

7Nutsløpet 2019

08.05.2019



Pos	Klasse posisjon	Navn	Club	1 Fodgstadnuten	2 Dalsnuten	3 Øvre Eikenuten	4 Gramstad mellomtid	5 Kollirudla	6 Mattisrudlå	7 Bjørndalsfjellet	8 Gramstadtjønna	Mål
1st	1	Jon Duncan	Sandnes IL	00:06:02	00:15:37	00:22:10	00:27:02	00:33:46	00:49:08	00:56:06	01:06:52	01:08:44
2nd	2	Andreas Penne Nygård	GTI Friidrettsklubb	00:06:01	00:15:49	00:22:30	00:27:31	00:34:22	00:49:09	00:56:18	01:07:37	01:09:29
3rd	3	Askeland Fredrik		00:06:13	00:16:37	00:23:31	00:28:52	00:36:50	00:54:16	01:02:20	01:13:31	01:15:33
4th	4	Gert Dørheim	Dale fjelløpere	00:06:15	00:17:28	00:24:43	00:30:22	00:38:21	00:56:00	01:04:22	01:16:18	01:18:28
5th	5	Torstein Håland		00:06:56	00:19:04	00:27:00	00:32:33	00:40:33	00:56:46	01:05:08	01:18:29	01:20:49
6th	6	Oskar Tjeldflåt Kvalbein	Sandnes IL	00:06:21	00:17:18	00:24:46	00:30:17	00:38:24	00:55:47	01:06:49	01:22:19	01:24:58
7th	7	Arve Omland	Dale Stiløpere	00:07:11	00:19:03	00:27:10	00:33:19	00:41:58	01:01:56	01:11:05	01:23:24	01:25:46
8th	8	Heine Fjellhaug		00:07:33	00:19:32	00:27:45	00:33:29	00:42:03	01:01:52	01:10:56	01:24:15	01:26:11
9th	9	Thomas Kvalvik	Veden	00:07:29	00:19:09	00:27:11	00:33:27	00:41:59	01:01:57	01:11:05	01:24:16	01:26:19
10th	10	Sindre Haaland Øvrum	Figgjo IL	00:07:36	00:19:12	00:27:14	00:33:28	00:42:01	01:01:58	01:10:53	01:24:17	01:26:31
11th	11	Kai Kronfeldt		00:07:20	00:18:43	00:27:57	00:33:53	00:42:23	01:01:45	01:11:02	01:24:25	01:26:45
12th	12	Martin Bruseth		00:06:36	00:18:08	00:26:32	00:32:21	00:41:00	01:01:58	01:11:10	01:25:31	01:27:39
13th	13	Steven Acarregui	Spirit	00:07:04	00:18:50	00:28:38	00:34:47	00:43:13	01:02:15	01:11:25	01:26:48	01:29:09
14th	14	Lars Ole Gudevang	Stavanger Seilforening	00:07:27	00:19:29	00:27:43	00:33:37	00:42:05	01:01:08	01:11:58	01:27:09	01:29:17
15th	15	Bjørn Bungum	Dale Fjelløpere/Fjells Venner	00:07:18	00:18:02	00:28:05	00:34:18	00:43:11	01:03:37	01:13:23	01:27:11	01:29:19
16th	16	Stig Toadalen	Tempo triathlon klubb	00:07:02	00:18:52	00:28:19	00:34:34	00:43:12	01:02:17	01:11:26	01:27:24	01:29:55
17th	17	Torbjørn Taskjelle		00:08:03	00:20:22	00:28:31	00:34:59	00:44:00	01:05:09	01:14:23	01:28:03	01:30:10
18th	18	Eirik Smistad	Dale Fjell løpere	00:07:41	00:20:21	00:28:45	00:35:19	00:44:09	01:05:06	01:14:54	01:29:18	01:31:43
19th	1	Mette Vatne	Bekkadalen IL	00:07:58	00:21:01	00:29:36	00:35:37	00:44:45	01:06:02	01:15:58	01:30:14	01:32:18
20th	2	Marjo Liikanen	Laerdal Medical BIL	00:08:13	00:20:59	00:29:37	00:35:46	00:45:06	01:06:21	01:16:38	01:30:12	01:32:29
21st	19	Espen Krumsvik		00:07:56	00:20:27	00:28:52	00:35:47	00:45:08	01:06:04	01:16:05	01:31:02	01:33:23
22nd	20	Anders Buland		00:07:25	00:19:50	00:28:35	00:35:25	00:44:13	01:05:09	01:15:18	01:31:06	01:33:40
23rd	21	John Henrik Kirkeli	Sandnes IL	00:07:45	00:20:56	00:29:33	00:35:56	00:46:14	01:08:01	01:17:54	01:31:49	01:33:51
24th	22	Oddgeir Sunde	Team Hulken	00:08:06	00:21:16	00:29:39	00:35:38	00:44:59	01:06:18	01:16:50	01:31:34	01:33:58
25th	23	Bjørn Heradstveit	BFG Bergen Løpeklubb	00:07:59	00:20:41	00:29:37	00:36:13	00:45:24	01:04:34	01:16:30	01:31:43	01:34:10
26th	24	Håkon Rake		00:07:42	00:20:45	00:29:42	00:36:23	00:45:36	01:07:03	01:17:45	01:32:47	01:35:07
27th	25	Kristian Hoff	Stupelæll	00:08:17	00:21:18	00:29:53	00:36:24	00:46:16	01:08:11	01:18:28	01:32:59	01:35:29
28th	26	Lachlan McDonald		00:07:46	00:20:32	00:29:21	00:35:51	00:44:51	01:06:34	01:17:44	01:34:00	01:36:04
29th	27	Amund Dyrnes		00:07:38	00:20:35	00:29:51	00:37:08	00:45:49	01:07:14	01:17:22	01:33:58	01:36:08
30th	28	Andre Alvestad		00:08:32	00:22:15	00:31:18	00:38:04	00:47:00	01:07:25	01:18:03	01:34:01	01:36:19
31st	29	Per Ramsø	GTI	00:07:55	00:21:36	00:30:53	00:37:29	00:46:19	01:08:22	01:18:36	01:34:55	01:36:54
32nd	30	Andreas Tjeldflåt Kvalbein	Sandnes IL	00:11:56	00:19:07	00:27:20	00:33:33	00:42:39	01:05:12	01:17:25	01:34:12	01:37:07
33rd	3	Hilde Skretting	Gjesdal BIL	00:08:06	00:21:28	00:29:55	00:36:18	00:46:17	01:09:09	01:19:59	01:34:51	01:37:10
34th	31	Jonas Husebye	Statnett BIL	00:07:37	00:20:23	00:29:12	00:35:46	00:44:55	01:06:27	01:17:42	01:34:48	01:37:16
35th	4	Kristine Jahren	Stavanger Idrettsklinikk	00:08:09	00:21:44	00:30:57	00:37:52	00:46:58	01:08:23	01:18:44	01:35:32	01:37:49
36th	32	Eirik Matre		00:07:52	00:21:41	00:31:20	00:38:18	00:47:29	01:08:27	01:19:10	01:36:20	01:38:24
37th	33	Ragnar Aga	Il Solnut	00:08:20	00:21:58	00:31:11	00:37:55	00:47:14	01:09:11	01:20:02	01:36:23	01:38:38
38th	5	Camilla Rugland		00:08:23	00:22:01	00:31:28	00:38:42	00:47:57	01:08:30	01:19:12	01:36:21	01:38:40
39th	34	Even Inge Moldsvor		00:08:51	00:22:50	00:31:45	00:38:37	00:48:59	01:12:02	01:22:57	01:37:07	01:39:47
40th	6	Linnéa Valhovd Hove	IL skjalg	00:07:57	00:20:38	00:29:13	00:35:28	00:44:05	01:11:52	01:21:54	01:38:02	01:40:31
41st	35	Sanchez Igor	Tempo Triathlon Club	00:08:21	00:22:18	00:31:52	00:38:54	00:48:40	01:11:32	01:22:12	01:38:39	01:41:13
42nd	36	Sveinung Hetland	Bogafjell SK	00:07:32	00:20:33	00:29:10	00:35:58	00:46:27	01:08:45	01:20:38	01:38:42	01:41:33
43rd	37	Petter Tangenes		00:08:11	00:21:45	00:30:59	00:37:54	00:47:55	01:11:26	01:22:15	01:39:14	01:41:35

44th	38	Øyvind Røsand		00:08:58	00:22:38	00:31:59	00:38:39	00:48:06	01:11:45	01:22:41	01:39:16	01:41:36
45th	39	Ole Morten Thingbø	Bekkedalen IL	00:08:19	00:21:52	00:30:47	00:37:13	00:46:29	01:09:02	01:20:21	01:39:17	01:41:42
46th	40	Tom Krister Nilsen		00:08:05	00:22:35	00:32:05	00:39:09	00:49:21	01:12:22	01:24:43	01:40:47	01:43:10
47th	41	Hans Bjørnar Ungar		00:09:05	00:23:24	00:33:24	00:40:46	00:50:54	01:14:06	01:24:57	01:40:46	01:43:24
48th=	7	Anne-Kristin Sollid	Dale Fjelløpere/Fjells Venner	00:08:51	00:23:14	00:32:32	00:39:39	00:50:45	01:15:36	01:26:52	01:41:24	01:43:52
48th=	42	Kjell Aage Oprann	Dale fjelløpere	00:09:06	00:23:37	00:33:14	00:40:21	00:51:12	01:15:40	01:26:44	01:41:25	01:43:52
48th=	43	Knut Vidar Magnussen		00:08:41	00:22:26	00:31:38	00:38:30	00:47:57	01:11:58	01:23:59	01:41:15	01:43:52
51st	44	Sigurd Stakkeland		00:08:35	00:22:22	00:31:56	00:38:58	00:49:09	01:12:18	01:23:37	01:41:29	01:44:11
52nd	8	Laila Todnem		00:08:39	00:22:05	00:31:34	00:38:29	00:48:44	01:11:57	01:23:37	01:42:01	01:44:58
53rd	45	Ovar Aarsland		00:08:14	00:22:19	00:32:27	00:40:01	00:49:51	01:12:20	01:24:23	01:43:01	01:45:27
54th	46	Sylvain Clerc		00:09:45	00:24:22	00:34:39	00:42:50	00:53:12	01:15:54	01:26:07	01:43:08	01:45:29
55th	47	Reidar Matre	RM Team	00:08:56	00:23:15	00:32:50	00:40:43	00:51:25	01:15:08	01:26:40	01:43:48	01:46:38
56th	48	Jakob Urth	Urth-Adventures	00:07:35	00:21:57	00:32:10	00:39:51	00:49:25	01:12:19	01:23:00	01:43:49	01:46:39
57th	49	Erlend Seppola	ØI & Kondis	00:08:46	00:22:53	00:32:18	00:39:16	00:49:24	01:14:02	01:26:39	01:44:31	01:46:57
58th	50	Mederic Blonbou	Les traileurs contemplatifs	00:09:48	00:24:20	00:34:37	00:42:46	00:53:27	01:16:10	01:28:11	01:44:41	01:46:58
59th	51	Arild Matland	Subsea 7	00:08:16	00:22:58	00:33:18	00:40:39	00:50:51	01:15:09	01:26:55	01:44:32	01:46:59
60th	9	Karen Sunde		00:08:12	00:23:18	00:34:07	00:41:56	00:52:10	01:16:11	01:27:46	01:44:57	01:47:04
61st	52	Alexis Blum		00:08:54	00:23:02	00:33:21	00:40:30	00:49:48	01:12:41	01:25:11	01:45:01	01:47:16
62nd	10	Yngvild Berge		00:09:51	00:25:17	00:35:54	00:43:29	00:53:58	01:17:00	01:27:58	01:44:58	01:47:22
63rd	53	Anders Instebø		00:09:41	00:24:23	00:34:35	00:42:15	00:52:15	01:15:58	01:27:24	01:45:32	01:47:42
64th	11	Ashley Russell	GTI Friidrett	00:09:03	00:24:43	00:35:28	00:42:37	00:53:24	01:16:18	01:27:53	01:45:18	01:47:45
65th	54	Sebastian Rodriguez Codina		00:08:38	00:22:52	00:32:35	00:40:04	00:50:47	01:15:42	01:26:58	01:44:49	01:47:51
66th	55	Thomas Fanebust		00:08:30	00:23:34	00:34:23	00:42:09	00:52:04	01:16:07	01:27:56	01:45:47	01:47:57
67th	56	Pål Erland	GTI	00:09:58	00:25:13	00:35:21	00:42:55	00:53:10	01:16:09	01:28:00	01:45:59	01:48:11
68th	12	Janne Bjørnsen	GTI Friidrettsklubb	00:09:44	00:25:20	00:35:52	00:43:17	00:53:57	01:16:57	01:28:38	01:45:45	01:48:17
69th	57	Erwan Corre		00:09:09	00:23:39	00:34:25	00:41:49	00:51:52	01:16:36	01:28:06	01:45:54	01:48:20
70th	58	Kjetil Birkeland	TEAM MSSL	00:09:50	00:25:31	00:35:58	00:43:37	00:54:02	01:16:58	01:28:13	01:45:58	01:48:25
71st	59	Thierry Le Gallais	SUBSEA7	00:09:04	00:23:58	00:34:33	00:42:01	00:52:11	01:15:49	01:27:39	01:45:31	01:48:26
72nd=	13	Tone Mari Lambrigtsen		00:09:36	00:24:51	00:35:36	00:43:13	00:53:46	01:16:47	01:28:50	01:48:42	01:51:18
72nd=	14	Annika Wignäs		00:09:40	00:24:59	00:35:45	00:43:07	00:53:44	01:16:56	01:29:23	01:48:44	01:51:18
74th	15	Richter Ragnhild Fridheim		00:09:30	00:25:05	00:35:35	00:43:28	00:54:11	01:19:07	01:31:18	01:49:16	01:52:05
75th	60	Sindre Sjøbakk	Equinor	00:10:03	00:24:41	00:35:06	00:42:41	00:53:49	01:19:18	01:32:06	01:50:22	01:52:55
76th	61	Tor Brekke		00:09:31	00:25:01	00:35:42	00:44:11	00:55:46	01:21:52	01:35:13	01:53:44	01:56:20
77th	16	Eline Warland		00:09:58	00:26:01	00:39:03	00:47:23	00:58:39	01:22:00	01:34:43	01:53:45	01:56:32
78th	17	Liv Margunn Høines	Knaben og fjotland IL	00:10:19	00:26:51	00:38:46	00:47:16	00:58:35	01:23:34	01:35:55	01:54:13	01:56:50
79th	62	Cato Dahle		00:10:41	00:26:17	00:37:34	00:46:20	00:57:32	01:21:45	01:34:22	01:54:15	01:57:07
80th	63	Erik Oaland	Poncha Brunbart Mosjonistforening	00:09:14	00:24:33	00:35:16	00:42:43	00:53:41	01:19:12	01:32:36	01:54:36	01:57:17
81st	64	Jon Hægeland		00:09:12	00:24:47	00:35:12	00:43:05	00:53:56	01:19:32	01:34:40	01:53:48	01:57:37
82nd	65	Kenneth Aasberg	Sola CK	00:10:42	00:26:35	00:37:40	00:46:20	00:57:38	01:21:56	01:34:46	01:54:57	01:57:50
83rd	18	Stephane Dupont		00:10:16	00:26:17	00:39:20	00:47:53	00:59:05	01:23:25	01:36:15	01:56:57	01:59:43
84th	19	Ingvill Lia, Bergset	LHL- Klinikken Nærland	00:10:37	00:26:29	00:39:03	00:47:58	00:58:55	01:23:23	01:36:31	01:57:03	01:59:45
85th	20	Solveig Fridheim Torp		00:10:10	00:26:38	00:38:24	00:46:47	00:58:04	01:23:21	01:36:30	01:57:01	01:59:47
86th	21	Hanne Bjerke		00:10:02	00:26:04	00:39:14	00:47:23	00:58:37	01:23:03	01:36:02	01:56:56	01:59:48
87th	22	Borghild Dreggevik		00:10:02	00:26:03	00:39:19	00:47:49	00:59:17	01:25:06	01:37:54	01:57:02	01:59:59
88th	23	Marianne Helland		00:10:52	00:27:26	00:38:11	00:46:35	00:58:21	01:25:09	01:38:31	01:57:29	02:00:18
89th	24	Beate Brekke	Stavanger Triathlonklubb	00:09:44	00:26:59	00:39:07	00:47:14	00:58:22	01:23:12	01:36:27	01:57:48	02:00:20
90th	66	Petter Holme		00:09:28	00:25:52	00:37:54	00:46:51	00:58:51	01:23:38	01:37:21	01:57:28	02:00:32
91st	67	Sølve Wold		00:10:13	00:26:25	00:39:27	00:47:17	00:57:46	01:22:52	01:36:22	01:58:30	02:01:01
92nd	68	Even Inge Moldsvor	Dale Fjelløpere/ Fjells Venner	00:10:10	00:25:34	00:36:14	00:43:53	00:55:54	01:21:54	01:35:29	01:57:10	02:01:16
93rd	69	John Page		00:10:06	00:25:40	00:36:10	00:43:50	00:55:50	01:21:55	01:35:36	01:58:20	02:01:59

94th	25	Johanne Rønneberg Dybevik	Hana IL	00:09:25	00:25:35	00:36:37	00:44:50	00:56:25	01:22:37	01:37:04	01:59:21	02:02:53
95th	70	Harald Rønneberg	Equinor	00:09:20	00:25:30	00:36:27	00:44:49	00:56:15	01:22:23	01:36:51	01:59:12	02:02:54
96th	71	Eirik Wittenberg	Team Northman OCR	00:09:51	00:25:15	00:35:49	00:43:27	00:54:01	01:18:48	01:34:40	01:56:54	02:03:14
97th	72	Andreas Holst-Jæger		00:09:53	00:26:22	00:40:11	00:49:23	01:00:41	01:26:16	01:40:52	02:04:23	02:06:58
98th	26	Hege Bjorland	Tempo Triatlonclub	00:10:07	00:27:30	00:40:23	00:49:31	01:00:22	01:25:52	01:40:19	02:04:14	02:06:59
99th	73	Jacob Korsgaard	Tempo Triathlon club	00:10:11	00:27:36	00:40:32	00:49:30	01:00:27	01:25:55	01:40:28	02:04:22	02:07:00
100th	74	Knut Selmer-Anderssen		00:10:05	00:25:33	00:36:23	00:44:21	00:55:49	01:15:04	01:38:00	02:04:24	02:07:46
101st=	75	Oddbjørn Larsen		00:09:47	00:25:57	00:40:55	00:50:04	01:02:17	01:29:25	01:43:15	02:06:06	02:09:18
101st=	27	Diana Larsen		00:09:49	00:25:59	00:41:00	00:50:04	01:02:21	01:29:24	01:43:13	02:06:10	02:09:18
103rd=	28	Katrine Ljones Karlsen	Petrol BIL	00:11:18	00:28:39	00:43:27	00:52:35	01:03:29	01:28:48	01:42:35	02:07:13	02:09:55
103rd=	29	Lene Hovda	Equinor BIL	00:11:15	00:28:36	00:43:28	00:52:36	01:03:28	01:28:45	01:42:32	02:07:11	02:09:55
105th	30	May Kristin Bringedal		00:11:29	00:28:40	00:42:29	00:51:50	01:03:14	01:30:10	01:44:08	02:07:23	02:10:09
106th	76	Ingvar Ørjan Omdal		00:09:55	00:27:03	00:38:06	00:45:57	00:58:04	01:30:08	01:45:06	02:08:02	02:11:17
107th	77	Anders Fjogstad	Lundehaugen	00:10:36	00:27:25	00:39:02	00:47:27	01:00:11	01:30:04	01:44:15	02:08:01	02:11:18
108th	78	Herbjørn Gabrielsen		00:11:08	00:28:23	00:42:51	00:53:56	01:03:47	01:30:53	01:45:23	02:09:10	02:12:15
109th	31	Ruth Karin Simonsen	Dale Fjelløpere/ Fjells venner	00:11:55	00:30:38	00:43:22	00:52:40	01:06:19	01:36:35	01:51:19	02:11:46	02:15:14
110th=	79	Rune Aasvestad		00:10:33	00:27:41	00:42:55	00:52:00	01:03:16	01:30:14	01:45:28	02:13:12	02:16:12
110th=	32	Angela Swan Middleton		00:09:35	00:27:16	00:41:31	00:51:47	01:03:18	01:30:44	01:45:14	02:13:04	02:16:12
112th=	33	Tove Linn Bjørnå	EY	00:11:03	00:29:07	00:44:02	00:52:48	01:05:11	01:35:17	01:49:32	02:14:32	02:17:24
112th=	34	Marthe Berge		00:11:00	00:28:46	00:43:56	00:52:40	01:04:53	01:34:49	01:49:30	02:14:31	02:17:24
114th	80	Bjørn Kristian Flatekvål		00:09:52	00:26:31	00:40:04	00:50:11	01:03:27	01:34:54	01:49:56	02:14:52	02:18:25
115th	81	Geir Tellefsen		00:10:55	00:28:07	00:42:59	00:51:59	01:03:24	01:30:39	01:46:34	02:15:50	02:19:27
116th	35	Marie Nøkling	Spirit	00:10:54	00:28:39	00:43:18	00:52:44	01:05:29	01:34:53	01:50:44	02:17:34	02:20:47
117th	82	Charly Rochat		00:10:19	00:27:30	00:40:31	00:49:18	01:01:17	01:31:23	01:48:52	02:17:35	02:21:27
118th	36	Hilde Oftedal	Fredriksons løpelag	00:11:04	00:28:53	00:43:25	00:52:38	01:05:07	01:36:59	01:52:34	02:19:49	02:23:08
119th	37	Toril Gjesdal		00:11:50	00:31:06	00:46:36	00:57:27	01:10:18	01:39:15	01:56:04	02:22:46	02:26:04
120th	83	Alexandre Joppé	JWC	00:10:28	00:29:25	00:45:22	00:55:27	01:06:15	01:36:55	02:00:06	02:24:09	02:28:16
121st	38	Unni Petra Vassbø		00:12:23	00:32:53	00:49:30	01:00:01	01:12:58	01:43:58	02:00:21	02:27:38	02:30:59
122nd	39	Hanna Elise Andersson	Team Andersson	00:11:12	00:30:53	00:47:59	00:59:01	01:12:44	01:43:53	02:00:44	02:34:14	02:36:53
123rd	40	Nina Haugland		00:12:10	00:33:19	00:49:56	01:00:24	01:15:00	01:52:04	02:09:21	02:39:48	02:42:52
124th	41	Ingveig Nærland Ødegaard		00:12:08	00:32:51	00:49:42	01:00:24	01:14:51	01:52:04	02:08:53	02:39:46	02:42:53
125th	42	Else Malmin		00:11:51	00:33:01	00:50:54	01:03:17	01:17:12	01:52:06	02:10:06	02:41:05	02:44:17
126th=	43	Leni Marøen	Team Leni & Alex	00:11:41	00:34:29	00:52:37	01:04:13	01:18:24	01:52:16	02:11:17	02:41:38	02:44:39
126th=	84	Alexander Seime	Team Leni & Alex	00:11:48	00:34:23	00:52:39	01:04:14	01:18:26	01:52:06	02:11:11	02:41:31	02:44:39
131st	84	Emmanuel Rouil		00:10:21	00:27:57	00:42:36	00:52:43	01:07:27	01:44:01	02:03:22	02:45:00	02:50:52
132nd	44	Tonje Elin Gerritsen		00:12:10	00:32:26	00:49:36	01:00:59	01:14:28	01:49:50	02:09:59	02:48:06	02:52:06
133rd	85	Inge Hedenstad Stangeland	Bjerkreim IL	00:11:10	00:28:59	00:43:31	00:52:46	01:04:26	02:05:23	02:22:59	02:52:34	02:55:31
134th	45	Margaret Flohberger		00:13:02	00:36:12	00:59:23	01:11:43	01:36:33	02:12:33	02:31:00	03:01:13	03:04:37
128th	46	Neea Tantarimäki		00:24:15	00:46:55	01:13:59	01:31:14	01:51:37	02:37:16	03:02:49	03:44:38	03:50:27
129th=	46	Ann-Sofie Wik		00:24:11	00:46:54	01:13:51	01:31:15	01:51:22	02:37:33	03:02:48	03:44:40	03:50:28
129th=	46	Heidi Lie		00:24:12	00:46:58	01:13:47	01:31:15	01:51:46	02:37:49	03:02:54	03:44:41	03:50:28
DNF		Katarzyna Podsiadla		00:10:14	00:28:02	00:43:04	00:51:59	01:04:16				02:12:23
DNF		Tore Frøyland		00:08:49								

3nutsløpet

Pos	Klasse Posisjon	Surname	Club	1 Fodgstadnuten	2 Dalsnuten	3 Øvre Eikenuten	Mål
1st	1	Ola Wathne Thingbø	Bekkadalen IL	00:08:01	00:21:18	00:29:34	00:35:17
2nd	2	Victor Enoksen		00:07:57	00:20:37	00:29:26	00:35:33
3rd	3	Knut Pedersen	Spirit-Stavanger friidrett	00:08:08	00:21:50	00:30:44	00:36:44
4th	4	Erling Knutsen	Dale Fjelløpere	00:08:00	00:21:48	00:30:56	00:38:29
5th	5	Christoffer Enoksen		00:08:52	00:24:55	00:36:08	00:43:54
6th	1	Katrin Olsen	Urth-Adventures	00:09:16	00:25:46	00:37:43	00:46:46
7th	2	Caroline Kvalvik	Austrått IL	00:10:23	00:26:41	00:40:01	00:47:24
8th	3	Iben Åsan Myhre	Hana IL	00:10:23	00:26:59	00:40:10	00:47:25
9th	4	Henriette Nettet	SkogsOpplevelser	00:09:43	00:27:10	00:41:08	00:49:45
10th	6	Even Tillerli	Team NorthmanOCR	00:10:49	00:29:23	00:44:01	00:52:03
11th=	5	Sandra Riise		00:11:18	00:29:27	00:44:25	00:52:21
11th=	7	Ingve Sørheim		00:11:24	00:30:50	00:43:55	00:52:21
13th	6	Bettina Stene	Team NorthmanOCR	00:10:45	00:29:16	00:44:22	00:53:23
14th	8	Kenneth Skogli	Team skole	00:11:14	00:30:41	00:45:04	00:54:45
15th	7	Valborg Birkenes		00:12:29	00:32:18	00:47:17	00:56:10
16th	8	Astri Totland		00:11:38	00:31:41	00:47:22	00:56:50
17th	9	Sine Horve		00:11:57	00:32:05	00:47:37	00:56:56
18th	9	Reidar Bokn	Fil	00:11:37	00:31:47	00:48:50	00:58:52
19th	10	Elisabeth Larsen		00:13:32	00:35:41	01:01:13	01:12:23
20th=	11	Celina Samslått		00:12:48	00:37:07	01:01:00	01:15:33
20th=	12	Thina Irene Samslått		00:12:51	00:37:14	01:01:00	01:15:33
	DNF	Aleksander Kirkhus Fjørland		00:13:28	00:38:54		01:05:23