

Klasse	Plass	Navn	Klubb	Tid
M 10	*	Kristian Sigvik	IK Hero	12:01
	*	Henrik Krogager Albertsen	IK Hero	09:56
K 11-12	*	Marthe Emilie Skjolden	Smaalenene SK	19:29
	*	Thea Holland	Asker CK	20:37
M 11-12	*	Even Stokkebekk	CK Nittedal	20:43
	*	Lars Daniel Vestli	IK Hero	22:29
	*	Kim Daniel Gulliksveen	Ullensaker CK	18:10
	*	Jørgen Helgestad	Smaalenene SK	20:29
	*	Eivind Taugbøl Nilsen	Smaalenene SK	20:30
K 13-14	1	Martine Amundsen	CK Nittedal	17:44
M 13-14	1	Marius Vedum Thomassen	LCK	17:17
	2	Preben Prestby	Smaalenene SK	17:18
	3	Øyvind Stokkstad	Ullensaker CK	17:24
	4	Eirik Fundingsrud	Smaalenene SK	17:39
	5	Peter Morken	LCK	18:33
	6	Phan Åge Haugård	IF Frøy	19:14
	7	Tor Einar Helgestad	Smaalenene SK	19:43
	8	Simen Paulsen	Smaalenene SK	19:59
	9	Drillon Disha	IK Hero	20:49
K 15-16	1	Caroline Wøien	IK Hero	34:19
	2	Emma Skjerstad	CK Nittedal	34:29
M 15-16	1	Stian Berger Larsen	Ullensaker CK	29:34
	2	Joakim Gunnerud	CK Nittedal	29:47
	3	Ingar Stokkstad	Ullensaker CK	29:58
	4	Paul Qvale	IK Hero	30:36
	5	Alexander Wøien	IK Hero	30:49
	6	Stian Fredrik Flaaseth	IK Hero	31:05
	7	Sebastian Rischmann	CK Nittedal	32:08
	8	Eivind Ekei	IK Hero	32:11
	9	Daniel Pedersen	IK Hero	32:51
	10	Eivind Sveinhaug Iversen	IF Frøy	33:55
	11	Erik Digerud	CK Nittedal	34:52
M JUN	1	Espen Berger Gundersen	Lørenskog CK	29:30
	2	Andreas Tangen	IK Hero	30:45
	3	Nicolay Myhre	Ringerike SK	31:17
	4	Håvard Ersland	IF Frøy	32:14
K SEN	1	Ann Elisabeth Ohnstad	Karmøy CK	36:31

Klasse	Plass	Navn	Klubb	Tid
M SEN	1	Øyvind Kristiansen	Lørenskog CK	31:23
	2	Runar Emmel Hansen	IF Frøy	41:01
K 30-39	1	Thrude Karlsen	Sp. Rye	31:26
	2	Torill Kalfoss	SK Ceres	34:20
M 30-39	1	Thomas Svane Jacobsen	Sp. Rye	28:32
	2	Lasse Bjerkan	Smaalenene SK	28:47
	3	Knut Horst Borbe	BOC/NRK	28:52
	4	Trond Smogeli	Follo Sk	29:15
	5	Christian Rieder	BOC	29:40
	6	Stig Erik Sørheim	Sp. Rye	29:49
K 40-44	1	Line Brevik Andersen	Sp. Rye	38:44
M 40-44	1	Pål Christian Hustoft	Asker CK	28:36
	2	Arve Lyngstad	Asker CK	28:38
	3	Lars Junker	Sarpsborg SK	30:17
	4	Svein Olav Andersen	Asker CK	30:53
	5	Ole Herman Larsen	BOC	31:44
	6	Irek Flatseth	BOC	32:12
M 45-49	1	Nikolai Væding	Arendal CC	28:17
	2	Leif Arne Brandal	CK Nittedal	32:51
M 50-54	1	Johnny Jørgenvåg	SK Ceres	29:35
	2	Tommy Jensen	Asker CK	30:02
	3	Inge Bjart Torkildsen	Frikransen SK	30:14
	4	Olav Svensli	CK Nittedal	30:18
	5	Øyvind Hansen	Asker CK	30:38
	6	Terje Erfjord	BOC	31:39
	7	Vidar Syvertsen	IK Hero	34:19
M 55-59	1	Johny Johannesen	Grimstad SK	29:31
	2	Pål Gulliksen	IF Frøy	30:04
	3	Magne Astor Jenssen	Horten OC	30:05
M 60-64	1	Arne Torgersen	Eiker CK	29:59
	2	Fredrik Lamo	CK Nittedal	31:13
	3	Finn Jensen	Kongsberg IF	32:13
M 65-69	1	Arve Brevik	Sp. Rye	38:49
M 70+	1	Arne-Herman Kulsrud	IK Hero	36:47