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| **Åpent klubbløp Dølemo 17.01.2021** |  |
|  | **500 m herrer** |  |  |  |  |
| 1 | Pål M. Kristensen | Sen | ASK | 37,44 | Ny banerekord |
| 2 | Sindre Baas | Sen | DIL | 38,48 |  |
| 3 | Øystein Grødum | M40 | ASK | 44,76 |  |
| 4 | Arne Rimmereid | M50 | ASK | 47,33 |  |
| 5 | Stein Neset | M60 | ASK | 47,54 |  |
| 6 | Terje Føreland | Sen | DIL | 48,21 |  |
| 7 | Gaute Haftor Sørensen | M55 | ASK | 49,40 |  |
| 8 | Arnstein Sunde | M55 | ASK | 50,88 |  |
| 9 | Svein Hansen | M70 | ASK | 51,79 |  |
| 10 | Christian Steen | M70 | ASK | 55,90 |  |
| 11 | Aksel Fiane Grødum | R | ASK | 56,77 |  |
| 12 | Jonas Baas | G11 | DIL | 1,01,55 |  |
| 13 | Roger Olsen | M40 | DIL | 1,27,63 |  |
|  |  |  |  |  |  |
|  | **500 m damer** |  |  |  |  |
| 1 | Vilde Baas | Sen | DIL | 44,44 |  |
| 2 | Emily Plozicki | JunB | ASK | 47,98 |  |
| 3 | Kitty Hurum Nesset |   | ASK | 54,97 |  |
| 4 | Nelly Hurum Nesset |   | ASK | 1,15,31 |  |
| 5 | Kaja Skarli Nilsen | R | DIL | 1,38,53 |  |
| 6 | Marie Fiane Grødum | R | ASK | 1,41,12 |  |
| 7 | Vilde Ramse | R | DIL | 1,47,39 |  |
| 8 | Ida Båsland Hansen | R | ASK | 2,02,87 |  |
| 9 | Synne Ramse | R | DIL | 2,09,63 |  |
| 10 | Hedda Skarli Nilsen | R | DIL | 2,09,93 |  |
| 11 | Milla Anine Olsen | R | DIL | 2,21,54 |  |
|  |  |  |  |  |  |
|  | **100 m jenter** |  |  |  |  |
|  | Kaja Skarli Nilsen | R | DIL | 20,98 |  |
|  | Milla Anine Olsen | R | DIL | 23,41 |  |
|  | Hedda Skarli Nilsen | R | DIL | 22,78 |  |
|  | Vilde Ramse | R | DIL | 21,40 |  |
|  | Emily Plozicki | JunB | ASK | 12,47 |  |
|  | Sanna Skarli Nilsen | R | DIL | 40,08 |  |
|  | Mia Ramse Trædal | R | DIL | 67,59 |  |
|  | Synne Ramse | R | DIL | 23,24 |  |
|  | Marie Fiane Grødum | R | ASK | 19,99 |  |
|  | Nelly Hurum Nesset |   | ASK | 17,61 |  |
|  | Ida Båsland Hansen | R | ASK | 23,99 |  |
|  | Guro Ramse Trædal | R | DIL | 29,62 |  |
|  | Kitty Hurum Nesset |   | ASK | 13,89 |  |
|  | Renate Nesland Larssen | J11 | Dristug | 25,16 |  |
|  | Solveig Nesland Larssen | JunC | Dristug | 22,45 |  |
|  |  |  |  |  |  |
|  | **100 m gutter** |  |  |  |  |
|  | Jonas Baas | G11 | DIL | 13,88 |  |
|  |  |  |  |  |  |
|  | **1000 m herrer** |  |  |  |  |
| 1 | Sindre Baas | Sen | DIL | 1,14,82 | Ny banerekord |
| 2 | Pål M. Kristensen | Sen | ASK | 1,16,07 |  |
| 3 | Terje Føreland | Sen | DIL | 1,35,04 |  |
| 4 | Gaute Haftor Sørensen | M55 | ASK | 1,44,61 |  |
| 5 | Christian Steen | M70 | ASK | 1,55,61 |  |
|  |  |  |  |  |  |
|  | **1000 m damer** |  |  |  |  |
| 1 | Vilde Baas | Sen | DIL | 1,35,70 |  |
| 2 | Kitty Hurum Nesset |   | ASK | 1,59,71 |  |
|  |  |  |  |  |  |
|  | **3000 m herrer** |  |  |  |  |
| 1 | Øystein Grødum | M40 | ASK | 4,22,06 |  |
| 2 | Stein Neset | M60 | ASK | 5,17,28 |  |
| 3 | Arne Rimmereid | M50 | ASK | 5,32,98 |  |
| 4 | Arnstein Sunde | M55 | ASK | 5,35,98 |  |
| 5 | Gaute Haftor Sørensen | M55 | ASK | 5,54,11 |  |
| 6 | Svein Hansen | M70 | ASK | 6,01,11 |  |