

**G-15/19****1000 m stafett****Heat: 1**

|   |     |                                   |             |
|---|-----|-----------------------------------|-------------|
| 1 | 5   | Asker SK                          | 2,12,84     |
|   |     | <i>Johan Theodor Loe Kvalberg</i> |             |
|   |     | <i>Lars Ree</i>                   |             |
|   |     | <i>Stian Alexander Johnsen</i>    |             |
|   |     | <i>Mads Steinfeldt-Foss</i>       |             |
| 2 | 30  | FIK Orion                         | 2,17,14     |
|   |     | <i>Kristoffer Solbakken</i>       |             |
|   |     | <i>Peter Quarcoo</i>              |             |
|   |     | <i>Sverre Stensberg</i>           |             |
|   |     | <i>Abdiwali Adan</i>              |             |
| 3 | 113 | Ullensaker/Kisa IL (2)            | 2,20,79     |
|   |     | <i>Andreas Roth</i>               |             |
|   |     | <i>Anders Buraas</i>              |             |
|   |     | <i>Johan Miller</i>               | <i>Gøta</i> |
|   |     | <i>Kevin Fritz</i>                |             |

**Heat: 2**

|   |    |                              |         |
|---|----|------------------------------|---------|
| 1 | 94 | Ullensaker/Kisa IL           | 2,05,77 |
|   |    | <i>Christer Amundsen</i>     |         |
|   |    | <i>jonathan Joo</i>          |         |
|   |    | <i>vegard Gjeldsvik</i>      |         |
|   |    | <i>Thomas Roth</i>           |         |
| 2 | 63 | Ranheim IL                   | 2,06,27 |
|   |    | <i>Emil Vedvik</i>           |         |
|   |    | <i>Odd Eiken</i>             |         |
|   |    | <i>Jonas Andre Grønnhaug</i> |         |
|   |    | <i>Simen Saksvik</i>         |         |
| 3 | 77 | Tyrving IL (1)               | 2,12,04 |
|   |    | <i>Fredrik Jahr</i>          |         |
|   |    | <i>Pål Idar Christiansen</i> |         |
|   |    | <i>Peder Holm</i>            |         |
|   |    | <i>Robert Schwencke</i>      |         |
| 4 | 52 | Moelven IL                   | 2,14,48 |
|   |    | <i>Marius Fauskerud</i>      |         |
|   |    | <i>Marius Sveeum Olsen</i>   |         |
|   |    | <i>martin jørgensen</i>      |         |
|   |    | <i>Sondre Haga Hjelt</i>     |         |

**Total:**

|   |     |                                   |         |
|---|-----|-----------------------------------|---------|
| 1 | 94  | Ullensaker/Kisa IL                | 2,05,77 |
|   |     | <i>Christer Amundsen</i>          |         |
|   |     | <i>jonathan Joo</i>               |         |
|   |     | <i>vegard Gjeldsvik</i>           |         |
|   |     | <i>Thomas Roth</i>                |         |
| 2 | 63  | Ranheim IL                        | 2,06,27 |
|   |     | <i>Emil Vedvik</i>                |         |
|   |     | <i>Odd Eiken</i>                  |         |
|   |     | <i>Jonas Andre Grønnhaug</i>      |         |
|   |     | <i>Simen Saksvik</i>              |         |
| 3 | 77  | Tyrving IL                        | 2,12,04 |
|   |     | <i>Fredrik Jahr</i>               |         |
|   |     | <i>Pål Idar Christiansen</i>      |         |
|   |     | <i>Peder Holm</i>                 |         |
|   |     | <i>Robert Schwencke</i>           |         |
| 4 | 5   | Asker SK                          | 2,12,84 |
|   |     | <i>Johan Theodor Loe Kvalberg</i> |         |
|   |     | <i>Lars Ree</i>                   |         |
|   |     | <i>Stian Alexander Johnsen</i>    |         |
|   |     | <i>Mads Steinfeldt-Foss</i>       |         |
| 5 | 52  | Moelven IL                        | 2,14,48 |
|   |     | <i>Marius Fauskerud</i>           |         |
|   |     | <i>Marius Sveeum Olsen</i>        |         |
|   |     | <i>martin jørgensen</i>           |         |
|   |     | <i>Sondre Haga Hjelt</i>          |         |
| 6 | 30  | FIK Orion                         | 2,17,14 |
|   |     | <i>Kristoffer Solbakken</i>       |         |
|   |     | <i>Peter Quarcoo</i>              |         |
|   |     | <i>Sverre Stensberg</i>           |         |
|   |     | <i>Abdiwali Adan</i>              |         |
| 7 | 113 | Ullensaker/Kisa IL                | 2,20,79 |
|   |     | <i>Andreas Roth</i>               |         |
|   |     | <i>Anders Buraas</i>              |         |
|   |     | <i>Johan Miller</i>               | Gi      |
|   |     | <i>Kevin Fritz</i>                |         |

**J-15/19****1000 m stafett****Heat: 1**

|   |     |                               |         |
|---|-----|-------------------------------|---------|
| 1 | 83  | Tyrving IL (2)                | 2,34,28 |
|   |     | <i>Ida Nesse</i>              |         |
|   |     | <i>Karoline Madsen</i>        |         |
|   |     | <i>Elly Nesse</i>             |         |
|   |     | <i>Maiken Skoie Brustad</i>   |         |
| 2 | 47  | Løten Friidrett               | 2,34,94 |
|   |     | <i>Maren Liven</i>            |         |
|   |     | <i>Agnes Fauske</i>           |         |
|   |     | <i>Mari Helgestad</i>         |         |
|   |     | <i>Emma Marie Skjærstad</i>   |         |
| 3 | 36  | FIK Orion (2)                 | 2,38,69 |
|   |     | <i>Emma Qvale</i>             |         |
|   |     | <i>Hedda Qvale</i>            |         |
|   |     | <i>Natasha Hagen</i>          |         |
|   |     | <i>Sara Pedersen</i>          |         |
| 4 | 119 | Kløfta IL                     | 3,08,23 |
|   |     | <i>Katarina Randby</i>        |         |
|   |     | <i>Celine Holm</i>            |         |
|   |     | <i>Sofie Holm</i>             |         |
|   |     | <i>Emilie Heygdahl Grange</i> |         |
|   | 16  | Asker SK (3)                  | DQ:     |
|   |     | <i>Julie Krøgenes</i>         |         |
|   |     | <i>Agnete Winsnes Astrup</i>  |         |
|   |     | <i>Ine Marie Raa</i>          |         |
|   |     | <i>Ingerid Løyning Dale</i>   |         |

**Heat: 2**

|   |     |                                       |         |
|---|-----|---------------------------------------|---------|
| 1 | 8   | Asker SK                              | 2,23,13 |
|   |     | <i>Ellen Kristine Ellertsen</i>       |         |
|   |     | <i>Kristine Lyngstad Bjørshol</i>     |         |
|   |     | <i>Karoline Hillestad Koritzinsky</i> |         |
|   |     | <i>Line Kloster</i>                   |         |
| 2 | 51  | Minerva Idrettsskole                  | 2,25,76 |
|   |     | <i>Veronica Skuse Andersen</i>        |         |
|   |     | <i>Emilie Orning</i>                  |         |
|   |     | <i>Iselin Pedersen Trejos</i>         |         |
|   |     | <i>Solveig Olsen</i>                  |         |
| 3 | 125 | Ranheim IL (2)                        | 2,33,35 |
|   |     | <i>Solveig Christensen</i>            |         |
|   |     | <i>Unndis Iversen</i>                 |         |
|   |     | <i>Jeanette Stensheim</i>             |         |
|   |     | <i>Anna van der Zwag</i>              |         |
| 4 | 54  | Moelven IL                            | 2,33,91 |
|   |     | <i>Mia Sterud</i>                     |         |
|   |     | <i>Lovise Kyllingstad</i>             |         |
|   |     | <i>Kristine Vanem</i>                 |         |
|   |     | <i>Ingvild Kåshagen</i>               |         |
| 5 | 74  | Trondheim Friidrett                   | 2,34,13 |
|   |     | <i>Marte Kristoffersen</i>            |         |
|   |     | <i>Mari Steinkjer Øyen</i>            |         |
|   |     | <i>Ella Grønbech</i>                  |         |
|   |     | <i>wilde abelseth pütz</i>            |         |

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|                |    |                                         |         |
|----------------|----|-----------------------------------------|---------|
| 6              | 14 | Asker SK (2)                            | 2,35,34 |
|                |    | <i>Thale Sætre Skulberg</i>             |         |
|                |    | <i>Linn Rise Johnsen</i>                |         |
|                |    | <i>Tea Marie SynnøveGjerland Tyrdal</i> |         |
|                |    | <i>Torunn Slettemark Hovden</i>         |         |
| <b>Heat: 3</b> |    |                                         |         |
| 1              | 33 | FIK Orion                               | 2,20,80 |
|                |    | <i>Maria Teigland</i>                   |         |
|                |    | <i>Emilie Scholten Sjølie</i>           |         |
|                |    | <i>Silje Aukrust</i>                    |         |
|                |    | <i>Marie Heir Linnestad</i>             |         |
| 2              | 64 | Ranheim IL (1)                          | 2,26,07 |
|                |    | <i>Marie Bråthe Woldseth</i>            |         |
|                |    | <i>Julie Skevik</i>                     |         |
|                |    | <i>Ylva Iversen</i>                     |         |
|                |    | <i>Stine Marie Grønnhaug</i>            |         |
| 3              | 1  | Trondheim Friidrett (2)                 | 2,26,58 |
|                |    | <i>Jorunn Vaagan Hofset</i>             |         |
|                |    | <i>Julie Andrea Håskjold</i>            |         |
|                |    | <i>Julie Falkanger</i>                  |         |
|                |    | <i>Viktoria Kvalsvik</i>                |         |
| 4              | 80 | Tyrving IL (1)                          | 2,27,88 |
|                |    | <i>Karin Busch</i>                      |         |
|                |    | <i>Ester Kate Jansson</i>               |         |
|                |    | <i>Johanna Gateman</i>                  |         |
|                |    | <i>Marte Holter</i>                     |         |
| 5              | 95 | Ullensaker/Kisa IL (2)                  | 2,31,94 |
|                |    | <i>Susann Rønning Bakke</i>             |         |
|                |    | <i>Heidi Holdal</i>                     |         |
|                |    | <i>Betina Nilssen</i>                   |         |
|                |    | <i>Frida Forberg</i>                    |         |

**Total:**

|    |     |                                       |         |
|----|-----|---------------------------------------|---------|
| 1  | 33  | FIK Orion                             | 2,20,80 |
|    |     | <i>Maria Teigland</i>                 |         |
|    |     | <i>Emilie Scholten Sjølie</i>         |         |
|    |     | <i>Silje Aukrust</i>                  |         |
|    |     | <i>Marie Heir Linnestad</i>           |         |
| 2  | 8   | Asker SK                              | 2,23,13 |
|    |     | <i>Ellen Kristine Ellertsen</i>       |         |
|    |     | <i>Kristine Lyngstad Bjørshol</i>     |         |
|    |     | <i>Karoline Hillestad Koritzinsky</i> |         |
|    |     | <i>Line Kloster</i>                   |         |
| 3  | 51  | Minerva Idrettsskole                  | 2,25,76 |
|    |     | <i>Veronica Skuse Andersen</i>        |         |
|    |     | <i>Emilie Orning</i>                  |         |
|    |     | <i>Iselin Pedersen Trejos</i>         |         |
|    |     | <i>Solveig Olsen</i>                  |         |
| 4  | 64  | Ranheim IL                            | 2,26,07 |
|    |     | <i>Marie Bråthe Woldseth</i>          |         |
|    |     | <i>Julie Skevik</i>                   |         |
|    |     | <i>Ylva Iversen</i>                   |         |
|    |     | <i>Stine Marie Grønnhaug</i>          |         |
| 5  | 1   | Trondheim Friidrett                   | 2,26,58 |
|    |     | <i>Jorunn Vaagan Hofset</i>           |         |
|    |     | <i>Julie Andrea Håskjold</i>          |         |
|    |     | <i>Julie Falkanger</i>                |         |
|    |     | <i>Viktoria Kvalsvik</i>              |         |
| 6  | 80  | Tyrving IL                            | 2,27,88 |
|    |     | <i>Karin Busch</i>                    |         |
|    |     | <i>Ester Kate Jansson</i>             |         |
|    |     | <i>Johanna Gateman</i>                |         |
|    |     | <i>Marte Holter</i>                   |         |
| 7  | 95  | Ullensaker/Kisa IL                    | 2,31,94 |
|    |     | <i>Susann Rønning Bakke</i>           |         |
|    |     | <i>Heidi Holdal</i>                   |         |
|    |     | <i>Betina Nilssen</i>                 |         |
|    |     | <i>Frida Forberg</i>                  |         |
| 8  | 125 | Ranheim IL                            | 2,33,35 |
|    |     | <i>Solveig Christensen</i>            |         |
|    |     | <i>Unndis Iversen</i>                 |         |
|    |     | <i>Jeanette Stensheim</i>             |         |
|    |     | <i>Anna van der Zwag</i>              |         |
| 9  | 54  | Moelven IL                            | 2,33,91 |
|    |     | <i>Mia Sterud</i>                     |         |
|    |     | <i>Lovise Kyllingstad</i>             |         |
|    |     | <i>Kristine Vanem</i>                 |         |
|    |     | <i>Ingvild Kåshagen</i>               |         |
| 10 | 74  | Trondheim Friidrett                   | 2,34,13 |
|    |     | <i>Marte Kristoffersen</i>            |         |
|    |     | <i>Mari Steinkjer Øyen</i>            |         |
|    |     | <i>Ella Grønbech</i>                  |         |
|    |     | <i>wilde abelseth pütz</i>            |         |

|    |     |                                         |         |
|----|-----|-----------------------------------------|---------|
| 11 | 83  | Tyrving IL                              | 2,34,28 |
|    |     | <i>Ida Nesse</i>                        |         |
|    |     | <i>Karoline Madsen</i>                  |         |
|    |     | <i>Elly Nesse</i>                       |         |
|    |     | <i>Maiken Skoie Brustad</i>             |         |
| 12 | 47  | Løten Friidrett                         | 2,34,94 |
|    |     | <i>Maren Liven</i>                      |         |
|    |     | <i>Agnes Fauske</i>                     |         |
|    |     | <i>Mari Helgestad</i>                   |         |
|    |     | <i>Emma Marie Skjærstad</i>             |         |
| 13 | 14  | Asker SK                                | 2,35,34 |
|    |     | <i>Thale Sætre Skulberg</i>             |         |
|    |     | <i>Linn Rise Johnsen</i>                |         |
|    |     | <i>Tea Marie SynnøveGjerland Tyrdal</i> |         |
|    |     | <i>Torunn Slettemark Hovden</i>         |         |
| 14 | 36  | FIK Orion                               | 2,38,69 |
|    |     | <i>Emma Qvale</i>                       |         |
|    |     | <i>Hedda Qvale</i>                      |         |
|    |     | <i>Natasha Hagen</i>                    |         |
|    |     | <i>Sara Pedersen</i>                    |         |
| 15 | 119 | Kløfta IL                               | 3,08,23 |
|    |     | <i>Katarina Randby</i>                  |         |
|    |     | <i>Celine Holm</i>                      |         |
|    |     | <i>Sofie Holm</i>                       |         |
|    |     | <i>Emilie Heygdahl Grange</i>           |         |
|    | 16  | Asker SK                                | DQ:     |
|    |     | <i>Julie Krøgenes</i>                   |         |
|    |     | <i>Agnete Winsnes Astrup</i>            |         |
|    |     | <i>Ine Marie Raa</i>                    |         |
|    |     | <i>Ingerid Løyning Dale</i>             |         |

**KS****1000 m stafett**

|   |    |                           |         |
|---|----|---------------------------|---------|
| 1 | 34 | FIK Orion                 | 2,34,89 |
|   |    | <i>gerd lahlum lystad</i> |         |
|   |    | <i>Evy S. Nergård</i>     |         |
|   |    | <i>Nina Harby Nygaard</i> |         |
|   |    | <i>Kirsti Tomassen</i>    |         |

**MS****1000 m stafett**

|   |    |                           |         |
|---|----|---------------------------|---------|
| 1 | 55 | Moelven IL                | 1,59,60 |
|   |    | <i>Håkon Kvæken</i>       |         |
|   |    | <i>Carl Emil Kåshagen</i> |         |
|   |    | <i>Pål Jostad</i>         |         |
|   |    | <i>Mauritz Kåshagen</i>   |         |
| 2 | 9  | Asker SK                  | 2,22,60 |
|   |    | <i>Espen Jahren</i>       |         |
|   |    | <i>Kjetil Hillestad</i>   |         |
|   |    | <i>Ola Matre</i>          |         |
|   |    | <i>Andreas Skatvedt</i>   |         |