

## Resultatliste

Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Gutter 13-14 3 x 3km</b>							
<b>1</b>	<b>Byåsen IL lag 1 (164)</b>			<b>23:59</b>			
	1 Bendik Standal	08:32 6	00:22	08:32 6	00:22		
	2 Mads Hågensen Neegård	07:45 1	00:00	16:17 1	00:00	5	
	3 Sindre Schive	07:42 3	00:29	23:59 1	00:00	0	
<b>2</b>	<b>Byåsen IL lag 2 (178)</b>			<b>24:00</b>	<b>00:01</b>		
	1 Christian Schjetne	08:54 17	00:44	08:54 17	00:44		
	2 Samuel Lilleberg Supphellen	07:53 2	00:08	16:47 5	00:30	12	
	3 Severin Lilleberg	07:13 1	00:00	24:00 2	00:01	3	
<b>3</b>	<b>Melhus IL lag 1 (161)</b>			<b>24:32</b>	<b>00:33</b>		
	1 Sivert Grøtan Eriksen	08:31 5	00:21	08:31 5	00:21		
	2 Fredrik Riset	08:17 5	00:32	16:48 6	00:31	-1	
	3 Thomas Ekren	07:44 4	00:31	24:32 3	00:33	3	
<b>4</b>	<b>IL Varden lag 1 (174)</b>			<b>24:44</b>	<b>00:45</b>		
	1 Truls Torvik	08:10 1	00:00	08:10 1	00:00		
	2 Håkon Livik	08:35 9	00:50	16:45 3	00:28	-2	
	3 Espen Sonflå	07:59 5	00:46	24:44 4	00:45	-1	
<b>5</b>	<b>Byåsen Skiklub lag 1 (162)</b>			<b>24:45</b>	<b>00:46</b>		
	1 Edvard Fjærtøft Andersen	08:10 1	00:00	08:10 1	00:00		
	2 Jakob Storli	09:08 13	01:23	17:18 9	01:01	-8	
	3 Sondre Michler	07:27 2	00:14	24:45 5	00:46	4	
<b>6</b>	<b>Strindheim IL lag 1 (165)</b>			<b>25:34</b>	<b>01:35</b>		
	1 Alexander Leüthen Trøen	08:35 7	00:25	08:35 7	00:25		
	2 Eirik Fjær Skåre	08:11 3	00:26	16:46 4	00:29	3	
	3 Are Ringheim	08:48 13	01:35	25:34 6	01:35	-2	
<b>7</b>	<b>Hommelvik IL lag 1 (176)</b>			<b>26:08</b>	<b>02:09</b>		
	1 Erling Flataker	08:51 14	00:41	08:51 14	00:41		
	2 Simon Asp	08:53 11	01:08	17:44 12	01:27	2	
	3 Tomas Renå	08:24 9	01:11	26:08 7	02:09	5	
<b>8</b>	<b>Selbu IL lag 1 (163)</b>			<b>26:17</b>	<b>02:18</b>		
	1 Krister Rotvold	08:11 3	00:01	08:11 3	00:01		
	2 Torbjørn Hårstad	08:33 8	00:48	16:44 2	00:27	1	
	3 Sigve Krogstadmo	09:33 22	02:20	26:17 8	02:18	-6	
<b>9</b>	<b>Steinkjer Skiklubb lag 1 (169)</b>			<b>26:20</b>	<b>02:21</b>		
	1 Sondre Schiefloe	08:45 9	00:35	08:45 9	00:35		
	2 Kristian Melhus Hovik	08:18 6	00:33	17:03 7	00:46	2	
	3 Truls Trøan Aune	09:17 18	02:04	26:20 9	02:21	-2	
<b>10</b>	<b>Skogn IL lag 1 (171)</b>			<b>26:24</b>	<b>02:25</b>		
	1 Erlend Aune Krogstad	08:53 16	00:43	08:53 16	00:43		
	2 Lars Kristian Aunet	09:16 15	01:31	18:09 16	01:52	0	
	3 Martin Aune	08:15 6	01:02	26:24 10	02:25	6	
<b>11</b>	<b>Orkanger IF lag 1 (173)</b>			<b>26:34</b>	<b>02:35</b>		
	1 Petter Ebbesen	08:47 10	00:37	08:47 10	00:37		
	2 Erik Fossum	08:48 10	01:03	17:35 11	01:18	-1	
	3 Martin Holseth	08:59 15	01:46	26:34 11	02:35	0	
<b>12</b>	<b>Byåsen IL lag 4 (184)</b>			<b>26:40</b>	<b>02:41</b>		
	1 Petter Schive	08:50 13	00:40	08:50 13	00:40		
	2 Petter Almås	09:28 20	01:43	18:18 18	02:01	-5	
	3 Joachim Arnesen	08:22 8	01:09	26:40 12	02:41	6	

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<b>13</b>	<b>Leksvik IL lag 1 (166)</b>			<b>26:46</b>		<b>02:47</b>	
	1 Lars Kristian Tronstad	08:55 18	00:45	08:55 18	00:45		
	2 Sture Ramdal	08:32 7	00:47	17:27 10	01:10	8	
	3 Joakim Tangstad	09:19 19	02:06	26:46 13	02:47	-3	
<b>14</b>	<b>Leinstrand IL lag 1 (172)</b>			<b>26:47</b>		<b>02:48</b>	
	1 Trond Einar Pedersli	08:30 4	00:20	08:30 4	00:20		
	2 Anders Lauglo	09:32 21	01:47	18:02 13	01:45	-9	
	3 Johannes Svendsen	08:45 11	01:32	26:47 14	02:48	-1	
<b>15</b>	<b>IL Leik lag 1 (168)</b>			<b>26:52</b>		<b>02:53</b>	
	1 Ingebrigt Eid	08:48 11	00:38	08:48 11	00:38		
	2 Mats Even Eid	08:16 4	00:31	17:04 8	00:47	3	
	3 Axel Eid	09:48 24	02:35	26:52 15	02:53	-7	
<b>16</b>	<b>Klæbu IL lag 1 (167)</b>			<b>27:02</b>		<b>03:03</b>	
	1 Kristian Sjøli	09:36 23	01:26	09:36 23	01:26		
	2 Jonas Bjørklimark	09:09 14	01:24	18:45 22	02:28	1	
	3 Joakim Hjeldnes	08:17 7	01:04	27:02 16	03:03	6	
<b>17</b>	<b>Byåsen IL lag 3 (182)</b>			<b>27:14</b>		<b>03:15</b>	
	1 Åsmund Oddvarson Brå	08:56 19	00:46	08:56 19	00:46		
	2 Vemund Sjøvold Sundal	09:16 15	01:31	18:12 17	01:55	2	
	3 Christoffer Uhlin Røkke	09:02 16	01:49	27:14 17	03:15	0	
<b>18</b>	<b>Mosvik IL/IL Fjellørnen Mix lag</b>			<b>27:28</b>		<b>03:29</b>	
	1 Svein Berg Fines	09:19 22	01:09	09:19 22	01:09		
	2 Jan Petter Føll	09:23 17	01:38	18:42 20	02:25	2	
	3 Even Northug	08:46 12	01:33	27:28 18	03:29	2	
<b>19</b>	<b>Fjellørnen/Skauga Mix lag 1 (18)</b>			<b>27:31</b>		<b>03:32</b>	
	1 Martin Vangen	08:42 8	00:32	08:42 8	00:32		
	2 Sindre Grønflaten	09:26 19	01:41	18:08 15	01:51	-7	
	3 Lasse S. Søråas	09:23 20	02:10	27:31 19	03:32	-4	
<b>20</b>	<b>Byåsen Skiklub lag 2 (179)</b>			<b>27:53</b>		<b>03:54</b>	
	1 Espen Danielsen	08:52 15	00:42	08:52 15	00:42		
	2 August Ness	09:51 24	02:06	18:43 21	02:26	-6	
	3 Lars Hvoslef	09:10 17	01:57	27:53 20	03:54	1	
<b>21</b>	<b>Hommelvik IL lag 2 (181)</b>			<b>28:03</b>		<b>04:04</b>	
	1 Andreas Tjernvoll	09:01 20	00:51	09:01 20	00:51		
	2 Sondre Bjørkli	09:06 12	01:21	18:07 14	01:50	6	
	3 Børge Wiik	09:56 26	02:43	28:03 21	04:04	-7	
<b>22</b>	<b>Strindheim IL lag 3 (183)</b>			<b>28:37</b>		<b>04:38</b>	
	1 Espen Haugen	09:02 21	00:52	09:02 21	00:52		
	2 Olav M Romundstad	09:23 17	01:38	18:25 19	02:08	2	
	3 Henrik Moldestad	10:12 27	02:59	28:37 22	04:38	-3	
<b>23</b>	<b>Strindheim IL lag 4 (185)</b>			<b>28:49</b>		<b>04:50</b>	
	1 Bendik Høyem	09:46 26	01:36	09:46 26	01:36		
	2 Fredik Bjørvik	10:10 25	02:25	19:56 25	03:39	1	
	3 Endre Blikra	08:53 14	01:40	28:49 23	04:50	2	
<b>24</b>	<b>Byåsen IL lag 5 (170)</b>			<b>28:52</b>		<b>04:53</b>	
	1 Ole Aleksander Nilsen	09:45 25	01:35	09:45 25	01:35		
	2 Ragnar Hansen	09:41 23	01:56	19:26 24	03:09	1	
	3 Christian Ingebrigtsen	09:26 21	02:13	28:52 24	04:53	0	

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Gutter 13-14 3 x 3km</b>							
<b>25</b>	<b>Melhus IL lag 2 (177)</b>			<b>28:53</b>		<b>04:54</b>	
1	Alexander Riseth	08:49 12	00:39	08:49 12	00:39		
2	Simen Johansen	10:14 26	02:29	19:03 23	02:46	-11	
3	Mikael Landmark	09:50 25	02:37	28:53 25	04:54	-2	
<b>26</b>	<b>Strindheim IL lag 2 (180)</b>			<b>29:13</b>		<b>05:14</b>	
1	Mats Kastnes Mikalsen	09:43 24	01:33	09:43 24	01:33		
2	Kristoffer Skrindo Kolstad	10:52 27	03:07	20:35 27	04:18	-3	
3	Vegard Furu	08:38 10	01:25	29:13 26	05:14	1	
<b>27</b>	<b>Orkdal IL lag 1 (175)</b>			<b>30:03</b>		<b>06:04</b>	
1	Magnus Berdal	10:48 27	02:38	10:48 27	02:38		
2	Knut Anders Aunemo By	09:37 22	01:52	20:25 26	04:08	1	
3	Ola Staveli	09:38 23	02:25	30:03 27	06:04	-1	

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Gutter 15-16 3 x 3km</b>							
<b>1</b>	<b>Byåsen IL lag 1 (92)</b>			<b>22:10</b>		<b>00:00</b>	
	1 Stian Aune	07:57 15	00:25	07:57 15	00:25		
	2 Andreas Helgemo	07:05 2	00:02	15:02 4	00:21	11	
	3 Sondre Mæhre	07:08 2	00:04	22:10 1	00:00	3	
<b>2</b>	<b>Orkdal IL lag 1 (93)</b>			<b>22:17</b>		<b>00:07</b>	
	1 Håkon Selvnes	07:34 4	00:02	07:34 4	00:02		
	2 Eirik Selvnes	07:07 3	00:04	14:41 1	00:00	3	
	3 Emil S. Lynum	07:36 11	00:32	22:17 2	00:07	-1	
<b>3</b>	<b>Lundamo IL lag 1 (96)</b>			<b>22:26</b>		<b>00:16</b>	
	1 Tor Håkon Skogstad	07:35 5	00:03	07:35 5	00:03		
	2 Magnus Stensås	07:20 4	00:17	14:55 3	00:14	2	
	3 Anders Stensås	07:31 7	00:27	22:26 3	00:16	0	
<b>4</b>	<b>Stjørdal Mix lag 1 (101)</b>			<b>22:27</b>		<b>00:17</b>	
	1 Andreas Sæterøy Johansen	07:40 6	00:08	07:40 6	00:08		
	2 Håvard Havdal	07:22 5	00:19	15:02 4	00:21	2	
	3 Anders Sætherø	07:25 5	00:21	22:27 4	00:17	0	
<b>5</b>	<b>IL Trønder-Lyn lag 1 (95)</b>			<b>22:29</b>		<b>00:19</b>	
	1 Olav Kregnes	07:40 6	00:08	07:40 6	00:08		
	2 Tommy Grøtte	07:31 9	00:28	15:11 8	00:30	-2	
	3 Jacob Jensen	07:18 3	00:14	22:29 5	00:19	3	
<b>6</b>	<b>IK Rindals-Troll lag 1 (104)</b>			<b>22:35</b>		<b>00:25</b>	
	1 Lars Bakken Røen	07:45 9	00:13	07:45 9	00:13		
	2 Olav Nergård Tørset	07:28 8	00:25	15:13 10	00:32	-1	
	3 Felix Hoem	07:22 4	00:18	22:35 6	00:25	4	
<b>7</b>	<b>Byåsen IL lag 2 (105)</b>			<b>22:36</b>		<b>00:26</b>	
	1 Fredrik Holthe	07:41 8	00:09	07:41 8	00:09		
	2 Joachim Danielsen	07:23 7	00:20	15:04 6	00:23	2	
	3 Martin Sommerseth	07:32 8	00:28	22:36 7	00:26	-1	
<b>7</b>	<b>Ålen IL lag 1 (99)</b>			<b>22:36</b>		<b>00:26</b>	
	1 Lars Peder Jensås	07:48 12	00:16	07:48 12	00:16		
	2 Even Moholt	07:22 5	00:19	15:10 7	00:29	5	
	3 Ola Nesvold	07:26 6	00:22	22:36 7	00:26	0	
<b>9</b>	<b>Rindals-Troll/Rindøl Mix lag 2</b>			<b>22:50</b>		<b>00:40</b>	
	1 Gjermund Løfald	07:47 11	00:15	07:47 11	00:15		
	2 Jo Trønsdal Bævre	07:59 15	00:56	15:46 14	01:05	-3	
	3 Halvard Løfald	07:04 1	00:00	22:50 9	00:40	5	
<b>10</b>	<b>Steinkjer Skiklubb lag 1 (98)</b>			<b>22:51</b>		<b>00:41</b>	
	1 Frode Aas Strandvik	07:46 10	00:14	07:46 10	00:14		
	2 Pål Trøan Aune	07:03 1	00:00	14:49 2	00:08	8	
	3 Hallvard Riseth Fjone	08:02 14	00:58	22:51 10	00:41	-8	
<b>11</b>	<b>Selbu IL lag 1 (94)</b>			<b>23:00</b>		<b>00:50</b>	
	1 Anton K. Ringen	07:33 2	00:01	07:33 2	00:01		
	2 Truls Krogstadmo	07:41 12	00:38	15:14 11	00:33	-9	
	3 Espen Trondseth	07:46 12	00:42	23:00 11	00:50	0	
<b>12</b>	<b>Melhus IL lag 1 (102)</b>			<b>23:40</b>		<b>01:30</b>	
	1 Sondre Engan	07:54 14	00:22	07:54 14	00:22		
	2 Martin Riseth	07:41 12	00:38	15:35 13	00:54	1	
	3 Sturla Aune	08:05 15	01:01	23:40 12	01:30	1	

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Gutter 15-16 3 x 3km</b>							
<b>13</b>	<b>IL Leik lag 1 (97)</b>			<b>23:52</b>		<b>01:42</b>	
	1 Morten Rikstaddal	07:33 2	00:01	07:33 2	00:01		
	2 Rune K. Talsnes	07:39 11	00:36	15:12 9	00:31	-7	
	3 Trond Stenset	08:40 18	01:36	23:52 13	01:42	-4	
<b>14</b>	<b>Lundamo/Hovin Mix lag 2 (107)</b>			<b>24:11</b>		<b>02:01</b>	
	1 Anne Kjersti Kalvå	08:38 18	01:06	08:38 18	01:06		
	2 Erik Rostad	08:00 17	00:57	16:38 16	01:57	2	
	3 Per Harald Skogstad	07:33 9	00:29	24:11 14	02:01	2	
<b>15</b>	<b>Tydal IL lag 1 (103)</b>			<b>24:15</b>		<b>02:05</b>	
	1 Ove Brynhildsvold	07:32 1	00:00	07:32 1	00:00		
	2 Gaute Kirkvold	07:55 14	00:52	15:27 12	00:46	-11	
	3 Rune Lien	08:48 19	01:44	24:15 15	02:05	-3	
<b>16</b>	<b>Byåsen IL lag 3 (108)</b>			<b>24:31</b>		<b>02:21</b>	
	1 Eivind Kjøsnes	08:22 17	00:50	08:22 17	00:50		
	2 Kristian Erichsen	08:35 19	01:32	16:57 19	02:16	-2	
	3 Øyvind Jacobsen	07:34 10	00:30	24:31 16	02:21	3	
<b>17</b>	<b>Malvik IL lag 1 (100)</b>			<b>24:33</b>		<b>02:23</b>	
	1 Ola Hoseth Kosberg	08:38 18	01:06	08:38 18	01:06		
	2 Geir Arne Fanum	07:59 15	00:56	16:37 15	01:56	3	
	3 Martin Pettersen	07:56 13	00:52	24:33 17	02:23	-2	
<b>18</b>	<b>Stjørdal Mix lag 2 (110)</b>			<b>24:51</b>		<b>02:41</b>	
	1 Vegar Valdstadsve	08:21 16	00:49	08:21 16	00:49		
	2 Sondre Reitan	08:23 18	01:20	16:44 17	02:03	-1	
	3 Christoffer V. Skjevik	08:07 16	01:03	24:51 18	02:41	-1	
<b>19</b>	<b>Strindheim IL lag 1 (91)</b>			<b>25:04</b>		<b>02:54</b>	
	1 Håkon Bygland Hansen	07:50 13	00:18	07:50 13	00:18		
	2 Tarjei Bakken	09:04 20	02:01	16:54 18	02:13	-5	
	3 Christian Olsen	08:10 17	01:06	25:04 19	02:54	-1	
<b>20</b>	<b>Team Sør-Trøndelag Mix lag 1 (1)</b>			<b>28:55</b>		<b>06:45</b>	
	1 Espen Bjørnstad	09:22 20	01:50	09:22 20	01:50		
	2 Joacim Aune	07:35 10	00:32	16:57 19	02:16	1	
	3 Mats Haugen	11:58 20	04:54	28:55 20	06:45	-1	

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Jenter 13-14 3 x 3km</b>							
<b>1</b>	<b>Byåsen Skiklub lag 1 (201)</b>			<b>27:21</b>		<b>00:00</b>	
	1 Julie Aagaard	10:07 11	00:45	10:07 11	00:45		
	2 Jorunn Kvakland	08:50 2	00:07	18:57 4	00:07	7	
	3 Ingeranne Nakstad	08:24 1	00:00	27:21 1	00:00	3	
<b>2</b>	<b>Ålen IL lag 1 (205)</b>			<b>27:22</b>		<b>00:01</b>	
	1 Ingrid Moholt	10:13 13	00:51	10:13 13	00:51		
	2 Hege Langmo	08:43 1	00:00	18:56 3	00:06	10	
	3 Oda Lian	08:26 2	00:02	27:22 2	00:01	1	
<b>3</b>	<b>IL Varden lag 1 (203)</b>			<b>27:58</b>		<b>00:37</b>	
	1 Liv Kaia Eriksson	09:22 1	00:00	09:22 1	00:00		
	2 Ida Sonflå	09:54 8	01:11	19:16 6	00:26	-5	
	3 Charlotte Myhre	08:42 4	00:18	27:58 3	00:37	3	
<b>4</b>	<b>Byåsen IL lag 1 (204)</b>			<b>28:15</b>		<b>00:54</b>	
	1 Mette Evjen Røset	09:54 8	00:32	09:54 8	00:32		
	2 Karoline Wollan	08:56 3	00:13	18:50 1	00:00	7	
	3 Mari Dahl Benum	09:25 8	01:01	28:15 4	00:54	-3	
<b>5</b>	<b>Ekne/Leksdal/Ingedrøy Mix lag 1</b>			<b>28:17</b>		<b>00:56</b>	
	1 Helene Albertsen Dahlen	09:26 4	00:04	09:26 4	00:04		
	2 Karen Bach	10:10 13	01:27	19:36 9	00:46	-5	
	3 Ingvild Aksnes	08:41 3	00:17	28:17 5	00:56	4	
<b>6</b>	<b>Selbu IL lag 1 (202)</b>			<b>28:38</b>		<b>01:17</b>	
	1 Maren Dyrdal	09:55 9	00:33	09:55 9	00:33		
	2 Greta Moen	09:29 5	00:46	19:24 7	00:34	2	
	3 Hanne Setsaas Hoven	09:14 7	00:50	28:38 6	01:17	1	
<b>7</b>	<b>Strindheim IL lag 1 (206)</b>			<b>28:56</b>		<b>01:35</b>	
	1 Kristin Haugland	09:42 5	00:20	09:42 5	00:20		
	2 Johanne Prestvik	10:09 12	01:26	19:51 11	01:01	-6	
	3 Solveig Askevold Ulsund	09:05 5	00:41	28:56 7	01:35	4	
<b>8</b>	<b>Haltdalen/Rørros Mix lag 1 (220)</b>			<b>28:57</b>		<b>01:36</b>	
	1 Ingeborg Anna Oftedal	09:55 9	00:33	09:55 9	00:33		
	2 Pauline Sjøvold	09:57 9	01:14	19:52 12	01:02	-3	
	3 Ragnhild Oftedal	09:05 5	00:41	28:57 8	01:36	4	
<b>9</b>	<b>Selbu IL lag 2 (212)</b>			<b>28:59</b>		<b>01:38</b>	
	1 Jenny Stokke	09:53 6	00:31	09:53 6	00:31		
	2 Anette Dyrdal	09:18 4	00:35	19:11 5	00:21	1	
	3 Anne Beate Guldseth	09:48 9	01:24	28:59 9	01:38	-4	
<b>10</b>	<b>Leik/Hovin Mix lag 1 (217)</b>			<b>29:19</b>		<b>01:58</b>	
	1 Kari Grinde	09:23 2	00:01	09:23 2	00:01		
	2 Silje Bakken	09:31 6	00:48	18:54 2	00:04	0	
	3 Malin Unsgård	10:25 12	02:01	29:19 10	01:58	-8	
<b>11</b>	<b>Steinkjer Skiklubb lag 1 (208)</b>			<b>29:38</b>		<b>02:17</b>	
	1 Mia Govasmark	09:53 6	00:31	09:53 6	00:31		
	2 Trine Wæge	09:44 7	01:01	19:37 10	00:47	-4	
	3 Silje Emilie Soltvedt Rygg	10:01 10	01:37	29:38 11	02:17	-1	
<b>12</b>	<b>Melhus IL lag 1 (209)</b>			<b>30:06</b>		<b>02:45</b>	
	1 Mari H. Øyås	09:25 3	00:03	09:25 3	00:03		
	2 Julie Stendahl Spets	10:01 10	01:18	19:26 8	00:36	-5	
	3 Guro Lund Berg	10:40 13	02:16	30:06 12	02:45	-4	

## Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Jenter 13-14 3 x 3km</b>							
<b>13</b>	<b>Byåsen IL lag 2 (214)</b>			<b>31:12</b>		<b>03:51</b>	
	1 Sunniva Storrønning	10:17 14	00:55	10:17 14	00:55		
	2 Ida Klungerbo	10:05 11	01:22	20:22 13	01:32	1	
	3 Karoline Bye	10:50 15	02:26	31:12 13	03:51	0	
<b>14</b>	<b>Tiller/Nidelv Mix lag 1 (207)</b>			<b>31:14</b>		<b>03:53</b>	
	1 Marianne Mathiesen	10:10 12	00:48	10:10 12	00:48		
	2 Christine Finsrud	10:13 14	01:30	20:23 14	01:33	-2	
	3 Trine Moslet Holden	10:51 16	02:27	31:14 14	03:53	0	
<b>15</b>	<b>Hommelvik/Malvik Mix lag 1 (210)</b>			<b>32:24</b>		<b>05:03</b>	
	1 Anja Østgård	10:36 17	01:14	10:36 17	01:14		
	2 Elin Brevik	11:04 15	02:21	21:40 15	02:50	2	
	3 Tine Marit Renå	10:44 14	02:20	32:24 15	05:03	0	
<b>16</b>	<b>Kyrkseterøra/Orkdal Mix lag 1 (</b>			<b>34:51</b>		<b>07:30</b>	
	1 Alida Sødal	10:53 18	01:31	10:53 18	01:31		
	2 Hege S. Garberg	13:50 19	05:07	24:43 19	05:53	-1	
	3 Thea Schei	10:08 11	01:44	34:51 16	07:30	3	
<b>17</b>	<b>Strindheim IL lag 4 (216)</b>			<b>35:23</b>		<b>08:02</b>	
	1 Karoline Leüthen Trøen	12:11 19	02:49	12:11 19	02:49		
	2 Marie Aas Westvik	11:08 16	02:25	23:19 17	04:29	2	
	3 Anniken Nylander	12:04 18	03:40	35:23 17	08:02	0	
<b>17</b>	<b>Orkdal/Orkanger Mix lag 1 (211)</b>			<b>35:23</b>		<b>08:02</b>	
	1 Siv-Merete Uthus	12:11 19	02:49	12:11 19	02:49		
	2 Gøril Bredesen Garberg	11:50 17	03:07	24:01 18	05:11	1	
	3 Pia Husdal Ødegård	11:22 17	02:58	35:23 17	08:02	1	
<b>19</b>	<b>Strindheim IL lag 2 (213)</b>			<b>36:28</b>		<b>09:07</b>	
	1 Tone Vinge Fanavoll	10:20 15	00:58	10:20 15	00:58		
	2 Ane Midtstraum	12:53 18	04:10	23:13 16	04:23	-1	
	3 Anna Røe	13:15 19	04:51	36:28 19	09:07	-3	
<b>DNF</b>	<b>Strindheim IL lag 3 (215)</b>						
	1 Guro Ramstad	10:21	00:59	10:21	00:59		
	2						
	3						

## Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Jenter 15-16 3 x 3km</b>							
<b>1</b>	<b>Mosvik/Inderøy/Åsgutten Mix lag</b>			<b>26:04</b>		<b>00:00</b>	
	1 Vilde H. Buhrkall	08:35 1	00:00	08:35 1	00:00		
	2 Tonje S. Gausen	08:54 2	00:03	17:29 1	00:00	0	
	3 Tine Dahl	08:35 1	00:00	26:04 1	00:00	0	
<b>2</b>	<b>Byåsen IL lag 1 (191)</b>			<b>27:13</b>		<b>01:09</b>	
	1 Julie Arnesen	09:00 2	00:25	09:00 2	00:25		
	2 Ingrid Røset	08:51 1	00:00	17:51 2	00:22	0	
	3 Julie Dahl Benum	09:22 4	00:47	27:13 2	01:09	0	
<b>3</b>	<b>IL Leik lag 1 (193)</b>			<b>28:10</b>		<b>02:06</b>	
	1 Kristine Unsgård	09:11 3	00:36	09:11 3	00:36		
	2 Annette Unsgård	09:38 3	00:47	18:49 3	01:20	0	
	3 Stine Bakken	09:21 3	00:46	28:10 3	02:06	0	
<b>4</b>	<b>Strindheim IL lag 1 (192)</b>			<b>28:27</b>		<b>02:23</b>	
	1 Cecilie Hofstad	09:35 4	01:00	09:35 4	01:00		
	2 Vera Sklet	09:57 4	01:06	19:32 4	02:03	0	
	3 Solunn Enge Gravdal	08:55 2	00:20	28:27 4	02:23	0	
<b>5</b>	<b>Byåsen IL lag 2 (194)</b>			<b>29:57</b>		<b>03:53</b>	
	1 Marit Skoglund	10:16 5	01:41	10:16 5	01:41		
	2 Ina Storrønning	10:12 5	01:21	20:28 5	02:59	0	
	3 Dorthea Johansen	09:29 5	00:54	29:57 5	03:53	0	

## Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>1</b>	<b>Byåsen Skiklub lag 2 (81)</b>			<b>43:50</b>		<b>00:00</b>	
	1 Kari Sylten	14:41 2	00:30	14:41 2	00:30		
	2 Karoline Grøv	14:39 3	00:25	29:20 2	00:01	0	
	3 Maren Eliassen	14:30 3	00:26	43:50 1	00:00	1	
<b>2</b>	<b>Byåsen Skiklub lag 1 (76)</b>			<b>43:54</b>		<b>00:04</b>	
	1 Martine Lehn	15:35 5	01:24	15:35 5	01:24		
	2 Maria Nakstad	14:15 2	00:01	29:50 3	00:31	2	
	3 Tina Aagaard	14:04 1	00:00	43:54 2	00:04	1	
<b>3</b>	<b>Byåsen IL lag 1 (71)</b>			<b>44:27</b>		<b>00:37</b>	
	1 Kjersti Ø. Dalheim	16:06 7	01:55	16:06 7	01:55		
	2 Marte Oldervoll	14:14 1	00:00	30:20 5	01:01	2	
	3 Silje Dahl Benum	14:07 2	00:03	44:27 3	00:37	2	
<b>4</b>	<b>Steinkjer Skiklubb lag 1 (74)</b>			<b>44:56</b>		<b>01:06</b>	
	1 Tina Bøgseth	14:55 3	00:44	14:55 3	00:44		
	2 Hild Riseth Fjone	14:56 4	00:42	29:51 4	00:32	-1	
	3 Hanne Bøgseth	15:05 4	01:01	44:56 4	01:06	0	
<b>5</b>	<b>Inderøy IL lag 1 (80)</b>			<b>44:58</b>		<b>01:08</b>	
	1 Kristin Gausen	14:11 1	00:00	14:11 1	00:00		
	2 Heidi Bye	15:08 5	00:54	29:19 1	00:00	0	
	3 Kjersti Bach	15:39 6	01:35	44:58 5	01:08	-4	
<b>6</b>	<b>Ålen IL lag 1 (72)</b>			<b>46:23</b>		<b>02:33</b>	
	1 Lene Bjerkestrand	15:05 4	00:54	15:05 4	00:54		
	2 Kristin Gjære	16:12 7	01:58	31:17 6	01:58	-2	
	3 Tove Hegseth	15:06 5	01:02	46:23 6	02:33	0	
<b>7</b>	<b>Budal IL lag 1 (73)</b>			<b>48:15</b>		<b>04:25</b>	
	1 Tove Endalsvoll	16:44 8	02:33	16:44 8	02:33		
	2 Gyda Kristin Hyttehaug	15:36 6	01:22	32:20 7	03:01	1	
	3 Heidi Hyttehaug	15:55 7	01:51	48:15 7	04:25	0	
<b>8</b>	<b>Byåsen IL lag 2 (77)</b>			<b>49:36</b>		<b>05:46</b>	
	1 Tina Fremo	16:44 8	02:33	16:44 8	02:33		
	2 Stine M. Lefdal	16:41 8	02:27	33:25 9	04:06	-1	
	3 Kristine Klungerbo	16:11 8	02:07	49:36 8	05:46	1	
<b>9</b>	<b>Skogn IL lag 1 (75)</b>			<b>49:58</b>		<b>06:08</b>	
	1 Ragne Rønning	15:47 6	01:36	15:47 6	01:36		
	2 Maria Aune Krogstad	17:31 9	03:17	33:18 8	03:59	-2	
	3 Line Myren	16:40 9	02:36	49:58 9	06:08	-1	
<b>DNF</b>	<b>Byåsen IL lag 3 (79)</b>						
	1 Siri Kregnes	19:01	04:50	19:01	04:50		
	2 Sunniva Bratt Slette	33:52	19:38	52:53	23:34	0	
	3						

## Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Kvinner Senior 3 x 5km</b>							
<b>1</b>	<b>IL Varden lag 2 (61)</b>			<b>41:09</b>		<b>00:00</b>	
	1 Elise Ringen	13:49 1	00:00	13:49 1	00:00		
	2 Anne Ingstadbjørg	13:52 2	00:37	27:41 1	00:00	0	
	3 Ada Ringen	13:28 2	00:27	41:09 1	00:00	0	
<b>2</b>	<b>IL Varden lag 1 (56)</b>			<b>41:23</b>		<b>00:14</b>	
	1 Line Skjeldstadås	15:07 4	01:18	15:07 4	01:18		
	2 Kine Beate Bjørnås	13:15 1	00:00	28:22 2	00:41	2	
	3 Marthe Kristoffersen	13:01 1	00:00	41:23 2	00:14	0	
<b>3</b>	<b>Strindheim IL lag 1 (55)</b>			<b>43:49</b>		<b>02:40</b>	
	1 Christine Dahl	15:05 3	01:16	15:05 3	01:16		
	2 Ingrid Lorvik	15:01 3	01:46	30:06 4	02:25	-1	
	3 Kjersti Bø	13:43 3	00:42	43:49 3	02:40	1	
<b>4</b>	<b>Leksvik IL/Strindheim IL ski M I</b>			<b>44:47</b>		<b>03:38</b>	
	1 Kristin Skei	14:36 2	00:47	14:36 2	00:47		
	2 Andrea Hovstein Kruken	15:24 4	02:09	30:00 3	02:19	-1	
	3 Gunn Elisabeth Ulkestad	14:47 4	01:46	44:47 4	03:38	-1	
<b>5</b>	<b>Malvik IL lag 1 (60)</b>			<b>51:19</b>		<b>10:10</b>	
	1 Marit Mia Bjørnstad	16:24 5	02:35	16:24 5	02:35		
	2 Torunn Breivik	16:40 5	03:25	33:04 5	05:23	0	
	3 Maja Berg	18:15 5	05:14	51:19 5	10:10	0	
<b>DNF</b>	<b>Strindheim IL lag 2 (62)</b>						
	1 Marit A. Ulsund	16:34	02:45	16:34	02:45		
	2						
	3						

## Resultatliste

Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Menn Junior 3 x 5km</b>							
<b>1</b>	<b>Inderøy IL lag 1 (50)</b>			<b>35:57</b>		<b>00:00</b>	
	1 Eirik Lorentzen	12:01 2	00:03	12:01 2	00:03		
	2 Sindre A. Løseth	11:54 1	00:00	23:55 1	00:00	1	
	3 Ole Marius Bach	12:02 2	00:08	35:57 1	00:00	0	
<b>2</b>	<b>Leksvik IL lag 1 (21)</b>			<b>35:58</b>		<b>00:01</b>	
	1 Anders Tettli Rennemo	11:58 1	00:00	11:58 1	00:00		
	2 Jonas Sæther	11:58 4	00:04	23:56 2	00:01	-1	
	3 Andreas Myran Steen	12:02 2	00:08	35:58 2	00:01	0	
<b>3</b>	<b>Byåsen IL lag 1 (22)</b>			<b>36:06</b>		<b>00:09</b>	
	1 Didrik Tønseth	12:01 2	00:03	12:01 2	00:03		
	2 Espen Størseth	11:56 3	00:02	23:57 3	00:02	-1	
	3 Per Olav Holm Ødegård	12:09 8	00:15	36:06 3	00:09	0	
<b>4</b>	<b>Krokstadøra/Jonsvatnet/Børsa M I</b>			<b>36:17</b>		<b>00:20</b>	
	1 Tore Bjørseth Berdal	12:02 4	00:04	12:02 4	00:04		
	2 Kent Roger Tangvik	11:55 2	00:01	23:57 3	00:02	1	
	3 Kristian Riseth Hammer	12:20 10	00:26	36:17 4	00:20	-1	
<b>5</b>	<b>Mosvik IL lag 1 (32)</b>			<b>36:28</b>		<b>00:31</b>	
	1 Ola Berg Fines	12:19 7	00:21	12:19 7	00:21		
	2 Jonas Berg	12:15 8	00:21	24:34 6	00:39	1	
	3 Thomas Northug	11:54 1	00:00	36:28 5	00:31	1	
<b>6</b>	<b>Strindheim IL lag 1 (23)</b>			<b>36:47</b>		<b>00:50</b>	
	1 Jørgen Bye Brevik	12:09 5	00:11	12:09 5	00:11		
	2 Sindre Osland	12:31 12	00:37	24:40 7	00:45	-2	
	3 Trygve Ellingsen	12:07 6	00:13	36:47 6	00:50	1	
<b>7</b>	<b>Byåsen IL lag 5 (48)</b>			<b>36:49</b>		<b>00:52</b>	
	1 Arve Lien Johnsen	12:29 10	00:31	12:29 10	00:31		
	2 Guttorm Nygård	12:12 7	00:18	24:41 8	00:46	2	
	3 Henrik Brovold	12:08 7	00:14	36:49 7	00:52	1	
<b>8</b>	<b>Steinkjer Skiklubb lag 1 (33)</b>			<b>37:13</b>		<b>01:16</b>	
	1 Kristian Melhus Mork	12:20 9	00:22	12:20 9	00:22		
	2 Henrik Bjugan Hegdahl	12:11 5	00:17	24:31 5	00:36	4	
	3 Kenneth Myhre	12:42 14	00:48	37:13 8	01:16	-3	
<b>9</b>	<b>Byåsen IL lag 2 (37)</b>			<b>37:19</b>		<b>01:22</b>	
	1 Henrik Kippernes	12:38 14	00:40	12:38 14	00:40		
	2 Espen Forsell	12:35 16	00:41	25:13 13	01:18	1	
	3 Øyvind Ytterhus Utengen	12:06 5	00:12	37:19 9	01:22	4	
<b>10</b>	<b>Lundamo IL lag 1 (27)</b>			<b>37:24</b>		<b>01:27</b>	
	1 Ole Hartvik Skogstad	12:30 11	00:32	12:30 11	00:32		
	2 Bjørn Horg	12:50 21	00:56	25:20 14	01:25	-3	
	3 Svend Erik Horg	12:04 4	00:10	37:24 10	01:27	4	
<b>11</b>	<b>Ekne IL/Markabygd IL Mix lag 1</b>			<b>37:50</b>		<b>01:53</b>	
	1 Thomas A. Dahlen	12:37 13	00:39	12:37 13	00:39		
	2 Vegard Hjelmstadbakk	12:32 13	00:38	25:09 11	01:14	2	
	3 Øystein Haug	12:41 13	00:47	37:50 11	01:53	0	
<b>12</b>	<b>Steinkjer Skiklubb lag 2 (42)</b>			<b>38:06</b>		<b>02:09</b>	
	1 Marcus Schei Wiseth	12:44 16	00:46	12:44 16	00:46		
	2 Magne Øksnes	12:27 11	00:33	25:11 12	01:16	4	
	3 Haakon Blengsli	12:55 19	01:01	38:06 12	02:09	0	

## Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>13</b>	<b>Byåsen IL lag 3 (43)</b>			<b>38:08</b>		<b>02:11</b>	
	1 Christian Alstad	12:45 17	00:47	12:45 17	00:47		
	2 Gaute Maråk	12:40 17	00:46	25:25 15	01:30	2	
	3 Olav Foss Presthus	12:43 15	00:49	38:08 13	02:11	2	
<b>14</b>	<b>Budal/Leik-Mix lag 1 (54)</b>			<b>38:20</b>		<b>02:23</b>	
	1 Lars Hyttehaug	12:12 6	00:14	12:12 6	00:14		
	2 Odne Estenstad	13:58 29	02:04	26:10 21	02:15	-15	
	3 nn99 nn99	12:10 9	00:16	38:20 14	02:23	7	
<b>15</b>	<b>Klæbu IL lag 1 (24)</b>			<b>38:23</b>		<b>02:26</b>	
	1 Ronny F. Ansnes	12:19 7	00:21	12:19 7	00:21		
	2 Eirik Telebond	12:34 15	00:40	24:53 9	00:58	-2	
	3 Erlend Bye Vollset	13:30 25	01:36	38:23 15	02:26	-6	
<b>16</b>	<b>Steinkjer Skiklubb lag 3 (44)</b>			<b>38:27</b>		<b>02:30</b>	
	1 Stian Schjefte	12:46 18	00:48	12:46 18	00:48		
	2 Petter Torås Halseth	12:11 5	00:17	24:57 10	01:02	8	
	3 Eskil Smith Sørhøy	13:30 25	01:36	38:27 16	02:30	-6	
<b>17</b>	<b>IL Varden lag 1 (36)</b>			<b>38:30</b>		<b>02:33</b>	
	1 Torkel Sende	13:09 22	01:11	13:09 22	01:11		
	2 Magnus Gjemse	12:33 14	00:39	25:42 18	01:47	4	
	3 Emil Iversen	12:48 16	00:54	38:30 17	02:33	1	
<b>18</b>	<b>Ålen IL lag 1 (26)</b>			<b>38:55</b>		<b>02:58</b>	
	1 Nils Even Dragmyrhaug	14:10 31	02:12	14:10 31	02:12		
	2 Joachim Moholdt	12:21 10	00:27	26:31 26	02:36	5	
	3 Magnus Moholdt	12:24 11	00:30	38:55 18	02:58	8	
<b>19</b>	<b>Inderøy IL lag 2 (51)</b>			<b>38:59</b>		<b>03:02</b>	
	1 Truls Snerting	13:40 27	01:42	13:40 27	01:42		
	2 Erlend Skrove	12:40 17	00:46	26:20 23	02:25	4	
	3 Jonas Wold	12:39 12	00:45	38:59 19	03:02	4	
<b>20</b>	<b>Orkdal IL lag 1 (34)</b>			<b>39:00</b>		<b>03:03</b>	
	1 Sverre Solligård	12:47 19	00:49	12:47 19	00:49		
	2 Øyvind Legar Grønningen	12:46 19	00:52	25:33 16	01:38	3	
	3 Thomas Løfshus Staveli	13:27 24	01:33	39:00 20	03:03	-4	
<b>21</b>	<b>Byåsen Skiklub lag 1 (29)</b>			<b>39:02</b>		<b>03:05</b>	
	1 Eivind Moe	12:58 21	01:00	12:58 21	01:00		
	2 Kristoffer Grøv	13:02 23	01:08	26:00 19	02:05	2	
	3 Mathias Rundgren	13:02 20	01:08	39:02 21	03:05	-2	
<b>22</b>	<b>Byåsen IL lag 6 (49)</b>			<b>39:07</b>		<b>03:10</b>	
	1 Ørjan Ramdal	12:36 12	00:38	12:36 12	00:38		
	2 Martin Lefdal	13:39 27	01:45	26:15 22	02:20	-10	
	3 Magnus S. Bakkhaug	12:52 18	00:58	39:07 22	03:10	0	
<b>23</b>	<b>Byåsen Skiklub lag 2 (53)</b>			<b>39:11</b>		<b>03:14</b>	
	1 Kristian Grøv	12:53 20	00:55	12:53 20	00:55		
	2 Johan Holmen	12:48 20	00:54	25:41 17	01:46	3	
	3 Kjartan Steinshamn	13:30 25	01:36	39:11 23	03:14	-6	
<b>24</b>	<b>Team Follo Mix lag 1 (46)</b>			<b>39:49</b>		<b>03:52</b>	
	1 Simen Blåan	13:26 25	01:28	13:26 25	01:28		
	2 Martin Muan	12:58 22	01:04	26:24 24	02:29	1	
	3 Johan Risteh Hammer	13:25 23	01:31	39:49 24	03:52	0	

## Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Menn Junior 3 x 5km</b>							
<b>25</b>	<b>Selbu IL lag 1 (30)</b>			<b>40:06</b>		<b>04:09</b>	
	1 Gaute Solem Haugen	13:37 26	01:39	13:37 26	01:39		
	2 Stein Erik Kyllø	13:15 25	01:21	26:52 27	02:57	-1	
	3 Anders Bjørnbeth	13:14 21	01:20	40:06 25	04:09	2	
<b>26</b>	<b>Byåsen IL lag 4 (45)</b>			<b>40:09</b>		<b>04:12</b>	
	1 Henrik A. Olsen	13:43 28	01:45	13:43 28	01:45		
	2 Sondre Oldervoll	12:19 9	00:25	26:02 20	02:07	8	
	3 Fredrik Svendsen	14:07 30	02:13	40:09 26	04:12	-6	
<b>27</b>	<b>Klæbu IL lag 2 (39)</b>			<b>40:24</b>		<b>04:27</b>	
	1 Anders Kjeka Broen	13:23 23	01:25	13:23 23	01:25		
	2 Even Skaret	13:05 24	01:11	26:28 25	02:33	-2	
	3 Kenneth Flaaøyen	13:56 29	02:02	40:24 27	04:27	-2	
<b>28</b>	<b>IL Leik lag 1 (28)</b>			<b>40:58</b>		<b>05:01</b>	
	1 Christoffer Bremvåg	13:47 29	01:49	13:47 29	01:49		
	2 Andres Estenstad	14:22 30	02:28	28:09 31	04:14	-2	
	3 Runar Krognæs	12:49 17	00:55	40:58 28	05:01	3	
<b>29</b>	<b>Strindheim IL lag 2 (38)</b>			<b>41:18</b>		<b>05:21</b>	
	1 Håkon Egeland	12:43 15	00:45	12:43 15	00:45		
	2 Lars Kristian Hagen	15:12 31	03:18	27:55 30	04:00	-15	
	3 Lars Ramstad	13:23 22	01:29	41:18 29	05:21	1	
<b>30</b>	<b>Granåsen skiteam Mix lag 2 (40)</b>			<b>41:27</b>		<b>05:30</b>	
	1 Andre Nyeng Olsen	14:00 30	02:02	14:00 30	02:02		
	2 Stian Berg	13:50 28	01:56	27:50 29	03:55	1	
	3 Robert Aaring	13:37 28	01:43	41:27 30	05:30	-1	
<b>31</b>	<b>Ålen IL lag 2 (41)</b>			<b>41:39</b>		<b>05:42</b>	
	1 Joakim Storrønning	13:24 24	01:26	13:24 24	01:26		
	2 Eirik Nesvold	13:28 26	01:34	26:52 27	02:57	-3	
	3 Jonas Nyrønning	14:47 31	02:53	41:39 31	05:42	-4	
<b>DSQ</b>	<b>Ranheim IL lag 1 (31)</b>			<b>40:01</b>			
	1 Martin Aasen	13:33	01:35	13:33	01:35		
	2 Fredrik D. Lurvik	14:04	02:10	27:37	03:42	0	
	3 Vidar Undebakke	12:24	00:30	40:01	04:04	0	

## Resultatliste

Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
<b>Menn Senior 3 x 10km</b>							
<b>1</b>	<b>Byåsen IL lag 1 (3)</b>			<b>1:00:46</b>		<b>00:00</b>	
	1 Jon Stene	20:41 7	00:14	20:41 7	00:14		
	2 Chris Jespersen	19:53 1	00:00	40:34 1	00:00	6	
	3 Daniel Myrmæl Helgestad	20:12 1	00:00	1:00:46 1	00:00	0	
<b>2</b>	<b>Byåsen IL lag 2 (14)</b>			<b>1:01:47</b>		<b>01:01</b>	
	1 Syver Nygård	20:39 6	00:12	20:39 6	00:12		
	2 Ove Erik Tronvoll	20:53 4	01:00	41:32 3	00:58	3	
	3 Stian Nåvik	20:15 2	00:03	1:01:47 2	01:01	1	
<b>3</b>	<b>Henning skilag lag 1 (8)</b>			<b>1:02:08</b>		<b>01:22</b>	
	1 Jonas Austmo Kolstad	20:28 2	00:01	20:28 2	00:01		
	2 Eirik Nordvik	21:20 7	01:27	41:48 5	01:14	-3	
	3 Kristian Tettli Rennemo	20:20 3	00:08	1:02:08 3	01:22	2	
<b>4</b>	<b>Tydal IL lag 1 (10)</b>			<b>1:03:01</b>		<b>02:15</b>	
	1 Niklas Dyrhaug	20:31 4	00:04	20:31 4	00:04		
	2 Jo Vegard Hilmo	21:18 6	01:25	41:49 6	01:15	-2	
	3 Christer Storrønning	21:12 4	01:00	1:03:01 4	02:15	2	
<b>5</b>	<b>Skogn IL lag 1 (9)</b>			<b>1:03:33</b>		<b>02:47</b>	
	1 Ole Rønning	20:28 2	00:01	20:28 2	00:01		
	2 Bernhard Rønning	20:51 3	00:58	41:19 2	00:45	0	
	3 Frode Jermstad	22:14 8	02:02	1:03:33 5	02:47	-3	
<b>6</b>	<b>IL Fjellønnen/Stadsbygd IL Mix I</b>			<b>1:03:59</b>		<b>03:13</b>	
	1 Christian Fredrik Sand	21:36 10	01:09	21:36 10	01:09		
	2 Thomas Fremo	20:23 2	00:30	41:59 7	01:25	3	
	3 Per Anders Føll	22:00 6	01:48	1:03:59 6	03:13	1	
<b>7</b>	<b>IL Trønder-Lyn lag 1 (5)</b>			<b>1:04:31</b>		<b>03:45</b>	
	1 Lars Jensen	20:33 5	00:06	20:33 5	00:06		
	2 Per Egil Bjørgen	21:06 5	01:13	41:39 4	01:05	1	
	3 Andreas Dahlø Wærnes	22:52 9	02:40	1:04:31 7	03:45	-3	
<b>8</b>	<b>Strindheim IL lag 1 (1)</b>			<b>1:05:07</b>		<b>04:21</b>	
	1 Trond Einar Elden	21:33 9	01:06	21:33 9	01:06		
	2 Audun Thonstad	21:53 8	02:00	43:26 8	02:52	1	
	3 Kristian Skrødal	21:41 5	01:29	1:05:07 8	04:21	0	
<b>9</b>	<b>Bratsberg IL lag 1 (13)</b>			<b>1:06:29</b>		<b>05:43</b>	
	1 Marius Bjørseth	22:06 11	01:39	22:06 11	01:39		
	2 Per Kåre Jakobsen	22:13 9	02:20	44:19 9	03:45	2	
	3 Ronny Ingebrigtsen	22:10 7	01:58	1:06:29 9	05:43	0	
<b>10</b>	<b>Luftkrigsskolen Bil Mix lag 1 (</b>			<b>1:09:02</b>		<b>08:16</b>	
	1 Åsmund André Nåvik	22:53 12	02:26	22:53 12	02:26		
	2 Kim Ståle Haugerø	22:20 10	02:27	45:13 10	04:39	2	
	3 Ukjent Løper	23:49 10	03:37	1:09:02 10	08:16	0	
<b>11</b>	<b>NTNUI lag 1 (2)</b>			<b>1:10:51</b>		<b>10:05</b>	
	1 Sindre Sandbakk	21:00 8	00:33	21:00 8	00:33		
	2 Ørjan Bohinen	25:15 12	05:22	46:15 11	05:41	-3	
	3 Anstein Rognstad	24:36 12	04:24	1:10:51 11	10:05	0	
<b>12</b>	<b>Flatås IL lag 1 (7)</b>			<b>1:11:19</b>		<b>10:33</b>	
	1 Christian Melhuus Overaa	24:36 13	04:09	24:36 13	04:09		
	2 Kai Rune Haugerø	22:44 11	02:51	47:20 12	06:46	1	
	3 Mats Nåvik Hval	23:59 11	03:47	1:11:19 12	10:33	0	

**Resultatliste**

<b>Plass</b>	<b>Lag</b>	<b>Etappe Tid</b>	<b>Etter</b>	<b>Total Tid</b>	<b>Etter</b>	<b>Endring</b>	<b>Status</b>
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**Menn Senior 3 x 10km****DNF IK Rindals-Troll lag 1 (6)**

1	Lars Hol Moholdt	20:27	00:00	20:27	00:00		
2	Ingebrigt Børset Steen	22:50	02:57	43:17	02:43	0	
3							

**Resultatliste**

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
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**Menn Veteran 3 x 5km**

<b>1</b>	<b>Byåsen IL lag 1 (85)</b>			<b>40:12</b>		<b>00:00</b>	
	1 Bjarne Valås	13:28 1	00:00	13:28 1	00:00		
	2 Alf Roar Størseth	13:22 1	00:00	26:50 1	00:00	0	
	3 Terje Drøyvold	13:22 1	00:00	40:12 1	00:00	0	
<b>2</b>	<b>Heimdal/Klæbu mix lag 1 (86)</b>			<b>42:45</b>		<b>02:33</b>	
	1 Jarle Thonstad	14:11 2	00:43	14:11 2	00:43		
	2 Kasper Myhr	14:13 2	00:51	28:24 2	01:34	0	
	3 Hans Boye Skogstad	14:21 2	00:59	42:45 2	02:33	0	

**Resultatliste**

<b>Plass</b>	<b>Lag</b>	<b>Etappe Tid</b>	<b>Etter</b>	<b>Total Tid</b>	<b>Etter</b>	<b>Endring</b>	<b>Status</b>
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