

Strekktider Morgenfrisk i Follo #7 10. august 2019

Klasse: C-Åpen

| 156 | 147 | 144 | 142 | 158 | 154 | 155 | 239 | | |
|------------|---------------------------|-----------|-------------|-------------|-------------|----------------------------|-------------|----------------|--|
| 1 | Tor Lahlum | | | | | Kolbotn og Skimt OL | | 33:21 | |
| 3:49 (2) | 11:16 (1) | 18:04 (1) | 21:28 (1) | 25:09 (1) | 28:18 (1) | 32:06 (1) | 33:21 (1) | | |
| 3:49 (2) | 7:27 (1) | 6:48 (1) | 3:24 (1) | 3:41 (1) | 3:09 (3) | 3:48 (3) | 1:15 (2) | | |
| +0:11 | 0:00 | 0:00 | 0:00 | 0:00 | +0:32 | +0:24 | +0:17 | | |
| 2 | Kristian Stenrud | | | | | Indre Østfold OK | | 1:15:53 | |
| 3:38 (1) | 29:17 (4) | 41:40 (3) | 1:04:26 (3) | 1:08:41 (2) | 1:11:18 (2) | 1:14:55 (2) | 1:15:53 (2) | | |
| 3:38 (1) | 25:39 (4) | 12:23 (2) | 22:46 (3) | 4:15 (3) | 2:37 (1) | 3:37 (2) | 0:58 (1) | | |
| 0:00 | +18:12 | +5:35 | +19:22 | +0:34 | 0:00 | +0:13 | 0:00 | | |
| 3 | Laila Stenrud | | | | | Indre Østfold OK | | 1:18:47 | |
| 4:26 (3) | 14:53 (2) | 43:58 (4) | 1:07:18 (5) | 1:11:28 (4) | 1:14:06 (3) | 1:17:30 (3) | 1:18:47 (3) | | |
| 4:26 (3) | 10:27 (2) | 29:05 (5) | 23:20 (4) | 4:10 (2) | 2:38 (2) | 3:24 (1) | 1:17 (3) | | |
| +0:48 | +3:00 | +22:17 | +19:56 | +0:29 | +0:01 | 0:00 | +0:19 | | |
| 4 | Yiming Wang | | | | | Kina | | 1:33:24 | |
| 11:22 (5) | 40:54 (5) | 54:49 (5) | 1:00:31 (2) | 1:09:13 (3) | 1:22:11 (4) | 1:31:28 (4) | 1:33:24 (4) | | |
| 11:22 (5) | 29:32 (5) | 13:55 (3) | 5:42 (2) | 8:42 (4) | 12:58 (5) | 9:17 (5) | 1:56 (4) | | |
| +7:44 | +22:05 | +7:07 | +2:18 | +5:01 | +10:21 | +5:53 | +0:58 | | |
| 5 | Reidar Stenrud | | | | | | | 1:35:34 | |
| 7:57 (4) | 22:16 (3) | 36:31 (2) | 1:05:52 (4) | 1:19:25 (5) | 1:25:17 (5) | 1:32:52 (5) | 1:35:34 (5) | | |
| 7:57 (4) | 14:19 (3) | 14:15 (4) | 29:21 (5) | 13:33 (5) | 5:52 (4) | 7:35 (4) | 2:42 (5) | | |
| +4:19 | +6:52 | +7:27 | +25:57 | +9:52 | +3:15 | +4:11 | +1:44 | | |
| DSQ | Ping Ouyang | | | | | Østmarka OK | | 3:38 | |
| | | | | | | 3:38 | | | |
| | | | | | | 0:00 | | | |
| | | | | | | 0:00 | | | |
| DSQ | Sofie Gammelsæter | | | | | Kolbotn og Skimt OL | | 52:22 | |
| 7:53 | 22:48 | 28:07 | 31:10 | | 47:02 | 51:17 | 52:22 | | |
| 7:53 | 14:55 | 5:19 | 3:03 | | 47:02 | 4:15 | 0:00 | | |
| +7:53 | +14:55 | +5:19 | +3:03 | | +47:02 | +4:15 | 0:00 | | |
| DSQ | Per Fosser | | | | | HEMING Orientering | | 53:10 | |
| | 41:06 | | | | | 51:58 | 53:10 | | |
| | 41:06 | | | | | 0:00 | 0:00 | | |
| | +41:06 | | | | | 0:00 | 0:00 | | |
| DSQ | Victor Christiaens | | | | | Privat | | 1:28:10 | |
| 21:11 | | | | | | 1:25:53 | 1:28:10 | | |
| 21:11 | | | | | | 0:00 | 0:00 | | |
| +21:11 | | | | | | 0:00 | 0:00 | | |

Klasse: A-Kort

| 150 | 151 | 152 | 145 | 146 | 147 | 153 | 140 | 159 | 155 | 239 |
|-----------|-------------------------------|-----------|-----------|------------|-----------|----------------------------|-----------|-----------|----------------|-------------|
| 1 | Vidar Berteig | | | | | IL GeoForm | | | 28:10 | |
| 2:57 (1) | 5:45 (1) | 9:39 (1) | 14:55 (1) | 17:10 (1) | 19:23 (1) | 22:04 (1) | 24:57 (1) | 25:45 (1) | 27:12 (1) | 28:10 (1) |
| 2:57 (1) | 2:48 (1) | 3:54 (1) | 5:16 (1) | 2:15 (1) | 2:13 (1) | 2:41 (1) | 2:53 (1) | 0:48 (1) | 1:27 (1) | 0:58 (1) |
| 0:00 | 0:00 | 0:00 | 0:00 | 0:00 | 0:00 | 0:00 | 0:00 | 0:00 | 0:00 | 0:00 |
| 2 | Knut G Karlsen | | | | | Heming Orientering | | | 42:44 | |
| 3:39 (2) | 7:29 (2) | 13:01 (2) | 20:32 (2) | 24:17 (2) | 27:28 (2) | 32:06 (2) | 36:26 (2) | 39:06 (2) | 41:18 (2) | 42:44 (2) |
| 3:39 (2) | 3:50 (2) | 5:32 (2) | 7:31 (3) | 3:45 (2) | 3:11 (3) | 4:38 (6) | 4:20 (2) | 2:40 (9) | 2:12 (2) | 1:26 (3) |
| +0:42 | +1:02 | +1:38 | +2:15 | +1:30 | +0:58 | +1:57 | +1:27 | +1:52 | +0:45 | +0:28 |
| 3 | Clas Svanteson | | | | | Kolbotn og Skimt OL | | | 46:36 | |
| 3:49 (3) | 8:01 (3) | 13:33 (3) | 21:33 (3) | 27:52 (3) | 31:03 (3) | 35:40 (3) | 40:35 (3) | 42:11 (3) | 45:02 (3) | 46:36 (3) |
| 3:49 (3) | 4:12 (4) | 5:32 (2) | 8:00 (4) | 6:19 (7) | 3:11 (3) | 4:37 (5) | 4:55 (5) | 1:36 (4) | 2:51 (6) | 1:34 (7) |
| +0:52 | +1:24 | +1:38 | +2:44 | +4:04 | +0:58 | +1:56 | +2:02 | +0:48 | +1:24 | +0:36 |
| 4 | Aase Løvland | | | | | Kolbotn og Skimt OL | | | 53:20 | |
| 4:30 (6) | 10:24 (6) | 16:12 (5) | 23:31 (4) | 35:12 (6) | 38:02 (5) | 42:31 (4) | 47:58 (4) | 49:24 (4) | 52:07 (4) | 53:20 (4) |
| 4:30 (6) | 5:54 (6) | 5:48 (4) | 7:19 (2) | 11:41 (10) | 2:50 (2) | 4:29 (3) | 5:27 (6) | 1:26 (2) | 2:43 (4) | 1:13 (2) |
| +1:33 | +3:06 | +1:54 | +2:03 | +9:26 | +0:37 | +1:48 | +2:34 | +0:38 | +1:16 | +0:15 |
| 5 | Egil Huseth | | | | | Kamp Vestheim | | | 55:02 | |
| 3:49 (3) | 8:18 (4) | 14:16 (4) | 25:02 (5) | 33:25 (5) | 38:40 (6) | 43:58 (5) | 48:46 (5) | 50:18 (5) | 53:23 (5) | 55:02 (5) |
| 3:49 (3) | 4:29 (5) | 5:58 (5) | 10:46 (8) | 8:23 (8) | 5:15 (9) | 5:18 (7) | 4:48 (4) | 1:32 (3) | 3:05 (7) | 1:39 (8) |
| +0:52 | +1:41 | +2:04 | +5:30 | +6:08 | +3:02 | +2:37 | +1:55 | +0:44 | +1:38 | +0:41 |
| 6 | Svein Frimann Kvalheim | | | | | | | | 59:03 | |
| 5:37 (10) | 12:08 (8) | 21:35 (8) | 31:16 (7) | 36:37 (7) | 40:27 (7) | 45:01 (6) | 53:07 (7) | 54:50 (7) | 57:37 (6) | 59:03 (6) |
| 5:37 (10) | 6:31 (7) | 9:27 (10) | 9:41 (6) | 5:21 (4) | 3:50 (6) | 4:34 (4) | 8:06 (9) | 1:43 (5) | 2:47 (5) | 1:26 (3) |
| +2:40 | +3:43 | +5:33 | +4:25 | +3:06 | +1:37 | +1:53 | +5:13 | +0:55 | +1:20 | +0:28 |
| 7 | Jon C. Fougner | | | | | Heming Orientering | | | 1:00:28 | |
| 7:03 (11) | 13:38 (9) | 21:14 (7) | 31:37 (8) | 37:29 (8) | 41:53 (8) | 47:16 (7) | 52:44 (6) | 54:30 (6) | 58:39 (7) | 1:00:28 (7) |

7:03 (11) 6:35 (8) 7:36 (7) 10:23 (7) 5:52 (6) 4:24 (7) 5:23 (8) 5:28 (7) 1:46 (6) 4:09 (10) 1:49 (9)
+4:06 +3:47 +3:42 +5:07 +3:37 +2:11 +2:42 +2:35 +0:58 +2:42 +0:51

8 Bjørn Egner

4:19 (5) 8:30 (5) 16:24 (6) 25:23 (6) 29:24 (4) 34:08 (4) 48:20 (8) 54:20 (8) 56:57 (8) 59:28 (8) 1:00:55 (8)
4:19 (5) 4:11 (3) 7:54 (8) 8:59 (5) 4:01 (3) 4:44 (8) 14:12 (11) 6:00 (8) 2:37 (8) 2:31 (3) 1:27 (5)
+1:22 +1:23 +4:00 +3:43 +1:46 +2:31 +11:31 +3:07 +1:49 +1:04 +0:29

Heming Orientering

1:00:55

9 Øystein Madsen

5:24 (9) 23:40 (11) 30:47 (11) 46:12 (10) 55:27 (10) 59:01 (10) 1:03:23 (9) 1:07:43 (9) 1:11:04 (9) 1:15:10 (9) 1:16:37 (9)
5:24 (9) 18:16 (11) 7:07 (6) 15:25 (10) 9:15 (9) 3:34 (5) 4:22 (2) 4:20 (2) 3:21 (11) 4:06 (8) 1:27 (5)
+2:27 +15:28 +3:13 +10:09 +7:00 +1:21 +1:41 +1:27 +2:33 +2:39 +0:29

Haugerud IF

1:16:37

10 Ingrid Lome-Hagman

5:19 (8) 11:56 (7) 26:07 (10) 47:43 (11) 53:17 (9) 58:51 (9) 1:07:04 (10) 1:15:14 (10) 1:18:03 (10) 1:22:58 (10) 1:25:42 (10)
5:19 (8) 6:37 (9) 14:11 (11) 21:36 (11) 5:34 (5) 5:34 (10) 8:13 (10) 8:10 (10) 2:49 (10) 4:55 (11) 2:44 (11)
+2:22 +3:49 +10:17 +16:20 +3:19 +3:21 +5:32 +5:17 +2:01 +3:28 +1:46

Kolbotn og Skimt OL

1:25:42

11 Vera Telje Sjølie

4:54 (7) 14:05 (10) 22:25 (9) 34:43 (9) 1:13:21 (11) 1:19:45 (11) 1:25:16 (11) 1:44:11 (11) 1:46:40 (11) 1:50:48 (11) 1:52:46 (11)
4:54 (7) 9:11 (10) 8:20 (9) 12:18 (9) 38:38 (11) 6:24 (11) 5:31 (9) 18:55 (11) 2:29 (7) 4:08 (9) 1:58 (10)
+1:57 +6:23 +4:26 +7:02 +36:23 +4:11 +2:50 +16:02 +1:41 +2:41 +1:00

Kolbotn og Skimt OL

1:52:46

DSQ Kolbjørn Megard

6:36 13:28 23:13 34:28 1:09:57 1:15:42 1:23:11 1:48:23 1:52:28 1:54:58
6:36 6:52 9:45 11:15 35:29 5:45 7:29 1:48:23 4:05 0:00
+6:36 +6:52 +9:45 +11:15 +35:29 +5:45 +7:29 +1:48:23 +4:05 0:00

Kolbotn og Skimt OL

1:54:58

Klasse: A-Lang

140 141 142 143 144 145 146 147 150 151 152 153 154 155 239

1 Jarl Magnus Berge

1:10 (1) 6:54 (1) 9:34 (1) 10:30 (1) 13:03 (1) 16:19 (1) 17:43 (1) 19:26 (1) 24:44 (1) 27:10 (1) 29:53 (1) 32:27 (1) 34:10 (1) 36:04 (1) 36:49 (1)
1:10 (1) 5:44 (1) 2:40 (1) 0:56 (2) 2:33 (1) 3:16 (1) 1:24 (1) 1:43 (1) 5:18 (1) 2:26 (1) 2:43 (1) 2:34 (1) 1:43 (1) 1:54 (1) 0:45 (1)
0:00 0:00 0:00 +0:02 0:00 0:00 0:00 0:00 0:00 0:00 0:00 0:00 0:00 0:00 0:00

IL Koll

36:49

2 Knut Edvard Helland

1:26 (4) 7:50 (2) 10:34 (2) 11:28 (2) 14:24 (2) 18:00 (2) 21:37 (2) 23:36 (2) 29:44 (2) 32:19 (2) 35:35 (2) 38:33 (2) 40:34 (2) 42:50 (2) 43:40 (2)
1:26 (4) 6:24 (2) 2:44 (2) 0:54 (1) 2:56 (3) 3:36 (2) 3:37 (20) 1:59 (2) 6:08 (2) 2:35 (2) 3:16 (2) 2:58 (2) 2:01 (2) 2:16 (2) 0:50 (3)
+0:16 +0:40 +0:04 +0:00 +0:23 +0:20 +2:13 +0:16 +0:50 +0:09 +0:33 +0:24 +0:18 +0:22 +0:05

Østmarka OK

43:40

3 Bjørnar Gammelsæter

1:30 (6) 9:40 (6) 12:27 (3) 13:26 (3) 16:24 (3) 20:13 (3) 22:16 (3) 25:12 (3) 32:05 (3) 34:46 (3) 38:42 (3) 42:14 (3) 44:25 (3) 47:18 (3) 48:18 (3)
1:30 (6) 8:10 (8) 2:47 (3) 0:59 (3) 2:58 (4) 3:49 (3) 2:03 (2) 2:56 (15) 6:53 (3) 2:41 (3) 3:56 (5) 3:32 (3) 2:11 (5) 2:53 (6) 1:00 (8)
+0:20 +2:26 +0:07 +0:05 +0:25 +0:33 +0:39 +1:13 +1:35 +0:15 +1:13 +0:58 +0:28 +0:59 +0:15

Kolbotn og Skimt OL

48:18

4 Line Hagman

1:33 (9) 9:31 (5) 13:35 (6) 14:43 (5) 17:48 (5) 21:55 (4) 24:09 (5) 26:14 (4) 34:02 (4) 36:58 (4) 41:36 (4) 45:13 (4) 47:34 (4) 50:40 (4) 51:42 (4)
1:33 (9) 7:58 (4) 4:04 (8) 1:08 (6) 3:05 (5) 4:07 (5) 2:14 (8) 2:05 (3) 7:48 (4) 2:56 (6) 4:38 (10) 3:37 (4) 2:21 (7) 3:06 (10) 1:02 (11)
+0:23 +2:14 +1:24 +0:14 +0:32 +0:51 +0:50 +0:22 +2:30 +0:30 +1:55 +1:03 +0:38 +1:12 +0:17

Bækkelagets SK

51:42

5 Rune Teigland

1:32 (7) 10:15 (10) 13:47 (7) 14:48 (6) 18:17 (8) 22:34 (8) 25:11 (8) 27:26 (7) 36:00 (6) 38:54 (6) 43:30 (7) 47:43 (5) 50:03 (5) 52:36 (5) 53:30 (5)
1:32 (7) 8:43 (10) 3:32 (6) 1:01 (4) 3:29 (10) 4:17 (8) 2:37 (12) 2:15 (6) 8:34 (7) 2:54 (5) 4:36 (9) 4:13 (10) 2:20 (6) 2:33 (4) 0:54 (4)
+0:22 +2:59 +0:52 +0:07 +0:56 +1:01 +1:13 +0:32 +3:16 +0:28 +1:53 +1:39 +0:37 +0:39 +0:09

Østmarka OK

53:30

6 Georg A. Bugge

1:13 (2) 8:32 (3) 13:52 (8) 15:07 (8) 17:52 (6) 22:04 (5) 24:07 (4) 26:21 (5) 36:33 (7) 39:39 (7) 43:09 (6) 48:39 (7) 50:40 (6) 52:58 (6) 53:53 (6)
1:13 (2) 7:19 (3) 5:20 (15) 1:15 (9) 2:45 (2) 4:12 (7) 2:03 (2) 2:14 (5) 10:12 (16) 3:06 (8) 3:30 (3) 5:30 (14) 2:01 (2) 2:18 (3) 0:55 (6)
+0:03 +1:35 +2:40 +0:21 +0:12 +0:56 +0:39 +0:31 +4:54 +0:40 +0:47 +2:56 +0:18 +0:24 +0:10

Ås-NMBU Orientering

53:53

7 Ann-Kristin Stokke

1:37 (10) 10:05 (9) 13:19 (5) 14:49 (7) 18:10 (7) 22:08 (6) 24:35 (6) 26:52 (6) 35:14 (5) 38:02 (5) 43:04 (5) 48:04 (6) 51:31 (7) 54:34 (7) 55:57 (7)
1:37 (10) 8:28 (9) 3:14 (5) 1:30 (16) 3:21 (8) 3:58 (4) 2:27 (9) 2:17 (7) 8:22 (5) 2:48 (4) 5:02 (15) 5:00 (11) 3:27 (17) 3:03 (8) 1:23 (18)
+0:27 +2:44 +0:34 +0:36 +0:48 +0:42 +1:03 +0:34 +3:04 +0:22 +2:19 +2:26 +1:44 +1:09 +0:38

Ås-NMBU Orientering

55:57

8 Erlend Rehn

1:49 (13) 11:04 (12) 16:52 (14) 18:13 (14) 21:45 (13) 27:13 (11) 30:19 (12) 32:31 (10) 41:07 (9) 44:23 (9) 48:13 (9) 52:16 (9) 54:56 (8) 58:20 (8) 59:59 (8)
1:49 (13) 9:15 (12) 5:48 (17) 1:21 (14) 3:32 (11) 5:28 (12) 3:06 (17) 2:12 (4) 8:36 (8) 3:16 (9) 3:50 (4) 4:03 (8) 2:40 (12) 3:24 (14) 1:39 (20)
+0:39 +3:31 +3:08 +0:27 +0:59 +2:12 +1:42 +0:29 +3:18 +0:50 +1:07 +1:29 +0:57 +1:30 +0:54

Kolbotn og Skimt OL

59:59

9 Eirik Nordhagen

1:40 (11) 9:41 (7) 12:47 (4) 14:19 (4) 17:41 (4) 22:33 (7) 24:41 (7) 27:30 (8) 37:20 (8) 40:23 (8) 44:40 (8) 51:01 (8) 56:10 (9) 59:47 (9) 1:00:44 (9)
1:40 (11) 8:01 (6) 3:06 (4) 1:32 (17) 3:22 (9) 4:52 (10) 2:08 (5) 2:49 (13) 9:50 (15) 3:03 (7) 4:17 (7) 6:21 (16) 5:09 (20) 3:37 (15) 0:57 (7)
+0:30 +2:17 +0:26 +0:38 +0:49 +1:36 +0:44 +1:06 +4:32 +0:37 +1:34 +3:47 +3:26 +1:43 +0:12

Ås-NMBU Orientering

1:00:44

10 Ove Martinsen

2:03 (16) 10:02 (8) 14:11 (9) 15:20 (9) 20:14 (9) 28:22 (14) 30:51 (14) 33:57 (13) 42:54 (12) 46:12 (11) 50:58 (11) 55:09 (10) 57:58 (10) 1:01:04 (10) 1:02:15 (10)
2:03 (16) 7:59 (5) 4:09 (9) 1:09 (7) 4:54 (17) 8:08 (19) 2:29 (10) 3:06 (16) 8:57 (10) 3:18 (10) 4:46 (13) 4:11 (9) 2:49 (13) 3:06 (10) 1:11 (14)
+0:53 +2:15 +1:29 +0:15 +2:21 +4:52 +1:05 +1:23 +3:39 +0:52 +2:03 +1:37 +1:06 +1:12 +0:26

Hauketo IF

1:02:15

11 Tormod Øvergaard

2:26 (18) 11:49 (15) 16:40 (13) 17:57 (13) 23:25 (15) 30:06 (16) 32:59 (16) 35:42 (15) 44:57 (15) 48:55 (13) 53:38 (13) 57:21 (11) 1:00:24 (12) 1:03:12 (11) 1:04:15 (11)
2:26 (18) 9:23 (14) 4:51 (13) 1:17 (10) 5:28 (19) 6:41 (16) 2:53 (13) 2:43 (10) 9:15 (11) 3:58 (13) 4:43 (11) 3:43 (5) 3:03 (14) 2:48 (5) 1:03 (12)
+1:16 +3:39 +2:11 +0:23 +2:55 +3:25 +1:29 +1:00 +3:57 +1:32 +2:00 +1:09 +1:20 +0:54 +0:18

Vestre Akers SK

1:04:15

12 Linn Mei Waaler

2:06 (17) 11:40 (14) 15:34 (12) 16:51 (11) 21:20 (12) 26:26 (10) 29:19 (10) 32:09 (9) 41:57 (10) 46:25 (12) 53:41 (14) 57:25 (12) 1:00:04 (11) 1:03:55 (12) 1:05:17 (12)
2:06 (17) 9:34 (15) 3:54 (7) 1:17 (10) 4:29 (16) 5:06 (11) 2:53 (13) 2:50 (14) 9:48 (14) 4:28 (16) 7:16 (20) 3:44 (6) 2:39 (11) 3:51 (17) 1:22 (17)
+0:56 +3:50 +1:14 +0:23 +1:56 +1:50 +1:29 +1:07 +4:30 +2:02 +4:33 +1:10 +0:56 +1:57 +0:37

Måren OK

1:05:17

13 Jon Lahlum

1:26 (4) 10:36 (11) 14:57 (10) 17:17 (12) 20:33 (11) 27:52 (13) 30:27 (13) 33:01 (12) 44:39 (14) 49:15 (14) 53:26 (12) 59:04 (15) 1:01:37 (14) 1:04:40 (13) 1:05:47 (13)
1:26 (4) 9:10 (11) 4:21 (11) 2:20 (20) 3:16 (7) 7:19 (18) 2:35 (11) 2:34 (9) 11:38 (18) 4:36 (18) 4:11 (6) 5:38 (15) 2:33 (9) 3:03 (8) 1:07 (13)

IL GeoForm

1:05:47

| | | | | | | | | | | | | | | |
|-------------------------|---------------------------------|------------|------------|------------|------------|------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| +0:16 | +3:26 | +1:41 | +1:26 | +0:43 | +4:03 | +1:11 | +0:51 | +6:20 | +2:10 | +1:28 | +3:04 | +0:50 | +1:09 | +0:22 |
| 14 | Bjørn Solhjem | | | | | | | | | | | | | |
| 1:24 (3) | 9:25 (4) | 15:17 (11) | 16:30 (10) | 20:32 (10) | 24:42 (9) | 26:48 (9) | 32:52 (11) | 42:36 (11) | 46:00 (10) | 50:48 (10) | 58:27 (13) | 1:01:40 (15) | 1:04:46 (14) | 1:06:20 (14) |
| 1:24 (3) | 8:01 (6) | 5:52 (18) | 1:13 (8) | 4:02 (14) | 4:10 (6) | 2:06 (4) | 6:04 (19) | 9:44 (13) | 3:24 (11) | 4:48 (14) | 7:39 (19) | 3:13 (15) | 3:06 (10) | 1:34 (19) |
| +0:14 | +2:17 | +3:12 | +0:19 | +1:29 | +0:54 | +0:42 | +4:21 | +4:26 | +0:58 | +2:05 | +5:05 | +1:30 | +1:12 | +0:49 |
| 15 | Hanna Rehn | | | | | | | | | | | | | |
| 2:02 (15) | 11:17 (13) | 20:35 (18) | 21:42 (18) | 24:53 (17) | 30:47 (17) | 32:58 (15) | 35:20 (14) | 44:15 (13) | 49:46 (15) | 54:59 (15) | 58:57 (14) | 1:01:06 (13) | 1:05:27 (15) | 1:06:21 (15) |
| 2:02 (15) | 9:15 (12) | 9:18 (19) | 1:07 (5) | 3:11 (6) | 5:54 (13) | 2:11 (7) | 2:22 (8) | 8:55 (9) | 5:31 (20) | 5:13 (16) | 3:58 (7) | 2:09 (4) | 4:21 (19) | 0:54 (4) |
| +0:52 | +3:31 | +6:38 | +0:13 | +0:38 | +2:38 | +0:47 | +0:39 | +3:37 | +3:05 | +2:30 | +1:24 | +0:26 | +2:27 | +0:09 |
| 16 | Sille Winsnes | | | | | | | | | | | | | |
| 4:16 (20) | 15:16 (19) | 20:55 (19) | 22:12 (19) | 27:42 (19) | 34:23 (19) | 37:21 (19) | 40:07 (18) | 49:39 (17) | 54:10 (17) | 58:53 (18) | 1:04:03 (17) | 1:06:37 (17) | 1:09:48 (17) | 1:10:37 (16) |
| 4:16 (20) | 11:00 (17) | 5:39 (16) | 1:17 (10) | 5:30 (20) | 6:41 (16) | 2:58 (16) | 2:46 (11) | 9:32 (12) | 4:31 (17) | 4:43 (11) | 5:10 (12) | 2:34 (10) | 3:11 (13) | 0:49 (2) |
| +3:06 | +5:16 | +2:59 | +0:23 | +2:57 | +3:25 | +1:34 | +1:03 | +4:14 | +2:05 | +2:00 | +2:36 | +0:51 | +1:17 | +0:04 |
| 17 | May Bente Brurberg | | | | | | | | | | | | | |
| 1:57 (14) | 12:42 (16) | 17:21 (15) | 18:41 (15) | 23:53 (16) | 30:04 (15) | 33:15 (17) | 36:02 (16) | 47:07 (16) | 50:32 (16) | 55:59 (16) | 1:02:29 (16) | 1:05:42 (16) | 1:09:44 (16) | 1:10:55 (17) |
| 1:57 (14) | 10:45 (16) | 4:39 (12) | 1:20 (13) | 5:12 (18) | 6:11 (15) | 3:11 (18) | 2:47 (12) | 11:05 (17) | 3:25 (12) | 5:27 (17) | 6:30 (18) | 3:13 (15) | 4:02 (18) | 1:11 (14) |
| +0:47 | +5:01 | +1:59 | +0:26 | +2:39 | +2:55 | +1:47 | +1:04 | +5:47 | +0:59 | +2:44 | +3:56 | +1:30 | +2:08 | +0:26 |
| 18 | Richard Zeiner-Gundersen | | | | | | | | | | | | | |
| 1:32 (7) | 12:48 (17) | 17:49 (16) | 19:13 (16) | 22:48 (14) | 27:28 (12) | 29:36 (11) | 42:08 (19) | 50:30 (18) | 54:32 (18) | 58:51 (17) | 1:05:14 (18) | 1:07:36 (18) | 1:10:34 (18) | 1:11:35 (18) |
| 1:32 (7) | 11:16 (18) | 5:01 (14) | 1:24 (15) | 3:35 (12) | 4:40 (9) | 2:08 (5) | 12:32 (20) | 8:22 (5) | 4:02 (14) | 4:19 (8) | 6:23 (17) | 2:22 (8) | 2:58 (7) | 1:01 (9) |
| +0:22 | +5:32 | +2:21 | +0:30 | +1:02 | +1:24 | +0:44 | +10:49 | +3:04 | +1:36 | +1:36 | +3:49 | +0:39 | +1:04 | +0:16 |
| 19 | Isabel Handstanger | | | | | | | | | | | | | |
| 2:38 (19) | 14:55 (18) | 19:10 (17) | 20:56 (17) | 25:02 (18) | 30:57 (18) | 33:52 (18) | 37:40 (17) | 51:31 (19) | 55:51 (19) | 1:01:44 (19) | 1:18:58 (19) | 1:22:48 (19) | 1:28:25 (19) | 1:29:39 (19) |
| 2:38 (19) | 12:17 (19) | 4:15 (10) | 1:46 (19) | 4:06 (15) | 5:55 (14) | 2:55 (15) | 3:48 (17) | 13:51 (20) | 4:20 (15) | 5:53 (18) | 17:14 (20) | 3:50 (19) | 5:37 (20) | 1:14 (16) |
| +1:28 | +6:33 | +1:35 | +0:52 | +1:33 | +2:39 | +1:31 | +2:05 | +8:33 | +1:54 | +3:10 | +14:40 | +2:07 | +3:43 | +0:29 |
| 20 | Frode Vigemyr | | | | | | | | | | | | | |
| 1:46 (12) | 19:40 (20) | 35:06 (20) | 36:45 (20) | 40:34 (20) | 54:51 (20) | 58:09 (20) | 1:02:26 (20) | 1:14:08 (20) | 1:18:56 (20) | 1:25:58 (20) | 1:31:12 (20) | 1:34:46 (20) | 1:38:30 (20) | 1:39:31 (20) |
| 1:46 (12) | 17:54 (20) | 15:26 (20) | 1:39 (18) | 3:49 (13) | 14:17 (20) | 3:18 (19) | 4:17 (18) | 11:42 (19) | 4:48 (19) | 7:02 (19) | 5:14 (13) | 3:34 (18) | 3:44 (16) | 1:01 (9) |
| +0:36 | +12:10 | +12:46 | +0:45 | +1:16 | +11:01 | +1:54 | +2:34 | +6:24 | +2:22 | +4:19 | +2:40 | +1:51 | +1:50 | +0:16 |
| DSQ | Vincent Eijsink | | | | | | | | | | | | | |
| 2:31 | 17:02 | 32:55 | | | | | | | | | | | | 45:56 |
| 2:31 | 14:31 | 15:53 | | | | | | | | | | | | 0:00 |
| +2:31 | +14:31 | +15:53 | | | | | | | | | | | | 0:00 |
| DSQ | Peter Klaveness | | | | | | | | | | | | | |
| 1:29 | 9:20 | 13:01 | 14:26 | 17:59 | | 21:54 | 25:21 | 34:15 | 37:33 | 43:18 | 47:19 | 49:51 | 52:45 | 53:53 |
| 1:29 | 7:51 | 3:41 | 1:25 | 3:33 | | 21:54 | 3:27 | 8:54 | 3:18 | 5:45 | 4:01 | 2:32 | 2:54 | 0:00 |
| +1:29 | +7:51 | +3:41 | +1:25 | +3:33 | | +21:54 | +3:27 | +8:54 | +3:18 | +5:45 | +4:01 | +2:32 | +2:54 | 0:00 |
| DSQ | Ståle Heitmann | | | | | | | | | | | | | |
| 1:43 | 13:16 | 19:24 | 20:26 | 23:37 | 29:16 | 31:44 | 33:39 | 39:59 | 43:50 | | | 1:01:23 | 1:03:54 | 1:05:04 |
| 1:43 | 11:33 | 6:08 | 1:02 | 3:11 | 5:39 | 2:28 | 1:55 | 6:20 | 3:51 | | | 1:01:23 | 0:00 | 0:00 |
| +1:43 | +11:33 | +6:08 | +1:02 | +3:11 | +5:39 | +2:28 | +1:55 | +6:20 | +3:51 | | | +1:01:23 | 0:00 | 0:00 |
| DSQ | Anne Danielsen | | | | | | | | | | | | | |
| 6:12 | 16:18 | 19:55 | 21:09 | 25:35 | 32:12 | 37:55 | 40:48 | 50:17 | 54:42 | 1:00:22 | | 1:12:55 | 1:16:26 | 1:17:44 |
| 6:12 | 10:06 | 3:37 | 1:14 | 4:26 | 6:37 | 5:43 | 2:53 | 9:29 | 4:25 | 5:40 | | 1:12:55 | 3:31 | 0:00 |
| +6:12 | +10:06 | +3:37 | +1:14 | +4:26 | +6:37 | +5:43 | +2:53 | +9:29 | +4:25 | +5:40 | | +1:12:55 | +3:31 | 0:00 |
| Klasse: A-Mellom | | | | | | | | | | | | | | |
| 150 | 151 | 152 | 145 | 142 | 143 | 144 | 141 | 146 | 147 | 153 | 140 | 155 | 239 | |
| 1 | Per Kristian Ekeberg | | | | | | | | | | | | | |
| 3:01 (2) | 6:22 (2) | 10:16 (1) | 16:03 (1) | 18:53 (1) | 19:58 (1) | 23:57 (1) | 25:57 (1) | 27:50 (1) | 30:20 (1) | 33:42 (1) | 37:11 (1) | 39:10 (1) | 40:12 (1) | |
| 3:01 (2) | 3:21 (3) | 3:54 (2) | 5:47 (2) | 2:50 (2) | 1:05 (1) | 3:59 (2) | 2:00 (1) | 1:53 (5) | 2:30 (3) | 3:22 (2) | 3:29 (2) | 1:59 (2) | 1:02 (3) | |
| +0:03 | +0:20 | +0:22 | +0:03 | +0:19 | 0:00 | +0:40 | 0:00 | +0:15 | +0:02 | +0:02 | +0:22 | +0:02 | +0:04 | |
| 2 | Kjell Winther | | | | | | | | | | | | | |
| 2:58 (1) | 6:45 (3) | 10:17 (2) | 17:28 (2) | 19:59 (2) | 21:13 (2) | 24:32 (2) | 26:41 (2) | 28:39 (2) | 31:08 (2) | 34:34 (2) | 38:20 (2) | 41:01 (2) | 42:00 (2) | |
| 2:58 (1) | 3:47 (8) | 3:32 (1) | 7:11 (6) | 2:31 (1) | 1:14 (4) | 3:19 (1) | 2:09 (2) | 1:58 (6) | 2:29 (2) | 3:26 (3) | 3:46 (4) | 2:41 (8) | 0:59 (2) | |
| 0:00 | +0:46 | 0:00 | +1:27 | 0:00 | +0:09 | 0:00 | +0:09 | +0:20 | +0:01 | +0:06 | +0:39 | +0:44 | +0:01 | |
| 3 | Tove Strand | | | | | | | | | | | | | |
| 3:59 (8) | 7:35 (4) | 12:20 (4) | 19:11 (3) | 22:13 (3) | 23:25 (3) | 28:43 (3) | 31:30 (3) | 33:19 (3) | 35:47 (3) | 39:07 (3) | 42:14 (3) | 44:11 (3) | 45:22 (3) | |
| 3:59 (8) | 3:36 (6) | 4:45 (4) | 6:51 (3) | 3:02 (4) | 1:12 (2) | 5:18 (10) | 2:47 (3) | 1:49 (3) | 2:28 (1) | 3:20 (1) | 3:07 (1) | 1:57 (1) | 1:11 (6) | |
| +1:01 | +0:35 | +1:13 | +1:07 | +0:31 | +0:07 | +1:59 | +0:47 | +0:11 | 0:00 | 0:00 | 0:00 | 0:00 | +0:13 | |
| 4 | Per Arne Andresen | | | | | | | | | | | | | |
| 3:31 (5) | 7:37 (5) | 12:14 (3) | 20:37 (7) | 23:30 (4) | 24:43 (4) | 29:09 (4) | 32:49 (4) | 34:28 (4) | 37:09 (4) | 40:51 (4) | 44:34 (4) | 46:55 (4) | 48:18 (4) | |
| 3:31 (5) | 4:06 (9) | 4:37 (3) | 8:23 (10) | 2:53 (3) | 1:13 (3) | 4:26 (5) | 3:40 (7) | 1:39 (2) | 2:41 (4) | 3:42 (4) | 3:43 (3) | 2:21 (4) | 1:23 (11) | |
| +0:33 | +1:05 | +1:05 | +2:39 | +0:22 | +0:08 | +1:07 | +1:40 | +0:01 | +0:13 | +0:22 | +0:36 | +0:24 | +0:25 | |
| 5 | Berit Danielsen | | | | | | | | | | | | | |
| 4:01 (9) | 9:04 (14) | 15:09 (13) | 23:29 (11) | 26:54 (8) | 28:56 (9) | 33:30 (8) | 37:21 (8) | 39:19 (7) | 42:10 (6) | 46:28 (6) | 50:27 (5) | 53:13 (5) | 54:22 (5) | |
| 4:01 (9) | 5:03 (16) | 6:05 (11) | 8:20 (9) | 3:25 (6) | 2:02 (11) | 4:34 (7) | 3:51 (9) | 1:58 (6) | 2:51 (6) | 4:18 (6) | 3:59 (5) | 2:46 (10) | 1:09 (4) | |
| +1:03 | +2:02 | +2:33 | +2:36 | +0:54 | +0:57 | +1:15 | +1:51 | +0:20 | +0:23 | +0:58 | +0:52 | +0:49 | +0:11 | |
| 6 | Geir Trøan | | | | | | | | | | | | | |
| 4:48 (16) | 8:06 (10) | 13:10 (8) | 20:14 (5) | 23:33 (5) | 25:09 (5) | 31:53 (5) | 35:58 (5) | 37:59 (5) | 41:40 (5) | 46:25 (5) | 51:24 (6) | 53:51 (6) | 55:01 (6) | |
| 4:48 (16) | 3:18 (2) | 5:04 (6) | 7:04 (4) | 3:19 (5) | 1:36 (9) | 6:44 (14) | 4:05 (11) | 2:01 (8) | 3:41 (11) | 4:45 (8) | 4:59 (11) | 2:27 (5) | 1:10 (5) | |
| +1:50 | +0:17 | +1:32 | +1:20 | +0:48 | +0:31 | +3:25 | +2:05 | +0:23 | +1:13 | +1:25 | +1:52 | +0:30 | +0:12 | |
| 7 | Sigrun Tytlandsvik | | | | | | | | | | | | | |
| 3:01 (2) | 6:02 (1) | 14:31 (10) | 20:15 (6) | 24:56 (6) | 28:53 (8) | 33:15 (7) | 36:53 (6) | 38:31 (6) | 44:16 (9) | 48:32 (8) | 53:01 (8) | 55:05 (7) | 56:03 (7) | |
| 3:01 (2) | 3:01 (1) | 8:29 (16) | 5:44 (1) | 4:41 (10) | 3:57 (16) | 4:22 (3) | 3:38 (5) | 1:38 (1) | 5:45 (15) | 4:16 (5) | 4:29 (9) | 2:04 (3) | 0:58 (1) | |
| +0:03 | 0:00 | +4:57 | 0:00 | +2:10 | +2:52 | +1:03 | +1:38 | 0:00 | +3:17 | +0:56 | +1:22 | +0:07 | 0:00 | |

| | | | | | | | | | | | | | |
|------------|--------------------------------|----------------------------|------------|------------|------------|------------|------------|--------------|--------------|--------------|--------------|----------------|--------------|
| 8 | Linda Gammelsæter | Kolbotn og Skimt OL | | | | | | | | | | 56:49 | |
| 4:17 (12) | 7:39 (6) | 12:55 (6) | 20:05 (4) | 29:19 (11) | 30:36 (10) | 35:06 (10) | 38:44 (9) | 40:45 (9) | 43:34 (7) | 48:03 (7) | 52:49 (7) | 55:27 (8) | 56:49 (8) |
| 4:17 (12) | 3:22 (4) | 5:16 (8) | 7:10 (5) | 9:14 (16) | 1:17 (5) | 4:30 (6) | 3:38 (5) | 2:01 (8) | 2:49 (5) | 4:29 (7) | 4:46 (10) | 2:38 (7) | 1:22 (10) |
| +1:19 | +0:21 | +1:44 | +1:26 | +6:43 | +0:12 | +1:11 | +1:38 | +0:23 | +0:21 | +1:09 | +1:39 | +0:41 | +0:24 |
| 9 | Trine Marit Justad Raen | Lierbygda OL | | | | | | | | | | 59:49 | |
| 3:46 (6) | 8:25 (11) | 15:08 (12) | 23:05 (10) | 27:09 (9) | 28:26 (7) | 33:37 (9) | 37:19 (7) | 40:22 (8) | 43:38 (8) | 48:51 (9) | 55:10 (9) | 58:32 (9) | 59:49 (9) |
| 3:46 (6) | 4:39 (11) | 6:43 (13) | 7:57 (7) | 4:04 (8) | 1:17 (5) | 5:11 (9) | 3:42 (8) | 3:03 (13) | 3:16 (9) | 5:13 (11) | 6:19 (12) | 3:22 (12) | 1:17 (9) |
| +0:48 | +1:38 | +3:11 | +2:13 | +1:33 | +0:12 | +1:52 | +1:42 | +1:25 | +0:48 | +1:53 | +3:12 | +1:25 | +0:19 |
| 10 | Kjersti Skantze | Tyrving IL | | | | | | | | | | 1:00:13 | |
| 3:16 (4) | 8:04 (9) | 13:55 (9) | 24:39 (14) | 32:28 (14) | 33:57 (13) | 38:42 (11) | 41:42 (11) | 43:34 (10) | 47:02 (11) | 52:00 (10) | 56:17 (10) | 59:01 (10) | 1:00:13 (10) |
| 3:16 (4) | 4:48 (13) | 5:51 (9) | 10:44 (16) | 7:49 (14) | 1:29 (7) | 4:45 (8) | 3:00 (4) | 1:52 (4) | 3:28 (10) | 4:58 (9) | 4:17 (8) | 2:44 (9) | 1:12 (7) |
| +0:18 | +1:47 | +2:19 | +5:00 | +5:18 | +0:24 | +1:26 | +1:00 | +0:14 | +1:00 | +1:38 | +1:10 | +0:47 | +0:14 |
| 11 | Roar Bjordal | Oppsal Orientering | | | | | | | | | | 1:01:49 | |
| 4:12 (10) | 7:50 (7) | 13:05 (7) | 22:30 (9) | 26:00 (7) | 27:33 (6) | 31:56 (6) | 41:27 (10) | 43:44 (11) | 46:35 (10) | 52:58 (11) | 57:10 (11) | 1:00:11 (11) | 1:01:49 (11) |
| 4:12 (10) | 3:38 (7) | 5:15 (7) | 9:25 (14) | 3:30 (7) | 1:33 (8) | 4:23 (4) | 9:31 (16) | 2:17 (12) | 2:51 (6) | 6:23 (13) | 4:12 (7) | 3:01 (11) | 1:38 (13) |
| +1:14 | +0:37 | +1:43 | +3:41 | +0:59 | +0:28 | +1:04 | +7:31 | +0:39 | +0:23 | +3:03 | +1:05 | +1:04 | +0:40 |
| 12 | Anita Sælevik | Haugaland kraft | | | | | | | | | | 1:08:52 | |
| 4:43 (15) | 9:43 (16) | 15:47 (14) | 23:53 (13) | 28:14 (10) | 30:59 (11) | 39:06 (13) | 43:21 (13) | 45:32 (13) | 49:13 (13) | 54:11 (12) | 1:03:54 (12) | 1:07:20 (12) | 1:08:52 (12) |
| 4:43 (15) | 5:00 (14) | 6:04 (10) | 8:06 (8) | 4:21 (9) | 2:45 (14) | 8:07 (17) | 4:15 (12) | 2:11 (11) | 3:41 (11) | 4:58 (9) | 9:43 (17) | 3:26 (13) | 1:32 (12) |
| +1:45 | +1:59 | +2:32 | +2:22 | +1:50 | +1:40 | +4:48 | +2:15 | +0:33 | +1:13 | +1:38 | +6:36 | +1:29 | +0:34 |
| 13 | Per Myhre | Haugaland kraft | | | | | | | | | | 1:10:17 | |
| 4:27 (14) | 7:59 (8) | 12:48 (5) | 21:57 (8) | 30:45 (12) | 32:37 (12) | 39:02 (12) | 42:53 (12) | 44:57 (12) | 48:11 (12) | 1:02:31 (14) | 1:06:35 (13) | 1:09:05 (13) | 1:10:17 (13) |
| 4:27 (14) | 3:32 (5) | 4:49 (5) | 9:09 (13) | 8:48 (15) | 1:52 (10) | 6:25 (11) | 3:51 (9) | 2:04 (10) | 3:14 (8) | 14:20 (16) | 4:04 (6) | 2:30 (6) | 1:12 (7) |
| +1:29 | +0:31 | +1:17 | +3:25 | +6:17 | +0:47 | +3:06 | +1:51 | +0:26 | +0:46 | +11:00 | +0:57 | +0:33 | +0:14 |
| 14 | Stig Hultgreen Karlsen | IL GeoForm | | | | | | | | | | 1:14:02 | |
| 3:57 (7) | 8:31 (12) | 14:56 (11) | 23:31 (12) | 33:21 (15) | 35:32 (14) | 41:59 (14) | 46:23 (14) | 49:28 (14) | 53:52 (14) | 1:00:19 (13) | 1:07:16 (14) | 1:11:43 (14) | 1:14:02 (14) |
| 3:57 (7) | 4:34 (10) | 6:25 (12) | 8:35 (11) | 9:50 (17) | 2:11 (12) | 6:27 (12) | 4:24 (13) | 3:05 (14) | 4:24 (13) | 6:27 (14) | 6:57 (14) | 4:27 (15) | 2:19 (17) |
| +0:59 | +1:33 | +2:53 | +2:51 | +7:19 | +1:06 | +3:08 | +2:24 | +1:27 | +1:56 | +3:07 | +3:50 | +2:30 | +1:21 |
| 15 | Sharon Broadwell | IL GeoForm | | | | | | | | | | 1:22:38 | |
| 4:15 (11) | 8:57 (13) | 17:22 (16) | 26:24 (15) | 31:07 (13) | 37:36 (16) | 44:06 (15) | 49:35 (15) | 56:16 (15) | 1:03:53 (16) | 1:09:37 (15) | 1:16:29 (15) | 1:20:30 (15) | 1:22:38 (15) |
| 4:15 (11) | 4:42 (12) | 8:25 (15) | 9:02 (12) | 4:43 (11) | 6:29 (17) | 6:30 (13) | 5:29 (15) | 6:41 (17) | 7:37 (17) | 5:44 (12) | 6:52 (13) | 4:01 (14) | 2:08 (14) |
| +1:17 | +1:41 | +4:53 | +3:18 | +2:12 | +5:24 | +3:11 | +3:29 | +5:03 | +5:09 | +2:24 | +3:45 | +2:04 | +1:10 |
| 16 | Rolf Hagman | Kolbotn og Skimt OL | | | | | | | | | | 1:29:57 | |
| 4:22 (13) | 9:23 (15) | 16:11 (15) | 28:22 (16) | 34:49 (16) | 37:06 (15) | 44:29 (16) | 58:02 (17) | 1:01:15 (17) | 1:07:42 (17) | 1:14:54 (16) | 1:22:29 (16) | 1:27:47 (16) | 1:29:57 (16) |
| 4:22 (13) | 5:01 (15) | 6:48 (14) | 12:11 (17) | 6:27 (13) | 2:17 (13) | 7:23 (16) | 13:33 (17) | 3:13 (15) | 6:27 (16) | 7:12 (15) | 7:35 (15) | 5:18 (17) | 2:10 (15) |
| +1:24 | +2:00 | +3:16 | +6:27 | +3:56 | +1:12 | +4:04 | +11:33 | +1:35 | +3:59 | +3:52 | +4:28 | +3:21 | +1:12 |
| 17 | Emilie Rehn | Kolbotn og Skimt OL | | | | | | | | | | 1:38:55 | |
| 5:39 (17) | 12:28 (17) | 22:04 (17) | 32:29 (17) | 38:54 (17) | 42:42 (17) | 49:28 (17) | 54:49 (16) | 58:38 (16) | 1:03:31 (15) | 1:22:44 (17) | 1:31:48 (17) | 1:36:43 (17) | 1:38:55 (17) |
| 5:39 (17) | 6:49 (17) | 9:36 (17) | 10:25 (15) | 6:25 (12) | 3:48 (15) | 6:46 (15) | 5:21 (14) | 3:49 (16) | 4:53 (14) | 19:13 (17) | 9:04 (16) | 4:55 (16) | 2:12 (16) |
| +2:41 | +3:48 | +6:04 | +4:41 | +3:54 | +2:43 | +3:27 | +3:21 | +2:11 | +2:25 | +15:53 | +5:57 | +2:58 | +1:14 |
| DSQ | Don Skantze | Tyrving IL | | | | | | | | | | 1:23:59 | |
| 6:23 | 10:25 | 15:29 | 23:09 | 27:16 | 28:33 | 32:27 | 36:33 | 49:30 | 53:13 | | | 1:22:32 | 1:23:59 |
| 6:23 | 4:02 | 5:04 | 7:40 | 4:07 | 1:17 | 3:54 | 4:06 | 12:57 | 3:43 | | | 0:00 | 0:00 |
| +6:23 | +4:02 | +5:04 | +7:40 | +4:07 | +1:17 | +3:54 | +4:06 | +12:57 | +3:43 | | | 0:00 | 0:00 |

Arrangør: Kolbotn & Skimt OL

Antall deltagere: 63

Cached version 258809 bytes
Cachetime 10 August 2019 13:31:09

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