

År	Klasse	Tid	Merketid	Navn
1993	K16	04:37:59	05:39:15	Lena Gausen
1993	K20	04:08:33	05:33:23	Jeanette Koht
1993	K25	04:09:20	05:34:53	Anne Elvebakk
1993	K30	04:22:50	06:06:27	Linni Tiller
1993	K35	04:08:34	05:34:15	Ellen Spangelid
1993	K40	05:15:54	06:07:54	Unni Kjønnsberg
1993	K45	04:32:11	06:45:47	Anne Sofie Eriksen
1993	K50	04:48:12	04:48:12	Jannicke Schanche
1993	K55	04:42:20	06:05:52	Solveig Nyberg
1993	KE	03:28:51	06:00:28	Tone Fossum
1993	M16	03:10:11	04:08:47	Roy Sønsterud
1993	M20	03:09:22	04:02:52	Jo Dale
1993	M25	03:14:46	04:06:14	Kjetil Knudsen
1993	M30	03:13:14	04:08:50	Per Stenbeck
1993	M35	03:10:33	04:01:36	Svein Ole Braaten
1993	M40	03:09:36	04:03:11	Jan Christensen
1993	M45	03:17:00	04:09:53	Roger Larsson
1993	M50	03:26:01	04:24:26	Olav Tyrhaug
1993	M55	03:32:54	04:35:56	Kai Mathisen
1993	M60	03:37:20	04:59:45	Arne-Herman Kulsrud
1993	M65	04:10:26	05:26:04	Karl Lunderø
1993	M70	05:00:58	07:08:13	Ola Wahlquist
1993	M75	04:26:07	04:26:07	Eldar Hagen
1993	ME	02:52:27	03:37:42	Ole Kristian Silseth
1993	Trim	03:38:25		Arne Bryhn
1994	K16	04:16:05	05:41:52	Ingvild Fjeldheim
1994	K20	04:15:05	05:29:14	Bente Aarflot
1994	K25	03:52:13	05:06:23	Camilla Hott
1994	K30	04:01:59	05:26:13	Anny Hauglid
1994	K35	04:31:26	06:12:28	Tone Albinson
1994	K40	03:54:15	05:47:13	Torill Christensen
1994	K45	04:26:42	05:42:29	Anne Sofie Eriksen
1994	K50	04:39:54	05:07:39	Liv Astri Løkken
1994	K55	04:35:06	05:59:56	Solveig Nyberg
1994	K70	06:00:21	06:53:56	Brit Skahjem
1994	KE	03:40:45	04:50:50	Gjertrud Bø
1994	M16	03:18:29	04:13:58	Thomas Dahlsrud
1994	M20	03:19:10	04:13:22	Ole Morten Mikkelsen
1994	M25	03:23:06	04:18:25	Sven Arne Fjellhaug
1994	M30	03:09:00	03:59:00	Anders Dalseg
1994	M35	03:17:19	04:09:36	Ole Fredrik Lagesen
1994	M40	03:14:26	04:07:54	John Ivar Liudalen
1994	M45	03:17:31	04:14:45	Jan Christensen
1994	M50	03:25:11	04:25:31	Odd Håvard Østmo
1994	M55	03:38:23	04:41:30	Kai Mathisen
1994	M60	03:42:03	04:55:03	Arne-Herman Kulsrud
1994	M65	04:19:49	05:32:02	Rolf Hammerstad
1994	M70	04:46:32	07:57:39	Rolf Kjærnsli
1994	ME	02:50:30	03:38:59	Rune Høydahl

1994	Trim	03:34:34		Christian Melby
1995	K16	04:18:46	05:44:23	Bettina Gavoll Hansen
1995	K20	04:01:03	05:10:41	Målfrid Ravnåsen Vangen
1995	K25	03:48:55	05:32:53	Solrun Flatås Risnes
1995	K30	04:18:40	05:36:16	Anita Strøm Eriksen
1995	K35	04:30:31	05:51:06	Tove Stalsberg
1995	K40	04:05:17	05:22:46	Birgit Øverby Tennøe
1995	K45	04:25:41	05:56:53	Aud S. Verven
1995	K50	04:19:26	05:50:43	Anne Karin Kirsch
1995	K55	04:37:12	05:41:08	Solveig Nyberg
1995	K60	05:12:28	05:57:50	Liv-Randi Vestgård
1995	KE	03:30:38	05:05:24	Gunn-Rita Dahle Fløjå
1995	M16	03:21:03	04:16:27	Øyvind Aas
1995	M20	03:23:50	04:22:23	Trond Lillebekk
1995	M25	03:18:47	04:11:14	Roy Victor Brunstrøm
1995	M30	03:14:24	04:06:57	Geir Henning Larsen
1995	M35	03:22:42	04:17:25	Kjell Haugen
1995	M40	03:16:33	04:17:26	Tore Tomter
1995	M45	03:20:52	04:20:33	Arnfinn Salte
1995	M50	03:28:44	04:27:40	Bjørn Arvnes
1995	M55	03:40:55	04:42:57	Kai Mathisen
1995	M60	03:46:38	04:52:05	Kaare Bals
1995	M65	04:08:01	05:30:15	Roald Konsmo
1995	M70	04:30:10	06:37:12	Rolf Hammerstad
1995	ME	02:47:38	03:34:51	Rune Høydahl
1995	Trim	03:52:45		Per Olav Myhre
1996	K16	04:04:20	05:10:16	Mirjam Weydahl
1996	K20	04:08:16	05:27:43	Bente Aarflot
1996	K25	03:52:56	04:57:58	Brita Jorde
1996	K30	04:04:14	05:12:05	Inger Helene Iversen
1996	K35	03:59:18	05:15:46	Inger Helene Nybråten
1996	K40	03:45:30	05:08:22	Birgit Øverby Tennøe
1996	K45	04:22:13	05:46:41	Aud S. Verven
1996	K50	04:07:02	05:26:37	Tone Dahle
1996	K55	04:36:56	06:13:02	Solveig Nyberg
1996	K65	06:18:18		Martha Olsen
1996	KE	03:22:22	04:27:24	Ingunn Bollerud
1996	M16	03:13:39	04:07:49	Vegard Østbak Hagen
1996	M20	03:13:15	04:09:59	Jan Erik Myrtrøen
1996	M25	03:12:14	04:02:40	Bjørn-Tore Lunde
1996	M30	02:58:45	03:51:31	Roy Kjærnet
1996	M35	03:09:50	04:03:36	Ove Larsen
1996	M40	03:11:57	04:10:43	Tore Tomter
1996	M45	03:18:15	04:11:35	Truls Kristoffersen
1996	M50	03:32:16	04:25:58	Kjell Anders Kraakmo
1996	M55	03:37:09	04:36:38	Roger Aloy
1996	M60	03:43:08	04:51:27	Reidar Tørudstad
1996	M65	04:01:00	05:18:52	Johan Østvang
1996	M70	04:31:38	06:00:09	Rolf Andersen
1996	ME	02:43:23	03:24:32	Morten Jemtegård

1996	Trim	03:30:51		Kai Gjessing
1996	TAN	04:09:40		Jan Roger Kristiansen
1996	TAN	04:09:40		Tore Henriksen
1997	K16	03:45:08	04:54:44	Wenche Heggestuen
1997	K20	04:04:54	05:10:24	Ingvill Flo
1997	K25	03:43:15	04:48:43	Heidi Brendengen
1997	K30	03:47:04	04:47:48	Britt Irene Torp
1997	K35	03:48:22	04:59:10	Sara Hemmer
1997	K40	03:47:37	04:59:17	Lise Ljones
1997	K45	03:40:53	05:09:13	Birgit Øverby Tennøe
1997	K50	04:13:11	05:31:11	Tone Dahle
1997	K55	04:25:38	05:53:13	Liv Astri Løkken
1997	K60	04:38:47		Solveig Nyberg
1997	K65	06:36:22		Martha Olsen
1997	KE	02:56:05	04:00:47	Gunn-Rita Dahle Flesjø
1997	M16	03:03:06	03:52:31	Tor Halvor Bjørnstad-Tuveng
1997	M20	03:03:24	03:52:38	Thomas Stølen
1997	M25	03:02:26	03:51:41	Jan Erik Myrtrøen
1997	M30	02:50:59	03:40:11	Geir Treseng-Lien
1997	M35	03:00:31	03:57:51	Odd Arne Langset
1997	M40	03:09:40	03:58:34	Svein Roger Løken
1997	M45	03:12:13	04:02:39	Leif Jære
1997	M50	03:15:38	04:14:27	Bjørn Arvnes
1997	M55	03:31:24	04:30:53	Jan Brønnich
1997	M60	03:34:49	04:39:22	Arvid Strangstad
1997	M65	04:03:27	05:13:55	Johan Østvang
1997	M70	04:23:37		Rolf Andersen
1997	ME	02:37:12	03:17:59	Rune Høydahl
1997	Trim	03:21:13		Torben Nielsen
1997	TAN	03:32:58		Tore Henriksen
1998	DBS	02:58:33	03:59:32	Jarle Fredriksen
1998	K16	03:37:05	04:50:50	Wenche Heggestuen
1998	K20	03:44:55	04:47:48	Ingvill Flo
1998	K25	03:30:28	04:32:15	Heidi Lohne
1998	K30	03:25:33	04:26:53	Anita Jansen
1998	K35	03:38:01	04:42:28	Sara Hemmer
1998	K40	03:32:17	04:46:42	Turid Johnsrud Guttormsen
1998	K45	03:26:54	04:55:36	Birgit Øverby Tennøe
1998	K50	03:58:44	05:09:36	Tone Dahle
1998	K55	04:13:23	05:39:07	Liv Astri Løkken
1998	K60	04:30:34		Solveig Nyberg
1998	KE	02:43:23	03:57:53	Gunn-Rita Dahle Flesjø
1998	M16	02:55:05	03:44:29	Kristian Ellertsen
1998	M20	03:00:14	03:49:43	Roger Mohaugen
1998	M25	02:57:08	03:43:27	Dag Harald Sandvik
1998	M30	02:50:49	03:35:18	Roy Kjærnet
1998	M35	02:59:59	03:47:22	Odd Bjørsvik
1998	M40	02:58:52	03:46:14	Jan Kvigstadhagen
1998	M45	03:00:59	03:56:24	Arne Chr. Aasmundsen
1998	M50	03:09:23	04:04:12	Bjørn Arvnes

1998	M55	03:24:44	04:19:08	Arne Rolf Vestli
1998	M60	03:24:46	04:23:46	Kjell Roger Nielsen
1998	M65	03:42:00	04:51:33	Asbjørn Melby
1998	M70	04:04:58	05:25:40	Johan Østvang
1998	ME	02:30:59	03:12:25	Rune Høydahl
1998	Trim	03:21:15		Johan-Jørgen L. Strømberg
1998	TAN	03:34:44		Per Olve Tobiassen
1998	TAN	03:34:44		Tone Gravvold
1999	DBS	03:04:29	04:06:38	Jarle Fredriksen
1999	IPC	04:17:06		Truls Erik Antonsen
1999	K16	03:46:23	05:05:12	Gunvor Hval
1999	K20	03:26:47	04:32:03	Brita Cecilie Mustad
1999	K25	03:31:40	04:30:45	Heidi Brendengen
1999	K30	03:23:20	04:22:00	Ingunn Schei
1999	K35	03:25:20	04:36:24	Brit Eide Fredriksen
1999	K40	03:30:47	04:36:33	Turid Johnsrud Guttormsen
1999	K45	03:32:51	04:50:15	Birgit Øverby Tennøe
1999	K50	03:52:00	05:03:48	Solveig Johansen
1999	K55	03:57:49	05:37:28	Liv Astri Løkken
1999	K60	04:25:44		Solveig Nyberg
1999	K65	06:13:14		Anne-Karin Gulbrandsen
1999	KE	02:49:53	03:47:36	Gunn-Rita Dahle Flesjø
1999	M16	03:02:26	03:49:02	Marius Lunde Thorstad
1999	M20	02:59:11	03:47:06	Eirik Iversen
1999	M25	02:57:20	03:44:18	Jan Erik Myrtrøen
1999	M30	02:50:14	03:39:39	Jan Olav Beitmyren
1999	M35	02:51:50	03:37:50	Odd Werner Hansen
1999	M40	02:57:59	03:42:43	Steinar Næss
1999	M45	03:01:39	03:48:36	Arne Chr. Aasmundsen
1999	M50	03:10:28	04:02:18	Bjørn Arvnes
1999	M55	03:15:14	04:09:25	Kjell Anders Kraakmo
1999	M60	03:23:12	04:20:41	Arvid Strangstad
1999	M65	03:30:25	04:34:50	Kurt Stille
1999	M70	04:01:42	05:27:30	Johan Østvang
1999	M75	06:13:47		Kristian Skarsvåg
1999	ME	02:32:44	03:13:57	Rune Høydahl
1999	PRE	12:04:46		Freddie Øvergaard
1999	Trim	03:20:09		Thomas Struve
1999	TAN	03:28:29	05:06:12	Per Olve Tobiassen
1999	TAN	03:28:29	05:06:12	Tone Gravvold
2000	DBS	03:19:27	04:14:01	Jarle Fredriksen
2000	IPC	05:27:10		Kjell Flaten
2000	K16	03:39:04	04:52:38	Hilde Vigdis Larsen
2000	K20	03:53:52	04:57:06	Toril Aune Fossen
2000	K25	03:38:00	04:42:21	Therese Otterlei
2000	K30	03:12:08	04:22:36	Ingunn Schei
2000	K35	03:36:23	04:37:36	Brit Eide Fredriksen
2000	K40	03:39:42	04:50:06	Turid Johnsrud Guttormsen
2000	K45	03:34:39	04:53:57	Birgit Øverby Tennøe
2000	K50	04:03:25	05:09:59	Irene Lundebø

2000	K55	04:00:38	05:20:26	Tone Dahle
2000	K60	04:29:37	06:09:43	Solveig Nyberg
2000	K65	04:45:51		Liv Stefferud
2000	KE	03:05:04	04:00:42	Solrun Flatås Risnes
2000	M16	02:59:52	03:50:28	Stian Boasson Hagen
2000	M20	02:59:53	03:53:50	Tor-Atle Fuglerud
2000	M25	02:54:42	03:41:37	Bjørn Ivar Ekberg
2000	M30	03:03:09	03:50:52	Erlend Gundersen
2000	M35	02:58:22	03:47:33	Jan Olav Beitmyren
2000	M40	03:00:30	03:48:24	Geir Dahlen
2000	M45	03:10:02	04:01:24	Tore Tomter
2000	M50	03:13:32	04:02:13	Arne Chr. Aasmundsen
2000	M55	03:15:28	04:09:21	Bjørn Arvnes
2000	M60	03:24:54	04:33:21	Kjell Roger Nielsen
2000	M65	03:28:05	04:36:40	Kurt Stille
2000	M70	04:33:28	05:50:08	Bjørn Kristian Braaten
2000	M75	04:53:43		Rolf Hammerstad
2000	ME	02:43:52	03:26:48	Erik Jungåker
2000	PRE	02:28:02		Freddie Øvergaard
2000	Trim	03:24:32		Peter Jr. Fiers
2000	TAN	03:13:28	04:33:08	Per Olve Tobiassen
2000	TAN	03:13:28	04:33:08	Tone Gravold
2001	DBS	03:11:15	04:04:16	Erik Johnsen
2001	IPC	04:30:13		Kjell Flaten
2001	K16	03:44:43	04:59:06	Magni Solum
2001	K20	03:44:47	04:44:15	Toril Aune Fossen
2001	K25	03:36:31	04:38:39	Guri Hetland
2001	K30	03:13:13	04:14:06	Camilla Hott
2001	K35	03:37:13	04:36:18	Aud Jørstad
2001	K40	03:29:44	04:42:07	Turid Johnsrud Guttormsen
2001	K45	03:35:22	04:47:22	Birgit Øverby Tennøe
2001	K50	03:52:31	05:13:56	Coby Ytredal
2001	K55	04:04:51	05:15:24	Tone Dahle
2001	K60	04:40:48	06:02:55	Solveig Nyberg
2001	K65	05:50:55		Anne-Karin Gulbrandsen
2001	KE	03:08:13	04:05:16	Gunn-Rita Dahle Flesjø
2001	M16	03:00:37	03:48:31	Jan Åge Aune
2001	M20	02:50:18	03:40:54	Trond Kristian Schweder
2001	M25	02:57:50	03:44:11	Jens Aas
2001	M30	02:51:41	03:38:56	Bjørn Ivar Ekberg
2001	M35	02:56:18	03:41:50	Jan Olav Beitmyren
2001	M40	02:58:33	03:45:39	Ole Kristian Silseth
2001	M45	03:03:15	03:51:41	Svein Roger Løken
2001	M50	03:11:04	03:59:37	Arne Chr. Aasmundsen
2001	M55	03:13:41	04:08:16	Bjørn Arvnes
2001	M60	03:36:32	04:32:16	Leif Wilskog
2001	M65	03:30:00	04:35:43	Kurt Stille
2001	M70	04:03:35	05:27:48	Johan Nerheim
2001	M75	04:38:55		Normann Røkke
2001	ME	02:45:15	03:26:49	Philip Tavell

2001	TAN	03:32:00		Mattis Opstad Eriksen
2001	TAN	03:32:00		Jan Roger Kristiansen
2002	IPC	03:55:55	06:02:06	Svein Tore Fauskerud
2002	K16	03:54:26	04:57:54	Julia Kahrs
2002	K20	03:39:00	04:38:46	Hege Linn Eie Vatland
2002	K25	03:38:59	04:36:24	Tonje Strømdahl
2002	K30	03:20:12	04:25:16	Camilla Hott
2002	K35	03:27:59	04:31:09	Brit Eide Fredriksen
2002	K40	03:40:01	04:41:34	Brit Pettersen Tofte
2002	K45	03:45:12	04:56:47	Grethe Foss
2002	K50	03:32:16	04:54:14	Birgit Øverby Tennøe
2002	K55	04:24:58	05:43:23	Anne Karin Kirsch
2002	K60	04:54:28	06:43:00	Liv Astri Løkken
2002	K65	05:40:16		Anne-Karin Gulbrandsen
2002	KE	02:57:00	03:56:09	Gunn-Rita Dahle Flesjø
2002	M16	02:59:06	03:49:37	Geir Byberg
2002	M20	02:55:49	03:45:34	Trond Kristian Schweder
2002	M25	02:59:56	03:47:18	Peter Bech
2002	M30	02:57:15	03:45:02	Gøran Syversen
2002	M35	02:55:48	03:41:42	Steffan Hartz Repshus
2002	M40	02:53:31	03:47:12	Ole Kristian Silseth
2002	M45	03:04:45	03:56:31	Egil Meaas
2002	M50	03:14:27	04:04:38	Sigurd Røeggen
2002	M55	03:15:59	04:06:26	Bjørn Arvnes
2002	M60	03:36:32	04:36:23	Kjell Roger Nielsen
2002	M65	03:39:32	04:45:17	Arvid Strangstad
2002	M70	04:14:30	05:45:08	Per Eide
2002	M75	04:56:14	06:55:04	Rolf Andersen
2002	M80	06:36:19		Bjørn Qvale
2002	ME	02:40:34	03:22:58	Rune Høydahl
2002	TAN	03:22:54		Bjørn Holmvik
2002	TAN	03:22:54		Mattis Opstad Eriksen
2003	IPC	05:06:42		Roger Smaadal
2003	K16	03:56:53	05:02:55	Stine Haugen
2003	K20	03:41:50	04:44:00	Hege Linn Eie Vatland
2003	K25	03:33:22	04:38:08	Stine Olsen Kirkevik
2003	K30	03:25:58	04:29:43	Camilla Hott
2003	K35	03:34:59	04:35:27	Brita Jorde
2003	K40	03:38:55	04:50:34	Brit Pettersen Tofte
2003	K45	03:44:36	04:58:16	Grethe Foss
2003	K50	03:51:11	05:11:32	Birgit Øverby Tennøe
2003	K55	04:16:58	05:33:22	Tone Dahle
2003	K60	04:39:45	05:55:16	Eva Lisa Jorde
2003	K65	05:38:22		Anne-Karin Gulbrandsen
2003	KE	03:05:33	03:59:15	Anita Valen
2003	M16	03:01:53	03:53:02	Edvald Boasson Hagen
2003	M20	02:55:56	03:49:28	Trond Kristian Schweder
2003	M25	03:00:49	03:52:48	Leif Oddvin Jensen
2003	M30	03:00:20	03:47:31	Bjørn Ivar Ekberg
2003	M35	02:55:56	03:44:48	Jan Olav Beitmyren

2003	M40	03:06:40	03:55:29	Geir Dahlen
2003	M45	03:07:47	03:59:36	Ole Kristian Silseth
2003	M50	03:18:38	04:12:12	Tom Foss
2003	M55	03:24:17	04:18:45	Bjørn Arvnes
2003	M60	03:37:44	04:36:49	Ketil Hartsang
2003	M65	03:43:19	04:47:26	Kjell Roger Nielsen
2003	M70	04:12:42	05:34:44	Ola Meistad
2003	M75	04:41:10	06:38:52	Johan Østvang
2003	M80	05:55:00		Bjørn Qvale
2003	ME	02:41:27	03:21:52	Philip Tavell
2003	MEJ	03:06:42		David Windisch
2003	TAN	03:44:59		Mattis Opstad Eriksen
2003	TAN	03:44:59		Espen Langli
2004	IPC	06:05:01		Wiggo Torp Norseth
2004	K16	03:59:58	05:13:46	Stine Haugen
2004	K20	03:47:22	05:03:51	Hilde Vigdis Larsen
2004	K25	03:43:44	04:46:50	Lene Hansen
2004	K30	03:38:31	04:45:53	Monika Olofsson
2004	K35	03:24:37	04:31:52	Solrun Flatås Risnes
2004	K40	03:45:47	04:57:15	Ragnhild Bolstad
2004	K45	03:44:57	04:55:16	Grethe Foss
2004	K50	03:53:56	05:23:33	Birgit Øverby Tennøe
2004	K55	04:18:40	05:45:02	Tone Dahle
2004	K60	04:52:03	06:27:14	Liv Astri Løkken
2004	K65	05:06:14		Eva Lisa Jorde
2004	K70	05:40:38		Anne-Karin Gulbrandsen
2004	KE	04:29:04	05:54:04	Anna Enocsson
2004	M16	03:04:06	03:59:04	Anders Hovdenes
2004	M20	03:03:12	03:52:11	Thomas Nettet Midelfart
2004	M25	03:04:01	03:52:37	Tor-Atle Fuglerud
2004	M30	02:57:56	03:46:32	Gøran Syversen
2004	M35	02:57:55	03:49:12	Jan Olav Beitmyren
2004	M40	03:06:54	03:57:48	Roy Kjærnet
2004	M45	03:09:13	04:02:56	Ole Kristian Silseth
2004	M50	03:19:51	04:11:31	Arne Mikkelsen
2004	M55	03:27:34	04:22:18	Hans-Tore Støen
2004	M60	03:31:08	04:32:24	Arne Moen
2004	M65	04:01:07	05:08:16	Thorbjørn Kristoffersen
2004	M70	04:07:30	05:43:48	Kurt Stille
2004	M75	04:44:45	06:29:08	Johan Østvang
2004	M80	11:30:50		Knut Melby
2004	ME	03:48:55	04:49:58	Massimo De Bertolis
2004	TAN	03:55:29	05:43:21	Jan Dekko
2004	TAN	03:55:29	05:43:21	Tore Henriksen
2005	IPC	03:43:44		Svein Tore Fauskerud
2005	K16	03:41:01	04:44:11	Hedda Bjøralt Roald
2005	K20	03:31:27	04:32:00	Hilde Vigdis Larsen
2005	K25	03:26:00	04:29:03	Stine Olsen Kirkevik
2005	K30	03:26:43	04:27:34	Monika Olofsson
2005	K35	03:13:26	04:22:22	Camilla Hott

2005	K40	03:39:11	04:41:28	Ragnhild Bolstad
2005	K45	03:36:18	04:43:52	Guri Stoknes
2005	K50	03:38:32	04:52:44	Grethe Foss
2005	K55	04:11:33	05:31:34	Frøydis Asmyhr
2005	K60	04:15:57	05:31:46	Tone Dahle
2005	K65	04:59:52		Eva Lisa Jorde
2005	K70	05:39:19		Anne-Karin Gulbrandsen
2005	KE	04:05:18		Gunn-Rita Dahle Flesjø
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2005	M20	02:47:50	03:38:01	Lars Ragnar Manengen
2005	M25	02:53:22	03:36:56	Jørn-Henrik Thoresen
2005	M30	02:54:06	03:37:52	Bjørn Ivar Ekberg
2005	M35	02:49:56	03:37:36	Rune Høydahl
2005	M40	02:56:35	03:44:04	Kjell Karlsen
2005	M45	03:03:38	03:52:22	Ole Kristian Silseth
2005	M50	03:11:38	04:01:02	Sigurd Røeggen
2005	M55	03:13:28	04:06:24	Willie Juul Pedersen
2005	M60	03:23:43	04:19:14	Bjørn Arvnes
2005	M65	03:37:14	04:38:26	Thorbjørn Kristoffersen
2005	M70	04:06:50	05:20:21	Ola Meistad
2005	M75	04:26:01	06:22:46	Johan Østvang
2005	M80	05:45:29		Erik Kjøs
2005	ME	03:52:01		Thomas Frischknecht
2005	TAN	03:38:29	00:00:00	Jan Dekko
2005	TAN	03:38:29	00:00:00	Tore Henriksen
2006	IPC	03:59:50		Svein Tore Fauskerud
2006	K16	03:41:00	04:45:34	Elisabeth Sveum
2006	K20	03:33:13	04:40:47	Lydia Weydahl
2006	K25	03:26:46	04:29:32	Hilde Vigdis Larsen
2006	K30	03:15:02	04:18:05	Nina Gässler
2006	K35	03:14:18	04:17:08	Camilla Hott
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2006	K50	03:37:30	04:46:04	Grethe Foss
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2006	K60	04:15:55	05:51:22	Liv Astri Løkken
2006	K65	04:51:45	06:23:06	Eva Lisa Jorde
2006	K70	05:57:02		Anne-Karin Gulbrandsen
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2006	KEJ	03:48:44		Kine Steen Holst
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2006	M25	02:51:56	03:37:39	Lars Petter Stormo
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2006	ME	02:43:08	03:26:16	Lars Petter Nordhaug
2006	MEJ	03:00:07		Vegard Stake Laengen
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2006	TAN	03:26:54	04:55:37	Christian Birkeland
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2007	K65	04:34:50	07:10:20	Liv Astri Løkken
2007	K70	05:24:38		Solveig Nyberg
2007	KE	03:24:43	04:23:24	Pia Sundstedt
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2007	MEJ	02:57:31	03:50:37	Ole Haavardsholm
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2009	M80	08:03:35		Hans Grina
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2010	K18	04:03:41	05:45:17	Karianne Aandahl Haga
2010	K20	03:34:42	05:17:04	Emmy Thelberg
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2010	K70	05:57:26		Solveig Nyberg
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2010	KE	03:19:45		Pia Sundstedt
2010	KEJ	03:57:53	05:15:25	Ida-Sofie Snorheim
2010	M17	03:12:12	04:09:52	Aleksander Dahling
2010	M18	03:07:55	04:03:44	Carl Fredrik Hagen
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2010	M85	06:10:39		Hallvard Haugen
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2010	MEJ	03:10:30	04:15:46	Fredrik Haraldseth
2010	TAN	03:35:48	04:45:39	Jon-Henrik Handley
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2011	FH	04:23:45		Tom Ivar Netteland
2011	K17	03:39:46	06:17:50	Linn Gustafsson

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2011	K25	03:17:41	04:44:36	Heidi Rosasen Sandstø
2011	K30	03:10:21	04:33:53	Sally Bigham
2011	K35	03:08:26	04:33:56	Pia Sundstedt
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2011	K45	03:22:05	04:24:14	Marianne Lambine
2011	K50	03:42:59	04:47:34	Ann-Elin Urdal
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2011	K70	05:39:00		Solveig Nyberg
2011	K75	05:53:47		Anne-Karin Gulbrandsen
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2011	M18	02:55:00	03:51:19	Truls Korsæth
2011	M20	02:54:52	03:46:26	Matthias Wengelin
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2011	M60	03:08:16	04:05:23	Willie Juul Pedersen
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2011	ME	02:54:45		Stian Remme
2011	MEJ	02:55:00		Truls Engen Korsæth
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2012	FH	03:54:51		Svein Tore Fauskerud
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2012	K30	03:12:11	04:29:08	Borghild Løvset
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2012	K40	03:24:44	04:23:25	Lill Hege Bjørklund
2012	K45	03:25:28	04:23:44	Ragnhild Garberg Thon
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2012	K55	03:29:37	04:49:29	Grethe Foss
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2012	K70	04:33:09		Liv Astri Løkken
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2012	M60	03:08:28	04:01:52	Erik O. Gjelten
2012	M65	03:08:22	04:06:11	Kjell Aspebakken
2012	M70	03:41:04	04:48:57	Knut Rønningen
2012	M75	03:50:12	05:05:22	Ralph Høibakk
2012	ME	02:43:24		Lars Ragnar Manengen
2012	MEJ	02:48:29		Oskar Svendsen
2012	TAN	03:46:57	05:11:50	Bedir Yiyit
2013	FHM	03:41:35	05:11:04	Håkon Gisholt
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2013	M75	04:12:32	05:37:56	Kurt Stille

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2014	K40	03:15:43	04:26:59	Turid Hagelia Korshavn
2014	K45	03:14:27	04:22:48	Camilla Hott
2014	K50	03:22:31	04:21:55	Ragnhild Bolstad
2014	K55	03:32:50	04:37:37	Eva Fjærestad
2014	K60	03:29:09	05:00:28	Birgit Øverby Tennøe
2014	K65	04:16:43	05:34:06	Frøydis Asmyhr
2014	K70	04:22:16	06:42:52	Liv Astri Løkken
2014	K75	05:51:33		Jannicke Schanche
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2014	KEJ	03:29:08		Tora Helene Sel
2014	M17	02:54:50	03:47:55	Harald Skurdal
2014	M18	02:40:03	03:42:30	Anders Skaarseth
2014	M20	02:34:20	03:37:35	Truls Korsæth
2014	M25	02:33:18	03:38:47	Fredrik Wilmann
2014	M30	02:39:15	03:33:38	Magnus Darvell
2014	M35	02:42:09	03:34:38	Gregory Saw
2014	M40	02:43:23	03:38:16	Hallvar Barlaup
2014	M45	02:53:09	03:36:58	Jan Olav Beitmyren
2014	M50	02:53:19	03:38:02	Geir Dahlen
2014	M55	02:57:26	03:44:12	Bertil Alexandersen
2014	M60	03:02:13	03:53:30	Per Ivar Mork
2014	M65	03:01:48	04:00:28	Willie Juul Pedersen
2014	M70	03:22:47	04:27:44	Arne Moen
2014	M75	03:54:07	05:08:44	Kjell Hildrum
2014	M80	04:34:06		Kurt Stille
2014	ME	02:33:18		Fredrik Wilmann
2014	MEJ	02:49:00		Jarand Kleppan
2014	TAN	03:31:04	04:38:14	Knut Arne Johannessen
2015	FHM	03:38:43	05:37:42	Rainer Henriksen
2015	K17	03:29:52	05:31:08	Ingvild Gåskjenn
2015	K18	03:26:37	05:15:52	Marit Sveen
2015	K20	03:29:49	04:33:42	Eline Brustad
2015	K25	03:15:13	04:34:34	Ingrid Lørvik
2015	K30	03:10:59	04:32:16	Ariane Kleinhans
2015	K35	03:11:07	04:28:55	Borghild Løvset
2015	K40	03:11:00	04:27:20	Jennie Stenerhag
2015	K45	03:19:02	04:28:49	Camilla Hott
2015	K50	03:32:41	04:28:30	Inger Engebretsen

2015	K55	03:31:06	04:35:48	Bjørg Eva Jensen
2015	K60	03:35:48	05:04:43	Birgit Øverby Tennøe
2015	K65	04:18:29	05:41:00	Gunhild Hagelia
2015	K70	04:42:02		Liv Astri Løkken
2015	K75	06:17:01		Jannicke Schanche
2015	KE	03:10:59		Ariane Kleinhans
2015	KEJ	03:29:52		Ingvild Gåskjenn
2015	M17	02:55:41	04:04:22	Iver Skaarseth
2015	M18	02:45:31	03:47:04	Lucas Eriksson
2015	M20	02:40:17	03:37:53	Carl Fredrik Hagen
2015	M25	02:40:24	03:41:17	Åsmund Løvik
2015	M30	02:40:18	03:37:32	Søren Nissen
2015	M35	02:46:05	03:40:47	Gregory Saw
2015	M40	02:46:07	03:40:31	Yngvar Alexander Hansen
2015	M45	02:58:20	03:43:02	Lars Erik Koritov
2015	M50	02:57:19	03:44:34	Kjell Karlsen
2015	M55	03:01:17	03:48:25	Geir Dahlen
2015	M60	03:09:32	04:05:04	Erik O. Gjelten
2015	M65	03:09:48	04:11:38	Willie Juul Pedersen
2015	M70	03:13:33	04:34:36	Johan Reidar Høgseth
2015	M75	04:03:07	05:30:35	Kjell Hildrum
2015	M80	04:33:54		Steinar Bersvendsen
2015	ME	02:40:17		Carl Fredrik Hagen
2015	MEJ	02:50:39		Andre Sotberg
2015	TAN	03:53:45		Svend Heier, Frode Kristiansen
2016	FHK	04:39:59		Hanne Mellestuen
2016	FHM	03:24:03	05:05:42	Rainer Henriksen
2016	K17	03:24:46	05:27:57	Vera Norli
2016	K18	03:28:45	05:08:48	Hanna Salminen Klæboe
2016	K20	03:29:30	04:32:26	Maiken Tømta
2016	K25	03:24:33	04:35:20	Emily Benham
2016	K30	03:13:27	04:37:18	Hielke Elferink
2016	K35	03:20:45	04:37:04	Jeanette Persson
2016	K40	03:11:18	04:34:50	Gunn-Rita Dahle Flesjø
2016	K45	03:24:46	04:30:39	Camilla Hott
2016	K50	03:30:51	04:29:03	Ragnhild Bolstad
2016	K55	03:39:30	04:41:28	Helen Bjørklund
2016	K60	03:43:02	05:13:35	Birgit Øverby Tennøe
2016	K65	04:26:17	05:44:39	Bjørg-Guri Kildahl
2016	K70	04:48:12		Liv Astri Løkken
2016	K75	06:25:41		Jannicke Schanche
2016	KE	03:11:18		Gunn-Rita Dahle Flesjø
2016	M17	02:38:48	04:01:53	Tobias Halland Johannessen
2016	M18	02:38:29	03:54:25	Sigurd Mellemsæter
2016	M20	02:37:32	03:39:43	Eskil Evensen-Lie
2016	M25	02:37:17	03:38:43	Åsmund Løvik
2016	M30	02:37:29	03:42:17	Emil Lindgren
2016	M35	02:38:46	03:39:12	Gustav Larsson
2016	M40	02:46:55	03:39:51	Trond Skaale
2016	M45	02:54:38	03:38:29	Bjørn Ivar Ekberg

2016	M50	02:54:42	03:38:44	Steffan Hartz Repshus
2016	M55	02:57:19	03:46:10	Espen Kristiansen
2016	M60	03:05:43	04:00:46	Svein Roger Løken
2016	M65	03:12:38	04:15:18	Erik O. Gjeltten
2016	M70	03:12:44	04:23:16	Johan Reidar Høgseth
2016	M75	03:56:12	05:19:19	Olav N. Ledang
2016	M80	04:15:04		Kjell Hildrum
2016	M85	06:05:58		Per Eide
2016	ME	02:37:17		Åsmund Løvik
2016	TAN	03:15:57	04:42:43	Per Alfred Holte og Siri Nordaune Holte
2017	FHK	05:28:02		Monica Hedlund
2017	FHM	03:19:20		Rainer Henriksen
2017	K17	03:32:38	05:31:39	Johanne Dahl Norland
2017	K18	03:05:44	04:58:36	Vera Norli
2017	K20	03:05:36	04:19:19	Kamilla Olaussen
2017	K25	03:14:03	04:25:42	Elisabeth Sveum
2017	K30	03:03:13	04:34:10	Hildegunn Gjertrud Hovdenak
2017	K35	03:03:44	04:26:15	Borghild Løvset
2017	K40	03:03:13	04:26:13	Jennie Stenerhag
2017	K45	03:15:32	04:22:48	Camilla Hott
2017	K50	03:22:31	04:19:18	Ragnhild Bolstad
2017	K55	03:34:55	04:30:44	Janne Grønli
2017	K60	03:51:49	05:09:07	Turid Johnsrud Guttormsen
2017	K65	03:40:37	05:26:37	Birgit Øverby Tennøe
2017	K70	04:53:09	06:33:05	Merete Blakstad
2017	K75	04:50:17		Liv Astri Løkken
2017	KE	03:03:13		Jennie Stenerhag
2017	KEJ	03:05:44		Vera Norli
2017	M17	02:38:54	04:02:49	Gabriel Slinger
2017	M18	02:28:37	03:39:50	Sigurd Mellemsæter
2017	M20	02:28:20	03:34:26	Erik Nordsæter Resell
2017	M25	02:28:45	03:34:34	Ole Hem
2017	M30	02:33:25	03:35:07	Frederik Wilmann
2017	M35	02:28:35	03:32:56	Johnny Cattaneo
2017	M40	02:36:16	03:33:52	Massimo Debertolis
2017	M45	02:47:45	03:33:34	Yngvar Alexander Hansen
2017	M50	02:47:44	03:33:19	Steffan Hartz Repshus
2017	M50	02:47:44	03:33:19	Kjell Karlsen
2017	M55	02:53:00	03:37:55	Fredrik Løfsgaard
2017	M60	03:02:29	03:53:07	Svein Roger Løken
2017	M65	03:09:31	04:08:06	Willie Juul Pedersen
2017	M70	03:10:32	04:15:47	Kjell Aspebakken
2017	M75	03:53:25	05:06:12	Olav N. Ledang
2017	M80	04:05:57	06:35:32	Kjell Hildrum
2017	TAN	03:07:25	04:36:36	Siri Nordaune Holte og Per Alfred Holte
2017	ME	02:28:20		Erik Nordsæter Resell
2017	MEJ	02:34:09		Anders Halland Johannessen
2018	CXK	03:56:20		Katrine Hofstad
2018	CXM	02:56:18		Bo André Namtvedt
2018	FHK	05:21:30		Monica Hedlund



2018	FHM	03:30:18		Ole Theodor Sponberg
2018	K17	03:19:58	05:20:24	Margrethe Wettre Andreassen
2018	K18	03:19:58	04:45:36	Berit Nordsæter Resell
2018	K20	03:17:05	04:31:33	Tora Helene Sel
2018	K25	03:11:38	04:25:18	Elisabeth Sveum
2018	K30	03:11:10	04:26:08	Hildegunn Gjertrud Hovdenak
2018	K35	03:03:44	04:26:39	Borghild Løvset
2018	K40	03:12:21	04:19:52	Ann Åse Stava
2018	K45	03:12:04	04:21:54	Camilla Hott
2018	K50	03:20:55	04:14:26	Ragnhild Bolstad
2018	K55	03:27:31	04:28:36	Inger Engebretsen
2018	K60	03:45:13	04:58:06	Eva Vefald Bergsodden
2018	K65	03:36:24	05:22:10	Birgit Øverby Tennøe
2018	K70	04:33:59		Aud S. Verven
2018	K75	05:15:44		Liv Astri Løkken
2018	KE	03:03:44		Borghild Løvset
2018	KEJ	03:19:58		Margrethe Wettre Andreassen
2018	M17	02:39:00	03:41:50	Sindre Hvesser Brein
2018	M18	02:35:08	03:30:43	Tormod Weydahl
2018	M20	02:32:54	03:31:10	Erik Nordsæter Resell
2018	M25	02:32:59	03:27:38	Ole Hem
2018	M30	02:35:15	03:29:15	Marius Fjeld
2018	M35	02:38:40	03:31:50	Johan Landström
2018	M40	02:38:46	03:29:10	Fredrik Stephansen
2018	M45	02:49:37	03:33:32	Thomas M Knutsen
2018	M50	02:49:35	03:34:49	Steffan Hartz Repshus
2018	M55	02:52:26	03:36:43	Inge Valseth
2018	M60	03:00:04	03:47:20	Svein Roger Løken
2018	M65	03:04:56	04:03:29	Willie Juul Pedersen
2018	M70	03:10:31	04:15:41	Kjell Aspebakken
2018	M75	03:46:03	05:02:02	Ketil Hartsang
2018	M80	04:37:00		Steinar Bersvendsen
2018	TAN	03:03:41	05:14:30	Siri Nordaune Holte / Per Alfred Holte
2018	TANF	04:18:58		Vidar Næss / Harald Næss
2018	ME	02:32:54		Erik Nordsæter Resell
2018	MEJ	02:35:08		Tormod Weydahl
2019	ARM	02:54:27		Gisle Holberg
2019	FHK	05:43:04		Monica Hedlund
2019	FHM	03:37:45		Franz Bernt
2019	K17	03:18:46	05:35:47	Hedda Brenningen Bjørklund
2019	K18	03:20:50	04:59:30	Heidi Indergård
2019	K20	03:25:25	04:30:08	Tora Helene Sel
2019	K25	03:14:25	04:36:02	Stine Hasund Eid
2019	K30	03:08:29	04:39:40	Ingrid Lorvik
2019	K35	03:18:34	04:34:41	Anne Helene Reiten
2019	K40	03:06:20	04:32:54	Jennie Stenerhag
2019	K45	03:21:00	04:33:01	Cathrine Årstad Olsen
2019	K50	03:20:43	04:29:10	Camilla Hott
2019	K55	03:21:34	04:29:34	Ragnhild Bolstad
2019	K60	03:39:02	04:56:38	Grethe Foss

2019	K65	03:46:22	05:26:47	Birgit Øverby Tennøe
2019	K70	04:54:36		Aud S. Verven
2019	K75	05:18:09		Liv Astri Løkken
2019	K80	07:43:53		Marit Ødegaard
2019	KE	03:06:20		Jennie Stenerhag
2019	KEJ	03:18:46		Hedda Brenningen Bjørklund
2019	M17	02:49:02	04:03:02	Ole Andreas Saxegaard Klund
2019	M18	02:40:56	03:54:42	Ole Rekdahl
2019	M20	02:34:19	03:39:30	Eskil Evensen-Lie
2019	M25	02:35:26	03:38:41	Ole Hem
2019	M30	02:41:44	03:36:50	Marius Fjeld
2019	M35	02:42:02	03:41:42	Knut Erik Nesteby
2019	M40	02:41:57	03:36:20	Fredrik Stephansen
2019	M45	02:50:50	03:36:21	Yngvar Alexander Hansen
2019	M50	02:53:42	03:37:19	Jan Olav Beitmyren
2019	M55	02:53:47	03:42:58	Kjell Karlsen
2019	M60	03:05:22	03:57:53	Olav Trønnes
2019	M65	03:17:34	04:13:23	Eirik Stangeland
2019	M70	03:28:59	04:27:02	Kjell Aspebakken
2019	M75	04:03:28	05:23:09	Knut Rønningen
2019	M80	04:50:45	06:43:32	Leif Chr Hartsang
2019	TAN	03:12:43	05:14:30	Siri Nordaune Holte og Per Alfred Holte
2019	TANF	03:35:15	04:46:54	Rainer Henriksen og Vidar Olsen
2019	ME	02:34:19		Eskil Evensen-Lie
2019	MEJ	02:40:56		Ole Rekdahl
2021	ARK	03:36:17		Linda Lønmo
2021	ARM	02:49:03		Amund Solli
2021	FHK	05:57:35		Monica Hedlund
2021	FHM	03:35:45		Franz Bernt
2021	K17	03:34:18		Aurora Storlien Ulen
2021	K18	03:30:51	05:04:32	Hedda Brenningen Bjørklund
2021	K20	03:20:06		Berit Nordsæter Resell
2021	K25	03:18:56	04:31:19	Marianne Byfuglien
2021	K30	03:11:34	04:33:26	Elisabeth Sveum
2021	K35	03:06:20	05:12:47	Ingrid Lørvik
2021	K40	03:22:21	04:37:22	Ann Åse Stava
2021	K45	03:21:41	04:22:27	Cathrine Årstad Olsen
2021	K50	03:29:34	04:27:31	Sissel Kulseth Østvold
2021	K55	03:27:30	04:43:25	Kari Øvsthus
2021	K60	03:46:17	05:02:25	Grete Krøvel Liaskar
2021	K65	03:48:14	05:18:30	Birgit Øverby Tennøe
2021	K70	04:53:46	07:49:51	Bjørg-Guri Kildahl
2021	K75	05:35:26		Liv Astri Løkken
2021	M17	02:44:09	04:04:26	Anders Lohne Aarstad
2021	M18	02:41:17	03:43:21	Alv Skjeldal
2021	M20	02:38:06	03:41:04	Martin Røste Omdahl
2021	M25	02:37:50	03:34:43	Eskil Evensen-Lie
2021	M30	02:41:14	03:37:49	Marius Fjeld
2021	M35	02:44:20	03:33:58	Øyvind Bøthun
2021	M40	02:44:20	03:34:34	Fredrik Stephansen

2021	M45	02:44:06	03:34:01	Brynjar Nervik
2021	M50	02:50:44	03:35:30	Trond Kvale
2021	M55	02:45:10	03:37:51	Steffan Hartz Repshus
2021	M60	03:01:48	03:52:33	Olav Trønnes
2021	M65	03:11:20	04:04:50	Svein Roger Løken
2021	M70	03:14:15	04:16:25	Willie Juul Pedersen
2021	M75	03:32:23	04:48:49	Gisle Langslet
2021	M80	05:17:22		Borgar Haugland
2021	TAN	05:27:34		Torbjørn Smedshaug og Anders Rodem
2021	TANF	04:42:22		Hans Joakim Riise

































