

Rustad-sprinten 2022

16.03.2022

Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|-------------------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| G 13 år | | | | | | | |
| 1 | Lyn Ski lag 1 | | | 10:27 | | | 1 |
| | 1 Axel Trovås Vedum | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Oliver Sweetmann | 10:26 1 | 00:00 | 10:27 1 | 00:00 | 0 | |
| 2 | Årvoll IL lag 1 | | | 10:30 | 00:03 | | 8 |
| | 1 Erling Fjeld Kristensen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Iver Fjeld Bjonviken | 10:29 2 | 00:03 | 10:30 2 | 00:03 | -1 | |
| 3 | Røa Allianseidrettslag lag 1 | | | 10:41 | 00:14 | | 7 |
| | 1 Nils Aas Ødegård | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Jakob Andreas Sulheim Søreide | 10:40 3 | 00:14 | 10:41 3 | 00:14 | -2 | |
| 4 | Kjelsås IL lag 1 | | | 10:51 | 00:24 | | 6 |
| | 1 Magnus Næsfeldt Heimdal | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Aksel Alvar Foss | 10:50 4 | 00:24 | 10:51 4 | 00:24 | -3 | |
| 5 | Kjelsås IL lag 6 | | | 10:52 | 00:25 | | 24 |
| | 1 Erik Eiksund Øksnes | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Markus Nyhuus | 10:51 5 | 00:25 | 10:52 5 | 00:25 | -4 | |
| 6 | Lyn Ski lag 3 | | | 11:22 | 00:55 | | 17 |
| | 1 Karl Oraug Rygh | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Jacob Clausen Steinsvik | 11:21 6 | 00:55 | 11:22 6 | 00:55 | -5 | |
| 7 | Kjelsås IL lag 5 | | | 11:31 | 01:04 | | 22 |
| | 1 Magnus Adelsten Andersen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Emil Storrø | 11:30 7 | 01:04 | 11:31 7 | 01:04 | -6 | |
| 8 | Kjelsås IL lag 4 | | | 11:36 | 01:09 | | 21 |
| | 1 Eskil Agledahl Otterstad | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Aleksander Tronsmo-Oraug | 11:35 8 | 01:09 | 11:36 8 | 01:09 | -7 | |
| 9 | Kjelsås IL lag 2 | | | 11:38 | 01:11 | | 10 |
| | 1 Theodor Owe | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Magnus Grundt Grossmann | 11:37 9 | 01:11 | 11:38 9 | 01:11 | -8 | |
| 10 | Årvoll IL lag 2 | | | 11:41 | 01:14 | | 14 |
| | 1 Jone Haukvik-Jensen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Sivert Fjeld Kristensen | 11:40 10 | 01:14 | 11:41 10 | 01:14 | -9 | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|-------------------------------------|---------------|-------|--------------|-------|--------------|--------------------|
| G 13 år | | | | | | | |
| 11 | Kjelsås IL lag 3 | | | 11:51 | | 01:24 | 16 |
| | 1 Aksel Lied-Storstenvik | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Brage Berge | 11:50 11 | 01:24 | 11:51 11 | 01:24 | -10 | |
| 11 | Bækkelagets SK lag 4 | | | 11:51 | | 01:24 | 20 |
| | 1 Oskar Skarsvaag Kjøbli | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Casper Kronstad Hansen | 11:50 11 | 01:24 | 11:51 11 | 01:24 | -10 | |
| 13 | Bækkelagets SK lag 1 | | | 11:54 | | 01:27 | 3 |
| | 1 Oliver Benberg | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Leon Albrecht-Holberg | 11:53 13 | 01:27 | 11:54 13 | 01:27 | -12 | |
| 14 | Bækkelagets SK lag 2 | | | 11:56 | | 01:29 | 12 |
| | 1 Lars Gramshaug Mossin | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Elias Wiig Boije | 11:55 14 | 01:29 | 11:56 14 | 01:29 | -13 | |
| 15 | Lyn Ski lag 2 | | | 12:11 | | 01:44 | 11 |
| | 1 Theo Mølmann-Sand | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Jonas Rosenlund | 12:10 15 | 01:44 | 12:11 15 | 01:44 | -14 | |
| 16 | Bækkelagets SK lag 3 | | | 12:20 | | 01:53 | 18 |
| | 1 Jonas Hirsch | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Torjus Hagen | 12:19 16 | 01:53 | 12:20 16 | 01:53 | -15 | |
| 17 | Røa Allianseidrettslag lag 2 | | | 12:22 | | 01:55 | 15 |
| | 1 Kristoffer Sandbu Thuen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Sverre Aarnes | 12:21 17 | 01:55 | 12:22 17 | 01:55 | -16 | |
| 18 | Rustad IL lag 2 | | | 12:28 | | 02:01 | 13 |
| | 1 Liam Lavoll Nedland | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Taiyo Fuseya Skjærven | 12:27 18 | 02:01 | 12:28 18 | 02:01 | -17 | |
| 19 | Lyn Ski lag 5 | | | 12:33 | | 02:06 | 23 |
| | 1 Tellef Brusveen-Jensen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Konrad Majak | 12:32 19 | 02:06 | 12:33 19 | 02:06 | -18 | |
| 20 | Heming, IL lag 1 | | | 12:53 | | 02:26 | 5 |
| | 1 Benjamin Olav Sammut | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Samuel Paul Sammut | 12:52 20 | 02:26 | 12:53 20 | 02:26 | -19 | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|--------------------------------|---------------|-------|--------------|-------|--------------|--------------------|
| G 13 år | | | | | | | |
| 21 | Heming, IL lag 2 | | | 12:54 | | 02:27 | 9 |
| | 1 August Bo Oscar Finckenhagen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 David Engervoorn | 12:53 21 | 02:27 | 12:54 21 | 02:27 | -20 | |
| 22 | Rustad IL lag 1 | | | 13:17 | | 02:50 | 4 |
| | 1 Anton Jensen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Viktor Tannæs-Fjeld | 13:16 22 | 02:50 | 13:17 22 | 02:50 | -21 | |
| DNS | Lyn Ski lag 4 | | | | | | 19 |
| | 1 Mikkel Brækken | | | | | | |
| | 2 Ludvik Brækken | | | | | | |
| DNS | Idrettslaget Try lag 1 | | | | | | 2 |
| | 1 Hans Wilhelm Thommessen | | | | | | |
| | 2 Sverre Fredriksen | | | | | | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|-------------------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| G 13 år | | | | | | | |
| G 14 år | | | | | | | |
| 1 | Heming, IL lag 1 | | | 10:15 | | | 30 |
| | 1 Nils Henrik Hox-Meedom | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Peder Nupen-Breivik | 10:14 1 | 00:00 | 10:15 1 | 00:00 | 0 | |
| 2 | Kjelsås IL lag 1 | | | 10:17 | 00:02 | | 31 |
| | 1 Anton Foss | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Sondre Aarflot Moen | 10:16 2 | 00:02 | 10:17 2 | 00:02 | -1 | |
| 3 | Njård lag 1 | | | 10:26 | 00:11 | | 37 |
| | 1 Martin Gunnes Kozar | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Bjørnar Øhrn Johansen | 10:25 3 | 00:11 | 10:26 3 | 00:11 | -2 | |
| 4 | Lyn Ski lag 1 | | | 10:29 | 00:14 | | 32 |
| | 1 August Bruland | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Henrik Kampen Ellingvåg | 10:28 4 | 00:14 | 10:29 4 | 00:14 | -3 | |
| 5 | Moss SK lag 1 | | | 10:42 | 00:27 | | 36 |
| | 1 Aksel Andreas Lorang Dalbye | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Lars Hermund Haug | 10:41 5 | 00:27 | 10:42 5 | 00:27 | -4 | |
| 6 | Heming, IL lag 3 | | | 10:47 | 00:32 | | 47 |
| | 1 Erik Tobias Sommerstad | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Frode Sven Wallberg | 10:46 6 | 00:32 | 10:47 6 | 00:32 | -5 | |
| 7 | Lyn Ski lag 4 | | | 11:05 | 00:50 | | 48 |
| | 1 Jesper Keilman | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Sander Torkildsen-Husvik | 11:04 7 | 00:50 | 11:05 7 | 00:50 | -6 | |
| 8 | Bækkelagets SK lag 1 | | | 11:15 | 01:00 | | 33 |
| | 1 Halvor Songe | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Haakon Grunt Kreken | 11:14 8 | 01:00 | 11:15 8 | 01:00 | -7 | |
| 8 | Røa Allianseidrettslag lag 1 | | | 11:15 | 01:00 | | 35 |
| | 1 Oskar Eriksen Gilje | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Jakob Gudbrand Løberg Haugen | 11:14 8 | 01:00 | 11:15 8 | 01:00 | -7 | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|-------------------------------------|---------------|-------|--------------|-------|--------------|--------------------|
| G 14 år | | | | | | | |
| 10 | Rustad IL lag 1 | | | 11:25 | | 01:10 | 34 |
| | 1 Edvin Sortvik Hansen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Eskil Olaussen | 11:24 10 | 01:10 | 11:25 10 | 01:10 | -9 | |
| 11 | Lyn Ski lag 3 | | | 11:38 | | 01:23 | 45 |
| | 1 Noah Nicolai Hartz Moe | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Ulrik Engeseth | 11:37 11 | 01:23 | 11:38 11 | 01:23 | -10 | |
| 12 | Lyn Ski lag 2 | | | 11:47 | | 01:32 | 39 |
| | 1 Fredrik Gillesen Høy | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Tobias Elle-Dietrichson | 11:46 12 | 01:32 | 11:47 12 | 01:32 | -11 | |
| 13 | Kjelsås IL lag 2 | | | 11:48 | | 01:33 | 44 |
| | 1 Sondre Malecki Ulsaker | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Endre Klethagen Jokstad | 11:47 13 | 01:33 | 11:48 13 | 01:33 | -12 | |
| 14 | Bækkelaget SK lag 2 | | | 11:53 | | 01:38 | 42 |
| | 1 Sondre Oldervik Andersen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Tobias Emblem Nysted | 11:52 14 | 01:38 | 11:53 14 | 01:38 | -13 | |
| 15 | Røa Allianseidrettslag lag 2 | | | 11:54 | | 01:39 | 41 |
| | 1 Benjamin Thomsen Book | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Sondre Trengereid Straume | 11:53 15 | 01:39 | 11:54 15 | 01:39 | -14 | |
| 16 | Lyn Ski lag 5 | | | 11:56 | | 01:41 | 51 |
| | 1 Mikal Sagatun-Langleite | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Mikkel Brækken | 11:55 16 | 01:41 | 11:56 16 | 01:41 | -15 | |
| 17 | Rustad IL lag 2 | | | 11:58 | | 01:43 | 40 |
| | 1 Sverre Svindland Hovde | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Olav Lindheim | 11:57 17 | 01:43 | 11:58 17 | 01:43 | -16 | |
| 18 | Rustad IL lag 4 | | | 12:38 | | 02:23 | 50 |
| | 1 Kristian Hjorth-Johansen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Nicolai Mosvoll | 12:37 18 | 02:23 | 12:38 18 | 02:23 | -17 | |
| 19 | Rustad IL lag 3 | | | 12:50 | | 02:35 | 46 |
| | 1 Olav Adelsten Kildal | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Johan Halsne Johnsen | 12:49 19 | 02:35 | 12:50 19 | 02:35 | -18 | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|-------------------------------|---------------|-------|--------------|-------|---------|--------------------|
| G 14 år | | | | | | | |
| DNS | Idrettslaget Try lag 1 | | | | | | 38 |
| | 1 Oliver Gjethammer | | | | | | |
| | 2 Baste Høyerholt | | | | | | |
| DNS | Heming, IL lag 4 | | | | | | 49 |
| | 1 Peter Mathias Wahl | | | | | | |
| | 2 Andreas Fyksen Aas | | | | | | |
| DNS | Heming, IL lag 2 | | | | | | 43 |
| | 1 Henrik Holberg | | | | | | |
| | 2 Fredrik Fyksen Aas | | | | | | |
| DNS | Lyn Ski lag 6 | | | | | | 52 |
| | 1 Viktor Witczak | | | | | | |
| | 2 Mikkel Brækken | | | | | | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|--------------------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| G 14 år | | | | | | | |
| G 15 år | | | | | | | |
| 1 | Rustad IL lag 1 | | | 13:22 | | | 100 |
| | 1 Oskar Perlestenbakken Barland | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Emil August Longva | 13:21 1 | 00:00 | 13:22 1 | 00:00 | 0 | |
| 2 | Bækkelagets SK lag 1 | | | 13:31 | 00:09 | | 103 |
| | 1 Kristian Heggelund Dahl | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Peter Alexander Hjelpdahl Deinboll | 13:30 2 | 00:09 | 13:31 2 | 00:09 | -1 | |
| 3 | Lyn Ski lag 1 | | | 13:46 | 00:24 | | 102 |
| | 1 Oliver Redigh Drønnesund | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Ethan Beaumont Smith | 13:45 3 | 00:24 | 13:46 3 | 00:24 | -2 | |
| 4 | Kjelsås IL lag 1 | | | 13:57 | 00:35 | | 101 |
| | 1 Even Aunbu Sandemose | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Sverre Skjærholt | 13:56 4 | 00:35 | 13:57 4 | 00:35 | -3 | |
| 5 | Rustad IL lag 2 | | | 15:43 | 02:21 | | 104 |
| | 1 Kasper Høylo Jevne | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Markus Arfvedahl | 15:42 5 | 02:21 | 15:43 5 | 02:21 | -4 | |
| 6 | Rustad IL lag 3 | | | 16:05 | 02:43 | | 105 |
| | 1 Sondre Arfvedahl | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Borgar Mæland | 16:04 6 | 02:43 | 16:05 6 | 02:43 | -5 | |
| DNS | Lyn Ski lag 3 | | | | | | 118 |
| | 1 Nikolai Ottestad Ljosland | | | | | | |
| | 2 Magnus Junge-Larsen | | | | | | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|-----------------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| G 15 år | | | | | | | |
| G 16 år | | | | | | | |
| 1 | Lyn Ski lag 2 | | | 12:36 | | | 115 |
| | 1 William Abel Majak | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Torjus Brusveen-Jensen | 12:35 1 | 00:00 | 12:36 1 | 00:00 | 0 | |
| 2 | Gjelleråsen IF lag 1 | | | 12:42 | 00:06 | | 111 |
| | 1 Fredrik Nilssen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Mathias Heuer Thorstensen | 12:41 2 | 00:06 | 12:42 2 | 00:06 | -1 | |
| 3 | Heming, IL lag 1 | | | 12:48 | 00:12 | | 114 |
| | 1 Vegard Sjaastad | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Christopher Holberg | 12:47 3 | 00:12 | 12:48 3 | 00:12 | -2 | |
| 4 | Kjelsås IL lag 2 | | | 13:11 | 00:35 | | 116 |
| | 1 Magnus Bergsli Rogstad | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Alfred Oscar Foss | 13:10 4 | 00:35 | 13:11 4 | 00:35 | -3 | |
| 5 | Lyn Ski lag 1 | | | 13:12 | 00:36 | | 110 |
| | 1 Olav Andreas Underhaug | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Christoffer Melbye Michelsen | 13:11 5 | 00:36 | 13:12 5 | 00:36 | -4 | |
| 6 | Kjelsås IL lag 1 | | | 13:24 | 00:48 | | 113 |
| | 1 Filip Jensen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Eirik Sørlie | 13:23 6 | 00:48 | 13:24 6 | 00:48 | -5 | |
| 7 | Gjelleråsen IF lag 2 | | | 13:41 | 01:05 | | 117 |
| | 1 Iver Bakke Sundnes | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Mats Mørch Myhre | 13:40 7 | 01:05 | 13:41 7 | 01:05 | -6 | |
| 8 | Lyn Ski lag 4 | | | 15:16 | 02:40 | | 119 |
| | 1 Einar Mæland Haakenaasen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Christian Gjermundsen Hermansen | 15:15 8 | 02:40 | 15:16 8 | 02:40 | -7 | |
| 9 | Lyn Ski lag 5 | | | 15:50 | 03:14 | | 120 |
| | 1 Theodor Val Quintan Lemos Stene | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Felix Nicolai Fabricius Bye | 15:49 9 | 03:14 | 15:50 9 | 03:14 | -8 | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------|-----|---------------|-------|--------------|-------|---------|--------------------|
|-------|-----|---------------|-------|--------------|-------|---------|--------------------|

G 16 år

| | | | | | | | |
|------------|------------------------|----------------------------|--|--|--|--|------------|
| DNS | Rustad IL lag 1 | | | | | | 112 |
| | 1 | Lukas Karl Jonas Lundstein | | | | | |
| | 2 | Borgar Mæland | | | | | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|------------------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| G 16 år | | | | | | | |
| J 13 år | | | | | | | |
| 1 | Idrettslaget Try lag 1 | | | 11:21 | | | 64 |
| | 1 Ingrid Sanne Solheim | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Emilie Grahl-Madsen Tollefsen | 11:20 1 | 00:00 | 11:21 1 | 00:00 | 0 | |
| 2 | Kjelsås IL lag 1 | | | 11:32 | 00:11 | | 63 |
| | 1 Lilly Kvikne Silgjerd | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Solveig Skjærholt | 11:31 2 | 00:11 | 11:32 2 | 00:11 | -1 | |
| 3 | Heming, IL lag 1 | | | 11:42 | 00:21 | | 60 |
| | 1 Hanna Cecilia Braaten | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Hedda Haug Bonnevie | 11:41 3 | 00:21 | 11:42 3 | 00:21 | -2 | |
| 4 | Haslum IL lag 1 | | | 11:45 | 00:24 | | 65 |
| | 1 Amalie Fein | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Sofie Sole Hernes | 11:44 4 | 00:24 | 11:45 4 | 00:24 | -3 | |
| 5 | Jutul IL lag 1 | | | 11:46 | 00:25 | | 66 |
| | 1 Kaja Marie Lilledal-Fritzvold | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Selma Svege | 11:45 5 | 00:25 | 11:46 5 | 00:25 | -4 | |
| 6 | Lyn Ski lag 3 | | | 12:12 | 00:51 | | 71 |
| | 1 Audhild Hardeng | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Selma Amanda Hagfors Hättestrand | 2:11 6 | 00:51 | 12:12 6 | 00:51 | -5 | |
| 7 | Kjelsås IL lag 3 | | | 12:14 | 00:53 | | 72 |
| | 1 Nora Syrrist | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Maren Aasdalen | 12:13 7 | 00:53 | 12:14 7 | 00:53 | -6 | |
| 8 | Lyn Ski lag 1 | | | 12:40 | 01:19 | | 62 |
| | 1 Fride Engen Eliassen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Josefina Gustumhaugen Flo | 12:39 8 | 01:19 | 12:40 8 | 01:19 | -7 | |
| 9 | Rustad IL lag 1 | | | 13:05 | 01:44 | | 61 |
| | 1 Inger Melhuus Birkemoe | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Mille Ruud Moen | 13:04 9 | 01:44 | 13:05 9 | 01:44 | -8 | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|--------------------------------|---------------|-------|--------------|-------|--------------|--------------------|
| J 13 år | | | | | | | |
| 10 | Heming, IL lag 2 | | | 13:21 | | 02:00 | 68 |
| | 1 Andrea Haugmoen Mo | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Ada Josefine Gray | 13:20 10 | 02:00 | 13:21 10 | 02:00 | -9 | |
| 11 | Rustad IL lag 2 | | | 13:36 | | 02:15 | 70 |
| | 1 Iseline Knudsen Drevvatne | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Martine Elise Hansen Stavnum | 13:35 11 | 02:15 | 13:36 11 | 02:15 | -10 | |
| 12 | Kjelsås IL lag 2 | | | 13:59 | | 02:38 | 69 |
| | 1 Ylva Smidt Nikolaisen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Linde Berg-Knutsen | 13:58 12 | 02:38 | 13:59 12 | 02:38 | -11 | |

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| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|-------------------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| J 13 år | | | | | | | |
| J 14 år | | | | | | | |
| 1 | Bækkelagets SK lag 2 | | | 11:47 | | | 90 |
| | 1 Ada Korsnes Eriksen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Julie Holter Henriksen | 11:46 1 | 00:00 | 11:47 1 | 00:00 | 0 | |
| 2 | Lyn Ski lag 1 | | | 11:49 | 00:02 | | 80 |
| | 1 Hermine Hofgaard | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Emma Stueflotten | 11:48 2 | 00:02 | 11:49 2 | 00:02 | -1 | |
| 3 | Bækkelagets SK lag 1 | | | 11:50 | 00:03 | | 84 |
| | 1 Lotte Clement | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Marlin Borander | 11:49 3 | 00:03 | 11:50 3 | 00:03 | -2 | |
| 4 | Heming, IL lag 1 | | | 12:03 | 00:16 | | 86 |
| | 1 Stella Engelvoorn | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Sienna Fosstenløyken Dankworth | 12:02 4 | 00:16 | 12:03 4 | 00:16 | -3 | |
| 5 | Kjelsås IL lag 1 | | | 12:11 | 00:24 | | 83 |
| | 1 Tuva Wilkens Jernberg | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Nora Catharina Bartnes | 12:10 5 | 00:24 | 12:11 5 | 00:24 | -4 | |
| 6 | Idrettslaget Try lag 1 | | | 12:14 | 00:27 | | 87 |
| | 1 Henni Hattestad Kristensen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Martine Giving | 12:13 6 | 00:27 | 12:14 6 | 00:27 | -5 | |
| 7 | Røa Allianseidrettslag lag 1 | | | 12:26 | 00:39 | | 82 |
| | 1 Nora Duus Carlsen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Lea Maria Rimol | 12:25 7 | 00:39 | 12:26 7 | 00:39 | -6 | |
| 8 | Lyn Ski lag 3 | | | 12:28 | 00:41 | | 94 |
| | 1 Hennie Fjeldheim Skjerven | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Mai Louise Hodt-Billington | 12:27 8 | 00:41 | 12:28 8 | 00:41 | -7 | |
| 9 | Heming, IL lag 2 | | | 12:32 | 00:45 | | 93 |
| | 1 Ingrid Merete Jebsen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Helene Sjaastad | 12:31 9 | 00:45 | 12:32 9 | 00:45 | -8 | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|---|---------------|-------|--------------|-------|--------------|--------------------|
| J 14 år | | | | | | | |
| 10 | Idrettslaget Try lag 2 | | | 12:43 | | 00:56 | 92 |
| | 1 Karoline Kongsvold | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Astrid Reusch | 12:42 10 | 00:56 | 12:43 10 | 00:56 | -9 | |
| 11 | Lyn Ski lag 2 | | | 12:47 | | 01:00 | 88 |
| | 1 Ada Hagli Lorentzen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Agathe Dorthea Willoch | 12:46 11 | 01:00 | 12:47 11 | 01:00 | -10 | |
| 12 | Oppegård IL lag 1 | | | 12:59 | | 01:12 | 85 |
| | 1 Emma Elise Meinert Rød | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Linea Steensen | 12:58 12 | 01:12 | 12:59 12 | 01:12 | -11 | |
| 13 | Lyn Ski lag 6 | | | 13:13 | | 01:26 | 98 |
| | 1 Tilde Sølland | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Helle Marie Moen Reikvam | 13:12 13 | 01:26 | 13:13 13 | 01:26 | -12 | |
| 14 | Lyn Ski lag 7 | | | 13:40 | | 01:53 | 99 |
| | 1 Charlotte Weyergang Marcussen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Mathilde Jeanne Ines Roelly Saint-Amand | 14:00 14 | 01:53 | 13:40 14 | 01:53 | -13 | |
| 15 | Kjelsås IL lag 2 | | | 13:59 | | 02:12 | 91 |
| | 1 Frida Jakobsen Jensen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Victoria Marie Svensøy Kjøelseth | 13:58 15 | 02:12 | 13:59 15 | 02:12 | -14 | |
| 16 | Lyn Ski lag 8 | | | 14:20 | | 02:33 | 67 |
| | 1 Frøya Weum Thorsrud | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Sina Folland Myrmo | 14:19 16 | 02:33 | 14:20 16 | 02:33 | -15 | |
| 17 | Lyn Ski lag 5 | | | 14:31 | | 02:44 | 97 |
| | 1 Ingrid Marie Stjern Dahlstrøm | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Alma Bjørkelund Nesheim | 14:30 17 | 02:44 | 14:31 17 | 02:44 | -16 | |
| 18 | Rustad IL lag 2 | | | 14:33 | | 02:46 | 89 |
| | 1 June Steigum Benediktsson | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Marion Kleivstul Lambine | 14:32 18 | 02:46 | 14:33 18 | 02:46 | -17 | |
| DNS | Rustad IL lag 3 | | | | | | 95 |
| | 1 Mille Cedervall Vaagsbø | | | | | | |
| | 2 Agnes Marie Meek Bolstad | | | | | | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|----------------|--------------------------|-----------------------|--------------|----------------------|--------------|----------------|----------------------------|
| J 14 år | | | | | | | |
| DNS | Lyn Ski lag 4 | | | | | | 96 |
| | 1 Hedvig Marie Willoch | | | | | | |
| | 2 Maja Ottestad Ljosland | | | | | | |
| DNS | Rustad IL lag 1 | | | | | | 81 |
| | 1 Une Maria Olaussen | | | | | | |
| | 2 Kira Kopp-Alfheim | | | | | | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------------|-------------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| J 14 år | | | | | | | |
| J 15-16 år | | | | | | | |
| 1 | Kjelsås IL lag 1 | | | 13:36 | | | 131 |
| | 1 Tuva Thorstensen Adolfsen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Kamilla Aasebø | 13:35 1 | 00:00 | 13:36 1 | 00:00 | 0 | |
| 2 | Heming, IL lag 1 | | | 14:20 | 00:44 | | 132 |
| | 1 Astrid Grønnevet Benserud | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Hedda Helena Braaten | 14:19 2 | 00:44 | 14:20 2 | 00:44 | -1 | |
| 3 | Lyn Ski lag 1 | | | 14:24 | 00:48 | | 133 |
| | 1 Ida Marie Sirevåg Nordengen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Mina Lie-Vik | 14:23 3 | 00:48 | 14:24 3 | 00:48 | -2 | |
| 4 | Haslum IL lag 1 | | | 14:27 | 00:51 | | 134 |
| | 1 Mille Haneberg | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Julie Sole Hernes | 14:26 4 | 00:51 | 14:27 4 | 00:51 | -3 | |
| 5 | Kjelsås IL lag 2 | | | 14:50 | 01:14 | | 137 |
| | 1 Linnea Nordal Berg | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Vilde Rånes Røstberg | 14:49 5 | 01:14 | 14:50 5 | 01:14 | -4 | |
| 6 | Lyn Ski lag 2 | | | 14:54 | 01:18 | | 139 |
| | 1 Eira Engen Scheinert | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Ada Marie Stenseth | 14:53 6 | 01:18 | 14:54 6 | 01:18 | -5 | |
| 7 | Rustad IL lag 2 | | | 15:47 | 02:11 | | 136 |
| | 1 Signe Blomfeldt | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Ingeborg Marvik Dahl Rystad | 15:46 7 | 02:11 | 15:47 7 | 02:11 | -6 | |
| 8 | Rustad IL lag 1 | | | 16:12 | 02:36 | | 130 |
| | 1 Constance Maria Usler | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Aurora Hjelseth-Steen | 16:11 8 | 02:36 | 16:12 8 | 02:36 | -7 | |
| 9 | Rustad IL lag 3 | | | 16:50 | 03:14 | | 140 |
| | 1 Juni Fang Krogh | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Madicken Bjerke Engelstad | 16:49 9 | 03:14 | 16:50 9 | 03:14 | -8 | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-------------------|-----------------------------|---------------|-------|--------------|-------|--------------|--------------------|
| J 15-16 år | | | | | | | |
| 10 | Gjelleråsen IF lag 1 | | | 17:11 | | 03:35 | 135 |
| | 1 Emilie Drege Grøthe | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Anja Thomasgaard Aanensen | 17:10 10 | 03:35 | 17:11 10 | 03:35 | -9 | |
| 11 | Heming, IL lag 2 | | | 17:12 | | 03:36 | 138 |
| | 1 Liv Smith Kvalvaag | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Veronika Vikhamar Schuler | 17:11 11 | 03:36 | 17:12 11 | 03:36 | -10 | |
| 11 | Rustad IL lag 4 | | | 17:12 | | 03:36 | 143 |
| | 1 Eline Risstad Sundnes | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Ellinor Tannæs-Fjeld | 17:11 11 | 03:36 | 17:12 11 | 03:36 | -10 | |
| 13 | Rustad IL lag 5 | | | 17:34 | | 03:58 | 145 |
| | 1 Synne Syversen Gihle | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Tuva Stavå-Ringdal | 17:33 13 | 03:58 | 17:34 13 | 03:58 | -12 | |
| 14 | Kjelsås IL lag 3 | | | 17:49 | | 04:13 | 142 |
| | 1 Hanne Wærp Hauge | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Silje Botilsrud | 17:48 14 | 04:13 | 17:49 14 | 04:13 | -13 | |
| DNS | Heming, IL lag 4 | | | | | | 144 |
| | 1 Hannah Chen-Bjørhovde | | | | | | |
| | 2 Thea Steine-Eriksen | | | | | | |
| DNS | Heming, IL lag 3 | | | | | | 141 |
| | 1 Kari Moen Pedersen | | | | | | |
| | 2 Andrea Marie Angell Malm | | | | | | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-----------------------|-------------------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| J 15-16 år | | | | | | | |
| Kvinner junior | | | | | | | |
| 1 | Bækkelagets SK lag 1 | | | 13:34 | | | 153 |
| | 1 Helene Løken | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Milla Grosberghaugen Andreassen | 13:33 1 | 00:00 | 13:34 1 | 00:00 | 0 | |
| 2 | Røa Allianseidrettslag lag 1 | | | 14:27 | 00:53 | | 152 |
| | 1 Vilma Halstenstad Stovner | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Oda Kirstine Aanestad | 14:26 2 | 00:53 | 14:27 2 | 00:53 | -1 | |
| 3 | Rustad IL lag 2 | | | 15:01 | 01:27 | | 154 |
| | 1 Sara Bøhmer | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Ane Hustvedt | 15:00 3 | 01:27 | 15:01 3 | 01:27 | -2 | |
| 3 | Rustad IL lag 1 | | | 15:01 | 01:27 | | 150 |
| | 1 Synne Andersen Buen | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Hannah Dybvand | 15:00 3 | 01:27 | 15:01 3 | 01:27 | -2 | |
| 5 | Heming, IL lag 1 | | | 15:35 | 02:01 | | 151 |
| | 1 Katrine Kielland Magnussøn | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Maya Jones Arnesen | 15:34 5 | 02:01 | 15:35 5 | 02:01 | -4 | |
| 6 | Rustad IL lag 3 | | | 15:58 | 02:24 | | 155 |
| | 1 Karoline Longva | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Eva Helene Andberg | 15:57 6 | 02:24 | 15:58 6 | 02:24 | -5 | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|-----------------------|------------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| Kvinner junior | | | | | | | |
| Menn junior | | | | | | | |
| 1 | Rustad IL lag 1 | | | 18:05 | | | 160 |
| | 1 Tørres Lutnæs | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Henrik Bøyum Webjørnsen | 18:04 1 | 00:00 | 18:05 1 | 00:00 | 0 | |
| 2 | Bækkelagets SK lag 1 | | | 18:13 | 00:08 | | 162 |
| | 1 Wilhelm Hjelpdahl Deinboll | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Fredrik Sjøholt | 18:12 2 | 00:08 | 18:13 2 | 00:08 | -1 | |
| 3 | Kjelsås IL lag 1 | | | 18:40 | 00:35 | | 161 |
| | 1 Matias Nalum Rakkestad | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Simon Salinas Hannestad | 18:39 3 | 00:35 | 18:40 3 | 00:35 | -2 | |
| 4 | Rustad IL lag 3 | | | 19:35 | 01:30 | | 164 |
| | 1 Vegard Dybvand | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Audun Nesheim Hægeland | 19:34 4 | 01:30 | 19:35 4 | 01:30 | -3 | |
| 5 | Rustad IL lag 4 | | | 19:36 | 01:31 | | 165 |
| | 1 Lars Sigurd Baugstø Rødnes | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Andreas Svindland Hovde | 19:35 5 | 01:31 | 19:36 5 | 01:31 | -4 | |
| DNS | Rustad IL lag 2 | | | | | | 163 |
| | 1 Marius Meldalen | | | | | | |
| | 2 Ask Olausen | | | | | | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|--------------------|--------------------------|---------------|-------|--------------|--------------|---------|--------------------|
| Menn junior | | | | | | | |
| Menn senior | | | | | | | |
| 1 | Rustad IL lag 2 | | | 19:43 | | | 172 |
| | 1 Ivar Hesselberg Indby | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Atle Smenes | 19:42 1 | 00:00 | 19:43 1 | 00:00 | 0 | |
| 2 | Rustad IL lag 1 | | | 19:58 | 00:15 | | 170 |
| | 1 Magnus Olafsen Waaler | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Bendik Håland Pedersen | 19:57 2 | 00:15 | 19:58 2 | 00:15 | -1 | |
| 3 | Kjelsås IL lag 1 | | | 20:48 | 01:05 | | 171 |
| | 1 Sondre Nordby Vagli | 00:01 1 | 00:00 | 00:01 1 | 00:00 | | |
| | 2 Håkon Nalum Rakkestad | 20:47 3 | 01:05 | 20:48 3 | 01:05 | -2 | |

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Resultatliste

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Startnr/ Status |
|--------------|------------|-----------------------|--------------|----------------------|--------------|----------------|----------------------------|
|--------------|------------|-----------------------|--------------|----------------------|--------------|----------------|----------------------------|

Menn senior