

RESULTATLISTE UNDERGRUNNSSKEISERØRSLEMEISTERSKAPEN 2025

FOSENHALLEN, BJUGN, 04 APRIL - 05 APRIL

OD OG UNDERGRUNNSSKEISERØRSLEMEISTERSKAPSTILSKIPAR: PER GUNNAR STENSVAAG

STARTER: MR. OMAR ZANELLO, ITALIA.

500M

Rank	Lane	Band	Pair	Name	Nat	Club	AG	500m	Points
1	I	wt	29	REFSAAS Birk Finnstø	NOR	BøSK	Neo	39.20	39.200
2	I	yl	30	HØYER Nathaniel	NOR	Leinstrand	B2	41.18	41.180
3	O	rd	29	LACKNER Martin Vike	NOR	TSK	B1	41.57	41.570
4	O	bl	30	KAADA LIE Oliver August	NOR	SSSK	C2	43.05	43.050
5	O	bl	28	KVAM Ståle	NOR	Leinstrand	M35	44.55	44.550
6	I	yl	28	PETTERSEN Ronny	NOR	Harstad	M50	44.79	44.790
7	I	wt	27	DEN OUDEN Robin	NED	-	M40	45.29 SB	45.290
8	I	wt	25	VIKHALS Johan	NOR	BøSK	M55	45.46	45.460
9	O	rd	27	NESSET Geir	NOR	TSK	M55	45.54	45.540
10	O	rd	25	AALBERG Ketil	NOR	Spk Falken	M55	45.90	45.900
11	I	yl	26	HAUGEN Martin	NOR	Trondhjems	M40	47.33	47.330
12	O	bl	26	RIMMEREID Arne	NOR	Arendal SK	M50	47.60	47.600
13	I	wt	23	MELHUS Roger	NOR	TSK	M55	47.67	47.670
14	O	bl	2	STENSVAAG Per Gunnar	NOR	Hamar IL	M65	47.95	47.950
15	O	rd	23	HESTAD Geir	NOR	Harstad SK	M70	MT 48.30	48.300
16	I	yl	2	SØRENSEN Gaute Haftor	NOR	Arendal SK	M55	49.62 SB	49.620
17	O	rd	21	BRANDTSEGG Torbjørn	NOR	BøSK	M60	49.70 SB	49.700
18	I	yl	24	VEA Erik	NOR	Kaldfarnes	M70	49.86	49.860
19	O	bl	24	SUNDE Sven Kaare	NOR	Gjøvik SK	M60	50.05 SB	50.050
20	I	wt	21	GJØLGA Saga Finnstø	NOR	BøSK	C2	51.27	51.270
21	O	bl	22	LØLAND Ole	NOR	Kaldfarnes	M65	51.40	51.400
22	I	wt	19	HARBITZ Alf	NOR	Tromsø SK	M70	51.76	51.760
23	O	bl	20	AAKVIK Geir	NOR	IL Braatt	M70	52.44	52.440
24	I	wt	17	JOHANSEN Iver	NOR	spkl Ceres	M65	52.56 SB	52.560
25	I	yl	22	VAN ZEIJL Ward	NED	VIJL	M30	53.37 PB	53.370
26	I	yl	20	STEEN Marita Agnethe	NOR	BøSK	M65	53.66	53.660
27	I	yl	18	SEVILHAUG Vegard	NOR	Tynset IF	M65	53.82	53.820
28	O	bl	18	ØYRI Kåre	NOR	Lærdal IL	M75	53.83	53.830
29	I	wt	13	RAUDBERGET Per	NOR	BøSK	M60	54.24 SB	54.240
30	I	wt	15	NERDAHL Tove Julianne	NOR	TKK	M45	55.30	55.300
31	O	rd	11	MOEN Raymond Andre	NOR	BøSK	M35	55.35 PB	55.350
32	O	bl	16	FJELDSTAD Bjørn Ingar	NOR	Båstad IL	M50	55.53 SB	55.530
33	O	rd	17	LANDEM Trine	NOR	Spk Falken	M55	56.16	56.160
34	O	rd	15	CAIS Monica	ITA	Inline 360	M55	56.23	56.230
35	I	wt	3	ROKSETH Ingrid Fiskvik	NOR	TSK	M55	56.44 SB	56.440
36	I	yl	16	RIKTOR Rolf Espen	NOR	LIK	M60	56.52	56.520
37	I	yl	14	SEVALDSEN Sverre	NOR	IL Braatt	M70	57.32	57.320
38	O	rd	13	FOSSUM Hege	NOR	Tynset	M40	57.92	57.920
39	I	wt	11	JOHANSEN Kjell Tore	NOR	IL Braatt	M75	58.53 SB	58.530
40	O	rd	7	SEGADAL Kåre	NOR	Skuteviken	M70	59.29 SB	59.290
41	O	rd	9	HEGGESTAD Arvid	NOR	Veitast IL	M70	59.83 PB	59.830
42	I	yl	12	LANGMYREN Ole Kjell	NOR	OSS	M60	59.85	59.850
43	O	bl	14	SUNDLAND Rune	NOR	LIK	M65	59.91 SB	59.910
44	O	bl	12	GJØLGA Per Johan	NOR	BøSK	M55	1:00.79 SB	60.790
45	O	rd	1	KNUTSEN Morten Jarnskjegge	NOR	BøSK	M60	1:01.13	61.130
46	I	yl	10	VATTEKAR Stig	NOR	Lærdal IL	M70	1:01.65 PB	61.650
47	O	rd	5	SÆTHER Torbjørn Herje	NOR	Eidsvold T	M70	1:01.90 SB	61.900
48	I	wt	1	NILSSEN Ivar.47	NOR	Stjørd/Bli	M75	1:02.20 SB	62.200
49	I	wt	7	SEVALDSEN Roald	NOR	IL Braatt	M75	1:02.79	62.790
50	O	bl	8	SKJERVEN Edvin	NOR	Vik IL	M75	1:03.38 SB	63.380
51	I	wt	9	TASSARA Silvia	ITA	SG Trento	M70	1:03.46	63.460
52	I	wt	5	HEMMER Sara	NOR	Aktiv SK	M65	1:03.51	63.510
53	I	yl	8	FREDRIKSEN Tord Skoe	NOR	Lilleborg	M60	1:05.12	65.120
54	O	bl	10	VANGEN STENSVAAG Susanne	NOR	Hamar IL	M50	1:05.14	65.140
55	O	bl	6	KVALSØREN Hans	NOR	IL Bjørn	M80	1:06.88 PB	66.880
56	I	yl	6	NÆSS Arne Inge	NOR	Tynset IF	M70	1:09.75 SB	69.750
57	I	yl	4	HEIDARI Hossein	IRI	-	M45	1:10.81 SB	70.810
58	O	rd	3	NESHEIM Arne	NOR	Lærdal IL	M75	1:15.45 SB	75.450
59	O	bl	4	RIKTOR Marit Dalseth	NOR	LIK	M55	1:17.66	77.660

500M m Protocol

Rank	Lane	Band	Pair	Name	Nat	Club	AG	500m	Points
1	I	wt	29	REFSAAS Birk Finnstø	NOR	BøSK	Neo	39.20	39.200
LAPS: 100m: 00:10.74 500m: 00:28.46									
2	I	yl	30	HØYER Nathaniel	NOR	Leinstrand	B2	41.18	41.180
LAPS: 100m: 00:11.50 500m: 00:29.68									
3	O	rd	29	LACKNER Martin Vike	NOR	TSK	B1	41.57	41.570
LAPS: 100m: 00:11.62 500m: 00:29.95									
4	O	bl	30	KAADA LIE Oliver August	NOR	SSSK	C2	43.05	43.050
LAPS: 100m: 00:11.86 500m: 00:31.19									
5	O	bl	28	KVAM Ståle	NOR	Leinstrand	M35	44.55	44.550
LAPS: 100m: 00:11.39 500m: 00:33.16									
6	I	yl	28	PETTERSEN Ronny	NOR	Harstad	M50	44.79	44.790
LAPS: 100m: 00:12.14 500m: 00:32.65									
7	I	wt	27	DEN OUDEN Robin	NED	-	M40	45.29 SB	45.290
LAPS: 100m: 00:12.28 500m: 00:33.01									
8	I	wt	25	VIKHALS Johan	NOR	BøSK	M55	45.46	45.460
LAPS: 100m: 00:12.48 500m: 00:32.98									
9	O	rd	27	NESSET Geir	NOR	TSK	M55	45.54	45.540
LAPS: 100m: 00:12.53 500m: 00:33.01									
10	O	rd	25	AALBERG Ketil	NOR	Spk Falken	M55	45.90	45.900
LAPS: 100m: 00:12.32 500m: 00:33.58									
11	I	yl	26	HAUGEN Martin	NOR	Trondhjems	M40	47.33	47.330
LAPS: 100m: 00:12.44 500m: 00:34.89									
12	O	bl	26	RIMMEREID Arne	NOR	Arendal SK	M50	47.60	47.600
LAPS: 100m: 00:12.62 500m: 00:34.98									
13	I	wt	23	MELHUS Roger	NOR	TSK	M55	47.67	47.670
LAPS: 100m: 00:12.62 500m: 00:35.05									
14	O	bl	2	STENSVAAG Per Gunnar	NOR	Hamar IL	M65	47.95	47.950
LAPS: 100m: 00:13.12 500m: 00:34.83									
15	O	rd	23	HESTAD Geir	NOR	Harstad SK	M70	MT 48.30	48.300
LAPS: 100m: 00:12.98 500m: 00:35.32									
16	I	yl	2	SØRENSEN Gaute Haftor	NOR	Arendal SK	M55	49.62 SB	49.620
LAPS: 100m: 00:13.06 500m: 00:36.56									
17	O	rd	21	BRANDTSEGG Torbjørn	NOR	BøSK	M60	49.70 SB	49.700
LAPS: 100m: 00:13.34 500m: 00:36.36									
18	I	yl	24	VEA Erik	NOR	Kaldfarnes	M70	49.86	49.860
LAPS: 100m: 00:13.35 500m: 00:36.51									
19	O	bl	24	SUNDE Sven Kaare	NOR	Gjøvik SK	M60	50.05 SB	50.050
LAPS: 100m: 00:13.41 500m: 00:36.64									
20	I	wt	21	GJØLGA Saga Finnstø	NOR	BøSK	C2	51.27	51.270
LAPS: 100m: 00:13.30 500m: 00:37.97									
21	O	bl	22	LØLAND Ole	NOR	Kaldfarnes	M65	51.40	51.400
LAPS: 100m: 00:13.90 500m: 00:37.50									
22	I	wt	19	HARBITZ Alf	NOR	Tromsø SK	M70	51.76	51.760
LAPS: 100m: 00:14.18 500m: 00:37.58									
23	O	bl	20	AAKVIK Geir	NOR	IL Braatt	M70	52.44	52.440
LAPS: 100m: 00:13.54 500m: 00:38.90									
24	I	wt	17	JOHANSEN Iver	NOR	spkl Ceres	M65	52.56 SB	52.560
LAPS: 100m: 00:13.89 500m: 00:38.67									
25	I	yl	22	VAN ZEIJL Ward	NED	VIJL	M30	53.37 PB	53.370
LAPS: 100m: 00:14.44 500m: 00:38.93									
26	I	yl	20	STEEN Marita Agnethe	NOR	BøSK	M65	53.66	53.660
LAPS: 100m: 00:13.90 500m: 00:39.76									
27	I	yl	18	SEVILHAUG Vegard	NOR	Tynset IF	M65	53.82	53.820
LAPS: 100m: 00:13.95 500m: 00:39.87									
28	O	bl	18	ØYRI Kåre	NOR	Lærdal IL	M75	53.83	53.830
LAPS: 100m: 00:14.07 500m: 00:39.76									
29	I	wt	13	RAUDBERGET Per	NOR	BøSK	M60	54.24 SB	54.240
LAPS: 100m: 00:13.96 500m: 00:40.28									
30	I	wt	15	NERDAHL Tove Julianne	NOR	TKK	M45	55.30	55.300
LAPS: 100m: 00:14.51 500m: 00:40.79									

31	O	rd	11	MOEN Raymond Andre	NOR	BØSK	M35	55.35 PB	55.350
LAPS: 100m: 00:13.87 500m: 00:41.48									
32	O	bl	16	FJELDSTAD Bjørn Ingar	NOR	Båstad IL	M50	55.53 SB	55.530
LAPS: 100m: 00:14.49 500m: 00:41.04									
33	O	rd	17	LANDSEM Trine	NOR	Spk Falken	M55	56.16	56.160
LAPS: 100m: 00:15.06 500m: 00:41.10									
34	O	rd	15	CAIS Monica	ITA	Inline 360	M55	56.23	56.230
LAPS: 100m: 00:14.65 500m: 00:41.58									
35	I	wt	3	ROKSETH Ingrid Fiskvik	NOR	TSK	M55	56.44 SB	56.440
LAPS: 100m: 00:14.54 500m: 00:41.90									
36	I	yl	16	RIKTOR Rolf Espen	NOR	LIK	M60	56.52	56.520
LAPS: 100m: 00:15.19 500m: 00:41.33									
37	I	yl	14	SEVALDSEN Sverre	NOR	IL Braatt	M70	57.32	57.320
LAPS: 100m: 00:14.56 500m: 00:42.76									
38	O	rd	13	FOSSUM Hege	NOR	Tynset	M40	57.92	57.920
LAPS: 100m: 00:15.17 500m: 00:42.75									
39	I	wt	11	JOHANSEN Kjell Tore	NOR	IL Braatt	M75	58.53 SB	58.530
LAPS: 100m: 00:15.15 500m: 00:43.38									
40	O	rd	7	SEGADAL Kåre	NOR	Skuteviken	M70	59.29 SB	59.290
LAPS: 100m: 00:15.90 500m: 00:43.39									
41	O	rd	9	HEGGESTAD Arvid	NOR	Veitast IL	M70	59.83 PB	59.830
LAPS: 100m: 00:15.89 500m: 00:43.94									
42	I	yl	12	LANGMYREN Ole Kjell	NOR	OSS	M60	59.85	59.850
LAPS: 100m: 00:16.20 500m: 00:43.65									
43	O	bl	14	SUNDLAND Rune	NOR	LIK	M65	59.91 SB	59.910
LAPS: 100m: 00:15.22 500m: 00:44.69									
44	O	bl	12	GJØLGA Per Johan	NOR	BØSK	M55	1:00.79 SB	60.790
LAPS: 100m: 00:16.00 500m: 00:44.79									
45	O	rd	1	KNUTSEN Morten Jarnskjegge	NOR	BØSK	M60	1:01.13	61.130
LAPS: 100m: 00:15.81 500m: 00:45.32									
46	I	yl	10	VATTEKAR Stig	NOR	Lærdal IL	M70	1:01.65 PB	61.650
LAPS: 100m: 00:15.87 500m: 00:45.78									
47	O	rd	5	SÆTHER Torbjørn Herje	NOR	Eidsvold T	M70	1:01.90 SB	61.900
LAPS: 100m: 00:15.96 500m: 00:45.94									
48	I	wt	1	NILSSEN Ivar.47	NOR	Stjørd/Bli	M75	1:02.20 SB	62.200
LAPS: 100m: 00:16.00 500m: 00:46.20									
49	I	wt	7	SEVALDSEN Roald	NOR	IL Braatt	M75	1:02.79	62.790
LAPS: 100m: 00:16.05 500m: 00:46.74									
50	O	bl	8	SKJERVEN Edvin	NOR	Vik IL	M75	1:03.38 SB	63.380
LAPS: 100m: 00:16.38 500m: 00:47.00									
51	I	wt	9	TASSARA Silvia	ITA	SG Trento	M70	1:03.46	63.460
LAPS: 100m: 00:15.80 500m: 00:47.66									
52	I	wt	5	HEMMER Sara	NOR	Aktiv SK	M65	1:03.51	63.510
LAPS: 100m: 00:16.76 500m: 00:46.75									
53	I	yl	8	FREDRIKSEN Tord Skoe	NOR	Lilleborg	M60	1:05.12	65.120
LAPS: 100m: 00:16.30 500m: 00:48.82									
54	O	bl	10	VANGEN STENSVAAG Susanne	NOR	Hamar IL	M50	1:05.14	65.140
LAPS: 100m: 00:16.91 500m: 00:48.23									
55	O	bl	6	KVALSØREN Hans	NOR	IL Bjørn	M80	1:06.88 PB	66.880
LAPS: 100m: 00:16.81 500m: 00:50.07									
56	I	yl	6	NÆSS Arne Inge	NOR	Tynset IF	M70	1:09.75 SB	69.750
LAPS: 100m: 00:16.28 500m: 00:53.47									
57	I	yl	4	HEIDARI Hossein	IRI	-	M45	1:10.81 SB	70.810
LAPS: 100m: 00:17.62 500m: 00:53.19									
58	O	rd	3	NESHEIM Arne	NOR	Lærdal IL	M75	1:15.45 SB	75.450
LAPS: 100m: 00:18.90 500m: 00:56.55									
59	O	bl	4	RIKTOR Marit Dalseth	NOR	LIK	M55	1:17.66	77.660
LAPS: 100m: 00:18.70 500m: 00:58.96									

5000M

Rank	Lane	Band	Pair	Name	Nat	Club	AG	5000m	Points
1	I	wt	29	REFSAAS Birk Finnstø	NOR	BØSK	Neo	7:15.80	43.580
2	O	rd	29	AALBERG Ketil	NOR	Spk Falken	M55	7:46.49 SB	46.649
3	I	yl	30	HØYER Nathaniel	NOR	Leinstrand	B2	7:48.80	46.880
4	I	wt	27	LACKNER Martin Vike	NOR	TSK	B1	7:56.92	47.692
5	O	bl	30	KAADA LIE Oliver August	NOR	SSSK	C2	8:06.31 PB	48.631
6	O	rd	27	PETTERSEN Ronny	NOR	Harstad	M50	8:10.81 SB	49.081
7	O	bl	28	DEN OUDEN Robin	NED	-	M40	8:22.47 SB	50.247
8	I	yl	28	NESSET Geir	NOR	TSK	M55	8:26.39	50.638
9	I	wt	25	VIKHALS Johan	NOR	BØSK	M55	8:39.90	51.989
10	O	rd	25	HESTAD Geir	NOR	Harstad SK	M70	8:56.51 SB	53.650
11	O	bl	26	VEA Erik	NOR	Kaldfarnes	M70	MT 9:02.52 SB	54.251
12	I	yl	26	HAUGEN Martin	NOR	Trondhjems	M40	9:02.81	54.280
13	I	wt	23	JOHANSEN Iver	NOR	spkl Ceres	M65	MT 9:08.83 SB	54.883
14	I	wt	15	VAN ZEIJL Ward	NED	VIJL	M30	F 9:09.17 PB	54.916
15	I	yl	20	MELHUS Roger	NOR	TSK	M55	9:14.45 PB	55.445
16	O	rd	23	RIMMEREID Arne	NOR	Arendal SK	M50	MT 9:20.14	56.013
17	I	wt	21	GJØLGA Saga Finnstø	NOR	BØSK	C2	9:24.97 PB	56.497
18	I	wt	19	LØLAND Ole	NOR	Kaldfarnes	M65	9:25.54 PB	56.553
19	I	yl	24	HARBITZ Alf	NOR	Tromsø SK	M70	MT 9:30.92 SB	57.092
20	O	rd	21	SJØRENSEN Gaute Haftor	NOR	Arendal SK	M55	9:36.42	57.641
21	O	rd	17	BRANDTSEGG Torbjørn	NOR	BØSK	M60	9:38.16 SB	57.815
22	O	rd	19	RAUDBERGET Per	NOR	BØSK	M60	9:43.20 SB	58.320
23	O	bl	20	KVAM Ståle	NOR	Leinstrand	M35	9:49.19 PB	58.919
24	O	rd	15	SEVLHAUG Vegard	NOR	Tynset IF	M65	9:53.84 PB	59.384
25	O	bl	22	SUNDE Sven Kaare	NOR	Gjøvik SK	M60	MT 9:53.94 SB	59.394
26	I	yl	14	FJELDSTAD Bjørn Ingar	NOR	Båstad IL	M50	9:56.20 PB	59.620
27	I	yl	22	RIKTOR Rolf Espen	NOR	LIK	M60	MT 9:58.20 SB	59.820
28	I	yl	16	HEMMER Sara	NOR	Aktiv SK	M65	10:00.04 SB	60.004
29	O	bl	24	SÆTHER Torbjørn Herje	NOR	Eidsvold T	M70	MT 10:02.27 SB	60.227
30	I	yl	2	STENSVAAG Per Gunnar	NOR	Hamar IL	M65	10:03.40 SB	60.339
31	O	bl	18	LANGMYREN Ole Kjell	NOR	OSS	M60	10:05.95 SB	60.595
32	I	wt	17	LANDESEM Trine	NOR	Spk Falken	M55	10:06.62	60.662
33	O	bl	14	AAKVIK Geir	NOR	IL Braatt	M70	10:08.50 PB	60.850
34	O	bl	16	STEEN Marita Agnethe	NOR	BØSK	M65	10:09.36 SB	60.936
35	I	wt	13	CAIS Monica	ITA	Inline 360	M55	10:18.80 PB	61.879
36	O	rd	9	SEGADAL Kåre	NOR	Skuteviken	M70	MT 10:38.50 SB	63.850
37	O	rd	11	GJØLGA Per Johan	NOR	BØSK	M55	MT 10:43.92 SB	64.392
38	O	rd	13	SUNDLAND Rune	NOR	LIK	M65	10:49.86 SB	64.986
39	I	wt	11	FOSSUM Hege	NOR	Tynset	M40	MT 10:56.54 SB	65.654
40	O	rd	5	MOEN Raymond Andre	NOR	BØSK	M35	10:59.99 PB	65.999
41	I	yl	10	JOHANSEN Kjell Tore	NOR	IL Braatt	M75	MT 11:03.39 SB	66.339
42	I	wt	1	KNUTSEN Morten Jarnskjeggje	NOR	BØSK	M60	11:15.01	67.501
43	I	yl	18	FREDRIKSEN Tord Skoe	NOR	Lilleborg	M60	11:19.42	67.942
44	I	wt	9	SEVALDSEN Sverre	NOR	IL Braatt	M70	MT 11:30.75 SB	69.075
45	O	bl	10	HEGGESTAD Arvid	NOR	Veitast IL	M70	MT 11:31.12 PB	69.112
46	I	yl	8	SKJERVEN Edvin	NOR	Vik IL	M75	11:42.77 SB	70.277
47	I	yl	6	ØYRI Kåre	NOR	Lærdal IL	M75	MT 11:53.71 SB	71.371
48	O	bl	12	NILSEN Ivar.47	NOR	Stjørd/Bli	M75	MT 12:05.42 SB	72.542
49	I	yl	12	TASSARA Silvia	ITA	SG Trento	M70	MT 12:09.47 SB	72.947
50	I	wt	7	VATTEKAR Stig	NOR	Lærdal IL	M70	MT 12:13.86 PB	73.386
51	I	wt	5	SEVALDSEN Roald	NOR	IL Braatt	M75	MT 12:16.00 PB	73.600
52	I	wt	3	ROKSETH Ingrid Fiskvik	NOR	TSK	M55	12:39.77 PB	75.977
53	O	bl	2	VANGEN STENSVAAG Susanne	NOR	Hamar IL	M50	12:48.50 SB	76.850
54	O	bl	8	KVALSØREN Hans	NOR	IL Bjørn	M80	12:50.90 PB	77.090
55	O	rd	1	RIKTOR Marit Dalseth	NOR	LIK	M55	12:52.44 SB	77.244
56	O	bl	6	NESHEIM Arne	NOR	Lærdal IL	M75	MT 12:55.90 SB	77.590
57	O	bl	4	NÆSS Arne Inge	NOR	Tynset IF	M70	13:00.16 PB	78.015
58	I	yl	4	NERDAHL Tove Julianne	NOR	TKK	M45	13:45.07 SB	82.507
59	O	rd	3	HEIDARI Hossein	IRI	-	M45	13:53.23 NR PB	83.323

5000M m Protocol									
Rank	Lane	Band	Pair	Name	Nat	Club	AG	5000m	Points
1	I	wt	29	REFSAAS Birk Finnstø	NOR	BøSK	Neo	7:15.80	43.580
LAPS: 200m: 00:20.85 600m: 00:33.87 1000m: 00:34.25 1400m: 00:34.05									
1800m: 00:34.11 2200m: 00:34.16 2600m: 00:34.13 3000m: 00:34.32									
3400m: 00:34.59 3800m: 00:34.74 4200m: 00:35.05									
4600m: 00:35.44 5000m: 00:36.24									
2	O	rd	29	AALBERG Ketil	NOR	Spk Falken	M55	7:46.49 SB	46.649
LAPS: 200m: 00:23.08 600m: 00:35.54 1000m: 00:35.66 1400m: 00:36.59									
1800m: 00:36.49 2200m: 00:36.44 2600m: 00:37.15 3000m: 00:37.65									
3400m: 00:37.42 3800m: 00:37.41 4200m: 00:37.34									
4600m: 00:37.93 5000m: 00:37.79									
3	I	yl	30	HØYER Nathaniel	NOR	Leinstrand	B2	7:48.80	46.880
LAPS: 200m: 00:23.63 600m: 00:36.99 1000m: 00:36.98 1400m: 00:37.05									
1800m: 00:36.68 2200m: 00:36.86 2600m: 00:36.65 3000m: 00:36.65									
3400m: 00:36.41 3800m: 00:36.76 4200m: 00:37.68									
4600m: 00:38.00 5000m: 00:38.46									
4	I	wt	27	LACKNER Martin Vike	NOR	TSK	B1	7:56.92	47.692
LAPS: 200m: 00:24.21 600m: 00:38.48 1000m: 00:38.38 1400m: 00:38.71									
1800m: 00:39.06 2200m: 00:38.27 2600m: 00:38.19 3000m: 00:38.70									
3400m: 00:37.44 3800m: 00:37.86 4200m: 00:36.64									
4600m: 00:35.54 5000m: 00:35.44									
5	O	bl	30	KAADA LIE Oliver August	NOR	SSSK	C2	8:06.31 PB	48.631
LAPS: 200m: 00:24.31 600m: 00:38.86 1000m: 00:38.90 1400m: 00:38.06									
1800m: 00:37.81 2200m: 00:38.78 2600m: 00:38.93 3000m: 00:38.86									
3400m: 00:38.69 3800m: 00:38.59 4200m: 00:38.66									
4600m: 00:37.39 5000m: 00:38.47									
6	O	rd	27	PETTERSEN Ronny	NOR	Harstad	M50	8:10.81 SB	49.081
LAPS: 200m: 00:22.66 600m: 00:38.34 1000m: 00:39.68 1400m: 00:38.59									
1800m: 00:38.10 2200m: 00:39.03 2600m: 00:39.11 3000m: 00:38.47									
3400m: 00:39.10 3800m: 00:39.65 4200m: 00:39.85									
4600m: 00:39.65 5000m: 00:38.58									
7	O	bl	28	DEN OUDEN Robin	NED	-	M40	8:22.47 SB	50.247
LAPS: 200m: 00:22.71 600m: 00:37.67 1000m: 00:38.07 1400m: 00:38.06									
1800m: 00:38.43 2200m: 00:38.99 2600m: 00:39.41 3000m: 00:40.96									
3400m: 00:41.26 3800m: 00:42.20 4200m: 00:42.17									
4600m: 00:41.24 5000m: 00:41.30									
8	I	yl	28	NESSET Geir	NOR	TSK	M55	8:26.39	50.638
LAPS: 200m: 00:23.19 600m: 00:38.59 1000m: 00:39.15 1400m: 00:39.83									
1800m: 00:40.05 2200m: 00:40.15 2600m: 00:40.22 3000m: 00:40.16									
3400m: 00:40.67 3800m: 00:40.88 4200m: 00:41.28									
4600m: 00:41.23 5000m: 00:40.99									
9	I	wt	25	VIKHALS Johan	NOR	BøSK	M55	8:39.90	51.989
LAPS: 200m: 00:24.56 600m: 00:40.26 1000m: 00:40.58 1400m: 00:40.06									
1800m: 00:40.57 2200m: 00:40.39 2600m: 00:40.92 3000m: 00:41.45									
3400m: 00:41.94 3800m: 00:42.33 4200m: 00:42.85									
4600m: 00:42.88 5000m: 00:41.11									
10	O	rd	25	HESTAD Geir	NOR	Harstad SK	M70	8:56.51 SB	53.650
LAPS: 200m: 00:25.26 600m: 00:40.70 1000m: 00:42.46 1400m: 00:42.45									
1800m: 00:42.25 2200m: 00:42.47 2600m: 00:42.70 3000m: 00:42.79									
3400m: 00:42.98 3800m: 00:43.04 4200m: 00:43.37									
4600m: 00:43.71 5000m: 00:42.33									
11	O	bl	26	VEA Erik	NOR	Kaldfarnes	M70	MT 9:02.52 SB	54.251
LAPS: 200m: 00:25.18 600m: 00:40.79 1000m: 00:43.25 1400m: 00:43.37									
1800m: 00:42.79 2200m: 00:43.06 2600m: 00:43.22 3000m: 00:42.36									
3400m: 00:42.88 3800m: 00:43.27 4200m: 00:43.70									
4600m: 00:44.58 5000m: 00:44.07									
12	I	yl	26	HAUGEN Martin	NOR	Trondhjems	M40	9:02.81	54.280
LAPS: 200m: 00:25.28 600m: 00:40.90 1000m: 00:40.86 1400m: 00:43.28									
1800m: 00:43.65 2200m: 00:43.48 2600m: 00:43.47 3000m: 00:43.04									
3400m: 00:43.16 3800m: 00:43.90 4200m: 00:44.16									
4600m: 00:44.54 5000m: 00:43.09									
13	I	wt	23	JOHANSEN Iver	NOR	spkl Ceres	M65	MT 9:08.83 SB	54.883
LAPS: 200m: 00:25.43 600m: 00:44.28 1000m: 00:22.79 1400m: 01:04.41									
1800m: 00:24.63 2200m: 00:18.60 2600m: 01:12.75 3000m: -									
3400m: - 3800m: - 4200m: -									
4600m: - 5000m: 09:08.83									
14	I	wt	15	VAN ZEIJL Ward	NED	VIJL	M30	F 9:09.17 PB	54.916
LAPS: 200m: 00:25.84 600m: 00:41.06 1000m: 00:41.80 1400m: 00:43.55									
1800m: 00:42.64 2200m: 00:42.78 2600m: 00:44.04 3000m: 00:43.26									
3400m: 00:42.89 3800m: 00:42.48 4200m: 00:42.23									
4600m: 00:40.86 5000m: 00:55.74									

15	I	yl	20	MELHUS Roger	NOR	TSK	M55	9:14.45 PB	55.445
LAPS: 200m: 00:24.30 600m: 00:41.32 1000m: 00:42.70 1400m: 00:44.06									
1800m: 00:44.16 2200m: - 2600m: 04:44.91 3000m: 00:44.21									
3400m: 00:44.65 3800m: 00:44.60 4200m: 00:44.97									
4600m: 00:45.37 5000m: 00:45.74									
16	O	rd	23	RIMMEREID Arne	NOR	Arendal SK	M50	MT 9:20.14	56.013
LAPS: 200m: 00:25.43 600m: - 1000m: 01:09.71 1400m: 00:42.72									
1800m: 00:24.45 2200m: 01:03.84 2600m: 00:26.36 3000m: -									
3400m: - 3800m: - 4200m: -									
4600m: - 5000m: 09:20.14									
17	I	wt	21	GIØLGA Saga Finnstø	NOR	BØSK	C2	9:24.97 PB	56.497
LAPS: 200m: 00:24.59 600m: 00:42.82 1000m: 00:43.88 1400m: 00:45.49									
1800m: 00:45.03 2200m: 00:45.05 2600m: 00:45.32 3000m: 00:45.74									
3400m: 00:45.38 3800m: 00:45.08 4200m: 00:45.24									
4600m: 00:46.72 5000m: 00:44.63									
18	I	wt	19	LØLAND Ole	NOR	Kaldfarnes	M65	9:25.54 PB	56.553
LAPS: 200m: 00:26.03 600m: 00:43.91 1000m: 00:45.39 1400m: 00:45.90									
1800m: 00:45.35 2200m: 00:45.00 2600m: 00:44.87 3000m: 00:45.11									
3400m: 00:45.09 3800m: 00:44.76 4200m: 00:45.42									
4600m: 00:44.85 5000m: 00:43.86									
19	I	yl	24	HARBITZ Alf	NOR	Tromsø SK	M70	MT 9:30.92 SB	57.092
LAPS: 200m: 00:02.07 600m: 00:27.21 1000m: 00:38.91 1400m: 00:54.83									
1800m: 00:09.17 2200m: 01:27.02 2600m: 00:01.72 3000m: -									
3400m: - 3800m: - 4200m: -									
4600m: - 5000m: 09:30.92									
20	O	rd	21	SØRENSEN Gaute Haftor	NOR	Arendal SK	M55	9:36.42	57.641
LAPS: 200m: 00:25.64 600m: 00:41.84 1000m: 00:43.78 1400m: 00:45.26									
1800m: 00:44.97 2200m: 00:45.16 2600m: 00:45.81 3000m: 00:46.56									
3400m: 00:48.84 3800m: 00:49.33 4200m: 00:48.03									
4600m: 00:46.67 5000m: 00:44.53									
21	O	rd	17	BRANDTSEGG Torbjørn	NOR	BØSK	M60	9:38.16 SB	57.815
LAPS: 200m: 00:25.76 600m: 00:43.56 1000m: 00:46.27 1400m: 00:46.46									
1800m: 00:45.90 2200m: 00:45.83 2600m: 00:46.27 3000m: 00:46.81									
3400m: 00:47.35 3800m: 00:47.57 4200m: 00:46.45									
4600m: 00:45.09 5000m: 00:44.84									
22	O	rd	19	RAUDBERGET Per	NOR	BØSK	M60	9:43.20 SB	58.320
LAPS: 200m: 00:26.60 600m: 00:44.10 1000m: 00:46.14 1400m: 00:46.01									
1800m: 00:46.31 2200m: 00:45.94 2600m: 00:46.26 3000m: 00:46.55									
3400m: 00:46.55 3800m: 00:47.44 4200m: 00:47.19									
4600m: 00:47.15 5000m: 00:46.96									
23	O	bl	20	KVAM Ståle	NOR	Leinstrand	M35	9:49.19 PB	58.919
LAPS: 200m: 00:24.11 600m: 00:40.19 1000m: 00:44.04 1400m: 00:45.37									
1800m: 00:46.04 2200m: 00:47.34 2600m: 00:47.79 3000m: 00:49.47									
3400m: 00:49.09 3800m: 00:50.69 4200m: 00:50.36									
4600m: 00:47.15 5000m: 00:47.55									
24	O	rd	15	SEVILHAUG Vegard	NOR	Tynset IF	M65	9:53.84 PB	59.384
LAPS: 200m: 00:28.06 600m: 00:44.88 1000m: 00:45.49 1400m: 00:46.12									
1800m: 00:46.20 2200m: 00:47.13 2600m: 00:47.87 3000m: 00:47.89									
3400m: 00:47.81 3800m: 00:48.25 4200m: 00:48.30									
4600m: 00:47.45 5000m: 00:48.39									
25	O	bl	22	SUNDE Sven Kaare	NOR	Gjøvik SK	M60	MT 9:53.94 SB	59.394
LAPS: 200m: 00:27.19 600m: 00:45.85 1000m: 00:46.74 1400m: 00:47.19									
1800m: 00:47.27 2200m: 00:48.17 2600m: 00:47.56 3000m: 00:47.38									
3400m: 00:47.26 3800m: 00:48.76 4200m: 00:47.85									
4600m: 00:47.53 5000m: 00:45.19									
26	I	yl	14	FJELDSTAD Bjørn Ingar	NOR	Båstad IL	M50	9:56.20 PB	59.620
LAPS: 200m: 00:26.82 600m: 00:45.29 1000m: 00:45.82 1400m: 00:48.27									
1800m: 00:48.91 2200m: 00:47.54 2600m: 00:48.15 3000m: 00:49.03									
3400m: 00:47.72 3800m: 00:47.22 4200m: 00:47.31									
4600m: 00:47.31 5000m: 00:46.81									
27	I	yl	22	RIKTOR Rolf Espen	NOR	LIK	M60	MT 9:58.20 SB	59.820
LAPS: 200m: 00:28.02 600m: 00:44.98 1000m: 00:45.48 1400m: 00:46.58									
1800m: 00:46.62 2200m: 00:46.95 2600m: 00:47.87 3000m: 00:48.29									
3400m: 00:48.33 3800m: 00:48.86 4200m: 00:48.66									
4600m: 00:48.74 5000m: 00:48.82									
28	I	yl	16	HEMMER Sara	NOR	Aktiv SK	M65	10:00.04 SB	60.004
LAPS: 200m: 00:29.43 600m: 00:46.65 1000m: 00:47.40 1400m: 00:47.14									
1800m: 00:47.38 2200m: 00:47.51 2600m: 00:47.55 3000m: 00:47.38									
3400m: 00:47.88 3800m: 00:47.73 4200m: 00:48.17									
4600m: 00:48.34 5000m: 00:47.48									

29	O	bl	24	SÆTHER Torbjørn Herje	NOR	Eidsvold T	M70	MT 10:02.27	SB	60.227
LAPS: 200m: 00:29.28 600m: 00:14.09 1000m: 00:33.07 1400m: 01:20.79										
1800m: 00:12.63 2200m: 00:46.94 2600m: 00:02.40 3000m: -										
3400m: - 3800m: - 4200m: -										
4600m: - 5000m: 10:02.27										
30	I	yl	2	STENSVAAG Per Gunnar	NOR	Hamar IL	M65	10:03.40	SB	60.339
LAPS: 200m: 00:27.55 600m: 00:45.56 1000m: 00:47.12 1400m: 00:47.15										
1800m: 00:47.03 2200m: 00:58.50 2600m: 00:38.54 3000m: 00:47.23										
3400m: 00:49.31 3800m: 00:50.18 4200m: 00:49.21										
4600m: 00:48.82 5000m: 00:47.20										
31	O	bl	18	LANGMYREN Ole Kjell	NOR	OSS	M60	10:05.95	SB	60.595
LAPS: 200m: 00:29.14 600m: 00:46.15 1000m: 00:47.05 1400m: 00:47.80										
1800m: 00:47.61 2200m: 00:48.08 2600m: 00:48.58 3000m: 00:49.02										
3400m: 00:48.54 3800m: 00:48.82 4200m: 00:48.31										
4600m: 00:48.36 5000m: 00:48.49										
32	I	wt	17	LANDSEM Trine	NOR	Spk Falken	M55	10:06.62		60.662
LAPS: 200m: 00:27.18 600m: 00:45.03 1000m: 00:46.35 1400m: 00:46.73										
1800m: 00:47.72 2200m: 00:48.26 2600m: 00:48.39 3000m: 00:49.20										
3400m: 00:50.16 3800m: 00:49.75 4200m: 00:49.86										
4600m: 00:49.02 5000m: 00:48.97										
33	O	bl	14	AAKVIK Geir	NOR	IL Braatt	M70	10:08.50	PB	60.850
LAPS: 200m: 00:26.86 600m: 00:45.30 1000m: 00:47.47 1400m: 00:48.84										
1800m: 00:48.51 2200m: 00:48.34 2600m: 00:48.02 3000m: 00:48.55										
3400m: 00:48.62 3800m: 00:48.75 4200m: 00:49.41										
4600m: 00:49.56 5000m: 00:50.27										
34	O	bl	16	STEEN Marita Agnethe	NOR	BØSK	M65	10:09.36	SB	60.936
LAPS: 200m: 00:26.96 600m: 00:46.73 1000m: 00:48.40 1400m: 00:46.98										
1800m: 00:47.59 2200m: 00:47.47 2600m: 00:48.08 3000m: 00:47.31										
3400m: 00:49.03 3800m: 00:49.32 4200m: 00:49.70										
4600m: 00:51.09 5000m: 00:50.70										
35	I	wt	13	CAIS Monica	ITA	Inline 360	M55	10:18.80	PB	61.879
LAPS: 200m: 00:27.79 600m: 00:46.04 1000m: 00:48.32 1400m: 00:49.89										
1800m: 00:50.08 2200m: 00:48.96 2600m: 00:49.33 3000m: 00:50.02										
3400m: 00:50.07 3800m: 00:49.59 4200m: 00:50.05										
4600m: 00:50.32 5000m: 00:48.34										
36	O	rd	9	SEGADAL Kåre	NOR	Skuteviken	M70	MT 10:38.50	SB	63.850
LAPS: 200m: 00:30.38 600m: 00:48.20 1000m: 00:49.49 1400m: 00:50.46										
1800m: 01:40.06 2200m: 00:02.69 2600m: 00:50.77 3000m: 00:16.89										
3400m: 01:26.13 3800m: 00:50.14 4200m: 00:51.34										
4600m: 00:51.53 5000m: 00:50.42										
37	O	rd	11	GIØLGA Per Johan	NOR	BØSK	M55	MT 10:43.92	SB	64.392
LAPS: 200m: 00:29.82 600m: 00:48.52 1000m: 00:49.63 1400m: 01:39.55										
1800m: 00:51.57 2200m: 00:53.09 2600m: 00:52.46 3000m: 00:53.80										
3400m: 00:52.88 3800m: 00:51.16 4200m: 00:51.55										
4600m: 00:49.89 5000m: -										
38	O	rd	13	SUNDLAND Rune	NOR	LIK	M65	10:49.86	SB	64.986
LAPS: 200m: 00:28.33 600m: 00:47.47 1000m: 00:48.50 1400m: 00:50.66										
1800m: 00:51.23 2200m: 00:52.48 2600m: 00:54.18 3000m: 00:54.02										
3400m: 00:53.24 3800m: 00:53.28 4200m: 00:52.75										
4600m: 00:53.12 5000m: 00:50.60										
39	I	wt	11	FOSSUM Hege	NOR	Tynset	M40	MT 10:56.54	SB	65.654
LAPS: 200m: 00:29.33 600m: 00:48.44 1000m: 00:49.49 1400m: 00:51.30										
1800m: 00:51.99 2200m: 00:51.87 2600m: 01:46.36 3000m: 00:54.16										
3400m: 00:54.14 3800m: 00:54.23 4200m: 00:54.09										
4600m: 00:51.14 5000m: -										
40	O	rd	5	MOEN Raymond Andre	NOR	BØSK	M35	10:59.99	PB	65.999
LAPS: 200m: 00:25.98 600m: 00:46.06 1000m: 00:49.10 1400m: 00:51.10										
1800m: 00:52.80 2200m: 00:52.92 2600m: 00:54.07 3000m: 00:54.94										
3400m: 00:53.47 3800m: 00:54.41 4200m: 00:54.91										
4600m: 00:56.00 5000m: 00:54.23										
41	I	yl	10	JOHANSEN Kjell Tore	NOR	IL Braatt	M75	MT 11:03.39	SB	66.339
LAPS: 200m: 00:30.53 600m: 00:52.08 1000m: 00:52.32 1400m: 00:54.98										
1800m: 00:55.21 2200m: 00:23.98 2600m: 00:38.16 3000m: 00:50.29										
3400m: 01:10.10 3800m: 00:52.60 4200m: 01:21.45										
4600m: 00:49.47 5000m: 00:52.22										
42	I	wt	1	KNUTSEN Morten Jarnskjeggje	NOR	BØSK	M60	11:15.01		67.501
LAPS: 200m: 00:30.89 600m: 00:50.92 1000m: 00:50.41 1400m: 00:51.07										
1800m: 00:52.17 2200m: 00:46.41 2600m: 01:24.64 3000m: 00:31.57										
3400m: 00:54.83 3800m: 00:55.34 4200m: 00:56.09										
4600m: 00:56.45 5000m: 00:54.22										

43	I	yl	18	FREDRIKSEN Tord Skoe	NOR	Lilleborg	M60	11:19.42	67.942
LAPS: 200m: 00:30.16 600m: 00:48.45 1000m: 00:51.31 1400m: -									
1800m: 03:55.71 2200m: 00:53.73 2600m: 00:55.96 3000m: 00:56.53									
3400m: 00:57.48 3800m: 00:54.86 4200m: 00:54.06									
4600m: 00:55.10 5000m: 00:55.99									
44	I	wt	9	SEVALDSEN Sverre	NOR	IL Braatt	M70	MT 11:30.75 SB	69.075
LAPS: 200m: 00:30.33 600m: 00:53.87 1000m: 00:52.71 1400m: 00:53.21									
1800m: 00:53.16 2200m: 01:23.05 2600m: 00:54.87 3000m: 00:20.47									
3400m: 01:24.32 3800m: 01:13.49 4200m: 01:19.32									
4600m: 00:24.59 5000m: 00:27.36									
45	O	bl	10	HEGGESTAD Arvid	NOR	Veitast IL	M70	MT 11:31.12 PB	69.112
LAPS: 200m: 00:31.46 600m: 00:51.19 1000m: 00:55.65 1400m: 00:56.57									
1800m: 02:48.49 2200m: 00:54.88 2600m: 00:55.51 3000m: 00:55.43									
3400m: 00:54.99 3800m: 01:19.22 4200m: 02:13.66									
4600m: - 5000m: 11:31.12									
46	I	yl	8	SKJERVEN Edvin	NOR	Vik IL	M75	11:42.77 SB	70.277
LAPS: 200m: 00:33.92 600m: 00:53.56 1000m: 00:55.50 1400m: 00:56.57									
1800m: 00:56.76 2200m: 00:56.54 2600m: 00:56.44 3000m: 00:56.24									
3400m: 00:55.73 3800m: 00:56.44 4200m: 00:56.00									
4600m: 00:55.46 5000m: 00:53.61									
47	I	yl	6	ØYRI Kåre	NOR	Lærdal IL	M75	MT 11:53.71 SB	71.371
LAPS: 200m: 00:33.43 600m: 00:55.99 1000m: 00:58.47 1400m: 00:56.78									
1800m: 00:55.37 2200m: 00:55.59 2600m: 00:56.47 3000m: 00:56.72									
3400m: 00:57.28 3800m: 00:55.85 4200m: 00:53.97									
4600m: 03:00.35 5000m: -									
48	O	bl	12	NILSSEN Ivar.47	NOR	Stjørd/Bli	M75	MT 12:05.42 SB	72.542
LAPS: 200m: - 600m: - 1000m: - 1400m: -									
1800m: - 2200m: - 2600m: - 3000m: -									
3400m: - 3800m: - 4200m: -									
4600m: - 5000m: 12:05.42									
49	I	yl	12	TASSARA Silvia	ITA	SG Trento	M70	MT 12:09.47 SB	72.947
LAPS: 200m: 00:32.54 600m: 00:58.15 1000m: 00:59.72 1400m: 00:58.23									
1800m: 00:58.58 2200m: 00:41.83 2600m: 00:17.18 3000m: 00:59.20									
3400m: 00:58.94 3800m: 00:59.20 4200m: 00:58.39									
4600m: 00:57.64 5000m: 01:49.87									
50	I	wt	7	VATTEKAR Stig	NOR	Lærdal IL	M70	MT 12:13.86 PB	73.386
LAPS: 200m: 00:33.02 600m: 00:56.24 1000m: 00:57.85 1400m: 00:56.94									
1800m: 00:58.97 2200m: 00:59.53 2600m: 00:59.91 3000m: 00:59.47									
3400m: 00:59.92 3800m: 00:58.65 4200m: 00:58.03									
4600m: 00:57.97 5000m: 00:57.36									
51	I	wt	5	SEVALDSEN Roald	NOR	IL Braatt	M75	MT 12:16.00 PB	73.600
LAPS: 200m: 00:32.20 600m: 00:55.81 1000m: 00:58.18 1400m: 00:58.43									
1800m: 02:00.37 2200m: 00:58.17 2600m: 00:58.84 3000m: 00:58.49									
3400m: 00:58.92 3800m: 00:58.61 4200m: 00:58.82									
4600m: 00:59.78 5000m: -									
52	I	wt	3	ROKSETH Ingrid Fiskvik	NOR	TSK	M55	12:39.77 PB	75.977
LAPS: 200m: 00:33.23 600m: 00:58.67 1000m: 00:58.63 1400m: 00:59.48									
1800m: 00:58.64 2200m: 00:59.49 2600m: 01:00.87 3000m: 01:06.11									
3400m: 01:03.80 3800m: 01:04.51 4200m: 00:59.18									
4600m: 01:00.29 5000m: 00:56.87									
53	O	bl	2	VANGEN STENSVAAG Susanne	NOR	Hamar IL	M50	12:48.50 SB	76.850
LAPS: 200m: 00:33.42 600m: 00:58.42 1000m: 01:00.00 1400m: 01:00.20									
1800m: 00:49.77 2200m: 00:50.34 2600m: 01:23.79 3000m: 01:02.39									
3400m: 01:02.68 3800m: 01:02.34 4200m: 01:02.58									
4600m: 01:02.19 5000m: 01:00.38									
54	O	bl	8	KVALSØREN Hans	NOR	IL Bjørn	M80	12:50.90 PB	77.090
LAPS: 200m: 00:34.22 600m: 00:57.26 1000m: 00:59.89 1400m: 01:04.13									
1800m: 01:02.46 2200m: 01:02.76 2600m: 01:00.54 3000m: 01:05.45									
3400m: 01:00.50 3800m: 01:00.99 4200m: 01:00.46									
4600m: 00:58.28 5000m: 01:03.96									
55	O	rd	1	RIKTOR Marit Dalseth	NOR	LIK	M55	12:52.44 SB	77.244
LAPS: 200m: 00:36.76 600m: 01:03.09 1000m: 01:00.62 1400m: 01:00.61									
1800m: 01:08.54 2200m: 00:52.05 2600m: 01:02.76 3000m: 01:02.60									
3400m: 01:02.15 3800m: 01:02.43 4200m: 00:59.92									
4600m: 01:00.97 5000m: 00:59.94									
56	O	bl	6	NESHEIM Arne	NOR	Lærdal IL	M75	MT 12:55.90 SB	77.590
LAPS: 200m: 00:37.17 600m: 01:00.60 1000m: 00:59.99 1400m: 01:00.28 4200m: 01:01.54									
1800m: 00:19.94 2200m: 00:40.82 2600m: 01:02.76 3000m: 01:01.58									
3400m: 01:01.96 3800m: 01:01.41 4200m: 01:01.54									
4600m: 01:01.32 5000m: 02:06.53									

57	O	bl	4	NÆSS Arne Inge	NOR	Tynset IF	M70	13:00.16 PB	78.015
LAPS: 200m: 00:35.85 600m: 01:00.38 1000m: 01:03.35 1400m: 01:02.77									
1800m: 01:02.82 2200m: 01:02.89 2600m: 01:01.04 3000m: 01:01.80									
3400m: 01:01.35 3800m: 01:02.69 4200m: 01:00.91									
4600m: 01:02.55 5000m: 01:01.76									
58	I	yl	4	NERDAHL Tove Julianne	NOR	TKK	M45	13:45.07 SB	82.507
LAPS: 200m: 00:34.28 600m: 01:02.02 1000m: 01:02.94 1400m: 01:02.75									
1800m: 01:03.82 2200m: 01:05.37 2600m: 01:12.40 3000m: 01:07.30									
3400m: 01:07.27 3800m: 01:08.63 4200m: 01:09.12									
4600m: 01:09.14 5000m: 01:00.03									
59	O	rd	3	HEIDARI Hossein	IRI	-	M45	13:53.23 NR PB	83.323
LAPS: 200m: 00:38.96 600m: 01:04.72 1000m: 01:06.40 1400m: 01:07.82									
1800m: 01:06.91 2200m: 01:06.04 2600m: 01:06.34 3000m: 01:08.79									
3400m: 01:08.28 3800m: 01:05.25 4200m: 01:02.86									
4600m: 01:06.79 5000m: 01:04.07									

1500M

Rank	Lane	Band	Pair	Name	Nat	Club	AG	1500m	Points
1	O	bl	30	REFSAAS Birk Finnstø	NOR	BØSK	Neo	2:00.15	40.050
2	O	rd	29	LACKNER Martin Vike	NOR	TSK	B1	2:07.36	42.453
3	I	yl	30	HØYER Nathaniel	NOR	Leinstrand	B2	2:07.85	42.616
4	O	bl	28	AALBERG Ketil	NOR	Spk Falken	M55	2:12.59 SB	44.196
5	I	yl	28	PETTERSEN Ronny	NOR	Harstad	M50	2:16.25 SB	45.416
6	O	rd	27	DEN OUDEN Robin	NED	-	M40	2:16.60 SB	45.533
7	I	wt	29	KAADA LIE Oliver August	NOR	SSSK	C2	2:17.81	45.936
8	I	wt	27	NESSET Geir	NOR	TSK	M55	2:18.00	46.000
9	O	bl	26	VIKHALS Johan	NOR	BØSK	M55	2:19.40	46.466
10	I	yl	26	HAUGEN Martin	NOR	Trondhjems	M40	2:25.53 PB	48.510
11	O	rd	25	HESTAD Geir	NOR	Harstad SK	M70	2:26.94	48.980
12	I	yl	24	RIMMEREID Arne	NOR	Arendal SK	M50	2:29.16	49.720
13	O	bl	24	KVAM Ståle	NOR	Leinstrand	M35	2:29.86 PB	49.953
14	O	rd	23	VEA Erik	NOR	Kaldfarnes	M70	2:32.52	50.840
15	I	wt	25	MELHUS Roger	NOR	TSK	M55	2:33.14 PB	51.046
16	O	bl	22	JOHANSEN Iver	NOR	spkl Ceres	M65	2:36.68 SB	52.226
17	I	yl	22	BRANDTSEGG Torbjørn	NOR	BØSK	M60	2:39.05	53.016
18	O	bl	20	VAN ZEIJL Ward	NED	VIJL	M30	2:40.17 PB	53.389
19	O	rd	19	SUNDE Sven Kaare	NOR	Gjøvik SK	M60	2:40.18 SB	53.393
20	I	wt	23	SØRENSEN Gaute Haftor	NOR	Arendal SK	M55	2:40.24	53.413
21	I	wt	21	LØLAND Ole	NOR	Kaldfarnes	M65	2:41.01	53.669
22	I	yl	2	STENSVAAG Per Gunnar	NOR	Hamar IL	M65	2:41.21	53.736
23	I	yl	20	HARBITZ Alf	NOR	Tromsø SK	M70	2:42.69	54.230
24	I	wt	17	FJELDSTAD Bjørn Ingar	NOR	Båstad IL	M50	2:43.78	54.593
25	I	yl	16	LANDESEM Trine	NOR	Spk Falken	M55	2:45.40	55.133
26	O	rd	21	GJØLGA Saga Finnstø	NOR	BØSK	C2	2:45.92	55.306
27	O	bl	18	SEVILHAUG Vegard	NOR	Tynset IF	M65	2:45.97	55.323
28	I	yl	18	AAKVIK Geir	NOR	IL Braatt	M70	2:46.49 SB	55.496
29	O	bl	16	RIKTOR Rolf Espen	NOR	LIK	M60	2:46.52 SB	55.506
30	I	wt	19	RAUDBERGET Per	NOR	BØSK	M60	2:47.72 SB	55.906
31	O	rd	17	STEEN Marita Agnethe	NOR	BØSK	M65	2:48.66	56.220
32	O	bl	14	MOEN Raymond Andre	NOR	BØSK	M35	2:54.27 PB	58.090
33	O	rd	15	CAIS Monica	ITA	Inline 360	M55	2:55.07	58.356
34	I	wt	15	LANGMYREN Ole Kjell	NOR	OSS	M60	2:57.29 SB	59.096
35	I	yl	14	SÆTHER Torbjørn Herje	NOR	Eidsvold T	M70	2:58.62	59.540
36	O	bl	12	FOSSUM Hege	NOR	Tynset	M40	3:00.69	60.230
37	O	rd	13	SEGADAL Kåre	NOR	Skuteviken	M70	3:02.37 SB	60.790
38	O	rd	11	SUNDLAND Rune	NOR	LIK	M65	3:02.82 SB	60.940
39	I	wt	13	HEMMER Sara	NOR	Aktiv SK	M65	3:05.03 SB	61.676
40	I	wt	11	GJØLGA Per Johan	NOR	BØSK	M55	3:07.34 SB	62.446
41	O	rd	9	HEGGESTAD Arvid	NOR	Veitast IL	M70	3:11.58 PB	63.860
42	I	yl	10	SEVALDSEN Sverre	NOR	IL Braatt	M70	3:12.22 SB	64.073
43	I	wt	9	ROKSETH Ingrid Fiskvik	NOR	TSK	M55	MT 3:15.52 SB	65.173
44	I	yl	12	JOHANSEN Kjell Tore	NOR	IL Braatt	M75	MT 3:15.53 SB	65.176
45	O	bl	8	FREDRIKSEN Tord Skoe	NOR	Lilleborg	M60	3:16.73	65.576
46	I	wt	1	KNUTSEN Morten Jarnskjeggje	NOR	BØSK	M60	MT 3:18.21	66.070
47	I	wt	3	NERDAHL Tove Julianne	NOR	TKK	M45	3:19.55 SB	66.516
48	I	yl	6	TASSARA Silvia	ITA	SG Trento	M70	3:22.11	67.370
49	I	yl	8	SKJERVEN Edvin	NOR	Vik IL	M75	3:22.61 SB	67.536
50	O	rd	7	NILSSEN Ivar.47	NOR	Stjørd/Bli	M75	3:22.97 SB	67.656
51	O	bl	10	ØYRI Kåre	NOR	Lærdal IL	M75	3:24.62	68.206
52	I	wt	7	VATTEKAR Stig	NOR	Lærdal IL	M70	3:26.12 PB	68.706
53	O	bl	6	SEVALDSEN Roald	NOR	IL Braatt	M75	3:28.29 SB	69.429
54	O	bl	2	VANGEN STENSVAAG Susanne	NOR	Hamar IL	M50	3:36.38	72.126
55	I	yl	4	KVALSØREN Hans	NOR	IL Bjørn	M80	3:42.73 PB	74.243
56	O	bl	4	NÆSS Arne Inge	NOR	Tynset IF	M70	3:44.45 PB	74.816
57	I	wt	5	RIKTOR Marit Dalseth	NOR	LIK	M55	3:50.13	76.710
58	O	rd	3	NESHEIM Arne	NOR	Lærdal IL	M75	3:54.32 SB	78.106
59	O	rd	5	HEIDARI Hossein	IRI	-	M45	4:00.08 PB	80.026

1500m m Protocol										
Rank	Lane	Band	Pair	Name	Nat	Club	AG	1500m	Points	
1	O	bl	30	REFSAAS Birk Finnstø	NOR	BøSK	Neo	2:00.15	40.050	
LAPS: 300m: 00:26.30 700m: 00:30.50										
								1100m: 00:31.28 1500m: 00:32.07		
2	O	rd	29	LACKNER Martin Vike	NOR	TSK	B1	2:07.36	42.453	
LAPS: 300m: 00:28.43 700m: 00:31.57										
								1100m: 00:33.12 1500m: 00:34.24		
3	I	yl	30	HØYER Nathaniel	NOR	Leinstrand	B2	2:07.85	42.616	
LAPS: 300m: 00:27.54 700m: 00:30.93										
								1100m: 00:33.25 1500m: 00:36.13		
4	O	bl	28	AALBERG Ketil	NOR	Spk Falken	M55	2:12.59 SB	44.196	
LAPS: 300m: 00:29.58 700m: 00:33.35										
								1100m: 00:34.45 1500m: 00:35.21		
5	I	yl	28	PETTERSEN Ronny	NOR	Harstad	M50	2:16.25 SB	45.416	
LAPS: 300m: 00:29.69 700m: 00:33.77										
								1100m: 00:35.64 1500m: 00:37.15		
6	O	rd	27	DEN OUDEN Robin	NED	-	M40	2:16.60 SB	45.533	
LAPS: 300m: 00:29.25 700m: 00:34.03										
								1100m: 00:35.94 1500m: 00:37.38		
7	I	wt	29	KAADA LIE Oliver August	NOR	SSSK	C2	2:17.81	45.936	
LAPS: 300m: 00:28.94 700m: 00:33.16										
								1100m: 00:36.81 1500m: 00:38.90		
8	I	wt	27	NESSET Geir	NOR	TSK	M55	2:18.00	46.000	
LAPS: 300m: 00:30.19 700m: 00:33.83										
								1100m: 00:36.04 1500m: 00:37.94		
9	O	bl	26	VIKHALS Johan	NOR	BøSK	M55	2:19.40	46.466	
LAPS: 300m: 00:30.60 700m: 00:34.20										
								1100m: 00:36.25 1500m: 00:38.35		
10	I	yl	26	HAUGEN Martin	NOR	Trondhjems	M40	2:25.53 PB	48.510	
LAPS: 300m: 00:31.09 700m: 00:36.40										
								1100m: 00:37.88 1500m: 00:40.16		
11	O	rd	25	HESTAD Geir	NOR	Harstad SK	M70	2:26.94	48.980	
LAPS: 300m: 00:31.86 700m: 00:36.89										
								1100m: 00:38.61 1500m: 00:39.58		
12	I	yl	24	RIMMEREID Arne	NOR	Arendal SK	M50	2:29.16	49.720	
LAPS: 300m: 00:31.32 700m: 00:36.98										
								1100m: 00:39.85 1500m: 00:41.01		
13	O	bl	24	KVAM Ståle	NOR	Leinstrand	M35	2:29.86 PB	49.953	
LAPS: 300m: 00:28.72 700m: 00:36.44										
								1100m: 00:41.60 1500m: 00:43.10		
14	O	rd	23	VEA Erik	NOR	Kaldfarnes	M70	2:32.52	50.840	
LAPS: 300m: 00:32.63 700m: 00:38.46										
								1100m: 00:40.20 1500m: 00:41.23		
15	I	wt	25	MELHUS Roger	NOR	TSK	M55	2:33.14 PB	51.046	
LAPS: 300m: 00:31.47 700m: 00:38.47										
								1100m: 00:41.09 1500m: 00:42.11		
16	O	bl	22	JOHANSEN Iver	NOR	spkl Ceres	M65	2:36.68 SB	52.226	
LAPS: 300m: 00:34.50 700m: 00:39.59										
								1100m: 00:41.09 1500m: 00:41.50		
17	I	yl	22	BRANDTSEGG Torbjørn	NOR	BøSK	M60	2:39.05	53.016	
LAPS: 300m: 00:33.69 700m: 00:39.73										
								1100m: 00:42.06 1500m: 00:43.57		
18	O	bl	20	VAN ZEIJL Ward	NED	VIJL	M30	2:40.17 PB	53.389	
LAPS: 300m: 00:35.62 700m: 00:40.96										
								1100m: 00:41.80 1500m: 00:41.79		
19	O	rd	19	SUNDE Sven Kaare	NOR	Gjøvik SK	M60	2:40.18 SB	53.393	
LAPS: 300m: 00:34.83 700m: 00:40.09										
								1100m: 00:42.13 1500m: 00:43.13		
20	I	wt	23	SØRENSEN Gaute Haftor	NOR	Arendal SK	M55	2:40.24	53.413	
LAPS: 300m: 00:33.38 700m: 00:40.07										
								1100m: 00:43.43 1500m: 00:43.36		
21	I	wt	21	LØLAND Ole	NOR	Kaldfarnes	M65	2:41.01	53.669	
LAPS: 300m: 00:33.67 700m: 00:40.02										
								1100m: 00:43.62 1500m: 00:43.70		
22	I	yl	2	STENSVAAG Per Gunnar	NOR	Hamar IL	M65	2:41.21	53.736	
LAPS: 300m: 00:34.21 700m: 00:41.76										
								1100m: 00:43.14 1500m: 00:42.10		
23	I	yl	20	HARBITZ Alf	NOR	Tromsø SK	M70	2:42.69	54.230	
LAPS: 300m: 00:33.51 700m: 00:40.42										
								1100m: 00:43.95 1500m: 00:44.81		
24	I	wt	17	FJELDSTAD Bjørn Ingar	NOR	Båstad IL	M50	2:43.78	54.593	
LAPS: 300m: 00:35.62 700m: 00:41.57										
								1100m: 00:42.31 1500m: 00:44.28		

25	I	yl	16	LANDSEM Trine	NOR	Spk Falken	M55	2:45.40	55.133
LAPS: 300m: 00:35.90 700m: 00:41.05									
1100m: 00:43.42 1500m: 00:45.03									
26	O	rd	21	GJØLGA Saga Finnstø	NOR	BØSK	C2	2:45.92	55.306
LAPS: 300m: 00:33.22 700m: 00:41.48									
1100m: 00:44.95 1500m: 00:46.27									
27	O	bl	18	SEVILHAUG Vegard	NOR	Tynset IF	M65	2:45.97	55.323
LAPS: 300m: 00:34.81 700m: 00:41.98									
1100m: 00:44.42 1500m: 00:44.76									
28	I	yl	18	AAKVIK Geir	NOR	IL Braatt	M70	2:46.49 SB	55.496
LAPS: 300m: 00:34.88 700m: 00:42.35									
1100m: 00:44.19 1500m: 00:45.07									
29	O	bl	16	RIKTOR Rolf Espen	NOR	LIK	M60	2:46.52 SB	55.506
LAPS: 300m: 00:36.77 700m: 00:41.03									
1100m: 00:43.13 1500m: 00:45.59									
30	I	wt	19	RAUDBERGET Per	NOR	BØSK	M60	2:47.72 SB	55.906
LAPS: 300m: 00:35.64 700m: 00:42.48									
1100m: 00:44.38 1500m: 00:45.22									
31	O	rd	17	STEEN Marita Agnethe	NOR	BØSK	M65	2:48.66	56.220
LAPS: 300m: 00:35.56 700m: 00:42.74									
1100m: 00:44.45 1500m: 00:45.91									
32	O	bl	14	MOEN Raymond Andre	NOR	BØSK	M35	2:54.27 PB	58.090
LAPS: 300m: 00:36.63 700m: 00:42.95									
1100m: 00:46.50 1500m: 00:48.19									
33	O	rd	15	CAIS Monica	ITA	Inline 360	M55	2:55.07	58.356
LAPS: 300m: 00:38.11 700m: 00:44.86									
1100m: 00:46.01 1500m: 00:46.09									
34	I	wt	15	LANGMYREN Ole Kjell	NOR	OSS	M60	2:57.29 SB	59.096
LAPS: 300m: 00:39.60 700m: 00:45.28									
1100m: 00:45.51 1500m: 00:46.90									
35	I	yl	14	SÆTHER Torbjørn Herje	NOR	Eidsvold T	M70	2:58.62	59.540
LAPS: 300m: 00:39.54 700m: 00:45.98									
1100m: 00:46.58 1500m: 00:46.52									
36	O	bl	12	FOSSUM Hege	NOR	Tynset	M40	3:00.69	60.230
LAPS: 300m: 00:37.52 700m: 00:45.55									
1100m: 00:48.78 1500m: 00:48.84									
37	O	rd	13	SEGADAL Kåre	NOR	Skuteviken	M70	3:02.37 SB	60.790
LAPS: 300m: 00:38.80 700m: 00:45.30									
1100m: 00:48.22 1500m: 00:50.05									
38	O	rd	11	SUNDLAND Rune	NOR	LIK	M65	3:02.82 SB	60.940
LAPS: 300m: 00:38.50 700m: 00:45.84									
1100m: 00:48.88 1500m: 00:49.60									
39	I	wt	13	HEMMER Sara	NOR	Aktiv SK	M65	3:05.03 SB	61.676
LAPS: 300m: 00:40.65 700m: 00:47.21									
1100m: 00:48.74 1500m: 00:48.43									
40	I	wt	11	GJØLGA Per Johan	NOR	BØSK	M55	3:07.34 SB	62.446
LAPS: 300m: 00:39.74 700m: 00:47.19									
1100m: 00:50.33 1500m: 00:50.08									
41	O	rd	9	HEGGESTAD Arvid	NOR	Veitast IL	M70	3:11.58 PB	63.860
LAPS: 300m: 00:39.86 700m: 00:49.96									
1100m: 00:51.69 1500m: 00:50.07									
42	I	yl	10	SEVALDSEN Sverre	NOR	IL Braatt	M70	3:12.22 SB	64.073
LAPS: 300m: 00:39.92 700m: 00:49.09									
1100m: 00:50.50 1500m: 00:52.71									
43	I	wt	9	ROKSETH Ingrid Fiskvik	NOR	TSK	M55	MT 3:15.52 SB	65.173
LAPS: 300m: 00:40.18 700m: 00:49.66									
1100m: 00:52.17 1500m: 00:53.51									
44	I	yl	12	JOHANSEN Kjell Tore	NOR	IL Braatt	M75	MT 3:15.53 SB	65.176
LAPS: 300m: - 700m: -									
1100m: - 1500m: 03:15.53									
45	O	bl	8	FREDRIKSEN Tord Skoe	NOR	Lilleborg	M60	3:16.73	65.576
LAPS: 300m: 00:41.57 700m: 00:49.41									
1100m: 00:52.19 1500m: 00:53.56									
46	I	wt	1	KNUTSEN Morten Jarnskjegge	NOR	BØSK	M60	MT 3:18.21	66.070
LAPS: 300m: 00:42.47 700m: 00:50.99									
1100m: 00:52.32 1500m: 00:52.43									
47	I	wt	3	NERDAHL Tove Julianne	NOR	TKK	M45	3:19.55 SB	66.516
LAPS: 300m: 00:39.30 700m: 00:49.04									
1100m: 00:54.17 1500m: 00:57.04									
48	I	yl	6	TASSARA Silvia	ITA	SG Trento	M70	3:22.11	67.370
LAPS: 300m: 00:42.41 700m: 00:52.17									
1100m: 00:53.49 1500m: 00:54.04									
49	I	yl	8	SKJERVEN Edvin	NOR	Vik IL	M75	3:22.61 SB	67.536
LAPS: 300m: 00:45.60 700m: 00:52.06									
1100m: 00:53.01 1500m: 00:51.94									

50	O	rd	7	NILSSEN Ivar.47	NOR	Stjørd/Bli	M75	3:22.97 SB	67.656
LAPS: 300m: 00:42.89 700m: 00:51.85 1100m: 00:54.43 1500m: 00:53.80									
51	O	bl	10	ØYRI Kåre	NOR	Lærdal IL	M75	3:24.62	68.206
LAPS: 300m: 00:40.92 700m: 00:53.13 1100m: 00:55.53 1500m: 00:55.04									
52	I	wt	7	VATTEKAR Stig	NOR	Lærdal IL	M70	3:26.12 PB	68.706
LAPS: 300m: 00:42.39 700m: 00:53.65 1100m: 00:54.66 1500m: 00:55.42									
53	O	bl	6	SEVALDSEN Roald	NOR	IL Braatt	M75	3:28.29 SB	69.429
LAPS: 300m: 00:43.04 700m: 00:52.78 1100m: 00:56.55 1500m: 00:55.92									
54	O	bl	2	VANGEN STENSVAAG Susanne	NOR	Hamar IL	M50	3:36.38	72.126
LAPS: 300m: 00:44.47 700m: 00:55.04 1100m: 00:57.85 1500m: 00:59.02									
55	I	yl	4	KVALSØREN Hans	NOR	IL Bjørn	M80	3:42.73 PB	74.243
LAPS: 300m: 00:44.30 700m: 00:58.15 1100m: 01:00.00 1500m: 01:00.28									
56	O	bl	4	NÆSS Arne Inge	NOR	Tynset IF	M70	3:44.45 PB	74.816
LAPS: 300m: 00:46.05 700m: 00:58.53 1100m: 00:59.92 1500m: 00:59.95									
57	I	wt	5	RIKTOR Marit Dalseith	NOR	LIK	M55	3:50.13	76.710
LAPS: 300m: 00:49.37 700m: 00:59.27 1100m: 01:00.23 1500m: 01:01.26									
58	O	rd	3	NESHEIM Arne	NOR	Lærdal IL	M75	3:54.32 SB	78.106
LAPS: 300m: 00:50.88 700m: 01:01.19 1100m: 01:01.34 1500m: 01:00.91									
59	O	rd	5	HEIDARI Hossein	IRI	-	M45	4:00.08 PB	80.026
LAPS: 300m: 00:49.30 700m: 01:01.42 1100m: 01:03.74 1500m: 01:05.62									

10.000M

Rank	Lane	Band	Pair	Name	Nat	Club	AG	10.000m	Points
1	O	bl	30	REFSAAS Birk Finnstø	NOR	BØSK	Neo	MT 15:25.11	46.255
2	I	yl	30	AALBERG Ketil	NOR	Spk Falken	M55	MT 16:15.42 SB	48.771
3	O	bl	28	KAADA LIE Oliver August	NOR	SSSK	C2	MT 16:47.74 PB	50.387
4	O	rd	29	HØYER Nathaniel	NOR	Leinstrand	B2	MT 16:52.16 PB	50.608
5	I	yl	28	PETTERSEN Ronny	NOR	Harstad	M50	MT 16:58.37 SB	50.918
6	I	wt	29	LACKNER Martin Vike	NOR	TSK	B1	MT 17:11.84 PB	51.592
7	O	rd	27	DEN OUDEN Robin	NED	-	M40	MT 17:33.14 SB	52.657
8	I	wt	27	NESSET Geir	NOR	TSK	M55	MT 17:52.51 SB	53.625
9	O	bl	26	VIKHALS Johan	NOR	BØSK	M55	MT 18:08.40 SB	54.420
10	I	yl	26	HESTAD Geir	NOR	Harstad SK	M70	MT 18:14.12 SB	54.705
11	I	yl	24	VAN ZEIJL Ward	NED	VIJL	M30	MT 18:29.75 PB	55.487
12	O	bl	24	JOHANSEN Iver	NOR	spkl Ceres	M65	MT 18:38.54 SB	55.927
13	O	rd	25	VEA Erik	NOR	Kaldfarnes	M70	MT 19:04.79 SB	57.239
14	I	wt	23	RIMMEREID Arne	NOR	Arendal SK	M50	MT 19:10.49	57.524
15	O	rd	21	HARBITZ Alf	NOR	Tromsø SK	M70	MT 19:16.46 SB	57.823
16	O	rd	23	MELHUS Roger	NOR	TSK	M55	MT 19:19.38 PB	57.969
17	I	wt	25	HAUGEN Martin	NOR	Trondhjems	M40	MT 19:22.20 PB	58.110
18	O	bl	22	GIØLGA Saga Finnstø	NOR	BØSK	C2	MT 19:29.63 PB	58.481
19	I	yl	22	LØLAND Ole	NOR	Kaldfarnes	M65	MT 19:36.77 PB	58.838
20	I	wt	21	SØRENSEN Gaute Haftor	NOR	Arendal SK	M55	MT 20:01.28	60.064
21	O	bl	20	BRANDTSEGG Torbjørn	NOR	BØSK	M60	MT 20:17.02 SB	60.851
22	I	yl	20	RAUDBERGET Per	NOR	BØSK	M60	MT 20:25.24 SB	61.262
23	O	bl	16	SÆTHER Torbjørn Herje	NOR	Eidsvold T	M70	MT 20:27.48	61.374
24	I	wt	19	SEVILHAUG Vegard	NOR	Tynset IF	M65	MT 20:35.53 PB	61.776
25	O	rd	19	KVAM Ståle	NOR	Leinstrand	M35	MT 20:37.54 PB	61.876
26	O	rd	17	RIKTOR Rolf Espen	NOR	LIK	M60	MT 20:38.47 SB	61.923
27	I	yl	16	LANGMYREN Ole Kjell	NOR	OSS	M60	MT 20:49.14 PB	62.457
28	I	yl	14	CAIS Monica	ITA	Inline 360	M55	MT 20:56.76 NR PB	62.838
29	I	yl	18	FJELDSTAD Bjørn Ingar	NOR	Båstad IL	M50	MT 20:57.09 PB	62.854
30	I	wt	15	AAKVIK Geir	NOR	IL Braatt	M70	MT 20:58.61 PB	62.930
31	O	rd	15	LANDSEM Trine	NOR	Spk Falken	M55	MT 20:59.32 SB	62.965
32	O	bl	18	SUNDE Sven Kaare	NOR	Gjøvik SK	M60	MT 21:01.00 PB	63.050
33	I	wt	17	HEMMER Sara	NOR	Aktiv SK	M65	MT 21:13.86	63.693
34	O	bl	14	STEEN Marita Agnethe	NOR	BØSK	M65	MT 21:29.40 SB	64.470
35	O	rd	13	SEGADAL Kåre	NOR	Skuteviken	M70	MT 21:33.90 SB	64.695
36	I	yl	2	STENSVAAG Per Gunnar	NOR	Hamar IL	M65	MT 21:45.76	65.288
37	O	bl	12	SUNDLAND Rune	NOR	LIK	M65	MT 22:19.10 SB	66.955
38	I	wt	13	GIØLGA Per Johan	NOR	BØSK	M55	MT 22:26.41 SB	67.320
39	O	bl	10	FREDRIKSEN Tord Skoe	NOR	Lilleborg	M60	MT 22:28.11	67.405

40	I	yl	12	FOSSUM Hege	NOR	Tynset	M40	MT 22:28.84 SB	67.442
41	I	yl	10	SEVALDSEN Sverre	NOR	IL Braatt	M70	MT 22:51.49 SB	68.574
42	I	wt	11	JOHANSEN Kjell Tore	NOR	IL Braatt	M75	MT 22:57.81 SB	68.890
43	I	wt	9	SKJERVEN Edvin	NOR	Vik IL	M75	MT 23:46.38 PB	71.319
44	O	rd	9	HEGGESTAD Arvid	NOR	Veitast IL	M70	MT 23:48.05 PB	71.402
45	I	wt	1	KNUTSEN Morten Jarnskjegge	NOR	BøSK	M60	MT 24:22.87 SB	73.143
46	O	bl	8	ØYRI Kåre	NOR	Lærdal IL	M75	MT 24:26.04 PB	73.301
47	O	rd	7	TASSARA Silvia	ITA	SG Trento	M70	MT 25:09.26 SB	75.463
48	O	rd	11	MOEN Raymond Andre	NOR	BøSK	M35	MT 25:15.92 PB	75.796
49	I	yl	8	NILSSEN Ivar.47	NOR	Stjørd/Bli	M75	MT 25:32.96 SB	76.648
50	I	wt	7	VATTEKAR Stig	NOR	Lærdal IL	M70	MT 25:43.01 PB	77.150
51	O	bl	6	SEVALDSEN Roald	NOR	IL Braatt	M75	MT 26:20.88 SB	79.044
52	I	yl	6	ROKSETH Ingrid Fiskvik	NOR	TSK	M55	MT 26:22.59 PB	79.129
53	O	rd	5	KVALSØREN Hans	NOR	IL Bjørn	M80	MT 26:26.72 PB	79.336
54	O	rd	1	RIKTOR Marit Dalseth	NOR	LIK	M55	MT 26:42.86 SB	80.143
55	O	bl	2	VANGEN STENSVAAG Susanne	NOR	Hamar IL	M50	MT 26:45.08 SB	80.253
56	I	wt	5	NESHEIM Arne	NOR	Lærdal IL	M75	MT 26:51.03 SB	80.551
57	O	bl	4	NÆSS Arne Inge	NOR	Tynset IF	M70	MT 27:00.75 PB	81.037
58	I	wt	3	HEIDARI Hossein	IRI	-	M45	MT 28:25.81 NR PB	85.290
59	I	yl	4	NERDAHL Tove Julianne	NOR	TKK	M45	MT 29:36.68 SB	88.834

10.000M m Protocol

Rank	Lane	Band	Pair	Name	Nat	Club	AG	10.000m	Points
1	O	bl	30	REFSAAS Birk Finnstø	NOR	BøSK	Neo	MT 15:25.11	46.255
LAPS: 400m: 00:18.25 800m: 00:21.52 1200m: 00:36.05 1600m: 00:36.08 2000m: 00:05.81									
2400m: 00:30.19 2800m: 00:35.97 3200m: 00:36.02 3600m: 00:36.00 4000m: 00:36.18									
4400m: 00:36.61 4800m: 00:36.61 5200m: 00:36.77 5600m: 00:36.58 6000m: 00:36.54									
6400m: 00:36.76 6800m: 00:36.74 7200m: 00:37.23 7600m: 00:40.17 8000m: 00:32.90									
8400m: 00:37.14 8800m: 00:37.82 9200m: 00:37.82 9600m: 00:38.10 10000m: 01:55.25									
2	I	yl	30	AALBERG Ketil	NOR	Spk Falken	M55	MT 16:15.42 SB	48.771
LAPS: 400m: 00:18.90 800m: 00:22.62 1200m: 00:37.89 1600m: 00:18.50 2000m: 00:58.02									
2400m: 00:38.18 2800m: 00:38.25 3200m: 00:38.94 3600m: 00:39.00 4000m: 00:38.85									
4400m: 00:38.67 4800m: 00:39.19 5200m: 00:39.53 5600m: 00:39.59 6000m: 00:40.11									
6400m: - 6800m: 10:21.73 7200m: - 7600m: 11:42.75 8000m: 00:39.44									
8400m: 00:39.64 8800m: 00:39.38 9200m: 00:39.23 9600m: 00:25.94 10000m: 01:29.04									
3	O	bl	28	KAADA LIE Oliver August	NOR	SSSK	C2	MT 16:47.74 PB	50.387
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: -									
2400m: - 2800m: - 3200m: - 3600m: - 4000m: -									
4400m: - 4800m: - 5200m: - 5600m: - 6000m: -									
6400m: - 6800m: - 7200m: - 7600m: - 8000m: -									
8400m: - 8800m: - 9200m: - 9600m: - 10000m: 16:47.74									
4	O	rd	29	HØYER Nathaniel	NOR	Leinstrand	B2	MT 16:52.16 PB	50.608
LAPS: 400m: 00:27.13 800m: 00:56.87 1200m: 00:39.95 1600m: 00:40.55 2000m: 00:39.84									
2400m: 00:39.91 2800m: 00:39.50 3200m: 00:38.95 3600m: 00:39.33 4000m: 00:39.72									
4400m: 00:40.36 4800m: 00:40.45 5200m: 00:39.70 5600m: 00:39.62 6000m: 00:40.29									
6400m: 00:09.48 6800m: 00:30.30 7200m: 00:39.76 7600m: 00:08.00 8000m: 00:32.78									
8400m: 00:41.92 8800m: 00:41.09 9200m: 00:40.65 9600m: 00:42.05 10000m: 02:03.96									
5	I	yl	28	PETTERSEN Ronny	NOR	Harstad	M50	MT 16:58.37 SB	50.918
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: -									
2400m: - 2800m: - 3200m: - 3600m: - 4000m: -									
4400m: - 4800m: - 5200m: - 5600m: - 6000m: -									
6400m: - 6800m: - 7200m: - 7600m: - 8000m: -									
8400m: - 8800m: - 9200m: - 9600m: - 10000m: 16:58.37									
6	I	wt	29	LACKNER Martin Vike	NOR	TSK	B1	MT 17:11.84 PB	51.592
LAPS: 400m: 00:27.16 800m: 00:57.48 1200m: 01:19.69 1600m: 00:40.48 2000m: 00:39.50									
2400m: 00:40.19 2800m: 00:39.75 3200m: 00:39.38 3600m: 00:40.26 4000m: 00:39.98									
4400m: 00:40.68 4800m: 00:42.34 5200m: 00:42.51 5600m: 00:40.98 6000m: 00:40.64									
6400m: 00:43.53 6800m: 00:41.79 7200m: 00:42.76 7600m: 00:42.76 8000m: 00:42.83									
8400m: 00:43.73 8800m: 00:41.13 9200m: 00:02.03 9600m: 00:39.56 10000m: 00:40.70									
7	O	rd	27	DEN OUDEN Robin	NED	-	M40	MT 17:33.14 SB	52.657
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: -									
2400m: - 2800m: - 3200m: - 3600m: - 4000m: -									
4400m: - 4800m: - 5200m: - 5600m: - 6000m: -									
6400m: - 6800m: - 7200m: - 7600m: - 8000m: -									
8400m: - 8800m: - 9200m: - 9600m: - 10000m: 17:33.14									
8	I	wt	27	NESSET Geir	NOR	TSK	M55	MT 17:52.51 SB	53.625
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: -									
2400m: - 2800m: - 3200m: - 3600m: - 4000m: -									
4400m: - 4800m: - 5200m: - 5600m: - 6000m: -									
6400m: - 6800m: - 7200m: - 7600m: - 8000m: -									
8400m: - 8800m: - 9200m: - 9600m: - 10000m: 17:52.51									
9	O	bl	26	VIKHALS Johan	NOR	BøSK	M55	MT 18:08.40 SB	54.420
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: -									
2400m: - 2800m: - 3200m: - 3600m: - 4000m: -									
4400m: - 4800m: - 5200m: - 5600m: - 6000m: -									
6400m: - 6800m: - 7200m: - 7600m: - 8000m: -									
8400m: - 8800m: - 9200m: - 9600m: - 10000m: 18:08.40									

10	I	yl	26	HESTAD Geir	NOR	Harstad SK	M70	MT 18:14.12 SB	54.705
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 18:14.12									
11	I	yl	24	VAN ZEIJL Ward	NED	VIJL	M30	MT 18:29.75 PB	55.487
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 18:29.75									
12	O	bl	24	JOHANSEN Iver	NOR	spkl Ceres	M65	MT 18:38.54 SB	55.927
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 18:38.54									
13	O	rd	25	VEA Erik	NOR	Kaldfarnes	M70	MT 19:04.79 SB	57.239
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 19:04.79									
14	I	wt	23	RIMMEREID Arne	NOR	Arendal SK	M50	MT 19:10.49	57.524
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 19:10.49									
15	O	rd	21	HARBITZ Alf	NOR	Tromsø SK	M70	MT 19:16.46 SB	57.823
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 19:16.46									
16	O	rd	23	MELHUS Roger	NOR	TSK	M55	MT 19:19.38 PB	57.969
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 19:19.38									
17	I	wt	25	HAUGEN Martin	NOR	Trondhjems	M40	MT 19:22.20 PB	58.110
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 19:22.20									
18	O	bl	22	GJØLGA Saga Finnstø	NOR	BøSK	C2	MT 19:29.63 PB	58.481
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 19:29.63									
19	I	yl	22	LØLAND Ole	NOR	Kaldfarnes	M65	MT 19:36.77 PB	58.838
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 19:36.77									
20	I	wt	21	SØRENSEN Gaute Haftor	NOR	Arendal SK	M55	MT 20:01.28	60.064
LAPS: 400m: - 800m: - 1200m: - 1600m: - 2000m: - 2400m: - 2800m: - 3200m: - 3600m: - 4000m: - 4400m: - 4800m: - 5200m: - 5600m: - 6000m: - 6400m: - 6800m: - 7200m: - 7600m: - 8000m: - 8400m: - 8800m: - 9200m: - 9600m: - 10000m: 20:01.28									

21	O	bl	20	BRANDTSEGG Torbjørn	NOR	BØSK	M60	MT 20:17.02 SB	60.851
LAPS: 400m: 00:53.56 800m: 00:18.03 1200m: 01:20.11 1600m: 00:49.84 2000m: 00:49.42									
2400m: 00:49.41 2800m: 00:49.68 3200m: 00:49.15 3600m: 00:48.89 4000m: 00:49.48									
4400m: 00:49.58 4800m: 00:49.80 5200m: 00:49.58 5600m: 00:48.43 6000m: 00:48.49									
6400m: 00:48.17 6800m: 00:49.00 7200m: 00:48.43 7600m: 00:48.16 8000m: 00:47.41									
8400m: 00:48.28 8800m: 00:47.45 9200m: 00:47.65 9600m: 00:45.55 10000m: 00:43.47									
22	I	yl	20	RAUDBERGET Per	NOR	BØSK	M60	MT 20:25.24 SB	61.262
LAPS: 400m: 00:53.36 800m: 00:48.19 1200m: 00:50.29 1600m: 00:48.63 2000m: 00:50.08									
2400m: 00:48.79 2800m: 00:50.43 3200m: 00:48.79 3600m: 00:49.29 4000m: 00:49.11									
4400m: 00:50.35 4800m: 00:49.08 5200m: 00:50.03 5600m: 00:48.91 6000m: 00:48.98									
6400m: 00:47.34 6800m: 00:49.16 7200m: 00:48.35 7600m: 00:48.35 8000m: 00:47.54									
8400m: 00:48.36 8800m: 00:47.51 9200m: 00:48.31 9600m: 00:47.65 10000m: 00:48.36									
23	O	bl	16	SÆTHER Torbjørn Herje	NOR	Eidsvold T	M70	MT 20:27.48	61.374
LAPS: 400m: 00:54.15 800m: 00:48.58 1200m: 00:48.90 1600m: 00:48.91 2000m: 00:48.57									
2400m: 00:48.07 2800m: 00:48.62 3200m: 00:48.56 3600m: 00:48.68 4000m: 00:48.88									
4400m: 00:49.16 4800m: 00:49.01 5200m: 00:48.83 5600m: 00:48.61 6000m: 00:48.82									
6400m: 00:48.98 6800m: 00:49.01 7200m: 00:48.86 7600m: - 8000m: 16:21.55									
8400m: 00:49.20 8800m: 00:49.19 9200m: 00:49.38 9600m: 00:49.30 10000m: 00:48.86									
24	I	wt	19	SEVILHAUG Vegard	NOR	Tynset IF	M65	MT 20:35.53 PB	61.776
LAPS: 400m: 00:30.64 800m: 00:21.51 1200m: 00:49.28 1600m: 00:49.70 2000m: 00:49.66									
2400m: 00:49.58 2800m: 00:50.21 3200m: 00:50.55 3600m: 00:50.29 4000m: 00:50.39									
4400m: 00:50.52 4800m: 00:50.18 5200m: 00:50.94 5600m: 00:50.24 6000m: 00:50.39									
6400m: 00:49.71 6800m: 00:49.19 7200m: 00:49.14 7600m: 00:48.90 8000m: 00:50.34									
8400m: 00:47.89 8800m: 00:47.77 9200m: 00:48.09 9600m: 00:46.96 10000m: 01:33.46									
25	O	rd	19	KVAM Ståle	NOR	Leinstrand	M35	MT 20:37.54 PB	61.876
LAPS: 400m: 00:30.47 800m: 00:22.02 1200m: 01:19.71 1600m: 00:16.28 2000m: 00:49.03									
2400m: 00:49.95 2800m: 00:49.62 3200m: 00:49.94 3600m: 00:50.69 4000m: 00:51.11									
4400m: 00:50.69 4800m: 00:50.88 5200m: 00:51.88 5600m: 00:50.01 6000m: 00:50.92									
6400m: 00:48.48 6800m: 00:49.71 7200m: 00:48.67 7600m: 00:49.19 8000m: 00:49.83									
8400m: 00:49.30 8800m: 00:47.45 9200m: 00:49.15 9600m: 00:46.84 10000m: 01:35.72									
26	O	rd	17	RIKTOR Rolf Espen	NOR	LIK	M60	MT 20:38.47 SB	61.923
LAPS: 400m: 00:29.88 800m: 00:22.92 1200m: 00:48.74 1600m: 00:49.47 2000m: 00:49.24									
2400m: 00:48.50 2800m: 00:48.79 3200m: 00:49.31 3600m: 00:39.44 4000m: 00:09.68									
4400m: 00:49.45 4800m: 00:44.04 5200m: 00:53.84 5600m: 00:47.77 6000m: 00:48.27									
6400m: 00:49.07 6800m: 00:49.33 7200m: 00:49.77 7600m: 00:50.24 8000m: 00:50.16									
8400m: 00:50.74 8800m: 00:50.04 9200m: 00:24.65 9600m: 00:25.89 10000m: 03:19.24									
27	I	yl	16	LANGMYREN Ole Kjell	NOR	OSS	M60	MT 20:49.14 PB	62.457
LAPS: 400m: 00:54.40 800m: 00:48.43 1200m: 00:48.87 1600m: 00:49.10 2000m: 00:49.74									
2400m: 00:50.91 2800m: 00:50.97 3200m: 00:50.43 3600m: 00:50.27 4000m: 00:50.01									
4400m: 00:50.10 4800m: 00:50.26 5200m: 00:50.16 5600m: 00:49.73 6000m: 00:49.67									
6400m: 00:49.68 6800m: 00:49.41 7200m: 00:49.95 7600m: 00:49.90 8000m: 00:49.78									
8400m: 00:49.13 8800m: 00:49.73 9200m: 00:49.67 9600m: 00:49.37 10000m: 00:49.47									
28	I	yl	14	CAIS Monica	ITA	Inline 360	M55	MT 20:56.76 NR PR	62.838
LAPS: 400m: 00:51.25 800m: 00:47.62 1200m: 00:48.74 1600m: 00:50.67 2000m: 00:50.64									
2400m: 00:50.36 2800m: 00:50.79 3200m: 00:50.66 3600m: 00:51.05 4000m: 00:51.65									
4400m: 00:51.30 4800m: 00:50.99 5200m: 00:51.02 5600m: 00:50.46 6000m: 00:51.03									
6400m: 00:50.51 6800m: 00:50.53 7200m: 00:50.50 7600m: 00:50.30 8000m: 00:50.60									
8400m: 00:50.15 8800m: 00:50.10 9200m: 00:49.39 9600m: 00:48.83 10000m: 00:47.62									
29	I	yl	18	FJELDSTAD Bjørn Ingar	NOR	Båstad IL	M50	MT 20:57.09 PB	62.854
LAPS: 400m: 00:25.13 800m: 00:27.96 1200m: 00:48.31 1600m: 00:51.25 2000m: 00:50.82									
2400m: 00:51.12 2800m: 00:50.74 3200m: 01:43.24 3600m: 00:56.92 4000m: 00:45.53									
4400m: 00:51.77 4800m: 00:50.71 5200m: 00:51.04 5600m: 00:50.32 6000m: 00:50.41									
6400m: 00:49.53 6800m: 01:40.12 7200m: 00:48.87 7600m: 00:49.37 8000m: 00:50.09									
8400m: 00:48.02 8800m: 00:49.43 9200m: 00:48.79 9600m: 00:47.66 10000m: -									
30	I	wt	15	AAKVIK Geir	NOR	IL Braatt	M70	MT 20:58.61 PB	62.930
LAPS: 400m: 00:51.96 800m: 00:47.61 1200m: - 1600m: 03:17.95 2000m: 00:49.79									
2400m: 00:50.04 2800m: 00:50.35 3200m: 00:50.71 3600m: - 4000m: 08:20.38									
4400m: 00:50.79 4800m: 00:51.14 5200m: 00:50.80 5600m: 00:50.47 6000m: 00:51.36									
6400m: 00:51.10 6800m: 00:51.45 7200m: 00:50.65 7600m: 00:51.55 8000m: 00:51.01									
8400m: 00:51.87 8800m: 00:51.31 9200m: 00:49.10 9600m: 00:48.26 10000m: 00:47.37									
31	O	rd	15	LANDSEM Trine	NOR	Spk Falken	M55	MT 20:59.32 SB	62.965
LAPS: 400m: 00:51.38 800m: 00:48.05 1200m: 00:48.72 1600m: 00:49.63 2000m: 00:49.66									
2400m: 00:50.18 2800m: 00:50.42 3200m: 00:50.82 3600m: 00:50.48 4000m: 00:51.01									
4400m: 00:50.99 4800m: 00:50.91 5200m: 00:50.91 5600m: 00:50.68 6000m: 00:51.07									
6400m: 00:51.50 6800m: 00:51.81 7200m: 00:51.09 7600m: 00:51.85 8000m: 00:50.81									
8400m: 00:49.70 8800m: 00:50.11 9200m: 00:50.20 9600m: 00:49.40 10000m: 00:47.94									

32	O	bl	18	SUNDE Sven Kaare	NOR	Gjøvik SK	M60	MT 21:01.00 PB	63.050
LAPS: 400m: 00:52.70 800m: 00:49.63 1200m: 00:51.05 1600m: 00:51.10 2000m: 00:50.47									
2400m: 00:50.94 2800m: 00:51.04 3200m: 00:17.70 3600m: 00:50.30 4000m: 00:35.27									
4400m: 00:50.95 4800m: 00:51.22 5200m: 00:51.06 5600m: 00:50.05 6000m: 00:50.30									
6400m: 00:50.29 6800m: 00:50.52 7200m: 00:14.66 7600m: 00:35.32 8000m: 00:49.36									
8400m: 01:40.55 8800m: 00:51.11 9200m: 00:49.31 9600m: 00:49.31 10000m: 01:36.79									
33	I	wt	17	HEMMER Sara	NOR	Aktiv SK	M65	MT 21:13.86	63.693
LAPS: 400m: 00:29.99 800m: 01:13.49 1200m: 00:49.51 1600m: 00:50.10 2000m: 00:49.40									
2400m: 00:50.10 2800m: 00:50.56 3200m: 01:24.74 3600m: 01:06.65 4000m: 00:50.54									
4400m: 00:51.10 4800m: 00:51.11 5200m: 00:50.62 5600m: 00:50.65 6000m: 00:50.69									
6400m: - 6800m: 14:54.06 7200m: 00:15.42 7600m: 00:52.63 8000m: 00:32.26									
8400m: 01:10.11 8800m: 00:51.62 9200m: 00:51.99 9600m: 00:52.89 10000m: 00:52.88									
34	O	bl	14	STEEN Marita Agnethe	NOR	BØSK	M65	MT 21:29.40 SB	64.470
LAPS: 400m: 00:27.50 800m: 01:12.94 1200m: 00:50.53 1600m: 00:51.52 2000m: 00:51.56									
2400m: 00:50.80 2800m: 00:51.46 3200m: 00:51.65 3600m: 00:51.56 4000m: 00:51.08									
4400m: 00:50.74 4800m: 00:51.76 5200m: 00:52.33 5600m: 00:51.32 6000m: 00:51.22									
6400m: 00:50.99 6800m: 00:52.04 7200m: 00:53.17 7600m: 00:53.69 8000m: 00:52.41									
8400m: 00:53.14 8800m: 00:51.71 9200m: 00:51.73 9600m: 00:51.43 10000m: 00:51.12									
35	O	rd	13	SEGADAL Kåre	NOR	Skuteviken	M70	MT 21:33.90 SB	64.695
LAPS: 400m: 00:29.55 800m: 00:29.96 1200m: 00:46.93 1600m: 00:50.98 2000m: 00:51.81									
2400m: 00:51.13 2800m: - 3200m: 06:03.48 3600m: - 4000m: 07:47.97									
4400m: 00:52.11 4800m: 00:51.71 5200m: 00:52.08 5600m: 00:52.96 6000m: 00:51.71									
6400m: 00:52.77 6800m: 00:51.33 7200m: 00:51.14 7600m: 00:51.20 8000m: 00:51.83									
8400m: 00:51.80 8800m: 00:50.68 9200m: 00:51.96 9600m: 00:51.44 10000m: 01:41.21									
36	I	yl	2	STENSVAAG Per Gunnar	NOR	Hamar IL	M65	MT 21:45.76	65.288
LAPS: 400m: 00:54.60 800m: 00:50.87 1200m: 00:50.85 1600m: 00:50.66 2000m: 00:50.05									
2400m: 00:48.67 2800m: 00:49.57 3200m: 00:51.89 3600m: 00:53.19 4000m: 00:52.09									
4400m: 00:52.51 4800m: 00:54.18 5200m: 00:53.17 5600m: 00:52.24 6000m: 00:53.37									
6400m: 00:52.00 6800m: 00:53.41 7200m: 00:53.39 7600m: 00:55.10 8000m: 00:55.35									
8400m: 00:55.96 8800m: 00:55.12 9200m: 00:53.26 9600m: 00:48.94 10000m: 00:45.32									
37	O	bl	12	SUNDLAND Rune	NOR	LIK	M65	MT 22:19.10 SB	66.955
LAPS: 400m: 00:56.09 800m: 00:51.31 1200m: 00:52.45 1600m: 00:53.13 2000m: 00:52.76									
2400m: 00:53.23 2800m: 00:53.70 3200m: 00:53.77 3600m: 00:53.53 4000m: 00:53.11									
4400m: 00:52.73 4800m: 00:53.50 5200m: 00:53.83 5600m: 00:53.92 6000m: 00:54.65									
6400m: 00:53.74 6800m: 00:53.22 7200m: 00:54.27 7600m: 00:53.81 8000m: 00:53.76									
8400m: 00:53.63 8800m: 00:46.45 9200m: 01:13.68 9600m: 00:52.21 10000m: 00:42.62									
38	I	wt	13	GJØLGA Per Johan	NOR	BØSK	M55	MT 22:26.41 SB	67.320
LAPS: 400m: - 800m: 01:51.63 1200m: 00:52.22 1600m: 00:53.01 2000m: 00:52.25									
2400m: 00:52.96 2800m: 00:54.94 3200m: 00:54.61 3600m: 00:53.21 4000m: 00:53.10									
4400m: 00:53.03 4800m: 00:53.93 5200m: 00:52.81 5600m: 00:52.81 6000m: 00:53.38									
6400m: 00:54.78 6800m: 00:54.91 7200m: 00:54.13 7600m: 00:53.34 8000m: 00:55.61									
8400m: 00:55.34 8800m: 00:53.70 9200m: 00:53.91 9600m: 00:53.60 10000m: 00:53.20									
39	O	bl	10	FREDRIKSEN Tord Skoe	NOR	Lilleborg	M60	MT 22:28.11	67.405
LAPS: 400m: 00:55.32 800m: 00:50.20 1200m: 00:51.19 1600m: 00:51.56 2000m: 00:51.85									
2400m: 00:51.98 2800m: 00:52.92 3200m: 00:53.84 3600m: 00:53.67 4000m: 00:55.03									
4400m: 00:55.50 4800m: 00:54.77 5200m: 00:55.39 5600m: 00:55.00 6000m: 00:56.37									
6400m: 00:57.18 6800m: - 7200m: 16:13.50 7600m: 00:55.09 8000m: 00:53.70									
8400m: 00:53.24 8800m: 00:52.70 9200m: 00:52.96 9600m: 00:52.98 10000m: 00:53.94									
40	I	yl	12	FOSSUM Hege	NOR	Tynset	M40	MT 22:28.84 SB	67.442
LAPS: 400m: 00:57.80 800m: 00:52.37 1200m: 00:53.96 1600m: 00:53.88 2000m: 00:53.72									
2400m: 00:53.99 2800m: 00:54.11 3200m: 00:54.83 3600m: 00:54.17 4000m: 00:54.13									
4400m: 00:53.85 4800m: 00:54.25 5200m: 00:53.68 5600m: 00:53.29 6000m: 00:52.04									
6400m: 00:53.37 6800m: 00:53.29 7200m: 00:54.22 7600m: 00:58.44 8000m: 01:45.49									
8400m: 00:55.84 8800m: 01:51.02 9200m: 00:37.39 9600m: - 10000m: 22:28.84									
41	I	yl	10	SEVALDSEN Sverre	NOR	IL Braatt	M70	MT 22:51.49 SB	68.574
LAPS: 400m: 01:00.74 800m: 00:55.55 1200m: 00:56.32 1600m: 00:56.21 2000m: 00:55.94									
2400m: 00:55.65 2800m: 00:56.13 3200m: 00:55.99 3600m: - 4000m: 09:23.83									
4400m: 00:54.93 4800m: 00:54.28 5200m: 00:54.05 5600m: 00:53.86 6000m: 00:54.10									
6400m: 00:53.99 6800m: 00:53.73 7200m: 00:54.47 7600m: 00:54.29 8000m: 00:53.08									
8400m: 00:53.19 8800m: 00:53.28 9200m: 00:53.91 9600m: 00:53.16 10000m: 00:53.34									
42	I	wt	11	JOHANSEN Kjell Tore	NOR	IL Braatt	M75	MT 22:57.81 SB	68.890
LAPS: 400m: 00:57.99 800m: 00:56.65 1200m: 00:57.27 1600m: 00:56.49 2000m: 00:55.35									
2400m: 00:55.89 2800m: 00:55.82 3200m: 00:55.77 3600m: 00:55.57 4000m: 00:54.80									
4400m: 00:54.89 4800m: 00:56.02 5200m: 00:55.73 5600m: 00:55.33 6000m: 00:55.19									
6400m: 00:53.81 6800m: 00:53.06 7200m: 00:53.96 7600m: 00:53.23 8000m: 00:54.11									
8400m: 00:54.14 8800m: 00:45.59 9200m: 00:54.49 9600m: 01:55.74 10000m: 00:00.92									
43	I	wt	9	SKJERVEN Edvin	NOR	Vik IL	M75	MT 23:46.38 PB	71.319
LAPS: 400m: 01:01.30 800m: 00:57.61 1200m: 00:59.39 1600m: 00:57.87 2000m: 00:58.45									
2400m: 00:56.62 2800m: 00:57.74 3200m: 00:57.83 3600m: 00:57.43 4000m: 00:57.83									
4400m: 00:57.98 4800m: 00:56.61 5200m: 00:58.55 5600m: 00:57.76 6000m: 00:57.77									
6400m: 00:56.09 6800m: 00:55.74 7200m: 00:56.68 7600m: 00:56.16 8000m: 00:57.23									
8400m: 00:54.90 8800m: 00:55.47 9200m: 00:54.83 9600m: 00:54.65 10000m: 00:53.89									

44	O	rd	9	HEGGESTAD Arvid	NOR	Veitast IL	M70	MT 23:48.05 PB	71.402
LAPS: 400m: 01:01.30 800m: 00:57.93 1200m: 00:57.93 1600m: 00:58.78 2000m: 00:57.84									
2400m: 00:57.89 2800m: 00:57.00 3200m: 00:58.18 3600m: 00:57.56 4000m: 00:57.60									
4400m: 00:57.48 4800m: 00:57.64 5200m: 00:56.89 5600m: 00:57.73 6000m: 00:56.91									
6400m: 00:56.96 6800m: 00:56.28 7200m: 00:56.01 7600m: 00:55.78 8000m: 00:56.67									
8400m: 00:56.12 8800m: 00:56.44 9200m: 00:56.22 9600m: 00:55.48 10000m: 00:53.43									
45	I	wt	1	KNUTSEN Morten Jarnskjegg	NOR	BØSK	M60	MT 24:22.87 SB	73.143
LAPS: 400m: 01:02.22 800m: 00:54.88 1200m: 00:56.38 1600m: 00:56.36 2000m: 00:59.50									
2400m: - 2800m: 06:41.39 3200m: 00:57.45 3600m: 00:57.49 4000m: 00:59.09									
4400m: 00:58.73 4800m: 00:58.62 5200m: 00:58.48 5600m: 00:58.58 6000m: 00:58.67									
6400m: 00:58.22 6800m: 00:59.47 7200m: 01:00.06 7600m: 00:59.43 8000m: -									
8400m: 20:22.34 8800m: 01:00.21 9200m: 01:01.82 9600m: 01:00.83 10000m: 00:57.67									
46	O	bl	8	ØYRI Kåre	NOR	Lærdal IL	M75	MT 24:26.04 PB	73.301
LAPS: 400m: 01:01.49 800m: 00:58.66 1200m: 00:57.25 1600m: 00:58.06 2000m: 00:57.18									
2400m: 00:58.80 2800m: 00:56.85 3200m: 00:59.72 3600m: 00:59.96 4000m: 00:59.89									
4400m: 00:58.74 4800m: 00:58.73 5200m: 01:00.67 5600m: - 6000m: 14:47.34									
6400m: 01:00.92 6800m: 01:00.99 7200m: 00:58.85 7600m: 00:58.84 8000m: 01:58.32									
8400m: 00:58.43 8800m: 00:58.08 9200m: 01:28.86 9600m: 00:59.36 10000m: -									
47	O	rd	7	TASSARA Silvia	ITA	SG Trento	M70	MT 25:09.26 SB	75.463
LAPS: 400m: 01:03.59 800m: 01:01.96 1200m: 01:00.83 1600m: 01:01.47 2000m: 01:00.88									
2400m: 01:02.39 2800m: 01:02.31 3200m: 01:02.41 3600m: 01:01.24 4000m: 01:02.37									
4400m: 01:01.10 4800m: 00:59.30 5200m: 01:00.28 5600m: 00:59.73 6000m: 00:59.90									
6400m: 01:00.76 6800m: 01:00.84 7200m: 00:59.07 7600m: 00:58.70 8000m: 00:59.22									
8400m: 00:59.11 8800m: 00:58.74 9200m: 00:57.88 9600m: 00:51.30 10000m: 01:03.88									
48	O	rd	11	MOEN Raymond Andre	NOR	BØSK	M35	MT 25:15.92 PB	75.796
LAPS: 400m: 00:52.25 800m: 00:50.54 1200m: 00:51.80 1600m: 00:51.28 2000m: 00:53.70									
2400m: 00:53.55 2800m: 00:56.41 3200m: 00:56.70 3600m: 01:02.82 4000m: 00:59.87									
4400m: 01:01.83 4800m: 01:01.82 5200m: 01:02.06 5600m: 01:03.12 6000m: 01:01.73									
6400m: 01:03.26 6800m: 01:06.94 7200m: 01:03.93 7600m: 00:54.09 8000m: 00:20.50									
8400m: 01:28.63 8800m: 01:38.23 9200m: 00:09.75 9600m: 02:10.46 10000m: 01:00.65									
49	I	yl	8	NILSEN Ivar.47	NOR	Stjørd/Bli	M75	MT 25:32.96 SB	76.648
LAPS: 400m: 01:01.07 800m: 00:57.08 1200m: 01:00.51 1600m: 00:57.73 2000m: 00:58.91									
2400m: 00:57.95 2800m: 00:57.34 3200m: 00:59.47 3600m: 01:00.83 4000m: 00:58.19									
4400m: 01:26.04 4800m: 01:02.34 5200m: 00:59.73 5600m: 01:00.98 6000m: 00:59.97									
6400m: 01:01.01 6800m: 01:00.67 7200m: - 7600m: 19:22.50 8000m: 00:23.94									
8400m: 00:37.04 8800m: 01:03.18 9200m: 01:01.57 9600m: 01:10.41 10000m: 01:54.32									
50	I	wt	7	VATTEKAR Stig	NOR	Lærdal IL	M70	MT 25:43.01 PB	77.150
LAPS: 400m: 01:04.55 800m: 01:00.06 1200m: 01:01.35 1600m: 01:02.02 2000m: 01:02.25									
2400m: 01:02.66 2800m: 01:01.03 3200m: 01:01.21 3600m: 01:02.23 4000m: 01:01.40									
4400m: 01:02.17 4800m: 01:02.02 5200m: 01:03.05 5600m: 01:03.04 6000m: 01:04.48									
6400m: 01:03.63 6800m: 01:01.80 7200m: 01:01.55 7600m: 00:14.34 8000m: 00:46.19									
8400m: 01:00.31 8800m: 01:00.98 9200m: 01:00.72 9600m: 01:00.40 10000m: 01:59.57									
51	O	bl	6	SEVALDSEN Roald	NOR	IL Braatt	M75	MT 26:20.88 SB	79.044
LAPS: 400m: 01:04.90 800m: 01:02.88 1200m: 01:01.85 1600m: 01:03.38 2000m: 01:02.38									
2400m: 01:02.18 2800m: 01:02.47 3200m: 01:02.15 3600m: 01:01.51 4000m: 01:00.51									
4400m: 01:00.05 4800m: 01:00.73 5200m: 01:01.40 5600m: 01:00.29 6000m: 01:00.75									
6400m: 01:00.47 6800m: 01:00.03 7200m: 00:59.36 7600m: 00:59.13 8000m: 00:59.83									
8400m: 01:01.00 8800m: 01:00.61 9200m: 01:00.53 9600m: 01:00.92 10000m: 01:51.57									
52	I	yl	6	ROKSETH Ingrid Fiskvik	NOR	TSK	M55	MT 26:22.59 PB	79.129
LAPS: 400m: 01:04.90 800m: 01:02.48 1200m: 01:04.31 1600m: 01:04.75 2000m: 01:05.44									
2400m: 01:04.70 2800m: 01:09.27 3200m: 01:09.36 3600m: 01:06.33 4000m: 01:07.42									
4400m: 01:06.21 4800m: 01:07.79 5200m: 01:08.88 5600m: 01:06.13 6000m: 01:00.41									
6400m: 00:57.19 6800m: 01:00.41 7200m: 00:58.99 7600m: 01:01.83 8000m: 00:58.35									
8400m: 01:04.45 8800m: 00:59.31 9200m: 00:59.12 9600m: 00:57.31 10000m: 00:57.25									
53	O	rd	5	KVALSØREN Hans	NOR	IL Bjørn	M80	MT 26:26.72 PB	79.336
LAPS: 400m: 01:07.95 800m: 01:09.23 1200m: 01:08.25 1600m: 01:05.78 2000m: 01:03.64									
2400m: 01:04.80 2800m: 01:04.94 3200m: 01:04.06 3600m: 01:03.33 4000m: 01:04.20									
4400m: 01:01.08 4800m: 01:04.74 5200m: 01:03.42 5600m: 01:02.55 6000m: 01:02.52									
6400m: 01:01.99 6800m: 01:01.76 7200m: 01:01.81 7600m: 01:00.89 8000m: 01:02.10									
8400m: 01:01.27 8800m: 01:00.90 9200m: 01:01.16 9600m: 00:59.98 10000m: 01:04.37									
54	O	rd	1	RIKTOR Marit Dalseth	NOR	LIK	M55	MT 26:42.86 SB	80.143
LAPS: 400m: 01:10.93 800m: 01:06.18 1200m: 01:03.25 1600m: 01:03.86 2000m: 01:29.85									
2400m: 00:39.95 2800m: 01:06.46 3200m: 01:03.81 3600m: 01:02.55 4000m: 01:03.50									
4400m: 01:06.79 4800m: 01:05.53 5200m: 01:06.58 5600m: 01:05.85 6000m: 01:06.90									
6400m: 01:02.05 6800m: 01:03.44 7200m: 01:01.46 7600m: 01:04.35 8000m: 01:02.70									
8400m: 01:02.39 8800m: 01:01.27 9200m: 01:01.52 9600m: 01:01.09 10000m: 01:00.60									
55	O	bl	2	VANGEN STENSVAAG Susanne	NOR	Hamar IL	M50	MT 26:45.08 SB	80.253
LAPS: 400m: 01:04.36 800m: 01:01.63 1200m: 01:03.16 1600m: 01:04.55 2000m: 00:54.17									
2400m: 01:12.14 2800m: 01:03.03 3200m: 01:04.20 3600m: 01:04.82 4000m: 01:04.82									
4400m: 01:04.36 4800m: 01:05.23 5200m: 01:05.94 5600m: 01:04.95 6000m: 01:04.02									
6400m: 01:06.20 6800m: 01:04.11 7200m: 01:04.45 7600m: 01:05.15 8000m: 01:05.12									
8400m: 01:04.17 8800m: 01:04.33 9200m: 01:04.45 9600m: 01:03.63 10000m: 01:02.09									

56	I	wt	5	NESHEIM Arne	NOR	Lærdal IL	M75	MT 26:51.03 SB	80.551
LAPS: 400m: 01:10.97 800m: 01:06.74 1200m: 01:05.79 1600m: 01:05.68 2000m: 01:05.13									
2400m: 01:04.72 2800m: 01:04.89 3200m: 01:04.26 3600m: 01:04.49 4000m: 01:03.59									
4400m: 01:04.18 4800m: 01:05.93 5200m: 01:04.09 5600m: 01:04.48 6000m: 01:04.65									
6400m: 01:04.68 6800m: 01:04.47 7200m: 01:04.18 7600m: 01:04.38 8000m: 01:04.01									
8400m: 01:03.35 8800m: 01:03.07 9200m: 01:01.28 9600m: 01:01.90 10000m: 01:00.12									
57	O	bl	4	NÆSS Arne Inge	NOR	Tynset IF	M70	MT 27:00.75 PB	81.037
LAPS: 400m: 01:07.81 800m: 01:06.10 1200m: 01:07.22 1600m: 01:07.92 2000m: 01:06.73									
2400m: 01:06.48 2800m: 01:06.43 3200m: 01:05.55 3600m: 01:05.73 4000m: 01:05.62									
4400m: 01:04.32 4800m: 01:06.00 5200m: 01:05.61 5600m: 01:04.26 6000m: 01:04.83									
6400m: 01:04.94 6800m: 01:04.51 7200m: 01:04.51 7600m: 01:02.93 8000m: 01:03.55									
8400m: 01:03.80 8800m: 01:01.40 9200m: 01:01.07 9600m: 01:01.68 10000m: 01:01.75									
58	I	wt	3	HEIDARI Hossein	IRI	-	M45	MT 28:25.81 NR PR	85.290
LAPS: 400m: 01:03.92 800m: 01:04.73 1200m: 01:06.89 1600m: 01:09.57 2000m: 01:09.97									
2400m: 01:12.09 2800m: 01:13.01 3200m: 01:11.42 3600m: 01:08.06 4000m: 01:06.57									
4400m: 01:07.11 4800m: 01:06.85 5200m: 01:06.40 5600m: 01:06.21 6000m: 01:05.98									
6400m: 01:08.06 6800m: 01:06.91 7200m: 01:08.13 7600m: 01:10.47 8000m: 01:08.73									
8400m: 01:09.89 8800m: 01:11.59 9200m: 01:10.20 9600m: 01:06.93 10000m: 01:06.12									
59	I	yl	4	NERDAHL Tove Julianne	NOR	TKK	M45	MT 29:36.68 SB	88.834
LAPS: 400m: 01:11.39 800m: 01:09.79 1200m: 01:14.56 1600m: 01:14.49 2000m: 01:13.71									
2400m: 01:13.67 2800m: 01:13.67 3200m: 01:16.73 3600m: 01:18.91 4000m: 01:11.51									
4400m: 01:13.84 4800m: 01:12.78 5200m: 01:17.02 5600m: 01:08.19 6000m: 01:08.95									
6400m: 01:09.03 6800m: 01:09.31 7200m: 01:08.74 7600m: 01:07.17 8000m: 01:14.71									
8400m: 01:06.99 8800m: 01:11.68 9200m: 01:11.18 9600m: 01:02.45 10000m: 00:56.21									