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|-----|----------------------|------------------|----------------------------|--------|----|------|---|------|----|-------|----|------|-------|----|---------|----|------|------|----|-------|----|-------|------|------|-------|--------|-------|---------|---------|-------|--------|------|-------|----|-------|----|------|--|
| 47 | Øystein | Dahi (70) | Ullensaker/Kisa IL | M50-54 | 6 | 3175 | 4 | 3 km | 1 | 10:53 | aa | 1570 | | | | | | | | 8 km | 1 | 32:03 | aa | 800m | 1 | 2.27,0 | a2 | 5 km | 1 | 18:11 | aa | 1605 | | | | | | |
| 48 | Halvard E. | Merlid (53) | Ullensaker/Kisa IL | M70-74 | 34 | 3171 | 5 | 3 km | 3 | 19:55 | ac | 1004 | 1500m | 4 | 8.41,03 | aa | 1071 | 5 km | 4 | 31:52 | ab | 1096 | 8 km | 1 | 57:52 | ab | 800m | 4 | 3.55,5 | bc | | | | | | | | |
| 49 | Camilla | Wethal (89) | | K35-39 | 1 | 3148 | 6 | 3 km | 9 | 19:46 | aa | 944 | 1500m | 4 | 8.23,08 | aa | 1044 | 5 km | 6 | 32:51 | aa | 985 | 8 km | 3 | 54:25 | aa | 800m | 2 | 3.40,4 | bc | 5 km | 2 | 29:38 | aa | 1119 | | | |
| 50 | Håkon | Gundersen (78) | | M45-49 | 1 | 3083 | 6 | 3 km | 9 | 15:32 | aa | 1058 | 1500m | 6 | 7.13,92 | aa | 1042 | 5 km | 5 | 28.16 | aa | 983 | 8 km | 4 | 46:27 | aa | 800m | 6 | 3.13,1 | a2 | 5 km | 1 | 45:17 | aa | 592 | | | |
| 51 | Lars Halvor | Oserud (86) | Ullensaker/Kisa IL | M35-39 | 3 | 3079 | 5 | 3 km | 4 | 15:56 | aa | 986 | 1500m | 1 | 7.04,0 | ab | 1029 | 5 km | 1 | 27.38 | aa | 973 | | | | | 800m | 1 | 3.01,1 | a1 | 10 km | 1 | 56:33 | aa | 1064 | | | |
| 52 | Simon Paul | Sandbakken (95), | IK Tjalve | M21-34 | 3 | 3063 | 3 | | | | | | 1500m | 1 | 4.34,83 | aa | 1615 | 5 km | 7 | 19.14 | aa | 1448 | | | | 800m | 1 | 2.13,0 | a2 | | | | | | | | | |
| 53 | Oliver Dahl | Olsen (08) | Ullensaker Skiklubb | M15-17 | 0 | 3045 | 2 | 3 km | 1 | 10:51 | aa | 1508 | | | | | | | | 5 km | 1 | 18.12 | aa | 1537 | | | | | | | | | | | | | | |
| 54 | Kristian | Roadstveit (38) | Hurdal IL | M85-89 | 48 | 3031 | 3 | 3 km | 1 | 24:36 | aa | 1068 | 1500m | 1 | 12.03,0 | bc | 983 | 5 km | 1 | 45:13 | bc | 980 | | | | | | | | | | | | | | | | |
| 55 | Knut J | Holter (61) | | M60-64 | 32 | 2969 | 3 | 3 km | 2 | 12:41 | aa | 1463 | 1500m | 2 | 5.40,11 | aa | 1506 | | | | | | | | 8 km | 3 | 39:12 | aa | | | | | | | | | | |
| 56 | Anna | Lundstein (90) | | K21-34 | 2 | 2930 | 3 | 3 km | 3 | 13:25 | aa | 1452 | | | | | | | | 5 km | 1 | 23.34 | aa | 1478 | 8 km | 2 | 41:40 | aa | | | | | | | | | | |
| 57 | Geir Håkon | Bjørnstad | | M65-69 | 48 | 2896 | 3 | 3 km | 2 | 13:28 | aa | 1449 | 1500m | 2 | 6.13,75 | aa | 1447 | | | | | | | | | 800 m | 1 | 4.09,0 | ab | | | | | | | | | |
| 58 | Sjur | Millidahl (81) | Mårhundens Venner 2 | M40-44 | 1 | 2879 | 2 | 3 km | 4 | 11:47 | aa | 1405 | 1500m | 1 | 5.10,45 | aa | 1474 | | | | | | | | | | | | | | | | | | | | | |
| 59 | Lars Magnus | Holter (69) | Ullensaker Skiklubb | M55-59 | 1 | 2875 | 3 | 3 km | 2 | 12:02 | aa | 1479 | | | | | | | | 5 km | 1 | 21.58 | aa | 1396 | | | 800m | 2 | 2.48,26 | a1 | | | | | | | | |
| 60 | Kaja | Vikerhaug (01) | Fet FIK | K21-34 | 1 | 2858 | 3 | | | | | | 1500m | 2 | 6.11,54 | aa | 1452 | 5 km | 2 | 23.49 | aa | 1406 | 8 km | 14 | fullf | aa | | | | | | | | | | | | |
| 61 | Bjørn | Lauglo (48) | Stovnerkameratene | M75-79 | 32 | 2768 | 5 | 3 km | 17 | fullf | bc | | 4 km | 17 | fullf | aa | | 5 km | 1 | 28.14 | aa | 1355 | 8 km | 3 | 45:17 | aa | | | | | 5 km | 2 | 27:03 | aa | 1413 | | | |
| 62 | Sverre | Sandbakken (52) | Aurskog-Holand FIL | M70-74 | 8 | 2745 | 3 | | | | | | 1500m | 1 | 6.38,30 | aa | 1440 | 5 km | 2 | 27.16 | aa | 1305 | | | | | 800m | 1 | 3.14,4 | a2 | | | | | | | | |
| 63 | Anders | Knudsen (77) | Ullensaker/Kisa IL | M45-49 | 9 | 2722 | 3 | 3 km | 5 | 12:40 | aa | 1333 | 1500m | 3 | 5.36,55 | aa | 1389 | | | | | | | | | 800m | 3 | 2.45,5 | a2 | | | | | | | | | |
| 64 | Tonny | Skogsholm (64) | | M60-64 | 27 | 2669 | 4 | | | | | | | | | | | | | 5 km | 3 | 25.32 | aa | 1247 | 8 km | 2 | 38:39 | bb | 800m | 2 | 3.00,4 | a2 | 10 km | 1 | 48:33 | aa | 1422 | |
| 65 | Ketil | Stølen (57) | Sørum IL | M65-69 | 2 | 2646 | | 3 km | 3 | 14:53 | aa | 1313 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 66 | Sara Isabella | Bertheussen (07) | Ullensaker/Kisa IL | K15-17 | 5 | 2611 | 2 | 3 km | 2 | 14:23 | aa | 1378 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 66 | Brita Kristin | By (63) | | K60-64 | 10 | 2611 | 3 | 3 km | 2 | 17:31 | aa | 1273 | | | | | | | | 5 km | 1 | 28.39 | aa | 1338 | | | 800m | 1 | 3.49,6 | a2 | | | | | | | | |
| 66 | Jan Erik | Halvorsen (61) | | M60-64 | 11 | 2611 | 3 | 3 km | 3 | 13:58 | aa | 1331 | 1500m | 4 | 6.41,22 | aa | 1280 | | | | | | | | | 800m | 4 | 3.52,4 | a2 | | | | | | | | | |
| 69 | Turid Kampstrup | Hovind (92) | Ullensaker Orienteringslag | K21-34 | 3 | 2588 | 2 | 3 km | 4 | 14:17 | aa | 1367 | | | | | | | | 5 km | 3 | 27.18 | aa | 1221 | | | | | | | | | | | | | | |
| 70 | Unn | Haaland (61) | | K60-64 | 16 | 2576 | 3 | | | | | | 1500m | 1 | 8.02,13 | aa | 1277 | 5 km | 2 | 29.29 | aa | 1299 | | | | | 800m | 2 | 3.53,9 | a2 | | | | | | | | |
| 71 | Eirik | Løvgaard (77) | Ullensaker/Kisa IL | M45-49 | 7 | 2520 | 3 | 3 km | 6 | 13:15 | aa | 1271 | | | | | | | | 5 km | 2 | 23.07 | aa | 1249 | | | 800m | 5 | 2.53,2 | a2 | | | | | | | | |
| 72 | Ole | Arnegård (44) | Ullensaker/Kisa IL | M80-84 | 51 | 2492 | 5 | 3 km | 4 | 21:18 | ac | 1122 | 1500m | 2 | 8.10,8 | ac | 1370 | 5 km | 14 | fullf | ac | | 8 km | 13 | fullf | ac | 800m | 2 | 4.33,5 | ac | | | | | | | | |
| 73 | Hans Aage | Bjørge (92) | | M21-34 | 1 | 2479 | 3 | 3 km | 4 | 13:10 | aa | 1230 | | | | | | | | 5 km | 9 | 22.17 | aa | 1249 | 8 km | 2 | 38:37 | aa | | | | | | | | | | |
| 74 | Julius | Aas (87) | IFBS GB | M35-39 | 1 | 2473 | 3 | 3 km | 1 | 9:35 | aa | 1666 | | | | | | | | 5 km | 2 | 31.51 | aa | 807 | 8 km | 1 | 29:00 | aa | | | | | | | | | | |
| 75 | Christer Andreas | Woldvik (82) | | M40-44 | 4 | 2411 | 3 | 3 km | 9 | 13:41 | aa | 1203 | 1500m | 3 | 6.16,78 | aa | 1208 | | | | | | | | | 800m | 6 | 2.59,98 | a1 | | | | | | | | | |
| 76 | Sverre | Lang (54) | Romerike Runners Team | M70-74 | 19 | 2360 | 3 | | | | | | 1500m | 3 | 7.55,33 | aa | 1193 | 5 km | 3 | 30.12 | aa | 1167 | | | | 800m | 3 | 3.55,1 | a2 | | | | | | | | | |
| 77 | Fredrik | Vikerhaug (94) | | M21-34 | 0 | 2345 | 2 | | | | | | 1500m | 3 | 6.15,18 | aa | 1187 | 5 km | 12 | 23.50 | aa | 1158 | | | | | | | | | | | | | | | | |
| 78 | Sigmund Vik | Ongstad (44) | Oslostudentenes IK | M80-84 | 44 | 2295 | 3 | 3 km | 3 | 21:02 | aa | 1138 | 1500m | 4 | 9.32,41 | aa | 1157 | | | | | | | | | | 800m | 4 | 4.38,1 | a2 | | | | | | | | |
| 79 | Cecilie Caroline | Svensson (83) | | K40-44 | 3 | 2205 | 2 | 3 km | 3 | 21:01 | aa | 885 | 1500m | 3 | 6.56,05 | aa | 1320 | | | | | | | | | | | | | | | | | | | | | |
| 80 | Berit | Vetland (48) | | K75-79 | 50 | 2154 | 3 | 3 km | 1 | 24:15 | bc | 1078 | 1500m | 1 | 11.09,0 | bc | 1076 | | | | | | | | | | 800m | 1 | 5.21,7 | a2 | | | | | | | | |
| 81 | Ida | Kragstad (86) | | K35-39 | 0 | 2112 | 2 | 3 km | 6 | 17:41 | aa | 1087 | | | | | | | | 5 km | 4 | 31.50 | aa | 1025 | | | | | | | | | | | | | | |
| 82 | Eline Stokstad | Oserud (89) | Borgen IL | K35-39 | 3 | 1976 | 3 | 3 km | 8 | 18:55 | aa | 1000 | 1500m | 5 | 8.50,0 | ac | 976 | | | | | | | 8 km | 5 | 63:00 | bc | | | | | | | | | | | |
| 83 | Roger | Granlund (80) | | M40-44 | 0 | 1969 | 2 | 3 km | 10 | 16:14 | aa | 978 | 1500m | 4 | 7.22,65 | aa | 991 | | | | | | | | | | | | | | | | | | | | | |
| 84 | Kåre | Svensson (61) | UjO bil | M60-64 | 26 | 1892 | 3 | 3 km | 5 | 17:36 | aa | 1023 | | | | | | | | 5 km | 5 | 34.15 | bc | 869 | 8 km | 5 | 52:21 | bc | | | | | | | | | | |
| 85 | Ole Jakob Høstelend | Solbu (03) | Ås IL | M21-34 | 0 | 1802 | 1 | 3 km | 1 | 8:31 | aa | 1802 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 86 | Ole | Suhrke (02) | | M21-34 | 0 | 1716 | 1 | | | | | | | | | | | | | 5 km | 1 | 15.39 | aa | 1716 | | | | | | | | | | | | | | |
| 87 | Kjersti Christina | Moody (74) | Ullensaker/Kisa IL | K50-54 | 0 | 1715 | 1 | 3 km | 1 | 11:40 | aa | 1715 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 88 | Andreas Lindebø | Kvæerner (06) | Ullensaker/Kisa IL | M18-20 | 2 | 1694 | 1 | 3 km | 1 | 9:23 | aa | 1694 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 89 | Petter Austberg | Bjørn (97) | Stampa Run Club | M21-34 | 0 | 1675 | 1 | | | | | | | | | | | | | 5 km | 2 | 16.10 | aa | 1675 | | | | | | | | | | | | | | |
| 90 | Ole-Kristian Lindebø | Kvæerner (05) | Ullensaker/Kisa IL | M18-20 | 2 | 1666 | 1 | 3 km | 2 | 9:36 | aa | 1666 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 91 | Herman Dramdal | Borge (97), | Svene IL | M21-34 | 0 | 1652 | 1 | | | | | | | | | | | | | 5 km | 3 | 16.28 | aa | 1652 | | | | | | | | | | | | | | |
| 92 | Mari Nymo | Helli (00) | Nittedal IL | K21-34 | 0 | 1636 | 2 | 3 km | 2 | 11:36 | aa | 1636 | | | | | | | | | | | | | 8 km | 1 | 34:06 | aa | | | | | | | | | | |
| 93 | Hedvig | Brimsdal (09) | Fredrikstad IF | K15-17 | 0 | 1630 | 1 | | | | | | 1500m | 1 | 5.27,00 | aa | 1630 | | | | | | | | | | | | | | | | | | | | | |
| 94 | Dorte | Foss (67) | Raufoss Friidrett | K55-59 | 0 | 1599 | 2 | 3 km | 1 | 13:11 | aa | 1599 | | | | | | | | | | | | | | 8 km | 1 | 36:09 | aa | | | | | | | | | |
| 95 | Jørgen Solhaug | Sæter (08) | Stampa Run Club | M21-34 | 0 | 1596 | 1 | | | | | | | | | | | | | 5 km | 5 | 17.12 | aa | 1596 | | | | | | | | | | | | | | |
| 95 | Magnus | Nermo (88) | Ullensaker/Kisa IL | M35-39 | 2 | 1596 | 1 | 3 km | 2 | 10:05 | aa | 1596 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 97 | Vetle | Paulsen (00) | Stampa Run Club | M21-34 | 0 | 1579 | 1 | | | | | | | | | | | | | 5 km | 6 | 17.25 | aa | 1579 | | | | | | | | | | | | | | |
| 98 | Rune | Skinnerlien (69) | Arendal Tri | M55-59 | 5 | 1569 | 1 | 3 km | 1 | 11:15 | aa | 1569 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 99 | Lasse | Kverum (79) | | M45-49 | 4 | 1563 | 2 | 3 km | 2 | 10:40 | aa | 1563 | | | | | | | | | | | | | 8 km | 1 | 31:40 | aa | | | | | | | | | | |
| 100 | Hanna | Aas (09) | Halden IL | K15-17 | 0 | 1558 | 1 | | | | | | 1500m | 2 | 5.47,07 | | | | | | | | | | | | | | | | | | | | | | | |

