

Pluss	Løper	# Totalt	Løp 1	Løp 2
D 13-14				
				-
1	Ragne Wiklund, Nydalens SK	52:51	26:34-5	26:17-8
2	Idun Kristine Felde Olausen,	52:52	27:06-8	25:46-6
3	Victoria Hæstad Bjørnstad,	53:04	25:22-3	27:42-12
4	Anine Lome, Hamar OK	53:05	28:50-16	24:15-3
5	Synne Strand, Asker Skiklubb	53:07	29:45-24	23:22-2
6	Aurora Moholth, Kongsberg OL	53:30	28:48-15	24:42-5
7	Heidi Therese Wiest, OL	53:56	26:23-4	27:33-11
8	Johanne Bratland Tjernshaugen,	54:13	26:52-6	27:21-10
9	Mari Robøle Lien, Hamar OK	55:30	28:22-12	27:08-9
10	Hanne Vassend, Porsgrunn OL	55:34	29:43-23	25:51-7
11	Hedda Raadal Bjørlo, Halden SK	55:44	27:38-9	28:06-15
12	Signe Bredholt Jørgensen,	56:02	24:46-2	31:16-25
13	Rikke Hjelseth Larsen, Kongsberg	57:03	28:18-11	28:45-19
14	Synne Skjærstein, IL Tyrving	57:10	29:28-21	27:42-12
15	Ane Holm Grøneng, Lillehammer OK	57:14	29:11-18	28:03-14
16	Sigrd Saur Modahl, Fredrikstad SK	57:28	29:01-17	28:27-18
17	Marie Bergstrøm, Halden SK	57:40	29:32-22	28:08-16
18	Maria Prestbøen, Sandefjord OK	1:03:13	32:06-32	31:07-23
19	Ane Dyrkorn, Eiker OL	1:03:14	33:55-42	29:19-21
20	Karoline Aune, Halden SK	1:03:15	34:19-43	28:56-20
21	Ingrid Aaslund, Fet OL	1:03:16	30:07-25	33:09-30
22	Agnethe Hasli, Synnfjell OK	1:03:17	35:08-47	28:09-17
23	Mia Mathisen Bekhus, Fredrikstad	1:03:27	31:55-31	31:32-26
24	Rikke Ingesen, Sarpsborg OL	1:03:36	31:21-28	32:15-29
25	Marte Skei, Nydalens SK	1:05:22	34:53-45	30:29-22
26	Henriette Smeby, Nydalens SK	1:05:25	23:45-1	41:40-45
27	Kristine Haanes Strandlie, Gjø-	1:07:20	36:06-51	31:14-24
27	Solveig Hernandez Vråle,	1:07:20	33:33-39	33:47-32
29	Marte Bergsland, Trøsken IL	1:07:38	32:54-36	34:44-34
30	Thea Charlotte Hansen, Røyken OL	1:07:55	31:22-29	36:33-36
31	Karianne Olsvik Dengerud,	1:07:58	30:59-27	36:59-39
32	Ingrid G. Kvålsgard, Fossum IF	1:08:19	27:56-10	40:23-42
33	Nora Torgersen, Halden SK	1:09:02	32:52-35	36:10-35
34	Jorid Nandrup Nielsen, Indre	1:09:41	37:41-54	32:00-27
34	Tora Drage Roti, Fossum IF	1:09:41	37:33-53	32:08-28
36	Ingrid Hasaas, Fossum IF	1:09:44	36:01-50	33:43-31
37	Thea Dyrkorn, Eiker OL	1:09:49	33:01-37	36:48-37
38	Andrea Vanebo, Kongsberg OL	1:10:31	45:56-62	24:35-4
39	Camilla L. Rosenvold, Porsgrunn OL	1:11:39	37:44-55	33:55-33
40	Hedvig Vollset, Heming Orientering	1:15:28	37:54-57	37:34-40
41	Guro Karlsen, Lillehammer OK	1:22:37	41:54-60	40:43-43
42	Siri Pedersen, Sarpsborg OL	1:49:06	47:33-63	1:01:33-46
43	Helene Eger, Kongsberg OL	2:07:16	32:08-33	1:35:08-48
44	Åshild Egeberg Vári, IF Sturla	2:15:36	1:07:43-66	1:07:53-47
45	Ingvil Ahlsand, Nydalens SK	16:29	DSQ	16:29-1
46	Marlin Haavengen, Kongsberg OL	26:53	26:53-7	
47	Lotte Jauhojärvi Markussen, Asker	28:28	28:28-13	
48	Kathinka Rogstad, Kongsberg OL	28:30	28:30-14	DNS
49	Ingvild Tronstad Andersen,	29:11	29:11-19	
50	Emma Eithun Paulsen, Nittedal OL	29:16	29:16-20	

Plass	Løper	Totalt	Løp 1	Løp 2
51	Silje Opseth, Ringerike OL	30:31	30:31-26	DNS
52	Kornelia Lønning Brurberg, IF Sturla	31:31	31:31-30	DNS
53	Ingrid G. Mehhammer, Porsgrunn OL	32:40	32:40-34	
54	Sarah Wøllo, Kongsberg OL	33:10	33:10-38	DNS
55	Ingrid Madslie, Nydalens SK	33:50	33:50-41	DNS
55	Julie Bakke, Fossum IF	33:50	33:50-40	
57	Kristiane Rogstad, Kongsberg OL	34:52	34:52-44	DNS
58	Kjersti Tønnessen Bergstøl,	35:03	35:03-46	
59	Thea Feiring Haltia, IL Tyrving	35:26	35:26-48	
60	Silje Moe, Fredrikstad SK	35:52	35:52-49	
61	Synne Eikeland Røstadsand,	36:46	36:46-52	
62	Aurora Gjølsjø, OK Moss	36:57	DSQ	36:57-38
63	Tuva Nesheim Flatebakken, IL	37:50	37:50-56	
64	Tilde Eine, Fossum IF	38:12	DSQ	38:12-41
65	Heidi Elisabeth Brække, Halden SK	40:30	40:30-58	DNS
66	Pernille Katla, Fossum IF	41:19		41:19-44
67	Hanna Moum, Halden SK	41:54	41:54-59	
68	Ingrid Bredalen, Nittedal OL	43:59	43:59-61	
69	Henriette Milla F Karlsen, OK Moss	51:57	51:57-64	
70	Andrea Willkommen Eiken,	53:42	53:42-65	
	Emma Stubberud, Nydalens SK	00:00	DNS	
	Åsne Holo, Fossum IF	00:00	DNS	
	Ingvild Høydal, Nydalens SK	00:00	DNS	DNS
	Anna Cecilie Linløkken, Østmarka	00:00	DNS	DNS

Pluss	Løper	Totalt	Løp 1	Løp 2
	D 15-16			-
1	Marie Olausen, Fredrikstad SK	1:05:06	30:18-1	34:48-2
2	Ingeborg Eide, Byåsen IL	1:10:10	36:01-6	34:09-1
3	Gina Granstedt, Halden SK	1:12:20	33:43-3	38:37-6
4	Astrid Fiskum, IL Tyrving	1:13:43	36:37-7	37:06-4
5	Dorte Narum, OL Vallset/Stange	1:17:52	39:44-15	38:08-5
6	Tiril Ruud Bråten, Raumar	1:17:56	35:44-5	42:12-12
7	Ida Feiring Haltia, IL Tyrving	1:18:27	38:11-11	40:16-9
8	Ingrid Vrålstad Løvås, Varegg	1:18:36	37:57-10	40:39-10
9	Rannveig W.Nordhagen, Ås-UMB	1:19:06	36:40-8	42:26-13
10	Siri Grandal, IL Tyrving	1:19:12	39:18-13	39:54-8
11	Sofie Skyttersæter Iversen,	1:20:48	34:10-4	46:38-20
12	Sigrud Bjørgen, OL Vallset/Stange	1:24:32	44:53-26	39:39-7
13	Oda Sikkeland, IL Tyrving	1:26:50	41:46-18	45:04-16
14	Maria Olsbø, Østmarka OK	1:27:07	41:56-20	45:11-17
15	Synne Nesheim Flatebakken, IL	1:27:54	43:24-25	44:30-15
16	Siri Moholth, Kongsberg OL	1:28:02	39:02-12	49:00-27
17	Stine Madslie Bakken, Nydalens	1:28:31	40:45-16	47:46-24
18	Constance Storvestre, Varegg	1:31:06	40:59-17	50:07-28
19	Stine Njåstein, IL Tyrving	1:31:11	42:39-21	48:32-26
20	Tuva Bjerketvedt, OK Moss	1:31:34	45:27-28	46:07-19
21	Emilie Westin, Porsgrunn OL	1:32:37	45:32-29	47:05-22
22	Gunhild Stuland Tysvær, Varegg	1:34:33	42:55-22	51:38-30
23	Maren Roll Paulsen, Fredrikstad SK	1:34:45	49:10-36	45:35-18
24	Stine Frogner Tømmervold, Hamar	1:35:08	50:43-38	44:25-14
25	Ingvild Ramtvedt Næsset,	1:36:26	48:38-35	47:48-25
26	Ingvild C. Fleisje, Nittedal OL	1:39:10	43:12-24	55:58-32
27	Kårhild Husby Nordstad, Varegg	1:40:08	53:05-42	47:03-21
28	Marthe Ramstad, Fet OL	1:41:34	45:45-30	55:49-31
29	Vilde Malmei, Sandnes IL	1:43:10	55:28-45	47:42-23
30	Benedicte Pedersen, Sarpsborg OL	1:57:03	1:00:44-50	56:19-33
31	Hanne Grandal, IL Tyrving	2:00:35	55:30-46	1:05:05-35
32	Marie Treekrem, Ås-UMB	2:04:58	1:02:10-52	1:02:48-34
33	Maiken Sandberg, Nydalens SK	2:32:09	1:17:01-54	1:15:08-36
34	Tilla Farnes Hennem, Asker	33:40	33:40-2	
35	Kristin Helland-Hansen, IL Tyrving	36:21	DSQ	36:21-3
36	Hanna Torjusen, Fredrikstad SK	36:54	36:54-9	DNS
37	Dina Sofie Antonsen, Fredrikstad	39:18	39:18-14	DNS
38	Emma Arnesen, Byåsen IL	41:49	DNS	41:49-11
39	Kristin Blindheim, Lillomarka OL	41:50	41:50-19	DSQ
40	Line Wegner Hodt, Fossum IF	43:07	43:07-23	DNS
41	Kristin Smeby, Kongsberg OL	44:59	44:59-27	
42	Amalie Fjæstad Amundsen,	46:56	46:56-31	DNS
43	Åshild Faller Råheim, Fet OL	47:23	47:23-32	DNS
44	Anniken Eriksrud Karlsen, Oppsal	47:55	47:55-33	DNS
45	Nora Skyttersæter Saugerud,	48:15	48:15-34	DNS
46	Anine Hallén, Nydalens SK	49:11	49:11-37	
47	Anniken Helland-Hansen, IL Tyrving	50:44	DNS	50:44-29
48	Caroline Bergman, Konnerud IL	51:00	51:00-39	
49	Idunn Haavengen, Kongsberg OL	51:27	51:27-40	
50	Ingrid Nytun Nergård, Nittedal OL	52:11	52:11-41	
51	Synne Malene Brække, Halden SK	53:40	53:40-43	DNS
52	Anne Willkommen Eiken,	54:44	54:44-44	

Plass	Løper	Totalt	Løp 1	Løp 2
53	Sandra B. Robertsen, OL	56:12	56:12-47	
54	Hanna E. Andersen, Eiker OL	56:17	56:17-48	
55	Åse Bergan, Nydalens SK	58:45	58:45-49	DNS
56	Ida Karine Karlsen, OK Moss	1:02:06	1:02:06-51	
57	Johanne Øderud Vatne,	1:04:29	1:04:29-53	
	Oda Eithun Paulsen, Nittedal OL	00:00	DNS	
	Alma Haugen Kvisgaard,	00:00		DNS
	Elin Fossum Rye, Asker Skiklubb	00:00		DNS
	Maria Nygaard-Østby, Fossum IF	00:00	DNS	
	Marit Melby Jacobsen, Lardal OL	00:00	DNS	DNS
	Kristin Brekke, Lillomarka OL	00:00	DNS	DNS
	Eline Lund Westgaard, Oppsal	00:00	DNS	DNS

Plass	Løper	Totalt	Løp 1	Løp 2
H 13-14				
1	Oskar Spets Storhov, Freidig	43:24	21:51-2	21:33-3
2	Einar Melsom, Fossum IF	44:47	21:23-1	23:24-11
3	Kristian Rykkje, Fana IL	44:49	23:07-4	21:42-4
4	Bjørn Anders Flågen, Heming	44:50	22:55-3	21:55-5
5	Styrk Hundseid Kamsvåg, IL	46:37	24:18-9	22:19-7
5	August Asheim Birkeland, Halden	46:37	24:02-8	22:35-8
7	Sander Arntzen, Asker Skiklubb	46:38	24:31-10	22:07-6
8	Erling Hjermstad, Fossum IF	47:09	23:15-5	23:54-14
9	Aslak Heimdal, Konnerud IL	50:49	26:44-15	24:05-15
10	Espen Hegstad Krüger, Nydalens	50:56	26:40-14	24:16-16
11	Jørgen Wulfsberg, Nydalens SK	50:59	26:21-12	24:38-20
12	Kasper Fosser, Heming Orientering	51:40	31:01-27	20:39-2
12	Jørgen Baklid, Konnerud IL	51:40	28:40-21	23:00-9
14	Petter Astrup Arnesen, Heming	51:50	28:06-17	23:44-13
15	Børge Brenås, Varteig OL	51:52	28:13-18	23:39-12
16	Lavran Thorstensen, Oppsal	52:00	27:23-16	24:37-19
17	Erlend Brendstuen, Halden SK	52:48	28:15-19	24:33-18
18	Erik Hæstad Bjørnstad, Fossum IF	55:04	29:44-22	25:20-21
19	Eskil Frøisland, Vang OL	55:33	28:37-20	26:56-24
20	Audun Melby Jacobsen, Lardal OL	55:34	32:17-31	23:17-10
20	Øyvind Hjermstad, Fossum IF	55:34	30:03-25	25:31-22
22	Joar Gjerdahl, Berger og Svelvik OL	56:43	32:24-32	24:19-17
23	Sverre Narum, OL Vallset/Stange	58:05	31:59-29	26:06-23
24	Jostein Svaland Dale, OL	1:00:15	41:24-43	18:51-1
25	Niels Christian Hellerud, Halden SK	1:00:31	31:27-28	29:04-27
26	Sølve Drage, Kongsberg OL	1:04:22	29:47-23	34:35-33
27	Håkon Lund, Kongsberg OL	1:04:51	37:04-41	27:47-25
28	Hans Kristian Stubban Hygen,	1:05:01	32:00-30	33:01-31
29	Mathias Rosenlund, Fana IL	1:05:13	35:50-38	29:23-28
30	Thomas Kort, Nord-Østerdal OK	1:05:41	33:42-35	31:59-29
31	Ole Johan Bråten, Vang OL	1:10:45	35:11-37	35:34-36
32	Elias Øhman, Gjø-Vard OL	1:10:55	36:46-40	34:09-32
33	Oscar Hæstad Bjørnstad, Fossum	1:11:00	32:54-34	38:06-37
34	Olav Torgersen, Bækkelagets SK	1:11:47	42:49-46	28:58-26
35	Johan Storebakken, Hamar OK	1:12:05	32:50-33	39:15-39
36	Sigurd Dyrstad, Nydalens SK	1:13:52	41:46-45	32:06-30
37	Benjamin Aasen, Sarpsborg OL	1:16:24	34:00-36	42:24-42
38	Fredrik Sveen, Vang OL	1:20:22	41:29-44	38:53-38
39	Nikolai Jones Arnesen, Heming	1:21:00	46:11-50	34:49-34
40	Alexander Skaug Ytterbøl, Halden	1:32:56	45:31-49	47:25-43
41	Martin Andresen Skotte, Fossum IF	1:36:05	43:02-47	53:03-44
42	Odin Tellesbø, Østmarka OK	2:12:18	1:04:16-52	1:08:02-45
43	Elias Jonsson, Nydalens SK	23:17	23:17-6	
44	Tord Strand, Kongsberg OL	23:56	23:56-7	
45	Henrik André Larsen, Kongsberg	25:56	25:56-11	
46	Sjur Kvisle, Asker Skiklubb	26:33	26:33-13	
47	Oskar Arnevik, Ringerike OL	29:53	29:53-24	
48	Audun Bergan, Nydalens SK	30:45	30:45-26	DNS
49	Even Lindaas, Elverum OK	35:11	DSQ	35:11-35
50	Ole Jørgen Bogen Arenth, IF Sturla	36:11	36:11-39	
51	Sindre Vestengen Lian, Lillomarka	39:47	DNS	39:47-40
51	Øystein Rønning Strand, Nydalens	39:47	39:47-42	DNS

Plass	Løper	Totalt	Løp 1	Løp 2
53	Njaal Ellegaard Melby, Hamar OK	42:21	DSQ	42:21-41
54	Eirik Klavestad Moen, Fredrikstad	43:17	43:17-48	
55	Trygve Myhr, Asker Skiklubb	1:03:50	1:03:50-51	DNS
	Oliver Hagaseth Mydske,	00:00	DSQ	
	Nicolai Hübschle, IF Sturla	00:00	DSQ	
	Jens Johan Brekke, Lillomarka OL	00:00	DNS	DNS
	Sindre V. Paulsen, Kongsberg OL	00:00	DSQ	DNS
	Andreas Bjørgen, OL	00:00	DNS	DNS
	Lukas Liland, Nydalens SK	00:00	DNS	DNS
	Per Clemet Wisløff, Asker Skiklubb	00:00	DNS	DNS
	Sveinar Lunde Soldal, Kongsberg	00:00	DSQ	DNS

Plass	Løper	Totalt	Løp 1	Løp 2
	H 15-16			-
1	3 Bjørlo, Halden SK	1:06:54	28:07-1	38:47-1
2	Audun Heimdal, Konnerud IL	1:08:04	28:37-2	39:27-2
3	Amund Hoel, Raumar Orientering	1:13:43	31:03-3	42:40-5
4	Anders Haga, Raumar Orientering	1:13:52	31:57-5	41:55-3
5	Peter Nordbrøden, Halden SK	1:14:34	31:55-4	42:39-4
6	Eirik Langedal Breivik, Nydalens SK	1:19:01	33:13-6	45:48-18
7	Marius Landsem Melhus, Steinkjer	1:19:04	34:56-9	44:08-8
8	Ivar Jevne Arnesen, Hamar OK	1:20:43	36:25-17	44:18-9
9	Johannes Bordal, Ringsaker OK	1:20:44	36:10-13	44:34-11
10	Anders Nyaas, Tynset IF	1:20:46	36:25-16	44:21-10
11	Gjermund Tørnqvist Halden,	1:20:48	36:09-12	44:39-13
12	Johannes Bakke Aashamar, Flosta	1:20:50	33:36-7	47:14-20
13	Olav Schmitt Gran, Halden SK	1:21:19	36:42-18	44:37-12
14	Sturla Frydenlund, IF Sturla	1:21:48	37:43-22	44:05-7
15	Brage Jørum, Byåsen IL	1:23:06	37:18-19	45:48-19
16	Einar Lund, Kongsberg OL	1:23:07	38:10-23	44:57-15
17	Kristoffer Nygård, Egersund OK	1:23:13	38:17-24	44:56-14
18	Herman Ryen Martinsen,	1:23:16	39:29-28	43:47-6
19	Ulrik Astrup Arnesen, Heming	1:23:35	38:22-25	45:13-17
20	Petter Vangen Lunåsmo, Tynset IF	1:24:12	39:13-27	44:59-16
21	Anders Krona Hafan, OL	1:31:25	37:26-21	53:59-24
22	Amund Garsrud Tvedt, Vaulen	1:35:39	39:47-29	55:52-26
23	Ole Wanvik Haugen, Stjørdals-Blink	1:36:01	44:58-38	51:03-22
24	Trygve Lægran, Steinkjer OK	1:36:58	43:31-36	53:27-23
25	Jostein Tandberg, Nydalens SK	1:37:39	47:01-44	50:38-21
26	Anders Stiansen Nygaard, Ås-	1:38:42	41:53-34	56:49-27
27	Lars Kringlebotn, Hamar OK	1:38:50	40:28-30	58:22-29
28	Markus Kjærner-Semb, Varegg	1:38:53	43:35-37	55:18-25
29	Jørgen Vister, Indre Østfold OK	1:40:33	36:11-14	1:04:22-32
30	Anders Langaas, Nydalens SK	1:43:24	46:13-42	57:11-28
31	Styrk Almeland Bleie, Varegg	1:51:43	48:58-48	1:02:45-31
32	Euan Tebbutt, LEI	1:53:11	42:52-35	1:10:19-33
33	Jørgen Kjos Barkenæs, Fet OL	2:18:02	1:01:42-53	1:16:20-34
34	Fredrik Ramstad Hoff, Fossum IF	34:51	34:51-8	
35	Ole Kostøl, Kristiansand OK	34:58	34:58-10	DSQ
36	Hallvard Arntzen Foss, Sandefjord	35:09	35:09-11	DNS
37	Tarjei Holo, Fossum IF	36:24	36:24-15	
38	Håkon Østraat Sævareid, Halden	37:23	37:23-20	DNS
39	Åsmund Aamodt Resell, Nydalens	39:04	39:04-26	DNS
40	Eivind Øfsthus Gravir, Asker	40:48	40:48-31	DNS
41	Emil Morgenlie Skei, Nydalens SK	41:41	41:41-32	DSQ
42	Magnus Wølneberg, IL Tyrving	41:48	41:48-33	
43	Martin Borge Heir, Fossum IF	45:35	45:35-39	
44	Lars Gustav Rogne, Nittedal OL	45:49	45:49-40	
45	Toralf Grande, Kongsberg OL	45:53	45:53-41	DNS
46	Mads Aanes Haugen, Raumar	46:18	46:18-43	
47	Trym Moeng Jensen, Nydalens SK	47:26	47:26-45	DNS
48	Håvard Landro Svingheim,	47:42	47:42-46	
49	Sander Arnevik, Ringerike OL	48:27	48:27-47	
50	Ole Jakob Olsrød, Stokke IL	49:23	49:23-49	DNS
51	Gard Dahlen, Kongsberg OL	51:08	51:08-50	
52	Sigurd Bonden Kjørsvik,	51:13	51:13-51	DNS

Plass	Løper	Totalt	Løp 1	Løp 2
53	Skjalg Hundseid Kamsvåg, IL	51:39	51:39-52	
54	Mathias Gløersen, OL Tønsberg og	59:14	DSQ	59:14-30
55	Alexander Skepland Hole,	1:02:26	1:02:26-54	DNS
56	Sander Knold, Sarpsborg OL	1:02:41	1:02:41-55	DNS
57	Knut Aasheim, Oppsal Orientering	1:03:44	1:03:44-56	DNS
58	Sverre Bang Støeng, Hamar OK	1:14:07	1:14:07-57	DNS
59	Guttorm Snemyr Holtet, Indre	1:14:19	1:14:19-58	DNF
60	Karl Kristen Gjølshjøl, OK Moss	1:19:43	1:19:43-59	
61	Thomas Tubbehaugen, OK Moss	1:20:03	1:20:03-60	DNS
62	Ole Martin Edstrøm, Oppsal	1:24:41	DNS	1:24:41-35
	Tore Heir, Nydalens SK	00:00		DNS
	Are Wigaard, Oppsal Orientering	00:00	DSQ	DSQ
	Trygve Heggedal, Kongsberg OL	00:00	DNS	DNS
	Helge Nikolai Helmersen, Fet OL	00:00	DNS	DSQ

Pluss	Løper	Totalt	Løp 1	Løp 2
D 17-18E				
1	Andrine Benjaminsen, Lillomarka OL	1:10:42	26:09-1	44:33-2
2	Gina Mølsvik, Freidig	1:14:10	28:56-4	45:14-6
3	Kaja Winsnes Nordhagen, Ås-UMB	1:14:13	29:33-6	44:40-4
4	Ingunn Egeberg Vári, IF Sturla	1:14:17	31:08-11	43:09-1
5	Tonje Vassend, Porsgrunn OL	1:14:32	29:55-8	44:37-3
6	Eldbjørg Narum, Fossum IF	1:15:21	28:33-2	46:48-8
7	Anine Ahlsand, Nydalens SK	1:17:17	28:54-3	48:23-14
8	Ingrid Gulbrandsen, Asker Skiklubb	1:17:44	32:11-13	45:33-7
9	Eirin Mari Fossøy, Notodden OL	1:17:52	29:31-5	48:21-13
10	Ingrid Landmark Tandrevold,	1:18:20	31:04-10	47:16-11
11	Karen Oline Kolstad, Freidig	1:19:42	34:46-23	44:56-5
12	Synnøve Bråten, Vegårshei IL	1:19:44	30:42-9	49:02-16
13	Eirin Svanøe-Hafstad, Frol IL	1:20:19	33:09-17	47:10-10
14	Julie Hjortland, Larvik OK	1:20:43	29:49-7	50:54-20
15	Solveig Hegstad Krüger, Nydalens	1:21:36	32:50-15	48:46-15
16	Ragnhild Hjermstad, Fossum IF	1:23:36	33:13-19	50:23-19
17	Ingvild Wang, Lillomarka OL	1:25:30	32:57-16	52:33-24
18	Frida Sæther, Freidig	1:25:38	38:32-33	47:06-9
19	Sigrid Merete Moen Pedersli, OL	1:26:01	34:12-22	51:49-23
20	Ellen Merethe Schjelderup	1:28:02	36:22-27	51:40-22
21	Evine Westli Andersen, Løten o-lag	1:28:12	38:16-32	49:56-17
22	Ingeborg Ellegaard Melby, Hamar	1:28:17	36:39-28	51:38-21
23	Toril Aasheim Nymark, Askøy OL	1:28:58	38:57-34	50:01-18
24	Åsne Skram Trømborg, Kongsberg	1:29:03	32:45-14	56:18-28
25	Lene Therese Myrland, Porsgrunn	1:29:14	33:17-20	55:57-27
26	Sigrid Wanvik Haugen, Stjørdals-	1:29:18	36:40-29	52:38-25
27	Sara Angell Bakke, Lillomarka OL	1:31:44	36:53-30	54:51-26
28	Norunn Kvistad Dengerud,	1:36:43	38:04-31	58:39-33
29	Ingrid Peikli, Sandnes IL (Rogaland)	1:37:58	40:30-39	57:28-30
30	Christine Williksen Høiland, Fossum	1:38:12	41:09-40	57:03-29
31	Vibeke Rykkje, Fana IL	1:38:49	39:39-36	59:10-34
32	Marit Nersten, Fossum IF	1:41:07	39:03-35	1:02:04-38
33	Silje Arntzen, Asker Skiklubb	1:41:27	33:22-21	1:08:05-42
34	Idun Bækken, Nord-Østerdal OK	1:41:32	42:03-43	59:29-35
35	Heidi Jensen, Bodø og Omegn IF	1:41:35	41:14-41	1:00:21-36
36	Stina Johanne Sandberg,	1:42:23	39:44-37	1:02:39-40
37	Nina Asheim Birkeland, Halden SK	1:42:26	33:09-18	1:09:17-43
38	Nora Hui Andersen, Hamar OK	1:47:00	49:02-46	57:58-31
39	Marte Hoff Hagen, Byåsen IL	1:48:05	45:53-44	1:02:12-39
40	Ingrid Holte, Porsgrunn OL	1:53:47	52:10-48	1:01:37-37
41	Martine Løwengreen, Sarpsborg	1:54:27	50:19-47	1:04:08-41
42	Kristiane Elise Ottesen, Varegg	2:21:30	1:00:55-50	1:20:35-44
43	Anneli Grindstad, Halden SK	31:20	31:20-12	
44	Ida Rongved, Ringerike OL	35:05	35:05-24	
45	Trine D. Kihle, Ringerike OL	35:20	35:20-25	
46	Julie Marie Kinneberg, IL Tyrving	35:31	35:31-26	DNS
47	Marie Wold Stavrum, Frol IL	39:46	39:46-38	DNS
48	Ingvild Brekke, Lillomarka OL	41:31	41:31-42	
49	Ane Blomseth Johnsen, Ås-UMB	47:06	47:06-45	DNS
50	Ingvild Torgersen, Halden SK	47:47	DSQ	47:47-12
51	Atalie Pedersen, Bjerkvik IF	52:29	52:29-49	
52	Karen Bjergaard, Nydalens SK	58:28		58:28-32

Plass	Løper	Totalt	Løp 1	Løp 2
	Kaja Bråten Løvald, Asker Skiklubb	00:00		DNS
	Kajsa Stina Sandstad, Frol IL	00:00		DNS
	Julia Plaian, Asker Skiklubb	00:00		DNF
	Ledig Startnr, NOTEAM	00:00		DNS
	Nanna Norderud, IL Tyrving	00:00	DNS	DNS
	Sigrid Ottestad Hansen, Gimle IF	00:00	DNS	DNS
	Selma Øfsthus Gravir, Asker	00:00	DSQ	DNS

Plass	Løper	Totalt	Løp 1	Løp 2
D 19-20E				
1	Gunvor Hov Høydal, Fossum IF	1:20:26	26:02-2	54:24-3
2	Mathilde Rundhaug, Frol IL	1:20:29	27:00-3	53:29-1
3	Anna Ulvensøen, OL Tønsberg og	1:20:43	25:43-1	55:00-4
4	Jorunn Kvakland, Freidig	1:20:57	27:00-4	53:57-2
5	Agata Stankiewicz, Raumar	1:26:08	29:19-5	56:49-6
6	Marta Ulvensøen, OL Tønsberg og	1:28:42	32:10-19	56:32-5
7	Johanne Rakner, Varegg Fleridrett	1:28:44	30:37-13	58:07-7
8	Kristine Berglia, Eiker OL	1:28:48	29:40-6	59:08-8
9	Solveig Blindheim, Lillomarka OL	1:29:15	29:45-7	59:30-9
10	Hedvig Åstebøl, Oppsal Orientering	1:30:22	29:59-8	1:00:23-10
11	Siri Kollerud, Lillomarka OL	1:32:12	31:47-17	1:00:25-11
12	Emilie Westli Andersen, Løten o-lag	1:32:18	31:37-15	1:00:41-12
13	Guro Vassend, Fossum IF	1:33:19	30:12-11	1:03:07-13
14	Marthe Gløersen, OL Tønsberg og	1:34:06	30:14-12	1:03:52-15
15	Malin Eijsink, OK Linné	1:37:11	33:24-20	1:03:47-14
16	Marianne Opsahl Bredeesen,	1:38:00	30:06-9	1:07:54-16
17	Marte Fallbakken Berge, Løten o-lag	1:46:15	33:51-21	1:12:24-17
18	Natalia Scieszko, UKS Orientus	1:50:25	34:19-22	1:16:06-19
19	Ingrid Nygård, Notodden OL	1:56:18	38:04-25	1:18:14-20
20	Aurora Fossøy, Notodden OL	1:58:53	43:28-27	1:15:25-18
21	Gry Granstedt, Halden SK	30:10	30:10-10	
22	Line Maria Haugen Melby, Raumar	30:57	30:57-14	
23	Live Bredholt Jørgensen,	31:44	31:44-16	DNS
24	Marie Nordbye Nybø, Konnerud IL	32:01	32:01-18	
25	Julie Størmer, Fossum IF	35:03	35:03-23	
26	Marie Styrvold, NTNUI	36:04	36:04-24	DSQ
27	Jenny Andreassen Moe, Ås-UMB	41:10	41:10-26	DNS
28	Karoline Dahl Fosby, NTNUI	1:22:40	DSQ	1:22:40-21
	Kamilla Olaussen, Fredrikstad SK	00:00	DNS	
	Nina Karlsen, Stavanger	00:00	DNS	DNS

Pluss	Løper	Totalt	Løp 1	Løp 2
	D 21-E			-
1	Mari Fasting, Halden SK	1:31:48	35:11-1	56:37-1
2	Tone Wigemyr, Bækkelagets SK	1:36:05	36:32-3	59:33-2
3	Ingjerd Myhre, Järla Orientering	1:38:37	38:04-5	1:00:33-3
4	Heidi Østlid Bagstevold,	1:38:46	35:33-2	1:03:13-9
5	Bodil Holmström, Halden SK	1:39:18	37:55-4	1:01:23-5
6	Kine Gulliksen, Bækkelagets SK	1:41:18	40:04-8	1:01:14-4
7	Maren Jansson Haverstad, NTNUI	1:41:30	39:33-7	1:01:57-6
8	Birgitte Husebye, Fredrikstad SK	1:41:39	38:54-6	1:02:45-8
9	Emma Johansson, NTNUI	1:44:47	42:04-16	1:02:43-7
10	Anette Baklid, Konnerud IL	1:45:18	41:08-11	1:04:10-11
11	Marte Narum, Konnerud IL	1:45:37	41:42-15	1:03:55-10
12	Lene Godager Kaas, Bækkelagets	1:46:14	40:32-9	1:05:42-14
13	Hanna Haugen Nordbrøden,	1:46:19	41:36-14	1:04:43-12
14	Lone Brochmann, Eiker OL	1:46:27	41:20-12	1:05:07-13
15	Sofie Aarnes, Nydalens SK	1:47:31	41:35-13	1:05:56-15
16	Helen Palmer, Lillomarka OL	1:53:34	43:11-22	1:10:23-17
17	Elena Roos, Halden SK	1:54:06	43:08-21	1:10:58-19
18	Ane Sofie Næss Bjørgul, Halden SK	1:57:16	47:30-33	1:09:46-16
19	Ida Mari Borge Hovi, Konnerud IL	1:57:19	45:36-29	1:11:43-20
20	Irene Beate Øhrn Arnevik, Søgne	1:57:27	43:17-23	1:14:10-25
21	Mathilde Korvald Skaare, NTNUI	2:01:21	50:43-43	1:10:38-18
22	Ingrid Berge, NTNUI	2:01:28	48:12-34	1:13:16-23
23	Guro Torpe, NTNUI	2:01:58	48:49-36	1:13:09-22
24	Sara Profors, Frol IL	2:02:06	49:16-38	1:12:50-21
25	Kristine Fjellanger, Varegg Fleridrett	2:03:44	50:21-42	1:13:23-24
26	Maren Mohagen Hansen, NTNUI	2:05:17	46:10-30	1:19:07-27
27	Elin-Kristin Hem, Sandefjord OK	2:05:42	49:09-37	1:16:33-26
28	Ewa Gwozdz, UKS Orientus Lodz	2:16:32	51:10-44	1:25:22-28
29	Natalia Ewiak, Raumar Orientering	2:21:23	55:29-51	1:25:54-29
30	Maria Brodin, Fossum IF	2:25:26	55:17-50	1:30:09-30
31	Marit Isachsen, Asker Skiklubb	2:27:10	53:55-47	1:33:15-31
32	Leena Kuusipohja, Lahden	2:37:02	1:01:48-53	1:35:14-32
33	Kajsa Nilsson, Halden SK	40:57	40:57-10	
34	Linn Hokholt, Lillomarka OL	42:12	42:12-17	DNS
35	Gøril Fristad, Halden SK	42:14	42:14-18	DNS
36	Anni-Maija Fincke, Tampereen	42:59	42:59-19	
37	Ida Marie Næss Bjørgul, Halden SK	43:07	43:07-20	
38	Gøril Rønning Sund, Frol IL	44:41	44:41-24	DNS
39	Mali Fjogstad Nielsen, NTNUI	44:52	44:52-25	DSQ
40	Nicole Ragvin, Nydalens SK	45:00	45:00-26	
41	Jennie Runesson, Göteborg-	45:18	45:18-27	
42	Line Hagman, Bækkelagets SK	45:22	45:22-28	
43	Emma Lähdekorpi, Nydalens SK	46:56	46:56-31	DNS
44	Christiane Trösse, Varegg Fleridrett	47:11	47:11-32	DSQ
45	Marit Kahrs, Halden SK	48:31	48:31-35	
46	Guro Alexandersen, Fredrikstad SK	49:23	49:23-39	
47	Aasne Fenne Hoksrud,	49:47	49:47-40	DNS
48	Marte Balchen, Bækkelagets SK	49:58	49:58-41	
49	Linda Solberg, Fredrikstad SK	52:19	52:19-45	
50	Anneke Hald Bjørgum, Järla	53:05	53:05-46	DSQ
51	Eline Drage, Kongsberg OL	54:04	54:04-48	
52	Ingvild Gjessing, Bækkelagets SK	54:11	54:11-49	

Plass	Løper	Totalt	Løp 1	Løp 2
53	Karoline Andersen, Asker Skiklubb	56:36	56:36-52	
54	Ingrid Helene Skantze, IL Tyrving	1:02:17	1:02:17-54	
55	Marie Hammer Håversen, Raumar	1:04:44	1:04:44-55	
	Anne Johanne Lind, IL Tyrving	00:00		DNS
	Ine Hovi, Ås-UMB Orientering	00:00	DSQ	
	Guro Elisabeth Kolstad, Konnerud	00:00	DNS	
	Helene Lund-Johansen, IL Tyrving	00:00	DNF	
	Anne M Hausken Nordberg, Halden	00:00	DNS	
	Silje Uhlen Maurset, NTNUI	00:00	DSQ	DNF
	Audhild Bakken Rognstad, NTNUI	00:00	DNS	DNS

Pluss	Løper	Totalt	Løp 1	Løp 2
	H 17-18E			-
1	Sigur Heggedal, Kongsberg OL	1:19:45	24:44-1	55:01-9
2	Markus Holter, Indre Østfold OK	1:20:18	25:37-2	54:41-7
3	Krzysztof Rzenca, UKS Orientus	1:21:11	27:56-5	53:15-4
4	Harald Astrup Arnesen, Heming	1:21:16	28:03-8	53:13-3
5	Jon Nilsen, Vegårshei IL	1:21:29	28:38-9	52:51-2
6	Erik Olsvik Dengerud, Nydalens SK	1:21:42	28:54-10	52:48-1
7	Anders Felde Olaussen, Halden SK	1:21:47	28:00-7	53:47-6
8	Jonas Madslie Bakken, Nydalens	1:24:35	27:11-3	57:24-20
8	Magne Jutulstad, Bækkelagets SK	1:24:35	27:19-4	57:16-19
10	Stian Sundsvik, Frol IL	1:25:00	31:23-24	53:37-5
11	Olai Stensland Lillevold, Fossum IF	1:25:34	29:18-11	56:16-12
12	Gaute Friestad, Kristiansand OK	1:25:43	29:22-12	56:21-13
13	Oskar Størmer, Fossum IF	1:26:06	31:08-22	54:58-8
14	Eivind Høydal, Nydalens SK	1:26:10	30:08-18	56:02-10
15	Karl Fremstad, Kongsberg OL	1:26:54	30:06-17	56:48-17
16	Elias T. Mølnvik, Fossum IF	1:27:42	29:26-13	58:16-24
17	Vegard Jarvis Westergård,	1:28:02	29:59-15	58:03-22
18	Vegard Rønning Huber, Hamar OK	1:28:50	32:03-28	56:47-16
19	Simen Bordal, Ringsaker OK	1:28:51	32:47-33	56:04-11
19	Øyvind Wiggen, Byåsen IL	1:28:51	31:51-27	57:00-18
21	Yngvar Høimyr Solberg, IF Sturla	1:28:53	32:09-30	56:44-15
22	Håkon Fruseth Christiansen, OL	1:29:04	32:35-31	56:29-14
23	Morten Jørgensen, Kristiansand OK	1:29:28	30:29-19	58:59-28
24	Vebjørn Tandberg, Nydalens SK	1:29:38	31:30-25	58:08-23
25	Lars Harald Aasheim, Bækkelagets	1:29:53	31:21-23	58:32-25
26	Steinar Kollerud, Lillomarka OL	1:30:19	29:37-14	1:00:42-31
27	Jørgen Elisenberg, Hamar OK	1:35:00	34:39-38	1:00:21-30
28	Jonas Ressem, Frol IL	1:35:01	36:09-43	58:52-27
29	Elias Wiklund, Nydalens SK	1:35:10	36:22-44	58:48-26
30	Rein Helle Mårdalen, Freidig	1:35:47	31:49-26	1:03:58-33
31	Mateusz Podsiadly, IL Tyrving	1:35:56	32:54-34	1:03:02-32
32	Johan Otto Munkeby, Frol IL	1:36:22	32:03-29	1:04:19-34
33	Vegard Ressem, Frol IL	1:41:14	35:43-42	1:05:31-36
34	Lars Treakrem, Heming Orientering	1:41:26	34:56-39	1:06:30-37
35	Henrik Upsal, Kristiansand OK	1:49:15	35:14-41	1:14:01-44
36	Dag Blandkjenn, Kristiansand OK	1:51:17	43:04-53	1:08:13-39
37	Runar Bjørhovde, Bækkelagets SK	1:52:22	40:16-49	1:12:06-43
38	Paul Martin Remme, Porsgrunn OL	1:52:54	45:19-59	1:07:35-38
39	Gard-Martin Udnesseter Johnson,	2:03:05	47:11-61	1:15:54-45
40	Szymon Palka, UKS Orientus Lodz	2:03:45	41:55-52	1:21:50-46
41	Karsten Hervik Hansen,	2:05:27	38:31-47	1:26:56-49
42	Odd Kasper Ekre, Indre Østfold OK	2:09:57	45:11-57	1:24:46-47
43	Øyvind Berg, Nord-Østerdal OK	2:11:03	44:30-56	1:26:33-48
44	Andreas Søberg, OL Trollelg	27:58	27:58-6	DSQ
45	Håvard Myhre, Kongsberg OL	29:59	29:59-16	DNS
46	Håkon Kindem, Gimle IF	30:52	30:52-20	DSQ
47	Erland Kvisle, Asker Skiklubb	31:07	31:07-21	DNS
48	Jørgen Wingerei, Porsgrunn OL	32:42	32:42-32	DSQ
49	Anders Sommerstad Juveli,	33:21	33:21-35	
50	Sigurd Melsom, Fossum IF	33:23	33:23-36	DNS
51	Anders Bergum, Gjø-Vard OL	34:16	34:16-37	DSQ
52	Are Smeland Nygårdseter,	35:00	35:00-40	DNS

Plass	Løper	Totalt	Løp 1	Løp 2
53	Henrik Nielsen Solberg, Stjørdals-	36:31	36:31-45	
54	Herman Moe, Fet OL	37:09	37:09-46	DSQ
55	Petter Moe, Sandefjord OK	38:57	38:57-48	DSQ
56	Ivar Aukrust Osmoen, Nord-	40:29	40:29-50	DSQ
57	Jørund Vala, Oppsal Orientering	41:45	41:45-51	
58	Einar Lofthus, Lillehammer OK	43:58	43:58-54	DSQ
59	Aksel Madslie, Nydalens SK	44:24	44:24-55	DNS
60	Ola Brende, Fossum IF	45:12	45:12-58	DNS
61	Andreas Eide Skjæveland,	46:02	46:02-60	DSQ
62	Endre Aaen, Stjørdals-Blink	51:25	51:25-62	DNS
63	Bjørn André Aaslund, Fet OL	57:58	DSQ	57:58-21
64	Matias Hodne Hanisch,	59:03	DSQ	59:03-29
65	Jørgen Weidemann, Nydalens SK	1:05:07	DSQ	1:05:07-35
66	Hans Peder Langbekkhei, Nord-	1:09:48	DSQ	1:09:48-40
67	Lasse Simonsen, Fredrikstad SK	1:10:14		1:10:14-41
68	Lars Bredalen, Nittedal OL	1:11:38	DSQ	1:11:38-42
	Håvard Irgens, Bodø og Omegn IF	00:00		DNS
	Ola Singsdal, Gimle IF	00:00	DSQ	
	Ledig Startnr, NOTEAM	00:00	DSQ	
	Ledig Startnr, NOTEAM	00:00	DSQ	
	Ledig Startnr, NOTEAM	00:00	DSQ	
	Ledig Startnr, NOTEAM	00:00	DSQ	
	Ledig Startnr, NOTEAM	00:00	DSQ	
	Henrik Eijsink, Ås-UMB Orientering	00:00	DNS	DNS
	Peder Fosshem Asplin, Gjø-Vard	00:00	DNS	DNS

Plass	Løper	Totalt	Løp 1	Løp 2
H 19-20E				
1	Borger Melsom, Fossum IF	1:23:07	25:40-1	57:27-1
2	Anders Vister, Raumar Orientering	1:25:01	25:48-3	59:13-2
3	Nick Hann, Verdal OK	1:26:22	25:48-4	1:00:34-3
4	Simen Jevne Arnesen, Hamar OK	1:27:00	26:22-6	1:00:38-4
5	Emil Ahlbäck, Fossum IF	1:28:21	27:10-8	1:01:11-6
6	Håvard Haga, Raumar Orientering	1:28:23	26:25-7	1:01:58-8
7	Johannes Narum, Hamar OK	1:28:33	27:28-10	1:01:05-5
8	Mathias Drage, Kongsberg OL	1:29:20	27:55-12	1:01:25-7
9	Sjur Hovi, Kristiansand OK	1:30:49	27:10-9	1:03:39-14
10	Fredrik Raastad, Nydalens SK	1:32:29	29:42-21	1:02:47-11
11	Sindre Sandven, Kongsberg OL	1:32:50	26:10-5	1:06:40-19
12	Sindre Johannessen, Freidig	1:33:58	31:47-28	1:02:11-9
13	Sindre Østgulen Deisz, Varegg	1:34:06	28:44-16	1:05:22-16
14	Trond Einar Moen Pedersli, OL	1:34:13	29:25-19	1:04:48-15
15	Rasmus Rørholt Theisen, IL BUL-	1:34:15	31:00-25	1:03:15-13
16	Petter Jakola, Bodø og Omegn IF	1:34:31	32:03-30	1:02:28-10
17	Oskar Røen, Varegg Fleridrett	1:34:38	28:37-14	1:06:01-17
18	Bojan Blumenstein, Halden SK	1:34:50	31:48-29	1:03:02-12
19	Per Ola Ottesen, Varegg Fleridrett	1:36:22	29:11-18	1:07:11-21
20	Paul Sirum, Frol IL	1:36:24	29:29-20	1:06:55-20
21	Dag Lofthus, Hamar OK	1:37:13	28:42-15	1:08:31-25
22	Per Øyvind Valen, Haugesund IL	1:37:50	30:13-23	1:07:37-23
23	Ove Baardsgaard, OL Trollelg	1:38:03	31:39-26	1:06:24-18
23	Øystein Garsrud Tvedt, Vaulen	1:38:03	30:46-24	1:07:17-22
25	Jonas Klausen Espedal, Stavanger	1:40:06	31:39-27	1:08:27-24
26	Thorstein Wang, Lillomarka OL	1:44:06	32:42-34	1:11:24-26
27	Sebastian Torgersen, Bækkelagets	1:44:27	28:31-13	1:15:56-27
28	Harald Kalager, Asker Skiklubb	1:50:13	32:31-33	1:17:42-28
29	Erlend Søbye Grønvold, Porsgrunn	2:18:31	40:52-43	1:37:39-29
30	Sindre Rønning, Frol IL	25:45	25:45-2	DSQ
31	Magne Haga, Raumar Orientering	27:47	27:47-11	DNS
32	Thomas Schive, Bækkelagets SK	28:51	28:51-17	DNS
33	Johan Hoel, Raumar Orientering	30:08	30:08-22	DNS
34	Adrian Opheim, Måren OK	32:18	32:18-31	
35	Gustav Fiskum, IL Tyrving	32:24	32:24-32	
36	Mattis Holt, Freidig	34:10	34:10-35	DSQ
37	Olav Vestøl, Vegårshei IL	34:29	34:29-36	
38	Jørgen Madslie, Nydalens SK	34:44	34:44-37	DNS
39	Simen Eid Nielsen, Nydalens SK	35:24	35:24-38	
40	Erlend Isachsen, Asker Skiklubb	36:19	36:19-39	
41	Anders Treekrem, Ås-UMB	36:25	36:25-40	
42	Stian Jensen, Hamar OK	37:00	37:00-41	DSQ
43	Bjørnar Smeland Nygårdseter,	37:50	37:50-42	
44	Sindre Engzelius Gylver, Asker	42:33	42:33-44	
45	Håkon Hegreberg, Bodø og Omegn	46:43	46:43-45	DNS

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	H 21-E			-
1	Emil Wingstedt, Halden SK	1:41:52	35:17-4	1:06:35-1
2	Hans Gunnar Omdal, Kristiansand	1:42:02	34:56-1	1:07:06-3
3	Bjørn Ekeberg, IL Tyrving	1:42:09	35:15-3	1:06:54-2
4	Eskil Kinneberg *, IFK Göteborg	1:42:35	35:09-2	1:07:26-4
5	Øystein Kvaal Østerbø, IFK Lidingö	1:46:21	36:38-8	1:09:43-10
6	Andreas Høye, Göteborg-Majorna	1:46:26	37:25-13	1:09:01-5
7	Ulf Forseth Indgaard, Frol IL	1:46:36	36:41-9	1:09:55-12
8	Anders Tiltnes, IL Tyrving	1:46:46	37:13-12	1:09:33-7
9	Mattias Karlsson, Halden SK	1:46:50	37:47-15	1:09:03-6
10	Eirik Martens Svensen,	1:46:54	36:51-10	1:10:03-14
11	Håvard Lucassen, Vaajakosken	1:47:36	36:21-5	1:11:15-19
12	Ruslan Glebov, IL Tyrving	1:49:13	39:38-36	1:09:35-8
13	Espen Fiskum, Halden SK	1:49:18	38:55-26	1:10:23-16
14	Thomas Natvig Årstad, NTNUI	1:49:19	39:40-39	1:09:39-9
15	Christoph Brandt, IL Tyrving	1:49:20	39:35-33	1:09:45-11
16	Jo Forseth Indgaard, Frol IL	1:49:21	38:39-22	1:10:42-18
17	Sindre Østhagen, Fredrikstad SK	1:49:26	39:02-27	1:10:24-17
18	Rasmus Djurhuus, Kristiansand OK	1:49:30	37:26-14	1:12:04-23
19	Hans Petter Mathisen, NTNUI	1:49:53	39:39-38	1:10:14-15
20	Torbjørn Sagberg, IL Tyrving	1:50:00	40:03-40	1:09:57-13
21	Stig Alvestad, Ganddal IL	1:50:39	38:34-20	1:12:05-24
22	Jim Øystein Nybråten, IL Tyrving	1:50:42	38:34-18	1:12:08-26
22	Martin Vister, Järla Orientering	1:50:42	38:34-19	1:12:08-25
24	Jon Aukrust Osmoen, NTNUI	1:50:48	39:27-32	1:11:21-20
25	Vegard Rutenborg, NTNUI	1:50:59	39:19-31	1:11:40-21
26	Espen Jakobsen, NTNUI	1:51:23	38:22-17	1:13:01-31
27	Eirik Kamstrup Hovind, NTNUI	1:52:14	38:40-23	1:13:34-32
28	Vegard Brun Saga, NTNUI	1:52:31	40:32-44	1:11:59-22
29	Espen Weltzien, Järla Orientering	1:52:43	40:14-41	1:12:29-27
30	Asgeir Bakken Rognstad, NTNUI	1:53:09	40:36-45	1:12:33-28
31	Sverre Waaler Kaas, Nydalens SK	1:53:10	40:21-42	1:12:49-29
32	Øyvind Helgerud, Halden SK	1:53:13	39:37-35	1:13:36-34
33	Johan Asphjell Bjørnaas, Frol IL	1:53:21	40:27-43	1:12:54-30
34	Eirik Rustad, Raumar Orientering	1:54:07	38:42-24	1:15:25-39
35	Carl Petter Lyngen, Frol IL	1:55:06	41:31-51	1:13:35-33
36	Bent Olav Aamodt, Fredrikstad SK	1:55:14	41:25-48	1:13:49-36
37	Christian Wiig Bøen, Kristiansand	1:55:25	38:06-16	1:17:19-43
38	Torben Christian Wendler, Raumar	1:55:28	41:43-55	1:13:45-35
39	Øystein Pettersen, Nydalens SK	1:55:42	41:42-54	1:14:00-37
40	Jonas Sommerstad Juveli,	1:59:42	39:11-29	1:20:31-51
41	Simen Aamodt, NTNUI	1:59:55	43:04-63	1:16:51-42
42	Vyacheslav Mukhidinov,	1:59:59	43:45-67	1:16:14-41
43	Per Melander Often, NTNUI	2:00:12	42:42-60	1:17:30-44
44	Håvard Vassenden, Frol IL	2:01:41	41:32-52	1:20:09-48
45	Per Øyvind Stene, Nydalens SK	2:01:53	41:40-53	1:20:13-49
46	Martin Hoset, NTNUI	2:03:00	43:08-64	1:19:52-47
47	Juho Westerlund, Koovee	2:03:16	41:45-56	1:21:31-54
48	Kjetil Okkenhaug, NTNUI	2:03:37	44:35-72	1:19:02-46
49	Vegard Blomseth Johnsen, NTNUI	2:04:16	43:51-68	1:20:25-50
50	Mats Nordbrøden, Järla Orientering	2:04:18	42:01-58	1:22:17-58
51	Magnus Johansson, Kristiansand	2:04:37	42:27-59	1:22:10-57
52	Øyvind Lund, Raumar Orientering	2:05:17	42:45-61	1:22:32-61

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53	Jørgen Fiskum, Frol IL	2:05:34	46:52-91	1:18:42-45
54	Stian Bergersen, NTNUI	2:06:00	44:19-71	1:21:41-55
55	Erik Gustafsson, NTNUI	2:07:09	45:47-84	1:21:22-53
56	Rafal Podzinski, Raumar Orientering	2:07:13	45:29-82	1:21:44-56
57	Petter Marki Erichsen, Varegg	2:07:24	43:19-65	1:24:05-63
58	Per Wiréhn, Byåsen IL	2:07:28	45:00-77	1:22:28-59
59	Jonatan Rosengren Drake, Varegg	2:07:56	45:25-80	1:22:31-60
60	Halvor Eid Nielsen, NTNUI	2:11:38	46:48-88	1:24:50-65
61	Niklas Profors, Varegg Fleridrett	2:12:20	45:28-81	1:26:52-66
62	Øystein Haug, Frol IL	2:12:58	48:09-95	1:24:49-64
63	Terje Maroni, Byåsen IL	2:15:14	51:25-98	1:23:49-62
63	Jo Inge Fjellstad, Ås-UMB	2:15:14	46:49-89	1:28:25-68
65	Marius Øie, Løten o-lag	2:15:39	44:52-75	1:30:47-72
66	Sondre Sande Gullord, NTNUI	2:19:23	45:19-78	1:34:04-74
67	Stig Rune Holberg, NTNUI	2:19:25	51:01-97	1:28:24-67
68	Lukasz Charuba, UKS Orientus	2:22:37	53:55-105	1:28:42-69
69	Thomas Ruud, Ås-UMB Orientering	2:23:34	52:53-101	1:30:41-71
70	Kristian Vad, Halden SK	2:23:50	44:45-74	1:39:05-76
71	Terje Faugstad Bjertnes, NTNUI	2:27:59	53:46-103	1:34:13-75
72	Ørjan Svaland Aas, Varegg	2:31:03	59:47-111	1:31:16-73
73	Hallvard Nordbrøden, NTNUI	2:31:49	51:40-100	1:40:09-77
74	Dominik Chudzik, UKS Orientus	2:37:21	56:09-107	1:41:12-78
75	Per-Ivar Nikolaisen, Oppsal	2:42:00	55:17-106	1:46:43-80
76	Bartlomiej Mazan, IL Tyrving	3:26:38	1:22:22-115	2:04:16-81
77	Audun Weltzien, IFK Göteborg	36:26	36:26-6	DNS
78	Christian Riddervold Kahrs,	36:37	36:37-7	DNS
79	Kristoffer Fiane Pedersen, Ås-	36:54	36:54-11	DSQ
80	Wojciech Kowalski, IL Tyrving	38:38	38:38-21	
81	Per Harald Havnen Johansen,	38:48	38:48-25	DSQ
82	Jarkko Huovila, Kalevan rasti	39:02	39:02-28	
83	Damien Renard, Kongsberg OL	39:16	39:16-30	
84	Holger Hott, Kristiansand OK	39:37	39:37-34	
85	Gaute Hallan Steiwer, Lillomarka OL	39:38	39:38-37	DNS
86	Jon Pedersen, Halden SK	40:41	40:41-46	DNS
87	Felix Breitschädel, Bækkelaget SK	41:20	41:20-47	
88	Wojciech Dwojak, IL Tyrving	41:27	41:27-49	
89	Jostein Andersen, Kristiansand OK	41:30	41:30-50	
90	Audun Bjerkreim Nilsen,	41:51	41:51-57	
91	Kjell Erik Røisland, Turun	42:52	42:52-62	DNS
92	Lacho Iliev, Halden SK	43:32	43:32-66	DNS
93	Alf Johan Walgermo Lima, Ganddal	44:11	44:11-69	DSQ
94	Torkil Eide Solstad, NTNUI	44:13	44:13-70	DSQ
95	Ragnar Tonjer, Nydalens SK	44:44	44:44-73	DNS
96	Kjell Arild Karlsen, Fredrikstad SK	44:55	44:55-76	
97	Magnus Beyer Brattli, Frol IL	45:22	45:22-79	
98	Mathias Stensland Lillevold, NTNUI	45:30	45:30-83	DNS
99	Ola Marius Pedersen, Oppsal	46:05	46:05-85	
100	Morten Severin Saue, IL Tyrving	46:07	46:07-86	DNS
101	Sverre Turter Sandvold, NTNUI	46:13	46:13-87	DSQ
102	Gunnar A Fiskum, IL Tyrving	46:50	46:50-90	
103	Kristian Stenerud, NTNUI	47:07	47:07-92	DNS
104	Trygve Tømta, Raumar Orientering	47:39	47:39-93	
105	Ole Kjell Langmyren, Lillomarka OL	47:51	47:51-94	
106	Knut Sveinung Rekaa, Freidig	48:16	48:16-96	

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107	Erling Grammeltvedt, NTNUI	51:39	51:39-99	
108	Truls Kvaase, Bækkelagets SK	53:00	53:00-102	
109	Fredrik Rosenqvist, IL Tyrving	53:52	53:52-104	
110	Ola Lesteberg, Kongsberg OL	56:37	56:37-108	
111	Olaf Hesselberg Indby, Ås-UMB	57:21	57:21-109	
112	Anders Opsahl Bredesen, NTNUI	58:20	58:20-110	DSQ
113	Joakim Prestmo, Bækkelagets SK	59:47	59:47-112	
114	Simen Smestad, Bækkelagets SK	1:01:16	1:01:16-113	
115	Leiv Inge Kjemperud, Fossekallen IL	1:02:16	1:02:16-114	DNS
116	Vegard Danielsen, Kristiansand OK	1:14:02	DSQ	1:14:02-38
117	Mats Dahlén, Kristiansand OK	1:16:00	DSQ	1:16:00-40
118	Harri Luchsinger, NTNUI	1:21:01	DSQ	1:21:01-52
119	Carl Godager Kaas, Bækkelagets	1:28:52	DSQ	1:28:52-70
120	Jørgen Frøyd, Larvik OK	1:42:42	DSQ	1:42:42-79
	Anders Nordberg, Vaajakosken	00:00	DSQ	
	Matthew Speake, Lillomarka OL	00:00		DNS
	Vidar Solberg, Fredrikstad SK	00:00	DSQ	
	Marius Wikstrøm, Ringsaker OK	00:00	DNS	
	Kjell Reidar Mydske, Fredrikstad SK	00:00	DNS	
	Svend Sondre Frøshaug, Nydalens	00:00	DSQ	
	Anders Einum, NTNUI	00:00	DNS	DNS
	Ivar Haugen, Kristiansand OK	00:00	DSQ	DSQ
	Rune Olsen, Bækkelagets SK	00:00	DSQ	DNS
	Isak Bergset, NTNUI	00:00	DSQ	DSQ
	Øyvind Enger, NTNUI	00:00	DSQ	DNF
	Øivind Thorvald Due Trier,	00:00	DNS	DNS
	Eirik Watterdal, Bækkelagets SK	00:00	DNF	DNS
	Daniel Marston, Bækkelagets SK	00:00	DNS	DNS