Fredrikstad Maraton
Historikk 2001 - 2026

Navn	Klubb	Ant.	Bestetid	2026	2025	2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001
Ackenhausen, Hilde	SPIRIDON LLL/COOP	2	03:21:16												03:21:16	03:28:50													
Ackenhausen, Øystein	SPIRIDON LLL	14	04:53:31												06:13:11	06:16:54	06:38:11	06:09:44	06:09:39	05:53:49	05:34:42	05:28:41	05:53:43	05:43:11	05:16:14	05:14:50	05:17:42	04:53:31	
Adolfsen, Morgan	Rye Sp.Kl.	1	03:52:41						03:52:41																				
Al Salama, Abdalrazak		1	03:49:18				03:49:18																						
Alvear, Lars Mikael	Sandefjord	2	03:05:45	03:34:05																03:05:45									
Amdal, Jostein	Gjensidige Sport	2	03:24:52																03:28:48		03:24:52								
Amundsen, Dennis	Klavestadhaugen	1	03:19:46	03:19:46																									
Amundsen, Freddy	Sarpsborg Karateklu	1	03:55:07																			03:55:07							
Amundsen, Marte		1	04:01:05														04:01:05												
Amundsen, Per	Fredrikstad IF	1	03:51:06																									03:51:06	
Amundsen, Thor-Anders	Rolvsøy	2	04:21:07				04:21:07	04:36:09																					
Andenæs, Christine	Kolsås	4	04:31:57	04:59:43	04:44:48			04:31:57														04:35:18							
Andersen, Fredrik Varem	Gressvik	2	04:27:08	04:27:08	04:42:04																								
Andersen, Frode	Flint	1	03:43:21																							03:43:21			
Andersen, Knut Viggo	Fredrikstad IF	1	03:31:16																							03:31:16			
Andersen, Line	Manstad	6	04:05:04			04:20:23			04:05:04	04:13:30		04:27:37	04:09:02		04:25:54														
Andersen, Raymond	SPYDEBERG	2	03:52:08					04:37:49																03:52:08					
Andersen, Roy Freddy	Fredrikstad IF	6	03:16:32									03:47:11			03:21:47		03:23:24	03:16:32	03:20:21	03:21:38									
Andersen, Tor Andreas	NTNUI	1	03:22:51															03:22:51											
Andersrød, Siri Wold	Rolvsøy	1	04:21:57				04:21:57																						
Anderssen, Knut	ASKER	1	04:42:40															04:42:40											
Andersson, Jan Olof		1	03:36:49																		03:36:49								
Andersson, Thomas	Oslo	1	04:58:49			04:58:49																							
Andresen, Rune	Team Håpløs	1	04:04:55																				04:04:55						
Andresen, Tore M	RØYSE	1	03:58:35							03:58:35																			
Angelskår, Steinar	Fredrikstad IF	5	03:48:05										03:48:05			04:07:02				04:14:02	03:53:01							03:53:04	
Antonsen, Hilde	Idd Sportsklubb	1	04:43:30																				04:43:30						
Aoki, Ken	KØBENHAVN S	1	03:44:11						03:44:11																				
Arge, Rigmor N.	Ås IL	1	03:13:23																					03:13:23					
Arnesen, Svein G.	Ergogroup BIL	1	04:11:29																			04:11:29							
Arntzen, Espen Hamre	Oslofjord triatlon	1	03:40:00			03:40:00																							
Arntzen, Ketil	CK ØST	2	03:56:23										04:39:17													03:56:23			
Aronsen, Asbjørn	Saugbruks BIL	2	03:40:32																	03:57:12								03:40:32	
Askengren Berg, Annika	LK Tv88	3	04:13:11					04:30:42					04:19:15	04:13:11															
Asprusten, Kristine Tørre		1	03:51:33															03:51:33										
Audestad, Ragnhild	ROMERIKE ULTRALØ	2	04:15:15												04:15:15					04:16:39									
Aurdal, Ingvild	Fet IL	3	03:26:15			03:26:15	03:26:15	03:31:40																					
Axselson , Olle	Sapa Profiler	1	03:28:09																							03:28:09			
Backelin, Magnus	Holter	1	04:33:09				04:33:09																						
Bailly, Vincent	OSLO	1	03:23:00						03:23:00																				
Baker, Michael	VEGDIREKTORATETS	2	04:39:07												05:06:45	04:39:07													
Bakka,Tommy	Tønsberg Triathlonk	1	04:20:25																		04:20:25								
Bakkelund, Kristoffer	Oslo	1	03:53:28	03:53:28																									
Bakken, Beathe		1	04:17:57													04:17:57													
Bakken, Rolf	FIK Orion	2	03:09:09																	03:09:09			03:10:53						
Bakken, Titina	ROMERIKE ULTRALØ	6	04:19:45											04:53:49	04:19:45	04:41:10	04:32:54	04:47:23	04:48:59										
Bakken, Wiggo	Jevnaker IF	4	04:17:12														05:22:38	05:13:23							04:19:59	04:17:12			
Balchen, Andreas	Aremark	1	06:03:19		06:03:19																								
Baldursson, Pall	Torda B.I.L	8	03:24:17																04:14:15	03:57:02	03:56:31			03:35:41	03:26:35	03:29:16	03:26:03	03:24:17	
Baltzersen, Martin Angelt	Kondis	1	04:00:37								04:00:37																		
Banoun, Ninette	NORDEA	1	03:28:56														03:28:56												
Bastiansen, Halvard	SLEIPNER MOTOR A	1	04:47:54													04:47:54													
Bauer, Arild		1	05:10:44															05:10:44											
Bausovac, Sasa	RÅDE	1	04:14:15					04:14:15																					
Baxevanis, Alexander	SKI	1	03:59:49			03:59:49																							
Been, Halvor	Rygge IL	6	03:19:41		03:39:51			03:19:41		03:37:24	03:28:06				03:57:44	03:54:57													
Bengtsson, Linda	KLÅVERODS SKI KLU	2	03:51:41														03:51:41	04:15:44											
Bennett, Tim	SK Vidar	4	03:24:44														03:25:59			03:43:29					03:24:44	03:37:38		
Bentzen, Terje	Rosenvilde Vgs.	1	05:08:05																			05:08:05							
Berg, Kjell	Privat	1	04:03:42							04:03:42																			
Berge, Olav Sverre	Kråkerøy	2	03:30:16		03:49:09		03:30:16																						
Berger, Tor-Einar	Idd Sportsklubb	1	04:30:38							04:30:38																			
Berget, Eirik	Fredrikstad	3	03:12:27			03:12:27				03:23:42						03:26:44													
Bergfald, Siri	Romerike Ultraløper	1	03:47:49			03:47:49																							
Bergsletten, Vibeke Elisab	Romerike Ultraløper	2	04:59:02			05:11:45		04:59:02																					
Bern, Dag	Liungen IF	1	03:04:28																	03:04:28									
Bertelsen, Tom Rune	Y Drammen Kickbox	8	03:57:38	05:14:40	05:23:19					05:16:37	04:42:12							04:05:39	04:08:29				03:58:50	03:57:38					

Bertheussen, Kim	Team Tria Family	3	02:45:03		02:45:03					02:52:32			03:20:38																	
Bertheussen, Øystein	MANSTAD	1	02:50:24					02:50:24																						
Bingen, Sigurd	Fredrikstad	1	04:34:28			04:34:28																								
Birkeland, Andreas	Pæddekommen Elit	1	03:57:17			03:57:17																								
Birkeland, Kjell	IK Grane	2	04:47:40																							05:04:39			04:47:40	
Birkeland, Mikkel Espolin	Bergen	1	02:49:15				02:49:15																							
Bjerke, Jeanett	TRIMHUSET HORTE	1	04:12:08											04:12:08																
Bjerkenes, Birgitte		2	03:28:00									03:28:00			04:03:13															
Bjerkholt, Jon	Sarpsborg Fotballklu	1	04:07:30																						04:07:30					
Bjerland, Torstein	RUNRUN TORSTEIN	1	02:50:26														02:50:26													
Bjørge, Arne Bent	OK-BIL	1	03:18:05																			03:18:05								
Bjørge, Mads	Fredrikstad IF	1	04:53:23		04:53:23																									
Bjørk, Ann Kristine	Moss Skiklubb	2	03:29:10							03:29:10	03:50:28																			
Bjørke, Christian Nicolai	Halden Skiklubb	1	03:29:42							03:29:42																				
Bjørkenes, Espen		1	04:06:55												04:06:55															
Björkman, Daniel	Kolarps Löparklubb	1	03:39:47																			03:39:47								
Bjørland, Frode	Kvernhuset Old Star	5	03:26:06					03:26:06			03:40:27	03:39:49	03:55:24	04:02:55																
Bjørndal, Torger	MANSTAD SPRINT,	4	04:09:02							04:13:31		04:27:37	04:09:02		04:25:54															
Bjørnstad, Annichen Halv	Kråkstad	1	03:54:37	03:54:37																										
Blekeli, Johannnes Fiskers	TINE SA	1	03:15:08															03:15:08												
Blaadammen Sørensen, C	Tjøme Løpeklubb	1	04:24:24				04:24:24																							
Blaafjelldal, Vidar	Reinsjødalen Skli og	9	03:46:06						04:35:35				04:43:32	04:23:28	04:17:10	04:19:20		04:13:25	03:58:50				03:57:23		03:46:06					
Blaauw, Andre	Team Schiefel	3	03:40:02		03:40:02	03:46:58	03:43:39																							
Boldt, Henning		1	03:58:29														03:58:29													
Bolin, Frode Alne	MOSS SKIKLUBB	1	03:34:22													03:34:22														
Borge, Terje	Snekkerkompaniet	1	04:37:15																							04:37:15				
Borgen-Johansen, Lise Lav	Robust Coaching	1	03:12:06						03:12:06																					
Borgen-Johansen, Mats	Robust Coaching	1	02:54:24						02:54:24																					
Borgersen, Kai Glenn	SK VIDAR/TEAM RP	1	04:02:30											04:02:30																
Borzenin, Evgeny		1	03:56:52										03:56:52																	
Bottolfsen Sveum, Siw		1	03:43:24											03:43:24																
Brandt, Birgitte		1	04:26:43													04:26:43														
Bratlie, Henning	Gjensidige Sport	3	03:40:27																03:52:53			03:48:04	03:40:27							
Bratsberg, Vidar	MANSTAD	1	03:51:23						03:51:23																					
Bredal-Knutsen, Lasse	ÅS IL	1	03:03:37										03:03:37																	
Breilid, Haavard	IL Modig	1	04:13:40																										04:13:40	
Brekke, Tom Erik	Berggård Amundser	1	05:08:02						05:08:02																					
Brenne, Frank	Fosen Løperklubb	1	03:43:15																								03:43:15			
Brenni, Thomas		1	03:59:46													03:59:46														
Brevold, Markus	LOSTRES BANDIDOS	1	03:38:47												03:38:47															
Brevold, Sindre	SK RYE /LOSTRES BA	2	03:03:10												03:03:10			03:16:53												
Broholt, Kjell	Kjell Broholt / Norc	1	04:17:56							04:17:56																				
Brovold, Lars Petter	FFK	2	03:24:37										03:39:26	03:24:37																
Bru, Anders Solberg	Romerike Politiidret	2	04:09:26																			04:09:26	04:13:12							
Bruheim, Ingar		1	04:15:50											04:15:50																
Bruheim, Morten		2	04:18:47										04:18:47	04:33:25																
Bruland, Kristoffer	Greåker IF	1	03:33:53						03:33:53																					
Brumund, Laslo	Aachen	1	03:59:13				03:59:13																							
Brune, Bård	KRÅKSTAD	1	03:47:32														03:47:32													
Brynlund, Kai	TEAM JAKOB	2	04:39:04											04:39:04	04:57:16															
Brynning, Bjarne	Horten Friidrettsklu	2	03:48:25				04:00:23					03:48:25																		
Bryntesen, Simon	Kolbotn IL	1	03:36:06		03:36:06																									
Brådalen, Ulf	Spenncon	1	03:22:10																										03:22:10	
Brågård, Jan	Kondis	1	05:27:08																			05:27:08								
Bråte, Kjetil	Oppegård	1	05:28:02				05:28:02																							
Braathen, Ole Bjørn	Sjåstad/V.Lier	3	03:16:29																			03:17:25	03:17:48	03:16:29						
Bue, Robert	Marnardal IL	3	02:59:26						03:07:17		02:59:26	03:05:46																		
Bull, Håkon	TOKENES	1	03:51:30															03:51:30												
Bunde, Odd-Erik	Team Håpløs	1	03:36:42																				03:36:42							
Bustad, Ola	Winforce Expedition	1	03:21:53																	03:21:53										
Bøhn, Rolf	Halden IL	3	03:13:42																03:27:27	03:28:40			03:13:42							
Bårdli, Robin	Langhus	1	04:44:57			04:44:57																								
Chiodera, Even	Tame United Bakeri	1	03:27:22																03:27:22											
Christell, Marie Lina Wett	Kråkerøy	1	05:29:31	05:29:31																										
Christensen, Bjørn	VANG SIL	1	03:32:07															03:32:07												
Christiansen, Magne	Fredrikstad IF	5	04:08:09																					04:34:21		04:15:27	04:21:54	04:20:15	04:08:09	
Christie, Joakim Thon	LANGHUS	1	03:20:26								03:20:26																			
Christoffersen, Silje		1	03:19:28														03:19:28													

Ciortan, Alina	DNVGL VBIL	1	05:01:32									05:01:32																		
Clausen, Christoffer Andvik		1	04:11:58														04:11:58													
Collier, Stephen Glen	ATOMEN HALDEN B	7	03:34:00												03:36:37	03:34:00	03:47:43	03:51:56	03:59:13	03:53:07	03:56:40									
Confesor, Alexander Aanb	GRIMSTAD	1	03:54:26						03:54:26																					
Corneliussen, Eirik	TORP	1	03:54:26							03:54:26																				
Cundic, Tihomir	Sri Chinmoy Marath	1	03:46:43			03:46:43																								
Currie, Nicholas	OSLO	1	03:42:27						03:42:27																					
Dagfinrud, Jorid	Sarpsborg	1	03:26:58		03:26:58																									
Dagslott, Åge-Johan Kong	Rygge	1	04:09:40	04:09:40																										
Dahl, Anders	FREDRIKSTAD TRIAT	1	03:31:26														03:31:26													
Dahl, Edvard Christian	VESTRE AKER SKIKLU	2	04:03:52													04:09:06	04:03:52													
Dahle, Christian	TEAM FIH	1	04:13:54													04:13:54														
Dale, Ivar	AKER SOLUTIONS	1	04:23:46												04:23:46															
Dalen, Frithjof	Rolvsøy	1	03:32:00	03:32:00																										
Dalen, Marianne	Drammen	1	05:18:51	05:18:51																										
Dalen, Patrick	Klavestadhaugen	1	05:21:44			05:21:44																								
Dammen, Arild	Hedalen IL	8	04:18:44																	05:09:11	04:39:21	04:37:08	04:35:32	04:21:34	04:18:44	04:33:40	04:34:44		
Damsleth, Harald Aube	Borgenhaugen	1	04:06:48		04:06:48																									
Danielsen, Aasmund	Kondis, Halden	1	03:41:39																03:41:39											
Day, Anthony	DRAMMEN	1	03:57:49					03:57:49																						
Deighan, John Christian	Advokatfirmaet Haa	1	02:45:20						02:45:20																					
Devanandan, Angkaian	Derby IL	1	04:00:29		04:00:29																									
Di Niro, Roberto	Team Immune	1	03:40:14																	03:40:14										
Dignes, Petri	HOLMESTRAND SK	1	04:35:41												04:35:41															
Diskerud, Ingar	Mysen Vin & Marat	4	03:24:47														04:23:02					03:42:32	03:24:47	03:42:19						
D'orazio, Maria	OSLO	1	04:37:37								04:37:37																			
Dragøy, Bjørnar	IK Hind	1	04:29:40																						04:29:40					
Driveklepp, Stian	Forsvaret	1	03:39:20								03:39:20																			
Dugstad, Jenny Margrethe	OUS BIL	1	04:15:09													04:15:09														
Dussander, Ren		1	03:59:44													03:59:44														
Duus, Christian		1	04:02:43														04:02:43													
Dyb, Nils Kristian	Sætre IF Graabein	1	04:23:10																04:23:10											
Dybvad, Tove E.	Lom IL	2	03:50:21																		04:27:11									03:50:21
Dyngen, June Framnes	Borgenhaugen	1	04:14:38			04:14:38																								
Dørum, Lars Christen	Spiridon Langløperl	7	03:09:43							03:22:47			03:17:02		03:10:21			03:09:43		03:17:36				03:19:41	03:32:41				
Dørum, Wenche	ROYAL SPORT	2	03:45:03												03:45:03									03:47:58					
Edvardsen, Svein Tore		2	03:17:17								03:18:00	03:17:17																		
Eftang, Lars	Winforce Expedition	1	03:21:47																	03:21:47										
Eide Sundal, Richard	Oslo	1	04:48:32				04:48:32																							
Eide, Ottar A.	Romerike Runners T	3	03:55:58																					04:04:22		04:01:16		03:55:58		
Eide, Sigurd	Rykkinn	3	04:37:33			04:53:02			04:49:33	04:37:33																				
Eikje, Leiv Sigbjørn	Ås IL	1	03:36:21																			03:36:21								
Eiksund, Ole Arne	SK VIDAR	6	03:10:49											03:58:04	03:47:51	03:24:21			03:39:04	03:18:31				03:10:49						
Ek, Tommy		1	04:26:58															04:26:58												
Ekeberg, Martin	Samemafiaen Futsa	1	03:57:25																03:57:25											
Eliassen, Kjersti		1	04:05:13																			04:05:13								
Elksund, Ole Arne	SK VIDAR	1	03:15:05														03:15:05													
Ellingsen, Bjarte	Norsk Luftambulans	3	03:10:02																	03:25:55		03:14:55			03:10:02					
Elvebakk, Beate	RØYKÅS RACING GI	2	04:22:07									04:24:13		04:22:07																
Engebretsen, Hans Arild	Dolpin BIL	1	03:08:45																		03:08:45									
Engelstad, Kjetil	RINGERIKE BRANN C	1	03:06:22													03:06:22														
Engen, Olav	Romerike Ultraløpe	1	03:52:51																		03:52:51									
Enger, Rune	Kondis	2	04:22:48																	04:22:48		04:43:24								
Enget, Erlend Vold	Scenery Adventures	1	05:30:08	05:30:08																										
Engh-Hellesvik, Geir Arild	BDO BIL	1	04:24:33														04:24:33													
Englund, Tommy	Ok Grane	5	03:46:25														05:10:24					04:27:18	04:09:05	04:04:54				03:46:25	
Engmo, Terje	Halden Idrettslag	2	03:50:50																							04:17:22		03:50:50		
Eriksen, Hannah	Kråkerøy	1	03:44:23			03:44:23																								
Eriksen, Kristoffer	OSLO	1	05:17:24							05:17:24																				
Eriksen, Leif	Hitra IL	1	04:25:59																						04:25:59					
Erlandsen, Linn	JEVNAKER	1	03:59:25								03:59:25																			
Erstad, Magnus	Kamp/Vestheim IF	1	02:30:14							02:30:14																				
Erstad, Tore	Oslo	4	03:06:06		03:12:52	03:10:15	03:18:38		03:06:06																					
Ertresvåg, Tord	Bamford1869	3	03:59:40					04:44:48		04:23:44					03:59:40															
Eskelund, Frode	Langhus	1	03:57:47		03:57:47																									
Espedalen, Lars Erik	Oslo	1	04:33:00	04:33:00																										
Espeland, Kjetil	Klypetussen	1	04:17:48																		04:17:48									

Evensen, Pål	Posten IL	1	04:52:48																									04:52:48		
Fagerbakk, Frode	Oslo	1	03:45:48				03:45:48																							
Fagerland, Henrik		1	04:30:50												04:30:50															
Fagernes, Vebjørn	Lærdal IL	1	03:53:38																							03:53:38				
Fagervold, Ole Peder	Tønsberg	1	04:41:57			04:41:57																								
Fait, Thomas	Oslo	1	03:42:54				03:42:54																							
Falk, Therese	Romerike Ultraløpe	3	03:18:40							03:18:40					03:25:43	03:35:54														
Falkenberg, Finn	HAAK	1	03:59:20											03:59:20																
Feenstra, Jacco		1	05:19:58											05:19:58																
Feet, Ronny	BJØNNDAL SPORTIN	1	03:14:22									03:14:22																		
Fernandes, Mario	Kongsberg	1	03:38:06			03:38:06																								
Ferreira, Marianne		1	04:41:58									04:41:58																		
Festersen, Tage	Klub 100 Marathon	1	04:33:16																04:33:16											
Fihn , Britt-Marie	IK Tarfala	1	03:57:35																	03:57:35										
Fihn, Christian	IK Tarfala	1	03:47:18																	03:47:18										
Fiskum, Espen Nordbrøde	Namdal løpeklubb /	1	02:45:20		02:45:20																									
Fjeldstad, Lars Helge	ABB, Skien	1	03:46:01																							03:46:01				
Fjellestad, Stian	SOLIDSQUARE	1	03:08:13									03:08:13																		
Fjellstad, Jo Inge	Ås IL	1	03:28:06						03:28:06																					
Fjellstad, Wendy	Ås IL	2	03:51:57				03:52:46		03:51:57																					
Fjermeros, Per		2	03:30:57								03:44:34			03:30:57																
Fjæraa, Øivind	FSK	1	04:02:31																										04:02:31	
Flatin, Ole Erik	SPIRIDON LLL	1	03:09:52											03:09:52																
Fleischer, Ole Andreas Ha	Halden	1	04:08:02		04:08:02																									
Flesjå, Jon	Askim IF	1	03:21:25																		03:21:25									
Fløttum, Erling Joar	Norsk Luftambulans	1	04:29:29																	04:29:29										
Folmer, Arne Christian	IDD SK	2	03:26:52													03:39:51			03:26:52											
Forbord, Torill	SPIRIDON LLL	1	04:02:40															04:02:40												
Forren, Ole	Ytre Snillfjord IL	1	03:26:41																							03:26:41				
Forsetlund, Ole Martin	FREDRIKSTAD	1	04:31:18								04:31:18																			
Forsmo, Anders	CK JARLSBERG	2	03:21:57													03:26:51							03:21:57							
Foss, Line	Winforce Expedition	1	03:14:53																03:14:53											
Fossberg, Kim	VEIEN TILBAKE	1	03:49:17											03:49:17																
Fossheim, Rune	Team Kondis	8	03:24:48					04:26:48	04:42:20		04:27:34		04:18:49		04:10:07						03:34:58					03:24:48	03:26:23			
Fossum, Simon		1	04:03:27												04:03:27															
Fredlund, Niklas	TEAM ULTRASWEDE	1	03:47:54														03:47:54													
Fredriksen, Kristoffer Hon	Ski	1	03:59:52			03:59:52																								
Fredriksen, Odd-Egil	ISFJORDEN IL	1	03:35:37										03:35:37																	
Fredriksen, Petter	Fredrikstad IF	1	04:40:47																								04:40:47			
Friberg, Mats Aleksander	Gamle Fredrikstad	1	03:05:24				03:05:24																							
Friis, Dag Sture Eine	Frikransen	7	03:53:20																				05:13:18	04:45:03	04:34:19	04:15:05	04:19:04	03:53:20	04:23:23	
Fryer, Daniel	Oslo	1	03:22:48	03:22:48																										
Fuglerud, Espen		1	03:14:12											03:14:12																
Fuglseth, Helge	ÅLESUND FIK	2	03:12:57										03:45:25											03:12:57						
Fuglaamoen, Maarten	Mysen	1	04:10:32		04:10:32																									
Fylling, Johannes	Oslo	1	05:27:20			05:27:20																								
Fæhn, Gunnar	Skildpaddene	5	03:58:39																					04:07:35	04:46:45	03:58:39	04:20:03	04:19:44		
Følling, Marianne	Romerike Ultraløpe	3	03:32:51	04:11:17										04:05:57			03:32:51													
Gandrud, Ole	HOLE RUNNING TEA	1	03:51:34														03:51:34													
Gaustad, Jakob	SKI	1	03:59:07	03:59:07																										
Gilberg, Arne	Railey Runners	1	03:10:39																					03:10:39						
Gilberg, Runar	SK Vidar	1	02:41:35																					02:41:35						
Gilfillan, Siv	OSLO	1	04:23:13								04:23:13																			
Giljebrekke, Øystein	Tistedal	1	04:09:46	04:09:46																										
Gimre, Sigurd	Ciber Norge BIL	1	03:42:20																			03:42:20								
Gjerde, Bjørn Kåre	IL I BUL	10	02:59:37												03:45:56	03:26:54	03:27:18	03:23:41					03:13:00	03:09:16	03:03:29	03:07:18	03:04:40	02:59:37		
Gjerde, Simon		1	04:27:44									04:27:44																		
Gjertsen, Lars Georg	Stokke Seniortrim	1	03:56:36															03:56:36												
Gjølberg, Mari	RYGGE IL	1	03:13:02											03:13:02																
Gjølberg, Trygve	FREDRIKSTAD TRIAT	3	04:06:14														04:13:23	04:06:14	04:19:17											
Gjølstad, Ketil		5	03:58:04																			04:56:34				03:58:04	04:05:26	04:45:00	04:34:30	
Glenjen, Sjur	Larvik	1	03:24:34																		03:24:34									
Godal, Philip	Oslo	1	04:28:49	04:28:49																										
Gopalakrishnan, Arun	Runner's High	1	04:36:01						04:36:01																					
Gran, Truls	VALEKRO JAKT & CO	1	03:49:47													03:49:47														
Granholt, Ole-Christian		1	03:40:14																03:40:14											
Granli, Oddbjørn	Rygge IL Friidrett	1	04:34:24		04:34:24																									
Granå Vesterhus, Synne	Team Ringer Drink +	1	03:51:47															03:51:47												

Greben, Gleb	OKK	1	03:06:31													03:06:31														
Gregers, Thomas		1	03:28:40									03:28:40																		
Gresstad, Jakob	Topptrente Tjukkas	3	03:58:48	03:58:48	04:36:49	04:27:17																								
Grigson, Richard	Sarpsborg Fotballklu	1	03:39:18																					03:39:18					
Grimsby, Elisabeth		1	03:59:34														03:59:34													
Grimsby, John	SIGNO	3	03:16:48													03:16:48		03:22:21	03:28:52											
Grindal, Are Øvergård	KNMM	1	04:08:36														04:08:36													
Grindberg, Mona	Verdal Friidrettsklub	1	03:23:42				03:23:42																							
Grude, Kjell Enok	Apply Sørco	1	04:12:31																		04:12:31									
Grødem, Hanna	Oslo	1	04:28:08	04:28:08																										
Grøgaard, Andreas	ANDREAS GRØGAAR	1	02:42:05													02:42:05														
Grøholdt, Jon	Sørkedalen IF	1	03:58:09																			03:58:09								
Grønberg, Knut Einar		1	05:25:55														05:25:55													
Grønneberg, Marie	Fredrikstad IF	3	03:14:17									03:20:03		03:14:17	03:29:13															
Grøttland, Olav	Bekkestua	1	04:20:40	04:20:40																										
Graabak, Jakob	Selsbakk IF	1	03:27:59																03:27:59											
Graarud, Harald	Skaukameratene O-	2	03:05:34																							03:11:29		03:05:34		
Gucwa, Gregor		1	04:59:08													04:59:08														
Gulbrandsen, Odd Idar	RLL	4	03:41:15							03:56:58						04:22:04			03:58:02		03:41:15									
Guldhav, Erik		1	03:09:15																					03:09:15					
Gullaksen, Tom Erik	Bergen Triathlon Clu	1	04:37:08																						04:37:08					
Gulstuen, Per Gunnar	OBOS BIL	3	03:43:35																				03:54:07	03:43:35	03:44:17					
Gundersen, Per	Langevåg IL	2	04:11:44																			04:20:32		04:11:44						
Gundersen, Roy	NOTEAM	1	03:41:08																03:41:08											
Gunderson, Steinar H.	Trondheim Frisbeek	1	03:11:12							03:11:12																				
Gunvaldsen, Ole Martin	SKI	1	05:00:37				05:00:37																							
Gurandsrud, Jørgen	Fredrikstad IF	7	04:11:53									05:32:35										04:13:52	04:29:17	04:23:02		04:28:04	04:11:53	04:12:03		
Guthu, Geir Ole	Cowi BIL	2	03:20:38						03:20:38	03:42:43																				
Guttulsrud, Ole	Rygge IL	16	03:17:22	04:55:28	04:58:21	04:42:43	04:28:24	04:23:34	04:34:42		04:35:51		04:19:35	04:06:53	03:58:16	03:56:51	03:34:31				03:20:12		03:25:51	03:17:22	03:29:07					
Gøthesen, Øystein	Haugesund Idrettsla	1	02:59:53								02:59:53																			
Gaaserud, Terje	GJERPEN IF	1	04:02:09									04:02:09																		
Habberstad, Sara	Oppegård	1	04:58:21		04:58:21																									
Hafting, Torkel	UiO BIL	1	03:18:08																03:18:08											
Hager, Åse Pauline	TINE	1	03:59:40													03:59:40														
Hagland, Caspar	Matadoren & Picad	1	04:09:29			04:09:29																								
Haldin, Mats	Halden Sk/Nexans B	2	02:36:53				03:29:11																	02:36:53						
Halland, Jan	Statkraft NORE BIL	8	02:48:32																02:54:48	02:50:16		02:54:23		02:54:27	02:53:02	02:48:32	02:53:06	03:10:49		
Halle, Alexander Braseth	FREDRIKSTAD	1	04:16:25							04:16:25																				
Halvorsen, Ellen Therese S	Fredrikstad IF	2	04:21:04		04:21:04	04:31:06																								
Halvorsen, Jon		1	04:58:19																		04:58:19									
Halvorsen, Øyvind	TORSNES IL	1	04:26:57															04:26:57												
Hammer, Jarle	NITTEDAL IL	11	03:47:40										06:08:10	05:44:24	04:59:33	04:55:08		04:46:08			04:15:41	04:19:15			04:00:04	04:02:16	04:26:36	03:47:40		
Handeland, Øyvind	Handelslaget	1	04:08:37							04:08:37																				
Hansen, Alf	Moss Maratonklubb	1	04:33:17																	04:33:17										
Hansen, Anders	Krapfoss Maratonkl	4	03:18:10																							03:33:28	03:31:49	03:18:10	03:31:18	
Hansen, Emil	Pæddekommen Elit	1	03:49:01			03:49:01																								
Hansen, Frank Robert	Kondis	4	03:47:11													04:36:47				04:41:37	04:16:19	03:47:11								
Hansen, Kathrine Ruud	Kvernhuset Allstars	4	03:39:49		03:39:52						03:40:27	03:39:49	03:56:50																		
Hansen, Kim Andre	SON	1	03:43:52	03:43:52																										
Hansen, Kjell Holm	Mjøndalen	2	03:02:49																	03:02:49			03:07:50							
Hansen, Kristin Nesheim	IL Driv	1	03:58:13																		03:58:13									
Hansen, Lars-Erik		1	03:24:30												03:24:30															
Hansen, Lise Styrk	Oslo	2	04:29:06	04:45:03			04:29:06																							
Hansen, Morten	Drøbak Maratonklu	5	03:23:54																03:41:23		03:41:27			03:30:19	03:35:09			03:23:54		
Hansen, Ole	Nidelv IL	1	03:51:59																			03:51:59								
Hansen, Svein	Rye Sp.Kl.	2	03:43:46							04:18:43										03:43:46										
Hansen, Terje Holstad	Fredrikstad IF	3	03:49:03													04:03:49		04:15:22			03:49:03									
Hansen, Thomas	IL Driv	1	04:54:20																		04:54:20									
Hansen, Thomas Rene	Kolsås	1	04:14:05		04:14:05																									
Hansen, Thormod	Kyrkseterøra IL	1	03:41:01																						03:41:01					
Hansen, Trygve	MJØLKERAMPA SK	1	03:16:50										03:16:50																	
Hansen, Ulrik	VOLKSWAGEN MØL	1	04:20:47										04:20:47																	
Hanssen, Jan Frode	Råde Løpeklubb	3	04:13:31																	04:22:47	04:27:28	04:13:31								
Hanssen, Lars Mikal Drag	ÅS	1	04:48:28			04:48:28																								
Hanstad, Jon Olav		1	03:19:01																			03:19:01								
Hansteen, Cato	Romerike Ultraløper	3	03:42:00			03:46:08					03:42:00			04:07:10																
Haraldsen, Anders	Son løp	4	03:43:20							03:55:34	03:47:59	04:07:14			03:43:20															
Haraldsen, Cato	Fredrikstad IF	1	03:33:19																			03:33:19								

Haraldsen, Roy Egil		1	05:05:07											05:05:07																
Hardangen, Iselin		1	05:46:38											05:46:38																
Hasseleid, Jan	Kragerø IF Friidrett	2	03:25:27			04:07:26						03:25:27																		
Hasseleid, Magnus	Kragerø IF Friidrett	1	03:02:56				03:02:56																							
Hasselgård, Vegard Ringsby		1	04:37:32											04:37:32																
Hasselstrøm, Kaja	Fredrikstad IF	1	03:05:49	03:05:49																										
Hassing, Tove	Fredrikstad IF	9	03:55:22																			04:06:25	04:02:51	04:13:36	03:58:57	03:58:48	03:55:22	03:59:31	03:57:44	04:07:34
Hasvold, Arne	Horten Friidrettsklu	12	03:29:47				05:24:04					04:53:53	04:56:20		04:26:30		04:30:59		04:05:22	03:47:32	03:45:44	03:36:02	03:47:24	03:36:16		03:29:47			
Haug, Øyvind	MOSS CK	1	03:20:35													03:20:35													
Hauge, Anette	Oslo	6	03:03:24			03:03:34	03:05:14			03:03:24				03:22:02	03:16:51	03:25:11													
Hauge, Lars	Greåker IF	15	03:22:22	03:49:16				03:28:38		03:28:35	03:29:23	03:28:09	03:29:45	03:29:17	03:28:45		03:22:22		03:29:16			03:37:59	03:35:08	03:29:13	03:26:23		03:34:45		
Haugen, Inge Asbjørn	HORNINDAL IL	7	03:43:03												03:55:10	03:45:48		04:54:18				03:51:25	04:06:26	03:51:22					03:43:03
Haugen, Kine	Oslo	1	04:01:46			04:01:46																								
Haugen, Mikkel	OSLO	1	04:02:38							04:02:38																				
Haugen, Nils	Lier Kommune B. I.	3	03:23:45																					03:42:53			03:27:50	03:23:45	
Haugen, Thorstein	Fredrikstad IF	1	04:14:10																							04:14:10				
Haugland, Per Ove	Fredrikstad IF	1	03:37:42										03:37:42																	
Haugsrud, Bård	Begby IL	2	03:45:29																				03:45:29	03:55:38						
Haus, Ruben	OSI	1	03:14:21												03:14:21															
Haus, Torleiv	BRYNE FIK	1	03:53:04												03:53:04															
Hegbom, Torstein	Sandefjord	1	04:41:58			04:41:58																								
Heia, Tom Erik		1	03:35:22												03:35:22															
Helland, Ina	Oslo	1	03:55:34			03:55:34																								
Hellebø, Esben Rohit	Kyrkjebø IL	3	03:40:18	03:56:50	03:40:18				03:54:15																					
Hellerud, Mats Engelund	Moss IL	2	02:44:35			02:50:41	02:44:35																							
Hellström, Pekka	RUN LIKE HELL	1	04:04:42														04:04:42													
Helseth, Jan Per	Helset Interiør BIL	2	04:41:12																					04:41:12			04:55:04			
Henden Rustlie, Signy	LØRENSKOG FIL	1	05:41:45											05:41:45																
Henriksen, Lasse	Ryggejoggen	1	03:55:07																				03:55:07							
Herland, Anders Hobøl		1	03:20:47												03:20:47															
Hermansen, Jonas	Fredrikstad	1	04:12:58	04:12:58																										
Hildenes, Christian	Heia IL / Team Awes	1	03:26:13						03:26:13																					
Hillestad, Kine Kolbjørnse	Sparebank 1 Sørøst-	1	03:55:49					03:55:49																						
Hinsch, Malte Sebastian	Northern Runners /	1	03:13:55							03:13:55																				
Hipf, Bettina		1	04:10:41																			04:10:41								
Hjartholm, Even	Asker Triatlon Klubb	1	05:24:29															05:24:29												
Hjelle, Ole Petter	SK Vidar	1	03:04:47																					03:04:47						
Hjelmeland Stensli, Sølvi	ROMERIKE ULTRALØ	2	03:59:38													04:04:59	03:59:38													
Hofgaard, Jon	Halden	1	03:38:37	03:38:37																										
Hole, Knut Eraker	Hadeland FIK	1	02:43:44																	02:43:44										
Holm, Lar	Simba Team	1	03:55:25																								03:55:25			
Holmgren, Cecilie	ROMERIKE ULTRALØ	1	03:44:23												03:44:23															
Holmgren, Johan	Lørenskog FIL	1	03:02:37																03:02:37											
Holm-Olsen, Ole Richard	Halden IL	1	03:32:37																	03:32:37										
Holm-Olsen, Per Oscar	Løveløper	3	03:50:31																		04:06:15			03:50:31		03:55:15				
Hongseth, Nina Annette	Ditt Tempo	4	03:25:10																					03:28:03	03:25:10	03:26:02	03:39:34			
Hope, Torgeir	Lofthus	1	03:23:01			03:23:01																								
Horn, Sten Oluf	TEAM ØVERSKAUEN	2	03:23:03										03:23:03			03:33:39														
Horne-Olsen, Kenneth	Moss IL	1	02:45:53		02:45:53																									
Hotvedt, Are	TØNSBERG TRIATHL	2	03:35:37												03:35:37					03:45:25										
Hovden, Jon	TOTEN TRENINGSSE	4	03:48:20										04:41:23				04:05:26	04:12:30										03:48:20		
Hovden, Åse, Sandberg	TOTEN TRENINGSSE	4	03:40:56										04:29:18				04:03:25	04:12:30										03:40:56		
Hox, Lars	Fredrikstad IF	7	03:32:02			03:32:02		03:51:06	03:38:10	03:40:02				03:45:45	04:13:28	03:48:54														
Hugall, Jeremy	Equinor BIL	1	03:49:11				03:49:11																							
Hult, Christer	Halden løpeklubb	1	03:05:07		03:05:07																									
Hurthi, Ingvild	Yven	1	03:42:54	03:42:54																										
Huste, Guy M.	Oslofjord triatlon kl	1	03:43:19																							03:43:19				
Hvideberg, Jonas Iversby	UNO-X NORWEGIAN	1	03:08:37									03:08:37																		
Hytjanstorp, Bjørn	Spiridon LLL	1	03:23:53																				03:23:53							
Høgberg Johansen, Mikael		1	04:41:17										04:41:17																	
Högberg, Christer	IF Gøta	2	03:51:56																				04:05:23			03:51:56				
Høier, Frank	Fredrikstad IF	1	04:00:32																								04:00:32			
Høntorp, Karl-Olaf	Oppegård IL	1	03:25:41								03:25:41																			
Høydal, Willy	Berger	3	03:39:51				03:47:41	03:42:50			03:39:51																			
Høyseth, Gunleik	Blefjell IL	1	04:33:51																				04:33:51							
Hågensen, Bjørn	Hamar Skiklubb	2	03:58:46																					03:58:58		03:58:46				
Haagensen, Sigurd	EDVARDS KAFFEBAR	1	03:50:48														03:50:48													
Iden, Martin	Oppegård IL	1	03:40:14								03:40:14																			

Idland, Einar	ANDEBU IL	1	04:28:54															04:28:54												
Inayat, Shezad	Spirit Stavanger Friid	1	04:07:36							04:07:36																				
Ingebrigtsen, Sverre	Fredrikstad Skiklubb	1	04:09:44															04:09:44												
Ingwersen, Helge		1	03:51:41																			03:51:41								
Iversen, Einar	ROMERIKE ULTRALØ	2	03:20:11														03:31:02			03:20:11										
Iversen, Gunnar	Kondis	2	04:21:18																					04:21:18		04:28:29				
Iversen, Hans Petter		2	03:34:55							03:45:54	03:34:55																			
Iversen, Morten	Snus365	1	03:35:26					03:35:26																						
Jacobsen, Ole-Kristen	OSLO	1	03:47:12						03:47:12																					
Jacoby, Petra	SK Rye	1	03:21:55																	03:21:55										
Jahre, Kristian	TEAM SPORT1 HOLM	1	03:52:08														03:52:08													
Jakhelln, Georg	Forskningsrådet	2	03:55:19																			04:00:21	03:55:19							
Jakobsen, Audun Gjelstad	OSLO	1	03:12:14						03:12:14																					
Jakobsen, Ken-Robert	BUL	1	02:53:22						02:53:22																					
Jakobsen, Lau		1	03:58:17														03:58:17													
Janitz, Magne	Moss Multichalleng	1	03:56:40															03:56:40												
Jansen, Svein Oskar	Fredrikstad IF	15	04:13:58										05:32:48	05:32:04	05:23:36	04:55:16	05:11:43	04:55:52	05:11:20	04:52:19	04:49:19	04:23:29	04:55:00	04:52:39		04:13:58	04:21:28	04:14:33		
Jansson, Bertil	Kolarmora KIF	1	04:29:47																							04:29:47				
Jansson, Knut	BERGEN	1	03:28:56								03:28:56																			
Jarl, Roger	HÅFRESTRÖMS IF	3	03:48:29										03:48:29	03:56:45	04:29:13															
Jelsnes, Henriette	Østbygda IL / Østby	1	04:11:17				04:11:17																							
Jensen, Aksel Rivrud	Saltnes/Ringerrike S	1	03:37:34			03:37:34																								
Jensen, Arild	Fredrikstad IF	2	04:05:39																			04:10:22		04:05:39						
Jensen, Christian	Los Hinchadores Lib	1	03:44:02																					03:44:02						
Jensen, Christoffer	Hølen	1	03:46:20		03:46:20																									
Jensen, Erik G.	TYRISTUBBEN IF	2	03:58:58									03:58:58	04:02:32																	
Jensen, Gunnar	Grei	1	04:47:28																		04:47:28									
Jensen, Joar Flynn		1	03:22:36																			03:22:36								
Jensen, Morten	NORRENSAS	1	04:06:51												04:06:51															
Jensen, Morten Solfjeld	MORTEN'S RUNNIN(	1	04:28:32											04:28:32																
Jensen, Åge	Romerike Runners T	7	03:49:47						04:18:51										04:12:57			04:09:19	03:55:22	03:59:26	03:49:47		03:55:33			
Jerve, Fridtjof	Uiobil	1	03:35:15								03:35:15																			
Jhooti, Kirandeep Kaur	Drammen	1	03:40:21	03:40:21																										
Johannesen, Christoffer	Torp	2	04:54:55		04:54:55	06:18:01																								
Johannesen, Geir Runar	Fredrikstad IF	1	03:48:22																	03:48:22										
Johannesen, John	Krapfoss Maraton	1	03:17:55																							03:17:55				
Johannesen, Knut Erik	Mandal og Halse IL-	1	03:20:05					03:20:05																						
Johannessen, Bjørn	HALDEN IL	1	03:39:52													03:39:52														
Johannessen, Cornelia	Rolvsøy	2	03:44:59		03:44:59	04:00:18																								
Johannessen, Espen	TEAM BTS	2	04:52:08										05:03:01		04:52:08															
Johannessen, Frida Sophi	Fredrikstad	1	04:31:41				04:31:41																							
Johannessen, Oddvar E.		1	03:52:51																										03:52:51	
Johannessen, Svein-Rune	Kondis	1	04:12:14			04:12:14																								
Johansen, Hans Petter	Vear IF	1	04:37:04																04:37:04											
Johansen, Janne Kjellberg	Fredrikstad IF	3	03:23:51							03:36:58					03:23:51					03:26:40										
Johansen, John	Moss Skiklubb	1	03:18:35																				03:18:35							
Johansen, John Henrik	Topptrente Tjukkas	2	04:14:54	04:14:54	04:36:49																									
Johansen, Karl-Johan	STRINDHEIM	1	04:06:06									04:06:06																		
Johansen, Kjell Arne	Fredrikstad IF	4	03:47:37																03:47:37		03:50:37	03:58:48				04:03:27				
Johansen, Mona	COWI BIL	1	03:54:03													03:54:03														
Johansen, Sigleif	Statskraft Nore	1	02:55:49																										02:55:49	
Johansen, Stig	Beerbodyboys	1	04:19:55				04:19:55																							
Johansen, Tor Harald	PricewaterhouseCo	1	03:34:59																			03:34:59								
Johnsen, Gisle	Lysaker Sportsklubb	10	02:54:54								03:38:20		02:59:36	03:07:21	03:16:23	03:01:27	03:08:00	03:08:49	02:56:37		02:54:54	03:10:31								
Johnsen, Gunnar		1	04:28:45												04:28:45															
Johnsen, Monica	Oslo	1	05:50:05				05:50:05																							
Joki, Reidar	FIRECO	1	03:44:12												03:44:12															
Jonathan, Amario		1	03:23:55							03:23:55																				
Jones, Maria	OSLO	1	03:44:40						03:44:40																					
Josefsen, Kristin	Fredrikstad IF	4	03:48:46														04:07:13		04:03:26	03:48:46			04:06:26							
Josefsson, Caroline	Stenungsund	1	04:32:53		04:32:53																									
Josefsson, Lukas	Stenungsund	1	03:33:31		03:33:31																									
Jouga, Mehdi	Vinterbro	1	04:39:02				04:39:02																							
Juliusson, Brynjar		1	04:28:22										04:28:22																	
Julsen, Pernille	Borgenhaugen	1	03:43:02		03:43:02																									
Jutemar, Lasse	SOK KNALLEN	1	04:51:33										04:51:33																	
Jørgensen, Geir	Fredrikstad IF	1	04:19:10			04:19:10																								
Jørgensen, Morten	Hobøl IL / Knapstad	1	03:11:45	03:11:45																										

Jørstad, Erik	Maltes Fanklubb	3	03:14:03							03:14:03		03:19:03	03:38:28																	
Karlsen, Anne Marie	Kristiansand S	4	03:09:10		03:09:10					03:10:01	03:24:53	03:31:43																		
Karlsen, Bjørn Dahlby		1	04:32:50											04:32:50																
Karlsen, Cecilie	Romerike Ultraløpe	1	04:24:16																04:24:16											
Karlsen, Kenneth	Kråkerøy	1	04:15:10			04:15:10																								
Karlsen, Mathias	Skogens_Kongler	1	03:10:12		03:10:12																									
Karlsen, Robin	AMBJORNERODGK	1	04:26:55												04:26:55															
Karlsen, Øystein Espeland		1	03:33:47												03:33:47															
Karlsrud, Roger	Moss Marathonklub	5	03:19:45																	03:52:11	03:45:41	03:29:17			03:19:45	03:34:06				
Karlsson, Roland	Karlsson	1	04:05:26																							04:05:26				
Karlsson, Tomas	TROLLHÄTTAN	2	04:30:31									04:39:43		04:30:31																
Karlsson, Torbjørn	Arvika LK	4	03:36:39																					03:43:57		03:53:22	03:39:28	03:36:39		
Karlsvik, Linn	SK RYE	4	03:23:19															03:23:19	03:33:52	03:51:26	03:59:04									
Kasin, Franz	Medica AS	1	03:44:28																									03:44:28		
Kay, Sofia	LK TV88	2	03:54:51										04:00:30	03:54:51																
Kedziora, Norbert	Sarpsborg	9	03:14:43	03:14:48		03:28:27	03:16:14	03:30:34	03:27:52	03:14:43	03:15:41	03:17:14		03:29:46																
Kestutis, Simanavicius		1	03:45:58			03:45:58																								
Kieding Kummervold, Ivar	Norema Kjøkken	2	03:25:09															03:41:44		03:25:09										
Kirkerød, Jonas		1	03:39:55											03:39:55																
Kittilsen, Hege	Bøler IF Friidrett	1	03:49:45							03:49:45																				
Kivijervi, Trond	Posten IL	1	04:09:56																									04:09:56		
Kjellvik, Richard	MANSTAD ULTRA/S	2	03:42:24									03:42:24	03:54:07																	
Kjeserud, Solveig	Solveig Kjeseruds He	1	04:36:05																	04:36:05										
Kjærås, Jan Einar	ANDEBU IL	1	04:28:54															04:28:54												
Kjærås, Odd Ivar		1	04:28:54															04:28:54												
Kjøniksen, Magne	Magne Kjøniksen / I	1	04:36:43						04:36:43																					
Kjørvik, Tormod	Fredrikstad IF	2	04:37:47														04:49:22	04:37:47												
Klausen, Per Kristian		1	04:35:22														04:35:22													
Klavestad Hansen, Marius	Sarpsborg	1	03:11:57		03:11:57																									
Kleiven, Thomas	Østlandstraverne	1	04:10:53							04:10:53																				
Kleven, Espen		1	04:30:05										04:30:05																	
Knutsen, Lasse		1	03:15:06																		03:15:06									
Kollerøs, Mads	Moss	1	03:51:11				03:51:11																							
Kopperud, Grethe	Fredrikstad IF	2	04:35:01																							04:47:34		04:35:01		
Korsvold, Hanne Gro	OSLOFJORD TRIATL(	1	04:10:53														04:10:53													
Kos, Kamil	Polska Running Tea	1	03:19:40			03:19:40																								
Kostrzewski, Robert	EUROWELD IL	1	05:19:33											05:19:33																
Kozlowski, Pawel	Koza 37	1	04:18:39	04:18:39																										
Kozma, Janos	ASKO	1	04:02:38												04:02:38															
Kragnes, Maria Hasseleid	Kragerø IF Friidrett /	1	04:07:27			04:07:27																								
Kraugerud, Frode Audun	Askim IF	13	03:06:06			03:08:57		03:21:12			03:22:03		03:15:59	03:19:30	03:13:55	03:26:10	03:28:45		03:13:13	03:10:56		03:06:06	03:08:24	03:13:44						
Kristensen, Grete	Fredrikstad IF	1	04:46:23																						04:46:23					
Kristensen, Thore	Romerike Ultraløpe	4	03:19:34																	03:45:46				03:27:46			03:23:22	03:19:34		
Kristiansen, Anders	Rolvsøy	4	03:29:07	03:29:07	03:34:11	03:39:09	03:39:39																							
Kristiansen, Dag	HOLMESTRAND SYK	1	03:38:16												03:38:16															
Kristiansen, Emilie	Moss	1	04:34:13			04:34:13																								
Kristiansen, Glenn	ROMERIKE ULTRALØ	2	03:29:45											03:29:45	03:53:29															
Kristiansen, Madeleine	HOBØL	1	05:25:50								05:25:50																			
Kristiansen, Ronny	DRØBAK MARATON	2	05:52:25											06:24:44	05:52:25															
Kristiansen, Stian	WSRR / RAMBØLL	2	03:30:42										03:57:40				03:30:42													
Kro, Tore August	Begby	6	03:17:07	03:17:07	03:18:43	03:29:47	04:14:09	03:20:19	03:32:37																					
Krogstad, Mads	Kråkerøy	2	03:55:59		04:02:47	03:55:59																								
Kronstad, Knut	Romerike Ultraløpe	1	03:58:39																03:58:39											
Kruse, Thomas	NOTEAM	1	03:14:26																03:14:26											
Krøvel, Harald	Åndalsnes IF	1	03:59:10																							03:59:10				
Kullerud, Kristian	Halden IL	1	03:00:44																								03:00:44			
Kullerud, Kåre		1	03:54:50																								03:54:50			
Kumlin, Joel	BANDHAGEN	1	04:03:58						04:03:58																					
Kummervold, Ivar	NOREMA	2	03:14:39												03:14:39								03:31:08							
Kusmierz, Robert	OSLO	1	05:54:55								05:54:55																			
Kvalvik, Sverre		1	03:53:23												03:53:23															
Kvaløy, Idunn	Romerike Ultraløpe	1	05:06:46		05:06:46																									
Kvammen, Martin	Team Gjammen	1	04:00:12																04:00:12											
Kverneng, Hans	Storebrand Vestby /	3	03:47:15																							04:24:22	04:01:58	03:47:15		
Kvernes, Peter	Piggen	1	04:30:57																								04:30:57			
Kvernsmyr, Stian	ANDEBU IL	1	03:17:12															03:17:12												
Kvisgaard, Henrik	Hytteplan Sport	1	04:40:21																					04:40:21						
Kvitting, Hege	RØYKÅS RACING GIF	2	04:22:07									04:33:35		04:22:07																

Køhn, Svein Mathias	Askim	2	04:17:58																							04:17:58	04:32:13		
Lajord, Runar	Aurskog - Høland Fr	1	04:21:59						04:21:59																					
Lampert, Pål	Romerike Runners T	1	04:14:29						04:14:29																					
Landeklint, Henrik	Fredrikstad IF	1	03:40:14							03:40:14																				
Langfeldt, Adrian		1	03:55:55										03:55:55																	
Langford, Malcolm	ØSTMARKA IL	1	03:35:30												03:35:30															
Larsen, Dennis		2	03:50:04											03:58:29	03:50:04															
Larsen, Fred Morgan	Fredrikstad IF	7	03:19:22		03:22:59	03:19:22		03:27:16	03:23:20	03:28:53					03:23:01	03:37:57														
Larsen, Kim Aaril	Skeid	7	03:03:31						03:21:41				03:22:30				03:08:56							03:07:06	03:04:05	03:03:31	03:06:08			
Larsen, Petter Sten	Torp IF	1	03:50:29																			03:50:29								
Larsen, Raymond		1	03:42:44												03:42:44															
Larseng, Petter	HALDEN	1	03:29:41					03:29:41																						
Larssen, Ottar Moum	ULL-KISA	2	03:21:32														03:25:30		03:21:32											
Laulo, Marit Ann	Equinor BIL	1	03:27:18							03:27:18																				
Lavik, Kristoffer	Moss CK	1	03:52:44						03:52:44																					
Lawton, Daniel		1	04:08:48													04:08:48														
Lebesby, Kathrine	NOTEAM	1	04:33:25																	04:33:25										
Lee, Jim	TEAM SWEDEMOUN	2	03:19:26										03:38:05	03:19:26																
Lefsaker, Sverre	PROJECTIONDESIGN	1	06:24:27															06:24:27												
Leganger, Erlend		9	03:51:21					04:15:10	04:54:58	04:14:42					03:51:21	04:06:30	03:58:56	03:56:54	04:28:56	03:52:02										
Leiss, Tim	Bjølsen	1	03:29:00							03:29:00																				
Leknessund, Andreas	UNO-X NORWEGIAN	1	03:01:30									03:01:30																		
Lennström, Göran	Hultsfreds LK	2	04:05:55																			04:05:55	04:07:53							
Lersch, Albert	Østsiden IL	1	03:37:59		03:37:59																									
Lervang, Torbjørn	Fredrikstad IF	2	03:54:17	03:54:17	03:56:02																									
Lervik, Andreas	Sarpsborg	2	04:47:35				04:47:53	04:47:35																						
Lian, Arve	Nidelv IL	1	03:37:35																				03:37:35							
Lid, Anja Elise	DNB	1	03:50:08															03:50:08												
Lid, Arve	Team Boron 88	1	03:40:25																					03:40:25						
Lid, Ingrid	BFG Bergen Løpeklu	1	03:18:19						03:18:19																					
Lie, Asbjørn Sigstad	Norsk Luftambulans	1	03:16:15	03:16:15																										
Lieberknecht, Lasse	Fredrikstad IF	5	03:16:55					03:35:32										03:21:02	03:16:55			03:38:16		03:32:47						
Lien, Magnus	SKI	1	03:48:45				03:48:45																							
Lien, Øystein Granbu	GRANBU KOKKOS	1	03:27:03											03:27:03																
Lier, Ole Christian	Fredrikstad IF	5	03:34:23					03:53:47	03:51:38			03:51:29			03:34:23	03:51:11														
Liljedal, Geir Dreng		1	03:35:21											03:35:21																
Lillebo, Christian	SK Rye	1	04:06:07																				04:06:07							
Lima, Sigurd	GJESDAL IL	6	03:56:50										04:43:32		05:55:04	03:58:46	04:30:55			03:56:50							04:15:28			
Limkjær, Kjetil	Fjellstrand	1	04:36:17				04:36:17																							
Lind, Jahn Thomas	ULL KISA HÅNDBALL	1	03:31:42														03:31:42													
Lindal, Tore	Kjeller	1	03:46:11				03:46:11																							
Lindgren, Anders	Mölndals Roddklubb	1	03:57:46																				03:57:46							
Lindgren, Johakim	Achilles	2	03:23:27		03:23:27	04:59:50																								
Lindgren, Thomas Willy	Romerike Ultraløpe	1	04:12:01								04:12:01																			
Lindquist, Benjamin	Torp	1	04:29:15			04:29:15																								
Lindquist, Jim	Jim Lindquist	1	05:12:47			05:12:47																								
Linna, Jørgen Hexeberg	Oslo	1	04:21:48				04:21:48																							
Lithun, Lise	Gjesdal IL	7	03:53:45								04:20:29	04:13:35	04:15:03		03:53:45	03:58:46	05:29:08			04:10:33										
Ljungberg, Erik	HORTEN	1	04:07:26								04:07:26																			
Loe, Margrethe Kvale		1	03:29:02									03:29:02																		
Lona, Kåre Finstad	SK RYE	1	04:31:48													04:31:48														
Longva, Ida Carine	OSLO	1	03:19:18							03:19:18																				
Looyar, Hamse	Rygge IL	2	02:39:17	03:02:39		02:39:17																								
Lorentsen, Ragnar	Kondis Tr.Heim	1	03:58:59																							03:58:59				
Lorentzen, Maria	MOSS	1	04:09:51								04:09:51																			
Lorentzen, Trygve	ABC STARTSIDEN	1	03:11:49													03:11:49														
Lorimer, Adam	Oslofjord Triathlon	1	04:58:03																						04:58:03					
Lund, John	ROMERIKE ULTRALØ	2	03:09:11														03:09:11	03:15:48												
Lund, Morten E	Hamar Skiklubb	2	03:19:38															03:19:38				03:20:27								
Lund, Per	Vestby	1	04:07:47																			04:07:47								
Lundanes, Marit	Team Sportsmander	1	04:11:37								04:11:37																			
Lundberg, Tormod	Hamar Skiklubb	1	03:24:17																							03:24:17				
Lundby, Arne	Sandefjord	9	04:04:15																	04:58:51	04:39:39	04:37:08	04:28:56	04:26:08	04:07:25	04:05:44	04:35:37	04:04:15		
Lundell, Jan	SK Glid	2	03:58:15																								04:17:07	03:58:15		
Lundestad, Ida	Sarpsborg	1	03:42:45			03:42:45																								
Lundgaard, Jostein	Nammo Raufoss BIL	3	03:53:41					04:04:46	03:59:49	03:53:41																				
Lundsrud, Stian	Skollenborg	1	03:53:24		03:53:24																									
Lunga, Einar	Utvik Langløp	1	04:42:08																				04:42:08							

Lybeck, Torodd	Fagernes IL	2	03:32:23																				03:37:20	03:32:23						
Lyngstad, Terje	JØLSTER IL	1	03:22:57													03:22:57														
Lystad, Hans-Petter	Askim	3	03:30:55	04:34:08				04:14:29										03:30:55													
Lystad, Liv Berit Jegteberg	Sportsklubben Vida	13	04:06:25	04:34:19	04:21:31	04:27:02	04:21:52	04:13:20	04:08:18	04:13:51	04:51:57	04:41:25	04:10:34	04:09:31	04:15:29	04:06:25															
Lystad, Melvin	Spydeberg IL	1	03:56:29	03:56:29																										
Lødding, Lars	OSLO	1	04:02:42					04:02:42																						
Løken, Egil	BRANDBU	1	03:46:41										03:46:41																	
Løken, Jørgen		2	03:11:37					03:11:37							03:13:22															
Løkken, Stian	MOSSJONISTENE / F	1	03:51:04													03:51:04														
Lønnemo, Malin	Oslo	1	04:21:47				04:21:47																							
Løvkvist, Eline Marie	TEAM LØVKVIST	1	04:05:37														04:05:37													
Løvkvist, Helene	TEAM LØVKVIST	1	04:12:32														04:12:32													
Løwe, Karen Marie	JB	1	03:41:42					03:41:42																						
Macrae, Kenneth	Rambøll IL	1	04:13:16								04:13:16																			
Madland, Håvard	WE2011	1	03:24:50																03:24:50											
Madsen, Asbjørn		1	04:47:06																		04:47:06									
Magnussen, Emil Orten	CK ØST	1	03:40:44										03:40:44																	
Magnussen, Ernst	Fredrikstad IF	6	03:52:09																			04:34:09	04:16:55	04:04:30	04:04:26	03:54:05		03:52:09		
Magnussen, Heine	Fredrikstad Triatlon	5	03:29:28								03:33:55		03:40:44	03:34:53	03:29:28	03:37:53														
Malmberg, Staffan	Solvikingarna	1	03:41:05																					03:41:05						
Malmin, Mathilde	Krik Kondis Oslo	1	04:15:03	04:15:03																										
Mandfloen, Morten	Movar BIL	1	03:37:24																		03:37:24									
Marciniak, Damian	GAN	2	04:07:17								04:48:35			04:07:17																
Marco Arroyo, Ruben	Fredrikstad IF	2	02:46:30				02:46:40		02:46:30																					
Marents, Remi Alexandre	Remi Alexandre Nor	1	04:40:02					04:40:02																						
Marhaug, André	Akselera Norway	2	03:14:28							03:14:28		03:27:49																		
Markegård, Kristine	Råde	1	03:53:51	03:53:51																										
Marki, Helena	Eiksmarka	1	04:06:03	04:06:03																										
Markussen, Arve	Team Øverskauen	1	03:28:01															03:28:01												
Marthinsen, Erling	Team Øverskauen	8	03:19:04		03:21:12	03:29:25			03:19:15				03:26:12	03:19:04		03:23:37		03:25:37	03:21:43											
Martinsen, Bjørn Arild	KONGSTEN IF	1	04:27:28													04:27:28														
Martinsen, Gaute Edøy	Oslo	4	04:05:32		04:19:51		04:47:52		04:18:07	04:05:32																				
Masalin, Jon	FREDRIKSTAD	1	04:21:06					04:21:06																						
Mathiasen, Ingrid Oldervik		1	03:48:49											03:48:49																
Mathiesen, Arvid	Rustad IL	1	04:23:15																04:23:15											
Mathisen, Raymond	Moss	3	03:17:01		03:18:17					03:17:01	03:26:33																			
Mathisen, Øystein	DNL	4	03:36:00								05:23:45		04:27:42														03:46:35		03:36:00	
Matland, Christian Bro	FREDRIKSTAD	2	03:32:00					03:32:00	03:36:41																					
Matsson, Patrik	SOLVIKINGARNA	1	04:31:20									04:31:20																		
Maudal, Sverre	Oslo Børs	1	04:01:13																						04:01:13					
Mccarthy, Ewan	Halden Il	1	02:44:04																					02:44:04						
Medbø, Espen	OSLOFJORD TRIATLO	1	03:16:22															03:16:22												
Meisingset, Frode	Nesoddtangen	1	03:25:50			03:25:50																								
Mersland, Håkon		1	05:50:28																									05:50:28		
Mesøy, Rune Mo		2	03:47:23																		03:47:23	04:05:06								
Meyer Solvang, Kristian	Larvik politi/Nanset	1	03:16:34																03:16:34											
Mikalsen, Tom B.	Sperrebotn	4	03:16:56	03:34:36												03:16:56											03:22:34	03:18:20		
Mikkelsen, Johnny	Runfun	1	03:45:10																		03:45:10									
Mjøen, Elsa	Drøbak Maratonklu	2	04:40:47																									04:40:47	04:52:48	
Mo, Birger	ASKER TREKKHUNDI	1	03:30:20													03:30:20														
Mo, Katrine	ASKER TREKKHUNDI	1	04:07:17													04:07:17														
Modahl, Einar	Frederik II vgs	2	03:46:01				04:01:45																						03:46:01	
Moen, Erik	Team Extreme	1	03:43:47																03:43:47											
Moen, John Rasmus	Kolbotn	1	03:50:54	03:50:54																										
Moen, Ketil	Kondis	4	04:18:05																		04:49:28		04:18:05	04:46:45					04:27:50	
Moen, Ketil		1	03:53:29																03:53:29											
Moen, Kjersti Beate		1	04:08:35														04:08:35													
Moen, Magne	TFL Halden	1	04:03:11																								04:03:11			
Mohn, Sidsel Skjaeggesta	Kongsberg IF / Vulk	1	03:30:20	03:30:20																										
Mohr, Frants	Romerike Ultraløpe	2	03:04:53																	03:04:53		03:11:25								
Mohrsen, Jannicke	Team PIM	2	03:50:16			03:57:19	03:50:16																							
Moi, Knut Anders		1	04:18:06																		04:18:06									
Monsen, Ingunn	Sportsklubben Vida	2	03:48:27							03:53:11				03:48:27																
Mortensen, Audun		1	03:16:05											03:16:05																
Mortensen, Henning	Lillehammer IF / Spo	1	02:58:30								02:58:30																			
Mortensen, Niels	Kongsberg Gruppen	2	03:55:02																	04:10:10	03:55:02									
Mortensen, Rune	Sportsklubben Vida	3	04:20:12	04:20:12	04:42:20	04:32:13																								
Mortensen, Tore	Romerike Ultraløpe	20	03:06:16	03:43:06	04:45:25	04:58:53	04:22:45	03:55:19	03:47:47	03:57:47	03:27:29	03:22:38		03:12:30	03:06:16	03:20:11	03:23:56	03:22:22	03:39:56				03:43:05	04:18:58	03:38:17		04:15:28	03:24:52		

Mostue, Sverre	FLINTJOGGEN	3	03:51:21												04:25:28						03:59:42					03:51:21			
Muilwijk, Ester	SKI	1	05:24:03				05:24:03																							
Mundal, Tore	Lom IL	2	03:25:50																		04:10:48								03:25:50	
Munkebye, Erik Myhr		1	03:39:51																			03:39:51								
Mustad, Halfdan		2	04:11:33							04:49:24																04:11:33			
Myrvold, Mats Holt	Rye Sp.Kl.	1	04:15:16							04:15:16																				
Møller, Lars	Romerike Ultraløpe	2	03:47:48						03:47:48					04:19:20																
Mørk, Øystein	NOTEAM	1	03:07:40																	03:07:40										
Narmo, Ole Kristian		2	03:39:35							03:39:35	03:51:36																			
Nederhoed, Lasse	TEAM KIKKOMAN	1	04:00:44										04:00:44																	
Neeraas, Øivind	Kondis	5	04:13:10																		04:38:18		04:28:50	04:13:10	04:25:20	04:29:42			
Nenseth, Finn Olav	Sandefjord TIF	1	04:52:49																			04:52:49								
Nergård, Jonas	Orion	1	03:22:19															03:22:19												
Nerhus, Vegard	Fossum IF / Team P	1	03:31:38								03:31:38																			
Neumann, Rudiger	Drøbak Maratonklu	1	06:13:53																					06:13:53						
Nicholson, Colin	TEAM MASSUM	1	04:29:56										04:29:56																	
Nicolaysen, Ragnar	Fredrikstad IF	1	04:35:01																										04:35:01	
Nielsen, Benjamin	Oslo	1	04:20:54				04:20:54																							
Nielsen, Gjermund	SKI	1	03:43:10		03:43:10																									
Nielsen, Jens Laurits	Tønsberg Triathlonk	1	03:48:57				03:48:57																							
Nielsen, Knud Vang		1	03:46:19												03:46:19															
Nielsen, Per	COWI BIL	2	03:56:33						04:21:13							03:56:33														
Nilsen, Jørn Espen	Engelsviken	4	02:57:33				02:57:33			02:57:58		03:16:40	03:42:45																	
Nilsen, Morten	Fredrikstad Taekwo	1	05:16:19		05:16:19																									
Nilsen, Pål Rene	Sarpsborg	2	03:19:12		03:19:12	03:34:35																								
Nilsen, Rune	Sarpsborg	1	03:28:36			03:28:36																								
Nilsen, Teodor Sveen	Argo Securities	1	03:02:28																		03:02:28									
Nilsen, Trond	Fredrikstad IF	6	03:27:16												03:56:17	03:27:16		03:44:33	03:43:45		03:28:10	03:27:26								
Nilsen, Trond Einar	Sulsted Løberklubb	1	04:19:26																		04:19:26									
Nilsen, Vidar	OPPEGÅRD IL	3	02:49:16												02:59:23										02:49:16	02:54:55				
Nilssen, Aksel	Fauske IL	1	03:58:52																		03:58:52									
Nilsson, Anders	TÖCKFORS IF	1	03:41:41											03:41:41																
Nilsson, Jörgen	VI SOM SPRINGER	2	04:31:52													04:31:52	04:41:18													
Njøten, Kenneth	HALDEN	1	03:59:16						03:59:16																					
Nome, Astrid	TRENINGSCAMP	1	04:16:10															04:16:10												
Nooitgedagt, Chris	Assendelft	1	03:59:41			03:59:41																								
Norberg, Kari		1	04:45:54																								04:45:54			
Nordahl, Eivind	Runners High	1	03:59:21						03:59:21																					
Nordbø, Gunnar	Flekkefjord Idrettsfo	2	03:46:40																04:28:40	03:46:40										
Nordheim, Kristoffer	Moss	1	03:59:49		03:59:49																									
Nordli, Per Ove Westby	OPIL	3	03:54:01											03:58:51		03:54:01				04:04:28									
Nordlie, Rolf	Kongsvinger IL	3	04:28:52																							04:28:52	04:40:59	04:29:12		
Nordmelan, Kasper	CONCRETO	2	03:37:51											03:37:51						03:45:11									
Nordnes, Lars-Ove	Jutul IL	1	03:21:53																	03:21:53									
Nordstrand, Malvin	NKS-Gruppen BIL	3	03:57:02																							03:57:02	04:17:56	04:11:07		
Nordum, Ingar	Nordea I.L.	1	04:25:48																								04:25:48			
Nossen, Henrik Lund	Norconsult BIL	4	03:30:54	03:42:46	03:30:54	03:31:29	03:44:40																							
Nossom, Erik	Romerike Ultraløpe	5	03:36:37													03:43:41			03:36:37						03:42:45		03:48:44	03:53:55		
Nybakke, Joachim	Oppegård IL	1	03:10:48								03:10:48																			
Nyberg, Hans	ALE 90 IK	2	04:55:29													05:12:36	04:55:29													
Nybø, Rolf	Skotselv	2	03:16:07		03:16:07	03:20:04																								
Nygård, Helge	Frekhaug	1	04:19:50																										04:19:50	
Nygård, Ivar	mnemonic	1	03:36:35																03:36:35											
Nygaard, Jonathan	Kråkerøy	1	03:42:41			03:42:41																								
Nygård, Ragnar	GØIF	4	03:58:21														03:59:12						04:23:31	04:17:22		03:58:21				
Nykvist, Jan	Vi Som Springer	3	03:59:32																							04:07:02	03:59:32	04:01:44		
Nyland Tandberg, Johannes		1	04:26:28									04:26:28																		
Nyquist, Tor Erik	VALDRES LANGLØPA	1	02:47:47												02:47:47															
Nystad, Vera	SØGNE IL	1	04:05:40												04:05:40															
Nyström, Ulrika	LK Tv88	1	03:56:24					03:56:24																						
Næsheim, Eystein Magnu	BERGEN	1	05:17:23							05:17:23																				
O'brien, Colm	Oslo	1	04:16:37			04:16:37																								
Odden, Tor Ole	NITTEDAL	1	03:37:36						03:37:36																					
Ohla, Mirko	Fredrikstad IF	1	04:23:05																				04:23:05							
Olafsen, Jørn Willy	Tønsberg Triathlonk	1	03:29:18																		03:29:18									
Olaussen, Stein Henrik		2	03:16:02													03:25:11		03:16:02												
Oldervik, Ingrid		1	03:52:25									03:52:25																		
Olimb, Gudbrand	Oslo	1	03:48:30			03:48:30																								

Olimb, Vemund	Oslo	1	03:39:08			03:39:08																							
Olofsson, Terje	Oslo	1	05:31:20				05:31:20																						
Olsen, Kim	Fredrikstad IF	2	03:05:48													03:05:48	03:14:16												
Olsen, Lars	Finstad Fortløpende	1	03:44:12																	03:44:12									
Olsen, Lars	Tønsberg	1	04:29:14			04:29:14																							
Olsen, Lars-Erik	Gressvik	3	03:56:01				04:02:21	03:56:01		04:17:07																			
Olsen, Svein Vidar	Oslo Gangklubb	1	04:22:12																						04:22:12				
Olsen, Thorbjørn	Fredrikstad IF	4	03:55:33																							04:37:38	04:06:38	04:09:12	03:55:33
Olsen, Tor Erik	TEDDY TV	1	03:25:06										03:25:06																
Olsen, Tore	Stive ledd MC	1	03:39:27																03:39:27										
Olsen, Ulf Roger	TORP	4	03:19:04								03:19:04	03:39:22		03:44:55	03:55:14														
Olsen, Øystein	Paulsbo IL	1	03:31:18																										03:31:18
Olsvold, Geir Sigurd		2	03:23:20													03:23:20		03:31:26											
Omholt, Arne Petter	T-RANK BIL	2	03:33:04												03:33:04						03:47:59								
Opdal, Morten	TEAM FIH	1	04:25:40													04:25:40													
Oskarsson, Tommy	Vi Som Springer	2	03:46:36	04:18:30																							03:46:36		
Ottesen, Anne-Gine	Synergi Helse	1	03:48:02																03:48:02										
Pedersen, Daniel	BERTEL O.STEEN FRI	2	04:10:01											04:11:30			04:10:01												
Pedersen, Eirik Mosberg	Arendal Triatlon	1	02:54:20		02:54:20																								
Pedersen, Frida	Oslo	1	03:53:14				03:53:14																						
Pedersen, Henning	3TL JELØYA	5	02:49:21									02:57:55		02:55:32				02:49:21		02:52:04		02:51:18							
Pedersen, Jon	Halden Skiklubb	1	03:08:11																	03:08:11									
Pedersen, Scott	Pace	1	04:15:58			04:15:58																							
Pedersen, Stian	FREDRIKSTAD	1	04:22:25							04:22:25																			
Peersen, Reidar		1	04:14:57										04:14:57																
Pereira, Mailson	Fredrikstad	1	05:02:31		05:02:31																								
Persson, Thomas	TÖCKSFORS IF SVER	2	04:17:33											04:21:31			04:17:33												
Pettersen, Mats	Orkla BIL	4	02:52:57						02:57:48	02:52:57		03:01:20	03:05:50																
Pettersen, Per Åge	Cicignon old Boys	1	04:21:08	04:21:08																									
Pettersen, Svein	KONDIS	9	03:57:09												05:10:56						04:38:18	04:53:59	04:40:44	04:26:22	04:13:49	04:33:40	03:57:09	04:03:00	
Pettersen, Thomas	Romerike Politiidret	2	03:55:28																			04:22:00	03:55:28						
Pettersson, Lars	IDD SK	1	04:23:51											04:23:51															
Pietrzak, Marcin	Rolvsøy	2	04:20:50	04:20:50	04:33:18																								
Pinås, Tomas	HOLMESTRAND MA	2	04:00:52														04:00:52		04:14:57										
Pinås, Tor Christian		1	03:24:15													03:24:15													
Polok, Jurek	Svartskog	1	04:11:30			04:11:30																							
Paalsrud, Knut Ivar	ROMERIKE ULTRALØ	1	03:35:18														03:35:18												
Pålsson, Bruno	RANRIKE BERSERK &	2	03:22:14														03:32:46					03:22:14							
Qvenild, Kristian	Raumyrveien Spring	4	02:48:39													02:54:15	02:54:51			02:48:39	02:51:42								
Radecki, Marek	Bjørkelangen	1	04:25:05				04:25:05																						
Rakkestad, Ole Espen	Seilduk Løp	1	03:38:37																								03:38:37		
Ramtvedt, Bjørn Erik	CK Øst	1	03:49:43																	03:49:43									
Rande, Espen	Veidekke Bil/ Team	1	03:25:01		03:25:01																								
Reece, Robert	TEXAS	1	04:47:14										04:47:14																
Reffsgård, Ulf	Fredrikstad IF	1	04:29:53																										04:29:53
Refsli, Svein	Meteorologen	1	04:07:49																						04:07:49				
Reiersen Lund, Vebjørn	Oslo	1	04:47:26			04:47:26																							
Reigstad, Aleksander		1	02:53:30										02:53:30																
Rekstad, Jonas	IL LAKTAT	1	04:02:42									04:02:42																	
Rennan, Per Morten	DNB	1	03:25:47													03:25:47													
Rhode-Moe, Tom	Fredrikstad IF	5	04:15:48																			04:45:30		04:51:54	04:16:44	04:15:48	04:25:56		
Ribe, Jon	Rrll Ø	2	03:08:26						03:08:26	03:56:14																			
Riis, Gunn-Tove	Fredrikstad IF	3	03:52:29	04:01:40						03:52:29	03:54:20																		
Riis, Trygve	RÅDTASSENE BIL	2	03:28:43														03:44:09									03:28:43			
Rikstad, Martin	TEAM FIH	1	05:05:59													05:05:59													
Ringheim, Oddny	BFG Bergen Løpeklu	1	04:35:47		04:35:47																								
Ringstad, Linda	PRIVAT	1	04:58:44									04:58:44																	
Rist, Øystein	Kløfta IL / Ballstad R	1	04:20:08							04:20:08																			
Rognebakke, Arne	Statoil Bergen	1	04:09:55																					04:09:55					
Rogstad, Kaja Holm	Bekkestua	1	03:46:22		03:46:22																								
Roll, Edvard	Drøbak	1	03:36:27	03:36:27																									
Rustad, Sverre	Raumnes & Årnes	1	04:47:06																04:47:06										
Rusti, Signy Henden	Lørenskog FIL	1	05:29:24																				05:29:24						
Ruud, Torbjørn	Kirkens Nødhjelp	1	04:00:51								04:00:51																		
Ruyter, Werner	CICIGNON OLDBOYS	1	04:39:16														04:39:16												
Rymoen, Espen	RYGGEJOGGEN	2	04:14:56												04:14:56		04:18:59												
Rødde, Bård	Lånke IL	8	03:35:09													05:08:01		04:25:07				03:48:53	04:15:09	03:39:09	03:49:38	03:35:09	03:35:13		
Røhme, Marianne	Kondis	1	04:57:51																			04:57:51							

Fredrikstad Maraton
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Rømuld, Aud F.	Drøbak Maratonklu	2	04:19:45																							04:19:45	04:36:22	
Rønning, Glen Roger		1	04:18:49													04:18:49													
Rønning, Stian	TOTEN-KRANKEN CK	1	04:21:51													04:21:51													
Røragen, Hans	Obos BIL	1	03:52:02																					03:52:02					
Røsler, Ruben		2	03:33:52													03:33:52	03:57:31												
Røstadstuen, Trond	Eina IL	2	03:43:39								03:43:39	03:53:54																	
Røsten, Oddvar	SK RYE / KONDIS	1	04:48:05											04:48:05															
Røstum, Borge		2	04:14:02										05:10:25	04:14:02															
Rådahl, Rino	Fredrikstad IF	3	03:51:52					03:51:52	03:52:02	03:56:15																			
Raaen, Tone	Hordaland Tingrett	1	03:53:38		03:53:38																								
Raaen, Øyvind	Løpegruppa Jesshei	1	03:53:37		03:53:37																								
Raagaard, Henrik Lund	Fredrikstad IF	5	03:51:14			04:19:40				03:51:53	03:51:14	04:05:25	04:25:21																
Råheim, Geir Arve	ÅLESUND FRIIDRETT	1	03:34:56										03:34:56																
Saba, Anton	FMC Technologies	1	02:58:02																		02:58:02								
Sagberg, Niels	DNO BIL	1	03:18:51													03:18:51													
Sagvolden, Stein Roar	Elsten Elektro	1	04:22:53																							04:22:53			
Sameien, Trond Brodahl	Bob Marley Runners	1	03:52:04							03:52:04																			
Sand, Mats Emil	Galterud IF	1	03:07:48						03:07:48																				
Sandbo, Ole Andreas	AFTENPOSTEN AS	1	03:53:43												03:53:43														
Sandem Hasseleid, Magn	KRAGERØ IF	1	02:59:09									02:59:09																	
Sandem, Kjetil	Norconsult BIL	1	02:44:48			02:44:48																							
Sandem, Roar	DRIV IL	1	03:38:08													03:38:08													
Sander, Ola Skage	Ulanbator BB / Mår	1	03:46:51				03:46:51																						
Sandvik, Eivind		2	04:07:29														04:07:29	04:13:48											
Sandøy, Alf-Erling		3	03:52:08																	03:53:38				03:52:08	04:01:33				
Sanengen, Sverre	Fredrikstad IF	1	04:17:48																				04:17:48						
Schaeffer, Maria Ødegaar	Sarpsborg	3	04:09:18	04:54:02	05:42:57				04:09:18																				
Schibbye, Harald	Vmetro	2	03:29:03																						03:42:13		03:29:03		
Schjølberg, Hallvard	KABELVÅG	1	02:54:26							02:54:26																			
Schwencke, Hans	Kamp/Vestheim IF	1	03:56:52						03:56:52																				
Schwitters, Hanna	Oslo	1	03:45:31		03:45:31																								
Schøyen, Inge	Kløfta IL	1	03:46:27						03:46:27																				
Sederholm, Oskar	Moss	2	03:58:40	03:58:40	04:09:04																								
Seierstad, Martin	Posten	1	03:07:22																							03:07:22			
Sel, Harald	Varhaug IL	1	04:10:05																								04:10:05		
Serezhnikova, Olga	Northern Runners	1	04:42:11							04:42:11																			
Severeide, Hans Petter	Bjerkreim Marathor	2	03:56:15																			03:56:15				04:08:35			
Sikveland, Tore	ORSTAD IL	1	04:14:56												04:14:56														
Simonsen, Atle	HALDEN CK	1	03:57:57												03:57:57														
Simonsen, Tobby	PROJECTIONDESIGN	1	04:50:28															04:50:28											
Sjöö, Håkan	Växjö LK	1	04:33:12																								04:33:12		
Sjaastad, Erik		1	03:54:57									03:54:57																	
Skadsheim, Petter	OSLO	1	04:16:18						04:16:18																				
Skaftun, Frank	Team Sportsmande	5	03:45:49				03:56:33	03:57:30	03:45:49	03:47:31	03:51:21																		
Skak, Louise	ROMERIKE ULTRALØ	1	03:19:01											03:19:01															
Skar, Einar	Fredrikstad IF	6	04:43:08														04:53:48					05:01:33	04:43:08		05:04:04	04:48:46	05:01:58		
Skaufel, Espen	TEAM SVETT OG FRI	2	03:57:20													03:57:20	04:57:23												
Skaug, Rino	Gaards-Service AS	1	04:17:56																04:17:56										
Skinstad, Roar	Vesterøy	1	03:43:03																03:43:03										
Skjeggedal, Erlend	Tofte	1	04:32:24		04:32:24																								
Skjeltorp, Ole Edvin	Team Gjammen	1	04:41:46																04:41:46										
Skjøllerhag, Henrik	IK Spring Väst Sverig	1	03:28:04																	03:28:04									
Skogen, Grid	Fredrikstad IF	11	03:44:45															04:11:16	03:49:36	03:45:01	04:02:55	03:46:23	03:53:29	03:58:56	03:44:45		03:54:37	03:57:44	03:59:40
Skoglund, Tina	Fredrikstad IF	3	04:06:48																			04:17:20	04:25:23					04:06:48	
Skogsholm, Kjetil	ÅSGÅRDSTRAND SEI	1	04:03:12													04:03:12													
Skogum, Finn	Udir B.I.L.	1	03:46:26							03:46:26																			
Skogvang, Kjell	Kondis	6	03:39:17																		03:48:28	03:45:55	04:24:26	04:23:56	03:42:36	03:39:17			
Skoog, Lennart	Stenungsunds OK	12	03:42:50														04:45:20	04:47:44	04:23:39	04:28:25	04:22:11	04:12:12		04:12:45	04:13:03	03:55:03	04:15:59	03:50:07	03:42:50
Skyberg, Espen	Romerike Ultraløpe	1	03:05:34				03:05:34																						
Skyrud, Oskar	Oslo	1	05:31:21				05:31:21																						
Skaaden, Håvard	Kråkerøy IL	1	04:37:58	04:37:58																									
Skåre, Svein		1	04:40:19																						04:40:19				
Skaatan, Hans Andrè	Team Skaatan	1	03:26:07																					03:26:07				
Skaatan, Hilde Elisabeth	Team Skaatan	1	03:36:39																					03:36:39				
Sleipnes, Martin	Østlandstraverne	1	03:57:42							03:57:42																			
Sletten Bunes, Erik Andre	Fredrikstad	1	04:33:50			04:33:50																							
Sletten, Gerhard	OSLOFJORD TRIATL(	1	02:42:44												02:42:44														
Smeby-Diederich, Andrea	Bankid Bankaxept A	1	03:11:40			03:11:40																							

Smedsaas, Georg	Jan Banan	1	03:18:39																				03:18:39							
Smith, Glenn	Tananger	1	03:52:41																							03:52:41				
Sognlien, Tom	Fredrikstad IF	16	03:23:41									03:45:04	03:36:00	03:42:57	04:06:54	03:33:16	04:17:44	03:36:44		03:36:11	03:30:57	03:23:41	03:29:28	04:12:42		03:54:53	03:26:12	03:27:37	03:54:35	
Solbakken, Tor-Henrik		2	03:36:35												03:41:58	03:36:35														
Solberg, Carl Kristian		1	03:45:50										03:45:50																	
Solberg, Nicolay	Engelsviken	1	03:27:35	03:27:35																										
Solberg, Tor	Fredrikstad IF	2	03:27:30																							03:27:30	03:36:02			
Solberg, Øivind	Soonløp	3	03:18:06							03:24:08	03:18:06				04:36:34															
Solhaug, Eirik	Kristiansand S	1	03:21:21	03:21:21																										
Solheim, Sturla	BH	1	03:47:36						03:47:36																					
Solum, Stig	PORSGRUNN	1	03:49:50						03:49:50																					
Solvang, Jeanette Cappele	Romerike Ultraløpe	2	04:26:01			04:37:57									04:26:01															
Solvang, Trygve M.	Hydro Karmøy	1	03:22:21																									03:22:21		
Spilling, Anders	Lyn ski	1	03:22:15								03:22:15																			
Squarcina, Michael		1	03:48:23									03:48:23																		
Staburšvik, Kaja	ÅS IL/TEAM SKIGO	1	03:22:05												03:22:05															
Stachelek, Piotr	Ski	2	03:20:23	03:20:23			03:32:23																							
Stalsberg, Fridtjof	Romerike Ultraløpe	1	03:23:20				03:23:20																							
Staniszewski, Kordian	FREDRIKSTAD TRIAT	2	03:30:24														03:30:24	03:46:44												
Stavset, Sara	TEAM JAKOB	1	04:57:16												04:57:16															
Stefanac, Tommy	Moss	1	04:14:55			04:14:55																								
Steidel, Scott	ASKER	1	04:35:24						04:35:24																					
Steinsvik, Rita	Kripos IL	1	03:48:22																03:48:22											
Stene, Ole Martin	Føkk Asfalt	2	03:41:27		03:41:27	04:07:24																								
Stensli, Hans Olav	ROMERIKE ULTRALØ	2	04:17:50													04:47:54	04:17:50												
Stensrud, Johnny	MOSS CK	1	03:23:42														03:23:42													
Stjern, Tor Arne	Vind I.L.	1	03:38:20																			03:38:20								
Stokke, Tor Inge	BÆRUM KOMMUNE	1	04:02:22													04:02:22														
Stokseth, Øyvind	Halden Skiklubb	1	02:44:18																					02:44:18						
Stordalen, Thomas	RØA IL	1	04:14:03														04:14:03													
Stordrange, Jan Kristian	Flekkefjord Idrettsfo	3	03:36:42														03:39:06		03:50:19	03:36:42										
Storeheier, Even	Østbygda Løpegrup	3	03:08:00								03:08:00	03:18:26	03:24:49																	
Storkås, Geir	PORSGRUNN	3	03:19:03									04:19:40							03:53:40							03:19:03				
Strand, Anne Mari Røstin	Team Loka	1	04:15:10				04:15:10																							
Strand, Ketil	TØNSBERG TRIATHL	1	03:14:23													03:14:23														
Stranddal, Svein	GJERPEN I F	1	03:28:08														03:28:08													
Strandenes, Geir		1	04:22:53																								04:22:53			
Strangel, Bjørn -Erik	Rolvsøy	1	04:33:43				04:33:43																							
Strisland, Reidar	OSLO	1	03:37:35							03:37:35																				
Støa, Tommy	Hytteplan Sport	1	03:56:22																	03:56:22										
Stølen, Ketil	Sørum IL	1	04:32:50		04:32:50																									
Støvland, Øyvind		1	03:08:06												03:08:06															
Sunde, Arne Olav	Winforce Expedition	2	03:06:40																03:06:40	03:07:03										
Sunde, Turid Holemark	PRIVAT	1	04:05:50															04:05:50												
Sundell, Per Øivind	ØRJE IL	1	03:05:27															03:05:27												
Sutor, Piotr	PGS	1	02:50:41											02:50:41																
Svanes, Bernt		1	04:28:14									04:28:14																		
Svarth, Therese	Børnings	1	04:05:30																								04:05:30			
Svarva, Tor	EIK RUNNERS CLUB	1	03:46:29											03:46:29																
Sveinsen, Anders	TORP IF/NORSK ENE	2	03:47:41											03:47:41	04:05:29															
Svendsen, Dag-Tore	Ge Healthcare	1	03:34:52																					03:34:52						
Svendsen, Vidar Frisk	BÆKKELAGET	1	04:17:14														04:17:14													
Svenkerud, Ole-Morten	Vang	1	03:36:03															03:36:03												
Svensen, Sverre G	ARGI+	1	03:35:46												03:35:46															
Svensson, Terje	Fredrikstad IF	17	03:49:27		04:37:16	04:37:09			04:09:59	04:26:53	03:58:36	04:18:39	04:01:57		03:54:58	03:53:51	04:10:18	04:04:10	04:26:40	03:49:27	04:09:17	03:55:35			04:18:28	03:58:52				
Sverre Johannes, Ringstad	Oslofjord Triathlon	1	03:54:10																			03:54:10								
Sverreson, Øyvind		1	04:10:42																			04:10:42								
Syed Ahmad, Fairuz	Fredrikstad IF	4	03:46:58			03:57:49		03:46:58	03:48:09		04:11:03																			
Syversen, Arild	Fredrikstad IF	1	04:19:25																											04:19:25
Syversen, Roger	Gresvik IF	1	03:57:38							03:57:38																				
Sætereng, Tom	BJØNNDALEN SPOR	1	03:29:36									03:29:36																		
Sætre, Ragnhild	Rbil	1	04:02:06																					04:02:06						
Søderstrøm, Stig	Kvarnvedens GOIF	3	03:47:05														05:28:43							04:16:26						03:47:05
Sølvberg, Dag	Moss	1	03:44:10			03:44:10																								
Sørensen, Petter	FREDRIKSTAD SK	1	03:42:40									03:42:40																		
Sørland, Ole Kristian	Winforce Expedition	1	03:00:55																03:00:55											
Sørstad, Gjermund	IF Sturla	3	02:42:02																02:48:18			02:42:02			02:50:06				
Tan, Colin	Telenor BIL	1	03:50:26								03:50:26																			

Tegner, Edgar	Fredrikstad IF	6	04:25:02																				04:52:55	04:25:02	04:39:41	04:50:31	04:54:48	04:32:47		
Tenvik, Helen	Helen Tenvik	1	04:20:43	04:20:43																										
Tharaldsen, Ole	Fredrikstad IF	1	04:01:02															04:01:02												
Thengs, Are	Oslo	1	03:31:10		03:31:10																									
Theodoridis, Nikolaos	Sarpsborg	2	03:08:54		03:08:54	03:21:58																								
Theodorsen, Bjørn	MOSS CK	1	03:46:34											03:46:34																
Thomasrud, Kim	Gressvik	1	05:35:13			05:35:13																								
Thomassen, Sarah	LOVUND	1	03:57:53						03:57:53																					
Thon, Christian	Eidanger	1	03:07:47																			03:07:47								
Thorbjørnsen, Rune	Oslo Kommune BIL	4	03:40:43						03:40:43								04:03:57	04:00:02		03:55:54										
Thoresen, Marius Astrup		1	04:22:20								04:22:20																			
Thorhallsson, Erik	Norfolier	1	03:47:29																					03:47:29						
Thormodsæter, Ole Andre	Oslo	1	03:36:00			03:36:00																								
Thorstensen, Runar	Romerike Ultraløpe	8	03:55:20	04:48:40	05:00:49			04:59:29	04:57:02										04:17:56						03:55:20	03:55:46	03:56:05			
Thygesen, Espen	EQUINOR	1	04:11:04									04:11:04																		
Tilk, Bence	OSLO	1	03:06:00							03:06:00																				
Tillery, Andrew	Haukeland	1	03:13:36																						03:13:36					
Tjernshaugen, Jon Ivar	Sarpsborg	1	04:16:51	04:16:51																										
Torgersen, Trond	Oslo	2	03:31:53		03:31:53						03:35:46																			
Tornes, Karin	Utvik Langløp	1	04:33:47																				04:33:47							
Torp, Stig	Avanade	1	03:57:09																03:57:09											
Tovan, Knut		1	03:44:58																			03:44:58								
Tretterud, Øyvind	BÅSTAD TRENINGSS	1	05:03:01										05:03:01																	
Tronstad, Anders	Moss	11	04:08:51	05:06:13			04:56:26	04:54:09	05:07:28	04:50:05	05:06:41			05:04:34		04:51:12				04:31:37	04:08:51					04:38:28				
Try, Lars	TVEDESTRAND TURI	4	05:53:14												06:08:31	06:23:17	05:53:14	06:27:03												
Tubaas, Peter	Kondis	1	03:04:30																							03:04:30				
Tuft, Roy	Løpetrening	1	04:02:31						04:02:31																					
Tvedt, Karl Johan	KFUM KAM, OSLO	1	06:10:25										06:10:25																	
Tveit, Lasse Andre	FIF	1	03:40:06							03:40:06																				
Tveit, Odd Gunnar	Birkenes IL	18	02:58:31		03:31:24	03:34:35	03:38:22	03:43:03	03:26:42	03:38:33	03:38:01		03:36:46	03:23:09	03:20:52	03:29:32	03:23:02	03:14:30	03:15:05	02:58:31	03:03:11		03:05:07					03:18:11		
Tveit, Per Olav	MOSS SKIKLUBB	2	03:27:15													03:27:15		03:51:50												
Tvete, Ingunn Fride	Oslo	1	04:42:42		04:42:42																									
Tveter, Trygve		1	03:17:52																							03:17:52				
Tømte, Sjur	Fredrikstad IF	25	03:26:03	04:16:27	04:41:59	04:06:36	03:57:12	03:44:54	03:41:23	03:43:45	03:57:22	04:08:48	04:07:53	03:48:24	03:43:49	03:40:54	03:36:57	03:29:12	03:34:36	03:30:43	03:26:03	03:29:32	03:55:21	03:34:16	03:32:53	03:37:19	03:53:25	03:45:24		
Tørstad, Eirik	LØRENSKOG MARAT	1	04:22:38														04:22:38													
Tørstad, Marit	Rye Sp.Kl.	4	03:50:07						03:50:07	03:53:59						03:55:29	04:05:28													
Ugelstad, Torbjørn	Kondis	2	03:17:18																					03:56:54	03:17:18					
Uglebakken, Steinar	Gresvik	3	03:04:56		03:13:46	03:04:56					03:24:20																			
Ullström Jan-Erik	Säffle	7	04:15:33	04:47:50																05:14:22	04:42:45	04:35:31	04:23:41		04:15:33	04:22:04				
Ulvåen, May	Fredrikstad IF	4	03:55:45															04:15:11	04:19:06		03:55:45	04:02:51								
Undheim, Paul Johan	Molde	5	03:25:52		04:11:10	04:05:54			03:46:03	03:54:37	03:25:52																			
Urdal, Håkon Haug	Rygge IL	5	02:42:14		02:43:57	02:42:14				02:45:07			02:48:27					02:59:32												
Uriansrud, Terje	Skjetten	4	03:20:43		03:48:02	03:43:52		03:20:43			03:28:34																			
Ustad, Vilde Nicoline Kvar	TØNSBERG TRIATHL	1	04:54:14													04:54:14														
Uttisrud, Erling	Mysen	1	04:56:29																	04:56:29										
Vad Østby, Caroline	KLØFTA	1	03:20:28							03:20:28																				
Valderhaug, Joakim	DRØBAK	1	05:39:38						05:39:38																					
Valstad, Inger Marit Stark	Østmarka Marsjklub	1	03:16:38							03:16:38																				
Valstad, Keino	Bøler IF Friidrett	3	02:59:40							03:06:56										02:59:40	03:01:37									
Vebostad, Hagbart	Gnagsår	2	03:41:47															03:57:17					03:41:47							
Vedvik, Fredrik	Et Cetera Profil AS	1	04:37:24																		04:37:24									
Veggeland, Turid	GTI FRIIDRETT	3	04:41:55												05:02:25					04:54:47									04:41:55	
Vehus, Knut	Express IL	3	03:27:06																			03:41:04	03:31:38		03:27:06					
Velayuthram, Narda	Fredrikstad IF	2	04:05:21																								04:05:21		04:24:37	
Venøy, Jan Petter	DNL	1	04:39:34																										04:39:34	
Vestby, Geir	Hamar Triatlon	1	04:15:09			04:15:09																								
Vik, Arne Håkon	TLF Halden	2	02:50:56																						02:57:04		02:50:56			
Vikshåland, Georg	Hydro Karmøy	3	03:34:04																			04:00:58				03:34:04	03:55:06			
Viktorsson, Karolina		1	04:32:33														04:32:33													
Vollebæk, Steinar	team v0lliz	1	04:58:27																04:58:27											
Vrålstad, Erik		1	04:10:50										04:10:50																	
Wakelin, Ross	NARVIK IL	8	02:52:30												03:54:25	03:13:19	03:21:21	03:31:02	03:13:53		03:25:24			03:47:20				02:52:30		
Walbom, Kristian	MOSS SKIKLUBB	1	04:09:17													04:09:17														
Walstrøm, Per Jørgen	Oslofjord Triathlon	2	03:12:09																03:18:34						03:12:09					
Weberg-Larsen, Fredrik	FSK	1	03:35:33																							03:35:33				
Weie, Birgitte	Oslo	1	04:58:12	04:58:12																										
Weis-Fogh, Najda	Gressvik	1	04:07:23		04:07:23																									
Wekre, Eirik		1	03:34:53															03:34:53												

Welhaven, Leif	NOTEAM	1	02:50:11																02:50:11											
Wennemo, Erik Kristian		10	03:41:54							04:08:10		04:15:13	04:35:05	04:09:41	03:55:38	03:57:11	03:58:44	03:41:54	03:58:16				03:48:51							
Wennersten, Christel	MOSS	1	04:09:57							04:09:57																				
Wergeland, Ingrid	Oslo	1	03:46:35	03:46:35																										
Wernersen, Regin	Fredrikstad IF	1	03:42:20							03:42:20																				
Weydahl, Birger	Drøbak Maratonklu	9	04:34:41											06:24:43	06:05:15	06:14:35		05:10:29	05:16:32		05:18:53		04:41:46	04:38:59		04:34:41				
Weydahl, Jon	Drøbak Maratonklu	18	03:45:37		05:07:09	05:15:34		05:09:27	05:01:53	05:08:28	05:09:11	04:54:57	04:58:37	04:39:35			04:15:50	04:07:52	04:01:01			03:57:43	03:49:01	03:45:37	03:47:19	03:53:16	03:49:10			
Weydahl, Per Øyvind	COOP FAGHANDEL	2	05:10:30													06:14:37		05:10:30												
Weydahl, Sindre	Team Driv Trening-N	1	03:21:51								03:21:51																			
Wickstrøm, Torild	Polarstjernen IL / Gl	1	03:46:15								03:46:15																			
Wigemyr, Beate Bø	Lillehammer Skiklub	1	03:47:20																									03:47:20		
Wigemyr, Gunstein	Lillehammer Skiklub	2	03:36:37																							03:36:37		03:41:52		
Wigenstad, Skule	Richard Feynman Os	1	03:18:44					03:18:44																						
Wigum, Stig		1	03:51:54															03:51:54												
Wiig, Kenneth Thunshelle	Soonløp	3	03:09:36			03:12:13		03:09:36	03:19:27																					
Wik, John	Skjeberg	1	04:20:16				04:20:16																							
Williams, Darren	Oslo	1	04:44:32	04:44:32																										
Williams, Sean	Oslo	2	02:45:46	02:45:46	02:58:53																									
Wilson, Matthew	SK Rye	1	03:19:01																	03:19:01										
Winther, Camilla	Fredrikstad	1	05:42:57		05:42:57																									
Wium, Magnar	Idd Sportsklubb / Pa	5	02:48:02	02:52:31			02:48:02	02:48:53				03:06:49				03:11:04														
Wold, Andreas	Oslo	1	04:48:37				04:48:37																							
Wærstad-Aalandslid, Aug	Oppegård	1	05:21:20				05:21:20																							
Waagbø, Jon	FREDRIKSTAD TRIAT	2	05:08:19									05:09:52		05:08:19																
Wågelsby, Marius	Matadoren & Picad	1	03:53:36			03:53:36																								
Waalen, Kristian	Spiridon Langløperl	6	04:11:50								04:24:17		04:34:32				04:11:50	04:21:53	04:24:05	04:32:55										
Yakoubi, Jacob	BYGDØY IDRETTSLA	1	03:01:46														03:01:46													
Yiyit, Bedir	Achilles Norway	2	04:16:43			04:16:43	04:48:45																							
Yksnøy, Oline	Rustad IL	3	04:32:35																04:50:14	04:45:02				04:32:35						
Zachariassen, Fredrik	HOLMESTRAND	1	04:17:55							04:17:55																				
Zikan, Zdenek	Oslo Hash House Ha	1	03:53:43						03:53:43																					
Øde, Lars-Erik	MOPIL/RYGGEJOGG	2	03:48:54										03:48:54							03:53:14										
Ødegård, Anette	Team Johansen	1	03:33:01						03:33:01																					
Ødegaard, Hilde	Sarpsborg	1	04:54:02	04:54:02																										
Øfsdahl, Terje	PA CONSULTING GR	1	03:37:30														03:37:30													
Øidvin, Stian	TRENINGSCAMP	1	03:56:45												03:56:45															
Øieroset, Håvard	FREDRIKSTAD	1	05:41:21								05:41:21																			
Øiseth, Øivind	OSLO IDRETTSLAG	2	03:44:23												03:54:05	03:44:23														
Ølstørn, Ivo	TØNSBERG TRIATHL	1	03:23:41											03:23:41																
Øren, Magnus	Team Tenning	1	03:07:10								03:07:10																			
Ørås, Terje	FREDRIKSTAD TRIAT	2	03:27:13											03:28:17		03:27:13														
Østvoll Ingvaldsen, Stian	Erichsen & Horgen	1	03:10:12						03:10:12																					
Øverås, Hans-Arne	Movar BIL	1	04:10:22																		04:10:22									
Øy, Lars	GJELLERÅSEN IF	1	03:05:09										03:05:09																	
Øyen, Sigurd Jakola		1	03:56:00													03:56:00														
Øygarden, Ole Martin	Neslandsvatn	1	05:30:00			05:30:00																								
Aardal, Anders	BIPOLAR	1	03:42:37												03:42:37															
Årdalen, Marianne	Gjerpen Idrettsfore	3	03:39:25				03:40:22					03:39:25	03:49:53																	
Aarnes, Isabel	SKYISTEHLIMIT	2	04:25:12								04:25:12			05:00:23																
Aarsland, Ole Andreas	U.I.L	2	03:42:04																03:56:28						03:42:04					
Aarstad Odgaard, Christia	Team Sportsmande	1	03:11:43							03:11:43																				
Aarvik, Christer		1	03:02:00											03:02:00																
Aas, Jan Billy	DRØBAK MARATON	6	03:04:05										04:48:49	05:58:47	06:05:15						04:18:53		03:04:05					03:32:16		
Aasbø, Henrik	Rindal IL	14	03:46:57	05:16:30	05:01:19				04:57:01	04:41:13	05:17:39	04:58:15	04:36:55		04:35:25		04:28:36	04:27:51		04:06:30	04:10:50		04:19:44	03:46:57						
Aasen, Geir		1	04:09:53											04:09:53																
Åsheim, Kieran	SANDSLI	1	04:14:31					04:14:31																						
Aass, Bjørn Terje	AXA Sport klubb	2	03:31:49																							03:33:28	03:31:49			
Aass, Kjell	DNL (kondis)	2	03:31:18																								04:01:08		03:31:18	
Åstrøm, Kjell	Kolarmora KIF	1	04:50:04																							04:50:04				
Antall fullførte				**76**	**90**	**102**	**76**	**54**	**84**	**94**	**77**	**68**	**81**	**88**	**108**	**108**	**101**	**88**	**87**	**84**	**77**	**83**	**72**	**85**	**58**	**96**	**68**	**73**	**17**	