

# Glommaløpet 10 miles individuelt

## Historikk

Navn	Klubb	Ant.	Bestetid	2022	2019	2018	2017	2016	2015	2014	2013
Abrahamsen, Karl-Ivar		1	1:38:25				1:38:25				
Adamek, Wieslaw		2	1:19:38						1:19:38	1:31:56	
Adolfson, Morgan	Rye Sp.Kl.	2	1:23:26	01:23:26					1:25:04		
Adolfson, Noah	OSLO	1	1:24:11	01:24:11							
Adomaitis, Darius		1	1:20:35						1:20:35		
Agersborg-Sandøy, Line	SARPSBORG	1	1:35:07		01:35:07						
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			
Akre, Lars Erling	SELLEBAKK	1	1:21:36	01:21:36							
Akselsen, Andreas	JACKON	2	1:11:24				1:13:12		1:11:24		
Aleksandersen, David		1	1:25:11							1:25:11	
Alexandersen, Tom	LANGHUS	1	1:27:52		01:27:52						
Alexandersen, Tonje	LANGHUS	1	1:35:58		01:35:58						
Alfei Martinsen, Arne	TEAM MARTINSEN	1	1:31:40				1:31:40				
Alim, Richard	SOON CK	1	1:23:54							1:23:54	
Alnes, Mona	Oppegård IL	1	1:40:56		01:40:56						
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, Cathrine		1	1:23:46				1:23:46				
Amundsen, Dennis	SARPSBORG	1	1:23:21	01:23:21							
Amundsen, Freddy	SEFA	1	1:15:43								1:15:43
Amundsen, Frode	IL EXPRESS	1	1:06:24			01:06:24					
Amundsen, Joakim		1	1:10:10				1:10:10				
Amundsen, Marte		1	1:18:35								1:18:35
Amundsen, Simen	KVERNHUSET BIL	2	1:04:58				1:04:58	1:04:58			
Amundsen, Svein	EIDANGER IL	1	1:13:11				1:13:11				
Andersen, Anders Harald	TORP	2	1:02:51	01:02:51	01:15:33						
Andersen, Anne Marie		1	1:35:13						1:35:13		
Andersen, Audun		1	1:20:34							1:20:34	
Andersen, Eivind Michalsen	GRESSVIK	1	1:25:10	01:25:10							
Andersen, Espen	BORGENHAUGEN	1	1:20:46		01:20:46						

# Glommaløpet 10 miles individuelt

## Historikk

Andersen, Fredrik	NORTIC	2	1:23:08			01:24:44		1:23:08			
Andersen, Frits Atle	FORSVARET	1	1:20:47							1:20:47	
Andersen, Frode		3	1:14:48				1:14:48	1:17:48	1:24:38		
Andersen, Frode		2	1:44:39					1:44:39		1:45:07	
Andersen, Helene Snilsberg	Brynild Gruppen Bil	1	1:26:24		01:26:24						
Andersen, Hilde-Marie		1	1:23:12						1:23:12		
Andersen, Håvard		1	1:36:08							1:36:08	
Andersen, Jørgen		2	1:11:11				1:11:11	1:37:26			
Andersen, Kjersti Gram	SKIMILAJOGGEN	3	1:29:37		01:32:44	01:44:48				1:29:37	
Andersen, Knut Viggo	FREDRIKSTAD IF	2	1:07:18					1:08:06	1:07:18		
Andersen, Kristin	OSLO	1	1:19:06	01:19:06							
Andersen, Lars Petter	SARPSBORG BILSENTER A/S	1	1:30:38			01:30:38					
Andersen, Lars Vincent	Team Jobzone BI	1	1:01:19		01:01:19						
Andersen, Lene Margarete		1	1:40:21						1:40:21		
Andersen, Magnus Cato	FREDRIKSTAD IF	2	0:59:51		00:59:51	01:05:12					
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, Martin Winsvold		1	1:25:48				1:25:48				
Andersen, May Britt		1	1:41:46						1:41:46		
Andersen, Mayna		1	1:45:48								1:45:48
Andersen, Mette Dahle	TEAM SMILEY	2	1:24:46				1:24:46	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 Christian		1	1:11:02				1:11:02				
Andersen, Ole Petter	MOSSJONISTENE	1	1:51:43							1:51:43	
Andersen, Ole-Henrik	SARPSBORG IDRETTSRÅD	3	1:32:30				1:32:30	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, Susanne	GAMLE FREDRIKSTAD	1	2:20:36	02:20:36							
Andersen, Terje	SARPSBORG ARBEIDERBLAD	1	1:37:37					1:37:37			
Andersen, Thomas	ENGELSVIKEN	3	1:04:15	01:04:15	01:07:13					1:09:30	
Andersen, Wibeke	AKTIV MOT KREFT	1	1:46:15			01:46:15					
Andersen, Øystein		1	1:22:42						1:22:42		
Andersrød, Arnt		5	1:12:39			01:24:11	1:15:18	1:14:38	1:12:39	1:19:50	
Andersrød, Odd Arne		1	1:59:53								1:59:53
Andrassen, Renate		1	2:38:55			02:38:55					

# Glommaløpet 10 miles individuelt

## Historikk

Andreassen, Jørgen	Markedspartner	1	1:27:52		01:27:52						
Andreassen, Kjell	Family Sports Club Rakkestad	1	1:55:47	01:55:47							
Andreassen, Mette		1	1:20:59						1:20:59		
Andreassen, Per Øivind	GAMLE FREDRIKSTAD	1	1:14:13	01:14:13							
Andrés, Jacob	KRÅKERØY	1	1:53:31	01:53:31							
Andresen, Atle	KF ENTREPRENØR AS	2	1:24:50			02:15:03		1:24:50			
Andresen, Carina		1	1:48:28			01:48:28					
Andresen, Stig	Fredrikstad IF	5	1:11:22	01:22:05		01:20:18		1:14:08	1:11:22	1:13:59	
Andresen, Terje	SARPSBORG ARBEIDERBLAD	3	1:36:32				1:37:17		1:36:32	1:48:41	
Andresen, Thomas	Fredrikstad Triatlonklubb	4	1:08:13	01:14:59	01:10:01			1:11:45		1:08:13	
Andresen, Viktor	Fredrikstad IF	1	1:09:43	01:09:43							
Andresen, Øystein Jurgen	SARPSBORG IL	4	1:27:20			01:50:36	1:32:13	1:45:21	1:27:20		
Anfinsen, Wenche	FREDRIKSTAD SKIKLUBB	1	1:25:07							1:25:07	
Angelskår, Steinar	FREDRIKSTAD IF	3	1:20:05		01:22:23	01:20:05		1:23:19			
Angeltveit, Lise		1	1:30:59				1:30:59				
Antonsen, Gjermund	SKJEBERG	1	1:41:59		01:41:59						
Antonsen, Kenneth	Rye Sp.Kl. / Hey'di AS	1	1:19:40		01:19:40						
Appelgren, Kaja Rikheim	TEAM FRL	1	1:15:04				1:15:04				
Arnesen, Camilla Opstad	YVEN	4	1:17:18		01:41:59	01:21:54	1:17:18		1:27:42		
Arnesen, Helén	Sans Senja	1	1:26:32		01:26:32						
Arnesen, Jan Morten		1	1:38:33							1:38:33	
Arnesen, Jon Oddvar	FREDRIKSTAD TRIATLONKLUBB	1	1:08:24			01:08:24					
Arnesen, Jostein	BRAATHE GRUPPEN	1	1:20:13				1:20:13				
Arnesen, Leif Gunnar	Sans Senja	1	1:14:10		01:14:10						
Arnesen, Mads	FREDRIKSTAD SKIKLUBB	2	1:04:25				1:04:25	1:09:14			
Arnesen, Magnus	ROLVSØY VEKTLØFTERKLUBB	2	1:19:36				1:19:36		1:24:49		
Arnesen, Monica	Kvernhuset BIL	1	1:33:59		01:33:59						
Arnesen, Thor		1	1:28:23						1:28:23		
Arnesen, Vanja		1	1:36:20				1:36:20				
Arntsen, Ketil	CK ØST	1	1:15:20			01:15:20					
Arntzen, Morten Moberg	KONGSTEN IF	2	1:15:52						1:15:52	1:29:20	
Asbjørnsen, Ann-Kristin Skjelle		2	1:48:04		01:48:04		2:00:00				
Asbjørnsen, Jonatan		2	1:27:44			01:49:25	1:27:44				
Asklien, Marit S.		1	1:29:11						1:29:11		
Aspelund, Hilde	SKYTTERHUSET T.L.	1	1:47:25					1:47:25			

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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, Ida	GIF Joggen	2	1:18:41	01:18:41	01:24:59						
Augustin, Vidar	TEAM AUGUSTIN	4	1:20:22			01:28:34		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 SKIKLUBB	4	1:02:07				1:05:40	1:06:45	1:02:07	1:02:38	
Austbø, Sven Ove		1	1:21:11						1:21:11		
Austerheim, Øystein	Saugbrugs «I Bedre Form»	1	1:05:21		01:05:21						
Axford, Chris	KRÅKERØY	1	1:26:00		01:26:00						
B. Jensen, Thomas	FREDRIKSTAD	1	2:21:19		02:21:19						
Bacari, Cass		1	1:44:07							1:44:07	
Bach, Pål Gjermund	TISTEDAL	1	1:25:36	01:25:36							
Bain, Magnus	MOSS	1	1:26:23		01:26:23						
Bakke Pedersen, Jørgen	GRÅLUM	1	1:29:18	01:29:18							
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	
Bakken, Ruben	KLAVESTADHAUGEN	1	1:30:32	01:30:32							
Bakkeng, Camilla Lynne		2	1:28:51				1:28:51	1:31:09			
Bakker, Alexander Huser		1	1:34:42			01:34:42					
Bakker, Robin	SSK Skjetten Tri	2	1:08:01	01:08:01	01:09:15						
Bakkerud, Siv		1	1:42:21								1:42:21
Bakkevik, Anette	SPENST SKJEBERGSENTERET	1	1:41:04							1:41:04	
Balchen, Jon		1	1:23:53			01:23:53					
Balchen, Jon Andreas		3	1:15:22		01:17:12		1:15:22	1:33:05			
Ballangby, Terje		3	1:28:29			01:48:38	1:28:29	1:36:13			
Ballovarre, Kim-Erik	HVALER KOMMUNE	2	1:32:23				1:32:23			1:41:25	
Baltzersen, Martin Angeltveit	Kondis	1	1:15:01	01:15:01							
Bamrud, Arne	SARPSBORG WHISKY SYMPOSIUM	2	1:12:42							1:12:42	1:14:30

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Bang-Jacobsen, Sander	TORP	1	1:24:41		01:24:41					
Barbulla, Charlotte	Soonløp	1	1:24:57		01:24:57					
Barstad, Christian		1	1:24:33				1:24:33			
Barstad, Ida Cecilie		1	1:22:21		01:22:21					
Barstad, Stian		2	1:27:45				1:27:45	1:33:37		
Barstad, Stig	FREDRIKSTAD	1	1:37:04		01:37:04					
Basberg, Steinar	FREDRIKSTAD IF	3	1:10:08					1:11:52	1:10:08	1:11:35
Bausovac, Sasa		3	1:18:09	01:18:09	01:23:08		1:25:09			
Baustad, Alexander	Romerike Ultraløperklubb	3	1:08:36	01:08:36	01:22:34	01:33:56				
Becker, Cathrine	KOLL IL	1	1:40:03					1:40:03		
Been, Anne Signe	MOSS CK	1	1:13:08							1:13:08
Bekkelien, Mari		1	1:45:17				1:45:17			
Bekkelund, Atle	MOSS	1	1:25:34	01:25:34						
Bekkstrand, Rolf Henrik		1	1:03:57				1:03:57			
Bellmann, Linda		1	1:47:00							1:47:00
Bellmann, Ronnie		1	1:31:19							1:31:19
Belstad, Marius	Onsøy Runners	2	1:21:34	01:21:34				1:24:40		
Benco, Paul	HOVEDSTADSKAMERATENE	1	1:14:38					1:14:38		
Bendiksby, Axel		1	1:06:32						1:06:32	
Benediktsdottir, Agnes	SKILØPERNE	3	1:14:45		01:27:47	01:39:29			1:14:45	
Bengtsson, Monica		1	2:05:16							2:05:16
Bennetsen, Jesper	Ski	3	1:16:20	01:21:07	01:16:20		1:21:03			
Bentsen, Marit		1	2:08:35				2:08:35			
Bentzen, Oda		1	1:38:22				1:38:22			
Berg, Andreas		1	1:36:13						1:36:13	
Berg, Christian	KELDA VIKINGS BIL	2	1:08:43		01:08:43	01:30:46				
Berg, Christine K	ØREÅSEN IL	2	1:22:27				1:22:27	1:29:22		
Berg, Emanuel	ARVIKA	1	1:15:44		01:15:44					
Berg, Guro Elise	SARPSBORG	1	1:58:09		01:58:09					
Berg, Heidi		2	1:28:15		01:28:15	01:41:19				
Berg, Heidi Strømnes		3	1:26:33				1:26:33	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, Kai	GRESSVIK	2	1:12:17	01:12:17		01:12:55				
Berg, Magnus	VISMA BIL	1	1:58:45			01:58:45				
Berg, Robin		1	1:20:36					1:20:36		

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Berg, Roger	TARGET BIL	2	1:35:36			01:45:15				1:35:36	
Berg, Ronny	TEAM ENGELSVIKEN	1	1:47:54							1:47:54	
Berg, Stein Roger	Kråkerøy	1	1:26:00		01:26:00						
Berg, Terje	SALENKIRKEN HALDEN	3	1:32:18					1:32:18	1:32:59	1:54:31	
Berg, Thomas		2	1:21:53		01:21:53	01:31:30					
Bergby, Dag Henrik	AKTIV FOR EPILEPSI	1	1:48:49			01:48:49					
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, Bjørn	KNAPSTAD	1	1:38:02	01:38:02							
Berger, Line	STOREMYR IL	2	1:29:45					1:36:33	1:29:45		
Bergerud, Ole-Kristian	BERGERUD RUNNERS	2	1:19:44			01:19:44	1:20:49				
Berget, Eirik	FREDRIKSTAD	1	1:02:49	01:02:49							
Berget, Håvard	MULTICONSULT	2	1:01:16				1:01:28	1:01:16			
Bergli, Anniken	SKJEBERG	2	1:37:49	01:46:35				1:37:49			
Bergli, Morten		4	1:07:29				1:07:29		1:23:46	1:21:49	1:24:29
Bergsland, Andreas	Trøsken IL	1	0:58:46				0:58:46				
Bergsland, Eirik	VARTEIG IL	1	1:11:13				1:11:13				
Bergsland, Marte Sletten	Trøsken IL	5	1:24:20	01:24:20	01:29:10	01:43:56	1:28:20	1:35:19			
Bergsnev, Ørjan	LAKSELV	1	1:22:40		01:22:40						
Bergstrøm, Tina	Fredrikstad IF	5	1:19:39	01:24:49	01:21:21	01:22:17	1:19:39	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	3	1:23:12		01:30:52		1:23:12	1:29:08			
Berntzen, Catharina		1	1:48:33						1:48:33		
Berntzen, Rune		4	1:13:28		01:27:05		1:13:28	1:16:02	1:17:57		
Berntzen, Simen	VESTERØY	1	1:22:31	01:22:31							
Berthelsen, Gunnar	Lyn Ski	6	1:07:43	01:12:46	01:09:40		1:07:43	1:08:23		1:07:43	1:10:19
Berthelsen, Ida	OSLO IDRETTLAG	1	1:16:39				1:16:39				
Berthelsen, Katarina	NTNU. MARINTEKNIKK LØPEKLUBB	1	1:17:37				1:17:37				
Bertheussen, Kim	TEAM TRIA FAMILY	1	1:09:17					1:09:17			
Bertheussen, Øystein	MANSTAD	4	1:02:08	01:02:08				1:06:03	1:06:38	1:10:27	
Bigum, Ann-Kristin	Saugbrugs BIL	1	1:27:54		01:27:54						
Bigum, Per Ivar	Saugbrugs BIL	1	1:21:17		01:21:17						
Birkeland, Susanne		1	1:43:58							1:43:58	
Bjercke, Jørn Anders	JCB HAGE OG GRØNTAREALER AS	3	1:22:30		01:27:36				1:23:24	1:22:30	

# Glommaløpet 10 miles individuelt

## Historikk

Bjercke, Jørn Cato	JCB HAGE OG GRØNTAREALER AS	4	1:47:30			01:54:16		1:49:48	1:47:30	1:50:26	
Bjerk, Trond	SARPSBORG	4	1:18:36	01:29:45		01:32:54	1:18:36	1:24:36			
Bjerkehagen, Bill	TRØMBORG IL	4	1:21:44		01:21:44		1:23:00	1:23:52	1:27:15		
Bjerkely-Fields, Tommeline	KRÅKERØY	1	1:22:33	01:22:33							
Bjerkenes, Birgitte		2	1:13:40		01:13:40				1:20:41		
Bjerkholt, Linda		1	1:35:44						1:35:44		
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
Bjur, Magnus	BUPP FREDRIKSTAD	2	1:06:53		01:09:55		1:06:53				
Bjurstrøm, Erik		1	1:19:35						1:19:35		
Bjærum, Roar		3	1:14:06		01:16:11				1:14:06	1:17:02	
Bjørge, Åge Kristian	FREDRIKSTAD IF	1	1:20:44								1:20:44
Bjørgulfen, Siri	HVALER BOOTCAMP	1	1:48:42			01:48:42					
Bjørke-Hill, Jon	HØGSKOLEN I ØSTFOLD BIL	4	1:10:17		01:18:46		1:10:44	1:12:19	1:10:17		
Bjørkenes, Espen		3	1:20:48			01:20:48		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	5	1:05:50		01:05:50	01:10:23	1:06:59	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		3	1:26:10			01:35:20			1:30:03	1:26:10	
Bjørnebekk-Waagen, Fredrik	FREDRIKSTAD TRIATHLONKLUBB	2	1:20:59				1:20:59	1:22:02			
Bjørnerud, Kari-Anne		1	1:24:02					1:24:02			
Bjørnland, Marit		1	1:55:38			01:55:38					
Bjørnland, Siri	SARPSBORG	1	1:27:48	01:27:48							
Bjørnnes, Jon Fredrik		1	1:55:05							1:55:05	
Bjørnstad, Andreas	FOSBY STILLAS AS	1	1:25:09				1:25:09				
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
Bjørseth, Rune	VESTBY	1	1:17:19	01:17:19							
Blindheim, Frank	Romerike Ultraløperklubb	1	1:02:03		01:02:03						
Blomkvist, Jan Edvin	OBOS	3	1:20:31			01:27:20	1:20:31		1:20:38		
Blomkvist, Line		3	1:42:18		01:42:18	02:00:27	1:56:24				
Blomkvist, Thomas	Fredrikstad Skiklubb	2	1:24:20	01:35:04		01:24:20					

# Glommaløpet 10 miles individuelt

## Historikk

Bogetveit, Karoline		4	1:30:02		01:34:02	01:47:53		1:42:34	1:30:02		
Bolin, Merete	Skiløperne/Team Sportsmanden	3	1:16:36		01:17:23				1:16:36	1:19:06	
Bones, Rune	TORGET TANNHELSE	1	1:17:27				1:17:27				
Borchgrevink, Lise	SKILØPERNE	1	1:40:19							1:40:19	
Borg, Øystein	Team Egg	3	0:58:11		01:02:26		0:58:11	1:02:01			
Borge Hansen, Per Fredrik	DRAMMEN	1	1:15:10	01:15:10							
Borge, Atle	LYN REGNSKAP AS	2	1:33:50				1:39:20	1:33:50			
Borge, Camilla	LYN REGNSKAP AS	3	1:37:41			01:50:41	1:37:41	1:48:11			
Borge, Håkon	ÅS IL	1	1:11:52			01:11:52					
Borge, Morten	YVEN	1	1:06:59		01:06:59						
Borgen-Johansen, Lise	Robust Coaching	2	1:04:24	01:04:24				1:04:45			
Borger, Thomas	IMTECH	2	1:23:10						1:23:10	1:23:54	
Borgersen, Elin		2	1:47:19			01:54:38					1:47:19
Borgmo, Kjellrun		2	1:58:02					2:09:16	1:58:02		
Borgmo, Knut Gunnar		2	1:56:07					2:00:45	1:56:07		
Bossum, Tor Erling	TEAM FYSIO	1	1:18:18							1:18:18	
Brandsdal, Linn-Kristin	OSLO	1	2:00:26	02:00:26							
Brastad, Ingrid	BØLER IF FRIIDRETT	1	1:26:40					1:26:40			
Brastad, Ole Kristian	Bøler IF	2	1:27:50	01:34:09				1:27:50			
Bratsberg, Vidar	MANSTAD	1	1:17:00	01:17:00							
Bratsberg, Vidar Buer	Raskere enn Bettan	2	1:15:41		01:15:41	01:28:38					
Brattstrøm, Gøran	ASKIM IF	2	1:26:49				1:26:49	1:26:58			
Braut, Birgitte		1	1:35:44			01:35:44					
Bredesen, Ivar Asbjørn	Oslo Handicapil.	2	1:22:00	01:31:50	01:22:00						
Bredesen, Sondre	Gjensidige Sport Øst	1	1:22:05	01:22:05							
Bregård, Kjetil	UNDHEIM IL	1	1:03:43					1:03:43			
Brekke Andersen, Cato	Kjedekollisjon	1	1:24:28		01:24:28						
Brenden, Helge Petter	Rygge IL	1	1:01:35		01:01:35						
Brenne, Jonsigurd	SARPSBORG IL	2	1:06:33			01:16:53	1:06:33				
Brenne, Martin		1	1:44:31							1:44:31	
Brewster, Daniel		2	1:09:40					1:09:40	1:15:51		
Briancourt, Pål		3	1:36:09		01:36:09	01:45:12	1:37:42				
Bringsvor, Tonje	SKILØPERNE	3	1:31:43				1:39:14	1:31:43	1:40:12		
Bristol, Pål		1	1:37:49			01:37:49					
Bro, Anders	OSLO	1	1:11:30		01:11:30						
Brox, Cecilie		1	1:33:14					1:33:14			
Brox, Håkon	NORGE	1	0:56:13							0:56:13	
Brox, Julie Marie Haabeth	IK Tjalve / Tjalve	1	1:00:19	01:00:19							



# Glommaløpet 10 miles individuelt

## Historikk

Brox, Knut A.	NORDREISA IL	1	1:16:52								1:16:52
Brox, Synøve	STURLA	1	1:10:10								1:10:10
Bruce, Peder		1	1:29:04				1:29:04				
Bruheim, Morten		3	1:15:21	01:18:49				1:15:21	1:24:55		
Bruknaapp, Nils Petter		1	1:36:34		01:36:34						
Brunke, Nils		1	1:41:16								1:41:16
Brusevold, Cathrine		1	1:30:56					1:30:56			
Bryhn, Cato		1	1:43:51				1:43:51				
Brynildsen, Anders	Brynild Gruppen Bil	6	1:15:22	01:16:14	01:20:29	1:15:22	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	
Brække, Maria	KRÅKERØY	1	1:24:57	01:24:57							
Braarud Jensen, Ida	FREDRIKSTAD	1	2:05:19	02:05:19							
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, Jahn Otto		1	1:19:05				1:19:05				
Bråthen, Michael		1	1:41:28							1:41:28	
Bråthen, Mona		1	1:20:10				1:20:10				
Braathen, Ole Bjørn	SJÅSTAD VESTRE LIER	2	1:13:49				1:13:54			1:13:49	
Bråthen, Per		1	1:12:44						1:12:44		
Bråthen, Roy	ØSTFOLD ENERGI	2	1:27:38					1:31:46	1:27:38		
Buan, Jan Erik	Team Runners Nordmøre	1	1:05:44	01:05:44							
Buckholm, Lars	HALDEN	1	1:05:22	01:05:22							
Buckholm, Petter	Multiconsult BIL	2	1:01:45	01:01:45			1:16:17				
Budalen, Pål	Østbygda Idrettslag	1	1:06:46	01:06:46							
Buflod, Hilde		2	1:31:02			01:48:04			1:31:02		
Bukholm, Trond-Reidar	HALDEN IL	1	1:08:53							1:08:53	
Bull, Håkon	TJØME LØPEKLUBB	1	1:03:14				1:03:14				
Bunes, Anne	TEAM BONDS	1	1:32:59					1:32:59			
Bunes, Maria		2	1:30:55				1:30:55	1:33:23			
Butteberg, Tom-Helge	JESSHEIM	1	1:22:32	01:22:32							

# Glommaløpet 10 miles individuelt

## Historikk

Bye, Stian	SOONLØP	3	1:10:06				1:10:06	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	
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	
Bø, Renate		1	1:32:26				1:32:26				
Bøckmann, Patrik		1	1:27:46			01:27:46					
Bøhaugen, Sebastian	JWJ Brann & Sikkerhet	1	1:18:00	01:18:00							
Bøhle, Kristian Lous		1	1:40:16			01:40:16					
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			
Bønøggård, Camilla	Gimle IF	1	0:59:57	00:59:57							
Børve, Jacob	GRAABEIN	1	1:25:44					1:25:44			
Bøvve, Knut		2	1:19:55			01:29:09	1:19:55				
Bårdsen, Christine		1	1:44:50			01:44:50					
Baardsgaard, Linn		1	1:46:47					1:46:47			
Baarstad, Morten		1	2:04:01							2:04:01	
Carlsen, Annette		1	1:39:55						1:39:55		
Carlsen, Jon Harald	HALDEN	3	1:10:19				1:10:19	1:12:31	1:13:57		
Castrini, Anna Isotta		1	1:46:17					1:46:17			
Castro, Jackelline		1	1:25:56	01:25:56							
Christensen, Carina		1	1:45:49			01:45:49					
Christensen, Dorthe		1	1:50:31					1:50:31			
Christensen, Hilde	HILDE CHRISTENSEN	1	1:29:30				1:29:30				
Christensen, Ida	FREDRIKSTAD	2	1:50:32	02:00:45				1:50:32			
Christensen, Oddbjørn		1	1:23:58					1:23:58			
Christensen, Siri	SARPSBORG	1	1:50:07	01:50:07							
Christensen, Øystein E. D.		1	1:39:53							1:39:53	
Christiansen, Frode		1	1:17:43					1:17:43			
Christiansen, Jonas		1	1:22:46			01:22:46					
Codiglia, Irene		1	1:39:05					1:39:05			
Collier, Gunvor		1	1:45:50							1:45:50	
Collier, Steve	ATOMEN HALDEN BIL	3	1:11:21				1:21:58	1:11:21	1:12:45		
Coward, Lars Gorgus		1	1:25:50			01:25:50					
Cubas, Ole-Petter	NESODDEN IF	1	1:17:30					1:17:30			
Dagfinrud, Linn Hansen		1	1:20:37						1:20:37		

# Glommaløpet 10 miles individuelt

## Historikk

Dahl, Anders	E-Co BIL	1	1:14:15		01:14:15					
Dahl, Birgitte Wold	Actic Fredrikstad	3	1:30:32		01:36:09		1:39:08		1:30:32	
Dahl, Erling		3	1:13:48	01:17:25		01:18:08			1:13:48	
Dahl, Gry Austvik		2	1:27:31						1:27:31	1:30:58
Dahl, Ina Sofie	GRESSVIK	1	1:33:48	01:33:48						
Dahl, Morten	TEAM DRØBAK MULTISPORT	1	1:03:08			01:03:08				
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	
Dahlberg, Thor-Erik	Team 6-10 Jaakonaho	1	1:27:54		01:27:54					
Dahlby Karlsen, Bjørn		1	1:08:55						1:08:55	
Dahlby, William		1	1:34:54					1:34:54		
Dahle, Anette	MANSTAD	1	1:39:34	01:39:34						
Dahle, Bjørn	Mosvik IL - Friidrett	1	1:02:46	01:02:46						
Dahlgren, Mats	KRÅKERØY	1	1:24:55		01:24:55					
Dahlqvist, Thea		2	1:23:08						1:23:08	1:32:21
Dahlsveen, Ina		2	1:34:45		01:34:45		1:35:48			
Dalen, Gunnar		1	1:12:40					1:12:40		
Dalen, Petter		2	1:14:39					1:14:47		1:14:39
Dalen, Tor	Rustad IL	4	1:12:56	01:25:00	01:19:23		1:14:36		1:12:56	
Dalheim, Jonas		2	1:28:48			01:28:48				1:38:33
Danielsen, Erik	Hvaler Kommune	1	1:19:54		01:19:54					
Danielsen, Heidi		2	1:25:20						1:25:20	1:30:53
Danielsen, Mads	OSLO	1	1:15:26	01:15:26						
Danielsen, Petter	KONGSTEN IF	3	1:24:17				1:39:04	1:24:17	1:25:02	
Danielsen, Aasmund	Superløpstegteam	1	1:14:56		01:14:56					
Daughton, Tara		1	1:40:14							1:40:14
Daidsen, Kristoffer		1	1:56:28				1:56:28			
De Flon, Halvor	FRISKIS OG SVETTIS	3	1:15:10				1:19:46		1:15:10	1:22:12
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
De Presno, Johanne	NTNUI	1	1:26:18			01:26:18				
Dege, Anders F	FSK	2	1:16:01		01:23:02			1:16:01		
Degnes, Bjørnar	Gimle IF	1	1:01:42	01:01:42						
Degnes, Olav Gram		1	1:26:46						1:26:46	
Dehli, Linn		1	1:32:52			01:32:52				
Deighan, John Christian	FROGNER RUNNERS	1	0:53:44			00:53:44				
Delebekk, Pål Anders		4	1:17:20		01:17:20	01:22:24		1:18:51		1:21:33

# Glommaløpet 10 miles individuelt

## Historikk

Delås, Ann Kristin		1	1:33:40						1:33:40		
Derbakk, Nils Jørgen		1	1:16:48							1:16:48	
Didrichsen, Elin	GRESSVIK	1	1:28:13	01:28:13							
Diskerud, Karl-Erik	TELL REKLAMEBYRÅ	7	1:12:51		01:19:52	01:26:36	1:13:07	1:12:51	1:19:21	1:25:20	1:27:15
Distad, Tor-Erlend	Stranda IL / Idrettsansattes Bedriftsidre	1	1:14:56	01:14:56							
Dobewall, Jacob	PROPELLER MUSIC DIVISION	1	1:38:13				1:38:13				
Dolva, Benjamin	BERGEN	1	0:59:33		00:59:33						
Dragvoll, Jan Terje		1	1:07:51						1:07:51		
Dramstad, Maren	Bauta Styrke	1	1:49:16		01:49:16						
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	
Duenes, Kristoffer	FREDRIKSTAD	1	1:38:54	01:38:54							
Dunn, Kieran	Gjensidige Sport Øst	1	1:29:51		01:29:51						
Dutheil, David	SELLEBAKK	1	1:25:55	01:25:55							
Dyve, Martin		1	1:37:47			01:37:47					
Ebeltoft, Jon Ove	SKJEBERG CYKLEKLUBB	2	1:19:19		01:19:19	01:27:56					
Ebeltoft, Kathrine		1	1:56:15			01:56:15					
Eberson, Hanne-Linn		1	1:29:53					1:29:53			
Ebner, Inka	NTNUI	1	1:10:54	01:10:54							
Edvardsen, Svein Tore		3	1:03:23		01:05:31	01:11:04	1:03:23				
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			
Eide, Bjørn Einar	Øystre Slidre IL	2	1:02:15	01:03:31				1:02:15			
Eide, Tatiana	KRÅKERØY	1	1:37:08		01:37:08						
Eidissen, Tage		4	1:14:30			01:35:48	1:21:18		1:14:30	1:18:27	
Eikeland, Joakim	MECA B.I.L	1	1:27:52				1:27:52				
Eikli, Andreas		1	1:25:48			01:25:48					
Eile, Sofie		1	1:33:06			01:33:06					
Eilefsen, Camilla		1	1:56:57							1:56:57	
Eilertsen, Gøran		1	1:54:11			01:54:11					
Einarsen, Henriette	SELLEBAKK	1	1:55:35		01:55:35						
Ekeberg, Martin		1	1:10:42						1:10:42		
Ekeberg-Andersen, Kristine	OSLO	1	1:56:54	01:56:54							
Ekelund, Adrian		1	1:22:27				1:22:27				

# Glommaløpet 10 miles individuelt

## Historikk

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	
Ellefsen, Bernhard		1	1:12:02				1:12:02				
Ellefsen, Heidi	Fredrikstad IF	3	1:15:19	01:17:45	01:17:55		1:15:19				
Ellingsen, Per Morten	SMARTFISH-FUJI. FTK	2	1:00:19				1:00:19				1:01:09
Elnes Hansen, Natalie		2	1:23:37				1:23:37		1:27:42		
Elsebutangen, Christian	Romerike Ultraløperklubb	1	1:12:23		01:12:23						
Elstad, Magne		1	1:37:14						1:37:14		
Elton, Stian	Team Günter	1	1:02:48		01:02:48						
Emanuelsson, Anna	SARPSBORG	1	1:32:00		01:32:00						
Emilsen, Ole		1	1:38:21						1:38:21		
Emrat, Duangrudee	GRÄÄKER	1	1:24:15	01:24:15							
Engdahl, Geir	FREDRIKSTAD TRIATLONKLUBB	1	1:16:55								1:16:55
Enge, Per	HVALSTAD	1	1:26:23	01:26:23							
Engelsen, Per Ekren		4	1:20:25			01:32:18	1:25:22	1:22:29	1:20:25		
Engelstad, Franceska		1	1:24:19						1:24:19		
Engen, Geir	Geir Engen / Hytteplan Sport	1	1:32:32		01:32:32						
Engen, Kenny		1	1:30:44						1:30:44		
Engen, Terje	VARTEIG IL	1	1:23:28								1:23:28
Enger, Steve		1	1:06:08			01:06:08					
Engh, Harald	VARTEIG I.L.	4	1:12:04				1:17:43	1:14:55	1:12:04	1:15:44	
Enghaug, Pål-Andre		1	1:23:47								1:23:47
Engmark, Kristin	FEMIROMA	1	1:36:26				1:36:26				
Enoksen, Roy Harry	Rygge IL	4	1:17:20		01:24:26	01:25:11	1:17:20	1:21:48			
Erichsen, Richard	SARPSBORG	1	1:15:15	01:15:15							
Eriksdatter Mathisen, Sigrid		1	1:51:10			01:51:10					
Eriksen, Beate Thunem		1	1:37:39						1:37:39		
Eriksen, Espen Michael		1	1:19:15						1:19:15		
Eriksen, Iselin		1	2:01:34			02:01:34					
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-Andreas		3	1:15:47					1:18:24	1:15:47	1:25:45	
Eriksen, Lars-Kristian	Sarpsborg IL	1	0:57:36	00:57:36							
Eriksen, Marianne	BORGENHAUGEN	1	1:25:26		01:25:26						
Eriksen, Ole Martin		1	1:18:46								1:18:46

# Glommaløpet 10 miles individuelt

## Historikk

Eriksen, Rune	Rygge IL	6	1:01:35	01:04:53	01:01:35	01:04:29		1:03:37	1:03:47	1:06:55	
Eriksen, Stein		1	1:28:39						1:28:39		
Eriksen, Thomas	SELLEBAKK	1	1:29:05		01:29:05						
Eriksrud, Jonas	GRESSVIK	1	1:13:58	01:13:58							
Eriksrud, Randi	OSLO	1	1:46:25	01:46:25							
Eriksson, Carl		2	1:22:38		01:22:38					1:25:16	
Eriksson, Marita	TRACEGRID	1	1:33:13				1:33:13				
Erixon, Jens A.	OSLO	2	1:21:19	01:30:33	01:21:19						
Erlingsen, Hilde	CALL2ACTION	1	1:35:04				1:35:04				
Erstad, Magnus	Kamp/Vestheim IF	2	0:53:13	00:53:13						1:09:01	
Erthe, Tuija		1	1:29:12						1:29:12		
Ertnes, Gro Merete	Romerike Ultraløperklubb	3	1:24:40		01:29:50		1:24:40		1:30:54		
Ese, Jo	HØGSKOLEN I ØSTFOLD	1	1:17:16					1:17:16			
Eskelund, Elisabeth	FREDRIKSTAD	1	2:05:18	02:05:18							
Eskelund, Frode	LANGHUS	1	1:21:39	01:21:39							
Espelund, Kjetil		1	1:24:53			01:24:53					
Espenes, Edel		1	1:28:24						1:28:24		
Espenes, Olav Vikøren	LYN SKI	1	1:01:31				1:01:31				
Evensen, Andreas		1	1:22:40						1:22:40		
Evensen, Anna Elise	OSLO	1	1:19:07	01:19:07							
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	
Fagerli, Anders	TORP	1	1:29:00		01:29:00						
Falch, Dag Vidar	TRØSKEN/CENTRUM FYSIOTERAPI	2	1:14:32					1:14:32	1:15:23		
Fange, Fredrik	HALDEN	1	1:27:44	01:27:44							
Fange, Per Øyvind	HALDEN	1	1:05:59	01:05:59							
Fatland, Roy		1	1:14:44					1:14:44			
Faukland, Erik Andreas	OSLO	1	2:04:33		02:04:33						
Fejzulai, Mentor	GAMLE FREDRIKSTAD	1	1:23:28	01:23:28							
Fenstad, Ståle	RUSTAD IL	1	1:09:22					1:09:22			
Feragen, Maren	OSLOFJORD TRIATLON	1	1:43:58				1:43:58				
Ferdinand, Martin		1	1:09:13				1:09:13				
Ferguson, Jack	TROSVIK	1	1:40:41			01:40:41					
Ferguson, Paul	FREDRIKSTAD	1	1:30:36		01:30:36						
Ferguson, Stine	FREDRIKSTAD IF	4	1:21:20		01:30:36	01:40:57		1:21:20		1:29:31	
Ferreira, Marianne		2	1:23:09			01:35:52	1:23:09				
Fialho, Robert		1	1:15:59						1:15:59		

# Glommaløpet 10 miles individuelt

## Historikk

Fiko, Robert	VÅLER I ØSTFOLD	1	1:29:53		01:29:53						
Fineidet, Line Mari	FET SKIKLUBB / TEAM FOSS SPORT	1	1:40:13							1:40:13	
Finjord, Pål	SARPSBORG BILSENER	2	1:25:15		01:25:15	01:40:50					
Finnerud, Fredrik	CROSSFIT FREDRIKSTAD	1	1:16:36				1:16:36				
Finseth, Sunniva	TEAM FINSETH	2	1:39:20				1:41:29	1:39:20			
Finstad, Per Morten	Tistedalen FL	1	1:04:28	01:04:28							
Finsveen, Bård	ALBATROSS IL	1	1:31:54							1:31:54	
Fisker, Christine		3	1:21:41				1:22:00	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	
Fjellhøi, Tuva	KRÅKERØY	1	1:27:02	01:27:02							
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
Fladeby, Anders	Halden Kommune	1	1:25:13		01:25:13						
Flandorfer, Camilla		2	1:23:21				1:23:21		1:26:05		
Flatin, Johann		1	1:47:34			01:47:34					
Flatin, Øyvind		1	1:49:15			01:49:15					
Flatland, Baard	Brynild Gruppen Bil	2	1:22:11		01:22:11	01:35:50					
Flatland, Marie		2	1:22:46					1:33:01	1:22:46		
Flatø, Tore	OSHAUG I.L	1	1:34:28			01:34:28					
Flatø, Tore	Asko øst	1	1:32:20	01:32:20							
Flikke, Yngvild Sve		1	1:34:32					1:34:32			
Flodin, Pål		2	1:20:05		01:20:05	01:26:45					
Floor, Tor Hernan		1	1:34:07							1:34:07	
Fluske, Vidar	Mantruck&Bus Norge	4	1:32:29		01:32:29	01:47:42	1:36:38	1:35:22			
Flø, August	FREDRIKSTAD IF	3	0:51:01		00:56:33		0:51:01				0:58:07
Fodstad, Anne Sofie		2	1:29:05				1:55:59		1:29:05		
Fodstad, Jens Christian	FODSTAD FILM	1	1:36:07					1:36:07			
Folkvang, Anders	Sarpsborg IL	3	1:02:24		01:03:22		1:02:24	1:12:12			
Følmer, Arne Chr	HALDEN IL	1	1:10:25								1:10:25
Fondevik, Torbjørn	FREDRIKSTAD	1	1:33:46	01:33:46							
Forsberg, Tommy	Malermestrene Forsberg AS	1	1:26:51		01:26:51						
Forsetlund, Ole Marttin	Fredrikstad IF	5	1:16:47	01:16:47	01:17:08		1:22:18	1:20:31	1:22:00		
Fosbæk, Bjørn	KONGSBERG MARITIME	1	1:35:17				1:35:17				
Foss, Dorte	Raufoss Friidrett	2	1:08:38	01:14:25					1:08:38		
Foss, Ida Christin		1	1:30:59				1:30:59				
Fossbekk, Truls Roar	Rye Sp.Kl. / Team Kondis	1	1:18:53	01:18:53							

# Glommaløpet 10 miles individuelt

## Historikk

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		4	1:16:26		01:19:58		1:37:34	1:18:58	1:16:26		
Fredheim, Christina		2	1:16:09					1:16:47	1:16:09		
Fredheim, Martin	KRÅKERØY	8	1:16:13	01:20:23	01:20:00	01:21:42	1:32:03	1:19:01	1:16:13	1:23:48	1:20:11
Fredheim, Tomas	FREDRIKSTAD TENNISKLUBB	1	1:37:34				1:37:34				
Fredriksen, Glenn Løvli	SYKEHUSET ØSTFOLD	1	1:17:51				1:17:51				
Fredriksen, Maiken		1	1:32:57				1:32:57				
Fredriksen, Ole Petter	AWESOMESAUCE	1	1:21:50				1:21:50				
Fredriksen, Sebastian	SKJEBERG SPORT	2	1:29:57				1:29:57	1:37:14			
Fresh, Morgan	HALDEN	1	1:27:42		01:27:42						
Frey, Caroline Slattum		2	1:25:42						1:25:42	1:40:46	
Fridh, Stina	FREDRIKSTAD	3	1:21:36	01:31:12		01:35:59	1:21:36				
Fridrich, Thomas		1	1:13:52			01:13:52					
Frisvold, Bente	RÅDE	1	1:48:20	01:48:20							
Frostad, Rino Luciano	JULELOGEN	1	1:36:09			01:36:09					
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	2	1:35:14			01:49:03		1:35:14			
Frøyland, Anette	Sats	2	1:37:20	01:37:20	01:41:35						
Frøyland, Jon	Skjeberg CK	7	1:12:53	01:26:06	01:20:25		1:12:53	1:16:24	1:13:28	1:17:39	1:22:40
Frøyland, Thor-Martin	GRANDAHN EIENDOMSMEGLING	2	1:21:42							1:21:42	1:23:26
Fuglem, Tord	VARTEIG IL	1	1:13:26				1:13:26				
Funderud Sælen, Mia Christine	Ørje IL	1	1:21:30		01:21:30						
Furset, Petter	OSLO	1	1:19:53	01:19:53							
Furuheim, Knut Magne	Fredrikstad IF	5	1:08:15	01:10:40	01:08:15	01:09:27		1:09:46	1:13:38		
Førrisdal, Tor Helge	LØPEKAMMERATENE	1	1:24:38				1:24:38				
Førsund, Erlend	Spring	5	1:28:42	01:28:42	01:32:18	01:43:43	1:42:42	1:44:23			
Gammelsrud, Lennarth	ØSTBYGDA IL	2	1:24:48				1:24:48		1:25:31		
Gangestad, Stephen	FREDRIKSTAD IF	5	1:14:08				1:15:14	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	TEAM FJELLA	3	1:25:36			01:27:44	1:26:17			1:25:36	
Gathen, Hege	FREDRIKSTAD IF	4	1:14:35		01:17:00	01:20:40		1:16:16	1:14:35		
Gaustad, Anders	LERVIK IF	2	0:59:40				0:59:40	1:02:13			



# Glommaløpet 10 miles individuelt

## Historikk

Gautun, Preben	FREDRIKSTAD IF	2	1:04:45					1:04:45	1:07:52	
Geelmuyden, Johnny		1	1:18:27						1:18:27	
Georgsen, Deirdre		1	1:33:05			01:33:05				
Giltvedt, Kaja	FRAMBU BIL	1	1:23:53				1:23:53			
Gimmestad, Idar	STATNETT BIL	1	1:25:31					1:25:31		
Githmark, Andreas	SARPSBORG	1	1:35:40	01:35:40						
Githmark, Ann-Therese Bjørsvik	HAFSLUNDSØY	1	1:46:52		01:46:52					
Gjerlaugsen, Lars	GLOMMA TANNKLINIKK	2	1:30:52				1:35:48	1:30:52		
Gjerløw, Thor	Gresvik IF	1	1:36:31	01:36:31						
Gjertsen, Lars Magne	FOFIL	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	2	1:08:22				1:08:22	1:12:49		
Gjølstad, Kjetil	FRISKIS OG SVETTIS	1	1:22:24							1:22:24
Gjøsæter, Eirik	TEAM BLIKKENSLAGAR FLOTVE	4	0:58:23			01:05:44	0:58:23	0:59:13	1:00:56	
Glende Eriksen, Ole Martin		2	1:13:57					1:13:57	1:19:26	
Glomsrød, Erik	Saugbrugs BIL	1	1:31:37		01:31:37					
Glomsrød, Thale	BERGSVINGEN IL	2	1:15:58			01:18:13		1:15:58		
Glückstad, Ole Petter		3	1:31:05			01:54:10	1:36:18	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		
Godager, Marianne		1	1:44:24			01:44:24				
Godtlund Bråthen, Marthe		1	1:22:42							1:22:42
Gonda, Louis	Kelda Vikings	2	1:08:05		01:08:05	01:08:41				
Gonzalez, Diego	SMELLS LIKE TEAM SPIRIT	4	1:11:06		01:11:06	01:13:43		1:14:40	1:18:54	
Goodchild, Steinar	PRIVAT	1	1:20:21							1:20:21
Gorola, Aleksander	Aleksander Gorola	1	1:33:16	01:33:16						
Gottfridson, Linus	FREDRIKSTAD TRIATLONKUBB	2	1:12:09			01:15:28	1:12:09			
Graham, Kari Elisabeth	Fredrikstad IF	4	1:30:35	01:38:05	01:31:45		1:30:35	1:31:15		
Grandahl, Birgit		1	1:47:26						1:47:26	
Grandahl, Birgit	GRANDAHL EIENDOMSMEGLING AS	1	1:43:15					1:43:15		
Granli, Ole-Jan	MYSEN TENNISKLUBB	2	1:08:53				1:08:53		1:14:14	
Granlund, Per-Øyvind	LIFE KIROPRAKTIKK	1	1:02:50				1:02:50			
Grannes, Stian	TEAM EKEBERG	1	1:24:27							1:24:27
Granstrøm, Lene		1	1:47:13							1:47:13
Grav Børthus, Martine	Sarpsborg	2	1:14:55	01:14:55	01:19:36					
Greaker, Richard	Etek	1	1:22:41		01:22:41					

# Glommaløpet 10 miles individuelt

## Historikk

Grendal, Tom	SKJEBERG	3	1:14:44	01:19:10	01:21:49			1:14:44			
Gretland, Jon-Erik	TEAM PARADISAAK	3	1:23:21						1:27:20	1:23:21	1:29:27
Grevsnes, Gunn	Oppegård IL	1	1:16:07		01:16:07						
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	Fredrikstad Triatlonklubb	5	1:06:25	01:06:31	01:06:25			1:06:58	1:08:20	1:18:13	
Grini, Halvard	FREDRIKSTAD IF	2	1:15:41		01:15:41	01:20:52					
Grinna, Mari	KALNES	1	1:58:29			01:58:29					
Gripsrud, Mattias		2	1:25:47			01:31:42	1:25:47				
Groth, Trine		1	1:38:11				1:38:11				
Grundstad, Thomas		1	1:23:10						1:23:10		
Grundt-Ileby, Helene Louise	ROLVSØY	2	1:38:03	01:38:03					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		
Grønli, Christian Fredrik		1	1:25:49				1:25:49				
Grønneberg, Ketil		4	1:11:42				1:11:42	1:13:52	1:16:22	1:22:31	
Grønneberg, Marie	FREDRIKSTAD IF	6	1:08:18		01:08:18	01:10:24	1:08:26	1:09:01	1:10:01	1:14:21	
Grønneren, Grete	RAKKESTAD SYKKELKLUBB	2	1:25:44						1:25:44	1:29:44	
Grønsund, Are Sakarias		1	1:29:41					1:29:41			
Grønvold, Elisabeth Berg		1	1:40:20						1:40:20		
Graarud, Harald		1	1:13:46						1:13:46		
Graasten, Kjell	BORGEN IL	2	1:19:58							1:20:05	1:19:58
Gucwa, Gregor		1	1:42:07							1:42:07	
Gudem, Hilde	Sportsklubben Vidar / Team Günter	1	1:09:41		01:09:41						
Gudevold, Anders	TELENOR BIL	1	1:46:19					1:46:19			
Gudevold, Karoline		1	1:42:35					1:42:35			
Gudmundstuen, Tor		2	1:28:32			01:35:14				1:28:32	
Gulbrandsen, Cecilie	BRUA FYSIKALSKE	4	1:28:45			01:38:01		1:28:45	1:30:30	1:34:03	
Gulbrandsen, Elin		2	1:32:46		01:32:46		1:33:23				
Gulbrandsen, Marius	TUMASTU SPORT&SPILL;	1	1:34:47							1:34:47	
Gulbrandsen, Thomas	NETTAVISEN	1	1:12:44			01:12:44					
Gundersen, Martin	GRESSVIK	1	0:59:10	00:59:10							
Gundersen, Ottar	MULTICONSULT	1	1:35:15				1:35:15				
Gundersen, Terje	RYGGE IDRETSLAG	3	1:21:12			01:27:28		1:21:12			1:25:21
Gundersen, Tore	HAFSLUNDSØY	1	1:25:42		01:25:42						
Gunnarson, Erlend	FÆRVIK	1	1:26:30		01:26:30						
Gunnarson, Kolbjørn	FÆRVIK	1	1:27:22		01:27:22						

# Glommaløpet 10 miles individuelt

## Historikk

Gurandsrud, Jørgen	FREDRIKSTAD IF	5	1:32:03				1:34:57	1:35:21	1:32:03	1:37:28	1:35:55
Gurung, Ozzy	FREDRIKSTAD	6	0:59:07	01:03:57			0:59:07	1:00:52	1:00:47	1:03:15	1:07:34
Gustafsson, My	STERK	1	1:42:14			01:42:14					
Gustavsen, Bjørg		2	1:41:15					1:41:16	1:41:15		
Gustavsen, Fredrik		1	1:23:39				1:23:39				
Gustavsen, Kathrine	ROLVSØY	1	1:40:33		01:40:33						
Gustavsen, Rene-Charles	GRISSEHAMN	1	1:42:16	01:42:16							
Gustavsen, Sven	SARPSBORG	1	1:39:10		01:39:10						
Guthu, Geir Ole	COWI	2	1:06:55	01:06:55					1:21:27		
Guthu, Jon	HIOA	3	1:14:19						1:16:12	1:14:19	1:19:40
Guttormsen, Christer	HEVINGEN IL	4	1:00:57		01:00:57	01:03:43	1:06:33	1:10:44			
Guttormsen, Emilie	GRESSVIK	1	1:47:15	01:47:15							
Guttulsrød, Ole	RYGGEJOGGEN	1	1:19:45				1:19:45				
Gøransson, Ida	TEAM GØRANSSON	2	1:17:20				1:17:20	1:19:57			
Gøransson, Lasse	TEAM GØRANSSON	2	1:09:23				1:09:23	1:10:29			
Gøransson, Lise	TEAM GØRANSSON	1	1:37:19				1:37:19				
Gaarden, Camilla	SARPSBORG	2	1:33:01	01:33:01		01:59:28					
Gaarden, Henrik	SARPSBORG	1	1:32:18		01:32:18						
Gaarder, Fredrik		2	1:25:23				1:25:23		1:27:09		
Haddeland, Gro		1	1:34:58				1:34:58				
Hafnor, Johannes		1	1:27:43				1:27:43				
Hagen, Charlotte Scott		2	1:15:19					1:17:35	1:15:19		
Hagen, Lisbeth	Kondis Nes	1	1:24:46	01:24:46							
Hagen, Magnus		2	1:22:05			01:22:27	1:22:05				
Hagen, Morten	Lundeløperne	2	1:10:13		01:10:13	01:35:14					
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	
Halle, Alexander Braseth	FREDRIKSTAD	4	1:08:00	01:08:00	01:31:45	01:28:15	1:10:11				
Hallstensen, Per Åge		3	1:08:56			01:18:33			1:08:56		1:21:32
Hals, Erik	Bergen Triathlon Club / Fredrikstad Tria	1	1:14:10		01:14:10						
Halstensen, Talette Borsheim		2	1:25:09						1:25:09	1:36:11	
Halvorsen, Ellen Therese Skau	SARPSBORG	1	1:28:23	01:28:23							
Halvorsen, Joachim		1	1:44:12						1:44:12		
Halvorsen, Lars Erik		2	1:25:07					1:27:50	1:25:07		
Halvorsen, Linn		1	1:56:16			01:56:16					
Halvorsen, Sara		1	1:34:21					1:34:21			
Halvorsen, Selma	KONGSTEN IF J06	1	1:55:58				1:55:58				

# Glommaløpet 10 miles individuelt

## Historikk

Halvorsen, Tora		1	1:43:37			01:43:37					
Halvorsen, Tor-Arne		3	1:19:04				1:19:04	1:25:20	1:23:03		
Halvorsen, Øyvind	FREDRIKSTAD IF	1	1:27:51					1:27:51			
Hammer, Tone	MARKEDSPARTNER	3	1:45:00			01:56:45	1:45:00	1:46:46			
Hammerseng Lund, Mari	KVERNHUSET BIL	2	1:15:43			01:24:25		1:15:43			
Hammerstad, Kim Arne	SK Svette	1	1:22:25		01:22:25						
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	
Handegård, Espen	FREDRIKSTAD IF	2	1:21:22						1:21:22	1:28:17	
Hansen Bjørnland, Siri		1	1:34:41			01:34:41					
Hansen, Aleksander	FOSBY STILLAS	1	1:43:48					1:43:48			
Hansen, Anders		2	1:18:59		01:20:56			1:18:59			
Hansen, Arild	HUNNDALEN	1	1:30:45		01:30:45						
Hansen, Arild Olsrud	SKJEBERG SK	4	1:26:20				1:27:49	1:36:37	1:26:20		1:33:20
Hansen, Cathrine		1	1:37:54			01:37:54					
Hansen, Esben	QUALITY HOTEL	1	1:24:44			01:24:44					
Hansen, Frank	DRAMMEN BALLKLUBB	1	1:13:33								1:13:33
Hansen, Fredrik	CK Øst	1	1:28:20		01:28:20						
Hansen, Frode Ulvik	Ås	1	1:37:15		01:37:15						
Hansen, Grete Lill	ESSO RAF SPORT	1	1:38:08								1:38:08
Hansen, Hanne	INFOTJENESER	1	1:27:32					1:27:32			
Hansen, Ingvild Solberg	SARPSBORG	1	1:36:54		01:36:54						
Hansen, Joachim	KONGSBERG DIGITAL	1	1:19:22					1:19:22			
Hansen, Karsten F.		1	1:17:51						1:17:51		
Hansen, Kathrine Ruud	KVERNHUSET BIL	5	1:12:28		01:13:31	01:17:04	1:12:28	1:12:56		1:19:42	
Hansen, Kristin	HUNNDALEN	1	1:30:46		01:30:46						
Hansen, Lars	MARKEDSPARTNER	1	1:08:52					1:08:52			
Hansen, Lars Andre		1	1:50:13							1:50:13	
Hansen, Lars-Erik		1	1:06:23		01:06:23						
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	Fredrikstad IF	8	1:23:49	01:41:53	01:30:41	01:38:51	1:23:49	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, Nina Bakke	OCR NORWAY	1	1:32:54					1:32:54			
Hansen, Ole Johnny	FREDRIKSTAD	1	1:21:56	01:21:56							
Hansen, Rolf		1	2:40:26								2:40:26

# Glommaløpet 10 miles individuelt

## Historikk

Hansen, Ronny		2	1:50:14		01:50:14	02:03:22					
Hansen, Stine	TEAM SMARTFISH FUJI /SKILØPERNE	2	1:29:12				1:29:12	1:32:11			
Hansen, Terje	Fredrikstad IF	8	1:13:55	01:35:53	01:21:00	01:27:00	1:18:43	1:17:54	1:13:55	1:15:38	1:17:20
Hansen, Terje		1	1:53:03			01:53:03					
Hansen, Therese Marie		1	1:35:18							1:35:18	
Hansen, Thomas		1	1:24:42			01:24:42					
Hansen, Thomas Rene	BSV Triatlon Klubb	4	1:11:12	01:17:25	01:11:12	01:11:50		1:21:50			
Hansen, Tone B	MARKEDSPARTNER	1	1:48:53					1:48:53			
Hansen, Tone Merete		1	1:56:18			01:56:18					
Hansen, Torkil Skancke	IMTECH	1	1:44:12							1:44:12	
Hansen, Tron	IMTECH	1	1:35:14							1:35:14	
Hansen, Trond-Vidar Due	SELLEBAKK	3	1:19:47	01:22:29	01:19:47				1:31:54		
Hansen, Vidar Boye		3	1:20:21			01:48:39		1:22:57	1:20:21		
Hansen, Wenche Brodtkorb		4	1:33:23	01:33:23	01:37:55	01:45:54		1:35:38			
Hansen, Øystein	GRESSVIK	1	1:34:48	01:34:48							
Hanssen, Jan Frode	RÅDE LØPEKLUBB	1	1:34:46								1:34:46
Hansteen, Cato	Romerike Ultraløperklubb	2	1:06:51		01:11:33		1:06:51				
Haraldsen, Anna		1	1:54:35							1:54:35	
Haraldsen, Sindre	Fredrikstad IF	3	1:19:46		01:20:08	01:31:38	1:19:46				
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	
Harsem, Magnus	FREDRIKSTAD	1	1:25:01	01:25:01							
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	Yven IF	2	1:20:00	01:28:33				1:20:00			
Haslerud Stjern, Sondre		1	1:24:44						1:24:44		
Haslie, Anders	VESTBY	1	1:00:37	01:00:37							
Haslie, Marit	Sportsklubben Vidar	1	1:01:57	01:01:57							
Hassel, Lars Petter	HAFSLUNDSØY	2	1:31:36	01:31:36	01:39:01						
Hasselblom, Jeanette	STRÖMSTAD	1	1:46:45		01:46:45						
Hasselgård, Vegard Ringsby		1	1:18:16					1:18:16			
Hasselstrøm, Kaja		4	1:14:54		01:18:47		1:14:54	1:22:46	1:26:38		
Hassing, Tove Elisabeth	FREDRIKSTAD IF	2	1:30:51				1:38:47	1:30:51			
Hasvold, Helge	FREDRIKSTAD KOMMUNE	1	1:33:19					1:33:19			
Hatlelid, Maria		1	1:30:31							1:30:31	
Hattevig, Ralph		1	1:09:43							1:09:43	
Hauer, Robert		1	1:16:15						1:16:15		

# Glommaløpet 10 miles individuelt

## Historikk

Haug, Lene		1	1:42:02				1:42:02			
Haugan, Rune	TILTAKSGRUPPA FOKUS	1	1:12:06						1:12:06	
Haugan, Truls	GAMLE FREDRIKSTAD	1	1:48:18	01:48:18						
Haugbro, Tom Andreas	TEAM PURESIENCE FUJI/SAGA	1	1:41:57			01:41:57				
Hauge, Hilde		3	1:33:19		01:39:28	01:45:22	1:33:19			
Hauge, Jon Petter		1	1:40:20				1:40:20			
Hauge, Lars	Greåker IF	6	1:07:26	01:12:52		01:12:21	1:07:54	1:08:40	1:07:26	1:14:20
Hauge, Ole Fredrik	Europris	2	1:23:40		01:23:40	01:29:26				
Haugen Bråthen, Lisbet	RUDSBYGD	1	1:34:13							1:34:13
Haugen, Elin Engeli	FREDRIKSTAD	1	1:56:36	01:56:36						
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	5	1:07:51		01:07:51	01:11:31	1:10:01		1:10:14	1:19:20
Haugsgeng, Petter	Bøler IF / Bøler IF Friidrett	1	1:16:08	01:16:08						
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
Hedlund Andersen, Hege		1	1:40:31				1:40:31			
Hedlund, Marie		2	1:42:59		01:47:04		1:42:59			
Hegge, Rene	FREDRIKSTAD	4	1:19:45	01:32:05		01:36:50			1:19:45	1:32:29
Heggenes, Tommy	GREÅKER	1	1:10:37	01:10:37						
Heggenes, Tommy Tveter	TRØSKEN IL	2	1:09:20		01:12:49		1:09:20			
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
Heiberg, Gunn-Marit	Kondis	1	1:40:52	01:40:52						
Heidenberg, Marius		1	1:21:36				1:21:36			
Heier, Andreas Johansen	Evo Fitness	1	1:13:22		01:13:22					
Heier, Hege Kristin		2	1:30:18		01:30:18	01:44:24				
Heier, Per Arne		1	1:22:36					1:22:36		
Heier, Ragnar		1	1:21:59						1:21:59	
Heieren Hansen, Cathrine		1	1:41:40			01:41:40				
Heieren Hansen, Ole Christoffer	Ole Christoffer Heieren Hansen	1	1:17:04		01:17:04					
Heines, Hans Erik	STATENS VEGVESEN	1	1:31:32				1:31:32			

# Glommaløpet 10 miles individuelt

## Historikk

Heines, Per Christian	ZENITH SURVEY	3	1:28:40		01:39:33		1:31:23		1:28:40		
Heinrich, Kjell	Team Nordic Trail	1	1:11:28		01:11:28						
Helgesen, Jane		1	1:47:19							1:47:19	
Helgesen, Martin	Sarpsborg IL	5	1:02:28		01:09:03	01:13:56	1:02:28			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	2	1:15:49				1:15:49			1:20:24	
Helminsen, Kristoffer	FREDRIKSTAD SKIKLUBB	1	1:12:54				1:12:54				
Hendset, May Kristin		5	1:37:02		01:37:02	01:51:03	1:59:10	2:00:16	1:47:02		
Henriksen, Aleksander	Team Egg	2	1:11:23		01:11:23						1:33:57
Henriksen, Andreas	SARPSBORG	1	1:05:43	01:05:43							
Henriksen, Bengt	OSLO	4	1:22:38	01:40:35	01:22:38	01:27:06	1:35:53				
Henriksen, Espen		1	1:28:49				1:28:49				
Henriksen, Jan Erling		1	1:48:08				1:48:08				
Henriksen, Roar	Skjeberg Sport	1	1:23:52		01:23:52						
Henriksen, Silje Grande		1	1:41:33						1:41:33		
Henriksen, Sindre	TISTEDAL	3	1:33:59	01:33:59	01:36:40	01:48:16					
Heramb Johansen, Anders	SWECO	1	1:23:42				1:23:42				
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	3	1:15:43				1:15:43	1:19:40	1:22:46		
Hermansen, Per	Rygge IL / Ryggejoggen	3	1:13:59	01:16:04	01:16:39				1:13:59		
Hermansen, Thomas A	ROLVSØY VEKTLØFTERKLUBB	2	1:23:20					1:23:23		1:23:20	
Hermansen, Vidar	FREDRIKSTAD SKIKLUBB	2	1:13:26			01:28:03	1:13:26				
Hermstad, Magnus		1	1:17:56	01:17:56							
Hetland, Henning	OSLO	2	1:26:28	01:46:36						1:26:28	
Hetlelid, David		1	1:33:59			01:33:59					
Hildebrand, Fredrik	JM NORGE AS	2	1:15:12		01:15:12	01:23:18					
Hinsch, Malte	Northern Runners / Sissies Sind Schuld	4	1:04:51		01:05:27	01:07:15	1:04:51	1:05:50			
Hjardar, Espen	KVERNHUSET BIL	4	1:10:03		01:16:23	01:15:16	1:10:03	1:12:56			
Hjelle, Øivind		1	1:44:43			01:44:43					
Hjelvin, Erik	PFIZER AKTIV	1	1:28:43							1:28:43	
Hjemdal, Ingeborg	ASKIM	1	1:34:09			01:34:09					
Hjemly, Håkon		1	0:56:29						0:56:29		
Hjermstad, Marianne	FOSSUM IF	1	1:16:21				1:16:21				
Hjermstad, Ragnhild	FOSSUM IF	1	1:10:47				1:10:47				

# Glommaløpet 10 miles individuelt

## Historikk

Hjerpseth, Dag	TEAM SPORTSMANDEN	1	1:19:33			01:19:33				
Hjerpseth, Monika	TEAM SPORTSMANDEN	1	1:31:29			01:31:29				
Hoff, Kathrine	KNAPSTAD	2	1:26:47	01:45:25	01:26:47					
Hoff, Line	Hamar IL	1	1:18:21		01:18:21					
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		
Hogsted, Jens	Team Princess	1	1:14:50		01:14:50					
Hogsted, Jens Petter	TEAM PRINCESS	1	1:22:37					1:22:37		
Holberg, Janne		2	1:34:26			01:38:38		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	3	1:09:55			01:20:41		1:12:18	1:09:55	
Holme, Knut Veulf	GAMLE FREDRIKSTAD	1	1:49:07		01:49:07					
Holme, Simen		1	1:39:32							1:39:32
Holmen, Kjell Runar	RAKKESTAD	1	1:33:38	01:33:38						
Holmestrand, Anna Kristine		1	1:52:07					1:52:07		
Holmestrand, Bjørn		1	1:32:59					1:32:59		
Holm-Nilsen, Eirik	LARKOLLEN	1	1:13:21	01:13:21						
Holmskau, Kristine		1	1:35:48						1:35:48	
Holmskog, Stian	PENTEX AS	3	1:23:42			01:23:42		1:25:54	1:28:48	
Holte, Tonny	Sturla	5	1:09:43		01:09:43		1:11:53	1:21:42	1:14:26	1:29:56
Holten, Eivind		1	1:22:37		01:22:37					
Holten, Line Henriette		2	1:23:24			01:34:09		1:23:24		
Holth, Anette	ASPIRE BRANDS	1	1:44:11			01:44:11				
Holth, Jonas	Rema 1000 Hvaler	7	1:25:59	01:39:09	01:38:32	01:33:31	1:26:26	1:32:52	1:31:41	1:25:59
Holth, Kristine		1	1:38:31				1:38:31			
Holth, Merethe		1	1:25:18				1:25:18			
Homstvedt, Oddbjørn	F.I.L. BORG	1	1:04:23				1:04:23			
Hongve, Torkjel	Siggerud IL	3	1:11:18	01:11:18		01:17:29	1:15:44			
Horgheim, Julius	KONGSTEN IF	2	1:16:33					1:16:33	1:24:54	
Horgheim, Oda	KONGSTEN IF J06	1	1:38:55				1:38:55			
Horn, Helge Jacob	SKI	1	1:21:34		01:21:34					
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



# Glommaløpet 10 miles individuelt

## Historikk

Hovden, Anna Kristina	OSLO	1	1:12:58	01:12:58							
Hovind, Eirik Kamstrup		1	0:58:19					0:58:19			
Hovland Bøe, Andrea	FREDRIKSTAD	1	1:33:48	01:33:48							
Hox, Karianne	Team Hoxli	1	1:50:59	01:50:59							
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		
Hugubakken, Oliver	ELGÅ	1	1:16:44		01:16:44						
Hugubakken, Tommy	TYNSET	2	1:14:07	01:14:36	01:14:07						
Hugubakken, Trond	OSLOFJORD TRIATLON	1	1:14:08				1:14:08				
Hult, Christer	LIRE BK	6	0:59:24		00:59:24	01:04:01	1:05:03	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		
Husaini, Pazar		1	1:39:03			01:39:03					
Huse, Alexander		1	1:14:21				1:14:21				
Huse, Christian	GRÅLUM	1	1:12:20	01:12:20							
Huseby, Mari Hauge	HALDEN	1	1:54:18	01:54:18							
Huser Bakker, Alexander		1	1:05:35				1:05:35				
Hustoft, Yngve	YNGVE HUSTOFT	1	1:30:39				1:30:39				
Huth, Emma	HVALER KOMMUNE	1	1:47:55			01:47:55					
Hystad, Inger Lise	Østbygda IL	4	1:08:16		01:08:16			1:09:41	1:11:09	1:14:36	
Häbler, Morten	FREDRIKSTAD IF	2	1:11:01				1:11:01				1:14:19
Hæren, Tina	TRØSKEN IL	1	1:31:59								1:31:59
Høgberg Johansen, Mikael		2	1:21:32			01:24:16			1:21:32		
Høgberg Johansen, Theres		2	1:20:11			01:24:18			1:20:11		
Høgsæt, Frøydis		1	1:33:16						1:33:16		
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			
Høisæther, Erik	FOPIL	1	1:29:18				1:29:18				
Høland, Vegard	SARPSBORG	1	1:30:32		01:30:32						
Høydal, Audun		1	1:51:56							1:51:56	
Høye, Andreas	SLEVIK IL	1	0:52:59				0:52:59				
Høyum, Charlotte	MANSTAD	1	1:38:37		01:38:37						
Høyvik, Erik		1	1:05:03					1:05:03			

# Glommaløpet 10 miles individuelt

## Historikk

Høyaas, Lene Christine	KLAVESTADHAUGEN	4	1:47:31	01:47:31	01:47:48	02:14:27	1:51:46				
Haabeth, Audun		1	1:02:07					1:02:07			
Haabeth, Ingeborg Marie		1	1:23:13						1:23:13		
Haabeth, Jørn	Fredrikstad IF	5	1:10:37	01:12:27				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	
Haagensen, Olaf		1	1:11:25				1:11:25				
Håkensen, Janne		1	1:21:59				1:21:59				
Haakaas, Erik	Trøgstad Skiklubb	1	1:17:34		01:17:34						
Haakaas, Julian Teige	Trøgstad Skiklubb	1	1:10:09		01:10:09						
Haaland, Anders	OSLO	2	1:12:02	01:12:02		01:18:21					
Haalien, Ola	JLT Norway	1	1:36:48		01:36:48						
Haalien, Stine	BLOMMENHOLM	1	1:16:37		01:16:37						
Haartveit, Erlend Ystrøm	FREDRIKSTAD	1	1:14:44	01:14:44							
Håvik, Claus	Team Ronja Isabell	1	1:25:26	01:25:26							
Håvik, Sohaila Shakari	Team Ronja Isabell	1	1:48:39	01:48:39							
Idland, Cicilia	HALDEN TRIATHLON	1	1:14:17			01:14:17					
Igdun, Sarah		1	1:28:18				1:28:18				
Ihle, Ulrika		1	1:28:36				1:28:36				
Imrik, Elisabeth		1	1:43:09								1:43:09
Imrik, Lasse		2	1:35:12		01:35:12	01:45:35					
Imrik, Voica		2	1:35:12		01:35:12	01:45:34					
Indrevoll, Ann-Hege	Femi Run	4	1:39:26	01:51:28	01:42:17	01:43:24	1:39:26				
Indstøy, Morten		2	1:23:33				1:28:18	1:23:33			
Ingdahl, Inger Marie		1	1:18:58					1:18:58			
Ingebrigtsen, Marthe Christine		1	1:40:26							1:40:26	
Ingebrigtsen, Albert	SARPSBORG	1	1:25:58		01:25:58						
Ingebrigtsen, Sandra Merete		1	1:33:02					1:33:02			
Ingvoldstad, Terje	Modum Friidrettsklubb / Smultringgjeng	1	1:22:49		01:22:49						
Isaksen, Jan Erik	BORREGAARD	1	1:08:53					1:08:53			
Iversen, Arne	Son Fredagsvolley	2	1:19:18	01:27:38						1:19:18	
Iversen, Hans Petter	BRAVIDA	3	1:08:14		01:08:14		1:09:45	1:18:31			
Iversen, Hege		2	1:32:05		01:32:05	01:43:38					
Iversen, Lisbeth	HVALER BOOT CAMP	1	1:48:48			01:48:48					
Iversen, Marianne	BORGENHAUGEN	1	1:41:27		01:41:27						
Iversen, Monica		1	1:20:08				1:20:08				
Iversen, Pete	FREDRIKSTAD IF	2	1:27:12							1:27:51	1:27:12

# Glommaløpet 10 miles individuelt

## Historikk

Iversen, Rebecca	SARPSBORG	1	1:41:42		01:41:42						
Iversen, Siri Jordal	KRÅKERØY	1	1:34:46		01:34:46						
Jacobsen, Chris	TEAM PT	1	1:37:04			01:37:04					
Jacobsen, Dan-Petter	COWI	2	1:36:04					1:36:04	1:38:16		
Jacobsen, Elin	SARPSBORG	6	1:15:58	01:16:38	01:15:58			1:18:57	1:19:24	1:24:56	1:25:16
Jacobsen, Jacob Wierenfeldt	Danish Dynamite	3	1:30:17	01:30:17	01:36:20	01:39:39					
Jacobsen, Karsten		1	1:16:33						1:16:33		
Jacobsen, Knuterik	SOON	1	1:53:13			01:53:13					
Jacobsen, Petter Magnus	GAMLE FREDRIKSTAD	2	1:36:51	01:40:17				1:36:51			
Jacobsen, Paal Espen		1	1:26:30							1:26:30	
Jacobsen, Renate		1	1:29:18							1:29:18	
Jacobsen, Roy Victor	VÆRSTE	1	1:22:22			01:22:22					
Jacobsen, Steinar	SARPSBORG BANDYKLUBB	2	1:26:31					1:29:27		1:26:31	
Jacobsen, Tor	Born to run	1	1:45:07		01:45:07						
Jakobsen, Lau		1	1:04:33							1:04:33	
Jakobsen, Margareth	FSC MYSEN	2	1:21:56					1:21:56	1:25:12		
Jakobsen, Tone	PRIVAT	1	1:36:56			01:36:56					
Jamissen, Leif Morten	SATS SARPSBORG	4	1:07:41		01:12:27	01:15:44		1:14:12	1:07:41		
Jansen, Cathrin		2	1:32:07				1:32:07	1:33:05			
Jansen, Svein Oskar	FREDRIKSTAD IF	4	1:31:34				1:36:21	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	
Jelsnes, Henriette	RAKKESTAD	2	1:22:07	01:22:07	01:28:33						
Jemieljanczyk, Rafal		1	1:20:01				1:20:01				
Jensen, Heine	GREÅKER GLASS OG RAMMEFORRETNIN	4	1:17:35		01:26:29		1:17:35	1:19:19	1:19:54		
Jensen, Jørgen	IMTECH KRISTIANSAND AS	1	1:21:05							1:21:05	
Jensen, Kikki	KIKKI JAY	4	1:13:13				1:13:13	1:19:59	1:16:04	1:20:54	
Jensen, Kristoffer Reinholt	Team Eurobrigtsen	2	1:17:17	01:17:17			1:44:27				
Jensen, Morten	Plankebyen Dart Klubb	4	1:10:47	01:24:35			1:14:30		1:10:47		1:18:22
Jensen, Ole		2	1:19:35				1:19:35		1:23:07		
Jensen, Petter Kvamme		2	1:13:10				1:15:57		1:13:10		
Jensen, Richard	KRÅKERØY	1	1:04:22	01:04:22							
Jensen, Simon Rw	MANSTAD	1	1:32:32	01:32:32							
Jensen, Stein	FREDRIKSTAD	5	1:15:38	01:28:43		01:34:10		1:15:38	1:15:42	1:20:29	
Jensen, Steinar		1	1:42:44						1:42:44		
Jensen, Tom Gunnar		1	1:20:16				1:20:16				
Jensen, Torstein	TJC	3	1:27:10			01:37:23		1:27:10		1:36:16	
Jenshagen, Frode		3	1:21:31		01:21:31	01:29:32	1:40:19				

# Glommaløpet 10 miles individuelt

## Historikk

Jenssen, Kristian Riise		1	1:17:19				1:17:19			
Jensø, Børre	ABBON AS	1	1:27:23			01:27:23				
Jernberg, Vigdis		2	1:22:47				1:28:39	1:22:47		
Jessesen, Glenn	SARPSBORG	1	1:15:52	01:15:52						
Jessesen, Jon-Vidar		2	1:17:14	01:17:14	01:28:45					
Johannessen, Pål	OPPEGÅRD	1	1:37:55	01:37:55						
Johannessen, Bjørn	HALDEN IL	3	1:01:12	01:24:31				1:01:12		1:03:37
Johannessen, Espen	TEAM BTS	4	1:20:08			1:27:24	1:27:45	1:20:08	1:31:34	
Johannessen, Freddy		1	1:45:46		01:45:46					
Johannessen, Joar Martin	BLINKEN AS	1	1:22:31			1:22:31				
Johannessen, Jørgen	JØRGEN JOHANNESSEN	2	1:22:20	01:22:20	01:27:57					
Johannessen, Malin	TEAM BTS	1	1:31:34						1:31:34	
Johannessen, Martin	KRÅKERØY	1	1:12:04	01:12:04						
Johannessen, Mona	Romerike Runners Team	3	1:13:47	01:13:47	01:16:12	01:25:33				
Johannessen, Monika Sand	Monika Sand Johannessen / Denofa	2	1:35:59		01:35:59	01:45:26				
Johannessen, Robin	GAARDS-SERVICE AS	1	1:23:36						1:23:36	
Johannessen, Trine		1	1:39:22							1:39:22
Johansen, André Sahlin		2	1:33:12	01:33:12	01:48:12					
Johansen, Anette Hovind	KRÅKERØY	1	1:27:01	01:27:01						
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, Camilla	SARPSBORG	1	1:46:09	01:46:09						
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		2	1:19:25	01:40:39						1:19:25
Johansen, Janne Kjellberg	Fredrikstad IF	2	1:10:02	01:14:33					1:10:02	
Johansen, John Are		1	1:22:12		01:22:12					
Johansen, Jonas	SARPSBORG	1	1:52:02	01:52:02						
Johansen, Jørgen	SOLKYSTEN LK	2	1:17:31					1:17:31	1:24:58	
Johansen, Karoline	Fredrikstad Triatlonklubb	1	1:17:40	01:17:40						
Johansen, Ken Michael	FREDRIKSTAD	2	1:35:20	01:35:20	01:52:21					
Johansen, Kim	ROUND TABLE FREDRIKSTAD	3	1:31:23	01:31:23			1:35:36		2:00:21	
Johansen, Kjell Arne	Fredrikstad IF	7	1:15:37	01:22:46	01:20:43	01:22:43	1:17:38	1:15:37	1:17:15	1:19:30
Johansen, Kjetil	SARPSBORG	1	1:32:04	01:32:04						

# Glommaløpet 10 miles individuelt

## Historikk

Johansen, Kristin	Heimly Runners	1	1:37:15		01:37:15						
Johansen, Lindis	FREDRIKSTAD TRIATLONKLUBB	1	1:41:15			01:41:15					
Johansen, Linn Desire	FREDRIKSTAD TRIATHLON	2	1:25:18					1:25:26	1:25:18		
Johansen, Linn-Therese		1	1:26:27				1:26:27				
Johansen, Martin Christopher		1	1:20:52				1:20:52				
Johansen, Mona	COWI BIL	2	1:20:50					1:20:50	1:24:52		
Johansen, Odd	RÅDE	2	1:21:57	01:31:59	01:21:57						
Johansen, Odd Hilberg	RSL	4	1:15:40			01:24:34		1:18:07	1:15:40	1:23:03	
Johansen, Ole Reidar		1	1:24:54			01:24:54					
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	HANDELSBANKEN	4	1:11:00		01:14:36	01:21:04	1:11:00	1:12:11			
Johansen, Tanja		3	1:44:06					1:53:33	1:44:06	1:45:21	
Johansen, Tore André	KRÅKERØY UNGDOMSSKOLE	3	1:14:39			01:15:21	1:14:39	1:19:30			
Johansen, Truls		1	1:05:48						1:05:48		
Johansen, Turid	FREDRIKSTAD SKIKLUBB	2	1:35:26					1:36:09	1:35:26		
Johansen, Turid		1	1:29:42					1:29:42			
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			
Joasson, Jan		1	1:50:10					1:50:10			
Joheim, Audun	TOLVSRØD	1	1:14:16		01:14:16						
Joheim, Øyvind	TOLVSRØD	4	1:25:44	01:37:25	01:30:05	01:38:25		1:25:44			
Johnsen, Brynjel	TRONVIK SKAENKERS	1	1:27:40				1:27:40				
Johnsen, Heidi		1	1:41:47					1:41:47			
Johnsen, Ingrid Marie		1	1:38:43				1:38:43				
Johnsen, Jane Lie		1	2:11:17			02:11:17					
Johnsen, Lasse		1	1:35:47					1:35:47			
Johnsen, Linda		1	1:58:07					1:58:07			
Johnsen, Mette Lise		1	1:37:19						1:37:19		
Johnsen, Mina Alette	ISE	1	1:39:28	01:39:28							
Johnsen, Siri Madeleine		1	1:54:14					1:54:14			
Jonassen, Lone		1	1:50:14						1:50:14		
Jonassen, Magnus	FREDDY REINERTS LØPELAG	1	1:52:28				1:52:28				

# Glommaløpet 10 miles individuelt

## Historikk

Jonassen, Markus		1	1:20:05					1:20:05			
Jonassen, Martin		1	1:17:16					1:17:16			
Jonsson, Gunnar	SKILØPERNE	2	1:12:58		01:12:58	01:13:23					
Jonsson, Mikael		1	1:11:57								1:11:57
Joramo-Hustvedt, Svein Bjarte	GRESSVIK	1	1:29:01	01:29:01							
Josefsen, David	GAMLE FREDRIKSTAD	1	1:19:20		01:19:20						
Josefsen, Kristin	Fredrikstad IF	1	1:24:46		01:24:46						
Josipovic, Jelena	NAV FREDRIKSTAD	2	1:34:04				1:38:53	1:34:04			
Josipovic, Vedran		1	1:34:18				1:34:18				
Julsen, Pernille	BORGENHAUGEN	1	1:23:52	01:23:52							
Julusmoen, June		2	1:17:31							1:17:31	1:19:45
Jønland, Endre Olav	BORGENHAUGEN	7	1:23:33	01:43:23	01:27:19	01:43:45		1:33:18	1:23:33	1:27:13	1:30:11
Jøransen, Mona	FROGNER	2	1:15:01	01:15:01				1:21:13			
Jørgensen, Geir	FREDRIKSTAD IF	4	1:08:12				1:10:53	1:17:13	1:08:12	1:12:50	
Jørgensen, Hege		1	1:31:44						1:31:44		
Jørgensen, Jarle	FREDRIKSTAD IF	2	1:10:51			01:20:50	1:10:51				
Jørgensen, Jarle	Fredrikstad IF	1	1:13:03		01:13:03						
Jørgensen, Leif Roar	FREDRIKSTAD IF	3	1:28:17			01:31:19	1:28:17	1:29:23			
Jørgensen, Leif Roar	Fredrikstad IF	1	1:31:56		01:31:56						
Jørgensen, Petter	DANSKE BANK	1	1:01:27								1:01:27
Jørnholt, Christer		2	1:36:15		01:36:15	01:37:52					
Jørstad, Erik	MANSTAD SPRINT- OG ULTRALØPERFO	6	1:04:50		01:06:31	01:08:33	1:04:50	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			
Kairelis, Irmantas		2	1:08:20			01:09:32	1:08:20				
Kanestrøm, Dag Viggo		1	1:44:54				1:44:54				
Kanstrup, Stian	KRÅKERØY	1	1:24:54		01:24:54						
Karesch, Joshua		1	1:25:29						1:25:29		
Karlsen, Bjørn Dahlby		1	1:07:59				1:07:59				
Karlsen, Christoffer Myrvold	FREDRIKSTAD	1	1:22:14		01:22:14						
Karlsen, Geir	TEAM ROMSÅS ROADRUNNERS	2	1:43:09			01:44:26	1:43:09				
Karlsen, Jan Erik	SENTRUM KAMPSPORT - SARPSBORG	1	1:24:35							1:24:35	
Karlsen, Jon Andre		1	1:33:46					1:33:46			
Karlsen, Kenneth K	KRÅKERØY	1	1:18:46	01:18:46							
Karlsen, Kristian		1	0:53:26				0:53:26				
Karlsen, Maria Dahle		2	1:33:56		01:33:56			1:37:08			
Karlsen, Morten	COGNACLOSJEN	2	1:07:48				1:07:48			1:10:23	
Karlsen, Rolf	BUL	2	1:05:09					1:05:09			1:09:14

# Glommaløpet 10 miles individuelt

## Historikk

Karlsen, Svein-Åge	RYGGE IL	4	1:00:25		01:00:25	01:08:28	1:00:48	1:05:56			
Karlsen, Vidar Lothe	BRYNILD GRUPPEN	3	1:10:40		01:16:05	01:20:27	1:10:40				
Karlsson, Anders		1	1:19:56					1:19:56			
Karlsson, Kjærstin	KRÅKERØY	3	1:26:22	01:39:45			1:26:22	1:29:44			
Karlsson, Mikael	TEAM ISARPSBORG	1	1:31:20			01:31:20					
Karlstad, Tore		1	1:20:21					1:20:21			
Karlsen, Ina Susanne		1	1:52:34					1:52:34			
Karstensen, Linn Therese		2	1:34:28					1:34:28	1:48:11		
Kasbohm, Ellen Karine	YVEN	4	1:17:48	01:27:54			1:25:51	1:17:48	1:24:09		
Kasbohm, Joakim Henrik	OSLO	1	1:11:35	01:11:35							
Kaspersen, Steve	ROMERIKE ULTRALØPERKLUBB / TEAM	4	1:05:50			01:13:35	1:05:50		1:07:21		1:22:50
Kaugerud, Torunn	SARPSBORG	1	1:33:43		01:33:43						
Kaur, Satpal	SARPSBORG	3	1:33:44	01:48:18	01:33:44	01:45:40					
Kavli, Micheline Roko	SARPSBORG	2	1:19:55		01:25:22			1:19:55			
Kavli, Stig		1	1:19:06					1:19:06			
Kazinci, Kirsti Margrethe	GRESSVIK	2	1:34:59		01:34:59	02:04:11					
Kedziora, Norbert		2	1:11:58			01:16:01	1:11:58				
Kielland, Erik		2	1:26:19						1:34:42	1:26:19	
Kimmell, Oliver David	FREDRIKSTAD	1	1:20:13	01:20:13							
Kingsrød, Ulf	BORGENHAUGEN	1	1:19:49		01:19:49						
Kirkebak, Jakob	MOSS	1	1:07:10		01:07:10						
Kirkeng, Anne Marit	ØSTBYGDA IL	3	1:23:51			01:31:32		1:24:58	1:23:51		
Kirkeng, Hans Olaf	ØSTBYGDA IL	3	1:23:43			01:32:54	1:23:43		1:39:14		
Kirkeng, Tommy Andre	ØSTBYGDA IL	2	1:15:21			01:19:13		1:15:21			
Kirkerød, Anders	SARPSBORG	1	1:26:42		01:26:42						
Kirkerød, Jonas		3	1:08:57		01:19:48	01:43:41	1:08:57				
Kivedal, Bjørnar Karlsen		1	1:26:53				1:26:53				
Kjellesvig, Tellef	FREDRIKSTAD SKIKLUBB	4	1:15:24			01:33:40	1:15:24	1:19:15		1:25:02	
Kjellvik, Richard	Manstad Sprint/Ultra/Tri	5	1:09:13		01:12:52		1:09:13	1:13:45	1:12:13	1:24:43	
Kjerkreit, Halvor	SARPSBORG KULTURSKOLE	1	1:21:31							1:21:31	
Kjærvik, Trond	MAURA	1	1:07:17	01:07:17							
Kjøberg Klonteig, Eirik	Brynild Gruppen Bil	3	1:04:15		01:08:01				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		
Kjølle, Silje	SK Svette	1	1:32:02		01:32:02						
Kjøniksen, Magne	E-Co Energi BIL	2	1:20:38		01:20:38				1:22:15		
Kjørsvik, Tormod	FREDRIKSTAD IF	1	1:22:25								1:22:25
Klausen, Glenn	Gjensidige Sport Øst	3	1:10:30	01:10:30	01:13:38				1:14:43		

# Glommaløpet 10 miles individuelt

## Historikk

Klausen, Per Kristian	KONGSTEN IF	1	1:30:58							1:30:58
Klauset, Kristine		1	1:48:14					1:48:14		
Kleiveland, Olav		2	1:03:34			1:03:34		1:07:07		
Klevås, Tora	HVALER KOMMUNE	2	1:36:08			1:41:25				1:36:08
Klipper, Espen	FREDRIKSTAD	1	1:46:21	01:46:21						
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, Gunnar		2	1:15:30		01:33:27	1:15:30				
Knudsen, Ronny		1	1:07:45					1:07:45		
Knutsen, Stine		2	1:46:36			1:46:36	1:54:24			
Kolberg, Elisabeth	OSLO	1	1:25:35	01:25:35						
Kolstad, Hilde		1	1:38:17					1:38:17		
Kolverud, Kine		2	1:36:22	01:36:22	01:44:13					
Kongsberg, Henrik	CALL2ACTION	1	1:35:04			1:35:04				
Korsell, Øyvind	INFOTJENESTER AS	1	1:33:11			1:33:11				
Korsmo, Frode	Moelven IL - Friidrett	2	1:07:55	01:07:55	01:11:26					
Korum, Jørgen	HENNING QUIZNES	2	0:57:55		00:57:55	1:00:16				
Kowalska, Marta	SELLEBAKK	1	1:44:39	01:44:39						
Krabberød, Vegard	IFRONT	4	1:19:12	01:33:37	1:36:00		1:19:12	1:30:18		
Krakeli Elton, Anne Kim	OSLO	1	1:24:11	01:24:11						
Kraugerud, Frode	Askim Idrettsforening	4	1:04:44	01:12:08	01:38:57	1:04:44	1:06:14			
Kraugerud, Randi Synnøve		3	1:25:44	01:32:14	1:29:49		1:25:44			
Kringen, Helga	Skiløperne	1	1:33:06	01:33:06						
Kristensen, Espen Tekle	IØPS	2	1:18:39			1:18:39	1:19:34			
Kristensen, Monica	SOLKYSTEN LK	1	1:44:50							1:44:50
Kristensen, Vidar	Konnerud	1	1:09:25	01:09:25						
Kristiansen Rustad, Kine		1	1:22:05		01:22:05					
Kristiansen, Aleksander Vold	RANHEIM	2	1:27:04	01:28:32			1:27:04			
Kristiansen, Dag	HOLMESTRAND	1	1:19:27	01:19:27						
Kristiansen, Eilen Marie		1	1:47:24							1:47:24
Kristiansen, Glenn	Romerike Ultraløperklubb	2	1:11:58	01:11:58			1:15:29			
Kristiansen, Gry	INFOTJENESTER	1	1:27:31				1:27:31			
Kristiansen, Jeanette		3	1:17:50		01:27:31	1:17:50	1:21:26			
Kristiansen, Johanne Kvernstuen		1	1:29:27				1:29:27			
Kristiansen, Jørn	VESTBY	2	1:37:54	01:37:54	01:47:16					
Kristiansen, Malin		2	1:34:09	01:37:51						1:34:09
Kristiansen, Ole Martin	Hagebrygg	2	1:24:19	01:24:19			1:45:50			



# Glommaløpet 10 miles individuelt

## Historikk

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, Roar	GAMLE FREDRIKSTAD	1	1:30:24	01:30:24						
Kristiansen, Stian		2	1:34:12				1:41:52	1:34:12		
Kristiansen, Thomas		1	1:39:51				1:39:51			
Kristiansen, Tom Erik		1	1:38:48					1:38:48		
Kristiansen, Tonje Bøhn	SK VIDAR	1	1:13:57				1:13:57			
Kristiansen, Victor	Fredrikstad Ap	1	1:48:02	01:48:02						
Kristoffersen, Ann Charlott		1	1:38:11				1:38:11			
Kristoffersen, Bente Kihl		1	1:38:21							1:38:21
Kristoffersen, Lone Thode		1	1:36:54	01:36:54						
Kristoffersen, Nina		1	1:43:24					1:43:24		
Kristoffersen, Thomas	SPENNCON/HØNEFOSS	1	1:16:05							1:16:05
Kristoffersen, Tom		1	1:18:59				1:18:59			
Kristoffersen, Vidar		2	1:18:54			01:39:20				1:18:54
Kro, Andreas Fuskeland	GAMLE FREDRIKSTAD	1	1:27:01	01:27:01						
Kro, Tore August	Liker Lysløyppa på Begby	1	1:09:11	01:09:11						
Krog, Gro		1	1:40:36				1:40:36			
Krogsrud, Lars	GRESVIK IF	5	1:05:36	01:05:36	01:08:17		1:06:06		1:08:10	1:10:10
Krogstad, Mads	KRÅKERØY	1	1:18:30	01:18:30						
Krogstad, Rita		2	1:46:28			01:57:21	1:46:28			
Krogstad, Mads	KRÅKERØY	1	1:23:10	01:23:10						
Krosby, Anders Johan	FREDRIKSTAD SKIKLUBB	4	1:17:17	01:23:23	01:32:52	1:17:17		1:19:02		
Krossby, Magnus	HVALER IL	3	1:17:11				1:18:43	1:17:11	1:26:28	
Kruse, Erik		1	1:15:16				1:15:16			
Kubberød, Elise		1	1:32:55					1:32:55		
Kubberød, Marie		1	1:21:28					1:21:28		
Kulblik, Martin	SARPSBORG	1	1:23:08	01:23:08						
Kull, Trine		2	1:33:36			01:45:37		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	
Kullerud, Anette		1	1:49:26				1:49:26			
Kultorp, Caroline	SARPSBORG	1	1:18:01	01:18:01						
Kultorp, Trond Vegar	TØNSBERG	1	1:09:43	01:09:43						
Kumela, Dominik		1	1:07:22				1:07:22			
Kummervold, Ivar		1	1:03:36					1:03:36		
Kure, Hans Magnus	COWI	1	1:11:12			01:11:12				

# Glommaløpet 10 miles individuelt

## Historikk

Kvalsvik, Geir	FREDRIKSTAD IF	1	1:20:18				1:20:18				
Kvalsvik, Guttorm	NORSK HYDRO BIL	2	1:18:05			01:35:24		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	
Kvalvik, Daniel	TORVIKBUKT IL	1	1:34:28			01:34:28					
Kvalvik, Lars	KVALVIK BYGG AS	1	1:15:06				1:15:06				
Kvame, Anders	SALTNES SPORTSKLUBB	1	1:08:04			01:08:04					
Kvammen, Tone Lyngvær		1	1:53:57								1:53:57
Kvernen, Øyvind	Drøbak-Frogn IL / Hverdagstreneren	1	1:04:35	01:04:35							
Kvernland, Mette	LYSAKER	1	1:34:30	01:34:30							
Kvernmo, Fride		1	1:29:38						1:29:38		
Kvisberglien, Håvar	MOSS CK	1	1:17:56					1:17:56			
Kynningsrud, Daniel		1	1:28:41			01:28:41					
Kølbøl, Gunn	Unger Fabrikker	1	1:32:31	01:32:31							
Lader Bruhn, Øyvind		1	1:27:28				1:27:28				
Landeklint, Henrik	FREDRIKSTAD IF	3	1:08:35			01:11:21		1:08:35	1:11:37		
Langballe, Tore	DRIV TRENING	1	1:22:48								1:22:48
Langnes, Rune		6	1:08:03			01:15:46	1:10:32	1:11:03	1:08:03	1:11:46	1:16:20
Langsholdt, Elisabeth		1	1:28:58						1:28:58		
Langsholt, Marianne Åmli	ISE	1	1:51:21	01:51:21							
Langsholt, Ole Marcus	ISE	2	1:16:15	01:28:55	01:16:15						
Langva, Frank	KONGSTEN IF	2	1:19:57				1:22:34		1:19:57		
Lars, Hansen	MARKEDSPARTNER	1	1:13:53					1:13:53			
Larsen Isøy, Preben		1	1:45:39			01:45:39					
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		3	1:31:20				1:31:20	1:42:49	1:32:19		
Larsen, Annette	ROCKDRIVERS	4	1:37:14			01:56:46	1:37:14	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, Dani Mikael Østensvig	SELLEBAKK	1	1:30:28	01:30:28							
Larsen, Dennis	OSLO	3	1:17:02	01:28:39			1:20:35			1:17:02	
Larsen, Elisabeth	NAV FREDRIKSTAD	2	1:24:29				1:24:29	1:28:23			
Larsen, Erlend		1	1:16:29				1:16:29				
Larsen, Erna	MOSSJONISTENE	2	1:38:40	01:38:40			1:41:10				
Larsen, Fred Morgan	FREDRIKSTAD IF	5	1:03:58			01:11:06	1:03:58	1:05:52	1:07:43	1:11:20	
Larsen, Henriette Elisabeth		1	1:28:42				1:28:42				
Larsen, Julie	SARPSBORG IL	1	1:00:01				1:00:01				

# Glommaløpet 10 miles individuelt

## Historikk

Larsen, Julie		1	1:33:31				1:33:31				
Larsen, Kenneth		3	1:14:09		01:14:09	01:17:27				1:20:31	
Larsen, Knut-André	Hevingen IL	5	1:05:39		01:07:12	01:06:44		1:05:39	1:06:33	1:11:13	
Larsen, Kristian	GRÅLUM	1	1:20:38	01:20:38							
Larsen, Lasse		1	2:13:18			02:13:18					
Larsen, Martha		2	1:21:46				1:21:46		1:29:20		
Larsen, Martin Syver	HALDEN	2	1:18:30	01:18:30		01:32:05					
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	3	1:26:09			01:29:30		1:26:09	1:29:28		
Larsen, Tim-Christian		1	1:21:45			01:21:45					
Larsen, Tom-Erik		1	1:19:33						1:19:33		
Larsen, Wenche		1	1:36:10								1:36:10
Larseng, Petter		1	1:18:08				1:18:08				
Larson, Eirik	GRÅLUM	1	1:26:21	01:26:21							
Larsen-Aas, Kari		1	1:21:14			01:21:14					
Lasken Nilsen, Line	GRANDHAHL EIENDOMSMEGLING AS	1	1:41:18					1:41:18			
Lauridsen, Ronja Eline	FREDRIKSTAD	1	1:22:31	01:22:31							
Lauritsen, Jim	SARPSBORG	2	1:23:40	01:44:44					1:23:40		
Lauritzen, Elisabeth	RAKKESTAD SYKKELKLUBB	1	1:31:00							1:31:00	
Lauritzen, Iris Marie	Ørje IL / Marker Orienteringslg	1	1:20:52		01:20:52						
Lauritzen, Karina Sandell	INFOTJENESTER	1	1:39:51					1:39:51			
Lausund Grinna, Mari	FIL Bamse Senior	1	1:32:10		01:32:10						
Lauvstad, Espen	HANDICARE	3	1:17:39			01:28:50	1:17:39	1:24:11			
Lavik Nordby, Andreas		1	1:32:43						1:32:43		
Lawton, Daniel		2	1:12:00		01:12:00		1:24:07				
Lee, Jim	TEAM AWESOME	1	1:00:17				1:00:17				
Lefsaker, Anita		1	1:59:04						1:59:04		
Lefsaker, Sverre		1	1:26:38						1:26:38		
Lehmann Syversen, Kian	LEHMANN & CO	1	1:21:37				1:21:37				
Leira, Hanne	FREDRIKSTAD IF	1	1:26:58					1:26:58			
Leira, Hilde		1	1:36:17						1:36:17		
Leiro, Jesper	Gresvikif	1	1:07:25		01:07:25						
Lerkerød, Kjersti	IL I BUL	1	1:06:16							1:06:16	
Lervik, Andreas	SARPSBORG SYKLEKLUBB	5	1:26:49			01:47:30		1:32:41	1:26:49	1:49:05	1:48:58
Lervik, Trygve	FPOB	4	1:22:19		01:25:42	01:32:58	1:22:19	1:23:52			
Liane, Lars-Ketil	FREDRIKSTAD SKIKLUBB	3	1:22:57		01:27:45	01:38:38		1:22:57			

# Glommaløpet 10 miles individuelt

## Historikk

Lie Bjerke, Karl Oskar		1	1:55:54			01:55:54					
Lie, Kjersti	MULTICONSULT	1	1:24:37					1:24:37			
Lie, Martin Forsberg	Borregaard AS	1	1:19:50	01:19:50							
Lie, Mille	FREDRIKSTAD IF	2	1:13:46				1:13:46	1:14:47			
Lieberknecht, Lasse	Fredrikstad IF	3	1:07:41	01:07:41	01:11:30	01:13:23					
Lied, Finn Ivar	Liabygda IL	1	1:00:21	01:00:21							
Lien, Amalie Hauge	FREDRIKSTAD IF	1	1:26:25				1:26:25				
Lien, Magnus	SKI	1	1:11:18	01:11:18							
Lien, Steinar		1	1:05:07						1:05:07		
Liepina, Kristine	SARPSBORG	1	1:30:12		01:30:12						
Lier, Henrik	SKY BLAZERS	2	1:04:42			01:04:59	1:04:42				
Lier, Ole Christian	FREDRIKSTAD IF	4	1:10:24		01:13:02		1:10:24	1:11:22			1:22:41
Lilleborge, Marthe		1	1:43:34			01:43:34					
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		2	1:19:38		01:26:12			1:19:38			
Lind, Knut		2	1:25:57		01:27:27			1:25:57			
Lind, Sven-Erik		1	1:34:20						1:34:20		
Lindalen, Håvard	FLAMSK LØPEGRUPPE	1	1:27:33			01:27:33					
Lindberg, Terje	NAV	1	1:53:51			01:53:51					
Lindblad, Geir	STRØMMEN VIDEREGÅENDE SKOLE	2	1:06:56			01:06:56				1:07:25	
Lindblad, Mette Lise		2	1:36:18			01:47:19		1:36:18			
Lindekleiv, Ole	FK VIGØR	2	1:28:45				1:30:17	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			
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	GAMLE FREDRIKSTAD	5	1:10:44	01:19:28	01:10:44	01:17:55			1:16:34	1:21:56	
Lindvig, Jarl Andre		2	1:13:19		01:13:19	01:19:21					
Lingaas, Sissel Henriette		1	1:44:05							1:44:05	
Lipoveci, Qendrim	FREDRIKSTAD	1	1:12:40	01:12:40							
Lisac, Joshua	FREDRIKSTAD	1	1:10:00	01:10:00							

# Glommaløpet 10 miles individuelt

## Historikk

Lockhart-Pedersen, Gini	Windy City Striders	1	1:39:50		01:39:50					
Loennecken, Cathrine		1	1:12:12					1:12:12		
Loftus, Annette Veronica	GRESSVIK	1	1:42:55		01:42:55					
Loftaas, Lars		1	1:08:19					1:08:19		
Löhrmann, Marie	VISMA	1	1:33:02						1:33:02	
Lokøy, Asbjørn		1	1:49:27						1:49:27	
Lomeland, Sondre	Gjesdal IL	1	0:57:41	00:57:41						
Lorentzen, Henrik		1	1:14:55					1:14:55		
Lorentzen, Maria	ROCKWOOL KONDIS	1	1:23:16			01:23:16				
Ludvigsen, Christopher	SOFTLOGS	2	1:42:27			01:47:04	1:42:27			
Ludvigsen, Håkon Kruse	FAGERHØY LEIRSKOLE	1	1:03:42			01:03:42				
Ludvigsen, Jonathan		1	2:07:54				2:07:54			
Lund, Anders		1	1:40:59							1:40:59
Lund, Hans-Jørgen	Skiløperne/Team Sportsmanden	3	1:08:13		01:11:50			1:08:13	1:11:26	
Lund, Håkon	GRESSVIK	1	1:14:30	01:14:30						
Lund, Ida Hammerseng	VIND IL	1	1:45:49			01:45:49				
Lund, Mari Hammerseng	KVERNHUSET BIL	1	1:21:32				1:21:32			
Lund, Marte	GREÅKER	1	1:21:23	01:21:23						
Lund, Per Kristian	VIND IL	1	1:25:44			01:25:44				
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, Lars-Kristian	Slevik IL	2	0:58:40	00:58:40	01:01:24					
Lunde, Simen	HAFSLUNDSØY	1	1:23:12	01:23:12						
Lunde, Sondre Bauer		1	1:21:35					1:21:35		
Lundeby, Sven Arne	Støttepasninger for Slitne Menn på Gre	1	1:32:04	01:32:04						
Lundestad - Høier, Birthe		2	1:23:01				1:23:28	1:23:01		
Lundestad, Sven		1	1:35:22							1:35:22
Lundh, Kathrine		1	1:47:22			01:47:22				
Lundstrøm, Ivar		5	1:27:25			01:35:27	1:27:25	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	
Lyngmo, Kristian	Lundeløperne	1	1:11:19	01:11:19						
Lynne, Camilla	OPPEGÅRD KOMMUNE	2	1:38:21			01:56:52		1:38:21		
Lynne, Geir	Raadhusgruppen	5	1:24:57	01:27:40	01:24:57	01:56:51	1:26:24	1:38:21		
Lyrek, Trine	TRASTI & TRINE	2	1:24:41		01:26:46	01:24:41				
Lysaker, Sjur		1	1:20:53					1:20:53		
Lysfjord, Nina	OSLO	1	1:19:29	01:19:29						

# Glommaløpet 10 miles individuelt

## Historikk

Lystad, Hans-Petter	ASKIM	4	1:15:39	01:22:20	01:28:12				1:15:39	1:16:03	
Lystad, Melvin	ASKIM	1	1:07:14		01:07:14						
Lystad, Ole	FREDRIKSTAD	2	1:32:10	01:32:10	01:33:54						
Lystad, Pål Robert	SAUGBRUGS BIL	2	1:10:25					1:10:25		1:11:24	
Lystad, Stian Berg		1	1:46:58			01:46:58					
Lyø Jeppesen, Christina		1	1:37:43								1:37:43
Løken, Egil	CK TOTENTRÅKK	2	1:12:57				1:12:57	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
Løkkevik, Eivind	SKJEBERG	1	1:47:00	01:47:00							
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		
Løvfold, Lene		1	1:50:02				1:50:02				
Løvik, Kjersti	KRÅKERØY	1	1:26:25	01:26:25							
Løvik, Tomas	KRÅKERØY	1	1:22:57	01:22:57							
Løvving Lind, Hilde		1	1:37:18					1:37:18			
Løvås, Even	Halden IL	1	0:53:19	00:53:19							
Løvås, Even Bentzen	HALDEN IL	1	1:00:00			01:00:00					
Løvås, Even Buer		2	1:01:36				1:01:36	1:12:01			
Løvås, Ingjerd Buer	HALDEN IL	2	1:29:10			01:45:08	1:29:10				
Laabak, Reidar	FREDRIKSTAD POLITIIDRETTSKLAG	1	1:24:43					1:24:43			
Madsen, Asbjørn	FRISKIS OG SVETTIS	1	1:30:38							1:30:38	
Magnussen, Emil	KRÅKERØY	1	1:00:53		01:00:53						
Magnussen, Emil Orten		2	1:02:17				1:02:17		1:05:15		
Magnussen, Heine	FREDRIKSTAD TRIATLONKLUBB	4	1:08:57		01:09:43	01:14:21	1:08:57	1:11:07			
Magnussen, Jørn Gisle	SKJEBERG CK	2	1:15:56		01:15:56	01:27:56					
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		4	1:23:38		01:27:45	01:35:08				1:25:12	1:23:38
Mandji, Marcel		1	1:33:24						1:33:24		
Mandji, Therese Leonardsen		2	1:34:22				1:38:10		1:34:22		
Marco Arroyo, Ruben	Fredrikstad IF	2	0:56:46	00:56:46					0:59:02		

# Glommaløpet 10 miles individuelt

## Historikk

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
Markussen, Magne	KINGSRØD TRANSPORT	2	1:09:42		01:17:13		1:09:42				
Marman, Matias		1	1:40:12				1:40:12				
Marongiu, Marco	LØRENSKOG	1	1:17:30	01:17:30							
Marthinsen, Hanne	MARKEDSPARTNER	1	1:40:19					1:40:19			
Martinez, Ruben	KRÅKERØY	1	1:24:59		01:24:59						
Martins, Alex		1	1:38:42				01:38:42				
Martinsen, Arne Alfei	RUDSHØGDA	2	1:45:32	01:51:45	01:45:32						
Martinsen, Arne-Johan	FREDRIKSTAD IF	1	1:11:10								1:11:10
Martinsen, Bjørn Arild	AKTIV FOR EPILEPSI	2	1:33:20				01:44:34			1:33:20	
Martinsen, Erik		1	1:22:01						1:22:01		
Martinsen, Fredrik	TEAM THORVALD	4	1:07:24				1:07:24	1:09:21	1:17:23	1:30:17	
Martinsen, Ingar		3	1:17:52				1:17:52		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, Petter	FREDRIKSTAD	1	1:11:56		01:11:56						
Martinsen, Rune		1	1:40:18				1:40:18				
Martinsen, Siw		1	1:40:18				1:40:18				
Martinsen-Evje, Sindre		5	1:20:22				01:32:54	1:20:22	1:26:10	1:28:49	1:31:47
Mathiasen, Ingrid Oldervik	Fredrikstad Kommune	4	1:12:49	01:26:18	01:16:27		1:12:49		1:23:16		
Mathiassen, Maria		1	1:20:29						1:20:29		
Mathisen, Frida		1	1:26:18						1:26:18		
Mathisen, Glenn	Heimly Runners	3	1:14:01		01:14:01				1:18:28		1:15:23
Mathisen, Ida		1	1:35:35						1:35:35		
Mathisen, Mads Strøm	GRÅKER	1	1:30:31	01:30:31							
Mathisen, Raymond	ROCKWOOL MOSS	1	1:09:25				01:09:25				
Mathisen, Roger	JACKON	2	1:24:51							1:24:51	1:29:02
Mathisen, Stian	FREDRIKSTAD TRIATHLONKLUB	1	1:08:17								1:08:17
Mathisen, Stian		1	1:57:29				01:57:29				
Matland, Christian Bro	FREDRIKSTAD	2	1:10:00	01:10:00	01:24:24						
Matland, Lene Margrethe Bro	FREDRIKSTAD	2	1:25:52	01:25:52			1:26:43				
Mcgrath, Margaret	ATOMEN HALDEN BIL	3	1:17:45				1:21:56		1:17:45	1:21:37	
Mcneill, Alasdair	KRÅKERØY	1	1:42:51		01:42:51						

# Glommaløpet 10 miles individuelt

## Historikk

Medic, Amra		1	1:46:58			01:46:58				
Meisingset, Magne	STATNETT BIL	1	1:13:56							1:13:56
Melby, Jøran		1	1:54:13							1:54:13
Melby, Mads	FRAMBU BIL	1	1:18:27				1:18:27			
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	
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
Minkar, Mahesh	KRÅKERØY	1	1:12:53		01:12:53					
Mjønes, Marit		1	1:37:49					1:37:49		
Mo, Dagfinn	Ryggejoggen/ Light Flight/ Soon Tri	3	1:05:51	01:06:49				1:06:38	1:05:51	
Mo, Fridtjov	LIGHT FLIGHT JR.	1	1:20:18					1:20:18		
Mobakken, Ellen		3	1:27:38		01:32:01	01:37:33	1:27:38			
Modahl, Einar	FREDERIK II VGS	1	1:17:52			01:17:52				
Modahl, Monica	ISE	1	1:35:00	01:35:00						
Modahl, Runar Saur	Fredrikstad Skiklubb	1	1:18:18		01:18:18					
Moe, Karoline		1	1:32:16							1:32:16
Moe, Kristoffer	GRÅLUM	1	1:26:08	01:26:08						
Moe, Marianne	ROMERIKE ULTRALØPERKLUBB	4	1:13:58		01:30:39	01:16:40	1:29:07		1:13:58	
Moe, Mia	BEGBI IL	1	1:08:50				1:08:50			
Moe, Terje		2	1:12:14		01:20:31		1:12:14			
Moen Pinås, Marianne	Fredrikstad IF	2	1:35:22	01:43:47					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, Kristian		1	1:35:44			01:35:44				
Moen, Morten	Sarpsborg og Omegn Hobbyjoggerlag	6	1:26:34	01:30:19		01:26:56	1:26:34		1:32:55	1:39:14
Moen, Thor	FREDRIKSTAD SKIKLUBB	2	1:24:03			01:32:43				1:24:03
Moen, Øyvind	RAGA ROCKERS	1	1:58:22			01:58:22				
Moeskau, Malin		1	1:49:19			01:49:19				
Monen, Knut	ALBATROSS IL	1	1:38:41							1:38:41
Monkvik, Per-Owe	Sarpsborg IL	2	1:11:18	01:11:38			1:11:18			
Monsen, André		1	1:33:13						1:33:13	
Monsen, Ingunn		2	1:15:00			01:25:33		1:15:00		
Monsen, Trude		1	1:33:13						1:33:13	



# Glommaløpet 10 miles individuelt

## Historikk

Morger, Runa	GLOMMA TANNKLINIKK	2	1:30:52				1:36:11		1:30:52		
Mork, Heidi	KRÅKERØY	1	1:30:25		01:30:25						
Mork, Stian	MOSS	1	1:12:07		01:12:07						
Morset, Tora Larsen		1	1:46:58					1:46:58			
Morstad, Karin Mathilde	PRIVAT	1	1:35:06					1:35:06			
Mortensen, Fredrik		1	1:39:12		01:39:12						
Mortensen, Marius		1	1:31:18						1:31:18		
Mostad Hansen, Jonas	FREDRIKSTAD	3	1:18:16	01:34:24	01:18:16	01:26:22					
Motzfeldt, Inga		1	1:49:04							1:49:04	
Mouland, Sven O.	TIRC	1	1:36:07							1:36:07	
Mujanovic, Dzenana		1	1:53:38			01:53:38					
Munikaar, Mahesh	KRÅKERØY	2	1:16:45	01:16:45		01:20:06					
Myhre Haugerud, Fredrik		1	1:17:18				1:17:18				
Myhre, Anne		1	1:46:59			01:46:59					
Myhre, Kjersti	Friskis og Sveltis	4	1:18:18	01:20:32	01:19:34		1:18:18				1:20:40
Myhren, Karoline	FIL Bamse Senior	1	1:23:22		01:23:22						
Myhrvold, Anita	BOLT DESIGNSTUDIO	1	1:38:21					1:38:21			
Müller, Heidi		1	1:43:09				1:43:09				
Myrangaam Gopalan, Bharath Kumar		1	1:21:27				1:21:27				
Myran, Rolf Arild	RØDBERG	5	1:08:54	01:08:54	01:12:02	01:14:04	1:10:57	1:11:05			
Myrhaugen, Gørill Lødding		1	1:50:53					1:50:53			
Myrstad, Jonas		1	1:19:27			01:19:27					
Mysen, Julie Marie		1	1:17:31						1:17:31		
Møgster, Marianne	FREDRIKSTAD	1	1:37:34	01:37:34							
Møller, Lars Petter	FREDRIKSTAD SYKKELKLUBB	3	1:26:44	01:33:42	01:28:55	01:26:44					
Møller, Simen		1	1:10:10				1:10:10				
Møller-Eriksen, Morten		2	1:29:13						1:35:32	1:29:13	
Måwe, Thomas	GRESSVIK	1	1:29:52	01:29:52							
Nandedkar, Kiran	Runner's High	2	1:28:37	01:28:37	01:45:04						
Navestad, Espen	SARPSBORG IL	1	1:11:48							1:11:48	
Nergård, Thomas	TRE TETTE OG EI BADEHETTE	1	1:20:13				1:20:13				
Nesengen, Bjørge	Fredrikstad Triathlon Klubb	3	1:04:46	01:05:37				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
Nguyen, Claudia		2	1:36:01		01:36:01	01:46:36					
Nguyen, Jenny	KRÅKERØY	1	1:32:40	01:32:40							
Nguyen, Simon Pettersen		1	1:26:23			01:26:23					
Nichele, Stefano		2	1:13:06		01:14:55		1:13:06				

# Glommaløpet 10 miles individuelt

## Historikk

Nicholson, Colin	TEAM AWESOME	1	1:16:47				1:16:47				
Nielsen, Daniel Erik	SOLBERGMOEN	1	1:46:46		01:46:46						
Nielsen, Grethe		2	1:40:32				1:42:34	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, Arnt Inge	MOSS	1	1:31:36	01:31:36							
Nilsen, Bjørnar	SARPSBORG	1	1:20:52	01:20:52							
Nilsen, Erik Moursund	HAFSLUNDSØY	4	1:22:16	01:22:16	01:27:56	01:39:31	1:31:04				
Nilsen, Joachim	GRESSVIK	1	1:17:31	01:17:31							
Nilsen, Jørgen	STADIONKLINIKKEN A/S	3	1:14:28		01:14:28	01:17:57				1:18:31	
Nilsen, Jørn		1	1:17:04							1:17:04	
Nilsen, Jørn Espen	OSLO	3	1:02:32	01:02:32			1:06:04		1:07:59		
Nilsen, Kristian	VESTSKOGEN	1	1:25:03	01:25:03							
Nilsen, Laila Strand	SARPSBORG KOMMUNE, TEAM OMSOR	1	1:51:06				1:51:06				
Nilsen, Lene		2	1:26:24				1:26:24	1:33:38			
Nilsen, Line Helene		1	1:45:20							1:45:20	
Nilsen, Line Lasken		1	1:36:58						1:36:58		
Nilsen, Marlene		1	1:42:16			01:42:16					
Nilsen, Per Harald	Fredrikstad IF	1	1:19:02		01:19:02						
Nilsen, Pål	RUNAWAY	1	1:20:48								1:20:48
Nilsen, Paal Tornes	FREDRIKSTAD	1	1:20:41	01:20:41							
Nilsen, Rune	GRÅLUM	1	1:04:38		01:04:38						
Nilsen, Thormod	GLASSTEAM	3	1:19:34			01:42:17	1:19:34				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	FREDRIKSTAD IF	1	1:10:57				1:10:57				
Nilsen, Trond Vidar		1	1:35:39					1:35:39			
Nilsen, Vidar	TEAM SPORTSMANDEN	1	1:02:31				1:02:31				
Nilssen, Pål-Helge	NORTHERN RUNNERS	6	1:07:34		01:14:43		1:07:34	1:10:59	1:10:00	1:08:29	1:12:30
Nilsson, Kristofer		1	1:54:14					1:54:14			
Njå, John-Olav		1	3:02:15			03:02:15					
Nodland, Geir	MARKEDSPARTNER	1	1:23:12				1:23:12				
Nome, Astrid	TRENINGSCAMP	1	1:29:16								1:29:16
Nome, Torfinn	TRENINGSCAMP	1	1:21:12								1:21:12
Nord, Emil	YVEN	2	1:18:08	01:18:08			1:18:32				
Nordbeck Jøransen, Mona		1	1:17:47				1:17:47				
Nordbrøden, Hanna Haugen	COWI	1	1:10:15					1:10:15			
Nordbø, Håvard	Nordvis Mosjonsklubb	1	1:45:10		01:45:10						

# Glommaløpet 10 miles individuelt

## Historikk

Nordeide, Cathrine	LIERSKOGEN	1	1:32:51	01:32:51							
Nordeide, Linda		1	1:39:44					1:39:44			
Nordenhaug, Espen Andersen	HALDEN	1	1:12:28		01:12:28						
Nordgård, Erik	KRÅKERØY	1	1:27:06	01:27:06							
Nordgård, Ole	GAMLE FREDRIKSTAD	1	1:27:06	01:27:06							
Nordheim, Kristoffer	Equipe Ganger-Rolv	2	1:11:17	01:18:22	01:11:17						
Nordhelle, Christian	GRESSVIK	1	1:06:32	01:06:32							
Nordli, Hanne	FREDRIKSTAD KOMMUNE	1	1:41:30					1:41:30			
Nordli, Nicolay	FREDRIKSTAD	1	1:35:07	01:35:07							
Nordli, Pernille		1	1:35:29			01:35:29					
Nordli, Vilja	TUNESKIPET BARNEHAGE	3	1:31:11				1:33:26		1:31:11	1:39:28	
Nordlie, Henrik		3	1:17:36		01:17:36	01:29:12				1:20:51	
Nordmelan, Kasper	KJØLHOLTÅSEN LANGLØPERLAG	1	1:13:23			01:13:23					
Nordnes, Mona Lavoll		4	1:30:27			01:37:45	1:30:27	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	
Nordtvedt, Helene	TRONDHEIM	1	1:28:44		01:28:44						
Nordtveit, Siri		1	1:22:47					1:22:47			
Norema, Ivar	NOREMA	1	1:09:39							1:09:39	
Norenberg, Freddy	Gif-Joggen	3	1:24:09	01:24:20	01:24:09	01:50:38					
Norli, Petter	VERITAS BIL	1	1:16:36							1:16:36	
Norum, Bjørn	COOP ØST	1	1:30:32							1:30:32	
Norvang, Christine	AKTIVITETSGJENGEN	1	1:42:25			01:42:25					
Noteng, Peder	Fredrikstad IF	1	1:23:45	01:23:45							
Nundal, Terje	Friskis & Svettis	4	1:28:45	01:31:52	01:32:45	01:43:42		1:28:45			
Nybakk, Daniel	TORP	3	1:34:29	01:57:07	01:34:29	01:37:50					
Nygaard 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
Nygård, Jon-Ivar	FREDRIKSTAD KOMMUNE	1	1:23:34					1:23:34			
Nygaard, Morten	RT27	2	1:17:17				1:17:17	1:21:50			
Nygaard, Tore		1	1:40:04						1:40:04		
Nyland, Cathrine Graff		1	1:28:56						1:28:56		
Nymark, Carl-Martin	SKI	1	1:19:08	01:19:08							
Nymo, Frank	LUNDBECK BIL	1	1:38:11							1:38:11	
Nyquist, Jostein	Øystre Slidre IL	1	1:01:58	01:01:58							
Nystad, Espen		2	1:12:41		01:14:30				1:12:41		
Nysted, Arne	DRAMMEN	2	1:19:57	01:22:31	01:19:57						
Nysted, Hans-Kristian	GRÅKER	2	1:21:56	01:21:56			1:26:55				

# Glommaløpet 10 miles individuelt

## Historikk

Nyvoll, Sigmund		1	1:14:50						1:14:50		
Nyvoll, Sindre		1	1:20:48						1:20:48		
Nyaas, Wenche		1	1:38:37					1:38:37			
Nøstdal, Ingrid	GAMLE FREDRIKSTAD	1	1:35:09		01:35:09						
Nøstvik, Bjørn	Halden Triathlonklubb	5	1:01:26	01:01:26	01:04:46	01:14:18	1:03:11	1:06:25			
Odvold Sivertsen, Gunn		1	1:28:33							1:28:33	
Ogre, Lene	Nemus	1	1:40:13		01:40:13						
Ogre, Marcus	Nemus	3	1:17:53	01:21:41	01:17:53				1:23:00		
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			
Olavesen, Morten	FREDDY REINERTS LØPELAG	1	1:52:28				1:52:28				
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 Wang, Heidi		1	2:38:55			02:38:55					
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		3	1:32:04		01:32:04	01:40:40			1:33:19		
Olsen, Dan Thomas		1	1:18:05						1:18:05		
Olsen, Fanny	KRÅKERØY	1	1:53:31	01:53:31							
Olsen, Håkon Strand	FREDRIKSTAD IF	2	1:18:01				1:18:01				1:20:32
Olsen, Ine Marlene		1	1:35:41						1:35:41		
Olsen, Inge Harald	FREDRIKSTAD SYKKELKLUBB	1	1:37:53			01:37:53					
Olsen, John Vidar	RYGGEJOGGEN	2	1:27:32				1:30:35		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, Marianne	LANGHUS	1	1:59:31	01:59:31							
Olsen, Monica	FEMIRUN	1	2:00:06				2:00:06				
Olsen, Ole Kristian	Sleipner Motor	1	1:29:19		01:29:19						
Olsen, Per Marius		1	1:12:03						1:12:03		
Olsen, Roar	GIF-JOGGEN	2	1:36:02		01:36:02	01:48:55					
Olsen, Silje Skarning		3	1:44:25					1:44:58	1:47:04	1:44:25	
Olsen, Stig	VÅLER I ØSTFOLD	4	1:32:32	01:33:48		01:36:23	1:32:32	1:35:45			

# Glommaløpet 10 miles individuelt

## Historikk

Olsen, Tommy-André		2	1:18:07			01:18:07	1:22:37				
Olsen, Tor-Eilert	FREDRIKSTAD IF	1	1:18:46								1:18:46
Olsen, Ulf Roger	TORP	6	1:04:23	01:04:23	01:08:12	01:21:41		1:13:11	1:15:36	1:20:13	
Olsen, Victor	KF BIL	2	1:30:07				1:30:07	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	3	1:31:43				1:39:11	1:31:43	1:43:01		
Omberg, Magne	ROLVSØY	1	1:35:40	01:35:40							
Ones, Monica Linnea		1	1:58:28			01:58:28					
Onstad, Britt Katharina		1	1:31:21					1:31:21			
Opdal, Morten	TEAM FIH	1	1:14:20						1:14:20		
Ophus, Ida Kristin	SELLEBAKK	1	1:44:40	01:44:40							
Ophus, Marius Andre	SELLEBAKK	2	1:27:19	01:27:19	01:30:07						
Opsahl, Gaute Hemming	TRØMBORG I.L	2	1:14:51				1:14:51	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	SARSPSBORG IL	3	0:54:43				0:54:43	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	RT 27 FREDRIKSTAD	3	1:20:49				1:20:49	1:22:46	1:23:48		
Orud, Eva	REGNBUEN	1	1:35:53							1:35:53	
Ostad, Tom	BLODSMAK BAND	2	1:29:34				1:29:34	1:38:27			
Ottersen, Ann-Kathrin		1	2:11:17			02:11:17					
Ottersen, Henrik	Advokatfirmaet Helland Ingebrigtsen	5	1:20:09		01:20:09	01:31:17	1:20:42	1:24:28	1:23:05		
Ottersten, Anders	KRÅKERØY	1	1:19:24		01:19:24						
Ottesen, Eirik M.	Sportsklubben Vidar	1	1:05:54	01:05:54							
Ottesen, Elin	SARPSBORG SPESIALISTSENTER	1	1:24:46				1:24:46				
Oustad, Hanne	VISMA CONSULTING	1	1:15:35			01:15:35					
Oustad, Morten		1	1:49:12			01:49:12					
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			
Paulen, Asgeir Austdal	PAULEN CATERING	1	1:45:34			01:45:34					
Paulsen, Andreas		1	1:32:21						1:32:21		
Paulsen, Hege	TUNESKIPET BARNEHAGE	2	1:42:30						1:42:30	1:48:48	

# Glommaløpet 10 miles individuelt

## Historikk

Paulsen, Ole	Mossjonistene	1	1:29:41		01:29:41					
Paulsrud, Frode	OSLO	1	1:27:00		01:27:00					
Paulsrud, Jo-Inge	BORGENHAUGEN	1	1:23:48		01:23:48					
Pedersen, Camilla Tenvig		2	1:28:47				1:28:47	1:32:11		
Pedersen, Christian	Ski IL Ishockey	1	1:36:25	01:36:25						
Pedersen, Daniel	BERTEL O.STEEN FREDRIKSTAD	1	1:14:49						1:14:49	
Pedersen, Elna Marie		1	1:37:20			1:37:20				
Pedersen, Erik		1	1:35:36		01:35:36					
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
Pedersen, Oda Kristin	Brynild Gruppen Bil	1	1:37:48		01:37:48					
Pedersen, Ole-Richard	SLEVIK IBK	2	1:17:20		01:17:20	01:28:22				
Pedersen, Stian	Europris/Skiløperne	1	1:33:56		01:33:56					
Pedersen, Stian	GRÅKER	1	2:00:06	02:00:06						
Pederstad, Lars	FREDRIKSTAD TRIATLONKLUBB	1	1:07:04				1:07:04			
Peersen, Reidar	SKIEN	1	1:23:09		01:23:09					
Pejby, Martin		2	1:19:52						1:19:52	1:27:26
Pereira, Sofia	GAMLE FREDRIKSTAD	1	1:48:17	01:48:17						
Persen, Svend	FREDRIKSTAD IF	1	1:16:25				1:16:25			
Person, Guro	SKI	1	1:09:49	01:09:49						
Pettersen, Christian	SARPSBORG	1	1:31:26	01:31:26						
Pettersen, Eli Birgitte		4	1:23:10		01:29:23		1:23:10	1:28:14	1:31:48	
Pettersen, Geir	JACKON	4	1:16:30				1:16:30	1:21:38	1:27:57	1:35:56
Pettersen, Henrik	CROSSFIT FREDRIKSTAD	1	1:25:50				1:25:50			
Pettersen, Ida		1	1:45:44		01:45:44					
Pettersen, Jon	TEAM EUROPRIS	1	1:20:30				1:20:30			
Pettersen, Kathrine Almvik	LISLEBY HÅNDBALL	2	1:25:11				1:25:11		1:32:58	
Pettersen, Lars-Fredrik	ROLVSØY	1	1:21:23	01:21:23						
Pettersen, Lise Marie	BANE NOR BIL	3	1:15:28	01:20:11		01:19:14		1:15:28		
Pettersen, Mats	ORKLA FOODS NORGE	3	1:00:38			01:03:13		1:00:38	1:02:41	
Pettersen, Mina		1	1:54:23			01:54:23				
Pettersen, Per Åge	Cicignon old Boys	3	1:30:07		01:30:07	01:57:35	1:37:59			
Pettersen, Paal	KRÅKERØY	1	1:11:13		01:11:13					
Pettersen, Rebecka	SARPSBORG	1	1:41:40		01:41:40					
Pettersen, Sjur	Fredrikstad IF	2	1:25:43	01:38:11	01:25:43					
Pettersen, Thomas		1	1:54:29			01:54:29				
Pettersen, Venche		2	1:42:10				1:42:10	1:43:14		

# Glommaløpet 10 miles individuelt

## Historikk

Pigla, Pawel	ROLVSØY	1	1:16:59	01:16:59							
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	TROLLDAEN	2	1:21:19			01:28:17			1:21:19		
Pinås, Fredrik	Fredrikstad IF	1	1:14:28	01:14:28							
Pinås, Tor Christian	T.T.SERVICE	2	1:03:34							1:03:34	1:11:22
Pladsen, Solveig		4	1:16:36		01:23:11	01:25:48	1:16:36	1:18:35			
Pladsen, Solveig	GAMLE FREDRIKSTAD	1	1:19:19	01:19:19							
Plata Franco, Oliver		1	1:10:57			01:10:57					
Pleym, Kjersti		1	1:29:01				1:29:01				
Pollen, Thfinstad		1	1:26:17				1:26:17				
Polyainov, Velimir		1	1:19:22				1:19:22				
Pratumchai-Børresen, Vidar	OSLO	1	1:37:11		01:37:11						
Presno, Andrea Garcia De	OSI FRIIDRETT	2	1:12:04			01:16:16	1:12:04				
Presterud, Karl Erik	GRIMSRØD KAMERATENE	1	1:28:57							1:28:57	
Prytz, Anders	Telenor BIL	1	1:08:45		01:08:45						
Prøitz, Isak Homlung	SPARTA IHK	1	1:23:57				1:23:57				
Prøitz, Tommy		2	1:07:10					1:07:10		01:07:16	
Puck, Tor-Anders	CL	1	1:21:39							1:21:39	
Putkowski, Andre Gerard	FREDRIKSTAD IF	2	1:17:05				1:17:05	1:20:32			
Qarbosh, Mukhtar		1	1:59:24						1:59:24		
Radavicius, Nerijus	FREDRIKSTAD	1	1:12:08		01:12:08						
Radgowska, Karolina		1	1:36:27				1:36:27				
Rakkenes, Håkon	KRÅKERØY	1	1:51:36	01:51:36							
Raknes, Marie Therese		1	1:40:19						1:40:19		
Raknes, Per	MARKEDSPARTNER	2	1:55:03				1:57:35	1:55:03			
Rambjør, Thomas	SARPSBORG	1	1:38:25	01:38:25							
Rambøl, Sigrid	SCHIBSTED ASA	1	1:44:53					1:44:53			
Ramdahl, Ingerid	Halden	1	1:50:18	01:50:18							
Ramon Sanches, Alex	HARD TRAIN EASY LIFE	1	1:18:18								1:18:18
Ramstad-Ekeberg, Solveig	PALKOM FREDRIKSTAD	1	1:43:16			01:43:16					
Rasmussen, Helge Schie	HVALER KOMMUNE	2	1:15:00		01:16:24		1:15:00				
Rasmussen, Robert	ØSTBYGDA IL	1	1:08:58				1:08:58				
Rasmussen, Thomas E.	FREDRIKSTAD IF	2	1:10:49				1:12:12		1:10:49		
Rasmussen, Tom-Arvid		1	1:15:54							1:15:54	
Rebni, Even	TEAM MJØSEN	1	1:11:45							1:11:45	
Reece, Robert	TEXAS	2	1:21:09		01:21:09	01:25:28					
Reid, Lene		1	1:33:25						1:33:25		

# Glommaløpet 10 miles individuelt

## Historikk

Reiersen, Oscar	TRØSKEN IL	1	1:13:56					1:13:56			
Reiersgård, Jørn Kåre	Friskis&Svettis	4	1:20:07	01:29:29	01:21:23	01:30:16		1:20:07			
Rekvin, Andreas		1	1:56:11			01:56:11					
Rekvin, Kristian		2	1:31:19		01:31:19	01:45:51					
Renberg, Roger		4	1:26:16				1:30:18	1:29:36	1:26:16	1:33:44	
Rennemo, Mette-Marit		1	1:26:52				1:26:52				
Richardsen, Joachim	TORP	1	1:32:14		01:32:14						
Richardsen, Morten		1	1:33:03						1:33:03		
Riis, Anne Margot	TEAM NONSTOP	2	1:40:32					1:40:32	1:41:19		
Riise Jenssen, Elisabeth		1	1:37:07			01:37:07					
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		
Rishøi, Lars	STRÖMSTAD	1	1:27:20		01:27:20						
Rist, Marte Løvås	HALDEN IL	2	1:24:49			01:37:36	1:24:49				
Roald, Jan	LYSAKER	1	1:31:46		01:31:46						
Robertsen, Daniel	GRESSVIK	4	1:17:03	01:33:29	01:20:59	01:20:26	1:17:03				
Robertsen, Raymond		2	1:45:24		01:45:24	01:58:22					
Rogndalen, Bjørn	BORREGAARD	2	1:22:32		01:22:32	01:38:49					
Rohde-Moe, Tom	IMTECH	1	1:44:12							1:44:12	
Roll, Tonje	SØK	1	1:50:07	01:50:07							
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	
Rossow, Helene	OSLO	1	2:00:26	02:00:26							
Rostad, Kristoffer	RÅDE	1	1:03:55	01:03:55							
Rosten, Stine		1	1:40:11							1:40:11	
Roulund, Kjetil		1	1:45:53					1:45:53			
Roverso, Davide	ESMART SYSTEMS	1	1:18:21			01:18:21					
Rudsrud, Ståle		2	1:31:25		01:31:25			1:31:57			
Rugsveen, Tor Kenneth		1	1:19:50					1:19:50			
Rundgren, Truls	MANSTAD	1	1:31:56		01:31:56						
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		6	1:31:52		01:35:38	01:44:07	1:34:45	1:31:52		1:35:30	1:49:50



# Glommaløpet 10 miles individuelt

## Historikk

Ruyter, Johanne	FFK Kvinner	1	1:23:44		01:23:44						
Ruyter, Thomas	Cicignon IF	3	1:16:17	01:26:10	01:29:46			1:16:17			
Ruyter, Werner	CICIGNON OLDBOYS	2	1:22:33		01:26:19			1:22:33			
Ryan, Jostein		2	1:24:02							1:24:49	1:24:02
Rychlicki , Pawel	INFOTJENESTER	1	1:48:03				1:48:03				
Rydland, Randi Beate		2	1:46:35				1:46:35	1:54:24			
Rysjedal, Stisn	FREDRIKSTAD	1	1:32:29		01:32:29						
Rød, Terje	FREDRIKSTAD IF	4	1:13:21				1:18:33	1:29:53	1:16:07	1:13:21	
Rødland, Heidi	STADION	1	1:36:55				1:36:55				
Rødningby, Tine		1	1:25:32						1:25:32		
Røed, Eiolf	FREDRIKSTAD IF	1	1:05:02								1:05:02
Røhr, Ole-Hermann	Rygge IL	6	0:55:38	00:56:06	00:56:50	00:59:26		0:58:22	0:55:38	0:58:24	
Rønneberg, Hedda Horn	RØA	1	1:26:09					1:26:09			
Rønning Vatne, Rasmus	FREDRIKSTAD	1	1:04:33		01:04:33						
Rønning, Glen Roger		1	1:18:51							1:18:51	
Rønning, Karoline	FREDRIKSTAD TRIATHLONKLUBB/ TEAM	2	1:22:02			01:22:02	1:23:01				
Rønning, Maria E.	KRÅKERØY	1	1:38:16		01:38:16						
Rørberg, Alexander		1	1:08:46						1:08:46		
Røren, Tonny		1	1:44:13						1:44:13		
Røring, Aanon	Saugbrugs BIL	1	1:04:49		01:04:49						
Røraas, Else Grete	FEMIRUN	1	1:51:20				1:51:20				
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	Egmont	5	1:15:57		01:23:28	01:27:13	1:15:57	1:21:55	1:27:09		
Råen, Vegard	KRØDSHERAD IL	1	1:04:15							1:04:15	
Raagaard, Henrik Lund	FREDRIKSTAD IF	3	1:14:45		01:14:45	01:24:57			1:39:09		
Sagen Andersen, Martin	RT 27 FREDRIKSTAD	3	1:17:32					1:19:50	1:17:32	1:22:25	
Saltnes, Eirik	Visma Smartskill	1	1:23:41		01:23:41						
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			
Sand, Espen	ÅS	1	1:42:57	01:42:57							
Sandbakk, Even		1	1:24:10					1:24:10			
Sande, Thomas Eriksen	Vansjølogen	1	1:25:01	01:25:01							
Sandegren, Theo		1	1:12:34							1:12:34	

# Glommaløpet 10 miles individuelt

## Historikk

Sandem, Kjetil	VARTEIGLOSJEN KONDISBYGGERI	1	0:59:30				0:59:30				
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	2	1:19:39	01:27:27				1:19:39			
Sandmæl, Hilde	BRYNILD GRUPPEN	1	1:29:16					1:29:16			
Sandmæl, Merete	MOSS	1	1:48:53	01:48:53							
Sandnes, Anne	PIR II	1	1:08:39							1:08:39	
Sandstad Røising, Marius		2	1:49:28				1:54:20	1:49:28			
Sandtangen, Christine	KPMG PULS	1	1:31:45			01:31:45					
Sandtangen, Petter	Hevingen IL	1	1:03:10	01:03:10							
Sandtnagen, Leif	IHK SPARTA SARPSBORG	1	1:31:46			01:31:46					
Sandvand, Johanne	NTNUI TRIATHLON	1	1:07:26				1:07:26				
Sandvand, John Einar		1	1:41:37				1:41:37				
Sandvik, Eivind	GRESSVIK	8	1:15:14	01:15:14	01:22:14	01:26:02	1:21:43	1:19:39	1:15:54	1:24:08	1:20:48
Sandvik, Knut Jostein	ULLERØY IL	4	1:12:54		01:17:22		1:15:35	1:14:08	1:12:54		
Sanengen, Sverre	FREDRIKSTAD IF	2	1:32:50						1:34:24	1:32:50	
Sanna, Ove		1	1:30:17			01:30:17					
Sanne, Nils	SOLKYSTEN LK	1	1:32:12							1:32:12	
Sannerholt, Merete	Skien Svømmeklubb	2	1:23:36		01:23:38			1:23:36			
Sannerholt, Tom Ivar	Skien Svømmeklubb	2	1:23:35		01:24:08			1:23:35			
Saugestad, Kjell	KRÅKERØY SPURTKOMPANI	1	1:38:13			01:38:13					
Saxegaard, Jørgen	BEKKELAGET IFK	1	1:06:49							1:06:49	
Schaeffer, Maria	SARPSBORG	1	1:19:00	01:19:00							
Schei, Øyvind		1	1:37:42						1:37:42		
Schiager, Tore	BRYNILD GRUPPEN	1	1:23:58				1:23:58				
Schjefstad, Kim		1	1:31:15					1:31:15			
Schjerpén, Thomas		1	1:15:08				1:15:08				
Schön, Siri Merete	OPPAKER	1	1:45:25	01:45:25							
Segui, Natali		1	1:37:13								1:37:13
Segui-Schimpke, Natali		1	1:36:36			01:36:36					
Seifert, Linn	TISTEDAL	2	1:26:10	01:31:04			1:26:10				
Seim, Maria		1	1:56:53			01:56:53					
Seland, Petter	FREDRIKSTAD SKIKLUBB	1	1:15:37					1:15:37			
Selliseth, Tom		1	1:02:57				1:02:57				
Semlov, Bo	KØBENHAVN S	1	1:47:19	01:47:19							
Sendstad, Marte		1	1:07:38	01:07:38							
Serezhnikova, Olga	KVALØYA	1	1:32:29	01:32:29							
Setekleiv, Veronica		1	2:06:38				02:06:38				

# Glommaløpet 10 miles individuelt

## Historikk

Seterdahl, Ayna		1	2:08:41					2:08:41			
Sigurdsson, Oddur	BORGENHAUGEN	1	1:27:41	01:27:41							
Simensen, Martin	Unger Fabrikker	2	1:21:41	01:21:41	01:31:14						
Simensen, Tina	GRÅLUM	1	1:36:25		01:36:25						
Simenstad, Marte Dyve		1	1:47:09			01:47:09					
Simenstad, Mathias Dyve		1	1:35:43			01:35:43					
Simons, Nick		3	1:17:01				1:23:50		1:17:01	1:30:30	
Simons, Nick	SPROCKET AS	1	1:25:31			01:25:31					
Simonsen, Helge	SKILØPERNE	3	1:29:21		01:34:15		1:29:21	1:33:20			
Simonsen, Kent	Onsøy Runners	1	1:19:12	01:19:12							
Simonsen, Lars-Christian	SKILØPERNE	1	1:06:40				1:06:40				
Simonsen, Pål	Bodø Friidrettsklubb	1	1:08:08		01:08:08						
Simonsen, Sven	FREDRIKSTAD IF	5	1:08:56		01:11:38	01:18:07	1:08:56	1:10:02		1:10:50	
Simonsen, Toby		1	1:26:57						1:26:57		
Sivertsen, Jon Martin Bodal	GAMLE FREDRIKSTAD	1	1:37:30	01:37:30							
Sivertsen, Ulrik	SELLEBAKK	1	1:23:17	01:23:17							
Sjelmo, Sigrid		1	1:27:12					1:27:12			
Sjøberg, Paterick	BEGBY IL / BDO	1	1:07:20							1:07:20	
Sjøblom, Marte	Follo Brannvesen	1	1:38:27		01:38:27						
Sjødahl, Helge Ronny		2	1:40:18			01:50:20	1:40:18				
Sjølie, Njål		2	1:23:56							1:23:56	1:25:59
Sjølie, Njål		2	1:13:24				1:13:24	1:28:22			
Sjaaeng, Matilda	DAL	1	1:28:57		01:28:57						
Sjaastad, Jørgen	TEAM THEO	2	1:00:47		01:00:47	01:02:12					
Skaftun, Frank	Team Sportsmanden	2	1:14:58	01:19:38	01:14:58						
Skaftun, Håkon	SARPSBORG IL	1	1:25:04			01:25:04					
Skagen, Arild	Saugbrugs BIL	2	1:26:21	01:26:21	01:27:42						
Skagen, Carl Erik Aabø	Berg IL	2	1:15:37	01:21:21	01:15:37						
Skajaa, Andreas	OSLOFJOR TRIALHLON	1	1:12:34							1:12:34	
Skamsar Øien, Baard	FREDRIKSTAD	1	1:13:42	01:13:42							
Skar, Einar	FREDRIKSTAD IF	3	1:24:46				1:24:46	1:27:55		1:39:45	
Skaret, Elisabeth	Lørenskog Friidrettslag	1	1:32:30		01:32:30						
Skari, Eline	Skiløperne	1	1:34:11		01:34:11						
Skari-Hansen, Henriette	Denofa	1	1:33:14		01:33:14						
Skattebøl, Stine		1	1:30:13								1:30:13
Skau, Tor Henning	Trimklubben Tectak	1	1:30:30		01:30:30						
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	

# Glommaløpet 10 miles individuelt

## Historikk

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	Multiconsult BIL	2	1:02:58	01:02:58			1:18:24			
Skeid, Ola		1	1:04:58					1:04:58		
Skjelhaugen, Daniel	HAFSLUNDSØY	1	1:14:38	01:14:38						
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	2	1:34:03	01:34:03					1:50:57	
Skjenken, Sofie Ulfeng	Team Skjenken	1	1:32:42	01:32:42						
Skjolden, Per Olav	ASKIM	1	1:17:52	01:17:52						
Skog, Alf Thode	BORGENHAUGEN	1	1:45:07	01:45:07						
Skogen, Flemming		1	1:22:22						1:22:22	
Skoglund, Tina	FREDRIKSTAD IF	2	1:28:17					1:28:17	1:30:19	
Skorpen, Ingvild Sprett	De Rosa Panterne	1	1:13:56	01:13:56						
Skovdahl, Line Hatlen	MOSS	1	1:48:53	01:48:53						
Skovly, Jarle	KIL	2	1:14:26			1:19:46		1:14:26		
Skrøder, Kjetil	NORDEA BANK NORGE	1	1:19:52				1:19:52			
Skaaden, Håvard		1	1:26:32					1:26:32		
Skår, Darlen		1	1:38:31					1:38:31		
Skaar, Espen	FORTUM	4	1:09:22	01:09:22	01:19:08			1:14:05	1:12:47	
Skaara, Geir	NORDEA BIL	3	1:39:10				1:42:42	1:39:10		2:04:44
Slamova, Sarka	RT REVISJON AS	1	1:21:38						1:21:38	
Sletner, Dag Inge	KALNES VGS.	1	1:36:51		01:36:51					
Sletten, Eirik		1	1:22:48		01:22:48					
Sletten, Ulrikke		1	1:41:34					1:41:34		
Slydahl, Alf	BORGENHAUGEN	2	1:19:40	01:19:40	01:27:32					
Smeby-Diederich, Andreas	BANKID	1	1:03:46			1:03:46				
Smith, Fredrik		1	1:18:50							1:18:50
Smaaberg, Bjørn Arild	Varteig IL	3	1:06:28	01:06:28	01:11:18	01:18:22				
Snildal Engen, Geirhild	Hytteplan Sport	1	1:36:55	01:36:55						
Snilsberg, Torgeir		1	1:23:32					1:23:32		
Sognlien, Tom	FREDRIKSTAD IF	6	1:09:32		01:26:53	1:10:08	1:09:46	1:09:32	1:17:56	1:13:23
Sohlberg, Merete	GRESSVIK	4	1:24:38	01:31:05	01:27:46	01:35:46	1:24:38			
Sohlberg, Thomas	PRODOK SAMSUNG BUSINESS PARTNER	2	1:31:38				1:37:07	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- Skogh, Anne-Beathe	HALDEN	1	1:31:04	01:31:04						

# Glommaløpet 10 miles individuelt

## Historikk

Solberg, Birgit	FEMIRUN	1	1:28:21				1:28:21				
Solberg, Emilie	VESTERØY	1	1:35:19	01:35:19							
Solberg, Linda	COWI BIL	1	1:11:35					1:11:35			
Solberg, Per Tore	INSTALLATØREN SARPSBORG AS	2	1:27:50				1:27:50	1:36:35			
Solberg, Pål Espen	IUS KOMPETANSE	1	1:24:51				1:24:51				
Solberg, Øivind	SOONLØP	4	1:06:53		01:06:53		1:08:58		1:20:06	1:25:48	
Solberg-Skogh, Anne-Beathe		1	1:26:14				1:26:14				
Solerød, Even	BENGAN'S FASION	2	1:29:56	01:29:56				1:34:47			
Solgaard, Jon Magnus	OSLOFJORD TRIATLON KLUBB	4	1:10:09		01:21:21			1:10:09		1:17:59	1:22:24
Solheim, Eirik		1	1:05:14				1:05:14				
Solheim, Tor Helge		3	1:24:15	01:29:58	01:31:23		1:24:15				
Solli, Geir	BRYNILD GRUPPEN	3	1:26:58	01:26:58	01:49:02		1:27:48				
Solvin Jacobsen, Julie	OSLO	1	1:11:23	01:11:23							
Solvin, Benedicte	Modum Friidrettsklubb	1	1:10:08	01:10:08							
Solvold, Odd	IL Runar	1	0:58:41	00:58:41							
Sondaj, Martin	Fredrikstad Skiklubb	4	1:06:16	01:06:16			1:14:15	1:13:41	1:08:15		
Song, Lili		1	1:29:13						1:29:13		
Soot, Kari	SKILØPERNE	1	1:40:27				1:40:27				
Sperlin, Espen	EIDSBERG IL	2	1:16:28					1:16:32	1:16:28		
Sponheim, Richart	ROLVSØY	2	1:38:50	01:38:50	01:39:31						
Spro, Joakim		1	1:16:28				1:16:28				
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			
Staib, Axel Henrik	Rygge IL	1	1:27:56	01:27:56							
Stallvik, Kent-Åge Tokstad		1	1:14:46						1:14:46		
Stang, Annette Solgaard		1	1:42:18						1:42:18		
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		
Stangeland Fredheim, Christina		1	1:15:46				1:15:46				
Steffen, Michael	FREDRIKSTAD IF	2	1:20:40					1:21:29		1:20:40	
Steinsmo, Ida Marie	VÅLER MK	2	1:29:42	01:51:41			1:29:42				
Stenbekk, André	NETT-TJENESTER AS	1	1:36:21		01:36:21						
Stenberg, Anette	SELLEBAKK	1	1:22:33	01:22:33							
Stendal, Gry	Gry Stendal	1	1:37:35	01:37:35							
Stene, Kristin	ASKER	1	1:34:52	01:34:52							
Stenrud, Ida Christin	Fredrikstad Fotballklubb	1	1:27:20	01:27:20							
Stenseng, Reidar	KONNERUD IL	2	1:20:22	01:20:22	01:26:00						

# Glommaløpet 10 miles individuelt

## Historikk

Stenshorne Storesund, Jon	LYSAKER	1	1:31:09		01:31:09						
Stensland, Benedikte		3	1:44:18			01:51:23	1:44:18		1:59:41		
Stensland, Ulf Henning	SELLEBAKK	1	1:21:10	01:21:10							
Stensrud, Johnny	Rygge IL	7	1:01:13	01:05:12	01:03:05	01:02:37	1:01:13	1:03:42	1:02:27		1:09:38
Stigberg, Susanne	STRÖMSTAD LK	1	1:24:34				1:24:34				
Stigen, Astrid	FREDRIKSTAD SKIKLUBB	1	1:06:52			01:06:52					
Stigen, Erik	FREDRIKSTAD SKIKLUBB	2	1:00:45		01:00:45			1:02:48			
Stigen, Jørgen	FREDRIKSTAD SKIKLUBB	4	1:00:07			01:02:35	1:00:07	1:03:17			1:09:16
Stigen, Rolf	FREDRIKSTAD SKIKLUBB	1	1:07:21								1:07:21
Stjern, Sondre	Romerike Ultraløperklubb	1	1:32:00	01:32:00							
Stobbe, Jan		1	1:38:28			01:38:28					
Storbakken, Jon	GRÅLUM	2	1:48:16	01:48:16		01:55:23					
Stordal, André	CROSSFIT SARPSBORG	1	1:14:24				1:14:24				
Storeheier, Even	DEGERNES	3	0:53:59	00:53:59	00:58:40	01:03:30					
Storehjelm, Thine	FREDRIKSTAD	2	1:15:06	01:22:54					1:15:06		
Strand, Anette		2	1:37:32						1:42:50	1:37:32	
Strand, Hilde	Halden IL / Hilde Strand	1	1:35:51	01:35:51							
Strand, Kristoffer	Kristoffer Strand	1	1:13:30	01:13:30							
Strande, Børge	FOSS & STRANDE ELEKTRO AS	2	1:15:07				1:15:07	1:17:33			
Strangel, Bjørn -Erik	ROLVSØY	1	1:11:49	01:11:49							
Stray, Preben	OSLO	1	1:34:52	01:34:52							
Strupstad, John Henry	FIK REN-ENG	1	0:55:34							0:55:34	
Stræte, Lene	Team Heier	1	1:59:41		01:59:41						
Strøm Sandtangen, Petter		1	1:08:18			01:08:18					
Strøm, Rikke	SARPSBORG	1	1:15:54	01:15:54							
Strømberg, Solveig	GAMLE FREDRIKSTAD	3	1:39:50	01:42:04	01:39:50	01:48:20					
Strømland, Lars Frode	LUKE THE DRIFTER'S RUNNING TEAM	2	1:08:01					1:11:08	1:08:01		
Strømme, Christian	DC EIENDOM	2	1:23:30		01:36:50		1:23:30				
Strømnes, Maren-Sofie	MYSEN	1	2:29:58	02:29:58							
Strømnes, Stein	HAGAN	1	1:56:44	01:56:44							
Strømnes, Tor Erik	GAMLE FREDRIKSTAD	2	1:23:23	01:23:23	01:24:54						
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, Jacob	FREDRIKSTAD	1	1:09:47		01:09:47						
Sture, Martin		5	1:03:44		01:07:31		1:03:44		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

# Glommaløpet 10 miles individuelt

## Historikk

Stølen, Ketil	JESSHEIM	2	1:32:37	01:32:37		01:33:08					
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	
Staal Engebretsen, Thorild Cathrine		1	1:35:17							1:35:17	
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		
Svankil, Kristian		1	1:45:45			01:45:45					
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		
Svendsby, Vibeke	KJØLHOLTÅSEN LANGLØPERLAG	1	1:18:52			01:18:52					
Svendsen, André		1	1:29:43							1:29:43	
Svendsen, Cathrine Haneng		1	1:39:44					1:39:44			
Svendsen, Christer	Hagebrygg	1	1:28:25	01:28:25							
Svendsen, Dag Berg	YVEN IF	1	1:19:00					1:19:00			
Svendsen, Guro	GRÅLUM	1	1:50:07	01:50:07							
Svendsen, Jarle	GAMLE FREDRIKSTAD	1	1:25:39	01:25:39							
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, Ole Petter		2	1:19:22			01:29:56	1:19:22				
Svendsen, Thomas Horvath	GRESVIK IF	1	1:16:33					1:16:33			
Svendsen, Victor Borge	HALDEN TRIATHLONKLUBB/ TEAM ROB	1	0:57:48				0:57:48				
Svenning, Astrid Engh		1	1:26:17				1:26:17				
Svensen, Morten	TRIOVING	1	1:28:41					1:28:41			
Svensen, Øyvind		1	1:31:46					1:31:46			
Svensson, Terje	Fredrikstad IF	6	1:13:59	01:20:18	01:28:00	1:17:04	1:22:23	1:13:59	1:22:32		
Svingen, Ina-Merethe		1	1:44:54				1:44:54				
Svåsand, Kai	GAMLE FREDRIKSTAD	1	1:20:53	01:20:53							
Syed Ahmad, Fairuz	Fredrikstad IF	2	1:17:42	01:17:42			1:28:13				
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	4	1:04:51		01:12:10	1:04:51	1:10:05		1:12:58		
Syversen, Stig Ove	TRANSCOM	4	1:20:18			1:20:18	1:34:36	1:37:20		1:24:58	
Syversen, Tonje		1	1:23:38					1:23:38			

# Glommaløpet 10 miles individuelt

## Historikk

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	Rygge IL / Ryggejoggen	6	1:23:31	01:32:05	01:25:37	01:27:58		1:23:31	1:26:36	1:32:30	
Sæter, Evy Kristine	NORCONTROL BIL	1	1:40:17				1:40:17				
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	
Sønsterud, Lena-Marie	SKJEBERG	1	1:59:01		01:59:01						
Sønsterud, Truls	SKJEBERG	1	1:59:01		01:59:01						
Sønsthagen, Jorunn	IL JUTUL	1	1:35:23							1:35:23	
Sørensen, Geir-Steve		1	1:19:58				1:19:58				
Sørensen, Iris Torp	OSLO	1	1:23:50	01:23:50							
Sørensen, Lars Erik	MANSTAD	2	1:14:27	01:14:27	01:17:56						
Sørensen, Ole Kristian		6	1:14:52		01:17:12	01:20:24	1:14:52	1:19:01	1:16:05	1:28:32	
Sørensen, Sven Johan	RAKKESTAD SK	1	1:22:40							1:22:40	
Sørensen, Tom	MECA B.I.L	1	1:27:50				1:27:50				
Sørli, Aleksander Walberg	Sarpsborg Sykleklubb	2	1:19:05					1:19:05	1:23:42		
Sørli, Arnfinn	Sarpsborg Sykleklubb	3	1:20:14	01:30:36				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		
Søtorp, Ole Petter	GLOMMA TANNKLINIKK	1	1:15:56				1:15:56				
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
Talberg Stang, Eli Kristin		1	1:47:08			01:47:08					
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, Linda Cathrine		2	1:28:59		01:28:59	01:39:57					
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
Taranger, Rune	DRØBAK	1	1:22:46	01:22:46							
Tegneby, Elisabeth	BRYNILD GRUPPEN	1	1:22:39				1:22:39				



# Glommaløpet 10 miles individuelt

## Historikk

Teig, Christine	SK VIDAR	1	1:13:46							1:13:46	
Teig, Kjersti Aarum	BÅSTAD IL SKØYTER	1	1:23:01				1:23:01				
Teig, Robert	BÅSTAD IL SKØYTER	2	1:23:55				1:23:55	1:24:32			
Tepelis, Juras		1	1:15:06				1:15:06				
Tharaldsen, Ann Kristin	FREDRIKSTAD IF	2	1:20:47							1:20:47	1:39:10
Tharaldsen, Maria	FREDRIKSTAD	1	1:22:33	01:22:33							
Tharaldsen, Ole	FREDRIKSTAD IF	3	1:16:19			01:23:09	1:16:19				1:21:49
Tharaldsen, Rune		1	1:27:27			01:27:27					
Thime, Anders		1	1:30:08							1:30:08	
Thingbø, Leif Ørjan	GRESSVIK	1	1:17:49	01:17:49							
Thinggaard, Håkon	BORGENHAUGEN	1	1:30:35		01:30:35						
Thirud, Edvard		1	1:34:24					1:34:24			
Thomassen, Christoffer	FREDRIKSTAD TRIATLONKLUBB	2	1:13:58					1:13:58	1:14:48		
Thon, Camilla Krsticevic		1	1:28:27				1:28:27				
Thonvald, Eli Barbro Alvik	LILLESTRØM	2	1:26:27		01:34:10				1:26:27		
Thorbjørnsen, Rune	Oslo Kommune BIL	1	1:17:18	01:17:18							
Thoresen, Geir		1	1:33:53				1:33:53				
Thoresen, Linn	TRARA SKOLE	1	1:54:07			01:54:07					
Thoresen, Ole Kristian		2	1:18:22		01:18:22		1:22:17				
Thoresen, Sandra		2	1:33:23		01:36:58		1:33:23				
Thoresen, Tone Camilla		1	1:35:53				1:35:53				
Thorgaard, Jens		3	1:17:33			01:32:04			1:17:33	1:24:26	
Thoring-Strømner, Åsmund	RYGGE IL	5	1:14:28			01:20:39	1:14:28	1:19:08		1:20:15	1:23:15
Thorsen, Arne	KOLL IL	1	1:40:03					1:40:03			
Thorsen, Håvard Hauge		3	1:22:32		01:22:32	01:26:33	1:37:21				
Thorsen, Lill	STABEKK	2	1:27:30	01:34:35				1:27:30			
Thorsen, Magnus		1	1:09:39						1:09:39		
Thorsvik, Elisabeth	Follo Løpeklubb	1	1:26:55		01:26:55						
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		
Thorvaldsen, Ole-Martin	ENGELSVIKEN	3	1:15:42	01:18:05	01:15:42		1:20:25				
Thunæs, Lars	LEONBERG	3	1:18:18						1:18:18	1:20:00	1:24:26
Thunæs, Lars Olav	LEONBERG AS	1	1:20:52				1:20:52				
Thunæs, Pål Anders	SKJEBERG CYKLEKLUBB/FREDRIKSTAD T	2	1:13:41		01:15:52		1:13:41				
Tinbod, Tommy		2	1:14:07					1:15:24	1:14:07		
Tingvold, Kim	SKI	1	1:13:52	01:13:52							
Titlestad, Gjermund	BORGENHAUGEN	3	1:26:20	01:33:44	01:26:20	01:40:28					

# Glommaløpet 10 miles individuelt

## Historikk

Tjernes, Fredrik		2	1:08:40		01:08:40			1:16:48		
Tjernshaugen, Jon Ivar	VARTEIG IL	2	1:01:08					1:01:08	1:05:48	
Tofteberg, Anett		5	1:30:05		01:41:43	1:30:05	1:33:33	1:35:21	1:39:46	
Toftegård, Bjørg Mari		2	1:57:23			2:04:22				1:57:23
Toften, Tobias Lynghaug	Mosjonistene	1	1:40:19		01:40:19					
Toftner, Per Olaf	EGEN	1	1:33:18							1:33:18
Tokerud, Hege	FREDRIKSTAD IF	1	1:28:45						1:28:45	
Tomren, Espen	Ultramann	2	1:27:43		01:34:10		1:27:43			
Tonhauser, Laszlo		1	1:07:06			01:07:06				
Torgan Engebretsen, Tonje	KRÅKERØY	1	1:39:44	01:39:44						
Torgan, Audun	KLØFTA	1	1:37:35	01:37:35						
Torgersbråten, Kjell Ivar	PRIVAT	1	1:26:36			01:26:36				
Torgersen, Tor-Erik	Yrosvik	1	1:26:20		01:26:20					
Torgersen, Trond	OSLO	3	1:04:27	01:08:45			1:04:27	1:09:15		
Torgrimsby, Marianne	MULTICONSULT	1	1:22:44					1:22:44		
Torp, Leni Wilhelms	FREDRIKSTAD IF	2	1:23:59			01:39:04		1:23:59		
Torp, Mads	TMTBYGG AS	2	1:26:32			01:48:40		1:26:32		
Torp, Renate	DAL	1	1:39:21		01:39:21					
Torply, Lars	GRÅKER	1	1:25:26		01:25:26					
Trandem, Nina		1	1:59:22			01:59:22				
Trandum, Daniel	RT 27 FREDRIKSTAD	3	1:35:50			01:55:23		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	
Tronstad, Anders	MOSS	2	1:29:58	01:29:58	01:37:27					
Trotter, Louise Helen	TEAM THORVALD	3	1:42:37				1:42:37	1:43:03	1:51:23	
Tryland, Joakim		1	1:47:33		01:47:33					
Trøstheim, Mikkel	Sport 1 Flå	1	1:10:16		01:10:16					
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 Andre	Fredrikstad IF	2	1:06:52	01:06:52				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	
Twanabasu, Satya	OSLO	1	1:11:38		01:11:38					
Twigg, Barry		1	1:29:42							1:29:42

# Glommaløpet 10 miles individuelt

## Historikk

Tyldum, Håvard		1	1:31:25						1:31:25	
Tytlandsvik, Sigrun		1	1:20:48			1:20:48				
Tänav, Armin	SK KEREMEISTER	1	1:27:05				1:27:05			
Tølche, Marta		1	1:57:53					1:57:53		
Tømmer, Pål	MEDIAMENN AS	1	1:06:11			1:06:11				
Tømte, Sjur	FREDRIKSTAD IF	3	1:12:55			1:14:30	1:15:55	1:12:55		
Tønnesen, Egil		3	1:31:56	01:35:38		1:34:48	1:31:56			
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	
Ugland, Tom	DRAMMEN	1	1:37:56	01:37:56						
Uglebakken, Steinar	Gresvik	1	1:05:35	01:05:35						
Ulfski, Ann-Christin	Fam.Ulfski	1	1:49:05		01:49:05					
Ulfski, Vilde	Fam. Ulfski	1	1:30:27		01:30:27					
Ulfsrød, Thomas		2	1:21:46					1:21:46	1:36:21	
Ulriksen, Mads Erik	FREDRIKSTAD	2	1:50:07	01:50:07		01:55:23				
Ulstein Holand, Tabita		1	1:41:15							1:41:15
Ulvin, Eivind Johnsen		1	1:13:33					1:13:33		
Ulvåen, May	FREDRIKSTAD IF	5	1:24:41	01:32:21	01:54:10	1:27:09		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		
Urdal, Håkon	Team Sportsmanden	1	0:59:02	00:59:02						
Urstad, Ann Kristine	MOSS SKIKLUBB	1	1:31:06			01:31:06				
Urstad, Johanne	MOSS SKIKLUBB	1	1:31:06			01:31:06				
Urstadmyr Tønnesen, Marius	SARPSBORG SPORTSCLUB	1	1:17:14							1:17:14
Utgaard, Alexandra	TEAM SAGA	1	1:41:57			01:41:57				
Utne, Tone		1	1:41:41					1:41:41		
Uttisrud, Erling		1	1:29:23							1:29:23
Valenzuela, Jelithsa	Larkollen IL	1	1:31:56	01:31:56						
Valle, Amalie	TEAM EUROPRIS	1	1:22:31				1:22:31			
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		
Vassvik, Tor-Allan	Legs Miserables	1	1:05:42	01:05:42						
Vassås, Tor Ivar		1	1:31:47					1:31:47		
Vatne, Joakim	Team Jokkessen	1	1:00:33	01:00:33						

# Glommaløpet 10 miles individuelt

## Historikk

Vatvedt, Tormod	Fredrikstad IF	2	1:26:56	01:26:56		01:39:18					
Veberg, Karianne		1	1:38:24								1:38:24
Veby, Nina Visjø	SKILØPERNE	4	1:31:39		01:51:42		1:39:17		1:31:39	1:40:17	
Veder, Lars	DILLING	2	1:35:10	01:35:10	01:41:10						
Vedø, Lars Sigurd		2	1:13:00		01:13:00	01:19:49					
Vegsgård, Anders	RØDSMYRA SKOLE	1	1:21:01							1:21:01	
Veland, Petter	Spydeberg IL	1	1:27:54		01:27:54						
Verdu Martinez, Ruben		1	1:23:17						1:23:17		
Vestrheim, Kåre Christoffer	PROPELLER MUSIC DIVISION	2	1:36:06				1:38:13	1:36:06			
Vidnes, Jonas	KRÅKERØY	1	1:15:15		01:15:15						
Vidsjå, Harald		1	1:17:02						1:17:02		
Viggen, Håkon	OSLO	1	1:31:28		01:31:28						
Vik, Arne Håkon	TFL HALDEN	1	1:12:04								1:12:04
Vik, Håkon Aleksander	HALDEN	1	1:16:17	01:16:17							
Vikanes, Kristin	GAMLE FREDRIKSTAD	1	1:28:26		01:28:26						
Vingelsgaard, Ole		1	1:14:46						1:14:46		
Vist, Erlend Øverby	FREDRIKSTAD	1	1:17:17	01:17:17							
Vist, Susanne	Nordvis Mosjonsklubb	1	1:45:10		01:45:10						
Viste, Sigurd	Sigurd Viste	1	1:17:16	01:17:16							
Vister Jensen, Anders		1	1:38:34			01:38:34					
Vold, Eva	FEMIRUN	1	1:35:42				1:35:42				
Volden, Erland Per	OSLO	1	1:33:09	01:33:09							
Vollan, Hans-Martin	GAMLE FREDRIKSTAD	1	1:19:26	01:19:26							
Væge, Kjersti	NAV	2	1:14:42		01:14:42		1:15:34				
Værnes, Hilde Christine		1	1:54:00					1:54:00			
Værnesbranden, Magdalena	VÆRNESBRANDEN	2	1:23:43			01:23:43		1:27:13			
Vaagaasar, Ola	TRACEGRID	1	1:33:13				1:33:13				
Vålvannet, Ann-Louise		1	1:15:41				1:15:41				
Wahlgren, Tom	SARPSBORG ORIENTERINGSLAG	5	1:29:46		01:31:20	01:42:03		1:29:46	1:35:49	1:35:18	
Wahlgren, Tove	SARPSBORG ORIENTERINGSLAG	1	1:54:09			01:54:09					
Wahlgren, Tove Skiri	SARPSBORG ORIENTERINGSLAG	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	
Wallin, Anniken	SALMING NORGE	3	1:08:17		01:08:17	01:11:51	1:11:22				
Walther, Bernt Ludvig	ØSTSIDEN IF	1	1:26:15					1:26:15			
Walther, Lise-Merethe		1	2:04:28						2:04:28		
Wang, Tomas	SKJETTEN	5	1:08:15	01:12:28	01:12:12	01:14:43		1:11:57	1:08:15		
Wang, Øyvind	SKIBOTN IL	2	0:58:47				0:58:47		1:05:23		

# Glommaløpet 10 miles individuelt

## Historikk

Wang-Johannessen, Ann Mari	TEAM ENGROSRUKT	1	1:48:30							1:48:30	
Watson, Guro		3	1:33:08			01:51:02		1:39:24	1:33:08		
Watvedt, Jørn Sigvart		1	2:05:41						2:05:41		
Weber, David		2	1:20:52		01:58:09				1:20:52		
Welhaven, Leif	VG	1	1:01:49			01:01:49					
Wellendorf, Daniel		2	1:10:00		01:10:00	01:13:48					
Wenberg, Thomas	SARPSBORG SYKLEKLUBB	2	1:21:25							1:21:25	1:22:41
Wennevold, Tore	FREDRIKSTAD	1	1:27:52	01:27:52							
Werbrouck, Oelrik		5	1:11:55		01:16:56		1:19:30	1:11:55	1:12:00	1:17:16	
Wernersen, Regin	FREDRIKSTAD IF	2	1:08:39		01:08:39	01:14:35					
Westberg, Raymond		2	1:10:39					1:10:39	1:10:40		
Westby, Andreas	SPENST SKJEBERGSENTERET	2	1:17:34				1:19:07			1:17:34	
Westby, Jo	HVALSØ LØBEKLUB	1	1:24:42			01:24:42					
Westengen, Elisabeth		1	1:48:29					1:48:29			
Westgaard, Markus Johansen	Solid Entreprenør	1	1:03:51	01:03:51							
Westlie, Gunn Elisabeth		1	1:36:21					1:36:21			
Westlund, Aleksander	GAMLE FREDRIKSTAD	1	1:20:16	01:20:16							
Westlund, Stine		1	1:40:55				1:40:55				
Westre, Mari		1	1:23:04				1:23:04				
Weum Johansen, Sondre		1	1:23:05								1:23:05
Weydahl, Sindre	Båstad IL Ski	5	1:01:16	01:01:16	01:04:20	01:08:15	1:03:49	1:06:03			
Wiberg, Geir	Ingen	1	1:24:15	01:24:15							
Wiberg, Hilde	DILLING	2	1:37:29	01:37:29	01:43:06						
Wiig, Nils	FRIKSIS OG SVETTIS FREDRIKSTAD	3	1:17:38			01:29:24	1:17:38	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	
Wik, Simen	SKJEBERG	3	1:29:10	01:34:15	01:29:10	01:32:01					
Wikestad, Torbjørn	TEAM SPORTSMANDEN	1	1:45:59			01:45:59					
Wilhelmsen, Jan Olav	ASKIM IF	2	1:12:52					1:12:52	1:17:11		
Wilhelmsen, Lene	GRÅKER	1	1:51:14	01:51:14							
Wilhelmsen, Petter		1	1:21:43							1:21:43	
Willadsen, Geir Aa.	ØSTFOLD POLITIIDRETTLAG	4	1:00:37				1:01:24	1:03:00	1:00:37		1:07:31
Willassen, Andreas	GAMLE FREDRIKSTAD	1	1:29:40		01:29:40						
Wille, Anette		1	1:55:35					1:55:35			
Wille, Gwen		1	1:46:16			01:46:16					
Wille, Karoline		1	1:32:46					1:32:46			
Winther Knudsen, Espen		1	1:44:39					1:44:39			

# Glommaløpet 10 miles individuelt

## Historikk

Winther, Ole Jørgen	TOTTENHAM	2	1:32:33				1:38:38			1:32:33	
Wisbech, Hanne	FREDRIKSTAD IF	3	1:24:22			01:41:39		1:24:22		1:30:41	
Wisbech, Joachim		1	1:41:35			01:41:35					
Wister, Tom Ivar		1	1:40:42			01:40:42					
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			
Wormdahl, Eirik		2	1:11:06	01:11:06	01:15:18						
Wormdahl, Sindre	SELLEBAKK	1	1:07:08	01:07:08							
Wright, Baard		1	2:03:41							2:03:41	
Wullum-Lindberg, Ida		2	1:33:41				1:33:41	1:36:23			
Wærnes, Barbro		1	1:45:10						1:45:10		
Wærstad Hansen, Silje	INGEN	1	1:11:04				1:11:04				
Waagbø, Jon	FREDRIKSTAD TRIATHLON	2	1:34:36			01:34:36		1:35:01			
Waage, Richard	GRIMSRØD KAMERATENE	1	1:22:40							1:22:40	
Waagen, Elise		1	1:16:39						1:16:39		
Yrvum, Svend	MOSSJONISTENE	5	1:21:21				1:21:21	1:24:37	1:27:36	1:26:17	1:37:59
Ytterdal, Renate		1	1:32:11			01:32:11					
Ziener, Martine	Fredrikstad Dyrehospital	1	1:47:08	01:47:08							
Øby, Gina Sofie	Nova Helseklinikk	2	1:28:54	01:31:27			1:28:54				
Øby, Nils	HANDELSHØYSKOLEN BI	1	1:28:32				1:28:32				
Øde, Lars Erik	MOFIL	1	1:06:23				1:06:23				
Øde, Selma	RYGGEJOGGEN	1	1:09:22				1:09:22				
Ødegård, Anette	Team Johansen	1	1:14:16	01:14:16							
Ødegård, Camilla	SKJEBERG	1	1:16:49	01:16:49							
Ødegaard, Henry Michael	AURSKOG-HØLAND FRIIDRETTLAG	1	1:18:49			01:18:49					
Ødegaard, Hilde	SARPSBORG	1	1:35:30	01:35:30							
Ødegård, Jorid	TRØSKEN IL	1	1:18:33								1:18:33
Øhlckers, 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	HVALER KOMMUNE	3	1:47:22			01:59:53	1:47:22	1:51:02			
Ømnehag, Mikael	BILLINGSFORS	1	1:08:31	01:08:31							
Ørdal, Therese	HVALER KOMMUNE	2	1:39:03			01:47:54	1:39:03				
Øren, Kine	Fredrikstad IF	1	1:44:11	01:44:11							
Øren, Magnus	Fredrikstad IF	1	1:00:40	01:00:40							
Ørmen, Elin		1	1:47:24							1:47:24	
Ørseng, Kenneth	TEAM YX	1	1:33:19			01:33:19					
Ørseng, Thor Kenneth	TEAM YX	4	1:12:56				1:12:56	1:25:31	1:15:36	1:21:01	
Ørås, Terje	FREDRIKSTAD TRIATLONKLUBB	5	1:04:07				1:04:07	1:07:34	1:05:06	1:06:24	1:09:27

# Glommaløpet 10 miles individuelt

## Historikk

Østby, Erik	SFS	1	1:14:49				1:14:49					
Østby, Martin		2	1:18:38					1:18:38	1:41:34			
Østensvig-Larsen, Ane	SELLEBAKK	1	1:36:51		01:36:51							
Østlyng, Kirsti	OSLO	1	1:38:08	01:38:08								
Øversveen, Sissel	DOKKA	1	1:22:13	01:22:13								
Øveråsen, Kenneth	Team Johansen	1	1:12:49	01:12:49								
Øy, Lars	GJELLERÅSEN IF	3	1:03:03			01:03:39		1:03:03	1:05:54			
Aalerud, Magnus	SKJEBERG	1	1:29:47		01:29:47							
Aambakk, Maria T.	K-REKNESKAP AS	1	2:14:58			02:14:58						
Aamodt, Even	Lommedalen I.L	1	1:09:08	01:09:08								
Aamodt, Odd Olav	24Wellness	1	1:20:35		01:20:35							
Aamot, Bjørnar	HAUGLANDSHELLA	1	1:26:56	01:26:56								
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	4	1:29:26	01:40:35	01:32:22	01:36:20		1:29:26				
Aarsbog, Svein Anders		1	1:10:14				1:10:14					
Aas, Hans Rudi		1	1:28:43						1:28:43			
Aas, Heine Kristoffer	VARTEIG BOYZ	4	1:26:47				1:26:47		1:28:37	1:30:35	1:44:32	
Aas, Jan Billy	Drøbak-Frogn IL / Team Sptsmanden	1	1:03:44		01:03:44							
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 ORIENTERINGSLAG	1	1:05:31					1:05:31				
Aasen, Marte Marie		1	1:40:12				1:40:12					
Aasen, Ole Johnny		2	1:33:35					1:44:58	1:33:35			
Aaserød, Arne Kristoffer	Nobil	1	1:07:42	01:07:42								
Aasland, Thorleiv	SKILØPERNE - NORDEA BIL	3	1:12:06					1:12:06	1:13:18	1:18:51		
Aasli, Hilde Christin	GREÅKER	5	1:35:10	01:40:50		01:48:54		1:36:59	1:35:10	1:39:41		
Åstorp, Bjørn	SARPSBORG O-LAG	3	1:18:55					1:19:09	1:18:55	1:20:32		
<b>Antall deltatt</b>					<b>411</b>	<b>529</b>	<b>472</b>	<b>553</b>	<b>568</b>	<b>587</b>	<b>482</b>	<b>215</b>