

NM-uka 2013

Stafett



Arrangørklubb:  Kongsberg OL











Dato: søndag 15. september 2013


H17


111 startende deltakere











Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
1	 IL Tyrving 1				2:14:59		
	1. Anders Tiltnes	47:10	3	+0:48	47:10	3	+0:48
	2. Torgeir Nørbech	36:34	3	+0:40	1:23:44	1	
	3. Bjørn Ekeberg	51:15	2	+0:03	2:14:59	1	
2	 Halden SK 1				2:15:03		+0:04
	1. Mattias Karlsson	47:19	5	+0:57	47:19	5	+0:57
	2. Olav Lundanes	36:32	2	+0:38	1:23:51	4	+0:07
	3. Magne Dæhli	51:12	1		2:15:03	2	+0:04
3	 Raumar Orientering 1				2:16:49		+1:50
	1. Eirik Rustad	47:06	2	+0:44	47:06	2	+0:44
	2. Eskil Kinneberg	36:43	5	+0:49	1:23:49	3	+0:05
	3. Vetle Ruud Bråten	53:00	6	+1:48	2:16:49	3	+1:50
4	 Frol IL 1				2:18:51		+3:52
	1. Jo Forseth Indgaard	46:22	1		46:22	1	
	2. Yngve Skogstad	37:25	7	+1:31	1:23:47	2	+0:03
	3. Ulf Forseth Indgaard	55:04	11	+3:52	2:18:51	4	+3:52
5	 IL Tyrving 3				2:22:01		+7:02
	1. Martin Johansson	48:26	9	+2:04	48:26	9	+2:04
	2. Audun Weltzien	35:54	1		1:24:20	6	+0:36
	3. Espen Weltzien	57:41	23	+6:29	2:22:01	5	+7:02
6	 Lillomarka OL 1				2:22:02		+7:03
	1. Nicholas Oskarsson	51:41	27	+5:19	51:41	27	+5:19
	2. Matthew Speake	38:00	8	+2:06	1:29:41	12	+5:57
	3. Gaute Hallan Steiwer	52:21	3	+1:09	2:22:02	6	+7:03
7	 Halden SK 2				2:22:03		+7:04
	1. Espen Fiskum	48:44	12	+2:22	48:44	12	+2:22
	2. Vincent Coupat	38:22	9	+2:28	1:27:06	7	+3:22
	3. Emil Wingstedt	54:57	10	+3:45	2:22:03	7	+7:04
8	 Kristiansand OK 2				2:22:14		+7:15
	1. Mats Dahlén	49:53	20	+3:31	49:53	20	+3:31
	2. Holger Hott	37:14	6	+1:20	1:27:07	8	+3:23
	3. Christian Bøen	55:07	12	+3:55	2:22:14	8	+7:15
9	 NTNUI 1				2:23:12		+8:13










Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	1. Hans Petter Mathisen	47:21	6	+0:59	47:21	6	+0:59
	2. Jon Aukrust Osmoen	36:37	4	+0:43	1:23:58	5	+0:14
	3. Thomas Natvig Årstad	59:14	29	+8:02	2:23:12	9	+8:13
10	 Varegg Fleridrett 1				2:23:35		+8:36
	1. Sindre Østgulen Deisz	50:10	23	+3:48	50:10	23	+3:48
	2. Vegard Jarvis Westergård	40:20	12	+4:26	1:30:30	15	+6:46
	3. Håkon Jarvis Westergård	53:05	7	+1:53	2:23:35	10	+8:36
11	 Wing OK 1				2:23:36		+8:37
	1. Ola Berger	48:30	10	+2:08	48:30	10	+2:08
	2. Tore Bjørseth Berdal	42:07	30	+6:13	1:30:37	17	+6:53
	3. Øystein Kvaal Østerbø	52:59	4	+1:47	2:23:36	11	+8:37
12	 Halden SK 3				2:23:37		+8:38
	1. Jonas Nordström	47:17	4	+0:55	47:17	4	+0:55
	2. Øyvind Helgerud	39:59	10	+4:05	1:27:16	9	+3:32
	3. Erik Axelsson	56:21	16	+5:09	2:23:37	12	+8:38
13	 Fossum IF 1				2:25:17		+10:18
	1. Emil Ahlbäck	47:23	7	+1:01	47:23	7	+1:01
	2. Elias T. Mølnevik	40:30	14	+4:36	1:27:53	10	+4:09
	3. Borger Melsom	57:24	22	+6:12	2:25:17	13	+10:18
14	 Nydalens SK 1				2:26:50		+11:51
	1. Sverre Waaler Kaas	49:46	19	+3:24	49:46	19	+3:24
	2. Øystein Pettersen	40:46	16	+4:52	1:30:32	16	+6:48
	3. Øystein Sørensen	56:18	15	+5:06	2:26:50	14	+11:51
15	 Indre Østfold OK 1				2:27:32		+12:33
	1. Markus Holter	48:59	16	+2:37	48:59	16	+2:37
	2. Bjørn Erik Glomsrud	44:34	40	+8:40	1:33:33	24	+9:49
	3. Martin Vister	53:59	8	+2:47	2:27:32	15	+12:33
16	 Frol IL 3				2:27:41		+12:42
	1. Carl Petter Lyngen	48:42	11	+2:20	48:42	11	+2:20
	2. Lars Sandstad Skjeset	41:43	26	+5:49	1:30:25	14	+6:41
	3. Sindre Rønning	57:16	21	+6:04	2:27:41	16	+12:42
17	 NTNU 4				2:27:42		+12:43
	1. Erik Sagvolden	50:06	22	+3:44	50:06	22	+3:44
	2. Simen Aamodt	40:59	19	+5:05	1:31:05	18	+7:21
	3. Kjetil Okkenhaug	56:37	18	+5:25	2:27:42	17	+12:43
18	 NTNU 2				2:27:56		+12:57
	1. Asgeir Bakken Rognstad	48:52	14	+2:30	48:52	14	+2:30
	2. Per Melander Often	40:50	18	+4:56	1:29:42	13	+5:58
	3. Eirik Kamstrup Hovind	58:14	25	+7:02	2:27:56	18	+12:57
19	 Kristiansand OK 3				2:30:23		+15:24
	1. Sjur Hovi	51:38	25	+5:16	51:38	25	+5:16











Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	2. Jostein Moe	40:24	13	+4:30	1:32:02	20	+8:18
	3. Karolis Lazdauskas	58:21	26	+7:09	2:30:23	19	+15:24
20	 Frol IL 2				2:30:24		+15:25
	1. Johan Asphjell Bjørnaas	53:22	44	+7:00	53:22	44	+7:00
	2. Håvard Vassenden	40:33	15	+4:39	1:33:55	25	+10:11
	3. Stian Sundsvik	56:29	17	+5:17	2:30:24	20	+15:25
21	 Ås-UMB Orientering 1				2:31:11		+16:12
	1. David Gottfridsson	51:44	28	+5:22	51:44	28	+5:22
	2. Kristoffer Fiane Pedersen	43:25	33	+7:31	1:35:09	26	+11:25
	3. Håvard Lucasen	56:02	14	+4:50	2:31:11	21	+16:12
22	 Nydalens SK 3				2:31:12		+16:13
	1. Eivind Høydal	51:39	26	+5:17	51:39	26	+5:17
	2. Halvor Saunes	41:24	22	+5:30	1:33:03	21	+9:19
	3. Hans Trøan	58:09	24	+6:57	2:31:12	22	+16:13
23	 Lillomarka OL 2				2:31:20		+16:21
	1. Dag Aalvik	53:45	48	+7:23	53:45	48	+7:23
	2. Steinar Kollerud	44:36	42	+8:42	1:38:21	46	+14:37
	3. Jonas Sommerstad Juveli	52:59	4	+1:47	2:31:20	23	+16:21
24	 IL Tyrving 2				2:31:42		+16:43
	1. Jim Øystein Nybråten	47:28	8	+1:06	47:28	8	+1:06
	2. Jostein Nørbech	40:47	17	+4:53	1:28:15	11	+4:31
	3. Björn Widén	1:03:27	48	+12:15	2:31:42	24	+16:43
25	 OL Trollelg 1				2:31:48		+16:49
	1. Trond Einar Moen Pedersli	50:05	21	+3:43	50:05	21	+3:43
	2. Ove Baardsgaard	43:13	31	+7:19	1:33:18	23	+9:34
	3. Andreas Sølberg	58:30	27	+7:18	2:31:48	25	+16:49
26	 NTNU 6				2:32:33		+17:34
	1. Vegard Brun Saga	51:50	29	+5:28	51:50	29	+5:28
	2. Morten Severin Saue	40:11	11	+4:17	1:32:01	19	+8:17
	3. Kristian Stenerud	1:00:32	33	+9:20	2:32:33	26	+17:34
27	 Skien OK 1				2:32:44		+17:45
	1. Dag Steinar Ragvin	55:53	62	+9:31	55:53	62	+9:31
	2. Gisle Nysæter	41:59	29	+6:05	1:37:52	44	+14:08
	3. Anders Nordberg	54:52	9	+3:40	2:32:44	27	+17:45
28	 Kongsberg OL 1				2:33:36		+18:37
	1. Sindre Sandven	49:43	18	+3:21	49:43	18	+3:21
	2. Mathias Drage	47:57	66	+12:03	1:37:40	42	+13:56
	3. Sigur Heggedal	55:56	13	+4:44	2:33:36	28	+18:37
29	 Halden SK 5				2:34:09		+19:10
	1. Tore Sandvik	52:27	41	+6:05	52:27	41	+6:05
	2. Øyvind Stokseth	44:50	43	+8:56	1:37:17	38	+13:33

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	3. Andreas Johansson	56:52	19	+5:40	2:34:09	29	+19:10
30	 NTNU 5				2:35:14		+20:15
	1. Sindre Jansson Haverstad	51:52	30	+5:30	51:52	30	+5:30
	2. Espen Jakobsen	43:25	33	+7:31	1:35:17	28	+11:33
	3. Martin Hoset	59:57	30	+8:45	2:35:14	30	+20:15
31	 Hamar OK 1				2:36:06		+21:07
	1. Dag Lofthus	55:41	57	+9:19	55:41	57	+9:19
	2. Vegard Rønning Huber	41:22	21	+5:28	1:37:03	34	+13:19
	3. Simen Jevne Arnesen	59:03	28	+7:51	2:36:06	31	+21:07
32	 NTNU 3				2:36:08		+21:09
	1. Morten Urdal Bakke	48:47	13	+2:25	48:47	13	+2:25
	2. Øyvind Enger	44:28	39	+8:34	1:33:15	22	+9:31
	3. Vegard Blomseth Johnsen	1:02:53	42	+11:41	2:36:08	32	+21:09
33	 Søgne og Songdalen OK 1				2:37:33		+22:34
	1. Kjell Erik Røisland	51:58	31	+5:36	51:58	31	+5:36
	2. Leiv-Terje Arnevik	43:28	36	+7:34	1:35:26	32	+11:42
	3. Jarl Magnus Berge	1:02:07	39	+10:55	2:37:33	33	+22:34
34	 Hadeland OL 1				2:38:06		+23:07
	1. Ove Sætra	49:11	17	+2:49	49:11	17	+2:49
	2. Øyvind Watterdal	47:47	63	+11:53	1:36:58	33	+13:14
	3. Hans Jørgen Kvåle	1:01:08	36	+9:56	2:38:06	34	+23:07
35	 Nydalens SK 2				2:38:09		+23:10
	1. Ragnar Tonjer	55:49	60	+9:27	55:49	60	+9:27
	2. Jonas Madslie Bakken	41:50	27	+5:56	1:37:39	41	+13:55
	3. Erik Olsvik Dengerud	1:00:30	32	+9:18	2:38:09	35	+23:10
36	 Halden SK 4				2:38:10		+23:11
	1. Bojan Blumenstein	55:30	52	+9:08	55:30	52	+9:08
	2. Mats Nordbrøden	41:37	25	+5:43	1:37:07	35	+13:23
	3. Anders Felde Olaussen	1:01:03	35	+9:51	2:38:10	36	+23:11
37	 Frol IL 5				2:38:19		+23:20
	1. Magnus Beyer Brattli	53:15	42	+6:53	53:15	42	+6:53
	2. Johan Otto Munkeby	44:18	38	+8:24	1:37:33	40	+13:49
	3. Jørgen Fiskum	1:00:46	34	+9:34	2:38:19	37	+23:20
38	 Ås-UMB Orientering 2				2:38:31		+23:32
	1. Magnus Ombustvedt	53:52	50	+7:30	53:52	50	+7:30
	2. Thomas Ruud	41:33	24	+5:39	1:35:25	30	+11:41
	3. Håvard Tveite	1:03:06	46	+11:54	2:38:31	38	+23:32
39	 Kristiansand OK 4				2:40:16		+25:17
	1. Dag Blandkjenn	53:19	43	+6:57	53:19	43	+6:57
	2. Morten Bujordet	41:56	28	+6:02	1:35:15	27	+11:31
	3. Magnus Johansson	1:05:01	53	+13:49	2:40:16	39	+25:17








Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
40	 Kongsberg OL 2				2:40:22		+25:23
	1. Tommi Luchsinger	55:29	51	+9:07	55:29	51	+9:07
	2. Håvard Myhre	44:34	40	+8:40	1:40:03	54	+16:19
	3. Eivind Resser	1:00:19	31	+9:07	2:40:22	40	+25:23
41	 Ganddal IL 1				2:41:04		+26:05
	1. Alf Johan Walgermo Lima	58:03	74	+11:41	58:03	74	+11:41
	2. Fredrik Sandal	45:47	51	+9:53	1:43:50	60	+20:06
	3. Stig Alvestad	57:14	20	+6:02	2:41:04	41	+26:05
42	 Asker Skiklubb 1				2:41:15		+26:16
	1. Jan Richard Eriksen	50:32	24	+4:10	50:32	24	+4:10
	2. Harald Kalager	46:37	57	+10:43	1:37:09	36	+13:25
	3. Jostein F. Tellnes	1:04:06	50	+12:54	2:41:15	42	+26:16
43	 Oppsal Orientering 1				2:41:25		+26:26
	1. Ola Marius Pedersen	53:45	48	+7:23	53:45	48	+7:23
	2. Per-Ivar Nikolaisen	46:17	54	+10:23	1:40:02	53	+16:18
	3. Sigve Vågsnes	1:01:23	37	+10:11	2:41:25	43	+26:26
44	 NTNU I 7				2:41:56		+26:57
	1. Harri Luchsinger	52:03	34	+5:41	52:03	34	+5:41
	2. Stian Bergersen	43:21	32	+7:27	1:35:24	29	+11:40
	3. Ståle Gjelsten	1:06:32	57	+15:20	2:41:56	44	+26:57
45	 Lillomarka OL 3				2:43:48		+28:49
	1. Jan Andreas Edstrøm	55:48	59	+9:26	55:48	59	+9:26
	2. Thorstein Wang	46:02	53	+10:08	1:41:50	55	+18:06
	3. Mathias Benjaminsen	1:01:58	38	+10:46	2:43:48	45	+28:49
46	 Ringsaker OK 1				2:43:51		+28:52
	1. Simen Bordal	55:35	54	+9:13	55:35	54	+9:13
	2. Marius Wikstrøm	44:01	37	+8:07	1:39:36	51	+15:52
	3. Jon-Anders Bordal	1:04:15	51	+13:03	2:43:51	46	+28:52
47	 Nydalens SK 5				2:44:51		+29:52
	1. Vebjørn Tandberg	55:58	63	+9:36	55:58	63	+9:36
	2. Einar Tommelstad	45:55	52	+10:01	1:41:53	57	+18:09
	3. Petter Kaarby	1:02:58	44	+11:46	2:44:51	47	+29:52
48	 Varegg Fleridrett 2				2:45:02		+30:03
	1. Vyacheslav Mukhidinov	52:00	32	+5:38	52:00	32	+5:38
	2. Ørjan Rykkje	43:25	33	+7:31	1:35:25	30	+11:41
	3. Niklas Profors	1:09:37	63	+18:25	2:45:02	48	+30:03
49	 Østmarka OK 1				2:45:13		+30:14
	1. Trond Kortner	52:11	38	+5:49	52:11	38	+5:49
	2. Steinar Låg	45:44	49	+9:50	1:37:55	45	+14:11
	3. Thor Mella	1:07:18	60	+16:06	2:45:13	49	+30:14
50	 Bækkelagets SK 1				2:45:53		+30:54











Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	1. Felix Breitschädel	52:04	35	+5:42	52:04	35	+5:42
	2. Thomas Schive	46:58	59	+11:04	1:39:02	48	+15:18
	3. Sebastian Torgersen	1:06:51	59	+15:39	2:45:53	50	+30:54
51	 Sandefjord OK 1				2:46:14		+31:15
	1. Gjermund Glesnes	52:01	33	+5:39	52:01	33	+5:39
	2. Roar Fjeldbo	47:42	61	+11:48	1:39:43	52	+15:59
	3. Trond Gjelstad	1:06:31	56	+15:19	2:46:14	51	+31:15
52	 Byåsen IL 1				2:46:59		+32:00
	1. Per Wirehn	57:12	65	+10:50	57:12	65	+10:50
	2. Terje Dahlen Sørgaard	46:49	58	+10:55	1:44:01	62	+20:17
	3. Terje Maroni	1:02:58	44	+11:46	2:46:59	52	+32:00
53	 Freidig 1				2:47:03		+32:04
	1. Sindre Johannessen	55:41	57	+9:19	55:41	57	+9:19
	2. Rein Helle Mårdalen	48:11	68	+12:17	1:43:52	61	+20:08
	3. Knut Sveinung Rekaa	1:03:11	47	+11:59	2:47:03	53	+32:04
54	 Nydalens SK 6				2:47:15		+32:16
	1. Tord Haflan	57:20	66	+10:58	57:20	66	+10:58
	2. Elias Wiklund	46:21	56	+10:27	1:43:41	58	+19:57
	3. Jørgen Madslie	1:03:34	49	+12:22	2:47:15	54	+32:16
55	 Kristiansand OK 5				2:47:16		+32:17
	1. Matias H Hanisch	55:51	61	+9:29	55:51	61	+9:29
	2. Ivar Haugen	41:29	23	+5:35	1:37:20	39	+13:36
	3. Henrik Upsal	1:09:56	64	+18:44	2:47:16	55	+32:17
56	 Ringerike OL 1				2:47:34		+32:35
	1. Lars-Inge Arnevik	52:10	37	+5:48	52:10	37	+5:48
	2. Lars Grønlund	45:05	45	+9:11	1:37:15	37	+13:31
	3. Anders Beyer Brattli	1:10:19	67	+19:07	2:47:34	56	+32:35
57	 IF Sturla 1				2:48:29		+33:30
	1. Yngvar Høimyr Solberg	1:00:40	82	+14:18	1:00:40	82	+14:18
	2. Håkon Wold	45:27	48	+9:33	1:46:07	68	+22:23
	3. Lars Henrik Thon	1:02:22	40	+11:10	2:48:29	57	+33:30
58	 Fredrikstad SK 2				2:48:31		+33:32
	1. Henrik Ottesen	58:03	74	+11:41	58:03	74	+11:41
	2. Kjell Arild Karlsen	47:45	62	+11:51	1:45:48	66	+22:04
	3. Audun Bjerkreim Nilsen	1:02:43	41	+11:31	2:48:31	58	+33:32
59	 Porsgrunn OL 1				2:48:35		+33:36
	1. Runar Torpe Lien	53:34	45	+7:12	53:34	45	+7:12
	2. Jørgen Wingerei	52:07	78	+16:13	1:45:41	65	+21:57
	3. Thore Kornmo	1:02:54	43	+11:42	2:48:35	59	+33:36
60	 Nydalens SK 4				2:48:45		+33:46
	1. Lars Eid Nielsen	55:39	55	+9:17	55:39	55	+9:17

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	2. Anders Bjergaard	48:02	67	+12:08	1:43:41	58	+19:57
	3. Haakon Ingvaldsen	1:05:04	54	+13:52	2:48:45	60	+33:46
61	 Freidig 2				2:49:09		+34:10
	1. Petter Reinemo	52:22	40	+6:00	52:22	40	+6:00
	2. Mattis Holt	45:23	46	+9:29	1:37:45	43	+14:01
	3. Brage Sæther	1:11:24	69	+20:12	2:49:09	61	+34:10
62	 Raumar Orientering 2				2:52:05		+37:06
	1. Torben C. Wendler	1:00:49	84	+14:27	1:00:49	84	+14:27
	2. Sondre Ruud Bråten	45:25	47	+9:31	1:46:14	70	+22:30
	3. Øyvind Lund	1:05:51	55	+14:39	2:52:05	62	+37:06
63	Fet OL 1				2:53:32		+38:33
	1. Tom Bergan	52:18	39	+5:56	52:18	39	+5:56
	2. Dagfinn Aas	46:18	55	+10:24	1:38:36	47	+14:52
	3. Bjørn Hauge	1:14:56	74	+23:44	2:53:32	63	+38:33
64	 Bø OL 1				2:54:13		+39:14
	1. Eivind Frode Rinde	58:16	79	+11:54	58:16	79	+11:54
	2. Jon Solberg	47:52	64	+11:58	1:46:08	69	+22:24
	3. Steinar Lande	1:08:05	61	+16:53	2:54:13	64	+39:14
65	 Nittedal OL 1				2:54:22		+39:23
	1. Henning Røberg	48:53	15	+2:31	48:53	15	+2:31
	2. Lars Bredalen	55:18	84	+19:24	1:44:11	63	+20:27
	3. Tore Bredalen	1:10:11	66	+18:59	2:54:22	65	+39:23
66	 Frol IL 4				2:55:26		+40:27
	1. Jonas Ressem	58:14	77	+11:52	58:14	77	+11:52
	2. Øystein Haug	41:15	20	+5:21	1:39:29	50	+15:45
	3. Vegard Ressem	1:15:57	79	+24:45	2:55:26	66	+40:27
67	 Modum OL 1				2:55:40		+40:41
	1. Eirik Stærkeby Jelstad	55:39	55	+9:17	55:39	55	+9:17
	2. Erik Trøen	55:16	83	+19:22	1:50:55	74	+27:11
	3. David Løver	1:04:45	52	+13:33	2:55:40	67	+40:41
68	 Bækkelagets SK 2				2:56:39		+41:40
	1. Magne Jutulstad	53:40	47	+7:18	53:40	47	+7:18
	2. Martin Schälli	48:12	69	+12:18	1:41:52	56	+18:08
	3. Joakim Prestmo	1:14:47	73	+23:35	2:56:39	68	+41:40
69	 NTNUI 9				2:58:40		+43:41
	1. Kristian Opsahl Bredesen	57:23	70	+11:01	57:23	70	+11:01
	2. Sverre Turter Sandvold	49:31	70	+13:37	1:46:54	71	+23:10
	3. Jakob Kalvig Skogan	1:11:46	70	+20:34	2:58:40	69	+43:41
70	 Ås-UMB Orientering 3				2:59:44		+44:45
	1. Henrik Eijsink	59:30	81	+13:08	59:30	81	+13:08
	2. Per Henning Bjerva	45:00	44	+9:06	1:44:30	64	+20:46

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	3. Jo Inge Fjellstad	1:15:14	78	+24:02	2:59:44	70	+44:45
71	 Fossum IF 2				3:01:21		+46:22
	1. Leif Størmer	56:09	64	+9:47	56:09	64	+9:47
	2. Sigurd Melsom	57:01	86	+21:07	1:53:10	78	+29:26
	3. Johan Michelsen	1:08:11	62	+16:59	3:01:21	71	+46:22
72	 Vegårshei IL 1				3:01:22		+46:23
	1. Are Smeland Nygårdseter	53:39	46	+7:17	53:39	46	+7:17
	2. Jon Nilsen	45:46	50	+9:52	1:39:25	49	+15:41
	3. Sten Åge Nygårdseter	1:21:57	89	+30:45	3:01:22	72	+46:23
73	 Porsgrunn OL 2				3:01:23		+46:24
	1. Paul Martin Remme	58:00	73	+11:38	58:00	73	+11:38
	2. Knut Wiig Mathisen	50:01	71	+14:07	1:48:01	72	+24:17
	3. Dag Ausen	1:13:22	72	+22:10	3:01:23	73	+46:24
74	 OL Trollelg 2				3:01:37		+46:38
	1. Kristian Stensrud	57:20	66	+10:58	57:20	66	+10:58
	2. Johannes Svendsen	57:37	90	+21:43	1:54:57	81	+31:13
	3. Roar Skulbørstad	1:06:40	58	+15:28	3:01:37	74	+46:38
75	 Konnerud IL 1				3:07:08		+52:09
	1. Kristian Kullerud	1:06:20	91	+19:58	1:06:20	91	+19:58
	2. Marius Lindhom Ackenhausen	50:38	73	+14:44	1:56:58	85	+33:14
	3. Erik Feyling Haare	1:10:10	65	+18:58	3:07:08	75	+52:09
76	 Fana IL 2				3:09:23		+54:24
	1. Anders Daltveit	1:00:42	83	+14:20	1:00:42	83	+14:20
	2. Sigurd Eikner	51:45	75	+15:51	1:52:27	76	+28:43
	3. Håkon Sandven	1:16:56	81	+25:44	3:09:23	76	+54:24
77	 Asker Skiklubb 2				3:10:24		+55:25
	1. Svein Granerud	58:15	78	+11:53	58:15	78	+11:53
	2. Bjørn Gulbrandsen	54:39	80	+18:45	1:52:54	77	+29:10
	3. Magnus Mellbye Larsen	1:17:30	84	+26:18	3:10:24	77	+55:25
78	 Fana IL 1				3:10:40		+55:41
	1. Espen Rognsvåg	1:01:11	85	+14:49	1:01:11	85	+14:49
	2. Jan Kocbach	47:20	60	+11:26	1:48:31	73	+24:47
	3. Olav Ekrheim	1:22:09	90	+30:57	3:10:40	78	+55:41
79	 IL Tyrving 5				3:10:57		+55:58
	1. Fredrik Rosenqvist	1:06:22	92	+20:00	1:06:22	92	+20:00
	2. Morten Christophersen	51:45	75	+15:51	1:58:07	88	+34:23
	3. Morten Nilstad Pettersen	1:12:50	71	+21:38	3:10:57	79	+55:58
80	 NTNU I 8				3:13:00		+58:01
	1. Siggen Ytrehus	1:02:53	86	+16:31	1:02:53	86	+16:31
	2. Adrian Opheim	55:00	82	+19:06	1:57:53	86	+34:09
	3. Hallvard Nordbrøden	1:15:07	75	+23:55	3:13:00	80	+58:01

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
81	 Nydalens SK 8				3:14:53		+59:54
	1. Terje Wiig Mathisen	1:06:35	93	+20:13	1:06:35	93	+20:13
	2. Jon Iver Bakken	51:19	74	+15:25	1:57:54	87	+34:10
	3. Torstein Hole	1:16:59	82	+25:47	3:14:53	81	+59:54
82	 Hemsedal IL 1				3:15:36		+1:00:37
	1. Ola Jordheim	1:02:59	88	+16:37	1:02:59	88	+16:37
	2. Jakob Mestvedthagen	51:59	77	+16:05	1:54:58	82	+31:14
	3. Ole Hulbak	1:20:38	87	+29:26	3:15:36	82	+1:00:37
83	 Fossum IF 3				3:16:57		+1:01:58
	1. Mindaugas Lukauskas	1:02:59	88	+16:37	1:02:59	88	+16:37
	2. Morten Fismen	50:26	72	+14:32	1:53:25	79	+29:41
	3. Ivar Møltnvik	1:23:32	91	+32:20	3:16:57	83	+1:01:58
84	 Eiker OL 1				3:16:58		+1:01:59
	1. Gjermund Røren	59:19	80	+12:57	59:19	80	+12:57
	2. Ole Johnny Petersen	55:57	85	+20:03	1:55:16	84	+31:32
	3. Rune Fleischer	1:21:42	88	+30:30	3:16:58	84	+1:01:59
85	Nord-Østerdal OK 1				3:18:53		+1:03:54
	1. Jon Arve U Engebakken	57:21	68	+10:59	57:21	68	+10:59
	2. Lars Ole Engebakken	1:03:11	94	+27:17	2:00:32	89	+36:48
	3. Ivar Aukrust Osmon	1:18:21	85	+27:09	3:18:53	85	+1:03:54
86	 Ringerike OL 2				3:19:42		+1:04:43
	1. Morten Dåsnes	1:07:13	97	+20:51	1:07:13	97	+20:51
	2. Øyvind Strande	57:22	88	+21:28	2:04:35	91	+40:51
	3. Kristian Kihle	1:15:07	75	+23:55	3:19:42	86	+1:04:43
87	 Modum OL 2				3:19:43		+1:04:44
	1. Karsten Alexander Kopland	1:03:58	90	+17:36	1:03:58	90	+17:36
	2. Lars Enerhaugen	1:00:37	93	+24:43	2:04:35	91	+40:51
	3. Leif Eriksson	1:15:08	77	+23:56	3:19:43	87	+1:04:44
88	Fet OL 2				3:23:08		+1:08:09
	1. Herman Moe	1:07:05	94	+20:43	1:07:05	94	+20:43
	2. Øyvind Solli	47:55	65	+12:01	1:55:00	83	+31:16
	3. Morten K. Moe	1:28:08	93	+36:56	3:23:08	88	+1:08:09
89	 Nydalens SK 7				3:24:11		+1:09:12
	1. Aksel Madslie	1:02:57	87	+16:35	1:02:57	87	+16:35
	2. Magnus Rokne Vågen	1:04:07	95	+28:13	2:07:04	96	+43:20
	3. Simen A Bjøringsøy	1:17:07	83	+25:55	3:24:11	89	+1:09:12
90	 IL Tyrving 4				3:25:06		+1:10:07
	1. Gunnar Fiskum	58:06	76	+11:44	58:06	76	+11:44
	2. Håkon Njåstein	1:10:16	100	+34:22	2:08:22	97	+44:38
	3. Gustav Fiskum	1:16:44	80	+25:32	3:25:06	90	+1:10:07
91	 Raumar Orientering 3				3:25:19		+1:10:20








Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	1. Trygve Tømta	57:37	71	+11:15	57:37	71	+11:15
	2. Tor Arve Bjørnstad Strand	1:08:40	99	+32:46	2:06:17	93	+42:33
	3. Ståle Sønsterudbråten	1:19:02	86	+27:50	3:25:19	91	+1:10:20
92	 Indre Østfold OK 2				3:26:49		+1:11:50
	1. Thomas Bedin	57:22	69	+11:00	57:22	69	+11:00
	2. Odd Kasper Ekre	54:58	81	+19:04	1:52:20	75	+28:36
	3. Claes-Tommy Herland	1:34:29	95	+43:17	3:26:49	92	+1:11:50
93	 Haugesund IL Orientering 1				3:30:14		+1:15:15
	1. Lars Hole Mikalsen	1:20:30	100	+34:08	1:20:30	100	+34:08
	2. Andreas Djupesland	58:55	91	+23:01	2:19:25	100	+55:41
	3. Per Øyvind Valen	1:10:49	68	+19:37	3:30:14	93	+1:15:15
94	 Stjørdals-Blink Orientering 1				3:38:31		+1:23:32
	1. Endre Aaen	1:07:09	95	+20:47	1:07:09	95	+20:47
	2. Bård Øyvind Solberg	59:19	92	+23:25	2:06:28	95	+42:44
	3. Henrik Nielsen Solberg	1:32:03	94	+40:51	3:38:31	94	+1:23:32
95	 Hamar OK 2				3:39:07		+1:24:08
	1. Stian Jensen	1:07:16	98	+20:54	1:07:16	98	+20:54
	2. Arne Arnesen	1:08:04	98	+32:10	2:15:20	99	+51:36
	3. Andreas Huber	1:23:47	92	+32:35	3:39:07	95	+1:24:08
96	 Eiker OL 2				3:49:07		+1:34:08
	1. Axel Berlin	55:33	53	+9:11	55:33	53	+9:11
	2. Severin Berglia	1:07:04	96	+31:10	2:02:37	90	+38:53
	3. Kenneth Sandvold	1:46:30	96	+55:18	3:49:07	96	+1:34:08
97	 Notodden OL 1				3:57:22		+1:42:23
	1. Magnus Sandven	57:39	72	+11:17	57:39	72	+11:17
	2. Petter Løe	57:08	87	+21:14	1:54:47	80	+31:03
	3. Robert Fredriksen	2:02:35	98	+1:11:23	3:57:22	97	+1:42:23
98	 Konnerud IL 2				4:10:42		+1:55:43
	1. Erik Saugerud	1:07:10	96	+20:48	1:07:10	96	+20:48
	2. Terje Pahr Haare	1:07:44	97	+31:50	2:14:54	98	+51:10
	3. Sven Ohrvik	1:55:48	97	+1:04:36	4:10:42	98	+1:55:43
99	 Oslostudentenes IK 1				4:35:41		+2:20:42
	1. Øivind Thorvald Due Trier	1:08:50	99	+22:28	1:08:50	99	+22:28
	2. Bjørn Grinde	57:29	89	+21:35	2:06:19	94	+42:35
	3. Magnus Barth Gustavsen	2:29:22	99	+1:38:10	4:35:41	99	+2:20:42
100	 IL BUL-Tromsø 1				4:35:50		+2:20:51
	1. Rasmus Rørholt Theisen	52:04	35	+5:42	52:04	35	+5:42
	2. Arntraut Götsch	53:49	79	+17:55	1:45:53	67	+22:09
	3. Ingunn Ytrehus	2:49:57	100	+1:58:45	4:35:50	100	+2:20:51
	 Sandefjord OK 2				diskvalifisert		
	1. Petter Moe	diskvalifisert			diskvalifisert		








Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
2.	Per Erik Larsen	1:01:41	0	+25:47	diskvalifisert		
3.	Marius Martinsen	1:17:17	0	+26:05	diskvalifisert		
	 Oppsal Orientering 2				diskvalifisert		
1.	Gard-Martin Udnesseter Johnson	1:07:51	0	+21:29	diskvalifisert		
2.	Anders Emilsson	50:17	0	+14:23	diskvalifisert		
3.	Endre Wigaard	diskvalifisert			diskvalifisert		
	 Halden SK 6				brutt		
1.	Magnus Nordbrøden	1:17:24	0	+31:02	brutt		
2.		brutt			brutt		
3.		brutt			brutt		
	 Fredrikstad SK 1				brutt		
1.	Kristian Dalby	50:02	0	+3:40	brutt		
2.	Christian Riddervold Kahrs	diskvalifisert			brutt		
3.	Sindre Østhagen	brutt			brutt		
	 Kristiansand OK 1				brutt		
1.	Vegard Danielsen	47:22	0	+1:00	brutt		
2.	Eirik Martens Svensen	diskvalifisert			brutt		
3.	Hans Gunnar Omdal	brutt			brutt		
	 Mo OK 1				brutt		
1.	Sigurd Oxaas Wie	diskvalifisert			brutt		
2.	Ole-Kristian Kaspersen	1:35:26	0	+59:32	brutt		
3.	Ole Morten Wie	brutt			brutt		
	 Emblem IL 1				brutt		
1.	Bjørn Lundanes	57:57	0	+11:35	brutt		
2.	Lars Roger Lundanes	57:04	0	+21:10	brutt		
3.	Ivar Lundanes	brutt			brutt		
	 NTNU 10				brutt		
1.	Terje Faugstad Bjertnes	1:07:31	0	+21:09	brutt		
2.	Stig Carlson Strandhagen	brutt			brutt		
3.		brutt			brutt		
	 Fana IL 3				brutt		
1.	Stian Solheim	58:27	0	+12:05	brutt		
2.	Mads Bratland Claussen	53:54	0	+18:00	brutt		
3.	Geir Rognsvåg	brutt			brutt		
	 Frol IL 6				brutt		
1.	Johannes Okkenhaug	brutt			brutt		
2.	Jo Severin Matberg	brutt			brutt		
3.	Andreas Magerøy	brutt			brutt		
	 IL Gular 1				brutt		
1.	Rune Nygård	51:57	0	+5:35	brutt		
2.	Jan Harald Bakkejord	50:48	0	+14:54	brutt		










Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	3. Arne Johannesen	brutt			brutt		






D17











62 startende deltakere

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
1	 Halden SK 1				1:43:59		
	1. Ida Marie Næss Bjørgul	30:33	1		30:33	1	
	2. Mari Fasting	29:32	1		1:00:05	1	
	3. Anne M Hausken Nordberg	43:54	4	+1:18	1:43:59	1	
2	 Fredrikstad SK 1				1:48:24		+4:25
	1. Marianne Riddervold Kahrs	31:13	4	+0:40	31:13	4	+0:40
	2. Kamilla Olaussen	34:35	5	+5:03	1:05:48	3	+5:43
	3. Heidi Østlid Bagstevold	42:36	1		1:48:24	2	+4:25
3	 Freidig 1				1:52:26		+8:27
	1. Karen Oline Kolstad	33:42	8	+3:09	33:42	8	+3:09
	2. Mari Angell-Petersen	35:26	11	+5:54	1:09:08	7	+9:03
	3. Hanne Sandstad	43:18	3	+0:42	1:52:26	3	+8:27
4	 Halden SK 2				1:52:27		+8:28
	1. Bodil Holmström	32:04	5	+1:31	32:04	5	+1:31
	2. Hanna Haugen Nordbrøden	34:49	6	+5:17	1:06:53	4	+6:48
	3. Eva Jurenikova	45:34	6	+2:58	1:52:27	4	+8:28
5	 IL Tyrving 1				1:53:58		+9:59
	1. Anne Johanne Lind	33:38	7	+3:05	33:38	7	+3:05
	2. Birte Riddervold Teigen	35:13	8	+5:41	1:08:51	5	+8:46
	3. Ingunn Hultgreen Weltzien	45:07	5	+2:31	1:53:58	5	+9:59
6	 Bækkelagets SK 1				1:54:01		+10:02
	1. Mariann Ulvestad	35:21	19	+4:48	35:21	19	+4:48
	2. Lone Brochmann	35:49	12	+6:17	1:11:10	12	+11:05
	3. Tone Wigemyr	42:51	2	+0:15	1:54:01	6	+10:02
7	 NTNUI 1				1:55:02		+11:03
	1. Mari Jevne Arnesen	33:37	6	+3:04	33:37	6	+3:04
	2. Maren Jansson Haverstad	32:06	2	+2:34	1:05:43	2	+5:38
	3. Emma Johansson	49:19	13	+6:43	1:55:02	7	+11:03
8	 Frol IL 1				1:56:07		+12:08
	1. Eirin Svanøe Hafstad	33:58	10	+3:25	33:58	10	+3:25
	2. Sara Profors	36:01	13	+6:29	1:09:59	11	+9:54
	3. Gøril Rønning Sund	46:08	8	+3:32	1:56:07	8	+12:08
9	 Nydalens SK 1				1:56:09		+12:10
	1. Anine Ahlsand	33:55	9	+3:22	33:55	9	+3:22
	2. Elisabeth Ingvaldsen	35:01	7	+5:29	1:08:56	6	+8:51
	3. Nicole Ragvin	47:13	9	+4:37	1:56:09	9	+12:10


Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
10	 Lillomarka OL 1				1:58:57		+14:58
	1. Kine Hallan Steiwer	35:12	17	+4:39	35:12	17	+4:39
	2. Linn Hokholt	34:34	4	+5:02	1:09:46	10	+9:41
	3. Andrine Benjaminsen	49:11	12	+6:35	1:58:57	10	+14:58
11	 Konnerud IL 1				1:59:00		+15:01
	1. Ida Mari Borge Hovi	38:46	29	+8:13	38:46	29	+8:13
	2. Therese Haare	34:25	3	+4:53	1:13:11	15	+13:06
	3. Anette Baklid	45:49	7	+3:13	1:59:00	11	+15:01
12	 Nydalens SK 2				2:01:50		+17:51
	1. Maria Jonsson	35:29	20	+4:56	35:29	20	+4:56
	2. Lene Jorunn Moe	37:35	18	+8:03	1:13:04	13	+12:59
	3. Sofie Aarnes	48:46	11	+6:10	2:01:50	12	+17:51
13	 Halden SK 3				2:02:31		+18:32
	1. Ane Sofie Næss Bjørgul	34:03	11	+3:30	34:03	11	+3:30
	2. Ellen Kathrine Svendsby	35:23	10	+5:51	1:09:26	8	+9:21
	3. Runa Lien Backstrøm	53:05	19	+10:29	2:02:31	13	+18:32
14	 Fossum IF 1				2:04:48		+20:49
	1. Guro Vassend	34:52	16	+4:19	34:52	16	+4:19
	2. Ragnhild Hjermstad	41:32	27	+12:00	1:16:24	24	+16:19
	3. Gunvor Hov Høydal	48:24	10	+5:48	2:04:48	14	+20:49
15	 Løten o-lag 1				2:04:51		+20:52
	1. Evine Westli Andersen	37:11	23	+6:38	37:11	23	+6:38
	2. Nina Smestad	38:16	19	+8:44	1:15:27	21	+15:22
	3. Emilie Westli Andersen	49:24	14	+6:48	2:04:51	15	+20:52
16	 Nydalens SK 3				2:05:36		+21:37
	1. Berit Sofie Wiklund	40:47	38	+10:14	40:47	38	+10:14
	2. Emma Lähdekorpi	35:13	8	+5:41	1:16:00	22	+15:55
	3. Malin Jakobsson	49:36	15	+7:00	2:05:36	16	+21:37
17	 Fredrikstad SK 2				2:05:40		+21:41
	1. Karin Skedsmo Danevad	34:22	13	+3:49	34:22	13	+3:49
	2. Linda Solberg	38:48	22	+9:16	1:13:10	14	+13:05
	3. Gitte Bromander	52:30	17	+9:54	2:05:40	17	+21:41
18	 Modum OL 1				2:05:42		+21:43
	1. Heidi Mårtensson	31:01	2	+0:28	31:01	2	+0:28
	2. Tine Hansen	38:34	21	+9:02	1:09:35	9	+9:30
	3. Hilde Hovdenak	56:07	27	+13:31	2:05:42	18	+21:43
19	 Sandefjord OK 1				2:07:50		+23:51
	1. Kristine Fjeldbo	37:20	26	+6:47	37:20	26	+6:47
	2. Live Bredholt Jørgensen	39:11	23	+9:39	1:16:31	26	+16:26
	3. Elin-Kristin Hem	51:19	16	+8:43	2:07:50	19	+23:51
20	 NTNUI 3				2:08:09		+24:10

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	1. Ida Arnesen Tiltnes	37:15	25	+6:42	37:15	25	+6:42
	2. Guro Torpe	37:31	17	+7:59	1:14:46	18	+14:41
	3. Elen Katrine Skjerve	53:23	20	+10:47	2:08:09	20	+24:10
21	 Freidig 2				2:10:33		+26:34
	1. Frida Sæther	35:16	18	+4:43	35:16	18	+4:43
	2. Gina Mølsvik	39:13	24	+9:41	1:14:29	17	+14:24
	3. Jorunn Kvakland	56:04	26	+13:28	2:10:33	21	+26:34
22	 Kongsberg OL 1				2:11:23		+27:24
	1. Ingjerd Myhre	31:02	3	+0:29	31:02	3	+0:29
	2. Eline Drage	42:17	29	+12:45	1:13:19	16	+13:14
	3. Åsne Skram Trømborg	58:04	29	+15:28	2:11:23	22	+27:24
23	 Bækkelagets SK 2				2:11:26		+27:27
	1. Line Hagman	34:19	12	+3:46	34:19	12	+3:46
	2. Ingvild Gjessing	41:06	26	+11:34	1:15:25	20	+15:20
	3. Kine Gulliksen	56:01	25	+13:25	2:11:26	23	+27:27
24	 Larvik OK 1				2:12:47		+28:48
	1. Julie Hjortland	38:50	30	+8:17	38:50	30	+8:17
	2. Karina Nordrum Stokkenes	40:57	25	+11:25	1:19:47	28	+19:42
	3. Ingrid Undstad	53:00	18	+10:24	2:12:47	24	+28:48
25	 NTNUI 4				2:16:41		+32:42
	1. Maren Mohagen Hansen	39:13	32	+8:40	39:13	32	+8:40
	2. Ingvild Bjørhei	37:00	16	+7:28	1:16:13	23	+16:08
	3. Martine Åstebøl	1:00:28	30	+17:52	2:16:41	25	+32:42
26	 Frol IL 2				2:18:59		+35:00
	1. Line Sundsvik	34:27	15	+3:54	34:27	15	+3:54
	2. Bente Sundsvik	50:12	42	+20:40	1:24:39	34	+24:34
	3. Kari Svingheim	54:20	21	+11:44	2:18:59	26	+35:00
27	 Fossum IF 2				2:19:07		+35:08
	1. Marianne Opsahl Bredesen	39:59	36	+9:26	39:59	36	+9:26
	2. Eldbjørg Narum	36:28	15	+6:56	1:16:27	25	+16:22
	3. Annemarie B. Aarnes	1:02:40	32	+20:04	2:19:07	27	+35:08
28	 Nydalens SK 4				2:24:27		+40:28
	1. Karen Bjergaard	42:40	41	+12:07	42:40	41	+12:07
	2. Stina Johanne Sandberg	44:32	32	+15:00	1:27:12	38	+27:07
	3. Ellen Moen	57:15	28	+14:39	2:24:27	28	+40:28
29	 Asker Skiklubb 1				2:25:57		+41:58
	1. Selma Øfsthus Gravir	46:31	46	+15:58	46:31	46	+15:58
	2. Ragnhild Løvli	43:39	31	+14:07	1:30:10	40	+30:05
	3. Ingrid Gulbrandsen	55:47	24	+13:11	2:25:57	29	+41:58
30	 IF Sturla 1				2:28:14		+44:15
	1. Ingunn Egeberg Vári	35:33	21	+5:00	35:33	21	+5:00

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	2. Katinka Jussie Brurberg	46:49	38	+17:17	1:22:22	29	+22:17
	3. Helle Egeberg Vári	1:05:52	35	+23:16	2:28:14	30	+44:15
31	 Ringerike OL 1				2:28:31		+44:32
	1. Ida Rongved	37:13	24	+6:40	37:13	24	+6:40
	2. Trine D. Kihle	45:20	34	+15:48	1:22:33	30	+22:28
	3. Thea Kleiven	1:05:58	36	+23:22	2:28:31	31	+44:32
32	 Oppsal Orientering 1				2:28:37		+44:38
	1. Vigdis Hobøl	39:24	35	+8:51	39:24	35	+8:51
	2. Karen Dalby	43:13	30	+13:41	1:22:37	31	+22:32
	3. Kari-Ann Ånensen	1:06:00	38	+23:24	2:28:37	32	+44:38
33	 Porsgrunn OL 1				2:29:11		+45:12
	1. Tonje Vassend	34:25	14	+3:52	34:25	14	+3:52
	2. Lene Therese Myrland	42:11	28	+12:39	1:16:36	27	+16:31
	3. Hilde Vassend	1:12:35	42	+29:59	2:29:11	33	+45:12
34	 Asker Skiklubb 2				2:32:05		+48:06
	1. Karoline Andersen	39:14	33	+8:41	39:14	33	+8:41
	2. Silje Arntzen	50:54	45	+21:22	1:30:08	39	+30:03
	3. Marit Isachsen	1:01:57	31	+19:21	2:32:05	34	+48:06
35	 OL Tønsberg og omegn 1				2:33:17		+49:18
	1. Marthe Gløersen	48:58	47	+18:25	48:58	47	+18:25
	2. Jannicke Ødegård	49:27	39	+19:55	1:38:25	46	+38:20
	3. Marta Ulvensøen	54:52	23	+12:16	2:33:17	35	+49:18
36	 Konnerud IL 2				2:34:00		+50:01
	1. Synne Baklid	36:53	22	+6:20	36:53	22	+6:20
	2. Hege Kullerud	38:17	20	+8:45	1:15:10	19	+15:05
	3. Veslemø Solberg	1:18:50	44	+36:14	2:34:00	36	+50:01
37	 Bækkelagets SK 3				2:34:06		+50:07
	1. Katja Ekroll Jahren	42:30	40	+11:57	42:30	40	+11:57
	2. Jenni Hesselberg Indby	57:14	47	+27:42	1:39:44	47	+39:39
	3. Anne Marie Bleken	54:22	22	+11:46	2:34:06	37	+50:07
38	 IL Tyrving 2				2:37:34		+53:35
	1. Helene Lund-Johansen	50:31	48	+19:58	50:31	48	+19:58
	2. Tone E Lye	36:03	14	+6:31	1:26:34	37	+26:29
	3. Ingrid Helene Skantze	1:11:00	41	+28:24	2:37:34	38	+53:35
39	 IL Tyrving 3				2:39:38		+55:39
	1. Åsa Frantzen	44:17	43	+13:44	44:17	43	+13:44
	2. Camilla Stridsklev	50:21	43	+20:49	1:34:38	42	+34:33
	3. Mari Jellum Helgerud	1:05:00	33	+22:24	2:39:38	39	+55:39
40	 Raumar Orientering 2				2:41:14		+57:15
	1. Marie Hammer Håversen	45:30	44	+14:57	45:30	44	+14:57
	2. Ida Brænden	49:45	40	+20:13	1:35:15	44	+35:10

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	3. Turid Kamstrup Hovind	1:05:59	37	+23:23	2:41:14	40	+57:15
41	 Notodden OL 1				2:42:14		+58:15
	1. Eirin Mari Fossøy	39:07	31	+8:34	39:07	31	+8:34
	2. Ingrid Nygård	57:52	48	+28:20	1:36:59	45	+36:54
	3. Aurora Fossøy	1:05:15	34	+22:39	2:42:14	41	+58:15
42	 NTNUI 5				2:42:29		+58:30
	1. Hedvig Åstebøl	37:48	27	+7:15	37:48	27	+7:15
	2. Marianne Dæhli	45:37	35	+16:05	1:23:25	32	+23:20
	3. Maja Fjellstad Knutsen	1:19:04	45	+36:28	2:42:29	42	+58:30
43	 Oslostudentenes IK 2				2:42:34		+58:35
	1. Undis Ellevog	44:07	42	+13:34	44:07	42	+13:34
	2. Alexandra Devik	50:48	44	+21:16	1:34:55	43	+34:50
	3. Anna Westerlund	1:07:39	40	+25:03	2:42:34	43	+58:35
44	 Halden SK 4				2:46:32		+1:02:33
	1. Ingvild Torgersen	38:45	28	+8:12	38:45	28	+8:12
	2. Marit Kahrs	45:53	36	+16:21	1:24:38	33	+24:33
	3. Anne Julsrud Haugen	1:21:54	47	+39:18	2:46:32	44	+1:02:33
45	 IL Tyrving 4				2:47:19		+1:03:20
	1. Marianne Njåstein	40:51	39	+10:18	40:51	39	+10:18
	2. Berit Danielsen	50:07	41	+20:35	1:30:58	41	+30:53
	3. Elin Ekeberg	1:16:21	43	+33:45	2:47:19	45	+1:03:20
46	 Steinkjer OK 1				2:47:22		+1:03:23
	1. Norunn Kvistad Dengerud	39:21	34	+8:48	39:21	34	+8:48
	2. Gunhild Kvistad	46:33	37	+17:01	1:25:54	36	+25:49
	3. Astrid Lægran	1:21:28	46	+38:52	2:47:22	46	+1:03:23
47	 Oslostudentenes IK 1				2:47:26		+1:03:27
	1. Ida Hope	46:30	45	+15:57	46:30	45	+15:57
	2. Gunn Camilla Stang	54:00	46	+24:28	1:40:30	48	+40:25
	3. Audrun Utskarpen	1:06:56	39	+24:20	2:47:26	47	+1:03:27
48	 Fossum IF 3				2:49:14		+1:05:15
	1. Britta Fismen	40:36	37	+10:03	40:36	37	+10:03
	2. Kjersti Hov	44:41	33	+15:09	1:25:17	35	+25:12
	3. Magnhild T. Mølsvik	1:23:57	48	+41:21	2:49:14	48	+1:05:15
	 Fana IL 1				diskvalifisert		
	1. Dagrund Daltveit Slettebø	34:26	0	+3:53	diskvalifisert		
	2. Vibeke Rykkje	diskvalifisert			diskvalifisert		
	3. Kirsti Lysaker	1:03:40	0	+21:04	diskvalifisert		
	 Indre Østfold OK 1				diskvalifisert		
	1. Margit Sandem Fjellengen	1:01:55	0	+31:22	diskvalifisert		
	2. Anne Marie Solheim Haugerud	43:25	0	+13:53	diskvalifisert		
	3. Linda M. Torper Bystrøm	diskvalifisert			diskvalifisert		

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
	 Kristiansand OK 1						diskvalifisert
1.	Anneke Hald Bjørgum	diskvalifisert					diskvalifisert
2.	Benedicte Hald Bjørgum	32:48	0	+3:16			diskvalifisert
3.	Kjersti Adéla Westin	1:16:00	0	+33:24			diskvalifisert
	 Raumar Orientering 1						diskvalifisert
1.	Karoline Sønsterudbråten	diskvalifisert					diskvalifisert
2.	Anne Kamstrup Hovind	45:43	0	+16:11			diskvalifisert
3.	Silje Ekroll Jahren	47:58	0	+5:22			diskvalifisert
	 Hamar OK 1						brutt
1.	Ingeborg Ellegaard Melby	41:12	0	+10:39			brutt
2.	Nora Hui Andersen	brutt					brutt
3.	Karoline Haug	brutt					brutt
	 Varegg Fleridrett 1						brutt
1.	Christiane Trösse	38:59	0	+8:26			brutt
2.	Kristine Fjellanger	36:10	0	+6:38			brutt
3.	Anne Westergård	brutt					brutt
	 Ås-UMB Orientering 1						brutt
1.	Malin Eijsink	37:42	0	+7:09			brutt
2.	Line Nybakken	brutt					brutt
3.		brutt					brutt
	 Lillomarka OL 2						brutt
1.	Siri Kollerud	38:52	0	+8:19			brutt
2.	Ingvild Wang	diskvalifisert					brutt
3.	Ingvild Brekke	brutt					brutt
	 OL Trollelg 1						brutt
1.	Sigrid Merete Moen Pedersli	36:21	0	+5:48			brutt
2.	Kirsti Næss Olsen	53:19	0	+23:47			brutt
3.		brutt					brutt
	 NTNUI 2						brutt
1.	Mathilde Korvald Skaare	brutt					brutt
2.	Mali Fjogstad Nielsen	brutt					brutt
3.	Audhild Bakken Rognstad	brutt					brutt
	 NTNUI 6						brutt
1.	Anne Line Teigen Søgård	49:40	0	+19:07			brutt
2.	Silje Borge Hovi	55:16	0	+25:44			brutt
3.		brutt					brutt
	 Sandnes IL (Rogaland) 1						brutt
1.	Helene Omdal	39:23	0	+8:50			brutt
2.	Ingrid Peikli	brutt					brutt
3.	Therese Sæbø Vik	brutt					brutt
	 Nydalens SK 5						brutt

Plass	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
1.	Maren Kaarby	diskvalifisert			brutt		
2.	Anne Berit Eid	54:49	0	+25:17	brutt		
3.	Ellen Moen	brutt			brutt		
	 Stjørdals-Blink Orientering 1				brutt		
1.	Elisabeth Sveen	36:52	0	+6:19	brutt		
2.	Sigrid Wanvik Haugen	diskvalifisert			brutt		
3.		brutt			brutt		