

name	ename	klasse	Lag	1.Runde	2.runde	3.Runde	4.runde
Rune	Fenne	Menn 23-34	privat	15:33	15:57	16:16	16:23
Lasse	Blom	Menn 23-34	Modum FIK	16:50	16:56	17:14	17:10
Knut Eraker	Hole	Menn 40-44	Hadeland Fik	16:50	16:57	17:15	17:11
Sverre Gunnar	Brunstad	Menn 45-49	Lørenskog FIL	18:25	18:42	19:06	19:01
Anders Gunnar	Johansen	Menn 45-49	DFi Friidrett	18:47	19:05	19:42	20:02
Marcus Mauricio	Knudsen	Menn 23-34	Bøler IF friidrett	18:57	19:37	19:36	20:17
Joakim	Aardal	Menn 23-34	Raumar Orientering	19:52	19:54	19:50	19:30
Marius	Trøseid	Menn 40-44	Asker Skiklubb	19:20	19:52	20:14	20:27
Jon	Ilseeng	Menn 40-44	Trasopgrenda IL	20:19	20:36	19:38	19:05
Vegard	Brox	Menn 35-39	IL Tyrving	19:57	19:54	19:57	20:12
Sverre	Løken	Menn 50-54	Fossum IF	19:22	19:45	20:15	20:48
Espen	Ringom	Menn 35-39	SK Vidar	19:21	20:02	20:54	20:43
Mari J.	Brox	Kvinner 23-34	OSI	20:11	20:21	20:23	19:47
Ronny	Hansen	Menn 35-39	Svene il	19:58	20:25	20:30	20:13
Trond-Egel	Johansen	Menn 40-44	Lørenskog FIL	20:04	20:25	20:30	20:36
Are	Aarebrot	Menn 50-54	Skedsmo videregående skole	20:01	20:20	20:42	20:58
Rainer	Nerlich	Menn 23-34	OSI Friidrett	20:15	20:22	20:28	20:55
Thomas	Gundersen	Menn 23-34	Atlet Sport	20:21	20:33	20:38	20:48
Eirik Smidt	Sagstuen	Menn 23-34	privat	20:14	20:21	20:29	21:23
Jørgen	Saxegaard	Menn 45-49	IFK	20:27	20:35	20:41	21:06
Peter	Halvorsen Bogo	Menn 23-34	NOTEAM	19:24	20:50	21:12	22:07
Christian	Lindstad	Menn 40-44	Motek	20:31	20:46	21:04	20:56
marit	haslie	Kvinner 18-19	drøbak frogn	20:02	20:39	21:16	21:40
Even	Krogsveen	Menn 23-34	Accedo BIL/Team NPRO2	20:55	20:45	21:06	21:15
Mette Bakken	Skannerud	Kvinner 40-44	SK Vidar	20:25	20:48	21:17	21:57
Andy Vanie	Vance	Menn 23-34	NOTEAM	19:32	20:55	21:38	22:56
Richard	Brande	Menn 40-44	NOTEAM	20:09	20:47	21:49	22:21
Harald	Carlsen	Menn 40-44	Høyenhall	20:25	21:12	21:27	21:56
Signe Marie	Stavnes	Kvinner 23-34	NOTEAM	19:58	21:18	22:16	22:48
Neil	Dryland	Menn 40-44	NOTEAM	21:07	21:25	21:54	22:10
Christophe	Tanguy	Menn 55-59	Rainpower	20:48	21:33	22:31	22:38
Kjell Ingebret	Nilsen	Menn 35-39	Lørenskog CK	21:07	21:42	22:07	22:39

Frode	Georgsen	Menn 45-49	FBI-Norsk Regnesentral	21:13	21:41	22:17	22:34
Jaan Ivar	Semlitsch	Menn 40-44	Scilla	21:46	21:58	22:06	22:13
Dorte	Foss	Kvinner 45-49	Raufoss IL	21:09	22:07	22:25	22:49
Michael	Floater	Menn 45-49	OSI	22:08	22:39	22:22	21:42
Morten Henrik	Svendsen	Menn 40-44	HSIL Triathlon	22:07	22:23	22:13	22:55
Camilla Marie	Mangelrøp	Kvinner 35-39	Milslukern Sport	21:54	22:29	22:51	22:47
Simen Torberg	Larsen	Menn 23-34	NOTEAM	22:42	22:23	22:45	22:54
Artur	Matuszewski	Menn 35-39	NOTEAM	23:31	23:24	22:36	22:03
Frode	Lillerovde	Menn 40-44	Ullensaker CK	23:15	23:00	22:50	22:51
Torbjørn	Saga	Menn 40-44	Team Daniel	22:56	22:21	23:03	23:30
Halvard	Breistein	Menn 23-34	NOTEAM	22:55	22:48	23:03	23:05
Eric	Guneriusen	Menn 23-34	NOTEAM	22:56	22:58	23:00	23:17
Siri	Vilberg	Kvinner 23-34	NOTEAM	22:52	23:07	23:10	23:22
Lennart	Wolfgramm	Menn 45-49	NOTEAM	22:05	22:07	22:49	01:42
Morten	Buer	Menn 40-44	Lørenskog FIL	22:19	23:31	00:02	23:31
Kristin	Moen	Kvinner 45-49	Lørenskog FIL	22:51	23:21	23:50	23:19
Ingvill Merete	Stedøy-Johansen	Kvinner 55-59	IF Frøy	22:46	23:06	23:41	23:53