

Mellomtider ST-Cup 1 29.12.2012

J 13 år 3 km klassisk

| Nr | Navn | 71 | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Mål |
|----|--|-----------|-------|-------|-------|-------|-------|-------|-------|---------------------------|
| 1 | Hanne Wilberg Rofstad Byåsen IL | 10:21(1) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:17 +00:00 12:17(1) |
| 2 | Elise Nilsen Utleira IL | 10:49(3) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:38 +00:21 12:38(2) |
| | Elise Fagerbæk Sokna IL | 10:42(2) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:38 +00:21 12:38(2) |
| 4 | Berit Nordsæter Resell Byåsen IL | 10:57(4) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:47 +00:30 12:47(4) |
| 5 | Ine Marielle Trane Porsanger Forsøk, IL | 11:02(6) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:59 +00:42 12:59(5) |
| 6 | Emma Skarbo Hegge Klæbu IL | 10:57(4) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:05 +00:48 13:05(6) |
| 7 | Nora Røtvei Vollan I.K. | 11:31(7) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:16 +00:59 13:16(7) |
| 8 | Ida Sundt Røros IL | 11:44(9) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:41 +01:24 13:41(8) |
| | Synnøve Heggem Byåsen IL | 11:42(8) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:41 +01:24 13:41(8) |
| 10 | Andrea Gløtheim Røros IL | 11:55(10) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:54 +01:37 13:54(10) |
| 11 | Ingrid Thune Rolfsen Fossum IF | 12:00(12) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:59 +01:42 13:59(11) |
| 12 | Marta Hindseth Bjerkaas Vollan I.K. | 11:57(11) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 14:03 +01:46 14:03(12) |
| 13 | Ane Bjørgum Valås Byåsen IL | 12:01(13) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 14:06 +01:49 14:06(13) |
| 14 | Anna Lovise Solli Røros IL | 12:30(14) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 14:38 +02:21 14:38(14) |
| 15 | Jenny Aftret Hovin Lundamo IL | 12:57(15) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 15:12 +02:55 15:12(15) |
| 16 | Stine Lerstad Ballestad Malvik IL | 13:35(16) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 15:37 +03:20 15:37(16) |
| 17 | Thea Helen Kvernvik Utleira IL | 14:22(17) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 16:56 +04:39 16:56(17) |

G 13 år 3 km klassisk

| Nr | Navn | 71 | N/A | N/A | N/A | N/A | N/A | N/A | Mål |
|-----------|---|-----------|------------|------------|------------|------------|------------|------------|---------------------------|
| 1 | Jan Magnus Røsbjørgen Flå IL | 09:41(1) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:07 +00:00 11:07(1) |
| 2 | Andreas Fjorden Ree Støren Sportsklubb | 09:56(2) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:33 +00:26 11:33(2) |
| 3 | Magnus Fjerdingen Moan Røros IL | 10:01(3) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:37 +00:30 11:37(3) |
| 4 | Magnus Harr Lian Klæbu IL | 10:04(6) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:40 +00:33 11:40(4) |
| | Erik Tharalsen Byåsen IL | 10:03(5) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:40 +00:33 11:40(4) |
| 6 | Ole Andreas Brækken Byåsen IL | 10:02(4) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:43 +00:36 11:43(6) |
| 7 | Jørgen Solhaug Sæter Os IL | 10:19(7) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:55 +00:48 11:55(7) |
| 8 | Sander Lillebudal Leik, IL | 10:20(9) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:59 +00:52 11:59(8) |
| | Eivind Bogen Brurok Strindheim IL | 10:19(7) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:59 +00:52 11:59(8) |
| 10 | Åsmund Krokann Storrø Ranheim SK | 10:27(10) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:09 +01:02 12:09(10) |
| 11 | Matias Næss Lysholm Byåsen IL | 10:34(11) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:12 +01:05 12:12(11) |
| 12 | Morten Andre Skånøy Søråas Fjellørnen IL | 10:38(12) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:19 +01:12 12:19(12) |
| 13 | Ørjan Moseng Røros IL | 10:46(16) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:23 +01:16 12:23(13) |
| 14 | Olve Johansen Rye Byneset IL | 10:44(14) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:24 +01:17 12:24(14) |
| 15 | Andreas Striger Halset Byåsen IL | 10:44(14) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:27 +01:20 12:27(15) |
| | Jo Jensås Ålen IL | 10:38(12) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:27 +01:20 12:27(15) |
| 17 | Bjørn Vestermo-Reitan Leik, IL | 10:48(17) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:36 +01:29 12:36(17) |
| 18 | Mats Eidsmo Byaasen Skiklub | 10:50(18) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:37 +01:30 12:37(18) |
| 19 | Petter Lien Byåsen IL | 10:54(19) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:46 +01:39 12:46(19) |
| 20 | Simen Enodd Sokna IL | 11:07(21) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:48 +01:41 12:48(20) |
| 21 | Elias Trondsen Dahl Røros IL | 11:04(20) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:52 +01:45 12:52(21) |
| 22 | Ingve Staverløkk Oppdal IL - ski | 11:17(22) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:02 +01:55 13:02(22) |

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|----|-----------------------------------|-----------|-------|-------|-------|-------|-------|-------|-------|-------|---------------------------|
| | Rindals-Troll, IK | | | | | | | | | | 14:11(16) |
| 17 | Silje Haug Sellesbakk Klæbu IL | 12:40(17) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 14:37 +03:20 14:37(17) |

G 14 år 3 km klassisk

| Nr | Navn | 71 | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Mål |
|----|--|-----------|-------|-------|-------|-------|-------|-------|-------|---------------------------|
| 1 | Joakim Skaanes Yrjar, IL | 09:01(1) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 10:26 +00:00 10:26(1) |
| 2 | Mathias Vindal Ranheim SK | 09:09(2) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 10:37 +00:11 10:37(2) |
| 3 | Håkon Skaanes Strindheim IL | 09:15(3) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 10:38 +00:12 10:38(3) |
| 4 | Odin Garli Sokna IL | 09:22(4) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 10:52 +00:26 10:52(4) |
| 5 | Peter Haddon Byåsen IL | 09:38(5) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:09 +00:43 11:09(5) |
| 6 | Herman Bjerke Lyn Ski | 09:43(6) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:15 +00:49 11:15(6) |
| 7 | Håkon Frøseth Støren Sportsklubb | 10:05(10) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:31 +01:05 11:31(7) |
| 8 | Edvin Grøtan Eriksen Melhus IL | 09:57(7) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:32 +01:06 11:32(8) |
| 9 | Henrik Tanem Strindheim IL | 10:05(10) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:35 +01:09 11:35(9) |
| 10 | Peder Løkken Røros IL | 10:03(9) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:43 +01:17 11:43(10) |
| | Oskar Spets Storhov Heimdal Ski | 10:07(12) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:43 +01:17 11:43(10) |
| 12 | Torstein Heggem Rindals-Troll, IK | 10:07(12) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:44 +01:18 11:44(12) |
| 13 | Andreas Rodahl Hansen Byaasen Skiklub | 10:01(8) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:45 +01:19 11:45(13) |
| 14 | Marius Renå Hommelvik IL | 10:09(14) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:50 +01:24 11:50(14) |
| 15 | Fabian Foss Budal Byåsen IL | 10:20(16) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 11:57 +01:31 11:57(15) |
| 16 | Ola Oanes Solbakken Klæbu IL | 10:16(15) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:00 +01:34 12:00(16) |
| 17 | Mads Halstadtrø Hommelvik IL | 10:20(16) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:03 +01:37 12:03(17) |
| 18 | Sigurd Bjørkli Hommelvik IL | 10:22(18) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:08 +01:42 12:08(18) |
| 19 | Eirik Lundteigen Aune Byåsen IL | 10:28(19) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:10 +01:44 12:10(19) |

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|----|--------------------------------------|-----------|-------|-------|-------|-------|-------|-------|-------|---------------------------|
| | Torbjørn Heggem Byåsen IL | 10:28(19) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:10 +01:44 12:10(19) |
| 21 | Lasse Langørgeren Melhus IL | 10:31(21) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:14 +01:48 12:14(21) |
| 22 | Tobias Vedal Melhus IL | 10:32(22) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:15 +01:49 12:15(22) |
| 23 | Martin B Hasselvold Fjellørnen IL | 10:40(24) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:24 +01:58 12:24(23) |
| | Vegard Bostad Strindheim IL | 10:41(25) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:24 +01:58 12:24(23) |
| 25 | Sondre Vårheim Fjellørnen IL | 10:39(23) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:25 +01:59 12:25(25) |
| 26 | Vegard Fosli Stjern Hommelvik IL | 10:53(27) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:30 +02:04 12:30(26) |
| 27 | Andreas Talseth Bostad Ranheim SK | 10:48(26) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:37 +02:11 12:37(27) |
| 28 | Markus Holden Røros IL | 11:06(29) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:49 +02:23 12:49(28) |
| 29 | Idar Andersen Melhus IL | 11:02(28) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 12:54 +02:28 12:54(29) |
| 30 | Iver Opphaug Ranheim SK | 11:10(30) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:06 +02:40 13:06(30) |
| 31 | Sander Strandheim Stadsbygd IL | 11:26(32) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:21 +02:55 13:21(31) |
| 32 | Håkon Krognnes Melhus IL | 11:23(31) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:22 +02:56 13:22(32) |
| 33 | Daniel Ryen Os IL | 11:44(33) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:35 +03:09 13:35(33) |
| 34 | Simen Undlien Bruvoll Melhus IL | 11:48(34) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:41 +03:15 13:41(34) |
| 35 | Jaheel Mikael Sølvhaug Melhus IL | 11:49(35) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 13:42 +03:16 13:42(35) |
| 36 | Sander Øwre Haugan Hommelvik IL | 12:19(36) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 14:27 +04:01 14:27(36) |

J 15 år 5 km klassisk

| Nr | Navn | 71 | 66 | 271 | N/A | N/A | N/A | N/A | Mål |
|-----------|--|-----------|------------------------|------------------------|------------|------------|------------|------------|------------------------------|
| 1 | Hilvi Emerense Hamar Byaasen Skiklub | 09:22(1) | 10:45(1) 01:23(1) | 16:36(1) 05:51(1) | 00:00 | 00:00 | 00:00 | 00:00 | 18:09 +00:00 18:09(1) |
| 2 | Synne Brovold Byåsen IL | 10:16(3) | 11:45(2) 01:29(2) | 18:10(2) 06:25(2) | 00:00 | 00:00 | 00:00 | 00:00 | 19:49 +01:40 19:49(2) |
| 3 | Siri Beate Solbergløkk Sokna IL | 10:13(2) | 11:51(3) 01:38(7) | 18:19(3) 06:28(4) | 00:00 | 00:00 | 00:00 | 00:00 | 20:03 +01:54 20:03(3) |
| 4 | Une Adeline Haugen Melhus IL | 10:25(4) | 12:02(4) 01:37(5) | 18:29(4) 06:27(3) | 00:00 | 00:00 | 00:00 | 00:00 | 20:13 +02:04 20:13(4) |
| 5 | Karen Uvsløkk Normann Børsa IL | 10:38(6) | 12:13(6) 01:35(3) | 18:46(5) 06:33(5) | 00:00 | 00:00 | 00:00 | 00:00 | 20:28 +02:19 20:28(5) |
| 6 | Inga Landsem Byåsen IL | 10:26(5) | 12:03(5) 01:37(5) | 18:46(5) 06:43(7) | 00:00 | 00:00 | 00:00 | 00:00 | 20:39 +02:30 20:39(6) |
| 7 | Mari Moslet Holden Strindheim IL | 10:52(7) | 12:31(7) 01:39(8) | 19:08(7) 06:37(6) | 00:00 | 00:00 | 00:00 | 00:00 | 20:42 +02:33 20:42(7) |
| 8 | Solveig Dyrdal Selbu IL | 11:16(9) | 12:59(8) 01:43(11) | 19:58(9) 06:59(9) | 00:00 | 00:00 | 00:00 | 00:00 | 21:54 +03:45 21:54(8) |
| 9 | Maja Engan Tronsaune Byåsen IL | 11:29(11) | 13:05(9) 01:36(4) | 20:09(10) 07:04(10) | 00:00 | 00:00 | 00:00 | 00:00 | 21:56 +03:47 21:56(9) |
| | Marit Kulseth Selbu IL | 11:08(8) | 13:05(9) 01:57(13) | 19:55(8) 06:50(8) | 00:00 | 00:00 | 00:00 | 00:00 | 21:56 +03:47 21:56(9) |
| 11 | Julie Thue Holthe IL Jardar | 11:36(12) | 13:15(12) 01:39(8) | 20:25(11) 07:10(11) | 00:00 | 00:00 | 00:00 | 00:00 | 22:16 +04:07 22:16(11) |
| 12 | Guri Evjen Kallar Selbu IL | 11:17(10) | 13:12(11) 01:55(12) | 20:33(12) 07:21(13) | 00:00 | 00:00 | 00:00 | 00:00 | 22:22 +04:13 22:22(12) |
| 13 | Johanna Fjerdings Moan Røros IL | 11:39(13) | 13:20(13) 01:41(10) | 20:38(13) 07:18(12) | 00:00 | 00:00 | 00:00 | 00:00 | 22:33 +04:24 22:33(13) |
| 14 | Kristine Mikalsen Leinstrand IL | 12:30(14) | 14:31(14) 02:01(14) | 22:30(14) 07:59(14) | 00:00 | 00:00 | 00:00 | 00:00 | 24:50 +06:41 24:50(14) |

G 15 år 5 km klassisk

| Nr | Navn | 71 | 66 | 271 | N/A | N/A | N/A | N/A | Mål |
|----|--|-----------|------------------------|------------------------|-------|-------|-------|-------|------------------------------|
| 1 | Benjamin Gjøl Dahle Byaasen Skiklub | 08:15(1) | 09:31(1) 01:16(5) | 14:47(1) 05:16(1) | 00:00 | 00:00 | 00:00 | 00:00 | 16:10 +00:00 16:10(1) |
| 2 | Oscar Otterlei Byåsen IL | 08:22(2) | 09:37(2) 01:15(4) | 15:01(2) 05:24(3) | 00:00 | 00:00 | 00:00 | 00:00 | 16:25 +00:15 16:25(2) |
| 3 | Håkon Størset Grøtte Byåsen IL | 08:33(4) | 09:46(4) 01:13(2) | 15:07(3) 05:21(2) | 00:00 | 00:00 | 00:00 | 00:00 | 16:30 +00:20 16:30(3) |
| 4 | Vegard Olsvik Malvik IL | 08:33(4) | 09:58(5) 01:25(16) | 15:26(4) 05:28(4) | 00:00 | 00:00 | 00:00 | 00:00 | 16:53 +00:43 16:53(4) |
| 5 | Håvard Kne Galåen Røros IL | 08:50(6) | 10:01(6) 01:11(1) | 15:30(6) 05:29(5) | 00:00 | 00:00 | 00:00 | 00:00 | 16:56 +00:46 16:56(5) |
| 6 | Vegard Sivertsgård Ålen IL | 08:23(3) | 09:45(3) 01:22(11) | 15:29(5) 05:44(8) | 00:00 | 00:00 | 00:00 | 00:00 | 17:04 +00:54 17:04(6) |
| 7 | Alexander Kolstad Heimdal Ski | 08:53(7) | 10:11(8) 01:18(6) | 15:49(8) 05:38(6) | 00:00 | 00:00 | 00:00 | 00:00 | 17:13 +01:03 17:13(7) |
| 8 | Ola Martin Gåsvær Malvik IL | 08:54(8) | 10:08(7) 01:14(3) | 15:46(7) 05:38(6) | 00:00 | 00:00 | 00:00 | 00:00 | 17:15 +01:05 17:15(8) |
| 9 | Magnus Horten Os IL | 09:09(11) | 10:29(11) 01:20(8) | 16:24(11) 05:55(13) | 00:00 | 00:00 | 00:00 | 00:00 | 17:51 +01:41 17:51(9) |
| 10 | Jonas Unsgård Leik, IL | 08:56(9) | 10:20(9) 01:24(14) | 16:18(9) 05:58(16) | 00:00 | 00:00 | 00:00 | 00:00 | 17:54 +01:44 17:54(10) |
| 11 | Kristian Bygland- Hansen Strindheim IL | 09:06(10) | 10:28(10) 01:22(11) | 16:19(10) 05:51(12) | 00:00 | 00:00 | 00:00 | 00:00 | 17:55 +01:45 17:55(11) |
| 12 | Håkon Fjærli Stadsbygd IL | 09:25(16) | 10:45(16) 01:20(8) | 16:40(15) 05:55(13) | 00:00 | 00:00 | 00:00 | 00:00 | 18:00 +01:50 18:00(12) |
| | Martin Julian Buvarp Byåsen IL | 09:12(12) | 10:35(12) 01:23(13) | 16:31(14) 05:56(15) | 00:00 | 00:00 | 00:00 | 00:00 | 18:00 +01:50 18:00(12) |
| 14 | Håvard Eidsmo Byaasen Skiklub | 09:22(15) | 10:42(15) 01:20(8) | 16:28(13) 05:46(9) | 00:00 | 00:00 | 00:00 | 00:00 | 18:03 +01:53 18:03(14) |
| 15 | Sigurd Mellemsæter Oppdal IL - ski | 09:17(13) | 10:36(13) 01:19(7) | 16:25(12) 05:49(11) | 00:00 | 00:00 | 00:00 | 00:00 | 18:07 +01:57 18:07(15) |
| 16 | Kristian Wilberg | 09:17(13) | 10:41(14) | 16:44(16) | 00:00 | 00:00 | 00:00 | 00:00 | 18:18 |

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|----|--|-----------|-----------|-----------|-------|-------|-------|-------|-------|------------------------------|
| | Rofstad Byåsen IL | | 01:24(14) | 06:03(18) | | | | | | +02:08 18:18(16) |
| 17 | Simon Gåsbakk Leik, IL | 09:48(18) | 11:13(18) | 17:01(17) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 18:41 +02:31 18:41(17) |
| 18 | Herman Grytbakk Tronsaune Røros IL | 09:43(17) | 11:11(17) | 17:10(18) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 18:50 +02:40 18:50(18) |
| 19 | Vegar Reitan Malvik IL | 09:56(19) | 11:25(19) | 17:39(19) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 19:14 +03:04 19:14(19) |
| 20 | Markus Rise Snøhetta IL | 10:07(21) | 11:40(21) | 17:51(20) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 19:39 +03:29 19:39(20) |
| 21 | Jørn Troøyen Strindheim IL | 10:15(22) | 11:52(22) | 18:21(21) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 20:09 +03:59 20:09(21) |
| 22 | Robin Løvoll Troøyen Byåsen IL | 09:59(20) | 11:29(20) | 18:28(22) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 20:17 +04:07 20:17(22) |
| 23 | Ola Nymoen Aas Røros IL | 10:38(23) | 12:14(23) | 18:59(23) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 20:49 +04:39 20:49(23) |
| 24 | Peder Aamo Nansen, IL | 11:16(24) | 12:56(24) | 20:26(24) | 00:00 | 00:00 | 00:00 | 00:00 | 00:00 | 22:20 +06:10 22:20(24) |

J 16 år 5 km klassisk

| Nr | Navn | 71 | 66 | 271 | N/A | N/A | N/A | N/A | Mål |
|----|--|----------|----------|----------|-------|-------|-------|-------|-----------------------------|
| 1 | Synne Reitan Støren Sportsklubb | 09:15(1) | 10:38(1) | 16:23(1) | 00:00 | 00:00 | 00:00 | 00:00 | 17:57 +00:00 17:57(1) |
| 2 | Kaja Sandsten Oppdal IL - ski | 09:27(2) | 10:54(2) | 16:50(2) | 00:00 | 00:00 | 00:00 | 00:00 | 18:28 +00:31 18:28(2) |
| 3 | Silje Gløtheim Røros IL | 10:08(5) | 11:36(5) | 17:45(4) | 00:00 | 00:00 | 00:00 | 00:00 | 19:24 +01:27 19:24(3) |
| 4 | Ingeborg Eide Byåsen IL | 09:43(3) | 11:15(3) | 17:41(3) | 00:00 | 00:00 | 00:00 | 00:00 | 19:30 +01:33 19:30(4) |
| 5 | Ingvild Ytterhus Utengen Byåsen IL | 09:56(4) | 11:33(4) | 17:47(5) | 00:00 | 00:00 | 00:00 | 00:00 | 19:35 +01:38 19:35(5) |
| 6 | Karen Stokke Selbu IL | 10:14(6) | 11:48(6) | 18:23(6) | 00:00 | 00:00 | 00:00 | 00:00 | 20:08 +02:11 20:08(6) |

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|----|---|-----------|------------------------|------------------------|-------|-------|-------|-------|------------------------------|
| 13 | Magnus Sundt Sivertsvold Hitterdal og Feragen IL | 08:32(11) | 09:53(12) 01:21(14) | 15:25(12) 05:32(13) | 00:00 | 00:00 | 00:00 | 00:00 | 16:58 +01:21 16:58(13) |
| 14 | Jonas Nergård Tørset Rindals-Troll, IK | 08:39(13) | 10:02(13) 01:23(18) | 15:38(14) 05:36(15) | 00:00 | 00:00 | 00:00 | 00:00 | 17:09 +01:32 17:09(14) |
| 15 | Sindre Johansen Strandheim Stadsbygd IL | 08:43(14) | 10:03(15) 01:20(12) | 15:38(14) 05:35(14) | 00:00 | 00:00 | 00:00 | 00:00 | 17:10 +01:33 17:10(15) |
| 16 | Tore Berdal Kyrksæterøra IL | 08:51(17) | 10:13(17) 01:22(15) | 15:57(16) 05:44(16) | 00:00 | 00:00 | 00:00 | 00:00 | 17:35 +01:58 17:35(16) |
| 17 | Sivert Størseth Malvik IL | 08:49(16) | 10:12(16) 01:23(18) | 16:09(17) 05:57(21) | 00:00 | 00:00 | 00:00 | 00:00 | 17:40 +02:03 17:40(17) |
| 18 | Vebjørn Midttun Byneset IL | 08:59(18) | 10:27(19) 01:28(23) | 16:15(18) 05:48(18) | 00:00 | 00:00 | 00:00 | 00:00 | 17:47 +02:10 17:47(18) |
| 19 | Freddy Aftret Hovin Lundamo IL | 08:59(18) | 10:25(18) 01:26(21) | 16:20(20) 05:55(19) | 00:00 | 00:00 | 00:00 | 00:00 | 17:50 +02:13 17:50(19) |
| 20 | Hallvard Seim Grøvlen Utleira IL | 09:04(20) | 10:31(20) 01:27(22) | 16:18(19) 05:47(17) | 00:00 | 00:00 | 00:00 | 00:00 | 17:53 +02:16 17:53(20) |
| 21 | Eskil Johannes Havdal Melhus IL | 09:14(21) | 10:36(21) 01:22(15) | 16:31(21) 05:55(19) | 00:00 | 00:00 | 00:00 | 00:00 | 18:03 +02:26 18:03(21) |
| 22 | Sander Reitan Malvik IL | 09:21(22) | 10:41(22) 01:20(12) | 16:42(22) 06:01(22) | 00:00 | 00:00 | 00:00 | 00:00 | 18:07 +02:30 18:07(22) |
| 23 | Lars Bakk Stjern Melhus IL | 09:27(23) | 10:50(23) 01:23(18) | 16:55(23) 06:05(23) | 00:00 | 00:00 | 00:00 | 00:00 | 18:37 +03:00 18:37(23) |

K 17 år 5 km klassisk

| Nr | Navn | 71 | 66 | 271 | N/A | N/A | N/A | N/A | Mål |
|----|---------------------------------------|----------|----------------------|----------------------|-------|-------|-------|-------|-----------------------------|
| 1 | Marte Skaanes Strindheim IL | 09:03(2) | 10:25(1) 01:22(1) | 15:56(1) 05:31(1) | 00:00 | 00:00 | 00:00 | 00:00 | 17:23 +00:00 17:23(1) |
| 2 | Guro Bostad Strindheim IL | 09:02(1) | 10:27(2) 01:25(2) | 16:04(2) 05:37(2) | 00:00 | 00:00 | 00:00 | 00:00 | 17:34 +00:11 17:34(2) |
| 3 | Julie Stendahl Spets Strindheim IL | 09:23(3) | 10:55(3) 01:32(5) | 16:53(3) 05:58(3) | 00:00 | 00:00 | 00:00 | 00:00 | 18:29 +01:06 18:29(3) |

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|----|--|-----------|------------------------|------------------------|-------|-------|-------|-------|------------------------------|
| 4 | Hanne Skulbru Strindheim IL | 09:41(5) | 11:08(5) 01:27(3) | 17:10(4) 06:02(4) | 00:00 | 00:00 | 00:00 | 00:00 | 18:46 +01:23 18:46(4) |
| 5 | Rebecka Wanvik Holum Strindheim IL | 09:35(4) | 11:07(4) 01:32(5) | 17:13(5) 06:06(5) | 00:00 | 00:00 | 00:00 | 00:00 | 18:56 +01:33 18:56(5) |
| 6 | Trine Moslet Holden Strindheim IL | 09:56(6) | 11:25(6) 01:29(4) | 17:34(6) 06:09(6) | 00:00 | 00:00 | 00:00 | 00:00 | 19:15 +01:52 19:15(6) |
| 7 | Marit Østvang Tolga IL | 10:00(7) | 11:33(7) 01:33(7) | 17:53(7) 06:20(7) | 00:00 | 00:00 | 00:00 | 00:00 | 19:35 +02:12 19:35(7) |
| 8 | Ingrid Godtland Oppdal IL - ski | 10:12(8) | 11:47(8) 01:35(8) | 18:15(8) 06:28(8) | 00:00 | 00:00 | 00:00 | 00:00 | 20:04 +02:41 20:04(8) |
| 9 | Hilde Brennmoen Tollan Tolga IL | 10:13(9) | 11:50(9) 01:37(9) | 18:19(9) 06:29(9) | 00:00 | 00:00 | 00:00 | 00:00 | 20:10 +02:47 20:10(9) |
| 10 | Anette Sundt Røros IL | 10:17(10) | 11:54(10) 01:37(9) | 18:41(10) 06:47(11) | 00:00 | 00:00 | 00:00 | 00:00 | 20:24 +03:01 20:24(10) |
| 11 | Hanne Opphaug Orkdal IL | 10:44(11) | 12:32(11) 01:48(12) | 19:10(11) 06:38(10) | 00:00 | 00:00 | 00:00 | 00:00 | 21:09 +03:46 21:09(11) |
| 12 | Silje Ohma Dybdahl Fjellørnen IL | 11:44(12) | 13:28(12) 01:44(11) | 21:02(12) 07:34(12) | 00:00 | 00:00 | 00:00 | 00:00 | 22:54 +05:31 22:54(12) |

M 17 år 10 km klassisk

| Nr | Navn | 71 | 66 | 271 | 266 | 371 | N/A | N/A | Mål |
|----|--|-----------|-----------------------|----------------------|----------------------|----------------------|-------|-------|-----------------------------|
| 1 | Øystein Ellefsen Sjøli Byåsen IL | 08:10(6) | 09:20(5) 01:10(1) | 18:19(4) 08:59(3) | 19:31(3) 01:12(1) | 28:34(4) 09:03(3) | 00:00 | 00:00 | 29:46 +00:00 29:46(1) |
| | Kristoffer By Vollset Klæbu IL | 07:51(1) | 09:03(1) 01:12(3) | 18:11(2) 09:08(5) | 19:27(2) 01:16(5) | 28:33(3) 09:06(4) | 00:00 | 00:00 | 29:46 +00:00 29:46(1) |
| 3 | Jan Thomas Jenssen Hommelvik IL | 08:18(10) | 09:30(9) 01:12(3) | 18:25(6) 08:55(1) | 19:37(5) 01:12(1) | 28:32(2) 08:55(1) | 00:00 | 00:00 | 29:49 +00:03 29:49(3) |
| 4 | Aleksander Wisløff Ranheim SK | 07:57(2) | 09:07(2) 01:10(1) | 18:07(1) 09:00(4) | 19:21(1) 01:14(3) | 28:31(1) 09:10(5) | 00:00 | 00:00 | 29:54 +00:08 29:54(4) |
| 5 | John Magnus Haugen Hommelvik IL | 08:03(4) | 09:20(5) 01:17(12) | 18:15(3) 08:55(1) | 19:32(4) 01:17(6) | 28:34(4) 09:02(2) | 00:00 | 00:00 | 30:01 +00:15 30:01(5) |
| 6 | Kornelius Grøv Byaasen | 08:11(7) | 09:23(7) 01:12(3) | 18:31(7) 09:08(5) | 19:45(6) 01:14(3) | 29:00(6) 09:15(6) | 00:00 | 00:00 | 30:24 +00:38 |

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|----|--|-----------|------------------------|------------------------|------------------------|------------------------|-------|-------|------------------------------|
| | Skiklub | | | | | | | | 30:24(6) |
| 7 | Konrad Mattsson Myhr Funäsdalens IF | 18:30(22) | 19:47(22) 01:17(12) | 29:05(22) 09:18(8) | 00:00 | 00:00 | 00:00 | 00:00 | 30:30 +00:44 30:30(7) |
| 8 | Vebjørn Trønsdal Bævre Rindals-Troll, IK | 07:57(2) | 09:09(3) 01:12(3) | 18:23(5) 09:14(7) | 19:48(7) 01:25(16) | 29:39(7) 09:51(12) | 00:00 | 00:00 | 31:06 +01:20 31:06(8) |
| 9 | Erik Nordsæter Resell Byåsen IL | 08:11(7) | 09:24(8) 01:13(7) | 18:46(9) 09:22(9) | 20:05(9) 01:19(8) | 29:44(8) 09:39(9) | 00:00 | 00:00 | 31:10 +01:24 31:10(9) |
| 10 | Vemund Falch Byåsen IL | 08:28(13) | 09:44(13) 01:16(10) | 19:11(11) 09:27(12) | 20:28(11) 01:17(6) | 29:52(10) 09:24(7) | 00:00 | 00:00 | 31:18 +01:32 31:18(10) |
| 11 | Elias Dahl Offerdals SK | 08:05(5) | 09:18(4) 01:13(7) | 18:43(8) 09:25(10) | 20:03(8) 01:20(10) | 29:50(9) 09:47(11) | 00:00 | 00:00 | 31:22 +01:36 31:22(11) |
| | Magne Harborg Røros IL | 08:23(12) | 09:37(10) 01:14(9) | 19:02(10) 09:25(10) | 20:22(10) 01:20(10) | 29:53(11) 09:31(8) | 00:00 | 00:00 | 31:22 +01:36 31:22(11) |
| 13 | Ola Ørstad Forbregd Oppdal IL - ski | 08:17(9) | 09:37(10) 01:20(16) | 19:16(12) 09:39(15) | 20:38(12) 01:22(12) | 30:20(12) 09:42(10) | 00:00 | 00:00 | 31:45 +01:59 31:45(13) |
| 14 | Torstein Hagen Tynset IF | 08:19(11) | 09:38(12) 01:19(15) | 19:16(12) 09:38(14) | 20:40(13) 01:24(13) | 30:39(13) 09:59(15) | 00:00 | 00:00 | 32:10 +02:24 32:10(14) |
| 15 | John Einar Føll Flytør Fjellørnen IL | 08:42(14) | 10:02(14) 01:20(16) | 19:36(14) 09:34(13) | 21:00(14) 01:24(13) | 30:53(14) 09:53(13) | 00:00 | 00:00 | 32:25 +02:39 32:25(15) |
| 16 | Ludvig Killingberg Snøhetta IL | 08:48(15) | 10:06(15) 01:18(14) | 20:00(15) 09:54(18) | 21:25(15) 01:25(16) | 31:18(15) 09:53(13) | 00:00 | 00:00 | 32:53 +03:07 32:53(16) |
| 17 | Jørgen Natvig Løvseth Byåsen IL | 08:51(16) | 10:07(16) 01:16(10) | 20:07(16) 10:00(19) | 21:26(16) 01:19(8) | 31:28(16) 10:02(16) | 00:00 | 00:00 | 32:58 +03:12 32:58(17) |
| 18 | Tobias Eid Løvås Heimdal Ski | 08:52(18) | 10:16(18) 01:24(19) | 20:09(18) 09:53(16) | 21:35(18) 01:26(18) | 31:38(18) 10:03(17) | 00:00 | 00:00 | 33:04 +03:18 33:04(18) |
| 19 | Sigurd Mjøen Snøhetta IL | 08:51(16) | 10:14(17) 01:23(18) | 20:07(16) 09:53(16) | 21:31(17) 01:24(13) | 31:34(17) 10:03(17) | 00:00 | 00:00 | 33:05 +03:19 33:05(19) |
| 20 | Vegard Mellemsæter Oppdal IL - ski | 08:52(18) | 10:18(19) 01:26(20) | 21:15(19) 10:57(21) | 22:42(19) 01:27(19) | 33:13(19) 10:31(19) | 00:00 | 00:00 | 34:50 +05:04 34:50(20) |
| 21 | Sondre Monsø Løkken IF Ski | 09:23(20) | 10:50(20) 01:27(21) | 21:45(20) 10:55(20) | 23:14(20) 01:29(20) | 34:21(20) 11:07(20) | 00:00 | 00:00 | 36:02 +06:16 36:02(21) |

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|----|------------------------------|-----------|------------------------|------------------------|------------------------|------------------------|-------|-------|-------|-------|------------------------------|
| 22 | Oddvar Saarum Tolga IL | 09:26(21) | 10:56(21) 01:30(22) | 21:57(21) 11:01(22) | 23:31(21) 01:34(21) | 34:47(21) 11:16(21) | 00:00 | 00:00 | 00:00 | 00:00 | 36:22 +06:36 36:22(22) |
|----|------------------------------|-----------|------------------------|------------------------|------------------------|------------------------|-------|-------|-------|-------|------------------------------|

K 18 år 5 km klassisk

| Nr | Navn | 71 | 66 | 271 | N/A | N/A | N/A | N/A | Mål |
|----|--|----------|----------------------|----------------------|-------|-------|-------|-------|-----------------------------|
| 1 | Magni Smedås Nansen, IL | 08:47(1) | 10:13(1) 01:26(2) | 15:50(1) 05:37(1) | 00:00 | 00:00 | 00:00 | 00:00 | 17:27 +00:00 17:27(1) |
| 2 | Anne Leren Tolga IL | 09:14(3) | 10:30(2) 01:16(1) | 16:13(2) 05:43(2) | 00:00 | 00:00 | 00:00 | 00:00 | 17:35 +00:08 17:35(2) |
| 3 | Pauline Sjøvold Røros IL | 09:10(2) | 10:41(3) 01:31(5) | 16:41(3) 06:00(3) | 00:00 | 00:00 | 00:00 | 00:00 | 18:19 +00:52 18:19(3) |
| 4 | Mari Øyaas Håbrekke Strindheim IL | 09:41(4) | 11:07(4) 01:26(2) | 17:12(4) 06:05(5) | 00:00 | 00:00 | 00:00 | 00:00 | 18:46 +01:19 18:46(4) |
| 5 | Marie Lien Byåsen IL | 09:43(5) | 11:13(5) 01:30(4) | 17:14(5) 06:01(4) | 00:00 | 00:00 | 00:00 | 00:00 | 18:51 +01:24 18:51(5) |
| 6 | Ellen Merethe Schjelderup Skarpsno Alvdal IL | 09:51(6) | 11:23(6) 01:32(6) | 17:44(6) 06:21(6) | 00:00 | 00:00 | 00:00 | 00:00 | 19:26 +01:59 19:26(6) |

M 18 år 10 km klassisk

| Nr | Navn | 71 | 66 | 271 | 266 | 371 | N/A | N/A | Mål |
|----|---|----------|-----------------------|----------------------|----------------------|----------------------|-------|-------|-----------------------------|
| 1 | Fredrik Riseth Byåsen IL | 07:34(1) | 08:44(1) 01:10(4) | 17:23(2) 08:39(2) | 18:34(2) 01:11(1) | 27:17(1) 08:43(1) | 00:00 | 00:00 | 28:32 +00:00 28:32(1) |
| 2 | Sivert Grøtan Eriksen Byåsen IL | 07:36(2) | 08:45(2) 01:09(2) | 17:19(1) 08:34(1) | 18:30(1) 01:11(1) | 27:26(2) 08:56(3) | 00:00 | 00:00 | 28:50 +00:18 28:50(2) |
| 3 | Lars Gunnar Skjevdal Røros IL | 07:49(4) | 09:00(4) 01:11(6) | 17:44(4) 08:44(3) | 18:58(4) 01:14(4) | 27:45(3) 08:47(2) | 00:00 | 00:00 | 28:56 +00:24 28:56(3) |
| 4 | Martin Hovin Byåsen IL | 07:44(3) | 08:52(3) 01:08(1) | 17:38(3) 08:46(4) | 18:53(3) 01:15(5) | 27:49(4) 08:56(3) | 00:00 | 00:00 | 29:09 +00:37 29:09(4) |
| 5 | Erling Engesvold Flataker Hommelvik IL | 08:00(5) | 09:10(5) 01:10(4) | 18:06(5) 08:56(5) | 19:17(5) 01:11(1) | 28:27(5) 09:10(5) | 00:00 | 00:00 | 29:45 +01:13 29:45(5) |
| 6 | Sondre Bjørkli Hommelvik IL | 08:15(8) | 09:32(9) 01:17(11) | 18:46(8) 09:14(7) | 20:05(8) 01:19(9) | 29:16(6) 09:11(6) | 00:00 | 00:00 | 30:45 +02:13 30:45(6) |

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|----|--|-----------|------------------------|------------------------|------------------------|------------------------|-------|-------|------------------------------|
| 7 | Sondre Stormo Hommelvik IL | 08:07(7) | 09:22(7) 01:15(8) | 18:34(6) 09:12(6) | 19:55(7) 01:21(10) | 29:24(7) 09:29(7) | 00:00 | 00:00 | 30:49 +02:17 30:49(7) |
| 8 | Sindre Øwre Haugan Hommelvik IL | 08:04(6) | 09:16(6) 01:12(7) | 18:37(7) 09:21(10) | 19:52(6) 01:15(5) | 29:34(8) 09:42(9) | 00:00 | 00:00 | 30:59 +02:27 30:59(8) |
| 9 | Eivind Haugen Furunes Hommelvik IL | 08:21(10) | 09:30(8) 01:09(2) | 18:50(9) 09:20(9) | 20:08(9) 01:18(8) | 29:42(9) 09:34(8) | 00:00 | 00:00 | 31:06 +02:34 31:06(9) |
| 10 | Aleksander Riseth Byåsen IL | 08:19(9) | 09:34(10) 01:15(8) | 18:53(10) 09:19(8) | 20:09(10) 01:16(7) | 29:54(10) 09:45(10) | 00:00 | 00:00 | 31:19 +02:47 31:19(10) |
| 11 | Anders Reitan Ålen IL | 08:28(11) | 09:44(11) 01:16(10) | 19:38(11) 09:54(11) | 21:01(11) 01:23(11) | 31:03(11) 10:02(12) | 00:00 | 00:00 | 32:38 +04:06 32:38(11) |
| 12 | Jon Kristian Trøen Ålen IL | 08:31(12) | 09:54(12) 01:23(13) | 19:59(12) 10:05(13) | 21:24(12) 01:25(12) | 31:23(12) 09:59(11) | 00:00 | 00:00 | 32:52 +04:20 32:52(12) |
| 13 | Kåre Reitan Ålen IL | 08:49(13) | 10:08(13) 01:19(12) | 20:11(13) 10:03(12) | 21:36(13) 01:25(12) | 31:56(13) 10:20(13) | 00:00 | 00:00 | 33:28 +04:56 33:28(13) |

K 19/20 år 10 km klassisk

| Nr | Navn | 71 | 66 | 271 | 266 | 371 | N/A | N/A | Mål |
|----|---|----------|----------------------|----------------------|----------------------|----------------------|-------|-------|-----------------------------|
| 1 | Trude Nonstad Fornes Ranheim SK | 08:44(1) | 10:03(1) 01:19(1) | 19:53(1) 09:50(1) | 21:16(1) 01:23(1) | 31:09(1) 09:53(1) | 00:00 | 00:00 | 32:41 +00:00 32:41(1) |
| 2 | Ingeranne Strøm Nakstad Byaasen Skiklub | 08:53(2) | 10:14(2) 01:21(3) | 20:13(2) 09:59(2) | 21:39(2) 01:26(2) | 31:41(2) 10:02(2) | 00:00 | 00:00 | 33:12 +00:31 33:12(2) |
| 3 | Hege Langmo Ålen IL | 09:14(3) | 10:34(3) 01:20(2) | 20:51(3) 10:17(3) | 22:19(3) 01:28(3) | 32:39(3) 10:20(3) | 00:00 | 00:00 | 34:17 +01:36 34:17(3) |
| 4 | Madelene Wanvik Holum Strindheim IL | 09:32(4) | 11:02(4) 01:30(4) | 21:49(4) 10:47(4) | 23:21(4) 01:32(4) | 34:15(4) 10:54(4) | 00:00 | 00:00 | 36:01 +03:20 36:01(4) |

M 19/20 år 15 km klassisk

| Nr | Navn | 71 | 66 | 271 | 266 | 371 | 366 | 471 | Mål |
|----|----------------------------------|----------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------------------|
| 1 | Martin Riseth Byåsen IL | 07:41(3) | 08:49(2) 01:08(1) | 17:22(2) 08:33(2) | 18:30(2) 01:08(1) | 27:11(2) 08:41(1) | 28:24(2) 01:13(3) | 36:56(1) 08:32(1) | 38:08 +00:00 01:12(1) |
| 2 | Torleif Syrstad Lundamo IL | 07:37(1) | 08:45(1) 01:08(1) | 17:12(1) 08:27(1) | 18:22(1) 01:10(2) | 27:08(1) 08:46(2) | 28:20(1) 01:12(2) | 37:13(2) 08:53(2) | 38:31 +00:23 01:18(2) |

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|----|---|----------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|-----------------------------------|
| 3 | Anton Killi Ringen Selbu IL | 07:59(7) | 09:12(6) 01:13(7) | 17:50(5) 08:38(3) | 19:06(4) 01:16(5) | 28:06(4) 09:00(4) | 29:23(4) 01:17(6) | 38:18(3) 08:55(4) | 39:41 +01:33 01:23(9) |
| 4 | Jørgen Sæternes Ulvang Sandnes IL | 07:46(4) | 08:58(4) 01:12(5) | 17:46(3) 08:48(5) | 19:01(3) 01:15(4) | 28:00(3) 08:59(3) | 29:18(3) 01:18(9) | 38:24(4) 09:06(6) | 39:45 +01:37 01:21(4) |
| | Even Moholt Ålen IL | 07:51(5) | 09:04(5) 01:13(7) | 17:49(4) 08:45(4) | 19:06(4) 01:17(6) | 28:06(4) 09:00(4) | 29:23(4) 01:17(6) | 38:24(4) 09:01(5) | 39:45 +01:37 01:21(4) |
| 6 | Lars Ove Aunli Kyrksæterør a IL | 07:40(2) | 08:51(3) 01:11(3) | 17:56(6) 09:05(7) | 19:15(6) 01:19(7) | 28:29(6) 09:14(7) | 29:40(6) 01:11(1) | 38:33(6) 08:53(2) | 39:55 +01:47 01:22(7) |
| 7 | Mathias Borgnes Heming, IL - Ski | 08:10(8) | 09:21(8) 01:11(3) | 18:17(7) 08:56(6) | 19:30(7) 01:13(3) | 28:42(7) 09:12(6) | 29:58(7) 01:16(4) | 39:16(7) 09:18(7) | 40:36 +02:28 01:20(3) |
| 8 | Tarjei Bakken Strindheim IL | 07:57(6) | 09:12(6) 01:15(9) | 18:28(8) 09:16(8) | 19:48(8) 01:20(9) | 29:32(8) 09:44(9) | 30:55(8) 01:23(12)) | 40:31(8) 09:36(10)) | 42:00 +03:52 01:29(10)) |
| 9 | Johannes Svendsen Leinstrand IL | 08:34(14)) | 09:51(14)) 01:17(11)) | 19:21(12)) 09:30(10)) | 20:43(12)) 01:22(12)) | 30:21(10)) 09:38(8)) | 31:38(10)) 01:17(6)) | 40:57(9) 09:19(8)) | 42:19 +04:11 01:22(7)) |
| 10 | Per Arne Bakken Os IL | 08:27(11)) | 09:39(10)) 01:12(5)) | 19:13(10)) 09:34(12)) | 20:32(10)) 01:19(7)) | 30:27(12)) 09:55(13)) | 31:43(11)) 01:16(4)) | 41:13(10)) 09:30(9)) | 42:34 +04:26 01:21(4)) |
| 11 | Øyvind Larsen Ranheim SK | 08:14(9) | 09:31(9) 01:17(11)) | 18:58(9) 09:27(9) | 20:18(9) 01:20(9) | 30:07(9) 09:49(10)) | 31:29(9) 01:22(11)) | 41:16(11)) 09:47(13)) | 42:47 +04:39 01:31(14)) |
| 12 | Anders Ingebrigt Lauglo Leinstrand IL | 08:28(12)) | 09:43(12)) 01:15(9)) | 19:15(11)) 09:32(11)) | 20:35(11)) 01:20(9)) | 30:25(11)) 09:50(11)) | 31:46(12)) 01:21(10)) | 41:30(12)) 09:44(11)) | 43:00 +04:52 01:30(12)) |
| 13 | Ola Nesvold Ålen IL | 08:29(13)) | 09:47(13)) 01:18(13)) | 19:33(14)) 09:46(14)) | 20:57(14)) 01:24(13)) | 30:51(13)) 09:54(12)) | 32:15(13)) 01:24(13)) | 42:01(13)) 09:46(12)) | 43:30 +05:22 01:29(10)) |
| 14 | Simen Midttun Byneset IL | 08:21(10)) | 09:42(11)) 01:21(14)) | 19:26(13)) 09:44(13)) | 20:51(13)) 01:25(14)) | 31:11(14)) 10:20(14)) | 32:38(14)) 01:27(14)) | 42:57(14)) 10:19(14)) | 44:27 +06:19 01:30(12)) |

Kvinner senior 10 km klassisk

| Nr | Navn | 71 | 66 | 271 | 266 | 371 | N/A | N/A | Mål |
|----|--|----------|----------|----------|----------|----------|-------|-------|-----------------------------|
| 1 | Lisa Dahl Offerdals SK | 08:47(1) | 10:06(1) | 19:57(1) | 21:18(1) | 31:14(1) | 00:00 | 00:00 | 32:46 +00:00 32:46(1) |
| 2 | Britt Thorshaug Granrud Nansen, IL | 08:59(2) | 10:20(2) | 20:31(2) | 21:55(2) | 32:18(2) | 00:00 | 00:00 | 33:50 +01:04 33:50(2) |
| 3 | Martine Ranum Lehn Byaasen Skiklub | 09:28(3) | 10:55(3) | 21:40(3) | 23:12(3) | 33:52(3) | 00:00 | 00:00 | 35:29 +02:43 35:29(3) |

Menn senior 15 km klassisk

| Nr | Navn | 71 | 66 | 271 | 266 | 371 | 366 | 471 | Mål |
|----|--|----------|----------|----------|----------|----------|----------|----------|-----------------------------|
| 1 | Tiio Soederhielm Åsarna IK | 07:23(1) | 08:26(1) | 16:31(1) | 17:35(1) | 25:49(1) | 26:55(1) | 35:07(1) | 36:20 +00:00 01:13(1) |
| 2 | Magnus Moholt Ålen IL | 07:28(2) | 08:36(2) | 17:01(2) | 18:15(2) | 26:56(2) | 28:12(2) | 36:54(2) | 38:14 +01:54 01:20(3) |
| 3 | Karstein Johaug Nansen, IL | 07:32(3) | 08:43(3) | 17:12(3) | 18:26(3) | 27:14(3) | 28:25(3) | 37:10(3) | 38:25 +02:05 01:15(2) |
| 4 | Eivind Schjelderup Skarpsno Alvdal IL | 08:15(4) | 09:35(4) | 18:47(4) | 20:08(4) | 29:35(4) | 30:55(4) | 40:12(4) | 41:34 +05:14 01:22(4) |
| 5 | Johan Setterberg Funäsdalens IF | 09:35(5) | 11:01(5) | 21:43(5) | 23:08(5) | 33:51(5) | 35:16(5) | 46:03(5) | 47:35 +11:15 01:32(5) |