











Junior Superkjering gutar (10)

1		1092 Håkon Aa Albretsen						01:00:21
			 10:26	 16:10	 13:15	 20:30		
2		1115 Sverre Linde Røyseth						01:04:56
			 09:22	 19:43	 15:44	 20:07		
3		1093 Martin Skjerdal						01:07:16
			 10:29	 21:01	 13:40	 22:06		
4		1070 Johan Læg Reid Nes						01:08:57
			 11:19	 19:22	 16:00	 22:16		
5		1084 Iver Grevsnes						01:14:56
			 11:25	 24:59	 14:31	 24:01		
6		1072 Andreas Heggheim Berge						01:17:01
			 12:13	 23:00	 17:37	 24:11		

7

1156 **Henrik Farstad Skagen**

01:18:53

 16:12

 22:41

 14:36

 25:24

8

1037 **Gard Sønnesyn**

01:22:38

 14:24

 22:16

 18:00

 27:58

9

1041 **Ingemar Risberg**

01:23:43

 14:10

 26:46

 18:39

 24:08

10

1078 **Stian Valvik Menes**

01:39:35

 16:16




































 34:25

 20:13

 28:41

Senior Superkjering herre (52)

1		1139 Ole Martin Erdal						00:51:00
			 08:26	 14:17	 10:29	 17:48		
2		1034 Simon Hjelmeset Kirkeeide						00:53:23
			 08:46	 14:44	 12:02	 17:51		
3		1001 Joar Wæhle						00:54:19
			 09:14	 14:22	 12:18	 18:25		
4		1135 Erlend Henjesand						00:56:00
			 09:10	 15:04	 12:00	 19:46		
5		1005 Jomar Leirdal						00:57:50
			 08:44	 16:18	 13:16	 19:32		
6		1032 Kristian Haugen						00:59:32
			 09:14	 16:55	 13:04	 20:19		
7		1098 åsmund rygg						01:01:06
			 08:57	 18:22	 14:15	 19:32		





























8		1109	Aslak Rockwell Djupedal					01:01:07
				 09:13	 19:39	 13:16	 18:59	
9		1008	Sigurd Henjum Halsnes					01:01:08
				 10:23	 18:38	 12:55	 19:12	
10		1151	Eskil Hov					01:02:00
				 09:35	 16:14	 14:05	 22:06	
11		1068	Simen Bækken					01:02:19
				 09:55	 17:52	 14:46	 19:46	
12		1059	Andreas Mjelstad					01:03:54
				 09:04	 17:29	 15:49	 21:32	
13		1057	Even Nesgård					01:04:06
				 11:17	 15:52	 16:17	 20:40	
14		1124	Ragnar Brevik					01:04:13
				 11:03	 18:43	 13:18	 21:09	

15	🏆	1100	Marius Heggøy					01:05:52
				🏃 10:42	🏃 18:27	🏃 14:10	🚴 22:33	
16	🏆	1088	Marius Bakkom					01:06:44
				🏃 09:13	🏃 20:06	🏃 15:58	🚴 21:27	
17	🏆	1125	Jaran Wathne Bøyum					01:08:17
				🏃 09:39	🏃 19:45	🏃 16:22	🚴 22:31	
18	🏆	1063	Øystein Bryn					01:08:19
				🏃 09:03	🏃 19:37	🏃 16:34	🚴 23:05	
19		1138	Eilif Rosnes					01:08:37
				🏃 10:07	🏃 23:08	🏃 13:15	🚴 22:07	
20		1028	Tage Rickard Sundell					01:08:58
				🏃 10:50	🏃 21:22	🏃 15:38	🚴 21:08	
21		1006	Tor Goksøy					01:09:41
				🏃 11:23	🏃 22:33	🏃 14:36	🚴 21:09	

22	1055	Hans-Tore Johannessen						01:10:06
			🏊 11:40	🏊 19:22	🏊 15:56	🚴 23:08		
23	1083	Jonas Hodne						01:10:09
			🏊 11:35	🏊 23:23	🏊 13:07	🚴 22:04		
24	1102	Kenneth Lomås						01:10:50
			🏊 11:04	🏊 20:08	🏊 15:20	🚴 24:18		
25	1073	Magnus Brattvold						01:11:27
			🏊 13:32	🏊 20:59	🏊 15:22	🚴 21:34		
26	1009	Eivind Nysether Tytlandsvik						01:11:52
			🏊 10:45	🏊 22:07	🏊 16:13	🚴 22:47		
27	1079	Gøran Fimreite						01:14:20
			🏊 12:07	🏊 23:19	🏊 16:04	🚴 22:50		
28	1122	Ole Henrik Myklebust						01:16:27
			🏊 14:32	🏊 22:59	🏊 14:17	🚴 24:39		

29	1096	Andreas Iversen						01:16:40
			🏊 12:19	🏊 24:18	🏊 17:13	🚴 22:50		
30	1052	Eivind Larsen						01:17:28
			🏊 11:25	🏊 22:56	🏊 15:59	🚴 27:08		
31	1026	Ole André Aarvoll						01:18:34
			🏊 13:21	🏊 22:36	🏊 16:42	🚴 25:55		
32	1053	Eivind Strand Dahle						01:19:43
			🏊 13:54	🏊 23:38	🏊 16:47	🚴 25:24		
33	1051	Arne Løland						01:20:01
			🏊 14:13	🏊 24:17	🏊 18:58	🚴 22:33		
34	1029	Leif Husabø						01:20:59
			🏊 17:09	🏊 26:13	🏊 15:32	🚴 22:05		
35	1045	Rico Marder						01:21:50
			🏊 11:23	🏊 29:34	🏊 16:19	🚴 24:34		

36	1136 Stian Løvoll Tendel	01:22:58		
	 14:46	 26:38	 15:41	 25:53
37	1056 Frode Berge Alme	01:23:08		
	 15:28	 26:31	 16:58	 24:11
38	1023 Gaute Lea	01:23:57		
	 16:27	 27:51	 16:04	 23:35
39	1014 Øystein Fykse	01:24:17		
	 14:38	 26:55	 18:56	 23:48
40	1058 David Edward Weir	01:25:11		
	 13:04	 27:17	 19:13	 25:37
41	1049 Jan Helge Eggum	01:25:35		
	 14:40	 25:06	 18:55	 26:54
42	1018 Steinar Aaland Eggum	01:31:42		
	 19:19	 25:03	 19:23	 27:57

43	1130	Lars Berg Hustveit	01:38:12				
		 15:48	 34:57	 17:42	 29:45		
44	1091	Villads Michelsen	01:41:07				
		 19:24	 32:42	 18:50	 30:11		
DNF	1116	Erling Sperle					
		 10:32					
DNF	1085	Arild Hartveit					
		 17:23					
DNS	1002	Aslak Rockwell Djupedal					
							
DNS	1004	Kjetil Hilleren					
							
DNS	1017	Lars Petter Sundve					
							

DNS

1046 **Aasmund Gjerde**



DNS

1064 **Per Kristian Warvik**


















































DNS

1099 **Bjørn Tennø**



Superveteran Superkjering herre (23)

1		1129 Ivar Henjum					01:00:49
			 09:32	 17:31	 13:51	 19:55	
2		1082 Anders Knut Molland					01:05:46
			 11:03	 20:32	 13:36	 20:35	
3		1086 Bjørn Salberg					01:07:19
			 09:57	 18:55	 16:08	 22:19	
4		1111 Per Hauge					01:08:19
			 12:20	 19:27	 15:41	 20:51	
5		1067 Odd-Sverre Johansen					01:08:50
			 12:48	 19:11	 14:53	 21:58	
6		1133 Steinar Røysum					01:09:55
			 13:26	 18:40	 14:33	 23:16	
7		1153 Ragnar Seime					01:10:21
			 10:11	 21:06	 16:33	 22:31	


8		1047	Jan Ole Liljedal					01:10:47
				 10:44	 22:14	 16:25	 21:24	
9		1155	Eivind Brendehaug					01:11:19
				 12:51	 20:57	 15:48	 21:43	
10		1127	Nils Magne Slinde					01:12:19
				 15:10	 19:03	 13:56	 24:10	
11		1126	Gunnar Søderholm					01:13:03
				 13:07	 19:43	 16:15	 23:58	
12		1112	Arne Monrad Johnsen					01:15:55
				 10:04	 22:14	 19:36	 24:01	
13		1048	Øyvind Myrmel					01:16:25
				 13:57	 22:16	 16:51	 23:21	
14		1119	ole johnny sie					01:16:26
				 11:25	 21:22	 16:43	 26:56	


15	1087 Olav Brunstad						01:16:43
		🏊 09:52	🏊 24:13	🏊 19:42	🚴 22:56		
16	1074 Roar Werner Vangsnes						01:18:15
		🏊 10:28	🏊 22:43	🏊 18:38	🚴 26:26		
17	1075 Karl Erik Johnsen						01:19:37
		🏊 11:29	🏊 23:25	🏊 20:10	🚴 24:33		
18	1036 Morten Stig Michalsen						01:20:26
		🏊 14:22	🏊 23:46	🏊 16:28	🚴 25:50		
19	1128 Dag Nestegjerde						01:22:29
		🏊 14:38	🏊 22:40	🏊 18:10	🚴 27:01		
20	1152 Bjørn L.Basberg						01:26:52
		🏊 14:27	🏊 26:28	🏊 18:20	🚴 27:37		
21	1113 Nils Henjum						02:12:22
		🏊 20:54	🏊 35:44	🏊 37:29	🚴 38:15		


22


1011 **Per Ståle Grude**

02:14:07

 14:16

 43:19

 41:54

 34:38

DNS

1025 **Harald Andreas Holmefjord**






































































Veteran Superkjering herre (15)


1		1003 Karl Helge Albretsen					01:00:49
			 10:00	 16:42	 13:58	 20:09	
2		1081 Anders Bjørkhaug					01:05:44
			 09:51	 19:55	 14:41	 21:17	
3		1019 Marius Hatle					01:08:50
			 09:58	 20:03	 15:35	 23:14	
4		1137 Torgeir Herstad					01:08:54
			 09:18	 20:32	 18:07	 20:57	
5		1120 Tommy Harjo					01:09:02
			 09:42	 21:36	 15:27	 22:17	
6		1012 Tor Erik Kvisle					01:12:55
			 13:07	 22:21	 14:52	 22:35	
7		1121 Jørgen Binningsbø					01:13:03
			 10:39	 22:33	 15:30	 24:21	

8	1010 Trygve Borgen	01:13:04		
	 11:04	 23:39	 14:55	 23:26
9	1042 Knut Åge Risberg	01:14:20		
	 12:07	 21:27	 18:17	 22:29
10	1117 Olav Helge Ylvisåker	01:17:24		
	 12:45	 22:46	 17:47	 24:06
11	1013 Kim Appenzeller	01:18:36		
	 10:42	 26:55	 18:52	 22:07
12	1022 Knut Ove Hauge	01:21:02		
	 16:25	 23:33	 15:50	 25:14
13	1020 Jon Husabø	01:21:59		
	 11:47	 26:09	 19:13	 24:50
14	1080 Arvid Bro Thuestad	01:45:40		
	 20:16	 33:44	 21:45	 29:55

DNF

1118

Egil Johannes Vangsnes

 10:16








Junior Superkjering jenter (2)



1  **1040 Sara Felde Liljedal** **01:22:59**






























 11:51  23:57  18:50  28:21






















2 **1101 Margit Røyseth Seime** **01:57:37**

 22:28  32:46  23:39  38:44

Senior Superkjering dame (25)

1		1016 Olaug Grut Andersen						01:06:55
			 10:07	 19:37	 15:16	 21:55		
2		1099 Ida Bjørk						01:07:34
			 11:36	 20:11	 13:14	 22:33		
3		1024 Åse Støfring						01:07:54
			 10:48	 20:20	 14:11	 22:35		
4		1150 Irene Slagstad						01:11:53
			 11:57	 21:05	 14:21	 24:30		
5		1031 Sarah Fiskaa Haugen						01:12:16
			 09:54	 22:10	 17:01	 23:11		
6		1071 Anne Cathrine Heggheim						01:13:03
			 12:53	 22:12	 14:58	 23:00		
7		1089 Herdis Berge Brusegard						01:15:37
			 13:50	 21:47	 14:37	 25:23		

8		1039	Sofie Torlei Olsen					01:19:10
				 13:35	 22:58	 16:27	 26:10	
9		1105	Anniken England					01:19:43
				 15:40	 22:58	 15:19	 25:46	
10		1027	Renate Nes Gangeskar					01:20:24
				 14:41	 23:16	 16:44	 25:43	
11		1069	Mari Hage Basberg					01:20:54
				 13:07	 22:37	 18:42	 26:28	
12		1134	Torunn Torheim					01:21:29
				 17:02	 23:02	 15:38	 25:47	
13		1044	Marthe Broch Hauge					01:21:49
				 13:59	 17:19	 25:58	 24:33	
14		1108	Mari Aune					01:22:02
				 18:13	 23:04	 15:40	 25:05	

15	1076 Kristine Linde Røyseth	01:24:34		
	 15:06	 24:52	 16:42	 27:54
16	1154 Hanne Bain	01:24:59		
	 15:16	 24:33	 17:24	 27:46
17	1007 Hanne Hedenstad	01:27:52		
	 16:19	 25:17	 18:46	 27:30
18	1132 Hilde Katrine Engeli	01:27:52		
	 15:29	 26:05	 18:19	 27:59
19	1033 Solveig Tveit Eggum	01:28:51		
	 19:44	 24:06	 16:09	 28:52
20	1103 Kine Dale Strøm	01:29:17		
	 17:16	 28:39	 17:33	 25:49
21	1107 Siri Andersen	01:29:36		
	 12:10	 27:39	 19:55	 29:52

22

1131 **Tone Sætre** Hellebust

01:42:47

🏃 20:00

🏃 29:27

🏃 22:36

🚴 30:44

DNF

1104 **Maria Kolnes Teigen**

🏃 21:08

🏃

🏃

🚴

DNF

1043 **Jorun Yri**

🏃 14:07

🏃

🏃

🚴

DNS

1066 **Camilla Njøs**



















🏃

🏃



















🏃

🚴

Superveteran Superkjering dame (4)

1		1090 Torunn grut					01:08:33
			 14:46	 17:19	 14:23	 22:05	
2		1106 Kjellaug Slinde					01:26:11
			 19:15	 23:44	 15:40	 27:32	
3		1097 Linda Grebstad Grinde					01:30:39
			 18:41	 24:50	 18:48	 28:20	
4		1094 eli berge					01:52:49
			 22:00	 33:23	 23:24	 34:02	

Veteran Superkjering dame (4)

1		1114 Bodhild Cirotzki						01:11:50
			 14:42	 20:59	 14:16	 21:53		
2		1060 Marte Kviberg						01:18:36
			 13:38	 22:29	 17:53	 24:36		
3		1077 Hilde Valvik Menes						01:46:23
			 19:34	 32:16	 19:29	 35:04		
4		1110 Camilla Selch						02:04:18
			 27:31	 33:48	 27:32	 35:27		

Junior lag jente (1)

1






















101 PINK PANTER

01:34:08

22:30 Margit Røyseth Seime
 21:54 Marte Linde Røyseth

24:10 Marte Linde Røyseth
 25:34 Elise Aas

Senior lag dame (9)

1		32 "Utlendingan"					01:07:06
			 16:38	Siri Todnem	 12:14	Marte Meland	
			 16:21	Anja Hammernes Pedersen	 21:53	Sigrun Melve Aarrestad	
<hr/>							
2		34 Beranillasane					01:10:15
			 13:23	Andrea Strand Solbakken	 14:38	Marit Rygg Fredheim	
			 17:38	Hildegunn Høgheim	 24:36	Margreta Teigen Svedal	
<hr/>							
3		48 Fjordklipp					01:16:05
			 14:07	Jorun Yri	 15:29	Frøydis Westvik Yri	
			 20:33	Cecilie Yri	 25:56	Frøydis Westvik Yri	
<hr/>							
4		103 Dif 1. Frode sine					01:20:29
			 17:18	Kine Dale Strøm	 16:46	Siri Ringheim Heggenes	
			 20:37	Ellen Marie Kurås Langen	 25:48	Aud Inger Sviggum	
<hr/>							

5

31 NAVIL 8

01:24:15

🏃 20:00 Tone Sætre
Hellebust
🏃 21:29 Anne Britt
Hundershagen

🏃 18:41 Kirsti Valvik Yttri
🚴 24:05 Inger Ness

6

35 Pussjuss

01:24:34

🏃 14:34 Toini Thorkildsen
🏃 28:04 Toini Thorkildsen

🏃 14:54 Ida Blomhoff Pedersen
🚴 27:02 Britt Nygard Tvilde

7

33 The nurses

01:25:48

🏃 17:13 Anne Brennsset
Gjerland
🏃 23:55 Hilde Berge

🏃 17:38 Kristin Hillestad
🚴 27:02 Kathrine Sørnum

7

105 Aarskog's superjenter

01:25:48

🏃 15:40 Anniken England
🏃 22:58 Anniken England

🏃 14:21 Mari Aarskog Nesse
🚴 32:49 Anne England Husum

9

104 Navil 07

01:37:22

🏃 21:08 Maria Kolnes Teigen
🏃 28:09 Maria Kolnes Teigen


🏃 20:13 Maichen Solnes
Beeder
🚴 27:52 Berta Skildheim Kvam



Superveteran lag dame (1)



106 Om Frækaland

01:27:59

 19:16 Kjellaug Slinde
 21:09 Sigrun Orrestad

 18:25 Anne Liv Røysum
 29:09 Marit Henjum Halsnes

Veteran lag dame (1)

1



36 Galne kjerringar

01:19:56

15:20 Mari Irene Uglum
 20:39 Kirsti Møller Bruland



16:17 Solfrid Kjoberg
 27:40 Astrid Hove



Junior lag kombi (1)

1 

























37 **Girlpower og Martin**

01:13:15

 15:54 Rebekka Felde Liljedal
 18:10 Martin Stokkbakke

 12:31 Live Holen
 26:40 Maria Heggheim
Berge

Senior lag kombi (15)





1		107	Vossatroll					00:59:29
				 12:10	Siri Andersen	 10:28	Sverre Midlang	
				 16:59	Cathinka Trøen	 19:52	Sverre Midlang	
<hr/>								
2		42	Full peis frå NVE					01:00:45
				 11:43	Leif Johnny Bogetveit	 12:33	Idun Vefring	
				 14:55	Bård Ottesen	 21:34	Randi Holme	
<hr/>								
3		109	Aslak med tjomies					01:01:04
				 09:13	Aslak Rockwell	 11:59	Helge Ness	
					Djupedal			
				 18:50	Mariell Røse	 21:02	Cecilie Ness	
<hr/>								
4		65	Fra spøk til alvor - eller omvendt					01:07:44
				 11:41	Rune Åberge	 12:12	Stin Henrichsen	
				 21:05	Lene Kleppo	 22:46	Kjersti Ullebust	
<hr/>								
5		41	Trudvang - mafiaen					01:08:50
				 14:16	Anna Hjetland	 15:01	Sondre Setrom	
					Gjeraker			
				 18:54	Siri Therese	 20:39	Eirik Løften Børresen	
					Nummedal			
<hr/>								

6	102	Skodabeisti, Strølken og Villdyret						01:08:57
			🏃 11:04	Kenneth Lomås	🏊 14:54	Anne Line Seime		
			🏊 18:38	Chistian Kleiven	🚴 24:21	Silje Høyvik Bergum		
7	40	Morks disiplar						01:09:22
			🏃 10:47	Mikkel Svanevik	🏊 12:05	Robert Rokne		
			🏊 22:28	Ida Holter	🚴 24:02	Åshild Wheeler		
8	108	Kommunelandslaget						01:09:44
			🏃 14:43	Silje Skuset	🏊 11:17	Cornelis Erstad		
			🏊 20:19	Kari-Anne Kirsebom Strandman	🚴 23:25	Hilde Helene Bjørnstad		
9	67	Team 103						01:10:02
			🏃 09:56	Ole Andreas Stegegjerdet	🏊 15:27	Linda Hermansen		
			🏊 23:49	May Linn Stedje	🚴 20:50	Kjell Arne Stegegjerdet		
10	39	Tastaturlaget						01:10:42
			🏃 12:35	Carlo Aall	🏊 16:34	Marta Baltruczewisz		
			🏊 14:08	Ole Inge Gjerald	🚴 27:25	Marta Baltruczewisz		

11

43 Jo & co



01:11:06

 10:42	Jo Hamre	 12:56	Amalie Dimmen Henjum
 20:11	Gunvor Hamre Nornes	 27:17	Therese Foss Johannsen

12

44 Stedje barnehage- Alltid på veg


01:12:42

 10:51	Jarle Hamre	 14:31	Renate Eikevik
 17:46	Tale Ivarhus	 29:34	Laila Tvedt

13

38 Lars Olavs favorittar

01:13:12

 15:56	Hannah Galborgen Stenhjem	 15:55	Hanna Vangsnes
 17:00	Odd Atle Raubdoti	 24:21	Inge Rune H. Bjørgum

14

45 Difi 5

01:22:21

 16:34	Håvard Midtbø England	 19:38	Elianne Eggum
 21:17	Martin Nordmann Michelsen	 24:52	Elianne Eggum



















15

110 Difi 9

01:36:17

 27:31	Camilla Selch	 14:40	Cecilie Njøs
 26:30	Arvid Bro Thuestad	 27:36	Tor Alvik

Superveteran lag kombi (4)



1		112	Ikkje lette å stoppa					01:06:55
				 10:04	Arne Monrad Johnsen	 14:56	Tordis Uglum Henjum	
				 19:04	Bente Olsmo Høgheim	 22:51	Knut Grinde	
2		47	Kvinnene og SB marines					01:12:16
				 14:28	Hallgeir Skartun	 19:58	Siv Laila Eriksen	
				 15:20	Rolf Martin Breisnes	 22:30	Ann-Kristin Buvik	
3		46	Team Tennø					01:21:51
				 16:51	Helge Rørhus	 17:11	Olga Borgen	
				 21:58	Rolf-Arne Tennø	 25:51	Birgit Aakre Tennø	
4		113	Ikkje f, me gir oss ikkje					01:27:00
				 20:55	Nils Henjum	 14:10	Bente Øyre	
				 20:21	Per Birger Lomheim	 31:34	Tone Oppedal	

Veteran lag kombi (1)

1 



























114 **Fylkesmannsekspresen**

01:21:57






 14:43 Bodhild Cirotzki
 21:37 Grete Hamre




























 13:26 Jørn Stenehjem
 32:11 Toril Marie Mullen

Junior lag open klasse (6)

1		115 Team Quattro					00:54:58
			 09:21	Sverre Linde Røyseth	 10:21	Eirik Skrede Valvik	
			 14:26	Hjalmar Michelsen	 20:50	Per Bjørk	
2		49 Laithing fast					00:57:47
			 12:41	Robin Øvretun	 10:39	Torbjørn Nes	
			 15:41	Vegard Eikevik	 18:46	Endre Stedje	
3		51 Team Jølster					00:58:40
			 11:02	Nikolai Hjelmbrekke	 11:14	Elias Slåtten	
			 16:45	Øystein Støfring	 19:39	Olav Østenstad	
4		130 Brødrene Aa					01:03:57
			 10:26	Håkon Aa Albretsen	 13:16	Vegard Aa Albregtsen	
			 16:10	Håkon Aa Albretsen	 24:05	Vegard Aa Albregtsen	
5		50 M.A.S.E.-koppene					01:08:43
			 14:48	Aksel Bjørkhaug	 12:45	Magnus Degnepoll	
			 17:52	Stian Helle	 23:18	Eskil Erichsen	
6		66 Gutar 2007					01:33:50
			 18:28	Olve Nesse Takle	 15:54	Endre Njøs Verlo	
			 27:21	Jørgen Njøs	 32:07	Erlend Valvik Menes	



Senior lag open klasse (24)



1		52 Axess Limited					00:48:15
			🏃 08:32 🏃 14:06	Andreas Sæter Håvard Bjerkeli		🏃 10:17 🚴 15:20	Øystein Nesse Per Alfred Nordaune Holte
2		135 Yolo					00:54:34
			🏃 10:48 🏃 14:24	Åse Støfring Hoff Sindre		🏃 09:25 🚴 19:57	Are Opstad Sæbø Jon Eivind Skurtveit
3		63 VEGIL I veggen for deg					00:55:18
			🏃 10:21 🏃 14:34	Tore Medgard Jan Helge Aalbu		🏃 10:38 🚴 19:45	Arne Eithun Silje Aalbu
4		58 Livets Glade Gutter					00:57:12
			🏃 10:10 🏃 15:23	Olav Henjum Hans Bulling Johansen		🏃 12:09 🚴 19:30	Daniel Fossberg Leonhard Xaver Ludwig
5		120 Difi 3					00:58:09
			🏃 09:42 🏃 15:21	Tommy Harjo Knut Kjærvik		🏃 12:15 🚴 20:51	Knut Kjærvik Erlend Husabø

6		134	Andrea og gutadn						01:00:50
				 10:40	Andrea Fiskaa Haugen	 12:03	Even Vigdal		
				 16:17	Lars Thorsnes Lefdal	 21:50	Even Vigdal		
<hr/>									
7		64	Vegil A-laget						01:01:10
				 12:38	Jan Bremer Remøe	 11:39	Jens Bremer Remøe		
				 18:57	Erik Svangstu	 17:56	Øivind Sætra		
<hr/>									
8		54	Sognekraft Youngboys						01:01:46
				 11:38	Eskil Kvåle	 11:31	Martin Hove		
				 17:40	Bjørge Litlabø	 20:57	Torbjørn Stølen		
<hr/>									
9		56	Lauvingsknivens Venner						01:02:59
				 14:42	Mathias Leithe Haukø	 11:47	Henning Stokstad		
				 17:23	Johannes Pøhner Skahjem	 19:07	Tormod Vestad		
<hr/>									
10		60	SVV- Team vicious and delicious						01:03:51
				 15:02	Marius Slinde	 14:31	Matias Gjøstein Sundal		
				 18:10	Eivind Kvarekvål	 16:08	Otto Eikeset		
<hr/>									
11		116	Sognekraft old boys						01:05:19
				 10:32	Erling Sperle	 12:49	Per Øvreseth		
				 17:56	Daniel Meisterplass	 24:02	Leo Fred Ciorotzki		
<hr/>									



















11	119	mollandsmark-ekspressen	<p>🏃 11:25 ole johnny sie 🏃 19:24 håvard sie</p>	<p>🏃 12:25 lars arne sie 🚴 22:05 erlend sie</p>	01:05:19
13	59	Vegil Loftesnesbrui	<p>🏃 12:44 Ole Kristian Åset 🏃 18:42 Gunnar Solbakken</p>	<p>🏃 13:58 Odd Bjarne Norheim 🚴 22:19 Jørn Kristian Engebø</p>	01:07:43
14	117	Sogn brann og redning	<p>🏃 12:45 Olav Helge Ylvisåker 🏃 19:20 Johnny Skjerping</p>	<p>🏃 12:39 Heidi Askestad 🚴 23:03 Olaf Mørch</p>	01:07:47
15	124	Difi 8	<p>🏃 11:03 Ragnar Brevik 🏃 18:43 Ragnar Brevik</p>	<p>🏃 13:55 Espen Rørvik Tjøstolsen 🚴 24:19 Hans Gunnar Hagelin</p>	01:08:00
16	125	Marine Harvest	<p>🏃 09:39 Jaran Wathne Bøyum 🏃 22:07 Per Olav Henjum</p>	<p>🏃 13:02 Bjarne Asperanden Sjøthun 🚴 28:07 Vilde Hagen Myrmel</p>	01:12:55
17	55	In Vino Veritas	<p>🏃 19:29 Liviu Holt 🏃 16:38 Tobias Bjercknes</p>	<p>🏃 13:51 Erik Krogstad Sverre 🚴 24:35 Erik Krogstad Sverre</p>	01:14:33

18	118	Treningskameratene					01:15:15
			🏃 10:16	Egil Johannes Vangsnes	🏃 16:03	Arve Sjøthun	
			🏃 21:19	Ida Helen Sundet	🚴 27:37	Arve Sjøthun	
19	57	Steinbit					01:15:18
			🏃 11:29	Erik Himle Johnsen	🏃 13:18	Olav Himle Johnsen	
			🏃 23:25	Erik Himle Johnsen	🚴 27:06	Olav Himle Johnsen	
20	122	Difi 6					01:18:33
			🏃 14:32	Ole Henrik Myklebust	🏃 17:01	Jørn Flaten	
			🏃 25:15	Eirik Hoem	🚴 21:45	Håvard kristiansen	
21	121	Difi 4					01:18:58
			🏃 10:39	Jørgen Binningsbø	🏃 19:01	Livar Bergheim	
			🏃 24:35	Håvard Tørresen	🚴 24:43	Øystein Åsnes	
22	53	Grønt alternativ					01:19:17
			🏃 18:04	Marit Aakre Tennø	🏃 12:03	Sindre B. Ramung	
			🏃 24:37	Lars Fjeldstad	🚴 24:33	Bjørn Søltnæs	
23	132	PyttePlank&Piano					01:19:33
			🏃 12:07	Gøran Fimreite	🏃 14:24	Gunstein Pytte	
			🏃 23:08	Eldbjørg Njøs	🚴 29:54	Brede Bøe Pytte	

 22:12 Truls Vold
 33:44 Truls Vold

 16:02 Andreas baartvedt
 29:45 Andreas Baartvedt

Superveteran lag open klasse (4)



1		128	Hydro Høyanger					01:03:49
				 14:37	Dag Nestegjerde	 12:19	Gullakk Tønning	
				 17:01	Alfred Baggetun	 19:52	Kjell Baggetun	
<hr/>								
2		111	Syrstrand gartneri					01:11:47
				 12:21	Per Hauge	 16:14	Ingunn Broch Hauge	
				 19:26	Per Hauge	 23:46	Gunnar Hamre	
<hr/>								
3		126	Nord og ne					01:13:26
				 13:07	Gunnar Søderholm	 13:27	Tobias Dahle	
				 19:40	Kolbjørn Nord	 27:12	Arne Himle	
<hr/>								
4		127	Vegil Gangsters					01:20:48
				 15:10	Nils Magne Slinde	 18:54	Finn Olav Lilleby	
				 24:47	Helge Sjur Eggum	 21:57	Johannes Tubbene	
<hr/>								

Veteran lag open klasse (3)

1 

129 **Difi 2**

01:04:44



 09:32 Ivar Henjum
 19:43 Arild Bjørk



 15:27 Arild Bjørk
 20:02 Stein Magne Os

2

62 **Digiforce**



01:06:02



 10:51 Baard Haakensen
 19:05 Thomas Mathisen

 13:20 Martin Koksrud
Bekkelund
 22:46 Tom Skolbekken
































DNS

61 **Halv peis frå NVE**





























 Leif Johnny Bogetveit
 Bård Ottesen

 Magne Geir Verlo
 Bjørg Fossen

Bedrift Superkjering Dame (7)























1		1114 Bodhild Cirotzki					01:11:50
			 14:42	 20:59	 14:16	 21:53	
2		1069 Mari Hage Basberg					01:20:54
			 13:07	 22:37	 18:42	 26:28	
3		1134 Torunn Torheim					01:21:29
			 17:02	 23:02	 15:38	 25:47	
4		1103 Kine Dale Strøm					01:29:17
			 17:16	 28:39	 17:33	 25:49	
5		1131 Tone Sætrenes Hellebust					01:42:47
			 20:00	 29:27	 22:36	 30:44	
6		1110 Camilla Selch					02:04:18
			 27:31	 33:48	 27:32	 35:27	
DNF		1104 Maria Kolnes Teigen					
			 21:08				

Bedrift Superkjering Herre (14)
























1		1005 Jomar Leirdal					00:57:50
			 08:44	 16:18	 13:16	 19:32	
2		1129 Ivar Henjum					01:00:49
			 09:32	 17:31	 13:51	 19:55	
3		1124 Ragnar Brevik					01:04:13
			 11:03	 18:43	 13:18	 21:09	
4		1125 Jaran Wathne Bøyum					01:08:17
			 09:39	 19:45	 16:22	 22:31	
5		1111 Per Hauge					01:08:19
			 12:20	 19:27	 15:41	 20:51	
6		1120 Tommy Harjo					01:09:02
			 09:42	 21:36	 15:27	 22:17	
7		1102 Kenneth Lomås					01:10:50
			 11:04	 20:08	 15:20	 24:18	

8	1121	Jørgen Binningsbø					01:13:03
			🏃 10:39	🏃 22:33	🏊 15:30	🚴 24:21	
9	1122	Ole Henrik Myklebust					01:16:27
			🏃 14:32	🏃 22:59	🏊 14:17	🚴 24:39	
10	1117	Olav Helge Ylvisåker					01:17:24
			🏃 12:45	🏃 22:46	🏊 17:47	🚴 24:06	
11	1128	Dag Nestegjerde					01:22:29
			🏃 14:38	🏃 22:40	🏊 18:10	🚴 27:01	
12	1080	Arvid Bro Thuestad					01:45:40
			🏃 20:16	🏃 33:44	🏊 21:45	🚴 29:55	
DNF	1116	Erling Sperle					
			🏃 10:32	🏃	🏊	🚴	
DNS	1064	Per Kristian Warvik					
			🏃	🏃	🏊	🚴	

Bedrift lag dame (5)

1		48 Fjordklipp					01:16:05
			 14:07	Jorun Yri	 15:29	Frøydis Westvik Yri	
			 20:33	Cecilie Yri	 25:56	Frøydis Westvik Yri	
<hr/>							
2		36 Galne kjerringar					01:19:56
			 15:20	Mari Irene Uglum	 16:17	Solfrid Kjoberg	
			 20:39	Kirsti Møller Bruland	 27:40	Astrid Hove	
<hr/>							
3		103 Dif 1. Frode sine					01:20:29
			 17:18	Kine Dale Strøm	 16:46	Siri Ringheim Heggenes	
			 20:37	Ellen Marie Kurås Langen	 25:48	Aud Inger Sviggum	
<hr/>							
4		31 NAVIL 8					01:24:15
			 20:00	Tone Sætrene Hellebust	 18:41	Kirsti Valvik Yttri	
			 21:29	Anne Britt Hundershagen	 24:05	Inger Ness	
<hr/>							
5		104 Navil 07					01:37:22
			 21:08	Maria Kolnes Teigen	 20:13	Maichen Solnes Beeder	
			 28:09	Maria Kolnes Teigen	 27:52	Berta Skildheim Kvam	
<hr/>							



Bedrift lag kombi (8)

1		41	Trudvang - mafiaen					01:08:50
				 14:16	Anna Hjetland Gjeraker		 15:01	Sondre Setrom
				 18:54	Siri Therese Nummedal		 20:39	Eirik Løften Børresen
2		102	Skodabeisti, Strølken og Villdyret					01:08:57
				 11:04	Kenneth Lomås		 14:54	Anne Line Seime
				 18:38	Chistian Kleiven		 24:21	Silje Høyvik Bergum
3		40	Morks disiplar					01:09:22
				 10:47	Mikkel Svanevik		 12:05	Robert Rokne
				 22:28	Ida Holter		 24:02	Åshild Wheeler
4		39	Tastaturlaget					01:10:42
				 12:35	Carlo Aall		 16:34	Marta Baltruczewisz
				 14:08	Ole Inge Gjerald		 27:25	Marta Baltruczewisz
5		44	Stedje barnehage- Alltid på veg					01:12:42
				 10:51	Jarle Hamre		 14:31	Renate Eikevik
				 17:46	Tale Ivarhus		 29:34	Laila Tvedt

6

114 Fylkesmannsekspressen

01:21:57



 14:43 Bodhild Cirotzki
 21:37 Grete Hamre



 13:26 Jørn Stenehjem
 32:11 Toril Marie Mulen

7

45 Difi 5

01:22:21

 16:34 Håvard Midtbø
England
 21:17 Martin Nordmann
Michelsen



 19:38 Elianne Eggum
 24:52 Elianne Eggum

8






110 Difi 9


























01:36:17

 27:31 Camilla Selch
 26:30 Arvid Bro Thuestad

 14:40 Cecilie Njøs
 27:36 Tor Alvik































Bedrift lag open klasse (16)































1		52	Axess Limited					00:48:15
				🚶 08:32	Andreas Sæter	🚴 10:17	Øystein Nesse	
				🚶 14:06	Håvard Bjerkeli	🚴 15:20	Per Alfred Nordaune Holte	
<hr/>								
2		63	VEGIL I veggen for deg					00:55:18
				🚶 10:21	Tore Medgard	🚴 10:38	Arne Eithun	
				🚶 14:34	Jan Helge Aalbu	🚴 19:45	Silje Aalbu	
<hr/>								
3		120	Difi 3					00:58:09
				🚶 09:42	Tommy Harjo	🚴 12:15	Knut Kjærvik	
				🚶 15:21	Knut Kjærvik	🚴 20:51	Erlend Husabø	
<hr/>								
4		64	Vegil A-laget					01:01:10
				🚶 12:38	Jan Bremer Remøe	🚴 11:39	Jens Bremer Remøe	
				🚶 18:57	Erik Svangstu	🚴 17:56	Øivind Sætra	
<hr/>								
5		54	Sognekraft Youngboys					01:01:46
				🚶 11:38	Eskil Kvåle	🚴 11:31	Martin Hove	
				🚶 17:40	Bjørge Litlabø	🚴 20:57	Torbjørn Stølen	
<hr/>								






























6		128	Hydro Høyanger						01:03:49
				 14:37	Dag Nestegjerde	 12:19	Gullakk Tønning		
				 17:01	Alfred Baggetun	 19:52	Kjell Baggetun		
7		129	Difi 2						01:04:44
				 09:32	Ivar Henjum	 15:27	Arild Bjørk		
				 19:43	Arild Bjørk	 20:02	Stein Magne Os		
8		116	Sognekraft old boys						01:05:19
				 10:32	Erling Sperle	 12:49	Per Øvreseth		
				 17:56	Daniel Meisterplass	 24:02	Leo Fred Ciorotzki		
9		62	Digiforce						01:06:02
				 10:51	Baard Haakensen	 13:20	Martin Koksrud Bekkelund		
				 19:05	Thomas Mathisen	 22:46	Tom Skolbekken		
10		117	Sogn brann og redning						01:07:47
				 12:45	Olav Helge Ylvisåker	 12:39	Heidi Askestad		
				 19:20	Johnny Skjerping	 23:03	Olaf Mørch		
11		124	Difi 8						01:08:00
				 11:03	Ragnar Brevik	 13:55	Espen Rørvik Tjøstolsen		
				 18:43	Ragnar Brevik	 24:19	Hans Gunnar Hagelin		

12	111	Syrstrand gartneri					01:11:47
			🏃 12:21	Per Hauge	🏃 16:14	Ingunn Broch Hauge	
			🏃 19:26	Per Hauge	🚴 23:46	Gunnar Hamre	
13	125	Marine Harvest					01:12:55
			🏃 09:39	Jaran Wathne Bøyum	🏃 13:02	Bjarne Asperanden Sjøthun	
			🏃 22:07	Per Olav Henjum	🚴 28:07	Vilde Hagen Myrmel	
14	122	Difi 6					01:18:33
			🏃 14:32	Ole Henrik Myklebust	🏃 17:01	Jørn Flaten	
			🏃 25:15	Eirik Hoem	🚴 21:45	Håvard kristiansen	
15	121	Difi 4					01:18:58
			🏃 10:39	Jørgen Binningsbø	🏃 19:01	Livar Bergheim	
			🏃 24:35	Håvard Tørresen	🚴 24:43	Øystein Åsnes	
16	53	Grønt alternativ					01:19:17
			🏃 18:04	Marit Aakre Tennø	🏃 12:03	Sindre B. Ramung	
			🏃 24:37	Lars Fjeldstad	🚴 24:33	Bjørn Sølsnæs	

Bedrift vandrepokal (50)

1		52 Axess Limited						00:48:15
			 08:32	Andreas Sæter		 10:17	Øystein Nesse	
			 14:06	Håvard Bjerkeli		 15:20	Per Alfred Nordaune Holte	
2		63 VEGIL I vegen for deg						00:55:18
			 10:21	Tore Medgard		 10:38	Arne Eithun	
			 14:34	Jan Helge Aalbu		 19:45	Silje Aalbu	
3		1005 Jomar Leirdal						00:57:50
			 08:44			 13:16		
				 16:18			 19:32	
4		120 Difi 3						00:58:09
			 09:42	Tommy Harjo		 12:15	Knut Kjærvik	
			 15:21	Knut Kjærvik		 20:51	Erlend Husabø	
5		1129 Ivar Henjum						01:00:49
			 09:32			 13:51		
				 17:31			 19:55	
6		64 Vegil A-laget						01:01:10
			 12:38	Jan Bremer Remøe		 11:39	Jens Bremer Remøe	
			 18:57	Erik Svangstu		 17:56	Øivind Sætra	

7		54	Sognekraft Youngboys						01:01:46
				 11:38	Eskil Kvåle	 11:31	Martin Hove		
				 17:40	Bjørge Litlabø	 20:57	Torbjørn Stølen		
8		128	Hydro Høyanger						01:03:49
				 14:37	Dag Nestegjerde	 12:19	Gullakk Tønning		
				 17:01	Alfred Baggetun	 19:52	Kjell Baggetun		
9		1124	Ragnar Brevik						01:04:13
				 11:03		 18:43		 13:18	
							 21:09		
10		129	Difi 2						01:04:44
				 09:32	Ivar Henjum	 15:27	Arild Bjørk		
				 19:43	Arild Bjørk	 20:02	Stein Magne Os		
11		116	Sognekraft old boys						01:05:19
				 10:32	Erling Sperle	 12:49	Per Øvreseth		
				 17:56	Daniel Meisterplass	 24:02	Leo Fred Ciorotzki		
12		62	Digiforce						01:06:02
				 10:51	Baard Haakensen	 13:20	Martin Koksrud Bekkelund		
				 19:05	Thomas Mathisen	 22:46	Tom Skolbekken		

13		117	Sogn brann og redning					01:07:47
				 12:45	Olav Helge Ylvisåker	 12:39	Heidi Askestad	
				 19:20	Johnny Skjerping	 23:03	Olaf Mørch	
14		124	Difi 8					01:08:00
				 11:03	Ragnar Brevik	 13:55	Espen Rørvik Tjøstolsen	
				 18:43	Ragnar Brevik	 24:19	Hans Gunnar Hagelin	
15		1125	Jaran Wathne Bøyum					01:08:17
				 09:39		 16:22		
					 19:45		 22:31	
16		1111	Per Hauge					01:08:19
				 12:20		 15:41		
					 19:27		 20:51	
17		41	Trudvang - mafiaen					01:08:50
				 14:16	Anna Hjetland Gjeraker	 15:01	Sondre Setrom	
				 18:54	Siri Therese Nummedal	 20:39	Eirik Løften Børresen	
18		102	Skodabeisti, Strølken og Villdyret					01:08:57
				 11:04	Kenneth Lomås	 14:54	Anne Line Seime	
				 18:38	Chistian Kleiven	 24:21	Silje Høyvik Bergum	

19	1120 Tommy Harjo						01:09:02
		🏃 09:42	🏃 21:36	🏃 15:27	🚴 22:17		
20	40 Morks disiplar						01:09:22
		🏃 10:47 🏃 22:28	Mikkel Svanevik Ida Holter	🏃 12:05 🚴 24:02	Robert Rokne Åshild Wheeler		
21	39 Tastaturlaget						01:10:42
		🏃 12:35 🏃 14:08	Carlo Aall Ole Inge Gjerald	🏃 16:34 🚴 27:25	Marta Baltruczewisz Marta Baltruczewisz		
22	1102 Kenneth Lomås						01:10:50
		🏃 11:04	🏃 20:08	🏃 15:20	🚴 24:18		
23	111 Syrstrand gartneri						01:11:47
		🏃 12:21 🏃 19:26	Per Hauge Per Hauge	🏃 16:14 🚴 23:46	Ingunn Broch Hauge Gunnar Hamre		
24	1114 Bodhild Cirotzki						01:11:50
		🏃 14:42	🏃 20:59	🏃 14:16	🚴 21:53		

31	122	Difi 6						01:18:33
			🏃 14:32 🏃 25:15	Ole Henrik Myklebust Eirik Hoem		🏃 17:01 🏃 21:45	Jørn Flaten Håvard kristiansen	
32	121	Difi 4						01:18:58
			🏃 10:39 🏃 24:35	Jørgen Binningsbø Håvard Tørresen		🏃 19:01 🏃 24:43	Livar Bergheim Øystein Åsnes	
33	53	Grønt alternativ						01:19:17
			🏃 18:04 🏃 24:37	Marit Aakre Tennø Lars Fjeldstad		🏃 12:03 🏃 24:33	Sindre B. Ramung Bjørn Sølsnæs	
34	36	Galne kjerringar						01:19:56
			🏃 15:20 🏃 20:39	Mari Irene Uglum Kirsti Møller Bruland		🏃 16:17 🏃 27:40	Solfrid Kjoberg Astrid Hove	
35	103	Dif 1. Frode sine						01:20:29
			🏃 17:18 🏃 20:37	Kine Dale Strøm Ellen Marie Kurås Langen		🏃 16:46 🏃 25:48	Siri Ringheim Heggenes Aud Inger Sviggum	
36	1069	Mari Hage Basberg						01:20:54
			🏃 13:07	🏃 22:37	🏃 18:42	🏃 26:28		

37	1134	Torunn Torheim						01:21:29
			🏃 17:02	🏃 23:02	🏃 15:38	🚴 25:47		
38	114	Fylkesmannsekspressen						01:21:57
			🏃 14:43	Bodhild Cirotzki	🏃 13:26	Jørn Stenehjem		
			🏃 21:37	Grete Hamre	🚴 32:11	Toril Marie Mullen		
39	45	Difi 5						01:22:21
			🏃 16:34	Håvard Midtbø	🏃 19:38	Elianne Eggum		
				England				
			🏃 21:17	Martin Nordmann	🚴 24:52	Elianne Eggum		
				Michelsen				
40	1128	Dag Nestegjerde						01:22:29
			🏃 14:38	🏃 22:40	🏃 18:10	🚴 27:01		
41	31	NAVIL 8						01:24:15
			🏃 20:00	Tone Sætrenes	🏃 18:41	Kirsti Valvik Yttri		
				Hellebust				
			🏃 21:29	Anne Britt	🚴 24:05	Inger Ness		
				Hundershagen				
42	1103	Kine Dale Strøm						01:29:17
			🏃 17:16	🏃 28:39	🏃 17:33	🚴 25:49		

43	110	Difi 9						01:36:17
			🏃 27:31	Camilla Selch	🏊 14:40	Cecilie Njøs		
			🏃 26:30	Arvid Bro Thuestad	🚴 27:36	Tor Alvik		
44	104	Navil 07						01:37:22
			🏃 21:08	Maria Kolnes Teigen	🏊 20:13	Maichen Solnes Beeder		
			🏃 28:09	Maria Kolnes Teigen	🚴 27:52	Berta Skildheim Kvam		
45	1131	Tone Sætrenes Hellebust						01:42:47
			🏃 20:00		🏊 22:36		🚴 30:44	
				🏃 29:27				
46	1080	Arvid Bro Thuestad						01:45:40
			🏃 20:16		🏊 21:45		🚴 29:55	
				🏃 33:44				
47	1110	Camilla Selch						02:04:18
			🏃 27:31		🏊 27:32		🚴 35:27	
				🏃 33:48				
DNF	1104	Maria Kolnes Teigen						
			🏃 21:08		🏊		🚴	
				🏃				
DNF	1116	Erling Sperle						
			🏃 10:32		🏊		🚴	
				🏃				

DNS

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