

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
J 17-20 år 3x5 km							
1	Steinkjer Skiklubb lag 1 (81)			45:22			
	1 Hanne Bøgseth	15:45 2	00:08	15:45 2	00:08		
	2 Tina Bøgseth	14:54 2	00:08	30:39 2	00:03	0	
	3 Hild Riseth Fjone	14:43 1	00:00	45:22 1	00:00	1	
2	BSK/Børsa/Lundamo lag 1 (87)			45:34	00:12		
	1 Tine Aagaard	15:50 3	00:13	15:50 3	00:13		
	2 Tonje Uvsløkk Haugen	14:46 1	00:00	30:36 1	00:00	2	
	3 Anne Kjersti Kalvå	14:58 2	00:15	45:34 2	00:12	-1	
3	Inderøy IL lag 1 (82)			47:05	01:43		
	1 Julie Gausen	15:37 1	00:00	15:37 1	00:00		
	2 Tonje S. Gausen	15:02 3	00:16	30:39 2	00:03	-1	
	3 Anniken Jørgensen	16:26 6	01:43	47:05 3	01:43	-1	
4	Team Villsau lag 1 (85)			48:17	02:55		
	1 Berit Mogstad	16:13 4	00:36	16:13 4	00:36		
	2 Johanna Skånøy	16:05 4	01:19	32:18 4	01:42	0	
	3 Tonje Skjelstadås	15:59 4	01:16	48:17 4	02:55	0	
5	Byåsen IL lag 2 (86)			49:29	04:07		
	1 Julie Arnesen	16:37 5	01:00	16:37 5	01:00		
	2 Marit Skoglund	16:35 7	01:49	33:12 5	02:36	0	
	3 Heidi Langen	16:17 5	01:34	49:29 5	04:07	0	
6	Byåsen IL lag 1 (83)			49:40	04:18		
	1 Tina Fremo	18:17 7	02:40	18:17 7	02:40		
	2 Frida Stokken	16:20 6	01:34	34:37 7	04:01	0	
	3 Silje Dahl Benum	15:03 3	00:20	49:40 6	04:18	1	
7	Malvik/Selbu/Ranheim lag 1 (88)			52:06	06:44		
	1 Ragnhild Øye Langåker	18:15 6	02:38	18:15 6	02:38		
	2 Mali Galaaen Røsseth	16:16 5	01:30	34:31 6	03:55	0	
	3 Trude Nonstad Fornes	17:35 7	02:52	52:06 7	06:44	-1	
DNS	Leksdal/Leirådal lag 1 (84)						
	1 Hanna Elise Steinsli						
	2 Ingvild Aksnes						
	3 Margunn Aksnes						

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
D Senior 3x5 km							
1	Budal/Sokna lag 1 (73)			45:44		00:00	
	1 Heidi Hytthaug	15:44 2	00:06	15:44 2	00:06		
	2 Silje Kant Bjørnli	15:08 3	00:29	30:52 2	00:09 0		
	3 Heidi Kant Bjørnli	14:52 2	00:34	45:44 1	00:00 1		
2	Strindheim IL lag 1 (71)			46:31		00:47	
	1 Magnhild Roe	17:34 3	01:56	17:34 3	01:56		
	2 Ingrid Lorvik	14:39 1	00:00	32:13 3	01:30 0		
	3 Kjersti Bø	14:18 1	00:00	46:31 2	00:47 1		
3	Strindheim IL lag 2 (72)			46:33		00:49	
	1 Marit Ulsund	15:38 1	00:00	15:38 1	00:00		
	2 Christine Dahl	15:05 2	00:26	30:43 1	00:00 0		
	3 Ida Engan	15:50 3	01:32	46:33 3	00:49 -2		

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
G 13-14 år 3x3 km							
1	Klæbu IL lag 1 (165)			34:00		00:00	
	1 Kristoffer By Vollset	11:37 1	00:00	11:37 1	00:00		
	2 Øystein Ellefsen Sjøli	11:05 3	00:06	22:42 1	00:00	0	
	3 Magnus Telebond	11:18 3	00:33	34:00 1	00:00	0	
2	Steinkjer Skiklubb lag 1 (163)			34:34		00:34	
	1 Roar Hatling Jystad	12:08 5	00:31	12:08 5	00:31		
	2 Marius Landsem Melhus	11:41 6	00:42	23:49 4	01:07	1	
	3 Iver Anton Aune	10:45 1	00:00	34:34 2	00:34	2	
3	Hommelvik IL lag 1 (183)			34:42		00:42	
	1 Ole Morten Flataker	11:38 2	00:01	11:38 2	00:01		
	2 John Magnus Haugen	11:47 7	00:48	23:25 2	00:43	0	
	3 Jan Thomas Jenssen	11:17 2	00:32	34:42 3	00:42	-1	
4	Inderøy IL lag 1 (184)			35:08		01:08	
	1 Jonas Austad	12:05 4	00:28	12:05 4	00:28		
	2 Jørgen Sundfær Stubbe	11:27 4	00:28	23:32 3	00:50	1	
	3 Lars Olav Flakkenberg	11:36 4	00:51	35:08 4	01:08	-1	
5	Leik IL lag 1 (162)			35:48		01:48	
	1 Andre Steinsvoll	12:53 9	01:16	12:53 9	01:16		
	2 Petter N Kjeldsberg	10:59 1	00:00	23:52 5	01:10	4	
	3 Aksel Eid	11:56 6	01:11	35:48 5	01:48	0	
6	IL Varden lag 1 (166)			36:48		02:48	
	1 Gaute Iversen	12:03 3	00:26	12:03 3	00:26		
	2 Morten Torvik	12:22 12	01:23	24:25 6	01:43	-3	
	3 Torstein Buan Røvik	12:23 9	01:38	36:48 6	02:48	0	
7	Malvik IL lag 1 (167)			37:04		03:04	
	1 Ludvik Bjørnstad	12:52 8	01:15	12:52 8	01:15		
	2 Sivert Størseth	11:58 8	00:59	24:50 9	02:08	-1	
	3 Ola Hepsø Aassve	12:14 8	01:29	37:04 7	03:04	2	
8	Ranheim skiklubb lag 1 (169)			37:58		03:58	
	1 Kristoffer Darell Lurvik	13:40 15	02:03	13:40 15	02:03		
	2 Alexander Wisløff	11:01 2	00:02	24:41 7	01:59	8	
	3 Magne Undebakke	13:17 18	02:32	37:58 8	03:58	-1	
9	Heimdal ski lag 2 (170)			38:06		04:06	
	1 Ole Kristian Haugen	12:45 7	01:08	12:45 7	01:08		
	2 Stian Spakmo	12:40 13	01:41	25:25 11	02:43	-4	
	3 Tobias Eid Løvås	12:41 11	01:56	38:06 9	04:06	2	
10	Byåsen IL lag 2 (176)			38:07		04:07	
	1 Johannes Høsflo Klæbo	12:11 6	00:34	12:11 6	00:34		
	2 Christian Aasved	12:57 15	01:58	25:08 10	02:26	-4	
	3 Øyvind Wiggen	12:59 16	02:14	38:07 10	04:07	0	
11	Byaasen Skiklub lag 1 (185)			38:31		04:31	
	1 Erik Holmen	13:15 10	01:38	13:15 10	01:38		
	2 Kornelius Grøv	11:27 4	00:28	24:42 8	02:00	2	
	3 Halvor Melkid	13:49 24	03:04	38:31 11	04:31	-3	
12	Orkdal IL lag 1 (181)			38:48		04:48	
	1 Vegard Selvnes	13:34 14	01:57	13:34 14	01:57		
	2 Martin Lund	12:06 10	01:07	25:40 12	02:58	2	
	3 Øystein Berdal	13:08 17	02:23	38:48 12	04:48	0	

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
G 13-14 år 3x3 km							
13	Sokna IL lag 1 (172)			39:24		05:24	
	1 Rune Børset	14:40 22	03:03	14:40 22	03:03		
	2 Joar Staverløkk	12:09 11	01:10	26:49 15	04:07	7	
	3 Erik Børset	12:35 10	01:50	39:24 13	05:24	2	
14	IL Fjellønnen/Skauga IL lag 1 (178)			39:56		05:56	
	1 Jon Einar Føll Flytør	13:33 13	01:56	13:33 13	01:56		
	2 Joachim Dyrendahl	13:38 20	02:39	27:11 17	04:29	-4	
	3 Ole Petter Volden	12:45 13	02:00	39:56 14	05:56	3	
15	Jonsvatnet IL lag 1 (186)			39:57		05:57	
	1 Arvid Lyngstad	15:09 24	03:32	15:09 24	03:32		
	2 Sebastian Aas	11:58 8	00:59	27:07 16	04:25	8	
	3 Simen Rolfsen	12:50 15	02:05	39:57 15	05:57	1	
16	Byåsen IL lag 3 (180)			39:58		05:58	
	1 Christian Drøyvold	13:19 11	01:42	13:19 11	01:42		
	2 Rasmus Sætrum Bjerkan	13:05 16	02:06	26:24 13	03:42	-2	
	3 Fredrik Almås	13:34 20	02:49	39:58 16	05:58	-3	
17	Byåsen IL lag 1 (164)			39:59		05:59	
	1 Mikkel Hofslie Flott	14:19 20	02:42	14:19 20	02:42		
	2 Henrik Haanæs	13:40 22	02:41	27:59 22	05:17	-2	
	3 Anders Quist Nyrnes	12:00 7	01:15	39:59 17	05:59	5	
17	IL Fjellønnen lag 1 (173)			39:59		05:59	
	1 Halvard Heide	15:14 25	03:37	15:14 25	03:37		
	2 Borgar Føll Flytør	12:52 14	01:53	28:06 24	05:24	1	
	3 Vegar Vårheim	11:53 5	01:08	39:59 17	05:59	7	
19	Steinkjer Skiklubb lag 2 (175)			40:01		06:01	
	1 Ola Brosveet Rannem	13:19 11	01:42	13:19 11	01:42		
	2 Martin Giskås Sætre	13:06 18	02:07	26:25 14	03:43	-3	
	3 Anders Melhus Hovik	13:36 21	02:51	40:01 19	06:01	-5	
20	Selbu IL/Øverbygda IL lag 1 (168)			40:19		06:19	
	1 Kristian Skrødal	13:45 16	02:08	13:45 16	02:08		
	2 Håvard Lien	13:51 24	02:52	27:36 18	04:54	-2	
	3 Fredrik Øverbø Trondseth	12:43 12	01:58	40:19 20	06:19	-2	
21	Melhus IL lag 1 (161)			40:52		06:52	
	1 Elias Landmark	15:02 23	03:25	15:02 23	03:25		
	2 Lars Bakk Stjern	13:05 16	02:06	28:07 25	05:25	-2	
	3 Fillip Ekren	12:45 13	02:00	40:52 21	06:52	4	
22	Tiller IL lag 1 (174)			41:32		07:32	
	1 Eivind Thorvaldsen	14:00 17	02:23	14:00 17	02:23		
	2 Magnus Bleivik Wist	14:05 25	03:06	28:05 23	05:23	-6	
	3 Sigbjørn Martin Næss	13:27 19	02:42	41:32 22	07:32	1	
23	Strindheim IL lag 2 (179)			41:39		07:39	
	1 Kristian Bygland-Hansen	14:11 19	02:34	14:11 19	02:34		
	2 Brage Bugten	13:43 23	02:44	27:54 21	05:12	-2	
	3 Jonas B. Øye	13:45 23	03:00	41:39 23	07:39	-2	
24	Malvik IL lag 2 (177)			41:57		07:57	
	1 Sindre Thorsnes	14:31 21	02:54	14:31 21	02:54		
	2 Ola Martin Gåsvær	13:09 19	02:10	27:40 20	04:58	1	
	3 Paal Erik Ballestad	14:17 25	03:32	41:57 24	07:57	-4	

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
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G 13-14 år 3x3 km

25	Orkdal IL lag 2 (182)			44:00		10:00	
1	Anders Bredesen Garberg	15:24 26	03:47	15:24 26	03:47		
2	Jørgen Nyhus Solli	14:55 26	03:56	30:19 26	07:37	0	
3	Espen Løfshus Staveli	13:41 22	02:56	44:00 25	10:00	1	
	Strindheim IL lag 1 (171)						
1	Amund Blikra	14:01 18	02:24	14:01 18	02:24		
2	Morten Forbord	13:38 20	02:39	27:39 19	04:57	-1	
3							

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
G 15-16 år 3x3 km							
1	IL Varden lag 1 (102)			31:46		00:00	
	1 Truls Torvik	11:15 7	00:33	11:15 7	00:33		
	2 Håkon Livik	10:15 3	00:18	21:30 2	00:03	5	
	3 Espen Sonflå	10:16 4	00:03	31:46 1	00:00	1	
2	Hommelvik IL lag 1 (120)			31:48		00:02	
	1 Erling Flataker	11:01 2	00:19	11:01 2	00:19		
	2 Sondre Bjørkli	10:34 9	00:37	21:35 6	00:08	-4	
	3 Tomas Renå	10:13 1	00:00	31:48 2	00:02	4	
3	Skogn/Mosvik lag 1 (123)			31:49		00:03	
	1 Svein Berg Fines	11:01 2	00:19	11:01 2	00:19		
	2 Even Northug	10:33 6	00:36	21:34 5	00:07	-3	
	3 Martin Aune	10:15 3	00:02	31:49 3	00:03	2	
4	Stjørdalsblink Ski lag 1 (105)			32:05		00:19	
	1 Øivind Haugen Furunes	11:14 6	00:32	11:14 6	00:32		
	2 Vegard Rønning Valstadsve	10:13 2	00:16	21:27 1	00:00	5	
	3 Sigve Gederaas Denstad	10:38 7	00:25	32:05 4	00:19	-3	
5	Melhus IL lag 2 (116)			32:14		00:28	
	1 Martin Hovin	11:28 9	00:46	11:28 9	00:46		
	2 Thomas Asphaug	10:33 6	00:36	22:01 8	00:34	1	
	3 Thomas Ekren	10:13 1	00:00	32:14 5	00:28	3	
6	Melhus IL lag 1 (103)			32:40		00:54	
	1 Fredrik Riseth	11:15 7	00:33	11:15 7	00:33		
	2 Aleksander Riseth	11:04 14	01:07	22:19 10	00:52	-3	
	3 Sivert Grøtan Eriksen	10:21 6	00:08	32:40 6	00:54	4	
7	Byåsen IL lag 1 (101)			32:56		01:10	
	1 Severin Lilleberg	10:42 1	00:00	10:42 1	00:00		
	2 Håvard Garli	11:55 21	01:58	22:37 12	01:10	-11	
	3 Severin Lilleberg	10:19 5	00:06	32:56 7	01:10	5	
8	Strindheim IL lag 2 (124)			33:02		01:16	
	1 Øyvind Larsen	11:49 13	01:07	11:49 13	01:07		
	2 Eirik Fjær Skåre	10:22 4	00:25	22:11 9	00:44	4	
	3 Jørgen Blokkum	10:51 8	00:38	33:02 8	01:16	1	
9	Leinstrand IL lag 1 (110)			33:07		01:21	
	1 Trond Einar Pedersli	11:05 4	00:23	11:05 4	00:23		
	2 Johannes Svendsen	10:33 6	00:36	21:38 7	00:11	-3	
	3 Anders Lauglo	11:29 13	01:16	33:07 9	01:21	-2	
10	Heimdal ski lag 1 (111)			33:36		01:50	
	1 Hallgeir Haugen	11:10 5	00:28	11:10 5	00:28		
	2 Johannes Singstad	10:23 5	00:26	21:33 3	00:06	2	
	3 Sindre Bach Sørås	12:03 18	01:50	33:36 10	01:50	-7	
11	IL Fjellønnen lag 1 (106)			33:39		01:53	
	1 Martin Vangen	11:28 9	00:46	11:28 9	00:46		
	2 Jan Petter Føll	10:54 12	00:57	22:22 11	00:55	-2	
	3 Sindre Grønflaten	11:17 12	01:04	33:39 11	01:53	0	
12	Strindheim IL lag 1 (109)			34:14		02:28	
	1 Are Ringheim	12:23 20	01:41	12:23 20	01:41		
	2 Alexander Trøen	10:40 11	00:43	23:03 14	01:36	6	
	3 Espen Haugen	11:11 10	00:58	34:14 12	02:28	2	

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
G 15-16 år 3x3 km							
13	Byåsen IL lag 3 (117)			34:16		02:30	
	1 Simon Larsen Mikaelson	11:36 11	00:54	11:36 11	00:54		
	2 Bendik Standal	09:57 1	00:00	21:33 3	00:06	8	
	3 Vemund Sjøvold Sundal	12:43 21	02:30	34:16 13	02:30	-10	
14	Byåsen IL lag 2 (115)			34:51		03:05	
	1 Jonas Berg	12:40 22	01:58	12:40 22	01:58		
	2 Sindre Schive	11:06 15	01:09	23:46 21	02:19	1	
	3 Mads Hågensen Neegård	11:05 9	00:52	34:51 14	03:05	7	
15	Skogn IL lag 1 (108)			34:54		03:08	
	1 Erlend Aune Krogstad	12:16 19	01:34	12:16 19	01:34		
	2 Anders Johan Sandberg	10:56 13	00:59	23:12 15	01:45	4	
	3 Lars Kristian Aunet	11:42 15	01:29	34:54 15	03:08	0	
15	Leik IL lag 1 (113)			34:54		03:08	
	1 Ingebrigt Eid	11:51 15	01:09	11:51 15	01:09		
	2 Mats Eid	11:33 19	01:36	23:24 18	01:57	-3	
	3 Andreas Sølberg	11:30 14	01:17	34:54 15	03:08	3	
17	Steinkjer Skiklubb lag 1 (107)			34:55		03:09	
	1 Kristian Melhus Hovik	11:50 14	01:08	11:50 14	01:08		
	2 Truls Trøan Aune	11:52 20	01:55	23:42 20	02:15	-6	
	3 Sondre Møller Schiefloe	11:13 11	01:00	34:55 17	03:09	3	
18	Byaasen Skiklub lag 1 (122)			34:56		03:10	
	1 Bjørn Moe	12:01 16	01:19	12:01 16	01:19		
	2 Torgeir Tyssedal	11:12 17	01:15	23:13 16	01:46	0	
	3 Jakob Graabak	11:43 16	01:30	34:56 18	03:10	-2	
19	Lånke Ski lag 1 (112)			35:27		03:41	
	1 John Gunnar Hoås	12:11 18	01:29	12:11 18	01:29		
	2 Steffen Dybvad	11:21 18	01:24	23:32 19	02:05	-1	
	3 Erik Aune.	11:55 17	01:42	35:27 19	03:41	0	
20	Byåsen IL lag 4 (118)			35:32		03:46	
	1 Christoffer Røkke	12:23 20	01:41	12:23 20	01:41		
	2 Samuel Lilleberg Suphellen	10:38 10	00:41	23:01 13	01:34	7	
	3 Petter Almås	12:31 20	02:18	35:32 20	03:46	-7	
21	Hommelvik IL lag 2 (121)			36:38		04:52	
	1 Andreas Tjernvoll	12:02 17	01:20	12:02 17	01:20		
	2 Simon Asp	11:11 16	01:14	23:13 16	01:46	1	
	3 Sindre Øwre Haugan	13:25 22	03:12	36:38 21	04:52	-5	
22	Selbu IL lag 1 (104)			37:03		05:17	
	1 Krister Rotvold	11:43 12	01:01	11:43 12	01:01		
	2 Svein Olav Røstum	12:56 22	02:59	24:39 22	03:12	-10	
	3 Tomas Stokke	12:24 19	02:11	37:03 22	05:17	0	
DNS	Leksvik IL lag 1 (114)						
	1 Sture Ramdal						
	2 Lars Kristian Tronstad						
	3 Joakim Tangstad						

Resultatliste

Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
J1 3-14 år x3 km							
1	Steinkjer Skiklubb lag 1 (222)			39:39		00:00	
	1 Solveig Bøgseth	13:42 2	00:11	13:42 2	00:11		
	2 Sigrid Aune	12:08 3	00:07	25:50 1	00:00	1	
	3 Nora Sørensen Overrein	13:49 9	01:04	39:39 1	00:00	0	
2	Røros IL lag 1 (223)			40:10		00:31	
	1 Kristina Skjerdal	13:31 1	00:00	13:31 1	00:00		
	2 Ida Ø. Solli	13:02 6	01:01	26:33 4	00:43	-3	
	3 Anne Katrine Tønset	13:37 8	00:52	40:10 2	00:31	2	
3	Nessegutten lag 1 (228)			40:19		00:40	
	1 Ingrid Gustavssen	14:22 12	00:51	14:22 12	00:51		
	2 Maren Grande	13:10 8	01:09	27:32 8	01:42	4	
	3 Anne Strid	12:47 2	00:02	40:19 3	00:40	5	
4	Byaasen Skiklub lag 1 (236)			40:20		00:41	
	1 Frida Sæter	13:59 7	00:28	13:59 7	00:28		
	2 Kristine Nakstad	13:21 9	01:20	27:20 5	01:30	2	
	3 Gina Mølnvik	13:00 4	00:15	40:20 4	00:41	1	
5	Byåsen IL lag 2 (230)			40:23		00:44	
	1 Marte Lysaker Heggem	13:51 4	00:20	13:51 4	00:20		
	2 Kristine Solem Michelsen	13:47 12	01:46	27:38 11	01:48	-7	
	3 Julie Myhre	12:45 1	00:00	40:23 5	00:44	6	
6	Strindheim IL lag 2 (231)			40:25		00:46	
	1 Marte Skaanes	13:52 5	00:21	13:52 5	00:21		
	2 Guro Bostad	12:01 1	00:00	25:53 3	00:03	2	
	3 Synne Alette Fjær Skåre	14:32 12	01:47	40:25 6	00:46	-3	
7	Røros IL lag 2 (235)			40:26		00:47	
	1 Silje Gløtheim	14:09 9	00:38	14:09 9	00:38		
	2 Karianne Holden	13:30 11	01:29	27:39 12	01:49	-3	
	3 Kristine Hermo	12:47 2	00:02	40:26 7	00:47	5	
8	Leik IL lag 1 (226)			40:41		01:02	
	1 Maren Unsgård	14:09 9	00:38	14:09 9	00:38		
	2 Thea Elise Estenstad	13:24 10	01:23	27:33 10	01:43	-1	
	3 Silje Bakken	13:08 5	00:23	40:41 8	01:02	2	
9	Byåsen IL lag 1 (221)			41:25		01:46	
	1 Ingvild Ytterhus Utengen	14:39 14	01:08	14:39 14	01:08		
	2 Emma S Schjetlein	12:53 4	00:52	27:32 8	01:42	6	
	3 Emilie Lien	13:53 10	01:08	41:25 9	01:46	-1	
10	Nidelv IL lag 1 (227)			42:02		02:23	
	1 Trine Moslett Holden	13:56 6	00:25	13:56 6	00:25		
	2 Mari Moslett Holden	14:40 14	02:39	28:36 13	02:46	-7	
	3 Hanne Skulbru	13:26 6	00:41	42:02 10	02:23	3	
11	Skjelstadmark/Varden lag 1 (229)			42:24		02:45	
	1 Embla Stol Øyan	14:22 12	00:51	14:22 12	00:51		
	2 Sigrid Livik	12:59 5	00:58	27:21 7	01:31	5	
	3 Hege Kristin Moen	15:03 14	02:18	42:24 11	02:45	-4	
12	Byåsen IL lag 3 (232)			42:38		02:59	
	1 Johanne Schive	15:00 15	01:29	15:00 15	01:29		
	2 Ingeborg Eide	14:08 13	02:07	29:08 14	03:18	1	
	3 Emma Arnesen	13:30 7	00:45	42:38 12	02:59	2	

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
J1 3-14 år x3 km							
13	Strindheim IL lag 1 (225)			43:42		04:03	
1	Åshild Vognild Volden	14:15 11	00:44	14:15 11	00:44		
2	Thea Enge Gravdal	13:05 7	01:04	27:20 5	01:30	6	
3	Astrid Kristiansen Røsvoll	16:22 15	03:37	43:42 13	04:03	-8	
14	Hommelvik IL lag 1 (234)			43:46		04:07	
1	Trude Sand	13:48 3	00:17	13:48 3	00:17		
2	Eiril Fuglem Renå	12:04 2	00:03	25:52 2	00:02	1	
3	Sanne Wiik	17:54 16	05:09	43:46 14	04:07	-12	
15	Byåsen IL lag 4 (233)			44:24		04:45	
1	Emma Lysø Sommerseth	14:06 8	00:35	14:06 8	00:35		
2	Ina Leonhardsen	15:33 16	03:32	29:39 15	03:49	-7	
3	Dina Evjen Røset	14:45 13	02:00	44:24 15	04:45	0	
16	Selbu IL/Øverbygda IL lag 1 (224)			44:55		05:16	
1	Julie Moslet	15:29 16	01:58	15:29 16	01:58		
2	Maria Rotvold	14:58 15	02:57	30:27 16	04:37	0	
3	Karen Stokke	14:28 11	01:43	44:55 16	05:16	0	

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
J 15-16 år 3x3 km							
1	IL Varden lag 1 (201)			36:39		00:00	
	1 Liv Kaja Eriksson	13:11 2	00:32	13:11 2	00:32		
	2 Margrethe Lillevold	11:28 2	00:34	24:39 1	00:00	1	
	3 Charlotte Myhre	12:00 1	00:00	36:39 1	00:00	0	
2	Melhus IL lag 1 (208)			36:46		00:07	
	1 Guro Lund Berg	13:45 11	01:06	13:45 11	01:06		
	2 Mari Øyås Håbrekke	10:54 1	00:00	24:39 1	00:00	10	
	3 Julie Stendahl Spets	12:07 2	00:07	36:46 2	00:07	-1	
3	Steinkjer Skiklubb lag 1 (204)			37:42		01:03	
	1 Mia Govasmark	13:13 3	00:34	13:13 3	00:34		
	2 Ingebjørg Øksnes	11:54 3	01:00	25:07 3	00:28	0	
	3 Astrid Læggran	12:35 3	00:35	37:42 3	01:03	0	
4	Børsa IL/Krokstadøra IL lag 1 (202)			38:12		01:33	
	1 Ida Uvsløkk Normann	12:39 1	00:00	12:39 1	00:00		
	2 Wenche Aune Snildalsli	12:42 9	01:48	25:21 4	00:42	-3	
	3 Marthe Berg	12:51 5	00:51	38:12 4	01:33	0	
5	Skjelstadmark/Varden/Mosvik lag 1 (209)			38:45		02:06	
	1 Guro Gresseth	13:35 7	00:56	13:35 7	00:56		
	2 Ida Sonflå	12:15 4	01:21	25:50 5	01:11	2	
	3 Vilde Schei Bakkhaug	12:55 6	00:55	38:45 5	02:06	0	
6	Byåsen IL lag 2 (213)			38:50		02:11	
	1 Mette Røseth	13:32 5	00:53	13:32 5	00:53		
	2 Marie Lien	12:32 6	01:38	26:04 6	01:25	-1	
	3 Mari Dahl Benum	12:46 4	00:46	38:50 6	02:11	0	
7	Selbu IL lag 1 (203)			39:02		02:23	
	1 Jenny Stokke	13:32 5	00:53	13:32 5	00:53		
	2 Anne Beate Guldseth	12:32 6	01:38	26:04 6	01:25	-1	
	3 Greta Moen	12:58 7	00:58	39:02 7	02:23	-1	
8	Skogn/Frol/Ekne lag 2 (210)			40:17		03:38	
	1 Tina Ringstad	14:11 12	01:32	14:11 12	01:32		
	2 Line Sundsvik	12:33 8	01:39	26:44 8	02:05	4	
	3 Helene Albertsen Dahlen	13:33 9	01:33	40:17 8	03:38	0	
8	Sokna IL lag 1 (212)			40:17		03:38	
	1 Elisabeth Børset	13:27 4	00:48	13:27 4	00:48		
	2 Heidi Grytdal	13:34 12	02:40	27:01 10	02:22	-6	
	3 Oda Fagerbekk	13:16 8	01:16	40:17 8	03:38	2	
10	Hommelvik IL lag 1 (214)			40:46		04:07	
	1 Sunniva Renå Hamre	14:33 13	01:54	14:33 13	01:54		
	2 Anja Østgård	12:19 5	01:25	26:52 9	02:13	4	
	3 Tine Marit Renå	13:54 10	01:54	40:46 10	04:07	-1	
11	Heimdal/Tiller ski lag 1 (205)			41:33		04:54	
	1 Marianne Mathisen	13:40 8	01:01	13:40 8	01:01		
	2 Tonje Romundstad	13:45 13	02:51	27:25 13	02:46	-5	
	3 Christine Finsrud	14:08 11	02:08	41:33 11	04:54	2	
12	Strindheim IL lag 1 (206)			41:46		05:07	
	1 Kristin Haugland	13:44 9	01:05	13:44 9	01:05		
	2 Tone Fanavoll	13:18 10	02:24	27:02 11	02:23	-2	
	3 Åsne Røsvoll	14:44 12	02:44	41:46 12	05:07	-1	

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
J 15-16 år 3x3 km							
13	Orkdal IL lag 1 (215)			42:13		05:34	
	1 Thea Schei	13:44 9	01:05	13:44 9	01:05		
	2 Gøril Bredesen Garberg	13:30 11	02:36	27:14 12	02:35	-3	
	3 Hege Garberg	14:59 13	02:59	42:13 13	05:34	-1	
DNF	Byåsen IL lag 1 (207)						
	1 Løper Byåsen	13:32	00:53	13:32	00:53		
	2 Sunniva Storrønning	13:23	02:29	26:55	02:16	0	
	3 Martine Fredriksen	15:09	03:09	42:04	05:25	0	
DNF	Selbu IL lag 2 (211)						
	1 Løper Selbu	13:32	00:53	13:32	00:53		
	2 Anja Ofstad	13:54	03:00	27:26	02:47	0	
	3 Anette Dyrdal	14:09	02:09	41:35	04:56	0	

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
G 17-20 år 3x5 km							
1	Strindheim IL lag 1 (32)			37:29		00:00	
	1 Ola Berg Fines	13:08 1	00:00	13:08 1	00:00		
	2 Jørgen Bye Brevik	11:57 2	00:02	25:05 1	00:00	0	
	3 Tomas Northug	12:24 2	00:10	37:29 1	00:00	0	
2	Steinkjer Skiklubb lag 1 (33)			37:42		00:13	
	1 Pål Trøan Aune	13:09 3	00:01	13:09 3	00:01		
	2 Magne Øksnes	12:19 7	00:24	25:28 3	00:23	0	
	3 Morten Vannebo	12:14 1	00:00	37:42 2	00:13	1	
3	Byåsen IL lag 1 (31)			38:09		00:40	
	1 Fredrik Holthe	13:46 8	00:38	13:46 8	00:38		
	2 Sondre Oldervoll	11:57 2	00:02	25:43 5	00:38	3	
	3 Didrik Tønseth	12:26 3	00:12	38:09 3	00:40	2	
4	Klæbu IL lag 1 (35)			38:27		00:58	
	1 Anders Kjeka Broen	13:10 4	00:02	13:10 4	00:02		
	2 Eirik Telebond	11:55 1	00:00	25:05 1	00:00	3	
	3 Kenneth Flaaøien	13:22 12	01:08	38:27 4	00:58	-3	
5	IL Varden lag 1 (43)			38:39		01:10	
	1 Mats Iversen	14:01 15	00:53	14:01 15	00:53		
	2 Magnus Gjemse	12:10 6	00:15	26:11 8	01:06	7	
	3 Emil Iversen	12:28 4	00:14	38:39 5	01:10	3	
6	Kyrksæterøra IL lag 1 (36)			38:42		01:13	
	1 Lars Ove Aunli	13:46 8	00:38	13:46 8	00:38		
	2 Mats Erik Berg	12:09 5	00:14	25:55 6	00:50	2	
	3 Eirik Kvernstad	12:47 6	00:33	38:42 6	01:13	0	
7	Byaasen Skiklub lag 1 (55)			38:51		01:22	
	1 Kristoffer Grøv	13:48 11	00:40	13:48 11	00:40		
	2 Mathias Rundgreen	12:08 4	00:13	25:56 7	00:51	4	
	3 Eivind Moe	12:55 8	00:41	38:51 7	01:22	0	
8	Ranheim skiklubb lag 1 (39)			39:05		01:36	
	1 Vidar Undebakke	13:08 1	00:00	13:08 1	00:00		
	2 Emil Vedvik	12:33 8	00:38	25:41 4	00:36	-3	
	3 Martin Aasen	13:24 13	01:10	39:05 8	01:36	-4	
9	Byåsen IL lag 2 (47)			39:20		01:51	
	1 Marius Geving	13:14 5	00:06	13:14 5	00:06		
	2 Henrik Olsen	13:02 14	01:07	26:16 9	01:11	-4	
	3 Sondre Mæhre	13:04 9	00:50	39:20 9	01:51	0	
9	IK Rindals-Troll lag 1 (42)			39:20		01:51	
	1 Gjermund Løfald	13:48 11	00:40	13:48 11	00:40		
	2 Lars Bakken Røen	12:47 9	00:52	26:35 11	01:30	0	
	3 Hallvard Løfald	12:45 5	00:31	39:20 9	01:51	2	
11	Lundamo IL lag 1 (38)			39:27		01:58	
	1 Magnus Stensås	13:40 7	00:32	13:40 7	00:32		
	2 Olav Kregnes	12:57 13	01:02	26:37 12	01:32	-5	
	3 Tor Håkon Skogstad	12:50 7	00:36	39:27 11	01:58	1	
12	Selbu IL lag 1 (54)			40:13		02:44	
	1 Torkjell Dyrdal	13:55 13	00:47	13:55 13	00:47		
	2 Gaute Solem Haugen	13:05 17	01:10	27:00 14	01:55	-1	
	3 Anton Killi Ringen	13:13 11	00:59	40:13 12	02:44	2	

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
G 17-20 år 3x5 km							
13	Steinkjer Skiklubb lag 2 (49)			40:28	02:59		
	1 Eskil Smith Sørhøy	14:02 16	00:54	14:02 16	00:54		
	2 Halvard Riseth Fjone	13:02 14	01:07	27:04 16	01:59	0	
	3 Daniel Wæge	13:24 13	01:10	40:28 13	02:59	3	
14	Lundamo IL lag 2 (50)			40:29	03:00		
	1 Torleif Syrstad	14:09 18	01:01	14:09 18	01:01		
	2 Per Harald Skogstad	13:14 19	01:19	27:23 18	02:18	0	
	3 Anders Stensås	13:06 10	00:52	40:29 14	03:00	4	
15	Inderøy IL lag 1 (34)			40:31	03:02		
	1 Sindre Aftret Løseth	13:31 6	00:23	13:31 6	00:23		
	2 Petter Farbu Berfjord	13:03 16	01:08	26:34 10	01:29	-4	
	3 Magnus Tronstad	13:57 18	01:43	40:31 15	03:02	-5	
15	Stjørdalsblink Ski lag 1 (40)			40:31	03:02		
	1 Sondre Reitan	14:17 20	01:09	14:17 20	01:09		
	2 Anders Sætherø	12:47 9	00:52	27:04 16	01:59	4	
	3 Andreas Sæterøy Johansen	13:27 15	01:13	40:31 15	03:02	1	
17	Byåsen IL lag 3 (51)			40:42	03:13		
	1 Martin Sommerseth	13:56 14	00:48	13:56 14	00:48		
	2 Joakim Danielsen	13:06 18	01:11	27:02 15	01:57	-1	
	3 Andreas Helgemo	13:40 16	01:26	40:42 17	03:13	-2	
18	Fjellønnen/Malvik lag 1 (46)			41:28	03:59		
	1 Erik Simonsen	13:46 8	00:38	13:46 8	00:38		
	2 Ola Hosest Kosberg	12:52 11	00:57	26:38 13	01:33	-5	
	3 Martin Pettersen	14:50 23	02:36	41:28 18	03:59	-5	
19	Byåsen IL lag 4 (52)			41:50	04:21		
	1 Henrik Kippernes	14:05 17	00:57	14:05 17	00:57		
	2 Christian Olsen	13:28 20	01:33	27:33 19	02:28	-2	
	3 Stian Aune	14:17 19	02:03	41:50 19	04:21	0	
20	Leik IL lag 1 (37)			42:11	04:42		
	1 Morten Rikstaddal	14:15 19	01:07	14:15 19	01:07		
	2 Rune K Talsnes	13:36 22	01:41	27:51 20	02:46	-1	
	3 Erlend Konstad	14:20 20	02:06	42:11 20	04:42	0	
21	Levanger Mix lag 1 (45)			42:12	04:43		
	1 Vegard Hoem	15:27 23	02:19	15:27 23	02:19		
	2 Espen Sundsvik	12:52 11	00:57	28:19 21	03:14	2	
	3 Magnus Ressem Gustavsen	13:53 17	01:39	42:12 21	04:43	0	
22	Inderøy/Varden lag 1 (56)			43:13	05:44		
	1 Truls Snerting	15:08 22	02:00	15:08 22	02:00		
	2 Anders T. Lyngstad	13:35 21	01:40	28:43 22	03:38	0	
	3 Kåre Johan Eriksson	14:30 21	02:16	43:13 22	05:44	0	
23	Strindheim IL lag 2 (48)			44:31	07:02		
	1 Vemund Volden	14:58 21	01:50	14:58 21	01:50		
	2 Martin A. Rindalsholt	14:45 23	02:50	29:43 23	04:38	-2	
	3 Tarjei Bakken	14:48 22	02:34	44:31 23	07:02	0	
DNS	IL Trønder-Lyn lag 1 (44)						
	1 Anders Kregnes						
	2 Tommy Grøtte						
	3 Sivert Eidsmo						

Resultatliste

Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
M Senior 3x10 km							
1	Byåsen IL lag 1 (1)			1:13:12		00:00	
	1 Chris Jespersen	25:34 2	00:01	25:34 2	00:01		
	2 Ole-Marius Bach	23:37 1	00:00	49:11 1	00:00	1	
	3 Daniel M Helgestad	24:01 1	00:00	1:13:12 1	00:00	0	
2	Henning Skilag lag 1 (8)			1:14:27		01:15	
	1 Eirik Lorentsen	25:35 3	00:02	25:35 3	00:02		
	2 Jonas H Sæther	24:32 4	00:55	50:07 3	00:56	0	
	3 Jonas Austmo Kolstad	24:20 2	00:19	1:14:27 2	01:15	1	
3	Leksvik IL lag 1 (19)			1:14:35		01:23	
	1 Andreas Myran Steen	25:54 5	00:21	25:54 5	00:21		
	2 Thomas Fremo	24:13 2	00:36	50:07 3	00:56	2	
	3 Kristian Tettli Rennemo	24:28 3	00:27	1:14:35 3	01:23	0	
4	Byåsen IL lag 2 (11)			1:16:43		03:31	
	1 Kristian Riseth Hammer	27:06 6	01:33	27:06 6	01:33		
	2 Tore B. Berdal	24:37 5	01:00	51:43 5	02:32	1	
	3 Einar Ulsund	25:00 4	00:59	1:16:43 4	03:31	1	
5	Byåsen IL lag 3 (14)			1:17:30		04:18	
	1 Arve Lien Johnsen	27:45 12	02:12	27:45 12	02:12		
	2 Henrik Brovoll	24:40 6	01:03	52:25 7	03:14	5	
	3 Espen Forsell	25:05 5	01:04	1:17:30 5	04:18	2	
6	Klæbu IL lag 2 (4)			1:17:58		04:46	
	1 Stein Vidar Thun	25:33 1	00:00	25:33 1	00:00		
	2 Ronny Fredrik Ansnes	24:19 3	00:42	49:52 2	00:41	-1	
	3 Erlend By Vollset	28:06 14	04:05	1:17:58 6	04:46	-4	
7	Tydal IL lag 1 (3)			1:18:17		05:05	
	1 Niklas Dyrhaug	25:35 3	00:02	25:35 3	00:02		
	2 Jo Vegard Hilmo	26:49 14	03:12	52:24 6	03:13	-3	
	3 Christer Storrønning	25:53 8	01:52	1:18:17 7	05:05	-1	
8	Skogn IL lag 1 (2)			1:18:21		05:09	
	1 Anders Myrland	27:21 8	01:48	27:21 8	01:48		
	2 Bernhard Rønning	25:41 9	02:04	53:02 8	03:51	0	
	3 Johan Kjølstad	25:19 6	01:18	1:18:21 8	05:09	0	
9	Strindheim IL lag 1 (7)			1:19:15		06:03	
	1 Audun Thonstad	27:26 9	01:53	27:26 9	01:53		
	2 Simen Bækken	26:22 12	02:45	53:48 11	04:37	-2	
	3 Frode Jermstad	25:27 7	01:26	1:19:15 9	06:03	2	
10	Follo Flyers lag 1 (9)			1:20:29		07:17	
	1 Johan Riseth Hammer	27:30 10	01:57	27:30 10	01:57		
	2 Erlend Aune	25:33 8	01:56	53:03 9	03:52	1	
	3 Runar Flønes	27:26 12	03:25	1:20:29 10	07:17	-1	
11	IL Trønder-Lyn lag 1 (5)			1:21:12		08:00	
	1 Lars Jensen	28:03 13	02:30	28:03 13	02:30		
	2 Per Egil Bjørgen	25:58 11	02:21	54:01 12	04:50	1	
	3 Jakob Jensen Haugen	27:11 11	03:10	1:21:12 11	08:00	1	
12	Bratsberg/NTNUI lag 1 (10)			1:21:51		08:39	
	1 Sindre Sandbakk	28:10 14	02:37	28:10 14	02:37		
	2 Marius Bjørseth	25:08 7	01:31	53:18 10	04:07	4	
	3 Ronny Ingebrigtsen	28:33 15	04:32	1:21:51 12	08:39	-2	

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
M Senior 3x10 km							
13	Skogn IL/Mix lag 1 (12)			1:22:38		09:26	
	1 Tarjei Solli	29:13 16	03:40	29:13 16	03:40		
	2 Anders Folleraas	26:22 12	02:45	55:35 15	06:24	1	
	3 Magnus Schei Bakkhaug	27:03 9	03:02	1:22:38 13	09:26	2	
14	Strindheim IL lag 3 (15)			1:22:50		09:38	
	1 Lars Hyttehaug	27:44 11	02:11	27:44 11	02:11		
	2 Øivind Aunøyen	27:31 16	03:54	55:15 14	06:04	-3	
	3 Trond Einar Elden	27:35 13	03:34	1:22:50 14	09:38	0	
15	Strindheim IL lag 2 (13)			1:23:10		09:58	
	1 Øyvind Skaanes	27:06 6	01:33	27:06 6	01:33		
	2 Bård Balto	28:59 18	05:22	56:05 16	06:54	-10	
	3 Trygve Ellingsen	27:05 10	03:04	1:23:10 15	09:58	1	
16	Lundamo IL lag 1 (6)			1:24:54		11:42	
	1 Bjørn Horg	28:13 15	02:40	28:13 15	02:40		
	2 Ole Hartvik Skogstad	25:49 10	02:12	54:02 13	04:51	2	
	3 Anders Kregnes	30:52 19	06:51	1:24:54 16	11:42	-3	
17	Melhus IL lag 1 (18)			1:26:06		12:54	
	1 Martin Riseth	29:48 17	04:15	29:48 17	04:15		
	2 Sondre Engan	26:54 15	03:17	56:42 17	07:31	0	
	3 Eirik Engan	29:24 17	05:23	1:26:06 17	12:54	0	
18	Byaasen Skiklub lag 1 (16)			1:27:17		14:05	
	1 Kristian Grøv	30:13 18	04:40	30:13 18	04:40		
	2 Martin Myhre	27:55 17	04:18	58:08 18	08:57	0	
	3 Thomas Ekrem	29:09 16	05:08	1:27:17 18	14:05	0	
19	Strindheim IL lag 4 (17)			1:34:43		21:31	
	1 Lars Kristian Hagen	34:14 19	08:41	34:14 19	08:41		
	2 Magnus Jakobsen	29:50 19	06:13	1:04:04 19	14:53	0	
	3 Sindre Osland	30:39 18	06:38	1:34:43 19	21:31	0	

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
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M Veteran 3x5 km

1	Byåsen IL lag 1 (61)			40:36		00:00	
	1 Tor Michelsen	13:46 1	00:00	13:46 1	00:00		
	2 Bjarne Valås	12:52 1	00:00	26:38 1	00:00	0	
	3 Terje Drøyvold	13:58 1	00:00	40:36 1	00:00	0	
DNS	Byaasen Skiklub lag 1 (62)						
	1 Nils Kristian Nakstad						
	2 Kjetil Lehn						
	3						

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
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