

## 3 km

|    | Navn                                                                                | Klubb                 | Startnr | Totaltid | Diff    |
|----|-------------------------------------------------------------------------------------|-----------------------|---------|----------|---------|
|    | <b>Jenter 10-11 år 3 km (Påmeldt: 68 - Startet: 62 - Fullført: 60 - Premier: 0)</b> |                       |         |          |         |
| 1  | Christina Elise Osnes-Ringen                                                        | Lyn / Lyn Ski         | 378     | 11:25.6  | 00:00.0 |
| 2  | Maren Halle Haugen                                                                  | Runar                 | 127     | 11:28.5  | 00:02.8 |
| 3  | Ina Halle Haugen                                                                    | Runar                 | 31      | 11:29.6  | 00:03.9 |
| 4  | Johanna Ågesen Tofte                                                                | Koll IL               | 303     | 12:09.8  | 00:44.1 |
| 5  | Anna Marie Nordengen Sirevåg                                                        | Vidar / SK Vidar      | 197     | 12:21.8  | 00:56.1 |
| 6  | Synne Nesheim                                                                       | Bærums Skiklub        | 153     | 12:30.5  | 01:04.9 |
| 7  | Iris Engeness                                                                       | Korsvoll              | 369     | 12:47.3  | 01:21.7 |
| 8  | Vilma Halstenstad Stovner                                                           | Fossum IF / Fossum IF | 346     | 12:54.4  | 01:28.8 |
| 9  | Siri Nesheim                                                                        | Bærums Skiklub        | 6       | 12:56.4  | 01:30.8 |
| 10 | Ina Undebakke                                                                       |                       | 370     | 13:00.0  | 01:34.3 |
| 11 | Mathilde Blegen                                                                     | Koll IL / Koll        | 317     | 13:06.5  | 01:40.8 |
| 12 | Aurora Wilkens Jernberg                                                             | Kjelsås IL            | 87      | 13:07.1  | 01:41.4 |
| 13 | Hannah Skogstad Rønningen                                                           |                       | 155     | 13:09.4  | 01:43.8 |
| 14 | Kristine Lunde                                                                      |                       | 190     | 13:29.7  | 02:04.0 |
| 15 | Mathilde Magnusson                                                                  | Sturla                | 177     | 13:33.2  | 02:07.6 |
| 16 | Janne Alseth                                                                        |                       | 105     | 13:37.4  | 02:11.8 |
| 17 | Hanna Engesæter Sørbye                                                              | Røa IL                | 110     | 13:42.1  | 02:16.4 |
| 18 | Eva Liheim Alfstad                                                                  | Tyrving IL            | 141     | 13:43.1  | 02:17.4 |
| 19 | Maren Brännare-Gran                                                                 | Haslum IL- Ski        | 154     | 13:49.1  | 02:23.4 |
| 19 | Ninni Mitrovic                                                                      | Snarøya               | 428     | 13:49.8  | 02:24.1 |
| 21 | Hedda Helgheim                                                                      | Tyrving IL            | 51      | 13:51.0  | 02:25.4 |
| 22 | Isabelle Tjomsland                                                                  | Fossum IF             | 131     | 13:52.1  | 02:26.4 |
| 23 | Carmen Skotner Saure                                                                |                       | 259     | 13:59.8  | 02:34.1 |
| 24 | Marthe Johanne Hjelmeset                                                            | Nittedal IL           | 117     | 14:43.7  | 03:18.0 |
| 25 | Tia Zelow Bliksmark                                                                 | Fossum IF / Fossum IF | 358     | 14:52.1  | 03:26.4 |
| 26 | Mathea Berg Edbo                                                                    | Tyrving IL            | 124     | 14:54.8  | 03:29.2 |
| 26 | Anna Rylandsholm                                                                    | Tyrving IL            | 143     | 14:54.8  | 03:29.1 |
| 28 | Anette Stadsvik                                                                     | Fossum If / Elgen     | 28      | 14:58.4  | 03:32.7 |
| 28 | Sigrid Alvik                                                                        | Tyrving IL            | 147     | 14:58.6  | 03:33.0 |
| 28 | Merete Sperstad                                                                     | Tyrving IL            | 286     | 14:58.1  | 03:32.4 |
| 31 | Cecilie Hvammen                                                                     |                       | 375     | 15:06.2  | 03:40.6 |
| 32 | Ingvild A. Hauge                                                                    | Snarøya               | 120     | 15:15.9  | 03:50.3 |
| 33 | Thelma Allum                                                                        | Håndball J 04         | 294     | 15:21.3  | 03:55.6 |
| 34 | Hanna Gåsvær                                                                        |                       | 348     | 15:26.1  | 04:00.4 |
| 35 | Filippa Blakstadnillsson                                                            | Fossum IF             | 171     | 15:32.0  | 04:06.4 |
| 36 | Maren Hamre Køber                                                                   | Tyrving IL            | 3       | 15:41.1  | 04:15.4 |
| 37 | Katinka Lie Petterson                                                               | Tyrving IL            | 269     | 15:46.4  | 04:20.7 |
| 38 | Selma Skeie                                                                         | Tyrving IL            | 68      | 15:54.6  | 04:28.9 |

## RESULTATLISTE

21.05.2014

## Jenter 10-11 år 3 km

(Påmeldt: 68 - Startet: 62 - Fullført: 60 - Premier: 0)

|    |                              |                     |     |         |         |
|----|------------------------------|---------------------|-----|---------|---------|
| 39 | Frida Jarinn Holm            | Haslum IL           | 182 | 16:01.5 | 04:35.8 |
| 40 | Jenny Noordhof Ask           | Xx                  | 11  | 16:12.6 | 04:46.9 |
| 41 | Frida Camille Aa             | Tyrving IL          | 24  | 16:14.3 | 04:48.6 |
| 42 | Lotte Neteland               | Tyrving IL          | 396 | 16:16.6 | 04:50.9 |
| 43 | Maiken Neteland              | Tyrving IL          | 342 | 16:30.6 | 05:04.9 |
| 44 | Emilie Solheim Ruud          | Fossum IF           | 73  | 16:36.1 | 05:10.5 |
| 45 | Eva Myren                    |                     | 419 | 16:39.9 | 05:14.2 |
| 46 | Loulou Olivia Rostad Lunder  | Snarøya             | 364 | 16:47.9 | 05:22.2 |
| 47 | Celma Vedner                 |                     | 311 | 17:02.6 | 05:36.9 |
| 48 | Thea Follvar Weihe           |                     | 156 | 18:03.2 | 06:37.5 |
| 49 | Henriette Havig-Gjelseth     |                     | 316 | 18:41.4 | 07:15.7 |
| 50 | Amalie Oulie                 | VBHK                | 114 | 18:43.9 | 07:18.3 |
| 51 | Selma Deisz                  | Snarøya J2004       | 99  | 19:07.9 | 07:42.2 |
| 51 | Othilie Brekke               | Snarøya             | 412 | 19:07.5 | 07:41.8 |
| 53 | Charlotte Ruud               |                     | 88  | 19:16.8 | 07:51.1 |
| 54 | Cathinka Lunder              |                     | 380 | 19:26.4 | 08:00.7 |
| 55 | Andrea Hadler-Olsen          |                     | 359 | 19:29.7 | 08:04.0 |
| 56 | Mie Alme Arnesen             | Snarøya Sportsklubb | 123 | 19:30.0 | 08:04.3 |
| 57 | Dina Frosta                  |                     | 418 | 20:14.8 | 08:49.2 |
| 58 | Janne Maria Egeland Johansen |                     | 417 | 20:20.5 | 08:54.8 |
| 59 | Thea Mouritsen Krogh         | Sportsklubben Kraft | 134 | 21:03.6 | 09:37.9 |
| 60 | Marthe Ditlev-Simonsen       |                     | 262 | 25:25.7 | 14:00.0 |
|    | Marie Agedal                 |                     | 170 | DNF     | DNF     |
|    | Elina Løken Dahl             | Tyrving IL          | 104 | DNS     | DNS     |
|    | Nora Conradi                 | ØHIL                | 146 | DNS     | DNS     |
|    | Anne Mimmi Wahlstrøm         | Tyrving IL          | 150 | DNS     | DNS     |
|    | Amalie Aarvak Bakklund       | Fossum IF           | 201 | DNS     | DNS     |
|    | Hedda Wien-Christenson       | Tyrving IL          | 218 | DNS     | DNS     |
|    | Thea Stjernstedt             | Tyrving IL          | 246 | DNS     | DNS     |

## Gutter 10-11 år 3 km

(Påmeldt: 62 - Startet: 59 - Fullført: 58 - Premier: 0)

|    |                           |                      |     |         |         |
|----|---------------------------|----------------------|-----|---------|---------|
| 1  | Filip Osnes-Ringen        | Lyn / Lyn Ski        | 379 | 11:38.6 | 00:00.0 |
| 2  | Ask Grøtan Wang           | Tyrving IL           | 35  | 11:56.6 | 00:18.0 |
| 2  | Vegard Nåvik              | Haslum IL            | 81  | 11:56.4 | 00:17.7 |
| 4  | Henrik Norli              | Tyrving IL           | 102 | 12:06.4 | 00:27.7 |
| 4  | Vegard Benum Vestre       | Tyrving IL           | 206 | 12:06.9 | 00:28.2 |
| 6  | Jonathan Hertwig-Ødegaard | Tyrving IL           | 191 | 12:07.5 | 00:28.9 |
| 7  | Sindre Fredriksen         | Varteig IL           | 258 | 12:09.3 | 00:30.7 |
| 8  | Tobias Dyrli Thoresen     | Røa IL               | 344 | 12:20.2 | 00:41.5 |
| 9  | Fridtjof Berg             | Haslum IL            | 193 | 12:27.3 | 00:48.6 |
| 10 | Eilif Bildøy Sollien      | Lommedalens IL       | 293 | 12:29.2 | 00:50.6 |
| 11 | Eirik Syrdalen Dovland    | Fossum IF            | 296 | 12:33.0 | 00:54.3 |
| 12 | Nicolas Bretteville       | Fossum IF            | 94  | 12:42.3 | 01:03.7 |
| 13 | Aslak Bjørklund           | Tyrving IL / Tyrving | 309 | 12:55.7 | 01:17.1 |
| 14 | Sondre Bøygard            | Konnerud IL          | 126 | 13:03.4 | 01:24.7 |
| 15 | Martin Straumsheim        | Tyrving IL           | 174 | 13:10.3 | 01:31.7 |
| 16 | Anders Soland Bolin       | Fossum IF            | 76  | 13:11.6 | 01:32.9 |



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## RESULTATLISTE

21.05.2014

## Gutter 10-11 år 3 km

(Påmeldt: 62 - Startet: 59 - Fullført: 58 - Premier: 0)

|    |                           |                                                         |     |         |         |
|----|---------------------------|---------------------------------------------------------|-----|---------|---------|
| 17 | Bastian Berthelsen        | Tyrving IL                                              | 79  | 13:13.2 | 01:34.5 |
| 18 | Jonas Olsen               | Snarøya                                                 | 59  | 13:16.1 | 01:37.5 |
| 19 | Magnus Krane Frostrud     | Asker og Bærum Tamil Sportsklubb /<br>Bærum Sportsklubb | 213 | 13:19.8 | 01:41.2 |
| 20 | Johan Orlin               |                                                         | 422 | 13:22.7 | 01:44.0 |
| 21 | Alexander Tjomsland       | Fossum IF                                               | 15  | 13:25.7 | 01:47.1 |
| 22 | Thomas Trollsås           |                                                         | 46  | 13:30.5 | 01:51.9 |
| 23 | Philip Bergenstjerna      |                                                         | 142 | 13:34.5 | 01:55.8 |
| 24 | Simen Melaaen Døssland    |                                                         | 16  | 13:38.1 | 01:59.4 |
| 25 | Birk Felland Sætnan       | Fossum IF                                               | 307 | 13:43.0 | 02:04.4 |
| 26 | Sindre Esmann Milvang     | BVH                                                     | 415 | 13:51.6 | 02:13.0 |
| 27 | Herman Lorck-Olafsen      |                                                         | 67  | 14:08.5 | 02:29.8 |
| 28 | Martin Mæhle              |                                                         | 300 | 14:10.6 | 02:31.9 |
| 29 | Magnus Gantzel            |                                                         | 324 | 14:13.4 | 02:34.7 |
| 29 | Rasmus Meyerderks         |                                                         | 374 | 14:13.9 | 02:35.3 |
| 31 | Peder Lunder              |                                                         | 381 | 14:15.5 | 02:36.9 |
| 32 | Anders Fauske-Sjøstedt    | LØPLABBET                                               | 372 | 14:18.1 | 02:39.5 |
| 33 | Erik Undseth              | Røa IL                                                  | 204 | 14:29.6 | 02:51.0 |
| 34 | Henrik Heiberg Mahle      | Snarøya SK                                              | 57  | 14:32.4 | 02:53.8 |
| 35 | Edvard Os                 | Snarøya                                                 | 410 | 14:48.5 | 03:09.9 |
| 36 | Andreas Lerø              | Fossum IF                                               | 168 | 14:50.0 | 03:11.4 |
| 37 | Liam Sweeney              | Snarøya SK                                              | 297 | 14:51.5 | 03:12.8 |
| 38 | Andreas Bjerknes          | Snarøya Sportsklubb                                     | 151 | 14:56.6 | 03:18.0 |
| 39 | Nicolai Wold-Pedersen     | Snarøya SK                                              | 395 | 14:58.7 | 03:20.1 |
| 40 | Mikkel Gantzel            |                                                         | 323 | 15:07.4 | 03:28.8 |
| 41 | Odd Henrik Furru          | Snarøya Sportsklubb                                     | 320 | 15:10.4 | 03:31.8 |
| 42 | Herman Jansen Gotheim     |                                                         | 60  | 15:14.9 | 03:36.3 |
| 43 | Martin Topaas             |                                                         | 409 | 15:22.7 | 03:44.0 |
| 44 | Herman Knutzen            |                                                         | 368 | 15:30.6 | 03:52.0 |
| 45 | Max Frogner               | Snarøya Håndball                                        | 38  | 15:36.9 | 03:58.3 |
| 46 | Vilhelm Gilhuus-Moe       | Snarøya SK                                              | 427 | 15:45.0 | 04:06.4 |
| 47 | Ole Petter Vikse          | SSK                                                     | 319 | 15:51.8 | 04:13.1 |
| 47 | Alexander Jr Skotner      |                                                         | 407 | 15:51.4 | 04:12.8 |
| 49 | Moritz Langenberg         |                                                         | 411 | 16:16.1 | 04:37.5 |
| 50 | Christoffer Ruud Jacobsen | Tyrving IL                                              | 26  | 16:55.8 | 05:17.2 |
| 51 | Finn Sweeney              | Snarøya SK                                              | 305 | 16:56.0 | 05:17.4 |
| 52 | Edvard Sønsteryd          |                                                         | 413 | 16:59.9 | 05:21.3 |
| 53 | Johan Hadler-Olsen        |                                                         | 360 | 17:08.5 | 05:29.8 |
| 53 | Vetle Undebakke           |                                                         | 371 | 17:08.6 | 05:29.9 |
| 55 | Philip Johan Furru        | Snarøya Sportsklubb                                     | 321 | 18:13.9 | 06:35.3 |
| 56 | Mathias Hertwig-Ødegaard  | Tyrving IL                                              | 423 | 18:57.9 | 07:19.3 |
| 57 | Håvard Haugland           |                                                         | 109 | 21:04.3 | 09:25.6 |
| 58 | Kaspar Endsjø             |                                                         | 420 | 23:26.3 | 11:47.7 |
|    | Luca Osnes Feci           | Snarøya Fotball Klub                                    | 53  | DNS     | DNS     |
|    | Anders Mørdre Davidsen    | Fossum IF                                               | 158 | DNS     | DNS     |
|    | Alexander Skotner         | Snarøya                                                 | 399 | DNS     | DNS     |

| Jenter 12-13 år 3 km |                            |                             | (Påmeldt: 79 - Startet: 69 - Fullført: 69 - Premier: 0) |         |         |
|----------------------|----------------------------|-----------------------------|---------------------------------------------------------|---------|---------|
| 1                    | Ane Uglem Mobakken         | Lillomarka Skiklubb         | 253                                                     | 10:30.7 | 00:00.0 |
| 2                    | Emma Kirkeberg Mørk        | Sturla                      | 54                                                      | 10:31.4 | 00:00.7 |
| 3                    | Pernille Karlsen Antonsen  | Vidar                       | 160                                                     | 10:39.0 | 00:08.3 |
| 4                    | Maria Hartz Melling        | Sturla                      | 106                                                     | 11:00.3 | 00:29.6 |
| 5                    | Karen Hoel Jomaas          | Jar Håndball Jenter 2001    | 133                                                     | 11:36.3 | 01:05.6 |
| 6                    | Kristin Benum Vestr        | Bærums Verk IF              | 212                                                     | 11:37.3 | 01:06.6 |
| 7                    | Mina Sandbakk Lunde        | Røa IL                      | 254                                                     | 11:38.1 | 01:07.4 |
| 8                    | Ingvild Soland Bolin       | Fossum IF                   | 276                                                     | 11:45.3 | 01:14.6 |
| 9                    | Oda Scheele                | Koll IL / Koll IL           | 194                                                     | 11:47.6 | 01:16.9 |
| 10                   | Kaja Loennecken            | Holmen IF                   | 292                                                     | 11:51.5 | 01:20.8 |
| 11                   | Julie Aarvak Bakklund      | Fossum IF                   | 34                                                      | 11:54.0 | 01:23.3 |
| 11                   | Amalie Westby Liestøl      | Ullensaker/Kisa IL          | 119                                                     | 11:54.5 | 01:23.8 |
| 13                   | Silje Berner Myhre         | Fossum IF                   | 1433                                                    | 11:55.5 | 01:24.8 |
| 14                   | Emma Louise D. Strøm       | Tyrving IL                  | 139                                                     | 12:00.5 | 01:29.8 |
| 15                   | Constance Løken Dahl       | Tyrving IL / Tyrving IL     | 125                                                     | 12:02.7 | 01:32.0 |
| 16                   | Marie Tømmerberg           | Tyrving IL                  | 101                                                     | 12:08.1 | 01:37.4 |
| 17                   | Margrethe Bergane          | Sturla                      | 162                                                     | 12:11.4 | 01:40.7 |
| 18                   | Mari Gåsbakk               | Fossum IF                   | 4                                                       | 12:13.0 | 01:42.3 |
| 19                   | Anna Langeland             | Tyrving IL                  | 39                                                      | 12:21.4 | 01:50.7 |
| 20                   | Hedvig Solberg             | Røa IL                      | 235                                                     | 12:22.6 | 01:51.9 |
| 21                   | Nora Andersen              | Røa IL                      | 157                                                     | 12:26.0 | 01:55.3 |
| 21                   | Selma Andersen             | Røa IL                      | 198                                                     | 12:26.0 | 01:55.3 |
| 23                   | Henriette Remelle Janson   |                             | 29                                                      | 12:27.5 | 01:56.8 |
| 24                   | Kaja Aamodt Grønlie        | Røa IL / Røa IL             | 167                                                     | 12:31.6 | 02:00.9 |
| 25                   | Aurora Myhrum              | Lommedalens IL              | 279                                                     | 12:32.5 | 02:01.8 |
| 26                   | Frøya Bildøy Sollien       | Lommedalens IL              | 208                                                     | 12:36.5 | 02:05.8 |
| 27                   | Julie Fink                 |                             | 188                                                     | 12:37.2 | 02:06.5 |
| 28                   | Johanne Burns Bergan       | Jar Håndball Jenter 2001    | 65                                                      | 12:45.5 | 02:14.8 |
| 29                   | Emma Ivarson               | Jar Håndball Jenter 2001    | 273                                                     | 12:48.3 | 02:17.6 |
| 30                   | Fanny Fenstad Ørstavik     | Fitjar IL / JARHÅNDBALL J01 | 56                                                      | 12:50.5 | 02:19.8 |
| 30                   | Hege Pettersen             | Fossum IF                   | 63                                                      | 12:50.0 | 02:19.3 |
| 32                   | Kajsa Jonasson             | Tyrving IL                  | 220                                                     | 12:58.0 | 02:27.3 |
| 33                   | Ellisif Luytkis Holstrøm   | Tyrving IL                  | 240                                                     | 13:02.2 | 02:31.5 |
| 34                   | Maren Skogstad Rønningen   |                             | 216                                                     | 13:10.2 | 02:39.5 |
| 35                   | Filippa Andresen           | Røa IL / Røa IL             | 8                                                       | 13:17.9 | 02:47.2 |
| 35                   | Alexandra Botten           | Høvik IF                    | 140                                                     | 13:17.3 | 02:46.6 |
| 37                   | Eveline Saatvedt           | Høvik IF                    | 58                                                      | 13:24.8 | 02:54.1 |
| 37                   | Victoria Eilertsen         |                             | 96                                                      | 13:24.4 | 02:53.7 |
| 39                   | Frida Raade Asplund        | Jar Håndball                | 249                                                     | 13:25.2 | 02:54.5 |
| 39                   | Madeleine Hylland          | Jenter 01                   | 272                                                     | 13:25.1 | 02:54.4 |
| 41                   | Christina Gunnerud Rønning | Bødalen If                  | 373                                                     | 13:28.0 | 02:57.3 |
| 42                   | Helene Brinchmann-Hansen   | Jar Håndball Jenter 2001    | 187                                                     | 13:31.4 | 03:00.7 |
| 43                   | Pernille Ramm              | Snarøya Håndball            | 129                                                     | 13:33.1 | 03:02.4 |
| 44                   | Mille Haugen               | Høvik IF                    | 310                                                     | 13:36.6 | 03:05.9 |
| 45                   | Nora Ditlev-Simonsen       | Snarøya                     | 83                                                      | 13:39.8 | 03:09.1 |
| 46                   | Anette Dunham              | Bærums Skiklub              | 267                                                     | 13:46.8 | 03:16.1 |
| 47                   | Martine Grøttum Engen      | Røa IL                      | 175                                                     | 13:48.9 | 03:18.2 |

## RESULTATLISTE

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## Jenter 12-13 år 3 km

(Påmeldt: 79 - Startet: 69 - Fullført: 69 - Premier: 0)

|    |                          |                            |      |         |         |
|----|--------------------------|----------------------------|------|---------|---------|
| 48 | Helene Martinsen Brun    | Snarøya Jenter 2002        | 32   | 13:50.0 | 03:19.3 |
| 49 | Ane Straumsheim          | Tyrving IL                 | 86   | 13:51.2 | 03:20.5 |
| 50 | Ingrid Agedal            |                            | 122  | 13:52.2 | 03:21.5 |
| 50 | Victoria Heyerdahl       | Jar Håndball               | 148  | 13:52.2 | 03:21.5 |
| 52 | Eirin Esmann Milvang     |                            | 416  | 13:53.8 | 03:23.1 |
| 53 | Ina Marie Dahl           | Tyrving IL                 | 225  | 14:06.3 | 03:35.6 |
| 54 | Hannah Halvorsen Aarset  | Tyrving IL                 | 176  | 14:09.0 | 03:38.3 |
| 55 | Helene Halvorsen         | Jar Håndball Jenter 2001   | 231  | 14:19.0 | 03:48.3 |
| 56 | Hanne Sagen              | Tyrving IL                 | 42   | 14:30.3 | 03:59.6 |
| 57 | Selma Lindeman           | Tyrving IL                 | 2    | 14:32.9 | 04:02.2 |
| 58 | Tuva Kristine Lund       | Tyrving IL                 | 223  | 14:45.1 | 04:14.4 |
| 59 | Else Vikse               | Minerva Idrettsskole / SSK | 318  | 15:03.1 | 04:32.4 |
| 60 | Cornelia Johnsen Braseth | Tyrving IL                 | 21   | 15:33.0 | 05:02.3 |
| 61 | Josefine Furu            |                            | 426  | 15:53.6 | 05:22.9 |
| 62 | Liv Semlitsch            | Snarøya Håndball           | 306  | 16:01.3 | 05:30.6 |
| 63 | Solveig Linnea Kildahl   | Tyrving IL / Tyrving       | 308  | 16:02.5 | 05:31.8 |
| 64 | Ulrikke Steffen Hauglin  | Snarøya Sportsklubb        | 211  | 16:32.9 | 06:02.2 |
| 64 | Benedicte Aasenden       | Snarøya                    | 224  | 16:32.6 | 06:01.9 |
| 66 | Johanne Willas Syverstad |                            | 234  | 17:54.6 | 07:23.9 |
| 67 | Mie Gulbrandsen          | Snarøya Håndball           | 1059 | 17:56.4 | 07:25.7 |
| 68 | Othilie Karlsen Oddene   | FVK                        | 48   | 20:50.2 | 10:19.5 |
| 69 | Veronica Lona            |                            | 74   | 27:08.6 | 16:37.9 |
|    | Julia Bjørling           | Snarøya Håndball           | 13   | DNS     | DNS     |
|    | Marthine Herger Lindgren |                            | 19   | DNS     | DNS     |
|    | Elise Langås             | Jar Håndball Jenter 2001   | 33   | DNS     | DNS     |
|    | Frida Edren              |                            | 100  | DNS     | DNS     |
|    | Jenny Gehrken            | Snarøya Håndball           | 137  | DNS     | DNS     |
|    | Cecilie Hetland Brath    | Tyrving IL                 | 164  | DNS     | DNS     |
|    | Karoline Vik Tolo        |                            | 166  | DNS     | DNS     |
|    | Ida Marie Haarstad       | Heggedal II                | 184  | DNS     | DNS     |
|    | May Siri Ebbesen         | Tyrving IL                 | 248  | DNS     | DNS     |
|    | Hermine Tenden           | Tyrving IL                 | 290  | DNS     | DNS     |

## Gutter 12-13 år 3 km

(Påmeldt: 67 - Startet: 57 - Fullført: 56 - Premier: 0)

|    |                         |             |     |         |         |
|----|-------------------------|-------------|-----|---------|---------|
| 1  | Martin Kirkeberg Mørk   | Sturla      | 289 | 09:38.8 | 00:00.0 |
| 2  | Henrik Solheim Ruud     | Tyrving IL  | 288 | 09:54.4 | 00:15.5 |
| 3  | Andreas Bergsland       | Varteig IL  | 261 | 10:22.4 | 00:43.5 |
| 4  | Lars Agnar Hjelmeset    | Nittedal IL | 247 | 10:43.5 | 01:04.6 |
| 5  | Marius Solvik           | Tyrving IL  | 233 | 10:46.3 | 01:07.4 |
| 6  | Brage Buseth Hammerstad | Tyrving IL  | 75  | 10:50.1 | 01:11.3 |
| 7  | Halvard Christoffersen  | Haslum IL   | 291 | 10:54.5 | 01:15.7 |
| 8  | Sebastian Helgheim      | Tyrving IL  | 36  | 10:55.2 | 01:16.3 |
| 9  | Anders Melaaen Døssland |             | 145 | 10:57.3 | 01:18.4 |
| 10 | Tarjei Handal Galteland | Lyn / Lyn   | 322 | 11:00.5 | 01:21.6 |
| 11 | Sondre Engesæter Sørbye | Røa IL      | 22  | 11:07.3 | 01:28.4 |
| 12 | Oscar Bretteville       | Fossum IF   | 178 | 11:16.1 | 01:37.2 |
| 13 | Magnus Perger           | Tyrving IL  | 172 | 11:18.8 | 01:39.9 |



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## Gutter 12-13 år 3 km

(Påmeldt: 67 - Startet: 57 - Fullført: 56 - Premier: 0)

|    |                         |                                |     |         |         |
|----|-------------------------|--------------------------------|-----|---------|---------|
| 14 | Simen Sælid             | Haugen IL / Haugsbygd IF       | 287 | 11:19.7 | 01:40.8 |
| 15 | Sander Tømmerberg       | Tyrving IL                     | 195 | 11:23.3 | 01:44.5 |
| 16 | Tarald Rødland          | Fossum IF                      | 136 | 11:24.4 | 01:45.5 |
| 17 | Haakon Kjelås Garfjell  | SK Kraft                       | 111 | 11:27.6 | 01:48.8 |
| 18 | Simen Undseth           | Røa IL                         | 5   | 11:33.2 | 01:54.3 |
| 19 | Vetle Holvik            | Haslum IL                      | 281 | 11:36.0 | 01:57.1 |
| 19 | Jonas Dyrli Thoresen    | Røa IL                         | 345 | 11:36.5 | 01:57.6 |
| 21 | Kasper Engeset          | Tyrving IL                     | 45  | 11:37.1 | 01:58.2 |
| 21 | Benjamin Jarinn Holm    | Haslumil                       | 199 | 11:37.8 | 01:58.9 |
| 23 | Tobias Zelow Bliksmark  | Fossum IF / Fossum IF          | 222 | 11:40.5 | 02:01.6 |
| 24 | Ola Frivold Berg        | Røa IL / Røa IL                | 377 | 11:44.9 | 02:06.0 |
| 25 | Philip Mouritsen Krogh  | Sportsklubben Kraft            | 270 | 12:00.2 | 02:21.3 |
| 26 | Karl Krane Frostrud     | Fossum IF                      | 219 | 12:01.1 | 02:22.2 |
| 26 | Einar Johannes Rye      | Røa Langrenn                   | 256 | 12:01.2 | 02:22.3 |
| 28 | Ole Marius Nybø         | Hommervik IL / Holmen IF       | 277 | 12:03.3 | 02:24.4 |
| 29 | William Nymoan          | Røa IL / Røa IL Langrenn       | 331 | 12:05.1 | 02:26.2 |
| 30 | Aslak Smedshaug         | Fossum IF                      | 1   | 12:10.2 | 02:31.4 |
| 31 | Kristian Skorpen        | Fossum IF / Snarøya Barneskole | 71  | 12:14.6 | 02:35.8 |
| 32 | Eivind Tømmerberg       | Tyrving IL                     | 285 | 12:22.8 | 02:43.9 |
| 33 | Henrik Horpedal         | Tyrving IL                     | 161 | 12:23.0 | 02:44.1 |
| 34 | Lars Dagestad           | Haslum                         | 363 | 12:28.4 | 02:49.5 |
| 35 | Nicholas Lia            | SSK Fotball                    | 207 | 12:29.0 | 02:50.1 |
| 36 | Håkon Knutzen           |                                | 367 | 12:34.9 | 02:56.0 |
| 37 | Joakim Wilkens Jernberg | Kjelsås IL                     | 251 | 12:37.7 | 02:58.8 |
| 38 | Magnus Skattebøl        | Fossum IF                      | 299 | 12:38.5 | 02:59.6 |
| 39 | Tor Høydahl-Ohme        |                                | 93  | 12:45.4 | 03:06.5 |
| 39 | Niklas Daltveit         | Fotball G 01                   | 301 | 12:45.9 | 03:07.0 |
| 41 | Jørgen Borchgrevink     | Fossum IF                      | 135 | 12:47.0 | 03:08.1 |
| 42 | Fredrik Grenan          | Høvik IF / Høvik IF            | 82  | 12:53.6 | 03:14.7 |
| 42 | Thomas Norum            |                                | 245 | 12:53.1 | 03:14.2 |
| 44 | Eilev Kvaale            |                                | 55  | 12:57.3 | 03:18.4 |
| 45 | Erlend Kvisgaard        | Røa IL                         | 393 | 13:03.1 | 03:24.2 |
| 46 | Eirik Usland-Gade       |                                | 394 | 13:22.4 | 03:43.5 |
| 47 | Nicolai Axelsen Gerdt   |                                | 365 | 13:27.2 | 03:48.3 |
| 48 | Fredrik Oliver Paulsen  |                                | 268 | 13:35.9 | 03:57.0 |
| 49 | Martinius Lie Petterson | Tyrving IL                     | 128 | 13:36.5 | 03:57.6 |
| 50 | Eivind Berner Myhre     | Fossum IF                      | 333 | 14:00.2 | 04:21.4 |
| 51 | Daniel Larsson          | Lommedalen                     | 173 | 14:56.8 | 05:17.9 |
| 51 | Nikolas Selvaag         |                                | 400 | 14:56.4 | 05:17.5 |
| 53 | Felix Skippervold       | Tyrving IL / Tyrving           | 397 | 14:57.8 | 05:18.9 |
| 54 | Karl Kristian Nergaard  |                                | 376 | 15:01.0 | 05:22.1 |
| 55 | Peder Topaas            |                                | 408 | 15:13.8 | 05:34.9 |
| 56 | Tor Moe Løite           | Sørkedalens IF                 | 343 | 51:19.0 | 41:40.1 |
|    | Christoffer Eidissen    | Fossum IF                      | 315 | DNF     | DNF     |
|    | Eirik Stene             | Jutul                          | 18  | DNS     | DNS     |
|    | Tarjei Nesheim          | Bærums Skiklub                 | 40  | DNS     | DNS     |
|    | Martin Grape Fladby     | Bærums Verk                    | 66  | DNS     | DNS     |



**Gutter 12-13 år 3 km****(Påmeldt: 67 - Startet: 57 - Fullført: 56 - Premier: 0)**

|                            |                       |     |     |     |
|----------------------------|-----------------------|-----|-----|-----|
| Perger Magnus              | Tyrving IL            | 115 | DNS | DNS |
| Leon Berg                  | Tore Berg Fitnessclub | 180 | DNS | DNS |
| Marius Stjernstedt         | Tyrving IL            | 181 | DNS | DNS |
| Fredrik Glomsrud Stenersen | Oppegård IL           | 200 | DNS | DNS |
| Aleksander Elde Holmboe    | Tyrving IL            | 203 | DNS | DNS |
| Sigurd Grevstad            | Fossum IF             | 243 | DNS | DNS |
| Nikolai Elde Holmboe       | Tyrving IL            | 263 | DNS | DNS |

**Jenter 14-15 år 3 km****(Påmeldt: 59 - Startet: 52 - Fullført: 50 - Premier: 0)**

|    |                            |                                            |     |         |         |
|----|----------------------------|--------------------------------------------|-----|---------|---------|
| 1  | Lucie Magdalena Lunde Bang | Tyrving IL                                 | 50  | 10:29.9 | 00:00.0 |
| 2  | Ane Grøtan Wang            | Tyrving IL                                 | 20  | 10:41.0 | 00:11.1 |
| 3  | Marthe Dehn                | Tyrving IL                                 | 144 | 11:07.4 | 00:37.4 |
| 4  | Tiril Bergitte Lund        | Tyrving IL                                 | 183 | 11:18.1 | 00:48.1 |
| 4  | Kristin Fagerli            | Røa IL / Røa                               | 347 | 11:18.5 | 00:48.5 |
| 6  | Maria Norheim Morken       | Vidar                                      | 425 | 11:25.5 | 00:55.5 |
| 7  | Sofie Voraa                | Tyrving IL                                 | 98  | 11:32.8 | 01:02.9 |
| 8  | Ingrid Jevne               |                                            | 103 | 11:35.3 | 01:05.4 |
| 9  | Ingrid Gylterud Kvålsgard  | Fossum IF                                  | 298 | 11:37.4 | 01:07.5 |
| 10 | Anna Hillestad Christensen | Jar Håndball                               | 271 | 11:45.9 | 01:15.9 |
| 11 | Stine Stadvik              | Fossum IF / Elgen                          | 274 | 11:47.4 | 01:17.4 |
| 12 | Sara Borchgrevink          | Fossum IF                                  | 196 | 11:58.7 | 01:28.8 |
| 13 | Lene Mari Bolkesjø Hovda   | Asker Tennisklubb                          | 205 | 12:06.0 | 01:36.1 |
| 14 | Frida Kullerud             | Varteig IL                                 | 236 | 12:18.0 | 01:48.1 |
| 15 | Thea Lorck                 |                                            | 278 | 12:33.7 | 02:03.8 |
| 16 | Nanna Frosta               | Hundsund U-skole 8D                        | 280 | 12:46.6 | 02:16.7 |
| 17 | Selma Amundsen             | Fossum IF                                  | 47  | 12:47.5 | 02:17.5 |
| 18 | Karla Waal                 | Heming                                     | 209 | 12:48.5 | 02:18.6 |
| 19 | Sara Berg-Westskogen       | Kjelsås IL / Kjelsås Langrenn              | 108 | 12:49.1 | 02:19.1 |
| 20 | Anniken Falkenstein        | Fossum IF                                  | 332 | 13:11.9 | 02:42.0 |
| 21 | Emilie Hagenæs             |                                            | 221 | 13:14.5 | 02:44.6 |
| 22 | Lena Kormeseth             |                                            | 314 | 13:39.6 | 03:09.6 |
| 23 | Tilde Eriksen Eine         | Hundsund u-skole 8C                        | 392 | 13:43.2 | 03:13.2 |
| 24 | Marte Bergsland            | Varteig IL                                 | 239 | 13:44.8 | 03:14.8 |
| 25 | Andrine Strømsnes          | Dikemark IF                                | 112 | 13:46.9 | 03:16.9 |
| 26 | Helene Ihle-Hansen         | Tyrving IL                                 | 398 | 14:00.5 | 03:30.5 |
| 27 | Andrea E. Ellefsen         | Hundsund u-skole 8B                        | 325 | 14:01.4 | 03:31.4 |
| 28 | Elise Hvammen              | Hundsund u-skole 8D                        | 107 | 14:21.2 | 03:51.3 |
| 28 | Caroline Ruud              |                                            | 165 | 14:21.2 | 03:51.2 |
| 28 | Marthea Stokkebø           | Hundsund u-skole 8A                        | 192 | 14:21.1 | 03:51.2 |
| 31 | Ingeborg Nikolaisen        | Aurskog - Høland Friidrettslag - Friidrett | 43  | 14:38.3 | 04:08.3 |
| 32 | Helene A. Hauge            | Snarøya                                    | 70  | 14:48.7 | 04:18.8 |
| 33 | Benedicte Dyvi Knudtson    | Hundsund u-skole 9B                        | 25  | 14:51.4 | 04:21.5 |
| 34 | Maja Stange                | Hundsund u-skole 8D                        | 12  | 15:25.4 | 04:55.5 |
| 35 | Synne Kvåle                | Hundsund u-skole 9A                        | 113 | 15:59.2 | 05:29.2 |
| 36 | Vibeke/ingar Hvass Ruud    | FVK                                        | 72  | 19:37.5 | 09:07.6 |
| 36 | Andrine Hvass Ruud         | FVK                                        | 275 | 19:37.1 | 09:07.2 |

## Jenter 14-15 år 3 km

(Påmeldt: 59 - Startet: 52 - Fullført: 50 - Premier: 0)

|    |                              |                               |     |         |         |
|----|------------------------------|-------------------------------|-----|---------|---------|
| 38 | Thea Thommesen               | FVK                           | 255 | 20:09.8 | 09:39.9 |
| 39 | Kristine Simonsen            | FVK                           | 227 | 20:51.2 | 10:21.2 |
| 40 | Hanna Farstad                | Hundsund u-skole 9A           | 329 | 20:59.8 | 10:29.8 |
| 41 | Anna-Margaretha Shikerina    | Hundsund u-skole 9A           | 328 | 21:00.1 | 10:30.2 |
| 42 | Amanda Edenholm              | Hundsund u-skole 9A           | 327 | 21:04.3 | 10:34.4 |
| 43 | Kristine Korsnes Hagen       | Hundsund u-skole 9A           | 326 | 21:36.7 | 11:06.8 |
| 44 | Pernille Amalie Lad Sønju    |                               | 14  | 23:52.7 | 13:22.7 |
| 45 | Ida Marie Østenstad          | FVK                           | 283 | 26:07.5 | 15:37.5 |
| 46 | Fanny Huseby                 | Hundsund u-skole 9B           | 27  | 27:36.0 | 17:06.1 |
| 47 | Natalia Ograbek              | Hundsund u-skole 9A           | 388 | 32:56.3 | 22:26.3 |
| 47 | Sofia Malik                  | Hundsund u-skole 9B           | 389 | 32:56.4 | 22:26.5 |
| 47 | Julie Lie                    | Hundsund u-skole 8B           | 421 | 32:56.9 | 22:27.0 |
| 50 | Amanda Gundersen             | Hundsund u-skole 9A           | 330 | 32:58.2 | 22:28.2 |
|    | Vera Norli                   | Bærum OCK / Haslum IL         | 17  | DNS     | DNS     |
|    | Mathilde Andersson           | Hundsund u-skole 9B           | 84  | DNS     | DNS     |
|    | Ingrid Philippa Bruun Larsen | Bjarg IL / Jar Håndball J2000 | 118 | DNS     | DNS     |
|    | Amalie Røine Knudsen         | Hundsund u-skole 9B           | 186 | DNS     | DNS     |
|    | Tina Brunborg                | Hundsund u-skole 9B           | 215 | DNS     | DNS     |
|    | Ida Sæteren                  | Tyrving IL / Tyrving IL       | 313 | DNS     | DNS     |
|    | Ida Hol Hognestad            | Hundsund u-skole 9B           | 390 | DNS     | DNS     |

## Gutter 14-15 år 3 km

(Påmeldt: 78 - Startet: 61 - Fullført: 58 - Premier: 0)

|    |                            |                        |      |         |         |
|----|----------------------------|------------------------|------|---------|---------|
| 1  | Simen Halle Haugen         | Runar                  | 30   | 09:30.9 | 00:00.0 |
| 2  | Didrik Warlo               | Tyrving IL             | 226  | 09:46.4 | 00:15.4 |
| 3  | Magnus Tuv Myhre           | Jevnaker Ski           | 9    | 09:57.7 | 00:26.7 |
| 4  | Espen Torkildsen           |                        | 302  | 10:14.2 | 00:43.2 |
| 5  | Sondre Westby Liestøl      | Ullensaker/Kisa IL     | 159  | 10:25.8 | 00:54.9 |
| 6  | Martin Haarstad            | Heggedal IL            | 185  | 10:28.1 | 00:57.1 |
| 7  | Magnus Mortensen Hellum    | Røa IL                 | 295  | 10:29.5 | 00:58.6 |
| 8  | Gard Mathias Dolve Mysen   |                        | 252  | 10:38.2 | 01:07.2 |
| 9  | Snorre Barthel Sveen       | Fossum IF / Fossum IF  | 1354 | 10:42.9 | 01:11.9 |
| 10 | Daniel Nyvoll              | Tyrving IL             | 264  | 11:01.5 | 01:30.5 |
| 10 | Martin Bøe Svestad         | Fossum IF              | 304  | 11:01.7 | 01:30.7 |
| 12 | Fredrik Gran Urdahl        | Njård / Njård Langrenn | 97   | 11:05.9 | 01:34.9 |
| 13 | Carl Valdemar Ebbesen      | Tyrving IL             | 214  | 11:06.7 | 01:35.7 |
| 14 | Hermann Herger Lindgren    |                        | 282  | 11:14.8 | 01:43.8 |
| 15 | Fredrik Martinsen Brun     | Hundsund u-skole 8A    | 116  | 11:16.4 | 01:45.4 |
| 16 | Erlend Skar                | Bakke IF / Bakke IF    | 95   | 11:28.5 | 01:57.5 |
| 17 | Nils Petter Aamodt Grønlie | Heming / Heming IL     | 77   | 11:32.4 | 02:01.4 |
| 17 | Gustav Allum               | Hundsund u-skole 8B    | 121  | 11:32.8 | 02:01.8 |
| 19 | Leonhard Å. Spidsø         | Hundsund u-skole 8D    | 210  | 11:38.2 | 02:07.2 |
| 20 | Jostein Dagestad           | Haslum                 | 362  | 11:39.5 | 02:08.6 |
| 21 | Marius Hjørnevik Brodersen | Høvik IF               | 91   | 11:55.2 | 02:24.2 |
| 21 | Haakon Melaaen Døssland    | Sportsklubben Kraft    | 241  | 11:55.6 | 02:24.6 |
| 23 | Arman Fredriksen           | Hundsund u-skole 8B    | 232  | 11:58.8 | 02:27.9 |
| 24 | Andreas Skorpen            | Hundsund u-skole 9C    | 284  | 12:00.7 | 02:29.8 |
| 25 | Axel Villanger Bang        | Røa IL / Røa IL        | 361  | 12:02.4 | 02:31.4 |



**Gutter 14-15 år 3 km**
**(Påmeldt: 78 - Startet: 61 - Fullført: 58 - Premier: 0)**

|    |                          |                          |     |         |         |
|----|--------------------------|--------------------------|-----|---------|---------|
| 26 | Sebastian Rossvoll       | Bærums Verk IF           | 23  | 12:14.9 | 02:44.0 |
| 27 | Felix Sandblom           | Hundsund u-skole 8A      | 382 | 12:15.5 | 02:44.5 |
| 28 | Olav Carlsson            | Hundsund u-skole 9B      | 152 | 12:16.9 | 02:45.9 |
| 29 | Felix Fløtaker           | Hundsund u-skole 8B      | 130 | 12:17.8 | 02:46.9 |
| 30 | Erlend Bjerknes          | Hundsund u-skole 9A      | 353 | 12:18.7 | 02:47.8 |
| 31 | Markus Heyerdahl Roland  | Hundsund u-skole 9A      | 356 | 12:29.8 | 02:58.8 |
| 32 | Sverre Tveitan           | Snarøya Sk               | 242 | 12:36.5 | 03:05.6 |
| 32 | Jonatan Risåsen          |                          | 265 | 12:36.1 | 03:05.1 |
| 34 | Iver Hagestad            | Tyrving IL               | 138 | 12:44.4 | 03:13.4 |
| 35 | Oscar Marcussen          | Stabæk Bandy             | 366 | 12:47.7 | 03:16.8 |
| 36 | Martin Varsi             | Bærums Verk IF           | 90  | 12:55.9 | 03:25.0 |
| 37 | Nicolai Heiberg Mahle    | Hundsund u-skole 9B      | 92  | 13:08.0 | 03:37.1 |
| 38 | Jonathan Coward          |                          | 69  | 13:22.0 | 03:51.0 |
| 39 | Eskil Borge Saksvik      | Tyrving IL               | 257 | 13:25.1 | 03:54.2 |
| 40 | Lars Høydahl-Ohme        | Hundsund u-skole 9D      | 7   | 13:28.8 | 03:57.8 |
| 41 | Eirik Tjensvoll Obrestad | Hundsund u-skole 9A      | 391 | 13:36.5 | 04:05.5 |
| 42 | Jakob Jordal             | Hundsund u-skole 8A      | 52  | 13:37.8 | 04:06.9 |
| 43 | Henrik Raaen Bø          | Hundsund u-skole 8A      | 383 | 14:05.3 | 04:34.3 |
| 44 | Hermann Ruud Zimmermann  | Hundsund u-skole 9A      | 357 | 14:07.4 | 04:36.4 |
| 45 | Emil Kullerud            | Varteig IL               | 41  | 14:30.0 | 04:59.0 |
| 46 | Tobias Meyer Andersen    | Hundsund u-skole 9A      | 386 | 14:55.7 | 05:24.8 |
| 47 | Simon Wasland Gjems      | Hundsund u-skole 8C      | 385 | 15:00.7 | 05:29.7 |
| 48 | Kristoffer N. B. Grude   | Hundsund u-skole 8B      | 384 | 15:12.2 | 05:41.2 |
| 49 | Karsten Bakke            | FVK                      | 80  | 16:17.2 | 06:46.3 |
| 50 | Kristoffer Skare         | FVK                      | 44  | 16:19.4 | 06:48.5 |
| 51 | Jesper W. Jordan         | Hundsund u-skole 9B      | 354 | 17:16.3 | 07:45.3 |
| 52 | Joel Mørlin              | Høvik IF / Høvik Hunters | 260 | 20:42.5 | 11:11.6 |
| 53 | Jonas Karlsen            | FVK                      | 37  | 20:50.7 | 11:19.8 |
| 54 | Jakob Amtedal            | Hundsund u-skole 9A      | 355 | 21:17.4 | 11:46.5 |
| 55 | Sebastian Simenstad      | Hundsund u-skole 9a      | 424 | 21:18.4 | 11:47.5 |
| 56 | Øyvind Nergård           | FVK                      | 189 | 26:07.7 | 16:36.8 |
| 57 | Jacob Bøhler Bjørk       | Hundsund u-skole 8A      | 349 | 28:16.7 | 18:45.7 |
| 58 | Fredrik Preus Dovland    | Hundsund u-skole 8A      | 217 | 28:20.8 | 18:49.8 |
|    | Magnus Brynsrud          | Hundsund u-skole 8B      | 61  | DNF     | DNF     |
|    | Aleksander Fosaas Ashby  | Hundsund u-skole 8A      | 62  | DNS     | DNS     |
|    | Henrik Vik Tolo          |                          | 64  | DNS     | DNS     |
|    | Tellef Fladmark Larsen   | Hundsund u-skole 8A      | 78  | DNS     | DNS     |
|    | Henrik Bjørnstad Koppang | Tyrving IL               | 89  | DNS     | DNS     |
|    | Fabian Huseby            | Hundsund u-skole 8C      | 132 | DNS     | DNS     |
|    | Odin Kleppe              |                          | 149 | DNS     | DNS     |
|    | Marius Sjølie            | Haslum IL                | 163 | DNS     | DNS     |
|    | Thorvald Kiersch         | Stabæk Bandy             | 179 | DNS     | DNS     |
|    | Ivar Harald Clem         | Fossum IF                | 202 | DNS     | DNS     |
|    | Thor Sørensen            | Hundsund u-skole 8A      | 228 | DNS     | DNS     |
|    | Benjamin Hurum Flaata    | Hundsund u-skole 8B      | 229 | DNS     | DNS     |
|    | Thorvald Hillesøy        |                          | 244 | DNS     | DNS     |
|    | Mathias Sommersest       | Hundsund u-skole 8A      | 250 | DNS     | DNS     |



PUBLISHED TIME

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STATUS

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## RESULTATLISTE

21.05.2014

## Gutter 14-15 år 3 km

(Påmeldt: 78 - Startet: 61 - Fullført: 58 - Premier: 0)

|                   |                     |     |     |     |
|-------------------|---------------------|-----|-----|-----|
| Magnus Brynsrud   |                     | 266 | DNS | DNS |
| Jonatan Risåsen   | Hundsund u-skole 8A | 350 | DNS | DNS |
| Trym Ekra-Reistad | Hundsund u-skole 8B | 352 | DNS | DNS |
| Marius Johnsen    | Hundsund u-skole 9A | 387 | DNS | DNS |

## Hundsund u-skole (10. klasse)

(Påmeldt: 10 - Startet: 9 - Fullført: 9 - Premier: 0)

|   |                           |                      |     |         |         |
|---|---------------------------|----------------------|-----|---------|---------|
| 1 | Emilie Jung               | Hundsund u-skole 10B | 337 | 11:35.1 | 00:00.0 |
| 2 | Alexander Wulfsberg       | Hundsund u-skole 10T | 351 | 11:36.6 | 00:01.5 |
| 3 | Joachim Muri              | Snarøya SK           | 406 | 11:37.2 | 00:02.0 |
| 4 | Sander Hegni              | Hundsund u-skole 10A | 335 | 11:53.2 | 00:18.1 |
| 4 | Joachim Ramm              | Hundsund u-skole 10B | 338 | 11:53.4 | 00:18.3 |
| 6 | Viktoria Finanger         | Hundsund u-skole 10B | 339 | 19:05.8 | 07:30.6 |
| 7 | Martine Heyerdahl Mellbye | Hundsund u-skole 10A | 334 | 27:17.7 | 15:42.6 |
| 7 | William Sander Tyssøy     | Hundsund u-skole 10B | 340 | 27:17.6 | 15:42.5 |
| 9 | Markus Ramstad Høge       | Hundsund u-skole 10A | 341 | 27:18.4 | 15:43.2 |
|   | Cathrine Moe              | Hundsund u-skole 10B | 336 | DNS     | DNS     |

## 5 km

| Navn | Klubb | Startnr | Totaltid | Diff |
|------|-------|---------|----------|------|
|------|-------|---------|----------|------|

## Menn 16-17 år 5 km

(Påmeldt: 21 - Startet: 20 - Fullført: 19 - Premier: 0)

|    |                           |                      |      |         |         |
|----|---------------------------|----------------------|------|---------|---------|
| 1  | Harald Østberg Amundsen   | Tyrving IL           | 1012 | 15:54.4 | 00:00.0 |
| 2  | Thomas BUCHER-JOHANNESSEN | Tyrving IL / Tyrving | 1145 | 15:55.5 | 00:01.0 |
| 3  | Ådne Karlsen Bekkestad    | Sturla               | 1280 | 15:58.8 | 00:04.4 |
| 4  | Maxim Tjøtta              | Tyrving IL           | 1124 | 16:29.4 | 00:34.9 |
| 5  | Sander Berrefjord         | Tyrving IL           | 1303 | 16:42.4 | 00:47.9 |
| 6  | Fredrik Grusd             | Tyrving IL           | 1020 | 16:58.5 | 01:04.0 |
| 6  | Sivert Sælid              | Ringkollen           | 1244 | 16:58.5 | 01:04.0 |
| 8  | Emil Arnkværn             | Tyrving IL           | 49   | 17:14.2 | 01:19.7 |
| 9  | Matias Gran-Henriksen     | Tyrving IL           | 1646 | 17:23.4 | 01:28.9 |
| 10 | Alexander Rosenvinge      |                      | 1428 | 18:08.0 | 02:13.5 |
| 11 | Aslak Groseth             |                      | 1445 | 18:28.3 | 02:33.8 |
| 12 | Hans Erik Sloth           | Sønær                | 1098 | 21:01.3 | 05:06.8 |
| 13 | Erik Bergheim             | Fossum IF            | 1237 | 21:23.5 | 05:29.0 |
| 14 | Oscar Ovind               | Tyrving IL           | 1269 | 23:15.9 | 07:21.4 |
| 15 | Harald Schaanning         | Fossum IF            | 1434 | 23:30.2 | 07:35.8 |
| 16 | Felix Haugen              | Snarøya Sportsklubb  | 1047 | 25:50.2 | 09:55.8 |
| 17 | Fabian Fløtaker           |                      | 1171 | 25:51.9 | 09:57.4 |
| 18 | Kasper Mustad Juell       |                      | 1264 | 27:23.6 | 11:29.1 |
| 19 | Mathias Mikkelsen         | FVK                  | 1159 | 32:59.6 | 17:05.2 |
|    | Sondre Søderberg          | Lier                 | 1082 | DNS     | DNS     |

## Kvinner 16-17 år 5 km

(Påmeldt: 20 - Startet: 15 - Fullført: 15 - Premier: 0)

|   |                        |                                    |      |         |         |
|---|------------------------|------------------------------------|------|---------|---------|
| 1 | Johanne Lægran         | SK Vidar                           | 1270 | 19:06.1 | 00:00.0 |
| 2 | Aurora Kildahl         | Asker Sk. Friidrett / Team G-sport | 1630 | 19:35.4 | 00:29.3 |
| 3 | Thea Rosenberg         |                                    | 1287 | 20:17.9 | 01:11.8 |
| 4 | Hedda Hulbaklien Bakke | Koll IL                            | 1180 | 21:21.4 | 02:15.3 |



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**Kvinner 16-17 år 5 km****(Påmeldt: 20 - Startet: 15 - Fullført: 15 - Premier: 0)**

|    |                          |                         |      |         |         |
|----|--------------------------|-------------------------|------|---------|---------|
| 5  | Eirin Øby                | Varteig IL              | 1076 | 24:13.4 | 05:07.3 |
| 6  | Sofie Thurmann           |                         | 1298 | 24:27.0 | 05:20.9 |
| 7  | Hannah Espelin-Rolfsen   | Hundsund u-skole        | 1634 | 25:50.9 | 06:44.8 |
| 8  | Julia Bjørling           | Snarøya Håndball        | 1315 | 26:15.1 | 07:09.0 |
| 9  | Malin Christensen Siem   |                         | 1466 | 27:03.7 | 07:57.6 |
| 10 | Sofie Røed               | Snarøya Håndball        | 1339 | 27:06.7 | 08:00.6 |
| 11 | Mari Heggdal             | Snarøya Håndball        | 1157 | 27:24.3 | 08:18.2 |
| 12 | Justine Steffen Hauglin  | Snarøya                 | 1187 | 27:25.9 | 08:19.8 |
| 13 | Hedevig Blakstad Nilsson |                         | 1306 | 27:27.2 | 08:21.1 |
| 14 | Emma Frogner             | Snarøya Håndball        | 1211 | 27:29.8 | 08:23.7 |
| 15 | Carina Halvorsen         | FVK                     | 1060 | 33:31.8 | 14:25.7 |
|    | Justine Hauglin          | Snarøya Håndball        | 1070 | DNS     | DNS     |
|    | Hedda Østberg Amundsen   | Asker Sk. Friidrett     | 1173 | DNS     | DNS     |
|    | Oda Lægran               | SK Vidar                | 1182 | DNS     | DNS     |
|    | Jenny Gehrken            | Snarøya Håndball        | 1245 | DNS     | DNS     |
|    | Eugenie Gulowsen         | Nittedal IL / Friidrett | 1281 | DNS     | DNS     |

**Kvinner 18-19 år 5 km****(Påmeldt: 5 - Startet: 4 - Fullført: 4 - Premier: 0)**

|   |                           |             |      |         |         |
|---|---------------------------|-------------|------|---------|---------|
| 1 | Oda NERDRUM               |             | 1417 | 20:12.0 | 00:00.0 |
| 2 | Victoria Pedersen         | Nittedal IL | 1119 | 27:39.1 | 07:27.1 |
| 3 | Helene Riksheim           |             | 1088 | 28:22.7 | 08:10.7 |
| 4 | Konstanse Oldeide         |             | 1147 | 54:50.7 | 34:38.7 |
|   | Ida Charlotte Olsen-Nauen | Nittedal IL | 1068 | DNS     | DNS     |

**Menn 18-19 år 5 km****(Påmeldt: 2 - Startet: 1 - Fullført: 1 - Premier: 0)**

|   |                  |                 |      |         |         |
|---|------------------|-----------------|------|---------|---------|
| 1 | Oscar Sekkelsten | Scandic Fornebu | 1335 | 31:34.1 | 00:00.0 |
|   | Henrik Aakesen   |                 | 1330 | DNS     | DNS     |

**Kvinner 20-22 år 5 km****(Påmeldt: 7 - Startet: 7 - Fullført: 7 - Premier: 0)**

|   |                   |            |      |         |         |
|---|-------------------|------------|------|---------|---------|
| 1 | Kristin Skolt     | Tyrving IL | 1075 | 19:03.1 | 00:00.0 |
| 2 | Kjersti Dalen     | Privat     | 1007 | 23:37.5 | 04:34.4 |
| 3 | Ida Fausko Esperø |            | 1195 | 25:07.0 | 06:03.9 |
| 4 | Kristin Lyng      | FVK        | 1381 | 30:19.1 | 11:16.0 |
| 5 | Guro Rugseth      |            | 1046 | 30:25.9 | 11:22.8 |
| 6 | Maria Muri        |            | 1636 | 30:33.4 | 11:30.3 |
| 7 | Gry Lunde         |            | 1359 | 36:02.8 | 16:59.7 |

**Menn 20-22 år 5 km****(Påmeldt: 1 - Startet: 0 - Fullført: 0 - Premier: 0)**

|  |                   |            |      |     |     |
|--|-------------------|------------|------|-----|-----|
|  | Sebastian Selbekk | Tyrving IL | 1388 | DNS | DNS |
|--|-------------------|------------|------|-----|-----|

**Kvinner 23-34 år 5 km****(Påmeldt: 65 - Startet: 56 - Fullført: 56 - Premier: 0)**

|   |                          |                           |      |         |         |
|---|--------------------------|---------------------------|------|---------|---------|
| 1 | Marte Pedersen           |                           | 1078 | 17:42.2 | 00:00.0 |
| 2 | Solfrid BRAATHEN         | SK Vidar                  | 1378 | 18:08.0 | 00:25.8 |
| 3 | Enya Aspen               | Tjalve                    | 1436 | 18:12.6 | 00:30.4 |
| 4 | Ida Marie DAHL           | Ringerike Friidrettsklubb | 1324 | 18:29.9 | 00:47.7 |
| 5 | Adele Flakke Johannessen |                           | 1232 | 18:41.2 | 00:59.0 |
| 6 | Kjersti Lerkerød         | BUL                       | 1449 | 18:48.0 | 01:05.8 |



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| Kvinner 23-34 år 5 km |                                 |                                     | (Påmeldt: 65 - Startet: 56 - Fullført: 56 - Premier: 0) |         |         |
|-----------------------|---------------------------------|-------------------------------------|---------------------------------------------------------|---------|---------|
| 7                     | Ingeborg DAHL                   | Ringerike Friidrettsklubb           | 1360                                                    | 18:51.6 | 01:09.4 |
| 8                     | Karin Magnusson                 | Ren-Eng, FIK - Friidrett            | 1452                                                    | 19:18.7 | 01:36.5 |
| 9                     | Ingrid Haaskjold                |                                     | 1424                                                    | 19:23.3 | 01:41.1 |
| 10                    | Kjersti DAHL                    | Ringkollen Skiklubb                 | 1457                                                    | 19:44.2 | 02:02.0 |
| 11                    | Elin Berstad Mortensen          |                                     | 1206                                                    | 19:52.1 | 02:09.9 |
| 12                    | Kathrine Aschehaug              | Lundin Norway AS                    | 1080                                                    | 23:06.6 | 05:24.4 |
| 13                    | Cecilie Øynebråten              |                                     | 1096                                                    | 23:20.1 | 05:37.9 |
| 13                    | Annette Rud                     | Privat                              | 1322                                                    | 23:20.7 | 05:38.5 |
| 15                    | Jeanette Sørum Grimstad         | Privat                              | 1394                                                    | 23:33.3 | 05:51.1 |
| 16                    | Kaja Holm Rogstad               | Snarøya Skole                       | 1094                                                    | 23:46.5 | 06:04.3 |
| 17                    | Anne Cathrine Strande Straube   | Høvik IF / Teknologiskolen Hundsund | 1375                                                    | 24:02.4 | 06:20.2 |
| 18                    | Lene Marie Østerman             | Scandic Fornebu                     | 1202                                                    | 24:04.1 | 06:21.9 |
| 19                    | Tuva Stølen                     | Lysehagan IL                        | 1156                                                    | 24:14.2 | 06:32.0 |
| 20                    | Synne Rytter Westlye            | Høvik Jogg                          | 1002                                                    | 24:50.8 | 07:08.6 |
| 21                    | Marthe Laureen Helland          |                                     | 1116                                                    | 25:34.1 | 07:51.9 |
| 22                    | Sara Haga                       |                                     | 1357                                                    | 25:46.3 | 08:04.1 |
| 23                    | Line Fusdahl Hulleberg          |                                     | 1097                                                    | 25:56.6 | 08:14.4 |
| 24                    | Marta Nielsen                   | Telenor BIL                         | 1403                                                    | 26:06.7 | 08:24.5 |
| 25                    | Martine Holmen                  | Tech4Hire                           | 1295                                                    | 26:21.0 | 08:38.8 |
| 26                    | Katarzyna Iwona Najman          | Sweco BIL                           | 1418                                                    | 26:28.6 | 08:46.4 |
| 27                    | Ksenia Levy                     | Scandic Fornebu                     | 1138                                                    | 26:44.0 | 09:01.8 |
| 28                    | Ingrid Holter-Andersen          |                                     | 1112                                                    | 27:10.5 | 09:28.3 |
| 29                    | Ida Lindvig                     | EVRY Tiger                          | 1197                                                    | 27:19.2 | 09:37.0 |
| 30                    | Bettina Therese Rognås Ellefsen |                                     | 1067                                                    | 27:24.5 | 09:42.3 |
| 31                    | Paola Nærum                     |                                     | 2078                                                    | 27:34.6 | 09:52.4 |
| 32                    | Christine Spilling              |                                     | 1397                                                    | 27:49.0 | 10:06.8 |
| 33                    | Line Grannæs                    |                                     | 1299                                                    | 27:52.3 | 10:10.1 |
| 34                    | Alexandra Drange                | Lundin                              | 1225                                                    | 27:55.5 | 10:13.3 |
| 35                    | Synne Langeland                 | EVRY Tigers Stat                    | 1120                                                    | 27:58.9 | 10:16.7 |
| 36                    | Sigri Lavik Kofstad             | Team Tag Heuer                      | 1008                                                    | 28:16.9 | 10:34.7 |
| 36                    | Runa Løvseth                    |                                     | 1064                                                    | 28:16.4 | 10:34.2 |
| 38                    | Kaia Rugseth                    |                                     | 1142                                                    | 28:17.8 | 10:35.6 |
| 39                    | Sissel Aarmo                    | Vitusapotek                         | 1638                                                    | 28:23.5 | 10:41.3 |
| 40                    | Marta Fryziak                   |                                     | 1021                                                    | 28:25.3 | 10:43.1 |
| 41                    | Ida Karlsen Løken               |                                     | 1101                                                    | 28:26.0 | 10:43.8 |
| 42                    | Katrine Førde                   | FVK                                 | 1247                                                    | 28:29.4 | 10:47.2 |
| 43                    | Ophelie Durand                  | Lundin Norway                       | 1350                                                    | 28:39.5 | 10:57.3 |
| 44                    | Birgitte Post                   | Lundin                              | 1100                                                    | 28:55.8 | 11:13.6 |
| 45                    | Benecte Caroline Steen          | Pexip                               | 1236                                                    | 30:04.9 | 12:22.7 |
| 45                    | Arlene Foster-Nielsen           | Lundin Norway AS                    | 1345                                                    | 30:04.3 | 12:22.1 |
| 47                    | Vicky Lendvay                   | Kreftforeningen BIL                 | 1093                                                    | 30:07.1 | 12:24.9 |
| 48                    | Kjerstin Bratlien Larsen        | NMD Klubben                         | 1090                                                    | 30:08.0 | 12:25.8 |
| 49                    | Anne Siqveland                  | Tech4Hire                           | 1218                                                    | 30:13.9 | 12:31.7 |
| 50                    | Monica Stensrud                 | Lundin Norway AS                    | 1282                                                    | 30:34.3 | 12:52.1 |
| 51                    | Silje Dahl Larsen               | Flåværingen IL / Ingen              | 1344                                                    | 31:24.2 | 13:42.0 |
| 52                    | Vivian Aasen                    | Scandic Fornebu                     | 1017                                                    | 31:25.6 | 13:43.4 |
| 53                    | Marianne Lund                   |                                     | 1255                                                    | 31:29.5 | 13:47.3 |

| <b>Kvinner 23-34 år 5 km</b> |                            |                     | <b>(Påmeldt: 65 - Startet: 56 - Fullført: 56 - Premier: 0)</b> |         |         |
|------------------------------|----------------------------|---------------------|----------------------------------------------------------------|---------|---------|
| 54                           | Hilde Klyve                | FVK                 | 1102                                                           | 34:11.9 | 16:29.7 |
| 55                           | Anne Birgit Kalvik         |                     | 1072                                                           | 43:54.1 | 26:11.9 |
| 56                           | Tonje Stolpestad           |                     | 1095                                                           | 47:56.5 | 30:14.3 |
|                              | Kristin Holst Haaland      |                     | 0                                                              | DNS     | DNS     |
|                              | Andrea Lystad              |                     | 1026                                                           | DNS     | DNS     |
|                              | Line Henriette Paulsen     | Hurumrypene         | 1057                                                           | DNS     | DNS     |
|                              | Astrid Uhrenholdt JACOBSEN | Heming / BAMA       | 1239                                                           | DNS     | DNS     |
|                              | Silje Helen Foss Rønningen |                     | 1243                                                           | DNS     | DNS     |
|                              | Monica Solheim Slind       | Kreftforeningen BIL | 1254                                                           | DNS     | DNS     |
|                              | Kristin Huse Pedersen      | Proffice            | 1294                                                           | DNS     | DNS     |
|                              | Anca Anitel                | Scandic Fornebu     | 1369                                                           | DNS     | DNS     |
|                              | Hanna Sargenius            | Koll IL / Privat    | 1386                                                           | DNS     | DNS     |

| <b>Menn 23-34 år 5 km</b> |                             |                                                   | <b>(Påmeldt: 47 - Startet: 39 - Fullført: 39 - Premier: 0)</b> |         |         |
|---------------------------|-----------------------------|---------------------------------------------------|----------------------------------------------------------------|---------|---------|
| 1                         | John Henry Strupstad        | Ren-Eng, FIK - Friidrett                          | 1448                                                           | 15:40.6 | 00:00.0 |
| 2                         | Einar Haakon Christian Rose | SK Vidar                                          | 1399                                                           | 15:45.2 | 00:04.6 |
| 3                         | Per Erik Monsrud            | Oppstad IL                                        | 1362                                                           | 16:06.6 | 00:26.0 |
| 4                         | Simen Enger                 | Oslostudentenes IK - Friidrett / OSI<br>Friidrett | 1250                                                           | 16:51.4 | 01:10.8 |
| 5                         | Rick Noordink               | Ren-Eng, FIK - Friidrett                          | 1451                                                           | 16:55.7 | 01:15.1 |
| 6                         | André Myrvold               | Asker Sk. Friidrett / Origo Boligfinans<br>Bil    | 1160                                                           | 17:15.9 | 01:35.3 |
| 7                         | Kim Johannesen              | Romerike Ultraløperklubb                          | 1176                                                           | 17:34.5 | 01:53.9 |
| 8                         | André Kroglund              | Ilseeng IL                                        | 1272                                                           | 18:02.1 | 02:21.5 |
| 9                         | Jostein Gallis              | Rolfsbukta IL                                     | 1458                                                           | 18:07.0 | 02:26.4 |
| 10                        | Eivind Gausland             | IF Forsikring                                     | 1414                                                           | 18:20.3 | 02:39.6 |
| 11                        | Anders Omholt- Jensen       | BUL                                               | 1289                                                           | 18:28.1 | 02:47.5 |
| 12                        | Daniel Frösslund            | Norwegian BIL                                     | 1343                                                           | 18:49.6 | 03:08.9 |
| 13                        | Christian Aarthun           | EVRY Tigers                                       | 1220                                                           | 19:01.8 | 03:21.2 |
| 14                        | Henrik Lundin               | Lundin Norway                                     | 1168                                                           | 19:28.5 | 03:47.9 |
| 15                        | Christoffer Nilsson         | Scandic Fornebu                                   | 1262                                                           | 19:37.9 | 03:57.3 |
| 16                        | Jostein Mæland Moe          | Bull Ski&Kajak/Lyn Ski                            | 1456                                                           | 19:39.5 | 03:58.9 |
| 17                        | Helge Haukås                | Telenor                                           | 1639                                                           | 20:08.5 | 04:27.9 |
| 18                        | Rafal Pajak                 | AWF KATOWICE                                      | 1361                                                           | 20:38.2 | 04:57.6 |
| 19                        | Gjermund Gartmann           | EVRY Tigers                                       | 1363                                                           | 20:49.8 | 05:09.2 |
| 20                        | Magnus Helsvig              | Scandic Fornebu                                   | 1056                                                           | 21:35.2 | 05:54.5 |
| 21                        | Lars Sandåker               |                                                   | 1645                                                           | 21:43.8 | 06:03.2 |
| 22                        | Johan Lundgren              | Norwegian BIL                                     | 1023                                                           | 21:51.3 | 06:10.7 |
| 23                        | Alexander Larsen            | EVRY Tigers                                       | 1226                                                           | 23:43.8 | 08:03.1 |
| 24                        | Kent Windahl                |                                                   | 1308                                                           | 23:44.2 | 08:03.5 |
| 25                        | Helge Hesby                 | Team Tag Heuer                                    | 1216                                                           | 23:50.3 | 08:09.7 |
| 26                        | Hans Cats                   | Sporty Og Gøy                                     | 1210                                                           | 24:28.9 | 08:48.2 |
| 27                        | Nizam Valentino             |                                                   | 1443                                                           | 25:20.3 | 09:39.7 |
| 28                        | Gabriel Stoica              | Scandic Fornebu                                   | 1389                                                           | 25:53.2 | 10:12.6 |
| 29                        | Jan Erik Ramstad            | IDEX ASA                                          | 1201                                                           | 26:34.2 | 10:53.6 |
| 30                        | Diem Nguyen                 | Vitusapotek                                       | 1028                                                           | 26:49.8 | 11:09.2 |
| 31                        | Jan Henrik Juel-Larsen      | Scandic Fornebu                                   | 1628                                                           | 28:34.2 | 12:53.6 |

## Menn 23-34 år 5 km

(Påmeldt: 47 - Startet: 39 - Fullført: 39 - Premier: 0)

|    |                         |                        |      |         |         |
|----|-------------------------|------------------------|------|---------|---------|
| 32 | Lars Lund               |                        | 1454 | 29:00.6 | 13:20.0 |
| 33 | Martin Sletten Eriksen  | VIVIL IL               | 1316 | 29:25.8 | 13:45.1 |
| 34 | Henrik T. Rohde-Hanssen | Team Tag Heuer         | 1033 | 29:28.2 | 13:47.5 |
| 35 | Hans Agdal Stenseng     | Scandic Fornebu        | 1233 | 29:38.4 | 13:57.8 |
| 36 | David Emanuel Buchmann  |                        | 1426 | 30:38.6 | 14:58.0 |
| 37 | Peyman Fard             |                        | 1135 | 31:29.3 | 15:48.7 |
| 38 | Øystein Rodem           | Driv Trening AS        | 1419 | 32:54.4 | 17:13.8 |
| 39 | Mads Huse               | FVK                    | 1151 | 33:32.3 | 17:51.7 |
|    | Daniel Mo               | IDEX ASA               | 1141 | DNS     | DNS     |
|    | Gustavo Ribbe           |                        | 1164 | DNS     | DNS     |
|    | Petter Moi              | Vitusapotek            | 1260 | DNS     | DNS     |
|    | Rune Vegard Eknes       | IKANO BANK             | 1273 | DNS     | DNS     |
|    | Håvard Skyberg          |                        | 1290 | DNS     | DNS     |
|    | Kristian Stoll          | Team Wegger & Kvalsvik | 1347 | DNS     | DNS     |
|    | Marcus Lødner           | Høvik Barnehage        | 1352 | DNS     | DNS     |
|    | Anders Valle            |                        | 1356 | DNS     | DNS     |

## Kvinner 35-39 år 5 km

(Påmeldt: 49 - Startet: 40 - Fullført: 39 - Premier: 0)

|    |                            |                      |      |         |         |
|----|----------------------------|----------------------|------|---------|---------|
| 1  | Hilde Gudem                | Vidar                | 1334 | 18:33.3 | 00:00.0 |
| 2  | Marianne Sandvik           |                      | 1439 | 19:46.7 | 01:13.3 |
| 3  | Grete Steene-Johannessen   | FVK                  | 2800 | 20:06.9 | 01:33.5 |
| 4  | Cristina Luis              | Nydalens Skiklub     | 1455 | 20:53.2 | 02:19.9 |
| 5  | Liselott Fein              | Team Tag Heuer       | 1184 | 21:38.4 | 03:05.1 |
| 6  | Hege Kullerud              | Varteig IL           | 1311 | 22:02.0 | 03:28.7 |
| 7  | Nina Knudsmoen Utheim      |                      | 2312 | 23:28.2 | 04:54.8 |
| 8  | Kirsti Holm                |                      | 1050 | 24:41.7 | 06:08.3 |
| 9  | Veronika Andreassen        | Prostataklinikken AS | 1208 | 24:49.7 | 06:16.3 |
| 10 | Karina Larsen              | Dib                  | 1265 | 25:40.0 | 07:06.6 |
| 11 | Therese Wiik Jahnsen       | EVRY Tigers          | 1207 | 25:44.0 | 07:10.7 |
| 12 | Oddrun Helen Hagen         | Sweco Norge AS       | 1140 | 26:03.8 | 07:30.4 |
| 13 | Thonye Coch                |                      | 1631 | 26:13.8 | 07:40.4 |
| 14 | Kristin Bjørve Karlsen     |                      | 1054 | 26:22.7 | 07:49.3 |
| 15 | Lene Ross                  | Aker Solutions BIL   | 1337 | 26:27.1 | 07:53.8 |
| 16 | Mette T. Venold            |                      | 1175 | 26:28.1 | 07:54.8 |
| 17 | Pernille Johanne Baggeråns | EVRY                 | 1404 | 26:34.8 | 08:01.5 |
| 18 | Cristina Gjurød Braathen   | Team Tag Heuer       | 1240 | 26:37.4 | 08:04.1 |
| 19 | Kristine Dahl              |                      | 1235 | 26:43.8 | 08:10.5 |
| 20 | Katrine Amarloui           | Tyribo IL            | 1032 | 27:01.2 | 08:27.8 |
| 21 | Ingrid Egeberg             |                      | 1221 | 27:34.0 | 09:00.7 |
| 22 | Karianne Prytz             | OBOS                 | 1278 | 27:36.7 | 09:03.3 |
| 23 | Margrethe Stenrød West     |                      | 1037 | 27:47.1 | 09:13.8 |
| 24 | Kari Amlo                  |                      | 1106 | 29:05.1 | 10:31.7 |
| 25 | Elisabeth Evjen            |                      | 1118 | 29:10.9 | 10:37.6 |
| 26 | Kjersti Skavik             | EVRY Tigers          | 2426 | 30:03.3 | 11:30.0 |
| 27 | Angie Hussami Finvold      |                      | 1103 | 30:05.0 | 11:31.7 |
| 28 | Ingrid Kjöllærström        | Aker Solutions       | 1284 | 30:10.1 | 11:36.8 |
| 29 | Nina Øien                  | Vitusapotek          | 1317 | 30:13.3 | 11:39.9 |



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**Kvinner 35-39 år 5 km****(Påmeldt: 49 - Startet: 40 - Fullført: 39 - Premier: 0)**

|    |                          |                        |      |         |         |
|----|--------------------------|------------------------|------|---------|---------|
| 30 | Amanda Cavalcanti Kvello | Lundin Norway AS       | 1009 | 30:36.6 | 12:03.2 |
| 31 | Sara Moslet              | Jarenga                | 1152 | 30:39.6 | 12:06.3 |
| 32 | Heidi Melby              |                        | 1429 | 31:30.2 | 12:56.9 |
| 33 | Toril Maria Lilleås      |                        | 1130 | 33:22.1 | 14:48.8 |
| 34 | Silje Øygarden           | Dib                    | 1148 | 33:54.0 | 15:20.6 |
| 35 | Gro Haugland             |                        | 1323 | 34:42.1 | 16:08.7 |
| 36 | Alena Rahanskaya         | Akershus Fylkeskommune | 1407 | 36:26.2 | 17:52.9 |
| 37 | Eir Alvestad             | FVK                    | 1006 | 38:36.7 | 20:03.3 |
| 38 | Nadine Henke-Kettinen    | Team Relocations       | 1214 | 40:01.3 | 21:28.0 |
| 39 | Theresa Nilsen           |                        | 1104 | 44:31.9 | 25:58.6 |
|    | Hanne Ramdahl            | OBOS                   | 1030 | DNS     | DNS     |
|    | Lene Nilsen              | IKANO BANK             | 1073 | DNS     | DNS     |
|    | Ruth Ida Andreassen      | Kreftforeningen BIL    | 1114 | DNS     | DNS     |
|    | Sofia Appelskog-Ribbe    |                        | 1161 | DNS     | DNS     |
|    | Mary Ann Nygaard         | Gender Consulting      | 1188 | DNS     | DNS     |
|    | Stine Morken             | IKANO BANK             | 1263 | DNS     | DNS     |
|    | Silje Johnsen            |                        | 1268 | DNS     | DNS     |
|    | Anne Grete Kirkemo       | Lundin Norway          | 1383 | DNS     | DNS     |
|    | Rita Berg Hansen         | Home                   | 1420 | DNS     | DNS     |

**Menn 35-39 år 5 km****(Påmeldt: 22 - Startet: 20 - Fullført: 20 - Premier: 0)**

|    |                      |                                  |      |         |         |
|----|----------------------|----------------------------------|------|---------|---------|
| 1  | Pål A Kullerud       | Varteig IL                       | 1136 | 16:05.2 | 00:00.0 |
| 2  | Eirik Larsen         | Forvaltningshuset                | 1442 | 16:47.5 | 00:42.3 |
| 3  | Espen Ringom         | SK Vidar                         | 1341 | 17:34.9 | 01:29.6 |
| 4  | Rune Følstad         | Dokumentservice                  | 1320 | 17:53.0 | 01:47.8 |
| 5  | Henrik Magnusson     | Birkebeineren / IF Birkebeineren | 1115 | 17:54.1 | 01:48.9 |
| 6  | Rune Hageberg        | OSI                              | 1376 | 18:37.7 | 02:32.4 |
| 7  | Christian Evensen    | Rovels Running Team              | 1371 | 18:52.8 | 02:47.6 |
| 8  | Tore Buli            | EVRY Tigers                      | 1336 | 21:01.0 | 04:55.7 |
| 9  | Nils Holger Koefoed  | Team Tag Heuer                   | 1224 | 21:55.4 | 05:50.1 |
| 10 | Thron Erik Schøyen   | Scandic Fornebu                  | 1346 | 22:05.5 | 06:00.2 |
| 11 | Lars Labee-Lund      | Statoil                          | 1635 | 23:03.7 | 06:58.4 |
| 12 | Tonny Holte          | Privat                           | 1213 | 23:09.0 | 07:03.7 |
| 13 | Anders Venold        |                                  | 1411 | 23:26.9 | 07:21.7 |
| 14 | Espen Skilhagen      | Lundin Norway                    | 1061 | 24:42.7 | 08:37.4 |
| 15 | Frank Gjørund        | Team Relocations                 | 1189 | 27:38.0 | 11:32.7 |
| 16 | Haakon Rohde-Hanssen | Team Tag Heuer                   | 1055 | 27:39.1 | 11:33.9 |
| 17 | Elvir Hasic          | Team Wegger & Kvalsvik           | 1158 | 28:02.8 | 11:57.6 |
| 18 | Thomas Hammerseth    | FK Gunnar                        | 1435 | 28:15.2 | 12:09.9 |
| 19 | Per-Stian Vatne      | HP                               | 1219 | 28:43.7 | 12:38.5 |
| 20 | Børge Nilsen         |                                  | 1292 | 44:30.7 | 28:25.4 |
|    | Alexander Quidning   | Team Wegger & Kvalsvik           | 1113 | DNS     | DNS     |
|    | Per Rys              |                                  | 1146 | DNS     | DNS     |

**Kvinner 40-44 år 5 km****(Påmeldt: 45 - Startet: 37 - Fullført: 37 - Premier: 0)**

|   |                       |        |      |         |         |
|---|-----------------------|--------|------|---------|---------|
| 1 | Gunhild Halle Halle   | Tjalve | 1019 | 17:25.4 | 00:00.0 |
| 2 | Mette Bakken Skauerud | Vidar  | 1172 | 19:09.2 | 01:43.7 |



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## Kvinner 40-44 år 5 km

(Påmeldt: 45 - Startet: 37 - Fullført: 37 - Premier: 0)

|    |                             |                            |      |         |         |
|----|-----------------------------|----------------------------|------|---------|---------|
| 3  | Marianne Dønnem             | SK Vidar                   | 1430 | 20:45.0 | 03:19.5 |
| 4  | Marlene Garred              |                            | 1053 | 23:31.6 | 06:06.2 |
| 5  | Karin Westerberg            |                            | 1122 | 23:37.7 | 06:12.2 |
| 6  | Linda Maria Krekling        | IKEA                       | 1253 | 23:41.1 | 06:15.7 |
| 7  | Marit Aittovaara            | Hundsund Ungdomskole       | 1286 | 23:45.6 | 06:20.2 |
| 8  | Cecilia Sjölin              |                            | 1293 | 24:01.0 | 06:35.5 |
| 9  | Bärbel Traub Waagan         |                            | 1318 | 24:18.2 | 06:52.7 |
| 10 | Lise Lilleengen             |                            | 1174 | 24:39.9 | 07:14.4 |
| 11 | Janne Syversen              |                            | 1087 | 24:40.1 | 07:14.6 |
| 12 | Tiril Zelow Bliksmark       | Fossum IF / Fossum         | 1242 | 24:56.1 | 07:30.7 |
| 13 | Monica Grönvall             |                            | 1091 | 25:02.3 | 07:36.9 |
| 14 | Anine Wiig Dagestad         | Kreftforeningen BIL        | 1066 | 25:12.2 | 07:46.8 |
| 15 | Vibeke Gustad               | Hurumrypene                | 1438 | 26:06.6 | 08:41.1 |
| 16 | Gyri Esmann                 |                            | 1633 | 26:10.8 | 08:45.3 |
| 17 | Marit Moen                  | Hundsund Ungdomsskole      | 1310 | 26:30.8 | 09:05.4 |
| 18 | Anne Katrine Lieng Jacobsen | Lundin Norway              | 1319 | 26:32.0 | 09:06.6 |
| 18 | Mari Espelin                | Budstikka                  | 2384 | 26:32.3 | 09:06.8 |
| 20 | Karianne Mo                 | ABB                        | 1143 | 27:11.7 | 09:46.2 |
| 21 | Anette Lerø                 | Fossum IF / Aker Solutions | 1238 | 27:31.3 | 10:05.9 |
| 22 | Sophie Mustad               | ALU B.I.L.                 | 1296 | 27:36.9 | 10:11.5 |
| 23 | Elizabeth Acklam            |                            | 1001 | 27:42.9 | 10:17.5 |
| 24 | Vigdis Kristoffersen        |                            | 1085 | 28:01.4 | 10:35.9 |
| 25 | Lande Castberg              |                            | 1468 | 28:12.6 | 10:47.1 |
| 26 | Anita Yttrehus              | EVRY Tigers                | 1340 | 28:29.4 | 11:03.9 |
| 27 | Anne-Kristin Finne          |                            | 1035 | 28:44.6 | 11:19.2 |
| 28 | Anniken Toikka Berg         |                            | 1181 | 28:49.3 | 11:23.8 |
| 29 | Marianne Ring-Andersen      | Privat                     | 2107 | 29:44.3 | 12:18.9 |
| 30 | Elin Nøkleby                | Pexip                      | 1370 | 30:06.1 | 12:40.6 |
| 31 | Tina Usher                  |                            | 1074 | 30:40.5 | 13:15.0 |
| 32 | Kjersti Nummedal Røise      |                            | 1416 | 31:31.7 | 14:06.3 |
| 33 | Synnøve Brendryen           | DiB                        | 1025 | 33:48.6 | 16:23.1 |
| 34 | Vivian Haugen               | FVK                        | 1241 | 34:16.0 | 16:50.5 |
| 35 | Ingrid Geirhovd Haug        |                            | 1228 | 35:00.1 | 17:34.7 |
| 36 | Vanja Lona                  |                            | 1215 | 35:20.2 | 17:54.8 |
| 37 | Elaine Carlsen              | FVK                        | 1379 | 37:31.6 | 20:06.2 |
|    | Heidi Riborg Lona           | Flåværingen IL / Ingen     | 1010 | DNS     | DNS     |
|    | Kjersti Dunham              | Statens Vegvesen           | 1040 | DNS     | DNS     |
|    | Kristin Buntz               | DNVGL                      | 1051 | DNS     | DNS     |
|    | Marit Hopland Engebretsen   |                            | 1058 | DNS     | DNS     |
|    | Elisabeth Kollerød          |                            | 1069 | DNS     | DNS     |
|    | Jill Vibeke Lorentzen Krane | Dib                        | 1079 | DNS     | DNS     |
|    | Linda Olsen                 |                            | 1129 | DNS     | DNS     |
|    | Eline Fyksen Aas            | Team Tag Heuer             | 1328 | DNS     | DNS     |

## Menn 40-44 år 5 km

(Påmeldt: 35 - Startet: 32 - Fullført: 32 - Premier: 0)

|   |                 |                     |      |         |         |
|---|-----------------|---------------------|------|---------|---------|
| 1 | Øystein Mørk    | Sportsklubben Kraft | 1395 | 15:19.4 | 00:00.0 |
| 2 | Asle Slettemoen | BUL / IL I BUL      | 1011 | 15:55.6 | 00:36.2 |



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**Menn 40-44 år 5 km****(Påmeldt: 35 - Startet: 32 - Fullført: 32 - Premier: 0)**

|    |                          |                                       |      |         |         |
|----|--------------------------|---------------------------------------|------|---------|---------|
| 3  | Øystein Rognes Solheim   | Statnett BIL                          | 1423 | 16:51.7 | 01:32.2 |
| 4  | Tore Hopen               |                                       | 1374 | 16:53.7 | 01:34.3 |
| 5  | Jon Ilseng               | Bøler IF                              | 1109 | 16:57.0 | 01:37.5 |
| 6  | Aleksander Stray         | Bygdø IL                              | 1364 | 17:03.6 | 01:44.1 |
| 7  | Trond Hansen             | Vidar                                 | 1223 | 18:13.5 | 02:54.0 |
| 8  | Geir Åge Hjeltnes        |                                       | 1133 | 18:38.7 | 03:19.2 |
| 9  | Eirin Asp                | Bygdøy IL                             | 0    | 18:46.9 | 03:27.5 |
| 10 | Eirik Asp                | Byaasen Skiklub / Bygdøy              | 1640 | 18:47.0 | 03:27.5 |
| 11 | Dag Olav Norem           | FINN.No                               | 1400 | 18:49.6 | 03:30.2 |
| 12 | Eirik Flaa               | Gåping IL                             | 1409 | 18:57.0 | 03:37.5 |
| 13 | Vemund Aker              | Treningscamp                          | 1288 | 19:04.5 | 03:45.0 |
| 14 | Bengt Lund               |                                       | 1128 | 19:19.1 | 03:59.6 |
| 15 | Martin Hay               | Hakallestranda Kondisjonslag / Kondis | 1441 | 19:33.9 | 04:14.4 |
| 16 | Davidc. Hemmingsen       | Kreftforeningen BIL                   | 1107 | 21:50.0 | 06:30.6 |
| 17 | Tord Ekeland             |                                       | 1401 | 21:54.7 | 06:35.3 |
| 18 | Øyvind Milvang           |                                       | 1632 | 22:16.9 | 06:57.5 |
| 19 | Dag-Frode Rekdal         | Knowit BIL                            | 1365 | 22:17.3 | 06:57.8 |
| 20 | Richard Ødegård Johansen | NO TEAM                               | 1004 | 23:20.7 | 08:01.2 |
| 21 | Jo Andre Aakvik          |                                       | 1277 | 23:24.5 | 08:05.0 |
| 22 | Kjetil Bøhmer            | Team Wegger & Kvalsvik                | 1285 | 23:30.0 | 08:10.5 |
| 23 | Kjell Rune Jacobsen      | Scandic Fornebu                       | 1385 | 23:47.2 | 08:27.7 |
| 24 | Håkon Skeie              | VIVIL IL                              | 1154 | 23:53.2 | 08:33.7 |
| 25 | Nuno M De Matos Pissarra | Team Wegger & Kvalsvik                | 1410 | 24:12.1 | 08:52.6 |
| 26 | Trond Espen Seim         |                                       | 1467 | 24:13.6 | 08:54.1 |
| 27 | Thomas Reitevold         | Gk2                                   | 2605 | 25:43.7 | 10:24.2 |
| 28 | Pål Thorleif Tollefsen   | Team Tag Heuer                        | 1372 | 26:29.7 | 11:10.2 |
| 28 | Trygve Bjark             | EVRY Tigers                           | 1393 | 26:29.5 | 11:10.0 |
| 30 | Anders Natås             | IDEX ASA                              | 1015 | 27:07.2 | 11:47.8 |
| 31 | David Bø                 | Tasta Dart Cycle Club                 | 1446 | 30:15.0 | 14:55.5 |
| 32 | Tommy Brekke             | Team Wegger & Kvalsvik                | 1377 | 34:37.0 | 19:17.5 |
|    | Tommy Diesen             | Billia                                | 1052 | DNS     | DNS     |
|    | Lars Erik Brecke         |                                       | 1125 | DNS     | DNS     |
|    | Kristoffer Ring          | SUM                                   | 1321 | DNS     | DNS     |

**Kvinner 45-49 år 5 km****(Påmeldt: 36 - Startet: 32 - Fullført: 31 - Premier: 0)**

|    |                       |                                     |      |         |         |
|----|-----------------------|-------------------------------------|------|---------|---------|
| 1  | Kari Madslien         | Nydalens Skiklub                    | 1444 | 18:16.0 | 00:00.0 |
| 2  | Sidsel Mohn           | DinTopp                             | 1349 | 19:37.3 | 01:21.2 |
| 3  | Anne Myhr             | SK Vidar                            | 1373 | 20:27.7 | 02:11.6 |
| 4  | Ingunn Sandbakk       | Røa IL                              | 2362 | 21:53.2 | 03:37.1 |
| 5  | Trine Tjøm            | Fossum IF / Fossum IF / Telenor BIL | 1123 | 23:12.9 | 04:56.8 |
| 6  | Nina Klopbakken       |                                     | 1024 | 24:00.7 | 05:44.6 |
| 7  | Lena M                | Hurumrypene                         | 1463 | 24:15.1 | 05:59.0 |
| 8  | Gry Nergård           |                                     | 1186 | 25:06.2 | 06:50.1 |
| 9  | Sari Uran             | Team Uran                           | 1641 | 26:28.2 | 08:12.1 |
| 10 | Cecilie Ravn Munkvold | Lundin Norway AS                    | 1209 | 27:08.4 | 08:52.4 |
| 11 | Lisbeth Sloth         | Sønær                               | 1139 | 27:27.4 | 09:11.3 |



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| Kvinner 45-49 år 5 km |                        |                     | (Påmeldt: 36 - Startet: 32 - Fullført: 31 - Premier: 0) |            |         |
|-----------------------|------------------------|---------------------|---------------------------------------------------------|------------|---------|
| 12                    | Hege Hamremo           |                     | 1643                                                    | 27:45.1    | 09:29.0 |
| 13                    | Ingrid Prestesæter     | EVERY Tigers        | 1461                                                    | 28:37.8    | 10:21.7 |
| 14                    | Tove Nyenget           | Kreftforeningen BIL | 1249                                                    | 28:57.2    | 10:41.1 |
| 15                    | Ellen Altenborg        |                     | 1358                                                    | 28:59.0    | 10:42.9 |
| 16                    | Anita Evjen Hagtvedt   |                     | 1177                                                    | 29:14.1    | 10:58.0 |
| 17                    | Cecilie L'orange       |                     | 1144                                                    | 29:21.4    | 11:05.3 |
| 18                    | Toril Berg             | Team Tag Heuer      | 1326                                                    | 30:48.6    | 12:32.5 |
| 19                    | Cecilie Hagby          |                     | 1084                                                    | 31:16.6    | 13:00.5 |
| 20                    | Annetine Aakesen       |                     | 1200                                                    | 31:43.5    | 13:27.4 |
| 21                    | Iuliana Neråsen        |                     | 1111                                                    | 32:05.8    | 13:49.7 |
| 22                    | Anja Thuesen           | Lundin Norway AS    | 1105                                                    | 32:45.2    | 14:29.1 |
| 23                    | Christine Rogers       |                     | 1194                                                    | 32:46.9    | 14:30.8 |
| 24                    | Kristine Kiær          |                     | 1408                                                    | 33:30.4    | 15:14.3 |
| 25                    | Cecilie Røskeland      | Dib                 | 1150                                                    | 33:47.7    | 15:31.6 |
| 26                    | Anne Bratås            | FVK                 | 1048                                                    | 34:38.0    | 16:21.9 |
| 27                    | Wenche Engeli          | FVK                 | 1251                                                    | 38:27.0    | 20:10.9 |
| 28                    | Anita Kampeseter       | FVK                 | 1313                                                    | 39:19.5    | 21:03.4 |
| 29                    | Tove Kjevik            | VIVIL IL            | 1062                                                    | 39:39.3    | 21:23.2 |
| 30                    | Ida Selvær             | FVK                 | 1212                                                    | 52:39.9    | 34:23.8 |
| 31                    | Ylje Wiede             | IKANO BANK          | 2818                                                    | 01:05:59.9 | 47:43.8 |
|                       | Cecilie Kolstad        |                     | 1258                                                    | DNS        | DNS     |
|                       | Cathrine Ask           |                     | 1291                                                    | DNS        | DNS     |
|                       | Inger Søiland Ødegaard |                     | 1305                                                    | DNS        | DNS     |
|                       | Ann Kristin Vang       |                     | 1338                                                    | DNS        | DNS     |

| Menn 45-49 år 5 km |                       |                                 | (Påmeldt: 26 - Startet: 22 - Fullført: 22 - Premier: 0) |         |         |
|--------------------|-----------------------|---------------------------------|---------------------------------------------------------|---------|---------|
| 1                  | Sigmar Gunnarsson     | Byggeliten                      | 1450                                                    | 17:20.1 | 00:00.0 |
| 2                  | Øivind Skare          | Oslostudentenes IK - Friidrett  | 1183                                                    | 18:11.0 | 00:50.9 |
| 3                  | Jørgen Saxegaard      | Hjellnes Consult                | 1192                                                    | 18:31.2 | 01:11.1 |
| 4                  | Hassan Bouka          | BUL / BUL                       | 1415                                                    | 18:53.6 | 01:33.5 |
| 5                  | Steinar Uran          | Team Uran                       | 1642                                                    | 19:04.6 | 01:44.5 |
| 6                  | Robert Brudeset       | EVERY Tigers                    | 1092                                                    | 19:05.5 | 01:45.4 |
| 7                  | Christopher Aalholm   | Vidar                           | 1166                                                    | 19:29.5 | 02:09.4 |
| 8                  | Tor Sigurd Breivik    | Sandvin                         | 1432                                                    | 19:59.0 | 02:38.9 |
| 9                  | Sten-Oluf Horn        | Team Øverskogen                 | 1626                                                    | 20:06.4 | 02:46.3 |
| 10                 | Knut-Arne Løite       | Sørkedalens IF / AdrenalinEvent | 1437                                                    | 21:12.6 | 03:52.5 |
| 11                 | Magnus Nilsson        | Fossum IF                       | 1279                                                    | 22:36.8 | 05:16.7 |
| 12                 | Frode Laastad         | Lundin Norway AS                | 1005                                                    | 22:50.4 | 05:30.3 |
| 13                 | Brede Storhaug        | Holmestrand IF                  | 1117                                                    | 23:48.8 | 06:28.7 |
| 14                 | Lars Gunnar Klingberg | Lommedalen IL                   | 1465                                                    | 24:25.1 | 07:05.0 |
| 15                 | Pål Stange            | Aleris                          | 1134                                                    | 24:28.5 | 07:08.4 |
| 16                 | Steinar Unnestad      | FVK                             | 1190                                                    | 25:24.5 | 08:04.4 |
| 17                 | Peer Andersen         | Treningscamp                    | 1380                                                    | 26:15.2 | 08:55.1 |
| 18                 | John Iver Stakston    | Team Tag Heuer                  | 1384                                                    | 26:29.9 | 09:09.8 |
| 19                 | Jan Øyvind Agedal     | Bærum Sportsklubb               | 1283                                                    | 26:40.2 | 09:20.1 |
| 20                 | Lars Guntveit         | IDEX ASA                        | 1257                                                    | 27:52.4 | 10:32.3 |
| 21                 | Fredrik Evju Bostad   | Team Relocations                | 1329                                                    | 30:40.9 | 13:20.8 |

|                                                                                    |                |      |        |                                   |            |
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| Menn 45-49 år 5 km |                   |                          | (Påmeldt: 26 - Startet: 22 - Fullført: 22 - Premier: 0) |         |         |
|--------------------|-------------------|--------------------------|---------------------------------------------------------|---------|---------|
| 22                 | Marius Heltne     | VIVIL IL                 | 1027                                                    | 34:54.8 | 17:34.7 |
|                    | Terje Kongsfjell  | Noah As                  | 1041                                                    | DNS     | DNS     |
|                    | Per Killingmo     |                          | 1301                                                    | DNS     | DNS     |
|                    | Steinar Goodchild | Privat                   | 1366                                                    | DNS     | DNS     |
|                    | Jon Per NYGAARD   | Ren-Eng, FIK - Friidrett | 1440                                                    | DNS     | DNS     |

| Kvinner 50-54 år 5 km |                            |                         | (Påmeldt: 26 - Startet: 21 - Fullført: 20 - Premier: 0) |         |         |
|-----------------------|----------------------------|-------------------------|---------------------------------------------------------|---------|---------|
| 1                     | Anita Isaksen              | Fossum IF               | 1191                                                    | 20:32.7 | 00:00.0 |
| 2                     | Gitta Starckjohann         | IL Tyrving              | 1089                                                    | 21:50.2 | 01:17.4 |
| 3                     | Tone Berit Mohagen         |                         | 1431                                                    | 21:58.7 | 01:26.0 |
| 4                     | Tine Sandøy                | Høvik Jogg              | 1368                                                    | 24:54.1 | 04:21.4 |
| 5                     | Elisabeth Gjølme           |                         | 1355                                                    | 25:02.2 | 04:29.5 |
| 6                     | Bente Festøy               | Statoil BIL             | 1038                                                    | 26:16.0 | 05:43.3 |
| 7                     | Anne Louise Fredriksen     | Samfunnshuset Legkontor | 1314                                                    | 26:42.2 | 06:09.5 |
| 8                     | Nina Rokseth               | EVRY Tigers             | 1121                                                    | 26:55.0 | 06:22.2 |
| 9                     | Anette Tandberg            | Rolfsbukta Ski Og Ball  | 1276                                                    | 27:57.8 | 07:25.1 |
| 10                    | Pia Stensby Young          |                         | 1045                                                    | 28:52.2 | 08:19.5 |
| 11                    | Rita Michalsen             |                         | 1259                                                    | 29:01.9 | 08:29.1 |
| 12                    | Camilla Børresen           | Fred Olsen Sportsklubb  | 1629                                                    | 29:31.6 | 08:58.9 |
| 13                    | Anki Åkenes                | Ingen                   | 1246                                                    | 30:00.6 | 09:27.8 |
| 14                    | Vigdis Jordal              |                         | 1405                                                    | 30:46.6 | 10:13.9 |
| 15                    | Björg Skogseid             | Kreftforeningen BIL     | 1331                                                    | 30:54.6 | 10:21.8 |
| 16                    | Kjersti Mathisen Bratsberg | Lundin Norway           | 1390                                                    | 31:25.4 | 10:52.7 |
| 17                    | Sidsel Gade                |                         | 1462                                                    | 32:48.7 | 12:16.0 |
| 18                    | Ann-Edel Skorpen           | Team Relocations        | 1042                                                    | 32:51.6 | 12:18.9 |
| 19                    | Torgunn Oldeide            |                         | 1307                                                    | 33:21.1 | 12:48.4 |
| 20                    | Cathrine Czilling          | FVK                     | 1000                                                    | 52:32.6 | 31:59.9 |
|                       | Inger Anne Bakkeland       |                         | 1029                                                    | DNS     | DNS     |
|                       | Gro Holstad                |                         | 1086                                                    | DNS     | DNS     |
|                       | Ann-Kristin Kirkeby        | IKANO BANK              | 1099                                                    | DNS     | DNS     |
|                       | Anne Mari Kirste           | Vitusapotek             | 1193                                                    | DNS     | DNS     |
|                       | Kjersti Grue               |                         | 1353                                                    | DNS     | DNS     |

| Menn 50-54 år 5 km |                     |                    | (Påmeldt: 30 - Startet: 29 - Fullført: 29 - Premier: 0) |         |         |
|--------------------|---------------------|--------------------|---------------------------------------------------------|---------|---------|
| 1                  | Fred Solvik         | Tyrving IL         | 1227                                                    | 17:47.4 | 00:00.0 |
| 2                  | Oddbjørn Overskott  | OSI                | 1137                                                    | 19:44.3 | 01:56.8 |
| 3                  | Tage Djupvik        |                    | 1248                                                    | 20:20.9 | 02:33.4 |
| 4                  | Emil Bryhn          | If Bil             | 1396                                                    | 20:22.5 | 02:35.0 |
| 5                  | Harald Nordvoll     | Alcatel-Lucent     | 1325                                                    | 20:28.9 | 02:41.4 |
| 6                  | Carl Henrik Janson  |                    | 1132                                                    | 20:55.2 | 03:07.7 |
| 7                  | Bjørn Kvernhaug     | HTS B.I.L          | 1185                                                    | 20:58.5 | 03:11.0 |
| 8                  | Tom Kristian Berg   | Alcatel-Lucent BIL | 1382                                                    | 20:59.9 | 03:12.4 |
| 9                  | Eystein Husebye     |                    | 1453                                                    | 21:02.4 | 03:14.9 |
| 10                 | Morten Brodersen    |                    | 1342                                                    | 21:05.0 | 03:17.5 |
| 11                 | Lars Olav Skårberg  | Rye Sp.Kl.         | 1300                                                    | 21:09.8 | 03:22.3 |
| 12                 | Kjetil Narum Bakken | Alcatel-Lucent     | 1460                                                    | 21:40.3 | 03:52.8 |
| 13                 | Jostein Vattøy      | Team Relocations   | 1252                                                    | 21:47.7 | 04:00.2 |



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## RESULTATLISTE

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| Menn 50-54 år 5 km |                          |                        | (Påmeldt: 30 - Startet: 29 - Fullført: 29 - Premier: 0) |         |         |
|--------------------|--------------------------|------------------------|---------------------------------------------------------|---------|---------|
| 14                 | Gunnar Søberg            | Thales Norway BIL      | 1131                                                    | 22:05.1 | 04:17.6 |
| 15                 | Atle Skaarud             | Team Relocations       | 1234                                                    | 22:11.4 | 04:23.9 |
| 16                 | Stein Torvet             |                        | 1392                                                    | 23:16.0 | 05:28.5 |
| 17                 | German Acosta Bello      | Kreftforeningen BIL    | 2261                                                    | 23:35.6 | 05:48.1 |
| 18                 | Per Larsson              | JM Norge               | 1179                                                    | 23:49.6 | 06:02.1 |
| 19                 | Harald Mæhle             |                        | 1406                                                    | 24:40.4 | 06:52.9 |
| 20                 | Jon Erik Høgberg         | Rolfsbukta Ski Og Ball | 1387                                                    | 24:47.4 | 06:59.9 |
| 21                 | Gudmund Strømsvåg        | Lundin                 | 1422                                                    | 24:59.0 | 07:11.5 |
| 22                 | Trond Ivar Maanum        | EVRY Tigers            | 1196                                                    | 25:12.7 | 07:25.2 |
| 22                 | Peter William Wallace    | Team Tag Heuer         | 1332                                                    | 25:12.4 | 07:24.9 |
| 24                 | Jon Erik Thurmann        |                        | 1034                                                    | 25:20.1 | 07:32.6 |
| 25                 | Johan Carsten Max Walter | Team Tag Heuer         | 1261                                                    | 26:02.2 | 08:14.7 |
| 26                 | Halvor Jahre             | Lundin                 | 1108                                                    | 26:25.8 | 08:38.3 |
| 27                 | Åge Johannessen          | Lund IL / Lundin       | 1031                                                    | 26:56.7 | 09:09.2 |
| 28                 | Torbjørn Pedersen        | EVRY Tigers            | 1267                                                    | 29:21.8 | 11:34.3 |
| 29                 | Jørn Longem              | Teleplan Holding AS    | 1412                                                    | 32:54.0 | 15:06.5 |
|                    | Andrew Stewart           | Lundin Norway          | 1256                                                    | DNS     | DNS     |

| Kvinner 55-59 år 5 km |                  |               | (Påmeldt: 9 - Startet: 9 - Fullført: 8 - Premier: 0) |         |         |
|-----------------------|------------------|---------------|------------------------------------------------------|---------|---------|
| 1                     | Synøve Brox      | Sturla        | 1297                                                 | 18:33.2 | 00:00.0 |
| 2                     | Anne Søbstad Rye | GE Healthcare | 1271                                                 | 25:23.8 | 06:50.5 |
| 3                     | Ragnhild Holm    | OPIL          | 1402                                                 | 25:39.6 | 07:06.4 |
| 4                     | Julianne Hegg    |               | 1127                                                 | 25:52.7 | 07:19.5 |
| 5                     | Berte Søbstad    |               | 1275                                                 | 28:00.8 | 09:27.6 |
| 6                     | Bente Lervik     | Dnb           | 1081                                                 | 30:01.7 | 11:28.5 |
| 7                     | Liv Guldseth     |               | 1003                                                 | 39:26.6 | 20:53.4 |
| 8                     | Torild Gustavsen |               | 1153                                                 | 39:51.6 | 21:18.4 |

| Menn 55-59 år 5 km |                      |                        | (Påmeldt: 18 - Startet: 16 - Fullført: 15 - Premier: 0) |         |         |
|--------------------|----------------------|------------------------|---------------------------------------------------------|---------|---------|
| 1                  | Jan Monsrud          | SSB Kongsvinger        | 1302                                                    | 20:07.7 | 00:00.0 |
| 2                  | Ketil Stølen         | SINTEF                 | 1459                                                    | 22:33.3 | 02:25.6 |
| 3                  | Erik Nilsen          | Sveiva                 | 1637                                                    | 22:38.3 | 02:30.6 |
| 4                  | Einar Semb           |                        | 3029                                                    | 23:00.3 | 02:52.6 |
| 5                  | Jon Erik Arnesen     | Nordea                 | 1049                                                    | 23:55.1 | 03:47.4 |
| 6                  | Alister Macdonald    | Lundin Norway          | 1077                                                    | 25:18.3 | 05:10.6 |
| 7                  | Terje Iversen        | Hobøl IL / Telenor     | 1204                                                    | 26:09.7 | 06:01.9 |
| 8                  | Jostein Mamen        |                        | 1425                                                    | 27:46.7 | 07:38.9 |
| 9                  | Terje Knudsen        | IKANO BANK             | 1065                                                    | 27:52.7 | 07:44.9 |
| 10                 | Morten Pilskog       | IF Bedrift             | 1036                                                    | 27:56.5 | 07:48.7 |
| 11                 | Jørn Wegger          | Team Wegger & Kvalsvik | 1351                                                    | 28:01.8 | 07:54.0 |
| 12                 | Tom Kristoffersen    |                        | 1155                                                    | 30:01.8 | 09:54.0 |
| 13                 | Harald Arnt Pedersen | Lundin                 | 1421                                                    | 30:39.4 | 10:31.6 |
| 14                 | Arne Eek             | Lundin Norway          | 1198                                                    | 31:31.3 | 11:23.5 |
| 15                 | Tom Svarverud        | VIVIL IL               | 1169                                                    | 34:53.5 | 14:45.7 |
|                    | Knut Ansgar Brox     | BUL                    | 1149                                                    | DNS     | DNS     |
|                    | Kalle Kanin          | Kaninfarmen            | 1427                                                    | DNS     | DNS     |



| Kvinner 60-64 år 5 km |                     |                  | (Påmeldt: 7 - Startet: 6 - Fullført: 6 - Premier: 0) |         |         |
|-----------------------|---------------------|------------------|------------------------------------------------------|---------|---------|
| 1                     | Ingunn Ytrehus      | Tromsø Løpeklubb | 1022                                                 | 23:21.4 | 00:00.0 |
| 2                     | Kristin Ringdalen   |                  | 1222                                                 | 23:31.5 | 00:10.1 |
| 3                     | Hanne Øines         |                  | 1230                                                 | 26:18.5 | 02:57.1 |
| 4                     | Anne-Turid Nordli   | I.L. Jutul       | 1044                                                 | 32:25.7 | 09:04.3 |
| 5                     | Inger Tafjord       | FVK              | 1165                                                 | 33:03.0 | 09:41.6 |
| 6                     | Brit Riise Fredheim | Statoil BIL      | 2799                                                 | 33:22.1 | 10:00.7 |
|                       | Kirsti Tvergrov     |                  | 1203                                                 | DNS     | DNS     |

| Menn 60-64 år 5 km |                             |               | (Påmeldt: 11 - Startet: 10 - Fullført: 9 - Premier: 0) |         |         |
|--------------------|-----------------------------|---------------|--------------------------------------------------------|---------|---------|
| 1                  | Svend Erik Schultz Sørensen | Høvik Jogg    | 1014                                                   | 21:12.9 | 00:00.0 |
| 2                  | Bjørn Knudsen               | ABB BIL       | 1063                                                   | 21:17.4 | 00:04.5 |
| 3                  | Kåre Klevjer                |               | 1071                                                   | 21:44.6 | 00:31.7 |
| 4                  | Bengt-Werner Englund        | Devaffy       | 1398                                                   | 23:08.2 | 01:55.3 |
| 5                  | Zack Zacour                 |               | 1274                                                   | 23:24.1 | 02:11.2 |
| 6                  | Geir Ivan Tangen            | Lundin Norway | 1304                                                   | 26:18.6 | 05:05.7 |
| 7                  | Stein Erik Mathisen         |               | 1205                                                   | 29:01.1 | 07:48.1 |
| 8                  | Tore Brønnum                | Privat        | 1163                                                   | 29:46.3 | 08:33.3 |
| 9                  | Nils Jokstad                | Lundin Norway | 1391                                                   | 33:33.7 | 12:20.8 |
|                    | Kjell Weiseth               | Lundin Norway | 1199                                                   | DNS     | DNS     |

| Kvinner 65-69 år 5 km |              |  | (Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0) |         |         |
|-----------------------|--------------|--|------------------------------------------------------|---------|---------|
| 1                     | Merete Busch |  | 1018                                                 | 34:59.3 | 00:00.0 |

| Menn 65-69 år 5 km |                     |             | (Påmeldt: 4 - Startet: 3 - Fullført: 3 - Premier: 0) |         |         |
|--------------------|---------------------|-------------|------------------------------------------------------|---------|---------|
| 1                  | Svein Amundsen      | Eidanger IL | 1447                                                 | 21:03.7 | 00:00.0 |
| 2                  | Einar Lund          |             | 1312                                                 | 31:00.1 | 09:56.4 |
| 3                  | Ole Kristoffersen   | VIVIL IL    | 1367                                                 | 34:54.8 | 13:51.1 |
|                    | Stein Rohde-Hanssen |             | 1333                                                 | DNS     | DNS     |

| Kvinner 70-74 år 5 km |                 |          | (Påmeldt: 5 - Startet: 5 - Fullført: 4 - Premier: 0) |         |         |
|-----------------------|-----------------|----------|------------------------------------------------------|---------|---------|
| 1                     | Evar Carlsen    |          | 1649                                                 | 28:52.3 | 00:00.0 |
| 2                     | Ingvil Lund     |          | 1167                                                 | 29:35.6 | 00:43.2 |
| 3                     | Thurid Salvesen | FVK      | 1043                                                 | 32:47.0 | 03:54.7 |
| 4                     | Tove Skeie      | VIVIL IL | 1013                                                 | 35:23.2 | 06:30.9 |

| Menn 70-74 år 5 km |                     |          | (Påmeldt: 4 - Startet: 4 - Fullført: 4 - Premier: 0) |         |         |
|--------------------|---------------------|----------|------------------------------------------------------|---------|---------|
| 1                  | Christian Børs Lind | Røa IL   | 1413                                                 | 21:30.4 | 00:00.0 |
| 2                  | Ole Jacob Skeie     | VIVIL IL | 1162                                                 | 27:45.3 | 06:14.9 |
| 3                  | Arne Emblem         | Aker     | 1464                                                 | 32:56.8 | 11:26.3 |
| 4                  | Bjarne Farstad      |          | 1110                                                 | 45:26.8 | 23:56.4 |

| Kvinner 75-79 år 5 km |             |          | (Påmeldt: 2 - Startet: 2 - Fullført: 2 - Premier: 0) |         |         |
|-----------------------|-------------|----------|------------------------------------------------------|---------|---------|
| 1                     | Eva Kjevik  | VIVIL IL | 1016                                                 | 39:37.5 | 00:00.0 |
| 2                     | Ilse Madsen | FVK      | 1178                                                 | 40:01.7 | 00:24.2 |

| Menn 75-79 år 5 km |                 |        | (Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0) |         |         |
|--------------------|-----------------|--------|------------------------------------------------------|---------|---------|
| 1                  | Ralph Lorentzen | Simula | 1126                                                 | 31:33.9 | 00:00.0 |

|                                                                                    |                |      |        |                                   |            |
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## Menn 75-79 år 5 km

(Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0)

## Menn 80+ Menn 5 km

(Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0)

|   |                |      |         |         |
|---|----------------|------|---------|---------|
| 1 | Ingolf Jenssen | 1644 | 38:37.2 | 00:00.0 |
|---|----------------|------|---------|---------|

| 10 km |       |         |          |      |
|-------|-------|---------|----------|------|
| Navn  | Klubb | Startnr | Totaltid | Diff |

## Kvinner 16-17 år 10 km

(Påmeldt: 7 - Startet: 5 - Fullført: 5 - Premier: 0)

|   |                       |                       |      |         |         |
|---|-----------------------|-----------------------|------|---------|---------|
| 1 | Pia Stangebye         | Lyn                   | 2489 | 41:29.1 | 00:00.0 |
| 2 | Julie Thue Holthe     | Tyrving IL            | 2326 | 43:19.0 | 01:49.8 |
| 3 | Helena Kumar Westberg | Koll IL / IL Koll     | 2942 | 43:32.0 | 02:02.8 |
| 4 | Ilja Engeset          | Tyrving IL            | 2211 | 45:41.0 | 04:11.8 |
| 5 | Madeleine Bamvik      |                       | 2185 | 50:18.7 | 08:49.5 |
|   | Jenny Strand Eriksen  | Tyrving IL            | 2093 | DNS     | DNS     |
|   | Celine Berg           | Tore Berg Fitnessclub | 2285 | DNS     | DNS     |

## Menn 16-17 år 10 km

(Påmeldt: 9 - Startet: 6 - Fullført: 6 - Premier: 0)

|   |                         |                                            |      |         |         |
|---|-------------------------|--------------------------------------------|------|---------|---------|
| 1 | Mangus Bøe              | Tyrving IL                                 | 2924 | 35:28.8 | 00:00.0 |
| 2 | Thomas Blekastad Davis  | Tyrving IL                                 | 2831 | 36:06.5 | 00:37.6 |
| 3 | Kristoffer Fuglerud Ask | Sturla                                     | 2938 | 37:20.6 | 01:51.7 |
| 4 | Johan Sæbø              |                                            | 2638 | 38:24.9 | 02:56.0 |
| 5 | Simon Alexander Seland  |                                            | 2321 | 40:41.9 | 05:13.0 |
| 6 | Thomas Haugen De Lange  | Bærums Skiklub                             | 2486 | 45:38.4 | 10:09.5 |
|   | Henrik Foss             | Aurskog - Høland Friidrettslag - Friidrett | 2112 | DNS     | DNS     |
|   | Martin Vang Dahl        | Lyn                                        | 2357 | DNS     | DNS     |
|   | Oscar Giverin           | Tjalve / Tjalve                            | 2720 | DNS     | DNS     |

## Kvinner 18-19 år 10 km

(Påmeldt: 2 - Startet: 2 - Fullført: 2 - Premier: 0)

|   |                |        |      |            |         |
|---|----------------|--------|------|------------|---------|
| 1 | Anine Johansen | Privat | 2192 | 46:19.6    | 00:00.0 |
| 2 | Ingunn Kjørås  |        | 2560 | 01:04:15.4 | 17:55.7 |

## Menn 18-19 år 10 km

(Påmeldt: 3 - Startet: 3 - Fullført: 2 - Premier: 0)

|   |                  |        |      |         |         |
|---|------------------|--------|------|---------|---------|
| 1 | Ole-Petter Fjeld | TFIK   | 3132 | 33:49.6 | 00:00.0 |
| 2 | Sander Bredal    | Biomet | 2730 | 49:05.1 | 15:15.4 |

## Kvinner 20-22 år 10 km

(Påmeldt: 6 - Startet: 6 - Fullført: 6 - Premier: 0)

|   |                       |        |      |            |         |
|---|-----------------------|--------|------|------------|---------|
| 1 | Tonje Gresslien       |        | 3054 | 38:16.6    | 00:00.0 |
| 2 | Anne Louise Thorbecke | Biomet | 2266 | 50:08.1    | 11:51.4 |
| 3 | Sofie Amalie Dale     |        | 2076 | 50:42.5    | 12:25.8 |
| 4 | Vilde Vagstein        | Privat | 2930 | 50:46.4    | 12:29.7 |
| 5 | Henriette Alvsaker    |        | 2045 | 51:19.1    | 13:02.4 |
| 6 | Solveig Bjørkholt     |        | 2115 | 01:01:32.0 | 23:15.4 |

## Menn 20-22 år 10 km

(Påmeldt: 7 - Startet: 7 - Fullført: 7 - Premier: 0)

|   |                            |               |      |         |         |
|---|----------------------------|---------------|------|---------|---------|
| 1 | Lars Fredrik Myklebust Moe | Lommedalen IL | 2361 | 34:55.8 | 00:00.0 |
| 2 | Marius Øygarden            | Anton Sport   | 3032 | 40:32.6 | 05:36.7 |



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## Menn 20-22 år 10 km

(Påmeldt: 7 - Startet: 7 - Fullført: 7 - Premier: 0)

|   |                         |                           |      |            |         |
|---|-------------------------|---------------------------|------|------------|---------|
| 3 | Sondre Rodahl           |                           | 3135 | 41:17.5    | 06:21.6 |
| 4 | Kent Arild Solberg      | Ringerike Friidrettsklubb | 2214 | 42:42.3    | 07:46.5 |
| 5 | Magnus Johan Isaksen    |                           | 2154 | 47:36.9    | 12:41.0 |
| 6 | Axel August Bersvendsen | Stabæk IF                 | 3086 | 49:26.9    | 14:31.0 |
| 7 | Emil Tønsberg           | Finansco                  | 2770 | 01:03:52.9 | 28:57.0 |

## Kvinner 23-34 år 10 Km

(Påmeldt: 130 - Startet: 113 - Fullført: 113 - Premier: 0)

|    |                               |                                      |      |         |         |
|----|-------------------------------|--------------------------------------|------|---------|---------|
| 1  | Annie Bersagel                | Tjalve                               | 3052 | 33:16.8 | 00:00.0 |
| 2  | Astrid U. Jacobsen            | Heming / BAMA                        | 3150 | 35:55.3 | 02:38.4 |
| 3  | Astrid Brathaug Sørset        | Oslo Sportslager                     | 3061 | 38:13.8 | 04:56.9 |
| 4  | Selene Julie Sollie           |                                      | 3025 | 39:55.3 | 06:38.4 |
| 5  | Guro Vadheim                  | TEAM NPRO2                           | 2504 | 40:28.2 | 07:11.3 |
| 6  | Ley Muller                    | Oslostudentenes IK - Friidrett / OSI | 2931 | 40:29.3 | 07:12.4 |
| 7  | Stine Fallingen Ødegård       |                                      | 3074 | 40:48.2 | 07:31.3 |
| 8  | Eli Maria Eeg-Henriksen       | Reinertsen                           | 2254 | 40:51.0 | 07:34.1 |
| 9  | Ane Næsset Ramtvedt           | Tyrving IL                           | 2921 | 41:01.9 | 07:45.1 |
| 10 | Marte Lunde                   | Team Jobzone BI                      | 2744 | 41:55.2 | 08:38.3 |
| 11 | Maren Nordstad Johansen       |                                      | 2106 | 42:20.5 | 09:03.6 |
| 12 | Synnøve Vedde-Fjærestad       |                                      | 2409 | 42:21.2 | 09:04.3 |
| 13 | Ingvild Johanne Torbal Udenæs | Oslofjord Triatlon                   | 2713 | 42:55.2 | 09:38.3 |
| 14 | Birgitte Ramm                 | Multiconsult BIL                     | 2969 | 43:03.8 | 09:46.9 |
| 15 | Emilie Jul - Larsen Aas       | Biomet                               | 2149 | 43:07.7 | 09:50.9 |
| 16 | Solveig Tveter Bratlie        | Sweco BIL                            | 2444 | 43:40.6 | 10:23.8 |
| 17 | Kathrine Valkvæ Alnes         |                                      | 2280 | 43:48.3 | 10:31.5 |
| 18 | Elisabeth Gløersen            | Bull Ski & Kajakk                    | 2840 | 44:28.9 | 11:12.0 |
| 19 | Eli Bergsmark                 | Oslojenter Type: Rask                | 2423 | 44:41.5 | 11:24.6 |
| 20 | Elin Michalsen                |                                      | 2451 | 44:44.4 | 11:27.6 |
| 21 | Astri Ribe                    | Multiconsult BIL                     | 2592 | 44:46.2 | 11:29.3 |
| 22 | Marit Asphaug                 |                                      | 2358 | 44:54.7 | 11:37.8 |
| 22 | Gyda Askestad                 |                                      | 2908 | 44:54.6 | 11:37.7 |
| 24 | Laila Olesen                  | NMD-Klubben/Vitusapotek              | 2352 | 45:04.0 | 11:47.2 |
| 25 | Ina Vedde-Fjærestad           |                                      | 2164 | 45:18.9 | 12:02.0 |
| 26 | Astrid Marvik                 | Høvik jogg                           | 3159 | 45:23.0 | 12:06.1 |
| 27 | Ingema Vik                    |                                      | 3143 | 45:39.9 | 12:23.1 |
| 28 | Henriette Melnæd              |                                      | 2404 | 45:46.9 | 12:30.1 |
| 29 | Gry Oleivsgard                | Technip                              | 2741 | 45:57.7 | 12:40.8 |
| 30 | Ingrid Helsingeng             | Pareto                               | 2522 | 46:49.6 | 13:32.7 |
| 31 | Linn Gulliksen                | Statoil BIL                          | 2236 | 46:54.3 | 13:37.4 |
| 32 | Linda Salthaug                | Wicked Wednesday                     | 2632 | 46:59.1 | 13:42.3 |
| 33 | Elisabeth Nilssen             | Heming / Heming/PwC                  | 2932 | 47:20.0 | 14:03.1 |
| 34 | Sandra E. Kontny              | Team Kontny                          | 2666 | 47:34.1 | 14:17.2 |
| 35 | Zivile Selmer-Olsen           |                                      | 2737 | 47:37.3 | 14:20.4 |
| 36 | Anette Andersen               |                                      | 3090 | 47:52.5 | 14:35.6 |
| 37 | Lea Hiorth                    | Treningscamp                         | 2879 | 47:53.6 | 14:36.7 |
| 38 | Ginta Solyte                  |                                      | 2070 | 47:55.0 | 14:38.1 |
| 39 | Thanh Ngan Nguyen             | Norconsult BIL                       | 2999 | 48:03.6 | 14:46.7 |
| 40 | Mona Tharaldsen               |                                      | 2977 | 48:05.8 | 14:48.9 |



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| Kvinner 23-34 år 1o Km |                          | (Påmeldt: 130 - Startet: 113 - Fullført: 113 - Premier: 0) |      |         |         |
|------------------------|--------------------------|------------------------------------------------------------|------|---------|---------|
| 41                     | Thea Skaar               | Mensendieck                                                | 2036 | 48:07.3 | 14:50.5 |
| 42                     | Veronica Krogstad        |                                                            | 2776 | 48:27.9 | 15:11.0 |
| 43                     | Christina Tønnesen       |                                                            | 2705 | 48:31.2 | 15:14.3 |
| 44                     | Mari Sjaastad            | NOBIL                                                      | 3024 | 48:36.3 | 15:19.4 |
| 45                     | Mari Cecilie Grotli      |                                                            | 2846 | 48:38.3 | 15:21.4 |
| 46                     | Siv Elin Sæteren         | Team Betsi                                                 | 2872 | 48:46.6 | 15:29.7 |
| 47                     | Henriette Tronrud        | Team Tronrud                                               | 3144 | 49:09.9 | 15:53.0 |
| 48                     | Vihvi Margrethe Boye     | G-Sport Asker                                              | 2273 | 49:11.5 | 15:54.6 |
| 49                     | Stine Liberg Sannes      |                                                            | 2195 | 49:20.3 | 16:03.5 |
| 50                     | Tonje Stenseth           |                                                            | 2342 | 49:45.4 | 16:28.5 |
| 51                     | Kristin Mehle            | Örebro AIK                                                 | 2710 | 49:47.6 | 16:30.8 |
| 52                     | Signe Fretland           |                                                            | 2975 | 49:56.0 | 16:39.2 |
| 53                     | Maj Kristin Borgen       | FVK                                                        | 2270 | 50:07.2 | 16:50.3 |
| 54                     | Kristin Pedersen         | Aker Solutions                                             | 3066 | 50:08.6 | 16:51.7 |
| 55                     | Ingunn Holumsnes         |                                                            | 2336 | 50:16.8 | 17:00.0 |
| 56                     | Aimeé Engebretsen        |                                                            | 3087 | 50:27.0 | 17:10.1 |
| 57                     | Filiz Mahshid            | Rye Sp.Kl. / Statoil BIL                                   | 2043 | 50:29.3 | 17:12.4 |
| 58                     | Elise Gjølme             |                                                            | 2539 | 50:37.3 | 17:20.5 |
| 58                     | Gina Ekhaugen            | Stovnerkameratene                                          | 3048 | 50:37.7 | 17:20.8 |
| 60                     | Sabine Hippchen          | Simula                                                     | 2697 | 50:43.2 | 17:26.3 |
| 61                     | Tine Einang              |                                                            | 2314 | 51:31.1 | 18:14.3 |
| 62                     | Stine Christensen Holtet |                                                            | 3021 | 51:35.1 | 18:18.2 |
| 63                     | Camilla Røvik            |                                                            | 2907 | 51:49.5 | 18:32.6 |
| 64                     | Astrid Østebø            | Canal Digital                                              | 2966 | 51:56.1 | 18:39.2 |
| 65                     | Kanutte Leegaard         |                                                            | 2974 | 51:59.6 | 18:42.7 |
| 66                     | Charlotta Lillkåla       |                                                            | 2300 | 52:07.5 | 18:50.7 |
| 66                     | Heidi Berg               | TeamBF                                                     | 2708 | 52:07.4 | 18:50.5 |
| 68                     | Ingvild Marie Kompen     |                                                            | 3038 | 52:12.3 | 18:55.4 |
| 69                     | Katinka Stenstad         |                                                            | 2552 | 52:14.6 | 18:57.7 |
| 70                     | Line Tharaldsen          |                                                            | 2978 | 52:24.9 | 19:08.1 |
| 71                     | Anita Andersen           |                                                            | 2181 | 52:29.0 | 19:12.2 |
| 72                     | Karoline Røvik Zeiner    |                                                            | 3027 | 52:30.8 | 19:13.9 |
| 73                     | Karine Blystad           | Team Powerade                                              | 2052 | 52:39.3 | 19:22.4 |
| 74                     | Trine Hald Larsen        |                                                            | 2793 | 52:47.3 | 19:30.5 |
| 75                     | Carine Hoffstuen         |                                                            | 2252 | 52:51.5 | 19:34.6 |
| 76                     | Christine Lampe          | Enjoy Sport                                                | 3014 | 53:04.5 | 19:47.6 |
| 77                     | Martine Storaas          |                                                            | 3051 | 53:08.6 | 19:51.7 |
| 78                     | Ingrid Almås Berg        |                                                            | 2672 | 53:09.8 | 19:53.0 |
| 79                     | Kristin Bergsløkken      |                                                            | 2692 | 53:12.8 | 19:55.9 |
| 80                     | Mari Sandersen           |                                                            | 3008 | 53:22.2 | 20:05.3 |
| 81                     | Camilla Siljehaug        |                                                            | 2982 | 53:32.8 | 20:16.0 |
| 82                     | Sophie Caroline Utne     | Subsea7                                                    | 2838 | 53:45.8 | 20:28.9 |
| 83                     | Anna Kordeczka           |                                                            | 3095 | 53:46.1 | 20:29.3 |
| 84                     | Mari Kjæraas             |                                                            | 2981 | 53:47.9 | 20:31.1 |
| 85                     | Silje Eikre              | The Pink Panthers                                          | 2618 | 53:55.3 | 20:38.4 |
| 86                     | Kristin Marie Skaar      |                                                            | 2457 | 54:08.8 | 20:51.9 |
| 87                     | Caroline Sanden          | The Pink Panthers                                          | 2778 | 54:15.8 | 20:58.9 |

| <b>Kvinner 23-34 år 1o Km</b> |                        |                                    | <b>(Påmeldt: 130 - Startet: 113 - Fullført: 113 - Premier: 0)</b> |            |         |
|-------------------------------|------------------------|------------------------------------|-------------------------------------------------------------------|------------|---------|
| 88                            | Karen Otterstad        | Lundin                             | 2813                                                              | 54:16.7    | 20:59.8 |
| 89                            | Mariann Børsum Haugen  |                                    | 2327                                                              | 54:18.2    | 21:01.3 |
| 90                            | Solveig Devik          | Athletes For Farming               | 2145                                                              | 54:21.9    | 21:05.1 |
| 91                            | Katrine Gundersen      |                                    | 2597                                                              | 54:27.1    | 21:10.2 |
| 92                            | Alexandra Devik        | Athletes For Farming               | 2579                                                              | 54:31.5    | 21:14.7 |
| 93                            | Ida Foss               | Blodsmak Sportsklubb #Neitillisens | 2860                                                              | 54:47.0    | 21:30.1 |
| 94                            | Anneli Bjørdal         |                                    | 2611                                                              | 55:00.6    | 21:43.7 |
| 95                            | Helle Aakesen          | HelleMyLady                        | 2301                                                              | 55:02.5    | 21:45.7 |
| 96                            | Eva Anita Lie          |                                    | 2021                                                              | 55:04.2    | 21:47.4 |
| 97                            | Jorunn Evandt          | Team M&J                           | 3065                                                              | 55:21.4    | 22:04.6 |
| 98                            | Silje Eidsli           | EVRY Tigers                        | 2379                                                              | 55:39.6    | 22:22.8 |
| 99                            | Frances Lowrey         |                                    | 2844                                                              | 55:59.7    | 22:42.9 |
| 100                           | Tone Iren Sørheim      | VG                                 | 3091                                                              | 56:09.1    | 22:52.3 |
| 101                           | Cathrine Træe          |                                    | 2387                                                              | 56:13.0    | 22:56.2 |
| 101                           | Henriette Fjell        |                                    | 2821                                                              | 56:13.4    | 22:56.6 |
| 103                           | Louise Christiansen    |                                    | 2148                                                              | 56:49.6    | 23:32.7 |
| 103                           | Mika Tollefsrud        |                                    | 3043                                                              | 56:49.4    | 23:32.6 |
| 105                           | Kate Solberg           |                                    | 2222                                                              | 57:59.2    | 24:42.3 |
| 106                           | Marte Arnøy            |                                    | 2551                                                              | 58:20.5    | 25:03.7 |
| 107                           | Senka Blazevic         | NOBIL                              | 3083                                                              | 58:39.4    | 25:22.5 |
| 108                           | Nina Wølner            |                                    | 2842                                                              | 58:44.5    | 25:27.6 |
| 109                           | Anja Abrahamsen        |                                    | 3007                                                              | 58:53.2    | 25:36.4 |
| 110                           | Ingvild Valente        | Airbus                             | 2662                                                              | 59:56.2    | 26:39.3 |
| 111                           | Julie Renate Tollefsen | Subsea7                            | 2337                                                              | 01:01:51.6 | 28:34.7 |
| 112                           | Cecile Moroni          |                                    | 2059                                                              | 01:09:48.1 | 36:31.2 |
| 113                           | Narin Khalaf           | GPS                                | 2305                                                              | 01:17:20.3 | 44:03.4 |
|                               | Merethe Koppergård     | IKANO BANK                         | 2137                                                              | DNS        | DNS     |
|                               | Heidrun Kolstad        |                                    | 2144                                                              | DNS        | DNS     |
|                               | Siri Hartz-Hanssen     |                                    | 2281                                                              | DNS        | DNS     |
|                               | Line Bjugstad          | Hjellnes Consult                   | 2287                                                              | DNS        | DNS     |
|                               | Silje Larsen           |                                    | 2288                                                              | DNS        | DNS     |
|                               | Silje Torgnes          |                                    | 2308                                                              | DNS        | DNS     |
|                               | Martine Stenbro        | Visma Consulting                   | 2319                                                              | DNS        | DNS     |
|                               | Line Schartum-Hansen   | Sapa AS                            | 2427                                                              | DNS        | DNS     |
|                               | Ingvild Nordhaug       |                                    | 2447                                                              | DNS        | DNS     |
|                               | Anja Birkeland         |                                    | 2459                                                              | DNS        | DNS     |
|                               | Kristin Dalberg        |                                    | 2472                                                              | DNS        | DNS     |
|                               | Rikke Bjerke           |                                    | 2599                                                              | DNS        | DNS     |
|                               | Kristina Myhr          |                                    | 2664                                                              | DNS        | DNS     |
|                               | Line Rosseland Stokke  | EY BIL                             | 2679                                                              | DNS        | DNS     |
|                               | Therese Ingebrigtsen   |                                    | 2699                                                              | DNS        | DNS     |
|                               | Maria Karolina Olsson  | Veritas B.I.L.                     | 2777                                                              | DNS        | DNS     |
|                               | Elena Dubinina         |                                    | 2825                                                              | DNS        | DNS     |

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| 1                          | Mathias Nipen | Vidar / SK Vidar      | 2990                                                              | 33:14.6 | 00:00.0 |
| 2                          | Ola Matre     | Modum Friidrettsklubb | 2928                                                              | 33:41.9 | 00:27.2 |

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| 2  | Kristian Karlsen           |                                                | 3016 | 33:41.1 | 00:26.5 |
| 4  | Stian Håkonsen             | Ringerike Brann Og Redning                     | 2116 | 34:12.3 | 00:57.6 |
| 5  | Øystein Sandvik            | PwC BIL                                        | 2607 | 34:28.0 | 01:13.3 |
| 6  | Vegard Brun Saga           | Asplan Viak                                    | 2046 | 34:34.5 | 01:19.8 |
| 7  | Bjørn Atle Jacobsen        | Wicked Wednesday                               | 2205 | 34:47.5 | 01:32.9 |
| 7  | Erik Sagvolden             | Nydalens Skiklub / Seilduksgata Festkomite     | 2998 | 34:47.8 | 01:33.1 |
| 9  | Pontus Svensson            | Vidar                                          | 2903 | 34:56.5 | 01:41.8 |
| 10 | Magnus Erstad              | Asplan Viak                                    | 2985 | 35:01.3 | 01:46.6 |
| 11 | Jørgen Tresselt            | Procter & Gamble                               | 2430 | 35:28.6 | 02:13.9 |
| 12 | Trond Atle Smedrud         | Vidar / Team Powerade                          | 2442 | 35:31.2 | 02:16.5 |
| 13 | Hallvard Eriksen Buer      |                                                | 3082 | 35:33.4 | 02:18.7 |
| 14 | Eivind Bjørhei             | Norconsult BIL                                 | 2593 | 35:43.3 | 02:28.6 |
| 15 | Stephan Neuhaus            | Oslostudentenes IK - Friidrett / OSI Friidrett | 3046 | 35:45.1 | 02:30.4 |
| 16 | Håkom Stende               |                                                | 2347 | 35:49.2 | 02:34.5 |
| 17 | Torbjørn Grønningen        | Vidar / Multiconsult BIL                       | 2635 | 36:06.6 | 02:51.9 |
| 18 | Nils-Ingar Aadne           | Åmot IF / Wicked Wedensday                     | 2935 | 36:20.0 | 03:05.3 |
| 19 | Henrik Opaker              | Norconsult BIL                                 | 3131 | 36:31.9 | 03:17.2 |
| 20 | Eirik Landheim             | Finansco                                       | 2684 | 36:32.9 | 03:18.2 |
| 21 | Petter Sunde Andresen      |                                                | 2014 | 37:09.0 | 03:54.3 |
| 22 | Martin Kavli Lysgaard      | SK Rye sykkel / TeamTreigemenn                 | 2528 | 37:12.5 | 03:57.8 |
| 23 | Asgeir Risheim Kvam        | Asker Skiklubb                                 | 2923 | 37:15.0 | 04:00.4 |
| 24 | Lars Magnus Østensen       | Norconsult BIL                                 | 2824 | 37:28.1 | 04:13.4 |
| 25 | Mikael Ullerø              | Norconsult BIL                                 | 2905 | 37:33.0 | 04:18.3 |
| 26 | Erik Ryttervoll Kvamshagen | Team Agilis                                    | 2945 | 37:35.9 | 04:21.2 |
| 27 | Anders Galaasen            |                                                | 3130 | 37:44.2 | 04:29.5 |
| 28 | Peter Bogo                 |                                                | 3000 | 37:58.3 | 04:43.6 |
| 29 | David Andersson            | Norconsult BIL                                 | 2053 | 38:11.3 | 04:56.6 |
| 30 | Pål Moen Møst              | Frol II / Bekk Consulting                      | 2400 | 38:13.9 | 04:59.2 |
| 31 | Erik Andersen              | SK Rye sykkel                                  | 2538 | 38:32.2 | 05:17.5 |
| 32 | Hallvard Vigrestad         | NMD-Klubben/Vitusapotek                        | 2138 | 38:36.3 | 05:21.6 |
| 33 | Anders Haug                | FMC Technologies                               | 3136 | 38:41.2 | 05:26.5 |
| 34 | James Wilson               |                                                | 3078 | 38:47.3 | 05:32.6 |
| 35 | Petter Lausund             | PettR                                          | 2143 | 38:59.1 | 05:44.4 |
| 36 | Martin Ødegård             | Trondheim Friidrett - Friidrett / KRIK         | 2466 | 39:10.3 | 05:55.6 |
| 37 | Joakim Sellberg            | EVRY Active                                    | 2947 | 39:11.5 | 05:56.8 |
| 38 | Magnus Vikstrøm            |                                                | 2803 | 39:19.5 | 06:04.8 |
| 38 | Truls Hoel                 | PWC BIL                                        | 3012 | 39:19.4 | 06:04.7 |
| 40 | Knut Andreas Blankholm     |                                                | 3064 | 39:21.4 | 06:06.7 |
| 41 | Henrik Knudtzon            | IDEX ASA                                       | 2598 | 39:23.2 | 06:08.5 |
| 42 | Øyvind Selmer              | Team Skigo/Bekk Consulting                     | 2350 | 39:27.6 | 06:12.9 |
| 43 | Pål Solbu                  |                                                | 2972 | 39:28.0 | 06:13.3 |
| 44 | Andreas Berg               | ABB BIL                                        | 2364 | 39:35.8 | 06:21.1 |
| 45 | Oddgeir Sølvfæstersen      |                                                | 2902 | 39:42.1 | 06:27.4 |
| 46 | Øystein Gislås             | NMD                                            | 2906 | 39:43.9 | 06:29.2 |
| 47 | Anders Rustberggard        | Aker Solutions                                 | 3067 | 39:46.1 | 06:31.4 |



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| 48                  | Fredrik Hoff Eriksen         | BDO                              | 2478                                                       | 39:47.6 | 06:32.9 |
| 49                  | Olle Kwick                   | Norconsult BIL                   | 2136                                                       | 39:49.6 | 06:34.9 |
| 49                  | Maciek Dombrowski            | Scandic Fornebu                  | 2413                                                       | 39:49.4 | 06:34.7 |
| 51                  | Fredrik Jensen               | SK Breial                        | 2884                                                       | 39:50.0 | 06:35.3 |
| 52                  | Olav Aas                     |                                  | 2267                                                       | 39:51.6 | 06:36.9 |
| 53                  | Ingar Richardsen Liaset      |                                  | 2294                                                       | 39:56.2 | 06:41.5 |
| 53                  | Endre Hareide Hallre         | Team Tronrud                     | 2502                                                       | 39:56.0 | 06:41.3 |
| 55                  | Paul Andreas Marchioro Ystad | Norsk Energi                     | 2725                                                       | 39:57.5 | 06:42.8 |
| 56                  | Johan Fredrik Furuly         | Strengereid IL / Treningscamp    | 3076                                                       | 40:00.1 | 06:45.4 |
| 57                  | Morten Grundstad             |                                  | 2694                                                       | 40:12.5 | 06:57.8 |
| 58                  | Torstein Aakre               |                                  | 2289                                                       | 40:19.8 | 07:05.1 |
| 59                  | Daniel Melki                 | Tiger Of Sweden                  | 2330                                                       | 40:22.2 | 07:07.5 |
| 60                  | Karsten Kopland              | Modum Friidrettsklubb            | 2918                                                       | 40:36.0 | 07:21.3 |
| 61                  | Aksel Skogvang               | Reinertsen BIL                   | 2865                                                       | 40:37.2 | 07:22.5 |
| 62                  | Jon Kippenes                 |                                  | 2940                                                       | 40:42.3 | 07:27.6 |
| 63                  | Ole Mossin Olesen            |                                  | 2438                                                       | 40:44.3 | 07:29.6 |
| 64                  | Martin Lycke                 | Deloitte                         | 2293                                                       | 40:45.6 | 07:30.9 |
| 64                  | Martin Myrvang               |                                  | 2657                                                       | 40:45.4 | 07:30.7 |
| 66                  | Espen Hobber Nilsen          | Team Wegger & Kvalsvik           | 2752                                                       | 41:05.5 | 07:50.8 |
| 67                  | Christoffer H. Isaksen       | Storebrand Sport                 | 2781                                                       | 41:07.2 | 07:52.5 |
| 68                  | Robert Bue                   | Marnardal IL                     | 3094                                                       | 41:19.8 | 08:05.1 |
| 69                  | Andreas Langeland            | NCL/Ski Team Quattro             | 2304                                                       | 41:23.1 | 08:08.4 |
| 70                  | Jens Christian Hole          | Velledalen IL - Friidrett        | 3037                                                       | 41:24.5 | 08:09.8 |
| 71                  | Jona Stian                   | Finansco                         | 2740                                                       | 41:25.9 | 08:11.2 |
| 72                  | Henning Holm                 | Skjalg IL / EVO                  | 3099                                                       | 41:26.2 | 08:11.5 |
| 73                  | Øystein Myrmo                | Lilleaker Consulting BIL         | 2482                                                       | 41:30.4 | 08:15.7 |
| 74                  | Jarle Skrebergene            | Kongsberg Oil&Gas                | 2479                                                       | 41:31.0 | 08:16.3 |
| 75                  | Kim Erik Christiansen        |                                  | 2794                                                       | 41:33.2 | 08:18.5 |
| 76                  | Tobias Nordback              | Merisma Accounting AS            | 2490                                                       | 41:37.7 | 08:23.0 |
| 77                  | Martin Halvorsen             |                                  | 2183                                                       | 41:39.0 | 08:24.3 |
| 78                  | Sindre Boge                  | Asker og Bærum Tamil Sportsklubb | 2395                                                       | 41:44.2 | 08:29.5 |
| 79                  | Jo Saakvitne                 | Norges Bank Idrettslag           | 3045                                                       | 41:52.3 | 08:37.6 |
| 80                  | Antonio Alcantara            |                                  | 2030                                                       | 41:54.2 | 08:39.5 |
| 81                  | Pål Nesdal Fossum            | Opoint AS                        | 2376                                                       | 42:03.6 | 08:48.9 |
| 82                  | Martin Kleppe Asphjell       |                                  | 2882                                                       | 42:08.6 | 08:53.9 |
| 83                  | Kevin Eide                   |                                  | 2868                                                       | 42:11.9 | 08:57.2 |
| 84                  | Arne Albrektsen              |                                  | 2784                                                       | 42:12.8 | 08:58.1 |
| 85                  | Gaute Dalastøyl              | Den Norske Turistforening        | 2094                                                       | 42:16.1 | 09:01.5 |
| 86                  | Fenger Jørgen Grøn           | Team Powerade                    | 2863                                                       | 42:26.8 | 09:12.1 |
| 87                  | Sven Danielsen               | Norsk Energi                     | 3101                                                       | 42:31.6 | 09:16.9 |
| 88                  | Roar Gulbrandsen             |                                  | 3068                                                       | 42:35.5 | 09:20.8 |
| 89                  | Per Brandser                 | Visma                            | 3006                                                       | 42:44.6 | 09:29.9 |
| 90                  | Espen Johannessen            |                                  | 2671                                                       | 42:45.0 | 09:30.3 |
| 91                  | Bjørnar Christensen          | Subsea 7                         | 2952                                                       | 42:46.1 | 09:31.4 |
| 92                  | Eivind Giske                 |                                  | 3035                                                       | 42:53.5 | 09:38.8 |
| 93                  | Tore Husan                   | Snarøya SK                       | 3148                                                       | 42:55.2 | 09:40.5 |
| 94                  | Audun Brandsæter             |                                  | 2786                                                       | 42:59.5 | 09:44.8 |

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| 95                  | Ibrahim Bulut              |                             | 2580                                                       | 43:05.5 | 09:50.9 |
| 95                  | Lars Henrik Manengen       | Veidekke BIL                | 3077                                                       | 43:05.7 | 09:51.0 |
| 97                  | Aslak Nanseth              | Handelsbanken BIL           | 2775                                                       | 43:12.2 | 09:57.5 |
| 98                  | Grunde Olimstad            |                             | 2702                                                       | 43:19.4 | 10:04.7 |
| 99                  | Terje Alstad               | Byneset IL / ANB            | 2583                                                       | 43:21.2 | 10:06.5 |
| 100                 | Stein Aaserud              | Aibel BIL                   | 2915                                                       | 43:24.8 | 10:10.1 |
| 101                 | Hans Skogman               |                             | 2029                                                       | 43:27.6 | 10:12.9 |
| 102                 | Martin Andreas Vik         | NVE                         | 2958                                                       | 43:30.6 | 10:15.9 |
| 103                 | Örjan Ahnoff               | Team Emma&Anton             | 2027                                                       | 43:31.2 | 10:16.5 |
| 104                 | Oscar André Halsen         | Krogsveen                   | 2507                                                       | 43:33.0 | 10:18.3 |
| 105                 | Gregorz Kakol              | Scandic Fornebu             | 2332                                                       | 43:34.2 | 10:19.5 |
| 106                 | Kristoffer Sandstad Hansen | SWECO BIL                   | 3075                                                       | 43:37.6 | 10:22.9 |
| 107                 | Stig Axelsen               | Cacaoblubben                | 2973                                                       | 43:41.3 | 10:26.6 |
| 108                 | Sam Zarrabi                | Aker Solutions              | 2320                                                       | 43:45.1 | 10:30.4 |
| 109                 | Eirik Ramstad              |                             | 2750                                                       | 43:49.7 | 10:35.0 |
| 110                 | Hans Ranøyen Homb          | Technip Norge AS            | 2142                                                       | 43:50.6 | 10:35.9 |
| 111                 | Sebastian Klüwer           | Sauter AS                   | 2665                                                       | 43:53.2 | 10:38.5 |
| 112                 | Lars Erik Karlsen          | Linus AS                    | 3026                                                       | 43:54.5 | 10:39.8 |
| 113                 | Torstein Kristiansen       | Arendal CC / Dib            | 2066                                                       | 43:56.6 | 10:42.0 |
| 114                 | Lutz Lüdenbach             |                             | 2075                                                       | 44:01.5 | 10:46.8 |
| 115                 | Jørgen Ørnholt             | Kredinor                    | 3033                                                       | 44:08.2 | 10:53.5 |
| 116                 | Morten Grøndal             | Merisma Accounting AS       | 2693                                                       | 44:09.7 | 10:55.0 |
| 117                 | Magnus Nicolai Boye        | Bamsebu                     | 2595                                                       | 44:10.6 | 10:56.0 |
| 118                 | Kent Gasmann               | Runners World               | 2617                                                       | 44:16.0 | 11:01.3 |
| 119                 | Vegard Sandven             |                             | 2339                                                       | 44:20.5 | 11:05.8 |
| 120                 | Arne Olaf Godtland         |                             | 2240                                                       | 44:21.8 | 11:07.1 |
| 120                 | Henrik Nossen              | Norconsult BIL              | 2351                                                       | 44:21.0 | 11:06.3 |
| 122                 | Anders Antonsen            | Team Antpsen                | 2204                                                       | 44:26.8 | 11:12.1 |
| 123                 | Arild Opsahl               | IKANO BANK                  | 2104                                                       | 44:27.8 | 11:13.1 |
| 123                 | Martin Kildahl             | Norddal IL / Aker Solutions | 2156                                                       | 44:27.0 | 11:12.3 |
| 125                 | Henrik Guu-Larsen          | Gode Venner Lag             | 3055                                                       | 44:28.3 | 11:13.6 |
| 126                 | Kristian Fosslund          | Aker Solutions              | 2591                                                       | 44:34.1 | 11:19.4 |
| 127                 | Christoffer Nordeng        | Teleplan BIL                | 2929                                                       | 44:37.3 | 11:22.6 |
| 128                 | Alejandro Jaramillo        | Statoil BIL                 | 2237                                                       | 44:38.1 | 11:23.4 |
| 129                 | Marius W. Larsen           | Crossfit Yggdrasil          | 2232                                                       | 44:42.1 | 11:27.4 |
| 130                 | Lars Laugen                | Veritas BIL                 | 2001                                                       | 44:45.9 | 11:31.2 |
| 131                 | Ståle Wærness              |                             | 2658                                                       | 44:49.1 | 11:34.4 |
| 132                 | Eivind Hagen               | Team Wegger & Kvalsvik      | 2761                                                       | 44:54.6 | 11:39.9 |
| 133                 | Christoffer Fleischer      | Dib                         | 2626                                                       | 45:04.9 | 11:50.2 |
| 134                 | Nils Gunnar Landsverk      | Vegårshei IL                | 2919                                                       | 45:12.4 | 11:57.7 |
| 135                 | Hadrien Copponnex          |                             | 2574                                                       | 45:37.2 | 12:22.5 |
| 136                 | Lars Lødemel Iversen       |                             | 2396                                                       | 45:41.8 | 12:27.1 |
| 137                 | Joakim Mathisen            | Skoger                      | 2518                                                       | 46:22.9 | 13:08.2 |
| 138                 | Niklas Hjorthen            |                             | 3003                                                       | 46:33.5 | 13:18.8 |
| 139                 | Stian Andreassen           | Finansco                    | 2464                                                       | 46:39.9 | 13:25.2 |
| 140                 | Børge Kleiven Mælum        | Dib                         | 2307                                                       | 46:42.1 | 13:27.4 |
| 141                 | Aksel Inge Sinding         | EVERY Tigers                | 2562                                                       | 46:48.8 | 13:34.2 |

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| 142                 | Petter Fulland          | Dib                                         | 2388                                                       | 46:49.4 | 13:34.7 |
| 143                 | Christoffer Bjørnsen    | Snarøya SK                                  | 3152                                                       | 46:50.8 | 13:36.1 |
| 144                 | Joon Gustav Hammerstad  | DNB                                         | 2290                                                       | 46:53.3 | 13:38.6 |
| 145                 | Christian K Arnesen     | Asker og Bærum Tamil Sportsklubb / Finansco | 2171                                                       | 47:07.9 | 13:53.2 |
| 146                 | Mats Langfeldt Dahlback | EVERY Tigers                                | 2242                                                       | 47:59.2 | 14:44.6 |
| 147                 | Arne Andreas Gjølme     |                                             | 2652                                                       | 48:00.5 | 14:45.9 |
| 148                 | Øyvind Smith-Venaas     | Aker Solutions BIL                          | 2132                                                       | 48:03.2 | 14:48.5 |
| 149                 | Arnt Ove Sørheim        |                                             | 2645                                                       | 48:07.4 | 14:52.7 |
| 150                 | Kenneth Tunaal          |                                             | 3149                                                       | 48:13.1 | 14:58.4 |
| 151                 | Audun H. Jacobsen       |                                             | 2196                                                       | 48:23.8 | 15:09.1 |
| 152                 | Simen Strandhaug-Larsen |                                             | 3005                                                       | 48:29.9 | 15:15.2 |
| 153                 | Morten Kind Gulbrandsen | Technip Norge AS                            | 2653                                                       | 48:36.8 | 15:22.1 |
| 154                 | Simon Hanson            |                                             | 2959                                                       | 48:41.8 | 15:27.1 |
| 155                 | Samir Ghazal            | Vitusapotek                                 | 3118                                                       | 48:44.2 | 15:29.5 |
| 156                 | Elias Edmann            | Runners World                               | 2324                                                       | 48:52.2 | 15:37.5 |
| 157                 | Morten Arnstad          |                                             | 2578                                                       | 49:10.3 | 15:55.7 |
| 158                 | Fredrik Skåden          |                                             | 3098                                                       | 49:14.5 | 15:59.9 |
| 159                 | Christian Muri          | Visma                                       | 3156                                                       | 49:21.1 | 16:06.4 |
| 160                 | Vegard Ølstad           | Nordea                                      | 2415                                                       | 49:22.0 | 16:07.4 |
| 161                 | Peter Madai             |                                             | 2967                                                       | 49:33.9 | 16:19.2 |
| 162                 | Hans Erik Ringi         | IKANO BANK                                  | 2696                                                       | 49:52.1 | 16:37.5 |
| 163                 | Pierre Beauguitte       | Opoint                                      | 2833                                                       | 51:24.0 | 18:09.3 |
| 164                 | Shiraz Abid             |                                             | 2571                                                       | 51:26.5 | 18:11.9 |
| 165                 | Sebastian Lund          | Ingen                                       | 2179                                                       | 51:28.0 | 18:13.3 |
| 166                 | Erlend Fitje            | Vidar                                       | 3081                                                       | 51:43.9 | 18:29.2 |
| 167                 | Pedram Nadim            | Kongsberg Oil & Gas Technologies            | 2933                                                       | 51:49.1 | 18:34.4 |
| 168                 | Eivind Vad Petersson    |                                             | 2477                                                       | 51:56.6 | 18:41.9 |
| 169                 | Jon Espen Nergård       | Canal Digital                               | 2965                                                       | 51:59.5 | 18:44.8 |
| 170                 | Christer Stenseth       |                                             | 2210                                                       | 52:44.3 | 19:29.6 |
| 171                 | Thomas Lindgren         |                                             | 2022                                                       | 52:56.2 | 19:41.5 |
| 172                 | Vegard Hansen           | EVERY Tigers                                | 2624                                                       | 53:21.0 | 20:06.3 |
| 173                 | Morten Weel Johnsen     | Iterate AS                                  | 2734                                                       | 53:26.8 | 20:12.1 |
| 174                 | Bastien Barriere        |                                             | 3133                                                       | 54:05.5 | 20:50.8 |
| 175                 | Rasmus Hatcher          |                                             | 2979                                                       | 54:10.4 | 20:55.7 |
| 176                 | Fredrik Løwehr          | Airbus                                      | 2688                                                       | 54:19.3 | 21:04.6 |
| 177                 | Bent Ola Dambråten      | Eina SK                                     | 2378                                                       | 54:32.7 | 21:18.0 |
| 178                 | Kristoffer Nesbak       | Pronto TV                                   | 2161                                                       | 54:39.0 | 21:24.3 |
| 179                 | Bjørnar Røseis          |                                             | 3113                                                       | 54:45.2 | 21:30.5 |
| 180                 | Robert Edlund           | ProntoTV                                    | 2244                                                       | 55:33.8 | 22:19.1 |
| 181                 | Espen Hollerud          | IKANO BANK                                  | 2886                                                       | 55:36.8 | 22:22.1 |
| 182                 | Martin Schiander        | Fornebuløperne                              | 2283                                                       | 56:05.6 | 22:50.9 |
| 183                 | Arne-Morten Willumsen   | Finansco                                    | 2392                                                       | 57:07.8 | 23:53.1 |
| 184                 | Stig Fossum             |                                             | 2247                                                       | 58:27.1 | 25:12.4 |
| 185                 | Andreas Eidissen        | Teleplan BIL                                | 2209                                                       | 58:51.9 | 25:37.2 |
| 186                 | Ole Petter Harbitz      | FVK                                         | 2370                                                       | 59:08.8 | 25:54.1 |
| 187                 | Stian Selnes            | Pexip                                       | 2366                                                       | 59:24.8 | 26:10.1 |

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|     |                          |                                     |      |            |         |
|-----|--------------------------|-------------------------------------|------|------------|---------|
| 188 | Philip Thoresen          |                                     | 2899 | 01:02:12.7 | 28:58.0 |
| 189 | Prashant Sharma          | Finansco                            | 2901 | 01:02:24.9 | 29:10.2 |
| 190 | Jonas Spildrejordet      |                                     | 2159 | 01:03:58.1 | 30:43.4 |
| 191 | Rogério Snarli           |                                     | 2245 | 01:11:34.2 | 38:19.5 |
|     | Marius Røstum            | If Skadeforsikring                  | 2003 | DNS        | DNS     |
|     | Bastian Bie              | Merisma Accounting AS               | 2016 | DNS        | DNS     |
|     | Marius Husebø-Evensen    |                                     | 2023 | DNS        | DNS     |
|     | Ola Sætrang              | Tendenz                             | 2026 | DNS        | DNS     |
|     | Simen Gjersvoll Osland   | Norwegian Claims Link AS            | 2084 | DNS        | DNS     |
|     | David Engerberg          | Veritas B.I.L                       | 2122 | DNS        | DNS     |
|     | Ole Thomas Helgesen      | Accenture BIL                       | 2123 | DNS        | DNS     |
|     | Per Kristian Sørli       |                                     | 2157 | DNS        | DNS     |
|     | Jan Magnus Brevik        |                                     | 2178 | DNS        | DNS     |
|     | Christopher Jay          | Telio Telecom                       | 2182 | DNS        | DNS     |
|     | Lars Loftaas             | Subsea7                             | 2208 | DNS        | DNS     |
|     | Bjørn Tore Gregertsen    | Sætre Idrætsforening Graabein       | 2215 | DNS        | DNS     |
|     | Hans Martin Nilsen       | Aker Solutions BIL                  | 2226 | DNS        | DNS     |
|     | Magnus Nøkleby           |                                     | 2228 | DNS        | DNS     |
|     | Ricardo Mendez Rodriguez |                                     | 2268 | DNS        | DNS     |
|     | Lars Eid Nielsen         | Nydalens Skiklub / Multiconsult BIL | 2315 | DNS        | DNS     |
|     | Erik Skarstein Sandnes   | Accedo BIL                          | 2338 | DNS        | DNS     |
|     | Bjørn Andre Fermann      | Finansco                            | 2373 | DNS        | DNS     |
|     | Terje Gangås             | Rye Sp.Kl.                          | 2401 | DNS        | DNS     |
|     | Knut Strand              |                                     | 2419 | DNS        | DNS     |
|     | Tord Bjørnevaagen        | Steria                              | 2425 | DNS        | DNS     |
|     | Erlend Stokke            | Heming                              | 2436 | DNS        | DNS     |
|     | Jan Fredrik Helgaker     | Veritas BIL                         | 2532 | DNS        | DNS     |
|     | Andreas Almlid           | Hamar Skiklubb                      | 2569 | DNS        | DNS     |
|     | Øyvind Kleppe Asphjell   | IDEX ASA                            | 2576 | DNS        | DNS     |
|     | Tom Erik Maast           | Lundin Norway                       | 2674 | DNS        | DNS     |
|     | Daniel Paul Getz         |                                     | 2721 | DNS        | DNS     |
|     | Atle Ådnebergli          | Dib                                 | 2763 | DNS        | DNS     |
|     | Joshua Stickler          |                                     | 2768 | DNS        | DNS     |
|     | Jan Olav Solli           | Lundin Norway                       | 2798 | DNS        | DNS     |
|     | Daniel Tebbutt           |                                     | 2809 | DNS        | DNS     |
|     | Jørgen Olsen             | Statoil BIL                         | 2832 | DNS        | DNS     |
|     | Eirik Syvertsen          | Merisma Accounting AS               | 2864 | DNS        | DNS     |
|     | Martin Ekeberg           | Samemafiaen                         | 2900 | DNS        | DNS     |
|     | Morten Ødegård           | Subsea 7                            | 2949 | DNS        | DNS     |

## Kvinner 35-39 år 10 km

(Påmeldt: 55 - Startet: 46 - Fullført: 46 - Premier: 0)

|   |                      |                        |      |         |         |
|---|----------------------|------------------------|------|---------|---------|
| 1 | Elise Reiten         | FVK                    | 2306 | 38:51.3 | 00:00.0 |
| 2 | Louise Skak          |                        | 2785 | 40:37.4 | 01:46.0 |
| 3 | Linn Tidemandsen     | Fuel Express           | 2727 | 41:36.8 | 02:45.4 |
| 4 | Trine Holmer-Hoven   | Evry                   | 2690 | 43:24.2 | 04:32.8 |
| 5 | Hanne Markussen Myhr | Gåping IL / Høvik Jogg | 2335 | 44:49.1 | 05:57.7 |
| 6 | Marianne Bjerva      | Team Raske Gutter      | 2011 | 45:29.0 | 06:37.6 |



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## Kvinner 35-39 år 10 km

(Påmeldt: 55 - Startet: 46 - Fullført: 46 - Premier: 0)

|    |                              |                     |      |            |         |
|----|------------------------------|---------------------|------|------------|---------|
| 7  | Trine Bjerke Welhaven        |                     | 2428 | 45:33.9    | 06:42.5 |
| 8  | Arlina Andersen              | Privat              | 2462 | 45:35.0    | 06:43.6 |
| 9  | Ragnhild Vinsvold            | Ciber Norge         | 2987 | 46:07.4    | 07:16.1 |
| 10 | Marianne Mathiesen           |                     | 2095 | 46:10.8    | 07:19.5 |
| 11 | Cecilie Lagerberg            | N/A                 | 2910 | 46:14.8    | 07:23.5 |
| 12 | Pernille Solberg             | Vitusapotek         | 2817 | 46:31.2    | 07:39.9 |
| 13 | Cecilie Paust-Andersen       |                     | 3044 | 46:32.0    | 07:40.6 |
| 14 | Anne Line Håseth             | FVK                 | 2233 | 47:01.8    | 08:10.5 |
| 15 | Åsne Meland                  | NMD Klubben         | 2644 | 47:48.4    | 08:57.1 |
| 16 | Kjersti Svee Aas             | Abelia              | 2748 | 48:03.6    | 09:12.3 |
| 17 | Angela Kok                   |                     | 2904 | 48:30.4    | 09:39.0 |
| 18 | Svenja Kernstock             | OSI Orientering     | 2390 | 49:17.0    | 10:25.6 |
| 19 | Camilla Heim Klepaker        | Feedenfruenes IF    | 2806 | 49:28.3    | 10:37.0 |
| 20 | Jannicke Horntvedt           | Handelsbanken       | 2213 | 49:29.2    | 10:37.8 |
| 21 | Hilde Irene Stensrud         |                     | 2174 | 49:34.7    | 10:43.4 |
| 22 | Monica Ottesen               | OBOS                | 2013 | 49:38.8    | 10:47.4 |
| 23 | Luwam Ghebremeskel           |                     | 2077 | 50:02.4    | 11:11.1 |
| 24 | Hege Fantoft Andreassen      | Kreftforeningen BIL | 2102 | 50:37.7    | 11:46.4 |
| 25 | Nicole Due-Tønnessen         | DueStrøm            | 2660 | 50:45.7    | 11:54.4 |
| 26 | Veronica Eftevåg             |                     | 2437 | 50:47.9    | 11:56.5 |
| 27 | Marte Myrvold                |                     | 2349 | 51:18.6    | 12:27.3 |
| 28 | Elisabeth Rønnestad Brodwall |                     | 2801 | 51:28.4    | 12:37.1 |
| 29 | Linn Cathrine Bye            | DNV GL              | 2251 | 51:44.4    | 12:53.0 |
| 30 | Kathinka Augustine           |                     | 3151 | 53:13.7    | 14:22.3 |
| 31 | Ruth Louise Hiorth           | Tyribakken IF       | 2009 | 53:18.7    | 14:27.4 |
| 32 | Kristine Haugaard            |                     | 2797 | 53:20.7    | 14:29.3 |
| 33 | Maria Reche                  | Høvik Jogg          | 2971 | 53:54.4    | 15:03.1 |
| 34 | Alexandra Bristol            |                     | 3121 | 54:39.6    | 15:48.2 |
| 35 | Tea Skattebo                 |                     | 2229 | 55:04.3    | 16:13.0 |
| 35 | Marianne Lie Løwe            |                     | 2513 | 55:04.9    | 16:13.6 |
| 37 | Mari-Jolen Thorsen           |                     | 2563 | 55:27.3    | 16:35.9 |
| 38 | Marianne Nordeide            |                     | 2367 | 55:33.5    | 16:42.2 |
| 39 | Anne Knudsen                 |                     | 2054 | 56:56.6    | 18:05.2 |
| 40 | Wibecke Ødegård Johansen     |                     | 2446 | 56:59.4    | 18:08.1 |
| 41 | Anette Petronella Strædet    |                     | 2356 | 57:04.9    | 18:13.5 |
| 42 | Wenche Hansen                |                     | 2670 | 58:48.1    | 19:56.7 |
| 43 | Hege Finsrud                 |                     | 2869 | 59:43.1    | 20:51.7 |
| 44 | Synnøve Jacobsen             | EVERY Tigers        | 2125 | 01:00:43.8 | 21:52.4 |
| 45 | Kjersti Marie Stensrud       | Sweco Norge AS      | 2152 | 01:10:02.2 | 31:10.9 |
| 46 | Marita Løvstad               | GPS                 | 2109 | 01:17:23.2 | 38:31.9 |
|    | Margareth Aske               |                     | 2474 | DNS        | DNS     |
|    | Sigrid Flo Eriksen           |                     | 2510 | DNS        | DNS     |
|    | Kine Lindstrøm               |                     | 2512 | DNS        | DNS     |
|    | Kariann Øye Pedersen         | Statoil BIL         | 2619 | DNS        | DNS     |
|    | Vibeke Westfal-Larsen        | Aker Solutions      | 2627 | DNS        | DNS     |
|    | Inger Haugland               |                     | 2649 | DNS        | DNS     |
|    | Heidi Tronbøl                | Rye Sp.Kl.          | 2811 | DNS        | DNS     |

**Kvinner 35-39 år 10 km****(Påmeldt: 55 - Startet: 46 - Fullført: 46 - Premier: 0)**

|                  |      |     |     |
|------------------|------|-----|-----|
| Janina Boehmer   | 2845 | DNS | DNS |
| Marianne Villabø | 2885 | DNS | DNS |

**Menn 35-39 år 10 km****(Påmeldt: 129 - Startet: 114 - Fullført: 111 - Premier: 0)**

|    |                      |                                            |      |         |         |
|----|----------------------|--------------------------------------------|------|---------|---------|
| 1  | Philip Tavell        | WickedWednesday/Helly Hansen               | 2269 | 33:31.2 | 00:00.0 |
| 2  | Lennart Garnes       | SK Vidar                                   | 2994 | 34:13.2 | 00:42.0 |
| 3  | Christer Ekdahl      |                                            | 3039 | 34:42.2 | 01:11.0 |
| 4  | Tommy Ravndal        | Team Sportsland.No                         | 3011 | 35:03.2 | 01:32.0 |
| 5  | Kjetil Sørum         | Stavern Sport                              | 2190 | 35:04.7 | 01:33.5 |
| 6  | Espen ALMLID         | Team KPMG                                  | 3129 | 35:23.6 | 01:52.4 |
| 7  | Marius Myrstad       | Team SKIGO/Diakonhjemmet Sykehus           | 2948 | 36:00.4 | 02:29.2 |
| 8  | Kristian Schiander   | Holmenkollen CK / Oslofjord Triatlon       | 2585 | 36:01.8 | 02:30.6 |
| 9  | Torstein Bjerland    |                                            | 2452 | 36:09.2 | 02:38.0 |
| 10 | Trond Håvard Brunes  | Hvam IL / Hvam IL/Norges Friidrettsforbund | 3001 | 36:18.0 | 02:46.8 |
| 11 | Anders Westvold      | Apotek1                                    | 2449 | 36:30.1 | 02:58.9 |
| 12 | Vegard Brox          | Bøler IF                                   | 2103 | 37:03.4 | 03:32.2 |
| 13 | Knut Olav Rød        | BCG                                        | 2331 | 37:27.8 | 03:56.6 |
| 14 | Anders Eivind Myhre  | MS Svartor                                 | 2968 | 37:30.4 | 03:59.2 |
| 15 | Thomas Tronstad      | OBOS                                       | 2849 | 37:36.6 | 04:05.4 |
| 16 | Andreas Karlsson     |                                            | 2503 | 37:52.9 | 04:21.7 |
| 17 | Kjetil Bergh         | Team Sportsland.No                         | 3097 | 38:03.0 | 04:31.8 |
| 18 | Christian Dahll      |                                            | 2550 | 38:23.2 | 04:52.0 |
| 19 | Matthieu Gaudin      | Bjarkøy Vel- og Idrettsforening            | 2749 | 38:33.5 | 05:02.3 |
| 20 | Yann Pecqueux        | Therma Industri                            | 2501 | 38:44.6 | 05:13.4 |
| 21 | Håvard Stensrud      | Statoil BIL                                | 2527 | 38:46.5 | 05:15.3 |
| 22 | Knut Erik Østbøll    | Team Raske Gutter                          | 2542 | 38:54.3 | 05:23.1 |
| 23 | Bjørn Eide           | Aker Solutions BIL                         | 2440 | 39:12.7 | 05:41.5 |
| 24 | Niklas Haglund       | SATS                                       | 2608 | 39:19.1 | 05:47.9 |
| 25 | Arno De Jong         |                                            | 2880 | 39:21.4 | 05:50.2 |
| 26 | Brendan Hogg         |                                            | 2487 | 39:24.8 | 05:53.6 |
| 27 | Knut Ole Hol         |                                            | 2992 | 39:26.8 | 05:55.6 |
| 28 | Bjørn Egil Halvorsen | Aftenposten                                | 2345 | 39:42.5 | 06:11.3 |
| 29 | Martin Aanjesen      |                                            | 2189 | 39:43.5 | 06:12.3 |
| 30 | Tor-Henrik Solbakken |                                            | 2564 | 39:45.7 | 06:14.5 |
| 31 | Dag Gaute Gaasemyr   | Oslostudentenes IK - Friidrett             | 2558 | 39:50.0 | 06:18.8 |
| 32 | Runar Solberg        |                                            | 3102 | 40:30.6 | 06:59.4 |
| 33 | Rune Tallaksen       | DDR                                        | 2789 | 40:40.4 | 07:09.2 |
| 34 | Rikard Eriksen       | Steria                                     | 2126 | 40:41.2 | 07:10.0 |
| 35 | Even Nedberg         | Privat                                     | 3057 | 40:53.1 | 07:21.9 |
| 36 | Markus Naue          | Norconsult BIL                             | 2625 | 40:59.5 | 07:28.3 |
| 37 | Kristen-Andre Olsen  | Veitvet                                    | 2753 | 41:03.5 | 07:32.3 |
| 38 | Geir Haugen          | Norconsult BIL                             | 3010 | 41:07.1 | 07:35.9 |
| 39 | Thomas Stordalen     | Røa IL                                     | 2773 | 41:14.0 | 07:42.8 |
| 40 | Magnus Følling       | IKANO BANK                                 | 2424 | 41:24.1 | 07:52.9 |
| 41 | Eyvind Ohm           | Folkehelseinstituttet                      | 2823 | 41:31.9 | 08:00.7 |



| Menn 35-39 år 10 km |                           | (Påmeldt: 129 - Startet: 114 - Fullført: 111 - Premier: 0) |      |         |         |
|---------------------|---------------------------|------------------------------------------------------------|------|---------|---------|
| 42                  | Vegard Sivertsen          |                                                            | 3117 | 41:33.3 | 08:02.1 |
| 43                  | Per Kristian Lie Løwe     | Bærum Akeforening                                          | 2594 | 41:40.0 | 08:08.8 |
| 43                  | Andreas Munck             |                                                            | 2946 | 41:40.7 | 08:09.5 |
| 45                  | Marius Mellem             |                                                            | 3103 | 41:41.4 | 08:10.2 |
| 46                  | Jens Conradi              | Capgemini                                                  | 2689 | 41:44.1 | 08:12.9 |
| 47                  | Roger Erstad              | Varegg Fleridrett / Fjellgeitene                           | 2916 | 41:49.8 | 08:18.6 |
| 48                  | Per Olav Sætre            | Lundin Norway                                              | 2329 | 41:53.8 | 08:22.6 |
| 49                  | Kashif Mir                | CopyCat AS                                                 | 2188 | 41:57.7 | 08:26.5 |
| 50                  | Jørn-Morten Dahl          | Norconsult BIL                                             | 2253 | 41:58.7 | 08:27.5 |
| 51                  | Kristian Ulvestad         |                                                            | 2079 | 42:03.9 | 08:32.7 |
| 52                  | Ulrik Nilsson             | Akershus Sykehus                                           | 3128 | 42:04.5 | 08:33.3 |
| 53                  | John Iversen              | OSI                                                        | 2983 | 42:09.4 | 08:38.2 |
| 54                  | Magnus Bostrøm            | Homebase                                                   | 2805 | 42:25.4 | 08:54.2 |
| 55                  | Nicolai Amundsen          | Enzo MG                                                    | 2925 | 42:29.2 | 08:58.0 |
| 56                  | Anders Aardal             |                                                            | 2374 | 42:30.2 | 08:59.0 |
| 57                  | Eirik Tallaksen           | DDR                                                        | 2718 | 42:48.8 | 09:17.6 |
| 58                  | Thomas Danbolt            | Raufoss IL -Friidrett                                      | 2762 | 43:13.6 | 09:42.4 |
| 59                  | Frode Hopstad             |                                                            | 2193 | 43:19.5 | 09:48.3 |
| 60                  | Konrad Albert Maliszewski | Foreningen Frikransen / Frikransen                         | 2354 | 43:20.9 | 09:49.7 |
| 61                  | Simen Kristoffersen       | EVRY                                                       | 2960 | 43:25.2 | 09:54.0 |
| 62                  | Richard Roobol            | Sauter                                                     | 2728 | 43:26.3 | 09:55.1 |
| 63                  | Cristobal Molina          |                                                            | 2496 | 43:37.6 | 10:06.4 |
| 64                  | Claus Håvik               | Treningscamp                                               | 2382 | 43:44.3 | 10:13.1 |
| 65                  | Julius Lund               | OBOS                                                       | 2238 | 43:49.8 | 10:18.6 |
| 66                  | Vegard Stenberg           |                                                            | 2874 | 43:56.3 | 10:25.1 |
| 67                  | Henrik Fjeld              | Norwegian BIL                                              | 2606 | 44:14.7 | 10:43.5 |
| 68                  | Sam Amiri                 | Ingen                                                      | 2056 | 44:42.9 | 11:11.7 |
| 69                  | Daniel Macdonald          | MacRibe                                                    | 2140 | 44:48.4 | 11:17.2 |
| 70                  | Kim Havrevold             |                                                            | 2961 | 44:55.6 | 11:24.4 |
| 71                  | Kenneth Svartvatn         |                                                            | 2212 | 45:31.3 | 12:00.1 |
| 72                  | Anders Sørensen           | Budstikka                                                  | 2024 | 45:37.5 | 12:06.3 |
| 73                  | Erik Alsaker              | SEB                                                        | 2476 | 45:57.8 | 12:26.6 |
| 74                  | Jørgen Svendgård          | Merisma Accounting                                         | 2732 | 46:01.9 | 12:30.7 |
| 75                  | Fredrik Vinnes            | Lundin- Norway                                             | 2760 | 46:10.3 | 12:39.1 |
| 76                  | Erik Myhrberg             | Farbror Bosse                                              | 2230 | 46:24.8 | 12:53.6 |
| 76                  | Tor Olav Eikrem           | Norsk Energi                                               | 2646 | 46:24.6 | 12:53.4 |
| 78                  | Kristian Olav Mørch       |                                                            | 2747 | 46:31.1 | 12:59.9 |
| 79                  | Denis Pokotylyuk          | Dib                                                        | 2200 | 47:32.7 | 14:01.5 |
| 80                  | Lars Velund               | Audi                                                       | 2128 | 47:49.4 | 14:18.2 |
| 81                  | Anders Tosterud           | Billia                                                     | 2850 | 47:54.1 | 14:22.9 |
| 82                  | Svein Arild Haugum        |                                                            | 2458 | 48:12.0 | 14:40.8 |
| 83                  | Eirik Furuseth            | Finansco                                                   | 2435 | 48:18.1 | 14:46.9 |
| 84                  | Kenneth Arvesen           | Telenor BIL                                                | 2755 | 48:24.0 | 14:52.8 |
| 85                  | Sverre Krog               |                                                            | 3070 | 48:26.4 | 14:55.2 |
| 86                  | Henning Hetland           |                                                            | 2355 | 48:33.4 | 15:02.2 |
| 87                  | Andreas Heim              | Feeden IF                                                  | 2473 | 48:55.4 | 15:24.2 |
| 88                  | Torger Magnus Jonassen    | Ensom Og Forlatt                                           | 2546 | 48:58.8 | 15:27.6 |

| Menn 35-39 år 10 km |                            |                              | (Påmeldt: 129 - Startet: 114 - Fullført: 111 - Premier: 0) |         |         |
|---------------------|----------------------------|------------------------------|------------------------------------------------------------|---------|---------|
| 89                  | Kenneth Braaten            |                              | 2471                                                       | 49:31.0 | 15:59.8 |
| 90                  | Hans Peter Aandstad        | Kärcher AS                   | 2711                                                       | 49:49.4 | 16:18.2 |
| 91                  | Lars Omre-Qviller          | Dib                          | 2417                                                       | 49:59.1 | 16:27.9 |
| 92                  | Anders Rom                 |                              | 2620                                                       | 50:13.6 | 16:42.4 |
| 93                  | Lasse Haug                 |                              | 2698                                                       | 50:39.1 | 17:07.9 |
| 94                  | Jon Gotteberg              |                              | 2553                                                       | 51:03.2 | 17:32.0 |
| 95                  | Kim Jørgensen              | Lundin Norway                | 2509                                                       | 51:06.1 | 17:34.9 |
| 96                  | Richard Dawson Funke       |                              | 2124                                                       | 51:42.7 | 18:11.5 |
| 97                  | Israel Polonio             | Lundin Norway                | 2282                                                       | 51:53.6 | 18:22.4 |
| 98                  | Ivar Asbjørn Bredesen      | Oslo Handicapil.             | 2851                                                       | 52:04.9 | 18:33.7 |
| 99                  | Andreas Werner             | Idex                         | 2186                                                       | 52:45.7 | 19:14.5 |
| 100                 | Christian Førde            | Advokatfirmaet Førde AS      | 2158                                                       | 53:15.0 | 19:43.8 |
| 101                 | Erik Hammer                | Lundin Norway                | 2516                                                       | 53:34.0 | 20:02.8 |
| 102                 | Andreas Andersson          | If bedrift                   | 3138                                                       | 53:39.5 | 20:08.3 |
| 103                 | Henning Gravnås            |                              | 2133                                                       | 53:51.1 | 20:19.9 |
| 104                 | Ole Martin Karrevik        | Dib                          | 2049                                                       | 53:54.0 | 20:22.8 |
| 105                 | Rune Nakstad               | Golder Associates AS         | 2676                                                       | 53:55.9 | 20:24.7 |
| 106                 | Lasse Norheim              |                              | 2802                                                       | 54:20.0 | 20:48.8 |
| 107                 | Simen Teigre               | Pexip                        | 2723                                                       | 54:29.0 | 20:57.8 |
| 108                 | Kim Eliseussen Holm        | Dib                          | 2010                                                       | 54:39.8 | 21:08.6 |
| 109                 | Tom Vasset                 | Frosta IL                    | 2303                                                       | 54:42.9 | 21:11.7 |
| 110                 | Eivind Lyford              |                              | 3089                                                       | 55:28.3 | 21:57.1 |
| 111                 | Henrik Schiander           | Fornebuløperne               | 2443                                                       | 58:29.1 | 24:57.9 |
|                     | Rune Vik                   |                              | 2012                                                       | DNS     | DNS     |
|                     | Jarle Andersen             | Dib                          | 2048                                                       | DNS     | DNS     |
|                     | Lars Gunnar Lillekleiv     | Merisma Accounting AS        | 2089                                                       | DNS     | DNS     |
|                     | Thomas Lindtveit           |                              | 2176                                                       | DNS     | DNS     |
|                     | Stefan Kernstock           | OSI Orientering              | 2256                                                       | DNS     | DNS     |
|                     | Robert Håvemoen Steffensen |                              | 2271                                                       | DNS     | DNS     |
|                     | Øyvind Marcussen           | Statoil BIL                  | 2529                                                       | DNS     | DNS     |
|                     | Pål Tverdal                | Finansco                     | 2589                                                       | DNS     | DNS     |
|                     | Sigbjørn Seland            | Entreprenørservice           | 2629                                                       | DNS     | DNS     |
|                     | Åge Olsen                  | Kyrksæterøra IL / Sparebank1 | 2758                                                       | DNS     | DNS     |
|                     | Mauritz Wahl               | Lyn                          | 2764                                                       | DNS     | DNS     |
|                     | Erik Botnevik              |                              | 2769                                                       | DNS     | DNS     |
|                     | Roar Heidenstrøm           |                              | 2892                                                       | DNS     | DNS     |
|                     | Freddy Nordnes             | FVK                          | 2962                                                       | DNS     | DNS     |
|                     | Olav Solholm               |                              | 3079                                                       | DNS     | DNS     |

| Kvinner 40-44 år 10 km |                          |                            | (Påmeldt: 77 - Startet: 63 - Fullført: 61 - Premier: 0) |         |         |
|------------------------|--------------------------|----------------------------|---------------------------------------------------------|---------|---------|
| 1                      | Marianne Garmann Ullsand | Sk Vidar                   | 2264                                                    | 40:00.0 | 00:00.0 |
| 2                      | Helene Christine Groth   | SK Kraft                   | 2100                                                    | 40:06.1 | 00:06.1 |
| 3                      | Annica Hernes            | Fossum IF                  | 3058                                                    | 40:24.6 | 00:24.5 |
| 4                      | Thine Wilkensjærberg     | Kjelsås IL / Team Includia | 2265                                                    | 40:57.0 | 00:56.9 |
| 5                      | Lena Jansen              | Fossum IF                  | 2536                                                    | 41:08.0 | 01:07.9 |
| 6                      | Jill Jørgensen           | Team Aker                  | 3127                                                    | 42:58.3 | 02:58.3 |
| 7                      | Hege Ihle-Hansen         | IL Tyrving                 | 2867                                                    | 43:53.0 | 03:53.0 |

|                                                                                    |                |      |        |                                   |            |
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| Kvinner 40-44 år 10 km |                        |                                            | (Påmeldt: 77 - Startet: 63 - Fullført: 61 - Premier: 0) |         |         |
|------------------------|------------------------|--------------------------------------------|---------------------------------------------------------|---------|---------|
| 8                      | Synnøve Lind Rygh      | Lundin Norway                              | 2408                                                    | 43:56.2 | 03:56.1 |
| 9                      | Lene Johannessen       | IKANO BANK                                 | 2450                                                    | 44:28.7 | 04:28.6 |
| 10                     | Rut Krüger Giverin     | Try/Utenriksdepartementet                  | 2334                                                    | 44:33.3 | 04:33.3 |
| 11                     | Hege Halseth Bang      | Veritas BIL                                | 2533                                                    | 44:44.1 | 04:44.0 |
| 12                     | Lene Johansen          |                                            | 2855                                                    | 44:48.9 | 04:48.8 |
| 13                     | Vibeke Kippe Nævdal    | Fossum IF                                  | 2328                                                    | 45:27.8 | 05:27.7 |
| 14                     | Annette Skotner        | Dib                                        | 2433                                                    | 45:37.3 | 05:37.2 |
| 15                     | Helene Løvkvist        | Team Løvkvist                              | 2097                                                    | 45:41.7 | 05:41.6 |
| 16                     | Hanne Lie              | One To One                                 | 2701                                                    | 45:44.0 | 05:43.9 |
| 16                     | Anja Solberg           | Røa IL                                     | 3155                                                    | 45:44.4 | 05:44.3 |
| 18                     | Trude H. Ågesen        |                                            | 2937                                                    | 46:00.3 | 06:00.2 |
| 19                     | Mona Mikaelson         | Pexip                                      | 2055                                                    | 46:18.2 | 06:18.1 |
| 20                     | Hege Vethe             | IKANO BANK                                 | 2217                                                    | 47:13.9 | 07:13.8 |
| 20                     | Inger Marie Ingdahl    | Team Pay                                   | 3140                                                    | 47:13.3 | 07:13.2 |
| 22                     | Helene Lesund          |                                            | 2402                                                    | 47:20.1 | 07:20.1 |
| 23                     | Elin Andersen          | Røa IL                                     | 2826                                                    | 48:06.0 | 08:05.9 |
| 24                     | Trine Lydersen         |                                            | 2153                                                    | 48:47.8 | 08:47.7 |
| 25                     | Carina Wik             | Treningscamp                               | 2393                                                    | 48:52.6 | 08:52.5 |
| 26                     | Siw Helland            |                                            | 3084                                                    | 49:36.1 | 09:36.0 |
| 27                     | Lise Klevan            | Fossum IF / Løpedronningene                | 2187                                                    | 49:38.3 | 09:38.2 |
| 28                     | Agata Reistad          |                                            | 2742                                                    | 49:55.3 | 09:55.2 |
| 29                     | Ingrid Fossgard-Moser  | Statoil BIL                                | 2628                                                    | 50:04.1 | 10:04.0 |
| 30                     | Anne-Lene Sandberg     |                                            | 2792                                                    | 50:30.9 | 10:30.8 |
| 31                     | Marianne Nalum         | Rådtassene                                 | 2804                                                    | 50:41.9 | 10:41.9 |
| 32                     | Trude Løkås            |                                            | 2259                                                    | 50:42.3 | 10:42.3 |
| 33                     | Eline Hyggen Fjeldheim | 1SkiLøperne / Studentwork Sharper          | 2540                                                    | 50:44.8 | 10:44.7 |
| 34                     | Siren Bergmann         |                                            | 2480                                                    | 50:55.0 | 10:55.0 |
| 35                     | Camilla Hammer Solheim | BA-HR BIL                                  | 3017                                                    | 50:58.2 | 10:58.1 |
| 36                     | Karianne Ekern         |                                            | 2678                                                    | 51:17.8 | 11:17.7 |
| 37                     | Hilde Hansen           |                                            | 3115                                                    | 51:39.6 | 11:39.5 |
| 38                     | Gry Rømo               | Team Skauen                                | 2986                                                    | 52:03.4 | 12:03.3 |
| 39                     | Marianne Bretteville   | Fossum IF                                  | 2420                                                    | 52:23.1 | 12:23.1 |
| 40                     | Hege Vibeke Thomassen  | BIL Norwegian                              | 2912                                                    | 52:45.5 | 12:45.5 |
| 41                     | Liv Inger Eker Blom    | Gjekstad & Østerøya IF / Gjettum Dreamteam | 2712                                                    | 52:47.9 | 12:47.8 |
| 41                     | Agnes Brande           | Ross Offshore                              | 3088                                                    | 52:47.1 | 12:47.0 |
| 43                     | Cecilie Varsi          | Oslo Universitetssykehus                   | 2766                                                    | 53:05.3 | 13:05.3 |
| 44                     | Patrica Noordhof Ask   | IKANO BANK                                 | 2581                                                    | 53:20.6 | 13:20.5 |
| 45                     | Olaug Karin Vestersjø  | Telenor BIL                                | 2829                                                    | 53:39.4 | 13:39.3 |
| 46                     | Kristina Skogen        |                                            | 2703                                                    | 54:08.5 | 14:08.5 |
| 47                     | Hildegard Anmarkrud    |                                            | 2858                                                    | 54:49.2 | 14:49.1 |
| 48                     | Cecilie Ruen           | IKANO BANK                                 | 2669                                                    | 56:28.3 | 16:28.2 |
| 49                     | Tonia Faremo           |                                            | 2514                                                    | 56:46.5 | 16:46.4 |
| 50                     | Anna Katarina Grova    | Kolsås Dreamteam                           | 2870                                                    | 56:52.0 | 16:51.9 |
| 51                     | Linda Schulz           |                                            | 2412                                                    | 57:00.5 | 17:00.4 |
| 51                     | Bodil Egge             |                                            | 2997                                                    | 57:00.8 | 17:00.7 |
| 53                     | Therese Lien Sørensen  |                                            | 2837                                                    | 57:03.8 | 17:03.7 |

**Kvinner 40-44 år 10 km****(Påmeldt: 77 - Startet: 63 - Fullført: 61 - Premier: 0)**

|    |                          |                          |      |            |         |
|----|--------------------------|--------------------------|------|------------|---------|
| 54 | Karen Husebye            |                          | 3050 | 57:07.9    | 17:07.8 |
| 55 | Kathrine Selvikvåg Malme |                          | 2475 | 58:32.6    | 18:32.5 |
| 56 | Katarzyna Turbak         |                          | 2050 | 59:12.8    | 19:12.7 |
| 57 | Jeanette Lunder          | Snarøya Sportsklubb      | 3157 | 59:18.5    | 19:18.5 |
| 58 | Grete Meyer              |                          | 2394 | 59:23.8    | 19:23.7 |
| 59 | Laila Sørbø              |                          | 2406 | 01:01:44.8 | 21:44.8 |
| 60 | Helga Brøgger            | Oslo Universitetssykehus | 2248 | 01:04:23.0 | 24:22.9 |
| 61 | Vibeke Engebretsen       | Bedrift IF               | 2754 | 01:09:51.8 | 29:51.7 |
|    | Anette Hobæk Ravnsborg   | Budstikka                | 2080 | DNS        | DNS     |
|    | Vibeke Ljungmann         |                          | 2081 | DNS        | DNS     |
|    | Tone Faugli              | Kolsås Dreamteam         | 2114 | DNS        | DNS     |
|    | Brita Sauar              | Statoil BIL              | 2162 | DNS        | DNS     |
|    | Pernille Arvesen         | Øyprinsessene            | 2221 | DNS        | DNS     |
|    | Hedda Grape              | Røa IL                   | 2316 | DNS        | DNS     |
|    | Karen Marie Lange        |                          | 2363 | DNS        | DNS     |
|    | Mette Borhaug            |                          | 2432 | DNS        | DNS     |
|    | Anne Kristiansen         | Qicraft Norway           | 2549 | DNS        | DNS     |
|    | Kristin S. Indredavik    | Privat                   | 2573 | DNS        | DNS     |
|    | Cathrine Lyssand         |                          | 2610 | DNS        | DNS     |
|    | Margrethe Myhre          |                          | 2680 | DNS        | DNS     |
|    | Kristine Andenæs Axelsen |                          | 2739 | DNS        | DNS     |
|    | Lise Forbes Haraldsen    | Budstikka                | 2759 | DNS        | DNS     |

**Menn 40-44 år 10 km****(Påmeldt: 144 - Startet: 122 - Fullført: 121 - Premier: 0)**

|    |                           |                               |      |         |         |
|----|---------------------------|-------------------------------|------|---------|---------|
| 1  | Odd-Bjørn Hjelmeset       | Nittedal IL / Bama            | 2497 | 33:44.6 | 00:00.0 |
| 2  | Arild Hagesveen           | Bøler IF / Bøler If Friidrett | 3028 | 33:50.4 | 00:05.7 |
| 3  | Carl-Johan Bergensstjerna |                               | 2848 | 35:08.9 | 01:24.2 |
| 4  | Dominic Hoff              | Rye Sp.Kl.                    | 2407 | 35:54.1 | 02:09.4 |
| 5  | Pål Fritsvold             | Norconsult BIL                | 2448 | 36:30.8 | 02:46.1 |
| 6  | Morten Omland             | Kjelsås IL / Kjelsås IL       | 2654 | 36:33.9 | 02:49.2 |
| 7  | Torkel Hafting            |                               | 2069 | 37:12.3 | 03:27.6 |
| 8  | Thomas Dirix              | Veritas BIL                   | 2955 | 37:24.4 | 03:39.7 |
| 9  | Sverre Alvik              | Veritas BIL                   | 2820 | 37:35.5 | 03:50.8 |
| 9  | Martin Mølsæter           |                               | 3004 | 37:35.9 | 03:51.2 |
| 11 | Hans Christian Ruud       | Team SKIGO                    | 2630 | 37:36.6 | 03:51.9 |
| 12 | Atle Haakenstad           | IL Try / Veidekke             | 3069 | 37:46.3 | 04:01.6 |
| 13 | Terje Michelsen           | Nordea BIL                    | 2623 | 37:49.2 | 04:04.5 |
| 14 | Andreas Gossner           | Merisma Accounting AS         | 2341 | 37:51.0 | 04:06.3 |
| 15 | Andreas Jacobsen          | Storebrand Sport              | 2067 | 38:04.3 | 04:19.6 |
| 16 | Thomas Haug               |                               | 3093 | 38:33.6 | 04:48.9 |
| 17 | Matthew Jerrard           |                               | 2877 | 38:38.0 | 04:53.3 |
| 18 | Ralph Mauritz Løvgren     | Aktiv Glede AS                | 2738 | 39:23.4 | 05:38.7 |
| 19 | Morten Ingar Hansen       | Privat                        | 2279 | 39:28.4 | 05:43.7 |
| 19 | Eirik Byklum              | Statoil BIL                   | 2291 | 39:28.2 | 05:43.5 |
| 21 | Åge Mikael Strand         | Grindvoll IL                  | 2121 | 39:29.6 | 05:44.9 |
| 22 | Tommy Larsen              | Break.Org / Airbus Group      | 2939 | 39:35.5 | 05:50.8 |
| 23 | Jan Solhøy                |                               | 3112 | 39:36.4 | 05:51.7 |

## Menn 40-44 år 10 km

(Påmeldt: 144 - Startet: 122 - Fullført: 121 - Premier: 0)

|    |                            |                            |      |         |         |
|----|----------------------------|----------------------------|------|---------|---------|
| 24 | Neil Dryland               |                            | 2735 | 39:37.9 | 05:53.3 |
| 25 | Lasse Schøning             | Darkhorse                  | 3139 | 39:49.3 | 06:04.6 |
| 26 | Geir Hoff                  | Tyrving IL                 | 2836 | 39:50.5 | 06:05.8 |
| 27 | Mats Sollie                | Storebrand Sport           | 2944 | 40:08.7 | 06:24.0 |
| 28 | Tor Erik Dahl              | Sturla                     | 2648 | 40:13.3 | 06:28.6 |
| 29 | Marius Five Aarset         | ABB BIL                    | 2381 | 40:15.1 | 06:30.4 |
| 30 | Espen Michaelsen           |                            | 2299 | 40:28.8 | 06:44.1 |
| 31 | Mattias Ahnoff             |                            | 2277 | 40:31.0 | 06:46.3 |
| 32 | Anders Thorsen             |                            | 3047 | 40:37.6 | 06:52.9 |
| 33 | Terrone Franz              |                            | 2399 | 40:40.0 | 06:55.3 |
| 34 | Wouter Pastoor             |                            | 2262 | 40:45.5 | 07:00.8 |
| 35 | Espen Seidel               | Finansco                   | 2117 | 40:49.5 | 07:04.8 |
| 36 | Thomas Weihe               |                            | 2810 | 40:50.5 | 07:05.8 |
| 37 | Torkel Engeness            | Intelecom                  | 2651 | 40:53.5 | 07:08.8 |
| 38 | Alf-Anders Langhelle       | Statens Vegvesen BIL       | 2231 | 41:11.5 | 07:26.8 |
| 39 | Michael Allcock            | Aker Solutions BIL         | 2216 | 41:19.1 | 07:34.4 |
| 40 | Morten Emilsen             | Add Energy                 | 2788 | 41:27.3 | 07:42.6 |
| 41 | Kjetil Aare Haugland       | IL Koll                    | 2234 | 41:28.3 | 07:43.6 |
| 42 | Arve Borchgrevink          | Grant Thornton Revisjon AS | 2615 | 41:43.4 | 07:58.7 |
| 43 | Jon Haldorsen              | Milslukern                 | 2677 | 41:44.7 | 08:00.0 |
| 44 | Anders Temmerud            |                            | 3123 | 41:49.5 | 08:04.8 |
| 45 | Jonas Ballestad            | Drammen Sykehus            | 2005 | 41:51.1 | 08:06.4 |
| 46 | Lars-Einar Pettersen       | SATS                       | 2167 | 42:11.4 | 08:26.7 |
| 47 | Magnus Langlien            | Entreprenørservice         | 2249 | 42:15.5 | 08:30.8 |
| 48 | Jaen Ivar Semlitsch        | Scilla AS                  | 2600 | 42:30.0 | 08:45.3 |
| 49 | Christer Af Geijerstam     | Statoil BIL                | 2129 | 42:38.3 | 08:53.6 |
| 50 | Odd Erik Johansen          | Boehringer-Ingelheim       | 2073 | 42:55.3 | 09:10.6 |
| 51 | Frode Semb                 | Aprimo Rådgivning          | 2881 | 42:57.6 | 09:12.9 |
| 52 | Jørn-Morten Innselset      |                            | 2218 | 42:58.2 | 09:13.5 |
| 53 | Christian Lamer Jensen     | AkerSolutions              | 2257 | 43:09.7 | 09:25.0 |
| 54 | Arild Høiby                | REBIL                      | 2239 | 43:13.8 | 09:29.1 |
| 55 | Ketil Krohn Venås          | Dæhli Bull & Co            | 2950 | 43:17.7 | 09:33.1 |
| 56 | Joakim Dye                 |                            | 2325 | 43:20.8 | 09:36.2 |
| 57 | Rune L Torgersen           | Team Pay                   | 2890 | 43:34.5 | 09:49.8 |
| 58 | Espen Jernberg             | Kjelsås IL                 | 2984 | 43:39.4 | 09:54.7 |
| 59 | Andreas Braathen           | Ica Supermarked Horten     | 3141 | 43:41.4 | 09:56.7 |
| 60 | Øystein Gjessing Karlsen   | HjellnesConsult            | 2779 | 43:48.1 | 10:03.4 |
| 61 | Bjørn Melfald              | Sykehuset Telemark         | 2199 | 43:58.2 | 10:13.5 |
| 62 | Pål Jørgen Bakke           |                            | 3145 | 44:04.8 | 10:20.1 |
| 63 | Jarl Odin Herland          | Oracle                     | 2147 | 44:11.0 | 10:26.3 |
| 64 | Truls Fedje                | Klinikk Pluss              | 2441 | 44:19.5 | 10:34.8 |
| 64 | Anders Schjøllert Fredheim |                            | 3041 | 44:19.5 | 10:34.8 |
| 66 | Nils-Einar Eliassen        | Lysehagan IL               | 2631 | 44:32.3 | 10:47.6 |
| 67 | Marius Bretteville         | Fossum IF                  | 2235 | 44:36.9 | 10:52.2 |
| 68 | Claus H. Amundsen          | Dib                        | 2411 | 44:40.4 | 10:55.8 |
| 69 | Thomas Gulbrandsen         | Nettavisen                 | 3060 | 44:42.6 | 10:58.0 |
| 70 | Trond Myhre                | LommedalsExpressen         | 2468 | 44:44.1 | 10:59.4 |

| Menn 40-44 år 10 km |                        |                                   | (Påmeldt: 144 - Startet: 122 - Fullført: 121 - Premier: 0) |         |         |
|---------------------|------------------------|-----------------------------------|------------------------------------------------------------|---------|---------|
| 71                  | Christian Ellefsen     | Rejlers                           | 2575                                                       | 44:47.0 | 11:02.4 |
| 72                  | Anlov P. Mathiesen     | Ekko/Aureosen IL / Eos            | 2343                                                       | 44:56.4 | 11:11.7 |
| 73                  | Yngve Sporild Breievne | Hasle-Løren IL                    | 2465                                                       | 44:58.3 | 11:13.6 |
| 74                  | Anders Grevstad        | Fossum IF                         | 2655                                                       | 45:03.5 | 11:18.8 |
| 75                  | Anders Bjerkestrand    | Eika BIL                          | 2691                                                       | 45:05.3 | 11:20.6 |
| 76                  | Simen Fossum           |                                   | 2920                                                       | 45:26.4 | 11:41.7 |
| 77                  | Lars Gunnar Aas        | CLP                               | 2887                                                       | 45:27.8 | 11:43.1 |
| 77                  | Øyvind Wang            | Yara International                | 2951                                                       | 45:27.2 | 11:42.5 |
| 79                  | Jan-Erik Karlsson      |                                   | 2661                                                       | 45:28.3 | 11:43.6 |
| 80                  | Tor Crosby             | Telenor                           | 2567                                                       | 45:41.1 | 11:56.4 |
| 80                  | Paul Ranbø             | Telenor BIL                       | 3020                                                       | 45:41.1 | 11:56.4 |
| 82                  | Gabriele Quaino        |                                   | 2258                                                       | 45:55.7 | 12:11.0 |
| 83                  | Vegard Kristiansen     |                                   | 2601                                                       | 46:02.5 | 12:17.9 |
| 84                  | Knut Vatsendvik        |                                   | 2926                                                       | 46:06.4 | 12:21.7 |
| 85                  | Graeme Mackenzie       | Statoil BIL                       | 2682                                                       | 46:10.4 | 12:25.7 |
| 85                  | Rudi Baumgarten        | Frøyland IL / Safety Computing AS | 2989                                                       | 46:10.1 | 12:25.4 |
| 87                  | Torgeir Esmann         |                                   | 2707                                                       | 46:18.6 | 12:33.9 |
| 88                  | Olav Høgetveit         | Team Debet & Kredit               | 2088                                                       | 46:44.9 | 13:00.2 |
| 89                  | Stig Rogstad           | Fil & Hvil                        | 2169                                                       | 46:51.0 | 13:06.4 |
| 90                  | Per Eivind Dhelie      | Lundin Norway                     | 2219                                                       | 47:09.0 | 13:24.4 |
| 91                  | Magne Harang           |                                   | 3072                                                       | 47:17.1 | 13:32.5 |
| 92                  | Jan Arild Wallin Røste |                                   | 2439                                                       | 47:40.7 | 13:56.0 |
| 93                  | Gjermund Fossnes       |                                   | 2934                                                       | 47:41.3 | 13:56.6 |
| 94                  | Christian Deisz        | TEAM 485                          | 2756                                                       | 47:50.2 | 14:05.5 |
| 95                  | Coby True              |                                   | 2706                                                       | 47:57.1 | 14:12.4 |
| 96                  | Åsmund Fodstad         | Pexip                             | 2225                                                       | 48:02.9 | 14:18.2 |
| 97                  | Geir Jarle Bjørneng    | Runners World                     | 2530                                                       | 48:07.3 | 14:22.6 |
| 98                  | Olaf S. Christensen    |                                   | 2506                                                       | 48:17.9 | 14:33.2 |
| 99                  | Per Strømsæther        | Duestrøm                          | 2828                                                       | 48:22.6 | 14:38.0 |
| 100                 | Christian Berg         | Gk2                               | 2717                                                       | 48:38.9 | 14:54.2 |
| 100                 | Øyvind Langeland       |                                   | 3056                                                       | 48:38.1 | 14:53.4 |
| 102                 | Lars Røise             | Aker Solutions                    | 2429                                                       | 48:43.5 | 14:58.8 |
| 103                 | Jon Vedal              |                                   | 2165                                                       | 48:47.6 | 15:03.0 |
| 104                 | Alan Roach             |                                   | 2377                                                       | 48:53.8 | 15:09.2 |
| 105                 | Vegar Gunneud          |                                   | 2827                                                       | 49:12.7 | 15:28.0 |
| 106                 | Leif Erik Havnen       | IDEX ASA                          | 2547                                                       | 49:15.7 | 15:31.0 |
| 107                 | Stein Petter Dye       | GK2                               | 2255                                                       | 49:21.2 | 15:36.5 |
| 108                 | Bjørn Tore Bakken      | Gk2                               | 2309                                                       | 49:32.4 | 15:47.7 |
| 109                 | Terje Gustavsen        |                                   | 2082                                                       | 49:48.7 | 16:04.0 |
| 110                 | Matti Pedersen         |                                   | 2515                                                       | 49:49.5 | 16:04.8 |
| 111                 | Thomas Ljungmann       | 3Dto1                             | 2241                                                       | 50:04.1 | 16:19.4 |
| 112                 | Anders Løkke           | Pexip                             | 2040                                                       | 50:47.5 | 17:02.8 |
| 113                 | Jepppe Styrmo          |                                   | 2422                                                       | 50:50.7 | 17:06.0 |
| 114                 | Hege Jahr Glomnes      |                                   | 3154                                                       | 51:12.2 | 17:27.5 |
| 115                 | Alberto Zarate-Guerra  |                                   | 2002                                                       | 51:20.0 | 17:35.3 |
| 115                 | Cathrine Temmerud      |                                   | 3124                                                       | 51:20.9 | 17:36.2 |
| 117                 | Tummas Pauli Myri      | Lundin                            | 2032                                                       | 51:49.9 | 18:05.3 |



| Menn 40-44 år 10 km |                         |                             | (Påmeldt: 144 - Startet: 122 - Fullført: 121 - Premier: 0) |         |         |
|---------------------|-------------------------|-----------------------------|------------------------------------------------------------|---------|---------|
| 118                 | Timothy Ward            |                             | 2609                                                       | 53:49.1 | 20:04.4 |
| 119                 | Berge Woll              | Berge Orbital               | 2276                                                       | 57:09.9 | 23:25.2 |
| 120                 | Per Kristian Topaas     | VITALE                      | 2398                                                       | 59:09.7 | 25:25.0 |
| 121                 | Ole Marius Nansdal      |                             | 2531                                                       | 59:43.5 | 25:58.8 |
|                     | Bjørn Kristiansen       | EVERY Tigers                | 2039                                                       | DNS     | DNS     |
|                     | Per Øyvind Seljebotn    | Ottestad IL / Lundin Norway | 2061                                                       | DNS     | DNS     |
|                     | Per Kristian Andersen   |                             | 2062                                                       | DNS     | DNS     |
|                     | Haakon Svendsen         | IF BIL                      | 2068                                                       | DNS     | DNS     |
|                     | Christian Steffensen    | Røa IL / Røa IL             | 2072                                                       | DNS     | DNS     |
|                     | Tore Eid                | Nordea                      | 2099                                                       | DNS     | DNS     |
|                     | Karl Henrik Lilleheier  | Ås IL / Ås IL / Telenor     | 2105                                                       | DNS     | DNS     |
|                     | Snorre Corneliusen      | Telenor                     | 2113                                                       | DNS     | DNS     |
|                     | Christer Wennersten     | Tyribakken IF               | 2130                                                       | DNS     | DNS     |
|                     | Gjert Fisknes           | FFSF                        | 2163                                                       | DNS     | DNS     |
|                     | Christopher Hodkin      |                             | 2380                                                       | DNS     | DNS     |
|                     | Øivind Heuer            | Statoil BIL                 | 2421                                                       | DNS     | DNS     |
|                     | Andreas Johnsen Gossner | DDR                         | 2544                                                       | DNS     | DNS     |
|                     | Frode Kozar             | OBOS                        | 2596                                                       | DNS     | DNS     |
|                     | Espen Andersen          | Enjoy Sport                 | 2642                                                       | DNS     | DNS     |
|                     | Varog Kervarec          |                             | 2683                                                       | DNS     | DNS     |
|                     | Øyvind Relling          | 3Dto1 AS                    | 2745                                                       | DNS     | DNS     |
|                     | Trond Ove Breivik       |                             | 2787                                                       | DNS     | DNS     |
|                     | Frank Herman Hernes     | Kreftforeningen BIL         | 2839                                                       | DNS     | DNS     |
|                     | Tore Jørgen Rye         | Storebrand Sport            | 2847                                                       | DNS     | DNS     |
|                     | Jørgen Stavrum          | OBOS Fornebulandet AS       | 2888                                                       | DNS     | DNS     |
|                     | Rune Nordengen          | Lyn / Lyn Ski               | 2956                                                       | DNS     | DNS     |

| Kvinner 45-49 år 10 km |                           |                        | (Påmeldt: 48 - Startet: 40 - Fullført: 39 - Premier: 0) |         |         |
|------------------------|---------------------------|------------------------|---------------------------------------------------------|---------|---------|
| 1                      | Siri Størmer              | Sk Vidar               | 2816                                                    | 37:09.8 | 00:00.0 |
| 2                      | Monica Ragnvaldsen        | IL Try                 | 2194                                                    | 41:17.9 | 04:08.1 |
| 3                      | Cathrine Loennecken       | Team Pay               | 2431                                                    | 43:52.9 | 06:43.1 |
| 4                      | Reidun Dahl Silkoset      | Strålevern BIL         | 2035                                                    | 43:56.4 | 06:46.6 |
| 5                      | Elisabeth De Lange        | Jutul                  | 2090                                                    | 44:00.1 | 06:50.3 |
| 6                      | Ingun Alseth              | IL Tyrving             | 2483                                                    | 44:07.1 | 06:57.3 |
| 7                      | Ellen Christine Karlsen   | Aibel BIL              | 3034                                                    | 44:31.7 | 07:21.9 |
| 8                      | Anne Sverdrup-Thygeson    |                        | 2988                                                    | 45:14.3 | 08:04.4 |
| 9                      | Hege Marie Blegen         | Kreftforeningen BIL    | 2704                                                    | 45:24.2 | 08:14.3 |
| 10                     | Reidun Wang               | Høvik Jogg             | 3049                                                    | 46:44.6 | 09:34.8 |
| 11                     | Brita Dahl                | OSL BIL                | 2765                                                    | 46:47.5 | 09:37.6 |
| 12                     | Annette Nyborg            |                        | 2484                                                    | 46:52.2 | 09:42.4 |
| 13                     | Ellen Sjølie              | PwC BIL                | 2520                                                    | 47:10.1 | 10:00.3 |
| 14                     | Birgitta Blakstad Nilsson | Fossum IF              | 2064                                                    | 47:46.2 | 10:36.4 |
| 15                     | Mette Aune Jakobsen       | Friskis & Sveltis      | 2340                                                    | 47:49.7 | 10:39.9 |
| 16                     | Heidi Stadsvik            | Fossum I.F.            | 2545                                                    | 48:16.4 | 11:06.5 |
| 17                     | Britt Røed Lohne          | Team Wegger & Kvalsvik | 2636                                                    | 48:26.4 | 11:16.6 |
| 18                     | Siw-Mette Thomassen       | Storebrand Sport       | 2656                                                    | 48:27.5 | 11:17.7 |
| 19                     | Kari Larsen               | Treningscamp           | 2808                                                    | 49:11.5 | 12:01.7 |

## Kvinner 45-49 år 10 km

(Påmeldt: 48 - Startet: 40 - Fullført: 39 - Premier: 0)

|    |                          |                        |      |            |         |
|----|--------------------------|------------------------|------|------------|---------|
| 20 | Emmy Carine Knudtzon     |                        | 2292 | 49:12.1    | 12:02.3 |
| 21 | Nollaig Mcbrien Johansen | Eiksmarka              | 3053 | 51:02.1    | 13:52.2 |
| 22 | Katrine Perger           |                        | 2917 | 51:31.3    | 14:21.5 |
| 23 | Trine M T Skorpen        | Fossum IF / Vinetum AS | 2134 | 52:21.8    | 15:12.0 |
| 24 | Anne Sissel Bragstad     | IKANO BANK             | 2639 | 52:24.5    | 15:14.6 |
| 25 | Marit Alstad             |                        | 2063 | 54:12.5    | 17:02.6 |
| 26 | Barbo Aasgaarden         | Treningscamp           | 2101 | 54:33.5    | 17:23.7 |
| 27 | Vibeke Johnsen           | IKANO BANK             | 2603 | 55:27.1    | 18:17.3 |
| 28 | Elisabeth Morris         |                        | 2207 | 55:29.2    | 18:19.4 |
| 29 | Liv Jorunn Wøien         |                        | 2418 | 56:52.0    | 19:42.1 |
| 30 | Kjersti Sortland         | Budstikka              | 2460 | 57:00.7    | 19:50.9 |
| 31 | Evelyn Stensaker         |                        | 2495 | 57:16.7    | 20:06.9 |
| 32 | Ingrid Katrine Næs       | Team Næs               | 2709 | 57:38.3    | 20:28.5 |
| 33 | Ingeborg Årøe            | Kolsås Dream Team      | 2819 | 57:49.8    | 20:40.0 |
| 34 | Laila Pagh-Skov          | Bedrift                | 2087 | 58:46.8    | 21:36.9 |
| 35 | Cecilie Elsayed          | Statoil BIL            | 2612 | 58:58.8    | 21:49.0 |
| 36 | Anne Brit Sjølyst        |                        | 2086 | 59:54.0    | 22:44.2 |
| 37 | Thea Undseth             |                        | 2491 | 01:00:02.4 | 22:52.6 |
| 38 | Mona Karlsen             |                        | 2714 | 01:03:09.7 | 25:59.9 |
| 39 | Elsa Bjørkholt           |                        | 2414 | 01:07:41.7 | 30:31.8 |
|    | Anne Sofie Bjørkholt     |                        | 2389 | DNS        | DNS     |
|    | Hilde Haugbotn           |                        | 2505 | DNS        | DNS     |
|    | Gry Janiche Berg         | Tore Berg Fitnessclub  | 2508 | DNS        | DNS     |
|    | Marit Ann Lauo           | Statoil BIL            | 2523 | DNS        | DNS     |
|    | Ingvild Hjertaas         | Njård / Aftenposten    | 2541 | DNS        | DNS     |
|    | Kristina Maria Holm      | Statoil BIL            | 2686 | DNS        | DNS     |
|    | Ingunn Schjetne          |                        | 2715 | DNS        | DNS     |
|    | Elisabeth Hjelmeset      | Nittedal IL / Bama     | 2854 | DNS        | DNS     |

## Menn 45-49 år 10 km

(Påmeldt: 115 - Startet: 94 - Fullført: 94 - Premier: 0)

|    |                        |                                |      |         |         |
|----|------------------------|--------------------------------|------|---------|---------|
| 1  | Geir Simonsen          | Telenor/Drøbak-Frogn IL        | 2498 | 33:49.1 | 00:00.0 |
| 2  | Vegard Fluge Samuelsen | Statoil / IL Try               | 2914 | 34:48.9 | 00:59.8 |
| 3  | Erik Tjøtta            | Fossum IF / Statkraft          | 3092 | 36:44.1 | 02:55.0 |
| 4  | Geir Thoresen          | Entreprenørservice             | 2083 | 37:19.7 | 03:30.6 |
| 5  | Geir Harald Aase       |                                | 2019 | 37:30.3 | 03:41.2 |
| 6  | Chris Guldbakke        | Löplabbet/Drammen              | 2587 | 37:39.0 | 03:49.9 |
| 7  | Jan Kildahl            | Asker Sk. Friidrett            | 3142 | 37:55.9 | 04:06.8 |
| 8  | Runar Karlsen          | Horten Friidrettsklubb         | 2034 | 38:12.1 | 04:23.0 |
| 9  | Tom Selliseth          | Fet Friidrettsklubb            | 3009 | 38:17.5 | 04:28.4 |
| 10 | Rolf Berg              | Data Respons BIL               | 2111 | 38:26.8 | 04:37.7 |
| 10 | Dag Rist Aamoth        | Forsvaret                      | 2927 | 38:26.0 | 04:36.9 |
| 12 | Dag Spilde             | Oslostudentenes IK - Friidrett | 3013 | 38:35.5 | 04:46.4 |
| 13 | Simen Normann          |                                | 2203 | 39:09.6 | 05:20.5 |
| 14 | Peter Knutzen          |                                | 2584 | 39:14.8 | 05:25.6 |
| 15 | Brynjar Wiersholm      | Gullbakkveien BIL              | 2375 | 39:17.6 | 05:28.5 |
| 16 | Olav Svevad            | Asker Og Bærum PIL             | 2525 | 39:19.6 | 05:30.4 |
| 16 | Tore Røraas            | Broadnet                       | 2622 | 39:19.3 | 05:30.2 |



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## Menn 45-49 år 10 km

(Påmeldt: 115 - Startet: 94 - Fullført: 94 - Premier: 0)

|    |                         |                            |      |         |         |
|----|-------------------------|----------------------------|------|---------|---------|
| 18 | Pål Rune Helgetveit     | Gjerpen Idrettsforening    | 2467 | 39:23.7 | 05:34.5 |
| 19 | Sigmund Akselsen        | Grefsen Kirke              | 2724 | 39:44.2 | 05:55.1 |
| 20 | Allan Berg Nielsen      |                            | 2333 | 39:58.4 | 06:09.3 |
| 21 | Bengt Erik Boquist      |                            | 2681 | 40:19.1 | 06:29.9 |
| 22 | Rune Halvorsen          | BUL                        | 3042 | 40:22.0 | 06:32.8 |
| 23 | Per Salater             | Statoil BIL                | 2246 | 40:56.7 | 07:07.5 |
| 24 | Tim Grossmann           |                            | 2057 | 41:08.7 | 07:19.6 |
| 25 | Oddgeir Lium            | Land FIK                   | 2091 | 41:15.7 | 07:26.6 |
| 26 | Morten Solli            |                            | 3100 | 41:26.5 | 07:37.4 |
| 27 | Kenneth Hareide         | Team Lumbago               | 2650 | 41:38.7 | 07:49.6 |
| 28 | Inge Henning Fredagsvik | Coop Norge Handel          | 2659 | 41:40.5 | 07:51.3 |
| 29 | Pål Solberg             | Røa IL / Storebrand Sport  | 2031 | 41:46.8 | 07:57.7 |
| 30 | Tom Skar                |                            | 2614 | 41:51.5 | 08:02.4 |
| 31 | Rune Jacobsen           | BCG / Bygdø IL             | 2991 | 41:57.7 | 08:08.6 |
| 32 | Johnny Kjørnås          | Hafslund                   | 2173 | 42:01.2 | 08:12.1 |
| 33 | Svein Stadsvik          | Fossum IF / Fossum / Elgen | 2110 | 42:14.1 | 08:25.0 |
| 34 | Jon Norbye              | Compuware                  | 2410 | 42:24.9 | 08:35.7 |
| 35 | Thomas Selbekk          |                            | 2843 | 43:11.0 | 09:21.9 |
| 36 | Petter Bøe              | Høvik Jogg                 | 2317 | 43:29.1 | 09:39.9 |
| 37 | Torgeir Lyngstad        | Privat                     | 2795 | 43:32.6 | 09:43.5 |
| 38 | Øyvind Müller Farnestad | OBOS                       | 2493 | 43:39.3 | 09:50.2 |
| 39 | Pål Fagerås             | Gubbetreningen             | 2168 | 43:45.6 | 09:56.5 |
| 40 | Terje Vartdal Johansen  |                            | 3137 | 43:51.9 | 10:02.8 |
| 41 | Øystein Undseth         | Røa IL                     | 2667 | 44:08.0 | 10:18.8 |
| 42 | Christian Ely           |                            | 2180 | 44:26.5 | 10:37.4 |
| 43 | Bjørnar Lia             | Lundin-Norway.No           | 2383 | 44:32.1 | 10:43.0 |
| 44 | Ole Alexander Opdalshei | Kreftforeningen BIL        | 2621 | 44:33.3 | 10:44.1 |
| 45 | Ole-Jacob Norum         |                            | 2224 | 44:37.1 | 10:48.0 |
| 46 | Eddie Sjølie            | FINN.No                    | 2296 | 44:40.1 | 10:50.9 |
| 47 | Peter Svelander         | Aker Solutions             | 2184 | 45:30.2 | 11:41.1 |
| 48 | Robert Fagersand        |                            | 2298 | 45:33.6 | 11:44.5 |
| 49 | Morten Berge            |                            | 3114 | 45:36.4 | 11:47.2 |
| 50 | Harald Jevne            | NG                         | 3119 | 45:46.1 | 11:57.0 |
| 51 | Jesper Schweitz         | 3Dto1 AS                   | 2146 | 45:47.3 | 11:58.2 |
| 52 | Ove Myrvåg              | Dib                        | 2369 | 46:05.8 | 12:16.7 |
| 53 | Henning Thronsen        | Telenor                    | 2494 | 46:36.8 | 12:47.7 |
| 53 | Knut Herman Ihlen       |                            | 2716 | 46:36.1 | 12:47.0 |
| 55 | Bjørn Skotte            | Overkroppen                | 2873 | 46:39.8 | 12:50.7 |
| 56 | Gunnar Berge            | Rustad IL                  | 2746 | 46:40.6 | 12:51.4 |
| 57 | Lars Ove Skorpen        | Fossum IF / Pareto         | 2941 | 46:42.8 | 12:53.7 |
| 58 | Jo Jacobsen             | Flansco                    | 2534 | 46:49.6 | 13:00.4 |
| 59 | Bjørn Larsen            | OKBIL                      | 2517 | 46:51.9 | 13:02.7 |
| 60 | Robert Storvik Hansen   |                            | 3036 | 46:56.3 | 13:07.1 |
| 61 | Rúni Hansen             |                            | 3022 | 47:02.1 | 13:12.9 |
| 62 | Helge Nyrønning         | IF Hellas                  | 2348 | 47:07.7 | 13:18.6 |
| 63 | Knut Andersen           | Privat                     | 2559 | 47:08.5 | 13:19.3 |
| 64 | Simen Nyberg-Hansen     | HUFF                       | 2006 | 47:09.1 | 13:19.9 |

## RESULTATLISTE

21.05.2014

## Menn 45-49 år 10 km

(Påmeldt: 115 - Startet: 94 - Fullført: 94 - Premier: 0)

|    |                            |                                          |      |            |         |
|----|----------------------------|------------------------------------------|------|------------|---------|
| 65 | Jan Dahm-Simonsen          | Statoil - EXP                            | 2751 | 47:29.5    | 13:40.4 |
| 66 | Ståle Lindgren             | MegaFlis                                 | 2461 | 47:31.3    | 13:42.2 |
| 67 | Ronny Wang                 | Privat                                   | 2160 | 47:37.3    | 13:48.1 |
| 68 | Hallgeir Åndal             |                                          | 3018 | 47:56.0    | 14:06.9 |
| 69 | Dag Haug                   | Torshov SK / Entreprenørservice          | 2835 | 48:04.1    | 14:15.0 |
| 70 | Alexandre Corthay          | Tore Berg Fitness Club                   | 2861 | 48:06.2    | 14:17.0 |
| 71 | Bjørn Håvald Hem           |                                          | 2155 | 48:13.6    | 14:24.5 |
| 72 | Rune Kristensen            | Aker Solutions                           | 2780 | 48:22.4    | 14:33.3 |
| 73 | Sigurd Eide                | B.I.L                                    | 2455 | 48:48.9    | 14:59.7 |
| 74 | John Erik Halvorsen        | EVRY Tigers                              | 2310 | 48:57.4    | 15:08.3 |
| 75 | Jan Andersen               | IDEX ASA                                 | 2150 | 49:02.9    | 15:13.7 |
| 76 | Dag Bjørnland              |                                          | 3160 | 49:05.8    | 15:16.6 |
| 77 | Erik Sønsterud             | Møller BIL                               | 3096 | 49:11.5    | 15:22.3 |
| 78 | Johannes Hauge             | TGS                                      | 2151 | 49:30.1    | 15:40.9 |
| 79 | Kai Eldissen               | Teleplan                                 | 3116 | 49:42.6    | 15:53.5 |
| 80 | Per Ola Drøpping           | ASKO NORGE                               | 2385 | 50:03.1    | 16:14.0 |
| 81 | Morten Moen                | FVK                                      | 2434 | 50:06.3    | 16:17.2 |
| 82 | Ståle Von Krogh            | Jardar IL / GE                           | 2284 | 51:07.7    | 17:18.5 |
| 83 | Eivind Hadler-Olsen        |                                          | 2092 | 51:12.0    | 17:22.8 |
| 84 | Roar Tollefsen             |                                          | 2470 | 52:20.3    | 18:31.2 |
| 85 | Arild Jørstad              | Lundin Norway                            | 2859 | 52:34.2    | 18:45.1 |
| 86 | Per Busk Christiansen      |                                          | 2359 | 53:36.0    | 19:46.8 |
| 87 | Erik Wattne                | Røa IL / Catalystone Solutions           | 2274 | 54:21.0    | 20:31.9 |
| 88 | Marius Godager             | Billia                                   | 2561 | 54:33.7    | 20:44.6 |
| 89 | Anders Oulie               | Friskis                                  | 2139 | 55:08.0    | 21:18.8 |
| 90 | Bjørn Kleveland            |                                          | 2673 | 56:06.6    | 22:17.4 |
| 91 | Trond Bekken               | Spent Tønsberg                           | 2344 | 56:37.9    | 22:48.8 |
| 92 | Andreas Bergwitz-Larsen    | Dib                                      | 2322 | 01:05:12.4 | 31:23.3 |
| 93 | Jo Aslak Rieve Kristiansen | Rieve Joggen                             | 2893 | 01:07:17.9 | 33:28.8 |
| 94 | Geir Thoresen              |                                          | 3126 | 01:26:50.9 | 53:01.8 |
|    | Trine Nicolaysen Dahl      | Kreftforeningen BIL                      | 2008 | DNS        | DNS     |
|    | Jim A. Nymoen              | BVIF                                     | 2127 | DNS        | DNS     |
|    | Lasse Brynsrud             |                                          | 2191 | DNS        | DNS     |
|    | Jimmy Afshar               | EVRY                                     | 2202 | DNS        | DNS     |
|    | Terje Justnes              | Brødrene Dahl                            | 2206 | DNS        | DNS     |
|    | Sindre Stabell             | GK2                                      | 2260 | DNS        | DNS     |
|    | Christian Jomaas           | Fossum IF                                | 2318 | DNS        | DNS     |
|    | Lars Ole Allum             | Høvik IF / Høvik Jogg                    | 2323 | DNS        | DNS     |
|    | Peter Weeks                |                                          | 2368 | DNS        | DNS     |
|    | Jon Anders Tangnes         | Bjørnmeyr                                | 2403 | DNS        | DNS     |
|    | Jørn Kristiansen           | NAV Hjelpemiddelsentral Oslo Og Akershus | 2535 | DNS        | DNS     |
|    | Tom Widerøe                | Lundin Norway                            | 2570 | DNS        | DNS     |
|    | Stein Kristian Hamborg     |                                          | 2602 | DNS        | DNS     |
|    | Helge Harboe               | Jardar                                   | 2616 | DNS        | DNS     |
|    | Jostein S. Hoset           | HP                                       | 2634 | DNS        | DNS     |
|    | Geir Hafsaas               | Norconsult BIL                           | 2663 | DNS        | DNS     |

**Menn 45-49 år 10 km****(Påmeldt: 115 - Startet: 94 - Fullført: 94 - Premier: 0)**

|                       |                    |      |     |     |
|-----------------------|--------------------|------|-----|-----|
| Espen Sjøberg         | Sprveien T-Bane AS | 2774 | DNS | DNS |
| Christian Saure       | Bedrift            | 2857 | DNS | DNS |
| Øyvind Rise           | Røa IL             | 2936 | DNS | DNS |
| Jon Nordahl Didriksen | Sk Vidar           | 2980 | DNS | DNS |
| Geir Thoresen         | Røa IL             | 3015 | DNS | DNS |

**Kvinner 50-54 år 10 km****(Påmeldt: 25 - Startet: 21 - Fullført: 19 - Premier: 0)**

|    |                         |                              |      |            |         |
|----|-------------------------|------------------------------|------|------------|---------|
| 1  | Bente Sæther            | DNB                          | 2172 | 43:01.1    | 00:00.0 |
| 2  | Anita Brenna            |                              | 2572 | 43:17.5    | 00:16.3 |
| 3  | Comfort Jansson         | No                           | 2041 | 45:25.7    | 02:24.6 |
| 4  | Hildegund Snekkevik     | FVK                          | 2963 | 45:33.3    | 02:32.1 |
| 5  | Hilde Bjertnæs          | F&S                          | 2243 | 46:32.3    | 03:31.1 |
| 6  | Liv B. Jegteberg Lystad | Drøbak-Frogn IL              | 2830 | 46:46.9    | 03:45.8 |
| 7  | Heidi Elise Rustad      | Høvik IF / Høvik Jogg        | 2993 | 46:50.2    | 03:49.0 |
| 8  | Merete Hagfors          |                              | 3031 | 50:01.6    | 07:00.5 |
| 9  | Birgit Haugen           |                              | 2878 | 50:06.3    | 07:05.1 |
| 10 | Anne Myklebust          | BKBIL                        | 2313 | 50:22.0    | 07:20.8 |
| 11 | Cecilie Smith           |                              | 2365 | 52:58.0    | 09:56.9 |
| 12 | Inger Thune             | EVERY Tigers                 | 2637 | 53:07.8    | 10:06.7 |
| 13 | Gro Rugseth             |                              | 2790 | 53:28.7    | 10:27.6 |
| 14 | Kirsti Hanssen Skolt    |                              | 2812 | 53:33.9    | 10:32.8 |
| 15 | Marianne Nåvli          | Gjensidige Bank              | 2807 | 53:51.3    | 10:50.1 |
| 16 | Karen Sofie Moe         | GPS                          | 2295 | 54:36.7    | 11:35.5 |
| 17 | Monica Iversen          | None                         | 2743 | 57:24.3    | 14:23.1 |
| 18 | Connie Christiansen     |                              | 2454 | 01:04:14.7 | 21:13.5 |
| 19 | Helene Bjørkholt        |                              | 2044 | 01:11:11.6 | 28:10.4 |
|    | Astrid Torres           | Statoil BIL                  | 2227 | DNS        | DNS     |
|    | Inger-Lise Grindal      | Statoil BIL                  | 2272 | DNS        | DNS     |
|    | Hanne Willoch           |                              | 2557 | DNS        | DNS     |
|    | Susan Smerkerud         | Toll- Og Avgiftsdirektoratet | 2736 | DNS        | DNS     |

**Menn 50-54 år 10 km****(Påmeldt: 59 - Startet: 50 - Fullført: 50 - Premier: 0)**

|    |                      |                                |      |         |         |
|----|----------------------|--------------------------------|------|---------|---------|
| 1  | Ketil Horn           |                                | 2371 | 36:12.1 | 00:00.0 |
| 2  | Trond Olav Berg      | Bøler IF                       | 2913 | 36:39.1 | 00:27.0 |
| 3  | Øivind Larsen        | Bjerkodden Skiløperforening    | 2772 | 38:41.9 | 02:29.8 |
| 4  | Tore Kjølsæth        | Lundin                         | 2957 | 41:10.1 | 04:58.0 |
| 5  | David Carnes         |                                | 2722 | 41:31.1 | 05:18.9 |
| 6  | Kåre Ulvin           |                                | 3125 | 41:32.5 | 05:20.4 |
| 7  | Frank Hansen         | Drammens Ballklubb             | 2841 | 41:34.3 | 05:22.2 |
| 8  | Andre Østbye Marhaug | Akselera AS                    | 2360 | 41:44.2 | 05:32.1 |
| 9  | David Jegust         | EVERY                          | 2201 | 42:13.0 | 06:00.9 |
| 10 | Rune Holen           | Hovdebygda IL / Høvik Jogg     | 3071 | 42:28.0 | 06:15.9 |
| 11 | Anders Sivertsgård   | Fossum IF                      | 2604 | 42:47.9 | 06:35.8 |
| 12 | Tom Steinar Sandvik  | Esso Sport                     | 2416 | 42:58.2 | 06:46.1 |
| 13 | Frode Borhaug        |                                | 2782 | 43:11.4 | 06:59.2 |
| 14 | Oskar Jonsson        |                                | 2964 | 43:35.2 | 07:23.1 |
| 15 | Eivind Johnsen Ulvin | Bærum OCK / Bjerkodden Skil.F. | 2499 | 43:41.2 | 07:29.0 |



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## Menn 50-54 år 10 km

(Påmeldt: 59 - Startet: 50 - Fullført: 50 - Premier: 0)

|    |                           |                   |      |            |         |
|----|---------------------------|-------------------|------|------------|---------|
| 16 | Dag Silkoset              | Rederiforbundet   | 2891 | 43:57.0    | 07:44.8 |
| 17 | Trond Snoen               | EVERY Tigers Stat | 2108 | 44:10.0    | 07:57.9 |
| 18 | Terje Sundfjord           |                   | 2197 | 44:13.1    | 08:00.9 |
| 19 | Börje Sannemalm           | Banqsoft          | 2733 | 44:40.4    | 08:28.3 |
| 20 | Roar Holtedahl            | Telenor BIL       | 2970 | 45:32.0    | 09:19.9 |
| 21 | Thor Olav Thoresen        |                   | 2038 | 45:43.2    | 09:31.0 |
| 22 | Geir Bergheim             | Fossum IF         | 2096 | 46:01.3    | 09:49.2 |
| 23 | Stein Schjerve            | Aker Solutions    | 3059 | 46:09.2    | 09:57.1 |
| 24 | Thor Dahl                 | Vinmonopolet      | 2565 | 46:15.2    | 10:03.1 |
| 25 | Trond Owren               |                   | 2588 | 46:31.9    | 10:19.8 |
| 26 | Ettore Guerello           | ABB B.I.L.        | 2000 | 46:57.3    | 10:45.2 |
| 27 | Haakenchristian Mathiesen | UNDERTOPPEN       | 2492 | 47:05.1    | 10:52.9 |
| 28 | Jon Kåre Melhus           | MacFiles          | 2170 | 47:15.5    | 11:03.4 |
| 29 | Thomas Rieber-Mohn        |                   | 2463 | 47:24.5    | 11:12.3 |
| 30 | Svein Bertheussen         | Handelsbanken     | 2018 | 47:37.6    | 11:25.5 |
| 31 | Kjell Erik Eilertsen      | Hegnar Media      | 2953 | 48:17.1    | 12:05.0 |
| 32 | Lars Vagstein             | Privat            | 2943 | 48:34.0    | 12:21.8 |
| 33 | Torsten Jørgensen         |                   | 2085 | 48:42.2    | 12:30.0 |
| 34 | Nils-Morten Telle         |                   | 2058 | 48:51.2    | 12:39.0 |
| 35 | Petter Sperre             | Indra             | 2856 | 48:54.5    | 12:42.3 |
| 36 | Gudbrand Fløtaker         |                   | 2889 | 49:00.3    | 12:48.1 |
| 37 | Tony Rønning              | Airbus B.I.L.     | 2445 | 50:07.7    | 13:55.5 |
| 38 | Ragnar Elverhøy           |                   | 2883 | 51:10.6    | 14:58.5 |
| 39 | Mogens Ramm               | Statoil BIL       | 2120 | 51:11.0    | 14:58.9 |
| 40 | Rune Wie                  | Team Wie          | 2391 | 52:07.7    | 15:55.5 |
| 41 | Viktor Nagy               | SAS               | 2263 | 52:22.9    | 16:10.7 |
| 42 | Torfinn Kallåk            | Lundin Norway     | 2166 | 52:35.2    | 16:23.1 |
| 43 | Gunnar Stavrum            | Nettavisen        | 3019 | 53:20.2    | 17:08.0 |
| 44 | Geir Olimb                |                   | 2862 | 54:31.8    | 18:19.6 |
| 45 | Gard Haugland             |                   | 2695 | 55:35.6    | 19:23.4 |
| 46 | Kjetil Borg               |                   | 3080 | 55:40.5    | 19:28.4 |
| 47 | Hans-Jørgen Wibstad       |                   | 2286 | 55:59.0    | 19:46.8 |
| 48 | Thomas Bielawski          |                   | 2791 | 58:18.8    | 22:06.7 |
| 49 | Bjørn Harald Klock        | Klock`S Joggen    | 2519 | 59:15.1    | 23:03.0 |
| 50 | Jarle Bretvik             | Team Næs          | 2177 | 01:02:00.1 | 25:47.9 |
|    | Lasse Aune                | Dib               | 2015 | DNS        | DNS     |
|    | Helge Røstad              | Koll IL           | 2386 | DNS        | DNS     |
|    | Tor Martin Uv Uv          | Rustad IL         | 2456 | DNS        | DNS     |
|    | Arild Stange              |                   | 2469 | DNS        | DNS     |
|    | Reidar Dilling            |                   | 2590 | DNS        | DNS     |
|    | Per Hasselstrøm           | Aker Solutions    | 2687 | DNS        | DNS     |
|    | Joar Martin Østby         |                   | 2783 | DNS        | DNS     |
|    | Carlos Casaca Da Silva    |                   | 2814 | DNS        | DNS     |
|    | Johnny Engh               |                   | 2852 | DNS        | DNS     |

## Kvinner 55-59 år 10 km

(Påmeldt: 17 - Startet: 15 - Fullført: 14 - Premier: 0)

|   |               |                 |      |         |         |
|---|---------------|-----------------|------|---------|---------|
| 1 | Kari Langerud | Hytteplan Sport | 2065 | 41:01.3 | 00:00.0 |
|---|---------------|-----------------|------|---------|---------|



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| Kvinner 55-59 år 10 km |                        |                          | (Påmeldt: 17 - Startet: 15 - Fullført: 14 - Premier: 0) |            |         |
|------------------------|------------------------|--------------------------|---------------------------------------------------------|------------|---------|
| 2                      | Randi Austgulen Fosnæs | IL Tyrving               | 2047                                                    | 43:47.3    | 02:45.9 |
| 3                      | Elin Drangsholt        | Høvik Jogg               | 2511                                                    | 44:23.0    | 03:21.6 |
| 4                      | Hjørdis Klonteig       |                          | 3040                                                    | 47:29.1    | 06:27.8 |
| 5                      | Ellen Bø Kippersund    | Jutul                    | 2060                                                    | 47:40.2    | 06:38.9 |
| 6                      | Kristin Isachsen       | Asker Skiklubb Friidrett | 2894                                                    | 48:30.8    | 07:29.5 |
| 7                      | Lill Thoresen          | Kreftforeningen BIL      | 2250                                                    | 49:51.1    | 08:49.8 |
| 8                      | Lillian Skoglund       | Bærum Kommune BIL        | 2582                                                    | 51:35.6    | 10:34.3 |
| 9                      | Mona Kjølseth          | Lundin Norway            | 2647                                                    | 51:42.5    | 10:41.2 |
| 10                     | Aud Lundstad           |                          | 2633                                                    | 56:21.8    | 15:20.5 |
| 11                     | Gro Holving Falck      |                          | 3147                                                    | 58:41.6    | 17:40.2 |
| 12                     | Gjermundsen Pia        | UD                       | 2767                                                    | 58:47.4    | 17:46.1 |
| 13                     | Inger Møinichen        | FVK                      | 2897                                                    | 01:00:38.8 | 19:37.5 |
| 14                     | Caroline Lowrey        |                          | 2397                                                    | 01:05:11.1 | 24:09.7 |
|                        | Anne Lomsdal           | Jutul / Jutul            | 2119                                                    | DNS        | DNS     |
|                        | Anne-Celina Larsen     |                          | 2372                                                    | DNS        | DNS     |

| Menn 55-59 år 10 km |                          |                                     | (Påmeldt: 48 - Startet: 44 - Fullført: 43 - Premier: 0) |         |         |
|---------------------|--------------------------|-------------------------------------|---------------------------------------------------------|---------|---------|
| 1                   | Lars Sverdrup-Thygeson   | Høvik IF / Høvik Jogg               | 2895                                                    | 37:32.3 | 00:00.0 |
| 2                   | Vidar Ellefsen           | Asker CK / Golder Associates BIL    | 2033                                                    | 37:39.6 | 00:07.3 |
| 3                   | Jan Hoel                 | Rustad IL                           | 2481                                                    | 38:41.0 | 01:08.7 |
| 4                   | Jan Øyvind Schneider     | BundeBygg AS                        | 3030                                                    | 39:09.3 | 01:36.9 |
| 5                   | Arne Erik Håkonsen       | Nordre Buskerud Politiidrettslag    | 2017                                                    | 39:51.3 | 02:19.0 |
| 6                   | Ove Pernes               | Rustad IL                           | 3062                                                    | 40:02.2 | 02:29.9 |
| 7                   | Ole Jens Brekke          | GAN BIL                             | 2198                                                    | 40:19.7 | 02:47.4 |
| 8                   | Harald Sverdrup-Thygeson | CSC / Høvik Jogg                    | 2556                                                    | 41:18.5 | 03:46.2 |
| 9                   | Rune Sørheim             | Idrettsforeningen Borg / Telenor    | 2898                                                    | 41:23.8 | 03:51.5 |
| 10                  | Erling Svela             | Hakallestranda Kondisjonslag / IDEX | 2524                                                    | 41:56.0 | 04:23.7 |
| 11                  | Tor Øyen                 | Rye                                 | 3146                                                    | 42:05.8 | 04:33.5 |
| 12                  | Jan-Olav Stokke          | Høvik Jogg                          | 2278                                                    | 42:27.9 | 04:55.6 |
| 13                  | Per Gunnar Gulsuen       | OBOS                                | 2537                                                    | 42:55.8 | 05:23.5 |
| 14                  | Rolf Erik Smith          | Fossum                              | 3158                                                    | 43:01.4 | 05:29.1 |
| 15                  | Pål Agdestein            | Agdestein Takst                     | 3073                                                    | 43:06.1 | 05:33.8 |
| 16                  | Bjarne Brynning          |                                     | 3153                                                    | 43:37.3 | 06:04.9 |
| 17                  | Stein Terje Dahl         | Implenia                            | 2500                                                    | 43:43.1 | 06:10.7 |
| 18                  | Asle Helsing             | Evry                                | 2543                                                    | 44:03.8 | 06:31.5 |
| 19                  | Ernst Larsen             |                                     | 2405                                                    | 44:13.0 | 06:40.7 |
| 20                  | Egil Mollestad           | ZEM                                 | 2876                                                    | 44:17.8 | 06:45.5 |
| 21                  | Roy Fenstad              | Stabæk Bandy                        | 2297                                                    | 44:26.3 | 06:54.0 |
| 22                  | Ivar Barstad             | IL Jutul                            | 2719                                                    | 44:43.7 | 07:11.3 |
| 23                  | Pål Gerhard Olsen        | Asker Skiklubb                      | 2037                                                    | 44:51.0 | 07:18.7 |
| 24                  | Øystein Sørli            | EVRY                                | 2453                                                    | 45:42.1 | 08:09.8 |
| 25                  | Hans Ole Rodahl          |                                     | 3134                                                    | 45:47.0 | 08:14.7 |
| 26                  | Kay Grøtta               | Entreprenørservice                  | 2815                                                    | 47:37.3 | 10:05.0 |
| 27                  | Knut Ramstad             | Fossum IF                           | 2568                                                    | 47:51.9 | 10:19.6 |
| 28                  | Tore Gullbekk            |                                     | 2675                                                    | 48:10.5 | 10:38.2 |
| 29                  | Nick Cherrie             | Statoil BIL                         | 2135                                                    | 48:23.3 | 10:51.0 |
| 30                  | Eldar Bjørge             | Statoil                             | 2757                                                    | 48:24.0 | 10:51.7 |

|                                                                                    |                |      |        |                                   |            |
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**Menn 55-59 år 10 km****(Påmeldt: 48 - Startet: 44 - Fullført: 43 - Premier: 0)**

|    |                       |                                                   |      |         |         |
|----|-----------------------|---------------------------------------------------|------|---------|---------|
| 31 | Rolf Bruknapp         | Nordvest Energi AS                                | 3002 | 48:37.9 | 11:05.6 |
| 32 | Steingrim Bersvendsen |                                                   | 3085 | 48:55.2 | 11:22.9 |
| 33 | Finn Langgård         | Statoil BIL                                       | 2909 | 48:56.8 | 11:24.5 |
| 34 | Zoltan Horvath        | Pareto                                            | 3063 | 49:04.7 | 11:32.4 |
| 35 | Tore Stangebye        | Dagbladet                                         | 2175 | 49:38.6 | 12:06.3 |
| 36 | Terje Johansen        | Billia                                            | 2485 | 49:45.2 | 12:12.8 |
| 37 | Tim Dodson            |                                                   | 3023 | 50:22.5 | 12:50.2 |
| 38 | Hans Thomas Holbye    |                                                   | 2911 | 50:54.9 | 13:22.6 |
| 39 | Gunnar Wiik           | Telenor BIL                                       | 2042 | 53:20.2 | 15:47.8 |
| 40 | Sverre Michalsen      |                                                   | 2555 | 54:05.3 | 16:33.0 |
| 41 | Aage Lund             | Høvikjoggen                                       | 2302 | 54:34.7 | 17:02.4 |
| 42 | Pål Schistad          | Fornebuklinikken                                  | 2577 | 56:33.2 | 19:00.9 |
| 43 | Bjørn Forsberg        | Airbus Defence & Space                            | 2866 | 59:55.6 | 22:23.3 |
|    | Ingar Bie             | Gullhaug Skole                                    | 2353 | DNS     | DNS     |
|    | Hans Langan           | Asker og Bærum Tamil Sportsklubb / Asker Skiklubb | 2521 | DNS     | DNS     |
|    | Stein Roar Hopen      | Ros / Statoil BIL                                 | 2668 | DNS     | DNS     |
|    | Leif Øverland         | Rustad IL                                         | 2731 | DNS     | DNS     |

**Kvinner 60-64 år 10 km****(Påmeldt: 4 - Startet: 3 - Fullført: 3 - Premier: 0)**

|   |                        |                            |      |         |         |
|---|------------------------|----------------------------|------|---------|---------|
| 1 | Undis Nødset           | Florø Tog IF / Veritas BIL | 2131 | 52:01.6 | 00:00.0 |
| 2 | Inger Aamodt Beng      | Forsvarets Investeringsavd | 3120 | 54:47.4 | 02:45.8 |
| 3 | Inger Lise Kristiansen |                            | 2098 | 54:49.1 | 02:47.5 |
|   | Kirsti M Johnsen       | Tønsberg Fri-Idrettsklubb  | 2554 | DNS     | DNS     |

**Menn 60-64 10 km****(Påmeldt: 12 - Startet: 9 - Fullført: 9 - Premier: 0)**

|   |                    |                             |      |         |         |
|---|--------------------|-----------------------------|------|---------|---------|
| 1 | Vidar Eriksrud     | Bjørn Myhre Sport           | 2871 | 42:14.7 | 00:00.0 |
| 2 | Ole Bjørn Braathen | Vestre Lier                 | 2004 | 42:22.5 | 00:07.7 |
| 3 | Hans O Augedal     | Lundin Norway               | 2311 | 44:03.3 | 01:48.6 |
| 4 | Vidar Nøkleby      | Team Ull                    | 2007 | 45:10.3 | 02:55.5 |
| 5 | Baard Johannesen   |                             | 2028 | 47:35.5 | 05:20.7 |
| 6 | Bjørn Ingier       | Asker Sk. Friidrett / Visma | 2685 | 47:50.4 | 05:35.6 |
| 7 | Lars Nersund       |                             | 2526 | 47:54.6 | 05:39.8 |
| 8 | Sverre Ingjer      | Blaker IL                   | 2976 | 48:03.8 | 05:49.0 |
| 9 | Øystein Vestre     | Kragerø IF Friidrett / If   | 2020 | 48:59.8 | 06:45.1 |
|   | Arnliot Skogvang   | Lundin Norway               | 2346 | DNS     | DNS     |
|   | Pål Skare          | Per Skare As                | 2548 | DNS     | DNS     |
|   | Bjørnulf Vik       | Team Arena                  | 2613 | DNS     | DNS     |

**Kvinner 65-69 år 10 km****(Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0)**

|   |                          |  |      |            |         |
|---|--------------------------|--|------|------------|---------|
| 1 | Torill Lockert Fremgaard |  | 2223 | 01:21:02.8 | 00:00.0 |
|---|--------------------------|--|------|------------|---------|

**Menn 65-69 år 10 km****(Påmeldt: 9 - Startet: 6 - Fullført: 6 - Premier: 0)**

|   |                    |                   |      |         |         |
|---|--------------------|-------------------|------|---------|---------|
| 1 | Bjørn Lauglo       | Stovnerkameratene | 2729 | 40:15.7 | 00:00.0 |
| 2 | Magne Bjørdal      | Bærum Skiklubb    | 2643 | 43:31.2 | 03:15.5 |
| 3 | Martin Ahnoff      | Team Emma&Anton   | 2488 | 46:45.1 | 06:29.4 |
| 4 | Tore Benn Andersen |                   | 2771 | 52:09.8 | 11:54.1 |



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| <b>Menn 65-69 år 10 km</b> |                            |                           | <b>(Påmeldt: 9 - Startet: 6 - Fullført: 6 - Premier: 0)</b> |         |         |
|----------------------------|----------------------------|---------------------------|-------------------------------------------------------------|---------|---------|
| 5                          | Leif Håkon Andersen        |                           | 2996                                                        | 56:52.1 | 16:36.4 |
| 6                          | Arne Alfei Martinsen       | Team Martinsen            | 2141                                                        | 58:14.2 | 17:58.4 |
|                            | Nils-Magnus Hauge Vasaasen | Budstikka                 | 2118                                                        | DNS     | DNS     |
|                            | Odd Grønli                 |                           | 2220                                                        | DNS     | DNS     |
|                            | Inge Vinje                 | Tønsberg Fri-Idrettsklubb | 2566                                                        | DNS     | DNS     |

| <b>Menn 70-74 år 10 km</b> |                    |                       | <b>(Påmeldt: 2 - Startet: 2 - Fullført: 2 - Premier: 0)</b> |         |         |
|----------------------------|--------------------|-----------------------|-------------------------------------------------------------|---------|---------|
| 1                          | Kjel Arnfinn Fedje |                       | 2834                                                        | 45:33.0 | 00:00.0 |
| 2                          | Thomas Bjønnes     | Høvik IF / Høvik Jogg | 2853                                                        | 45:44.5 | 00:11.4 |

| <b>Kvinner 75-79 år 10 km</b> |                      |  | <b>(Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0)</b> |            |         |
|-------------------------------|----------------------|--|-------------------------------------------------------------|------------|---------|
| 1                             | Signy Henden Rustlie |  | 3122                                                        | 01:06:58.0 | 00:00.0 |

| <b>Menn 75-79 år 10 km</b> |             |  | <b>(Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0)</b> |         |         |
|----------------------------|-------------|--|-------------------------------------------------------------|---------|---------|
| 1                          | Anders Aarø |  | 2822                                                        | 49:43.0 | 00:00.0 |

| 5 km            |               |                                                      |          |      |  |
|-----------------|---------------|------------------------------------------------------|----------|------|--|
| Navn            | Klubb         | Startnr                                              | Totaltid | Diff |  |
| Spaserklasse    |               | (Påmeldt: 0 - Startet: 0 - Fullført: 0 - Premier: 0) |          |      |  |
| Jan-Inge Hansen | Fornebubanken | 1083                                                 | DNS      | DNS  |  |
| Paal Riise      | Fornebubanken | 1229                                                 | DNS      | DNS  |  |