

Arr. I.K. Hero

Klasse: K Junior

			Bakketempo	Tempo	Fellesstart	Totalt
1	Wøien, Caroline	IK Hero	00:02:25	00:14:37	02:16:29	02:33:31
2	Skjerstad, Emma	CK Nittedal	00:02:34	00:14:55	02:16:29	02:33:58
3	Øpstad, Mari Klev	Eiker CK	00:02:37	00:14:54	02:16:29	02:34:00
4	Johansen, Cecilie Sæterøy	IL Stjørdals-Blink Sykkel	00:02:32	00:15:09	02:16:29	02:34:10
5	Voreland, Marie	Ringerike SK	00:02:25	00:15:20	02:16:29	02:34:14
6	Dalen, Anita	Vegårsdhei IL-Sykkel	00:02:36	00:15:17	02:16:29	02:34:22
7	Olsen, Janne	Eidsvol SK	00:02:45	00:15:42	02:16:29	02:34:56

Klasse: K Senior

			Bakketempo	Tempo	Fellesstart	Totalt
1	Jensen, Bjørg Eva	Grenland SK	00:02:18	00:14:36	02:16:29	02:33:23
2	Fylkesnes, Elin Steinsbø	Bømlo SK	00:02:23	00:14:34	02:16:29	02:33:26
3	Hillern, Gunn	SK RYE	00:02:27	00:14:45	02:16:29	02:33:41
"	Karlsen, Thrude	SK RYE	00:02:27	00:14:45	02:16:29	02:33:41
5	Olofsson, Monica	SK RYE	00:02:28	00:14:57	02:16:29	02:33:54
6	Foss, Line	SK RYE	00:02:32	00:15:19	02:16:29	02:34:20
7	Axman, Lisa Christin	Bærum & Omegn SK	00:02:33	00:15:42	02:16:29	02:34:44
8	Østvold, Sissel	JH-Sykkel	00:02:43	00:15:32	02:22:18	02:40:33
9	Haugsbø, Hild	Bærum & Omegn SK	00:02:49	00:16:16	02:22:18	02:41:23

Klasse: K13-14

			Bakketempo	Tempo	Fellesstart	Totalt
1	Robinson Bugge, Karen Marie	Horten & Omegn CK	00:02:52	00:17:21	00:36:23	00:56:36
2	Skjolden, Marthe Emilie	Smaalenene SK	00:03:02	00:17:19	00:37:25	00:57:46
3	Skjærstad, Ingerid	CK Nittedal	00:02:59	00:17:39	00:37:28	00:58:06
4	Slåtto Gomnes, Emilie	Ringerike SK	00:02:51	00:18:19	00:37:25	00:58:35
5	Holland, Thea S.	Asker CK	00:03:20	00:18:28	00:37:28	00:59:16
6	Wennerberg, Ida Knudsen	Follo SK	00:03:20	00:19:32	00:43:03	01:05:55
7	Gjølberg, Amalie	Tønsberg CK	00:03:24	00:20:38	00:42:09	01:06:11

Klasse: K15-16

			Bakketempo	Tempo	Fellesstart	Totalt
1	Bøe Jacobsen, Ingrid	Halden CK	00:02:30	00:16:00	00:51:03	01:09:33
2	Amundsen, Martine	CK Nittedal	00:02:38	00:16:40	00:51:49	01:11:07
3	Moberg, Emilie	Halden CK	00:02:40	00:16:58	00:51:49	01:11:27
4	Thorsen, Thea	Ringerike SK	00:02:57	00:17:05	00:53:28	01:13:30
5	Flaaseth, Ida Kristine	IK Hero	00:02:56	00:18:04	00:53:30	01:14:30
6	Gundersen Muberg, Camilla	Ullensaker CK	00:02:53	00:17:08	00:56:17	01:16:18
7	van Megen, Suzanne	Smaalenene SK	00:03:00	00:17:58	00:57:30	01:18:28
8	Mørch Jonassen, Benedicte	Grenland SK	00:02:41	00:18:24	00:59:57	01:21:02

Klasse: M Junior

			Bakketempo	Tempo	Fellesstart	Totalt
1	Gunnerud, Joakim	Ullensaker CK	00:02:07	00:13:23	02:57:16	03:12:46
2	Hovland, Olav Johannes	Grenland SK	00:02:07	00:13:24	02:57:16	03:12:47
3	Hageengen, Marius	Raufoss & Gjøvik CK	00:01:59	00:13:41	02:57:16	03:12:56
4	Dybwad, Alexander S.	IL Stjørdals-Blink Sykkel	00:02:04	00:13:47	02:57:16	03:13:07
5	Slemdal, Stian	Ullensaker CK	00:02:05	00:13:51	02:57:16	03:13:12
6	Evensen, Tommy	Trondhjems Velipedklubb	00:02:07	00:14:02	02:57:16	03:13:25
7	Benjaminsen, Olav Aleksander	IK Hero	00:02:07	00:14:20	02:57:16	03:13:43
8	Mathisen, Oskar	Halden CK	00:02:12	00:14:25	02:57:16	03:13:53
9	Flaaseth, Stian Fredrik	IK Hero	00:02:14	00:14:26	02:57:16	03:13:56
10	Skotvoll, Mats	Trondhjems Velipedklubb	00:02:12	00:13:46	03:04:16	03:20:14
11	Ekeli, Eivind	IK Hero	00:02:12	00:13:45	03:06:06	03:22:03
12	Nyhus, Vegard	Asker CK	00:02:06	00:13:38	03:08:16	03:24:00
13	Jensen, Crister	Grenland SK	00:02:02	00:13:50	03:09:29	03:25:21
14	Ødegaard, Pål	Fredrikstad SK	00:02:10	00:14:14	03:09:29	03:25:53



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15	Stokstad, Ingar	Ullensaker CK	00:02:00	00:13:12	03:12:24	03:27:36
16	Larsen, Stian Berger	Ullensaker CK	00:01:55	00:13:40	03:12:56	03:28:31
17	Uthus, Carl	JH-Sykkkel	00:02:18	00:13:59	03:12:24	03:28:41
18	Fløtten, Audun Brekke	Rngerike SK	00:02:30	00:13:58	03:12:24	03:28:52
19	Jensen, Marius	Grenland SK	00:02:10	00:13:59	03:12:45	03:28:54
20	Thorgersen, Erik	Eiker CK	00:02:08	00:14:02	03:13:10	03:29:20
21	Barholt, Nikolai	Grenland SK	00:02:14	00:14:34	03:12:45	03:29:33
22	Eckhoff, Sverre	Bærum & Omegn SK	00:02:13	00:14:59	03:12:24	03:29:36
23	Nicolaisen, Fredrik	IK Hero	00:02:18	00:14:30	03:12:53	03:29:41
24	Uthuus, Hans Marius	JH-Sykkkel	00:02:16	00:14:18	03:13:13	03:29:47
25	Gundersen, Stig Ole	Follo SK	00:02:12	00:14:43	03:13:05	03:30:00
26	Syverstad, Magnus	Halden CK	00:02:19	00:14:35	03:13:07	03:30:01
27	Digerud, Erik	IK Hero	00:02:23	00:14:50	03:13:03	03:30:16
28	Myhrer, Kristian	Eidsvoll SK	00:02:49	00:13:55	03:22:30	03:39:14
29	Engen, Fredrik S.	Ottestad IL Sykkkel	00:02:24	00:14:59	03:27:31	03:44:54
30	Enger, Stian	Raufoss & Gjøvik CK	00:02:21	00:15:04	03:27:31	03:44:56
31	Landa, Knut	IF Frøy	00:02:18	00:15:38	03:27:31	03:45:27
32	Nordahl, Magnus	Nes SK	00:02:22	00:15:46	03:27:31	03:45:39
33	Pedersen, Daniel	IK Hero	00:02:24	00:14:19	03:29:01	03:45:44
34	Træen, Eirik	Rngerike SK	00:02:28	00:15:53	03:27:31	03:45:52
35	Thorvaldsen, Christian	Bærum & Omegn SK	00:02:22	00:16:41	03:27:31	03:46:34
36	Spikseth, Elias Angel	Nanset IL Sykkkel	00:02:10	00:13:57	03:31:20	03:47:27
37	Berntzen, Kjetil	JH-Sykkkel	00:02:20	00:14:49	03:31:20	03:48:29
38	Fensbekk, Carl Joacim	Fredrikstad SK	00:02:19	00:14:55	03:31:20	03:48:34
39	Høimyr, Mikkel	Bærum & Omegn SK	00:02:13	00:15:51	03:35:00	03:53:04
40	Bakken, Sondre	Bærum & Omegn SK	00:02:35	00:15:58	03:35:00	03:53:33

Klasse: M11-12

			Bakketempo	Tempo	Fellesstart	Totalt
1	Gundersen, Jørgen	Ullensaker CK	00:02:38	00:16:54	00:36:17	00:55:49
2	Skjolden, Glenn Marius	Smaalenene SK	00:02:50	00:17:15	00:36:10	00:56:15
3	Robinson Bugge, Volrath	Horten & Omegn CK	00:02:58	00:18:07	00:36:17	00:57:22
4	Bokn, Christian	Horten & Omegn CK	00:02:56	00:18:07	00:37:28	00:58:31
5	Grini Bjørkli, Gjermund	Ringerike SK	00:03:05	00:18:12	00:37:25	00:58:42
6	Westgaard, Marius	Lørenskog CK	00:03:04	00:18:29	00:39:18	01:00:51
7	Ims, Vegard	Asker CK	00:02:51	00:18:20	00:40:48	01:01:59
8	Eriksen, Jonas	Ullensaker CK	00:03:22	00:19:30	00:40:54	01:03:46
9	Edvardsen, Fredrik	Nesodden SK	00:03:19	00:20:10	00:41:46	01:05:15
10	Digerud, Lars	IK Hero	00:03:27	00:20:36	00:41:52	01:05:55
11	Dukefoss, Erik	Lillehammer CK	00:03:23	00:20:29	00:44:18	01:08:10
12	Hilde, Adrian	Kristiansand CK	00:03:27	00:20:26	00:44:41	01:08:34
13	Lindtveit, Aasmund	IK Hero	00:03:44	00:22:00	00:46:27	01:12:11
14	Qvist, Anders	Kristiansand CK	00:03:17	00:20:27	00:48:40	01:12:24

Klasse: M13-14

			Bakketempo	Tempo	Fellesstart	Totalt
1	Døssland, Andreas	SK RYE	00:02:11	00:15:09	00:50:25	01:07:45
2	Johansen, Teodor Strand	Raufoss & Gjøvik CK	00:02:19	00:15:20	00:50:25	01:08:04
3	Eid Hermansen, Sindre	Arena Bø CK	00:02:22	00:15:30	00:50:29	01:08:21
4	Westgaard, Kristoffer	Lørenskog CK	00:02:12	00:15:49	00:50:25	01:08:26
5	Drangslund, Olav S.	Grenland SK	00:02:23	00:15:54	00:50:55	01:09:12
6	Gulliksvæen, Kim Daniel	Ullensaker CK	00:02:30	00:15:50	00:51:07	01:09:27
7	Røynås, Fridtjof	Grimstad SK	00:02:28	00:16:11	00:50:55	01:09:34
8	Berntsen, Joakim	Eidsvoll SK	00:02:30	00:16:02	00:51:03	01:09:35
9	Kristoffersen, Anders	Fredrikstad SK	00:02:32	00:16:31	00:50:55	01:09:58
10	Johansen, William Brekke	SK RYE	00:02:24	00:16:48	00:50:55	01:10:07



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11	Bonkerud, Sondre	Brumunddal SK	00:02:30	00:16:43	00:51:07	01:10:20
12	Landa, Oscar	Stavanger SK	00:02:39	00:16:50	00:50:55	01:10:24
13	Appelkvist, Jon Håvard	IL Stjørdals-Blink Sykkel	00:02:43	00:16:34	00:51:40	01:10:57
14	Lund, August Denizou	Bærum & Omegn SK	00:02:28	00:16:45	00:51:49	01:11:02
15	Berntzen, Hans Petter	Bærum & Omegn SK	00:02:28	00:16:58	00:51:49	01:11:15
16	Hatling Midtbø, Ola	Bærum & Omegn SK	00:02:37	00:16:51	00:51:49	01:11:17
17	Grøndahl, Amund	Nes SK	00:02:42	00:16:08	00:52:30	01:11:20
18	Hageengen, Anders	Raufoss & Gjøvik CK	00:02:39	00:16:54	00:51:49	01:11:22
19	Olsson, Sondre	Romeriksåsen SK	00:02:27	00:16:38	00:52:30	01:11:35
20	Hausken Jacobsen, Tormod	Stavanger SK	00:02:47	00:17:29	00:51:49	01:12:05
21	Håkenrud, Anders Lie	Asker CK	00:02:36	00:17:00	00:52:30	01:12:06
22	Johansson, Kristian M.	Grimstad SK	00:02:44	00:17:01	00:52:45	01:12:30
"	Moe, Per B.	Stavanger SK	00:02:57	00:17:44	00:51:49	01:12:30
24	Stokkebekk, Even	CK Nittedal	00:02:50	00:17:13	00:52:30	01:12:33
"	Hillmann, Asbjørn	IF Frøy	00:02:44	00:17:19	00:52:30	01:12:33
26	Schmidt, Petter	Horten & Omegn CK	00:02:38	00:17:33	00:52:30	01:12:41
27	Taugbøl, Eivind Nilsen	Smaalenene SK	00:02:48	00:17:46	00:53:16	01:13:50
28	Nyqvist, Erik	Arvika IS Cykel - Sverige	00:02:33	00:20:35	00:50:55	01:14:03
29	Pettersen, Håvard	Stavanger SK	00:02:53	00:17:48	00:53:30	01:14:11
30	van Megen, Erik	Smaalenene SK	00:03:43	00:18:00	00:52:30	01:14:13
31	Strand, Jørgen	Grenland SK	00:02:43	00:17:08	00:54:36	01:14:27
32	Sørli, Erik	Feiring IL Sykkel	00:02:57	00:17:18	00:54:36	01:14:51
33	Tollefsen, Christian	Kristiansand CK	00:02:53	00:17:32	00:54:36	01:15:01
34	Wilskog, Kenneth	CK Nittedal	00:02:52	00:18:01	00:54:36	01:15:29
35	Qvist, Jørgen	Kristiansand CK	00:02:56	00:18:08	00:54:36	01:15:40
36	Messel, Lars	IF Frøy	00:02:57	00:18:12	00:54:36	01:15:45
37	Sandvik, Lars	CK Nittedal	00:02:54	00:18:18	00:54:36	01:15:48
38	Wilskog, Thomas	CK Nittedal	00:02:51	00:19:13	00:54:54	01:16:58
39	Fjell Lindman, Michael	Moss CK	00:03:03	00:18:47	00:56:17	01:18:07
40	Dukefoss, Henrik	Lillehammer CK	00:02:51	00:18:33	00:57:30	01:18:54
41	Henriksen, Adrian	SK RYE	00:02:54	00:18:26	00:59:44	01:21:04

Klasse: M15-16

			Bakketempo	Tempo	Fellesstart	Totalt
1	Strand Johansen, Tobias	Raufoss & Gjøvik CK	00:02:07	00:14:04	01:45:50	02:02:01
2	Pettersen, Thomas	Stavanger SK	00:02:03	00:14:31	01:45:50	02:02:24
3	Håkenrud, Stian Lie	Asker CK	00:02:09	00:14:54	01:45:50	02:02:53
4	Ims, Kjetil	Asker CK	00:02:04	00:15:07	01:45:50	02:03:01
5	Farbu, Stian Andre H.	Egge IL Sykkel	00:02:07	00:15:07	01:45:50	02:03:04
6	Saugstad, Stian	Brumunddal SK	00:02:05	00:14:23	01:46:41	02:03:09
7	Dukefoss, Didrik	Lillehammer CK	00:02:23	00:15:07	01:45:50	02:03:20
8	Horpestad, Simen	Stavanger SK	00:02:12	00:15:22	01:45:50	02:03:24
9	Vika, Kristian	Stavanger SK	00:02:23	00:15:18	01:45:50	02:03:31
10	Slåtto Gomnes, Daniel	Ringerike SK	00:02:08	00:14:38	01:46:46	02:03:32
11	Haugene Hansen, Christopher	Halden CK	00:02:15	00:15:34	01:45:50	02:03:39
12	Titlestad, Nicolay	Nanset Sykkel	00:02:19	00:15:33	01:45:50	02:03:42
13	Eisenträger, Simen	Smaalenene SK	00:02:13	00:15:40	01:45:50	02:03:43
14	Holm Andersen, Alexander	Ringerike SK	00:02:21	00:15:38	01:45:50	02:03:49
15	Cameron, Harald	Asker CK	00:02:14	00:15:54	01:45:50	02:03:58
16	Landa, Casper	Stavanger SK	00:02:28	00:15:44	01:45:50	02:04:02
"	Lunderby, Ole Magnus	Ullensaker CK	00:02:29	00:15:43	01:45:50	02:04:02
18	Voreland, Thomas	Ringerike SK	00:02:23	00:15:32	01:46:41	02:04:36
19	Marker, Martin	Grenland SK	00:02:25	00:15:58	01:46:29	02:04:52
20	Edwardsen, Aleksander	Nesodden SK	00:02:15	00:16:57	01:45:50	02:05:02



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21	Kjellhov Jonsbøl, Haakon	IF Frøy	00:02:28	00:16:02	01:46:46	02:05:16
22	Kaseth, Sindre	Raufoss & Gjøvik CK	00:02:03	00:14:14	01:49:00	02:05:17
23	Wennerberg, Espen Knudsen	Follo SK	00:02:24	00:15:42	01:47:39	02:05:45
24	Lundåshaug, Endre	Arena Bø CK	00:01:58	00:14:35	01:49:40	02:06:13
25	Stendahl, Martin	Tønsberg CK	00:02:02	00:14:49	01:50:00	02:06:51
26	Frivold, Christian H.	Grimstad SK	00:02:13	00:14:51	01:50:00	02:07:04
27	Nilsen, Jaran	Nanset Sykkel	00:02:07	00:15:00	01:50:00	02:07:07
28	Aurang, Kristofer Johan	Fredrikstad SK	00:02:36	00:16:18	01:48:16	02:07:10
29	Brennlien, Amund	Brumunddal SK	00:02:13	00:15:06	01:50:00	02:07:19
30	Vestmo, Gisle	Lørenskog CK	00:02:23	00:15:10	01:50:00	02:07:33
31	Aarud, Vebjørn Orre	Asker CK	00:02:14	00:15:26	01:50:00	02:07:40
"	Boe Jacobsen, Tommy	Kristiansand CK	00:02:41	00:16:35	01:48:24	02:07:40
33	Markeng, Sven Arne	Kristiansand CK	00:02:17	00:15:36	01:50:00	02:07:53
34	Egeland, Ørjan	Stavanger SK	00:02:30	00:15:26	01:50:00	02:07:56
35	Erland, Andreas	Kristiansand CK	00:02:32	00:16:22	01:49:40	02:08:34
36	Haugen, Henrik Steen	Hadeland CK	00:02:23	00:16:23	01:50:00	02:08:46
37	Haugrud, Hans Yngvar	Brumunddal SK	00:02:11	00:15:21	01:51:32	02:09:04
38	Folsland, Hølje Aas	Grenland SK	00:02:18	00:15:37	01:51:32	02:09:27
39	Randin, Aleksander	Ullensaker CK	00:02:10	00:14:10	01:53:18	02:09:38
40	Karlsen, Kim André	Kristiansand CK	00:02:20	00:15:58	01:51:32	02:09:50
41	Tangen, Magnus	Ullensaker CK	00:02:01	00:14:40	01:53:18	02:09:59
42	Iversen, Vegard	Arena Bø CK	00:02:11	00:14:34	01:53:35	02:10:20
43	Fuglu, Håkon	Ullensaker CK	00:02:33	00:16:20	01:51:32	02:10:25
44	Andersen, Thomas	Kristiansand CK	00:02:30	00:16:31	01:51:32	02:10:33
45	Baksaas, Sebastian	Tønsberg CK	00:02:23	00:15:29	01:53:15	02:11:07
46	Flaten, Sondre	Stavanger SK	00:02:31	00:15:54	01:53:18	02:11:43
47	Bjålid, Kristian	Grenland SK	00:02:11	00:16:12	01:53:35	02:11:58
48	Sørlunden Dinh, Glenn Ilan	Brumunddal SK	00:02:41	00:16:13	01:53:18	02:12:12
49	Raavand, Halvard Haga	Fredrikstad SK	00:02:34	00:16:32	01:53:18	02:12:24
50	Galta, Fredrik S.	Stavanger SK	00:02:41	00:16:17	02:13:24	02:32:22
51	Lorentzen, Andre	Arendal CC	00:02:32	00:16:20	02:18:35	02:37:27
52	Johansen, Andreas Sæterøy	IL Stjørdals-Blink Sykkel	00:03:09	00:15:18	02:20:00	02:38:27
53	Gurholt, Fredrik	Grenland SK	00:02:24	00:15:54	02:20:12	02:38:30
54	Lundemo, Martin	IL Stjørdals-Blink Sykkel	00:02:23	00:16:09	02:20:09	02:38:41
55	Hellerud, Mats	Smaalenene SK	00:02:33	00:16:12	02:20:00	02:38:45
56	Wåle, Ole Edvard	Tønsberg CK	00:02:22	00:16:20	02:20:05	02:38:47
57	Haugård, Phan Åge	IF Frøy	00:02:33	00:15:29	02:30:00	02:48:02
58	Rose, Mathias	Arendal CC	00:02:35	00:16:02	02:30:00	02:48:37
59	Lie Flatebø, Lars Tobias	Kristiansand CK	00:02:15	00:16:23	02:30:00	02:48:38
60	Dybvikstrand, Sander	Ringerike SK	00:02:31	00:17:03	02:40:00	02:59:34
61	Mushorn, Øistein	Kristiansand CK	00:02:38	00:17:32	02:40:00	03:00:10
62	Baarlid, Kennet	Lørenskog CK	00:02:46	00:17:59	02:40:00	03:00:45
63	Berntzen, Marius	Bærum & Omegn SK	00:02:43	00:23:22	02:40:00	03:06:05

