

**M 19/20**  
**Official results**

Jury/Competition management			Data of course		
Technical Delegate	Sylvi Pettersen Ofstad		Name of course	10 km	
FIS Race Director			Height Difference (HD)	65	
Assistand Technical Delegate	Arne Otto Vedvik		Maximum climb (MM)	44	
Assistant TD Nat.	Gunnar Smiseth		Total Climb (MT)	188	
Chief of Competition			Laps	2	
Codex			Laplength	5259	

Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
1	655	3423782	Håvard Moseby	Kjelsås IL	NOR	0:25:03,	00:00,0	38,79
2	657	3423264	Harald Østberg Amundsen	Asker SK	NOR	0:25:05,	00:01,7	39,69
3	639	3423291	Thomas Helland Larsen	Fossum IF	NOR	0:25:10,	00:06,2	42,09
4	635	3423300	Hans Kristian Holmbro	Søndre Høland	NOR	0:25:33,	00:30,0	54,75
5	633	3423534	Jon Rolf Skamo Hope	Hyen IL	NOR	0:25:45,	00:42,0	61,13
6	646	3423500	Simen Munch Wahl	Bækkelagets SK	NOR	0:25:55,	00:51,7	66,29
7	632	3423881	Håvard Hovde	Mjøsski	NOR	0:25:57,	00:53,4	67,20
8	501	3423842	Eirik Kjøl Tornes	Eide IL	NOR	0:26:06,	01:02,3	71,93
9	647	3423627	Håkon Skaanes	Strindheim IL	NOR	0:26:06,	01:02,6	72,09
10	645	3423548	Kristian Skjeldal	Bulken IL	NOR	0:26:07,	01:04,0	72,83
11	552	3423379	Magnus Norøy	Frol IL	NOR	0:26:12,	01:08,3	75,12
12	630	3423402	Kristoffer Liset	Ivrig, IL - Ski	NOR	0:26:15,	01:11,2	76,66
13	650	3423371	Vegard Sivertsgård	Ålen IL	NOR	0:26:15,	01:11,4	76,77
14	638	3423503	Lars Sørensen	Rustad IL	NOR	0:26:21,	01:17,3	79,91
15	636	3423684	Emil Sørgård	Ringkollen SK	NOR	0:26:22,	01:18,9	80,76
15	648	3423266	Truls Fjellheim Jorde	Asker SK	NOR	0:26:22,	01:18,9	80,76
17	631	3423235	Martin Julian Buvarp	Byåsen IL	NOR	0:26:23,	01:19,2	80,92
18	551	3423433	Emil Intelhus Brøto	Gol IL	NOR	0:26:26,	01:22,4	82,62
18	649	3423660	Sivert Leander Johansen	Drammens Ballklubb	NOR	0:26:26,	01:22,4	82,62
20	642	3423669	Albert Sunde Øhlschlägel	Sjåstad/Vestre Lier	NOR	0:26:31,	01:27,4	85,28
21	422	3423374	Jesper Abelsen Andreassen	Halsøy IL Ski	NOR	0:26:32,	01:28,2	85,71
22	658	3423813	Sondre Torp Hynne	Henning Skilag	NOR	0:26:32,	01:28,9	86,08
23	449	3423361	Aleksander André Slydahl	Mosjøen IL	NOR	0:26:37,	01:33,8	88,69
23	643	3423493	Eirik Sørgård Anderssen	Lillomarka SK	NOR	0:26:37,	01:33,8	88,69
25	620	3423370	Vebjørn Moen	Tverlandet IL	NOR	0:26:39,	01:35,3	89,48
26	421	3423668	Jørgen Sveaas	Sjåstad/Vestre Lier	NOR	0:26:40,	01:36,6	90,18
27	545	3423561	Johannes Bordal	Mjøsski	NOR	0:26:41,	01:37,5	90,66
28	640	3423629	Kristoffer Berset	Surnadal IL	NOR	0:26:42,	01:38,6	91,24
29	534	3423274	Henrik Husdal	Bækkelagets SK	NOR	0:26:43,	01:39,9	91,93
30	444	3423824	Petter Stokkeland	Tistedalen FL	NOR	0:26:44,	01:40,6	92,30
30	641	3423502	Tor Olav Nesheim Hægeland	Rustad IL	NOR	0:26:44,	01:40,6	92,30
32	435	3423596	Vegar Horneberg Selnæs	Heimdal Ski	NOR	0:26:48,	01:44,3	94,27
33	513	3423801	Lukas Liland	Koll, IL	NOR	0:26:48,	01:44,5	94,38
34	652	3423835	Matias Bjørnflaten Øvrum	Runar, IL	NOR	0:26:52,	01:48,4	96,45
35	597	3423657	Kristen Mikkelsplass	Bromma IL	NOR	0:26:53,	01:50,0	97,30
36	416	3423497	Øyvind Rikheim Haugan	Heming, IL	NOR	0:26:54,	01:50,7	97,68
37	634	3423445	Ole Marius Kirkeng	ROS, IL	NOR	0:26:54,	01:51,0	97,84
38	520	3423312	Sindre Johansen	Spydeberg IL	NOR	0:26:56,	01:52,7	98,74
39	533	3423360	Ole Jacob Forsmo	Halsøy IL Ski	NOR	0:26:57,	01:53,2	99,01
40	436	3423410	Aksel Bru-Hemmingby	Heming, IL	NOR	0:26:57,	01:53,5	99,17
40	463	3423853	Magnus Øyaas Håbrekke	Melhus IL	NOR	0:26:57,	01:53,5	99,17
42	591	3423243	Vebjørn Risholt	Ørn, IF	NOR	0:26:57,	01:53,9	99,38

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Assistand Technical Delegate	Arne Otto Vedvik			Maximum climb (MM)	44		
Assistant TD Nat.	Gunnar Smiseth			Total Climb (MT)	188		
Chief of Competition				Laps	2		
Codex				Laplength	5259		

Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
43	488	3423381	Anton Mattias Mickelsen Eivseth	Lierne IL	NOR	0:26:58,	01:54,6	99,75
44	443	3423539	Håvard Kne Galåen	Røros IL	NOR	0:27:01,	01:58,0	101,56
45	621	3423724	Ola Oanes Solbakken	Klæbu IL	NOR	0:27:02,	01:58,3	101,72
46	487	3423544	Sivert Moen	Mellemygd IL	NOR	0:27:03,	01:59,5	102,36
47	644	3320185	Magnus Kim	Fossum IF	NOR	0:27:04,	02:01,0	103,16
48	535	3423496	Eirik Langedal Breivik	Koll, IL	NOR	0:27:05,	02:02,0	103,69
49	456	3423986	Johan Heni Olsen Bjørtomt	Gjerdrum IL	NOR	0:27:07,	02:03,4	104,43
50	475	3423540	Eirik Bergene Aabrekk	Runar, IL	NOR	0:27:09,	02:05,9	105,76
51	531	3423298	Patrick Fossum Kristoffersen	Gjerdrum IL	NOR	0:27:10,	02:06,1	105,87
52	590	3423882	Kristian Larsen	MjøsSki	NOR	0:27:11,	02:07,9	106,83
53	515	3423757	Brage Burø Sunde	Førde IL	NOR	0:27:12,	02:08,6	107,20
54	528	3423272	Magnus Brath Skurdal	Asker SK	NOR	0:27:13,	02:10,0	107,94
55	432	3423868	Ole Tobias Utne Bjerke	Sørum IL	NOR	0:27:14,	02:11,0	108,48
56	430	3423449	Vegard Røyrrhus	Hovdebygda IL	NOR	0:27:17,	02:13,6	109,86
57	617	3423894	Sjur Kvisle	Asker SK	NOR	0:27:22,	02:18,1	112,25
58	457	3423718	Marius Viken Vesterås	Varde IL	NOR	0:27:22,	02:19,0	112,73
59	587	3423792	Espen Hegstad Krüger	Lyn Ski	NOR	0:27:26,	02:22,2	114,43
60	602	3423465	Trym Moeng Jensen	Kjelsås IL	NOR	0:27:27,	02:23,1	114,91
61	555	3423681	Bjørnar Stensrud Tyribakken	Bromma IL	NOR	0:27:27,	02:23,9	115,34
62	499	3423833	Vebjørn Weldingh Nilsen	Gulset IF	NOR	0:27:31,	02:27,3	117,15
63	538	3423344	Emil Robert Book Bratbak	Lillehammer Skiklub	NOR	0:27:32,	02:28,2	117,63
64	473	3423543	William Nymo Melseth	Bardufoss og	NOR	0:27:32,	02:29,0	118,05
65	599	3423399	Bjørnar Tørnes Holm	Idrettslaget Tørn	NOR	0:27:34,	02:30,7	118,95
66	433	3423229	Brage Tannvik Skei	Byaasen Skiklub	NOR	0:27:34,	02:30,9	119,06
67	656	3423749	Aron Åkre Rysstad	Valle IL	NOR	0:27:36,	02:32,1	119,70
68	628	3423892	Hans Bernhard Burud	Sande Sportsklubb	NOR	0:27:36,	02:32,2	119,75
69	623	3423570	Skjalg Espeland	Jondal IL	NOR	0:27:36,	02:32,5	119,91
70	593	3423737	Amund Kleist Godal	Innstrandens IL	NOR	0:27:38,	02:34,1	120,76
71	600	3423633	Johan Tøndel Hammer	Børsa IL	NOR	0:27:38,	02:34,9	121,19
72	529	3423885	Kristian Fodstad Karlsen	Strandbygda IL	NOR	0:27:40,	02:36,7	122,15
73	516	3423936	Albert Sperstad	Bærums Skiklub	NOR	0:27:42,	02:38,1	122,89
74	467	3423375	Geir Kristian Hoås	Lånke IL	NOR	0:27:42,	02:38,2	122,94
75	576	3423722	Anders Kolstadbakken	Rogne IL	NOR	0:27:43,	02:39,5	123,64
76	612	3423460	Kasper Rønning Komnæs	Fana IL	NOR	0:27:45,	02:41,3	124,59
77	424	3423263	Herman Andreas Andersen	Bækkelagets SK	NOR	0:27:45,	02:41,7	124,81
78	492	3423863	August Farre Gundersen Sandnes	Fana IL	NOR	0:27:46,	02:42,6	125,29
79	411	3424445	Martin Øyen Tøraasen	Folldal IL	NOR	0:27:46,	02:42,7	125,34
80	428	3423563	Per Ivar Sølve Reinemo	Hamar SK	NOR	0:27:46,	02:42,9	125,44
81	606	3423456	Johannes Bjertnæs	Jevnaker	NOR	0:27:47,	02:43,8	125,92
82	417	3423437	Jørgen Bakken Hodt	Konnerud IL	NOR	0:27:48,	02:44,9	126,51
83	605	3423405	Thomas Asheim Ødegaarden	Stathelle og Omegn	NOR	0:27:50,	02:46,6	127,41
84	610	3423875	Ådne Holter Gigernes	Nes Ski	NOR	0:27:51,	02:47,1	127,68

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Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
84	453	3423931	Kristian Erling Skogvold	Gjerdrum IL	NOR	0:27:51,	02:47,1	127,68
86	625	3423687	Sigve Bornø Novstad	Medkila Skilag	NOR	0:27:52,	02:48,6	128,48
87	544	3423851	Tobias Vedal	Melhus IL	NOR	0:27:54,	02:50,4	129,43
88	438	3423793	Ola Trommald Straumsheim	Lyn Ski	NOR	0:27:54,	02:50,6	129,54
89	578	3423306	Andreas Finni Magnussen	Nittedal IL	NOR	0:27:56,	02:52,5	130,55
90	510	3423960	Henrik Arntzen Joks	Forsøk, IL	NOR	0:27:57,	02:54,0	131,35
91	498	3423253	André Ravndal	Gjesdal IL	NOR	0:27:59,	02:55,4	132,09
92	482	3423998	Mads Greni Arnesen	Fredrikstad SK	NOR	0:27:59,	02:55,8	132,31
93	486	3423973	Truls Kjøglum Hjellsand	IL Hållingen	NOR	0:28:00,	02:57,0	132,95
93	527	3423572	Jonas Unsgård	Leik, IL	NOR	0:28:00,	02:57,0	132,95
95	616	3423439	Sivert Bjørnebo Langerud	Lier IL	NOR	0:28:01,	02:57,7	133,32
96	524	3423630	Jens Christian Grymyr	ROS, IL	NOR	0:28:04,	03:00,8	134,97
97	569	3423944	Emil André Wiig	Heming, IL	NOR	0:28:05,	03:01,4	135,29
98	468	3423642	Mathias Vindal	Ranheim SK	NOR	0:28:05,	03:02,0	135,60
99	478	3423995	Jørgen Stigen	Fredrikstad SK	NOR	0:28:06,	03:02,8	136,03
100	472	3423430	Vegard Myklemyr	Birkebeineren, IF	NOR	0:28:07,	03:03,5	136,40
101	448	3423976	Lars-Haakon Kvernvalden	Ottestad IL	NOR	0:28:07,	03:03,6	136,46
102	447	3423412	Einar Mikal Andreassen	Fjell Skilag	NOR	0:28:08,	03:04,7	137,04
102	614	3423736	Øystein Høistad Bruce	Lillehammer Skiklub	NOR	0:28:08,	03:04,7	137,04
104	431	3423638	Andreas Tølseth Bostad	Ranheim SK	NOR	0:28:10,	03:06,3	137,89
105	560	3423557	Andreas Bjørvik Fugle	Førde IL	NOR	0:28:10,	03:06,5	138,00
106	507	3423891	Martin Haarstad	Asker SK	NOR	0:28:10,	03:06,6	138,05
107	458	3423964	Vetle Uhre Hammervik	Førde IL	NOR	0:28:11,	03:07,8	138,69
108	479	3423783	Elias Johan Jonsson	Kjelsås IL	NOR	0:28:11,	03:08,0	138,80
109	409	3423507	Rasmus Schie Krogstad	Heming, IL	NOR	0:28:12,	03:08,7	139,17
110	598	3423362	Joakim Støre Kristiansen	Siso, IL	NOR	0:28:15,	03:11,9	140,87
111	583	3423844	Ola Jakob Lier	Asker SK	NOR	0:28:16,	03:12,2	141,03
112	651	3423258	Sondre Ramse	Otra IL	NOR	0:28:16,	03:12,7	141,30
113	522	3423649	Mads Halstadtrø	Hommelvik IL	NOR	0:28:16,	03:12,9	141,40
114	580	3424314	Fredrik Lie Brørs	Beitstad IL	NOR	0:28:17,	03:13,5	141,72
115	500	3423904	Sindre Holm	IL Jardar	NOR	0:28:17,	03:13,8	141,88
116	439	3423640	Axel Andersson	Ranheim SK	NOR	0:28:17,	03:13,9	141,94
117	607	3423923	Eirik Andreas Mortensbakke	Bærums Skiklub	NOR	0:28:19,	03:15,9	143,00
118	540	3423751	Tore André Melberg	Gjesdal IL	NOR	0:28:20,	03:16,4	143,26
119	525	3423421	Ivar Tverå	Halsøy IL Ski	NOR	0:28:26,	03:22,4	146,46
120	474	3423750	Ludvig Vartdal	Emblem IL	NOR	0:28:28,	03:24,6	147,63
121	512	3423893	Petter Elias Vestre Røkke	Stordal IL	NOR	0:28:28,	03:24,7	147,68
122	504	3423831	Jens Innleggen Meen	Ørn, IF	NOR	0:28:30,	03:26,5	148,64
123	554	3423511	Ole-Henrik Lervik	Molde og Omegn IF	NOR	0:28:30,	03:26,8	148,80
124	410	3423508	Lars Lauulo	Heming, IL	NOR	0:28:32,	03:28,6	149,75
125	415	3423641	Christian Tobias Bøgeberg	Ranheim SK	NOR	0:28:32,	03:28,9	149,91
126	561	3423727	Sigurd Aarhun	Åga IL	NOR	0:28:34,	03:30,5	150,77

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127	559	3423897	Henrik Vik Tolo	Asker SK	NOR	0:28:36,	03:32,3	151,72
128	469	3423673	Eivind Røe Gullingsrud	Bromma IL	NOR	0:28:37,	03:33,1	152,15
129	505	3423780	Bjørn Anders Flågen	Heming, IL	NOR	0:28:37,	03:33,4	152,31
130	413	3423829	Andreas Bø Søli	Ørn, IF	NOR	0:28:38,	03:35,0	153,16
131	442	3423696	Fredrik Fuglerud Flugstad	Gjøvik SK	NOR	0:28:40,	03:36,1	153,74
132	523	3423811	Erlend Faaravik Sandnes	Vinne Skilag	NOR	0:28:42,	03:38,3	154,91
133	526	3423974	Asle Grøthe	Torpo IL	NOR	0:28:42,	03:38,6	155,07
133	654	3423482	Simen Myhre	Heming, IL	NOR	0:28:42,	03:38,6	155,07
135	530	3423448	Kornelius Linge Glomnes	Valldal IL	NOR	0:28:44,	03:40,1	155,87
136	557	3423432	Tor-magnus Mundal Skredegård	Gol IL	NOR	0:28:44,	03:41,0	156,35
137	503	3423788	Peder Bollingmo	Kjelsås IL	NOR	0:28:46,	03:42,3	157,04
138	446	3423807	Sigurd Landsem Melhus	Henning Skilag	NOR	0:28:46,	03:42,6	157,20
139	553	3423957	Brynjar Kvernstad	Kyrksæterøra IL	NOR	0:28:47,	03:43,1	157,47
140	452	3423230	Vegard Storeng Fjeldstad	Ranheim SK	NOR	0:28:48,	03:44,8	158,37
141	622	3423658	Kristian Mikkelsplass	Bromma IL	NOR	0:28:48,	03:45,0	158,48
142	601	3423834	Henrik Bertelsen	Ørn, IF	NOR	0:28:50,	03:47,0	159,54
143	586	3423765	Joar Oldernes	Høybråten og	NOR	0:28:52,	03:48,9	160,55
144	491	3423925	Anders Johan Rogne	Hakadal IL	NOR	0:28:52,	03:49,0	160,61
145	626	3423645	Sander Øwre Haugan	Hommelvik IL	NOR	0:28:53,	03:49,3	160,77
146	519	3423429	Erik Larsen Høiås	Birkebeineren, IF	NOR	0:28:54,	03:50,6	161,46
147	624	3423643	Edvin Grøtan Eriksen	Melhus IL	NOR	0:28:55,	03:51,3	161,83
148	572	3423820	Torstein Bolstad Blikra	Gaular IL	NOR	0:28:57,	03:53,2	162,84
149	588	3423730	Thomas Stangjordet	Raufoss IL	NOR	0:29:02,	03:58,4	165,61
150	496	3423726	Torbjørn Hemminghytt	Nordfjorden IL	NOR	0:29:05,	04:01,1	167,04
151	574	3423790	Nicolay Sevang	Lyn Ski	NOR	0:29:05,	04:01,5	167,26
152	568	3423256	Magnus Gjerstad Knutsen	Imås, IL	NOR	0:29:13,	04:09,5	171,51
153	581	3423797	Tom-Erik Johnsen	Lillomarka SK	NOR	0:29:13,	04:09,9	171,72
154	481	3423340	Andreas Bossum	Søre Ål IL	NOR	0:29:17,	04:13,5	173,64
155	454	3423234	Tormod Garnes Flatjord	Byaasen Skiklub	NOR	0:29:19,	04:15,3	174,60
156	408	3423506	Oscar Moe	Heming, IL	NOR	0:29:19,	04:15,5	174,70
157	609	3423648	Vegard Fosli Stjern	Hommelvik IL	NOR	0:29:20,	04:17,0	175,50
158	502	3423817	Erik Kjøsnes Wekre	Steinkjer SK	NOR	0:29:23,	04:19,3	176,72
159	429	3423984	Erik Nordjordet Vehus	Hovden Sportsklubb	NOR	0:29:23,	04:19,7	176,94
160	450	3423802	Sigmund William Cook	Koll, IL	NOR	0:29:34,	04:30,1	182,47
161	451	3423720	Oskar Berntsen Flata	Lillehammer Skiklub	NOR	0:29:34,	04:31,0	182,95
162	571	3423864	Tore Akerlie	Voss IL	NOR	0:29:38,	04:34,6	184,86
163	464	3423652	Peder August Knobel Halvorsen	Byåsen IL	NOR	0:29:38,	04:35,0	185,08
164	489	3423739	Erik Storås Sommer	Lillehammer Skiklub	NOR	0:29:39,	04:35,5	185,34
165	596	3423416	Sigurd Arne Brones Engen	Kvaløysletta Skilag	NOR	0:29:41,	04:37,2	186,25
166	514	3423236	Kristian Wilberg Rofstad	Byåsen IL	NOR	0:29:41,	04:37,7	186,51
166	460	3423723	Vetle Rise Fjærtøft	Byaasen Skiklub	NOR	0:29:41,	04:37,7	186,51
168	506	3423919	Jonas Kristiansen	Nittedal IL	NOR	0:29:41,	04:38,0	186,67

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169	595	3423603	Magnus Gjersvold Haug	Byaasen Skiklub	NOR	0:29:45,	04:41,2	188,37
170	542	3423255	Svein Odland	Bjerkreim IL	NOR	0:29:45,	04:41,6	188,59
171	484	3423884	Lars-Martin Fossgard	Asker SK	NOR	0:29:46,	04:42,1	188,85
172	455	3423880	Sigurd Ranheim Brynstad	MjøsSki	NOR	0:29:47,	04:43,5	189,60
173	508	3423800	Mads Ulrich Müller Mjanger	Koll, IL	NOR	0:29:47,	04:43,7	189,70
174	608	3423735	Henrik Lekang Nyvold	Innstrandens IL	NOR	0:29:48,	04:44,5	190,13
175	494	3423799	Jørgen Wulfsberg	Koll, IL	NOR	0:29:49,	04:45,1	190,45
176	480	3423646	Marius Moe Renå	Hommelvik IL	NOR	0:29:49,	04:45,3	190,56
177	521	3423680	Ørjan Bråten Lie	Bromma IL	NOR	0:29:50,	04:46,5	191,19
178	563	3423930	Marius Nåvli Sjølie	Haslum IL	NOR	0:29:51,	04:47,1	191,51
179	493	3423382	Daniel Estil Brissach	Lierne IL	NOR	0:29:51,	04:47,2	191,57
180	565	3423843	Anders Lervik	Asker SK	NOR	0:29:51,	04:47,4	191,67
181	511	3423859	Anders Brakvatne Mjelde	Osterøy IL	NOR	0:29:54,	04:50,3	193,22
182	483	3423770	Fillip Askildsen	Heming, IL	NOR	0:29:56,	04:52,1	194,17
183	604	3423890	Herman August Grytnes	IL Jardar	NOR	0:30:00,	04:56,8	196,67
184	471	3423896	Vegard Ek Hagen	Driv IL - Ski	NOR	0:30:02,	04:58,9	197,79
185	541	3423365	Adrian Sandnes Lillevoll	Valnesfjord IL	NOR	0:30:04,	05:00,9	198,85
186	518	3423887	Bård Eskil Bjørndalen	Magnor UL	NOR	0:30:12,	05:08,2	202,74
187	543	3423846	Espen Marius Engum Torkildsen	Asker SK	NOR	0:30:14,	05:10,1	203,75
188	603	3423862	Olav Østerbø Jansen	Voss IL	NOR	0:30:15,	05:11,4	204,44
189	589	3423491	Jostein Tandberg	Kjelsås IL	NOR	0:30:19,	05:15,4	206,57
190	585	3423664	Håvard Støen Gussiås	Molde og Omegn IF	NOR	0:30:20,	05:16,1	206,94
191	573	3423869	Sondre Albrigtsen Bjørnstad	Nesodden IF - Ski	NOR	0:30:20,	05:16,6	207,21
192	509	3423626	Sondre Vårheim	Fjellønnen IL	NOR	0:30:20,	05:16,7	207,26
193	477	3423675	Sivert Laukli	Konnerud IL	NOR	0:30:21,	05:17,9	207,90
194	441	3423847	Kristoffer Dean Dunham	Bærums Skiklub	NOR	0:30:24,	05:20,7	209,39
195	470	3423604	Eirik Sandnes	Heimdal Ski	NOR	0:30:26,	05:22,1	210,13
196	497	3423956	Henrik Tanem	Strindheim IL	NOR	0:30:29,	05:26,0	212,21
196	564	3423766	Sondre Nydal	Høybråten og	NOR	0:30:29,	05:26,0	212,21
198	434	3423850	Herman Kjærnsmo	Bærums Skiklub	NOR	0:30:36,	05:33,0	215,93
199	629	3423832	Bjørn Markus Qvenild-Svennungsen	Ørn, IF	NOR	0:30:41,	05:37,6	218,38
200	619	3423856	Jon Vegard Grut	Nor, IL	NOR	0:30:45,	05:41,2	220,29
201	579	3423915	Fredrik Wøien Hesselberg	Hakadal IL	NOR	0:30:49,	05:45,5	222,58
202	466	3423872	Erik Koppervik Christiansen	IL Jardar	NOR	0:30:49,	05:45,7	222,69
203	414	3423653	Kristoffer Leistad Høidalen	Byåsen IL	NOR	0:30:54,	05:50,6	225,29
204	532	3423759	Øystein Rønning Strand	Kjelsås IL	NOR	0:30:54,	05:50,9	225,45
205	445	3423786	Kristian Fliflet Sollie	Kjelsås IL	NOR	0:30:56,	05:52,5	226,30
206	615	3423316	Sigve Nygaard Kolderup	Trøsken IL	NOR	0:30:57,	05:53,7	226,94
207	562	3423605	Tor Arne Slind	Selbu IL	NOR	0:31:00,	05:56,5	228,43
208	550	3423398	Kristian Glasius Hegg	Botne SK	NOR	0:31:10,	06:06,3	233,64
209	426	3423922	Martin Haugstad Moosmayer	IL Jardar	NOR	0:31:18,	06:14,8	238,17
210	420	3220040	Oliver Newman	Lillehammer Skiklub	NOR	0:31:19,	06:16,0	238,80

**M 19/20**  
**Official results**

Jury/Competition management				Data of course			
Technical Delegate	Sylvi Pettersen Ofstad			Name of course	10 km		
FIS Race Director				Height Difference (HD)	65		
Assistand Technical Delegate	Arne Otto Vedvik			Maximum climb (MM)	44		
Assistant TD Nat.	Gunnar Smiseth			Total Climb (MT)	188		
Chief of Competition				Laps	2		
Codex				Laplength	5259		

Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
211	537	3423644	Espen Refsnes-Myrvold	Byåsen IL	NOR	0:31:22,	06:18,1	239,92
212	459	3423874	Brage Bø	Larvik Ski	NOR	0:31:23,	06:19,9	240,88
213	517	3424402	Ingmar Leigland Njaa	Kvam Langrenn- og	NOR	0:31:28,	06:24,3	243,22
214	495	3423589	Emil Håkon Lier	Asker SK	NOR	0:31:31,	06:27,6	244,97
215	575	3423769	Christian Klingenberg Theodorsen	Heming, IL	NOR	0:31:36,	06:32,5	247,58
216	567	3423628	Gaute Norland	Snøhetta IL	NOR	0:31:59,	06:55,3	259,71
217	418	3423830	Mikael Ripel Høgman	Gulset IF	NOR	0:31:59,	06:55,6	259,87
218	407	3424794	Vegard Svean Koksvik	Byaasen Skiklub	Nor	0:32:01,	06:57,1	260,67
219	412	3423267	Ola Tandberg Ryan	Asker SK	NOR	0:32:35,	07:31,3	278,86
220	558	3423438	Håvard Landro Svingheim	Konnerud IL	NOR	0:32:58,	07:54,7	291,31
221	427	3423756	Eirik Nordeide Berg	Førde IL	NOR	0:33:04,	08:00,2	294,23
222	570	3424328	Sondre Nikolai Olsen	Byåsen IL	NOR	0:33:11,	08:07,1	297,90
223	440	3423752	Alf Egil Jensen	Gjesdal IL	NOR	0:33:37,	08:33,8	312,11
224	627	3423753	Tomas Tjøland	Matningsdal IL	NOR	0:33:55,	08:51,7	321,63
225	548	3424038	Thomas Heyn	Gjerdrum IL	NOR	0:34:54,	09:50,8	353,07
	556	3423426	Eirik Skoglund Dahler	Bossekop UL	NOR	DNF		
	613	3423785	Peder Stenberg-Nilsen	Kjelsås IL	NOR	DNF		
	546	3423308	Sebastian Kristoffer Endrestad	Bækkelaget SK	NOR	DNF		
	547	3423731	Torjus Loen	Lillehammer Skiklub	NOR	DNF		
	637	3423231	Anders Haga	Åsen IL	NOR	DNS		
	536	3423761	Anton Jensen	Kjelsås IL	NOR	DNS		
	425	3423597	Bjørn Erik Langstein	Tomrefjord IL	NOR	DNS		
	592	3423331	Erlend Austgulen	Byåsen IL	NOR	DNS		
	419	3423985	Håkon Presthus	Strindheim IL	NOR	DNS		
	539	3423225	Håkon Størset Grøtte	Byåsen IL	NOR	DNS		
	566	3423252	Håvard Mannsåker	Sandnes IL	NOR	DNS		
	437	3423849	Jakob Henden Kaasen	Bærums Skiklub	NOR	DNS		
	582	3423631	Joakim Skaanes	Klæbu IL	NOR	DNS		
	611	3423764	Joakim Selens Sævik	Henning Skilag	NOR	DNS		
	653	3423317	Jørgen Lippert	Trøsken IL	NOR	DNS		
	465	3423224	Kristian Bygland-Hansen	Byaasen Skiklub	NOR	DNS		
	594	3423728	Marcus Hagenes	Valnesfjord IL	NOR	DNS		
	584	3423899	Marius Lunder Jensen	Fet SK	NOR	DNS		
	423	3423955	Odin Garli	Sokna IL	NOR	DNS		
	618	3423855	Olav Berger	Skedsmo SK	NOR	DNS		
	462	3423314	Ole Haldor Ensrud	Trøsken IL	NOR	DNS		
	549	3423632	Peter John Martin Haddon	Byåsen IL	NOR	DNS		
	476	3423914	Thomas Meinicke	Jutul IL	NOR	DNS		
	577	3424006	Tobias Olsen	Fredrikstad SK	NOR	DNS		
	461	3423259	Tobias Topp Sandvik	Hjelmeland IL - ski	NOR	DNS		
	485	3423965	Vegard Skårdal Brenna	Heddal IL	NOR	DNS		
	490	3423939	Vetle Storvik	Gjelleråsen IF	NOR	DNS		

**M 19/20**  
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Jury/Competition management			Data of course		
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Chief of Competition			Laps	2	
Codex			Laplength	5259	

Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
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**Number of entered:** 252                      **Number of started:** 229