



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER SPRINT FIRKAMP KVINNER 500M

13.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	I	130	Julie Nistad SAMSONSEN	Fana IL	39.28
2	I	132	Pauline Lysø OLSEN	BØSK	41.77
3	O	133	Martine SOLEM	BØSK	42.18
4	O	118	Alessandra J. MAZZETTI	Leinstrand	42.30
5	O	129	Synne KJÆRNES	Hamar IL	43.31
6	I	134	Leona Olstad GRINDEN	Nord-Odal	44.08
7	I	131	Elle Borgen STEEN	Fana IL	45.20

Dommer: Emil Dahl  
Starter: Ari Krøyer  
Start: - - Slutt: -

Temp: -  
Hum: -  
Is Temp: -

*Emil Dahl*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN SPRINT FIRKAMP MENN 500M

13.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	I	121	Bjørn MAGNUSSEN	Spk Falken	35.13 TR
2	O	104	Miika Johan KLEVSTUEN	OSK	36.03
3	I	114	Cristian Landrø MAGNUSSEN	Spk Falken	36.09
4	I	120	Erik RESELL	Spk Falken	36.33
5	O	122	Henrik Fagerli RUKKE	Hol IL	36.38
6	O	127	Finn Elias HANEBERG	Hamar IL	36.55
7	O	103	Arne LERNES	Tromsø SK	36.90
8	I	141	Bendik BECKER PEDERSEN	Fana IL	37.12
9	O	142	Simon AANNØ	BØSK	37.26
10	I	115	Nicolai ULVAN	Spk Falken	37.38
11	I	143	Frederik Gajos HAMRE	SSSK	37.96
12	O	113	Jonas Olderli BERGET	Spk Falken	38.80
13	O	116	Sindre Heggelund LJUNGQUIST	KSK	41.55
-	I	140	Ivar NORHEIM	Fana IL	DQ

Dommer: Jan Benny Nyborg  
Starter: Ulf Inge Vien  
Start: - - Slutt: -

Temp: -  
Hum: -  
Is Temp: -



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER ALLROUND KVINNER 500M

13.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	O	109	Ragne WIKLUND	Aktiv SK	39.90
2	I	137	Aurora Grinden LØVÅS	Nord-Odal	40.53
3	I	110	Kari Celine REISS-JACOBSEN	SSK Toten	41.41
4	O	126	Marte Bjerkreim FURNÉE	Asker SK	41.99
5	O	138	Sarah Marie SANDERUD	Nord-Odal	42.71
6	I	136	Lovisia Olstad GRINDEN	Nord-Odal	43.00
7	O	111	Ina NAKKEN	Tønsberg	43.28
8	I	139	Dina STORELID	Stord IL	44.13
9	I	128	Linnea HANEBERG	Hamar IL	44.82
10	I	135	Milla Grønvold ANDERSEN	Geithus IL	45.65
11	O	125	Ingrid Håkegård EICHLER	SSK Toten	45.86

Dommer: Emil Dahl  
 Starter: Ari Krøyer  
 Start: - - Slutt: -

Temp: -  
 Hum: -  
 Is Temp: -

*Emil Dahl*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER SPRINT FIRKAMP KVINNER 1000M 13.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	O	130	Julie Nistad SAMSONSEN	Fana IL	1:19.73
2	I	133	Martine SOLEM	BØSK	1:22.09
3	I	132	Pauline Lysø OLSEN	BØSK	1:25.04
4	O	134	Leona Olstad GRINDEN	Nord-Odal	1:27.80
5	I	118	Alessandra J. MAZZETTI	Leinstrand	1:29.50
6	I	129	Synne KJÆRNES	Hamar IL	1:31.15
7	O	131	Elle Borgen STEEN	Fana IL	1:32.83

Dommer: Emil Dahl  
Starter: Ari Krøyer  
Start: - - Slutt: -

Temp: -  
Hum: -  
Is Temp: -

*Emil Dahl*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN SPRINT FIRKAMP MENN 1000M

13.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	O	121	Bjørn MAGNUSSEN	Spk Falken	1:10.91
2	O	127	Finn Elias HANEBERG	Hamar IL	1:11.47
3	I	104	Miika Johan KLEVSTUEN	OSK	1:11.76
4	O	120	Erik RESELL	Spk Falken	1:12.47
5	O	142	Simon AANNØ	BØSK	1:12.59
6	I	122	Henrik Fagerli RUKKE	Hol IL	1:12.95
7	I	114	Cristian Landrø MAGNUSSEN	Spk Falken	1:12.98
8	I	103	Arne LERNES	Tromsø SK	1:13.31
9	I	115	Nicolai ULVAN	Spk Falken	1:14.25
10	O	143	Frederik Gajos HAMRE	SSSK	1:14.45
11	O	141	Bendik BECKER PEDERSEN	Fana IL	1:14.46
12	I	140	Ivar NORHEIM	Fana IL	1:16.52
13	O	113	Jonas Olderli BERGET	Spk Falken	1:17.88
14	I	116	Sindre Heggelund LJUNGQUIST	KSK	1:21.35

Dommer: Jan Benny Nyborg	Temp: -
Starter: Ulf Inge Vien	Mum: -
Start: - - Slutt: -	Is Temp: -



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER ALLROUND KVINNER 3000M

13.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	O	109	Ragne WIKLUND	Aktiv SK	4:07.03 TR
2	I	137	Aurora Grinden LØVÅS	Nord-Odal	4:19.94 Mt
3	O	139	Dina STORELID	Stord IL	4:21.24
4	I	126	Marte Bjerkreim FURNÉE	Asker SK	4:25.32
5	I	138	Sarah Marie SANDERUD	Nord-Odal	4:29.05
6	I	110	Kari Celine REISS-JACOBSEN	SSK Toten	4:30.02
7	O	125	Ingrid Håkegård EICHLER	SSK Toten	4:31.27
8	O	111	Ina NAKKEN	Tønsberg	4:32.09
9	I	136	Lovisia Olstad GRINDEN	Nord-Odal	4:41.81
10	O	128	Linnea HANEBERG	Hamar IL	4:54.25
11	I	135	Milla Grønvold ANDERSEN	Geithus IL	5:01.37

Dommer: Emil Dahl

Starter: Ari Krøyer

Start: - - Slutt: -

Temp: -

Hum: -

Is Temp: -

*Emil Dahl*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN ALLROUND MENN 500M

14.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	O	149	Aron AANNØ	BØSK	36.94
2	I	105	Eirik ANDERSEN	Aktiv SK	37.00
3	I	152	Kasper TVETER	SSSK	37.65
4	I	144	Sander EITREM	Nord-Odal	37.76
5	O	106	Sigurd Holbø DYRSET	TKK	37.97
6	I	146	Emil Pedersen MATRE	Fana IL	38.09
7	O	150	Oddbjørn MELLEMSTRAND	SSSK	38.22
8	O	102	Christoffer Tellinga HOVDE	Jevnaker	38.44
9	O	107	Filip Møller NORDAL	Sandefjord	38.64
10	O	123	Joren Antoine SLEEKING	Hol IL	38.98
11	O	108	Viktor Smedstad HAUKAAS	Aktiv SK	38.99
12	I	145	Sigurd HENRIKSEN	Fana IL	39.09
13	O	101	Daniel Thuv ERIKSEN	Herkules	39.30
14	I	112	Halvor Kjæsterud ERLINGSEN	Tønsberg	39.58
15	I	153	Sander TVETER	SSSK	39.62
16	I	147	Kristoffer Knag SONGSTAD	Fana IL	39.66
17	I	151	Vegard RYE	SSSK	39.67
18	O	148	Erlend BELSVIK	Stord IL	39.75
19	I	119	Nathaniel HØYER	Leinstrand	40.10
20	O	124	Robin Willem Hendrik SLEEKING	Hol IL	41.65

Dommer: Jan Benny Nyborg  
 Starter: Ulf Inge Vien  
 Start: - - Slutt: -

Temp: -  
 Hum: -  
 Is Temp: -



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER SPRINT FIRKAMP KVINNER 500 2

14.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	O	130	Julie Nistad SAMSONSEN	Fana IL	39.29
2	O	132	Pauline Lysø OLSEN	BØSK	41.87
3	I	133	Martine SOLEM	BØSK	42.19
4	I	118	Alessandra J. MAZZETTI	Leinstrand	43.04
5	I	129	Synne KJÆRNES	Hamar IL	43.25
6	O	134	Leona Olstad GRINDEN	Nord-Odal	44.00
7	O	131	Elle Borgen STEEN	Fana IL	45.32

Dommer: Emil Dahl  
Starter: Ari Krøyer  
Start: - - Slutt: -

Temp: -  
Hum: -  
Is Temp: -

*Emil Dahl*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN SPRINT FIRKAMP MENN 500M

14.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	O	121	Bjørn MAGNUSSEN	Spk Falken	35.19
2	I	104	Miika Johan KLEVSTUEN	OSK	35.87
3	O	114	Cristian Landrø MAGNUSSEN	Spk Falken	36.05
4	I	122	Henrik Fagerli RUKKE	Hol IL	36.30
5	I	127	Finn Elias HANEBERG	Hamar IL	36.32
6	O	120	Erik RESELL	Spk Falken	36.57
7	I	142	Simon AANNØ	BØSK	36.70
8	I	103	Arne LERNES	Tromsø SK	36.71
9	O	141	Bendik BECKER PEDERSEN	Fana IL	36.88
10	O	115	Nicolai ULVAN	Spk Falken	37.66
11	O	143	Frederik Gajos HAMRE	SSSK	38.09
12	I	113	Jonas Olderli BERGET	Spk Falken	38.26
13	O	140	Ivar NORHEIM	Fana IL	39.04
14	I	116	Sindre Heggelund LJUNGQUIST	KSK	40.74

Dommer: Jan Benny Nyborg  
 Starter: Ulf Inge Vien  
 Start: - - Slutt: -

Temp: -  
 Hum: -  
 Is Temp: -



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER ALLROUND KVINNER 1500M

14.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	I	109	Ragne WIKLUND	Aktiv SK	1:57.67 TR
2	O	137	Aurora Grinden LØVÅS	Nord-Odal	2:03.91
3	O	110	Kari Celine REISS-JACOBSEN	SSK Toten	2:06.31
4	O	139	Dina STORELID	Stord IL	2:06.43
5	I	138	Sarah Marie SANDERUD	Nord-Odal	2:08.68
6	I	126	Marte Bjerkreim FURNÉE	Asker SK	2:09.36
7	I	111	Ina NAKKEN	Tønsberg	2:09.79
8	O	136	Lovisia Olstad GRINDEN	Nord-Odal	2:12.55
9	I	125	Ingrid Håkegård EICHLER	SSK Toten	2:14.01
10	O	128	Linnea HANEBERG	Hamar IL	2:19.06
11	I	135	Milla Grønvold ANDERSEN	Geithus IL	2:21.32

Dommer: Emil Dahl  
Starter: Ari Krøyer  
Start: - - Slutt: -

Temp: -  
Hum: -  
Is Temp: -

*Emil Dahl*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN ALLROUND MENN 5000M

14.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	O	144	Sander EITREM	Nord-Odal	6:20.21 TR
2	I	145	Sigurd HENRIKSEN	Fana IL	6:36.98
3	I	106	Sigurd Holbø DYRSET	TKK	6:38.12
4	O	105	Eirik ANDERSEN	Aktiv SK	6:39.91
5	I	152	Kasper TVETER	SSSK	6:41.90
6	O	150	Oddbjørn MELLEMSTRAND	SSSK	6:42.61
7	I	107	Filip Møller NORDAL	Sandefjord	6:47.87
8	I	151	Vegard RYE	SSSK	6:49.82
9	O	149	Aron AANNØ	BØSK	6:51.81
10	O	102	Christoffer Tellinga HOVDE	Jevnaker	6:52.23
11	O	146	Emil Pedersen MATRE	Fana IL	6:52.41
12	O	148	Erlend BELSVIK	Stord IL	6:59.73
13	O	147	Kristoffer Knag SONGSTAD	Fana IL	7:02.46
14	I	101	Daniel Thuv ERIKSEN	Herkules	7:11.52
15	I	108	Viktor Smedstad HAUKAAS	Aktiv SK	7:11.53
16	I	123	Joren Antoine SLEEKING	Hol IL	7:18.59
17	O	112	Halvor Kjåsterud ERLINGSEN	Tønsberg	7:18.86
18	I	153	Sander TVETER	SSSK	7:22.73
19	I	119	Nathaniel HØYER	Leinstrand	7:24.79
20	O	124	Robin Willem Hendrik SLEEKING	Hol IL	7:50.86

Dommer: Jan Benny Nyborg	Temp: -
Starter: Ulf Inge Vien	Hum: -
Start: - - Slutt: -	Is Temp: -



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN ALLROUND MENN 1500M

15.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	I	144	Sander EITREM	Nord-Odal	1:49.27
2	I	106	Sigurd Holbø DYRSET	TKK	1:50.73
3	O	105	Eirik ANDERSEN	Aktiv SK	1:50.90
4	O	152	Kasper TVETER	SSSK	1:51.31
5	O	150	Oddbjørn MELLESTRAND	SSSK	1:52.53
6	O	146	Emil Pedersen MATRE	Fana IL	1:53.04
7	I	145	Sigurd HENRIKSEN	Fana IL	1:53.10
8	I	107	Filip Møller NORDAL	Sandefjord	1:53.35
9	I	149	Aron AANNØ	BØSK	1:53.49
10	I	151	Vegard RYE	SSSK	1:54.51
11	O	102	Christoffer Tellinga HOVDE	Jevnaker	1:55.37
12	I	147	Kristoffer Knag SONGSTAD	Fana IL	1:56.22
13	O	148	Erlend BELSVIK	Stord IL	1:57.29
14	I	101	Daniel Thuv ERIKSEN	Herkules	1:57.42
15	O	108	Viktor Smedstad HAUKAAS	Aktiv SK	1:58.26
16	O	123	Joren Antoine SLEEKING	Hol IL	1:59.18
17	O	153	Sander TVETER	SSSK	1:59.93
18	I	112	Halvor Kjåsterud ERLINGSEN	Tønsberg	2:01.59
19	I	119	Nathaniel HØYER	Leinstrand	2:01.81
20	O	124	Robin Willem Hendrik SLEEKING	Hol IL	2:07.50

Dommer: Jan Benny Nyberg  
Starter: Ulf Inge Vien  
Start: - - Slutt: -

Temp: -  
Hum: -  
Is Temp: -



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER SPRINT FIRKAMP KVINNER 1000M 2

15.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	I	130	Julie Nistad SAMONSEN	Fana IL	1:20.68
2	O	133	Martine SOLEM	BØSK	1:23.42
3	O	132	Pauline Lysø OLSEN	BØSK	1:24.94
4	I	134	Leona Olstad GRINDEN	Nord-Odal	1:28.75
5	O	118	Alessandra J. MAZZETTI	Leinstrand	1:29.56
6	O	129	Synne KJÆRNES	Hamar IL	1:31.20
7	I	131	Elle Borgen STEEN	Fana IL	1:33.17

Dommer: Emil Dahl  
 Starter: Ari Krøyer  
 Start: - - Slutt: -

Temp: -  
 Hum: -  
 Is Temp: -

*Emil Dahl*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN SPRINT FIRKAMP MENN 1000M 2

15.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	I	121	Bjørn MAGNUSSEN	Spk Falken	1:10.59
2	I	127	Finn Elias HANEBERG	Hamar IL	1:11.04
3	O	104	Miika Johan KLEVSTUEN	OSK	1:11.35
4	I	142	Simon AANNØ	BØSK	1:11.99
5	O	114	Cristian Landrø MAGNUSSEN	Spk Falken	1:12.09
6	O	122	Henrik Fagerli RUKKE	Hol IL	1:12.29
7	I	120	Erik RESELL	Spk Falken	1:12.57
8	O	103	Arne LERNES	Tromsø SK	1:12.92
9	I	143	Frederik Gajos HAMRE	SSSK	1:15.09
10	O	115	Nicolai ULVAN	Spk Falken	1:15.26
11	I	141	Bendik BECKER PEDERSEN	Fana IL	1:15.49
12	I	113	Jonas Olderli BERGET	Spk Falken	1:18.76
13	O	116	Sindre Heggelund LJUNGQUIST	KSK	1:21.79

Dommer: Jan Benny Nyborg	Temp: -
Starter: Ulf Inge Vien	Hum: -
Start: - - Slutt: -	Is Temp: -



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER ALLROUND KVINNER 5000M

15.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	I	109	Ragne WIKLUND	Aktiv SK	7:02.34 TR
2	I	139	Dina STORELID	Stord IL	7:28.64
3	O	138	Sarah Marie SANDERUD	Nord-Odal	7:44.56
4	O	110	Kari Celine REISS-JACOBSEN	SSK Toten	7:45.18
5	I	125	Ingrid Håkegård EICHLER	SSK Toten	7:47.85
6	I	111	Ina NAKKEN	Tønsberg	7:49.37
7	O	136	Lovisia Olstad GRINDEN	Nord-Odal	8:08.72
8	O	128	Linnea HANEBERG	Hamar IL	8:45.11

Dommer: Emil Dahl  
 Starter: Ari Krøyer  
 Start: - - Slutt: -

Temp: -  
 Hum: -  
 Is Temp: -

*Emil Dahl*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN ALLROUND MENN 10000M

15.03.2026

Rn k	Bane	Nr	Navn	Klubb	Tid
1	I	144	Sander EITREM	Nord-Odal	13:08.74 TR
2	I	145	Sigurd HENRIKSEN	Fana IL	13:42.25
3	O	105	Eirik ANDERSEN	Aktiv SK	13:52.87
4	O	150	Oddbjørn MELLEMSTRAND	SSSK	13:55.66
5	I	106	Sigurd Holbø DYRSET	TKK	13:56.20
6	O	152	Kasper TVETER	SSSK	14:01.41
7	I	149	Aron AANNØ	BØSK	14:24.80
8	O	146	Emil Pedersen MATRE	Fana IL	14:27.61
9	O	102	Christoffer Tellinga HOVDE	Jevnaker	14:30.14
10	I	107	Filip Møller NORDAL	Sandefjord	14:36.05
11	O	147	Kristoffer Knag SONGSTAD	Fana IL	14:45.75
12	I	151	Vegard RYE	SSSK	14:56.30

Dommer: Jan Benny Nyborg	Temp: -
Starter: Ulf Inge Vien	Hum: -
Start: - - Slutt: -	Is Temp: -



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER SPRINT FIRKAMP KVINNER - 13.03.2026

R n k	Nr	Navn	500m	1000m	500m	1000m	Poeng	Diff
1	130	Julie Nistad SAMSONSEN	39.28 (1)	1:19.73 (1)	39.29 (1)	1:20.68 (1)	<b>158.775</b>	-
2	133	Martine SOLEM	42.18 (3)	1:22.09 (2)	42.19 (3)	1:23.42 (2)	<b>167.125</b>	8.350
3	132	Pauline Lysø OLSEN	41.77 (2)	1:25.04 (3)	41.87 (2)	1:24.94 (3)	<b>168.630</b>	9.855
4	118	Alessandra J. MAZZETTI	42.30 (4)	1:29.50 (5)	43.04 (4)	1:29.56 (5)	<b>174.870</b>	16.095
5	134	Leona Olstad GRINDEN	44.08 (6)	1:27.80 (4)	44.00 (6)	1:28.75 (4)	<b>176.355</b>	17.580
6	129	Synne KJÆRNES	43.31 (5)	1:31.15 (6)	43.25 (5)	1:31.20 (6)	<b>177.735</b>	18.960
7	131	Elle Borgen STEEN	45.20 (7)	1:32.83 (7)	45.32 (7)	1:33.17 (7)	<b>183.520</b>	24.745

*Emil Dall*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN SPRINT FIRKAMP MENN - 13.03.2026

Rnk	Nr	Navn	500m	1000m	500m	1000m	Poeng	Diff
1	121	Bjørn MAGNUSSEN	35.13 (1)	1:10.91 (1)	35.19 (1)	1:10.59 (1)	141.070	-
2	104	Miika Johan KLEVSTUEN	36.03 (2)	1:11.76 (3)	35.87 (2)	1:11.35 (3)	143.455	2.385
3	127	Finn Elias HANEBERG	36.55 (6)	1:11.47 (2)	36.32 (5)	1:11.04 (2)	144.125	3.055
4	114	Cristian Landrø MAGNUSSEN	36.09 (3)	1:12.98 (7)	36.05 (3)	1:12.09 (5)	144.675	3.605
5	122	Henrik Fagerli RUKKE	36.38 (5)	1:12.95 (6)	36.30 (4)	1:12.29 (6)	145.300	4.230
6	120	Erik RESELL	36.33 (4)	1:12.47 (4)	36.57 (6)	1:12.57 (7)	145.420	4.350
7	142	Simon AANNØ	37.26 (9)	1:12.59 (5)	36.70 (7)	1:11.99 (4)	146.250	5.180
8	103	Arne LERNES	36.90 (7)	1:13.31 (8)	36.71 (8)	1:12.92 (8)	146.725	5.655
9	141	Bendik BECKER PEDERSEN	37.12 (8)	1:14.46 (11 )	36.88 (9)	1:15.49 (11 )	148.975	7.905
10	115	Nicolai ULVAN	37.38 (10 )	1:14.25 (9)	37.66 (10 )	1:15.26 (10 )	149.795	8.725
11	143	Frederik Gajos HAMRE	37.96 (11 )	1:14.45 (10 )	38.09 (11 )	1:15.09 (9)	150.820	9.750
12	113	Jonas Olderli BERGET	38.80 (12 )	1:17.88 (13 )	38.26 (12 )	1:18.76 (12 )	155.380	14.310
13	116	Sindre Heggelund LJUNGQUIST	41.55 (13 )	1:21.35 (14 )	40.74 (14 )	1:21.79 (13 )	163.860	22.790
-	140	Ivar NORHEIM	DQ (-)	1:16.52 (12 )	39.04 (13 )	- (-)	-	-



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER KVINNER ALLROUND KVINNER - 13.03.2026

Rnk	Nr	Navn	500m	3000m	1500m	5000m	Poeng	Diff
1	109	Ragne WIKLUND	39.90 (1)	4:07.03 (1)	1:57.67 (1)	7:02.34 (1)	<b>162.527</b>	-
2	139	Dina STORELID	44.13 (8)	4:21.24 (3)	2:06.43 (4)	7:28.64 (2)	<b>174.677</b>	12.150
3	110	Kari Celine REISS- JACOBSEN	41.41 (3)	4:30.02 (6)	2:06.31 (3)	7:45.18 (4)	<b>175.034</b>	12.507
4	138	Sarah Marie SANDERUD	42.71 (5)	4:29.05 (5)	2:08.68 (5)	7:44.56 (3)	<b>176.900</b>	14.373
5	111	Ina NAKKEN	43.28 (7)	4:32.09 (8)	2:09.79 (7)	7:49.37 (6)	<b>178.828</b>	16.301
6	125	Ingrid Håkegård EICHLER	45.86 (11)	4:31.27 (7)	2:14.01 (9)	7:47.85 (5)	<b>182.525</b>	19.998
7	136	Lovisia Olstad GRINDEN	43.00 (6)	4:41.81 (9)	2:12.55 (8)	8:08.72 (7)	<b>183.023</b>	20.496
8	128	Linnea HANEBERG	44.82 (9)	4:54.25 (10)	2:19.06 (10)	8:45.11 (8)	<b>192.725</b>	30.198
9	137	Aurora Grinden LØVÅS	40.53 (2)	4:19.94 (2)	2:03.91 (2)	- (-)	<b>125.156</b>	4.862
10	126	Marte Bjerkreim FURNÉE	41.99 (4)	4:25.32 (4)	2:09.36 (6)	- (-)	<b>129.330</b>	9.036
11	135	Milla Grønvold ANDERSEN	45.65 (10)	5:01.37 (11)	2:21.32 (11)	- (-)	<b>142.984</b>	22.690

*Emil Dall*



## NM Senior Sprint og Senior Allround

Fosenhallen – Bjugn (NOR) / 13. - 15.03.2026

### RESULTATER MENN ALLROUND MENN - 13. - 14.03.2026

Rnk	Nr	Navn	500m	5000m	1500m	10.000m	Poeng	Diff
1	144	Sander EITREM	37.76 (4)	6:20.21 (1)	1:49.27 (1)	13:08.74 (1)	<b>151.641</b>	-
2	105	Eirik ANDERSEN	37.00 (2)	6:39.91 (4)	1:50.90 (2)	13:52.87 (2)	<b>155.600</b>	3.959
3	106	Sigurd Holbø DYRSET	37.97 (3)	6:38.12 (2)	1:50.73 (2)	13:56.20 (3)	<b>156.502</b>	4.861
4	152	Kasper TVETER	37.65 (2)	6:41.90 (5)	1:51.31 (4)	14:01.41 (3)	<b>157.013</b>	5.372
5	145	Sigurd HENRIKSEN	39.09 (12)	6:36.98 (2)	1:53.10 (7)	13:42.25 (2)	<b>157.599</b>	5.958
6	150	Oddbjørn MELLEMSTRAND	38.22 (7)	6:42.61 (6)	1:52.53 (5)	13:55.66 (4)	<b>157.774</b>	6.133
7	149	Aron AANNØ	36.94 (1)	6:51.81 (9)	1:53.49 (9)	14:24.80 (7)	<b>159.190</b>	7.549
8	146	Emil Pedersen MATRE	38.09 (6)	6:52.41 (11)	1:53.04 (6)	14:27.61 (8)	<b>160.391</b>	8.750
9	107	Filip Møller NORDAL	38.64 (9)	6:47.87 (7)	1:53.35 (8)	14:36.05 (10)	<b>161.012</b>	9.371
10	102	Christoffer Tellinga HOVDE	38.44 (8)	6:52.23 (10)	1:55.37 (11)	14:30.14 (9)	<b>161.626</b>	9.985
11	151	Vegard RYE	39.67 (17)	6:49.82 (8)	1:54.51 (10)	14:56.30 (12)	<b>163.637</b>	11.996
12	147	Kristoffer Knag SONGSTAD	39.66 (16)	7:02.46 (13)	1:56.22 (12)	14:45.75 (11)	<b>164.932</b>	13.291
13	148	Erlend BELSVIK	39.75 (18)	6:59.73 (12)	1:57.29 (13)	- (3)	<b>120.819</b>	8.615
14	108	Viktor Smedstad HAUKAAS	38.99 (11)	7:11.53 (15)	1:58.26 (15)	- (3)	<b>121.563</b>	9.209
15	101	Daniel Thuv ERIKSEN	39.30 (13)	7:11.52 (14)	1:57.42 (14)	- (3)	<b>121.592</b>	9.388
16	123	Joren Antoine SLEEKING	38.98 (10)	7:18.59 (16)	1:59.18 (16)	- (3)	<b>122.564</b>	10.390
17	153	Sander TVETER	39.62 (15)	7:22.73 (18)	1:59.93 (17)	- (3)	<b>123.869</b>	11.665
18	112	Halvor Kjøsterud ERLINGSEN	39.58 (14)	7:18.86 (17)	2:01.59 (18)	- (3)	<b>123.996</b>	11.792
19	119	Nathaniel HØYER	40.10 (19)	7:24.79 (19)	2:01.81 (19)	- (3)	<b>125.182</b>	12.978
20	124	Robin Willem Hendrik SLEEKING	41.65 (20)	7:50.86 (20)	2:07.50 (20)	- (3)	<b>131.236</b>	19.032

NM Senior Sprint og Senior Allround

Protocoll Sprint Women (100/100/100/100)

10.04.2024

## Protocoll Sprint Kvinner

Rank	Lane	Band	Pair	Name	Nat	AG	500m 1	Diff
1	1	wt	3	SAMSONSEN Julie Nistad	NOR	Senior	39.28	-
laps: 100m: 00:10.74 500m: 00:28.54								
2	1	wt	4	OLSEN Pauline Lysø	NOR	A1	43.77	+2.49
laps: 100m: 00:11.39 500m: 00:30.38								
3	0	rd	3	SOLEM Martine	NOR	A2	42.58	+2.90
laps: 100m: 00:11.82 500m: 00:30.36								
4	0	rd	4	MAJZETTI Alexandra J.	NOR	A1	42.90	+3.02
laps: 100m: 00:11.61 500m: 00:30.69								
5	0	rd	2	KJERNES Synne	NOR	A1	43.31	+4.03
laps: 100m: - 500m: 00:43.31								
6	1	wt	2	GRINDEN Leona Ølstad	NOR	Neo	44.08	+4.80
laps: 100m: - 500m: 00:44.08								
7	1	wt	1	STEEN Ebe Borgen	NOR	A1	45.20	+5.92
laps: 100m: 00:45.20 500m: -								

Rank	Lane	Band	Pair	Name	Nat	AG	1000m 1	Diff
1	0	rd	3	SAMSONSEN Julie Nistad	NOR	Senior	1:29.73	-
laps: 200m: 00:18.54 600m: 00:28.82 1000m: 00:32.37								
2	1	wt	3	SOLEM Martine	NOR	A2	1:22.09	+2.36
laps: 200m: 00:20.07 600m: 00:29.98 1000m: 00:32.04								
3	1	wt	4	OLSEN Pauline Lysø	NOR	A1	1:25.04	+5.31
laps: 200m: 00:19.64 600m: 00:31.59 1000m: 00:33.81								
4	0	rd	4	GRINDEN Leona Ølstad	NOR	Neo	1:27.80	+8.07
laps: 200m: 00:20.48 600m: 00:32.31 1000m: 00:35.01								
5	1	wt	1	MAJZETTI Alexandra J.	NOR	A1	1:29.50	+9.77
laps: 200m: 00:19.66 600m: 00:32.04 1000m: 00:37.80								
6	1	wt	2	KJERNES Synne	NOR	A1	1:33.15	+11.42
laps: 200m: 00:19.91 600m: 00:32.84 1000m: 00:38.40								
7	0	rd	2	STEEN Ebe Borgen	NOR	A1	1:32.83	+13.10
laps: 200m: 00:21.67 600m: 00:33.71 1000m: 00:37.45								

Rank	Lane	Band	Pair	Name	Nat	AG	500m 2	Diff
1	0	rd	4	SAMSONSEN Julie Nistad	NOR	Senior	39.29	-
laps: 100m: 00:10.80 500m: 00:28.49								
2	0	rd	3	OLSEN Pauline Lysø	NOR	A1	43.87	+2.58
laps: 100m: 00:11.28 500m: 00:30.59								
3	1	wt	4	SOLEM Martine	NOR	A2	42.19	+2.90
laps: 100m: 00:11.99 500m: 00:30.20								
4	1	wt	3	MAJZETTI Alexandra J.	NOR	A1	43.04	+3.75
laps: 100m: 00:11.67 500m: 00:31.37								
5	1	wt	2	KJERNES Synne	NOR	A1	43.25	+3.96
laps: 100m: 00:11.67 500m: 00:31.58								
6	0	rd	2	GRINDEN Leona Ølstad	NOR	Neo	44.00	+4.71
laps: 100m: 00:11.99 500m: 00:32.01								
7	0	rd	1	STEEN Ebe Borgen	NOR	A1	45.32	+6.03
laps: 100m: 00:12.61 500m: 00:32.71								

Rank	Lane	Band	Pair	Name	Nat	AG	1000m 2	Diff
1	I	wt	4	SAMSDENSE Julie Nistad	NOR	Senior	1:20.68	-
IAPS: 200m: 00:18.31 600m: 00:29.12 1000m: 00:33.25								
2	O	rd	4	SOLEM Martine	NOR	A2	1:23.42	+2.74
IAPS: 200m: 00:20.26 600m: 00:30.51 1000m: 00:32.65								
3	O	rd	3	OLSEN Pauline Lyst	NOR	A1	1:24.94	+4.26
IAPS: 200m: 00:19.66 600m: 00:31.42 1000m: 00:33.86								
4	I	wt	3	GRINDEN Leona Olstad	NOR	Neo	1:28.75	+8.07
IAPS: 200m: 00:20.41 600m: 00:32.40 1000m: 00:35.94								
5	O	rd	2	MAZZETTI Alessandra L.	NOR	A1	1:29.56	+8.88
IAPS: 200m: 00:20.09 600m: 00:32.28 1000m: 00:37.19								
6	O	rd	1	KJERNES Synne	NOR	A1	1:31.20	+10.52
IAPS: 200m: 00:19.75 600m: 00:32.53 1000m: 00:38.02								
7	I	wt	2	STEEN Ebe Borgen	NOR	A1	1:33.17	+12.49
IAPS: 200m: 00:21.57 600m: 00:33.52 1000m: 00:38.08								

## Protocoll Sprint Menn

Rank	Lane	Band	Pair	Name	Nat	AG	500m 1	Diff
1	I	wt	6	MAGNUSSEN Bjørn	NOR	Senior	35.13	TR
IAPS: 100m: 00:09.75 500m: 00:25.38								
2	O	rd	7	KLEVSTUEN Mikka Johan	NOR	A2	36.03	+0.90
IAPS: 100m: 00:09.97 500m: 00:26.06								
3	I	wt	5	MAGNUSSEN Cristian Landra	NOR	Neo	36.09	+0.96
IAPS: 100m: 00:10.06 500m: 00:26.03								
4	I	wt	7	BESELL Erik	NOR	Senior	36.33	+1.20
IAPS: 100m: 00:09.92 500m: 00:26.41								
5	O	rd	6	RUEKE Henrik Fagerli	NOR	Senior	36.38	+1.25
IAPS: 100m: 00:09.95 500m: 00:26.43								
6	O	rd	5	HANBERG Finn Elias	NOR	Neo	36.55	+1.42
IAPS: 100m: 00:10.23 500m: 00:26.32								
7	O	rd	4	LERNES Arne	NOR	Neo	36.90	+1.77
IAPS: 100m: 00:10.24 500m: 00:26.66								
8	I	wt	3	BECKER PEDERSEN Bendik	NOR	A1	37.12	+1.99
IAPS: 100m: 00:10.38 500m: 00:26.74								
9	O	rd	2	AANNØ Simon	NOR	Neo	37.26	+2.13
IAPS: 100m: 00:10.61 500m: 00:26.85								
10	I	wt	4	ULVAN Nicolai	NOR	Neo	37.38	+2.25
IAPS: 100m: 00:10.43 500m: 00:26.95								
11	I	wt	1	HAMRE Frederik Gajos	NOR	Neo	37.96	+2.83
IAPS: 100m: 00:10.53 500m: 00:27.43								
12	O	rd	1	BERGET Jonas Oiderli	NOR	Neo	38.80	+3.67
IAPS: 100m: 00:10.49 500m: 00:28.31								
13	O	rd	3	LJUNGQVIST Sindre Heggelund	NOR	A2	41.55	+6.42
IAPS: 100m: 00:11.46 500m: 00:30.09								
-	I	wt	2	NORHEIM Ivar	NOR	Neo	DQ	
IAPS: 100m: 00:10.60 500m: 00:28.65								

Rank	Lane	Band	Pair	Name	Nat	AG	1000m 1	DIF
1	O	rd	7	MAGNUSSEN Bjørn	NOR	Senior	1:10.91	-
IAPs: 200m: 00:16.69 600m: 00:25.62 1000m: 00:28.60								
2	O	rd	5	HANEBERG Finn Elias	NOR	Neo	1:11.47	+0.56
IAPs: 200m: 00:17.70 600m: 00:26.48 1000m: 00:27.29								
3	I	wt	6	KLEVSTUEN Miika Johan	NOR	A2	1:11.76	+0.85
IAPs: 200m: 00:16.71 600m: 00:26.12 1000m: 00:28.93								
4	O	rd	6	RESELL Erik	NOR	Senior	1:12.47	+1.56
IAPs: 200m: 00:16.93 600m: 00:26.56 1000m: 00:28.98								
5	O	rd	2	AANMØ Simon	NOR	Neo	1:12.59	+1.68
IAPs: 200m: 00:17.62 600m: 00:26.40 1000m: 00:28.57								
6	I	wt	5	RURKE Henrik Fagerli	NOR	Senior	1:12.95	+2.04
IAPs: 200m: 00:17.33 600m: 00:26.76 1000m: 00:28.86								
7	I	wt	7	MAGNUSSEN Cristian Landra	NOR	Neo	1:12.98	+2.07
IAPs: 200m: 00:17.09 600m: 00:26.94 1000m: 00:28.95								
8	I	wt	2	LERNES Arne	NOR	Neo	1:13.31	+2.40
IAPs: 200m: 00:17.30 600m: 00:26.99 1000m: 00:29.02								
9	I	wt	4	LILVAN Nicolai	NOR	Neo	1:14.25	+3.34
IAPs: 200m: 00:17.65 600m: 00:27.30 1000m: 00:29.30								
10	O	rd	1	HAMRE Frederik Gjos	NOR	Neo	1:14.45	+3.54
IAPs: 200m: 00:17.74 600m: 00:27.43 1000m: 00:29.28								
11	O	rd	4	BECKER PEDERSEN Bendik	NOR	A1	1:14.46	+3.55
IAPs: 200m: 00:17.85 600m: 00:27.04 1000m: 00:29.57								
12	I	wt	1	NORHEIM Ivar	NOR	Neo	1:16.52	+5.61
IAPs: 200m: 00:18.31 600m: 00:28.31 1000m: 00:29.90								
13	O	rd	3	BERGET Jonas Olderi	NOR	Neo	1:17.88	+6.97
IAPs: 200m: 00:17.92 600m: 00:28.33 1000m: 00:31.63								
14	I	wt	3	LJUNGQUIST Sindre Heggelund	NOR	A2	1:21.35	+10.44
IAPs: 200m: 00:18.99 600m: 00:30.32 1000m: 00:32.04								

Rank	Lane	Band	Pair	Name	Nat	AG	500m 2	DIF
1	O	rd	7	MAGNUSSEN Bjørn	NOR	Senior	35.19	-
IAPs: 100m: 00:09.84 500m: 00:25.35								
2	I	wt	7	KLEVSTUEN Miika Johan	NOR	A2	35.87	+0.68
IAPs: 100m: 00:10.05 500m: 00:25.82								
3	O	rd	5	MAGNUSSEN Cristian Landra	NOR	Neo	36.05	+0.86
IAPs: 100m: 00:10.05 500m: 00:26.00								
4	I	wt	5	RURKE Henrik Fagerli	NOR	Senior	36.30	+1.11
IAPs: 100m: 00:10.06 500m: 00:26.24								
5	I	wt	6	HANEBERG Finn Elias	NOR	Neo	36.32	+1.13
IAPs: 100m: 00:10.26 500m: 00:26.06								
6	O	rd	6	RESELL Erik	NOR	Senior	36.57	+1.38
IAPs: 100m: 00:10.01 500m: 00:26.56								
7	I	wt	4	AANMØ Simon	NOR	Neo	36.70	+1.51
IAPs: 100m: 00:10.41 500m: 00:26.29								
8	I	wt	3	LERNES Arne	NOR	Neo	36.71	+1.52
IAPs: 100m: 00:10.15 500m: 00:26.56								
9	O	rd	4	BECKER PEDERSEN Bendik	NOR	A1	36.88	+1.69
IAPs: 100m: 00:10.13 500m: 00:26.75								
10	O	rd	3	LILVAN Nicolai	NOR	Neo	37.66	+2.47
IAPs: 100m: 00:10.16 500m: 00:27.50								
11	O	rd	2	HAMRE Frederik Gjos	NOR	Neo	38.09	+2.90
IAPs: 100m: 00:10.34 500m: 00:27.75								
12	I	wt	2	BERGET Jonas Olderi	NOR	Neo	38.26	+3.07
IAPs: 100m: 00:10.54 500m: 00:27.72								
13	O	rd	1	NORHEIM Ivar	NOR	Neo	39.04	+3.85
IAPs: 100m: 00:10.74 500m: 00:28.30								
14	I	wt	1	LJUNGQUIST Sindre Heggelund	NOR	A2	40.74	+5.55
IAPs: 100m: 00:11.13 500m: 00:29.61								

Rank	Lane	Band	Pair	Name	Nat	AG	1000m 2	Diff
1	I	wt	7	MAGNUSSEN Bjørn	NOR	Senior	1:10.59	-
IAPS: 200m: 00:16.83 600m: 00:25.44 1000m: 00:28.32								
2	I	wt	6	HANBERG Finn Elias	NOR	Neo	1:11.04	+0.45
IAPS: 200m: 00:17.21 600m: 00:26.27 1000m: 00:27.56								
3	O	rd	7	KLEVSTUEN Milka Johan	NOR	A2	1:11.35	+0.76
IAPS: 200m: 00:16.75 600m: 00:25.91 1000m: 00:28.69								
4	I	wt	4	AANØ Simon	NOR	Neo	1:11.99	+1.40
IAPS: 200m: 00:17.42 600m: 00:26.33 1000m: 00:28.24								
5	O	rd	6	MAGNUSSEN Cristian Landrå	NOR	Neo	1:12.09	+1.50
IAPS: 200m: 00:16.98 600m: 00:26.34 1000m: 00:28.77								
6	O	rd	5	BURKE Henrik Fagerli	NOR	Senior	1:12.29	+1.70
IAPS: 200m: 00:16.98 600m: 00:26.03 1000m: 00:29.28								
7	I	wt	5	RESELL Erik	NOR	Senior	1:12.57	+1.98
IAPS: 200m: 00:16.97 600m: 00:26.56 1000m: 00:29.04								
8	O	rd	4	LERNES Arne	NOR	Neo	1:12.92	+2.33
IAPS: 200m: 00:17.26 600m: 00:26.72 1000m: 00:28.94								
9	I	wt	2	HAMRE Frederik Gjøss	NOR	Neo	1:15.09	+4.50
IAPS: 200m: 00:17.73 600m: 00:27.58 1000m: 00:29.78								
10	O	rd	3	ULVAN Nicolai	NOR	Neo	1:15.26	+4.67
IAPS: 200m: 00:17.70 600m: 00:27.06 1000m: 00:30.50								
11	I	wt	3	BECKER PEDERSEN Bendik	NOR	A1	1:15.49	+4.90
IAPS: 200m: 00:17.40 600m: 00:27.70 1000m: 00:30.39								
12	I	wt	1	BERGET Jonas Oldervil	NOR	Neo	1:18.76	+8.17
IAPS: 200m: 00:18.01 600m: 00:28.43 1000m: 00:32.32								
13	O	rd	2	LIUNGGUIST Sindre Heggelund	NOR	A2	1:21.79	+11.20
IAPS: 200m: 00:19.10 600m: 00:30.01 1000m: 00:32.68								

## Protocoll Allround Kvinner

Rank	Lane	Band	Pair	Name	Nat	AG	500m	Diff
1	O	rd	5	WIKLUND Ragne	NOR	Senior	39.90	-
IAPS: 100m: 00:11.30 500m: 00:28.60								
2	I	wt	6	LJUVÅS Aurora Grinden	NOR	Neo	40.53	+0.63
IAPS: 100m: 00:11.23 500m: 00:29.30								
3	I	wt	5	REISS-JACOBSEN Karl Celine	NOR	Neo	41.41	+1.51
IAPS: 100m: 00:11.66 500m: 00:29.75								
4	O	rd	6	FURNÉE Marte Bjerneheim	NOR	Senior	41.99	+2.09
IAPS: 100m: 00:11.52 500m: 00:30.47								
5	O	rd	3	SANDERUD Sarah Marie	NOR	Neo	42.71	+2.81
IAPS: 100m: 00:11.84 500m: 00:30.87								
6	I	wt	3	GRINDEN Lovise Oltstad	NOR	A1	43.00	+3.10
IAPS: 100m: 00:12.03 500m: 00:30.97								
7	O	rd	4	NAKKEN Ina	NOR	Neo	43.28	+3.38
IAPS: 100m: 00:11.82 500m: 00:31.46								
8	I	wt	1	STOREUD Dina	NOR	Neo	44.13	+4.23
IAPS: 100m: 00:12.48 500m: 00:31.65								
9	I	wt	4	HANBERG Linnea	NOR	A1	44.82	+4.92
IAPS: 100m: 00:12.17 500m: 00:32.65								
10	I	wt	2	ANDERSEN Mila Grønvold	NOR	A1	45.05	+5.15
IAPS: 100m: 00:12.49 500m: 00:33.16								
11	O	rd	2	DIHLER Ingrid Håkegård	NOR	Neo	45.86	+5.96
IAPS: 100m: 00:12.84 500m: 00:33.02								

Rank	Lane	Band	Pair	Name	Nat	AG	3000m	Diff
1	O	rd	6	WIKLUND Ragne	NCR	Senior	4:07.03	-
LAPS: 200m: 00:20.65 600m: 00:31.87 1000m: 00:32.95 1400m: 00:32.36 1800m: 00:31.88 2200m: 00:32.14 2600m: 00:32.27 3000m: 00:32.95								
2	I	wt	5	LJUVÅS Aurora Grinden	NCR	Neo	4:19.94	+12.91
LAPS: 200m: 00:20.90 600m: 00:32.10 1000m: 00:32.84 1400m: 00:33.75 1800m: 00:34.87 2200m: 00:35.97 2600m: 00:35.14 3000m: 00:34.37								
3	O	rd	5	STORLUD Dina	NCR	Neo	4:21.24	+14.21
LAPS: 200m: 00:22.63 600m: 00:32.88 1000m: 00:33.04 1400m: 00:33.62 1800m: 00:34.11 2200m: 00:34.51 2600m: 00:34.88 3000m: 00:35.57								
4	I	wt	6	FURNÉE Marte Bjerkeim	NCR	Senior	4:25.32	+18.29
LAPS: 200m: 00:21.15 600m: 00:33.24 1000m: 00:33.71 1400m: 00:34.42 1800m: 00:34.58 2200m: 00:35.08 2600m: 00:35.85 3000m: 00:37.29								
5	I	wt	4	SANDRUD Sarah Marie	NCR	Neo	4:28.05	+22.02
LAPS: 200m: 00:21.76 600m: 00:33.55 1000m: 00:34.15 1400m: 00:34.78 1800m: 00:35.29 2200m: 00:36.24 2600m: 00:36.42 3000m: 00:36.86								
6	I	wt	3	BEISS-JACOBSEN Kari Celine	NCR	Neo	4:30.02	+22.99
LAPS: 200m: 00:21.69 600m: 00:33.04 1000m: 00:33.25 1400m: 00:34.27 1800m: 00:35.72 2200m: 00:36.80 2600m: 00:37.42 3000m: 00:37.83								
7	O	rd	4	EICHLER Ingrid Håkegård	NCR	Neo	4:31.27	+24.24
LAPS: 200m: 00:22.56 600m: 00:34.04 1000m: 00:34.31 1400m: 00:34.98 1800m: 00:35.64 2200m: 00:36.09 2600m: 00:36.72 3000m: 00:36.93								
8	O	rd	3	NAXEN Ina	NCR	Neo	4:32.09	+25.06
LAPS: 200m: 00:22.04 600m: 00:34.44 1000m: 00:34.98 1400m: 00:35.69 1800m: 00:36.62 2200m: 00:36.34 2600m: 00:36.08 3000m: 00:35.90								
9	I	wt	1	GRINDEN Lovisa Østad	NCR	A1	4:41.81	+34.78
LAPS: 200m: 00:22.35 600m: 00:34.47 1000m: 00:35.30 1400m: 00:36.45 1800m: 00:37.50 2200m: 00:38.23 2600m: 00:38.80 3000m: 00:38.71								
10	O	rd	2	HANBERG Linnea	NCR	A1	4:54.25	+47.22
LAPS: 200m: 00:23.12 600m: 00:36.22 1000m: 00:37.61 1400m: 00:38.47 1800m: 00:38.75 2200m: 00:39.33 2600m: 00:40.09 3000m: 00:40.66								
11	I	wt	2	ANDERSEN Mila Grønvold	NCR	A1	5:01.37	+54.34
LAPS: 200m: 00:23.67 600m: 00:37.60 1000m: 00:38.23 1400m: 00:38.40 1800m: 00:38.82 2200m: 00:39.91 2600m: 00:41.70 3000m: 00:43.04								

Rank	Lane	Band	Pair	Name	Nat	AG	1500m	Diff
1	I	wt	6	WIKLUND Ragne	NCR	Senior	1:57.67	TR
LAPS: 300m: 00:26.57 700m: 00:29.16 1100m: 00:30.26 1500m: 00:31.68								
2	O	rd	6	LJUVÅS Aurora Grinden	NCR	Neo	2:03.91	+6.24
LAPS: 300m: 00:26.87 700m: 00:30.47 1100m: 00:32.59 1500m: 00:33.98								
3	O	rd	5	BEISS-JACOBSEN Kari Celine	NCR	Neo	2:06.31	+8.64
LAPS: 300m: 00:27.45 700m: 00:30.36 1100m: 00:33.40 1500m: 00:35.10								
4	O	rd	4	STORLUD Dina	NCR	Neo	2:06.43	+8.76
LAPS: 300m: 00:28.60 700m: 00:31.40 1100m: 00:32.12 1500m: 00:33.31								
5	I	wt	4	SANDRUD Sarah Marie	NCR	Neo	2:08.68	+11.01
LAPS: 300m: 00:28.87 700m: 00:32.01 1100m: 00:33.16 1500m: 00:34.64								
6	I	wt	5	FURNÉE Marte Bjerkeim	NCR	Senior	2:09.36	+11.69
LAPS: 300m: 00:27.90 700m: 00:31.05 1100m: 00:33.77 1500m: 00:36.64								
7	I	wt	3	NAXEN Ina	NCR	Neo	2:09.79	+12.12
LAPS: 300m: 00:28.23 700m: 00:31.90 1100m: 00:34.36 1500m: 00:35.30								
8	O	rd	3	GRINDEN Lovisa Østad	NCR	A1	2:12.55	+14.88
LAPS: 300m: 00:28.96 700m: 00:32.10 1100m: 00:35.52 1500m: 00:35.97								
9	I	wt	2	EICHLER Ingrid Håkegård	NCR	Neo	2:14.01	+16.34
LAPS: 300m: 00:30.38 700m: 00:33.41 1100m: 00:34.41 1500m: 00:35.81								
10	O	rd	2	HANBERG Linnea	NCR	A1	2:19.06	+21.39
LAPS: 300m: 00:29.67 700m: 00:33.65 1100m: 00:36.69 1500m: 00:39.05								
11	I	wt	1	ANDERSEN Mila Grønvold	NCR	A1	2:23.32	+23.65
LAPS: 300m: 00:30.19 700m: 00:34.81 1100m: 00:37.24 1500m: 00:39.08								

Rank	Lane	Band	Pair	Name	Nat	AG	5000m	Diff
1	I	wt	4	WIKLUND Ragna	NOR	Senior	7:02.34	TR
IAPS: 200m: 00:20.83 600m: 00:32.15 1000m: 00:32.93 1400m: 00:33.33 1800m: 00:33.17								
2200m: 00:33.37 2600m: 00:33.38 3000m: 00:33.52 3400m: 00:33.48 3800m: 00:33.59								
4200m: 00:33.66 4600m: 00:34.17 5000m: 00:34.76								
2	I	wt	3	STOREUD Dina	NOR	Neo	7:28.64	+26.30
IAPS: 200m: 00:22.68 600m: 00:33.40 1000m: 00:33.52 1400m: 00:34.65 1800m: 00:34.91								
2200m: 00:34.89 2600m: 00:35.51 3000m: 00:35.60 3400m: 00:35.74 3800m: 00:36.20								
4200m: 00:36.86 4600m: 00:37.05 5000m: 00:37.63								
3	O	rd	3	SANDERUD Sarah Marie	NOR	Neo	7:44.56	+42.22
IAPS: 200m: 00:22.25 600m: 00:34.05 1000m: 00:34.66 1400m: 00:35.59 1800m: 00:36.22								
2200m: 00:36.63 2600m: 00:37.08 3000m: 00:37.48 3400m: 00:37.79 3800m: 00:38.25								
4200m: 00:38.26 4600m: 00:38.38 5000m: 00:37.92								
4	O	rd	4	BEISS-JACOBSEN Kari Celine	NOR	Neo	7:45.18	+42.84
IAPS: 200m: 00:22.25 600m: 00:34.24 1000m: 00:34.49 1400m: 00:34.85 1800m: 00:35.60								
2200m: 00:36.51 2600m: 00:37.15 3000m: 00:37.87 3400m: 00:38.50 3800m: 00:38.61								
4200m: 00:38.64 4600m: 00:37.93 5000m: 00:38.54								
5	I	wt	1	DICHLER Ingrid Håkegård	NOR	Neo	7:47.85	+45.51
IAPS: 200m: 00:22.88 600m: 00:35.59 1000m: 00:35.84 1400m: 00:36.22 1800m: 00:36.68								
2200m: 00:36.96 2600m: 00:36.95 3000m: 00:37.24 3400m: 00:36.96 3800m: 00:37.39								
4200m: 00:37.86 4600m: 00:38.40 5000m: 00:38.88								
6	I	wt	2	NAKKEN Ina	NOR	Neo	7:49.37	+47.03
IAPS: 200m: 00:22.77 600m: 00:35.95 1000m: 00:36.30 1400m: 00:37.24 1800m: 00:37.22								
2200m: 00:36.95 2600m: 00:37.04 3000m: 00:37.29 3400m: 00:37.40 3800m: 00:37.42								
4200m: 00:37.85 4600m: 00:37.85 5000m: 00:38.09								
7	O	rd	2	GRINDEN Lovisa Ohtad	NOR	A1	8:08.72	+1:06.38
IAPS: 200m: 00:23.02 600m: 00:35.90 1000m: 00:36.89 1400m: 00:37.40 1800m: 00:38.59								
2200m: 00:38.44 2600m: 00:39.14 3000m: 00:39.54 3400m: 00:39.81 3800m: 00:39.87								
4200m: 00:40.39 4600m: 00:40.10 5000m: 00:39.63								
8	O	rd	1	HANBERG Linnea	NOR	A1	8:45.11	+1:42.77
IAPS: 200m: 00:24.17 600m: 00:38.71 1000m: 00:40.17 1400m: 00:40.45 1800m: 00:41.00								
2200m: 00:41.08 2600m: 00:41.32 3000m: 00:42.00 3400m: 00:43.11 3800m: 00:42.41								
4200m: 00:42.89 4600m: 00:43.91 5000m: 00:43.87								

## Protocoll Allround Menn

Rank	Lane	Band	Pair	Name	Nat	AG	500m	Diff
1	O	rd	10	AARND Aron	NOR	Neo	36.94	-
IAPS: 100m: 00:10.36 500m: 00:26.58								
2	I	wt	7	ANDERSEN Eirik	NOR	A2	37.00	+0.06
IAPS: 100m: 00:10.46 500m: 00:26.54								
3	I	wt	8	TVETER Easper	NOR	Senior	37.65	+0.71
IAPS: 100m: 00:10.59 500m: 00:27.06								
4	I	wt	10	BITREM Sander	NOR	Senior	37.76	+0.82
IAPS: 100m: 00:10.82 500m: 00:26.94								
5	O	rd	4	DYRSET Sigurd Holbe	NOR	Neo	37.97	+1.03
IAPS: 100m: 00:10.88 500m: 00:27.09								
6	I	wt	9	MATRE Emil Pedersen	NOR	Neo	38.09	+1.15
IAPS: 100m: 00:10.68 500m: 00:27.41								
7	O	rd	7	MELLEMSTRAND Oddbjørn	NOR	Senior	38.22	+1.28
IAPS: 100m: 00:10.62 500m: 00:27.60								
8	O	rd	9	HØYDE Christoffer Tellinga	NOR	Neo	38.44	+1.50
IAPS: 100m: 00:10.63 500m: 00:27.81								
9	O	rd	3	NORDAL Filip Møller	NOR	Neo	38.64	+1.70
IAPS: 100m: 00:11.05 500m: 00:27.59								
10	O	rd	8	SLEEKING Joren Antoine	NOR	Neo	38.98	+2.04
IAPS: 100m: 00:10.66 500m: 00:28.32								
11	O	rd	5	HAUKAAS Viktor Smedstad	NOR	Neo	38.99	+2.05
IAPS: 100m: 00:10.85 500m: 00:28.14								
12	I	wt	5	HENRIKSEN Sigurd	NOR	Neo	39.09	+2.15
IAPS: 100m: 00:11.01 500m: 00:28.08								
13	O	rd	6	ERIKSEN Daniel Thuv	NOR	Senior	39.30	+2.36
IAPS: 100m: 00:10.92 500m: 00:28.38								
14	I	wt	6	BRUNGEN Halvor Kjøsterud	NOR	A2	39.58	+2.64
IAPS: 100m: 00:10.83 500m: 00:28.75								
15	I	wt	3	TVETER Sander	NOR	Senior	39.62	+2.68
IAPS: 100m: 00:11.04 500m: 00:28.58								
16	I	wt	4	SONGSTAD Kristoffer Knag	NOR	Neo	39.66	+2.72
IAPS: 100m: 00:11.26 500m: 00:28.40								
17	I	wt	1	RFE Vagard	NOR	Senior	39.67	+2.73
IAPS: 100m: 00:11.24 500m: 00:28.43								
18	O	rd	2	BELSVIK Erlend	NOR	Senior	39.75	+2.81
IAPS: 100m: 00:11.03 500m: 00:28.72								
19	I	wt	2	HØYER Nathaniel	NOR	A1	40.10	+3.16
IAPS: 100m: 00:11.41 500m: 00:28.69								
20	O	rd	1	SLEEKING Robin Willem Hendrik	NOR	Senior	41.65	+4.71
IAPS: 100m: 00:11.04 500m: 00:30.61								

Rank	Lane	Band	Pair	Name	Nat	AG	5000m	Diff
1	O	rd	9	EITREM Sander	NCR	Senior	6:20.21 TR	-
LAPS: 200m: 00:19.80 600m: 00:30.11 1000m: 00:39.07 1400m: 00:29.69 1800m: 00:29.77								
2200m: 00:30.00 2600m: 00:30.10 3000m: 00:29.89 3400m: 00:30.05 3800m: 00:30.10								
4200m: 00:30.23 4600m: 00:30.07 5000m: 00:30.33								
2	I	wt	10	HENRIKSEN Sigurd	NCR	Neo	6:36.98	+16.77
LAPS: 200m: 00:19.39 600m: 00:30.61 1000m: 00:39.98 1400m: 00:31.41 1800m: 00:31.27								
2200m: 00:31.44 2600m: 00:31.59 3000m: 00:31.60 3400m: 00:31.67 3800m: 00:31.89								
4200m: 00:31.87 4600m: 00:31.64 5000m: 00:31.62								
3	I	wt	9	DYRSET Sigurd Holbe	NCR	Neo	6:38.12	+17.91
LAPS: 200m: 00:19.92 600m: 00:31.23 1000m: 00:31.40 1400m: 00:31.62 1800m: 00:31.40								
2200m: 00:31.36 2600m: 00:31.37 3000m: 00:31.37 3400m: 00:31.52 3800m: 00:31.56								
4200m: 00:31.43 4600m: 00:31.66 5000m: 00:32.38								
4	O	rd	10	ANDERSEN Eirik	NCR	A2	6:39.91	+19.70
LAPS: 200m: 00:19.35 600m: 00:30.69 1000m: 00:31.37 1400m: 00:31.51 1800m: 00:31.45								
2200m: 00:31.94 2600m: 00:31.68 3000m: 00:31.41 3400m: 00:31.71 3800m: 00:31.86								
4200m: 00:32.28 4600m: 00:32.18 5000m: 00:32.48								
5	I	wt	7	TVETER Easper	NCR	Senior	6:41.90	+21.69
LAPS: 200m: 00:19.81 600m: 00:31.79 1000m: 00:31.84 1400m: 00:32.34 1800m: 00:32.07								
2200m: 00:31.85 2600m: 00:31.64 3000m: 00:32.01 3400m: 00:31.91 3800m: 00:31.94								
4200m: 00:31.70 4600m: 00:31.74 5000m: 00:31.26								
6	O	rd	8	MILLEMSTRAND Oddbjørn	NCR	Senior	6:42.61	+22.40
LAPS: 200m: 00:20.02 600m: 00:31.56 1000m: 00:32.03 1400m: 00:32.27 1800m: 00:32.06								
2200m: 00:31.74 2600m: 00:32.19 3000m: 00:32.22 3400m: 00:32.11 3800m: 00:31.29								
4200m: 00:31.45 4600m: 00:31.59 5000m: 00:32.08								
7	I	wt	8	NORDAL Filip Møller	NCR	Neo	6:47.87	+27.66
LAPS: 200m: 00:19.85 600m: 00:31.55 1000m: 00:31.92 1400m: 00:32.57 1800m: 00:32.38								
2200m: 00:32.34 2600m: 00:32.17 3000m: 00:32.07 3400m: 00:31.70 3800m: 00:31.88								
4200m: 00:32.09 4600m: 00:32.92 5000m: 00:34.43								
8	I	wt	6	RIE Vagard	NCR	Senior	6:49.82	+29.61
LAPS: 200m: 00:19.92 600m: 00:31.85 1000m: 00:32.01 1400m: 00:32.12 1800m: 00:32.19								
2200m: 00:32.37 2600m: 00:32.11 3000m: 00:32.21 3400m: 00:32.35 3800m: 00:32.63								
4200m: 00:32.99 4600m: 00:33.48 5000m: 00:33.59								
9	O	rd	7	AANND Anon	NCR	Neo	6:51.81	+31.60
LAPS: 200m: 00:19.30 600m: 00:31.36 1000m: 00:31.84 1400m: 00:32.12 1800m: 00:31.98								
2200m: 00:32.33 2600m: 00:32.53 3000m: 00:32.46 3400m: 00:32.69 3800m: 00:33.01								
4200m: 00:33.90 4600m: 00:34.20 5000m: 00:34.09								
10	O	rd	3	HØVDE Christoffer Tøllinga	NCR	Neo	6:52.23	+32.02
LAPS: 200m: 00:20.21 600m: 00:31.77 1000m: 00:32.31 1400m: 00:32.56 1800m: 00:32.64								
2200m: 00:32.78 2600m: 00:32.48 3000m: 00:32.51 3400m: 00:32.64 3800m: 00:32.76								
4200m: 00:32.72 4600m: 00:33.41 5000m: 00:33.44								
11	O	rd	5	MATRE Emil Pedersen	NCR	Neo	6:52.41	+32.20
LAPS: 200m: 00:19.94 600m: 00:31.49 1000m: 00:32.98 1400m: 00:33.17 1800m: 00:33.04								
2200m: 00:32.77 2600m: 00:32.77 3000m: 00:32.69 3400m: 00:32.37 3800m: 00:32.08								
4200m: 00:32.52 4600m: 00:32.90 5000m: 00:33.69								
12	O	rd	4	BELSVIK Erlend	NCR	Senior	6:59.73	+39.52
LAPS: 200m: 00:20.69 600m: 00:32.66 1000m: 00:32.88 1400m: 00:33.24 1800m: 00:33.32								
2200m: 00:33.47 2600m: 00:33.24 3000m: 00:33.22 3400m: 00:33.44 3800m: 00:33.54								
4200m: 00:33.32 4600m: 00:33.34 5000m: 00:33.37								
13	O	rd	6	SCONGSTAD Kristoffer Knag	NCR	Neo	7:02.46	+42.25
LAPS: 200m: 00:20.35 600m: 00:31.46 1000m: 00:31.70 1400m: 00:32.02 1800m: 00:32.74								
2200m: 00:32.62 2600m: 00:32.96 3000m: 00:33.00 3400m: 00:33.42 3800m: 00:34.56								
4200m: 00:35.46 4600m: 00:35.87 5000m: 00:36.30								
14	I	wt	5	ERIKSEN Daniel Thuv	NCR	Senior	7:11.52	+51.31
LAPS: 200m: 00:20.21 600m: 00:32.05 1000m: 00:33.05 1400m: 00:33.34 1800m: 00:33.98								
2200m: 00:33.74 2600m: 00:33.90 3000m: 00:34.23 3400m: 00:34.81 3800m: 00:35.36								
4200m: 00:35.71 4600m: 00:35.38 5000m: 00:35.76								
15	I	wt	3	HAUKAAS Viktor Smedstad	NCR	Neo	7:11.53	+51.32
LAPS: 200m: 00:20.01 600m: 00:32.01 1000m: 00:33.18 1400m: 00:32.65 1800m: 00:32.54								
2200m: 00:33.01 2600m: 00:33.62 3000m: 00:34.50 3400m: 00:35.14 3800m: 00:35.92								
4200m: 00:36.54 4600m: 00:36.84 5000m: 00:36.57								
16	I	wt	2	SLEEBING Joren Antoine	NCR	Neo	7:18.59	+58.38
LAPS: 200m: 00:20.60 600m: 00:34.46 1000m: 00:34.40 1400m: 00:34.12 1800m: 00:34.74								
2200m: 00:34.24 2600m: 00:34.46 3000m: 00:34.54 3400m: 00:34.93 3800m: 00:35.29								
4200m: 00:35.85 4600m: 00:35.46 5000m: 00:35.50								
17	O	rd	2	ERUNGEN Halvor Kjøsterud	NCR	A2	7:18.86	+58.65
LAPS: 200m: 00:20.93 600m: 00:33.21 1000m: 00:34.14 1400m: 00:34.11 1800m: 00:34.19								
2200m: 00:34.70 2600m: 00:35.22 3000m: 00:35.18 3400m: 00:35.66 3800m: 00:35.65								
4200m: 00:35.60 4600m: 00:35.47 5000m: 00:34.80								
18	I	wt	4	TVETER Sander	NCR	Senior	7:22.73	+1:02.52
LAPS: 200m: 00:20.68 600m: 00:33.38 1000m: 00:34.09 1400m: 00:34.51 1800m: 00:34.21								
2200m: 00:34.30 2600m: 00:34.76 3000m: 00:35.09 3400m: 00:35.67 3800m: 00:36.11								
4200m: 00:36.55 4600m: 00:36.72 5000m: 00:36.66								
19	I	wt	1	HØYER Nathaniel	NCR	A1	7:24.79	+1:04.58
LAPS: 200m: 00:22.08 600m: 00:34.31 1000m: 00:34.47 1400m: 00:34.96 1800m: 00:34.74								
2200m: 00:34.89 2600m: 00:35.40 3000m: 00:35.24 3400m: 00:35.69 3800m: 00:35.46								
4200m: 00:35.71 4600m: 00:35.99 5000m: 00:35.85								
20	O	rd	1	SLEEBING Robin Willem Hendrik	NCR	Senior	7:50.86	+1:30.65
LAPS: 200m: 00:21.54 600m: 00:34.51 1000m: 00:34.42 1400m: 00:34.02 1800m: 00:34.47								
2200m: 00:35.33 2600m: 00:36.34 3000m: 00:37.97 3400m: 00:39.35 3800m: 00:40.06								
4200m: 00:40.12 4600m: 00:40.90 5000m: 00:41.83								

Rank	Lane	Band	Pair	Name	Nat	AG	1500m	Diff
1	I	wt	10	EITREM Sander	NOR	Senior	1:49.27	-
IAPS: 300m: 00:24.94 700m: 00:26.92 1100m: 00:28.18 1500m: 00:29.23								
2	I	wt	9	DYRSET Sigurd Holbo	NOR	Neo	1:50.73	+1.46
IAPS: 300m: 00:25.11 700m: 00:26.88 1100m: 00:28.48 1500m: 00:30.26								
3	O	rd	10	ANDERSEN Eirik	NOR	A2	1:50.90	+1.63
IAPS: 300m: 00:24.57 700m: 00:27.45 1100m: 00:28.88 1500m: 00:30.00								
4	O	rd	9	TvETER Kasper	NOR	Senior	1:51.31	+2.04
IAPS: 300m: 00:25.10 700m: 00:28.02 1100m: 00:28.92 1500m: 00:29.27								
5	O	rd	8	MELLESTRAND Oddbjørn	NOR	Senior	1:52.53	+3.26
IAPS: 300m: 00:25.35 700m: 00:28.09 1100m: 00:28.94 1500m: 00:30.15								
6	O	rd	7	MATRE Emil Pedersen	NOR	Neo	1:53.04	+3.77
IAPS: 300m: 00:25.19 700m: 00:27.99 1100m: 00:29.08 1500m: 00:30.78								
7	I	wt	7	HENRIKSEN Sigurd	NOR	Neo	1:53.10	+3.83
IAPS: 300m: 00:25.51 700m: 00:28.09 1100m: 00:29.26 1500m: 00:30.24								
8	I	wt	6	NORDAL Filip Møller	NOR	Neo	1:53.35	+4.08
IAPS: 300m: 00:25.42 700m: 00:27.61 1100m: 00:29.08 1500m: 00:31.24								
9	I	wt	8	AANNE Aron	NOR	Neo	1:53.49	+4.22
IAPS: 300m: 00:24.56 700m: 00:27.78 1100m: 00:29.78 1500m: 00:31.17								
10	I	wt	5	RIE Vagard	NOR	Senior	1:54.51	+5.24
IAPS: 300m: 00:25.99 700m: 00:28.59 1100m: 00:29.44 1500m: 00:30.49								
11	O	rd	6	HOVDE Christoffer Tellinga	NOR	Neo	1:55.37	+6.10
IAPS: 300m: 00:25.34 700m: 00:28.29 1100m: 00:29.97 1500m: 00:31.77								
12	I	wt	4	SONGSTAD Kristoffer Knag	NOR	Neo	1:56.22	+6.95
IAPS: 300m: 00:25.91 700m: 00:28.17 1100m: 00:29.90 1500m: 00:32.04								
13	O	rd	5	BELSVIK Erlend	NOR	Senior	1:57.29	+8.02
IAPS: 300m: 00:25.63 700m: 00:28.83 1100m: 00:30.54 1500m: 00:32.29								
14	I	wt	3	ERIKSEN Daniel Thuv	NOR	Senior	1:57.42	+8.15
IAPS: 300m: 00:26.04 700m: 00:29.46 1100m: 00:30.17 1500m: 00:31.75								
15	O	rd	4	HAUKAAS Viktor Smedstad	NOR	Neo	1:58.26	+8.99
IAPS: 300m: 00:25.45 700m: 00:28.81 1100m: 00:30.78 1500m: 00:33.22								
16	O	rd	3	SLEEKING Joren Antoine	NOR	Neo	1:59.18	+9.91
IAPS: 300m: 00:25.94 700m: 00:29.69 1100m: 00:30.85 1500m: 00:32.70								
17	O	rd	2	TvETER Sander	NOR	Senior	1:59.93	+10.66
IAPS: 300m: 00:26.36 700m: 00:29.60 1100m: 00:31.48 1500m: 00:32.49								
18	I	wt	2	ERUNGSEN Halvor Kjøsterud	NOR	A2	2:01.59	+12.32
IAPS: 300m: 00:25.96 700m: 00:30.50 1100m: 00:31.79 1500m: 00:33.14								
19	I	wt	1	HØYER Nathaniel	NOR	A1	2:01.81	+12.54
IAPS: 300m: 00:26.72 700m: 00:29.77 1100m: 00:31.69 1500m: 00:33.63								
20	O	rd	1	SLEEKING Robin Willem Hendrik	NOR	Senior	2:07.50	+18.23
IAPS: 300m: 00:26.77 700m: 00:31.37 1100m: 00:33.49 1500m: 00:35.87								

Rank	Lane	Band	Pair	Name	Nat	AG	10.000m	Diff
1	I	wt	6	ØSTREM Sander	NCR	Senior	13:08.74	TR
LAPS: 400m: 00:36.19 800m: 00:30.99 1200m: 00:31.54 1600m: 00:31.46 2000m: 00:31.65								
2400m: 00:31.75 2800m: 00:31.77 3200m: 00:31.69 3600m: 00:32.02 4000m: 00:31.89								
4400m: 00:31.85 4800m: 00:31.69 5200m: 00:31.77 5600m: 00:31.43 6000m: 00:31.70								
6400m: 00:31.33 6800m: 00:31.37 7200m: 00:30.86 7600m: 00:31.08 8000m: 00:31.03								
8400m: 00:30.98 8800m: 00:30.70 9200m: 00:31.04 9600m: 00:30.73 10000m: 00:30.23								
2	I	wt	3	HENRIKSEN Sigurd	NCR	Neo	13:42.25	+33.51
LAPS: 400m: 00:36.72 800m: 00:32.87 1200m: 00:33.00 1600m: 00:33.03 2000m: 00:32.88								
2400m: 00:32.83 2800m: 00:32.74 3200m: 00:32.71 3600m: 00:32.83 4000m: 00:32.82								
4400m: 00:32.77 4800m: 00:32.53 5200m: 00:32.67 5600m: 00:32.53 6000m: 00:32.51								
6400m: 00:32.55 6800m: 00:32.55 7200m: 00:32.65 7600m: 00:32.83 8000m: 00:32.68								
8400m: 00:32.92 8800m: 00:32.86 9200m: 00:32.96 9600m: 00:32.66 10000m: 00:32.15								
3	O	rd	6	ANDERSEN Eirik	NCR	A2	13:52.87	+44.13
LAPS: 400m: 00:36.97 800m: 00:32.34 1200m: 00:32.98 1600m: 00:33.43 2000m: 00:32.86								
2400m: 00:33.06 2800m: 00:33.75 3200m: 00:33.50 3600m: 00:33.39 4000m: 00:33.51								
4400m: 00:33.68 4800m: 00:33.56 5200m: 00:33.79 5600m: 00:33.79 6000m: 00:33.69								
6400m: 00:33.81 6800m: 00:33.59 7200m: 00:33.81 7600m: 00:32.94 8000m: 00:32.75								
8400m: 00:32.32 8800m: 00:32.54 9200m: 00:32.63 9600m: 00:32.66 10000m: 00:31.52								
4	O	rd	4	MELLEMSTRAND Oddbjørn	NCR	Senior	13:55.66	+46.92
LAPS: 400m: 00:38.06 800m: 00:33.56 1200m: 00:33.56 1600m: 00:33.47 2000m: 00:33.40								
2400m: 00:33.45 2800m: 00:33.58 3200m: 00:33.98 3600m: 00:33.72 4000m: 00:33.45								
4400m: 00:33.57 4800m: 00:33.63 5200m: 00:33.62 5600m: 00:33.71 6000m: 00:33.58								
6400m: 00:33.70 6800m: 00:33.34 7200m: 00:33.12 7600m: 00:33.12 8000m: 00:33.16								
8400m: 00:32.47 8800m: 00:32.58 9200m: 00:32.00 9600m: 00:31.88 10000m: 00:31.95								
5	I	wt	5	DYRSET Sigurd Holbe	NCR	Neo	13:56.20	+47.46
LAPS: 400m: 00:38.10 800m: 00:32.91 1200m: 00:33.91 1600m: 00:33.88 2000m: 00:33.28								
2400m: 00:33.16 2800m: 00:33.77 3200m: 00:33.40 3600m: 00:33.28 4000m: 00:33.41								
4400m: 00:33.47 4800m: 00:33.41 5200m: 00:33.80 5600m: 00:33.69 6000m: 00:33.60								
6400m: 00:33.69 6800m: 00:33.81 7200m: 00:33.56 7600m: 00:33.24 8000m: 00:32.81								
8400m: 00:32.38 8800m: 00:32.06 9200m: 00:32.17 9600m: 00:32.27 10000m: 00:33.14								
6	O	rd	5	TVETER Easper	NCR	Senior	14:01.41	+52.67
LAPS: 400m: 00:38.26 800m: 00:33.69 1200m: 00:33.74 1600m: 00:34.28 2000m: 00:33.61								
2400m: 00:33.53 2800m: 00:33.26 3200m: 00:33.50 3600m: 00:33.39 4000m: 00:33.44								
4400m: 00:33.39 4800m: 00:33.57 5200m: 00:33.69 5600m: 00:33.69 6000m: 00:33.49								
6400m: 00:33.48 6800m: 00:33.43 7200m: 00:33.45 7600m: 00:33.26 8000m: 00:33.37								
8400m: 00:33.13 8800m: 00:33.21 9200m: 00:33.25 9600m: 00:33.27 10000m: 00:33.03								
7	I	wt	4	AANND Aron	NCR	Neo	14:14.80	+1:16.06
LAPS: 400m: 00:37.85 800m: 00:34.32 1200m: 00:34.66 1600m: 00:34.95 2000m: 00:34.74								
2400m: 00:34.89 2800m: 00:35.17 3200m: 00:35.09 3600m: 00:35.02 4000m: 00:34.84								
4400m: 00:34.85 4800m: 00:34.74 5200m: 00:34.73 5600m: 00:34.67 6000m: 00:34.75								
6400m: 00:34.56 6800m: 00:34.42 7200m: 00:33.94 7600m: 00:34.11 8000m: 00:34.14								
8400m: 00:34.30 8800m: 00:34.05 9200m: 00:34.11 9600m: 00:33.47 10000m: 00:32.43								
8	O	rd	3	MATRE Emil Pedersen	NCR	Neo	14:27.61	+1:18.87
LAPS: 400m: 00:37.79 800m: 00:33.45 1200m: 00:34.67 1600m: 00:35.37 2000m: 00:35.39								
2400m: 00:35.64 2800m: 00:35.55 3200m: 00:35.56 3600m: 00:35.47 4000m: 00:35.40								
4400m: 00:35.13 4800m: 00:35.44 5200m: 00:35.41 5600m: 00:35.57 6000m: 00:34.28								
6400m: 00:33.51 6800m: 00:33.57 7200m: 00:34.04 7600m: 00:34.15 8000m: 00:33.95								
8400m: 00:34.25 8800m: 00:34.20 9200m: 00:33.85 9600m: 00:32.85 10000m: 00:33.12								
9	O	rd	2	HØVDE Christoffer Tellinga	NCR	Neo	14:30.14	+1:21.40
LAPS: 400m: 00:39.64 800m: 00:35.12 1200m: 00:35.02 1600m: 00:35.27 2000m: 00:35.05								
2400m: 00:35.52 2800m: 00:35.02 3200m: 00:35.36 3600m: 00:35.29 4000m: 00:35.53								
4400m: 00:35.64 4800m: 00:35.85 5200m: 00:35.52 5600m: 00:35.52 6000m: 00:34.90								
6400m: 00:34.95 6800m: 00:34.71 7200m: 00:34.47 7600m: 00:34.16 8000m: 00:34.01								
8400m: 00:33.13 8800m: 00:33.40 9200m: 00:32.66 9600m: 00:32.22 10000m: 00:32.18								
10	I	wt	2	NORDAL Filip Møller	NCR	Neo	14:36.05	+1:27.31
LAPS: 400m: 00:39.21 800m: 00:34.39 1200m: 00:34.92 1600m: 00:35.10 2000m: 00:35.33								
2400m: 00:35.37 2800m: 00:35.49 3200m: 00:35.43 3600m: 00:35.64 4000m: 00:35.27								
4400m: 00:35.66 4800m: 00:35.30 5200m: 00:35.48 5600m: 00:35.30 6000m: 00:35.15								
6400m: 00:34.79 6800m: 00:34.61 7200m: 00:34.14 7600m: 00:34.02 8000m: 00:33.88								
8400m: 00:33.98 8800m: 00:33.90 9200m: 00:34.08 9600m: 00:34.28 10000m: 00:35.33								
11	O	rd	1	SCNGSTAD Kristoffer Knag	NCR	Neo	14:45.75	+1:37.01
LAPS: 400m: 00:39.98 800m: 00:34.50 1200m: 00:34.77 1600m: 00:35.04 2000m: 00:34.57								
2400m: 00:34.98 2800m: 00:34.80 3200m: 00:35.13 3600m: 00:34.97 4000m: 00:35.33								
4400m: 00:35.11 4800m: 00:35.11 5200m: 00:35.24 5600m: 00:35.21 6000m: 00:35.56								
6400m: 00:35.76 6800m: 00:35.62 7200m: 00:35.79 7600m: 00:35.41 8000m: 00:35.36								
8400m: 00:35.74 8800m: 00:35.74 9200m: 00:35.86 9600m: 00:35.79 10000m: 00:34.38								
12	I	wt	1	RYE Vegard	NCR	Senior	14:56.30	+1:47.56
LAPS: 400m: 00:39.92 800m: 00:34.36 1200m: 00:34.82 1600m: 00:34.72 2000m: 00:35.04								
2400m: 00:34.79 2800m: 00:34.95 3200m: 00:35.11 3600m: 00:35.28 4000m: 00:35.23								
4400m: 00:34.97 4800m: 00:35.97 5200m: 00:36.38 5600m: 00:36.33 6000m: 00:36.68								
6400m: 00:36.32 6800m: 00:36.42 7200m: 00:35.48 7600m: 00:35.50 8000m: 00:36.12								
8400m: 00:36.90 8800m: 00:36.64 9200m: 00:36.70 9600m: 00:35.92 10000m: 00:35.75								