21:31			1:21:31	
Kjøberg Klonteig, Eirik	BRUNOSTEN IL	2	1:04:15		1:04:15		1:20:20
Kjøberg Klonteig, Laila		1	1:30:38		1:30:38		
Kjøll, Øystein Harley	IDE&DEKORVERKSTEDET IL	2	1:30:43	1:30:43	1:31:56		
Kjøniksen, Magne		1	1:22:15		1:22:15		
Kjørvik, Tormod	FREDRIKSTAD IF	1	1:22:25				1:22:25
Klausen, Glenn		1	1:14:43		1:14:43		
Klausen, Per Kristian	KONGSTEN IF	1	1:30:58			1:30:58	
Klauset, Kristine		1	1:48:14	1:48:14			
Kleiveland, Olav		1	1:07:07		1:07:07		
Klevås, Tora	HVALER KOMMUNE	1	1:36:08			1:36:08	
Knape, Magnus	FREDRIKSTAD SYKKELKLUBB	1	1:07:56	1:07:56			
Knudsen, Anne-Karine Winther	FAMILY SPORTS CLUB FREDRIKSTAD	1	1:40:07	1:40:07			
Knudsen, Bente	HVALER	1	1:34:39			1:34:39	
Knudsen, Ronny		1	1:07:45		1:07:45		
Knutsen, Stine		1	1:54:24	1:54:24			
Kolstad, Hilde		1	1:38:17		1:38:17		
Krabberød, Vegard		2	1:19:12		1:19:12	1:30:18	
Kraugerud, Frode		1	1:06:14	1:06:14			
Kraugerud, Randi		1	1:25:44		1:25:44		
Kristensen, Espen Teksle	IØPS	1	1:19:34	1:19:34			
Kristensen, Monica	SOLKYSTEN LK	1	1:44:50			1:44:50	
Kristiansen, Aleksander Vold	MANNHULLET	1	1:27:04	1:27:04			
Kristiansen, Eilen Marie		1	1:47:24			1:47:24	
Kristiansen, Glenn		1	1:15:29		1:15:29		
Kristiansen, Gry	INFOTJENESTER	1	1:27:31	1:27:31			
Kristiansen, Jeanette		1	1:21:26	1:21:26			
Kristiansen, Johanne Kvernstuen		1	1:29:27		1:29:27		
Kristiansen, Malin		1	1:34:09			1:34:09	
Kristiansen, Ole Martine	MARKEDSPARTNER	1	1:45:50	1:45:50			
Kristiansen, Pia Therese		1	1:35:30				1:35:30
Kristiansen, Pål		1	1:18:37				1:18:37
Kristiansen, Pål Oliver		1	1:14:48		1:14:48		
Kristiansen, Stian		1	1:34:12		1:34:12		
Kristiansen, Stian		1	1:41:52	1:41:52			
Kristiansen, Thomas		1	1:39:51	1:39:51			
Kristiansen, Tom Erik		1	1:38:48		1:38:48		

# Glommaløpet 10 miles individuelt

## Historikk

Kristiansen, Tonje Bøhn	SK VIDAR	1	1:13:57	1:13:57			
Kristoffersen, Bente Kihl		1	1:38:21				1:38:21
Kristoffersen, Nina		1	1:43:24		1:43:24		
Kristoffersen, Thomas	SPENNCON/HØNEFOSS	1	1:16:05			1:16:05	
Kristoffersen, Vidar		1	1:18:54			1:18:54	
Krogsrud, Lars	GRESVIK IF	3	1:06:06	1:06:06		1:08:10	1:10:10
Krosby, Anders Johan		1	1:19:02		1:19:02		
Krossby, Magnus	HVALER IL	3	1:17:11	1:18:43	1:17:11	1:26:28	
Kubberød, Elise		1	1:32:55		1:32:55		
Kubberød, Marie		1	1:21:28		1:21:28		
Kull, Trine		1	1:33:36		1:33:36		
Kullberg, Cathrine	RUSTAD IL	1	1:24:21	1:24:21			
Kullberg-Marcussen, Just		3	1:18:53	1:19:17	1:18:53	1:28:42	
Kummervold, Ivar		1	1:03:36		1:03:36		
Kvalsvik, Guttorm	NORSK HYDRO BIL	1	1:18:05	1:18:05			
Kvalsvik, Lars	KRÅKERØY IL	2	1:14:16	1:21:12	1:14:16		
Kvalsvik, Magnus	KVALSVIK BYGG AS	1	1:20:04			1:20:04	
Kvammen, Tone Lyngvær		1	1:53:57				1:53:57
Kvernmo, Fride		1	1:29:38		1:29:38		
Kvisberglien, Håvar	MOSS CK	1	1:17:56	1:17:56			
Laabak, Reidar	FREDRIKSTAD POLITIIDRETTSKLAG	1	1:24:43	1:24:43			
Landeklint, Henrik	FREDRIKSTAD IF	2	1:08:35	1:08:35	1:11:37		
Langballe, Tore	DRIV TRENING	1	1:22:48				1:22:48
Langnes, Rune	FTBIL	4	1:08:03	1:11:03	1:08:03	1:11:46	1:16:20
Langsholdt, Elisabeth		1	1:28:58		1:28:58		
Langva, Frank		1	1:19:57		1:19:57		
Lars, Hansen	MARKEDSPARTNER	1	1:13:53	1:13:53			
Larsen, André		2	1:12:04	1:12:04	1:19:25		
Larsen, Andreas	ASIK FLAMES	3	1:08:18	1:08:32	1:08:18	1:12:42	
Larsen, Anita		2	1:32:19	1:42:49	1:32:19		
Larsen, Annette	ROCKDRIVERS	2	1:44:17	1:44:17	1:44:30		
Larsen, Annika		1	1:48:27	1:48:27			
Larsen, Bjørn Einar		1	1:16:58		1:16:58		
Larsen, Dennis		1	1:17:02			1:17:02	
Larsen, Elisabeth	NAV FREDRIKSTAD	1	1:28:23	1:28:23			
Larsen, Fred Morgan	FREDRIKSTAD IF	3	1:05:52	1:05:52	1:07:43	1:11:20	
Larsen, Kenneth	SARBSBORG BANDYKLUBB	1	1:20:31			1:20:31	
Larsen, Knut-André		3	1:05:39	1:05:39	1:06:33	1:11:13	
Larsen, Martha		1	1:29:20		1:29:20		

## Glommaløpet 10 miles individuelt

### Historikk

Larsen, Mona		2	1:36:53	1:36:53	1:41:36		
Larsen, Ole-Hermann		1	1:40:55			1:40:55	
Larsen, Petter Sten		1	1:09:30		1:09:30		
Larsen, Svend Aage	ROCKDRIVERS	2	1:26:09	1:26:09	1:29:28		
Larsen, Tom-Erik		1	1:19:33		1:19:33		
Larsen, Wenche		1	1:36:10				1:36:10
Lasken Nilsen, Line	GRANDHAHL EIENDOMSMEGLING AS	1	1:41:18	1:41:18			
Lauritsen, Jim		1	1:23:40		1:23:40		
Lauritzen, Elisabeth	RAKKESTAD SYKKELKLUBB	1	1:31:00			1:31:00	
Lauritzen, Karina Sandell	INFOTJENESTER	1	1:39:51	1:39:51			
Lauvstad, Espen	HANDICARE	1	1:24:11	1:24:11			
Lavik Nordby, Andreas		1	1:32:43		1:32:43		
Lefsaker, Anita		1	1:59:04		1:59:04		
Lefsaker, Sverre		1	1:26:38		1:26:38		
Leira, Hanne	FREDRIKSTAD IF	1	1:26:58	1:26:58			
Leira, Hilde		1	1:36:17		1:36:17		
Lerkerød, Kjersti	IL I BUL	1	1:06:16			1:06:16	
Lervik, Andreas	SARPSBORG SYKLEKLUBB	4	1:26:49	1:32:41	1:26:49	1:49:05	1:48:58
Lervik, Trygve	FPOB	1	1:23:52	1:23:52			
Liane, Lars-Ketil	FREDRIKSTAD SKIKLUBB	1	1:22:57	1:22:57			
Lie, Kjersti	MULTICONSULT	1	1:24:37	1:24:37			
Lie, Mille	FREDRIKSTAD IF	1	1:14:47	1:14:47			
Lien, Steinar		1	1:05:07		1:05:07		
Lier, Ole Christian	FREDRIKSTAD IF	2	1:11:22	1:11:22			1:22:41
Lilleby, Oscar		1	1:25:25	1:25:25			
Lillebø, Bjørn Arne		3	1:14:55		1:14:55	1:20:26	1:28:13
Lillemoen, Stein Georg	FREDRIKSTAD IF	1	1:31:07			1:31:07	
Lillestrand, Cathrine	TRØSKEN IL	1	1:41:48				1:41:48
Lillestrand, Finn Henry		1	1:20:38		1:20:38		
Lind Gaarden, Martin		1	1:19:38	1:19:38			
Lind, Knut		1	1:25:57	1:25:57			
Lind, Sven-Erik		1	1:34:20		1:34:20		
Lindblad, Geir		1	1:07:25			1:07:25	
Lindblad, Mette Lise		1	1:36:18	1:36:18			
Lindekleiv, Ole	FK VIGØR	1	1:28:45	1:28:45			
Linden, Noah	FREDRIKSTAD IF	1	1:27:48	1:27:48			
Lindgjerdet, Michael		1	1:53:33		1:53:33		
Lindh, Monica		2	1:33:57	1:34:48	1:33:57		
Lindkvam, Barbro		1	1:18:06	1:18:06			

## Glommaløpet 10 miles individuelt

### Historikk

Lindskog, Eva	FREDRIKSTAD IF	1	1:26:15				1:26:15
Lindstad, Beate	MOTEK	1	1:18:33			1:18:33	
Lindstad, Christian	MOTEK AS	1	1:09:39			1:09:39	
Lindstrøm, Richard		2	1:16:34		1:16:34	1:21:56	
Lingaas, Sissel Henriette		1	1:44:05			1:44:05	
Loennecken, Cathrine		1	1:12:12		1:12:12		
Loftaas, Lars		1	1:08:19	1:08:19			
Lohrmann, Marie	VISMA	1	1:33:02			1:33:02	
Lokøy, Asbjørn		1	1:49:27			1:49:27	
Lorentzen, Henrik		1	1:14:55		1:14:55		
Lund, Anders		1	1:40:59				1:40:59
Lund, Hans-Jørgen		2	1:08:13		1:08:13	1:11:26	
Lundberg, Terje	COMPUSOFT BIL	2	1:18:58	1:18:58	1:20:11		
Lunde, Harald		1	1:19:56		1:19:56		
Lunde, Kristian	KARDIGAN AS	1	2:10:06			2:10:06	
Lunde, Sondre Bauer		1	1:21:35		1:21:35		
Lundestad - Høier, Birthe		1	1:23:01		1:23:01		
Lundestad, Sven		1	1:35:22				1:35:22
Lundstrøm, Ivar		3	1:29:16	1:29:16	1:29:45	1:48:31	
Lybeck, Torodd	FAGERNES IL	1	1:17:33	1:17:33			
Lybæk, Tanja	FREDRIKSTAD IF	2	1:32:34	1:37:47		1:32:34	
Lynne, Camilla	RAADHUSGRUPPEN	1	1:38:21	1:38:21			
Lynne, Geir	RAADHUSGRUPPEN	1	1:38:21	1:38:21			
Lysaker, Sjur		1	1:20:53		1:20:53		
Lystad, Hans-Petter	PRIVAT	2	1:15:39		1:15:39	1:16:03	
Lystad, Pål Robert	SAUGBRUGS BIL	2	1:10:25	1:10:25		1:11:24	
Lyø Jeppesen, Christina		1	1:37:43				1:37:43
Løken, Egil	CK TOTENTRÅKK	1	1:17:50	1:17:50			
Løken, Jørgen		2	1:02:31		1:04:13	1:02:31	
Løkke, Anders	CK ØST	2	1:21:36		1:21:36	1:28:07	
Løkke, Karianne		1	1:21:51		1:21:51		
Løkken, Stian	MOSSJONISTENE	1	1:14:42				1:14:42
Løland, Ole	TRIOVING	1	1:28:41	1:28:41			
Lørdahl, Mari		1	1:41:40	1:41:40			
Løvfold, Jan		2	1:24:10	1:37:31	1:24:10		
Løvvig Lind, Hilde		1	1:37:18	1:37:18			
Løvås, Even Buer		1	1:12:01	1:12:01			
Madsen, Asbjørn	FRISKIS OG SVETTIS	1	1:30:38			1:30:38	
Magnussen, Emil		1	1:05:15		1:05:15		

## Glommaløpet 10 miles individuelt

### Historikk

Magnussen, Heine	FREDRIKSTAD TRIATLONKLUBB	1	1:11:07	1:11:07			
Magnussen, Kurth Asle		1	1:06:05		1:06:05		
Magnusson, Karin	FIK REN-ENG	1	1:07:36	1:07:36			
Maican Lara, Santo Angel	MOSSJONISTENE	2	1:12:05	1:12:05		1:13:45	
Maiset, Dag	FRISKIS & SVETTIS FREDRIKSTAD	1	1:34:37			1:34:37	
Maiset, Herman Femtehjell	FRISKIS & SVETTIS FREDRIKSTAD	1	1:33:39			1:33:39	
Malm, Erik Andreas	PEDALEN SYKKELVERKSTED	2	1:23:38			1:25:12	1:23:38
Mandji, Marcel		1	1:33:24		1:33:24		
Mandji, Therese		1	1:34:22		1:34:22		
Marco-Arroyo, Ruben		1	0:59:02		0:59:02		
Marhaug, Andre Østbye		1	1:14:50			1:14:50	
Mariedatter, Maya	FREDRIKSTAD IF	1	1:34:21	1:34:21			
Marken, Nikolai		2	1:15:02			1:15:02	1:35:53
Marthinsen, Hanne	MARKEDSPARTNER	1	1:40:19	1:40:19			
Martinsen, Arne-Johan	FREDRIKSTAD IF	1	1:11:10				1:11:10
Martinsen, Bjørn Arild	KONGSTEN IF	1	1:33:20			1:33:20	
Martinsen, Erik		1	1:22:01		1:22:01		
Martinsen, Fredrik	TEAM THORVALD	3	1:09:21	1:09:21	1:17:23	1:30:17	
Martinsen, Ingar		2	1:19:19		1:19:19	1:23:12	
Martinsen, Jan	NESODDEN	1	1:36:27			1:36:27	
Martinsen, Katrine		1	1:59:16			1:59:16	
Martinsen, Mathis	FAMILY SPORTS CLUB FREDRIKSTAD	1	1:40:07	1:40:07			
Martinsen, Mia		1	1:33:53		1:33:53		
Martinsen, Ole-Jacob		1	1:16:31		1:16:31		
Martinsen-Evje, Sindre		3	1:26:10	1:26:10	1:28:49	1:31:47	
Mathiasen, Ingrid Oldervik		1	1:23:16		1:23:16		
Mathiassen, Maria		1	1:20:29		1:20:29		
Mathisen, Frida		1	1:26:18		1:26:18		
Mathisen, Glenn		2	1:15:23	1:18:28			1:15:23
Mathisen, Ida		1	1:35:35		1:35:35		
Mathisen, Roger	JACKON	2	1:24:51			1:24:51	1:29:02
Mathisen, Stian	FREDRIKSTAD TRIATHLONKLUB	1	1:08:17				1:08:17
Mcgrath, Margaret	ATOMEN HALDEN BIL	2	1:17:45		1:17:45	1:21:37	
Meisingset, Magne	STATNETT BIL	1	1:13:56				1:13:56
Melby, Jøran		1	1:54:13				1:54:13
Melby-Olsen, Lena		1	1:25:50	1:25:50			
Melgaard, Kristian	RRBIL	1	1:30:18			1:30:18	
Mellberg, Eva Marie		1	1:27:22		1:27:22		
Mellem, Kristine		1	1:53:45		1:53:45		

## Glommaløpet 10 miles individuelt

### Historikk

Messelt, Berit	TEAM MESSELT	1	1:11:41	1:11:41			
Michaelsen, Camilla		1	1:24:45	1:24:45			
Minge, Martin		1	1:14:04	1:14:04			
Minge, Torill	KONDIS	1	1:53:25				1:53:25
Mjønes, Marit		1	1:37:49	1:37:49			
Mo, Dagfinn	MOSS CK/LIGHT FLIGHT	2	1:05:51	1:06:38	1:05:51		
Moe, Karoline		1	1:32:16			1:32:16	
Moe, Marianne		1	1:13:58		1:13:58		
Moen Pinås, Marianne		1	1:35:22		1:35:22		
Moen, Aleksander	IMTECH KRISTIANSAND AS	1	1:23:11			1:23:11	
Moen, Daniel	VARTEIG ELVELØP	1	1:44:31				1:44:31
Moen, Morten		3	1:32:55		1:32:55	1:39:14	1:44:33
Moen, Thor	FREDRIKSTAD SKIKLUBB	1	1:24:03			1:24:03	
Monen, Knut	ALBATROSS IL	1	1:38:41			1:38:41	
Monsen, André		1	1:33:13		1:33:13		
Monsen, Ingunn		1	1:15:00	1:15:00			
Monsen, Trude		1	1:33:13		1:33:13		
Morger, Runa		1	1:30:52		1:30:52		
Morset, Tora Larsen		1	1:46:58	1:46:58			
Morstad, Karin Mathilde	PRIVAT	1	1:35:06	1:35:06			
Mortensen, Marius		1	1:31:18		1:31:18		
Motzfeldt, Inga		1	1:49:04			1:49:04	
Mouland, Sven O.	TIRC	1	1:36:07			1:36:07	
Myhre, Kjersti	FRISKIS & SVETTIS	1	1:20:40				1:20:40
Myhrvold, Anita	BOLT DESIGNSTUDIO	1	1:38:21	1:38:21			
Myran, Rolf Arild		1	1:11:05	1:11:05			
Myrhaugen, Gørill Lødding		1	1:50:53	1:50:53			
Mysen, Julie Marie		1	1:17:31		1:17:31		
Møller-Eriksen, Morten		2	1:29:13			1:35:32	1:29:13
Navestad, Espen	SARPSBORG IL	1	1:11:48				1:11:48
Nesengen, Bjørge	FREDRIKSTAD TRIATLONKLUBB	2	1:04:46		1:04:46	1:06:25	
Ness, Ivar	HVALER VOLLEYBALLKLUBB	3	1:17:34	1:19:59	1:17:34	1:19:04	
Neuhaus, Stephan	OSI FRIDRETT	1	1:04:46				1:04:46
Nielsen, Grethe		1	1:40:32	1:40:32			
Nielsen, Per	COWI BIL	2	1:15:12		1:15:12	1:15:13	
Nielsen, Trine		2	1:28:20	1:28:20	1:39:30		
Nilsen, Jørgen		1	1:18:31			1:18:31	
Nilsen, Jørn		1	1:17:04			1:17:04	
Nilsen, Jørn Espen		1	1:07:59		1:07:59		



## Glommaløpet 10 miles individuelt

### Historikk

Nilsen, Lene		1	1:33:38	1:33:38			
Nilsen, Line Helene		1	1:45:20			1:45:20	
Nilsen, Line Lasken		1	1:36:58		1:36:58		
Nilsen, Pål	RUNAWAY	1	1:20:48				1:20:48
Nilsen, Thormod	SAINT-GOBAIN BØCKMANN	1	1:23:03				1:23:03
Nilsen, Tom	MOSSJONISTENE	2	1:28:09			1:29:15	1:28:09
Nilsen, Trine Bjerkeli		1	1:50:45		1:50:45		
Nilsen, Trond Vidar		1	1:35:39	1:35:39			
Nilssen, Pål-Helge	NORTHERN RUNNERS	4	1:08:29	1:10:59	1:10:00	1:08:29	1:12:30
Nilsson, Kristofer		1	1:54:14	1:54:14			
Nome, Astrid	TRENINGSCAMP	1	1:29:16				1:29:16
Nome, Torfinn	TRENINGSCAMP	1	1:21:12				1:21:12
Nordbrøden, Hanna Haugen	COWI	1	1:10:15	1:10:15			
Nordeide, Linda		1	1:39:44	1:39:44			
Nordli, Hanne	FREDRIKSTAD KOMMUNE	1	1:41:30	1:41:30			
Nordli, Vilja	TUNESKIPET BARNEHAGE	2	1:31:11		1:31:11	1:39:28	
Nordlie, Henrik	SARPSBORG BANDYKLUBB	1	1:20:51			1:20:51	
Nordnes, Mona Lavoll		2	1:37:23	1:37:23			1:47:01
Nordrum Rakvåg, Irene	TEAM LUMBAGO	2	1:23:49	1:24:29		1:23:49	
Nordskog, Anette	SOL	1	1:58:01			1:58:01	
Nordtveit, Siri		1	1:22:47		1:22:47		
Norema, Ivar	NOREMA	1	1:09:39			1:09:39	
Norli, Petter	VERITAS BIL	1	1:16:36			1:16:36	
Norum, Bjørn	COOP ØST	1	1:30:32			1:30:32	
Nundal, Terje	FRISKIS & SVETTIS TØNSBERG - NØTTER	1	1:28:45	1:28:45			
Nyaas, Wenche		1	1:38:37	1:38:37			
Nyegaard Johansen, Camilla		1	1:16:24		1:16:24		
Nygaard, Anne Mette		4	1:27:34	1:27:51	1:27:34	1:29:00	1:30:30
Nygaard, Morten	RT27	1	1:21:50	1:21:50			
Nygaard, Tore		1	1:40:04		1:40:04		
Nygård, Jon-Ivar	FREDRIKSTAD KOMMUNE	1	1:23:34	1:23:34			
Nyland, Cathrine Graff		1	1:28:56		1:28:56		
Nymo, Frank	LUNDBECK BIL	1	1:38:11			1:38:11	
Nystad, Espen		1	1:12:41		1:12:41		
Nyvoll, Sigmund		1	1:14:50		1:14:50		
Nyvoll, Sindre		1	1:20:48		1:20:48		
Nøstvik, Bjørn	HALDEN TRI	1	1:06:25	1:06:25			
Odvold Sivertsen, Gunn		1	1:28:33			1:28:33	
Ogre, Marcus		1	1:23:00		1:23:00		

## Glommaløpet 10 miles individuelt

### Historikk

Oksavik, Jostein Brå	NESODDEN IF	1	1:08:27	1:08:27			
Olafsen, Line		2	1:30:59			1:30:59	1:37:18
Olafsrud, Lars-Petter		1	1:27:28	1:27:28			
Olin, Hege		2	1:40:24	1:47:16	1:40:24		
Oliversen, Daniel	TRØSKEN IL	1	1:23:21			1:23:21	
Oliversen, Synne	TRØSKEN IL	1	1:34:39			1:34:39	
Olsen, Andreas Garder	KVERNHUSET BIL FREDRIKSTAD	1	1:01:05	1:01:05			
Olsen, Bengt		1	1:21:56	1:21:56			
Olsen, Bent Olav	FREDRIKSTAD TRIATHLON	1	1:39:16			1:39:16	
Olsen, Cecilie Brox		1	1:33:19		1:33:19		
Olsen, Dan Thomas		1	1:18:05		1:18:05		
Olsen, Håkon Strand	FREDRIKSTAD IF	1	1:20:32				1:20:32
Olsen, Ine Marlene		1	1:35:41		1:35:41		
Olsen, John Vidar		1	1:27:32		1:27:32		
Olsen, Jorunn		1	1:24:40	1:24:40			
Olsen, Kent		1	1:18:14				1:18:14
Olsen, Kim	FREDRIKSTAD IF	2	1:03:39			1:03:39	1:09:35
Olsen, Kim Roger		1	1:42:29	1:42:29			
Olsen, Magne Strand	FREDRIKSTAD IF	1	1:20:38				1:20:38
Olsen, Per Marius		1	1:12:03		1:12:03		
Olsen, Silje Skarning		3	1:44:25	1:44:58	1:47:04	1:44:25	
Olsen, Stig		1	1:35:45	1:35:45			
Olsen, Tor-Eilert	FREDRIKSTAD IF	1	1:18:46				1:18:46
Olsen, Ulf Roger		3	1:13:11		1:13:11	1:15:36	1:20:13
Olsen, Victor		1	1:31:11		1:31:11		
Olsson, Anders	SARPSBORG BANDYKLUBB	1	1:20:37			1:20:37	
Olsson, Anton	SARPSBORG BANDYKLUBB	1	1:23:31			1:23:31	
Olsson, Monica		1	1:45:33				1:45:33
Olstrøm, Inge	GRIMSRØD KAMERATENE	1	1:34:33			1:34:33	
Omberg, Kirsti	SKILØPERNE	2	1:31:43		1:31:43	1:43:01	
Onstad, Britt Katharina		1	1:31:21	1:31:21			
Opdal, Morten	TEAM FIH	1	1:14:20			1:14:20	
Opsahl, Gaute	TRØMBORG	1	1:15:35	1:15:35			
Opsahl, Marianne		2	1:11:50	1:11:50			1:46:54
Opstad, Fredrik		1	1:23:03			1:23:03	
Oraug, Pål	VARTEIG IL	2	0:57:51	0:57:51	0:57:59		
Oraug, Tone		2	1:19:04	1:22:32	1:19:04		
Ormholt, Stian		1	1:32:45	1:32:45			
Orring, Lasse	RT27	2	1:22:46	1:22:46	1:23:48		

## Glommaløpet 10 miles individuelt

### Historikk

Orud, Eva	REGNBUEEN	1	1:35:53			1:35:53	
Ostad, Tom	BLODSMAK BAND	1	1:38:27	1:38:27			
Ottersen, Henrik		2	1:23:05	1:24:28	1:23:05		
Owren, Ingjerd	OEC	1	1:22:45	1:22:45			
Pagoli, Audrey		1	1:55:47			1:55:47	
Pahle, Christian		1	1:39:11				1:39:11
Patrick, Birger	MARKEDSPARTNER	1	1:22:45	1:22:45			
Paulsen, Andreas		1	1:32:21		1:32:21		
Paulsen, Hege	TUNESKIPET BARNEHAGE	2	1:42:30		1:42:30	1:48:48	
Pedersen, Camilla Tenvig		2	1:28:47	1:28:47	1:32:11		
Pedersen, Daniel	BERTEL O.STEEN FREDRIKSTAD	1	1:14:49			1:14:49	
Pedersen, Frank G.	SKJEBERG CK	2	1:17:31			1:17:31	2:05:21
Pedersen, Jan Erik	VEIDEKKE BIL	1	1:14:11	1:14:11			
Pedersen, Linn- Marita	SKJEBERG CK	1	2:05:21				2:05:21
Pejby, Martin		2	1:19:52			1:19:52	1:27:26
Pettersen, Eli Birgitte		2	1:28:14	1:28:14	1:31:48		
Pettersen, Geir	JACKON	3	1:21:38		1:21:38	1:27:57	1:35:56
Pettersen, Kathrine Almvik	LISLEBY HÅNDBALL	1	1:32:58			1:32:58	
Pettersen, Lise Marie	JERNBANEVERKET OSLO BIL	1	1:15:28	1:15:28			
Pettersen, Mats		2	1:00:38		1:00:38	1:02:41	
Pettersen, Venche		1	1:43:14	1:43:14			
Pihlstrøm, Kristin		2	1:21:01		1:21:01		1:31:31
Pihlstrøm, Ole-Andreas	SATS SARPSBORG	1	1:16:34	1:16:34			
Pilestrand, Christian		1	1:21:19		1:21:19		
Pinås, Tor Christian	T.T.SERVICE	2	1:03:34			1:03:34	1:11:22
Pladsen, Solveig		1	1:18:35	1:18:35			
Presterud, Karl Erik	GRIMSRØD KAMERATENE	1	1:28:57			1:28:57	
Prøitz, Tommy		1	1:07:16			1:07:16	
Puck, Tor-Anders	CL	1	1:21:39			1:21:39	
Putkowski, Andre Gerard	FREDRIKSTAD IF	1	1:20:32	1:20:32			
Qarbosh, Mukhtar		1	1:59:24		1:59:24		
Raagaard, Henrik Lund		1	1:39:09		1:39:09		
Raknes, Marie Therese		1	1:40:19		1:40:19		
Raknes, Per	MARKEDSPARTNER	1	1:55:03	1:55:03			
Rambøl, Sigrid	SCHIBSTED ASA	1	1:44:53	1:44:53			
Ramon Sanches, Alex	HARD TRAIN EASY LIFE	1	1:18:18				1:18:18
Rasmussen, Thomas E.		1	1:10:49		1:10:49		
Rasmussen, Tom-Arvid		1	1:15:54			1:15:54	
Rebni, Even	TEAM MJØSEN	1	1:11:45			1:11:45	

## Glommaløpet 10 miles individuelt

### Historikk

Reid, Lene		1	1:33:25		1:33:25		
Reiersen, Oscar	TRØSKEN IL	1	1:13:56	1:13:56			
Reiersgård, Jørn Kåre	FRISKIS&SVETTIS TØNSBER-NØTTERØY	1	1:20:07	1:20:07			
Renberg, Roger		3	1:26:16	1:29:36	1:26:16	1:33:44	
Richardsen, Morten		1	1:33:03		1:33:03		
Riis, Anne Margot	TEAM NONSTOP	2	1:40:32	1:40:32	1:41:19		
Ringdahl, Espen	SKI LØPERNE	1	1:23:23	1:23:23			
Ringsrud, Christer		1	1:32:00		1:32:00		
Risa, Trond		1	1:24:50		1:24:50		
Rohde-Moe, Tom	IMTECH	1	1:44:12			1:44:12	
Rolland, Thomas		2	1:38:14	1:39:22	1:38:14		
Rolstad, Guro		1	1:31:58	1:31:58			
Rolstad, Jon Øystein	SARPSBORG IL FRIIDRETT	1	1:06:18			1:06:18	
Rosnes, Helge	PRIVAT	2	1:13:58	1:15:15			1:13:58
Rosnes, Magne	FREDRIKSTAD SKIKLUBB	2	1:10:11		1:10:11	1:14:04	
Rosten, Stine		1	1:40:11			1:40:11	
Roulund, Kjetil		1	1:45:53	1:45:53			
Runhovde, Gerd		1	1:37:06		1:37:06		
Rustan, Knut Ole	ANTON CYKLETEAM	1	1:34:28	1:34:28			
Rustan, Knut Patrick		1	1:41:19		1:41:19		
Ruud, Anne Therese		3	1:31:52	1:31:52		1:35:30	1:49:50
Ruyter, Thomas		1	1:16:17		1:16:17		
Ruyter, Werner	CICIGNON OLDBOYS	1	1:22:33	1:22:33			
Ryan, Jostein		2	1:24:02			1:24:49	1:24:02
Rydland, Randi Beate		1	1:54:24	1:54:24			
Rød, Terje	FREDRIKSTAD IF	3	1:13:21	1:29:53	1:16:07	1:13:21	
Rødningby, Tine		1	1:25:32		1:25:32		
Røed, Eiolf	FREDRIKSTAD IF	1	1:05:02				1:05:02
Røhr, Ole-Hermann	RYGGEJOGGEN	3	0:55:38	0:58:22	0:55:38	0:58:24	
Rønneberg, Hedda Horn	RØA	1	1:26:09	1:26:09			
Rønning, Glen Roger		1	1:18:51			1:18:51	
Rørberg, Alexander		1	1:08:46		1:08:46		
Røren, Tonny		1	1:44:13		1:44:13		
Røste, Jan Arild Wallin		2	1:20:59		1:29:05	1:20:59	
Røsten, Oddvar	SK RYE / -NEITILLISENS	1	1:26:27			1:26:27	
Røysted, Ulf		1	1:28:23		1:28:23		
Rådahl, Heidi		1	1:32:09		1:32:09		
Rådahl, Rino		2	1:21:55	1:21:55	1:27:09		
Råen, Vegard	KRØDSHERAD IL	1	1:04:15			1:04:15	

## Glommaløpet 10 miles individuelt

### Historikk

Sagen Andersen, Martin	RT 27 FREDRIKSTAD	3	1:17:32	1:19:50	1:17:32	1:22:25	
Samuelsen, Anders		1	1:15:23			1:15:23	
Samuelsen, Finn	HØGSKOLEN I ØSTFOLD	1	1:28:09	1:28:09			
Samuelsen, Rigmor		1	1:40:00			1:40:00	
Samuelsen, Synnøve Wisløff	NØSTE HUSMORTRIM	1	1:17:02	1:17:02			
Sandbakk, Even		1	1:24:10	1:24:10			
Sandegren, Theo		1	1:12:34			1:12:34	
Sandem, Thorbjørn		1	1:30:22	1:30:22			
Sandersen, Ole Petter		1	1:16:31		1:16:31		
Sandersen, Ole-Petter Mork	ULFVEN AS	1	1:19:39	1:19:39			
Sandmæl, Hilde	BRYNILD GRUPPEN	1	1:29:16	1:29:16			
Sandnes, Anne	PIR II	1	1:08:39			1:08:39	
Sandstad Røising, Marius		1	1:49:28	1:49:28			
Sandvik, Eivind		4	1:15:54	1:19:39	1:15:54	1:24:08	1:20:48
Sandvik, Knut Jostein	ULLERØY IL	2	1:12:54	1:14:08	1:12:54		
Sanengen, Sverre	FREDRIKSTAD IF	2	1:32:50		1:34:24	1:32:50	
Sanne, Nils	SOLKYSTEN LK	1	1:32:12			1:32:12	
Sannerholt, Merete		1	1:23:36	1:23:36			
Sannerholt, Tom Ivar		1	1:23:35	1:23:35			
Saxegaard, Jørgen	BEKKELAGET IFK	1	1:06:49			1:06:49	
Schei, Øyvind		1	1:37:42		1:37:42		
Schjefstad, Kim		1	1:31:15	1:31:15			
Segui, Natali		1	1:37:13				1:37:13
Seland, Petter	FREDRIKSTAD SKIKLUBB	1	1:15:37	1:15:37			
Seterdahl, Ayna		1	2:08:41	2:08:41			
Simons, Nick		2	1:17:01		1:17:01	1:30:30	
Simonsen, Helge	SKILØPERNE	1	1:33:20	1:33:20			
Simonsen, Sven	FREDRIKSTAD SKIKLUBB	2	1:10:02	1:10:02		1:10:50	
Simonsen, Toby		1	1:26:57		1:26:57		
Sjelmo, Sigrid		1	1:27:12	1:27:12			
Sjøberg, Paterick	BEGBY IL / BDO	1	1:07:20			1:07:20	
Sjølie, Njål		2	1:23:56			1:23:56	1:25:59
Sjølie, Njål		1	1:28:22	1:28:22			
Skaaden, Håvard		1	1:26:32		1:26:32		
Skaar, Espen	POLARIS	1	1:12:47			1:12:47	
Skaar, Espen		1	1:14:05		1:14:05		
Skaara, Geir	NORDEA BIL	3	1:39:10	1:42:42	1:39:10		2:04:44
Skajaa, Andreas	OSLOFJOR TRIALHLON	1	1:12:34			1:12:34	
Skar, Einar	FREDRIKSTAD IF	2	1:27:55	1:27:55		1:39:45	

## Glommaløpet 10 miles individuelt

### Historikk

Skattebøl, Stine		1	1:30:13				1:30:13
Skaug, Arne		1	1:48:29			1:48:29	
Skaug, Rino	GAARDS-SERVICE AS	3	1:17:38		1:19:38	1:25:30	1:17:38
Skaug, Sondre	FREDRIKSTAD IF	2	1:01:17		1:01:17	1:05:48	
Skaug, Steinar		1	1:19:33		1:19:33		
Skavern, Stian	MULTICONCONSULT	1	1:18:24	1:18:24			
Skeid, Ola		1	1:04:58		1:04:58		
Skjelle Asbjørnsen, Ann-Kristin		1	2:01:57	2:01:57			
Skjenken, Freddy	TEAM SKJENKEN	1	1:17:18			1:17:18	
Skjenken, Hans-Åge	TEAM SKJENKEN	1	1:50:57			1:50:57	
Skogen, Flemming		1	1:22:22			1:22:22	
Skoglund, Tina	FREDRIKSTAD IF	2	1:28:17		1:28:17	1:30:19	
Skovly, Jarle		1	1:14:26		1:14:26		
Skrøder, Kjetil	NORDEA BANK NORGE	1	1:19:52	1:19:52			
Skår, Darlen		1	1:38:31		1:38:31		
Slamova, Sarka	RT REVISJON AS	1	1:21:38			1:21:38	
Sletten, Ulrikke		1	1:41:34		1:41:34		
Smith, Fredrik		1	1:18:50				1:18:50
Snilsberg, Torgeir		1	1:23:32		1:23:32		
Sognlien, Tom	FREDRIKSTAD IF	4	1:09:32	1:09:46	1:09:32	1:17:56	1:13:23
Sohlberg, Thomas	PRODOK	1	1:31:38	1:31:38			
Sokhan-Sanj, Sassan		1	1:35:59				1:35:59
Sola, Per Willy		1	1:12:59		1:12:59		
Sola, Øyvind		1	1:18:35		1:18:35		
Solberg, Linda	COWI BIL	1	1:11:35	1:11:35			
Solberg, Per Tore	INSTALLATØREN SARPSBORG AS	1	1:36:35	1:36:35			
Solberg, Øivind		2	1:20:06		1:20:06	1:25:48	
Solerød, Even	BENGAN'S FASION	1	1:34:47	1:34:47			
Solgaard, Jon Magnus	OSLOFJORD TRIATLON	3	1:10:09	1:10:09		1:17:59	1:22:24
Sondaj, Martin		2	1:08:15	1:13:41	1:08:15		
Song, Lili		1	1:29:13		1:29:13		
Sperlin, Espen	EIDSBERG IL	2	1:16:28	1:16:32	1:16:28		
Staal Engebretsen, Thorild Cathrine		1	1:35:17			1:35:17	
Stabbetorp, Harald	SARPSBOG IL SVØMMEGRUPPA	1	1:39:02				1:39:02
Stabbetorp, Hilde		2	1:44:02		1:44:02		1:49:08
Stabursvik, Kaja	ÅS IL/TEAM SKIGO	1	1:09:40	1:09:40			
Stallvik, Kent-Åge Tokstad		1	1:14:46		1:14:46		
Stang, Annette Solgaard		1	1:42:18		1:42:18		

## Glommaløpet 10 miles individuelt

### Historikk

Stang, Kristoffer	#TEAMCHEMTRAIL	3	1:21:35	1:29:18	1:21:35	1:25:04	
Stang, Lars Henning		1	1:10:24		1:10:24		
Steffen, Michael	FREDRIKSTAD IF	2	1:20:40	1:21:29		1:20:40	
Stensland, Benedikte		1	1:59:41		1:59:41		
Stensrud, Johnny	MOSS IL	3	1:02:27	1:03:42	1:02:27		1:09:38
Stigen, Erik	FREDRIKSTAD SKIKLUBB	1	1:02:48	1:02:48			
Stigen, Jørgen	FREDRIKSTAD SKIKLUBB	2	1:03:17	1:03:17		1:09:16	
Stigen, Rolf	FREDRIKSTAD SKIKLUBB	1	1:07:21			1:07:21	
Storehjelm, Thine		1	1:15:06		1:15:06		
Strand, Anette		2	1:37:32		1:42:50	1:37:32	
Strande, Børge	FOSS & STRANDE ELEKTRO AS	1	1:17:33	1:17:33			
Strupstad, John Henry	FIK REN-ENG	1	0:55:34			0:55:34	
Strømmland, Lars Frode	LUKE THE DRIFTER'S RUNNING TEAM	2	1:08:01	1:11:08	1:08:01		
Strømstad, Per Arve		1	1:35:05		1:35:05		
Stubberud, Atle	SARPSBORG IL	2	1:24:41		1:24:41	1:32:56	
Sture, Martin		3	1:05:54		1:05:54	1:09:26	1:09:40
Sture, Victor		1	1:26:06				1:26:06
Stæa Johannesen, Stian		1	1:14:13		1:14:13		
Stølan, Helge	JACKON	2	1:17:16			1:17:16	1:26:38
Størmer, Siri	SK VIDAR	1	1:04:40	1:04:40			
Størset, Terje		1	1:06:21		1:06:21		
Støten, Hege	RAKKESTAD SYKKELKLUBB	1	1:41:04			1:41:04	
Sunde, Kathrin	MOSSJONISTENE	2	1:17:34		1:17:34	1:22:40	
Sunde, Turid Holemark	PRIVAT	1	1:23:05			1:23:05	
Sundell, Per Øivind	ØRJE IL	2	1:06:52			1:06:52	1:09:03
Svandal, Magne	FREDRIKSTAD SKIKLUBB	2	1:09:48		1:09:48	1:15:53	
Sveen, Malene		1	1:48:22		1:48:22		
Svello, Janne Helene		1	1:27:20			1:27:20	
Svello, Stine Marit		1	1:40:07			1:40:07	
Svendsen, André		1	1:29:43				1:29:43
Svendsen, Cathrine Haneng		1	1:39:44		1:39:44		
Svendsen, Dag Berg	YVEN IF	1	1:19:00	1:19:00			
Svendsen, Jon Eivind		3	1:24:36	1:28:41	1:39:55	1:24:36	
Svendsen, Linn		1	1:26:23		1:26:23		
Svendsen, Odin		1	1:15:05		1:15:05		
Svendsen, Thomas Horvath	GRESVIK IF	1	1:16:33	1:16:33			
Svensen, Morten	TRIOVING	1	1:28:41	1:28:41			
Svensen, Øyvind		1	1:31:46		1:31:46		
Svensson, Terje	FREDRIKSTAD IF	3	1:13:59	1:22:23	1:13:59	1:22:32	

## Glommaløpet 10 miles individuelt

### Historikk

Syversen, Geir	FREDRIKSTAD IF	2	1:26:15		1:41:38	1:26:15	
Syversen, Janne	FREDRIKSTAD TRIATHLONKLUBB	3	1:34:59		1:48:32	1:34:59	1:37:32
Syversen, Roger	GRESVIK IF	2	1:10:05	1:10:05		1:12:58	
Syversen, Stig Ove	TRANSCOM	3	1:24:58	1:34:36	1:37:20		1:24:58
Syversen, Tonje		1	1:23:38		1:23:38		
Syverstad, Dag Eivind	RÅDE IL	1	1:06:56	1:06:56			
Syvetsen, Knut Reidar		1	1:37:01		1:37:01		
Syvetsen, Martin Mikkelborg		1	1:19:04		1:19:04		
Sæll, Ole Christian	RYGGEJOGGEN	3	1:23:31	1:23:31	1:26:36	1:32:30	
Sætremyr, Anita		1	2:00:21			2:00:21	
Søby, Heine		2	1:51:00			1:51:00	1:54:39
Søby, Jørn		1	2:04:26				2:04:26
Søby, Leif Arne		1	1:18:35				1:18:35
Søgaard, Andrew		1	1:41:06				1:41:06
Sølvberg, Dag		1	1:13:56	1:13:56			
Sølvberg, Svein Arne	OPPEGÅRD IL	3	1:04:26	1:08:04	1:04:26	1:05:17	
Sønsthagen, Jorunn	IL JUTUL	1	1:35:23			1:35:23	
Sørensen, Ole Kristian		3	1:16:05	1:19:01	1:16:05	1:28:32	
Sørensen, Sven Johan	RAKKESTAD SK	1	1:22:40			1:22:40	
Sørli, Aleksander Walberg	SARPSBORG SYKLEKLUBB	2	1:19:05		1:19:05	1:23:42	
Sørli, Arnfinn	SARPSBORG SYKLEKLUBB	2	1:20:14		1:20:14	1:30:43	
Sørum Hansen, Espen		1	1:39:07	1:39:07			
Sørvoll, Alexander	BRYNILD	2	1:21:24	1:26:32	1:21:24		
Søyland, Erling	CAD QUALITY	3	1:20:00		1:20:00	1:22:14	1:26:06
Takelund, Morten		1	2:34:01				2:34:01
Tallis, Kathrine	SENTRUM KAMPSPORTKLUBB SARPSBORG	1	1:58:43				1:58:43
Tandberg, Pål	RSL	2	1:22:56		1:22:56	1:28:22	
Tangen, Margit		1	1:35:40			1:35:40	
Tangen, Morten		1	1:24:17	1:24:17			
Tangerud, Mina Olava		1	1:28:41				1:28:41
Teig, Christine	SK VIDAR	1	1:13:46			1:13:46	
Teig, Robert	BÅSTAD IL SKØYTER	1	1:24:32	1:24:32			
Tharaldsen, Ann Kristin	FREDRIKSTAD IF	2	1:20:47			1:20:47	1:39:10
Tharaldsen, Ole	FREDRIKSTAD IF	1	1:21:49				1:21:49
Thime, Anders		1	1:30:08			1:30:08	
Thirud, Edvard		1	1:34:24	1:34:24			
Thomassen, Christoffer	FREDRIKSTAD TRIATLONKLUBB	2	1:13:58	1:13:58	1:14:48		
Thonvald, Eli		1	1:26:27		1:26:27		



## Glommaløpet 10 miles individuelt

### Historikk

Thorgaard, Jens		2	1:17:33		1:17:33	1:24:26	
Thoring-Strømner, Åsmund		3	1:19:08	1:19:08		1:20:15	1:23:15
Thorsen, Arne	KOLL IL	1	1:40:03	1:40:03			
Thorsen, Lill	KREFTFORENINGEN BIL	1	1:27:30	1:27:30			
Thorsen, Magnus		1	1:09:39		1:09:39		
Thorvaldsen, Beate		1	1:40:32	1:40:32			
Thorvaldsen, Karine Letting	TEAM HEIDERØD	3	1:27:56	1:27:56	1:29:33	1:32:26	
Thorvaldsen, Knut		1	1:32:46		1:32:46		
Thunæs, Lars	LEONBERG	3	1:18:18		1:18:18	1:20:00	1:24:26
Tinbod, Tommy		2	1:14:07	1:15:24	1:14:07		
Tjernes, Fredrik		1	1:16:48	1:16:48			
Tjernshaugen, Jon Ivar	VARTEIG IL	2	1:01:08		1:01:08	1:05:48	
Tofteberg, Anett		3	1:33:33	1:33:33	1:35:21	1:39:46	
Toftegård, Bjørg Mari		1	1:57:23				1:57:23
Toftner, Per Olaf	EGEN	1	1:33:18				1:33:18
Tokerud, Hege	FREDRIKSTAD IF	1	1:28:45			1:28:45	
Torgersen, Trond	TROND TORGENSEN	1	1:09:15	1:09:15			
Torggrimsby, Marianne	MULTICONSULT	1	1:22:44	1:22:44			
Torp, Leni Wilhelms	FREDRIKSTAD IF	1	1:23:59	1:23:59			
Torp, Mads	TMTBYGG AS	1	1:26:32	1:26:32			
Trandum, Daniel	RT 27 FREDRIKSTAD	2	1:35:50	1:35:50	1:44:37		
Tranøy, Jarle		2	1:15:29	1:18:29	1:15:29		
Treimo, Snorre	MULTICONSULT BIL	2	1:11:03	1:15:14	1:11:03		
Tretterud, Øyvind	TEAM BTS	1	1:19:33			1:19:33	
Tretvoll, Beate	BRANDBU IF	1	1:33:43	1:33:43			
Trilljäv, Timo		1	1:16:11	1:16:11			
Tronsen, Tor	SK VERKET	1	1:20:03			1:20:03	
Trotter, Louise Helen		2	1:43:03		1:43:03	1:51:23	
Tvedt, Morten	TEAM NONSTOP	2	1:16:55	1:18:03	1:16:55		
Tveit, Anders		1	1:23:32			1:23:32	
Tveit, Lasse		1	1:14:12		1:14:12		
Tveter, Gry Heidi		1	1:39:13		1:39:13		
Tveter, Kirsten Therese		2	1:35:08	1:45:10	1:35:08		
Twigg, Barry		1	1:29:42				1:29:42
Tyldum, Håvard		1	1:31:25			1:31:25	
Tänav, Armin	SK KEREMEISTER	1	1:27:05	1:27:05			
Tølche, Marta		1	1:57:53		1:57:53		
Tømte, Sjur	FREDRIKSTAD IF	2	1:12:55	1:15:55	1:12:55		
Tønnesen, Egil		1	1:31:56	1:31:56			

## Glommaløpet 10 miles individuelt

### Historikk

Tønnesen, Lasse	ELIXIA	1	1:17:14			1:17:14
Tørmoen, Jørn		1	1:35:50		1:35:50	
Tørring, Hans Are		1	1:30:18			1:30:18
Ulfsrød, Thomas		2	1:21:46		1:21:46	1:36:21
Ulstein Holand, Tabita		1	1:41:15			1:41:15
Ulvin, Eivind Johnsen		1	1:13:33		1:13:33	
Ulvåen, May	FREDRIKSTAD IF	2	1:24:41		1:24:41	1:28:34
Undrum, Marius	SKJEBERG CK	1	1:13:45			1:13:45
Unnerud, Vidar	TRACTORBOYS IL	1	1:12:27			1:12:27
Uran, Steinar		1	1:05:38		1:05:38	
Urstadmyr Tønnesen, Marius	SARPSBORG SPORTSCLUB	1	1:17:14			1:17:14
Utne, Tone		1	1:41:41		1:41:41	
Uttisrud, Erling		1	1:29:23			1:29:23
Vallestrand, Cathrine		1	1:33:40	1:33:40		
Valstad, Inger Marit Stark		1	1:21:27			1:21:27
Valstad, Keino	BØLER IF FRIIDRETT	1	1:05:42			1:05:42
Varnes, Camilla		1	1:50:18		1:50:18	
Vassås, Tor Ivar		1	1:31:47	1:31:47		
Veberg, Karianne		1	1:38:24			1:38:24
Veby, Nina Visjø	SKILØPERNE	2	1:31:39		1:31:39	1:40:17
Vegsgård, Anders	RØDSMYRA SKOLE	1	1:21:01			1:21:01
Verdu Martinez, Ruben		1	1:23:17		1:23:17	
Vestrheim, Kåre Chr		1	1:36:06	1:36:06		
Vidsjå, Harald		1	1:17:02		1:17:02	
Vik, Arne Håkon	TFL HALDEN	1	1:12:04			1:12:04
Vingelsgaard, Ole		1	1:14:46		1:14:46	
Værnes, Hilde Christine		1	1:54:00	1:54:00		
Værnesbranden, Magdalena		1	1:27:13	1:27:13		
Waagbø, Jon	FREDRIKSTAD TRIATHLON KLUBB	1	1:35:01	1:35:01		
Waage, Richard	GRIMSRØD KAMERATENE	1	1:22:40			1:22:40
Waagen, Elise		1	1:16:39		1:16:39	
Wahlgren, Tom	SARPSBORG ORIENTERINGSKLAG	3	1:29:46	1:29:46	1:35:49	1:35:18
Wahlgren, Tove Skiri	SARPSBORG ORIENTERINGSKLAG	3	1:35:56	1:46:45	1:35:56	1:38:39
Walberg, Lena		1	1:11:14			1:11:14
Walbom, Therese Løvås	MOSS SKIKLUBB	1	1:26:55			1:26:55
Walther, Bernt Ludvig	ØSTSIDEN IF	1	1:26:15	1:26:15		
Walther, Lise-Merethe		1	2:04:28		2:04:28	
Wang, Tomas	TEAM ETTERSLEP	2	1:08:15	1:11:57	1:08:15	
Wang, Øyvind		1	1:05:23		1:05:23	

## Glommaløpet 10 miles individuelt

### Historikk

Wang-Johannessen, Ann Mari	TEAM ENGROSFUKT	1	1:48:30			1:48:30	
Watson, Guro		2	1:33:08	1:39:24	1:33:08		
Watvedt, Jørn Sigvart		1	2:05:41		2:05:41		
Weber, David		1	1:20:52		1:20:52		
Wenberg, Thomas	SARPSBORG SYKLEKLUBB	2	1:21:25			1:21:25	1:22:41
Werbrouck, Oelrik		2	1:12:00		1:12:00	1:17:16	
Werbrouck, Oelrik		1	1:11:55	1:11:55			
Westberg, Raymond		2	1:10:39	1:10:39	1:10:40		
Westby, Andreas	SPENST SKJEBERGSENTERET	1	1:17:34			1:17:34	
Westengen, Elisabeth		1	1:48:29	1:48:29			
Westlie, Gunn Elisabeth		1	1:36:21	1:36:21			
Weum Johansen, Sondre		1	1:23:05				1:23:05
Weydahl, Sindre	BÅSTAD IL SKI	1	1:06:03	1:06:03			
Wiig, Nils	FRIKSIS OG SVETTIS FREDRIKSTAD	1	1:18:53	1:18:53			
Wiik, Anita		2	1:39:43	1:39:43	1:46:38		
Wiik, Ann-Kristin		2	1:46:02	1:49:05	1:46:02		
Wiik, Nils-Petter	DRIV I.L	1	1:16:08			1:16:08	
Wilhelmsen, Jan Olav	ASKIM IF	2	1:12:52		1:12:52	1:17:11	
Wilhelmsen, Petter		1	1:21:43			1:21:43	
Willadsen, Geir Aa.	ØSTFOLD POLITIIDRETTLAG	3	1:00:37	1:03:00	1:00:37		1:07:31
Wille, Anette		1	1:55:35	1:55:35			
Wille, Karoline		1	1:32:46	1:32:46			
Winther Knudsen, Espen		1	1:44:39	1:44:39			
Winther, Ole Jørgen		1	1:32:33			1:32:33	
Wisbech, Hanne	FREDRIKSTAD IF	2	1:24:22	1:24:22		1:30:41	
Wold, Monica	FREDRIKSTAD TRIATLONKLUBB	3	1:09:27	1:09:27	1:09:52		1:19:48
Wolden, Petter	OPPEGÅRD	1	1:42:00	1:42:00			
Wright, Baard		1	2:03:41			2:03:41	
Wullum-Lindberg, Ida		1	1:36:23	1:36:23			
Wærnes, Barbro		1	1:45:10		1:45:10		
Yrvum, Svend	MOSSJONISTENE	3	1:26:17		1:27:36	1:26:17	1:37:59
Yrvum, Svend	MOSSJONISTENE	1	1:24:37	1:24:37			
Ødegård, Jorid	TRØSKEN IL	1	1:18:33				1:18:33
Øhickers, Petter	RWE DEA BIL	1	1:25:28				1:25:28
Øiseth, Henrik	COGNACLOSJEN	1	1:34:03			1:34:03	
Økland, Line Kristin Jemtland		1	1:51:02	1:51:02			
Ørdal, Therese	HVALER KOMMUNE	3	1:36:09	1:38:59	1:36:09	1:42:13	
Ørmen, Elin		1	1:47:24			1:47:24	

## Glommaløpet 10 miles individuelt Historikk

Ørseng, Kenneth	TEAM YX	3	1:15:36	1:25:31	1:15:36	1:21:01	
Ørås, Terje	FREDRIKSTAD TRIATLONKLUBB	4	1:05:06	1:07:34	1:05:06	1:06:24	1:09:27
Østby, Martin		2	1:18:38	1:18:38	1:41:34		
Øy, Lars		2	1:03:03	1:03:03	1:05:54		
Åstorp, Bjørn	SARPSBORG O-LAG	3	1:18:55	1:19:09	1:18:55	1:20:32	
<b>Antall deltatt</b>				<b>568</b>	<b>588</b>	<b>484</b>	<b>215</b>