

Trysilrittet 2010

Kvinner 20-24 år

Nr	Navn	20KM	50KM	Mål
1	Berit Gjelten NTNUI	59:46(1)	2:05:13(1) 1:05:27(1)	3:02:31 +00:00 57:18(1)

Kvinner 25-29 år

Nr	Navn	20KM	50KM	Mål
1	Christine N. Söderstrøm x	1:19:37(1)	2:42:37(1) 1:23:00(1)	3:57:15 +00:00 1:14:38(1)
2	Lina Meskaite x	1:22:46(2)	3:06:54(2) 1:44:08(2)	4:37:48 +40:33 1:30:54(2)

Kvinner 30-34 år

Nr	Navn	20KM	50KM	Mål
1	Maj Mork-Johansen Mopil/Moss Ck	57:51(1)	1:57:00(1) 59:09(1)	2:51:18 +00:00 54:18(1)
2	Nina Høiby Glomdal sk	1:06:05(2)	2:21:44(2) 1:15:39(2)	3:30:19 +39:01 1:08:35(2)
3	Maina Fossum Green NR Sport	1:21:12(3)	2:48:12(3) 1:27:00(3)	4:01:53 +1:10:35 1:13:41(3)
4	Susanne Stuhlfauth x	1:29:58(4)	3:12:59(4) 1:43:01(4)	4:47:23 +1:56:05 1:34:24(4)

Kvinner 35-39 år

Nr	Navn	20KM	50KM	Mål
1	Guro Grøneng NGI	00:00	2:05:43(1) 2:05:43(6)	3:04:29 +00:00 58:46(1)
2	Hege Ristvedt ULLEVÅL SK	1:10:22(1)	2:24:09(2) 1:13:47(1)	3:27:59 +23:30 1:03:50(2)
3	Hilde Bolstad Adecco	1:14:01(4)	2:42:14(5) 1:28:13(4)	3:58:11 +53:42 1:15:57(3)
4	Hege Evensen x	1:13:50(3)	2:37:53(3) 1:24:03(2)	3:58:36 +54:07 1:20:43(5)
5	Elin Irene Tronvold x	1:13:39(2)	3:58:36(7) 2:44:57(7)	00:00N/A N/A
6	Elisabeth Bratlie Skaare x	1:15:30(5)	2:41:15(4) 1:25:45(3)	4:00:55 +56:26 1:19:40(4)
7	Inger Kristine Tovslid x	1:34:06(6)	3:27:11(6) 1:53:05(5)	4:57:29 +1:53:00 1:30:18(6)

Kvinner 40-44 år

Nr	Navn	20KM	50KM	Mål
1	Heidi Kjernåsen Halbakken Elverum sykleklubb	1:02:23(1)	2:07:43(1) 1:05:20(1)	3:10:26 +00:00 1:02:43(1)
2	Lena Øverbye Romeriksåsen SK	1:10:29(2)	2:24:07(2) 1:13:38(2)	3:27:44 +17:18 1:03:37(2)
3	Randi Lutnæs Trysil SK	1:14:19(4)	2:36:57(3) 1:22:38(3)	3:53:03 +42:37 1:16:06(3)
4	June Olaussen Friskis&Svettis	1:13:27(3)	2:39:33(4) 1:26:06(5)	3:58:01 +47:35 1:18:28(5)
5	Mona Pedersen NOTEAM	1:16:58(5)	2:41:13(5) 1:24:15(4)	3:58:12 +47:46 1:16:59(4)

6	Eva Adeland Vang skiløperforening	1:18:48(6)	2:48:44(6) 1:29:56(6)	4:11:02 +1:00:36 1:22:18(7)
7	Mette Thorslund Vang skiløperforening	1:18:50(7)	2:49:10(7) 1:30:20(7)	4:11:02 +1:00:36 1:21:52(6)
8	Leikny Solheim Trysil SK	1:24:48(8)	3:00:57(8) 1:36:09(8)	4:36:46 +1:26:20 1:35:49(8)
9	Torill Karlsmoen x	1:33:34(9)	3:19:32(9) 1:45:58(9)	4:59:12 +1:48:46 1:39:40(9)

Kvinner 45-49 år

Nr	Navn	20KM	50KM	Mål
1	Lis Magnus x	1:13:42(1)	2:33:42(1) 1:20:00(1)	3:47:29 +00:00 1:13:47(1)

Kvinner 50-54 år

Nr	Navn	20KM	50KM	Mål
1	Anne Kristine Søgård Fjellfoten Sykkeklubb	1:16:59(1)	2:43:25(1) 1:26:26(2)	3:57:20 +00:00 1:13:55(1)
2	Gedde Enberget x	1:24:09(2)	2:48:25(2) 1:24:16(1)	4:04:38 +07:18 1:16:13(2)
3	Astrid Vik Holthe Uten lag	1:51:46(3)	3:58:11(3) 2:06:25(3)	5:41:39 +1:44:19 1:43:28(3)

Kvinner 55-59 år

Nr	Navn	20KM	50KM	Mål
1	Drude Høgseth Eidsvoll SK	1:04:49(1)	2:14:34(1) 1:09:45(1)	3:19:13 +00:00 1:04:39(1)
2	Birgit Korvald x	1:11:06(2)	2:26:32(2) 1:15:26(2)	3:33:02 +13:49 1:06:30(2)

Menn 17-19 år

Nr	Navn	20KM	50KM	Mål
1	Carl Fredrik Hagen Sagene IF Sykkel	52:44(1)	1:45:01(1) 52:17(1)	2:33:53 +00:00 48:52(1)
2	Jonas Amundsen Nes SK	52:44(1)	1:45:01(1) 52:17(1)	2:38:27 +04:34 53:26(2)
3	Sigbjørn Berntsen IF Frøy	57:20(3)	1:58:10(3) 1:00:50(3)	2:56:06 +22:13

Menn 20-24 år

Nr	Navn	20KM	50KM	Mål
1	Magnus Torp Antonsen JH sykkel	55:08(1)	1:56:26(1) 1:01:18(1)	2:58:36 +00:00 1:02:10(1)
2	Oskar Mellegård Skövde Ck	1:04:32(2)	2:11:31(2) 1:06:59(2)	3:17:20 +18:44 1:05:49(2)
3	Henrik Svee DE Service	1:13:07(3)	2:25:17(3) 1:12:10(3)	3:36:00 +37:24 1:10:43(3)
4	Christopher Jacobsen DE Service	1:15:20(4)	2:42:12(4) 1:26:52(4)	4:13:19 +1:14:43 1:31:07(4)

Menn 25-29 år

Nr	Navn	20KM	50KM	Mål
1	Raymond Lishaugen Merida Grassroot Team /Odal SK	52:51(2)	1:47:45(1) 54:54(1)	2:39:49 +00:00 52:04(1)
2	Simen Nordal Ottestad IL	52:49(1)	1:49:42(2) 56:53(3)	2:42:52 +03:03 53:10(2)

3	Knut Hoelsæter Eidsvoll SK	55:00(3)	1:51:30(3) 56:30(2)	2:44:46 +04:57 53:16(3)
4	Erik Andersen Sauter Byggautomasjon	00:00	2:06:29(5) 2:06:29(13)	3:08:48 +28:59 1:02:19(4)
5	Kristian Rønning x	57:54(4)	2:05:14(4) 1:07:20(5)	3:09:39 +29:50 1:04:25(7)
6	Karl-Åge Harviken Team Kræz	1:04:20(7)	2:12:33(7) 1:08:13(6)	3:16:14 +36:25 1:03:41(5)
7	Amund Sigstad Team Kræz	1:04:05(6)	2:13:00(8) 1:08:55(7)	3:16:52 +37:03 1:03:52(6)
8	Frode Tannåneset Trysil SK	1:01:24(5)	2:08:37(6) 1:07:13(4)	3:19:02 +39:13 1:10:25(9)
9	Petter Skolla x	1:13:25(8)	2:24:00(9) 1:10:35(8)	3:32:48 +52:59 1:08:48(8)
10	Vidar Søsveen x	1:17:33(10)	2:45:26(12) 1:27:53(10)	4:05:53 +1:26:04 1:20:27(10)
11	Morten Støa x	1:23:21(11)	2:41:25(10) 1:18:04(9)	4:06:22 +1:26:33 1:24:57(11)
12	Ole Jacob Aas Sauter Byggautomasjon	1:13:44(9)	2:42:12(11) 1:28:28(11)	4:11:04 +1:31:15 1:28:52(12)
13	Erik Hansen x	1:29:56(12)	3:11:23(13) 1:41:27(12)	4:47:23 +2:07:34 1:36:00(13)

Menn 30-34 år

Nr	Navn	20KM	50KM	Mål
1	Stig Magne Loftheim Sandnes SK/nortura	52:45(1)	1:45:01(1) 52:16(1)	2:34:18 +00:00 49:17(1)
2	Ole Thomas Fladby Romeriksåsen SK	52:48(2)	1:45:43(2) 52:55(2)	2:38:27 +04:09 52:44(2)
3	Ola Alsterholm Trysil SK	55:03(3)	1:53:48(4) 58:45(5)	2:47:35 +13:17 53:47(3)
4	Roar Sollie Telenor BIL	55:07(4)	1:52:39(3) 57:32(4)	2:47:39 +13:21 55:00(4)
5	Erik Filtvedt Team Fjella	58:02(5)	1:54:38(5) 56:36(3)	2:51:41 +17:23 57:03(5)
6	Tom Røcksbakken Rena Sykkel	59:37(6)	2:01:23(6) 1:01:46(6)	2:59:30 +25:12 58:07(7)
7	Tore Karlstad Sarpsborg SK	59:41(7)	2:01:56(7) 1:02:15(7)	2:59:38 +25:20 57:42(6)
8	Ketil Dahle CK Støren	1:02:16(8)	2:06:36(8) 1:04:20(9)	3:04:53 +30:35 58:17(8)
9	Kim Stensland Lillestrøm Naprapatlinikk	1:02:18(9)	2:07:30(9) 1:05:12(10)	3:07:38 +33:20 1:00:08(9)
10	Per Anders Ifarness SK Rye	1:03:12(11)	2:08:38(10) 1:05:26(11)	3:12:52 +38:34 1:04:14(12)
11	Hans Richard Evensen JH-Sykkel	1:09:19(13)	2:13:01(12) 1:03:42(8)	3:15:54 +41:36 1:02:53(11)
12	Bjørn Atle Årbog x	1:03:40(12)	2:14:30(13) 1:10:50(14)	3:17:11 +42:53 1:02:41(10)
13	Steinar Hoel x	1:02:21(10)	2:11:34(11) 1:09:13(12)	3:18:34 +44:16 1:07:00(13)
14	Thomas Lystad x	1:13:23(17)	2:23:41(14) 1:10:18(13)	3:33:19 +59:01 1:09:38(16)
15	Bjørn Edvardsen NOTEAM	1:12:41(16)	2:24:41(15) 1:12:00(15)	3:33:28 +59:10 1:08:47(15)
16	Håkon Uggerud x	1:14:46(18)	2:28:11(16) 1:13:25(16)	3:36:13 +1:01:55 1:08:02(14)
17	Lars Lundby x	1:10:40(14)	2:28:24(17) 1:17:44(17)	3:39:48 +1:05:30 1:11:24(17)
18	Tom Erik Håland x	1:12:15(15)	3:57:24(23) 2:45:09(23)	00:00N/A N/A

19	Steveland Green x	1:21:42(22)	2:48:39(18) 1:26:57(19)	4:08:27 +1:34:09 1:19:48(18)
20	Tom Martin Hartviksen x	1:22:36(23)	2:49:26(19) 1:26:50(18)	4:14:40 +1:40:22 1:25:14(19)
21	Ronny Østli Privat	1:19:00(21)	2:51:07(20) 1:32:07(20)	4:18:13 +1:43:55 1:27:06(20)
22	Petter Søgaard x	1:18:32(19)	4:18:49(24) 3:00:17(24)	00:00N/A N/A
23	Trond Stenberg Trysil SK	1:18:57(20)	2:51:17(21) 1:32:20(21)	4:22:20 +1:48:02 1:31:03(21)
24	Rune Bekkerud x	1:32:38(24)	3:24:00(22) 1:51:22(22)	5:13:22 +2:39:04 1:49:22(22)

Menn 35-39 år

Nr	Navn	20KM	50KM	Mål
1	Ken Evensen Bingsfoss sk	55:02(1)	1:50:35(1) 55:33(1)	2:42:01 +00:00 51:26(1)
2	Erik Fido Westgård x	55:27(3)	1:51:35(2) 56:08(2)	2:46:40 +04:39 55:05(5)
3	Jan Koritov x	00:00	2:47:30(23) 2:47:30(26)	00:00
4	Jan Erik Sørumshagen TeamTT/Toten Treningssenter	55:27(3)	1:54:26(4) 58:59(6)	2:47:41 +05:40 53:15(2)
5	Morten Jensen SK Rye	55:05(2)	1:53:42(3) 58:37(5)	2:50:52 +08:51 57:10(7)
6	Børje Linhard Johansen Opil/Moss Ck	58:03(7)	1:56:29(6) 58:26(3)	2:51:10 +09:09 54:41(3)
7	Pål Bakken Sport 1	57:54(6)	1:56:28(5) 58:34(4)	2:51:23 +09:22 54:55(4)
8	Christer Larsen x	58:32(10)	1:58:11(7) 59:39(7)	2:53:45 +11:44 55:34(6)
9	Jørn-Ivar Tronvold Follo sk	58:10(8)	1:58:46(8) 1:00:36(8)	2:56:18 +14:17 57:32(9)
10	Jon Christian Møller Trysil SK	57:21(5)	2:00:49(9) 1:03:28(10)	2:59:41 +17:40 58:52(10)
11	Thomas Borthen ComaTours	1:01:01(12)	2:05:17(12) 1:04:16(13)	3:02:31 +20:30 57:14(8)
12	Geir Morten Hoven AGA BIL	58:12(9)	2:02:01(10) 1:03:49(11)	3:02:45 +20:44 1:00:44(12)
13	Bjørn Burås x	59:32(11)	2:02:02(11) 1:02:30(9)	3:04:22 +22:21 1:02:20(14)
14	Jakob Skreding Rye	1:01:21(13)	2:05:17(12) 1:03:56(12)	3:04:53 +22:52 59:36(11)
15	Frode Verbaan Erik Arnesen AS	1:05:50(15)	2:10:49(14) 1:04:59(14)	3:12:14 +30:13 1:01:25(13)
16	Rolf-Arne Eriksen x	1:02:44(14)	2:10:58(15) 1:08:14(15)	3:18:17 +36:16 1:07:19(18)
17	Per Hugo Erpestad x	1:12:01(20)	2:24:46(18) 1:12:45(18)	3:27:56 +45:55 1:03:10(15)
18	Trond Dyrnes Follo sk	1:12:04(21)	2:26:34(20) 1:14:30(19)	3:29:58 +47:57 1:03:24(16)
19	Trygve Årbog Team Årbog	1:12:08(22)	2:24:36(17) 1:12:28(17)	3:31:55 +49:54 1:07:19(18)
20	Øystein Tangen Berntsen IF Frøy	1:10:38(17)	2:26:33(19) 1:15:55(20)	3:33:03 +51:02 1:06:30(17)
21	Tore B. Lundemo Drammen CK/Fokus Bank	1:08:26(16)	2:20:03(16) 1:11:37(16)	3:34:00 +51:59 1:13:57(22)
22	Dag Skage Privat	1:11:37(19)	2:28:06(21) 1:16:29(21)	3:36:29 +54:28 1:08:23(20)
23	Pontus Åkesson Trysil SK	1:11:35(18)	2:28:10(22) 1:16:35(22)	3:41:20 +59:19 1:13:10(21)
24	Terje Bylund Ness	1:18:29(23)	4:04:33(26)	00:00

	x		2:46:04(25)	
25	Claus Evensen x	1:23:04(25)	2:59:56(24) 1:36:52(23)	4:23:37 +1:41:36 1:23:41(23)
26	Leslaw Lopacki BOC	1:22:43(24)	3:05:17(25) 1:42:34(24)	4:34:47 +1:52:46 1:29:30(24)

Menn 40-44 år

Nr	Navn	20KM	50KM	Mål
1	Lars Erik Koritov Privat	52:46(3)	1:45:01(1) 52:15(1)	2:35:37 +00:00 50:36(1)
2	Arild Tangen Holmestrand SK	52:42(1)	1:45:02(2) 52:20(2)	2:35:45 +00:08 50:43(2)
3	Kurt Matthiesen Team Fjella	52:43(2)	1:45:35(3) 52:52(3)	2:37:02 +01:25 51:27(3)
4	Kjetil Flenvold Trysil SK	54:55(5)	1:50:46(4) 55:51(5)	2:44:21 +08:44 53:35(6)
5	Frode Wassås Rye Sp.kl	54:57(6)	1:50:46(4) 55:49(4)	2:44:52 +09:15 54:06(8)
6	Jim Sinkerud Høland sk	55:04(7)	1:51:30(6) 56:26(6)	2:46:01 +10:24 54:31(9)
7	Geir Øvergård Trysil SK	53:03(4)	1:51:33(7) 58:30(9)	2:46:14 +10:37 54:41(10)
8	Espen Ristvedt CK nittedal	57:50(12)	1:54:20(8) 56:30(7)	2:47:27 +11:50 53:07(5)
9	Egil Antonsen Follo sk	57:18(8)	1:54:41(9) 57:23(8)	2:47:41 +12:04 53:00(4)
10	Christer Matsson CK Farr	00:00	1:57:02(11) 1:57:02(45)	2:50:56 +15:19 53:54(7)
11	Torbjørn Lyseggen Trysil SK	57:20(9)	1:56:27(10) 59:07(10)	2:51:22 +15:45 54:55(11)
12	Franco Endre Grosso Stovnerkamaratene	57:25(10)	2:51:40(43) 1:54:15(44)	00:00
13	Rune Ottestad Ottestad IL	58:02(14)	1:58:50(14) 1:00:48(12)	2:55:03 +19:26 56:13(13)
14	Morten Bjørge SK Rye	58:11(15)	1:58:45(12) 1:00:34(11)	2:55:03 +19:26 56:18(14)
15	Håvard Bakken Rønnevig Real Kikut	58:00(13)	1:58:48(13) 1:00:48(12)	2:56:39 +21:02 57:51(15)
16	Frank Thommesen SK Rye	58:43(16)	2:03:07(16) 1:04:24(19)	2:59:08 +23:31 56:01(12)
17	Svein Fjeld FROSTVN IL	59:22(18)	2:00:48(15) 1:01:26(14)	3:00:43 +25:06 59:55(21)
18	Jonny Slåttvik Team Contar Olympiaparken	1:02:09(22)	2:05:43(19) 1:03:34(15)	3:04:27 +28:50 58:44(18)
19	Knut Holen x	1:02:20(25)	2:06:30(20) 1:04:10(17)	3:04:27 +28:50 57:57(17)
20	Andreas Høgevold x	1:02:16(24)	2:06:39(22) 1:04:23(18)	3:04:30 +28:53 57:51(15)
21	Per Christian Liberg Ottestad SK	58:48(17)	2:05:16(18) 1:06:28(24)	3:05:07 +29:30 59:51(19)
22	Håkon Myrvang Trysil SK	57:26(11)	2:03:08(17) 1:05:42(22)	3:05:21 +29:44 1:02:13(23)
23	Frode Netskar CKNittedal	1:01:23(20)	2:06:35(21) 1:05:12(20)	3:06:26 +30:49 59:51(19)
24	Erlend Værdal Drøbak Sykkellubb	1:02:13(23)	2:07:25(23) 1:05:12(20)	3:08:04 +32:27 1:00:39(22)
25	Thomas Berglund x	59:48(19)	2:08:31(25) 1:08:43(27)	3:12:20 +36:43 1:03:49(27)
26	Frode Eriksen x	1:04:08(28)	2:10:22(26) 1:06:14(23)	3:13:29 +37:52 1:03:07(26)
27	Per Chr. Kjellgren DE Service	1:02:03(21)	2:12:02(28) 1:09:59(29)	3:17:33 +41:56 1:05:31(30)

28	Knut-Erik Tovslid x	1:06:54(33)	2:15:32(29) 1:08:38(26)	3:18:31 +42:54 1:02:59(25)
29	Kåre Norstad Trysil SK	1:02:49(26)	2:11:18(27) 1:08:29(25)	3:18:43 +43:06 1:07:25(32)
30	Per Arne Pettersen Moss CK	1:07:35(34)	2:16:23(30) 1:08:48(28)	3:19:10 +43:33 1:02:47(24)
31	Gard Hansen Elverum sykleklubb	1:03:37(27)	2:07:43(24) 1:04:06(16)	3:19:56 +44:19 1:12:13(36)
32	Lars Roger Kokkim Maarud AS	1:06:02(31)	2:17:27(31) 1:11:25(30)	3:24:26 +48:49 1:06:59(31)
33	Bjørnar Engh Søre Osen IL	1:05:35(30)	2:17:39(32) 1:12:04(31)	3:27:36 +51:59 1:09:57(35)
34	Roy Bakken Trysil SK	1:05:27(29)	3:28:18(46) 2:22:51(47)	00:00
35	Henning Bråtebæk Oslo Lufthavn BIL	1:06:07(32)	2:20:53(33) 1:14:46(32)	3:29:10 +53:33 1:08:17(34)
36	Thomas Røberg DE Service	1:13:11(37)	2:28:11(34) 1:15:00(33)	3:32:59 +57:22 1:04:48(28)
37	Fredrik Kristiansen DE Service	1:13:10(36)	2:28:12(35) 1:15:02(34)	3:33:06 +57:29 1:04:54(29)
38	Stian Hagen x	1:12:17(35)	2:28:12(35) 1:15:55(36)	3:36:15 +1:00:38 1:08:03(33)
39	Jan Roger Broen Rescon Mapei	1:13:19(38)	2:32:34(38) 1:19:15(37)	3:47:09 +1:11:32 1:14:35(37)
40	John Vidar Erlandsen Hvabehager	1:16:55(41)	2:32:04(37) 1:15:09(35)	3:51:11 +1:15:34 1:19:07(41)
41	Håkon Warø Idrettslaget Krigsskolen	1:14:21(39)	2:40:16(39) 1:25:55(38)	3:55:11 +1:19:34 1:14:55(38)
42	Jørn Ekaas DE Service	1:14:35(40)	2:41:20(40) 1:26:45(39)	3:58:12 +1:22:35 1:16:52(40)
43	Willy Eide x	1:17:50(43)	2:48:06(42) 1:30:16(41)	4:03:50 +1:28:13 1:15:44(39)
44	Roy Arve Eriksen NOTEAM	1:18:35(44)	2:46:19(41) 1:27:44(40)	4:06:57 +1:31:20 1:20:38(42)
45	Gisle Borgen x	1:17:14(42)	2:52:03(44) 1:34:49(42)	4:15:22 +1:39:45 1:23:19(43)
46	Øyvind Karlsmoen x	1:33:33(45)	3:19:31(45) 1:45:58(43)	4:59:13 +2:23:36 1:39:42(44)
47	Martin Lutnæs Trysil SK	1:56:13(46)	3:59:23(47) 2:03:10(46)	5:41:43 +3:06:06 1:42:20(45)

Menn 45-49 år

Nr	Navn	20KM	50KM	Mål
1	Trond Ristvedt ULLEVÅL SK	52:47(1)	1:45:08(1) 52:21(1)	2:34:29 +00:00 49:21(1)
2	Stein Halvorsen JH-Sykkkel	55:00(3)	1:51:40(2) 56:40(2)	2:44:58 +10:29 53:18(2)
3	Stig Ervik Oppdal SK	52:52(2)	1:51:55(3) 59:03(3)	2:47:04 +12:35 55:09(3)
4	Jan Rune Gilde Trysil SK	55:09(5)	1:55:20(4) 1:00:11(4)	2:51:37 +17:08 56:17(4)
5	Lars Erik Sønsterud Glåmdal SK	55:06(4)	1:56:27(5) 1:01:21(5)	2:58:11 +23:42 1:01:44(9)
6	Morten Halvorsen Nycomed Pharma BIL	59:46(6)	2:03:09(6) 1:03:23(7)	3:00:06 +25:37 56:57(5)
7	Roy Olsen Sarpsborg Sykleklubb	1:02:14(9)	2:05:19(7) 1:03:05(6)	3:02:44 +28:15 57:25(6)
8	Nicholas Bennett Weatherford BIL	1:02:14(9)	2:06:37(9) 1:04:23(8)	3:04:17 +29:48 57:40(7)
9	Karl Egil Stubsjøen IF Frøy	1:00:49(7)	2:07:31(10) 1:06:42(12)	3:08:08 +33:39 1:00:37(8)
10	Rolf Einar Sanderud	1:02:47(11)	2:09:11(11)	3:11:06 +36:37

	Rescon Mapei		1:06:24(11)	1:01:55(10)
11	Tore Hanssen Romeriksåsen	1:01:28(8)	2:06:14(8) 1:04:46(9)	3:14:24 +39:55 1:08:10(14)
12	Mats Johansson Rörbäcksnäs mtb	1:04:54(14)	2:10:37(12) 1:05:43(10)	3:15:30 +41:01 1:04:53(13)
13	Trond Hagerud Rescon Mapei	1:04:02(12)	2:15:35(13) 1:11:33(13)	3:19:59 +45:30 1:04:24(12)
14	Bjørn Arne Berntsen IF Frøy Sykkel	1:04:26(13)	2:16:20(14) 1:11:54(14)	3:27:01 +52:32 1:10:41(17)
15	Lars Wold x	1:10:25(18)	2:24:02(16) 1:13:37(15)	3:27:48 +53:19 1:03:46(11)
16	Per Even Kristiansen Privat	1:11:03(19)	3:33:03(24) 2:22:00(24)	00:00N/A N/A
17	Roger Delsom x	1:07:38(16)	2:24:54(18) 1:17:16(20)	3:33:42 +59:13 1:08:48(16)
18	Andreas Karlsen Ring IL	1:11:06(20)	2:27:44(19) 1:16:38(18)	3:36:23 +1:01:54 1:08:39(15)
19	Trond Ivar Tømmervold Hamar orienteringsklubb	1:10:23(17)	2:24:08(17) 1:13:45(16)	3:40:36 +1:06:07 1:16:28(20)
20	Hans Petter Berg Team Acusto/Glava	1:16:26(21)	2:32:45(20) 1:16:19(17)	3:45:47 +1:11:18 1:13:02(18)
21	Anders Rennermalm Höghöjdsbanan i Kläppen	1:04:56(15)	2:21:46(15) 1:16:50(19)	3:46:01 +1:11:32 1:24:15(21)
22	Avtar S. Jasser CatalystOne Solutions	1:28:38(24)	2:54:19(22) 1:25:41(21)	4:10:40 +1:36:11 1:16:21(19)
23	Trond Eriksen Drammen CK	1:21:55(23)	2:58:31(23) 1:36:36(23)	4:25:29 +1:51:00 1:26:58(22)
24	Trond Tollefsrud Vinstra IL	1:21:26(22)	2:52:40(21) 1:31:14(22)	4:26:21 +1:51:52 1:33:41(23)

Menn 50-54 år

Nr	Navn	20KM	50KM	Mål
1	Håkon Svarliaunet Sportsbua AS/SavalenSK	52:48(1)	1:46:36(1) 53:48(1)	2:41:08 +00:00 54:32(2)
2	Ole Kristian Silseth x	55:02(2)	1:50:36(2) 55:34(2)	2:42:38 +01:30 52:02(1)
3	Per Kristian Rønning Posten	57:53(4)	1:56:58(3) 59:05(3)	2:52:02 +10:54 55:04(3)
4	Jan Erik Bakken J/H sykkel	59:22(5)	2:00:48(5) 1:01:26(5)	2:57:44 +16:36 56:56(4)
5	Kai Østvold Lillehammer CK	57:27(3)	1:58:50(4) 1:01:23(4)	2:58:42 +17:34 59:52(7)
6	Rolf Lishaugen Rescon Mapei	59:24(6)	2:02:00(6) 1:02:36(6)	2:59:20 +18:12 57:20(5)
7	Lars Einar Nordeng Skanska BIL	1:01:07(7)	2:05:22(7) 1:04:15(7)	3:03:31 +22:23 58:09(6)
8	Dag Audun Fiskvik UNOFLOW AS	1:04:06(10)	2:10:59(9) 1:06:53(10)	3:12:50 +31:42 1:01:51(8)
9	Egil Rundberget Nydalens Skiklub	1:01:22(8)	2:07:52(8) 1:06:30(8)	3:14:05 +32:57 1:06:13(10)
10	John M. Rastad Bingsfoss sk/BBS-Klubben	1:05:08(12)	2:11:40(10) 1:06:32(9)	3:16:20 +35:12 1:04:40(9)
11	Kent Ulf Andersson Oslogipsforum	1:03:59(9)	2:17:23(11) 1:13:24(12)	3:27:37 +46:29 1:10:14(13)
12	Per Mellegård Skövde Ck	1:09:07(13)	2:18:42(12) 1:09:35(11)	3:29:10 +48:02 1:10:28(14)
13	Jan Sævig Sparebanken Hedmark	1:04:53(11)	2:19:36(13) 1:14:43(13)	3:33:16 +52:08 1:13:40(18)
14	Jon Kjetil Skottene Raufoss & Gjøvik SK	1:11:36(18)	2:28:14(16) 1:16:38(16)	3:35:51 +54:43 1:07:37(11)
15	Brede Bergsvendsen	1:10:27(15)	2:28:15(17)	3:36:14 +55:06

	NSB		1:17:48(18)	1:07:59(12)
16	Tom Kristiansen Glåmdal SK	1:10:28(16)	2:25:43(14) 1:15:15(14)	3:38:08 +57:00 1:12:25(17)
17	Erik Blixt Trysil SK	1:10:55(17)	2:28:01(15) 1:17:06(17)	3:39:12 +58:04 1:11:11(15)
18	Arild Berget x	1:12:27(19)	2:28:36(18) 1:16:09(15)	3:44:27 +1:03:19 1:15:51(20)
19	Thomas Johansson Skövde cykelklubb	1:09:53(14)	2:28:43(19) 1:18:50(19)	3:46:02 +1:04:54 1:17:19(21)
20	Morten Magnus x	1:13:36(20)	2:35:51(20) 1:22:15(20)	3:47:29 +1:06:21 1:11:38(16)
21	Halvard Alvik x	1:19:41(22)	2:43:11(21) 1:23:30(21)	3:57:15 +1:16:07 1:14:04(19)
22	Frank Robert Lund Privat	1:19:28(21)	2:57:30(22) 1:38:02(22)	4:25:23 +1:44:15 1:27:53(23)
23	Olav Pettershagen Grøndalen I.L.	1:22:54(23)	3:01:11(23) 1:38:17(23)	4:28:01 +1:46:53 1:26:50(22)
24	Per Arne Storsnes Trysil SK	1:56:10(24)	3:59:23(24) 2:03:13(24)	5:41:44 +3:00:36 1:42:21(24)

Menn 55-59 år

Nr	Navn	20KM	50KM	Mål
1	Erik O. Gjeltén Savalen	57:56(1)	1:57:02(1) 59:06(1)	2:51:07 +00:00 54:05(1)
2	Ronny Ringstad Fjellfoten Sykkelklubb	59:41(3)	2:04:19(3) 1:04:38(3)	3:03:09 +12:02 58:50(3)
3	Olav Martin Linge Johnsen Team Friskus	59:44(4)	2:05:13(4) 1:05:29(4)	3:03:41 +12:34 58:28(2)
4	Øyvind Melvold Solør sykleklubb	59:26(2)	2:03:40(2) 1:04:14(2)	3:05:26 +14:19 1:01:46(4)
5	Kai Solbakkne Rena Sykkel	59:44(4)	3:18:25(12) 2:18:41(13)	00:00
6	Per Brevik Sarpsborg SK	1:11:01(6)	2:24:38(5) 1:13:37(5)	3:29:51 +38:44 1:05:13(5)
7	Jan Olsson øje	1:11:39(7)	2:26:32(6) 1:14:53(6)	3:32:13 +41:06 1:05:41(6)
8	Bjørn Holthe HRG Full Rulle	1:12:22(8)	2:31:43(7) 1:19:21(7)	3:40:48 +49:41 1:09:05(7)
9	Erland Søgård Fjellfoten Sykkelklubb	1:21:06(11)	2:41:14(8) 1:20:08(8)	3:53:46 +1:02:39 1:12:32(8)
10	Peter Heimtun x	1:21:48(12)	2:48:42(10) 1:26:54(9)	4:05:29 +1:14:22 1:16:47(9)
11	Oddmund Ulvesveen Team Contar Olympiaparken	1:17:31(9)	2:48:02(9) 1:30:31(10)	4:11:04 +1:19:57 1:23:02(11)
12	Ivar Vollset Rælingen veterinærkontor	1:19:43(10)	3:05:06(11) 1:45:23(11)	4:27:57 +1:36:50 1:22:51(10)
13	Johan Sætre Trysil SK	1:56:15(13)	3:59:26(13) 2:03:11(12)	5:41:44 +2:50:37 1:42:18(12)

Menn 60-64 år

Nr	Navn	20KM	50KM	Mål
1	Willie Juul Pedersen Kloppa Offroad Klubb	54:51(1)	1:51:29(1) 56:38(1)	2:42:56 +00:00 51:27(1)
2	Bjørn Mathisen Sarpsborg Sykkelklubb	1:02:12(2)	2:06:28(2) 1:04:16(2)	3:03:21 +20:25 56:53(2)
3	Knut Bryhni STANGE SPORTSKLUBB	1:12:43(3)	3:46:16(4) 2:33:33(4)	00:00

4	Jon Otto Lien Follo sk	1:14:06(4)	2:33:15(3) 1:19:09(3)	3:47:01 +1:04:05 1:13:46(3)
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Menn 65-69 år

Nr	Navn	20KM	50KM	Mål
1	Johan Høgseth Eidsvoll ESK	54:59(1)	1:51:32(1) 56:33(1)	2:44:52 +00:00 53:20(1)
2	Jens Ivar Aasen Trysil SK	1:09:28(2)	3:27:34(2) 2:18:06(2)	00:00

Menn 70 år +

Nr	Navn	20KM	50KM	Mål
1	Kurt Stille Gammel dansk 1934	1:03:51(1)	2:13:55(1) 1:10:04(1)	3:18:08 +00:00 1:04:13(1)