

### 5 km Gutter 5 km

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Andreas Ullern Tønning	Ringerike Friidrettsklubb	5 km	M		123	3:28	0:17:21	0:17:21
2	Håkon Bratvold	Luke The Drifters Running Team	5 km	M		89	3:34	0:17:51	0:17:50
3	William Lie-Johansen	Ringkollen Skiklubb	5 km	M		132	3:41	0:18:28	0:18:28
4	Martin Nøkleby Melling	Ringerike o-lag	5 km	M		107	3:51	0:19:15	0:19:15
5	Dennis Lukkedal	Ringerike Friidrettsklubb	5 km	M		106	4:05	0:20:25	0:20:25
6	Haakon Sørstad	Flying Team Vikersund	5 km	M		119	4:06	0:20:34	0:20:34
7	Mathias Bergene	Skrautvål il ski	5 km	M		30	4:42	0:23:35	0:23:34
8	Vemund Sørstad	Lier IL	5 km	M		120	4:56	0:24:42	0:24:41
9	Jens Wold	IF Sturla	5 km	M		126	5:03	0:25:19	0:25:19

### 5 km Jenter 5 km

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Johanna Hval	Haugsbygd IF	5 km	F		130	4:12	0:21:04	0:21:02
2	Maren Dalby Bårnås	Ringerike Friidrettsklubb	5 km	F		94	4:16	0:21:21	0:21:20
3	Emma Sørgård	Haugsbygd IF	5 km	F		133	4:25	0:22:09	0:22:07
4	Anna Kristiansen Midtbø	Haugsbygd ski	5 km	F		103	4:37	0:23:07	0:23:05
5	Mina Gjerald	Haugsbygd IF	5 km	F		98	5:18	0:26:32	0:26:30
6	Ida Gammelmo	Svea Skilag	5 km	F		128	5:28	0:27:25	0:27:22
7	Oda Opseth	Ringerike O-lag	5 km	F		110	5:35	0:28:00	0:27:58

### 5 km Kvinner 5 km

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Marte Bagaasen Mork	Ringerike Friidrettsklubb	5 km	F		108	3:34	0:17:53	0:17:53
2	Mette Bakken Skauerud	Sportsklubben Vidar	5 km	F		117	4:11	0:20:56	0:20:55
3	Cecilie Myhre		5 km	F		109	4:16	0:21:25	0:21:24
4	Hasnija Sinkovic		5 km	F		116	4:20	0:21:42	0:21:41
5	Hanne Øien	Haugsbygd IF	5 km	F		134	4:25	0:22:10	0:22:07
6	Kari Flatla	Tokenes badeklubb	5 km	F		97	4:32	0:22:42	0:22:40
7	Alexandra Bjerch-Andresen	Oslofjord Triathlon	5 km	F		49	4:56	0:24:43	0:24:42
8	Guro Ullern Tønning	IL Høleværingen	5 km	F		122	5:08	0:25:48	0:25:44
9	Solveig Sikkeland	Tyrving IL	5 km	F		115	5:14	0:26:14	0:26:11
10	Liss Cathrine wibe Brorson	Privat	5 km	F		91	5:17	0:26:42	0:26:29
11	Veronica Brorson	Privat	5 km	F		90	5:36	0:28:10	0:28:02
12	Martine Jacobsen		5 km	F		131	5:40	0:28:26	0:28:23
13	Henriette wibe Brorson	Privat	5 km	F		92	5:42	0:28:37	0:28:30
14	Birgitte Bekkelund	Røyken O-lag	5 km	F		26	5:57	0:29:49	0:29:49

### 5 km Menn 5 km

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
1	Mads Orø Olsen	Ringerike friidrettsklubb	5 km	M		111	3:19	0:16:38	0:16:38
2	Magnus Sedeniussen	Gjelleråsen If Ski	5 km	M		114	3:25	0:17:08	0:17:08
3	Pål Simen Ellingsen	Nets Active	5 km	M		95	3:38	0:18:14	0:18:13
4	Knut Lium	Nordre-Land	5 km	M		104	3:40	0:18:22	0:18:22
5	Vetle Stangstuen	Ringkollen Skiklubb	5 km	M		135	3:45	0:18:46	0:18:45
6	Erik Ramsrud		5 km	M		112	3:48	0:19:03	0:19:03
7	Fredrik Ruden Brørby		5 km	M		93	3:53	0:19:27	0:19:27

## 5 km Menn 5 km

Pos	Athlete	Team	Race	Gender	Age	Bib#	Pace	Gun Time	Chip Time
8	Tore Bratvold	Luke The Drifters Running Team	5 km	M		56	3:55	0:19:39	0:19:38
9	Tom-Erik Lukkedal	HQ Trening	5 km	M		105	4:05	0:20:26	0:20:26
10	Håkon Wold	IF Sturla	5 km	M		125	4:30	0:22:35	0:22:33
11	Jan Kristiansen	Team Tronrud	5 km	M		102	4:37	0:23:07	0:23:05
12	Anders Hval	Haugsbygd IF	5 km	M		129	4:37	0:23:08	0:23:07
13	Per Ragnar Tuftin	Søndre Røsby	5 km	M		124	4:46	0:23:51	0:23:50
14	Ingebrigt Rygg	Hytteplan Sport	5 km	M		113	5:05	0:25:29	0:25:27
15	Markus Tangestuen	Privat	5 km	M		121	5:14	0:26:15	0:26:10
16	Jon Annar Berntsen		5 km	M		44	5:16	0:26:24	0:26:23
17	Paul Robin Haanstad	Privat	5 km	M		101	5:26	0:27:16	0:27:13
18	Karl Hermod Aarøen	privat	5 km	M		127	6:10	0:30:53	0:30:51
19	Dag Erichsrud	BUL	5 km	M		96	6:20	0:31:47	0:31:43
20	Audun Ragnvald Sætren	Privat	5 km	M		118	7:05	0:35:26	0:35:26