

## K17

STNR	NAME	NOCC	FINN	P1SN	LIGG	S1TM	I1SN	P2SN	STÅ	S2TM	I2SN
218	TANDREVOLD Ingrid Landmark	NOR	20:53.1	3:49.2	1	42.2	7:10.7	11:14.9	0	33.8	14:05.4
208	GRUE Eline	NOR	21:00.8	3:42.4	0	48.9	6:36.6	10:31.8	2	45.5	14:27.7
215	BØRSTAD Ina Piene	NOR	22:09.8	3:45.1	0	33.3	6:27.3	10:49.3	2	48.2	14:59.0
209	TJØM Anne Sophie	NOR	22:52.3	4:17.1	0	33.2	6:59.1	11:21.5	2	39.3	15:23.5
217	THORESEN Turi Storstrø	NOR	22:56.6	3:54.6	1	45.1	7:10.9	11:28.4	3	33.4	15:44.3
207	HØNSI Silja Fjørestad	NOR	23:31.3	4:13.7	1	39.0	7:34.6	11:59.7	2	35.8	16:07.4
226	TØNSET Anne Katrine	NOR	23:35.6	4:13.3	0	38.6	7:04.0	11:24.9	3	31.9	15:59.0
205	BAKKE Andrea Skeide	NOR	24:08.5	3:49.0	1	30.2	7:00.0	11:24.9	4	48.5	16:47.6
219	EIDE Hilde	NOR	24:34.9	3:53.6	1	34.6	7:14.6	11:33.1	4	35.0	17:08.9
211	RØSTAD Marianne	NOR	24:46.8	4:39.3	1	37.7	8:09.3	13:04.1	1	41.6	16:46.4
225	FLØTTUM Kristin Væa	NOR	24:51.8	3:57.5	4	39.7	8:52.0	13:15.3	3	37.4	17:44.4
223	SØRMO Frida	NOR	25:02.1	3:56.5	3	43.3	8:26.4	12:41.0	3	45.9	17:33.4
221	TOLLEFSEN Martine	NOR	25:19.4	4:12.0	1	41.6	7:38.0	12:14.5	3	25.1	17:09.9
212	STØLEN Gunhild Viljugrein	NOR	25:24.5	4:09.0	2	37.5	8:05.1	12:42.2	3	42.0	17:36.0
227	BJØRNSTAD Katja Sha Voje	NOR	25:42.8	4:10.5	2	59.7	8:40.8	13:10.2	3	41.6	18:10.1
206	HELDAL Anette	NOR	26:08.8	4:27.1	3	43.6	9:14.7	14:11.6	0	57.4	17:35.8
203	VOLL Seline	NOR	26:10.7	4:26.3	4	34.7	9:26.2	14:06.6	2	35.6	18:12.0
214	ØWRE Silje Marie	NOR	26:59.3	4:37.9	0	46.0	7:58.4	13:10.7	2	41.0	17:54.5
222	NERSTEN Marit	NOR	27:00.4	4:23.4	4	1:01.4	10:01.6	14:48.3	2	47.0	19:09.0
220	CEDELL Åse	NOR	27:22.0	4:44.9	0	37.1	7:52.4	13:08.5	2	35.4	17:52.6
229	BØYGARD Mari	NOR	27:27.6	4:33.6	1	45.0	8:19.4	13:04.1	3	1:07.3	18:40.7
204	AABEL Silje	NOR	27:30.9	4:01.0	4	46.2	9:24.1	13:57.5	2	40.0	19:03.1
202	HEIR Kjersti	NOR	28:43.2	4:31.0	3	47.0	9:28.3	14:51.8	3	44.0	20:09.4
228	IDSØE Tonje Haga	NOR	29:18.8	4:49.4	1	51.2	8:46.0	14:17.8	2	44.8	19:23.5
224	OTNES Hanne Sofie	NOR	31:44.0	4:41.8	3	53.6	10:14.9	16:07.1	4	36.0	22:28.8

## K18

STNR	NAME	NOCC	FINN	P1SN	LIGG	S1TM	I1SN	P2SN	STÅ	S2TM	I2SN
182	LIE Lotte	NOR	19:50.8	3:59.4	0	35.9	6:38.2	10:35.7	0	32.8	13:14.4
173	HERFOSS Ida Emilie	NOR	21:10.6	3:53.5	1	42.0	7:10.9	11:15.9	1	30.1	14:25.7
171	BERLANDSTVEIT Ingvild	NOR	21:26.0	3:56.0	1	1:04.4	7:33.4	11:34.5	1	43.5	14:51.1
176	GJESBAKK Heidi	NOR	21:32.9	3:55.1	0	32.2	6:29.5	10:55.4	2	24.0	14:28.2
168	ULVUND Åsne	NOR	21:47.0	3:50.2	2	32.2	7:23.9	11:40.6	1	27.9	14:47.6
179	LYCHE Kristin Bugge	NOR	21:58.2	4:09.6	0	34.4	6:52.2	11:25.6	0	31.0	14:13.7
194	RUUD Guro Lintho	NOR	22:25.8	4:12.8	0	35.3	7:06.4	11:35.2	1	48.2	15:03.9
180	NENSETER Maren	NOR	22:36.8	4:04.9	1	36.5	7:19.2	11:51.3	1	27.3	15:06.4
192	AAS Hedda Lundeberg	NOR	22:41.5	3:38.3	3	48.2	7:57.9	11:51.2	3	46.3	16:02.0
174	ÅREVIK Marielle H.	NOR	22:45.2	4:05.5	0	41.5	6:54.0	11:28.5	1	32.7	14:50.0
186	BREDALEN Anne Marit	NOR	22:48.3	4:11.3	1	44.6	7:38.9	12:02.4	1	42.1	15:27.5
177	FEMSTEINEVIK Ragnhild	NOR	23:04.9	3:53.9	2	33.6	7:44.0	12:04.5	2	38.2	16:08.7
184	SANGESLAND Eirin	NOR	23:19.0	4:21.0	2	40.7	8:19.0	12:49.6	0	38.4	15:49.9
178	NESTEBY Ingvild	NOR	23:51.6	4:01.7	2	38.7	7:50.4	12:08.4	3	37.6	16:38.6
175	LILLEVOLD Margrethe	NOR	24:09.3	4:01.1	4	46.0	8:51.8	13:08.0	2	36.0	17:03.0
170	KVÅLE Eirinn Teigen	NOR	24:23.6	3:57.9	2	49.1	8:14.4	12:41.0	1	33.8	16:23.6
197	GIMSE Camilla	NOR	24:57.1	4:25.4	3	49.2	9:06.3	13:38.2	2	36.7	17:38.6
191	LENVIK SJÅHEIM Line	NOR	25:06.8	4:17.5	0	45.1	7:28.3	12:35.4	1	54.4	16:32.2
181	SKINNER Amalie Bakken	NOR	25:08.4	4:17.5	2	43.2	8:26.6	13:26.7	0	49.3	16:53.6
193	RØSTEN Aina Fossbakken	NOR	25:28.8	4:17.3	3	35.2	8:50.7	13:23.3	2	36.8	17:25.7
195	BEKKEMOEN Kine	NOR	26:13.4	4:03.1	4	56.3	9:18.7	13:47.2	3	45.3	18:43.6
190	MJÅLAND Elisabet	NOR	26:21.6	4:31.3	2	34.1	8:27.7	13:16.8	5	42.7	18:32.8
188	GUSTAVSEN Elin	NOR	27:03.4	4:23.6	2	46.0	8:45.7	13:39.4	3	31.2	18:49.0
189	KJUSTAD Christine	NOR	29:59.1	4:36.0	4	35.7	10:26.5	15:57.2	2	36.9	20:39.6
187	KNOTTEN Karoline	NOR		3:44.1	1	46.9	6:57.9	10:51.4	1	38.2	14:02.5

## K19

STNR	NAME	NOCC	FINN	P1SN	LIGG	S1TM	I1SN	P2SN	STÅ	S2TM	I2SN
157	NØRSTEBØ Marie	NOR	19:49.6	3:40.2	1	51.2	13:39.7	10:41.0	1	35.5	
146	LANDRØ Heidi Myrberg	NOR	19:56.2	3:30.3	0	28.6	5:58.7	9:42.0	2		13:16.0

144	NERAASEN Sigrid Bilstad	NOR	20:47.3	3:45.3	0	42.6	6:27.5	10:22.5	1		
148	ROSTAD Sofie	NOR	20:57.3	3:49.2	0	40.0	6:27.8	10:29.1	2	34.4	14:14.3
149	GUSSIÅS Mari Størn	NOR	21:20.0	3:42.8	2	38.1	7:07.1	10:49.1	4	36.7	15:16.2
163	BILDAL Heidi Flo	NOR	21:23.0	3:37.0	2	46.1	7:21.4	11:28.0	1	32.0	14:38.0
150	HJELSTUEN Kristin	NOR	21:41.5	3:54.4	2	55.4	7:50.1	11:58.8	1	35.6	15:04.7
140	NÆSS Karoline	NOR	21:42.7	3:36.5	2	40.6	7:29.5	11:29.2	2	36.8	15:22.0
159	SANGESLAND Ingvild	NOR	21:54.3	3:45.3	2	45.3	7:33.4	11:24.2	2		15:09.3
161	PERSSON Karianne Eggen	NOR	21:54.8	3:58.1	0	31.2	6:39.9	10:55.6	2	37.6	14:51.2
141	GULDVIK Mathilde	NOR	22:12.1	3:56.4	3	36.2	8:10.2	12:19.4	0		
143	OTTERDAL Helene Støve	NOR	22:14.8	4:06.1	0	53.0	7:12.3	11:36.0	1		15:10.3
151	WIK Mari Stenvold	NOR	22:22.9	4:01.7	1	43.6	7:22.2	11:27.4	3	39.5	15:35.3
147	VOGNILD Kristine	NOR	22:48.6	4:14.7	1	38.2	7:37.0	12:09.8	0	15.6	15:01.7
158	MATTHIESSEN Astrid Wathne	NOR	22:51.0	3:41.2	2	32.8	7:54.0	11:57.2	2		15:43.2
155	MUAN Mari	NOR	23:26.0	4:02.6	4	43.4	8:51.0	12:51.4	2	34.0	16:36.8
142	ØSTBYE Stine	NOR	27:17.6	4:37.6	0	41.7	7:56.6	13:38.4	1	34.9	17:47.2
160	LARSEN Anniken	NOR	29:06.3	4:31.7	4	53.5	9:51.3	15:00.5	4	55.7	20:43.6
154	FANAVOLL Tone Vinge	NOR		4:25.0	1	45.1	8:08.0	12:51.5	1	38.7	18:34.4

## K20-21

STNR	NAME	NOCC	FINN	P1SN	LIGG	S1TM	I1SN	P2SN	STÅ	S2TM	I2SN
297	FENNE Hilde	NOR	23:58.9	4:57.6	1	23.1	7:35.5	12:47.2	3	26.6	16:20.5
306	ANDERSEN Rikke Hald	NOR	25:00.4	5:13.1	0	44.8	7:57.3	13:24.6	2	36.6	16:58.1
308	BRUN-LIE Thekla	NOR	25:13.6	5:18.2	0	28.1	7:45.1	13:30.4	2	24.1	16:53.0
304	LANDHEIM Hilde Losgård	NOR	25:15.6	5:05.0	2	37.8	8:32.6	13:52.3	2	27.4	17:21.7
295	KRISTOFFERSEN Frida Strand	NOR	25:34.8	5:43.8	1	30.4	8:45.2	14:34.2	0	33.6	17:11.2
302	MARKSET Anne-Tine	NOR	26:02.8	5:29.2	3	36.6	9:33.7	15:15.1	0	29.6	17:50.0
307	BERLANDSTVEIT Heidi	NOR	26:11.3	5:23.8	1	45.7	8:41.3	14:47.7	0	42.2	17:32.4
300	ÅDLANDSVIK Lene Berg	NOR	26:34.1	5:17.6	3	38.8	9:17.0	14:44.6	2	27.6	18:13.7
303	ANDREASSEN Ragnhild Flåten	NOR	27:26.5	5:39.6	2	35.9	9:24.0	15:13.8	2	33.3	18:54.3
309	STØVERN Nina	NOR	27:35.6	5:30.0	2	44.5	9:11.0	15:04.8	2	40.5	18:51.3
296	ØSTEBØ Elise	NOR	28:27.6	6:01.2	0	37.4	8:49.2	15:06.2	2	39.2	19:05.1

310	STRØMSJORDET Nina	NOR	28:57.8	5:39.5	2	41.3	9:29.9	15:36.7	3	29.8	19:54.9
301	RYE Mari Lauvhaug	NOR	29:10.5	5:33.7	1	42.2	8:45.9	14:56.1	4	56.5	20:09.7
305	HANSSEN Marthe	NOR	29:52.6	5:37.7	4	51.0	10:35.9	16:42.2	2	47.0	20:43.9
311	SKJELSTADÅS Tonje Marie	NOR	30:18.2	5:49.3	1	32.7	9:00.8	15:25.2	5	29.5	20:51.1
299	KNUDSEN Oda Elisabeth	NOR	32:10.5	6:14.6	3	42.3	10:48.3	17:52.4	2	39.7	21:54.4

## K Senior

STNR	NAME	NOCC	FINN	P1SN	LIGG	S1TM	I1SN	P2SN	STÅ	S2TM	I2SN
28	BERGER Tora	NOR	21:50.6	4:50.0	0	27.3	7:01.8	11:52.5	2	22.0	14:45.2
10	MØRKVE Jori	NOR	22:42.4	5:03.7	1	32.8	7:47.7	12:54.6	0	25.3	15:06.2
16	ECKHOFF Tiril Kampenhaug	NOR	22:46.4	4:55.9	1	29.5	7:41.7	12:43.2	1	32.0	15:34.8
31	SOLEMDAL Synnøve	NOR	22:46.7	4:53.1	2	32.2	8:03.0	13:07.0	0	23.2	15:16.7
21	HORN Fanny Welle-Strand	NOR	23:00.3	5:00.0	1	31.0	7:42.9	12:40.1	2	27.5	15:42.3
18	GURIGARD Vilde Ravnsborg	NOR	23:01.5	4:57.6	1	32.5	7:42.6	13:00.6	0	25.7	15:16.7
7	OLSBU Marte	NOR	23:49.4	5:14.0	1	27.3	7:58.8	13:29.8	0	30.0	15:51.6
26	RINGEN Elise	NOR	24:05.2	4:53.7	2	39.4	8:10.0	13:16.4	2	27.6	16:25.2
23	KVITTINGEN Ane Sandaker	NOR	24:22.1	5:07.0	2	33.7	8:22.8	13:43.3	1	28.8	16:28.1
24	LANDHEIM Bente Losgård	NOR	24:27.1	5:04.8	3	31.3	8:44.8	13:54.7	1	30.6	16:43.0
4	LIGHTFOOT Amanda	GBR	24:31.1	5:06.7	2	25.5	8:12.9	13:49.1	1	26.3	16:31.0
19	FALLA Maiken Caspersen	NOR	24:46.3	4:51.5	3	44.9	8:42.9	13:40.1	2	1:00.8	17:17.2
30	HOV Marie	NOR	25:07.1	5:27.9	1	32.0	8:19.5	14:04.1	1	27.3	16:50.8
9	BRUN-LIE Celine Marie Knudtzon	NOR	25:08.9	5:05.9	0	32.2	7:42.2	12:56.9	4	52.8	17:38.4
29	RINGEN Ada	NOR	25:13.6	5:02.4	1	34.7	7:50.9	13:06.5	4	30.6	17:17.0
12	HUBER Marion Rønning	NOR	25:34.6	5:17.3	2	33.6	8:37.0	14:19.4	1	24.5	17:10.5
22	TINGELSTAD Hanne	NOR	25:43.3	5:32.5	0	29.4	8:01.4	13:47.1	2	30.1	17:16.2
8	FOSSLI Charlotte Olstad	NOR	26:27.3	5:37.4	0	30.8	8:10.8	14:06.7	2	25.8	17:40.0
17	SKOGAN Karen Ishol	NOR	26:33.4	5:37.3	1	48.6	8:57.5	15:05.3	0	35.1	17:46.3
14	NICOLAISEN Kaia Wøien	NOR	27:29.6	5:25.5	2	33.2	8:51.7	14:56.7	2	34.3	18:37.0
13	L'ABBE-LUND Anniken	NOR	27:48.1	5:51.9	3	33.6	10:03.7	16:18.2	0	29.9	18:54.2
15	VALLAND Joanna	NOR	28:44.4	5:52.0	3	42.9	10:09.3	16:15.5	2	32.2	19:53.7
6	INGEBRETSEN Camilla	NOR	30:43.0	5:50.4	3	49.9	10:32.4	17:04.6	2	32.5	21:03.2

# M17

STNR	NAME	NOCC	FINN	P1SN	LIGG	LIGG	I1SN	P2SN	STÅ	STÅ	I2SN
110	PETTERSEN Sindre	NOR	22:06.9	4:32.2	2	30.9	7:40.7	12:22.8	1	41.0	15:16.6
93	SELVNES Vegard	NOR	23:26.5	5:11.0	0	35.9	7:48.0	13:00.6	1	32.3	15:53.4
87	NES Espen Segrov	NOR	23:33.4	5:00.5	0	37.8	7:33.7	12:46.9	1	42.0	15:53.4
131	LARSEN Harald Birkeland	NOR	23:36.8	4:42.1	1	47.0	7:41.6	12:44.1	2	45.2	16:12.7
120	HOJEM Peder	NOR	23:54.1	5:03.6	2	41.6	8:33.3	13:44.3	1	35.8	16:39.1
82	JOHANNESSEN Sondre	NOR	24:00.4	4:47.5	1	41.3	7:38.0	12:40.3	3	32.2	16:27.6
117	KILLINGBERG Kristian	NOR	24:00.5	4:38.5	0	36.6	7:05.6	12:06.3	3	37.0	16:00.8
91	WOLD Endre	NOR	24:09.7	4:53.5	1	42.4	7:51.4	13:08.4	2	36.2	16:33.5
72	BOTN Jørn Smådal	NOR	24:18.4	5:05.1	3	39.4	8:58.6	14:03.3	1	26.4	16:51.1
100	SKAR Hogne Findal	NOR	24:28.0	4:54.1	1	50.5	8:01.6	13:08.9	2	44.9	16:43.7
68	HARBORG Magne	NOR	24:30.8	5:04.5	3	27.7	8:42.7	14:02.9	1	25.3	16:52.0
126	EGGEN Andreas Kjeverud	NOR	24:36.3	4:50.9	3	38.8	8:42.2	14:00.3	1	33.7	16:56.6
71	JOHNSEN Espen	NOR	24:38.2	4:59.8	1	35.6	8:00.1	13:13.2	3	34.6	17:03.2
95	VALBØ Steinar	NOR	24:40.0	4:53.2	2	42.9	8:28.9	13:37.1	2	43.8	17:17.8
129	NORDBØ Even	NOR	24:47.4	4:48.7	2	47.5	8:10.2	13:20.2	4	38.2	17:42.0
89	STORVIK Thomas	NOR	24:55.4	5:10.2	2	33.7	8:37.9	14:01.2	1	35.4	17:06.2
111	NEBY Emil	NOR	25:03.5	5:09.8	1	36.0	8:13.8	13:40.8	2	44.7	17:19.8
103	FOSSE Arild	NOR	25:05.6	5:02.7	3	45.1	8:56.4	13:59.9	3	34.6	17:43.0
63	BERG Andreas Bjelland	NOR	25:12.9	5:28.2	1	31.7	8:27.5	14:10.3	1	30.1	17:02.2
124	SÆTEN Anton	NOR	25:16.5	4:47.4	3	31.0	8:26.9	13:35.0	4	31.2	17:40.6
123	JONSSON Kristoffer	NOR	25:21.3	5:13.0	2	34.0	8:43.9	13:50.5	3	30.4	17:35.1
98	MOBAKKEN Jonas Uglem	NOR	25:23.7	4:47.0	3	33.3	8:23.3	13:28.8	4	44.5	17:56.6
80	LØVLAND Anders	NOR	25:24.4	5:26.4	1	42.6	8:31.1	13:49.7	3	42.8	17:46.1
69	LØCHTING Vetle	NOR	25:24.6	4:58.8	1	42.0	8:02.8	13:08.1	4	43.4	17:35.9
86	KLEVEN Simen	NOR	25:25.5	5:01.2	3	40.0	8:43.8	13:47.9	3	53.5	17:48.6
130	SLETNER Hadrian Mjøsund	NOR	25:27.6	4:54.1	1	44.7	8:03.2	13:09.8	4	44.2	17:38.4
79	LANGELAND Harald	NOR	25:31.4	4:51.6	3	46.7	8:55.1	13:56.6	3	43.4	18:24.3
83	TANBERGMOEN Trym Ødegaard	NOR	25:35.2	5:12.0	1	41.1	8:12.2	13:21.7	4	31.8	17:58.1

97	LILLÅS Håvard	NOR	25:37.5	4:58.3	3	39.2	8:53.6	14:11.5	2	33.3	17:45.6
88	SMEBY Even Sagosen	NOR	25:38.4	5:09.4	3	46.9	9:09.1	14:40.9	3	39.9	18:50.8
84	ØSTENSEN Herman	NOR	25:39.0	5:15.6	2	36.8	8:46.6	14:10.4	2	31.9	17:41.5
106	SOLLI Sigurd Jacobsen	NOR	25:40.4	5:05.7	1	44.5	8:12.2	13:33.8	3	45.3	17:36.7
85	TORSEN Jens Petter	NOR	25:44.5	5:25.9	0	38.0	8:03.3	13:40.9	2	29.6	17:07.6
127	KARLSEN Aleksander Morsund	NOR	25:50.3	5:07.4	3	37.8	9:13.1	14:40.5	2	32.0	18:04.0
119	RØKSUND Jakob	NOR	26:12.0	5:07.0	1	39.8	8:13.7	13:42.8	3	40.0	17:50.6
107	ENGELSEN Martin Nikolai Røva	NOR	26:16.9	5:20.2	2	42.0	8:49.2	14:07.5	3	44.4	18:09.7
132	NORDBOTTEN Øystein	NOR	26:26.3	5:13.1	3	42.0	9:15.8	14:47.3	2	30.0	18:15.3
113	GLOMNES Sverre Ryland	NOR	26:40.8	5:20.5	2	49.6	9:05.7	14:24.9	3	53.5	18:49.2
70	SIVERTSEN Magnar	NOR	26:45.2	5:27.8	1	40.8	8:45.5	15:08.6	0	40.4	17:51.1
118	LØVÅS Tobias Eid	NOR	26:48.4	5:06.7	3	55.0	9:20.3	14:45.1	3	46.0	18:48.8
104	JORDE Sindre Fjellheim	NOR	26:49.7	5:00.2	4	35.3	9:21.9	14:41.5	4	39.2	19:18.2
121	RØRVIK Markus	NOR	26:51.8	5:16.2	3	51.0	9:22.0	14:48.9	4	34.6	19:09.0
128	KLEVAR Sindre	NOR	27:02.3	5:11.1	3	44.5	9:23.2	15:13.9	2	45.8	18:52.8
99	MONSTAD Brage Malm	NOR	27:08.4	5:08.9	4	37.4	9:31.6	15:05.8	2	39.0	18:44.8
76	MYKLEBUST Erlend Solhaug	NOR	27:11.8	5:16.6	2	33.6	8:39.5	14:28.5	3	25.9	18:33.9
65	KLEPPE BRITTMARK Øystein	NOR	27:18.5	14:38.8	2	38.5	8:58.7	24:53.9	4	34.3	19:09.1
92	HALSTEINSLID Georg Kristian	NOR	27:30.9	5:21.1	2	45.5	8:51.3	14:43.7	3	40.7	18:53.4
116	TVILDE Eirik	NOR	27:42.6	5:07.0	2	40.4	8:38.3	14:22.5	4	45.6	19:11.7
94	REISTAD Vegard	NOR	27:43.5	5:08.7	2	31.5	8:20.7	13:56.5	5	33.6	19:04.4
134	ØSTEBØ Anders	NOR	27:48.9	5:12.1	2	51.7	9:01.2	14:46.5	3	53.3	19:18.3
102	RØDLAND Ole Martin	NOR	27:54.8	5:29.1	3	43.9	9:47.6	15:30.2	3	38.3	19:52.9
133	STRØMSØYEN Sondre Røsbak	NOR	27:56.6	5:12.9	4	39.9	9:40.5	15:30.2	4	36.2	19:59.0
81	STARHEIM Fredrik Munch	NOR	28:01.3	5:31.3	1	31.7	8:36.3	14:35.5	4	45.0	19:23.7
101	KOPPERGÅRD Andreas	NOR	28:02.4	5:20.7	4	37.0	9:50.4	15:42.4	2	31.0	19:17.9
112	KLYNDERUD Øivind	NOR	28:04.4	5:26.7	4	56.3	10:22.9	16:17.4	1	41.9	19:28.9
114	NERAAS Bendik	NOR	28:13.5	5:23.8	1	31.2	8:26.5	14:09.4	5	42.0	19:24.3
62	KIRIVANTA Sindre Kristoffer	NOR	28:25.0	5:32.1	3	41.4	9:53.8	15:54.9	2	39.0	19:47.9
75	OPPEGÅRD Øyvind Lajord	NOR	28:33.7	5:41.2	1	44.9	9:07.1	15:11.2	3	29.9	19:44.5
122	FALLDALEN Håkon	NOR	28:37.5	5:49.1	0	57.9	8:57.5	15:00.6	3	47.1	19:41.3
125	RUGROTEN Mads Olstad	NOR	28:49.5	5:20.9	2	44.1	9:10.6	15:19.2	3	43.2	19:50.8
78	FYSTRO Espen	NOR	28:53.7	5:26.6	3	46.2	9:47.1	15:35.3	3	30.1	19:56.3

64 EIKEN Torstein	NOR	29:02.6	5:30.1	3	37.9	9:45.1	15:31.9	4	37.0	20:14.3
96 STAVELI Espen Løshus	NOR	29:12.0	5:23.5	1	24.8	8:28.9	14:49.0	4	30.2	19:57.6
105 PETERSEN Vebjørn Szalay	NOR	29:31.7	5:31.9	1	54.5	9:13.7	15:02.1	5	49.2	20:43.0
73 KOPPERGÅRD Vetle A	NOR	30:55.1	6:18.2	2	43.6	10:24.5	16:51.9	3	40.9	21:30.1
77 AAMLID Aanund	NOR	31:24.2	5:42.1	3	39.1	10:05.1	16:42.0	4	29.4	21:50.5
109 BARSTAD Tobias Berggren	NOR	32:08.2	5:56.9	5	41.2	11:27.8	17:41.5	4	34.6	22:35.9
67 STUBBE Jørgen Sundfør	NOR		5:24.4	4	41.3	10:12.3				

## M18

STNR	NAME	NOCC	FINN	P1SN	LIGG	S1TM	I1SN	P2SN	STÅ	S2TM	I2SN
46	SKJEVDAL Lars Gunnar	NOR	20:58.8	4:40.0	0	34.0	7:00.3	11:48.3	0		
10	BØDAL Isak Flo	NOR	21:06.2	4:27.1	0	30.5	6:43.2	11:20.8	2	23.9	14:19.6
31	JUVELI Anders Sommerstad	NOR	21:25.8	4:42.3	0	36.6	7:02.0	11:56.8	1	26.1	14:31.0
44	BOLLUM Sondre	NOR	22:28.4	4:27.6	1	32.0	7:09.1	11:55.7	3		
16	HÅRSTAD Jonas	NOR	22:29.0	4:41.8	0	33.4	7:04.6	12:04.6	2	31.9	15:15.3
54	DOKKEN Jonas	NOR	22:58.3	5:02.2	0	17.3	7:28.9	12:50.8	0	27.4	15:12.5
52	FLAEN Carl Jørgen Sundet	NOR	23:12.7	4:50.7	1	29.2	7:35.9	12:38.4	2	26.7	15:48.0
11	ASLESEN Henrik	NOR	23:13.5	4:42.1	2	29.0	7:54.4	13:07.6	0	31.0	15:29.9
17	EIDE Daniel Stensæth	NOR	23:32.7	4:37.8	1	32.8	7:25.8	12:39.7	2	34.5	16:05.1
22	BAKKEN Emil	NOR	23:39.4	5:06.1	1	39.0	8:05.3	13:15.0	1	34.7	16:09.5
36	BERGEL Henrik Norås	NOR	23:45.8	4:51.3	2	27.7	8:05.1	13:10.9	2	34.3	16:28.9
6	PETTERSON åvard	NOR	23:47.4	4:50.1	2	31.1	7:58.2	13:08.5	2	32.0	16:20.6
19	SVALAND Lars Aasheim	NOR	23:51.4	4:33.8	4	40.0	8:36.7	13:37.6	1	35.5	16:25.8
7	FJELLAVLI Sindre	NOR	24:06.0	5:15.5	1	34.1	8:14.6	13:35.6	1	30.5	16:27.4
38	FORBERG Sigmund Andres Kvamm	NOR	24:15.3	4:40.1	2	42.5	8:04.6	13:13.0	2	29.8	
32	NILSEN Anders Brekke	NOR	24:19.3	4:39.7	1	49.7	7:41.9	12:46.9	3	45.0	16:43.4
43	NYVOLL Sebastian	NOR	24:19.3	5:01.3	1	43.8	8:05.8	13:23.1	1		
34	SKÅLAND Jon Nikolai Ims	NOR	24:19.7	5:04.3	0	39.5	7:38.5	13:07.9	2	29.2	16:28.0
39	MADSSTUEN Asbjørn	NOR	24:40.7	4:42.6	1	34.5	7:34.4	12:37.2	4	37.4	
33	RIKSAASEN Steinar	NOR	24:48.0	5:07.3	2	39.9	8:32.4	13:58.1	2	34.3	17:21.6
24	OWREN Amund	NOR	24:51.0	5:05.1	1	35.4	8:09.0	13:37.9	1	28.5	16:32.6

14	HANSERUD Jakob	NOR	24:55.3	4:55.1	1	28.9	7:44.0	13:20.2	2	28.7	16:45.1
57	UNDHEIM Aslak Årsvoll	NOR	25:16.6	5:05.4	2	40.2	17:21.3	14:14.4	1		
47	ANDERSEN Frikk Hald	NOR	25:18.9	4:46.9	4	36.7	8:55.3	14:03.1	4	27.7	18:06.5
53	SANDBÆK Ola	NOR	25:20.6	4:53.7	2	38.3	8:18.7	13:46.5	3	30.3	17:37.0
51	HÅKONSEN Magnus	NOR	25:21.2	4:57.8	2	42.4	8:40.9	13:56.2	2	41.1	17:36.1
9	GRUE Kristian	NOR	25:21.5	4:49.0	3	39.8	8:42.8	14:05.7	1	41.5	17:09.0
12	KARBØ Helge Kvam	NOR	25:27.6	4:59.2	2	38.8	8:23.5	13:39.9	3	41.1	17:38.4
40	JØRGENSEN Dan Remi	NOR	25:38.5	4:54.0	2	33.5	8:14.9	13:48.1	3		
25	DOTZLER Georg Noer	NOR	25:41.4	4:50.1	2	42.2	8:14.1	13:22.9	5	33.4	18:02.5
56	VINGER Arne Markus	NOR	25:41.8	5:07.8	2	40.2	17:27.9	14:13.6	1		
48	RAMSFJELL Adrian Brekken	NOR	25:54.4	5:04.0	4	42.4	9:30.9	14:42.1	3	28.6	18:26.1
37	MJØS Andreas Halkjelsvik	NOR	25:57.9	5:10.4	2	43.2	8:39.4	14:10.8	2		
26	HJELMEVOLL Leif Malvin	NOR	26:12.8	5:09.8	2	35.6	8:37.5	14:09.0	3	33.4	18:06.6
20	BJERKEVOLL Erik Gjellan	NOR	26:17.6	5:00.0	3	39.2	8:55.0	14:20.3	3	31.9	18:16.5
45	GILBERG Stian Skåland	NOR	26:42.9	5:17.3	4	52.2	9:50.5	24:29.8	2	36.2	18:53.3
23	BÅRTVEIT Martin	NOR	27:03.5	4:53.5	5	46.2	9:52.5	15:11.3	3	34.4	19:06.7
13	BRØNSTAD Erlend	NOR	27:22.0	5:00.3	1	39.6	7:58.1	13:56.3	3	33.9	18:18.6
8	SUNDHAUGEN Kristian	NOR	27:47.2	5:05.9	3	33.9	8:53.5	14:32.0	5	44.4	19:35.0
21	NESSE Pål Marius	NOR	28:03.6	5:33.4	1	32.3	8:47.4	15:20.8	1	30.0	18:36.2
18	NORHEIM Sondre	NOR	29:06.2	5:28.1	2	33.0	9:12.8	15:40.2	3	32.1	19:55.1
27	LINGA Odin	NOR	29:50.7	5:21.1	5	51.9	12:15.2	18:23.7	0	36.9	21:10.5

## M19

STNR	NAME	NOCC	FINN	P1SN	LIGG	S1TM	I1SN	P2SN	STÅ	S2TM	I2SN
235	KALKENBERG Simon Ågheim	NOR	20:48.9	4:28.6	1	28.0	7:00.7	11:46.3	0	22.7	13:55.1
240	NENSETER Aslak	NOR	20:52.0	4:35.7	1	35.2	7:19.1	11:57.9	0	24.3	14:06.5
278	MELAND Johan Eirik	NOR	21:20.1	4:34.5	1	40.5	7:21.8	12:00.7	1	16.4	14:35.1
241	AAS-ENG Per Buttingsrud	NOR	21:22.2	4:46.3	0	25.7	6:56.5	11:46.6	0	23.2	13:59.9
271	RØRVIK Fredrik Mack	NOR	21:29.9	4:47.8	1	36.4	7:38.2	12:37.1	0	24.7	14:50.8
245	AALERUD Kristian Andre	NOR	22:15.5	4:25.8	1	36.4	7:06.5	11:48.3	3	34.4	15:20.5
276	BLIKRA Endre	NOR	22:37.5	4:46.8	2	39.1	8:04.0	13:01.1	1	34.9	15:45.2



251 GURIGARD Vemund Ravnsborg	NOR	22:48.5	4:42.6	1	33.8	7:28.0	12:31.6	2	26.2	15:38.9
273 FEMSTEINEVIK Martin	NOR	22:49.7	4:31.2	1	39.5	7:19.0	12:08.1	3	36.8	15:47.6
280 HAUGEN Hallgeir	NOR	23:03.8	4:45.7	1	37.5	7:37.6	12:34.0	2	28.8	15:43.2
239 TOLDNES Ådne	NOR	23:04.4	4:40.5	0	27.7	6:58.3	12:07.8	2	23.4	15:20.2
289 BLOKKUM Jørgen	NOR	23:07.5	4:55.3	0	31.4	7:11.4	12:22.3	2	19.2	15:26.0
255 GAUSEMEL Amund Iversen	NOR	23:11.4	4:32.1	3	33.6	8:03.0	12:53.3	2	22.0	16:03.1
284 EVJEN Vebjørn	NOR	23:12.7	4:50.6	1	42.4	7:52.1	12:46.3	2	36.2	16:04.8
288 NETLAND Thomas	NOR	23:19.6	4:49.3	0	45.5	7:18.4	12:21.2	2	41.2	15:48.8
268 FLADSRUD Eskil	NOR	23:20.0	4:47.5	3	51.5	8:38.3	13:36.8	0	35.2	16:01.0
253 FJELDBERG Rene	NOR	23:24.5	4:56.8	1	40.8	7:53.8	13:16.3	1	28.5	16:02.3
244 SONFLØ Espen	NOR	23:38.3	4:43.3	0	34.1	7:08.5	11:58.1	4	3.2	16:06.7
237 GIFSTAD Henrik	NOR	23:39.1	4:45.0	0	34.4	7:02.6	12:07.7	3	33.7	15:52.6
247 NYMOEN Håvard	NOR	23:39.8	4:27.1	3	39.0	7:54.5	12:40.2	4	28.8	16:41.5
283 HELDAL Anders	NOR	23:48.9	4:45.1	1	37.6	7:30.5	12:22.7	4	35.1	16:34.5
252 KVAM Andreas	NOR	23:53.3	4:40.9	3	41.3	8:18.2	13:26.1	2	28.3	16:32.7
290 SMEBY Henrik Sagosen	NOR	23:57.1	4:35.2	3	41.9	8:20.4	13:22.4	1	26.0	16:10.8
242 SKINNES Vegard	NOR	23:59.6	4:51.4	1	42.9	7:47.5	12:44.4	3	44.0	16:37.9
262 GRØNOLEN Fredrik Lundberg	NOR	24:15.4	4:46.8	4	45.2	9:02.6	13:54.8	2	34.6	17:09.5
259 HOL Espen	NOR	24:15.9	4:43.5	2	39.9	8:03.1	12:58.8	3	36.2	16:42.1
264 LYGSTAD Anders Trønsdal	NOR	24:24.1	4:43.5	2	33.3	7:55.4	12:57.3	3	28.4	16:37.2
281 STORLI Jacob Senderud	NOR	24:32.8	4:56.8	2	49.5	8:32.6	13:41.7	2	40.8	17:11.5
238 AABEL Nils Christian	NOR	24:36.2	5:00.5	3	39.2	8:43.2	14:03.3	0	26.6	16:26.9
246 GRUNDNES Johan	NOR	24:51.9	4:53.2	0	40.0	7:26.1	12:47.7	3	32.0	16:44.0
254 RAGNHILDSTVEIT Erlend	NOR	25:04.7	5:08.0	1	51.4	8:20.6	13:42.6	1	39.2	16:50.0
243 HAUGUM Marius	NOR	25:16.7	4:41.2	4	37.5	8:46.3	13:58.6	3	29.3	17:42.7
274 TURVOLL Joar	NOR	25:18.4	4:52.1	2	35.3	8:09.7	13:16.1	4	32.5	17:33.1
287 SKJELSTAD Emil	NOR	25:27.6	4:52.2	2	41.4	8:19.0	13:50.3	2	30.4	17:15.6
249 SØRBØEN Håvar	NOR	25:32.0	4:53.6	3	36.2	8:37.2	14:03.4	2	36.8	17:29.3
285 SOLBERG Petter Langaard	NOR	25:33.1	4:52.3	3	47.5	8:51.6	14:06.8	2	33.7	17:32.1
265 BYE Eystein Kristvik	NOR	25:35.9	4:52.1	2	36.7		7:38.1	3	28.0	11:39.8
270 GERMUNDSON Ole-Marius	NOR	25:39.1	4:59.1	1	44.7	8:05.7	13:17.9	4	44.9	17:46.9
257 WIST Johann Bleivik	NOR	25:53.5	4:59.2	2	51.5	8:37.4	14:13.9	1	46.8	17:29.8
256 STEINSLAND Daniel	NOR	25:57.1	4:56.6	3	47.0	8:53.7	14:12.9	3	28.2	18:03.8

275	STANDAL Bendik Steinkjer	NOR	26:15.0	5:29.2	2	50.8	9:19.4	15:06.7	1	38.7	18:15.2
234	STADAAS Kasper	NOR	26:16.6	4:33.7	5	57.3	9:30.9	14:45.2	3	40.4	19:10.3
279	ALMÅS Petter	NOR	26:43.4	5:11.1	1	41.2	8:19.3	14:14.3	2	27.1	17:45.9
282	LEWIS Philip	NOR	26:54.7	5:07.6	3	40.5	9:15.1	14:42.6	2	35.5	18:26.1
260	GJELSÅS Even	NOR	27:57.6	5:08.6	5	40.8	10:12.9	16:03.5	2	25.9	19:35.4
266	LARSEN Håvard Berggaard	NOR	28:12.7	5:02.6	4	41.7	9:31.6	15:03.1	4	42.7	19:49.0
258	BRAGER Adrian	NOR	30:30.4	5:41.1	2	51.3	9:49.4	16:35.7	2	40.7	20:48.9
236	SØRAAS Sindre Bach	NOR		5:05.0	2	36.7	8:29.9	14:37.3	1	27.6	
269	AAS John Sindre	NOR			2	28.7					
277	ANTONSEN Simen Torp	NOR		5:05.3	3	39.7	9:07.6				

## M20-21

STNR	NAME	NOCC	FINN	P1SN	LIGG	S1TM	I1SN	P2SN	STÅ	S2TM	I2SN
375	GJØRVEN Jarle Midthjell	NOR	25:55.7	6:23.3	0	30.4	8:36.3	15:04.6	0	28.7	17:14.7
353	GJERMUNDSHAUG Vegard Bjørn	NOR	26:10.8	6:21.4	0	42.1	8:38.8	14:52.4	2	35.5	17:50.9
346	SVALAND Håkon	NOR	26:22.6	6:13.1	1	26.1	8:43.0	15:07.6	1	23.8	17:38.3
345	HAUGEN Chris Endre	NOR	27:02.7	6:21.1	1	36.8	9:00.8	15:40.5	1	23.6	18:14.6
363	STEIEN Aasmund Kjøllmoen	NOR	27:02.8	6:08.2	2	39.8	9:09.1	15:27.0	3	30.2	18:47.7
373	GRØTTE Tommy	NOR	27:05.1	6:06.1	2	35.3	9:10.7	15:41.0	1	29.4	18:19.5
335	HOL Marius	NOR	27:11.0	6:08.2	1	40.5	8:56.3	16:05.4	0	23.1	18:16.2
364	AALVIK Erling	NOR	27:17.2	5:52.8	4	37.1	9:43.7	15:57.1	2	25.0	18:50.7
322	GIFSTAD Thomas	NOR	27:25.8	6:24.3	0	38.4	8:47.4	15:40.5	0	40.1	18:13.9
357	ERDAL Ole Martin	NOR	27:38.1	6:22.0	0	38.9	8:46.1	15:25.0	2	23.1	18:27.8
337	BOGETVEIT Håvard Gutubø	NOR	27:44.7	6:21.2	1	31.1	8:54.5	15:34.9	3	23.1	19:00.0
342	MÆHRE Sondre	NOR	27:48.2	6:50.0	1	31.1	9:30.2	16:24.6	0	25.8	18:36.2
366	BAKKEN Per Arne	NOR	27:51.9	6:27.8	1	38.0	9:12.3	16:20.0	1	29.8	18:58.5
372	JOHANSEN Kristian	NOR	28:01.5	6:36.6	2	38.5	9:46.4	16:35.4	0	29.3	18:45.4
354	ULEKLEIV Øystein	NOR	28:09.2	6:10.0	0	33.0	8:22.6	15:03.8	4	28.2	19:13.5
338	STUBBE Erland Vedeler	NOR	28:10.7	6:30.2	2	33.7	9:37.7	16:15.3	2	26.2	19:20.0
359	GJESBAKK Fredrik	NOR	28:11.6	6:15.2	1	24.2	8:41.2	15:25.2	4	19.7	19:04.3
365	KVISTAD Fredrik Stigum	NOR	28:25.3	6:28.1	3	36.7	10:02.3	16:52.7	1	29.7	19:33.9

334	HOV Sigurd	NOR	28:46.7	6:26.9	2	35.4	9:35.0	16:23.4	2	33.5	19:37.2
318	RUTH Marius Skeide	NOR	28:49.2	6:43.5	1	31.9	9:28.1	16:24.0	2	28.1	19:30.6
324	GRIMSTVEDT Andreas	NOR	28:50.7	6:16.7	3	40.7	9:54.1	16:51.8	1	22.1	19:23.4
362	SELVNES Eirik	NOR	29:03.3	6:40.6	3	45.6	10:23.8	17:02.7	2	33.9	20:10.7
317	SOLLIGÅRD Øystein	NOR	29:07.6	6:29.8	2	43.2	9:46.5	16:52.1	1	30.0	19:40.6
328	DOTTERUD Sondre Kvikne	NOR	29:08.9	6:48.2	1	30.0	9:35.5	17:03.5	0	28.7	19:28.0
321	SELVNES Håkon	NOR	29:11.2	6:36.2	1	42.5	9:24.2	16:02.2	5	42.2	20:37.7
319	BUSKERUD Jan Erik	NOR	29:11.7	6:44.9	1	38.7	9:39.8	16:54.6	1	31.1	19:45.9
332	NERGÅRD Jonas	NOR	29:14.4	6:46.4	1	45.1	9:54.7	17:23.7	0	30.4	19:40.0
344	MØRKVE Bjarte	NOR	29:21.5	6:53.4	1	29.2	9:32.9	16:49.7	1	26.7	19:34.4
348	KNOTTEN Haakon	NOR	29:26.0	6:41.6	2	44.2	9:57.9	16:48.2	2	40.2	20:05.4
370	FOYN Thomas Berge	NOR	29:26.4	6:19.9	1	39.8	9:15.7	16:31.2	2	32.7	19:55.3
327	JACOBSEN Øyvind Witsø	NOR	29:39.2	6:51.8	2	31.1	10:01.2	17:10.9	2	24.8	20:21.4
356	SOLVANG Bjarte	NOR	29:42.2	6:28.7	3	40.1	10:09.0	17:00.5	2	35.7	20:18.6
330	FINNE Eirik	NOR	29:43.8	6:19.7	3	35.3	9:58.8	16:41.4	5	29.4	21:06.3
369	ØVERBY Anders	NOR	29:46.2	6:41.1	2	39.3	9:59.9	17:01.7	2	28.1	20:16.3
360	KILSKAR Ole Johann Rødvik	NOR	29:46.5	6:53.5	1	38.2	9:49.1	16:54.7	2	38.0	20:09.2
374	AKETUN Bendik	NOR	29:46.6	6:36.8	3	25.8	10:03.2	17:19.1	1	22.0	19:56.5
347	LEREN Tore	NOR	29:48.9	6:26.6	1	39.1	9:17.7	16:40.7	1	27.1	19:33.9
333	ULVUND Kolbjørn	NOR	29:54.1	6:51.5	3	41.0	10:41.3	17:59.3	0	18.4	20:13.9
320	ASDØL Eirik	NOR	29:57.9	6:29.6	3	30.8	10:11.3	17:07.1	3	30.4	20:50.4
350	NILSEN Rolf Erik	NOR	29:57.9	6:57.7	1	34.2	9:44.3	17:17.4	1	31.9	20:03.4
376	HANDELAND Vidar	NOR	30:24.4	7:01.4	2	29.9	10:14.1	17:54.0	0	25.3	20:10.3
325	LANGEMYR Vegard	NOR	30:36.9	6:52.6	0	38.8	9:19.1	16:59.5	2	37.4	20:24.7
339	BJERKADAL Haakon	NOR	30:52.0	6:53.2	1	30.2	9:33.2	17:14.7	2	25.3	20:29.9
368	BJØRSLAND Magnus	NOR	31:17.9	6:55.4	3	39.3	10:43.7	18:12.8	2	26.2	21:26.3
340	JOHANSEN Stian	NOR	31:21.9	7:04.5	0	29.2	9:29.2	17:10.4	2	24.6	20:42.4
336	BJØRK Anders	NOR	32:16.4	7:06.3	0	47.1	9:41.4	17:12.9	4	45.2	21:44.9
355	LØVHAUGEN Simen	NOR	32:50.9	6:52.8	1	44.3	9:56.0	17:28.6	3	39.5	21:44.7
343	BY Øystein	NOR	33:11.8	7:11.0	3	41.1	11:08.5	19:06.2	3	29.4	23:02.2
371	LODDING Håkon	NOR	33:20.6	7:33.2	1	45.8	10:49.3	18:58.9	1	40.8	22:12.6
326	SURNEVIK Torje	NOR	34:32.9	7:33.0	3	38.9	11:29.2	19:18.1	4	1:00.3	24:13.5
341	FLØGSTAD Rasmus	NOR	36:26.6	8:04.8	3	46.2	12:32.4	21:30.0	3	36.0	25:47.7

377 MÜLLER-SØRENSSEN Eirik NOR 7:03.6 0 37.8 9:36.9 17:25.7 2 1:00.5 21:31.9

## M Senior

STNR	NAME	NOCC	FINN	P1SN	LIGG	S1TM	I1SN	P2SN	STÅ	S2TM	I2SN
168	BJØRNDALEN Ole Einar	NOR	23:53.1	5:57.3	0	27.4	7:53.0	13:52.2	0	19.5	15:47.0
153	BERGER Lars	NOR	24:56.5	5:59.3	2	32.0	8:52.6	14:55.1	1	24.5	17:16.9
151	CHRISTIANSEN Vetle Sjøstad	NOR	25:03.3	5:58.4	1	28.2	8:22.3	14:30.7	0	22.9	16:32.8
137	L'ABÉE-LUND Henrik	NOR	25:06.4	5:47.2	1	28.6	8:12.5	14:17.1	2	24.0	17:10.5
128	BIRKELAND Lars Helge	NOR	25:08.2	6:04.7	0	22.7	8:12.0	14:24.0	1	20.9	16:48.7
127	BJØNTEGAARD Erlend Øvereng	NOR	25:11.8	5:54.6	2	42.1	8:54.2	15:01.8	0	24.0	17:04.2
141	BØ Johannes Thingnes	NOR	26:01.1	5:57.1	1	28.4	8:25.9	14:51.7	1	25.7	17:22.6
154	L'ABÉE-LUND Magnus	NOR	26:04.2	6:07.2	1	36.9	8:41.1	14:42.5	2	23.9	17:34.2
119	JACKSON Lee Steve	GBR	26:05.5	6:03.0	1	32.7	8:31.8	14:46.9	2	28.7	17:40.0
167	GUNDERSEN Tore Martin Søbak	NOR	26:13.9	5:53.6	2	34.6	8:54.3	15:15.9	2	29.0	18:06.0
149	OS Alexander	NOR	26:14.4	6:13.3	1	25.9	8:39.5	14:59.3	2	22.7	17:50.9
170	KOKKIN Dag Erik	NOR	26:16.2	6:04.9	0	30.2	8:10.8	14:29.9	2	22.9	17:24.0
145	ENG Martin	NOR	26:20.1	6:05.3	1	31.4	8:36.2	14:55.2	2	25.9	17:47.6
129	SÆTEN Christian	NOR	26:24.9	5:59.9	1	26.4	8:23.6	14:47.9	2	31.0	17:45.9
148	INGEBRIGTSEN Marius Norø	NOR	26:32.4	6:24.1	0	22.5	8:26.7	15:04.0	1	26.1	17:36.2
144	ANDRESEN Frode	NOR	26:41.0	6:05.3	2	32.1	8:58.6	15:15.5	2	23.1	18:08.0
126	HELLAND Kjartan	NOR	26:45.9	6:11.2	2	30.0	9:06.4	15:28.9	1	24.0	17:55.8
136	SKJELVIK Kristoffer Langøien	NOR	26:54.3	6:12.8	1	36.7	8:55.2	15:38.6	0	24.0	17:47.5
146	WOLD Asbjørn	NOR	26:54.3	6:19.4	1	30.8	8:55.1	15:27.7	1	38.5	18:13.1
152	LANDHEIM Eirik Losgaard	NOR	26:56.3	6:11.4	1	29.7	8:44.6	15:17.9	1	24.1	17:55.5
107	NYGÅRD Syver	NOR	26:57.1	6:17.5	2	34.5	9:22.7	15:42.2	1	37.0	18:28.5
169	JOHNSEN Arve Lien	NOR	26:58.8	6:08.1	1	40.9	8:46.0	14:59.8	4	27.5	18:40.9
164	FORSELL Espen	NOR	27:00.6	6:28.3	1	31.2	9:03.5	15:38.9	0	31.5	17:50.5
135	TUFTE Pål Kristian Grue	NOR	27:03.6	6:14.1	2	30.6	9:11.3	15:38.1	2	23.4	18:31.2
130	STORMOEN Tor Petter Lillebo	NOR	27:04.9	6:29.8	1	33.0	9:08.8	15:47.8	0	32.4	18:06.3
156	MJÅLAND Andreas	NOR	27:12.8	6:36.9	1	25.9	9:11.0	15:47.5	1	21.9	18:18.4
116	BRATLI Anders Magnus	NOR	27:13.3	6:23.7	1	32.2	9:02.6	15:51.9	0	23.5	18:05.0

111	EIELAND Sondre Flaa	NOR	27:13.4	6:13.4	1	31.9	8:46.9	15:19.3	2	27.3	18:19.1
147	HUSE Andreas Aalberg	NOR	27:18.1	6:23.5	2	37.5	9:31.8	16:05.3	1	29.3	18:44.6
114	LINDLAND Martin	NOR	27:28.1	6:32.5	1	28.1	9:02.0	15:46.1	1	20.0	18:17.5
132	BJØRSLAND Eyvind Estenstad	NOR	27:37.3	6:54.6	0	30.9	9:08.6	16:15.2	0	27.8	18:30.0
120	BJØRN GJERMUNDSHAUG Jan Olav	NOR	27:47.8	5:55.6	4	35.1	9:52.9	16:24.6	1	24.1	18:58.3
110	BEYER Peter	GBR	27:50.3	6:25.1	1	24.7	8:59.0	15:46.6	1	25.6	18:27.5
115	SATASLÅTTEN Sindre	NOR	27:52.5	6:34.7	2	29.0	9:35.4	16:35.2	0	24.9	18:48.0
118	KRISTOFFERSEN Ørjan	NOR	28:13.3	6:32.9	0	37.8	8:51.2	15:31.4	3	28.0	19:01.6
143	KJERNETH Marius	NOR	28:14.2	6:16.0	2	35.9	9:17.1	16:00.3	1	28.7	18:36.9
133	LARSEN Kris-Andrè	NOR	28:17.3	6:45.3	1	37.0	9:31.7	16:34.1	0	28.8	18:52.1
150	RUUD-NESHEIM Kristian	NOR	28:19.9	6:23.6	3	29.9	9:49.2	16:56.2	0	25.3	19:11.0
138	ROLLAND Sigve Ness	NOR	28:25.5	6:31.7	1	32.1	9:15.7	16:14.6	2	29.9	19:22.7
121	DRAMDAL-BORGE Eirik	NOR	28:29.3	6:31.6	2	31.8	9:36.8	16:37.3	1	25.4	19:15.2
139	BRATLI Eirik	NOR	28:33.1	6:28.6	1	28.8	9:00.2	15:43.9	3	27.5	19:13.8
159	MUAN Martin	NOR	28:39.3	6:27.7	2	36.9	9:37.7	16:29.7	2	31.0	19:39.1
158	RUI Martin	NOR	28:43.7	6:31.4	4	35.5	10:26.4	17:01.8	1	13.7	19:39.3
106	BERG Even Langseth	NOR	28:47.6	6:16.7	2	46.4	9:35.5	16:04.4	4	33.0	20:05.2
163	RØKSUND Mats	NOR	28:58.5	6:32.7	1	32.3	9:14.5	16:09.0	2	26.9	19:13.3
123	HANDELAND Robin	NOR	29:07.5	6:36.8	0	34.6	9:00.6	15:58.4	3	42.9	19:58.5
131	GALÅEN Magnar Kne	NOR	29:23.5	6:36.5	0	40.5	9:02.0	16:08.7	2	30.7	19:28.0
108	ANDERSEN Joakim Hald	NOR	29:30.7	6:12.4	1	31.8	10:49.3	17:33.2	3	23.6	20:34.6
124	MUNTHE Christer Ersdal	NOR	29:34.9	6:43.2	1	41.3	9:41.4	16:52.2	1	46.1	19:57.6
113	ROSTAD Trym	NOR	29:41.7	6:56.1	1	39.8	9:57.1	17:17.5	0	46.9	20:02.4
166	HELDAL Anton	NOR	30:14.2	6:39.3	2	34.6	9:52.5	16:58.3	3	30.6	20:40.0
109	ASPELIN Jacob	NOR	30:20.6	6:55.4	1	26.1	9:53.2	17:32.5	1	29.7	20:26.0
155	CHRISTIANSEN Eirik Robert	NOR	30:21.4	6:20.5	3	41.5	10:00.5	16:49.8	4	40.6	21:01.7
125	WÆGE Daniel	NOR	30:58.5	6:27.1	3	28.4	9:56.4	17:05.1	4	28.5	21:13.7
122	CHRISTENSEN Jørgen Bråthen	NOR	31:15.9	6:54.0	1	41.1	9:58.4	17:32.9	2	33.6	21:04.1
160	RUDI Anders	NOR	32:39.3	6:59.5	4	39.3	11:27.6	19:24.8	0	28.5	21:51.0