Plass Navn Klasse Tid

10 km

1 Erlend Slokvik 10 km 1:20:11

05:49	10:28	14:23	16:36	18:30	21:04	23:39	33:25	35:57	38:30	42:35	46:09	48:04	49:26	52:30	57:23	61:50	69:11	75:33	79:11	80:11
05:49	04:39	03:55	02:13	01:54	02:34	02:35	09:46	02:32	02:33	04:05	03:34	01:55	01:22	03:04	04:53	04:27	07:21	06:22	03:38	01:00
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

2 Lars Enerhaugen 10 km 1:21:51

05:46	10:16	14:28	16:38	18:27	26:37	29:09	38:50	41:29	44:11	48:13	51:49	53:41	55:04	58:10	62:54	67:27	74:54	82:29	86:30	87:27
05:46	04:30	04:12	02:10	01:49	08:10	02:32	09:41	02:39	02:42	04:02	03:36	01:52	01:23	03:06	04:44	04:33	07:27	07:35	04:01	00:57
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

3 Neil Marston 10 km 1:25:53

05:56	10:41	14:42	16:50	18:39	21:12	23:56	33:35	36:10	38:34	42:53	46:27	48:47	50:24	53:59	59:09	63:54	72:45	79:28	84:41	85:53
05:56	04:45	04:01	02:08	01:49	02:33	02:44	09:39	02:35	02:24	04:19	03:34	02:20	01:37	03:35	05:10	04:45	08:51	06:43	05:13	01:12
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

4 Geir Nilsen 10 km 1:33:49

05:54	12:10	24:09	27:39	30:37	33:52	36:53	47:21	50:33	52:58	56:55	60:49	62:58	64:54	68:16	73:38	78:08	86:33	94:45	100:00	101:15
05:54	06:16	11:59	03:30	02:58	03:15	03:01	10:28	03:12	02:25	03:57	03:54	02:09	01:56	03:22	05:22	04:30	08:25	08:12	05:15	01:15
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

5 Nils Harald Staff 10 km 1:33:56

05:58	10:43	14:53	17:13	19:16	22:17	27:50	39:58	43:29	45:52	50:15	54:48	59:19	60:56	64:51	69:58	74:42	83:23	91:19	95:40	96:25
05:58	04:45	04:10	02:20	02:03	03:01	05:33	12:08	03:31	02:23	04:23	04:33	04:31	01:37	03:55	05:07	04:44	08:41	07:56	04:21	00:45
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

6 Michael Sætvedt 10 km 1:33:58

06:09	11:08	17:06	19:25	21:31	24:15	27:12	41:23	44:44	46:57	51:32	56:30	59:06	60:38	64:12	69:38	74:10	84:00	91:21	95:17	95:58
06:09	04:59	05:58	02:19	02:06	02:44	02:57	14:11	03:21	02:13	04:35	04:58	02:36	01:32	03:34	05:26	04:32	09:50	07:21	03:56	00:41
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

7 Kristine Sollien Flaskerud 10 km 1:34:01

06:05	11:02	26:33	28:56	30:53	33:52	36:51	49:08	52:41	55:02	59:16	63:43	68:21	70:22	73:47	78:54	83:33	92:31	100:28	104:46	105:34
06:05	04:57	15:31	02:23	01:57	02:59	02:59	12:17	03:33	02:21	04:14	04:27	04:38	02:01	03:25	05:07	04:39	08:58	07:57	04:18	00:48
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

8 Kjersti Rønning 10 km 1:34:05

07:25	12:55	17:26	20:00	23:13	26:30	29:15	39:17	42:52	45:11	49:23	53:19	55:35	57:16	60:58	66:28	71:15	80:34	88:54	93:09	94:05
07:25	05:30	04:31	02:34	03:13	03:17	02:45	10:02	03:35	02:19	04:12	03:56	02:16	01:41	03:42	05:30	04:47	09:19	08:20	04:15	00:56
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

9 Anders Sollien 10 km 1:34:28

16:44	19:20	21:53	25:41	28:36	38:46	42:14	45:35	49:57	53:33	56:01	59:54	63:42	69:00	73:53	82:19	89:30	93:31	94:28	
16:44	02:36	02:33	03:48	02:55	10:10	03:28	03:21	04:22	03:36	02:28	03:53	03:48	05:18	04:53	08:26	07:11	04:01	00:57	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

10 Juha Viena 10 km 1:35:06

00:25	04:59	14:35	16:43	18:32	20:59	23:28	34:24	37:41	40:15	50:26	53:54	55:24	59:00	65:18	70:14	82:38	89:43	94:05	95:06	
00:25	04:34	09:36	02:08	01:49	02:27	02:29	10:56	03:17	02:34	10:11	03:28	01:30	03:36	06:18	04:56	12:24	07:05	04:22	01:01	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

11 Anders Kvamme Felde 10 km 1:35:18

06:09	11:05	29:03	31:29	33:28	36:22	39:16	53:20	57:12	59:21	63:35	67:27	69:42	71:25	75:15	80:38	85:30	96:20	104:17	108:36	109:18
06:09	04:56	17:58	02:26	01:59	02:54	02:54	14:04	03:52	02:09	04:14	03:52	02:15	01:43	03:50	05:23	04:52	10:50	07:57	04:19	00:42
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

12 Geir Myhr Øien 10 km 1:35:21

05:42	10:50	15:24	18:45	20:55	23:36	27:46	38:05	42:11	44:48	49:16	53:13	55:29	57:10	61:19	67:02	72:40	82:12	90:03	94:31	99:54
05:42	05:08	04:34	03:21	02:10	02:41	04:10	10:19	04:06	02:37	04:28	03:57	02:16	01:41	04:09	05:43	05:38	09:32	07:51	04:28	05:23
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

13 Terje Wikstrøm 10 km 1:35:28

06:30	12:08	16:55	19:35	23:15	27:07	30:13	40:36	43:56	46:13	50:36	54:47	57:43	59:27	63:17	68:46	74:46	83:20	90:53	95:13	96:07
06:30	05:38	04:47	02:40	03:40	03:52	03:06	10:23	03:20	02:17	04:23	04:11	02:56	01:44	03:50	05:29	06:00	08:34	07:33	04:20	00:54
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

14 Frode Hjorth 10 km 1:35:34

06:31	12:15	16:59	19:40	22:37	39:23	42:25	52:40	56:07	58:23	62:42	66:52	69:56	71:40	75:27	81:02	87:01	95:35	103:07	107:26	108:22
06:31	05:44	04:44	02:41	02:57	16:46	03:02	10:15	03:27	02:16	04:19	04:10	03:04	01:44	03:47	05:35	05:59	08:34	07:32	04:19	00:56
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

Plass	Navn	Klasse	Tid
15	Anne Marit Bordal	10 km	1:35:41
16	Ola Brox	10 km	1:40:30
17	Leif S. Thingsrud	10 km	1:41:14
18	Martin Granly	10 km	1:43:20
19	Knut Engen	10 km	1:43:57
20	Emma Visted-Hansen	10 km	1:44:35
21	Sigmund Hansen	10 km	1:44:38
22	Geir Owren	10 km	1:44:43
23	Ida Hjorth	10 km	1:45:02
24	Richard Zeiner-Gundersen	10 km	1:45:13
25	Hege Solerød	10 km	1:45:21
26	Tor Trøan	10 km	1:45:45
27	Stein Arne Negård	10 km	1:47:21
28	Kirsti Kringhaug	10 km	1:50:43
29	Einar Teslo	10 km	1:55:22

Plass	Navn	Klasse	Tid
30	Arnfinn Pedersen	10 km	1:57:09

06:43	12:34	17:07	19:51	23:03	39:34	42:33	52:32	56:24	58:39	64:06	68:39	72:12	73:53	79:02	86:39	92:21	102:29	116:10	128:47	130:23	
06:43	05:51	04:33	02:44	03:12	16:31	02:59	09:59	03:52	02:15	05:27	04:33	03:33	01:41	05:09	07:37	05:42	10:08	13:41	12:37	01:36	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

31	Håvard Kvamme												10 km							2:01:12	
07:15	13:32	21:53	24:29	26:42	30:54	34:44	49:39	54:08	57:04	62:30	68:38	71:44	73:49	78:22	85:41	91:32	103:19	113:59	122:25	123:37	
07:15	06:17	08:21	02:36	02:13	04:12	03:50	14:55	04:29	02:56	05:26	06:08	03:06	02:05	04:33	07:19	05:51	11:47	10:40	08:26	01:12	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

32	Vanja Staff												10 km							2:04:52	
07:45	16:56	22:29	25:31	28:13	31:33	35:40	49:51	54:59	57:57	64:14	69:13	72:54	74:58	80:12	87:52	95:09	107:33	119:21	125:47	127:11	
07:45	09:11	05:33	03:02	02:42	03:20	04:07	14:11	05:08	02:58	06:17	04:59	03:41	02:04	05:14	07:40	07:17	12:24	11:48	06:26	01:24	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

33	Annar Erilien Solerød												10 km							2:15:40	
07:28	14:27	28:42	32:23	35:01	38:22	42:05	58:59	65:23	70:49	77:32	84:50	89:09	91:56	98:43	105:50	113:19	127:16	137:53	143:33	144:34	
07:28	06:59	14:15	03:41	02:38	03:21	03:43	16:54	06:24	05:26	06:43	07:18	04:19	02:47	06:47	07:07	07:29	13:57	10:37	05:40	01:01	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

34	Unn Mette Klopbakken												10 km							2:15:59	
08:02	22:45	28:45	31:47	34:22	37:41	41:23	56:19	61:05	65:24	71:15	81:56	85:40	88:23	94:05	102:51	109:40	126:06	137:13	142:56	144:08	
08:02	14:43	06:00	03:02	02:35	03:19	03:42	14:56	04:46	04:19	05:51	10:41	03:44	02:43	05:42	08:46	06:49	16:26	11:07	05:43	01:12	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

35	Anita Stenseth												10 km							2:16:04	
08:14	14:52	20:48	23:54	26:20	29:41	41:27	56:19	61:06	65:17	71:01	81:41	85:41	88:09	94:03	102:36	109:33	125:48	137:04	142:48	144:02	
08:14	06:38	05:56	03:06	02:26	03:21	11:46	14:52	04:47	04:11	05:44	10:40	04:00	02:28	05:54	08:33	06:57	16:15	11:16	05:44	01:14	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

36	Bård Natvig												10 km							2:25:59	
01:20	10:52	23:42	28:24	34:37	38:32	43:16	58:04	63:35	67:01	74:43	80:31	85:13	87:50	93:08	101:45	109:56	124:15	136:34	144:27	145:59	
01:20	09:32	12:50	04:42	06:13	03:55	04:44	14:48	05:31	03:26	07:42	05:48	04:42	02:37	05:18	08:37	08:11	14:19	12:19	07:53	01:32	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

37	John Hofoss												10 km							2:30:54	
10:23	19:18	32:39	36:44	40:50	45:32	50:02	66:41	72:07	76:17	83:51	91:13	94:58	97:42	103:10	111:36	119:52	134:42	146:54	155:16	156:42	
10:23	08:55	13:21	04:05	04:06	04:42	04:30	16:39	05:26	04:10	07:34	07:22	03:45	02:44	05:28	08:26	08:16	14:50	12:12	08:22	01:26	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

38	Sigurd Kvamme												10 km							2:40:34	
03:18	16:49	19:42	24:50	27:57	30:52	47:41	51:32	54:21	59:58	64:44	67:50	77:06	84:18	92:47	126:13	143:29	159:08	160:34			
03:18	13:31	02:53	05:08	03:07	02:55	16:49	03:51	02:49	05:37	04:46	03:06	09:16	07:12	08:29	33:26	17:16	15:39	01:26			
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+			

39	Helge Revhaug												10 km							2:42:00	
07:38	15:10	32:47	37:03	41:25	46:29	51:22	66:48	73:01	77:09	90:11	101:46	105:19	108:01	113:48	124:52	131:47	151:06	163:47	171:53	172:58	
07:38	07:32	17:37	04:16	04:22	05:04	04:53	15:26	06:13	04:08	13:02	11:35	03:33	02:42	05:47	11:04	06:55	19:19	12:41	08:06	01:05	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

40	Sjur Gjestvang												10 km							2:42:08	
08:19	22:47	38:24	42:13	48:51	52:42	58:37	76:43	83:10	86:54	93:22	100:36	104:27	108:55	115:19	125:08	132:18	148:37	161:16	169:33	170:41	
08:19	14:28	15:37	03:49	06:38	03:51	05:55	18:06	06:27	03:44	06:28	07:14	03:51	04:28	06:24	09:49	07:10	16:19	12:39	08:17	01:08	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

16 km

1	Lars-Inge Arnevik												16 km							1:57:36	
05:37	10:58	20:19	22:29	24:09	26:41	28:57	36:30	40:33	45:09	48:38	51:47	53:41	55:07	57:58	62:09	66:12	73:06	78:50	80:51	84:48	90:58	94:32	99:27	113:24	118:22	122:36	123:25
05:37	05:21	09:21	02:10	01:40	02:32	02:16	07:33	04:03	04:36	03:29	03:09	01:54	01:26	02:51	04:11	04:03	06:54	05:44	02:01	03:57	06:10	03:34	04:55	13:57	04:58	04:14	00:49
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

2	Lars Berglund												16 km							2:27:36	
06:01	10:56	14:59	17:21	19:14	22:13	25:14	39:13	43:04	45:11	49:34	53:09	55:20	57:18	60:41	66:17	70:40	79:01	87:52	90:33	96:39	104:16	109:03	115:06	132:51	140:29	146:25	157:18
06:01	04:55	04:03	02:22	01:53	02:59	03:01	13:59	03:51	02:07	04:23	03:35	02:11	01:58	03:23	05:36	04:23	08:21	08:51	02:41	06:06	07:37	04:47	06:03	17:45	07:38	05:56	10:53
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

3	Bjørn Berge												16 km							2:28:08	
06:07	11:00	25:02	27:16	29:20	32:00	34:50	44:43	48:42	51:34	56:24	61:02	63:47	65:35	69:20	74:23	80:08	89:21	101:41	104:13	108:54	115:26	119:28	125:32	146:36	152:15	157:16	158:25
06:07	04:53	14:02	02:14	02:04	02:40	02:50	09:53	03:59	02:52	04:50	04:38	02:45	01:48	03:45	05:03	05:45	09:13	12:20	02:32	04:41	06:32	04:02	06:04	21:04	05:39	05:01	01:09
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

Plass	Navn	Klasse	Tid
4	Onno Verberne	16 km	2:30:11

06:02	10:57	14:56	17:16	19:23	30:47	33:54	45:52	49:34	52:01	56:34	60:33	65:13	66:56	70:53	75:53	80:24	89:24	97:18	99:46	104:46	112:44	117:01	123:20	142:12	151:22	157:20	158:32
06:02	04:55	03:59	02:20	02:07	11:24	03:07	11:58	03:42	02:27	04:33	03:59	04:40	01:43	03:57	05:00	04:31	09:00	07:54	02:28	05:00	07:58	04:17	06:19	18:52	09:10	05:58	01:12
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

6 km

1	Andreas Huber	6 km	53:32

04:02	15:31	19:53	26:42	45:02	51:37	56:11	57:30
04:02	11:29	04:22	06:49	18:20	06:35	04:34	01:19
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

2	Kari Natvig	6 km	54:09

04:41	08:43	15:29	34:46	48:03	53:05	54:09
04:41	04:02	06:46	19:17	13:17	05:02	01:04
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

3	Torunn Økern Jensen	6 km	54:47

04:08	11:14	15:39	22:32	51:38	58:47	64:27	65:25
04:08	07:06	04:25	06:53	29:06	07:09	05:40	00:58
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

4	Margrete Jørandli	6 km	54:56

04:34	11:49	16:10	22:52	41:08	56:45	62:22	63:23
04:34	07:15	04:21	06:42	18:16	15:37	05:37	01:01
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

5	Bjarte Lindstad	6 km	56:30

03:55	17:47	22:03	28:46	50:00	57:04	61:54	63:00
03:55	13:52	04:16	06:43	21:14	07:04	04:50	01:06
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

6	Philip Føyen	6 km	56:46

04:04	18:29	22:53	29:26	50:14	57:18	62:35	63:34
04:04	14:25	04:24	06:33	20:48	07:04	05:17	00:59
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

7	Arne Arnesen	6 km	57:20

04:23	11:44	16:13	23:34	42:11	50:16	56:03	57:20
04:23	07:21	04:29	07:21	18:37	08:05	05:47	01:17
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

8	Line Skjevik Arnevik	6 km	58:47

04:09	11:29	15:48	22:35	44:14	60:44	66:31	67:35
04:09	07:20	04:19	06:47	21:39	16:30	05:47	01:04
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

9	Wenche Bjørnstad	6 km	58:55

04:17	24:17	28:55	36:20	56:48	64:40	70:28	71:32
04:17	20:00	04:38	07:25	20:28	07:52	05:48	01:04
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

10	Trond Feiring	6 km	1:02:07

13:31	18:16	25:45	46:51	55:19	62:07	
13:31	04:45	07:29	21:06	08:28	06:48	
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	

11	Vibeke Maria Giil	6 km	1:03:24

04:23	29:00	34:09	41:50	62:08	70:54	77:40	78:48
04:23	24:37	05:09	07:41	20:18	08:46	06:46	01:08
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

12	Grete Berge Owren	6 km	1:03:28

04:07	11:57	16:49	24:40	53:26	61:42	68:04	69:15
04:07	07:50	04:52	07:51	28:46	08:16	06:22	01:11
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

13	Trine Marit Justad Raaen	6 km	1:03:29

04:44	20:41	25:19	32:54	55:03	63:20	69:49	70:50
04:44	15:57	04:38	07:35	22:09	08:17	06:29	01:01
07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+	07:09+

Plass	Navn	Klasse	Tid
14	Toril Korsvik	6 km	1:03:32
	04:51 13:12 18:35 26:16 48:15 71:38 78:00 79:08		
	04:51 08:21 05:23 07:41 21:59 23:23 06:22 01:08		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
15	Tore Jørgensen	6 km	1:04:21
	05:06 23:06 28:06 35:35 58:37 66:29 72:24 73:51		
	05:06 18:00 05:00 07:29 23:02 07:52 05:55 01:27		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
16	Belinda Rudsengen	6 km	1:04:38
	04:51 19:14 23:49 31:27 53:59 62:31 69:26 70:40		
	04:51 14:23 04:35 07:38 22:32 08:32 06:55 01:14		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
17	Tore Venås	6 km	1:06:43
	04:14 26:31 32:33 41:22 62:41 71:12 79:04 80:12		
	04:14 22:17 06:02 08:49 21:19 08:31 07:52 01:08		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
18	Jan Sveen	6 km	1:08:26
	05:12 24:11 30:08 39:35 62:07 71:21 77:19 78:29		
	05:12 18:59 05:57 09:27 22:32 09:14 05:58 01:10		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
19	Stine Austad	6 km	1:08:29
	13:40 19:19 28:04 52:13 61:30 68:29		
	13:40 05:39 08:45 24:09 09:17 06:59		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
20	Erik Haugen	6 km	1:08:55
	05:11 19:35 24:52 33:31 59:39 67:32 73:36 74:34		
	05:11 14:24 05:17 08:39 26:08 07:53 06:04 00:58		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
21	John Thomas Petersen	6 km	1:08:59
	04:41 16:28 22:10 33:39 53:54 61:25 68:32 69:32		
	04:41 11:47 05:42 11:29 20:15 07:31 07:07 01:00		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
22	Knut Wikstrøm	6 km	1:09:05
	04:26 21:03 26:23 35:03 59:40 69:06 75:42 76:46		
	04:26 16:37 05:20 08:40 24:37 09:26 06:36 01:04		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
23	Terje Malm	6 km	1:09:16
	04:53 14:48 19:55 28:33 54:34 62:37 69:27 70:40		
	04:53 09:55 05:07 08:38 26:01 08:03 06:50 01:13		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
24	Anne-Grete Austad	6 km	1:09:34
	05:00 18:59 24:40 33:13 57:25 66:47 73:32 74:50		
	05:00 13:59 05:41 08:33 24:12 09:22 06:45 01:18		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
25	Hans A. Tingvold	6 km	1:11:56
	06:06 19:48 25:40 33:57 57:34 66:28 73:52 75:23		
	06:06 13:42 05:52 08:17 23:37 08:54 07:24 01:31		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
26	Tormod Dahlen	6 km	1:11:58
	05:34 14:30 20:16 30:25 62:39 71:50 79:24 80:50		
	05:34 08:56 05:46 10:09 32:14 09:11 07:34 01:26		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
27	Hasse Bergstrøm	6 km	1:12:25
	04:35 27:42 33:37 42:11 66:51 75:08 82:56 84:17		
	04:35 23:07 05:55 08:34 24:40 08:17 07:48 01:21		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
28	Einar Lund	6 km	1:12:38
	03:46 11:47 16:02 35:02 57:49 75:35 81:21 82:22		
	03:46 08:01 04:15 19:00 22:47 17:46 05:46 01:01		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		

Plass	Navn	Klasse	Tid
29	Kjersti Småstuen	6 km	1:13:02
	05:02 25:58 31:16 40:05 69:17 77:49 84:08 85:09		
	05:02 20:56 05:18 08:49 29:12 08:32 06:19 01:01		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
30	Berit Bergset	6 km	1:13:07
	05:17 14:14 20:13 30:08 57:26 65:52 72:08 82:28		
	05:17 08:57 05:59 09:55 27:18 08:26 06:16 10:20		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
31	Berthe Teslo	6 km	1:13:16
	05:05 24:24 31:27 41:11 66:16 74:37 80:55 81:58		
	05:05 19:19 07:03 09:44 25:05 08:21 06:18 01:03		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
32	Øystein Holmen	6 km	1:17:15
	04:59 22:10 27:31 36:31 66:04 77:04 84:26 85:39		
	04:59 17:11 05:21 09:00 29:33 11:00 07:22 01:13		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
33	Ingebjørg Felde	6 km	1:17:16
	04:38 23:03 28:09 37:38 66:53 78:04 85:34 86:45		
	04:38 18:25 05:06 09:29 29:15 11:11 07:30 01:11		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
34	Solfrid Halvorsen	6 km	1:18:21
	05:38 26:07 32:43 42:26 67:42 79:10 87:08 88:43		
	05:38 20:29 06:36 09:43 25:16 11:28 07:58 01:35		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
35	Elin Dunker	6 km	1:18:23
	05:42 15:48 22:18 32:05 57:21 79:12 87:10 88:50		
	05:42 10:06 06:30 09:47 25:16 21:51 07:58 01:40		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
36	Finn Schøyen Reinertsen	6 km	1:19:11
	05:25 31:12 37:40 47:36 72:41 85:11 93:06 94:23		
	05:25 25:47 06:28 09:56 25:05 12:30 07:55 01:17		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
37	Berit Myhrmoen	6 km	1:19:19
	05:31 16:03 22:33 32:21 72:55 85:16 93:09 94:38		
	05:31 10:32 06:30 09:48 40:34 12:21 07:53 01:29		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
38	Turid Giil	6 km	1:20:03
	05:48 31:17 37:26 48:32 72:45 84:57 93:35 94:53		
	05:48 25:29 06:09 11:06 24:13 12:12 08:38 01:18		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
39	Liv Feiring	6 km	1:20:08
	05:30 15:49 22:23 32:01 70:26 81:11 89:57 91:31		
	05:30 10:19 06:34 09:38 38:25 10:45 08:46 01:34		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
40	Tea Forberg	6 km	1:20:43
	06:10 26:23 32:33 42:04 68:04 80:15 89:07 90:35		
	06:10 20:13 06:10 09:31 26:00 12:11 08:52 01:28		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
41	Amund Hagberg Solum	6 km	1:28:30
	06:32 30:47 39:28 51:53 81:19 90:16 96:49 97:45		
	06:32 24:15 08:41 12:25 29:26 08:57 06:33 00:56		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
42	Nikolai Teslo	6 km	1:28:37
	17:37 25:27 35:42 67:14 78:31 87:38 88:37		
	17:37 07:50 10:15 31:32 11:17 09:07 00:59		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
43	Kjersti Hagberg Solum	6 km	1:29:02
	06:29 31:04 39:31 51:55 81:15 90:19 97:14 98:16		
	06:29 24:35 08:27 12:24 29:20 09:04 06:55 01:02		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		

Plass	Navn	Klasse	Tid
44	Roar Skoglund	6 km	1:29:20
	04:18 34:33 41:49 48:38 84:54 93:30 100:39 102:07		
	04:18 30:15 07:16 06:49 36:16 08:36 07:09 01:28		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
45	Gunn Elin Rudi	6 km	1:29:22
	06:03 23:28 31:46 42:14 73:30 84:47 94:20 95:34		
	06:03 17:25 08:18 10:28 31:16 11:17 09:33 01:14		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
46	Hans Storlien	6 km	1:30:04
	23:00 35:14 40:30 49:13 72:10 80:13 88:43 90:04		
	23:00 12:14 05:16 08:43 22:57 08:03 08:30 01:21		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
47	Helga Storlien	6 km	1:31:01
	22:58 31:57 40:43 49:13 72:07 80:32 89:34 91:01		
	22:58 08:59 08:46 08:30 22:54 08:25 09:02 01:27		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
48	Svein Solerød	6 km	1:32:40
	05:43 15:57 22:24 31:44 69:58 91:29 100:16 102:58		
	05:43 10:14 06:27 09:20 38:14 21:31 08:47 02:42		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
49	Jan-Erik Boday	6 km	1:34:31
	04:29 13:18 18:28 33:28 75:00 102:15 109:40 110:53		
	04:29 08:49 05:10 15:00 41:32 27:15 07:25 01:13		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
50	Johannes Bjørke Sollien	6 km	1:37:29
	06:18 25:46 33:57 44:28 78:20 91:32 102:10 103:13		
	06:18 19:28 08:11 10:31 33:52 13:12 10:38 01:03		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
51	Amund Flaskerud	6 km	1:37:50
	06:40 26:03 34:13 44:49 78:27 91:52 102:28 103:46		
	06:40 19:23 08:10 10:36 33:38 13:25 10:36 01:18		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
52	Hege Heiberg	6 km	1:41:07
	06:45 22:11 31:18 42:25 77:10 90:08 101:37 103:27		
	06:45 15:26 09:07 11:07 34:45 12:58 11:29 01:50		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
53	Jo Randar Holmøy	6 km	1:42:50
	06:51 23:24 32:48 43:46 78:31 93:37 105:12 106:28		
	06:51 16:33 09:24 10:58 34:45 15:06 11:35 01:16		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
54	Lars Flaskerud	6 km	1:47:23
	08:33 30:42 43:38 59:31 92:41 104:10 112:02 113:18		
	08:33 22:09 12:56 15:53 33:10 11:29 07:52 01:16		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
55	Trond Flaskerud	6 km	1:47:25
	08:33 24:49 37:45 53:39 86:40 104:09 112:04 113:18		
	08:33 16:16 12:56 15:54 33:01 17:29 07:55 01:14		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
56	Arne Strandlie	6 km	2:30:43
	02:35 50:57 62:47 80:23 121:13 147:36 150:43		
	02:35 48:22 11:50 17:36 40:50 26:23 03:07		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		

N-åpen

1	Edel Agnete Eide	N-åpen	33:53
	00:15 04:14 09:44 12:59 33:53		
	00:15 03:59 05:30 03:15 20:54		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+		

Plass	Navn	Klasse	Tid
2	Tor Simonsen	N-åpen	39:24
	03:45 07:33 10:31 14:35 18:37 22:16 27:06 39:24		
	03:45 03:48 02:58 04:04 04:02 03:39 04:50 12:18		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
3	Per Aarseth	N-åpen	49:12
	03:07 07:53 12:59 19:04 24:13 28:13 33:48 39:22 43:56 46:40 63:05		
	03:07 04:46 05:06 06:05 05:09 04:00 05:35 05:34 04:34 02:44 16:25		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
4	Sara-Sofie Larsen Simonsen	N-åpen	49:15
	02:03 05:54 10:04 14:56 19:59 23:30 30:33 36:04 42:29 47:10 67:15		
	02:03 03:51 04:10 04:52 05:03 03:31 07:03 05:31 06:25 04:41 20:05		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
5	Einar Onshus	N-åpen	49:20
	03:11 08:00 13:13 19:09 24:03 28:29 33:52 39:44 43:58 46:50 60:50		
	03:11 04:49 05:13 05:56 04:54 04:26 05:23 05:52 04:14 02:52 14:00		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
6	Liv Simonsen	N-åpen	49:31
	02:15 06:02 10:09 15:05 20:03 23:35 30:37 36:19 42:37 47:16 67:24		
	02:15 03:47 04:07 04:56 04:58 03:32 07:02 05:42 06:18 04:39 20:08		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
7	Roar Åsheim	N-åpen	1:00:43
	14:38 19:22 24:27 30:34 35:43 39:51 45:18 50:51 55:17 58:06 60:43		
	14:38 04:44 05:05 06:07 05:09 04:08 05:27 05:33 04:26 02:49 02:37		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
8	Joar Brattlid	N-åpen	1:02:44
	02:48 07:57 15:33 22:55 27:55 30:45 35:34 40:09 45:52 59:14 67:27		
	02:48 05:09 07:36 07:22 05:00 02:50 04:49 04:35 05:43 13:22 08:13		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
9	Øystein Brattlid	N-åpen	1:02:47
	02:39 08:04 15:41 22:59 27:59 30:51 35:32 40:05 45:46 59:19 67:24		
	02:39 05:25 07:37 07:18 05:00 02:52 04:41 04:33 05:41 13:33 08:05		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
10	Albertine Storberget Jensen	N-åpen	1:04:56
	03:49 10:16 20:24 28:59 36:40 39:42 46:54 52:02 57:51 62:41 69:37		
	03:49 06:27 10:08 08:35 07:41 03:02 07:12 05:08 05:49 04:50 06:56		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
11	Ida Storberget	N-åpen	1:05:03
	04:03 10:25 20:18 29:05 36:31 39:50 46:52 52:10 57:57 62:49 65:03		
	04:03 06:22 09:53 08:47 07:26 03:19 07:02 05:18 05:47 04:52 02:14		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
12	Sanna Brattlid	N-åpen	1:05:10
	03:38 10:32 20:30 30:04 36:19 40:04 47:08 52:18 57:32 63:02 70:08		
	03:38 06:54 09:58 09:34 06:15 03:45 07:04 05:10 05:14 05:30 07:06		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		
13	Astri Brattlid	N-åpen	1:05:16
	03:43 10:30 20:36 30:02 36:25 40:00 47:11 52:17 57:30 62:58 70:07		
	03:43 06:47 10:06 09:26 06:23 03:35 07:11 05:06 05:13 05:28 07:09		
	07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+ 07:09+		