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| **Konkuranse herrer 13-17** | | | |
| 1. | 42 | Vetle Uhre Hammersvik | 1:05:47 |
| 2. | 56 | Fredrik Hovdevik | 1:11:53 |
| 3. | 39 | Eirik Stave | 1:25:17 |
| 4. | 47 | Rolf Kåre Holmøy Østerbø | 1:35:43 |
| **Konkuranse herrer 25-39** | | | |
| 1. | 51 | Arve Rindal | 1:01:53 |
| 2. | 66 | Vegar Hansen | 1:14:25 |
| 3. | 46 | Thomas Rikstad | 1:16:11 |
| 4. | 54 | Hilmar Kråkenes | 1:16:24 |
| 5. | 52 | Kenneth Vedvik | 1:17:18 |
| 6. | 55 | Yngve Furnes | 1:17:24 |
| 7. | 59 | Kai Arne Otneim | 1:17:30 |
| 8. | 53 | Alf Kåre Askeland | 1:23:27 |
| **Konkuranse herrer 40-49** | | | |
| 1. | 30 | Gisle Skjølberg | 1:12:38 |
| 2. | 60 | John Hodnefjell | 1:15:42 |
| 3. | 33 | Kjell Bakkebø | 1:16:40 |
| 4. | 45 | Odd Martin Øvrebø | 1:18:19 |
| 5. | 41 | Asgeir Hasund | 1:19:25 |
| 6. | 34 | Roger Nygård | 1:20:17 |
| 7. | 44 | Jarle Berge | 1:21:30 |
| 8. | 31 | Asbjørn Ekerhovd | 1:21:41 |
| 9. | 64 | Lars-Helge Honningsvåg | 1:23:25 |
| 10. | 61 | Richard Hodnefjell | 1:30:13 |
| **Konkuranse herrer 50-59** | | | |
| 1. | 49 | Terje Torvanger | 1:16:12 |
| 2. | 43 | Jørund Hammersvik | 1:18:12 |
| 3. | 58 | Anders Bakkebø | 1:19:08 |
| 4. | 32 | Jan Karsten Nygård | 1:19:30 |
| 5. | 40 | Geir Honningsvåg | 1:27:48 |
| 6. | 62 | Frode Nøstdal | 1:40:28 |
| **Konkuranse herrer 60+** | | | |
| 1. | 63 | Ivar Hoddevik | 1:36:35 |
| 2. | 57 | Idar Berget | 1:49:37 |
| 3. | 36 | Jan Terje Mikkelsen | 2:01:25 |
| **Konkuranse damer 18-24** | | | |
| 1. | 48 | Caroline Drage | 1:43:59 |
| 2. | 37 | Kirsti Marie Stave | 2:06:15 |
| 3. | 38 | Serina Elise Borgund | 2:06:15 |
| **Konkuranse damer 40-49** | | | |
| 1. | 35 | Bente Hermansen | 1:32:04 |
| 2. | 65 | Anita Sørheim | 1:32:30 |
| **Konkuranse damer 50-59** | | | |
| 1. | 50 | Mary Moe | 1:40:16 |
| **Mosjon kl.11:00** | | | |
| 1. | 330 | Joar Takset | 1:28:46 |
| 2. | 331 | Siv Takset | 1:28:46 |
| 3. | 319 | Kai Jonny Venøy | 1:29:45 |
| 4. | 312 | Lars Inge Flister | 1:38:29 |
| 5. | 322 | Jan Ole Eikås | 1:39:58 |
| 6. | 305 | Tor Helge Hansen | 1:43:35 |
| 7. | 325 | Asle Ronny Henden | 1:47:43 |
| 8. | 317 | Arnt årvik | 1:50:30 |
| 9. | 316 | Ragnar Hansen | 1:50:35 |
| 10. | 324 | Finn-Ove Arnes | 1:53:02 |
| 11. | 329 | Patric Honningsvåg | 1:57:09 |
| 12. | 323 | Wanja Lien | 1:57:29 |
| 13. | 327 | Steinar Arne Nordal | 1:59:34 |
| 14. | 307 | Charlotte Skjølberg | 2:00:42 |
| 15. | 326 | Oddbjørg Vik Nordal | 2:00:58 |
| 16. | 301 | Judith B. N. Ekerhovd | 2:01:24 |
| 17. | 328 | Ingrid B Stave | 2:07:48 |
| 18. | 334 | Alvin Drage | 2:10:10 |
| 19. | 315 | Tommas Prozenko | 2:11:37 |
| 20. | 320 | Bjørn Aardal | 2:13:56 |
| 21. | 321 | Anita Aardal | 2:13:56 |
| 22. | 311 | Stig Hjelmeland | 2:16:48 |
| 23. | 314 | Elisabeth Lekanger Nygård | 2:40:55 |
| 24. | 318 | Marthe Sjåstad | 2:42:14 |
| 25. | 310 | Turid Krogh Hjelmeland | 2:49:31 |
| 26. | 308 | Solveig Wilhelmine Tveit | 2:56:05 |
| 27. | 309 | Torunn Dalsbø | 2:56:05 |
| 28. | 332 | Åse leikanger | 3:18:24 |
| 29. | 332 | Åse leikanger | 3:18:24 |
| 30. | 333 | Jingjing Dong | 3:18:24 |
| 31. | 302 | Elisabeth Hartmann | 3:20:40 |
| 32. | 303 | Arild Ole Borgund Iversen | 3:20:40 |
| 33. | 313 | Synneve Aasebø | 3:35:58 |