



EQUINOR NM 5 og 10 KM

Tolga

tor. 30 mar 2023



M19-20- 2003-2004

Official results

| Jury/Competition management | | Data of course | |
|------------------------------|---------------------|------------------------|------|
| Technical Delegate | Magnus Elmkvist | Name of course | |
| Assistand Technical Delegate | Hans Jørgen Kvåle | Height Difference (HD) | 79 |
| Assistant TD Nat. | | Maximum climb (MM) | 31 |
| Chief of Competition | Anne Berit Nordvang | Total Climb (MT) | 177 |
| Codex | 0 | Laps | 2 |
| | | Laplength | 5344 |

| Rank | Startno | Fis code | Name | Team | Nation | Time | Diff. | Fis Points |
|------|---------|----------|----------------------------|--------------------|--------|-----------|---------|------------|
| 1 | 402 | 8420512 | Daniel Aakervik | Fet SK | NOR | 0:27:19,8 | 00:00,0 | |
| 2 | 399 | 8420323 | Thomas Linnebo Mollestad | Oddersjaa SSK | NOR | 0:27:28,8 | 00:09,0 | |
| 3 | 454 | 8420785 | Tobias Aarekol | Vindafjord IL | NOR | 0:28:15,5 | 00:55,7 | |
| 4 | 423 | 8420797 | Casper Kvam Grindhagen | Byaasen Skiklub | NOR | 0:28:16,8 | 00:57,0 | |
| 5 | 475 | 8420246 | Mathias Holbæk | Il Vindbjart | NOR | 0:28:19,1 | 00:59,3 | |
| 6 | 354 | 8420470 | Iver Synstnes Hole | Åndalsnes IF | NOR | 0:28:24,1 | 01:04,3 | |
| 7 | 411 | 8420708 | Lars Michael Saab Bjertnæs | Njård | NOR | 0:28:24,6 | 01:04,8 | |
| 8 | 385 | 8420533 | Jardar Olsen | Alta IF | NOR | 0:28:30,1 | 01:10,3 | |
| 9 | 5 | 8420198 | Isak Leknes Frey | Bærums Skiklub | NOR | 0:28:38,1 | 01:18,3 | |
| 10 | 366 | 8421010 | Peder Rygg | Byaasen Skiklub | NOR | 0:28:40,0 | 01:20,2 | |
| 11 | 421 | 8420519 | Erling Bjørnstad | Alta IF | NOR | 0:28:43,3 | 01:23,5 | |
| 12 | 345 | 8420751 | Marius Meldalen | Rustad IL | NOR | 0:28:46,1 | 01:26,3 | |
| 13 | 9 | 8420874 | Herman Peder Strindeberg | Drammen Strong | NOR | 0:28:50,7 | 01:30,9 | |
| 14 | 397 | 8420163 | Tørres Lutnæs | Rustad IL | NOR | 0:28:54,4 | 01:34,6 | |
| 15 | 442 | 8420317 | Thomas Blom | Imås, IL | NOR | 0:28:54,5 | 01:34,7 | |
| 16 | 465 | 8420651 | Linus Engdahl | Torvikbuk IL | NOR | 0:28:54,8 | 01:35,0 | |
| 17 | 334 | 8420786 | Nils Olav Kjetså Røed | Otra IL | NOR | 0:28:58,0 | 01:38,2 | |
| 18 | 336 | 8420781 | Niklas Ekeberg Pålsson | Hovden Sportsklubb | NOR | 0:28:59,1 | 01:39,3 | |
| 19 | 346 | 8420422 | Vetle Arder Skildheim | Tromsø SK | NOR | 0:29:01,2 | 01:41,4 | |
| 20 | 461 | 8420360 | Gard Lindby | Røa | NOR | 0:29:01,5 | 01:41,7 | |
| 21 | 349 | 8420749 | Ola Nymark-Veum | Heming, IL | NOR | 0:29:02,2 | 01:42,4 | |
| 22 | 280 | 8420474 | Morten Skaanes | Strindheim IL | NOR | 0:29:03,1 | 01:43,3 | |
| 23 | 314 | 8420696 | Jonas Johansen Grøslund | Drammen Strong | NOR | 0:29:04,6 | 01:44,8 | |
| 24 | 309 | 8420404 | Olve Løseth | Buvik IL | NOR | 0:29:13,1 | 01:53,3 | |
| 25 | 220 | 8420697 | Marius Grønhojd Wiersdalen | Nedre Sigdal IF | NOR | 0:29:14,5 | 01:54,7 | |
| 26 | 381 | 8420699 | Tobias Dyrli Thoresen | Røa | NOR | 0:29:15,8 | 01:56,0 | |
| 27 | 317 | 8420210 | Andreas Lerø | Fossum IF | NOR | 0:29:17,5 | 01:57,7 | |
| 28 | 378 | 8420388 | Per Ingvar Tollehaug | Eiker SK | NOR | 0:29:20,9 | 02:01,1 | |
| 29 | 312 | 8420607 | August Hovde | Gjøvik SK | NOR | 0:29:22,7 | 02:02,9 | |
| 30 | 281 | 8420707 | Daniel Henriksen Gunnerød | Njård | NOR | 0:29:27,4 | 02:07,6 | |
| 31 | 291 | 8420167 | Philip Georg Johansen | Trysil IL | NOR | 0:29:35,2 | 02:15,4 | |
| 32 | 405 | 8420314 | Robin Sælen | Imås, IL | NOR | 0:29:35,6 | 02:15,8 | |
| 33 | 256 | 8420721 | Henrik Grøttum Engen | Røa | NOR | 0:29:37,8 | 02:18,0 | |
| 34 | 387 | 8420175 | Johan Lien Nordeng | Alsvåg IL | NOR | 0:29:38,0 | 02:18,2 | |
| 35 | 277 | 8420515 | Halvor Røise Bade | Øvrevoll Hosle IL | NOR | 0:29:41,2 | 02:21,4 | |
| 36 | 330 | 8420346 | Audun Nesheim Hægeland | Rustad IL | NOR | 0:29:41,3 | 02:21,5 | |



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|------|---------|----------|----------------------------------|---------------------|--------|-----------|---------|------------|
| 37 | 326 | 8420646 | Lars Olav Aspheim Kåsa | Gulset IF | NOR | 0:29:41,6 | 02:21,8 | |
| 38 | 401 | 8420748 | Sander Haukvik-Jensen | Årvoll IL | NOR | 0:29:42,6 | 02:22,8 | |
| 39 | 234 | 8420366 | Simon Salinas Hannestad | Kjelsås IL | NOR | 0:29:43,3 | 02:23,5 | |
| 40 | 333 | 8420582 | Alexander Thorud | Birkebeineren, IF | NOR | 0:29:44,1 | 02:24,3 | |
| 41 | 260 | 8420401 | Even Linderud | Hernes IL | NOR | 0:29:45,4 | 02:25,6 | |
| 42 | 302 | 8420451 | Amund Engesvold Flataker | Hommelvik IL | NOR | 0:29:47,7 | 02:27,9 | |
| 43 | 217 | 8420409 | Nils Ole Fuglem | Selbu IL | NOR | 0:29:48,2 | 02:28,4 | |
| 44 | 329 | 8420658 | Johannes Sivertsen | Leirådal IL | NOR | 0:29:49,4 | 02:29,6 | |
| 45 | 269 | 8420365 | Matias Nalum Rakkestad | Kjelsås IL | NOR | 0:29:53,4 | 02:33,6 | |
| 46 | 305 | 8420186 | Ulrik Auestad Tollefsen | Åsen IL | NOR | 0:29:56,3 | 02:36,5 | |
| 47 | 389 | 8420685 | Julian André Mikkelsen Lorentsen | Bardufoss og | NOR | 0:30:01,8 | 02:42,0 | |
| 48 | 276 | 8420454 | Anders Grini | MjøsSki | NOR | 0:30:04,5 | 02:44,7 | |
| 49 | 473 | 8420468 | Andreas Fon Heierstad | Ivrig, IL | NOR | 0:30:04,9 | 02:45,1 | |
| 50 | 355 | 8420377 | Erik Øfstedal | Sjøstad/Vestre Lier | NOR | 0:30:05,2 | 02:45,4 | |
| 51 | 50 | 8420694 | Pål Grimsmo | Fossum IF | NOR | 0:30:05,8 | 02:46,0 | |
| 52 | 261 | 8420290 | Kristian Fremstad | Runar, IL | NOR | 0:30:05,9 | 02:46,1 | |
| 52 | 229 | 8420616 | Eskil Engdal | Vind IL | NOR | 0:30:05,9 | 02:46,1 | |
| 54 | 278 | 8420530 | Magnus Kavli | Asker SK | NOR | 0:30:08,8 | 02:49,0 | |
| 55 | 242 | 8420705 | Filip Osnes-Ringen | Lyn Ski | NOR | 0:30:09,0 | 02:49,2 | |
| 56 | 320 | 8420263 | Peder Elias Nordseth | Snertingdal IF Ski | NOR | 0:30:10,8 | 02:51,0 | |
| 57 | 251 | 8420511 | Marcus Dahl-Rismyhr | Trøsken IL | NOR | 0:30:13,1 | 02:53,3 | |
| 58 | 153 | 8420726 | Sigurd Wahl Kallum | Kjelsås IL | NOR | 0:30:15,8 | 02:56,0 | |
| 59 | 212 | 8420723 | Wilhelm Georg Leikanger | Røa | NOR | 0:30:15,9 | 02:56,1 | |
| 60 | 240 | 8420554 | Lars Sander Viken | Asker SK | NOR | 0:30:16,3 | 02:56,5 | |
| 61 | 180 | 8420398 | Emil Skogheim | Hamar SK | NOR | 0:30:18,9 | 02:59,1 | |
| 62 | 270 | 8420510 | Julian Teige Haakaas | Trøgstad SK - Ski | NOR | 0:30:19,2 | 02:59,4 | |
| 63 | 344 | 8420628 | Sivert Borgen | Østre Toten Skilag | NOR | 0:30:20,0 | 03:00,2 | |
| 64 | 136 | 8420698 | Jørgen Arenberg Wold | Rustad IL | NOR | 0:30:21,8 | 03:02,0 | |
| 65 | 417 | 8420680 | Henry Skjønsfjell | Nordreisa IL | NOR | 0:30:22,8 | 03:03,0 | |
| 66 | 325 | 8420400 | Eirik Linderud | Hernes IL | NOR | 0:30:23,4 | 03:03,6 | |
| 67 | 225 | 8420448 | Iver Leirimo Nås | Eide IL | NOR | 0:30:23,9 | 03:04,1 | |
| 68 | 342 | 8420304 | Niklas Landsem Melhus | Steinkjer SK | NOR | 0:30:24,9 | 03:05,1 | |
| 69 | 187 | 8420784 | Sondre Lunåsmo | Gjesdal IL | NOR | 0:30:28,0 | 03:08,2 | |
| 70 | 196 | 8420659 | Are Estil Brissach | Lierne IL | NOR | 0:30:28,1 | 03:08,3 | |
| 71 | 248 | 8420689 | Henrik Hillestad | Heming, IL | NOR | 0:30:30,7 | 03:10,9 | |
| 72 | 254 | 8420161 | Ola Aurmo | Lom IL | NOR | 0:30:31,0 | 03:11,2 | |



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|------|---------|----------|-------------------------------|--------------------|--------|-----------|---------|------------|
| 73 | 142 | 8420184 | Alexander Jacobsen Fengsrud | Asen IL | NOR | 0:30:33,0 | 03:13,2 | |
| 74 | 179 | 8420569 | Martin Stramrud | Hamar SK | NOR | 0:30:33,4 | 03:13,6 | |
| 75 | 262 | 8420217 | Eirik Tobias Sørbråten | Nittedal IL | NOR | 0:30:36,2 | 03:16,4 | |
| 76 | 300 | 8420334 | Morten Almaas | Lyn Ski | NOR | 0:30:36,6 | 03:16,8 | |
| 77 | 160 | 8420584 | Jens Kaasa Aakre | IL Skrim | NOR | 0:30:40,0 | 03:20,2 | |
| 78 | 199 | 8420536 | Peter Munch-Finne | Asker SK | NOR | 0:30:45,6 | 03:25,8 | |
| 79 | 246 | 8420648 | Johannes Solvik | Gulset IF | NOR | 0:30:46,0 | 03:26,2 | |
| 80 | 194 | 8420767 | Ingebrigt Nes Hjelle | Eid IL | NOR | 0:30:46,5 | 03:26,7 | |
| 81 | 292 | 8420232 | Marcus Tunestveit Andersen | Oppegård IL | NOR | 0:30:46,8 | 03:27,0 | |
| 82 | 268 | 8420700 | Peder Elias Hals | Røa | NOR | 0:30:49,1 | 03:29,3 | |
| 83 | 147 | 8420571 | Eirik Fjeld | Hamar SK | NOR | 0:30:53,1 | 03:33,3 | |
| 84 | 204 | 8420359 | Oscar Pladsen Gussiås | Røa | NOR | 0:30:54,2 | 03:34,4 | |
| 85 | 226 | 8420709 | Magnus Eriksen Sletvold | Njård | NOR | 0:30:56,4 | 03:36,6 | |
| 86 | 219 | 3502080 | Oscar Creutzer Langslet | Ivrig, IL | SWE | 0:30:57,6 | 03:37,8 | |
| 87 | 119 | 8420604 | Nikolai Kristiansen | Brandbu IF | NOR | 0:31:02,5 | 03:42,7 | |
| 88 | 221 | 8420416 | Stian Lillebudal | Leik, IL | NOR | 0:31:05,9 | 03:46,1 | |
| 89 | 190 | 8420560 | Adrian Oanes Sjøli | Klæbu IL | NOR | 0:31:07,9 | 03:48,1 | |
| 90 | 286 | 8420546 | Emil Andreassen Skaftnes | Ullensaker SK | NOR | 0:31:09,1 | 03:49,3 | |
| 91 | 271 | 8420471 | Antonius Herskedal Amundsen | Byaasen Skiklub | NOR | 0:31:10,8 | 03:51,0 | |
| 92 | 393 | 8420300 | Jørgen Bertram Dyrdaal | Berger IL | NOR | 0:31:12,9 | 03:53,1 | |
| 93 | 214 | 8420702 | Christoffer Widding | Heming, IL | NOR | 0:31:14,2 | 03:54,4 | |
| 94 | 145 | 8420660 | Are Fosshem | Spillum IL | NOR | 0:31:18,9 | 03:59,1 | |
| 95 | 453 | 8420432 | William Lundberg | Tromsø SK | NOR | 0:31:25,2 | 04:05,4 | |
| 96 | 155 | 8420764 | Thomas Tefre | Førde IL | NOR | 0:31:27,8 | 04:08,0 | |
| 97 | 74 | 8420418 | Endre Engtrø Husby | Leinstrand IL | NOR | 0:31:29,2 | 04:09,4 | |
| 98 | 183 | 8420719 | Sivert Stene Enger | Røa | NOR | 0:31:33,2 | 04:13,4 | |
| 99 | 230 | 8420368 | Johannes Edelssønn Galåen | Kjelsås IL | NOR | 0:31:39,1 | 04:19,3 | |
| 100 | 272 | 8420636 | Oskar Opstad Vike | Runar, IL | NOR | 0:31:39,7 | 04:19,9 | |
| 100 | 80 | 8420613 | Erik Røstad | Nordre Land IL | NOR | 0:31:39,7 | 04:19,9 | |
| 102 | 135 | 8420528 | Hannes Malte Hov | Lommedalens IL | NOR | 0:31:41,6 | 04:21,8 | |
| 103 | 146 | 8420891 | Petter Vestmo Almåsbak | Grue IL | NOR | 0:31:45,4 | 04:25,6 | |
| 104 | 23 | 8420190 | Erik Ola Jorde | Asker SK | NOR | 0:31:50,3 | 04:30,5 | |
| 105 | 54 | 8420724 | Viktor Andersen | Kjelsås IL | NOR | 0:31:59,3 | 04:39,5 | |
| 106 | 30 | 8420565 | Brage Krohn Garnæs | Byåsen IL | NOR | 0:32:09,3 | 04:49,5 | |
| 107 | 38 | 8420508 | Isak Larsen | Hattfjelldal IL | NOR | 0:32:29,8 | 05:10,0 | |
| 108 | 101 | 8420661 | Kaare Markus Haaland Sandberg | Sp.kl. Nessegutten | NOR | 0:32:31,1 | 05:11,3 | |



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|------|---------|----------|---------------------------------|-------------------|--------|-----------|---------|------------|
| 109 | 83 | 8420457 | Magnus Johannessen | Moelven IL | NOR | 0:32:35,0 | 05:15,2 | |
| 110 | 85 | 8420640 | Hallvard Tjentland | Svarstad IL | NOR | 0:32:35,6 | 05:15,8 | |
| 111 | 64 | 8420260 | Jonas Hoelsveen | Raufoss IL | NOR | 0:32:38,1 | 05:18,3 | |
| 112 | 149 | 8420158 | Erik Hans Edward Haddon | Byåsen IL | SWE | 0:32:47,6 | 05:27,8 | |
| 113 | 12 | 8420205 | Bård Gunnar Brun | Eidsvold Værks | NOR | 0:32:58,8 | 05:39,0 | |
| 114 | 89 | 8420614 | Trond Raastad Hallum | Svea Skilag | NOR | 0:33:04,2 | 05:44,4 | |
| 115 | 25 | 8420663 | Ole Edvard Snuggerud | Gjøvik SK | NOR | 0:33:18,1 | 05:58,3 | |
| 116 | 46 | 8420589 | Daniel Bjørkedal | Lier IL | NOR | 0:33:29,6 | 06:09,8 | |
| 117 | 88 | 8420537 | Sverre Murud Bratfos | Ullensaker SK | NOR | 0:34:16,2 | 06:56,4 | |
| 118 | 47 | 8420865 | Vegar Læggran Bratsve | Steinkjer SK | NOR | 0:34:34,6 | 07:14,8 | |
| 119 | 52 | 8420710 | Jacob Buskerud Christoffersen | Njård | NOR | 0:35:14,9 | 07:55,1 | |
| 120 | 129 | 8420853 | Noah Christoffer Nielsen Nylund | Medkila Skilag | NOR | 0:35:59,0 | 08:39,2 | |
| | 350 | 8420408 | August Lunde | Byåsen IL | NOR | DNF | | |
| | 258 | 8420814 | Erik Wøhni-Lyng | Strindheim IL | NOR | DNF | | |
| | 308 | 8420449 | Fredrik Sjøholt | Bækkelaget SK | NOR | DNF | | |
| | 434 | 8420411 | Henrik Kvennås | Byåsen IL | NOR | DNF | | |
| | 244 | 8420575 | Jørgen Kvarstad | Hamar SK | NOR | DNF | | |
| | 202 | 8420656 | Marcus Forsbakk Nordhøy | Grong IL | NOR | DNF | | |
| | 210 | 8420657 | Petter Østtun | IL Varden Meråker | NOR | DNF | | |
| | 16 | 8420662 | Roar Gjestvang | Moelven IL | NOR | DNF | | |
| | 7 | 8420181 | Simen Lundem | Trøsken IL | NOR | DNF | | |
| | 459 | 8420464 | Sture Thoresen | Heimdal Ski | NOR | DNF | | |
| | 77 | 8420410 | Torgeir Vassmo Mæhlumsveen | Byåsen IL | NOR | DNF | | |
| | 341 | 3520103 | Abdullah Yilmaz | IL Varden Meråker | TUR | DNS | | |
| | 203 | 8420476 | Esten Hansen-Møllerud Hauen | Alvdal IL | NOR | DNS | | |
| | 301 | 8420783 | Fredrik Johnsen | Gjerstad IL | NOR | DNS | | |
| | 208 | 8421064 | Mads Arnevik Jensen | Heimdal Ski | NOR | DNS | | |
| | 175 | 8421036 | Ola Sugustad Antonsen | Meldal IL | NOR | DNS | | |
| | 144 | 8420311 | Samuel Kleppa | Gjesdal IL | NOR | DNS | | |
| | 116 | 8420399 | Sigurd Sundal | Åsli Skilag | NOR | DNS | | |
| | 425 | 8420245 | Sondre Østervold | Il Vindbjart | NOR | DNS | | |

Number of entered: 480

Number of started: 457