# Rankingløp 28 - Jon Tolgensbakk minneløp - Gløggløpet

Dato/sted: 13. desember 2025 - Sognsvann
Kart: Sognsvann øst
Arr: IL GeoForm v/styret og Frank Åge Kippernes
Antall: Totalt: 175 (GeoForm: 17, OSI: 2, DNV: 3, Andre: 153)
Løpsrapport: Alder: 21-: 155, 17-20: 0, 13-16: 1, 0-12: 18
Startkont: kr. 50: 135 kr. 30: 40 kr. 0: 0
Betalt: kr. 50: 135 kr. 30: 37 kr. 0: 3
Leiebrikker: 18 stk

Resultater: Lang(60)| Mellom(60)| Kort(42)| Småtroll(13)| Grafisk
Strekktider: Lang(60)| Mellom(60)| Kort(42)| Småtroll(13)|

## Resultater Lang (5.2 km)

| Plass | Navn | Klubb | Tid | | Poeng |
|---|---|---|---|---|---|
| 1 | Vister, Anders | Bækkelagets SK | 0:32:50 | + 00:00 | 151.66 |
| 2 | Sommerhein, Erlend | Fossum IF | 0:33:46 | + 00:56 | 151.00 |
| 3 | Breivik, Eirik Langedal | Nydalens SK | 0:34:45 | + 01:55 | 150.30 |
| 4 | Nilsen, Audun Bjerkreim | IL Koll | 0:36:37 | + 03:47 | 148.97 |
| 5 | Dyrkorn, Ane | Nydalens SK | 0:37:54 | + 05:04 | 148.06 |
| 6 | Bæk, Sindre | Oppsal Orientering | 0:42:19 | + 09:29 | 144.92 |
| 7 | Schlaupitz, Holger | IL GeoForm | 0:42:36 | + 09:46 | 144.72 |
| 8 | Prydz, Espen Beer | Heming Orientering | 0:42:47 | + 09:57 | 144.59 |
| 9 | Grønneberg, Skage | Heming Orientering | 0:43:29 | + 10:39 | 144.09 |
| 10 | Bjørnstad, Victoria Hæstad | Fossum IF | 0:44:23 | + 11:33 | 143.45 |
| 11 | Henriksen, Jan Tore | Norges Bank BIL | 0:45:00 | + 12:10 | 143.02 |
| 12 | Rygh, Karl Even | Heming Orientering | 0:46:20 | + 13:30 | 142.07 |
| 13 | Kalleson, Tina | Oppsal Orientering | 0:46:36 | + 13:46 | 141.88 |
| 14 | Langmyren, Ole Kjell | Lillomarka OL | 0:47:56 | + 15:06 | 140.93 |
| 15 | Tonna, Eivind | Asker Skiklubb | 0:48:35 | + 15:45 | 140.47 |
| 16 | Farkas, Lorant | Østmarka OK | 0:49:02 | + 16:12 | 140.15 |
| 17 | Stenshorne, Per Christian | Nydalens SK | 0:50:01 | + 17:11 | 139.45 |
| 18 | Helland, Knut | Østmarka OK | 0:50:22 | + 17:32 | 139.20 |
| 19 | Eriksen, Jan Richard | Asker Skiklubb | 0:50:31 | + 17:41 | 139.09 |
| 20 | Berstad, Audun | Heming Orientering | 0:50:48 | + 17:58 | 138.89 |
| 21 | Standal, Helge | IL Koll | 0:52:20 | + 19:30 | 137.80 |
| 22 | Gløersen, Marthe | Bækkelagets SK | 0:52:22 | + 19:32 | 137.78 |
| 23 | Seierstad, Ivar | IL GeoForm | 0:52:26 | + 19:36 | 137.73 |
| 24 | Coward, Thor Christian | OK Sør | 0:52:41 | + 19:51 | 137.55 |
| 25 | Hæstad, Nils | Fossum IF | 0:52:54 | + 20:04 | 137.40 |
| 26 | Systad, Rolv Anders | Lyn Ski | 0:52:56 | + 20:06 | 137.38 |
| 27 | Langaas, Sindre | Nydalens SK | 0:53:14 | + 20:24 | 137.16 |
| 28 | Birkeland, Roger | Telenor BIL | 0:53:35 | + 20:45 | 136.91 |
| 29 | Norman, Niklas | IL GeoForm | 0:54:55 | + 22:05 | 135.97 |
| 30 | Slåstad, Oline Soma | Raumar Orientering | 0:55:21 | + 22:31 | 135.66 |
| 31 | Hauge, Bjørn | Nydalens SK | 0:55:43 | + 22:53 | 135.40 |
| 32 | Rustad, Gunnar | Nittedal OL | 0:56:01 | + 23:11 | 135.19 |
| 33 | Onsager, Knut | Geoform IL | 1:00:02 | + 27:12 | 132.33 |
| 34 | Saugestad, Fredrik | Nydalens SK | 1:00:09 | + 27:19 | 132.25 |
| 35 | Ask, Kjetil | Nittedal OL | 1:01:41 | + 28:51 | 131.16 |
| 36 | Johnson, Alexander Urnes | Årvoll IL | 1:01:57 | + 29:07 | 130.97 |
| 37 | Sandvik, Cathrine | Norges Bank BIL | 1:02:12 | + 29:22 | 130.79 |
| 38 | Heitmann, Ståle | IL GeoForm | 1:02:46 | + 29:56 | 130.39 |
| 39 | Moe, Morten | Fet OL | 1:02:50 | + 30:00 | 130.34 |

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|---|---|---|---|---|
| 40 | Koren, Hallvard | OK Moss | 1:03:05 + 30:15 | 130.16 |
| 41 | Steinsholt, Halvor | Ås-NMBU Orientering | 1:04:49 + 31:59 | 128.93 |
| 42 | Bjørnerud, Erik | IL GeoForm | 1:05:11 + 32:21 | 128.67 |
| 43 | Utskarpen, Audrun | IL GeoForm | 1:05:46 + 32:56 | 128.26 |
| 44 | Stokseth, Endre | Nydalens SK | 1:06:07 + 33:17 | 128.01 |
| 45 | Kildahl, Øystein | Østmarka OK | 1:09:35 + 36:45 | 125.54 |
| 46 | Kløvstad, Anders | Nydalens SK | 1:11:48 + 38:58 | 123.97 |
| 47 | Aulie, Harald | Heming Orientering | 1:12:46 + 39:56 | 123.28 |
| 48 | Fixdal, Trude | Heming Orientering | 1:12:55 + 40:05 | 123.17 |
| 49 | Grinde, Bjørn | Oslostudentenes IK | 1:15:20 + 42:30 | 121.46 |
| 50 | Bengtsson, Simon | Fossum IF | 1:16:39 + 43:49 | 120.52 |
| 51 | Romcke, Elisabeth | OK Moss | 1:17:17 + 44:27 | 120.07 |
| 52 | Osen, Per | Vestre Akers SK | 1:20:32 + 47:42 | 117.76 |
| 53 | Kippernes, Frank Åge | IL GeoForm | 1:20:58 + 48:08 | 117.45 |
| 54 | Høivold, Erik | IL GeoForm | 1:24:17 + 51:27 | 115.09 |
| 55 | Omdal, Marianne | IL GeoForm | 1:26:39 + 53:49 | 113.41 |
| 56 | Horwath, Zoltan | DNV | 1:29:07 + 56:17 | 111.66 |
| 57 | Christensen, Lars | VBIL | 1:36:29 +1:03:39 | 106.42 |
| 58 | Grenborgen, Betty | Koll, IL | 1:41:11 +1:08:21 | 103.08 |
| DSQ | Rystad, Jarand | Heming Orientering | 1:04:30 (-7 poster) | 81.58 |
| DSQ | Opperud, Elin Nygaard | OK Moss | 1:55:37 (-7 poster) | 81.58 |

## Resultater Mellom (3.5 km)

| Plass | Navn | Klubb | Tid | Poeng |
|---|---|---|---|---|
| 1 | Hansen, Sigrid Ottestad | Gimle IF | 0:29:42 + 00:00 | 136.35 |
| 2 | Sommerhein, Pål | Fossum IF | 0:31:45 + 02:03 | 135.23 |
| 3 | Holten, Marie Rygh | Nydalens SK | 0:32:43 + 03:01 | 134.71 |
| 4 | Løvhaug, Karl Richard | IL Koll | 0:32:59 + 03:17 | 134.56 |
| 5 | Benjaminsen, Vidar | Lillomarka OL | 0:33:45 + 04:03 | 134.15 |
| 6 | Bjerkreim, Gitte Bromander | Koll, IL | 0:34:10 + 04:28 | 133.92 |
| 7 | Kaarby, Jon | Nydalens SK | 0:34:56 + 05:14 | 133.50 |
| 8 | Sagberg, Håkon | IL Koll | 0:35:13 + 05:31 | 133.35 |
| 9 | Sønsterudbråten, Ståle | Lillomarka OL | 0:37:29 + 07:47 | 132.12 |
| 10 | Eriksen, Are | Oslostudentenes IK | 0:38:20 + 08:38 | 131.65 |
| 10 | Berge, Rune | Tyrving IL | 0:38:20 + 08:38 | 131.65 |
| 12 | Jensen, Einar | Nydalens SK | 0:39:08 + 09:26 | 131.22 |
| 13 | Teigland, Rune | Østmarka OK | 0:39:20 + 09:38 | 131.11 |
| 14 | Sletner, Solveig | Røyken OL | 0:41:20 + 11:38 | 130.02 |
| 15 | Granly, Martin | Siemens | 0:41:22 + 11:40 | 130.00 |
| 16 | Roti, Torunn Drage | IL GeoForm | 0:42:12 + 12:30 | 129.55 |
| 17 | Bratsberg, Bo | Privat | 0:43:03 + 13:21 | 129.09 |
| 18 | Tonna, Sigurd | Ringerike OL | 0:43:38 + 13:56 | 128.77 |
| 19 | Christiansen, Håvard | Forsvarsbygg | 0:45:05 + 15:23 | 127.98 |
| 20 | Onstad, Lars | OoC | 0:45:28 + 15:46 | 127.77 |
| 21 | Øvergaard, Tormod | Vestre Akers SK | 0:45:29 + 15:47 | 127.77 |
| 22 | Sæther, Øystein | Lillomarka OL | 0:45:34 + 15:52 | 127.72 |
| 23 | Brurberg, May Bente | Ås-NMBU Orientering | 0:45:38 + 15:56 | 127.68 |
| 24 | Sagberg, Heddy | IL Koll | 0:46:17 + 16:35 | 127.33 |
| 25 | Sigurdsen, Roar | Ringnes BIL | 0:46:26 + 16:44 | 127.25 |
| 26 | Lahlum, Tor | Nordre Follo Orientering | 0:46:52 + 17:10 | 127.01 |
| 27 | Rørvik, Gisela Sundelin | Heming Orientering | 0:46:53 + 17:11 | 127.00 |
| 28 | Berge, Ketil | Vestre Akers SK | 0:47:14 + 17:32 | 126.81 |
| 29 | Hultgreen Karlsen, Stig | IL GeoForm | 0:47:17 + 17:35 | 126.79 |
| 30 | Van Eijmeren, Wouter | Privat | 0:49:35 + 19:53 | 125.54 |
| 31 | Flenning, Øystein | IL GeoForm | 0:49:43 + 20:01 | 125.46 |
| 32 | Stiansen, Peer | Nydalens SK | 0:50:11 + 20:29 | 125.21 |

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| 33 | Skjelkvåle, Brit Lisa | IL GeoForm | 0:50:12 + 20:30 | 125.20 |
| 34 | Bjørne-Larsen, Knud | Riksteatret | 0:50:19 + 20:37 | 125.14 |
| 35 | Rikheim, Harald | Privat | 0:50:34 + 20:52 | 125.00 |
| 36 | Karlsbakk, Per Jogeir | Privat | 0:50:52 + 21:10 | 124.84 |
| 37 | Lofthus, Anne Sofie | Lillomarka OL | 0:51:09 + 21:27 | 124.68 |
| 38 | Kongsberg, Morten | IL Tyrving | 0:51:48 + 22:06 | 124.33 |
| 39 | Ultveit-Moe, Jo | IL Koll | 0:53:13 + 23:31 | 123.56 |
| 40 | Jacobsen, Svein S | IL Tyrving | 0:54:22 + 24:40 | 122.93 |
| 41 | Fremming, Hans Henrik | MI | 0:56:46 + 27:04 | 121.63 |
| 42 | Nilsen, Ola | Oppsal Orientering | 0:57:00 + 27:18 | 121.50 |
| 43 | Juhasz, Katalin | Østmarka OK | 0:57:31 + 27:49 | 121.22 |
| 44 | Stensland, Stian | IL Koll | 0:58:07 + 28:25 | 120.90 |
| 45 | Pettersen, Alf | Tyrving IL | 0:59:37 + 29:55 | 120.08 |
| 46 | Clasen, Claus Frimann | Lyberg & Partnere | 1:01:21 + 31:39 | 119.14 |
| 47 | Engzelius, Margrete | Asker Skiklubb | 1:06:15 + 36:33 | 116.47 |
| 48 | Gylver, Øyvind | Asker Skiklubb | 1:06:54 + 37:12 | 116.12 |
| 49 | Stensland, Margit | IL Koll | 1:07:52 + 38:10 | 115.59 |
| 50 | Angell, Truls | Lillomarka OL | 1:08:48 + 39:06 | 115.09 |
| 51 | Bråthen, Henrik | IL Koll | 1:10:54 + 41:12 | 113.94 |
| 52 | Evjen, Maria | Privat | 1:11:10 + 41:28 | 113.80 |
| 53 | Berstad, Paula | Heming Orientering | 1:11:26 + 41:44 | 113.65 |
| 54 | Stokset, Brynjar | Oppsal Orientering | 1:24:18 + 54:36 | 106.66 |
| 55 | Stokset, Kathrine | Oppsal Orientering | 1:36:54 +1:07:12 | 100.00 |
| 56 | Hofstad, Bjørn | Vestre Akers SK | 1:48:42 +1:19:00 | 100.00 |
| DSQ | Hanslien, Uno | Privat | 1:47:01 DSQ | 100.00 |
| DSQ | Røstadsand, Per Arne | Nydalens SK | 0:55:43 (-1 poster) | 95.83 |
| DSQ | Eijsink, Vincent | Ås-NMBU Orientering | 1:01:00 (-3 poster) | 87.50 |
| DSQ | Sauar, Brita | IL Koll | 1:23:28 (-4 poster) | 83.33 |

## Resultater Kort (2.2 km)

| Plass | Navn | Klubb | Tid | Poeng |
|---|---|---|---|---|
| 1 | Heggland, Knut | Privat | 0:24:55 + 00:00 | 121.49 |
| 2 | Berteig, Vidar | IL GeoForm | 0:25:23 + 00:28 | 121.33 |
| 3 | Færden, Jon | Nordre Follo Orientering | 0:31:32 + 06:37 | 119.23 |
| 4 | Løken, Knut Anders | IL Koll | 0:32:12 + 07:17 | 119.00 |
| 5 | Danielsen, Anne | Nydalens SK | 0:32:23 + 07:28 | 118.94 |
| 6 | Standal, Aksel Løvhaug | IL Koll | 0:32:28 + 07:33 | 118.91 |
| 7 | Broadwell, Sharon | IL GeoForm | 0:37:07 + 12:12 | 117.32 |
| 8 | Petersen, John Thomas | Nittedal OL | 0:38:19 + 13:24 | 116.92 |
| 9 | Løken, Aleidis | Heming Orientering | 0:38:50 + 13:55 | 116.74 |
| 10 | Bjerkreim, Axel Bromander | IL Koll | 0:39:32 + 14:37 | 116.50 |
| 11 | Jacobsen, Kjetil | Hamar OK | 0:40:33 + 15:38 | 116.15 |
| 12 | Fosser, Per | Heming Orientering | 0:40:37 + 15:42 | 116.13 |
| 13 | Eikeland, Inger Johanne | Nydalens SK | 0:42:02 + 17:07 | 115.65 |
| 14 | Nilstad, Randi | Tyrving IL | 0:44:18 + 19:23 | 114.87 |
| 15 | Berg, Marius | Fossum IF | 0:45:20 + 20:25 | 114.52 |
| 16 | Huseth, Egil | Kamp/Vestheim IF | 0:46:33 + 21:38 | 114.10 |
| 17 | Haugen, Per | Lillomarka OL | 0:47:13 + 22:18 | 113.88 |
| 18 | Kalleson, Elin | Oppsal Orientering | 0:47:20 + 22:25 | 113.84 |
| 19 | Martinsen, Ove | Hauketo IF | 0:49:40 + 24:45 | 113.04 |
| 20 | Fougner, Jon C. | Heming Orientering | 0:50:46 + 25:51 | 112.66 |
| 21 | Bjørgum, Hallvard | VBIL | 0:51:21 + 26:26 | 112.46 |
| 22 | Sandelien, Bjørn | Heming Orientering | 0:52:28 + 27:33 | 112.08 |
| 23 | Vik, Elen | IL Koll | 0:53:03 + 28:08 | 111.88 |
| 24 | Grenborgen, Tor | IL Koll | 0:58:39 + 33:44 | 109.97 |
| 25 | Solheim, ' | Nydalens SK | 0:59:35 + 34:40 | 109.65 |

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| 26 | Skomedal, Torkjell | IL Koll | 1:01:52 + 36:57 | 108.87 |
| 27 | Skomedal, Petra | Koll, IL | 1:01:53 + 36:58 | 108.87 |
| 28 | Eine, Toril | Esso Sport | 1:06:26 + 41:31 | 107.31 |
| 29 | Sandelien, Sidsel | Heming Orientering | 1:06:52 + 41:57 | 107.17 |
| 30 | Myhre, Stein | Bærums Skiklub | 1:08:24 + 43:29 | 106.64 |
| 31 | Eriksen, Tove | Privat | 1:08:30 + 43:35 | 106.61 |
| 32 | Egner, Bjørn | Heming Orientering | 1:08:38 + 43:43 | 106.56 |
| 33 | Grymyr, Aina | Nordre Follo Orientering | 1:08:44 + 43:49 | 106.53 |
| 34 | Sandvik, Jan Arne | Raumar OL | 1:16:13 + 51:18 | 103.97 |
| 35 | Stensland, Ivar | IL Koll | 1:22:22 + 57:27 | 101.87 |
| 36 | Thomsen, Elwood Tolleiv | IL Koll | 1:22:30 + 57:35 | 101.83 |
| | Haugen-Jordheim, Rasmus | Koll, IL | FULLFØRT | 100.00 |
| DSQ | Gjessing, Ola Peter Krohn | Heming Orientering | 0:44:03 (-1 poster) | 95.00 |
| DSQ | Berge, Berit | IL Tyrving | 1:32:44 (-4 poster) | 80.00 |
| | Madsen, Øystein | Haugerud IF | DELTATT | 50.00 |
| | Haugen-Jordheim, Marie | IL Koll | FULLFØRT | 100.00 |
| DSQ | Hammer, Lena | Vestre Akers SK | 0:19:46 (-8 poster) | 60.00 |

## Resultater Småtroll (1.0 km)

| Plass | Navn | Klubb | Tid | Poeng |
|---|---|---|---|---|
| 1 | Fanavoll, Jon | Kamp Vestheim | 0:24:57 + 00:00 | 100.00 |
| 2 | Andersson, Tage | IL Koll | 0:26:57 + 02:00 | 100.00 |
| 3 | Vister, Alma | Bækkelagets SK | 0:35:04 + 10:07 | 100.00 |
| 4 | Eide-Fredriksen, Alvin | Kamp/Vestheim IF | 0:35:09 + 10:12 | 100.00 |
| 5 | Eide-Fredriksen, Ivi | Kamp/Vestheim IF | 0:39:58 + 15:01 | 100.00 |
| 6 | Solhjell, Hauk | Privat | 0:40:07 + 15:10 | 100.00 |
| 7 | Eide-Fredriksen, Aksel | Kamp/Vestheim IF | 0:40:13 + 15:16 | 100.00 |
| 8 | Sletner, Alma | Røyken OL | 0:42:40 + 17:43 | 100.00 |
| 9 | Sletner, Iver | Røyken OL | 0:42:46 + 17:49 | 100.00 |
| 10 | Sletner, Audun | Røyken OL | 0:43:22 + 18:25 | 100.00 |
| 11 | Wibe, Maja Sletner | IL GeoForm | 0:43:35 + 18:38 | 100.00 |
| 12 | Asak-Jacobsen, Maria | | 0:51:58 + 27:01 | 100.00 |
| 13 | Schwencke, Gustav Langbø | | 1:03:11 + 38:14 | 100.00 |

## Strekktider Lang

| Plass | Navn | Klubb | Tid | Poeng |
|---|---|---|---|---|
| **1** | **Vister, Anders** | **Bækkelagets SK** | **0:32:50 + 00:00** | **151.66** |
| 01:06-4 | 01:58-4 | 03:28-1 | 04:59-1 | 06:12-1 | 09:12-1 | 11:06-1 | 14:28-1 | 16:43-1 | 17:11-1 | 18:29-1 | 19:23-1 | 21:07-1 | 22:30-1 | 23:49-1 | 27:22-1 | 30:25-1 | 31:37-1 | 32:21-1 | 32:50-1 |
| 01:06-4 | 00:52-1 | 01:30-1 | 01:31-1 | 01:13-1 | 03:00-2 | 01:54-1 | 03:22-2 | 02:15-3 | 00:28-3 | 01:18-2 | 00:54-1 | 01:44-2 | 01:23-3 | 01:19-2 | 03:33-2 | 03:03-1 | 01:12-3 | 00:44-1 | 00:29-21 |
| 00:06# | 00:00= | 00:00= | 00:00= | 00:00= | 00:02+ | 00:00= | 00:07+ | 00:09+ | 00:03# | 00:08# | 00:00= | 00:04+ | 00:05+ | 00:05+ | 00:15+ | 00:00= | 00:11# | 00:00= | 00:10& |
| **2** | **Sommerhein, Erlend** | **Fossum IF** | **0:33:46 + 00:56** | **151.00** | | | | | | | | | | | | | | | |
| 01:00-1 | 01:57-2 | 03:32-2 | 05:10-2 | 06:25-2 | 09:23-2 | 11:24-2 | 14:57-2 | 17:06-2 | 17:31-2 | 18:52-2 | 19:48-2 | 22:00-2 | 23:19-2 | 24:50-2 | 28:28-2 | 31:39-2 | 32:40-2 | 33:27-2 | 33:46-2 |
| 01:00-1 | 00:57-4 | 01:35-2 | 01:38-2 | 01:15-3 | 02:58-1 | 02:01-3 | 03:33-3 | 02:09-2 | 00:25-1 | 01:21-3 | 00:56-3 | 02:12-5 | 01:19-2 | 01:31-6 | 03:38-3 | 03:11-3 | 01:01-1 | 00:47-5 | 00:19-1 |
| 00:00= | 00:05+ | 00:05+ | 00:07+ | 00:02+ | 00:00= | 00:07+ | 00:18+ | 00:03+ | 00:00= | 00:11# | 00:02+ | 00:32& | 00:01+ | 00:17# | 00:20# | 00:08+ | 00:00= | 00:03+ | 00:00= |
| **3** | **Breivik, Eirik Langedal** | **Nydalens SK** | **0:34:45 + 01:55** | **150.30** | | | | | | | | | | | | | | | |
| 01:03-2 | 01:55-1 | 03:42-3 | 07:32-17 | 08:46-12 | 11:50-6 | 13:48-5 | 17:03-5 | 19:09-4 | 19:37-3 | 20:47-3 | 21:41-3 | 23:21-3 | 24:39-3 | 25:53-3 | 29:11-3 | 32:18-3 | 33:27-3 | 34:12-3 | 34:45-3 |
| 01:03-2 | 00:52-1 | 01:47-3 | 03:50-44 | 01:14-2 | 03:04-3 | 01:58-2 | 03:15-1 | 02:06-1 | 00:28-3 | 01:10-1 | 00:54-1 | 01:40-1 | 01:18-1 | 01:14-1 | 03:18-1 | 03:07-2 | 01:09-2 | 00:45-2 | 00:33-31 |
| 00:03+ | 00:00= | 00:17# | 02:19@ | 00:01+ | 00:06+ | 00:04+ | 00:00= | 00:00= | 00:03# | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:04+ | 00:08# | 00:01+ | 00:14& |
| **4** | **Nilsen, Audun Bjerkreim** | **IL Koll** | **0:36:37 + 03:47** | **148.97** | | | | | | | | | | | | | | | |
| 01:04-3 | 01:58-3 | 03:52-4 | 05:54-3 | 07:17-3 | 10:49-3 | 12:55-3 | 16:46-3 | 19:08-3 | 19:39-4 | 21:05-4 | 22:12-4 | 24:08-4 | 25:38-4 | 27:03-4 | 30:52-4 | 34:11-4 | 35:31-4 | 36:16-4 | 36:37-4 |
| 01:04-3 | 00:54-3 | 01:54-5 | 02:02-9 | 01:23-4 | 03:32-5 | 02:06-4 | 03:51-5 | 02:22-4 | 00:31-6 | 01:26-5 | 01:07-4 | 01:56-3 | 01:30-4 | 01:25-3 | 03:49-5 | 03:19-4 | 01:20-6 | 00:45-2 | 00:21-2 |
| 00:04+ | 00:02+ | 00:24& | 00:31& | 00:10# | 00:34# | 00:12# | 00:36# | 00:16# | 00:06# | 00:16# | 00:13# | 00:16# | 00:12# | 00:11# | 00:31# | 00:16+ | 00:19& | 00:01+ | 00:02# |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **5** | **Dyrkorn, Ane** | | | **Nydalens SK** | | | **0:37:54** | **+** | **05:04** | **148.06** | | | | | | | | | | | |
| 01:08-5 | 02:11-5 | 04:19-6 | 05:59-4 | 07:24-4 | 10:52-4 | 13:03-4 | 16:49-4 | 19:24-5 | | 19:54-5 | 21:16-5 | 22:26-5 | 24:24-5 | 26:04-5 | 27:32-5 | 31:28-5 | 35:07-5 | 36:26-5 | 37:29-5 | 37:54-5 | |
| 01:08-5 | 01:03-7 | 02:08-10 | 01:40-3 | 01:25-5 | 03:28-4 | 02:11-5 | 03:46-4 | 02:35-5 | | 00:30-5 | 01:22-4 | 01:10-6 | 01:58-4 | 01:40-6 | 01:28-4 | 03:56-6 | 03:39-5 | 01:19-5 | 01:03-16 | 00:25-11 | |
| 00:08# | 00:11# | 00:38& | 00:09+ | 00:12# | 00:30# | 00:17# | 00:31# | 00:29# | | 00:05# | 00:12# | 00:16& | 00:18# | 00:22& | 00:14# | 00:38# | 00:36# | 00:18& | 00:19& | 00:06& | |
| **6** | **Bæk, Sindre** | | | **Oppsal Orientering** | | | **0:42:19** | **+** | **09:29** | **144.92** | | | | | | | | | | | |
| 01:35-27 | 03:00-28 | 05:16-21 | 07:04-12 | 08:39-10 | 12:11-7 | 14:40-8 | 19:12-9 | 21:48-8 | | 22:26-8 | 24:07-8 | 25:26-8 | 27:46-7 | 29:37-7 | 31:10-7 | 34:51-6 | 38:37-6 | 40:33-6 | 41:54-6 | 42:19-6 | |
| 01:35-27 | 01:25-33 | 02:16-14 | 01:48-4 | 01:35-10 | 03:32-5 | 02:29-10 | 04:32-11 | 02:36-6 | | 00:38-18 | 01:41-8 | 01:19-11 | 02:20-7 | 01:51-11 | 01:33-8 | 03:41-4 | 03:46-6 | 01:56-36 | 01:21-37 | 00:25-11 | |
| 00:35& | 00:33& | 00:46& | 00:17# | 00:22& | 00:34# | 00:35& | 01:17& | 00:30# | | 00:13& | 00:31& | 00:25& | 00:40& | 00:33& | 00:19& | 00:23# | 00:43# | 00:55& | 00:37& | 00:06& | |
| **7** | **Schlaupitz, Holger** | | | **IL GeoForm** | | | **0:42:36** | **+** | **09:46** | **144.72** | | | | | | | | | | | |
| 01:16-12 | 02:23-12 | 04:58-17 | 06:59-10 | 08:50-13 | 12:28-10 | 14:49-10 | 18:55-8 | 21:40-7 | | 22:20-7 | 23:58-7 | 25:16-7 | 27:49-8 | 29:37-8 | 31:11-8 | 35:28-8 | 39:30-7 | 41:06-7 | 42:12-7 | 42:36-7 | |
| 01:16-12 | 01:07-14 | 02:35-21 | 02:01-8 | 01:51-21 | 03:38-7 | 02:21-7 | 04:06-7 | 02:45-8 | | 00:40-23 | 01:38-7 | 01:18-10 | 02:33-10 | 01:48-9 | 01:34-9 | 04:17-11 | 04:02-10 | 01:36-16 | 01:06-19 | 00:24-7 | |
| 00:16& | 00:15& | 01:05& | 00:30& | 00:38& | 00:40# | 00:27# | 00:51& | 00:39& | | 00:15& | 00:28& | 00:24& | 00:53& | 00:30& | 00:20& | 00:59& | 00:59& | 00:35& | 00:22& | 00:05& | |
| **8** | **Prydz, Espen Beer** | | | **Heming Orientering** | | | **0:42:47** | **+** | **09:57** | **144.59** | | | | | | | | | | | |
| 01:10-8 | 02:14-7 | 04:14-5 | 06:07-5 | 07:40-5 | 11:23-5 | 14:16-6 | 18:32-7 | 21:53-9 | | 22:28-9 | 24:30-9 | 25:39-9 | 28:08-9 | 30:00-9 | 31:42-9 | 35:51-9 | 40:03-9 | 41:30-8 | 42:24-8 | 42:47-8 | |
| 01:10-7 | 01:04-10 | 02:00-6 | 01:53-6 | 01:33-8 | 03:43-8 | 02:53-25 | 04:16-9 | 03:21-26 | | 00:35-10 | 02:02-23 | 01:09-5 | 02:29-9 | 01:52-14 | 01:42-16 | 04:09-7 | 04:12-13 | 01:27-8 | 00:54-7 | 00:23-4 | |
| 00:10# | 00:12# | 00:30& | 00:22# | 00:20& | 00:45& | 00:59& | 01:01& | 01:15& | | 00:10& | 00:52& | 00:15& | 00:49& | 00:34& | 00:28& | 00:51& | 01:09& | 00:26& | 00:10# | 00:04# | |
| **9** | **Grønneberg, Skage** | | | **Heming Orientering** | | | **0:43:29** | **+** | **10:39** | **144.09** | | | | | | | | | | | |
| 01:22-20 | 02:27-14 | 04:32-9 | 06:43-8 | 08:10-7 | 12:16-8 | 14:29-7 | 18:25-6 | 21:06-6 | | 21:39-6 | 23:35-6 | 24:49-6 | 27:24-6 | 29:01-6 | 30:39-6 | 34:59-7 | 39:45-8 | 42:05-9 | 43:07-9 | 43:29-9 | |
| 01:22-19 | 01:05-11 | 02:05-8 | 02:11-12 | 01:27-6 | 04:06-14 | 02:13-6 | 03:56-6 | 02:41-7 | | 00:33-7 | 01:56-22 | 01:14-8 | 02:35-11 | 01:37-5 | 01:38-13 | 04:20-12 | 04:46-26 | 02:20-47 | 01:02-15 | 00:22-3 | |
| 00:22& | 00:13& | 00:35& | 00:40& | 00:14# | 01:08& | 00:19# | 00:41# | 00:35& | | 00:08& | 00:46& | 00:20& | 00:55& | 00:19# | 00:24& | 01:02& | 01:43& | 01:19@ | 00:18& | 00:03# | |
| **10** | **Bjørnstad, Victoria Hæstad** | | | **Fossum IF** | | | **0:44:23** | **+** | **11:33** | **143.45** | | | | | | | | | | | |
| 01:13-10 | 02:28-15 | 04:21-7 | 06:11-6 | 07:40-6 | 15:04-20 | 17:29-18 | 21:42-15 | 24:27-15 | | 25:00-15 | 26:29-13 | 27:40-11 | 30:16-11 | 31:56-10 | 33:24-10 | 37:33-10 | 41:30-10 | 43:01-10 | 43:47-10 | 44:23-10 | |
| 01:13-10 | 01:15-20 | 01:53-4 | 01:50-5 | 01:29-7 | 07:24-50 | 02:25-8 | 04:13-8 | 02:45-8 | | 00:33-7 | 01:29-6 | 01:11-7 | 02:36-12 | 01:40-6 | 01:28-4 | 04:09-7 | 03:57-8 | 01:31-12 | 00:46-4 | 00:36-39 | |
| 00:13# | 00:23& | 00:23& | 00:19# | 00:16# | 04:26@ | 00:31& | 00:58& | 00:39& | | 00:08& | 00:19& | 00:17& | 00:56& | 00:22& | 00:14# | 00:51& | 00:54& | 00:30& | 00:02+ | 00:17& | |
| **11** | **Henriksen, Jan Tore** | | | **Norges Bank BIL** | | | **0:45:00** | **+** | **12:10** | **143.02** | | | | | | | | | | | |
| 01:09-6 | 02:12-6 | 04:47-13 | 06:54-9 | 08:37-9 | 13:01-11 | 15:28-11 | 20:37-11 | 23:56-12 | | 24:35-12 | 26:22-11 | 27:49-13 | 30:06-10 | 31:59-11 | 33:46-11 | 38:02-11 | 41:55-11 | 43:39-11 | 44:33-11 | 45:00-11 | |
| 01:09-6 | 01:03-7 | 02:35-21 | 02:07-11 | 01:43-14 | 04:24-17 | 02:27-9 | 05:09-28 | 03:19-25 | | 00:39-19 | 01:47-14 | 01:27-19 | 02:17-6 | 01:53-16 | 01:47-17 | 04:16-10 | 03:53-7 | 01:44-21 | 00:54-7 | 00:27-16 | |
| 00:09# | 00:11# | 01:05& | 00:36& | 00:30& | 01:26& | 00:33& | 01:54& | 01:13& | | 00:14& | 00:37& | 00:33& | 00:37& | 00:35& | 00:33& | 00:58& | 00:50& | 00:43& | 00:10# | 00:08& | |
| **12** | **Rygh, Karl Even** | | | **Heming Orientering** | | | **0:46:20** | **+** | **13:30** | **142.07** | | | | | | | | | | | |
| 01:10-7 | 02:16-8 | 04:28-8 | 06:39-7 | 08:26-8 | 12:16-9 | 14:49-9 | 19:21-10 | 22:22-10 | | 22:59-10 | 24:46-10 | 26:03-10 | 30:34-12 | 32:27-12 | 34:07-12 | 38:59-12 | 43:26-13 | 44:54-13 | 45:52-12 | 46:20-12 | |
| 01:10-7 | 01:06-12 | 02:12-12 | 02:11-12 | 01:47-18 | 03:50-9 | 02:33-12 | 04:32-11 | 03:01-15 | | 00:37-16 | 01:47-14 | 01:17-9 | 04:31-48 | 01:53-16 | 01:40-14 | 04:52-20 | 04:27-18 | 01:28-10 | 00:58-11 | 00:28-17 | |
| 00:10# | 00:14& | 00:42& | 00:40& | 00:34& | 00:52& | 00:39& | 01:17& | 00:55& | | 00:12& | 00:37& | 00:23& | 02:51@ | 00:35& | 00:26& | 01:34& | 01:24& | 00:27& | 00:14& | 00:09& | |
| **13** | **Kalleson, Tina** | | | **Oppsal Orientering** | | | **0:46:36** | **+** | **13:46** | **141.88** | | | | | | | | | | | |
| 01:21-18 | 02:41-21 | 05:23-22 | 07:28-15 | 09:24-15 | 13:28-13 | 16:22-13 | 21:16-13 | 24:06-13 | | 24:42-13 | 26:24-12 | 27:44-12 | 30:50-13 | 32:41-13 | 34:29-13 | 39:00-13 | 43:15-12 | 44:42-12 | 46:07-13 | 46:36-13 | |
| 01:21-17 | 01:20-25 | 02:42-27 | 02:05-10 | 01:56-26 | 04:04-13 | 02:54-26 | 04:54-22 | 02:50-11 | | 00:36-13 | 01:42-9 | 01:20-12 | 03:06-20 | 01:51-11 | 01:48-20 | 04:31-15 | 04:15-15 | 01:27-8 | 01:25-39 | 00:29-21 | |
| 00:21& | 00:28& | 01:12& | 00:34& | 00:43& | 01:06& | 01:00& | 01:39& | 00:44& | | 00:11& | 00:32& | 00:26& | 01:26& | 00:33& | 00:34& | 01:13& | 01:12& | 00:26& | 00:41& | 00:10& | |
| **14** | **Langmyren, Ole Kjell** | | | **Lillomarka OL** | | | **0:47:56** | **+** | **15:06** | **140.93** | | | | | | | | | | | |
| 01:13-11 | 02:19-9 | 04:55-15 | 07:09-13 | 09:21-14 | 14:55-17 | 17:29-17 | 22:18-19 | 25:22-19 | | 25:57-18 | 28:00-18 | 29:23-18 | 31:49-14 | 33:40-14 | 35:27-14 | 40:29-14 | 44:59-15 | 46:34-14 | 47:32-14 | 47:56-14 | |
| 01:13-10 | 01:06-12 | 02:36-23 | 02:14-15 | 02:12-34 | 05:34-35 | 02:34-13 | 04:49-21 | 03:04-17 | | 00:35-10 | 02:03-26 | 01:23-17 | 02:26-8 | 01:51-11 | 01:47-17 | 05:02-25 | 04:30-19 | 01:35-14 | 00:58-11 | 00:24-7 | |
| 00:13# | 00:14& | 01:06& | 00:43& | 00:59& | 02:36& | 00:40& | 01:34& | 00:58& | | 00:10& | 00:53& | 00:29& | 00:46& | 00:33& | 00:33& | 01:44& | 01:27& | 00:34& | 00:14& | 00:05& | |
| **15** | **Tonna, Eivind** | | | **Asker Skiklubb** | | | **0:48:35** | **+** | **15:45** | **140.47** | | | | | | | | | | | |
| 02:54-57 | 04:10-54 | 06:12-39 | 08:11-21 | 09:46-20 | 14:24-16 | 16:59-16 | 21:20-14 | 24:10-14 | | 24:47-14 | 26:33-14 | 28:00-14 | 32:24-16 | 34:25-16 | 36:02-15 | 40:32-15 | 44:44-14 | 46:44-15 | 48:00-15 | 48:35-15 | |
| 02:54-57 | 01:16-21 | 02:02-7 | 01:59-7 | 01:35-10 | 04:38-21 | 02:35-14 | 04:21-10 | 02:50-11 | | 00:37-16 | 01:46-12 | 01:27-19 | 04:24-46 | 02:01-21 | 01:37-10 | 04:30-14 | 04:12-13 | 02:00-38 | 01:16-33 | 00:35-36 | |
| 01:54@ | 00:24& | 00:32& | 00:28& | 00:22& | 01:40& | 00:41& | 01:06& | 00:44& | | 00:12& | 00:36& | 00:33& | 02:44@ | 00:43& | 00:23& | 01:12& | 01:09& | 00:59& | 00:32& | 00:16& | |
| **16** | **Farkas, Lorant** | | | **Østmarka OK** | | | **0:49:02** | **+** | **16:12** | **140.15** | | | | | | | | | | | |
| 01:33-26 | 02:42-22 | 05:09-19 | 07:31-16 | 09:43-18 | 14:14-15 | 16:58-14 | 22:05-17 | 25:20-18 | | 26:01-19 | 28:14-19 | 29:46-19 | 32:52-17 | 34:55-17 | 36:32-17 | 41:12-16 | 45:55-16 | 47:30-16 | 48:34-16 | 49:02-16 | |
| 01:33-26 | 01:09-16 | 02:27-19 | 02:22-16 | 02:12-34 | 04:31-19 | 02:44-20 | 05:07-26 | 03:15-22 | | 00:41-26 | 02:13-29 | 01:32-24 | 03:06-20 | 02:03-22 | 01:37-10 | 04:40-18 | 04:43-24 | 01:35-14 | 01:04-17 | 00:28-17 | |
| 00:33& | 00:17& | 00:57& | 00:51& | 00:59& | 01:33& | 00:50& | 01:52& | 01:09& | | 00:16& | 01:03& | 00:38& | 01:26& | 00:45& | 00:23& | 01:22& | 01:40& | 00:34& | 00:20& | 00:09& | |
| **17** | **Stenshorne, Per Christian** | | | **Nydalens SK** | | | **0:50:01** | **+** | **17:11** | **139.45** | | | | | | | | | | | |
| 01:22-19 | 02:32-16 | 04:56-16 | 07:20-14 | 09:27-16 | 13:25-12 | 16:02-12 | 20:41-12 | 23:50-11 | | 24:30-11 | 26:42-15 | 28:57-15 | 32:03-15 | 33:58-15 | 36:18-16 | 41:56-18 | 46:34-17 | 48:17-17 | 49:35-17 | 50:01-17 | |
| 01:22-19 | 01:10-17 | 02:24-17 | 02:24-17 | 02:07-30 | 03:58-10 | 02:37-15 | 04:39-15 | 03:09-19 | | 00:40-23 | 02:12-27 | 02:15-47 | 03:06-20 | 01:55-19 | 02:20-36 | 05:38-37 | 04:38-22 | 01:43-20 | 01:18-36 | 00:26-15 | |
| 00:22& | 00:18& | 00:54& | 00:53& | 00:54& | 01:00& | 00:43& | 01:24& | 01:03& | | 00:15& | 01:02& | 01:21@ | 01:26& | 00:37& | 01:06& | 02:20& | 01:35& | 00:42& | 00:34& | 00:07& | |
| **18** | **Helland, Knut** | | | **Østmarka OK** | | | **0:50:22** | **+** | **17:32** | **139.20** | | | | | | | | | | | |
| 01:30-24 | 02:43-23 | 05:28-24 | 09:40-39 | 11:47-36 | 16:37-31 | 19:28-31 | 24:08-28 | 27:13-26 | | 27:53-25 | 29:42-23 | 31:08-22 | 33:48-20 | 35:43-20 | 37:30-19 | 42:34-19 | 46:54-18 | 48:44-18 | 49:50-18 | 50:22-18 | |
| 01:30-23 | 01:13-19 | 02:45-29 | 04:12-49 | 02:07-30 | 04:50-23 | 02:51-24 | 04:40-16 | 03:05-18 | | 00:40-23 | 01:49-18 | 01:26-18 | 02:40-13 | 01:55-19 | 01:47-17 | 05:04-28 | 04:20-16 | 01:50-28 | 01:06-19 | 00:32-30 | |
| 00:30& | 00:21& | 01:15& | 02:41@ | 00:54& | 01:52& | 00:57& | 01:25& | 00:59& | | 00:15& | 00:39& | 00:32& | 01:00& | 00:37& | 00:33& | 01:46& | 01:17& | 00:49& | 00:22& | 00:13& | |
| **19** | **Eriksen, Jan Richard** | | | **Asker Skiklubb** | | | **0:50:31** | **+** | **17:41** | **139.09** | | | | | | | | | | | |
| 01:27-22 | 02:34-19 | 04:47-14 | 08:35-26 | 10:08-23 | 18:34-41 | 21:24-38 | 26:07-34 | 28:56-30 | | 29:32-30 | 31:26-29 | 32:46-28 | 35:26-26 | 37:14-23 | 39:24-23 | 43:44-22 | 47:52-20 | 49:16-20 | 50:08-20 | 50:31-19 | |
| 01:27-22 | 01:07-14 | 02:13-13 | 03:48-42 | 01:33-8 | 08:26-55 | 02:50-23 | 04:43-17 | 02:49-10 | | 00:36-13 | 01:54-19 | 01:20-12 | 02:40-13 | 01:48-9 | 02:10-28 | 04:20-12 | 04:08-11 | 01:24-7 | 00:52-6 | 00:23-4 | |
| 00:27& | 00:15& | 00:43& | 02:17@ | 00:20& | 05:28@ | 00:56& | 01:28& | 00:43& | | 00:11& | 00:44& | 00:26& | 01:00& | 00:30& | 00:56& | 01:02& | 01:05& | 00:23& | 00:08# | 00:04# | |

| | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **20** | **Berstad, Audun** | | | **Heming Orientering** | | | **0:50:48 +** | **17:58** | | **138.89** | | | | | | | | | | | |
| 01:36-29 | 02:56-26 | 05:37-25 | 07:50-18 | 09:44-19 | 13:57-14 | 16:58-15 | 21:45-16 | 24:41-16 | 25:22-16 | 27:35-16 | 29:04-16 | 33:00-18 | 35:04-18 | 37:00-18 | 41:55-17 | 47:05-19 | 48:57-19 | 50:07-19 | 50:48-20 |
| 01:36-28 | 01:20-25 | 02:41-26 | 02:13-14 | 01:54-22 | 04:13-16 | 03:01-32 | 04:47-20 | 02:56-14 | 00:41-26 | 02:13-29 | 01:29-23 | 03:56-38 | 02:04-24 | 01:56-23 | 04:55-23 | 05:10-31 | 01:52-30 | 01:10-24 | 00:41-48 |
| 00:36& | 00:28& | 01:11& | 00:42& | 00:41& | 01:15& | 01:07& | 01:32& | 00:50& | 00:16& | 01:03& | 00:35& | 02:16@ | 00:46& | 00:42& | 01:37& | 02:07& | 00:51& | 00:26& | 00:22@ |
| **21** | **Standal, Helge** | | | **IL Koll** | | | **0:52:20 +** | **19:30** | | **137.80** | | | | | | | | | | | |
| 01:40-35 | 02:51-25 | 05:23-23 | 09:16-34 | 11:11-30 | 15:17-22 | 18:11-22 | 22:57-20 | 26:08-20 | 26:47-20 | 28:34-20 | 31:17-25 | 34:27-22 | 36:47-22 | 38:56-22 | 44:08-23 | 48:53-23 | 50:47-23 | 51:42-21 | 52:20-21 |
| 01:40-34 | 01:11-18 | 02:32-20 | 03:53-45 | 01:55-23 | 04:06-14 | 02:54-26 | 04:46-19 | 03:11-20 | 00:39-19 | 01:47-14 | 02:43-55 | 03:10-26 | 02:20-35 | 02:09-26 | 05:12-30 | 04:45-25 | 01:54-33 | 00:55-9 | 00:38-45 |
| 00:40& | 00:19& | 01:02& | 02:22@ | 00:42& | 01:08& | 01:00& | 01:31& | 01:05& | 00:14& | 00:37& | 01:49@ | 01:30& | 01:02& | 00:55& | 01:54& | 01:42& | 00:53& | 00:11& | 00:19@ |
| **22** | **Gløersen, Marthe** | | | **Bækkelagets SK** | | | **0:52:22 +** | **19:32** | | **137.78** | | | | | | | | | | | |
| 01:18-16 | 02:20-11 | 04:46-12 | 10:00-41 | 11:38-34 | 15:40-28 | 18:19-25 | 23:43-24 | 26:44-23 | 27:20-21 | 29:05-21 | 30:25-20 | 37:45-32 | 39:37-32 | 41:09-31 | 45:18-31 | 49:18-24 | 50:55-24 | 51:51-22 | 52:22-22 |
| 01:18-15 | 01:02-5 | 02:26-18 | 05:14-56 | 01:38-12 | 04:02-11 | 02:39-16 | 05:24-32 | 03:01-15 | 00:36-13 | 01:45-11 | 01:20-12 | 07:20-52 | 01:52-14 | 01:32-7 | 04:09-7 | 04:00-9 | 01:37-17 | 00:56-10 | 00:31-26 |
| 00:18& | 00:10# | 00:56& | 03:43@ | 00:25& | 01:04& | 00:45& | 02:09& | 00:55& | 00:11& | 00:35& | 00:26& | 05:40@ | 00:34& | 00:18# | 00:51& | 00:57& | 00:36& | 00:12& | 00:12& |
| **23** | **Seierstad, Ivar** | | | **IL GeoForm** | | | **0:52:26 +** | **19:36** | | **137.73** | | | | | | | | | | | |
| 01:16-13 | 02:34-18 | 05:14-20 | 08:15-22 | 10:05-22 | 15:02-19 | 18:01-20 | 23:51-27 | 27:03-24 | 27:47-24 | 31:40-32 | 33:08-30 | 36:16-29 | 38:21-28 | 39:58-26 | 44:29-24 | 48:51-22 | 50:38-22 | 52:02-23 | 52:26-23 |
| 01:16-12 | 01:18-22 | 02:40-24 | 03:01-32 | 01:50-19 | 04:57-24 | 02:59-30 | 05:50-38 | 03:12-21 | 00:44-31 | 03:53-55 | 01:28-21 | 03:08-23 | 02:05-25 | 01:37-10 | 04:31-15 | 04:22-17 | 01:47-25 | 01:24-38 | 00:24-7 |
| 00:16& | 00:26& | 01:10& | 01:30& | 00:37& | 01:59& | 01:05& | 02:35& | 01:06& | 00:19& | 02:43@ | 00:34& | 01:28& | 00:47& | 00:23& | 01:13& | 01:19& | 00:46& | 00:40& | 00:05& |
| **24** | **Coward, Thor Christian** | | | **OK Sør** | | | **0:52:41 +** | **19:51** | | **137.55** | | | | | | | | | | | |
| 02:21-51 | 03:39-45 | 05:46-28 | 08:45-29 | 10:40-27 | 18:03-37 | 20:50-35 | 25:27-31 | 29:02-31 | 29:44-31 | 31:30-30 | 33:02-29 | 36:05-28 | 38:31-30 | 40:22-30 | 44:59-26 | 49:33-26 | 51:17-26 | 52:17-25 | 52:41-24 |
| 02:21-51 | 01:18-22 | 02:07-9 | 02:59-31 | 01:55-23 | 07:23-49 | 02:47-21 | 04:37-14 | 03:35-32 | 00:42-29 | 01:46-12 | 01:32-24 | 03:03-18 | 02:26-38 | 01:51-22 | 04:37-17 | 04:34-21 | 01:44-21 | 01:00-13 | 00:24-7 |
| 01:21@ | 00:26& | 00:37& | 01:28& | 00:42& | 04:25@ | 00:53& | 01:22& | 01:29& | 00:17& | 00:36& | 00:38& | 01:23& | 01:08& | 00:37& | 01:19& | 01:31& | 00:43& | 00:16& | 00:05& |
| **25** | **Hæstad, Nils** | | | **Fossum IF** | | | **0:52:54 +** | **20:04** | | **137.40** | | | | | | | | | | | |
| 01:37-30 | 03:09-32 | 05:55-33 | 08:29-24 | 10:39-26 | 15:20-23 | 18:17-24 | 23:17-21 | 26:35-21 | 27:31-23 | 29:43-24 | 31:11-23 | 34:11-21 | 36:17-21 | 38:28-21 | 43:31-21 | 48:01-21 | 50:06-21 | 52:09-24 | 52:54-25 |
| 01:37-30 | 01:32-39 | 02:46-30 | 02:34-21 | 02:10-33 | 04:41-22 | 02:57-28 | 05:00-24 | 03:18-24 | 00:56-47 | 02:12-27 | 01:28-21 | 03:00-17 | 02:06-26 | 02:11-29 | 05:03-26 | 04:30-19 | 02:05-42 | 02:03-58 | 00:45-52 |
| 00:37& | 00:40& | 01:16& | 01:03& | 00:57& | 01:43& | 01:03& | 01:45& | 01:12& | 00:31@ | 01:02& | 00:34& | 01:20& | 00:48& | 00:57& | 01:45& | 01:27& | 01:04@ | 01:19@ | 00:26@ |
| **26** | **Systad, Rolv Anders** | | | **Lyn Ski** | | | **0:52:56 +** | **20:06** | | **137.38** | | | | | | | | | | | |
| 01:58-43 | 03:23-40 | 06:11-38 | 09:20-35 | 11:05-29 | 15:31-26 | 18:14-23 | 23:44-25 | 27:33-28 | 28:14-28 | 30:32-28 | 32:11-27 | 35:23-24 | 37:35-25 | 39:58-25 | 44:46-25 | 49:28-25 | 51:14-25 | 52:27-26 | 52:56-26 |
| 01:58-43 | 01:25-33 | 02:48-32 | 03:09-35 | 01:45-15 | 04:26-18 | 02:43-19 | 05:30-33 | 03:49-35 | 00:41-26 | 02:18-32 | 01:39-29 | 03:12-27 | 02:12-30 | 02:23-37 | 04:48-19 | 04:42-23 | 01:46-24 | 01:13-28 | 00:29-21 |
| 00:58& | 00:33& | 01:18& | 01:38@ | 00:32& | 01:28& | 00:49& | 02:15& | 01:43& | 00:16& | 01:08& | 00:45& | 01:32& | 00:54& | 01:09& | 01:30& | 01:39& | 00:45& | 00:29& | 00:10& |
| **27** | **Langaas, Sindre** | | | **Nydalens SK** | | | **0:53:14 +** | **20:24** | | **137.16** | | | | | | | | | | | |
| 01:21-17 | 02:24-13 | 05:06-18 | 07:56-19 | 09:41-17 | 15:26-25 | 18:06-21 | 23:27-22 | 26:42-22 | 27:26-22 | 29:21-22 | 31:07-21 | 35:07-23 | 37:31-24 | 39:58-24 | 45:17-30 | 50:07-28 | 51:39-27 | 52:49-27 | 53:14-27 |
| 01:21-17 | 01:03-7 | 02:42-27 | 02:50-27 | 01:45-15 | 05:45-38 | 02:40-17 | 05:21-31 | 03:15-22 | 00:44-31 | 01:55-21 | 01:46-32 | 04:00-39 | 02:24-37 | 02:27-41 | 05:19-33 | 04:50-28 | 01:32-13 | 01:10-24 | 00:25-11 |
| 00:21& | 00:11# | 01:12& | 01:19& | 00:32& | 02:47& | 00:46& | 02:06& | 01:09& | 00:19& | 00:45& | 00:52& | 02:20@ | 01:06& | 01:13& | 02:01& | 01:47& | 00:31& | 00:26& | 00:06& |
| **28** | **Birkeland, Roger** | | | **Telenor BIL** | | | **0:53:35 +** | **20:45** | | **136.91** | | | | | | | | | | | |
| 01:47-40 | 03:20-39 | 06:07-35 | 08:51-30 | 11:12-31 | 16:17-30 | 19:05-29 | 23:50-26 | 27:23-27 | 28:08-27 | 29:52-25 | 31:13-24 | 35:26-25 | 37:41-26 | 40:11-29 | 45:08-28 | 49:54-27 | 51:44-28 | 52:56-28 | 53:35-28 |
| 01:47-38 | 01:33-43 | 02:47-31 | 02:44-25 | 02:21-38 | 05:05-27 | 02:48-22 | 04:45-18 | 03:33-30 | 00:45-34 | 01:44-10 | 01:21-16 | 04:13-45 | 02:15-32 | 02:30-43 | 04:57-24 | 04:46-26 | 01:50-28 | 01:12-26 | 00:39-46 |
| 00:47& | 00:41& | 01:17& | 01:13& | 01:08& | 02:07& | 00:54& | 01:30& | 01:27& | 00:20& | 00:34& | 00:27& | 02:33@ | 00:57& | 01:16@ | 01:39& | 01:43& | 00:49& | 00:28& | 00:20@ |
| **29** | **Norman, Niklas** | | | **IL GeoForm** | | | **0:54:55 +** | **22:05** | | **135.97** | | | | | | | | | | | |
| 01:18-15 | 02:20-10 | 04:36-10 | 07:02-11 | 08:40-11 | 15:08-21 | 17:38-19 | 22:12-18 | 25:06-17 | 25:40-17 | 27:54-17 | 29:14-17 | 33:18-19 | 35:12-19 | 37:52-20 | 42:46-20 | 52:04-31 | 53:32-30 | 54:32-29 | 54:55-29 |
| 01:18-15 | 01:02-5 | 02:16-14 | 02:26-19 | 01:38-12 | 06:28-42 | 02:30-11 | 04:34-13 | 02:54-13 | 00:34-9 | 02:14-31 | 01:20-12 | 04:04-40 | 01:54-18 | 02:40-46 | 04:54-21 | 09:18-59 | 01:28-10 | 01:00-13 | 00:23-4 |
| 00:18& | 00:10# | 00:46& | 00:55& | 00:25& | 03:30@ | 00:36& | 01:19& | 00:48& | 00:09& | 01:04& | 00:26& | 02:24@ | 00:36& | 01:26@ | 01:36& | 06:15@ | 00:27& | 00:16& | 00:04# |
| **30** | **Slåstad, Oline Soma** | | | **Raumar Orientering** | | | **0:55:21 +** | **22:31** | | **135.66** | | | | | | | | | | | |
| 01:11-9 | 02:33-17 | 04:41-11 | 08:45-28 | 13:47-47 | 17:49-36 | 20:29-33 | 25:37-33 | 29:10-32 | 29:45-32 | 31:33-31 | 33:54-32 | 36:39-30 | 38:26-29 | 40:07-27 | 45:01-27 | 50:44-29 | 52:54-29 | 54:53-30 | 55:21-30 |
| 01:11-9 | 01:22-30 | 02:08-10 | 04:04-47 | 05:02-59 | 04:02-11 | 02:40-17 | 05:08-27 | 03:33-30 | 00:35-10 | 01:48-17 | 02:21-50 | 02:45-15 | 01:47-8 | 01:41-15 | 04:54-21 | 05:43-39 | 02:10-43 | 01:59-56 | 00:28-17 |
| 00:11# | 00:30& | 00:38& | 02:33@ | 03:49@ | 01:04& | 00:46& | 01:53& | 01:27& | 00:10& | 00:38& | 01:27@ | 01:05& | 00:29& | 00:27& | 01:36& | 02:40& | 01:09@ | 01:15@ | 00:09& |
| **31** | **Hauge, Bjørn** | | | **Nydalens SK** | | | **0:55:43 +** | **22:53** | | **135.40** | | | | | | | | | | | |
| 01:58-44 | 03:18-38 | 06:09-37 | 08:34-25 | 10:35-25 | 15:37-27 | 18:34-26 | 23:40-23 | 27:06-25 | 27:54-26 | 29:56-26 | 33:14-31 | 37:25-31 | 39:34-31 | 42:23-32 | 47:26-32 | 52:20-32 | 53:57-32 | 55:10-31 | 55:43-31 |
| 01:58-43 | 01:20-25 | 02:51-33 | 02:25-18 | 02:01-28 | 05:02-25 | 02:57-28 | 05:06-25 | 03:26-27 | 00:48-38 | 02:02-23 | 03:18-59 | 04:11-44 | 02:09-29 | 02:49-49 | 05:03-26 | 04:54-29 | 01:37-17 | 01:13-28 | 00:33-31 |
| 00:58& | 00:28& | 01:21& | 00:54& | 00:48& | 02:04& | 01:03& | 01:51& | 01:20& | 00:23& | 00:52& | 02:24@ | 02:31@ | 00:51& | 01:35@ | 01:45& | 01:51& | 00:36& | 00:29& | 00:14& |
| **32** | **Rustad, Gunnar** | | | **Nittedal OL** | | | **0:56:01 +** | **23:11** | | **135.19** | | | | | | | | | | | |
| 01:42-36 | 03:16-36 | 05:39-26 | 08:06-20 | 09:56-21 | 14:59-18 | 18:55-28 | 24:14-29 | 27:40-29 | 28:28-29 | 30:22-27 | 32:05-26 | 35:47-27 | 38:19-27 | 40:09-28 | 45:14-29 | 51:31-30 | 53:44-31 | 55:30-32 | 56:01-32 |
| 01:42-36 | 01:34-45 | 02:23-16 | 02:27-20 | 01:50-19 | 05:03-26 | 03:56-51 | 05:19-30 | 03:26-27 | 00:48-38 | 01:54-19 | 01:43-31 | 03:42-34 | 02:32-39 | 01:50-21 | 05:05-29 | 06:17-44 | 02:13-44 | 01:46-51 | 00:31-26 |
| 00:42& | 00:42& | 00:53& | 00:56& | 00:37& | 02:05& | 02:02@ | 02:04& | 01:20& | 00:23& | 00:44& | 00:49& | 02:02@ | 01:14& | 00:36& | 01:47& | 03:14@ | 01:12@ | 01:02@ | 00:12& |
| **33** | **Onsager, Knut** | | | **Geoform IL** | | | **1:00:02 +** | **27:12** | | **132.33** | | | | | | | | | | | |
| 01:47-39 | 03:07-31 | 05:47-29 | 08:27-23 | 10:48-28 | 15:22-24 | 18:35-27 | 25:22-30 | 29:30-33 | 30:09-33 | 33:31-33 | 35:35-33 | 38:33-33 | 41:13-33 | 44:54-33 | 51:00-34 | 56:21-33 | 58:14-33 | 59:26-33 | 60:02-33 |
| 01:47-38 | 01:20-25 | 02:40-24 | 02:40-22 | 02:21-38 | 04:34-20 | 03:13-36 | 06:47-44 | 04:08-43 | 00:39-19 | 03:22-52 | 02:04-40 | 02:58-16 | 02:40-42 | 03:41-55 | 06:06-45 | 05:21-35 | 01:53-32 | 01:12-26 | 00:36-39 |
| 00:47& | 00:28& | 01:10& | 01:09& | 01:08& | 01:36& | 01:19& | 03:32@ | 02:02& | 00:14& | 02:12@ | 01:10@ | 01:18& | 01:22@ | 02:27@ | 02:48& | 02:18& | 00:52& | 00:28& | 00:17& |
| **34** | **Saugestad, Fredrik** | | | **Nydalens SK** | | | **1:00:09 +** | **27:19** | | **132.25** | | | | | | | | | | | |
| 01:47-38 | 03:11-34 | 06:30-42 | 09:13-32 | 11:20-32 | 19:45-44 | 23:02-44 | 28:17-38 | 32:00-35 | 32:47-35 | 35:06-35 | 36:42-35 | 40:20-35 | 43:02-35 | 45:02-34 | 50:56-33 | 56:34-34 | 58:26-34 | 59:34-34 | 60:09-34 |
| 01:47-38 | 01:24-32 | 03:19-49 | 02:43-24 | 02:07-30 | 08:25-54 | 03:17-37 | 05:15-29 | 03:43-34 | 00:47-37 | 02:19-34 | 01:36-28 | 03:38-32 | 02:42-44 | 02:00-24 | 05:54-41 | 05:38-38 | 01:52-30 | 01:08-21 | 00:35-36 |
| 00:47& | 00:32& | 01:49@ | 01:12& | 00:54& | 05:27@ | 01:23& | 02:00& | 01:37& | 00:22& | 01:09& | 00:42& | 01:58@ | 01:24@ | 00:46& | 02:36& | 02:35& | 00:51& | 00:24& | 00:16& |

| | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **35** | **Ask, Kjetil** | | | **Nittedal OL** | | | | **1:01:41** | **+** | **28:51** | **131.16** | | | | | | | | | | | |
| | 01:38-31 | 03:06-30 | 06:15-40 | 09:32-37 | 11:54-37 | 17:01-33 | 20:34-34 | 28:52-39 | 32:56-38 | 33:40-38 | 36:34-39 | 38:16-37 | 42:03-38 | 44:36-39 | 46:47-39 | 52:23-37 | 57:43-36 | 59:46-35 | 61:02-35 | 61:41-35 |
| | 01:38-31 | 01:28-35 | 03:09-44 | 03:17-38 | 02:22-40 | 05:07-29 | 03:33-45 | 08:18-52 | 04:04-40 | 00:44-31 | 02:54-47 | 01:42-30 | 03:47-35 | 02:33-40 | 02:11-29 | 05:36-36 | 05:20-34 | 02:03-39 | 01:16-33 | 00:39-46 |
| | 00:38& | 00:36& | 01:39@ | 01:46@ | 01:09& | 02:09& | 01:39& | 05:03@ | 01:58& | 00:19& | 01:44@ | 00:48& | 02:07@ | 01:15& | 00:57& | 02:18& | 02:17& | 01:02@ | 00:32& | 00:20@ |
| **36** | **Johnson, Alexander Urnes** | | | **Årvoll IL** | | | | **1:01:57** | **+** | **29:07** | **130.97** | | | | | | | | | | | |
| | 01:39-33 | 03:10-33 | 06:04-34 | 09:15-33 | 11:42-35 | 16:53-32 | 19:52-32 | 29:55-44 | 33:24-39 | 34:03-39 | 36:23-38 | 39:33-42 | 42:56-41 | 45:13-40 | 47:17-40 | 52:43-39 | 58:08-37 | 59:56-36 | 61:32-36 | 61:57-36 |
| | 01:39-32 | 01:31-37 | 02:54-35 | 03:11-37 | 02:27-45 | 05:11-30 | 02:59-30 | 10:03-58 | 03:29-29 | 00:39-19 | 02:20-35 | 03:10-58 | 03:23-30 | 02:17-33 | 02:04-25 | 05:26-35 | 05:25-36 | 01:48-26 | 01:36-47 | 00:25-11 |
| | 00:39& | 00:39& | 01:24& | 01:40@ | 01:14@ | 02:13& | 01:05& | 06:48@ | 01:23& | 00:14& | 01:10@ | 02:16@ | 01:43@ | 00:59& | 00:50& | 02:08& | 02:22& | 00:47& | 00:52@ | 00:06& |
| **37** | **Sandvik, Cathrine** | | | **Norges Bank BIL** | | | | **1:02:12** | **+** | **29:22** | **130.79** | | | | | | | | | | | |
| | 01:36-28 | 02:59-27 | 05:53-31 | 10:27-46 | 12:26-40 | 18:07-38 | 21:32-39 | 27:17-36 | 30:57-34 | 31:48-34 | 34:19-34 | 36:24-34 | 39:59-34 | 42:49-34 | 45:04-35 | 52:40-38 | 58:36-38 | 60:30-38 | 61:39-37 | 62:12-37 |
| | 01:36-28 | 01:23-31 | 02:54-35 | 04:34-52 | 01:59-27 | 05:41-36 | 03:25-40 | 05:45-35 | 03:40-33 | 00:51-41 | 02:31-42 | 02:05-41 | 03:35-31 | 02:50-45 | 02:15-32 | 07:36-52 | 05:56-40 | 01:54-33 | 01:09-23 | 00:33-31 |
| | 00:36& | 00:31& | 01:24& | 03:03@ | 00:46& | 02:43& | 01:31& | 02:30& | 01:34& | 00:26@ | 01:21@ | 01:11@ | 01:55@ | 01:32@ | 01:01& | 04:18@ | 02:53& | 00:53& | 00:25& | 00:14& |
| **38** | **Heitmann, Ståle** | | | **IL GeoForm** | | | | **1:02:46** | **+** | **29:56** | **130.39** | | | | | | | | | | | |
| | 01:26-21 | 04:05-53 | 07:50-53 | 12:43-51 | 14:49-50 | 20:10-46 | 24:05-47 | 29:02-41 | 33:37-41 | 34:03-40 | 37:07-41 | 38:39-39 | 41:43-37 | 43:50-37 | 46:14-37 | 52:07-36 | 59:05-39 | 61:09-39 | 62:17-39 | 62:46-38 |
| | 01:26-21 | 02:39-57 | 03:45-53 | 04:53-53 | 02:06-29 | 05:21-31 | 03:55-50 | 04:57-23 | 04:35-45 | 00:26-2 | 03:04-48 | 01:32-24 | 03:04-19 | 02:07-27 | 02:24-40 | 05:53-40 | 06:58-52 | 02:04-41 | 01:08-21 | 00:29-21 |
| | 00:26& | 01:47@ | 02:15@ | 03:22@ | 00:53& | 02:23& | 02:01@ | 01:42& | 02:29@ | 00:01+ | 01:54@ | 00:38& | 01:24& | 00:49& | 01:10& | 02:35& | 03:55@ | 01:03@ | 00:24& | 00:10& |
| **39** | **Moe, Morten** | | | **Fet OL** | | | | **1:02:50** | **+** | **30:00** | **130.34** | | | | | | | | | | | |
| | 02:01-45 | 03:41-46 | 06:42-44 | 09:33-38 | 11:57-38 | 17:02-34 | 21:01-36 | 26:43-35 | 32:17-37 | 33:09-37 | 35:11-36 | 37:01-36 | 40:53-36 | 43:12-36 | 45:28-36 | 51:26-35 | 57:35-35 | 60:07-37 | 61:53-38 | 62:50-39 |
| | 02:01-45 | 01:40-50 | 03:01-40 | 02:51-28 | 02:24-43 | 05:05-27 | 03:59-52 | 05:42-34 | 05:34-56 | 00:52-42 | 02:02-23 | 01:50-34 | 03:52-37 | 02:19-34 | 02:16-33 | 05:58-43 | 06:09-42 | 02:32-50 | 01:46-51 | 00:57-58 |
| | 01:01@ | 00:48& | 01:31@ | 01:20& | 01:11& | 02:07& | 02:05@ | 02:27& | 03:28@ | 00:27@ | 00:52& | 00:56@ | 02:12@ | 01:01& | 01:02& | 02:40& | 03:06@ | 01:31@ | 01:02@ | 00:38@ |
| **40** | **Koren, Hallvard** | | | **OK Moss** | | | | **1:03:05** | **+** | **30:15** | **130.16** | | | | | | | | | | | |
| | 01:49-41 | 03:42-47 | 07:47-51 | 12:51-52 | 14:46-49 | 20:38-48 | 23:41-46 | 29:30-43 | 33:34-40 | 34:22-41 | 36:49-40 | 39:07-40 | 42:16-39 | 44:23-38 | 46:46-38 | 52:50-40 | 59:26-40 | 61:14-40 | 62:29-40 | 63:05-40 |
| | 01:49-41 | 01:53-55 | 04:05-58 | 05:04-55 | 01:55-23 | 05:52-41 | 03:03-34 | 05:49-37 | 04:04-40 | 00:48-38 | 02:27-40 | 02:18-48 | 03:09-24 | 02:07-27 | 02:23-37 | 06:04-44 | 06:36-48 | 01:48-26 | 01:15-32 | 00:36-39 |
| | 00:49& | 01:01@ | 02:35@ | 03:33@ | 00:42& | 02:54& | 01:09& | 02:34& | 01:58& | 00:23& | 01:17@ | 01:24@ | 01:29& | 00:49& | 01:09& | 02:46& | 03:33@ | 00:47& | 00:31& | 00:17& |
| **41** | **Steinsholt, Halvor** | | | **Ås-NMBU Orientering** | | | | **1:04:49** | **+** | **31:59** | **128.93** | | | | | | | | | | | |
| | 01:31-25 | 03:01-29 | 05:52-30 | 09:10-31 | 11:33-33 | 20:20-47 | 23:21-45 | 31:45-47 | 35:48-46 | 36:31-46 | 38:55-46 | 40:45-44 | 44:07-43 | 46:20-43 | 50:13-43 | 55:30-44 | 60:47-42 | 62:29-42 | 64:18-42 | 64:49-42 |
| | 01:31-25 | 01:30-36 | 02:51-33 | 03:18-39 | 02:23-41 | 08:47-57 | 03:01-32 | 08:24-53 | 04:03-39 | 00:43-30 | 02:24-38 | 01:50-34 | 03:22-29 | 02:13-31 | 03:53-56 | 05:17-32 | 05:17-32 | 01:42-19 | 01:49-54 | 00:31-26 |
| | 00:31& | 00:38& | 01:21& | 01:47@ | 01:10& | 05:49@ | 01:07& | 05:09@ | 01:57& | 00:18& | 01:14@ | 00:56@ | 01:42@ | 00:55& | 02:39@ | 01:59& | 02:14& | 00:41& | 01:05@ | 00:12& |
| **42** | **Bjørnerud, Erik** | | | **IL GeoForm** | | | | **1:05:11** | **+** | **32:21** | **128.67** | | | | | | | | | | | |
| | 02:05-47 | 03:37-44 | 07:08-46 | 12:08-50 | 15:50-51 | 22:55-49 | 26:31-49 | 32:25-48 | 36:41-47 | 37:40-47 | 40:50-47 | 43:33-48 | 47:41-44 | 50:21-44 | 52:49-44 | 58:13-45 | 62:23-45 | 63:39-44 | 64:43-43 | 65:11-43 |
| | 02:05-47 | 01:32-39 | 03:31-52 | 05:00-54 | 03:42-54 | 07:05-48 | 03:36-46 | 05:54-39 | 04:16-44 | 00:59-50 | 03:10-51 | 02:43-55 | 04:08-42 | 02:40-42 | 02:28-42 | 05:24-34 | 04:10-12 | 01:16-4 | 01:04-17 | 00:28-17 |
| | 01:05@ | 00:40& | 02:01@ | 03:29@ | 02:29@ | 04:07@ | 01:42& | 02:39& | 02:10@ | 00:34@ | 02:00@ | 01:49@ | 02:28@ | 01:22@ | 01:14@ | 02:06& | 01:07& | 00:15# | 00:20& | 00:09& |
| **43** | **Utskarpen, Audrun** | | | **IL GeoForm** | | | | **1:05:46** | **+** | **32:56** | **128.26** | | | | | | | | | | | |
| | 02:01-46 | 03:34-42 | 06:32-43 | 09:21-36 | 12:12-39 | 17:42-35 | 21:02-37 | 27:56-37 | 32:01-36 | 32:53-36 | 36:17-37 | 38:18-38 | 42:47-40 | 45:40-41 | 48:27-41 | 55:14-43 | 61:21-43 | 63:36-43 | 65:16-44 | 65:46-44 |
| | 02:01-45 | 01:33-43 | 02:58-38 | 02:49-26 | 02:51-50 | 05:30-32 | 03:20-39 | 06:54-45 | 04:05-42 | 00:52-42 | 03:24-53 | 02:01-39 | 04:29-47 | 02:53-47 | 02:47-48 | 06:47-50 | 06:07-41 | 02:15-45 | 01:40-50 | 00:30-25 |
| | 01:01@ | 00:41& | 01:28& | 01:18& | 01:38@ | 02:32& | 01:26& | 03:39@ | 01:59& | 00:27@ | 02:14@ | 01:07@ | 02:49@ | 01:35@ | 01:33@ | 03:29@ | 03:04@ | 01:14@ | 00:56@ | 00:11& |
| **44** | **Stokseth, Endre** | | | **Nydalens SK** | | | | **1:06:07** | **+** | **33:17** | **128.01** | | | | | | | | | | | |
| | 01:30-23 | 02:48-24 | 05:46-27 | 10:16-44 | 12:30-42 | 18:11-39 | 22:00-40 | 28:59-40 | 33:38-42 | 34:42-42 | 37:21-42 | 39:26-41 | 43:05-42 | 45:57-42 | 48:31-42 | 55:12-42 | 61:26-44 | 63:54-45 | 65:23-45 | 66:07-45 |
| | 01:30-23 | 01:18-22 | 02:58-38 | 04:30-51 | 02:14-36 | 05:41-36 | 03:49-47 | 06:59-46 | 04:39-47 | 01:04-55 | 02:39-44 | 02:05-41 | 03:39-33 | 02:52-46 | 02:34-45 | 06:41-49 | 06:14-43 | 02:28-48 | 01:29-42 | 00:44-51 |
| | 00:30& | 00:26& | 01:28& | 02:59@ | 01:01& | 02:43& | 01:55@ | 03:44@ | 02:33@ | 00:39@ | 01:29@ | 01:11@ | 01:59@ | 01:34@ | 01:20@ | 03:23@ | 03:11@ | 01:27@ | 00:45@ | 00:25@ |
| **45** | **Kildahl, Øystein** | | | **Østmarka OK** | | | | **1:09:35** | **+** | **36:45** | **125.54** | | | | | | | | | | | |
| | 01:45-37 | 03:17-37 | 06:20-41 | 10:29-47 | 12:59-45 | 25:06-55 | 28:10-53 | 35:58-52 | 40:36-51 | 41:21-51 | 43:43-51 | 45:53-51 | 49:12-46 | 51:34-46 | 53:43-45 | 58:56-46 | 66:01-46 | 67:46-46 | 68:59-46 | 69:35-46 |
| | 01:45-37 | 01:32-39 | 03:03-42 | 04:09-48 | 02:30-46 | 12:07-59 | 03:04-35 | 07:48-51 | 04:38-46 | 00:45-34 | 02:22-37 | 02:10-43 | 03:19-28 | 02:22-36 | 02:09-26 | 05:13-31 | 07:05-54 | 01:45-23 | 01:13-28 | 00:36-39 |
| | 00:45& | 00:40& | 01:33@ | 02:38@ | 01:17@ | 09:09@ | 01:10& | 04:33@ | 02:32@ | 00:20& | 01:12@ | 01:16@ | 01:39& | 01:04& | 00:55& | 01:55& | 04:02@ | 00:44& | 00:29& | 00:17& |
| **46** | **Kløvstad, Anders** | | | **Nydalens SK** | | | | **1:11:48** | **+** | **38:58** | **123.97** | | | | | | | | | | | |
| | 01:40-34 | 03:12-35 | 06:08-36 | 09:41-40 | 12:28-41 | 19:07-43 | 22:36-43 | 29:10-42 | 34:23-43 | 35:17-43 | 38:09-43 | 40:08-43 | 47:42-45 | 51:17-45 | 53:48-46 | 60:18-47 | 67:14-47 | 69:45-47 | 71:13-47 | 71:48-47 |
| | 01:40-34 | 01:32-39 | 02:56-37 | 03:33-41 | 02:47-49 | 06:39-45 | 03:29-43 | 06:34-43 | 05:13-51 | 00:54-46 | 02:52-46 | 01:59-37 | 07:34-54 | 03:35-56 | 02:31-44 | 06:30-48 | 06:56-51 | 02:31-49 | 01:28-41 | 00:35-36 |
| | 00:40& | 00:40& | 01:26& | 02:02@ | 01:34@ | 03:41@ | 01:35& | 03:19@ | 03:07@ | 00:29@ | 01:42@ | 01:05@ | 05:54@ | 02:17@ | 01:17@ | 03:12& | 03:53@ | 01:30@ | 00:44@ | 00:16& |
| **47** | **Aulie, Harald** | | | **Heming Orientering** | | | | **1:12:46** | **+** | **39:56** | **123.28** | | | | | | | | | | | |
| | 02:16-50 | 03:54-49 | 07:17-49 | 10:26-45 | 12:50-43 | 18:36-42 | 22:26-42 | 30:04-46 | 34:56-44 | 36:00-44 | 38:37-45 | 40:48-45 | 50:34-50 | 53:42-49 | 56:00-48 | 61:42-49 | 68:09-49 | 70:46-49 | 72:12-49 | 72:46-48 |
| | 02:16-50 | 01:38-48 | 03:23-50 | 03:09-35 | 02:24-43 | 05:46-39 | 03:50-48 | 07:38-48 | 04:52-48 | 01:04-55 | 02:37-43 | 02:11-44 | 09:46-56 | 03:08-50 | 02:18-34 | 05:42-38 | 06:27-47 | 02:37-53 | 01:26-40 | 00:34-35 |
| | 01:16@ | 00:46& | 01:53@ | 01:38@ | 01:11& | 02:48& | 01:56@ | 04:23@ | 02:46@ | 00:39@ | 01:27@ | 01:17@ | 08:06@ | 01:50@ | 01:04& | 02:24& | 03:24@ | 01:36@ | 00:42& | 00:15& |
| **48** | **Fixdal, Trude** | | | **Heming Orientering** | | | | **1:12:55** | **+** | **40:05** | **123.17** | | | | | | | | | | | |
| | 02:07-48 | 03:44-48 | 07:09-47 | 10:14-43 | 12:53-44 | 18:25-40 | 22:16-41 | 30:02-45 | 35:13-45 | 36:05-45 | 38:35-44 | 40:49-46 | 50:30-49 | 53:43-50 | 55:56-47 | 61:39-48 | 68:05-48 | 70:42-48 | 72:12-48 | 72:55-49 |
| | 02:07-48 | 01:37-46 | 03:25-51 | 03:05-34 | 02:39-48 | 05:32-33 | 03:51-49 | 07:46-50 | 05:11-50 | 00:52-42 | 02:30-41 | 02:14-46 | 09:41-55 | 03:13-53 | 02:13-31 | 05:43-39 | 06:26-46 | 02:37-53 | 01:30-44 | 00:43-50 |
| | 01:07@ | 00:45& | 01:55@ | 01:34@ | 01:26@ | 02:34& | 01:57@ | 04:31@ | 03:05@ | 00:27@ | 01:20@ | 01:20@ | 08:01@ | 01:55@ | 00:59& | 02:25& | 03:23@ | 01:36@ | 00:46@ | 00:24@ |
| **49** | **Grinde, Bjørn** | | | **Oslostudentenes IK** | | | | **1:15:20** | **+** | **42:30** | **121.46** | | | | | | | | | | | |
| | 02:30-53 | 04:01-52 | 07:15-48 | 10:08-42 | 14:25-48 | 22:56-50 | 27:11-50 | 33:42-50 | 37:42-48 | 38:38-48 | 41:04-48 | 42:52-47 | 50:14-48 | 52:52-47 | 56:11-49 | 63:30-50 | 70:25-50 | 73:00-50 | 74:31-50 | 75:20-50 |
| | 02:30-53 | 01:31-37 | 03:14-46 | 02:53-29 | 04:17-56 | 08:31-56 | 04:15-55 | 06:31-42 | 04:00-38 | 00:56-47 | 02:26-39 | 01:48-33 | 07:22-53 | 02:38-41 | 03:19-52 | 07:19-51 | 06:55-50 | 02:35-51 | 01:31-45 | 00:49-55 |
| | 01:30@ | 00:39& | 01:44@ | 01:22& | 03:04@ | 05:33@ | 02:21@ | 03:16@ | 01:54& | 00:31@ | 01:16@ | 00:54@ | 05:42@ | 01:20@ | 02:05@ | 04:01@ | 03:52@ | 01:34@ | 00:47@ | 00:30@ |

| | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **50** | **Bengtsson, Simon** | | **Fossum IF** | | | | **1:16:39** | **+ 43:49** | | **120.52** | | | | | | | | | | | |
| 03:35-59 | 06:15-58 | 09:17-55 | 14:31-57 | 19:17-57 | 26:20-58 | 29:45-56 | 36:57-54 | 40:53-52 | 41:45-52 | 47:53-53 | 50:05-53 | 53:56-52 | 55:59-51 | 58:22-51 | 67:11-52 | 72:29-51 | 74:24-51 | 75:57-51 | 76:39-51 |
| 03:35-59 | 02:40-58 | 03:02-41 | 05:14-56 | 04:46-58 | 07:03-47 | 03:25-40 | 07:12-47 | 03:56-37 | 00:52-42 | 06:08-57 | 02:12-45 | 03:51-36 | 02:03-22 | 02:23-37 | 08:49-54 | 05:18-33 | 01:55-35 | 01:33-46 | 00:42-49 |
| 02:35@ | 01:48@ | 01:32@ | 03:43@ | 03:33@ | 04:05@ | 01:31& | 03:57@ | 01:50& | 00:27@ | 04:58@ | 01:18@ | 02:11@ | 00:45& | 01:09& | 05:31@ | 02:15& | 00:54& | 00:49@ | 00:23@ |
| **51** | **Romcke, Elisabeth** | | **OK Moss** | | | | **1:17:17** | **+ 44:27** | | **120.07** | | | | | | | | | | | |
| 02:44-56 | 06:18-59 | 09:27-58 | 13:16-53 | 17:21-55 | 23:57-52 | 28:17-54 | 36:45-53 | 42:26-53 | 43:26-53 | 47:05-52 | 48:55-52 | 53:03-51 | 56:14-52 | 58:33-52 | 64:44-51 | 72:49-52 | 74:52-52 | 76:40-52 | 77:17-52 |
| 02:44-56 | 03:34-59 | 03:09-44 | 03:49-43 | 04:05-55 | 06:36-44 | 04:20-57 | 08:28-54 | 05:41-57 | 01:00-52 | 03:39-54 | 01:50-34 | 04:08-42 | 03:11-51 | 02:19-35 | 06:11-46 | 08:05-57 | 02:03-39 | 01:48-53 | 00:37-44 |
| 01:44@ | 02:42@ | 01:39@ | 02:18@ | 02:52@ | 03:38@ | 02:26@ | 05:13@ | 03:35@ | 00:35@ | 02:29@ | 00:56@ | 02:28@ | 01:53@ | 01:05& | 02:53& | 05:02@ | 01:02@ | 01:04@ | 00:18& |
| **52** | **Osen, Per** | | **Vestre Akers SK** | | | | **1:20:32** | **+ 47:42** | | **117.76** | | | | | | | | | | | |
| 02:11-49 | 03:59-50 | 07:56-54 | 10:59-48 | 13:22-46 | 20:04-45 | 24:09-48 | 32:55-49 | 38:16-49 | 39:16-49 | 42:06-49 | 44:32-49 | 49:27-47 | 53:35-48 | 57:36-50 | 67:17-53 | 74:15-53 | 77:41-53 | 79:37-53 | 80:32-53 |
| 02:11-49 | 01:48-54 | 03:57-57 | 03:03-33 | 02:23-41 | 06:42-46 | 04:05-54 | 08:46-55 | 05:21-53 | 01:00-52 | 02:50-45 | 02:26-52 | 04:55-50 | 04:08-57 | 04:01-58 | 09:41-56 | 06:58-52 | 03:26-58 | 01:56-55 | 00:55-57 |
| 01:11@ | 00:56@ | 02:27@ | 01:32@ | 01:10& | 03:44@ | 02:11@ | 05:31@ | 03:15@ | 00:35@ | 01:40@ | 01:32@ | 03:15@ | 02:50@ | 02:47@ | 06:23@ | 03:55@ | 02:25@ | 01:12@ | 00:36@ |
| **53** | **Kippernes, Frank Åge** | | **IL GeoForm** | | | | **1:20:58** | **+ 48:08** | | **117.45** | | | | | | | | | | | |
| 01:39-32 | 03:26-41 | 10:55-59 | 13:53-55 | 16:45-52 | 25:01-54 | 29:26-55 | 42:02-57 | 47:01-56 | 49:28-57 | 51:49-55 | 53:48-55 | 58:37-53 | 61:31-53 | 64:12-53 | 70:29-54 | 75:32-54 | 78:37-54 | 80:13-54 | 80:58-54 |
| 01:39-32 | 01:47-52 | 07:29-60 | 02:58-30 | 02:52-51 | 08:16-53 | 04:25-58 | 12:36-59 | 04:59-49 | 02:27-59 | 02:21-36 | 01:59-37 | 04:49-49 | 02:54-48 | 02:41-47 | 06:17-47 | 05:03-30 | 03:05-56 | 01:36-47 | 00:45-52 |
| 00:39& | 00:55@ | 05:59@ | 01:27& | 01:39@ | 05:18@ | 02:31@ | 09:21@ | 02:53@ | 02:02@ | 01:11@ | 01:05@ | 03:09@ | 01:36@ | 01:27@ | 02:59& | 02:00& | 02:04@ | 00:52@ | 00:26@ |
| **54** | **Høivold, Erik** | | **IL GeoForm** | | | | **1:24:17** | **+ 51:27** | | **115.09** | | | | | | | | | | | |
| 02:41-54 | 04:19-55 | 07:24-50 | 11:24-49 | 19:42-58 | 25:32-56 | 35:46-58 | 41:31-56 | 45:21-55 | 46:06-55 | 54:27-57 | 56:00-57 | 59:09-54 | 62:23-54 | 65:18-54 | 75:00-56 | 80:33-55 | 82:31-55 | 83:44-55 | 84:17-55 |
| 02:41-54 | 01:38-48 | 03:05-43 | 04:00-46 | 08:18-60 | 05:50-40 | 10:14-60 | 05:45-35 | 03:50-36 | 00:45-34 | 08:21-59 | 01:33-27 | 03:09-24 | 03:14-54 | 02:55-51 | 09:42-57 | 05:33-37 | 01:58-37 | 01:13-28 | 00:33-31 |
| 01:41@ | 00:46& | 01:35@ | 02:29@ | 07:05@ | 02:52& | 08:20@ | 02:30& | 01:44& | 00:20& | 07:11@ | 00:39& | 01:29& | 01:56@ | 01:41@ | 06:24@ | 02:30& | 00:57& | 00:29& | 00:14& |
| **55** | **Omdal, Marianne** | | **IL GeoForm** | | | | **1:26:39** | **+ 53:49** | | **113.41** | | | | | | | | | | | |
| 01:50-42 | 03:37-43 | 06:51-45 | 14:13-56 | 16:51-53 | 24:35-53 | 28:03-52 | 34:04-51 | 39:33-50 | 40:32-50 | 42:50-50 | 45:39-50 | 59:57-56 | 63:03-56 | 66:56-56 | 74:36-55 | 80:59-56 | 84:23-56 | 85:52-56 | 86:39-56 |
| 01:50-42 | 01:47-52 | 03:14-46 | 07:22-59 | 02:38-47 | 07:44-51 | 03:28-42 | 06:01-40 | 05:29-55 | 00:59-50 | 02:18-32 | 02:49-57 | 14:18-57 | 03:06-49 | 03:53-56 | 07:40-53 | 06:23-45 | 03:24-57 | 01:29-42 | 00:47-54 |
| 00:50& | 00:55@ | 01:44@ | 05:51@ | 01:25@ | 04:46@ | 01:34& | 02:46& | 03:23@ | 00:34@ | 01:08& | 01:55@ | 12:38@ | 01:48@ | 02:39@ | 04:22@ | 03:20@ | 02:23@ | 00:45@ | 00:28@ |
| **56** | **Horwath, Zoltan** | | **DNV** | | | | **1:29:07** | **+ 56:17** | | **111.66** | | | | | | | | | | | |
| 02:42-55 | 11:10-60 | 15:44-60 | 19:02-59 | 21:55-59 | 34:03-59 | 38:03-59 | 45:42-59 | 50:56-58 | 51:58-58 | 55:04-58 | 57:30-58 | 63:16-57 | 66:32-57 | 69:51-57 | 75:48-57 | 83:40-57 | 86:15-57 | 88:14-57 | 89:07-57 |
| 02:42-55 | 08:28-60 | 04:34-59 | 03:18-39 | 02:53-52 | 12:08-60 | 04:00-53 | 07:39-49 | 05:14-52 | 01:02-54 | 03:06-49 | 02:26-52 | 05:46-51 | 03:16-55 | 03:19-52 | 05:57-42 | 07:52-56 | 02:35-51 | 01:59-56 | 00:53-56 |
| 01:42@ | 07:36@ | 03:04@ | 01:47@ | 01:40@ | 09:10@ | 02:06@ | 04:24@ | 03:08@ | 00:37@ | 01:56@ | 01:32@ | 04:06@ | 01:58@ | 02:05@ | 02:39& | 04:49@ | 01:34@ | 01:15@ | 00:34@ |
| **57** | **Christensen, Lars** | | **VBIL** | | | | **1:36:29** | **+1:03:39** | | **106.42** | | | | | | | | | | | |
| 03:11-58 | 05:23-56 | 09:18-56 | 13:45-54 | 18:23-56 | 26:14-57 | 33:12-57 | 42:04-58 | 47:31-57 | 48:29-56 | 52:55-56 | 55:19-56 | 59:23-55 | 62:34-55 | 65:27-55 | 83:00-58 | 90:45-58 | 93:34-58 | 94:50-58 | 96:29-58 |
| 03:11-58 | 02:12-56 | 03:55-56 | 04:27-50 | 04:38-57 | 07:51-52 | 06:58-59 | 08:52-56 | 05:27-54 | 00:58-49 | 04:26-56 | 02:24-51 | 04:04-40 | 03:11-51 | 02:53-50 | 17:33-58 | 07:45-55 | 02:49-55 | 01:16-33 | 01:39-59 |
| 02:11@ | 01:20@ | 02:25@ | 02:56@ | 03:25@ | 04:53@ | 05:04@ | 05:37@ | 03:21@ | 00:33@ | 03:16@ | 01:30@ | 02:24@ | 01:53@ | 01:39@ | 14:15@ | 04:42@ | 01:48@ | 00:32& | 01:20@ |
| **58** | **Grenborgen, Betty** | | **Koll, IL** | | | | **1:41:11** | **+1:08:21** | | **103.08** | | | | | | | | | | | |
| 02:24-52 | 04:01-51 | 07:48-52 | 14:59-58 | 17:19-54 | 23:47-51 | 28:03-51 | 37:49-55 | 44:20-54 | 45:31-54 | 48:38-54 | 51:15-54 | 67:21-58 | 71:40-58 | 75:15-58 | 84:54-59 | 93:36-59 | 97:16-59 | 100:40-59 | 101:11-59 |
| 02:24-52 | 01:37-46 | 03:47-54 | 07:11-58 | 02:20-37 | 06:28-42 | 04:16-56 | 09:46-57 | 06:31-58 | 01:11-57 | 03:07-50 | 02:37-54 | 16:06-58 | 04:19-58 | 03:35-54 | 09:39-55 | 08:42-58 | 03:40-59 | 03:24-59 | 00:31-26 |
| 01:24@ | 00:45& | 02:17@ | 05:40@ | 01:07& | 03:30@ | 02:22@ | 06:31@ | 04:25@ | 00:46@ | 01:57@ | 01:43@ | 14:26@ | 03:01@ | 02:21@ | 06:21@ | 05:39@ | 02:39@ | 02:40@ | 00:12& |
| **DSQ** | **Rystad, Jarand** | | **Heming Orientering** | | | | **1:04:30** | **(-7 poster)** | | **81.58** | | | | | | | | | | | |
| 01:17-14 | 02:37-20 | 05:55-32 | 08:37-27 | 10:22-24 | 15:55-29 | 19:13-30 | 25:27-32 | | | | | | | | 53:08-41 | 60:00-41 | 62:16-41 | 63:54-41 | 64:30-41 |
| 01:17-14 | 01:20-25 | 03:18-48 | 02:42-23 | 01:45-15 | 05:33-34 | 03:18-38 | 06:14-41 | | | | | | | | | 06:52-49 | 02:16-46 | 01:38-49 | 00:36-39 |
| 00:17& | 00:28& | 01:48@ | 01:11& | 00:32& | 02:35& | 01:24& | 02:59& | | | | | | | | | 03:49@ | 01:15@ | 00:54@ | 00:17& |
| **DSQ** | **Opperud, Elin Nygaard** | | **OK Moss** | | | | **1:55:37** | **(-7 poster)** | | **81.58** | | | | | | | | | | | |
| 03:46-60 | 05:31-57 | 09:24-57 | 29:15-60 | 32:54-60 | 42:29-60 | 45:59-60 | 60:49-60 | 68:25-59 | 69:47-59 | 76:50-59 | 79:09-59 | | | | | | | | 115:37-60 | | |
| 03:46-60 | 01:45-51 | 03:53-55 | 19:51-60 | 03:39-53 | 09:35-58 | 03:30-44 | 14:50-60 | 07:36-59 | 01:22-58 | 07:03-58 | 02:19-49 | | | | | | | | | | |
| 02:46@ | 00:53@ | 02:23@ | 18:20@ | 02:26@ | 06:37@ | 01:36& | 11:35@ | 05:30@ | 00:57@ | 05:53@ | 01:25@ | | | | | | | | | | |

## Strekktider Mellom

| **Plass** | **Navn** | | | **Klubb** | | | **Tid** | | | **Poeng** | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | **Hansen, Sigrid Ottestad** | | | **Gimle IF** | | | **0:29:42** | **+ 00:00** | | **136.35** | | | | | | | | | | | |
| 01:52-22 | 03:04-10 | 05:24-4 | 07:45-3 | 09:24-3 | 13:58-2 | 16:28-2 | 18:25-2 | 22:44-1 | 26:36-1 | 28:20-1 | 29:15-1 | 29:42-1 | | | | | | | | | |
| 01:52-22 | 01:12-1 | 02:20-2 | 02:21-5 | 01:39-1 | 04:34-4 | 02:30-1 | 01:57-1 | 04:19-1 | 03:52-1 | 01:44-4 | 00:55-1 | 00:27-1 | | | | | | | | | |
| 00:42& | 00:00= | 00:12+ | 00:17# | 00:00= | 00:16+ | 00:00= | 00:00= | 00:00= | 00:00= | 00:09+ | 00:00= | 00:00= | | | | | | | | | |
| **2** | **Sommerhein, Pål** | | | **Fossum IF** | | | **0:31:45** | **+ 02:03** | | **135.23** | | | | | | | | | | | |
| 01:31-6 | 02:49-4 | 04:57-1 | 07:19-1 | 09:09-1 | 13:27-1 | 16:10-1 | 18:23-1 | 23:07-2 | 27:43-2 | 29:20-2 | 31:18-2 | 31:45-2 | | | | | | | | | |
| 01:31-6 | 01:18-4 | 02:08-1 | 02:22-6 | 01:50-2 | 04:18-1 | 02:43-3 | 02:13-7 | 04:44-3 | 04:36-4 | 01:37-2 | 01:58-44 | 00:27-1 | | | | | | | | | |
| 00:21& | 00:06+ | 00:00= | 00:18# | 00:11# | 00:00= | 00:13+ | 00:16# | 00:25+ | 00:44# | 00:02+ | 01:03@ | 00:00= | | | | | | | | | |
| **3** | **Holten, Marie Rygh** | | | **Nydalens SK** | | | **0:32:43** | **+ 03:01** | | **134.71** | | | | | | | | | | | |

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01:22-4 | 02:44-3 | 05:32-6 | 07:45-4 | 09:43-4 | 14:24-3 | 17:03-3 | 19:09-3 | 24:22-4 | 29:15-4 | 30:59-4 | 32:15-4 | 32:43-3 | |
| 01:22-4 | 01:22-6 | 02:48-9 | 02:13-2 | 01:58-5 | 04:41-6 | 02:39-2 | 02:06-4 | 05:13-12 | 04:53-6 | 01:44-4 | 01:16-8 | 00:28-5 | |
| 00:12# | 00:10# | 00:40& | 00:09+ | 00:19# | 00:23+ | 00:09+ | 00:09+ | 00:54# | 01:01& | 00:09+ | 00:21& | 00:01+ | |
| **4** | **Løvhaug, Karl Richard** | | | **IL Koll** | | | **0:32:59 +** | **03:17** | **134.56** | | | | |
| 01:41-9 | 03:00-8 | 05:30-5 | 07:48-5 | 09:57-5 | 14:33-5 | 17:17-5 | 19:29-5 | 24:27-5 | 28:55-3 | 30:51-3 | 32:09-3 | 32:59-4 | |
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| **5** | **Benjaminsen, Vidar** | | | **Lillomarka OL** | | | **0:33:45 +** | **04:03** | **134.15** | | | | |
| 01:20-2 | 02:54-6 | 05:35-7 | 08:00-6 | 09:59-6 | 14:43-6 | 17:46-6 | 20:20-6 | 25:49-7 | 30:20-6 | 31:55-6 | 33:18-5 | 33:45-5 | |
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| **6** | **Bjerkreim, Gitte Bromander** | | | **Koll, IL** | | | **0:34:10 +** | **04:28** | **133.92** | | | | |
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| **7** | **Kaarby, Jon** | | | **Nydalens SK** | | | **0:34:56 +** | **05:14** | **133.50** | | | | |
| 01:20-3 | 02:42-2 | 05:17-2 | 07:21-2 | 09:19-2 | 16:45-9 | 19:39-8 | 21:41-8 | 26:26-8 | 31:39-8 | 33:24-8 | 34:24-7 | 34:56-7 | |
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| **8** | **Sagberg, Håkon** | | | **IL Koll** | | | **0:35:13 +** | **05:31** | **133.35** | | | | |
| 01:36-8 | 02:52-5 | 05:18-3 | 08:20-7 | 10:11-7 | 14:30-4 | 17:13-4 | 19:19-4 | 24:18-3 | 31:12-7 | 33:02-7 | 34:41-8 | 35:13-8 | |
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| 00:26& | 00:04+ | 00:18# | 00:58& | 00:12# | 00:01+ | 00:13+ | 00:09+ | 00:40# | 03:02& | 00:15# | 00:44& | 00:05# | |
| **9** | **Sønsterudbråten, Ståle** | | | **Lillomarka OL** | | | **0:37:29 +** | **07:47** | **132.12** | | | | |
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| **10** | **Eriksen, Are** | | | **Oslostudentenes IK** | | | **0:38:20 +** | **08:38** | **131.65** | | | | |
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| **10** | **Berge, Rune** | | | **Tyrving IL** | | | **0:38:20 +** | **08:38** | **131.65** | | | | |
| 01:42-10 | 03:06-11 | 06:14-10 | 08:45-9 | 11:07-10 | 16:45-10 | 19:55-9 | 22:21-9 | 29:03-11 | 34:07-10 | 36:23-11 | 37:47-11 | 38:20-11 | |
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| **12** | **Jensen, Einar** | | | **Nydalens SK** | | | **0:39:08 +** | **09:26** | **131.22** | | | | |
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| 00:47& | 00:14# | 01:04& | 00:40& | 00:25& | 00:34# | 01:41& | 00:41& | 01:39& | 02:23& | 00:24& | 00:23& | 00:07& | |
| **13** | **Teigland, Rune** | | | **Østmarka OK** | | | **0:39:20 +** | **09:38** | **131.11** | | | | |
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| **14** | **Sletner, Solveig** | | | **Røyken OL** | | | **0:41:20 +** | **11:38** | **130.02** | | | | |
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| **15** | **Granly, Martin** | | | **Siemens** | | | **0:41:22 +** | **11:40** | **130.00** | | | | |
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| **16** | **Roti, Torunn Drage** | | | **IL GeoForm** | | | **0:42:12 +** | **12:30** | **129.55** | | | | |
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| **17** | **Bratsberg, Bo** | | | **Privat** | | | **0:43:03 +** | **13:21** | **129.09** | | | | |
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| **18** | **Tonna, Sigurd** | | | **Ringerike OL** | | | **0:43:38 +** | **13:56** | **128.77** | | | | |

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**19 Christiansen, Håvard Forsvarsbygg 0:45:05 + 15:23 127.98**

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**21 Øvergaard, Tormod Vestre Akers SK 0:45:29 + 15:47 127.77**

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**22 Sæther, Øystein Lillomarka OL 0:45:34 + 15:52 127.72**

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**23 Brurberg, May Bente Ås-NMBU Orientering 0:45:38 + 15:56 127.68**

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**26 Lahlum, Tor Nordre Follo Orientering 0:46:52 + 17:10 127.01**

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**27 Rørvik, Gisela Sundelin Heming Orientering 0:46:53 + 17:11 127.00**

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**28 Berge, Ketil Vestre Akers SK 0:47:14 + 17:32 126.81**

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**29 Hultgreen Karlsen, Stig IL GeoForm 0:47:17 + 17:35 126.79**

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01:08& 00:22& 00:49& 02:06@ 00:22# 13:35@ 00:23# 00:35& 00:40# 01:40& 00:47& 00:19& 00:00=

**37 Lofthus, Anne Sofie Lillomarka OL 0:51:09 + 21:27 124.68**

01:51-21 03:30-21 06:56-22 12:47-36 16:34-37 25:30-42 30:11-39 33:16-39 40:31-38 46:30-37 49:09-36 50:27-37 51:09-37
01:51-20 01:39-23 03:26-26 05:51-48 03:47-49 08:56-42 04:41-44 03:05-32 07:15-34 05:59-20 02:39-35 01:18-9 00:42-34
00:41& 00:27& 01:18& 03:47@ 02:08@ 04:38@ 02:11& 01:08& 02:56& 02:07& 01:04& 00:23& 00:15&

**38 Kongsberg, Morten IL Tyrving 0:51:48 + 22:06 124.33**

01:47-15 03:42-28 07:50-34 13:46-40 17:37-44 27:01-45 30:34-41 33:50-41 41:05-39 47:32-39 49:51-38 51:13-38 51:48-38
01:47-15 01:55-39 04:08-46 05:56-49 03:51-50 09:24-45 03:33-20 03:16-38 07:15-34 06:27-25 02:19-22 01:22-15 00:35-19
00:37& 00:43& 02:00& 03:52@ 02:12@ 05:06@ 01:03& 01:19& 02:56& 02:35& 00:44& 00:27& 00:08&

**39 Ultveit-Moe, Jo IL Koll 0:53:13 + 23:31 123.56**

01:54-24 06:24-52 09:41-49 14:30-46 17:40-45 23:53-36 27:32-35 31:20-36 41:53-42 47:58-40 50:37-39 52:43-39 53:13-39
01:54-24 04:30-59 03:17-21 04:49-40 03:10-42 06:13-23 03:39-22 03:48-48 10:33-52 06:05-21 02:39-35 02:06-47 00:30-9
00:44& 03:18@ 01:09& 02:45@ 01:31& 01:55& 01:09& 01:51& 06:14@ 02:13& 01:04& 01:11@ 00:03#

**40 Jacobsen, Svein S IL Tyrving 0:54:22 + 24:40 122.93**

02:11-35 04:05-37 08:03-36 13:47-41 16:33-36 24:10-38 28:26-37 31:45-37 38:21-35 45:46-36 51:25-40 53:22-40 54:22-40
02:11-34 01:54-37 03:58-39 05:44-45 02:46-34 07:37-34 04:16-38 03:19-39 06:36-24 07:25-39 05:39-56 01:57-43 01:00-50
01:01& 00:42& 01:50& 03:40@ 01:07& 03:19& 01:46& 01:22& 02:17& 03:33& 04:04@ 01:02@ 00:33@

**41 Fremming, Hans Henrik MI 0:56:46 + 27:04 121.63**

02:29-43 04:58-43 09:16-43 12:57-37 15:55-35 24:18-39 28:36-38 32:36-38 42:30-44 50:48-41 53:52-43 55:43-42 56:46-42
02:29-43 02:29-49 04:18-47 03:41-35 02:58-38 08:23-40 04:18-40 04:00-50 09:54-49 08:18-44 03:04-45 01:51-38 01:03-52
01:19@ 01:17@ 02:10@ 01:37& 01:19& 04:05& 01:48& 02:03@ 05:35@ 04:26@ 01:29& 00:56@ 00:36@

**42 Nilsen, Ola Oppsal Orientering 0:57:00 + 27:18 121.50**

02:10-33 03:49-30 07:49-33 14:14-42 17:27-43 26:41-44 30:37-42 35:09-44 41:59-43 50:57-42 53:40-42 56:10-43 57:00-43
02:10-33 01:39-23 04:00-41 06:25-55 03:13-43 09:14-43 03:56-32 04:32-55 06:50-31 08:58-47 02:43-37 02:30-51 00:50-42
01:00& 00:27& 01:52& 04:21@ 01:34& 04:56@ 01:26& 02:35@ 02:31& 05:06@ 01:08& 01:35@ 00:23&

**43 Juhasz, Katalin Østmarka OK 0:57:31 + 27:49 121.22**

03:01-47 05:21-47 09:57-51 14:32-47 17:45-47 30:27-52 35:12-51 38:20-49 44:53-46 51:56-43 54:17-44 56:57-44 57:31-44
03:01-47 02:20-47 04:36-50 04:35-39 03:13-43 12:42-57 04:45-46 03:08-34 06:33-21 07:03-35 02:21-23 02:40-53 00:34-16
01:51@ 01:08& 02:28@ 02:31@ 01:34& 08:24@ 02:15& 01:11& 02:14& 03:11& 00:46& 01:45@ 00:07&

**44 Stensland, Stian IL Koll 0:58:07 + 28:25 120.90**

02:34-44 06:00-51 08:44-40 13:36-38 17:59-49 27:41-48 31:00-43 34:59-43 45:56-47 52:24-44 54:45-45 57:30-45 58:07-45
02:34-44 03:26-53 02:44-7 04:52-41 04:23-53 09:42-48 03:19-14 03:59-49 10:57-53 06:28-26 02:21-23 02:45-55 00:37-25
01:24@ 02:14@ 00:36& 02:48@ 02:44@ 05:24@ 00:49& 02:02@ 06:38@ 02:36& 00:46& 01:50@ 00:10&

**45 Pettersen, Alf Tyrving IL 0:59:37 + 29:55 120.08**

02:14-36 04:57-42 09:29-46 15:49-52 19:07-50 27:36-46 32:37-46 36:20-46 44:23-45 52:35-45 56:40-46 58:39-46 59:37-46
02:14-36 02:43-51 04:32-49 06:20-54 03:18-45 08:29-41 05:01-47 03:43-46 08:03-40 08:12-43 04:05-52 01:59-46 00:58-49
01:04& 01:31@ 02:24@ 04:16@ 01:39@ 04:11& 02:31@ 01:46& 03:44& 04:20@ 02:30@ 01:04@ 00:31@

**46 Clasen, Claus Frimann Lyberg & Partnere 1:01:21 + 31:39 119.14**

02:07-31 04:00-35 07:51-35 10:56-26 13:31-26 22:48-32 35:44-52 38:38-51 48:21-52 56:28-46 59:15-47 60:39-47 61:21-48
02:07-31 01:53-36 03:51-36 03:05-21 02:35-28 09:17-44 12:56-60 02:54-26 09:43-48 08:07-42 02:47-38 01:24-19 00:42-34
00:57& 00:41& 01:43& 01:01& 00:56& 04:59@ 10:26@ 00:57& 05:24@ 04:15@ 01:12& 00:29& 00:15&

**47 Engzelius, Margrete Asker Skiklubb 1:06:15 + 36:33 116.47**

03:04-49 05:00-44 09:23-45 13:39-39 16:39-39 29:26-50 34:10-49 37:53-48 46:05-48 59:33-48 62:55-48 65:04-48 66:15-49
03:04-49 01:56-40 04:23-48 04:16-38 03:00-39 12:47-58 04:44-45 03:43-46 08:12-41 13:28-53 03:22-48 02:09-49 01:11-55
01:54@ 00:44& 02:15@ 02:12@ 01:21& 08:29@ 02:14& 01:46& 03:53& 09:36@ 01:47@ 01:14@ 00:44@

**48 Gylver, Øyvind Asker Skiklubb 1:06:54 + 37:12 116.12**

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 04:05-58 | 05:59-50 | 10:40-54 | 15:38-51 | 19:09-51 | 29:33-51 | 34:47-50 | 38:29-50 | 46:42-49 | 60:08-49 | 63:32-49 | 65:38-49 | 66:54-50 |
| 04:05-58 | 01:54-37 | 04:41-52 | 04:58-43 | 03:31-48 | 10:24-51 | 05:14-48 | 03:42-45 | 08:13-42 | 13:26-52 | 03:24-49 | 02:06-47 | 01:16-56 |
| 02:55@ | 00:42& | 02:33@ | 02:54@ | 01:52@ | 06:06@ | 02:44@ | 01:45& | 03:54& | 09:34@ | 01:49@ | 01:11@ | 00:49@ |
| **49** | **Stensland, Margit** | | | **IL Koll** | | | **1:07:52 +** | **38:10** | **115.59** | | | |
| 02:26-41 | 04:53-41 | 08:42-39 | 22:41-57 | 29:17-57 | 41:36-58 | 45:18-58 | 48:32-55 | 53:34-53 | 61:56-50 | 64:44-50 | 67:24-50 | 67:52-51 |
| 02:26-41 | 02:27-48 | 03:49-35 | 13:59-59 | 06:36-60 | 12:19-55 | 03:42-26 | 03:14-36 | 05:02-11 | 08:22-45 | 02:48-39 | 02:40-53 | 00:28-5 |
| 01:16@ | 01:15@ | 01:41& | 11:55@ | 04:57@ | 08:01@ | 01:12& | 01:17& | 00:43# | 04:30@ | 01:13& | 01:45@ | 00:01+ |
| **50** | **Angell, Truls** | | | **Lillomarka OL** | | | **1:08:48 +** | **39:06** | **115.09** | | | |
| 02:17-37 | 03:42-27 | 07:37-30 | 10:57-28 | 17:24-42 | 24:52-40 | 36:34-53 | 39:13-52 | 47:46-51 | 57:28-47 | 66:30-51 | 67:52-51 | 68:48-52 |
| 02:17-37 | 01:25-11 | 03:55-37 | 03:20-28 | 06:27-59 | 07:28-32 | 11:42-59 | 02:39-19 | 08:33-43 | 09:42-50 | 09:02-57 | 01:22-15 | 00:56-47 |
| 01:07& | 00:13# | 01:47& | 01:16& | 04:48@ | 03:10& | 09:12@ | 00:42& | 04:14& | 05:50@ | 07:27@ | 00:27& | 00:29@ |
| **51** | **Bråthen, Henrik** | | | **IL Koll** | | | **1:10:54 +** | **41:12** | **113.94** | | | |
| 03:52-55 | 07:41-56 | 12:26-56 | 18:12-53 | 22:25-54 | 33:11-54 | 38:43-54 | 43:05-53 | 55:01-54 | 64:29-51 | 68:14-52 | 70:12-52 | 70:54-53 |
| 03:52-55 | 03:49-57 | 04:45-54 | 05:46-46 | 04:13-51 | 10:46-53 | 05:32-50 | 04:22-54 | 11:56-55 | 09:28-48 | 03:45-50 | 01:58-44 | 00:42-34 |
| 02:42@ | 02:37@ | 02:37@ | 03:42@ | 02:34@ | 06:28@ | 03:02@ | 02:25@ | 07:37@ | 05:36@ | 02:10@ | 01:03@ | 00:15& |
| **52** | **Evjen, Maria** | | | **Privat** | | | **1:11:10 +** | **41:28** | **113.80** | | | |
| 04:01-57 | 07:51-57 | 12:38-57 | 18:24-54 | 22:37-55 | 33:16-55 | 38:53-55 | 43:08-54 | 55:05-55 | 64:39-52 | 68:28-53 | 70:23-53 | 71:10-54 |
| 04:01-57 | 03:50-58 | 04:47-55 | 05:46-46 | 04:13-51 | 10:39-52 | 05:37-51 | 04:15-52 | 11:57-56 | 09:34-49 | 03:49-51 | 01:55-42 | 00:47-40 |
| 02:51@ | 02:38@ | 02:39@ | 03:42@ | 02:34@ | 06:21@ | 03:07@ | 02:18@ | 07:38@ | 05:42@ | 02:14@ | 01:00@ | 00:20& |
| **53** | **Berstad, Paula** | | | **Heming Orientering** | | | **1:11:26 +** | **41:44** | **113.65** | | | |
| 03:07-50 | 05:19-46 | 09:56-50 | 14:48-49 | 19:53-52 | 27:36-47 | 34:01-48 | 37:36-47 | 46:59-50 | 65:29-53 | 68:32-54 | 70:24-54 | 71:26-55 |
| 03:07-50 | 02:12-45 | 04:37-51 | 04:52-41 | 05:05-57 | 07:43-35 | 06:25-55 | 03:35-42 | 09:23-46 | 18:30-56 | 03:03-43 | 01:52-39 | 01:02-51 |
| 01:57@ | 01:00& | 02:29@ | 02:48@ | 03:26@ | 03:25& | 03:55@ | 01:38& | 05:04@ | 14:38@ | 01:28& | 00:57@ | 00:35@ |
| **54** | **Stokset, Brynjar** | | | **Oppsal Orientering** | | | **1:24:18 +** | **54:36** | **106.66** | | | |
| 03:32-52 | 10:44-59 | 16:47-59 | 25:12-59 | 29:56-59 | 39:26-57 | 44:54-57 | 49:39-56 | 64:21-56 | 77:05-54 | 80:26-55 | 83:11-55 | 84:18-57 |
| 03:32-52 | 07:12-60 | 06:03-58 | 08:25-56 | 04:44-54 | 09:30-46 | 05:28-49 | 04:45-56 | 14:42-58 | 12:44-51 | 03:21-47 | 02:45-55 | 01:07-54 |
| 02:22@ | 06:00@ | 03:55@ | 06:21@ | 03:05@ | 05:12@ | 02:58@ | 02:48@ | 10:23@ | 08:52@ | 01:46@ | 01:50@ | 00:40@ |
| **55** | **Stokset, Kathrine** | | | **Oppsal Orientering** | | | **1:36:54 +1:07:12** | | **100.00** | | | |
| 02:19-40 | 04:36-40 | 09:39-47 | 22:22-56 | 25:50-56 | 33:38-56 | 42:49-56 | 59:45-58 | 71:12-57 | 88:26-55 | 93:13-56 | 95:51-56 | 96:54-58 |
| 02:19-40 | 02:17-46 | 05:03-56 | 12:43-58 | 03:28-47 | 07:48-37 | 09:11-58 | 16:56-59 | 11:27-54 | 17:14-55 | 04:47-53 | 02:38-52 | 01:03-52 |
| 01:09& | 01:05& | 02:55@ | 10:39@ | 01:49@ | 03:30& | 06:41@ | 14:59@ | 07:08@ | 13:22@ | 03:12@ | 01:43@ | 00:36@ |
| **56** | **Hofstad, Bjørn** | | | **Vestre Akers SK** | | | **1:48:42 +1:19:00** | | **100.00** | | | |
| 08:53-60 | 12:25-60 | 18:24-60 | 24:35-58 | 29:28-58 | 42:04-59 | 50:10-59 | 56:01-57 | 73:47-58 | 96:04-56 | 100:54-57 | 107:21-58 | 108:42-60 |
| 08:53-60 | 03:32-55 | 05:59-57 | 06:11-50 | 04:53-56 | 12:36-56 | 08:06-56 | 05:51-58 | 17:46-59 | 22:17-57 | 04:50-54 | 06:27-58 | 01:21-57 |
| 07:43@ | 02:20@ | 03:51@ | 04:07@ | 03:14@ | 08:18@ | 05:36@ | 03:54@ | 13:27@ | 18:25@ | 03:15@ | 05:32@ | 00:54@ |
| **DSQ** | **Hanslien, Uno** | | | **Privat** | | | **1:47:01 DSQ** | | **100.00** | | | |
| 05:47-59 | 08:27-58 | 15:49-58 | 34:58-60 | 39:47-60 | 55:31-60 | 63:38-60 | 69:21-60 | 82:17-59 | 96:26-57 | 101:46-58 | 105:12-57 | 107:01-59 |
| 05:47-59 | 02:40-50 | 07:22-60 | 19:09-60 | 04:49-55 | 15:44-59 | 08:07-57 | 05:43-57 | 12:56-57 | 14:09-54 | 05:20-55 | 03:26-57 | 01:49-58 |
| 04:37@ | 01:28@ | 05:14@ | 17:05@ | 03:10@ | 11:26@ | 05:37@ | 03:46@ | 08:37@ | 10:17@ | 03:45@ | 02:31@ | 01:22@ |
| **DSQ** | **Røstadsand, Per Arne** | | | **Nydalens SK** | | | **0:55:43** | **(-1 poster)** | **95.83** | | | |
| 03:42-54 | 05:23-48 | 09:19-44 | 15:35-50 | 17:56-48 | 23:56-37 | 27:25-34 | 29:58-33 | 40:12-37 | | 53:08-41 | 54:48-41 | 55:43-41 |
| 03:42-54 | 01:41-29 | 03:56-38 | 06:16-52 | 02:21-19 | 06:00-19 | 03:29-18 | 02:33-13 | 10:14-51 | | | 01:40-34 | 00:55-46 |
| 02:32@ | 00:29& | 01:48& | 04:12@ | 00:42& | 01:42& | 00:59& | 00:36& | 05:55@ | | | 00:45& | 00:28@ |
| **DSQ** | **Eijsink, Vincent** | | | **Ås-NMBU Orientering** | | | **1:01:00** | **(-3 poster)** | **87.50** | | | |
| 03:16-51 | 06:57-55 | 10:57-55 | 14:22-45 | 17:43-46 | 24:54-41 | 30:34-40 | 34:12-42 | 41:43-41 | | | | 61:00-47 |
| 03:16-51 | 03:41-56 | 04:00-41 | 03:25-32 | 03:21-46 | 07:11-29 | 05:40-52 | 03:38-43 | 07:31-37 | | | | |
| 02:06@ | 02:29@ | 01:52& | 01:21& | 01:42@ | 02:53& | 03:10@ | 01:41& | 03:12& | | | | |
| **DSQ** | **Sauar, Brita** | | | **IL Koll** | | | **1:23:28** | **(-4 poster)** | **83.33** | | | |
| 01:46-14 | 03:18-13 | 06:31-13 | 09:14-12 | 14:19-30 | 26:27-43 | 32:29-45 | 69:13-59 | | | | | 83:28-56 |
| 01:46-14 | 01:32-15 | 03:13-18 | 02:43-10 | 05:05-57 | 12:08-54 | 06:02-53 | 36:44-60 | | | | | |
| 00:36& | 00:20& | 01:05& | 00:39& | 03:26@ | 07:50@ | 03:32@ | 34:47@ | | | | | |

## Strekktider Kort

| Plass | Navn | Klubb | Tid | Poeng |
|---|---|---|---|---|
| **1** | **Heggland, Knut** | **Privat** | **0:24:55 +  00:00** | **121.49** |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 01:43-2 | 03:04-1 | 05:51-1 | 08:14-1 | 10:31-1 | 13:53-1 | 18:10-1 | 20:47-1 | 22:54-1 | 24:23-2 | 24:55-2 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 01:43-2 | 01:21-1 | 02:47-1 | 02:23-1 | 02:17-1 | 03:22-2 | 04:17-2 | 02:37-2 | 02:07-2 | 01:29-7 | 00:32-2 |
| 00:04+ | 00:00= | 00:00= | 00:00= | 00:00= | 00:11+ | 00:36# | 00:12+ | 00:02+ | 00:20& | 00:02+ |
| **2** | **Berteig, Vidar** | | **IL GeoForm** | | | **0:25:23** | **+ 00:28** | | **121.33** | |
| 01:39-1 | 03:16-2 | 06:40-2 | 09:54-2 | 12:22-2 | 15:33-2 | 19:14-2 | 21:39-2 | 23:44-2 | 24:53-3 | 25:23-3 |
| 01:39-1 | 01:37-4 | 03:24-2 | 03:14-2 | 02:28-2 | 03:11-1 | 03:41-1 | 02:25-1 | 02:05-1 | 01:09-1 | 00:30-1 |
| 00:00= | 00:16# | 00:37# | 00:51& | 00:11+ | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| **3** | **Færden, Jon** | | **Nordre Follo Orientering** | | | **0:31:32** | **+ 06:37** | | **119.23** | |
| 01:49-3 | 04:52-11 | 08:40-9 | 12:20-6 | 15:11-5 | 18:56-4 | 23:38-4 | 26:54-3 | 29:22-3 | 30:46-4 | 31:32-4 |
| 01:49-3 | 03:03-27 | 03:48-6 | 03:40-5 | 02:51-5 | 03:45-5 | 04:42-4 | 03:16-4 | 02:28-4 | 01:24-4 | 00:46-5 |
| 00:10# | 01:42@ | 01:01& | 01:17& | 00:34# | 00:34# | 01:01& | 00:51& | 00:23# | 00:15# | 00:16& |
| **4** | **Løken, Knut Anders** | | **IL Koll** | | | **0:32:12** | **+ 07:17** | | **119.00** | |
| 02:34-11 | 04:44-9 | 08:40-8 | 12:03-3 | 14:47-3 | 18:20-3 | 23:26-3 | 27:10-4 | 29:45-4 | 31:16-5 | 32:12-5 |
| 02:34-11 | 02:10-11 | 03:56-7 | 03:23-3 | 02:44-3 | 03:33-4 | 05:06-9 | 03:44-5 | 02:35-6 | 01:31-8 | 00:56-10 |
| 00:55& | 00:49& | 01:09& | 01:00& | 00:27# | 00:22# | 01:25& | 01:19& | 00:30# | 00:22& | 00:26& |
| **5** | **Danielsen, Anne** | | **Nydalens SK** | | | **0:32:23** | **+ 07:28** | | **118.94** | |
| 02:50-15 | 04:48-10 | 08:33-6 | 12:18-5 | 15:04-4 | 19:10-5 | 23:42-5 | 27:34-5 | 30:08-5 | 31:36-6 | 32:23-6 |
| 02:50-15 | 01:58-6 | 03:45-4 | 03:45-8 | 02:46-4 | 04:06-7 | 04:32-3 | 03:52-7 | 02:34-5 | 01:28-6 | 00:47-6 |
| 01:11& | 00:37& | 00:58& | 01:22& | 00:29# | 00:55& | 00:51# | 01:27& | 00:29# | 00:19& | 00:17& |
| **6** | **Standal, Aksel Løvhaug** | | **IL Koll** | | | **0:32:28** | **+ 07:33** | | **118.91** | |
| 02:32-10 | 04:57-13 | 09:00-10 | 12:41-7 | 15:44-6 | 19:57-7 | 24:53-6 | 28:05-6 | 30:32-6 | 31:41-7 | 32:28-7 |
| 02:32-10 | 02:25-17 | 04:03-9 | 03:41-6 | 03:03-7 | 04:13-9 | 04:56-7 | 03:12-3 | 02:27-3 | 01:09-1 | 00:47-6 |
| 00:53& | 01:04& | 01:16& | 01:18& | 00:46& | 01:02& | 01:15& | 00:47& | 00:22# | 00:00= | 00:17& |
| **7** | **Broadwell, Sharon** | | **IL GeoForm** | | | **0:37:07** | **+ 12:12** | | **117.32** | |
| 02:59-20 | 05:33-19 | 09:36-12 | 13:58-11 | 17:01-10 | 21:12-8 | 26:25-7 | 30:22-7 | 33:19-7 | 36:11-8 | 37:07-8 |
| 02:59-20 | 02:34-19 | 04:03-9 | 04:22-11 | 03:03-7 | 04:11-8 | 05:13-10 | 03:57-8 | 02:57-8 | 02:52-28 | 00:56-10 |
| 01:20& | 01:13& | 01:16& | 01:59& | 00:46& | 01:00& | 01:32& | 01:32& | 00:52& | 01:43@ | 00:26& |
| **8** | **Petersen, John Thomas** | | **Nittedal OL** | | | **0:38:19** | **+ 13:24** | | **116.92** | |
| 03:18-25 | 05:20-16 | 09:47-13 | 14:16-13 | 17:30-12 | 21:31-9 | 27:07-8 | 32:11-8 | 35:27-8 | 37:21-9 | 38:19-9 |
| 03:18-25 | 02:02-9 | 04:27-13 | 04:29-14 | 03:14-9 | 04:01-6 | 05:36-14 | 05:04-17 | 03:16-11 | 01:54-10 | 00:58-15 |
| 01:39@ | 00:41& | 01:40& | 02:06& | 00:57& | 00:50& | 01:55& | 02:39@ | 01:11& | 00:45& | 00:28& |
| **9** | **Løken, Aleidis** | | **Heming Orientering** | | | **0:38:50** | **+ 13:55** | | **116.74** | |
| 02:13-7 | 03:43-3 | 09:28-11 | 13:12-8 | 16:08-7 | 19:40-6 | 28:28-10 | 33:22-9 | 36:10-9 | 37:53-10 | 38:50-10 |
| 02:13-7 | 01:30-2 | 05:45-24 | 03:44-7 | 02:56-6 | 03:32-3 | 08:48-30 | 04:54-16 | 02:48-7 | 01:43-9 | 00:57-13 |
| 00:34& | 00:09# | 02:58@ | 01:21& | 00:39& | 00:21# | 05:07@ | 02:29@ | 00:43& | 00:34& | 00:27& |
| **10** | **Bjerkreim, Axel Bromander** | | **IL Koll** | | | **0:39:32** | **+ 14:37** | | **116.50** | |
| 02:20-8 | 04:38-7 | 08:35-7 | 13:22-9 | 17:08-11 | 23:41-11 | 28:31-11 | 34:34-12 | 37:34-12 | 38:51-11 | 39:32-11 |
| 02:20-8 | 02:18-13 | 03:57-8 | 04:47-17 | 03:46-14 | 06:33-23 | 04:50-6 | 06:03-24 | 03:00-9 | 01:17-3 | 00:41-4 |
| 00:41& | 00:57& | 01:10& | 02:24@ | 01:29& | 03:22@ | 01:09& | 03:38@ | 00:55& | 00:08# | 00:11& |
| **11** | **Jacobsen, Kjetil** | | **Hamar OK** | | | **0:40:33** | **+ 15:38** | | **116.15** | |
| 02:11-5 | 04:09-6 | 08:15-5 | 12:06-4 | 16:58-9 | 23:06-10 | 28:09-9 | 33:49-10 | 37:23-11 | 39:17-12 | 40:33-12 |
| 02:11-4 | 01:58-6 | 04:06-11 | 03:51-9 | 04:52-26 | 06:08-19 | 05:03-8 | 05:40-20 | 03:34-16 | 01:54-10 | 01:16-24 |
| 00:32& | 00:37& | 01:19& | 01:28& | 02:35@ | 02:57& | 01:22& | 03:15@ | 01:29& | 00:45& | 00:46@ |
| **12** | **Fosser, Per** | | **Heming Orientering** | | | **0:40:37** | **+ 15:42** | | **116.13** | |
| 03:10-21 | 05:27-18 | 10:21-17 | 14:56-15 | 18:18-13 | 24:19-13 | 29:56-13 | 34:01-11 | 37:23-10 | 39:30-13 | 40:37-13 |
| 03:10-21 | 02:17-12 | 04:54-14 | 04:35-16 | 03:22-12 | 06:01-18 | 05:37-15 | 04:05-10 | 03:22-13 | 02:07-13 | 01:07-20 |
| 01:31& | 00:56& | 02:07& | 02:12& | 01:05& | 02:50& | 01:56& | 01:40& | 01:17& | 00:58& | 00:37@ |
| **13** | **Eikeland, Inger Johanne** | | **Nydalens SK** | | | **0:42:02** | **+ 17:07** | | **115.65** | |
| 02:57-19 | 04:56-12 | 10:11-15 | 17:01-22 | 20:22-17 | 25:48-15 | 31:08-14 | 35:08-13 | 38:52-13 | 40:57-14 | 42:02-14 |
| 02:57-19 | 01:59-8 | 05:15-19 | 06:50-28 | 03:21-11 | 05:26-12 | 05:20-11 | 04:00-9 | 03:44-18 | 02:05-12 | 01:05-18 |
| 01:18& | 00:38& | 02:28& | 04:27@ | 01:04& | 02:15& | 01:39& | 01:35& | 01:39& | 00:56& | 00:35@ |
| **14** | **Nilstad, Randi** | | **Tyrving IL** | | | **0:44:18** | **+ 19:23** | | **114.87** | |
| 02:30-9 | 05:33-20 | 09:56-14 | 13:26-10 | 16:41-8 | 24:12-12 | 29:33-12 | 37:30-15 | 41:09-15 | 43:19-15 | 44:18-16 |
| 02:30-9 | 03:03-27 | 04:23-12 | 03:30-4 | 03:15-10 | 07:31-29 | 05:21-12 | 07:57-31 | 03:39-17 | 02:10-14 | 00:59-16 |
| 00:51& | 01:42@ | 01:36& | 01:07& | 00:58& | 04:20@ | 01:40& | 05:32@ | 01:34& | 01:01& | 00:29& |
| **15** | **Berg, Marius** | | **Fossum IF** | | | **0:45:20** | **+ 20:25** | | **114.52** | |
| 02:12-6 | 03:46-4 | 07:29-3 | 14:12-12 | 23:33-25 | 29:06-23 | 36:12-22 | 40:02-18 | 43:19-17 | 44:45-16 | 45:20-17 |
| 02:12-6 | 01:34-3 | 03:43-3 | 06:43-27 | 09:21-36 | 05:33-14 | 07:06-22 | 03:50-6 | 03:17-12 | 01:26-5 | 00:35-3 |
| 00:33& | 00:13# | 00:56& | 04:20@ | 07:04@ | 02:22& | 03:25& | 01:25& | 01:12& | 00:17# | 00:05# |
| **16** | **Huseth, Egil** | | **Kamp/Vestheim IF** | | | **0:46:33** | **+ 21:38** | | **114.10** | |
| 02:53-16 | 05:14-14 | 10:19-16 | 16:58-21 | 21:29-20 | 26:16-18 | 33:14-16 | 38:39-16 | 42:40-16 | 45:14-17 | 46:33-18 |

02:53-16 02:21-14 05:05-16 06:39-26 04:31-22 04:47-11 06:58-21 05:25-19 04:01-22 02:34-23 01:19-26
01:14& 01:00& 02:18& 04:16@ 02:14& 01:36& 03:17& 03:00@ 01:56& 01:25@ 00:49@

**17 Haugen, Per Lillomarka OL 0:47:13 + 22:18 113.88**

02:44-14 05:19-15 10:35-18 16:24-19 20:55-19 27:58-20 35:06-19 39:36-17 43:59-19 46:26-19 47:13-19
02:44-14 02:35-20 05:16-20 05:49-20 04:31-22 07:03-26 07:08-24 04:30-13 04:23-26 02:27-18 00:47-6
01:05& 01:14& 02:29& 03:26@ 02:14& 03:52@ 03:27& 02:05& 02:18@ 01:18@ 00:17&

**18 Kalleson, Elin Oppsal Orientering 0:47:20 + 22:25 113.84**

02:11-4 04:02-5 07:47-4 14:19-14 22:41-24 31:35-27 36:21-23 40:46-19 43:56-18 46:20-18 47:20-20
02:11-4 01:51-5 03:45-4 06:32-25 08:22-34 08:54-33 04:46-5 04:25-12 03:10-10 02:24-16 01:00-17
00:32& 00:30& 00:58& 04:09@ 06:05@ 05:43@ 01:05& 02:00& 01:05& 01:15@ 00:30@

**19 Martinsen, Ove Hauketo IF 0:49:40 + 24:45 113.04**

03:16-24 05:40-22 10:44-19 20:46-29 25:15-27 29:46-24 35:30-20 41:17-20 45:54-20 48:34-20 49:40-21
03:16-24 02:24-16 05:04-15 10:02-35 04:29-21 04:31-10 05:44-16 05:47-22 04:37-28 02:40-25 01:06-19
01:37& 01:03& 02:17& 07:39@ 02:12& 01:20& 02:03& 03:22@ 02:32@ 01:31@ 00:36@

**20 Fougner, Jon C. Heming Orientering 0:50:46 + 25:51 112.66**

03:45-29 06:46-29 12:43-28 18:09-26 22:29-23 29:02-22 36:09-21 41:56-21 46:30-21 49:12-21 50:46-22
03:45-29 03:01-26 05:57-28 05:26-19 04:20-20 06:33-23 07:07-23 05:47-22 04:34-27 02:42-26 01:34-30
02:06@ 01:40@ 03:10@ 03:03@ 02:03& 03:22@ 03:26& 03:22@ 02:29@ 01:33@ 01:04@

**21 Bjørgum, Hallvard VBIL 0:51:21 + 26:26 112.46**

02:41-13 06:05-26 11:11-22 20:03-27 23:52-26 30:07-25 39:22-26 43:37-23 47:07-22 50:09-22 51:21-23
02:41-13 03:24-29 05:06-17 08:52-34 03:49-16 06:15-20 09:15-32 04:15-11 03:30-14 03:02-29 01:12-22
01:02& 02:03@ 02:19& 06:29@ 01:32& 03:04& 05:34@ 01:50& 01:25& 01:53@ 00:42@

**22 Sandelien, Bjørn Heming Orientering 0:52:28 + 27:33 112.08**

03:12-23 05:35-21 10:58-21 15:59-16 21:55-22 28:20-21 38:57-25 44:43-24 48:42-24 51:08-23 52:28-24
03:12-22 02:23-15 05:23-21 05:01-18 05:56-31 06:25-22 10:37-35 05:46-21 03:59-21 02:26-17 01:20-27
01:33& 01:02& 02:36& 02:38@ 03:39@ 03:14@ 06:56@ 03:21@ 01:54& 01:17@ 00:50@

**23 Vik, Elen IL Koll 0:53:03 + 28:08 111.88**

02:55-18 05:20-17 10:56-20 17:48-24 21:43-21 30:17-26 36:41-24 43:35-22 48:15-23 52:07-24 53:03-25
02:55-17 02:25-17 05:36-22 06:52-29 03:55-18 08:34-32 06:24-18 06:54-26 04:40-29 03:52-33 00:56-10
01:16& 01:04& 02:49@ 04:29@ 01:38& 05:23@ 02:43& 04:29@ 02:35@ 02:43@ 00:26&

**24 Grenborgen, Tor IL Koll 0:58:39 + 33:44 109.97**

05:09-33 09:20-34 17:10-34 25:03-34 30:00-31 36:23-28 43:53-27 50:44-25 54:17-25 57:00-25 58:39-26
05:09-33 04:11-36 07:50-33 07:53-33 04:57-28 06:23-21 07:30-26 06:51-25 03:33-15 02:43-27 01:39-32
03:30@ 02:50@ 05:03@ 05:30@ 02:40@ 03:12@ 03:49@ 04:26@ 01:28& 01:34@ 01:09@

**25 Solheim, ' Nydalens SK 0:59:35 + 34:40 109.65**

02:38-12 04:43-8 11:41-24 16:09-17 19:56-14 27:19-19 46:28-29 51:20-26 55:14-26 58:18-26 59:35-27
02:38-12 02:05-10 06:58-29 04:28-13 03:47-15 07:23-28 19:09-37 04:52-15 03:54-19 03:04-30 01:17-25
00:59& 00:44& 04:11@ 02:05& 01:30& 04:12@ 15:28@ 02:27@ 01:49& 01:55@ 00:47@

**26 Skomedal, Torkjell IL Koll 1:01:52 + 36:57 108.87**

05:18-34 09:18-33 16:29-31 23:54-32 28:39-29 40:10-30 46:50-30 53:44-27 58:02-27 60:31-27 61:52-28
05:18-34 04:00-34 07:11-30 07:25-32 04:45-25 11:31-36 06:40-20 06:54-26 04:18-25 02:29-19 01:21-28
03:39@ 02:39@ 04:24@ 05:02@ 02:28@ 08:20@ 02:59& 04:29@ 02:13@ 01:20@ 00:51@

**27 Skomedal, Petra Koll, IL 1:01:53 + 36:58 108.87**

05:33-35 09:23-35 16:35-33 23:46-31 28:39-28 40:16-31 46:55-31 53:56-28 58:09-28 60:39-28 61:53-29
05:33-35 03:50-33 07:12-31 07:11-31 04:53-27 11:37-37 06:39-19 07:01-28 04:13-24 02:30-20 01:14-23
03:54@ 02:29@ 04:25@ 04:48@ 02:36@ 08:26@ 02:58& 04:36@ 02:08@ 01:21@ 00:44@

**28 Eine, Toril Esso Sport 1:06:26 + 41:31 107.31**

03:12-22 05:56-24 11:33-23 18:00-25 33:48-34 40:49-32 46:15-28 54:35-29 63:03-31 65:17-30 66:26-30
03:12-22 02:44-24 05:37-23 06:27-24 15:48-38 07:01-25 05:26-13 08:20-32 08:28-37 02:14-15 01:09-21
01:33& 01:23@ 02:50@ 04:04@ 13:31@ 03:50@ 01:45& 05:55@ 06:23@ 01:05& 00:39@

**29 Sandelien, Sidsel Heming Orientering 1:06:52 + 41:57 107.17**

05:33-36 09:39-36 17:14-35 24:06-33 31:01-32 38:59-29 47:54-32 55:04-30 61:02-29 64:54-29 66:52-31
05:33-35 04:06-35 07:35-32 06:52-29 06:55-32 07:58-30 08:55-31 07:10-29 05:58-36 03:52-33 01:58-34
03:54@ 02:45@ 04:48@ 04:29@ 04:38@ 04:47@ 05:14@ 04:45@ 03:53@ 02:43@ 01:28@

**30 Myhre, Stein Bærums Skiklub 1:08:24 + 43:29 106.64**

03:19-26 05:59-25 11:47-25 16:13-18 20:09-15 25:47-14 34:07-17 59:13-33 64:12-33 66:45-32 68:24-32
03:19-26 02:40-22 05:48-25 04:26-12 03:56-19 05:38-16 08:20-29 25:06-36 04:59-30 02:33-22 01:39-32
01:40@ 01:19& 03:01@ 02:03& 01:39& 02:27& 04:39@ 22:41@ 02:54@ 01:24@ 01:09@

**31 Eriksen, Tove Privat 1:08:30 + 43:35 106.61**

03:27-27 06:07-27 11:56-26 16:29-20 20:20-16 25:56-16 34:13-18 59:22-34 64:21-34 66:53-33 68:30-33

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 03:27-27  02:40-22  05:49-26  04:33-15  03:51-17  05:36-15  08:17-28  25:09-37  04:59-30  02:32-21  01:37-31
 01:48@    01:19&    03:02@    02:10&    01:34&    02:25&    04:36@    22:44@    02:54@    01:23@    01:07@
32    Egner, Bjørn                  Heming Orientering        1:08:38 +  43:43      106.56
 03:52-30  07:24-30  20:11-36  26:13-35  33:41-33  41:55-33  49:53-34  57:03-31  62:42-30  67:13-34  68:38-34
 03:52-30  03:32-31  12:47-38  06:02-21  07:28-33  08:14-31  07:58-27  07:10-29  05:39-34  04:31-36  01:25-29
 02:13@    02:11@    10:00@    03:39@    05:11@    05:03@    04:17@    04:45@    03:34@    03:22@    00:55@
33    Grymyr, Aina                  Nordre Follo Orientering  1:08:44 +  43:49      106.53
 02:55-17  05:42-23  14:05-30  20:24-28  29:13-30  42:10-34  49:31-33  57:56-32  63:43-32  66:20-31  68:44-35
 02:55-17  02:47-25  08:23-35  06:19-22  08:49-35  12:57-38  07:21-25  08:25-33  05:47-35  02:37-24  02:24-35
 01:16&    01:26@    05:36@    03:56@    06:32@    09:46@    03:40&    06:00@    03:42@    01:28@    01:54@
34    Sandvik, Jan Arne             Raumar OL                 1:16:13 +  51:18      103.97
 04:51-32  08:16-32  16:31-32  22:54-30  35:00-35  42:19-35  55:59-35  61:23-35  65:32-35  69:38-35  76:13-36
 04:51-32  03:25-30  08:15-34  06:23-23  12:06-37  07:19-27  13:40-36  05:24-18  04:09-23  04:06-35  06:35-37
 03:12@    02:04@    05:28@    04:00@    09:49@    04:08@    09:59@    02:59@    02:04&    02:57@    06:05@
35    Stensland, Ivar               IL Koll                   1:22:22 +  57:27      101.87
 06:18-37  13:47-38  23:32-37  39:08-36  44:40-37  54:14-36  64:09-36  72:34-36  77:57-36  81:27-36  82:22-37
 06:18-37  07:29-38  09:45-36  15:36-36  05:32-30  09:34-34  09:55-33  08:25-33  05:23-33  03:30-32  00:55-9
 04:39@    06:08@    06:58@    13:13@    03:15@    06:23@    06:14@    06:00@    03:18@    02:21@    00:25&
36    Thomsen, Elwood Tolleiv       IL Koll                   1:22:30 +  57:35      101.83
 06:26-38  13:46-37  23:42-38  39:24-37  44:33-36  54:24-37  64:21-37  72:56-37  78:12-37  81:33-37  82:30-38
 06:26-38  07:20-37  09:56-37  15:42-37  05:09-29  09:51-35  09:57-34  08:35-35  05:16-32  03:21-31  00:57-13
 04:47@    05:59@    07:09@    13:19@    02:52@    06:40@    06:16@    06:10@    03:11@    02:12@    00:27&
      Haugen-Jordheim, Rasmus       Koll, IL                  FULLFØRT                  100.00



DSQ   Gjessing, Ola Peter Krohn     Heming Orientering        0:44:03  (-1 poster)  95.00
 04:12-31  07:46-31  12:53-29  17:01-23  20:41-18  26:08-17  32:23-15  37:13-14  41:09-14            44:03-15
 04:12-31  03:34-32  05:07-18  04:08-10  03:40-13  05:27-13  06:15-17  04:50-14  03:56-20
 02:33@    02:13@    02:20&    01:45&    01:23&    02:16&    02:34&    02:25@    01:51&
DSQ   Berge, Berit                  IL Tyrving                1:32:44  (-4 poster)  80.00
 03:36-28  06:12-28  12:02-27  44:11-38  48:44-38  54:32-38                                        92:44-39
 03:36-28  02:36-21  05:50-27  32:09-38  04:33-24  05:48-17
 01:57@    01:15&    03:03@    29:46@    02:16&    02:37&
      Madsen, Øystein               Haugerud IF               DELTATT                   50.00



      Haugen-Jordheim, Marie        IL Koll                   FULLFØRT                  100.00



DSQ   Hammer, Lena                  Vestre Akers SK           0:19:46  (-8 poster)  60.00
 07:23-39                                                                          16:38-1   19:46-1
 07:23-39                                                                                    03:08-36
 05:44@                                                                                      02:38@
```

## Strekktider Småtroll

```
Plass Navn                          Klubb                     Tid                       Poeng
 1    Fanavoll, Jon                 Kamp Vestheim             0:24:57 +  00:00          100.00
 01:44-2   03:54-1   06:55-1   08:26-1   10:45-1   12:33-1   14:21-1   18:12-1   23:08-1   24:57-1
 01:44-2   02:10-1   03:01-1   01:31-1   02:19-1   01:48-1   01:48-1   03:51-2   04:56-4   01:49-3
 00:19#    00:00=    00:00=    00:00=    00:00=    00:00=    00:00=    00:38#    01:00&    00:30&
 2    Andersson, Tage               IL Koll                   0:26:57 +  02:00          100.00
 01:25-1   04:20-2   08:01-2   09:45-2   12:31-2   14:43-2   16:47-2   20:00-2   24:50-2   26:57-2
 01:25-1   02:55-3   03:41-2   01:44-3   02:46-3   02:12-3   02:04-5   03:13-1   04:50-3   02:07-5
```

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 00:00= | 00:45& | 00:40# | 00:13# | 00:27# | 00:24# | 00:16# | 00:00= | 00:54# | 00:48& | |
| **3** | **Vister, Alma** | | | **Bækkelagets SK** | | | **0:35:04 +** | **10:07** | **100.00** | |
| 01:59-4 | 06:02-6 | 10:51-5 | 12:26-3 | 16:33-3 | 19:35-3 | 22:16-5 | 26:18-4 | 32:42-3 | 35:04-3 | |
| 01:59-4 | 04:03-8 | 04:49-6 | 01:35-2 | 04:07-7 | 03:02-4 | 02:41-8 | 04:02-4 | 06:24-6 | 02:22-7 | |
| 00:34& | 01:53& | 01:48& | 00:04+ | 01:48& | 01:14& | 00:53& | 00:49& | 02:28& | 01:03& | |
| **4** | **Eide-Fredriksen, Alvin** | | | **Kamp/Vestheim IF** | | | **0:35:09 +** | **10:12** | **100.00** | |
| 01:51-3 | 06:46-7 | 12:24-9 | 14:15-9 | 17:52-5 | 19:55-5 | 21:52-3 | 25:51-3 | 33:20-4 | 35:09-4 | |
| 01:51-3 | 04:55-10 | 05:38-11 | 01:51-4 | 03:37-4 | 02:03-2 | 01:57-2 | 03:59-3 | 07:29-9 | 01:49-3 | |
| 00:26& | 02:45@ | 02:37& | 00:20# | 01:18& | 00:15# | 00:09+ | 00:46# | 03:33& | 00:30& | |
| **5** | **Eide-Fredriksen, Ivi** | | | **Kamp/Vestheim IF** | | | **0:39:58 +** | **15:01** | **100.00** | |
| 02:01-5 | 07:10-10 | 12:31-10 | 18:13-10 | 22:46-11 | 25:58-8 | 29:01-11 | 33:21-8 | 37:47-7 | 39:58-5 | |
| 02:01-5 | 05:09-12 | 05:21-10 | 05:42-12 | 04:33-9 | 03:12-7 | 03:03-9 | 04:20-6 | 04:26-2 | 02:11-6 | |
| 00:36& | 02:59@ | 02:20& | 04:11@ | 02:14& | 01:24& | 01:15& | 01:07& | 00:30# | 00:52& | |
| **6** | **Solhjell, Hauk** | | | **Privat** | | | **0:40:07 +** | **15:10** | **100.00** | |
| 03:25-12 | 07:06-9 | 11:27-7 | 14:02-7 | 16:34-4 | 19:37-4 | 22:02-4 | 27:19-5 | 35:50-5 | 40:07-6 | |
| 03:25-12 | 03:41-6 | 04:21-3 | 02:35-6 | 02:32-2 | 03:03-5 | 02:25-7 | 05:17-9 | 08:31-10 | 04:17-12 | |
| 02:00@ | 01:31& | 01:20& | 01:04& | 00:13+ | 01:15& | 00:37& | 02:04& | 04:35@ | 02:58@ | |
| **7** | **Eide-Fredriksen, Aksel** | | | **Kamp/Vestheim IF** | | | **0:40:13 +** | **15:16** | **100.00** | |
| 02:27-7 | 07:23-11 | 12:42-11 | 18:29-11 | 22:45-10 | 25:54-7 | 29:00-10 | 33:43-10 | 37:39-6 | 40:13-7 | |
| 02:27-7 | 04:56-11 | 05:19-9 | 05:47-13 | 04:16-8 | 03:09-6 | 03:06-10 | 04:43-7 | 03:56-1 | 02:34-8 | |
| 01:02& | 02:46@ | 02:18& | 04:16@ | 01:57& | 01:21& | 01:18& | 01:30& | 00:00= | 01:15& | |
| **8** | **Sletner, Alma** | | | **Røyken OL** | | | **0:42:40 +** | **17:43** | **100.00** | |
| 02:36-8 | 05:29-3 | 10:37-4 | 13:25-5 | 19:43-8 | 26:43-11 | 28:40-8 | 32:44-7 | 41:18-10 | 42:40-8 | |
| 02:36-8 | 02:53-2 | 05:08-8 | 02:48-9 | 06:18-11 | 07:00-13 | 01:57-2 | 04:04-5 | 08:34-11 | 01:22-2 | |
| 01:11& | 00:43& | 02:07& | 01:17& | 03:59@ | 05:12@ | 00:09+ | 00:51& | 04:38@ | 00:03+ | |
| **9** | **Sletner, Iver** | | | **Røyken OL** | | | **0:42:46 +** | **17:49** | **100.00** | |
| 02:50-9 | 05:47-5 | 10:52-6 | 13:35-6 | 19:40-7 | 26:37-10 | 28:52-9 | 34:15-11 | 41:27-11 | 42:46-9 | |
| 02:50-9 | 02:57-4 | 05:05-7 | 02:43-8 | 06:05-10 | 06:57-12 | 02:15-6 | 05:23-10 | 07:12-8 | 01:19-1 | |
| 01:25@ | 00:47& | 02:04& | 01:12& | 03:46@ | 05:09@ | 00:27& | 02:10& | 03:16& | 00:00= | |
| **10** | **Sletner, Audun** | | | **Røyken OL** | | | **0:43:22 +** | **18:25** | **100.00** | |
| 02:16-6 | 05:31-4 | 10:19-3 | 13:20-4 | 21:10-9 | 26:08-9 | 28:07-7 | 33:36-9 | 40:47-9 | 43:22-10 | |
| 02:16-6 | 03:15-5 | 04:48-5 | 03:01-10 | 07:50-13 | 04:58-11 | 01:59-4 | 05:29-11 | 07:11-7 | 02:35-9 | |
| 00:51& | 01:05& | 01:47& | 01:30& | 05:31@ | 03:10@ | 00:11# | 02:16& | 03:15& | 01:16& | |
| **11** | **Wibe, Maja Sletner** | | | **IL GeoForm** | | | **0:43:35 +** | **18:38** | **100.00** | |
| 03:12-11 | 07:06-8 | 11:29-8 | 14:08-8 | 18:01-6 | 21:32-6 | 25:00-6 | 31:25-6 | 40:42-8 | 43:35-11 | |
| 03:12-11 | 03:54-7 | 04:23-4 | 02:39-7 | 03:53-5 | 03:31-9 | 03:28-11 | 06:25-12 | 09:17-12 | 02:53-11 | |
| 01:47@ | 01:44& | 01:22& | 01:08& | 01:34& | 01:43& | 01:40& | 03:12& | 05:21@ | 01:34@ | |
| **12** | **Asak-Jacobsen, Maria** | | | | | | **0:51:58 +** | **27:01** | **100.00** | |
| 02:55-10 | 10:33-13 | 17:03-13 | 19:11-12 | 23:13-12 | 26:43-12 | 39:03-13 | 44:05-13 | 49:22-12 | 51:58-12 | |
| 02:55-10 | 07:38-13 | 06:30-12 | 02:08-5 | 04:02-6 | 03:30-8 | 12:20-13 | 05:02-8 | 05:17-5 | 02:36-10 | |
| 01:30@ | 05:28@ | 03:29@ | 00:37& | 01:43& | 01:42& | 10:32@ | 01:49& | 01:21& | 01:17& | |
| **13** | **Schwencke, Gustav Langbø** | | | | | | **1:03:11 +** | **38:14** | **100.00** | |
| 04:21-13 | 08:35-12 | 16:02-12 | 19:33-13 | 25:59-13 | 29:31-13 | 34:22-12 | 42:26-12 | 58:48-13 | 63:11-13 | |
| 04:21-13 | 04:14-9 | 07:27-13 | 03:31-11 | 06:26-12 | 03:32-10 | 04:51-12 | 08:04-13 | 16:22-13 | 04:23-13 | |
| 02:56@ | 02:04& | 04:26@ | 02:00@ | 04:07@ | 01:44& | 03:03@ | 04:51@ | 12:26@ | 03:04@ | |