

| Pllass | Navn | | | | | | | | | | Klasse | | | | | | | | | | Tid | | | | | | | | | |
|------------------------------------|-------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-----------------|--------|--------|--------|--|--|--|--|--|--|--------------|--|--|--|--|--|--|--|--|--|
| 3 | Anna Louise Fredriksen | | | | | | | | | | Botne SK | | | | | | | | | | 14:58 | | | | | | | | | |
| | 01:25+ | 02:06+ | 03:34+ | 04:21+ | 06:23+ | 06:54+ | 07:45+ | 09:10+ | 10:05+ | 11:14+ | 11:48+ | 14:03+ | 14:30+ | 14:58+ | | | | | | | | | | | | | | | | |
| | 01:25+ | 00:41+ | 01:28+ | 00:47+ | 02:02+ | 00:51+ | 00:51+ | 01:25+ | 00:55= | 01:09- | 00:34- | 02:15+ | 00:27+ | 00:28+ | | | | | | | | | | | | | | | | |
| | 00:31& | 00:07# | 00:23& | 00:11& | 00:36& | 00:15& | 00:12& | 00:33& | 00:00= | 00:03- | 00:05- | 01:09@ | 00:08& | 00:02+ | | | | | | | | | | | | | | | | |
| 4 | Ingrid Mobråthen | | | | | | | | | | Botne SK | | | | | | | | | | 30:44 | | | | | | | | | |
| | 06:15+ | 07:14+ | 10:06+ | 10:52+ | 14:25+ | 15:39+ | 20:00+ | 21:07+ | 22:46+ | 24:16+ | 25:01+ | 27:51+ | 29:46+ | 30:44+ | | | | | | | | | | | | | | | | |
| | 06:15+ | 00:59+ | 02:52+ | 00:46+ | 03:33+ | 01:14+ | 04:21+ | 01:07+ | 01:39+ | 01:30+ | 00:45+ | 02:50+ | 01:55+ | 00:58+ | | | | | | | | | | | | | | | | |
| | 05:21@ | 00:25& | 01:47@ | 00:10& | 02:07@ | 00:58@ | 03:42@ | 00:15& | 00:44& | 00:18# | 00:06# | 01:44@ | 01:36@ | 00:32@ | | | | | | | | | | | | | | | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 00:54 | 00:34 | 01:05 | 00:36 | 01:26 | 00:16 | 00:39 | 00:52 | 00:55 | 01:09 | 00:33 | 01:06 | 00:19 | 00:26 | | | | | | | | | | | | | | | | |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 13-14

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|----------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------------------|--------|--------|--------|--------|--------|--------|--------|--|--|--------------|--|--|--|--|--|--|--|--|--|
| 1 | Kristine Haanes Strandlie | | | | | | | | | | Gjø-Vard OL | | | | | | | | | | 14:12 | | | | | | | | | |
| | 01:49= | 02:43= | 04:34= | 05:02= | 05:28= | 06:39= | 07:00= | 07:48= | 08:02= | 09:06= | 10:19= | 11:01= | 11:42= | 12:57= | 13:36= | 13:54= | 14:12= | | | | | | | | | | | | | |
| | 01:49= | 00:54= | 01:51= | 00:28= | 00:26= | 01:11= | 00:21= | 00:48= | 00:14= | 01:04= | 01:13= | 00:42= | 00:41= | 01:15= | 00:39= | 00:18= | 00:18= | | | | | | | | | | | | | |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | | | | |
| 2 | Synne Solberg | | | | | | | | | | Gjø-Vard OL | | | | | | | | | | 15:03 | | | | | | | | | |
| | 01:02- | 02:04- | 02:44- | 03:14- | 03:53- | 05:03- | 05:31- | 06:36- | 06:56- | 08:16- | 09:22- | 10:43- | 12:01+ | 12:43- | 14:11+ | 14:39+ | 15:03+ | | | | | | | | | | | | | |
| | 01:02- | 01:02+ | 00:40- | 00:30+ | 00:39+ | 01:10- | 00:28+ | 01:05+ | 00:20+ | 01:20+ | 01:06- | 01:21+ | 01:18+ | 00:42- | 01:28+ | 00:28+ | 00:24+ | | | | | | | | | | | | | |
| | 00:47- | 00:08# | 01:11- | 00:02+ | 00:13& | 00:01- | 00:07& | 00:17& | 00:06& | 00:16# | 00:07- | 00:39& | 00:37& | 00:33- | 00:49@ | 00:10& | 00:06& | | | | | | | | | | | | | |
| 3 | Ingeborg Rognstad | | | | | | | | | | Hadeland OL | | | | | | | | | | 15:36 | | | | | | | | | |
| | 01:04- | 02:19- | 03:24- | 04:54- | 05:31+ | 06:50+ | 07:32+ | 08:55+ | 09:11+ | 10:30+ | 11:31+ | 12:20+ | 13:12+ | 13:41+ | 14:54+ | 15:13+ | 15:36+ | | | | | | | | | | | | | |
| | 01:04- | 01:15+ | 01:05- | 01:30+ | 00:37+ | 01:19+ | 00:42+ | 01:23+ | 00:16+ | 01:19+ | 01:01- | 00:49+ | 00:52+ | 00:29- | 01:13+ | 00:19+ | 00:23+ | | | | | | | | | | | | | |
| | 00:45- | 00:21& | 00:46- | 01:02@ | 00:11& | 00:08# | 00:21& | 00:35& | 00:02# | 00:15# | 00:12- | 00:07# | 00:11& | 00:46- | 00:34& | 00:01+ | 00:05& | | | | | | | | | | | | | |
| 4 | Ida Aabogen Haugaard | | | | | | | | | | Skaukameratene OL | | | | | | | | | | 18:13 | | | | | | | | | |
| | 01:11- | 02:14- | 02:57- | 03:29- | 04:05- | 05:08- | 07:37+ | 08:45+ | 09:20+ | 09:34+ | 11:08+ | 12:33+ | 13:43+ | 15:30+ | 15:59+ | 17:27+ | 17:50+ | 18:13+ | | | | | | | | | | | | |
| | 01:11- | 01:03+ | 00:43- | 00:32+ | 00:36+ | 01:03- | 02:29+ | 01:08+ | 00:35+ | 00:14- | 01:34+ | 01:25+ | 01:10+ | 01:47+ | 00:29- | 01:28+ | 00:23+ | 00:23+ | | | | | | | | | | | | |
| | 00:38- | 00:09# | 01:08- | 00:04# | 00:10& | 00:08- | 02:08@ | 00:20& | 00:21@ | 00:50- | 00:21& | 00:43@ | 00:29& | 00:32& | 00:10- | 01:10@ | 00:05& | 00:23+ | | | | | | | | | | | | |
| 5 | Charlotte Eide | | | | | | | | | | Gjø-Vard OL | | | | | | | | | | 19:26 | | | | | | | | | |
| | 01:44- | 02:59+ | 03:55- | 04:39- | 05:15- | 07:06+ | 07:36+ | 08:43+ | 09:07+ | 11:20+ | 12:46+ | 14:04+ | 16:11+ | 16:50+ | 18:44+ | 19:04+ | 19:26+ | | | | | | | | | | | | | |
| | 01:44- | 01:15+ | 00:56- | 00:44+ | 00:36+ | 01:51+ | 00:30+ | 01:07+ | 00:24+ | 02:13+ | 01:26+ | 01:18+ | 02:07+ | 00:39- | 01:54+ | 00:20+ | 00:22+ | | | | | | | | | | | | | |
| | 00:05- | 00:21& | 00:55- | 00:16& | 00:10& | 00:40& | 00:09& | 00:19& | 00:10& | 01:09@ | 00:13# | 00:36& | 01:26@ | 00:36- | 01:15@ | 00:02# | 00:04# | | | | | | | | | | | | | |
| 6 | Tuva Fossheim Asplin | | | | | | | | | | Gjø-Vard OL | | | | | | | | | | 19:36 | | | | | | | | | |
| | 01:20- | 02:45+ | 03:45- | 04:55- | 05:57+ | 07:47+ | 08:21+ | 09:55+ | 10:11+ | 11:42+ | 13:18+ | 14:30+ | 16:07+ | 17:05+ | 18:45+ | 19:13+ | 19:36+ | | | | | | | | | | | | | |
| | 01:20- | 01:25+ | 01:00- | 01:10+ | 01:02+ | 01:50+ | 00:34+ | 01:34+ | 00:16+ | 01:31+ | 01:36+ | 01:12+ | 01:37+ | 00:58- | 01:40+ | 00:28+ | 00:23+ | | | | | | | | | | | | | |
| | 00:29- | 00:31& | 00:51- | 00:42@ | 00:36@ | 00:39& | 00:13& | 00:46& | 00:02# | 00:27& | 00:23& | 00:30& | 00:56@ | 00:17- | 01:01@ | 00:10& | 00:05& | | | | | | | | | | | | | |
| 7 | Ingvild Snuggerud | | | | | | | | | | Gjø-Vard OL | | | | | | | | | | 20:16 | | | | | | | | | |
| | 01:36- | 03:10+ | 04:10- | 05:17+ | 06:13+ | 07:49+ | 08:52+ | 10:20+ | 10:43+ | 12:18+ | 13:41+ | 14:45+ | 15:59+ | 17:48+ | 19:24+ | 19:48+ | 20:16+ | | | | | | | | | | | | | |
| | 01:36- | 01:34+ | 01:00- | 01:07+ | 00:56+ | 01:36+ | 01:03+ | 01:28+ | 00:23+ | 01:35+ | 01:23+ | 01:04+ | 01:14+ | 01:49+ | 01:36+ | 00:24+ | 00:28+ | | | | | | | | | | | | | |
| | 00:13- | 00:40& | 00:51- | 00:39@ | 00:30@ | 00:25& | 00:42@ | 00:40& | 00:09& | 00:31& | 00:10# | 00:22& | 00:33& | 00:34& | 00:57@ | 00:06& | 00:10& | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 01:02 | 00:54 | 00:40 | 00:28 | 00:26 | 01:03 | 00:21 | 00:48 | 00:14 | 00:14 | 01:01 | 00:42 | 00:41 | 00:29 | 00:29 | 00:18 | 00:18 | | | | | | | | | | | | | |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 13-16C

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------------------|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------------------------|--------|--------|--------|--------|--------|--|--|--|--|--------------|--|--|--|--|--|--|--|--|--|
| 1 | Silje Ballangrud | | | | | | | | | | Raufoss IL Orientering | | | | | | | | | | 14:03 | | | | | | | | | |
| | 01:04= | 01:30= | 02:13= | 03:01= | 03:46= | 04:30= | 05:30= | 05:48= | 07:13= | 07:44= | 09:01= | 10:27= | 11:24= | 13:04= | 13:39= | 14:03= | | | | | | | | | | | | | | |
| | 01:04= | 00:26= | 00:43= | 00:48= | 00:45= | 00:44= | 01:00= | 00:18= | 01:25= | 00:31= | 01:17= | 01:26= | 00:57= | 01:40= | 00:35= | 00:24= | | | | | | | | | | | | | | |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | | | | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 01:04 | 00:26 | 00:43 | 00:48 | 00:45 | 00:44 | 01:00 | 00:18 | 01:25 | 00:31 | 01:17 | 01:26 | 00:57 | 01:40 | 00:35 | 00:24 | | | | | | | | | | | | | | |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

| Plass | Navn | | | | | Klasse | | | | | Tid | | | | | | | | | | | |
|-----------------------------------------------------------------------------|---------------------------|--------|--------|--------|--------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| D 15-16 | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Mathilde Sønsterudbråten | | | | | Raumar Orientering | | | | | 16:08 | | | | | | | | | | | |
| 01:54= | 03:01= | 03:44= | 05:19= | 05:52= | 06:23= | 07:34= | 07:57= | 09:51= | 11:17= | 12:07= | 13:37= | 14:06= | 15:17= | 15:45= | 16:08= | | | | | | | |
| 01:54= | 01:07= | 00:43= | 01:35= | 00:33= | 00:31= | 01:11= | 00:23= | 01:54= | 01:26= | 00:50= | 01:30= | 00:29= | 01:11= | 00:28= | 00:23= | | | | | | | |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | |
| 2 | Agnethe Hasli | | | | | Synnfjell OK | | | | | 16:32 | | | | | | | | | | | |
| 01:03- | 01:59- | 02:38- | 03:42- | 04:09- | 04:35- | 06:30- | 06:49- | 08:32- | 11:35+ | 12:40+ | 14:06+ | 14:33+ | 15:52+ | 16:13+ | 16:32+ | | | | | | | |
| 01:03- | 00:56- | 00:39- | 01:04- | 00:27- | 00:26- | 01:55+ | 00:19- | 01:43- | 03:03+ | 01:05+ | 01:26- | 00:27- | 01:19+ | 00:21- | 00:19- | | | | | | | |
| 00:51- | 00:11- | 00:04- | 00:31- | 00:06- | 00:05- | 00:44& | 00:04- | 00:11- | 01:37@ | 00:15& | 00:04- | 00:02- | 00:08# | 00:07- | 00:04- | | | | | | | |
| 3 | Sigrid Snuggerud | | | | | Gjø-Vard OL | | | | | 17:09 | | | | | | | | | | | |
| 01:08- | 02:09- | 02:54- | 04:22- | 04:58- | 05:34- | 06:59- | 07:23- | 10:50+ | 12:16+ | 13:10+ | 14:44+ | 15:15+ | 16:21+ | 16:48+ | 17:09+ | | | | | | | |
| 01:08- | 01:01- | 00:45+ | 01:28- | 00:36+ | 00:36+ | 01:25+ | 00:24+ | 03:27+ | 01:26= | 00:54+ | 01:34+ | 00:31+ | 01:06- | 00:27- | 00:21- | | | | | | | |
| 00:46- | 00:06- | 00:02+ | 00:07- | 00:03+ | 00:05# | 00:14# | 00:01+ | 01:33& | 00:00= | 00:04+ | 00:04+ | 00:02+ | 00:05- | 00:01- | 00:02- | | | | | | | |
| 4 | Marte Bjørke Sollien | | | | | OL Toten-Troll | | | | | 21:35 | | | | | | | | | | | |
| 01:13- | 02:36- | 03:34- | 06:09+ | 06:53+ | 07:42+ | 09:54+ | 10:31+ | 13:13+ | 14:47+ | 15:52+ | 18:35+ | 19:17+ | 20:36+ | 21:05+ | 21:35+ | | | | | | | |
| 01:13- | 01:23+ | 00:58+ | 02:35+ | 00:44+ | 00:49+ | 02:12+ | 00:37+ | 02:42+ | 01:34+ | 01:05+ | 02:43+ | 00:42+ | 01:19+ | 00:29+ | 00:30+ | | | | | | | |
| 00:41- | 00:16# | 00:15& | 01:00& | 00:11& | 00:18& | 01:01& | 00:14& | 00:48& | 00:08+ | 00:15& | 01:13& | 00:13& | 00:08# | 00:01+ | 00:07& | | | | | | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | |
| 01:03 | 00:56 | 00:39 | 01:04 | 00:27 | 00:26 | 01:11 | 00:19 | 01:43 | 01:26 | 00:50 | 01:26 | 00:27 | 01:06 | 00:21 | 00:19 | | | | | | | |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. | | | | | | | | | | | | | | | | | | | | | | |
| D 21- | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Marianne Dæhli | | | | | NTNUI | | | | | 15:49 | | | | | | | | | | | |
| 00:48= | 01:10= | 01:55= | 02:58= | 03:51= | 04:14= | 04:38= | 05:32= | 06:10= | 06:32= | 06:50= | 07:09= | 08:27= | 09:07= | 10:33= | 11:33= | 12:07= | 13:07= | 13:42= | 14:06= | 15:05= | 15:27= | 15:49= |
| 00:48= | 00:22= | 00:45= | 01:03= | 00:53= | 00:23= | 00:24= | 00:54= | 00:38= | 00:22= | 00:18= | 00:19= | 01:18= | 00:40= | 01:26= | 01:00= | 00:34= | 01:00= | 00:35= | 00:24= | 00:59= | 00:22= | 00:22= |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2 | Karoline Sønsterudbråten | | | | | Raumar Orientering | | | | | 16:46 | | | | | | | | | | | |
| 00:51+ | 01:11+ | 01:52- | 02:52- | 03:40- | 04:15+ | 04:36- | 05:55+ | 06:28+ | 06:50+ | 07:09+ | 07:28+ | 08:45+ | 09:23+ | 10:56+ | 12:19+ | 12:54+ | 14:02+ | 14:36+ | 14:59+ | 16:06+ | 16:26+ | 16:46+ |
| 00:51+ | 00:20- | 00:41- | 01:00- | 00:48- | 00:35+ | 00:21- | 01:19+ | 00:33- | 00:22= | 00:19+ | 00:19= | 01:17- | 00:38- | 01:33+ | 01:23+ | 00:35+ | 01:08+ | 00:34- | 00:23- | 01:07+ | 00:20- | 00:20- |
| 00:03+ | 00:02- | 00:04- | 00:03- | 00:05- | 00:12& | 00:03- | 00:25& | 00:05- | 00:00= | 00:01+ | 00:00= | 00:01- | 00:02- | 00:07+ | 00:23& | 00:01+ | 00:08# | 00:01- | 00:01- | 00:08# | 00:02- | 00:02- |
| 3 | Kaisa Svergja | | | | | Raumar Orientering | | | | | 16:53 | | | | | | | | | | | |
| 00:49+ | 01:11+ | 02:14+ | 03:34+ | 04:32+ | 04:56+ | 05:19+ | 06:10+ | 06:47+ | 07:12+ | 07:29+ | 07:48+ | 09:10+ | 09:48+ | 11:13+ | 12:21+ | 12:56+ | 14:06+ | 14:41+ | 15:05+ | 16:08+ | 16:33+ | 16:53+ |
| 00:49+ | 00:22= | 01:03+ | 01:20+ | 00:58+ | 00:24+ | 00:23- | 00:51- | 00:37- | 00:25+ | 00:17- | 00:19= | 01:22+ | 00:38- | 01:25- | 01:08+ | 00:35+ | 01:10+ | 00:35= | 00:24= | 01:03+ | 00:25+ | 00:20- |
| 00:01+ | 00:00= | 00:18& | 00:17& | 00:05+ | 00:01+ | 00:01- | 00:03- | 00:01- | 00:03# | 00:01- | 00:00= | 00:04+ | 00:02- | 00:01- | 00:08# | 00:01+ | 00:10# | 00:00= | 00:00= | 00:04+ | 00:03# | 00:02- |
| 4 | Ine Hovi | | | | | Ås-NMBU Orientering | | | | | 17:35 | | | | | | | | | | | |
| 00:46- | 01:07- | 01:44- | 02:54- | 04:24+ | 04:46+ | 05:11+ | 06:09+ | 06:43+ | 07:06+ | 07:23+ | 07:42+ | 08:58+ | 09:36+ | 11:31+ | 12:58+ | 13:35+ | 14:36+ | 15:10+ | 15:32+ | 16:50+ | 17:15+ | 17:35+ |
| 00:46- | 00:21- | 00:37- | 01:10+ | 01:30+ | 00:22- | 00:25+ | 00:58+ | 00:34- | 00:23+ | 00:17- | 00:19= | 01:16- | 00:38- | 01:55+ | 01:27+ | 00:37+ | 01:01+ | 00:34- | 00:22- | 01:18+ | 00:25+ | 00:20- |
| 00:02- | 00:01- | 00:08- | 00:07# | 00:37& | 00:01- | 00:01+ | 00:04+ | 00:04- | 00:01+ | 00:01- | 00:00= | 00:02- | 00:02- | 00:29& | 00:27& | 00:03+ | 00:01+ | 00:01- | 00:02- | 00:19& | 00:03# | 00:02- |
| 5 | Nina Jeanette Tollehaug | | | | | Eiker OL | | | | | 19:18 | | | | | | | | | | | |
| 00:46- | 01:09- | 02:02+ | 03:21+ | 04:46+ | 05:09+ | 05:36+ | 06:59+ | 07:36+ | 08:02+ | 08:21+ | 08:43+ | 10:13+ | 11:00+ | 12:38+ | 14:16+ | 14:57+ | 16:11+ | 16:51+ | 17:16+ | 18:27+ | 18:54+ | 19:18+ |
| 00:46- | 00:23+ | 00:53+ | 01:19+ | 01:25+ | 00:23= | 00:27+ | 01:23+ | 00:37- | 00:26+ | 00:19+ | 00:22+ | 01:30+ | 00:47+ | 01:38+ | 01:38+ | 00:41+ | 01:14+ | 00:40+ | 00:25+ | 01:11+ | 00:27+ | 00:24+ |
| 00:02- | 00:01+ | 00:08# | 00:16& | 00:32& | 00:00= | 00:03# | 00:29& | 00:01- | 00:04# | 00:01+ | 00:03# | 00:12# | 00:07# | 00:12# | 00:38& | 00:07# | 00:14# | 00:05# | 00:01+ | 00:12# | 00:05# | 00:02+ |
| 6 | Nora Hui Andersen | | | | | Hamar OK | | | | | 19:42 | | | | | | | | | | | |
| 00:55+ | 01:20+ | 02:04+ | 03:18+ | 04:22+ | 04:58+ | 05:36+ | 07:33+ | 08:09+ | 08:34+ | 08:55+ | 09:29+ | 10:49+ | 11:55+ | 13:39+ | 14:48+ | 15:29+ | 16:38+ | 17:25+ | 17:57+ | 18:58+ | 19:20+ | 19:42+ |
| 00:55+ | 00:25+ | 00:44- | 01:14+ | 01:04+ | 00:36+ | 00:38+ | 01:57+ | 00:36- | 00:25+ | 00:21+ | 00:34+ | 01:20+ | 01:06+ | 01:44+ | 01:09+ | 00:41+ | 01:09+ | 00:47+ | 00:32+ | 01:01+ | 00:22= | 00:22= |
| 00:07# | 00:03# | 00:01- | 00:11# | 00:11# | 00:13& | 00:14& | 01:03@ | 00:02- | 00:03# | 00:03# | 00:15& | 00:02+ | 00:26& | 00:18# | 00:09# | 00:07# | 00:09# | 00:12& | 00:08& | 00:02+ | 00:00= | 00:00= |
| 7 | Christine Turtur Sandvold | | | | | NTNUI | | | | | 22:12 | | | | | | | | | | | |
| 00:57+ | 01:19+ | 02:49+ | 03:56+ | 05:13+ | 05:41+ | 06:06+ | 07:16+ | 07:58+ | 08:25+ | 08:54+ | 09:34+ | 11:05+ | 11:51+ | 13:53+ | 15:59+ | 16:49+ | 18:27+ | 19:21+ | 19:52+ | 21:22+ | 21:50+ | 22:12+ |
| 00:57+ | 00:22= | 01:30+ | 01:07+ | 01:17+ | 00:28+ | 00:25+ | 01:10+ | 00:42+ | 00:27+ | 00:29+ | 00:40+ | 01:31+ | 00:46+ | 02:02+ | 02:06+ | 00:50+ | 01:38+ | 00:54+ | 00:31+ | 01:30+ | 00:28+ | 00:22= |
| 00:09# | 00:00= | 00:45& | 00:04+ | 00:24& | 00:05# | 00:01+ | 00:16& | 00:04# | 00:05# | 00:11& | 00:21@ | 00:13# | 00:06# | 00:36& | 01:06@ | 00:16& | 00:38& | 00:19& | 00:07& | 00:31& | 00:06& | 00:00= |
| 8 | Hanne Holmen | | | | | Synnfjell OK | | | | | 24:23 | | | | | | | | | | | |
| 01:01+ | 01:30+ | 02:26+ | 03:47+ | 05:02+ | 05:42+ | 06:18+ | 07:33+ | 08:27+ | 09:04+ | 09:29+ | 09:59+ | 11:45+ | 12:58+ | 14:58+ | 17:36+ | 18:28+ | 20:13+ | 21:13+ | 21:46+ | 23:21+ | 23:54+ | 24:23+ |
| 01:01+ | 00:29+ | 00:56+ | 01:21+ | 01:15+ | 00:40+ | 00:36+ | 01:15+ | 00:54+ | 00:37+ | 00:25+ | 00:30+ | 01:46+ | 01:13+ | 02:00+ | 02:38+ | 00:52+ | 01:45+ | 01:00+ | 00:33+ | 01:35+ | 00:33+ | 00:29+ |
| 00:13& | 00:07& | 00:11# | 00:18& | 00:22& | 00:17& | 00:12& | 00:21& | 00:16& | 00:15& | 00:07& | 00:11& | 00:28& | 00:33& | 00:34& | 01:38@ | 00:18& | 00:45& | 00:25& | 00:09& | 00:36& | 00:11& | 00:07& |

| Pllass | Navn | | | | | | | | | | Klasse | | | | | | | | | | Tid | | | | | | | | | |
|--------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|--|--|--|--|--|
| 9 | Hildegunn Lindstad | | | | | | | | | | OL Toten-Troll | | | | | | | | | | 29:58 | | | | | | | | | |
| | 01:28+ | 01:54+ | 02:49+ | 04:31+ | 06:55+ | 11:00+ | 11:26+ | 12:39+ | 13:35+ | 14:29+ | 14:52+ | 15:21+ | 17:06+ | 18:25+ | 20:59+ | 23:11+ | 24:03+ | 25:42+ | 26:26+ | 27:06+ | 28:57+ | 29:28+ | 29:58+ | | | | | | | |
| | 01:28+ | 00:26+ | 00:55+ | 01:42+ | 02:24+ | 04:05+ | 00:26+ | 01:13+ | 00:56+ | 00:54+ | 00:23+ | 00:29+ | 01:45+ | 01:19+ | 02:34+ | 02:12+ | 00:52+ | 01:39+ | 00:44+ | 00:40+ | 01:51+ | 00:31+ | 00:30+ | | | | | | | |
| | 00:40& | 00:04# | 00:10# | 00:39& | 01:31@ | 03:42@ | 00:02+ | 00:19& | 00:18& | 00:32@ | 00:05& | 00:10& | 00:27& | 00:39& | 01:08& | 01:12@ | 00:18& | 00:39& | 00:09& | 00:16& | 00:52& | 00:09& | 00:08& | | | | | | | |

Beste strekktid for klassen

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|-----------------------------------------------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|
| | 00:46 | 00:20 | 00:37 | 01:00 | 00:48 | 00:22 | 00:21 | 00:51 | 00:33 | 00:22 | 00:17 | 00:19 | 01:16 | 00:38 | 01:25 | 01:00 | 00:34 | 01:00 | 00:34 | 00:22 | 00:59 | 00:20 | 00:20 | | | | | | | |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

D 35-

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|---|----------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--|--|--|--|--|--|--|--|--|
| 1 | Ann Helen Aabogen Haugaard | | | | | | | | | | Skaukameratene OL | | | | | | | | | | 18:40 | | | | | | | | | |
| | 01:04= | 01:59= | 02:39= | 03:26= | 04:10= | 04:42= | 05:57= | 06:36= | 07:52= | 09:01= | 09:42= | 11:31= | 12:57= | 13:26= | 15:02= | 15:30= | 16:11= | 17:43= | 18:14= | 18:40= | | | | | | | | | | |
| | 01:04= | 00:55= | 00:40= | 00:47= | 00:44= | 00:32= | 01:15= | 00:39= | 01:16= | 01:09= | 00:41= | 01:49= | 01:26= | 00:29= | 01:36= | 00:28= | 00:41= | 01:32= | 00:31= | 00:26= | | | | | | | | | | |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | |

Beste strekktid for klassen

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|-----------------------------------------------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| | 01:04 | 00:55 | 00:40 | 00:47 | 00:44 | 00:32 | 01:15 | 00:39 | 01:16 | 01:09 | 00:41 | 01:49 | 01:26 | 00:29 | 01:36 | 00:28 | 00:41 | 01:32 | 00:31 | 00:26 | | | | | | | | | | |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

D 40-

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|---|-----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--|--|--|--|--|--|--|--|--|
| 1 | Valborg Madslie | | | | | | | | | | Lillehammer OK | | | | | | | | | | 15:12 | | | | | | | | | |
| | 00:51= | 01:45= | 02:16= | 02:55= | 03:48= | 04:10= | 05:05= | 05:34= | 06:39= | 07:31= | 08:02= | 09:20= | 10:27= | 10:54= | 12:13= | 12:34= | 13:05= | 14:27= | 14:53= | 15:12= | | | | | | | | | | |
| | 00:51= | 00:54= | 00:31= | 00:39= | 00:53= | 00:22= | 00:55= | 00:29= | 01:05= | 00:52= | 00:31= | 01:18= | 01:07= | 00:27= | 01:19= | 00:21= | 00:31= | 01:22= | 00:26= | 00:19= | | | | | | | | | | |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | |

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| 2 | Heidi Østli | | | | | | | | | | Raumar Orientering | | | | | | | | | | 19:10 | | | | | | | | | |
| | 00:56+ | 01:52+ | 02:39+ | 03:20+ | 03:51+ | 04:23+ | 05:30+ | 06:06+ | 07:37+ | 08:38+ | 09:26+ | 11:07+ | 12:36+ | 13:12+ | 15:14+ | 15:43+ | 16:28+ | 18:08+ | 18:39+ | 19:10+ | | | | | | | | | | |
| | 00:56+ | 00:56+ | 00:47+ | 00:41+ | 00:31= | 00:32+ | 01:07+ | 00:36+ | 01:31+ | 01:01+ | 00:48+ | 01:41+ | 01:29+ | 00:36+ | 02:02+ | 00:29+ | 00:45+ | 01:40+ | 00:31+ | 00:31+ | | | | | | | | | | |
| | 00:05+ | 00:02+ | 00:16& | 00:02+ | 00:22= | 00:10& | 00:12# | 00:07# | 00:26& | 00:09# | 00:17& | 00:23& | 00:22& | 00:09& | 00:43& | 00:08& | 00:14& | 00:18# | 00:05# | 00:12& | | | | | | | | | | |

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| 3 | Kristine Sollien Flaskerud | | | | | | | | | | OL Toten-Troll | | | | | | | | | | 19:52 | | | | | | | | | |
| | 02:22+ | 03:28+ | 04:13+ | 04:47+ | 05:50+ | 06:39+ | 08:52+ | 09:25+ | 10:55+ | 11:43+ | 12:16+ | 13:47+ | 14:56+ | 15:24+ | 16:43+ | 17:06+ | 17:42+ | 19:02+ | 19:27+ | 19:52+ | | | | | | | | | | |
| | 02:22+ | 01:06+ | 00:45+ | 00:34= | 01:03+ | 00:49+ | 02:13+ | 00:33+ | 01:30+ | 00:48= | 00:33+ | 01:31+ | 01:09+ | 00:28+ | 01:19= | 00:23+ | 00:36+ | 01:20= | 00:25= | 00:25+ | | | | | | | | | | |
| | 01:31@ | 00:12# | 00:14& | 00:05= | 00:10# | 00:27@ | 01:18@ | 00:04# | 00:25& | 00:04= | 00:02+ | 00:13# | 00:02+ | 00:01+ | 00:00= | 00:02+ | 00:05# | 00:02= | 00:01= | 00:06& | | | | | | | | | | |

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|---|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--|--|--|--|--|--|--|--|--|
| 4 | Else Kari Scheele | | | | | | | | | | Nydalens SK | | | | | | | | | | 20:46 | | | | | | | | | |
| | 01:00+ | 01:54+ | 02:57+ | 03:43+ | 04:37+ | 05:09+ | 07:17+ | 07:53+ | 09:10+ | 10:02+ | 10:39+ | 13:54+ | 15:39+ | 16:15+ | 17:40+ | 18:03+ | 18:39+ | 19:59+ | 20:23+ | 20:46+ | | | | | | | | | | |
| | 01:00+ | 00:54= | 01:03+ | 00:46+ | 00:54+ | 00:32+ | 02:08+ | 00:36+ | 01:17+ | 00:52= | 00:37+ | 03:15+ | 01:45+ | 00:36+ | 01:25+ | 00:23+ | 00:36+ | 01:20= | 00:24= | 00:23+ | | | | | | | | | | |
| | 00:09# | 00:00= | 00:32@ | 00:07# | 00:01+ | 00:10& | 01:13@ | 00:07# | 00:12# | 00:00= | 00:06# | 01:57@ | 00:38& | 00:09& | 00:06+ | 00:02+ | 00:05# | 00:02= | 00:02= | 00:04# | | | | | | | | | | |

Beste strekktid for klassen

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|-----------------------------------------------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| | 00:51 | 00:54 | 00:31 | 00:34 | 00:31 | 00:22 | 00:55 | 00:29 | 01:05 | 00:48 | 00:31 | 01:18 | 01:07 | 00:27 | 01:19 | 00:21 | 00:31 | 01:20 | 00:24 | 00:19 | | | | | | | | | | |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

D 45-

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|---|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--------|--------|--------|--|--|--|--|-------|--|--|--|--|--|--|--|--|--|
| 1 | Anne Marit Bordal | | | | | | | | | | Ringsaker OK | | | | | | | | | | 14:16 | | | | | | | | | |
| | 01:03= | 02:03= | 02:39= | 03:47= | 04:30= | 04:55= | 05:51= | 06:15= | 07:54= | 09:06= | 09:55= | 11:23= | 11:55= | 13:26= | 13:51= | 14:16= | | | | | | | | | | | | | | |
| | 01:03= | 01:00= | 00:36= | 01:08= | 00:43= | 00:25= | 00:56= | 00:24= | 01:39= | 01:12= | 00:49= | 01:28= | 00:32= | 01:31= | 00:25= | 00:25= | | | | | | | | | | | | | | |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | | | | | |

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|---|-----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--|--|--|--|-------|--|--|--|--|--|--|--|--|--|
| 2 | Ane Bjørnsgaard | | | | | | | | | | Lillehammer OK | | | | | | | | | | 14:30 | | | | | | | | | |
| | 01:07+ | 02:09+ | 02:50+ | 03:58+ | 04:28= | 05:00+ | 05:54+ | 06:18+ | 07:56+ | 09:23+ | 10:32+ | 12:02+ | 12:30+ | 13:36+ | 14:03+ | 14:30+ | | | | | | | | | | | | | | |
| | 01:07+ | 01:02+ | 00:41+ | 01:08= | 00:30= | 00:32+ | 00:54= | 00:24= | 01:38= | 01:27+ | 01:09+ | 01:30+ | 00:28= | 01:06= | 00:27+ | 00:27+ | | | | | | | | | | | | | | |
| | 00:04+ | 00:02+ | 00:05# | 00:00= | 00:13= | 00:07& | 00:02= | 00:00= | 00:01= | 00:15# | 00:20& | 00:02+ | 00:04= | 00:25= | 00:02+ | 00:02+ | | | | | | | | | | | | | | |

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|---|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|------------------------|--------|--------|--------|--------|--------|--|--|--|--|-------|--|--|--|--|--|--|--|--|--|
| 3 | Eirin Lodgaard | | | | | | | | | | Raufoss IL Orientering | | | | | | | | | | 14:46 | | | | | | | | | |
| | 01:05+ | 02:10+ | 02:59+ | 04:16+ | 04:45+ | 05:17+ | 06:16+ | 06:38+ | 08:26+ | 09:28+ | 10:32+ | 12:03+ | 12:28+ | 13:55+ | 14:21+ | 14:46+ | | | | | | | | | | | | | | |
| | 01:05+ | 01:05+ | 00:49+ | 01:17+ | 00:29= | 00:32+ | 00:59+ | 00:22= | 01:48+ | 01:02= | 01:04+ | 01:31+ | 00:25= | 01:27= | 00:26+ | 00:25= | | | | | | | | | | | | | | |
| | 00:02+ | 00:05+ | 00:13& | 00:09# | 00:14= | 00:07& | 00:03+ | 00:02= | 00:09+ | 00:10= | 00:15& | 00:03+ | 00:07= | 00:04= | 00:01+ | 00:00= | | | | | | | | | | | | | | |

| Class | Navn | | | | | | | | | | Klasse | | | | | | | | | | Tid | | | | | | | | | |
|-----------------------------|----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------|--------|--------|--------|--------|--------|--|--|--|--|-------|--|--|--|--|--|--|--|--|--|
| 4 | Anita Stenseth | | | | | | | | | | Synnfjell OK | | | | | | | | | | 17:19 | | | | | | | | | |
| | 01:30+ | 02:42+ | 03:37+ | 05:07+ | 05:41+ | 06:19+ | 07:24+ | 07:48+ | 09:41+ | 10:58+ | 12:09+ | 14:14+ | 14:49+ | 16:24+ | 16:53+ | 17:19+ | | | | | | | | | | | | | | |
| | 01:30+ | 01:12+ | 00:55+ | 01:30+ | 00:34- | 00:38+ | 01:05+ | 00:24- | 01:53+ | 01:17+ | 01:11+ | 02:05+ | 00:35+ | 01:35+ | 00:29+ | 00:26+ | | | | | | | | | | | | | | |
| | 00:27& | 00:12# | 00:19& | 00:22& | 00:09- | 00:13& | 00:09# | 00:00= | 00:14# | 00:05+ | 00:22& | 00:37& | 00:03+ | 00:04+ | 00:04# | 00:01+ | | | | | | | | | | | | | | |
| 5 | Unn Mette Klopbakken | | | | | | | | | | Synnfjell OK | | | | | | | | | | 17:41 | | | | | | | | | |
| | 01:05+ | 02:13+ | 02:52+ | 05:53+ | 06:18+ | 06:52+ | 08:08+ | 08:31+ | 10:32+ | 11:58+ | 12:55+ | 14:30+ | 15:02+ | 16:47+ | 17:15+ | 17:41+ | | | | | | | | | | | | | | |
| | 01:05+ | 01:08+ | 00:39+ | 03:01+ | 00:25- | 00:34+ | 01:16+ | 00:23- | 02:01+ | 01:26+ | 00:57+ | 01:35+ | 00:32= | 01:45+ | 00:28+ | 00:26+ | | | | | | | | | | | | | | |
| | 00:02+ | 00:08# | 00:03+ | 01:53@ | 00:18- | 00:09& | 00:20& | 00:01- | 00:22# | 00:14# | 00:08# | 00:07+ | 00:00= | 00:14# | 00:03# | 00:01+ | | | | | | | | | | | | | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 01:03 | 01:00 | 00:36 | 01:08 | 00:25 | 00:25 | 00:54 | 00:22 | 01:38 | 01:02 | 00:49 | 01:28 | 00:25 | 01:06 | 00:25 | 00:25 | | | | | | | | | | | | | | |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 50-

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|---|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-----------------|--------|--------|--------|--------|--------|--|--|--|--|-------|--|--|--|--|--|--|--|--|--|
| 1 | Vanja Staff | | | | | | | | | | OL Toten-Troll | | | | | | | | | | 15:19 | | | | | | | | | |
| | 01:11= | 02:14= | 02:57= | 04:15= | 04:49= | 05:23= | 06:29= | 06:53= | 08:35= | 10:01= | 11:19= | 12:44= | 13:09= | 14:25= | 14:53= | 15:19= | | | | | | | | | | | | | | |
| | 01:11= | 01:03= | 00:43= | 01:18= | 00:34= | 00:34= | 01:06= | 00:24= | 01:42= | 01:26= | 01:18= | 01:25= | 00:25= | 01:16= | 00:28= | 00:26= | | | | | | | | | | | | | | |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | | | | | |
| 2 | Line Asplin Grundtvig | | | | | | | | | | Gjø-Vard OL | | | | | | | | | | 15:20 | | | | | | | | | |
| | 01:03- | 02:04- | 02:49- | 04:01- | 04:37- | 05:21- | 06:27- | 06:52- | 08:35= | 09:41- | 11:03- | 12:47+ | 13:16+ | 14:27+ | 14:55+ | 15:20+ | | | | | | | | | | | | | | |
| | 01:03- | 01:01- | 00:45+ | 01:12- | 00:36+ | 00:44+ | 01:06= | 00:25+ | 01:43+ | 01:06- | 01:22+ | 01:44+ | 00:29+ | 01:11- | 00:28= | 00:25- | | | | | | | | | | | | | | |
| | 00:08- | 00:02- | 00:02+ | 00:06- | 00:02+ | 00:10& | 00:00= | 00:01+ | 00:01+ | 00:20- | 00:04+ | 00:19# | 00:04# | 00:05- | 00:00= | 00:01- | | | | | | | | | | | | | | |
| 3 | Mari Hernandez | | | | | | | | | | OL Toten-Troll | | | | | | | | | | 15:49 | | | | | | | | | |
| | 01:06- | 02:06- | 02:43- | 04:06- | 04:35- | 05:04- | 06:23- | 07:05+ | 08:33- | 09:41- | 10:46- | 13:23+ | 13:46+ | 14:55+ | 15:22+ | 15:49+ | | | | | | | | | | | | | | |
| | 01:06- | 01:00- | 00:37- | 01:23+ | 00:29- | 00:29- | 01:19+ | 00:42+ | 01:28- | 01:08- | 01:05- | 02:37+ | 00:23- | 01:09- | 00:27- | 00:27+ | | | | | | | | | | | | | | |
| | 00:05- | 00:03- | 00:06- | 00:05+ | 00:05- | 00:05- | 00:13# | 00:18& | 00:14- | 00:18- | 00:13- | 01:12& | 00:02- | 00:07- | 00:01- | 00:01+ | | | | | | | | | | | | | | |
| 4 | Tone Bakken | | | | | | | | | | Lillomarka OL | | | | | | | | | | 17:22 | | | | | | | | | |
| | 01:18+ | 02:41+ | 03:59+ | 05:17+ | 05:53+ | 06:32+ | 07:46+ | 08:17+ | 10:16+ | 11:49+ | 12:53+ | 14:42+ | 15:10+ | 16:25+ | 16:55+ | 17:22+ | | | | | | | | | | | | | | |
| | 01:18+ | 01:23+ | 01:18+ | 01:18= | 00:36+ | 00:39+ | 01:14+ | 00:31+ | 01:59+ | 01:33+ | 01:04- | 01:49+ | 00:28+ | 01:15- | 00:30+ | 00:27+ | | | | | | | | | | | | | | |
| | 00:07+ | 00:20& | 00:35& | 00:00= | 00:02+ | 00:05# | 00:08# | 00:07& | 00:17# | 00:07+ | 00:14- | 00:24& | 00:03# | 00:01- | 00:02+ | 00:01+ | | | | | | | | | | | | | | |
| 5 | Unni Halvorsen Nustad | | | | | | | | | | Øyer-Tretten IF | | | | | | | | | | 19:27 | | | | | | | | | |
| | 01:32+ | 02:52+ | 04:00+ | 05:17+ | 05:54+ | 06:27+ | 07:35+ | 08:02+ | 10:45+ | 12:10+ | 13:40+ | 16:04+ | 16:35+ | 18:33+ | 19:00+ | 19:27+ | | | | | | | | | | | | | | |
| | 01:32+ | 01:20+ | 01:08+ | 01:17- | 00:37+ | 00:33- | 01:08+ | 00:27+ | 02:43+ | 01:25- | 01:30+ | 02:24+ | 00:31+ | 01:58+ | 00:27- | 00:27+ | | | | | | | | | | | | | | |
| | 00:21& | 00:17& | 00:25& | 00:01- | 00:03+ | 00:01- | 00:02+ | 00:03# | 01:01& | 00:01- | 00:12# | 00:59& | 00:06# | 00:42& | 00:01- | 00:01+ | | | | | | | | | | | | | | |
| 6 | Hege Heiberg | | | | | | | | | | Hadeland OL | | | | | | | | | | 24:01 | | | | | | | | | |
| | 02:14+ | 03:43+ | 04:44+ | 07:53+ | 08:39+ | 09:39+ | 11:03+ | 11:32+ | 13:19+ | 15:29+ | 17:49+ | 20:31+ | 21:09+ | 22:49+ | 23:27+ | 24:01+ | | | | | | | | | | | | | | |
| | 02:14+ | 01:29+ | 01:01+ | 03:09+ | 00:46+ | 01:00+ | 01:24+ | 00:29+ | 01:47+ | 02:10+ | 02:20+ | 02:42+ | 00:38+ | 01:40+ | 00:38+ | 00:34+ | | | | | | | | | | | | | | |
| | 01:03& | 00:26& | 00:18& | 01:51@ | 00:12& | 00:26& | 00:18& | 00:05# | 00:05+ | 00:44& | 01:02& | 01:17& | 00:13& | 00:24& | 00:10& | 00:08& | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 01:03 | 01:00 | 00:37 | 01:12 | 00:29 | 00:29 | 01:06 | 00:24 | 01:28 | 01:06 | 01:04 | 01:25 | 00:23 | 01:09 | 00:27 | 00:25 | | | | | | | | | | | | | | |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 55-

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------------|------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|--|--|--|--|--|--|
| 1 | Guri Larssen | | | | | | | | | | Lillehammer OK | | | | | | | | | | 21:19 | | | | | | | | | |
| | 01:27= | 02:32= | 03:29= | 04:23= | 05:12= | 06:14= | 06:47= | 07:41= | 10:12= | 12:00= | 13:12= | 14:27= | 15:05= | 16:27= | 17:07= | 18:05= | 18:36= | 20:12= | 20:46= | 21:19= | | | | | | | | | | |
| | 01:27= | 01:05= | 00:57= | 00:54= | 00:49= | 01:02= | 00:33= | 00:54= | 02:31= | 01:48= | 01:12= | 01:15= | 00:38= | 01:22= | 00:40= | 00:58= | 00:31= | 01:36= | 00:34= | 00:33= | | | | | | | | | | |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | |
| 2 | Wenche Bjørnstad | | | | | | | | | | Ringsaker OK | | | | | | | | | | 22:02 | | | | | | | | | |
| | 02:12+ | 03:03+ | 03:47+ | 04:45+ | 05:26+ | 06:12- | 08:16+ | 09:00+ | 09:26- | 10:06- | 11:56- | 12:52- | 13:48- | 15:30- | 15:51- | 16:54- | 18:00- | 18:43- | 19:28- | 21:02- | 21:33+ | 22:02+ | | | | | | | | |
| | 02:12+ | 00:51- | 00:44- | 00:58+ | 00:41- | 00:46- | 02:04+ | 00:44- | 00:26- | 00:40- | 01:50+ | 00:56- | 00:40- | 01:42+ | 01:06+ | 00:43- | 00:45+ | 01:34+ | 00:45+ | 01:34+ | 00:29+ | | | | | | | | | |
| | 00:45& | 00:14- | 00:13- | 00:04+ | 00:08- | 00:16- | 01:31@ | 00:10- | 02:05- | 01:08- | 00:38& | 00:19- | 00:18& | 00:20# | 00:19- | 00:05+ | 00:35@ | 00:53- | 00:11& | 01:01@ | 00:31+ | 00:29+ | | | | | | | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 01:27 | 00:51 | 00:44 | 00:54 | 00:41 | 00:46 | 00:33 | 00:44 | 00:26 | 00:40 | 01:12 | 00:56 | 00:38 | 01:22 | 00:21 | 00:58 | 00:31 | 00:43 | 00:34 | 00:33 | | | | | | | | | | |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

| Plass | Navn | | | | | | | | | | Klasse | | | | | | | | | | Tid | | | | | | | | | |
|-----------------------------------------------------------------------------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|------------------|--------|--------|--------|--------|--------|--------|--------|--------|--|-------|--|--|--|--|--|--|--|--|--|
| D 60- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Gro Solnørdal | | | | | | | | | | Rudsbygd IL | | | | | | | | | | 18:45 | | | | | | | | | |
| 01:06= | 01:57= | 02:40= | 03:27= | 04:23= | 05:08= | 05:44= | 06:52= | 08:52= | 09:46= | 10:43= | 12:03= | 12:36= | 13:40= | 14:13= | 14:59= | 16:18= | 17:52= | 18:19= | 18:45= | | | | | | | | | | | |
| 01:06= | 00:51= | 00:43= | 00:47= | 00:56= | 00:45= | 00:36= | 01:08= | 02:00= | 00:54= | 00:57= | 01:20= | 00:33= | 01:04= | 00:33= | 00:46= | 01:19= | 01:34= | 00:27= | 00:26= | | | | | | | | | | | |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | | |
| 2 | Britt Gunnarsson | | | | | | | | | | Kristinehamns OK | | | | | | | | | | 19:51 | | | | | | | | | |
| 01:30+ | 02:39+ | 03:31+ | 04:19+ | 05:05+ | 05:57+ | 06:45+ | 07:20+ | 09:36+ | 10:41+ | 11:44+ | 13:31+ | 13:53+ | 15:07+ | 16:02+ | 16:45+ | 17:14+ | 18:57+ | 19:26+ | 19:51+ | | | | | | | | | | | |
| 01:30+ | 01:09+ | 00:52+ | 00:48+ | 00:46- | 00:52+ | 00:48+ | 00:35- | 02:16+ | 01:05+ | 01:03+ | 01:47+ | 00:22- | 01:14+ | 00:55+ | 00:43- | 00:29- | 01:43+ | 00:29+ | 00:25- | | | | | | | | | | | |
| 00:24& | 00:18& | 00:09# | 00:01+ | 00:10- | 00:07# | 00:12& | 00:33- | 00:16# | 00:11# | 00:06# | 00:27& | 00:11- | 00:10# | 00:22& | 00:03- | 00:50- | 00:09+ | 00:02+ | 00:01- | | | | | | | | | | | |
| 3 | Gunnel Gillenäs | | | | | | | | | | Kristinehamns OK | | | | | | | | | | 44:48 | | | | | | | | | |
| 03:44+ | 05:55+ | 07:46+ | 09:36+ | 11:13+ | 12:59+ | 13:57+ | 17:23+ | 23:37+ | 25:50+ | 28:23+ | 32:55+ | 33:44+ | 36:01+ | 37:04+ | 38:28+ | 39:30+ | 42:13+ | 43:31+ | 44:48+ | | | | | | | | | | | |
| 03:44+ | 02:11+ | 01:51+ | 01:50+ | 01:37+ | 01:46+ | 00:58+ | 03:26+ | 06:14+ | 02:13+ | 02:33+ | 04:32+ | 00:49+ | 02:17+ | 01:03+ | 01:24+ | 01:02- | 02:43+ | 01:18+ | 01:17+ | | | | | | | | | | | |
| 02:38@ | 01:20@ | 01:08@ | 01:03@ | 00:41& | 01:01@ | 00:22& | 02:18@ | 04:14@ | 01:19@ | 01:36@ | 03:12@ | 00:16& | 01:13@ | 00:30& | 00:38& | 00:17- | 01:09& | 00:51@ | 00:51@ | | | | | | | | | | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01:06 | 00:51 | 00:43 | 00:47 | 00:46 | 00:45 | 00:36 | 00:35 | 02:00 | 00:54 | 00:57 | 01:20 | 00:22 | 01:04 | 00:33 | 00:43 | 00:29 | 01:34 | 00:27 | 00:25 | | | | | | | | | | | |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D 65- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Marith Brekke | | | | | | | | | | Hamar OK | | | | | | | | | | 24:55 | | | | | | | | | |
| 02:22= | 03:34= | 04:23= | 05:59= | 06:57= | 07:48= | 08:35= | 09:16= | 10:16= | 13:10= | 14:13= | 15:24= | 16:46= | 17:31= | 18:21= | 19:26= | 22:13= | 23:55= | 24:30= | 24:55= | | | | | | | | | | | |
| 02:22= | 01:12= | 00:49= | 01:36= | 00:58= | 00:51= | 00:47= | 00:41= | 01:00= | 02:54= | 01:03= | 01:11= | 01:22= | 00:45= | 00:50= | 01:05= | 02:47= | 01:42= | 00:35= | 00:25= | | | | | | | | | | | |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02:22 | 01:12 | 00:49 | 01:36 | 00:58 | 00:51 | 00:47 | 00:41 | 01:00 | 02:54 | 01:03 | 01:11 | 01:22 | 00:45 | 00:50 | 01:05 | 02:47 | 01:42 | 00:35 | 00:25 | | | | | | | | | | | |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D 70- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Tea Forberg | | | | | | | | | | Rond OL | | | | | | | | | | 23:43 | | | | | | | | | |
| 01:16= | 02:35= | 03:29= | 04:53= | 06:09= | 07:10= | 07:44= | 09:44= | 10:46= | 12:38= | 13:54= | 15:00= | 16:04= | 16:54= | 17:48= | 18:55= | 20:07= | 22:35= | 23:10= | 23:43= | | | | | | | | | | | |
| 01:16= | 01:19= | 00:54= | 01:24= | 01:16= | 01:01= | 00:34= | 02:00= | 01:02= | 01:52= | 01:16= | 01:06= | 01:04= | 00:50= | 00:54= | 01:07= | 01:12= | 02:28= | 00:35= | 00:33= | | | | | | | | | | | |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | | |
| 2 | Lajla Tidemann | | | | | | | | | | Gjø-Vard OL | | | | | | | | | | 26:32 | | | | | | | | | |
| 01:59+ | 03:21+ | 04:07+ | 05:39+ | 06:43+ | 07:51+ | 08:49+ | 09:55+ | 10:51+ | 12:34- | 14:01+ | 16:16+ | 17:33+ | 18:19+ | 19:53+ | 21:04+ | 23:17+ | 25:26+ | 25:59+ | 26:32+ | | | | | | | | | | | |
| 01:59+ | 01:22+ | 00:46- | 01:32+ | 01:04- | 01:08+ | 00:58+ | 01:06- | 00:56- | 01:43- | 01:27+ | 02:15+ | 01:17+ | 00:46- | 01:34+ | 01:11+ | 02:13+ | 02:09- | 00:33- | 00:33= | | | | | | | | | | | |
| 00:43& | 00:03+ | 00:08- | 00:08+ | 00:12- | 00:07# | 00:24& | 00:54- | 00:06- | 00:09- | 00:11# | 01:09@ | 00:13# | 00:04- | 00:40& | 00:04+ | 01:01& | 00:19- | 00:02- | 00:00= | | | | | | | | | | | |
| 3 | Margith Reppesgård | | | | | | | | | | Hedrum OL | | | | | | | | | | 32:32 | | | | | | | | | |
| 01:33+ | 03:46+ | 04:42+ | 06:48+ | 07:55+ | 09:08+ | 09:37+ | 13:46+ | 15:55+ | 17:45+ | 19:09+ | 22:52+ | 23:26+ | 25:10+ | 26:12+ | 27:34+ | 29:12+ | 31:20+ | 31:57+ | 32:32+ | | | | | | | | | | | |
| 01:33+ | 02:13+ | 00:56+ | 02:06+ | 01:07- | 01:13+ | 00:29- | 04:09+ | 02:09+ | 01:50- | 01:24+ | 03:43+ | 00:34- | 01:44+ | 01:02+ | 01:22+ | 01:38+ | 02:08- | 00:37+ | 00:35+ | | | | | | | | | | | |
| 00:17# | 00:54& | 00:02+ | 00:42& | 00:09- | 00:12# | 00:05- | 02:09@ | 01:07@ | 00:02- | 00:08# | 02:37@ | 00:30- | 00:54@ | 00:08# | 00:15# | 00:26& | 00:20- | 00:02+ | 00:02+ | | | | | | | | | | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01:16 | 01:19 | 00:46 | 01:24 | 01:04 | 01:01 | 00:29 | 01:06 | 00:56 | 01:43 | 01:16 | 01:06 | 00:34 | 00:46 | 00:54 | 01:07 | 01:12 | 02:08 | 00:33 | 00:33 | | | | | | | | | | | |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D 75- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Inger E. Vamnes | | | | | | | | | | Hamar OK | | | | | | | | | | 36:24 | | | | | | | | | |
| 01:23= | 03:42= | 04:36= | 06:19= | 07:21= | 08:22= | 08:52= | 11:31= | 12:23= | 14:18= | 21:48= | 26:15= | 26:58= | 27:47= | 28:56= | 30:49= | 32:19= | 34:48= | 35:37= | 36:24= | | | | | | | | | | | |
| 01:23= | 02:19= | 00:54= | 01:43= | 01:02= | 01:01= | 00:30= | 02:39= | 00:52= | 01:55= | 07:30= | 04:27= | 00:43= | 00:49= | 01:09= | 01:53= | 01:30= | 02:29= | 00:49= | 00:47= | | | | | | | | | | | |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | | | |

| Plass | Navn | | | | Klasse | | | | Tid | | | | | | | | | | | |
|-------|------|--|--|--|--------|--|--|--|-----|--|--|--|--|--|--|--|--|--|--|--|
|-------|------|--|--|--|--------|--|--|--|-----|--|--|--|--|--|--|--|--|--|--|--|

Beste strekktid for klassen

| | | | | | | | | | | | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 01:23 | 02:19 | 00:54 | 01:43 | 01:02 | 01:01 | 00:30 | 02:39 | 00:52 | 01:55 | 07:30 | 04:27 | 00:43 | 00:49 | 01:09 | 01:53 | 01:30 | 02:29 | 00:49 | 00:47 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Direkte A

| | | | | | | | | | | | | | | | | | | | | |
|--------|-------------------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 1 | Stein Arne Negård | | | | | Vang OL | | | | | 17:14 | | | | | | | | | |
| 01:11= | 02:01= | 02:45= | 03:28= | 04:08= | 04:55= | 05:26= | 05:56= | 08:12= | 09:16= | 10:10= | 11:16= | 11:46= | 12:51= | 13:26= | 14:07= | 14:38= | 16:22= | 16:49= | 17:14= | |
| 01:11= | 00:50= | 00:44= | 00:43= | 00:40= | 00:47= | 00:31= | 00:30= | 02:16= | 01:04= | 00:54= | 01:06= | 00:30= | 01:05= | 00:35= | 00:41= | 00:31= | 01:44= | 00:27= | 00:25= | |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | |

| 2 | Kristin Vollen Sataøen | | | | | Rond OL | | | | | 23:34 | | | | | | | | | |
|--------|------------------------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 01:10- | 02:16+ | 03:07+ | 04:02+ | 04:41+ | 05:36+ | 06:25+ | 07:58+ | 10:47+ | 11:54+ | 15:09+ | 16:26+ | 16:58+ | 18:12+ | 19:32+ | 20:19+ | 20:59+ | 22:39+ | 23:09+ | 23:34+ | |
| 01:10- | 01:06+ | 00:51+ | 00:55+ | 00:39- | 00:55+ | 00:49+ | 01:33+ | 02:49+ | 01:07+ | 03:15+ | 01:17+ | 00:32+ | 01:14+ | 01:20+ | 00:47+ | 00:40+ | 01:40- | 00:30+ | 00:25= | |
| 00:01- | 00:16& | 00:07# | 00:12& | 00:01- | 00:08# | 00:18& | 01:03@ | 00:33# | 00:03+ | 02:21@ | 00:11# | 00:02+ | 00:09# | 00:45@ | 00:06# | 00:09& | 00:04- | 00:03# | 00:00= | |

| 3 | Per Y. Steinsholt | | | | | OL Toten-Troll | | | | | 26:36 | | | | | | | | | |
|--------|-------------------|--------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 01:55+ | 03:15+ | 04:23+ | 05:30+ | 06:31+ | 07:41+ | 08:27+ | 09:22+ | 12:08+ | 13:46+ | 15:09+ | 17:02+ | 17:47+ | 19:38+ | 20:29+ | 21:29+ | 22:17+ | 25:13+ | 25:56+ | 26:36+ | |
| 01:55+ | 01:20+ | 01:08+ | 01:07+ | 01:01+ | 01:10+ | 00:46+ | 00:55+ | 02:46+ | 01:38+ | 01:23+ | 01:53+ | 00:45+ | 01:51+ | 00:51+ | 01:00+ | 00:48+ | 02:56+ | 00:43+ | 00:40+ | |
| 00:44& | 00:30& | 00:24& | 00:24& | 00:21& | 00:23& | 00:15& | 00:25& | 00:30# | 00:34& | 00:29& | 00:47& | 00:15& | 00:46& | 00:16& | 00:19& | 00:17& | 01:12& | 00:16& | 00:15& | |

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|--------|-----------------|--------|--------|--------|--------|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 4 | Yngve Mobråthen | | | | | Botne SK | | | | | 30:18 | | | | | | | | | |
| 01:41+ | 03:01+ | 04:12+ | 05:19+ | 06:28+ | 07:58+ | 08:55+ | 10:14+ | 13:14+ | 15:13+ | 16:57+ | 19:08+ | 20:00+ | 22:07+ | 23:06+ | 24:20+ | 25:23+ | 28:02+ | 29:20+ | 30:18+ | |
| 01:41+ | 01:20+ | 01:11+ | 01:07+ | 01:09+ | 01:30+ | 00:57+ | 01:19+ | 03:00+ | 01:59+ | 01:44+ | 02:11+ | 00:52+ | 02:07+ | 00:59+ | 01:14+ | 01:03+ | 02:39+ | 01:18+ | 00:58+ | |
| 00:30& | 00:30& | 00:27& | 00:24& | 00:29& | 00:43& | 00:26& | 00:49@ | 00:44& | 00:55& | 00:50& | 01:05& | 00:22& | 01:02& | 00:24& | 00:33& | 00:32@ | 00:55& | 00:51@ | 00:33@ | |

Beste strekktid for klassen

| | | | | | | | | | | | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 01:10 | 00:50 | 00:44 | 00:43 | 00:39 | 00:47 | 00:31 | 00:30 | 02:16 | 01:04 | 00:54 | 01:06 | 00:30 | 01:05 | 00:35 | 00:41 | 00:31 | 01:40 | 00:27 | 00:25 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Direkte C

| | | | | | | | | | | | | | | | | | | | |
|--------|----------------------|--------|--------|--------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 1 | Bjørn Sverre Gulheim | | | | Kolbotn og Skimt OL | | | | | | | | 13:12 | | | | | | |
| 00:56= | 01:22= | 02:03= | 03:07= | 03:34= | 04:14= | 04:49= | 05:50= | 06:23= | 07:21= | 08:03= | 09:12= | 09:37= | 10:21= | 10:59= | 11:44= | 12:34= | 12:52= | 13:12= | |
| 00:56= | 00:26= | 00:41= | 01:04= | 00:27= | 00:40= | 00:35= | 01:01= | 00:33= | 00:58= | 00:42= | 01:09= | 00:25= | 00:44= | 00:38= | 00:45= | 00:50= | 00:18= | 00:20= | |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | |

| 2 | Gaute Skjelsvik | | | | Lillehammer OK | | | | | | 15:00 | | | | | | | | |
|--------|-----------------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 01:03+ | 01:35+ | 02:27+ | 03:32+ | 04:21+ | 05:01+ | 05:35+ | 06:48+ | 07:29+ | 08:33+ | 09:23+ | 10:48+ | 11:29+ | 12:12+ | 12:53+ | 13:26+ | 14:23+ | 14:39+ | 15:00+ | |
| 01:03+ | 00:32+ | 00:52+ | 01:05+ | 00:49+ | 00:40= | 00:34- | 01:13+ | 00:41+ | 01:04+ | 00:50+ | 01:25+ | 00:41+ | 00:43- | 00:41+ | 00:33- | 00:57+ | 00:16- | 00:21+ | |
| 00:07# | 00:06# | 00:11& | 00:01+ | 00:22& | 00:00= | 00:01- | 00:12# | 00:08# | 00:06# | 00:08# | 00:16# | 00:16& | 00:01- | 00:03+ | 00:12- | 00:07# | 00:02- | 00:01+ | |

| | | | | | | | | | | | | | | | | | | | |
|--------|---------------|--------|--------|--------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 3 | Knut Bjerknes | | | | Røyken OL | | | | | | | | 21:02 | | | | | | |
| 01:21+ | 01:56+ | 02:55+ | 04:14+ | 04:59+ | 05:48+ | 06:55+ | 08:38+ | 09:26+ | 10:48+ | 11:46+ | 13:35+ | 14:17+ | 15:07+ | 16:00+ | 18:32+ | 20:08+ | 20:31+ | 21:02+ | |
| 01:21+ | 00:35+ | 00:59+ | 01:19+ | 00:45+ | 00:49+ | 01:07+ | 01:43+ | 00:48+ | 01:22+ | 00:58+ | 01:49+ | 00:42+ | 00:50+ | 00:53+ | 02:32+ | 01:36+ | 00:23+ | 00:31+ | |
| 00:25& | 00:09& | 00:18& | 00:15# | 00:18& | 00:09# | 00:32& | 00:42& | 00:15& | 00:24& | 00:16& | 00:40& | 00:17& | 00:06# | 00:15& | 01:47@ | 00:46& | 00:05& | 00:11& | |

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|--------|---------------|--------|--------|--------|-------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 4 | Tiril Reksnes | | | | Hadeland OL | | | | 21:03 | | | | | | | | | |
| 01:22+ | 01:53+ | 02:46+ | 04:00+ | 04:32+ | 05:16+ | 05:54+ | 07:13+ | 08:16+ | 09:36+ | 10:31+ | 12:25+ | 15:55+ | 16:50+ | 17:59+ | 18:39+ | 20:06+ | 20:31+ | 21:03+ |
| 01:22+ | 00:31+ | 00:53+ | 01:14+ | 00:32+ | 00:44+ | 00:38+ | 01:19+ | 01:03+ | 01:20+ | 00:55+ | 01:54+ | 03:30+ | 00:55+ | 01:09+ | 00:40- | 01:27+ | 00:25+ | 00:32+ |
| 00:26& | 00:05# | 00:12& | 00:10# | 00:05# | 00:04# | 00:03+ | 00:18& | 00:30& | 00:22& | 00:13& | 00:45& | 03:05@ | 00:11# | 00:31& | 00:05- | 00:37& | 00:07& | 00:12& |

| | | | | | | | | | | | | | | | | | | | | |
|--------|------------------|--------|--------|--------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|
| 5 | Wenche Brobakken | | | | Synnfjell OK | | | | 25:34 | | | | | | | | | | | |
| 04:53+ | 05:27+ | 07:13+ | 08:32+ | 09:07+ | 10:00+ | 10:52+ | 12:16+ | 13:18+ | 15:24+ | 16:27+ | 18:28+ | 19:30+ | 20:36+ | 21:39+ | 23:10+ | 24:33+ | 25:05+ | 25:34+ | | |
| 04:53+ | 00:34+ | 01:46+ | 01:19+ | 00:35+ | 00:53+ | 00:52+ | 01:24+ | 01:02+ | 02:06+ | 01:03+ | 02:01+ | 01:02+ | 01:06+ | 01:03+ | 01:31+ | 01:23+ | 00:32+ | 00:29+ | | |
| 03:57@ | 00:08& | 01:05@ | 00:15# | 00:08& | 00:13& | 00:17& | 00:23& | 00:29& | 01:08@ | 00:21& | 00:52& | 00:37@ | 00:22& | 00:25& | 00:46@ | 00:33& | 00:14& | 00:09& | | |

Beste strekktid for klassen

| | | | | | | | | | | | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| 00:56 | 00:26 | 00:41 | 01:04 | 00:27 | 00:40 | 00:34 | 01:01 | 00:33 | 00:58 | 00:42 | 01:09 | 00:25 | 00:43 | 00:38 | 00:33 | 00:50 | 00:16 | 00:20 | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H -10

| Plass | Navn | | | Klasse | | | | | | | Tid | | | | | | |
|-------|-------------------------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 255 | Lars Lien | | | Gjø-Vard OL | | | | | | | 11:00 | | | | | | |
| | 00:46+ | 01:12+ | 01:52+ | 02:53+ | 03:09+ | 03:42+ | 04:22+ | 05:10+ | 05:56+ | 06:25+ | 07:29+ | 07:58+ | 08:45+ | 09:15+ | 10:15+ | 10:38+ | 11:00+ |
| | 00:46+ | 00:26+ | 00:40+ | 01:01+ | 00:16+ | 00:33+ | 00:40+ | 00:48+ | 00:46+ | 00:29+ | 01:04+ | 00:29+ | 00:47+ | 00:30+ | 01:00+ | 00:23+ | 00:22+ |
| | 00:46+ | 00:26+ | 00:40+ | 01:01+ | 00:16+ | 00:33+ | 00:40+ | 00:48+ | 00:46+ | 00:29+ | 01:04+ | 00:29+ | 00:47+ | 00:30+ | 01:00+ | 00:23+ | 00:22+ |
| 256 | Jo Randar Holmøy | | | Hadeland OL | | | | | | | 38:09 | | | | | | |
| | 00:59+ | 01:42+ | 02:58+ | 04:22+ | 04:56+ | 05:34+ | 07:10+ | 08:08+ | 10:19+ | 26:59+ | 28:07+ | 32:31+ | 33:48+ | 37:14+ | 37:40+ | 38:09+ | |
| | 00:59+ | 00:43+ | 01:16+ | 01:24+ | 00:34+ | 00:38+ | 01:36+ | 00:58+ | 02:11+ | 16:40+ | 01:08+ | 04:24+ | 01:17+ | 03:26+ | 00:26+ | 00:29+ | |
| | 00:59+ | 00:43+ | 01:16+ | 01:24+ | 00:34+ | 00:38+ | 01:36+ | 00:58+ | 02:11+ | 16:40+ | 01:08+ | 04:24+ | 01:17+ | 03:26+ | 00:26+ | 00:29+ | |
| 257 | Ole Edvard Snuggerud | | | Gjø-Vard OL | | | | | | | 15:42 | | | | | | |
| | 00:45+ | 01:32+ | 02:26+ | 03:34+ | 04:04+ | 04:48+ | 05:46+ | 06:45+ | 07:30+ | 08:08+ | 09:21+ | 09:57+ | 11:50+ | 13:19+ | 14:53+ | 15:13+ | 15:42+ |
| | 00:45+ | 00:47+ | 00:54+ | 01:08+ | 00:30+ | 00:44+ | 00:58+ | 00:59+ | 00:45+ | 00:38+ | 01:13+ | 00:36+ | 01:53+ | 01:29+ | 01:34+ | 00:20+ | 00:29+ |
| | 00:45+ | 00:47+ | 00:54+ | 01:08+ | 00:30+ | 00:44+ | 00:58+ | 00:59+ | 00:45+ | 00:38+ | 01:13+ | 00:36+ | 01:53+ | 01:29+ | 01:34+ | 00:20+ | 00:29+ |
| 258 | Johannes Bjørke Sollien | | | OL Toten-Troll | | | | | | | 32:44 | | | | | | |
| | 01:08+ | 02:30+ | 03:36+ | 04:52+ | 05:51+ | 08:29+ | 10:32+ | 11:37+ | 13:34+ | 14:32+ | 26:40+ | 27:36+ | 29:36+ | 30:29+ | 31:57+ | 32:16+ | 32:44+ |
| | 01:08+ | 01:22+ | 01:06+ | 01:16+ | 00:59+ | 02:38+ | 02:03+ | 01:05+ | 01:57+ | 00:58+ | 12:08+ | 00:56+ | 02:00+ | 00:53+ | 01:28+ | 00:19+ | 00:28+ |
| | 01:08+ | 01:22+ | 01:06+ | 01:16+ | 00:59+ | 02:38+ | 02:03+ | 01:05+ | 01:57+ | 00:58+ | 12:08+ | 00:56+ | 02:00+ | 00:53+ | 01:28+ | 00:19+ | 00:28+ |
| 259 | Harald Haanes Strandlie | | | Gjø-Vard OL | | | | | | | 19:15 | | | | | | |
| | 01:37+ | 02:08+ | 02:57+ | 03:40+ | 05:03+ | 08:14+ | 09:10+ | 10:08+ | 11:16+ | 12:07+ | 14:15+ | 14:50+ | 16:13+ | 17:31+ | 18:29+ | 18:52+ | 19:15+ |
| | 01:37+ | 00:31+ | 00:49+ | 00:43+ | 01:23+ | 03:11+ | 00:56+ | 00:58+ | 01:08+ | 00:51+ | 02:08+ | 00:35+ | 01:23+ | 01:18+ | 00:58+ | 00:23+ | 00:23+ |
| | 01:37+ | 00:31+ | 00:49+ | 00:43+ | 01:23+ | 03:11+ | 00:56+ | 00:58+ | 01:08+ | 00:51+ | 02:08+ | 00:35+ | 01:23+ | 01:18+ | 00:58+ | 00:23+ | 00:23+ |

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 11-12

| | | | | | | | | | | | | | | | | | |
|---|--------------------------|--------|--------|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 1 | Sune Raknes Sogstad | | | Gjø-Vard OL | | | | | | | 09:33 | | | | | | |
| | 00:44= | 01:00= | 01:37= | 02:15= | 02:49= | 03:20= | 04:03= | 04:15= | 05:33= | 05:57= | 06:39= | 07:37= | 08:03= | 08:55= | 09:12= | 09:33= | |
| | 00:44= | 00:16= | 00:37= | 00:38= | 00:34= | 00:31= | 00:43= | 00:12= | 01:18= | 00:24= | 00:42= | 00:58= | 00:26= | 00:52= | 00:17= | 00:21= | |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | |
| 2 | Even Bordal | | | Ringsaker OK | | | | | | | 13:09 | | | | | | |
| | 01:09+ | 01:36+ | 02:18+ | 03:02+ | 03:48+ | 05:00+ | 06:00+ | 06:20+ | 07:29+ | 07:49+ | 09:31+ | 11:00+ | 11:22+ | 12:30+ | 12:46+ | 13:09+ | |
| | 01:09+ | 00:27+ | 00:42+ | 00:44+ | 00:46+ | 01:12+ | 01:00+ | 00:20+ | 01:09+ | 00:20+ | 01:42+ | 01:29+ | 00:22+ | 01:08+ | 00:16+ | 00:23+ | |
| | 00:25& | 00:11& | 00:05# | 00:06# | 00:12& | 00:41@ | 00:17& | 00:08& | 00:09+ | 00:04+ | 01:00@ | 00:31& | 00:04+ | 00:16& | 00:01+ | 00:02+ | |
| 3 | Peder Aabogen Haugaard | | | Skaukameratene OL | | | | | | | 14:26 | | | | | | |
| | 00:48+ | 01:07+ | 01:50+ | 02:28+ | 04:05+ | 05:26+ | 06:59+ | 07:18+ | 08:28+ | 08:52+ | 11:10+ | 12:23+ | 12:45+ | 13:42+ | 14:01+ | 14:26+ | |
| | 00:48+ | 00:19+ | 00:43+ | 00:38= | 01:37+ | 01:21+ | 01:33+ | 00:19+ | 01:10+ | 00:24= | 02:18+ | 01:13+ | 00:22+ | 00:57+ | 00:19+ | 00:25+ | |
| | 00:04+ | 00:03# | 00:06# | 00:00= | 01:03@ | 00:50@ | 00:50@ | 00:07& | 00:08+ | 00:00= | 01:36@ | 00:15& | 00:04+ | 00:05+ | 00:02# | 00:04# | |
| 4 | Axel Bjørnsgaard Lenndin | | | Lillehammer OK | | | | | | | 15:54 | | | | | | |
| | 01:02+ | 01:30+ | 02:22+ | 03:13+ | 04:34+ | 05:20+ | 06:33+ | 06:58+ | 09:31+ | 10:15+ | 11:06+ | 13:15+ | 13:58+ | 15:13+ | 15:31+ | 15:54+ | |
| | 01:02+ | 00:28+ | 00:52+ | 00:51+ | 01:21+ | 00:46+ | 01:13+ | 00:25+ | 02:33+ | 00:44+ | 00:51+ | 02:09+ | 00:43+ | 01:15+ | 00:18+ | 00:23+ | |
| | 00:18& | 00:12& | 00:15& | 00:13& | 00:47@ | 00:15& | 00:30& | 00:13@ | 01:15& | 00:20& | 00:09# | 01:11@ | 00:17& | 00:23& | 00:01+ | 00:02+ | |

Beste strekktid for klassen

| | | | | | | | | | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|
| 00:44 | 00:16 | 00:37 | 00:38 | 00:34 | 00:31 | 00:43 | 00:12 | 01:09 | 00:20 | 00:42 | 00:58 | 00:22 | 00:52 | 00:16 | 00:21 | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 13-14

| | | | | | | | | | | | | | | | | | |
|---|--------------------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Jon Magnus Smestad | | | OL Toten-Troll | | | | | | | 12:21 | | | | | | |
| | 01:12= | 02:11= | 02:51= | 03:22= | 04:07= | 05:15= | 05:38= | 06:44= | 06:58= | 08:02= | 08:55= | 09:42= | 10:28= | 10:58= | 11:45= | 12:03= | 12:21= |
| | 01:12= | 00:59= | 00:40= | 00:31= | 00:45= | 01:08= | 00:23= | 01:06= | 00:14= | 01:04= | 00:53= | 00:47= | 00:46= | 00:30= | 00:47= | 00:18= | 00:18= |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2 | Elias Øhman | | | Gjø-Vard OL | | | | | | | 12:34 | | | | | | |
| | 00:56+ | 01:50+ | 02:26+ | 03:06+ | 03:48+ | 04:43+ | 05:09+ | 06:02+ | 06:13+ | 07:16+ | 08:11+ | 08:57+ | 09:40+ | 10:09+ | 11:58+ | 12:15+ | 12:34+ |
| | 00:56+ | 00:54+ | 00:36+ | 00:40+ | 00:42+ | 00:55+ | 00:26+ | 00:53+ | 00:11+ | 01:03+ | 00:55+ | 00:46+ | 00:43+ | 00:29+ | 01:49+ | 00:17+ | 00:19+ |
| | 00:16+ | 00:05+ | 00:04+ | 00:09& | 00:03+ | 00:13+ | 00:03# | 00:13+ | 00:03+ | 00:01+ | 00:02+ | 00:01+ | 00:03+ | 00:01+ | 01:02@ | 00:01+ | 00:01+ |

| Plass | | | Navn | | | | | | | | | | Klasse | | | | | | | | | | Tid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 00:56 | 00:54 | 00:36 | 00:31 | 00:42 | 00:55 | 00:23 | 00:53 | 00:11 | 01:03 | 00:53 | 00:46 | 00:43 | 00:29 | 00:47 | 00:17 | 00:18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | </ |

| Plass | Navn | | | | | Klasse | | | | | Tid | | | | | | | | | | | | |
|-----------------------------|---------------------|--------|--------|--------|--------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 4 | Eskil Sande Gullord | | | | | Raumar Orientering | | | | | 15:52 | | | | | | | | | | | | |
| | 00:40- | 01:40+ | 02:12+ | 02:52+ | 03:21+ | 04:26+ | 04:45+ | 05:04+ | 05:32+ | 06:41+ | 07:43+ | 08:13+ | 08:41+ | 09:11+ | 10:40+ | 11:15+ | 11:58+ | 12:41+ | 13:45+ | 14:17+ | 15:11+ | 15:35+ | 15:52+ |
| | 00:40- | 01:00+ | 00:32+ | 00:40+ | 00:29+ | 01:05+ | 00:19+ | 00:19+ | 00:28+ | 01:09+ | 01:02+ | 00:30+ | 00:28+ | 00:30+ | 01:29+ | 00:35+ | 00:43+ | 00:43+ | 01:04+ | 00:32+ | 00:54+ | 00:24+ | 00:17+ |
| | 00:09- | 00:12# | 00:09& | 00:03+ | 00:00= | 00:06# | 00:02# | 00:04& | 00:04# | 00:11# | 00:11# | 00:02+ | 00:04# | 00:04# | 00:15# | 00:02+ | 00:01+ | 00:09& | 00:09# | 00:05# | 00:08# | 00:06& | 00:00= |
| 5 | Haakon Ingvaldsen | | | | | Nydalens SK | | | | | 16:00 | | | | | | | | | | | | |
| | 00:43- | 01:34- | 02:02+ | 02:44+ | 03:19+ | 04:34+ | 04:52+ | 05:33+ | 05:57+ | 06:57+ | 07:57+ | 08:27+ | 08:53+ | 09:25+ | 10:53+ | 11:32+ | 12:24+ | 13:05+ | 14:05+ | 14:35+ | 15:24+ | 15:43+ | 16:00+ |
| | 00:43- | 00:51+ | 00:28+ | 00:42+ | 00:35+ | 01:15+ | 00:18+ | 00:41+ | 00:24+ | 01:00+ | 01:00+ | 00:30+ | 00:26+ | 00:32+ | 01:28+ | 00:39+ | 00:52+ | 00:41+ | 01:00+ | 00:30+ | 00:49+ | 00:19+ | 00:17+ |
| | 00:06- | 00:03+ | 00:05# | 00:05# | 00:06# | 00:16& | 00:01+ | 00:26@ | 00:00= | 00:02+ | 00:09# | 00:02+ | 00:02+ | 00:06# | 00:14# | 00:06# | 00:10# | 00:07# | 00:05+ | 00:03# | 00:03+ | 00:01+ | 00:00= |
| 6 | Einar M. Often | | | | | Raumar Orientering | | | | | 17:37 | | | | | | | | | | | | |
| | 00:39- | 01:33- | 02:01+ | 02:45+ | 03:26+ | 04:26+ | 04:43+ | 05:01+ | 05:36+ | 06:21+ | 08:06+ | 08:36+ | 09:05+ | 09:32+ | 11:26+ | 11:59+ | 12:38+ | 13:18+ | 14:24+ | 15:47+ | 16:54+ | 17:16+ | 17:37+ |
| | 00:39- | 00:54+ | 00:28+ | 00:44+ | 00:41+ | 01:00+ | 00:17= | 00:18+ | 00:35+ | 00:45- | 01:45+ | 00:30+ | 00:29+ | 00:27+ | 01:54+ | 00:33= | 00:39- | 00:40+ | 01:06+ | 01:23+ | 01:07+ | 00:22+ | 00:21+ |
| | 00:10- | 00:06# | 00:05# | 00:07# | 00:12& | 00:01+ | 00:00= | 00:03# | 00:11& | 00:13- | 00:54@ | 00:02+ | 00:05# | 00:01+ | 00:40& | 00:00= | 00:03- | 00:06# | 00:11# | 00:56@ | 00:21& | 00:04# | 00:04# |
| 7 | Ola Tellesbø | | | | | Hadeland OL | | | | | 17:52 | | | | | | | | | | | | |
| | 00:49= | 01:46+ | 02:19+ | 03:09+ | 03:45+ | 04:57+ | 05:26+ | 05:46+ | 06:14+ | 07:10+ | 08:17+ | 08:53+ | 09:24+ | 09:57+ | 11:54+ | 12:37+ | 13:25+ | 14:31+ | 15:46+ | 16:19+ | 17:13+ | 17:36+ | 17:52+ |
| | 00:49= | 00:57+ | 00:33+ | 00:50+ | 00:36+ | 01:12+ | 00:29+ | 00:20+ | 00:28+ | 00:56- | 01:07+ | 00:36+ | 00:31+ | 00:33+ | 01:57+ | 00:43+ | 00:48+ | 01:06+ | 01:15+ | 00:33+ | 00:54+ | 00:23+ | 00:16- |
| | 00:00= | 00:09# | 00:10& | 00:13& | 00:07# | 00:13# | 00:12& | 00:05& | 00:04# | 00:02- | 00:16& | 00:08& | 00:07& | 00:07& | 00:43& | 00:10& | 00:06# | 00:32& | 00:20& | 00:06# | 00:08# | 00:05& | 00:01- |
| 8 | Øystein Bakken | | | | | NTNUI | | | | | 18:27 | | | | | | | | | | | | |
| | 00:47- | 01:43+ | 02:13+ | 02:52+ | 03:26+ | 04:43+ | 05:04+ | 05:23+ | 05:52+ | 07:01+ | 08:03+ | 08:37+ | 09:09+ | 09:39+ | 11:35+ | 12:10+ | 12:51+ | 13:32+ | 14:39+ | 16:33+ | 17:43+ | 18:07+ | 18:27+ |
| | 00:47- | 00:56+ | 00:30+ | 00:39+ | 00:34+ | 01:17+ | 00:21+ | 00:19+ | 00:29+ | 01:09+ | 01:02+ | 00:34+ | 00:32+ | 00:30+ | 01:56+ | 00:35+ | 00:41- | 00:41+ | 01:07+ | 01:54+ | 01:10+ | 00:24+ | 00:20+ |
| | 00:02- | 00:08# | 00:07& | 00:02+ | 00:05# | 00:18& | 00:04# | 00:04& | 00:05# | 00:11# | 00:11# | 00:06# | 00:08& | 00:04# | 00:42& | 00:02+ | 00:01- | 00:07# | 00:12# | 01:27@ | 00:24& | 00:06& | 00:03# |
| 9 | Marius Staff | | | | | OL Toten-Troll | | | | | 23:16 | | | | | | | | | | | | |
| | 00:47- | 02:00+ | 02:51+ | 03:45+ | 04:32+ | 06:44+ | 07:13+ | 07:39+ | 08:20+ | 09:21+ | 10:51+ | 11:47+ | 12:30+ | 13:12+ | 15:17+ | 16:37+ | 17:37+ | 18:50+ | 20:26+ | 21:23+ | 22:37+ | 22:58+ | 23:16+ |
| | 00:47- | 01:13+ | 00:51+ | 00:54+ | 00:47+ | 02:12+ | 00:29+ | 00:26+ | 00:41+ | 01:01+ | 01:30+ | 00:56+ | 00:43+ | 00:42+ | 02:05+ | 01:20+ | 01:00+ | 01:13+ | 01:36+ | 00:57+ | 01:14+ | 00:21+ | 00:18+ |
| | 00:02- | 00:25& | 00:28@ | 00:17& | 00:18& | 01:13@ | 00:12& | 00:11& | 00:17& | 00:03+ | 00:39& | 00:28& | 00:19& | 00:16& | 00:51& | 00:47@ | 00:18& | 00:39@ | 00:41& | 00:30@ | 00:28& | 00:03# | 00:01+ |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | |
| | 00:35 | 00:48 | 00:23 | 00:37 | 00:29 | 00:56 | 00:17 | 00:15 | 00:20 | 00:45 | 00:51 | 00:28 | 00:24 | 00:23 | 01:07 | 00:32 | 00:35 | 00:34 | 00:55 | 00:27 | 00:46 | 00:17 | 00:15 |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 40-

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------------|-------------------|--------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Anders Sollien | | | | | OL Toten-Troll | | | | | 16:04 | | | | | | | | | | | | |
| | 00:44= | 01:04= | 01:41= | 02:42= | 03:29= | 03:52= | 04:14= | 05:07= | 05:43= | 06:06= | 06:23= | 06:44= | 08:07= | 08:50= | 10:20= | 11:26= | 12:05= | 13:08= | 13:47= | 14:10= | 15:11= | 15:38= | 16:04= |
| | 00:44= | 00:20= | 00:37= | 01:01= | 00:47= | 00:23= | 00:22= | 00:53= | 00:36= | 00:23= | 00:17= | 00:21= | 01:23= | 00:43= | 01:30= | 01:06= | 00:39= | 01:03= | 00:39= | 00:23= | 01:01= | 00:27= | 00:26= |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2 | Per Olav Andersen | | | | | Halden SK | | | | | 18:11 | | | | | | | | | | | | |
| | 00:46+ | 01:08+ | 01:52+ | 03:01+ | 03:56+ | 04:23+ | 04:49+ | 05:48+ | 06:26+ | 06:51+ | 07:11+ | 07:33+ | 08:55+ | 09:43+ | 11:16+ | 12:33+ | 13:15+ | 14:27+ | 15:46+ | 16:12+ | 17:22+ | 17:49+ | 18:11+ |
| | 00:46+ | 00:22+ | 00:44+ | 01:09+ | 00:55+ | 00:27+ | 00:26+ | 00:59+ | 00:38+ | 00:25+ | 00:20+ | 00:22+ | 01:22- | 00:48+ | 01:33+ | 01:17+ | 00:42+ | 01:12+ | 01:19+ | 00:26+ | 01:10+ | 00:27= | 00:22- |
| | 00:02+ | 00:02# | 00:07# | 00:08# | 00:08# | 00:04# | 00:04# | 00:06# | 00:02+ | 00:02+ | 00:03# | 00:01+ | 00:01- | 00:05# | 00:03+ | 00:11# | 00:03+ | 00:09# | 00:40@ | 00:03# | 00:09# | 00:00= | 00:04- |
| 3 | Trond Flaskerud | | | | | OL Toten-Troll | | | | | 21:29 | | | | | | | | | | | | |
| | 00:52+ | 01:18+ | 02:42+ | 03:54+ | 06:07+ | 07:31+ | 07:59+ | 09:06+ | 09:43+ | 10:03+ | 10:22+ | 11:14+ | 12:52+ | 13:35+ | 15:12+ | 16:49+ | 17:29+ | 18:36+ | 19:06+ | 19:37+ | 20:41+ | 21:07+ | 21:29+ |
| | 00:52+ | 00:26+ | 01:24+ | 01:12+ | 02:13+ | 01:24+ | 00:28+ | 01:07+ | 00:37+ | 00:20- | 00:19+ | 00:52+ | 01:38+ | 00:43= | 01:37+ | 01:37+ | 00:40+ | 01:07+ | 00:30- | 00:31+ | 01:04+ | 00:26- | 00:22- |
| | 00:08# | 00:06& | 00:47@ | 00:11# | 01:26@ | 01:01@ | 00:06& | 00:14& | 00:01+ | 00:03- | 00:02# | 00:31@ | 00:15# | 00:00= | 00:07+ | 00:31& | 00:01+ | 00:04+ | 00:09- | 00:08& | 00:03+ | 00:01- | 00:04- |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | |
| | 00:44 | 00:20 | 00:37 | 01:01 | 00:47 | 00:23 | 00:22 | 00:53 | 00:36 | 00:20 | 00:17 | 00:21 | 01:22 | 00:43 | 01:30 | 01:06 | 00:39 | 01:03 | 00:30 | 00:23 | 01:01 | 00:26 | 00:22 |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 45-

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|---|-----------------------|--------|--------|--------|--------|--------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Ståle Sønsterudbråten | | | | | | Raumar Orientering | | | | | | 13:43 | | | | | | | |
| | 00:51= | 01:26= | 01:54= | 02:27= | 02:52= | 03:19= | 04:12= | 04:38= | 05:32= | 06:18= | 06:47= | 07:56= | 09:02= | 09:46= | 10:54= | 11:13= | 11:43= | 12:57= | 13:21= | 13:43= |
| | 00:51= | 00:35= | 00:28= | 00:33= | 00:25= | 00:27= | 00:53= | 00:26= | 00:54= | 00:46= | 00:29= | 01:09= | 01:06= | 00:44= | 01:08= | 00:19= | 00:30= | 01:14= | 00:24= | 00:22= |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2 | Guttorm L Egge | | | | | | Oslostudentenes IK | | | | | | 14:49 | | | | | | | |
| | 00:50- | 01:32+ | 02:02+ | 02:39+ | 03:05+ | 03:28+ | 04:22+ | 04:52+ | 06:00+ | 06:48+ | 07:18+ | 09:09+ | 10:10+ | 10:31+ | 11:46+ | 12:07+ | 12:44+ | 14:05+ | 14:28+ | 14:49+ |
| | 00:50- | 00:42+ | 00:30+ | 00:37+ | 00:26+ | 00:23- | 00:54+ | 00:30+ | 01:08+ | 00:48+ | 00:30+ | 01:51+ | 01:01- | 00:21- | 01:15+ | 00:21+ | 00:37+ | 01:21+ | 00:23- | 00:21- |
| | 00:01- | 00:07# | 00:02+ | 00:04# | 00:01+ | 00:04- | 00:01+ | 00:04# | 00:14& | 00:02+ | 00:01+ | 00:42& | 00:05- | 00:23- | 00:07# | 00:02# | 00:07# | 00:07+ | 00:01- | 00:01- |

| Plass | Navn | | | | | | | | | | Klasse | | | | | | | | | | Tid | | | | | | | | | |
|-----------------------------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--|--|--|--|--|--|--|--|--|
| 3 | Frode Ødegårdstuen | | | | | | | | | | Synnfjell OK | | | | | | | | | | 15:49 | | | | | | | | | |
| | 00:54+ | 01:35+ | 02:09+ | 02:49+ | 03:15+ | 03:43+ | 04:39+ | 05:06+ | 06:06+ | 06:55+ | 07:34+ | 08:49+ | 10:37+ | 11:00+ | 12:17+ | 12:46+ | 13:21+ | 15:02+ | 15:27+ | 15:49+ | | | | | | | | | | |
| | 00:54+ | 00:41+ | 00:34+ | 00:40+ | 00:26+ | 00:28+ | 00:56+ | 00:27+ | 01:00+ | 00:49+ | 00:39+ | 01:15+ | 01:48+ | 00:23- | 01:17+ | 00:29+ | 00:35+ | 01:41+ | 00:25+ | 00:22= | | | | | | | | | | |
| | 00:03+ | 00:06# | 00:06# | 00:07# | 00:01+ | 00:01+ | 00:03+ | 00:01+ | 00:06# | 00:03+ | 00:10& | 00:06+ | 00:42& | 00:21- | 00:09# | 00:10& | 00:05# | 00:27& | 00:01+ | 00:00= | | | | | | | | | | |
| 4 | Jan Erik Aalberg | | | | | | | | | | Bækkelagets SK | | | | | | | | | | 17:14 | | | | | | | | | |
| | 00:53+ | 02:07+ | 02:58+ | 03:34+ | 04:22+ | 04:44+ | 06:06+ | 06:35+ | 07:39+ | 08:33+ | 09:15+ | 10:46+ | 12:14+ | 12:42+ | 14:00+ | 14:21+ | 14:58+ | 16:24+ | 16:51+ | 17:14+ | | | | | | | | | | |
| | 00:53+ | 01:14+ | 00:51+ | 00:36+ | 00:48+ | 00:22- | 01:22+ | 00:29+ | 01:04+ | 00:54+ | 00:42+ | 01:31+ | 01:28+ | 00:28- | 01:18+ | 00:21+ | 00:37+ | 01:26+ | 00:27+ | 00:23+ | | | | | | | | | | |
| | 00:02+ | 00:39@ | 00:23& | 00:03+ | 00:23& | 00:05- | 00:29& | 00:03# | 00:10# | 00:08# | 00:13& | 00:22& | 00:22& | 00:16- | 00:10# | 00:02# | 00:07# | 00:12# | 00:03# | 00:01+ | | | | | | | | | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 00:50 | 00:35 | 00:28 | 00:33 | 00:25 | 00:22 | 00:53 | 00:26 | 00:54 | 00:46 | 00:29 | 01:09 | 01:01 | 00:21 | 01:08 | 00:19 | 00:30 | 01:14 | 00:23 | 00:21 | | | | | | | | | | |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

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|-----------------------------|---------------------|--------|--------|--------|--------|--------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Nils Harald Staff | | | | | | OL Toten-Troll | | | | | | 15:06 | | | | | | | | |
| | 00:46= | 01:23= | 01:52= | 02:28= | 02:51= | 03:16= | 04:12= | 04:41= | 05:38= | 06:26= | 06:58= | 08:17= | 09:33= | 10:10= | 10:30= | 12:08= | 12:26= | 12:59= | 14:22= | 14:45= | 15:06= |
| | 00:46= | 00:37= | 00:29= | 00:36= | 00:23= | 00:25= | 00:56= | 00:29= | 00:57= | 00:48= | 00:32= | 01:19= | 01:16= | 00:37= | 00:20= | 01:38= | 00:18= | 00:33= | 01:23= | 00:23= | 00:21= |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2 | Per Arne Arnesen | | | | | | Kolbotn og Skimt OL | | | | | | 15:55 | | | | | | | | |
| | 00:53+ | 01:33+ | 02:14+ | 02:52+ | 03:18+ | 03:45+ | 04:43+ | 05:12+ | 06:27+ | 07:24+ | 08:04+ | 09:29+ | 10:42+ | 11:14+ | 12:38+ | 13:02+ | 13:37+ | 15:02+ | 15:30+ | 15:55+ | |
| | 00:53+ | 00:40+ | 00:41+ | 00:38+ | 00:26+ | 00:27+ | 00:58+ | 00:29= | 01:15+ | 00:57+ | 00:40+ | 01:25+ | 01:13- | 00:32- | 01:24+ | 00:24- | 00:35+ | 01:25+ | 00:28- | 00:25+ | |
| | 00:07# | 00:03+ | 00:12& | 00:02+ | 00:03# | 00:02+ | 00:02+ | 00:00= | 00:18& | 00:09# | 00:08# | 00:06+ | 00:03- | 00:05- | 01:04@ | 01:14- | 00:17& | 00:52@ | 00:55- | 00:02+ | |
| 3 | Bjarte Lindstad | | | | | | OL Toten-Troll | | | | | | 16:26 | | | | | | | | |
| | 01:07+ | 01:58+ | 02:30+ | 03:11+ | 03:50+ | 04:17+ | 05:39+ | 06:19+ | 07:18+ | 08:18+ | 08:56+ | 10:19+ | 11:31+ | 11:59+ | 13:13+ | 13:34+ | 14:08+ | 15:36+ | 16:02+ | 16:26+ | |
| | 01:07+ | 00:51+ | 00:32+ | 00:41+ | 00:39+ | 00:27+ | 01:22+ | 00:40+ | 00:59+ | 01:00+ | 00:38+ | 01:23+ | 01:12- | 00:28- | 01:14+ | 00:21- | 00:34+ | 01:28+ | 00:26- | 00:24+ | |
| | 00:21& | 00:14& | 00:03# | 00:05# | 00:16& | 00:02+ | 00:26& | 00:11& | 00:02+ | 00:12# | 00:06# | 00:04+ | 00:04- | 00:09- | 00:54@ | 01:17- | 00:16& | 00:55@ | 00:57- | 00:01+ | |
| 4 | Thor Inge Tollehaug | | | | | | Eiker OL | | | | | | 21:33 | | | | | | | | |
| | 00:46= | 01:32+ | 02:07+ | 02:52+ | 03:40+ | 04:05+ | 05:35+ | 06:05+ | 07:10+ | 08:08+ | 08:42+ | 10:31+ | 11:44+ | 12:18+ | 17:51+ | 18:08+ | 19:12+ | 20:45+ | 21:10+ | 21:33+ | |
| | 00:46= | 00:46+ | 00:35+ | 00:45+ | 00:48+ | 00:25= | 01:30+ | 00:30+ | 01:05+ | 00:58+ | 00:34+ | 01:49+ | 01:13- | 00:34- | 05:33+ | 00:17- | 01:04+ | 01:33+ | 00:25- | 00:23= | |
| | 00:00= | 00:09# | 00:06# | 00:09# | 00:25@ | 00:00= | 00:34& | 00:01+ | 00:08# | 00:10# | 00:02+ | 00:30& | 00:03- | 00:03- | 05:13@ | 01:21- | 00:46@ | 01:00@ | 00:58- | 00:00= | |
| 5 | Olav Bakken | | | | | | Lillomarka OL | | | | | | 23:05 | | | | | | | | |
| | 01:14+ | 02:19+ | 02:56+ | 03:48+ | 04:21+ | 04:52+ | 07:31+ | 08:17+ | 09:50+ | 11:11+ | 12:07+ | 14:09+ | 15:48+ | 16:28+ | 18:27+ | 19:03+ | 19:47+ | 22:03+ | 22:35+ | 23:05+ | |
| | 01:14+ | 01:05+ | 00:37+ | 00:52+ | 00:33+ | 00:31+ | 02:39+ | 00:46+ | 01:33+ | 01:21+ | 00:56+ | 02:02+ | 01:39+ | 00:40+ | 01:59+ | 00:36- | 00:44+ | 02:16+ | 00:32- | 00:30+ | |
| | 00:28& | 00:28& | 00:08& | 00:16& | 00:10& | 00:06# | 01:43@ | 00:17& | 00:36& | 00:33& | 00:24& | 00:43& | 00:23& | 00:03+ | 01:39@ | 01:02- | 00:26@ | 01:43@ | 00:51- | 00:07& | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | | |
| | 00:46 | 00:37 | 00:29 | 00:36 | 00:23 | 00:25 | 00:56 | 00:29 | 00:57 | 00:48 | 00:32 | 01:19 | 01:12 | 00:28 | 00:20 | 00:17 | 00:18 | 00:33 | 00:25 | 00:23 | 00:21 |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 55-

| | | | | | | | | | | | | | | | | | | | | | | | | |
|--------|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|--------|--------|--------|--------|--|--|--|--|--|-------|--|--|--|
| 1 | Øyvind Sørлие | | | | | | | | | | Hadeland OL | | | | | | | | | | 13:44 | | | |
| 01:02= | 02:04= | 02:43= | 04:04= | 04:33= | 05:01= | 05:57= | 06:22= | 07:52= | 09:09= | 10:06= | 11:28= | 11:55= | 12:55= | 13:21= | 13:44= | | | | | | | | | |
| 01:02= | 01:02= | 00:39= | 01:21= | 00:29= | 00:28= | 00:56= | 00:25= | 01:30= | 01:17= | 00:57= | 01:22= | 00:27= | 01:00= | 00:26= | 00:23= | | | | | | | | | |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | | | | | | | | |
| 2 | Karl Aasmund Erøy | | | | | | | | | | OK Moss | | | | | | | | | | 13:53 | | | |
| 01:01- | 02:17+ | 02:54+ | 03:54- | 04:26- | 04:56- | 05:54- | 06:17- | 08:04+ | 09:10+ | 10:00- | 11:33+ | 11:59+ | 12:57+ | 13:22+ | 13:53+ | | | | | | | | | |
| 01:01- | 01:16+ | 00:37- | 01:00- | 00:32+ | 00:30+ | 00:58+ | 00:23- | 01:47+ | 01:06- | 00:50- | 01:33+ | 00:26- | 00:58- | 00:25- | 00:31+ | | | | | | | | | |
| 00:01- | 00:14# | 00:02- | 00:21- | 00:03# | 00:02+ | 00:02+ | 00:02- | 00:17# | 00:11- | 00:07- | 00:11# | 00:01- | 00:02- | 00:01- | 00:08& | | | | | | | | | |
| 3 | Terje Gudbrandsen | | | | | | | | | | Hamar OK | | | | | | | | | | 14:08 | | | |
| 01:04+ | 02:12+ | 02:59+ | 04:07+ | 04:43+ | 05:13+ | 06:12+ | 06:33+ | 08:12+ | 09:31+ | 10:24+ | 11:43+ | 12:06+ | 13:16+ | 13:43+ | 14:08+ | | | | | | | | | |
| 01:04+ | 01:08+ | 00:47+ | 01:08- | 00:36+ | 00:30+ | 00:59+ | 00:21- | 01:39+ | 01:19+ | 00:53- | 01:19- | 00:23- | 01:10+ | 00:27+ | 00:25+ | | | | | | | | | |
| 00:02+ | 00:06+ | 00:08# | 00:13- | 00:07# | 00:02+ | 00:03+ | 00:04- | 00:09# | 00:02+ | 00:04- | 00:03- | 00:04- | 00:10# | 00:01+ | 00:02+ | | | | | | | | | |
| 4 | Magnar Often | | | | | | | | | | Tynset IF | | | | | | | | | | 15:14 | | | |
| 01:23+ | 02:30+ | 03:14+ | 04:27+ | 05:00+ | 05:29+ | 06:38+ | 07:08+ | 08:39+ | 10:06+ | 10:59+ | 12:30+ | 13:02+ | 14:25+ | 14:50+ | 15:14+ | | | | | | | | | |
| 01:23+ | 01:07+ | 00:44+ | 01:13- | 00:33+ | 00:29+ | 01:09+ | 00:30+ | 01:31+ | 01:27+ | 00:53- | 01:31+ | 00:32+ | 01:23+ | 00:25- | 00:24+ | | | | | | | | | |
| 00:21& | 00:05+ | 00:05# | 00:08- | 00:04# | 00:01+ | 00:13# | 00:05# | 00:01+ | 00:10# | 00:04- | 00:09# | 00:05# | 00:23& | 00:01- | 00:01+ | | | | | | | | | |

| Plass | Navn | | | | | Klasse | | | | | Tid | | | | | |
|-----------------------------|--------------|--------|--------|--------|--------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 5 | Tor Strand | | | | | Raumar Orientering | | | | | 15:22 | | | | | |
| | 01:16+ | 02:22+ | 03:00+ | 04:14+ | 04:48+ | 05:23+ | 06:57+ | 07:21+ | 09:10+ | 10:13+ | 11:08+ | 12:44+ | 13:06+ | 14:29+ | 14:59+ | 15:22+ |
| | 01:16+ | 01:06+ | 00:38- | 01:14- | 00:34+ | 00:35+ | 01:34+ | 00:24- | 01:49+ | 01:03- | 00:55- | 01:36+ | 00:22- | 01:23+ | 00:30+ | 00:23= |
| | 00:14# | 00:04+ | 00:01- | 00:07- | 00:05# | 00:07# | 00:38& | 00:01- | 00:19# | 00:14- | 00:02- | 00:14# | 00:05- | 00:23& | 00:04# | 00:00= |
| 6 | Erik Haugen | | | | | Ringsaker OK | | | | | 18:57 | | | | | |
| | 01:24+ | 03:21+ | 04:13+ | 05:32+ | 06:10+ | 06:45+ | 07:51+ | 08:17+ | 10:21+ | 12:01+ | 13:07+ | 16:01+ | 16:34+ | 17:58+ | 18:27+ | 18:57+ |
| | 01:24+ | 01:57+ | 00:52+ | 01:19- | 00:38+ | 00:35+ | 01:06+ | 00:26+ | 02:04+ | 01:40+ | 01:06+ | 02:54+ | 00:33+ | 01:24+ | 00:29+ | 00:30+ |
| | 00:22& | 00:55& | 00:13& | 00:02- | 00:09& | 00:07# | 00:10# | 00:01+ | 00:34& | 00:23& | 00:09# | 01:32@ | 00:06# | 00:24& | 00:03# | 00:07& |
| 7 | Herman Bakke | | | | | Løten OL | | | | | 21:57 | | | | | |
| | 01:40+ | 03:05+ | 04:32+ | 06:03+ | 06:42+ | 07:22+ | 08:45+ | 09:13+ | 11:39+ | 13:23+ | 14:50+ | 18:19+ | 18:52+ | 20:46+ | 21:21+ | 21:57+ |
| | 01:40+ | 01:25+ | 01:27+ | 01:31+ | 00:39+ | 00:40+ | 01:23+ | 00:28+ | 02:26+ | 01:44+ | 01:27+ | 03:29+ | 00:33+ | 01:54+ | 00:35+ | 00:36+ |
| | 00:38& | 00:23& | 00:48@ | 00:10# | 00:10& | 00:12& | 00:27& | 00:03# | 00:56& | 00:27& | 00:30& | 02:07@ | 00:06# | 00:54& | 00:09& | 00:13& |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | |
| | 01:01 | 01:02 | 00:37 | 01:00 | 00:29 | 00:28 | 00:56 | 00:21 | 01:30 | 01:03 | 00:50 | 01:19 | 00:22 | 00:58 | 00:25 | 00:23 |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

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| | | | | | | | | | | | | | | | | | |
|-----------------------------|-------------------|--------|--------|--------|--------|--------|------------------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|
| 1 | Ola Brox | | | | | | OL Toten-Troll | | | | | | 14:23 | | | | |
| 01:09= | 02:24= | 03:04= | 04:16= | 04:46= | 05:16= | 06:20= | 06:41= | 08:35= | 09:43= | 10:37= | 12:03= | 12:28= | 13:33= | 14:01= | 14:23= | | |
| 01:09= | 01:15= | 00:40= | 01:12= | 00:30= | 00:30= | 01:04= | 00:21= | 01:54= | 01:08= | 00:54= | 01:26= | 00:25= | 01:05= | 00:28= | 00:22= | | |
| 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | | |
| 2 | Stefan Gunnarsson | | | | | | Kristinehamns OK | | | | | | 14:35 | | | | |
| 01:20+ | 02:31+ | 03:19+ | 04:37+ | 05:11+ | 05:47+ | 06:52+ | 07:16+ | 07:58- | 09:19- | 10:24- | 12:03= | 12:31+ | 13:44+ | 14:11+ | 14:35+ | | |
| 01:20+ | 01:11- | 00:48+ | 01:18+ | 00:34+ | 00:36+ | 01:05+ | 00:24+ | 00:42- | 01:21+ | 01:05+ | 01:39+ | 00:28+ | 01:13+ | 00:27- | 00:24+ | | |
| 00:11# | 00:04- | 00:08# | 00:06+ | 00:04# | 00:06# | 00:01+ | 00:03# | 01:12- | 00:13# | 00:11# | 00:13# | 00:03# | 00:08# | 00:01- | 00:02+ | | |
| 3 | Sjur Gjestvang | | | | | | OL Toten-Troll | | | | | | 18:17 | | | | |
| 01:13+ | 02:25+ | 03:09+ | 04:23+ | 05:01+ | 05:36+ | 06:52+ | 07:23+ | 09:20+ | 11:52+ | 12:56+ | 14:50+ | 15:29+ | 17:20+ | 17:50+ | 18:17+ | | |
| 01:13+ | 01:12- | 00:44+ | 01:14+ | 00:38+ | 00:35+ | 01:16+ | 00:31+ | 01:57+ | 02:32+ | 01:04+ | 01:54+ | 00:39+ | 01:51+ | 00:30+ | 00:27+ | | |
| 00:04+ | 00:03- | 00:04# | 00:02+ | 00:08& | 00:05# | 00:12# | 00:10& | 00:03+ | 01:24@ | 00:10# | 00:28& | 00:14& | 00:46& | 00:02+ | 00:05# | | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | |
| 01:09 | 01:11 | 00:40 | 01:12 | 00:30 | 00:30 | 01:04 | 00:21 | 00:42 | 01:08 | 00:54 | 01:26 | 00:25 | 01:05 | 00:27 | 00:22 | | |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

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| | | | | | | | | | | | | | | | | | | | | |
|---|------------------|--------|--------|--------|--------|--------|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Knut Skjeset | | | | | | Vang OL | | | | | | 15:56 | | | | | | | |
| | 00:59= | 01:44= | 02:24= | 03:02= | 03:37= | 04:17= | 04:44= | 05:18= | 07:22= | 08:17= | 09:32= | 10:29= | 10:56= | 11:54= | 12:26= | 13:04= | 13:59= | 15:01= | 15:27= | 15:56= |
| | 00:59= | 00:45= | 00:40= | 00:38= | 00:35= | 00:40= | 00:27= | 00:34= | 02:04= | 00:55= | 01:15= | 00:57= | 00:27= | 00:58= | 00:32= | 00:38= | 00:55= | 01:02= | 00:26= | 00:29= |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2 | Paul Martin Berg | | | | | | Rudsbygd IL | | | | | | 16:39 | | | | | | | |
| | 01:11+ | 02:02+ | 02:47+ | 03:26+ | 04:02+ | 05:10+ | 05:47+ | 06:19+ | 08:20+ | 09:06+ | 10:33+ | 11:30+ | 11:58+ | 12:58+ | 13:29+ | 14:08+ | 14:41+ | 15:45+ | 16:13+ | 16:39+ |
| | 01:11+ | 00:51+ | 00:45+ | 00:39+ | 00:36+ | 01:08+ | 00:37+ | 00:32- | 02:01- | 00:46- | 01:27+ | 00:57= | 00:28+ | 01:00+ | 00:31- | 00:39+ | 00:33- | 01:04+ | 00:28+ | 00:26- |
| | 00:12# | 00:06# | 00:05# | 00:01+ | 00:01+ | 00:28& | 00:10& | 00:02- | 00:03- | 00:09- | 00:12# | 00:00= | 00:01+ | 00:02+ | 00:01- | 00:01+ | 00:22- | 00:02+ | 00:02+ | 00:03- |
| 3 | Hasse Bergstrøm | | | | | | IL Tyrving | | | | | | 17:53 | | | | | | | |
| | 01:03+ | 01:55+ | 02:41+ | 03:22+ | 04:01+ | 04:51+ | 05:20+ | 05:56+ | 08:02+ | 09:05+ | 10:19+ | 11:23+ | 11:52+ | 13:11+ | 13:46+ | 15:18+ | 15:50+ | 17:01+ | 17:30+ | 17:53+ |
| | 01:03+ | 00:52+ | 00:46+ | 00:41+ | 00:39+ | 00:50+ | 00:29+ | 00:36+ | 02:06+ | 01:03+ | 01:14- | 01:04+ | 00:29+ | 01:19+ | 00:35+ | 01:32+ | 00:32- | 01:11+ | 00:29+ | 00:23- |
| | 00:04+ | 00:07# | 00:06# | 00:03+ | 00:04# | 00:10# | 00:02+ | 00:02+ | 00:02+ | 00:08# | 00:01- | 00:07# | 00:02+ | 00:21& | 00:03+ | 00:54@ | 00:23- | 00:09# | 00:03# | 00:06- |
| 4 | Hans A. Tingvold | | | | | | Raufoss IL Orientering | | | | | | 17:54 | | | | | | | |
| | 01:08+ | 02:00+ | 02:50+ | 03:36+ | 04:26+ | 05:12+ | 05:45+ | 06:24+ | 08:20+ | 09:35+ | 10:44+ | 11:56+ | 12:26+ | 13:33+ | 14:07+ | 14:59+ | 15:31+ | 16:52+ | 17:24+ | 17:54+ |
| | 01:08+ | 00:52+ | 00:50+ | 00:46+ | 00:50+ | 00:46+ | 00:33+ | 00:39+ | 01:56- | 01:15+ | 01:09- | 01:12+ | 00:30+ | 01:07+ | 00:34+ | 00:52+ | 00:32- | 01:21+ | 00:32+ | 00:30+ |
| | 00:09# | 00:07# | 00:10# | 00:08# | 00:15& | 00:06# | 00:06# | 00:05# | 00:08- | 00:20& | 00:06- | 00:15& | 00:03# | 00:09# | 00:02+ | 00:14& | 00:23- | 00:19& | 00:06# | 00:01+ |
| 5 | Jørgen Holmboe | | | | | | IL Tyrving | | | | | | 18:43 | | | | | | | |
| | 01:10+ | 01:56+ | 02:43+ | 03:26+ | 04:01+ | 04:45+ | 05:13+ | 05:57+ | 07:56+ | 08:48+ | 11:41+ | 12:39+ | 13:07+ | 14:10+ | 14:37+ | 16:19+ | 16:42+ | 17:45+ | 18:17+ | 18:43+ |
| | 01:10+ | 00:46+ | 00:47+ | 00:43+ | 00:35= | 00:44+ | 00:28+ | 00:44+ | 01:59- | 00:52- | 02:53+ | 00:58+ | 00:28+ | 01:03+ | 00:27- | 01:42+ | 00:23- | 01:03+ | 00:32+ | 00:26- |
| | 00:11# | 00:01+ | 00:07# | 00:05# | 00:00= | 00:04# | 00:01+ | 00:10& | 00:05- | 00:03- | 01:38@ | 00:01+ | 00:01+ | 00:05+ | 00:05- | 01:04@ | 00:32- | 00:01+ | 00:06# | 00:03- |

| Plass | Navn | | | | Klasse | | | | Tid | | | | | | | | | | | |
|-----------------------------|-------------------|--------|--------|--------|------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 6 | Paul Skjaker | | | | Hadeland OL | | | | 18:56 | | | | | | | | | | | |
| | 01:13+ | 02:12+ | 03:11+ | 04:22+ | 05:01+ | 05:54+ | 06:22+ | 07:04+ | 09:34+ | 10:24+ | 11:43+ | 13:13+ | 13:43+ | 15:04+ | 15:34+ | 16:23+ | 16:51+ | 18:05+ | 18:29+ | 18:56+ |
| | 01:13+ | 00:59+ | 00:59+ | 01:11+ | 00:39+ | 00:53+ | 00:28+ | 00:42+ | 02:30+ | 00:50- | 01:19+ | 01:30+ | 00:30+ | 01:21+ | 00:30- | 00:49+ | 00:28- | 01:14+ | 00:24- | 00:27- |
| | 00:14# | 00:14& | 00:19& | 00:33& | 00:04# | 00:13& | 00:01+ | 00:08# | 00:26# | 00:05- | 00:04+ | 00:33& | 00:03# | 00:23& | 00:02- | 00:11& | 00:27- | 00:12# | 00:02- | 00:02- |
| 7 | Terje Malm | | | | Hamar OK | | | | 20:17 | | | | | | | | | | | |
| | 01:14+ | 02:10+ | 02:58+ | 03:51+ | 04:31+ | 05:57+ | 06:28+ | 07:04+ | 10:23+ | 11:28+ | 12:30+ | 14:08+ | 14:38+ | 15:54+ | 16:22+ | 17:12+ | 17:50+ | 19:20+ | 19:48+ | 20:17+ |
| | 01:14+ | 00:56+ | 00:48+ | 00:53+ | 00:40+ | 01:26+ | 00:31+ | 00:36+ | 03:19+ | 01:05+ | 01:02- | 01:38+ | 00:30+ | 01:16+ | 00:28- | 00:50+ | 00:38- | 01:30+ | 00:28+ | 00:29= |
| | 00:15& | 00:11# | 00:08# | 00:15& | 00:05# | 00:46@ | 00:04# | 00:02+ | 01:15& | 00:10# | 00:13- | 00:41& | 00:03# | 00:18& | 00:04- | 00:12& | 00:17- | 00:28& | 00:02+ | 00:00= |
| 8 | Christer Gillenäs | | | | Kristinehamns OK | | | | 23:30 | | | | | | | | | | | |
| | 01:53+ | 02:52+ | 03:47+ | 04:40+ | 05:27+ | 07:00+ | 07:43+ | 08:29+ | 11:13+ | 12:20+ | 14:59+ | 16:28+ | 17:04+ | 18:30+ | 19:25+ | 20:21+ | 20:53+ | 22:21+ | 22:55+ | 23:30+ |
| | 01:53+ | 00:59+ | 00:55+ | 00:53+ | 00:47+ | 01:33+ | 00:43+ | 00:46+ | 02:44+ | 01:07+ | 02:39+ | 01:29+ | 00:36+ | 01:26+ | 00:55+ | 00:56+ | 00:32- | 01:28+ | 00:34+ | 00:35+ |
| | 00:54& | 00:14& | 00:15& | 00:15& | 00:12& | 00:53@ | 00:16& | 00:12& | 00:40& | 00:12# | 01:24@ | 00:32& | 00:09& | 00:28& | 00:23& | 00:18& | 00:23- | 00:26& | 00:08& | 00:06# |
| 9 | Knut Wikstrøm | | | | Ringsaker OK | | | | 25:34 | | | | | | | | | | | |
| | 01:01+ | 01:47+ | 02:33+ | 03:18+ | 04:00+ | 05:32+ | 06:04+ | 06:40+ | 11:02+ | 12:21+ | 14:05+ | 15:20+ | 15:46+ | 16:49+ | 17:15+ | 22:35+ | 23:04+ | 24:37+ | 25:08+ | 25:34+ |
| | 01:01+ | 00:46+ | 00:46+ | 00:45+ | 00:42+ | 01:32+ | 00:32+ | 00:36+ | 04:22+ | 01:19+ | 01:44+ | 01:15+ | 00:26- | 01:03+ | 00:26- | 05:20+ | 00:29- | 01:33+ | 00:31+ | 00:26- |
| | 00:02+ | 00:01+ | 00:06# | 00:07# | 00:07# | 00:52@ | 00:05# | 00:02+ | 02:18@ | 00:24& | 00:29& | 00:18& | 00:01- | 00:05+ | 00:06- | 04:42@ | 00:26- | 00:31& | 00:05# | 00:03- |
| 10 | Jens Olav Hveem | | | | OL Toten-Troll | | | | 27:57 | | | | | | | | | | | |
| | 02:01+ | 03:10+ | 03:59+ | 04:51+ | 05:40+ | 06:33+ | 07:09+ | 10:56+ | 13:27+ | 14:49+ | 16:44+ | 20:49+ | 21:18+ | 22:37+ | 23:31+ | 24:33+ | 25:21+ | 26:59+ | 27:32+ | 27:57+ |
| | 02:01+ | 01:09+ | 00:49+ | 00:52+ | 00:49+ | 00:53+ | 00:36+ | 03:47+ | 02:31+ | 01:22+ | 01:55+ | 04:05+ | 00:29+ | 01:19+ | 00:54+ | 01:02+ | 00:48- | 01:38+ | 00:33+ | 00:25- |
| | 01:02@ | 00:24& | 00:09# | 00:14& | 00:13& | 00:09& | 03:13@ | 00:27# | 00:27& | 00:40& | 03:08@ | 00:02+ | 00:21& | 00:22& | 00:24& | 00:07- | 00:36& | 00:07& | 00:04- | |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | |
| | 00:59 | 00:45 | 00:40 | 00:38 | 00:35 | 00:40 | 00:27 | 00:32 | 01:56 | 00:46 | 01:02 | 00:57 | 00:26 | 00:58 | 00:26 | 00:38 | 00:23 | 01:02 | 00:24 | 00:23 |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

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| | | | | | | | | | | | | | | | | | | | | |
|-----------------------------|-----------------|--------|--------|--------|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Erling Tidemann | | | | Lommedalens IL | | | | 23:10 | | | | | | | | | | | |
| | 01:50= | 02:57= | 04:01= | 05:01= | 05:56= | 07:15= | 07:57= | 08:55= | 11:45= | 13:00= | 14:13= | 15:39= | 16:14= | 17:31= | 18:16= | 19:20= | 19:57= | 22:02= | 22:39= | 23:10= |
| | 01:50= | 01:07= | 01:04= | 01:00= | 00:55= | 01:19= | 00:42= | 00:58= | 02:50= | 01:15= | 01:13= | 01:26= | 00:35= | 01:17= | 00:45= | 01:04= | 00:37= | 02:05= | 00:37= | 00:31= |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2 | Harald Brekke | | | | Hamar OK | | | | 23:47 | | | | | | | | | | | |
| | 05:47+ | 13:12+ | 17:33+ | 23:47+ | | | | | | | | | | | | | | | | |
| | 05:47+ | 07:25+ | 04:21+ | 06:14+ | | | | | | | | | | | | | | | | |
| | 03:57@ | 06:18@ | 03:17@ | 05:14@ | | | | | | | | | | | | | | | | |
| 3 | Bjørn Eriksrud | | | | Raufoss IL Orientering | | | | 25:14 | | | | | | | | | | | |
| | 01:31- | 02:47- | 03:55- | 05:04+ | 06:00+ | 07:17+ | 08:04+ | 09:03+ | 11:54+ | 13:22+ | 14:54+ | 17:22+ | 18:04+ | 19:46+ | 20:41+ | 21:48+ | 22:29+ | 24:06+ | 24:41+ | 25:14+ |
| | 01:31- | 01:16+ | 01:08+ | 01:09+ | 00:56+ | 01:17- | 00:47+ | 00:59+ | 02:51+ | 01:28+ | 01:32+ | 02:28+ | 00:42+ | 01:42+ | 00:55+ | 01:07+ | 00:41+ | 01:37- | 00:35- | 00:33+ |
| | 00:19- | 00:09# | 00:04+ | 00:09# | 00:01+ | 00:02- | 00:05# | 00:01+ | 00:01+ | 00:13# | 00:19& | 01:02& | 00:07# | 00:25& | 00:10# | 00:03+ | 00:04# | 00:28- | 00:02- | 00:02+ |
| 4 | Tormod Hegdahl | | | | Heming Orientering | | | | 26:08 | | | | | | | | | | | |
| | 01:37- | 04:07+ | 04:59+ | 05:57+ | 06:47+ | 08:04+ | 08:52+ | 09:44+ | 13:00+ | 14:26+ | 15:37+ | 17:23+ | 18:14+ | 19:52+ | 20:38+ | 22:17+ | 23:00+ | 24:54+ | 25:33+ | 26:08+ |
| | 01:37- | 02:30+ | 00:52- | 00:58- | 00:50- | 01:17- | 00:48+ | 00:52- | 03:16+ | 01:26+ | 01:11- | 01:46+ | 00:51+ | 01:38+ | 00:46+ | 01:39+ | 00:43+ | 01:54- | 00:39+ | 00:35+ |
| | 00:13- | 01:23@ | 00:12- | 00:02- | 00:05- | 00:02- | 00:06# | 00:06- | 00:26# | 00:11# | 00:02- | 00:20# | 00:16& | 00:21& | 00:01+ | 00:35& | 00:06# | 00:11- | 00:02+ | 00:04# |
| 5 | Jon C. Fougner | | | | Heming Orientering | | | | 26:10 | | | | | | | | | | | |
| | 02:30+ | 03:50+ | 04:51+ | 05:58+ | 07:03+ | 08:12+ | 09:01+ | 10:01+ | 12:58+ | 14:19+ | 15:47+ | 18:17+ | 19:01+ | 20:43+ | 21:37+ | 22:50+ | 23:31+ | 25:06+ | 25:38+ | 26:10+ |
| | 02:30+ | 01:20+ | 01:01- | 01:07+ | 01:05+ | 01:09- | 00:49+ | 01:00+ | 02:57+ | 01:21+ | 01:28+ | 02:30+ | 00:44+ | 01:42+ | 00:54+ | 01:13+ | 00:41+ | 01:35- | 00:32- | 00:32+ |
| | 00:40& | 00:13# | 00:03- | 00:07# | 00:10# | 00:10- | 00:07# | 00:02+ | 00:07+ | 00:06+ | 00:15# | 01:04& | 00:09& | 00:25& | 00:09# | 00:09# | 00:04# | 00:30- | 00:05- | 00:01+ |
| Beste strekktid for klassen | | | | | | | | | | | | | | | | | | | | |
| | 01:31 | 01:07 | 00:52 | 00:58 | 00:50 | 01:09 | 00:42 | 00:52 | 02:50 | 01:15 | 01:11 | 01:26 | 00:35 | 01:17 | 00:45 | 01:04 | 00:37 | 01:35 | 00:32 | 00:31 |

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 75-

| | | | | | | | | | | | | | | | | | | | | |
|---|-------------------|--------|--------|--------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Magnar Reppesgård | | | | Hedrum OL | | | | 25:43 | | | | | | | | | | | |
| | 01:26= | 03:22= | 04:13= | 05:51= | 06:47= | 07:40= | 08:16= | 09:52= | 10:38= | 12:25= | 15:42= | 17:34= | 18:20= | 18:59= | 19:45= | 21:47= | 22:57= | 24:38= | 25:14= | 25:43= |
| | 01:26= | 01:56= | 00:51= | 01:38= | 00:56= | 00:53= | 00:36= | 01:36= | 00:46= | 01:47= | 03:17= | 01:52= | 00:46= | 00:39= | 00:46= | 02:02= | 01:10= | 01:41= | 00:36= | 00:29= |
| | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |

| | | | | | | | | | | | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 01:25 | 01:13 | 00:48 | 01:19 | 00:56 | 00:47 | 00:36 | 00:37 | 00:40 | 01:33 | 01:33 | 00:59 | 00:46 | 00:39 | 00:41 | 00:44 | 01:00 | 01:11 | 00:36 | 00:29 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|

H 80-

| | | | | | | | | | | | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 01:27 | 01:20 | 01:47 | 01:46 | 01:19 | 01:18 | 02:05 | 02:57 | 02:14 | 02:21 | 01:25 | 02:16 | 00:57 | 01:04 | 01:17 | 03:45 | 01:16 | 02:24 | 00:41 | 00:39 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|

N-åpen

| | | | |
|-----|------------------------|--------------|-------|
| 292 | Milla Ulvesveen Boland | Synnfiell OK | 20:20 |
|-----|------------------------|--------------|-------|

| | | | |
|-----|--------------|--------------|-------|
| 293 | Aksel Holmen | Synnfiell OK | 12:28 |
|-----|--------------|--------------|-------|

| | | | |
|-----|--------------|--------------|-------|
| 283 | Aksel Holmen | Synnfjell OK | 12:28 |
|-----|--------------|--------------|-------|

| | | | |
|-----|----------------|--------------|-------|
| 284 | Therese Holmen | Synnfiell OK | 31:50 |
|-----|----------------|--------------|-------|

| | | | |
|-----|---------------|-------------|-------|
| 295 | Eline Kreydel | Cig Vard Ol | 25:19 |
|-----|---------------|-------------|-------|

286 **Endre Solberg** **Sigvard Ol** **24-26**

000 **Mar's Museum House** **Lillhammer OK** **10-10**

| | | | | | | | | | | | | | |
|--------|-----------------------|--------|--------|--------|--------|--------|------------|--------|--------|--------|--------|--------|--------|
| 00:21+ | 00:44+ | 01:09+ | 01:00+ | 02:31+ | 00:23+ | 00:32+ | 00:48+ | 00:50+ | 01:07+ | 00:26+ | 01:34+ | 00:19+ | 00:20+ |
| 000 | Juan Nardelli Erlsson | | | | | | Sigvard Ol | | | | | | 15-51 |

| Plass | Navn | | | | | Klasse | | | | | Tid | | | | |
|------------|-------------------------------|--------|--------|--------|--------|-----------------------|--------|--------|--------|--------|--------------|--------|--------|--------|--|
| 294 | Tage Raknes Sogstad | | | | | Gjø-Vard OL | | | | | 42:06 | | | | |
| | 01:37+ | 04:35+ | 06:32+ | 08:36+ | 15:12+ | 17:34+ | 18:45+ | 22:04+ | 34:25+ | 36:16+ | 38:15+ | 41:06+ | 41:33+ | 42:06+ | |
| | 01:37+ | 02:58+ | 01:57+ | 02:04+ | 06:36+ | 02:22+ | 01:11+ | 03:19+ | 12:21+ | 01:51+ | 01:59+ | 02:51+ | 00:27+ | 00:33+ | |
| | 01:37+ | 02:58+ | 01:57+ | 02:04+ | 06:36+ | 02:22+ | 01:11+ | 03:19+ | 12:21+ | 01:51+ | 01:59+ | 02:51+ | 00:27+ | 00:33+ | |
| 295 | Even Nordli Eriksen | | | | | Gjø-Vard OL | | | | | 15:18 | | | | |
| | 00:54+ | 01:57+ | 03:25+ | 04:06+ | 05:54+ | 06:20+ | 07:06+ | 08:04+ | 10:42+ | 11:31+ | 11:59+ | 14:04+ | 14:52+ | 15:18+ | |
| | 00:54+ | 01:03+ | 01:28+ | 00:41+ | 01:48+ | 00:26+ | 00:46+ | 00:58+ | 02:38+ | 00:49+ | 00:28+ | 02:05+ | 00:48+ | 00:26+ | |
| | 00:54+ | 01:03+ | 01:28+ | 00:41+ | 01:48+ | 00:26+ | 00:46+ | 00:58+ | 02:38+ | 00:49+ | 00:28+ | 02:05+ | 00:48+ | 00:26+ | |
| 297 | Jeppe August Grundtvig | | | | | Gjø-Vard OL | | | | | 19:19 | | | | |
| | 01:28+ | 02:37+ | 04:49+ | 05:59+ | 08:12+ | 09:11+ | 10:25+ | 12:17+ | 13:15+ | 15:26+ | 16:17+ | 18:27+ | 18:51+ | 19:19+ | |
| | 01:28+ | 01:09+ | 02:12+ | 01:10+ | 02:13+ | 00:59+ | 01:14+ | 01:52+ | 00:58+ | 02:11+ | 00:51+ | 02:10+ | 00:24+ | 00:28+ | |
| | 01:28+ | 01:09+ | 02:12+ | 01:10+ | 02:13+ | 00:59+ | 01:14+ | 01:52+ | 00:58+ | 02:11+ | 00:51+ | 02:10+ | 00:24+ | 00:28+ | |
| 298 | Even Lien | | | | | Gjø-Vard OL | | | | | 09:49 | | | | |
| | 00:52+ | 01:28+ | 02:28+ | 03:05+ | 03:49+ | 04:10+ | 04:48+ | 05:32+ | 06:07+ | 07:07+ | 07:42+ | 09:02+ | 09:21+ | 09:49+ | |
| | 00:52+ | 00:36+ | 01:00+ | 00:37+ | 00:44+ | 00:21+ | 00:38+ | 00:44+ | 00:35+ | 01:00+ | 00:35+ | 01:20+ | 00:19+ | 00:28+ | |
| | 00:52+ | 00:36+ | 01:00+ | 00:37+ | 00:44+ | 00:21+ | 00:38+ | 00:44+ | 00:35+ | 01:00+ | 00:35+ | 01:20+ | 00:19+ | 00:28+ | |
| 299 | Maren Henriksen | | | | | Halden SK | | | | | 09:14 | | | | |
| | 00:45+ | 01:18+ | 02:22+ | 02:53+ | 03:46+ | 04:00+ | 04:31+ | 05:16+ | 05:57+ | 06:47+ | 07:21+ | 08:25+ | 08:46+ | 09:14+ | |
| | 00:45+ | 00:33+ | 01:04+ | 00:31+ | 00:53+ | 00:14+ | 00:31+ | 00:45+ | 00:41+ | 00:50+ | 00:34+ | 01:04+ | 00:21+ | 00:28+ | |
| | 00:45+ | 00:33+ | 01:04+ | 00:31+ | 00:53+ | 00:14+ | 00:31+ | 00:45+ | 00:41+ | 00:50+ | 00:34+ | 01:04+ | 00:21+ | 00:28+ | |
| 300 | Amund Flaskerud | | | | | OL Toten-Troll | | | | | 13:17 | | | | |
| | 01:21+ | 02:10+ | 03:42+ | 04:24+ | 05:37+ | 06:05+ | 06:52+ | 07:48+ | 08:59+ | 10:16+ | 10:54+ | 12:10+ | 12:49+ | 13:17+ | |
| | 01:21+ | 00:49+ | 01:32+ | 00:42+ | 01:13+ | 00:28+ | 00:47+ | 00:56+ | 01:11+ | 01:17+ | 00:38+ | 01:16+ | 00:39+ | 00:28+ | |
| | 01:21+ | 00:49+ | 01:32+ | 00:42+ | 01:13+ | 00:28+ | 00:47+ | 00:56+ | 01:11+ | 01:17+ | 00:38+ | 01:16+ | 00:39+ | 00:28+ | |

Beste strekktid for klassen

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.