

| PLASS NR. | N A V N | L A G | T I D | ETTER |
|-------------------------|-----------------------------|----------------|-----------|--------|
| ----- | | | | |
| Jenter 15-16 år, 8,7 km | | | | |
| ----- | | | | |
| 1 | 400 Camilla Høyem | Stiklestad i l | 41.08,0 | 00.00, |
| Damer 19-34 år, 8,7 km | | | | |
| ----- | | | | |
| 1 | 415 Mari Ann Landsem Melhus | Henning Skilag | 37.53,0 | 00.00, |
| 2 | 437 Gunn Kjenstad | Snåsa i l | 38.10,0 | 00.17, |
| 3 | 414 Mari Gudding | Vinne i l | 41.03,0 | 03.10, |
| 4 | 411 Kjersti Nordberg | Steinkjer FIK | 42.16,0 | 04.23, |
| 5 | 412 Helle Gynnild | Henning Skilag | 42.27,0 | 04.34, |
| 6 | 413 Nina Stensland | | 51.14,0 | 13.21, |
| Damer 35-39 år, 8,7 km | | | | |
| ----- | | | | |
| 1 | 418 Ann Sissel Vehus | Steinkjer FIK | 38.15,0 | 00.00, |
| Damer 40-44 år, 8,7 km | | | | |
| ----- | | | | |
| 1 | 421 Sissel Norum | Steinkjer FIK | 42.06,0 | 00.00, |
| Damer 45-49 år, 8,7 km | | | | |
| ----- | | | | |
| 1 | 425 Anne Torun Lønseth | Følling i l | 1:01.19,0 | 00.00, |
| Damer 50-54 år, 8,7 km | | | | |
| ----- | | | | |
| 1 | 430 Aud Stenvik | Byåsen | 44.45,0 | 00.00, |
| 2 | 429 Hilde Opheim | Sparbu i l | 46.22,0 | 01.37, |
| Damer 65-69 år, 8,7 km | | | | |
| ----- | | | | |
| 1 | 438 Gunvor Svendsen | Frosta i l | 51.42,0 | 00.00, |
| Gutter 15-16 år, 8,7 km | | | | |
| ----- | | | | |
| 1 | 441 Petter Northug | Mosvik i l | 32.29,0 | 00.00, |
| 2 | 440 Ole Kvermo Landfald | Leirådal i l | 36.03,0 | 03.34, |
| 3 | 443 Eirik Bjørgan | Leirådal i l | 40.58,0 | 08.29, |
| 4 | 442 Stig Arild Høyem | Stiklestad i l | 43.23,0 | 10.54, |
| Gutter 17-18 år, 8,7 km | | | | |
| ----- | | | | |
| 1 | 447 Joachim Brøndbo | Mosvik i l | 31.13,0 | 00.00, |
| 2 | 449 Ole Johan Jørstad | Mosvik i l | 33.52,0 | 02.39, |
| 3 | 448 Leif Arne Furunes | Mosvik i l | 35.29,0 | 04.16, |

| PLASS NR. | N A V N | L A G | T I D | ETTER |
|-------------------------|--------------------------|--------------------|-----------|--------|
| ----- | | | | |
| Menn 50-54 år, 8,7 km | | | | |
| 1 | 460 Per Arild Bolaas | Steinkjer FIK | 34.57,0 | 00.00, |
| 2 | 459 Olav Hestveit | Inderøy i l | 34.58,0 | 00.01, |
| 3 | 455 Agnar Kvam | Inderøy i l | 38.20,0 | 03.23, |
| 4 | 462 Stein Aursand | Frosta i l | 39.56,0 | 04.59, |
| 5 | 457 Jens Petter Gresdal | Spenncon | 40.35,0 | 05.38, |
| 6 | 458 Gunnar Gresdal | Mosvik i l | 40.36,0 | 05.39, |
| 7 | 461 Ola Asklund | Frosta i l | 46.13,0 | 11.16, |
| ----- | | | | |
| Menn 55-59 år, 8,7 km | | | | |
| 1 | 456 Stein I. Sivertsen | Spenncon | 36.55,0 | 00.00, |
| 2 | 466 John Gudding | Vinne i l | 37.45,0 | 00.50, |
| 3 | 470 Tor Petter Abelsen | Vinne i l | 39.14,0 | 02.19, |
| 4 | 471 Torodd Næss | Nidelv | 40.37,0 | 03.42, |
| 5 | 465 Arne Ramdal | Levanger kommune B | 42.13,0 | 05.18, |
| 6 | 468 Kjell Hegstad | Leirådal i l | 43.05,0 | 06.10, |
| 7 | 469 Olav Magne Svendgård | Skogn i l | 43.54,0 | 06.59, |
| 8 | 472 Jarl-Eirik Thune | | 50.51,0 | 13.56, |
| ----- | | | | |
| Menn 60-64 år, 8,7 km | | | | |
| 1 | 476 Nils Undersåker | Inderøy i l | 36.17,0 | 00.00, |
| 2 | 477 Johan Moberg | Sandvollan | 46.51,0 | 10.34, |
| ----- | | | | |
| Menn 65-69 år, 8,7 km | | | | |
| 1 | 483 Eirik Stamnes | Beitstad i l | 44.24,0 | 00.00, |
| 2 | 482 Roald Ronnes | | 48.32,0 | 04.08, |
| 3 | 484 Kolbein Storvoll | Steinkjer FIK | 57.33,0 | 13.09, |
| ----- | | | | |
| Menn 70-74 år, 8,7 km | | | | |
| 1 | 491 Magne Elnan | Sandvollan | 51.28,0 | 00.00, |
| 2 | 490 Roald Jensen | Verdal i l | 1:01.09,0 | 09.41, |
| ----- | | | | |
| Menn 75-79 år, 8,7 km | | | | |
| 1 | 495 Knut Green | Helgådal i l | 1:13.26,0 | 00.00, |
| ----- | | | | |
| Menn over 80 år, 8,7 km | | | | |
| 1 | 499 Reidar Stølan | Ogndal i l | 1:06.30,0 | 00.00, |
| 2 | 498 Olaf Stavlund | Verdal FIK | 1:22.53,0 | 16.23, |
| ----- | | | | |
| Menn 19-34 år, 15 km | | | | |
| 1 | 503 Rune Opem | Stjørdal FIK | 52.55,0 | 00.00, |
| 2 | 512 Eldar Rønning | Skogn i l | 53.29,0 | 00.34, |
| 3 | 504 Frode Estil | Sørli | 54.26,0 | 01.31, |
| 4 | 505 Morten Brørs | Steinkjer FIK | 59.33,0 | 06.38, |

| PLASS NR. | N A V N | L A G | T I D | ETTER |
|-----------------------------|-------------------------|----------------|-----------|--------|
| ----- | | | | |
| Menn 19-34 år, 15 km forts. | | | | |
| ----- | | | | |
| 5 | 506 Bjørnar Aksnes | Helgådal i l | 59.52,0 | 06.57, |
| 6 | 510 Eirik Nordvik | Henning Skilag | 1:04.22,0 | 11.27, |
| 7 | 502 Svein Anders Melhus | Ogndal | 1:06.29,0 | 13.34, |
| 8 | 511 Rune Bolaas | Steinkjer FIK | 1:06.37,0 | 13.42, |
| 9 | 509 Ivar Dillan | Helgådal i l | 1:11.24,0 | 18.29, |
| 10 | 507 Bård Haugnes | Frol i l | 1:13.21,0 | 20.26, |
| 11 | 501 Jørund Eggen | | 1:32.51,0 | 39.56, |
| 11 | 508 Lars Grindberg | Leirådal i l | 1:32.51,0 | 39.56, |
| ----- | | | | |
| Menn 35-39 år, 15 km | | | | |
| ----- | | | | |
| 1 | 526 Kristen Skjeldal | Bulken | 52.10,0 | 00.00, |
| 2 | 527 Sture Sivertsen | Leirådal i l | 57.36,0 | 05.26, |
| 3 | 529 Vidar Skjerve | Vinne | 58.31,0 | 06.21, |
| 4 | 528 Rune Morten Vanebo | Mosvik i l | 1:03.14,0 | 11.04, |
| ----- | | | | |
| Menn 40-44 år, 15 km | | | | |
| ----- | | | | |
| 1 | 540 Ola Berget | Ogndal | 1:01.14,0 | 00.00, |
| ----- | | | | |
| Menn 45-49 år, 15 km | | | | |
| ----- | | | | |
| 1 | 555 Joar Halseth | Ogndal | 1:00.32,0 | 00.00, |
| 2 | 557 Hallbjørn Holberg | Ronglan i l | 1:02.50,0 | 02.18, |
| 3 | 558 Steinar Skovli | Ditt Tempo | 1:03.02,0 | 02.30, |
| 4 | 556 Sturla Green | Helgådal i l | 1:05.10,0 | 04.38, |
| ----- | | | | |
| Rakstertausmila Damer 8,7 | | | | |
| ----- | | | | |
| 1 | 242 Kristin Brøndbo | Mosvik i l | 40.53,0 | 00.00, |
| 2 | 241 Ingvild Larssen | | 55.44,0 | 14.51, |
| ----- | | | | |
| Rakstertausmil Herrer 8,7 | | | | |
| ----- | | | | |
| 1 | 223 Roger Melting | Mosvik i l | 34.24,0 | 00.00, |
| 2 | 227 Gunnar Melting | Mosvik i l | 36.08,0 | 01.44, |
| 3 | 226 Pål Duvsete | Leksdal i l | 40.14,0 | 05.50, |
| 4 | 224 Kjell Ove P. Tiller | Leksdal i l | 40.31,0 | 06.07, |
| 5 | 220 Terje Høyem | Stiklestad i l | 41.08,0 | 06.44, |
| 6 | 225 Øivind Høe | Rygge i l | 43.34,0 | 09.10, |
| 7 | 221 Jan Skarsvåg | Helgådal i l | 44.25,0 | 10.01, |