

Pluss	Løper	# Totalt	Løp 1	Løp 2	Løp 3	Løp 4
<b>D 11-12</b>						
1	Mathea Gløersen, OL Tønsberg og	1:13:28	10:25-1	18:02-1	31:09-7	13:52-1
2	Marie Kravdal, Gjø-Vard OL	1:15:03	13:03-6	21:22-3	25:32-3	15:06-2
3	Synne Sandven, Notodden OL	1:15:11	12:14-4	23:07-5	24:16-2	15:34-4
4	Kaja Peikli, Sandnes IL (Rogaland)	1:18:54	11:13-2	20:17-2	32:02-12	15:22-3
5	Alida Oftedal, Ålgård Orientering	1:22:36	12:13-3	21:27-4	30:06-5	18:50-10
6	Maria Stødle, Kristiansand OK	1:27:06	13:54-8	27:21-11	28:13-4	17:38-8
7	Maria Kostøl, Kristiansand OK	1:27:11	14:46-13	25:43-8	30:27-6	16:15-5
8	Maren Aure Skogedal, Asker	1:34:42	13:32-7	29:14-13	34:32-14	17:24-7
9	Hannah Syrdal Øen, Heming	1:34:51	14:30-11	23:49-6	38:34-20	17:58-9
10	Iiril Ringheim, Larvik OK	1:38:53	14:17-10	33:19-16	23:15-1	28:02-20
11	Alise Vikeså Solbakken, Sauda	1:42:42	19:04-22	27:31-12	31:43-9	24:24-15
12	Synne Sommerstad Røste,	1:44:19	14:37-12	30:23-14	34:18-13	25:01-16
13	Ine Bjaadal Winberg, OK Skeidi	1:47:18	16:57-19	30:56-15	37:52-19	21:33-13
14	Ingvild Gustafsson, Kongsberg OL	1:49:57	12:56-5	45:38-24	31:49-10	19:34-11
15	Ragnhild Blom-Hagen, Fossum IF	1:52:17	19:40-23	35:35-19	31:58-11	25:04-17
16	Ingvild Berner Myhre, Fossum IF	1:52:39	15:23-15	33:53-17	37:23-18	26:00-19
17	Helene Hoel Jomaas, Fossum IF	2:03:42	16:18-18	39:13-22	47:42-23	20:29-12
18	Ingvild Øverli Berg, Kongsberg OL	2:15:41	18:36-21	38:53-21	52:52-24	25:20-18
19	Kaja Hiorth Myklatun, Sandnes IL	2:43:07	25:27-26	48:51-26	47:08-22	41:41-23
20	Marte Roth Aarskog, Sandnes IL	2:49:44	20:25-24	57:30-28	55:25-25	36:24-22
21	Thea Beate Puntervold, Egersund	2:59:28	20:54-25	46:06-25	1:22:31-26	29:57-21
22	Sigrud Nerموen, Østmarka OK	1:18:29		25:09-7	31:30-8	21:50-14
23	Martha Wisløff, Asker Skiklubb	1:19:47	17:38-20	27:08-10	35:01-17	DNS
24	Anne Østvold, Heming Orientering	1:24:45	15:14-14	34:58-18	34:33-16	DNS
25	Tonje Johnsen, Øyestad IF allianse	39:47	14:02-9	25:45-9		DSQ
26	Vida Helland-Hansen, IL Tyrving	50:50			34:32-14	16:18-6
27	Amalie Ringvoll, IK Grane Arendal	52:59	15:35-16	37:24-20	DSQ	DNS
28	Flora Hänssel, SV Lengefeld	1:04:32	15:36-17	48:56-27		
29	Nora Arentz Hagen, Sandefjord OK	1:32:29		45:23-23	47:06-21	

## D 13-14

1	Pia Young Vik, Nydalens SK	1:12:10	10:31-4	22:16-6	25:13-1	14:10-1
2	Kristine Kravdal, Gjø-Vard OL	1:13:49	10:17-1	17:36-1	30:56-2	15:00-2
3	Mathilde Sæter Flesseberg,	1:19:57	10:24-3	19:19-2	31:57-4	18:17-5
4	Sara Nystrøm Olsen, Stavanger	1:27:40	10:23-2	21:38-4	35:56-6	19:43-9
5	Mia Hirsch, IF Trauma	1:27:44	11:56-9	23:39-8	35:03-5	17:06-3
6	Maya Jones Arnesen, Heming	1:35:21	11:31-8	21:24-3	44:41-13	17:45-4
7	Mari Fjellbirkeland Johannesen, IL	1:35:54	12:06-10	31:51-18	31:52-3	20:05-10
8	Fanny Skindlo, IF Trauma	1:36:48	11:30-7	23:42-9	37:50-8	23:46-16
9	Ida Sofie Hjortland, Larvik OK	1:38:53	13:53-17	24:41-11	37:49-7	22:30-15
10	Live Østvold, Heming Orientering	1:42:10	12:42-12	29:38-17	38:43-9	21:07-12
11	Ada Helene Olsen, IF Trauma	1:45:02	12:06-10	21:51-5	49:45-18	21:20-14
12	Anna Budska, SCM/TSM Jestedska	1:45:34	12:43-13	24:34-10	47:05-17	21:12-13
13	Ida Marie Flågen, Heming	2:03:04	12:58-14	28:13-15	1:02:27-20	19:26-7
14	Vilde Margrethe Sæbbø,	2:04:17	10:41-5	23:35-7	1:03:14-21	26:47-18
15	Julie Christiansen, Kristiansand OK	2:16:43	14:59-20	56:22-23	39:43-10	25:39-17
16	Kristine Bog Vikane, Fana IL	2:19:44	16:35-22	57:46-24	45:47-15	19:36-8
17	Marie Roll-Tørnqvist, Fana IL	1:22:56	14:36-19	25:53-13	42:27-11	DNS
18	Petra Hoveid, Asker Skiklubb	1:32:48	15:05-21	34:38-21	43:05-12	
19	Selma Høivold, Kongsberg OL	1:38:25	17:46-23	34:35-20	46:04-16	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
20	Dina Marie Salvesen, Asker	1:40:19	DNS	36:09-22	44:48-14	19:22-6
21	Pernille Sønsterudbråten, Raumar	39:02	11:27-6	27:35-14		
22	Ine Mikkelsen, IK Grane Arendal	39:10	13:30-16	25:40-12		
23	Lise Mikkelsen, IK Grane Arendal	42:36	13:56-18	28:40-16		
24	Alexandra Linløkken, Østmarka OK	46:04	13:28-15	32:36-19	DNS	DNS
25	Netta Bar-Nathan, Lillomarka OL	21:05			DNS	21:05-11
26	Malene Jepsen, Heming Orientering	53:16			53:16-19	
	Oda Kjellevoid Malde, IL Gular	00:00				DNS

### D 13-16C

1	Silje Berner Myhre, Fossum IF	1:21:07	10:20-1	27:01-2	27:59-1	15:47-1
2	Anna Trindade Eriksen, Nydalens	1:37:15	13:23-4	31:47-5	36:11-2	15:54-2
3	Maren Kjøstvedt, IL Høvdingen	1:48:44	17:04-9	30:18-4	45:14-3	16:08-3
4	Julie Eikeland, OL Tønsberg og	2:32:34	13:37-5	56:21-11	55:13-6	27:23-6
5	Silje Johnsen, Øyestad IF allianse	1:04:02	13:07-3	32:45-6		18:10-4
6	Gjendine Gjelstad Rebård,	1:30:27	14:01-6	29:29-3	46:57-4	DNS
7	Victoria Roll-Toft, Fana IL	2:34:54	22:37-11	DSQ	1:39:18-8	32:59-7
8	Ida Therese Guttormsen Sørums,	35:34	14:30-8	21:04-1		
9	Åsta Firing Simonsen, Andebu IL	53:01	14:23-7	38:38-8	DSQ	DNS
10	Ingrid Mosfjell, Birkenes IL	57:09	17:38-10	39:31-9		
11	Andrea Sortedal, OK Skeidi	1:11:41		45:27-10		26:14-5
12	Nora Haakstad Ellingsen, Konnerud	1:25:16	DNS	33:24-7	51:52-5	DNS
13	Viktoria Tinderholt, OK Skeidi	1:50:25			1:09:52-7	40:33-8
14	Victoria Lund Jensen, Oddersjaa	12:44	12:44-2			

### D 13-16N

1	Ingvild Johnsen, Hedrum OL	1:36:30	22:46-3	15:27-1	31:16-1	27:01-1
2	Hanne-Emilie Svanberg Helle, TIF	2:24:50	21:57-1	55:41-3	38:28-2	28:44-2
3	Ingrid Trøan, Kolbotn og Skimt OL	2:49:54	22:01-2	36:30-2	1:11:37-3	39:46-3
4	Nora Grønseth, Fossum IF	1:21:32	30:59-4			50:33-4
	Karoline Studsrud, Hisøy OK	00:00	DNS			

### D 15-16

1	Ingrid Omdal, Sandnes IL	1:43:14	11:22-14	23:32-4	44:38-2	23:42-2
2	Marketa Pavlikova, SCM/TSM	1:44:43	11:06-10	23:39-5	45:52-3	24:06-3
3	Andrea Ranvik, Konnerud IL	1:45:15	09:41-1	23:11-2	46:04-4	26:19-10
4	Anna Cecilie Linløkken, Østmarka	1:48:28	12:05-20	21:48-1	50:09-7	24:26-5
5	Malin Hauge, Hisøy OK	1:51:18	10:57-8	32:04-22	43:14-1	25:03-7
6	Silje Kregnes, Kristiansand OK	1:53:04	12:25-22	24:02-8	49:58-6	26:39-11
7	Karen Hoel Jomaas, Fossum IF	1:55:01	10:22-2	24:27-10	47:34-5	32:38-19
8	Emma Danevad, Fredrikstad SK	1:56:45	10:42-6	26:39-13	51:44-8	27:40-12
9	Christine Hoen, Eiker OL	1:57:02	11:10-11	25:53-11	55:07-10	24:52-6
10	Sigrd Vehus Skjerve, Verdal OK	1:58:11	11:14-12	27:54-17	55:22-12	23:41-1
11	Sigrd Ekeland, Oddersjaa SSK	2:00:19	11:16-13	26:56-15	56:10-13	25:57-9
12	Carmen Dirro, Måren OK	2:04:41	14:13-23	26:38-12	55:21-11	28:29-15
13	Rose Riby, SCM/TSM Jestedska	2:05:31	11:57-19	28:45-19	53:23-9	31:26-18
14	Amanda Skyttersæter Saugerud,	2:05:53	12:18-21	27:44-16	57:51-14	28:00-14
15	Katerina Dolejsi, SCM/TSM	2:08:49	11:25-15	29:51-21	59:46-16	27:47-13
16	Ada Wulfsberg, Nydalens SK	2:09:48	11:46-16	29:30-20	1:02:48-18	25:44-8
17	Inga Stødle, Kristiansand OK	2:18:04	11:56-18	28:43-18	59:20-15	38:05-20
18	Eli Fjellbirkeland Johannesen, IL	2:22:32	10:24-3	26:42-14	1:21:17-20	24:09-4
19	Julie Puntervold, Egersund OK	3:40:32	14:13-23	53:24-27	1:46:47-21	46:08-22
20	Ingrid Hasaas, Fossum IF	1:40:43	11:01-9	23:51-6	1:05:51-19	

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
21	Thea Sofie Salvesen, Asker	2:05:04	DNS	32:41-23	1:02:01-17	30:22-16
22	Pernille Katla, Fossum IF	33:56	10:36-5	23:20-3		
23	Kristine Haanes Strandlie, Gjø-	34:24	10:27-4	23:57-7		
24	Maren Norderud, IL Tyrving	34:55	10:44-7	24:11-9		
25	Hanna Nysæter, Skien OK	45:56	11:53-17	34:03-24	DNS	DNS
26	Ingrid Elise Vingerrhagen,	54:39	16:03-26			38:36-21
27	Sofie Fenger-Grøn, OK Snab	1:02:30	14:43-25	47:47-26	DSQ	DSQ
28	Anniken Ranvik, Konnerud IL	1:04:49		34:20-25	DSQ	30:29-17
	Christiane Ruud Bøckman,	00:00	DNS			

### D 17-B

1	Jane M Helland, Egersund OK	1:48:43	10:16-1	25:27-1	53:13-1	19:47-1
2	Marianne Arnesen, Asker Skiklubb	2:02:14	14:21-12	27:40-3	57:05-2	23:08-6
3	Vibeke Wold Sunde, Søgne og	2:10:23	12:21-5	30:50-7	1:05:01-6	22:11-3
4	Heidi Berner, Fossum IF	2:12:53	11:02-2	33:06-10	1:06:06-8	22:39-5
5	Kristin Hjortland, Larvik OK	2:14:20	13:54-11	27:21-2	1:03:33-5	29:32-18
6	Gunhild Myhr, Asker Skiklubb	2:19:19	12:46-7	30:32-6	1:10:54-10	25:07-9
7	Gerd Berit Rekve, Fossum IF	2:25:32	13:01-8	29:23-4	1:16:17-13	26:51-12
8	Ragnhild Richter, Sandnes IL	2:28:44	11:15-3	29:49-5	1:23:28-14	24:12-7
9	Mirjam Bråten, Voss IL	2:28:49	16:26-17	32:45-9	1:10:33-9	29:05-17
10	Gro Ellegaard, Vang OL	2:39:27	16:02-15	35:25-13	1:13:59-12	34:01-20
11	Ingunn Lysaker Norbom, Konnerud	2:50:07	13:23-9	31:31-8	1:38:53-21	26:20-11
12	Mari Coward, OK Sør	2:50:19	12:37-6	41:39-18	1:24:02-15	32:01-19
13	Lene Flesseberg, Kongsberg OL	2:50:41	15:49-14	37:50-15	1:30:11-18	26:51-12
14	Anja Dyrkolbotn, Bø OL	3:02:51	16:59-19	44:02-20	1:36:22-20	25:28-10
15	Hilde Gunn Hellenes, OK Skeidi	3:07:19	15:24-13	42:15-19	1:33:07-19	36:33-22
16	Sophie Christin Eckhoff	3:19:55	16:49-18	48:39-21	1:46:48-24	27:39-15
17	Hilde Hetland, Egersund OK	3:21:54	16:13-16	35:04-12	1:46:15-23	44:22-23
18	Synnøve Westermoen, Sandnes IL	5:02:30	19:40-21	57:47-22	2:28:21-25	1:16:42-24
19	Anne Kari Birkeland, Birkenes IL	1:33:23	17:09-20	40:39-17		35:35-21
20	Ingvild Møretrø Fossøy, Øyestad IF	1:34:53	11:44-4		1:01:04-3	22:05-2
21	Anne Marie Ekeland, Oddersjaa	2:12:57	13:23-9	33:19-11	1:26:15-16	DNS
22	Monica Renate Trøan, Nittedal OL	1:04:47	DNS	37:19-14	DSQ	27:28-14
23	Liv Bente H Friestad, Kristiansand	1:26:57		DNS	1:02:20-4	24:37-8
24	Nora Skyttersæter Saugerud,	1:28:40			1:06:05-7	22:35-4
25	Line Bar-Nathan, Lillomarka OL	1:40:47			1:12:26-11	28:21-16
26	Oddbjørg Moe, Kristiansand OK	2:07:09		39:51-16	1:27:18-17	DNS
27	Anne Margrete Myhrmoen, IL	1:40:48			1:40:48-22	DNS

### D 17-C

1	Mirjam Halvorsrud, Melhus IL	1:53:06	15:25-2	29:01-3	47:26-2	21:14-1
2	Linda Rivedal, Sentrum OK	2:09:58	17:30-3	32:11-5	53:36-5	26:41-3
3	Marte Ljådal, IL Hauken	2:20:12	19:57-8	31:49-4	55:22-7	33:04-8
4	Cecilie Christin Kverme, Fossum IF	2:24:59	14:01-1	42:23-10	50:14-3	38:21-11
5	Camilla Fosstveit, Raumar	2:30:58	17:56-5	27:52-1	1:14:14-14	30:56-6
6	Solveig Schou, OK Sør	2:43:00	20:50-10	33:29-6	1:05:36-9	43:05-13
7	Tone Roll-Toft, Fana IL	2:49:07	22:43-12	43:54-12	1:08:16-10	34:14-9
8	Cecilie Hiorth, Sandnes IL	2:50:18	17:48-4	41:01-9	1:10:24-13	41:05-12
9	Marianne Skuseth, Bø OL	2:51:59	18:46-6	42:55-11	1:17:19-16	32:59-7
10	Åse Aud Moldal Nyhus, Birkenes IL	3:23:16	24:45-13	51:18-13	1:22:58-17	44:15-14
11	Bente Molenaar, Modum OL	1:29:37	21:39-11	39:54-7		28:04-4
12	Anette Strand, Bergens TF	1:39:44		28:16-2	46:00-1	25:28-2
13	Mona Sveen, Vang OL	2:21:38	20:10-9	52:51-14	1:08:37-12	DSQ

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
14	Siri Coward, OK Sør	3:04:38	27:43-15		1:25:56-18	1:10:59-15
15	Bjørge Bogstrand, Nydalens SK	1:26:07			57:48-8	28:19-5
16	Hege Andersen, IL Koll	1:44:06	27:05-14	DSQ	1:17:01-15	
17	Ann Mari Studsrud, Hisøy OK	1:55:40		40:40-8		1:15:00-16
18	Elen Krohn Gjessing, Heming	19:37	19:37-7	DSQ		
19	Kristin Smith Erkleiv, IL Vindbjart	34:36				34:36-10
20	Christine Kvilekval, Sentrum OK	52:39			52:39-4	
21	Linda Kvilekval, Sentrum OK	53:44			53:44-6	
22	Halfrid Waage, Skien OK	1:08:28		DSQ	1:08:28-11	DSQ
	Inger-Helene Carlsen, Røyken OL	00:00				DSQ
	Else Moe, Torridal IL	00:00			DNS	DNS

### D 17-N

1	Kari Bjaadal, OK Skeidi	1:53:57	23:45-1	31:21-3	33:51-2	25:00-1
2	Margunn Brandsberg, Egersund OK	3:31:21	32:49-2	34:56-4	1:43:24-4	40:12-2
3	Hilde Salvesen, IL Koll	54:08		20:52-1	33:16-1	DNS
4	Gro Elisabeth Herum, Otra IL	1:40:43	DNS	43:28-5	57:15-3	DNS
5	Tordis Frøylog, Egersund OK	1:50:06	DSQ	27:32-2		1:22:34-3

### D 40-

1	Ingrid Undstad, Larvik OK	1:59:03	14:08-2	25:35-1	50:36-5	28:44-2
2	Barbara Schulthess, OLC Kapreolo	2:02:02	15:34-6	27:55-3	48:13-2	30:20-3
3	Astrid Kravdal, Gjø-Vard OL	2:03:43	14:11-3	31:29-10	47:26-1	30:37-4
4	Mariann Øren Arvesen, Sandefjord	2:12:33	16:22-8	30:27-7	49:47-3	35:57-6
5	Ingjerd Sommerstad, Kongsberg OL	2:17:43	16:31-9	30:34-8	56:19-6	34:19-5
6	Wenche Margrethe Sæbbø,	2:28:13	18:29-14	33:50-11	58:27-8	37:27-7
7	Ellen Gustafsson, Kongsberg OL	2:53:52	15:13-4	42:47-15	1:09:51-10	46:01-9
8	Ingunn Anda Haug, Sandnes IL	3:14:55	19:48-18	47:40-16	1:15:34-11	51:53-11
9	Berit Herstad, Bækkelaget SK	3:44:34	17:14-10	1:02:33-18	1:38:14-14	46:33-10
10	Målfrid Konst, Kristiansand OK	1:39:51	18:02-12	38:36-12	DSQ	43:13-8
11	Milda Øhickers, IL Tyrving	1:44:08	15:48-7	29:55-6	58:25-7	
12	Marianne Bruun Lien, Sandefjord	1:49:35	20:38-19	28:49-4	1:00:08-9	
13	Anette Firing, Andebu IL	2:19:04	19:09-16	42:15-13	1:17:40-12	DNS
14	Trude Harstad, Bø OL	41:12	13:29-1	27:43-2	DSQ	DNS
15	Inger Marie Broers Damsgaard,	46:09	15:21-5	30:48-9		
16	Hanne Marthe Østvold, Heming	1:01:05	18:35-15	42:30-14	DNS	DSQ
17	Karin Skedsmo Danevad,	1:16:50			50:08-4	26:42-1
18	Siv Wiersdalen, Porsgrunn OL	2:21:34		49:09-17	1:32:25-13	
19	Tone Hirsch, IF Trauma	18:01	18:01-11			
20	Christina Sandvand Omfjord,	18:03	18:03-13			
21	Linn Carina Daland, Kristiansand	19:23	19:23-17			
22	Mone Nastad, Notodden OL	29:49		29:49-5		

### D 50-

1	Marit Haavardsholm, Sandnes IL	2:03:06	15:20-4	26:59-1	52:16-1	28:31-1
2	Kjersti Hov, Fossum IF	2:08:39	14:49-3	27:02-2	56:06-3	30:42-2
3	Hilde Kristine Rosenvold,	2:16:43	14:17-1	28:52-3	55:06-2	38:28-12
4	Vanja Staff, OL Toten-Troll	2:21:50	15:42-5	30:25-5	1:04:49-7	30:54-3
5	Nina Elise Jørgensen, Nittedal OL	2:29:49	17:30-10	30:41-6	1:08:45-8	32:53-4
6	Hilde Kløvstad, Sandefjord OK	2:38:09	16:19-6	32:35-8	1:14:21-10	34:54-7
7	Elisabeth Christie Ørke, Stavanger	2:41:53	14:48-2	38:15-11	1:14:37-11	34:13-5
8	Signe Ottesen, Sandnes IL	3:04:05	18:43-11	39:54-12	1:20:58-13	44:30-16
9	Anita Wiberg Gjelsten, IL Høvdingen	3:34:11	19:27-14	45:26-15	1:37:36-16	51:42-17

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
10	Torill Andersen, Sandnes IL	3:43:38	18:53-12	50:41-18	1:41:44-18	52:20-18
11	Ulrika Haajanen, OK Raseborg	3:57:43	21:30-15	59:41-19	1:32:11-15	1:04:21-19
12	Hege Fjellbirkeland, IL Gular	1:27:40	19:19-13	31:48-7	DSQ	36:33-11
13	Lise Roll, Fana IL	1:27:53	17:25-8	34:03-10	DNS	36:25-10
14	Lise Christensen, TIF Viking	2:05:59	DNS	29:43-4	59:59-4	36:17-9
15	Ragnhild Hald, Kristiansand OK	2:19:23	DSQ	32:39-9	1:03:34-6	43:10-15
16	Ingrid Nerموen, Østmarka OK	2:34:59		41:36-14	1:10:34-9	42:49-14
17	Liv Omdal, Sandnes IL (Rogaland)	2:39:16	17:25-8	41:33-13	1:40:18-17	DNS
18	Ann Sissel Vehus, Verdal OK	2:41:42	DSQ	49:36-17	1:17:41-12	34:25-6
19	Britt Helene Fossøy, Notodden OL	1:38:15			1:02:49-5	35:26-8
20	Maria Persson, Asker Skiklubb	2:09:37		46:33-16	1:23:04-14	
21	Kari Christiansen, Sandefjord OK	17:07	17:07-7			
22	Turid Arnesen, Byåsen IL	39:46				39:46-13
	Kirsten Blakstad Cappelen, Hisøy	00:00	DNS			
	Tove Vikanes Agdestein, Stord	00:00		DNS	DNS	DNS
	Solveig Sikkeland, IL Tyrving	00:00	DNS	DNS	DNS	DNS

### D 55-

1	Eli Marie Wiig, Porsgrunn OL	1:53:18	12:01-4	22:25-2	54:10-3	24:42-1
2	Runa Skyttersæter, Heming	1:53:49	11:10-2	22:44-4	52:41-2	27:14-2
3	Ingrid Ravnan, OL Toten-Troll	2:01:51	11:05-1	23:27-6	57:47-6	29:32-4
4	Gro Pedersen, OK Skeidi	2:07:53	12:09-5	23:46-7	57:15-5	34:43-6
5	Anne-Heidrun Risdal, IK Grane	2:27:15	12:57-6	22:31-3	1:10:16-8	41:31-9
6	Trude Bråten, Voss IL	2:47:44	16:56-13	27:15-8	1:29:12-14	34:21-5
7	Anne-Elise Edstrøm, Oppsal	2:54:33	14:01-8	32:50-14	1:26:39-12	41:03-8
8	Inger Schibsted, Røyken OL	4:34:37	15:10-11	39:09-16	2:29:24-16	1:10:54-11
9	Elisabeth Holth Johannessen,	1:32:44	18:01-14	28:36-11	DSQ	46:07-10
10	Hanne Herum, OK Skeidi	1:48:22	15:35-12	23:21-5	1:09:26-7	DNS
11	Eli Frafjord, Ganddal IL	1:57:09	13:28-7	31:40-13	1:12:01-9	DSQ
12	Anne Karin Ribe, Kristiansand OK	1:58:30	14:57-10	28:06-9	1:15:27-10	DNS
13	May Meling, Stavanger	2:09:25	11:59-3	28:30-10	1:28:56-13	DNS
14	Gro Hege Ludvigsen, Måren OK	49:32	14:55-9	34:37-15		DSQ
15	Grete S B Hovi, Skien OK	1:09:32	DSQ	21:16-1	48:16-1	DNS
16	Bente Mestad, Torridal IL	1:24:18			56:38-4	27:40-3
17	Grete Berntsen, Måren OK	1:57:36			1:21:04-11	36:32-7
18	Gunn Botnen, Bø OL	2:04:56	DSQ	30:13-12	1:34:43-15	DNS

### D 60-

1	Rannveig Solli, Askøy OL	2:18:00	11:18-1	28:15-3	1:07:55-2	30:32-1
2	Kjellaug Grødem, Voss IL	2:28:43	12:59-4	27:58-2	1:14:04-5	33:42-2
3	Anne Kjersti Daltveit, Fana IL	2:35:33	12:08-2	32:19-6	1:09:56-4	41:10-3
4	Tonny Lindquist, OK Skeidi	2:50:10	13:57-6	27:13-1	1:08:59-3	1:00:01-7
5	Anne-Berit Rasmussen, OL	2:55:08	13:22-5	28:22-4	1:25:01-6	48:23-5
6	Grethe Wanvik Johansen, Sturla, IF	58:28	18:49-7	39:39-7		DNS
7	Inger Nergaard, Stokke IL	1:12:21	12:47-3	DNS	DNS	59:34-6
8	Brit I. Danielsen, Oddersjaa SSK	2:37:23			1:53:39-7	43:44-4
9	Solveig Olsen, Oddersjaa SSK	29:56		29:56-5		
10	Wenche Hultgreen, IL Tyrving	53:37			53:37-1	
	Jorunn Sandsdalen, Oddersjaa	00:00		DNS	DNS	DNS
	Elin Glad Balchen, Oddersjaa SSK	00:00	DNS	DNS	DNS	DNS

### D 65-

1	Edel Slettemark, Stord Orientering	2:36:54	25:17-4	38:43-4	1:01:14-2	31:40-2
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Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
2	Margareta Brynhildsen, Stokke IL	2:42:59	16:59-1	29:38-1	1:23:42-4	32:40-3
3	Hedvig Anda, Sandnes IL	2:44:18	20:57-3	33:14-3	1:15:09-3	34:58-4
4	Signe Heivoll, Søgne og Songdalen	1:47:47	17:37-2	DNS	58:38-1	31:32-1
5	Else-Margrethe Bredland, Søgne	1:18:11	27:46-5	50:25-5	DNS	DNS
6	Anne Karin Stigemo, IL Imås	30:19	DSQ	30:19-2		DNS

### D 70-

				-		
1	Kari Timenes Laugen, IL Imås	1:43:56	15:39-2	25:46-1	35:16-1	27:15-1
2	Turid Nystrøm, Stavanger	2:05:56	15:31-1	27:52-2	50:08-2	32:25-2
3	Haldis Glendrange, Stavanger	2:14:21	18:09-3	30:22-3	52:31-3	33:19-4
4	Ingeborg Bøbel, IL Imås	2:47:37	20:22-4	41:05-7	1:03:13-5	42:57-5
5	Eli Klovning, Porsgrunn OL	3:15:08	22:02-6	58:28-9	1:21:33-6	33:05-3
6	Inger Elisabeth Kvaase,	1:51:25	27:27-7	40:06-6	DSQ	43:52-6
7	Inger Lise Solberg, Bø OL	1:36:52		37:45-4	59:07-4	DNS
8	Aina Romsdal Mauritzsen,	1:37:37	37:45-8	59:52-10	DSQ	DNS
9	Thorunn Aamodt Ovesen, Lardal	20:49	20:49-5	DNS	DNS	DNS
10	Liv Horntvedt, IL Imås	39:57		39:57-5		DNS
11	Astrid Gjelstad, Sandefjord OK	50:29		50:29-8		
12	Edel Holte, Oddersjaa SSK	1:14:15				1:14:15-7

### D 75-

				-		
1	Unni Dirro Bøhlerengen, Måren OK	2:37:00	22:08-1	32:58-1	1:00:53-1	41:01-3
2	Gudveig Jørundland, OK Sør	2:48:13	27:23-3	36:56-2	1:01:29-2	42:25-4
3	Hjørdis Egner, Heming Orientering	4:14:42	28:54-4	1:09:57-4	1:37:16-4	58:35-5
4	Tirill Liby Seip, OK Skeidi	2:08:06	22:25-2		1:07:01-3	38:40-1
5	Johanna Ytterbøl, Gimle IF	2:10:35	35:13-5	55:07-3	DSQ	40:15-2
	Anne-Lise Blomhoff Ronæss,	00:00		DNS		DNS

### D 80-

1	Ellen Mathisen, Porsgrunn OL	2:44:32	DSQ	1:25:10-1		1:19:22-1
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### H 11-12

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1	Henrik Kaupang Lye, Larvik OK	1:07:17	11:56-6	18:58-3	22:34-2	13:49-1
2	Eirik Frost, Alta OL	1:10:48	10:57-1	24:03-6	21:09-1	14:39-2
3	Arne Jacob Nystrøm Olsen,	1:11:28	11:53-4	18:52-2	25:17-6	15:26-5
4	Christian Fredrik Borg, IL Koll	1:12:01	12:59-8	18:46-1	25:08-5	15:08-4
5	Edvin Aakre, Egersund OK	1:14:52	11:55-5	23:53-5	24:17-3	14:47-3
6	Markus Richter, Sandnes IL	1:23:45	11:06-2	27:56-9	26:37-7	18:06-7
7	Reno Pape, Konnerud IL	1:27:01	13:06-9	25:27-8	24:52-4	23:36-12
8	Fridtjof Reusch, Heming Orientering	1:36:33	12:47-7	28:55-10	36:42-13	18:09-8
9	Felix R. Hylleseth, Sentrum OK	1:51:03	11:35-3	23:05-4	44:58-20	31:25-17
10	Mathias Nyhaug, Asker Skiklubb	1:51:54	15:02-12	38:45-19	37:24-14	20:43-10
11	Henrik Repstad Storemyr, IL	1:53:36	18:50-20	30:16-12	38:28-15	26:02-14
12	Simen Rønning Johansen, Måren	2:01:18	17:20-16	38:41-18	39:57-17	25:20-13
13	Ole Andre Brandsberg, Egersund	2:04:47	16:44-15	34:06-13	47:34-21	26:23-15
14	Stian Haugvaldstad, Sandnes IL	2:08:20	14:45-11	29:01-11	28:52-8	55:42-21
15	Erik Zagar, Larvik OK	2:13:53	17:56-17	36:23-15	56:26-24	23:08-11
16	Eskil Stielstra, Sauda	2:28:13	16:30-14	35:32-14	1:01:26-25	34:45-19
17	Järvi Stielstra, Sauda	2:55:32	22:53-22	1:21:42-26	44:33-19	26:24-16
18	Johannes Halvorsrud, Melhus IL	3:08:02	26:36-23	45:48-23	1:06:54-26	48:44-20
19	Omund Thu Landstad, Sandnes IL	1:04:41	13:54-10	DSQ	32:58-9	17:49-6
20	Chris Ruben Erfjord, OK Sør	1:34:13	16:19-13	37:52-16	40:02-18	
21	Kristoffer Øhickers, IL Tyrving	1:34:32	17:56-17	41:19-21	35:17-11	

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
22	Isa Bønnhoff Ucler, OK Sør	1:57:40	21:49-21	46:28-24	49:23-22	
23	Einar Østvold, Heming Orientering	2:20:36	18:20-19	51:25-25	1:10:51-27	DNS
24	Bjørnar Peikli, Sandnes IL	55:39	DSQ	24:11-7	DSQ	31:28-18
25	Oscar Wiersdalen Thunold,	1:19:49		43:29-22	36:20-12	
26	Martin Johannessen Linnebo,	1:19:58		40:47-20	39:11-16	
27	Henrik Andreas Tømt, IL Imås	20:19				20:19-9
28	Anders Klavenes, Sandefjord OK	34:13			34:13-10	
29	Fredrik Skovly, IL Vindbjart	38:18	DSQ	38:18-17		
30	Rasmus D. Eastwood, Lillomarka	53:05		DSQ	53:05-23	
	Daniel Sandvand Omfjord,	00:00	DNS			

## H 13-14

1	Sondre Ytterbø, Asker Skiklubb	1:01:55	09:45-1	14:59-1	23:22-1	13:49-2
2	Nils Tveite, Ås-NMBU Orientering	1:07:22	11:29-12	17:20-4	26:32-2	12:01-1
3	Grunde Isaksætre, Grue IL	1:10:23	09:58-3	16:03-2	29:52-4	14:30-4
4	Henrik Reusch, Heming Orientering	1:14:19	10:08-5	19:32-7	28:50-3	15:49-6
5	Felix Finsrud, Asker Skiklubb	1:19:20	10:05-4	16:18-3	35:57-17	17:00-20
6	Martin Vehus Skjerve, Verdal OK	1:21:33	11:13-8	20:06-9	35:48-16	14:26-3
7	Simen Fritzner, Nittedal OL	1:21:52	11:50-15	19:36-8	31:27-6	18:59-28
8	August Syrdal Øen, Heming	1:22:17	11:33-13	24:11-20	31:46-8	14:47-5
9	Ulrik Hellen, TIF Viking	1:22:38	12:10-18	21:52-15	31:13-5	17:23-22
10	Mikkel Katla, Fossum IF	1:25:32	10:15-6	18:08-5	40:52-20	16:17-11
10	Gard Frost, Alta OL	1:25:32	12:46-24	24:31-21	32:05-9	16:10-8
12	Jonas Myhr, Asker Skiklubb	1:27:31	12:10-18	21:23-13	33:40-12	20:18-29
13	Samuel Kleppa, Ålgård Orientering	1:29:27	11:27-11	23:32-19	38:14-18	16:14-9
14	Birk Felland Sætnan, Fossum IF	1:31:15	11:39-14	28:49-29	33:36-11	17:11-21
15	Iver Ringheim, Larvik OK	1:31:28	10:29-7	21:04-12	41:46-22	18:09-24
16	Mats Lindaas, Elverum OK	1:35:33	13:12-25	22:54-18	38:57-19	20:30-30
17	Vegard Aarstad, Ås-NMBU	1:35:36	12:15-21	32:40-33	34:12-13	16:29-17
18	Simon Beckmann Kristiansen,	1:37:24	11:26-10	28:23-26	41:10-21	16:25-15
19	Vebjørn Blom-Hagen, Fossum IF	1:37:43	09:55-2	25:32-23	45:56-24	16:20-13
20	Jakob Torgersen, Halden SK	1:45:18	13:35-27	18:48-6	56:47-33	16:08-7
21	Simen Aure Skogedal, Asker	1:46:09	13:44-28	30:14-30	45:57-25	16:14-9
22	Arthur Brunborg, Nittedal OL	1:47:11	12:00-17	25:13-22	51:36-30	18:22-25
23	Sindre Gisholt, Fossum IF	1:56:37	13:58-30	37:05-39	48:48-29	16:46-19
24	Kåre Peter Krohn Gjessing, Heming	2:01:58	13:17-26	39:52-40	52:07-31	16:42-18
25	Magnus Fossum, IK Grane Arendal	2:21:50	25:57-41	31:17-32	59:48-36	24:48-33
26	Herman Bakkane Folgerø, Sauda	2:24:36	18:04-37	30:47-31	1:04:41-39	31:04-37
27	Simen Kolbergsrud, Røyken OL	2:26:54	20:18-39	28:37-27	58:02-35	39:57-39
28	Tor Eirik Eckhoff Gjermestad,	2:30:29	15:48-34	27:24-25	1:17:54-41	29:23-34
29	Jørgen Westerheim, Stord	2:31:21	20:08-38	40:35-41	1:00:41-37	29:57-36
30	Thomas Valdal, Sandnes IL	2:41:31	15:44-33	34:16-35	1:27:30-42	24:01-31
31	Sindre Skeie Petterson, Egersund	2:45:11	15:55-35	1:02:27-44	57:25-34	29:24-35
32	Vetle Lysaker Norbom, Konnerud IL	3:08:08	27:27-42	52:31-43	1:11:41-40	36:29-38
33	Brage Takle, Kristiansand OK	50:56	12:14-20	22:22-17	DSQ	16:20-13
34	Sindre Fidje Andersen, OK Sør	1:06:11	14:27-32	35:16-36	DSQ	16:28-16
35	Eskil Frischknecht, Alta OL	1:10:35	DSQ	20:30-11	31:39-7	18:26-26
36	Kristian Østermann, Heming	1:12:55	DNS	20:20-10	34:27-14	18:08-23
37	Aleksander Jørgensen,	1:13:10	DSQ	21:24-14	35:27-15	16:19-12
38	Petter Andreas Lona, Wing OK	1:21:09	11:25-9	36:21-37	33:23-10	
39	Ole Henrik Woxholth, Asker	1:26:17	14:15-31	28:46-28	43:16-23	DSQ
40	Gaute Fosstveit, Raumar	1:28:43	DSQ	22:14-16	47:59-28	18:30-27
41	Magnus Engløkk, Haugesund IL	1:32:03	12:30-23	27:14-24	52:19-32	
42	Eilev Kvaale, Asker Skiklubb	1:32:23	12:23-22	32:56-34	47:04-27	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
43	Sigurd Amundsen Bjørkli, Ringerike	1:37:06	13:46-29	36:37-38	46:43-26	
44	Bo Utseth Bøhlerengen, Oppsal	1:55:15	20:38-40	1:10:34-45	DSQ	24:03-32
45	Eivind Engløkk, Haugesund IL	1:00:16	11:58-16	48:18-42	DSQ	DNS
46	Birk Thorstensen, Oppsal	1:21:14	17:08-36		1:04:06-38	

### H 13-16C

1	Morten Trøan, Kolbotn og Skimt OL	1:49:33	14:37-2	27:07-2	39:56-3	27:53-7
2	Gaute Lindaas, Elverum OK	2:02:03	14:43-3	35:10-6	49:39-7	22:31-5
3	Preben Bransdsberg Stormyr,	2:19:51	16:00-8	43:15-9	1:00:21-10	20:15-4
4	Vegard Haug, Sandnes IL	1:19:30	15:04-4	DSQ	45:05-5	19:21-2
5	Lars Gåsvik Narvestad, Halden SK	1:21:47	15:04-4	30:36-4	36:07-2	DSQ
6	Anders Ljødal, IL Hauken	1:30:47	DSQ	37:27-8	34:07-1	19:13-1
7	Ole Simen Eckhoff Gjermestad,	1:36:46	15:51-6	30:33-3	50:22-8	DNS
8	Even Amundsen Bjørkli, Ringerike	1:42:16	13:12-1	31:33-5	57:31-9	
9	Markus Omdal Tharaldsen, IL	1:48:44		35:56-7	47:39-6	25:09-6
10	Haakon Smith Eidet, IL Vindbjart	1:59:08		58:02-11	41:10-4	19:56-3
11	Erlend Sundsdal, Birkenes IL	1:04:34	15:55-7	48:39-10		
12	Magnus Ellefsen Moen, OK Skeidi	25:43	DSQ	25:43-1		

### H 13-16N

1	Sigve Feyling, Kolbotn og Skimt OL	1:29:39	18:43-1	22:20-3	28:01-2	20:35-2
2	Jostein Nerموen, Østmarka OK	53:14		16:49-2	20:34-1	15:51-1
3	Ove Strømsvåg, Egersund OK	3:29:22	DSQ	38:12-4	1:33:33-3	1:17:37-3
4	Johannes S. Øyre, Odda OL	15:40		15:40-1		
	Hans Petter Erdvig, IL Høvdvingen	00:00		DNS		
	Aydin Keskin, Torridal IL	00:00		DNS	DNS	DNS

### H 15-16

1	Marius Aurebekk, Kristiansand OK	1:20:41	10:08-1	15:52-1	36:16-5	18:25-1
2	Halvor Tørnqvist Halden, Nydalens	1:20:48	10:31-5	17:19-3	33:58-2	19:00-4
3	Fredrik Hamrefors, Västerås SOK	1:27:13	10:32-6	18:34-5	38:29-11	19:38-5
4	Lars Young Vik, Nydalens SK	1:27:15	10:41-7	20:28-10	37:27-8	18:39-2
5	Even Lindaas, Vang OL	1:27:26	10:41-7	19:40-8	38:25-9	18:40-3
6	Sander Arntzen, Asker Skiklubb	1:28:36	10:27-3	24:09-22	33:30-1	20:30-7
7	Eskil Frøisland, Vang OL	1:32:02	11:23-16	20:34-11	38:26-10	21:39-8
8	Per Clemet Wisløff, Asker Skiklubb	1:32:06	12:39-33	23:35-20	36:03-4	19:49-6
9	Audun Bergan, Nydalens SK	1:35:49	12:13-30	20:01-9	41:10-13	22:25-16
10	Sigurd Paulsen Vie, Haugesund IL	1:35:56	11:32-18	24:45-24	34:38-3	25:01-21
11	Josef Nagy, SCM/TSM Jestedska	1:41:26	11:22-15	23:26-18	44:09-17	22:29-17
12	Johan Christie Ørke, Stavanger	1:42:26	12:00-26	23:19-16	45:19-19	21:48-10
13	Anders Vestøl, Vegårshei IL	1:45:11	11:48-20	22:30-15	49:04-25	21:49-11
14	Jostein Svaland Dale, OL	1:45:37	12:08-29	29:18-38	36:22-6	27:49-26
15	Trygve Myhr, Asker Skiklubb	1:45:39	11:42-19	25:32-29	43:47-14	24:38-20
16	Njaal Ellegaard Melby, Vang OL	1:45:42	10:46-10	24:29-23	48:34-23	21:53-12
17	Sivert Sande Kverme, Fossum IF	1:45:44	11:03-14	25:02-26	45:17-18	24:22-19
18	Dan Pavlovec, SCM/TSM	1:46:41	10:45-9	17:15-2	48:35-24	30:06-30
19	Alexander Repstad Storemyr, IL	1:46:44	11:54-23	22:21-13	45:45-20	26:44-24
20	Antonin Smaus, SCM/TSM	1:49:01	11:28-17	31:14-41	44:06-16	22:13-15
21	Peter Gisholt, Fossum IF	1:50:39	10:56-12	22:27-14	50:49-28	26:27-23
22	Jonas Myhre, Kristiansand OK	1:51:26	12:48-34	23:35-20	45:46-21	29:17-28
23	Sindre Lysaker Norbom, Konnerud	1:57:08	15:18-41	23:20-17	49:14-26	29:16-27
24	Vegard Øverli Berg, Kongsberg OL	1:59:36	12:50-35	25:08-27	46:48-22	34:50-35
25	Jakub Bily, SCM/TSM Jestedska	2:01:31	13:19-37	27:50-32	52:37-29	27:45-25



Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
26	Eyvind Kjellevold Malde, IL Gular	2:04:43	12:17-31	26:01-30	56:01-32	30:24-32
27	Ondrej Budsky, SCM/TSM	2:05:13	10:29-4	28:44-35	1:04:02-36	21:58-13
28	Odd-Anton Hermansen,	2:05:48	12:04-28	29:50-40	54:05-30	29:49-29
29	Eivind Berner Myhre, Fossum IF	2:06:41	12:26-32	27:32-31	1:04:01-35	22:42-18
30	Jakub Bradac, SCM/TSM	2:11:48	13:10-36	27:55-33	1:05:26-37	25:17-22
31	Fredrik Sveen, Vang OL	2:29:37	14:37-40	28:49-37	1:12:33-39	33:38-33
32	Herman Brunborg, Nittedal OL	2:38:23	11:58-25	28:29-34	58:17-33	59:39-38
33	Ole Gunnar Lund Jensen,	2:46:50	14:15-39	37:46-45	1:20:20-40	34:29-34
34	Petter Astrup Arnesen, Heming	1:07:35	10:47-11	19:29-7	37:19-7	DSQ
35	Kristian Skovly, IL Vindbjart	1:23:07	19:00-43	28:44-35	DSQ	35:23-36
36	Kristian Pytten, Kristiansand OK	1:24:05	DSQ	23:26-18	38:57-12	21:42-9
37	Fredrik Vehus Skjerve, Verdal OK	1:25:30	11:48-20	29:46-39	43:56-15	DNS
38	Petr Melichar, SCM/TSM Jestedska	1:26:09	11:49-22	24:50-25	49:30-27	DNS
39	Martin Adamec, SCM/TSM	1:43:03	DSQ	25:24-28	55:36-31	22:03-14
40	Henrik Haga Nesse, Haugesund IL	1:51:19	14:00-38	37:38-44	59:41-34	DNS
41	Erlend Fidje Andersen, OK Sør	2:42:19	DSQ	43:24-46	1:28:33-41	30:22-31
42	David Runde, Kristiansand OK	28:16	10:25-2	17:51-4	DNS	DNS
43	Erik Hæstad Bjørnstad, Fossum IF	30:24	10:58-13	19:26-6	DNS	DNS
44	Asgeir R. Jensen, Birkenes IL	33:40	12:01-27	21:39-12		
45	Magnus Mosfjell, Birkenes IL	48:33	11:55-24	36:38-43		
46	Ole Hänself, SV Lengefeld	49:51	16:43-42	33:08-42		
47	Jonas Sjursen Ruud, IL Vindbjart	2:05:00			1:08:34-38	56:26-37
	Sander S. Lindevik, Kristiansand	00:00	DSQ			
	Hans Jacob Bamle, OK Skeidi	00:00		DNS		DNS

### H 17-B

1	Simon Feyling, Kolbotn og Skimt OL	1:43:06	09:49-3	20:07-1	50:11-1	22:59-5
2	Morten Andresen, OK Skeidi	1:47:19	12:02-11	21:43-3	51:35-2	21:59-3
3	Arild Nyhaug, Asker Skiklubb	1:57:36	11:21-8	28:09-6	52:47-3	25:19-12
4	Eivind Kløvstad, Sandefjord OK	2:05:16	12:46-13	20:51-2	1:07:40-8	23:59-9
5	Lars Andreas Een, Voss IL	2:07:18	13:28-16	37:29-16	56:36-4	19:45-1
6	Morten Coward, OK Sør	2:10:18	10:29-5	29:28-7	1:06:25-7	23:56-8
7	Torodd Kolbergsrud, Røyken OL	2:12:07	11:49-9	27:10-5	1:08:35-9	24:33-11
8	Tommy Sæter, Kongsberg OL	2:18:49	09:32-1	32:07-9	1:13:39-11	23:31-6
9	Espen Ekholt Berg, Kongsberg OL	2:29:24	12:59-14	31:51-8	1:20:23-16	24:11-10
10	Bjørn A Friestad, Kristiansand OK	2:39:19	15:46-18	36:32-15	1:13:39-11	33:22-18
11	Per Anders Ytterbø, Asker Skiklubb	2:49:02	10:34-7	34:22-13	1:38:30-18	25:36-14
12	Eiliv Bjarne Lønningen, Otra IL	2:49:31	13:01-15	54:30-19	1:16:39-13	25:21-13
13	Sander Feyling, Kolbotn og Skimt	3:04:20	09:45-2	38:53-17	1:44:00-20	31:42-17
14	Arild Jørgensen, Oddersjaa SSK	1:00:13	12:39-12	23:57-4	DSQ	23:37-7
15	Ronny Ervik, OK Skeidi	1:33:48	10:32-6	39:01-18	DSQ	44:15-19
16	Frode Røddølen, Voss IL	2:00:59	15:33-17	33:47-12	1:11:39-10	DNS
17	Olav Helland, Egersund OK	2:03:48	11:52-10	32:17-10	1:19:39-14	DSQ
18	Geir Haugvaldstad, Sandnes IL	2:27:44	DSQ	33:02-11	1:24:02-17	30:40-16
19	Runar Thorstensen, Oppsal	1:07:21	10:02-4		57:19-5	
20	Assaf Bar-Nathan, Lillomarka OL	1:27:24			1:05:17-6	22:07-4
21	Tom André Alstadsæther, Eiker OL	1:41:30			1:20:11-15	21:19-2
22	Geir Egil Norbom, Konnerud IL	2:07:15	DSQ	DSQ	1:39:53-19	27:22-15
23	Helge Jørgensen, Haugesund IL	36:21		36:21-14		
	Nils-Henrik Pedersen, Hisøy OK	00:00	DNS	DNS		DNS

### H 17-C

1	Frode Trøan, Kolbotn og Skimt OL	1:48:58	16:44-7	24:06-3	47:30-2	20:38-1
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Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
2	Erik Hasli, Snertingdal IF Orientering	1:51:26	15:37-2	23:04-2	44:51-1	27:54-3
3	Gunnar Fosstveit, Raumar	2:03:57	15:45-3	29:27-7	48:26-3	30:19-5
4	Lars-Erik Østerud, Eiker OL	2:41:40	22:55-12	39:27-12	1:05:14-8	34:04-6
5	Svein-Tore Gåsvik Narvestad,	2:43:36	15:58-4	41:04-13	1:11:01-9	35:33-9
6	Tor Eckhoff Gjermestad, Egersund	2:53:35	16:47-8	24:36-4	1:37:19-11	34:53-7
7	Egil Christopher Hoen, Eiker OL	1:30:30	16:20-5	25:04-5	49:06-4	
8	Tony Halsall, Otra IL	1:42:30	16:26-6	22:47-1	1:03:17-7	
9	Tommy Birkeland, Egersund OK	1:50:45		34:30-9	49:59-5	26:16-2
10	Peter Preben Prebensen, Skien OK	2:07:54		42:22-14	50:21-6	35:11-8
11	Jon Myklatun, Sandnes IL	2:30:37	20:42-9	43:27-15	1:26:28-10	DNS
12	Steinar Frøyflog, Egersund OK	40:18	14:08-1	26:10-6		DNS
13	Arnfinn Sørum, Skien OK	1:03:23	24:03-13	39:20-11		
14	Rodney Molenaar, Modum OL	1:04:46	DSQ	36:42-10		28:04-4
15	Bjørn A. Ropstad, Otra IL	21:08	21:08-10			
16	Arne Thomassen, Lillesand IL	21:09	21:09-11			
17	Andreas Dalsegg, Skien OK	30:30		30:30-8		
18	Marius Bull-Tornøe Bjørkli,	1:39:04		DSQ	1:39:04-12	
19	Sverre Kvilekval, Sentrum OK	2:05:09			2:05:09-13	
	Ola Mjaaland, Oddersjaa SSK	00:00	DNS			

#### H 40-

1	Espen Danevad, Fredrikstad SK	1:58:51	13:37-2	30:06-3	49:21-2	25:47-1
2	Vegard Peikli, Sandnes IL	2:01:04	13:16-1	29:45-1	50:50-3	27:13-3
3	Tallak Olav Gryting, Gjerstad IL	2:01:05	15:00-5	30:58-4	48:07-1	27:00-2
4	Kjell Arne Håland, OK Sør	2:06:18	15:09-6	30:02-2	51:19-4	29:48-9
5	Stig Dalsøren, Kristiansand OK	2:21:35	14:19-3	31:06-5	56:57-7	39:13-19
6	Sturle Furland, Sandefjord OK	2:22:06	16:55-13	37:22-13	54:28-6	33:21-14
7	Ståle Thortveit, Søgne og	2:22:08	19:04-19	34:21-9	58:52-8	29:51-10
8	Johs Hjelmstad, Bækkelaget SK	2:26:28	16:33-9	33:17-8	1:06:38-15	30:00-11
9	Espen Røste, Kongsberg OL	2:28:46	15:45-7	33:12-7	1:10:28-17	29:21-8
10	Knut Jostein Sætnan, Fossum IF	2:36:05	15:46-8	39:41-14	1:08:54-16	31:44-13
11	Martin Bjørkenes, Hisøy OK	2:37:14	16:42-11	43:10-18	1:01:22-12	36:00-15
12	Bjørnar André Haug, Sandnes IL	2:51:49	17:04-14	42:29-15	1:14:21-21	37:55-18
13	Gunnar Petterson, Egersund OK	3:00:33	17:23-16	50:44-26	1:11:56-19	40:30-22
14	Marcel Niederhauser, Askøy OL	3:08:30	17:10-15	35:08-11	1:26:57-25	49:15-24
15	Trond Myhre, Fossum IF	3:17:47	16:37-10	47:30-24	1:36:37-28	37:03-17
16	Lars Folgerø, Sauda	3:24:22	20:44-20	45:26-21	1:42:08-29	36:04-16
17	Atle Borgersen, Hedrum OL	3:38:35	17:26-17	46:25-22	1:29:46-27	1:04:58-26
18	Sander Stielstra, Sauda	3:42:04	18:44-18	53:06-29	1:48:45-30	41:29-23
19	Torbjørn Blom-hagen, Fossum IF	1:17:08	14:50-4	34:38-10	DSQ	27:40-4
20	Asle Åsmul, Birkenes IL	2:28:25		43:22-19	1:05:13-13	39:50-21
21	Ola Bratlie, IL BUL-Tromsø	3:02:01		45:06-20	1:20:14-23	56:41-25
22	Eivind Lona, Wing OK	59:37	16:42-11	42:55-17	DSQ	
23	Torbjørn Kravdal, Gjø-Vard OL	1:03:06	DNS	35:10-12	DNS	27:56-6
24	Hans Trøan, Nittedal OL	1:23:27	DNS	31:33-6	51:54-5	DSQ
25	Eivind Frode Rinde, Bø OL	1:27:44			59:56-11	27:48-5
26	Asbjørn Byggland, Høydalsmo IL	1:29:55			59:02-9	30:53-12
27	Steinar Lande, Bø OL	1:33:36			1:05:28-14	28:08-7
28	Steinar Eastwood, Lillomarka OL	1:59:48		42:45-16	1:17:03-22	
29	Arild Flaten, Vegårshei IL	2:00:13		47:00-23	1:13:13-20	
30	Jan Erik Tinderholt, OK Skeidi	2:01:15			1:22:02-24	39:13-19
31	Svein Erik Wiig, Søgne og	2:01:37		50:44-26	1:10:53-18	DNS
32	Odd Snerthammer, NOTEAM	48:58		48:58-25		
33	Espen Johannessen, IL Høvdingen	51:56		51:56-28		DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
34	Idar Tveit, Otra IL	59:16			59:16-10	DNS
35	Lars Ole Thunold, Porsgrunn OL	1:29:05		DSQ	1:29:05-26	
	Eskil Åsmul, OL Trollelg	00:00	DNS	DNS	DNS	DNS

## H 50-

1	Per Olav Nærestad, IF Trauma	1:38:32	12:42-4	21:25-1	39:51-1	24:34-1
2	Stein Arne Olsen, Stavanger	1:40:45	12:19-1	22:20-3	41:03-2	25:03-2
3	Håkon Danevad, Ås-NMBU	1:43:19	12:23-2	22:49-5	42:44-7	25:23-7
4	Helge Gisholt, OK Skeidi	1:43:24	12:29-3	21:39-2	43:01-8	26:15-10
5	Knut Erling Øen, Heming Orientering	1:49:47	12:44-5	24:29-9	43:40-11	28:54-15
6	Bjørn Hølleland, Fana IL	1:51:05	13:55-11	25:54-18	43:23-9	27:53-14
7	Juha Viena, Ringerike OL	1:52:28	14:33-13	24:42-11	43:31-10	29:42-17
8	Leif Haajanen, OK Raseborg	1:52:43	15:42-20	23:52-7	45:21-15	27:48-13
9	Stein-Erik Scheie, OK Sør	1:52:58	12:59-6	24:39-10	45:15-14	30:05-19
10	Vidar Skjerve, Verdal OK	1:56:36	17:24-27	24:50-12	43:55-12	30:27-20
11	Nils Harald Staff, OL Toten-Troll	2:01:00	13:43-9	26:59-19	54:58-30	25:20-6
12	Jon Terje Ekeland, Oddersjaa SSK	2:05:06	15:38-18	27:05-20	48:41-17	33:42-27
13	Vegard Halden, Nydalens SK	2:05:25	17:12-26	28:09-23	54:36-27	25:28-9
14	Ole Tørnqvist, Fana IL	2:05:54	15:46-21	29:33-25	49:54-18	30:41-21
15	Idar Brekke, Ås-NMBU Orientering	2:06:53	14:14-12	28:50-24	50:22-19	33:27-26
16	Pål Augland, Bergens TF	2:07:52	14:57-17	30:28-28	53:09-23	29:18-16
17	Frode Ødegårdstuen, Snertingdal	2:09:10	15:40-19	31:30-33	44:55-13	37:05-28
18	Rune Malmei, Sandnes IL	2:09:52	20:33-29	30:33-29	53:22-25	25:24-8
19	Lasse Arnesen, Heming Orientering	2:09:54	16:40-23	28:04-21	54:12-26	30:58-22
20	Ole Petter Vestøl, Vegårshei IL	2:12:34	16:02-22	29:35-26	55:27-31	31:30-23
21	Hans Martin Skovly, IL Vindbjart	4:48:25	26:41-33	53:23-42	2:16:17-41	1:12:04-31
22	Tore Juvik, IL Gular	1:29:27	DNS	22:56-6	41:20-3	25:11-3
23	Morten Aamodt, Sandnes IL	1:29:49		22:41-4	41:52-4	25:16-5
24	Per Olav Haarr, Ganddal IL	1:32:42	13:44-10	25:43-15	53:15-24	DNS
25	Sturle Omdal, Sandnes IL	1:34:01	14:34-14	28:07-22	51:20-21	DNS
26	Terje Urfjell, IL Imås	1:34:09		24:25-8	42:34-6	27:10-12
27	Helge Aronsen Hæstad, IL BUL-	1:34:55	14:38-15	25:20-14	54:57-29	DNS
28	Terje Linløkken, Østmarka OK	1:42:57	16:43-24	31:30-33	54:44-28	DNS
29	Jan-Einar Øvremo, Ålgård	1:48:06	13:06-7	25:43-15	1:09:17-36	DNS
30	Jan Petter Hansen, IL Gular	1:53:10		30:14-27	51:11-20	31:45-24
31	Nils John Vestøl, Stavanger	2:09:14		31:16-32	56:51-33	41:07-29
32	Egil Fossum, IK Grane Arendal	2:09:36	19:07-28	38:49-39	1:11:40-39	DSQ
33	Nils Gunnar Gjelsten, IL Høvdingen	48:19	13:36-8	34:43-37	DNS	DNS
34	Geir Frøytlog, Egersund OK	52:49	DSQ	25:48-17		27:01-11
35	Kjetil Wirak, Stavanger	1:07:31	DNS	DNS	42:17-5	25:14-4
36	Bjarne Sommerstad, Andebu IL	1:18:30	25:38-31	52:52-41		
37	Helge Fossøy, Øyestad IF allianse	1:21:32			51:33-22	29:59-18
38	Are Skindlo, IF Trauma	1:26:11	DNS	30:34-30	55:37-32	DNS
39	Jørn Moe, Fet OL	1:41:53		31:05-31	1:10:48-37	
40	Frode Kamsvåg, IL Tyrving	1:43:26			1:11:16-38	32:10-25
41	Øyvind Johannessen Linnebo,	1:43:31		34:15-36	1:09:16-35	
42	Ingvar Braaten, Modum OL	1:44:05		37:07-38	1:06:58-34	DNS
43	Magne Løe, Notodden OL	1:45:15		32:55-35	1:12:20-40	DNS
44	Oluf Bøckman, Kristiansand OK	14:44	14:44-16			
45	Ole-Herman Cappelen, Hisøy OK	17:04	17:04-25			
46	Erik Borg, IL Koll	20:45	20:45-30			
47	Øystein Østermann, Heming	25:13	DNS	25:13-13	DNS	DNS
48	Oskar Kaaløy, Sandefjord OK	26:32	26:32-32			
49	Haakon Arnesen, Byåsen IL	42:41				42:41-30

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
50	Asle Kregnes, Kristiansand OK	43:36		43:36-40		
51	Øyvind Hylleseth, Skien OK	48:24			48:24-16	

### H 55-

1	Lars Fremstad, Larvik OK	1:38:52	12:13-3	22:24-3	40:36-1	23:39-2
2	Jon Bjørgum, Kristiansand OK	1:44:11	11:52-1	21:06-1	45:38-7	25:35-8
3	Egil Wickstrand Iversen, Heming	1:46:46	13:58-10	24:13-6	42:49-2	25:46-9
4	Svein S Jacobsen, IL Tyrving	1:51:13	13:50-9	25:13-11	47:00-9	25:10-3
5	Tor Lohne, Søgne og Songdalen	1:57:26	13:59-11	25:17-13	51:42-16	26:28-10
6	Onno Verberne, OL Toten-Troll	1:59:00	12:02-2	24:25-7	52:06-17	30:27-15
7	Kristen Ribe, Kristiansand OK	1:59:12	16:04-15	24:34-9	44:45-4	33:49-18
8	Morten Karlsen, Måren OK	2:00:56	13:27-7	30:02-21	49:45-14	27:42-12
9	Svein Harald Hansen, OK Silsand	2:03:43	13:38-8	33:55-25	45:21-6	30:49-16
10	Terje Henriksen, Asker Skiklubb	2:08:42	15:21-13	25:15-12	1:02:45-23	25:21-6
11	Lasse Johnsen, Oddersjaa SSK	2:08:45	16:01-14	28:23-18	49:35-13	34:46-20
12	Ulf Hamrefors, Västerås SOK	2:11:56	16:17-16	27:19-16	59:47-20	28:33-14
13	Kjetil Kløvstad, Sandefjord OK	2:47:38	17:03-17	42:01-31	1:11:07-25	37:27-21
14	Tore Lindaas, Elverum OK	2:55:09	21:02-21	34:29-26	1:18:42-29	40:56-22
15	Johan Lunde, IL Koll	1:27:46	13:08-5	24:32-8	50:06-15	DSQ
16	Geir Bjaanes, Sandnes IL	1:30:10		23:35-5	45:07-5	21:28-1
17	Martin Granly, Lillomarka OL	1:37:55		24:47-10	47:58-11	25:10-3
18	John Hansen, Kristiansand OK	1:40:48		26:37-14	48:57-12	25:14-5
19	Øivind Sæbø, Kristiansand OK	1:41:48	DSQ	27:57-17	47:04-10	26:47-11
20	Bjørn Christensen, Østmarka OK	1:51:55		28:47-19	54:38-19	28:30-13
21	Christian Schibsted, Røyken OL	2:13:36	19:01-19	38:36-30	1:15:59-28	DNS
22	Leif Gunnar Hovden, Halsnøy OL	2:15:19		30:52-24	1:09:43-24	34:44-19
23	Hans Henrik Fremming, Heming	2:23:11		36:45-28	1:12:58-26	33:28-17
24	Øystein Melby, Vang OL	2:45:22		36:33-27	1:14:10-27	54:39-24
25	Erik Høivold, Kongsberg OL	2:53:56	17:31-18	43:20-32	1:53:05-32	DNS
26	Tore Karlsen, Stavanger	3:01:27	22:18-22	57:36-33	1:41:33-31	DNS
27	Per Kaarby, Fossum IF	44:03	15:13-12	28:50-20	DSQ	DNS
28	Knut Wiig Mathisen, Porsgrunn OL	1:07:17		21:39-2	45:38-7	
29	Kjell Markset, IL Koll	1:07:32		23:33-4	43:59-3	
30	Magne Dølemo, OK Sør	1:24:28		30:22-23	54:06-18	DNS
31	Eirik Nordhagen, Ås-NMBU	1:25:57			1:00:28-21	25:29-7
32	Nils Hæstad, Fossum IF	12:32	12:32-4			
33	Jan Vidar Wernersen, Øyestad IF	13:14	13:14-6			
34	Lars Peder Vaaje, Marnardal IL	19:29	19:29-20	DNS	DNS	DNS
35	Jens Arild Kroken, Vegårshei IL	27:11		27:11-15	DNS	DSQ
36	Rune Karstensen, Stavanger	30:15		30:15-22		DNS
37	Jon Kvisli, Bø OL	36:55		36:55-29		DNS
38	Tron Solberg, OK Skeidi	44:27			DNS	44:27-23
39	Morten Hulløen, Kristiansand OK	1:00:53			1:00:53-22	DNS
40	Roald Kjetså, Otra IL	1:29:24			1:29:24-30	DNS
	Inge Glittum, OK Skeidi	00:00	DNS		DNS	

### H 60-

1	Arve Glittum, OK Skeidi	1:33:20	09:45-1	21:05-1	41:43-2	20:47-1
2	Bjørn Grinde, Oslostudentenes IK	1:36:49	10:28-3	21:58-2	40:35-1	23:48-2
3	Are Eriksen, Oslostudentenes IK	1:50:59	10:59-4	24:41-7	47:40-7	27:39-10
4	Reidar Heivoll, Søgne og	1:52:11	12:07-7	29:02-17	45:53-6	25:09-3
5	Øivind Fadum, Sande Sportsklubb	1:55:13	11:11-5	26:19-9	50:40-10	27:03-8
6	Magne Vollen, Oslostudentenes IK	2:00:43	12:18-9	26:12-8	49:45-8	32:28-16

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
7	Per Chr. Hagen, Bø OL	2:03:41	11:59-6	27:32-14	58:52-16	25:18-5
8	Ketil Kvaale, Høydalsmo IL	2:09:47	14:29-19	33:34-21	51:53-11	29:51-14
9	Terje Rasmussen, OL Tønsberg og	2:11:14	12:51-11	36:37-24	52:24-12	29:22-13
10	Peter Foppen, olv MINOR	2:13:45	12:15-8	26:52-11	1:05:27-19	29:11-12
11	Stein Turtumøygard, Måren OK	2:17:29	14:09-17	32:03-20	1:01:25-17	29:52-15
12	Stein Coward, OK Sør	2:24:45	13:33-14	26:29-10	1:17:09-26	27:34-9
13	Stig Hultgreen Karlsen, Oppsal	2:29:07	12:32-10	31:45-18	54:48-13	50:02-21
14	Erling Strand, Bergens TF	2:34:23	14:23-18	35:14-23	1:08:54-22	35:52-19
15	Gunnar Bråten, Voss IL	2:42:27	14:02-16	47:37-30	1:08:14-21	32:34-17
16	Morten Johannessen, Røyken OL	2:43:20	12:59-12	32:02-19	1:24:31-27	33:48-18
17	Harald Hovi, Skien OK	1:14:27	10:27-2	22:07-3	41:53-3	DNS
18	Arild Bjørkenes, Marnardal IL	1:27:35	16:28-23	28:41-16	42:26-4	DNS
19	Jarle Botnen, Bø OL	1:39:45	15:33-22	DSQ	56:02-14	28:10-11
20	Arvid Mydland, Egersund OK	1:47:15		22:48-4	58:41-15	25:46-7
21	Kjell Sandåker, IL Imås	1:54:15		26:59-12	1:01:43-18	25:33-6
22	Morten Benestad, IK Grane	2:06:25	15:07-20	41:57-28	1:09:21-23	DNS
23	Jon A Bjørgum, IL Vindbjart	2:28:06		34:47-22	1:07:02-20	46:17-20
24	Bernt Heggøy, Voss IL	2:37:34	DSQ	36:41-25	1:10:17-24	50:36-22
25	Odd Harald Nilsen, OL Tønsberg	2:37:50	15:16-21	43:08-29	1:39:26-28	DSQ
26	Dagfinn Haarr, Oddersjaa SSK	52:35	13:05-13	39:30-26	DNS	DNS
27	Gunnar Sakseid, Stavanger	52:45		27:31-13	DSQ	25:14-4
28	Øivind Pedersen, OK Skeidi	1:00:48	19:34-24	41:14-27	DSQ	DSQ
29	Torgeir Strandhagen, Røyken OL	1:07:37	DSQ	23:40-6	43:57-5	DNS
30	Dag Moe, Kristiansand OK	1:14:02		23:36-5	50:26-9	DSQ
31	Ove Oaland, Ganddal IL	1:41:06	DNS	27:57-15	1:13:09-25	DNS
32	Bjarne Gimre, Ganddal IL	14:01	14:01-15	DNS	DNS	DNS
	Olav Smestad, Gjerstad IL	00:00		DSQ		
	Kjell Rønneberg, Røyken OL	00:00	DNS	DNS	DNS	DNS

## H 65-

1	Jan Arve Solli, Askøy OL	1:29:38	09:18-1	15:53-1	43:45-1	20:42-2
2	Widar Trømborg, Sande	1:35:57	09:54-2	18:26-2	45:45-4	21:52-3
3	Tor Trøan, Hadeland OL	1:36:16	10:18-4	19:43-4	45:40-3	20:35-1
4	Kjell Audun Sundsdal, Melum IL	1:42:12	10:51-7	18:43-3	47:52-5	24:46-7
5	Sveinung Rekaa, Notodden OL	1:51:38	11:21-8	24:43-11	53:11-10	22:23-5
6	Kjell Walter Sørensen, IK Grane	1:56:04	10:32-6	20:00-5	57:01-13	28:31-8
7	Øyvinn Simonsen, IL Imås	2:13:52	11:49-12	23:32-8	1:06:22-17	32:09-10
8	Atle Bergseth, Varegg Fleridrett	2:14:01	11:35-11	23:02-7	1:01:33-15	37:51-15
9	Ragnar Niemi Berg, Stokke IL	2:18:02	11:22-9	33:08-20	58:09-14	35:23-14
10	Martin Nauf, Hedrum OL	2:30:39	11:56-13	23:53-9	1:07:54-18	46:56-16
11	Atle Remme, Porsgrunn OL	1:23:28	10:25-5	21:45-6	51:18-9	DSQ
12	Gunnar Dag Tørrå, IK Grane	1:31:53		24:52-12	44:52-2	22:09-4
13	Frank Glad Balchen, Oddersjaa	1:32:15	09:55-3	DSQ	50:07-7	32:13-12
14	Erik Hodne, Oddersjaa SSK	1:57:14	13:39-14	DNS	50:17-8	53:18-17
15	Tore Berntsen, Søgne og	2:16:19	11:24-10	DSQ	1:08:47-19	56:08-18
16	Inge Skjævesland, IF Trauma	50:27		27:58-16		22:29-6
17	Svein Øderud, Kristiansand OK	1:00:11		27:59-17	DSQ	32:12-11
18	Jostein Korsvik, OK Sør	1:20:35		24:39-10	55:56-12	
19	Per Øhickers, IL Tyrving	1:20:48	DSQ	26:09-14	54:39-11	
20	Hans Tore Sandsdalen, Oddersjaa	1:31:38		28:39-18	1:02:59-16	DSQ
21	Hogne Kjærås, Andebu IL	1:38:05		25:07-13	1:12:58-21	
22	Jiri Urvalek, Porsgrunn OL	1:44:23			1:11:32-20	32:51-13
23	Anders Waage, Freidig	2:10:12	DSQ	27:30-15	1:42:42-22	DSQ
24	Ove Gunnar Jacobsen, Stokke IL	29:51				29:51-9

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
25	Odd Utstumo, IK Grane Arendal	31:15		31:15-19		
26	Finn Pettersen, Gjerstad IL	47:52			47:52-5	
	Tor Mjaaland, Oddersjaa SSK	00:00	DNS			
	Øystein Halvorsen, Kristiansand	00:00			DSQ	DSQ

### H 70-

1	John Thomas Petersen, Nittedal OL	1:49:34	10:45-2	21:05-1	48:19-1	29:25-4
2	Knut Skjæveland, Ganddal IL	2:00:45	14:13-13	22:18-2	52:43-2	31:31-9
3	John Ivar Kjellevold, Modum OL	2:15:06	13:05-11	26:33-11	1:03:25-10	32:03-10
4	Hans Stordal, OL Tønsberg og	2:15:51	15:11-16	30:21-16	59:50-6	30:29-6
5	Thor Palmgren, Halden SK	2:20:30	12:41-8	23:06-3	1:17:03-20	27:40-3
6	Øistein Åsmul, OL Trollelg	2:22:19	12:58-10	25:47-8	1:09:02-11	34:32-13
7	Lars Martin Gjein, Stokke IL	2:22:42	16:40-19	28:59-15	1:02:41-9	34:22-12
8	Svein Glendrange, Stavanger	2:29:21	11:09-5	27:07-12	1:16:45-19	34:20-11
9	Bjørn A. Schou, OK Sør	2:31:56	12:42-9	24:44-6	1:17:11-21	37:19-16
10	Konrad Becker, OLG Basel	2:35:31	14:56-14	31:57-22	1:09:11-13	39:27-18
11	Floke Bredland, Søgne og	2:35:58	16:46-20	31:08-20	1:13:11-15	34:53-15
12	Tor Svein Langås, Oddersjaa SSK	2:39:28	13:41-12	30:43-19	1:20:30-23	34:34-14
13	Harald Westerheim, Fitjar IL	1:36:49	10:59-4	30:36-18	55:14-3	DSQ
14	Ragnar Hillestad, Lardal OL	1:39:00	10:55-3	DSQ	1:01:16-7	26:49-2
15	Bjørn W. Ludvigsen, Sturla, IF	1:47:23	22:17-21	23:46-5	1:01:20-8	DSQ
16	Geir Trøan, Kolbotn og Skimt OL	1:51:09	11:44-6	DSQ	1:09:02-11	30:23-5
17	Helge Revhaug, Ringerike OL	1:53:32	10:21-1	DSQ	1:16:34-18	26:37-1
18	Erling Lauvrak, IL Imås	2:00:54	15:54-18	31:38-21	1:13:22-16	DNS
19	Sigurd N. Andersen, Søgne og	2:13:45		28:36-14	1:14:24-17	30:45-7
20	Ole Kristian Lauvnes, Kristiansand	2:21:55		30:31-17	1:09:27-14	41:57-19
21	Øyvind Egeskog, Stavanger	2:25:34	11:54-7	23:13-4	1:50:27-28	DSQ
22	Reidar Andersen, Bodø og Omegn	2:40:37	15:09-15	35:36-28	1:49:52-27	DNS
23	Lars Ole Dahl Larsen, Silkeborg OK	2:53:06		33:04-25	1:17:53-22	1:02:09-20
24	Kåre Thorbjørnsen, Larvik OK	56:51		26:00-9		30:51-8
25	Rolf Mikkelsen, IL Imås	58:26	15:52-17	42:34-29	DSQ	
26	Erik Johan Grorud, Haslum IL	1:24:32		25:41-7	58:51-5	DNS
27	Ragnar Fremmerlid, IK Grane	1:24:47		28:34-13	56:13-4	DNS
28	Svein Mykland, Torridal IL	2:04:25		32:58-24	1:31:27-24	
29	Olav Solberg, Bø OL	2:06:57		33:41-26	1:33:16-26	DNS
30	Arne Kristian Skiftenes, IL Imås	2:15:58		42:49-30	1:33:09-25	
31	Arne Brandsberg, Egersund OK	2:44:06	DSQ	32:21-23	2:11:45-29	DNS
32	Arne Hallvard Holte, Oddersjaa	3:09:42			2:32:22-30	37:20-17
33	Jan Jansen, OK Moss	26:04		26:04-10	DSQ	
34	Steinar Slettemark, Stord	34:11	DNS	34:11-27	DSQ	DNS

### H 75-

1	Bjørn Egner, Heming Orientering	1:53:39	16:32-1	25:43-1	45:21-4	26:03-1
2	Alfred Steiner, OLC Kapreolo	1:56:59	16:44-2	27:31-4	44:11-2	28:33-2
3	Jon C. Fougner, Heming Orientering	1:57:36	17:50-4	26:45-2	42:40-1	30:21-3
4	Ingolf Dybvik, Stord Orientering	2:00:48	17:41-3	27:02-3	44:44-3	31:21-4
5	Arild Telstø, IL Vindbjart	2:37:23	22:00-7	29:19-6	58:10-8	47:54-7
6	Tom Sletner, Røyken OL	3:01:45	22:49-8	53:50-12	1:02:00-9	43:06-6
7	Oddvar Gjelstad, Sandefjord OK	1:23:51	18:44-5	27:58-5	DSQ	37:09-5
8	Lars Mauritzsen, Varanger	2:26:17	DSQ	31:29-9	54:56-6	59:52-8
9	Bjørn Syvertsen, IL Vindbjart	51:49	21:21-6	30:28-7	DNS	DNS
10	Tor Eivind Edvardsen, Larvik OK	1:26:47		31:16-8	55:31-7	
11	Peter Rosendahl, IL Vindbjart	24:00	24:00-9			DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
12	Rolf Arvid Leijon Pedersen, Alta OL	44:56	DSQ	44:56-10		
13	Egil Ronæss, Porsgrunn OL	45:16		45:16-11		DNS
14	Anton Lomme, Hedrum OL	52:47			52:47-5	DNS
15	Helge Halvorsen, Larvik OK	1:23:15			1:23:15-10	DNS

### H 80-

1	Kjell H. Eriksen, Fossum IF	3:27:06	43:06-1	37:07-5	1:06:50-4	1:00:03-6
2	Einar Jørundland, OK Sør	2:07:44	DSQ	34:10-3	58:16-2	35:18-1
3	Leiv Hope, Kongsberg OL	2:11:31		29:57-1	55:28-1	46:06-3
4	Kjell Gjersdal, Stavanger	2:21:26		36:19-4	59:30-3	45:37-2
5	Magnar Nilsen, Kolbotn og Skimt OL	2:56:01	DSQ	53:28-7	1:15:52-5	46:41-4
6	Helge Tvedten, Larvik OK	33:21	DNS	33:21-2		
7	Helge Kvaase, Bækkelaget SK	48:35	DSQ	DSQ	DSQ	48:35-5
8	Einar Larsen, Sturla, IF	50:23		50:23-6		
9	Ørnulf Fremming, Haugerud IF	1:03:35		1:03:35-8		

### Åpen A

1	Frank Sandberg, Flyfemkamp	2:09:02	13:40-2	26:28-8	55:01-10	33:53-11
2	Lars Rønning Johansen, Måren OK	2:26:02	16:42-10	31:58-12	59:56-11	37:26-14
3	Jan F. H. Kristensen, Klubbløs	2:41:06	17:34-13	40:10-17	1:00:42-12	42:40-17
4	William Harter, NOTEAM	3:06:03	16:53-11	42:22-19	1:17:16-22	49:32-21
5	Rasmus Fenger-Grøn, OK Snab	3:11:22	15:16-9	43:45-20	1:17:25-23	54:56-25
6	Lacho Iliev, Halden SK	1:19:14		20:09-1	31:02-1	28:03-4
7	Julie Bøbel, Nydalens SK	1:20:27	14:27-6	26:02-7	39:58-5	
8	Ingrid Strande, Skien OK	2:31:25		39:32-16	1:05:05-17	46:48-20
9	Rune Hultgreen, Oppsal Orientering	3:51:54		54:19-21	1:57:10-28	1:00:25-27
10	Jarl Magnus Berge, Søgne og	43:04		21:31-2		21:33-1
11	Iliana Ilieva, Halden SK	1:05:08		27:59-9	37:09-2	DSQ
12	Dag Helland Hansen, IL Tyrving	1:07:43			39:51-4	27:52-3
13	Anders Fossøy, Notodden OL	1:18:05			46:36-6	31:29-9
14	Tiri Rebård, Sandefjord OK	1:25:21	DSQ	34:47-14	50:34-8	
15	Kenneth Ånonsen, Øyestad IF	1:34:22		31:57-11	1:02:25-16	
16	Erik Nistad Nesse, Haugesund IL	1:37:37	14:53-7	DSQ	1:22:44-24	DNS
17	Wenche Rydning, Flyfemkamp	1:45:43	18:29-15	1:27:14-24		
18	Geir Anders Hadland, Egersund OK	2:00:12			1:15:05-20	45:07-19
19	Ingrid Tveite, Ås-NMBU Orientering	2:18:27		DSQ	1:16:20-21	1:02:07-29
20	Atle T Andersen, OK Sør	2:22:09			1:29:52-26	52:17-23
21	Marion Amundsen, Ringerike OL	2:50:14		1:13:55-23	1:36:19-27	
22	Nora Torgersen, Halden SK	13:29	13:29-1			DNS
23	Per Torstein Terjesen, Øyestad IF	13:55	13:55-3	DSQ	DNS	DNS
24	Tor E Augland, Klubbløs	14:17	14:17-4			
25	Nikolai Arnesen, Heming Orientering	14:18	14:18-5			DNS
26	Ole Kristian Augland, Klubbløs	15:02	15:02-8			
27	Åse Nysæter, Skien OK	17:17	17:17-12			
28	Kristin Heivoll, Søgne og	18:25	18:25-14	DSQ	DNS	DNS
29	Merethe Olsen, Flyfemkamp	21:20	21:20-16			
30	Ragnhild Bråten, Heming	21:33				21:33-1
31	Torkel Reinhartsen, Kristiansand	22:58		22:58-3		
32	Vidar Fossli, NOTEAM	24:37		24:37-4		DNS
33	Per Kåre Limmesand, Klubbløs	25:33		25:33-5		
34	Rune Abrahamsen, Hemsedal	25:53		25:53-6		
35	Monica Syrdal, Heming Orientering	25:54	25:54-17			
36	Johan Malm, OK Kålmården	28:56				28:56-5

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
37	Anstein Mykland, Oddersjaa SSK	29:34				29:34-6
38	Ragnhild Bråken, Heming	29:41		DSQ		29:41-7
39	Glenn Tørå, Kristiansand OK	30:11		30:11-10	DNS	DNS
40	Erik Molenaar, Modum OL	30:22				30:22-8
41	Arne Kristensen, Stokke IL	32:22		32:22-13		
42	Julie Arnesen, NTNUI	33:51				33:51-10
43	Jan Bergman, OK Kåre	34:47		34:47-14		
44	Alf Gabriel Krohn Gjessing, Heming	35:12				35:12-12
45	Eirik Glad Balchen, Oddersjaa SSK	36:37				36:37-13
46	Atle Wendel Scheie, OK Sør	39:25			39:25-3	
47	Fredrik Wulfsberg, IL Koll	40:33		40:33-18		
48	Torum Omdal Stølen, IL Vindbjart	41:33				41:33-15
49	Inger Marie B. Damsgaard, Hisøy	42:27				42:27-16
50	Jon Kvisli, Bø OL	42:50				42:50-18
51	Adriana Eik, Kristiansand OK	42:53	42:53-18			
52	Arne Kristensen, Stokke IL	48:44			48:44-7	
53	Jan Arild Johnsen, Fossum IF	50:52			50:52-9	
54	Nikolai Arnesen, Heming Orientering	51:42				51:42-22
55	Sille Winsnes, Ås-NMBU	52:40				52:40-24
56	Tor Eivind Edvardsen, Larvik OK	59:53				59:53-26
57	Jon Kvisli, Bø OL	1:00:48			1:00:48-13	
58	Solveig Olsen, Oddersjaa SSK	1:01:36				1:01:36-28
59	Mads Wendel Scheie, OK Sør	1:02:08			1:02:08-14	
60	Einar Klavenes, Sandefjord OK	1:02:13			1:02:13-15	
61	Oda Lohne van der Eyden, Søgne	1:06:26		1:06:26-22		
62	Tore Fidje Gjerstad, Gjerstad IL	1:07:05			1:07:05-18	
63	Jørgen Lien, Sandefjord OK	1:14:20			1:14:20-19	
64	Kristin Falk, Fossum IF	1:21:49				1:21:49-30
65	Åge Aashammar, Flosta IL	1:28:10			1:28:10-25	
66	Kåre Syvertsen, IL Høvdingen	1:33:32				1:33:32-31
67	Hilde Molenaar, Modum OL	23:14:58				23:14:58-32
	Lasse Hodne, Oddersjaa SSK	00:00		DSQ		
	Hilde Molenaar, Modum OL	00:00				DNS
	Gunnar Mollestad, NOTEAM	00:00				DSQ
	Synne Fossøy, NTNUI	00:00				DSQ
	Jarl Magnus Berge, Søgne og	00:00				DSQ

## Åpen B

1	Elisabet Bråten, Voss IL	2:16:36	10:52-1	25:14-3	1:12:00-8	28:30-10
2	Hege Rønning Johansen, Måren OK	2:22:44	11:54-3	29:13-5	1:16:06-9	25:31-7
3	Øystein Vatland, Klubbbløs	1:29:04	15:28-7	31:14-10	DSQ	42:22-16
4	Hildegunn Grønseth, Fossum IF	1:30:33	15:52-8	40:33-15		34:08-15
5	Eli Strande, Ringerike OL	1:46:04		25:59-4	55:13-1	24:52-5
6	Rebekka Bråten, Voss IL	1:46:21		24:01-1	1:03:18-4	19:02-1
7	Tor Kjetil Nilsen, Bø OL	1:51:56	14:15-6	32:21-11	1:05:20-6	DNS
8	Roger Østvold, Heming Orientering	2:00:10	11:46-2	29:58-6	1:18:26-12	DNS
9	Per Gustafsson, Kongsberg OL	2:02:25		30:50-8	1:02:39-3	28:56-11
10	Inger Skjævesland, IF Trauma	56:35		31:13-9		25:22-6
11	Jørn Idar Ellingsen, Konnerud IL	1:52:33		30:25-7	1:22:08-13	
12	Ida Solheim Eide, Odda OL	1:52:46		34:40-13	1:18:06-11	
13	Christine Øhlenschläger, Silkeborg	1:53:24		35:46-14	1:17:38-10	DNS
14	Solveig Nyaas Kjæve, Bø OL	2:01:34			1:29:07-14	32:27-13
15	Toril Egner, Heming Orientering	2:13:33			1:47:38-18	25:55-8
16	Wenche Rydning, Flyfemkamp	2:15:31			1:47:12-17	28:19-9



Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
17	Monica Syrdal, Heming Orientering	3:17:36		1:24:01-17	1:53:35-19	
18	Johanne Terjesen, Øyestad IF	13:43	13:43-4	DNS	DNS	DNS
19	Thea K Terjesen, Øyestad IF	13:45	13:45-5			
20	Oda Lohne van der Eyden, Søgne	21:30				21:30-2
20	Oda Lohne Van Der Eyden, Søgne	21:30				21:30-2
22	Nicolai Granly, Lillomarka OL	22:20				22:20-4
23	Gunvor T. Abrahamsen, Hemsedal	24:59		24:59-2		
24	Mie Zagar, Larvik OK	30:29				30:29-12
25	Nicolai Granly, Lillomarka OL	32:51		32:51-12		
26	Silje Carlsen, Røyken OL	33:52				33:52-14
27	Lise Hørtvedt, Kongsberg OL	58:53				58:53-17
28	Gry Merete Olaisen, Ås-NMBU	1:00:58			1:00:58-2	
29	Katrine Haga Nesse, Haugesund IL	1:02:22	DNS	1:02:22-16		
30	Bente Kverme, Fossum IF	1:04:03			1:04:03-5	
31	Toril Wiig, NOTEAM	1:07:29			1:07:29-7	
32	Ingrid Elise Vingerhagen,	1:30:29			1:30:29-15	
33	Randi Roth, Sandnes IL (Rogaland)	1:33:47			1:33:47-16	
	Fredrik Wulfsberg, IL Koll	00:00			DSQ	
	Reidun Margrete Karlsen,	00:00			DSQ	
	Isak Aasemoen Aardal, Oddersjaa	00:00	DNS	DNS		
	Ida Solheim Eide, Sandnes IL	00:00			DNS	DNS
	Aagot Hartmann, Røyken OL	00:00	DNS	DNS	DNS	DNS
	Ingvild Pedersen Bergan, Asker	00:00	DNS	DNS	DNS	DNS

### Åpen C

1	Ann Merete Handegård, Voss IL	3:38:52	25:10-4	58:25-11	1:28:24-19	46:53-8
2	Anne Grethe Pape, Konnerud IL	3:27:36		58:48-12	1:21:59-17	1:06:49-13
3	Liv Skretting, Torridal IL	3:43:33		1:10:26-15	1:38:49-21	54:18-12
4	Brostrup Landstad, Sandnes IL	1:18:24			53:10-4	25:14-1
5	Svein Ove Gjeruldsen, Øyestad IF	1:24:15			53:55-5	30:20-4
6	Nora Hannisdal, Ringerike OL	1:44:54		30:31-4	1:14:23-12	
7	Tone Handegård, Voss IL	1:46:58		59:01-13	DSQ	47:57-9
8	Helle J. Frischknecht, Alta OL	1:50:10	25:18-5	1:24:52-17		
9	Merethe Olsen, Flyfemkamp	2:15:00			1:37:40-20	37:20-6
10	Andreas Sommerbakk, Statoil BIL	2:36:22			2:09:26-24	26:56-2
11	Brostrup Landstad, Sandnes IL	13:56	13:56-1			
12	Vemund Aasemoen Aardal,	19:28	19:28-2			
13	Inger Johanne Christiansen,	20:08	20:08-3	DNS		DNS
14	Øystein T. Abrahamsen, Hemsedal	27:40		27:40-1		
15	Gry M Olaisen, Ås-NMBU	28:53		28:53-2		
16	Eli Signe Kvaale, NOTEAM	29:35				29:35-3
17	Miriam Thorset Abrahamsen,	29:48		29:48-3		
18	Gunhild Oftedal, Ålgård Orientering	31:44				31:44-5
19	Brostrup Landstad, Sandnes IL	35:10		35:10-5		
20	Victoria Louise Lund Jensen,	35:15		35:15-6		
21	Wenche Brobakken, Snerthingdal IF	41:41				41:41-7
22	Aileen Runde, Kristiansand OK	46:26		46:26-7		
23	Frode Jensen, Oddersjaa SSK	49:27			49:27-1	
24	Martha Sortedal, OK Skeidi	50:34				50:34-10
25	Hege S Sortedal, OK Skeidi	50:37				50:37-11
26	Helle Hodne, Oddersjaa SSK	51:09			51:09-2	
27	Geir Strande Syrrist, Ringerike OL	52:49		DSQ	52:49-3	
28	Ingrid Marie Ekeland, Oddersjaa	54:41		54:41-8		
29	Kristin Elise Myhrmoen, IL	54:48		54:48-9		

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
30	Marianne Tveter, Nittedal OL	55:40			55:40-6	DNS
31	Wenche Brobakken, Snertingdal IF	56:33		56:33-10		
32	Trygve Haga Nesse, Haugesund IL	1:01:22			1:01:22-7	DNS
33	Katrine Haga Nesse, Haugesund IL	1:02:08			1:02:08-8	DNS
34	Merethe Olsen, Flyfemkamp	1:02:30		1:02:30-14	DNS	DNS
35	Kristine Amlie, IL Tyrving	1:11:27			1:11:27-9	
36	Johannes S. Øyre, Odda OL	1:11:59			1:11:59-10	
37	Jonas Spilde Hasaas, Fossum IF	1:14:21			1:14:21-11	
38	Wenche Brobakken, Snertingdal IF	1:15:01			1:15:01-13	
39	Eli Signe Kvaale, NOTEAM	1:15:56			1:15:56-14	
40	Jone Valdal, Sandnes IL (Rogaland)	1:17:01			1:17:01-15	
41	May Bente Valdal, Sandnes IL	1:17:05			1:17:05-16	
42	Geir Inge Gjeruldsen, Øyestad IF	1:18:11				1:18:11-14
43	Mariann Bjørkli, Øyestad IF allianse	1:19:26				1:19:26-15
44	Oddvar Abrahamsen, Oddersjaa	1:24:01		1:24:01-16		
45	Torgeir Salvesen, Asker Skiklubb	1:26:37			1:26:37-18	
46	Adriana Eik, Kristiansand OK	1:49:00			1:49:00-22	
47	Berit Solheim, Sandnes IL	1:50:48			1:50:48-23	
	Kjell Erling Håland, OK Sør	00:00		DSQ		
	Chris Eknes, Voss IL	00:00			DSQ	
	Isaac Loring, Oddersjaa SSK	00:00	DNS	DNS		

## D 17-AK

				-		
1	Tone Fidje Gryting, Gjerstad IL	1:40:19	11:13-2	24:27-1	39:21-2	25:18-2
2	Margrete Omdal Hildebrandt, IL	1:54:18	12:18-6	29:44-6	45:00-3	27:16-3
3	Otilie Oftedal, Ålgård Orientering	1:58:53	11:37-3	29:20-5	46:13-5	31:43-5
4	Heidi Fidje Andersen, OK Sør	2:04:00	12:44-9	35:30-12	45:41-4	30:05-4
5	Vilde Brabrand Urfjell, IL Imås	2:09:48	12:49-10	33:38-9	49:11-7	34:10-8
6	Kristin Vatland, Hadeland OL	2:11:58	12:42-8	32:37-8	50:18-9	36:21-10
7	Alise Kløvstad, Sandefjord OK	2:17:18	13:07-11	34:40-10	49:42-8	39:49-11
8	Solveig Sletner, Røyken OL	2:21:22	14:15-14	36:48-14	57:43-11	32:36-7
9	Susan Bøbel, IL Imås	2:25:59	14:14-13	35:04-11	55:07-10	41:34-12
10	Kari Lund, Nittedal OL	2:34:13	14:17-15	38:01-15	1:05:51-13	36:04-9
11	Benedikte Bøen, Porsgrunn OL	1:14:56	12:23-7	30:25-7	DNS	32:08-6
12	Anette Fidje Bergan, Vegårshei IL	1:30:31	DSQ	28:12-3	37:12-1	25:07-1
13	Celine Vik Olsen, Larvik OK	1:58:19	13:55-12	40:05-16	1:04:19-12	DNS
14	Lene Therese Myrland, Notodden	39:08	11:12-1	27:56-2		
15	Silje Bøen, Kristiansand OK	39:59	11:46-4	28:13-4		
16	Ingrid Trøan, Hadeland OL	1:20:57		36:00-13	DNS	44:57-13
17	Mie Zagar, Larvik OK	11:47	11:47-5	DSQ	DSQ	
18	Kari Hasaas Klavenes, Sandefjord	48:52			48:52-6	

## D 17-20

				-		
1	Mia Mathisen Bekhus, Fredrikstad	2:08:52	13:04-1	34:41-1	53:35-3	27:32-2
2	Ane Dyrkorn, Eiker OL	2:10:00	13:36-5	35:17-4	49:21-1	31:46-8
3	Marie Line Furland, Sandnes IL	2:13:12	13:59-9	34:56-2	56:29-6	27:48-3
4	Julie Hjortland, Larvik OK	2:13:14	13:53-7	35:14-3	52:12-2	31:55-10
5	Silje Hauge, Hisøy OK	2:16:45	14:12-11	35:50-5	54:10-4	32:33-11
6	Nora Synnøve Woxholth, Asker	2:16:52	13:21-3	35:58-6	57:35-9	29:58-5
7	Margrethe Wisløff, Asker Skiklubb	2:16:53	13:38-6	36:41-7	56:30-7	30:04-6
8	Rannveig W. Nordhagen, Ås-	2:23:09	16:02-27	39:01-11	56:16-5	31:50-9
9	Emma Arnesen, Byåsen IL	2:28:03	13:14-2	40:12-18	1:06:25-22	28:12-4
10	Karolina Stanova, SCM/TSM	2:28:50	14:25-13	39:58-15	58:27-10	36:00-22

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
10	Lucie Novakova, SCM/TSM	2:28:50	15:04-22	37:14-8	1:02:13-15	34:19-20
12	Sarka Sokolarova, SCM/TSM	2:28:54	14:34-15	40:10-17	1:01:29-14	32:41-12
13	Lucie Janouskova, SCM/TSM	2:29:07	14:53-19	39:32-13	1:00:53-13	33:49-17
14	Lenka Kovarova, SCM/TSM	2:31:55	14:57-20	40:14-19	1:03:01-18	33:43-14
15	Vilde Malmei, Sandnes IL	2:32:12	13:31-4	45:20-25	1:02:51-17	30:30-7
16	Alena Linkova, SCM/TSM	2:34:22	15:14-23	39:30-12	1:05:54-21	33:44-16
17	Lucie Roskotova, SCM/TSM	2:35:45	15:18-24	41:25-22	1:00:32-12	38:30-27
18	Birka Øhlenschlæger Nielsen,	2:36:05	15:32-25	41:12-21	1:06:40-23	32:41-12
19	Ingvild Paulsen Vie, Haugesund IL	2:36:08	20:31-36	39:54-14	57:32-8	38:11-25
20	Kristina Voll, Haugesund IL	2:36:59	14:52-18	42:56-24	1:04:15-19	34:56-21
21	Åse Bergan, Nydalens SK	2:38:40	14:38-16	45:27-26	1:00:08-11	38:27-26
22	Sunniva Omdal, Sandnes IL	2:39:55	16:21-29	42:17-23	1:07:09-24	34:08-19
23	Marketa Thorova, SCM/TSM	2:46:06	15:02-21	49:53-28	1:07:28-25	33:43-14
24	Agnethe Hasli, Snertingdal IF	3:03:06	13:54-8	1:01:22-34	1:10:22-27	37:28-23
25	Sarka Knizkova, SCM/TSM	3:15:58	18:09-32	52:01-31	1:31:58-32	33:50-18
26	Ludmila Hudska, SCM/TSM	3:21:27	16:13-28	50:23-29	1:18:16-29	56:35-31
27	Julie Roll Tørnqvist, Fana IL	3:29:21	15:53-26	55:38-32	1:22:04-30	55:46-30
28	Ingvild Wang, NTNUI	1:49:15	17:00-31	50:34-30	DNS	41:41-28
29	Hedvig Kjellevold Malde, IL Gular	2:25:53	18:13-33	DSQ	1:16:41-28	50:59-29
30	Kristin Mestad, Torridal IL	2:36:25	18:47-34		1:40:03-33	37:35-24
31	Anna Furstova, SCM/TSM	2:55:59	39:31-37	47:03-27	1:29:25-31	DNS
32	Martine Topstad, Larvik OK	52:48	14:32-14	38:16-10	DSQ	DNS
33	Hannah Malmei, Sandnes IL	54:54	14:06-10	40:48-20	DNS	DNS
34	Kristin Helland-Hansen, Fossum IF	1:32:40			1:05:25-20	27:15-1
35	Ella Arentz Hagen, Sandefjord OK	1:40:19		37:44-9	1:02:35-16	
36	Nora Torgersen, Halden SK	1:48:12		40:09-16	1:08:03-26	
37	Thea Dyrkorn, Eiker OL	14:24	14:24-12	DSQ	DNS	DNS
38	Mathilde Sønsterudbråten, Raumar	14:45	14:45-17	DSQ		
39	Synne Fossøy, NTNUI	16:55	16:55-30			
40	Sofie Skyttersæter Iversen,	20:26	20:26-35			
41	Marthe Svihus, Sandnes IL	1:00:50	DNS	1:00:50-33	DNS	DNS
	Maria Prestbøen, Sandefjord OK	00:00	DNS			
	Martina Nejezchlebova, SCM/TSM	00:00	DNS	DNS		
	Julie Nærestad, Vegårshei IL	00:00		DNS	DNS	DNS

## D 21-

1	Elisabeth Ingvaldsen, Nydalens SK	2:19:12	15:15-4	34:07-5	56:52-3	32:58-5
2	Synnøve Bråten, Vegårshei IL	2:21:15	21:26-21	34:22-6	52:29-1	32:58-5
3	Linda Sjøgren, Røyken OL	2:29:43	15:44-9	33:46-3	1:09:26-8	30:47-3
4	Katerina Kaskova, SCM/TSM	2:31:14	15:35-7	36:08-7	1:06:26-7	33:05-7
5	Marthe Gløersen, Bækkelaget SK	2:31:24	14:51-2	33:31-2	1:11:15-9	31:47-4
6	Sunniva Morgan, Malvik IL	2:36:45	17:17-13	39:31-9	1:06:04-6	33:53-9
7	Alena Neradova, SCM/TSM	2:37:26	16:28-12	42:50-14	1:03:21-4	34:47-12
8	Henriette Albon, Varegg Fleridrett	2:38:06	15:39-8	42:49-13	1:05:56-5	33:42-8
9	Silje Arntzen, NTNUI	2:47:50	17:45-15	42:50-14	1:13:05-11	34:10-10
10	Hanne Wigemyr Kjeldsen,	2:59:02	18:57-17	45:09-18	1:17:57-16	36:59-18
11	Hege Holth Rekaa, Røyken OL	2:59:49	19:23-18	43:45-17	1:17:54-15	38:47-22
12	Nina Karlsen, Stavanger	3:01:18	18:11-16	48:00-21	1:19:07-18	36:00-16
13	Kristin Sletner, Røyken OL	3:50:15	17:19-14	58:30-22	1:37:11-22	57:15-25
14	Blanka Krenkova, SCM/TSM	4:06:24	23:06-22	1:12:14-24	1:45:12-23	45:52-24
15	Aurora Fossøy, NTNUI	2:12:21	15:59-10		1:21:39-19	34:43-11
16	Pia Skyttersæter Iversen, Heming	2:16:23	19:51-19	DSQ	1:18:23-17	38:09-20
17	Ane Hansen Kjenseth, Årvoll IL	2:33:54		42:08-12	1:15:33-13	36:13-17
18	Aina Viena, Larvik OK	2:35:09		41:32-11	1:17:44-14	35:53-14

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
19	Lisbeth Voll, Nydalens SK	2:35:48		43:12-16	1:15:07-12	37:29-19
20	Hildegunn Heggøy, NTNUI	2:53:55		47:03-19	1:21:41-20	45:11-23
21	Tone Wigemyr, Bækkelagets SK	42:29	15:03-3			27:26-2
22	Marianne Andersen, Kristiansand	44:00	13:22-1	30:38-1		
23	Christine Mikkelsen, IK Grane	49:27	15:30-6	33:57-4		
24	Hanne Nøvik, Nydalens SK	55:26	15:17-5	40:09-10		
25	Sunniva Nergaard Berg, Stokke IL	1:08:04	20:32-20	47:32-20	DNS	DNS
26	Janne Bjorvand, Oddersjaa SSK	1:15:03		39:08-8		35:55-15
27	Kaja Winsnes Nordhagen, Ås-	1:18:56			52:37-2	26:19-1
28	Sølvi Fossøy, Eiker OL	1:47:14			1:11:30-10	35:44-13
29	Anette Heggøy, Voss IL	2:01:01			1:22:47-21	38:14-21
30	Toril Falkenberg, Stavanger	2:12:15		1:09:36-23	DNS	1:02:39-26
31	Benedicte Hald Bjørgum, Monica Wigemyr, Oddersjaa SSK	16:13 00:00	16:13-11		DNS	DNS

### D 35-

1	Dominika Pachnerova, SCM/TSM	2:46:07	16:21-1	41:56-1	1:08:22-2	39:28-1
2	Ellen Tindeland, Stavanger	2:59:46	18:06-2	52:06-2	1:06:28-1	43:06-2
3	Pernille Nauf, Hedrum OL	3:36:34	18:07-3	54:17-3	1:30:38-4	53:32-4
4	Tone Nilsen, Bø OL	3:24:38	24:42-5	1:01:56-5	1:58:00-5	DSQ
5	Hilde Molenaar, Modum OL	1:17:04	18:44-4	58:20-4		
6	Ingvill Heskestad Mykland,	47:12				47:12-3
7	Camilla Aasrum, Kristiansand OK	1:21:08			1:21:08-3	DNS

### D 45-

1	Signe Astrup Arnesen, Heming	2:10:44	14:52-2	31:01-4	51:10-1	33:41-5
2	Ellen Aure Skogedal, Asker	2:12:04	17:07-10	29:29-1	53:36-3	31:52-2
3	Sigrun Hernes Ytterbø, Asker	2:17:25	17:02-9	32:30-6	53:36-3	34:17-6
4	Christina White, Søgne og	2:18:33	14:40-1	33:48-11	57:29-7	32:36-3
5	Kjersti Holt Hanssen, Måren OK	2:19:24	16:12-4	32:03-5	56:25-6	34:44-8
6	Monica Tørnqvist Halden, Nydalens	2:26:06	17:43-11	33:11-9	56:02-5	39:10-13
7	Kristin Sandven, Notodden OL	2:26:07	15:36-3	33:14-10	59:10-8	38:07-11
8	Arnhold U. Bråten, Vegårshei IL	2:27:38	16:36-5	33:03-8	1:00:40-10	37:19-10
9	Marianne Hauge, Hisøy OK	2:31:08	17:01-8	33:55-12	1:03:43-11	36:29-9
10	Marian Kjellevold, IL Gular	2:45:23	18:08-14	42:45-16	1:06:04-12	38:26-12
11	Elise Gisholt, Fossum IF	2:55:42	20:39-18	35:55-13	1:17:29-13	41:39-15
12	Monica Feyling, Kolbotn og Skimt	3:22:48	19:02-15	57:54-25	1:20:43-16	45:09-16
13	Ann Elin Flågen, Heming Orientering	3:23:08	16:58-7	41:52-15	1:49:37-22	34:41-7
14	Solveig Bergan, Nydalens SK	3:31:46	21:13-20	49:37-23	1:35:07-20	45:49-17
15	Marianne Reusch, Heming	3:38:01	20:26-17	54:20-24	1:24:44-18	58:31-18
16	Toril Fougner Wisløff, Asker	1:22:08	18:04-13	30:44-2	DSQ	33:20-4
17	Benedicte Beckmann, Oddersjaa	1:45:22	19:29-16	45:49-19	DSQ	40:04-14
18	Jorunn Hadland, Egersund OK	1:51:21		30:52-3	53:19-2	27:10-1
19	Gro Eide, OK Sør	2:02:11	17:51-12	43:43-18	DNS	1:00:37-19
20	Tone Cecilie Nystrøm, Stavanger	2:21:29	16:39-6	42:56-17	1:21:54-17	DNS
21	Ingunn Schei, Ås-NMBU Orientering	2:27:46	21:08-19	46:21-20	1:20:17-15	DNS
21	Marianne Høivold, Kongsberg OL	2:27:46	22:28-21	46:46-21	1:18:32-14	DNS
23	Idun Magdalene Bøyum Augland,	2:50:23	22:32-22	48:15-22	1:39:36-21	DSQ
24	Anne Sofie Korsveien, Asker	1:39:38	DNS	39:54-14	59:44-9	DNS
25	Annette Cecilie Arentz, Sandefjord	32:49		32:49-7	DSQ	
26	Kristin Falk, Fossum IF	1:30:01			1:30:01-19	

### H 17-AK

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
1	Frode Sørensen, IK Grane Arendal	2:11:24	16:00-11	31:07-6	49:34-4	34:43-3
2	Andreas Sommerfelt, Vegårshei IL	2:15:37	16:41-13	36:08-12	47:43-2	35:05-4
3	Peter Carlsen, Røyken OL	2:22:45	13:44-6	33:53-8	1:03:05-8	32:03-2
4	Jørn Bergan, Vegårshei IL	2:54:04	15:09-9	33:11-7	1:08:52-11	56:52-9
5	Sigurd Svaland Aas, Kristiansand	1:31:47	12:57-2	29:14-5	49:36-5	DNS
6	Kurt Kleppa, Ålgård Orientering	1:37:55	15:23-10	36:39-13	DSQ	45:53-8
7	Steinar Sunde, Søgne og	1:42:55	17:51-14	43:16-15	DSQ	41:48-6
8	Øyvind Glendrange, Årvoll IL	1:48:04		28:22-4	49:31-3	30:11-1
9	Guttorm Nyhus, Birkenes IL	1:57:10	16:09-12	35:12-11	1:05:49-10	DNS
10	Yngve Vetthus, Søgne og	2:01:23		34:10-9	52:07-6	35:06-5
11	Espen Coward, OK Sør	2:04:04	13:48-7	DNS	1:05:23-9	44:53-7
12	Håkon Eide, OK Sør	33:58	11:07-1	22:51-1	DNS	DNS
13	Per Ivar Vaaje, Marnardal IL	39:03	13:27-3	25:36-3	DNS	
14	Steinar Aas, Birkenes IL	53:56	13:35-4	DNS	40:21-1	DNS
15	Geir Jonny Ringvoll, IK Grane	57:02	13:51-8	43:11-14	DSQ	DNS
16	Stig Erik Ørum, Søgne og	1:46:07		49:18-16	56:49-7	
17	Ottar Eide, Odda OL	1:51:13		34:19-10	1:16:54-12	
18	Kjell Ingolf Ropstad, Otra IL	13:43	13:43-5			
19	Espen Birkenes, Birkenes IL	25:06		25:06-2		DNS
	Roger Slowik, NOTEAM	00:00				DNS

## H 17-20

1	Matias Hodne Hanisch,	1:59:55	11:36-1	30:03-4	47:17-1	30:59-2
2	Ulrik Astrup Arnesen, Heming	2:00:18	12:16-5	27:58-1	48:04-2	32:00-5
3	Bjørn Anders Flågen, Heming	2:06:07	13:00-9	32:04-12	49:39-5	31:24-3
4	Matej Burda, SCM/TSM Jestedska	2:06:12	13:16-15	31:04-8	49:37-4	32:15-6
5	Gjermund Tørnqvist Halden,	2:06:19	12:40-6	29:59-3	50:29-6	33:11-16
6	Marius Pytten, Kristiansand OK	2:11:03	13:10-14	34:14-17	48:42-3	34:57-19
7	Michal Boránek, USK Prague	2:11:36	11:57-2	30:15-6	54:37-13	34:47-18
8	Einar Ekeland, Oddersjaa SSK	2:15:36	12:15-4	30:03-4	54:13-12	39:05-21
9	Vit Kostejn, SCM/TSM Jestedska	2:16:47	12:54-8	32:18-13	56:58-17	34:37-17
10	Vetle Elias Lynnebakken,	2:16:56	14:18-21	30:38-7	59:33-20	32:27-11
11	Jørgen Wulfsberg, Nydalens SK	2:21:02	13:09-12	33:08-14	55:35-15	39:10-22
12	Knut Kyrkjebø, TIF Viking	2:21:40	13:51-18	33:25-16	1:02:02-22	32:22-9
13	Tomas Thor, SCM/TSM Jestedska	2:22:51	13:53-19	31:31-11	55:21-14	42:06-30
14	Henrik Upsal, NTNUI	2:23:00	13:23-16	31:17-9	1:00:19-21	38:01-20
15	Vojtech Melichar, SCM/TSM	2:24:42	14:26-24	39:44-22	57:45-18	32:47-14
16	Ondrej Bek, SCM/TSM Jestedska	2:26:43	14:18-21	40:42-24	59:17-19	32:26-10
17	Miroslav Janecek, SCM/TSM	2:29:18	14:42-25	38:12-19	1:03:44-24	32:40-13
18	Jan Smaus, SCM/TSM Jestedska	2:29:53	14:59-28	39:36-21	1:02:46-23	32:32-12
19	Mathias Hermstad, Freidig	2:33:38	12:41-7	41:11-25	53:31-10	46:15-33
20	Krystof Karatsiolis, SCM/TSM	2:38:26	14:22-23	43:19-29	1:08:24-26	32:21-8
21	John Runde, Kristiansand OK	2:45:11	16:42-35	38:18-20	1:08:09-25	42:02-28
22	Marek Novotny, SCM/TSM	2:46:06	14:56-27	44:15-30	1:13:46-29	33:09-15
23	Henrik Hamrefors, Västerås SOK	2:47:00	15:09-30	41:18-26	1:08:36-27	41:57-27
24	Johannes Djupesland, Haugesund	2:48:13	15:04-29	40:37-23	1:10:52-28	41:40-24
25	Tomas Hlubucek, SCM/TSM	3:08:40	14:54-26	37:37-18	1:34:28-34	41:41-25
26	Ove Haugvaldstad, Sandnes IL	3:17:41	17:47-39	53:35-32	1:24:14-32	42:05-29
27	Ole Martin Edstrøm, Oppsal	3:19:33	16:22-33	1:02:35-34	1:14:39-30	45:57-32
28	Even Fossum, IK Grane Arendal	3:42:44	15:51-32	57:14-33	1:22:31-31	1:07:08-35
29	Tobias Kristensen, Larvik OK	1:35:37	13:55-20	29:24-2	52:18-8	DSQ
30	Johannes Bakke Aashamar,	1:36:04	12:14-3		51:31-7	32:19-7
31	Joar Fuglestad, Ålgård Orientering	1:39:25	16:34-34	42:24-27	DSQ	40:27-23
32	Bjørnar Kregnes, Kristiansand OK	1:59:36	17:08-36	46:15-31		56:13-34

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
33	Magnus Sandven, Notodden OL	44:25	13:07-11	31:18-10		DNS
34	Oscar Hæstad Bjørnstad, Fossum	46:47	13:26-17	33:21-15	DNS	DNS
35	Henrik Chr. Hirsch, IF Trauma	58:00	15:50-31	DSQ		42:10-31
36	Kristian Nyhus, Birkenes IL	1:00:19	17:40-38	42:39-28	DSQ	DNS
37	Lavran Thorstensen, Oppsal	1:06:23	13:09-12		53:14-9	
38	Styrk Hundseid Kamsvåg, Fossum	1:25:47			53:56-11	31:51-4
39	Sebastian Daland, Kristiansand OK	1:26:26	DSQ		56:15-16	30:11-1
40	Jostein Baustad, Haugesund IL	2:11:50	DNS	DNS	1:29:54-33	41:56-26
41	Ole Kostøl, Kristiansand OK	13:03	13:03-10			
42	Alf Gabriel Krohn Gjessing, Heming	17:29	17:29-37			
	Fredrik Studsrud, Hisøy OK	00:00	DNS			
	Mathias Gløersen, OL Tønsberg og	00:00	DNS			
	Eirik Sundby Håland, Oddersjaa	00:00	DSQ			
	Torkel Reinhartsen, Kristiansand	00:00	DNS		DNS	DNS

## H 21-

1	Vegard Danielsen, Kristiansand OK	2:02:58	13:48-1	28:20-1	50:54-1	29:56-2
2	Jostein Andersen, Nydalens SK	2:07:32	14:46-4	30:39-4	52:12-2	29:55-1
3	Gaute Friestad, Kristiansand OK	2:10:08	13:53-2	30:20-2	53:47-3	32:08-4
4	Petter Marki Erichsen, Varegg	2:21:00	16:10-14	33:07-6	57:46-5	33:57-8
5	Tomas Dlabaja, SCM/TSM	2:21:22	15:16-7	33:36-8	1:00:23-7	32:07-3
6	Rasmus Palmqvist Aslaksen, IFK	2:25:28	15:28-8	33:33-7	59:02-6	37:25-16
7	Dan Wolf, SCM/TSM Jestedska	2:30:08	15:46-11	33:02-5	1:03:53-9	37:27-17
8	Håvard Krey Hansen, OK Silsand	2:34:08	15:56-12	34:48-9	1:09:04-16	34:20-11
9	Nicholas Morgan, Malvik IL	2:41:11	16:49-16	39:53-14	1:04:13-10	40:16-21
10	Eivind Romberg Kvaale, Bø OL	2:41:16	16:48-15	39:09-12	1:05:56-12	39:23-20
11	Martin Holth Johannessen, Røyken	2:44:21	17:25-19	41:10-21	1:11:15-20	34:31-14
12	Såmund Botnen, Bø OL	2:47:04	19:51-31	43:07-26	1:08:08-13	35:58-15
13	Øystein Botnen, Bø OL	2:52:12	18:31-26	41:31-22	1:11:19-21	40:51-24
14	Jan Cechlovsky, SCM/TSM	2:52:45	19:17-29	41:01-20	1:10:31-18	41:56-27
15	Jonathan Albon, Varegg Fleridrett	2:53:27	14:59-5	38:00-11	1:26:09-28	34:19-10
16	Jan Picek, SCM/TSM Jestedska	2:56:00	18:27-25	39:11-13	1:12:18-22	46:04-31
17	Tomas Kobr, SCM/TSM Jestedska	2:58:14	17:14-18	40:19-18	1:19:32-26	41:09-26
18	Hallvard Tyldum, Emblem IL	3:02:29	18:09-23	43:03-25	1:20:34-27	40:43-22
19	Lasse Kløvstad, Sandefjord OK	3:03:26	18:39-27	42:59-24	1:13:18-23	48:30-33
20	Jan Kocib, SCM/TSM Jestedska	3:20:08	18:25-24	40:03-16	1:40:36-30	41:04-25
21	Håkon Nergaard Berg, Stokke IL	3:45:31	19:28-30	56:34-34	1:33:40-29	55:49-35
22	Tomas Krenek, SCM/TSM	4:10:59	20:24-34	53:28-33	1:57:33-32	59:34-38
23	Stanislav Nejman, SCM/TSM	4:33:08	20:16-32	1:06:22-36	2:07:34-34	58:56-37
24	Lars Sigve Oftedal, Ålgård	1:31:15	17:06-17	40:10-17	DSQ	33:59-9
25	Christian Bøen, Kristiansand OK	1:39:00	14:22-3	30:30-3	54:08-4	DNS
26	Kenneth Mydland, Egersund OK	1:40:08	17:45-21	41:36-23	DNS	40:47-23
27	Harald Astrup Arnesen, Heming	1:50:30	15:35-10	DNS	1:01:38-8	33:17-5
28	Sigurd R. Oftedal, Ålgård	1:54:18	16:03-13	DSQ	1:04:21-11	33:54-7
29	Eirik Holth Johannessen, Røyken	2:01:15	18:07-22	57:41-35	DSQ	45:27-29
30	Sigve Botnen, Bø OL	2:05:21	17:38-20	DSQ	1:10:10-17	37:33-18
31	Knut Sveinung Holth Rekaa,	2:21:29	DSQ	37:03-10	1:10:35-19	33:51-6
32	Ondrej Vanis, SCM/TSM Jestedska	2:48:46	20:26-35	44:39-28	1:43:41-31	DSQ
33	Espen Karlsen, Stavanger	3:24:24	21:24-36	DSQ	2:04:56-33	58:04-36
34	Morten Jørgensen, Kristiansand OK	1:01:33	15:30-9	DSQ	DNS	46:03-30
35	Jørgen Hetland, Egersund OK	1:02:03	18:49-28	43:14-27	DSQ	DNS
36	Thorstein Wang, NTNUI	1:05:14	20:23-33	44:51-29	DNS	DSQ
37	Kristian Bråten, Førde IL	1:06:37	21:30-37	45:07-30	DSQ	DSQ
38	Magnus Johnsson, IK Grane	1:37:49		48:15-32		49:34-34

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
39	Haakon Ingvaldsen, Nydalens SK	1:43:08			1:08:47-14	34:21-12
40	Thomas Hadland, Egersund OK	1:53:55		39:55-15	1:14:00-24	DSQ
41	Simen A Bjøringsøy, Nydalens SK	1:55:22	DNS	41:00-19	1:14:22-25	
42	Pål Skogedal, Asker Skiklubb	2:04:25		45:34-31	DSQ	1:18:51-39
43	Ola Magnus Laugaland, Ålgård	15:05	15:05-6			
44	Henrik Rindom Knudsen, OK Melfar	34:27				34:27-13
45	Jostein Moe, Torridal IL	38:08			DSQ	38:08-19
46	Aske Jepsen, OK Pan Århus	45:18				45:18-28
47	Asger Kirkegaard, CopenhagenO	48:11				48:11-32
48	Nils Albert Aamand, Idrettslaget	1:08:48			1:08:48-15	DNS
	Audun Weltzien, IL Tyrving	00:00			DNF	
	Jan Tore Ludvigsen, IL Koll	00:00				DNS
	Gard Lindseth, Nydalens SK	00:00		DNS	DNS	

### H 35-

				-		
1	Lars Aurebekk, Fredrikstad SK	2:18:30	16:05-4	31:06-1	53:31-1	37:48-4
2	Kim Richter, Sandnes IL (Rogaland)	2:39:23	14:58-2	39:04-7	1:09:03-3	36:18-1
3	Pavel Pachner, SCM/TSM	2:48:29	16:55-6	37:49-6	1:10:17-4	43:28-5
4	Per Henrik Zagar, Larvik OK	3:35:47	17:34-7	58:46-10	1:28:24-8	51:03-6
5	Thomas Roskifte, OK Moss	1:26:31	15:11-3	34:37-3	DNS	36:43-3
6	Petr Boránek, USK Prague	2:07:39	16:51-5	37:44-5	1:13:04-6	DNS
7	Frode Øverøyen Balchen,	2:09:05		36:20-4	56:18-2	36:27-2
8	Hans Christian Granly Falkenberg,	2:48:56		40:15-8	1:15:15-7	53:26-7
9	Svein Sunde, Søgne og Songdalen	25:16:44	DNS	46:41-9	1:10:22-5	23:19:41-8
10	Erik S Molenaar, Modum OL	46:46	13:43-1	33:03-2		DNS

### H 45-

				-		
1	Magnus Landstad, Sandnes IL	1:53:51	12:42-6	30:55-4	44:00-2	26:14-1
2	Kenneth Westerheim, Stord	1:55:04	12:31-3	29:30-1	44:02-3	29:01-3
3	Frode Nysæter, Skien OK	1:59:21	12:33-4	30:26-3	48:04-5	28:18-2
4	Thomas Frost, Alta OL	1:59:32	12:34-5	34:55-14	42:39-1	29:24-4
5	Knut Harald Hylleseth, Sentrum OK	2:01:50	11:39-1	34:28-11	45:07-4	30:36-6
6	Oddgeir Eikeskog, Sandnes IL	2:07:07	13:54-15	32:00-5	48:16-6	32:57-10
7	Geir Torgersen, Halden SK	2:07:40	14:31-22	32:55-10	50:24-11	29:50-5
8	Einar Gisholt, Fossum IF	2:07:56	13:33-8	32:18-6	49:21-7	32:44-9
9	Christian Jomaas, Fossum IF	2:12:19	13:50-13	36:40-20	50:12-9	31:37-7
10	Per Olav Gulbrandsen, Larvik OK	2:13:17	15:10-29	35:02-15	51:20-12	31:45-8
11	Truls Kvaase, Bækkelagets SK	2:17:44	14:51-26	36:14-19	53:20-16	33:19-11
12	Tor Brenna, Nittedal OL	2:19:13	15:20-32	34:38-12	50:15-10	39:00-24
13	Kimme Arnesen, Heming	2:20:07	12:50-7	37:57-22	53:02-15	36:18-22
14	Jesper Fenger-Grøn, OK Snab	2:25:13	14:35-24	35:32-16	52:13-14	42:53-28
15	Kjetil Damm, TIF Viking	2:28:28	16:13-43	42:26-31	54:24-17	35:25-18
16	Vidar Gjelstad, Oppsal Orientering	2:30:05	14:31-22	39:05-25	1:01:37-20	34:52-15
17	Jørgen Frøyd, Larvik OK	2:31:09	12:05-2	37:50-21	1:07:02-33	34:12-12
18	Gunnar Engen Vik, Nydalens SK	2:36:46	15:46-40	40:11-27	1:06:25-31	34:24-13
19	Bjart Are Hellen, TIF Viking	2:39:35	13:39-11	41:59-29	1:08:36-35	35:21-17
20	Pål Winberg, OK Skeidi	2:40:08	14:03-18	38:43-24	1:05:05-28	42:17-26
21	Tom Kristensen, Larvik OK	2:40:12	13:42-12	44:21-35	1:06:36-32	35:33-19
22	Jarle Solbakken, Sauda	2:43:35	13:35-9	34:42-13	1:08:49-36	46:29-30
23	Jon Skriubakken, Porsgrunn OL	2:55:04	14:21-21	49:54-40	1:13:08-38	37:41-23
24	Sverre Wisløff, Asker Skiklubb	2:55:44	15:29-37	57:53-47	1:07:37-34	34:45-14
25	Anders Flågen, Heming Orientering	3:01:25	15:50-42	53:31-41	1:05:29-29	46:35-31
26	Espen Feyling, Kolbotn og Skimt OL	3:04:14	15:41-39	42:56-33	1:04:56-27	1:00:41-35

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
27	Dag Wang, Lillomarka OL	3:20:28	16:25-45	1:02:26-49	1:11:35-37	50:02-33
28	Kjell Rune Logan-Halvorsrud,	3:28:46	15:47-41	43:20-34	1:32:45-44	56:54-34
29	Espen Johnsen, Hedrum OL	3:28:49	17:01-47	42:47-32	1:48:01-47	41:00-25
30	Øystein Fuglestad, Ålgård	4:04:13	18:03-50	54:38-43	1:19:13-39	1:32:19-39
31	Ove Kjetså, Otra IL	4:11:55	20:06-51	56:45-45	1:36:58-45	1:18:06-38
32	Ola Peter Krohn Gjessing, Heming	4:15:38	17:14-49	1:12:34-50	1:44:57-46	1:00:53-36
33	Knut Aurebekk, Torridal IL	1:30:51	15:38-38	39:06-26	DNS	36:07-21
34	Trond Gjelstad, Sandefjord OK	1:35:07	13:52-14	29:46-2	51:29-13	DNS
35	Pål Bårdsen, Stavanger	1:55:54	15:10-29	58:13-48	DSQ	42:31-27
36	Svein-Erik Kvame, Ganddal IL	1:59:42	15:00-28	42:10-30	1:02:32-22	DSQ
37	Ole Edvard Hjortland, Larvik OK	2:00:21	16:13-43	40:24-28	1:03:44-24	DNS
38	Bjørn-Willy Arntzen, Lierbygda OL	2:09:24	14:06-19	49:05-39	1:06:13-30	DSQ
39	Inge Hauge, Hisøy OK	2:23:42	15:24-35		1:19:16-40	49:02-32
40	Erik Engløkk, Haugesund IL	2:25:19	15:17-31	45:18-37	1:24:44-43	
41	Jone Sæbbø, Stavanger	2:30:22	14:19-20	54:01-42	1:22:02-42	DNS
42	Christian Reusch, Heming	2:31:09	13:55-16	57:24-46	1:19:50-41	DSQ
43	Jan Eide, OK Sør	3:08:57	21:15-52	1:35:14-51	DNS	1:12:28-37
44	Ståle Sønsterudbråten, Raumar	46:14	13:36-10	32:38-9		
45	Are Strandlie, Gjø-Vard OL	47:17	14:55-27	32:22-7		
46	Lars Baklid, Konnerud IL	49:48	13:57-17	35:51-18		
47	Per Kristian Tømt, IL Imås	52:01	17:02-48			34:59-16
48	Anders Holst, Porsgrunn OL	54:06	15:26-36	38:40-23		
49	Boye Dirro Bøhlerengen, Oppsal	1:00:00	16:53-46	DNS	DNS	43:07-29
50	Jörg Hänsel, SV Lengefeld	1:12:46	25:20-53	47:26-38		
51	Torstein Kvaale, Asker Skiklubb	1:20:00	15:22-34	DSQ	1:04:38-26	DSQ
52	Øyvind Flaatten, OK Skeidi	1:22:07		32:26-8	49:41-8	DNS
53	Bjørn Idar Sætran, IF Trauma	1:37:16			1:01:20-19	35:56-20
54	Nils Tore Puntervold, Egersund OK	1:38:58	DSQ	35:37-17	1:03:21-23	DSQ
55	Olav Hasaas, Fossum IF	1:46:30		44:40-36	1:01:50-21	
56	Håkon Brynjulfsen, OK Silsand	1:51:06	DNS	55:51-44	55:15-18	DNS
57	Odd-Ivan Lorentsen, OK Silsand	14:36	14:36-25	DNS	DNS	DNS
58	Thorbjørn Værp, Kristiansand OK	15:20	15:20-32			
59	Johan Jebsen, Heming Orientering	1:04:24			1:04:24-25	
	Jørgen Lien, Sandefjord TIF	00:00	DNS	DNS		
	Pål Winsents, Måren OK	00:00	DNS	DNS	DNS	

## D 45AK

1	Hanne Narvestad, Halden SK	1:55:38	13:12-5	28:32-3	42:26-1	31:28-1
2	Nina Glendrange Wold, Stavanger	2:12:45	11:06-2	28:26-2	53:22-4	39:51-6
3	Toini Skyttersæter, Konnerud IL	2:21:52	12:24-4	33:37-6	58:03-9	37:48-5
4	Hege Wang, Lillomarka OL	2:22:38	11:03-1	35:25-8	55:08-6	41:02-9
5	Anita Sælevik, Haugesund IL	2:25:06	14:13-9	35:57-9	54:10-5	40:46-7
6	Cathrine Palmgren, Kolbotn og	2:25:08	14:07-8	34:09-7	55:52-7	41:00-8
7	Ylva Svanberg Helle, TIF Viking	2:45:22	12:16-3	43:28-11	1:06:45-13	42:53-10
8	Trude Kyrkjebø, TIF Viking	3:05:44	14:15-10	44:09-13	1:18:58-16	48:22-13
9	Torild Myrli, TIF Viking	3:17:30	13:22-6	43:52-12	1:16:18-14	1:03:58-16
10	Vanessa Venema, Sauda	3:35:54	15:05-11	1:00:09-15	1:17:19-15	1:03:21-15
11	Linda Fenger-Grøn, OK Snab	3:57:15	14:01-7	1:09:38-16	1:20:13-17	1:13:23-17
12	May-lill Damm, TIF Viking	4:02:48	17:56-13	1:12:21-17	1:40:09-19	52:22-14
13	Brit Vivian Meling, Stavanger	4:38:07	18:38-14	1:32:54-18	1:32:02-18	1:14:33-18
14	Gerd Karin Vestøl, Vegårshei IL	1:54:56		32:28-4	46:24-2	36:04-2
15	Randi L.H. Birkeland, Egersund OK	1:56:33		27:58-1	51:55-3	36:40-4
16	Eli Serine Eikeskog, Sandnes IL	2:12:55		33:36-5	56:05-8	43:14-11
17	Liv Grete Voll, Haugesund IL	2:17:32		35:58-10	1:05:05-12	36:29-3



Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3	Løp 4
18	Anne Karin Thorstensen, Oppsal	1:15:07	15:46-12		59:21-10	
19	Torun Dyrkorn, Eiker OL	1:49:52			1:02:20-11	47:32-12
20	Grethe Paulsen Vie, Haugesund IL	45:37	DSQ	45:37-14		

### H 45AK

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1	Geir Bråten, Vegårshei IL	1:47:30	10:41-1	24:43-1	43:33-3	28:33-3
2	Øivind Stenstad, Oddersjaa SSK	1:57:18	11:37-4	28:44-4	45:36-4	31:21-5
3	Jan Helge Kjøstvedt, IL Høvdingen	1:59:01	12:56-8	27:39-3	50:33-8	27:53-2
4	Per Jarle Eikeland, OL Tønsberg og	2:17:34	13:50-9	31:30-6	52:52-10	39:22-9
5	Audun Kjøstvedt, IL Høvdingen	2:25:41	14:18-11	36:00-12	59:00-14	36:23-8
6	Trygve Voll, Haugesund IL	2:37:08	12:53-7	41:47-16	52:00-9	50:28-14
7	Martin Frischknecht, Alta OL	2:38:02	12:13-6	39:36-15	57:28-12	48:45-13
8	Jørn Myrland, Notodden OL	1:11:42	11:05-3	DSQ	34:49-1	25:48-1
9	Per Bjarne Myhre, Haugesund IL	1:37:10	11:43-5	39:03-14	DSQ	46:24-11
10	Geir Henrik Hirsch, IF Trauma	1:56:25		36:18-13	49:07-6	31:00-4
11	Svein Roar Jonsmyr, Birkenes IL	2:00:21	DSQ	30:13-5	55:02-11	35:06-7
12	Torgeir Erdvig, IL Høvdingen	2:11:19	DSQ	35:54-11	48:15-5	47:10-12
13	Jørgen Nilsen, Stavanger	2:39:42	15:43-12	51:27-18	1:32:32-17	DNS
14	Helge Chr. Pedersen, Alta OL	43:09	11:00-2	32:09-7		
15	Erik Broers Damsgaard, Hisøy OK	57:53	14:10-10	43:43-17		
16	Arnstein Dale, OL Vallset/Stange	1:02:00		25:57-2	36:03-2	DSQ
17	Jørn Roar Bamle, OK Skeidi	1:18:39		34:30-9		44:09-10
18	Tor Olsen, IF Trauma	1:31:55		33:12-8	58:43-13	DNS
19	Erik Utne Vie, Haugesund IL	1:37:29			1:02:44-15	34:45-6
20	Svein Eidet, IL Vindbjart	2:19:17			1:12:16-16	1:07:01-15
21	Paul-Erling Lia, Birkenes IL	34:36	DSQ	34:36-10		
22	Nils Egil Johannessen, IL Høvdingen	49:26			49:26-7	DSQ
	Halvard Vesterhus, IL Høvdingen	00:00			DNS	DNS

### D 15-16B

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1	Tuva Hepburn, Kristiansand OK	1:46:27	17:08-2	45:57-2	DSQ	43:22-1
2	Ingrid Meling Spikkeland, Oddersjaa	54:27	14:10-1	40:17-1		

### H 15-16B

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1	Erling Heggelund Lia, Birkenes IL	42:56	11:01-1	31:55-1		
2	Anund Nyhus, Birkenes IL	1:09:00	15:46-3	53:14-3	DSQ	DNS
3	Hans Jacob Bamle, OK Skeidi	1:21:45		45:40-2		36:05-1
4	Mardon Røddli, Birkenes IL	12:41	12:41-2	DSQ		