

| Class | Navn | Klubb Klasse | Tid |
|-----------|---|-------------------|--------------|
| 1 | | | |
| 2 | Tveit Steinar Waage | 299 Kompis | 07:37 |
| 00:57 | 02:00 03:22 03:57 05:29 06:46 07:10 07:37 | | |
| 00:57 | 01:03 01:22 00:35 01:32 01:17 00:24 00:27 | | |
| 3 | Ekerhovd Erlend | 69 Kompis | 08:16 |
| 00:50 | 02:24 03:47 04:23 06:03 07:22 07:49 08:16 | | |
| 00:50 | 01:34 01:23 00:36 01:40 01:19 00:27 00:27 | | |
| 4 | Johannesen Mari Fjellbirkeland | 142 Kompis | 08:29 |
| 00:59 | 02:05 03:42 04:18 06:05 07:34 07:59 08:29 | | |
| 00:59 | 01:06 01:37 00:36 01:47 01:29 00:25 00:30 | | |
| 5 | Røen August Høgås | 299 Kompis | 08:52 |
| 01:06 | 02:17 03:58 04:34 06:28 07:57 08:24 08:52 | | |
| 01:06 | 01:11 01:41 00:36 01:54 01:29 00:27 00:28 | | |
| 6 | Eikanger Hedda Erica | 141 Kompis | 08:57 |
| 01:02 | 02:12 03:55 04:49 06:42 08:04 08:30 08:57 | | |
| 01:02 | 01:10 01:43 00:54 01:53 01:22 00:26 00:27 | | |
| 7 | Lysaker Brage Bell | 69 Kompis | 09:04 |
| 01:03 | 02:15 04:14 04:57 06:44 08:07 08:32 09:04 | | |
| 01:03 | 01:12 01:59 00:43 01:47 01:23 00:25 00:32 | | |
| 8 | Lid Andreas Strømme | 347 Kompis | 09:47 |
| 01:12 | 02:38 04:27 05:14 07:15 08:44 09:13 09:47 | | |
| 01:12 | 01:26 01:49 00:47 02:01 01:29 00:29 00:34 | | |
| 9 | Rogstadkjernet Hans | 37 Kompis | 10:32 |
| 01:08 | 02:34 04:26 05:14 07:37 09:33 10:01 10:32 | | |
| 01:08 | 01:26 01:52 00:48 02:23 01:56 00:28 00:31 | | |
| 10 | Wannag Vemund | 69 Kompis | 10:35 |
| 01:20 | 02:49 04:46 05:33 07:55 09:32 10:01 10:35 | | |
| 01:20 | 01:29 01:57 00:47 02:22 01:37 00:29 00:34 | | |
| 11 | Langeland Heine | 299 Kompis | 10:53 |
| 01:40 | 03:15 05:36 06:25 08:20 09:56 10:24 10:53 | | |
| 01:40 | 01:35 02:21 00:49 01:55 01:36 00:28 00:29 | | |
| 12 | Furelid Rannveig | 142 Kompis | 10:56 |
| 01:18 | 02:46 04:54 05:46 08:08 09:47 10:22 10:56 | | |
| 01:18 | 01:28 02:08 00:52 02:22 01:39 00:35 00:34 | | |
| 13 | Eikanger Kirill | 141 Kompis | 11:07 |
| 01:21 | 02:52 05:20 06:11 08:23 10:00 10:32 11:07 | | |
| 01:21 | 01:31 02:28 00:51 02:12 01:37 00:32 00:35 | | |
| 14 | Myrli Torild | 347 Kompis | 12:02 |
| 01:27 | 03:00 05:27 06:14 08:40 10:44 11:20 12:02 | | |
| 01:27 | 01:33 02:27 00:47 02:26 02:04 00:36 00:42 | | |
| 15 | Fetveit Annhild | 69 Kompis | 12:02 |
| 01:23 | 02:56 05:16 06:12 08:56 10:50 11:27 12:02 | | |
| 01:23 | 01:33 02:20 00:56 02:44 01:54 00:37 00:35 | | |

| Class | Navn | Klubb Klasse | Tid |
|-----------|--------------------------------------|--------------------|--------------|
| 16 | Steinhaus Anna Madslie | 368 Kompis | 12:09 |
| 01:22 | 02:56 05:27 06:23 09:03 11:07 | 11:38 12:09 | |
| 01:22 | 01:34 02:31 00:56 02:40 02:04 | 00:31 00:31 | |
| 17 | Femsteinevik Gitle | 368 Kompis | 12:33 |
| 01:34 | 03:14 05:28 06:17 08:55 11:06 | 11:46 12:33 | |
| 01:34 | 01:40 02:14 00:49 02:38 02:11 | 00:40 00:47 | |
| 18 | Doppelhofer Ervik Ragna Oline | 368 Kompis | 12:37 |
| 01:50 | 03:42 06:52 07:49 11:06 13:29 | 14:10 14:47 | |
| 01:50 | 01:52 03:10 00:57 03:17 02:23 | 00:41 00:37 | |
| 19 | Tveit Axel | 368 Kompis | 12:37 |
| 02:29 | 05:15 08:09 09:08 12:16 14:42 | 15:15 15:54 | |
| 02:29 | 02:46 02:54 00:59 03:08 02:26 | 00:33 00:39 | |
| 20 | Mukhidinova Sofiya | 368 Kompis | 12:37 |
| 02:54 | 06:26 11:50 13:21 19:18 24:06 | 25:35 26:58 | |
| 02:54 | 03:32 05:24 01:31 05:57 04:48 | 01:29 01:23 | |
| 21 | Follesøy Kjersti | 29 Kompis | 12:37 |
| 01:50 | 03:33 06:39 07:46 10:29 12:33 | 13:12 13:49 | |
| 01:50 | 01:43 03:06 01:07 02:43 02:04 | 00:39 00:37 | |
| 22 | Dale Christian | 37 Kompis | 12:37 |
| 01:28 | 03:26 05:59 06:55 10:12 12:19 | 12:53 13:32 | |
| 01:28 | 01:58 02:33 00:56 03:17 02:07 | 00:34 00:39 | |
| 23 | Mukhidinova Mira | 368 Kompis | 12:37 |
| 02:27 | 04:45 08:37 10:59 16:29 21:15 | 23:00 24:45 | |
| 02:27 | 02:18 03:52 02:22 05:30 04:46 | 01:45 01:45 | |
| 24 | Guibert Marius | 347 Kompis | 12:37 |
| 01:38 | 03:30 06:08 07:06 10:00 11:47 | 12:22 12:55 | |
| 01:38 | 01:52 02:38 00:58 02:54 01:47 | 00:35 00:33 | |
| 25 | Pontoppidan Nikolai | 1103 Kompis | 12:37 |
| 01:25 | 03:02 05:24 06:21 09:38 11:55 | 12:33 13:11 | |
| 01:25 | 01:37 02:22 00:57 03:17 02:17 | 00:38 00:38 | |
| 26 | Skage Andrea | 141 Kompis | 12:37 |
| 01:35 | 03:30 06:45 07:50 10:48 12:44 | 13:58 | |
| 01:35 | 01:55 03:15 01:05 02:58 01:56 | 01:14 | |
| 27 | Lindvik-Sævareid Anita | 1103 Kompis | 12:37 |
| 01:58 | 03:51 06:44 07:50 10:50 13:06 | 13:50 14:31 | |
| 01:58 | 01:53 02:53 01:06 03:00 02:16 | 00:44 00:41 | |
| 28 | Grieg Stine Marie Tefre | 69 Kompis | 12:37 |
| 01:46 | 03:26 06:16 07:06 09:46 11:32 | 12:04 12:40 | |
| 01:46 | 01:40 02:50 00:50 02:40 01:46 | 00:32 00:36 | |
| 29 | Storo Nora Egeland | 141 Kompis | 12:37 |
| 01:29 | 03:05 05:45 06:37 09:12 11:16 | 12:00 12:39 | |
| 01:29 | 01:36 02:40 00:52 02:35 02:04 | 00:44 00:39 | |
| 30 | Stadsnes Johannes Berge | 142 Kompis | 12:37 |
| 01:30 | 03:22 06:20 17:52 23:00 26:48 | 27:30 28:23 | |
| 01:30 | 01:52 02:58 11:32 05:08 03:48 | 00:42 00:53 | |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|------------|----------------------------------|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|--|--------------|
| 31 | Auflem Ingvar Lindvik | 1103 Kompis | | | | | | | | | | 12:37 |
| 01:53 | 03:53 | 07:50 | 09:07 | 12:53 | 15:37 | 16:23 | 17:06 | | | | | |
| 01:53 | 02:00 | 03:57 | 01:17 | 03:46 | 02:44 | 00:46 | 00:43 | | | | | |
| 60 | Helle Ylva Svanberg | 347 Kompis | | | | | | | | | | 29:37 |
| 18:04 | 26:37 | 28:24 | 29:01 | 29:37 | | | | | | | | |
| 18:04 | 08:33 | 01:47 | 00:37 | 00:36 | | | | | | | | |
| 187 | Klausen Mattias Erdal | 1103 N-Åpen | | | | | | | | | | 34:46 |
| 03:08 | 06:45 | 14:48 | 18:44 | 25:37 | 31:14 | 32:42 | 34:46 | | | | | |
| 03:08 | 03:37 | 08:03 | 03:56 | 06:53 | 05:37 | 01:28 | 02:04 | | | | | |
| 188 | Klausen Sigurd Erdal | 1103 N-Åpen | | | | | | | | | | 34:46 |
| 05:18 | 09:36 | 15:15 | 19:13 | 25:53 | 31:35 | 33:08 | 34:46 | | | | | |
| 05:18 | 04:18 | 05:39 | 03:58 | 06:40 | 05:42 | 01:33 | 01:38 | | | | | |
| 189 | Klausen Amund Erdal | 1103 N-Åpen | | | | | | | | | | 34:51 |
| 02:59 | 06:37 | 14:45 | 18:09 | 25:20 | 31:11 | 32:45 | 34:51 | | | | | |
| 02:59 | 03:38 | 08:08 | 03:24 | 07:11 | 05:51 | 01:34 | 02:06 | | | | | |
| 190 | Blomkvist Fredrik | 37 N-Åpen | | | | | | | | | | 37:54 |
| 05:27 | 11:09 | 17:49 | 20:26 | 28:20 | 33:41 | 35:48 | 37:54 | | | | | |
| 05:27 | 05:42 | 06:40 | 02:37 | 07:54 | 05:21 | 02:07 | 02:06 | | | | | |
| 191 | Bråthen Pål | 477 N-Åpen | | | | | | | | | | 30:19 |
| 03:20 | 06:35 | 14:06 | 16:37 | 23:27 | 27:49 | 29:06 | 30:19 | | | | | |
| 03:20 | 03:15 | 07:31 | 02:31 | 06:50 | 04:22 | 01:17 | 01:13 | | | | | |
| 192 | Møklebust Eirik Petterson | 141 N-Åpen | | | | | | | | | | 43:49 |
| 07:14 | 12:25 | 18:38 | 21:34 | 28:07 | 36:05 | 42:06 | 43:49 | | | | | |
| 07:14 | 05:11 | 06:13 | 02:56 | 06:33 | 07:58 | 06:01 | 01:43 | | | | | |
| 193 | Vestre Lukas Strand | 142 N-Åpen | | | | | | | | | | 23:54 |
| 02:58 | 06:10 | 10:13 | 11:54 | 17:27 | 20:38 | 21:34 | 23:54 | | | | | |
| 02:58 | 03:12 | 04:03 | 01:41 | 05:33 | 03:11 | 00:56 | 02:20 | | | | | |
| 194 | Vestre Elias Strand | 142 N-Åpen | | | | | | | | | | 23:55 |
| 03:08 | 06:19 | 10:27 | 12:03 | 18:03 | 21:34 | 22:42 | 23:55 | | | | | |
| 03:08 | 03:11 | 04:08 | 01:36 | 06:00 | 03:31 | 01:08 | 01:13 | | | | | |
| 195 | Blomkvist Josefine | 37 N-Åpen | | | | | | | | | | 25:20 |
| 03:13 | 06:00 | 11:44 | 13:06 | 18:46 | 22:37 | 24:15 | 25:20 | | | | | |
| 03:13 | 02:47 | 05:44 | 01:22 | 05:40 | 03:51 | 01:38 | 01:05 | | | | | |
| 2 | | | | | | | | | | | | |
| 71 | Kyrkjebø Knut | 347 Kompis | | | | | | | | | | 32:54 |
| 04:42 | 11:45 | 12:51 | 15:36 | 22:13 | 25:04 | 28:51 | 30:50 | 31:50 | 32:30 | 32:54 | | |
| 04:42 | 07:03 | 01:06 | 02:45 | 06:37 | 02:51 | 03:47 | 01:59 | 01:00 | 00:40 | 00:24 | | |
| 79 | Eikanger Tom Eirik | 142 Kompis | | | | | | | | | | 35:10 |
| 05:29 | 13:26 | 14:26 | 17:29 | 24:25 | 26:37 | 30:32 | 32:48 | 33:51 | 34:40 | 35:10 | | |
| 05:29 | 07:57 | 01:00 | 03:03 | 06:56 | 02:12 | 03:55 | 02:16 | 01:03 | 00:49 | 00:30 | | |
| 82 | Johannessen Tom | 141 Kompis | | | | | | | | | | 36:57 |
| 05:46 | 13:51 | 15:04 | 18:36 | 26:04 | 28:27 | 32:21 | 34:37 | 35:39 | 36:28 | 36:57 | | |
| 05:46 | 08:05 | 01:13 | 03:32 | 07:28 | 02:23 | 03:54 | 02:16 | 01:02 | 00:49 | 00:29 | | |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|------------|---------------------------|--------------------|-------|-------|-------|--------|--------|--------|--------|--------|--|--------------|
| 84 | Fossmark Asbjørn | 299 Kompis | | | | | | | | | | 37:04 |
| 05:53 | 14:08 | 15:25 | 19:04 | 26:25 | 28:44 | 32:38 | 34:50 | 35:53 | 36:36 | 37:04 | | |
| 05:53 | 08:15 | 01:17 | 03:39 | 07:21 | 02:19 | 03:54 | 02:12 | 01:03 | 00:43 | 00:28 | | |
| 86 | Doppelhofer Gernot | 368 Kompis | | | | | | | | | | 37:21 |
| 69:43 | 78:06 | 79:29 | 83:14 | 90:25 | 92:43 | 96:40 | 99:02 | 100:10 | 100:50 | 101:14 | | |
| 69:43 | 08:23 | 01:23 | 03:45 | 07:11 | 02:18 | 03:57 | 02:22 | 01:08 | 00:40 | 00:24 | | |
| 88 | Juvik Scott | 142 Kompis | | | | | | | | | | 37:22 |
| 06:31 | 14:51 | 16:04 | 19:57 | 27:16 | 29:22 | 33:03 | 35:10 | 36:14 | 36:55 | 37:22 | | |
| 06:31 | 08:20 | 01:13 | 03:53 | 07:19 | 02:06 | 03:41 | 02:07 | 01:04 | 00:41 | 00:27 | | |
| 89 | Löfgren Kristin | 368 Kompis | | | | | | | | | | 37:28 |
| 72:19 | 81:05 | 82:07 | 85:11 | 92:19 | 94:39 | 98:31 | 100:56 | 102:03 | 102:53 | 103:21 | | |
| 72:19 | 08:46 | 01:02 | 03:04 | 07:08 | 02:20 | 03:52 | 02:25 | 01:07 | 00:50 | 00:28 | | |
| 91 | Femsteinevik Otto | 368 Kompis | | | | | | | | | | 37:31 |
| 06:39 | 15:24 | 16:25 | 19:29 | 26:39 | 28:56 | 32:47 | 35:11 | 36:20 | 37:04 | 37:31 | | |
| 06:39 | 08:45 | 01:01 | 03:04 | 07:10 | 02:17 | 03:51 | 02:24 | 01:09 | 00:44 | 00:27 | | |
| 92 | Kjærner-Semb Jan | 368 Kompis | | | | | | | | | | 37:31 |
| 71:24 | 80:15 | 81:18 | 84:20 | 91:30 | 93:48 | 97:38 | 99:58 | 101:06 | 101:55 | 102:24 | | |
| 71:24 | 08:51 | 01:03 | 03:02 | 07:10 | 02:18 | 03:50 | 02:20 | 01:08 | 00:49 | 00:29 | | |
| 93 | Nordeide Sturle | 141 Kompis | | | | | | | | | | 37:34 |
| 60:35 | 69:18 | 70:29 | 73:54 | 81:01 | 83:22 | 87:14 | 89:34 | 90:37 | 91:27 | 91:57 | | |
| 60:35 | 08:43 | 01:11 | 03:25 | 07:07 | 02:21 | 03:52 | 02:20 | 01:03 | 00:50 | 00:30 | | |
| 97 | Eikner Sigurd | 69 Kompis | | | | | | | | | | 39:53 |
| 05:31 | 13:54 | 15:06 | 18:27 | 27:57 | 30:36 | 35:00 | 37:15 | 38:28 | 39:20 | 39:53 | | |
| 05:31 | 08:23 | 01:12 | 03:21 | 09:30 | 02:39 | 04:24 | 02:15 | 01:13 | 00:52 | 00:33 | | |
| 102 | Johannessen Øyvind | 141 Kompis | | | | | | | | | | 41:57 |
| 05:20 | 13:28 | 14:56 | 18:47 | 29:24 | 32:32 | 36:40 | 39:17 | 40:37 | 41:27 | 41:57 | | |
| 05:20 | 08:08 | 01:28 | 03:51 | 10:37 | 03:08 | 04:08 | 02:37 | 01:20 | 00:50 | 00:30 | | |
| 103 | Erdal Arne | 299 Kompis | | | | | | | | | | 42:16 |
| 05:39 | 14:12 | 15:24 | 19:11 | 29:47 | 32:43 | 37:20 | 39:57 | 40:59 | 41:46 | 42:16 | | |
| 05:39 | 08:33 | 01:12 | 03:47 | 10:36 | 02:56 | 04:37 | 02:37 | 01:02 | 00:47 | 00:30 | | |
| 110 | Hole Randi | 37 Kompis | | | | | | | | | | 44:54 |
| 69:13 | 78:52 | 80:10 | 84:03 | 93:47 | 96:38 | 101:23 | 103:58 | 105:21 | 106:13 | 106:47 | | |
| 69:13 | 09:39 | 01:18 | 03:53 | 09:44 | 02:51 | 04:45 | 02:35 | 01:23 | 00:52 | 00:34 | | |
| 111 | Sørevik Tor | 347 Kompis | | | | | | | | | | 45:03 |
| 67:25 | 78:10 | 79:34 | 83:23 | 92:37 | 95:31 | 100:15 | 102:49 | 104:25 | 105:19 | 105:56 | | |
| 67:25 | 10:45 | 01:24 | 03:49 | 09:14 | 02:54 | 04:44 | 02:34 | 01:36 | 00:54 | 00:37 | | |
| 113 | Christensen Lise | 347 Kompis | | | | | | | | | | 46:20 |
| 06:45 | 17:35 | 18:57 | 22:34 | 32:51 | 35:32 | 40:20 | 43:06 | 44:43 | 45:45 | 46:20 | | |
| 06:45 | 10:50 | 01:22 | 03:37 | 10:17 | 02:41 | 04:48 | 02:46 | 01:37 | 01:02 | 00:35 | | |
| 115 | Natås Vidar | 37 Kompis | | | | | | | | | | 47:07 |
| 08:01 | 18:17 | 19:49 | 24:17 | 34:24 | 37:05 | 41:40 | 44:05 | 45:39 | 46:32 | 47:07 | | |
| 08:01 | 10:16 | 01:32 | 04:28 | 10:07 | 02:41 | 04:35 | 02:25 | 01:34 | 00:53 | 00:35 | | |
| 116 | Danielsen Steinar | 1103 Kompis | | | | | | | | | | 48:14 |
| 63:53 | 73:56 | 75:28 | 80:29 | 90:37 | 95:25 | 100:09 | 102:53 | 104:22 | 105:27 | 106:07 | | |
| 63:53 | 10:03 | 01:32 | 05:01 | 10:08 | 04:48 | 04:44 | 02:44 | 01:29 | 01:05 | 00:40 | | |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|------------|---------------------------------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--|----------------|
| 119 | Wannag Anja | 69 Kompis | | | | | | | | | | 49:09 |
| 62:26 | 71:19 | 72:51 | 76:20 | 90:17 | 93:47 | 99:16 | 101:52 | 103:01 | 104:01 | 104:32 | | |
| 62:26 | 08:53 | 01:32 | 03:29 | 13:57 | 03:30 | 05:29 | 02:36 | 01:09 | 01:00 | 00:31 | | |
| 120 | Sævareid Tommy | 1103 Kompis | | | | | | | | | | 49:15 |
| 60:01 | 70:47 | 72:15 | 76:34 | 86:33 | 89:53 | 95:18 | 98:29 | 100:07 | 101:08 | 101:38 | | |
| 60:01 | 10:46 | 01:28 | 04:19 | 09:59 | 03:20 | 05:25 | 03:11 | 01:38 | 01:01 | 00:30 | | |
| 121 | Stadsnes Rune | 142 Kompis | | | | | | | | | | 49:50 |
| 60:16 | 71:20 | 72:51 | 77:27 | 87:07 | 90:31 | 96:13 | 99:28 | 101:01 | 102:07 | 102:43 | | |
| 60:16 | 11:04 | 01:31 | 04:36 | 09:40 | 03:24 | 05:42 | 03:15 | 01:33 | 01:06 | 00:36 | | |
| 125 | Strugalova Olena | 368 Kompis | | | | | | | | | | 50:48 |
| 07:16 | 18:23 | 19:59 | 24:15 | 33:44 | 38:20 | 44:14 | 47:23 | 49:00 | 50:04 | 50:48 | | |
| 07:16 | 11:07 | 01:36 | 04:16 | 09:29 | 04:36 | 05:54 | 03:09 | 01:37 | 01:04 | 00:44 | | |
| 126 | Moss Rognsvåg Ingunn | 368 Kompis | | | | | | | | | | 51:34 |
| 68:41 | 79:41 | 81:06 | 85:50 | 97:01 | 101:11 | 106:46 | 109:45 | 111:27 | 112:24 | 112:57 | | |
| 68:41 | 11:00 | 01:25 | 04:44 | 11:11 | 04:10 | 05:35 | 02:59 | 01:42 | 00:57 | 00:33 | | |
| 127 | Rognsvåg Turid | 1103 Kompis | | | | | | | | | | 51:50 |
| 64:04 | 75:28 | 77:21 | 81:33 | 91:33 | 95:48 | 101:20 | 104:25 | 105:59 | 107:05 | 107:43 | | |
| 64:04 | 11:24 | 01:53 | 04:12 | 10:00 | 04:15 | 05:32 | 03:05 | 01:34 | 01:06 | 00:38 | | |
| 129 | Grieg Vibeke Tefre | 69 Kompis | | | | | | | | | | 52:30 |
| 08:41 | 19:22 | 20:54 | 24:50 | 35:20 | 39:36 | 45:36 | 48:46 | 50:42 | 51:50 | 52:30 | | |
| 08:41 | 10:41 | 01:32 | 03:56 | 10:30 | 04:16 | 06:00 | 03:10 | 01:56 | 01:08 | 00:40 | | |
| 130 | Strand Torgeir | 69 Kompis | | | | | | | | | | 53:20 |
| 06:48 | 17:47 | 19:24 | 23:51 | 36:01 | 40:28 | 46:45 | 50:08 | 51:47 | 52:44 | 53:20 | | |
| 06:48 | 10:59 | 01:37 | 04:27 | 12:10 | 04:27 | 06:17 | 03:23 | 01:39 | 00:57 | 00:36 | | |
| 138 | Grønlund Kristine | 69 Kompis | | | | | | | | | | 58:29 |
| 07:39 | 19:17 | 20:57 | 26:28 | 39:05 | 43:56 | 50:46 | 54:36 | 56:34 | 57:51 | 58:29 | | |
| 07:39 | 11:38 | 01:40 | 05:31 | 12:37 | 04:51 | 06:50 | 03:50 | 01:58 | 01:17 | 00:38 | | |
| 142 | Nordvik Even | 299 Kompis | | | | | | | | | | 1:00:48 |
| 59:19 | 71:08 | 72:54 | 77:39 | 91:44 | 97:06 | 104:27 | 108:37 | 111:14 | 112:11 | 112:41 | | |
| 59:19 | 11:49 | 01:46 | 04:45 | 14:05 | 05:22 | 07:21 | 04:10 | 02:37 | 00:57 | 00:30 | | |
| 150 | Balestrand Grønbech Lise | 29 Kompis | | | | | | | | | | 1:17:41 |
| 72:26 | 87:03 | 89:04 | 94:43 | 108:24 | 120:32 | 132:14 | 136:45 | 138:37 | 139:49 | 140:34 | | |
| 72:26 | 14:37 | 02:01 | 05:39 | 13:41 | 12:08 | 11:42 | 04:31 | 01:52 | 01:12 | 00:45 | | |
| 151 | Skage Vilde Hopland | 141 Kompis | | | | | | | | | | 1:19:08 |
| 65:52 | 85:00 | 87:29 | 94:56 | 113:35 | 119:07 | 128:30 | 132:31 | 134:34 | 135:51 | 136:31 | | |
| 65:52 | 19:08 | 02:29 | 07:27 | 18:39 | 05:32 | 09:23 | 04:01 | 02:03 | 01:17 | 00:40 | | |
| 152 | Gjerstad Magnus | 477 Kompis | | | | | | | | | | 2:00:36 |
| 86:19 | 95:45 | 97:03 | 100:21 | 107:29 | 110:47 | 115:57 | 118:10 | 119:11 | 119:55 | 120:36 | | |
| 86:19 | 09:26 | 01:18 | 03:18 | 07:08 | 03:18 | 05:10 | 02:13 | 01:01 | 00:44 | 00:41 | | |
| 3 | | | | | | | | | | | | |
| 32 | Juvik Tore | 142 Kompis | | | | | | | | | | 19:03 |
| 02:49 | 05:16 | 06:33 | 09:30 | 10:51 | 13:48 | 15:38 | 16:46 | 18:01 | 18:30 | 19:03 | | |
| 02:49 | 02:27 | 01:17 | 02:57 | 01:21 | 02:57 | 01:50 | 01:08 | 01:15 | 00:29 | 00:33 | | |

| Class | Navn | Klubb Klasse | | | | | | | | | Tid |
|-----------|---------------------------------------|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------------|
| 33 | Erdal Magnus | 299 Kompis | | | | | | | | | 19:04 |
| 02:26 | 05:10 | 06:24 | 09:44 | 10:57 | 14:00 | 15:50 | 16:57 | 18:13 | 18:39 | 19:04 | |
| 02:26 | 02:44 | 01:14 | 03:20 | 01:13 | 03:03 | 01:50 | 01:07 | 01:16 | 00:26 | 00:25 | |
| 34 | Davidsen Frank-Georg Jørgensen | 299 Kompis | | | | | | | | | 19:04 |
| 02:21 | 04:53 | 06:12 | 09:55 | 10:49 | 13:38 | 15:51 | 16:59 | 18:12 | 18:34 | 19:04 | |
| 02:21 | 02:32 | 01:19 | 03:43 | 00:54 | 02:49 | 02:13 | 01:08 | 01:13 | 00:22 | 00:30 | |
| 35 | Lysaker Birk Bell | 69 Kompis | | | | | | | | | 19:29 |
| 02:44 | 05:47 | 07:06 | 09:55 | 11:02 | 13:57 | 16:14 | 17:20 | 18:39 | 19:05 | 19:29 | |
| 02:44 | 03:03 | 01:19 | 02:49 | 01:07 | 02:55 | 02:17 | 01:06 | 01:19 | 00:26 | 00:24 | |
| 36 | Dale Andreas | 37 Kompis | | | | | | | | | 19:36 |
| 02:11 | 04:46 | 05:57 | 09:33 | 10:31 | 13:22 | 16:15 | 17:24 | 18:43 | 19:07 | 19:36 | |
| 02:11 | 02:35 | 01:11 | 03:36 | 00:58 | 02:51 | 02:53 | 01:09 | 01:19 | 00:24 | 00:29 | |
| 37 | Hellen Ulrik | 347 Kompis | | | | | | | | | 19:49 |
| 02:07 | 04:46 | 06:13 | 09:48 | 11:00 | 13:57 | 16:19 | 17:32 | 18:55 | 19:21 | 19:49 | |
| 02:07 | 02:39 | 01:27 | 03:35 | 01:12 | 02:57 | 02:22 | 01:13 | 01:23 | 00:26 | 00:28 | |
| 38 | Rosenlund Tage | 368 Kompis | | | | | | | | | 20:56 |
| 02:01 | 05:13 | 06:49 | 10:34 | 11:48 | 14:45 | 17:30 | 18:48 | 20:07 | 20:30 | 20:56 | |
| 02:01 | 03:12 | 01:36 | 03:45 | 01:14 | 02:57 | 02:45 | 01:18 | 01:19 | 00:23 | 00:26 | |
| 39 | Haugland Kristoffer Kjenes | 368 Kompis | | | | | | | | | 22:04 |
| 02:07 | 05:24 | 06:57 | 10:42 | 12:02 | 15:22 | 18:27 | 19:45 | 21:09 | 21:35 | 22:04 | |
| 02:07 | 03:17 | 01:33 | 03:45 | 01:20 | 03:20 | 03:05 | 01:18 | 01:24 | 00:26 | 00:29 | |
| 41 | Oen-Sivertsen Marie | 347 Kompis | | | | | | | | | 22:59 |
| 02:32 | 05:34 | 07:15 | 11:03 | 12:33 | 16:17 | 18:56 | 20:24 | 21:57 | 22:27 | 22:59 | |
| 02:32 | 03:02 | 01:41 | 03:48 | 01:30 | 03:44 | 02:39 | 01:28 | 01:33 | 00:30 | 00:32 | |
| 42 | Fjellbirkeland Johannesen Eli | 142 Kompis | | | | | | | | | 22:59 |
| 03:02 | 05:27 | 06:51 | 09:59 | 11:21 | 14:32 | 19:27 | 20:43 | 22:04 | 22:31 | 22:59 | |
| 03:02 | 02:25 | 01:24 | 03:08 | 01:22 | 03:11 | 04:55 | 01:16 | 01:21 | 00:27 | 00:28 | |
| 43 | Hole Dagfinn | 37 Kompis | | | | | | | | | 23:05 |
| 03:07 | 06:23 | 08:02 | 11:35 | 12:56 | 16:25 | 19:18 | 20:38 | 22:04 | 22:33 | 23:05 | |
| 03:07 | 03:16 | 01:39 | 03:33 | 01:21 | 03:29 | 02:53 | 01:20 | 01:26 | 00:29 | 00:32 | |
| 44 | Nipen Marit | 141 Kompis | | | | | | | | | 23:12 |
| 03:06 | 05:57 | 07:26 | 11:56 | 13:09 | 16:21 | 19:12 | 20:32 | 22:01 | 22:34 | 23:12 | |
| 03:06 | 02:51 | 01:29 | 04:30 | 01:13 | 03:12 | 02:51 | 01:20 | 01:29 | 00:33 | 00:38 | |
| 45 | Femsteinevik Guro | 368 Kompis | | | | | | | | | 23:50 |
| 02:36 | 05:36 | 07:13 | 10:58 | 12:24 | 15:59 | 19:52 | 21:15 | 22:45 | 23:17 | 23:50 | |
| 02:36 | 03:00 | 01:37 | 03:45 | 01:26 | 03:35 | 03:53 | 01:23 | 01:30 | 00:32 | 00:33 | |
| 48 | Buset Ragnar | 141 Kompis | | | | | | | | | 25:08 |
| 02:46 | 05:44 | 07:33 | 13:19 | 14:45 | 18:09 | 20:57 | 22:29 | 24:05 | 24:33 | 25:08 | |
| 02:46 | 02:58 | 01:49 | 05:46 | 01:26 | 03:24 | 02:48 | 01:32 | 01:36 | 00:28 | 00:35 | |
| 49 | Pontoppidan Matias Døsen | 1103 Kompis | | | | | | | | | 25:23 |
| 02:41 | 06:07 | 07:42 | 11:46 | 13:40 | 17:41 | 20:56 | 22:31 | 24:11 | 24:45 | 25:23 | |
| 02:41 | 03:26 | 01:35 | 04:04 | 01:54 | 04:01 | 03:15 | 01:35 | 01:40 | 00:34 | 00:38 | |
| 51 | Lie Siv Øvrebotten | 1103 Kompis | | | | | | | | | 26:24 |
| 03:05 | 06:33 | 08:29 | 12:59 | 14:38 | 19:04 | 22:06 | 23:40 | 25:15 | 25:48 | 26:24 | |
| 03:05 | 03:28 | 01:56 | 04:30 | 01:39 | 04:26 | 03:02 | 01:34 | 01:35 | 00:33 | 00:36 | |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|-----------|-----------------------------------|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------|
| 52 | Doppelhofer Ervik Jon Erik | 368 Kompis | | | | | | | | | | 26:35 |
| 03:08 | 06:44 | 08:54 | 14:24 | 15:56 | 19:39 | 22:43 | 24:10 | 25:38 | 26:02 | 26:35 | | |
| 03:08 | 03:36 | 02:10 | 05:30 | 01:32 | 03:43 | 03:04 | 01:27 | 01:28 | 00:24 | 00:33 | | |
| 56 | Roll-Tørnqvist Marie | 69 Kompis | | | | | | | | | | 28:41 |
| 03:13 | 07:18 | 09:07 | 15:24 | 16:49 | 21:00 | 24:19 | 25:55 | 27:35 | 28:07 | 28:41 | | |
| 03:13 | 04:05 | 01:49 | 06:17 | 01:25 | 04:11 | 03:19 | 01:36 | 01:40 | 00:32 | 00:34 | | |
| 57 | Fjellbirkeland Hege | 142 Kompis | | | | | | | | | | 28:58 |
| 04:25 | 08:21 | 10:20 | 15:08 | 16:55 | 21:11 | 24:35 | 26:25 | 28:17 | 28:58 | 30:29 | | |
| 04:25 | 03:56 | 01:59 | 04:48 | 01:47 | 04:16 | 03:24 | 01:50 | 01:52 | 00:41 | 01:31 | | |
| 58 | Nordvik Stian | 299 Kompis | | | | | | | | | | 29:09 |
| 03:35 | 07:31 | 09:44 | 14:54 | 16:41 | 20:50 | 24:24 | 26:09 | 27:55 | 28:31 | 29:09 | | |
| 03:35 | 03:56 | 02:13 | 05:10 | 01:47 | 04:09 | 03:34 | 01:45 | 01:46 | 00:36 | 00:38 | | |
| 61 | Sundal Halvor Fetveit | 69 Kompis | | | | | | | | | | 29:40 |
| 04:47 | 08:40 | 10:36 | 16:43 | 18:26 | 22:32 | 25:37 | 27:11 | 28:39 | 29:09 | 29:40 | | |
| 04:47 | 03:53 | 01:56 | 06:07 | 01:43 | 04:06 | 03:05 | 01:34 | 01:28 | 00:30 | 00:31 | | |
| 63 | Patterson Møklebust Mathea | 141 Kompis | | | | | | | | | | 30:02 |
| 03:27 | 07:59 | 09:59 | 16:21 | 17:49 | 22:19 | 25:41 | 27:17 | 28:56 | 29:28 | 30:02 | | |
| 03:27 | 04:32 | 02:00 | 06:22 | 01:28 | 04:30 | 03:22 | 01:36 | 01:39 | 00:32 | 00:34 | | |
| 64 | Vold Per | 69 Kompis | | | | | | | | | | 30:20 |
| 03:31 | 07:04 | 09:04 | 15:32 | 17:13 | 21:49 | 25:15 | 27:00 | 28:52 | 29:34 | 30:20 | | |
| 03:31 | 03:33 | 02:00 | 06:28 | 01:41 | 04:36 | 03:26 | 01:45 | 01:52 | 00:42 | 00:46 | | |
| 68 | Karlsen Britt | 29 Kompis | | | | | | | | | | 31:48 |
| 03:39 | 07:15 | 09:17 | 19:22 | 20:44 | 24:22 | 27:46 | 29:13 | 30:45 | 31:16 | 31:48 | | |
| 03:39 | 03:36 | 02:02 | 10:05 | 01:22 | 03:38 | 03:24 | 01:27 | 01:32 | 00:31 | 00:32 | | |
| 72 | Ervik Astrid Oline | 368 Kompis | | | | | | | | | | 33:14 |
| 03:34 | 08:01 | 10:23 | 16:39 | 18:30 | 23:37 | 28:06 | 29:53 | 31:54 | 32:31 | 33:14 | | |
| 03:34 | 04:27 | 02:22 | 06:16 | 01:51 | 05:07 | 04:29 | 01:47 | 02:01 | 00:37 | 00:43 | | |
| 74 | Aarbakke Sigrid | 1103 Kompis | | | | | | | | | | 34:00 |
| 04:47 | 08:29 | 10:59 | 16:23 | 18:17 | 23:21 | 28:23 | 30:26 | 32:26 | 33:11 | 34:00 | | |
| 04:47 | 03:42 | 02:30 | 05:24 | 01:54 | 05:04 | 05:02 | 02:03 | 02:00 | 00:45 | 00:49 | | |
| 75 | Lysaker Kirsti | 69 Kompis | | | | | | | | | | 34:10 |
| 04:09 | 09:18 | 11:39 | 16:59 | 19:05 | 24:04 | 27:48 | 29:45 | 32:12 | 33:02 | 34:10 | | |
| 04:09 | 05:09 | 02:21 | 05:20 | 02:06 | 04:59 | 03:44 | 01:57 | 02:27 | 00:50 | 01:08 | | |
| 76 | Patterson Møklebust Anny | 141 Kompis | | | | | | | | | | 34:15 |
| 03:40 | 07:10 | 09:24 | 19:34 | 21:01 | 25:27 | 29:30 | 31:18 | 33:06 | 33:41 | 34:15 | | |
| 03:40 | 03:30 | 02:14 | 10:10 | 01:27 | 04:26 | 04:03 | 01:48 | 01:48 | 00:35 | 00:34 | | |
| 77 | Westergård Anne | 368 Kompis | | | | | | | | | | 34:21 |
| 04:12 | 08:43 | 11:24 | 16:36 | 18:38 | 23:56 | 28:21 | 30:30 | 32:52 | 33:34 | 34:21 | | |
| 04:12 | 04:31 | 02:41 | 05:12 | 02:02 | 05:18 | 04:25 | 02:09 | 02:22 | 00:42 | 00:47 | | |
| 4 | | | | | | | | | | | | |
| 40 | Rykkje Kristian | 368 Kompis | | | | | | | | | | 22:12 |
| 02:32 | 05:16 | 06:22 | 09:34 | 11:35 | 12:35 | 13:29 | 16:16 | 18:10 | 20:02 | 21:10 | 21:48 | 22:12 |
| 02:32 | 02:44 | 01:06 | 03:12 | 02:01 | 01:00 | 00:54 | 02:47 | 01:54 | 01:52 | 01:08 | 00:38 | 00:24 |

| Class | Navn | Klubb Klasse | | | | | | | | | | | Tid |
|-----------|------------------------------|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------|
| 46 | Johannesen Arne | 142 Kompis | | | | | | | | | | | 24:22 |
| 02:54 | 06:35 | 07:57 | 11:10 | 13:03 | 14:07 | 15:11 | 18:11 | 20:00 | 22:01 | 23:04 | 23:52 | 24:22 | |
| 02:54 | 03:41 | 01:22 | 03:13 | 01:53 | 01:04 | 01:04 | 03:00 | 01:49 | 02:01 | 01:03 | 00:48 | 00:30 | |
| 47 | Femsteinevik Arnt Ove | 368 Kompis | | | | | | | | | | | 25:05 |
| 03:14 | 06:32 | 08:02 | 11:16 | 13:17 | 14:27 | 15:31 | 18:40 | 20:35 | 22:34 | 23:42 | 24:33 | 25:05 | |
| 03:14 | 03:18 | 01:30 | 03:14 | 02:01 | 01:10 | 01:04 | 03:09 | 01:55 | 01:59 | 01:08 | 00:51 | 00:32 | |
| 50 | Rosenlund Mathias | 368 Kompis | | | | | | | | | | | 26:05 |
| 02:52 | 06:10 | 07:23 | 10:58 | 13:09 | 14:20 | 15:24 | 18:56 | 21:25 | 23:37 | 24:49 | 25:33 | 26:05 | |
| 02:52 | 03:18 | 01:13 | 03:35 | 02:11 | 01:11 | 01:04 | 03:32 | 02:29 | 02:12 | 01:12 | 00:44 | 00:32 | |
| 53 | Westergård Owen | 368 Kompis | | | | | | | | | | | 26:44 |
| 03:19 | 06:44 | 08:10 | 11:42 | 13:52 | 15:08 | 16:19 | 19:35 | 22:00 | 24:05 | 25:23 | 26:12 | 26:44 | |
| 03:19 | 03:25 | 01:26 | 03:32 | 02:10 | 01:16 | 01:11 | 03:16 | 02:25 | 02:05 | 01:18 | 00:49 | 00:32 | |
| 54 | Knudsen Arne Wilhelm | 141 Kompis | | | | | | | | | | | 27:10 |
| 03:06 | 06:16 | 07:47 | 12:35 | 14:43 | 15:50 | 16:57 | 19:58 | 22:16 | 24:22 | 25:33 | 26:27 | 27:10 | |
| 03:06 | 03:10 | 01:31 | 04:48 | 02:08 | 01:07 | 01:07 | 03:01 | 02:18 | 02:06 | 01:11 | 00:54 | 00:43 | |
| 55 | Haugland Helge Tiger | 368 Kompis | | | | | | | | | | | 27:56 |
| 03:19 | 07:21 | 08:59 | 12:29 | 14:47 | 16:03 | 17:23 | 20:56 | 23:11 | 25:17 | 26:32 | 27:32 | 27:56 | |
| 03:19 | 04:02 | 01:38 | 03:30 | 02:18 | 01:16 | 01:20 | 03:33 | 02:15 | 02:06 | 01:15 | 01:00 | 00:24 | |
| 59 | Strømme Karianne | 347 Kompis | | | | | | | | | | | 29:30 |
| 03:49 | 07:44 | 09:32 | 13:45 | 16:16 | 17:36 | 18:47 | 22:20 | 24:35 | 26:46 | 28:01 | 28:57 | 29:30 | |
| 03:49 | 03:55 | 01:48 | 04:13 | 02:31 | 01:20 | 01:11 | 03:33 | 02:15 | 02:11 | 01:15 | 00:56 | 00:33 | |
| 62 | Eikanger Johan | 142 Kompis | | | | | | | | | | | 29:59 |
| 03:12 | 06:47 | 08:14 | 12:51 | 15:10 | 16:17 | 17:24 | 21:26 | 24:21 | 27:10 | 28:40 | 29:30 | 29:59 | |
| 03:12 | 03:35 | 01:27 | 04:37 | 02:19 | 01:07 | 01:07 | 04:02 | 02:55 | 02:49 | 01:30 | 00:50 | 00:29 | |
| 65 | Balsvik Ragnhild | 477 Kompis | | | | | | | | | | | 30:47 |
| 03:36 | 07:44 | 10:00 | 13:37 | 16:30 | 17:40 | 18:54 | 22:58 | 25:21 | 27:56 | 29:18 | 30:13 | 30:47 | |
| 03:36 | 04:08 | 02:16 | 03:37 | 02:53 | 01:10 | 01:14 | 04:04 | 02:23 | 02:35 | 01:22 | 00:55 | 00:34 | |
| 66 | Lid Mari Strømme | 347 Kompis | | | | | | | | | | | 31:07 |
| 03:08 | 07:07 | 09:18 | 13:39 | 16:04 | 17:27 | 18:38 | 22:31 | 25:03 | 28:37 | 29:47 | 30:39 | 31:07 | |
| 03:08 | 03:59 | 02:11 | 04:21 | 02:25 | 01:23 | 01:11 | 03:53 | 02:32 | 03:34 | 01:10 | 00:52 | 00:28 | |
| 67 | Aadland Ida Johanne | 299 Kompis | | | | | | | | | | | 31:47 |
| 03:13 | 08:02 | 09:42 | 14:12 | 16:45 | 18:00 | 19:02 | 22:57 | 25:51 | 28:14 | 30:36 | 31:20 | 31:47 | |
| 03:13 | 04:49 | 01:40 | 04:30 | 02:33 | 01:15 | 01:02 | 03:55 | 02:54 | 02:23 | 02:22 | 00:44 | 00:27 | |
| 69 | Daltveit Hanne | 69 Kompis | | | | | | | | | | | 31:56 |
| 03:32 | 07:14 | 09:05 | 14:40 | 17:21 | 18:40 | 19:51 | 23:43 | 26:04 | 29:04 | 30:31 | 31:27 | 31:56 | |
| 03:32 | 03:42 | 01:51 | 05:35 | 02:41 | 01:19 | 01:11 | 03:52 | 02:21 | 03:00 | 01:27 | 00:56 | 00:29 | |
| 70 | Røen Dag Terje | 299 Kompis | | | | | | | | | | | 32:03 |
| 03:44 | 07:37 | 09:43 | 13:31 | 16:12 | 17:41 | 18:57 | 23:15 | 26:05 | 28:53 | 30:28 | 31:28 | 32:03 | |
| 03:44 | 03:53 | 02:06 | 03:48 | 02:41 | 01:29 | 01:16 | 04:18 | 02:50 | 02:48 | 01:35 | 01:00 | 00:35 | |
| 73 | Tørnqvist Julie Roll | 69 Kompis | | | | | | | | | | | 33:34 |
| 03:12 | 08:01 | 09:46 | 17:04 | 19:16 | 20:38 | 21:49 | 25:20 | 27:54 | 30:50 | 32:11 | 33:03 | 33:34 | |
| 03:12 | 04:49 | 01:45 | 07:18 | 02:12 | 01:22 | 01:11 | 03:31 | 02:34 | 02:56 | 01:21 | 00:52 | 00:31 | |
| 78 | Aadland Lisbeth | 299 Kompis | | | | | | | | | | | 34:33 |
| 03:06 | 07:57 | 10:14 | 18:19 | 20:38 | 21:51 | 23:01 | 26:42 | 29:38 | 31:30 | 33:15 | 34:04 | 34:33 | |
| 03:06 | 04:51 | 02:17 | 08:05 | 02:19 | 01:13 | 01:10 | 03:41 | 02:56 | 01:52 | 01:45 | 00:49 | 00:29 | |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|------------|-------------------------------|--------------------|-------|-------|-------|-------|-------|-------|--|--|--|--------------|
| 80 | Valestrand Ørjan Eirik | 69 Kompis | | | | | | | | | | 35:48 |
| 03:45 | 08:02 11:14 16:26 20:13 21:36 | 23:00 | 27:25 | 30:14 | 32:45 | 34:07 | 35:10 | 35:48 | | | | |
| 03:45 | 04:17 03:12 05:12 03:47 01:23 | 01:24 | 04:25 | 02:49 | 02:31 | 01:22 | 01:03 | 00:38 | | | | |
| 81 | Steinhaus Bjørn | 368 Kompis | | | | | | | | | | 35:51 |
| 03:27 | 09:28 11:25 16:39 19:30 20:52 | 22:08 | 26:03 | 28:56 | 32:56 | 34:31 | 35:22 | 35:51 | | | | |
| 03:27 | 06:01 01:57 05:14 02:51 01:22 | 01:16 | 03:55 | 02:53 | 04:00 | 01:35 | 00:51 | 00:29 | | | | |
| 83 | Dale Jon | 37 Kompis | | | | | | | | | | 37:03 |
| 04:04 | 08:52 11:00 15:34 19:04 20:41 | 22:20 | 27:26 | 30:50 | 33:49 | 35:19 | 36:25 | 37:03 | | | | |
| 04:04 | 04:48 02:08 04:34 03:30 01:37 | 01:39 | 05:06 | 03:24 | 02:59 | 01:30 | 01:06 | 00:38 | | | | |
| 85 | Karlsen Egil | 29 Kompis | | | | | | | | | | 37:13 |
| 04:21 | 09:06 11:21 16:12 19:30 21:05 | 23:28 | 27:55 | 30:35 | 33:55 | 35:33 | 36:41 | 37:13 | | | | |
| 04:21 | 04:45 02:15 04:51 03:18 01:35 | 02:23 | 04:27 | 02:40 | 03:20 | 01:38 | 01:08 | 00:32 | | | | |
| 87 | Buset Ingunn Torød | 141 Kompis | | | | | | | | | | 37:21 |
| 04:05 | 08:19 10:27 15:32 18:25 19:43 | 21:10 | 25:41 | 30:26 | 34:07 | 35:48 | 36:50 | 37:21 | | | | |
| 04:05 | 04:14 02:08 05:05 02:53 01:18 | 01:27 | 04:31 | 04:45 | 03:41 | 01:41 | 01:02 | 00:31 | | | | |
| 90 | Skage Ina Hopland | 141 Kompis | | | | | | | | | | 37:29 |
| 04:28 | 09:46 11:41 16:22 19:38 21:07 | 22:45 | 28:08 | 31:18 | 34:14 | 35:52 | 36:53 | 37:29 | | | | |
| 04:28 | 05:18 01:55 04:41 03:16 01:29 | 01:38 | 05:23 | 03:10 | 02:56 | 01:38 | 01:01 | 00:36 | | | | |
| 94 | Nysæter Andreas | 37 Kompis | | | | | | | | | | 37:56 |
| 03:18 | 07:57 09:50 15:55 18:26 19:45 | 20:50 | 24:33 | 31:26 | 34:46 | 36:21 | 37:23 | 37:56 | | | | |
| 03:18 | 04:39 01:53 06:05 02:31 01:19 | 01:05 | 03:43 | 06:53 | 03:20 | 01:35 | 01:02 | 00:33 | | | | |
| 95 | Torbjørnsen Birgitte | 142 Kompis | | | | | | | | | | 38:10 |
| 04:12 | 09:15 11:14 16:17 19:19 21:02 | 22:21 | 28:48 | 32:02 | 35:03 | 36:33 | 37:36 | 38:10 | | | | |
| 04:12 | 05:03 01:59 05:03 03:02 01:43 | 01:19 | 06:27 | 03:14 | 03:01 | 01:30 | 01:03 | 00:34 | | | | |
| 96 | Torgersen Jørn | 347 Kompis | | | | | | | | | | 39:07 |
| 00:43 | 05:46 08:44 16:24 19:47 21:39 | 23:13 | 28:33 | 32:17 | 35:27 | 37:08 | 38:20 | 39:07 | | | | |
| 00:43 | 05:03 02:58 07:40 03:23 01:52 | 01:34 | 05:20 | 03:44 | 03:10 | 01:41 | 01:12 | 00:47 | | | | |
| 99 | Dimitrova Valentina | 141 Kompis | | | | | | | | | | 40:46 |
| 03:46 | 10:26 13:00 17:53 21:20 22:56 | 24:22 | 29:03 | 34:25 | 37:28 | 39:03 | 40:10 | 40:46 | | | | |
| 03:46 | 06:40 02:34 04:53 03:27 01:36 | 01:26 | 04:41 | 05:22 | 03:03 | 01:35 | 01:07 | 00:36 | | | | |
| 100 | Frotvedt Ove | 1103 Kompis | | | | | | | | | | 41:19 |
| 04:46 | 09:41 12:02 17:38 21:28 23:14 | 25:04 | 30:08 | 33:50 | 37:16 | 39:27 | 40:41 | 41:19 | | | | |
| 04:46 | 04:55 02:21 05:36 03:50 01:46 | 01:50 | 05:04 | 03:42 | 03:26 | 02:11 | 01:14 | 00:38 | | | | |
| 104 | Daltveit Anne Kjersti | 69 Kompis | | | | | | | | | | 42:57 |
| 04:02 | 10:03 12:23 17:13 20:49 22:39 | 24:16 | 29:28 | 35:31 | 38:53 | 41:00 | 42:18 | 42:57 | | | | |
| 04:02 | 06:01 02:20 04:50 03:36 01:50 | 01:37 | 05:12 | 06:03 | 03:22 | 02:07 | 01:18 | 00:39 | | | | |
| 108 | Almeland Runa | 69 Kompis | | | | | | | | | | 44:28 |
| 04:58 | 10:03 13:08 21:32 25:40 27:26 | 28:56 | 34:24 | 37:57 | 41:09 | 42:54 | 43:57 | 44:28 | | | | |
| 04:58 | 05:05 03:05 08:24 04:08 01:46 | 01:30 | 05:28 | 03:33 | 03:12 | 01:45 | 01:03 | 00:31 | | | | |
| 122 | Pontoppidan Marie | 1103 Kompis | | | | | | | | | | 50:29 |
| 05:30 | 11:06 14:27 22:22 26:23 28:14 | 30:01 | 35:34 | 41:54 | 45:39 | 48:37 | 49:49 | 50:29 | | | | |
| 05:30 | 05:36 03:21 07:55 04:01 01:51 | 01:47 | 05:33 | 06:20 | 03:45 | 02:58 | 01:12 | 00:40 | | | | |
| 134 | Nord Rolf | 1103 Kompis | | | | | | | | | | 55:51 |
| 04:44 | 09:50 12:40 20:46 24:46 26:36 | 28:19 | 44:46 | 48:23 | 51:52 | 54:10 | 55:14 | 55:51 | | | | |
| 04:44 | 05:06 02:50 08:06 04:00 01:50 | 01:43 | 16:27 | 03:37 | 03:29 | 02:18 | 01:04 | 00:37 | | | | |

| Class | Navn | Klubb Klasse | Tid |
|------------|-----------------------------------|---|--------------|
| 5 | | | |
| 98 | Polden Andreas G. | 141 Kompis | 40:42 |
| 04:39 | 11:21 12:14 14:47 20:41 23:54 | 24:57 35:12 35:55 38:40 39:37 40:16 40:42 | |
| 04:39 | 06:42 00:53 02:33 05:54 03:13 | 01:03 10:15 00:43 02:45 00:57 00:39 00:26 | |
| 101 | Steinegger Jan | 141 Kompis | 41:35 |
| 00:14 | 03:54 12:15 15:19 16:54 32:42 | 33:50 38:10 40:01 41:02 41:35 | |
| 00:14 | 03:40 08:21 03:04 01:35 15:48 | 01:08 04:20 01:51 01:01 00:33 | |
| 105 | Røen Oskar | 368 Kompis | 43:08 |
| 04:55 | 11:54 13:01 15:48 22:17 25:59 | 27:04 37:34 38:19 41:00 41:57 42:40 43:08 | |
| 04:55 | 06:59 01:07 02:47 06:29 03:42 | 01:05 10:30 00:45 02:41 00:57 00:43 00:28 | |
| 106 | Femsteinevik Martin | 368 Kompis | 43:12 |
| 04:50 | 11:39 12:57 15:34 21:23 24:06 | 25:43 37:09 37:56 41:08 42:06 42:48 43:12 | |
| 04:50 | 06:49 01:18 02:37 05:49 02:43 | 01:37 11:26 00:47 03:12 00:58 00:42 00:24 | |
| 107 | Nygaard Rune | 142 Kompis | 43:25 |
| 05:17 | 12:27 13:23 16:17 22:33 24:29 | 25:30 37:20 38:07 41:04 42:05 42:56 43:25 | |
| 05:17 | 07:10 00:56 02:54 06:16 01:56 | 01:01 11:50 00:47 02:57 01:01 00:51 00:29 | |
| 109 | Aadland Per Arne | 299 Kompis | 44:48 |
| 05:41 | 12:46 13:38 16:29 22:53 25:31 | 26:40 38:02 38:53 42:25 43:31 44:19 44:48 | |
| 05:41 | 07:05 00:52 02:51 06:24 02:38 | 01:09 11:22 00:51 03:32 01:06 00:48 00:29 | |
| 112 | Buanes Trygve | 347 Kompis | 45:10 |
| 05:28 | 12:41 13:31 16:48 22:41 26:35 | 27:35 39:01 39:48 43:03 44:02 44:44 45:10 | |
| 05:28 | 07:13 00:50 03:17 05:53 03:54 | 01:00 11:26 00:47 03:15 00:59 00:42 00:26 | |
| 114 | Rognsvåg Espen | 1103 Kompis | 46:55 |
| 05:37 | 13:16 14:10 17:13 23:56 26:17 | 28:01 40:28 41:20 44:33 45:44 46:29 46:55 | |
| 05:37 | 07:39 00:54 03:03 06:43 02:21 | 01:44 12:27 00:52 03:13 01:11 00:45 00:26 | |
| 117 | Nysæter Helge | 37 Kompis | 48:56 |
| 05:46 | 13:32 14:53 17:54 25:12 27:32 | 29:00 42:23 43:06 46:29 47:41 48:26 48:56 | |
| 05:46 | 07:46 01:21 03:01 07:18 02:20 | 01:28 13:23 00:43 03:23 01:12 00:45 00:30 | |
| 118 | Austevoll Håvard | 1103 Kompis | 49:08 |
| 07:59 | 15:23 16:29 19:45 26:04 28:41 | 30:13 42:44 43:43 46:47 48:03 48:44 49:08 | |
| 07:59 | 07:24 01:06 03:16 06:19 02:37 | 01:32 12:31 00:59 03:04 01:16 00:41 00:24 | |
| 123 | Martinsen Helen | 142 Kompis | 50:35 |
| 06:23 | 14:41 16:01 19:09 25:48 28:28 | 29:47 43:27 44:24 48:08 49:16 50:07 50:35 | |
| 06:23 | 08:18 01:20 03:08 06:39 02:40 | 01:19 13:40 00:57 03:44 01:08 00:51 00:28 | |
| 124 | Johansen Per Harald Havnen | 477 Kompis | 50:44 |
| 06:37 | 14:43 15:41 21:20 28:05 30:35 | 31:43 43:40 44:30 48:09 49:18 50:12 50:44 | |
| 06:37 | 08:06 00:58 05:39 06:45 02:30 | 01:08 11:57 00:50 03:39 01:09 00:54 00:32 | |
| 128 | Aas Ørjan Svaland | 368 Kompis | 52:10 |
| 05:36 | 14:36 16:02 19:51 27:34 30:20 | 31:41 45:21 46:11 49:43 50:49 51:41 52:10 | |
| 05:36 | 09:00 01:26 03:49 07:43 02:46 | 01:21 13:40 00:50 03:32 01:06 00:52 00:29 | |
| 131 | Hølleland Bjørn | 69 Kompis | 53:33 |
| 05:41 | 13:25 14:26 17:44 24:33 32:23 | 33:39 46:31 47:18 51:00 52:08 53:01 53:33 | |
| 05:41 | 07:44 01:01 03:18 06:49 07:50 | 01:16 12:52 00:47 03:42 01:08 00:53 00:32 | |

| Pluss | Navn | Klubb Klasse | | | | | | | | | | Tid |
|------------|-----------------------------------|--------------------|-------|-------|-------|-------|-------|-------|--|--|--|----------------|
| 132 | Hellen Bjart Are | 347 Kompis | | | | | | | | | | 54:28 |
| 06:07 | 15:10 16:14 19:36 27:20 30:50 | 32:18 | 47:17 | 48:07 | 51:36 | 53:05 | 53:57 | 54:28 | | | | |
| 06:07 | 09:03 01:04 03:22 07:44 03:30 | 01:28 | 14:59 | 00:50 | 03:29 | 01:29 | 00:52 | 00:31 | | | | |
| 133 | Juvik Ross | 142 Kompis | | | | | | | | | | 55:34 |
| 06:06 | 14:11 15:18 18:49 28:49 31:37 | 33:32 | 49:07 | 49:55 | 53:26 | 54:28 | 55:12 | 55:34 | | | | |
| 06:06 | 08:05 01:07 03:31 10:00 02:48 | 01:55 | 15:35 | 00:48 | 03:31 | 01:02 | 00:44 | 00:22 | | | | |
| 135 | Sælen Ole-Håkon | 1103 Kompis | | | | | | | | | | 56:46 |
| 07:07 | 15:11 16:18 19:29 28:01 31:46 | 34:41 | 50:16 | 51:00 | 54:26 | 55:28 | 56:19 | 56:46 | | | | |
| 07:07 | 08:04 01:07 03:11 08:32 03:45 | 02:55 | 15:35 | 00:44 | 03:26 | 01:02 | 00:51 | 00:27 | | | | |
| 136 | Tørnquist Ole | 69 Kompis | | | | | | | | | | 58:18 |
| 06:53 | 16:15 17:36 21:19 29:47 32:52 | 35:12 | 50:12 | 51:13 | 55:10 | 56:44 | 57:43 | 58:18 | | | | |
| 06:53 | 09:22 01:21 03:43 08:28 03:05 | 02:20 | 15:00 | 01:01 | 03:57 | 01:34 | 00:59 | 00:35 | | | | |
| 137 | Thomassen Kristian Fredrik | 368 Kompis | | | | | | | | | | 58:28 |
| 06:31 | 15:48 17:12 21:09 29:49 32:34 | 34:56 | 49:50 | 50:48 | 55:59 | 57:08 | 58:01 | 58:28 | | | | |
| 06:31 | 09:17 01:24 03:57 08:40 02:45 | 02:22 | 14:54 | 00:58 | 05:11 | 01:09 | 00:53 | 00:27 | | | | |
| 139 | Ottesen Sverre | 368 Kompis | | | | | | | | | | 58:36 |
| 06:39 | 15:48 17:03 20:37 29:42 32:54 | 35:16 | 50:26 | 51:32 | 55:43 | 57:03 | 58:04 | 58:36 | | | | |
| 06:39 | 09:09 01:15 03:34 09:05 03:12 | 02:22 | 15:10 | 01:06 | 04:11 | 01:20 | 01:01 | 00:32 | | | | |
| 140 | Myking Tord Bell | 69 Kompis | | | | | | | | | | 59:29 |
| 06:40 | 16:00 17:20 21:12 29:51 32:44 | 34:46 | 49:59 | 50:57 | 56:05 | 57:18 | 58:46 | 59:29 | | | | |
| 06:40 | 09:20 01:20 03:52 08:39 02:53 | 02:02 | 15:13 | 00:58 | 05:08 | 01:13 | 01:28 | 00:43 | | | | |
| 141 | Grønbech Andreas | 29 Kompis | | | | | | | | | | 59:37 |
| 06:58 | 17:50 19:16 22:56 31:44 34:50 | 35:58 | 52:24 | 53:16 | 57:03 | 58:14 | 59:07 | 59:37 | | | | |
| 06:58 | 10:52 01:26 03:40 08:48 03:06 | 01:08 | 16:26 | 00:52 | 03:47 | 01:11 | 00:53 | 00:30 | | | | |
| 143 | Oen-Sivertsen Petter | 347 Kompis | | | | | | | | | | 1:00:53 |
| 06:36 | 15:54 17:23 21:16 30:18 34:39 | 36:08 | 52:18 | 53:18 | 57:55 | 59:24 | 60:22 | 60:53 | | | | |
| 06:36 | 09:18 01:29 03:53 09:02 04:21 | 01:29 | 16:10 | 01:00 | 04:37 | 01:29 | 00:58 | 00:31 | | | | |
| 144 | Hammersland Garnes Olav | 141 Kompis | | | | | | | | | | 1:01:14 |
| 06:39 | 16:31 17:50 21:40 30:46 34:00 | 36:29 | 52:56 | 53:55 | 58:24 | 59:47 | 60:44 | 61:14 | | | | |
| 06:39 | 09:52 01:19 03:50 09:06 03:14 | 02:29 | 16:27 | 00:59 | 04:29 | 01:23 | 00:57 | 00:30 | | | | |
| 145 | Bøe Øistein | 69 Kompis | | | | | | | | | | 1:02:37 |
| 07:02 | 17:00 18:49 23:13 31:48 34:45 | 36:15 | 53:14 | 54:21 | 59:14 | 60:43 | 61:58 | 62:37 | | | | |
| 07:02 | 09:58 01:49 04:24 08:35 02:57 | 01:30 | 16:59 | 01:07 | 04:53 | 01:29 | 01:15 | 00:39 | | | | |
| 146 | Skage Mads Jørgen | 141 Kompis | | | | | | | | | | 1:05:49 |
| 08:54 | 18:54 20:16 24:03 34:07 37:24 | 39:55 | 57:05 | 58:10 | 62:38 | 64:21 | 65:25 | 65:49 | | | | |
| 08:54 | 10:00 01:22 03:47 10:04 03:17 | 02:31 | 17:10 | 01:05 | 04:28 | 01:43 | 01:04 | 00:24 | | | | |
| 147 | Smedsrud Lars H | 368 Kompis | | | | | | | | | | 1:06:19 |
| 07:05 | 21:29 22:57 26:38 35:55 39:23 | 40:52 | 57:45 | 58:59 | 63:39 | 65:03 | 65:51 | 66:19 | | | | |
| 07:05 | 14:24 01:28 03:41 09:17 03:28 | 01:29 | 16:53 | 01:14 | 04:40 | 01:24 | 00:48 | 00:28 | | | | |
| 148 | Skar Roger | 299 Kompis | | | | | | | | | | 1:06:43 |
| 07:18 | 17:05 18:53 23:02 31:34 34:54 | 36:25 | 55:34 | 57:11 | 63:18 | 64:51 | 66:03 | 66:43 | | | | |
| 07:18 | 09:47 01:48 04:09 08:32 03:20 | 01:31 | 19:09 | 01:37 | 06:07 | 01:33 | 01:12 | 00:40 | | | | |
| 149 | Erdal Rune | 299 Kompis | | | | | | | | | | 1:07:44 |
| 07:39 | 18:00 19:56 26:10 36:03 38:30 | 40:00 | 58:01 | 59:03 | 64:07 | 65:46 | 67:00 | 67:44 | | | | |
| 07:39 | 10:21 01:56 06:14 09:53 02:27 | 01:30 | 18:01 | 01:02 | 05:04 | 01:39 | 01:14 | 00:44 | | | | |