

HEIMDAL I.F.

FRISTIL LANGRENN

Resultatliste for: klasse: Gutter 16 År

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	455	Anders Eide	Snåsa I.L.	Nord-Trøndelag	44.31,0	0,0
2	437	Lars Vethe	Heggedal	Asker og Bærum	45.03,0	32,0
3	432	Jon Erik Knotten	Ramnes	Vestfold	45.18,0	47,0
4	467	Tor Arne Haugen	Kolbu	Oppland	45.22,0	51,0
5	407	Anders Grønli	Assiden I.F.	Buskerud	46.01,0	1.30,0
	439	Asgeir Fremstad	Ramnes	Vestfold	46.01,0	1.30,0
	469	Jon Olaf Bergersen	Kjelsås	Oslo	46.01,0	1.30,0
8	406	Lyoer Sund	Spillum I.L.	Nord-Trøndelag	46.02,0	1.31,0
	449	Svein Tore Samdal	Støren	Sør-Trøndelag	46.02,0	1.31,0
10	463	Oddbjørn Hjeltnes	Fjellh./Ver	Sogn og Fjordane	46.05,0	1.34,0
11	471	Harald Wergeland	Ramnes	Vestfold	46.15,0	1.44,0
12	443	Per Kristian Knutsen	Fenstad Skikl.	Romerike	46.17,0	1.46,0
13	485	Tom Roald Olsen	Sandnes I.L.	Finnmark	46.33,0	2.02,0
14	462	Odd Ivar Medhus	Røidal	Bergen og Hordal	46.35,0	2.04,0
15	438	Torgeir Jondum	Strindheim	Sør-Trøndelag	46.36,0	2.05,0
	457	Anders Bøe	Snøhetta	Sør-Trøndelag	46.51,0	2.20,0
17	445	Jens Petter Thon	Askim	Østfold	46.55,0	2.24,0
	446	Eivind Lund	Gjelleråsen	Oslo	46.55,0	2.24,0
19	459	Erik Lauvrak	Inås	Aust-Agder	46.58,0	2.27,0
20	465	Ragnar Hagen	Ål I.L.	Buskerud	47.03,0	2.32,0
	468	Øyvind Kvennås	Byåsen	Sør-Trøndelag	47.03,0	2.32,0
22	413	Øyvind Kjølstad	Vikersund I.F.	Buskerud	47.08,0	2.37,0
23	495	Steinar Hennem	Lier I.L.	Buskerud	47.15,0	2.44,0
24	434	Geir Aspeslåen	Tormod	Oppland	47.17,0	2.46,0
25	450	Kjetil Røberg	Nittedal	Oslo	47.21,0	2.50,0
26	441	Torbjørn Skaanes	Utleira	Sør-Trøndelag	47.22,0	2.51,0
27	451	Rune Wiig	Trøgstad	Østfold	47.23,0	2.52,0
28	418	Pål Gustav Modell	Følling I.L.	Nord-Trøndelag	47.26,0	2.55,0
	452	Vegard Spiten	I.L.Skrim	Buskerud	47.26,0	2.55,0
30	435	Lars Brede Ous	Fet Skikl.	Romerike	47.27,0	2.56,0
	475	Rolf Lundamo	Bardufoss O.I.L.	Troms	47.27,0	2.56,0
32	494	Jo Dale	Fet Skikl.	Romerike	47.38,0	3.07,0
33	444	Halvor Gjerdingen	Gran	Oppland	47.39,0	3.08,0
	498	Dag Inge Undheim	Rølingen	Romerike	47.39,0	3.08,0
35	488	Stig Brustad	Skarnes	Hedmark	47.41,0	3.10,0
36	458	Terje Tovmo	Budal	Sør-Trøndelag	47.47,0	3.16,0
37	453	Bjørn Langsett	Bjerke I.L.	Romerike	47.51,0	3.20,0
38	412	Asle Sletteemoen	Geilo I.L.	Buskerud	47.52,0	3.21,0
39	424	Jon Thomas Blandhoel	Bærums Verk	Asker og Bærum	47.53,0	3.22,0
40	402	Anders Holst	Stathelle	Telemark	47.55,0	3.24,0
41	491	Svein Riste	V.Slidre	Oppland	48.17,0	3.46,0
42	404	Torbjørn Slåtto	Holeværingen	Buskerud	48.25,0	3.54,0
43	511	Per A.Mykland	Hokksund I.L.	Buskerud	48.26,0	3.55,0
44	399	Stig Kjenaas	Svene I.L.	Buskerud	48.29,0	3.58,0
45	448	Torgeir Saltnes	Ås I.L.	Follo	48.30,0	3.59,0
	482	Trond Eidissen	Medkila Skilag	Troms	48.30,0	3.59,0
47	456	Bård Mjølnes	Gjesdal	Rogaland	48.31,0	4.00,0
48	500	Vegard Sommerstad	Bøverbru	Oppland	48.34,0	4.03,0
49	427	Trond Ove Bredesen	Tynset	Hedmark	48.39,0	4.08,0

----- HEGO TIMING SYSTEM -----



Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	410	Willy Berg	Leksvik I.L.	Nord Trøndelag	48.41,0	4.10,0
51	461	Håvard Østerås	Skatval Skilag	Nord Trøndelag	48.42,0	4.11,0
52	428	Roger Hansen	Rognan	Nordland	48.49,0	4.18,0
53	510	Johannes Reiten	Betna	Møre og Romsdal	48.50,0	4.19,0
54	397	John Hugo Johansen	Tromsø sk.k.	Troms	48.57,0	4.26,0
	429	Erik Fantoit	Fana	Bergen og Hordala	48.57,0	4.26,0
56	472	Ole Molden	Gran	Oppland	49.01,0	4.30,0
	476	Terje Torseth	Koll	Oslo	49.01,0	4.30,0
58	420	Rune Lien	Jømna Heradsbygd	Hedmark	49.04,0	4.33,0
59	484	Rune Strømsnes	Osterøy	Bergen og Hordala	49.05,0	4.34,0
60	423	Bjørn Åsen	Alvdal	Hedmark	49.08,0	4.37,0
61	503	Arild Bjørnås	Katten	Sør-Trøndelag	49.09,0	4.38,0
62	403	Stig Sommervold	Klæbu	Sør-Trøndelag	49.17,0	4.46,0
63	483	Lars Ole Valøen	Byafossen I.L.	Nord Trøndelag	49.20,0	4.49,0
64	474	Petter Brandzeg	Drøbak Frogn I.L.	Follo	49.25,0	4.54,0
65	497	Trym Hansen	Høybråten og Stovner	Oslo	49.26,0	4.55,0
66	421	Peter Kjenndalen	Jømna Heradsbygd	Hedmark	49.31,0	5.00,0
	509	Andreas Holen	Gausdal	Oppland	49.31,0	5.00,0
68	409	Nils Olav Garnås	Bromma I.L.	Buskerud	49.34,0	5.03,0
	419	Thomas Husum	Ås I.L.	Follo	49.38,0	5.07,0
70	502	Øyvind Viken	Øyer	Oppland	49.39,0	5.08,0
71	454	Arne Markus Svendsen	Lavangen I.F.	Troms	49.40,0	5.09,0
72	473	Are Blyverket	Nydalen	Oslo	49.48,0	5.17,0
73	504	Tommy Sørlie	Vang	Hedmark	49.49,0	5.18,0
74	417	Kristian Fjellhaug	Høybråten og Stovner	Oslo	49.53,0	5.22,0
	487	Kjell Helge Røynestad	Knaben I.L.	Vest-Agder	49.53,0	5.22,0
76	490	Snorre Hellesvik	Byåsen S.K.	Sør-Trøndelag	49.57,0	5.26,0
77	431	Robert Aasbø	Gjerstad	Aust-Agder	50.08,0	5.37,0
78	492	Jan Erik Seim	Voss	Bergen og Hordala	50.09,0	5.38,0
79	426	Jostein Kvikstadhagen	Tormod	Oppland	50.10,0	5.39,0
80	501	Frode Moen	Mosjøen	Nordland	50.13,0	5.42,0
81	481	Tor Jakob Gunnes	Melhus	Sør-Trøndelag	50.14,0	5.43,0
82	493	Sten Frode Kristoffer	Storforshei	Nordland	50.17,0	5.46,0
83	447	Olav Høiaas	Klæbu	Sør-Trøndelag	50.26,0	5.55,0
84	489	Ørjan Brygghaug	Senja Skilag	Troms	50.29,0	5.58,0
85	414	Håvard Lundekvam	Gaular	Sogn og Fjordane	50.32,0	6.01,0
86	430	Steinar Lille	Alta I.L.	Finnmark	50.36,0	6.05,0
87	401	Torgeir Løvmo	Bratsberg	Sør-Trøndelag	50.42,0	6.11,0
	464	Svein Tore Hamre	Hamar	Hedmark	50.50,0	6.19,0
89	422	Per Magne Misund	Måndalen	Møre og Romsdal	50.56,0	6.25,0
90	460	Audun Jordal	Odda	Bergen og Hordala	51.00,0	6.29,0
91	425	Arve Johansen	Spkl.Nessegutten	Nord Trøndelag	51.01,0	6.30,0
92	466	Anders Kløven	I.F.Liungen	Buskerud	51.23,0	6.52,0
93	416	Morten Grotløyken	Sel	Oppland	51.25,0	6.54,0
94	506	Leif Magne Andersen	Søya	Møre og Romsdal	51.29,0	6.58,0
95	505	Bjørn Martinsen	Nybygda	Hedmark	51.30,0	6.59,0
96	411	Svein Olav Staalen	Nedre Sigdal I.F.	Buskerud	51.36,0	7.05,0
97	508	Ove Sørlie	Høybråten og Stovner	Oslo	51.39,0	7.08,0
98	479	Ørjan Kalliainen	Sandnes I.L.	Finnmark	51.50,0	7.19,0
99	507	Geir Scheffe	Assiden I.F.	Buskerud	51.51,0	7.20,0
100	480	Tor Arne Richstad	Beitstad I.L.	Nord Trøndelag	51.54,0	7.23,0
101	470	Øyvind Olsen	Ballangen	Nordland	52.04,0	7.33,0
102	499	Jan Gustav Rørvik	Siso	Nordland	52.48,0	8.17,0

----- HEGO TIMING SYSTEM -----



Resultatliste for: klasse: Gutter 16 år

side: 3

P1:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
	103	486 Vegard A.Hauge	Sarpsborg	Østfold	53.04,0	8.33,0
	104	396 Kai Sørensen	Lekang	Nordland	53.30,0	8.59,0

----- HEGO TIMING SYSTEM -----

*Leif Hauge*  
*rennleder*



Nokkelen til Produktivitet.

Resultatliste for: klasse: Gutter 17 Ar

side: 1

P1:	Snr:	Navn	Klubo	Krets	Tid	Tid etter
	1	573 Krister Sørgård	Sandnes I.L	Finnmark	44.08,0	0,0
	2	559 Gudmund Skjeldal	Bulken	Bergen og Hordala	44.19,0	11,0
	3	585 Terje Arntzen	Ballangen	Nordland	44.47,0	39,0
	4	577 Geir Atle Sangnæs	Eina	Oppland	45.03,0	55,0
	5	567 Arthur Strand	Bratsberg	Sør-Trøndelag	45.16,0	1.08,0
	6	583 Øystein Rønbeck	Rafsbotn I.L	Finnmark	45.19,0	1.11,0
	7	579 Pål Christian Evensen	Vind	Oppland	45.31,0	1.23,0
	8	587 Geir Skari	Lensbygda	Oppland	45.36,0	1.28,0
	9	542 Kristian Eriksen	Byåsen	Sør-Trøndelag	45.47,0	1.39,0
	10	539 Jon Einar Melbye	Vollen	Asker og Bærum	46.03,0	1.55,0
	11	581 Rune Tveitan	Gjerpen	Telemark	46.19,0	2.11,0
	12	591 Stein Vidar Brække	Veldre	Hedmark	46.23,0	2.15,0
	13	593 Nils Inge Moen	Vikersund I.F	Buskerud	46.24,0	2.16,0
	14	576 Ivar Gabrielsen	Kongsberg I.F	Buskerud	46.34,0	2.26,0
		595 Bjørn Kristiansen	Grorud	Oslo	46.34,0	2.26,0
		621 Lars Kristian Johnsen	Eidsvoll Værk Skikl.	Romerike	46.34,0	2.26,0
		633 Terje Grøtterød	Svarstad	Vestfold	46.37,0	2.29,0
	18	560 Tore Olsen	Rotsundelv I.L	Troms	46.55,0	2.47,0
	19	562 Tomas Andresen	Grorud	Oslo	46.57,0	2.49,0
	20	548 Birger Rye	Fagernes	Oppland	46.58,0	2.50,0
	21	569 Hasse Benberg	Heimdal	Sør-Trøndelag	46.59,0	2.51,0
	22	527 Torbjørn Stokke	Høybråten og Stovner	Oslo	47.03,0	2.55,0
	23	554 Frode Nyeng	Heimdal	Sør-Trøndelag	47.07,0	2.59,0
	24	584 Trond Flagstad	Ottestad	Hedmark	47.11,0	3.03,0
	25	571 Bjørn Kristiansen	Bærum Værk	Asker og Bærum	47.13,0	3.05,0
	26	533 Rune Bergsvand	Nanset	Vestfold	47.15,0	3.07,0
	27	588 Frank Tore Johansen	Talvik I.L	Finnmark	47.23,0	3.15,0
	28	612 Martin Kaggestad	Vikersund I.F	Buskerud	47.24,0	3.16,0
	29	611 Tore Krogh	Byåsen	Sør-Trøndelag	47.25,0	3.17,0
	30	617 Trond Haugen	Vang	Hedmark	47.34,0	3.26,0
	31	537 Per Helge Flønes	Selbu	Sør-Trøndelag	47.36,0	3.28,0
		538 Morten Kristiansen	Gran	Oppland	47.36,0	3.28,0
		625 Roy Hansen	I.L.Holeværingen	Buskerud	47.36,0	3.28,0
	34	582 Magne Stenvold	I.L.Pioner	Troms	47.41,0	3.33,0
	35	620 Tommy Sagmyhr	Hommelvik	Sør-Trøndelag	47.46,0	3.38,0
		525 Rangvald Medhus	Røldal	Bergen og Hordala	47.48,0	3.40,0
		535 Sjur Brattabø	Jondal	Bergen og Hordala	47.48,0	3.40,0
	38	592 Svein Erik Tangstad	Støren	Sør-Trøndelag	47.49,0	3.41,0
	39	531 Nils Bull Flesland	Rustad	Oslo	47.50,0	3.42,0
	40	575 Vidar Løfshus	Løkken	Sør-Trøndelag	47.52,0	3.44,0
	41	610 Henrik Halvorsen	Holmen	Asker og Bærum	47.54,0	3.46,0
	42	561 Ole Kristian Smestad	Stjørdals Blink	Nord Trøndelag	47.55,0	3.47,0
	43	558 Tore Øverås	Hei	Telemark	47.58,0	3.50,0
		574 Svein Inge Buhaug	Jotun	Sogn og Fjordane	47.58,0	3.50,0
	45	526 Torgeir Wiig	Ranheim	Sør-Trøndelag	47.59,0	3.51,0
	46	543 Morten Hellerud	I.L.ROS	Buskerud	48.01,0	3.53,0
	47	540 Lars Kihle	Konnerud I.L	Buskerud	48.03,0	3.55,0
	48	557 Simen Bøe	Kjelsås	Oslo	48.05,0	3.57,0
		623 Jan Eivind Skjøret	Nordre Trysil	Hedmark	48.05,0	3.57,0

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	618	Jørn Almberg	Uivungen	Møre og Romsdal	48.17,0	4.09,0
51	528	Stig Amundsen	Fri	Bergen og Hordala	48.22,0	4.14,0
	600	Helge Lurås	Konnerud I.L	Buskerud	48.22,0	4.14,0
53	599	Tommy Mikkelsen	Dyrøy Skilag	Troms	48.23,0	4.15,0
54	589	Håkon Storli	Røros	Sør-Trøndelag	48.24,0	4.16,0
55	550	Håvard Johannessen	Kvaløysletta	Troms	48.26,0	4.18,0
56	606	Morten Viken	Øyer	Oppland	48.28,0	4.20,0
57	529	Trond Nystad	Fauske	Nordland	48.29,0	4.21,0
58	563	Even Sugaren	Nor	Sør-Trøndelag	48.30,0	4.22,0
59	564	Tarjei Løkken	Dombås	Oppland	48.35,0	4.27,0
60	536	Frank Johnsen	L.F.Kilkameratene	Troms	48.38,0	4.30,0
	572	Håvard Jensen	Strindheim	Sør-Trøndelag	48.38,0	4.30,0
62	629	Håvard Fosse	Oppsal	Oslo	48.40,0	4.32,0
63	534	Arve Myhre	Adal I.L	Buskerud	48.43,0	4.35,0
64	566	Arild Hagesveen	Bækkelaget	Oslo	48.44,0	4.36,0
65	532	Eivind Lande	Skarphedin	Telemark	48.49,0	4.41,0
66	598	Frode Hodne	Marnardal I.L.	Vest-Agder	48.53,0	4.45,0
67	627	Geir M.Killingbergtrø	Kolbotn I.L	Follo	48.55,0	4.47,0
68	544	Jon Olav Fugløy	Selbu	Sør-Trøndelag	48.56,0	4.48,0
	549	Petter Hobbeltstad	Hokksund I.L	Buskerud	48.56,0	4.48,0
70	546	Erik Lundgård	Vang	Hedmark	49.04,0	4.56,0
	608	Svein Erik Andersen	Rognan	Nordland	49.15,0	5.07,0
72	594	Karle Ovesen	Malm I.L	Nord Trøndelag	49.17,0	5.09,0
73	590	Lars Haugseth	Vang	Hedmark	49.28,0	5.20,0
	601	Stig Morten Austheim	Henning I.L	Nord Trøndelag	49.28,0	5.20,0
75	603	Geir Sandvik	Snøhetta	Sør-Trøndelag	49.34,0	5.26,0
76	626	Arve Hårskjold	Strindheim	Sør-Trøndelag	49.35,0	5.27,0
77	604	Roar Alsaker	Eid	Sogn og Fjordane	49.36,0	5.28,0
78	622	Frode Stiansen	Trysilgutten	Hedmark	49.38,0	5.30,0
79	616	Kjetil Sangnæs	Bøverbru	Oppland	49.41,0	5.33,0
80	607	Pål Martinsen	Nordvågen I.L	Finnmark	49.44,0	5.36,0
81	619	Geir Age Rønneberg	Eidsdal	Møre og Romsdal	49.46,0	5.38,0
82	605	Kjetil Bergan	Kongsberg I.F	Buskerud	49.52,0	5.44,0
83	530	Lars Johansen	Åga	Nordland	50.03,0	5.55,0
84	602	Gøran Ivarson	Narvik	Nordland	50.04,0	5.56,0
85	555	Ketil Staastad	Markabygd I.L	Nord Trøndelag	50.06,0	5.58,0
86	552	Ragnar Melhus	Selsbakk	Sør-Trøndelag	50.08,0	6.00,0
87	524	Rune Stokkebekk	Blaker	Aurskog/Høland	50.19,0	6.11,0
88	586	Ronny Isaksen	Båtsfjord I.F	Finnmark	50.25,0	6.17,0
89	551	Jørgen Bartnes	Beitstad I.L	Nord Trøndelag	50.26,0	6.18,0
	568	Lars Laurendz	Asker	Asker og Bærum	50.41,0	6.33,0
91	613	Øystein Lødøen	Hornindal	Sogn og Fjordane	50.48,0	6.40,0
92	547	Asbjørn Bollestad	Gjesdal	Rogaland	51.12,0	7.04,0
	630	Knut Rud	Gjerdrum I.L	Romerike	51.12,0	7.04,0
94	570	Bjørnar Kjelstadli	Hovdebygda	Møre og Romsdal	51.29,0	7.21,0
95	624	Erling Nordbø	Otra	Aust Agder	51.45,0	7.37,0
96	523	Ørjan Olsen	Grytting	Nordland	53.03,0	8.55,0
97	545	Roger Solberg	Setskog	Aurskog/Høland	53.24,0	9.16,0
98	628	Erik Hestad	Molde	Møre og Romsdal	53.50,0	9.42,0

----- HEGO TIMING SYSTEM -----

*Arvid Røpke*  
*Revisor*



Resultatliste for: klasse: Gutter 18/19 år

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	713	Øyvind Skaanes	Utiera	Sør-Trøndelag	55.50,0	0,0
2	727	Frank R.Kristiansen	Tromsø Skiklub	Troms	56.17,0	27,0
3	693	Sigurd Brørs	Burnadal	Høre og Romsdal	56.16,0	28,0
4	703	Geir Egil Norbom	Konnerud I.L	Buskerud	56.28,0	38,0
5	656	Geir Ove Strømskag	Frosta I.L	Nord-Trøndelag	57.34,0	1.44,0
6	731	Erik Bøhleng	Hamar	Hedmark	57.35,0	1.45,0
7	770	Eddy Raymond Knudsen	Horten	Vestfold	57.47,0	1.57,0
8	697	Bjørn A.Kroken	Narvik	Nordland	57.48,0	1.58,0
9	699	Ule Henrik Evensen	Vind	Oppland	58.07,0	2.17,0
	729	Heikki Haugland	Snøhetta	Sør-Trøndelag	58.07,0	2.17,0
11	743	Einar Anders Eriksen	Klæbu	Sør-Trøndelag	58.25,0	2.35,0
12	657	Bjørn Are Laukli	Konnerud I.L	Buskerud	58.26,0	2.36,0
13	719	Andreas Vannebo	Overhalla I.L	Nord-Trøndelag	58.26,0	2.36,0
14	718	Henning Røberg	Nittedal	Oslo	58.32,0	2.42,0
15	701	Eilif Furuli	Lillehammer	Oppland	58.33,0	2.43,0
16	707	Stein Ivan Solbakken	Høybråten og Stovner	Oslo	58.34,0	2.44,0
17	709	Frøde Lillejeil	Stod I.L	Oslo	58.35,0	2.45,0
18	664	Svein Nordås	Ø. Slidre	Nord-Trøndelag	58.41,0	2.51,0
	710	Alf Medhus	Røldal	Oppland	58.42,0	2.52,0
20	723	Pål Rise	Brumundal	Bergen og Hordaland	58.42,0	2.52,0
21	686	Kjetil Kristiansen	Asker	Hedmark	58.56,0	3.06,0
22	696	Jon Thomas Renå	Hommelvik	Asker og Bærum	58.57,0	3.07,0
23	680	Trond Benum	Byåsen	Sør-Trøndelag	58.58,0	3.08,0
	715	Ståle Kihle	Konnerud I.L	Sør-Trøndelag	59.07,0	3.17,0
25	695	Roar Thorud	Botne	Buskerud	59.07,0	3.17,0
26	759	Arnt Oluf Eide	Snåsa I.L	Vestfold	59.07,0	3.17,0
27	655	Ola G.Bustad	Blaker	Nord-Trøndelag	59.09,0	3.19,0
28	685	Aksel Ervik	Eidsvoll Værk Skikl.	Aurskog/Høland	59.14,0	3.24,0
29	736	Trond Bjørge	Fåvang	Romerike	59.19,0	3.29,0
30	646	Arne Bøhle	Geilo I.L	Oppland	59.22,0	3.32,0
31	714	Frøde Larsen	Mjøndalen I.F	Buskerud	59.23,0	3.33,0
32	763	Torstein Ingvaldsen	Vind	Buskerud	59.28,0	3.38,0
33	652	Robert Otterlei	Byåsen	Oppland	59.35,0	3.45,0
34	705	Torstein Korsvold	Faaberg	Sør-Trøndelag	59.41,0	3.51,0
35	669	Dag Christiansen	Øyer	Oppland	59.42,0	3.52,0
	733	Jon Sverre Sugaren	Nor	Oppland	59.43,0	3.53,0
37	673	Jan Th.Johnsen	Eidsvoll Værk Skikl.	Sør-Trøndelag	59.48,0	3.58,0
38	660	Rune Nordby	Lensbygda	Romerike	59.54,0	4.04,0
39	681	Per Gunnar Solberg	Svarstad	Oppland	59.55,0	4.05,0
40	728	Nils Even Fuglem	Selbu	Vestfold	1.00.03,0	4.13,0
	779	Frøde Nilsen	Fauske	Sør-Trøndelag	1.00.04,0	4.14,0
42	725	Morten Guin	I.L.Varden	Nordland	1.00.08,0	4.18,0
43	745	Kjetil Olsen	Linderud	Nord-Trøndelag	1.00.08,0	4.18,0
44	648	Espen Aune	Høybråten og Stovner	Oslo	1.00.11,0	4.21,0
45	777	Stein Joks	Nordreisa I.L	Oslo	1.00.13,0	4.23,0
46	704	Hans Høgnes	Jevnaker	Troms	1.00.20,0	4.30,0
47	760	Morten Veiglum	Grorud	Oppland	1.00.22,0	4.32,0
48	717	Kai Rye	Byåsen	Oslo	1.00.28,0	4.38,0
49	734	Even Landsem	Rindals-Troll	Sør-Trøndelag	1.00.29,0	4.39,0
				Sør-Trøndelag	1.00.31,0	4.41,0
				Sør-Trøndelag	1.00.31,0	4.41,0

