

Fredrikstadmarka Rundt

13.10.2013

Komplett Resultatliste

20km

Kvinner

| Plass | StNr | Navn | Klasse | Klubb | Tid | Tid Bak |
|-------|------|------------------------------|--------|-------------------------------|----------|----------|
| 1 | 747 | Marianne R. Kahrs | 30-39 | FREDRIKSTAD SKIKLUBB | 01:26:32 | 00:00:00 |
| 2 | 700 | Eldbjørg Moxnes | 17-29 | OSI FRIIDRETT | 01:27:52 | 00:01:21 |
| 3 | 630 | Thea Mathisen | 17-29 | FREDRIKSTAD IF | 01:31:51 | 00:05:19 |
| 4 | 680 | Janne Kjellberg Johansen | 40-44 | FREDRIKSTAD IF | 01:33:58 | 00:07:27 |
| 5 | 559 | Ingvild Aurebekk | 30-39 | FREDRIKSTAD SKIKLUBB | 01:38:27 | 00:11:56 |
| 6 | 531 | Marte Amundsen | 17-29 | | 01:41:39 | 00:15:08 |
| 7 | 778 | Gunn-Tove Riis | 50-54 | FIF | 01:43:13 | 00:16:42 |
| 8 | 591 | Nina Heggelund | 30-39 | BÆRUMS VERK IF | 01:43:32 | 00:17:00 |
| 9 | 618 | Hege Gathen | 45-49 | FREDRIKSTAD IF | 01:43:49 | 00:17:18 |
| 10 | 623 | Rubi Størset | 30-39 | | 01:44:11 | 00:17:40 |
| 11 | 560 | Micheline Kavli | 40-44 | BLODSMAK SK | 01:47:07 | 00:20:36 |
| 12 | 736 | Kristine Hansen | 17-29 | PRIVAT | 01:47:23 | 00:20:51 |
| 13 | 708 | Eva Lindskog | 40-44 | FIF | 01:47:39 | 00:21:08 |
| 14 | 741 | Tanja Sundt | 30-39 | KIWI HEISTAD | 01:47:55 | 00:21:24 |
| 15 | 557 | Kirsti Eriksen | 45-49 | FREDRIKSTAD IF | 01:48:27 | 00:21:55 |
| 16 | 576 | Tonje Holter | 30-39 | INGEN | 01:51:17 | 00:24:45 |
| 17 | 523 | Trine Lise Gressløs | 30-39 | | 01:51:24 | 00:24:53 |
| 18 | 586 | Adelheid Mortensen Huuse | 30-39 | FUTT'N FART RUNNING TEAM | 01:51:24 | 00:24:53 |
| 19 | 753 | Ann Mari Fjæraa | 30-39 | NILU BIL | 01:51:31 | 00:24:59 |
| 20 | 528 | Nina Merete Stene Wilhelmse | 40-44 | | 01:51:39 | 00:25:07 |
| 21 | 698 | Gro Midtbø | 30-39 | | 01:51:41 | 00:25:09 |
| 22 | 735 | Charlotte Saxegård | 17-29 | PRIVAT | 01:52:15 | 00:25:43 |
| 23 | 694 | Line Tresselt | 30-39 | FORSVARSDPARTEMENTET | 01:52:54 | 00:26:23 |
| 24 | 743 | Hedda Glomsrød | 30-39 | FIF | 01:53:46 | 00:27:15 |
| 25 | 772 | Hanne Gro Korsvold | 30-39 | OSLOFJORD TRI | 01:55:56 | 00:29:24 |
| 26 | 712 | Nina Borgaas | 40-44 | | 01:57:14 | 00:30:42 |
| 27 | 637 | Nina Berger Nossen | 30-39 | JACKON | 01:58:50 | 00:32:19 |
| 28 | 542 | Berit Hugoson | 50-54 | | 01:59:36 | 00:33:04 |
| 29 | 607 | Turid Johansen | 50-54 | FREDRIKSTAD SKIKLUBB | 02:00:25 | 00:33:54 |
| 30 | 749 | Tina Skoglund | 50-54 | FIF | 02:00:34 | 00:34:02 |
| 31 | 613 | Hilde Jørgensen | 40-44 | FREDRIKSTAD IF | 02:00:43 | 00:34:12 |
| 32 | 571 | Astrid Nome | 30-39 | LØPESKJØRT.NO | 02:02:11 | 00:35:40 |
| 33 | 664 | Anne Glesaaen Kraggerud | 50-54 | SPYDEBERG IL | 02:05:03 | 00:38:31 |
| 34 | 562 | Kari-Marie Gjesdal | 50-54 | | 02:05:42 | 00:39:11 |
| 35 | 652 | Anne Marie Andersen | 40-44 | FREDRIKSTAD IF | 02:06:00 | 00:39:29 |
| 36 | 573 | Sidsel Kvitvik | 30-39 | | 02:06:10 | 00:39:39 |
| 37 | 649 | Siv Elisabeth Nygaard | 40-44 | | 02:09:24 | 00:42:53 |
| 38 | 627 | Hilde Gøthesen | 40-44 | | 02:10:20 | 00:43:49 |
| 39 | 624 | Janne Syversen | 40-44 | FREDRIKSTAD TRIATLONKLUBB | 02:10:28 | 00:43:57 |
| 40 | 525 | Anne-Lene Frølandshagen | 50-54 | FREDRIKSTAD IF | 02:10:57 | 00:44:26 |
| 41 | 742 | Anne Therese Ruud | 40-44 | PRIVAT | 02:10:57 | 00:44:26 |
| 42 | 635 | Johanne Kvernstuen Kristians | 17-29 | STOREMYR IL | 02:16:03 | 00:49:32 |
| 43 | 731 | Solfrid Våset | 45-49 | FRISKIS & SVETTIS FREDRIKSTAD | 02:17:26 | 00:50:55 |
| 44 | 655 | Kari Anne B. Jørgensen | 30-39 | FTK | 02:21:27 | 00:54:56 |
| 45 | 746 | Anne-Kari Olsen Saxegård | 50-54 | FIF | 02:25:22 | 00:58:51 |
| 46 | 537 | Monica Engkvist | 55-59 | TEAM MOTO | 02:46:31 | 01:20:00 |
| 47 | 719 | Marit Andersson | 55-59 | FIF | 03:12:16 | 01:45:45 |
| 48 | 718 | Laila Herlofsen | 60-64 | FIF | 03:12:17 | 01:45:45 |
| 49 | 722 | Grete Kristinsen | 60-64 | FIF | 03:12:17 | 01:45:45 |

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20km

Kvinner

| Plass | StNr | Navn | Klasse | Klubb | Tid | Tid Bak |
|-------|------|------|--------|-------|-----|---------|
|-------|------|------|--------|-------|-----|---------|

Antall: 49

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20km

Menn

| Plass | StNr | Navn | Klasse | Klubb | Tid | Tid Bak |
|-------|------|-------------------------|--------|------------------------------|----------|----------|
| 1 | 744 | Andreas Myhre Sjurseth | 17-29 | MODUM FIK | 01:09:57 | 00:00:00 |
| 2 | 647 | Mattias Karlsson | 17-29 | SLEVIK IL | 01:10:45 | 00:00:49 |
| 3 | 737 | August Flø | 17-29 | FIF | 01:12:56 | 00:03:00 |
| 4 | 646 | Mats Haldin | 30-39 | SLEVIK IL | 01:13:52 | 00:03:55 |
| 5 | 677 | Bent Olav Aamodt | 40-44 | FREDRIKSTAD SKIKLUBB | 01:15:54 | 00:05:57 |
| 6 | 625 | Even Klund | 40-44 | FREDRIKSTAD SYKKELKLUBB | 01:16:10 | 00:06:13 |
| 7 | 662 | Pål Asbjørn Kullerud | 30-39 | VARTEIG IL | 01:17:21 | 00:07:25 |
| 8 | 549 | Lars Aurebekk | 30-39 | MYRATOPPEN IL | 01:18:32 | 00:08:36 |
| 9 | 669 | Jon Pedersen | 30-39 | HALDEN SKIKLUBB | 01:20:19 | 00:10:22 |
| 10 | 543 | Finn Markus Johansen | 30-39 | FREDRIKSTAD IF | 01:20:29 | 00:10:32 |
| 11 | 626 | Mats Pettersen | 40-44 | STABBURET BIL | 01:20:38 | 00:10:42 |
| 12 | 768 | Frank Eriksen | 30-39 | PRIVAT | 01:21:55 | 00:11:58 |
| 13 | 670 | Magne Janitz | 40-44 | | 01:22:32 | 00:12:36 |
| 14 | 695 | Ozzy Gurung | 30-39 | | 01:22:58 | 00:13:01 |
| 15 | 620 | Steve Enger | 45-49 | | 01:23:21 | 00:13:24 |
| 16 | 598 | Sondre Skaug | 17-29 | FREDRIKSTAD IF | 01:23:44 | 00:13:48 |
| 17 | 660 | Bjørn-Tore Martinussen | 30-39 | FREDRIKSTAD TRIATLONKLUBB | 01:24:10 | 00:14:14 |
| 18 | 702 | Jo Inge Fjellstad | 40-44 | ÅS IL | 01:24:25 | 00:14:29 |
| 19 | 588 | Morten E Lund | 50-54 | HAMAR SKIKLUBB | 01:24:28 | 00:14:32 |
| 20 | 602 | Kim Olsen | 30-39 | | 01:24:57 | 00:15:00 |
| 21 | 689 | Anders Gaustad | 30-39 | COWI BIL | 01:25:05 | 00:15:09 |
| 22 | 564 | Geir Aa. Willadsen | 30-39 | SARPSBORG POLITIIDRETTSLAG | 01:25:18 | 00:15:21 |
| 23 | 704 | Ole Rosengren | 40-44 | | 01:25:19 | 00:15:22 |
| 24 | 584 | Lasse Simonsen | 17-29 | FSK | 01:25:27 | 00:15:31 |
| 25 | 765 | Tor Christian Pinås | 40-44 | TT SERVICE | 01:25:39 | 00:15:43 |
| 26 | 727 | Vilhelm Lae | 40-44 | WANG TOPPIDRETT | 01:26:17 | 00:16:20 |
| 27 | 684 | Bjarte Ellingsen | 50-54 | NORSK LUFTAMBULANSE BIL | 01:26:54 | 00:16:57 |
| 28 | 675 | Lars Krogsrud | 40-44 | GRESVIK IF | 01:27:12 | 00:17:15 |
| 29 | 682 | Henrik Brovold | 17-29 | GAMLE FREDRIKSTAD GOLFKLUBB | 01:27:20 | 00:17:23 |
| 30 | 716 | Martin Sture | 40-44 | | 01:27:24 | 00:17:27 |
| 31 | 773 | Ola Skeid | 30-39 | OPPSAL IF | 01:27:30 | 00:17:33 |
| 32 | 616 | Peter Banfi | 17-29 | FREDRIKSSTAD ROKLUB | 01:27:43 | 00:17:47 |
| 33 | 729 | Daniel Oliverson | 17-29 | TRØSKEN JUNIORFORENING | 01:28:04 | 00:18:08 |
| 34 | 548 | Øyvind Pedersen | 40-44 | WANG TOPPIDRETT OSLO | 01:28:14 | 00:18:17 |
| 35 | 610 | Roger Syversen | 40-44 | GRESVIK IF | 01:28:43 | 00:18:46 |
| 36 | 780 | Ivar Hovland | 50-54 | ONSØY | 01:28:50 | 00:18:54 |
| 37 | 585 | Reidar Joki | 30-39 | | 01:29:06 | 00:19:10 |
| 38 | 701 | Lars Pederstad | 40-44 | CK ØST | 01:29:19 | 00:19:23 |
| 39 | 622 | Terje Størset | 40-44 | ØSTMARKA | 01:29:32 | 00:19:36 |
| 40 | 565 | Alexander Rørberg | 17-29 | FREDRIKSTAD POLITIIDRETTSLAG | 01:29:37 | 00:19:41 |
| 41 | 580 | Knut V Andersen | 50-54 | FREDRIKSTAD IF | 01:29:48 | 00:19:51 |
| 42 | 671 | Martin Sondaj | 40-44 | TEAM SONDAJ | 01:30:00 | 00:20:04 |
| 43 | 648 | Ronny Feet | 30-39 | SKIFORENINGEN | 01:30:12 | 00:20:16 |
| 44 | 632 | Ole Christian Stubberud | 40-44 | | 01:30:14 | 00:20:18 |
| 45 | 720 | Richard Grigson | 40-44 | TUNE IL | 01:30:22 | 00:20:26 |
| 46 | 657 | Anders Lunde | 30-39 | TEAM SARPSBORG APOTEK | 01:30:24 | 00:20:28 |
| 47 | 633 | Knut Ansgar Brox | 55-59 | NORDREISA IL | 01:31:00 | 00:21:03 |
| 48 | 696 | Jon Ivar Tjernshaugen | 40-44 | | 01:31:04 | 00:21:07 |
| 49 | 706 | Terje Ørås | 45-49 | FREDRIKSTAD TRIATLONKLUBB | 01:31:19 | 00:21:23 |

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Menn

| Plass | StNr | Navn | Klasse | Klubb | Tid | Tid Bak |
|-------|------|------------------------------|--------|----------------------------|----------|----------|
| 50 | 733 | Vidar Lundblad | 50-54 | FREDRIKSTAD SKIKLUBB | 01:31:21 | 00:21:25 |
| 51 | 762 | Kai Berg | 40-44 | FIF | 01:31:24 | 00:21:28 |
| 52 | 725 | Egil Holme | 55-59 | FREDRIKSTAD IF | 01:31:38 | 00:21:42 |
| 53 | 687 | Petter Furset | 40-44 | FORSVARET BIL KOLSÅS | 01:31:42 | 00:21:45 |
| 54 | 679 | Frank Robert Bråthen | 40-44 | | 01:32:34 | 00:22:37 |
| 55 | 673 | Ole Christian Evensen | 40-44 | FREDRIKSTAD SKIKLUBB | 01:32:42 | 00:22:46 |
| 56 | 691 | Hans Ole Holte | 40-44 | | 01:32:48 | 00:22:52 |
| 57 | 705 | Per Øyvind Rosengren | 40-44 | NIKE | 01:33:08 | 00:23:11 |
| 58 | 629 | Ottar Moum Larssen | 45-49 | ULL-KISA | 01:33:32 | 00:23:35 |
| 59 | 516 | Hans Petter Lystad | 40-44 | | 01:33:33 | 00:23:36 |
| 60 | 644 | Patrick Eriksen | 30-39 | SKJEBERG CK | 01:33:58 | 00:24:01 |
| 61 | 730 | Dag Løkken Finess | 17-29 | FREDRIKSTAD IBK | 01:34:03 | 00:24:06 |
| 62 | 583 | Sven Simonsen | 50-54 | FREDRIKSTAD IF | 01:34:06 | 00:24:10 |
| 63 | 707 | Raymond Andre Westberg | 45-49 | PRIVAT | 01:34:09 | 00:24:13 |
| 64 | 550 | Helge Rosnes | 50-54 | | 01:34:13 | 00:24:17 |
| 65 | 600 | Sjur Tømte | 50-54 | FREDRIKSTAD IF | 01:34:28 | 00:24:32 |
| 66 | 683 | Lars Lieng Opdahl | 30-39 | HEMING | 01:34:30 | 00:24:33 |
| 67 | 645 | Stian Løkken | 30-39 | MOSSJONISTENE | 01:34:35 | 00:24:38 |
| 68 | 555 | Roy Harry Enoksen | 60-64 | PRIVAT | 01:34:38 | 00:24:42 |
| 69 | 709 | Magne Rosnes | 40-44 | COWI BIL | 01:35:09 | 00:25:12 |
| 70 | 536 | Henrik Heiestad | 30-39 | OPPEGÅRD KENYANS | 01:35:26 | 00:25:30 |
| 71 | 678 | Håvard Skjerven Amlie | 30-39 | BUNDEBYGG BIL | 01:35:39 | 00:25:43 |
| 72 | 656 | Heine Magnussen | 30-39 | TRØSKEN | 01:35:55 | 00:25:58 |
| 73 | 681 | Gunnar Samuelsen | 55-59 | NORKART BIL | 01:35:56 | 00:26:00 |
| 74 | 593 | Helge Petter Brenden | 45-49 | MOSS SKIKLUBB | 01:36:33 | 00:26:37 |
| 75 | 658 | Daniel Pedersen | 40-44 | BERTEL O.STEEN FREDRIKSTAD | 01:36:57 | 00:27:01 |
| 76 | 754 | Mathias Roed Hannsen | 17-29 | TÆSSELADDEN IL | 01:37:17 | 00:27:20 |
| 77 | 724 | Joachim Helgesen | 30-39 | MULTICONSULT BIL | 01:37:20 | 00:27:24 |
| 78 | 532 | Thomas Uwe Hansen | 30-39 | COWI BIL | 01:37:40 | 00:27:44 |
| 79 | 748 | Ketil Arntzen | 45-49 | CK ØST | 01:37:58 | 00:28:01 |
| 80 | 721 | Markus Johansen Westgaard | 17-29 | TRØSKEN | 01:38:06 | 00:28:09 |
| 81 | 631 | Roar Skinstad | 55-59 | VESTERØY | 01:38:07 | 00:28:10 |
| 82 | 653 | Magnus Oliversen | 17-29 | TRØSKEN IL | 01:38:15 | 00:28:19 |
| 83 | 734 | Vidar Hermansen | 45-49 | FREDRIKSTAD SKIKLUBB | 01:38:17 | 00:28:20 |
| 84 | 667 | Santo Angel Maican Lara | 45-49 | | 01:38:43 | 00:28:47 |
| 85 | 692 | Henrik Holte | 30-39 | EMBRIQ BIL | 01:38:44 | 00:28:47 |
| 86 | 530 | Helge Stølan | 45-49 | JACKON | 01:39:00 | 00:29:04 |
| 87 | 717 | Tom Sognlien | 50-54 | FIF | 01:39:08 | 00:29:12 |
| 88 | 599 | Håkon Hanssen Nestande | 17-29 | | 01:39:08 | 00:29:12 |
| 89 | 674 | Espen Nystad | 30-39 | | 01:39:52 | 00:29:55 |
| 90 | 601 | Helge Sandvik | 55-59 | FREDRIKSTAD IF | 01:39:56 | 00:30:00 |
| 91 | 619 | Henning Aasen | 40-44 | | 01:40:01 | 00:30:04 |
| 92 | 582 | Martin Angeltveit Baltzersen | 30-39 | KONDIS | 01:40:05 | 00:30:08 |
| 93 | 553 | Henrik Landeklint | 40-44 | | 01:40:12 | 00:30:15 |
| 94 | 711 | Ulf Roger Olsen | 45-49 | | 01:41:06 | 00:31:10 |
| 95 | 755 | Mads Kristoffersen | 17-29 | TÆSSELADDEN IL | 01:41:08 | 00:31:11 |
| 96 | 581 | Ole Kristian Tveten | 17-29 | TRØGSTAD I.L | 01:41:08 | 00:31:11 |
| 97 | 651 | Thomas E. Rasmussen | 40-44 | FREDRIKSTAD IF | 01:41:19 | 00:31:22 |
| 98 | 758 | Steinar Basberg | 50-54 | FIF | 01:41:31 | 00:31:34 |

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|-------|------|----------------------------|--------|-----------------------------|----------|----------|
| 99 | 764 | Lars Erik Hjorth | 40-44 | MOSS SVØMMEKLUBB | 01:41:36 | 00:31:40 |
| 100 | 763 | Kent Andersen | 40-44 | MOSS SVØMMEKLUBB | 01:41:38 | 00:31:41 |
| 101 | 568 | Martin Pejby | 40-44 | | 01:42:46 | 00:32:49 |
| 102 | 605 | Ole Christian Lier | 45-49 | FREDRIKSTAD IF | 01:43:05 | 00:33:09 |
| 103 | 524 | Terje Svensson | 50-54 | FREDRIKSTAD IF | 01:43:27 | 00:33:30 |
| 104 | 697 | Arnfinn Moe | 45-49 | FSK | 01:43:39 | 00:33:42 |
| 105 | 603 | Magne Svandal | 40-44 | FREDRIKSTAD SKIKLUBB | 01:43:41 | 00:33:44 |
| 106 | 699 | Ketil Gjølstad | 50-54 | GRESSVIK | 01:43:43 | 00:33:46 |
| 107 | 592 | Steve Collier | 55-59 | ATOMEN HALDEN BIL | 01:44:02 | 00:34:05 |
| 108 | 672 | Knut Magne Furuheim | 50-54 | FREDRIKSTAD SKIKLUBB | 01:44:16 | 00:34:19 |
| 109 | 563 | David Hagle | 17-29 | FREDRIKSTAD IF | 01:44:37 | 00:34:40 |
| 110 | 561 | Jarl Stensrud | 45-49 | KONDIS | 01:44:47 | 00:34:50 |
| 111 | 663 | Erik Lindbæk Kruse | 30-39 | | 01:45:25 | 00:35:28 |
| 112 | 738 | åge Kristian Bjørge | 45-49 | FIF | 01:45:37 | 00:35:40 |
| 113 | 745 | Magne Strand Olsen | 50-54 | FIF | 01:46:02 | 00:36:06 |
| 114 | 597 | Rino Skaug | 40-44 | FREDRIKSTAD IF | 01:46:06 | 00:36:09 |
| 115 | 587 | Kjell Reidar Mydske | 40-44 | FREDRIKSTAD SKIKLUBB | 01:46:12 | 00:36:16 |
| 116 | 554 | Anders Johan Krosby | 65-69 | | 01:46:36 | 00:36:40 |
| 117 | 685 | Geir Andre Skjæret | 40-44 | | 01:46:44 | 00:36:47 |
| 118 | 638 | Torger Bjørndal | 17-29 | STOREMYR IL | 01:46:45 | 00:36:49 |
| 119 | 527 | Petter Wilhelmsen | 40-44 | WANG TOPPIDRETT FREDRIKSTAD | 01:47:14 | 00:37:17 |
| 120 | 779 | Robin Brynildsen | 45-49 | FREDRIKSTAD TRIATLONKLUBB | 01:47:32 | 00:37:35 |
| 121 | 713 | Magnus Kvalsvik | 30-39 | | 01:47:44 | 00:37:48 |
| 122 | 686 | Jon Kolbeinsen | 40-44 | LYN | 01:47:47 | 00:37:50 |
| 123 | 770 | Geir Finstad | 40-44 | PRIVAT | 01:47:51 | 00:37:54 |
| 124 | 740 | Geir Strøm | 45-49 | SKAGERRAK SPORTSKLUBB | 01:47:55 | 00:37:59 |
| 125 | 590 | Helge Karlsen | 55-59 | POSTEN | 01:48:16 | 00:38:19 |
| 126 | 769 | Håkon Olsen | 50-54 | FIF | 01:48:17 | 00:38:20 |
| 127 | 594 | Erling Kielland | 65-69 | UDI-BIL | 01:48:18 | 00:38:21 |
| 128 | 552 | Jesper Hein | 40-44 | | 01:49:00 | 00:39:03 |
| 129 | 596 | Lars Erik Olsen | 45-49 | FREDRIKSTAD IF | 01:49:07 | 00:39:10 |
| 130 | 544 | Torgeir Krumsvik Kirkebøen | 17-29 | | 01:49:23 | 00:39:26 |
| 131 | 628 | Anders Løkke | 40-44 | CK ØST | 01:49:47 | 00:39:51 |
| 132 | 732 | Truls Lundblad | 17-29 | FREDRIKSTAD SKIKLUBB | 01:50:43 | 00:40:46 |
| 133 | 668 | Zabiullah Ahdi | 17-29 | KILDEN AFGHAN STARS | 01:50:47 | 00:40:51 |
| 134 | 774 | Magnus Akselsen | 30-39 | VEUM CK | 01:50:57 | 00:41:00 |
| 135 | 703 | Oddbjørn Pedersen | 55-59 | KIWANIS | 01:51:23 | 00:41:27 |
| 136 | 666 | Bernt Furø | 50-54 | | 01:51:39 | 00:41:42 |
| 137 | 612 | Kjetil Nilsen | 30-39 | | 01:51:40 | 00:41:43 |
| 138 | 766 | Brian Kristensen | 45-49 | PRIVAT | 01:51:52 | 00:41:55 |
| 139 | 759 | Tobby Simonsen | 30-39 | PROJECTIONDESIGN | 01:52:05 | 00:42:08 |
| 140 | 690 | Jan Erik Svendsby | 30-39 | CUTRIN NORGE | 01:52:31 | 00:42:34 |
| 141 | 574 | Sondre Weum Johansen | 30-39 | | 01:52:53 | 00:42:56 |
| 142 | 777 | Steinar Angelskår | 60-64 | FIF | 01:53:59 | 00:44:02 |
| 143 | 761 | Marius Hansen | 30-39 | PRIVAT | 01:54:30 | 00:44:33 |
| 144 | 739 | Lars Jørgen Olsen | 40-44 | PROJECTIONDESIGN | 01:55:15 | 00:45:18 |
| 145 | 614 | Jarle Skovly | 30-39 | | 01:55:29 | 00:45:32 |
| 146 | 665 | Anders Brynildsen | 30-39 | FREDRIKSTAD SKIKLUBB | 01:55:50 | 00:45:53 |
| 147 | 636 | Torfinn Nome | 30-39 | | 01:55:50 | 00:45:54 |

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|-------|------|----------------------------|--------|--------------------|----------|----------|
| 148 | 609 | Svein Roar Simensen | 40-44 | INGEN | 01:56:18 | 00:46:21 |
| 149 | 723 | Vidar Augustin | 45-49 | FIF | 01:56:20 | 00:46:23 |
| 150 | 688 | Ole Jacob Evensen | 30-39 | | 01:56:26 | 00:46:29 |
| 151 | 654 | Bjørnar Karlsen Kivedal | 30-39 | | 01:56:29 | 00:46:32 |
| 152 | 640 | Regis Aguilhaume | 30-39 | OSLOFJORD TRIATLON | 01:56:30 | 00:46:33 |
| 153 | 750 | Kjetil Haagensen | 40-44 | | 01:57:08 | 00:47:11 |
| 154 | 650 | Karsten Holt Simonsen | 17-29 | | 01:57:19 | 00:47:22 |
| 155 | 714 | Geir Kvalsvik | 60-64 | KVALSVIK BYGG AS | 01:57:27 | 00:47:31 |
| 156 | 715 | Lars Kvalsvik | 30-39 | KVALSVIK BYGG AS | 01:57:41 | 00:47:44 |
| 157 | 541 | Jan Frode Hanssen | 40-44 | RÅDE LØPEKLUBB | 01:57:52 | 00:47:55 |
| 158 | 775 | Raymond Løkkeberg | 30-39 | PRIVAT | 01:58:00 | 00:48:03 |
| 159 | 659 | Magnus Lindstrøm | 45-49 | | 01:58:07 | 00:48:10 |
| 160 | 767 | Kim Haugen | 30-39 | BLODSMAK SK | 01:58:29 | 00:48:33 |
| 161 | 578 | Bjørn Arild Martinsen | 30-39 | | 01:59:29 | 00:49:32 |
| 162 | 535 | Olav Loss Rian | 30-39 | MÅLET ER 1.45 | 02:00:05 | 00:50:08 |
| 163 | 606 | Tom Nilsen | 30-39 | MOSSJONISTENE | 02:00:07 | 00:50:10 |
| 164 | 519 | Jon Balchen | 50-54 | | 02:00:23 | 00:50:26 |
| 165 | 776 | Thomas Ruyter | 45-49 | CICIGNON IF | 02:00:43 | 00:50:46 |
| 166 | 756 | Øyvind Fjæraa | 65-69 | FIF TRIM | 02:00:50 | 00:50:53 |
| 167 | 558 | Jørgen Gurandsrud | 65-69 | FREDRIKSTAD IF | 02:01:45 | 00:51:48 |
| 168 | 757 | Vegard Ulrik Johansen | 40-44 | | 02:02:19 | 00:52:22 |
| 169 | 760 | Sverre Lefsaker | 30-39 | PROJECTIONDESIGN | 02:02:45 | 00:52:48 |
| 170 | 595 | Sverre Sanengen | 70-74 | FREDRIKSTAD IF | 02:04:05 | 00:54:08 |
| 171 | 726 | Stian Stoa Johannesen | 17-29 | PRIVAT | 02:05:02 | 00:55:05 |
| 172 | 642 | Amund Hermansen | 17-29 | | 02:05:23 | 00:55:26 |
| 173 | 577 | Svein Oskar Jansen | 60-64 | FREDRIKSTAD IF | 02:05:28 | 00:55:31 |
| 174 | 608 | Einar Skar | 55-59 | FREDRIKSTAD IF | 02:05:50 | 00:55:54 |
| 175 | 617 | Karl Johansen | 17-29 | | 02:07:00 | 00:57:03 |
| 176 | 589 | Magnus N Lund | 17-29 | | 02:08:04 | 00:58:07 |
| 177 | 575 | Jostein Ryan | 30-39 | FREDRIKSTAD IF | 02:08:10 | 00:58:13 |
| 178 | 751 | Inge Olstrøm | 45-49 | | 02:08:37 | 00:58:40 |
| 179 | 539 | Jon Steinar Kjøllesdal | 30-39 | | 02:08:45 | 00:58:48 |
| 180 | 547 | Erlend Kristensen | 17-29 | | 02:09:07 | 00:59:10 |
| 181 | 641 | Per Olav Borgås | 50-54 | | 02:09:27 | 00:59:30 |
| 182 | 615 | Ingar Martinsen | 45-49 | | 02:09:48 | 00:59:51 |
| 183 | 522 | Håvard Rochman F. Johansen | 45-49 | WANG TOPPIDRETT | 02:14:39 | 01:04:42 |
| 184 | 710 | Pål Espen Johannessen | 40-44 | FRONTLITE | 02:15:38 | 01:05:41 |
| 185 | 634 | Erik Jørstad | 30-39 | STOREMYR IL | 02:16:03 | 01:06:06 |
| 186 | 545 | Marius Hansen | 30-39 | TEAM BALDER | 02:21:12 | 01:11:16 |
| 187 | 752 | Bjørn Akselsen | 55-59 | NSB | 02:26:59 | 01:17:02 |
| 188 | 676 | Gregor Gucwa | 30-39 | | 02:31:34 | 01:21:38 |
| 189 | 538 | Tommy Lacandler | 60-64 | TEAM MOTO | 02:46:31 | 01:36:35 |
| 190 | 771 | Lars Try | 55-59 | TVEDESTRAND T&IF; | 02:58:15 | 01:48:18 |

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