



NORGES CUP 3

19.11.2022

Protocol: 500m Women (Junior Senior Neo)



Rank	First name	Last name	Nat	AG	500m	Diff
1	Arwen	SZYGENDA	NOR	Neo	MT 41.80	-
2	Hanna	SVENNI	NOR	Neo	MT 42.97	+1.17
3	Olina	NORHEIM	NOR	A1	MT 43.05	+1.25
4	Ina	NAKKEN	NOR	A1	MT 43.56	+1.76
5	Anne Sofie Knutsen	BIRKEDAL	NOR	C2	MT 44.21	+2.41
6	Kari Celine	REISS-JACOBSEN	NOR	Neo	MT 44.53	+2.73
7	Tindra	JANSSON-WESTMAN	SWE	A1	MT 44.63	+2.83
8	Alva	WINROTH	SWE	Neo	MT 44.73	+2.93
9	Tina	SVENSSON	SWE	Neo	MT 45.11	+3.31
10	Leona Olstad	GRINDEN	NOR	B2	MT 46.30	+4.50
11	Elin	FRYCKBERG	SWE	Senior	MT 46.41	+4.61
12	Åse Marie	DAHN	NOR	B2	MT 46.55	+4.75
13	Amalie Haugerud	TEIG	NOR	B1	MT 46.60	+4.80
14	Stine	FINSLAND	NOR	A1	MT 46.64	+4.84
15	Milla Grønvold	ANDERSEN	NOR	C2	MT 46.65	+4.85
16	Emmeline	BERENTSEN	NOR	B1	MT 47.93	+6.13
17	Pernille H. Løvestad	SKOLEM	NOR	B2	MT 48.93	+7.13
18	Disa	ARNELL	SWE	Neo	MT 49.02	+7.22
19	Ada	DARUP	NOR	B2	MT 50.20	+8.40
20	Maiken Nerstad	GUNDERSEN	NOR	Neo	MT 57.71	+15.91
-	Julie Berg	SJØBREND	NOR	Neo	DNF	

Rank	First name	Last name	Nat	AG	500m	NC pts.
1	Olina	NORHEIM	NOR	A1	MT 43.05	40
2	Ina	NAKKEN	NOR	A1	MT 43.56	35
3	Anne Sofie Knutsen	BIRKEDAL	NOR	C2	MT 44.21	30
4	Tindra	JANSSON-WESTMAN	SWE	A1	MT 44.63	27
5	Leona Olstad	GRINDEN	NOR	B2	MT 46.30	24
6	Åse Marie	DAHN	NOR	B2	MT 46.55	22
7	Amalie Haugerud	TEIG	NOR	B1	MT 46.60	20
8	Stine	FINSLAND	NOR	A1	MT 46.64	18
9	Milla Grønvold	ANDERSEN	NOR	C2	MT 46.65	16
10	Emmeline	BERENTSEN	NOR	B1	MT 47.93	15
11	Pernille H. Løvestad	SKOLEM	NOR	B2	MT 48.93	14
12	Ada	DARUP	NOR	B2	MT 50.20	13

Rank	First name	Last name	Nat	AG	500m	NC pts.
1	Arwen	SZYGENDA	NOR	Neo	MT 41.80	40
2	Hanna	SVENNI	NOR	Neo	MT 42.97	35
3	Kari Celine	REISS-JACOBSEN	NOR	Neo	MT 44.53	30
4	Alva	WINROTH	SWE	Neo	MT 44.73	27
5	Tina	SVENSSON	SWE	Neo	MT 45.11	24
6	Elin	FRYCKBERG	SWE	Senior	MT 46.41	22
7	Disa	ARNELL	SWE	Neo	MT 49.02	20
8	Maiken Nerstad	GUNDERSEN	NOR	Neo	MT 57.71	18
9	Julie Berg	SJØBREND	NOR	Neo	DNF	

Rank	First name	Last name	Nat	AG	500m	Diff
1	Cristian Landrø	MAGNUSSEN	NOR	A2	36.66	-
2	Siver	BRATTGJERD	NOR	Neo	36.79	+0.13
3	Johann Jørgen F.	SÆVES	NOR	Senior	36.90	+0.24
4	Martin Solberg	ANDREASSEN	NOR	A2	37.54	+0.88
5	Sebastian	FORSMARK	SWE	A2	37.59	+0.93
6	Erlend Andre	RUE	NOR	Neo	37.98	+1.32
7	Kaspar	NORBERG	SWE	A2	38.11	+1.45
8	Finn Elias	HANEBERG	NOR	A1	38.19	+1.53
9	Aron	AANNØ	NOR	A1	38.53	+1.87
10	Emil	ERVIK	FIN	Neo	38.65	+1.99
11	Gustav	ARNELL	SWE	Senior	38.75	+2.09
12	Oskar	NILSSON	SWE	Neo	38.91	+2.25
13	Runar Njåtun	KRØYER	NOR	Senior	38.93	+2.27
14	Nicolai	ULVAN	NOR	B2	39.00	+2.34
15	Birk Finnstø	REFSÅS	NOR	Neo	39.11	+2.45
16	Christoffer Tellinga	HOVDE	NOR	A1	39.19	+2.53
17	Viktor Smedstad	HAUKAAS	NOR	Neo	40.30	+3.64
18	Gustav	ÅKESSON	SWE	Senior	MT 40.32	+3.66
19	Herman	HOFF	NOR	A2	40.33	+3.67
20	Karl Didrik Møller	NORDAL	NOR	Neo	MT 40.78	+4.12
21	Kristoffer	SONGSTAD	NOR	B2	40.82	+4.16
22	Robin	SLEEKING	NOR	Neo	41.02	+4.36
23	Sebastian	ÅLESKOG	SWE	Senior	41.25	+4.59
24	Ask	DARUP	NOR	A2	MT 41.69	+5.03
25	Sondre	HVAMMEN	NOR	A2	MT 41.98	+5.32
26	Anton	ERIKSSON	SWE	B2	42.21	+5.55
27	Marius Sæther	NILSEN	NOR	B2	MT 42.73	+6.07
28	Bernard	BENJAMINSEN	NOR	B2	MT 43.20	+6.54
29	Eirik Knudsen	GÅSEIDNES	NOR	Senior	MT 52.25	+15.59
30	Filip Møller	NORDAL	NOR	B2	1:01.02	+24.36
-	Sigmund	LØVLIEN-KROKHAUG	NOR	C2	DNF	
-	Joren	SLEEKING	NOR	Neo	DQ	

Rank	First name	Last name	Nat	AG	500m	NC pts.
1	Cristian Landrø	MAGNUSSEN	NOR	A2	36.66	40
2	Martin Solberg	ANDREASSEN	NOR	A2	37.54	35
3	Sebastian	FORSMARK	SWE	A2	37.59	30
4	Kaspar	NORBERG	SWE	A2	38.11	27
5	Finn Elias	HANEBERG	NOR	A1	38.19	24
6	Aron	AANNØ	NOR	A1	38.53	22
7	Nicolai	ULVAN	NOR	B2	39.00	20
8	Christoffer Tellinga	HOVDE	NOR	A1	39.19	18
9	Herman	HOFF	NOR	A2	40.33	16
10	Kristoffer	SONGSTAD	NOR	B2	40.82	15
11	Ask	DARUP	NOR	A2	MT 41.69	14
12	Sondre	HVAMMEN	NOR	A2	MT 41.98	13
13	Anton	ERIKSSON	SWE	B2	42.21	12
14	Marius Sæther	NILSEN	NOR	B2	MT 42.73	11
15	Bernard	BENJAMINSEN	NOR	B2	MT 43.20	10
16	Filip Møller	NORDAL	NOR	B2	1:01.02	9
-	Sigmund	LØVLIEN-KROKHAUG	NOR	C2	DNF	

Rank	First name	Last name	Nat	AG	500m	NC pts.
1	Siver	BRATTGJERD	NOR	Neo	36.79	40
2	Johann Jørgen F.	SÆVES	NOR	Senior	36.90	35
3	Erlend Andre	RUE	NOR	Neo	37.98	30
4	Emil	ERVIK	FIN	Neo	38.65	27
5	Gustav	ARNELL	SWE	Senior	38.75	24
6	Oskar	NILSSON	SWE	Neo	38.91	22
7	Runar Njåtun	KRØYER	NOR	Senior	38.93	20
8	Birk Finnstø	REFSÅS	NOR	Neo	39.11	18
9	Viktor Smedstad	HAUKAAS	NOR	Neo	40.30	16
10	Gustav	ÅKESSON	SWE	Senior	MT 40.32	15
11	Karl Didrik Møller	NORDAL	NOR	Neo	MT 40.78	14
12	Robin	SLEEKING	NOR	Neo	41.02	13
13	Sebastian	ÅLESKOG	SWE	Senior	41.25	12
14	Eirik Knudsen	GÅSEIDNES	NOR	Senior	MT 52.25	11
-	Joren	SLEEKING	NOR	Neo	DQ	

Rank	First name	Last name	Nat	AG	1000m	Diff
1	Elin	FRYCKBERG	SWE	Senior	1:30.26	-
2	Tindra	JANSSON-WESTMAN	SWE	A1	1:31.64	+1.38
3	Amalie Haugerud	TEIG	NOR	B1	1:36.94	+6.68
4	Emmeline	BERENTSEN	NOR	B1	1:37.11	+6.85
5	Ada	DARUP	NOR	B2	1:51.38	+21.12
6	Maiken Nerstad	GUNDERSEN	NOR	Neo	2:48.37	+1:18.11

Rank	First name	Last name	Nat	AG	1000m	NC pts.
1	Tindra	JANSSON-WESTMAN	SWE	A1	1:31.64	40
2	Amalie Haugerud	TEIG	NOR	B1	1:36.94	35
3	Emmeline	BERENTSEN	NOR	B1	1:37.11	30
4	Ada	DARUP	NOR	B2	1:51.38	27

Rank	First name	Last name	Nat	AG	1000m	NC pts.
1	Elin	FRYCKBERG	SWE	Senior	1:30.26	40
2	Maiken Nerstad	GUNDERSEN	NOR	Neo	2:48.37	35

Rank	First name	Last name	Nat	AG	1000m	Diff
1	Sindre	BAAS	NOR	Senior	1:14.20	-
2	Cristian Landrø	MAGNUSSEN	NOR	A2	1:14.47	+0.27
3	Sebastian	FORSMARK	SWE	A2	1:15.04	+0.84
4	Johann Jørgen F.	SÆVES	NOR	Senior	1:15.60	+1.40
5	Thomas	ANDREASSEN	NOR	A2	1:15.67	+1.47
6	Erlend Andre	RUE	NOR	Neo	1:15.98	+1.78
7	Martin Solberg	ANDREASSEN	NOR	A2	1:16.12	+1.92
8	Simon	JEPSSON	SWE	A2	1:17.15	+2.95
9	Ivar	NORHEIM	NOR	A1	1:17.63	+3.43
10	Nicolai	ULVAN	NOR	B2	1:17.73	+3.53
11	Oskar	NILSSON	SWE	Neo	1:18.83	+4.63
12	Gustav	ÅKESSON	SWE	Senior	1:22.64	+8.44
13	Hugo	KLOCKAR	SWE	A1	1:25.13	+10.93
14	Sebastian	ÅLESKOG	SWE	Senior	1:25.47	+11.27
15	Lars	ULVESETH	NOR	B2	1:27.04	+12.84
16	Bernard	BENJAMINSEN	NOR	B2	1:27.99	+13.79
17	Marius Sæther	NILSEN	NOR	B2	1:31.54	+17.34
18	Eirik Knudsen	GÅSEIDNES	NOR	Senior	1:42.05	+27.85

Rank	First name	Last name	Nat	AG	1000m	NC pts.
1	Cristian Landrø	MAGNUSSEN	NOR	A2	1:14.47	40
2	Sebastian	FORSMARK	SWE	A2	1:15.04	35
3	Thomas	ANDREASSEN	NOR	A2	1:15.67	30
4	Martin Solberg	ANDREASSEN	NOR	A2	1:16.12	27
5	Simon	JEPSSON	SWE	A2	1:17.15	24
6	Ivar	NORHEIM	NOR	A1	1:17.63	22
7	Nicolai	ULVAN	NOR	B2	1:17.73	20
8	Hugo	KLOCKAR	SWE	A1	1:25.13	18
9	Lars	ULVESETH	NOR	B2	1:27.04	16
10	Bernard	BENJAMINSEN	NOR	B2	1:27.99	15
11	Marius Sæther	NILSEN	NOR	B2	1:31.54	14

Rank	First name	Last name	Nat	AG	1000m	NC pts.
1	Sindre	BAAS	NOR	Senior	1:14.20	40
2	Johann Jørgen F.	SÆVES	NOR	Senior	1:15.60	35
3	Erlend Andre	RUE	NOR	Neo	1:15.98	30
4	Oskar	NILSSON	SWE	Neo	1:18.83	27
5	Gustav	ÅKESSON	SWE	Senior	1:22.64	24
6	Sebastian	ÅLESKOG	SWE	Senior	1:25.47	22
7	Eirik Knudsen	GÅSEIDNES	NOR	Senior	1:42.05	20

Rank	First name	Last name	Nat	AG	1500m	Diff
1	Arwen	SZYGENDA	NOR	Neo	2:07.12	-
2	Hanna	SVENNI	NOR	Neo	2:09.82	+2.70
3	Ina	NAKKEN	NOR	A1	2:12.04	+4.92
4	Vilde	BAAS	NOR	Neo	2:15.90	+8.78
5	Kari Celine	REISS-JACOBSEN	NOR	Neo	2:16.01	+8.89
6	Olina	NORHEIM	NOR	A1	2:16.55	+9.43
7	Tina	SVENSSON	SWE	Neo	2:20.49	+13.37
8	Anne Sofie Knutsen	BIRKEDAL	NOR	C2	2:20.81	+13.69
9	Milla Grønvold	ANDERSEN	NOR	C2	2:23.89	+16.77
10	Stine	FINSLAND	NOR	A1	2:24.22	+17.10
11	Pernille H. Løvestad	SKOLEM	NOR	B2	2:26.17	+19.05
12	Alva	WINROTH	SWE	Neo	2:27.48	+20.36
13	Leona Olstad	GRINDEN	NOR	B2	2:28.16	+21.04
14	Disa	ARNELL	SWE	Neo	2:30.98	+23.86

Rank	First name	Last name	Nat	AG	1500m	NC pts.
1	Ina	NAKKEN	NOR	A1	2:12.04	40
2	Olina	NORHEIM	NOR	A1	2:16.55	35
3	Anne Sofie Knutsen	BIRKEDAL	NOR	C2	2:20.81	30
4	Milla Grønvold	ANDERSEN	NOR	C2	2:23.89	27
5	Stine	FINSLAND	NOR	A1	2:24.22	24
6	Pernille H. Løvestad	SKOLEM	NOR	B2	2:26.17	22
7	Leona Olstad	GRINDEN	NOR	B2	2:28.16	20

Rank	First name	Last name	Nat	AG	1500m	NC pts.
1	Arwen	SZYGENDA	NOR	Neo	2:07.12	40
2	Hanna	SVENNI	NOR	Neo	2:09.82	35
3	Vilde	BAAS	NOR	Neo	2:15.90	30
4	Kari Celine	REISS-JACOBSEN	NOR	Neo	2:16.01	27
5	Tina	SVENSSON	SWE	Neo	2:20.49	24
6	Alva	WINROTH	SWE	Neo	2:27.48	22
7	Disa	ARNELL	SWE	Neo	2:30.98	20

Rank	First name	Last name	Nat	AG	3000m	Diff
1	Runar Njåtun	KRØYER	NOR	Senior	4:00.85	-
2	Emil	ERVIK	FIN	Neo	4:01.87	+1.02
3	Simon	AANNØ	NOR	Neo	4:02.73	+1.88
4	Birk Finnstø	REFSÅS	NOR	Neo	4:04.00	+3.15
5	Viktor Smedstad	HAUKAAS	NOR	Neo	4:05.96	+5.11
6	Karl Didrik Møller	NORDAL	NOR	Neo	4:07.20	+6.35
7	Aron	AANNØ	NOR	A1	4:08.83	+7.98
8	Gustav	ARNELL	SWE	Senior	4:10.00	+9.15
9	Joren	SLEEKING	NOR	Neo	4:12.03	+11.18
10	Herman	HOFF	NOR	A2	4:13.76	+12.91
11	Sigmund	LØVLIEN-KROKHAUG	NOR	C2	4:14.33	+13.48
12	Ivar	NORHEIM	NOR	A1	MT 4:15.22	+14.37
13	Sondre	HVAMMEN	NOR	A2	4:16.19	+15.34
14	Simon	JEPPSSON	SWE	A2	4:19.63	+18.78
15	Robin	SLEEKING	NOR	Neo	4:26.11	+25.26
16	Ask	DARUP	NOR	A2	4:26.50	+25.65
17	Kristoffer	SONGSTAD	NOR	B2	4:28.35	+27.50
18	Anton	ERIKSSON	SWE	B2	4:32.36	+31.51
19	Lars	ULVESETH	NOR	B2	4:54.38	+53.53
20	Hugo	KLOCKAR	SWE	A1	4:56.85	+56.00
-	Kaspar	NORBERG	SWE	A2	DNS	

Rank	First name	Last name	Nat	AG	3000m	NC pts.
1	Aron	AANNØ	NOR	A1	4:08.83	40
2	Herman	HOFF	NOR	A2	4:13.76	35
3	Sigmund	LØVLIEN-KROKHAUG	NOR	C2	4:14.33	30
4	Ivar	NORHEIM	NOR	A1	MT 4:15.22	27
5	Sondre	HVAMMEN	NOR	A2	4:16.19	24
6	Simon	JEPPSSON	SWE	A2	4:19.63	22
7	Ask	DARUP	NOR	A2	4:26.50	20
8	Kristoffer	SONGSTAD	NOR	B2	4:28.35	18
9	Anton	ERIKSSON	SWE	B2	4:32.36	16
10	Lars	ULVESETH	NOR	B2	4:54.38	15
11	Hugo	KLOCKAR	SWE	A1	4:56.85	14
-	Kaspar	NORBERG	SWE	A2	DNS	

Rank	First name	Last name	Nat	AG	3000m	NC pts.
1	Runar Njåtun	KRØYER	NOR	Senior	4:00.85	40
2	Emil	ERVIK	FIN	Neo	4:01.87	35
3	Simon	AANNØ	NOR	Neo	4:02.73	30
4	Birk Finnstø	REFSÅS	NOR	Neo	4:04.00	27
5	Viktor Smedstad	HAUKAAS	NOR	Neo	4:05.96	24
6	Karl Didrik Møller	NORDAL	NOR	Neo	4:07.20	22
7	Gustav	ARNELL	SWE	Senior	4:10.00	20
8	Joren	SLEEKING	NOR	Neo	4:12.03	18
9	Robin	SLEEKING	NOR	Neo	4:26.11	16



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20.11.2022

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Rank	First name	Last name	Nat	AG	500m	Diff
1	Arwen	SZYGENDA	NOR	Neo	41.31	-
2	Vilde	BAAS	NOR	Neo	41.54	+0.23
3	Olina	NORHEIM	NOR	A1	43.67	+2.36
4	Anne Sofie Knutsen	BIRKEDAL	NOR	C2	44.13	+2.82
5	Tina	SVENSSON	SWE	Neo	45.74	+4.43
6	Amalie Haugerud	TEIG	NOR	B1	46.58	+5.27
7	Leona Olstad	GRINDEN	NOR	B2	46.59	+5.28
8	Emmeline	BERENTSEN	NOR	B1	48.13	+6.82
9	Ada	DARUP	NOR	B2	50.47	+9.16
10	Maiken Nerstad	GUNDERSEN	NOR	Neo	57.89	+16.58

Rank	First name	Last name	Nat	AG	500m	NC pts.
1	Olina	NORHEIM	NOR	A1	43.67	40
2	Anne Sofie Knutsen	BIRKEDAL	NOR	C2	44.13	35
3	Amalie Haugerud	TEIG	NOR	B1	46.58	30
4	Leona Olstad	GRINDEN	NOR	B2	46.59	27
5	Emmeline	BERENTSEN	NOR	B1	48.13	24
6	Ada	DARUP	NOR	B2	50.47	22

Rank	First name	Last name	Nat	AG	500m	NC pts.
1	Arwen	SZYGENDA	NOR	Neo	41.31	40
2	Vilde	BAAS	NOR	Neo	41.54	35
3	Tina	SVENSSON	SWE	Neo	45.74	30
4	Maiken Nerstad	GUNDERSEN	NOR	Neo	57.89	27

Rank	First name	Last name	Nat	AG	500m	Diff
1	Siver	BRATTGJERD	NOR	Neo	36.53	-
2	Johann Jørgen F.	SÆVES	NOR	Senior	36.91	+0.38
3	Simon	AANNØ	NOR	Neo	37.09	+0.56
4	Sindre	BAAS	NOR	Senior	37.29	+0.76
5	Miika Johan	KLEVSTUEN	NOR	B1	37.30	+0.77
6	Sebastian	FORSMARK	SWE	A2	37.63	+1.10
7	Kaspar	NORBERG	SWE	A2	MT 37.87	+1.34
8	Finn Elias	HANEBERG	NOR	A1	38.22	+1.69
9	Erlend Andre	RUE	NOR	Neo	38.45	+1.92
10	Nicolai	ULVAN	NOR	B2	38.52	+1.99
11	Oskar	NILSSON	SWE	Neo	38.62	+2.09
12	Simon	JEPSSON	SWE	A2	38.69	+2.16
13	Joren	SLEEKING	NOR	Neo	38.70	+2.17
14	Thomas	ANDREASSEN	NOR	A2	39.02	+2.49
15	Ivar	NORHEIM	NOR	A1	39.75	+3.22
16	Sigmund	LØVLIEN-KROKHAUG	NOR	C2	40.03	+3.50
16	Herman	HOFF	NOR	A2	40.03	+3.50
18	Gustav	ÅKESSON	SWE	Senior	40.12	+3.59
19	Kristoffer	SONGSTAD	NOR	B2	40.44	+3.91
20	Sebastian	ÅLESKOG	SWE	Senior	41.29	+4.76
21	Hugo	KLOCKAR	SWE	A1	41.98	+5.45
22	Marius Sæther	NILSEN	NOR	B2	42.30	+5.77
23	Lars	ULVESETH	NOR	B2	42.47	+5.94
24	Bernard	BENJAMINSEN	NOR	B2	42.94	+6.41

Rank	First name	Last name	Nat	AG	500m	NC pts.
1	Miika Johan	KLEVSTUEN	NOR	B1	37.30	40
2	Sebastian	FORSMARK	SWE	A2	37.63	35
3	Kaspar	NORBERG	SWE	A2	MT 37.87	30
4	Finn Elias	HANEBERG	NOR	A1	38.22	27
5	Nicolai	ULVAN	NOR	B2	38.52	24
6	Simon	JEPSSON	SWE	A2	38.69	22
7	Thomas	ANDREASSEN	NOR	A2	39.02	20
8	Ivar	NORHEIM	NOR	A1	39.75	18
9	Sigmund	LØVLIEN-KROKHAUG	NOR	C2	40.03	16
9	Herman	HOFF	NOR	A2	40.03	16
11	Kristoffer	SONGSTAD	NOR	B2	40.44	14
12	Hugo	KLOCKAR	SWE	A1	41.98	13
13	Marius Sæther	NILSEN	NOR	B2	42.30	12
14	Lars	ULVESETH	NOR	B2	42.47	11
15	Bernard	BENJAMINSEN	NOR	B2	42.94	10

Rank	First name	Last name	Nat	AG	500m	NC pts.
1	Siver	BRATTGJERD	NOR	Neo	36.53	40
2	Johann Jørgen F.	SÆVES	NOR	Senior	36.91	35
3	Simon	AANNØ	NOR	Neo	37.09	30
4	Sindre	BAAS	NOR	Senior	37.29	27
5	Erlend Andre	RUE	NOR	Neo	38.45	24
6	Oskar	NILSSON	SWE	Neo	38.62	22
7	Joren	SLEEKING	NOR	Neo	38.70	20
8	Gustav	ÅKESSON	SWE	Senior	40.12	18
9	Sebastian	ÅLESKOG	SWE	Senior	41.29	16

Rank	First name	Last name	Nat	AG	1000m	Diff
1	Arwen	SZYGENDA	NOR	Neo	1:22.09	-
2	Hanna	SVENNI	NOR	Neo	1:23.43	+1.34
3	Vilde	BAAS	NOR	Neo	1:24.71	+2.62
4	Kari Celine	REISS-JACOBSEN	NOR	Neo	1:27.18	+5.09
5	Olina	NORHEIM	NOR	A1	1:27.56	+5.47
6	Tindra	JANSSON-WESTMAN	SWE	A1	1:30.45	+8.36
7	Anne Sofie Knutsen	BIRKEDAL	NOR	C2	1:31.66	+9.57
8	Alva	WINROTH	SWE	Neo	1:32.23	+10.14
9	Åse Marie	DAHNS	NOR	B2	1:32.87	+10.78
10	Leona Olstad	GRINDEN	NOR	B2	1:35.52	+13.43
11	Disa	ARNELL	SWE	Neo	1:36.04	+13.95
12	Amalie Haugerud	TEIG	NOR	B1	1:36.79	+14.70
13	Pernille H. Løvestad	SKOLEM	NOR	B2	1:37.08	+14.99
14	Emmeline	BERENTSEN	NOR	B1	1:37.63	+15.54
15	Ada	DARUP	NOR	B2	1:51.48	+29.39
16	Maiken Nerstad	GUNDERSEN	NOR	Neo	2:04.12	+42.03

Rank	First name	Last name	Nat	AG	1000m	NC pts.
1	Olina	NORHEIM	NOR	A1	1:27.56	40
2	Tindra	JANSSON-WESTMAN	SWE	A1	1:30.45	35
3	Anne Sofie Knutsen	BIRKEDAL	NOR	C2	1:31.66	30
4	Åse Marie	DAHNS	NOR	B2	1:32.87	27
5	Leona Olstad	GRINDEN	NOR	B2	1:35.52	24
6	Amalie Haugerud	TEIG	NOR	B1	1:36.79	22
7	Pernille H. Løvestad	SKOLEM	NOR	B2	1:37.08	20
8	Emmeline	BERENTSEN	NOR	B1	1:37.63	18
9	Ada	DARUP	NOR	B2	1:51.48	16

Rank	First name	Last name	Nat	AG	1000m	NC pts.
1	Arwen	SZYGENDA	NOR	Neo	1:22.09	40
2	Hanna	SVENNI	NOR	Neo	1:23.43	35
3	Vilde	BAAS	NOR	Neo	1:24.71	30
4	Kari Celine	REISS-JACOBSEN	NOR	Neo	1:27.18	27
5	Alva	WINROTH	SWE	Neo	1:32.23	24
6	Disa	ARNELL	SWE	Neo	1:36.04	22
7	Maiken Nerstad	GUNDERSEN	NOR	Neo	2:04.12	20

Rank	First name	Last name	Nat	AG	1000m	Diff
1	Simon	AANNØ	NOR	Neo	1:14.15	-
2	Johann Jørgen F.	SÆVES	NOR	Senior	1:15.19	+1.04
3	Emil	ERVIK	FIN	Neo	1:15.61	+1.46
4	Birk Finnstø	REFSÅS	NOR	Neo	1:16.51	+2.36
4	Aron	AANNØ	NOR	A1	1:16.51	+2.36
6	Erlend Andre	RUE	NOR	Neo	1:16.95	+2.80
7	Viktor Smedstad	HAUKAAS	NOR	Neo	1:18.46	+4.31
8	Sigmund	LØVLIEN-KROKHAUG	NOR	C2	1:19.35	+5.20
9	Oskar	NILSSON	SWE	Neo	1:19.82	+5.67
10	Ask	DARUP	NOR	A2	1:23.07	+8.92
11	Gustav	ÅKESSON	SWE	Senior	1:23.39	+9.24

Rank	First name	Last name	Nat	AG	1000m	NC pts.
1	Aron	AANNØ	NOR	A1	1:16.51	40
2	Sigmund	LØVLIEN-KROKHAUG	NOR	C2	1:19.35	35
3	Ask	DARUP	NOR	A2	1:23.07	30

Rank	First name	Last name	Nat	AG	1000m	NC pts.
1	Simon	AANNØ	NOR	Neo	1:14.15	40
2	Johann Jørgen F.	SÆVES	NOR	Senior	1:15.19	35
3	Emil	ERVIK	FIN	Neo	1:15.61	30
4	Birk Finnstø	REFSÅS	NOR	Neo	1:16.51	27
5	Erlend Andre	RUE	NOR	Neo	1:16.95	24
6	Viktor Smedstad	HAUKAAS	NOR	Neo	1:18.46	22
7	Oskar	NILSSON	SWE	Neo	1:19.82	20
8	Gustav	ÅKESSON	SWE	Senior	1:23.39	18

Rank	First name	Last name	Nat	AG	1500m	Diff
1	Runar Njåtun	KRØYER	NOR	Senior	1:53.68	-
2	Kaspar	NORBERG	SWE	A2	1:54.21	+0.53
3	Sindre	BAAS	NOR	Senior	1:54.24	+0.56
4	Thomas	ANDREASSEN	NOR	A2	1:55.46	+1.78
5	Sebastian	FORSMARK	SWE	A2	1:56.80	+3.12
6	Joren	SLEEKING	NOR	Neo	1:57.04	+3.36
7	Gustav	ARNELL	SWE	Senior	1:57.70	+4.02
8	Simon	JEPSSON	SWE	A2	1:58.11	+4.43
9	Ivar	NORHEIM	NOR	A1	1:58.18	+4.50
10	Karl Didrik Møller	NORDAL	NOR	Neo	1:58.67	+4.99
11	Herman	HOFF	NOR	A2	1:59.78	+6.10
12	Nicolai	ULVAN	NOR	B2	2:00.27	+6.59
13	Sondre	HVAMMEN	NOR	A2	2:02.53	+8.85
14	Kristoffer	SONGSTAD	NOR	B2	2:02.61	+8.93
15	Robin	SLEEKING	NOR	Neo	2:08.30	+14.62
16	Hugo	KLOCKAR	SWE	A1	2:12.19	+18.51
17	Anton	ERIKSSON	SWE	B2	2:12.73	+19.05
18	Lars	ULVESETH	NOR	B2	2:14.50	+20.82
19	Bernard	BENJAMINSEN	NOR	B2	2:17.45	+23.77
-	Sebastian	ÅLESKOG	SWE	Senior	WDR	

Rank	First name	Last name	Nat	AG	1500m	NC pts.
1	Kaspar	NORBERG	SWE	A2	1:54.21	40
2	Thomas	ANDREASSEN	NOR	A2	1:55.46	35
3	Sebastian	FORSMARK	SWE	A2	1:56.80	30
4	Simon	JEPSSON	SWE	A2	1:58.11	27
5	Ivar	NORHEIM	NOR	A1	1:58.18	24
6	Herman	HOFF	NOR	A2	1:59.78	22
7	Nicolai	ULVAN	NOR	B2	2:00.27	20
8	Sondre	HVAMMEN	NOR	A2	2:02.53	18
9	Kristoffer	SONGSTAD	NOR	B2	2:02.61	16
10	Hugo	KLOCKAR	SWE	A1	2:12.19	15
11	Anton	ERIKSSON	SWE	B2	2:12.73	14
12	Lars	ULVESETH	NOR	B2	2:14.50	13
13	Bernard	BENJAMINSEN	NOR	B2	2:17.45	12

Rank	First name	Last name	Nat	AG	1500m	NC pts.
1	Runar Njåtun	KRØYER	NOR	Senior	1:53.68	40
2	Sindre	BAAS	NOR	Senior	1:54.24	35
3	Joren	SLEEKING	NOR	Neo	1:57.04	30
4	Gustav	ARNELL	SWE	Senior	1:57.70	27
5	Karl Didrik Møller	NORDAL	NOR	Neo	1:58.67	24
6	Robin	SLEEKING	NOR	Neo	2:08.30	22
-	Sebastian	ÅLESKOG	SWE	Senior	WDR	

Rank	First name	Last name	Nat	AG	3000m	Diff
1	Elin	FRYCKBERG	SWE	Senior	4:52.72	-
2	Tina	SVENSSON	SWE	Neo	4:59.54	+6.82
3	Milla Grønvold	ANDERSEN	NOR	C2	5:00.48	+7.76
4	Pernille H. Løvestad	SKOLEM	NOR	B2	5:03.49	+10.77
5	Disa	ARNELL	SWE	Neo	5:15.04	+22.32
6	Alva	WINROTH	SWE	Neo	5:16.61	+23.89
7	Tindra	JANSSON-WESTMAN	SWE	A1	5:29.17	+36.45

Rank	First name	Last name	Nat	AG	3000m	NC pts.
1	Milla Grønvold	ANDERSEN	NOR	C2	5:00.48	40
2	Pernille H. Løvestad	SKOLEM	NOR	B2	5:03.49	35
3	Tindra	JANSSON-WESTMAN	SWE	A1	5:29.17	30

Rank	First name	Last name	Nat	AG	3000m	NC pts.
1	Elin	FRYCKBERG	SWE	Senior	4:52.72	40
2	Tina	SVENSSON	SWE	Neo	4:59.54	35
3	Disa	ARNELL	SWE	Neo	5:15.04	30
4	Alva	WINROTH	SWE	Neo	5:16.61	27

Rank	First name	Last name	Nat	AG	5000m	Diff
1	Birk Finnstø	REFSÅS	NOR	Neo	6:59.68	-
2	Finn Elias	HANEBERG	NOR	A1	7:01.29	+1.61
3	Runar Njåtun	KRØYER	NOR	Senior	7:03.23	+3.55
4	Viktor Smedstad	HAUKAAS	NOR	Neo	7:08.86	+9.18
5	Aron	AANNØ	NOR	A1	7:13.77	+14.09
6	Karl Didrik Møller	NORDAL	NOR	Neo	7:15.32	+15.64
7	Sondre	HVAMMEN	NOR	A2	7:27.29	+27.61
8	Gustav	ARNELL	SWE	Senior	7:27.78	+28.10
9	Ask	DARUP	NOR	A2	7:40.44	+40.76
10	Anton	ERIKSSON	SWE	B2	7:50.15	+50.47

Rank	First name	Last name	Nat	AG	5000m	NC pts.
1	Finn Elias	HANEBERG	NOR	A1	7:01.29	40
2	Aron	AANNØ	NOR	A1	7:13.77	35
3	Sondre	HVAMMEN	NOR	A2	7:27.29	30
4	Ask	DARUP	NOR	A2	7:40.44	27
5	Anton	ERIKSSON	SWE	B2	7:50.15	24

Rank	First name	Last name	Nat	AG	5000m	NC pts.
1	Birk Finnstø	REFSÅS	NOR	Neo	6:59.68	40
2	Runar Njåtun	KRØYER	NOR	Senior	7:03.23	35
3	Viktor Smedstad	HAUKAAS	NOR	Neo	7:08.86	30
4	Karl Didrik Møller	NORDAL	NOR	Neo	7:15.32	27
5	Gustav	ARNELL	SWE	Senior	7:27.78	24