



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

NME - DAG 1

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER KVINNER 1500M - 01.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	101	Ragne WIKLUND	Aktiv SK	MT1:58.02	-
2	137	Aurora Grinden LØVÅS	Nord-Odal	MT2:00.96	02.94
3	159	Dina STORELID	Stord IL	MT2:04.12	06.10
4	103	Hanna SVENNI	Asker SK	MT2:06.53	08.51
5	142	Ina NAKKEN	Tønsberg	MT2:06.94	08.92
6	148	Kari Celine REISS-JACOBSEN	SSK Toten	MT2:06.96	08.94
7	105	Julie Berg SJØBREND	Aktiv SK	MT2:09.49	11.47
8	153	Sarah Marie SANDERUD	Nord-Odal	MT2:10.07	12.05
9	104	Anne Sofie Knutsen BIRKEDAL	Asker SK	MT2:13.20	15.18
10	146	Pauline Lysø OLSEN	BØSK	MT2:13.37	15.35
11	161	Eline Lupke TVETER	OSK	MT2:14.32	16.30
12	121	Louisa Olstad GRINDEN	Nord-Odal	MT2:14.94	16.92
13	107	Milla Grønvold ANDERSEN	Geithus IL	MT2:15.31	17.29
14	123	Linnea HANEBERG	Hamar IL	MT2:18.23	20.21
15	120	Leona Olstad GRINDEN	Nord-Odal	MT2:18.48	20.46
16	140	Linnea MELGÅRD SHAGEN	SFIL	MT2:18.67	20.65
-	156	Martine SOLEM	BØSK	WDR	





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Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par Indre Bane

Ytre Bane

Ingen detaljer tilgjengelig



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Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER KVINNER FELLESSTART 01.11.2024

Rnk	Nr	Hjelm nr.	Navn	Klubb	Poeng
1	137	4	LØVÅS, Aurora Grinden	Nord-Odal	67
2	105	1	SJØBREND, Julie Berg	Aktiv SK	47
3	104	2	BIRKEDAL, Anne Sofie Knutsen	Asker SK	24
-	156	-	SOLEM, Martine	BØSK	WDR
-	153	-	SANDERUD, Sarah Marie	Nord-Odal	WDR

R. Ø. A.

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Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER MENN 1500M 01.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	117	Sander EITREM	Nord-Odal	1:45.90	-
2	133	Peder KONGSHAUG	SSSK	MT1:46.34	00.44
3	160	Didrik Eng STRAND	Hamar IL	1:46.86	00.96
4	164	Kristian Gamme ULEKLEIV	Gjøvik SK	1:47.38	01.48
5	131	Allan Dahl JOHANSSON	Aktiv SK	1:47.51	01.61
6	162	Kasper TVETER	SSSK	1:48.94	03.04
7	118	Hallgeir ENGEBRÅTEN	Nord-Odal	MT1:49.10	03.20
8	124	Finn Elias HANEBERG	Hamar IL	MT1:49.21	03.31
9	167	Simon AANNØ	BØSK	1:50.64	04.74
10	143	Filip Møller NORDAL	Sandefjord	MT1:50.78	04.88
11	116	Sigurd Holbø DYRSET	TKK	1:50.96	05.06
12	141	Oddbjørn MELLESTRAND	SSSK	1:51.04	05.14
13	152	Vegard RYE	SSSK	1:51.09	05.19
14	144	Ivar NORHEIM	Fana IL	1:51.84	05.94
15	166	Aron AANNØ	BØSK	MT1:52.05	06.15
16	122	Frederik Gajos HAMRE	SSSK	1:53.19	07.29
17	163	Sander TVETER	SSSK	1:53.39	07.49
18	125	Viktor Smedstad HAUKAAS	Aktiv SK	1:54.48	08.58
19	111	Erlend BELSVIK	Stord IL	MT1:54.69	08.79
20	147	Birk Finnstø REFSÅS	BØSK	1:54.79	08.89
21	155	Joren SLEEKING	Hol IL	1:56.15	10.25
22	157	Kristoffer Knag SONGSTAD	Fana IL	1:56.67	10.77
23	136	Arne LERNES	Tromsø SK	1:56.94	11.04
24	110	Bendik BECKER PEDERSEN	Fana IL	1:57.08	11.18
25	128	Sondre HVAMMEN	Kongsberg	1:58.53	12.63
-	135	Runar Njåtun KRØYER	Asker SK	WDR	



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane					Ytre Bane				
1	128.	Sondre HVAMMEN - Kongsberg				-.	--			
		300	26.51	(26.51)	21					
		700	55.56	(29.05)	23					
		1100	1:26.40	(30.84)	20					
		Final	1:58.53	(32.13)	25					
2	125.	Viktor Smedstad HAUKAAS - Aktiv SK				147.	Birk Finnstø REFSÅS - BØSK			
		300	25.46	(25.46)	18	300	25.20	(25.20)	14	
		700	54.25	(28.79)	22	700	53.55	(28.35)	18	
		1100	1:23.46	(29.21)	15	1100	1:23.27	(29.72)	14	
		Final	1:54.48	(31.02)	18	Final	1:54.79	(31.52)	20	
3	110.	Bendik BECKER PEDERSEN - Fana IL				157.	Kristoffer Knag SONGSTAD - Fana IL			
		300	24.93	(24.93)	12	300	25.32	(25.32)	16	
		700	53.19	(28.26)	14	700	53.53	(28.21)	17	
		1100	1:24.23	(31.04)	18	1100	1:24.01	(30.48)	16	
		Final	1:57.08	(32.85)	24	Final	1:56.67	(32.66)	22	
4	155.	Joren SLEEKING - Hol IL				136.	Arne LERNES - Tromsø SK			
		300	25.40	(25.40)	17	300	24.73	(24.73)	10	
		700	54.13	(28.73)	21	700	53.48	(28.75)	16	
		1100	1:24.15	(30.02)	17	1100	1:24.33	(30.85)	19	
		Final	1:56.15	(32.00)	21	Final	1:56.94	(32.61)	23	
5	111.	Erlend BELSVIK - Stord IL				166.	Aron AANNØ - BØSK			
		300	25.56	(25.56)	19	300	24.71	(24.71)	9	
		700	53.93	(28.37)	20	700	52.46	(27.75)	12	
		1100	-	(-)	-	1100	-	(-)	-	
		Final	1:54.69	(1:54.69)	19	Final	1:52.05	(58.12)	15	
6	143.	Filip Møller NORDAL - Sandefjord				122.	Frederik Gajos HAMRE - SSSK			
		300	24.97	(24.97)	13	300	24.51	(24.51)	5	
		700	52.04	(27.07)	10	700	52.13	(27.62)	11	
		1100	1:20.34	(28.30)	9	1100	1:21.61	(29.48)	11	
		Final	1:50.78	(30.44)	10	Final	1:53.19	(31.58)	16	
7	152.	Vegard RYE - SSSK				144.	Ivar NORHEIM - Fana IL			
		300	25.26	(25.26)	15	300	25.56	(25.56)	19	
		700	52.93	(27.67)	13	700	53.29	(27.73)	15	
		1100	1:21.25	(28.32)	10	1100	1:21.98	(28.69)	12	
		Final	1:51.09	(29.84)	13	Final	1:51.84	(29.86)	14	

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8	116.	Sigurd Holbø Dyrset - TTK	162.	Kasper Tveter - SSSK
		300 24.93 (24.93) 12		300 24.66 (24.66) 8
		700 51.82 (26.89) 9		700 51.66 (27.00) 7
		1100 1:20.13 (28.31) 7		1100 1:19.76 (28.10) 5
		Final 1:50.96 (30.83) 11		Final 1:48.94 (29.18) 6
9	141.	Oddbjørn Mellestrand - SSSK	167.	Simon Aannø - Bøsk
		300 24.55 (24.55) 6		300 24.19 (24.19) 2
		700 51.72 (27.17) 8		700 50.98 (26.79) 6
		1100 1:20.23 (28.51) 8		1100 1:19.81 (28.83) 6
		Final 1:51.04 (30.81) 12		Final 1:50.64 (30.83) 9
10	160.	Didrik Eng Strand - Hamar IL	164.	Kristian Gamme Uleklev - Gjøvik SK
		300 24.03 (24.03) 1		300 24.35 (24.35) 3
		700 50.23 (26.20) 2		700 50.73 (26.38) 4
		1100 1:17.73 (27.50) 2		1100 1:18.42 (27.69) 4
		Final 1:46.86 (29.13) 3		Final 1:47.38 (28.96) 4
11	163.	Sander Tveter - SSSK	124.	Finn Elias Haneberg - Hamar IL
		300 25.83 (25.83) 20		300 24.75 (24.75) 11
		700 53.88 (28.05) 19		700 - (-) -
		1100 1:22.94 (29.06) 13		1100 - (-) -
		Final 1:53.39 (30.45) 17		Final 1:49.21 (1:49.21) 8
12	118.	Hallgeir Engestråten - Nord-Odal	133.	Peder Kongshaug - SSSK
		300 - (-) -		300 - (-) -
		700 - (-) -		700 - (-) -
		1100 - (-) -		1100 - (-) -
		Final 1:49.10 (1:49.10) 7		Final 1:46.34 (1:46.34) 2
13	131.	Allan Dahl Johansson - Aktiv SK	117.	Sander Eitrem - Nord-Odal
		300 24.62 (24.62) 7		300 24.42 (24.42) 4
		700 50.68 (26.06) 3		700 50.75 (26.33) 5
		1100 1:17.98 (27.30) 3		1100 1:17.73 (26.98) 2
		Final 1:47.51 (29.53) 5		Final 1:45.90 (28.17) 1

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER MENN FELLESSTART 01.11.2024

Rnk	Nr	Hjelm nr.	Navn	Klubb	Poeng
1	131	10	JOHANSSON, Allan Dahl	Aktiv SK	60
2	160	11	STRAND, Didrik Eng	Hamar IL	40
3	166	18	AANNØ, Aron	BØSK	20
4	144	17	NORHEIM, Ivar	Fana IL	12
5	143	15	NORDAL, Filip Møller	Sandefjord	10
6	124	13	HANEBERG, Finn Elias	Hamar IL	6
7	116	14	DYRSET, Sigurd Holbø	TKK	6
8	164	12	ULEKLEIV, Kristian Gamme	Gjøvik SK	2
-	155	19	SLEEKING, Joren	Hol IL	DNF
-	157	21	SONGSTAD, Kristoffer Knag	Fana IL	DNF
-	135	16	KRØYER, Runar Njåtun	Asker SK	WDR
-	125	20	HAUKAAS, Viktor Smedstad	Fana IL	DNS





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Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

NME - DAG 2

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER KVINNER FØRSTE 500M 02.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	106	Julie Nistad SAMSONSEN	Fana IL	39.03	-
2	129	Carina JAGTØYEN	Leinstrand	40.35	01.32
3	109	Vilde BAAS	Dølemo IL	40.76	01.73
4	156	Martine SOLEM	BØSK	41.65	02.62
5	104	Anne Sofie Knutsen BIRKEDAL	Asker SK	41.80	02.77
6	146	Pauline Lysø OLSEN	BØSK	42.23	03.20
7	142	Ina NAKKEN	Tønsberg	42.47	03.44
8	121	Louisa Olstad GRINDEN	Nord-Odal	43.76	04.73
9	140	Linnea MELGÅRD SHAGEN	SFIL	43.81	04.78
10	120	Leona Olstad GRINDEN	Nord-Odal	44.04	05.01
11	132	Synne KJÆRNES	Hamar IL	44.27	05.24
12	161	Eline Lupke TVETER	OSK	44.47	05.44
13	158	Elle Borgen STEEN	Fana IL	44.65	05.62
14	113	Anine Haugnæs BJØRKLUND	Geithus IL	44.81	05.78
15	130	Patricia JOHANNESSEN	Tønsberg	45.31	06.28
16	154	Ingeborg SJØTHUN	SSSK	45.92	06.89
-	153	Sarah Marie SANDERUD	Nord-Odal	WDR	



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Par	Indre Bane				Ytre Bane					
1	158.	Elle Borgen STEEN - Fana IL				113.	Anine Haugnæs BJØRKLUND - Geithus IL			
		100	12.27	(12.27)	13		100	12.06	(12.06)	10
		Final	44.65	(32.38)	13		Final	44.81	(32.75)	14
2	161.	Eline Lupke TVETER - OSK				154.	Ingeborg SJØTHUN - SSSK			
		100	12.23	(12.23)	12		100	12.50	(12.50)	14
		Final	44.47	(32.24)	12		Final	45.92	(33.42)	16
3	120.	Leona Olstad GRINDEN - Nord-Odal				130.	Patricia JOHANNESSEN - Tønsberg			
		100	12.01	(12.01)	9		100	12.07	(12.07)	11
		Final	44.04	(32.03)	10		Final	45.31	(33.24)	15
4	132.	Synne KJÆRNES - Hamar IL				140.	Linnea MELGÅRD SHAGEN - SFIL			
		100	12.01	(12.01)	9		100	-	(-)	-
		Final	44.27	(32.26)	11		Final	43.81	(43.81)	9
5	142.	Ina NAKKEN - Tønsberg				121.	Louisa Olstad GRINDEN - Nord-Odal			
		100	11.74	(11.74)	7		100	11.98	(11.98)	8
		Final	42.47	(30.73)	7		Final	43.76	(31.78)	8
6	146.	Pauline Lysø OLSEN - BØSK				104.	Anne Sofie Knutsen BIRKEDAL - Asker SK			
		100	11.45	(11.45)	5		100	11.28	(11.28)	4
		Final	42.23	(30.78)	6		Final	41.80	(30.52)	5
7	129.	Carina JAGTØYEN - Leinstrand				106.	Julie Nistad SAMSONSEN - Fana IL			
		100	11.05	(11.05)	2		100	10.73	(10.73)	1
		Final	40.35	(29.30)	2		Final	39.03	(28.30)	1
8	109.	Vilde BAAS - Dølemo IL				156.	Martine SOLEM - BØSK			
		100	11.21	(11.21)	3		100	11.61	(11.61)	6
		Final	40.76	(29.55)	3		Final	41.65	(30.04)	4

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Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER KVINNER 500M (2)

02.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	106	Julie Nistad SAMSONSEN	Fana IL	38.98	-
2	129	Carina JAGTØYEN	Leinstrand	39.86	00.88
3	109	Vilde BAAS	Dølemo IL	40.81	01.83
4	104	Anne Sofie Knutsen BIRKEDAL	Asker SK	41.81	02.83
5	146	Pauline Lysø OLSEN	BØSK	42.39	03.41
6	142	Ina NAKKEN	Tønsberg	42.46	03.48
7	140	Linnea MELGÅRD SHAGEN	SFIL	43.62	04.64
8	120	Leona Olstad GRINDEN	Nord-Odal	43.77	04.79
9	161	Eline Lupke TVETER	OSK	44.09	05.11
10	132	Synne KJÆRNES	Hamar IL	44.32	05.34
11	113	Anine Haugnæs BJØRKLUND	Geithus IL	44.59	05.61
12	158	Elle Borgen STEEN	Fana IL	44.96	05.98
13	130	Patricia JOHANNESSEN	Tønsberg	45.06	06.08
14	154	Ingeborg SJØTHUN	SSSK	45.20	06.22
-	153	Sarah Marie SANDERUD	Nord-Odal	WDR	
-	121	Louisa Olstad GRINDEN	Nord-Odal	DQ	-
-	156	Martine SOLEM	BØSK	DQ	-



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane	Ytre Bane
1	154. Ingeborg SJØTHUN - SSSK 100 12.28 (12.28) 14 Final 45.20 (32.92) 15	158. Elle Borgen STEEN - Fana IL 100 12.42 (12.42) 15 Final 44.96 (32.54) 13
2	130. Patricia JOHANNESSEN - Tønsberg 100 12.10 (12.10) 11 Final 45.06 (32.96) 14	161. Eline Lupke TVETER - OSK 100 12.21 (12.21) 13 Final 44.09 (31.88) 10
3	113. Anine Haugnæs BJØRKLUND - Geithus IL 100 11.99 (11.99) 10 Final 44.59 (32.60) 12	132. Synne KJÆRNES - Hamar IL 100 11.94 (11.94) 9 Final 44.32 (32.38) 11
4	140. Linnea MELGÅRD SHAGEN - SFIL 100 11.84 (11.84) 8 Final 43.62 (31.78) 8	120. Leona Olstad GRINDEN - Nord-Odal 100 11.94 (11.94) 9 Final 43.77 (31.83) 9
5	121. Louisa Olstad GRINDEN - Nord-Odal 100 12.16 (12.16) 12 Final - (-) -	142. Ina NAKKEN - Tønsberg 100 11.63 (11.63) 6 Final 42.46 (30.83) 7
6	104. Anne Sofie Knutsen BIRKEDAL - Asker SK 100 11.20 (11.20) 4 Final 41.81 (30.61) 5	146. Pauline Lysø OLSEN - BØSK 100 11.43 (11.43) 5 Final 42.39 (30.96) 6
7	156. Martine SOLEM - BØSK 100 11.69 (11.69) 7 Final 41.52 (29.83) 4	109. Vilde BAAS - Dølemo IL 100 11.15 (11.15) 3 Final 40.81 (29.66) 3
8	106. Julie Nistad SAMSONSEN - Fana IL 100 10.82 (10.82) 1 Final 38.98 (28.16) 1	129. Carina JAGTØYEN - Leinstrand 100 10.96 (10.96) 2 Final 39.86 (28.90) 2

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER KVINNER 2X500M - 02.11.2024

Rank	Nr	Navn	Klubb	500m (1)	500m (2)	Poeng	Diff
1	106	Julie Nistad SAMSONSEN	Fana IL	39.03 (1)	38.98 (1)	78.010	-
2	129	Carina JAGTØYEN	Leinstrand	40.35 (2)	39.86 (2)	80.210	2.200
3	109	Vilde BAAS	Dølemo IL	40.76 (3)	40.81 (3)	81.570	3.560
4	104	Anne Sofie Knutsen BIRKEDAL	Asker SK	41.80 (5)	41.81 (4)	83.610	5.600
5	146	Pauline Lysø OLSEN	BØSK	42.23 (6)	42.39 (5)	84.620	6.610
6	142	Ina NAKKEN	Tønsberg	42.47 (7)	42.46 (6)	84.930	6.920
7	140	Linnea MELGÅRD SHAGEN	SFIL	43.81 (9)	43.62 (7)	87.430	9.420
8	120	Leona Olstad GRINDEN	Nord-Odal	44.04 (10)	43.77 (8)	87.810	9.800
9	161	Eline Lupke TVETER	OSK	44.47 (12)	44.09 (9)	88.560	10.550
10	132	Synne KJÆRNES	Hamar IL	44.27 (11)	44.32 (10)	88.590	10.580
11	113	Anine Haugnæs BJØRKLUND	Geithus IL	44.81 (14)	44.59 (11)	89.400	11.390
12	158	Elle Borgen STEEN	Fana IL	44.65 (13)	44.96 (12)	89.610	11.600
13	130	Patricia JOHANNESSEN	Tønsberg	45.31 (15)	45.06 (13)	90.370	12.360
14	154	Ingeborg SJØTHUN	SSSK	45.92 (16)	45.20 (14)	91.120	13.110
-	153	Sarah Marie SANDERUD	Nord-Odal	WDR			
-	156	Martine SOLEM	BØSK	41.65 (4)	DQ (-)	-	-
-	121	Louisa Olstad GRINDEN	Nord-Odal	43.76 (8)	DQ (-)	-	-

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER KVINNER 3000M - 02.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	101	Ragne WIKLUND	Aktiv SK	4:05.97	-
2	137	Aurora Grinden LØVÅS	Nord-Odal	4:17.21	11.24
3	159	Dina STORELID	Stord IL	4:19.92	13.95
4	103	Hanna SVENNI	Asker SK	4:22.13	16.16
5	148	Kari Celine REISS-JACOBSEN	SSK Toten	4:28.73	22.76
6	142	Ina NAKKEN	Tønsberg	4:31.76	25.79
7	153	Sarah Marie SANDERUD	Nord-Odal	4:39.15	33.18
8	107	Milla Grønvold ANDERSEN	Geithus IL	4:44.61	38.64
8	146	Pauline Lysø OLSEN	BØSK	4:44.61	38.64
10	161	Eline Lupke TVETER	OSK	4:47.29	41.32
11	121	Louisa Olstad GRINDEN	Nord-Odal	4:49.19	43.22
12	120	Leona Olstad GRINDEN	Nord-Odal	4:55.84	49.87
13	123	Linnea HANEBERG	Hamar IL	5:01.27	55.30
-	156	Martine SOLEM	BØSK	WDR	
-	102	Marte Bjerkreim FURNÉE	Asker SK	WDR	

Real Amer

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane	Ytre Bane
1	120. Leona Olstad GRINDEN - Nord-Odal	- - -
	200 22.54 (22.54) 9	
	600 58.35 (35.81) 10	
	1000 1:35.53 (37.18) 12	
	1400 2:14.42 (38.89) 12	
	1800 2:54.15 (39.73) 12	
	2200 3:34.51 (40.36) 11	
	2600 4:15.45 (40.94) 11	
	Final 4:55.84 (40.39) 11	
2	161. Eline Lupke TVETER - OSK	123. Linnea HANEBERG - Hamar IL
	200 22.68 (22.68) 10	200 23.07 (23.07) 12
	600 57.73 (35.05) 9	600 59.24 (36.17) 12
	1000 1:33.88 (36.15) 9	1000 1:36.98 (37.74) 13
	1400 2:10.34 (36.46) 9	1400 2:16.19 (39.21) 13
	1800 2:47.54 (37.20) 8	1800 2:56.27 (40.08) 13
	2200 3:26.21 (38.67) 8	2200 3:37.63 (41.36) 12
	2600 4:06.65 (40.44) 9	2600 4:19.57 (41.94) 12
	Final 4:47.29 (40.64) 9	Final 5:01.27 (41.70) 12
3	121. Louisa Olstad GRINDEN - Nord-Odal	107. Milla Grønvold ANDERSEN - Geithus IL
	200 21.98 (21.98) 5	200 22.94 (22.94) 11
	600 56.69 (34.71) 7	600 58.54 (35.60) 11
	1000 1:33.90 (37.21) 10	1000 1:35.45 (36.91) 11
	1400 2:12.32 (38.42) 10	1400 2:12.80 (37.35) 11
	1800 2:50.58 (38.26) 11	1800 2:50.25 (37.45) 10
	2200 3:29.60 (39.02) 10	2200 3:27.93 (37.68) 9
	2600 4:09.14 (39.54) 10	2600 4:05.76 (37.83) 8
	Final 4:49.19 (40.05) 10	Final 4:44.61 (38.85) 8
4	153. Sarah Marie SANDERUD - Nord-Odal	146. Pauline Lysø OLSEN - BØSK
	200 - (-) -	200 - (-) -
	600 - (-) -	600 - (-) -
	1000 - (-) -	1000 - (-) -
	1400 - (-) -	1400 - (-) -
	1800 - (-) -	1800 - (-) -
	2200 - (-) -	2200 - (-) -
	2600 - (-) -	2600 - (-) -
	Final 4:39.15 (33.86) 7	Final 4:44.61 (4:44.61) 8
5	148. Kari Celine REISS-JACOBSEN - SSK Toten	103. Hanna SVENNI - Asker SK
	200 21.83 (21.83) 3	200 21.88 (21.88) 4
	600 55.93 (34.10) 6	600 55.24 (33.36) 4
	1000 1:29.90 (33.97) 7	1000 1:28.61 (33.37) 5
	1400 2:04.21 (34.31) 6	1400 2:02.19 (33.58) 5
	1800 2:39.34 (35.13) 6	1800 2:36.29 (34.10) 5
	2200 3:15.22 (35.88) 5	2200 3:10.83 (34.54) 4
	2600 3:51.94 (36.72) 5	2600 3:46.07 (35.24) 4
	Final 4:28.73 (36.79) 5	Final 4:22.13 (36.06) 4

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane	Ytre Bane
6	142. Ina NAKKEN - Tønsberg	159. Dina STORELID - Stord IL
	200 22.04 (22.04) 6	200 22.12 (22.12) 8
	600 55.50 (33.46) 5	600 54.50 (32.38) 3
	1000 1:29.44 (33.94) 6	1000 1:27.11 (32.61) 4
	1400 2:04.23 (34.79) 7	1400 2:00.36 (33.25) 4
	1800 2:39.91 (35.68) 7	1800 2:34.19 (33.83) 4
	2200 3:16.44 (36.53) 6	2200 3:08.60 (34.41) 3
	2600 3:53.45 (37.01) 6	2600 3:43.94 (35.34) 3
	Final 4:31.76 (38.31) 6	Final 4:19.92 (35.98) 3
7	101. Ragne WIKLUND - Aktiv SK	137. Aurora Grinden LØVÅS - Nord-Odal
	200 20.29 (20.29) 1	200 20.68 (20.68) 2
	600 51.03 (30.74) 1	600 52.33 (31.65) 2
	1000 1:22.24 (31.21) 2	1000 1:25.07 (32.74) 3
	1400 1:54.14 (31.90) 2	1400 1:58.61 (33.54) 3
	1800 2:26.20 (32.06) 2	1800 2:32.68 (34.07) 3
	2200 2:58.76 (32.56) 1	2200 3:06.99 (34.31) 2
	2600 3:31.85 (33.09) 1	2600 3:41.54 (34.55) 2
	Final 4:05.97 (34.12) 1	Final 4:17.21 (35.67) 2

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER MENN FØRSTE 500M 02.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	138	Bjørn MAGNUSSEN	Spk Falken	35.50	-
2	114	Siver BRATTGJERD	Spk Falken	35.94	00.44
2	134	Pål Myhren KRISTENSEN	Arendal SK	35.94	00.44
4	151	Henrik Fagerli RUKKE	Hol IL	36.11	00.61
5	149	Erik RESELL	Spk Falken	36.29	00.79
6	139	Cristian Landrø MAGNUSSEN	Spk Falken	36.32	00.82
7	167	Simon AANNØ	BØSK	36.52	01.02
8	115	Magnus DAHLE	SSSK	36.97	01.47
9	131	Allan Dahl JOHANSSON	Aktiv SK	36.98	01.48
10	108	Martin Solberg ANDREASSEN	Spk Falken	37.06	01.56
11	136	Arne LERNES	Tromsø SK	37.20	01.70
12	166	Aron AANNØ	BØSK	37.37	01.87
13	122	Frederik Gajos HAMRE	SSSK	37.77	02.27
14	155	Joren SLEEKING	Hol IL	38.18	02.68
15	150	Erlend Andre RUE	Gol IL	38.19	02.69
16	110	Bendik BECKER PEDERSEN	Fana IL	38.48	02.98
17	127	Christoffer Tellinga HOVDE	Jevnaker	38.83	03.33
18	165	William VORVIK	TSK	38.99	03.49
19	112	Jonas Olderli BERGET	Spk Falken	39.06	03.56
20	119	Daniel Thuv ERIKSEN	Herkules	39.30	03.80
-	135	Runar Njåtun KRØYER	Asker SK	WDR	



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane				Ytre Bane							
1	154.	Ingeborg SJØTHUN - SSSK	100	12.28	(12.28)	14	158.	Elle Borgen STEEN - Fana IL	100	12.42	(12.42)	15
			Final	45.20	(32.92)	15			Final	44.96	(32.54)	13
2	130.	Patricia JOHANNESSEN - Tønsberg	100	12.10	(12.10)	11	161.	Eline Lupke TVETER - OSK	100	12.21	(12.21)	13
			Final	45.06	(32.96)	14			Final	44.09	(31.88)	10
3	113.	Anine Haugnæs BJØRKLUND - Geithus IL	100	11.99	(11.99)	10	132.	Synne KJÆRNES - Hamar IL	100	11.94	(11.94)	9
			Final	44.59	(32.60)	12			Final	44.32	(32.38)	11
4	140.	Linnea MELGÅRD SHAGEN - SFIL	100	11.84	(11.84)	8	120.	Leona Olstad GRINDEN - Nord-Odal	100	11.94	(11.94)	9
			Final	43.62	(31.78)	8			Final	43.77	(31.83)	9
5	121.	Louisa Olstad GRINDEN - Nord-Odal	100	12.16	(12.16)	12	142.	Ina NAKKEN - Tønsberg	100	11.63	(11.63)	6
			Final	-	(-)	-			Final	42.46	(30.83)	7
6	104.	Anne Sofie Knutsen BIRKEDAL - Asker SK	100	11.20	(11.20)	4	146.	Pauline Lysø OLSEN - BØSK	100	11.43	(11.43)	5
			Final	41.81	(30.61)	5			Final	42.39	(30.96)	6
7	156.	Martine SOLEM - BØSK	100	11.69	(11.69)	7	109.	Vilde BAAS - Dølemo IL	100	11.15	(11.15)	3
			Final	41.52	(29.83)	4			Final	40.81	(29.66)	3
8	106.	Julie Nistad SAMSONSEN - Fana IL	100	10.82	(10.82)	1	129.	Carina JAGTØYEN - Leinstrand	100	10.96	(10.96)	2
			Final	38.98	(28.16)	1			Final	39.86	(28.90)	2

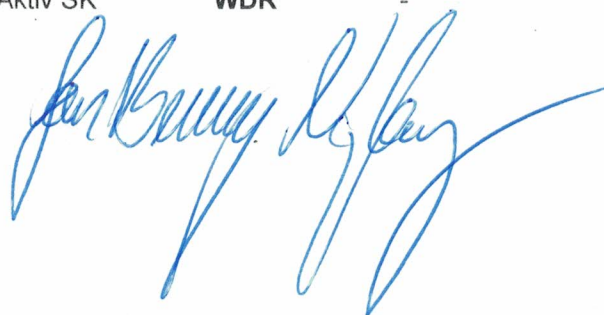
NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER MENN 500M (2)

02.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	138	Bjørn MAGNUSSEN	Spk Falken	34.92	-
2	114	Siver BRATTGJERD	Spk Falken	35.70	00.78
3	134	Pål Myhren KRISTENSEN	Arendal SK	35.74	00.82
4	151	Henrik Fagerli RUKKE	Hol IL	35.98	01.06
5	149	Erik RESELL	Spk Falken	36.23	01.31
6	139	Cristian Landrø MAGNUSSEN	Spk Falken	36.43	01.51
7	115	Magnus DAHLE	SSSK	36.62	01.70
8	167	Simon AANNØ	BØSK	36.67	01.75
9	166	Aron AANNØ	BØSK	36.97	02.05
10	108	Martin Solberg ANDREASSEN	Spk Falken	37.16	02.24
11	136	Arne LERNES	Tromsø SK	37.32	02.40
12	150	Erlend Andre RUE	Gol IL	37.71	02.79
13	122	Frederik Gajos HAMRE	SSSK	37.80	02.88
14	155	Joren SLEEKING	Hol IL	38.17	03.25
15	165	William VORVIK	TSK	38.19	03.27
16	127	Christoffer Tellinga HOVDE	Jevnaker	38.83	03.91
17	119	Daniel Thuv ERIKSEN	Herkules	38.84	03.92
18	112	Jonas Olderli BERGET	Spk Falken	39.02	04.10
-	110	Bendik BECKER PEDERSEN	Fana IL	DNF	-
-	131	Allan Dahl JOHANSSON	Aktiv SK	WDR	-



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane	Ytre Bane
1	119. Daniel Thuv ERIKSEN - Herkules 100 10.86 (10.86) 16 Final 38.84 (27.98) 17	- - -
2	127. Christoffer Tellinga HOVDE - Jevnaker 100 10.71 (10.71) 15 Final 38.83 (28.12) 16	112. Jonas Olderli BERGET - Spk Falken 100 10.57 (10.57) 13 Final 39.02 (28.45) 18
3	155. Joren SLEEKING - Hol IL 100 10.61 (10.61) 14 Final 38.17 (27.56) 14	165. William VORVIK - TSK 100 10.37 (10.37) 11 Final 38.19 (27.82) 15
4	166. Aron AANNØ - BØSK 100 10.38 (10.38) 12 Final 36.97 (26.59) 9	110. Bendik BECKER PEDERSEN - Fana IL 100 10.33 (10.33) 10 Final - (-) -
5	136. Arne LERNES - Tromsø SK 100 10.30 (10.30) 9 Final 37.32 (27.02) 11	150. Erlend Andre RUE - Gol IL 100 10.26 (10.26) 8 Final 37.71 (27.45) 12
6	108. Martin Solberg ANDREASSEN - Spk Falken 100 10.38 (10.38) 12 Final 37.16 (26.78) 10	122. Frederik Gajos HAMRE - SSSK 100 10.38 (10.38) 12 Final 37.80 (27.42) 13
7	167. Simon AANNØ - BØSK 100 10.38 (10.38) 12 Final 36.67 (26.29) 8	115. Magnus DAHLE - SSSK 100 10.21 (10.21) 7 Final 36.62 (26.41) 7
8	139. Cristian Landrø MAGNUSSEN - Spk Falken 100 10.10 (10.10) 6 Final 36.43 (26.33) 6	134. Pål Myhren KRISTENSEN - Arendal SK 100 10.00 (10.00) 4 Final 35.74 (25.74) 3
9	149. Erik RESELL - Spk Falken 100 10.02 (10.02) 5 Final 36.23 (26.21) 5	114. Siver BRATTGJERD - Spk Falken 100 09.77 (09.77) 2 Final 35.70 (25.93) 2
10	151. Henrik Fagerli RUKKE - Hol IL 100 09.94 (09.94) 3 Final 35.98 (26.04) 4	138. Bjørn MAGNUSSEN - Spk Falken 100 09.73 (09.73) 1 Final 34.92 (25.19) 1

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER MENN 2X500M - 02.11.2024

Rank	Nr	Navn	Klubb	500m (1)	500m (2)	Poeng	Diff
1	138	Bjørn MAGNUSSEN	Spk Falken	35.50 (1)	34.92 (1)	70.420	-
2	114	Siver BRATTGJERD	Spk Falken	35.94 (2)	35.70 (2)	71.640	1.220
3	134	Pål Myhren KRISTENSEN	Arendal SK	35.94 (2)	35.74 (3)	71.680	1.260
4	151	Henrik Fagerli RUKKE	Hol IL	36.11 (4)	35.98 (4)	72.090	1.670
5	149	Erik RESELL	Spk Falken	36.29 (5)	36.23 (5)	72.520	2.100
6	139	Cristian Landrø MAGNUSSEN	Spk Falken	36.32 (6)	36.43 (6)	72.750	2.330
7	167	Simon AANNØ	BØSK	36.52 (7)	36.67 (8)	73.190	2.770
8	115	Magnus DAHLE	SSSK	36.97 (8)	36.62 (7)	73.590	3.170
9	108	Martin Solberg ANDREASSEN	Spk Falken	37.06 (10)	37.16 (10)	74.220	3.800
10	166	Aron AANNØ	BØSK	37.37 (12)	36.97 (9)	74.340	3.920
11	136	Arne LERNES	Tromsø SK	37.20 (11)	37.32 (11)	74.520	4.100
12	122	Frederik Gajos HAMRE	SSSK	37.77 (13)	37.80 (13)	75.570	5.150
13	150	Erlend Andre RUE	Gol IL	38.19 (15)	37.71 (12)	75.900	5.480
14	155	Joren SLEEKING	Hol IL	38.18 (14)	38.17 (14)	76.350	5.930
15	165	William VORVIK	TSK	38.99 (18)	38.19 (15)	77.180	6.760
16	127	Christoffer Tellinga HOVDE	Jevnaker	38.83 (17)	38.83 (16)	77.660	7.240
17	112	Jonas Olderli BERGET	Spk Falken	39.06 (19)	39.02 (18)	78.080	7.660
18	119	Daniel Thuv ERIKSEN	Herkules	39.30 (20)	38.84 (17)	78.140	7.720
-	110	Bendik BECKER PEDERSEN	Fana IL	38.48 (16)	DNF (-)	-	-
-	131	Allan Dahl JOHANSSON	Aktiv SK		WDR		

Jan Bengtsson

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER MENN 5000M 02.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	117	Sander EITREM	Nord-Odal	6:16.91	-
2	133	Peder KONGSHAUG	SSSK	6:28.49	11.58
3	164	Kristian Gamme ULEKLEIV	Gjøvik SK	6:30.32	13.41
4	126	Sigurd HENRIKSEN	Fana IL	6:33.32	16.41
5	160	Didrik Eng STRAND	Hamar IL	6:35.05	18.14
6	118	Hallgeir ENGEBRÅTEN	Nord-Odal	6:36.54	19.63
7	162	Kasper TVETER	SSSK	6:42.60	25.69
8	163	Sander TVETER	SSSK	6:43.30	26.39
9	141	Oddbjørn MELLESTRAND	SSSK	6:43.50	26.59
10	144	Ivar NORHEIM	Fana IL	6:44.30	27.39
11	124	Finn Elias HANEBERG	Hamar IL	6:44.55	27.64
12	145	Ole Bjørnsmoen NÆSS	Tynset IF	6:44.76	27.85
13	143	Filip Møller NORDAL	Sandefjord	6:47.84	30.93
14	116	Sigurd Holbø DYRSET	TKK	6:47.95	31.04
15	135	Runar Njåtun KRØYER	Asker SK	6:50.86	33.95
16	152	Vegard RYE	SSSK	6:52.49	35.58
17	166	Aron AANNØ	BØSK	6:55.33	38.42
18	125	Viktor Smedstad HAUKAAS	Aktiv SK	6:56.46	39.55
19	111	Erlend BELSVIK	Stord IL	7:02.62	45.71
20	128	Sondre HVAMMEN	Kongsberg	7:06.37	49.46
21	147	Birk Finnstø REFSÅS	BØSK	7:10.29	53.38



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane	Ytre Bane
1	111. Erlend BELSVIK - Stord IL	- - -
	200 20.20 (20.20) 13	
	600 52.97 (32.77) 20	
	1000 1:26.40 (33.43) 20	
	1400 1:59.80 (33.40) 21	
	1800 2:33.46 (33.66) 21	
	2200 3:07.10 (33.64) 21	
	2600 3:40.77 (33.67) 20	
	3000 4:14.41 (33.64) 19	
	3400 4:48.32 (33.91) 18	
	3800 5:21.93 (33.61) 20	
	4200 5:55.46 (33.53) 21	
	4600 6:28.86 (33.40) 19	
	Final 7:02.62 (33.76) 19	
2	128. Sondre HVAMMEN - Kongsberg	152. Vegard RYE - SSSK
	200 20.43 (20.43) 16	200 20.16 (20.16) 11
	600 52.62 (32.19) 19	600 50.83 (30.67) 11
	1000 1:25.22 (32.60) 18	1000 1:22.38 (31.55) 13
	1400 1:58.19 (32.97) 19	1400 1:54.32 (31.94) 15
	1800 2:30.97 (32.78) 18	1800 2:26.24 (31.92) 15
	2200 3:04.24 (33.27) 18	2200 2:57.94 (31.70) 15
	2600 3:37.60 (33.36) 17	2600 3:29.89 (31.95) 14
	3000 4:11.31 (33.71) 17	3000 4:02.08 (32.19) 13
	3400 4:45.26 (33.95) 16	3400 4:34.60 (32.52) 12
	3800 5:19.82 (34.56) 19	3800 5:08.06 (33.46) 14
	4200 5:54.70 (34.88) 19	4200 5:42.37 (34.31) 16
	4600 6:30.33 (35.63) 20	4600 6:16.92 (34.55) 16
	Final 7:06.37 (36.04) 20	Final 6:52.49 (35.57) 16
3	166. Aron AANNØ - BØSK	147. Birk Finnstø REFSÅS - BØSK
	200 20.18 (20.18) 12	200 20.59 (20.59) 18
	600 52.15 (31.97) 18	600 53.01 (32.42) 21
	1000 1:24.75 (32.60) 17	1000 1:25.56 (32.55) 19
	1400 1:58.14 (33.39) 18	1400 1:58.58 (33.02) 20
	1800 2:31.30 (33.16) 19	1800 2:31.82 (33.24) 20
	2200 3:04.62 (33.32) 19	2200 3:05.12 (33.30) 20
	2600 3:37.68 (33.06) 18	2600 3:38.37 (33.25) 19
	3000 4:10.96 (33.28) 16	3000 4:12.00 (33.63) 18
	3400 4:44.05 (33.09) 15	3400 4:45.98 (33.98) 17
	3800 5:16.94 (32.89) 17	3800 5:19.66 (33.68) 18
	4200 5:49.34 (32.40) 18	4200 5:55.40 (35.74) 20
	4600 6:22.25 (32.91) 18	4600 6:32.86 (37.46) 21
	Final 6:55.33 (33.08) 17	Final 7:10.29 (37.43) 21

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

4	135.	Runar Njåtun KRØYER - Asker SK	143.	Filip Møller NORDAL - Sandefjord							
		200	19.72	(19.72)	7			200	20.05	(20.05)	9
		600	50.11	(30.39)	4			600	51.09	(31.04)	12
		1000	1:21.20	(31.09)	5			1000	1:22.30	(31.21)	11
		1400	1:52.90	(31.70)	7			1400	1:54.02	(31.72)	12
		1800	2:24.43	(31.53)	7			1800	2:25.85	(31.83)	14
		2200	2:56.10	(31.67)	7			2200	2:57.81	(31.96)	14
		2600	3:27.97	(31.87)	7			2600	3:29.74	(31.93)	13
		3000	4:00.11	(32.14)	7			3000	4:01.88	(32.14)	12
		3400	4:32.91	(32.80)	7			3400	4:33.81	(31.93)	10
		3800	5:06.42	(33.51)	12			3800	5:05.50	(31.69)	10
		4200	5:40.71	(34.29)	14			4200	5:38.33	(32.83)	11
		4600	6:15.58	(34.87)	15			4600	6:12.29	(33.96)	13
		Final	6:50.86	(35.28)	15			Final	6:47.84	(35.55)	13
5	125.	Viktor Smedstad HAUKAAS - Aktiv SK	116.	Sigurd Holbø DYRSET - TKK							
		200	19.65	(19.65)	5			200	19.59	(19.59)	3
		600	51.26	(31.61)	14			600	50.18	(30.59)	5
		1000	1:23.74	(32.48)	16			1000	1:22.17	(31.99)	10
		1400	1:56.56	(32.82)	17			1400	1:54.35	(32.18)	16
		1800	2:29.29	(32.73)	17			1800	2:26.61	(32.26)	16
		2200	3:02.03	(32.74)	17			2200	2:58.97	(32.36)	16
		2600	3:35.19	(33.16)	16			2600	3:31.11	(32.14)	15
		3000	4:08.41	(33.22)	15			3000	4:03.25	(32.14)	14
		3400	4:41.45	(33.04)	14			3400	4:35.77	(32.52)	13
		3800	5:14.65	(33.20)	16			3800	5:08.19	(32.42)	15
		4200	5:48.11	(33.46)	17			4200	5:41.04	(32.85)	15
		4600	6:21.93	(33.82)	17			4600	6:14.02	(32.98)	14
		Final	6:56.46	(34.53)	18			Final	6:47.95	(33.93)	14
6	144.	Ivar NORHEIM - Fana IL	141.	Oddbjørn MELLESTRAND - SSSK							
		200	20.05	(20.05)	9			200	19.94	(19.94)	8
		600	51.19	(31.14)	13			600	50.69	(30.75)	10
		1000	1:22.13	(30.94)	9			1000	1:21.88	(31.19)	8
		1400	1:53.61	(31.48)	10			1400	1:53.23	(31.35)	8
		1800	2:25.15	(31.54)	9			1800	2:25.04	(31.81)	8
		2200	2:56.99	(31.84)	11			2200	2:56.69	(31.65)	9
		2600	3:28.87	(31.88)	10			2600	3:28.66	(31.97)	9
		3000	4:01.02	(32.15)	8			3000	4:01.06	(32.40)	9
		3400	4:33.11	(32.09)	8			3400	4:33.81	(32.75)	10
		3800	5:05.48	(32.37)	9			3800	5:06.08	(32.27)	11
		4200	5:38.05	(32.57)	10			4200	5:39.46	(33.38)	12
		4600	6:11.18	(33.13)	10			4600	6:11.22	(31.76)	11
		Final	6:44.30	(33.12)	10			Final	6:43.50	(32.28)	9

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

7	162.	Kasper TVETER - SSSK	145.	Ole Bjørnsmoen NÆSS - Tynset IF
	200	19.94 (19.94) 8		200 20.53 (20.53) 17
	600	51.38 (31.44) 15		600 51.81 (31.28) 17
	1000	1:22.53 (31.15) 14		1000 1:23.07 (31.26) 15
	1400	1:54.03 (31.50) 13		1400 1:54.11 (31.04) 14
	1800	2:25.36 (31.33) 13		1800 2:25.23 (31.12) 11
	2200	2:56.77 (31.41) 10		2200 2:56.59 (31.36) 8
	2600	3:28.24 (31.47) 8		2600 4:00.06 (1:03.47) 21
	3000	4:32.31 (1:04.07) 21		3000 4:32.03 (31.97) 20
	3400	- (-) -		3400 - (-) -
	3800	- (-) -		3800 - (-) -
	4200	5:37.04 (32.61) 7		4200 5:37.64 (32.98) 8
	4600	6:09.90 (32.86) 7		4600 6:10.87 (33.23) 9
	Final	6:42.60 (32.70) 7		Final 6:44.76 (33.89) 12
8	163.	Sander TVETER - SSSK	124.	Finn Elias HANEBERG - Hamar IL
	200	20.26 (20.26) 14		200 20.29 (20.29) 15
	600	51.47 (31.21) 16		600 50.64 (30.35) 9
	1000	1:22.34 (30.87) 12		1000 1:21.85 (31.21) 7
	1400	1:53.64 (31.30) 11		1400 1:53.26 (31.41) 9
	1800	2:25.27 (31.63) 12		1800 2:25.22 (31.96) 10
	2200	2:57.10 (31.83) 13		2200 2:57.06 (31.84) 12
	2600	3:29.06 (31.96) 11		2600 3:29.40 (32.34) 12
	3000	4:01.22 (32.16) 10		3000 4:01.76 (32.36) 11
	3400	4:33.32 (32.10) 9		3400 4:34.51 (32.75) 11
	3800	5:05.50 (32.18) 10		3800 5:07.17 (32.66) 13
	4200	5:37.86 (32.36) 9		4200 5:39.76 (32.59) 13
	4600	6:10.49 (32.63) 8		4600 6:12.19 (32.43) 12
	Final	6:43.30 (32.81) 8		Final 6:44.55 (32.36) 11
9	133.	Peder KONGSHAUG - SSSK	160.	Didrik Eng STRAND - Hamar IL
	200	- (-) -		200 19.16 (19.16) 1
	600	49.12 (49.12) 2		600 49.00 (29.84) 1
	1000	1:19.42 (30.30) 2		1000 1:19.99 (30.99) 3
	1400	1:50.10 (30.68) 2		1400 1:51.41 (31.42) 4
	1800	2:20.75 (30.65) 2		1800 2:22.70 (31.29) 5
	2200	2:51.06 (30.31) 2		2200 2:54.03 (31.33) 6
	2600	3:21.22 (30.16) 2		2600 3:25.79 (31.76) 6
	3000	3:51.26 (30.04) 2		3000 3:56.94 (31.15) 6
	3400	4:21.58 (30.32) 2		3400 4:27.97 (31.03) 6
	3800	4:52.41 (30.83) 2		3800 4:59.08 (31.11) 6
	4200	5:23.78 (31.37) 2		4200 5:30.55 (31.47) 6
	4600	5:55.83 (32.05) 2		4600 6:02.56 (32.01) 5
	Final	6:28.49 (32.66) 2		Final 6:35.05 (32.49) 5

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

10	164.	Kristian Gamme ULEKLEIV - Gjøvik SK	117.	Sander EITREM - Nord-Odal
	200	19.69	(19.69) 6	200 19.29 (19.29) 2
	600	50.44	(30.75) 7	600 49.26 (29.97) 3
	1000	1:21.35	(30.91) 6	1000 1:19.03 (29.77) 1
	1400	1:52.34	(30.99) 6	1400 1:48.71 (29.68) 1
	1800	2:23.07	(30.73) 6	1800 2:18.56 (29.85) 1
	2200	2:53.91	(30.84) 5	2200 2:48.36 (29.80) 1
	2600	3:24.74	(30.83) 5	2600 3:18.42 (30.06) 1
	3000	3:55.49	(30.75) 5	3000 3:48.35 (29.93) 1
	3400	4:26.35	(30.86) 5	3400 4:18.26 (29.91) 1
	3800	4:57.44	(31.09) 4	3800 4:47.97 (29.71) 1
	4200	5:28.48	(31.04) 4	4200 5:17.41 (29.44) 1
	4600	5:59.40	(30.92) 3	4600 5:46.88 (29.47) 1
	Final	6:30.32	(30.92) 3	Final 6:16.91 (30.03) 1
11	118.	Hallgeir ENGEBRÅTEN - Nord-Odal	126.	Sigurd HENRIKSEN - Fana IL
	200	19.60	(19.60) 4	200 20.08 (20.08) 10
	600	50.55	(30.95) 8	600 50.28 (30.20) 6
	1000	1:21.20	(30.65) 5	1000 1:20.79 (30.51) 4
	1400	1:51.88	(30.68) 5	1400 1:51.15 (30.36) 3
	1800	2:22.50	(30.62) 4	1800 2:21.79 (30.64) 3
	2200	2:53.34	(30.84) 4	2200 2:52.66 (30.87) 3
	2600	3:24.15	(30.81) 4	2600 3:23.43 (30.77) 3
	3000	3:55.10	(30.95) 4	3000 3:54.38 (30.95) 3
	3400	4:26.25	(31.15) 4	3400 4:25.40 (31.02) 3
	3800	4:57.93	(31.68) 5	3800 4:56.68 (31.28) 3
	4200	5:30.21	(32.28) 5	4200 5:28.47 (31.79) 3
	4600	6:03.02	(32.81) 6	4600 6:00.62 (32.15) 4
	Final	6:36.54	(33.52) 6	Final 6:33.32 (32.70) 4



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

NME - DAG 3

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER KVINNER 1000M - 03.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	106	Julie Nistad SAMSONSEN	Fana IL	1:18.87	-
2	137	Aurora Grinden LØVÅS	Nord-Odal	1:19.48	00.61
3	103	Hanna SVENNI	Asker SK	1:21.04	02.17
4	148	Kari Celine REISS-JACOBSEN	SSK Toten	1:22.42	03.55
5	156	Martine SOLEM	BØSK	1:22.51	03.64
6	142	Ina NAKKEN	Tønsberg	1:23.95	05.08
7	104	Anne Sofie Knutsen BIRKEDAL	Asker SK	1:25.30	06.43
8	146	Pauline Lysø OLSEN	BØSK	1:25.74	06.87
9	153	Sarah Marie SANDERUD	Nord-Odal	1:25.85	06.98
10	121	Louisa Olstad GRINDEN	Nord-Odal	1:27.44	08.57
11	161	Eline Lupke TVETER	OSK	1:29.31	10.44
12	120	Leona Olstad GRINDEN	Nord-Odal	1:29.32	10.45
13	123	Linnea HANEBERG	Hamar IL	1:29.39	10.52
14	140	Linnea MELGÅRD SHAGEN	SFIL	1:29.41	10.54
15	107	Milla Grønvold ANDERSEN	Geithus IL	1:29.48	10.61
16	154	Ingeborg SJØTHUN	SSSK	1:33.52	14.65
-	105	Julie Berg SJØBREND	Aktiv SK	WDR	
-	109	Vilde BAAS	Dølemo IL	WDR	
-	129	Carina JAGTØYEN	Leinstrand	WDR	
-	102	Marte Bjerkreim FURNÉE	Asker SK	WDR	



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane				Ytre Bane			
1	120.	Leona Olstad GRINDEN - Nord-Odal			123.	Linnea HANEBERG - Hamar IL		
		200	20.97	(20.97) 10		200	21.10	(21.10) 12
		600	53.95	(32.98) 13		600	54.07	(32.97) 14
		Final	1:29.32	(35.37) 12		Final	1:29.39	(35.32) 13
2	107.	Milla Grønvold ANDERSEN - Geithus IL			146.	Pauline Lysø OLSEN - BØSK		
		200	21.62	(21.62) 14		200	20.12	(20.12) 5
		600	54.51	(32.89) 15		600	51.82	(31.70) 8
		Final	1:29.48	(34.97) 15		Final	1:25.74	(33.92) 8
3	154.	Ingeborg SJØTHUN - SSSK			121.	Louisa Olstad GRINDEN - Nord-Odal		
		200	21.36	(21.36) 13		200	21.01	(21.01) 11
		600	55.32	(33.96) 16		600	53.16	(32.15) 11
		Final	1:33.52	(38.20) 16		Final	1:27.44	(34.28) 10
4	140.	Linnea MELGÅRD SHAGEN - SFIL			104.	Anne Sofie Knutsen BIRKEDAL - Asker SK		
		200	20.48	(20.48) 7		200	19.73	(19.73) 3
		600	53.08	(32.60) 10		600	50.79	(31.06) 6
		Final	1:29.41	(36.33) 14		Final	1:25.30	(34.51) 7
5	161.	Eline Lupke TVETER - OSK			153.	Sarah Marie SANDERUD - Nord-Odal		
		200	20.75	(20.75) 9		200	20.69	(20.69) 8
		600	53.26	(32.51) 12		600	51.94	(31.25) 9
		Final	1:29.31	(36.05) 11		Final	1:25.85	(33.91) 9
6	148.	Kari Celine REISS-JACOBSEN - SSK Toten			142.	Ina NAKKEN - Tønsberg		
		200	-	(-) -		200	20.15	(20.15) 6
		600	-	(-) -		600	50.87	(30.72) 7
		Final	1:22.42	(32.02) 4		Final	1:23.95	(33.08) 6
7	156.	Martine SOLEM - BØSK			103.	Hanna SVENNI - Asker SK		
		200	19.83	(19.83) 4		200	19.73	(19.73) 3
		600	50.10	(30.27) 4		600	49.59	(29.86) 3
		Final	1:22.51	(32.41) 5		Final	1:21.04	(31.45) 3
8	106.	Julie Nistad SAMSONSEN - Fana IL			137.	Aurora Grinden LØVÅS - Nord-Odal		
		200	18.28	(18.28) 1		200	19.42	(19.42) 2
		600	46.69	(28.41) 1		600	48.56	(29.14) 2
		Final	1:18.87	(32.18) 1		Final	1:19.48	(30.92) 2

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER KVINNER 5000M

03.11.2024

Rnk	Nr	Navn	Klubb	.Tid	Diff
1	101	Ragne WIKLUND	Aktiv SK	7:01.19	-
2	159	Dina STORELID	Stord IL	7:28.66	27.47
3	103	Hanna SVENNI	Asker SK	7:40.90	39.71
4	148	Kari Celine REISS-JACOBSEN	SSK Toten	7:54.46	53.27
5	142	Ina NAKKEN	Tønsberg	8:05.88	1:04.69
6	153	Sarah Marie SANDERUD	Nord-Odal	8:14.22	1:13.03
7	107	Milla Grønvold ANDERSEN	Geithus IL	8:25.83	1:24.64
-	146	Pauline Lysø OLSEN	BØSK	WDR	-
-	137	Aurora Grinden LØVÅS	Nord-Odal	WDR	-



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane	Ytre Bane
2	153. Sarah Marie SANDERUD - Nord-Odal	107. Milla Grønvold ANDERSEN - Geithus IL
	200 23.42 (23.42) 6	200 24.26 (24.26) 7
	600 1:00.37 (36.95) 6	600 1:02.97 (38.71) 7
	1000 1:37.54 (37.17) 5	1000 1:42.22 (39.25) 6
	1400 2:15.46 (37.92) 6	1400 2:21.07 (38.85) 7
	1800 2:54.21 (38.75) 6	1800 2:59.83 (38.76) 7
	2200 3:33.35 (39.14) 6	2200 3:39.36 (39.53) 7
	2600 4:12.83 (39.48) 6	2600 4:19.36 (40.00) 7
	3000 4:52.72 (39.89) 6	3000 4:59.98 (40.62) 7
	3400 5:33.17 (40.45) 6	3400 5:40.98 (41.00) 7
	3800 6:13.69 (40.52) 6	3800 6:22.33 (41.35) 7
	4200 6:54.08 (40.39) 6	4200 7:03.89 (41.56) 7
	4600 7:34.33 (40.25) 6	4600 7:45.07 (41.18) 7
	Final 8:14.22 (39.89) 6	Final 8:25.83 (40.76) 7
3	148. Kari Celine REISS-JACOBSEN - SSK Toten	142. Ina NAKKEN - Tønsberg
	200 22.91 (22.91) 5	200 22.59 (22.59) 2
	600 57.99 (35.08) 5	600 57.33 (34.74) 2
	1000 - (-) -	1000 1:33.45 (36.12) 4
	1400 - (-) -	1400 2:09.77 (36.32) 5
	1800 2:45.78 (36.11) 4	1800 2:46.77 (37.00) 5
	2200 3:22.86 (37.08) 4	2200 3:24.36 (37.59) 5
	2600 4:00.84 (37.98) 4	2600 4:01.94 (37.58) 5
	3000 4:39.15 (38.31) 4	3000 4:39.78 (37.84) 5
	3400 5:17.63 (38.48) 4	3400 5:18.32 (38.54) 5
	3800 5:56.83 (39.20) 4	3800 5:57.64 (39.32) 5
	4200 6:36.37 (39.54) 4	4200 6:39.00 (41.36) 5
	4600 7:15.53 (39.16) 4	4600 7:21.93 (42.93) 5
	Final 7:54.46 (38.93) 4	Final 8:05.88 (43.95) 5
4	159. Dina STORELID - Stord IL	103. Hanna SVENNI - Asker SK
	200 22.69 (22.69) 4	200 22.61 (22.61) 3
	600 57.38 (34.69) 4	600 57.36 (34.75) 3
	1000 1:31.89 (34.51) 2	1000 1:32.11 (34.75) 3
	1400 2:06.50 (34.61) 2	1400 2:06.84 (34.73) 3
	1800 2:41.10 (34.60) 2	1800 2:41.96 (35.12) 3
	2200 3:16.04 (34.94) 2	2200 3:17.43 (35.47) 3
	2600 3:51.50 (35.46) 2	2600 3:53.41 (35.98) 3
	3000 4:27.05 (35.55) 2	3000 4:30.02 (36.61) 3
	3400 5:02.74 (35.69) 2	3400 5:07.21 (37.19) 3
	3800 5:38.62 (35.88) 2	3800 5:44.96 (37.75) 3
	4200 6:15.13 (36.51) 2	4200 6:23.39 (38.43) 3
	4600 6:51.74 (36.61) 2	4600 7:01.92 (38.53) 3
	Final 7:28.66 (36.92) 2	Final 7:40.90 (38.98) 3

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

5 101. Ragne WIKLUND - Aktiv SK

200	20.66	(20.66)	1	200	-	(-)	-
600	53.02	(32.36)	1	600	-	(-)	-
1000	1:26.15	(33.13)	1	1000	-	(-)	-
1400	1:59.31	(33.16)	1	1400	-	(-)	-
1800	2:32.50	(33.19)	1	1800	-	(-)	-
2200	3:05.93	(33.43)	1	2200	-	(-)	-
2600	3:39.36	(33.43)	1	2600	-	(-)	-
3000	4:12.87	(33.51)	1	3000	-	(-)	-
3400	4:46.36	(33.49)	1	3400	-	(-)	-
3800	5:19.72	(33.36)	1	3800	-	(-)	-
4200	5:53.17	(33.45)	1	4200	-	(-)	-
4600	6:26.91	(33.74)	1	4600	-	(-)	-
Final	7:01.19	(34.28)	1	Final	-	(-)	-

NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

RESULTATER MENN 1000M - 03.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	133	Peder KONGSHAUG	SSSK	1:09.99	-
2	131	Allan Dahl JOHANSSON	Aktiv SK	1:10.70	00.71
3	160	Didrik Eng STRAND	Hamar IL	1:10.83	00.84
4	138	Bjørn MAGNUSSEN	Spk Falken	1:11.16	01.17
5	151	Henrik Fagerli RUKKE	Hol IL	1:11.50	01.51
6	124	Finn Elias HANEBERG	Hamar IL	1:11.72	01.73
7	134	Pål Myhren KRISTENSEN	Arendal SK	1:11.96	01.97
8	149	Erik RESELL	Spk Falken	1:12.04	02.05
9	167	Simon AANNØ	BØSK	1:12.17	02.18
10	114	Siver BRATTGJERD	Spk Falken	1:12.36	02.37
11	139	Cristian Landrø MAGNUSSEN	Spk Falken	1:12.88	02.89
12	143	Filip Møller NORDAL	Sandefjord	1:13.24	03.25
13	116	Sigurd Holbø DYRSET	TKK	1:13.26	03.27
14	166	Aron AANNØ	BØSK	1:13.53	03.54
15	122	Frederik Gajos HAMRE	SSSK	1:14.27	04.28
16	150	Erlend Andre RUE	Gol IL	1:14.76	04.77
17	136	Arne LERNES	Tromsø SK	1:14.81	04.82
18	152	Vegard RYE	SSSK	1:14.82	04.83
19	110	Bendik BECKER PEDERSEN	Fana IL	1:14.87	04.88
20	127	Christoffer Tellinga HOVDE	Jevnaker	1:15.61	05.62
21	155	Joren SLEEKING	Hol IL	1:15.83	05.84
22	157	Kristoffer Knag SONGSTAD	Fana IL	1:16.81	06.82
23	165	William VORVIK	TSK	1:17.27	07.28
24	119	Daniel Thuv ERIKSEN	Herkules	1:18.47	08.48
-	108	Martin Solberg ANDREASSEN	Spk Falken	WDR	
-	162	Kasper TVETER	SSSK	WDR	
-	164	Kristian Gamme ULEKLEIV	Gjøvik SK	WDR	
-	115	Magnus DAHLE	SSSK	WDR	



NM enkeltdistanser 2025

Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane				Ytre Bane			
1	165.	William VORVIK - TSK			136.	Arne LERNES - Tromsø SK		
		200	17.88	(17.88) 16		200	17.40	(17.40) 8
		600	46.53	(28.65) 20		600	44.62	(27.22) 10
		Final	1:17.27	(30.74) 23		Final	1:14.81	(30.19) 17
2	155.	Joren SLEEKING - Hol IL			119.	Daniel Thuv ERIKSEN - Herkules		
		200	18.01	(18.01) 17		200	18.68	(18.68) 21
		600	46.27	(28.26) 18		600	47.59	(28.91) 22
		Final	1:15.83	(29.56) 21		Final	1:18.47	(30.88) 24
3	150.	Erlend Andre RUE - Gol IL			157.	Kristoffer Knag SONGSTAD - Fana IL		
		200	17.58	(17.58) 12		200	18.71	(18.71) 23
		600	45.14	(27.56) 15		600	46.93	(28.22) 21
		Final	1:14.76	(29.62) 16		Final	1:16.81	(29.88) 22
4	166.	Aron AANNØ - BØSK			152.	Vegard RYE - SSSK		
		200	17.76	(17.76) 14		200	18.69	(18.69) 22
		600	44.75	(26.99) 12		600	46.36	(27.67) 19
		Final	1:13.53	(28.78) 14		Final	1:14.82	(28.46) 18
5	143.	Filip Møller NORDAL - Sandefjord			127.	Christoffer Tellinga HOVDE - Jevnaker		
		200	18.24	(18.24) 20		200	18.20	(18.20) 18
		600	45.23	(26.99) 16		600	45.81	(27.61) 17
		Final	1:13.24	(28.01) 12		Final	1:15.61	(29.80) 20
6	139.	Cristian Landrø MAGNUSSEN - Spk Falken			122.	Frederik Gajos HAMRE - SSSK		
		200	17.29	(17.29) 7		200	17.71	(17.71) 13
		600	43.82	(26.53) 8		600	44.94	(27.23) 13
		Final	1:12.88	(29.06) 11		Final	1:14.27	(29.33) 15
7	116.	Sigurd Holbø DYRSET - TTK			110.	Bendik BECKER PEDERSEN - Fana IL		
		200	18.22	(18.22) 19		200	17.44	(17.44) 9
		600	45.03	(26.81) 14		600	44.67	(27.23) 11
		Final	1:13.26	(28.23) 13		Final	1:14.87	(30.20) 19
8	167.	Simon AANNØ - BØSK			134.	Pål Myhren KRISTENSEN - Arendal SK		
		200	17.51	(17.51) 11		200	16.99	(16.99) 5
		600	44.01	(26.50) 9		600	42.96	(25.97) 4
		Final	1:12.17	(28.16) 9		Final	1:11.96	(29.00) 7
9	160.	Didrik Eng STRAND - Hamar IL			124.	Finn Elias HANEBERG - Hamar IL		
		200	17.13	(17.13) 6		200	17.44	(17.44) 9
		600	43.13	(26.00) 6		600	43.82	(26.38) 8
		Final	1:10.83	(27.70) 3		Final	1:11.72	(27.90) 6
10	114.	Siver BRATTGJERD - Spk Falken			149.	Erik RESELL - Spk Falken		

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Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane	Ytre Bane
	200 16.69 (16.69) 2 600 42.76 (26.07) 2 Final 1:12.36 (29.60) 10	200 16.95 (16.95) 4 600 43.13 (26.18) 6 Final 1:12.04 (28.91) 8
11	131. Allan Dahl JOHANSSON - Aktiv SK	133. Peder KONGSHAUG - SSSK
	200 17.80 (17.80) 15 600 43.77 (25.97) 7 Final 1:10.70 (26.93) 2	200 17.45 (17.45) 10 600 43.10 (25.65) 5 Final 1:09.99 (26.89) 1
12	138. Bjørn MAGNUSSEN - Spk Falken	151. Henrik Fagerli RUKKE - Hol IL
	200 16.59 (16.59) 1 600 42.22 (25.63) 1 Final 1:11.16 (28.94) 4	200 16.83 (16.83) 3 600 42.80 (25.97) 3 Final 1:11.50 (28.70) 5

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RESULTATER MENN 10.000M 03.11.2024

Rnk	Nr	Navn	Klubb	Tid	Diff
1	117	Sander EITREM	Nord-Odal	13:19.34	-
2	126	Sigurd HENRIKSEN	Fana IL	13:47.20	27.86
3	145	Ole Bjørnsmoen NÆSS	Tynset IF	13:58.77	39.43
4	141	Oddbjørn MELLESTRAND	SSSK	14:02.08	42.74
5	144	Ivar NORHEIM	Fana IL	14:17.84	58.50
6	111	Erlend BELSVIK	Stord IL	14:24.82	1:05.48
7	116	Sigurd Holbø DYRSET	TKK	14:30.34	1:11.00
8	143	Filip Møller NORDAL	Sandefjord	14:37.25	1:17.91
9	125	Viktor Smedstad HAUKAAS	Aktiv SK	14:39.36	1:20.02
10	166	Aron AANNØ	BØSK	14:46.46	1:27.12
11	128	Sondre HVAMMEN	Kongsberg	15:12.93	1:53.59
-	124	Finn Elias HANEBERG	Hamar IL	WDR	
-	163	Sander TVETER	SSSK	WDR	

Jon Gunnar Høy

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Sørmarka Arena – Stavanger (NOR) / 01. - 03.11.2024

Par	Indre Bane			Ytre Bane			
1	128.	Sondre HVAMMEN - Kongsberg		-.	---		
		400	39.55 (39.55)	11			
		800	1:15.17 (35.62)	11			
		1200	1:51.02 (35.85)	11			
		1600	2:26.99 (35.97)	11			
		2000	3:03.32 (36.33)	11			
		2400	3:39.11 (35.79)	11			
		2800	4:14.71 (35.60)	11			
		3200	4:50.69 (35.98)	11			
		3600	5:26.85 (36.16)	11			
		4000	6:02.63 (35.78)	11			
		4400	6:38.88 (36.25)	11			
		4800	7:14.90 (36.02)	11			
		5200	7:51.07 (36.17)	11			
		5600	8:27.51 (36.44)	11			
		6000	9:04.09 (36.58)	11			
		6400	9:40.45 (36.36)	11			
		6800	10:17.00 (36.55)	11			
		7200	10:53.68 (36.68)	11			
		7600	11:30.19 (36.51)	11			
		8000	12:06.98 (36.79)	11			
		8400	12:43.90 (36.92)	11			
		8800	13:20.93 (37.03)	11			
		9200	13:58.10 (37.17)	11			
		9600	14:35.45 (37.35)	11			
		Final	15:12.93 (37.48)	11			
2	125.	Viktor Smedstad HAUKAAS - Aktiv SK		111.	Erlend BELSVIK - Stord IL		
		400	37.71 (37.71)	7	400	37.48 (37.48)	5
		800	1:11.21 (33.50)	8	800	1:11.02 (33.54)	7
		1200	1:46.02 (34.81)	9	1200	1:45.01 (33.99)	7
		1600	2:20.55 (34.53)	9	1600	2:19.34 (34.33)	8
		2000	2:55.14 (34.59)	9	2000	2:53.75 (34.41)	8
		2400	3:29.73 (34.59)	9	2400	3:28.12 (34.37)	8
		2800	4:04.56 (34.83)	9	2800	4:02.61 (34.49)	8
		3200	4:39.25 (34.69)	9	3200	4:37.08 (34.47)	8
		3600	5:14.23 (34.98)	9	3600	5:11.87 (34.79)	8
		4000	5:48.97 (34.74)	9	4000	5:46.29 (34.42)	8
		4400	6:23.93 (34.96)	9	4400	6:20.91 (34.62)	8
		4800	6:58.72 (34.79)	9	4800	6:55.42 (34.51)	8
		5200	7:33.57 (34.85)	9	5200	7:29.73 (34.31)	8
		5600	8:08.26 (34.69)	9	5600	8:03.97 (34.24)	8
		6000	8:43.10 (34.84)	9	6000	8:38.31 (34.34)	8
		6400	9:17.95 (34.85)	9	6400	9:12.69 (34.38)	6
		6800	9:53.13 (35.18)	9	6800	9:47.38 (34.69)	6
		7200	10:28.24 (35.11)	9	7200	10:21.96 (34.58)	6
		7600	11:03.61 (35.37)	9	7600	10:56.83 (34.87)	6
		8000	11:38.82 (35.21)	9	8000	11:31.55 (34.72)	6
		8400	12:14.49 (35.67)	9	8400	12:06.20 (34.65)	6
		8800	12:50.53 (36.04)	9	8800	12:40.54 (34.34)	6
		9200	13:26.69 (36.16)	9	9200	13:15.27 (34.73)	6
		9600	14:02.99 (36.30)	9	9600	13:50.12 (34.85)	6
		Final	14:39.36 (36.37)	9	Final	14:24.82 (34.70)	6

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Par	Indre Bane				Ytre Bane				
3	116.	Sigurd Holbø DYRSET - TKK			166.	Aron AANNØ - BØSK			
		400	37.51	(37.51)	6	400	38.06	(38.06)	9
		800	1:10.19	(32.68)	5	800	1:12.26	(34.20)	10
		1200	1:43.33	(33.14)	5	1200	1:47.99	(35.73)	10
		1600	2:17.15	(33.82)	6	1600	2:23.76	(35.77)	10
		2000	2:51.31	(34.16)	6	2000	2:59.22	(35.46)	10
		2400	3:25.14	(33.83)	6	2400	3:34.73	(35.51)	10
		2800	3:59.43	(34.29)	6	2800	4:10.19	(35.46)	10
		3200	4:33.96	(34.53)	6	3200	4:45.85	(35.66)	10
		3600	5:08.48	(34.52)	6	3600	5:21.53	(35.68)	10
		4000	5:42.96	(34.48)	6	4000	5:57.04	(35.51)	10
		4400	6:17.37	(34.41)	6	4400	6:32.60	(35.56)	10
		4800	6:52.06	(34.69)	6	4800	7:08.24	(35.64)	10
		5200	7:27.04	(34.98)	6	5200	7:43.81	(35.57)	10
		5600	8:01.99	(34.95)	6	5600	8:19.48	(35.67)	10
		6000	8:37.44	(35.45)	6	6000	8:55.01	(35.53)	10
		6400	9:12.90	(35.46)	7	6400	9:30.59	(35.58)	10
		6800	9:47.83	(34.93)	7	6800	10:05.97	(35.38)	10
		7200	10:22.96	(35.13)	7	7200	10:41.46	(35.49)	10
		7600	10:58.09	(35.13)	7	7600	11:16.83	(35.37)	10
		8000	11:33.68	(35.59)	7	8000	11:52.05	(35.22)	10
		8400	12:09.49	(35.81)	7	8400	12:26.93	(34.88)	10
		8800	12:44.78	(35.29)	7	8800	13:01.90	(34.97)	10
		9200	13:20.26	(35.48)	7	9200	13:37.21	(35.31)	10
		9600	13:55.14	(34.88)	7	9600	14:12.12	(34.91)	10
		Final	14:30.34	(35.20)	7	Final	14:46.46	(34.34)	10
4	145.	Ole Bjørnsmoen NÆSS - Tynset IF			143.	Filip Møller NORDAL - Sandefjord			
		400	37.74	(37.74)	8	400	38.63	(38.63)	10
		800	1:10.91	(33.17)	6	800	1:11.94	(33.31)	9
		1200	1:43.85	(32.94)	6	1200	1:45.16	(33.22)	8
		1600	2:16.46	(32.61)	3	1600	2:18.80	(33.64)	7
		2000	2:49.02	(32.56)	3	2000	2:52.67	(33.87)	7
		2400	3:21.47	(32.45)	3	2400	3:26.67	(34.00)	7
		2800	3:54.08	(32.61)	3	2800	4:00.85	(34.18)	7
		3200	4:26.80	(32.72)	3	3200	4:35.19	(34.34)	7
		3600	4:59.82	(33.02)	3	3600	5:09.52	(34.33)	7
		4000	5:33.03	(33.21)	3	4000	5:44.07	(34.55)	7
		4400	6:06.70	(33.67)	3	4400	6:18.77	(34.70)	7
		4800	6:40.54	(33.84)	3	4800	6:53.55	(34.78)	7
		5200	7:14.22	(33.68)	3	5200	7:28.23	(34.68)	7
		5600	7:47.79	(33.57)	3	5600	8:03.06	(34.83)	7
		6000	8:21.43	(33.64)	3	6000	8:38.22	(35.16)	7
		6400	8:55.22	(33.79)	3	6400	9:13.45	(35.23)	8
		6800	9:29.18	(33.96)	3	6800	9:48.71	(35.26)	8
		7200	10:03.02	(33.84)	3	7200	10:24.33	(35.62)	8
		7600	10:36.72	(33.70)	3	7600	11:00.07	(35.74)	8
		8000	11:10.30	(33.58)	3	8000	11:36.39	(36.32)	8
		8400	11:43.65	(33.35)	3	8400	12:12.39	(36.00)	8
		8800	12:17.32	(33.67)	3	8800	12:48.84	(36.45)	8
		9200	12:51.01	(33.69)	3	9200	13:25.26	(36.42)	8
		9600	13:24.70	(33.69)	3	9600	14:00.62	(35.36)	8
		Final	13:58.77	(34.07)	3	Final	14:37.25	(36.63)	8

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Par	Indre Bane				Ytre Bane				
5	144.	Ivar NORHEIM - Fana IL			141.	Oddbjørn MELLESTRAND - SSSK			
		400	37.32	(37.32)	4	400	36.85	(36.85)	2
		800	1:09.91	(32.59)	3	800	1:10.06	(33.21)	4
		1200	1:43.27	(33.36)	4	1200	1:43.11	(33.05)	3
		1600	2:16.67	(33.40)	5	1600	2:16.55	(33.44)	4
		2000	2:50.33	(33.66)	5	2000	2:49.79	(33.24)	4
		2400	3:23.54	(33.21)	5	2400	3:23.36	(33.57)	4
		2800	3:56.96	(33.42)	5	2800	3:56.80	(33.44)	4
		3200	4:30.27	(33.31)	5	3200	4:30.03	(33.23)	4
		3600	5:03.46	(33.19)	5	3600	5:03.18	(33.15)	4
		4000	5:36.76	(33.30)	5	4000	5:36.45	(33.27)	4
		4400	6:10.11	(33.35)	5	4400	6:09.77	(33.32)	4
		4800	6:43.54	(33.43)	5	4800	6:43.11	(33.34)	4
		5200	7:17.34	(33.80)	5	5200	7:16.31	(33.20)	4
		5600	7:51.12	(33.78)	5	5600	7:49.66	(33.35)	4
		6000	8:25.14	(34.02)	5	6000	8:23.07	(33.41)	4
		6400	8:59.28	(34.14)	5	6400	8:56.69	(33.62)	4
		6800	9:33.78	(34.50)	5	6800	9:30.30	(33.61)	4
		7200	10:08.56	(34.78)	5	7200	10:03.94	(33.64)	4
		7600	10:43.60	(35.04)	5	7600	10:37.63	(33.69)	4
		8000	11:18.87	(35.27)	5	8000	11:11.34	(33.71)	4
		8400	11:54.43	(35.56)	5	8400	11:45.46	(34.12)	4
		8800	12:30.25	(35.82)	5	8800	12:19.82	(34.36)	4
		9200	13:06.69	(36.44)	5	9200	12:53.64	(33.82)	4
		9600	13:42.58	(35.89)	5	9600	13:27.76	(34.12)	4
		Final	14:17.84	(35.26)	5	Final	14:02.08	(34.32)	4
6	117.	Sander EITREM - Nord-Odal			126.	Sigurd HENRIKSEN - Fana IL			
		400	36.11	(36.11)	1	400	36.88	(36.88)	3
		800	1:07.95	(31.84)	1	800	1:08.91	(32.03)	2
		1200	1:39.84	(31.89)	1	1200	1:41.49	(32.58)	2
		1600	2:12.25	(32.41)	1	1600	2:14.22	(32.73)	2
		2000	2:44.57	(32.32)	1	2000	2:46.88	(32.66)	2
		2400	3:16.35	(31.78)	1	2400	3:19.52	(32.64)	2
		2800	3:48.54	(32.19)	1	2800	3:52.52	(33.00)	2
		3200	4:20.80	(32.26)	1	3200	4:25.60	(33.08)	2
		3600	4:53.41	(32.61)	1	3600	4:58.60	(33.00)	2
		4000	5:25.53	(32.12)	1	4000	5:31.60	(33.00)	2
		4400	5:57.65	(32.12)	1	4400	6:04.64	(33.04)	2
		4800	6:29.74	(32.09)	1	4800	6:37.62	(32.98)	2
		5200	7:02.03	(32.29)	1	5200	7:10.43	(32.81)	2
		5600	7:34.04	(32.01)	1	5600	7:43.21	(32.78)	2
		6000	8:06.24	(32.20)	1	6000	8:16.02	(32.81)	2
		6400	8:38.36	(32.12)	1	6400	8:49.13	(33.11)	2
		6800	9:10.50	(32.14)	1	6800	9:22.32	(33.19)	2
		7200	9:42.62	(32.12)	1	7200	9:55.75	(33.43)	2
		7600	10:14.54	(31.92)	1	7600	10:29.04	(33.29)	2
		8000	10:45.95	(31.41)	1	8000	11:02.46	(33.42)	2
		8400	11:17.64	(31.69)	1	8400	11:35.87	(33.41)	2
		8800	11:49.19	(31.55)	1	8800	12:09.04	(33.17)	2
		9200	12:19.61	(30.42)	1	9200	12:42.36	(33.32)	2
		9600	12:49.54	(29.93)	1	9600	13:15.34	(32.98)	2
		Final	13:19.34	(29.80)	1	Final	13:47.20	(31.86)	2