

Class	Fornavn	Etternavn	Klubb	Tid	Klasse
*	Filip	Iversby Hvideberg	Fredrikstad SK	08:46	M 10
*	Hølje Mathias	Wøien Tefre	IF Frøy	08:15	M 10
*	Jonas	Iversby Hvideberg	Fredrikstad SK	08:55	M 10
*	Oskar	Skjerstad	CK Nittedal	07:53	M 10
1	Thea Jørgine	Groven Lindtveit	IK HERO	19:25	K 11-12
2	Marte Berg	Edseth	SK Rye	19:28	K 11-12
1	Wilhelm Andreas	Skogly	SK Rye	17:36	M 11-12
2	Håkon	Asdøl	Team Jardar	17:50	M 11-12
3	Aksel Fischer	Aasheim	SK Rye	18:08	M 11-12
4	Ola Berg	Edseth	SK Rye	18:55	M 11-12
5	Elias	Helle Kalland	SK Rye	19:50	M 11-12
6	Sebastian	Kiese	IF Frøy	19:59	M 11-12
7	Sondre	Flateby	SK Rye	20:51	M 11-12
8	Henning	Åsheim	SK Rye	20:56	M 11-12
9	August	Sørli Nerland	SK Rye	21:53	M 11-12
10	Marius A. Eirik	Dalen Bergo	SK Rye Røa	22:22 DNS	M 11-12
	Sara	Aune	SK Rye	DNS	K 13-14
1	Amund	Ringdahl	IF Frøy	16:24	M 13-14
2	Lars	Digerud	IK HERO	16:25	M 13-14
3	Eivind	Keil	SK Rye	17:00	M 13-14
4	Ole	Forfang	SK Rye	17:12	M 13-14
5	OlaLund	Presterud	SK Rye	17:14	M 13-14
6	Eirik Osberg	Andresen	SK Rye	17:19	M 13-14
7	Torbjørn	Heiman	IK HERO	17:28	M 13-14
8	Jonas Boye	Hansen	SK Rye	17:31	M 13-14
9	Aasmund	Groven Lindtveit	IK HERO	18:57	M 13-14
	Håkon	Bjørnholt	Lørenskog CK	DNS	M 13-14
	Helge	Bergo	SK Rye	DNS	M 13-14
	Helge	Bergo	SK Rye	DNS	M 13-14
	Anders	Liland	Lørenskog CK	DNS	M 13-14
	Mats	Rostille	Lørenskog CK	DNS	M 13-14
	Nicolai	Giil	SK Rye	DNS	M 13-14
	Eivind	Stray	SK Rye	DNS	M 13-14
	Arild Dalsaunet	Thorstad	Lørenskog CK	DNS	M 13-14
	Markus	Aalby-Myhr	BOC	DNS	M 13-14

Plass	Fornavn	Etternavn	Klubb	Tid	Klasse
1	Øivind	Lykkedal	BOC	28:58	M 15-16
2	William Brekke	Johansen	SK Rye	29:55	M 15-16
3	Tord Fjørtoft	Flydal	SK Rye	30:12	M 15-16
4	Eirik	Asdøl	Team Jardar	30:38	M 15-16
5	Harald	Fæste	Drøbak SK	32:10	M 15-16
6	Thomas	Foyen	Team Jardar	32:58	M 15-16
7	Aleksander	Henriksen	SK Rye	33:22	M 15-16
8	Sigurd	Haaheim	BOC	33:38	M 15-16
9	Harald	Eskerud	Team Jardar	34:46	M 15-16
10	Henrik	Astrup	Team Jardar	35:19	M 15-16
11	Erik	Furnes	Team Jardar	36:25	M 15-16
12	Mikael	Stinessen	BOC	38:21	M 15-16
	Adrian	Hallgren	IF Frøy	DNS	M 15-16
	Henrik	Bjertnes	Lørenskog CK	DNS	M 15-16
	Andreas	Døssland	SK Rye	DNS	M 15-16
	Hans Petter Smette	Berntzen	BOC	DNS	M 15-16
	Peter Andreas	Prydz Gørbitz	SK Rye	DNS	M 15-16
	Sondre	Kristiansen	SK Rye	DNS	M 15-16
	Petter	Karstensen	SK Rye	DNS	M 15-16
	Dag Frode	Trollebø	SK Rye	DNS	M 15-16
	Magnus	Reinemo	BOC	DNS	M 15-16
1	Max Emil	Kørner	Nesodden SK	26:09	M Junior
2	Carl Henrik	Sohlman	BOC	27:49	M Junior
3	Haakon Kjellhov	Jonsbøl	IF Frøy	27:56	M Junior
4	Knut	Sande	IK HERO	28:37	M Junior
5	Axel	Nilsen	IF Frøy	32:39	M Junior
6	Erik	Sandnes	SK Rye	37:36	M Junior
	Morten	Rostille	Lørenskog CK	DNS	M Junior
	Andre	Kjærnsmo	IF Frøy	DNS	M Junior
	Fredrik	Hinsch	SK Rye	DNS	M Junior
	Phan Åge	Haugård	IF Frøy	DNS	M Junior
	Shauna Maria	Whyte	Canada	DNS	HC Div. C
1	Jannicke	Schanche	IF Frøy	41:01	K 70
1	Oddbjørn	Jørgensen	Asker CK	30:53	M 65-69
1	Fredrik	Lamo	Torshov SK	29:03	M 60-64
2	Roger	Larsson	IF Frøy	32:11	M 60-64
3	John Ole	Tollefsen	IF Frøy	37:30	M 60-64
	Svein	Maasen	IK HERO	DNS	M 60-64

Class	Fornavn	Etternavn	Klubb	Tid	Klasse
1	Elling	Hoel	Raumerytter SK	29:35	M 55-59
2	Magne Astor	Jenssen	Horten OC	29:36	M 55-59
3	Inge Bjart	Torkildsen	Frikransen	30:33	M 55-59
	Terje	Erfjord	BOC	DNS	M 55-59
1	Sven Kr.	Jørgensen	IF Frøy	29:40	M 50-54
2	Tom	Jørgensen	BOC	29:44	M 50-54
3	Iver	Johansen	Raumerytter SK	30:04	M 50-54
	Arnfinn	Svensli	CK Nittedal	DNS	M 50-54
	Leif Arne	Brandal	CK Nittedal	DNS	M 50-54
1	Rune Holtze	Jensen	Moss CK	27:42	M 45-49
2	Jens	Dahlen	IF Frøy	28:00	M 45-49
3	Alf Errik	Hagbakken	Hadeland CK	28:01	M 45-49
4	Frode	Asperheim	Bergen CK	29:37	M 45-49
5	Gunnar	Ligaarden	SK Rye	31:51	M 45-49
	Eirik	Bergersen	IF Frøy	DNS	M 45-49
	Frederik	Løfsgaard	Frogner SK	DNS	M 45-49
1	Trond	Smogli	Follo SK	27:06	M 40-44
2	Bernt Ove	Rein	Fredrikstad SK	27:18	M 40-44
2	Arve	Lyngstad	BOC	27:18	M 40-44
4	Jon	Amundsen	BOC	28:41	M 40-44
5	Per Christian	Mikalsen	Moss CK	29:21	M 40-44
	Frode	Valen	Stord SK	DNS	M 40-44
	Geir	Kristiansen	Flora CK	DNS	M 40-44
	Dag Runar	Elvekrok	Eiker CK	DNS	M 40-44
1	Celine	Monrad-Haslum	CK Nittedal	30:03	K 30-39
	Lisa Christin	Axman	BOC	DNS	K 30-39
1	Thrude	Karlsen	Torshov SK	29:19	K Senior
	Emma	Skjerstad	IK HERO	DNS	K Senior
1	Thomas	Myhre	Moss CK	27:19	M 30-39
2	Jan Tore	Aase	Raumerytter SK	28:35	M 30-39
3	Paal-Gunnar	Mathisen	Moss CK	30:30	M 30-39
	Vegard	Maasen	IK HERO	DNS	M 30-39
	Idar	Smedsrud	Ceres	DNS	M 30-39
1	Asgeir	Bergseth	BOC	25:31	M Senior
2	Martin	Ihler	IF Frøy	26:03	M Senior
3	Knut	Landa	IF Frøy	27:54	M Senior
	Gunnar Morten	Baksaas	Tønsberg CK	DNS	M Senior