

16km individuell

Kvinner

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
1	447	Dorte Foss	45-49	RAUFOSS IL	01:08:38	00:00:00
2	93	Monica Wold	23-34	FREDRIKSTAD TRIATLONKLUBB	01:09:52	00:01:14
3	267	Marie Grønneberg	35-39		01:10:01	00:01:23
4	482	Inger Lise Hystad	35-39	RAKKESTAD SYKKELKLUBB	01:11:09	00:02:32
5	291	Cathrine Loennecken	45-49	TEAM PAY/HAFSLUND	01:12:12	00:03:35
6	68	Ingvild Aurebekk	35-39	FREDRIKSTAD SKIKLUBB	01:13:40	00:05:03
7	545	Marianne Moe	45-49	FET SKIKLUBB	01:13:58	00:05:21
8	504	Hege Gathen	45-49	FREDRIKSTAD IF	01:14:35	00:05:58
9	423	Agnes Benediktsdottir	40-44	SKILØPERNE	01:14:45	00:06:07
10	248	Thine Storehjelm	23-34		01:15:06	00:06:29
11	303	Charlotte Scott Hagen	23-34		01:15:19	00:06:42
12	85	Kikki Jensen	23-34	CROSSFIT SARPSBORG	01:16:04	00:07:27
13	580	Christina Fredheim	40-44		01:16:09	00:07:31
14	598	Camilla Nyegaard Johansen	20-22		01:16:24	00:07:47
15	572	Merete Bolin	45-49	SKILØPERNE	01:16:36	00:07:58
16	382	Elise Waagen	23-34		01:16:39	00:08:02
17	347	Julie Marie Mysen	23-34		01:17:31	00:08:54
18	202	Kathrin Sunde	40-44	MOSSJONISTENE	01:17:34	00:08:57
19	443	Margaret Mcgrath	50-54	ATOMEN HALDEN BIL	01:17:45	00:09:08
20	124	Ellen K. V. Kasbohm	40-44		01:17:48	00:09:11
21	163	Ida-Anette Holm Hansen	23-34		01:18:56	00:10:19
22	425	Inger Marie Ingdahl	40-44	TEAM PAY	01:18:58	00:10:21
23	418	Tone Oraug	35-39		01:19:04	00:10:27
24	436	Elin Jacobsen	45-49	SEFA	01:19:24	00:10:47
25	499	Micheline Kavli	45-49	BLODSMAK SK	01:19:55	00:11:18
26	133	Theres Høgberg Johansen	23-34		01:20:11	00:11:33
27	250	Maria Mathiasen	23-34	MARIA MATHIASSEN	01:20:29	00:11:52
28	49	Linn Hansen Dagfinrud	23-34		01:20:37	00:12:00
29	395	Birgitte Bjerkenes	35-39		01:20:41	00:12:04
30	321	Mona Johansen	40-44	COWI BIL	01:20:50	00:12:13
31	414	Mette Andreassen	45-49		01:20:59	00:12:22
32	503	Kristin Pihlstrøm	40-44	SATS SARPSBORG	01:21:01	00:12:24
33	620	Marianne Ferreira	40-44		01:21:23	00:12:46
34	200	Marie Kubberød	23-34		01:21:28	00:12:51
35	387	Karianne Løkke	35-39		01:21:51	00:13:14
36	14	Kirsti Eriksen	45-49	FREDRIKSTAD IF	01:22:45	00:14:08
37	647	Marie Flatland	23-34		01:22:46	00:14:09
38	109	Kristine Hermansen	35-39		01:22:46	00:14:09
39	646	Siri Nordtveit	23-34		01:22:47	00:14:10
40	78	Vigdis Jernberg	45-49		01:22:47	00:14:10
41	162	Birthe Lundestad - Høier	35-39		01:23:01	00:14:24
42	337	Thea Dahlgvist	40-44		01:23:08	00:14:30
43	415	Hilde-Marie Andersen	35-39		01:23:12	00:14:35
44	577	Ingeborg Marie Haabeth	35-39		01:23:13	00:14:35
45	263	Ingrid Oldervik Mathiasen	23-34		01:23:16	00:14:38
46	609	Maria Andersen	23-34	MARIAS LUNSJ OG CATERING	01:23:18	00:14:41
47	621	Tonje Syversen	23-34		01:23:38	00:15:01
48	529	Anne Marit Kirkeng	23-34		01:23:51	00:15:14
49	8	Franceska Engelstad	23-34		01:24:19	00:15:42

16km individuell

Kvinner

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
50	526	May Ulvåen	60-64	FREDRIKSTAD IF	01:24:41	00:16:04
51	287	Christine Fisker	40-44		01:24:56	00:16:18
52	190	Talette Borsheim Halstensen	35-39		01:25:09	00:16:31
53	253	Margareth Jakobsen	45-49	MYSEN TENNISKLUBB	01:25:12	00:16:35
54	146	Heidi Danielsen	35-39		01:25:20	00:16:42
55	611	Linn Johansen	23-34	LYNX MULTISPORT	01:25:26	00:16:49
56	89	Tine Rødningsby	23-34		01:25:32	00:16:54
57	272	Caroline Slattum Frey	20-22		01:25:42	00:17:05
58	528	Grete Grønnern	50-54	RAKKESTAD SYKKELKLUBB	01:25:44	00:17:06
59	484	Randi Kraugerud	35-39		01:25:44	00:17:07
60	298	Camilla Flandorfer	40-44		01:26:05	00:17:28
61	408	Frida Mathisen	35-39		01:26:18	00:17:41
62	306	Linn Svendsen	35-39		01:26:23	00:17:45
63	171	Eli Thonvald	45-49	PRIVAT	01:26:27	00:17:49
64	345	Kaja Hasselstrøm	20-22		01:26:38	00:18:01
65	73	Eva Marie Mellberg	23-34	FREDRIKSTAD IF	01:27:22	00:18:45
66	55	Stina Ekman	45-49		01:27:28	00:18:51
67	31	Gry Dahl	45-49	LANGEMYRVEIEN	01:27:31	00:18:54
68	193	Anne Mette Nygaard	40-44		01:27:34	00:18:56
69	383	Camilla Opstad Arnesen	40-44	TUNE IL	01:27:42	00:19:05
70	199	Natalie Elnes Hansen	23-34		01:27:42	00:19:05
71	168	Elin Marie Johansen	40-44		01:27:49	00:19:12
72	525	Tina Skoglund	50-54	FREDRIKSTAD IF	01:28:17	00:19:40
73	309	Edel Espenes	23-34		01:28:24	00:19:47
74	456	Wenche Murtnes Hagestande	55-59	FREDRIKSTAD	01:28:56	00:20:18
75	517	Cathrine Graff Nyland	40-44		01:28:56	00:20:19
76	471	Elisabeth Langsholdt	23-34	TEAM ACTIC TRIATHLON	01:28:58	00:20:20
77	106	Anne Sofie Fodstad	45-49		01:29:05	00:20:28
78	535	Marit S. Asklien	45-49	MOVAR BIL	01:29:11	00:20:33
79	536	Tuija Erthe	45-49	RAKKESTAD SYKKEL KLUBB	01:29:12	00:20:34
80	406	Trine Dahlberg Karlsen	23-34		01:29:13	00:20:36
81	442	Lili Song	23-34		01:29:13	00:20:36
82	613	Martha Larsen	23-34		01:29:20	00:20:43
83	278	Johanne Kvernstuen Kristians	23-34	STOREMYR IL	01:29:27	00:20:49
84	23	Karine Letting Thorvaldsen	40-44	TEAM HEIDERØD	01:29:33	00:20:56
85	561	Fride Kvernmo	23-34		01:29:38	00:21:00
86	131	Turid Johansen	50-54	FREDRIKSTAD SKIKLUBB	01:29:42	00:21:05
87	445	Heidi Strømnes Berg	40-44		01:29:45	00:21:08
88	281	Line Berger	23-34	STOREMYR IL	01:29:45	00:21:08
89	599	Elin Bråthen	35-39		01:29:49	00:21:11
90	515	Karoline Bogetveit	20-22		01:30:02	00:21:25
91	653	Cecilie Gulbrandsen	40-44	BRUA FYSIKALSKE	01:30:30	00:21:53
92	10	Birgitte Wold Dahl	40-44	KONGSTEN IF	01:30:32	00:21:55
93	92	Laila Kjølberg Klonteig	23-34	BRUNOSTEN LI	01:30:38	00:22:01
94	357	Runa Morger	23-34	TANNLEGE RUNA MORGER	01:30:52	00:22:15
95	107	Gro Ertnes	45-49		01:30:54	00:22:16
96	51	Hilde Buflod	35-39		01:31:02	00:22:25
97	198	Vilja Nordli	45-49		01:31:11	00:22:34
98	7	Nina Visjø Veby	50-54	SKILØPERNE	01:31:39	00:23:01

16km individuell

Kvinner

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
99	1	Kirsti Omberg	55-59	SKILØPERNE	01:31:43	00:23:05
100	2	Tonje Bringsvor	40-44	SKILØPERNE	01:31:43	00:23:05
101	532	Hege Jørgensen	35-39		01:31:44	00:23:07
102	81	Eli Birgitte Pettersen	35-39		01:31:48	00:23:11
103	403	Linn Hunn	23-34		01:31:54	00:23:16
104	364	Heidi Rådahl	35-39		01:32:09	00:23:32
105	411	Camilla Tenvig Pedersen	35-39		01:32:11	00:23:34
106	344	Anita Larsen	45-49		01:32:19	00:23:42
107	601	Nina Borovski Berge	23-34		01:32:44	00:24:07
108	201	Elise Kubberød	20-22		01:32:55	00:24:18
109	116	Sandra Merete Ingebrigtsen	23-34		01:33:02	00:24:25
110	177	Guro Watson	40-44		01:33:08	00:24:30
111	122	Trude Monsen	40-44		01:33:13	00:24:36
112	634	Frøydis Høgsæt	40-44		01:33:16	00:24:39
113	259	Cecilie Brox Olsen	23-34		01:33:19	00:24:42
114	305	Lene Reid	35-39		01:33:25	00:24:47
115	371	Trine Kull	35-39		01:33:36	00:24:58
116	470	Nanna Hellerud	35-39		01:33:36	00:24:58
117	405	Ann Kristin Delås	45-49	NAV FREDRIKSTAD	01:33:40	00:25:03
118	329	Mia Martinsen	35-39		01:33:53	00:25:16
119	315	Monica Lindh	40-44		01:33:57	00:25:20
120	318	Anne-Christin Johansen	45-49	SIL	01:33:57	00:25:20
121	288	Therese Mandji	35-39		01:34:22	00:25:45
122	518	Linn Karstensen	23-34		01:34:28	00:25:51
123	58	Kirsten Therese Tveter	23-34		01:35:08	00:26:30
124	261	Hilde Christin Aasli	50-54	HELSEHUSET GREAAKER	01:35:10	00:26:33
125	586	Anne Marie Andersen	40-44	FREDRIKSTAD IF	01:35:13	00:26:36
126	35	Anett Tofteberg	35-39		01:35:21	00:26:43
127	616	Marianne Moen Pinås	40-44	FREDRIKSTAD KOMMUNE	01:35:22	00:26:45
128	328	Linda Fraugerud	40-44		01:35:25	00:26:48
129	213	Ida Mathisen	23-34		01:35:35	00:26:58
130	249	Kari-Marie Gjesdal	50-54	FREDRIKSTAD IF	01:35:36	00:26:59
131	59	Ine Marlene Olsen	23-34		01:35:41	00:27:03
132	390	Linda Bjerkholt	40-44		01:35:44	00:27:07
133	24	Kristine Hovde	40-44		01:35:44	00:27:07
134	569	Kristine Holmskau	35-39	BRYNE CYKLEKLUBB	01:35:48	00:27:11
135	149	Tove Skiri Wahlgren	60-64	SARPSBORG ORIENTERINGSKLUBB	01:35:56	00:27:19
136	142	Helene Aubell	23-34		01:36:05	00:27:27
137	292	Turid Johansen	50-54	HVALER KOMMUNE	01:36:09	00:27:31
138	276	Therese Ørdal	35-39	HVALER KOMMUNE	01:36:09	00:27:32
139	570	Hilde Leira	35-39		01:36:17	00:27:40
140	99	Ragnhild Bjørkli	23-34		01:36:33	00:27:55
141	265	Line Lasken Nilsen	40-44	GRANDHAHL EIENDOMSMEGLING AS	01:36:58	00:28:20
142	349	Anette Heiberg	23-34		01:37:02	00:28:25
143	551	Gerd Runhovde	40-44	SKJÆRVIKEN	01:37:06	00:28:29
144	310	Beate Thunem Eriksen	45-49		01:37:39	00:29:02
145	327	Hilde Kolstad	45-49		01:38:17	00:29:40
146	50	Darlen Skår	23-34		01:38:31	00:29:53
147	214	Gry Heidi Tveter	23-34		01:39:13	00:30:35

16km individuell

Kvinner

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
148	320	Trine Nielsen	23-34		01:39:30	00:30:53
149	336	Cathrine Haneng Svendsen	45-49	COWI BIL	01:39:44	00:31:07
150	540	Annette Carlsen	35-39	CARLSEN	01:39:55	00:31:17
151	527	Marie Therese Raknes	23-34	SARPSBORG SYKLEKLUBB	01:40:19	00:31:42
152	627	Elisabeth Berg Grønvold	40-44		01:40:20	00:31:43
153	451	Lene Margarete Andersen	35-39		01:40:21	00:31:43
154	178	Hege Olin	40-44		01:40:24	00:31:47
155	64	Bjørge Gustavsen	40-44		01:41:15	00:32:37
156	203	Anne Margot Riis	55-59	TEAM NONSTOP	01:41:19	00:32:42
157	452	Silje Grande Henriksen	35-39		01:41:33	00:32:56
158	385	Ulrikke Sletten	23-34		01:41:34	00:32:57
159	44	Mona Larsen	45-49		01:41:36	00:32:58
160	549	Tone Utne	23-34	TEAM ACTIC TRIATHLON	01:41:41	00:33:04
161	524	May Britt Andersen	50-54	FREDRIKSTAD IF	01:41:46	00:33:09
162	523	Heidi Johnsen	50-54	FREDRIKSTAD IF	01:41:47	00:33:09
163	138	Merethe Humlekjær	50-54	HUMLESPRING	01:41:57	00:33:20
164	548	Annette Solgaard Stang	40-44		01:42:18	00:33:41
165	84	Hege Paulsen	45-49	TUNESKIPET BARNEHAGE	01:42:30	00:33:53
166	519	Anette Strand	23-34		01:42:50	00:34:13
167	219	Inger Johanne Bråten	40-44		01:43:01	00:34:24
168	480	Louise Helen Trotter	55-59		01:43:03	00:34:26
169	45	Nina Kristoffersen	45-49		01:43:24	00:34:47
170	65	Hilde Stabbetorp	45-49		01:44:02	00:35:25
171	430	Annette Larsen	35-39	ROCKDRIVERS	01:44:30	00:35:53
172	398	Barbro Wærnes	45-49		01:45:10	00:36:32
173	506	Ann-Kristin Wiik	40-44		01:46:02	00:37:25
174	319	Anita Wiik	35-39		01:46:38	00:38:00
175	208	May Kristin Hendset	23-34		01:47:02	00:38:25
176	96	Silje Skarning Olsen	23-34		01:47:04	00:38:27
177	264	Birgit Grandahl	45-49	GRANDAHN EIENDOMSMEGLING AS	01:47:26	00:38:48
178	153	Helene Louise Grundt-Ileby	20-22		01:48:20	00:39:43
179	493	Malene Sveen	23-34		01:48:22	00:39:44
180	426	Janne Syversen	40-44	FREDRIKSTAD TRIATLONKLUBB	01:48:32	00:39:55
181	192	Catharina Berntzen	23-34		01:48:33	00:39:56
182	553	Camilla Varnes	23-34		01:50:18	00:41:41
183	129	Trine Bjerkeli Nilsen	40-44		01:50:45	00:42:07
184	98	Siri Ekker	23-34		01:52:56	00:44:19
185	622	Tanja Johansen	23-34		01:53:33	00:44:56
186	346	Kristine Mellem	23-34		01:53:45	00:45:07
187	226	Shani Wilhelmina Aarek Kidd	23-34		01:55:07	00:46:29
188	530	Marta Tølche	23-34		01:57:53	00:49:16
189	150	Kjellrun Borgmo	50-54		01:58:02	00:49:25
190	140	Linda Johnsen	40-44		01:58:07	00:49:29
191	502	Anita Lefsaker	35-39	COWI BIL	01:59:04	00:50:27
192	533	Hanne Jeanett Bang Hermans	23-34		01:59:04	00:50:27
193	88	Benedikte Stensland	23-34		01:59:41	00:51:04
194	401	Lise-Merethe Walther	23-34		02:04:28	00:55:50

Antall: 194

16km individuell

Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
1	376	Ole-Hermann Røhr	35-39	RYGGEJOGGEN	00:55:38	00:00:00
2	432	Håkon Hjemly	45-49	TØNSBERG FIK	00:56:29	00:00:52
3	147	Pål Oraug	35-39	ISE	00:57:59	00:02:22
4	410	Ruben Marco-Arroyo	35-39	ØSTFOLD FYLKESKOMMUNE	00:59:02	00:03:25
5	53	Eirik Gjørøster	23-34	TEAM BLIKKENSLAGAR FLOTVE	00:59:13	00:03:36
6	373	Ole Audun Haabeth	23-34		00:59:38	00:04:01
7	312	Geir Aa. Willadsen	35-39	ØSTFOLD POLITIIDRETTSKLAG	01:00:37	00:05:00
8	454	Mats Pettersen	40-44	STABBURET BIL	01:00:38	00:05:00
9	608	Ozzy Gurung	35-39	FREDRIKSTAD IF	01:00:47	00:05:10
10	501	Jon Ivar Tjernshaugen	40-44	VARTEIG IL	01:01:08	00:05:31
11	635	Bjørn Johannessen	40-44	HALDEN IL	01:01:12	00:05:35
12	342	Sondre Skaug	20-22	FREDRIKSTAD IF	01:01:17	00:05:40
13	69	Lars Aurebekk	35-39	FREDRIKSTAD SKIKLUBB	01:02:07	00:06:30
14	221	Johnny Stensrud	50-54	MOSS IL	01:02:27	00:06:49
15	542	Ivar Kummervold	50-54	NOREMA	01:03:36	00:07:59
16	38	Frederik Bjørnstad	35-39	BORN TO RUN	01:03:47	00:08:09
17	558	Rune Eriksen	55-59	RYGGEJOGGEN	01:03:47	00:08:10
18	388	Jørgen Løken	20-22		01:04:13	00:08:36
19	91	Eirik Kjølbek Klonteig	23-34	BRYNILD GRUPPEN	01:04:15	00:08:37
20	422	Svein Arne Sølvberg	65-69	OPPEGÅRD IL	01:04:26	00:08:49
21	555	Preben Gautun	40-44	FREDRIKSTAD IF	01:04:45	00:09:08
22	491	Bjørge Nesengen	40-44	FREDRIKSTAD TRIATLONKLUBB	01:04:46	00:09:09
23	396	Ola Skeid	23-34	OPPSAL IF/AFK BIL	01:04:58	00:09:21
24	330	Terje Ørås	45-49	FREDRIKSTAD TRIATLONKLUBB	01:05:06	00:09:29
25	174	Steinar Lien	50-54	OPPEGÅRD IL	01:05:07	00:09:30
26	520	Emil Magnussen	35-39		01:05:15	00:09:38
27	16	Øyvind Wang	40-44	SKILØPERNE	01:05:23	00:09:45
28	636	Steinar Uran	45-49	TEAM URAN	01:05:38	00:10:01
29	380	Henrik Høidahl	40-44		01:05:47	00:10:09
30	650	Dagfinn Mo	45-49	MOSS CK	01:05:51	00:10:14
31	486	Lars Øy	40-44	GJELLERÅSEN IF	01:05:54	00:10:16
32	522	Martin Sture	40-44		01:05:54	00:10:16
33	67	Christer Hult	35-39	LIRE BK	01:06:05	00:10:28
34	560	Kurth Asle Magnussen	55-59	BREVPOST BIL	01:06:05	00:10:28
35	450	Terje Størset	45-49	NITTEDAL TRIATHLON	01:06:21	00:10:44
36	637	Axel Bendiksbj	35-39	FREDRIKSTAD TRI KLUBB	01:06:32	00:10:54
37	12	Knut-André Larsen	23-34		01:06:33	00:10:56
38	94	Øystein Bertheussen	23-34		01:06:38	00:11:01
39	145	Olav Kleiveland	45-49		01:07:07	00:11:29
40	9	Knut Viggo Andersen	50-54	FREDRIKSTAD IF	01:07:18	00:11:40
41	207	Steve Kaspersen	23-34	FREDRIKSTAD TRIATLONKLUBB / SK	01:07:21	00:11:44
42	324	Lars Hauge	50-54	GREÅKER IF	01:07:26	00:11:49
43	379	Leif Morten Jamissen	40-44	SATS SARPSBORG	01:07:41	00:12:04
44	355	Fred Morgan Larsen	45-49	VARTEIG IL	01:07:43	00:12:06
45	120	Ronny Knudsen	40-44		01:07:45	00:12:08
46	464	Ulf Eliasson	35-39	SKYE	01:07:51	00:12:14
47	121	Jan Terje Dragvoll	40-44		01:07:51	00:12:14
48	462	Rolf E. Bøhn	55-59	HALDEN IL	01:07:59	00:12:22
49	512	Jørn Espen Nilsen	23-34		01:07:59	00:12:22

16km individuell

Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
50	377	Lars Frode Strømmand	50-54	LUKE THE DRIFTER'S RUNNING TE/	01:08:01	00:12:23
51	165	Rune Langnes	45-49	FTBIL	01:08:03	00:12:26
52	552	Geir Jørgensen	45-49	FREDRIKSTAD IF	01:08:12	00:12:35
53	571	Hans-Jørgen Lund	50-54	SKILØPERNE	01:08:13	00:12:36
54	469	Martin Sondaj	40-44	FREDRIKSTAD IF	01:08:15	00:12:37
55	110	Tomas Wang	23-34	SMELLS LIKE TEAM SPIRIT	01:08:15	00:12:38
56	644	Andreas Larsen	35-39	ASIK FLAMES	01:08:18	00:12:41
57	70	Espen Grindahl	40-44		01:08:20	00:12:43
58	271	Alexander Rørberg	23-34	FPIL	01:08:46	00:13:09
59	308	Tom Erik Heia	35-39		01:08:54	00:13:17
60	317	Bjørn Dahlby Karlsen	18-19		01:08:55	00:13:18
61	52	Per Åge Hallstensen	40-44		01:08:56	00:13:19
62	399	Hallvard Bjørkli	23-34		01:09:26	00:13:49
63	283	Snorre Haraldsson	45-49	PRIVAT	01:09:29	00:13:51
64	648	Petter Sten Larsen	45-49	NØKLEBY	01:09:30	00:13:53
65	614	Tom Sognlien	55-59	FREDRIKSTAD IDRETTSFORENING	01:09:32	00:13:55
66	362	Magnus Thorsen	40-44		01:09:39	00:14:02
67	557	Daniel Brewster	23-34		01:09:40	00:14:03
68	251	Magne Svandal	40-44	FREDRIKSTAD SKIKLUBB	01:09:48	00:14:11
69	402	Egil Holme	60-64	FREDRIKSTAD IF	01:09:55	00:14:17
70	389	Pål-Helge Nilssen	40-44	NORTHERN RUNNERS	01:10:00	00:14:22
71	651	Steinar Basberg	55-59	FREDRIKSTAD IF	01:10:08	00:14:30
72	335	Magne Rosnes	40-44	COWI BIL	01:10:11	00:14:34
73	595	Per Ove Haugland	40-44	NYLENDE IF	01:10:14	00:14:36
74	277	Erik Jørstad	35-39	FREDRIKSTAD SYKKELKLUBB / STC	01:10:15	00:14:38
75	245	Jon Bjørke-Hill	35-39		01:10:17	00:14:39
76	547	Lars Henning Stang	40-44		01:10:24	00:14:46
77	640	Jørn Haabeth	35-39	FREDRIKSTAD IF	01:10:37	00:15:00
78	375	Raymond Westberg	45-49		01:10:40	00:15:02
79	194	Martin Ekeberg	23-34	SAMEMAFIAEN	01:10:42	00:15:05
80	625	Morten Jensen	40-44	NORDENS AS	01:10:47	00:15:10
81	585	Thomas E. Rasmussen	40-44	FREDRIKSTAD IF	01:10:49	00:15:12
82	370	Herman Gløersen	16-17	FREDRIKSTAD SKIKLUBB	01:10:52	00:15:15
83	576	Sjur Haabeth	23-34		01:10:56	00:15:19
84	359	Snorre Treimo	23-34		01:11:03	00:15:25
85	17	Jørgen Hole	40-44	ÅS IL / SKILØPERNE	01:11:09	00:15:32
86	186	Steve Collier	55-59	ATOMEN HALDEN BIL	01:11:21	00:15:44
87	299	Stig Andresen	45-49	FREDRIKSTAD IF	01:11:22	00:15:45
88	83	Andreas Akselsen	35-39		01:11:24	00:15:46
89	360	Henrik Landeklint	40-44	FREDRIKSTAD IF	01:11:37	00:16:00
90	404	Stein Johansen	50-54	HANDELSBANKEN	01:11:42	00:16:05
91	463	Robin Brynildsen	45-49	FREDRIKSTAD TRIATLONKLUBB	01:11:43	00:16:05
92	300	Viggo Bjørnstad	40-44	SARPSBORG IL	01:11:57	00:16:20
93	331	Oelrik Werbrouck	40-44		01:12:00	00:16:23
94	407	Per Marius Olsen	23-34	FPIL	01:12:03	00:16:26
95	589	Harald Engh	40-44	VARTEIG I.L.	01:12:04	00:16:26
96	628	Richard Kjellvik	35-39		01:12:13	00:16:36
97	294	Arnt Andersrød	40-44		01:12:39	00:17:02
98	417	Espen Nystad	40-44		01:12:41	00:17:03

16km individuell

Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
99	187	Per Bråthen	60-64		01:12:44	00:17:07
100	183	Jan Olav Wilhelmsen	50-54	ØSTBYGDA IL	01:12:52	00:17:15
101	210	Knut Jostein Sandvik	45-49	ULLERØY IL	01:12:54	00:17:17
102	505	Sjur Tømte	55-59	FREDRIKSTAD IF	01:12:55	00:17:17
103	185	Tor Dalen	55-59	OPIL	01:12:56	00:17:18
104	481	Per Willy Sola	40-44	LUNDE FLYERS	01:12:59	00:17:22
105	645	Petter Kvamme Jensen	40-44		01:13:10	00:17:33
106	175	Ulf Roger Olsen	45-49		01:13:11	00:17:34
107	220	Thorleiv Aasland	50-54	NORDEA BIL	01:13:18	00:17:40
108	326	Øyvind Bråten	40-44	COWI BIL	01:13:28	00:17:51
109	176	Jon Frøyland	45-49	SKJEBERG CK	01:13:28	00:17:51
110	626	Eivind Johnsen Ulvin	50-54	BOC	01:13:33	00:17:56
111	600	Frank Robert Bråthen	40-44		01:13:33	00:17:56
112	487	Knut Magne Furuheim	55-59	FREDRIKSTAD SKIKLUBB	01:13:38	00:18:01
113	494	Harald Graarud	60-64		01:13:46	00:18:09
114	378	Erling Dahl	50-54	INGEN	01:13:48	00:18:11
115	316	Terje Hansen	55-59	FREDRIKSTAD IF	01:13:55	00:18:17
116	539	Jon Harald Carlsen	40-44		01:13:57	00:18:20
117	332	Per Hermansen	45-49	MOSS SYKKELKLUBB	01:13:59	00:18:21
118	26	Terje Svensson	55-59	FREDRIKSTAD IF	01:13:59	00:18:22
119	216	Espen Skaar	23-34	POLARIS	01:14:05	00:18:28
120	361	Roar Bjærum	55-59		01:14:06	00:18:28
121	546	Tommy Tinbod	45-49	SATS SARPSBORG	01:14:07	00:18:30
122	610	Lasse Tveit	40-44	REFF ROCK CITY	01:14:12	00:18:35
123	629	Stian Stæa Johannesen	23-34	VARTEIG IL	01:14:13	00:18:36
124	254	Ole-Jan Granli	45-49	MYSEN TENNISKLUBB	01:14:14	00:18:36
125	102	Lars Hox	35-39	KONGSTEN IF	01:14:16	00:18:38
126	416	Lars Kvalsvik	35-39		01:14:16	00:18:39
127	584	Jon Guthu	35-39		01:14:19	00:18:42
128	386	Lasse Horne	40-44	DGG	01:14:19	00:18:42
129	374	Stian Bye	35-39		01:14:20	00:18:43
130	441	Per Kristian Johansen	35-39		01:14:21	00:18:44
131	27	Jarle Skovly	35-39		01:14:26	00:18:49
132	215	Tonny Holte	35-39	TEAM SOLBERGVARDEN OPP	01:14:26	00:18:49
133	36	Tage Eidissen	40-44	SARPSBORG ORIENTERINGSKLUBB	01:14:30	00:18:53
134	567	Lars Fosse	23-34	IMTECH	01:14:42	00:19:05
135	544	Glenn Klausen	40-44	SKJEBERG CK	01:14:43	00:19:05
136	274	Ole Vingelsgaard	35-39	EUROPRIIS	01:14:46	00:19:09
137	400	Kent-Åge Tokstad Stallvik	23-34	ELVENG	01:14:46	00:19:09
138	239	Christoffer Thomassen	35-39	FREDRIKSTAD TRIATLONKLUBB	01:14:48	00:19:11
139	642	Pål Oliver Kristiansen	40-44	FREDRIKSTAD TRIATHLON KLUBB	01:14:48	00:19:11
140	593	Sigmund Nyvoll	16-17	TRØSKEN	01:14:50	00:19:12
141	170	Henrik Lorentzen	23-34	INFOTJENESTER AS	01:14:55	00:19:18
142	279	Bjørn Arne Lillebø	40-44		01:14:55	00:19:18
143	235	Lars Petter Gruner	35-39	NORDEA BANK NORGE	01:14:56	00:19:19
144	603	Odin Svendsen	40-44		01:15:05	00:19:28
145	439	Halvor De Flon	50-54	FRISKIS OG SVETTIS	01:15:10	00:19:33
146	322	Per Nielsen	40-44	COWI BIL	01:15:12	00:19:34
147	605	Dag Vidar Falch	35-39	OTT/CENTRUM FYSIOTERAPI	01:15:23	00:19:46

16km individuell

Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
148	428	Jarle Tranøy	45-49		01:15:29	00:19:52
149	440	Glenn Kristiansen	35-39	ROMERIKE ULTRALØPERKLUBB	01:15:29	00:19:52
150	11	Lars Hammerstad	45-49	SKJEBERG CK	01:15:32	00:19:54
151	485	Kenneth Ørseng	45-49	TEAM YX	01:15:36	00:19:58
152	449	Jakob Gløersen	16-17	FREDRIKSTAD SKIKLUBB	01:15:36	00:19:59
153	431	Hans-Petter Lystad	45-49	PRIVAT	01:15:39	00:20:01
154	334	Stein Jensen	55-59		01:15:42	00:20:05
155	32	Lars-Andreas Eriksen	23-34		01:15:47	00:20:10
156	592	Morten Moberg Arntzen	35-39	KONGSTEN IF	01:15:52	00:20:15
157	339	Eivind Sandvik	50-54		01:15:54	00:20:16
158	173	Robert Fialho	35-39	TEAM ACTIC TRIATHLON	01:15:59	00:20:22
159	206	Ole Kristian Sørensen	23-34		01:16:05	00:20:28
160	490	Anders Brynildsen	40-44	BRYNILD GRUPPEN	01:16:06	00:20:29
161	338	Terje Rød	45-49	FREDRIKSTAD IF	01:16:07	00:20:30
162	565	Martin Fredheim	40-44	FREDRIKSTAD IF	01:16:13	00:20:36
163	564	Robert Hauer	23-34	TEAM RH84	01:16:15	00:20:38
164	448	Knut Gløersen	45-49	FREDRIKSTAD SKIKLUBB	01:16:16	00:20:39
165	607	Thomas Ruyter	45-49	CICIGNON IF	01:16:17	00:20:40
166	268	Ketil Grønneberg	40-44		01:16:22	00:20:45
167	566	Anders Schjøllert Fredheim	40-44		01:16:26	00:20:49
168	496	Espen Sperlin	23-34	EIDSBERG IL	01:16:28	00:20:51
169	497	Ole-Jacob Martinsen	35-39		01:16:31	00:20:54
170	232	Ole Petter Sandersen	40-44	ULFVEN AS	01:16:31	00:20:54
171	82	Karsten Jacobsen	45-49	NEXANS	01:16:33	00:20:56
172	617	Richard Lindstrøm	40-44		01:16:34	00:20:57
173	509	Stephen Gangestad	50-54	FREDRIKSTAD IF	01:16:38	00:21:00
174	438	Vetle Bråthen Blekken	23-34		01:16:39	00:21:02
175	381	Fredrik Bjørnebekk	23-34	SARPSBORG AP	01:16:39	00:21:02
176	204	Morten Tvedt	60-64	DFI SYKKEL	01:16:55	00:21:18
177	4	Bjørn Einar Larsen	50-54	SKILØPERNE	01:16:58	00:21:21
178	157	Nick Simons	40-44		01:17:01	00:21:24
179	384	Kennet Hald	35-39	HALD	01:17:01	00:21:24
180	475	Harald Vidsjå	50-54	NESODDEN TEAM2	01:17:02	00:21:25
181	19	Magnus Krossby	40-44	FREDRIKSTAD SK	01:17:11	00:21:34
182	350	Kjell Arne Johansen	60-64	FREDRIKSTAD IF	01:17:15	00:21:38
183	252	Fredrik Martinsen	23-34		01:17:23	00:21:46
184	6	Jørgen Johansen	40-44	SOLKYSTEN LK	01:17:31	00:21:54
185	433	Martin Sagen Andersen	35-39	RT 27 FREDRIKSTAD	01:17:32	00:21:55
186	474	Jens Thorgaard	40-44		01:17:33	00:21:56
187	222	Ivar Ness	55-59	HVALER VOLLEYBALLKLUBB	01:17:34	00:21:57
188	652	Frode Christiansen	40-44	BRUA FYSIKALSKE	01:17:43	00:22:06
189	461	Karsten F. Hansen	45-49	BRYNILD GRUPPEN BIL	01:17:51	00:22:13
190	413	Rune Berntzen	45-49		01:17:57	00:22:20
191	623	Dan Thomas Olsen	23-34		01:18:05	00:22:28
192	367	Odd Hilberg Johansen	60-64	RSL	01:18:07	00:22:30
193	333	Henning Johansen	50-54	COWI	01:18:08	00:22:31
194	514	Truls Martin Ambjørnsen	35-39	RT 27 FREDRIKSTAD	01:18:11	00:22:34
195	606	Lars Thunes	45-49		01:18:18	00:22:41
196	649	Erling Dokk Holm	50-54		01:18:35	00:22:57

16km individuell

Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
197	500	Øyvind Sola	40-44	YVEN IF	01:18:35	00:22:58
198	90	Geir Bjørnstad	40-44	SARPSBORG ARBEIDERBLAD	01:18:42	00:23:05
199	270	Fredrik Myhre Haugerud	40-44	TROLLDALEN IF	01:18:47	00:23:09
200	158	Just Kullberg-Marcussen	45-49		01:18:53	00:23:16
201	167	Diego Gonzalez	23-34	SMELLS LIKE TEAM SPIRIT	01:18:54	00:23:17
202	307	Piotr Hryn	23-34	ADAMEKS	01:18:55	00:23:17
203	582	Bjørn Åstorp	55-59	SARPSBORG O-LAG	01:18:55	00:23:18
204	511	Anders Johan Krosby	65-69	COWI BIL	01:19:02	00:23:25
205	435	Joachim Eriksen	40-44		01:19:03	00:23:25
206	217	Martin Mikkelsen Syvertsen	23-34	SIGNICAT	01:19:04	00:23:27
207	460	Aleksander Walberg Sørli	23-34	FREDRIKSTAD TRIATLONKLUBB	01:19:05	00:23:28
208	257	Arne Aleksander Jeksrud	35-39	LEEDS UTD.	01:19:05	00:23:28
209	498	Stig Kavli	50-54	BLODSMAK SK	01:19:06	00:23:29
210	20	Vegard Krabberød	40-44		01:19:12	00:23:35
211	573	Espen Michael Eriksen	23-34	IMETCH	01:19:15	00:23:38
212	476	Ingar Martinsen	50-54		01:19:19	00:23:42
213	638	Karl-Erik Diskerud	50-54	TELL	01:19:21	00:23:44
214	236	André Larsen	23-34		01:19:25	00:23:48
215	348	Ole Martin Glende Eriksen	35-39		01:19:26	00:23:49
216	296	Tore André Johansen	40-44		01:19:30	00:23:53
217	323	Steinar Skaug	35-39	COWI	01:19:33	00:23:56
218	392	Tom-Erik Larsen	40-44		01:19:33	00:23:56
219	453	Erik Bjurstrøm	55-59		01:19:35	00:23:58
220	391	Claes Jørgen Bøhn	45-49	HALDEN CK/ FRESSENIUS KABI BIL	01:19:36	00:23:59
221	289	Wieslaw Adamek	50-54	ADAMEKS	01:19:38	00:24:01
222	341	Rino Skaug	45-49	GAARDS-SERVICE AS	01:19:38	00:24:01
223	160	Rene Hegge	45-49		01:19:45	00:24:08
224	641	Heine Jensen	23-34	@HEINEJENS	01:19:54	00:24:17
225	455	Harald Lunde	45-49	VARTEIG IL	01:19:56	00:24:18
226	434	Anders Karlsson	35-39	QUALITY HOTEL & RESORT SARPSBØ	01:19:56	00:24:19
227	591	Frank Langva	40-44		01:19:57	00:24:19
228	15	Tom Henning Hammerstad	55-59	FREDRIKSTAD ENERGI AS	01:20:00	00:24:23
229	154	Erling Søyland	40-44	CAD QUALITY	01:20:00	00:24:23
230	397	Øivind Solberg	35-39		01:20:06	00:24:29
231	541	Espen Johannessen	45-49	TEAM BTS	01:20:08	00:24:31
232	21	Terje Lundberg	45-49	COMPUSOFT BIL	01:20:11	00:24:34
233	458	Arnfinn Sørli	60-64	SARPSBORG SYKLEKLUBB	01:20:14	00:24:37
234	128	Bjørn Ove Asprem	35-39		01:20:15	00:24:38
235	643	Lars Edvinsen	35-39	ASIK FLAMES	01:20:16	00:24:39
236	48	Vidar Boye Hansen	55-59		01:20:21	00:24:44
237	568	Tore Karlstad	35-39	SARPSBORG SYKLEKLUBB	01:20:21	00:24:44
238	444	Vidar Augustin	50-54		01:20:22	00:24:45
239	372	Per Ekren Engelsen	45-49		01:20:25	00:24:47
240	446	Darius Adomaitis	35-39		01:20:35	00:24:58
241	657	Jan Edvin Blomkvist	50-54	BOLIGBYGGELAGET USBI	01:20:38	00:25:01
242	255	Finn Henry Lillestrand	45-49	TRØSKEN IL	01:20:38	00:25:01
243	594	Sindre Nyvoll	45-49	COMPUSOFT BIL	01:20:48	00:25:11
244	313	David Weber	45-49		01:20:52	00:25:15
245	495	Sjur Lysaker	23-34		01:20:53	00:25:15

16km individuell

Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
246	75	Sven Ove Austbø	40-44	TRANSCOM	01:21:11	00:25:34
247	156	Christian Pilestrand	40-44	TROLLEDALEN IF	01:21:19	00:25:42
248	479	Espen Handegård	35-39		01:21:22	00:25:45
249	394	Alexander O Sørvoll	23-34	BRYNILD GRUPPEN	01:21:24	00:25:47
250	30	Vidar Dahl	50-54	LANGEMYRVEIEN	01:21:28	00:25:50
251	132	Mikael Høgberg Johansen	23-34		01:21:32	00:25:54
252	654	Nils Arue Frøisland	50-54		01:21:33	00:25:56
253	57	Sondre Bauer Lunde	23-34	NEXANS	01:21:35	00:25:58
254	231	Kristoffer Stang	23-34	#TEAMCHEMTRAIL	01:21:35	00:25:58
255	363	Anders Løkke	40-44	CK ØST	01:21:36	00:25:59
256	478	Geir Pettersen	45-49	JACKON	01:21:38	00:26:01
257	467	Thomas Ulfsrød	40-44		01:21:46	00:26:09
258	507	Ragnar Heier	60-64	ØSTBYGDA IL	01:21:59	00:26:21
259	188	Ole Martin Forsetlund	23-34		01:22:00	00:26:22
260	588	Erik Martinsen	23-34		01:22:01	00:26:24
261	282	Torger Bjørndal	23-34	STOREMYR IL	01:22:05	00:26:27
262	295	Magne Kjøniksen	45-49	HAFSLUND	01:22:15	00:26:38
263	516	Petter Andersen	20-22		01:22:34	00:26:57
264	258	Andreas Evensen	35-39		01:22:40	00:27:03
265	473	Øystein Andersen	35-39		01:22:42	00:27:05
266	242	Alfredo De Ibarra Argiles	23-34		01:22:46	00:27:08
267	510	Jon Egenes	40-44	ERLIG LH	01:22:51	00:27:14
268	556	Pål Tandberg	55-59	MOSS LUFTHAVN RYGGE	01:22:56	00:27:18
269	244	Marcus Ogre	23-34	NEMUS	01:23:00	00:27:23
270	340	Tor-Arne Halvorsen	40-44		01:23:03	00:27:26
271	37	Henrik Ottersen	35-39		01:23:05	00:27:28
272	369	Ole Jensen	23-34		01:23:07	00:27:30
273	468	Thomas Grundstad	35-39	BORGE FYSIOTERAPI	01:23:10	00:27:33
274	492	Thomas Borger	40-44	IMTECH	01:23:10	00:27:33
275	262	Ruben Verdu Martinez	35-39	PRIVAT	01:23:17	00:27:40
276	286	Jørn Anders Bjercke	23-34	JCB HAGE OG GRØNTAREALER AS	01:23:24	00:27:47
277	579	Torgeir Snilsberg	45-49		01:23:32	00:27:55
278	224	Endre Jønland	55-59		01:23:33	00:27:56
279	459	Jim Lauritsen	50-54		01:23:40	00:28:03
280	273	Morten Bergli	23-34		01:23:46	00:28:08
281	513	Lasse Orring	35-39	RT 27 FREDRIKSTAD	01:23:48	00:28:10
282	352	Jan Løvfold	35-39		01:24:10	00:28:32
283	368	Frode Andersen	35-39		01:24:38	00:29:00
284	596	Fredrik Bråthen	16-17	SFK	01:24:40	00:29:02
285	353	Atle Stubberud	23-34	TINDLUND IF	01:24:41	00:29:03
286	169	Sondre Haslerud Stjern	23-34	ROMERIKE ULTRALØPERKLUBB	01:24:44	00:29:06
287	238	Magnus Arnesen	35-39	ROLVSØY VEKTLØFTERKLUBB	01:24:49	00:29:12
288	631	Trond Risa	40-44	SERUL NATAS	01:24:50	00:29:13
289	537	Julius Horgheim	16-17	FREDRIKSTAD IF	01:24:54	00:29:16
290	574	Morten Bruheim	23-34		01:24:55	00:29:17
291	489	Petter Danielsen	45-49	KONGSTEN IF	01:25:02	00:29:25
292	180	Morgan Adolfsen	45-49	SARPSBORG KOMMUNE	01:25:04	00:29:27
293	43	Lars Erik Halvorsen	45-49		01:25:07	00:29:29
294	118	Joshua Karesch	20-22		01:25:29	00:29:52

16km individuell

Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
295	578	Lennart Gammelsrud	40-44		01:25:31	00:29:53
296	583	Philip Drivenes	16-17	FREDRIKSTAD SKIKLUBB	01:25:47	00:30:10
297	62	Morten Hansen	50-54	TØFF OM DAGEN	01:26:02	00:30:25
298	311	Roger Renberg	45-49		01:26:16	00:30:39
299	639	Arild Olsrud Hansen	50-54	FRESENIUS KABI	01:26:20	00:30:43
300	101	Håvard Skaaden	23-34		01:26:32	00:30:55
301	80	Ole Christian Sæll	40-44	RUNNINGRABBITS	01:26:36	00:30:59
302	196	Sverre Lefsaker	35-39	PROJECTIONDESIGN	01:26:38	00:31:00
303	534	Remi Bjørkå	35-39		01:26:39	00:31:02
304	615	Olav Gram Degnes	23-34	REARDEN PARTNERS AS	01:26:46	00:31:09
305	465	Andreas Lervik	45-49	SARPSBORG SYKLEKLUBB	01:26:49	00:31:11
306	241	Trond Bjørling	50-54		01:26:53	00:31:16
307	612	Tobby Simonsen	35-39	PROJECTIONDESIGN	01:26:57	00:31:20
308	351	Anders Tronstad	45-49		01:27:05	00:31:28
309	155	Fredrik Gaarder	40-44		01:27:09	00:31:31
310	365	Rino Rådahl	50-54		01:27:09	00:31:32
311	437	Trym Bråthen Tangen	23-34		01:27:12	00:31:35
312	483	Bill Bjerkehagen	45-49	TRØMBORG IL	01:27:15	00:31:38
313	366	Øystein J Andresen	45-49	FREDRIKSTAD TRIATLONKLUBB	01:27:20	00:31:43
314	604	Jon-Erik Gretland	35-39	KLUBB PARADISAAK	01:27:20	00:31:43
315	134	Rino Humlekjær	50-54		01:27:27	00:31:49
316	260	John Vidar Olsen	65-69	RYGGEJOGGEN	01:27:32	00:31:55
317	209	Svend Yrvum	40-44	MOSSJONISTENE	01:27:36	00:31:58
318	246	Roy Bråthen	40-44	ØSTFOLD ENERGI	01:27:38	00:32:01
319	247	Bengt Petter Johansen	35-39	ØSTFOLD ENERGI	01:27:46	00:32:08
320	427	Morten Heli-Hansen	35-39	NORDIC CRANE	01:28:05	00:32:28
321	325	Ulf Røysted	45-49	COWI AS	01:28:23	00:32:45
322	237	Thor Arnesen	23-34	NORDEA BANK NORGE	01:28:23	00:32:46
323	63	Heine Kristoffer Aas	23-34		01:28:37	00:33:00
324	590	Stein Eriksen	50-54	COWI	01:28:39	00:33:02
325	314	Per Christian Heines	40-44	ZENITH SURVEY	01:28:40	00:33:02
326	297	Hans Rudi Aas	23-34		01:28:43	00:33:05
327	25	Stian Holmskog	23-34	PENTEX AS	01:28:48	00:33:10
328	230	Sindre Martinsen-Evje	23-34		01:28:49	00:33:12
329	240	Jan Arild Wallin Røste	45-49		01:29:05	00:33:27
330	429	Svend Aage Larsen	40-44	ROCKDRIVERS	01:29:28	00:33:51
331	13	Ivar Lundstrøm	45-49		01:29:45	00:34:08
332	656	Stian Bjørnebekk	40-44		01:30:03	00:34:26
333	243	Morten Bjørnstad	40-44		01:30:06	00:34:28
334	280	Andreas Egenes	45-49	ÆRLIG LH	01:30:43	00:35:06
335	488	Kenny Engen	23-34		01:30:44	00:35:06
336	356	Lars Gjerlaugsen	23-34	TANNLEGE LARS GJERLAUGSEN	01:30:52	00:35:15
337	419	Ole Petter Glückstad	45-49	GILDE	01:31:05	00:35:28
338	538	Victor Olsen	18-19		01:31:11	00:35:33
339	197	Marius Mortensen	23-34	VARTEIG BOYZ	01:31:18	00:35:41
340	105	Jonas Holth	23-34	BÅTHUSTEATRET	01:31:41	00:36:04
341	195	Øyvind Svensen	23-34	PROJECTIONDESIGN	01:31:46	00:36:09
342	143	Trond V. Hansen	50-54	IMTECH	01:31:54	00:36:17
343	508	Øystein Kjøll	50-54	IDE&DEKORVERKSTEDET;	01:31:56	00:36:19

16km individuell

Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
344	285	Christer Ringsrud	23-34	JCB HAGE OG GRØNTAREALER AS	01:32:00	00:36:23
345	269	Jørgen Gurandsrud	65-69	FREDRIKSTAD IF	01:32:03	00:36:26
346	633	Andreas Paulsen	40-44	FYSIOPLUSS	01:32:21	00:36:44
347	472	Andreas Lavik Nordby	23-34	FREDRIKSTAD KOMMUNE	01:32:43	00:37:06
348	602	Steffen Eliassen	23-34		01:32:44	00:37:07
349	205	Knut Thorvaldsen	40-44	FLESK I FARTA	01:32:46	00:37:09
350	655	Morten Moen	23-34		01:32:55	00:37:17
351	233	Terje Berg	65-69	PINSEKIRKEN, HALDEN	01:32:59	00:37:22
352	135	Morten Richardsen	50-54	GAMLE KÆLLÆR	01:33:03	00:37:25
353	123	André Monsen	45-49		01:33:13	00:37:36
354	409	Marcel Mandji	40-44	MARCEL MANDJI	01:33:24	00:37:47
355	554	Ole Johnny Aasen	35-39		01:33:35	00:37:57
356	531	Stian Kristiansen	23-34		01:34:12	00:38:35
357	412	Sven-Erik Lind	35-39		01:34:20	00:38:43
358	562	Sverre Sanengen	75-79	FREDRIKSTAD IF	01:34:24	00:38:46
359	139	Anders Amundsen	23-34	BÅTHUSTEATRET	01:34:45	00:39:08
360	632	Per Arve Strømstad	40-44	OSLO ØSTRE SKL	01:35:05	00:39:28
361	56	Lasse Johnsen	50-54		01:35:47	00:40:10
362	148	Tom Wahlgren	65-69	SOL	01:35:49	00:40:12
363	211	Jørn Tørmoen	45-49	TJUKKASGJENGEN	01:35:50	00:40:12
364	393	Andreas Berg	23-34	ELIXIA TUNEJORDET	01:36:13	00:40:36
365	466	Terje Andresen	60-64	SARPSBORG ARBEIDERBLAD	01:36:32	00:40:55
366	137	Knut Reidar Syvertsen	50-54	GAMLE KÆLLÆR	01:37:01	00:41:24
367	630	Magne Elstad	45-49		01:37:14	00:41:37
368	74	Stig Ove Syversen	45-49	TRANSCOM	01:37:20	00:41:43
369	477	Øyvind Schei	23-34		01:37:42	00:42:05
370	179	Thomas Rolland	45-49		01:38:14	00:42:36
371	457	Dan-Petter Jacobsen	23-34	COWI	01:38:16	00:42:38
372	354	Theodor Bye	35-39	RØDENES IL	01:38:19	00:42:41
373	126	Ole Emilsen	23-34	IMTECH	01:38:21	00:42:44
374	624	Tom Erik Kristiansen	45-49	EURY	01:38:48	00:43:10
375	597	Henrik Lund Raagaard	70-74		01:39:09	00:43:32
376	72	Geir Skaara	55-59	NORDEA BIL	01:39:10	00:43:33
377	619	Hans- Olaf Kirkeng	55-59	ØSTBYGDA IDRETTLAG	01:39:14	00:43:36
378	301	Jon Eivind Svendsen	23-34		01:39:55	00:44:18
379	343	Tore Nygaard	40-44	COWI	01:40:04	00:44:27
380	581	Knut Patrick Rustan	40-44		01:41:19	00:45:42
381	550	Martin Østby	23-34	TEAM ACTIC TRIATHLON	01:41:34	00:45:57
382	424	Geir Syversen	35-39	FREDRIKSTAD IF	01:41:38	00:46:00
383	302	Marius Hansen	23-34	TEAM HANSEN	01:42:05	00:46:28
384	136	Steinar Jensen	50-54	GAMLE KÆLLÆR	01:42:44	00:47:07
385	87	Joachim Halvorsen	23-34	IMTECH	01:44:12	00:48:35
386	212	Tonny Røren	35-39		01:44:13	00:48:36
387	559	Thomas Bysted	35-39	RT 27 FREDRIKSTAD	01:44:37	00:49:00
388	563	Daniel Trandum	23-34	RT 27 FREDRIKSTAD	01:44:37	00:49:00
389	66	Knut Eggen	50-54	SARPSBORG KOMMUNE	01:44:51	00:49:14
390	284	Jørn Cato Bjercke	50-54	JCB HAGE OG GRØNTAREALER AS	01:47:30	00:51:53
391	293	Jan Johasson	55-59	IMTECH	01:50:10	00:54:33
392	543	Michael Lindgjerdet	23-34		01:53:33	00:57:56

16km individuell

Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
393	151	Knut Gunnar Borgmo	50-54		01:56:07	01:00:30
394	266	Roger Evensen	40-44	MOSSJONISTENE.COM	01:56:26	01:00:49
395	521	Mukhtar Qarbosh	23-34	NAV FREDRIKSTAD	01:59:24	01:03:47
396	618	Jørn Sigvart Watvedt	55-59	ØSTBYGDA	02:05:41	01:10:04

Antall: 396