

NORGESMESTERSKAPET 2013 – DAG 1

RESULT REPORT - RESULTAT PROTOKOLL NORGES KROPPSBYGGER & FITNESSFORBUND

Competition:	Oslo NM2013
Place:	Konserthus, Oslo
Date:	5. oktober 2013
Category:	Women's Athletic Fitness Minus 163 cm (up & include)



Women's Athletic Fitness Minus 163 cm (up & include)

Sr.	Place	Comp	Name	Team / Club	Country	R1	P5	R4	Total	C	D	Row	BH
1	1	2	Marie Vagstad Eldring	Atletix Fitness Klubb	Norway	5	4	5	4	22	17	426,00	160,20
2	2	3	Helene Sjøen	Team Live Fit Bergen	Norway	17	10	14	10	16	18	348,00	157,00
3	3	7	Thea Parcon Endre	Team Fitness4u	Norway	22	10	22	11	11	18	387,00	156,00
4	4	4	Ragne Pent	Harald's Gym	Norway	30	11	30	11	10	21	404,00	156,00
5	5	5	Linn Roymstad	Harald's Gym	Norway	10	12	13	12	8	16	383,00	153,30
6	6	6	Hilde Bloch Johnsen	GymPartner Fitness Team	Norway	22	14	19	14	13	12	367,00	159,20

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Women's Athletic Fitness Plus 163 cm

Sr.	Place	Comp	Name	Team / Club	Country	R1	P5	R4	Total	C	D	Row	BH
1	1	26	Anette Bunde	Team BodyWork	Norway	9	7	6	7	12	11	445,00	171,80
2	2	25	Emilie Møller Olsen	Harald's Gym	Norway	16	10	11	9	18	18	428,00	164,70
3	3	22	Lone Gilje	Partner Gym Kfk	Norway	13	8	14	9	8	16	435,00	176,00
4	4	27	Aslaug Lia Pettersen	Atletix Fitness Klubb	Norway	22	10	19	9	18	26	431,00	175,80
5	5	29	Camilla Eilertsen	GymPartner Fitness Team	Norway	18	13	20	14	12	16	409,00	171,50
6	6	30	Anne Flesland	Team Live Fit Bergen	Norway	28	18	30	18	8	9	433,00	171,70
7	7	23	Stine Moen Nilsen	Team Fitness4u	Norway	39	22			7	14	404,00	163,50
8	8	28	Anneli Simonsen	GymPartner Fitness Team	Norway	39	22			7	15	402,00	171,70
9	9	24	Nicoline Dalsgaard	Team BodyWork	Norway	43	23			12	11	340,00	166,00

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Competition:	Oslo NM2013
Place:	Konserthus, Oslo
Date:	5. oktober 2013
Category:	Men's Athletic Fitness Minus 175 cm (up & include)



Men's Athletic Fitness Minus 175 cm (up & include)

Sr.	Place	Comp	Name	Team / Club	Country	R1	P5	R4	Total	C	D	Row	BH
1	1	9	Dennis Johansen	Kaliber Gym Fkk	Norway	5	9	5	9	25	28	469,00	173,80
2	2	10	Alexander Farrag Ladsten	Stavanger Fitness Team	Norway	27	13	19	12	23	27	478,00	173,10
3	3	13	Daniel Falkmo Dreier	Kaliber Gym Fkk	Norway	50	17	30	12	18	30	505,00	171,50
4	4	17	Michael Hegstad	Kaliber Gym Fkk	Norway	31	14	25	13	26	23	482,00	174,70
5	5	15	Magnus Iversen	Team 24 Fitness	Norway	15	14	16	14	16	24	485,00	173,50

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Competition:	Oslo NM2013
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Date:	5. oktober 2013
Category:	Men's Athletic Fitness Plus 175 cm



Men's Athletic Fitness Plus 175 cm

Sr.	Place	Comp	Name	Team / Club	Country	R1	P5	R4	Total	C	D	Row	BH
1	1	47	Jelani Ask	Team 24 Fitness	Norway	20	10	15	9	19	27	496,00	181,70
2	2	32	Stein Ove Nyvoll	Kaliber Gym Fkk	Norway	38	15	21	12	19	27	487,00	180,90
3	3	42	Jonas Aleksander Nilsen	Kaliber Gym Fkk	Norway	32	13	27	13	17	23	525,00	178,00
4	4	48	Christer Langstrand	Kaliber Gym Fkk	Norway	25	14	24	14	16	29	497,00	185,50
5	5	45	Are Indrehus	Partner Gym Kfk	Norway	13	17	12	16	15	16	515,00	187,70
6	6	20	Eirik Abraham Lende	Team Performance	Norway	7	17	8	17	20	23	456,00	175,20
7	7	36	Øyvind Blikstad	Team ToppForm	Norway	55	18			21	23	492,00	183,00
8	8	43	Didrik Rommen Olsen	Team ToppForm	Norway	12	20			16	22	465,00	179,70
9	9	33	Kenneth Bergflødt	Drammen Kfk	Norway	54	24			16	13	512,00	188,00
10	10	38	Simen Tvetter	Borg Kfk	Norway	38	25			16	20	485,00	182,00
11	11	39	Robin Amundsen	Team Sporty 24	Norway	50	26			18	18	476,00	181,70
12	12	35	Robert Jourdan	Stavanger Fitness Team	Norway	55	28			26	17	464,00	184,00
13	13	37	Birkir Már Sigurbjörnsson	Stavanger Fitness Team	Norway	61	39			0	0	0,00	184,00
14	14	40	Fredrik Bentzen	Partner Gym Kfk	Norway	61	39			0	0	0,00	175,80
15	15	50	Erik Bell Hansen	Partner Gym Kfk	Norway	66	41			0	0	0,00	179,50

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Category:	Men's Athletic Fitness Plus 175 cm



Men's Athletic Fitness Plus 175 cm

Sr.	Place	Comp	Name	Team / Club	Country	R1	P5	R4	Total	C	D	Row	BH
1	1	47	Jelani Ask	Team24 Fitness	Norway	20	10	15	9	19	27	496,00	181,70
2	2	32	Stein Ove Nyvoll	Kaliber Gym Fkk	Norway	38	15	21	12	19	27	487,00	180,90
3	3	42	Jonas Aleksander Nilsen	Kaliber Gym Fkk	Norway	32	13	27	13	17	23	525,00	178,00
4	4	48	Christer Langstrand	Kaliber Gym Fkk	Norway	25	14	24	14	16	29	497,00	185,50
5	5	45	Are Indrehus	Partner Gym Kfk	Norway	13	17	12	16	15	16	515,00	187,70
6	6	20	Eirik Abraham Lende	Team Performance	Norway	7	17	8	17	20	23	456,00	175,20
7	7	36	Øyvind Blikstad	Team ToppForm	Norway	55	18			21	23	492,00	183,00
8	8	43	Didrik Rommen Olsen	Team ToppForm	Norway	12	20			16	22	465,00	179,70
9	9	33	Kenneth Bergflødt	Drammen Kfk	Norway	54	24			16	13	512,00	188,00
10	10	38	Simen Tvetter	Borg Kfk	Norway	38	25			16	20	485,00	182,00
11	11	39	Robin Amundsen	Team Sporty 24	Norway	50	26			18	18	476,00	181,70
12	12	35	Robert Jourdan	Stavanger Fitness Team	Norway	55	28			26	17	464,00	184,00
13	13	37	Birkir Már Sigurbjörnsson	Stavanger Fitness Team	Norway	61	39			0	0	0,00	184,00
14	14	40	Fredrik Bentzen	Partner Gym Kfk	Norway	61	39			0	0	0,00	175,80
15	15	50	Erik Bell Hansen	Partner Gym Kfk	Norway	66	41			0	0	0,00	179,50

OVERALL ATHLETIC FITNESS DAMER – ANETTE BUNDE
OVERALL ATHLETIC FITNESS MENN – DENNIS JOHANSEN

**RESULT REPORT - RESULTAT PROTOKOLL
NORGES KROPPSBYGGER & FITNESSFORBUND**

Competition:	Oslo NM2013
Place:	Konserthus, Oslo
Date:	5. oktober 2013
Category:	Men's Athletic Physique Open Class



Men's Athletic Physique Open Class

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2		Total				BH
1	1	59	Rashid Anwar	Harald's Gym	Norway	9	9		9				
2	2	62	Christian Egner	Partner Gym Kfk	Norway	14	14		14				
3	3	60	Mikael E. Johansson	Team24 Fitness	Norway	13	15		15				
4	4	51	Joachim Fresvik	Team Fitness4u	Norway	16	16		16				
5	5	57	Stian Lindblad	Team ToppForm	Norway	27	25		25				
6	6	56	Hans Egil Bøe	Team Uno	Norway	36	28		28				
7	7	53	Karsten Dam Frandsen	Team Fitness4u	Norway	36							
8	8	58	John Faranso	Team Aktiv	Norway	41							
9	9	61	Don Freddy F Bergseng	Team Obsessed	Norway	42							
10	10	52	Rami Le Rock Mahmoud	Stavanger Fitness Team	Norway	43							
11	11	54	Perodd Tessem	Kaliber Gym Fkk	Norway	54							
12	12	204	Jose Lucero Bjargo	Bjargo Senteret	Norway	60							

**RESULT REPORT - RESULTAT PROTOKOLL
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Competition:	Oslo NM2013
Place:	Konserthus, Oslo
Date:	5. oktober 2013
Category:	Women's Body Fitness Masters Open



Women's Body Fitness Masters Open

Sr.	Place	Comp	Name	Team / Club	Country								
1	1	63	Janne Krohn	Team Live Fit Bergen	Norway	9	7		7				
2	2	64	Ann-Kristin Bundlie	Team24 Fitness	Norway	6	8		8				

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Women's Body Fitness Minus 163 cm (up & include)

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2		Total			BH
1	1	71	Maren Hult	Club Athletic	Norway	8	7		7			156,10
2	2	74	Lill Nikolaisen	Harald's Gym	Norway	9	11		11			156,70
3	3	66	Iselin Gussiås Kulseth	Harald's Gym	Norway	15	14		14			161,30
4	4	67	Viktória Juhász	Team 24 Fitness	Norway	18	18		18			158,80
5	5	72	Julie Firing-Schou	Team ToppForm	Norway	32	26		26			160,20
6	6	70	Anette Thue	Kaliber Gym Fkk	Norway	33	28		28			162,70
7	7	68	Marianne Aas Krog	Team BodyWork	Norway	35						157,40
8	8	65	Kristine Nordstad Moen	Kaliber Gym Fkk	Norway	36						157,70
9	9	69	Ingvild Lund Hammer	Team BodyWork	Norway	41						161,00

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Competition:	Oslo NM2013
Place:	Konserthus, Oslo
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Category:	Women's Body Fitness Minus 168 cm (up & include)



Women's Body Fitness Minus 168 cm (up & include)

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2		Total			BH
1	1	78	Nadia Isabella Pettersen	Team ToppForm	Norway	10	7		7			166,40
2	2	80	Jacqueline Dahlstrøm	Bergen Kfk	Norway	7	9		9			167,40
3	3	79	Synnøve Ferrmann	Team 24 Fitness	Norway	14	16		16			164,20
4	4	81	Solrun Stefánsdóttir	Drammen Kfk	Norway	20	21		21			163,10
5	5	73	Marianne Victoria Dahl	Team 24 Fitness	Norway	22	25		25			163,70
6	6	77	Veronica Ronbeck	Team 24 Fitness	Norway	32	27		27			163,70
7	7	76	Ingeborg Sol Fure	Team Live Fit Bergen	Norway	36						166,00
8	8	83	Eilin Ulversøy	Stavanger Fitness Team	Norway	37						167,50

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Category:	Women's Body Fitness Plus 168 cm



Women's Body Fitness Plus 168 cm

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2		Total			BH
1	1	87	Kim-Yvonne Myrvang	Team 24 Fitness	Norway	11	10		10			172,00
2	2	86	Christine Skarpnord	Team Obsessed	Norway	14	12		12			172,50
3	3	82	Ellen Elizabeth Berg	Team 24 Fitness	Norway	13	14		14			178,40
4	4	85	Elisabet Haugsbø	Kaliber Gym Fkk	Norway	14	22		22			168,70
5	5	84	Camilla Hoel	Stavanger Fitness Team	Norway	29	22		22			168,20
6	6	89	Jeanette Spro	Harald's Gym	Norway	28	26		26			170,00
7	7	88	Therese Ødegaard	Team ToppForm	Norway	32						184,50

OVERALL BODYFITNESS – MAREN HULT

