

MIX

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
1	Frol II lag 1 (10)			2:00:59			
	1 Ulf Forseth Indgaard	19:01 1	00:00	19:01 1	00:00		
	2 Johan Skjerve	31:15 18	08:46	50:16 9	05:30	-8	
	3 Elen Katrine Skjerve	21:36 1	00:00	1:11:52 2	01:09	7	
	4 Fredrik Skjerve	25:48 5	03:10	1:37:40 1	00:00	1	
	5 Håvard Vassenden	23:19 1	00:00	2:00:59 1	00:00	0	
2	Freidig SPK lag 1 (26)			2:07:19	06:20		
	1 Magnus Landstad	26:53 17	07:52	26:53 17	07:52		
	2 Torunn Spets Storhov	22:29 1	00:00	49:22 6	04:36	11	
	3 Simen Olafsen	26:37 7	05:01	1:15:59 3	05:16	3	
	4 Stig Berge	23:12 2	00:34	1:39:11 2	01:31	1	
	5 Håkon Gammelsæter	28:08 9	04:49	2:07:19 2	06:20	0	
3	Frol II lag 6 (15)			2:09:13	08:14		
	1 Arne Grevskott	23:44 11	04:43	23:44 11	04:43		
	2 Gunnar Vatn	27:53 11	05:24	51:37 10	06:51	1	
	3 Randi Jensen	25:55 5	04:19	1:17:32 4	06:49	6	
	4 Runar Langseth	27:45 8	05:07	1:45:17 4	07:37	0	
	5 Jo Forseth Indgaard	23:56 3	00:37	2:09:13 3	08:14	1	
4	Freidig SPK lag 7 (25)			2:09:45	08:46		
	1 Johan Ivarson	21:32 3	02:31	21:32 3	02:31		
	2 Mona Mølsvik	24:50 6	02:21	46:22 4	01:36	-1	
	3 Ruben Fagerli	24:21 3	02:45	1:10:43 1	00:00	3	
	4 Øystein Rønning	28:36 10	05:58	1:39:19 3	01:39	-2	
	5 Helge Rustad	30:26 13	07:07	2:09:45 4	08:46	-1	
5	Trollelg lag 1 (8)			2:14:52	13:53		
	1 Per Einar Pedersli	23:48 12	04:47	23:48 12	04:47		
	2 Eli Marita Forseth	37:09 25	14:40	1:00:57 19	16:11	-7	
	3 Trond Einar Pedersli	23:07 2	01:31	1:24:04 10	13:21	9	
	4 May Torli Moen	26:59 6	04:21	1:51:03 6	13:23	4	
	5 Kristian Øien	23:49 2	00:30	2:14:52 5	13:53	1	
6	Steinkjer OK lag 3 (7)			2:23:17	22:18		
	1 Atle Dengerud	23:26 8	04:25	23:26 8	04:25		
	2 Åsta Venås Flægstad	26:07 8	03:38	49:33 7	04:47	1	
	3 Eirik Aal	28:46 12	07:10	1:18:19 5	07:36	2	
	4 Trond Svanøe-Hafstad	33:08 18	10:30	1:51:27 7	13:47	-2	
	5 Nils Aal	31:50 14	08:31	2:23:17 6	22:18	1	
7	Trollelg lag 2 (27)			2:27:38	26:39		
	1 Mads Baardsgaard	29:21 23	10:20	29:21 23	10:20		
	2 Gunn Karin Baardsgaard	29:34 15	07:05	58:55 18	14:09	5	
	3 Ove Baardsgaard	28:46 12	07:10	1:27:41 14	16:58	4	
	4 Trine Baardsgaard	33:42 19	11:04	2:01:23 10	23:43	4	
	5 Kjell Baardsgaard	26:15 4	02:56	2:27:38 7	26:39	3	
8	Frol II lag 7 (16)			2:29:10	28:11		
	1 Arild Vassenden	26:41 16	07:40	26:41 16	07:40		
	2 Jonny Sundsvik	38:05 26	15:36	1:04:46 22	20:00	-6	
	3 Espen Sundsvik	27:55 9	06:19	1:32:41 18	21:58	4	
	4 Line Sundsvik	28:48 11	06:10	2:01:29 12	23:49	6	
	5 Bente Hovdal Sundsvik	27:41 7	04:22	2:29:10 8	28:11	4	

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9	Byåsen II lag 1 (19)			2:29:25	28:26	
	1 Bjarne Lien	23:24 7	04:23	23:24 7	04:23	
	2 Bjørn Erik Johnsen	41:26 28	18:57	1:04:50 23	20:04	-16
	3 Arve Lien Johnsen	34:03 22	12:27	1:38:53 22	28:10	1
	4 Kari Lien Johnsen	22:38 1	00:00	2:01:31 13	23:51	9
	5 Ingrid Lien Johnsen	27:54 8	04:35	2:29:25 9	28:26	4
10	Freidig SPK lag 5 (23)			2:32:04	31:05	
	1 Even Einum	29:11 22	10:10	29:11 22	10:10	
	2 Bjørn Rustad	29:29 14	07:00	58:40 17	13:54	5
	3 Kirsti Einum	32:33 20	10:57	1:31:13 16	20:30	1
	4 Sigrid Videm	31:08 14	08:30	2:02:21 15	24:41	1
	5 Marit Irene Kvittum	29:43 10	06:24	2:32:04 10	31:05	5
11	Freidig SPK lag 2 (20)			2:32:05	31:06	
	1 Bernt Rognes	29:04 21	10:03	29:04 21	10:03	
	2 Kristin Ulven Jørgensen	26:36 9	04:07	55:40 12	10:54	9
	3 Trude Olafsen	25:01 4	03:25	1:20:41 8	09:58	4
	4 Inger Videm	41:16 26	18:38	2:01:57 14	24:17	-6
	5 Tom Jacobsen	30:08 11	06:49	2:32:05 11	31:06	3
12	Freidig SPK lag 6 (24)			2:32:10	31:11	
	1 Solveig Angell-Petersen	25:14 15	06:13	25:14 15	06:13	
	2 Mari Angell-Petersen	24:40 5	02:11	49:54 8	05:08	7
	3 Ingerid Angell-Petersen	42:13 25	20:37	1:32:07 17	21:24	-9
	4 Tore Angell-Petersen	23:44 4	01:06	1:55:51 8	18:11	9
	5 Børge Angell-Petersen	36:19 18	13:00	2:32:10 12	31:11	-4
13	Wing OK lag 2 (2)			2:34:59	34:00	
	1 Ingrid Morset	24:13 14	05:12	24:13 14	05:12	
	2 Erlend Skråvseth	27:40 10	05:11	51:53 11	07:07	3
	3 Martin Morset	27:54 8	06:18	1:19:47 7	09:04	4
	4 Per Husbyn	41:36 27	18:58	2:01:23 10	23:43	-3
	5 Åsa Rita Ellingsen	33:36 15	10:17	2:34:59 13	34:00	-3
14	Freidig SPK lag 8 (3)			2:38:16	37:17	
	1 Stina Njåstad (Skøyner)	24:07 13	05:06	24:07 13	05:06	
	2 Rune Skjesol (Skøyner)	24:57 7	02:28	49:04 5	04:18	8
	3 Stein Rønning (Skøyner)	30:30 17	08:54	1:19:34 6	08:51	-1
	4 Julie Rønning (Freidig)	28:06 9	05:28	1:47:40 5	10:00	1
	5 Ida Rønning (Freidig)	50:36 26	27:17	2:38:16 14	37:17	-9
15	Frol II lag 4 (13)			2:39:34	38:35	
	1 Jon-Kristian Munkeby	22:57 6	03:56	22:57 6	03:56	
	2 Joar Munkeby	33:41 22	11:12	56:38 14	11:52	-8
	3 Kjell Inge Munkeby	29:39 16	08:03	1:26:17 13	15:34	1
	4 Arne Marius Munkeby	38:15 23	15:37	2:04:32 19	26:52	-6
	5 Per Bjørn Munkeby	35:02 17	11:43	2:39:34 15	38:35	4
16	Frol II lag 2 (11)			2:41:42	40:43	
	1 Simen Wold Stavrum	22:35 5	03:34	22:35 5	03:34	
	2 Ingrid Wold Stavrum	23:08 3	00:39	45:43 3	00:57	2
	3 Marie Wold Stavrum	38:47 24	17:11	1:24:30 11	13:47	-8
	4 Ole Johann Kilskar	39:32 24	16:54	2:04:02 17	26:22	-6
	5 Randi Wold Stavrum	37:40 19	14:21	2:41:42 16	40:43	1
17	Wing OK lag 1 (1)			2:43:40	42:41	
	1 Ola Morset	21:30 2	02:29	21:30 2	02:29	
	2 Mathias Bjugan	23:16 4	00:47	44:46 1	00:00	1
	3 Martin Husbyn	44:53 26	23:17	1:29:39 15	18:56	-14
	4 Jostein Alvestad	34:47 20	12:09	2:04:26 18	26:46	-3
	5 Tor Gjermstad	39:14 21	15:55	2:43:40 17	42:41	1

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18	Ok Nidarøst lag 1 (9)			2:44:14	43:15	
	1 Stein Fanavoll	27:09 18	08:08	27:09 18	08:08	
	2 Leif Engen	29:53 17	07:24	57:02 15	12:16	3
	3 Marianne Løvås	29:09 15	07:33	1:26:11 12	15:28	3
	4 Bjørn P. Løvås	31:43 15	09:05	1:57:54 9	20:14	3
	5 Erling Wåde	46:20 24	23:01	2:44:14 18	43:15	-9
19	Frol II lag 3 (12)			2:47:06	46:07	
	1 Torbjørn Sirum	34:56 26	15:55	34:56 26	15:55	
	2 Inga Sirum	36:49 24	14:20	1:11:45 27	26:59	-1
	3 Paul Sirum	26:18 6	04:42	1:38:03 21	27:20	6
	4 Randi Haugskott	34:59 21	12:21	2:13:02 24	35:22	-3
	5 Randi Johanne Skjerve	34:04 16	10:45	2:47:06 19	46:07	5
20	Wing OK lag 3 (29)			2:47:20	46:21	
	1 Lars Skrøvseth	35:01 27	16:00	35:01 27	16:00	
	2 Marius Døllner	31:54 20	09:25	1:06:55 26	22:09	1
	3 Mads N. Fornes	31:59 19	10:23	1:38:54 23	28:11	3
	4 Robert Strøm	30:16 12	07:38	2:09:10 21	31:30	2
	5 Ingunn Morset	38:10 20	14:51	2:47:20 20	46:21	1
21	Skøyнар lag 1 (4)			2:48:46	47:47	
	1 Sigurd Hynne	22:30 4	03:29	22:30 4	03:29	
	2 Carl Petter Lyngen	22:50 2	00:21	45:20 2	00:34	2
	3 Jonas Holberg	1:01:07 29	39:31	1:46:27 25	35:44	-23
	4 Stig Rune Holberg	32:02 16	09:24	2:18:29 25	40:49	0
	5 Daniel Wannebo	30:17 12	06:58	2:48:46 21	47:47	4
22	Steinkjer OK lag 1 (5)			2:49:05	48:06	
	1 Norunn Dengerud	36:10 29	17:09	36:10 29	17:09	
	2 Marit Aal	29:16 12	06:47	1:05:26 25	20:40	4
	3 Kari Grindberg	33:34 21	11:58	1:39:00 24	28:17	1
	4 Gunhild Kvistad	30:22 13	07:44	2:09:22 22	31:42	2
	5 Erling Læggran	39:43 22	16:24	2:49:05 22	48:06	0
23	Frol II lag 5 (14)			2:49:12	48:13	
	1 Runa Matberg	23:29 9	04:28	23:29 9	04:28	
	2 Hans Moltzau	32:32 21	10:03	56:01 13	11:15	-4
	3 Thomas Lillevestre	27:57 10	06:21	1:23:58 9	13:15	4
	4 Åsta Wibe	42:38 28	20:00	2:06:36 20	28:56	-11
	5 Berit Reistad	42:36 23	19:17	2:49:12 23	48:13	-3
24	Steinkjer OK lag 2 (6)			2:52:14	51:15	
	1 Eirin Svanøe-Hafstad	36:04 28	17:03	36:04 28	17:03	
	2 Ingvild Svanøe-Hafstad	29:20 13	06:51	1:05:24 24	20:38	4
	3 Eva Læggran	30:32 18	08:56	1:35:56 20	25:13	4
	4 Liv Venås	27:08 7	04:30	2:03:04 16	25:24	4
	5 Kari Elise Dale Aal	49:10 25	25:51	2:52:14 24	51:15	-8
25	Freidig SPK lag 4 (22)			2:55:48	54:49	
	1 Knut Lillealtern	23:31 10	04:30	23:31 10	04:30	
	2 Leif Rune Hellevik	57:18 29	34:49	1:20:49 29	36:03	-19
	3 Harald Oftedal	28:30 11	06:54	1:49:19 28	38:36	1
	4 Eivind Haug-Warberg	39:34 25	16:56	2:28:53 27	51:13	1
	5 Randi Lillealtern	26:55 5	03:36	2:55:48 25	54:49	2
26	Freidig SPK lag 3 (21)			2:56:37	55:38	
	1 Vegard Grønli	28:12 20	09:11	28:12 20	09:11	
	2 Berit Time	29:44 16	07:15	57:56 16	13:10	4
	3 Lotte Pettersen	53:20 28	31:44	1:51:16 29	40:33	-13
	4 Olav Arne Kvittem	38:12 22	15:34	2:29:28 28	51:48	1
	5 Eirik Jørgensen	27:09 6	03:50	2:56:37 26	55:38	2

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27	Frol II lag 8 (17)			3:04:32	1:03:33	
	1 Ane Kjerstine Sandstad	34:52 25	15:51	34:52 25	15:51	
	2 Hans Lund	38:54 27	16:25	1:13:46 28	29:00	-3
	3 Fritjof Sandstad	34:47 23	13:11	1:48:33 26	37:50	2
	4 Marit H. Sandstad	23:18 3	00:40	2:11:51 23	34:11	3
	5 Kajsa Stina Sandstad	52:41 27	29:22	3:04:32 27	1:03:33	-4
28	Frol II lag 9 (18)			3:15:06	1:14:07	
	1 Jan Inge Jacobsen	28:02 19	09:01	28:02 19	09:01	
	2 Jan Jacobsen	35:31 23	13:02	1:03:33 20	18:47	-1
	3 Ole A. Hustad	45:08 27	23:32	1:48:41 27	37:58	-7
	4 Ivar Reinås	32:36 17	09:58	2:21:17 26	43:37	1
	5 Anne Kvam	53:49 28	30:30	3:15:06 28	1:14:07	-2
	Trollelg lag 3 (28)					
	1 Håvard Eidnes	33:09 24	14:08	33:09 24	14:08	
	2 Øystein Åsmul	31:33 19	09:04	1:04:42 21	19:56	3
	3 Svein Hove	29:08 14	07:32	1:33:50 19	23:07	2
	4					
	5					