Herrer **6 km**

1	Thore Kornmo	00:43:43
2	Gisle Nysæter	00:43:44
3	Sjalg Nysæter	00:45:27
4	Nils A. Aamand	00:45:37
5	Terje Bakke	00:45:39
6	Magne W. Mathisen	00:49:19
7	Dag Ausen	00:50:10
8	Asbjørn Byggland	00:53:01
9	Hans Christian Meen	00:59:43
10	Rasmus Mathisen	00:59:47
11	Alexander R. Storemy	01:00:14
12	Lars Ole Thunold	01:04:15
13	Per Morten Wienenga	01:04:45

Damer **6 km**

1	Hanne Vassend	00:59:50
2	Astrid F. Aamand	01:00:39
3	Hilde Vassend	01:04:11
4	Sara Mathisen	01:04:48

Herrer **4,5 km**

1	Per Chr. Hagen	00:48:48
2	Jarle Botnen	00:52:06
3	Svein Karlsen	01:21:23

Damer **4,5 km**

1	Solveig Holte	00:50:57
2	Anna Meen	00:52:12
3	Eli Marie Wiig	00:53:06
4	Nina Bugodt	00:55:05
5	Turid Bertelsen	00:59:24
6	Torunn F. Sæthre	01:02:51
7	Connie Moen	01:21:23

Herrer **3 km**

1	Bård Sæthre	00:33:49
2	Halvard Kornmo	00:37:52
3	Arve Lunestad	00:39:04
4	Rune Bjuve	00:46:17

Damer **3 km**

1	Trude Nysæter	00:33:51
2	Maria Tjønn Jacobsen	00:35:20
3	Elise Ausen	00:37:33
4	Gunn Botnen	00:47:13
5	Lene Meen	00:50:53
6	Siv Wiersdalen	00:57:44
7	Mona Bakke	01:00:26
8	Synnøve Dolva	01:04:53

Herrer **2 km**

1	Tobias Mathisen	00:22:20
2	Ola Meen	00:25:33
3	Andreas Johnsson	00:31:11
4	Martin Ausen	00:31:12
5	Gaute Nysæter	00:31:57
6	Oscar Thunold	00:32:13

Damer **2 km**

1	Anne Kari Enes	00:40:04
2	Malene Nysæter	00:50:35

Nybegynner poengjakt

Sigurd Lunestad	
Ingrid Stigen Byggland	
Synne Stigen Byggland	
Sondre Kornmo	160 poeng
Amelia Skoglund Siver	150 poeng
Nora Pettersen Thore	150 poeng
Marius Saubrekka	150 poeng
Jonas Pettersen Thore	140 poeng
Elias Saubrekka	