

PASSERINGSTIDER

| Class | Nr | Deltager | Klasse | Plass | 1 | 2 | 3 | 4 | 5 | 6 | 7 | MÅL | |
|-------------|----|----------|--------------------------|-------|----|---------|---------|---------|---------|---------|---------|---------|---------|
| Menn | | | | | | | | | | | | | |
| | 1 | 51 | Ståle Gjelsten | 23-34 | 1 | 0:26:43 | 0:53:19 | 1:18:52 | 1:44:35 | 2:10:05 | 2:36:04 | 3:02:37 | 3:29:27 |
| | 2 | 65 | Simen Ellingsen Rustad | 23-34 | 2 | 0:25:43 | 0:51:37 | 1:17:37 | 1:44:05 | 2:11:07 | 2:39:40 | 3:09:05 | 3:42:57 |
| | 3 | 68 | Truls Grøstad | 23-34 | 3 | 0:25:54 | 0:52:48 | 1:19:47 | 1:47:50 | 2:16:55 | 2:49:50 | 3:20:35 | 3:52:11 |
| | 4 | 88 | Aaron Dorn | 23-34 | 4 | 0:26:43 | 0:54:13 | 1:22:10 | 1:50:36 | 2:20:54 | 2:50:58 | 3:22:22 | 3:53:55 |
| | 5 | 44 | Christian Magnussen | 23-34 | 5 | 0:27:01 | 0:55:33 | 1:24:32 | 1:53:27 | 2:22:30 | 2:52:25 | 3:23:06 | 3:54:55 |
| | 6 | 43 | Vegar Lie | 35-39 | 1 | 0:29:40 | 0:59:16 | 1:29:12 | 1:59:10 | 2:29:50 | 3:00:24 | 3:31:16 | 4:01:45 |
| | 7 | 3 | Svein-Erik Bakke | 45-49 | 1 | 0:28:13 | 0:56:56 | 1:26:20 | 1:56:03 | 2:29:00 | 2:59:04 | 3:31:37 | 4:02:11 |
| | 8 | 67 | Atle Bjørnerud | 50-54 | 1 | 0:29:40 | 0:58:47 | 1:27:30 | 1:56:32 | 2:27:40 | 2:58:40 | 3:30:50 | 4:05:28 |
| | 9 | 49 | Johannes Rummelhoff | 23-34 | 6 | 0:28:13 | 0:47:45 | 1:27:32 | 1:58:27 | 2:31:15 | 3:07:28 | 3:46:15 | 4:19:15 |
| | 10 | 82 | Magnus Bø Thorud | 23-34 | 7 | 0:29:40 | 0:59:50 | 1:31:56 | 2:04:22 | 2:37:10 | 3:10:40 | 3:44:53 | 4:19:22 |
| | 11 | 81 | Nils Hjelle | 45-49 | 2 | 0:29:40 | 0:59:51 | 1:31:57 | 2:04:23 | 2:37:11 | 3:10:35 | 3:44:53 | 4:19:30 |
| | 12 | 41 | Erland Eldrup | 23-34 | 8 | 0:27:01 | 0:54:23 | 1:22:10 | 1:51:10 | 2:24:03 | 3:01:42 | 3:42:22 | 4:19:53 |
| | 13 | 54 | Stein Henrik Olaussen | 23-34 | 9 | 0:28:01 | 0:56:56 | 1:26:20 | 1:57:55 | 2:29:57 | 3:05:26 | 3:43:37 | 4:23:36 |
| | 14 | 78 | Helge Eide | 50-54 | 2 | 0:31:49 | 1:04:11 | 1:37:12 | 2:10:40 | 2:44:44 | 3:20:04 | 3:56:19 | 4:34:50 |
| | 15 | 83 | Eirik Totland Pettersen | 23-34 | 10 | 0:30:10 | 1:02:15 | 1:34:19 | 2:09:10 | 2:44:35 | 3:21:34 | 3:59:55 | 4:38:11 |
| | 16 | 13 | Marius Eggerud | 45-49 | 3 | 0:31:40 | 1:05:24 | 1:38:50 | 2:11:51 | 2:46:23 | 3:21:40 | 3:59:55 | 4:38:43 |
| | 17 | 11 | Geir Haugen | 50-54 | 3 | 0:31:40 | 1:05:29 | 1:38:53 | 2:12:07 | 2:46:59 | 3:22:36 | 4:01:16 | 4:41:11 |
| | 18 | 53 | Håvar Birkeland Stormoen | 23-34 | 11 | 0:31:40 | 1:05:00 | 1:39:06 | 2:13:03 | 2:48:49 | 3:24:02 | 4:03:08 | 4:42:05 |
| | 19 | 61 | Daniel Salvesen | 45-49 | 4 | 0:33:50 | 1:06:17 | 1:38:21 | 2:11:25 | 2:45:25 | 3:22:14 | 4:08:22 | 4:51:38 |
| | 20 | 84 | Øistein Schmidt Galaaen | 40-44 | 1 | 0:34:33 | 1:08:50 | 1:43:36 | 2:18:52 | 2:55:51 | 3:34:22 | 4:16:13 | 4:57:27 |
| | 21 | 47 | Graham Brownlie | 35-39 | 2 | 0:31:40 | 1:06:30 | 1:42:55 | 2:19:57 | 2:58:25 | 3:37:37 | 4:18:05 | 4:59:10 |
| | 22 | 42 | Lars Philip Olaussen | 35-39 | 3 | 0:32:20 | 1:05:43 | 1:40:04 | 2:15:48 | 2:54:09 | 3:34:57 | 4:22:17 | 5:06:57 |
| | 23 | 39 | Johnny Rindahl | 55-59 | 1 | 0:32:58 | 1:07:16 | 1:41:42 | 2:19:35 | 2:58:25 | 3:37:30 | 4:22:43 | 5:08:19 |
| | 24 | 71 | Andreas Aaberg | 35-39 | 4 | 0:33:50 | 1:08:47 | 1:44:51 | 2:22:49 | 3:02:27 | 3:44:29 | 4:26:42 | 5:11:49 |
| | 25 | 86 | Sten Dagfinn Hallås | 55-59 | 2 | 0:35:15 | 1:12:09 | 1:49:17 | 2:28:00 | 3:08:28 | 3:49:34 | 4:33:18 | 5:15:22 |
| | 26 | 8 | Kim Berg-Olsen | 40-44 | 2 | 0:36:37 | 1:14:02 | 1:51:45 | 2:30:12 | 3:08:45 | 3:51:49 | 4:35:01 | 5:16:13 |
| | 27 | 74 | John Tore Syrstad | 35-39 | 5 | 0:35:15 | 1:11:18 | 1:47:38 | 2:26:10 | 3:06:35 | 3:50:47 | 4:38:10 | 5:21:47 |
| | 28 | 90 | Ragnar Nygård | 45-49 | 5 | 0:36:37 | 1:14:01 | 1:51:45 | 2:30:10 | 3:11:58 | 3:54:38 | 4:39:02 | 5:22:44 |
| | 29 | 55 | Hans Langan | 55-59 | 3 | 0:34:16 | 1:09:53 | 1:47:20 | 2:25:00 | 3:08:10 | 3:53:00 | 4:34:37 | 5:24:00 |
| | 30 | 29 | Kristian Bøhler | 23-34 | 12 | 0:37:30 | 1:14:45 | 1:51:45 | 2:30:15 | 3:12:00 | 3:56:30 | 4:43:24 | 5:31:04 |
| | 31 | 79 | Helge Reinholt | 45-49 | 6 | 0:34:16 | 1:16:41 | 1:53:42 | 2:31:36 | 3:08:45 | 3:59:53 | 4:50:10 | 5:33:21 |
| | 32 | 75 | Erlend Leganger | 50-54 | 4 | 0:38:41 | 1:16:20 | 1:54:15 | 2:32:48 | 3:13:00 | 3:56:30 | 4:41:47 | 5:33:59 |
| | 33 | 87 | Oleg Ruds | 50-54 | 5 | 0:41:10 | 1:22:34 | 2:03:10 | 2:44:15 | 3:25:16 | 4:07:43 | 4:52:13 | 5:39:21 |
| | 34 | 28 | Håkon Lie | 23-34 | 13 | 0:35:22 | 1:11:34 | 1:50:22 | 2:31:32 | 3:16:25 | 4:05:23 | 4:53:05 | 5:41:10 |
| | 35 | 50 | Tom-Rune Bertelsen | 45-49 | 7 | 0:43:56 | 1:19:42 | 2:05:39 | 2:48:19 | 3:29:32 | 4:12:23 | 4:57:45 | 5:45:41 |
| | 36 | 48 | Tormod Helgesen | 45-49 | 8 | 0:37:10 | 1:13:34 | 1:51:35 | 2:31:52 | 3:17:36 | 4:09:30 | 5:04:44 | 5:58:21 |
| | 37 | 57 | Kristian Waalen | 65-69 | 1 | 0:44:22 | 1:29:05 | 2:13:15 | 3:03:10 | 3:52:12 | 4:43:47 | 5:37:11 | 6:30:57 |

PASSERINGSTIDER

| Class | Nr | Deltager | Klasse | Plass | 1 | 2 | 3 | 4 | 5 | 6 | 7 | MÅL |
|-------|----|-------------------------|--------|-------|---------|---------|---------|---------|---------|---------|---------|---------|
| | 38 | Damian Marciniak | 23-34 | 14 | 0:44:08 | 1:31:21 | 2:19:20 | 3:12:25 | 4:06:59 | 5:01:19 | 5:52:05 | 6:43:58 |
| | 39 | Robert Kusmierz | 40-44 | 3 | 0:44:09 | 1:31:22 | 2:19:20 | 3:12:24 | 4:07:06 | 5:04:03 | 6:03:55 | 7:01:42 |
| | 40 | Ottar Røed | 55-59 | 4 | 0:44:33 | 1:30:22 | 2:19:20 | 3:10:48 | 4:06:23 | 5:08:40 | 6:17:39 | 7:27:35 |
| | 41 | Michael Andre Sætersdal | 45-49 | 9 | 0:43:55 | 1:31:31 | 2:22:45 | 3:18:20 | 4:18:45 | 5:21:03 | 6:25:10 | 7:28:30 |
| | - | 77 Jørgen Nordhagen | 23-34 | - | 0:44:57 | 1:25:46 | 2:05:28 | 2:46:30 | 3:31:32 | 4:34:57 | x | DNF |
| | - | 33 Tonny Holte | 35-39 | - | 0:30:35 | 1:02:19 | 1:34:45 | 2:09:10 | 2:45:55 | x | x | DNF |
| | - | 80 Geir Andersen | 45-49 | - | 0:30:10 | 1:02:15 | 1:34:20 | 2:09:10 | 2:49:05 | x | x | DNF |
| | - | 62 Lasse Mikkola | 40-44 | - | 0:33:56 | 1:08:56 | 1:46:03 | 2:24:56 | 3:08:00 | x | x | DNF |
| | - | 66 Jan-Erik Hansen | 40-44 | - | 0:35:15 | 1:13:21 | 1:50:55 | 2:29:50 | 3:13:00 | x | x | DNF |
| | - | 46 Frode Øyberg | 40-44 | - | 0:39:00 | 1:20:12 | 2:02:40 | 2:47:45 | 3:49:20 | x | x | DNF |
| | - | 64 Sindre Tjuvstu Engen | 23-34 | - | 0:25:25 | 0:52:45 | 1:20:47 | x | x | x | x | DNF |
| | - | 38 Jonny Svendby | 45-49 | - | 0:38:42 | x | x | x | x | x | x | DNF |

Kvinner

| | | | | | | | | | | | | |
|--|----|-----------------------------|-------|---|---------|---------|---------|---------|---------|---------|---------|---------|
| | 1 | 85 Ida Børset Westad | 23-34 | 1 | 0:30:10 | 1:02:06 | 1:34:15 | 2:07:40 | 2:41:15 | 3:16:04 | 3:51:14 | 4:25:28 |
| | 2 | 6 Louise Skak | 40-44 | 1 | 0:33:30 | 1:06:15 | 1:38:19 | 2:11:25 | 2:45:00 | 3:20:20 | 3:56:47 | 4:33:53 |
| | 3 | 30 Rita Steinsvik | 40-44 | 2 | 0:33:50 | 1:07:33 | 1:41:19 | 2:15:20 | 2:49:37 | 3:25:47 | 4:05:31 | 4:48:40 |
| | 4 | 40 Liss Vallestrand | 40-44 | 3 | 0:33:50 | 1:07:34 | 1:41:42 | 2:18:16 | 2:57:57 | 3:43:15 | 4:29:29 | 5:09:48 |
| | 5 | 37 Heidi Grønvoll | 23-34 | 2 | 0:36:42 | 1:14:05 | 1:53:43 | 2:37:20 | 3:18:13 | 4:00:49 | 4:46:10 | 5:27:39 |
| | 6 | 89 Cecilie Longva Igesund | 40-44 | 4 | 0:37:30 | 1:17:02 | 1:57:05 | 2:39:50 | 3:22:47 | 4:06:35 | 4:50:42 | 5:33:25 |
| | 7 | 24 Bente Mjøs | 35-39 | 1 | 0:37:20 | 1:14:50 | 1:52:36 | 2:33:47 | 3:16:59 | 4:01:28 | 4:49:24 | 5:34:31 |
| | 8 | 35 Marianne Skårung Myrseth | 50-54 | 1 | 0:36:37 | 1:13:36 | 1:51:03 | 2:30:53 | 3:14:15 | 4:02:50 | 4:50:23 | 5:34:55 |
| | 9 | 36 Andrea Liebe | 50-54 | 2 | 0:36:37 | 1:13:35 | 1:51:35 | 2:31:15 | 3:14:45 | 4:01:10 | 4:49:15 | 5:36:48 |
| | 10 | 22 Camilla Rodal | 45-49 | 1 | 0:41:10 | 1:23:20 | 2:05:00 | 2:47:11 | 3:22:39 | 4:18:50 | 5:07:42 | 5:57:37 |
| | 10 | 23 Helga Kringen | 45-49 | 2 | 0:41:10 | 1:23:20 | 2:05:00 | 2:47:09 | 3:22:39 | 4:18:50 | 5:07:42 | 5:57:37 |
| | 12 | 21 Elisabeth Thorsvik | 35-39 | 2 | 0:41:10 | 1:23:20 | 2:05:00 | 2:48:13 | 3:24:39 | 4:24:19 | 5:13:49 | 6:01:35 |
| | 13 | 32 Sølvi Hjelmeland Stensli | 50-54 | 3 | 0:41:10 | 1:25:30 | 2:06:03 | 2:51:17 | 3:40:16 | 4:28:57 | 5:19:04 | 6:07:45 |
| | 14 | 45 Karina Lie | 23-34 | 3 | 0:41:10 | 1:23:20 | 2:02:05 | 2:48:13 | 3:35:30 | 4:24:38 | 5:17:42 | 6:09:45 |
| | 14 | 56 Ann Helen Lie | 60-64 | 1 | 0:41:10 | 1:23:20 | 2:04:42 | 2:48:13 | 3:35:33 | 4:24:41 | 5:17:47 | 6:09:45 |
| | 16 | 20 Jeanette Solvang | 40-44 | 5 | 0:41:10 | 1:23:20 | 2:05:00 | 2:50:05 | 3:37:30 | 4:30:37 | 5:22:23 | 6:15:03 |
| | 17 | 27 Heidi Katerine Brathli | 50-54 | 4 | 0:44:45 | 1:30:32 | 2:17:42 | 3:04:54 | 3:53:42 | 4:44:41 | 5:36:43 | 6:29:15 |
| | 18 | 63 June Lium | 23-34 | 4 | 0:40:42 | 1:22:34 | 2:04:52 | 2:53:30 | 3:54:37 | 4:54:13 | 5:41:24 | 6:33:30 |
| | 19 | 91 Anne Sverdrup-Thygeson | 50-54 | 5 | 0:41:45 | 1:23:20 | 2:05:00 | 2:50:12 | 3:39:41 | 4:34:26 | 5:35:41 | 6:36:08 |
| | - | 4 Torunn Paulsen Brandt | 50-54 | - | 0:39:04 | 1:23:22 | 2:04:12 | 2:49:50 | 3:42:11 | x | x | DNF |
| | - | 5 Karianne Ekern | 45-49 | - | 0:41:10 | 1:22:55 | 2:05:00 | 2:47:13 | 3:43:37 | x | x | DNF |
| | - | 72 Ninette Banoun | 50-54 | - | 0:35:01 | 1:10:57 | 1:47:13 | 2:31:10 | x | x | x | DNF |
| | - | 7 Jane Nilsen | 45-49 | - | 0:41:10 | 1:23:20 | 2:09:45 | 3:08:45 | x | x | x | DNF |

STREKKTIDER

| Class | Nr | Deltager | Klasse | Plass | 1 | 2 | 3 | 4 | 5 | 6 | 7 | MÅL | |
|-------------|----|----------|--------------------------|-------|----|---------|---------|---------|---------|---------|---------|---------|---------|
| Menn | | | | | | | | | | | | | |
| | 1 | 51 | Ståle Gjelsten | 23-34 | 1 | 0:26:43 | 0:26:36 | 0:25:33 | 0:25:43 | 0:25:30 | 0:25:59 | 0:26:33 | 0:26:50 |
| | 2 | 65 | Simen Ellingsen Rustad | 23-34 | 2 | 0:25:43 | 0:25:54 | 0:26:00 | 0:26:28 | 0:27:02 | 0:28:33 | 0:29:25 | 0:33:52 |
| | 3 | 68 | Truls Grøstad | 23-34 | 3 | 0:25:54 | 0:26:54 | 0:26:59 | 0:28:03 | 0:29:05 | 0:32:55 | 0:30:45 | 0:31:36 |
| | 4 | 88 | Aaron Dorn | 23-34 | 4 | 0:26:43 | 0:27:30 | 0:27:57 | 0:28:26 | 0:30:18 | 0:30:04 | 0:31:24 | 0:31:33 |
| | 5 | 44 | Christian Magnussen | 23-34 | 5 | 0:27:01 | 0:28:32 | 0:28:59 | 0:28:55 | 0:29:03 | 0:29:55 | 0:30:41 | 0:31:49 |
| | 6 | 43 | Vegar Lie | 35-39 | 1 | 0:29:40 | 0:29:36 | 0:29:56 | 0:29:58 | 0:30:40 | 0:30:34 | 0:30:52 | 0:30:29 |
| | 7 | 3 | Svein-Erik Bakke | 45-49 | 1 | 0:28:13 | 0:28:43 | 0:29:24 | 0:29:43 | 0:32:57 | 0:30:04 | 0:32:33 | 0:30:34 |
| | 8 | 67 | Atle Bjørnerud | 50-54 | 1 | 0:29:40 | 0:29:07 | 0:28:43 | 0:29:02 | 0:31:08 | 0:31:00 | 0:32:10 | 0:34:38 |
| | 9 | 49 | Johannes Rummelhoff | 23-34 | 6 | 0:28:13 | 0:19:32 | 0:39:47 | 0:30:55 | 0:32:48 | 0:36:13 | 0:38:47 | 0:33:00 |
| | 10 | 82 | Magnus Bø Thorud | 23-34 | 7 | 0:29:40 | 0:30:10 | 0:32:06 | 0:32:26 | 0:32:48 | 0:33:30 | 0:34:13 | 0:34:29 |
| | 11 | 81 | Nils Hjelle | 45-49 | 2 | 0:29:40 | 0:30:11 | 0:32:06 | 0:32:26 | 0:32:48 | 0:33:24 | 0:34:18 | 0:34:37 |
| | 12 | 41 | Erland Eldrup | 23-34 | 8 | 0:27:01 | 0:27:22 | 0:27:47 | 0:29:00 | 0:32:53 | 0:37:39 | 0:40:40 | 0:37:31 |
| | 13 | 54 | Stein Henrik Olaussen | 23-34 | 9 | 0:28:01 | 0:28:55 | 0:29:24 | 0:31:35 | 0:32:02 | 0:35:29 | 0:38:11 | 0:39:59 |
| | 14 | 78 | Helge Eide | 50-54 | 2 | 0:31:49 | 0:32:22 | 0:33:01 | 0:33:28 | 0:34:04 | 0:35:20 | 0:36:15 | 0:38:31 |
| | 15 | 83 | Eirik Totland Pettersen | 23-34 | 10 | 0:30:10 | 0:32:05 | 0:32:04 | 0:34:51 | 0:35:25 | 0:36:59 | 0:38:21 | 0:38:16 |
| | 16 | 13 | Marius Eggerud | 45-49 | 3 | 0:31:40 | 0:33:44 | 0:33:26 | 0:33:01 | 0:34:32 | 0:35:17 | 0:38:15 | 0:38:48 |
| | 17 | 11 | Geir Haugen | 50-54 | 3 | 0:31:40 | 0:33:49 | 0:33:24 | 0:33:14 | 0:34:52 | 0:35:37 | 0:38:40 | 0:39:55 |
| | 18 | 53 | Håvar Birkeland Stormoen | 23-34 | 11 | 0:31:40 | 0:33:20 | 0:34:06 | 0:33:57 | 0:35:46 | 0:35:13 | 0:39:06 | 0:38:57 |
| | 19 | 61 | Daniel Salvesen | 45-49 | 4 | 0:33:50 | 0:32:27 | 0:32:04 | 0:33:04 | 0:34:00 | 0:36:49 | 0:46:08 | 0:43:16 |
| | 20 | 84 | Øistein Schmidt Galaaen | 40-44 | 1 | 0:34:33 | 0:34:17 | 0:34:46 | 0:35:16 | 0:36:59 | 0:38:31 | 0:41:51 | 0:41:14 |
| | 21 | 47 | Graham Brownlie | 35-39 | 2 | 0:31:40 | 0:34:50 | 0:36:25 | 0:37:02 | 0:38:28 | 0:39:12 | 0:40:28 | 0:41:05 |
| | 22 | 42 | Lars Philip Olaussen | 35-39 | 3 | 0:32:20 | 0:33:23 | 0:34:21 | 0:35:44 | 0:38:21 | 0:40:48 | 0:47:20 | 0:44:40 |
| | 23 | 39 | Johnny Rindahl | 55-59 | 1 | 0:32:58 | 0:34:18 | 0:34:26 | 0:37:53 | 0:38:50 | 0:39:05 | 0:45:13 | 0:45:36 |
| | 24 | 71 | Andreas Aaberg | 35-39 | 4 | 0:33:50 | 0:34:57 | 0:36:04 | 0:37:58 | 0:39:38 | 0:42:02 | 0:42:13 | 0:45:07 |
| | 25 | 86 | Sten Dagfinn Hallås | 55-59 | 2 | 0:35:15 | 0:36:54 | 0:37:08 | 0:38:43 | 0:40:28 | 0:41:06 | 0:43:44 | 0:42:04 |
| | 26 | 8 | Kim Berg-Olsen | 40-44 | 2 | 0:36:37 | 0:37:25 | 0:37:43 | 0:38:27 | 0:38:33 | 0:43:04 | 0:43:12 | 0:41:12 |
| | 27 | 74 | John Tore Syrstad | 35-39 | 5 | 0:35:15 | 0:36:03 | 0:36:20 | 0:38:32 | 0:40:25 | 0:44:12 | 0:47:23 | 0:43:37 |
| | 28 | 90 | Ragnar Nygård | 45-49 | 5 | 0:36:37 | 0:37:24 | 0:37:44 | 0:38:25 | 0:41:48 | 0:42:40 | 0:44:24 | 0:43:42 |
| | 29 | 55 | Hans Langan | 55-59 | 3 | 0:34:16 | 0:35:37 | 0:37:27 | 0:37:40 | 0:43:10 | 0:44:50 | 0:41:37 | 0:49:23 |
| | 30 | 29 | Kristian Bøhler | 23-34 | 12 | 0:37:30 | 0:37:15 | 0:37:00 | 0:38:30 | 0:41:45 | 0:44:30 | 0:46:54 | 0:47:40 |
| | 31 | 79 | Helge Reinholt | 45-49 | 6 | 0:34:16 | 0:42:25 | 0:37:01 | 0:37:54 | 0:37:09 | 0:51:08 | 0:50:17 | 0:43:11 |
| | 32 | 75 | Erlend Leganger | 50-54 | 4 | 0:38:41 | 0:37:39 | 0:37:55 | 0:38:33 | 0:40:12 | 0:43:30 | 0:45:17 | 0:52:12 |
| | 33 | 87 | Oleg Ruds | 50-54 | 5 | 0:41:10 | 0:41:24 | 0:40:36 | 0:41:05 | 0:41:01 | 0:42:27 | 0:44:30 | 0:47:08 |
| | 34 | 28 | Håkon Lie | 23-34 | 13 | 0:35:22 | 0:36:12 | 0:38:48 | 0:41:10 | 0:44:53 | 0:48:58 | 0:47:42 | 0:48:05 |
| | 35 | 50 | Tom-Rune Bertelsen | 45-49 | 7 | 0:43:56 | 0:35:46 | 0:45:57 | 0:42:40 | 0:41:13 | 0:42:51 | 0:45:22 | 0:47:56 |
| | 36 | 48 | Tormod Helgesen | 45-49 | 8 | 0:37:10 | 0:36:24 | 0:38:01 | 0:40:17 | 0:45:44 | 0:51:54 | 0:55:14 | 0:53:37 |
| | 37 | 57 | Kristian Waalen | 65-69 | 1 | 0:44:22 | 0:44:43 | 0:44:10 | 0:49:55 | 0:49:02 | 0:51:35 | 0:53:24 | 0:53:46 |

STREKKTIDER

| Class | Nr | Deltager | Klasse | Plass | 1 | 2 | 3 | 4 | 5 | 6 | 7 | MÅL |
|-------|----|-------------------------|--------|-------|---------|---------|---------|---------|---------|---------|---------|---------|
| | 38 | Damian Marciniak | 23-34 | 14 | 0:44:08 | 0:47:13 | 0:47:59 | 0:53:05 | 0:54:34 | 0:54:20 | 0:50:46 | 0:51:53 |
| | 39 | Robert Kusmierz | 40-44 | 3 | 0:44:09 | 0:47:13 | 0:47:58 | 0:53:04 | 0:54:42 | 0:56:57 | 0:59:52 | 0:57:47 |
| | 40 | Ottar Røed | 55-59 | 4 | 0:44:33 | 0:45:49 | 0:48:58 | 0:51:28 | 0:55:35 | 1:02:17 | 1:08:59 | 1:09:56 |
| | 41 | Michael Andre Sætersdal | 45-49 | 9 | 0:43:55 | 0:47:36 | 0:51:14 | 0:55:35 | 1:00:25 | 1:02:18 | 1:04:07 | 1:03:20 |
| | - | 77 Jørgen Nordhagen | 23-34 | - | 0:44:57 | 0:40:49 | 0:39:42 | 0:41:02 | 0:45:02 | 1:03:25 | X | X |
| | - | 33 Tonny Holte | 35-39 | - | 0:30:35 | 0:31:44 | 0:32:26 | 0:34:25 | 0:36:45 | X | X | X |
| | - | 80 Geir Andersen | 45-49 | - | 0:30:10 | 0:32:05 | 0:32:05 | 0:34:50 | 0:39:55 | X | X | X |
| | - | 62 Lasse Mikkola | 40-44 | - | 0:33:56 | 0:35:00 | 0:37:07 | 0:38:53 | 0:43:04 | X | X | X |
| | - | 66 Jan-Erik Hansen | 40-44 | - | 0:35:15 | 0:38:06 | 0:37:34 | 0:38:55 | 0:43:10 | X | X | X |
| | - | 46 Frode Øyberg | 40-44 | - | 0:39:00 | 0:41:12 | 0:42:28 | 0:45:05 | 1:01:35 | X | X | X |
| | - | 64 Sindre Tjuvstu Engen | 23-34 | - | 0:25:25 | 0:27:20 | 0:28:02 | X | X | X | X | X |
| | - | 38 Jonny Svendby | 45-49 | - | 0:38:42 | X | X | X | X | X | X | X |

Kvinner

| | | | | | | | | | | | | |
|--|----|-----------------------------|-------|---|---------|---------|---------|---------|---------|---------|---------|---------|
| | 1 | 85 Ida Børset Westad | 23-34 | 1 | 0:30:10 | 0:31:56 | 0:32:09 | 0:33:25 | 0:33:35 | 0:34:49 | 0:35:10 | 0:34:14 |
| | 2 | 6 Louise Skak | 40-44 | 1 | 0:33:30 | 0:32:45 | 0:32:04 | 0:33:06 | 0:33:35 | 0:35:20 | 0:36:27 | 0:37:06 |
| | 3 | 30 Rita Steinsvik | 40-44 | 2 | 0:33:50 | 0:33:43 | 0:33:46 | 0:34:01 | 0:34:17 | 0:36:10 | 0:39:44 | 0:43:09 |
| | 4 | 40 Liss Vallestrand | 40-44 | 3 | 0:33:50 | 0:33:44 | 0:34:08 | 0:36:34 | 0:39:41 | 0:45:18 | 0:46:14 | 0:40:19 |
| | 5 | 37 Heidi Grønvoll | 23-34 | 2 | 0:36:42 | 0:37:23 | 0:39:38 | 0:43:37 | 0:40:53 | 0:42:36 | 0:45:21 | 0:41:29 |
| | 6 | 89 Cecilie Longva Igesund | 40-44 | 4 | 0:37:30 | 0:39:32 | 0:40:03 | 0:42:45 | 0:42:57 | 0:43:48 | 0:44:07 | 0:42:43 |
| | 7 | 24 Bente Mjøs | 35-39 | 1 | 0:37:20 | 0:37:30 | 0:37:46 | 0:41:11 | 0:43:12 | 0:44:29 | 0:47:56 | 0:45:07 |
| | 8 | 35 Marianne Skårung Myrseth | 50-54 | 1 | 0:36:37 | 0:36:59 | 0:37:27 | 0:39:50 | 0:43:22 | 0:48:35 | 0:47:33 | 0:44:32 |
| | 9 | 36 Andrea Liebe | 50-54 | 2 | 0:36:37 | 0:36:58 | 0:38:00 | 0:39:40 | 0:43:30 | 0:46:25 | 0:48:05 | 0:47:33 |
| | 10 | 22 Camilla Rodal | 45-49 | 1 | 0:41:10 | 0:42:10 | 0:41:40 | 0:42:11 | 0:35:28 | 0:56:11 | 0:48:52 | 0:49:55 |
| | 10 | 23 Helga Kringen | 45-49 | 2 | 0:41:10 | 0:42:10 | 0:41:40 | 0:42:09 | 0:35:30 | 0:56:11 | 0:48:52 | 0:49:55 |
| | 12 | 21 Elisabeth Thorsvik | 35-39 | 2 | 0:41:10 | 0:42:10 | 0:41:40 | 0:43:13 | 0:36:26 | 0:59:40 | 0:49:30 | 0:47:46 |
| | 13 | 32 Sølvi Hjelmeland Stensli | 50-54 | 3 | 0:41:10 | 0:44:20 | 0:40:33 | 0:45:14 | 0:48:59 | 0:48:41 | 0:50:07 | 0:48:41 |
| | 14 | 45 Karina Lie | 23-34 | 3 | 0:41:10 | 0:42:10 | 0:38:45 | 0:46:08 | 0:47:17 | 0:49:08 | 0:53:04 | 0:52:03 |
| | 14 | 56 Ann Helen Lie | 60-64 | 1 | 0:41:10 | 0:42:10 | 0:41:22 | 0:43:31 | 0:47:20 | 0:49:08 | 0:53:06 | 0:51:58 |
| | 16 | 20 Jeanette Solvang | 40-44 | 5 | 0:41:10 | 0:42:10 | 0:41:40 | 0:45:05 | 0:47:25 | 0:53:07 | 0:51:46 | 0:52:40 |
| | 17 | 27 Heidi Katerine Brathli | 50-54 | 4 | 0:44:45 | 0:45:47 | 0:47:10 | 0:47:12 | 0:48:48 | 0:50:59 | 0:52:02 | 0:52:32 |
| | 18 | 63 June Lium | 23-34 | 4 | 0:40:42 | 0:41:52 | 0:42:18 | 0:48:38 | 1:01:07 | 0:59:36 | 0:47:11 | 0:52:06 |
| | 19 | 91 Anne Sverdrup-Thygeson | 50-54 | 5 | 0:41:45 | 0:41:35 | 0:41:40 | 0:45:12 | 0:49:29 | 0:54:45 | 1:01:15 | 1:00:27 |
| | - | 4 Torunn Paulsen Brandt | 50-54 | - | 0:39:04 | 0:44:18 | 0:40:50 | 0:45:38 | 0:52:21 | X | X | X |
| | - | 5 Karianne Ekern | 45-49 | - | 0:41:10 | 0:41:45 | 0:42:05 | 0:42:13 | 0:56:24 | X | X | X |
| | - | 72 Ninette Banoun | 50-54 | - | 0:35:01 | 0:35:56 | 0:36:16 | 0:43:57 | X | X | X | X |
| | - | 7 Jane Nilsen | 45-49 | - | 0:41:10 | 0:42:10 | 0:46:25 | 0:59:00 | X | X | X | X |