

Resultater fra Saltenkarusell 7 - Vatnvatnet 25.06.2008

Det var totalt 63 deltagere.

Klasse 6 km

9 påmeldt, 9 startende

| | | | | | | | | | | |
|----------|----------------------------|-----------|-----------------|-----------|---------------------|-----------|--------------|-----------|-----------------|-----------|
| 1 | Lars Reitan | | B&OI | | (6,66min/km) | | 39:59 | | | |
| | 4:54 (2) | 7:33 (2) | 11:09 (2) | 14:32 (3) | 19:47 (1) | 22:14 (1) | 23:13 (1) | 26:40 (1) | 30:10 (1) | 34:16 (1) |
| | 4:54/35 | 2:39/38 | 3:36/39 | 3:23/42 | 5:15/43 | 2:27/44 | 0:59/45 | 3:27/46 | 3:30/47 | 4:06/41 |
| | +0:31 (2) | +0:08 (3) | +0:19 (3) | +0:21 (2) | +0:30 (2) | +0:11 (3) | +0:00 (1) | +0:00 (1) | +0:03 (2) | +0:22 (3) |
| | 37:28 (1) | 39:33 (1) | 39:59 (1) | | | | | | | |
| | 3:12/40 | 2:05/58 | 0:26/150 | | | | | | | |
| | +0:00 (1) | +0:15 (3) | +0:04 (3) | | | | | | | |
| 2 | Håvard Berg | | B&OI | | (6,79min/km) | | 40:44 | | (+0:45) | |
| | 4:23 (1) | 6:54 (1) | 10:19 (1) | 13:56 (1) | 19:50 (2) | 22:49 (3) | 23:53 (3) | 27:25 (2) | 31:01 (2) | 34:45 (2) |
| | 4:23/35 | 2:31/38 | 3:25/39 | 3:37/42 | 5:54/43 | 2:59/44 | 1:04/45 | 3:32/46 | 3:36/47 | 3:44/41 |
| | +0:00 (1) | +0:00 (1) | +0:08 (2) | +0:35 (5) | +1:09 (5) | +0:43 (6) | +0:05 (3) | +0:05 (2) | +0:09 (3) | +0:00 (1) |
| | 38:06 (2) | 40:10 (2) | 40:44 (2) | | | | | | | |
| | 3:21/40 | 2:04/58 | 0:34/150 | | | | | | | |
| | +0:09 (5) | +0:14 (2) | +0:12 (8) | | | | | | | |
| 3 | Øistein Strømme | | Gular | | (6,84min/km) | | 41:04 | | (+1:05) | |
| | 5:39 (3) | 8:12 (3) | 11:29 (3) | 14:31 (2) | 20:01 (3) | 22:19 (2) | 23:31 (2) | 27:40 (3) | 31:07 (3) | 35:08 (3) |
| | 5:39/35 | 2:33/38 | 3:17/39 | 3:02/42 | 5:30/43 | 2:18/44 | 1:12/45 | 4:09/46 | 3:27/47 | 4:01/41 |
| | +1:16 (3) | +0:02 (2) | +0:00 (1) | +0:00 (1) | +0:45 (4) | +0:02 (2) | +0:13 (5) | +0:42 (8) | +0:00 (1) | +0:17 (2) |
| | 38:21 (3) | 40:31 (3) | 41:04 (3) | | | | | | | |
| | 3:13/40 | 2:10/58 | 0:33/150 | | | | | | | |
| | +0:01 (2) | +0:20 (5) | +0:11 (7) | | | | | | | |
| 4 | Roy Solbakk | | Ukjent | | (7,68min/km) | | 46:05 | | (+6:06) | |
| | 6:12 (7) | 10:06 (7) | 13:52 (4) | 17:34 (5) | 23:39 (6) | 26:15 (6) | 27:27 (6) | 31:02 (5) | 35:10 (6) | 39:51 (4) |
| | 6:12/35 | 3:54/38 | 3:46/39 | 3:42/42 | 6:05/43 | 2:36/44 | 1:12/45 | 3:35/46 | 4:08/47 | 4:41/41 |
| | +1:49 (7) | +1:23 (8) | +0:29 (4) | +0:40 (7) | +1:20 (6) | +0:20 (4) | +0:13 (5) | +0:08 (3) | +0:41 (6) | +0:57 (5) |
| | 43:06 (4) | 45:34 (4) | 46:05 (4) | | | | | | | |
| | 3:15/40 | 2:28/58 | 0:31/150 | | | | | | | |
| | +0:03 (3) | +0:38 (6) | +0:09 (5) | | | | | | | |
| 5 | Petter Jakola | | B&OI | | (7,84min/km) | | 47:02 | | (+7:03) | |
| | 6:07 (6) | 9:56 (6) | 13:55 (6) | 17:24 (4) | 22:09 (4) | 24:25 (4) | 25:25 (4) | 29:21 (4) | 32:57 (4) | 39:56 (5) |
| | 6:07/35 | 3:49/38 | 3:59/39 | 3:29/42 | 4:45/43 | 2:16/44 | 1:00/45 | 3:56/46 | 3:36/47 | 6:59/41 |
| | +1:44 (6) | +1:18 (7) | +0:42 (6) | +0:27 (4) | +0:00 (1) | +0:00 (1) | +0:01 (2) | +0:29 (6) | +0:09 (3) | +3:15 (8) |
| | 44:03 (5) | 46:40 (5) | 47:02 (5) | | | | | | | |
| | 4:07/40 | 2:37/58 | 0:22/150 | | | | | | | |
| | +0:55 (7) | +0:47 (7) | +0:00 (1) | | | | | | | |
| 6 | Morten Tjønndal | | B&OI | | (8,20min/km) | | 49:13 | | (+9:14) | |
| | 5:39 (3) | 8:47 (4) | 14:01 (7) | 17:53 (6) | 24:31 (7) | 27:53 (7) | 29:07 (7) | 32:52 (7) | 38:03 (7) | 42:34 (6) |
| | 5:39/35 | 3:08/38 | 5:14/39 | 3:52/42 | 6:38/43 | 3:22/44 | 1:14/45 | 3:45/46 | 5:11/47 | 4:31/41 |
| | +1:16 (3) | +0:37 (6) | +1:57 (8) | +0:50 (8) | +1:53 (7) | +1:06 (9) | +0:15 (7) | +0:18 (5) | +1:44 (8) | +0:47 (4) |
| | 46:37 (6) | 48:42 (6) | 49:13 (6) | | | | | | | |
| | 4:03/40 | 2:05/58 | 0:31/150 | | | | | | | |
| | +0:51 (6) | +0:15 (3) | +0:09 (5) | | | | | | | |
| 7 | Bjørn Are Stensland | | B&OI | | (8,24min/km) | | 49:25 | | (+9:26) | |
| | 7:49 (9) | 10:54 (9) | 14:41 (8) | 18:07 (7) | 23:26 (5) | 26:07 (5) | 27:17 (5) | 31:22 (6) | 35:09 (5) | 43:50 (7) |
| | 7:49/35 | 3:05/38 | 3:47/39 | 3:26/42 | 5:19/43 | 2:41/44 | 1:10/45 | 4:05/46 | 3:47/47 | 8:41/41 |
| | +3:26 (9) | +0:34 (5) | +0:30 (5) | +0:24 (3) | +0:34 (3) | +0:25 (5) | +0:11 (4) | +0:38 (7) | +0:20 (5) | +4:57 (9) |
| | 47:05 (7) | 48:55 (7) | 49:25 (7) | | | | | | | |
| | 3:15/40 | 1:50/58 | 0:30/150 | | | | | | | |
| | +0:03 (3) | +0:00 (1) | +0:08 (4) | | | | | | | |
| 8 | Arild Pettersen | | BKK | | (9,29min/km) | | 55:44 | | (+15:45) | |
| | 5:42 (5) | 9:39 (5) | 13:53 (5) | 18:10 (8) | 25:20 (8) | 28:30 (8) | 30:23 (8) | 34:51 (8) | 39:05 (8) | 44:33 (8) |
| | 5:42/35 | 3:57/38 | 4:14/39 | 4:17/42 | 7:10/43 | 3:10/44 | 1:53/45 | 4:28/46 | 4:14/47 | 5:28/41 |
| | +1:19 (5) | +1:26 (9) | +0:57 (7) | +1:15 (9) | +2:25 (8) | +0:54 (8) | +0:54 (9) | +1:01 (9) | +0:47 (7) | +1:44 (7) |
| | 51:11 (8) | 54:19 (8) | 55:44 (8) | | | | | | | |

6:38/40 3:08/58 1:25/150
+3:26 (9) +1:18 (8) +1:03 (9)

| | | | | | | | | | |
|-----------|-----------------------|-------------|-----------|-----------------|-----------|----------------------|-----------|----------------|-----------------|
| 9 | Torbjørn Høslis Olsen | | | B&OI | | <i>(10,59min/km)</i> | | 1:03:32 | (+23:33) |
| 7:27 (8) | 10:14 (8) | 16:52 (9) | 20:29 (9) | 36:28 (9) | 39:32 (9) | 40:54 (9) | 44:38 (9) | 49:57 (9) | 54:47 (9) |
| 7:27/35 | 2:47/38 | 6:38/39 | 3:37/42 | 15:59/43 | 3:04/44 | 1:22/45 | 3:44/46 | 5:19/47 | 4:50/41 |
| +3:04 (8) | +0:16 (4) | +3:21 (9) | +0:35 (5) | +11:14 (9) | +0:48 (7) | +0:23 (8) | +0:17 (4) | +1:52 (9) | +1:06 (6) |
| 59:30 (9) | 1:03:08 (9) | 1:03:32 (9) | | | | | | | |
| 4:43/40 | 3:38/58 | 0:24/150 | | | | | | | |
| +1:31 (8) | +1:48 (9) | +0:02 (2) | | | | | | | |

Klasse 4 km

24 påmeldt, 23 startende

| | | | | | | | | | |
|-----------|--------------|-----------|-----------|-----------------|-----------|---------------------|-----------|--------------|-----------|
| 1 | Per Rekkedal | | | B&OI | | <i>(8,56min/km)</i> | | 34:15 | |
| 6:11 (6) | 9:10 (4) | 12:31 (4) | 15:09 (3) | 16:20 (3) | 19:47 (3) | 23:18 (3) | 27:48 (3) | 31:19 (3) | 33:46 (3) |
| 6:11/35 | 2:59/38 | 3:21/43 | 2:38/44 | 1:11/45 | 3:27/46 | 3:31/47 | 4:30/41 | 3:31/40 | 2:27/58 |
| +5:04 (4) | +0:18 (4) | +0:01 (2) | +0:00 (1) | +0:01 (2) | +1:33 (2) | +0:27 (3) | +0:00 (1) | +0:08 (2) | +0:10 (3) |
| 34:15 (3) | 34:15 (3) | | | | | | | | |
| 0:29/150 | | | | | | | | | |
| +0:03 (2) | +0:00 (1) | | | | | | | | |

| | | | | | | | | | |
|------------|--------------|-----------|-----------|-----------------|-----------|---------------------|-----------|--------------|----------------|
| 2 | Erlend Fjose | | | B&OI | | <i>(9,13min/km)</i> | | 36:32 | (+2:17) |
| 7:56 (18) | 11:10 (13) | 14:30 (7) | 17:13 (7) | 18:25 (7) | 21:54 (5) | 25:15 (4) | 30:03 (4) | 33:26 (4) | 35:58 (4) |
| 7:56/35 | 3:14/38 | 3:20/43 | 2:43/44 | 1:12/45 | 3:29/46 | 3:21/47 | 4:48/41 | 3:23/40 | 2:32/58 |
| +6:49 (16) | +0:33 (5) | +0:00 (1) | +0:05 (2) | +0:02 (3) | +1:35 (3) | +0:17 (2) | +0:18 (2) | +0:00 (1) | +0:15 (5) |
| 36:32 (4) | 36:32 (4) | | | | | | | | |
| 0:34/150 | | | | | | | | | |
| +0:08 (4) | +0:00 (1) | | | | | | | | |

| | | | | | | | | | |
|-----------|--------------|-----------|------------|-----------------|-----------|---------------------|-----------|--------------|----------------|
| 3 | Ivar Aanerød | | | B&OI | | <i>(9,53min/km)</i> | | 38:08 | (+3:53) |
| 5:38 (4) | 8:36 (3) | 12:14 (3) | 15:58 (4) | 17:18 (4) | 21:12 (4) | 25:36 (5) | 31:05 (5) | 34:59 (5) | 37:31 (5) |
| 5:38/35 | 2:58/38 | 3:38/43 | 3:44/44 | 1:20/45 | 3:54/46 | 4:24/47 | 5:29/41 | 3:54/40 | 2:32/58 |
| +4:31 (2) | +0:17 (3) | +0:18 (4) | +1:06 (14) | +0:10 (8) | +2:00 (5) | +1:20 (7) | +0:59 (6) | +0:31 (4) | +0:15 (5) |
| 38:08 (5) | 38:08 (5) | | | | | | | | |
| 0:37/150 | | | | | | | | | |
| +0:11 (9) | +0:00 (1) | | | | | | | | |

| | | | | | | | | | |
|-----------|------------------|-----------|-----------|-----------------|-----------|----------------------|-----------|--------------|----------------|
| 4 | Sander Pettersen | | | B&OI | | <i>(10,49min/km)</i> | | 41:57 | (+7:42) |
| (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) |
| +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) |
| (1) | (1) | | | | | | | | |
| +0:00 (1) | +0:00 (1) | | | | | | | | |

| | | | | | | | | | |
|-----------|------------|-----------|-----------|-----------------|------------|----------------------|-----------|--------------|----------------|
| 5 | Jan Prytz | | | B&OI | | <i>(10,73min/km)</i> | | 42:55 | (+8:40) |
| 5:40 (5) | 9:29 (5) | 13:41 (6) | 16:34 (6) | 17:53 (6) | 25:47 (10) | 29:59 (8) | 35:20 (7) | 39:50 (7) | 42:21 (6) |
| 5:40/35 | 3:49/38 | 4:12/43 | 2:53/44 | 1:19/45 | 7:54/46 | 4:12/47 | 5:21/41 | 4:30/40 | 2:31/58 |
| +4:33 (3) | +1:08 (13) | +0:52 (9) | +0:15 (4) | +0:09 (6) | +6:00 (18) | +1:08 (5) | +0:51 (5) | +1:07 (9) | +0:14 (4) |
| 42:55 (6) | 42:55 (6) | | | | | | | | |
| 0:34/150 | | | | | | | | | |
| +0:08 (4) | +0:00 (1) | | | | | | | | |

| | | | | | | | | | |
|------------|------------|------------|------------|-----------------|------------|----------------------|-----------|--------------|----------------|
| 6 | Marit Kure | | | B&OI | | <i>(10,79min/km)</i> | | 43:09 | (+8:54) |
| 6:14 (7) | 10:01 (7) | 14:34 (8) | 18:03 (8) | 19:26 (9) | 24:53 (8) | 29:29 (7) | 35:19 (6) | 39:36 (6) | 42:24 (7) |
| 6:14/35 | 3:47/38 | 4:33/43 | 3:29/44 | 1:23/45 | 5:27/46 | 4:36/47 | 5:50/41 | 4:17/40 | 2:48/58 |
| +5:07 (5) | +1:06 (12) | +1:13 (12) | +0:51 (13) | +0:13 (9) | +3:33 (16) | +1:32 (10) | +1:20 (9) | +0:54 (7) | +0:31 (10) |
| 43:09 (7) | 43:09 (7) | | | | | | | | |
| 0:45/150 | | | | | | | | | |
| +0:19 (17) | +0:00 (1) | | | | | | | | |

| | | | | | | | | | |
|-----------|----------------|------------|------------|------------|------------|----------------------|-----------|--------------|-----------------|
| 7 | Tove Bergkvist | | | VIL | | <i>(11,09min/km)</i> | | 44:21 | (+10:06) |
| 6:49 (11) | 10:34 (11) | 14:49 (10) | 18:34 (11) | 20:06 (11) | 24:35 (7) | 30:06 (9) | 35:45 (8) | 40:17 (8) | 43:40 (8) |
| 6:49/35 | 3:45/38 | 4:15/43 | 3:45/44 | 1:32/45 | 4:29/46 | 5:31/47 | 5:39/41 | 4:32/40 | 3:23/58 |
| +5:42 (9) | +1:04 (11) | +0:55 (11) | +1:07 (15) | +0:22 (15) | +2:35 (11) | +2:27 (16) | +1:09 (8) | +1:09 (11) | +1:06 (15) |
| 44:21 (8) | 44:21 (8) | | | | | | | | |

0:41/150

+0:15 (15) +0:00 (1)

8 Håkon Hegreberg B&OI (11,22min/km) **44:52** (+10:37)
6:43 (9) 9:40 (6) 13:14 (5) 16:09 (5) 17:27 (5) 29:05 (16) 32:09 (12) 37:01 (9) 41:12 (9) 44:26 (9)
6:43/35 2:57/38 3:34/43 2:55/44 1:18/45 11:38/46 3:04/47 4:52/41 4:11/40 3:14/58
+5:36 (7) +0:16 (2) +0:14 (3) +0:17 (5) +0:08 (5) +9:44 (19) +0:00 (1) +0:22 (3) +0:48 (6) +0:57 (13)
44:52 (9) 44:52 (9)
0:26/150
+0:00 (1) +0:00 (1)

9 Raymond Trondsen Tverrlandet IL (11,24min/km) **44:57** (+10:42)
(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)
+0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
(1) (1)
+0:00 (1) +0:00 (1)

10 Jakob Kalvig Skogan B&OI (11,50min/km) **46:00** (+11:45)
8:31 (20) 12:13 (17) 17:44 (14) 20:44 (14) 21:57 (14) 26:03 (11) 31:15 (11) 37:50 (10) 42:39 (10) 45:23 (10)
8:31/35 3:42/38 5:31/43 3:00/44 1:13/45 4:06/46 5:12/47 6:35/41 4:49/40 2:44/58
+7:24 (18) +1:01 (10) +2:11 (14) +0:22 (6) +0:03 (4) +2:12 (7) +2:08 (13) +2:05 (10) +1:26 (12) +0:27 (9)
46:00 (10) 46:00 (10)
0:37/150
+0:11 (9) +0:00 (1)

11 Erling Pedersen SISO (11,50min/km) **46:01** (+11:46)
6:48 (10) 10:19 (10) 20:49 (21) 23:57 (20) 25:21 (19) 29:38 (17) 33:36 (16) 38:37 (13) 43:05 (11) 45:25 (11)
6:48/35 3:31/38 10:30/43 3:08/44 1:24/45 4:17/46 3:58/47 5:01/41 4:28/40 2:20/58
+5:41 (8) +0:50 (7) +7:10 (20) +0:30 (8) +0:14 (10) +2:23 (10) +0:54 (4) +0:31 (4) +1:05 (8) +0:03 (2)
46:01 (11) 46:01 (11)
0:36/150
+0:10 (7) +0:00 (1)

12 Aviaja Kleinst B&OI (11,56min/km) **46:15** (+12:00)
12:57 (22) 16:50 (21) 20:29 (20) 23:40 (18) 25:08 (18) 28:53 (15) 33:10 (15) 39:46 (14) 43:24 (12) 45:41 (12)
12:57/35 3:53/38 3:39/43 3:11/44 1:28/45 3:45/46 4:17/47 6:36/41 3:38/40 2:17/58
+11:50 (20) +1:12 (14) +0:19 (5) +0:33 (9) +0:18 (13) +1:51 (4) +1:13 (6) +2:06 (11) +0:15 (3) +0:00 (1)
46:15 (12) 46:15 (12)
0:34/150
+0:08 (4) +0:00 (1)

13 Håvard Irgens B&OI (11,72min/km) **46:52** (+12:37)
6:40 (8) 10:07 (8) 16:45 (13) 19:35 (13) 21:18 (13) 25:20 (9) 30:48 (10) 38:22 (12) 43:42 (13) 46:23 (13)
6:40/35 3:27/38 6:38/43 2:50/44 1:43/45 4:02/46 5:28/47 7:34/41 5:20/40 2:41/58
+5:33 (6) +0:46 (6) +3:18 (17) +0:12 (3) +0:33 (17) +2:08 (6) +2:24 (14) +3:04 (15) +1:57 (14) +0:24 (8)
46:52 (13) 46:52 (13)
0:29/150
+0:03 (2) +0:00 (1)

14 Ketil Jordbru VIL (12,45min/km) **49:48** (+15:33)
7:36 (16) 11:11 (14) 17:55 (15) 21:22 (15) 22:41 (15) 26:56 (13) 32:47 (14) 38:17 (11) 46:30 (16) 49:10 (14)
7:36/35 3:35/38 6:44/43 3:27/44 1:19/45 4:15/46 5:51/47 5:30/41 8:13/40 2:40/58
+6:29 (14) +0:54 (9) +3:24 (18) +0:49 (12) +0:09 (6) +2:21 (9) +2:47 (18) +1:00 (7) +4:50 (19) +0:23 (7)
49:48 (14) 49:48 (14)
0:38/150
+0:12 (11) +0:00 (1)

15 Asbjørn Pedersen SISO (12,45min/km) **49:49** (+15:34)
6:51 (12) 10:44 (12) 14:47 (9) 18:09 (9) 19:33 (10) 23:43 (6) 28:33 (6) 41:51 (16) 46:22 (15) 49:13 (15)
6:51/35 3:53/38 4:03/43 3:22/44 1:24/45 4:10/46 4:50/47 13:18/41 4:31/40 2:51/58
+5:44 (10) +1:12 (14) +0:43 (8) +0:44 (11) +0:14 (10) +2:16 (8) +1:46 (11) +8:48 (20) +1:08 (10) +0:34 (12)
49:49 (15) 49:49 (15)
0:36/150
+0:10 (7) +0:00 (1)

16 Ingunn Limstrand Ukjent (12,77min/km) **51:05** (+16:50)
7:20 (15) 12:27 (18) 18:30 (16) 21:47 (16) 23:12 (16) 28:37 (14) 34:07 (17) 40:54 (15) 45:49 (14) 50:25 (16)

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 7:20/35 | 5:07/38 | 6:03/43 | 3:17/44 | 1:25/45 | 5:25/46 | 5:30/47 | 6:47/41 | 4:55/40 | 4:36/58 |
| +6:13 (13) | +2:26 (17) | +2:43 (15) | +0:39 (10) | +0:15 (12) | +3:31 (15) | +2:26 (15) | +2:17 (13) | +1:32 (13) | +2:19 (19) |
| 51:05 (16) | 51:05 (16) | | | | | | | | |
| 0:40/150 | | | | | | | | | |
| +0:14 (14) | +0:00 (1) | | | | | | | | |

17 Morten Selnes **B&OI** **(13,48min/km)** **53:56 (+19:41)**

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 7:00 (13) | 11:50 (16) | 18:54 (17) | 23:01 (17) | 25:05 (17) | 30:11 (18) | 35:43 (19) | 42:52 (17) | 49:53 (17) | 53:17 (17) |
| 7:00/35 | 4:50/38 | 7:04/43 | 4:07/44 | 2:04/45 | 5:06/46 | 5:32/47 | 7:09/41 | 7:01/40 | 3:24/58 |
| +5:53 (11) | +2:09 (16) | +3:44 (19) | +1:29 (17) | +0:54 (19) | +3:12 (13) | +2:28 (17) | +2:39 (14) | +3:38 (17) | +1:07 (16) |
| 53:56 (17) | 53:56 (17) | | | | | | | | |
| 0:39/150 | | | | | | | | | |
| +0:13 (12) | +0:00 (1) | | | | | | | | |

18 Leif Magne Eggestad **B&OI** **(13,95min/km)** **55:48 (+21:33)**

| | | | | | | | | | |
|------------|------------|------------|------------|-----------|-------------|------------|------------|------------|------------|
| 7:36 (16) | 10:17 (9) | 15:06 (11) | 18:13 (10) | 19:23 (8) | 36:31 (22) | 41:36 (22) | 48:20 (22) | 52:19 (18) | 55:07 (18) |
| 7:36/35 | 2:41/38 | 4:49/43 | 3:07/44 | 1:10/45 | 17:08/46 | 5:05/47 | 6:44/41 | 3:59/40 | 2:48/58 |
| +6:29 (14) | +0:00 (1) | +1:29 (13) | +0:29 (7) | +0:00 (1) | +15:14 (20) | +2:01 (12) | +2:14 (12) | +0:36 (5) | +0:31 (10) |
| 55:48 (18) | 55:48 (18) | | | | | | | | |
| 0:41/150 | | | | | | | | | |
| +0:15 (15) | +0:00 (1) | | | | | | | | |

19 Vibece Hobbestad **VIL** **(14,35min/km)** **57:25 (+23:10)**

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 9:25 (21) | 15:25 (20) | 19:19 (19) | 24:44 (21) | 26:15 (21) | 30:51 (19) | 35:25 (18) | 46:30 (20) | 52:47 (19) | 56:07 (19) |
| 9:25/35 | 6:00/38 | 3:54/43 | 5:25/44 | 1:31/45 | 4:36/46 | 4:34/47 | 11:05/41 | 6:17/40 | 3:20/58 |
| +8:18 (19) | +3:19 (19) | +0:34 (6) | +2:47 (19) | +0:21 (14) | +2:42 (12) | +1:30 (8) | +6:35 (19) | +2:54 (16) | +1:03 (14) |
| 57:25 (19) | 57:25 (19) | | | | | | | | |
| 1:18/150 | | | | | | | | | |
| +0:52 (19) | +0:00 (1) | | | | | | | | |

20 Geir Moen **B&OI** **(14,37min/km)** **57:30 (+23:15)**

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 7:08 (14) | 12:58 (19) | 19:02 (18) | 23:43 (19) | 25:29 (20) | 31:22 (20) | 37:13 (20) | 47:36 (21) | 53:11 (21) | 56:51 (20) |
| 7:08/35 | 5:50/38 | 6:04/43 | 4:41/44 | 1:46/45 | 5:53/46 | 5:51/47 | 10:23/41 | 5:35/40 | 3:40/58 |
| +6:01 (12) | +3:09 (18) | +2:44 (16) | +2:03 (18) | +0:36 (18) | +3:59 (17) | +2:47 (18) | +5:53 (17) | +2:12 (15) | +1:23 (17) |
| 57:30 (20) | 57:30 (20) | | | | | | | | |
| 0:39/150 | | | | | | | | | |
| +0:13 (12) | +0:00 (1) | | | | | | | | |

21 Odd Ivar Søvik **B&OI** **(14,51min/km)** **58:02 (+23:47)**

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 8:02 (19) | 11:33 (15) | 15:46 (12) | 19:31 (12) | 21:13 (12) | 26:30 (12) | 32:30 (13) | 43:03 (18) | 52:57 (20) | 57:13 (21) |
| 8:02/35 | 3:31/38 | 4:13/43 | 3:45/44 | 1:42/45 | 5:17/46 | 6:00/47 | 10:33/41 | 9:54/40 | 4:16/58 |
| +6:55 (17) | +0:50 (7) | +0:53 (10) | +1:07 (15) | +0:32 (16) | +3:23 (14) | +2:56 (20) | +6:03 (18) | +6:31 (20) | +1:59 (18) |
| 58:02 (21) | 58:02 (21) | | | | | | | | |
| 0:49/150 | | | | | | | | | |
| +0:23 (18) | +0:00 (1) | | | | | | | | |

22 Dag Skogan **B&OI** **(15,44min/km)** **1:01:46 (+27:31)**

| | | | | | | | | | |
|--------------|--------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 1:07 (3) | 17:29 (22) | 21:30 (22) | 27:47 (22) | 31:55 (22) | 33:49 (21) | 38:23 (21) | 46:11 (19) | 53:21 (22) | 58:01 (22) |
| 1:07/58 | 16:22/35 | 4:01/38 | 6:17/43 | 4:08/44 | 1:54/45 | 4:34/46 | 7:48/47 | 7:10/41 | 4:40/40 |
| +0:00 (1) | +13:41 (20) | +0:41 (7) | +3:39 (20) | +2:58 (20) | +0:00 (1) | +1:30 (8) | +3:18 (16) | +3:47 (18) | +2:23 (20) |
| 1:01:01 (22) | 1:01:46 (22) | | | | | | | | |
| 3:00/58 | 0:45/150 | | | | | | | | |
| +2:34 (20) | +0:00 (1) | | | | | | | | |

Robert Olsvik **Kvikne** **(13,10min/km)** **Disk (+18:08)**

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 7:06 (14) | 10:30 (11) | 16:31 (13) | 20:31 (14) | 21:51 (14) | 26:38 (13) | 36:39 (20) | 44:29 (19) | 49:39 (17) | 52:23 (17) |
| 7:06/35 | 3:24/38 | 6:01/43 | 4:00/44 | 1:20/45 | 4:47/46 | 10:01/47 | 7:50/41 | 5:10/40 | 2:44/150 |
| +5:59 (12) | +0:43 (6) | +2:41 (15) | +1:22 (17) | +0:10 (8) | +2:53 (13) | +6:57 (21) | +3:20 (17) | +1:47 (14) | +0:27 (9) |
| 52:23 (17) | 52:23 (17) | | | | | | | | |
| +0:00 (1) | +0:00 (1) | | | | | | | | |

Marit Elveos **B&OI** **(20,02min/km)** **Disk (+45:49)**

| | | | | | | | | | |
|--------------|--------------|------------|------------|------------|------------|------------|--------------|--------------|--------------|
| 9:59 (22) | 23:54 (23) | 30:37 (23) | 34:06 (23) | 36:07 (23) | 40:30 (23) | 45:34 (23) | 1:20:04 (23) | 1:20:04 (23) | 1:20:04 (23) |
| 9:59/35 | 13:55/38 | 6:43/43 | 3:29/44 | 2:01/45 | 4:23/46 | 5:04/47 | 34:30/150 | | |
| +8:52 (20) | +11:14 (20) | +3:23 (18) | +0:51 (13) | +0:51 (19) | +2:29 (11) | +2:00 (12) | +30:00 (21) | +0:00 (1) | +0:00 (1) |
| 1:20:04 (23) | 1:20:04 (23) | | | | | | | | |

+0:00 (1) +0:00 (1)

Klasse 3 km

16 påmeldt, 15 startende

| | | | | | | | | | | |
|----|----------------------|------------|------------|------------|-------------|-------------|--------------|---------------|-------------------------|--------------|
| 1 | Jens Viggo Limstrand | B&OI | | | | | | (12,36min/km) | 37:05 | |
| | 4:18 (3) | 8:04 (2) | 10:37 (2) | 11:58 (2) | 21:29 (3) | 25:38 (2) | 30:08 (2) | 32:25 (2) | 36:28 (2) | 37:05 (2) |
| | 4:18/40 | 3:46/41 | 2:33/45 | 1:21/44 | 9:31/43 | 4:09/38 | 4:30/35 | 2:17/36 | 4:03/58 | 0:37/150 |
| | +0:25 (2) | +0:00 (1) | +0:05 (2) | +0:16 (4) | +3:37 (8) | +0:51 (3) | +0:24 (2) | +0:35 (3) | +0:06 (2) | +0:14 (3) |
| 2 | Ida Hegreberg | B&OI | | | | | | (13,79min/km) | 41:22 (+4:17) | |
| | 4:33 (4) | 9:50 (5) | 12:55 (4) | 14:15 (4) | 22:31 (4) | 27:49 (4) | 32:29 (4) | 34:53 (3) | 40:51 (3) | 41:22 (3) |
| | 4:33/40 | 5:17/41 | 3:05/45 | 1:20/44 | 8:16/43 | 5:18/38 | 4:40/35 | 2:24/36 | 5:58/58 | 0:31/150 |
| | +0:40 (3) | +1:31 (6) | +0:37 (6) | +0:15 (3) | +2:22 (6) | +2:00 (6) | +0:34 (3) | +0:42 (4) | +2:01 (7) | +0:08 (2) |
| 3 | Regula Høsli | B&OI | | | | | | (14,14min/km) | 42:26 (+5:21) | |
| | 4:53 (7) | 9:56 (6) | 13:52 (6) | 15:29 (6) | 21:23 (2) | 27:19 (3) | 32:20 (3) | 35:21 (4) | 41:37 (4) | 42:26 (4) |
| | 4:53/40 | 5:03/41 | 3:56/45 | 1:37/44 | 5:54/43 | 5:56/38 | 5:01/35 | 3:01/36 | 6:16/58 | 0:49/150 |
| | +1:00 (6) | +1:17 (5) | +1:28 (9) | +0:32 (10) | +0:00 (1) | +2:38 (9) | +0:55 (4) | +1:19 (9) | +2:19 (8) | +0:26 (9) |
| 4 | Marianne Eilertsen | B&OI | | | | | | (14,50min/km) | 43:30 (+6:25) | |
| | (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) |
| | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) |
| 5 | Per Dalhaug | B&OI | | | | | | (16,36min/km) | 49:05 (+12:00) | |
| | 9:54 (12) | 19:34 (12) | 22:33 (12) | 23:48 (12) | 33:29 (12) | 37:30 (10) | 41:36 (7) | 43:40 (7) | 48:25 (5) | 49:05 (5) |
| | 9:54/40 | 9:40/41 | 2:59/45 | 1:15/44 | 9:41/43 | 4:01/38 | 4:06/35 | 2:04/36 | 4:45/58 | 0:40/150 |
| | +6:01 (11) | +5:54 (10) | +0:31 (4) | +0:10 (2) | +3:47 (9) | +0:43 (2) | +0:00 (1) | +0:22 (2) | +0:48 (3) | +0:17 (5) |
| 6 | Katrine Kalvig | B&OI | | | | | | (16,57min/km) | 49:42 (+12:37) | |
| | 6:21 (10) | 15:24 (10) | 19:12 (10) | 20:44 (10) | 28:17 (8) | 33:41 (7) | 39:39 (6) | 42:25 (5) | 48:55 (6) | 49:42 (6) |
| | 6:21/40 | 9:03/41 | 3:48/45 | 1:32/44 | 7:33/43 | 5:24/38 | 5:58/35 | 2:46/36 | 6:30/58 | 0:47/150 |
| | +2:28 (9) | +5:17 (9) | +1:20 (8) | +0:27 (8) | +1:39 (5) | +2:06 (7) | +1:52 (7) | +1:04 (8) | +2:33 (10) | +0:24 (8) |
| 7 | Anders Stensland | B&OI | | | | | | (16,83min/km) | 50:29 (+13:24) | |
| | 12:01 (14) | 21:43 (13) | 24:11 (13) | 25:16 (13) | 35:11 (13) | 38:29 (12) | 44:27 (11) | 46:09 (10) | 50:06 (7) | 50:29 (7) |
| | 12:01/40 | 9:42/41 | 2:28/45 | 1:05/44 | 9:55/43 | 3:18/38 | 5:58/35 | 1:42/36 | 3:57/58 | 0:23/150 |
| | +8:08 (13) | +5:56 (11) | +0:00 (1) | +0:00 (1) | +4:01 (11) | +0:00 (1) | +1:52 (7) | +0:00 (1) | +0:00 (1) | +0:00 (1) |
| 8 | Frode Ik Dahl | B&OI | | | | | | (16,97min/km) | 50:55 (+13:50) | |
| | 10:45 (13) | 14:42 (9) | 17:25 (8) | 18:55 (8) | 27:42 (7) | 32:47 (5) | 42:27 (9) | 45:01 (8) | 50:16 (8) | 50:55 (8) |
| | 10:45/40 | 3:57/41 | 2:43/45 | 1:30/44 | 8:47/43 | 5:05/38 | 9:40/35 | 2:34/36 | 5:15/58 | 0:39/150 |
| | +6:52 (12) | +0:11 (2) | +0:15 (3) | +0:25 (7) | +2:53 (7) | +1:47 (5) | +5:34 (12) | +0:52 (5) | +1:18 (4) | +0:16 (4) |
| 9 | Marit Lunde | B&OI | | | | | | (17,20min/km) | 51:36 (+14:31) | |
| | 4:58 (9) | 10:18 (7) | 14:30 (7) | 16:02 (7) | 25:44 (5) | 32:52 (6) | 39:27 (5) | 42:55 (6) | 50:38 (9) | 51:36 (9) |
| | 4:58/40 | 5:20/41 | 4:12/45 | 1:32/44 | 9:42/43 | 7:08/38 | 6:35/35 | 3:28/36 | 7:43/58 | 0:58/150 |
| | +1:05 (8) | +1:34 (7) | +1:44 (11) | +0:27 (8) | +3:48 (10) | +3:50 (12) | +2:29 (9) | +1:46 (11) | +3:46 (13) | +0:35 (11) |
| 10 | Elin Irgens | B&OI | | | | | | (17,47min/km) | 52:25 (+15:20) | |
| | 3:53 (2) | 8:35 (3) | 11:34 (3) | 13:02 (3) | 32:43 (11) | 37:44 (11) | 43:35 (10) | 46:16 (11) | 51:41 (10) | 52:25 (10) |
| | 3:53/40 | 4:42/41 | 2:59/45 | 1:28/44 | 19:41/43 | 5:01/38 | 5:51/35 | 2:41/36 | 5:25/58 | 0:44/150 |
| | +0:00 (1) | +0:56 (4) | +0:31 (4) | +0:23 (6) | +13:47 (13) | +1:43 (4) | +1:45 (6) | +0:59 (7) | +1:28 (6) | +0:21 (6) |
| 11 | Anne Berit Vikhals | B&OI | | | | | | (18,17min/km) | 54:31 (+17:26) | |
| | 7:01 (11) | 12:36 (8) | 17:45 (9) | 19:37 (9) | 27:05 (6) | 33:53 (8) | 42:09 (8) | 45:47 (9) | 53:13 (11) | 54:31 (11) |
| | 7:01/40 | 5:35/41 | 5:09/45 | 1:52/44 | 7:28/43 | 6:48/38 | 8:16/35 | 3:38/36 | 7:26/58 | 1:18/150 |
| | +3:08 (10) | +1:49 (8) | +2:41 (13) | +0:47 (12) | +1:34 (4) | +3:30 (11) | +4:10 (11) | +1:56 (12) | +3:29 (12) | +0:55 (13) |
| 12 | Wenche Rekkedal | B&OI | | | | | | (19,40min/km) | 58:12 (+21:07) | |
| | 4:45 (6) | 8:44 (4) | 13:06 (5) | 14:29 (5) | 29:55 (10) | 44:26 (13) | 49:29 (13) | 52:05 (13) | 57:27 (12) | 58:12 (12) |
| | 4:45/40 | 3:59/41 | 4:22/45 | 1:23/44 | 15:26/43 | 14:31/38 | 5:03/35 | 2:36/36 | 5:22/58 | 0:45/150 |
| | +0:52 (5) | +0:13 (3) | +1:54 (12) | +0:18 (5) | +9:32 (12) | +11:13 (13) | +0:57 (5) | +0:54 (6) | +1:25 (5) | +0:22 (7) |
| 13 | Lisbeth Lunde | B&OI | | | | | | (19,57min/km) | 58:42 (+21:37) | |
| | 4:43 (5) | 16:16 (11) | 20:12 (11) | 22:01 (11) | 29:28 (9) | 35:23 (9) | 46:52 (12) | 51:24 (12) | 57:45 (13) | 58:42 (13) |
| | 4:43/40 | 11:33/41 | 3:56/45 | 1:49/44 | 7:27/43 | 5:55/38 | 11:29/35 | 4:32/36 | 6:21/58 | 0:57/150 |
| | +0:50 (4) | +7:47 (12) | +1:28 (9) | +0:44 (11) | +1:33 (3) | +2:37 (8) | +7:23 (13) | +2:50 (13) | +2:24 (9) | +0:34 (10) |
| 14 | Karen Kringhaug | VIL | | | | | | (23,72min/km) | 1:11:09 (+34:04) | |
| | 4:56 (8) | 34:44 (14) | 38:23 (14) | 40:16 (14) | 46:48 (14) | 52:54 (14) | 1:00:05 (14) | 1:03:13 (14) | 1:10:08 (14) | 1:11:09 (14) |
| | 4:56/40 | 29:48/41 | 3:39/45 | 1:53/44 | 6:32/43 | 6:06/38 | 7:11/35 | 3:08/36 | 6:55/58 | 1:01/150 |

| | | | | | | | | | |
|---------------------|-------------|-----------|------------|-----------|------------|--------------|------------|------------|------------|
| +1:03 (7) | +26:02 (13) | +1:11 (7) | +0:48 (13) | +0:38 (2) | +2:48 (10) | +3:05 (10) | +1:26 (10) | +2:58 (11) | +0:38 (12) |
| Steffen Beiermann | | | B&OI | | | (0,00min/km) | | Brutt | |
| (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) |
| +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) |
| John Helge Heitmann | | | B&OI | | | (0,00min/km) | | Brutt | |
| (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) | (1) |
| +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) |

Klasse 2 km

4 påmeldt, 4 startende

| | | | | | | | | | |
|---|------------------|----------------|------------|-----------|-----------|-----------|---------------|--------------|----------|
| 1 | Ask K Godal | B&OI | | | | | (14,37min/km) | 28:45 | |
| | 10:09 (2) | 15:07 (2) | 19:30 (1) | 23:45 (1) | 25:30 (1) | 28:09 (1) | 28:45 (1) | | |
| | 10:09/40 | 4:58/41 | 4:23/38 | 4:15/36 | 1:45/34 | 2:39/58 | 0:36/150 | | |
| | +5:57 (2) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | | |
| 2 | Espen Skiri | B&OI | | | | | (20,38min/km) | 40:46 | (+12:01) |
| | 4:12 (1) | 11:38 (1) | 24:54 (2) | 31:42 (2) | 35:00 (2) | 40:04 (2) | 40:46 (2) | | |
| | 4:12/40 | 7:26/41 | 13:16/38 | 6:48/36 | 3:18/34 | 5:04/58 | 0:42/150 | | |
| | +0:00 (1) | +2:28 (2) | +8:53 (2) | +2:33 (2) | +1:33 (2) | +2:25 (2) | +0:06 (2) | | |
| | Marte Pedersen | Tverrlandet IL | | | | | (29,07min/km) | Disk | (+29:23) |
| | 23:02 (3) | 34:14 (3) | 52:26 (3) | 54:56 (3) | 57:31 (3) | 58:08 (3) | 58:08 (3) | | |
| | 23:02/40 | 11:12/41 | 18:12/36 | 2:30/34 | 2:35/58 | 0:37/150 | | | |
| | +18:50 (3) | +6:14 (3) | +13:49 (3) | +0:00 (1) | +0:50 (2) | +0:00 (1) | +0:00 (1) | | |
| | Charlotte Hjedde | Tverrlandet IL | | | | | (29,07min/km) | Disk | (+29:23) |
| | 23:22 (3) | 34:17 (3) | 52:23 (3) | 54:53 (3) | 57:33 (3) | 58:08 (3) | 58:08 (3) | | |
| | 23:22/40 | 10:55/41 | 18:06/36 | 2:30/34 | 2:40/58 | 0:35/150 | | | |
| | +19:10 (3) | +5:57 (3) | +13:43 (3) | +0:00 (1) | +0:55 (2) | +0:00 (1) | +0:00 (1) | | |

Klasse Nybegynner

10 påmeldt, 10 startende

| | | | | | | | | | |
|--|-----------------------|----------------|------------|------------|------------|------------|---------------|--------------|--|
| | Lovise Andreassen | Ukjent | | | | | (30,53min/km) | 45:48 | |
| | 4:03 (10) | 7:28 (10) | 14:42 (10) | 26:01 (10) | 33:18 (10) | 44:21 (10) | 45:48 (10) | | |
| | 4:03/31 | 3:25/33 | 7:14/37 | 11:19/36 | 7:17/34 | 11:03/58 | 1:27/150 | | |
| | +2:09 (10) | +2:10 (10) | +5:02 (10) | +7:59 (10) | +4:00 (9) | +7:15 (10) | +0:52 (10) | | |
| | Amund Kleist Godal | B&OI | | | | | (16,09min/km) | 24:08 | |
| | 2:53 (7) | 4:56 (5) | 11:15 (9) | 14:35 (7) | 18:02 (6) | 23:24 (6) | 24:08 (6) | | |
| | 2:53/31 | 2:03/33 | 6:19/37 | 3:20/36 | 3:27/34 | 5:22/58 | 0:44/150 | | |
| | +0:59 (7) | +0:48 (4) | +4:07 (9) | +0:00 (1) | +0:10 (3) | +1:34 (6) | +0:09 (4) | | |
| | Charlotte Hjedde | Tverrlandet IL | | | | | (13,48min/km) | 20:13 | |
| | 2:18 (3) | 3:33 (1) | 5:50 (2) | 10:41 (2) | 14:03 (2) | 19:28 (3) | 20:13 (3) | | |
| | 2:18/31 | 1:15/33 | 2:17/37 | 4:51/36 | 3:22/34 | 5:25/58 | 0:45/150 | | |
| | +0:24 (3) | +0:00 (1) | +0:05 (2) | +1:31 (4) | +0:05 (2) | +1:37 (7) | +0:10 (5) | | |
| | Hedda Irgens | B&OI | | | | | (14,56min/km) | 21:50 | |
| | 2:49 (6) | 5:12 (7) | 8:50 (6) | 12:37 (4) | 16:17 (4) | 20:47 (4) | 21:50 (4) | | |
| | 2:49/31 | 2:23/33 | 3:38/37 | 3:47/36 | 3:40/34 | 4:30/58 | 1:03/150 | | |
| | +0:55 (6) | +1:08 (8) | +1:26 (5) | +0:27 (2) | +0:23 (4) | +0:42 (3) | +0:28 (7) | | |
| | Erlend E Kjelstrup | B&OI | | | | | (19,90min/km) | 29:51 | |
| | 1:54 (1) | 4:07 (4) | 8:37 (5) | 13:40 (6) | 25:28 (9) | 29:16 (9) | 29:51 (9) | | |
| | 1:54/31 | 2:13/33 | 4:30/37 | 5:03/36 | 11:48/34 | 3:48/58 | 0:35/150 | | |
| | +0:00 (1) | +0:58 (5) | +2:18 (8) | +1:43 (7) | +8:31 (10) | +0:00 (1) | +0:00 (1) | | |
| | Eiril Texmo Limstarnd | Ukjent | | | | | (17,86min/km) | 26:47 | |
| | 3:38 (9) | 5:55 (9) | 9:54 (8) | 14:55 (9) | 20:49 (8) | 25:28 (8) | 26:47 (8) | | |
| | 3:38/31 | 2:17/33 | 3:59/37 | 5:01/36 | 5:54/34 | 4:39/58 | 1:19/150 | | |
| | +1:44 (9) | +1:02 (7) | +1:47 (7) | +1:41 (6) | +2:37 (8) | +0:51 (5) | +0:44 (8) | | |
| | Maja Rye Limstrand | Ukjent | | | | | (17,72min/km) | 26:35 | |
| | 3:28 (8) | 5:44 (8) | 9:33 (7) | 14:46 (8) | 20:37 (7) | 25:14 (7) | 26:35 (7) | | |
| | 3:28/31 | 2:16/33 | 3:49/37 | 5:13/36 | 5:51/34 | 4:37/58 | 1:21/150 | | |

| | | | | | | | |
|----------------|-----------|-----------|----------------|-----------|-----------|---------------|--------------|
| +1:34 (8) | +1:01 (6) | +1:37 (6) | +1:53 (8) | +2:34 (7) | +0:49 (4) | +0:46 (9) | |
| Marte Pedersen | | | Tverrlandet IL | | | (13,40min/km) | 20:06 |
| 2:16 (2) | 3:34 (2) | 5:46 (1) | 10:42 (3) | 13:59 (1) | 19:26 (2) | 20:06 (2) | |
| 2:16/31 | 1:18/33 | 2:12/37 | 4:56/36 | 3:17/34 | 5:27/58 | 0:40/150 | |
| +0:22 (2) | +0:03 (2) | +0:00 (1) | +1:36 (5) | +0:00 (1) | +1:39 (8) | +0:05 (2) | |
| Lotte Reitan | | | B&OI | | | (13,00min/km) | 19:30 |
| 2:27 (4) | 3:58 (3) | 6:31 (3) | 10:33 (1) | 14:43 (3) | 18:45 (1) | 19:30 (1) | |
| 2:27/31 | 1:31/33 | 2:33/37 | 4:02/36 | 4:10/34 | 4:02/58 | 0:45/150 | |
| +0:33 (4) | +0:16 (3) | +0:21 (3) | +0:42 (3) | +0:53 (6) | +0:14 (2) | +0:10 (5) | |
| Kaja Skiri | | | B&OI | | | (15,73min/km) | 23:36 |
| 2:38 (5) | 5:06 (6) | 8:10 (4) | 13:24 (5) | 17:26 (5) | 22:55 (5) | 23:36 (5) | |
| 2:38/31 | 2:28/33 | 3:04/37 | 5:14/36 | 4:02/34 | 5:29/58 | 0:41/150 | |
| +0:44 (5) | +1:13 (9) | +0:52 (4) | +1:54 (9) | +0:45 (5) | +1:41 (9) | +0:06 (3) | |