

MIX

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
1	Frol II lag 1 (1)			1:59:02			
	1 Skjerve Elen Katrine	22:29 1	00:00	22:29 1	00:00		
	2 Indgaard Jo Forseth	19:57 1	00:00	42:26 1	00:00	0	
	3 Forseth Magnhild	24:10 2	00:33	1:06:36 1	00:00	0	
	4 Indgaard Olav M	29:15 7	02:39	1:35:51 1	00:00	0	
	5 Indgaard Ulf Forseth	23:11 5	04:24	1:59:02 1	00:00	0	
2	Freidig SPK lag 2 (20)			2:01:51	02:49		
	1 Storhov Jens Even	24:50 3	02:21	24:50 3	02:21		
	2 Kvakland Jostein	23:26 4	03:29	48:16 4	05:50	-1	
	3 Sæther Sturla	23:37 1	00:00	1:11:53 3	05:17	1	
	4 Olafsen Simen	26:52 3	00:16	1:38:45 2	02:54	1	
	5 Videm Sigrid	23:06 3	04:19	2:01:51 2	02:49	0	
3	Freidig SPK lag 1 (19)			2:02:12	03:10		
	1 Einum Anders	23:05 2	00:36	23:05 2	00:36		
	2 Sandstad Hanne	22:05 2	02:08	45:10 2	02:44	0	
	3 Sæther Sindre	25:59 3	02:22	1:11:09 2	04:33	0	
	4 Owren Lars	27:53 4	01:17	1:39:02 3	03:11	-1	
	5 Angell-Petersen Tore	23:10 4	04:23	2:02:12 3	03:10	0	
4	Wing OK lag 1 (10)			2:12:36	13:34		
	1 Wagnild Jan-Egil	24:59 5	02:30	24:59 5	02:30		
	2 Husbyen Martin	22:38 3	02:41	47:37 3	05:11	2	
	3 Morset Ola	33:18 8	09:41	1:20:55 4	14:19	-1	
	4 Skogholt Hans Christian	32:54 13	06:18	1:53:49 4	17:58	0	
	5 Bjugan Mathias	18:47 1	00:00	2:12:36 4	13:34	0	
5	Freidig SPK lag 3 (21)			2:32:25	33:23		
	1 Owren Bjørn	28:05 10	05:36	28:05 10	05:36		
	2 Einum Kirsti	30:01 9	10:04	58:06 9	15:40	1	
	3 Landstad Magnus (sen)	41:02 17	17:25	1:39:08 10	32:32	-1	
	4 Angell-Petersen Solveig	26:44 2	00:08	2:05:52 7	30:01	3	
	5 Mølnevik Arvid	26:33 9	07:46	2:32:25 5	33:23	2	
6	Freidig SPK lag 8 (26)			2:32:40	33:38		
	1 Mølnevik Mona Jacobsen	25:45 6	03:16	25:45 6	03:16		
	2 Jørgensen Kristin Ulven	30:57 12	11:00	56:42 7	14:16	-1	
	3 Jørgensen Eirik	33:20 9	09:43	1:30:02 6	23:26	1	
	4 Lylum Margot Bolstad	35:38 16	09:02	2:05:40 6	29:49	0	
	5 Owren Geir	27:00 12	08:13	2:32:40 6	33:38	0	
7	Freidig SPK lag 7 (25)			2:32:49	33:47		
	1 Landstad Magnus (jun)	29:23 14	06:54	29:23 14	06:54		
	2 Sæthre Elisabeth	24:10 5	04:13	53:33 5	11:07	9	
	3 Landstad Ingeborg	33:53 12	10:16	1:27:26 5	20:50	0	
	4 Angell-Petersen Ingerid	36:03 17	09:27	2:03:29 5	27:38	0	
	5 Lysberg Magne	29:20 13	10:33	2:32:49 7	33:47	-2	
8	Freidig SPK lag 4 (22)			2:34:22	35:20		
	1 Lillealtern Knut	28:13 11	05:44	28:13 11	05:44		
	2 Rustad Bjørn	36:53 18	16:56	1:05:06 15	22:40	-4	
	3 Haug-Warberg Eivind	33:50 11	10:13	1:38:56 9	32:20	6	
	4 Vennevik Nils Olav	28:41 5	02:05	2:07:37 10	31:46	-1	
	5 Owren Grete Berge	26:45 11	07:58	2:34:22 8	35:20	2	

MIX

9	Trollelg lag 1 (16)			2:37:14	38:12		
	1 Lauglo Harald	35:16 21	12:47	35:16 21	12:47		
	2 Eidnes Håvard	33:52 16	13:55	1:09:08 17	26:42	4	
	3 Åsmul Øistein	32:36 6	08:59	1:41:44 13	35:08	4	
	4 Bakkhaug Christian	29:41 9	03:05	2:11:25 11	35:34	2	
	5 Østeraas Øystein	25:49 7	07:02	2:37:14 9	38:12	2	
10	Trollelg lag 2 (28)			2:47:39	48:37		
	1 Klemetsaune Liv	28:37 13	06:08	28:37 13	06:08		
	2 Dromnes Ingrid Marie	33:21 15	13:24	1:01:58 12	19:32	1	
	3 Konradsen Runa Aursand	32:54 7	09:17	1:34:52 7	28:16	5	
	4 Konradsen Terese Aursand	31:09 10	04:33	2:06:01 8	30:10	-1	
	5 Voldsund Mari	41:38 23	22:51	2:47:39 12	48:37	-4	
11	Freidig SPK lag 6 (24)			2:48:13	49:11		
	1 Rustad Helge	28:15 12	05:46	28:15 12	05:46		
	2 Videm Marianne	38:41 19	18:44	1:06:56 16	24:30	-4	
	3 Hafstad Lars Martin	33:29 10	09:52	1:40:25 11	33:49	5	
	4 Olafsen Trude	26:36 1	00:00	2:07:01 9	31:10	2	
	5 Rustad Anders	41:12 22	22:25	2:48:13 13	49:11	-4	
12	Frol II lag 5 (5)			3:01:56	1:02:54		
	1 Skjerve Johan	31:31 18	09:02	31:31 18	09:02		
	2 Lian Heidi Skei	48:22 25	28:25	1:19:53 22	37:27	-4	
	3 Lian Øystein	42:48 19	19:11	2:02:41 24	56:05	-2	
	4 Sandstad Fritjof	32:35 12	05:59	2:35:16 21	59:25	3	
	5 Grevskott Arne	26:40 10	07:53	3:01:56 15	1:02:54	6	
13	Steinkjer OK lag 1 (13)			3:21:07	1:22:05		
	1 Flægstad Åsta Venås	29:57 15	07:28	29:57 15	07:28		
	2 Aal Eirik	28:54 6	08:57	58:51 11	16:25	4	
	3 Grindberg Kari	45:23 20	21:46	1:44:14 14	37:38	-3	
	4 Kvistad Gunnhild	29:15 7	02:39	2:13:29 12	37:38	2	
	5 Lægran Erling	1:07:38 25	48:51	3:21:07 21	1:22:05	-9	
14	Krokstadøra IL lag 1 (8)			2:45:32	46:30		
	1 Bjørseth Gerd	30:35 16	08:06	30:35 16	08:06		
	2 Volden Nils Olav	40:24 21	20:27	1:10:59 19	28:33	-3	
	3 Berg Mads Erik	40:04 16	16:27	1:51:03 17	44:27	2	
	4 Krokstad Mona N	34:48 14	08:12	2:25:51 15	50:00	2	
	5 Berdal Tore B	19:41 2	00:54	2:45:32 10	46:30	5	Restart
15	Byåsen II lag 1 (9)			2:47:12	48:10		
	1 Maroni Terje	24:51 4	02:22	24:51 4	02:22		
	2 Vefsnmo Hanne	29:53 8	09:56	54:44 6	12:18	-2	
	3 Skoglund Marit	50:53 23	27:16	1:45:37 16	39:01	-10	
	4 Vefsnmo Eirik	35:03 15	08:27	2:20:40 14	44:49	2	
	5 Vaskinn Sveinung Heide	26:32 8	07:45	2:47:12 11	48:10	3	Restart
16	Ok Nidarøst lag 1 (17)			2:49:05	50:03		
	1 Røsand Turid	38:00 23	15:31	38:00 23	15:31		
	2 Engen Leif	31:19 14	11:22	1:09:19 18	26:53	5	
	3 Bjørgum Hans	35:58 13	12:21	1:45:17 15	38:41	3	
	4 Stenersen Dag	31:36 11	05:00	2:16:53 13	41:02	2	
	5 Skjøtskift Einar	32:12 14	13:25	2:49:05 14	50:03	-1	Restart
17	Wing OK lag 2 (11)			3:03:51	1:04:49		
	1 Morset Ingrid	26:43 7	04:14	26:43 7	04:14		
	2 Bakk Audun	31:04 13	11:07	57:47 8	15:21	-1	
	3 Skrøvset Erlend	1:01:34 26	37:57	1:59:21 21	52:45	-13	
	4 Skjesol Knut	29:00 6	02:24	2:28:21 18	52:30	3	
	5 Strøm Robert	35:30 17	16:43	3:03:51 16	1:04:49	2	Restart

MIX

18	Frol II lag 3 (3)			3:04:19	1:05:17		
	1 Sandstad Ane Kjerstine	33:25 20	10:56	33:25 20	10:56		
	2 Vatn Gunnar	30:03 10	10:06	1:03:28 14	21:02	6	
	3 Stavrum Ingrid Wold	47:45 21	24:08	1:51:13 18	44:37	-4	
	4 Stavrum Simen Wold	39:59 20	13:23	2:31:12 20	55:21	-2	
	5 Stavrum Ole Petter	33:07 15	14:20	3:04:19 17	1:05:17	3	Restart
19	Frol II lag 2 (2)			3:08:56	1:09:54		
	1 Vassenden Håvard	27:18 8	04:49	27:18 8	04:49		
	2 Vassenden Arild	30:54 11	10:57	58:12 10	15:46	-2	
	3 Vassenden Solveig	36:42 14	13:05	1:34:54 8	28:18	2	
	4 Midtbust Anne	52:54 26	26:18	2:27:48 17	51:57	-9	
	5 Jensen Randi	41:08 21	22:21	3:08:56 18	1:09:54	-1	Restart
20	Melhus lag 1 (7)			3:10:47	1:11:45		
	1 Hammer Tor	30:38 17	08:09	30:38 17	08:09		
	2 Kleiven Audun	43:20 23	23:23	1:13:58 21	31:32	-4	
	3 Melland Tor Erling Rødde	39:15 15	15:38	1:53:13 20	46:37	1	
	4 Sunnset Trine	37:47 19	11:11	2:31:00 19	55:09	1	
	5 Bakk Eivind	39:47 18	21:00	3:10:47 19	1:11:45	0	Restart
21	Freidig SPK lag 5 (23)			3:18:17	1:19:15		
	1 Lysberg Magnus	51:26 25	28:57	51:26 25	28:57		
	2 Kvittem Marit Irene	29:38 7	09:41	1:21:04 24	38:38	1	
	3 Kvakland Ingrid	30:20 5	06:43	1:51:24 19	44:48	5	
	4 Willumsen Geir	46:57 23	20:21	2:38:21 22	1:02:30	-3	
	5 Heggset Arild	39:56 19	21:09	3:18:17 20	1:19:15	2	Restart
22	Steinkjer OK lag 3 (15)			3:25:35	1:26:33		
	1 Flægstad Helge Venås	37:00 22	14:31	37:00 22	14:31		
	2 Aal Marit	43:32 24	23:35	1:20:32 23	38:06	-1	
	3 Hafstad Trond Svanøe	41:03 18	17:26	2:01:35 23	54:59	0	
	4 Lægran Eva	48:39 24	22:03	2:50:14 24	1:14:23	-1	
	5 Flægstad Sveinung	35:21 16	16:34	3:25:35 22	1:26:33	2	Restart
23	Ok Nidarøst lag 2 (18)			3:39:40	1:40:38		
	1 Løvås Marianne	27:26 9	04:57	27:26 9	04:57		
	2 Løvås Bjørn P	35:35 17	15:38	1:03:01 13	20:35	-4	
	3 Wåde Erling	57:52 25	34:15	2:00:53 22	54:17	-9	
	4 Stenersen Line	40:32 21	13:56	2:41:25 23	1:05:34	-1	
	5 Røsand Irene	58:15 24	39:28	3:39:40 24	1:40:38	-1	Restart
24	Wing OK lag 3 (12)			3:38:06	1:39:04		
	1 Morset Martin	42:48 24	20:19	42:48 24	20:19		
	2 Ellingsen Åse Rita	41:42 22	21:45	1:24:30 25	42:04	-1	
	3 Husbyen Per	57:03 24	33:26	2:21:33 25	1:14:57	0	
	4 Gjermstad Tore	52:15 25	25:39	3:13:48 25	1:37:57	0	Restart
	5 Bratsberg Svein Erik	24:18 6	05:31	3:38:06 23	1:39:04	2	Restart
25	Frol II lag 6 (6)			4:07:49	2:08:47		
	1 Moltzau Hans	56:15 26	33:46	56:15 26	33:46		
	2 Lillevestre Thomas	1:03:54 26	43:57	2:00:09 26	1:17:43	0	
	3 Lian Ida Johanne	49:48 22	26:11	2:49:57 26	1:43:21	0	
	4 Langseth Runar	36:57 18	10:21	3:26:54 26	1:51:03	0	Restart
	5 Lund Hans	40:55 20	22:08	4:07:49 25	2:08:47	1	Restart
DSQ	Frol II lag 4 (4)			3:36:52			
	1 Munkeby Kjell Inge	34:50	12:21	34:50	12:21		
	2 Sandstad Marit H	30:32	10:35	1:05:22	22:56	0	
	3 Munkeby Jon-Kristian	57:05	33:28	2:02:27	55:51	0	
	4 Stavrum Randi Wold	1:02:25	35:49	3:04:52	1:29:01	0	DSQ
	5 Munkeby Joar	32:00	13:13	3:36:52	1:37:50	0	

MIX

DSQ	Steinkjer OK lag 2 (14)			3:31:44		
	1 Dengerud Atle	21:38	-00:51	21:38	-00:51	
	2 Hafstad Ingvild Svanøe	1:17:24	57:27	1:39:02	56:36	0
	3 Aal Nils	31:48	08:11	2:10:50	1:04:14	0
	4 Venås Liv	31:23	04:47	2:42:13	1:06:22	0
	5 Vågan Morten	49:31	30:44	3:31:44	1:32:42	0
	Freidig SPK lag 9 (27)					
	1 Solberg Ingar	32:09 19	09:40	32:09 19	09:40	
	2 Einum Eirik	39:43 20	19:46	1:11:52 20	29:26	-1
	3 Espedal Jon Åsmund	29:19 4	05:42	1:41:11 12	34:35	8
	4 Aasbø Bodil	45:34 22	18:58	2:26:45 16	50:54	-4
	5					

DSQ