

**KS 100 m****Heat: 1**

Vind: -0,1

|   |    |                           |            |       |
|---|----|---------------------------|------------|-------|
| 1 | 16 | Marie Heir Linnestad (90) | FIK Orion  | 12,93 |
| 2 | 46 | Ingvild Kåshagen (90)     | Moelven IL | 13,21 |
| 3 | 96 | Åsta Nordsveen Sulen (90) | Moelven IL | 13,89 |
| 4 | 8  | Evy Nergård               | FIK Orion  | 14,37 |
|   | 18 | Nina Harby Nygaard (91)   | FIK Orion  | dns   |

**Heat: 2**

Vind: -0,4

|   |    |                        |                |       |
|---|----|------------------------|----------------|-------|
| 1 | 32 | Kari Sørby (90)        | Lillehammer IF | 12,91 |
| 2 | 15 | Maria Teigland (93)    | FIK Orion      | 13,18 |
| 3 | 34 | Kristin Bakkeli        | Lillehammer IF | 13,49 |
| 4 | 6  | Emilie Scholten Sjølie | FIK Orion      | 13,51 |
| 5 | 47 | Kristine Vanem (92)    | Moelven IL     | 13,68 |

**Plassering Totalt**

|   |    |                        |                |       |
|---|----|------------------------|----------------|-------|
| 1 | 32 | Kari Sørby             | Lillehammer IF | 12,91 |
| 2 | 16 | Marie Heir Linnestad   | FIK Orion      | 12,93 |
| 3 | 15 | Maria Teigland         | FIK Orion      | 13,18 |
| 4 | 46 | Ingvild Kåshagen       | Moelven IL     | 13,21 |
| 5 | 34 | Kristin Bakkeli        | Lillehammer IF | 13,49 |
| 6 | 6  | Emilie Scholten Sjølie | FIK Orion      | 13,51 |
| 7 | 47 | Kristine Vanem         | Moelven IL     | 13,68 |
| 8 | 96 | Åsta Nordsveen Sulen   | Moelven IL     | 13,89 |
| 9 | 8  | Evy Nergård            | FIK Orion      | 14,37 |
|   | 18 | Nina Harby Nygaard     | FIK Orion      | dns   |

**KS 100 m, finale**

Vind: -0,3

|   |    |                        |                |       |
|---|----|------------------------|----------------|-------|
| 1 | 32 | Kari Sørby             | Lillehammer IF | 12,92 |
| 2 | 16 | Marie Heir Linnestad   | FIK Orion      | 13,05 |
| 3 | 15 | Maria Teigland         | FIK Orion      | 13,22 |
| 4 | 46 | Ingvild Kåshagen       | Moelven IL     | 13,33 |
| 5 | 6  | Emilie Scholten Sjølie | FIK Orion      | 13,53 |
| 6 | 34 | Kristin Bakkeli        | Lillehammer IF | 13,60 |

**KS 1500 m**

|   |    |                              |                |         |
|---|----|------------------------------|----------------|---------|
| 1 | 66 | Monika Kørre (89)            | Ren-Eng, FIK   | 4,48,18 |
| 2 | 33 | Kjersti S. Herberg (91)      | Lillehammer IF | 4,51,46 |
| 3 | 60 | Britt Thorshaug Granrud (92) | Ren-Eng, FIK   | 4,59,02 |

|   |    |                             |                 |         |
|---|----|-----------------------------|-----------------|---------|
| 4 | 40 | Mari Helgestad              | Løten friidrett | 5,08,36 |
| 5 | 21 | Sara Skarabot Pedersen (89) | FIK Orion       | 5,17,87 |
| 6 | 87 | Karin Magnusson (85)        | Ren-Eng, FIK    | 5,25,97 |
| 7 | 3  | Ann Kristin Strøm (93)      | FIK Orion       | 5,32,74 |

## KS 400 m

### Heat: 1

|   |    |                           |                 |       |
|---|----|---------------------------|-----------------|-------|
| 1 | 88 | Elisabeth Amundstad Sætre | Trysilgutten    | 62,96 |
| 2 | 95 | Maria Stefania Ferrari    | Mogutten IL     | 67,22 |
| 3 | 41 | Mathilde Dæhlien          | Løten friidrett | 69,88 |
|   | 17 | Natasha Hagen (91)        | FIK Orion       | dnf   |

### Heat: 2

|   |    |                        |                |       |
|---|----|------------------------|----------------|-------|
| 1 | 22 | Silje Aukrust (90)     | FIK Orion      | 59,62 |
| 2 | 46 | Ingvild Kåshagen (90)  | Moelven IL     | 60,17 |
| 3 | 35 | Nina Olsen Harvei (89) | Lillehammer IF | 60,69 |
| 4 | 34 | Kristin Bakkeli        | Lillehammer IF | 63,76 |

### Plassering Totalt

|   |    |                           |                 |       |
|---|----|---------------------------|-----------------|-------|
| 1 | 22 | Silje Aukrust             | FIK Orion       | 59,62 |
| 2 | 46 | Ingvild Kåshagen          | Moelven IL      | 60,17 |
| 3 | 35 | Nina Olsen Harvei         | Lillehammer IF  | 60,69 |
| 4 | 88 | Elisabeth Amundstad Sætre | Trysilgutten    | 62,96 |
| 5 | 34 | Kristin Bakkeli           | Lillehammer IF  | 63,76 |
| 6 | 95 | Maria Stefania Ferrari    | Mogutten IL     | 67,22 |
| 7 | 41 | Mathilde Dæhlien          | Løten friidrett | 69,88 |
|   | 17 | Natasha Hagen             | FIK Orion       | dnf   |

## KS Høyde

|   |      |                         |           |      |
|---|------|-------------------------|-----------|------|
| 1 | 6    | Emilie Scholten Sjølie  | FIK Orion | 1,55 |
|   | 1,50 | 1,55                    | 1,60      |      |
|   | 0    | 0                       | xxx       |      |
| 2 | 89   | Åslaug A. Ullerud       | Vaaler    | 1,50 |
|   | 1,45 | 1,50                    | 1,55      |      |
|   | 0    | 0                       | xxx       |      |
| 2 | 18   | Nina Harby Nygaard (91) | FIK Orion | 1,50 |
|   | 1,45 | 1,50                    | 1,55      |      |
|   | 0    | 0                       | xxx       |      |

## KS Lengde

|   |      |                                |           |      |
|---|------|--------------------------------|-----------|------|
| 1 | 14   | Maren Trollaldalen Ninive (91) | FIK Orion | 4,57 |
|   |      | -0,5                           |           |      |
|   | 4,30 | 4,57                           | 4,54      | 4,42 |
|   |      | -                              | -         | -    |

|   |    |                       |            |      |
|---|----|-----------------------|------------|------|
| 2 | 46 | Ingvild Kåshagen (90) | Moelven IL | 3,51 |
|   |    | -0,3                  |            |      |
|   |    | 3,51                  |            |      |

**KS****Spyd**

|   |    |                                  |                |       |
|---|----|----------------------------------|----------------|-------|
| 1 | 9  | Gyda Gundersen Sogn (92)         | FIK Orion      | 33,68 |
|   |    | 30,30    33,68    30,22    31,75 | 30,89    30,26 |       |
| 2 | 89 | Åslaug A. Ullerud                | Vaaler         | 31,11 |
|   |    | 28,19    31,11    30,97    30,54 |                |       |

**KV-35-39****1500 m**

|   |    |                    |                  |         |
|---|----|--------------------|------------------|---------|
| 1 | 10 | Hanne Knudsen (72) | FIK Orion        | 5,01,07 |
| 2 | 78 | Margrete Ellingsbø | Veldre Friidrett | 5,01,15 |

**KV-55-59****400 m**

|   |    |                 |                  |         |
|---|----|-----------------|------------------|---------|
| 1 | 69 | Aud Jovall (50) | Veldre Friidrett | 1,13,64 |
|---|----|-----------------|------------------|---------|

**KV-60-64****400 m**

|   |    |                           |                  |         |
|---|----|---------------------------|------------------|---------|
| 1 | 81 | Oddbjørg Haakensveen (45) | Veldre Friidrett | 1,10,83 |
|---|----|---------------------------|------------------|---------|

**KV-65-69****400 m**

|   |    |                          |                  |         |
|---|----|--------------------------|------------------|---------|
| 1 | 79 | Marie Lovise Svevad (43) | Veldre Friidrett | 1,19,90 |
|---|----|--------------------------|------------------|---------|

**MS****100 m****Heat: 1**

Vind: -0,9

|   |    |                         |            |       |
|---|----|-------------------------|------------|-------|
| 1 | 90 | Martin Jørgensen        | Moelven IL | 11,46 |
| 2 | 43 | Carl Emil Kåshagen (91) | Moelven IL | 11,69 |
| 3 | 25 | Sverre Stensberg        | FIK Orion  | 12,67 |
| 4 | 97 | Marius Fauskerud (92)   | Moelven IL | 12,88 |

**Heat: 2**

Vind: -0,6

|   |    |                       |                |       |
|---|----|-----------------------|----------------|-------|
| 1 | 61 | Bård Venholen (75)    | Ren-Eng, FIK   | 11,39 |
| 2 | 28 | Anders Løkken (86)    | Lillehammer IF | 11,41 |
| 3 | 91 | Michael Rosenberg     | FIK Orion      | 11,76 |
| 4 | 67 | Per Jose Skanche (92) | Ren-Eng, FIK   | 11,96 |

|                          |    |                    |                |       |
|--------------------------|----|--------------------|----------------|-------|
| 5                        | 84 | Magnus Løvstad     | Moelven IL     | 12,26 |
| <b>Plassering Totalt</b> |    |                    |                |       |
| 1                        | 61 | Bård Venholen      | Ren-Eng, FIK   | 11,39 |
| 2                        | 28 | Anders Løkken      | Lillehammer IF | 11,41 |
| 3                        | 90 | Martin Jørgensen   | Moelven IL     | 11,46 |
| 4                        | 43 | Carl Emil Kåshagen | Moelven IL     | 11,69 |
| 5                        | 91 | Michael Rosenberg  | FIK Orion      | 11,76 |
| 6                        | 67 | Per Jose Skanche   | Ren-Eng, FIK   | 11,96 |
| 7                        | 84 | Magnus Løvstad     | Moelven IL     | 12,26 |
| 8                        | 25 | Sverre Stensberg   | FIK Orion      | 12,67 |
| 9                        | 97 | Marius Fauskerud   | Moelven IL     | 12,88 |

**MS** **100 m, finale**

Vind: -0,5

|   |    |                    |                |       |
|---|----|--------------------|----------------|-------|
| 1 | 90 | Martin Jørgensen   | Moelven IL     | 11,41 |
| 2 | 61 | Bård Venholen      | Ren-Eng, FIK   | 11,46 |
| 3 | 28 | Anders Løkken      | Lillehammer IF | 11,53 |
| 4 | 91 | Michael Rosenberg  | FIK Orion      | 11,71 |
| 5 | 67 | Per Jose Skanche   | Ren-Eng, FIK   | 12,11 |
|   | 43 | Carl Emil Kåshagen | Moelven IL     | dnf   |

**MS** **1500 m**

|   |    |                      |           |         |
|---|----|----------------------|-----------|---------|
| 1 | 2  | Adan Abdiwali        | FIK Orion | 4,25,25 |
| 2 | 23 | Sindre Løchting (93) | FIK Orion | 4,30,82 |
| 3 | 26 | Vebjørn Gilde (93)   | FIK Orion | 4,31,87 |
| 4 | 82 | Jonas Nergård (93)   | FIK Orion | 4,40,93 |
| 5 | 24 | Stian Engelstad (93) | FIK Orion | 4,47,24 |

**MS** **400 m**

|   |    |                        |                |       |
|---|----|------------------------|----------------|-------|
| 1 | 50 | Mauritz Kåshagen (89)  | Moelven IL     | 48,11 |
| 2 | 36 | Tormod Hjortnæs Larsen | Lillehammer IF | 48,87 |
| 3 | 51 | Pål Jostad (84)        | Moelven IL     | 49,57 |
| 4 | 31 | Jon Inge Hagen (84)    | Lillehammer IF | 51,04 |
| 5 | 29 | Harald Follerås (91)   | Lillehammer IF | 52,21 |

**MS** **Lengde**

|   |      |                       |      |            |           |
|---|------|-----------------------|------|------------|-----------|
| 1 | 51   | Pål Jostad (84)       |      | Moelven IL | 6,91      |
|   |      |                       |      | -0,9       |           |
|   | 6,59 | 6,89                  | 6,69 | 6,76       | 6,77 6,91 |
| 2 | 59   | Christian Hanssen     |      | Raufoss IL | 6,72      |
|   |      |                       |      | -1,0       |           |
|   | 6,60 | 6,59                  | 6,45 | -          | 6,64 6,72 |
| 3 | 97   | Marius Fauskerud (92) |      | Moelven IL | 5,16      |
|   | -0,6 |                       |      |            |           |
|   | 5,16 | -                     | -    | -          | -         |

**MS****Spyd**

|   |       |                           |       |            |             |
|---|-------|---------------------------|-------|------------|-------------|
| 1 | 5     | Birger Søyland (61)       |       | FIK Orion  | 51,75       |
|   | 50,27 | 49,60                     | 47,80 | 51,75      | 48,61 50,82 |
| 2 | 13    | Kristoffer Solbakken (91) |       | FIK Orion  | 35,78       |
|   | 35,11 | 35,39                     | 35,78 | 34,74      | x 34,29     |
| 3 | 97    | Marius Fauskerud (92)     |       | Moelven IL | 34,31       |
|   | x     | 32,18                     | 34,31 | 34,21      | x x         |

**MV-35-39****1500 m**

|   |    |                 |  |                  |         |
|---|----|-----------------|--|------------------|---------|
| 1 | 75 | Erik Tvedt (70) |  | Veldre Friidrett | 5,06,86 |
|---|----|-----------------|--|------------------|---------|

**MV-40-44****1500 m**

|   |    |              |  |                  |         |
|---|----|--------------|--|------------------|---------|
| 1 | 94 | Jo Helgestad |  | Veldre Friidrett | 4,56,98 |
|---|----|--------------|--|------------------|---------|

**MV-40-44****Spyd**

|       |               |       |                       |       |
|-------|---------------|-------|-----------------------|-------|
| 1     | Arild Ro (64) |       | Fagernes IL friidrett | 38,04 |
| 34,60 | 34,41         | 38,04 | -                     | x x   |

**MV-45-49****1500 m**

|   |    |                 |  |           |         |
|---|----|-----------------|--|-----------|---------|
| 1 | 20 | Rune Gilde (63) |  | FIK Orion | 4,46,30 |
|---|----|-----------------|--|-----------|---------|

**MV-50-54****1500 m**

|   |    |                 |  |             |         |
|---|----|-----------------|--|-------------|---------|
| 1 | 55 | Tore Engen (58) |  | Mogutten IL | 4,51,62 |
|---|----|-----------------|--|-------------|---------|

**MV-60-64****Spyd**

|   |    |                |       |             |       |             |
|---|----|----------------|-------|-------------|-------|-------------|
| 1 | 54 | Ragnar Grinden |       | Mogutten IL |       | 27,90       |
|   |    | 27,48          | 27,90 | 27,16       | 25,89 | 25,27 25,35 |

**MV-75-79****Spyd**

|   |    |                     |       |          |       |             |
|---|----|---------------------|-------|----------|-------|-------------|
| 1 | 27 | Egil Danielsen (33) |       | Hamar IL |       | 30,64       |
|   |    | 28,02               | 29,07 | 30,64    | 29,09 | 27,18 30,50 |

**KS****200 m****Heat: 1**

Vind: 0,0

|   |    |                        |                |       |
|---|----|------------------------|----------------|-------|
| 1 | 22 | Silje Aukrust (90)     | FIK Orion      | 26,26 |
| 2 | 46 | Ingvild Kåshagen (90)  | Moelven IL     | 26,85 |
| 3 | 34 | Kristin Bakkeli        | Lillehammer IF | 26,97 |
| 4 | 6  | Emilie Scholten Sjølie | FIK Orion      | 27,13 |
| 5 | 17 | Natasha Hagen (91)     | FIK Orion      | 29,10 |
| 6 | 93 | Kristin Nygård Hansen  | Mogutten IL    | 29,25 |

**Heat: 2**

Vind: -0,2

|   |    |                           |                |       |
|---|----|---------------------------|----------------|-------|
| 1 | 15 | Maria Teigland (93)       | FIK Orion      | 26,55 |
| 2 | 32 | Kari Sørby (90)           | Lillehammer IF | 26,58 |
| 3 | 11 | Kirsti Tomassen (89)      | FIK Orion      | 27,27 |
| 4 | 47 | Kristine Vanem (92)       | Moelven IL     | 27,79 |
| 5 | 96 | Åsta Nordsveen Sulen (90) | Moelven IL     | 28,71 |
| 6 | 8  | Evy Nergård               | FIK Orion      | 29,28 |

**Plassering Totalt**

|    |    |                        |                |       |
|----|----|------------------------|----------------|-------|
| 1  | 22 | Silje Aukrust          | FIK Orion      | 26,26 |
| 2  | 15 | Maria Teigland         | FIK Orion      | 26,55 |
| 3  | 32 | Kari Sørby             | Lillehammer IF | 26,58 |
| 4  | 46 | Ingvild Kåshagen       | Moelven IL     | 26,85 |
| 5  | 34 | Kristin Bakkeli        | Lillehammer IF | 26,97 |
| 6  | 6  | Emilie Scholten Sjølie | FIK Orion      | 27,13 |
| 7  | 11 | Kirsti Tomassen        | FIK Orion      | 27,27 |
| 8  | 47 | Kristine Vanem         | Moelven IL     | 27,79 |
| 9  | 96 | Åsta Nordsveen Sulen   | Moelven IL     | 28,71 |
| 10 | 17 | Natasha Hagen          | FIK Orion      | 29,10 |
| 11 | 93 | Kristin Nygård Hansen  | Mogutten IL    | 29,25 |
| 12 | 8  | Evy Nergård            | FIK Orion      | 29,28 |

**KS****200 m, finale**

Vind: +1,9

|   |    |                        |                |       |
|---|----|------------------------|----------------|-------|
| 1 | 22 | Silje Aukrust          | FIK Orion      | 26,02 |
| 2 | 32 | Kari Sørby             | Lillehammer IF | 26,29 |
| 3 | 15 | Maria Teigland         | FIK Orion      | 26,49 |
| 4 | 34 | Kristin Bakkeli        | Lillehammer IF | 26,73 |
|   | 6  | Emilie Scholten Sjølie | FIK Orion      | dns   |
|   | 46 | Ingvild Kåshagen       | Moelven IL     | dns   |

**KS****800 m**

**Heat: 1**

|   |    |                             |                 |         |
|---|----|-----------------------------|-----------------|---------|
| 1 | 39 | Emma Marie Skjærstad        | Løten friidrett | 2,20,67 |
| 2 | 88 | Elisabeth Amundstad Sætre   | Trysilgutten    | 2,27,12 |
| 3 | 21 | Sara Skarabot Pedersen (89) | FIK Orion       | 2,29,90 |
| 4 | 89 | Åslaug A. Ullerud           | Vaaler          | 2,33,93 |
| 5 | 85 | Hanne Lene Nygård           | Raufoss IL      | 2,35,54 |
| 6 | 3  | Ann Kristin Strøm (93)      | FIK Orion       | 2,45,36 |

**KS****Diskos**

|   |    |                           |                  |       |
|---|----|---------------------------|------------------|-------|
| 1 | 46 | Ingvild Kåshagen (90)     | Moelven IL       | 24,92 |
| 2 | 58 | Ida Solvang (93)          | Nordre Trysil IL | 23,74 |
| 3 | 57 | Guro Graff (93)           | Nordre Trysil IL | 22,67 |
| 4 | 47 | Kristine Vanem (92)       | Moelven IL       | 20,15 |
| 5 | 96 | Åsta Nordsveen Sulen (90) | Moelven IL       | 19,25 |

**KS****Kule**

|   |      |                   |      |      |      |                  |  |      |
|---|------|-------------------|------|------|------|------------------|--|------|
| 1 | 89   | Åslaug A. Ullerud |      |      |      | Vaaler           |  | 9,22 |
|   | 8,37 | 9,04              | 9,22 | 8,90 | 8,86 | 8,57             |  |      |
| 2 | 58   | Ida Solvang (93)  |      |      |      | Nordre Trysil IL |  | 8,17 |
|   | 7,64 | 7,77              | 7,47 | 8,17 | d    | 8,08             |  |      |
| 3 | 57   | Guro Graff (93)   |      |      |      | Nordre Trysil IL |  | 7,42 |
|   | 6,92 | 7,24              | d    | 7,42 | 7,19 | d                |  |      |

**KS****Tresteg**

|   |      |                     |      |       |                  |       |       |
|---|------|---------------------|------|-------|------------------|-------|-------|
| 1 | 47   | Kristine Vanem (92) |      |       | Moelven IL       |       | 10,25 |
|   |      |                     |      | +2,4  |                  | +1,0  |       |
|   | 9,83 | 10,03               | 9,91 | 10,25 | 9,82             | 10,21 |       |
| 2 | 58   | Ida Solvang (93)    |      |       | Nordre Trysil IL |       | 9,74  |
|   |      |                     | +1,3 |       |                  |       |       |
|   | 9,46 | 9,74                | 9,53 | 8,82  | 8,68             | x     |       |
|   | 34   | Kristin Bakkeli     |      |       | Lillehammer IF   |       | dns   |
|   | dns  |                     |      |       |                  |       |       |

**KV-55-59****200 m**

Vind: -1,1

|   |    |                 |                  |       |
|---|----|-----------------|------------------|-------|
| 1 | 69 | Aud Jovall (50) | Veldre Friidrett | 32,80 |
|---|----|-----------------|------------------|-------|

**KV-60-64 200 m**

Vind: -1,1

|   |    |                           |                  |       |
|---|----|---------------------------|------------------|-------|
| 1 | 81 | Oddbjørg Haakensveen (45) | Veldre Friidrett | 32,34 |
|---|----|---------------------------|------------------|-------|

**KV-60-64 Kule**

|   |      |                           |                  |      |
|---|------|---------------------------|------------------|------|
| 1 | 81   | Oddbjørg Haakensveen (45) | Veldre Friidrett | 7,60 |
|   | 7,56 | 7,05                      | 7,60             | 7,12 |
|   |      |                           | -                | -    |

**KV-65-69 800 m**

|   |    |                          |                  |         |
|---|----|--------------------------|------------------|---------|
| 1 | 79 | Marie Lovise Svevad (43) | Veldre Friidrett | 3,07,67 |
|---|----|--------------------------|------------------|---------|

**KV-65-69 Kule**

|   |      |                          |                  |      |
|---|------|--------------------------|------------------|------|
| 1 | 79   | Marie Lovise Svevad (43) | Veldre Friidrett | 8,90 |
|   | 7,07 | 8,88                     | 8,90             | 8,68 |
|   |      |                          | d                | -    |

**MS 200 m****Heat: 1** Vind: -1,0

|   |    |                      |                 |       |
|---|----|----------------------|-----------------|-------|
| 1 | 51 | Pål Jostad (84)      | Moelven IL      | 22,87 |
| 2 | 29 | Harald Follerås (91) | Lillehammer IF  | 23,24 |
| 3 | 90 | Martin Jørgensen     | Moelven IL      | 23,32 |
| 4 | 42 | Simen Adolfsen       | Løten friidrett | 27,88 |
|   | 44 | Dag Kåshagen (60)    | Moelven IL      | dns   |

**Heat: 2** Vind: -0,9

|   |    |                         |                |       |
|---|----|-------------------------|----------------|-------|
| 1 | 61 | Bård Venholen (75)      | Ren-Eng, FIK   | 23,37 |
| 2 | 28 | Anders Løkken (86)      | Lillehammer IF | 23,76 |
| 3 | 97 | Marius Fauskerud (92)   | Moelven IL     | 25,72 |
| 4 | 25 | Sverre Stensberg        | FIK Orion      | 25,83 |
|   | 43 | Carl Emil Kåshagen (91) | Moelven IL     | dns   |

**Heat: 3** Vind: -1,6

|   |    |                           |                |       |
|---|----|---------------------------|----------------|-------|
| 1 | 31 | Jon Inge Hagen (84)       | Lillehammer IF | 23,57 |
| 2 | 83 | Knut Embret Gaukerud Høye | FIK Orion      | 23,61 |
| 3 | 67 | Per Jose Skanche (92)     | Ren-Eng, FIK   | 24,26 |
| 4 | 86 | Simen Sletten (88)        | Ren-Eng, FIK   | 24,62 |
|   | 45 | Håkon Kvæken (88)         | Moelven IL     | dns   |

**Plassering Totalt**

|    |    |                           |                 |       |
|----|----|---------------------------|-----------------|-------|
| 1  | 51 | Pål Jostad                | Moelven IL      | 22,87 |
| 2  | 29 | Harald Follerås           | Lillehammer IF  | 23,24 |
| 3  | 90 | Martin Jørgensen          | Moelven IL      | 23,32 |
| 4  | 61 | Bård Venholen             | Ren-Eng, FIK    | 23,37 |
| 5  | 31 | Jon Inge Hagen            | Lillehammer IF  | 23,57 |
| 6  | 83 | Knut Embret Gaukerud Høye | FIK Orion       | 23,61 |
| 7  | 28 | Anders Løkken             | Lillehammer IF  | 23,76 |
| 8  | 67 | Per Jose Skanche          | Ren-Eng, FIK    | 24,26 |
| 9  | 86 | Simen Sletten             | Ren-Eng, FIK    | 24,62 |
| 10 | 97 | Marius Fauskerud          | Moelven IL      | 25,72 |
| 11 | 25 | Sverre Stensberg          | FIK Orion       | 25,83 |
| 12 | 42 | Simen Adolfsen            | Løten friidrett | 27,88 |
|    | 45 | Håkon Kvæken              | Moelven IL      | dns   |
|    | 43 | Carl Emil Kåshagen        | Moelven IL      | dns   |
|    | 44 | Dag Kåshagen              | Moelven IL      | dns   |

**MS****200 m, finale**

Vind: -0,2

|   |    |                           |                |      |
|---|----|---------------------------|----------------|------|
| 1 | 51 | Pål Jostad                | Moelven IL     | 22,1 |
| 2 | 29 | Harald Follerås           | Lillehammer IF | 22,3 |
| 3 | 61 | Bård Venholen             | Ren-Eng, FIK   | 22,4 |
| 4 | 83 | Knut Embret Gaukerud Høye | FIK Orion      | 22,7 |
| 5 | 31 | Jon Inge Hagen            | Lillehammer IF | 23,4 |
|   | 90 | Martin Jørgensen          | Moelven IL     | dns  |

**MS****5000 m**

|   |    |                |              |          |
|---|----|----------------|--------------|----------|
| 1 | 63 | Einar Furulund | Ren-Eng, FIK | 16,57,41 |
|---|----|----------------|--------------|----------|

**MS****800 m****Heat: 1**

|   |    |                           |              |         |
|---|----|---------------------------|--------------|---------|
| 1 | 65 | Kjetil Øygard (88)        | Ren-Eng, FIK | 1,55,49 |
| 2 | 62 | Einar Gauslaa Bergem (84) | Ren-Eng, FIK | 1,56,78 |
| 3 | 64 | John Henry Strupstad (80) | Ren-Eng, FIK | 1,58,02 |
| 4 | 26 | Vebjørn Gilde (93)        | FIK Orion    | 2,04,70 |
| 5 | 2  | Adan Abdiwali             | FIK Orion    | 2,07,02 |
| 6 | 24 | Stian Engelstad (93)      | FIK Orion    | 2,20,32 |
|   | 45 | Håkon Kvæken (88)         | Moelven IL   | dnf     |

**Plassering Totalt**

|   |    |                      |              |         |
|---|----|----------------------|--------------|---------|
| 1 | 65 | Kjetil Øygard        | Ren-Eng, FIK | 1,55,49 |
| 2 | 62 | Einar Gauslaa Bergem | Ren-Eng, FIK | 1,56,78 |
| 3 | 64 | John Henry Strupstad | Ren-Eng, FIK | 1,58,02 |
| 4 | 26 | Vebjørn Gilde        | FIK Orion    | 2,04,70 |
| 5 | 2  | Adan Abdiwali        | FIK Orion    | 2,07,02 |
| 6 | 24 | Stian Engelstad      | FIK Orion    | 2,20,32 |
|   | 45 | Håkon Kvæken         | Moelven IL   | dnf     |

**MS****Diskos**

|   |    |                       |                         |       |
|---|----|-----------------------|-------------------------|-------|
| 1 | 92 | Christer Sandvold     | Ottestad kast og styrke | 39,17 |
| 2 | 5  | Birger Søyland (61)   | FIK Orion               | 38,48 |
| 3 | 56 | Finn Einar Graff (62) | Nordre Trysil IL        | 26,19 |

**MS****Kule**

|   |       |                     |                         |       |
|---|-------|---------------------|-------------------------|-------|
| 1 | 92    | Christer Sandvold   | Ottestad kast og styrke | 13,89 |
|   | 13,53 | 13,69               | 13,89                   | 13,70 |
|   |       |                     | 13,42                   | d     |
| 2 | 5     | Birger Søyland (61) | FIK Orion               | 12,72 |
|   | 12,72 | 12,45               | 12,33                   | d     |
|   |       |                     | 12,11                   | d     |

**MS****Tresteg**

|   |    |                             |           |       |
|---|----|-----------------------------|-----------|-------|
| 1 | 12 | Kristen Rønningsbakken (76) | FIK Orion | 13,40 |
|   |    | +1,7                        |           |       |
|   | x  | 13,40                       | x         | x     |
|   |    |                             | x         | x     |

**MV-35-39****5000 m**

|   |    |                  |                  |          |
|---|----|------------------|------------------|----------|
| 1 | 73 | Cato Hansen (71) | Veldre Friidrett | 18,28,08 |
| 2 | 75 | Erik Tvedt (70)  | Veldre Friidrett | 18,40,37 |

**MV-40-44****Diskos**

|   |   |               |                       |       |
|---|---|---------------|-----------------------|-------|
| 1 | 1 | Arild Ro (64) | Fagernes IL friidrett | 28,82 |
|---|---|---------------|-----------------------|-------|

**MV-40-44****Kule**

|   |      |               |                       |       |
|---|------|---------------|-----------------------|-------|
| 1 | 1    | Arild Ro (64) | Fagernes IL friidrett | 10,34 |
|   | 9,91 | 10,25         | 9,92                  | d     |
|   |      |               | d                     | 10,34 |

**MV-45-49****5000 m**

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|   |    |                     |                  |          |
|---|----|---------------------|------------------|----------|
| 1 | 80 | Nils Dompidahl (63) | Veldre Friidrett | 17,30,93 |
| 2 | 19 | Rolf Bakken (60)    | FIK Orion        | 18,50,77 |
|   | 20 | Rune Gilde (63)     | FIK Orion        | dnf      |

**MV-45-49 800 m**

|   |    |                   |                  |         |
|---|----|-------------------|------------------|---------|
| 1 | 76 | Frode Loraas (63) | Veldre Friidrett | 2,47,22 |
|---|----|-------------------|------------------|---------|

**MV-50-54 5000 m**

|   |    |                   |                  |          |
|---|----|-------------------|------------------|----------|
| 1 | 77 | Hans Frogner (54) | Veldre Friidrett | 18,55,12 |
|---|----|-------------------|------------------|----------|

**MV-55-59 800 m**

|   |    |                   |                  |         |
|---|----|-------------------|------------------|---------|
| 1 | 74 | Einar Behrns (49) | Veldre Friidrett | 2,31,47 |
| 2 | 98 | Willy Pedersen    | Veldre Friidrett | 2,35,90 |

**MV-60-64 3000 m**

|   |    |                     |                  |          |
|---|----|---------------------|------------------|----------|
| 1 | 71 | Birger Helstad (47) | Veldre Friidrett | 11,28,16 |
|---|----|---------------------|------------------|----------|

**MV-60-64 800 m**

|   |    |                          |                  |         |
|---|----|--------------------------|------------------|---------|
| 1 | 68 | Agnar Skutbergsveen (46) | Veldre Friidrett | 2,31,90 |
|---|----|--------------------------|------------------|---------|

**MV-60-64 Diskos**

|   |    |                |             |       |
|---|----|----------------|-------------|-------|
| 1 | 54 | Ragnar Grinden | Mogutten IL | 24,83 |
|---|----|----------------|-------------|-------|

**MV-60-64 Kule**

|   |      |                |             |      |
|---|------|----------------|-------------|------|
| 1 | 54   | Ragnar Grinden | Mogutten IL | 9,10 |
|   | 8,95 | 9,10           | 9,10        | 8,80 |
|   |      |                | 8,98        | 8,60 |

**MV-65-69 Diskos**

|   |    |                     |            |       |
|---|----|---------------------|------------|-------|
| 1 | 52 | Sverre Øfstaas (39) | Moelven IL | 23,78 |
|---|----|---------------------|------------|-------|

**MV-70-74****3000 m**

|   |    |                  |                  |          |
|---|----|------------------|------------------|----------|
| 1 | 72 | Bjørn Tvedt (38) | Veldre Friidrett | 11,38,85 |
|---|----|------------------|------------------|----------|

**MV-75-79****Diskos**

|   |    |                |                  |       |
|---|----|----------------|------------------|-------|
| 1 | 70 | Bernt Bye (30) | Veldre Friidrett | 18,31 |
|---|----|----------------|------------------|-------|

**MV-75-79****Kule**

|   |      |                |                  |      |
|---|------|----------------|------------------|------|
| 1 | 70   | Bernt Bye (30) | Veldre Friidrett | 8,12 |
|   | 7,51 | 7,43           | 7,77             | 8,12 |
|   |      |                | 8,04             | 7,82 |