

# OSLO ROKRETS ÅTTER GRAND PRIX 2023 - RUNDE 3

## ÅTTER STAFETT 16K (2 X 1000 m/roer)

### Herrer 50+

1	62:00,2	Bærum	Tore Gulli (54) / Kjell Fotland (48) / Arne Svensøy (53) / Martin Draleke (69) / Harald Bauer (69) / Jan Weitzenböck (66) / Alv Heitmann (43) / Hans Christian Bræin (48)
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### Damer 50+

1	75:48,5	Christiania	Elisabeth Cauto (74) / Sissel Pedersen (59) / Liv Finborud (43) / Eline Visser (89) / Kristin Johansen (70) / Elisabeth Danielsen (75) / Janne Spilling (46) / Torill Torill Enersen (61)
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## FIRER STAFETT 8K (2 x 1000 m/roer)

### Herrer 70+

1	33:10,8	Christiania	Sverre Bernes (52) / Tore Lysdahl (47) / Jan E Strømme (50) / Tom Ellingsen (51)
2	45:11,0	NSR	Jacob Nordan (37) / Tor Winsnes (46) / Ove Mæhlum (39) / Ulf Kristiansen (46)

### Mix 70+

1	40:07,0	NSR	Lars Bruusgård (47) / Bjørn Gilbo (45) / Liv Dannevig (49) / Carl Bonnevie (41)
2	42:03,0	NSR	Lars Bruusgård (47) / Bjørn Gilbo (45) / Liv Dannevig (49) / Carl Bonnevie (41)
3	43:02,0	NSR	Bjørn Østom (43) / Birgitte Bruaset (42) / Unni Vasaasen (51) / Marit Wergeland (48)

### Damer 70+

1	42:38,0	NSR	Lisbeth Akselsen (51) / Anne Heimdal (58) / Elise Lium (49) / Sidsel Setterblom (47)
2	45:11,0	NSR	Lisbeth Akselsen (51) / Anne-Marie Hadenius (33) / Elise Lium (49) / Sidsel Setterblom (47)

### Herrer 50+

1	27:53,4	Skullerud	Lars Holth (74) / Olav Ree (61) / Per Atle Steinsland (71) / Espen Simonsen (72)
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### Mix 50+

1	32:42,3	Skullerud	Veronica Nielsen (77) / Ingrid Stuenæs (74) / Jorunn Foss (70) / Roy Midsjø (61)
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## TOER STAFETT 4K (2 X 1000 m/roer)

### Herrer 70+

1	15:41,4	Christiania	Tom Ellingsen (51) / Jan E Strømme (50)
2	17:23,4	Christiania	Øyvind Brøymer (48) / Morten Flood (48)
3	17:27,5	Christiania	Torstein Rekkedal (44) / Jan Bentzon (44)
4	17:55,4	Christiania	Olav Nygaard (47) / Stein Mørk (44)

### Herrer 50+

1	15:50,1	Christiania	Michael Geyer (78) / Ivar Kristiansen (61)
2	16:51,7	Christiania	Tim McMahon (64) / Bjørn Lindholdt (55)

### Damer 50+

1	18:11,4	Christiania	Eline Visser (89) / Kjersti Elvestad (58)
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### Damer 30+

1	15:36,6	Skullerud	Ragnhild Meisfjord (72) / Elisabeth Sørli (77)
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## TOER 10K (5K/roer)

### Herrer U23

1	34:57,0	Christiania	Andreas Sørskaar (01) / Jostein Thon (04)
2	37:08,1	Bærum	Haakon Bergene Seres (04) / Thov Espeseth (05)

### Herrer U19

1	35:09,1	Bærum	Ask Bergmann (06) / Eskil Steinmoen (05)
2	36:00,3	Bærum	Ferdinand Tenden (05) / Sander Stundal de Vos (06)
3	38:05,0	NSR	Alexander Aalrud (06) / Martin Anker (07)

4	38:07,0	Bærum	Wilmar Graver (06) / Christian Riis (05)
5	38:13,0	NSR	Anders Magnus Juuhl-Langseth (06) / Henrik Galtung (06)
6	39:45,0	NSR	Ole Arnøy (06) / Mikkel Forstad (07)
7	40:48,0	NSR	Jasper Viksås (07) / Eskil Heiberg (07)
8	41:36,4	Bærum	Steffen Stundal de Vos (09) / Michael Aasgaard (07)
9	42:04,0	NSR	Mathis Grimstad (06) / Maximilian Zakariassen (06)

#### Mix U19

1	42:19,0	NSR	Sander Bjerke (06) / Silje Strøm (06)
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#### Damer U19

1	41:51,8	Bærum	Ayesha Eriksrud (05) / Fay Lange (07)
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#### Herrer U17

1	54:08,0	NSR	Jakob Schrader Braathen (09) / Marius Bjerke (09)
2	45:52,6	NSR	Marios Dimaki Adolfsen (07) / Joachim Henne- Madsen (08)
3	46:51,8	NSR	Asgeir van Nes Eriksen (08) / Jesper Jære Strøm (09)
4	48:38,8	NSR	Max Spydevold (09) / Halvor Bejer Moe (09)

#### Damer U17

1	49:09,0	NSR	Martine Næss Lian (08) / Cecilia Hjortsjö (08)
2	49:45,1	NSR	Annika Hjortsjö (08) / Kaja Weisæth Andersen (08)
3	54:23,9	NSR	Louise Wilskow (08) / Caroline Wohlfahrt (09)
4	57:52,3	NSR	Ella Selbo Weyergang (08) / Stella Moe (08)
5	57:57,7	NSR	Kaja Krogh (08) / Eline Ringvold (08)

### TOER 8min (4 min/roer)

#### Herrer U15

1	1903 m	Bærum	Storm Mathisen (09) / Elias Diaz Andersen (10)
2	1622 m	Bærum	Felix Turnader (10) / Jesper Hirschfeld (10)
3	1613 m	Bærum	Nickan Sohrabi (10) / Peder Preststulen (11)

#### Damer U15

1	1852 m	Bærum	Sofia Haakonsen-Toth (09) / Alisa Ostroukohva (09)
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#### Herrer U13

1	1536 m	Bærum	Jens Bæck (12) / Edwyn Øverby (12)
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#### Damer U13

1	1595 m	Bærum	Ida Bjonge (11) / Leonora Tenden (12)
2	1475 m	Bærum	Caroline Riis (12) / Elicka Sohrabi (12)