

# Resultat – Älgjakten

2019-09-15

| Älgjakten                   | (42 / 45) | Tid     | Efter  |
|-----------------------------|-----------|---------|--------|
| 1. Skogslöparna 1           |           | 2:21:12 |        |
| 1. Alice Rytterstedt        | 19:15     | 19:15   | +1:03  |
| 2. Ida Pauler               | 18:11     | 37:26   |        |
| 3. Liv Pauler               | 21:04     | 58:30   |        |
| 4. Clara Nordström          | 21:43     | 1:20:13 |        |
| 5. Ture Forsberg            | 23:21     | 1:43:34 |        |
| 6. Börje Pauler             | 19:16     | 2:02:50 |        |
| 7. Signe Forsberg           | 18:22     | 2:21:12 |        |
| 2. Verdal OK 1              |           | 2:30:26 | +9:14  |
| 1. Aleksander Tanem Iversen | 22:22     | 22:22   | +4:10  |
| 2. Mathea Baglo Bjørkeng    | 25:39     | 48:01   | +10:35 |
| 3. Arne Okkenhaug           | 18:08     | 1:06:09 | +7:39  |
| 4. Fredrikke Baglo Bjørkeng | 23:33     | 1:29:42 | +9:29  |
| 5. Filip Iversen            | 23:46     | 1:53:28 | +9:54  |
| 6. William Iversen          | 16:27     | 2:09:55 | +7:05  |
| 7. Kurt Ove Melbye          | 20:31     | 2:30:26 | +9:14  |
| 3. Medelpad Ungdom 5        |           | 2:32:16 | +11:04 |
| 1. Simon Nordlander         | 18:53     | 18:53   | +0:41  |
| 2. Lina Säterberg           | 22:44     | 41:37   | +4:11  |
| 3. Nora Uddman              | 26:45     | 1:08:22 | +9:52  |
| 4. Olivia Karlsson          | 29:37     | 1:37:59 | +17:46 |
| 5. Herman Eliasson          | 14:24     | 1:52:23 | +8:49  |
| 6. Erik Norin               | 18:36     | 2:10:59 | +8:09  |
| 7. Erik Jakobsson           | 21:17     | 2:32:16 | +11:04 |
| 4. Medelpad Ungdom 3        |           | 2:32:22 | +11:10 |
| 1. Mattias Larsson          | 18:35     | 18:35   | +0:23  |
| 2. Knut Lindholm            | 22:30     | 41:05   | +3:39  |
| 3. Savanna Dahlkvist        | 27:02     | 1:08:07 | +9:37  |
| 4. Signe Feil               | 22:02     | 1:30:09 | +9:56  |
| 5. Selma Ytterström         | 19:51     | 1:50:00 | +6:26  |
| 6. Ivar Granholm            | 18:12     | 2:08:12 | +5:22  |
| 7. Sara Timner              | 24:10     | 2:32:22 | +11:10 |
| 5. Medelpad Ungdom 6        |           | 2:35:21 | +14:09 |
| 1. Andrei Kuzmin            | 19:28     | 19:28   | +1:16  |
| 2. Elsa Lake                | 21:28     | 40:56   | +3:30  |
| 3. Ebba Jensen              | 27:09     | 1:08:05 | +9:35  |
| 4. Lovisa Dufva             | 20:34     | 1:28:39 | +8:26  |
| 5. Jonas Lind               | 18:11     | 1:46:50 | +3:16  |
| 6. Klara Hedin              | 27:02     | 2:13:52 | +11:02 |
| 7. Kajsa Hedin              | 21:29     | 2:35:21 | +14:09 |
| 6. OL Trollelg 1            |           | 2:37:03 | +15:51 |
| 1. Thomas Mjølhus           | 20:40     | 20:40   | +2:28  |
| 2. Vera Sandquist           | 30:11     | 50:51   | +13:25 |
| 3. Louise Hals Stensrud     | 25:50     | 1:16:41 | +18:11 |

|                           |       |         |        |
|---------------------------|-------|---------|--------|
| 4. Emil Braa Holm         | 20:59 | 1:37:40 | +17:27 |
| 5. Noah Ehrnstrøm         | 21:58 | 1:59:38 | +16:04 |
| 6. Victoria Kottum        | 22:39 | 2:22:17 | +19:27 |
| 7. Anders Berge Mjølhus   | 14:46 | 2:37:03 | +15:51 |
| 7. Medelpad Ungdom 4      |       | 2:38:14 | +17:02 |
| 1. Olov Norin             | 18:15 | 18:15   | +0:03  |
| 2. Lisen Moberg           | 23:19 | 41:34   | +4:08  |
| 3. Emma Jakobsson         | 22:33 | 1:04:07 | +5:37  |
| 4. Karin Viklund          | 33:59 | 1:38:06 | +17:53 |
| 5. Alexander Dufva        | 17:27 | 1:55:33 | +11:59 |
| 6. Elisabet Engberg       | 21:21 | 2:16:54 | +14:04 |
| 7. Håkan Stolt            | 21:20 | 2:38:14 | +17:02 |
| 8. OL Trollelg 2          |       | 2:42:29 | +21:17 |
| 1. Kristian Stensrud      | 22:35 | 22:35   | +4:23  |
| 2. Kirsti Næss Olsen      | 25:37 | 48:12   | +10:46 |
| 3. Mathias Å. Dahl        | 21:22 | 1:09:34 | +11:04 |
| 4. William Kottum         | 25:48 | 1:35:22 | +15:09 |
| 5. Sindre Soltveit        | 25:02 | 2:00:24 | +16:50 |
| 6. Lina Sandquist         | 21:51 | 2:22:15 | +19:25 |
| 7. Fredrik Hals Stensrud  | 20:14 | 2:42:29 | +21:17 |
| 9. Medelpad Ungdom 2      |       | 2:45:26 | +24:14 |
| 1. Carl Erngrund          | 22:02 | 22:02   | +3:50  |
| 2. Sara Jakobsson         | 27:47 | 49:49   | +12:23 |
| 3. Wilma Lindström        | 19:45 | 1:09:34 | +11:04 |
| 4. Moa Karlsson           | 30:40 | 1:40:14 | +20:01 |
| 5. Agnes Feil             | 20:29 | 2:00:43 | +17:09 |
| 6. Klara Edström          | 16:09 | 2:16:52 | +14:02 |
| 7. Magnus Jonsson         | 28:34 | 2:45:26 | +24:14 |
| 10. Hestsjøen             |       | 2:49:41 | +28:29 |
| 1. Johanna Rosling        | 23:26 | 23:26   | +5:14  |
| 2. Sigurd Sævik           | 26:47 | 50:13   | +12:47 |
| 3. Emilie Standal         | 19:28 | 1:09:41 | +11:11 |
| 4. Petter Kvalheim Reiten | 25:07 | 1:34:48 | +14:35 |
| 5. Nora Sofie Aarnes      | 24:55 | 1:59:43 | +16:09 |
| 6. Hampus Mack Tronvoll   | 26:02 | 2:25:45 | +22:55 |
| 7. Andreas Palmelind      | 23:56 | 2:49:41 | +28:29 |
| 11. Råtass Damer          |       | 2:54:20 | +33:08 |
| 1. Mari Skjøstad Berger   | 27:55 | 27:55   | +9:43  |
| 2. Ingvild Kjesbu         | 22:54 | 50:49   | +13:23 |
| 3. Ingvild Skulbørstad    | 34:43 | 1:25:32 | +27:02 |
| 4. Rigmor Standal         | 27:16 | 1:52:48 | +32:35 |
| 5. Siv Grete Aarnes       | 24:47 | 2:17:35 | +34:01 |
| 6. Torun Beate            | 18:36 | 2:36:11 | +33:21 |
| 7. Gudrun Johnsen         | 18:09 | 2:54:20 | +33:08 |
| 12. Byåsen IL 2           |       | 2:56:04 | +34:52 |
| 1. Vebjørn Bergh-Hansen   | 18:12 | 18:12   |        |
| 2. Jørgen Aune            | 24:53 | 43:05   | +5:39  |
| 3. Olav Moxness           | 27:29 | 1:10:34 | +12:04 |
| 4. Marie Wollan Benum     | 18:07 | 1:28:41 | +8:28  |

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|------------------------------|-------|----------|--------|
| 5. Aslak Moxness             | 41:16 | 2:09:57  | +26:23 |
| 6. Vegard Hansen             | 26:17 | 2:36:14  | +33:24 |
| 7. Jørgen Tegnå              | 19:50 | 2:56:04  | +34:52 |
| 13. Östersunds OK 1          |       | 3:00:03  | +38:51 |
| 1. Axel Arnesson             | 19:23 | 19:23    | +1:11  |
| 2. Axel Hedström             | 22:06 | 41:29    | +4:03  |
| 3. Tore Hamberg              | 23:50 | 1:05:19  | +6:49  |
| 4. Britta Brännström         | 31:59 | 1:37:18  | +17:05 |
| 5. Camilla Gillström         | 33:08 | 2:10:26  | +26:52 |
| 6. Åke Bengtsson             | 26:39 | 2:37:05  | +34:15 |
| 7. Erik Hedman               | 22:58 | 3:00:03  | +38:51 |
| 14. Frösön 2                 |       | 3:09:04  | +47:52 |
| 1. Kalle Eneland             | 21:56 | 21:56    | +3:44  |
| 2. Sofie Bakkman             | 27:36 | 49:32    | +12:06 |
| 3. Vidar Eneland             | 28:43 | 1:18:15  | +19:45 |
| 4. Vidar Bäckman             | 28:03 | 1:46:18  | +26:05 |
| 5. Christian Olsson          | 26:09 | 2:12:27  | +28:53 |
| 6. Johan Andreasson          | 26:16 | 2:38:43  | +35:53 |
| 7. Anders Forsstedt          | 30:21 | 3:09:04  | +47:52 |
| 15. Östersunds OK 2          |       | 3:11:11  | +49:59 |
| 1. Hanna Lindqvist           | 20:05 | 20:05    | +1:53  |
| 2. Greta Hedman              | 29:34 | 49:39    | +12:13 |
| 3. Elsa Arnesson             | 21:38 | 1:11:17  | +12:47 |
| 4. Olle Hamberg              | 28:39 | 1:39:56  | +19:43 |
| 5. Erik Maripuu              | 19:14 | 1:59:10  | +15:36 |
| 6. James Turton              | 36:55 | 2:36:05  | +33:15 |
| 7. Bengt Jonsson             | 35:06 | 3:11:11  | +49:59 |
| 16. Byåsen IL 1              |       | 3:19:26  | +58:14 |
| 1. Erlend Aune               | 19:17 | 19:17    | +1:05  |
| 2. Axel Viken                | 23:48 | 43:05    | +5:39  |
| 3. Torvin Bergh-Hansen       | 27:27 | 1:10:32  | +12:02 |
| 4. Ingrid Wollan Benum       | 18:18 | 1:28:50  | +8:37  |
| 5. Sander Male Jensen Jensen | 44:53 | 2:13:43  | +30:09 |
| 6. Hannah Tyvold             | 29:31 | 2:43:14  | +40:24 |
| 7. Vidar Moxness             | 36:12 | 3:19:26  | +58:14 |
| 17. Møssjøen                 |       | *3:12:10 | +50:58 |
| 1. Malin Rian                | 24:36 | 24:36    | +6:24  |
| 2. Petter Skulbørstad        | 19:16 | 43:52    | +6:26  |
| 3. Gustav Standal            | 25:38 | 1:09:30  | +11:00 |
| 4. Einar Sævik               | 30:53 | 1:40:23  | +20:10 |
| 5. Ludvik Mack Tronvoll      | 31:46 | 2:12:09  | +28:35 |
| 6. Selma Gederaas            | 34:45 | 2:46:54  | +44:04 |
| 7. Tiril Hansen Gederaas     | 25:16 | *3:12:10 | +50:58 |
| 18. Byåsen IL 3              |       | *3:12:53 | +51:41 |
| 1. Herman Bruchmüller Sundt  | 22:00 | 22:00    | +3:48  |
| 2. Ådne Stordal              | 34:24 | 56:24    | +18:58 |
| 3. Birk Ulsaker Høve         | 48:33 | 1:44:57  | +46:27 |
| 4. Malin Nordgård Leiren     | 21:04 | 2:06:01  | +45:48 |
| 5. Ivar Flatvad              | 29:22 | 2:35:23  | +51:49 |
| 6. Torgeir Aune              | 20:53 | 2:56:16  | +53:26 |
| 7. Johan Ivarsson            | 16:37 | *3:12:53 | +51:41 |

|                          |       |                |
|--------------------------|-------|----------------|
| 19. Brunflo IF           |       | *3:20:20+59:08 |
| 1. Peder Sjölund         | 22:20 | 22:20 +4:08    |
| 2. Ove Hemmingsson       | 27:59 | 50:19 +12:53   |
| 3. Ove Jönsson           | 24:38 | 1:14:57 +16:27 |
| 4. Helena Olsson         | 29:48 | 1:44:45 +24:32 |
| 5. Maria Andersdotter    | 28:07 | 2:12:52 +29:18 |
| 6. Monica Skoog Boström  | 42:53 | 2:55:45 +52:55 |
| 7. Eivor Lindgren        | 24:35 | *3:20:20+59:08 |
| 20. OK Storsjön 2        |       | *3:21:04+59:52 |
| 1. Anna Westerlund       | 24:52 | 24:52 +6:40    |
| 2. Martin Ohlsson        | 25:55 | 50:47 +13:21   |
| 3. Helene Wikner         | 35:41 | 1:26:28 +27:58 |
| 4. Marianne Åhlström     | 30:12 | 1:56:40 +36:27 |
| 5. Marie Ohlsson         | 40:53 | 2:37:33 +53:59 |
| 6. Björn Olofsson        | 20:19 | 2:57:52 +55:02 |
| 7. Daniel Andersson      | 23:12 | *3:21:04+59:52 |
| 21. Frösön 3             |       | *3:21:48+60:36 |
| 1. Magnus Mattsson       | 25:37 | 25:37 +7:25    |
| 2. Tomas Bergström       | 27:48 | 53:25 +15:59   |
| 3. Jenny Swartz          | 21:26 | 1:14:51 +16:21 |
| 4. Torulf Bäckman        | 32:03 | 1:46:54 +26:41 |
| 5. Therese Eneland       | 40:36 | 2:27:30 +43:56 |
| 6. Hugo Eneland          | 29:10 | 2:56:40 +53:50 |
| 7. Niclas Lidström       | 25:08 | *3:21:48+60:36 |
| 22. Medelpad Föräldrar 2 |       | *3:24:04+62:52 |
| 1. Tomas Unander         | 20:42 | 20:42 +2:30    |
| 2. Stina Feil            | 27:27 | 48:09 +10:43   |
| 3. Torbjörn Andersson    | 21:24 | 1:09:33 +11:03 |
| 4. Susanna De Sanctis    | 42:55 | 1:52:28 +32:15 |
| 5. Viktoria Karlsson     | 27:16 | 2:19:44 +36:10 |
| 6. Helena Lindholm       | 32:46 | 2:52:30 +49:40 |
| 7. Magnus Engberg        | 31:34 | *3:24:04+62:52 |
| 23. Medelpad Föräldrar 1 |       | *3:24:45+63:33 |
| 1. Tobias Eliasson       | 20:38 | 20:38 +2:26    |
| 2. Christian Strid       | 30:09 | 50:47 +13:21   |
| 3. Malin Tuveßon         | 29:19 | 1:20:06 +21:36 |
| 4. Ola Lindström         | 24:43 | 1:44:49 +24:36 |
| 5. Peter Erngrund        | 36:54 | 2:21:43 +38:09 |
| 6. Karin Lind            | 30:57 | 2:52:40 +49:50 |
| 7. Irené Larsson         | 32:05 | *3:24:45+63:33 |
| 24. OK Storsjön 1        |       | *3:29:45+68:33 |
| 1. Ester Olofsson        | 31:18 | 31:18 +13:06   |
| 2. Sixten Andersson      | 29:09 | 1:00:27 +23:01 |
| 3. Mattis Halvarsson     | 29:48 | 1:30:15 +31:45 |
| 4. Saga Larserud         | 32:13 | 2:02:28 +42:15 |
| 5. Sigrid Ohlsson        | 30:22 | 2:32:50 +49:16 |
| 6. Ebba Wall Andersson   | 27:01 | 2:59:51 +57:01 |
| 7. Urban Lindgren        | 29:54 | *3:29:45+68:33 |
| 25. Frösön 1             |       | *3:39:57+78:45 |
| 1. Stina Andreasson      | 42:04 | 42:04 +23:52   |
| 2. Nils Rönnestrand      | 29:43 | 1:11:47 +34:21 |

|                                |       |                 |
|--------------------------------|-------|-----------------|
| 3. Sven Norrman                | 25:05 | 1:36:52 +38:22  |
| 4. Hans Swartz                 | 23:06 | 1:59:58 +39:45  |
| 5. Joar Bäckman                | 31:30 | 2:31:28 +47:54  |
| 6. Fredrik Martinsson          | 41:39 | 3:13:07 +70:17  |
| 7. Eskil Eneland               | 26:50 | *3:39:57+78:45  |
| 26. Frol IL 3                  |       | *3:41:06+79:54  |
| 1. Marte Skoglund              | 25:32 | 25:32 +7:20     |
| 2. Jo Langøygard               | 35:25 | 1:00:57 +23:31  |
| 3. Randi Jensen                | 24:08 | 1:25:05 +26:35  |
| 4. Lena Alstad                 | 36:14 | 2:01:19 +41:06  |
| 5. Lars Sandstad Skjeset       | 18:24 | 2:19:43 +36:09  |
| 6. Bjørn Åge Reinås            | 36:45 | 2:56:28 +53:38  |
| 7. Svend Arne Skjulsvik        | 44:38 | *3:41:06+79:54  |
| 27. Medelpad Föräldrar 3       |       | *3:42:00+80:48  |
| 1. Maria Danielsson            | 25:46 | 25:46 +7:34     |
| 2. Maria Jensen                | 41:12 | 1:06:58 +29:32  |
| 3. Marcus Uddman               | 35:26 | 1:42:24 +43:54  |
| 4. Magnus Säterberg            | 30:02 | 2:12:26 +52:13  |
| 5. Fredrik Granholm            | 31:58 | 2:44:24 +60:50  |
| 6. Anna Dufva                  | 32:35 | 3:16:59 +74:09  |
| 7. Christina Flordal           | 25:01 | *3:42:00+80:48  |
| 28. Åre OK/OK Linné/Järpens SK |       | *3:47:56+86:44  |
| 1. Karna Thorsson              | 27:15 | 27:15 +9:03     |
| 2. Magnus Johansson            | 30:37 | 57:52 +20:26    |
| 3. Anne Andersson              | 25:42 | 1:23:34 +25:04  |
| 4. Gunnar Hedberg              | 29:14 | 1:52:48 +32:35  |
| 5. Kristin Hvatzen Pedersen    | 33:12 | 2:26:00 +42:26  |
| 6. Ulla Viklund                | 30:56 | 2:56:56 +54:06  |
| 7. Catrin Johansson            | 51:00 | *3:47:56+86:44  |
| 29. Verdal OK 3                |       | *4:01:49+100:37 |
| 1. Gunhild Bredesen            | 30:24 | 30:24 +12:12    |
| 2. Karl Arne Melbye            | 34:27 | 1:04:51 +27:25  |
| 3. Ole Morten Frøseth          | 32:31 | 1:37:22 +38:52  |
| 4. Jon Marius Vaag Iversen     | 35:13 | 2:12:35 +52:22  |
| 5. Tor Ove Hallem              | 23:05 | 2:35:40 +52:06  |
| 6. Kari Halvorsen Melbye       | 36:14 | 3:11:54 +69:04  |
| 7. Lars Grindberg              | 49:55 | *4:01:49+100:37 |
| 30. Råtass herrer              |       | *3:35:57+74:45  |
| 1. Espen Aarnes                | 23:47 | 23:47 +5:35     |
| 2. Rune Sævik                  | 44:12 | 1:07:59 +30:33  |
| 3. Hans Rosling                | 43:05 | 1:51:04 +52:34  |
| 4. Pål Benum Reiten            | 24:53 | 2:15:57 +55:44  |
| 5. Terje Rian                  | 30:16 | 2:46:13 +62:39  |
| 6. Magnus Urstad Gederaas      | 31:14 | *3:17:27+74:37  |
| 7. Richard Sagen               | 18:30 | *3:35:57+74:45  |
| 31. Frol IL 4                  |       | *3:46:30+85:18  |
| 1. Kine Sofie Sandstad         | 25:29 | 25:29 +7:17     |
| 2. Elise Taylor Spets          | 44:50 | 1:10:19 +32:53  |
| 3. Tom Rune Iversen            | 46:37 | 1:56:56 +58:26  |
| 4. Marianne Langøygard         | 35:08 | 2:32:04 +71:51  |

|                             |        |                |
|-----------------------------|--------|----------------|
| 5. Øystein Haug             | 23:45  | 2:55:49 +72:15 |
| 6. Hermann Leithe           | 27:14  | *3:23:03+80:13 |
| 7. Gunnar Vatn              | 23:27  | *3:46:30+85:18 |
| 32. Verdal OK 2             |        | *3:46:32+85:20 |
| 1. Ludvik Grindberg         | 43:57  | 43:57 +25:45   |
| 2. Helmine Grindberg        | 33:57  | 1:17:54 +40:28 |
| 3. Tuva Snøfugl             | 45:46  | 2:03:40 +65:10 |
| 4. Emilie Nubdal Frøseth    | 25:16  | 2:28:56 +68:43 |
| 5. Ulrik Haugen             | 24:06  | 2:53:02 +69:28 |
| 6. Hanna Skjerve            | 30:30  | *3:23:32+80:42 |
| 7. Ovid Baglo Bjørkeng      | 23:00  | *3:46:32+85:20 |
| 33. Östersunds OK 3         |        | *3:58:22+97:10 |
| 1. Simon Lindqvist          | 18:12  | 18:12          |
| 2. Arvid Hedman             | 22:50  | 41:02 +3:36    |
| 3. Medelene Wallentin       | 59:26  | 1:40:28 +41:58 |
| 4. Johan Beiersen           | 37:20  | 2:17:48 +57:35 |
| 5. Helen Hanstock           | 34:34  | 2:52:22 +68:48 |
| 6. Hanna Sunnerheim Sjöberg | 29:42  | *3:22:04+79:14 |
| 7. Lars-Eric Gahlin         | 36:18  | *3:58:22+97:10 |
| Wing OK 1                   |        | Felst.         |
| 1. August Nykvist           | 19:18  | 19:18 +1:06    |
| 2. Magne Guttvik            | 25:43  | 45:01 +7:35    |
| 3. Jacob J. With            | Felst. | Felst.         |
| 4. Alfred Høysæter          | 43:09  | Felst.         |
| 5. Maia Ruano Strand        | 23:43  | Felst.         |
| 6. Morten Strand            | 19:53  | Felst.         |
| Medelpad Ungdom 1           |        | Felst.         |
| 1. Wilmer Rex               | 18:21  | 18:21 +0:09    |
| 2. Ruben Jensen             | Felst. | Felst.         |
| 3. Elin Karlsson            | 24:56  | Felst.         |
| 4. Alva Eliasson            | 18:53  | Felst.         |
| 5. Agnes Vågberg            | 31:25  | Felst.         |
| 6. Alex Andersson           | 16:31  | Felst.         |
| 7. Elin Svensson            | 21:24  | Felst.         |
| Freidig 3                   |        | Felst.         |
| 1. Anna Aurora Nolte        | 21:49  | 21:49 +3:37    |
| 2. Hallvard Hellevik        | 24:53  | 46:42 +9:16    |
| 3. Juni Hagelid Nordheim    | 29:02  | 1:15:44 +17:14 |
| 4. Iver Dalsaune Thun       | Felst. | Felst.         |
| 5. Mari Eidsmo              | 23:19  | Felst.         |
| 6. Tora Kittilsen           | 25:07  | Felst.         |
| 7. Kasper Sæterhaug Knudsen | 26:47  | Felst.         |
| Freidig 2                   |        | Felst.         |
| 1. Emil Grønli              | Felst. | Felst.         |
| 2. Nora Halvorsen           | 31:14  | Felst.         |
| 3. Ella Sandstad            | 31:20  | Felst.         |
| 4. Alf Petter Lynum         | 27:17  | Felst.         |
| 5. Una Kittilsen            | 22:49  | Felst.         |
| 6. Ane Malene Kolstad       | 20:23  | Felst.         |
| 7. Vemund Mølnvik           | 26:24  | Felst.         |

## Frol IL 2

|                           |        |
|---------------------------|--------|
| 1. Magnus Alstad          | Felst. |
| 2. Johannes Matberg       | 29:09  |
| 3. Selma Skjulsvik        | 34:05  |
| 4. Sander Salater Iversen | 27:02  |
| 5. Selma Langøygard       | Felst. |
| 6. Brage Reinås           | 16:27  |
| 7. Sondre Skoglund Leithe | 26:52  |

## Felst.

Felst.  
Felst.  
Felst.  
Felst.  
Felst.  
Felst.  
Felst.

## Kleivtjønna

|                      |        |
|----------------------|--------|
| 1. Ane Skulbørstad   | 27:57  |
| 2. Asle Skullbørstad | 25:38  |
| 3. Filip Estil       | 21:34  |
| 4. Konrad Estil      | Felst. |
| 5. Halvard Livik     | 30:07  |
| 6. Frode Estil       | 26:33  |
| 7. Håvard Kjesbu     | 28:08  |

## Felst.

27:57 +9:45  
53:35 +16:09  
1:15:09 +16:39  
Felst.  
Felst.  
Felst.  
Felst.

## Freidig 1

|                           |        |
|---------------------------|--------|
| 1. Tristan Halvorsen      | 19:00  |
| 2. Ine Bohnhorst Tegdan   | Felst. |
| 3. Marita Aske            | 29:23  |
| 4. Sverre Hellevik        | 40:47  |
| 5. Mathea Spets Storhov   | 19:14  |
| 6. Ludvik Storler Snøfugl | Felst. |
| 7. Vetle Grønvik Ekra     | 18:56  |

## Felst.

19:00 +0:48  
Felst.  
Felst.  
Felst.  
Felst.  
Felst.  
Felst.

## Frol IL 1

|                            |        |
|----------------------------|--------|
| 1. Mia Reinås              | Felst. |
| 2. Jonas Alstad            | 20:16  |
| 3. Ludvig Langøygard       | 24:52  |
| 4. Solveig Skoglund Leithe | 24:28  |
| 5. Daniel Alstad           | 26:36  |
| 6. Sanna Salater Iversen   | 29:18  |
| 7. Aksel Sandstad Skjeset  | 30:51  |

## Felst.

Felst.  
Felst.  
Felst.  
Felst.  
Felst.  
Felst.  
Felst.

## Verdal OK Råtass senior

|                                 |        |
|---------------------------------|--------|
| 1. Guro Grindberg               | 45:53  |
| 2. Tore Ness                    | 20:30  |
| 3. Kristin Stornes              | 47:54  |
| 4. Jonny Haugen                 | 35:12  |
| 5. Laila Bergsmo                | Felst. |
| 6. Jan Denis Kluck              | Utg.   |
| 7. Ann Lisbeth Mitchell Iversen | 31:21  |

## Utg.

45:53 +27:41  
1:06:23 +28:57  
1:54:17 +55:47  
2:29:29 +69:16  
Felst.  
Utg.  
Utg.