

| Plass | Start Nr | Navn | Klubb | Tid | Etter |
|-----------------------|----------|------------------------|---------------|-------|-------|
| Klasse: K 10 | | | | | |
| | 1 | Cecilie Hermansen | Bærum OCK | 10:06 | |
| | 2 | Christine Berntsen | Eidsvoll SK | 09:31 | |
| | 3 | Viktoria Bergkvist | Eidsvoll SK | 10:37 | |
| Klasse M 10 | | | | | |
| | 4 | Martin James Richmond | Eidsvoll SK | 11:08 | |
| | 5 | Gaute Sørensen Værnes | Ringerike SK | 09:35 | |
| | 6 | Jørgen Gundersen | Ullensaker CK | 09:06 | |
| | 7 | Torstein Træen | Ringerike SK | 10:20 | |
| | 8 | Gjermund Bjørkeli | Ringerike SK | 09:44 | |
| Klasse K 11-12 | | | | | |
| | 11 | Ingrid Skjerstad | CK Nittedal | 19:26 | |
| | 12 | Marthe Vedum Thomassen | Lørenskog CK | 23:57 | |
| Klasse M 11-12 | | | | | |
| | 14 | Andreas Drøssland | SK Rye | 16:35 | |
| | 15 | Even Stokkebekk | CK Nittedal | 19:46 | |
| | 16 | Håkon Johannessen | Ullensaker CK | 18:13 | |
| | 18 | Thomas Wilskog | CK Nittedal | 18:34 | |
| | 19 | Joakim Berntsen | Eidsvoll SK | 18:06 | |
| | 20 | Martin Sulland | Ringerike SK | 19:03 | |
| | 21 | Kenneth Wilskog | CK Nittedal | 19:11 | |
| | 22 | Kim Daniel Gulliksvæen | Ullensaker CK | 18:02 | |

Klasse K 13-14

| | | | | | |
|---|----|-----------------------|--------------|-------|-------|
| 1 | 26 | Martine Amundsen | CK Nittedal | 17:08 | |
| 2 | 25 | Ida Kristine Flaaseth | IK Hero | 17:48 | 00:40 |
| 3 | 27 | Thea Thoresen | Ringerike SK | 17:53 | 00:45 |
| 4 | 28 | Madelen Bergkvist | Eidsvoll Sk | 21:01 | 03:53 |

Klasse M 13-14

| | | | | | |
|----|----|------------------------|----------------|-------|-------|
| 1 | 41 | Alexander Randin | Eidsvoll SK | 15:02 | |
| 2 | 40 | Aslak Værnes | Ringerike SK | 15:47 | 00:45 |
| 2 | 39 | Sveinung Sætre | Lørenskog CK | 16:17 | 01:15 |
| 3 | 30 | Martin Bjølstad | Fredrikstad SK | 16:24 | 01:22 |
| 4 | 36 | Marius Vedum Thomassen | Lørenskog CK | 17:07 | 02:05 |
| 5 | 33 | Daniel Slåtto Gomnes | Ringerike SK | 17:12 | 02:10 |
| 5 | 45 | Martin Løken | Ringerike SK | 17:12 | 02:10 |
| 7 | 34 | Sebastian Ødegården | NES | 17:14 | 02:12 |
| 8 | 37 | Øyvind Stokstad | Ullensaker CK | 17:16 | 02:14 |
| 9 | 32 | Asbjørn Amundsen | BOC | 17:21 | 02:19 |
| 10 | 38 | Espen Hansen | NES | 17:23 | 02:21 |
| 11 | 44 | Thomas Voreland | Ringerike SK | 17:25 | 02:23 |
| 12 | 42 | Peter Morken | Lørenskog CK | 18:34 | 03:32 |

Klasse K 15-16

| | | | | | |
|---|----|----------------|--------------|-------|-------|
| 1 | 49 | Marie Voreland | Ringerike SK | 16:26 | |
| 2 | 50 | Emma Kjerstad | CK Nittedal | 16:33 | 00:07 |
| 3 | 48 | Caroline Wøyen | IK Hero | 16:40 | 00:14 |

Klasse M 15-16

| | | | | | |
|---|----|----------------------|---------------|-------|-------|
| 1 | 56 | Joakim Gunnerud | CK Nittedal | 14:25 | |
| 2 | 63 | Audun Brekke Fløtten | Modum CK | 14:51 | 00:26 |
| 3 | 75 | Stian Berger Larsen | Ullensaker CK | 14:56 | 00:31 |

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|----|----|----------------------|----------------|-------|-------|
| 3 | 77 | Ingar Stokstad | Ullensaker CK | 14:56 | 00:31 |
| 5 | 70 | Tor Hjellum Flugstad | IK Hero | 15:00 | 00:35 |
| 6 | 67 | Paul Qvale | IK Hero | 15:07 | 00:42 |
| 7 | 66 | Pål Ødegaard | Fredrikstad SK | 15:10 | 00:45 |
| 8 | 55 | Eivind Ekeli | IK Hero | 15:14 | 00:49 |
| 9 | 65 | Fredrik Nikolaisen | Grimstad SK | 15:20 | 00:55 |
| 9 | 72 | Stian Flaaseth | IK Hero | 15:20 | 00:55 |
| 11 | 69 | Kristian Myhrer | Eidsvoll Sk | 15:22 | 00:57 |
| 12 | 62 | Sebastian Rischmann | CK Nittedal | 15:27 | 01:02 |
| 13 | 61 | Sebastian Jansson | Fredrikstad SK | 15:35 | 01:10 |
| 14 | 74 | Daniel Pedersen | IK Hero | 15:46 | 01:21 |
| 15 | 58 | Stian Slemdal | Ullensaker CK | 16:00 | 01:35 |
| 16 | 73 | Sigmund Wahl Olsen | Lørenskog SK | 16:01 | 01:36 |
| 17 | 54 | Andreas Gravdahl | BOC | 16:12 | 01:47 |
| 18 | 76 | Simen Enger | Lørenskog SK | 16:19 | 01:54 |
| 19 | 57 | Vetle Høivang Jensen | Asker Ck | 16:54 | 02:29 |
| 20 | 60 | Kennet Juelsen | Modum CK | 17:08 | 02:43 |
| 21 | 64 | Erik Træen | Ringerike SK | 17:17 | 02:52 |
| 22 | 71 | Kristian Brenne | Modum CK | 17:51 | 03:26 |

Kvinner Junior

| | | | | | |
|---|----|---------------------|-------------|-------|-------|
| 1 | 83 | Christine Saastad | Modum CK | 15:14 | |
| 2 | 82 | Janne Olsen | Eidsvoll SK | 15:29 | 00:15 |
| 3 | 80 | Camilla Berg Hansen | Modum CK | 16:41 | 01:27 |

Menn Junior

| | | | | | |
|---|----|------------------------|---------------|-------|-------|
| 1 | 94 | Jon Anders Grøndahl | NES | 13:38 | |
| 2 | 88 | Morten Døvik | Ringerike SK | 13:46 | 00:08 |
| 3 | 87 | Ole Kr. Bøen | Drammen SK | 14:25 | 00:47 |
| 4 | 89 | Espen Berger Gundersen | Lørenskog SK | 14:29 | 00:51 |
| 5 | 93 | Filip Hoel | IF Frøy | 14:31 | 00:53 |
| 6 | 92 | Eivind Gerhardsen | Smaalenene SK | 14:48 | 01:10 |
| 7 | 90 | Håvard Ersland | IF Frøy | 15:17 | 01:39 |
| 8 | 95 | Nicolay Myhre | Ringerike SK | 16:25 | 02:47 |

Kvinner Senior

| | | | | | |
|---|----|-----------------|--------------|-------|--|
| 1 | 97 | Christine Myhre | CK Nittedalk | 15:18 | |
|---|----|-----------------|--------------|-------|--|

Menn Senior

| | | | | | |
|----|-----|----------------------|--------------------|-------|-------|
| 1 | 102 | Christopher Myhre | Team Maxbo Bianchi | 12:45 | |
| 2 | 101 | Gabriel Rasch | Team Sp. Vest | 12:57 | 00:14 |
| 3 | 112 | Ole Kristian Ringnes | BOC | 13:11 | 00:26 |
| 4 | 111 | Magnar Myrvold | BOC | 13:17 | 00:32 |
| 5 | 108 | Idar Bækken | BOC | 13:58 | 01:13 |
| 6 | 100 | Bjørnar Evensen | Drammen | 14:27 | 01:42 |
| 7 | 106 | Eine Hoel | IF Frøy | 15:10 | 02:25 |
| 8 | 113 | Christer Myerscough | BOC | 15:22 | 02:37 |
| 9 | 110 | Øivind Kristiansen | Lørenskog SK | 15:24 | 02:39 |
| 10 | 107 | Åsmund Wahl Olsen | Lørenskog SK | 16:20 | 03:35 |
| 10 | 105 | Runar Emil Hansen | IF Frøy | 16:20 | 03:35 |

Kvinner 30-39

| | | | | | |
|---|-----|-----------------------|---------------|-------|-------|
| 1 | 119 | Camilla Hott Johansen | Ullensaker SK | 14:15 | |
| 2 | 118 | Lene Hansen | BOC | 14:47 | 00:32 |
| 3 | 120 | Trude Karlsen | SK Rye | 15:34 | 01:19 |
| 4 | 121 | Torill Kalfoss | Ceres | 16:15 | 02:00 |

Menn 30-39

| | | | | | |
|---|-----|-----------------------|---------------|-------|-------|
| 1 | 134 | Even Chiodera | BOC | 13:37 | |
| 2 | 135 | Trond Skjerstad | SK Rye | 13:52 | 00:15 |
| 3 | 127 | Thomas Svane Jacobsen | SK Rye | 13:54 | 00:17 |
| 4 | 132 | Lasse Bjerkan | Smaalenene SK | 13:56 | 00:19 |
| 5 | 139 | Erlend Gundersen | BOC | 14:03 | 00:26 |
| 6 | 136 | Geir Erling Bolstad | BOC | 14:08 | 00:31 |
| 7 | 129 | Bent Ove Rein | Sarosborg SK | 14:13 | 00:37 |
| 8 | 126 | Knut Borbe | BOC | 14:19 | 00:42 |

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|----|-----|-----------------------|-------------|-------|-------|
| 9 | 130 | Jørgen Berg Larsen | SK Rye | 14:32 | 00:55 |
| 10 | 133 | Stig Erik Sørheim | SK Rye | 14:39 | 01:02 |
| 11 | 128 | Stig Solberg | Frikransen | 14:49 | 01:12 |
| 12 | 131 | Per Kristian Mikalsen | IF Frøy | 15:06 | 01:29 |
| 13 | 137 | Claus Nilsen | CK Nittedal | 16:20 | 01:43 |

Kvinner 40 - 44

| | | | | | |
|---|-----|----------------------|----------|-------|-------|
| 1 | 142 | Hilde Astrid Haugsbø | BOC | 15:40 | |
| 2 | 144 | Solveig M. Fløtten | Asker CK | 16:29 | 00:49 |
| 3 | 143 | Line Brevik Andersen | SK Rye | 18:34 | 02:54 |

Menn 40 - 44

| | | | | | |
|---|-----|-----------------------|-------------|-------|-------|
| 1 | 151 | Fredik Løfsgaard | Ceres | 13:34 | |
| 2 | 152 | Henning Nitschke | Eiker | 14:07 | 00:33 |
| 3 | 155 | Pål Christian Hustoft | Asker CK | 14:10 | 00:36 |
| 4 | 154 | Arne Bryhn | Asker CK | 14:56 | 01:22 |
| 5 | 149 | Irek Flatseth | BOC | 15:56 | 02:22 |
| 6 | 150 | Rune Gjesdahl | CK Nittedal | 16:24 | 02:50 |

Kvinner 45 - 49

| | | | | | |
|---|-----|---------------|----------|-------|--|
| 1 | 149 | Marion Nilsen | Asker CK | 15:45 | |
|---|-----|---------------|----------|-------|--|

Menn 45 - 49

| | | | | | |
|---|-----|---------------------|-------------|-------|-------|
| 1 | 168 | Pål Fredriksen | CERES | 13:49 | |
| 2 | 154 | Kjell Gunnar Nyhaug | Eidsvold SK | 14:24 | 00:35 |
| 3 | 169 | Johannes Skaug | Raufoss CK | 14:55 | 01:06 |
| 4 | 166 | Iver Johansen | Ceres | 15:01 | 01:12 |
| 5 | 171 | Petter Winther | Asker CK | 15:09 | 01:20 |
| 6 | 167 | Leif Arne Brandal | CK Nittedal | 15:48 | 01:59 |
| 7 | 173 | Arnfinn Svensli | CK Nittedal | 15:52 | 02:03 |
| 8 | 170 | Bjørnar Andersen | CK Nittedal | 16:15 | 02:26 |

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|---|-----|-----------------|----------------|-------|-------|
| 9 | 163 | Arnfinn Iversby | Fredrikstad SK | 17:27 | 03:38 |
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Menn 50 - 54

| | | | | | |
|---|-----|-----------------------|-------------|-------|-------|
| 1 | 193 | Jan Erik Sønju | Eiker | 13:53 | |
| 2 | 182 | Elling Hoel | CERES | 14:03 | 00:10 |
| 3 | 180 | Jonny Jørgenvåg | CERES | 14:27 | 00:34 |
| 4 | 183 | Tommy Jensen | Asker CK | 14:36 | 00:43 |
| 5 | 181 | Harald Kolderup | Ukjent | 14:39 | 00:46 |
| 6 | 185 | Inge Bjart Torkildsen | Frikransen | 14:43 | 00:50 |
| 7 | 184 | Olav Svensli | CK Nittedal | 14:51 | 00:58 |
| 8 | 177 | Aage Christiansen | CK Nittedal | 15:04 | 01:11 |
| 9 | 179 | Terje Erfjord | BOC | 15:10 | 01:17 |

Menn 55 - 59

| | | | | | |
|---|-----|-------------------|-------------|-------|-------|
| 1 | 191 | Tor Arne Simonsen | SK Rye | 13:54 | |
| 2 | 195 | Pål Gulliksen | IF Frøy | 14:41 | 00:47 |
| 3 | 194 | Magne Jensen | Horten OCK | 14:49 | 00:55 |
| 5 | 190 | Per Undli | CK Nittedal | 15:41 | 01:47 |

Menn 60 - 64

| | | | | | |
|---|-----|--------------------|---------------|-------|-------|
| 1 | 202 | Gunnar Fjellberg | Smaalenene SK | 13:44 | |
| 2 | 203 | Arne Torgersen | EIKER | 14:29 | 00:45 |
| 3 | 201 | Fredrik Lamo | CK Nittedal | 14:33 | 00:49 |
| 4 | 198 | Erik Pettersen | BOC | 15:09 | 01:25 |
| 5 | 204 | Eivind Gikling | BOC | 15:10 | 01:26 |
| 6 | 199 | Finn Jensen | Kongsberg | 15:51 | 02:07 |
| 7 | 200 | Oddbjørn Jørgensen | Asker CK | 16:08 | 02:24 |

Menn 65 - 69

| | | | | | |
|---|-----|------------------|----------|-------|--|
| 1 | 208 | Harald Kværnerud | Asker CK | 14:55 | |
|---|-----|------------------|----------|-------|--|

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|---|-----|--------------|-------------|-------|-------|
| 2 | 207 | Tor Fossum | CK Nittedal | 15:10 | 00:15 |
| 3 | 209 | Arvve Brevik | SK Rye | 18:54 | 03:59 |

Menn 70 -

| | | | | | |
|---|-----|---------------------|---------|-------|--|
| 1 | 210 | Arne Herman Kulsrud | IK Hero | 18:05 | |
|---|-----|---------------------|---------|-------|--|