

Resultater fra Bodøsprinten

Det var totalt 109 deltagere.

Klasse N-åpen 1,4 km

| | | | |
|--|--|---|-------|
| Jens Arne Gyldenhav | gildeskål | (15,79min/km) | 21:19 |
| 3:02/71 5:33/72 1:29/73 +0:37 (2) +3:15 (5) +0:00 (1) | 3:51/74 1:37/75 2:37/80 +0:53 (3) +0:00 (1) +0:43 (4) | 1:57/82 0:53/83 0:20/175 +0:00 (1) +0:30 (4) +0:00 (1) | |
| Ida Marie Heggen | Olderskog IL | (16,44min/km) | 22:12 |
| 3:20/71 5:06/72 2:11/73 +0:55 (4) +2:48 (4) +0:42 (2) | 2:58/74 1:50/75 2:18/80 +0:00 (1) +0:13 (2) +0:24 (2) | 4:06/83 0:23/175 +2:09 (3) +0:00 (1) +0:00 (1) | |
| John-Olav Heggen | Olderskog IL | (16,54min/km) | 22:20 |
| 3:49/71 3:03/72 3:16/73 +1:24 (5) +0:45 (3) +1:47 (5) | 3:19/74 1:56/75 2:20/80 +0:21 (2) +0:19 (3) +0:26 (3) | 4:07/83 0:30/175 +2:10 (4) +0:07 (2) +0:00 (1) | |
| Ingvild Oxaas Wie | Mo O-Klubb | (17,59min/km) | 23:45 |
| 3:17/71 2:46/72 2:35/73 +0:52 (3) +0:28 (2) +1:06 (3) | 4:15/74 2:34/75 3:25/80 +1:17 (4) +0:57 (4) +1:31 (5) | 4:17/83 0:36/175 +2:20 (5) +0:13 (3) +0:00 (1) | |
| Sigurd Oxaas Wie | Mo O-Klubb | (44,22min/km) | 59:42 |
| 2:25/71 2:18/72 2:56/73 +0:00 (1) +0:00 (1) +1:27 (4) | 5:01/75 3:00/74 1:54/75 +2:03 (5) +1:23 (5) +0:00 (1) | 3:11/80 38:15/83 0:42/175 +1:14 (2) +37:52 (5) +0:22 (2) | |

Klasse H12N 1,4 km

| | | | |
|--|--|---|-------|
| 1 Håkon Hegreberg | Bodø og Omegn IF | (14,75min/km) | 19:55 |
| 2:07/71 1:28/72 3:03/73 +0:00 (1) +0:00 (1) +0:00 (1) | 1:56/74 1:59/75 4:59/80 +0:00 (1) +0:00 (1) +0:00 (1) | 4:07/83 0:16/175 +0:00 (1) +0:00 (1) | |

Klasse H17C 2,3 km

| | | | |
|--|--|--|-----------------------|
| 1 Eivind Sommerseth | Bodø og Omegn IF | (14,83min/km) | 34:07 |
| 3:57/33 3:06/38 3:02/39 +0:00 (1) +0:00 (1) +0:00 (1) | 3:05/42 3:29/45 6:37/77 +0:00 (1) +0:00 (1) +0:00 (1) | 4:41/78 4:00/81 1:50/83 +0:00 (1) +0:00 (1) +0:00 (1) | 0:20/175 +0:00 (1) |

Klasse D17C 2,3 km

| | | | |
|--|--|--|-----------------------|
| 1 Solfrid Eidnes | Harstad O-lag | (15,04min/km) | 34:36 |
| 5:29/33 2:46/38 2:31/39 +0:13 (2) +0:00 (1) +0:00 (1) | 2:44/42 6:22/45 4:57/77 +0:00 (1) +0:00 (1) +0:00 (1) | 4:18/78 3:24/81 1:38/83 +0:00 (1) +0:14 (2) +0:43 (2) | 0:27/175 +0:08 (2) |
| 2 Ellen Marie B. Steen | Sørreisa O-lag | (19,25min/km) | 44:16 |
| 5:16/33 4:04/38 6:51/39 +0:00 (1) +1:18 (2) +4:20 (2) | 3:16/42 6:53/45 7:11/77 +0:32 (2) +0:31 (2) +2:14 (2) | 6:21/78 3:10/81 0:55/83 +2:03 (2) +0:00 (1) +0:00 (1) | 0:19/175 +0:00 (1) |

Klasse H11-12 1,8 km

| | | | |
|--|---|---|-------|
| 1 Fredrik Danielsen | Asker Skiklubb | (9,23min/km) | 16:15 |
| 1:40/71 1:23/72 3:14/80 +0:00 (1) +0:00 (1) +0:00 (1) | 2:07/79 3:04/76 1:00/75 +0:00 (1) +0:00 (1) +0:10 (2) | 2:50/82 0:41/83 0:16/175 +0:24 (2) +0:00 (1) +0:00 (1) | |
| 2 Petter Jacola | Bodø og Omegn IF | (12,59min/km) | 22:10 |
| 1:44/71 2:38/72 4:15/80 +0:04 (2) +1:15 (4) +1:01 (2) | 5:31/79 3:09/76 1:14/75 +3:24 (3) +0:05 (2) +0:24 (4) | 2:26/82 0:53/83 0:20/175 +0:00 (1) +0:12 (2) +0:04 (3) | |
| 3 Jakob K Skogan | Valnesfjord IL | (17,95min/km) | 31:36 |
| 2:42/71 2:02/72 6:13/80 +1:02 (3) +0:39 (3) +2:59 (4) | 4:17/79 9:03/76 1:06/75 +2:10 (2) +5:59 (3) +0:16 (3) | 4:42/82 1:12/83 0:19/175 +2:16 (3) +0:31 (3) +0:03 (2) | |
| 4 Torbjørn Olsen | Bodø og Omegn IF | (21,34min/km) | 37:34 |
| 5:08/71 1:24/72 6:11/80 +3:28 (4) +0:01 (2) +2:57 (3) | 5:40/79 12:00/76 0:50/75 +3:33 (4) +8:56 (4) +0:00 (1) | 4:49/82 1:12/83 0:20/175 +2:23 (4) +0:31 (3) +0:04 (3) | |

Klasse D11-12 1,8 km

| | | | |
|--|--|---|-------|
| 1 Kristine Masterdalshei | Mo O-Klubb | (16,04min/km) | 28:14 |
| 2:01/71 1:30/72 7:05/80 +0:00 (1) +0:00 (1) +0:00 (1) | 4:42/79 6:24/76 1:05/75 +0:00 (1) +0:04 (2) +0:00 (1) | 4:16/82 0:50/83 0:21/175 +0:00 (1) +0:00 (1) +0:00 (1) | |
| 2 Ida Hegreberg | Bodø og Omegn IF | (20,32min/km) | 35:46 |
| 3:15/71 2:08/72 9:10/80 +1:14 (2) +0:38 (2) +2:05 (2) | 4:55/79 6:20/76 1:13/75 +0:13 (2) +0:00 (1) +0:08 (2) | 7:01/82 1:14/83 0:30/175 +2:45 (2) +0:24 (2) +0:09 (2) | |
| Mari Eidnes | Harstad O-lag | (17,13min/km) | Disk |

| | | | | | | | | |
|----------------------|----------------------|----------------------|-----------------------|----------------------|----------------------|----------------------|-----------------------|-----------|
| 2:07/71 +0:06 (2) | 1:34/72 +0:04 (2) | 6:42/80 +0:00 (1) | 13:28/76 +8:46 (3) | 0:58/75 +0:00 (1) | 4:00/82 +2:55 (3) | 0:58/83 +0:00 (1) | 0:22/175 +0:00 (1) | +0:00 (1) |
|----------------------|----------------------|----------------------|-----------------------|----------------------|----------------------|----------------------|-----------------------|-----------|

Klasse H13-14 2,3 km

| | | | | | | | | | | |
|---|-----------------------|----------------------|----------------------|------------------------|----------------------|------------------------|----------------------|-----------------------|----------------------|-----------------------|
| 1 | Magnus Brattli | Mo O-Klubb | (10,57min/km) | 24:19 | | | | | | |
| | 4:13/33 +0:53 (4) | 1:56/38 +0:00 (1) | 4:01/39 +2:06 (9) | 1:49/42 +0:00 (1) | 1:54/45 +0:00 (1) | 4:28/77 +0:00 (1) | 3:05/78 +0:00 (1) | 1:59/81 +0:00 (1) | 0:39/83 +0:00 (1) | 0:15/175 +0:01 (2) |
| 2 | Jon Sivertsen | Verdal | (11,96min/km) | 27:30 | | | | | | |
| | 3:24/33 +0:04 (2) | 2:37/38 +0:41 (4) | 2:04/39 +0:09 (2) | 4:01/42 +2:12 (7) | 2:31/45 +0:37 (2) | 5:29/77 +1:01 (3) | 3:42/78 +0:37 (2) | 2:39/81 +0:40 (2) | 0:48/83 +0:09 (3) | 0:15/175 +0:01 (2) |
| 3 | Henning Masterdalshei | Mo O-Klubb | (12,72min/km) | 29:16 | | | | | | |
| | 3:20/33 +0:00 (1) | 3:02/38 +1:06 (7) | 1:55/39 +0:00 (1) | 2:11/42 +0:22 (3) | 3:19/45 +1:25 (6) | 6:15/77 +1:47 (5) | 4:04/78 +0:59 (5) | 2:50/81 +0:51 (4) | 2:05/83 +1:26 (9) | 0:15/175 +0:01 (2) |
| 4 | Yngve Skogstad | Mo O-Klubb | (13,04min/km) | 29:59 | | | | | | |
| | 3:42/33 +0:22 (3) | 2:44/38 +0:48 (5) | 2:42/39 +0:47 (4) | 2:36/42 +0:47 (5) | 2:55/45 +1:01 (5) | 4:31/77 +0:03 (2) | 5:07/78 +2:02 (7) | 4:45/81 +2:46 (6) | 0:40/83 +0:01 (2) | 0:17/175 +0:03 (6) |
| 5 | Bendik Myrvang | Bjerkvik IF | (14,73min/km) | 33:53 | | | | | | |
| | 6:10/33 +2:50 (7) | 2:24/38 +0:28 (3) | 2:42/39 +0:47 (4) | 3:04/42 +1:15 (6) | 3:20/45 +1:26 (7) | 7:41/77 +3:13 (6) | 4:25/78 +1:20 (6) | 2:40/81 +0:41 (3) | 1:09/83 +0:30 (6) | 0:18/175 +0:04 (7) |
| 6 | Øyvind B. Helgesen | Sørreisa O-lag | (15,75min/km) | 36:14 | | | | | | |
| | 4:23/33 +1:03 (5) | 2:16/38 +0:20 (2) | 2:45/39 +0:50 (6) | 2:02/42 +0:13 (2) | 8:34/45 +6:40 (9) | 5:36/77 +1:08 (4) | 6:19/78 +3:14 (8) | 3:02/81 +1:03 (5) | 1:03/83 +0:24 (5) | 0:14/175 +0:00 (1) |
| 7 | Helge Bech Umland | Korgen IL | (19,00min/km) | 43:42 | | | | | | |
| | 7:13/33 +3:53 (8) | 3:25/38 +1:29 (8) | 2:06/39 +0:11 (3) | 2:29/42 +0:40 (4) | 2:41/45 +0:47 (3) | 11:04/77 +6:36 (8) | 3:55/78 +0:50 (3) | 9:38/81 +7:39 (8) | 0:56/83 +0:17 (4) | 0:15/175 +0:01 (2) |
| 8 | Sivert Halsteinsen | Mo O-Klubb | (21,79min/km) | 50:07 | | | | | | |
| | 5:06/33 +1:46 (6) | 3:01/38 +1:05 (6) | 2:53/39 +0:58 (7) | 14:27/42 +12:38 (9) | 2:48/45 +0:54 (4) | 8:01/77 +3:33 (7) | 4:02/78 +0:57 (4) | 8:04/81 +6:05 (7) | 1:20/83 +0:41 (7) | 0:25/175 +0:11 (8) |
| 9 | Daniel Sjonbotn | Mo O-Klubb | (30,14min/km) | 1:09:20 | | | | | | |
| | 8:48/33 +5:28 (9) | 4:02/38 +2:06 (9) | 3:24/39 +1:29 (8) | 5:25/42 +3:36 (8) | 4:20/45 +2:26 (8) | 23:07/77 +18:39 (9) | 7:48/78 +4:43 (9) | 10:16/81 +8:17 (9) | 1:42/83 +1:03 (8) | 0:28/175 +0:14 (9) |

Klasse H15-16 2,6 km

| | | | | | | | | | | |
|---|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------------|
| 1 | Magnus Wingan Wold | Bodø og Omegn IF | (8,06min/km) | 20:48 | | | | | | |
| | 1:56/32 +0:15 (3) | 3:31/38 +0:41 (4) | 1:39/39 +0:00 (1) | 3:33/46 +0:00 (1) | 2:42/51 +0:00 (1) | 1:58/77 +0:00 (1) | 2:30/78 +0:00 (1) | 1:53/81 +0:00 (1) | 0:52/83 +0:12 (2) | 0:14/175 +0:00 (1) |
| 2 | Vegard Skogstad | Mo O-Klubb | (10,37min/km) | 26:45 | | | | | | |
| | 1:43/32 +0:02 (2) | 3:13/38 +0:23 (3) | 1:54/39 +0:15 (2) | 4:01/46 +0:28 (2) | 4:32/51 +1:50 (4) | 5:09/77 +3:11 (4) | 3:11/78 +0:41 (3) | 2:08/81 +0:15 (2) | 0:40/83 +0:00 (1) | 0:14/175 +0:00 (1) |
| 3 | Simen Sandvik | BUL Tromsø | (11,37min/km) | 29:20 | | | | | | |
| | 1:41/32 +0:00 (1) | 3:07/38 +0:17 (2) | 2:04/39 +0:25 (3) | 7:57/46 +4:24 (4) | 3:09/51 +0:27 (3) | 4:50/77 +2:52 (3) | 2:40/78 +0:10 (2) | 2:24/81 +0:31 (4) | 1:10/83 +0:30 (4) | 0:18/175 +0:04 (4) |
| 4 | Julian Bech Umland | Korgen IL | (12,03min/km) | 31:03 | | | | | | |
| | 6:01/32 +4:20 (4) | 2:50/38 +0:00 (1) | 3:11/39 +1:32 (4) | 4:40/46 +1:07 (3) | 3:08/51 +0:26 (2) | 2:21/77 +0:23 (2) | 5:23/78 +2:53 (4) | 2:09/81 +0:16 (3) | 1:04/83 +0:24 (3) | 0:16/175 +0:02 (3) |

Klasse D15-16 2,6 km

| | | | | | | | | | | |
|---|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------------|
| 1 | Siri Eidnes | Harstad O-lag | (10,23min/km) | 26:24 | | | | | | |
| | 1:35/32 +0:00 (1) | 3:53/38 +0:00 (1) | 2:07/39 +0:02 (2) | 4:35/46 +0:00 (1) | 3:52/51 +0:45 (2) | 2:51/77 +0:00 (1) | 4:09/78 +0:48 (2) | 2:18/81 +0:00 (1) | 0:47/83 +0:00 (1) | 0:17/175 +0:04 (2) |
| 2 | Tonje Moberg | Bardu IL | (12,83min/km) | 33:06 | | | | | | |
| | 2:18/32 +0:43 (2) | 7:59/38 +4:06 (2) | 2:05/39 +0:00 (1) | 6:04/46 +1:29 (2) | 3:07/51 +0:00 (1) | 3:04/77 +0:13 (2) | 3:21/78 +0:00 (1) | 2:28/81 +0:10 (2) | 2:27/83 +1:40 (2) | 0:13/175 +0:00 (1) |

Klasse H60 2,6 km

| | | | | | | | | | | |
|---|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------------|
| 1 | Ivar Helgesen | Sørreisa O-lag | (9,17min/km) | 23:40 | | | | | | |
| | 2:00/32 +0:00 (1) | 2:58/38 +0:00 (1) | 1:53/39 +0:00 (1) | 4:05/46 +0:00 (1) | 3:12/51 +0:00 (1) | 2:15/77 +0:00 (1) | 3:31/78 +0:00 (1) | 2:11/81 +0:00 (1) | 1:18/83 +0:28 (2) | 0:17/175 +0:00 (1) |
| 2 | Erling Pedersen | SISO IL | (12,82min/km) | 33:04 | | | | | | |
| | 2:05/32 +0:05 (2) | 3:28/38 +0:30 (2) | 2:04/39 +0:11 (2) | 4:47/46 +0:42 (2) | 4:27/51 +1:15 (2) | 3:07/77 +0:52 (2) | 8:06/78 +4:35 (2) | 3:49/81 +1:38 (2) | 0:50/83 +0:00 (1) | 0:21/175 +0:04 (2) |

Klasse H50 3,0 km

| | | | | | |
|---|-----------------|-----------|--------------|-------|--|
| 1 | Jan Gaute Buvik | Korgen IL | (9,22min/km) | 27:50 | |
|---|-----------------|-----------|--------------|-------|--|

| | | | | | | | | | | |
|-----------|---|--|-----------------------|-----------------------------|------------------------|-----------------------|------------------------|-----------------------|----------------------|-----------------------|
| | 1:23/32 +0:05 (2) 0:33/83 +0:00 (1) | 2:56/34 +0:00 (1) 0:15/175 +0:00 (1) | 1:11/37 +0:00 (1) | 2:12/40 +0:00 (1) | 3:41/44 +0:18 (2) | 3:14/48 +0:00 (1) | 2:43/49 +0:00 (1) | 3:24/77 +0:00 (1) | 2:51/78 +0:00 (1) | 3:27/82 +0:28 (4) |
| 2 | Eystein Weltzien | | | IL Tyrving | | | (11,20min/km) | 33:50 | | |
| | 1:18/32 +0:00 (1) 0:58/83 +0:25 (7) | 3:43/34 +0:47 (2) 0:21/175 +0:06 (3) | 1:23/37 +0:12 (2) | 2:53/40 +0:41 (3) | 4:14/44 +0:51 (3) | 3:53/48 +0:39 (2) | 3:07/49 +0:24 (3) | 6:09/77 +2:45 (9) | 2:52/78 +0:01 (2) | 2:59/82 +0:00 (1) |
| 3 | Arnulf Villmo | | | Korgen IL | | | (12,04min/km) | 36:21 | | |
| | 2:17/32 +0:59 (6) 0:59/83 +0:26 (8) | 3:52/34 +0:56 (3) 0:20/175 +0:05 (2) | 1:49/37 +0:38 (5) | 3:20/40 +1:08 (7) | 4:52/44 +1:29 (5) | 4:39/48 +1:25 (6) | 2:54/49 +0:11 (2) | 4:43/77 +1:19 (4) | 2:58/78 +0:07 (3) | 3:38/82 +0:39 (5) |
| 4 | Dag Skogan | | | Valnesfjord IL | | | (12,33min/km) | 37:14 | | |
| | 2:07/32 +0:49 (3) 0:54/83 +0:21 (4) | 4:28/34 +1:32 (8) 0:23/175 +0:08 (6) | 2:21/37 +1:10 (7) | 3:45/40 +1:33 (10) | 3:23/44 +0:00 (1) | 4:21/48 +1:07 (4) | 3:23/49 +0:40 (4) | 5:08/77 +1:44 (6) | 3:23/78 +0:32 (6) | 3:38/82 +0:39 (5) |
| 5 | Raymond Trondsen | | | Tverlandet IL | | | (14,18min/km) | 42:50 | | |
| | 6:20/32 +5:02 (10) 0:50/83 +0:17 (3) | 3:56/34 +1:00 (4) 0:22/175 +0:07 (4) | 1:42/37 +0:31 (4) | 3:40/40 +1:28 (9) | 5:21/44 +1:58 (6) | 4:55/48 +1:41 (9) | 4:13/49 +1:30 (5) | 5:04/77 +1:40 (5) | 3:02/78 +0:11 (4) | 3:25/82 +0:26 (3) |
| 6 | Bjørn Syversen | | | Sarpsborg OL | | | (15,04min/km) | 45:25 | | |
| | 3:12/32 +1:54 (8) 0:57/83 +0:24 (6) | 4:01/34 +1:05 (6) 0:29/175 +0:14 (10) | 1:51/37 +0:40 (6) | 3:11/40 +0:59 (5) | 4:24/44 +1:01 (4) | 4:44/48 +1:30 (7) | 10:24/49 +7:41 (8) | 4:24/77 +1:00 (2) | 4:01/78 +1:10 (8) | 3:47/82 +0:48 (8) |
| 7 | Asbjørn Pedersen | | | SISO IL | | | (15,11min/km) | 45:38 | | |
| | 3:08/32 +1:50 (7) 1:02/83 +0:29 (9) | 4:16/34 +1:20 (7) 0:25/175 +0:10 (8) | 3:12/37 +2:01 (9) | 3:04/40 +0:52 (4) | 5:42/44 +2:19 (7) | 4:46/48 +1:32 (8) | 9:19/49 +6:36 (7) | 4:42/77 +1:18 (3) | 3:03/78 +0:12 (5) | 2:59/82 +0:00 (1) |
| 8 | Erling Strand | | | Bergens Turnforening | | | (17,30min/km) | 52:14 | | |
| | 2:09/32 +0:51 (4) 0:44/83 +0:11 (2) | 3:56/34 +1:00 (4) 0:23/175 +0:08 (6) | 2:28/37 +1:17 (8) | 2:52/40 +0:40 (2) | 11:00/44 +7:37 (9) | 4:18/48 +1:04 (3) | 10:59/49 +8:16 (9) | 5:37/77 +2:13 (8) | 3:49/78 +0:58 (7) | 3:59/82 +1:00 (9) |
| 9 | Per Fosby | | | Bodø og Omegn IF | | | (17,70min/km) | 53:27 | | |
| | 2:15/32 +0:57 (5) 1:09/83 +0:36 (10) | 5:46/34 +2:50 (10) 0:22/175 +0:07 (4) | 5:41/37 +4:30 (10) | 3:19/40 +1:07 (6) | 8:51/44 +5:28 (8) | 6:16/48 +3:02 (10) | 4:16/49 +1:33 (6) | 6:24/77 +3:00 (10) | 4:02/78 +1:11 (9) | 5:06/82 +2:07 (10) |
| 10 | Åge Mohus | | | Bodø og Omegn IF | | | (18,29min/km) | 55:15 | | |
| | 4:25/32 +3:07 (9) 0:56/83 +0:23 (5) | 4:39/34 +1:43 (9) 0:25/175 +0:10 (8) | 1:34/37 +0:23 (3) | 3:24/40 +1:12 (8) | 11:15/44 +7:52 (10) | 4:27/48 +1:13 (5) | 11:06/49 +8:23 (10) | 5:24/77 +2:00 (7) | 4:02/78 +1:11 (9) | 3:38/82 +0:39 (5) |

Klasse D50 2,6 km

| | | | | | | | | | | |
|--|--|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| | Marit Walle Moberg | | | Bardu IL | | | (14,52min/km) | Disk | | |
| | 1:33/32 +1:33 (1) 0:53/83 +0:53 (1) | 6:24/34 +6:24 (1) 0:20/65 +0:20 (1) | 4:22/37 +4:22 (1) | 3:24/40 +3:24 (1) | 3:24/44 +3:24 (1) | 4:39/48 +4:39 (1) | 2:34/49 +2:34 (1) | 3:57/77 +3:57 (1) | 3:00/78 +3:00 (1) | 2:57/82 +2:57 (1) |

Klasse H40 3,7 km

| | | | | | | | | | | |
|----------|--|--|--|---|-----------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 1 | Jørund Eldevik | | | Bodø og Omegn IF | | | (8,87min/km) | 33:11 | | |
| | 2:06/31 +0:04 (2) 2:38/78 +0:01 (2) | 2:14/34 +0:00 (1) 2:07/82 +0:00 (1) | 5:25/52 +2:34 (8) 0:38/83 +0:00 (1) | 0:44/36 +0:00 (1) 0:17/175 +0:01 (2) | 2:19/37 +0:44 (6) +0:00 (1) | 4:00/70 +0:00 (1) | 1:32/44 +0:00 (1) | 2:56/47 +0:00 (1) | 3:03/49 +0:00 (1) | 3:12/77 +0:00 (1) |
| 2 | Per Rekkedal | | | Bodø og Omegn IF | | | (9,04min/km) | 33:49 | | |
| | 2:02/31 +0:00 (1) 2:37/78 +0:00 (1) | 2:18/34 +0:04 (2) 2:31/82 +0:24 (2) | 2:51/52 +0:00 (1) 0:46/83 +0:08 (4) | 0:47/36 +0:03 (2) 0:16/175 +0:00 (1) | 1:35/37 +0:00 (1) | 4:30/70 +0:30 (3) | 3:06/44 +1:34 (8) | 3:08/47 +0:12 (2) | 3:35/49 +0:32 (2) | 3:47/77 +0:35 (4) |
| 3 | Jan Arild Johnsen | | | Fossum | | | (9,40min/km) | 35:10 | | |
| | 2:25/31 +0:23 (5) 2:47/78 | 2:35/34 +0:21 (3) 3:01/82 | 3:02/52 +0:11 (3) 0:44/83 | 0:52/36 +0:08 (5) 0:22/175 | 1:49/37 +0:14 (3) | 5:00/70 +1:00 (5) | 1:36/44 +0:04 (2) | 3:34/47 +0:38 (4) | 3:37/49 +0:34 (3) | 3:46/77 +0:34 (3) |

| | | | | | | | | | | |
|----------|---------------------------|-----------|-----------|-------------------------|-----------|----------------------|----------------|-----------|-----------|------------|
| | +0:10 (3) | +0:54 (4) | +0:06 (2) | +0:06 (7) | +0:00 (1) | | | | | |
| 4 | Edvin Sivertsen | | | Verdal | | (9,99min/km) | 37:21 | | | |
| | 2:12/31 | 2:43/34 | 3:10/52 | 0:52/36 | 1:52/37 | 5:22/70 | 1:40/44 | 3:47/47 | 3:48/49 | 4:05/77 |
| | +0:10 (4) | +0:29 (4) | +0:19 (4) | +0:08 (5) | +0:17 (4) | +1:22 (6) | +0:08 (3) | +0:51 (6) | +0:45 (4) | +0:53 (5) |
| | 3:16/78 | 3:29/82 | 0:46/83 | 0:19/175 | | | | | | |
| | +0:39 (4) | +1:22 (7) | +0:08 (4) | +0:03 (4) | +0:00 (1) | | | | | |
| 5 | Ingar Solberg | | | Olderskog IL | | (10,52min/km) | 39:21 | | | |
| | 2:10/31 | 3:00/34 | 3:13/52 | 1:05/36 | 2:19/37 | 4:59/70 | 1:41/44 | 3:58/47 | 4:19/49 | 4:26/77 |
| | +0:08 (3) | +0:46 (6) | +0:22 (5) | +0:21 (8) | +0:44 (6) | +0:59 (4) | +0:09 (4) | +1:02 (7) | +1:16 (7) | +1:14 (6) |
| | 3:46/78 | 3:13/82 | 0:52/83 | 0:20/175 | | | | | | |
| | +1:09 (7) | +1:06 (5) | +0:14 (6) | +0:04 (5) | +0:00 (1) | | | | | |
| 6 | Gunnar Brattli | | | Mo O-Klubb | | (10,94min/km) | 40:56 | | | |
| | 3:15/31 | 2:52/34 | 2:58/52 | 0:49/36 | 1:48/37 | 4:29/70 | 2:48/44 | 3:23/47 | 4:09/51 | 3:24/49 |
| | +1:13 (7) | +0:38 (5) | +0:07 (2) | +0:05 (4) | +0:13 (2) | +0:29 (2) | +1:16 (7) | +0:27 (3) | +1:06 (6) | +0:12 (2) |
| | 3:45/77 | 3:17/78 | 3:04/82 | 0:38/83 | 0:17/175 | | | | | |
| | +1:08 (6) | +1:10 (6) | +2:26 (9) | +0:22 (9) | +0:00 (1) | | | | | |
| 7 | Jan-Hugo Johnsen | | | Bjerkvik IF | | (11,35min/km) | 42:27 | | | |
| | 4:19/31 | 3:03/34 | 4:46/52 | 0:47/36 | 2:02/37 | 5:23/70 | 1:42/44 | 3:40/47 | 3:49/49 | 5:06/77 |
| | +2:17 (8) | +0:49 (7) | +1:55 (7) | +0:03 (2) | +0:27 (5) | +1:23 (7) | +0:10 (5) | +0:44 (5) | +0:46 (5) | +1:54 (7) |
| | 3:30/78 | 3:00/82 | 0:59/83 | 0:21/175 | | | | | | |
| | +0:53 (5) | +0:53 (3) | +0:21 (7) | +0:05 (6) | +0:00 (1) | | | | | |
| 8 | Bjørn Hugo Myrvang | | | Bjerkvik IF | | (17,89min/km) | 1:06:54 | | | |
| | 8:44/31 | 4:06/34 | 5:45/52 | 1:49/36 | 3:18/37 | 7:36/70 | 3:47/44 | 7:28/47 | 6:49/49 | 5:55/77 |
| | +6:42 (9) | +1:52 (9) | +2:54 (9) | +1:05 (9) | +1:43 (9) | +3:36 (9) | +2:15 (9) | +4:32 (9) | +3:46 (8) | +2:43 (8) |
| | 6:27/78 | 3:45/82 | 1:02/83 | 0:23/175 | | | | | | |
| | +3:50 (8) | +1:38 (8) | +0:24 (8) | +0:07 (8) | +0:00 (1) | | | | | |
| 9 | Odd-Ivar Søvik | | | Bodø og Omegn IF | | (17,99min/km) | 1:07:17 | | | |
| | 3:03/31 | 4:02/34 | 4:11/52 | 0:52/36 | 2:23/37 | 7:08/70 | 2:34/44 | 6:11/47 | 6:58/49 | 16:32/77 |
| | +1:01 (6) | +1:48 (8) | +1:20 (6) | +0:08 (5) | +0:48 (8) | +3:08 (8) | +1:02 (6) | +3:15 (8) | +3:55 (9) | +13:20 (9) |
| | 8:12/78 | 4:10/82 | 0:44/83 | 0:17/175 | | | | | | |
| | +5:35 (9) | +2:03 (9) | +0:06 (2) | +0:01 (2) | +0:00 (1) | | | | | |

Klasse D40 3,0 km

| | | | | | | | | | | |
|----------|---------------------------|-----------|-----------|-----------------------|-----------|----------------------|----------------|-----------|-----------|-----------|
| 1 | Berit Danielsen | | | IL Tyrving | | (11,38min/km) | 34:22 | | | |
| | 1:57/32 | 4:13/34 | 1:48/37 | 3:11/40 | 3:36/44 | 4:12/48 | 3:00/49 | 4:30/77 | 3:39/78 | 2:56/82 |
| | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:17 (3) | +0:00 (1) | +0:08 (2) | +0:21 (3) | +0:00 (1) |
| | 0:59/83 | 0:21/175 | | | | | | | | |
| | +0:12 (2) | +0:02 (2) | | | | | | | | |
| 2 | Eli Ringdalen | | | Mo O-Klubb | | (14,08min/km) | 42:31 | | | |
| | 2:18/32 | 6:07/34 | 2:17/37 | 3:24/40 | 5:03/44 | 3:55/48 | 3:02/49 | 4:32/77 | 4:04/78 | 6:43/82 |
| | +0:21 (2) | +1:54 (4) | +0:29 (3) | +0:13 (4) | +1:27 (3) | +0:00 (1) | +0:02 (2) | +0:10 (3) | +0:46 (4) | +3:47 (4) |
| | 0:47/83 | 0:19/175 | | | | | | | | |
| | +0:00 (1) | +0:00 (1) | | | | | | | | |
| 3 | Lisbeth Beyer | | | Mo O-Klubb | | (14,75min/km) | 44:33 | | | |
| | 4:23/32 | 5:33/34 | 4:34/37 | 3:22/40 | 5:10/44 | 4:07/48 | 3:06/49 | 4:32/77 | 3:36/78 | 4:45/82 |
| | +2:26 (4) | +1:20 (3) | +2:46 (5) | +0:11 (3) | +1:34 (4) | +0:12 (2) | +0:06 (3) | +0:10 (3) | +0:18 (2) | +1:49 (3) |
| | 0:59/83 | 0:26/175 | | | | | | | | |
| | +0:12 (2) | +0:07 (5) | | | | | | | | |
| 4 | Marit Walle Moberg | | | Bardu IL | | (14,86min/km) | 44:53 | | | |
| | 6:14/32 | 4:18/34 | 1:57/37 | 3:12/40 | 6:51/44 | 5:21/48 | 4:08/49 | 4:22/77 | 3:18/78 | 3:17/82 |
| | +4:17 (5) | +0:05 (2) | +0:09 (2) | +0:01 (2) | +3:15 (5) | +1:26 (4) | +1:08 (4) | +0:00 (1) | +0:00 (1) | +0:21 (2) |
| | 1:34/83 | 0:21/175 | | | | | | | | |
| | +0:47 (5) | +0:02 (2) | | | | | | | | |
| 5 | Katrine Kalvik | | | Valnesfjord IL | | (21,58min/km) | 1:05:11 | | | |
| | 2:48/32 | 6:10/34 | 2:17/37 | 4:45/40 | 4:59/44 | 12:41/48 | 5:16/49 | 8:00/77 | 9:45/78 | 6:59/82 |
| | +0:51 (3) | +1:57 (5) | +0:29 (3) | +1:34 (5) | +1:23 (2) | +8:46 (5) | +2:16 (5) | +3:38 (5) | +6:27 (5) | +4:03 (5) |
| | 1:06/83 | 0:25/175 | | | | | | | | |
| | +0:19 (4) | +0:06 (4) | | | | | | | | |

Klasse H17 3,7 km

| | | | | | | | | | | |
|----------|--------------------------|-----------|-----------|------------------------|-----------|---------------------|--------------|-----------|-----------|-----------|
| 1 | Bernt Bjørnsgaard | | | Malungs OK | | (6,34min/km) | 23:43 | | | |
| | 1:41/31 | 1:42/34 | 2:00/52 | 0:32/36 | 1:15/37 | 3:00/70 | 1:01/44 | 2:19/47 | 2:34/49 | 2:26/77 |
| | +0:15 (9) | +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) |
| | 2:19/78 | 2:10/82 | 0:30/83 | 0:14/175 | | | | | | |
| | +0:11 (8) | +0:04 (3) | +0:03 (2) | +0:04 (6) | | | | | | |
| 2 | Øyvind Helgerud | | | Halden Skiklubb | | (6,62min/km) | 24:45 | | | |
| | 1:30/31 | 1:46/34 | 2:10/52 | 0:40/36 | 1:19/37 | 3:11/70 | 1:03/44 | 2:31/47 | 2:41/49 | 2:32/77 |
| | +0:04 (2) | +0:04 (2) | +0:10 (3) | +0:08 (15) | +0:04 (4) | +0:11 (2) | +0:02 (3) | +0:12 (3) | +0:07 (4) | +0:06 (3) |
| | 2:13/78 | 2:19/82 | 0:33/83 | 0:17/175 | | | | | | |
| | +0:05 (5) | +0:13 (8) | +0:06 (9) | +0:07 (17) | | | | | | |
| 3 | Håvard Hågård | | | Ringerike O-lag | | (6,75min/km) | 25:15 | | | |

| | | | | | | | | | | |
|-----------|--|--|--|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | 1:30/31 +0:04 (2) 2:32/78 +0:24 (15) | 1:58/34 +0:16 (6) 2:06/82 +0:00 (1) | 2:14/52 +0:14 (5) 0:32/83 +0:05 (6) | 0:39/36 +0:07 (11) 0:16/175 +0:06 (13) | 1:29/37 +0:14 (8) | 3:20/70 +0:20 (4) | 1:02/44 +0:01 (2) | 2:32/47 +0:13 (4) | 2:34/49 +0:00 (1) | 2:31/77 +0:05 (2) |
| 4 | Mikkel Lund | | | Nydalen Skiklubb | | (6,82min/km) | | 25:30 | | |
| | 1:37/31 +0:11 (6) 2:26/78 +0:18 (10) | 1:48/34 +0:06 (3) 2:17/82 +0:11 (6) | 2:27/52 +0:27 (11) 0:31/83 +0:04 (3) | 0:39/36 +0:07 (11) 0:13/175 +0:03 (2) | 1:18/37 +0:03 (3) | 3:19/70 +0:19 (3) | 1:14/44 +0:13 (8) | 2:29/47 +0:10 (2) | 2:39/49 +0:05 (3) | 2:33/77 +0:07 (4) |
| 5 | Erik Paulsrud | | | Bækkelaget IL | | (7,01min/km) | | 26:12 | | |
| | 1:34/31 +0:08 (4) 2:10/78 +0:02 (2) | 1:59/34 +0:17 (7) 2:07/82 +0:01 (2) | 2:17/52 +0:17 (7) 0:39/83 +0:12 (15) | 0:36/36 +0:04 (4) 0:15/175 +0:05 (10) | 1:35/37 +0:20 (15) | 3:35/70 +0:35 (9) | 1:20/44 +0:19 (10) | 2:44/47 +0:25 (7) | 2:41/49 +0:07 (4) | 2:40/77 +0:14 (6) |
| 6 | Bjarte Eikanger | | | IL Varegg | | (7,05min/km) | | 26:22 | | |
| | 1:26/31 +0:00 (1) 2:08/78 +0:00 (1) | 1:54/34 +0:12 (4) 2:20/82 +0:14 (11) | 2:23/52 +0:23 (10) 0:31/83 +0:04 (3) | 0:37/36 +0:05 (6) 0:14/175 +0:04 (6) | 1:15/37 +0:00 (1) | 3:35/70 +0:35 (9) | 1:35/44 +0:34 (20) | 2:38/47 +0:19 (5) | 2:43/49 +0:09 (6) | 3:03/77 +0:37 (12) |
| 7 | Endre Stokseth | | | Ringerike O-lag | | (7,26min/km) | | 27:09 | | |
| | 1:36/31 +0:10 (5) 2:12/78 +0:04 (3) | 2:07/34 +0:25 (15) 2:11/82 +0:05 (4) | 2:16/52 +0:16 (6) 0:40/83 +0:13 (18) | 0:48/36 +0:16 (24) 0:15/175 +0:05 (10) | 1:37/37 +0:22 (17) | 3:26/70 +0:26 (6) | 2:01/44 +1:00 (28) | 2:38/47 +0:19 (5) | 2:44/49 +0:10 (7) | 2:38/77 +0:12 (5) |
| 8 | Roy Erik Kristiansen | | | OSI Orientering | | (7,35min/km) | | 27:30 | | |
| | 2:12/31 +0:46 (25) 2:36/78 +0:28 (17) | 2:02/34 +0:20 (10) 2:21/82 +0:15 (12) | 2:13/52 +0:13 (4) 0:27/83 +0:00 (1) | 0:39/36 +0:07 (11) 0:13/175 +0:03 (2) | 1:28/37 +0:13 (6) | 3:32/70 +0:32 (8) | 1:14/44 +0:13 (8) | 2:49/47 +0:30 (10) | 2:58/49 +0:24 (9) | 2:46/77 +0:20 (8) |
| 9 | Tarjei Sandnes | | | Nydalen Skiklubb | | (7,36min/km) | | 27:32 | | |
| | 1:49/31 +0:23 (14) 2:29/78 +0:21 (12) | 2:13/34 +0:31 (19) 2:19/82 +0:13 (8) | 2:32/52 +0:32 (15) 0:36/83 +0:09 (11) | 0:44/36 +0:12 (20) 0:17/175 +0:07 (17) | 1:29/37 +0:14 (8) | 3:31/70 +0:31 (7) | 1:11/44 +0:10 (6) | 2:45/47 +0:26 (8) | 2:53/49 +0:19 (8) | 2:44/77 +0:18 (7) |
| 10 | Øyvind Lund | | | Raumar OL | | (7,62min/km) | | 28:29 | | |
| | 1:39/31 +0:13 (8) 2:26/78 +0:18 (10) | 2:12/34 +0:30 (18) 2:46/82 +0:40 (19) | 2:09/52 +0:09 (2) 0:39/83 +0:12 (15) | 0:46/36 +0:14 (21) 0:10/175 +0:00 (1) | 1:28/37 +0:13 (6) | 4:13/70 +1:13 (20) | 1:21/44 +0:20 (11) | 2:51/47 +0:32 (11) | 3:02/49 +0:28 (13) | 2:47/77 +0:21 (9) |
| 11 | Kristian Kullerud | | | Sarpsborg OL | | (7,66min/km) | | 28:39 | | |
| | 1:47/31 +0:21 (13) 2:12/78 +0:04 (3) | 1:57/34 +0:15 (5) 3:27/82 +1:21 (27) | 2:27/52 +0:27 (11) 0:32/83 +0:05 (6) | 0:35/36 +0:03 (3) 0:16/175 +0:06 (13) | 1:23/37 +0:08 (5) | 3:41/70 +0:41 (12) | 1:06/44 +0:05 (4) | 2:46/47 +0:27 (9) | 3:06/49 +0:32 (14) | 3:24/77 +0:58 (20) |
| 12 | Geir Nilsen | | | Ringerike O-lag | | (7,80min/km) | | 29:11 | | |
| | 1:46/31 +0:20 (12) 3:10/78 +1:02 (22) | 2:01/34 +0:19 (8) 2:31/82 +0:25 (14) | 2:31/52 +0:31 (14) 0:36/83 +0:09 (11) | 0:38/36 +0:06 (10) 0:18/175 +0:08 (20) | 1:33/37 +0:18 (13) | 3:47/70 +0:47 (14) | 1:28/44 +0:27 (16) | 2:53/47 +0:34 (12) | 2:58/49 +0:24 (9) | 3:01/77 +0:35 (11) |
| 13 | Bård Smestad | | | OL Tønsberg og omegn | | (8,12min/km) | | 30:23 | | |
| | 2:05/31 +0:39 (22) 2:29/78 +0:21 (12) | 2:06/34 +0:24 (13) 2:19/82 +0:13 (8) | 2:50/52 +0:50 (17) 0:37/83 +0:10 (14) | 0:43/36 +0:11 (18) 0:20/175 +0:10 (27) | 1:35/37 +0:20 (15) | 3:50/70 +0:50 (15) | 1:22/44 +0:21 (12) | 3:18/47 +0:59 (21) | 3:41/49 +1:07 (26) | 3:08/77 +0:42 (15) |
| 14 | Lars Reitan | | | Bodø og Omegn IF | | (8,24min/km) | | 30:48 | | |
| | 2:02/31 +0:36 (20) 2:15/78 +0:07 (6) | 2:11/34 +0:29 (17) 2:24/82 +0:18 (13) | 3:05/52 +1:05 (23) 0:45/83 +0:18 (23) | 0:55/36 +0:23 (29) 0:13/175 +0:03 (2) | 1:31/37 +0:16 (12) | 4:05/70 +1:05 (17) | 1:30/44 +0:29 (17) | 3:09/47 +0:50 (18) | 3:17/49 +0:43 (17) | 3:26/77 +1:00 (22) |
| 15 | Ole Morten Wie | | | Mo O-Klubb | | (8,32min/km) | | 31:06 | | |
| | 2:06/31 +0:40 (23) 3:00/78 +0:52 (19) | 2:01/34 +0:19 (8) 2:17/82 +0:11 (6) | 3:11/52 +1:11 (26) 0:47/83 +0:20 (27) | 0:37/36 +0:05 (6) 0:20/175 +0:10 (27) | 1:41/37 +0:26 (21) | 4:49/70 +1:49 (25) | 1:22/44 +0:21 (12) | 2:54/47 +0:35 (13) | 2:58/49 +0:24 (9) | 3:03/77 +0:37 (12) |
| 16 | Anders Beyer Brattli | | | Mo O-Klubb | | (8,36min/km) | | 31:17 | | |
| | 1:56/31 +0:30 (17) 2:32/78 +0:24 (15) | 2:18/34 +0:36 (21) 2:47/82 +0:41 (20) | 2:17/52 +0:17 (7) 0:36/83 +0:09 (11) | 0:36/36 +0:04 (4) 0:14/175 +0:04 (6) | 1:50/37 +0:35 (29) | 4:10/70 +1:10 (19) | 1:27/44 +0:26 (15) | 3:17/47 +0:58 (20) | 3:22/49 +0:48 (20) | 3:55/77 +1:29 (27) |
| 17 | Rune Nygård | | | Gular | | (8,42min/km) | | 31:30 | | |
| | 2:17/31 +0:51 (27) 3:55/78 +1:47 (28) | 2:14/34 +0:32 (20) 2:40/82 +0:34 (18) | 3:00/52 +1:00 (20) 0:40/83 +0:13 (18) | 0:37/36 +0:05 (6) 0:19/175 +0:09 (24) | 1:37/37 +0:22 (17) | 3:45/70 +0:45 (13) | 1:13/44 +0:12 (7) | 3:02/47 +0:43 (15) | 2:59/49 +0:25 (12) | 3:12/77 +0:46 (17) |
| 18 | Øystein Nesse | | | Nydalen Skiklubb | | (8,51min/km) | | 31:50 | | |

| | | | | | | | | | |
|--------------------------------|------------|------------|-------------------------|----------------------|--------------|------------|------------|------------|------------|
| 2:15/31 | 2:08/34 | 2:20/52 | 0:53/36 | 1:45/37 | 3:25/70 | 1:06/44 | 3:08/47 | 3:15/49 | 2:51/77 |
| +0:49 (26) | +0:26 (16) | +0:20 (9) | +0:21 (28) | +0:30 (24) | +0:25 (5) | +0:05 (4) | +0:49 (17) | +0:41 (16) | +0:25 (10) |
| 3:23/78 | 4:15/82 | 0:46/83 | 0:20/175 | | | | | | |
| +1:15 (24) | +2:09 (31) | +0:19 (25) | +0:10 (27) | | | | | | |
| 19 Lars Petter Rekkedal | | | Bodø og Omegn IF | (8,65min/km) | 32:22 | | | | |
| 1:45/31 | 2:33/34 | 2:53/52 | 0:48/36 | 1:45/37 | 4:49/70 | 1:36/44 | 3:31/47 | 3:20/49 | 3:22/77 |
| +0:19 (11) | +0:51 (23) | +0:53 (18) | +0:16 (24) | +0:30 (24) | +1:49 (25) | +0:35 (21) | +1:12 (23) | +0:46 (19) | +0:56 (19) |
| 2:21/78 | 2:51/82 | 0:32/83 | 0:16/175 | | | | | | |
| +0:13 (9) | +0:45 (22) | +0:05 (6) | +0:06 (13) | | | | | | |
| 20 Jarle Gullaksen | | | Bækkelaget IL | (8,73min/km) | 32:40 | | | | |
| 1:54/31 | 2:45/34 | 2:49/52 | 0:37/36 | 1:43/37 | 4:09/70 | 1:37/44 | 3:07/47 | 3:40/49 | 3:25/77 |
| +0:28 (16) | +1:03 (25) | +0:49 (16) | +0:05 (6) | +0:28 (23) | +1:09 (18) | +0:36 (22) | +0:48 (16) | +1:06 (24) | +0:59 (21) |
| 3:06/78 | 2:35/82 | 0:55/83 | 0:18/175 | | | | | | |
| +0:58 (21) | +0:29 (15) | +0:28 (30) | +0:08 (20) | | | | | | |
| 21 Steinar Eldevik | | | Bodø og Omegn IF | (8,79min/km) | 32:52 | | | | |
| 1:57/31 | 2:53/34 | 3:29/52 | 0:48/36 | 1:42/37 | 5:03/70 | 1:37/44 | 3:13/47 | 3:17/49 | 3:19/77 |
| +0:31 (18) | +1:11 (29) | +1:29 (28) | +0:16 (24) | +0:27 (22) | +2:03 (27) | +0:36 (22) | +0:54 (19) | +0:43 (17) | +0:53 (18) |
| 2:17/78 | 2:13/82 | 0:49/83 | 0:15/175 | | | | | | |
| +0:09 (7) | +0:07 (5) | +0:22 (28) | +0:05 (10) | | | | | | |
| 22 Roland Hürlimann | | | Nydalen Skiklubb | (8,87min/km) | 33:10 | | | | |
| 2:22/31 | 2:05/34 | 3:28/52 | 0:34/36 | 1:29/37 | 3:39/70 | 4:13/44 | 2:58/47 | 3:07/49 | 3:11/77 |
| +0:56 (28) | +0:23 (11) | +1:28 (27) | +0:02 (2) | +0:14 (8) | +0:39 (11) | +3:12 (31) | +0:39 (14) | +0:33 (15) | +0:45 (16) |
| 2:29/78 | 2:36/82 | 0:40/83 | 0:19/175 | | | | | | |
| +0:21 (12) | +0:30 (16) | +0:13 (18) | +0:09 (24) | | | | | | |
| 23 Christian Andresen | | | Sentrum OK | (9,13min/km) | 34:08 | | | | |
| 1:37/31 | 2:05/34 | 2:55/52 | 0:40/36 | 1:40/37 | 3:53/70 | 2:14/44 | 3:32/47 | 4:32/49 | 3:05/77 |
| +0:11 (6) | +0:23 (11) | +0:55 (19) | +0:08 (15) | +0:25 (19) | +0:53 (16) | +1:13 (30) | +1:13 (25) | +1:58 (27) | +0:39 (14) |
| 4:01/78 | 2:52/82 | 0:44/83 | 0:18/175 | | | | | | |
| +1:53 (30) | +0:46 (23) | +0:17 (22) | +0:08 (20) | | | | | | |
| 24 Hans Eidnes | | | Harstad O-lag | (9,17min/km) | 34:17 | | | | |
| 2:07/31 | 2:36/34 | 2:28/52 | 0:47/36 | 1:46/37 | 4:31/70 | 1:31/44 | 3:19/47 | 3:40/49 | 3:59/77 |
| +0:41 (24) | +0:54 (24) | +0:28 (13) | +0:15 (23) | +0:31 (26) | +1:31 (22) | +0:30 (18) | +1:00 (22) | +1:06 (24) | +1:33 (28) |
| 2:46/78 | 3:36/82 | 0:53/83 | 0:18/175 | | | | | | |
| +0:38 (18) | +1:30 (28) | +0:26 (29) | +0:08 (20) | | | | | | |
| 25 Erik Borg | | | Grue IL | (9,33min/km) | 34:54 | | | | |
| 1:58/31 | 3:00/34 | 3:08/52 | 0:39/36 | 1:48/37 | 4:13/70 | 1:34/44 | 3:43/47 | 3:33/49 | 3:43/77 |
| +0:32 (19) | +1:18 (30) | +1:08 (25) | +0:07 (11) | +0:33 (27) | +1:13 (20) | +0:33 (19) | +1:24 (28) | +0:59 (21) | +1:17 (23) |
| 3:25/78 | 3:14/82 | 0:39/83 | 0:17/175 | | | | | | |
| +1:17 (25) | +1:08 (24) | +0:12 (15) | +0:07 (17) | | | | | | |
| 26 Kenneth Viken | | | Fredrikstad SK | (10,34min/km) | 38:40 | | | | |
| 2:02/31 | 2:45/34 | 3:07/52 | 0:57/36 | 2:04/37 | 5:47/70 | 1:40/44 | 3:42/47 | 4:32/49 | 4:14/77 |
| +0:36 (20) | +1:03 (25) | +1:07 (24) | +0:25 (30) | +0:49 (31) | +2:47 (28) | +0:39 (25) | +1:23 (27) | +1:58 (27) | +1:48 (29) |
| 3:33/78 | 2:36/82 | 1:20/83 | 0:21/175 | | | | | | |
| +1:25 (26) | +0:30 (16) | +0:53 (31) | +0:11 (31) | | | | | | |
| 27 Erlend Eggestad | | | Bodø og Omegn IF | (10,67min/km) | 39:55 | | | | |
| 3:36/31 | 2:45/34 | 3:00/52 | 0:43/36 | 1:34/37 | 4:36/70 | 1:40/44 | 4:51/47 | 3:34/49 | 3:47/77 |
| +2:10 (29) | +1:03 (25) | +1:00 (20) | +0:11 (18) | +0:19 (14) | +1:36 (24) | +0:39 (25) | +2:32 (31) | +1:00 (23) | +1:21 (25) |
| 5:32/78 | 3:18/82 | 0:40/83 | 0:19/175 | | | | | | |
| +3:24 (31) | +1:12 (25) | +0:13 (18) | +0:09 (24) | | | | | | |
| 28 Anders Valestrand | | | BUL Tromsø | (10,76min/km) | 40:15 | | | | |
| 5:26/31 | 2:49/34 | 4:54/52 | 0:40/36 | 1:29/37 | 4:32/70 | 1:39/44 | 3:40/47 | 3:33/49 | 3:52/77 |
| +4:00 (31) | +1:07 (28) | +2:54 (30) | +0:08 (15) | +0:14 (8) | +1:32 (23) | +0:38 (24) | +1:21 (26) | +0:59 (21) | +1:26 (26) |
| 3:04/78 | 3:52/82 | 0:31/83 | 0:14/175 | | | | | | |
| +0:56 (20) | +1:46 (30) | +0:04 (3) | +0:04 (6) | | | | | | |
| 29 Rikard Bakkehaug | | | Alta O-lag | (11,23min/km) | 41:59 | | | | |
| 1:50/31 | 7:19/34 | 3:02/52 | 0:46/36 | 1:49/37 | 6:06/70 | 1:22/44 | 3:31/47 | 4:52/49 | 3:43/77 |
| +0:24 (15) | +5:37 (31) | +1:02 (22) | +0:14 (21) | +0:34 (28) | +3:06 (29) | +0:21 (12) | +1:12 (23) | +2:18 (31) | +1:17 (23) |
| 4:00/78 | 2:49/82 | 0:34/83 | 0:16/175 | | | | | | |
| +1:52 (29) | +0:43 (21) | +0:07 (10) | +0:06 (13) | | | | | | |
| 30 Marius Edvardsen | | | Bodø og Omegn IF | (11,37min/km) | 42:32 | | | | |
| 1:43/31 | 2:06/34 | 4:03/52 | 1:05/36 | 2:00/37 | 8:33/70 | 2:00/44 | 4:08/47 | 4:32/49 | 4:31/77 |
| +0:17 (10) | +0:24 (13) | +2:03 (29) | +0:33 (31) | +0:45 (30) | +5:33 (31) | +0:59 (27) | +1:49 (30) | +1:58 (27) | +2:05 (30) |
| 3:10/78 | 3:36/82 | 0:45/83 | 0:20/175 | | | | | | |
| +1:02 (22) | +1:30 (28) | +0:18 (23) | +0:10 (27) | | | | | | |
| 31 Thomas Johnsen | | | Bjerkvik IF | (12,51min/km) | 46:48 | | | | |
| 3:48/31 | 2:22/34 | 7:13/52 | 0:51/36 | 1:40/37 | 6:32/70 | 2:01/44 | 4:07/47 | 4:41/49 | 5:20/77 |
| +2:22 (30) | +0:40 (22) | +5:13 (31) | +0:19 (27) | +0:25 (19) | +3:32 (30) | +1:00 (28) | +1:48 (29) | +2:07 (30) | +2:54 (31) |
| 3:54/78 | 3:20/82 | 0:46/83 | 0:13/175 | | | | | | |
| +1:46 (27) | +1:14 (26) | +0:19 (25) | +0:03 (2) | | | | | | |
| Yngvar Larsen | | | Storsteinnes IL | (0,00min/km) | Brutt | | | | |
| +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) |
| +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | | | | | | |

Klasse D17 3,0 km

| | | | | | | | | | | |
|----|---------------------------|------------------|---------------|------------|------------|------------|------------|------------|------------|------------|
| 1 | Hilde Slørdahl Conradi | Larvik OK | (8,44min/km) | 25:30 | | | | | | |
| | 1:21/32 | 3:05/34 | 1:14/37 | 2:18/40 | 2:47/44 | 3:26/48 | 2:26/49 | 3:09/77 | 2:30/78 | 2:24/82 |
| | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:00 (1) | +0:10 (2) | +0:00 (1) | +0:27 (2) | +0:00 (1) | +0:00 (1) | +0:00 (1) |
| | 0:34/83 | 0:16/175 | | | | | | | | |
| | +0:00 (1) | +0:00 (1) | | | | | | | | |
| 2 | Ingvild Kravdal Gjessing | Nydalen Skiklubb | (9,57min/km) | 28:54 | | | | | | |
| | 2:29/32 | 3:19/34 | 1:38/37 | 2:20/40 | 2:37/44 | 3:32/48 | 1:59/49 | 3:46/77 | 3:18/78 | 2:56/82 |
| | +1:08 (11) | +0:14 (3) | +0:24 (7) | +0:02 (2) | +0:00 (1) | +0:06 (2) | +0:00 (1) | +0:37 (5) | +0:48 (6) | +0:32 (6) |
| | 0:40/83 | 0:20/175 | | | | | | | | |
| | +0:06 (4) | +0:04 (11) | | | | | | | | |
| 3 | Åsa Franzen | NTNU | (9,94min/km) | 30:02 | | | | | | |
| | 1:21/32 | 3:14/34 | 1:35/37 | 2:43/40 | 3:29/44 | 4:01/48 | 4:03/49 | 3:25/77 | 2:33/78 | 2:45/82 |
| | +0:00 (1) | +0:09 (2) | +0:21 (5) | +0:25 (6) | +0:52 (10) | +0:35 (7) | +2:04 (9) | +0:16 (3) | +0:03 (2) | +0:21 (5) |
| | 0:37/83 | 0:16/175 | | | | | | | | |
| | +0:03 (2) | +0:00 (1) | | | | | | | | |
| 4 | Ellen Moen | Nydalen Skiklubb | (10,00min/km) | 30:12 | | | | | | |
| | 3:06/32 | 3:29/34 | 1:20/37 | 2:26/40 | 3:20/44 | 3:44/48 | 2:38/49 | 3:23/77 | 3:08/78 | 2:36/82 |
| | +1:45 (13) | +0:24 (4) | +0:06 (2) | +0:08 (3) | +0:43 (7) | +0:18 (4) | +0:39 (3) | +0:14 (2) | +0:38 (4) | +0:12 (4) |
| | 0:42/83 | 0:20/175 | | | | | | | | |
| | +0:08 (6) | +0:04 (11) | | | | | | | | |
| 5 | Katrine G. Johansen | Sørreisa O-lag | (10,88min/km) | 32:52 | | | | | | |
| | 1:34/32 | 3:51/34 | 1:35/37 | 2:58/40 | 3:14/44 | 4:01/48 | 2:48/49 | 4:16/77 | 4:14/78 | 3:13/82 |
| | +0:13 (4) | +0:46 (8) | +0:21 (5) | +0:40 (10) | +0:37 (6) | +0:35 (7) | +0:49 (4) | +1:07 (9) | +1:44 (12) | +0:49 (8) |
| | 0:48/83 | 0:20/175 | | | | | | | | |
| | +0:14 (13) | +0:04 (11) | | | | | | | | |
| 6 | Kirsti Kringhaug | Ringerike O-lag | (11,32min/km) | 34:11 | | | | | | |
| | 4:38/32 | 3:42/34 | 1:32/37 | 2:50/40 | 2:52/44 | 3:47/48 | 3:37/49 | 3:33/77 | 3:06/78 | 3:35/82 |
| | +3:17 (17) | +0:37 (6) | +0:18 (4) | +0:32 (7) | +0:15 (3) | +0:21 (5) | +1:38 (6) | +0:24 (4) | +0:36 (3) | +1:11 (11) |
| | 0:40/83 | 0:19/175 | | | | | | | | |
| | +0:06 (4) | +0:03 (10) | | | | | | | | |
| 7 | Kristin Bøkseth | OL Trollelg | (11,47min/km) | 34:39 | | | | | | |
| | 1:42/32 | 3:40/34 | 1:29/37 | 2:37/40 | 5:40/44 | 4:14/48 | 3:40/49 | 4:02/77 | 3:21/78 | 3:09/82 |
| | +0:21 (7) | +0:35 (5) | +0:15 (3) | +0:19 (4) | +3:03 (15) | +0:48 (9) | +1:41 (7) | +0:53 (8) | +0:51 (8) | +0:45 (7) |
| | 0:45/83 | 0:20/175 | | | | | | | | |
| | +0:11 (9) | +0:04 (11) | | | | | | | | |
| 8 | Helen Martinsen | Gular | (11,73min/km) | 35:25 | | | | | | |
| | 1:33/32 | 3:46/34 | 2:19/37 | 4:36/40 | 3:13/44 | 3:40/48 | 5:07/49 | 4:21/77 | 3:19/78 | 2:29/82 |
| | +0:12 (3) | +0:41 (7) | +1:05 (14) | +2:18 (16) | +0:36 (5) | +0:14 (3) | +3:08 (11) | +1:12 (10) | +0:49 (7) | +0:05 (3) |
| | 0:45/83 | 0:17/175 | | | | | | | | |
| | +0:11 (9) | +0:01 (4) | | | | | | | | |
| 9 | Lena C. Pedersen | SISO IL | (12,11min/km) | 36:35 | | | | | | |
| | 1:37/32 | 3:55/34 | 1:43/37 | 2:39/40 | 3:21/44 | 4:17/48 | 8:26/49 | 4:01/77 | 3:12/78 | 2:28/82 |
| | +0:16 (5) | +0:50 (9) | +0:29 (8) | +0:21 (5) | +0:44 (8) | +0:51 (10) | +6:27 (14) | +0:52 (7) | +0:42 (5) | +0:04 (2) |
| | 0:38/83 | 0:18/175 | | | | | | | | |
| | +0:04 (3) | +0:02 (7) | | | | | | | | |
| 10 | Marit W Kure | Bodø og Omegn IF | (12,40min/km) | 37:26 | | | | | | |
| | 1:57/32 | 4:43/34 | 2:04/37 | 2:54/40 | 3:27/44 | 5:29/48 | 4:22/49 | 4:21/77 | 3:33/78 | 3:32/82 |
| | +0:36 (9) | +1:38 (11) | +0:50 (10) | +0:36 (8) | +0:50 (9) | +2:03 (12) | +2:23 (10) | +1:12 (10) | +1:03 (9) | +1:08 (10) |
| | 0:46/83 | 0:18/175 | | | | | | | | |
| | +0:12 (12) | +0:02 (7) | | | | | | | | |
| 11 | Marie Filtenborg | Nydalen Skiklubb | (12,93min/km) | 39:03 | | | | | | |
| | 1:41/32 | 6:22/34 | 2:00/37 | 2:54/40 | 3:09/44 | 3:52/48 | 6:25/49 | 3:49/77 | 4:29/78 | 3:14/82 |
| | +0:20 (6) | +3:17 (15) | +0:46 (9) | +0:36 (8) | +0:32 (4) | +0:26 (6) | +4:26 (12) | +0:40 (6) | +1:59 (14) | +0:50 (9) |
| | 0:48/83 | 0:20/175 | | | | | | | | |
| | +0:14 (13) | +0:04 (11) | | | | | | | | |
| 12 | Hilde Sofie Masterdalshei | Mo O-Klubb | (14,66min/km) | 44:17 | | | | | | |
| | 4:09/32 | 4:24/34 | 2:08/37 | 3:25/40 | 3:51/44 | 8:40/48 | 3:00/49 | 4:41/77 | 4:22/78 | 4:21/82 |
| | +2:48 (16) | +1:19 (10) | +0:54 (12) | +1:07 (12) | +1:14 (12) | +5:14 (17) | +1:01 (5) | +1:32 (12) | +1:52 (13) | +1:57 (16) |
| | 0:59/83 | 0:17/175 | | | | | | | | |
| | +0:25 (16) | +0:01 (4) | | | | | | | | |
| 13 | Birgitte Torbjørnsen | IL Gular | (15,44min/km) | 46:37 | | | | | | |
| | 2:27/32 | 5:13/34 | 2:09/37 | 3:34/40 | 4:27/44 | 7:11/48 | 7:15/49 | 5:22/77 | 3:58/78 | 3:54/82 |
| | +1:06 (10) | +2:08 (14) | +0:55 (13) | +1:16 (14) | +1:50 (14) | +3:45 (15) | +5:16 (13) | +2:13 (14) | +1:28 (11) | +1:30 (12) |
| | 0:44/83 | 0:23/175 | | | | | | | | |
| | +0:10 (8) | +0:07 (16) | | | | | | | | |
| 14 | Ingvild B. Helgesen | Sørreisa O-lag | (16,52min/km) | 49:53 | | | | | | |
| | 3:34/32 | 4:57/34 | 2:30/37 | 3:36/40 | 3:45/44 | 6:01/48 | 10:04/49 | 5:27/77 | 4:55/78 | 4:04/82 |
| | +2:13 (14) | +1:52 (12) | +1:16 (16) | +1:18 (15) | +1:08 (11) | +2:35 (13) | +8:05 (16) | +2:18 (15) | +2:25 (15) | +1:40 (13) |
| | 0:43/83 | 0:17/175 | | | | | | | | |
| | +0:09 (7) | +0:01 (4) | | | | | | | | |
| 15 | Elisabeth Rekkedal | Bodø og Omegn IF | (16,90min/km) | 51:02 | | | | | | |

| | | | | | | | | | |
|-----------|------------|------------|------------|------------|------------|-----------|------------|------------|------------|
| 1:48/32 | 12:07/34 | 2:04/37 | 3:20/40 | 4:01/44 | 7:17/48 | 3:44/49 | 5:18/77 | 6:16/78 | 4:06/82 |
| +0:27 (8) | +9:02 (17) | +0:50 (10) | +1:02 (11) | +1:24 (13) | +3:51 (16) | +1:45 (8) | +2:09 (13) | +3:46 (16) | +1:42 (14) |
| 0:45/83 | 0:16/175 | | | | | | | | |
| +0:11 (9) | +0:00 (1) | | | | | | | | |

16 Liv Anne Sollie

Mo O-Klubb

(17,92min/km)

54:07

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|-------------|------------|------------|------------|
| 2:31/32 | 5:03/34 | 2:54/37 | 3:27/40 | 6:39/44 | 5:22/48 | 13:29/49 | 5:27/77 | 3:37/78 | 4:13/82 |
| +1:10 (12) | +1:58 (13) | +1:40 (17) | +1:09 (13) | +4:02 (17) | +1:56 (11) | +11:30 (17) | +2:18 (15) | +1:07 (10) | +1:49 (15) |
| 1:02/83 | 0:23/175 | | | | | | | | |
| +0:28 (17) | +0:07 (16) | | | | | | | | |

17 Ragni Stokland

Bodø og Omegn IF

(20,24min/km)

1:01:08

| | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 3:57/32 | 6:55/34 | 2:23/37 | 5:50/40 | 6:32/44 | 6:56/48 | 9:15/49 | 6:35/77 | 6:31/78 | 4:58/82 |
| +2:36 (15) | +3:50 (16) | +1:09 (15) | +3:32 (17) | +3:55 (16) | +3:30 (14) | +7:16 (15) | +3:26 (17) | +4:01 (17) | +2:34 (17) |
| 0:58/83 | 0:18/175 | | | | | | | | |
| +0:24 (15) | +0:02 (7) | | | | | | | | |