

NM sprint stafett









Arrangørorganisasjoner: Hamar OK /Løten o-lag









Dato: søndag 4. juni 2017









NM-DHHD









72 startende deltakere










1	 Halden SK 1			51:40				
	1. Agnes Leo	11:52	2 +0:02	11:52	2		+0:02	
	2. Emil Wingstedt	13:42	5 +0:32	25:34	1	-1		-0:02
	3. Magne Dæhli	13:22	4 +0:11	38:56	1	0		0:00
	4. Hollie Orr	12:44	2 +0:27	51:40	1	0		0:00
2	 NTNUI 1			51:53				+0:13
	1. Laura Ramstein	12:11	7 +0:21	12:11	7		+0:21	
	2. Henry McNulty	14:07	9 +0:57	26:18	4	-3	+0:44	+0:23
	3. Jon Aukrust Osmon	13:18	2 +0:07	39:36	3	-1	+0:40	-0:04
	4. Sigrid Alexandersen	12:17	1	51:53	2	-1	+0:13	
3	 Nydalens SK 1			52:48				+1:08
	1. Marion Huber	12:05	4 +0:15	12:05	4		+0:15	
	2. Håvard Haga	14:15	12 +1:05	26:20	6	+2	+0:46	+0:31
	3. Ralph Street	13:11	1	39:31	2	-4	+0:35	
	4. Elise Egseth	13:17	6 +1:00	52:48	3	+1	+1:08	+0:33
4	 Lillomarka OL 1			52:51				+1:11
	1. Delphine Poirot	12:27	10 +0:37	12:27	10		+0:37	
	2. Nicholas Oskarsson	13:52	6 +0:42	26:19	5	-5	+0:45	+0:08
	3. Gaute Hallan Steiwer	13:38	5 +0:27	39:57	4	-1	+1:01	+0:16
	4. Andrine Benjaminsen	12:54	4 +0:37	52:51	4	0	+1:11	+0:10
5	 Bækkelagets SK 1			53:19				+1:39
	1. Marthe Gløersen	12:46	14 +0:56	12:46	14		+0:56	
	2. Karl Fremstad	14:11	11 +1:01	26:57	8	-6	+1:23	+0:27
	3. Øystein Kvaal Østerbø	13:21	3 +0:10	40:18	6	-2	+1:22	-0:01
	4. Lone Brochmann	13:01	5 +0:44	53:19	5	-1	+1:39	+0:17
6	 Frol IL 1			53:31				+1:51
	1. Eirin Svanøe-Hafstad	12:15	8 +0:25	12:15	8		+0:25	
	2. Lars Sandstad Skjeset	13:58	8 +0:48	26:13	3	-5	+0:39	+0:14
	3. Paul Sirum	13:47	7 +0:36	40:00	5	+2	+1:04	+0:25
	4. Mathilde Rundhaug	13:31	9 +1:14	53:31	6	+1	+1:51	+0:47
7	 Halden SK 2			54:04				+2:24
	1. Iliana Ilieva	12:52	15 +1:02	12:52	15		+1:02	
	2. Eirik Kamstrup Hovind	14:26	14 +1:16	27:18	14	-1	+1:44	+0:42









	3. Thomas Natvig Årstad	13:54	8	+0:43	41:12	9	-5	+2:16	+0:32
	4. Jo Shepherd	12:52	3	+0:35	54:04	7	-2	+2:24	+0:08
8	 NTNU I 2				54:37			+2:57	
	1. Maren Jansson Haverstad	12:33	12	+0:43	12:33	12		+0:43	
	2. Philipp von Arex	14:27	15	+1:17	27:00	9	-3	+1:26	+0:43
	3. Sindre Østgulen Deisz	14:11	9	+1:00	41:11	8	-1	+2:15	+0:49
	4. Kristinbe Fjellanger	13:26	8	+1:09	54:37	8	0	+2:57	+0:42
9	 Fossum IF 1				54:57			+3:17	
	1. Pernille Katla	13:29	26	+1:39	13:29	26		+1:39	
	2. Emil Ahlbäck	13:33	3	+0:23	27:02	10	-16	+1:28	-0:11
	3. Oskar Størmer	14:20	12	+1:09	41:22	11	+1	+2:26	+0:58
	4. Victoria Hæstad Bjørnstad	13:35	10	+1:18	54:57	9	-2	+3:17	+0:51
10	 Varegg Fleridrett 1				55:08			+3:28	
	1. Christiane Trösse	13:38	28	+1:48	13:38	28		+1:48	
	2. Håkon Jarvis Westergård	13:11	2	+0:01	26:49	7	-21	+1:15	-0:33
	3. Markus Kjærner-Semb	14:41	15	+1:30	41:30	14	+7	+2:34	+1:19
	4. Kristin Löfgren	13:38	11	+1:21	55:08	10	-4	+3:28	+0:54
11	 Heming Orientering 1				55:44			+4:04	
	1. Fanny Horn Birkeland	12:32	11	+0:42	12:32	11		+0:42	
	2. Ulrik Astrup Arnesen	15:01	28	+1:51	27:33	17	+6	+1:59	+1:17
	3. Kasper Fosser	13:44	6	+0:33	41:17	10	-7	+2:21	+0:22
	4. Sofie Skyttersæter Iversen	14:27	20	+2:10	55:44	11	+1	+4:04	+1:43
12	 Nydalens SK 2				55:45			+4:05	
	1. Anne Johanne Lind	13:13	19	+1:23	13:13	19		+1:23	
	2. Bojan Blumenstein	14:39	19	+1:29	27:52	19	0	+2:18	+0:55
	3. Elias Jonsson	14:15	11	+1:04	42:07	16	-3	+3:11	+0:53
	4. Ragne Wiklund	13:38	11	+1:21	55:45	12	-4	+4:05	+0:54
13	 NTNU I 4				55:46			+4:06	
	1. Anine Ahlsand	12:04	3	+0:14	12:04	3		+0:14	
	2. Håkon Fruseth Christiansen	15:00	27	+1:50	27:04	11	+8	+1:30	+1:16
	3. Olai Stensland Lillevold	14:24	13	+1:13	41:28	13	+2	+2:32	+1:02
	4. Audhild Bakken Rognstad	14:18	19	+2:01	55:46	13	0	+4:06	+1:34
14	 Fredrikstad SK 1				56:31			+4:51	
	1. Marie Olaussen	12:08	5	+0:18	12:08	5		+0:18	
	2. Sindre Østhagen	15:06	30	+1:56	27:14	13	+8	+1:40	+1:22
	3. Hans Petter Mathisen	14:12	10	+1:01	41:26	12	-1	+2:30	+0:50
	4. Rikke Blakkestad Ingesen	15:05	33	+2:48	56:31	14	+2	+4:51	+2:21
15	 Raumar Orientering 1				56:41			+5:01	
	1. Silje Ekroll Jahren	12:09	6	+0:19	12:09	6		+0:19	
	2. Magne Haga	13:35	4	+0:25	25:44	2	-4	+0:10	-0:09
	3. Magnus Svingheim	14:59	18	+1:48	40:43	7	+5	+1:47	+1:37
	4. Mathilde Sønsterudbråten	15:58	41	+3:41	56:41	15	+8	+5:01	+3:14

16	 Freidig 1			57:01			+5:21
	1. Malin Sandstad	13:00	17 +1:10	13:00	17		+1:10
	2. Mattis Holt	14:31	18 +1:21	27:31	16 -1	+1:57	+0:47
	3. Sindre Johannessen	14:40	14 +1:29	42:11	17 +1	+3:15	+1:18
	4. Åshild Kolstad	14:50	29 +2:33	57:01	16 -1	+5:21	+2:06
17	 Byåsen IL 1			57:03			+5:23
	1. Lene Berg Hanssen	12:57	16 +1:07	12:57	16		+1:07
	2. Terje Maroni	15:13	33 +2:03	28:10	22 +6	+2:36	+1:29
	3. Øyvind Wiggen	15:05	20 +1:54	43:15	19 -3	+4:19	+1:43
	4. Ingeborg Eide	13:48	16 +1:31	57:03	17 -2	+5:23	+1:04
18	 Nydalens SK 3			57:04			+5:24
	1. Ingvil Ahlsand	14:22	45 +2:32	14:22	45		+2:32
	2. Anders Vister	13:54	7 +0:44	28:16	24 -21	+2:42	+0:10
	3. Lukas Liland	15:10	21 +1:59	43:26	23 -1	+4:30	+1:48
	4. Mai Watson	13:38	11 +1:21	57:04	18 -5	+5:24	+0:54
19	 Frol IL 2			57:11			+5:31
	1. Maren Grande	12:26	9 +0:36	12:26	9		+0:36
	2. Stian Sundsvik	14:46	20 +1:36	27:12	12 +3	+1:38	+1:02
	3. Carl Petter Lyngen	14:47	16 +1:36	41:59	15 +3	+3:03	+1:25
	4. Kine Sofie Sandstad	15:12	35 +2:55	57:11	19 +4	+5:31	+2:28
20	 Konnerud IL 1			57:42			+6:02
	1. Anette Juveli	13:49	31 +1:59	13:49	31		+1:59
	2. Jørgen Baklid	14:30	17 +1:20	28:19	26 -5	+2:45	+0:46
	3. Audun Heimdal	14:48	17 +1:37	43:07	18 -8	+4:11	+1:26
	4. Maiken Økern Hågård	14:35	22 +2:18	57:42	20 +2	+6:02	+1:51
21	 Fossum IF 2			57:59			+6:19
	1. Ingrid G. Kvålsgard	13:20	21 +1:30	13:20	21		+1:30
	2. Erling Hjermsstad	14:59	26 +1:49	28:19	26 +5	+2:45	+1:15
	3. Styrk Hundseid Kamsvåg	15:54	28 +2:43	44:13	25 -1	+5:17	+2:32
	4. Ragnhild Hjermsstad	13:46	15 +1:29	57:59	21 -4	+6:19	+1:02
22	 Kongsberg OL 1			58:11			+6:31
	1. Ingjerd Myhre	11:50	1	11:50	1		
	2. Tord Strand	15:34	36 +2:24	27:24	15 +14	+1:50	+1:50
	3. Håkon Lund	15:58	30 +2:47	43:22	21 +6	+4:26	+2:36
	4. Marlin Haavengen	14:49	28 +2:32	58:11	22 +1	+6:31	+2:05
23	 OL Trollelg 1			58:59			+7:19
	1. Line Sølberg	14:35	51 +2:45	14:35	51		+2:45
	2. Trond Einar Moen Pedersli	13:10	1	27:45	18 -33	+2:11	
	3. Anders Haugskott	15:37	23 +2:26	43:22	21 +3	+4:26	+2:15
	4. Sigrid Merete Moen Pedersli	15:37	38 +3:20	58:59	23 +2	+7:19	+2:53
24	 Nydalens SK 4			59:24			+7:44
	1. Christine Turter Sandvold	13:54	35 +2:04	13:54	35		+2:04

	2. Eirik Langedal Breivik	14:22	13 +1:12	28:16	24 -11	+2:42	+0:38
	3. Henrik Eijsink	15:02	19 +1:51	43:18	20 -4	+4:22	+1:40
	4. Frida Bakken Ulseth	16:06	47 +3:49	59:24	24 +4	+7:44	+3:22
25	 Bækkelagets SK 2			59:34		+7:54	
	1. Lene Godager Kaas	13:50	32 +2:00	13:50	32	+2:00	
	2. Mathias Nipen	14:48	21 +1:38	28:38	30 -2	+3:04	+1:04
	3. Thomas Nipen	15:51	26 +2:40	44:29	26 -4	+5:33	+2:29
	4. Louise Oram	15:05	33 +2:48	59:34	25 -1	+7:54	+2:21
26	 Freidig 2			59:49		+8:09	
	1. Maria Ulseth Sylte	14:48	54 +2:58	14:48	54	+2:58	
	2. Oscar Lyngen	15:10	32 +2:00	29:58	40 -14	+4:24	+1:26
	3. Oskar Spets Storhov	15:58	30 +2:47	45:56	33 -7	+7:00	+2:36
	4. Hanne Sandstad	13:53	17 +1:36	59:49	26 -7	+8:09	+1:09
27	 Larvik OK 1			1:00:00		+8:20	
	1. Runa Fremstad	12:36	13 +0:46	12:36	13	+0:46	
	2. Tobias Kristensen	15:37	37 +2:27	28:13	23 +10	+2:39	+1:53
	3. Jørgen Frøyd	16:50	42 +3:39	45:03	28 +5	+6:07	+3:28
	4. Andrine Harriet Fremstad	14:57	31 +2:40	1:00:00	27 -1	+8:20	+2:13
28	 NTNUI 5			1:00:06		+8:26	
	1. Aurora Fossøy	14:16	44 +2:26	14:16	44	+2:26	
	2. Anders Felde Olaussen	14:28	16 +1:18	28:44	31 -13	+3:10	+0:44
	3. Erik Gustafsson	16:38	39 +3:27	45:22	30 -1	+6:26	+3:16
	4. Ingunn Egeberg Vári	14:44	27 +2:27	1:00:06	28 -2	+8:26	+2:00
29	 Asker Skiklubb 1			1:00:16		+8:36	
	1. Tilla Farnes Hennum	14:02	39 +2:12	14:02	39	+2:12	
	2. Henrik Fredriksen Aas	15:57	45 +2:47	29:59	41 +2	+4:25	+2:13
	3. Vegard Gulbrandsen	15:45	24 +2:34	45:44	32 -9	+6:48	+2:23
	4. Nora Synnøve Woxholth	14:32	21 +2:15	1:00:16	29 -3	+8:36	+1:48
30	 OL Trollelg 2			1:00:19		+8:39	
	1. Ellen Merethe Schjelderup Skarpsno	13:05	18 +1:15	13:05	18	+1:15	
	2. Ove Baardsgaard	15:01	28 +1:51	28:06	20 +2	+2:32	+1:17
	3. Olav Andreas Remmen	15:46	25 +2:35	43:52	24 +4	+4:56	+2:24
	4. Kristin Haugskott	16:27	49 +4:10	1:00:19	30 +6	+8:39	+3:43
31	 Lillomarka OL 2			1:00:51		+9:11	
	1. Karoline Sønsterudbråten	13:27	25 +1:37	13:27	25	+1:37	
	2. Joar Oldernes	15:58	46 +2:48	29:25	37 +12	+3:51	+2:14
	3. Jens Johan Brekke	15:53	27 +2:42	45:18	29 -8	+6:22	+2:31
	4. Maria Rørvik Haver	15:33	37 +3:16	1:00:51	31 +2	+9:11	+2:49
32	 Freidig 3			1:00:57		+9:17	
	1. Mari Angell-Petersen	14:27	47 +2:37	14:27	47	+2:37	
	2. Mats Eidsmo	14:54	24 +1:44	29:21	36 -11	+3:47	+1:10

	3. Mathias Hermstad	16:06	34 +2:55	45:27	31 -5	+6:31	+2:44
	4. Oda Q Fossum	15:30	36 +3:13	1:00:57	32 +1	+9:17	+2:46
33	 NTNU I 6			1:01:01		+9:21	
	1. Åsne Skram Trømborg	13:26	23 +1:36	13:26	23	+1:36	
	2. Simen Eid Nielsen	15:54	44 +2:44	29:20	35 +12	+3:46	+2:10
	3. Jakob Kalvig Skogan	16:39	40 +3:28	45:59	34 -1	+7:03	+3:17
	4. Camilla Öhman	15:02	32 +2:45	1:01:01	33 -1	+9:21	+2:18
34	 Varegg Fleridrett 2			1:01:51		+10:11	
	1. Kårhild Husby Nordstad	15:05	56 +3:15	15:05	56	+3:15	
	2. Magnus Gjerstad	14:49	22 +1:39	29:54	38 -18	+4:20	+1:05
	3. Kristian Rykkje	16:19	36 +3:08	46:13	37 -1	+7:17	+2:57
	4. Ingunn Martinsen	15:38	39 +3:21	1:01:51	34 -3	+10:11	+2:54
35	 Freidig 4			1:02:00		+10:20	
	1. Dina Reitan	15:08	58 +3:18	15:08	58	+3:18	
	2. Kristian Fredrik Lynum	16:00	48 +2:50	31:08	50 -8	+5:34	+2:16
	3. Mathias Vindal	16:01	32 +2:50	47:09	40 -10	+8:13	+2:39
	4. Torunn Spets Storhov	14:51	30 +2:34	1:02:00	35 -5	+10:20	+2:07
36	 IL Tyrving 1			1:02:35		+10:55	
	1. Maren Norderud	13:58	38 +2:08	13:58	38	+2:08	
	2. Markus Living	14:10	10 +1:00	28:08	21 -17	+2:34	+0:26
	3. Bjørn Henning Grandal	19:45	58 +6:34	47:53	46 +25	+8:57	+6:23
	4. Oda Sikkeland	14:42	26 +2:25	1:02:35	36 -10	+10:55	+1:58
37	 IL BUL-Tromsø 1			1:02:36		+10:56	
	1. Tora Indregard	14:13	43 +2:23	14:13	43	+2:23	
	2. Gjermund Urset	15:43	43 +2:33	29:56	39 -4	+4:22	+1:59
	3. Vegard Vaeng Bernhardsen	16:39	40 +3:28	46:35	38 -1	+7:39	+3:17
	4. Ane-Marte Borg Hanssen	16:01	43 +3:44	1:02:36	37 -1	+10:56	+3:17
38	 Porsgrunn OL 1			1:02:39		+10:59	
	1. Hanne Vassend	13:20	21 +1:30	13:20	21	+1:30	
	2. Håkon Kornmo	15:37	37 +2:27	28:57	32 +11	+3:23	+1:53
	3. Alexander Repstad Storemyr	17:38	48 +4:27	46:35	38 +6	+7:39	+4:16
	4. Camilla L. Rosenvold	16:04	45 +3:47	1:02:39	38 0	+10:59	+3:20
39	 Bækkelaget SK 3			1:02:40		+11:00	
	1. Anniken Eriksrud Karlsen	14:39	52 +2:49	14:39	52	+2:49	
	2. Raphael Ferrand	16:33	51 +3:23	31:12	51 -1	+5:38	+2:49
	3. Simen Smestad	18:08	51 +4:57	49:20	54 +3	+10:24	+4:46
	4. Lisa Schubnell	13:20	7 +1:03	1:02:40	39 -15	+11:00	+0:36
40	 Eiker OL 1			1:02:43		+11:03	
	1. Lotte Myklemyr	14:45	53 +2:55	14:45	53	+2:55	
	2. Kristine Berglia	17:52	58 +4:42	32:37	59 +6	+7:03	+4:08
	3. Vegard Myklemyr	16:21	38 +3:10	48:58	52 -7	+10:02	+2:59
	4. Ane Dyrkorn	13:45	14 +1:28	1:02:43	40 -12	+11:03	+1:01

41	 Konnerud IL 2		1:02:44		+11:04
	1. Thea Sildnes Baklid	13:26	23 +1:36	13:26	23 +1:36
	2. Aslak Heimdal	14:58	25 +1:48	28:24	28 +5 +2:50 +1:14
	3. Joar Gjerdahl	16:19	36 +3:08	44:43	27 -1 +5:47 +2:57
	4. Annette Bjørnås Krogstie	18:01	58 +5:44	1:02:44	41 +14 +11:04 +5:17
42	 Hamar OK 1		1:03:10		+11:30
	1. Sigrid Bjørgen	14:26	46 +2:36	14:26	46 +2:36
	2. Ivar Jevne Arnesen	15:37	37 +2:27	30:03	43 -3 +4:29 +1:53
	3. Sverre Bang Støeng	16:03	33 +2:52	46:06	35 -8 +7:10 +2:41
	4. Marit Sveen	17:04	56 +4:47	1:03:10	42 +7 +11:30 +4:20
43	 Nydalens SK 5		1:03:11		+11:31
	1. Nina Karlsen	14:09	42 +2:19	14:09	42 +2:19
	2. Jørgen Wulfsberg	17:29	56 +4:19	31:38	54 +12 +6:04 +3:45
	3. Jostein Tandberg	15:33	22 +2:22	47:11	41 -13 +8:15 +2:11
	4. Ida Tangen	16:00	42 +3:43	1:03:11	43 +2 +11:31 +3:16
44	 Gjø-Vard OL 1		1:03:12		+11:32
	1. Jasmin Schwammberger	13:45	30 +1:55	13:45	30 +1:55
	2. Elias Øhman	16:44	52 +3:34	30:29	47 +17 +4:55 +3:00
	3. Elling Fossheim Asplin	18:28	52 +5:17	48:57	51 +4 +10:01 +5:06
	4. Lone Malmgren	14:15	18 +1:58	1:03:12	44 -7 +11:32 +1:31
45	 Fossum IF 3		1:03:18		+11:38
	1. Tonje Rognerud Bøe	15:24	61 +3:34	15:24	61 +3:34
	2. Øyvind Hjermstad	15:39	40 +2:29	31:03	49 -12 +5:29 +1:55
	3. Simen Bordal	16:11	35 +3:00	47:14	42 -7 +8:18 +2:49
	4. Åsne Naadland Holo	16:04	45 +3:47	1:03:18	45 +3 +11:38 +3:20
46	 Ås-NMBU Orientering 1		1:03:28		+11:48
	1. Kaja Winsnes Nordhagen	13:52	33 +2:02	13:52	33 +2:02
	2. Sindre Nordhagen	17:30	57 +4:20	31:22	53 +20 +5:48 +3:46
	3. Linus Olhans	17:31	47 +4:20	48:53	50 -3 +9:57 +4:09
	4. Mari Brøndbo Dahl	14:35	22 +2:18	1:03:28	46 -4 +11:48 +1:51
47	 OK Moss 1		1:04:19		+12:39
	1. Aurora Gjølvsjø	13:14	20 +1:24	13:14	20 +1:24
	2. Christian Schive	15:22	35 +2:12	28:36	29 +9 +3:02 +1:38
	3. Erik Rytter Jakobsen	19:21	55 +6:10	47:57	47 +18 +9:01 +5:59
	4. Johanne Bratland Tjernshaugen	16:22	48 +4:05	1:04:19	47 0 +12:39 +3:38
48	 Kongsberg OL 2		1:04:24		+12:44
	1. Aurora Moholth	13:53	34 +2:03	13:53	34 +2:03
	2. Bjørn Haavengen	16:07	49 +2:57	30:00	42 +8 +4:26 +2:23
	3. Sølve Drage	17:52	49 +4:41	47:52	45 +3 +8:56 +4:30
	4. Helene Eger	16:32	51 +4:15	1:04:24	48 +3 +12:44 +3:48
49	 Løten o-lag 1		1:04:42		+13:02
	1. Emilie Westli Andersen	13:31	27 +1:41	13:31	27 +1:41

	2. Yngve Volden	15:41	41 +2:31	29:12	33 +6	+3:38	+1:57
	3. Torstein Berg	20:51	63 +7:40	50:03	56 +23	+11:07	+7:29
	4. Evine Westli Andersen	14:39	25 +2:22	1:04:42	49 -7	+13:02	+1:55
50	 Halden SK 6			1:04:52		+13:12	
	1. Runa Lien Backstrøm	14:03	40 +2:13	14:03	40	+2:13	
	2. Tore Sandvik	15:13	33 +2:03	29:16	34 -6	+3:42	+1:29
	3. Alexander Skaug Ytterbøl	19:33	57 +6:22	48:49	49 +15	+9:53	+6:11
	4. Lene Sandvik	16:03	44 +3:46	1:04:52	50 +1	+13:12	+3:19
51	 Nydalens SK 6			1:05:02		+13:22	
	1. Stine Madslie Bakken	15:06	57 +3:16	15:06	57	+3:16	
	2. Sverre Waaler Kaas	15:08	31 +1:58	30:14	44 -13	+4:40	+1:24
	3. Sander H. Rogndokken	17:22	45 +4:11	47:36	43 -1	+8:40	+4:00
	4. Marie Ullevålseter	17:26	57 +5:09	1:05:02	51 +8	+13:22	+4:42
52	 Halden SK 4			1:05:29		+13:49	
	1. Lizzie Ingham	16:54	63 +5:04	16:54	63	+5:04	
	2. Håkon Raadal Bjørlo	14:53	23 +1:43	31:47	55 -8	+6:13	+1:09
	3. Peter Nordbrøden	16:50	42 +3:39	48:37	48 -7	+9:41	+3:28
	4. Karoline Aune	16:52	54 +4:35	1:05:29	52 +4	+13:49	+4:08
53	 IL Gular/Gneist 1			1:05:39		+13:59	
	1. Eli Fjellbirkeland Johannesen	13:56	36 +2:06	13:56	36	+2:06	
	2. Scott Juvik	18:02	59 +4:52	31:58	56 +20	+6:24	+4:18
	3. Eyvind Kjellevold Malde	17:09	44 +3:58	49:07	53 -3	+10:11	+3:47
	4. Ingunn Torød Buset	16:32	51 +4:15	1:05:39	53 0	+13:59	+3:48
54	 Byåsen IL 2			1:06:04		+14:24	
	1. Ragnhild Eide	13:41	29 +1:51	13:41	29	+1:51	
	2. Sigurd Stenvik	18:32	62 +5:22	32:13	57 +28	+6:39	+4:48
	3. Snorre Hansen	19:14	54 +6:03	51:27	58 +1	+12:31	+5:52
	4. Emma Arnesen	14:37	24 +2:20	1:06:04	54 -4	+14:24	+1:53
55	 Gjø-Vard OL 2			1:06:49		+15:09	
	1. Agnethe Hasli	13:56	36 +2:06	13:56	36	+2:06	
	2. Peder Fossheim Asplin	17:17	55 +4:07	31:13	52 +16	+5:39	+3:33
	3. Martin Øhman	18:35	53 +5:24	49:48	55 +3	+10:52	+5:13
	4. Hege Solerød	17:01	55 +4:44	1:06:49	55 0	+15:09	+4:17
56	 IL Tyrving 2			1:07:15		+15:35	
	1. Solveig Eline Berg	14:33	49 +2:43	14:33	49	+2:43	
	2. Lars Jacobsen	15:58	46 +2:48	30:31	48 -1	+4:57	+2:14
	3. Per Kristian Ekeberg	20:07	60 +6:56	50:38	57 +9	+11:42	+6:45
	4. Elise Ullern	16:37	53 +4:20	1:07:15	56 -1	+15:35	+3:53
57	 Fredrikstad SK 2			1:07:34		+15:54	
	1. Linda Solberg	14:05	41 +2:15	14:05	41	+2:15	
	2. Henrik Ottesen	16:18	50 +3:08	30:23	46 +5	+4:49	+2:34
	3. Frank Løwengreen	17:25	46 +4:14	47:48	44 -2	+8:52	+4:03

1. Margrethe Wisløff	diskvalifisert	diskvalifisert
2. Axel Hoveid	diskvalifisert	diskvalifisert
3. Magnus Mellbye Larsen	diskvalifisert	diskvalifisert
4. Hilda Øfsthus	diskvalifisert	diskvalifisert
 Halden SK 3		diskvalifisert
1. Hedda Raadal Bjørlo	diskvalifisert	diskvalifisert
2. Markus Holter	diskvalifisert	diskvalifisert
3. Espen Fiskum	diskvalifisert	diskvalifisert
4. Idun Kristine Felde Olaussen	diskvalifisert	diskvalifisert
 NTNU 3		diskvalifisert
1. Vilde Malmei	diskvalifisert	diskvalifisert
2. Per Melander Often	diskvalifisert	diskvalifisert
3. Jonas Klausen Espedal	diskvalifisert	diskvalifisert
4. Anna Ulvensøen	diskvalifisert	diskvalifisert
 OL Tønsberg og omegn 1		diskvalifisert
1. Kristin Mikkelsen	diskvalifisert	diskvalifisert
2. Øystein Fruseth Christiansen	diskvalifisert	diskvalifisert
3. Olav Aasmundtveit Hoff	diskvalifisert	diskvalifisert
4. Bente Konst	diskvalifisert	diskvalifisert
 Sandefjord OK/OTO 1		diskvalifisert
1. Signe Bredholt Jørgensen	diskvalifisert	diskvalifisert
2. Trym B Island	diskvalifisert	diskvalifisert
3. Ella Arentz Hagen	diskvalifisert	diskvalifisert
4. Maria Prestbøen	diskvalifisert	diskvalifisert
Stjørdals-Blink/Verdal OK/Mo OK		diskvalifisert
1. Sigrid Vehus Skjerve	diskvalifisert	diskvalifisert
2. Even-Johan Kaspersen	diskvalifisert	diskvalifisert
3. Lars Solli	diskvalifisert	diskvalifisert
4. Ane Nielsen Solberg	diskvalifisert	diskvalifisert
 Tynset IF 1		diskvalifisert
1. Ane Ingeborg Kalbækken	diskvalifisert	diskvalifisert
2. Erlend Kvittum Nytrøen	diskvalifisert	diskvalifisert
3.	diskvalifisert	diskvalifisert
4.	diskvalifisert	diskvalifisert