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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
1	**Steinkjer OK lag 1**			**57:22**			
	1 Svein Anders Melhus	25:18 2	00:46	25:18 2	00:46		
	2 Jørgen Rannem Halse	11:47 1	00:00	37:05 1	00:00	1	
	3 Marius Landsem Melhus	20:17 2	02:02	57:22 1	00:00	0	
2	**Verdal OK lag 1**			**1:02:29**	**05:07**		
	1 Anton Bjartnes	24:32 1	00:00	24:32 1	00:00		
	2 Sigrid Hallem Solum	12:46 2	00:59	37:18 2	00:13	-1	
	3 Petter Markhus	25:11 9	06:56	1:02:29 2	05:07	0	
3	**Verdal OK lag 3**			**1:04:03**	**06:41**		
	1 Einar Lund	29:37 11	05:05	29:37 11	05:05		
	2 Sondre Gjedrem Lund	13:10 4	01:23	42:47 5	05:42	6	
	3 Martin Gjedrem Lund	21:16 3	03:01	1:04:03 3	06:41	2	
4	**Verdal OK lag 2**			**1:04:17**	**06:55**		
	1 Jon Sivertsen	25:18 2	00:46	25:18 2	00:46		
	2 Sigrid Vehus Skjerve	13:07 3	01:20	38:25 3	01:20	-1	
	3 Arne Okkenhaug	25:52 11	07:37	1:04:17 4	06:55	-1	
5	**Steinkjer OK lag 2**			**1:05:54**	**08:32**		
	1 Eirik Ishol Skogan	29:17 8	04:45	29:17 8	04:45		
	2 Kjersti Kvistad Dengerud	13:41 7	01:54	42:58 6	05:53	2	
	3 Trygve Lægran	22:56 4	04:41	1:05:54 5	08:32	1	
6	**Verdal OK lag 4**			**1:06:03**	**08:41**		
	1 Vidar Skjerve	28:43 5	04:11	28:43 5	04:11		
	2 Fredrik Vehus Skjerve	13:10 4	01:23	41:53 4	04:48	1	
	3 Marte Sveberg	24:10 6	05:55	1:06:03 6	08:41	-2	
7	**Stjørdals-Blink Orientering lag 2**			**1:08:41**	**11:19**		
	1 Endre Aaen	33:40 16	09:08	33:40 16	09:08		
	2 Margit Eide	16:46 15	04:59	50:26 17	13:21	-1	
	3 Endre Aaen	18:15 1	00:00	1:08:41 7	11:19	10	
8	**Steinkjer OK lag 3**			**1:10:06**	**12:44**		
	1 Kari Grindberg	31:20 14	06:48	31:20 14	06:48		
	2 Marit Ishol Skogan	15:08 11	03:21	46:28 12	09:23	2	
	3 Anders Hallem Iversen	23:38 5	05:23	1:10:06 8	12:44	4	
9	**Frol IL Orientering lag 1**			**1:10:51**	**13:29**		
	1 Frank Robert Rysgård	29:02 6	04:30	29:02 6	04:30		
	2 Ragne Munkeby	16:56 18	05:09	45:58 10	08:53	-4	
	3 Karen Rysgård	24:53 7	06:38	1:10:51 9	13:29	1	
10	**OK Skøynar lag 1**			**1:10:55**	**13:33**		
	1 Joar Svendgård	29:21 9	04:49	29:21 9	04:49		
	2 Morten Svendgård Kristian Veie	13:40 6	01:53	43:01 7	05:56	2	
	3 Olav Magne Svendgård	27:54 14	09:39	1:10:55 10	13:33	-3	
11	**Verdal OK lag 8**			**1:11:41**	**14:19**		
	1 Inge Hafstad	29:29 10	04:57	29:29 10	04:57		
	2 Håkon Grande	16:08 13	04:21	45:37 9	08:32	1	
	3 Karl Arne Melbye	26:04 12	07:49	1:11:41 11	14:19	-2	
12	**Verdal OK lag 5**			**1:11:54**	**14:32**		
	1 Svein Inge Ydse	28:28 4	03:56	28:28 4	03:56		
	2 Tore Markhus	14:47 10	03:00	43:15 8	06:10	-4	
	3 Morten Sveberg	28:39 16	10:24	1:11:54 12	14:32	-4	

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13	**Frol IL Orientering lag 3**			**1:17:13**	**19:51**		
	1 Gunnar Vatn	29:07 7	04:35	29:07 7	04:35		
	2 Ane Marte Vatn	16:52 17	05:05	45:59 11	08:54	-4	
	3 Randi Wold Stavrum	31:14 17	12:59	1:17:13 13	19:51	-2	
14	**Verdal OK lag 9**			**1:18:00**	**20:38**		
	1 Ole Morten Frøseth	30:11 12	05:39	30:11 12	05:39		
	2 Marte og Guro H Hermann	19:59 25	08:12	50:10 15	13:05	-3	
	3 Edvin Sivertsen	27:50 13	09:35	1:18:00 14	20:38	1	
15	**Steinkjer OK lag 7**			**1:19:03**	**21:41**		
	1 Martin Aas Wærum	32:25 15	07:53	32:25 15	07:53		
	2 Lina K Benan, Sara Tønne	15:14 12	03:27	47:39 13	10:34	2	
	3 Rolf Karset	31:24 18	13:09	1:19:03 15	21:41	-2	
16	**Steinkjer OK lag 5**			**1:20:56**	**23:34**		
	1 Terje Skrattalsrud	34:20 18	09:48	34:20 18	09:48		
	2 Sigurd Landsem Melhus	13:43 8	01:56	48:03 14	10:58	4	
	3 Nina Barstad Sund	32:53 20	14:38	1:20:56 16	23:34	-2	
17	**Steinkjer OK lag 4**			**1:21:11**	**23:49**		
	1 Eirik Schønberg	35:43 21	11:11	35:43 21	11:11		
	2 Vibeke K Dengerud Siri og Ada C Hegge	17:28 19	05:41	53:11 18	16:06	3	
	3 Astrid Lægran	28:00 15	09:45	1:21:11 17	23:49	1	
18	**Stjørdals-Blink Orientering lag 3**			**1:22:59**	**25:37**		
	1 Sigrid Solheim	44:05 26	19:33	44:05 26	19:33		
	2 Sigrid Vada Grønlie	13:56 9	02:09	58:01 25	20:56	1	
	3 Birgit Økern Jensen	24:58 8	06:43	1:22:59 18	25:37	7	
19	**Steinkjer OK lag 8**			**1:23:22**	**26:00**		
	1 Pål Wærum	30:27 13	05:55	30:27 13	05:55		
	2 Aslak B Sund, Morten Ressem	19:47 23	08:00	50:14 16	13:09	-3	
	3 Hugo Nordset	33:08 21	14:53	1:23:22 19	26:00	-3	
20	**Steinkjer OK lag 10**			**1:28:14**	**30:52**		
	1 Ola Benan	39:43 23	15:11	39:43 23	15:11		
	2 Aslaug Mølnvik	22:41 26	10:54	1:02:24 26	25:19	-3	
	3 Trine Rannem	25:50 10	07:35	1:28:14 20	30:52	6	
21	**Frol IL Orientering lag 2**			**1:29:40**	**32:18**		
	1 Fredrik Skjerve	39:43 23	15:11	39:43 23	15:11		
	2 Marius Ressem	18:08 20	06:21	57:51 24	20:46	-1	
	3 Marit Hæreid Sandstad	31:49 19	13:34	1:29:40 21	32:18	3	
22	**Steinkjer OK lag 6**			**1:33:12**	**35:50**		
	1 Nils Aal	40:57 25	16:25	40:57 25	16:25		
	2 Birk Barstad Sund	16:50 16	05:03	57:47 23	20:42	2	
	3 Mari Ann Landsem Melhus	35:25 22	17:10	1:33:12 22	35:50	1	
23	**OK Skøynar lag 2**			**1:33:55**	**36:33**		
	1 Kirsten Marie Lynum	36:58 22	12:26	36:58 22	12:26		
	2 Håvard Veie, Simen Hegstad	16:31 14	04:44	53:29 20	16:24	2	
	3 Hege Hegstad	40:26 24	22:11	1:33:55 23	36:33	-3	
24	**Verdal OK lag 7**			**1:34:12**	**36:50**		
	1 Marius Enes	34:33 20	10:01	34:33 20	10:01		
	2 Mia Larsen Sveberg	19:31 22	07:44	54:04 22	16:59	-2	
	3 Sverre Kristoffersen	40:08 23	21:53	1:34:12 24	36:50	-2	

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25	**Verdal OK lag 6**			**1:35:09**	**37:47**		
	1 Tor Ove Hallem	34:29 19	09:57	34:29 19	09:57		
	2 Sofie Hallem, Maren Bjørken, Emilie Holmann	18:50 21	07:03	53:19 19	16:14	0	
	3 Ingunn Hallem Solum	41:50 25	23:35	1:35:09 25	37:47	-6	
26	**Verdal OK lag 10**			**1:37:32**	**40:10**		
	1 Stein Markhus	34:09 17	09:37	34:09 17	09:37		
	2 Kari Halvorsen Melbye	19:49 24	08:02	53:58 21	16:53	-4	
	3 Tove Anette Hennissen	43:34 26	25:19	1:37:32 26	40:10	-5	
DSQ	**Stjørdals-Blink Orientering lag 1**			**00:00**			
	1 Håvard Hågård	22:54	-01:38	22:54	-01:38		
	2 Susanne Eide Haug	19:45	07:58	42:39	05:34	0	DSQ
	3 Maiken Økern Hågård	23:16	05:01	1:05:55	08:33	0	
DSQ	**Steinkjer OK lag 9**			**00:00**			
	1 Ola Hegge	55:02	30:30	55:02	30:30		
	2 Åse Græe	07:04	-04:43	1:02:06	25:01	0	
	3 Sigrid Ishol	43:37	25:22	1:45:43	48:21	0	DSQ

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