

K Senior

| Startnr | Navn | Klubb / Team | Tid | Diff | Langrenn Netto | Diff | Langrenn Inkl SR | Tid Straffer. | S1 | S2 | S3 | S4 | Standplass Totalt | Born |
|---------|----------------------------------|---------------------------------------------|-------|------|----------------|------|------------------|---------------|------|------|------|------|-------------------|-----------|
| 102 | Eline Grue | Kvikne IL | 37:35 | 0:00 | 32:27 | 25 | 33:49 | 1:22 | 1:01 | 1:01 | 49 | 54 | 3:45 | (0+0+0+1) |
| 105 | Mari Sverdrup | Dombås IL / Trondheim Biathlon Team | 37:53 | 0:17 | 33:30 | 1:27 | 34:22 | 52 | 53 | 56 | 52 | 47 | 3:30 | (0+0+0+0) |
| 122 | Ida Emilie Herfoss | Drangedal Idrettslag - Skiskyting / Team Te | 37:58 | 0:22 | 32:57 | 54 | 34:16 | 1:19 | 58 | 59 | 52 | 51 | 3:41 | (1+0+0+0) |
| 107 | Tonje Marie Skjelstadås | Meråker Skiskytterklubb | 38:03 | 0:28 | 32:37 | 34 | 34:31 | 1:53 | 54 | 54 | 51 | 51 | 3:32 | (0+1+1+0) |
| 103 | Randi Sollid Nordvang | Vingelen IL / Team Kjelstad | 38:21 | 0:45 | 36:47 | 4:45 | 37:28 | 40 | 52 | | | | 52 | (1+0+0+0) |
| 130 | Vilde Aurora Gusevik Skotland | | 38:32 | 0:56 | 33:11 | 1:09 | 35:01 | 1:50 | 53 | 58 | 49 | 50 | 3:30 | (0+0+1+1) |
| 101 | Sigrild Bilstad Neraasen | Vingrom IL | 38:35 | 0:59 | 32:42 | 40 | 34:56 | 2:13 | 53 | 56 | 53 | 55 | 3:38 | (0+2+1+0) |
| 121 | Malin Auganæs Bergtun | Kvam Langrenn og Skiskyttarklubb / Team | 38:41 | 1:05 | 33:43 | 1:40 | 35:08 | 1:25 | 52 | 55 | 52 | 51 | 3:32 | (0+0+1+0) |
| 128 | Karoline Næss | Bjerke IL Ski / Team Statkraft Oslofjord | 39:05 | 1:29 | 33:16 | 1:14 | 35:05 | 1:48 | 56 | 1:01 | 1:01 | 1:00 | 3:59 | (0+1+1+0) |
| 108 | Sofie Rostad | Gjerdrum IL / Team OASSK | 39:22 | 1:46 | 33:54 | 1:51 | 35:44 | 1:50 | 56 | 56 | 52 | 53 | 3:38 | (0+1+1+0) |
| 116 | Juni Arnekleiv | Dombås IL / NTG-L | 39:30 | 1:54 | 33:36 | 1:34 | 35:53 | 2:16 | 48 | 55 | 55 | 57 | 3:37 | (0+2+0+1) |
| 112 | Åsne Skrede | Geilo IL / NTG-G | 39:48 | 2:12 | 33:05 | 1:03 | 35:41 | 2:36 | 1:02 | 1:05 | 59 | 59 | 4:06 | (1+1+1+1) |
| 110 | Silje Bakken | Leik, IL / Trondheim Biathlon Team | 39:49 | 2:13 | 33:38 | 1:36 | 35:23 | 1:45 | 1:04 | 1:11 | 1:05 | 1:04 | 4:26 | (2+0+0+0) |
| 118 | Andrine Øverland Hatling | Fana IL / Team Glalaks | 40:18 | 2:42 | 34:00 | 1:58 | 36:15 | 2:14 | 58 | 59 | 1:04 | 1:01 | 4:03 | (0+1+0+2) |
| 109 | Une Christiane Tronerud Kvelvane | Voss Skiskytterlag / Team Kjelstad | 40:21 | 2:45 | 33:24 | 1:22 | 36:38 | 3:14 | 55 | 57 | 52 | 58 | 3:42 | (0+0+3+2) |
| 111 | Marthe Kråkstad Johansen | Bossmo & Ytteren IL / Team Polarsirkelen : | 40:35 | 2:59 | 34:11 | 2:08 | 36:55 | 2:44 | 54 | 56 | 54 | 54 | 3:39 | (1+0+1+2) |
| 117 | Gunhild Viljugrein Stølen | Bærums Skiklub / Trondheim Biathlon Tear | 40:53 | 3:17 | 33:48 | 1:45 | 37:02 | 3:14 | 57 | 1:02 | 54 | 55 | 3:50 | (2+0+1+2) |
| 104 | Mari Wetterhus | Svene IL | 40:58 | 3:22 | 34:05 | 2:02 | 37:23 | 3:18 | 52 | 51 | 57 | 53 | 3:34 | (0+3+0+2) |
| 114 | Sara Ehrenpohl Sand | Byåsen Skiskytterlag / Trondheim Biathlon | 41:00 | 3:24 | 33:36 | 1:33 | 36:59 | 3:22 | 1:00 | 1:08 | 56 | 56 | 4:01 | (1+3+1+0) |
| 106 | Ida Lien | Simostrand IL / Team Kjelstad | 41:05 | 3:29 | 33:18 | 1:16 | 36:55 | 3:37 | 1:01 | 1:11 | 57 | 59 | 4:09 | (1+2+2+1) |
| 135 | Anne Marit Bredalen | Åsnes Skiskytterlag / Team Woodcon | 41:15 | 3:39 | 35:53 | 3:51 | 37:17 | 1:24 | 56 | 59 | 1:00 | 1:00 | 3:57 | (0+0+0+1) |
| 123 | Ane Sandaker Kvittingen | Geilo IL / Team Geilo | 41:21 | 3:45 | 33:19 | 1:17 | 37:23 | 4:03 | 59 | 1:01 | 1:01 | 55 | 3:58 | (2+0+3+2) |
| 115 | Silje Gløtheim | Røros IL / Trondheim Biathlon Team | 41:27 | 3:52 | 34:50 | 2:48 | 37:36 | 2:45 | 57 | 56 | 1:01 | 55 | 3:51 | (1+0+1+2) |
| 120 | Kirsten Daae Wiig | Ullensaker Skiklubb / Sirdal Ski | 41:36 | 4:00 | 34:05 | 2:02 | 37:43 | 3:38 | 57 | 1:02 | 57 | 55 | 3:52 | (2+1+2+1) |

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K Senior

| Startnr | Navn | Klubb / Team | Tid | Diff | Langrenn Netto | Diff | Langrenn Inkl SR | Tid Straffer. | S1 | S2 | S3 | S4 | Standplass Totalt | Born |
|---------|---------------------------|-----------------------------------------------|-------|------|----------------|------|------------------|---------------|------|------|------|------|-------------------|-----------|
| 126 | Kjersti Kvistad Dengerud | Steinkjer Skiklubb / Team Kjelstad | 41:44 | 4:09 | 34:12 | 2:10 | 37:30 | 3:17 | 1:05 | 1:11 | 55 | 1:00 | 4:14 | (1+0+2+2) |
| 131 | Frida Dahl | Steinkjer Skiklubb / Trondheim Biathlon Te | 41:49 | 4:14 | 34:12 | 2:09 | 37:37 | 3:25 | 1:00 | 1:04 | 1:06 | 1:00 | 4:12 | (3+0+2+0) |
| 132 | Silje Fosse | Voss Skiskytterlag | 41:52 | 4:16 | 35:14 | 3:12 | 37:40 | 2:25 | 1:04 | 1:04 | 1:02 | 59 | 4:11 | (2+0+1+0) |
| 133 | Ingrid Nordbotten | Sandnes Skiskytterlag / Sirdal Ski | 42:03 | 4:27 | 34:39 | 2:37 | 37:58 | 3:18 | 1:01 | 58 | 1:01 | 1:03 | 4:04 | (1+1+2+1) |
| 127 | Kristina Hipolan Bergmann | Drangedal Idrettslag - Skiskyting / Sirdal SI | 42:07 | 4:31 | 33:53 | 1:51 | 38:09 | 4:16 | 1:07 | 57 | 57 | 54 | 3:57 | (2+2+1+2) |
| 119 | Åsne Ulvund | Eldar IL / Team Glalaks | 42:21 | 4:45 | 35:22 | 3:19 | 38:50 | 3:28 | 49 | 51 | 55 | 53 | 3:30 | (1+0+3+1) |
| 136 | Anitra Vognild | Bjerke IL Ski / Trondheim Biathlon Team | 42:33 | 4:57 | 35:48 | 3:46 | 38:40 | 2:51 | 56 | 58 | 57 | 59 | 3:52 | (1+0+2+1) |
| 141 | Kristin Sande | Kvam Langrenn og Skiskyttarklubb / Team | 42:40 | 5:05 | 35:50 | 3:48 | 38:56 | 3:06 | 54 | 56 | 57 | 55 | 3:44 | (1+2+0+1) |
| 113 | Ane Einbu Baugerød | IL Bevern / Team Woodcon | 42:54 | 5:18 | 36:00 | 3:57 | 38:52 | 2:52 | 1:02 | 1:00 | 58 | 59 | 4:01 | (2+0+1+1) |
| 142 | Silja Fjærestad Hønsi | Vik IL / Team Glalaks | 43:03 | 5:27 | 35:27 | 3:25 | 38:53 | 3:25 | 1:08 | 1:03 | 58 | 1:00 | 4:10 | (1+2+2+0) |
| 124 | Maren Wangensteen | Vestre Slidre IL | 43:07 | 5:31 | 32:02 | 0 | 39:00 | 6:57 | 1:01 | 1:04 | 55 | 1:04 | 4:07 | (4+2+2+5) |
| 125 | Mathilde Hustoft | Asker Skiklubb / Team OASSK | 44:12 | 6:36 | 36:45 | 4:42 | 40:17 | 3:31 | 1:03 | 59 | 57 | 55 | 3:54 | (1+0+3+1) |
| 144 | Kristin Mestad | Torridal IL - Skiskyting / Sirdal Ski | 44:40 | 7:04 | 37:22 | 5:19 | 39:56 | 2:34 | 1:14 | 1:19 | 1:04 | 1:05 | 4:44 | (2+0+0+1) |
| 134 | Ine Skjellum | Søndre Ål Sportsklubb / Team Lygna skisk | 44:43 | 7:07 | 35:25 | 3:23 | 40:37 | 5:12 | 1:04 | 1:02 | 1:01 | 56 | 4:05 | (1+1+5+2) |
| 129 | Marit Øygard | Skrautvål IL / Team Valdres Ski | 44:49 | 7:13 | 35:40 | 3:37 | 40:54 | 5:14 | 57 | 56 | 57 | 1:03 | 3:55 | (4+1+1+3) |
| 143 | Heidi Berlandstveit | Hålandsdal IL | 44:56 | 7:21 | 37:42 | 5:39 | 40:41 | 2:58 | 1:08 | 1:10 | 57 | 59 | 4:15 | (1+2+0+1) |
| 140 | Ingvild Berlandstveit | Hålandsdal IL / Team Glalaks | 45:02 | 7:26 | 35:54 | 3:51 | 40:49 | 4:55 | 58 | 1:03 | 1:06 | 1:05 | 4:12 | (1+0+3+4) |
| 138 | Nora L. Svingen | Svene IL / Team Geilo | 46:20 | 8:44 | 38:47 | 6:44 | 41:58 | 3:11 | 1:06 | 1:09 | 57 | 1:09 | 4:22 | (1+1+0+2) |

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M Senior

| Startnr | Navn | Klubb / Team | Tid | Diff | Langrenn Netto | Diff | Langrenn Inkl SR | Tid Straffer. | S1 | S2 | S3 | S4 | Standplass Totalt | Born |
|---------|----------------------------|---------------------------------------------|-------|------|----------------|------|------------------|---------------|------|----|----|----|-------------------|-----------|
| 30 | Johannes Dale | Fet Skiklubb - Skiskyting | 38:42 | 0:00 | 33:14 | 0 | 35:25 | 2:10 | 48 | 55 | 48 | 43 | 3:16 | (1+0+1+2) |
| 2 | Håvard Gutubø Bogetveit | Førde IL / Team Mesterbakeren | 38:45 | 0:03 | 33:28 | 13 | 35:22 | 1:53 | 49 | 52 | 56 | 44 | 3:23 | (0+1+1+1) |
| 24 | Espen Uldal | Birkenes IL / Sirdal Ski | 38:48 | 0:05 | 34:04 | 49 | 35:15 | 1:11 | 56 | 56 | 50 | 49 | 3:32 | (0+0+1+0) |
| 1 | Vegard Bjørn Gjermundshaug | Alvdal IL | 38:48 | 0:06 | 34:09 | 54 | 35:39 | 1:30 | 50 | 48 | 43 | 45 | 3:08 | (0+0+0+2) |
| 8 | Tore Leren | Vingelen IL / Team Mesterbakeren | 39:05 | 0:23 | 34:29 | 1:14 | 36:01 | 1:32 | 49 | 48 | 45 | 41 | 3:04 | (0+0+0+2) |
| 18 | Aleksander Fjeld Andersen | Geilo IL / Team Mesterbakeren | 39:11 | 0:28 | 34:28 | 1:14 | 36:00 | 1:31 | 49 | 50 | 48 | 42 | 3:10 | (0+1+1+0) |
| 19 | Sindre Fjellheim Jorde | Asker Skiklubb | 39:19 | 0:36 | 34:03 | 48 | 36:22 | 2:18 | 43 | 44 | 45 | 42 | 2:56 | (0+1+1+2) |
| 6 | Petter Austberg Bjørn | Alvdal IL / Team Kjelstad | 39:25 | 0:42 | 33:57 | 43 | 35:56 | 1:58 | 59 | 54 | 46 | 49 | 3:28 | (0+0+1+2) |
| 4 | Kristoffer Jonsson | Vingrom IL / Team Kjelstad | 39:29 | 0:47 | 34:57 | 1:42 | 35:45 | 47 | 58 | 55 | 54 | 56 | 3:44 | (0+0+0+0) |
| 11 | Fredrik Arne Grusd | Fossum IF / Wang Toppidrett | 39:35 | 0:53 | 34:15 | 1:00 | 36:27 | 2:11 | 50 | 50 | 45 | 42 | 3:08 | (1+0+1+2) |
| 43 | Vetle Løchting | Sørskogbygda IL / Team Woodcon | 39:42 | 1:00 | 34:39 | 1:24 | 35:48 | 1:08 | 1:06 | 57 | 56 | 54 | 3:54 | (1+0+0+0) |
| 38 | Øystein Ulekleiv | Dombås IL / Team Woodcon | 39:51 | 1:08 | 34:11 | 56 | 36:29 | 2:18 | 51 | 51 | 48 | 49 | 3:21 | (0+1+1+2) |
| 45 | Hogne Findal Skar | Sannidal Idrettslag | 39:54 | 1:11 | 35:07 | 1:52 | 36:38 | 1:30 | 47 | 50 | 48 | 49 | 3:15 | (0+1+0+1) |
| 13 | Bendik Winsvold | Lier IL / Holmenkollen Biathlon | 40:01 | 1:19 | 34:57 | 1:42 | 36:28 | 1:30 | 55 | 56 | 49 | 51 | 3:33 | (1+1+0+0) |
| 10 | Bjarte Mørkve | Eldar IL / Team Glalaks | 40:05 | 1:23 | 35:22 | 2:07 | 36:49 | 1:27 | 57 | 49 | 46 | 42 | 3:16 | (2+0+0+0) |
| 12 | Aleksander Morsund Karlsen | Lier IL / Team Lier Skiskyting | 40:22 | 1:40 | 35:07 | 1:52 | 37:05 | 1:58 | 49 | 51 | 46 | 48 | 3:16 | (0+1+1+1) |
| 7 | Harald Øygard | Skrautvål IL / Team Kjelstad | 40:34 | 1:51 | 34:42 | 1:27 | 37:21 | 2:39 | 55 | 53 | 43 | 40 | 3:12 | (1+3+0+1) |
| 28 | Lars Aasheim Svaland | Birkenes IL / Sirdal Ski | 40:35 | 1:53 | 34:49 | 1:34 | 37:14 | 2:24 | 49 | 53 | 48 | 49 | 3:21 | (0+0+3+1) |
| 3 | Fredrik Mack Rørvik | Målselvs Skiskytterere / Team Mesterbakerer | 40:41 | 1:59 | 35:22 | 2:08 | 37:20 | 1:57 | 51 | 53 | 49 | 46 | 3:21 | (0+1+1+1) |
| 37 | Pål Kristian Grue Tufte | Geilo IL | 40:42 | 2:00 | 35:33 | 2:19 | 37:13 | 1:39 | 56 | 55 | 48 | 48 | 3:29 | (0+0+1+1) |
| 26 | Erlend Hokholt | Oslo Skiskytterlag / Team Kjelstad | 40:42 | 2:00 | 34:27 | 1:12 | 37:11 | 2:44 | 53 | 57 | 46 | 53 | 3:30 | (1+2+0+2) |
| 23 | Endre Blikra | Trondhjems Skiskytterere / Trondheim Biathl | 40:45 | 2:03 | 35:16 | 2:01 | 37:14 | 1:57 | 55 | 51 | 53 | 51 | 3:31 | (0+0+2+1) |
| 16 | Martin Femsteinevik | Hålandsdal IL / Team Mesterbakeren | 40:47 | 2:05 | 35:10 | 1:55 | 37:28 | 2:17 | 48 | 51 | 49 | 49 | 3:18 | (1+0+1+2) |
| 5 | Markus Zachariassen Rørvik | Sandnes Skiskytterlag / Sirdal Ski | 40:49 | 2:06 | 35:04 | 1:50 | 37:02 | 1:57 | 59 | 59 | 54 | 52 | 3:46 | (0+1+2+0) |

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| Startnr | Navn | Klubb / Team | Tid | Diff | Langrenn Netto | Diff | Langrenn Inkl SR | Tid Straffer. | S1 | S2 | S3 | S4 | Standplass Totalt | Born |
|---------|-----------------------------|---------------------------------------------|-------|------|----------------|------|------------------|---------------|------|------|------|------|-------------------|-----------|
| 22 | Håkon Svaland | Birkenes IL / Team Mesterbakeren | 41:05 | 2:23 | 34:44 | 1:29 | 37:49 | 3:05 | 53 | 47 | 46 | 48 | 3:16 | (0+0+2+4) |
| 41 | Emil Nyeng | Vingrom IL / Team Mesterbakeren | 41:06 | 2:24 | 34:41 | 1:26 | 37:39 | 2:57 | 51 | 54 | 48 | 52 | 3:27 | (2+0+2+2) |
| 14 | Mats Øverby | Lier IL / NTG-G | 41:11 | 2:29 | 36:36 | 3:21 | 37:49 | 1:13 | 53 | 50 | 49 | 48 | 3:22 | (0+0+1+0) |
| 21 | Sverre Ryland Glomnes | Fet Skiklubb - Skiskyting / Holmenkollen Bi | 41:12 | 2:30 | 35:38 | 2:23 | 37:34 | 1:56 | 56 | 1:00 | 50 | 50 | 3:37 | (1+1+1+0) |
| 34 | Martin Lien Spjøtvold | Trondhjems Skiskyttere / Trondheim Biathl | 41:15 | 2:32 | 34:12 | 57 | 37:36 | 3:24 | 51 | 57 | 53 | 55 | 3:38 | (1+2+1+3) |
| 35 | Jørgen Brendengen Krogsæter | Ullensaker Skiklubb | 41:16 | 2:33 | 34:13 | 58 | 37:34 | 3:20 | 54 | 54 | 1:02 | 51 | 3:41 | (2+2+2+1) |
| 32 | Amund Hoff Thomassen | Sauda Skiskytterlag | 41:33 | 2:50 | 35:46 | 2:31 | 37:25 | 1:38 | 1:03 | 1:04 | 58 | 1:01 | 4:07 | (0+0+1+1) |
| 59 | Magnus Håkonsen | Bø Skiskytterlag / Team TeVe | 41:33 | 2:51 | 36:25 | 3:11 | 37:59 | 1:33 | 54 | 58 | 50 | 51 | 3:34 | (1+1+0+0) |
| 20 | Karsten Martinussen | Fossum IF / Holmenkollen Biathlon | 41:37 | 2:54 | 34:49 | 1:34 | 38:23 | 3:34 | 51 | 56 | 40 | 44 | 3:13 | (2+1+0+4) |
| 15 | Bjarte Solvang | Hålandsdal IL / Team Glalaks | 41:38 | 2:55 | 35:00 | 1:45 | 38:07 | 3:07 | 55 | 54 | 51 | 49 | 3:30 | (2+0+3+1) |
| 57 | Brage Reier Groven | Drammen Strong / Holmenkollen Biathlon | 41:41 | 2:59 | 36:20 | 3:06 | 38:20 | 1:59 | 49 | 53 | 47 | 50 | 3:20 | (1+2+0+0) |
| 36 | Asbjørn Wold | Vik IL | 42:00 | 3:18 | 36:53 | 3:38 | 38:30 | 1:37 | 55 | 55 | 50 | 48 | 3:30 | (0+0+2+0) |
| 44 | Martin Bjørndalen Mathisen | Simostranda IL / Team Geilo | 42:04 | 3:21 | 36:14 | 2:59 | 38:39 | 2:25 | 53 | 55 | 47 | 48 | 3:24 | (1+1+1+1) |
| 25 | Herman Dramdal Borge | Svene IL / Team Woodcon | 42:07 | 3:25 | 35:53 | 2:38 | 38:38 | 2:45 | 55 | 57 | 44 | 51 | 3:28 | (2+0+0+3) |
| 47 | Adrian Fløttum | Sokna IL / Trondheim Biathlon Team | 42:11 | 3:29 | 36:39 | 3:24 | 38:20 | 1:40 | 58 | 1:05 | 53 | 53 | 3:51 | (0+0+1+1) |
| 27 | Fredrik Bucher-Johannessen | Try, Idrettslaget / Team Kjelstad | 42:11 | 3:29 | 36:41 | 3:26 | 38:39 | 1:57 | 53 | 56 | 50 | 51 | 3:32 | (1+0+0+2) |
| 29 | Leif Malvin Hjelmevoll | Vik IL / Team Glalaks | 42:23 | 3:40 | 35:52 | 2:37 | 38:50 | 2:58 | 55 | 57 | 45 | 53 | 3:32 | (0+0+3+2) |
| 63 | Anders Sønstebj Flaagen | Søndre Ål Sportsklubb / Team Lygna skisk | 42:30 | 3:47 | 36:55 | 3:40 | 38:31 | 1:36 | 1:03 | 1:03 | 55 | 56 | 3:58 | (0+1+0+1) |
| 56 | Arild Fosse | Voss Skiskytterlag | 42:30 | 3:48 | 36:02 | 2:47 | 38:57 | 2:55 | 50 | 53 | 53 | 54 | 3:33 | (0+0+4+1) |
| 51 | Vetle Årsvoll Undheim | Figgjo IL / Sirdal Ski | 42:36 | 3:53 | 36:25 | 3:10 | 38:52 | 2:27 | 57 | 58 | 55 | 52 | 3:43 | (1+1+1+1) |
| 33 | Øyvind Aalling Lio | Bjerke IL Ski / Team Geilo | 42:39 | 3:57 | 36:35 | 3:20 | 39:00 | 2:25 | 54 | 57 | 53 | 54 | 3:39 | (0+0+1+3) |
| 17 | Christofer Eriksson | | 42:43 | 4:01 | 35:47 | 2:32 | 39:13 | 3:26 | 52 | 53 | 51 | 52 | 3:29 | (2+2+2+1) |
| 70 | Magnus Bøe | Try, Idrettslaget / Holmenkollen Biathlon | 42:48 | 4:06 | 34:56 | 1:41 | 39:22 | 4:26 | 52 | 51 | 52 | 49 | 3:25 | (2+2+3+1) |
| 31 | Vegard Skrede | Hardbagg IL / Team Glalaks | 42:55 | 4:13 | 35:58 | 2:43 | 39:07 | 3:08 | 1:00 | 1:00 | 50 | 56 | 3:47 | (1+1+1+3) |

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|---------|---------------------------|---------------------------------------------|-------|-------|----------------|------|------------------|---------------|------|------|------|------|-------------------|-----------|
| 54 | Rasmus Schie Krogstad | Try, Idrettslaget / Team Woodcon | 43:00 | 4:17 | 36:38 | 3:23 | 39:25 | 2:46 | 56 | 55 | 50 | 51 | 3:34 | (1+1+2+1) |
| 9 | Truls Fjellheim Jorde | Asker Skiklubb | 43:07 | 4:24 | 36:41 | 3:26 | 39:57 | 3:15 | 49 | 51 | 42 | 46 | 3:09 | (2+2+0+2) |
| 42 | Torje Usland Dahl | Marnardal IL / Sirdal Ski | 43:19 | 4:37 | 37:28 | 4:13 | 39:52 | 2:24 | 55 | 47 | 56 | 46 | 3:26 | (1+0+2+1) |
| 39 | Lasse Virkesdal | Vik IL / Team Glalaks | 43:36 | 4:54 | 37:58 | 4:43 | 40:05 | 2:06 | 54 | 50 | 50 | 56 | 3:31 | (1+0+0+2) |
| 53 | Brage Malm Monstad | Lier IL / Team Lier Skiskyting | 43:41 | 4:59 | 38:50 | 5:36 | 40:08 | 1:17 | 58 | 55 | 48 | 50 | 3:32 | (0+0+0+1) |
| 46 | Jon Nikolai Ims Skåland | Sandnes Skiskytterlag / Sirdal Ski | 43:50 | 5:08 | 38:13 | 4:58 | 40:19 | 2:05 | 53 | 57 | 50 | 50 | 3:31 | (0+1+1+1) |
| 55 | Lars Hammernes Leopold | Asker Skiklubb / Team Kjelstad | 43:51 | 5:08 | 38:05 | 4:50 | 40:27 | 2:22 | 51 | 53 | 49 | 49 | 3:23 | (1+2+0+1) |
| 61 | Øystein Nordbotten | Sandnes Skiskytterlag / Sirdal Ski | 43:57 | 5:14 | 37:11 | 3:56 | 40:09 | 2:57 | 57 | 59 | 56 | 55 | 3:47 | (0+2+1+2) |
| 62 | Øystein Markegård | Geilo IL / Team Geilo | 44:09 | 5:26 | 38:26 | 5:11 | 40:31 | 2:04 | 57 | 57 | 52 | 50 | 3:37 | (1+0+2+0) |
| 81 | Steinar Valbø | Drangedal Idrettslag - Skiskyting / Team Te | 44:30 | 5:48 | 38:26 | 5:11 | 40:39 | 2:12 | 1:02 | 1:00 | 53 | 54 | 3:51 | (0+0+1+2) |
| 68 | Sindre Davidsen Schonhowd | Søndre Ål Sportsklubb / Team Lygna skisk | 44:31 | 5:48 | 37:27 | 4:12 | 40:51 | 3:24 | 58 | 1:06 | 51 | 42 | 3:39 | (1+2+2+1) |
| 50 | Ole Johann Rødvik Kilskar | Frol IL | 44:36 | 5:53 | 38:48 | 5:33 | 40:46 | 1:58 | 1:03 | 57 | 51 | 56 | 3:49 | (1+0+0+2) |
| 67 | Magne Harborg | Røros IL | 44:55 | 6:12 | 38:35 | 5:20 | 41:31 | 2:55 | 53 | 53 | 48 | 47 | 3:23 | (2+1+1+1) |
| 52 | Erlend Bakken | Markane IL | 45:03 | 6:21 | 37:36 | 4:21 | 40:58 | 3:21 | 1:02 | 1:05 | 1:03 | 53 | 4:05 | (0+1+2+3) |
| 72 | Elias Schirmer Raphael | Meråker Skiskytterklubb | 46:03 | 7:20 | 38:39 | 5:24 | 42:10 | 3:31 | 57 | 1:00 | 52 | 1:01 | 3:52 | (3+1+1+1) |
| 65 | Sindre Gjørseter | Kvam Langrenn og Skiskyttarklubb / Holme | 46:46 | 8:03 | 38:12 | 4:57 | 42:32 | 4:19 | 1:03 | 1:06 | 1:02 | 1:01 | 4:13 | (2+2+1+3) |
| 66 | Magnus Raaum Langseth | Østre Toten Skilag / Team Lygna skiskyting | 46:55 | 8:13 | 40:12 | 6:57 | 43:19 | 3:07 | 55 | 56 | 51 | 53 | 3:36 | (1+1+2+1) |
| 69 | Adam Williams | | 47:09 | 8:27 | 38:43 | 5:28 | 42:34 | 3:50 | 1:06 | 1:10 | 1:07 | 1:11 | 4:35 | (2+0+1+4) |
| 64 | Lars Reiten | Birkenes IL / Sirdal Ski | 47:32 | 8:50 | 41:33 | 8:18 | 43:52 | 2:19 | 58 | 55 | 50 | 55 | 3:40 | (1+0+1+1) |
| 71 | Miles Cawood | | 49:39 | 10:57 | 39:45 | 6:30 | 45:18 | 5:33 | 1:03 | 1:09 | 1:00 | 1:07 | 4:21 | (5+1+2+3) |
| 75 | Marthin Berg Kirkhus | Asker Skiklubb / Team OASSK | 49:39 | 10:57 | 41:31 | 8:16 | 43:15 | 1:44 | 1:38 | 1:41 | 1:33 | 1:32 | 6:24 | (0+0+2+0) |
| 78 | Håkon Midthjell Gjørven | Markane IL | 49:50 | 11:08 | 41:59 | 8:44 | 45:13 | 3:14 | 1:22 | 1:13 | 59 | 1:02 | 4:36 | (3+1+0+1) |
| 82 | Ben Woosley | | 50:02 | 11:19 | 41:19 | 8:04 | 45:21 | 4:02 | 1:11 | 1:13 | 1:06 | 1:08 | 4:40 | (0+1+3+3) |
| 74 | Adam Peacock | | 50:07 | 11:25 | 41:18 | 8:03 | 45:09 | 3:50 | 1:42 | 1:14 | 1:01 | 59 | 4:58 | (2+1+2+2) |

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| Startnr | Navn | Klubb / Team | Tid | Diff | Langrenn Netto | Diff | Langrenn Inkl SR | Tid Straffer. | S1 | S2 | S3 | S4 | Standplass Totalt | Born |
|---------|------------------------------------|--------------------------------------------|-------|-------|----------------|------|------------------|---------------|------|------|------|------|-------------------|-----------|
| 77 | James Smith | | 50:26 | 11:43 | 41:15 | 8:00 | 44:18 | 3:02 | 1:42 | 1:22 | 1:37 | 1:25 | 6:08 | (2+1+0+2) |
| 80 | Sindre Christoffer Tyldum Andresen | Lier IL / Team Skiguard Buskerud | 50:29 | 11:47 | 41:13 | 7:58 | 45:40 | 4:27 | 1:13 | 1:20 | 1:07 | 1:06 | 4:48 | (1+3+2+2) |
| 76 | Sander Kulstad Haugen | Østre Toten Skilag / Team Lygna skiskyting | 51:06 | 12:24 | 41:58 | 8:43 | 46:42 | 4:44 | 1:03 | 1:10 | 1:00 | 1:08 | 4:24 | (1+4+0+3) |
| 79 | Brett Stevens | | 52:35 | 13:53 | 42:00 | 8:45 | 47:05 | 5:05 | 1:32 | 1:27 | 1:22 | 1:07 | 5:30 | (2+2+3+2) |

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