

D-16			Sum	Fred	Lørd
1	Ragnhild Eide	Byåsen IL	00:46:58	00:22:50	00:24:08
2	Line Sølberg	IL Leik	00:54:55	00:26:04	00:28:51
3	Vera Melkild	Freidig	00:55:26	00:24:16	00:31:10
4	Malin Opøien	OL Trollelg	00:57:34	00:25:59	00:31:35
5	Malin Sandstad	Freidig	01:07:27	00:27:34	00:39:53
	Hedda Hoff Hagen	Byåsen IL			00:37:37

D17-			Sum	Fred	Lørd
1	Karen Oline Kolstad	Freidig	00:47:53	00:20:30	00:27:23
2	Kristine Fjellanger	Varegg Fleridrett	00:49:12	00:20:02	00:29:10
3	Frida Sæther	Freidig	00:50:45	00:20:36	00:30:09
4	Sigrd Pedersli	OL Trollelg	00:53:14	00:21:45	00:31:29
5	Ingrid Marie Dromnes	OL Trollelg	00:58:14	00:25:38	00:32:36
6	Maja Berger	Byåsen IL	00:58:14	00:23:35	00:34:39
7	Randi Wærnes	Orkanger IF	01:01:56	00:27:48	00:34:08
8	Marit Isachsen	Asker SK	01:02:51	00:28:37	00:34:14
9	Melanie Simpson	Wing OK	01:03:03	00:26:31	00:36:32
10	Ane Svegård Bye	Byåsen IL	01:06:07	00:26:59	00:39:08
	Mari Jevne Arnesen	NTNUI		00:19:41	
	Britt Ingunn Nydal	NTNUI		00:24:25	
	Andrea Vindal	Wing OK		00:24:44	
	Kristine Klock Fleten	Wing OK		00:25:22	
	Ida Elisabeth Finstad	OK Moss		00:30:49	
	Ingunn Sandbakk	NTNUI		00:33:36	
	Gøril Rønning Sund	Frol IL			00:25:30
	Marianne Dæhli	NTNUI			00:34:28
	Jenny Persson	Byåsen IL			00:37:29
	Hanne Vefsnmo	Byåsen IL			00:37:54

D40-			Sum	Fred	Lørd
1	Thorlene Egerton	Wing OK	01:00:24	00:29:16	00:31:08
2	Hilde Forbord	Malvik IL	01:03:34	00:27:18	00:36:16
3	Mari Hoff	Byåsen IL	01:05:09	00:30:28	00:34:41
4	Nina Beate Liabakk	Byåsen IL	01:09:17	00:25:42	00:43:35
5	Hanne Svegård	Byåsen IL	01:20:48	00:39:11	00:41:37
6	Maj Lisbet Rønning	Freidig	01:26:05	00:38:48	00:47:17
	Liv Tennes	Wing OK		00:31:54	
	Vibeke Klock Fleten	Wing OK		00:32:38	
	Heidi Arnesen	Freidig		00:24:14	
	Grete Berge Owren	Freidig			00:31:10
	Turid Arnesen	Byåsen IL			00:41:01

H-16			Sum	Fred	Lørd
1	Mathias Hermstad	Freidig	01:04:13	00:29:10	00:35:03
2	Simen Spets Storhov	Freidig	01:05:10	00:29:29	00:35:41
3	Are Helle Mårdalen	Freidig	01:08:36	00:33:22	00:35:14
4	Vegard Kittilsen	Freidig	01:12:09	00:33:11	00:38:58
5	Even Svegård Bye	Byåsen IL	01:19:06	00:36:31	00:42:35
6	Are Lodgård	Byåsen IL	01:22:03	00:35:30	00:46:33
	Jonas Vindal	Wing OK		00:37:48	
	Jo Even Kolstad	Freidig		00:30:36	
	Oskar Spets Storhov	Freidig			00:31:18
	Håvard Eidsmo	Freidig			00:31:20

H17-			Sum	Fred	Lørd
1	Mathias Stensland Lillevold	NTNUI	00:52:38	00:21:23	00:31:15
2	Ståle Gjelsten	NTNUI	00:53:20	00:21:13	00:32:07
3	Ove Baardsgaard	OL Trollelg	00:55:40	00:23:56	00:31:44
4	Per Wihren	Byåsen IL	00:58:13	00:24:02	00:34:11
5	Hans Aleksander Østhagen	NTNUI	00:59:10	00:25:25	00:33:45
6	Niklas Profors	Varegg Fleridrett	00:59:21	00:23:40	00:35:41
7	Mattis Holt	Freidig	00:59:22	00:25:23	00:33:59
8	Olav Andreas Remmen	OL Trollelg	01:00:59	00:25:20	00:35:39
9	Arvid Lyngstad	Wing OK	01:01:38	00:24:48	00:36:50
10	Roar Skulbørstad	OL Trollelg	01:02:50	00:26:09	00:36:41
11	Asbjørn Midtbø	Wing OK	01:18:10	00:33:04	00:45:06
	Rein Helle Mårdalen	Freidig		00:26:58	
	Hans Petter Mathisen	NTNUI			00:31:43
	Thomas eidsmo	Freidig			00:31:57
	Terje Maroni	Byåsen IL			00:31:59
	Johan Asphjell Bjørnaas	Frol IL			00:34:09
	Jon Aukrust Osmoen	NTNUI			00:34:26
	Isak Bergset	NTNUI			00:34:37
	Halvor Lund	Noname			00:38:04
	Håvar Birkeland Stormoen	NTNUI			00:38:41
	Håvard Berget	NTNUI			00:39:15
	Snorre Hansen	Byåsen IL			00:46:59

H40-			Sum	Fred	Lørd
1	Jørgen Tegdan	OL Trollelg	00:52:33	00:26:59	00:25:34
2	Svein Erik Bratsberg	Wing OK	00:52:39	00:24:51	00:27:48
3	Jon Arne Glomsrud	Stjørdals Blink Orientering	00:53:29	00:26:04	00:27:25
4	Jens Even Storhov	Freidig	00:55:10	00:26:18	00:28:52
5	Knut Hagen	Byåsen IL	00:55:34	00:26:56	00:28:38
6	Jostein Mårdalen	Freidig	00:58:55	00:28:05	00:30:50
7	Harald Førdedal	Wing OK	01:04:03	00:28:02	00:36:01
8	Geir Paulsen	OL Trollelg	01:12:08	00:34:21	00:37:47
9	Bjørn P. Løvås	OK Nidarøst	01:12:41	00:37:02	00:35:39
10	Håvard Eidnes	OL Trollelg	01:13:11	00:36:17	00:36:54
11	Øystein Wiggen	Byåsen IL	01:15:05	00:34:30	00:40:35
12	Jonathan Sutcliffe	Wing OK	01:19:43	00:38:01	00:41:42
	Olle Malmring	Freidig		00:29:55	
	Lars Skrøvseth	Wing OK		00:40:43	
	Roy Seland	Wing OK		00:41:45	
	Terje Midtbø	Wing OK		00:34:47	
	Stein-Erik Fleten	Wing OK		00:44:44	
	Øyvind Schjelderup	Freidig		00:27:39	
	Arild H Clausen	Freidig		00:28:31	
	Pål Kittilsen	Freidig			00:26:24
	Anders Lauglo	Trollelg			00:35:21
	Håkon Arnesen	Byåsen IL			00:38:56
	Leif Røhjell	Byåsen IL			00:41:08

Åpen			Sum	Fred	Lørd
	Martin Løvås	OK Nidarøst		00:21:59	
	Kasper Hermstad	Wing OK		00:51:40	