

NORGESMESTERSKAPET 2013 – DAG 2

RESULT REPORT - RESULTAT PROTOKOLL
NORGES KROPPSBYGGER & FITNESSFORBUND

Competition:	Oslo NM2013
Place:	Konserthus, Oslo
Date:	5. oktober 2013
Category:	Men's Classic Bodybuilding Minus 180 cm (up & include)



Men's Classic Bodybuilding Minus 180 cm (up & include)

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total				BH	BW
1	1	96	Daniel Stisen	Team 24 Fitness	Norway	5	5	8	18				174,20	76,00
2	2	98	Nicolay Torp	Team ToppForm	Norway	10	10	9	29				176,60	78,20
3	3	95	Lasse Sordahl	Team 24 Fitness	Norway	16	17	23	57				176,50	80,30
4	4	91	Jarle Christoffer Uv	Team Fitness4u	Norway	19	18	21	57				174,90	75,20
5	5	90	Mohamoud Jammeh	Team Sporty 24	Norway	31	25	15	65				177,70	82,50
6	6	99	Kim Johnny Falk	Team 24 Fitness	Norway	25	30	30	90				179,50	83,00
7	7	101	Robert Hagejordet	Team 24 Fitness	Norway	35							179,90	82,00
8	8	94	Ilhan Krupa	Stavanger Fitness Team	Norway	40							172,40	71,90
9	9	93	Øystein Oftedal	Stavanger Fitness Team	Norway	43							178,80	82,00

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NORGES KROPPSBYGGER & FITNESSFORBUND

Competition:	Oslo NM2013
Place:	Konserthus, Oslo
Date:	5. oktober 2013
Category:	Men's Classic Bodybuilding Plus 180 cm



Men's Classic Bodybuilding Plus 180 cm

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total				BH	BW
1	1	105	David Ewald	Team 24 Fitness	Norway	7	6	8	20				182,00	87,80
2	2	108	Christian Andre Sterk	Team ToppForm	Norway	9	9	12	30				186,00	92,00
3	3	102	Thor Arne (TOTTO) Rosland	Stavanger Fitness Team	Norway	15	14	13	41				183,80	90,20
4	4	112	Toni Milosevki	Drammen Kfk	Norway	26	20	22	62				180,30	85,20
5	5	113	Kaj Remi Hauerberg	Team 24 Fitness	Norway	24	25	30	80				187,00	91,00
6	6	110	Frank Eksund	Kaliber Gym Fkk	Norway	31	30	23	83				180,20	86,80
7	7	100	Roger Bakkeli	Team Fitness4u	Norway	31							186,40	91,40
8	8	92	Thor Arne Stangeland	Stavanger Fitness Team	Norway	43							180,70	78,10
9	9	106	Hans Erik Tjernsberg	Harald's Gym	Norway	45							185,50	88,90
10	10	104	Alexander Bekken	Team 24 Fitness	Norway	47							195,80	97,30
11	11	111	Kevin Mikael Solheim	Team BodyTech Bergen	Norway	50							185,20	91,10

OVERALL CLASSIC BODYBUILDING – DAVID EWALD

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

Competition: **Oslo NM2013**
Place: **Konserthus, Oslo**
Date: **5. oktober 2013**
Category: **Men's Bodybuilding Junior Open (23 years) +75 kg**



Men's Bodybuilding Junior Open (23 years) +75 kg

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total					BW
1	1	116	Konstantin A. Simonsen	Harald's Gym	Norway	5	5	5	15					96,20
2	2	117	Erlend Myhre	Stavanger Fitness Team	Norway	10	10	10	30					70,40
3	3	118	Espen Øverås	Stavanger Fitness Team	Norway	15	15	15	45					

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

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



Women's Physique Open Class

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total					BH	BW
1	1	115	Sandra Gulliksen	Team ToppForm	Norway	5	5	5	15						61,90
2	2	114	Linda Kristin Jensen	Team ToppForm	Norway	10	10	10	30					167,50	

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

Competition: **Oslo NM2013**
Place: **Konserthus, Oslo**
Date: **5. oktober 2013**
Category: **Men's Bodybuilding Masters Open +40-49 years**



Men's Bodybuilding Masters Open +40-49 years

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total					BW
1	1	119	Frank Ravn Hansen	Team 24 Fitness	Norway	5	5	5	15					96,50
2	2	120	Ali Reza Albofarci	Stavanger Fitness Team	Norway	10	10	10	30					
3	3	121	Jørgen Kristensen	Harald's Gym	Norway	15	15	15	45					82,10

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

Competition: **Oslo NM2013**
Place: **Konserthus, Oslo**
Date: **5. oktober 2013**
Category: **Men's Bodybuilding Masters Open +50 years**



Men's Bodybuilding Masters Open +50 years

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total					BW
1	1	126	Øystein Røen	Drammen Kfk	Norway	5	5	11	21					
2	2	123	Arnfinn Benterud	Team 24 Fitness	Norway	14	11	19	44					77,80
3	3	127	Vidar Knutsen	Harald's Gym	Norway	14	20	20	54					
4	4	125	Tom Adam Antonsen	Drammen Kfk	Norway	23	23	12	58					
5	5	122	Mahmut Ergin	Stavanger Fitness Team	Norway	19	18	24	61					
6	6	124	Roy Einarsen	Pro Gym Grenland Kfk	Norway	27	28	20	75					

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

Competition: **Oslo NM2013**
Place: **Konserthus, Oslo**
Date: **5. oktober 2013**
Category: **Men's Bodybuilding Minus 70 kg (up & include)**



Men's Bodybuilding Minus 70 kg (up & include)

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total					BW
1	1	133	Hassan Al-Gazzi	Team Aktiv	Norway	5	5	5	15					69,10
2	2	132	Mohammad Rouzeh Dalari	Team 24 Fitness	Norway	10	10	13	33				170,40	69,20
3	3	131	Jaber Mohammadi	Harald's Gym	Norway	14	15	13	42					69,70
4	4	130	Arve Kristoffersen	Kaliber Gym Fkk	Norway	20	20	20	60				163,20	61,00
5	5	129	Jostein Jenssen	Kaliber Gym Fkk	Norway	25	25	25	75					69,00

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NORGES KROPPSBYGGER & FITNESSFORBUND**

Competition: **Oslo NM2013**
Place: **Konserthus, Oslo**
Date: **5. oktober 2013**
Category: **Men's Bodybuilding Minus 80 kg (up & include)**



Men's Bodybuilding Minus 80 kg (up & include)

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total					BW
1	1	134	Torbjørn Mork	Kaliber Gym Fkk	Norway	5	7	9	21					77,20
2	2	136	Joakim Hetland	Stavanger Fitness Team	Norway	10	8	8	26					79,20
3	3	138	Joakim Rafoss	Drammen Kfk	Norway	15	15	14	44					72,00
4	4	137	Patrick Bjarnøy	Harald's Gym	Norway	20	20	22	62					78,50
5	5	135	Amin Madaniun	Team Fitness4u	Norway	25	25	19	69					77,20

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

Competition: **Oslo NM2013**
Place: **Konserthus, Oslo**
Date: **5. oktober 2013**
Category: **Men's Bodybuilding Minus 90 kg (up & include)**



Men's Bodybuilding Minus 90 kg (up & include)

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total					BW
1	1	142	Andre Erik Thesen	Stavanger Fitness Team	Norway	5	5	5	15					88,70
2	2	140	Kim Andre Gudbrandsen	Drammen Kfk	Norway	10	10	10	30					85,70
3	3	97	Carl Erik Gulliksen	Team ToppForm	Norway	17	17	16	50			177,60		87,40
4	4	146	Eirik Kristensen	Team 24 Fitness	Norway	18	18	18	54					88,90
5	5	141	Jack Øverberg	Harald's Gym	Norway	25	25	24	74					89,70
6	6	139	Robin Eldnes	Kaliber Gym Fkk	Norway	30	30	30	90					88,50

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

Competition: **Oslo NM2013**
Place: **Konserthus, Oslo**
Date: **5. oktober 2013**
Category: **Men's Bodybuilding Minus 100 kg (up & include)**



Men's Bodybuilding Minus 100 kg (up & include)

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total					BW
1	1	148	Joel Pascua	Harald's Gym	Norway	5	5	8	18					92,70
2	2	144	Mark Naim	Stavanger Fitness Team	Norway	10	10	9	29					99,40
3	3	143	Frode Kjær	Team 24 Fitness	Norway	15	15	18	48					99,60
4	4	145	Ole Kristian Våga	Stavanger Fitness Team	Norway	20	20	16	56					95,90
5	5	149	Daniel Kjølstad	Drammen Kfk	Norway	25	25	26	76					95,00
6	6	147	Stig Magne Svensvik	Team 24 Fitness	Norway	30	30	29	89					97,50

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

Competition: **Oslo NM2013**
Place: **Konserthus, Oslo**
Date: **5. oktober 2013**
Category: **Men's Bodybuilding Plus 100 kg**



Men's Bodybuilding Plus 100 kg

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	R3	Total					BW
1	1	152	Christer Hoftvedt	Team 24 Fitness	Norway	7	6	6	19					109,30
2	2	153	Knut Øines	Drammen Kfk	Norway	8	9	10	27					103,40
3	3	151	Soran Rashid	Team Clean Cut	Norway	15	18	13	46					109,20
4	4	154	Thomas Lorier Steen	Drammen Kfk	Norway	20	17	19	56					103,40
5	5	150	Tom Rune Storhaug Lindbäck	Team 24 Fitness	Norway	25	25	25	75					106,10

OVERALL BODYBUILDING HERRER – *JOEL PASCUA*

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

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



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

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	Total	BH
1	1	183	Lone Norås	Team24 Fitness	Norway	9	12	12	158,80
2	2	184	Sandra Kjøsnæs Jokic	Kaliber GymFkk	Norway	17	15	15	160,30
3	3	203	Charlotte Mentzoni	TeamBodyTech Bergen	Norway	14	17	17	156,20
4	4	192	Anne Lene Klingberg	Stavanger Fitness Team	Norway	25	18	18	161,30
5	5	200	Adele Marlén Tårnes	Harald's Gym	Norway	21	20	20	162,00
6	6	198	Jeanette Elstad	Harald's Gym	Norway	26	24	24	161,80
7	7	193	Carolina Carter	Stavanger Fitness Team	Norway	35			161,20
8	8	202	Anne-Cathrine Westby	Harald's Gym	Norway	42			158,20
9	9	196	Iris Luna Millstein	TeamBodyWork	Norway	44			162,80
10	10	195	Nora Sivertsen Mathisen	Kaliber GymFkk	Norway	51			159,60
11	11	186	Synne Mari Jacobsen Myrbø	Kaliber GymFkk	Norway	54			153,90
12	12	197	Marie Ruud	Team ToppFom	Norway	59			160,20
13	13	187	Charlotte Holthe	TeamBodyWork	Norway	64			160,80
14	14	191	Liva Aarre Lagestrand	Stavanger Fitness Team	Norway	69			162,40
15	15	194	Linn Haugland Engelsen	Team Live Fit Bergen	Norway	69			156,80

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NORGES KROPPSBYGGER & FITNESSFORBUND**

Competition: **Oslo NM2013**
Place: **Konserthus, Oslo**
Date: **5. oktober 2013**
Category: **Women's Bikini Fitness Class Minus 168 cm (up & include)**



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

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2	Total	BH
1	1	163	Linn Cecilie Tovås	Kaliber GymFkk	Norway	8	8	8	166,70
2	2	157	Veronica Dalsnes	Kaliber GymFkk	Norway	12	13	13	166,10
3	3	161	Maria Martinsen	TeamBodyWork	Norway	14	13	13	163,00
4	4	189	Cecilie Svendsen	TeamBodyWork	Norway	18	17	17	163,20
5	5	160	Elisabeth Stokkeland	Club Athletic	Norway	33	22	22	163,70
6	6	164	Jenny Sandberg	Partner Gym Kfk	Norway	27	29	29	163,70
7	7	159	Maren Henrichsen	Stavanger Fitness Team	Norway	39			165,60
8	8	165	Susanne Poulsen	Harald's Gym	Norway	40			165,40
9	9	158	Karen Hansson Lura	GymPartner Fitness Team	Norway	43			167,00
10	10	155	Connie Cedervall	Team Fitness4u	Norway	51			167,80
11	11	201	Andrea Helene Eidesmo	Harald's Gym	Norway	53			163,30
12	12	162	Caroline Stalder Hansen	GymPartner Fitness Team	Norway	57			164,00
13	13	166	Annemarte Lehne	Harald's Gym	Norway	58			166,90

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NORGES KROPPSBYGGER & FITNESSFORBUND**

Competition: **Oslo NM2013**
 Place: **Konserthus, Oslo**
 Date: **5. oktober 2013**
 Category: **Women's Bikini Fitness Class Pluss 168 cm**



Women's Bikini Fitness Class Pluss 168 cm

Sr.	Place	Comp	Name	Team / Club	Country	R1	R2		Total				BH
1	1	170	Eileen Kvaale Røst	Kaliber GymFkk	Norway	19	12		12				170,20
2	2	167	Linda Petursdatter Simonsen	Kaliber GymFkk	Norway	12	14		14				176,80
3	3	172	Ingrid Helene Rødal	Kaliber GymFkk	Norway	13	14		14				173,20
4	4	174	Stine Tangen Knutsen	Kaliber GymFkk	Norway	20	15		15				169,30
5	5	182	Rannveig Marlene Dahl	Harald's Gym	Norway	29	23		23				182,00
6	6	180	Ingrid Cecilie Stener	Team ToppForm	Norway	27	25		25				175,10
7	7	168	Therese Sivertsen	Team BodyTech Bergen	Norway	29							175,40
8	8	181	Solveig Kongsengen	GymPartner Fitness Team	Norway	40							168,50
9	9	169	Tonje Ellefsen	Kaliber GymFkk	Norway	42							169,80
10	10	171	Camilla Strand	GymPartner Fitness Team	Norway	42							180,40
11	11	179	Stine Larsen	Team ToppForm	Norway	43							180,50
12	12	173	Cecilie Skjervik	Stavanger Fitness Team	Norway	64							171,70
13	13	175	Naima Therese Eide Damberg	Team 24 Fitness	Norway	64							172,60
14	14	178	Linn Madsen	Team ToppForm	Norway	68							175,50
15	15	177	Kristin Valen	Team High Energy	Norway	75							178,90

OVERALL BIKINI FITNESS – *LINN CECILIE TOVÅS*