

Rank	Name	Club	500m		1000m		500m		1000m		Points	Diff
1	SAMSONSEN Julie Nistad	Fana IL	39.93	(1)	1:21.26	(1)	39.57	(1)	1:20.49	(1)	160.375	-
2	JAGTØYEN Carina	Leinstrand	40.77	(2)	1:24.82	(3)	40.70	(2)	1:23.32	(2)	165.540	+5.165
3	SOLEM Martine	BØSK	42.18	(3)	1:23.02	(2)	42.15	(3)	1:23.42	(3)	167.550	+7.175
4	BJØRKLUND Anine Haugnæs	Geithus IL	45.58	(4)	1:36.07	(4)	44.94	(4)	1:33.67	(4)	185.390	+25.015

Rank	Name	Club	500m		1000m		500m		1000m		Points	Diff
1	RUKKE Henrik Fagerli	Hol IL	35.87	(1)	1:12.18	(1)	35.82	(1)	1:11.47	(1)	143.515	-
2	KRISTENSEN Pål Myhren	Arendal	35.88	(2)	1:13.35	(4)	35.94	(2)	1:13.00	(4)	144.995	+1.480
3	MAGNUSSEN Cristian Landrø	SPK Falken	36.29	(4)	1:13.07	(3)	36.34	(3)	1:12.49	(3)	145.410	+1.895
4	RESELL Erik	Spk Falken	36.50	(6)	1:12.62	(2)	36.55	(4)	1:12.37	(2)	145.545	+2.030
5	DAHLE Magnus	SSSK	36.98	(7)	1:14.40	(6)	36.79	(5)	1:13.99	(5)	147.965	+4.450
6	LERNES Arne	Tromsø SK	37.66	(9)	1:14.89	(8)	37.43	(6)	1:15.17	(7)	150.120	+6.605
7	HAMRE Frederik Gajos	SSSK	38.11	(10)	1:14.50	(7)	38.08	(7)	1:14.79	(6)	150.835	+7.320
8	ANDREASSEN Martin Solberg	Spk Falken	37.38	(8)	1:16.81	(10)	38.19	(8)	1:15.32	(8)	151.635	+8.120
9	HOVDE Christoffer Tellinga	Jevnaker	38.78	(12)	1:17.35	(12)	38.99	(11)	1:15.83	(9)	154.360	+10.845
10	SLEEKING Joren	Hol IL	39.35	(13)	1:17.27	(11)	39.34	(13)	1:17.10	(11)	155.875	+12.360
11	VORVIK William	TSK	38.75	(11)	1:19.98	(13)	38.80	(10)	1:19.97	(13)	157.525	+14.010
12	BERGET Jonas Olderli	SPK Falken	39.47	(14)	1:20.32	(14)	39.23	(12)	1:19.76	(12)	158.740	+15.225
13	FEIRING Aron Magnus	Aktiv SK	40.45	(15)	1:22.58	(16)	39.72	(14)	1:22.06	(15)	162.490	+18.975
14	HOFF Herman	Sandefjord	40.88	(16)	1:21.65	(15)	40.40	(15)	1:21.15	(14)	162.680	+19.165
15	SLEEKING Robin	Hol IL	54.76	(17)	1:24.08	(17)	41.69	(16)	1:23.45	(16)	180.215	+36.700
16	RUE Erlend Andre	Gol IL	1:14.47	(18)	1:16.77	(9)	38.30	(9)	1:16.50	(10)	189.405	+45.890

Rank	Name	Club	500m		3000m		1500m		5000m		Points	Diff		
1	WIKLUND Ragne	Aktiv SK	40.94	SB	(1)	4:06.21	(1)	1:59.44	(1)	7:04.71	(1)	164.259	-	
2	LØVÅS Aurora Grinden	Nord-Odal	41.05		(2)	4:24.39	(2)	2:04.77	(2)	7:46.52	SB	(5)	173.356	+9.097
3	FURNÉE Marte Bjerkreim	Asker SK	42.14		(3)	4:30.54	(5)	2:06.28	(3)	7:44.66	SB	(4)	175.789	+11.530
4	SVENNI Hanna	Asker SK	42.73		(5)	4:26.52	(3)	2:08.77	(6)	7:41.27		(2)	176.198	+11.939
5	STORELID Dina	Stord IL	44.17		(8)	4:27.54	(4)	2:07.77	(4)	7:44.14		(3)	177.763	+13.504
6	NAKKEN Ina	Tønsberg	42.64		(4)	4:30.73	SB	(6)	2:08.62	(5)	8:20.26	(6)	180.659	+16.400
-	SANDERUD Sarah Marie	Nord-Odal	43.49		(7)	4:39.09		(8)	2:13.05	(8)	WDR		WDR	

Rank	Name	Club	500m		5000m		1500m		10.000m		Points	Diff
1	ULEKLEIV Kristian Gamme	Gjøvik SK	37.47	(5)	6:36.04	(2)	1:48.93	(2)	13:48.40 SB	(2)	154.804	-
2	STRAND Didrik Eng	Hamar IL	36.98	(1)	6:40.36	(4)	1:48.37	(1)	14:18.25 PB	(3)	156.051	+1.247
3	HENRIKSEN Sigurd	Fana IL	39.01 SB	(13)	6:34.77	(1)	1:52.03 SB	(5)	13:39.34 SB	(1)	156.797	+1.993
4	HANEBERG Finn Elias	Hamar IL	37.43	(4)	6:49.68	(7)	1:51.68	(4)	14:36.74 SB	(4)	159.461	+4.657
5	DYRSET Sigurd Holbø	TKK	38.27	(9)	6:54.35	(8)	1:52.76	(8)	14:44.61	(7)	161.521	+6.717
6	AANNØ Aron	BØSK	37.37	(2)	7:00.76	(13)	1:56.43	(15)	14:47.92	(8)	162.652	+7.848
7	ANDERSEN Eirik	Aktiv SK	38.27	(9)	7:00.68	(12)	1:55.71 SB	(13)	14:42.13 PB	(6)	163.014	+8.210
8	NORHEIM Ivar	Fana IL	39.01	(13)	6:57.91	(10)	1:55.50	(12)	14:40.70	(5)	163.336	+8.532
9	REFSÅS Birk Finnstø	-	38.54	(12)	7:01.47	(14)	1:58.58	(16)	14:55.80 SB	(9)	165.003	+10.199
10	HAUKAAS Viktor Smedstad	Aktiv SK	39.50	(19)	7:05.44	(16)	2:00.10	(22)	14:55.90	(10)	166.872	+12.068
11	BELSVIK Erlend	Stord IL	40.41	(21)	7:10.57	(18)	1:59.55	(20)	15:11.83	(11)	168.908	+14.104
12	HVAMMEN Sondre	KIF	40.93	(23)	7:11.18	(19)	1:59.08	(19)	15:16.45	(12)	169.563	+14.759