

G-13**1500 m**

| | | | | |
|----|-----|--------------------------|----------|---------|
| 1 | 64 | Petter Reistad | Akershus | 4,46,22 |
| 2 | 227 | Isak Honerød Augestad | Telemark | 4,47,18 |
| 3 | 206 | Ola Eloranta | Oslo | 4,47,46 |
| 4 | 170 | Kristoffer Nordlunde | Oppland | 4,48,60 |
| 5 | 133 | Håvard Nymoen | Hedmark | 4,52,74 |
| 6 | 160 | Endre Aamodt | Oppland | 4,53,07 |
| 7 | 264 | Torsten Bergh Moss | Vestfold | 4,58,79 |
| 8 | 75 | Vegar Antonsen | Akershus | 5,00,57 |
| 9 | 120 | Anders T. Granrud | Hedmark | 5,04,27 |
| 10 | 129 | Even Brøndbo Dahl | Hedmark | 5,08,00 |
| 11 | 196 | Kristian Berg | Oslo | 5,12,62 |
| 12 | 270 | Erlend Flesje | Østfold | 5,13,61 |
| 13 | 24 | Henrik Normannseth | Akershus | 5,14,60 |
| 14 | 122 | Arne Lauritz Rossebø Lie | Hedmark | 5,22,99 |

G-13**200 m hekk**

Vind: +1.4

| | | | | |
|---|-----|----------------------|----------|-------|
| 1 | 292 | Thorvald Brudvik | Østfold | 29,70 |
| 2 | 16 | Eirik Haugstad | Akershus | 31,53 |
| 3 | 60 | Nikolai Tefre Lunder | Akershus | 33,46 |
| 4 | 86 | Christian Carlsen | Buskerud | 40,81 |
| | 239 | Øystein Larsen | Telemark | DNS |

G-13**60 m****Heat: 1**

Vind: +0.8

| | | | | |
|---|-----|------------------|----------|------|
| 1 | 292 | Thorvald Brudvik | Østfold | 7,95 |
| 2 | 16 | Eirik Haugstad | Akershus | 8,52 |
| 3 | 93 | Henri Santiago | Buskerud | 8,79 |
| 4 | 50 | Marius Nyeggen | Akershus | 8,82 |
| 5 | 83 | Brede Bekken | Buskerud | 8,91 |
| 6 | 94 | Håkon Ludvigsen | Buskerud | 9,37 |
| 7 | 116 | Torkel Forbord | Buskerud | 9,74 |
| | 92 | Helge Albjerck | Buskerud | DNS |

Heat: 2

Vind: +0.1

| | | | | |
|---|-----|----------------------------|----------|------|
| 1 | 185 | Fredrik Patrickson | Oslo | 8,32 |
| 2 | 80 | Aleksander Hyggen Haarstad | Buskerud | 8,36 |
| 3 | 175 | Steffen Nybråten | Oppland | 8,39 |
| 4 | 69 | Sivert Mørk | Akershus | 8,47 |
| 5 | 64 | Petter Reistad | Akershus | 8,58 |
| 6 | 122 | Arne Lauritz Rossebø Lie | Hedmark | 9,24 |
| | 111 | Stein Marius Austveg | Buskerud | DNS |

Heat: 3

Vind: +0.6

| | | | | |
|---|-----|-----------------------|----------|------|
| 1 | 277 | Jørgen Lausund Grinna | Østfold | 8,48 |
| 2 | 205 | Nzimirro Adam Obiora | Oslo | 8,52 |
| 3 | 15 | Eirik H. Trandem | Akershus | 8,54 |
| 4 | 227 | Isak Honerød Augestad | Telemark | 8,63 |
| 5 | 265 | Andre Wesley Enger | Østfold | 8,99 |
| 6 | 249 | Magnus Gjone Nordhus | Vestfold | 9,10 |
| 7 | 226 | Henrik Rui Sørheim | Telemark | 9,45 |

Heat: 4

Vind: +0.8

| | | | | |
|---|-----|--------------------|----------|------|
| 1 | 33 | Jon Inge Sørli | Akershus | 8,07 |
| 2 | 217 | Viktor Johansen | Oslo | 8,15 |
| 3 | 264 | Torsten Bergh Moss | Vestfold | 8,38 |
| 4 | 67 | Simen Torgersen | Akershus | 8,81 |
| 5 | 220 | Chris Robin Hansen | Telemark | 9,80 |
| | 203 | Nicholas Edgren | Oslo | DNS |
| | 272 | Gardar Fridriksson | Østfold | DNS |

G-13**60 m, Finale**

Vind: +1.7

| | | | | |
|---|-----|----------------------------|----------|------|
| 1 | 33 | Jon Inge Sørli | Akershus | 8,00 |
| 2 | 292 | Thorvald Brudvik | Østfold | 8,02 |
| 3 | 217 | Viktor Johansen | Oslo | 8,15 |
| 4 | 175 | Steffen Nybråten | Oppland | 8,16 |
| 5 | 185 | Fredrik Patrickson | Oslo | 8,23 |
| 6 | 80 | Aleksander Hyggen Haarstad | Buskerud | 8,38 |
| 7 | 264 | Torsten Bergh Moss | Vestfold | 8,40 |
| 8 | 69 | Sivert Mørk | Akershus | 8,47 |

G-13**Høyde**

| | | | | | | | | | | |
|----|------|----------------------|------|------|----------|------|------|------|------|------|
| 1 | 292 | Thorvald Brudvik | | | Østfold | | | | | 1,67 |
| | 1,33 | 1,37 | 1,41 | 1,45 | 1,49 | 1,53 | 1,57 | 1,61 | 1,65 | 1,67 |
| | o | o | o | o | o | o | o | o | o | o |
| | 1,70 | | | | | | | | | |
| | xxx | | | | | | | | | |
| 2 | 239 | Øystein Larsen | | | Telemark | | | | | 1,61 |
| | 1,33 | 1,37 | 1,41 | 1,45 | 1,49 | 1,53 | 1,57 | 1,61 | 1,65 | |
| | o | o | o | xo | xo | xo | xxo | xo | xxx | |
| 3 | 16 | Eirik Haugstad | | | Akershus | | | | | 1,49 |
| | 1,33 | 1,37 | 1,41 | 1,45 | 1,49 | 1,53 | | | | |
| | o | o | o | o | xxo | xxx | | | | |
| 4 | 173 | Sarkar Salim Ibrahim | | | Oppland | | | | | 1,45 |
| | 1,33 | 1,37 | 1,41 | 1,45 | 1,49 | | | | | |
| | xo | o | o | xxo | xxx | | | | | |
| 5 | 205 | Nzimirro Adam Obiora | | | Oslo | | | | | 1,41 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | 1,45 | | | | |
| | xo | o | o | o | o | xxx | | | | |
| 6 | 116 | Torkel Forbord | | | Buskerud | | | | | 1,41 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | 1,45 | | | | |
| | o | o | xo | xo | o | xxx | | | | |
| 7 | 270 | Erlend Flesje | | | Østfold | | | | | 1,41 |
| | 1,29 | 1,33 | 1,37 | 1,41 | 1,45 | | | | | |
| | xo | o | xxo | xxo | xxx | | | | | |
| 8 | 264 | Torsten Bergh Moss | | | Vestfold | | | | | 1,37 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | | | | | |
| | o | o | o | o | xxx | | | | | |
| 8 | 265 | Andre Wesley Enger | | | Østfold | | | | | 1,37 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | | | | | |
| | o | o | o | o | xxx | | | | | |
| 10 | 196 | Kristian Berg | | | Oslo | | | | | 1,33 |
| | 1,33 | 1,37 | | | | | | | | |
| | xxo | xxx | | | | | | | | |
| 11 | 92 | Helge Albjerik | | | Buskerud | | | | | 1,29 |
| | 1,25 | 1,29 | 1,33 | | | | | | | |
| | o | xo | xxx | | | | | | | |

G-13**Slegge**

| | | | | | | |
|---|-------|----------------------------|-------|-------|----------|-------|
| 1 | 272 | Gardar Fridriksson | | | Østfold | 37,18 |
| | - | - | - | 37,18 | - | 34,85 |
| 2 | 138 | Lars Eriksmoen | | | Hedmark | 29,19 |
| | 28,17 | 28,31 | 29,19 | - | | |
| 3 | 293 | Tord Thoresen Dybhavn | | | Østfold | 25,93 |
| | 20,09 | - | - | 25,93 | - | 23,24 |
| 4 | 252 | Marius K. Rasmussen | | | Vestfold | 23,47 |
| | 19,47 | 21,16 | 22,24 | 23,47 | - | 22,60 |
| 5 | 86 | Christian Carlsen | | | Buskerud | 21,43 |
| | 20,67 | - | - | - | 20,39 | 21,43 |
| 6 | 94 | Håkon Ludvigsen | | | Buskerud | 19,94 |
| | 16,24 | 17,27 | 17,90 | 19,70 | 19,04 | 19,94 |
| 7 | 80 | Aleksander Hyggen Haarstad | | | Buskerud | 19,42 |
| | - | 19,42 | - | 18,18 | 18,38 | x |
| 8 | 206 | Ola Eloranta | | | Oslo | 18,20 |
| | - | - | - | 18,20 | - | - |

G-13**Spyd**

| | | | | | | |
|----|-------|-----------------------|-------|-------|----------|-------|
| 1 | 272 | Gardar Fridriksson | | | Østfold | 49,03 |
| | 44,68 | 48,57 | 47,70 | x | 49,03 | 47,36 |
| 2 | 209 | Rasmus Stene | | | Oslo | 35,60 |
| | 35,60 | 32,15 | 34,56 | 34,52 | 30,58 | 33,08 |
| 3 | 293 | Tord Thoresen Dybhavn | | | Østfold | 33,66 |
| | 32,50 | 33,66 | 29,62 | 29,79 | x | 32,25 |
| 4 | 49 | Marius Ihle Arnesen | | | Akershus | 31,83 |
| | 31,83 | 27,26 | 25,72 | 26,59 | 31,42 | 29,54 |
| 5 | 153 | Sondre Håkenrud | | | Hedmark | 31,38 |
| | x | 30,43 | x | 29,33 | 31,18 | 31,38 |
| 6 | 24 | Henrik Normannseth | | | Akershus | 30,58 |
| | x | 30,58 | x | x | 27,53 | xx,xx |
| 7 | 220 | Chris Robin Hansen | | | Telemark | 24,47 |
| | 22,00 | 22,16 | 24,47 | 22,10 | x | x |
| 8 | 92 | Helge Albjerck | | | Buskerud | 21,83 |
| | x | 21,83 | 20,59 | x | 21,66 | x |
| 9 | 128 | Espen Stenberg | | | Hedmark | 21,79 |
| | 18,40 | 17,65 | 21,79 | | | |
| 10 | 95 | Jakob Eidal | | | Buskerud | 21,70 |
| | 21,68 | 20,24 | 21,70 | | | |
| 11 | 132 | Håkon Westgård | | | Hedmark | 20,26 |
| | 16,25 | 16,41 | 20,26 | | | |
| 12 | 138 | Lars Eriksmoen | | | Hedmark | 18,98 |
| | 18,98 | 16,88 | 16,12 | | | |
| 13 | 249 | Magnus Gjone Nordhus | | | Vestfold | 17,96 |
| | 17,96 | 17,56 | x | | | |

G-13**Tresteg****(Satssone 50cm)**

| | | | | | | | |
|---|-----|---------------------|------|------|----------|------|-------|
| 1 | 209 | Rasmus Stene | | | Oslo | | 10,34 |
| | | -1,0 | | | | | |
| | | 10,34 | x | x | - | - | - |
| 2 | 15 | Eirik H. Trandum | | | Akershus | | 9,95 |
| | | -1,4 | | -1,4 | -1,1 | -1,0 | |
| | | 9,93 | x | 9,95 | 9,36 | 9,78 | 9,76 |
| 3 | 270 | Erlend Flesje | | | Østfold | | 9,61 |
| | | -0,5 | -0,6 | -1,2 | -2,1 | | |
| | | x | 9,12 | 9,22 | 9,61 | 9,16 | x |
| 4 | 252 | Marius K. Rasmussen | | | Vestfold | | 8,57 |
| | | -1,6 | -0,9 | -0,7 | -1,6 | -1,9 | -1,7 |
| | | 8,16 | 8,15 | 8,20 | 8,22 | 8,33 | 8,57 |
| 5 | 86 | Christian Carlsen | | | Buskerud | | 8,37 |
| | | -1,5 | -1,3 | | | | |
| | | 8,31 | 8,37 | x | - | - | - |
| 6 | 220 | Chris Robin Hansen | | | Telemark | | 8,03 |
| | | -0,8 | -1,4 | -0,6 | | -1,2 | |
| | | 8,03 | 7,87 | 7,95 | x | 7,31 | - |

G-14**1500 m****Heat: 1**

| | | | | |
|---|-----|---------------------------|----------|---------|
| 1 | 190 | Jens-Olaf Breivik Lingaas | Oslo | 4,44,01 |
| 2 | 271 | Fredrik Gaarder | Østfold | 4,45,72 |
| 3 | 236 | Tor Alfred Bredesen | Telemark | 4,55,16 |
| 4 | 137 | Jonas Nergård | Hedmark | 4,58,22 |
| 5 | 65 | Petter Rød Guliksen | Akershus | 4,59,92 |
| 6 | 165 | Hans Herberg | Oppland | 5,15,32 |
| 7 | 260 | Robin Larsen | Vestfold | 5,21,56 |
| 8 | 218 | Andre Johnsen | Telemark | 5,28,69 |
| | 161 | Erik Engen Korseth | Oppland | DNS |
| | 127 | Espen Johanstad | Hedmark | DNS |
| | 215 | Torjus Halden | Oslo | DNS |

Heat: 2

| | | | | |
|---|-----|-------------------------------|----------|---------|
| 1 | 155 | Vebjørn Gilde | Hedmark | 4,30,10 |
| 2 | 88 | Ferdinand Kvan Edman | Buskerud | 4,33,36 |
| 3 | 180 | Andreas Døssland | Oslo | 4,37,21 |
| 4 | 184 | Fredrik Ole Oldereid Andersen | Oslo | 4,47,54 |
| 5 | 6 | Anders Treekrem | Akershus | 4,48,86 |
| 6 | 2 | Adrian Hallgren | Akershus | 4,49,29 |
| 7 | 62 | Ole Jacob Raa | Akershus | 5,04,28 |
| 8 | 204 | Nikolas Tonne | Oslo | 5,04,76 |
| 9 | 275 | Jostein Øby | Østfold | 5,08,13 |
| | 221 | Edvard Vasdal | Telemark | DNS |
| | 177 | Truls Engen Korseth | Oppland | DNS |

Plassering Totalt

| | | | | |
|----|-----|-------------------------------|----------|---------|
| 1 | 155 | Vebjørn Gilde | Hedmark | 4,30,10 |
| 2 | 88 | Ferdinand Kvan Edman | Buskerud | 4,33,36 |
| 3 | 180 | Andreas Døssland | Oslo | 4,37,21 |
| 4 | 190 | Jens-Olaf Breivik Lingaas | Oslo | 4,44,01 |
| 5 | 271 | Fredrik Gaarder | Østfold | 4,45,72 |
| 6 | 184 | Fredrik Ole Oldereid Andersen | Oslo | 4,47,54 |
| 7 | 6 | Anders Treekrem | Akershus | 4,48,86 |
| 8 | 2 | Adrian Hallgren | Akershus | 4,49,29 |
| 9 | 236 | Tor Alfred Bredesen | Telemark | 4,55,16 |
| 10 | 137 | Jonas Nergård | Hedmark | 4,58,22 |
| 11 | 65 | Petter Rød Guliksen | Akershus | 4,59,92 |
| 12 | 62 | Ole Jacob Raa | Akershus | 5,04,28 |
| 13 | 204 | Nikolas Tonne | Oslo | 5,04,76 |
| 14 | 275 | Jostein Øby | Østfold | 5,08,13 |
| 15 | 165 | Hans Herberg | Oppland | 5,15,32 |
| 16 | 260 | Robin Larsen | Vestfold | 5,21,56 |
| 17 | 218 | Andre Johnsen | Telemark | 5,28,69 |
| | 221 | Edvard Vasdal | Telemark | DNS |
| | 161 | Erik Engen Korseth | Oppland | DNS |
| | 127 | Espen Johanstad | Hedmark | DNS |
| | 215 | Torjus Halden | Oslo | DNS |
| | 177 | Truls Engen Korseth | Oppland | DNS |

G-14**200 m hekk**

Vind: +0.5

| | | | | |
|---|-----|------------------------|----------|-------|
| 1 | 151 | Simen Rismyr Englund | Hedmark | 31,26 |
| 2 | 291 | Thor Erik Solberg | Østfold | 31,89 |
| 3 | 72 | Stian Klungland | Akershus | 32,49 |
| 4 | 62 | Ole Jacob Raa | Akershus | 32,99 |
| 5 | 193 | Johannes Sørli Hagerup | Oslo | 34,59 |
| 6 | 106 | Mats Jacob Haukeland | Buskerud | 37,77 |
| | 236 | Tor Alfred Bredesen | Telemark | DNS |
| | 177 | Truls Engen Korseth | Oppland | DNS |

G-14**60 m****Heat: 1**

Vind: -0.7

| | | | | |
|---|-----|---------------------------|----------|------|
| 1 | 208 | Quang Huy Huynh | Oslo | 7,88 |
| 2 | 148 | Peter Quarcoo | Hedmark | 8,08 |
| 3 | 241 | Aleksander Nørgaard | Vestfold | 8,70 |
| 4 | 115 | Tor Eirik Johnsrud | Buskerud | 8,87 |
| 5 | 152 | Simen Torp Adolfsen | Hedmark | 9,07 |
| | 228 | Jonas Mjeltevik Halvorsen | Telemark | DNS |

Heat: 2

Vind: -0.9

| | | | | |
|---|-----|------------------------|----------|------|
| 1 | 51 | Markus Foss Johansen | Akershus | 8,04 |
| 2 | 204 | Nikolas Tonne | Oslo | 8,27 |
| 3 | 287 | Pål Talos | Østfold | 8,41 |
| 4 | 20 | Erlend Berger | Akershus | 8,60 |
| 5 | 237 | Torbjørn Fossum Heldal | Telemark | 9,01 |
| | 126 | Espen Gundersen Rusten | Hedmark | DNS |

Heat: 3

Vind: -0.8

| | | | | |
|---|-----|--------------------------|----------|------|
| 1 | 13 | Christian H. Ellingstad | Akershus | 7,96 |
| 2 | 59 | Nikolai Schjøtt-Pedersen | Akershus | 8,55 |
| 3 | 285 | Niklas Aas Skovdal | Østfold | 8,70 |
| 4 | 23 | Henrik Brodkorb | Akershus | 9,18 |
| | 215 | Torjus Halden | Oslo | DNS |
| | 232 | Simen Sigurdsen | Telemark | DNS |
| | 191 | Jo Martin Arukwe | Oslo | DNS |

Heat: 4

Vind: -0.5

| | | | | |
|---|-----|----------------------|----------|------|
| 1 | 243 | Henrik Hamer | Vestfold | 8,08 |
| 2 | 61 | Nivethan Panchaligam | Akershus | 8,17 |
| 3 | 136 | Johan Kristoffersen | Hedmark | 8,17 |
| 4 | 182 | Daniel Lund | Oslo | 8,66 |
| 5 | 72 | Stian Klungland | Akershus | 8,71 |
| 6 | 66 | Petter Skattebøl | Akershus | 8,98 |
| 7 | 183 | Einar Waldrop | Oslo | 9,07 |
| 8 | 218 | Andre Johnsen | Telemark | 9,47 |

G-14**60 m, Finale**

Vind: +1.3

| | | | | |
|---|-----|-------------------------|----------|------|
| 1 | 208 | Quang Huy Huynh | Oslo | 7,57 |
| 2 | 13 | Christian H. Ellingstad | Akershus | 7,75 |
| 3 | 243 | Henrik Hamer | Vestfold | 7,81 |
| 4 | 51 | Markus Foss Johansen | Akershus | 7,87 |
| 5 | 136 | Johan Kristoffersen | Hedmark | 7,94 |
| 6 | 61 | Nivethan Panchaligam | Akershus | 7,95 |
| 7 | 148 | Peter Quarcoo | Hedmark | 8,04 |
| 8 | 204 | Nikolas Tonne | Oslo | 8,20 |

G-14**Høyde**

| | | | | | | | | | | | |
|----|-----|-------------------------|----------|------|------|------|------|------|------|------|------|
| 1 | 266 | Andreas H. Christiansen | Østfold | 1.62 | | | | | | | |
| | | 1.30 | 1.34 | 1.38 | 1.42 | 1.46 | 1.50 | 1.54 | 1.58 | 1.62 | 1.64 |
| | | o | o | o | o | o | o | o | o | o | xxx |
| 2 | 61 | Nivethan Panchaligam | Akershus | 1.58 | | | | | | | |
| | | 1.30 | 1.34 | 1.38 | 1.42 | 1.46 | 1.50 | 1.54 | 1.58 | 1.62 | |
| | | o | o | o | o | o | o | xxo | xo | xxx | |
| 3 | 179 | Alvin Aleksander Ghouas | Oslo | 1.58 | | | | | | | |
| | | 1.30 | 1.34 | 1.38 | 1.42 | 1.46 | 1.50 | 1.54 | 1.58 | 1.62 | |
| | | o | o | o | o | o | o | o | xxo | xxx | |
| 4 | 236 | Tor Alfred Bredesen | Telemark | 1.50 | | | | | | | |
| | | 1.30 | 1.34 | 1.38 | 1.42 | 1.46 | 1.50 | 1.54 | | | |
| | | o | o | o | o | o | o | xxx | | | |
| 5 | 23 | Henrik Brodkorb | Akershus | 1.50 | | | | | | | 1.50 |
| | | 1.38 | 1.42 | 1.46 | 1.50 | 1.54 | | | | | |
| | | o | o | o | xo | xxx | | | | | |
| 6 | 240 | Øystein Øverbø | Telemark | 1.46 | | | | | | | 1.46 |
| | | 1.30 | 1.34 | 1.38 | 1.42 | 1.46 | 1.50 | | | | |
| | | - | o | o | o | o | xxx | | | | |
| 6 | 193 | Johannes Sørli Hagerup | Oslo | 1.46 | | | | | | | 1.46 |
| | | 1.30 | 1.34 | 1.38 | 1.42 | 1.46 | 1.50 | | | | |
| | | o | o | o | o | o | xxx | | | | |
| 8 | 66 | Petter Skattebøl | Akershus | 1.42 | | | | | | | 1.42 |
| | | 1.30 | 1.34 | 1.38 | 1.42 | 1.46 | | | | | |
| | | o | o | o | xo | xxx | | | | | |
| 9 | 165 | Hans Herberg | Oppland | 1.34 | | | | | | | 1.34 |
| | | 1.30 | 1.34 | 1.38 | | | | | | | |
| | | o | o | xxx | | | | | | | |
| 10 | 162 | Fredrik Øveråsen | Oppland | 1.30 | | | | | | | 1.30 |
| | | 1.30 | 1.34 | | | | | | | | |
| | | o | xxx | | | | | | | | |
| 11 | 136 | Johan Kristoffersen | Hedmark | 1.30 | | | | | | | 1.30 |
| | | 1.30 | 1.34 | | | | | | | | |
| | | xo | xxx | | | | | | | | |
| | 106 | Mats Jacob Haukeland | Buskerud | | | | | | | | x |
| | | 1.30 | | | | | | | | | |
| | | xxx | | | | | | | | | |

G-14**Slegge**

| | | | | | | | |
|---|-------|-------------------------------|-------|-------|----------|-------|-------|
| 1 | 169 | Kjetil Røste Ringen | | | Oppland | | 41,69 |
| | - | - | - | - | - | 41,69 | |
| 2 | 211 | Sindre Henriksen | | | Oslo | | 41,05 |
| | - | 37,65 | 38,28 | - | - | 41,05 | |
| 3 | 26 | Haakon Telle Bø | | | Akershus | | 27,64 |
| | 24,44 | 25,48 | 24,63 | 19,90 | 27,64 | 25,12 | |
| 4 | 148 | Peter Quarcoo | | | Hedmark | | 27,43 |
| | - | - | - | 26,23 | 27,43 | 26,78 | |
| 5 | 56 | Mathias Koritzinsky Hillestad | | | Akershus | | 26,75 |
| | 20,54 | 20,92 | 19,28 | 19,38 | 25,08 | 26,75 | |
| 6 | 163 | Gaute Nilsen Sebak | | | Oppland | | 25,26 |
| | - | 23,16 | 23,67 | 22,24 | 25,26 | - | |
| 7 | 271 | Fredrik Gaarder | | | Østfold | | 18,89 |
| | 15,17 | 17,30 | 18,66 | - | 18,89 | x | |

G-14**Spyd**

| | | | | | | | | | | |
|----|-----|-------------------------------|----------|-------|-------|-------|-------|-------|-------|-------|
| 1 | 51 | Markus Foss Johansen | Akershus | 42,88 | 40,66 | 41,38 | 41,86 | - | 41,66 | 42,88 |
| 2 | 294 | Truls Røraas | Østfold | 38,79 | 38,45 | 39,82 | x | x | 38,74 | 39,82 |
| 3 | 163 | Gaute Nilsen Sebak | Oppland | 31,90 | x | x | 30,48 | 35,54 | 38,29 | 38,29 |
| 4 | 211 | Sindre Henriksen | Oslo | 34,32 | 35,08 | x | 37,35 | x | x | 37,35 |
| 5 | 106 | Mats Jacob Haukeland | Buskerud | x | 34,54 | 31,70 | 32,63 | 31,76 | 35,82 | 35,82 |
| 6 | 228 | Jonas Mjeltevik Halvorsen | Telemark | 35,24 | x | x | x | 33,40 | x | 35,24 |
| 7 | 62 | Ole Jacob Raa | Akershus | 27,59 | 29,19 | 34,10 | 30,99 | - | - | 34,10 |
| 8 | 271 | Fredrik Gaarder | Østfold | 33,91 | 33,41 | x | 33,38 | 31,42 | 32,36 | 33,91 |
| 9 | 23 | Henrik Brodkorb | Akershus | x | 27,97 | 31,60 | | | | 31,60 |
| 10 | 155 | Vebjørn Gilde | Hedmark | 27,46 | 26,28 | 29,92 | | | | 29,92 |
| 11 | 56 | Mathias Koritzinsky Hillestad | Akershus | x | x | 29,85 | | | | 29,85 |
| 12 | 151 | Simen Rismyr Engelund | Hedmark | 27,76 | 28,20 | 28,02 | | | | 28,02 |
| 13 | 184 | Fredrik Ole Oldereid Andersen | Oslo | 22,23 | 22,98 | x | | | | 22,98 |
| 14 | 241 | Aleksander Nørgaard | Vestfold | 15,66 | 15,18 | 19,92 | | | | 19,92 |
| 15 | 2 | Adrian Hallgren | Akershus | 17,19 | x | x | | | | 17,19 |
| 16 | 126 | Espen Gundersen Rusten | Hedmark | 15,23 | x | 12,55 | | | | 12,55 |
| | 161 | Erik Engen Korseth | Oppland | - | - | - | | | | - |

G-14**Tresteg****(Satssone 50cm)**

| | | | | |
|----|-------|-------------------------|----------|-------|
| 1 | 179 | Alvin Aleksander Ghouas | Oslo | 11,63 |
| | -1,4 | 0,0 | +0,6 | -2,6 |
| | 11,45 | 11,63 | 11,49 | 11,36 |
| | | | | x |
| | | | | -1,9 |
| | | | | 11,57 |
| 2 | 291 | Thor Erik Solberg | Østfold | 11,41 |
| | -2,2 | -1,2 | 0,0 | -1,9 |
| | 11,13 | 10,96 | 11,41 | x |
| | | | | 10,61 |
| | | | | 10,41 |
| 3 | 151 | Simen Rismyr Engelund | Hedmark | 11,13 |
| | -1,7 | -1,5 | | -1,8 |
| | 11,13 | 10,98 | x | 11,02 |
| | | | | -1,5 |
| | | | | 2,1 |
| | | | | 10,97 |
| | | | | 11,01 |
| 4 | 232 | Simen Sigurdson | Telemark | 11,01 |
| | -0,9 | -0,1 | | -1,8 |
| | 10,89 | 10,98 | x | 10,87 |
| | | | | ,0,8 |
| | | | | -2,1 |
| | | | | 10,84 |
| | | | | 11,01 |
| 5 | 266 | Andreas H. Christiansen | Østfold | 10,89 |
| | | | | -1,8 |
| | | | | -2,9 |
| | | | | -2,2 |
| | x | x | 10,73 | 10,30 |
| | | | | x |
| | | | | 10,89 |
| 6 | 240 | Øystein Øverbø | Telemark | 10,51 |
| | | | | -1,3 |
| | x | 10,51 | x | - |
| | | | | - |
| | | | | - |
| 7 | 287 | Pål Talos | Østfold | 10,28 |
| | -2,4 | 0,0 | | |
| | 10,01 | 10,28 | x | x |
| | | | | x |
| | | | | - |
| 8 | 193 | Johannes Sørli Hagerup | Oslo | 10,21 |
| | -1,1 | +0,2 | | -2,0 |
| | 9,97 | 10,13 | x | 9,98 |
| | | | | 10,21 |
| | | | | x |
| 9 | 243 | Henrik Hamer | Vestfold | 10,11 |
| | -0,8 | | | |
| | 10,11 | - | - | |
| 10 | 18 | Eivind Drabløs | Akershus | 9,93 |
| | | | | +0,1 |
| | | | | -0,4 |
| | x | 9,93 | 9,68 | |
| 11 | 285 | Niklas Aas Skovdal | Østfold | 9,46 |
| | | | | -0,7 |
| | x | x | 9,46 | |
| 12 | 183 | Einar Waldrop | Oslo | 8,90 |
| | -0,9 | +1,1 | | |
| | 8,90 | 8,35 | x | |
| 13 | 218 | Andre Johnsen | Telemark | 7,77 |
| | -3,0 | +0,2 | +0,4 | |
| | 7,44 | 7,72 | 7,77 | |

J-13**1500 m**

| | | | | |
|----|-----|---------------------------|----------|---------|
| 1 | 36 | Julie Vollum Bø | Akershus | 5,00,43 |
| 2 | 78 | Vilde Ryen | Akershus | 5,06,96 |
| 3 | 178 | Vibeke Linn | Oppland | 5,08,61 |
| 4 | 19 | Else Loge | Akershus | 5,11,43 |
| 5 | 224 | Frida Thorsås | Telemark | 5,13,97 |
| 6 | 172 | Marie Renee Gangsø | Oppland | 5,15,61 |
| 7 | 108 | Rebekka Norvik | Buskerud | 5,18,73 |
| 8 | 25 | Henrikke Kongsten Tømt | Akershus | 5,20,83 |
| 9 | 41 | Kristine Vognild | Akershus | 5,23,55 |
| 10 | 181 | Anniken Henriksen | Oslo | 5,26,69 |
| 11 | 296 | Aurora Solbakken Andersen | Akershus | 5,27,63 |
| 12 | 269 | Charlotte Saxegård | Østfold | 5,32,09 |
| 13 | 100 | Lenita Lien | Buskerud | 5,37,30 |
| 14 | 254 | Marthe Gløersen | Vestfold | 5,41,59 |
| 15 | 186 | Hedvig Åstebøl | Oslo | 5,58,11 |
| 16 | 212 | Synne Myhre | Oslo | 6,04,76 |
| | 273 | Ida Høgaas | Østfold | DNS |

J-13**200 m hekk****Heat: 1**

Vind: +1.2

| | | | | |
|---|-----|------------------------|----------|-------|
| 1 | 89 | Hanna Sofie Nygård | Buskerud | 34,30 |
| 2 | 278 | Karen Sjølie | Østfold | 35,05 |
| | 258 | Oda Theimann | Vestfold | DNS |
| | 216 | Trine Tryggestad Berre | Oslo | DNS |
| | 140 | Lovise Kyllingstad | Hedmark | DNS |

Heat: 2

Vind: +1.2

| | | | | |
|---|-----|-------------------------|----------|-------|
| 1 | 283 | Maren Sofie H. Andersen | Østfold | 32,93 |
| 2 | 48 | Marianne Husby | Akershus | 33,24 |
| 3 | 7 | Anna Linnea Gunvaldsen | Akershus | 34,47 |
| 4 | 164 | Gine Granheim | Oppland | 35,72 |
| 5 | 37 | Kaja Høvik Sivertsen | Akershus | 35,95 |

Heat: 3

Vind: +1.9

| | | | | |
|---|-----|------------------|----------|-------|
| 1 | 157 | Anne Marte Morka | Oppland | 32,30 |
| 2 | 108 | Rebekka Norvik | Buskerud | 33,74 |
| 3 | 245 | Ida Dåstøl | Vestfold | 35,36 |
| | 224 | Frida Thorsås | Telemark | DNF |
| | 230 | Line Gjerde | Telemark | DNS |

Plassering Totalt

| | | | | |
|----|-----|-------------------------|----------|-------|
| 1 | 157 | Anne Marte Morka | Oppland | 32,30 |
| 2 | 283 | Maren Sofie H. Andersen | Østfold | 32,93 |
| 3 | 48 | Marianne Husby | Akershus | 33,24 |
| 4 | 108 | Rebekka Norvik | Buskerud | 33,74 |
| 5 | 89 | Hanna Sofie Nygård | Buskerud | 34,30 |
| 6 | 7 | Anna Linnea Gunvaldsen | Akershus | 34,47 |
| 7 | 278 | Karen Sjølie | Østfold | 35,05 |
| 8 | 245 | Ida Dåstøl | Vestfold | 35,36 |
| 9 | 164 | Gine Granheim | Oppland | 35,72 |
| 10 | 37 | Kaja Høvik Sivertsen | Akershus | 35,95 |
| | 224 | Frida Thorsås | Telemark | DNF |
| | 140 | Lovise Kyllingstad | Hedmark | DNS |
| | 258 | Oda Theimann | Vestfold | DNS |
| | 216 | Trine Tryggestad Berre | Oslo | DNS |
| | 230 | Line Gjerde | Telemark | DNS |

J-13**60 m****Heat: 1**

Vind: -2.1

| | | | | |
|---|-----|-------------------|----------|------|
| 1 | 9 | Astrid Cederkvist | Akershus | 8,34 |
| 2 | 263 | Stine A. Bosheim | Vestfold | 8,69 |
| 3 | 54 | Martine Nilsen | Akershus | 8,96 |
| 4 | 77 | Vilde Eggesvik | Akershus | 9,28 |
| 5 | 45 | Malene Tveit | Akershus | 9,45 |
| 6 | 235 | Thea Oland | Telemark | 9,94 |
| 7 | 261 | Sara Dolva | Vestfold | 9,99 |

Heat: 2

Vind: -1.0

| | | | | |
|---|-----|------------------------|----------|------|
| 1 | 207 | Phylis Boateng-Gyamfi | Oslo | 8,57 |
| 2 | 89 | Hanna Sofie Nygård | Buskerud | 9,07 |
| 3 | 172 | Marie Renee Gangsø | Oppland | 9,31 |
| 4 | 286 | Nora Økstad Gjeldnes | Østfold | 9,36 |
| 5 | 40 | Kristine Fausa Aasberg | Akershus | 9,39 |
| 6 | 171 | Mari Korslien | Oppland | 9,87 |
| | 156 | Anna Ødegård Lauen | Oppland | DNS |

Heat: 3

Vind: -1.1

| | | | | |
|---|-----|----------------------|----------|------|
| 1 | 230 | Line Gjerde | Telemark | 8,64 |
| 2 | 213 | Titio Sesai | Oslo | 8,80 |
| 3 | 58 | Munda Mkanda | Akershus | 8,82 |
| 4 | 52 | Marte Frøyhaug | Akershus | 9,16 |
| 5 | 168 | Karoline Heggen | Oppland | 9,19 |
| 6 | 105 | Mathilde S. Endrerud | Buskerud | 9,35 |
| 7 | 107 | Nora Jøntvedt | Buskerud | 9,56 |
| 8 | 158 | Christine Korslien | Oppland | 9,63 |

Heat: 4

Vind: -0.6

| | | | | |
|---|-----|----------------------|----------|------|
| 1 | 30 | Ingeborg S.Rønningen | Akershus | 8,63 |
| 2 | 109 | Siri Kleiv | Buskerud | 8,85 |
| 3 | 278 | Karen Sjølie | Østfold | 9,07 |
| 4 | 96 | Johanne Hagelund | Buskerud | 9,30 |
| 5 | 238 | Veronica Undseth | Telemark | 9,40 |
| 6 | 110 | Solveig Løken | Buskerud | 9,47 |
| 7 | 113 | Sunniva Brox | Buskerud | 9,66 |

| | | | | |
|----------------|-----|-------------------------|----------|------|
| | 34 | Julie Glimsdal | Akershus | DNS |
| Heat: 5 | | Vind: +0.0 | | |
| 1 | 17 | Eirin Nordli Paulsen | Akershus | 8,82 |
| 2 | 38 | Kristin Haugstad | Akershus | 8,82 |
| 3 | 274 | Josefine Danielsen | Østfold | 8,99 |
| 4 | 81 | Ane Dahlen | Buskerud | 9,05 |
| 5 | 46 | Mari Nilsen | Akershus | 9,13 |
| 6 | 189 | Ingrid Brodin Lien | Oslo | 9,54 |
| | 273 | Ida Høgaas | Østfold | DNS |
| | 174 | Signe Dalen Øversveen | Oppland | DNS |
| Heat: 6 | | Vind: -1.3 | | |
| 1 | 283 | Maren Sofie H. Andersen | Østfold | 8,46 |
| 2 | 216 | Trine Tryggestad Berre | Oslo | 9,22 |
| 3 | 202 | Marte Helle Schia | Oslo | 9,24 |
| 4 | 103 | Maren Elise Rognerud | Buskerud | 9,29 |
| 5 | 82 | Anna Oline Skeie | Buskerud | 9,52 |
| 6 | 247 | Karoline Idås | Vestfold | 9,59 |
| | 149 | Rikke Ottesen | Hedmark | DNS |
| | 140 | Lovise Kyllingstad | Hedmark | DNS |

J-13**60 m, Finale**

| | | | | |
|---|-----|-------------------------|----------|------|
| | | Vind: +2.3 | | |
| 1 | 9 | Astrid Cederkvist | Akershus | 8,01 |
| 2 | 283 | Maren Sofie H. Andersen | Østfold | 8,09 |
| 3 | 207 | Phylis Boateng-Gyamfi | Oslo | 8,26 |
| 4 | 263 | Stine A. Bosheim | Vestfold | 8,33 |
| 5 | 230 | Line Gjerde | Telemark | 8,39 |
| 6 | 30 | Ingeborg S.Rønningen | Akershus | 8,40 |
| 7 | 213 | Titio Sesai | Oslo | 8,74 |
| 8 | 58 | Munda Mkanda | Akershus | 8,79 |

J-13**Høyde**

| | | | | | | |
|----|------|------------------------|------|------|----------|------|
| 1 | 48 | Marianne Husby | | | Akershus | 1,52 |
| | 1,36 | 1,40 | 1,44 | 1,48 | 1,52 | 1,56 |
| | xo | xo | o | xxo | xo | xxx |
| 2 | 214 | Tora Spangen Normann | | | Oslo | 1,52 |
| | 1,32 | 1,36 | 1,40 | 1,44 | 1,48 | 1,52 |
| | o | o | xo | o | o | xxx |
| 3 | 157 | Anne Marte Morka | | | Oppland | 1,48 |
| | 1,32 | 1,36 | 1,40 | 1,44 | 1,48 | 1,52 |
| | o | o | o | o | xxo | xxx |
| 4 | 102 | Louise Eknæs | | | Buskerud | 1,44 |
| | 1,36 | 1,40 | 1,44 | 1,48 | | |
| | o | xo | o | xxx | | |
| 5 | 288 | Silje Stenersrød | | | Østfold | 1,40 |
| | 1,28 | 1,32 | 1,40 | 1,44 | | |
| | o | o | o | xxx | | |
| 6 | 39 | Kristin Skolt | | | Akershus | 1,40 |
| | 1,28 | 1,32 | 1,36 | 1,40 | 1,44 | |
| | o | o | xo | o | xxx | |
| 7 | 103 | Maren Elise Rognerud | | | Buskerud | 1,36 |
| | 1,20 | 1,21 | 1,28 | 1,32 | 1,36 | 1,40 |
| | o | o | xxo | xo | xxo | xxx |
| 8 | 108 | Rebekka Norvik | | | Buskerud | 1,32 |
| | 1,24 | 1,28 | 1,32 | 1,36 | 1,40 | |
| | o | o | o | - | xxx | |
| 8 | 274 | Josefine Danielsen | | | Østfold | 1,32 |
| | 1,20 | 1,24 | 1,28 | 1,32 | 1,36 | |
| | o | o | o | o | xxx | |
| 10 | 295 | Pernille Olsen | | | Østfold | 1,32 |
| | 1,20 | 1,24 | 1,28 | 1,32 | 1,36 | |
| | o | xo | o | o | xxx | |
| 11 | 245 | Ida Dåstøl | | | Vestfold | 1,28 |
| | 1,20 | 1,24 | 1,28 | 1,32 | | |
| | o | xo | o | xxx | | |
| 11 | 38 | Kristin Haugstad | | | Akershus | 1,28 |
| | 1,24 | 1,28 | 1,32 | | | |
| | o | o | xxx | | | |
| 13 | 246 | Julie Firing | | | Vestfold | 1,28 |
| | 1,20 | 1,24 | 1,28 | 1,32 | | |
| | o | o | xo | xxx | | |
| 14 | 7 | Anna Linnea Gunvaldsen | | | Akershus | 1,24 |
| | 1,24 | 1,28 | | | | |
| | o | xxx | | | | |
| 15 | 158 | Christine Korslien | | | Oppland | 1,24 |
| | 1,20 | 1,24 | 1,28 | | | |
| | o | xo | xxx | | | |

J-13**Slegge**

| | | | | | | | |
|----|-----|--------------------------|-------|-------|-------|----------|-------|
| 1 | 288 | Silje Stenersrød | | | | Østfold | 47,10 |
| | | | 47,10 | 46,61 | 45,80 | x | x |
| | | | | | | | 45,30 |
| 2 | 43 | Lisa Farstad | | | | Akershus | 38,48 |
| | | | x | x | 34,66 | x | x |
| | | | | | | | 38,48 |
| 3 | 230 | Line Gjerde | | | | Telemark | 33,11 |
| | | | 33,11 | x | x | 28,80 | 28,98 |
| | | | | | | | 31,35 |
| 4 | 30 | Ingeborg S.Rønningen | | | | Akershus | 30,34 |
| | | | 27,34 | 27,92 | 25,93 | x | 30,34 |
| | | | | | | | 25,97 |
| 5 | 290 | Sunniva Gram Andersen | | | | Østfold | 26,17 |
| | | | x | 26,17 | 25,96 | 25,06 | x |
| | | | | | | | x |
| 6 | 14 | Clara Hellan Larsen | | | | Akershus | 25,73 |
| | | | 24,78 | x | 24,48 | 25,73 | 24,03 |
| | | | | | | | 23,83 |
| 7 | 98 | Katja Dundic | | | | Buskerud | 23,02 |
| | | | 23,02 | 21,51 | 21,37 | 22,68 | 22,79 |
| | | | | | | | x |
| 8 | 254 | Marthe Gløersen | | | | Vestfold | 22,94 |
| | | | 20,18 | x | 22,51 | 22,94 | x |
| | | | | | | | 21,57 |
| 9 | 90 | Hanne Holmquist | | | | Buskerud | 20,16 |
| | | | 19,90 | 20,16 | x | | |
| 10 | 97 | Julie Krokedal | | | | Buskerud | 19,85 |
| | | | 19,85 | x | 18,96 | | |
| 11 | 114 | Synne Ebbesberg Rolfsrud | | | | Buskerud | 16,88 |
| | | | 16,27 | 16,88 | - | | |
| 12 | 194 | Julie Farseth Berg | | | | Oslo | 15,86 |
| | | | x | x | 15,86 | | |
| | 267 | Caroline Herlovsen | | | | Østfold | x |
| | | | x | x | x | | |
| | 139 | Linnea Sæther Sandbakk | | | | Hedmark | x |
| | | | x | x | x | | |

J-13**Spyd**

| | | | | | | | |
|----|-----|------------------------|-------|-------|-------|----------|-------|
| 1 | 14 | Clara Hellan Larsen | | | | Akershus | 35,22 |
| | | 34,88 | 33,21 | 33,95 | x | x | 35,22 |
| 2 | 81 | Ane Dahlen | | | | Buskerud | 34,89 |
| | | 31,61 | 29,97 | 31,23 | 33,60 | 32,08 | 34,89 |
| 3 | 30 | Ingeborg S.Rønningen | | | | Akershus | 32,22 |
| | | x | 26,63 | 32,22 | x | 27,50 | x |
| 4 | 288 | Silje Stenersrød | | | | Østfold | 30,50 |
| | | 30,50 | x | x | 28,00 | x | x |
| 5 | 76 | Veronika Bilden | | | | Akershus | 29,52 |
| | | 23,27 | 23,39 | 29,52 | 27,88 | 26,96 | 24,19 |
| 6 | 164 | Gine Granheim | | | | Oppland | 29,02 |
| | | 28,53 | 29,02 | x | x | 25,63 | x |
| 7 | 36 | Julie Vollum Bø | | | | Akershus | 25,00 |
| | | 18,97 | 21,70 | 20,10 | 20,88 | 25,00 | 24,37 |
| 8 | 245 | Ida Dåstøl | | | | Vestfold | 22,34 |
| | | 19,33 | 22,34 | 18,11 | x | 21,85 | x |
| 9 | 139 | Linnea Sæther Sandbakk | | | | Hedmark | 19,41 |
| | | 18,69 | 19,41 | 19,23 | | | |
| 10 | 110 | Solveig Løken | | | | Buskerud | 18,76 |
| | | 18,70 | 18,76 | 18,05 | | | |
| 11 | 261 | Sara Dolva | | | | Vestfold | 17,69 |
| | | 17,69 | 16,36 | 16,70 | | | |
| 12 | 90 | Hanne Holmquist | | | | Buskerud | 16,85 |
| | | 16,85 | 14,97 | 15,84 | | | |
| 13 | 194 | Julie Farseth Berg | | | | Oslo | 15,88 |
| | | 15,88 | x | 15,76 | | | |
| 14 | 98 | Katja Dundic | | | | Buskerud | 15,70 |
| | | 12,71 | 15,70 | x | | | |
| 15 | 290 | Sunniva Gram Andersen | | | | Østfold | 14,17 |
| | | 14,17 | x | x | | | |
| 16 | 97 | Julie Krokedal | | | | Buskerud | 13,94 |
| | | 12,69 | 13,87 | 13,94 | | | |
| 17 | 119 | Åse Reistad | | | | Buskerud | 12,82 |
| | | 12,70 | x | 12,82 | | | |
| | 295 | Pernille Olsen | | | | Østfold | - |
| | - | - | - | | | | |
| | 181 | Anniken Henriksen | | | | Oslo | x |
| | | x | x | x | | | |
| | 214 | Tora Spangen Normann | | | | Oslo | x |
| | | x | x | x | | | |

J-13**Tresteg****(Satssone 50cm)**

| | | | | |
|----|------|------------------------|----------|-------|
| 1 | 207 | Phylis Boateng-Gyamfi | Oslo | 10,09 |
| | -1,8 | -1,8 | -1,4 | -0,9 |
| | -0,6 | -2,0 | | |
| | 9,73 | 9,91 | 10,09 | 9,49 |
| | | | | 10,05 |
| | | | | 9,79 |
| 2 | 96 | Johanne Hagelund | Buskerud | 9,97 |
| | -1,0 | -1,5 | -1,3 | -1,3 |
| | -0,9 | -0,8 | | |
| | 9,02 | 9,63 | 9,89 | 9,63 |
| | | | | 9,61 |
| | | | | 9,97 |
| 3 | 214 | Tora Spangen Normann | Oslo | 9,93 |
| | -1,1 | -2,9 | -2,1 | -0,9 |
| | -0,2 | | | |
| | 9,89 | 9,68 | 9,87 | x |
| | | | | 9,93 |
| | | | | 9,77 |
| 4 | 157 | Anne Marte Morka | Oppland | 9,76 |
| | -2,6 | -2,9 | -2,2 | -1,8 |
| | -1,5 | -1,7 | | |
| | 9,37 | 9,35 | 9,67 | 9,66 |
| | | | | 9,70 |
| | | | | 9,76 |
| 5 | 224 | Frida Thorsås | Telemark | 9,66 |
| | | -3,7 | -1,3 | -1,8 |
| | | | | |
| | 9,41 | 9,3 | 9,66 | 9,39 |
| | | | | - |
| | | | | - |
| 6 | 39 | Kristin Skolt | Akershus | 9,56 |
| | | -2,9 | -1,6 | |
| | | | | -1,4 |
| | x | 9,41 | 9,33 | x |
| | | | | x |
| | | | | 9,56 |
| 7 | 246 | Julie Firing | Vestfold | 9,33 |
| | -1,8 | -1,5 | -1,7 | -1,3 |
| | -0,8 | | | |
| | 9,12 | 9,04 | 9,21 | x |
| | | | | 9,33 |
| | | | | 9,21 |
| 8 | 258 | Oda Theimann | Vestfold | 9,15 |
| | -1,6 | -2,6 | -2,2 | -1,6 |
| | | | | |
| | 9,12 | 9,15 | x | 8,90 |
| | | | | 9,07 |
| | | | | x |
| 9 | 109 | Siri Kleiv | Buskerud | 9,13 |
| | -2,7 | -1,3 | -1,7 | |
| | | | | |
| | 9,00 | 9,13 | 8,59 | |
| 10 | 7 | Anna Linnea Gunvaldsen | Akershus | 8,90 |
| | | -1,4 | | |
| | x | 8,90 | x | |
| 11 | 58 | Munda Mkanda | Akershus | 8,76 |
| | -2,7 | -3,0 | -1,4 | |
| | | | | |
| | 8,76 | 8,58 | 8,59 | |
| 12 | 212 | Synne Myhre | Oslo | 8,68 |
| | -1,8 | -1,3 | -2,6 | |
| | | | | |
| | 8,68 | 8,39 | 8,49 | |
| 13 | 286 | Nora Økstad Gjeldnes | Østfold | 8,53 |
| | -2,1 | | -1,9 | |
| | | | | |
| | 8,53 | x | 7,99 | |
| 14 | 168 | Karoline Heggen | Oppland | 8,52 |
| | -2,3 | -1,9 | | |
| | | | | |
| | 8,23 | 8,52 | x | |
| 15 | 238 | Veronica Undseth | Telemark | 8,44 |
| | -1,6 | -2,7 | | |
| | | | | |
| | 8,44 | 8,02 | x | |

| | | | | |
|----|------|-------------------|----------|------|
| 16 | 278 | Karen Sjølie | Østfold | 8,43 |
| | -1,6 | -2,0 | -3,0 | |
| | 8,42 | 8,18 | 8,43 | |
| 17 | 202 | Marte Helle Schia | Oslo | 8,43 |
| | -2,4 | -1,9 | | |
| | 8,43 | 8,27 | x | |
| 18 | 54 | Martine Nilsen | Akershus | 7,15 |
| | -2,5 | | | |
| | 7,15 | x | x | |

J-14**1500 m**

Vind: +0.8

| | | | | |
|----|-----|----------------------------|----------|---------|
| 1 | 276 | Julie Frøslev Mathisen | Østfold | 5,00,69 |
| 2 | 74 | Tonje Granne Kvale | Akershus | 5,01,06 |
| 3 | 29 | Ingeborg Røe | Akershus | 5,03,78 |
| 4 | 242 | Anna Ulvensøen | Vestfold | 5,07,24 |
| 5 | 150 | Sigrid Sugaren | Hedmark | 5,13,27 |
| 6 | 141 | Maja Solbakken | Hedmark | 5,19,28 |
| 7 | 192 | Johanne Ligaard Brynildsen | Oslo | 5,20,48 |
| 8 | 210 | Selma Kolsrud | Oslo | 5,23,73 |
| 9 | 167 | Janna Ballangrud | Oppland | 5,25,98 |
| 10 | 121 | Ann Kristin Strøm | Hedmark | 5,27,51 |
| 11 | 233 | Susanne Vale | Telemark | 5,28,00 |
| 12 | 28 | Ine Marie Raa | Akershus | 5,31,90 |
| 13 | 187 | Ida Guttormsen | Oslo | 5,35,87 |
| 14 | 166 | Ine Ellestad Nereng | Oppland | 5,42,88 |
| | 250 | Marie Styrvold | Vestfold | DNS |

J-14**200 m hekk****Heat: 1**

Vind: +1.9

| | | | | |
|---|-----|----------------------|----------|-------|
| 1 | 147 | Nora Nedkvitne | Hedmark | 35,34 |
| 2 | 188 | Ida Hulbaklien Bakke | Oslo | 37,31 |
| 3 | 4 | Amalie Brobakken | Akershus | 37,64 |
| 4 | 166 | Ine Ellestad Nereng | Oppland | 39,10 |
| | 159 | Elin Eide Brøste | Oppland | DNS |

Heat: 2

Vind: +1.3

| | | | | |
|---|-----|----------------------|----------|-------|
| 1 | 289 | Stine Tollefsen | Østfold | 36,31 |
| 2 | 99 | Katrine Bjørkedokken | Buskerud | 37,58 |
| 3 | 262 | Sofie Nebdal | Vestfold | 44,88 |
| | 125 | Emma Marie Skjærstad | Hedmark | DNS |
| | 1 | Abby Brobakken | Akershus | DNS |

Heat: 3

Vind: +1.2

| | | | | |
|---|-----|---------------------|----------|-------|
| 1 | 195 | Karoline Johannesen | Oslo | 32,20 |
| 2 | 256 | Martine Gjennestad | Vestfold | 33,26 |
| 3 | 234 | Synne Sørensen | Telemark | 33,49 |
| 4 | 28 | Ine Marie Raa | Akershus | 34,10 |
| 5 | 21 | Ester Kate Janson | Akershus | 36,34 |

Plassering Totalt

| | | | | |
|----|-----|----------------------|----------|-------|
| 1 | 195 | Karoline Johannesen | Oslo | 32,20 |
| 2 | 256 | Martine Gjennestad | Vestfold | 33,26 |
| 3 | 234 | Synne Sørensen | Telemark | 33,49 |
| 4 | 28 | Ine Marie Raa | Akershus | 34,10 |
| 5 | 147 | Nora Nedkvitne | Hedmark | 35,34 |
| 6 | 289 | Stine Tollefsen | Østfold | 36,31 |
| 7 | 21 | Ester Kate Janson | Akershus | 36,34 |
| 8 | 188 | Ida Hulbaklien Bakke | Oslo | 37,31 |
| 9 | 99 | Katrine Bjørkedokken | Buskerud | 37,58 |
| 10 | 4 | Amalie Brobakken | Akershus | 37,64 |
| 11 | 166 | Ine Ellestad Nereng | Oppland | 39,10 |
| 12 | 262 | Sofie Nebdal | Vestfold | 44,88 |
| | 125 | Emma Marie Skjærstad | Hedmark | DNS |
| | 159 | Elin Eide Brøste | Oppland | DNS |
| | 1 | Abby Brobakken | Akershus | DNS |

J-14**60 m****Heat: 1**

Vind: -0.8

| | | | | |
|---|-----|----------------------|----------|------|
| 1 | 53 | Marte Jørgensen | Akershus | 8,04 |
| 2 | 198 | Louisa Ampomah | Oslo | 8,38 |
| 3 | 32 | Johanna Gateman | Akershus | 8,76 |
| 4 | 225 | Guro Skaraas Johnsen | Telemark | 8,99 |
| 5 | 11 | Carina B. Svendsen | Akershus | 9,21 |
| 6 | 199 | Madeleine Leinstad | Oslo | 9,30 |
| | 135 | Ingrid Myren Moe | Hedmark | DNS |

Heat: 2

Vind: +0.1

| | | | | |
|---|-----|------------------------|----------|------|
| 1 | 244 | Ida Bakke Hansen | Vestfold | 8,30 |
| 2 | 268 | Cecilie Veronica Olsen | Østfold | 8,56 |
| 3 | 85 | Cecilie Nymoene | Buskerud | 8,85 |
| 4 | 99 | Katrine Bjørkedokken | Buskerud | 8,95 |
| 5 | 201 | Marie Engebakken Kvam | Oslo | 9,23 |
| 6 | 282 | Linn Elise Huse | Østfold | 9,74 |
| | 142 | Maren Liven | Hedmark | DNS |
| | 3 | Agnete Astrup | Akershus | DNS |

Heat: 3

Vind: +1.0

| | | | | |
|---|-----|--------------------------|----------|------|
| 1 | 144 | Maria Teigland | Hedmark | 8,52 |
| 2 | 57 | Michelle Aloyseus | Akershus | 8,85 |
| 3 | 123 | Christina Vangen Bråthen | Hedmark | 9,10 |
| 4 | 251 | Marit Liebe Harneshaug | Vestfold | 9,15 |
| 5 | 118 | Vilde Nistad Strandos | Buskerud | 9,42 |
| 6 | 229 | Katharina E. Bøe | Telemark | 9,46 |
| 7 | 104 | Marie Rolland Enger | Buskerud | 9,64 |
| | 195 | Karoline Johannesen | Oslo | DNS |

Heat: 4

Vind: +2.8

| | | | | |
|---|-----|-----------------|----------|------|
| 1 | 176 | Trine Knutsen | Oppland | 8,44 |
| 2 | 222 | Emma Øren | Telemark | 8,62 |
| 3 | 262 | Sofie Nebdal | Vestfold | 8,72 |
| 4 | 12 | Caroline Tenold | Akershus | 8,84 |
| 5 | 112 | Stine Dombu | Buskerud | 9,16 |
| 6 | 124 | Elise Sand | Hedmark | 9,17 |

| | | | | |
|----------------|-----|---------------------|----------|------|
| | 55 | Martine Østlie | Akershus | DNS |
| Heat: 5 | | Vind: +2.1 | | |
| 1 | 42 | Lene Marie Hansen | Akershus | 8,33 |
| 2 | 79 | Aase Marie Brown | Akershus | 8,59 |
| 3 | 10 | Camilla Rønn Illidi | Akershus | 8,66 |
| 4 | 234 | Synne Sørensen | Telemark | 8,75 |
| 5 | 219 | Caroline Lunde | Telemark | 9,00 |
| | 68 | Siri Stene | Akershus | DNS |
| | 117 | Trine Dammen | Buskerud | DNS |
| | 159 | Elin Eide Brøste | Oppland | DNS |

J-14**60 m, Finale**

| | | | | |
|---|-----|------------------------|----------|------|
| | | Vind: +1.9 | | |
| 1 | 53 | Marte Jørgensen | Akershus | 7,87 |
| 2 | 244 | Ida Bakke Hansen | Vestfold | 8,15 |
| 3 | 42 | Lene Marie Hansen | Akershus | 8,28 |
| 4 | 198 | Louisa Ampomah | Oslo | 8,35 |
| 5 | 176 | Trine Knutsen | Oppland | 8,36 |
| 6 | 144 | Maria Teigland | Hedmark | 8,45 |
| 7 | 268 | Cecilie Veronica Olsen | Østfold | 8,47 |
| 8 | 79 | Aase Marie Brown | Akershus | 8,70 |

J-14**Høyde**

| | | | | | | | | | |
|----|------|----------------------------|------|----------|------|------|------|------|------|
| 1 | 256 | Martine Gjennestad | | Vestfold | | | | | 1,60 |
| | 1,41 | 1,45 | 1,49 | 1,53 | 1,56 | 1,58 | 1,60 | 1,62 | |
| | o | o | o | xxo | xxo | o | xxo | xxx | |
| 2 | 68 | Siri Stene | | Akershus | | | | | 1,45 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | 1,45 | 1,49 | | |
| | - | - | o | o | o | o | xxx | | |
| 2 | 3 | Agnete Astrup | | Akershus | | | | | 1,45 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | 1,45 | 1,49 | | |
| | - | o | o | o | o | o | xxx | | |
| 4 | 280 | Kathinka Scott Hansen | | Østfold | | | | | 1,45 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | 1,45 | 1,49 | | |
| | o | o | o | o | xo | o | xxx | | |
| 5 | 87 | Elisabeth Hammerstad | | Buskerud | | | | | 1,45 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | 1,45 | 1,49 | | |
| | o | o | o | o | o | xo | xxx | | |
| 5 | 281 | Katrine Mjønes | | Østfold | | | | | 1,45 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | 1,45 | 1,49 | | |
| | o | o | o | o | o | xo | xxx | | |
| 7 | 8 | Annika Tollefsen | | Akershus | | | | | 1,41 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | 1,45 | | | |
| | - | - | - | o | o | xxx | | | |
| 8 | 28 | Ine Marie Raa | | Akershus | | | | | 1,37 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | | | | |
| | o | o | xo | o | xxx | | | | |
| 9 | 55 | Martine Østlie | | Akershus | | | | | 1,37 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | | | | |
| | o | o | o | xo | xxx | | | | |
| 10 | 142 | Maren Liven | | Hedmark | | | | | 1,37 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | | | | |
| | xo | o | o | xxo | xxx | | | | |
| 11 | 134 | Ida Solvang | | Hedmark | | | | | 1,37 |
| | 1,25 | 1,29 | 1,33 | 1,37 | 1,41 | | | | |
| | o | o | xxo | xxo | xxx | | | | |
| 12 | 131 | Guro Trolldalen Ninive | | Hedmark | | | | | 1,33 |
| | 1,25 | 1,29 | 1,33 | 1,37 | | | | | |
| | o | o | o | xxx | | | | | |
| 13 | 225 | Guro Skaraas Johnsen | | Telemark | | | | | 1,33 |
| | 1,25 | 1,29 | 1,33 | 1,37 | | | | | |
| | o | o | xo | xxx | | | | | |
| 14 | 192 | Johanne Ligaard Brynildsen | | Oslo | | | | | 1,33 |
| | 1,25 | 1,29 | 1,33 | 1,37 | | | | | |
| | xo | xo | xo | xxx | | | | | |
| 15 | 147 | Nora Nedkvitne | | Hedmark | | | | | 1,33 |
| | 1,25 | 1,29 | 1,33 | 1,37 | | | | | |
| | xxo | xo | xxo | xxx | | | | | |
| 16 | 284 | Michela Baldachino | | Østfold | | | | | 1,29 |
| | 1,25 | 1,29 | 1,33 | | | | | | |
| | o | o | xxx | | | | | | |

| | | | | | |
|----|------|-----------------------|------|----------|------|
| 17 | 154 | Tonje Brattås Sagheim | | Hedmark | 1,29 |
| | 1,25 | 1,29 | 1,33 | | |
| | o | xo | xxx | | |
| 18 | 11 | Carina B. Svendsen | | Akershus | 1,25 |
| | 1,25 | 1,29 | | | |
| | o | xxx | | | |
| 19 | 130 | Guro Graff | | Hedmark | 1,25 |
| | 1,25 | 1,29 | | | |
| | xo | xxx | | | |

J-14**Slegge**

| | | | | | |
|---|-------|------------------------|-------|----------|-------|
| 1 | 284 | Michela Baldachino | | Østfold | 41,61 |
| | 41,61 | x | x | x | x |
| 2 | 197 | Kristina Kristianslund | | Oslo | 31,40 |
| | 26,72 | 27,87 | x | 26,90 | 31,40 |
| | | | | | x |
| 3 | 134 | Ida Solvang | | Hedmark | 29,84 |
| | 29,84 | 25,81 | x | x | 24,60 |
| 4 | 27 | Ina Beate Fjellheim | | Akershus | 28,41 |
| | x | 28,41 | x | 26,71 | x |
| 5 | 256 | Martine Gjennestad | | Vestfold | 25,70 |
| | 25,70 | 25,59 | 23,77 | 23,70 | x |
| | | | | | x |
| 6 | 257 | Nora Junker | | Vestfold | 25,00 |
| | 24,31 | x | 25,00 | x | x |
| 7 | 130 | Guro Graff | | Hedmark | 23,24 |
| | 19,98 | 23,24 | x | 22,55 | 22,54 |
| | | | | | 22,48 |
| 8 | 231 | Monica Larssen | | Telemark | 19,93 |
| | 17,64 | 19,06 | 18,16 | x | 19,93 |
| | | | | | x |
| 9 | 146 | Marte Larsen | | Hedmark | 18,72 |
| | x | x | 18,72 | | |

J-14**Spyd**

| | | | | | | | |
|----|-----|------------------------|-------|-------|----------|-------|-------|
| 1 | 231 | Monica Larssen | | | Telemark | | 39,69 |
| | x | 39,45 | x | 33,77 | 38,89 | 39,69 | |
| 2 | 197 | Kristina Kristianslund | | | Oslo | | 38,56 |
| | | 34,90 | 33,98 | 38,56 | 36,09 | 36,52 | 38,34 |
| 3 | 31 | Isabell Nicolaysen | | | Akershus | | 36,94 |
| | | 35,34 | 32,39 | 29,65 | 31,23 | 35,49 | 36,94 |
| 4 | 44 | Maiken Skoie Brustad | | | Akershus | | 30,44 |
| | x | 28,00 | 30,44 | 29,80 | 30,20 | 29,65 | |
| 5 | 281 | Katrine Mjønes | | | Østfold | | 28,77 |
| | - | x | 28,77 | x | 27,48 | x | |
| 6 | 257 | Nora Junker | | | Vestfold | | 28,07 |
| | | 20,07 | 25,75 | x | 28,07 | x | x |
| 7 | 276 | Julie Frøslev Mathisen | | | Østfold | | 28,04 |
| | | 27,84 | 28,04 | 27,41 | x | x | x |
| 8 | 11 | Carina B. Svendsen | | | Akershus | | 26,37 |
| | | 20,31 | 22,03 | 20,29 | 23,46 | 25,08 | 26,37 |
| 9 | 27 | Ina Beate Fjellheim | | | Akershus | | 21,35 |
| | | 12,04 | 21,35 | x | | | |
| 10 | 176 | Trine Knutsen | | | Oppland | | 21,17 |
| | | 21,17 | 18,18 | 20,02 | | | |
| 11 | 87 | Elisabeth Hammerstad | | | Buskerud | | 20,24 |
| | | 20,24 | 18,61 | - | | | |
| 12 | 146 | Marte Larsen | | | Hedmark | | 18,33 |
| | | 15,43 | 17,17 | 18,33 | | | |
| 13 | 130 | Guro Graff | | | Hedmark | | 17,94 |
| | x | 17,94 | x | | | | |
| 14 | 280 | Kathinka Scott Hansen | | | Østfold | | 13,95 |
| | - | 13,95 | - | | | | |
| 15 | 251 | Marit Liebe Harneshaug | | | Vestfold | | 12,29 |
| | | 9,72 | 12,29 | x | | | |
| 16 | 259 | Rebecca Larsen | | | Vestfold | | 12,13 |
| | | 12,13 | 10,59 | 8,57 | | | |
| 17 | 255 | Marthe S. Jensen | | | Vestfold | | 9,18 |
| | | 9,18 | x | x | | | |

J-14**Tresteg****(Satssone 50cm)**

| | | | | | | | |
|----|-------|-----------------------|-------|-------|----------|-------|-------|
| 1 | 42 | Lene Marie Hansen | | | Akershus | | 10,47 |
| | -2,0 | | | +0,5 | | | |
| | 10,15 | - | - | 10,47 | - | - | |
| 2 | 244 | Ida Bakke Hansen | | | Vestfold | | 10,38 |
| | -1,1 | +0,6 | -2,3 | 0,0 | -0,7 | -0,9 | |
| | 9,85 | 9,82 | 9,91 | 10,13 | 10,13 | 10,38 | |
| 3 | 222 | Emma Øren | | | Telemark | | 10,32 |
| | +1,0 | -1,7 | 0,0 | -1,5 | -1,7 | -1,0 | |
| | 10,18 | 10,10 | 10,15 | 10,17 | 10,13 | 10,32 | |
| 4 | 10 | Camilla Rønn Illidi | | | Akershus | | 10,17 |
| | -2,1 | -2,8 | -1,2 | -1,5 | -1,6 | -1,7 | |
| | 10,17 | 9,95 | 9,96 | 9,80 | 9,77 | 9,07 | |
| 5 | 281 | Katrine Mjønes | | | Østfold | | 10,12 |
| | -1,4 | -2,4 | -1,9 | -1,0 | -0,4 | -1,8 | |
| | 9,68 | 9,69 | 9,96 | 9,93 | 10,12 | 9,50 | |
| 6 | 21 | Ester Kate Janson | | | Akershus | | 9,90 |
| | -2,2 | -1,5 | -1,8 | | | -2,4 | |
| | 9,46 | 9,59 | 9,71 | x | x | 9,90 | |
| 7 | 198 | Louisa Ampomah | | | Oslo | | 9,63 |
| | -2,2 | | | | -1,4 | -1,2 | |
| | 9,63 | x | x | x | 8,83 | 9,18 | |
| 8 | 289 | Stine Tollefsen | | | Østfold | | 9,52 |
| | -0,5 | -0,4 | | -2,6 | -1,3 | -1,6 | |
| | 9,52 | 9,38 | x | 9,28 | 9,38 | 9,15 | |
| 9 | 280 | Kathinka Scott Hansen | | | Østfold | | 9,45 |
| | +1,3 | -2,3 | -1,2 | | | | |
| | 9,45 | 9,38 | 9,11 | | | | |
| 10 | 147 | Nora Nedkvitne | | | Hedmark | | 9,42 |
| | | -1,4 | -2,4 | | | | |
| | x | 9,42 | 9,23 | | | | |
| 11 | 188 | Ida Hulbaklien Bakke | | | Oslo | | 9,10 |
| | -1,0 | -0,1 | +1,4 | | | | |
| | 8,75 | 8,92 | 9,10 | | | | |
| 12 | 4 | Amalie Brobakken | | | Akershus | | 9,10 |
| | | -1,0 | -1,0 | | | | |
| | x | 8,86 | 9,10 | | | | |
| 13 | 201 | Marie Engebakken Kvam | | | Oslo | | 8,95 |
| | -1,4 | -2,2 | -1,3 | | | | |
| | 8,58 | 8,95 | 8,64 | | | | |
| 14 | 253 | Marlene Kromann | | | Vestfold | | 8,81 |
| | -1,2 | -2,7 | -1,5 | | | | |
| | 8,79 | 8,78 | 8,81 | | | | |
| 15 | 219 | Caroline Lunde | | | Telemark | | 8,80 |
| | -0,6 | -1,4 | -1,9 | | | | |
| | 8,80 | 8,55 | 8,70 | | | | |

| | | | | |
|----|------|----------------------------|----------|------|
| 16 | 192 | Johanne Ligaard Brynildsen | Oslo | 8,6 |
| | -0,5 | | +0,5 | |
| | 8,26 | x | 8,6 | |
| 17 | 143 | Mari Nyberget | Hedmark | 8,59 |
| | -1,2 | -1,7 | -1,1 | |
| | 8,48 | 8,59 | 8,5 | |
| 18 | 257 | Nora Junker | Vestfold | 8,52 |
| | -0,2 | | -1,8 | |
| | 8,52 | x | 8,18 | |
| 19 | 1 | Abby Brobakken | Akershus | 7,94 |
| | -0,2 | | | |
| | 7,94 | - | | |
| 20 | 255 | Marthe S. Jensen | Vestfold | 7,25 |
| | +0,3 | -2,0 | -1,2 | |
| | 7,2 | 7,18 | 7,25 | |