

NM sprint stafett

12.05.2024

Resultatliste

| Class | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------|---------------------------------|------------|-------|--------------|--------------|---------|--------------------|
| DHDH | | | | | | | |
| 1 | NTNUI lag 1 | | | 54:58 | | | 1 |
| | 1 Ane Dyrkorn | 13:08 1 | 00:00 | 13:08 1 | 00:00 | | |
| | 2 Mats Eidsmo | 14:04 2 | 00:05 | 27:12 1 | 00:00 | 0 | |
| | 3 Ingeborg Rygg Eikeland | 13:34 4 | 00:49 | 40:46 1 | 00:00 | 0 | |
| | 4 Eirik Langedal Breivik | 14:12 4 | 00:12 | 54:58 1 | 00:00 | 0 | |
| 2 | Heming Orientering lag 1 | | | 55:17 | 00:19 | | 10 |
| | 1 Maya Jones Arnesen | 13:47 7 | 00:39 | 13:47 7 | 00:39 | | |
| | 2 Ulrik Astrup Arnesen | 14:21 5 | 00:22 | 28:08 5 | 00:56 | 2 | |
| | 3 Josefine Lind | 12:45 1 | 00:00 | 40:53 2 | 00:07 | 3 | |
| | 4 Kasper Harlem Fosser | 14:24 8 | 00:24 | 55:17 2 | 00:19 | 0 | |
| 3 | Bækkelagets SK lag 1 | | | 56:02 | 01:04 | | 2 |
| | 1 Mathea Gløersen | 13:42 6 | 00:34 | 13:42 6 | 00:34 | | |
| | 2 Cornelius Bjørk | 14:08 3 | 00:09 | 27:50 2 | 00:38 | 4 | |
| | 3 Tilda Johansson | 13:40 5 | 00:55 | 41:30 3 | 00:44 | -1 | |
| | 4 Henry McNulty | 14:32 10 | 00:32 | 56:02 3 | 01:04 | 0 | |
| 4 | NTNUI lag 2 | | | 56:38 | 01:40 | | 3 |
| | 1 Emma Arnesen | 13:31 4 | 00:23 | 13:31 4 | 00:23 | | |
| | 2 Anselm Reichenbach | 14:31 8 | 00:32 | 28:02 4 | 00:50 | 0 | |
| | 3 Gjendine Gjelstad Rebård | 14:13 6 | 01:28 | 42:15 4 | 01:29 | 0 | |
| | 4 Isak Jonsson | 14:23 7 | 00:23 | 56:38 4 | 01:40 | 0 | |
| 5 | Freidig lag 1 | | | 56:47 | 01:49 | | 8 |
| | 1 Ine Bohnhorst Tegdan | 13:52 9 | 00:44 | 13:52 9 | 00:44 | | |
| | 2 Mikkel Holt | 14:21 5 | 00:22 | 28:13 6 | 01:01 | 3 | |
| | 3 Maria Strømdal Wik | 14:34 7 | 01:49 | 42:47 5 | 02:01 | 1 | |
| | 4 Håvard Sandstad Eidsmo | 14:00 1 | 00:00 | 56:47 5 | 01:49 | 0 | |
| 6 | Nydalens SK lag 1 | | | 57:19 | 02:21 | | 7 |
| | 1 Lone Brochmann | 14:43 17 | 01:35 | 14:43 17 | 01:35 | | |
| | 2 Bojan Blumenstein | 15:01 13 | 01:02 | 29:44 15 | 02:32 | 2 | |
| | 3 Pia Young Vik | 13:26 3 | 00:41 | 43:10 6 | 02:24 | 9 | |
| | 4 Elias Jonsson | 14:09 2 | 00:09 | 57:19 6 | 02:21 | 0 | |
| 7 | Fossum IF lag 1 | | | 57:28 | 02:30 | | 32 |
| | 1 Heidi Kristina Sebjørnsen | 14:37 15 | 01:29 | 14:37 15 | 01:29 | | |
| | 2 Øyvind Hjerme stad | 15:13 16 | 01:14 | 29:50 16 | 02:38 | -1 | |
| | 3 Victoria Hæstad Bjørnstad | 13:21 2 | 00:36 | 43:11 7 | 02:25 | 9 | |
| | 4 Philip Lehmann Romøren | 14:17 5 | 00:17 | 57:28 7 | 02:30 | 0 | |

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| Class | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------|---------------------------------|------------|-------|----------------|--------------|---------|--------------------|
| DHDH | | | | | | | |
| 8 | NTNUI lag 3 | | | 58:05 | 03:07 | | 5 |
| | 1 Sara Nystrøm Olsen | 14:13 11 | 01:05 | 14:13 11 | 01:05 | | |
| | 2 Clemens Sundby Øxnevad | 14:33 9 | 00:34 | 28:46 9 | 01:34 | 2 | |
| | 3 Maren Norderud | 14:40 8 | 01:55 | 43:26 8 | 02:40 | 1 | |
| | 4 Sigurd Paulsen Vie | 14:39 12 | 00:39 | 58:05 8 | 03:07 | 0 | |
| 9 | OL Trollelg lag 1 | | | 58:23 | 03:25 | | 6 |
| | 1 Frida Haugskott | 13:47 7 | 00:39 | 13:47 7 | 00:39 | | |
| | 2 Hallvard Seim Grøvlen | 15:15 17 | 01:16 | 29:02 11 | 01:50 | -4 | |
| | 3 Sigrid Haugskott | 15:01 10 | 02:16 | 44:03 10 | 03:17 | 1 | |
| | 4 Trond Einar Moen Pedersli | 14:20 6 | 00:20 | 58:23 9 | 03:25 | 1 | |
| 10 | Oppsal Orientering lag 1 | | | 58:45 | 03:47 | | 27 |
| | 1 Ingeborg Roll Mosland | 13:32 5 | 00:24 | 13:32 5 | 00:24 | | |
| | 2 Vegard Jarvis Westergård | 14:57 11 | 00:58 | 28:29 7 | 01:17 | -2 | |
| | 3 Ingvild Maalen-Johansen | 16:05 18 | 03:20 | 44:34 12 | 03:48 | -5 | |
| | 4 Jørgen Baklid | 14:11 3 | 00:11 | 58:45 10 | 03:47 | 2 | |
| 11 | Halden SK lag 1 | | | 58:54 | 03:56 | | 11 |
| | 1 Sigrid Schmitt Gran | 15:16 22 | 02:08 | 15:16 22 | 02:08 | | |
| | 2 Niels Christian Hellerud | 14:20 4 | 00:21 | 29:36 14 | 02:24 | 8 | |
| | 3 Minna Sofie Wingstedt | 14:54 9 | 02:09 | 44:30 11 | 03:44 | 3 | |
| | 4 Guilhem Elias | 14:24 8 | 00:24 | 58:54 11 | 03:56 | 0 | |
| 12 | Fredrikstad SK lag 1 | | | 59:17 | 04:19 | | 31 |
| | 1 Marie Olaussen | 13:26 3 | 00:18 | 13:26 3 | 00:18 | | |
| | 2 Syver Strand Gulbrandsen | 15:03 14 | 01:04 | 28:29 7 | 01:17 | -4 | |
| | 3 Jenny Danevad | 15:08 11 | 02:23 | 43:37 9 | 02:51 | -2 | |
| | 4 Emil Husebye Aamodt | 15:40 17 | 01:40 | 59:17 12 | 04:19 | -3 | |
| 13 | NTNUI lag 4 | | | 59:54 | 04:56 | | 51 |
| | 1 Ane Sofie Krogh | 14:33 14 | 01:25 | 14:33 14 | 01:25 | | |
| | 2 Sander Arntzen | 15:00 12 | 01:01 | 29:33 13 | 02:21 | 1 | |
| | 3 Alix Villar | 15:29 14 | 02:44 | 45:02 13 | 04:16 | 0 | |
| | 4 Albin Warvelin | 14:52 13 | 00:52 | 59:54 13 | 04:56 | 0 | |
| 14 | Freidig lag 2 | | | 1:01:07 | 06:09 | | 9 |
| | 1 Annika Lund Eikrem | 15:38 24 | 02:30 | 15:38 24 | 02:30 | | |
| | 2 Simen Spets Storhov | 14:28 7 | 00:29 | 30:06 18 | 02:54 | 6 | |
| | 3 Solveig Louise Nissen | 16:08 20 | 03:23 | 46:14 16 | 05:28 | 2 | |
| | 4 Mattis Holt | 14:53 14 | 00:53 | 1:01:07 14 | 06:09 | 2 | |

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Resultatliste

| Class | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------|------------------------------------|------------|-------|----------------|-----------|--------------|--------------------|
| DHDH | | | | | | | |
| 15 | Frol II / Ganddal IL lag 1 | | | 1:01:38 | | 06:40 | 30 |
| | 1 Anna Taksdal | 13:55 10 | 00:47 | 13:55 10 | 00:47 | | |
| | 2 Tobias Alstad | 13:59 1 | 00:00 | 27:54 3 | 00:42 7 | | |
| | 3 Anne Eline Vehus Skjerve | 17:08 25 | 04:23 | 45:02 13 | 04:16 -10 | | |
| | 4 Filip Mitchell Iversen | 16:36 21 | 02:36 | 1:01:38 15 | 06:40 -2 | | |
| 16 | Sandnes IL (Rogaland) lag 1 | | | 1:02:12 | | 07:14 | 34 |
| | 1 Mari Richter | 14:39 16 | 01:31 | 14:39 16 | 01:31 | | |
| | 2 Jone Valdøl | 14:51 10 | 00:52 | 29:30 12 | 02:18 4 | | |
| | 3 Amalie Wathne Thingbøl | 16:51 23 | 04:06 | 46:21 17 | 05:35 -5 | | |
| | 4 Idar Elias Jongenburger | 15:51 18 | 01:51 | 1:02:12 16 | 07:14 1 | | |
| 17 | Bækkelagets SK lag 2 | | | 1:02:37 | | 07:39 | 44 |
| | 1 Agnethe Hasli | 15:58 29 | 02:50 | 15:58 29 | 02:50 | | |
| | 2 Øystein Kvaal Østerbøl | 15:47 22 | 01:48 | 31:45 24 | 04:33 5 | | |
| | 3 Marie Kravdal | 15:46 15 | 03:01 | 47:31 20 | 06:45 4 | | |
| | 4 Jonas Fenne Ingjerd | 15:06 15 | 01:06 | 1:02:37 17 | 07:39 3 | | |
| 18 | Nydalens SK lag 2 | | | 1:02:43 | | 07:45 | 42 |
| | 1 Hanne Wærp Hauge | 16:18 33 | 03:10 | 16:18 33 | 03:10 | | |
| | 2 Axel Aalde | 15:39 19 | 01:40 | 31:57 25 | 04:45 8 | | |
| | 3 Alva Marika Niklasson | 15:23 13 | 02:38 | 47:20 19 | 06:34 6 | | |
| | 4 Sindre Østgulen Deisz | 15:23 16 | 01:23 | 1:02:43 18 | 07:45 1 | | |
| 19 | Lillomarka OL lag 1 | | | 1:02:45 | | 07:47 | 17 |
| | 1 Andrine Benjaminsen | 13:08 1 | 00:00 | 13:08 1 | 00:00 | | |
| | 2 Elias Skjolden Sørensen | 15:41 21 | 01:42 | 28:49 10 | 01:37 -9 | | |
| | 3 Mathilde Sønsterudbråten | 17:14 27 | 04:29 | 46:03 15 | 05:17 -5 | | |
| | 4 Eskil Brænden | 16:42 22 | 02:42 | 1:02:45 19 | 07:47 -4 | | |
| 20 | Halden SK lag 2 | | | 1:04:40 | | 09:42 | 37 |
| | 1 Jo Shepherd | 14:22 13 | 01:14 | 14:22 13 | 01:14 | | |
| | 2 Andreas Vistnes Myklebost | 15:39 19 | 01:40 | 30:01 17 | 02:49 -4 | | |
| | 3 Anja Hole | 17:17 29 | 04:32 | 47:18 18 | 06:32 -1 | | |
| | 4 Peder Bryggen | 17:22 27 | 03:22 | 1:04:40 20 | 09:42 -2 | | |
| 21 | OK Moss lag 1 | | | 1:06:02 | | 11:04 | 18 |
| | 1 Erika Lind-Larsen | 16:45 39 | 03:37 | 16:45 39 | 03:37 | | |
| | 2 Johan Haugstvedt | 16:50 28 | 02:51 | 33:35 36 | 06:23 3 | | |
| | 3 Emma Aune Jakobsen | 17:55 33 | 05:10 | 51:30 35 | 10:44 1 | | |
| | 4 Alfred Bjørnerød | 14:32 10 | 00:32 | 1:06:02 21 | 11:04 14 | | |

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| Class | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------|--------------------------------------|------------|-------|----------------|-------|--------------|--------------------|
| DHDH | | | | | | | |
| 22 | Vang OL lag 1 | | | 1:06:10 | | 11:12 | 21 |
| | 1 Mina Bleken Rud | 16:30 36 | 03:22 | 16:30 36 | 03:22 | | |
| | 2 Ola Dåsnes | 15:09 15 | 01:10 | 31:39 23 | 04:27 | 13 | |
| | 3 Emma Dåsnes | 15:57 16 | 03:12 | 47:36 21 | 06:50 | 2 | |
| | 4 Kristoffer Børke Sætaberget | 18:34 35 | 04:34 | 1:06:10 22 | 11:12 | -1 | |
| 23 | Heming / Oppsal lag 2 | | | 1:06:21 | | 11:23 | 35 |
| | 1 Kajsja Harstad Arntsen | 15:44 27 | 02:36 | 15:44 27 | 02:36 | | |
| | 2 Serhii Kiziiiov | 17:36 40 | 03:37 | 33:20 35 | 06:08 | -8 | |
| | 3 Anna Øvrebø Myrvold | 16:07 19 | 03:22 | 49:27 25 | 08:41 | 10 | |
| | 4 Aksel Nikolai Aubert | 16:54 23 | 02:54 | 1:06:21 23 | 11:23 | 2 | |
| 24 | Freidig/Trollelg/Halden lag 1 | | | 1:06:32 | | 11:34 | 58 |
| | 1 Gina Granstedt | 15:17 23 | 02:09 | 15:17 23 | 02:09 | | |
| | 2 Anders Berge Mjølhus | 16:56 31 | 02:57 | 32:13 27 | 05:01 | -4 | |
| | 3 Maren Henriksen | 16:32 21 | 03:47 | 48:45 24 | 07:59 | 3 | |
| | 4 Sivert Folgerød | 17:47 29 | 03:47 | 1:06:32 24 | 11:34 | 0 | |
| 25 | Oppsal Orientering lag 2 | | | 1:07:08 | | 12:10 | 38 |
| | 1 Synne Syversen Gihle | 17:14 42 | 04:06 | 17:14 42 | 04:06 | | |
| | 2 Oskar Størmer | 15:32 18 | 01:33 | 32:46 30 | 05:34 | 12 | |
| | 3 Tuva Berger Gjelstad | 18:27 37 | 05:42 | 51:13 34 | 10:27 | -4 | |
| | 4 Sondre Olaussen | 15:55 19 | 01:55 | 1:07:08 25 | 12:10 | 9 | |
| 26 | Freidig / IL BUL-Tromsø lag 1 | | | 1:07:16 | | 12:18 | 14 |
| | 1 Ronja Götsch Iversen | 16:04 30 | 02:56 | 16:04 30 | 02:56 | | |
| | 2 Mathias Hermstad | 17:00 34 | 03:01 | 33:04 32 | 05:52 | -2 | |
| | 3 Arntraut Götsch | 16:56 24 | 04:11 | 50:00 31 | 09:14 | 1 | |
| | 4 Tomas Eidsmo | 17:16 26 | 03:16 | 1:07:16 26 | 12:18 | 5 | |
| 27 | Fossum IF / Notodden OL lag 2 | | | 1:07:21 | | 12:23 | 43 |
| | 1 Synne Sandven | 15:01 20 | 01:53 | 15:01 20 | 01:53 | | |
| | 2 Birk Felland Sætnan | 17:12 37 | 03:13 | 32:13 27 | 05:01 | -7 | |
| | 3 Elise Thorseng | 16:00 17 | 03:15 | 48:13 23 | 07:27 | 4 | |
| | 4 Ask Felland Sætnan | 19:08 40 | 05:08 | 1:07:21 27 | 12:23 | -4 | |
| 28 | Byåsen IL lag 2 | | | 1:08:09 | | 13:11 | 40 |
| | 1 Ingeborg Eide | 14:50 18 | 01:42 | 14:50 18 | 01:42 | | |
| | 2 Terje Maroni | 16:10 25 | 02:11 | 31:00 19 | 03:48 | -1 | |
| | 3 Malin Nordgård Leiren | 19:03 41 | 06:18 | 50:03 32 | 09:17 | -13 | |
| | 4 Erlend Aune | 18:06 31 | 04:06 | 1:08:09 28 | 13:11 | 4 | |

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| Class | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------|---|------------|-------|----------------|-------|--------------|--------------------|
| DHDH | | | | | | | |
| 29 | Freidig lag 3 | | | 1:08:11 | | 13:13 | 50 |
| | 1 Juni Hagelid Norheim | 16:20 34 | 03:12 | 16:20 34 | 03:12 | | |
| | 2 Emil Leroyer | 16:58 33 | 02:59 | 33:18 34 | 06:06 | 0 | |
| | 3 Lina Storler Snøfugl | 16:35 22 | 03:50 | 49:53 29 | 09:07 | 5 | |
| | 4 Ludvik Storler Snøfugl | 18:18 33 | 04:18 | 1:08:11 29 | 13:13 | 0 | |
| 30 | Sturla, IF lag 1 | | | 1:08:15 | | 13:17 | 16 |
| | 1 Ylva Klausen | 16:40 38 | 03:32 | 16:40 38 | 03:32 | | |
| | 2 Fredrik Fet Andersen | 16:01 24 | 02:02 | 32:41 29 | 05:29 | 9 | |
| | 3 Mina Akiko Johnsen | 15:17 12 | 02:32 | 47:58 22 | 07:12 | 7 | |
| | 4 Jens Wold | 20:17 43 | 06:17 | 1:08:15 30 | 13:17 | -8 | |
| 31 | Asker Skiklubb lag 1 | | | 1:08:17 | | 13:19 | 56 |
| | 1 Silje Ruud Fossheim | 16:30 36 | 03:22 | 16:30 36 | 03:22 | | |
| | 2 Simen Dalen Eriksen | 17:06 35 | 03:07 | 33:36 37 | 06:24 | -1 | |
| | 3 Astrid Ytterbø | 18:36 39 | 05:51 | 52:12 39 | 11:26 | -2 | |
| | 4 Mikael Birkelund | 16:05 20 | 02:05 | 1:08:17 31 | 13:19 | 8 | |
| 32 | Bækkelagets SK / Løten o-lag lag 1 | | | 1:08:24 | | 13:26 | 19 |
| | 1 Evine Westli Andersen | 15:00 19 | 01:52 | 15:00 19 | 01:52 | | |
| | 2 Markus Hirsch | 16:10 25 | 02:11 | 31:10 21 | 03:58 | -2 | |
| | 3 June Rogstad Bekkevold | 18:25 36 | 05:40 | 49:35 27 | 08:49 | -6 | |
| | 4 Emilie Westli Andersen | 18:49 38 | 04:49 | 1:08:24 32 | 13:26 | -5 | |
| 33 | IK Grane Arendal Orientering lag 1 | | | 1:09:07 | | 14:09 | 13 |
| | 1 Elif Kurt | 15:10 21 | 02:02 | 15:10 21 | 02:02 | | |
| | 2 Henrik Jones | 16:55 30 | 02:56 | 32:05 26 | 04:53 | -5 | |
| | 3 Gina Hagelia | 17:23 30 | 04:38 | 49:28 26 | 08:42 | 0 | |
| | 4 Marius Tobiassen | 19:39 42 | 05:39 | 1:09:07 33 | 14:09 | -7 | |
| 34 | Sandnes IL (Rogaland) / Ålgård lag 2 | | | 1:10:07 | | 15:09 | 36 |
| | 1 Alva Christiansen | 15:40 25 | 02:32 | 15:40 25 | 02:32 | | |
| | 2 Simon Fjermestad Helgesen | 17:32 39 | 03:33 | 33:12 33 | 06:00 | -8 | |
| | 3 Ada Stokkeland | 17:31 31 | 04:46 | 50:43 33 | 09:57 | 0 | |
| | 4 Peter Sæbbø | 19:24 41 | 05:24 | 1:10:07 34 | 15:09 | -1 | |
| 35 | Kongsberg OL lag 1 | | | 1:10:30 | | 15:32 | 12 |
| | 1 Elise Renard | 15:41 26 | 02:33 | 15:41 26 | 02:33 | | |
| | 2 Andreas Myrvold Skovlyst | 15:50 23 | 01:51 | 31:31 22 | 04:19 | 4 | |
| | 3 Marte Eger | 21:01 44 | 08:16 | 52:32 40 | 11:46 | -18 | |
| | 4 Simen Sommerstad Røste | 17:58 30 | 03:58 | 1:10:30 35 | 15:32 | 5 | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------|---|------------|-------|----------------|-------|--------------|--------------------|
| DHDH | | | | | | | |
| 35 | Gjø-Vard OL / Lillehammer OK lag 1 | | | 1:10:30 | | 15:32 | 55 |
| | 1 Ida Øverli Støen | 15:49 28 | 02:41 | 15:49 28 | 02:41 | | |
| | 2 Mats Ligaarden | 18:41 47 | 04:42 | 34:30 40 | 07:18 | -12 | |
| | 3 Lovisa Tyldum | 17:16 28 | 04:31 | 51:46 37 | 11:00 | 3 | |
| | 4 Annar Erlien Solerød | 18:44 37 | 04:44 | 1:10:30 35 | 15:32 | 2 | |
| 37 | Notodden OL / Tyrving IL lag 1 | | | 1:11:34 | | 16:36 | 26 |
| | 1 Cathrine Sogn | 17:19 44 | 04:11 | 17:19 44 | 04:11 | | |
| | 2 Peter Telle-Hansen | 18:24 45 | 04:25 | 35:43 45 | 08:31 | -1 | |
| | 3 Anna Gjestrud | 18:49 40 | 06:04 | 54:32 41 | 13:46 | 4 | |
| | 4 Jacob Finstad Land | 17:02 24 | 03:02 | 1:11:34 37 | 16:36 | 4 | |
| 38 | Fana IL lag 1 | | | 1:12:55 | | 17:57 | 28 |
| | 1 Tiril Hausberg Kåstad | 16:23 35 | 03:15 | 16:23 35 | 03:15 | | |
| | 2 Brage Bell Lysaker | 17:18 38 | 03:19 | 33:41 38 | 06:29 | -3 | |
| | 3 Idun Karlsøen Hekland | 17:52 32 | 05:07 | 51:33 36 | 10:47 | 2 | |
| | 4 Oskar Heksem | 21:22 44 | 07:22 | 1:12:55 38 | 17:57 | -2 | |
| 39 | Raumar Orientering lag 1 | | | 1:14:03 | | 19:05 | 29 |
| | 1 Oline Soma Slåstad | 16:11 32 | 03:03 | 16:11 32 | 03:03 | | |
| | 2 Øistein Fagerli Næss | 16:37 27 | 02:38 | 32:48 31 | 05:36 | 1 | |
| | 3 Eline Andrea Andersen | 17:09 26 | 04:24 | 49:57 30 | 09:11 | 1 | |
| | 4 Erik Dehli Saxhaug | 24:06 47 | 10:06 | 1:14:03 39 | 19:05 | -9 | |
| 40 | Skien OK lag 1 | | | 1:14:05 | | 19:07 | 25 |
| | 1 Vilde Aakre Leistad | 19:25 48 | 06:17 | 19:25 48 | 06:17 | | |
| | 2 Kristian Ekeberg Fliid | 17:55 43 | 03:56 | 37:20 46 | 10:08 | 2 | |
| | 3 Emilie Holtskog-Feremans | 18:09 34 | 05:24 | 55:29 43 | 14:43 | 3 | |
| | 4 Gaute Nysæter | 18:36 36 | 04:36 | 1:14:05 40 | 19:07 | 3 | |
| 41 | Bodø og Omegn IF Orientering lag 1 | | | 1:14:53 | | 19:55 | 22 |
| | 1 Inda Garin Folkegård | 16:05 31 | 02:57 | 16:05 31 | 02:57 | | |
| | 2 Joar Gjerdahl | 17:46 41 | 03:47 | 33:51 39 | 06:39 | -8 | |
| | 3 Silje Charlotta Wästlund | 18:10 35 | 05:25 | 52:01 38 | 11:15 | 1 | |
| | 4 Jakob Sivert Hunstad | 22:52 45 | 08:52 | 1:14:53 41 | 19:55 | -3 | |
| 42 | Emblem IL / Freidig / Konnerud lag 4 | | | 1:15:22 | | 20:24 | 52 |
| | 1 Ingrid Lundanes | 14:17 12 | 01:09 | 14:17 12 | 01:09 | | |
| | 2 Sander Ragndokken | 16:50 28 | 02:51 | 31:07 20 | 03:55 | -8 | |
| | 3 Elsa Sofie Lysheden-Vogt | 18:29 38 | 05:44 | 49:36 28 | 08:50 | -8 | |
| | 4 Marius Lærum Hagen | 25:46 48 | 11:46 | 1:15:22 42 | 20:24 | -14 | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------|---|------------|-------|----------------|-------|--------------|--------------------|
| DHDH | | | | | | | |
| 43 | Lillomarka OL lag 2 | | | 1:16:29 | | 21:31 | 39 |
| | 1 Karoline Heidisdatter Sønsterudbråten | 17:23 45 | 04:15 | 17:23 45 | 04:15 | | |
| | 2 Håkon Bogason | 17:54 42 | 03:55 | 35:17 42 | 08:05 | 3 | |
| | 3 Guro Brænden | 23:42 47 | 10:57 | 58:59 46 | 18:13 | -4 | |
| | 4 Torbjørn Lundebø | 17:30 28 | 03:30 | 1:16:29 43 | 21:31 | 3 | |
| 44 | Oppsal Orientering lag 3 | | | 1:16:30 | | 21:32 | 49 |
| | 1 Synne Utseth Bøhlerengen | 17:51 46 | 04:43 | 17:51 46 | 04:43 | | |
| | 2 Ask Olaussen | 17:07 36 | 03:08 | 34:58 41 | 07:46 | 5 | |
| | 3 Natali Mazur | 24:25 49 | 11:40 | 59:23 47 | 18:37 | -6 | |
| | 4 Oskar Mella | 17:07 25 | 03:07 | 1:16:30 44 | 21:32 | 3 | |
| 45 | Kabelvåg O-lag lag 1 | | | 1:16:52 | | 21:54 | 15 |
| | 1 Anne Marthe Limstrand | 19:11 47 | 06:03 | 19:11 47 | 06:03 | | |
| | 2 Jan Erik Paulsen | 19:51 48 | 05:52 | 39:02 49 | 11:50 | -2 | |
| | 3 Sunniva Limstrand | 19:41 42 | 06:56 | 58:43 45 | 17:57 | 4 | |
| | 4 Magnus Sandven | 18:09 32 | 04:09 | 1:16:52 45 | 21:54 | 0 | |
| 46 | Kongsberg OL lag 2 | | | 1:16:58 | | 22:00 | 41 |
| | 1 Ingjerd Sommerstad | 17:04 41 | 03:56 | 17:04 41 | 03:56 | | |
| | 2 Jan Olav Bergan | 18:26 46 | 04:27 | 35:30 44 | 08:18 | -3 | |
| | 3 Ingrid Lundin Bergan | 22:34 45 | 09:49 | 58:04 44 | 17:18 | 0 | |
| | 4 Arne Biseth | 18:54 39 | 04:54 | 1:16:58 46 | 22:00 | -2 | |
| 47 | Fredrikstad SK lag 2 | | | 1:18:33 | | 23:35 | 45 |
| | 1 Ingrid Pedersen Holmskau | 17:14 42 | 04:06 | 17:14 42 | 04:06 | | |
| | 2 Audun Nordby | 18:04 44 | 04:05 | 35:18 43 | 08:06 | -1 | |
| | 3 Hedvig Scheele Søyland | 19:49 43 | 07:04 | 55:07 42 | 14:21 | 1 | |
| | 4 Marte Hox Brynildsen | 23:26 46 | 09:26 | 1:18:33 47 | 23:35 | -5 | |
| 48 | Stokke IL lag 1 | | | 1:20:24 | | 25:26 | 23 |
| | 1 Sunniva Nergaard Berg | 21:57 49 | 08:49 | 21:57 49 | 08:49 | | |
| | 2 Magnus Sigurdsson | 16:57 32 | 02:58 | 38:54 48 | 11:42 | 1 | |
| | 3 Kristine Sparre Knudsen | 23:09 46 | 10:24 | 1:02:03 49 | 21:17 | -1 | |
| | 4 Niclas Gunnerød | 18:21 34 | 04:21 | 1:20:24 48 | 25:26 | 1 | |
| 49 | Sandefjord OK lag 1 | | | 1:29:47 | | 34:49 | 20 |
| | 1 Daniella Gjone | 16:46 40 | 03:38 | 16:46 40 | 03:38 | | |
| | 2 Diderik Rønning Bøe | 21:18 49 | 07:19 | 38:04 47 | 10:52 | -7 | |
| | 3 Veronica Holtedahl Simonsen | 23:53 48 | 11:08 | 1:01:57 48 | 21:11 | -1 | |
| | 4 Jon Simonsen | 27:50 49 | 13:50 | 1:29:47 49 | 34:49 | -1 | |

NM sprint stafett

12.05.2024

Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------|--|------------|-------|--------------|-------|---------|--------------------|
| DHDH | | | | | | | |
| DSQ | Bodø og Omegn IF Orientering lag 2 | | | 00:00 | | | 46 |
| | 1 Marit Wenseth Kure | 25:04 | 11:56 | 25:04 | 11:56 | | |
| | 2 Erlend Mathias Olsen | 22:02 | 08:03 | 47:06 | 19:54 | 0 | |
| | 3 Anne Lise Øiesvold | 20:21 | 07:36 | 1:07:27 | 26:41 | 0 | |
| | 4 Øyvind Johan Olsen | 20:02 | 06:02 | 1:27:29 | 32:31 | 0 | DSQ |
| DSQ | Byåsen IL lag 1 | | | 00:00 | | | 4 |
| | 1 Ragnhild Eide | 13:41 | 00:33 | 13:41 | 00:33 | | |
| | 2 Lukas Olm | 15:35 | 01:36 | 29:16 | 02:04 | 0 | |
| | 3 Lene Berg Hanssen | 13:33 | 00:48 | 42:49 | 02:03 | 0 | |
| | 4 Jonas Andersson | 14:43 | 00:43 | 57:32 | 02:34 | 0 | DSQ |
| DSQ | Østmarka OK lag 1 | | | 00:00 | | | 24 |
| | 1 Ellen Margrete Stubban Hygen | 15:44 | 02:36 | 15:44 | 02:36 | | |
| | 2 Mathias Linløkken | 17:56 | 03:57 | 33:40 | 06:28 | 0 | |
| | 3 Hans Kristian Stubban Hygen | 15:55 | 03:10 | 49:35 | 08:49 | 0 | |
| | 4 Andreas Sandernes | 22:32 | 08:32 | 1:12:07 | 17:09 | 0 | |
| DSQ | Nydalens SK lag 3 | | | 00:00 | | | 47 |
| | 1 Inka Marte Boldingh Debernard | 17:47 | 04:39 | 17:47 | 04:39 | | DSQ |
| | 2 Vette Grøvik Ekra | 15:28 | 01:29 | 33:15 | 06:03 | 0 | |
| | 3 Marie Scheele | 18:10 | 05:25 | 51:25 | 10:39 | 0 | |
| | 4 Kasper Bakken Ulseth | 15:40 | 01:40 | 1:07:05 | 12:07 | 0 | |
| DSQ | Birkenes/ IK Grane/Kristiansand lag 1 | | | 00:00 | | | 57 |
| | 1 Thea Vågsnes Sælsbråten | 23:30 | 10:22 | 23:30 | 10:22 | | |
| | 2 Markus Mollestad | 15:52 | 01:53 | 39:22 | 12:10 | 0 | |
| | 3 Fabian Johannessen | 16:32 | 03:47 | 55:54 | 15:08 | 0 | |
| | 4 Sigmund Javenes Flaa | 21:05 | 07:05 | 1:16:59 | 22:01 | 0 | |
| DSQ | Bækkelagets SK / Fet OL lag 1 | | | 00:00 | | | 33 |
| | 1 Heidi Tronbøl | 17:10 | 04:02 | 17:10 | 04:02 | | |
| | 2 Tobias Tronbøl Lium | 18:12 | 04:13 | 35:22 | 08:10 | 0 | |
| | 3 Gaute Skjønhaug | 15:39 | 02:54 | 51:01 | 10:15 | 0 | |
| | 4 Sivert Høilund Dragseth | 22:10 | 08:10 | 1:13:11 | 18:13 | 0 | |
| DNS | NTNUI lag 6 | | | | | | 54 |
| | 1 | | | | | | |
| | 2 Anders Vestøl | | | | | | |
| | 3 | | | | | | |
| | 4 Aslak Heimdal | | | | | | |

NM sprint stafett

12.05.2024

Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------|-------------------------|---------------|-------|--------------|--------|---------|--------------------|
| DHDH | | | | | | | |
| DNS | Bækkelagets SK lag 3 | | | | | | 48 |
| | 1 | | | | | | |
| | 2 | | | | | | |
| | 3 | | | | | | |
| | 4 | | | | | | |
| DNS | NTNUI lag 5 | | | | | | 53 |
| | 1 Kaja Samuelsen Skiri | 16:36 | 03:28 | 16:36 | 03:28 | | |
| | 2 Erling Hjermsstad | 16:02 | 02:03 | 32:38 | 05:26 | 0 | |
| | 3 Ingen Løper | | | | | | |
| | 4 Henrik Fredriksen Aas | 15:46 | 01:46 | 48:24 | -06:34 | 0 | RESTART |

NM sprint stafett

12.05.2024

Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|--------------|------------|-----------------------|--------------|----------------------|--------------|----------------|----------------------------|
|--------------|------------|-----------------------|--------------|----------------------|--------------|----------------|----------------------------|

DHDH