

## All races 11 (male)

| Class | Utøver                | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-----------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Andreas Dyrbeck       | 11    | 55      | 0:11:46        | 3:55    | 0:19:39   | 0:19:35  |
| 2     | Emil S Molenaar       | 11    | 182     | 0:11:53        | 3:57    | 0:19:50   | 0:19:47  |
| 3     | Herman Sjøvaag        | 11    | 229     | 0:13:00        | 4:18    | 0:21:35   | 0:21:31  |
| 4     | Vegard Ullern Tønning | 11    | 111     | 0:16:11        | 5:19    | 0:26:43   | 0:26:37  |

## All races 12 (male)

| Class | Utøver                 | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|------------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Teodor Hansen          | 12    | 142     | 0:10:02        | 3:21    | 0:16:47   | 0:16:47  |
| 2     | Kristoffer Støa Magnus | 12    | 190     | 0:12:52        | 4:19    | 0:21:39   | 0:21:37  |
| 3     | Kevin Wam Hansson      | 12    | 56      | 0:12:43        | 4:20    | 0:21:43   | 0:21:41  |
| 4     | Nicolai Wam Hansson    | 12    | 65      | 0:13:48        | 4:39    | 0:23:19   | 0:23:17  |
| 5     | Magnus Bjerke          | 12    | 105     | 0:14:08        | 4:49    | 0:24:11   | 0:24:06  |
| 6     | Albin Bjerke           | 12    | 91      | 0:16:04        | 5:11    | 0:26:05   | 0:25:57  |
| 7     | Syver Hoelsveen        | 12    | 208     | 0:17:06        | 5:42    | 0:28:41   | 0:28:34  |

## All races 13 (male)

| Class | Utøver            | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Espen Herstad     | 13    | 143     | 0:12:02        | 4:02    | 0:20:15   | 0:20:11  |
| 2     | Nikolaj Holm      | 13    | 261     | 0:13:28        | 4:21    | 0:21:54   | 0:21:48  |
| 3     | Kim Ulrik Gravset | 13    | 255     | 0:15:35        | 5:28    | 0:27:28   | 0:27:23  |

## All races 14-15 (male)

| Class | Utøver                  | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-------------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Jørgen Sørsgård         | 15    | 22      | 0:10:34        | 3:29    | 0:17:31   | 0:17:29  |
| 2     | Andreas Ullern Tønning  | 14    | 34      | 0:10:36        | 3:33    | 0:17:48   | 0:17:48  |
| 3     | Nicolai Gjetanger       | 15    | 214     | 0:11:00        | 3:43    | 0:18:35   | 0:18:35  |
| 4     | Hisham El Haddouri      | 15    | 223     | 0:11:14        | 4:12    | 0:21:02   | 0:21:00  |
| 5     | William Lie-Johansen    | 15    | 239     | 0:12:18        | 4:16    | 0:21:24   | 0:21:23  |
| 6     | Adrian Arntsen Sandvold | 15    | 205     | 0:12:45        | 4:17    | 0:21:29   | 0:21:27  |
| 7     | Adrian Buczek           | 15    | 79      | 0:13:19        | 4:25    | 0:22:11   | 0:22:06  |
| 8     | Martin Biuso            | 15    | 215     | 0:12:56        | 4:30    | 0:22:31   | 0:22:30  |
| 9     | Magnus Hoelsveen        | 15    | 207     | 0:17:07        | 5:41    | 0:28:32   | 0:28:25  |

## All races 16-17 (male)

| Class | Utøver                   | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|--------------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Martin Aasen Hemstad     | 17    | 164     | 0:09:55        | 3:17    | 0:16:29   | 0:16:28  |
| 2     | Bastian Karlsen Antonsen | 17    | 7       | 0:09:56        | 3:21    | 0:16:45   | 0:16:45  |
| 3     | Jonas Sørsgård           | 17    | 14      | 0:10:01        | 3:25    | 0:17:09   | 0:17:08  |
| 4     | Mads Orø Olsen           | 16    | 166     | 0:10:20        | 3:31    | 0:17:38   | 0:17:38  |
| 5     | Magnus Sedeniussen       | 17    | 16      | 0:10:31        | 3:32    | 0:17:42   | 0:17:42  |
| 6     | Simen Sælid              | 17    | 15      | 0:10:40        | 3:39    | 0:18:19   | 0:18:17  |
| 7     | Erlend Meyer Jakobsen    | 17    | 47      | 0:11:52        | 3:57    | 0:19:49   | 0:19:46  |
| 8     | Jørgen Nøkleby Melling   | 16    | 211     | 0:11:48        | 3:57    | 0:19:51   | 0:19:49  |

## All races 18-19 (male)

| Class | Utøver               | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|----------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Magnus Tuv Myhre     | 18    | 2       | 0:09:22        | 3:09    | 0:15:47   | 0:15:47  |
| 2     | Mika Piippo          | 18    | 165     | 0:10:33        | 3:30    | 0:17:36   | 0:17:34  |
| 3     | Fredrik Grønland     | 18    | 19      | 0:10:36        | 3:36    | 0:18:05   | 0:18:03  |
| 4     | Håvard Myrvoid       | 18    | 168     | 0:10:55        | 3:44    | 0:18:44   | 0:18:44  |
| 5     | Sebastian G Andersen | 18    | 192     | 0:14:02        | 4:33    | 0:22:55   | 0:22:47  |
| 6     | Christian Veiby      | 18    | 198     | 0:14:03        | 4:38    | 0:23:17   | 0:23:10  |
| 7     | Lars Marius Gravset  | 18    | 254     | 0:15:28        | 5:12    | 0:26:07   | 0:26:02  |
| 8     | Tobias Nilsedalen    | 18    | 124     | 0:17:43        | 6:07    | 0:30:45   | 0:30:35  |

|   |                           |    |     |         |      |         |         |
|---|---------------------------|----|-----|---------|------|---------|---------|
| 1 | Lars Grønlund             | 22 | 11  | 0:09:57 | 3:16 | 0:16:25 | 0:16:24 |
| 2 | Emil Sørgård              | 20 | 132 | 0:10:34 | 3:35 | 0:17:56 | 0:17:55 |
| 3 | Aslak Groseth             | 20 | 216 | 0:10:57 | 3:37 | 0:18:11 | 0:18:08 |
| 4 | Ole Morten Byremo         | 22 | 28  | 0:11:55 | 3:59 | 0:20:00 | 0:19:58 |
| 5 | Sindre Raastad            | 21 | 52  | 0:11:57 | 4:01 | 0:20:09 | 0:20:06 |
| 6 | Mathias Alexander Hidalgo | 20 | 138 | 0:12:11 | 4:10 | 0:20:56 | 0:20:53 |
| 7 | Alexander Rustad          | 21 | 240 | 0:12:05 | 4:12 | 0:21:04 | 0:21:02 |
| 8 | Mohammed Altabi           | 20 | 148 | 0:16:26 | 5:41 | 0:28:33 | 0:28:29 |

## All races 23-34 (male)

| Class | Utøver                   | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|--------------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Øyvind Bjerkseth         | 30    | 234     | 0:09:11        | 3:06    | 0:15:31   | 0:15:31  |
| 2     | Håvard Berggaard Larsen  | 24    | 162     | 0:09:22        | 3:11    | 0:15:59   | 0:15:59  |
| 3     | Christopher Bennett      | 34    | 4       | 0:09:39        | 3:14    | 0:16:10   | 0:16:10  |
| 4     | Stian Jelstad            | 30    | 242     | 0:09:51        | 3:18    | 0:16:31   | 0:16:30  |
| 5     | Even Bentzen Løvås       | 29    | 10      | 0:09:58        | 3:18    | 0:16:31   | 0:16:31  |
| 6     | Simen Rypdal             | 24    | 163     | 0:09:53        | 3:19    | 0:16:35   | 0:16:35  |
| 7     | Geir Olav Larsen         | 31    | 20      | 0:10:33        | 3:30    | 0:17:33   | 0:17:32  |
| 8     | Christoffer Hagen        | 30    | 170     | 0:10:50        | 3:36    | 0:18:06   | 0:18:04  |
| 9     | Steffen Schei            | 34    | 210     | 0:10:59        | 3:37    | 0:18:08   | 0:18:08  |
| 10    | Anders Todal             | 32    | 33      | 0:10:50        | 3:39    | 0:18:17   | 0:18:17  |
| 11    | Magnus Barth Gustavsen   | 28    | 26      | 0:10:57        | 3:40    | 0:18:24   | 0:18:21  |
| 12    | Emil Evjen               | 32    | 238     | 0:11:02        | 3:46    | 0:18:54   | 0:18:52  |
| 13    | Simen Høhre Lien         | 29    | 175     | 0:11:19        | 3:48    | 0:19:04   | 0:19:01  |
| 14    | Karsten Kopland          | 30    | 231     | 0:11:22        | 3:56    | 0:19:42   | 0:19:40  |
| 15    | Lars Berggaard           | 31    | 41      | 0:11:52        | 3:56    | 0:19:47   | 0:19:44  |
| 16    | Daniel Olsen             | 34    | 8       | 0:11:55        | 3:59    | 0:19:55   | 0:19:55  |
| 17    | Tord Framstad            | 31    | 186     | 0:12:00        | 4:00    | 0:20:03   | 0:20:00  |
| 18    | Henrik Helgerud          | 29    | 118     | 0:12:11        | 4:06    | 0:20:36   | 0:20:33  |
| 19    | Eirik Skøien             | 32    | 145     | 0:12:23        | 4:10    | 0:20:56   | 0:20:53  |
| 20    | Mohamed adan Mohamed     | 23    | 131     | 0:11:51        | 4:11    | 0:21:01   | 0:20:56  |
| 21    | Kent Ariid Solberg       | 26    | 78      | 0:12:33        | 4:12    | 0:21:06   | 0:21:02  |
| 22    | Magnus Høllerud          | 32    | 252     | 0:12:24        | 4:13    | 0:21:10   | 0:21:06  |
| 23    | Ole Frantzen             | 33    | 63      | 0:13:21        | 4:30    | 0:22:37   | 0:22:33  |
| 24    | Steffen Christensen      | 29    | 83      | 0:13:18        | 4:33    | 0:22:54   | 0:22:49  |
| 25    | Steinar Hungerholdt      | 33    | 191     | 0:13:35        | 4:36    | 0:23:08   | 0:23:04  |
| 26    | Per Inge Johansen        | 34    | 81      | 0:14:35        | 4:47    | 0:24:02   | 0:23:58  |
| 27    | Thomas Ødegård           | 34    | 220     | 0:14:40        | 5:00    | 0:25:10   | 0:25:04  |
| 28    | Glenn Fugleberg Thoresen | 31    | 146     | 0:16:04        | 5:12    | 0:26:08   | 0:26:00  |
| 29    | Hassan Khodor            | 29    | 159     | 0:15:16        | 5:16    | 0:26:24   | 0:26:20  |
| 30    | Anders Johnsrud          | 30    | 98      | 0:16:18        | 5:22    | 0:27:03   | 0:26:54  |
| 31    | Arnulf Vik               | 34    | 219     | 0:15:56        | 5:39    | 0:28:21   | 0:28:15  |

## All races 35-39 (male)

| Class | Utøver                | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-----------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Ronny Losoa           | 38    | 1       | 0:09:21        | 3:08    | 0:15:40   | 0:15:40  |
| 2     | Arne Post             | 35    | 250     | 0:09:25        | 3:10    | 0:15:53   | 0:15:53  |
| 3     | Dag Skretteberg       | 38    | 13      | 0:10:08        | 3:21    | 0:16:50   | 0:16:48  |
| 4     | Per Erik Monsrud      | 37    | 167     | 0:10:22        | 3:27    | 0:17:17   | 0:17:17  |
| 5     | Thomas Evjen          | 35    | 173     | 0:10:33        | 3:30    | 0:17:37   | 0:17:34  |
| 6     | Håvard Dahl           | 38    | 227     | 0:11:09        | 3:42    | 0:18:35   | 0:18:32  |
| 7     | Arnt Sveen            | 38    | 177     | 0:11:35        | 3:54    | 0:19:32   | 0:19:30  |
| 8     | Atle Haukeland        | 35    | 49      | 0:11:59        | 3:57    | 0:19:50   | 0:19:46  |
| 9     | Ove Erik Helgesen     | 38    | 123     | 0:12:07        | 4:13    | 0:21:12   | 0:21:08  |
| 10    | Per Bjørnar Bottegård | 39    | 236     | 0:12:42        | 4:14    | 0:21:18   | 0:21:14  |
| 11    | Tor Kåre Andersen     | 37    | 185     | 0:12:43        | 4:17    | 0:21:28   | 0:21:26  |

## All races 35-39 (male)

| Class | Utøver                   | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|--------------------------|-------|---------|----------------|---------|-----------|----------|
| 12    | Jon-Håkon Hageli         | 37    | 224     | 0:12:57        | 4:23    | 0:22:00   | 0:21:57  |
| 13    | Kenneth Åsland           | 39    | 235     | 0:13:06        | 4:23    | 0:22:03   | 0:21:59  |
| 14    | John Bjerke              | 39    | 104     | 0:13:15        | 4:27    | 0:22:23   | 0:22:18  |
| 15    | Øystein Brathaug Sandvik | 36    | 64      | 0:13:21        | 4:28    | 0:22:26   | 0:22:22  |
| 16    | Leif Erik Lesteberg      | 35    | 71      | 0:13:20        | 4:28    | 0:22:28   | 0:22:22  |
| 17    | Eirik Andersen Høhre     | 35    | 139     | 0:12:49        | 4:35    | 0:22:59   | 0:22:57  |
| 18    | Marius Sand Skaarud      | 36    | 75      | 0:13:32        | 4:37    | 0:23:11   | 0:23:07  |
| 19    | Martin Amundsen          | 35    | 60      | 0:13:31        | 4:39    | 0:23:20   | 0:23:16  |
| 20    | Magnar Haukeberg         | 39    | 200     | 0:14:42        | 5:00    | 0:25:09   | 0:25:04  |
| 21    | Marek Buczek             | 38    | 108     | 0:14:36        | 5:03    | 0:25:25   | 0:25:16  |
| 22    | Stanley Fjeldstad        | 37    | 109     | 0:17:30        | 5:44    | 0:28:54   | 0:28:44  |

## All races 40-44 (male)

| Class | Utøver                    | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|---------------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Arne Sæther               | 41    | 6       | 0:09:29        | 3:09    | 0:15:48   | 0:15:48  |
| 2     | Arno De Jong              | 42    | 31      | 0:10:56        | 3:42    | 0:18:31   | 0:18:30  |
| 3     | Hallgeir Juklestad        | 44    | 169     | 0:11:19        | 3:47    | 0:18:59   | 0:18:56  |
| 4     | Tollef Haugen             | 43    | 217     | 0:11:24        | 3:52    | 0:19:22   | 0:19:20  |
| 5     | Roy Erling Wara           | 42    | 39      | 0:11:39        | 3:53    | 0:19:29   | 0:19:26  |
| 6     | Øyvind Sørensen           | 40    | 181     | 0:12:06        | 4:07    | 0:20:39   | 0:20:36  |
| 7     | Pål Kristensen            | 41    | 213     | 0:12:39        | 4:13    | 0:21:13   | 0:21:09  |
| 8     | Robert Hansen             | 43    | 141     | 0:13:00        | 4:22    | 0:21:53   | 0:21:50  |
| 9     | Bjørn Erling Thomte Osnes | 40    | 57      | 0:13:16        | 4:26    | 0:22:17   | 0:22:13  |
| 10    | Per Ragnar Tuftin         | 43    | 59      | 0:13:43        | 4:29    | 0:22:32   | 0:22:27  |
| 11    | Pål Løken                 | 41    | 204     | 0:13:27        | 4:39    | 0:23:21   | 0:23:16  |
| 12    | Even Kristoffersen        | 41    | 92      | 0:16:15        | 5:25    | 0:27:15   | 0:27:08  |

## All races 45-49 (male)

| Class | Utøver              | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|---------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Richard Larsson     | 45    | 5       | 0:09:58        | 3:17    | 0:16:28   | 0:16:28  |
| 2     | Krister Sørsgård    | 48    | 12      | 0:10:02        | 3:21    | 0:16:48   | 0:16:48  |
| 3     | Øystein Solheim     | 45    | 230     | 0:10:32        | 3:31    | 0:17:35   | 0:17:35  |
| 4     | Rune Romnes         | 48    | 9       | 0:10:29        | 3:33    | 0:17:49   | 0:17:49  |
| 5     | Kjetil Engelstad    | 47    | 23      | 0:10:33        | 3:35    | 0:17:57   | 0:17:57  |
| 6     | Anders Hevrøy       | 45    | 180     | 0:11:17        | 3:48    | 0:19:02   | 0:19:00  |
| 7     | Odd Inge Hellerud   | 48    | 27      | 0:11:46        | 3:53    | 0:19:31   | 0:19:28  |
| 8     | Henrik Kvisgaard    | 47    | 25      | 0:11:47        | 3:55    | 0:19:42   | 0:19:39  |
| 9     | Per Erik Opseth     | 48    | 189     | 0:11:38        | 3:56    | 0:19:44   | 0:19:41  |
| 10    | Henning Vollmerhaus | 45    | 50      | 0:11:58        | 4:01    | 0:20:10   | 0:20:08  |
| 11    | Thomas Larsen       | 48    | 183     | 0:12:03        | 4:03    | 0:20:19   | 0:20:16  |
| 12    | Lars Berghagen      | 48    | 42      | 0:12:16        | 4:04    | 0:20:22   | 0:20:20  |
| 13    | Trond Nybakk        | 48    | 178     | 0:12:16        | 4:07    | 0:20:42   | 0:20:39  |
| 14    | Nils Mugaas         | 46    | 43      | 0:12:19        | 4:12    | 0:21:05   | 0:21:02  |
| 15    | Lars Arne Gravset   | 45    | 253     | 0:14:00        | 4:46    | 0:23:57   | 0:23:53  |
| 16    | Peer Veiby          | 46    | 202     | 0:15:27        | 5:08    | 0:25:48   | 0:25:41  |
| 17    | Helge Antonsen      | 45    | 194     | 0:16:20        | 5:17    | 0:26:37   | 0:26:27  |
| 18    | Amund Bjerke        | 46    | 90      | 0:16:09        | 5:29    | 0:27:34   | 0:27:25  |
| 19    | Vegard Persvold     | 46    | 103     | 0:18:17        | 6:09    | 0:30:58   | 0:30:49  |

## All races 50-54 (male)

| Class | Utøver           | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Arne Sørvang     | 51    | 226     | 0:10:52        | 3:36    | 0:18:06   | 0:18:04  |
| 2     | Knut Lium        | 50    | 247     | 0:10:49        | 3:39    | 0:18:17   | 0:18:17  |
| 3     | Sturle Brustad   | 54    | 176     | 0:10:53        | 3:40    | 0:18:22   | 0:18:21  |
| 4     | Erik Ramsrud     | 53    | 35      | 0:10:54        | 3:41    | 0:18:25   | 0:18:25  |
| 5     | Rolf Arild Myran | 53    | 221     | 0:11:52        | 4:00    | 0:20:04   | 0:20:00  |

## All races 50-54 (male)

| Class | Utøver                | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-----------------------|-------|---------|----------------|---------|-----------|----------|
| 6     | Trond Jørgensen       | 53    | 61      | 0:12:35        | 4:16    | 0:21:23   | 0:21:21  |
| 7     | Pål Kristian Holemark | 52    | 53      | 0:12:47        | 4:17    | 0:21:33   | 0:21:29  |
| 8     | Andreas Haukeland     | 50    | 36      | 0:12:44        | 4:21    | 0:21:52   | 0:21:48  |
| 9     | Ole Jonny Kongsmo     | 53    | 68      | 0:13:32        | 4:33    | 0:22:53   | 0:22:48  |
| 10    | Svein Skogstad        | 54    | 110     | 0:17:22        | 6:04    | 0:30:30   | 0:30:20  |
| 11    | Hugo Klemmestad       | 50    | 116     | 0:21:05        | 6:47    | 0:34:09   | 0:33:58  |

## All races 55-59 (male)

| Class | Utøver              | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|---------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Kristen Aaby        | 57    | 228     | 0:09:37        | 3:14    | 0:16:12   | 0:16:12  |
| 2     | Trond Inge Carlsen  | 55    | 21      | 0:11:02        | 3:40    | 0:18:23   | 0:18:21  |
| 3     | Lennart MAM Hansson | 59    | 86      | 0:15:32        | 5:17    | 0:26:31   | 0:26:25  |

## All races 60-64 (male)

| Class | Utøver                   | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|--------------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Jan Monsrud              | 63    | 174     | 0:11:47        | 3:54    | 0:19:36   | 0:19:34  |
| 2     | Arne Erik Håkonsen       | 62    | 188     | 0:12:07        | 4:04    | 0:20:24   | 0:20:21  |
| 3     | Christian Prestegård     | 63    | 237     | 0:12:20        | 4:08    | 0:20:43   | 0:20:41  |
| 4     | Kjell Ivar Torgersbråten | 64    | 48      | 0:12:37        | 4:14    | 0:21:16   | 0:21:13  |
| 5     | Bård Erland Sprakehaug   | 61    | 73      | 0:13:46        | 4:39    | 0:23:20   | 0:23:16  |

## All races 65-69 (male)

| Class | Utøver         | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|----------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Torbjørn Eiken | 65    | 184     | 0:12:28        | 4:14    | 0:21:13   | 0:21:10  |
| 2     | Dag Erichsrud  | 69    | 74      | 0:16:25        | 5:24    | 0:27:05   | 0:27:00  |

## All races 70-74 (male)

| Class | Utøver                | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-----------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Knut Olberg           | 71    | 199     | 0:15:23        | 5:15    | 0:26:26   | 0:26:19  |
| 2     | Audun Ragnvald Sætren | 74    | 115     | 0:22:28        | 7:35    | 0:38:08   | 0:37:56  |

## All races 80-84 (male)

| Class | Utøver     | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Paul Meier | 80    | 106     | 0:17:20        | 5:49    | 0:29:16   | 0:29:09  |

## All races 11 (female)

| Class | Utøver             | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|--------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Emma Marie Sørgård | 11    | 66      | 0:12:56        | 4:19    | 0:21:40   | 0:21:36  |
| 2     | Sara Klemmestad    | 11    | 117     | 0:21:10        | 6:47    | 0:34:07   | 0:33:56  |

## All races 12 (female)

| Class | Utøver                  | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-------------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Thea Christiansen Engen | 12    | 54      | 0:13:51        | 4:48    | 0:24:05   | 0:24:01  |
| 2     | Margrete Svendsrud      | 12    | 246     | 0:16:14        | 5:32    | 0:27:55   | 0:27:44  |
| 3     | Elis Nordseth Karlsen   | 12    | 206     | 0:16:34        | 5:44    | 0:28:51   | 0:28:43  |

## All races 13 (female)

| Class | Utøver               | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|----------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Hanna Moen Jensen    | 13    | 225     | 0:12:52        | 4:15    | 0:21:19   | 0:21:16  |
| 2     | Hanna Moen Engelstad | 13    | 88      | 0:15:31        | 5:06    | 0:25:39   | 0:25:33  |

## All races 14-15 (female)

|   |                          |    |     |         |      |         |         |
|---|--------------------------|----|-----|---------|------|---------|---------|
| 1 | Tuva Bratvold Fossen     | 15 | 44  | 0:12:21 | 4:15 | 0:21:18 | 0:21:16 |
| 2 | Elise Loe Eull           | 15 | 37  | 0:13:04 | 4:30 | 0:22:33 | 0:22:31 |
| 3 | Maren Dalby Bårnås       | 15 | 76  | 0:13:33 | 4:31 | 0:22:39 | 0:22:35 |
| 4 | Ida Christiansen Engen   | 14 | 69  | 0:14:01 | 4:45 | 0:23:54 | 0:23:49 |
| 5 | Ida Håkonsen             | 15 | 89  | 0:14:02 | 4:49 | 0:24:07 | 0:24:05 |
| 6 | Martine Bergan Berghagen | 14 | 70  | 0:14:41 | 4:49 | 0:24:12 | 0:24:08 |
| 7 | Emma Kristiansen Østby   | 14 | 99  | 0:14:44 | 4:59 | 0:24:59 | 0:24:55 |
| 8 | Martine Øhren            | 15 | 203 | 0:14:42 | 5:08 | 0:25:47 | 0:25:41 |
| 9 | Tuva Skjellum            | 15 | 157 | 0:16:10 | 5:29 | 0:27:36 | 0:27:27 |

## All races 16-17 (female)

| Class | Utøver              | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|---------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Marte Bagaasen Mork | 16    | 171     | 0:10:36        | 3:34    | 0:17:51   | 0:17:50  |

## All races 20-22 (female)

| Class | Utøver         | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|----------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Liv Nordengen  | 20    | 18      | 0:10:52        | 3:40    | 0:18:24   | 0:18:24  |
| 2     | Ine Skjellum   | 20    | 156     | 0:11:53        | 4:01    | 0:20:12   | 0:20:08  |
| 3     | Marte Nesheim  | 21    | 260     | 0:12:46        | 4:19    | 0:21:43   | 0:21:38  |
| 4     | Sanne Wittgren | 20    | 134     | 0:16:06        | 5:25    | 0:27:14   | 0:27:08  |
| 5     | Aina Helltun   | 20    | 125     | 0:18:48        | 6:14    | 0:31:18   | 0:31:10  |

## All races 23-34 (female)

| Class | Utøver                    | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|---------------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Ida Bergsløkken           | 33    | 249     | 0:10:03        | 3:23    | 0:16:59   | 0:16:59  |
| 2     | Maria Aure                | 28    | 172     | 0:11:16        | 3:47    | 0:19:01   | 0:18:59  |
| 3     | Eirin Storebø             | 28    | 40      | 0:12:08        | 4:04    | 0:20:23   | 0:20:22  |
| 4     | Ida Hope                  | 28    | 38      | 0:12:05        | 4:05    | 0:20:32   | 0:20:29  |
| 5     | Sølvi Hoff                | 29    | 241     | 0:12:37        | 4:15    | 0:21:23   | 0:21:19  |
| 6     | Linda Merethe Finnevolden | 29    | 77      | 0:14:13        | 4:47    | 0:24:04   | 0:23:59  |
| 7     | Ragnhildur Magnúsdóttir   | 34    | 243     | 0:14:04        | 4:48    | 0:24:11   | 0:24:04  |
| 8     | Tonje Celine Schjelderup  | 28    | 24      | 0:12:54        | 4:50    | 0:24:12   | 0:24:10  |
| 9     | Christina Måm Hansson     | 26    | 87      | 0:14:21        | 4:51    | 0:24:24   | 0:24:18  |
| 10    | Martine Saga              | 32    | 259     | 0:14:47        | 4:54    | 0:24:40   | 0:24:34  |
| 11    | Jeanette Gunnerød         | 31    | 232     | 0:14:44        | 4:57    | 0:24:55   | 0:24:49  |
| 12    | Martine Jacobsen          | 28    | 97      | 0:17:09        | 5:48    | 0:29:10   | 0:29:01  |
| 13    | Kristine Ramsland         | 33    | 114     | 0:18:19        | 6:11    | 0:31:07   | 0:30:58  |

## All races 35-39 (female)

| Class | Utøver                   | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|--------------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Silje Skaar Moe          | 39    | 179     | 0:11:44        | 3:55    | 0:19:38   | 0:19:36  |
| 2     | Vivian Sørensen Lunde    | 39    | 126     | 0:13:54        | 4:57    | 0:24:51   | 0:24:46  |
| 3     | Camilla Thomte Osnes     | 38    | 80      | 0:15:09        | 5:05    | 0:25:31   | 0:25:25  |
| 4     | Kari-Anne Bråthen        | 37    | 222     | 0:15:29        | 5:12    | 0:26:09   | 0:26:03  |
| 5     | Heidi Raastad            | 39    | 258     | 0:15:21        | 5:14    | 0:26:19   | 0:26:12  |
| 6     | Anne Andersen            | 38    | 201     | 0:16:33        | 5:30    | 0:27:40   | 0:27:32  |
| 7     | Marianne Rustad Thoresen | 38    | 209     | 0:16:36        | 5:30    | 0:27:41   | 0:27:32  |
| 8     | Caroline Bøe             | 38    | 94      | 0:17:04        | 5:36    | 0:28:13   | 0:28:04  |
| 9     | Lillian Riseth           | 38    | 95      | 0:16:44        | 5:43    | 0:28:46   | 0:28:39  |
| 10    | Nina Christiansen        | 39    | 120     | 0:17:23        | 5:55    | 0:29:49   | 0:29:39  |

## All races 40-44 (female)

| Class | Utøver             | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|--------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Silje Christiansen | 43    | 30      | 0:11:00        | 3:43    | 0:18:38   | 0:18:36  |

## All races 40-44 (female)

| Plass | Utøver                 | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|------------------------|-------|---------|----------------|---------|-----------|----------|
| 2     | Marte Aagesen Trondsen | 41    | 256     | 0:12:51        | 4:22    | 0:21:57   | 0:21:54  |
| 3     | Lena Øveren            | 44    | 84      | 0:15:09        | 5:01    | 0:25:13   | 0:25:06  |
| 4     | Anette Tronrud         | 40    | 144     | 0:16:00        | 5:22    | 0:27:00   | 0:26:53  |
| 5     | Ingrid Svendsrud       | 42    | 244     | 0:20:45        | 6:37    | 0:33:16   | 0:33:05  |
| 6     | Frida Eliassen         | 41    | 119     | 0:21:53        | 7:11    | 0:36:12   | 0:35:59  |

## All races 45-49 (female)

| Plass | Utøver             | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|--------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Hanne Øien         | 49    | 46      | 0:11:51        | 3:57    | 0:19:53   | 0:19:49  |
| 2     | Trine Lise Dyrbeck | 45    | 72      | 0:13:31        | 4:38    | 0:23:16   | 0:23:11  |
| 3     | Janne Leivestad    | 48    | 248     | 0:13:55        | 4:42    | 0:23:33   | 0:23:30  |
| 4     | Anne Cathrine Egge | 48    | 233     | 0:14:16        | 4:51    | 0:24:23   | 0:24:19  |
| 5     | Lene G Andersen    | 48    | 195     | 0:15:02        | 5:07    | 0:25:44   | 0:25:37  |
| 6     | Anja Vaskinn       | 48    | 85      | 0:17:04        | 5:45    | 0:28:54   | 0:28:46  |
| 7     | Geihild Engen      | 49    | 129     | 0:17:15        | 5:52    | 0:29:33   | 0:29:24  |
| 8     | Laila Reinsnos     | 46    | 140     | 0:21:41        | 7:23    | 0:37:11   | 0:36:59  |

## All races 50-54 (female)

| Plass | Utøver           | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Åse Klinkenberg  | 52    | 128     | 0:12:53        | 4:22    | 0:21:53   | 0:21:50  |
| 2     | Elisabeth Dønne  | 52    | 218     | 0:16:18        | 5:27    | 0:27:26   | 0:27:18  |
| 3     | Wenche Støa      | 50    | 122     | 0:16:32        | 5:36    | 0:28:09   | 0:28:01  |
| 4     | Mari Freitag     | 51    | 251     | 0:17:14        | 5:43    | 0:28:46   | 0:28:36  |
| 5     | Trude Berg Hauge | 54    | 96      | 0:17:15        | 5:51    | 0:29:25   | 0:29:16  |

## All races 55-59 (female)

| Plass | Utøver        | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|---------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Kari Langerud | 59    | 187     | 0:12:00        | 4:02    | 0:20:17   | 0:20:14  |
| 2     | Laila Aaberg  | 57    | 67      | 0:12:48        | 4:17    | 0:21:30   | 0:21:27  |
| 3     | Ingunn Monsen | 55    | 62      | 0:13:48        | 4:37    | 0:23:14   | 0:23:08  |
| 4     | Liv S Hansen  | 55    | 113     | 0:18:51        | 6:19    | 0:31:47   | 0:31:36  |

## All races 60-64 (female)

| Plass | Utøver                | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-----------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Siri Helle Friedemann | 61    | 101     | 0:16:15        | 5:30    | 0:27:40   | 0:27:32  |

## All races 70-74 (female)

| Plass | Utøver            | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-------------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Magnhild Sørensen | 73    | 262     | 0:15:44        | 5:16    | 0:26:26   | 0:26:20  |

## All races 75-79 (female)

| Plass | Utøver      | Alder | Startnr | 3 km mellomtid | km-fart | Bruttotid | Nettotid |
|-------|-------------|-------|---------|----------------|---------|-----------|----------|
| 1     | Eva Carlsen | 78    | 257     | 0:19:25        | 6:43    | 0:33:42   | 0:33:37  |