

## Foreløpige resultater Østfold 3-dagers.

| Plass | M-elite |                             | Klubb                 | Tempo<br>10 km |       | Gateritt |       |       | Fellesstart |       |       | Sammen-<br>lagt | Tid   |
|-------|---------|-----------------------------|-----------------------|----------------|-------|----------|-------|-------|-------------|-------|-------|-----------------|-------|
|       | St.nr   | Navn                        |                       | Tid            | Plass | Tid      | Plass | Bonus | Tid         | Plass | Bonus | Tid             | etter |
| 1     | 148     | Berg, Geir Inge             | Sandnes SK            | 13:11          | 1     | 01:05:18 | 24    | 02    | 3:57:34     | 3     | 05    | 5:15:56         |       |
| 2     | 64      | Fostervold, Knut Anders     | Nesset CK             | 13:13          | 2     | 01:05:18 | 37    | 06    | 3:57:34     | 9     |       | 5:15:59         | 0:03  |
| 3     | 13      | Fagerli, Ole Christian      | Raumer Rytter SK      | 13:54          | 12    | 01:05:18 | 21    | 12    | 3:57:34     | 5     |       | 5:16:34         | 0:38  |
| 4     | 144     | Jogert, Espen               | Team Glåmdal KF       | 14:21          | 44    | 01:05:18 | 2     | 22    | 3:57:34     | 1     | 15    | 5:16:36         | 0:40  |
| 5     | 12      | Braaten, Ole Jørgen         | SK Rye                | 13:44          | 8     | 01:05:18 | 36    |       | 3:57:34     | 4     |       | 5:16:36         | 0:40  |
| 6     | 137     | Bergsland, Jon Einar        | Team Skagerak KF      | 14:22          | 46    | 01:05:18 | 3     | 07    | 3:57:34     | 2     | 10    | 5:16:57         | 1:01  |
| 7     | 113     | Eide, Jørgen*               | Fana IL               | 14:11          | 30    | 01:05:18 | 45    |       | 3:57:34     | 6     |       | 5:17:03         | 1:07  |
| 8     | 69      | Myrvold, Øyvind             | Lillehammer CK        | 14:24          | 50    | 01:05:18 | 28    |       | 3:57:34     | 10    |       | 5:17:16         | 1:20  |
| 9     | 87      | Gunnerud, Joakim*           | Team Trek Adecco      | 13:34          | 4     | 01:05:18 | 20    | 06    | 3:58:42     | 23    |       | 5:17:28         | 1:32  |
| 10    | 26      | Grue, Jahn Frederik Noraas* | Kristiansand CK       | 14:36          | 60    | 01:05:18 | 59    |       | 3:57:34     | 8     |       | 5:17:28         | 1:32  |
| 11    | 145     | Jogert, Rune                | Team Glåmdal KF       | 14:00          | 16    | 01:05:18 | 1     | 29    | 3:58:42     | 11    |       | 5:17:31         | 1:35  |
| 12    | 1       | Stokstad, Ingard*           | Team Joker Bianchi    | 13:33          | 3     | 01:05:18 | 62    |       | 3:58:42     | 21    |       | 5:17:33         | 1:37  |
| 13    | 142     | Kjær, Alexander             | Frogner SK            | 13:42          | 6     | 01:05:18 | 46    | 06    | 3:58:42     | 28    |       | 5:17:36         | 1:40  |
| 14    | 141     | Ringnes, Ole-Kristian       | BOC                   | 14:02          | 19    | 01:05:18 | 11    | 16    | 3:58:42     | 15    |       | 5:17:46         | 1:50  |
| 15    | 67      | Krogh-Larsen, Frederik*     | Nesset CK             | 13:36          | 5     | 01:05:18 | 60    |       | 3:58:54     | 50    |       | 5:17:48         | 1:52  |
| 16    | 125     | Jensen, Ole Jørgen*         | Team Østfold KF       | 13:57          | 13    | 01:05:18 | 19    | 06    | 3:58:42     | 17    |       | 5:17:51         | 1:55  |
| 17    | 59      | Fjeldavlie, Jørn            | Team Skagerak KF      | 13:58          | 15    | 01:05:18 | 17    |       | 3:58:42     | 30    |       | 5:17:58         | 2:02  |
| 18    | 24      | Strand, Lars                | Sandnes SK            | 14:03          | 20    | 01:05:18 | 30    | 06    | 3:58:51     | 44    |       | 5:18:06         | 2:10  |
| 19    | 5       | Gjølberg, Adrian*           | Raumer Rytter SK      | 14:01          | 18    | 01:05:18 | 57    |       | 3:58:51     | 42    |       | 5:18:10         | 2:14  |
| 20    | 66      | Hersleth, Even              | Fana IL               | 14:11          | 30    | 01:05:18 | 54    |       | 3:58:42     | 26    |       | 5:18:11         | 2:15  |
| 21    | 143     | Evensen, Tommy Frengen*     | Trondhjems VK         | 14:03          | 20    | 01:05:18 | 63    |       | 3:58:51     | 33    |       | 5:18:12         | 2:16  |
| 22    | 57      | Hovland, Olav Johannes*     | Team Skagerak KF      | 14:04          | 24    | 01:05:18 | 68    |       | 3:58:51     | 31    |       | 5:18:13         | 2:17  |
| 23    | 90      | Frisk, Fredrik*             | Fana IL               | 14:13          | 34    | 01:05:18 | 9     |       | 3:58:51     | 43    |       | 5:18:22         | 2:26  |
| 24    | 124     | Fløysvik, Kristian          | Sandnes SK            | 14:14          | 38    | 01:05:18 | 29    |       | 3:58:51     | 39    |       | 5:18:23         | 2:27  |
| 25    | 83      | Hegreberg, Morten           | Team Sparebanken Vest | 14:09          | 27    | 01:05:18 | 4     | 20    | 3:59:22     | 57    |       | 5:18:29         | 2:33  |
| 26    | 72      | Løkken, Stig                | SK Rye                | 14:31          | 56    | 01:05:18 | 61    |       | 3:58:42     | 29    |       | 5:18:31         | 2:35  |
| 27    | 99      | Dybwad, Alexander S.*       | IL Stjørdals-Blink    | 14:23          | 47    | 01:05:18 | 7     |       | 3:58:51     | 41    |       | 5:18:32         | 2:36  |
| 28    | 108     | Forbord, Kristian Engen*    | Nesset CK             | 14:25          | 52    | 01:05:18 | 49    |       | 3:58:51     | 48    |       | 5:18:34         | 2:38  |

|    |     |                           |                    |       |     |          |     |    |         |    |         |      |
|----|-----|---------------------------|--------------------|-------|-----|----------|-----|----|---------|----|---------|------|
| 29 | 33  | Jensen, Tommy             | Team Glåmdal KF    | 14:41 | 66  | 01:05:18 | 15  | 04 | 3:58:42 | 24 | 5:18:37 | 2:41 |
| 30 | 50  | Åkvik, Niklas*            | Raumer Rytter SK   | 14:09 | 27  | 01:05:18 | 42  |    | 3:59:10 | 54 | 5:18:37 | 2:41 |
| 31 | 19  | Larsen, Askild Vatnbakk*  | SK Rye             | 14:32 | 57  | 01:05:18 | 13  | 04 | 3:58:54 | 49 | 5:18:40 | 2:44 |
| 32 | 28  | Espeland, Tor Inge*       | Sandnes SK         | 14:40 | 63  | 01:05:18 | 26  |    | 3:58:42 | 22 | 5:18:40 | 2:44 |
| 33 | 42  | Jevnesveen, Marius        | Lillehammer CK     | 14:41 | 66  | 01:05:18 | 47  |    | 3:58:42 | 16 | 5:18:41 | 2:45 |
| 34 | 7   | Hellebergshaugen, Hans F. | Eidsvoll SK        | 14:43 | 70  | 01:05:18 | 50  |    | 3:58:42 | 20 | 5:18:43 | 2:47 |
| 35 | 121 | Schou, Mikael*            | CK Nittedal        | 14:35 | 59  | 01:05:18 | 34  |    | 3:58:51 | 37 | 5:18:44 | 2:48 |
| 36 | 65  | Stokka, Håkon Frahm*      | Team Skagerak KF   | 14:46 | 75  | 01:05:18 | 6   |    | 3:58:42 | 12 | 5:18:46 | 2:50 |
| 37 | 40  | Bremset, Thomas           | IL Stjørdals-Blink | 14:46 | 75  | 01:05:18 | 23  |    | 3:58:42 | 13 | 5:18:46 | 2:50 |
| 38 | 30  | Eikeset, Otto             | Fana IL            | 14:48 | 80  | 01:05:18 | 25  |    | 3:58:42 | 19 | 5:18:48 | 2:52 |
| 39 | 132 | Kjellhov, Stian           | Fana IL            | 14:43 | 70  | 01:05:18 | 12  |    | 3:58:51 | 32 | 5:18:52 | 2:56 |
| 40 | 56  | Børresen, Magnus*         | IF Frøy            | 14:57 | 91  | 01:05:18 | 35  | 02 | 3:58:42 | 14 | 5:18:55 | 2:59 |
| 41 | 20  | Schweder, Trond Kristian  | BOC                | 14:56 | 88  | 01:05:18 | 48  |    | 3:58:51 | 47 | 5:19:05 | 3:09 |
| 42 | 95  | Haave, Marius Ness*       | BOC                | 14:43 | 70  | 01:05:18 | 56  |    | 3:59:06 | 51 | 5:19:07 | 3:11 |
| 43 | 53  | Nyhammer, Marius          | Bergen CK          | 15:00 | 93  | 01:05:18 | 72  |    | 3:58:51 | 46 | 5:19:09 | 3:13 |
| 44 | 102 | Storholm, Roy Magne       | SK Rye             | 15:02 | 94  | 01:05:18 | 44  |    | 3:58:51 | 35 | 5:19:11 | 3:15 |
| 45 | 60  | Gravem, Øyvind            | Eidsvoll SK        | 15:02 | 94  | 01:05:18 | 80  |    | 3:58:51 | 38 | 5:19:11 | 3:15 |
| 46 | 118 | Nyhus, Vegard             | BOC                | 14:28 | 54  | 01:05:18 | 55  |    | 3:59:26 | 58 | 5:19:12 | 3:16 |
| 47 | 43  | Bøen, Christian Wiig      | Kristiansand CK    | 15:14 | 103 | 01:05:18 | 18  |    | 3:58:51 | 40 | 5:19:23 | 3:27 |
| 48 | 81  | Bergum, Østen             | SK Rye             | 15:34 | 112 | 01:05:18 | 27  |    | 3:58:42 | 27 | 5:19:34 | 3:38 |
| 49 | 17  | Bjørke, Pål               | Team Skagerak KF   | 14:28 | 54  | 01:05:40 | 88  |    | 3:59:26 | 59 | 5:19:34 | 3:38 |
| 50 | 110 | Bisgård, Geir             | BOC                | 15:49 | 118 | 01:05:18 | 40  | 06 | 3:58:51 | 36 | 5:19:52 | 3:56 |
| 51 | 122 | Stensløyken, Lars         | Lillehammer CK     | 15:21 | 106 | 01:05:18 | 52  |    | 3:59:20 | 56 | 5:19:59 | 4:03 |
| 52 | 74  | Ertsås, Kjetil            | Trondhjems VK      | 14:53 | 85  | 01:07:40 | 98  |    | 3:57:34 | 7  | 5:20:07 | 4:11 |
| 53 | 129 | Brunsvik, Mikael Hoem*    | Nesset CK          | 14:00 | 16  | 01:08:40 | 101 |    | 3:58:42 | 18 | 5:21:22 | 5:26 |
| 54 | 85  | Bjørnan, Espen Halvorsen* | Trondhjems VK      | 14:38 | 61  | 01:07:40 | 93  |    | 3:59:06 | 53 | 5:21:24 | 5:28 |
| 55 | 6   | Dalen, Frode              | Ceres              | 15:33 | 111 | 01:07:40 | 95  |    | 3:58:51 | 34 | 5:22:04 | 6:08 |
| 56 | 135 | Fordal, Arnt Ove          | IL Stjørdals-Blink | 14:16 | 40  | 01:09:40 | 104 |    | 3:58:51 | 45 | 5:22:47 | 6:51 |
| 57 | 34  | Eidsheim, Edgar*          | Nesset CK          | 14:18 | 41  | 01:05:18 | 10  | 04 | 4:03:24 | 71 | 5:22:56 | 7:00 |
| 58 | 23  | Jacobsen, Joachim Wang*   | Kristiansand CK    | 14:39 | 62  | 01:05:18 | 82  |    | 4:03:10 | 61 | 5:23:07 | 7:11 |
| 59 | 112 | Eilevstjønn, Stian        | Tønsberg CK        | 14:43 | 70  | 01:05:18 | 70  |    | 4:03:15 | 63 | 5:23:16 | 7:20 |
| 60 | 134 | Granly, Lars              | Sarpsborg SK       | 14:40 | 63  | 01:05:18 | 85  |    | 4:03:19 | 66 | 5:23:17 | 7:21 |
| 61 | 86  | Hope, Knut Jørgen         | SK Rye             | 14:42 | 68  | 01:05:18 | 66  |    | 4:03:19 | 65 | 5:23:19 | 7:23 |
| 62 | 51  | Bergseth, Magnus Friestad | Sandnes SK         | 14:46 | 75  | 01:05:18 | 8   |    | 4:03:19 | 64 | 5:23:23 | 7:27 |

|    |     |                           |                       |       |     |          |     |         |     |         |       |
|----|-----|---------------------------|-----------------------|-------|-----|----------|-----|---------|-----|---------|-------|
| 63 | 61  | Liverød, Anders*          | Nanset IF             | 14:55 | 86  | 01:05:18 | 32  | 4:03:24 | 70  | 5:23:37 | 7:41  |
| 64 | 48  | Slagsvold, Jon Roberto    | Grenland SK           | 15:26 | 107 | 01:09:40 | 105 | 3:59:10 | 55  | 5:24:16 | 8:20  |
| 65 | 96  | Folkestad, Torgeir        | Fana IL               | 15:49 | 118 | 01:05:18 | 77  | 4:03:24 | 69  | 5:24:31 | 8:35  |
| 66 | 104 | Drøpping, Ola Inge*       | Nesset CK             | 14:11 | 30  | 01:05:18 | 76  | 4:05:30 | 75  | 5:24:59 | 9:03  |
| 67 | 15  | Arnesen, Daniel*          | Bergen CK             | 14:03 | 20  | 01:07:40 | 94  | 4:03:24 | 68  | 5:25:07 | 9:11  |
| 68 | 41  | Grøndahl, Jon Andres*     | Raumer Rytter SK      | 14:21 | 44  | 01:05:18 | 43  | 4:05:28 | 74  | 5:25:07 | 9:11  |
| 69 | 21  | Hvideberg, Anders Iversby | Team Trek Adecco      | 14:23 | 47  | 01:05:18 | 16  | 4:05:39 | 76  | 5:25:20 | 9:24  |
| 70 | 32  | Hammersmark, Hans Petter* | Nanset IF             | 15:10 | 102 | 01:05:18 | 71  | 4:05:42 | 77  | 5:26:10 | 10:14 |
| 71 | 105 | Stødle, Leif-Johnny       | SK Rye                | 15:18 | 105 | 01:07:40 | 89  | 4:03:15 | 62  | 5:26:13 | 10:17 |
| 72 | 62  | Kristensen, Preben        | Team Sparebanken Vest | 14:40 | 63  | 01:05:18 | 31  | 4:08:34 | 79  | 5:28:32 | 12:36 |
| 73 | 98  | Roger Nasvik              | Nesset CK             | 14:55 | 86  | 01:09:40 | 108 | 4:05:25 | 73  | 5:30:00 | 14:04 |
| 74 | 131 | Fensbekk, Carl Joacim*    | Team Østfold KF       | 14:50 | 83  | 01:07:40 | 99  | 4:08:34 | 78  | 5:31:04 | 15:08 |
| 75 | 84  | Erikstad, Mats            | Team Glåmdal KF       | 22:17 | 129 | 01:05:18 | 69  | 4:05:20 | 72  | 5:32:55 | 16:59 |
| 76 | 73  | Ensrud, Arne Gunnar*      | Lillehammer CK        | 15:07 | 99  | 01:05:18 | 73  | 4:13:53 | 81  | 5:34:18 | 18:22 |
| 77 | 11  | Ekenberg, Atle            | Lillehammer CK        | 15:47 | 117 | 01:05:18 | 74  | 4:13:53 | 80  | 5:34:58 | 19:02 |
| 78 | 27  | Mathisen, Oskar*          | Team Østfold KF       | 16:36 | 126 | 01:05:18 | 84  | 4:13:53 | 83  | 5:35:47 | 19:51 |
| 79 | 25  | Vold, Thor Ole            | IL Stjørdals-Blink    | 14:24 | 50  | 01:07:40 | 96  | 4:13:53 | 82  | 5:35:57 | 20:01 |
| 80 | 9   | Hansen, Joar              | Lillehammer CK        | 16:03 | 123 | 01:05:18 | 51  | 4:21:29 | 85  | 5:42:50 | 26:54 |
| 81 | 29  | Rogstad, Jostein*         | Lillehammer CK        | 16:05 | 124 | 01:07:40 | 90  | 4:21:29 | 84  | 5:45:14 | 29:18 |
|    | 54  | Ingvaldsen, Kjetil        | Team Sparebanken Vest | 13:49 | 9   |          | DNF | 3:58:42 | 25  |         |       |
|    | 14  | Ihler, Martin             | IF Frøy               | 13:49 | 9   |          | DNF | 3:58:54 | 52  |         |       |
|    | 45  | Espnes, Per Erling        | IL Stjørdals-Blink    | 14:49 | 81  |          | DNF | 4:03:10 | 60  |         |       |
|    | 138 | Gulliksen, Andreas        | SK Rye                | 14:59 | 92  |          | DNF | 4:03:19 | 67  |         |       |
|    | 2   | Norkvelde, Christian P.*  | Lillehammer CK        | 16:25 | 125 | 01:09:40 | 103 |         | DNF |         |       |
|    | 16  | Haugland, Christopher     | Grenland SK           | 15:59 | 121 | 01:07:40 | 91  |         | DNF |         |       |
|    | 31  | Engen, Fredrik S.*        | Raufoss & Gjøvik SK   | 15:04 | 97  | 01:08:40 | 102 |         | DNF |         |       |
|    | 46  | Kristiansen, Kent Robert* | SK Rye                | 14:45 | 74  |          | DNF |         | DNF |         |       |
|    | 52  | Haugland, Gøran           | Grenland SK           | 15:35 | 113 | 01:05:18 | 79  |         | DNF |         |       |
|    | 55  | Holm, Truls Eirik         | SK Rye                | 15:09 | 101 | 01:05:18 | 81  |         | DNF |         |       |
|    | 58  | Tørå, Glenn               | IL Stjørdals-Blink    | 15:07 | 99  | 01:05:18 | 38  | 04      | DNF |         |       |
|    | 63  | Holt, Per Arne            | Team Skagerak KF      | 13:42 | 6   | 01:05:18 | 53  |         | DNF |         |       |
|    | 79  | Gustavsson, Petter*       | Team Østfold KF       | 15:32 | 110 | 01:09:40 | 110 |         | DNF |         |       |
|    | 80  | Eikeset, Ole*             | Fana IL               | 15:42 | 115 | 01:05:18 | 39  |         | DNF |         |       |
|    | 91  | Gokstad, Petter           | Nanset IF             | 15:30 | 108 | 01:09:40 | 106 |         | DNF |         |       |

|     |                         |                       |       |     |          |     |     |
|-----|-------------------------|-----------------------|-------|-----|----------|-----|-----|
| 114 | Nepstad, Steinar*       | CK Sør                | 14:42 | 68  | 01:05:18 | 58  | DNF |
| 8   | Lunåshaug, Trond        | Arena Bø CK           | 14:46 | 75  | 01:05:18 | 67  | DNS |
| 36  | Unaas, Emil             | CCN Sport             | DNS   |     |          | DNS | DNS |
| 37  | Karstoft, Steffen       | SK Rye                | DNS   |     |          | DNS | DNS |
| 44  | Evje, Sigmund           | Kloppa Off Roadklubb  | 13:49 | 9   |          | DNS | DNS |
| 47  | Murphy, Linus           | Frogner SK            | DNS   |     |          | DNS | DNS |
| 49  | Bugge, Vegard Robinson* | Raumer Rytter SK      | 14:09 | 27  | 01:05:18 | 64  | DNS |
| 68  | Hagen, Krister*         | Kristiansand CK       | 14:20 | 43  | 01:05:18 | 33  | DNS |
| 70  | Kirkerud, Thomas        | Raufoss & Gjøvik SK   | 16:57 | 128 |          | DNS | DNS |
| 71  | Skaarer, Martin         | IF Frøy               | 14:34 | 58  |          | DNS | DNS |
| 75  | Lengyel, Tamas          | Team Sparebanken Vest | DNF   |     |          | DNS | DNS |
| 76  | Nybø, Håvard            | Team Sparebanken Vest | DNS   |     |          | DNS | DNS |
| 77  | Pettersen, Joachim      | Frogner SK            | DNS   |     |          | DNS | DNS |
| 82  | Baksaas, Gunnar Morten  | Tønsberg CK           | 15:30 | 108 | 01:07:40 | 92  | DNS |
| 88  | Tollefsen, Teodor       | Team Glåmdal KF       | DNS   |     |          | DNS | DNS |
| 89  | Gustavsen, Martin       | Team Østfold KF       | 14:49 | 81  | 01:05:18 | 65  | DNS |
| 92  | Sørtveit, Sondre        | Team Sparebanken Vest | 14:08 | 26  | 01:05:18 | 14  | DNS |
| 94  | Døvik, Morten*          | Trondhjems VK         | DNS   |     |          | DNS | DNS |
| 97  | Landa, Andreas*         | IF Frøy               | DNS   |     |          | DNS | DNS |
| 100 | Lund, Anders            | Team Sparebanken Vest | DNS   |     |          | DNS | DNS |
| 101 | Bøen, Ole Kristian*     | BOC                   | DNS   |     |          | DNS | DNS |
| 106 | Galka, Lukasz           | SK Rye                | 15:49 | 118 |          | DNS | DNS |
| 109 | Randin, Kenneth         | Eidsvoll SK           | DNS   |     |          | DNS | DNS |
| 115 | Rake, Christer          | Team Sparebanken Vest | DNS   |     |          | DNS | DNS |
| 116 | Rønneberg, Geir Åge     | SK Rye                | DNS   |     |          | DNS | DNS |
| 117 | Prestmo, Joakim         | Trondhjems VK         | DNS   |     |          | DNS | DNS |
| 120 | Bjørnstad, Tom Rune     | Tønsberg CK           | 15:38 | 114 | 01:07:40 | 97  | DNS |
| 123 | Hovde, Johannes         | Lillehammer CK        | 14:12 | 33  | 01:10:40 | 113 | DNS |
| 126 | Remme, Stian            | Team Sparebanken Vest | DNS   |     |          | DNS | DNS |
| 127 | Lund, Per Martin        | BOC                   | 14:56 | 88  |          | DNS | DNS |
| 133 | Langset, Oddmund*       | Neset CK              | DNS   |     |          | DNS | DNS |
| 136 | Rød, Bjarte*            | Neset CK              | DNS   |     |          | DNS | DNS |
| 139 | Krangsås, John Erik*    | Trondhjems VK         | 14:14 | 38  |          | DNS | DNS |
| 140 | Johansen, Mikael        | Bergen CK             | DNS   |     |          | DNS | DNS |

|     |                          |                     |       |     |          |     |     |  |     |
|-----|--------------------------|---------------------|-------|-----|----------|-----|-----|--|-----|
| 146 | Thoresen, Jørn Henrik    | Team Trek Adecco    | 14:06 | 25  |          |     | DNS |  | DNS |
| 147 | Mala, Sveinung*          | Team Skagerak KF    | 15:04 | 97  | 01:05:18 | 22  |     |  | DNS |
| 3   | Skjølsvold, Dag Jonas*   | TVK                 | 15:02 | 94  | 01:05:18 | 75  |     |  | DNF |
| 4   | Sivertsen, Åsmund*       | Kristiansand CK     | 14:13 | 34  | 01:09:40 | 112 |     |  | DNF |
| 10  | Lima, Karl               | Bryne CK            | 15:44 | 116 | 01:09:40 | 109 |     |  | DNF |
| 18  | Hageengen, Marius*       | Raufoss & Gjøvik SK | 14:18 | 41  | 01:05:18 | 87  |     |  | DNF |
| 22  | Torgersen, Aksel*        | Lillehammer CK      | 16:50 | 127 | 01:09:40 | 111 |     |  | DNF |
| 35  | Mørland, Morten*         | Fana IL             | 14:56 | 88  | 01:09:40 | 107 |     |  | DNF |
| 38  | Jahr, Morten             | Eidsvoll SK         | 15:59 | 121 | 01:05:18 | 41  |     |  | DNF |
| 39  | Løfsgaard, Fredrik       | Frogner SK          | 14:23 | 47  |          |     | DNS |  | DNS |
| 78  | Skoglund, Espen*         | Neset CK            | 14:26 | 53  | 01:05:18 | 5   |     |  | DNF |
| 93  | Engelsen, Andreas        | Sandnes SK          | 14:46 | 75  | 01:05:18 | 86  |     |  | DNF |
| 103 | Solberg, Eivind Wollert* | Team Skagerak KF    | 14:50 | 83  |          |     | DNF |  | DNF |
| 107 | Bakke, Bent Inge         | Kristiansand CK     | 14:13 | 34  |          |     | DNF |  | DNF |
| 111 | Platou, Kristian J.*     | Lillehammer CK      | 15:14 | 103 | 01:05:18 | 83  |     |  | DNF |
| 119 | Lerbrekk, Øyvind         | Bryne CK            | 13:57 | 13  |          |     | DNF |  | DNF |
| 128 | Haslemo, Tore            | SK Rye              | 14:03 | 20  | 01:05:18 | 78  |     |  | DNF |
| 130 | Stensaker, Anders*       | Bergen CK           | 14:13 | 34  | 01:07:40 | 100 |     |  | DNF |

**Gateritt:**

**Startnummer nr. 21 Anders Iversby Hvideberg**

**Startnummer nr. 73 Arne Gunnar Enrud**

**Startnummer nr. 128 Tore Haslemo**

| Plass | K-elite |                          | Klubb               | Tempo<br>10 km |       | Gateritt |       |       | Fellesstart |       |       | Sammen-<br>lagt | Tid   |
|-------|---------|--------------------------|---------------------|----------------|-------|----------|-------|-------|-------------|-------|-------|-----------------|-------|
|       | St.nr   | Navn                     |                     | Tid            | Plass | Tid      | Plass | Bonus | Tid         | Plass | Bonus | Tid             | etter |
| 1     | 443     | Jensen, Bjørg Eva        | Ullensaker CK       | 15:27          | 4     | 36:26    | 4     | 20    | 2:25:33     | 4     |       | 3:17:06         |       |
| 2     | 439     | Fylkesnes, Elin Steinsbø | Bømlo SK            | 15:26          | 3     | 36:26    | 5     | 02    | 2:25:33     | 1     | 15    | 3:17:08         | 0:02  |
| 3     | 442     | Saastad, Kristine*       | Kongsberg IF sykkel | 15:22          | 2     | 36:26    | 10    | 08    | 2:25:33     | 8     |       | 3:17:13         | 0:07  |
| 4     | 441     | Hatteland Tone           | Bryne CK            | 15:55          | 6     | 36:26    | 1     | 21    | 2:25:33     | 3     | 05    | 3:17:28         | 0:22  |
| 5     | 432     | Ruud, Kirsti*            | Østmarka IL         | 15:49          | 5     | 36:26    | 11    | 02    | 2:25:33     | 9     |       | 3:17:46         | 0:40  |
| 6     | 438     | Walskaar, Tone Espedal   | Sandnes SK          | 16:24          | 10    | 36:26    | 2     | 22    | 2:25:33     | 2     | 10    | 3:17:51         | 0:45  |
| 7     | 440     | Dalen, Anita*            | Vegårshei IL        | 16:10          | 8     | 36:26    | 6     |       | 2:25:33     | 5     |       | 3:18:09         | 1:03  |

|    |     |                               |                     |       |    |       |    |     |         |    |  |         |       |
|----|-----|-------------------------------|---------------------|-------|----|-------|----|-----|---------|----|--|---------|-------|
| 8  | 429 | Foss, Line                    | SK Rye              | 16:21 | 9  | 36:26 | 7  |     | 2:25:33 | 6  |  | 3:18:20 | 1:14  |
| 9  | 430 | Johansen, Cecilie Sæterøy*    | IK Hero             | 16:02 | 7  | 36:26 | 14 |     | 2:25:52 | 11 |  | 3:18:20 | 1:14  |
| 10 | 434 | Wærsted, Frøydis Meen*        | Kongsberg IF sykkel | 17:22 | 14 | 36:26 | 9  |     | 2:27:50 | 12 |  | 3:21:38 | 4:32  |
| 11 | 437 | Andreassen, Tina              | Ringerike SK        | 17:38 | 17 | 41:05 | 19 |     | 2:25:45 | 10 |  | 3:24:28 | 7:22  |
| 12 | 426 | Olsen, Janne*                 | Eidsvoll SK         | 16:52 | 12 | 40:05 | 17 |     | 2:28:09 | 13 |  | 3:25:06 | 8:00  |
| 13 | 431 | Bergseth, Johanne Therese F.* | Sandnes SK          | 17:22 | 14 | 36:26 | 8  | 04  | 2:31:39 | 15 |  | 3:25:23 | 8:17  |
| 14 | 423 | Osland, Helene*               | Sandnes SK          | 17:35 | 16 | 36:26 | 3  | 05  | 2:31:32 | 14 |  | 3:25:28 | 8:22  |
| 15 | 422 | Elvsveen, Wenche              | IK Hero             | 18:09 | 20 | 36:26 | 13 |     | 2:31:45 | 17 |  | 3:26:20 | 9:14  |
| 16 | 436 | Østvold, Sissel Kulseth       | Ullensaker CK       | 16:43 | 11 | 36:26 | 12 |     | 2:35:15 | 19 |  | 3:28:24 | 11:18 |
| 17 | 425 | Hoff, Line                    | Lillehammer CK      | 17:39 | 18 | 40:05 | 16 |     | 2:31:39 | 16 |  | 3:29:23 | 12:17 |
| 18 | 435 | Johnsen, Tina*                | IK Hero             | 17:41 | 19 | 40:05 | 18 |     | 2:31:57 | 18 |  | 3:29:43 | 12:37 |
|    | 433 | Wøien, Caroline               | IK Hero             | DNS   |    | 36:26 | 15 |     | 2:25:33 | 7  |  |         |       |
|    | 424 | Ohnstad, Ann Elisabeth        | Brumunddal SK       | 17:07 | 13 |       |    | DNS |         |    |  |         |       |
|    | 427 | Hauglid, Anny                 | Nesodden SK         | 15:20 | 1  |       |    | DNS |         |    |  |         |       |
|    | 421 | Karlsen, Trude                | SK Rye              | DNS   |    |       |    | DNS |         |    |  |         |       |
|    | 428 | Hansen, Camilla B.*           | Modum CK            | DNS   |    |       |    | DNS |         |    |  |         |       |

|       |                |                        |                | Tempo<br>10 km |       | Gateritt |       |       | Fellesstart |       |       | Sammen-<br>lagt | Tid   |
|-------|----------------|------------------------|----------------|----------------|-------|----------|-------|-------|-------------|-------|-------|-----------------|-------|
| Plass | M-Jun<br>St.nr | Navn                   | Klubb          | Tid            | Plass | Tid      | Plass | Bonus | Tid         | Plass | Bonus | Tid             | etter |
| 1     | 244            | Eidsheim, Filip        | Bergen CK      | 13:22          | 1     | 44:02    | 2     | 20    | 3:03:05     | 3     | 05    | 4:00:04         |       |
| 2     | 243            | Ziesler, Johan Fredrik | Sandnes SK     | 13:27          | 3     | 44:02    | 6     |       | 3:03:05     | 1     | 15    | 4:00:19         | 00:15 |
| 3     | 245            | Breen, Vegard          | Eidsvoll SK    | 13:25          | 2     | 44:02    | 11    | 20    | 3:03:14     | 9     |       | 4:00:21         | 00:17 |
| 4     | 212            | Fløtten, Audun Brekke  | Ringerike SK   | 13:51          | 6     | 44:02    | 1     | 19    | 3:03:05     | 2     | 10    | 4:00:29         | 00:25 |
| 5     | 248            | Gomnes, Daniel Slåtto  | Ringerike SK   | 13:45          | 4     | 44:02    | 14    | 06    | 3:03:05     | 4     |       | 4:00:46         | 00:42 |
| 6     | 241            | Jensen, Christer       | Ullensaker CK  | 13:53          | 7     | 44:02    | 21    | 10    | 3:03:05     | 6     |       | 4:00:50         | 00:46 |
| 7     | 240            | Værnes, Aslak Sørensen | Ringerike SK   | 14:20          | 19    | 44:02    | 18    |       | 3:03:05     | 5     |       | 4:01:27         | 01:23 |
| 8     | 242            | Ødegård, Pål           | Fredrikstad SK | 14:44          | 40    | 44:02    | 3     | 09    | 3:03:12     | 7     |       | 4:01:49         | 01:45 |
| 9     | 235            | Slemdal, Stian         | Ullensaker CK  | 14:38          | 34    | 44:02    | 24    |       | 3:03:14     | 8     |       | 4:01:54         | 01:50 |
| 10    | 217            | Dolva, Nicolai Løland  | Lillehammer CK | 14:18          | 15    | 44:02    | 9     | 02    | 3:04:57     | 10    |       | 4:03:15         | 03:11 |
| 11    | 190            | Randin, Alexander      | Eidsvoll SK    | 13:48          | 5     | 44:02    | 35    |       | 3:08:57     | 13    |       | 4:06:47         | 06:43 |
| 12    | 156            | Aadnøy, Kent Arnevik   | Sandnes SK     | 14:03          | 10    | 44:02    | 40    |       | 3:08:59     | 14    |       | 4:07:04         | 07:00 |
| 13    | 228            | Jarstø, Daniel Egeland | Stavanger SK   | 14:21          | 20    | 44:02    | 5     |       | 3:08:47     | 11    |       | 4:07:10         | 07:06 |

|    |     |                             |                    |       |    |       |    |    |         |    |         |       |
|----|-----|-----------------------------|--------------------|-------|----|-------|----|----|---------|----|---------|-------|
| 14 | 173 | Wormsen, Kristoffer Sommer  | Eidsvoll SK        | 14:21 | 20 | 44:02 | 36 | 02 | 3:08:51 | 12 | 4:07:12 | 07:08 |
| 15 | 249 | Hervåg, Alexander           | Eidsvoll SK        | 14:00 | 8  | 44:02 | 17 | 02 | 3:12:03 | 32 | 4:10:03 | 09:59 |
| 16 | 165 | Frivold, Christian Hals     | Grimstad CK        | 14:26 | 23 | 44:02 | 10 | 08 | 3:11:54 | 21 | 4:10:14 | 10:10 |
| 17 | 204 | Jensen, Marius              | Ullensaker CK      | 14:05 | 11 | 44:02 | 25 | 06 | 3:12:13 | 39 | 4:10:14 | 10:10 |
| 18 | 246 | Jarlseth, Eirik Kasa        | Ringerike SK       | 14:19 | 18 | 44:02 | 23 |    | 3:11:54 | 27 | 4:10:15 | 10:11 |
| 19 | 179 | Uthus, Martin               | JH-Sykkel          | 14:29 | 24 | 44:02 | 22 |    | 3:11:54 | 23 | 4:10:25 | 10:21 |
| 20 | 202 | Lohne, Mats                 | Kristiansands CK   | 14:32 | 26 | 44:02 | 8  |    | 3:11:54 | 17 | 4:10:28 | 10:24 |
| 21 | 186 | Stendahl, Martin            | Tønsberg CK        | 14:32 | 26 | 44:02 | 27 |    | 3:11:54 | 24 | 4:10:28 | 10:24 |
| 22 | 231 | Kjølstad, Eskil             | BOC                | 14:33 | 29 | 44:02 | 45 |    | 3:11:54 | 22 | 4:10:29 | 10:25 |
| 23 | 175 | Lunåshaug, Endre Mykland    | Arena Bø CK        | 14:37 | 32 | 44:02 | 42 |    | 3:11:54 | 19 | 4:10:33 | 10:29 |
| 24 | 226 | Hoem, Bjørn Tore            | CK Nor             | 14:42 | 36 | 44:02 | 16 |    | 3:11:54 | 20 | 4:10:38 | 10:34 |
| 25 | 247 | Ølmheim, Ole Martin         | Sandnes SK         | 14:44 | 40 | 44:02 | 39 |    | 3:11:54 | 18 | 4:10:40 | 10:36 |
| 26 | 208 | Pettersen, Anders Tombre    | Fana IL            | 14:53 | 48 | 44:02 | 29 |    | 3:11:54 | 16 | 4:10:49 | 10:45 |
| 27 | 216 | Thorbergesen, Sondre        | Harstad CK         | 15:00 | 53 | 44:02 | 20 |    | 3:11:54 | 29 | 4:10:56 | 10:52 |
| 28 | 213 | Antonsen, Arne Martin       | Fredrikstad SK     | 15:01 | 56 | 44:02 | 26 |    | 3:11:54 | 25 | 4:10:57 | 10:53 |
| 29 | 234 | Farbu, Stian André          | CK Nor             | 14:57 | 52 | 44:02 | 4  |    | 3:12:03 | 33 | 4:11:02 | 10:58 |
| 30 | 152 | Landa, Knut                 | IF Frøy            | 15:17 | 63 | 44:02 | 37 |    | 3:12:03 | 34 | 4:11:22 | 11:18 |
| 31 | 233 | Kvålsvoll, Sebastian        | CK Nor             | 15:06 | 59 | 44:02 | 15 |    | 3:12:15 | 40 | 4:11:23 | 11:19 |
| 32 | 180 | Nesset, Sigurd              | BOC                | 15:52 | 76 | 44:02 | 32 |    | 3:12:05 | 38 | 4:11:59 | 11:55 |
| 33 | 168 | Barkve, Torstein Melhus     | Stavanger SK       | 14:42 | 36 | 44:02 | 43 |    | 3:13:32 | 41 | 4:12:16 | 12:12 |
| 34 | 161 | Gullingsrud, Jonas Sørensen | Ringerike SK       | 14:51 | 45 | 51:12 | 80 |    | 3:08:59 | 15 | 4:15:02 | 14:58 |
| 35 | 220 | Brennlien, Amund            | JH-Sykkel          | 14:14 | 13 | 49:12 | 63 |    | 3:11:54 | 28 | 4:15:20 | 15:16 |
| 36 | 196 | Svegård, Kristian           | CK Nor             | 14:17 | 14 | 47:12 | 48 |    | 3:13:51 | 42 | 4:15:20 | 15:16 |
| 37 | 229 | Skjennum, Alexander         | Fana IL            | 19:24 | 88 | 44:02 | 33 |    | 3:12:05 | 37 | 4:15:31 | 15:27 |
| 38 | 225 | Skottvoll, Mats             | Trondhjems VK      | 14:45 | 42 | 44:02 | 38 |    | 3:17:04 | 43 | 4:15:51 | 15:47 |
| 39 | 230 | Amunsen, Asbjørn Bilben     | BOC                | 15:04 | 57 | 49:12 | 58 |    | 3:11:54 | 26 | 4:16:10 | 16:06 |
| 40 | 172 | Elfsmark, Ola               | IK Hero            | 15:13 | 61 | 49:12 | 66 |    | 3:12:03 | 35 | 4:16:28 | 16:24 |
| 41 | 223 | Håkenrud, Stian Lie         | Asker CK           | 15:29 | 69 | 49:12 | 70 |    | 3:11:54 | 30 | 4:16:35 | 16:31 |
| 42 | 185 | Skånøy, Martin Sandmo       | Trondhjems VK      | 15:04 | 57 | 44:02 | 41 |    | 3:17:47 | 45 | 4:16:53 | 16:49 |
| 43 | 181 | Dahlman, Aleksander         | Sandnes SK         | 16:06 | 78 | 49:12 | 59 |    | 3:11:54 | 31 | 4:17:12 | 17:08 |
| 44 | 238 | Eckhoff, Sverre             | BOC                | 14:02 | 9  | 44:02 | 13 |    | 3:21:29 | 47 | 4:19:33 | 19:29 |
| 45 | 199 | Andersen, Alexander Holm    | Ringerike SK       | 14:56 | 51 | 45:12 | 47 |    | 3:21:29 | 46 | 4:21:37 | 21:33 |
| 46 | 171 | Vold, Kenneth               | IL Stjørdals-blink | 15:45 | 72 | 49:12 | 65 |    | 3:17:04 | 44 | 4:22:01 | 21:57 |
| 47 | 219 | Nordby, Pål                 | Halden CK          | 16:32 | 81 | 44:02 | 19 |    | 3:21:29 | 48 | 4:22:03 | 21:59 |

|    |     |                                |                     |       |    |       |    |    |         |    |         |         |
|----|-----|--------------------------------|---------------------|-------|----|-------|----|----|---------|----|---------|---------|
| 48 | 215 | Saugstad, Stian                | IK Hero             | 14:05 | 11 | 44:02 | 31 | 06 | 3:28:40 | 51 | 4:26:41 | 26:37   |
| 49 | 167 | Kåseth, Sindre                 | Raufoss & Gjøvik SK | 15:25 | 68 | 44:02 | 30 |    | 3:27:18 | 50 | 4:26:45 | 26:41   |
| 50 | 182 | Kørner, Max Emil               | Nesodden SK         | 15:23 | 67 | 49:12 | 68 |    | 3:22:50 | 49 | 4:27:25 | 27:21   |
| 51 | 194 | Johansen, Tobias Strand        | Raufoss & Gjøvik SK | 14:53 | 48 | 48:12 | 52 |    | 3:36:18 | 55 | 4:39:23 | 39:19   |
| 52 | 207 | Uthuus, Hans Marius            | JH-Sykkkel          | 14:50 | 44 | 49:12 | 62 |    | 3:36:18 | 54 | 4:40:20 | 40:16   |
| 53 | 177 | Haga, Tobias                   | Halden CK           | 15:21 | 64 | 50:12 | 74 |    | 3:35:58 | 53 | 4:41:31 | 41:27   |
| 54 | 210 | Thorvaldsen, Christian Nordahl | BOC                 | 15:43 | 71 | 50:12 | 75 |    | 3:35:53 | 52 | 4:41:48 | 41:44   |
| 55 | 154 | Berntzen, Kjetil               | JH-Sykkkel          | 15:00 | 53 | 49:12 | 60 |    | 3:37:48 | 57 | 4:42:00 | 41:56   |
| 56 | 218 | Wåle, Ole Edvard               | Tønsberg CK         | 15:22 | 65 | 49:12 | 73 |    | 3:37:48 | 59 | 4:42:22 | 42:18   |
| 57 | 197 | Berntzen, Marius Smette        | BOC                 | 15:50 | 75 | 49:12 | 69 |    | 3:37:48 | 58 | 4:42:50 | 42:46   |
| 58 | 184 | Grylling, Oscar Schjerven      | BOC                 | 15:49 | 74 | 51:12 | 84 |    | 3:36:41 | 56 | 4:43:42 | 43:38   |
| 59 | 188 | Fjeld, Markus                  | BOC                 | 18:59 | 87 | 49:12 | 71 |    | 3:37:52 | 60 | 4:46:03 | 45:59   |
|    | 236 | Thomassen, Marius Vedum        | IK Hero             | 18:00 | 85 | 51:12 | 82 |    | 4:11:28 | 61 | 5:20:40 | 1:20:36 |
|    | 174 | Barholt, Nicolai               | Grenland SK         | 14:39 | 35 | DNF   |    |    | 3:12:05 | 36 |         |         |
|    | 151 | Jensen, Vetle Høyvang          | Asker CK            | 27:52 | 89 | 51:12 | 83 |    | DNF     |    |         |         |
|    | 153 | Eisenträger, Simen             | Smaalenene SK       | 16:20 | 79 | 49:12 | 67 |    | DNF     |    |         |         |
|    | 157 | Moen, Kjetil Tveit             | Grenland SK         | 14:37 | 32 | 44:02 | 28 |    | DNF     |    |         |         |
|    | 159 | Løberg, Kristian               | CK Nor              | 14:32 | 26 | 47:12 | 49 |    | DNF     |    |         |         |
|    | 160 | Høimyr, Mikkel                 | BOC                 | 15:38 | 70 | 51:12 | 85 |    | DNF     |    |         |         |
|    | 162 | Blomlie, Espen Andreas         | Trondhjems VK       | 15:22 | 65 | 44:02 | 7  |    | DNF     |    |         |         |
|    | 166 | Jordheim, Gjermund Kvåle       | BOC                 | 14:49 | 43 | 49:12 | 72 |    | DNF     |    |         |         |
|    | 169 | Strandberg, Torgeir            | Kristiansands CK    | 14:52 | 46 | 44:02 | 44 |    | DNF     |    |         |         |
|    | 170 | Myhrer, Kristian               | Eidsvoll SK         | 14:34 | 30 | 49:12 | 57 |    | DNF     |    |         |         |
|    | 176 | Kjærnsmo, Andre                | IF Frøy             | 18:09 | 86 | 48:12 | 54 |    | DNF     |    |         |         |
|    | 178 | Uthus, Carl                    | JH-Sykkkel          | 15:16 | 62 | 49:12 | 61 |    | DNF     |    |         |         |
|    | 183 | Dromnes, Håvard                | Trondhjems VK       | 14:42 | 36 | 48:12 | 51 |    | DNF     |    |         |         |
|    | 187 | Skogset, Andreas               | Trondhjems VK       | 16:44 | 82 | 50:12 | 77 |    | DNF     |    |         |         |
|    | 189 | Sannes, Jørgen                 | Fredrikstad SK      | 15:10 | 60 | 52:12 | 86 |    | DNF     |    |         |         |
|    | 191 | Heirsaunet, Kristoffer         | CK Nor              | 14:18 | 15 | 48:12 | 53 |    | DNF     |    |         |         |
|    | 198 | Larsen, Stian Berger           | Ullensaker CK       | 14:22 | 22 | 44:02 | 34 |    | DNF     |    |         |         |
|    | 200 | Andås, Johannes                | Kristiansands CK    | 14:18 | 15 | 44:02 | 12 | 04 | DNF     |    |         |         |
|    | 203 | Gjøstøl, Eigil                 | Norodd IL Sykkkel   | 14:42 | 36 | 49:12 | 56 |    | DNF     |    |         |         |
|    | 214 | Dybvikstrand, Sivert           | Ringerike SK        | 14:54 | 50 | 51:12 | 79 |    | DNF     |    |         |         |
|    | 221 | Ims, Kjetil                    | Asker CK            | 15:45 | 72 | 47:12 | 50 |    | DNF     |    |         |         |

|     |                         |                     |       |    |       |    |     |
|-----|-------------------------|---------------------|-------|----|-------|----|-----|
| 222 | Blomlie, Fredrik        | Trondhjems VK       | 14:36 | 31 | 49:12 | 55 | DNF |
| 224 | Edwardsen, Aleksander   | Nesodden SK         | 17:06 | 84 | 50:12 | 76 | DNF |
| 227 | Endresen, Christoffer   | Ulstein og Omegn SK | 16:52 | 83 | 51:12 | 81 | DNF |
| 237 | Jansson, Sebastian      | Fredrikstad SK      | 15:00 | 53 | DNF   |    | DNF |
| 155 | Dypedal, Eivind         | Tønsberg CK         | 16:23 | 80 | DNF   |    | DNS |
| 158 | Ringheim, Jo Kogstad    | IK Hero             | DNS   |    | DNS   |    | DNS |
| 163 | Bakken, Sondre          | BOC                 | 14:52 | 46 | 51:12 | 78 | DNS |
| 164 | Nordahl, Magnus         | Nes SK              | 15:52 | 76 | 49:12 | 64 | DNS |
| 192 | Hansen, Casper Kullerud | Grenland SK         | DNS   |    | DNS   |    | DNS |
| 193 | Øvreide, Håkon          | Fana IL             | DNS   |    | DNS   |    | DNS |
| 195 | Fystro, Joar            | Lillehammer CK      | DNS   |    | DNS   |    | DNS |
| 201 | Bjålid, Kristian        | Grenland SK         | DNS   |    | DNS   |    | DNS |
| 205 | Spikseth, Elias Angell  | Grenland SK         | DNS   |    | DNS   |    | DNS |
| 206 | Træen, Eirik            | Ringerike SK        | DNS   |    | DNS   |    | DNS |
| 209 | Bratteklev, Pål Øyvind  | Vegårdshei IL       | DNS   |    | DNS   |    | DNS |
| 232 | Johnsen, Bjørn Anders   | IK Hero             | DNS   |    | DNS   |    | DNS |
| 239 | Nyhus, Even             | Bergen CK           | 14:30 | 25 | 44:02 | 46 | DNS |

| K-Junior |       | Navn                      | Klubb              | Tempo<br>10 km |       | Gateritt |       |       | Fellesstart |       |       | Sammen-<br>lagt | Tid   |
|----------|-------|---------------------------|--------------------|----------------|-------|----------|-------|-------|-------------|-------|-------|-----------------|-------|
| Plass    | St.nr |                           |                    | Tid            | Plass | Tid      | Plass | Bonus | Tid         | Plass | Bonus | Tid             | etter |
| 1        | 405   | Voreland, Marie           | Ringerike SK       | 15:49          | 3     | 36:26    | 1     | 19    | 2:25:33     | 1     | 15    | 3:17:14         |       |
| 2        | 406   | Øpstad, Mari Klev         | Eiker CK           | 16:17          | 4     | 36:26    | 2     | 10    | 2:25:33     | 2     | 10    | 3:17:56         | 0:42  |
| 3        | 401   | Appelkvist, Julie Hagerup | IL Stjørdals-Blink | 15:47          | 2     | 39:05    | 8     |       | 2:28:00     | 3     | 05    | 3:22:47         | 5:33  |
| 4        | 407   | Flørenæss, Ingrid         | Sandnes SK         | 16:42          | 5     | 36:26    | 4     |       | 2:31:39     | 6     |       | 3:24:47         | 7:33  |
| 5        | 404   | Tørneby, Linn             | Nes SK             | 17:03          | 6     | 37:05    | 6     |       | 2:31:39     | 7     |       | 3:25:47         | 8:33  |
| 6        | 410   | Moberg, Emilie            | Halden CK          | 18:15          | 9     | 36:26    | 3     | 05    | 2:31:36     | 4     |       | 3:26:12         | 8:58  |
| 7        | 403   | Larsen, Cecilie           | Kristiansands CK   | 17:09          | 7     | 39:05    | 7     |       | 2:31:36     | 5     |       | 3:27:50         | 10:36 |
| 8        | 408   | Jonassen, Benedicte Mørk  | Grenland SK        | 17:10          | 8     | 40:05    | 9     |       | 2:31:48     | 8     |       | 3:29:03         | 11:49 |
| 9        | 409   | Skjerstad, Emma           | IK Hero            | 15:36          | 1     | 36:26    | 5     | 02    | 2:45:53     | 9     |       | 3:37:53         | 20:39 |
| 10       | 402   | Flaaseth, Ida Kristine    | IK Hero            | 20:18          | 10    | 42:05    | 10    |       | 2:45:57     | 10    |       | 3:48:20         | 31:06 |

| Tempo | Gateritt | Fellesstart | Sammen- |
|-------|----------|-------------|---------|
|-------|----------|-------------|---------|

| M15-16 |       | 10 km                     |                       |       |       |       |       |       | lagt    |       |       | Tid     |       |
|--------|-------|---------------------------|-----------------------|-------|-------|-------|-------|-------|---------|-------|-------|---------|-------|
| Plass  | St.nr | Navn                      | Klubb                 | Tid   | Plass | Tid   | Plass | Bonus | Tid     | Plass | Bonus | Tid     | etter |
| 1      | 350   | Nilsen, Jaran             | Nanset IF             | 15:11 | 2     | 34:20 | 5     | 04    | 2:12:46 | 2     | 10    | 3:02:03 |       |
| 2      | 381   | Døssland, Andreas         | SK Rye                | 15:36 | 7     | 34:20 | 3     | 05    | 2:12:46 | 1     | 15    | 3:02:22 | 0:19  |
| 3      | 343   | Stokstad, Øyvind G        | Ullensaker CK         | 15:19 | 3     | 34:20 | 17    |       | 2:12:46 | 4     |       | 3:02:25 | 0:22  |
| 4      | 352   | Hansen, Christopher       | Halden CK             | 15:31 | 5     | 34:20 | 20    |       | 2:12:46 | 5     |       | 3:02:37 | 0:34  |
| 5      | 392   | Johansen, Andreas Sæterøy | IL Stjørdalsblink     | 15:47 | 10    | 34:20 | 24    |       | 2:12:46 | 3     | 05    | 3:02:48 | 0:45  |
| 6      | 377   | Enger, Sondre Holst       | Horten OCK            | 15:40 | 8     | 34:20 | 19    |       | 2:12:58 | 7     |       | 3:02:58 | 0:55  |
| 7      | 345   | Haugen, Henrik Steen      | Hadeland CK           | 16:21 | 29    | 34:20 | 8     |       | 2:12:46 | 6     |       | 3:03:27 | 1:24  |
| 8      | 399   | Folsland, Hølje Aas       | Grenland SK           | 15:10 | 1     | 34:20 | 31    | 08    | 2:16:44 | 10    |       | 3:06:06 | 4:03  |
| 9      | 394   | Markeng, Sven Arne        | CK Sør                | 15:55 | 18    | 34:20 | 1     | 39    | 2:16:44 | 8     |       | 3:06:20 | 4:17  |
| 10     | 397   | Aurang, Kristofer Johan   | Fredrikstad SK        | 15:49 | 11    | 34:20 | 9     | 02    | 2:16:44 | 9     |       | 3:06:51 | 4:48  |
| 11     | 363   | Høgseth, Sindre           | Grenland SK           | 15:34 | 6     | 34:20 | 6     | 02    | 2:17:03 | 15    |       | 3:06:55 | 4:52  |
| 12     | 373   | Voreland, Thomas          | Ringerike SK          | 15:58 | 20    | 34:20 | 13    |       | 2:16:44 | 11    |       | 3:07:02 | 4:59  |
| 13     | 375   | Baksaas, Sebastian        | Tønsberg CK           | 15:53 | 15    | 34:20 | 2     | 10    | 2:17:00 | 13    |       | 3:07:03 | 5:00  |
| 14     | 346   | Berntzen, Hans Petter     | BOC                   | 15:52 | 13    | 34:20 | 30    | 04    | 2:17:03 | 14    |       | 3:07:11 | 5:08  |
| 15     | 398   | Jonsbøl, Haakon Kjellhov  | IF Frøy               | 15:54 | 16    | 34:20 | 22    |       | 2:17:22 | 18    |       | 3:07:36 | 5:33  |
| 16     | 367   | Erland, Andreas           | Kristiansands CK      | 16:17 | 26    | 34:20 | 14    |       | 2:17:17 | 17    |       | 3:07:54 | 5:51  |
| 17     | 371   | Borgaard, Eyvind Borgen   | Ullensaker CK         | 16:17 | 27    | 34:20 | 10    |       | 2:18:02 | 20    |       | 3:08:39 | 6:36  |
| 18     | 376   | Gurholt, Fredrik          | Grenland SK           | 16:43 | 34    | 34:50 | 37    |       | 2:17:08 | 16    |       | 3:08:41 | 6:38  |
| 19     | 391   | Hannestad, Christian      | Raufoss & Gjøvik SK   | 15:54 | 17    | 34:39 | 32    |       | 2:18:12 | 21    |       | 3:08:45 | 6:42  |
| 20     | 370   | Danielsen, Eirik          | Romeriksåsen SK       | 16:14 | 25    | 34:20 | 4     |       | 2:21:00 | 22    |       | 3:11:34 | 9:31  |
| 21     | 353   | Nevstad, Martin Notøy     | Ulstein og Omegn SK   | 16:07 | 22    | 38:01 | 44    |       | 2:17:34 | 19    |       | 3:11:42 | 9:39  |
| 22     | 354   | Flatebø, Lars Tobias Lie  | Kristiansands CK      | 16:13 | 24    | 34:20 | 15    |       | 2:23:57 | 26    |       | 3:14:30 | 12:27 |
| 23     | 378   | Lundemo, Martin           | IL Stjørdalsblink     | 15:57 | 19    | 34:20 | 16    | 02    | 2:25:05 | 29    |       | 3:15:20 | 13:17 |
| 24     | 351   | Plassen, Henrik Sogn      | Grenland SK           | 17:06 | 41    | 34:20 | 25    |       | 2:24:02 | 28    |       | 3:15:28 | 13:25 |
| 25     | 366   | Aarud, Vebjørn            | Asker CK              | 15:52 | 14    | 37:01 | 43    | 06    | 2:23:59 | 27    |       | 3:16:46 | 14:43 |
| 26     | 342   | Jonassen, Jonathan Mørch  | Grenland SK           | 16:19 | 28    | 34:20 | 23    |       | 2:26:09 | 31    |       | 3:16:48 | 14:45 |
| 27     | 385   | Olsen, Håvard Brathovde   | Ringerike SK          | 17:03 | 40    | 34:20 | 27    |       | 2:26:13 | 32    |       | 3:17:36 | 15:33 |
| 28     | 389   | Cameron, Harald           | Asker CK              | 16:39 | 33    | 38:01 | 44    |       | 2:23:48 | 25    |       | 3:18:28 | 16:25 |
| 29     | 356   | Næs, Ole Gunnar           | Omvikdalen IL Sykkkel | 17:21 | 50    | 38:01 | 44    |       | 2:23:42 | 23    |       | 3:19:04 | 17:01 |
| 30     | 344   | Dybvikstrand, Sander      | Ringerike SK          | 16:27 | 30    | 34:20 | 21    |       | 2:28:54 | 33    |       | 3:19:41 | 17:38 |
| 31     | 380   | Dahl, Herman              | Kristiansands CK      | 16:59 | 39    | 34:39 | 34    |       | 2:32:21 | 34    |       | 3:23:59 | 21:56 |
| 32     | 395   | Fosso, Hallvard L.        | Fana IL               | 17:18 | 48    | 34:20 | 28    |       | 2:36:24 | 38    |       | 3:28:02 | 25:59 |

|    |     |                             |                     |       |    |       |    |    |         |    |         |       |
|----|-----|-----------------------------|---------------------|-------|----|-------|----|----|---------|----|---------|-------|
| 33 | 358 | Sørлие, Erik                | Feiring IL          | 17:08 | 43 | 34:50 | 38 |    | 2:36:19 | 37 | 3:28:17 | 26:14 |
| 34 | 364 | Bakken, Johan               | Re SK               | 16:37 | 32 | 36:23 | 40 |    | 2:36:13 | 36 | 3:29:13 | 27:10 |
| 35 | 393 | Quist, Jørgen Holme         | Kristiansands CK    | 17:17 | 46 | 36:23 | 40 |    | 2:36:24 | 39 | 3:30:04 | 28:01 |
| 36 | 341 | Halvorsen, Magnus           | Fredrikstad SK      | 16:59 | 37 | 38:01 | 44 |    | 2:36:13 | 35 | 3:31:13 | 29:10 |
| 37 | 396 | Sætrang, Carl Henrik        | BOC                 | 17:17 | 45 | 34:20 | 11 |    | 2:42:06 | 40 | 3:33:43 | 31:40 |
| 38 | 379 | Fremstad, Sindre Hustvedt   | IF Frøy             | 18:07 | 54 | 40:01 | 52 |    | 2:45:26 | 42 | 3:43:34 | 41:31 |
| 39 | 386 | Dolva, Benjamin             | Tønsberg CK         | 18:54 | 56 | 40:01 | 51 |    | 2:45:26 | 41 | 3:44:21 | 42:18 |
| 40 | 347 | Hageengen, Anders           | Raufoss & Gjøvik SK | 18:32 | 55 | 39:01 | 50 |    | 2:59:25 | 44 | 3:56:58 | 54:55 |
|    | 368 | Iversen, Vegard             | Arena Bø CK         | 15:42 | 9  | DNF   |    |    | 2:16:51 | 12 |         |       |
|    | 355 | Hillmann, Asbjørn           | IF Frøy             | 17:25 | 52 | DNF   |    |    | 2:23:46 | 24 |         |       |
|    | 365 | Johannessen, Håkon          | Ullensaker CK       | 16:31 | 31 | DNF   |    |    | 2:25:15 | 30 |         |       |
|    | 362 | Bjørgan, Anders Halvorsen   | Trondhjems VK       | 24:02 | 57 | DNF   |    |    | 2:59:25 | 43 |         |       |
|    | 374 | Westgaard, Kristoffer Ylven | Ullensaker CK       | 15:59 | 21 | 34:50 | 36 | 06 | DNF     |    |         |       |
|    | 388 | Mushom, Øystein             | Kristiansands CK    | 17:21 | 49 | 34:39 | 33 |    | DNF     |    |         |       |
|    | 390 | Andersen, Thomas Sandtveit  | Kristiansands CK    | 17:18 | 47 | 34:20 | 26 |    | DNF     |    |         |       |
|    | 348 | Fuglu, Håkon Bøhler         | Ullensaker CK       | 17:15 | 44 | 36:23 | 40 |    | DNS     |    |         |       |
|    | 359 | Gulliksveen, Kim-Daniel     | Ullensaker CK       | DNS   |    | DNF   |    |    | DNS     |    |         |       |
|    | 360 | Øimoen, Gaute Bang          | IF Frøy             | 17:07 | 42 | 38:01 | 44 |    | DNS     |    |         |       |
|    | 361 | Haugård, Phan Åge           | IF Frøy             | 15:30 | 4  | 34:20 | 12 | 02 | DNS     |    |         |       |
|    | 369 | Tangen, Magnus E.           | Ullensaker CK       | DNS   |    | DNS   |    |    | DNS     |    |         |       |
|    | 372 | Brahushi, Thomas            | Ringerike SK        | 16:56 | 36 | 34:39 | 35 |    | DNS     |    |         |       |
|    | 387 | Kristoffersen, Anders       | Fredrikstad SK      | 16:49 | 35 | 34:20 | 7  |    | DNS     |    |         |       |
|    | 349 | Lunderby, Ole Magnus        | Ullensaker CK       | 16:10 | 23 | 34:20 | 18 |    | DNF     |    |         |       |
|    | 357 | Arnheim, Sondre             | Fana IL             | 17:27 | 53 | 35:01 | 39 |    | DNF     |    |         |       |
|    | 382 | Løken, Martin               | Ringerike SK        | 17:24 | 51 | 38:01 | 44 |    | DNF     |    |         |       |
|    | 383 | Johansen, Teodor Strand     | Raufoss & Gjøvik SK | 15:49 | 12 | DNF   |    |    | DNF     |    |         |       |
|    | 384 | Berger, Håkon               | BOC                 | 16:59 | 38 | 34:20 | 29 |    | DNF     |    |         |       |

|       |               |                   |               | Tempo |       | Gateritt<br>10 km |       | Fellesstart |       | Sammen- | Tid   |
|-------|---------------|-------------------|---------------|-------|-------|-------------------|-------|-------------|-------|---------|-------|
|       |               |                   |               | Tid   | Plass | Tid               | Plass | Tid         | Plass | lagt    | etter |
|       | <b>K15-16</b> |                   |               |       |       |                   |       |             |       |         |       |
| Plass | St.nr         | Navn              | Klubb         | Tid   | Plass | Tid               | Plass | Tid         | Plass | Tid     | etter |
| 1     | 337           | Thorsen, Thea     | Ringerike SK  | 17:05 | 1     | 28:14             | 3     | 1:16:36     | 3     | 2:01:55 |       |
| 2     | 336           | Bjørnsrud, Miriam | Ullensaker CK | 18:02 | 2     | 28:14             | 4     | 1:16:27     | 1     | 2:02:43 | 0:48  |

|   |     |                             |               |       |   |       |   |         |     |         |       |
|---|-----|-----------------------------|---------------|-------|---|-------|---|---------|-----|---------|-------|
| 3 | 332 | Brustad, Johanne Gleditsch  | Asker CK      | 18:29 | 3 | 29:39 | 8 | 1:17:01 | 4   | 2:05:09 | 3:14  |
| 4 | 338 | Brattekleiv, Ingvild        | Vegårsdhei IL | 19:10 | 6 | 29:39 | 5 | 1:25:41 | 5   | 2:14:30 | 12:35 |
|   | 339 | Bugge, Karen Marie Robinson | Horten OCK    | DNS   |   | 28:14 | 1 | 1:16:27 | 2   |         |       |
|   | 331 | Jacobsen, Ingrid Bøe        | Halden CK     | 18:58 | 5 | 28:14 | 2 | DNS     |     |         |       |
|   | 334 | Skjolden, Marthe Emilie     | Smaalenene SK | 18:31 | 4 | 29:39 | 7 | DNS     |     |         |       |
|   | 335 | Myrvang, Sandra Bøe         | Halden CK     | 20:43 | 7 | 32:39 | 9 | DNS     |     |         |       |
|   | 330 | Sylvi Sommer                | SK Rye        | DNS   |   | 29:39 | 6 | DNS     |     |         |       |
|   | 333 | Laengen, Torunn Stake       | Asker CK      | DNS   |   |       |   | DNS     | DNS |         |       |
|   | 340 | Holland, Thea S.            | Asker CK      | DNS   |   |       |   | DNS     | DNS |         |       |

**Nr. 331 og 332 har fått 10 sek. Tidstillegg pga. 25 meters regelen. Tempo.**

| Plass | M13-14<br>St.nr | Navn                    | Klubb            | Tempo<br>10 km |       | Gateritt |       | Fellesstart |       | Sammen-<br>lagt | Tid   |
|-------|-----------------|-------------------------|------------------|----------------|-------|----------|-------|-------------|-------|-----------------|-------|
|       |                 |                         |                  | Tid            | Plass | Tid      | Plass | Tid         | Plass | Tid             | etter |
| 1     | 295             | Jansen, Amund Grøndahl  | Nes SK           | 15:51          | 1     | 28:14    | 7     | 1:10:44     | 5     | 1:54:49         |       |
| 2     | 313             | Oddli, Anders           | Orkla CK         | 16:31          | 4     | 28:14    | 1     | 1:10:36     | 1     | 1:55:21         | 0:32  |
| 3     | 307             | Larsen, Thomas          | Kristiansands CK | 15:58          | 2     | 28:14    | 3     | 1:11:25     | 7     | 1:55:37         | 0:48  |
| 4     | 315             | Nordbakken, Karl Henrik | Romeriksåsen SK  | 16:52          | 5     | 28:14    | 4     | 1:10:36     | 2     | 1:55:42         | 0:53  |
| 5     | 301             | Ekren, Thomas           | Gauldal SK       | 16:56          | 6     | 28:14    | 5     | 1:10:36     | 4     | 1:55:46         | 0:57  |
| 6     | 322             | Håkenrud, Anders Lie    | Asker CK         | 16:28          | 3     | 28:14    | 8     | 1:11:14     | 6     | 1:55:56         | 1:07  |
| 7     | 292             | Schmidt, Petter         | Horten OCK       | 17:13          | 7     | 28:14    | 2     | 1:10:36     | 3     | 1:56:03         | 1:14  |
| 8     | 320             | Theodorsen, Petter      | Ullensaker SK    | 17:51          | 11    | 28:14    | 9     | 1:16:27     | 10    | 2:02:32         | 7:43  |
| 9     | 297             | Olsen, Mats Røtterud    | Ullensaker SK    | 18:26          | 17    | 28:14    | 6     | 1:16:27     | 9     | 2:03:07         | 8:18  |
| 10    | 323             | Bugge, Volrath Robinson | Horten OCK       | 18:22          | 15    | 28:14    | 10    | 1:16:41     | 16    | 2:03:17         | 8:28  |
| 11    | 318             | Værnes, Gaute Sørensen  | Ringerike SK     | 17:24          | 8     | 29:39    | 14    | 1:16:27     | 13    | 2:03:30         | 8:41  |
| 12    | 317             | Thorsen, Thomas         | Tønsberg CK      | 17:53          | 12    | 29:39    | 13    | 1:16:27     | 8     | 2:03:59         | 9:10  |
| 13    | 299             | Lindman, Michael Fjell  | Moss CK          | 18:24          | 16    | 29:39    | 16    | 1:16:27     | 12    | 2:04:30         | 9:41  |
| 14    | 296             | Bokn, Christian         | Horten OCK       | 18:28          | 18    | 29:39    | 18    | 1:16:27     | 11    | 2:04:34         | 9:45  |
| 15    | 305             | Jensen, Jan William H.  | Bergen CK        | 18:55          | 20    | 31:39    | 21    | 1:16:38     | 15    | 2:07:12         | 12:23 |
| 16    | 314             | Vestli, Lars Daniel     | IK Hero          | 19:29          | 23    | 31:39    | 20    | 1:16:27     | 14    | 2:07:35         | 12:46 |
| 17    | 294             | Våge, Jonas             | Bergen CK        | 17:48          | 10    | 29:39    | 19    | 1:20:58     | 21    | 2:08:25         | 13:36 |
| 18    | 293             | Sandal, Henrik G.       | Bergen CK        | 18:18          | 14    | 29:39    | 12    | 1:20:44     | 18    | 2:08:41         | 13:52 |
| 19    | 302             | Østby, Jørgen Ihlebæk   | Tønsberg CK      | 19:16          | 22    | 29:39    | 11    | 1:20:41     | 17    | 2:09:36         | 14:47 |

|    |     |                           |                     |       |    |       |    |         |    |         |       |
|----|-----|---------------------------|---------------------|-------|----|-------|----|---------|----|---------|-------|
| 20 | 291 | Prestmarken, Bror         | Raufoss & Gjøvik SK | 18:58 | 21 | 31:39 | 22 | 1:20:48 | 19 | 2:11:25 | 16:36 |
| 21 | 311 | Quist, Anders Holme       | Kristiansands CK    | 19:57 | 24 | 31:39 | 24 | 1:21:27 | 22 | 2:13:03 | 18:14 |
| 22 | 321 | Træen, Torstein           | Ringerike SK        | 20:30 | 27 | 32:39 | 26 | 1:25:44 | 23 | 2:18:53 | 24:04 |
| 23 | 312 | Halvorsen, Niklas         | Kristiansands CK    | 20:11 | 25 | 31:39 | 23 | 1:30:07 | 25 | 2:21:57 | 27:08 |
| 24 | 324 | Kure, Tor-Einar           | Moss CK             | 20:23 | 26 | 32:39 | 28 | 1:29:45 | 24 | 2:22:47 | 27:58 |
| 25 | 316 | Siljan, Sondre Magnus     | Grenland SK         | 21:07 | 28 | 32:39 | 25 | 1:34:30 | 26 | 2:28:16 | 33:27 |
| 26 | 298 | Norborg, Sindre           | Moss CK             | 21:11 | 29 | 32:39 | 27 | 1:34:33 | 27 | 2:28:23 | 33:34 |
| 27 | 319 | Pettersen, Anders Sletten | Fredrikstad SK      | 22:01 | 30 | 33:39 | 30 | 1:40:04 | 28 | 2:35:44 | 40:55 |
| 28 | 306 | Fredstad, Sebastian       | Smaalenene SK       | 23:06 | 31 | 33:39 | 31 | 1:42:47 | 29 | 2:39:32 | 44:43 |
|    | 309 | Reidarsen, Bjørn Harald   | Grenland SK         | 18:32 | 19 | 29:39 | 17 | DNF     |    |         |       |
|    | 300 | Westgaard, Marius         | Ullensaker SK       | 18:17 | 13 | 33:39 | 29 | DNF     |    |         |       |
|    | 308 | Bjerk, Thomas             | Fredrikstad SK      | 23:27 | 32 | 34:39 | 32 | DNF     |    |         |       |
|    | 303 | Haverstad, Andreas        | Asker CK            | DNS   |    | 29:39 | 15 | 1:20:53 | 20 |         |       |
|    | 304 | Ims, Vegard               | Asker CK            | 17:32 | 9  | DNF   |    | DNS     |    |         |       |
|    | 310 | Apenes, Ole Henrik        | Re SK               | DNS   |    | DNS   |    | DNS     |    |         |       |

|       |                 |      |                            | Tempo<br>10 km |       | Gateritt |       | Fellesstart |       | Sammen-<br>lagt | Tid     |      |
|-------|-----------------|------|----------------------------|----------------|-------|----------|-------|-------------|-------|-----------------|---------|------|
| Pluss | K13-14<br>St.nr | Navn | Klubb                      | Tid            | Plass | Tid      | Plass | Tid         | Plass | Tid             | etter   |      |
|       | 1               | 289  | Brustad, Eline Gleditsch   | Asker CK       | 18:25 | 1        | 18:44 | 2           | 34:18 | 3               | 1:11:27 |      |
|       | 2               | 287  | Gomnes, Emilie Slåtto      | Ringerike SK   | 19:19 | 2        | 18:44 | 1           | 34:18 | 1               | 1:12:21 | 0:54 |
|       | 3               | 281  | Hermansen, Cecilie         | BOC            | 19:22 | 3        | 18:44 | 3           | 34:18 | 4               | 1:12:24 | 0:57 |
|       | 4               | 286  | Dauidsen, Thea             | Halden CK      | 19:30 | 4        | 19:04 | 6           | 34:18 | 5               | 1:12:52 | 1:25 |
|       | 5               | 288  | Oddli, Trine               | Orkla CK       | 19:34 | 5        | 19:04 | 9           | 34:18 | 8               | 1:12:56 | 1:29 |
|       | 6               | 284  | Jakobsen, Astrid Marie Bøe | Halden CK      | 20:04 | 8        | 18:44 | 4           | 34:18 | 2               | 1:13:06 | 1:39 |
|       | 7               | 283  | Wormsen, Anette Sommer     | Eidsvoll SK    | 19:50 | 6        | 19:04 | 5           | 34:18 | 7               | 1:13:12 | 1:45 |
|       | 8               | 285  | Nordby, Katrine            | Halden CK      | 20:00 | 7        | 19:04 | 8           | 34:18 | 9               | 1:13:22 | 1:55 |
|       | 9               | 282  | Gjølberg, Amalie           | Tønsberg CK    | 20:42 | 9        | 19:04 | 7           | 34:18 | 6               | 1:14:04 | 2:37 |

|        |       |                |               | Tempo<br>5 KM |       | Gateritt |       | Fellesstart |       | Sammen-<br>lagt |
|--------|-------|----------------|---------------|---------------|-------|----------|-------|-------------|-------|-----------------|
| M11-12 | St.nr | Navn           | Klubb         | Tid           | Plass | Tid      | Plass | Tid         | Plass | Tid             |
|        | 273   | Saugstad, Lars | Brumunddal SK | 08:36         | 2     | 18:44    | 4     | 34:18       | 5     | 1:01:38         |

|     |                                |                |       |    |       |     |       |   |         |
|-----|--------------------------------|----------------|-------|----|-------|-----|-------|---|---------|
| 269 | Syversen, Øyvind Anders Myrset | IK Hero        | 09:01 | 4  | 18:44 | 2   | 34:18 | 2 | 1:02:03 |
| 268 | Digerud, Lars                  | IK Hero        | 09:21 | 7  | 18:44 | 3   | 34:18 | 1 | 1:02:23 |
| 275 | Gunnerud, Markus               | CK Nittedal    | 08:45 | 3  | 22:42 | 8   | 34:18 | 3 | 1:05:45 |
| 267 | Høvik, Alexander               | Halden CK      | 09:18 | 6  | 21:50 | 5   | 36:06 | 6 | 1:07:14 |
| 266 | Gjessing, Anders               | Smaalennene SK | 09:38 | 8  | 21:59 | 6   | 36:48 | 8 | 1:08:25 |
| 272 | Kure, Lars-Olav                | Moss CK        | 09:47 | 9  | 22:09 | 7   | 36:43 | 7 | 1:08:39 |
| 270 | Åkvik, Magnus                  | Tønsberg CK    | 10:19 | 10 | 22:58 | 9   | 50:54 | 9 | 1:24:11 |
| 271 | Johansson, Joakim              | Nanset IF      | 09:10 | 5  |       | DNS | 34:18 | 4 |         |
| 274 | Skjolden, Glenn Marius         | Smaalennene SK | 07:44 | 1  | 18:20 | 1   | DNS   |   |         |

|               |                             |             | Tempo |       | Gateritt |       | Fellesstart |       | Sammenlagt |
|---------------|-----------------------------|-------------|-------|-------|----------|-------|-------------|-------|------------|
| <b>K11-12</b> |                             |             | 5 km  |       |          |       |             |       |            |
| St.nr         | Navn                        | Klubb       | Tid   | Plass | Tid      | Plass | Tid         | Plass | Tid        |
| 263           | Holland, Tiril Sveinsdatter | Asker CK    | 09:47 | 1     | 22:04    | 1     | 23:20       |       | 0:55:11    |
| 264           | Hermansen, Anna H.          | BOC         | 10:24 | 2     | 22:42    | 2     | 23:20       |       | 0:56:26    |
| 261           | Bagger, Ingrid              | Halden CK   | 11:11 | 4     | 23:52    | 3     | 25:36       |       | 1:00:39    |
| 262           | Moen, Kjersti Tveit         | Grenland SK | 10:39 | 3     | DNF      |       |             |       |            |

|            |                           |            |      | Tempo | Gateritt | Fellesstart | Sammenlagt |
|------------|---------------------------|------------|------|-------|----------|-------------|------------|
| <b>M10</b> |                           |            |      | 5 km  |          |             |            |
| St.nr      | Navn                      | Klubb      | Land | Tid   | Tid      | Tid         | Tid        |
| 257        | Rønning, Vebjørn Bredesen | Svelvik SK | NO   | 09:56 | 22:14    | 23:02       | 0:55:12    |
| 256        | Olsen, Håkon Brathovde    | Modum CK   | NO   | 10:47 | 22:58    | 24:01       | 0:57:46    |

|            |                       |              |      | Tempo | Gateritt | Fellesstart | Sammenlagt |
|------------|-----------------------|--------------|------|-------|----------|-------------|------------|
| <b>K10</b> |                       |              |      | 10 km |          |             |            |
| St.nr      | Navn                  | Klubb        | Land | Tid   | Tid      | Tid         | Tid        |
| 253        | Jonassen, Pauline     | Grenland SK  | NO   | 10:59 | 22:42    | 23:20       | 0:57:01    |
| 251        | Myrvang, Victoria Bøe | Halden CK    | NO   | 11:25 | 23:52    |             |            |
| 252        | Voreland, Oline       | Ringerike Sk | NO   | 12:10 | 24:25    |             |            |