

Plass Navn

Klasse

Tid

D-16N

1 Lene Therese Myrland D-16N 49:46

00:52	07:05	14:35	19:09	23:50	30:53	35:26	46:36	49:02	49:46
00:52	06:13	07:30	04:34	04:41	07:03	04:33	11:10	02:26	00:44
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

2 Beate Berg D-16N 50:19

01:09	07:10	14:39	19:12	23:50	31:11	35:28	47:08	49:29	50:19
01:09	06:01	07:29	04:33	04:38	07:21	04:17	11:40	02:21	00:50
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

3 Aurora Fossøy D-16N 52:43

04:09	12:11	16:50	26:46	30:07	42:37	45:56	50:12	51:59	52:43
04:09	08:02	04:39	09:56	03:21	12:30	03:19	04:16	01:47	00:44
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

D13-14

1 Live Bredholt Jørgensen D13-14 36:50

04:35	06:07	10:35	13:58	16:58	24:27	29:44	34:56	36:20	36:50
04:35	01:32	04:28	03:23	03:00	07:29	05:17	05:12	01:24	00:30
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

2 Marta Ulvensøen D13-14 36:52

04:35	06:12	10:41	14:06	16:58	24:33	29:49	35:01	36:21	36:52
04:35	01:37	04:29	03:25	02:52	07:35	05:16	05:12	01:20	00:31
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

3 Guro Vassend D13-14 37:17

03:54	05:29	12:27	14:53	17:26	25:06	29:28	35:00	36:40	37:17
03:54	01:35	06:58	02:26	02:33	07:40	04:22	05:32	01:40	00:37
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

4 Marie Styrvold D13-14 37:20

03:59	05:27	12:26	14:51	17:35	25:10	29:33	35:06	36:44	37:20
03:59	01:28	06:59	02:25	02:44	07:35	04:23	05:33	01:38	00:36
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

5 Ingrid Nygård D13-14 45:15

07:36	09:28	15:38	22:56	25:28	32:23	37:15	42:52	44:42	45:15
07:36	01:52	06:10	07:18	02:32	06:55	04:52	05:37	01:50	00:33
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

5 Ida Elisabeth Hestvik Sten D13-14 45:15

07:23	09:15	15:32	22:43	25:26	32:18	37:03	42:46	44:39	45:15
07:23	01:52	06:17	07:11	02:43	06:52	04:45	05:43	01:53	00:36
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

7 Anna Ulvensøen D13-14 50:46

04:21	18:26	21:33	24:35	26:44	35:55	43:42	48:51	50:16	50:46
04:21	14:05	03:07	03:02	02:09	09:11	07:47	05:09	01:25	00:30
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

D15-16

1 Elin Kristin Hem D15-16 34:10

05:04	06:23	09:12	11:20	14:11	22:46	27:22	32:10	33:38	34:10
05:04	01:19	02:49	02:08	02:51	08:35	04:36	04:48	01:28	00:32
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

2 Solfrid Dahl Helgesen D15-16 40:20

05:20	07:16	11:03	13:52	18:51	26:45	32:04	37:54	39:44	40:20
05:20	01:56	03:47	02:49	04:59	07:54	05:19	05:50	01:50	00:36
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&

Class	Navn	Klasse										Tid
3	Henriette Kløvstad	D15-16										42:23
	03:51	08:39	13:19	15:34	18:55	24:59	34:07	39:59	41:51	42:23		
	03:51	04:48	04:40	02:15	03:21	06:04	09:08	05:52	01:52	00:32		
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&		
D17-20												
1	Guro Torpe	D17-20										42:42
	04:12	06:16	11:21	15:43	21:05	31:01	35:55	40:29	42:04	42:42		
	04:12	02:04	05:05	04:22	05:22	09:56	04:54	04:34	01:35	00:38		
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&		
2	Astri Marie Remme	D17-20										52:40
	03:08	05:27	09:54	15:23	27:32	37:09	44:18	50:22	52:03	52:40		
	03:08	02:19	04:27	05:29	12:09	09:37	07:09	06:04	01:41	00:37		
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&		
D21												
1	Malin Wästlund	D21										51:48
	02:49	05:52	12:34	17:52	23:45	34:51	38:41	41:07	44:52	49:24	51:08	51:48
	02:49	03:03	06:42	05:18	05:53	11:06	03:50	02:26	03:45	04:32	01:44	00:40
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&
2	Heidi Schatvet	D21										55:41
	03:10	05:50	09:40	14:29	24:22	35:22	38:35	42:38	47:07	53:11	55:01	55:41
	03:10	02:40	03:50	04:49	09:53	11:00	03:13	04:03	04:29	06:04	01:50	00:40
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&
3	Kristin Sandven	D21										1:00:36
	03:32	07:13	13:18	19:44	27:04	41:06	46:07	48:47	53:10	58:22	59:57	60:36
	03:32	03:41	06:05	06:26	07:20	14:02	05:01	02:40	04:23	05:12	01:35	00:39
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&
H-16N												
1	Haakon Haavaag	H-16N										50:19
	01:02	07:11	14:58	19:31	23:47	31:30	35:50	47:02	49:32	50:19		
	01:02	06:09	07:47	04:33	04:16	07:43	04:20	11:12	02:30	00:47		
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&		
2	Ole Kristian Myrland	H-16N										51:37
	01:10	07:17	15:09	19:26	23:39	31:26	35:30	46:44	50:05	51:37		
	01:10	06:07	07:52	04:17	04:13	07:47	04:04	11:14	03:21	01:32		
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&		
H13-14												
1	Sondre Kvisli	H13-14										29:31
	06:58	08:26	11:04	13:11	15:38	20:19	23:46	27:41	29:04	29:31		
	06:58	01:28	02:38	02:07	02:27	04:41	03:27	03:55	01:23	00:27		
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&		
2	Simen Wästlund	H13-14										30:25
	05:33	06:46	09:20	11:35	14:08	19:08	23:59	28:25	29:54	30:25		
	05:33	01:13	02:34	02:15	02:33	05:00	04:51	04:26	01:29	00:31		
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&		
3	Vebjørn Kvisli	H13-14										42:26
	06:13	10:00	12:59	15:44	18:12	27:35	35:16	40:24	41:50	42:26		
	06:13	03:47	02:59	02:45	02:28	09:23	07:41	05:08	01:26	00:36		
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&		
4	Gunnar Johannessen	H13-14										50:46
	05:00	07:09	12:31	15:57	19:14	37:53	43:57	48:48	50:17	50:46		
	05:00	02:09	05:22	03:26	03:17	18:39	06:04	04:51	01:29	00:29		
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&		

Class	Navn	Klasse										Tid	
5	Tobias Solli	H13-14										50:56	
	05:05	07:10	12:31	15:43	19:14	37:46	44:00	48:53	50:21	50:56			
	05:05	02:05	05:21	03:12	03:31	18:32	06:14	04:53	01:28	00:35			
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
H15-16													
1	Fredrik Steinsvik	H15-16										41:31	
	02:37	05:22	08:15	12:31	19:18	27:30	34:12	39:29	40:56	41:31			
	02:37	02:45	02:53	04:16	06:47	08:12	06:42	05:17	01:27	00:35			
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
2	Hans Petter Mathisen	H15-16										41:38	
	02:46	05:32	08:21	12:38	19:24	27:35	34:19	39:34	41:01	41:38			
	02:46	02:46	02:49	04:17	06:46	08:11	06:44	05:15	01:27	00:37			
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
3	Lasse Kløvstad	H15-16										46:50	
	03:01	05:57	09:33	13:39	20:12	26:47	39:54	45:04	46:22	46:50			
	03:01	02:56	03:36	04:06	06:33	06:35	13:07	05:10	01:18	00:28			
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
4	Mats Endresen	H15-16										47:44	
	04:15	07:07	10:23	15:17	21:01	27:34	40:44	45:56	47:16	47:44			
	04:15	02:52	03:16	04:54	05:44	06:33	13:10	05:12	01:20	00:28			
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
5	Håvard Gatevold	H15-16										48:52	
	05:11	08:08	11:40	16:36	21:55	28:49	41:52	46:51	48:25	48:52			
	05:11	02:57	03:32	04:56	05:19	06:54	13:03	04:59	01:34	00:27			
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
H17-20													
1	Såmund Botnen	H17-20										45:59	
	02:33	04:26	06:59	10:10	14:08	27:07	30:28	32:02	34:43	43:29	45:22	45:59	
	02:33	01:53	02:33	03:11	03:58	12:59	03:21	01:34	02:41	08:46	01:53	00:37	
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	
H17C													
1	Torbjørn Barikmo	H17C										1:23:27	
	07:23	10:25	17:45	23:11	31:07	42:47	51:00	54:34	68:42	79:03	82:00	83:27	
	07:23	03:02	07:20	05:26	07:56	11:40	08:13	03:34	14:08	10:21	02:57	01:27	
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	
H21													
1	Anders Nordberg	H21										38:05	
	02:12	04:10	06:41	09:45	14:00	21:08	24:38	28:07	29:14	32:30	36:19	37:37	38:05
	02:12	01:58	02:31	03:04	04:15	07:08	03:30	03:29	01:07	03:16	03:49	01:18	00:28
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&
2	Dag Steinar Ragvin	H21										44:03	
	02:19	04:15	06:44	09:54	14:30	23:35	27:49	31:47	32:58	37:45	41:53	43:23	44:03
	02:19	01:56	02:29	03:10	04:36	09:05	04:14	03:58	01:11	04:47	04:08	01:30	00:40
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&
H40													
1	Jørn Myrland	H40										36:54	
	02:38	04:43	07:22	10:44	15:31	23:35	25:47	27:46	30:39	34:54	36:23	36:54	
	02:38	02:05	02:39	03:22	04:47	08:04	02:12	01:59	02:53	04:15	01:29	00:31	
	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	

Class	Navn	Klasse										Tid
2	Helge Fossøy	H40										39:29
02:02	04:08	06:45	10:09	14:15	23:17	25:17	27:01	32:52	37:19	38:56	39:29	
02:02	02:06	02:37	03:24	04:06	09:02	02:00	01:44	05:51	04:27	01:37	00:33	
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	
3	Knut Wiig Mathisen	H40										41:01
02:35	04:22	06:56	11:22	16:44	25:33	28:07	29:45	34:49	39:02	40:27	41:01	
02:35	01:47	02:34	04:26	05:22	08:49	02:34	01:38	05:04	04:13	01:25	00:34	
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	
4	Petter Løe	H40										42:28
02:40	05:05	08:12	11:36	16:37	26:06	30:12	31:54	36:06	40:29	41:56	42:28	
02:40	02:25	03:07	03:24	05:01	09:29	04:06	01:42	04:12	04:23	01:27	00:32	
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	
5	Anders Fossøy	H40										44:21
02:39	05:34	09:12	13:03	18:24	27:45	32:13	34:02	37:53	42:16	43:45	44:21	
02:39	02:55	03:38	03:51	05:21	09:21	04:28	01:49	03:51	04:23	01:29	00:36	
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	
6	Arne Håkon Jørgensen	H40										44:56
02:44	05:13	08:20	12:58	18:11	29:16	32:09	34:23	38:02	42:49	44:22	44:56	
02:44	02:29	03:07	04:38	05:13	11:05	02:53	02:14	03:39	04:47	01:33	00:34	
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	
7	Åge-Geir Skatter	H40										45:06
02:29	04:41	07:25	11:30	16:49	26:31	29:39	33:50	38:41	42:56	44:32	45:06	
02:29	02:12	02:44	04:05	05:19	09:42	03:08	04:11	04:51	04:15	01:36	00:34	
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	
H50												
1	Hugo Christensen	H50										33:28
02:29	04:31	07:17	11:30	16:49	22:58	26:37	31:13	32:54	33:28			
02:29	02:02	02:46	04:13	05:19	06:09	03:39	04:36	01:41	00:34			
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
2	Per Chr. Hagen	H50										34:29
02:30	04:51	07:37	11:59	17:06	23:15	28:03	32:15	33:45	34:29			
02:30	02:21	02:46	04:22	05:07	06:09	04:48	04:12	01:30	00:44			
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
3	Finn Bjørntuft	H50										52:31
04:06	07:56	11:59	18:26	25:50	34:46	41:28	48:27	51:42	52:31			
04:06	03:50	04:03	06:27	07:24	08:56	06:42	06:59	03:15	00:49			
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
H60												
1	Runar Kittilsen	H60										36:47
04:25	06:05	10:01	12:48	16:30	23:25	29:02	34:40	36:11	36:47			
04:25	01:40	03:56	02:47	03:42	06:55	05:37	05:38	01:31	00:36			
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			
2	Thor Edvardsen	H60										1:09:30
07:50	09:48	14:51	19:28	22:56	39:45	56:10	65:50	68:20	69:30			
07:50	01:58	05:03	04:37	03:28	16:49	16:25	09:40	02:30	01:10			
00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&	00:34&			