

## Sammenlagtresultat

3 løp teller

Plass	Løper	#	Totalt	Løp 1	Løp 2	Løp 3
<b>D11-12</b>						
1	Tilla Farnes Hennum, Lierbygda OL		49:40	09:39-1	17:16-1	22:45-1
2	Janina Donner, OK77		54:00	10:03-2	19:49-7	24:08-3
3	Sigrid Bredde Vig, Sturla IF		57:28	13:03-10	19:18-6	25:07-6
4	Kjersti Dengerud, Steinkjer OK		57:29	13:04-11	18:36-4	25:49-7
5	Astrid Styrvold, Kjøse IL		57:36	12:09-7	21:34-11	23:53-2
6	Signe Bredholt Jørgensen,		59:23	10:41-4	20:23-8	28:19-13
7	Henriette Apenæs Smeby,		59:32	10:26-3	21:36-12	27:30-9
8	Thea Sildnes Baklid, Konnerud IL		1:00:51	12:56-9	17:58-2	29:57-15
9	Idunn Haavengen, Kongsberg OL		1:02:46	12:08-6	22:54-14	27:44-10
10	Karine Vestøl, Vegårshei IL		1:03:20	14:48-16	20:37-9	27:55-12
11	Marit Melby Jacobsen, Lardal OL		1:04:39	12:23-8	22:03-13	30:13-16
12	Aurora Moholth, Kongsberg OL		1:09:32	11:33-5	23:36-15	34:23-21
13	Mathilde Hallerud Wegger,		1:10:52	15:06-17	27:00-20	28:46-14
14	Ingvil Ahlsand, Nydalens SK		1:15:06	18:06-21	24:12-16	32:48-18
15	Kristin Sagosen Smeby,		1:15:39	24:08-25	25:42-19	25:49-7
16	Victoria Hæstad Bjørnstad,		1:16:11	14:09-14	28:53-22	33:09-20
17	Nora Torgersen, Halden SK		1:16:30	14:44-15	30:51-24	30:55-17
18	Margrethe Wisløff, Asker SK		1:22:54	21:46-24	28:15-21	32:53-19
19	Hannah Malmei, Nydalens SK		1:29:31	17:44-20	25:04-17	46:43-24
20	Nora Gåskjenn, Bergens TF		1:31:47	21:11-22	25:15-18	45:21-23
21	Synne Eikeland Røstadsand,		1:38:14	15:14-18	31:11-25	51:49-26
22	Solveig Hernandez Vråle, Sturla IF		1:40:21	17:08-19	35:42-26	47:31-25
23	Silje Opseth, Ringerike OL		40:40	21:37-23	19:03-5	
24	Ingvild Saga Omsland, Kjøse IL		41:49	13:58-12	DSQ	27:51-11
25	Martine Engebretsen, Heming/Njård		42:29		18:21-3	24:08-3
26	Line Marie Østerhus, Sør OK		44:17	14:08-13	30:09-23	
27	Nora Synnøve Woxholth, Asker SK		45:14	DSQ	20:43-10	24:31-5
28	Ingvild Fleisje, Nittedal OL		38:53	DSQ	DSQ	38:53-22
	Julie Nærestad, Trauma IF		00:00	DNS	DNS	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>D11-12N</b>					
1	Marthe B Jansen, Vaulen OK	43:52	09:28-3	13:00-2	21:24-6
2	Ragnhild Emblem Holte, Gjerstad IL	46:01	10:31-5	15:04-4	20:26-4
3	Ingrid Emblem Holte, Gjerstad IL	47:14	11:28-6	16:36-6	19:10-1
4	Maja Lykkjen Seglén, Måren OK	49:34	09:09-2	14:50-3	25:35-9
5	Tessa Odden, Måren OK	57:48	16:08-13	21:40-12	20:00-2
6	Marte Ljådal, Hauken IL	57:53	13:20-8	20:15-10	24:18-7
7	Stine Lise Johansen, Alta OL	57:58	11:52-7	19:29-9	26:37-12
8	Sigrid Ekeland, Oddersjaa SSK	58:11	13:32-9	18:24-7	26:15-11
9	Rebekka Holter, Nydalens SK	59:37	14:27-11	20:36-11	24:34-8
10	Emma Sørset, Kolbotn IL	1:02:24	18:48-14	22:29-14	21:07-5
11	Maiken Sofie Sandberg, Nydalens	1:05:42	13:34-10	24:46-16	27:22-14
12	Victoria Hole, Nydalens SK	1:06:30	15:40-12	23:07-15	27:43-15
13	Carmen Dirro, Måren OK	1:10:54	10:08-4	40:39-19	20:07-3
14	Eir Heen, Sylling IF	1:14:24	19:39-17	21:45-13	33:00-18
15	June Kittelsen, Torridal IL	1:19:02	19:18-15	28:41-17	31:03-17
16	Stine Kittelsen, Torridal IL	1:28:25	19:19-16	28:44-18	40:22-19
17	Karoline Daland, Imås IL	19:39	08:11-1	11:28-1	DSQ
18	Kristin Mestad Severinsen, Torridal	44:19		16:24-5	27:55-16
19	Ingeborg Myhrmoen, Høvdningen IL	44:43		18:31-8	26:12-10
20	Hanna Thomsen, Nydalens SK	26:55	DNS	DNS	26:55-13
	Anna T. Eriksen, Nydalens SK	00:00			DNS
	Emilie Hauge, Birkenes IL	00:00	DNS	DNS	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>D13-16C</b>					
1	Hege Ynn Jødal, Bækkelaget SK	1:04:27	14:29-1	24:28-1	25:30-1
2	Marie Rønneberg, Asker SK	1:29:15	23:34-5	28:43-5	36:58-3
3	Ingvild Mysen, Lillomarka OL	1:30:50	15:09-2	37:43-7	37:58-4
4	Julia Plaian, Asker SK	1:49:21	21:16-4	35:23-6	52:42-6
5	Vilde Malmei, Nydalens SK	42:43	15:43-3	27:00-3	DNF
6	Johanne Ausland, Oddersjaa SSK	1:01:35		25:58-2	35:37-2
7	Hedvig Borge Hovi, Skien OK	27:47	DNS	27:47-4	DNS
8	Mina Ausland, Oddersjaa SSK	48:03			48:03-5

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>D13-16N</b>					
1	Fanny Odden, Måren OK	35:45	16:10-1	19:35-2	DSQ
2	Tuva Telje, Måren OK	19:33	DNS	19:33-1	DSQ
3	Tiril Telje, Nordstrand IF	31:38			31:38-1
3	Astrid Tessaker, Nordstrand IF	31:38			31:38-1

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>D17B</b>				-	
1	Tove Sildnes, Konnerud IL	1:36:24	20:04-4	38:53-2	37:27-2
2	Eli Bonden Kjørsvik, Kongsberg OL	1:36:46	18:57-3	41:35-4	36:14-1
3	Ingvild Tandberg, Asker SK	1:37:11	18:25-2	41:12-3	37:34-3
4	Line Telje Høydal, Nydalens SK	1:40:35	21:04-5	35:00-1	44:31-6
5	Eldri Holo, Fossum IF	1:40:36	17:08-1	44:48-6	38:40-4
6	Nina Hansen-Møllerud, Kongsberg	1:09:46	22:11-6	47:35-8	DNS
7	Tone Botnen, Bø OL	1:15:15	32:46-9	42:29-5	DNS
8	Silje Øderud, Kristiansand OK	1:22:46	23:23-7	59:23-9	
9	Brynhild Resell, Nydalens SK	1:26:58	26:54-8	DNF	1:00:04-8
10	Tuva Heen, Sylling IF	1:27:38	DSQ	46:05-7	41:33-5
11	Liv Bente H Friestad, Kristiansand	49:35			49:35-7

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>D17C</b>				-	
1	Heidi Herum, Skeidi OK	1:17:24	12:44-1	30:48-3	33:52-2
2	Liv Inger Larsen, Porsgrunn OL	1:30:33	14:24-6	32:50-6	43:19-7
3	Trine Ljådal, Hauken IL	1:30:49	16:47-13	33:34-7	40:28-5
4	Astrid Brevik, Raumar OL	1:36:19	14:38-7	34:28-10	47:13-10
5	Hege Melby, Lardal OL	1:36:23	16:54-15	41:49-19	37:40-3
6	Heidi Svalund, Konnerud IL	1:39:12	15:37-10	31:21-4	52:14-15
7	Tone Hirsch, Trauma IF	1:43:15	15:25-9	39:12-15	48:38-12
8	Lovise Nevland, Ålgård Orientering	1:48:15	18:15-20	47:11-23	42:49-6
9	Sidsel Merete Buraas, Vang OL	1:49:42	19:54-22	40:14-18	49:34-13
10	Anne Helene Sommerstad, Trollo	1:53:14	20:28-24	47:03-22	45:43-9
11	Anne Myhr, Nydalens SK	2:06:07	14:11-5	1:07:10-33	44:46-8
12	Anne Marie Ekeland, Oddersjaa	2:06:28	15:00-8	33:59-8	1:17:29-24
13	Kirsten Aaslund, Måren OK	2:08:56	22:41-28	46:42-21	59:33-18
14	Anne Gjestemoen, Bergens TF	2:10:45	21:40-26	51:38-24	57:27-17
15	May-Lill Damm, Viking TIF	2:23:10	18:36-21	1:04:13-32	1:00:21-19
16	Esther Moosberger, OL Regio Olten	2:46:31	17:21-17	1:14:31-34	1:14:39-23
17	Liv Kristin Omholt Berrefjord,	46:32	17:26-18	29:06-2	
18	Ann-Karin Lesteberg, Kongsberg	47:49	13:45-2	34:04-9	DNF
19	Eli Fraffjord, Sandnes Sparebank	48:45	14:01-4	34:44-11	
20	Bente M Neufeld, Modum OL	53:33	16:10-12	37:23-13	DSQ
21	Anne Berg Gjølberg, Larvik OK	55:17	16:09-11	39:08-14	
22	Marie Skåra, Skeidi OK	59:37		26:52-1	32:45-1
23	Torunn Gravdal, Ålgård Orientering	1:12:00	21:37-25	DNF	50:23-14
24	Elisabeth Nærestad, Trauma IF	1:16:42	20:21-23	56:21-27	DNS
25	Ingeborg Torgersen, Halden SK	1:20:23	17:12-16		1:03:11-20
26	Unn Hege Larsen, Skeidi OK	1:21:49	23:37-29	58:12-29	DNS
27	Hege Teisrud, Sør OK	1:24:19	16:53-14	DSQ	1:07:26-22
28	Rikke Kristin Gåsholt, Hedrum OL	1:24:45		37:02-12	47:43-11
29	Gunhild Oftedal, Ålgård Orientering	1:25:20		32:44-5	52:36-16
30	Enikø Bertalan, Asker SK	1:44:40		40:05-17	1:04:35-21
31	Hanne Arvesen, Hauken IL	2:16:39	22:14-27	1:54:25-36	DNF
32	Anita Alice Jensen, Alta OL	2:30:02	24:02-30	2:06:00-37	DNS
33	Ragnhild Nersten, Fossum IF	2:30:11	DNS	1:01:06-30	1:29:05-25
34	Ellen Vårli, Skeidi OK	3:12:38	DNS	54:38-26	2:18:00-26
35	Kristine Strøm, Hisøy OK	13:46	13:46-3		
36	Mona Hallerud, Kongsberg OL	18:11	18:11-19		
37	Anne Kari Birkeland, Birkenes IL	39:46		39:46-16	
38	Anne Margrete Myhrmoen,	40:19			40:19-4
39	Linn Carina Daland, Kristiansand	42:51	DNS	42:51-20	DNS
40	Åse Kristine Tandberg, Nydalens	53:48	DSQ	53:48-25	DNS
41	Tine Næss Hersvik, Søgne og	56:41	DNS	56:41-28	DSQ
42	Sissel Gjessing, Heming/Njård OL	1:02:57		1:02:57-31	
43	Marit Vinje, Oppsal IF Orientering	1:20:59		1:20:59-35	DNS
	Åse Aud Nyhus, Birkenes IL	00:00	DNS		
	Ellen Hasaas, Skeidi OK	00:00	DNS		DSQ

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>D17AK</b>					
1	Taran Aure, Drangedal OL	1:40:54	19:43-2	36:39-2	44:32-1
2	Inger Skjævesland, Trauma IF	1:51:34	24:01-6	39:34-4	47:59-3
3	Trine Bjerva, Drangedal OL	1:58:56	21:05-3	52:34-10	45:17-2
4	Andrea Vild Jødal, Bækkelagets SK	2:18:53	29:26-7	50:18-6	59:09-5
5	Ellisif Jahnsen, Flosta IL	56:53	18:11-1	38:42-3	
6	Mila Zaharinova, Oppsal IF	1:14:29	23:45-5	50:44-7	
7	Astrid Fugleneb, Dyre Vaa IL	1:32:21		35:48-1	56:33-4
8	Kristin Heivoll, Søgne og	1:57:08		51:36-9	1:05:32-6
9	Nina Haugen, Eiker OL	2:00:50		51:08-8	1:09:42-7
10	Heidi Fidje Andersen, Sør OK	21:55	21:55-4		
11	Otilie Oftedal, Ålgård Orientering	43:04		43:04-5	DNF
12	Vilde Brabrand Urfjell, Imås IL	1:17:05	DNS	1:17:05-11	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>D17N</b>					
1	Bente Lerø Kongsnes, Østmarka	1:22:30	16:47-2	22:44-2	42:59-1
2	Berit Brandsberg, Egersund OK	1:32:46	14:51-1	21:53-1	56:02-2
3	Aslaug Neteland, Ganddal IL	55:56	23:40-4	32:16-3	DNF
4	Berit Sørset, Sylling IF	59:51	22:29-3	37:22-4	DNS
5	Bettina Simonsen, Imås IL	2:08:29	DSQ	41:13-5	1:27:16-3

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>D35AK</b>					
1	Astrid Saudland, Trauma IF	1:24:11	19:21-3	26:05-1	38:45-1
2	Heidi Torp-Donner, OK77	1:30:33	21:37-5	27:44-2	41:12-2
3	Line Arnevik, Ringerike OL	1:36:32	16:47-1	37:11-5	42:34-3
4	Cathrine Palmgren, Kolbotn & Skimt	1:42:45	22:10-6	34:45-4	45:50-4
5	Ina Cecilie Landro, Konnerud IL	1:46:42	21:01-4	37:34-6	48:07-6
6	Anette Røsnes, Høvdningen IL	2:19:27	30:02-8	47:19-9	1:02:06-9
7	Hanne Bredde Vig, Sturla IF	59:04	24:37-7	34:27-3	DNS
8	May Lene Slettebøe, Søgne og	1:27:34		41:30-7	46:04-5
9	Aud Ausland, Oddersjaa SSK	1:32:33		43:58-8	48:35-7
10	Tonje Vråle, Sturla IF	18:37	18:37-2	DNS	DNS
11	Lene Næss Birkeland, Søgne og	1:01:10	DNS	DSQ	1:01:10-8
	Kristin D Ausland, Oddersjaa SSK	00:00			DNS
	Inger Fløistad, Ås-UMB Orientering	00:00	DNS	DNS	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>D45AK</b>					
1	Hanne Herum, Skeidi OK	1:34:34	26:16-5	28:35-2	39:43-1
2	Anita Wiberg Gjelsten, Høvdingen IL	1:35:55	21:59-3	30:47-3	43:09-3
3	Margareth Wathne, Sør OK	1:37:06	22:47-4	32:32-5	41:47-2
4	Ragnhild Dåsnes, Os IL	1:42:40	27:49-7	26:59-1	47:52-5
5	Marianne Arnesen, Asker SK	1:46:43	21:00-2	39:32-9	46:11-4
6	Gro Hege Ludvigsen, Måren OK	1:48:59	20:56-1	36:37-8	51:26-6
7	Inger Morterud, Lia IL	2:17:46	28:36-8	32:47-6	1:16:23-9
8	Siri Bujordet, Kristiansand OK	1:23:16	27:01-6	56:15-10	DNS
9	Bodil Hulløen, Kristiansand OK	1:29:13		31:33-4	57:40-7
10	Torunn Nordbø, Bækkelagets SK	1:47:03	48:27-10	58:36-11	DSQ
11	Tone Berit Mohagen, Konnerud IL	1:49:32	46:28-9	DSQ	1:03:04-8
12	Tove Fossnes, Hisøy OK	36:05		36:05-7	

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
	<b>H11-12</b>			-	
1	Gjermund Halden, Nydalens SK	43:36	09:38-2	15:07-1	18:51-1
2	Eivind Øfsthus Gravir, Asker SK	45:56	11:05-9	15:29-3	19:22-2
3	Ola Tandberg Ryan, Asker SK	52:01	10:59-8	19:51-9	21:11-6
4	Henrik Hirsch, Trauma IF	53:46	09:56-3	17:47-5	26:03-12
5	Espen Hegstad Krüger, Nydalens	54:55	10:47-7	23:00-16	21:08-5
6	Kristian Reiersen Jensen, Birkenes	55:25	11:26-12	20:37-11	23:22-9
7	Håvard Landro Svingheim,	58:41	12:01-13	21:13-12	25:27-11
8	Marius Baumann, OLG KTV Altdorf	1:03:34	11:13-11	21:19-13	31:02-17
9	Fredrik Polland, Skeidi OK	1:04:02	14:01-17	22:35-15	27:26-13
10	Bjørnar Brevik, Raumar OL	1:04:19	12:40-16	23:55-17	27:44-15
11	Sander Arnevik, Ringerike OL	1:05:00	10:41-5	19:34-8	34:45-22
12	Eirik Langedal Breivik, Nydalens SK	1:06:23	09:12-1	24:58-18	32:13-20
13	Ragnar Nersten, Fossum IF	1:07:43	10:44-6	25:51-19	31:08-18
14	Alexander Hole, Nydalens SK	1:08:55	10:17-4	31:03-23	27:35-14
15	Magnus Vonen, Varegg Fleridrett	1:10:15	30:28-25	18:24-6	21:23-7
16	Sigurd Svaland Aas, Birkenes IL	1:16:45	23:30-22	21:26-14	31:49-19
17	Sebastian Daland, Kristiansand OK	1:20:09	27:41-23	27:16-20	25:12-10
18	Jostein Tandberg, Nydalens SK	1:21:36	12:07-14	29:12-22	40:17-24
19	Vegard Myhre, Søgne og	1:25:22	19:47-20	34:45-25	30:50-16
20	Oscar Hæstad Bjørnstad, Fossum	1:28:04	18:08-19	28:29-21	41:27-25
21	Martin Sollie Nåtedal, Trollo OL	1:30:55	23:28-21	34:22-24	33:05-21
22	Bjørn Kristian Teisrud, Sør OK	1:43:54	29:09-24	35:58-26	38:47-23
23	Even Eide, Sør OK	1:51:15	11:05-9	49:05-27	51:05-27
24	Kristian Nyhus, Birkenes IL	32:25	12:26-15	19:59-10	
25	Sturla Frydenlund, Sturla IF	35:28	DSQ	15:24-2	20:04-3
26	Ole Flaatten, Skeidi OK	37:51	DSQ	15:45-4	22:06-8
27	Tarjei Holo, Fossum IF	39:37	DSQ	18:45-7	20:52-4
28	Jostein Stefferud, Torridal IL	15:47	15:47-18	DNS	DNS
29	Filip Larsen, Kongsberg OL	46:01		DSQ	46:01-26
	Andreas Hammer Håversen,	00:00	DNS	DNS	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
	<b>H11-12N</b>			-	
1	Anders Mysen, Lillomarka OL	39:28	10:29-8	12:32-2	16:27-2
2	Audun Midttun Systad, Lyn Ski	40:34	09:24-2	15:50-10	15:20-1
3	Øystein Lerø Kongsnes, Østmarka	42:15	09:59-3	12:37-3	19:39-8
4	Martin Nevland, Ålgård Orientering	43:11	10:09-5	14:41-7	18:21-5
5	Anders Vestøl, Vegårshei IL	43:23	10:24-6	14:20-6	18:39-6
6	Einar Ekeland, Oddersjaa SSK	44:29	09:12-1	13:53-4	21:24-9
7	Asgeir Reiersen Jensen, Birkenes	45:49	13:19-13	15:08-9	17:22-4
8	Styrk Heen, Sylling IF	58:09	10:28-7	14:07-5	33:34-17
9	Marius Leijon Pedersen, Alta OL	58:19	12:52-11	18:27-16	27:00-13
10	Audun Melby Jacobsen, Lardal OL	1:00:20	24:11-18	16:46-13	19:23-7
11	Henrik Nærestad, Trauma IF	1:08:49	11:21-9	35:01-24	22:27-10
12	Hans Jacob Bamle, Skeidi OK	1:22:34	19:02-16	22:02-21	41:30-18
13	Sindre Bråten, Vegårshei IL	24:57	10:03-4	14:54-8	DNS
14	Elias Daland, Imås IL	29:15	DNS	12:06-1	17:09-3
15	Anund Nyhus, Birkenes IL	36:04	13:00-12	23:04-22	
16	Markus H Fossnes, Hisøy OK	36:34	16:18-15	20:16-20	DNS
17	Lasse Flaatten, Skeidi OK	37:32	12:11-10	DSQ	25:21-12
18	Aleksander Østerhus, Sør OK	39:50	15:12-14	24:38-23	
19	Ole Marius Myhrmoen, Høvdingen IL	44:24		16:11-11	28:13-14
20	Jonas Myhre, Søgne og Songdalen	48:48	DSQ	19:24-19	29:24-15
21	Einar Viddal, Hauken IL	52:19		19:05-18	33:14-16
22	Magnus Fossum, Grane IK	16:40	DNS	16:40-12	
23	Ådne Ausland, Oddersjaa SSK	16:48		16:48-14	DNF
24	Even Fossum, Grane IK	17:19		17:19-15	DNS
25	Hogne Stokka Lilleaas, Grane IK	19:03		19:03-17	
26	Hogne Stokke Lilleaas, Grane IK	23:45			23:45-11
27	Vegard Øvrebø, Måren OK	23:48	23:48-17	DSQ	DNS
28	Tor-Magnus Cappelen, Hisøy OK	33:36	33:36-19		
	Martin Reiersen Jensen, Birkenes IL	00:00	DNS	DNS	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>H13-16C</b>					
1	Asbjørn Lerø Kongsnes, Østmarka	49:09	09:58-1	18:28-1	20:43-1
2	Stian Sivertsen, Egersund OK	1:04:44	12:43-2	23:29-2	28:32-2
3	Eirik Strøm, Hisøy OK	1:19:42	14:11-5	30:58-4	34:33-3
4	Preben Wingerei, Skeidi OK	1:26:50	16:51-6	33:15-5	36:44-5
5	Martin Tverråen, Skien OK	1:50:54	24:11-7	48:19-6	38:24-6
6	Johannes Flaatten, Skeidi OK	2:30:58	13:16-4	1:03:38-7	1:14:04-7
7	Anders Boye, Birkenes IL	38:40	12:43-2	25:57-3	
8	Ola Ausland, Oddersjaa SSK	35:20			35:20-4

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>H13-16N</b>					
1	Emil Lykkjen Seglén, Måren OK	1:14:35	15:01-3	22:38-2	36:56-1
2	Thomas Kjensli, Måren OK	1:26:12	15:54-4	27:48-3	42:30-2
3	Øystein Øvrebø, Måren OK	35:12	14:42-2	20:30-1	
4	Daniel P. Sollid, NOTEAM	1:12:03	19:13-6	52:50-5	
5	Hauk Sortilden, Hauken IL	1:47:15		28:24-4	1:18:51-3
6	Steinar Frøytlog, Egersund OK	10:20	10:20-1		
7	Fredrik Studsrud, Hisøy OK	19:02	19:02-5		

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>H17B</b>				-	
1	Jon Terje Ekeland, Oddersjaa SSK	1:11:56	14:24-2	31:33-2	25:59-1
2	Snorre Læggran, Nydalens SK	1:12:47	13:10-1	27:10-1	32:27-5
3	Geir Henrik Hirsch, Trauma IF	1:24:46	18:37-8	34:09-4	32:00-4
4	Jon Moholth, Kongsberg OL	1:28:36	18:00-7	35:10-7	35:26-6
5	Brynjulf Vonen, Varegg Fleridrett	1:37:23	16:24-4	34:11-5	46:48-7
6	Tor Kjetil Nilsen, Bø OL	1:58:38	20:26-10	35:16-8	1:02:56-10
7	Torjus Ledaal, Austre Moland IL	50:24	19:33-9	DSQ	30:51-3
8	Arne Heggland, Trauma IF	51:20	16:55-5	34:25-6	
9	Olav Bog Vikane, Fana IL	1:03:41		33:34-3	30:07-2
10	Kåre Jacobsen, Sør OK	1:17:47	17:11-6	1:00:36-10	
11	Bjørn Friestad, Kristiansand OK	1:30:53	30:19-11		1:00:34-9
12	Bård Boye, Birkenes IL	15:00	15:00-3		
13	Sverre Wisløff, Asker SK	39:21	DSQ	39:21-9	DNS
14	Arild Sauland, Trauma IF	51:52			51:52-8
15	Per Anders Ytterbø, Asker SK	1:05:15	DSQ	1:05:15-11	DSQ
	Karsten Rønning, Sturla IF	00:00	DNS	DNS	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
	<b>H17C</b>			-	
1	Jon Skriubakken, Porsgrunn OL	1:28:24	15:34-7	32:06-5	40:44-4
2	Jan Tverråen, Skien OK	1:35:21	13:27-3	30:11-3	51:43-10
3	Bjarne Sommerstad, Andebu IL	1:36:30	13:46-4	43:43-12	39:01-2
4	Pietro Bomio, CO UTOE Bellinzona	1:38:10	14:45-6	29:05-2	54:20-11
5	Sindre Ryan, Asker SK	1:39:42	18:38-10	31:15-4	49:49-8
6	Sten Øivind Bjerke, Larvik OK	1:41:11	17:07-9	38:52-8	45:12-6
7	Lars-Erik Østerud, Tyrving IL	1:50:31	16:18-8	42:36-11	51:37-9
8	Finn Arvesen, Hauken IL	2:10:39	13:54-5	1:10:29-15	46:16-7
9	Christian Johnsen, Lillehammer OK	38:04	12:35-2	25:29-1	DSQ
10	Arild Jørgensen, Oddersjaa SSK	45:02	11:45-1	DSQ	33:17-1
11	Stian Lillegård, Lillomarka OL	57:18	19:34-12	37:44-7	DNS
12	Stein Olav Strøm, Hisøy OK	1:11:43	20:26-13	51:17-14	
13	Arnfinn Sørum, Skien OK	1:18:56		36:54-6	42:02-5
14	Ivar Olsen, Konnerud IL	1:19:31		40:17-9	39:14-3
15	Truls Viddal, Hauken IL	1:55:01		49:54-13	1:05:07-12
16	Guttorm Nyhus, Birkenes IL	18:48	18:48-11		
17	Ronne Neufeld, Modum OL	22:05	22:05-14		DSQ
18	Tor Svein Langås, Torridal IL	41:55	DNS	41:55-10	
19	Ole Myhrmoen, Høvdingen IL	1:16:31		DNS	1:16:31-13
	Erlend Aamodt, Nydalens SK	00:00			DSQ
	Johan Lunde, Koll IL	00:00			DSQ
	Øystein Bjerga, Austre Moland IL	00:00	DNS	DNS	
	David Solli, Skien OK	00:00	DSQ	DNF	

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>H17AK</b>					
1	Åsulv Birkeland Stormoen,	1:12:01	14:46-1	24:11-1	33:04-1
2	Eirik Glad Balchen, Oddersjaa SSK	1:20:54	18:09-5	29:39-2	33:06-2
3	Tor Ringstad, Kongsberg OL	1:29:32	15:45-2	38:42-5	35:05-3
4	Lars Steinar Hefre, Bø OL	1:35:43	17:13-3	38:53-6	39:37-4
5	Ole Kristian Bruserud, Trollo OL	1:57:03	17:36-4	53:34-9	45:53-7
6	Stig Erik Ørum, Søgne og	2:01:04	31:12-10	36:03-4	53:49-8
7	Martin Laurantsen, Skien OK	2:09:25	19:23-7	51:23-8	58:39-9
8	Håvard Gatevold, Porsgrunn OL	51:14	18:59-6	32:15-3	DNS
9	Eirik Hodne, Oddersjaa SSK	1:02:01	20:19-8		41:42-5
10	Anders Fremming, Heming/Njård OL	1:04:52	25:04-9	39:48-7	DNS
11	Helge Bratland, Trauma IF	35:14	35:14-11		
12	Øyvind Sollerud Haugen, Tønsberg	45:33			45:33-6
	Ole Kopstad, Trollo OL	00:00	DNS	DNS	DNS

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
<b>H35AK</b>					
1	Tor Kristian Buraas, Vang OL	1:21:47	15:09-1	31:09-5	35:29-3
2	Vemund Kongsnes, Østmarka OK	1:21:52	16:16-2	28:29-1	37:07-5
3	Espen Messel, Tyrving IL	1:26:06	18:17-3	30:14-3	37:35-6
4	Vegard Halden, Nydalens SK	1:28:25	19:39-4	29:59-2	38:47-7
5	Asle Åsmul, Høvdingen IL	1:34:40	21:11-5	38:43-8	34:46-2
6	Thorsteinn Sigurjonsson, Elverum	1:48:05	24:07-11	30:36-4	53:22-12
7	Jan Kristensen, Aker Aktiv	1:49:58	23:37-9	33:27-6	52:54-11
8	Kjetil Kjærsmo, Oslostudentenes IK	1:51:02	21:50-7	42:55-11	46:17-8
9	Jon Gerhard Guttormsen,	1:54:14	25:34-12	39:59-9	48:41-10
10	Dan Egil Ljådal, Hauken IL	1:56:14	32:44-15	36:22-7	47:08-9
11	Ole Jørn Horntvedt, Lia IL	1:04:53	23:37-9	41:16-10	DNS
12	Jørn Roar Bamle, Skeidi OK	1:24:11	27:15-14	56:56-12	DSQ
13	Eskil Åsmul, Trollelg OL	21:32	21:32-6	DNS	DNS
14	Øyvind Bratland, Trauma IF	22:35	22:35-8		
15	Atle T. Andersen, Sør OK	26:57	26:57-13		
16	Helge Chr. Pedersen, Alta o-lag	34:28			34:28-1
17	Nils Arne Johannessen,	36:29			36:29-4
18	Tor Anders Hauge, Birkenes IL	1:00:16		1:00:16-13	DNS
	Oddbjørn Krage, Sarpsborg OL	00:00		DNS	

Plass	Løper	Totalt	Løp 1	Løp 2	Løp 3
	<b>H45AK</b>				-
1	John Hansen, Kristiansand OK	1:00:15	13:52-1	19:52-1	26:31-1
2	Per Jarle Eikeland, Tønsberg og	1:18:25	18:19-7	25:44-5	34:22-6
3	Svein Sivertsen, Egersund OK	1:18:41	17:45-5	25:13-3	35:43-7
4	Arild Rørholt, Skeidi OK	1:19:30	20:14-15	26:53-7	32:23-3
5	Terje Røsnes, Høvdingen IL	1:20:14	14:19-3	32:11-18	33:44-4
6	Nils Gunnar Gjelsten, Høvdingen IL	1:20:23	13:52-1	32:30-19	34:01-5
7	Per Larsen, Kristiansand OK	1:22:11	18:15-6	28:08-11	35:48-8
8	Jon Kvisli, Bø OL	1:25:23	18:43-9	29:12-14	37:28-11
9	Nils Egil Johannessen, Høvdingen IL	1:25:45	20:06-14	29:07-13	36:32-9
10	Terje Sæbø, Kongsberg OL	1:27:16	18:20-8	24:45-2	44:11-18
11	Knut Gjestemoen, Bergens TF	1:35:39	21:57-17	30:16-16	43:26-17
12	Svein Roar Jonsmyr, Birkenes IL	1:38:14	19:08-11	35:56-22	43:10-16
13	Bjarne Gimre, Ganddal IL	1:39:34	18:46-10	31:32-17	49:16-19
14	Snorre Frydenlund, Sturla IF	1:44:37	26:07-18	26:56-8	51:34-20
15	Harald Jansen, Vaulen OK	1:44:55	20:17-16	33:00-20	51:38-21
16	Fredrik B. Ording, Høvdingen IL	46:38	19:19-13	27:19-9	
17	Øivind Stenstad, Oddersjaa SSK	59:14	19:13-12	DSQ	40:01-14
18	Axel Eikner, Fana IL	59:22		28:58-12	30:24-2
19	Hroar Sanna, Ringerike OL	1:02:22		25:37-4	36:45-10
20	Aksel Slettebøe, Søgne og	1:04:36		26:05-6	38:31-12
21	Asle Kregnes, Kristiansand OK	1:11:51	DNS	29:44-15	42:07-15
22	Tron Solberg, Skeidi OK	1:12:56		33:27-21	39:29-13
23	Geir Frøylog, Egersund OK	15:08	15:08-4		
24	Bjørn Stormoen, Birkenes IL	27:57		27:57-10	