

K17

STNR	NAME	NOCC	FINN	LIGG 1	S1TM	I1SN	LIGG 2	S2TM	I2SN	STÅ 1	S3TM	I3SN	STÅ 2	S4TM	I4SN
193	BØRSTAD Ina Piene	NOR	31:04.54	0	31.6	6:39.28	1	39.1	12:50.93	1	44.1	19:13.23	1	35.0	25:23.85
191	TANDREVOLD Ingrid Landmark	NOR	31:29.68	1	35.1	6:07.09	0	38.7	11:52.57	2	39.5	18:48.28	2	36.9	25:35.93
192	GRUE Eline	NOR	32:17.95	1	41.6	6:10.53	2	39.3	12:44.89	3	48.2	20:04.57	1	54.4	26:35.90
195	THORESEN Turi Storstrø	NOR	35:35.85	2	37.2	8:39.50	1	40.3	15:00.70	2	36.9	21:55.96	3	33.3	29:30.48
199	EIDE Hilde	NOR	38:04.28	2	40.0	10:30.29	3	39.5	17:49.48	3	34.8	25:07.62	3	38.6	32:27.95
196	HØNSI Silja Fjørestad	NOR	38:14.42	1	37.7	9:00.65	3	45.1	16:44.87	4	49.2	24:59.04	2	39.4	32:20.68
200	RØSTAD Marianne	NOR	38:22.08	1	37.8	10:39.60	0	33.9	17:02.28	2	37.6	24:40.84	1	37.4	31:56.07
201	FLØTTUM Kristin Væa	NOR	38:22.17	5	39.8	12:32.31	2	39.4	19:33.76	1	35.5	26:05.32	1	32.3	32:41.62
202	SØRMO Frida	NOR	38:32.85	2	40.0	10:39.45	2	37.5	17:29.57	4	46.9	25:41.62	2	41.8	32:51.10
194	TJØM Anne Sophie	NOR	38:34.65	3	45.0	9:33.17	3	30.2	17:18.98	1	36.9	24:06.12	3	43.6	32:09.10
198	BAKKE Andrea Skeide	NOR	38:45.85	1	36.4	9:16.78	3	43.0	16:44.32	4	44.1	24:53.90	4	41.2	33:02.98
197	TØNSET Anne Katrine	NOR	39:01.16	1	32.7	9:12.48	1	44.2	16:00.93	2	35.3	23:19.95	5	39.0	32:35.23
207	VOLL Seline	NOR	39:08.00	1	35.7	11:40.95	2	44.3	19:06.81	1	37.0	25:59.75	1	33.4	32:49.35
206	HELDAL Anette	NOR	42:19.20	1	34.3	11:57.68	0	44.5	18:30.37	2	56.8	26:50.54	2	58.6	35:20.92
205	BJØRNSTAD Katja Sha Voje	NOR	42:31.63	1	1:00.9	11:49.79	0	54.6	18:30.96	4	41.8	27:21.35	3	51.0	36:01.71
212	AABEL Silje	NOR	42:58.26	0	36.7	12:38.37	3	44.0	20:50.54	2	38.4	28:33.71	2	41.1	36:24.86
209	NERSTEN Marit	NOR	43:07.98	1	50.1	12:56.21	2	58.8	20:40.28	3	49.8	28:56.71	2	47.7	36:49.11
208	ØWRE Silje Marie	NOR	44:53.01	1	38.5	13:13.75	0	40.2	20:06.39	3	37.9	28:52.76	2	33.8	37:16.53
210	CEDELL Åse	NOR	45:26.11	1	33.7	13:32.48	1	39.1	20:47.32	3	40.4	29:12.73	3	46.0	38:06.26
215	OTNES Hanne Sofie	NOR	53:42.68	2	43.2	18:57.28	2	45.2	27:40.45	3	35.1	37:04.14	2	47.4	46:05.36

K18

STNR	NAME	NOCC	FINN	LIGG 1	S1TM	I1SN	LIGG 2	S2TM	I2SN	STÅ 1	S3TM	I3SN	STÅ 2	S4TM	I4SN
151	LIE Lotte	NOR	31:15.85	1	36.8	6:06.48	0	36.4	11:48.87	1	33.1	17:57.07	4	41.4	25:41.70
155	ULVUND Åsne	NOR	31:47.21	0	32.5	7:29.37	0	32.8	13:09.68	0	31.7	18:47.51	3	25.7	25:58.68
153	BERLANDSTVEIT Ingvild	NOR	32:51.70	2	36.6	8:05.48	0	38.6	13:45.87	1	36.2	19:52.81	3	40.5	27:09.20
162	FEMSTEINEVIK Ragnhild	NOR	34:11.43	1	34.6	9:13.82	0	37.4	15:02.92	2	1:16.8	22:00.78	1	45.0	28:35.06

158 NENSETER Maren	NOR	34:13.59	0	44.2	8:33.71	0	39.0	14:32.15	1	32.3	20:48.48	3	28.6	28:15.51
156 LYCHE Kristin Bugge	NOR	34:34.36	0	33.2	7:49.96	0	32.8	13:42.68	3	31.8	21:22.10	1	31.5	28:13.64
152 HERFOSS Ida Emilie	NOR	34:42.04	1	40.6	7:20.28	5	41.5	15:38.09	2	32.2	22:12.50	2	44.9	29:03.45
159 AAS Hedda Lundeberg	NOR	34:50.73	1	41.5	8:41.73	3	55.6	15:49.10	1	30.4	21:53.10	4	40.4	29:27.46
164 NESTEBY Ingvild	NOR	35:15.40	0	37.9	9:48.51	1	40.4	16:22.31	1	41.1	22:52.00	0	46.9	29:13.95
163 SANGESLAND Eirin	NOR	36:01.80	1	41.3	10:09.67	0	39.5	16:21.50	2	42.2	23:37.14	0	35.8	29:49.67
160 ÅREVIK Marielle H.	NOR	36:27.89	0	38.2	8:40.53	1	38.7	15:14.01	4	33.2	23:28.68	1	29.2	30:08.96
157 RUUD Guro Lintho	NOR	36:39.87	3	39.1	10:12.04	0	32.8	16:10.18	1	54.7	23:03.00	2	46.0	30:31.60
161 BREDALEN Anne Marit	NOR	36:43.34	4	46.1	10:59.20	0	49.0	17:14.68	0	47.2	23:23.32	2	44.5	30:41.75
165 LILLEVOLD Margrethe	NOR	38:12.15	3	47.1	11:37.07	1	40.2	17:59.50	2	37.4	25:02.64	2	32.8	32:04.57
166 KVÅLE Eirinn Teigen	NOR	39:01.51	0	42.6	10:38.81	0	59.9	17:02.59	3	38.5	25:01.01	3	30.7	33:00.12
172 MJÅLAND Elisabet	NOR	40:35.52	2	38.0	13:20.70	1	35.1	19:59.98	2	58.8	27:38.71	1	32.8	34:27.46
169 SKINNER Amalie Bakken	NOR	42:13.63	1	47.9	11:50.73	2	48.1	19:42.75	3	47.2	28:26.00	0	43.1	35:28.28
170 RØSTEN Aina Fossbakken	NOR	44:16.25	3	37.6	13:07.84	3	46.7	21:23.40	3	36.8	29:28.65	3	38.2	37:38.12

K19

STNR	NAME	NOCC	FINN	LIGG 1	S1TM	I1SN	LIGG 2	S2TM	I2SN	STÅ 1	S3TM	I3SN	STÅ 2	S4TM	I4SN
61	NØRSTEBØ Marie	NOR	30:32.26	2	35.1	6:11.92	0	35.7	11:36.50	2	26.2	17:50.26	3	40.0	24:48.46
62	LANDRØ Heidi Myrberg	NOR	31:32.63	2	33.1	6:10.37	2	31.1	12:30.50	2	26.3	18:56.59	3	29.7	25:58.43
69	SANGESLAND Ingvild	NOR	32:12.44	3	58.1	9:08.67	0	45.9	14:46.31	2	49.0	21:14.51	0	37.5	26:48.32
66	BØDAL Heidi Flo	NOR	32:48.48	0	41.8	6:50.28	5	53.1	15:01.73	2	30.6	21:29.82	1	34.0	27:35.79
64	ROSTAD Sofie	NOR	32:50.15	3	37.6	8:09.14	2	40.4	14:51.65	1	34.5	21:01.70	2	37.0	27:36.60
63	NERAASEN Sigrid Bilstad	NOR	33:04.61	1	48.3	7:00.29	2	50.4	13:48.87	1	50.3	20:17.73	2	46.9	27:12.03
70	PERSSON Karianne Eggen	NOR	33:34.40	0	37.1	7:32.10	0	38.1	13:24.59	3	37.3	20:57.34	2	36.2	27:47.31
71	GULDVIK Mathilde	NOR	33:59.73	1	41.9	8:41.00	1	42.6	15:04.50	1	52.9	21:33.25	1	46.8	28:05.42
68	NÆSS Karoline	NOR	34:11.94	1	46.5	7:58.42	1	56.2	14:21.93	3	58.5	21:53.42	2	47.2	28:40.04
65	GUSSIÅS Mari Støen	NOR	34:16.54	4	51.8	8:56.96	2	43.6	15:18.50	3	58.2	22:14.85	3	35.3	29:06.00
67	HJELSTUEN Kristin	NOR	34:32.64	2	53.0	8:36.78	2	46.3	15:28.34	1	39.6	21:41.53	3	38.3	29:01.06
73	WIK Mari Stenvold	NOR	35:10.02	1	39.8	8:46.75	3	42.1	15:58.90	1	45.4	22:18.78	3	43.9	29:34.40
76	MUAN Mari	NOR	35:37.72	1	41.7	9:47.95	1	45.9	16:08.70	0	35.4	21:53.82	4	42.5	29:42.40
72	OTTERDAL Helene Støve	NOR	39:07.67	4	1:06.5	11:14.00	2	53.2	19:02.32	1	45.2	26:10.00	0	39.9	32:37.54

77 ØSTBYE Stine	NOR	47:09.12	1	35.3	14:47.03	0	49.2	21:59.50	1	31.5	29:53.68	3	32.8	39:22.59
78 LARSEN Anniken	NOR	48:26.93	5	50.1	18:20.56	2	53.7	26:09.78	0	47.7	32:43.65	4	53.3	41:46.46
74 VOGNILD Kristine	NOR		2	44.7	10:01.28	1	42.1	16:45.15	2	35.7	24:04.76			

K20-21

STNR	NAME	NOCC	FINN	LIGG 1	S1TM	I1SN	LIGG 2	S2TM	I2SN	STÅ 1	S3TM	I3SN	STÅ 2	S4TM	I4SN
281	FENNE Hilde	NOR	31:03.72	0	26.9	5:44.25	2	28.3	12:23.40	2	28.3	19:03.59	0	26.9	24:59.07
283	BRUN-LIE Thekla	NOR	35:43.08	3	26.8	7:30.00	2	25.9	15:57.46	0	22.7	22:10.15	2	25.7	29:30.45
282	ANDERSEN Rikke Hald	NOR	35:51.79	0	41.0	7:14.68	2	46.7	14:41.79	3	32.4	22:28.09	2	27.0	29:45.23
286	MARKSET Anne-Tine	NOR	37:05.95	0	35.3	8:18.82	0	35.3	14:46.14	4	31.5	22:55.29	3	33.4	30:48.07
287	BERLANDSTVEIT Heidi	NOR	37:40.37	1	40.6	8:40.00	1	42.3	16:17.36	0	40.0	23:08.42	1	45.8	30:37.51
284	LANDHEIM Hilde Losgård	NOR	38:20.85	3	43.2	7:30.00	2	43.5	15:59.50	4	36.0	24:11.98	3	33.0	32:01.89
290	STØVERN Nina	NOR	40:07.84	0	36.9	10:06.00	0	47.9	16:58.59	4	41.5	25:55.06	0	43.7	33:04.34
291	ØSTEBØ Elise	NOR	41:56.87	1	39.3	11:00.00	1	43.2	19:37.56	2	39.9	27:38.84	1	30.9	35:03.31
292	STRØMSJORDET Nina	NOR	42:16.07	0	33.5	11:30.00	2	47.7	19:38.64	2	33.0	27:39.23	1	27.2	34:59.04
295	SKJELSTADÅS Tonje Marie	NOR	44:29.48	2	31.3	13:39.96	1	30.1	21:03.81	2	22.0	28:58.17	3	29.0	37:24.20
288	ÅDLANDSVIK Lene Berg	NOR		1	40.3	8:40.00	1	36.6	15:57.84	3	23.9	23:40.21	3	43.9	
294	HANSEN Marthe	NOR		5	39.9	14:53.26	0	40.4	21:46.82						

K Senior

STNR	NAME	NOCC	FINN	LIGG 1	S1TM	I1SN	LIGG 2	S2TM	I2SN	STÅ 1	S3TM	I3SN	STÅ 2	I4SN	P01N
1	BERGER Tora	NOR	31:19.07	1	29.2	5:53.68	3	31.8	12:56.90	2	22.6	19:17.73	2	23.1	25:37.51
3	ECKHOFF Tiril Kampenhaug	NOR	31:39.54	1	25.9	7:02.11	1	30.4	13:19.65	0	30.5	19:09.01	2	39.4	25:57.45
5	HORN Fanny Welle-Strand	NOR	32:52.07	0	34.2	6:56.64	2	35.2	13:42.84	3	28.6	20:52.07	1	29.5	27:01.42
2	MØRKVE Jori	NOR	32:57.21	1	27.1	7:08.11	1	36.5	13:38.23	2	37.6	20:48.34	0	28.3	26:45.17
8	RINGEN Elise	NOR	33:04.57	2	44.4	9:08.78	0	37.4	15:07.89	1	28.6	21:25.54	0	27.8	27:15.62
4	SOLEMDAL Synnøve	NOR	34:09.20	3	31.7	7:58.46	2	31.8	14:32.54	3	40.4	21:45.23	2	28.8	28:20.96
6	GURIGARD Vilde Ravnsborg	NOR	34:26.78	2	34.6	7:48.90	2	30.7	14:41.20	1	29.4	21:17.03	2	28.8	28:20.54
7	OLSBU Marte	NOR	35:31.48	3	37.2	9:22.78	1	33.3	15:49.31	0	26.3	22:07.25	1	35.7	29:00.61

15 RINGEN Ada	NOR	36:10.65	2	49.0	10:15.71	2	36.4	17:03.07	1	31.9	23:33.34	1	27.6	30:06.56
10 LANDHEIM Bente Losgård	NOR	36:35.93	2	32.8	9:23.03	1	38.2	15:48.79	2	31.9	22:50.04	3	39.4	30:37.65
13 HOV Marie	NOR	37:57.15	0	39.1	9:36.70	1	30.1	16:26.40	0	28.3	22:58.95	3	24.8	31:11.75
16 HUBER Marion Rønning	NOR	38:34.63	0	35.7	10:00.85	2	37.9	17:16.12	4	35.4	25:39.76	0	25.4	32:07.56
18 FOSSLI Charlotte Olstad	NOR	38:35.07	1	37.1	11:31.96	1	36.4	18:35.21	0	41.4	25:17.12	0	28.6	31:53.21
11 LIGHTFOOT Amanda	GBR	38:37.61	1	38.9	10:57.79	2	41.7	18:10.25	3	38.7	25:32.26	1	27.4	32:38.01
17 TINGELSTAD Hanne	NOR	38:54.84	2	47.3	11:23.60	1	32.8	18:26.14	2	28.6	25:45.71	0	31.7	32:26.18
9 KVITTINGEN Ane Sandaker	NOR	39:12.64	3	43.9	9:51.82	4	40.6	17:52.28	2	34.1	24:57.10	3	35.7	32:47.65
12 FALLA Maiken Caspersen	NOR	40:25.89	3	47.0	10:08.15	4	50.3	18:05.29	4	58.5	26:19.25	4	53.0	34:29.31
20 NICOLAISEN Kaia Wøien	NOR	40:57.64	0	32.3	11:48.71	1	36.9	19:02.35	2	39.2	26:37.35	1	48.5	34:14.07
19 SKOGAN Karen Ishol	NOR	42:26.85	0	37.4	11:15.32	0	40.1	18:12.26	2	45.5	26:22.65	2	51.9	35:02.75
22 VALLAND Joanna	NOR	43:49.10	0	41.5	13:24.17	0	39.9	20:10.04	2	52.7	28:08.23	3	47.2	36:48.09
23 INGEBRETSEN Camilla	NOR	49:19.90	1	54.1	16:21.89	1	1:11.0	24:32.12	2	29.8	32:33.25	3	57.9	41:43.67
21 L'ABBE-LUND Anniken	NOR		1	37.2	12:45.93	3	33.0							

M17

STNR	NAME	NOCC	FINN	LIGG 1	S1TM	I1SN	LIGG 2	S2TM	I2SN	STÅ 1	S3TM	I3SN	STÅ 2	S4TM	I4SN
81	PETTERSEN Sindre	NOR	31:30.59	2	31.7	6:20.68	2	32.8	12:48.48	1	30.5	18:39.43	4	34.3	26:01.84
85	HOJEM Peder	NOR	32:29.82	1	38.0	8:04.03	0	36.3	14:00.25	1	29.3	20:10.37	2	29.4	26:46.54
87	KILLINGBERG Kristian	NOR	34:27.63	3	34.4	8:44.81	1	34.0	14:55.85	2	15.6	21:42.45	2	28.9	28:30.62
92	EGGEN Andreas Kjeverud	NOR	34:39.70	0	36.6	8:07.21	1	39.7	14:42.06	3	31.5	22:13.09	1	36.6	28:51.17
86	JOHANNESSEN Sondre	NOR	34:42.27	2	43.7	8:27.46	0	36.8	14:23.64	2	29.5	21:15.45	3	30.9	28:52.12
84	LARSEN Harald Birkeland	NOR	34:51.26	1	44.0	7:38.06	3	43.9	14:53.84	2	39.4	21:46.07	3	45.8	29:12.71
91	HARBORG Magne	NOR	35:11.70	1	32.7	8:30.04	0	29.2	14:30.00	3	33.4	21:55.10	3	25.7	29:19.09
83	NES Espen Segrov	NOR	35:24.30	1	27.1	7:34.56	2	38.4	14:39.92	2	34.1	21:43.29	3	37.8	29:28.53
90	SKAR Hogne Findal	NOR	35:26.31	0	50.9	8:19.39	2	48.4	15:24.92	2	41.6	22:28.04	2	42.2	29:38.93
94	VALBØ Steinar	NOR	35:30.91	2	38.1	9:15.68	0	40.9	15:29.23	3	39.2	22:52.23	2	43.8	29:53.25
82	SELVNES Vegard	NOR	35:57.98	1	34.6	7:41.95	2	34.0	14:39.46	3	14.7	22:10.81	3	32.2	29:59.40
89	BOTN Jån Smådal	NOR	36:27.80	1	34.1	8:27.92	3	41.6	15:49.04	2	35.2	22:49.35	4	28.6	30:35.12
99	BERG Andreas Bjelland	NOR	36:52.91	0	28.3	9:15.35	1	35.9	16:03.84	2	34.1	23:19.37	2	39.1	30:55.79
106	SLETNER Hadrian Mjøsund	NOR	36:55.73	2	48.1	10:10.51	1	44.8	16:37.04	2	30.0	23:24.73	4	35.2	31:15.67

105	KLEVEN Simen	NOR	37:01.63	3	37.2	10:29.90	0	42.9	16:28.31	2	34.4	23:19.54	4	35.4	31:15.15
88	WOLD Endre	NOR	37:10.60	3	42.9	9:11.18	2	44.4	16:15.42	2	34.4	23:09.75	4	41.2	31:14.79
96	STORVIK Thomas	NOR	37:14.20	2	34.6	9:38.34	2	36.7	16:46.06	2	40.4	24:03.67	2	39.9	31:21.65
93	JOHNSEN Espen	NOR	37:16.29	2	35.9	9:10.79	2	36.4	16:06.82	5	35.5	24:33.79	2	35.6	31:26.15
98	FOSSE Arild	NOR	37:18.36	1	34.4	9:21.57	3	34.8	16:44.28	4	35.1	24:45.73	1	42.1	31:29.87
107	LANGELAND Harald	NOR	37:18.82	2	59.9	10:31.70	0	42.2	16:32.04	4	39.9	24:35.15	3	36.4	31:50.98
120	JORDE Sindre Fjellheim	NOR	37:30.74	2	45.4	11:20.01	1	34.5	17:31.15	4	45.9	25:27.60	1	34.1	31:50.57
110	ØSTENSEN Herman	NOR	37:50.20	2	42.3	10:36.73	1	40.7	17:18.00	2	35.0	24:23.70	2	21.6	31:41.35
100	STEN Anton	NOR	38:05.52	3	35.4	10:11.34	1	35.0	16:26.37	5	42.6	25:08.04	2	42.3	32:11.90
103	LØVLAND Anders	NOR	38:08.94	1	45.0	10:01.18	1	44.9	16:42.26	3	35.3	24:27.54	3	23.2	32:14.45
111	SOLLI Sigurd Jacobsen	NOR	38:09.71	2	42.8	10:35.81	2	40.6	17:39.98	2	43.8	24:47.93	3	42.1	32:18.42
104	LØCHTING Vetle	NOR	38:09.95	2	46.0	10:08.50	1	47.9	16:45.79	2	42.1	23:58.18	4	49.3	32:17.90
97	NEBY Emil	NOR	38:13.76	2	29.4	9:38.82	4	39.1	17:43.70	3	44.9	25:45.48	0	38.3	32:12.37
123	MONSTAD Brage Malm	NOR	38:41.14	2	37.6	11:48.73	2	39.8	18:50.82	2	29.6	25:47.54	2	26.4	32:35.00
117	GLOMNES Sverre Ryland	NOR	38:57.52	0	46.9	10:55.54	1	43.3	17:47.01	2	47.3	25:15.20	2	37.0	32:45.68
112	TORESEN Jens Petter	NOR	39:06.16	2	43.0	10:37.81	0	32.0	16:53.25	4	34.0	25:01.81	2	31.8	32:36.37
109	LILLÅS Håvard	NOR	39:08.49	2	43.3	10:29.21	3	44.8	18:12.75	2	30.7	25:31.18	2	37.6	32:57.42
115	ENGELSEN Martin Nikolai	NOR	39:31.36	2	40.0	11:18.28	3	42.6	19:02.62	2	28.8	26:21.90	0	29.9	32:54.54
124	MYKLEBUST Erlend Solhaug	NOR	39:47.43	2	38.2	11:55.29	0	35.2	18:12.60	4	29.8	26:18.81	1	30.1	33:21.67
101	JONSSON Kristoffer	NOR	39:57.55	1	41.0	9:33.62	3	42.2	17:01.81	5	44.7	25:44.15	4	34.6	33:44.28
128	REISTAD Vegard	NOR	40:06.01	2	34.9	12:22.46	1	30.7	18:59.82	4	33.9	27:04.20	1	27.7	33:49.28
113	KARLSEN Aleksander Morsund	NOR	40:10.84	2	42.3	10:50.76	1	37.7	17:48.23	2	37.6	25:08.96	4	34.8	33:43.89
102	MOBAKKEN Jonas Uglem	NOR	40:13.63	4	41.5	10:47.62	2	41.3	17:42.67	5	44.3	26:02.12	4	38.7	34:05.37
114	RØKSUND Jakob	NOR	40:41.19	4	42.2	12:12.60	2	46.7	19:32.07	2	38.2	26:38.20	4	29.8	34:42.18
129	ØSTEBØ Anders	NOR	41:14.02	3	43.1	13:20.60	1	47.3	20:19.54	1	51.7	27:27.67	1	47.9	34:45.17
121	RØRVIK Markus	NOR	41:27.03	3	41.4	12:12.46	3	51.9	19:56.07	4	43.5	28:01.28	2	46.1	35:21.87
122	KLEVAR Sindre	NOR	42:12.00	3	44.6	12:39.15	1	1:44.1	19:44.51	3	45.9	27:56.32	3	46.0	35:57.23
133	KOPPERGÅRD Andreas	NOR	42:14.81	1	41.7	12:28.35	2	36.5	19:57.45	3	28.8	28:04.62	2	27.4	35:36.64
108	TANBERGMOEN Trym Ødegaard	NOR	42:30.34	4	50.5	13:19.21	4	45.3	20:52.34	4	25.9	28:50.36	3	35.1	36:38.40
131	STRØMSØYEN Sondre Røbak	NOR	43:00.84	0	35.8	11:53.68	3	39.0	19:44.17	3	35.0	27:58.20	4	35.2	36:48.18
130	RØDLAND Ole Martin	NOR	43:13.45	1	41.0	12:30.26	2	45.1	20:07.84	4	38.6	28:42.82	3	45.0	36:58.06
126	HALSTEINSLID Georg Kristian	NOR	43:17.49	2	38.1	12:22.93	2	41.5	19:49.29	4	39.7	28:18.82	4	37.9	36:50.82
116	NORDBOTTEN Øystein	NOR	43:38.25	5	42.1	13:01.87	5	1:40.7	21:51.04	4	32.7	30:04.20	2	30.7	37:19.75

125	KLEPPE BRITTMARK Øystein	NOR	44:00.88	3	39.1	12:45.59	3	43.4	20:48.98	4	40.6	29:22.04	3	44.7	37:24.90
119	LØVÅS Tobias Eid	NOR	44:47.08	4	50.7	12:25.51	4	54.3	21:06.68	4	46.3	30:09.78	2	48.6	38:10.32
135	NERAAS Bendik	NOR	46:06.82	2	37.9	13:08.98	3	41.5	21:19.37	4	41.3	30:08.35	5	47.6	39:39.62
136	KIRIVANTA Sindre Kristoffer	NOR	46:33.01	0	31.0	14:21.32	5	56.6	23:12.09	2	48.8	31:29.10	3	34.5	39:57.87
140	FYSTRO Espen	NOR	46:44.70	3	57.6	14:56.76	4	54.5	24:05.15	3	40.7	32:38.98	1	47.7	40:10.68
139	RUGROTEN Mads Olstad	NOR	47:24.56	1	45.0	13:22.98	2	43.6	21:15.76	4	43.9	30:40.45	4	42.5	40:08.48
143	PETTERSEN Vebjørn Szalay	NOR	49:14.67	1	45.5	16:38.73	3	48.8	25:27.59	2	33.3	33:38.65	4	48.6	42:25.82
118	SIVERTSEN Magnar	NOR		3	40.7	12:25.79	3	1:32.0							

M18

STNR	NAME	NOCC	FINN	LIGG 1	S1TM	I1SN	LIGG 2	S2TM	I2SN	STÅ 1	S3TM	I3SN	STÅ 2	S4TM	I4SN
1	SKJEVDAL Lars Gunnar	NOR	30:32.57	2	39.9	6:34.81	0	38.4	12:18.14	2	24.5	18:50.96	2	33.5	25:15.40
2	BØDAL Isak Flo	NOR	30:40.05	4	40.6	7:14.09	2	36.0	13:30.93	1	27.1	19:15.90	2	24.1	25:27.18
3	JUVELI Anders Sommerstad	NOR	31:22.11	3	38.8	7:12.82	0	29.3	12:39.89	1	25.7	18:32.62	4	23.8	25:44.17
5	HÅRSTAD Jonas	NOR	32:18.75	2	37.9	7:47.60	2	39.4	14:34.03	0	36.6	20:28.60	1	34.7	26:42.48
9	EIDE Daniel Stensæth	NOR	33:30.03	0	30.5	8:06.85	1	29.5	14:18.20	2	31.7	21:01.06	1	31.9	27:32.98
4	BOLLUM Sondre	NOR	34:06.99	1	31.6	7:25.62	2	37.7	13:58.89	3	33.1	20:59.18	4	32.0	28:22.04
7	FLAEN Carl Jørgen Sundet	NOR	34:37.11	1	29.7	8:15.09	1	33.0	14:34.18	2	27.5	21:26.48	3	24.8	28:47.93
13	SVALAND Lars Aasheim	NOR	34:42.59	1	45.0	8:52.78	2	49.5	15:36.07	1	40.1	21:51.15	3	35.2	29:08.00
14	FJELLAVLI Sindre	NOR	35:21.81	0	50.3	9:21.96	1	35.5	16:04.50	1	32.7	22:43.26	1	35.0	29:22.20
22	HANSERUD Jakob	NOR	35:37.85	0	31.9	9:39.43	1	28.4	16:03.60	2	29.1	23:01.09	1	30.5	29:44.67
10	BAKKEN Emil	NOR	35:47.10	2	47.0	9:31.95	0	40.4	15:39.43	1	36.3	22:14.29	3	39.1	30:03.46
15	FORBERG Sigmund Andres Kvamm	NOR	35:59.08	2	49.0	10:00.76	2	40.0	16:54.37	1	32.7	23:17.21	2	31.1	30:20.95
11	BERGEL Henrik Norås	NOR	36:06.93	0	38.9	8:23.82	4	37.8	15:56.06	3	37.1	23:01.09	4	40.8	30:35.40
6	DOKKEN Jonas	NOR	36:16.15	3	35.4	9:11.79	2	35.4	16:18.48	2	28.1	23:22.10	2	35.1	30:30.46
8	ASLESEN Henrik	NOR	36:17.62	1	28.0	8:13.07	3	32.9	15:23.07	3	28.9	22:37.29	4	33.4	30:28.48
17	NILSEN Anders Brekke	NOR	36:22.42	1	42.6	9:35.04	1	57.8	16:17.82	2	38.9	23:01.50	4	42.3	30:39.78
30	DOTZLER Georg Noer	NOR	36:54.28	2	39.5	11:14.76	0	33.6	17:20.75	2	39.4	24:09.98	2	37.6	31:09.53
24	ANDERSEN Frikk Hald	NOR	37:02.07	2	34.2	10:40.29	1	33.0	16:53.73	3	37.4	24:02.70	3	32.1	31:26.68
29	JØRGENSEN Dan Remi	NOR	37:14.99	0	59.0	10:37.42	0	46.0	16:48.34	1	34.3	23:23.21	3	35.5	30:59.51
36	GILBERG Stian Skåland	NOR	37:23.55	1	46.2	12:19.09	0	49.1	18:30.10	2	32.0	25:13.23	1	46.7	31:41.32

23	UNDHEIM Aslak Årsvoll	NOR	37:40.64	0	1:06.8	10:30.45	1	47.9	17:22.84	1	42.3	24:17.65	1	39.7	31:20.10
27	GRUE Kristian	NOR	37:53.35	3	45.4	11:43.18	0	40.9	17:54.46	2	40.4	24:53.14	1	36.0	31:45.06
21	OWREN Amund	NOR	38:39.77	2	42.1	10:55.62	0	29.5	17:15.46	4	35.7	25:18.60	1	28.6	32:13.23
16	NYVOLL Sebastian	NOR	38:57.10	2	40.0	10:19.68	1	42.1	17:05.07	3	40.1	24:56.53	3	31.7	32:56.20
32	RAMSFJELL Adrian Brekken	NOR	39:03.39	2	36.1	11:41.57	0	41.3	17:54.67	3	41.0	25:27.50	3	29.8	33:02.10
33	MJØS Andreas Halkjelsvik	NOR	39:05.09	1	38.6	11:22.18	1	47.2	18:20.81	2	25.7	25:44.51	1	38.8	32:45.07
19	MADSSTUEN Asbjørn	NOR	39:08.96	3	37.2	10:35.26	4	38.7	18:23.85	4	42.3	26:09.34	3	36.7	33:37.81
28	KARBØ Helge Kvam	NOR	39:09.96	5	37.7	12:14.79	0	37.2	18:19.65	2	26.3	25:13.67	4	32.8	33:18.76
25	SANDBÆK Ola	NOR	39:20.98	3	39.7	11:36.71	0	38.1	17:50.59	3	45.5	25:33.04	3	31.2	33:19.78
26	HÅKONSEN Magnus	NOR	39:24.80	1	36.3	10:56.07	0	35.6	17:14.89	3	36.9	24:56.12	4	43.1	33:27.39
20	RIKSAASEN Steinar	NOR	39:27.03	2	39.9	10:40.68	2	40.6	17:39.50	3	36.8	25:10.50	5	23.6	33:34.29
38	BRØNSTAD Erlend	NOR	40:20.16	3	43.0	13:34.07	1	39.9	20:19.82	2	37.0	27:38.90	1	32.9	34:29.68
37	BÅRTVEIT Martin	NOR	41:09.73	0	43.6	11:52.92	3	46.4	19:23.50	3	33.3	26:48.96	4	35.8	34:54.14
31	VINGER Arne Markus	NOR	41:24.89	3	30.5	11:52.87	3	35.7	19:47.68	3	38.0	28:06.76	0	29.2	34:48.68
34	HJELMEVOLL Leif Malvin	NOR	41:58.00	4	12.1	13:09.03	2	59.2	20:21.67	2	38.3	27:55.65	2	37.7	35:30.50
39	SUNDHAUGEN Kristian	NOR	43:55.86	3	39.4	14:19.65	0	41.5	21:02.35	2	46.3	28:48.39	3	35.9	37:13.32
40	NESSE Pål Marius	NOR	44:54.42	2	35.8	14:22.35	1	33.3	22:05.81	1	25.8	29:51.60	1	27.5	37:38.70
42	LINGA Odin	NOR	45:51.90	0	43.5	15:00.78	1	43.7	23:02.39	4	45.5	31:54.75	1	34.7	39:17.76
41	NORHEIM Sondre	NOR	48:16.77	2	34.2	15:24.82	2	48.6	23:24.60	4	31.5	32:47.04	2	16.8	40:53.14
12	PETTERSON Håvard	NOR		4	33.9	10:03.71	3	28.7	17:30.73	4	31.7	25:08.93			
35	BJERKEVOLL Erik Gjellan	NOR		5	39.2	13:19.29	3	41.9	21:04.46	4	32.5	29:16.25	3	27.3	

M19

STNR	NAME	NOCC	FINN	LIGG 1	S1TM	I1SN	LIGG 2	S2TM	I2SN	STÅ 1	S3TM	I3SN	STÅ 2	S4TM	I4SN
223	MELAND Johan Eirik	NOR	28:30.40	0	26.9	5:42.86	2	31.0	11:55.28	0	22.5	17:20.64	1	30.4	23:08.40
221	KALKENBERG Simon Hgheim	NOR	29:07.48	2	29.2	6:05.59	3	32.1	12:51.37	0	24.4	18:12.56	1	22.6	23:52.21
222	NENSETER Aslak	NOR	29:27.74	2	35.4	6:11.61	0	41.4	11:54.93	2	27.2	18:08.45	1	24.7	24:04.98
225	RØRVIK Fredrik Mack	NOR	29:29.31	0	27.9	6:05.61	2	36.4	12:32.09	1	27.0	18:25.12	1	23.2	24:19.96
228	GURIGARD Vemund Ravnsborg	NOR	31:35.73	1	25.4	7:47.43	1	24.8	14:04.39	0	18.3	19:39.42	1	20.1	25:50.06
226	AALERUD Kristian Andre	NOR	31:46.77	1	30.5	7:02.42	2	39.1	13:19.92	3	40.8	20:05.15	2	30.5	26:22.21
227	BLIKRA Endre	NOR	31:57.55	2	35.2	8:07.17	0	34.8	13:47.48	1	31.5	19:42.82	3	29.5	26:33.21

229	FEMSTEINEVIK Martin	NOR	31:59.43	1	30.8	7:35.53	2	34.8	13:56.40	4	39.4	20:59.51	1	31.0	26:52.89
233	GAUSEMEL Amund Iversen	NOR	32:30.60	2	26.0	8:23.12	2	24.5	14:51.04	1	24.9	20:41.61	3	22.3	27:22.28
230	HAUGEN Hallgeir	NOR	32:33.27	2	31.2	8:30.90	2	30.5	15:03.00	1	35.8	21:14.37	0	25.6	27:01.26
236	FLADSRUD Eskil	NOR	32:52.58	0	39.7	8:04.50	0	43.3	14:02.48	2	35.5	20:51.96	1	30.7	27:14.07
224	AAS-ENG Per Buttingsrud	NOR	32:59.88	4	27.8	7:28.14	1	28.8	13:31.71	3	27.9	20:29.53	3	25.7	27:29.93
242	KVAM Andreas	NOR	33:00.25	1	39.1	8:51.71	0	32.4	14:27.42	3	28.5	21:28.48	0	30.2	27:22.11
232	BLOKKUM Jørgen	NOR	33:05.16	2	25.4	8:27.71	0	28.8	14:08.76	1	20.3	20:13.36	2	29.0	27:10.54
231	TOLDNES Ådne	NOR	33:50.39	0	19.6	7:32.21	2	26.6	14:04.68	1	19.5	20:08.54	3	25.9	27:33.82
240	NYMOEN Håvard	NOR	34:06.11	3	40.4	9:14.51	4	40.3	16:25.18	2	22.9	22:32.95	2	27.0	28:43.73
243	SMEBY Henrik Sagosen	NOR	34:11.64	2	34.1	9:14.82	1	33.3	15:01.46	4	25.0	22:22.96	1	24.4	28:35.23
245	GRØNOLEN Fredrik Lundberg	NOR	34:18.17	0	34.5	8:55.65	0	40.5	14:36.65	3	1:01.5	21:59.82	2	35.0	28:44.03
234	EVJEN Vebjørn	NOR	34:24.76	3	37.5	9:10.15	2	40.9	15:47.04	1	39.3	22:04.82	2	37.4	28:49.84
246	HOL Espen	NOR	34:35.26	2	33.1	9:40.01	2	41.2	16:20.89	1	16.7	22:25.59	2	30.7	28:58.45
247	LYNGSTAD Anders Trønsdal	NOR	34:44.17	1	42.6	9:43.73	1	35.0	16:04.61	2	32.9	22:33.32	2	38.4	29:17.87
235	NETLAND Thomas	NOR	34:44.43	1	36.7	8:31.40	3	36.2	15:32.93	4	38.6	23:07.46	1	32.5	29:18.78
238	SONFLÅ Espen	NOR	34:50.35	3	37.4	9:28.01	3	39.6	16:29.61	2	25.3	22:56.79	1	28.4	29:06.40
241	HELDAL Anders	NOR	34:57.71	1	34.2	8:52.56	3	44.0	16:04.15	1	20.0	22:14.95	3	30.2	29:17.07
244	SKINNES Vegard	NOR	35:02.43	2	35.3	9:25.23	1	44.1	15:39.61	3	39.3	22:43.84	2	45.4	29:32.95
239	GIFSTAD Henrik	NOR	35:17.13	2	35.6	9:09.81	2	41.8	15:47.76	2	31.5	22:14.46	4	29.7	29:43.29
253	TURVOLL Joar	NOR	35:25.09	0	35.6	10:14.79	1	39.6	16:31.00	2	34.6	23:13.96	1	30.7	29:34.65
249	AABEL Nils Christian	NOR	35:32.16	0	40.1	9:37.89	1	30.0	16:06.71	1	29.5	22:39.18	1	25.5	29:17.37
252	HAUGUM Marius	NOR	35:42.15	2	36.3	10:30.67	1	35.3	16:29.86	2	29.5	23:08.81	2	26.4	29:54.95
248	STORLI Jacob Senderud	NOR	36:11.70	2	54.5	10:31.48	2	54.1	17:29.40	2	35.7	24:20.54	0	45.2	30:33.71
256	SOLBERG Petter Langaard	NOR	36:32.36	0	29.3	10:09.90	1	30.2	16:29.92	2	35.7	23:14.92	3	35.0	30:36.64
250	GRUNDNES Johan	NOR	37:16.83	0	36.1	9:50.51	2	41.7	16:55.68	1	29.3	23:27.20	3	29.7	31:06.28
255	SØRBØEN Håvar	NOR	37:19.60	1	35.3	10:43.09	1	35.5	16:58.64	4	30.8	24:47.15	1	35.7	31:29.79
254	SKJELSTAD Emil	NOR	37:36.24	1	39.8	10:53.42	0	45.3	17:06.62	1	36.7	23:37.26	3	37.8	31:25.95
251	RAGNHILDSTVEIT Erlend	NOR	39:36.77	2	38.4	11:10.67	1	41.2	17:57.17	4	47.0	26:22.57	1	51.9	33:23.42
260	STEINSLAND Daniel	NOR	40:01.44	2	39.4	11:52.86	4	44.0	19:55.82	2	33.9	27:00.90	2	34.5	34:06.45
258	GERMUNDSON Ole-Marius	NOR	40:08.12	0	42.4	10:45.43	1	45.8	17:30.46	3	39.9	25:06.18	4	49.5	34:01.87
262	STADAAS Kasper	NOR	40:25.37	4	46.0	12:42.29	4	51.2	20:18.15	3	57.0	27:34.96	4	46.9	35:13.67
263	ALMÅS Petter	NOR	42:07.69	0	30.5	11:53.26	2	35.3	19:22.45	2	24.9	27:14.01	2	20.7	35:05.81
264	LEWIS Philip	NOR	42:56.70	3	42.1	13:23.51	3	31.9	21:20.06	4	33.6	29:36.18	1	40.1	36:36.53

237 FJELDBERG Rene	NOR	2	36.0	9:01.96										
259 WIST Johann Bleivik	NOR	1	46.9	11:26.18	2	43.0	18:32.71	1	44.5	25:28.96				

M20-21

STNR	NAME	NOCC	FINN	S1FA	S1TM	I1SN	S2FA	S2TM	I2SN	S3FA	S3TM	I3SN	S4FA	S4TM	I4SN
302	GJERMUNDSHAUG Vegard Bjørn	NOR	34:43.28	0	31.5	6:24.18	1	30.2	13:55.61	1	27.4	20:59.40	2	31.4	28:13.96
301	GJØRVEN Jarle Midthjell	NOR	36:12.93	0	32.5	5:17.28	0	38.7	13:44.12	3	34.7	22:00.32	1	23.8	29:33.23
303	SVALAND Håkon	NOR	36:13.00	1	29.4	7:00.00	1	27.4	14:30.18	3	23.8	22:24.25	2	22.2	29:48.70
304	HAUGEN Chris Endre	NOR	37:21.33	0	35.7	7:10.00	1	34.9	15:00.89	2	28.1	22:54.82	1	26.1	30:19.90
317	GJESBAKK Fredrik	NOR	37:50.72	1	23.9	9:11.90	2	24.0	16:44.61	0	29.3	23:39.61	2	22.6	31:13.98
308	AALVIK Erling	NOR	38:14.50	3	39.2	8:47.12	0	36.0	15:33.09	2	28.4	23:06.79	3	21.9	31:12.53
321	GRIMSTVEDT Andreas	NOR	38:17.46	0	23.9	9:29.03	1	28.5	16:47.64	0	20.1	24:04.28	0	21.7	31:17.48
310	ERDAL Ole Martin	NOR	38:26.73	0	34.8	8:40.43	0	35.7	15:42.12	3	24.8	23:54.93	2	28.2	31:46.79
311	BOGETVEIT Håvard Gutubø	NOR	38:26.77	3	43.2	9:36.15	2	38.7	17:15.67	2	25.1	24:50.87	1	28.6	32:02.75
305	STEIEN Aasmund Kjølmoen	NOR	39:05.17	4	38.3	9:21.95	1	32.0	16:39.43	3	28.0	24:40.14	2	26.1	32:19.56
313	BAKKEN Per Arne	NOR	39:35.87	3	36.0	10:06.50	0	41.1	17:35.76	1	27.6	25:04.67	1	33.7	32:42.45
318	KVISTAD Fredrik Stigum	NOR	39:50.47	0	34.1	9:18.62	3	33.4	17:25.21	2	26.4	25:16.34	2	28.1	33:00.15
315	ULEKLEIV Øystein	NOR	40:03.99	1	31.3	9:22.40	1	27.8	16:27.79	3	33.5	24:32.62	4	26.0	33:09.09
312	MÆHRE Sondre	NOR	40:08.90	0	29.9	8:50.36	1	32.5	16:14.39	3	28.5	24:35.92	3	27.7	33:08.06
316	STUBBE Erland Vedeler	NOR	40:15.94	2	28.3	9:45.56	1	39.0	17:18.29	2	30.8	25:28.65	1	29.8	33:20.95
319	HOV Sigurd	NOR	40:18.71	2	30.3	10:22.61	1	34.7	17:45.51	1	31.3	25:09.73	3	27.6	33:27.00
309	GIFSTAD Thomas	NOR	40:42.11	2	44.3	8:25.00	2	29.9	17:11.17	2	37.7	25:20.34	2	39.2	33:35.01
322	SELVNES Eirik	NOR	41:09.34	1	42.9	10:36.61	2	41.7	18:35.87	1	37.3	25:55.43	3	33.7	34:16.90
314	JOHANSEN Kristian	NOR	41:16.03	2	34.9	9:50.15	3	39.6	18:10.82	1	25.2	25:38.06	3	35.1	34:16.26
336	AKETUN Bendik	NOR	41:24.25	1	28.7	11:00.53	0	28.8	18:15.29	1	36.3	26:01.54	1	26.3	34:00.53
320	RUTH Marius Skeide	NOR	41:29.55	0	30.1	9:53.56	0	30.8	17:12.76	2	33.2	25:30.03	3	30.2	34:16.53
327	NERGÅRD Jonas	NOR	41:57.15	2	42.3	11:06.43	0	48.2	18:32.37	2	52.3	26:26.07	2	25.8	34:29.84
326	BUSKERUD Jan Erik	NOR	41:59.47	2	37.1	11:23.70	1	40.2	19:28.23	2	28.6	27:43.53	0	27.9	35:04.70
329	KNOTTEN Haakon	NOR	41:59.67	0	37.7	10:30.34	2	43.9	18:45.67	1	30.8	26:31.26	2	28.0	34:53.59
335	KILSKAR Ole Johann Rødvik	NOR	42:00.47	0	37.2	10:45.43	0	44.5	18:07.48	2	33.1	26:10.09	2	29.8	34:40.31
338	ULVUND Kolbjørn	NOR	42:26.79	1	29.4	11:24.40	1	31.4	19:09.68	0	31.3	26:42.04	1	32.1	34:50.87

339	NILSEN Rolf Erik	NOR	42:36.48	0	33.7	11:13.89	0	32.9	18:48.70	1	29.8	26:48.87	0	28.6	34:43.01
325	SELVNES Håkon	NOR	42:48.43	2	39.5	11:08.75	1	40.7	18:40.95	4	40.9	27:18.32	4	42.6	36:08.75
332	SOLVANG Bjarte	NOR	42:59.70	1	39.4	11:03.92	1	43.9	18:45.00	1	27.2	26:38.07	4	32.1	35:49.43
323	SOLLIGÅRD Øystein	NOR	43:28.97	3	38.8	11:21.96	2	38.7	19:24.82	1	29.5	27:05.73	4	28.1	36:11.15
324	DOTTERUD Sondre Kvikne	NOR	43:47.57	3	33.7	11:22.98	1	36.8	19:27.36	0	35.2	27:16.70	1	29.4	35:52.96
328	MØRKVE Bjarte	NOR	43:48.15	4	36.2	12:24.82	2	30.4	20:51.64	0	27.0	28:40.03	0	21.7	36:22.64
340	ASDØL Eirik	NOR	44:06.16	4	34.3	12:51.12	1	34.0	20:34.42	0	35.9	27:49.42	4	37.0	36:57.73
331	JACOBSEN Øyvind Witsø	NOR	44:15.10	1	27.4	10:58.86	2	27.0	19:00.68	3	26.7	27:56.23	2	29.3	36:35.11
334	ØVERBY Anders	NOR	44:37.01	3	35.3	12:23.62	1	36.2	20:15.36	2	23.0	28:32.14	2	28.7	37:01.98
344	BJØRSLAND Magnus	NOR	46:09.95	1	27.5	12:57.64	1	32.7	20:56.01	3	25.2	29:52.48	2	29.0	38:24.57
343	BJERKADAL Haakon	NOR	46:52.86	1	28.7	12:31.53	1	35.0	20:37.75	2	24.9	29:18.06	3	28.4	38:40.67
341	HANDELAND Vidar	NOR	47:11.44	2	31.8	12:41.64	0	40.7	20:41.53	2	38.1	29:32.93	3	27.5	38:58.56
342	LANGEMYR Vegard	NOR	49:55.22	0	35.7	14:01.14	4	34.7	23:11.95	2	27.2	31:57.54	4	34.8	41:42.68
350	SURNEVIK Torje	NOR	50:44.54	2	40.6	17:03.90	2	46.8	25:55.82	1	49.6	34:34.36	1	30.3	43:10.62
349	LODDING Håkon	NOR	54:33.26	1	41.3	15:41.00	0	48.7	24:22.48	3	44.8	34:51.43	1	47.5	45:14.42
306	GRØTTE Tommy	NOR		3	35.0	8:55.04	4	36.8	17:38.00	2	24.2				
333	FINNE Eirik	NOR		2	37.3	11:24.18	0	37.4	18:28.14	4	37.7	27:28.62			
345	JOHANSEN Stian	NOR		1	29.1	12:57.34	2	27.7	21:33.43						
348	BY Øystein	NOR		3	38.0	16:12.28	1	41.0	24:49.62	4	36.0				

M Senior

STNR	NAME	NOCC	FINN	LIGG 1	S1TM	I1SN	LIGG 2	S2TM	I2SN	STÅ 1	S3TM	I3SN	STÅ 2	S4TM	I4SN
101	BJØRNDALEN Ole Einar	NOR	32:11.76	0	32.3	5:50.00	0	28.4	12:53.75	0	22.6	19:11.26	1	31.7	25:56.93
102	BERGER Lars	NOR	34:42.03	1	26.9	7:44.23	0	32.1	14:04.76	2	26.6	21:12.71	2	28.0	28:22.25
103	CHRISTIANSEN Vetle Sjøstad	NOR	35:00.87	1	27.5	7:42.54	0	29.8	14:07.09	1	26.4	21:00.21	2	27.8	28:22.68
105	BIRKELAND Lars Helge	NOR	35:37.22	0	31.8	7:38.51	2	35.5	14:59.60	1	25.0	22:01.46	1	23.5	29:01.67
106	BJØNTEGAARD Erlend Øvereng	NOR	36:16.53	2	31.0	8:24.87	2	30.1	15:37.60	1	26.9	22:36.67	2	25.2	29:56.59
113	ENG Martin	NOR	36:18.53	0	30.5	8:55.34	0	35.7	15:36.03	0	33.6	22:17.34	2	27.6	29:48.53
107	BØ Johannes Thingnes	NOR	36:28.35	0	29.6	8:44.43	1	28.1	15:41.51	2	21.3	23:07.78	1	21.8	30:09.57
112	KOKKIN Dag Erik	NOR	36:35.97	0	30.2	8:47.60	1	31.7	15:44.62	2	23.1	23:08.20	1	22.5	30:09.92
114	SÆTEN Christian	NOR	37:06.39	1	34.3	9:17.48	1	33.6	16:21.15	1	31.1	23:40.07	0	28.7	30:34.92

104	L'ABBE-LUND Henrik	NOR	37:19.95	2	25.9	8:04.81	1	32.1	14:52.57	4	37.2	23:07.35	3	32.7	30:59.75
115	INGEBRIGTSEN Marius	NOR	37:31.71	0	30.8	9:27.64	1	30.4	16:49.26	0	23.02	23:43.92	0	28.8	30:39.34
108	L'ABBE-LUND Magnus	NOR	38:06.80	2	29.8	9:29.50	0	28.4	15:52.82	2	27.1	23:15.34	4	25.1	31:26.29
110	GUNDERSEN Tore Martin Sjøbak	NOR	38:09.88	0	5.7	9:05.98	1	34.4	15:57.90	3	27.5	23:43.03	3	28.3	31:41.15
122	JOHNSEN Arve Lien	NOR	38:13.77	2	32.7	10:25.48	1	30.9	17:17.15	3	31.6	25:07.12	0	30.4	31:55.75
125	STORMOEN Tor Petter Lillebo	NOR	38:15.67	0	36.4	10:06.78	1	32.1	17:23.14	0	30.0	24:19.60	0	31.0	31:24.28
109	JACKSON Lee Steve	GBR	38:21.77	1	31.1	9:10.59	0	26.6	15:52.50	3	30.8	23:50.87	2	29.1	31:38.07
117	HELLAND Kjartan	NOR	38:33.20	2	33.0	10:24.04	1	34.4	17:36.26	1	22.6	24:39.15	1	24.0	31:49.68
124	TUFTE Pål Kristian Grue	NOR	38:52.11	1	30.2	10:06.51	1	32.9	17:16.46	3	26.7	25:17.25	0	27.1	32:06.54
132	BJØRN GJERMUNDSHAUG Jan Olav	NOR	39:14.36	0	33.3	10:21.82	2	30.6	17:44.67	0	25.2	24:16.85	3	42.3	32:36.87
119	WOLD Asbjørn	NOR	39:14.59	1	33.7	10:05.56	0	31.2	16:55.75	2	33.3	24:36.68	2	29.6	32:24.57
130	LINDLAND Martin	NOR	39:56.48	0	30.9	10:27.21	1	30.0	17:52.23	0	1:19.2	24:55.21	2	20.8	32:52.07
120	LANDHEIM Eirik Losgaard	NOR	40:17.10	2	27.1	10:23.42	1	34.2	17:29.89	2	27.0	25:25.73	1	27.2	33:02.21
121	NYGÅRD Syver	NOR	40:33.30	2	29.8	10:24.85	4	33.4	18:44.60	1	48.8	25:53.68	2	34.0	33:42.92
126	MJÅLAND Andreas	NOR	40:44.32	2	33.4	10:58.64	3	27.8	19:25.18	0	20.5	26:27.82	0	23.1	33:33.10
127	BRATLI Anders Magnus	NOR	41:45.64	1	34.1	10:39.01	2	36.5	18:41.31	2	30.6	26:51.21	0	24.9	34:25.54
123	FORSELL Espen	NOR	41:53.36	2	38.1	10:34.12	1	36.2	18:09.51	2	55.7	26:13.50	2	28.4	34:36.17
142	MUAN Martin	NOR	41:55.46	0	36.2	11:34.10	2	36.4	19:28.25	1	24.3	26:54.25	3	27.0	35:07.32
133	BEYER Peter	GBR	41:57.10	1	31.6	11:04.89	1	34.1	18:34.59	2	31.0	26:41.50	2	28.4	34:51.15
129	HUSE Andreas Aalberg	NOR	42:21.75	2	42.9	11:04.89	2	36.4	19:04.31	4	32.0	27:25.53	2	26.4	35:31.65
135	KRISTOFFERSEN Ørjan	NOR	42:31.33	2	35.6	12:12.53	1	36.2	19:39.82	3	35.0	28:02.70	1	26.0	35:31.14
137	LARSEN Kris-Andre	NOR	42:44.74	0	35.3	11:23.07	0	38.8	18:47.43	2	37.7	27:04.26	2	33.6	35:31.51
134	SATASLÅTTEN Sindre	NOR	42:50.05	3	39.9	12:19.00	0	30.6	19:34.10	1	29.9	27:29.34	2	34.4	35:49.10
139	ROLLAND Sigve Ness	NOR	42:54.37	1	27.3	11:56.90	3	35.6	20:24.00	2	28.7	28:14.70	2	31.9	36:08.95
141	BRATLI Eirik	NOR	43:06.89	2	34.6	12:21.98	2	32.0	20:01.12	3	30.8	28:25.35	1	28.5	36:03.21
145	RØKSUND Mats	NOR	43:19.10	1	31.5	12:26.28	1	34.2	20:16.07	2	32.0	28:30.78	1	26.7	36:19.73
143	RUI Martin	NOR	43:27.30	3	29.0	12:54.09	0	32.3	19:46.03	2	36.6	27:41.46	3	29.6	36:08.81
144	BERG Even Langseth	NOR	43:39.93	0	43.5	11:49.45	0	51.1	19:01.32	4	35.5	27:42.20	5	32.2	36:49.48
153	CHRISTIANSEN Eirik Robert	NOR	43:42.38	1	35.3	13:35.26	0	37.4	20:39.01	2	36.4	28:35.10	2	36.5	36:43.25
138	RUUD-NESHEIM Kristian	NOR	44:01.57	4	31.8	12:46.51	3	28.8	21:02.93	3	29.4	29:29.03	1	28.7	36:50.79
151	HELDAL Anton	NOR	44:16.60	0	33.8	13:23.89	0	28.4	20:29.23	4	28.7	29:28.10	2	29.2	37:25.17
140	DRAMDAL-BORGE Eirik	NOR	44:21.98	3	30.3	12:47.14	1	34.3	20:27.39	2	23.7	28:37.26	2	26.0	37:01.12
146	HANDELAND Robin	NOR	44:38.25	2	43.2	12:59.57	1	35.4	20:33.00	3	40.0	29:18.17	2	32.9	37:36.51

154 WÆGE Daniel	NOR	46:29.43	2	26.5	14:37.53	2	29.3	22:44.10	1	30.7	30:29.01	3	39.5	39:28.96
149 MUNTHE Christer Ersdal	NOR	47:16.50	1	39.5	13:31.25	0	42.6	21:08.39	1	39.5	29:25.48	4	56.3	39:27.07
150 ROSTAD Trym	NOR	50:03.10	3	41.4	14:42.70	2	47.0	23:33.85	2	40.3	32:39.76	2	37.6	41:53.39