

Plass Navn

Klasse

Tid

DAME 10 - 12

| | | | |
|----------|-------------------------------|---------------------|--------------|
| 2 | Vilde Årøen Lykke | DAME 10 - 12 | 23:09 |
| 00:15 | 01:11 01:56 08:48 14:51 17:24 | 20:09 22:17 23:09 | |
| 00:15 | 00:56 00:45 06:52 06:03 02:33 | 02:45 02:08 00:52 | |

DAME 12N

| | | | |
|----------|-------------------------------|-----------------|--------------|
| 1 | Tuva Nørsti Kongshaug | DAME 12N | 22:27 |
| 00:34 | 03:29 06:00 14:20 20:35 22:27 | | |
| 00:34 | 02:55 02:31 08:20 06:15 01:52 | | |
| 2 | Hanna Nørsti Kongshaug | DAME 12N | 22:37 |
| 00:37 | 03:37 05:58 14:22 20:23 22:37 | | |
| 00:37 | 03:00 02:21 08:24 06:01 02:14 | | |
| 3 | Maria Øksenvåg | DAME 12N | 33:04 |
| 00:50 | 05:19 09:26 21:20 29:45 33:04 | | |
| 00:50 | 04:29 04:07 11:54 08:25 03:19 | | |
| 4 | Ingrid Elise Staurnes | DAME 12N | 33:05 |
| 00:49 | 05:16 09:10 21:07 29:40 33:05 | | |
| 00:49 | 04:27 03:54 11:57 08:33 03:25 | | |
| 5 | Oda Kippernes | DAME 12N | 33:28 |
| 01:09 | 05:27 09:33 21:37 30:10 33:28 | | |
| 01:09 | 04:18 04:06 12:04 08:33 03:18 | | |

DAME 13 -14 KM

| | | | |
|----------|-------------------------------|-------------------------|----------------|
| 1 | Ingrid Lundanes | DAME 13 -14 KM | 1:09:35 |
| 02:27 | 08:48 15:31 22:37 24:58 30:55 | 38:55 60:49 68:33 69:35 | |
| 02:27 | 06:21 06:43 07:06 02:21 05:57 | 08:00 21:54 07:44 01:02 | |

DAME 40 -49 KM

| | | | |
|----------|-------------------------------|-------------------------|----------------|
| 1 | Marianne Lykke | DAME 40 -49 KM | 42:57 |
| 42:57 | | | |
| 42:57 | | | |
| 2 | Hanne Hagset | DAME 40 -49 KM | 49:53 |
| 01:50 | 08:15 15:50 22:56 25:05 30:20 | 32:03 42:37 48:52 49:53 | |
| 01:50 | 06:25 07:35 07:06 02:09 05:15 | 01:43 10:34 06:15 01:01 | |
| 3 | Torild Hovdenak | DAME 40 -49 KM | 1:01:28 |
| 02:14 | 08:04 14:17 25:19 32:01 36:30 | 38:20 52:36 60:28 61:28 | |
| 02:14 | 05:50 06:13 11:02 06:42 04:29 | 01:50 14:16 07:52 01:00 | |
| 4 | Ingunn Eliassen | DAME 40 -49 KM | 1:16:25 |
| 02:48 | 10:48 19:04 28:11 32:16 41:03 | 48:29 65:15 74:56 76:25 | |
| 02:48 | 08:00 08:16 09:07 04:05 08:47 | 07:26 16:46 09:41 01:29 | |
| 5 | Guri Utheim | DAME 40 -49 KM | 1:22:20 |
| 02:18 | 10:05 17:12 30:35 36:22 41:55 | 44:27 67:14 81:02 82:20 | |
| 02:18 | 07:47 07:07 13:23 05:47 05:33 | 02:32 22:47 13:48 01:18 | |

HERRE 10 -12

| | | | |
|----------|------------------------------------|----------------------|--------------|
| 1 | Erik Hovdenak Sylte | HERRE 10 -12 | 25:49 |
| 00:16 | 01:15 03:00 11:21 17:48 19:56 | 22:47 24:58 25:49 | |
| 00:16 | 00:59 01:45 08:21 06:27 02:08 | 02:51 02:11 00:51 | |
| 00:19& | 00:19& 00:19& 00:19& 00:19& 00:19& | 00:19& 00:19& 00:19& | |

| Class | Navn | Klasse | Tid |
|-------------------------|---|---|----------------|
| 2 | Håvard Støen Gussiås | HERRE 10 -12 | 25:58 |
| 00:20 | 01:35 02:32 09:16 16:03 18:50 | 22:25 24:56 25:58 | |
| 00:20 | 01:15 00:57 06:44 06:47 | 03:35 02:31 01:02 | |
| 3 | Gard Årøen Lykke | HERRE 10 -12 | 1:02:51 |
| 00:17 | 01:38 02:36 11:31 19:21 25:38 | 57:39 60:40 62:51 | |
| 00:17 | 01:21 00:58 08:55 07:50 06:17 | 32:01 03:01 02:11 | |
| HERRE 12N | | | |
| 1 | Håvard Folland | HERRE 12N | 44:35 |
| 00:53 | 05:55 11:26 30:05 39:49 44:35 | | |
| 00:53 | 05:02 05:31 18:39 09:44 04:46 | | |
| 2 | Sigve Folland | HERRE 12N | 44:54 |
| 00:46 | 06:13 11:11 30:08 40:18 44:54 | | |
| 00:46 | 05:27 04:58 18:57 10:10 04:36 | | |
| 3 | Vebjørn Folland | HERRE 12N | 46:09 |
| 00:42 | 06:21 11:45 30:22 40:34 46:09 | | |
| 00:42 | 05:39 05:24 18:37 10:12 05:35 | | |
| HERRE 13 - 14 KM | | | |
| 1 | Kristian Nilsen Sandens | HERRE 13 - 14 KM | 51:27 |
| 04:55 | 11:19 18:26 22:49 30:29 33:16 | 37:33 46:22 50:38 51:27 | |
| 04:55 | 06:24 07:07 04:23 07:40 02:47 | 04:17 08:49 04:16 00:49 | |
| 2 | Erlemd Nilsen Sandnes | HERRE 13 - 14 KM | 54:59 |
| 04:02 | 20:56 27:06 30:23 37:24 40:08 | 44:05 50:07 54:15 54:59 | |
| 04:02 | 16:54 06:10 03:17 07:01 02:44 | 03:57 06:02 04:08 00:44 | |
| HERRE 15 -16 KM | | | |
| 1 | Erling Hovdenak Sylte | HERRE 15 -16 KM | 50:09 |
| 03:59 | 12:22 18:16 21:38 29:32 32:11 | 35:32 46:03 49:23 50:09 | |
| 03:59 | 08:23 05:54 03:22 07:54 02:39 | 03:21 10:31 03:20 00:46 | |
| 2 | Are Årøen Lykke | HERRE 15 -16 KM | 1:01:34 |
| 04:46 | 13:03 20:33 29:04 36:07 40:05 | 44:31 55:14 61:01 61:34 | |
| 04:46 | 08:17 07:30 08:31 07:03 03:58 | 04:26 10:43 05:47 00:33 | |
| 3 | Hans Kristian Folde | HERRE 15 -16 KM | 1:02:39 |
| 04:02 | 11:38 18:15 32:14 39:06 41:58 | 46:19 56:11 61:51 62:39 | |
| 04:02 | 07:36 06:37 13:59 06:52 02:52 | 04:21 09:52 05:40 00:48 | |
| HERRE 17 -20 KM | | | |
| 1 | Bjørn Lundanes | HERRE 17 -20 KM | 51:22 |
| 03:27 | 07:15 11:35 16:53 19:55 23:53 | 32:26 36:21 42:04 45:40 47:21 50:47 51:22 | |
| 03:27 | 03:48 04:20 05:18 03:02 03:58 | 08:33 03:55 05:43 03:36 01:41 03:26 00:35 | |
| 2 | Håkon Støen Gussiås | HERRE 17 -20 KM | 1:11:20 |
| 05:53 | 15:40 20:30 26:50 29:57 33:26 | 47:59 52:19 59:17 64:06 66:01 70:37 71:20 | |
| 05:53 | 09:47 04:50 06:20 03:07 03:29 | 14:33 04:20 06:58 04:49 01:55 04:36 00:43 | |
| HERRE 17C | | | |
| 1 | Tor Harald Staurnes | HERRE 17C | 48:29 |
| 01:54 | 07:53 15:22 22:55 26:10 31:23 | 33:25 42:17 47:42 48:29 | |
| 01:54 | 05:59 07:29 07:33 03:15 05:13 | 02:02 08:52 05:25 00:47 | |
| 2 | Arne Syltevig | HERRE 17C | 52:37 |
| 01:54 | 07:50 13:34 20:06 22:40 27:52 | 29:58 47:07 51:39 52:37 | |
| 01:54 | 05:56 05:44 06:32 02:34 05:12 | 02:06 17:09 04:32 00:58 | |
| 00:19& | 00:19& 00:19& 00:19& 00:19& 00:19& 00:19& | 00:19& 00:19& 00:19& 00:19& 00:19& | |

HERRE 21 - 39 KM

| | | | | | | | | | | | | | | |
|----------|------------------------|-------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----------------|
| 1 | Knut Kongshaug | HERRE 21 - 39 KM | | | | | | | | | | | | 1:10:03 |
| | 03:58 | 09:54 | 14:31 | 20:02 | 27:33 | 45:22 | 50:24 | 57:28 | 62:54 | 65:15 | 69:10 | 70:03 | | |
| | 03:58 | 05:56 | 04:37 | 05:31 | 03:55 | 03:36 | 17:49 | 05:02 | 07:04 | 05:26 | 02:21 | 03:55 | 00:53 | |
| 2 | Christer Jensen | HERRE 21 - 39 KM | | | | | | | | | | | | 1:14:50 |
| | 04:46 | 11:41 | 17:06 | 23:42 | 31:56 | 36:00 | 48:52 | 54:08 | 62:23 | 67:08 | 69:31 | 73:55 | 74:50 | |
| | 04:46 | 06:55 | 05:25 | 06:36 | 08:14 | 04:04 | 12:52 | 05:16 | 08:15 | 04:45 | 02:23 | 04:24 | 00:55 | |

HERRE 40 -49 KM

| | | | | | | | | | | | | | | |
|----------|-----------------------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|----------------|
| 1 | Stig Bratsberg | HERRE 40 -49 KM | | | | | | | | | | | | 1:02:42 |
| | 04:55 | 14:42 | 21:31 | 28:22 | 36:44 | 39:55 | 46:30 | 56:56 | 61:44 | 62:42 | | | | |
| | 04:55 | 09:47 | 06:49 | 06:51 | 08:22 | 03:11 | 06:35 | 10:26 | 04:48 | 00:58 | | | | |
| 2 | Stig Dahle | HERRE 40 -49 KM | | | | | | | | | | | | 1:03:35 |
| | 04:35 | 16:38 | 25:53 | 31:53 | 40:29 | 43:39 | 49:48 | 58:17 | 62:41 | 63:35 | | | | |
| | 04:35 | 12:03 | 09:15 | 06:00 | 08:36 | 03:10 | 06:09 | 08:29 | 04:24 | 00:54 | | | | |

HERRE 50 - 59 KM

| | | | | | | | | | | | | | | |
|----------|-------------------------|-------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|----------------|
| 2 | Helge Staurnes | HERRE 50 - 59 KM | | | | | | | | | | | | 1:13:11 |
| | 05:19 | 14:54 | 27:35 | 32:16 | 39:51 | 44:34 | 51:10 | 67:11 | 72:13 | 73:11 | | | | |
| | 05:19 | 09:35 | 12:41 | 04:41 | 07:35 | 04:43 | 06:36 | 16:01 | 05:02 | 00:58 | | | | |
| 3 | Alf Stormo | HERRE 50 - 59 KM | | | | | | | | | | | | 1:14:46 |
| | 05:37 | 14:43 | 25:02 | 31:12 | 40:15 | 44:36 | 50:17 | 67:59 | 73:45 | 74:46 | | | | |
| | 05:37 | 09:06 | 10:19 | 06:10 | 09:03 | 04:21 | 05:41 | 17:42 | 05:46 | 01:01 | | | | |
| 4 | Magne Fredirksen | HERRE 50 - 59 KM | | | | | | | | | | | | 1:34:10 |
| | 07:20 | 17:55 | 29:06 | 36:39 | 48:50 | 53:57 | 60:42 | 86:31 | 92:56 | 94:10 | | | | |
| | 07:20 | 10:35 | 11:11 | 07:33 | 12:11 | 05:07 | 06:45 | 25:49 | 06:25 | 01:14 | | | | |

HERRE 60 - 69 KM

| | | | | | | | | | | | | | | |
|----------|----------------------------|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|
| 1 | Asbjørn Heggen | HERRE 60 - 69 KM | | | | | | | | | | | | 45:34 |
| | 01:46 | 07:52 | 16:58 | 23:14 | 25:23 | 30:00 | 32:08 | 39:30 | 44:34 | 45:34 | | | | |
| | 01:46 | 06:06 | 09:06 | 06:16 | 02:09 | 04:37 | 02:08 | 07:22 | 05:04 | 01:00 | | | | |
| 2 | Roald Sevaldsen | HERRE 60 - 69 KM | | | | | | | | | | | | 57:01 |
| | 04:54 | 10:27 | 16:35 | 22:51 | 25:04 | 39:05 | 42:06 | 50:34 | 56:07 | 57:01 | | | | |
| | 04:54 | 05:33 | 06:08 | 06:16 | 02:13 | 14:01 | 03:01 | 08:28 | 05:33 | 00:54 | | | | |
| 3 | Kjell Tore Johansen | HERRE 60 - 69 KM | | | | | | | | | | | | 1:11:33 |
| | 04:34 | 12:11 | 21:20 | 29:18 | 32:34 | 47:32 | 51:59 | 63:37 | 70:14 | 71:33 | | | | |
| | 04:34 | 07:37 | 09:09 | 07:58 | 03:16 | 14:58 | 04:27 | 11:38 | 06:37 | 01:19 | | | | |
| | 00:19& | 00:19& | 00:19& | 00:19& | 00:19& | 00:19& | 00:19& | 00:19& | 00:19& | 00:19& | 00:19& | 00:19& | 00:19& | |