

Resultater fra Sprint3 - Mørkvedmarka 05.05.2009

Det var totalt 87 deltagere.

Klasse H

36 påmeldt, 36 startende

| | | | | | | | | | | |
|----------|-------------------------|------------|-----------------|------------|------------|---------------------|------------|--------------|----------------|------------|
| 1 | Petter Jakola | | B&OI | | | (6,27min/km) | | 12:47 | | |
| | 0:24 (1) | 0:54 (2) | 1:38 (1) | 2:46 (4) | 3:19 (2) | 5:48 (1) | 6:06 (1) | 7:12 (1) | 8:11 (1) | 8:57 (1) |
| | 0:24/31 | 0:30/33 | 0:44/34 | 1:08/36 | 0:33/49 | 2:29/131 | 0:18/121 | 1:06/50 | 0:59/122 | 0:46/137 |
| | +0:00 (1) | +0:01 (2) | +0:07 (5) | +0:07 (4) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:06 (2) | +0:09 (3) | +0:00 (1) |
| | 9:43 (1) | 10:27 (1) | 11:21 (1) | 11:58 (1) | 12:35 (1) | 12:47 (1) | | | | |
| | 0:46/58 | 0:44/62 | 0:54/82 | 0:37/120 | 0:37/150 | 0:12/249 | | | | |
| | +0:03 (3) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | | | | |
| 2 | Jan Erik Paulsen | | B&OI | | | (6,45min/km) | | 13:09 | (+0:22) | |
| | 0:32 (15) | 1:02 (8) | 1:39 (3) | 2:44 (3) | 3:24 (4) | 5:57 (4) | 6:15 (3) | 7:15 (2) | 8:12 (2) | 9:02 (2) |
| | 0:32/31 | 0:30/33 | 0:37/34 | 1:05/36 | 0:40/49 | 2:33/131 | 0:18/121 | 1:00/50 | 0:57/122 | 0:50/137 |
| | +0:08 (15) | +0:01 (2) | +0:00 (1) | +0:04 (3) | +0:07 (4) | +0:04 (3) | +0:00 (1) | +0:00 (1) | +0:07 (2) | +0:04 (3) |
| | 9:45 (2) | 10:39 (3) | 11:38 (3) | 12:16 (2) | 12:57 (2) | 13:09 (2) | | | | |
| | 0:43/58 | 0:54/62 | 0:59/82 | 0:38/120 | 0:41/150 | 0:12/249 | | | | |
| | +0:00 (1) | +0:10 (4) | +0:05 (3) | +0:01 (2) | +0:04 (2) | +0:00 (1) | | | | |
| 3 | Erland Kvisle | | Asker | | | (6,51min/km) | | 13:17 | (+0:30) | |
| | 0:25 (3) | 0:54 (1) | 1:40 (4) | 2:44 (2) | 3:21 (3) | 5:51 (2) | 6:12 (2) | 7:27 (4) | 8:17 (3) | 9:04 (3) |
| | 0:25/31 | 0:29/33 | 0:46/34 | 1:04/36 | 0:37/49 | 2:30/131 | 0:21/121 | 1:15/50 | 0:50/122 | 0:47/137 |
| | +0:01 (3) | +0:00 (1) | +0:09 (9) | +0:03 (2) | +0:04 (2) | +0:01 (2) | +0:03 (4) | +0:15 (15) | +0:00 (1) | +0:01 (2) |
| | 9:48 (3) | 10:34 (2) | 11:34 (2) | 12:22 (3) | 13:05 (3) | 13:17 (3) | | | | |
| | 0:44/58 | 0:46/62 | 1:00/82 | 0:48/120 | 0:43/150 | 0:12/249 | | | | |
| | +0:01 (2) | +0:02 (2) | +0:06 (5) | +0:11 (9) | +0:06 (3) | +0:00 (1) | | | | |
| 4 | Lars Reitan | | B&OI | | | (6,67min/km) | | 13:37 | (+0:50) | |
| | 0:24 (1) | 0:59 (4) | 1:38 (1) | 2:39 (1) | 3:17 (1) | 5:56 (3) | 6:18 (4) | 7:24 (3) | 8:23 (4) | 9:16 (4) |
| | 0:24/31 | 0:35/33 | 0:39/34 | 1:01/36 | 0:38/49 | 2:39/131 | 0:22/121 | 1:06/50 | 0:59/122 | 0:53/137 |
| | +0:00 (1) | +0:06 (9) | +0:02 (2) | +0:00 (1) | +0:05 (3) | +0:10 (5) | +0:04 (6) | +0:06 (2) | +0:09 (3) | +0:07 (8) |
| | 10:02 (4) | 10:54 (4) | 11:55 (4) | 12:37 (4) | 13:23 (4) | 13:37 (4) | | | | |
| | 0:46/58 | 0:52/62 | 1:01/82 | 0:42/120 | 0:46/150 | 0:14/249 | | | | |
| | +0:03 (3) | +0:08 (3) | +0:07 (6) | +0:05 (3) | +0:09 (5) | +0:02 (7) | | | | |
| 5 | Erik Hegbom | | B&OI | | | (7,61min/km) | | 15:31 | (+2:44) | |
| | 0:32 (15) | 1:06 (10) | 1:51 (8) | 3:05 (6) | 3:50 (6) | 6:52 (6) | 7:13 (5) | 8:29 (7) | 9:37 (6) | 10:31 (7) |
| | 0:32/31 | 0:34/33 | 0:45/34 | 1:14/36 | 0:45/49 | 3:02/131 | 0:21/121 | 1:16/50 | 1:08/122 | 0:54/137 |
| | +0:08 (15) | +0:05 (8) | +0:08 (7) | +0:13 (7) | +0:12 (9) | +0:33 (11) | +0:03 (4) | +0:16 (16) | +0:18 (8) | +0:08 (9) |
| | 11:31 (6) | 12:27 (5) | 13:39 (5) | 14:26 (5) | 15:17 (5) | 15:31 (5) | | | | |
| | 1:00/58 | 0:56/62 | 1:12/82 | 0:47/120 | 0:51/150 | 0:14/249 | | | | |
| | +0:17 (14) | +0:12 (5) | +0:18 (10) | +0:10 (6) | +0:14 (12) | +0:02 (7) | | | | |
| 5 | Per Rekkedal | | B&OI | | | (7,61min/km) | | 15:31 | (+2:44) | |
| | 0:28 (8) | 0:59 (4) | 1:46 (6) | 2:54 (5) | 3:40 (5) | 6:43 (5) | 7:18 (6) | 8:28 (6) | 9:37 (7) | 10:29 (6) |
| | 0:28/31 | 0:31/33 | 0:47/34 | 1:08/36 | 0:46/49 | 3:03/131 | 0:35/121 | 1:10/50 | 1:09/122 | 0:52/137 |
| | +0:04 (8) | +0:02 (4) | +0:10 (10) | +0:07 (4) | +0:13 (10) | +0:34 (13) | +0:17 (22) | +0:10 (8) | +0:19 (9) | +0:06 (6) |
| | 11:32 (7) | 12:33 (6) | 13:44 (7) | 14:31 (6) | 15:19 (6) | 15:31 (6) | | | | |
| | 1:03/58 | 1:01/62 | 1:11/82 | 0:47/120 | 0:48/150 | 0:12/249 | | | | |
| | +0:20 (21) | +0:17 (7) | +0:17 (8) | +0:10 (6) | +0:11 (8) | +0:00 (1) | | | | |
| 7 | Ask K Godal | | B&OI | | | (7,66min/km) | | 15:37 | (+2:50) | |
| | 0:30 (11) | 1:05 (9) | 2:02 (12) | 3:32 (12) | 4:15 (9) | 7:13 (8) | 7:38 (8) | 8:49 (8) | 10:13 (9) | 11:03 (9) |
| | 0:30/31 | 0:35/33 | 0:57/34 | 1:30/36 | 0:43/49 | 2:58/131 | 0:25/121 | 1:11/50 | 1:24/122 | 0:50/137 |
| | +0:06 (11) | +0:06 (9) | +0:20 (17) | +0:29 (14) | +0:10 (6) | +0:29 (8) | +0:07 (12) | +0:11 (10) | +0:34 (19) | +0:04 (3) |
| | 11:51 (9) | 12:53 (8) | 13:52 (8) | 14:35 (7) | 15:22 (7) | 15:37 (7) | | | | |
| | 0:48/58 | 1:02/62 | 0:59/82 | 0:43/120 | 0:47/150 | 0:15/249 | | | | |
| | +0:05 (5) | +0:18 (8) | +0:05 (3) | +0:06 (4) | +0:10 (6) | +0:03 (11) | | | | |
| 8 | Anders Stensland | | B&OI | | | (7,68min/km) | | 15:40 | (+2:53) | |
| | 0:26 (4) | 1:14 (16) | 1:58 (11) | 3:19 (8) | 4:02 (7) | 6:56 (7) | 7:18 (7) | 8:27 (5) | 9:30 (5) | 10:25 (5) |
| | 0:26/31 | 0:48/33 | 0:44/34 | 1:21/36 | 0:43/49 | 2:54/131 | 0:22/121 | 1:09/50 | 1:03/122 | 0:55/137 |
| | +0:02 (4) | +0:19 (23) | +0:07 (5) | +0:20 (9) | +0:10 (6) | +0:25 (7) | +0:04 (6) | +0:09 (6) | +0:13 (6) | +0:09 (11) |
| | 11:23 (5) | 12:39 (7) | 13:41 (6) | 14:40 (8) | 15:28 (8) | 15:40 (8) | | | | |

| | | | | | | | | | | |
|-------------------------------|------------|------------|-----------------|------------|---------------------|------------|--------------|------------|----------------|--|
| 0:58/58 | 1:16/62 | 1:02/82 | 0:59/120 | 0:48/150 | 0:12/249 | | | | | |
| +0:15 (12) | +0:32 (16) | +0:08 (7) | +0:22 (19) | +0:11 (8) | +0:00 (1) | | | | | |
| 9 Fredrik Kristiansen | | | B&OI | | (7,87min/km) | | 16:03 | | (+3:16) | |
| 0:50 (31) | 1:59 (32) | 2:39 (23) | 3:47 (16) | 4:28 (15) | 7:19 (9) | 7:41 (9) | 8:50 (9) | 9:55 (8) | 10:46 (8) | |
| 0:50/31 | 1:09/33 | 0:40/34 | 1:08/36 | 0:41/49 | 2:51/131 | 0:22/121 | 1:09/50 | 1:05/122 | 0:51/137 | |
| +0:26 (31) | +0:40 (28) | +0:03 (3) | +0:07 (4) | +0:08 (5) | +0:22 (6) | +0:04 (6) | +0:09 (6) | +0:15 (7) | +0:05 (5) | |
| 11:50 (8) | 13:06 (9) | 14:04 (9) | 14:57 (9) | 15:49 (9) | 16:03 (9) | | | | | |
| 1:04/58 | 1:16/62 | 0:58/82 | 0:53/120 | 0:52/150 | 0:14/249 | | | | | |
| +0:21 (22) | +0:32 (16) | +0:04 (2) | +0:16 (15) | +0:15 (13) | +0:02 (7) | | | | | |
| 10 Leif Magne Eggestad | | | B&OI | | (8,34min/km) | | 17:01 | | (+4:14) | |
| 0:32 (15) | 1:08 (12) | 2:08 (14) | 3:33 (13) | 4:24 (13) | 7:25 (10) | 8:01 (11) | 9:23 (12) | 10:44 (13) | 11:40 (12) | |
| 0:32/31 | 0:36/33 | 1:00/34 | 1:25/36 | 0:51/49 | 3:01/131 | 0:36/121 | 1:22/50 | 1:21/122 | 0:56/137 | |
| +0:08 (15) | +0:07 (12) | +0:23 (22) | +0:24 (12) | +0:18 (14) | +0:32 (9) | +0:18 (25) | +0:22 (19) | +0:31 (17) | +0:10 (13) | |
| 12:33 (11) | 13:42 (10) | 15:04 (11) | 15:50 (10) | 16:45 (10) | 17:01 (10) | | | | | |
| 0:53/58 | 1:09/62 | 1:22/82 | 0:46/120 | 0:55/150 | 0:16/249 | | | | | |
| +0:10 (7) | +0:25 (11) | +0:28 (19) | +0:09 (5) | +0:18 (20) | +0:04 (13) | | | | | |
| 11 Bjørn Are Stensland | | | B&OI | | (8,36min/km) | | 17:03 | | (+4:16) | |
| 0:29 (10) | 1:46 (30) | 3:14 (32) | 4:36 (25) | 5:32 (24) | 8:08 (18) | 8:38 (19) | 9:46 (17) | 10:46 (14) | 11:38 (11) | |
| 0:29/31 | 1:17/33 | 1:28/34 | 1:22/36 | 0:56/49 | 2:36/131 | 0:30/121 | 1:08/50 | 1:00/122 | 0:52/137 | |
| +0:05 (10) | +0:48 (33) | +0:51 (31) | +0:21 (10) | +0:23 (21) | +0:07 (4) | +0:12 (19) | +0:08 (4) | +0:10 (5) | +0:06 (6) | |
| 12:38 (13) | 14:04 (15) | 15:15 (14) | 16:03 (13) | 16:50 (12) | 17:03 (11) | | | | | |
| 1:00/58 | 1:26/62 | 1:11/82 | 0:48/120 | 0:47/150 | 0:13/249 | | | | | |
| +0:17 (14) | +0:42 (25) | +0:17 (8) | +0:11 (9) | +0:10 (6) | +0:01 (6) | | | | | |
| 12 Vegard Kvisle | | | Asker | | (8,39min/km) | | 17:07 | | (+4:20) | |
| 0:33 (18) | 1:44 (28) | 2:36 (21) | 3:56 (19) | 4:43 (18) | 7:53 (15) | 8:18 (15) | 9:32 (14) | 10:42 (12) | 11:41 (14) | |
| 0:33/31 | 1:11/33 | 0:52/34 | 1:20/36 | 0:47/49 | 3:10/131 | 0:25/121 | 1:14/50 | 1:10/122 | 0:59/137 | |
| +0:09 (18) | +0:42 (32) | +0:15 (13) | +0:19 (8) | +0:14 (11) | +0:41 (16) | +0:07 (12) | +0:14 (13) | +0:20 (10) | +0:13 (15) | |
| 12:45 (15) | 13:44 (11) | 15:01 (10) | 15:55 (11) | 16:48 (11) | 17:07 (12) | | | | | |
| 1:04/58 | 0:59/62 | 1:17/82 | 0:54/120 | 0:53/150 | 0:19/249 | | | | | |
| +0:21 (22) | +0:15 (6) | +0:23 (15) | +0:17 (16) | +0:16 (16) | +0:07 (24) | | | | | |
| 13 Jan Prytz | | | B&OI | | (8,42min/km) | | 17:11 | | (+4:24) | |
| 0:35 (24) | 1:16 (17) | 2:15 (17) | 3:50 (18) | 4:42 (17) | 7:53 (16) | 8:25 (16) | 9:38 (15) | 10:52 (15) | 11:47 (15) | |
| 0:35/31 | 0:41/33 | 0:59/34 | 1:35/36 | 0:52/49 | 3:11/131 | 0:32/121 | 1:13/50 | 1:14/122 | 0:55/137 | |
| +0:11 (24) | +0:12 (17) | +0:22 (21) | +0:34 (17) | +0:19 (15) | +0:42 (17) | +0:14 (20) | +0:13 (11) | +0:24 (12) | +0:09 (11) | |
| 12:37 (12) | 13:54 (13) | 15:07 (12) | 15:58 (12) | 16:52 (13) | 17:11 (13) | | | | | |
| 0:50/58 | 1:17/62 | 1:13/82 | 0:51/120 | 0:54/150 | 0:19/249 | | | | | |
| +0:07 (6) | +0:33 (20) | +0:19 (11) | +0:14 (12) | +0:17 (18) | +0:07 (24) | | | | | |
| 14 Anders Kure | | | B&OI | | (8,46min/km) | | 17:16 | | (+4:29) | |
| 0:27 (7) | 1:00 (7) | 1:57 (10) | 3:21 (9) | 4:14 (8) | 7:34 (12) | 7:58 (10) | 9:12 (10) | 10:41 (11) | 11:40 (13) | |
| 0:27/31 | 0:33/33 | 0:57/34 | 1:24/36 | 0:53/49 | 3:20/131 | 0:24/121 | 1:14/50 | 1:29/122 | 0:59/137 | |
| +0:03 (7) | +0:04 (6) | +0:20 (17) | +0:23 (11) | +0:20 (16) | +0:51 (18) | +0:06 (9) | +0:14 (13) | +0:39 (22) | +0:13 (15) | |
| 12:42 (14) | 13:50 (12) | 15:14 (13) | 16:06 (14) | 16:58 (14) | 17:16 (14) | | | | | |
| 1:02/58 | 1:08/62 | 1:24/82 | 0:52/120 | 0:52/150 | 0:18/249 | | | | | |
| +0:19 (18) | +0:24 (10) | +0:30 (23) | +0:15 (13) | +0:15 (13) | +0:06 (20) | | | | | |
| 15 Jakob Kalvig Skogan | | | B&OI | | (8,56min/km) | | 17:28 | | (+4:41) | |
| 0:31 (12) | 1:09 (13) | 2:12 (16) | 3:50 (17) | 4:46 (19) | 7:48 (14) | 8:13 (14) | 9:43 (16) | 10:58 (17) | 12:02 (17) | |
| 0:31/31 | 0:38/33 | 1:03/34 | 1:38/36 | 0:56/49 | 3:02/131 | 0:25/121 | 1:30/50 | 1:15/122 | 1:04/137 | |
| +0:07 (12) | +0:09 (15) | +0:26 (25) | +0:37 (22) | +0:23 (21) | +0:33 (11) | +0:07 (12) | +0:30 (25) | +0:25 (13) | +0:18 (20) | |
| 13:04 (18) | 14:20 (18) | 15:35 (17) | 16:27 (15) | 17:12 (15) | 17:28 (15) | | | | | |
| 1:02/58 | 1:16/62 | 1:15/82 | 0:52/120 | 0:45/150 | 0:16/249 | | | | | |
| +0:19 (18) | +0:32 (16) | +0:21 (12) | +0:15 (13) | +0:08 (4) | +0:04 (13) | | | | | |
| 16 Torkil Irgens | | | B&OI | | (8,59min/km) | | 17:32 | | (+4:45) | |
| 0:26 (4) | 0:59 (4) | 1:46 (6) | 3:24 (10) | 4:17 (10) | 7:26 (11) | 8:04 (13) | 9:23 (12) | 10:54 (16) | 11:52 (16) | |
| 0:26/31 | 0:33/33 | 0:47/34 | 1:38/36 | 0:53/49 | 3:09/131 | 0:38/121 | 1:19/50 | 1:31/122 | 0:58/137 | |
| +0:02 (4) | +0:04 (6) | +0:10 (10) | +0:37 (22) | +0:20 (16) | +0:40 (15) | +0:20 (30) | +0:19 (17) | +0:41 (24) | +0:12 (14) | |
| 12:54 (16) | 14:06 (16) | 15:27 (16) | 16:27 (15) | 17:15 (16) | 17:32 (16) | | | | | |
| 1:02/58 | 1:12/62 | 1:21/82 | 1:00/120 | 0:48/150 | 0:17/249 | | | | | |
| +0:19 (18) | +0:28 (13) | +0:27 (18) | +0:23 (21) | +0:11 (8) | +0:05 (18) | | | | | |
| 17 Tormod Skålsvik | | | B&OI | | (8,67min/km) | | 17:41 | | (+4:54) | |
| 0:34 (21) | 1:09 (13) | 1:52 (9) | 3:17 (7) | 4:26 (14) | 8:22 (20) | 8:40 (20) | 9:50 (18) | 11:08 (18) | 12:09 (18) | |

| | | | | | | | | | |
|--------------------------------|------------|------------|-----------------|------------|----------------------|------------|------------|--------------|----------------|
| 0:34/31 | 0:35/33 | 0:43/34 | 1:25/36 | 1:09/49 | 3:56/131 | 0:18/121 | 1:10/50 | 1:18/122 | 1:01/137 |
| +0:10 (21) | +0:06 (9) | +0:06 (4) | +0:24 (12) | +0:36 (33) | +1:27 (27) | +0:00 (1) | +0:10 (8) | +0:28 (15) | +0:15 (17) |
| 13:03 (17) | 14:20 (17) | 15:43 (18) | 16:30 (17) | 17:23 (17) | 17:41 (17) | | | | |
| 0:54/58 | 1:17/62 | 1:23/82 | 0:47/120 | 0:53/150 | 0:18/249 | | | | |
| +0:11 (8) | +0:33 (20) | +0:29 (21) | +0:10 (6) | +0:16 (16) | +0:06 (20) | | | | |
| 18 Pål Lagestad | | | B&OI | | (8,81min/km) | | | 17:58 | (+5:11) |
| 0:34 (21) | 1:21 (20) | 2:10 (15) | 3:46 (15) | 4:34 (16) | 7:37 (13) | 8:01 (12) | 9:14 (11) | 10:31 (10) | 11:25 (10) |
| 0:34/31 | 0:47/33 | 0:49/34 | 1:36/36 | 0:48/49 | 3:03/131 | 0:24/121 | 1:13/50 | 1:17/122 | 0:54/137 |
| +0:10 (21) | +0:18 (22) | +0:12 (12) | +0:35 (18) | +0:15 (12) | +0:34 (13) | +0:06 (9) | +0:13 (11) | +0:27 (14) | +0:08 (9) |
| 12:22 (10) | 13:55 (14) | 15:17 (15) | 16:32 (18) | 17:26 (18) | 17:58 (18) | | | | |
| 0:57/58 | 1:33/62 | 1:22/82 | 1:15/120 | 0:54/150 | 0:32/249 | | | | |
| +0:14 (11) | +0:49 (31) | +0:28 (19) | +0:38 (29) | +0:17 (18) | +0:20 (33) | | | | |
| 19 Arne Kr. Nordhei | | | B&OI | | (9,04min/km) | | | 18:26 | (+5:39) |
| 0:34 (21) | 1:10 (15) | 2:07 (13) | 3:38 (14) | 4:22 (11) | 8:10 (19) | 8:37 (18) | 9:57 (20) | 11:36 (20) | 12:48 (19) |
| 0:34/31 | 0:36/33 | 0:57/34 | 1:31/36 | 0:44/49 | 3:48/131 | 0:27/121 | 1:20/50 | 1:39/122 | 1:12/137 |
| +0:10 (21) | +0:07 (12) | +0:20 (17) | +0:30 (15) | +0:11 (8) | +1:19 (25) | +0:09 (16) | +0:20 (18) | +0:49 (31) | +0:26 (27) |
| 13:56 (19) | 15:00 (19) | 16:23 (19) | 17:18 (19) | 18:10 (19) | 18:26 (19) | | | | |
| 1:08/58 | 1:04/62 | 1:23/82 | 0:55/120 | 0:52/150 | 0:16/249 | | | | |
| +0:25 (25) | +0:20 (9) | +0:29 (21) | +0:18 (17) | +0:15 (13) | +0:04 (13) | | | | |
| 20 Steve Samuelsen | | | B&OI | | (9,50min/km) | | | 19:23 | (+6:36) |
| 1:05 (34) | 2:14 (33) | 3:09 (30) | 4:56 (30) | 5:56 (29) | 8:57 (23) | 9:34 (23) | 11:14 (23) | 12:27 (22) | 13:28 (21) |
| 1:05/31 | 1:09/33 | 0:55/34 | 1:47/36 | 1:00/49 | 3:01/131 | 0:37/121 | 1:40/50 | 1:13/122 | 1:01/137 |
| +0:41 (34) | +0:40 (28) | +0:18 (14) | +0:46 (28) | +0:27 (25) | +0:32 (9) | +0:19 (27) | +0:40 (31) | +0:23 (11) | +0:15 (17) |
| 14:24 (21) | 15:54 (22) | 17:13 (20) | 18:16 (20) | 19:04 (20) | 19:23 (20) | | | | |
| 0:56/58 | 1:30/62 | 1:19/82 | 1:03/120 | 0:48/150 | 0:19/249 | | | | |
| +0:13 (10) | +0:46 (29) | +0:25 (17) | +0:26 (24) | +0:11 (8) | +0:07 (24) | | | | |
| 21 Jens Viggo Limstrand | | | B&OI | | (9,67min/km) | | | 19:43 | (+6:56) |
| 0:50 (31) | 1:29 (23) | 2:24 (18) | 3:57 (20) | 5:03 (20) | 8:45 (21) | 9:21 (21) | 10:54 (21) | 12:21 (21) | 13:34 (22) |
| 0:50/31 | 0:39/33 | 0:55/34 | 1:33/36 | 1:06/49 | 3:42/131 | 0:36/121 | 1:33/50 | 1:27/122 | 1:13/137 |
| +0:26 (31) | +0:10 (16) | +0:18 (14) | +0:32 (16) | +0:33 (29) | +1:13 (22) | +0:18 (25) | +0:33 (29) | +0:37 (20) | +0:27 (28) |
| 14:35 (22) | 15:49 (21) | 17:21 (21) | 18:23 (21) | 19:24 (21) | 19:43 (21) | | | | |
| 1:01/58 | 1:14/62 | 1:32/82 | 1:02/120 | 1:01/150 | 0:19/249 | | | | |
| +0:18 (16) | +0:30 (14) | +0:38 (25) | +0:25 (23) | +0:24 (29) | +0:07 (24) | | | | |
| 22 Øyvind Bjørkås | | | B&OI | | (9,72min/km) | | | 19:50 | (+7:03) |
| 0:26 (4) | 0:58 (3) | 1:43 (5) | 3:25 (11) | 4:23 (12) | 7:55 (17) | 8:27 (17) | 9:56 (19) | 11:32 (19) | 12:55 (20) |
| 0:26/31 | 0:32/33 | 0:45/34 | 1:42/36 | 0:58/49 | 3:32/131 | 0:32/121 | 1:29/50 | 1:36/122 | 1:23/137 |
| +0:02 (4) | +0:03 (5) | +0:08 (7) | +0:41 (24) | +0:25 (23) | +1:03 (19) | +0:14 (20) | +0:29 (24) | +0:46 (30) | +0:37 (33) |
| 14:19 (20) | 15:42 (20) | 17:25 (22) | 18:25 (22) | 19:32 (22) | 19:50 (22) | | | | |
| 1:24/58 | 1:23/62 | 1:43/82 | 1:00/120 | 1:07/150 | 0:18/249 | | | | |
| +0:41 (31) | +0:39 (24) | +0:49 (32) | +0:23 (21) | +0:30 (33) | +0:06 (20) | | | | |
| 23 Reidar Andersen | | | B&OI | | (10,12min/km) | | | 20:39 | (+7:52) |
| 0:49 (30) | 1:31 (24) | 3:04 (29) | 4:40 (26) | 5:47 (27) | 9:26 (25) | 10:03 (25) | 11:33 (24) | 13:01 (24) | 14:22 (24) |
| 0:49/31 | 0:42/33 | 1:33/34 | 1:36/36 | 1:07/49 | 3:39/131 | 0:37/121 | 1:30/50 | 1:28/122 | 1:21/137 |
| +0:25 (30) | +0:13 (18) | +0:56 (34) | +0:35 (18) | +0:34 (30) | +1:10 (21) | +0:19 (27) | +0:30 (25) | +0:38 (21) | +0:35 (31) |
| 15:23 (24) | 16:38 (24) | 17:54 (23) | 19:09 (23) | 20:04 (23) | 20:39 (23) | | | | |
| 1:01/58 | 1:15/62 | 1:16/82 | 1:15/120 | 0:55/150 | 0:35/249 | | | | |
| +0:18 (16) | +0:31 (15) | +0:22 (13) | +0:38 (29) | +0:18 (20) | +0:23 (34) | | | | |
| 24 Kjetil Guntvedt | | | B&OI | | (10,38min/km) | | | 21:11 | (+8:24) |
| 0:33 (18) | 1:17 (18) | 2:48 (25) | 4:34 (23) | 5:38 (26) | 9:11 (24) | 9:58 (24) | 11:40 (25) | 13:14 (26) | 14:36 (26) |
| 0:33/31 | 0:44/33 | 1:31/34 | 1:46/36 | 1:04/49 | 3:33/131 | 0:47/121 | 1:42/50 | 1:34/122 | 1:22/137 |
| +0:09 (18) | +0:15 (19) | +0:54 (33) | +0:45 (27) | +0:31 (28) | +1:04 (20) | +0:29 (33) | +0:42 (32) | +0:44 (28) | +0:36 (32) |
| 15:40 (25) | 17:21 (26) | 18:51 (25) | 19:58 (24) | 20:56 (24) | 21:11 (24) | | | | |
| 1:04/58 | 1:41/62 | 1:30/82 | 1:07/120 | 0:58/150 | 0:15/249 | | | | |
| +0:21 (22) | +0:57 (34) | +0:36 (24) | +0:30 (27) | +0:21 (24) | +0:03 (11) | | | | |
| 25 Erlend Kjelstrup | | | B&OI | | (10,65min/km) | | | 21:44 | (+8:57) |
| 0:31 (12) | 1:07 (11) | 2:27 (19) | 4:43 (27) | 5:32 (25) | 10:02 (27) | 10:26 (27) | 11:49 (26) | 13:12 (25) | 14:22 (24) |
| 0:31/31 | 0:36/33 | 1:20/34 | 2:16/36 | 0:49/49 | 4:30/131 | 0:24/121 | 1:23/50 | 1:23/122 | 1:10/137 |
| +0:07 (12) | +0:07 (12) | +0:43 (28) | +1:15 (32) | +0:16 (13) | +2:01 (31) | +0:06 (9) | +0:23 (20) | +0:33 (18) | +0:24 (25) |
| 15:49 (26) | 17:05 (25) | 18:21 (24) | 20:32 (25) | 21:30 (25) | 21:44 (25) | | | | |
| 1:27/58 | 1:16/62 | 1:16/82 | 2:11/120 | 0:58/150 | 0:14/249 | | | | |

| | | | | | | | | | | |
|------------------------------|-----------------|------------|------------|------------|------------|----------------------|--------------|-----------------|------------|--|
| | +0:44 (33) | +0:32 (16) | +0:22 (13) | +1:34 (36) | +0:21 (24) | +0:02 (7) | | | | |
| 26 Åge Mohus | B&OI | | | | | (10,89min/km) | 22:13 | (+9:26) | | |
| 0:33 (18) | 1:17 (18) | 2:29 (20) | 6:27 (35) | 7:26 (35) | 11:16 (31) | 11:44 (31) | 13:11 (31) | 14:42 (31) | 15:45 (30) | |
| 0:33/31 | 0:44/33 | 1:12/34 | 3:58/36 | 0:59/49 | 3:50/131 | 0:28/121 | 1:27/50 | 1:31/122 | 1:03/137 | |
| +0:09 (18) | +0:15 (19) | +0:35 (26) | +2:57 (36) | +0:26 (24) | +1:21 (26) | +0:10 (17) | +0:27 (23) | +0:41 (24) | +0:17 (19) | |
| 16:55 (28) | 18:23 (28) | 19:58 (28) | 20:54 (26) | 21:51 (26) | 22:13 (26) | | | | | |
| 1:10/58 | 1:28/62 | 1:35/82 | 0:56/120 | 0:57/150 | 0:22/249 | | | | | |
| +0:27 (26) | +0:44 (26) | +0:41 (26) | +0:19 (18) | +0:20 (22) | +0:10 (29) | | | | | |
| 27 Amund Kleist Godal | B&OI | | | | | (10,98min/km) | 22:24 | (+9:37) | | |
| 0:36 (26) | 1:27 (22) | 2:51 (26) | 4:34 (23) | 5:29 (23) | 9:28 (26) | 10:17 (26) | 12:16 (27) | 13:47 (27) | 15:12 (27) | |
| 0:36/31 | 0:51/33 | 1:24/34 | 1:43/36 | 0:55/49 | 3:59/131 | 0:49/121 | 1:59/50 | 1:31/122 | 1:25/137 | |
| +0:12 (26) | +0:22 (24) | +0:47 (29) | +0:42 (25) | +0:22 (20) | +1:30 (28) | +0:31 (34) | +0:59 (35) | +0:41 (24) | +0:39 (34) | |
| 16:28 (27) | 18:04 (27) | 19:39 (26) | 20:55 (27) | 21:56 (27) | 22:24 (27) | | | | | |
| 1:16/58 | 1:36/62 | 1:35/82 | 1:16/120 | 1:01/150 | 0:28/249 | | | | | |
| +0:33 (28) | +0:52 (32) | +0:41 (26) | +0:39 (31) | +0:24 (29) | +0:16 (32) | | | | | |
| 28 Frode Ikdahl | B&OI | | | | | (11,00min/km) | 22:27 | (+9:40) | | |
| 0:35 (24) | 1:44 (28) | 3:12 (31) | 4:49 (28) | 5:51 (28) | 10:50 (30) | 11:31 (30) | 13:03 (30) | 14:37 (30) | 15:47 (31) | |
| 0:35/31 | 1:09/33 | 1:28/34 | 1:37/36 | 1:02/49 | 4:59/131 | 0:41/121 | 1:32/50 | 1:34/122 | 1:10/137 | |
| +0:11 (24) | +0:40 (28) | +0:51 (31) | +0:36 (20) | +0:29 (26) | +2:30 (34) | +0:23 (31) | +0:32 (28) | +0:44 (28) | +0:24 (25) | |
| 17:12 (31) | 18:34 (30) | 20:14 (29) | 21:13 (29) | 22:11 (29) | 22:27 (28) | | | | | |
| 1:25/58 | 1:22/62 | 1:40/82 | 0:59/120 | 0:58/150 | 0:16/249 | | | | | |
| +0:42 (32) | +0:38 (23) | +0:46 (29) | +0:22 (19) | +0:21 (24) | +0:04 (13) | | | | | |
| 29 Morten Selnes | B&OI | | | | | (11,16min/km) | 22:46 | (+9:59) | | |
| 0:41 (28) | 1:25 (21) | 2:41 (24) | 4:18 (21) | 5:11 (21) | 8:56 (22) | 9:31 (22) | 11:01 (22) | 12:31 (23) | 13:37 (23) | |
| 0:41/31 | 0:44/33 | 1:16/34 | 1:37/36 | 0:53/49 | 3:45/131 | 0:35/121 | 1:30/50 | 1:30/122 | 1:06/137 | |
| +0:17 (28) | +0:15 (19) | +0:39 (27) | +0:36 (20) | +0:20 (16) | +1:16 (23) | +0:17 (22) | +0:30 (25) | +0:40 (23) | +0:20 (23) | |
| 14:51 (23) | 16:19 (23) | 19:44 (27) | 21:01 (28) | 21:59 (28) | 22:46 (29) | | | | | |
| 1:14/58 | 1:28/62 | 3:25/82 | 1:17/120 | 0:58/150 | 0:47/249 | | | | | |
| +0:31 (27) | +0:44 (26) | +2:31 (36) | +0:40 (32) | +0:21 (24) | +0:35 (36) | | | | | |
| 30 Carl B Bjørseth | B&OI | | | | | (11,32min/km) | 23:06 | (+10:19) | | |
| 0:42 (29) | 1:34 (25) | 3:00 (28) | 4:55 (29) | 5:57 (30) | 10:04 (28) | 10:46 (28) | 12:35 (28) | 14:15 (29) | 15:41 (29) | |
| 0:42/31 | 0:52/33 | 1:26/34 | 1:55/36 | 1:02/49 | 4:07/131 | 0:42/121 | 1:49/50 | 1:40/122 | 1:26/137 | |
| +0:18 (29) | +0:23 (25) | +0:49 (30) | +0:54 (30) | +0:29 (26) | +1:38 (29) | +0:24 (32) | +0:49 (34) | +0:50 (32) | +0:40 (35) | |
| 17:04 (29) | 18:33 (29) | 20:27 (30) | 21:35 (30) | 22:42 (30) | 23:06 (30) | | | | | |
| 1:23/58 | 1:29/62 | 1:54/82 | 1:08/120 | 1:07/150 | 0:24/249 | | | | | |
| +0:40 (30) | +0:45 (28) | +1:00 (34) | +0:31 (28) | +0:30 (33) | +0:12 (31) | | | | | |
| 31 Andreas Moen | B&OI | | | | | (11,36min/km) | 23:11 | (+10:24) | | |
| 0:28 (8) | 1:35 (26) | 3:19 (33) | 5:26 (31) | 6:47 (32) | 11:24 (33) | 11:49 (32) | 13:15 (32) | 15:29 (32) | 16:38 (32) | |
| 0:28/31 | 1:07/33 | 1:44/34 | 2:07/36 | 1:21/49 | 4:37/131 | 0:25/121 | 1:26/50 | 2:14/122 | 1:09/137 | |
| +0:04 (8) | +0:38 (27) | +1:07 (35) | +1:06 (31) | +0:48 (35) | +2:08 (33) | +0:07 (12) | +0:26 (22) | +1:24 (35) | +0:23 (24) | |
| 17:37 (32) | 19:13 (32) | 20:53 (32) | 21:56 (32) | 22:53 (32) | 23:11 (31) | | | | | |
| 0:59/58 | 1:36/62 | 1:40/82 | 1:03/120 | 0:57/150 | 0:18/249 | | | | | |
| +0:16 (13) | +0:52 (32) | +0:46 (29) | +0:26 (24) | +0:20 (22) | +0:06 (20) | | | | | |
| 32 Nisco Nomen | Ukjent | | | | | (11,40min/km) | 23:15 | (+10:28) | | |
| 0:40 (27) | 2:21 (34) | 3:22 (34) | 5:39 (32) | 6:52 (33) | 10:39 (29) | 11:16 (29) | 12:40 (29) | 14:13 (28) | 15:17 (28) | |
| 0:40/31 | 1:41/33 | 1:01/34 | 2:17/36 | 1:13/49 | 3:47/131 | 0:37/121 | 1:24/50 | 1:33/122 | 1:04/137 | |
| +0:16 (27) | +1:12 (35) | +0:24 (24) | +1:16 (33) | +0:40 (34) | +1:18 (24) | +0:19 (27) | +0:24 (21) | +0:43 (27) | +0:18 (20) | |
| 17:04 (29) | 18:55 (31) | 20:43 (31) | 21:49 (31) | 22:52 (31) | 23:15 (32) | | | | | |
| 1:47/58 | 1:51/62 | 1:48/82 | 1:06/120 | 1:03/150 | 0:23/249 | | | | | |
| +1:04 (35) | +1:07 (35) | +0:54 (33) | +0:29 (26) | +0:26 (32) | +0:11 (30) | | | | | |
| 33 Geir Moen | B&OI | | | | | (11,65min/km) | 23:46 | (+10:59) | | |
| 1:09 (35) | 3:18 (35) | 4:16 (35) | 6:07 (34) | 7:14 (34) | 11:29 (34) | 12:04 (33) | 13:48 (33) | 15:33 (33) | 16:46 (33) | |
| 1:09/31 | 2:09/33 | 0:58/34 | 1:51/36 | 1:07/49 | 4:15/131 | 0:35/121 | 1:44/50 | 1:45/122 | 1:13/137 | |
| +0:45 (35) | +1:40 (36) | +0:21 (20) | +0:50 (29) | +0:34 (30) | +1:46 (30) | +0:17 (22) | +0:44 (33) | +0:55 (33) | +0:27 (28) | |
| 18:06 (33) | 19:24 (33) | 21:05 (33) | 22:30 (33) | 23:29 (33) | 23:46 (33) | | | | | |
| 1:20/58 | 1:18/62 | 1:41/82 | 1:25/120 | 0:59/150 | 0:17/249 | | | | | |
| +0:37 (29) | +0:34 (22) | +0:47 (31) | +0:48 (33) | +0:22 (28) | +0:05 (18) | | | | | |
| 34 Odd Ivar Søvik | B&OI | | | | | (12,21min/km) | 24:55 | (+12:08) | | |
| 1:01 (33) | 1:53 (31) | 2:53 (27) | 5:47 (33) | 6:41 (31) | 11:16 (31) | 12:46 (34) | 14:21 (34) | 16:07 (34) | 17:11 (34) | |
| 1:01/31 | 0:52/33 | 1:00/34 | 2:54/36 | 0:54/49 | 4:35/131 | 1:30/121 | 1:35/50 | 1:46/122 | 1:04/137 | |

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| +0:37 (33) | +0:23 (25) | +0:23 (22) | +1:53 (34) | +0:21 (19) | +2:06 (32) | +1:12 (35) | +0:35 (30) | +0:56 (34) | +0:18 (20) |
| 18:51 (34) | 20:22 (34) | 22:01 (34) | 23:37 (34) | 24:39 (34) | 24:55 (34) | | | | |
| 1:40/58 | 1:31/62 | 1:39/82 | 1:36/120 | 1:02/150 | 0:16/249 | | | | |
| +0:57 (34) | +0:47 (30) | +0:45 (28) | +0:59 (34) | +0:25 (31) | +0:04 (13) | | | | |

35 Sjur Kvisle **Asker** **(15,25min/km)** **31:07 (+18:20)**

| | | | | | | | | | |
|------------|------------|------------|------------|------------|-------------|------------|------------|------------|------------|
| 0:31 (12) | 1:41 (27) | 2:37 (22) | 4:21 (22) | 5:28 (22) | 20:03 (36) | 20:32 (36) | 21:40 (35) | 22:58 (35) | 24:18 (35) |
| 0:31/31 | 1:10/33 | 0:56/34 | 1:44/36 | 1:07/49 | 14:35/131 | 0:29/121 | 1:08/50 | 1:18/122 | 1:20/137 |
| +0:07 (12) | +0:41 (31) | +0:19 (16) | +0:43 (26) | +0:34 (30) | +12:06 (36) | +0:11 (18) | +0:08 (4) | +0:28 (15) | +0:34 (30) |
| 25:13 (35) | 26:23 (35) | 27:41 (35) | 28:30 (35) | 30:48 (35) | 31:07 (35) | | | | |
| 0:55/58 | 1:10/62 | 1:18/82 | 0:49/120 | 2:18/150 | 0:19/249 | | | | |
| +0:12 (9) | +0:26 (12) | +0:24 (16) | +0:12 (11) | +1:41 (36) | +0:07 (24) | | | | |

36 Arnold Danielsen **B&OI** **(19,67min/km)** **40:07 (+27:20)**

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 1:50 (36) | 3:19 (36) | 5:20 (36) | 8:34 (36) | 10:12 (36) | 17:30 (35) | 19:22 (35) | 22:29 (36) | 25:38 (36) | 27:50 (36) |
| 1:50/31 | 1:29/33 | 2:01/34 | 3:14/36 | 1:38/49 | 7:18/131 | 1:52/121 | 3:07/50 | 3:09/122 | 2:12/137 |
| +1:26 (36) | +1:00 (34) | +1:24 (36) | +2:13 (35) | +1:05 (36) | +4:49 (35) | +1:34 (36) | +2:07 (36) | +2:19 (36) | +1:26 (36) |
| 30:35 (36) | 33:18 (36) | 36:07 (36) | 37:53 (36) | 39:31 (36) | 40:07 (36) | | | | |
| 2:45/58 | 2:43/62 | 2:49/82 | 1:46/120 | 1:38/150 | 0:36/249 | | | | |
| +2:02 (36) | +1:59 (36) | +1:55 (35) | +1:09 (35) | +1:01 (35) | +0:24 (35) | | | | |

Klasse D

27 påmeldt, 24 startende

1 Eva Lill Kvisle **Asker** **(7,10min/km)** **14:29**

| | | | | | | | | | |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 0:28 (4) | 1:01 (3) | 1:43 (2) | 2:53 (2) | 3:40 (2) | 6:13 (2) | 6:39 (2) | 8:00 (2) | 9:03 (2) | 9:49 (2) |
| 0:28/31 | 0:33/33 | 0:42/34 | 1:10/36 | 0:47/49 | 2:33/131 | 0:26/121 | 1:21/50 | 1:03/122 | 0:46/137 |
| +0:06 (3) | +0:01 (2) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:02 (4) | +0:13 (4) | +0:00 (1) | +0:00 (1) |
| 10:40 (2) | 11:52 (2) | 12:47 (2) | 13:33 (2) | 14:15 (2) | 14:29 (2) | | | | |
| 0:51/58 | 1:12/62 | 0:55/82 | 0:46/120 | 0:42/150 | 0:14/249 | | | | |
| +0:00 (1) | +0:18 (5) | +0:00 (1) | +0:05 (2) | +0:00 (1) | +0:01 (2) | | | | |

2 Heidi Mørkved **B&OI** **(7,77min/km)** **15:51 (+1:22)**

| | | | | | | | | | |
|-----------|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 0:22 (2) | 1:02 (4) | 1:48 (3) | 3:09 (3) | 3:56 (3) | 6:47 (3) | 7:11 (3) | 8:23 (3) | 9:30 (3) | 10:22 (3) |
| 0:22/31 | 0:40/33 | 0:46/34 | 1:21/36 | 0:47/49 | 2:51/131 | 0:24/121 | 1:12/50 | 1:07/122 | 0:52/137 |
| +0:00 (1) | +0:08 (5) | +0:04 (2) | +0:11 (3) | +0:00 (1) | +0:18 (2) | +0:00 (1) | +0:04 (2) | +0:04 (2) | +0:06 (2) |
| 11:28 (3) | 12:55 (3) | 14:11 (3) | 14:52 (3) | 15:37 (3) | 15:51 (3) | | | | |
| 1:06/58 | 1:27/62 | 1:16/82 | 0:41/120 | 0:45/150 | 0:14/249 | | | | |
| +0:15 (6) | +0:33 (13) | +0:21 (6) | +0:00 (1) | +0:03 (3) | +0:01 (2) | | | | |

3 Marit Johnsen **B&OI** **(8,59min/km)** **17:31 (+3:02)**

| | | | | | | | | | |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 0:31 (5) | 1:09 (5) | 2:06 (5) | 3:43 (5) | 4:35 (5) | 7:59 (5) | 8:26 (5) | 9:49 (6) | 11:04 (4) | 12:03 (4) |
| 0:31/31 | 0:38/33 | 0:57/34 | 1:37/36 | 0:52/49 | 3:24/131 | 0:27/121 | 1:23/50 | 1:15/122 | 0:59/137 |
| +0:09 (4) | +0:06 (4) | +0:15 (5) | +0:27 (9) | +0:05 (5) | +0:51 (6) | +0:03 (5) | +0:15 (5) | +0:12 (3) | +0:13 (6) |
| 13:09 (4) | 14:15 (4) | 15:29 (4) | 16:26 (4) | 17:15 (4) | 17:31 (4) | | | | |
| 1:06/58 | 1:06/62 | 1:14/82 | 0:57/120 | 0:49/150 | 0:16/249 | | | | |
| +0:15 (6) | +0:12 (4) | +0:19 (4) | +0:16 (7) | +0:07 (4) | +0:03 (5) | | | | |

4 Aviaja Kleist **B&OI** **(8,61min/km)** **17:34 (+3:05)**

| | | | | | | | | | |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|-----------|
| 0:25 (3) | 0:57 (2) | 2:02 (4) | 3:17 (4) | 4:06 (4) | 7:29 (4) | 7:53 (4) | 9:01 (4) | 12:00 (7) | 12:55 (7) |
| 0:25/31 | 0:32/33 | 1:05/34 | 1:15/36 | 0:49/49 | 3:23/131 | 0:24/121 | 1:08/50 | 2:59/122 | 0:55/137 |
| +0:03 (2) | +0:00 (1) | +0:23 (9) | +0:05 (2) | +0:02 (3) | +0:50 (5) | +0:00 (1) | +0:00 (1) | +1:56 (23) | +0:09 (4) |
| 13:50 (6) | 14:44 (6) | 15:49 (6) | 16:37 (6) | 17:21 (5) | 17:34 (5) | | | | |
| 0:55/58 | 0:54/62 | 1:05/82 | 0:48/120 | 0:44/150 | 0:13/249 | | | | |
| +0:04 (2) | +0:00 (1) | +0:10 (2) | +0:07 (3) | +0:02 (2) | +0:00 (1) | | | | |

5 Anita Eriksen **B&OI** **(8,68min/km)** **17:42 (+3:13)**

| | | | | | | | | | |
|-----------|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 0:35 (10) | 1:27 (13) | 2:16 (8) | 3:51 (8) | 4:45 (7) | 8:07 (6) | 8:32 (6) | 9:47 (5) | 11:06 (5) | 12:03 (5) |
| 0:35/31 | 0:52/33 | 0:49/34 | 1:35/36 | 0:54/49 | 3:22/131 | 0:25/121 | 1:15/50 | 1:19/122 | 0:57/137 |
| +0:13 (9) | +0:20 (16) | +0:07 (3) | +0:25 (8) | +0:07 (8) | +0:49 (4) | +0:01 (3) | +0:07 (3) | +0:16 (5) | +0:11 (5) |
| 13:15 (5) | 14:20 (5) | 15:30 (5) | 16:28 (5) | 17:25 (6) | 17:42 (6) | | | | |
| 1:12/58 | 1:05/62 | 1:10/82 | 0:58/120 | 0:57/150 | 0:17/249 | | | | |
| +0:21 (9) | +0:11 (3) | +0:15 (3) | +0:17 (8) | +0:15 (7) | +0:04 (7) | | | | |

6 Heidi Jensen **B&OI** **(9,50min/km)** **19:23 (+4:54)**

| | | | | | | | | | |
|-----------|-----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|
| 0:38 (13) | 1:22 (10) | 2:18 (9) | 3:49 (7) | 4:45 (7) | 8:16 (7) | 8:54 (7) | 10:24 (7) | 11:47 (6) | 12:51 (6) |
| 0:38/31 | 0:44/33 | 0:56/34 | 1:31/36 | 0:56/49 | 3:31/131 | 0:38/121 | 1:30/50 | 1:23/122 | 1:04/137 |

| | | | | | | | | | |
|------------------------------|------------|------------|----------------------|------------|----------------------|------------|--------------|----------------|------------|
| +0:16 (12) | +0:12 (8) | +0:14 (4) | +0:21 (5) | +0:09 (9) | +0:58 (7) | +0:14 (10) | +0:22 (7) | +0:20 (6) | +0:18 (8) |
| 14:11 (7) | 15:51 (7) | 17:12 (7) | 18:10 (7) | 19:06 (7) | 19:23 (7) | | | | |
| 1:20/58 | 1:40/62 | 1:21/82 | 0:58/120 | 0:56/150 | 0:17/249 | | | | |
| +0:29 (15) | +0:46 (17) | +0:26 (8) | +0:17 (8) | +0:14 (6) | +0:04 (7) | | | | |
| 7 Unni Rekkedal | | | B&OI | | (9,86min/km) | | 20:07 | (+5:38) | |
| 0:33 (8) | 1:13 (7) | 2:12 (7) | 4:00 (9) | 4:57 (9) | 8:36 (9) | 9:13 (9) | 10:42 (8) | 12:16 (8) | 13:25 (8) |
| 0:33/31 | 0:40/33 | 0:59/34 | 1:48/36 | 0:57/49 | 3:39/131 | 0:37/121 | 1:29/50 | 1:34/122 | 1:09/137 |
| +0:11 (7) | +0:08 (5) | +0:17 (7) | +0:38 (14) | +0:10 (10) | +1:06 (8) | +0:13 (9) | +0:21 (6) | +0:31 (8) | +0:23 (11) |
| 15:06 (8) | 16:20 (9) | 17:41 (9) | 18:50 (9) | 19:48 (8) | 20:07 (8) | | | | |
| 1:41/58 | 1:14/62 | 1:21/82 | 1:09/120 | 0:58/150 | 0:19/249 | | | | |
| +0:50 (21) | +0:20 (6) | +0:26 (8) | +0:28 (12) | +0:16 (8) | +0:06 (13) | | | | |
| 8 Marit Elveos | | | Innstranda IL | | (10,11min/km) | | 20:38 | (+6:09) | |
| 0:33 (8) | 1:55 (20) | 3:17 (17) | 4:38 (15) | 5:27 (12) | 8:24 (8) | 9:02 (8) | 11:39 (10) | 13:17 (10) | 14:09 (10) |
| 0:33/31 | 1:22/33 | 1:22/34 | 1:21/36 | 0:49/49 | 2:57/131 | 0:38/121 | 2:37/50 | 1:38/122 | 0:52/137 |
| +0:11 (7) | +0:50 (20) | +0:40 (15) | +0:11 (3) | +0:02 (3) | +0:24 (3) | +0:14 (10) | +1:29 (21) | +0:35 (10) | +0:06 (2) |
| 15:06 (9) | 16:07 (8) | 17:21 (8) | 18:12 (8) | 20:21 (9) | 20:38 (9) | | | | |
| 0:57/58 | 1:01/62 | 1:14/82 | 0:51/120 | 2:09/150 | 0:17/249 | | | | |
| +0:06 (3) | +0:07 (2) | +0:19 (4) | +0:10 (5) | +1:27 (23) | +0:04 (7) | | | | |
| 9 Mari Eriksen Reitan | | | B&OI | | (10,26min/km) | | 20:56 | (+6:27) | |
| 0:35 (10) | 1:12 (6) | 2:09 (6) | 3:48 (6) | 4:41 (6) | 8:37 (10) | 9:19 (10) | 10:53 (9) | 12:42 (9) | 13:56 (9) |
| 0:35/31 | 0:37/33 | 0:57/34 | 1:39/36 | 0:53/49 | 3:56/131 | 0:42/121 | 1:34/50 | 1:49/122 | 1:14/137 |
| +0:13 (9) | +0:05 (3) | +0:15 (5) | +0:29 (10) | +0:06 (6) | +1:23 (9) | +0:18 (13) | +0:26 (9) | +0:46 (15) | +0:28 (12) |
| 15:14 (10) | 16:48 (10) | 18:06 (10) | 19:38 (10) | 20:40 (10) | 20:56 (10) | | | | |
| 1:18/58 | 1:34/62 | 1:18/82 | 1:32/120 | 1:02/150 | 0:16/249 | | | | |
| +0:27 (12) | +0:40 (14) | +0:23 (7) | +0:51 (20) | +0:20 (10) | +0:03 (5) | | | | |
| 10 Mathilde Johnsen | | | B&OI | | (10,97min/km) | | 22:23 | (+7:54) | |
| 0:31 (5) | 1:21 (8) | 2:33 (11) | 4:07 (10) | 5:07 (10) | 9:18 (11) | 9:49 (11) | 12:34 (14) | 14:05 (11) | 15:29 (11) |
| 0:31/31 | 0:50/33 | 1:12/34 | 1:34/36 | 1:00/49 | 4:11/131 | 0:31/121 | 2:45/50 | 1:31/122 | 1:24/137 |
| +0:09 (4) | +0:18 (12) | +0:30 (12) | +0:24 (7) | +0:13 (11) | +1:38 (14) | +0:07 (8) | +1:37 (22) | +0:28 (7) | +0:38 (20) |
| 16:45 (12) | 18:01 (11) | 19:35 (11) | 20:47 (11) | 22:01 (11) | 22:23 (11) | | | | |
| 1:16/58 | 1:16/62 | 1:34/82 | 1:12/120 | 1:14/150 | 0:22/249 | | | | |
| +0:25 (10) | +0:22 (8) | +0:39 (14) | +0:31 (14) | +0:32 (17) | +0:09 (18) | | | | |
| 11 Wenche Rekkedal | | | B&OI | | (11,05min/km) | | 22:33 | (+8:04) | |
| 0:43 (18) | 1:39 (17) | 2:45 (14) | 4:30 (12) | 5:40 (15) | 10:00 (15) | 10:40 (13) | 12:30 (12) | 14:12 (12) | 15:30 (12) |
| 0:43/31 | 0:56/33 | 1:06/34 | 1:45/36 | 1:10/49 | 4:20/131 | 0:40/121 | 1:50/50 | 1:42/122 | 1:18/137 |
| +0:21 (17) | +0:24 (18) | +0:24 (10) | +0:35 (12) | +0:23 (19) | +1:47 (16) | +0:16 (12) | +0:42 (14) | +0:39 (11) | +0:32 (16) |
| 16:38 (11) | 18:12 (12) | 19:51 (12) | 21:09 (12) | 22:12 (12) | 22:33 (12) | | | | |
| 1:08/58 | 1:34/62 | 1:39/82 | 1:18/120 | 1:03/150 | 0:21/249 | | | | |
| +0:17 (8) | +0:40 (14) | +0:44 (18) | +0:37 (15) | +0:21 (12) | +0:08 (16) | | | | |
| 12 Sissel Moen | | | B&OI | | (11,09min/km) | | 22:37 | (+8:08) | |
| 0:41 (16) | 1:21 (8) | 3:07 (16) | 5:02 (17) | 6:03 (17) | 10:09 (17) | 10:54 (15) | 12:27 (11) | 14:16 (13) | 15:55 (15) |
| 0:41/31 | 0:40/33 | 1:46/34 | 1:55/36 | 1:01/49 | 4:06/131 | 0:45/121 | 1:33/50 | 1:49/122 | 1:39/137 |
| +0:19 (15) | +0:08 (5) | +1:04 (18) | +0:45 (18) | +0:14 (13) | +1:33 (13) | +0:21 (15) | +0:25 (8) | +0:46 (15) | +0:53 (23) |
| 17:13 (15) | 18:35 (13) | 20:10 (13) | 21:10 (13) | 22:15 (13) | 22:37 (13) | | | | |
| 1:18/58 | 1:22/62 | 1:35/82 | 1:00/120 | 1:05/150 | 0:22/249 | | | | |
| +0:27 (12) | +0:28 (9) | +0:40 (15) | +0:19 (10) | +0:23 (15) | +0:09 (18) | | | | |
| 13 Inga Haukland Eide | | | Innstranda IL | | (11,27min/km) | | 23:00 | (+8:31) | |
| 0:39 (15) | 1:30 (15) | 2:38 (12) | 4:32 (13) | 5:47 (16) | 10:04 (16) | 10:57 (16) | 12:39 (15) | 15:03 (17) | 16:10 (17) |
| 0:39/31 | 0:51/33 | 1:08/34 | 1:54/36 | 1:15/49 | 4:17/131 | 0:53/121 | 1:42/50 | 2:24/122 | 1:07/137 |
| +0:17 (14) | +0:19 (14) | +0:26 (11) | +0:44 (17) | +0:28 (20) | +1:44 (15) | +0:29 (19) | +0:34 (10) | +1:21 (22) | +0:21 (9) |
| 17:14 (16) | 18:39 (14) | 20:16 (14) | 21:39 (14) | 22:42 (14) | 23:00 (14) | | | | |
| 1:04/58 | 1:25/62 | 1:37/82 | 1:23/120 | 1:03/150 | 0:18/249 | | | | |
| +0:13 (5) | +0:31 (12) | +0:42 (16) | +0:42 (16) | +0:21 (12) | +0:05 (12) | | | | |
| 14 Elin Irgens | | | B&OI | | (11,32min/km) | | 23:06 | (+8:37) | |
| 0:36 (12) | 1:23 (12) | 2:41 (13) | 4:34 (14) | 5:37 (13) | 10:00 (13) | 10:29 (12) | 12:31 (13) | 14:16 (13) | 15:42 (14) |
| 0:36/31 | 0:47/33 | 1:18/34 | 1:53/36 | 1:03/49 | 4:23/131 | 0:29/121 | 2:02/50 | 1:45/122 | 1:26/137 |
| +0:14 (11) | +0:15 (9) | +0:36 (13) | +0:43 (16) | +0:16 (14) | +1:50 (18) | +0:05 (6) | +0:54 (17) | +0:42 (13) | +0:40 (21) |
| 17:07 (13) | 18:46 (15) | 20:35 (15) | 21:41 (15) | 22:43 (15) | 23:06 (15) | | | | |
| 1:25/58 | 1:39/62 | 1:49/82 | 1:06/120 | 1:02/150 | 0:23/249 | | | | |
| +0:34 (18) | +0:45 (16) | +0:54 (20) | +0:25 (11) | +0:20 (10) | +0:10 (21) | | | | |

| | | | | | | | | | |
|-----------------------------|-----------------|------------|------------|------------|------------|----------------------|------------|--------------|-----------------|
| 15 Ida Hegreberg | B&OI | | | | | (11,45min/km) | | 23:21 | (+8:52) |
| 0:31 (5) | 1:22 (11) | 2:26 (10) | 4:16 (11) | 5:20 (11) | 10:00 (13) | 10:50 (14) | 12:48 (17) | 14:41 (16) | 16:03 (16) |
| 0:31/31 | 0:51/33 | 1:04/34 | 1:50/36 | 1:04/49 | 4:40/131 | 0:50/121 | 1:58/50 | 1:53/122 | 1:22/137 |
| +0:09 (4) | +0:19 (14) | +0:22 (8) | +0:40 (15) | +0:17 (15) | +2:07 (19) | +0:26 (17) | +0:50 (15) | +0:50 (17) | +0:36 (18) |
| 17:21 (17) | 19:04 (16) | 20:45 (16) | 21:55 (16) | 23:06 (16) | 23:21 (16) | | | | |
| 1:18/58 | 1:43/62 | 1:41/82 | 1:10/120 | 1:11/150 | 0:15/249 | | | | |
| +0:27 (12) | +0:49 (18) | +0:46 (19) | +0:29 (13) | +0:29 (16) | +0:02 (4) | | | | |
| 16 Nora Marie Irgens | B&OI | | | | | (11,58min/km) | | 23:38 | (+9:09) |
| 0:38 (13) | 1:28 (14) | 3:01 (15) | 4:46 (16) | 5:39 (14) | 9:59 (12) | 11:00 (17) | 12:46 (16) | 14:23 (15) | 15:40 (13) |
| 0:38/31 | 0:50/33 | 1:33/34 | 1:45/36 | 0:53/49 | 4:20/131 | 1:01/121 | 1:46/50 | 1:37/122 | 1:17/137 |
| +0:16 (12) | +0:18 (12) | +0:51 (17) | +0:35 (12) | +0:06 (6) | +1:47 (16) | +0:37 (20) | +0:38 (13) | +0:34 (9) | +0:31 (15) |
| 17:08 (14) | 19:39 (18) | 21:10 (18) | 22:03 (17) | 23:21 (18) | 23:38 (17) | | | | |
| 1:28/58 | 2:31/62 | 1:31/82 | 0:53/120 | 1:18/150 | 0:17/249 | | | | |
| +0:37 (20) | +1:37 (23) | +0:36 (13) | +0:12 (6) | +0:36 (18) | +0:04 (7) | | | | |
| 17 Siv Byberg | B&OI | | | | | (11,59min/km) | | 23:39 | (+9:10) |
| 1:01 (23) | 1:49 (19) | 3:49 (21) | 5:55 (21) | 7:01 (20) | 11:02 (18) | 11:49 (18) | 13:34 (18) | 15:18 (18) | 16:33 (18) |
| 1:01/31 | 0:48/33 | 2:00/34 | 2:06/36 | 1:06/49 | 4:01/131 | 0:47/121 | 1:45/50 | 1:44/122 | 1:15/137 |
| +0:39 (22) | +0:16 (11) | +1:18 (22) | +0:56 (20) | +0:19 (16) | +1:28 (12) | +0:23 (16) | +0:37 (11) | +0:41 (12) | +0:29 (14) |
| 17:59 (18) | 19:22 (17) | 20:52 (17) | 22:20 (18) | 23:20 (17) | 23:39 (18) | | | | |
| 1:26/58 | 1:23/62 | 1:30/82 | 1:28/120 | 1:00/150 | 0:19/249 | | | | |
| +0:35 (19) | +0:29 (10) | +0:35 (12) | +0:47 (18) | +0:18 (9) | +0:06 (13) | | | | |
| 18 Corinna Lau | B&OI | | | | | (12,09min/km) | | 24:40 | (+10:11) |
| 0:45 (19) | 1:32 (16) | 3:24 (18) | 5:50 (20) | 7:10 (21) | 11:06 (19) | 11:58 (19) | 13:57 (19) | 15:58 (19) | 17:06 (19) |
| 0:45/31 | 0:47/33 | 1:52/34 | 2:26/36 | 1:20/49 | 3:56/131 | 0:52/121 | 1:59/50 | 2:01/122 | 1:08/137 |
| +0:23 (18) | +0:15 (9) | +1:10 (20) | +1:16 (22) | +0:33 (21) | +1:23 (9) | +0:28 (18) | +0:51 (16) | +0:58 (18) | +0:22 (10) |
| 18:22 (19) | 20:09 (19) | 21:46 (19) | 23:20 (19) | 24:23 (19) | 24:40 (19) | | | | |
| 1:16/58 | 1:47/62 | 1:37/82 | 1:34/120 | 1:03/150 | 0:17/249 | | | | |
| +0:25 (10) | +0:53 (19) | +0:42 (16) | +0:53 (21) | +0:21 (12) | +0:04 (7) | | | | |
| 19 Oda Furuholmen | B&OI | | | | | (12,14min/km) | | 24:46 | (+10:17) |
| (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) | (1) | (1) | (1) | (1) | | | | |
| +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | | | | |
| 20 Marianne Larsen | B&OI | | | | | (13,77min/km) | | 28:06 | (+13:37) |
| 0:42 (17) | 5:04 (24) | 6:52 (24) | 8:34 (24) | 9:42 (24) | 13:41 (22) | 14:45 (23) | 17:33 (23) | 19:21 (23) | 20:35 (23) |
| 0:42/31 | 4:22/33 | 1:48/34 | 1:42/36 | 1:08/49 | 3:59/131 | 1:04/121 | 2:48/50 | 1:48/122 | 1:14/137 |
| +0:20 (16) | +3:50 (23) | +1:06 (19) | +0:32 (11) | +0:21 (17) | +1:26 (11) | +0:40 (23) | +1:40 (23) | +0:45 (14) | +0:28 (12) |
| 21:55 (23) | 23:18 (20) | 24:43 (20) | 26:12 (20) | 27:44 (20) | 28:06 (20) | | | | |
| 1:20/58 | 1:23/62 | 1:25/82 | 1:29/120 | 1:32/150 | 0:22/249 | | | | |
| +0:29 (15) | +0:29 (10) | +0:30 (11) | +0:48 (19) | +0:50 (22) | +0:09 (18) | | | | |
| 21 Katrine Kalvig | B&OI | | | | | (14,25min/km) | | 29:04 | (+14:35) |
| 0:47 (21) | 1:42 (18) | 3:39 (19) | 5:43 (19) | 6:51 (19) | 12:30 (20) | 13:31 (20) | 15:44 (20) | 17:52 (20) | 19:30 (20) |
| 0:47/31 | 0:55/33 | 1:57/34 | 2:04/36 | 1:08/49 | 5:39/131 | 1:01/121 | 2:13/50 | 2:08/122 | 1:38/137 |
| +0:25 (20) | +0:23 (17) | +1:15 (21) | +0:54 (19) | +0:21 (17) | +3:06 (22) | +0:37 (20) | +1:05 (18) | +1:05 (19) | +0:52 (22) |
| 21:18 (20) | 23:32 (21) | 25:49 (21) | 27:13 (21) | 28:40 (21) | 29:04 (21) | | | | |
| 1:48/58 | 2:14/62 | 2:17/82 | 1:24/120 | 1:27/150 | 0:24/249 | | | | |
| +0:57 (23) | +1:20 (21) | +1:22 (22) | +0:43 (17) | +0:45 (21) | +0:11 (22) | | | | |
| 22 Vivian Hansen | B&OI | | | | | (14,35min/km) | | 29:17 | (+14:48) |
| 0:49 (22) | 3:13 (23) | 5:22 (23) | 7:43 (23) | 9:17 (23) | 13:57 (23) | 14:41 (22) | 16:55 (22) | 19:04 (22) | 20:26 (22) |
| 0:49/31 | 2:24/33 | 2:09/34 | 2:21/36 | 1:34/49 | 4:40/131 | 0:44/121 | 2:14/50 | 2:09/122 | 1:22/137 |
| +0:27 (21) | +1:52 (22) | +1:27 (23) | +1:11 (21) | +0:47 (23) | +2:07 (19) | +0:20 (14) | +1:06 (19) | +1:06 (20) | +0:36 (18) |
| 21:50 (22) | 24:00 (23) | 25:50 (22) | 27:34 (22) | 28:56 (22) | 29:17 (22) | | | | |
| 1:24/58 | 2:10/62 | 1:50/82 | 1:44/120 | 1:22/150 | 0:21/249 | | | | |
| +0:33 (17) | +1:16 (20) | +0:55 (21) | +1:03 (22) | +0:40 (19) | +0:08 (16) | | | | |
| 23 Karen Bjørseth | B&OI | | | | | (14,65min/km) | | 29:53 | (+15:24) |
| 1:21 (24) | 2:26 (22) | 3:50 (22) | 6:16 (22) | 7:44 (22) | 12:54 (21) | 13:55 (21) | 16:10 (21) | 18:21 (21) | 19:42 (21) |
| 1:21/31 | 1:05/33 | 1:24/34 | 2:26/36 | 1:28/49 | 5:10/131 | 1:01/121 | 2:15/50 | 2:11/122 | 1:21/137 |
| +0:59 (23) | +0:33 (19) | +0:42 (16) | +1:16 (22) | +0:41 (22) | +2:37 (21) | +0:37 (20) | +1:07 (20) | +1:08 (21) | +0:35 (17) |

21:28 (21) 23:47 (22) 26:04 (23) 27:56 (23) 29:21 (23) 29:53 (23)
 1:46/58 2:19/62 2:17/82 1:52/120 1:25/150 0:32/249
 +0:55 (22) +1:25 (22) +1:22 (22) +1:11 (23) +0:43 (20) +0:19 (23)

24 Anne Gunn Dreyer **B&OI** **(14,91min/km)** **30:25 (+15:56)**
 0:45 (19) 2:23 (21) 3:41 (20) 5:13 (18) 6:13 (18) 20:19 (24) 20:48 (24) 22:33 (24) 23:50 (24) 24:51 (24)
 0:45/31 1:38/33 1:18/34 1:32/36 1:00/49 14:06/131 0:29/121 1:45/50 1:17/122 1:01/137
 +0:23 (18) +1:06 (21) +0:36 (13) +0:22 (6) +0:13 (11) +11:33 (23) +0:05 (6) +0:37 (11) +0:14 (4) +0:15 (7)

25:48 (24) 27:03 (24) 28:24 (24) 29:13 (24) 30:06 (24) 30:25 (24)
 0:57/58 1:15/62 1:21/82 0:49/120 0:53/150 0:19/249
 +0:06 (3) +0:21 (7) +0:26 (8) +0:08 (4) +0:11 (5) +0:06 (13)

Martha Kalvig Skogan **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)
 (1) (1) (1) (1) (1) (1)
 +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)

Klasse N

24 påmeldt, 24 startende

Lovise Andreassen **B&OI** **(10,24min/km)** **15:22**
 1:18 (9) 2:50 (6) 4:32 (9) 6:05 (12) 8:43 (15) 13:08 (20) 15:02 (20) 15:22 (20) 15:22 (20)
 1:18/62 1:32/137 1:42/34 1:33/31 2:38/33 4:25/120 1:54/150 0:20/249
 +0:21 (9) +0:18 (6) +0:34 (12) +0:38 (15) +1:43 (20) +3:56 (23) +1:19 (20) +0:03 (5) +0:00 (1)

Marit Bjørnevik **B&OI** **(7,36min/km)** **11:02**
 1:05 (5) 2:44 (5) 4:33 (10) 5:59 (10) 8:15 (12) 9:19 (11) 10:37 (11) 11:02 (9) 11:02 (9)
 1:05/62 1:39/137 1:49/34 1:26/31 2:16/33 1:04/120 1:18/150 0:25/249
 +0:08 (5) +0:25 (8) +0:41 (14) +0:31 (12) +1:21 (19) +0:35 (14) +0:43 (7) +0:08 (9) +0:00 (1)

Ulrikke Bredal **B&OI** **(5,22min/km)** **7:50**
 0:57 (1) 2:17 (2) 3:25 (1) 4:52 (3) 5:47 (3) 6:22 (3) 7:20 (2) 7:50 (2) 7:50 (2)
 0:57/62 1:20/137 1:08/34 1:27/31 0:55/33 0:35/120 0:58/150 0:30/249
 +0:00 (1) +0:06 (2) +0:00 (1) +0:32 (13) +0:00 (1) +0:06 (2) +0:23 (3) +0:13 (16) +0:00 (1)

Iselin Dreyer **B&OI** **(9,18min/km)** **13:46**
 2:06 (20) 4:00 (17) 6:08 (18) 8:00 (19) 10:11 (18) 11:30 (18) 13:06 (17) 13:46 (18) 13:46 (18)
 2:06/62 1:54/137 2:08/34 1:52/31 2:11/33 1:19/120 1:36/150 0:40/249
 +1:09 (20) +0:40 (14) +1:00 (18) +0:57 (18) +1:16 (18) +0:50 (18) +1:01 (15) +0:23 (19) +0:00 (1)

Inga Haukland Eide **Innstranda IL** **(5,64min/km)** **8:28**
 1:09 (6) 2:31 (4) 3:51 (4) 5:14 (4) 6:09 (4) 6:53 (4) 8:11 (4) 8:28 (4) 8:28 (4)
 1:09/62 1:22/137 1:20/34 1:23/31 0:55/33 0:44/120 1:18/150 0:17/249
 +0:12 (6) +0:08 (3) +0:12 (6) +0:28 (11) +0:00 (1) +0:15 (4) +0:43 (7) +0:00 (1) +0:00 (1)

Sandra Eidissen **B&OI** **(8,11min/km)** **12:10**
 1:23 (11) 3:12 (11) 4:35 (11) 5:47 (8) 7:18 (8) 9:29 (14) 10:04 (9) 11:52 (14) 12:10 (14)
 1:23/62 1:49/137 1:23/34 1:12/31 1:31/120 2:11/33 0:35/120 1:48/150 0:18/249
 +0:26 (11) +0:35 (12) +0:15 (8) +0:17 (9) +0:36 (12) +1:42 (22) +0:00 (1) +1:31 (23) +0:00 (1)

Marte Elvestad **B&OI** **(9,09min/km)** **13:38**
 2:05 (19) 4:02 (18) 6:13 (19) 7:59 (18) 9:59 (17) 11:22 (16) 13:08 (18) 13:38 (17) 13:38 (17)
 2:05/62 1:57/137 2:11/34 1:46/31 2:00/33 1:23/120 1:46/150 0:30/249
 +1:08 (19) +0:43 (16) +1:03 (19) +0:51 (17) +1:05 (16) +0:54 (19) +1:11 (18) +0:13 (16) +0:00 (1)

Martin Fichler **B&OI** **(7,43min/km)** **11:09**
 1:12 (8) 3:21 (15) 5:18 (14) 7:28 (17) 8:31 (14) 9:20 (13) 10:45 (14) 11:09 (11) 11:09 (11)
 1:12/62 2:09/137 1:57/34 2:10/31 1:03/33 0:49/120 1:25/150 0:24/249
 +0:15 (8) +0:55 (20) +0:49 (15) +1:15 (22) +0:08 (7) +0:20 (9) +0:50 (13) +0:07 (8) +0:00 (1)

Marius Ekrem Finstad **B&OI** **(5,91min/km)** **8:52**
 0:59 (3) 2:53 (8) 4:18 (6) 5:14 (5) 6:26 (5) 7:21 (5) 8:26 (5) 8:52 (5) 8:52 (5)
 0:59/62 1:54/137 1:25/34 0:56/31 1:12/33 0:55/120 1:05/150 0:26/249
 +0:02 (3) +0:40 (14) +0:17 (10) +0:01 (2) +0:17 (9) +0:26 (11) +0:30 (5) +0:09 (10) +0:00 (1)

Lene Ikdahl **B&OI** **(10,02min/km)** **15:02**
 2:04 (18) 4:34 (20) 7:24 (21) 9:31 (21) 11:22 (20) 12:15 (19) 14:16 (19) 15:02 (19) 15:02 (19)
 2:04/62 2:30/137 2:50/34 2:07/31 1:51/33 0:53/120 2:01/150 0:46/249

| | | | | | | | | |
|---------------------------------|------------|------------|-----------------------|------------|------------|----------------------|------------|--------------|
| +1:07 (18) | +1:16 (21) | +1:42 (21) | +1:12 (21) | +0:56 (15) | +0:24 (10) | +1:26 (21) | +0:29 (20) | +0:00 (1) |
| Hedda Sofie Irgens | | | B&OI | | | (14,54min/km) | | 21:49 |
| 2:13 (21) | 8:19 (23) | 15:53 (23) | 17:01 (23) | 18:47 (23) | 19:31 (23) | 21:21 (23) | 21:49 (23) | 21:49 (23) |
| 2:13/62 | 6:06/137 | 7:34/34 | 1:08/31 | 1:46/33 | 0:44/120 | 1:50/150 | 0:28/249 | |
| +1:16 (21) | +4:52 (23) | +6:26 (23) | +0:13 (8) | +0:51 (14) | +0:15 (4) | +1:15 (19) | +0:11 (14) | +0:00 (1) |
| Rakel Vikhals Israelsen | | | B&OI | | | (7,67min/km) | | 11:30 |
| 1:26 (12) | 3:09 (10) | 4:55 (13) | 7:00 (16) | 8:23 (13) | 9:20 (12) | 10:38 (12) | 11:30 (13) | 11:30 (13) |
| 1:26/62 | 1:43/137 | 1:46/34 | 2:05/31 | 1:23/33 | 0:57/120 | 1:18/150 | 0:52/249 | |
| +0:29 (12) | +0:29 (10) | +0:38 (13) | +1:10 (20) | +0:28 (11) | +0:28 (12) | +0:43 (7) | +0:35 (21) | +0:00 (1) |
| Matias Kransvik | | | B&OI | | | (7,44min/km) | | 11:10 |
| 1:32 (13) | 3:20 (13) | 5:19 (15) | 6:56 (15) | 8:05 (11) | 9:17 (10) | 10:44 (13) | 11:10 (12) | 11:10 (12) |
| 1:32/62 | 1:48/137 | 1:59/34 | 1:37/31 | 1:09/33 | 1:12/120 | 1:27/150 | 0:26/249 | |
| +0:35 (13) | +0:34 (11) | +0:51 (17) | +0:42 (16) | +0:14 (8) | +0:43 (15) | +0:52 (14) | +0:09 (10) | +0:00 (1) |
| Viljar Limstarnd | | | B&OI | | | (7,06min/km) | | 10:35 |
| 1:58 (17) | 4:06 (19) | 5:24 (17) | 6:23 (13) | 7:19 (9) | 8:03 (7) | 9:27 (8) | 10:35 (8) | 10:35 (8) |
| 1:58/62 | 2:08/137 | 1:18/34 | 0:59/31 | 0:56/33 | 0:44/120 | 1:24/150 | 1:08/249 | |
| +1:01 (17) | +0:54 (19) | +0:10 (5) | +0:04 (3) | +0:01 (3) | +0:15 (4) | +0:49 (11) | +0:51 (22) | +0:00 (1) |
| Eiril Limstrand | | | B&OI | | | (8,72min/km) | | 13:05 |
| 1:37 (15) | 3:00 (9) | 4:30 (8) | 6:02 (11) | 10:35 (19) | 11:23 (17) | 12:47 (16) | 13:05 (16) | 13:05 (16) |
| 1:37/62 | 1:23/137 | 1:30/34 | 1:32/31 | 4:33/33 | 0:48/120 | 1:24/150 | 0:18/249 | |
| +0:40 (15) | +0:09 (5) | +0:22 (11) | +0:37 (14) | +3:38 (23) | +0:19 (8) | +0:49 (11) | +0:01 (3) | +0:00 (1) |
| Martine Limstrand | | | B&OI | | | (5,31min/km) | | 7:58 |
| 0:58 (2) | 2:12 (1) | 3:25 (1) | 4:25 (1) | 5:23 (1) | 6:09 (1) | 7:32 (3) | 7:58 (3) | 7:58 (3) |
| 0:58/62 | 1:14/137 | 1:13/34 | 1:00/31 | 0:58/33 | 0:46/120 | 1:23/150 | 0:26/249 | |
| +0:01 (2) | +0:00 (1) | +0:05 (2) | +0:05 (4) | +0:03 (4) | +0:17 (7) | +0:48 (10) | +0:09 (10) | +0:00 (1) |
| Sunnva Paulsen Limstrand | | | B&OI | | | (12,98min/km) | | 19:28 |
| 2:31 (22) | 5:19 (22) | 8:42 (22) | 12:12 (22) | 14:18 (22) | 16:11 (22) | 18:59 (22) | 19:28 (22) | 19:28 (22) |
| 2:31/62 | 2:48/137 | 3:23/34 | 3:30/31 | 2:06/33 | 1:53/120 | 2:48/150 | 0:29/249 | |
| +1:34 (22) | +1:34 (22) | +2:15 (22) | +2:35 (23) | +1:11 (17) | +1:24 (20) | +2:13 (23) | +0:12 (15) | +0:00 (1) |
| Inger Johanne Lindahl | | | B&OI | | | (7,39min/km) | | 11:05 |
| 1:34 (14) | 3:23 (16) | 5:20 (16) | 6:27 (14) | 7:28 (10) | 8:44 (9) | 10:29 (10) | 11:05 (10) | 11:05 (10) |
| 1:34/62 | 1:49/137 | 1:57/34 | 1:07/31 | 1:01/33 | 1:16/120 | 1:45/150 | 0:36/249 | |
| +0:37 (14) | +0:35 (12) | +0:49 (15) | +0:12 (6) | +0:06 (5) | +0:47 (16) | +1:10 (17) | +0:19 (18) | +0:00 (1) |
| Sigrid Moen | | | Tverrlandet IL | | | (11,43min/km) | | 17:09 |
| 2:31 (22) | 4:37 (21) | 7:10 (20) | 9:12 (20) | 12:26 (21) | 14:32 (21) | 16:42 (21) | 17:09 (21) | 17:09 (21) |
| 2:31/62 | 2:06/137 | 2:33/34 | 2:02/31 | 3:14/33 | 2:06/120 | 2:10/150 | 0:27/249 | |
| +1:34 (22) | +0:52 (17) | +1:25 (20) | +1:07 (19) | +2:19 (21) | +1:37 (21) | +1:35 (22) | +0:10 (13) | +0:00 (1) |
| Vebjørn Moen | | | B&OI | | | (12,00min/km) | | Disk |
| 1:14 (9) | 3:11 (11) | 4:27 (7) | 5:30 (7) | 7:07 (7) | 17:31 (23) | 18:00 (22) | 18:00 (22) | 18:00 (22) |
| 1:14/62 | 1:57/137 | 1:16/34 | 1:03/31 | 1:37/120 | 10:24/150 | 0:29/249 | | |
| +0:17 (9) | +0:43 (16) | +0:08 (5) | +0:08 (5) | +0:42 (14) | +9:55 (24) | +0:00 (1) | +0:00 (1) | +0:00 (1) |
| Lotte Reitan | | | B&OI | | | (4,81min/km) | | 7:13 |
| 1:00 (4) | 2:22 (3) | 3:36 (3) | 4:31 (2) | 5:32 (2) | 6:09 (1) | 6:56 (1) | 7:13 (1) | 7:13 (1) |
| 1:00/62 | 1:22/137 | 1:14/34 | 0:55/31 | 1:01/33 | 0:37/120 | 0:47/150 | 0:17/249 | |
| +0:03 (4) | +0:08 (3) | +0:06 (4) | +0:00 (1) | +0:06 (5) | +0:08 (3) | +0:12 (2) | +0:00 (1) | +0:00 (1) |
| Espen Skiri | | | Skaug | | | (6,04min/km) | | 9:04 |
| 1:20 (10) | 2:52 (7) | 4:15 (5) | 5:21 (6) | 6:33 (6) | 7:32 (6) | 8:41 (6) | 9:04 (6) | 9:04 (6) |
| 1:20/62 | 1:32/137 | 1:23/34 | 1:06/31 | 1:12/33 | 0:59/120 | 1:09/150 | 0:23/249 | |
| +0:23 (10) | +0:18 (6) | +0:15 (8) | +0:11 (5) | +0:17 (9) | +0:30 (13) | +0:34 (6) | +0:06 (6) | +0:00 (1) |
| Håvard Solbakken | | | B&OI | | | (6,49min/km) | | 9:44 |
| 1:10 (7) | 3:16 (12) | 4:29 (7) | 5:36 (7) | 7:08 (7) | 8:25 (8) | 9:25 (7) | 9:44 (7) | 9:44 (7) |
| 1:10/62 | 2:06/137 | 1:13/34 | 1:07/31 | 1:32/33 | 1:17/120 | 1:00/150 | 0:19/249 | |
| +0:13 (7) | +0:52 (17) | +0:05 (2) | +0:12 (6) | +0:37 (13) | +0:48 (17) | +0:25 (4) | +0:02 (4) | +0:00 (1) |
| Eivind Valle | | | B&OI | | | (8,18min/km) | | 12:16 |
| 1:39 (16) | 3:20 (13) | 4:41 (12) | 5:55 (9) | 9:44 (16) | 10:13 (15) | 11:53 (15) | 12:16 (15) | 12:16 (15) |
| 1:39/62 | 1:41/137 | 1:21/34 | 1:14/31 | 3:49/33 | 0:29/120 | 1:40/150 | 0:23/249 | |
| +0:42 (16) | +0:27 (9) | +0:13 (7) | +0:19 (10) | +2:54 (22) | +0:00 (1) | +1:05 (16) | +0:06 (6) | +0:00 (1) |

