

## Menn

### NM Junior

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Andreas Iden</a>	1995	Gneist	M18-21	NM Junior	16360	01:11:01
2	<a href="#">Marius Skeide Ruth</a>	1993	Stavanger IF Friidrett		NM Junior	16356	01:11:41
3	<a href="#">Lars Lunde</a>	1997	Stord IL (Allianseidrettslag)		NM Junior	18904	01:11:54
4	<a href="#">Sondre Øvre-Helland</a>	1995	Viking		NM Junior	16408	01:14:30
5	<a href="#">Magnus Dybdahl</a>	1997	Vidar		NM Junior	18849	01:16:25
6	<a href="#">Kasper Rønning Komnæs</a>	1998	Varegg Fleridrett	G16-17	NM Junior	18876	01:20:31
7	<a href="#">Vegard Sæbu</a>	1999	Skrautvål IL		NM Junior	16357	01:21:15
8	<a href="#">Håvard Austevoll</a>	1995	Stavanger IF Friidrett		NM Junior	16390	01:21:48
9	<a href="#">Henrik Foss</a>	1997	Aurskog - Høland Friidrettslag - Friidrett		NM Junior	16367	01:23:27
10	<a href="#">Simen Gudbrandsen</a>	1998	Modum Friidrettsklubb		NM Junior	18806	01:26:09

### NM Senior

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Sondre Nordstad Moen</a>	1991	Vidar	M24-34	NM Senior	19000	01:04:55
2	<a href="#">Urige Buta</a>	1982	Haugesund Idrettslag Friidrett - gr	M24-34	NM Senior	19003	01:05:47
3	<a href="#">Ørjan Grønnevig</a>	1991	Stavanger IF Friidrett	M24-34	NM Senior	19006	01:07:33
4	<a href="#">Eirik Gramstad</a>	1984	Vidar	M24-34	NM Senior	19002	01:07:36
5	<a href="#">Asbjørn Ellefsen Persen</a>	1987	Tjalve	M24-34	NM Senior	19009	01:07:45
6	<a href="#">Dadafo Dhaqabi</a>	1989	Vidar	M24-34	NM Senior	19015	01:08:50
7	<a href="#">Stian Vestbø</a>	1981	Haugesund Idrettslag Friidrett - gr	M24-34	NM Senior	16363	01:08:51
8	<a href="#">Jonas Lurås Hammer</a>	1991	Lørenskog Friidrettslag	M24-34	NM Senior	18871	01:08:59
9	<a href="#">Harald Solhaug Næss</a>	1988	Vidar	M24-34	NM Senior	19013	01:09:15
10	<a href="#">Zerei Kbrom Mezngi</a>	1986	Vadsø Turnforening	M24-34	NM Senior	18882	01:09:39
11	<a href="#">Frew Zenebe Brkineh</a>	1984	Sandnes IL	M24-34	NM Senior	18901	01:10:48
12	<a href="#">Simen Bergseth</a>	1992	Skjalg IL	M24-34	NM Senior	18856	01:11:06
13	<a href="#">Håkon Skarsholt</a>	1991	Andebu IL	M24-34	NM Senior	18814	01:12:34
14	<a href="#">Jacob Hystad</a>	1990	Stord IL (Allianseidrettslag)	M24-34	NM Senior	18826	01:12:58
15	<a href="#">Ola Matre</a>	1989	Modum Friidrettsklubb	M24-34	NM Senior	16364	01:14:45
16	<a href="#">Jon Arne Gaundal</a>	1988	Rindal IL	M24-34	NM Senior	18819	01:14:52
17	<a href="#">Ole Mikal Tørdsdal</a>	1991	Haugesund Idrettslag Friidrett - gr	M24-34	NM Senior	18842	01:16:39
18	<a href="#">Mats Nagelsen Hansen</a>		Modum Friidrettsklubb	M24-34	NM Senior	18907	01:17:57
19	<a href="#">Nils Haktor Bua</a>	1991	SPIRIT Stavanger Friidrettsklubb	M24-34	NM Senior	18877	01:18:50
20	<a href="#">Thor Kristian Øvergaard</a>	1989	Asker skiklubb kajakk	M24-34	NM Senior	18854	01:25:12
21	<a href="#">Kjetil Frøitland Eide</a>	1984	Rye Sp.Kl.	M24-34	NM Senior	18812	01:26:42
22	<a href="#">Asgeir Bøgeberg</a>		Strindheim IL	M24-34	NM Senior	18848	01:32:40
23	<a href="#">John Frisli Jahre</a>	1988	Tjøme Løpeklubb	M24-34	NM Senior	18878	01:32:48

24	<a href="#">Sondre Weum Johansen</a>	1983 Romerike Ultraløperklubb	M24-34	NM Senior	18860	01:57:55
25	<a href="#">Hans Kristian Leren</a>	1981 Rye Sp.KI.	M24-34	NM Senior	18865	02:01:56

## NM M35-39

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Arne Mjelde Sæther</a>	1977	Lillehammer IF	M35-39	NM M35-39	19016	01:10:37
2	<a href="#">Bjørn Ivar Nilsen</a>	1977	Vidar	M35-39	NM M35-39	19017	01:12:21
3	<a href="#">Inge Hasund</a>	1977	Bøler IF	M35-39	NM M35-39	16398	01:13:25
4	<a href="#">Ronny Losoa</a>	1980	Modum Friidrettsklubb	M35-39	NM M35-39	18820	01:14:24
5	<a href="#">Jonas Aamodt Moræus</a>	1979	Bratsberg IL	M35-39	NM M35-39	16355	01:17:09
6	<a href="#">Erlend Bjerkås</a>	1979	Bratsberg IL	M35-39	NM M35-39	18809	01:20:27
7	<a href="#">Roger Thompson</a>	1976	Driv IL	M35-39	NM M35-39	16381	01:23:26
8	<a href="#">Lennart Garnes</a>	1978	Vidar	M35-39	NM M35-39	16389	01:41:57
9	<a href="#">Geir Arne Jacobsen</a>	1979	Beisfjord IL	M35-39	NM M35-39	16370	01:46:19

## NM M40-44

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Øystein Mørk</a>	1974	IL Kraft	M40-44	NM M40-44	18847	01:10:54
2	<a href="#">Trond Einar Brobakk</a>	1972	Strindheim IL	M40-44	NM M40-44	18884	01:17:16
3	<a href="#">Runar Sannerud</a>	1975	Hurdal IL	M40-44	NM M40-44	16403	01:17:47
4	<a href="#">Kjetil Sørum</a>	1975	Larvik Turn og IF	M40-44	NM M40-44	18839	01:18:09
5	<a href="#">Øyvind Aksland</a>	1973	Stegaberg IL	M40-44	NM M40-44	18874	01:23:04
6	<a href="#">Endre Hjelseth</a>	1973	Ottestad IL	M40-44	NM M40-44	18815	01:23:15
7	<a href="#">Knut Kongshaug</a>	1972	Kårvåg IL	M40-44	NM M40-44	18861	01:23:23
8	<a href="#">Ole Erik Flatin</a>	1972	Spiridon Langløperlag	M40-44	NM M40-44	18887	01:28:09
9	<a href="#">Arnt Andersrød</a>	1972	Sarpsborg SK	M40-44	NM M40-44	18821	01:41:59

## NM M45-49

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Carlos Silva De Brito</a>	1969	Ogndal IL	M45-49	NM M45-49	18875	01:15:45
2	<a href="#">Jon Ilseng</a>	1970	Bøler IF	M45-49	NM M45-49	16386	01:19:20
3	<a href="#">Øystein Lie</a>	1970	Frosta IL	M45-49	NM M45-49	16358	01:25:11
4	<a href="#">John Nicolaysen</a>	1967	GTI	M45-49	NM M45-49	18810	01:36:00
5	<a href="#">Knut Iver Aastorp</a>	1968	Freidig	M45-49	NM M45-49	18835	01:36:00

## NM M50-54

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Kristen Aaby</a>	1961	Sigdal Friidrettsklubb	M50-54	NM M50-54	18841	01:11:52
2	<a href="#">Terje Olsen</a>	1965	Rindal IL	M50-54	NM M50-54	18811	01:14:59
3	<a href="#">Rolf Echroll</a>	1965	Tromsø Løpeklubb	M50-54	NM M50-54	16404	01:36:32
4	<a href="#">agnar øystein varsi</a>	1964	Sirma IL	M50-54	NM M50-54	18846	01:40:54

## NM M55-59

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Trond Olav BERG</a>	1960	Bøler IF	M55-59	NM M55-59	18857	01:22:54
2	<a href="#">Pål Simonsen</a>	1960	Romerike Ultraløperklubb	M55-59	NM M55-59	16409	01:27:56
3	<a href="#">Gunnar H. M. Aarseth</a>	1958	Spirit Stavanger FIK	M55-59	NM M55-59	18808	01:29:53
4	<a href="#">Lars Try</a>	1956	Tvedestrand TIL	M55-59	NM M55-59	16376	03:01:22

## NM M60-64

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Knut Skaar</a>	1955	Ålesunds FIK	M60-64	NM M60-64	18851	01:27:20
2	<a href="#">Jan Inge Dahl</a>	1954	Mehamn IL	M60-64	NM M60-64	16359	01:29:35
3	<a href="#">Bård Olav Moen</a>	1954	Strindheim IL	M60-64	NM M60-64	16384	01:32:01
4	<a href="#">Terje Sagebakken</a>	1953	Eidesvik AS	M60-64	NM M60-64	18855	02:28:56

## NM M65-69

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Sverre Aksland</a>	1949	Stegaberg IL	M65-69	NM M65-69	18863	01:29:45
2	<a href="#">Agnar Skutbergsveen</a>	1946	Veldre Friidrett	M65-69	NM M65-69	18817	01:40:01
3	<a href="#">Trygve Kristian Tveter</a>	1950	Koll IL	M65-69	NM M65-69	5664	01:40:02
4	<a href="#">Rolf Meek</a>	1950	Minerva Friidrett	M65-69	NM M65-69	16369	01:43:42
5	<a href="#">Gunnar Nordhus</a>	1949	Fil Aks-77	M65-69	NM M65-69	18881	01:44:00
6	<a href="#">Anders Solbu</a>	1947	Mehamn IL	M65-69	NM M65-69	16388	01:46:16
7	<a href="#">Tom Morten Kristiansen</a>	1950	RASTA	M65-69	NM M65-69	16371	01:49:33
8	<a href="#">Per Skaar</a>	1947	Viking	M65-69	NM M65-69	18825	01:56:11
9	<a href="#">Jan-Sverre Pedersen</a>	1948	Høybråten og Stovner IL	M65-69	NM M65-69	16406	02:15:23

## NM M70-74

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Kjell Jonhaugen</a>	1944	Nittedal IL	M70-74	NM M70-74	18834	01:41:39
2	<a href="#">Inge Vinje</a>	1945	Tønsberg Friidrettsklubb	M70-74	NM M70-74	18818	01:43:27
3	<a href="#">Arvid Johannes Bjørsvik</a>	1943	Viking	M70-74	NM M70-74	16372	01:50:10
4	<a href="#">Eirik Angel Olsen</a>	1944	Heming	M70-74	NM M70-74	18822	02:02:36

## NM M75-79

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Henning Høgheim</a>	1939	Ullensaker/Kisa IL	M75-79	NM M75-79	18850	02:04:17

## NM M80-84

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Per Gundersen</a>	1934	Ålesunds FIK	M80-85	NM M80-84	18862	02:11:24

## Kvinner

## NM Junior

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Elise Selvikvåg Molvik</a>	1994	SPIRIT Stavanger Friidrettsklubb		NM Junior	19028	01:17:08
2	<a href="#">Juni Osnes Lund</a>	1994	IK TJALVE	K18-21	NM Junior	16366	01:26:20
3	<a href="#">Synnøve Mo</a>	1998	Tyrving IL		NM Junior	18845	01:27:30
4	<a href="#">Hanne Mjøen Maridal</a>	1996	Lillehammer IF		NM Junior	16407	01:28:45
5	<a href="#">Vilde Haugland</a>	1996	FRI IL		NM Junior	18872	01:52:24

## NM Senior

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Heidi Pharo</a>	1987	Bøler IF	K24-34	NM Senior	19019	01:16:43
2	<a href="#">Ida Bergsløkken</a>	1985	Vidar	K24-34	NM Senior	19023	01:18:19
3	<a href="#">Marthe Katrine Myhre</a>	1985	Vidar	K24-34	NM Senior	19021	01:19:45
4	<a href="#">Ingeborg Kristine Lind</a>	1990	Gular	K24-34	NM Senior	16401	01:25:06
5	<a href="#">Marte Tøndel</a>	1989	Bratsberg IL	K24-34	NM Senior	16382	01:27:22
6	<a href="#">Anine Meadows Elieson</a>	1991	Snøgg Friidrett	K24-34	NM Senior	18853	01:31:31

## NM K35-39

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Rebecca Hilland</a>	1980	Gular	K35-39	NM K35-39	19029	01:18:30
2	<a href="#">Hilde Bakkeli</a>	1979	Rye Sp.Kl.	K35-39	NM K35-39	16395	01:27:04
3	<a href="#">Lydia Smith</a>	1977	Sigdal Friidrettsklubb	K35-39	NM K35-39	18840	01:35:36

## NM K40-44

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Anja Kristin Lindanger</a>	1975	GTI	K40-44	NM K40-44	18813	01:25:37
2	<a href="#">Angelina Hjelleset</a>	1972	GTI	K40-44	NM K40-44	18852	01:33:21
3	<a href="#">Rikke Rokke</a>	1973	Rustad IL	K40-44	NM K40-44	16374	01:45:36

## NM K45-49

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Mette Bakken Skauerud</a>	1970	Vidar	K45-49	NM K45-49	16368	01:27:44
2	<a href="#">Lene Rørvik</a>	1968	GTI	K45-49	NM K45-49	16397	01:31:54
3	<a href="#">Mona Rydland</a>	1968	IL i BUL	K45-49	NM K45-49	18899	01:33:04
4	<a href="#">Hanna Blom Breivik</a>	1969	Sandvin	K45-49	NM K45-49	18886	01:37:29
5	<a href="#">Kathrine Sømme</a>	1968	GTI	K45-49	NM K45-49	16396	01:37:39
6	<a href="#">Trine Rokne vågen</a>	1966	Koll IL	K45-49	NM K45-49	18864	01:49:12
7	<a href="#">nora hauge Svendsen</a>	1968	FRI IL	K45-49	NM K45-49	18831	01:55:14

## NM K50-54

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Else Bøifot</a>	1965	Tromsø Løpeklubb	K50-54	NM K50-54	16387	01:33:20

2 [Anne Grete Grindedal](#) 1962 Bfg Bergen K50-54 NM K50-54 16394 01:35:29

## NM K55-59

## NM K60-64

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Karin Nord</a>	1954	Jutul	K60-64	NM K60-64	18908	01:42:55
2	<a href="#">Solveig Kalstad</a>	1953	Stovnerkameratene	K60-64	NM K60-64	16380	01:54:32
3	<a href="#">Toril Gylterud</a>	1952	Jutul	K60-64	NM K60-64	18833	01:54:43

## NM K65-69

Pl.	Name	YOB	Club/City/Country	Cat.	Subcat.	#	Net
1	<a href="#">Ingunn Ytrehus</a>	1950	Tromsø Løpeklubb	K65-69	NM K65-69	18838	01:52:49
2	<a href="#">Solbjørg Aasheim</a>	1946	Minerva Friidrett	K65-69	NM K65-69	18832	02:00:02