

2 km sprint

Nyengen	Anne Lise	Indre Østfold OK	187004	00:27:20
Valsgård	Per	Indre Østfold OK	39175	00:30:35
Arnesen	Betina	Indre Østfold OK	229692	00:42:43
Retteraasen	Una	Indre Østfold OK	214986	00:42:57

3,5 km mellom

Nielsen	Rune S.	Indre Østfold OK	197966	00:32:44
Halsnes	Kristoffer	Indre Østfold OK	187003	00:33:16
Aabogen Haugaard	Peder	Indre Østfold OK	203671	00:34:32
Gudim	Elida Sagli	Indre Østfold OK	187069	00:38:55
Arnesen	Vegar	Indre Østfold OK	504607	00:40:51
Haugaard	Ann Helen Aabogen	Indre Østfold OK	229751	00:41:40
Valsgård	Sindre	Indre Østfold OK	504391	00:46:33