

Sammenlagtresultat

3 løp teller

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|---|------------------|-----------------|-----------------|-----------------|
| | D11-12 | | | | |
| 1 | Ellen Dyrhaug Mo Østmarka OK | 01:20:02 2934 | 19:32-2 983 | 34:36-3 951 | 25:54-1 1000 |
| 2 | Ida Tiltnes IL Tyrving | 01:24:52 2837 | 20:38-5 961 | 37:31-6 893 | 26:43-2 983 |
| 3 | Nanna Dybdal Abrahamson Aarhus 1900 | 01:25:51 2818 | 24:32-10 883 | 32:37-2 991 | 28:42-3 944 |
| 4 | Ingrid Berge IL Tyrving | 01:33:07 2671 | 20:27-4 964 | 41:59-9 803 | 30:41-5 904 |
| 5 | Henriette Kløvstad Sandefjord OK | 01:33:24 2666 | 18:41-1 1000 | 42:26-10 794 | 32:17-6 872 |
| 6 | Lisa Jørandli Synnfjell OK | 01:33:45 2659 | 20:20-3 967 | 38:15-7 878 | 35:10-11 814 |
| 7 | Ida Bobach Silkeborg OK | 01:35:49 2617 | 25:40-12 860 | 35:32-5 932 | 34:37-9 825 |
| 8 | Anette Blix Sandefjord OK | 01:36:46 2599 | 20:47-6 958 | 46:13-14 719 | 29:46-4 922 |
| 9 | Inger Anita Tollehaug Eiker OL | 01:37:25 2586 | 22:58-9 914 | 34:43-4 949 | 39:44-13 723 |
| 10 | Marion Rønning Huber Tynset IF | 01:38:45 2559 | 32:54-17 715 | 32:10-1 1000 | 33:41-8 844 |
| 11 | Astri Marie Remme Porsgrunn OL | 01:42:30 2484 | 31:20-15 747 | 38:35-8 871 | 32:35-7 866 |
| 12 | Silje Borge Hovi Skien OK | 01:44:15 2449 | 22:55-8 915 | 42:58-12 784 | 38:22-12 750 |
| 13 | Maren Kopland Modum OK | 01:47:18 2388 | 28:44-14 799 | 43:39-13 770 | 34:55-10 819 |
| 14 | Elin-Kristin Hem Sandefjord OK | 01:55:46 2218 | 25:25-11 865 | 48:56-15 664 | 41:25-14 689 |
| 15 | Marita Grønhovd | 02:04:26 | 32:11-16 | 42:28-11 | 49:47-17 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|----------------------------------|----------|----------|------------|------------|
| | Modum OK | 2046 | 730 | 794 | 522 |
| 16 | Hanne Kristine Jørgensen | 02:15:05 | 22:52-7 | 50:50-16 | 1:01:23-19 |
| | Oddersjaa SSK | 1832 | 916 | 626 | 290 |
| 17 | Ingrid Gran Stiansen | 02:18:11 | 26:13-13 | 51:55-17 | 1:00:03-18 |
| | Nydalens SK | 1771 | 849 | 605 | 317 |
| 18 | Malene Christine Sævareid | 02:36:18 | 34:55-18 | 1:16:57-18 | 44:26-15 |
| | Fana IL | 1408 | 675 | 104 | 629 |
| 19 | Synnøve Lofthus | 44:39 | | | 44:39-16 |
| | Lillehammer OK | 625 | | | 625 |
| 20 | Idunn Slettemark Silseth | 01:08:31 | | | 1:08:31-20 |
| | Varegg IL | 147 | | | 147 |

D11-12N

| | | | | | |
|----|----------------------------------|----------|----------|----------|----------|
| 1 | Nina Jeanette Tollehaug | 01:03:58 | 18:58-9 | 25:26-8 | 19:34-2 |
| | Eiker OL | 2081 | 700 | 632 | 749 |
| 2 | Belinda Jørandli | 01:04:17 | 22:28-17 | 21:38-2 | 20:11-3 |
| | Synnfjell OK | 2074 | 630 | 708 | 736 |
| 3 | Gunhild Rogne Hallan | 01:05:09 | 19:01-10 | 23:57-5 | 22:11-5 |
| | Varegg IL | 2057 | 699 | 662 | 696 |
| 4 | Trine Elise Vestvik | 01:05:55 | 18:04-7 | 23:36-4 | 24:15-11 |
| | Haugesund IL | 2042 | 718 | 669 | 655 |
| 5 | Trine Enger | 01:06:14 | 16:28-1 | 24:43-7 | 25:03-14 |
| | Modum OK | 2035 | 750 | 646 | 639 |
| 6 | Lene Ingvaldsen | 01:09:24 | 18:22-8 | 25:55-9 | 25:07-15 |
| | TIF Viking | 1972 | 712 | 622 | 638 |
| 7 | Unni Øygaard | 01:10:35 | 16:47-4 | 26:57-12 | 26:51-16 |
| | Løten OL | 1948 | 743 | 602 | 603 |
| 8 | Hanne Merere Kristensen | 01:11:20 | 17:48-6 | 29:26-16 | 24:06-10 |
| | Måren OK | 1933 | 723 | 552 | 658 |
| 9 | Margit Veronica Kjemperud | 01:11:54 | 20:36-13 | 27:17-13 | 24:01-9 |
| | LF-Hønefoss Orientering | 1922 | 667 | 595 | 660 |
| 10 | Elina P. Valestrand | 01:13:10 | 22:27-16 | 26:21-11 | 24:22-12 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|------------------------------|---------------|--------------|--------------|--------------|
| | Risnes IL | 1897 | 630 | 614 | 653 |
| 11 | Marte Nordrik Hallan | 01:14:33 | 20:54-14 | 24:42-6 | 28:57-17 |
| | Lillomarka OL | 1869 | 661 | 647 | 561 |
| 12 | Nomy Mong | 01:23:05 | 21:14-15 | 26:11-10 | 35:40-21 |
| | Egersund OK | 1698 | 654 | 617 | 427 |
| 13 | Ingeborg Alvheim | 01:24:40 | 20:31-12 | 31:57-17 | 32:12-20 |
| | IL Strand-Ulv | 1667 | 669 | 502 | 496 |
| 14 | Vilde Ydse | 36:01 | 16:28-1 | 19:33-1 | |
| | OK Sør | 1500 | 750 | 750 | |
| 15 | Anne-Tine Markset | 36:26 | 16:55-5 | | 19:31-1 |
| | IL Koll | 1491 | 741 | | 750 |
| 16 | Linn Kristin Gjesdal | 01:38:58 | 16:42-3 | 59:03-24 | 23:13-8 |
| | Varegg IL | 1421 | 745 | 0 | 676 |
| 17 | Eline Freim | 44:47 | | 22:05-3 | 22:42-6 |
| | Odda OL | 1385 | | 699 | 686 |
| 18 | Jenny Berger Myhre | 45:21 | 22:29-18 | | 22:52-7 |
| | Sandefjord OK | 1312 | 629 | | 683 |
| 19 | Julie Heide Lund | 50:14 | | 28:26-15 | 21:48-4 |
| | Kjose IL | 1276 | | 572 | 704 |
| 20 | Ingrid Granly | 01:46:39 | 25:47-22 | 51:24-23 | 29:28-18 |
| | Lillomarka OL | 1227 | 563 | 113 | 551 |
| 21 | Marie Håversen | 01:46:42 | 27:49-23 | 34:46-18 | 44:07-25 |
| | Østmarka OK | 1226 | 523 | 445 | 258 |
| 22 | Monica Strand | 01:50:50 | 30:08-24 | 40:51-20 | 39:51-23 |
| | Måren OK | 1143 | 476 | 324 | 343 |
| 23 | Cecilie Larsen | 01:56:36 | 23:41-20 | 1:02:18-25 | 30:37-19 |
| | IK Grane | 1133 | 605 | 0 | 528 |
| 24 | Ine Elene Nilsen | 01:54:35 | 34:09-26 | 38:23-19 | 42:03-24 |
| | IK Grane | 1068 | 396 | 373 | 299 |
| 25 | Ragnhild Femsteinevik | 01:56:44 | 31:42-25 | 48:38-22 | 36:24-22 |
| | IL Strand-Ulv | 1025 | 445 | 168 | 412 |
| 26 | Andrea Holst | 01:59:48 | 24:09-21 | 47:54-21 | 47:45-27 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|---------------------------------|--------|----------|----------|----------|
| | Varegg IL | 964 | 596 | 183 | 185 |
| 27 | Idunn Slettemark Silseth | 20:28 | 20:28-11 | | |
| | Varegg IL | 670 | 670 | | |
| 28 | Hanna Kolstad | 24:28 | | | 24:28-13 |
| | Lillehammer OK | 651 | | | 651 |
| 29 | Ragnhild Frugård | 22:38 | 22:38-19 | | |
| | Stord IL | 626 | 626 | | |
| 30 | Maren Nygård Basso | 28:16 | | 28:16-14 | |
| | IL Skjalg | 575 | | 575 | |
| 31 | Sunniva Sandvik Førde | 47:43 | | | 47:43-26 |
| | Sveio OL | 186 | | | 186 |

D13

| | | | | | |
|---|--------------------------------|----------|-----------|-----------|-----------|
| 1 | Rannveig Øverøyen | 01:32:32 | 19:16-1 | 39:24-1 | 33:52-1 |
| | IL Tyrving | 3000 | 1000 | 1000 | 1000 |
| 2 | Ingrid Skantze | 02:14:48 | 24:16-2 | 58:44-4 | 51:48-3 |
| | IL Tyrving | 2154 | 900 | 613 | 641 |
| 3 | Siri Vilberg | 02:15:25 | 30:57-4 | 50:02-2 | 54:26-4 |
| | Lillomarka OL | 2141 | 766 | 787 | 588 |
| 4 | Lisbeth Voll | 02:39:10 | 36:28-5 | 55:09-3 | 1:07:33-7 |
| | Haugesund IL | 1667 | 656 | 685 | 326 |
| 5 | Ragnhild Grøndahl | 02:39:45 | 29:16-3 | 1:09:14-6 | 1:01:15-6 |
| | Lillomarka OL | 1655 | 800 | 403 | 452 |
| 6 | Line Klyve | 03:08:57 | 1:01:04-7 | 1:17:05-7 | 50:48-2 |
| | Oppsal IF | 1071 | 164 | 246 | 661 |
| 7 | Marie Dybdal Abrahamsen | 01:40:24 | 39:25-6 | | 1:00:59-5 |
| | Aarhus 1900 | 1054 | 597 | | 457 |
| 8 | Corinne Hess | 01:03:55 | | 1:03:55-5 | |
| | OLV Hindelbank | 509 | | 509 | |

D13-16C

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|---|-----------------------|----------|---------|---------|---------|
| 1 | Grete Smedberg | 01:38:52 | 22:53-1 | 47:41-3 | 28:18-1 |
|---|-----------------------|----------|---------|---------|---------|

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|----------------|---------------------------------|---------------|--------------|--------------|--------------|
| | Eiker OL | 2141 | 750 | 641 | 750 |
| 2 | Kine Mong | 01:50:56 | 24:03-2 | 53:29-5 | 33:24-2 |
| | Egersund OK | 1899 | 726 | 525 | 648 |
| 3 | Ingrid Falck | 02:14:07 | 37:59-7 | 46:52-2 | 49:16-9 |
| | Stavanger OK | 1436 | 448 | 658 | 330 |
| 4 | Ingvild Jon | 02:14:06 | 26:37-4 | 1:04:16-9 | 43:13-4 |
| | Måren OK | 1436 | 675 | 310 | 451 |
| 5 | Therese Mogstad | 02:26:51 | 53:39-9 | 49:11-4 | 44:01-5 |
| | Fana IL | 1180 | 134 | 611 | 435 |
| 6 | Randi Damgaard | 01:28:04 | | 42:16-1 | 45:48-7 |
| | OL Trollo | 1150 | | 750 | 400 |
| 7 | Mari Flatekval | 02:40:04 | 35:56-6 | 1:20:03-10 | 44:05-6 |
| | Oppsal IF | 923 | 489 | 0 | 434 |
| 8 | Marte Melnes | 01:34:17 | 30:27-5 | 1:03:50-8 | |
| | Lillehammer OK | 916 | 598 | 318 | |
| 9 | Ruth Helen Bøe | 01:20:27 | 24:24-3 | | 56:03-10 |
| | Varegg IL | 914 | 719 | | 195 |
| 10 | Vilde Eia Holtung | 01:44:34 | | 1:03:05-6 | 41:29-3 |
| | OL Trollo | 819 | | 333 | 486 |
| 11 | Emilie Veggeland Knudsen | 39:20 | 39:20-8 | | |
| | Oddersjaa SSK | 421 | 421 | | |
| 12 | Corinne Hess | 46:21 | | | 46:21-8 |
| | OLV Hindelbank | 389 | | | 389 |
| 13 | Mina Lund Roland | 01:03:07 | | 1:03:07-7 | |
| | IF Sturla | 333 | | 333 | |
| D13-16N | | | | | |
| 1 | Tone Vollen | 01:12:22 | 16:54-2 | 27:39-1 | 27:49-2 |
| | Rond OL | 2221 | 725 | 750 | 746 |
| 2 | Anne Katrine Straume | 01:17:01 | 15:39-1 | 33:45-3 | 27:37-1 |
| | Drangedal OL | 2128 | 750 | 628 | 750 |
| 3 | Karoline B. Øksenholt | 01:23:04 | 20:16-4 | 32:59-2 | 29:49-3 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-----------------------------|----------|---------|---------|-----------|
| | Skien OK | 2006 | 657 | 643 | 706 |
| 4 | Sabrina Hintermann | 01:47:48 | 23:28-5 | 50:45-7 | 33:35-4 |
| | OLG Basel | 1511 | 593 | 288 | 630 |
| 5 | Ragnhild B. Bjerknes | 01:59:30 | 19:21-3 | 36:30-4 | 1:03:39-6 |
| | Kjose IL | 1278 | 676 | 573 | 29 |
| 6 | Guro Rosseland | 01:03:50 | 26:16-7 | | 37:34-5 |
| | Odda OL | 1088 | 537 | | 551 |
| 7 | Ingrid Frugård | 01:10:50 | 30:04-8 | 40:46-5 | |
| | Stord IL | 948 | 461 | 487 | |
| 8 | Ida Cristine Brårmo | 02:24:00 | 23:59-6 | 48:56-6 | 1:11:05-7 |
| | OK Skeidi | 907 | 583 | 324 | 0 |

D14

| | | | | | |
|----|-----------------------------|----------|----------|------------|------------|
| 1 | Kine H. Steiwer | 01:59:46 | 20:29-1 | 58:59-1 | 40:18-1 |
| | Lillomarka OL | 3000 | 1000 | 1000 | 1000 |
| 2 | Tone Marie Jørgensen | 02:14:28 | 23:43-2 | 1:01:07-2 | 49:38-4 |
| | Oddersjaa SSK | 2705 | 935 | 957 | 813 |
| 3 | Päivi Nieminen | 02:22:28 | 24:55-4 | 1:01:56-3 | 55:37-8 |
| | Keravan Urheilijat | 2545 | 911 | 941 | 693 |
| 4 | Heidi Ø. Bjøntegaard | 02:28:16 | 24:27-3 | 1:09:43-6 | 54:06-5 |
| | Kongsberg OL | 2429 | 920 | 785 | 724 |
| 5 | Silje Rognsvåg | 02:36:32 | 39:05-12 | 1:07:54-5 | 49:33-3 |
| | Fana IL | 2264 | 628 | 821 | 815 |
| 6 | Susan Bøbel | 02:43:38 | 34:38-10 | 1:13:37-8 | 55:23-7 |
| | IL Imås | 2122 | 717 | 707 | 698 |
| 7 | Britt Kari Legård | 02:45:19 | 28:15-5 | 1:12:23-7 | 1:04:41-10 |
| | Odda OL | 2088 | 844 | 732 | 512 |
| 8 | Oda Ildahl Svendsen | 02:51:17 | 30:28-8 | 1:31:18-12 | 49:31-2 |
| | IF Sturla | 1968 | 800 | 353 | 815 |
| 9 | Beate Wollen Steen | 02:55:35 | 31:18-9 | 1:27:40-11 | 56:37-9 |
| | Fana IL | 1882 | 783 | 426 | 673 |
| 10 | Helene Johansen | 01:36:22 | 28:42-6 | 1:07:40-4 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|------------------------|----------|----------|------------|------------|
| | OK Moss | 1661 | 835 | 826 | |
| 11 | Heidi Dybesland | 03:14:01 | 36:26-11 | 1:26:49-10 | 1:10:46-11 |
| | Søgne & Songdalen OK | 1514 | 681 | 443 | 390 |
| 12 | Ingrid Damgaard | 02:13:18 | | 1:18:58-9 | 54:20-6 |
| | OL Trollo | 1319 | | 600 | 719 |
| 13 | Kine Gulliksen | 29:53 | 29:53-7 | | |
| | Sandefjord OK | 812 | 812 | | |

D15

| | | | | | |
|---|-------------------------------|----------|-----------|-----------|-----------|
| 1 | Adele Johannessen | 02:07:59 | 24:18-1 | 50:04-1 | 53:37-5 |
| | Oddersjaa SSK | 2879 | 1000 | 1000 | 879 |
| 2 | Guro Flatekval | 02:23:43 | 29:11-4 | 1:06:04-4 | 48:28-2 |
| | Oppsal IF | 2564 | 902 | 680 | 982 |
| 3 | Sina Blix | 02:23:43 | 27:46-2 | 1:04:23-3 | 51:34-3 |
| | Sandefjord OK | 2563 | 930 | 713 | 920 |
| 4 | Anette Schive | 02:34:22 | 28:20-3 | 1:06:07-5 | 59:55-7 |
| | OK Moss | 2351 | 919 | 679 | 753 |
| 5 | Benedikte Wiig Bøen | 02:37:40 | 46:00-8 | 1:04:04-2 | 47:36-1 |
| | Porsgrunn OL | 2286 | 566 | 720 | 1000 |
| 6 | Sissel Emmerense Hovda | 02:44:40 | 31:38-6 | 1:17:12-6 | 55:50-6 |
| | Haugesund IL | 2145 | 853 | 457 | 835 |
| 7 | Ingrid Berger Myhre | 02:47:52 | 31:35-5 | 1:24:09-7 | 52:08-4 |
| | Sandefjord OK | 2081 | 854 | 318 | 909 |
| 8 | Toril Granly | 03:25:22 | 32:16-7 | 1:24:13-8 | 1:28:53-8 |
| | Lillomarka OL | 1331 | 840 | 317 | 174 |
| 9 | Liv Kolås | 03:38:15 | 1:01:37-9 | 2:36:38-9 | |
| | OL Vallset -Stange | 253 | 253 | 0 | |

D16

| | | | | | |
|---|--------------------------|----------|---------|---------|---------|
| 1 | Lone K. Brochmann | 02:10:30 | 30:56-1 | 54:22-1 | 45:12-1 |
| | Eiker OL | 3000 | 1000 | 1000 | 1000 |
| 2 | Siri Svendsen | 02:16:54 | 31:27-2 | 55:47-2 | 49:40-4 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|--------------------------------|----------|---------|------------|-----------|
| | Fossum IF | 2870 | 989 | 971 | 910 |
| 3 | Marie Bakkehaug | 02:23:20 | 35:17-5 | 59:16-3 | 48:47-3 |
| | Sandefjord OK | 2743 | 913 | 902 | 928 |
| 4 | Sigrid Ringdalen Vatne | 02:27:55 | 31:37-3 | 1:08:38-4 | 47:40-2 |
| | Mo OK | 2650 | 986 | 714 | 950 |
| 5 | Inglin Sognnæs | 02:42:20 | 35:04-4 | 01:15:37-6 | 51:39-5 |
| | Bergens TF | 2363 | 917 | 575 | 871 |
| 6 | Vibeke Giil | 02:57:33 | 38:21-6 | 1:26:19-7 | 52:53-6 |
| | Rond OL | 2058 | 851 | 361 | 846 |
| 7 | Maren Sommerstad Juveli | 03:06:35 | 51:56-8 | 1:11:11-5 | 1:03:28-7 |
| | Konnerud IL | 1877 | 580 | 663 | 634 |
| 8 | Kristin Heivoll | 03:41:37 | 44:26-7 | 1:51:42-8 | 1:05:29-8 |
| | Søgne & Songdalen OK | 1324 | 730 | 0 | 594 |

D17-20AL

| | | | | | |
|---|-----------------------------------|----------|----------|-----------|-----------|
| 1 | Kristin Øverøyen | 02:22:25 | 32:30-1 | 58:55-1 | 51:00-1 |
| | IL Tyrving | 3000 | 1000 | 1000 | 1000 |
| 2 | Ragnhild Utstumo | 02:36:34 | 33:29-3 | 1:08:45-4 | 54:20-2 |
| | IK Grane | 2716 | 980 | 803 | 933 |
| 3 | Anne Øverøyen | 02:37:06 | 32:40-2 | 1:04:09-2 | 1:00:17-5 |
| | IL Tyrving | 2705 | 996 | 895 | 814 |
| 4 | Sunniva Jørgensen | 02:45:05 | 37:24-8 | 1:10:51-6 | 56:50-4 |
| | Namsos OK | 2546 | 902 | 761 | 883 |
| 5 | Hanna Tuomisto | 02:46:37 | 37:12-6 | 1:08:57-5 | 1:00:28-6 |
| | Finn Karelia Team | 2515 | 906 | 799 | 810 |
| 6 | Johanna Ritanotko | 02:48:39 | 37:19-7 | 1:14:50-7 | 56:30-3 |
| | Turun Suunnistajat | 2474 | 903 | 681 | 890 |
| 7 | Noora-Sofia Ruotsalainen | 03:01:11 | 33:36-4 | 1:23:39-8 | 1:03:56-7 |
| | Finn Karelia Team | 2224 | 978 | 505 | 741 |
| 8 | Guro Fasting | 01:42:47 | 38:15-9 | 1:04:32-3 | |
| | OK Moss | 1772 | 885 | 887 | |
| 9 | Kirsten Bjerkreim Pedersen | 01:54:36 | 43:04-12 | | 1:11:32-8 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-----------------------------|---------------|--------------|--------------|--------------|
| | Fossum IF | 1377 | 788 | | 589 |
| 10 | Natalia Kopteva | 04:20:41 | 42:26-10 | 2:21:44-13 | 1:16:31-10 |
| | OK Mysl | 1290 | 801 | 0 | 489 |
| 11 | Beate Giil | 02:01:00 | 45:02-16 | | 1:15:58-9 |
| | Rond OL | 1249 | 749 | | 500 |
| 12 | Kristin Vollen | 03:50:05 | 45:00-15 | 1:25:49-9 | 1:39:16-14 |
| | Rond OL | 1246 | 750 | 462 | 34 |
| 13 | Monica Johansen | 02:10:29 | 43:36-14 | 1:26:53-10 | |
| | OK Moss | 1218 | 778 | 440 | |
| 14 | Ann Kristin Bjerke | 04:03:49 | 42:55-11 | 1:49:49-12 | 1:31:05-13 |
| | Hedrum OL | 989 | 791 | 0 | 198 |
| 15 | Janne Thygesen | 35:47 | 35:47-5 | | |
| | IK Grane | 934 | 934 | | |
| 16 | Inga Ringdalen Vatne | 02:19:33 | 49:41-17 | | 1:29:52-12 |
| | Mo OK | 878 | 656 | | 222 |
| 17 | Vibeke Falck | 43:25 | 43:25-13 | | |
| | Stavanger OK | 781 | 781 | | |
| 18 | Katrine Damgaard | 03:07:42 | | 1:39:55-11 | 1:27:47-11 |
| | OL Trollo | 444 | | 180 | 264 |
| D17AK | | | | | |
| 1 | Ellen Aure Skogedal | 01:54:14 | 27:55-2 | 47:06-2 | 39:13-1 |
| | Nydalens SK | 2190 | 699 | 741 | 750 |
| 2 | Ingvild Gjessing | 01:55:14 | 25:23-1 | 46:40-1 | 43:11-2 |
| | NTNUI | 2170 | 750 | 750 | 670 |
| 3 | Kristin Aure | 02:03:59 | 28:25-3 | 47:24-3 | 48:10-7 |
| | Drangedal OL | 1995 | 689 | 735 | 571 |
| 4 | Anne Berit Bredholt | 02:18:23 | 31:01-5 | 1:02:28-12 | 44:54-5 |
| | Sandefjord OK | 1707 | 637 | 434 | 636 |
| 5 | Linda Rykkje | 02:18:28 | 34:50-7 | 59:57-11 | 43:41-3 |
| | Fana IL | 1705 | 561 | 484 | 660 |
| 6 | Kirsti Arvela | 02:23:54 | 39:39-12 | 57:11-7 | 47:04-6 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------------|---------------|--------------|--------------|--------------|
| | Finn Karelia Team | 1596 | 464 | 539 | 593 |
| 7 | June Mong | 02:29:33 | 35:56-9 | 59:33-10 | 54:04-10 |
| | Egersund OK | 1484 | 539 | 492 | 453 |
| 8 | Randi Sundsdal | 02:29:50 | 44:19-21 | 55:56-5 | 49:35-8 |
| | Melum IL | 1477 | 371 | 564 | 542 |
| 9 | Anu Vesisenaho | 02:31:36 | 38:16-10 | 59:13-9 | 54:07-11 |
| | Finn Karelia Team | 1443 | 492 | 499 | 452 |
| 10 | Siri Thortveit Myhre | 02:35:16 | 35:43-8 | 1:03:58-14 | 55:35-12 |
| | Søgne & Songdalen OK | 1369 | 543 | 404 | 422 |
| 11 | Taran Aure | 01:38:42 | | 48:49-4 | 49:53-9 |
| | Drangedal OL | 1243 | | 707 | 536 |
| 12 | Sara Mathisen | 02:41:36 | 41:22-14 | 1:03:49-13 | 56:25-13 |
| | Porsgrunn OL | 1243 | 430 | 407 | 406 |
| 13 | Bjørg Granly | 02:44:48 | 32:26-6 | 1:11:02-17 | 1:01:20-16 |
| | Lillomarka OL | 1178 | 609 | 262 | 307 |
| 14 | Solveig Hopsnes | 01:42:32 | | 57:47-8 | 44:45-4 |
| | Fana IL | 1166 | | 527 | 639 |
| 15 | Åshild Lobben Haugenes | 02:49:23 | 28:43-4 | 1:20:41-23 | 59:59-15 |
| | IK Grane | 1086 | 683 | 69 | 334 |
| 16 | Tone Cecilie Nystrøm | 02:50:48 | 44:38-23 | 1:08:16-15 | 57:54-14 |
| | Stavanger OK | 1059 | 365 | 318 | 376 |
| 17 | Hege Pran | 01:38:01 | 41:30-15 | 56:31-6 | |
| | Odal OL | 980 | 427 | 553 | |
| 18 | Lill Kristin Enger | 02:56:55 | 38:22-11 | 1:12:38-19 | 1:05:55-20 |
| | Modum OK | 936 | 490 | 230 | 216 |
| 19 | Hilde Bottolfsen | 02:58:42 | 43:40-19 | 1:10:23-16 | 1:04:39-19 |
| | Varegg IL | 900 | 384 | 275 | 241 |
| 20 | Heidi Gabrielsen | 03:03:49 | 44:27-22 | 1:16:24-21 | 1:02:58-18 |
| | Raumar OL | 798 | 368 | 155 | 275 |
| 21 | Inger Skjævesland | 03:14:22 | 40:26-13 | 1:14:00-20 | 1:19:56-22 |
| | Oddersjaa SSK | 652 | 449 | 203 | 0 |
| 22 | Inger Marie Damsgaard | 02:14:02 | | 1:11:25-18 | 1:02:37-17 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|---------------------------------|----------|----------|------------|------------|
| | Hisøy OK | 537 | | 255 | 282 |
| 23 | Idunn Melnes | 02:02:57 | 42:48-16 | 1:20:09-22 | |
| | Lillehammer OK | 481 | 401 | 80 | |
| 24 | Trude Pedersen Sundtjønn | 43:14 | 43:14-17 | | |
| | Kristiansand OK | 393 | 393 | | |
| 25 | Kate Evensen | 02:00:00 | 43:36-18 | | 1:16:24-21 |
| | Stavanger OK | 391 | 385 | | 6 |
| 26 | Stine Arntzen | 04:03:03 | 44:00-20 | 1:53:27-24 | 1:25:36-23 |
| | Sandefjord OK | 377 | 377 | 0 | 0 |
| 27 | Bente Kristin Olsen | 46:37 | 46:37-24 | | |
| | Nydalens SK | 325 | 325 | | |
| 28 | Elin Frysjøenden | 02:15:56 | | 2:15:56-25 | |
| | OK Moss | 0 | | 0 | |

D17C

| | | | | | |
|---|--------------------------------|----------|----------|-----------|---------|
| 1 | Heidi Herum | 01:42:11 | 21:33-1 | 42:55-2 | 37:43-6 |
| | OK Skeidi | 2017 | 750 | 705 | 562 |
| 2 | Kari-Ann O. Birkeland | 01:49:24 | 26:41-7 | 46:20-4 | 36:23-5 |
| | Fossum IF | 1872 | 647 | 637 | 588 |
| 3 | Kirsten Aaslund | 02:10:37 | 32:09-12 | 59:05-7 | 39:23-7 |
| | Måren OK | 1448 | 538 | 382 | 528 |
| 4 | Marit Svenning Berg | 01:05:16 | 24:34-5 | 40:42-1 | |
| | IL Dyre Vaa | 1439 | 689 | 750 | |
| 5 | Beate Lofseik | 01:07:02 | 23:53-4 | 43:09-3 | |
| | Lillomarka OL | 1404 | 703 | 701 | |
| 6 | Unn Christin Ruttenborg | 02:14:26 | 30:18-10 | 1:01:59-8 | 42:09-9 |
| | OL Toten-Troll | 1372 | 575 | 324 | 473 |
| 7 | Cathrine Palmgren | 56:55 | 23:29-3 | | 33:26-3 |
| | Halden SK | 1358 | 711 | | 647 |
| 8 | Cathrine Lillestrand | 58:05 | 22:22-2 | | 35:43-4 |
| | Trøskken IL | 1335 | 733 | | 602 |
| 9 | May Lene Slettebøe | 01:18:23 | 30:08-9 | 48:15-5 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------|---------------|--------------|--------------|--------------|
| | Søgne & Songdalen OK | 1177 | 578 | 599 | |
| 10 | Nina Berger | 01:12:36 | 26:37-6 | | 45:59-10 |
| | Sandefjord OK | 1044 | 648 | | 396 |
| 11 | Anniken Erichsen | 02:38:24 | 28:02-8 | 1:21:14-15 | 49:08-11 |
| | Fana IL | 953 | 620 | 0 | 333 |
| 12 | Ellen Sannes | 01:45:55 | | 1:04:21-9 | 41:34-8 |
| | Nydalens SK | 762 | | 277 | 485 |
| 13 | Idun Augland | 28:19 | | | 28:19-1 |
| | Voss IL | 750 | | | 750 |
| 14 | Anette Sundsdal | 02:46:39 | 35:55-14 | 1:13:14-14 | 57:30-14 |
| | Lifjell OL | 727 | 462 | 99 | 166 |
| 15 | Anne Torbjørnsen | 32:02 | | | 32:02-2 |
| | IK Grane | 675 | | | 675 |
| 16 | Elisabeth Bakkehaug | 03:00:28 | 39:30-15 | 1:04:47-10 | 1:16:11-16 |
| | Sandefjord OK | 659 | 391 | 268 | 0 |
| 17 | Marianne Tveit | 02:52:48 | 33:01-13 | 1:12:32-13 | 1:07:15-15 |
| | TIF Viking | 633 | 520 | 113 | 0 |
| 18 | Inger Aakre | 31:41 | 31:41-11 | | |
| | Drangedal OL | 547 | 547 | | |
| 19 | Else Berit Øvereng | 01:51:45 | 46:26-16 | 1:05:19-11 | |
| | Kongsberg OL | 509 | 252 | 257 | |
| 20 | Irene Hallberg | 02:01:19 | | 1:05:19-11 | 56:00-12 |
| | Sandefjord OK | 453 | | 257 | 196 |
| 21 | Eva Coward | 02:00:02 | 1:01:25-18 | 58:37-6 | |
| | OK Sør | 391 | 0 | 391 | |
| 22 | Lee-Heidi Lauritzen | 03:21:59 | 59:28-17 | 1:25:24-16 | 57:07-13 |
| | Heming/Njård OL | 174 | 0 | 0 | 174 |
| D17N | | | | | |
| 1 | Kari Zimmermann | 56:00 | 17:49-1 | | 38:11-2 |
| | OL Trollo | 1472 | 750 | | 722 |
| 2 | Birgit Vollen | 01:21:51 | | 45:04-2 | 36:47-1 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|------------------------------|----------|---------|-----------|------------|
| | Rond OL | 1446 | | 696 | 750 |
| 3 | Camilla Aspenberg | 02:37:51 | 31:52-3 | 56:55-3 | 1:09:04-5 |
| | IL Tyrving | 1032 | 469 | 459 | 104 |
| 4 | Hege Thorson Nordskar | 42:24 | | 42:24-1 | |
| | Fossum IF | 750 | | 750 | |
| 5 | Nina Lokøen | 18:45 | 18:45-2 | | |
| | IL Gneist | 731 | 731 | | |
| 6 | Gro Elisabeth Herum | 50:27 | | | 50:27-3 |
| | OK Skeidi | 476 | | | 476 |
| 7 | Lise Nordvik | 51:25 | | | 51:25-4 |
| | Asker SK | 457 | | | 457 |
| 8 | Turid Eskøy | 02:33:05 | | 1:11:28-4 | 01:21:37-6 |
| | Fossum IF | 168 | | 168 | 0 |

D21AL

| | | | | | |
|---|-----------------------------|----------|----------|------------|------------|
| 1 | Birte Riddervold | 02:29:12 | 31:55-2 | 1:00:22-6 | 56:55-2 |
| | NTNUI | 2807 | 958 | 880 | 969 |
| 2 | Giedre Vovriene | 02:29:50 | 29:51-1 | 57:36-3 | 1:02:23-4 |
| | Drangedal OL | 2796 | 1000 | 936 | 860 |
| 3 | Ekaterina Tchijikova | 02:33:40 | 33:24-6 | 56:56-2 | 1:03:20-5 |
| | OK Mysl | 2719 | 929 | 949 | 841 |
| 4 | Ann-Kristin Høgseth | 02:35:25 | 34:07-7 | 59:51-5 | 1:01:27-3 |
| | Lillomarka OL | 2683 | 914 | 891 | 878 |
| 5 | Minna Kapiainen | 02:42:40 | 33:00-5 | 1:04:39-8 | 1:05:01-8 |
| | Finn Karelia Team | 2539 | 937 | 795 | 807 |
| 6 | Tone Fidje Gryting | 02:43:10 | 32:39-3 | 1:06:56-10 | 1:03:35-6 |
| | Oddersjaa SSK | 2529 | 944 | 749 | 836 |
| 7 | Anne Kataja | 03:05:48 | 39:22-16 | 1:11:05-13 | 1:15:21-12 |
| | Finn Karelia Team | 2075 | 809 | 666 | 600 |
| 8 | Astrid Fugleneb | 03:12:34 | 36:58-13 | 1:17:42-15 | 1:17:54-13 |
| | NTNUI | 1940 | 857 | 534 | 549 |
| 9 | Julie F. Lande | 01:53:23 | | 58:00-4 | 55:23-1 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--------------------------------|---------------|--------------|--------------|--------------|
| | Lifjell OL | 1928 | | 928 | 1000 |
| 10 | Kjersti Rønning | 01:28:44 | 34:20-8 | 54:24-1 | |
| | Tynset IF | 1910 | 910 | 1000 | |
| 11 | Torunn Økern Jensen | 01:39:23 | 32:40-4 | | 1:06:43-9 |
| | Nydalens SK | 1716 | 943 | | 773 |
| 12 | Kine Bøhlerengen | 01:38:48 | 35:45-10 | 1:03:03-7 | |
| | Fana IL | 1709 | 882 | 827 | |
| 13 | Kristin D Ausland | 01:43:33 | 38:26-15 | 1:05:07-9 | |
| | Oddersjaa SSK | 1613 | 828 | 785 | |
| 14 | Kirsti Kringhaug | 01:44:02 | 34:42-9 | 1:09:20-11 | |
| | Lillomarka OL | 1604 | 903 | 701 | |
| 15 | Vigdis Hobøl | 01:45:21 | 36:52-12 | | 1:08:29-10 |
| | Østmarka OK | 1597 | 859 | | 738 |
| 16 | Gunhild Vikhamar | 01:55:33 | 38:05-14 | 1:17:28-14 | |
| | Lillomarka OL | 1373 | 835 | 538 | |
| 17 | Rachel West | 03:43:32 | 49:42-22 | 1:22:40-17 | 1:31:10-15 |
| | Western Nomads | 1321 | 603 | 434 | 284 |
| 18 | Grethe Brennhovd | 02:24:38 | | 1:09:35-12 | 1:15:03-11 |
| | Larvik OK | 1302 | | 696 | 606 |
| 19 | Gunn Mariken Bjerva | 03:44:39 | 39:39-17 | 1:39:41-20 | 1:25:19-14 |
| | Drangedal OL | 1299 | 804 | 94 | 401 |
| 20 | Anne Tuomisto | 03:45:44 | 48:33-21 | 1:25:03-18 | 1:32:08-16 |
| | Finn Karelia Team | 1278 | 626 | 387 | 265 |
| 21 | Vibeke S. Nørstebø | 02:03:42 | 45:02-20 | 1:18:40-16 | |
| | NTNUI | 1210 | 696 | 514 | |
| 22 | Cath Chalmers | 04:00:26 | 43:57-19 | 1:35:40-19 | 1:40:49-17 |
| | Western Nomads | 983 | 718 | 174 | 91 |
| 23 | Randi Wold | 36:40 | 36:40-11 | | |
| | NTNUI | 863 | 863 | | |
| 24 | Anne Edith Corneliussen | 01:03:59 | | | 1:03:59-7 |
| | Nittedal OL | 828 | | | 828 |
| 25 | Ann Helen Aabogen | 41:17 | 41:17-18 | | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------------|----------|------------|------------|------------|
| | Skaukameratene OL | 771 | 771 | | |
| 26 | Irina Barkova | 04:44:14 | 1:00:59-23 | 1:42:35-21 | 2:00:40-18 |
| | OK Mysl | 413 | 377 | 36 | 0 |
| D35AK | | | | | |
| 1 | Brita Tosseviken | 02:11:53 | 26:51-6 | 1:02:15-4 | 42:47-1 |
| | Holt IF | 2085 | 701 | 634 | 750 |
| 2 | Margit Sagvolden | 02:14:52 | 26:19-5 | 1:02:55-5 | 45:38-2 |
| | Østmarka OK | 2026 | 712 | 621 | 693 |
| 3 | Signe Ottesen Ellevset | 02:15:05 | 26:11-4 | 1:02:07-3 | 46:47-3 |
| | Sandnes IL | 2021 | 714 | 637 | 670 |
| 4 | May Jorunn Bakke | 02:15:21 | 24:25-1 | 1:03:03-6 | 47:53-5 |
| | Løten OL | 2016 | 750 | 618 | 648 |
| 5 | Thrine Måbø | 02:16:52 | 29:43-9 | 56:28-1 | 50:41-6 |
| | OK Skeidi | 1986 | 644 | 750 | 592 |
| 6 | Sissel Tvedten | 02:33:00 | 28:27-8 | 1:01:22-2 | 1:03:11-12 |
| | Kongsberg OL | 1663 | 669 | 652 | 342 |
| 7 | Nina Bjerke | 02:34:19 | 26:02-3 | 1:05:59-7 | 1:02:18-11 |
| | Hedrum OL | 1635 | 717 | 559 | 359 |
| 8 | Gro Jørgensen | 02:36:48 | 33:24-15 | 1:16:07-12 | 47:17-4 |
| | Porsgrunn OL | 1587 | 570 | 357 | 660 |
| 9 | Bodil Silseth | 02:38:20 | 31:20-11 | 1:15:25-11 | 51:35-7 |
| | Varegg IL | 1556 | 611 | 371 | 574 |
| 10 | Anne Westergård | 02:47:37 | 34:50-16 | 1:14:35-10 | 58:12-10 |
| | Varegg IL | 1369 | 541 | 387 | 441 |
| 11 | Inger Styrvold | 01:29:19 | 33:08-14 | | 56:11-9 |
| | Kjose IL | 1057 | 575 | | 482 |
| 12 | Maria Hoveid | 01:45:07 | 31:59-12 | 1:13:08-9 | |
| | Porsgrunn OL | 1014 | 598 | 416 | |
| 13 | Mai Helen Linga | 01:57:41 | 32:02-13 | 1:25:39-13 | |
| | IL Gular | 763 | 597 | 166 | |
| 14 | Heidi Ravndal Johnsen | 02:09:12 | 25:39-2 | 1:43:33-14 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-------------------------|----------|----------|------------|------------|
| | Arnadal IL | 725 | 725 | 0 | |
| 15 | Margareth Wathne | 27:33 | 27:33-7 | | |
| | OK Sør | 687 | 687 | | |
| 16 | Ranja Simonsen | 04:02:08 | 44:23-17 | 2:13:50-16 | 1:03:55-13 |
| | Varegg IL | 677 | 350 | 0 | 327 |
| 17 | Anniken Ausen | 30:19 | 30:19-10 | | |
| | Porsgrunn OL | 632 | 632 | | |
| 18 | Bente Tveito | 02:39:25 | | 1:45:38-15 | 53:47-8 |
| | Varegg IL | 530 | | 0 | 530 |
| 19 | Liv Grete Voll | 01:10:10 | | 1:10:10-8 | |
| | Haugesund IL | 476 | | 476 | |

D35AL

| | | | | | |
|----|-----------------------------|----------|----------|------------|----------|
| 1 | Kjersti Holt Hanssen | 01:56:59 | 25:27-1 | 50:46-4 | 40:46-2 |
| | Måren OK | 2867 | 1000 | 881 | 986 |
| 2 | Torunn Spets Storhov | 01:58:15 | 26:04-2 | 47:25-3 | 44:46-7 |
| | OL Trollelg | 2841 | 987 | 948 | 906 |
| 3 | Inger Synnøve Liset | 02:11:57 | 29:22-6 | 1:02:30-13 | 40:05-1 |
| | OL Trollo | 2567 | 921 | 646 | 1000 |
| 4 | Elisabeth Sæthre | 02:12:29 | 31:23-8 | 51:26-6 | 49:40-14 |
| | SPK Freidig | 2557 | 881 | 868 | 808 |
| 5 | Sidsel Økstra | 02:12:48 | 35:28-13 | 51:26-6 | 45:54-9 |
| | Suldal OL | 2550 | 799 | 868 | 883 |
| 6 | Camilla Oftebro | 02:15:48 | 38:06-17 | 55:05-9 | 42:37-3 |
| | IL Tyrving | 2491 | 747 | 795 | 949 |
| 7 | Charlotte H. Thune | 02:17:01 | 32:22-9 | 52:31-8 | 52:08-17 |
| | Farum OK | 2466 | 861 | 846 | 759 |
| 8 | Tove Heimdal | 02:18:34 | 31:17-7 | 56:48-10 | 50:29-15 |
| | IF Sturla | 2435 | 883 | 760 | 792 |
| 9 | Ursina Mathys | 02:25:13 | 34:57-11 | 1:00:52-11 | 49:24-13 |
| | OLG Stäfa | 2302 | 810 | 679 | 813 |
| 10 | Tiri Rebård | 02:25:35 | 35:01-12 | 1:02:19-12 | 48:15-12 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------|---------------|--------------|--------------|--------------|
| | Sandefjord OK | 2294 | 808 | 650 | 836 |
| 11 | Bente Blix | 02:28:11 | 32:31-10 | 1:07:32-15 | 48:08-11 |
| | Sandefjord OK | 2243 | 858 | 546 | 839 |
| 12 | Tove Strand | 01:13:29 | 26:18-3 | 47:11-2 | |
| | Måren OK | 1936 | 983 | 953 | |
| 13 | Tove Agdestein | 01:29:18 | | 44:50-1 | 44:28-5 |
| | Stord IL | 1912 | | 1000 | 912 |
| 14 | Hilde Kløvstad | 02:46:35 | 38:32-18 | 1:07:08-14 | 1:00:55-19 |
| | Sandefjord OK | 1875 | 738 | 554 | 583 |
| 15 | Ellen Gulliksen | 02:47:16 | 37:40-16 | 1:14:06-18 | 55:30-18 |
| | Sandefjord OK | 1860 | 755 | 414 | 691 |
| 16 | Lise Roll | 01:13:55 | 29:04-5 | | 44:51-8 |
| | Fana IL | 1831 | 927 | | 904 |
| 17 | Linda Hanssen | 01:33:53 | | 51:10-5 | 42:43-4 |
| | Østmarka OK | 1820 | | 873 | 947 |
| 18 | Heidi Schatvet | 01:16:22 | 28:44-4 | | 47:38-10 |
| | Notodden OL | 1783 | 934 | | 849 |
| 19 | Torild Jørgensen | 02:54:34 | 36:58-15 | 1:13:59-17 | 1:03:37-20 |
| | Østmarka OK | 1715 | 769 | 417 | 529 |
| 20 | Zoe Griffin | 02:58:10 | 35:40-14 | 1:31:07-19 | 51:23-16 |
| | Grambian Orienteers | 1643 | 795 | 74 | 774 |
| 21 | Gry Dengerud | 44:35 | | | 44:35-6 |
| | Nydalens SK | 910 | | | 910 |
| 22 | Ida Kierulf | 02:27:46 | | 1:10:41-16 | 1:17:05-21 |
| | Larvik OK | 743 | | 483 | 260 |
| 23 | Sille Winsnes | 02:12:25 | 50:00-19 | | 1:22:25-22 |
| | NLHI - Orientering | 662 | 509 | | 153 |
| D35C | | | | | |
| 1 | Berit Aa. Stokke | 01:36:16 | 25:31-6 | 40:20-1 | 30:25-2 |
| | Sandefjord OK | 2087 | 665 | 750 | 672 |
| 2 | Wenche Gjesdal | 01:42:37 | 28:26-12 | 47:38-8 | 26:33-1 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------|---------------|--------------|--------------|--------------|
| | Varegg IL | 1961 | 607 | 604 | 750 |
| 3 | Liv Astri Jørgensen | 01:50:20 | 25:32-7 | 48:43-10 | 36:05-5 |
| | Oddersjaa SSK | 1806 | 665 | 582 | 559 |
| 4 | Tove Liberg Sannes | 01:52:51 | 35:09-24 | 40:46-2 | 36:56-8 |
| | Lillomarka OL | 1755 | 472 | 741 | 542 |
| 5 | Ida Merete Hem | 01:53:15 | 23:25-2 | 46:45-5 | 43:05-17 |
| | Sandefjord OK | 1747 | 707 | 621 | 419 |
| 6 | Kjersti Bjørkevoll | 01:54:18 | 29:15-16 | 48:14-9 | 36:49-7 |
| | Odda OL | 1726 | 590 | 592 | 544 |
| 7 | Kari Fredriksen | 01:55:27 | 23:50-3 | 44:47-4 | 46:50-21 |
| | Nittedal OL | 1704 | 699 | 661 | 344 |
| 8 | Heidi Kristin Bø | 01:56:17 | 25:45-8 | 54:46-16 | 35:46-4 |
| | Gjø-Vard OL | 1686 | 660 | 461 | 565 |
| 9 | Gunnbjørg Rosseland | 01:56:36 | 34:57-22 | 41:01-3 | 40:38-12 |
| | Odda OL | 1680 | 476 | 736 | 468 |
| 10 | Nina Dahl | 02:03:37 | 27:02-11 | 55:13-17 | 41:22-15 |
| | Varegg IL | 1540 | 635 | 452 | 453 |
| 11 | Brita Remme | 02:06:40 | 38:36-26 | 46:47-6 | 41:17-14 |
| | Porsgrunn OL | 1479 | 403 | 621 | 455 |
| 12 | Kristin Tosseviken | 02:09:55 | 43:14-31 | 50:25-13 | 36:16-6 |
| | Holt IF | 1414 | 311 | 548 | 555 |
| 13 | Anne Marie Larsen | 02:12:06 | 40:57-28 | 52:32-14 | 38:37-10 |
| | IK Grane | 1370 | 356 | 506 | 508 |
| 14 | Trude Fjeldbo | 01:08:41 | 21:17-1 | 47:24-7 | |
| | Sandefjord OK | 1358 | 750 | 608 | |
| 15 | Berit Dybvik | 02:14:26 | 30:08-18 | 58:25-18 | 45:53-20 |
| | IL Solid | 1324 | 573 | 388 | 363 |
| 16 | Hege B. Øksenholt | 57:41 | 24:12-4 | | 33:29-3 |
| | Skien OK | 1302 | 691 | | 611 |
| 17 | Vigdis Finmark | 02:18:14 | 29:57-17 | 1:04:05-24 | 44:12-18 |
| | OK Skeidi | 1248 | 576 | 275 | 397 |
| 18 | Mette Rogne | 02:20:28 | 24:26-5 | 1:01:21-21 | 54:41-23 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--------------------------------|---------------|--------------|--------------|--------------|
| | Varegg IL | 1203 | 687 | 329 | 187 |
| 19 | Magnhild Sævareid | 02:24:48 | 45:28-32 | 58:29-19 | 40:51-13 |
| | Fana IL | 1117 | 266 | 387 | 464 |
| 20 | Anne-Lone Wollen | 01:07:28 | 29:04-15 | | 38:24-9 |
| | Fana IL | 1107 | 594 | | 513 |
| 21 | Ellen Hasaas | 01:14:23 | 32:09-21 | | 42:14-16 |
| | OK Skeidi | 968 | 532 | | 436 |
| 22 | Kjersti Andersen | 01:28:23 | 35:02-23 | 53:21-15 | |
| | Odda OL | 964 | 475 | 489 | |
| 23 | Sidsel Brabrand Urfjell | 01:34:02 | | 49:22-12 | 44:40-19 |
| | IL Imås | 956 | | 569 | 387 |
| 24 | Kathrine Tollehaug | 02:35:24 | 28:53-14 | 1:01:00-20 | 1:05:31-27 |
| | Eiker OL | 934 | 598 | 336 | 0 |
| 25 | Michele Rønnestad | 01:33:02 | 31:35-20 | 1:01:27-22 | |
| | Haslum IL | 871 | 544 | 327 | |
| 26 | Inger -lise Hansen | 01:34:18 | 31:17-19 | 1:03:01-23 | |
| | OK Silsand | 846 | 550 | 296 | |
| 27 | Oddveig Åsheim Hansen | 01:24:36 | 28:34-13 | | 56:02-25 |
| | IL Gular | 764 | 604 | | 160 |
| 28 | Turid Vrålstad | 01:48:13 | | 1:08:21-25 | 39:52-11 |
| | Varegg IL | 672 | | 189 | 483 |
| 29 | Liv Inger Larsen | 26:08 | 26:08-9 | | |
| | Porsgrunn OL | 653 | 653 | | |
| 30 | Anne Kari Birkeland | 26:28 | 26:28-10 | | |
| | Birkenes IL | 646 | 646 | | |
| 31 | Kirsten Grevskott | 48:58 | | 48:58-11 | |
| | Varegg IL | 577 | | 577 | |
| 32 | Anne Engelbreth | 03:17:30 | 37:19-25 | 1:10:46-26 | 1:29:25-30 |
| | Varegg IL | 570 | 429 | 141 | 0 |
| 33 | Liv Skretting | 02:58:38 | 39:17-27 | 1:22:52-28 | 56:29-26 |
| | Torridal IL | 541 | 390 | 0 | 151 |
| 34 | Marit Lie | 01:35:52 | 42:27-30 | | 53:25-22 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-----------------------------|----------|------------|------------|------------|
| | Stokke IL | 538 | 326 | | 212 |
| 35 | Kirsti A. Frugård | 02:09:11 | 42:20-29 | 1:26:51-29 | |
| | Stord IL | 329 | 329 | 0 | |
| 36 | Jonna Larsen | 02:21:13 | 46:48-33 | | 1:34:25-31 |
| | Silkeborg OK | 239 | 239 | | 0 |
| 37 | Randi T. Legård | 02:15:32 | | 1:20:02-27 | 55:30-24 |
| | Odda OL | 171 | | 0 | 171 |
| 38 | Ellen Vårli | 01:09:11 | | | 1:09:11-28 |
| | OK Skeidi | 0 | | | 0 |
| 39 | Vibeke P. Valestrand | 02:24:17 | 1:10:40-34 | | 1:13:37-29 |
| | Risnes IL | 0 | 0 | | 0 |

D35N

| | | | | | |
|----|-----------------------------|----------|----------|------------|----------|
| 1 | Björg Marit Straume | 01:14:00 | 17:57-1 | 28:27-1 | 27:36-1 |
| | Drangedal OL | 2250 | 750 | 750 | 750 |
| 2 | Stine Holte | 01:25:15 | 20:22-4 | 34:58-4 | 29:55-2 |
| | OK Skeidi | 2023 | 701 | 619 | 703 |
| 3 | Astrid Sandvik | 01:31:59 | 26:27-12 | 30:45-2 | 34:47-6 |
| | Sveio OL | 1890 | 580 | 704 | 606 |
| 4 | Åse Britt Havre | 01:36:15 | 20:50-6 | 42:57-8 | 32:28-4 |
| | Odda OL | 1804 | 692 | 460 | 652 |
| 5 | Gro L. Aakre | 01:39:31 | 22:48-10 | 44:22-10 | 32:21-3 |
| | Drangedal OL | 1739 | 653 | 431 | 655 |
| 6 | Inger Kjølstad | 01:39:32 | 22:46-9 | 41:51-7 | 34:55-7 |
| | OL Trollo | 1738 | 653 | 482 | 603 |
| 7 | Marit Garberg | 01:59:49 | 21:21-8 | 1:01:45-15 | 36:43-8 |
| | Odda OL | 1333 | 682 | 84 | 567 |
| 8 | Toril B. Olsen | 02:02:43 | 25:08-11 | 47:01-12 | 50:34-12 |
| | Lillomarka OL | 1274 | 606 | 378 | 290 |
| 9 | Jorunn Irene Tokheim | 02:07:01 | 27:06-14 | 45:30-11 | 54:25-17 |
| | Odda OL | 1189 | 567 | 409 | 213 |
| 10 | Gjertrud Røneid | 01:16:46 | | 43:21-9 | 33:25-5 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--------------------------------|---------------|--------------|--------------|--------------|
| | Odda OL | 1085 | | 452 | 633 |
| 11 | Randi Trættestad | 01:17:04 | | 38:27-5 | 38:37-10 |
| | Fana IL | 1079 | | 550 | 529 |
| 12 | Gro Valestrand | 01:17:36 | | 40:17-6 | 37:19-9 |
| | Bergens TF | 1068 | | 513 | 555 |
| 13 | Nina Lokøen | 01:23:31 | | 31:48-3 | 51:43-15 |
| | IL Gneist | 950 | | 683 | 267 |
| 14 | May Helen Freim | 02:19:41 | 51:38-16 | 47:44-13 | 40:19-11 |
| | Odda OL | 935 | 76 | 364 | 495 |
| 15 | Daniela Hintermann | 02:22:47 | 20:41-5 | 1:07:48-16 | 54:18-16 |
| | OLG Basel | 911 | 695 | 0 | 216 |
| 16 | Anne Gjestemoen | 01:16:34 | 21:14-7 | | 55:20-18 |
| | Bergens TF | 879 | 684 | | 195 |
| 17 | Gunhild Strand | 01:22:52 | 31:39-15 | | 51:13-13 |
| | Bergens TF | 753 | 476 | | 277 |
| 18 | Irene Schive | 19:16 | 19:16-2 | | |
| | OK Moss | 723 | 723 | | |
| 19 | Sidsel Brabrand Urfjell | 19:20 | 19:20-3 | | |
| | IL Imås | 722 | 722 | | |
| 20 | Tordis Suleng | 26:59 | 26:59-13 | | |
| | OK Moss | 569 | 569 | | |
| 21 | Bjørg Monsrud | 51:22 | | | 51:22-14 |
| | Frogner IL | 274 | | | 274 |
| 22 | Wenche Hesthammar | 02:07:24 | | 54:42-14 | 1:12:42-19 |
| | IL Gular | 225 | | 225 | 0 |
| 23 | Åse Holst | 01:15:22 | | 1:15:22-17 | |
| | Varegg IL | 0 | | 0 | |
| D40 | | | | | |
| 1 | Eli Marie Wiig | 01:43:11 | 24:24-5 | 43:31-2 | 35:16-1 |
| | Porsgrunn OL | 2937 | 952 | 985 | 1000 |
| 2 | Berit Danielsen | 01:45:44 | 23:47-4 | 42:48-1 | 39:09-5 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-----------------------------------|---------------|--------------|--------------|--------------|
| | IL Tyrving | 2886 | 964 | 1000 | 922 |
| 3 | Ingeborg L. Gjennestad | 01:46:14 | 23:35-2 | 44:04-4 | 38:35-3 |
| | IK Grane | 2875 | 968 | 974 | 933 |
| 4 | Toril Hallan | 01:47:15 | 22:00-1 | 43:36-3 | 41:39-6 |
| | Lillomarka OL | 2856 | 1000 | 984 | 872 |
| 5 | Torun Dyrkorn | 01:50:55 | 24:24-5 | 48:59-7 | 37:32-2 |
| | Eiker OL | 2782 | 952 | 876 | 954 |
| 6 | Turid Rognsvåg | 01:56:51 | 24:56-10 | 53:15-11 | 38:40-4 |
| | Fana IL | 2664 | 941 | 791 | 932 |
| 7 | Kjersti Høglund | 01:58:34 | 26:15-13 | 45:56-6 | 46:23-12 |
| | Oppsal IF | 2629 | 915 | 937 | 777 |
| 8 | Reidunn Halland | 02:00:11 | 28:00-17 | 45:23-5 | 46:48-13 |
| | Lillomarka OL | 2597 | 880 | 948 | 769 |
| 9 | Dorthe Hansen | 02:00:21 | 24:38-8 | 49:27-8 | 46:16-11 |
| | Silkeborg OK | 2594 | 947 | 867 | 780 |
| 10 | Ann Karin Tjørhom | 02:01:36 | 24:46-9 | 52:36-9 | 44:14-9 |
| | Ganddal IL | 2568 | 944 | 804 | 820 |
| 11 | Kjersti Skantze | 02:05:05 | 23:36-3 | 52:59-10 | 48:30-15 |
| | IL Tyrving | 2499 | 968 | 796 | 735 |
| 12 | Frøy Grøndahl | 02:09:36 | 28:50-19 | 55:25-16 | 45:21-10 |
| | Lillomarka OL | 2408 | 863 | 747 | 798 |
| 13 | Bente Landmark | 02:12:58 | 29:23-20 | 55:03-13 | 48:32-16 |
| | Fossum IF | 2341 | 852 | 755 | 734 |
| 14 | Heidi Falck | 02:14:45 | 29:40-21 | 1:01:16-23 | 43:49-8 |
| | Stavanger OK | 2305 | 846 | 630 | 829 |
| 15 | Berit Berge | 02:15:14 | 26:41-15 | 55:23-15 | 53:10-23 |
| | IL Tyrving | 2296 | 906 | 748 | 642 |
| 16 | Gro Hege Ludvigsen | 02:16:32 | 27:21-16 | 57:38-20 | 51:33-21 |
| | Måren OK | 2270 | 893 | 703 | 674 |
| 17 | Anne Heidrun Kvifte Risdal | 02:17:14 | 31:34-27 | 56:44-18 | 48:56-17 |
| | IK Grane | 2255 | 808 | 721 | 726 |
| 18 | Marit Lundanes | 02:18:51 | 29:46-22 | 57:34-19 | 51:31-20 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------------|---------------|--------------|--------------|--------------|
| | Emblem IL | 2223 | 844 | 704 | 675 |
| 19 | Anita Wiberg Gjelsten | 02:23:44 | 37:22-32 | 54:00-12 | 52:22-22 |
| | IL Høvdingen | 2126 | 692 | 776 | 658 |
| 20 | Gerd Fossetøl | 02:29:13 | 24:26-7 | 1:14:28-29 | 50:19-19 |
| | Nittedal OL | 2016 | 951 | 366 | 699 |
| 21 | Arja Vestola | 02:31:39 | 44:12-33 | 1:05:19-25 | 42:08-7 |
| | Finn Karelia Team | 1967 | 556 | 549 | 862 |
| 22 | Inger Marie Øygaard | 02:46:37 | 31:36-28 | 1:11:47-26 | 1:03:14-26 |
| | Løten OL | 1668 | 808 | 420 | 440 |
| 23 | Siri Bjorvand | 01:14:08 | 25:07-11 | | 49:01-18 |
| | OK Sør | 1662 | 937 | | 725 |
| 24 | Elisabeth Johansen | 01:21:44 | 26:06-12 | 55:38-17 | |
| | OK Moss | 1661 | 918 | 743 | |
| 25 | Turid Giil | 02:50:05 | 30:16-23 | 1:12:31-28 | 1:07:18-28 |
| | Rond OL | 1598 | 834 | 405 | 359 |
| 26 | Tone Jahren Herud | 01:42:57 | | 55:14-14 | 47:43-14 |
| | Fossum IF | 1502 | | 751 | 751 |
| 27 | Kjersti Sommerstad Juveli | 01:31:28 | 30:55-25 | 1:00:33-22 | |
| | Konnerud IL | 1466 | 821 | 645 | |
| 28 | Ingrid Opsahl Bredesen | 01:33:18 | 28:00-17 | 1:05:18-24 | |
| | Fossum IF | 1430 | 880 | 550 | |
| 29 | Anne Margit Bratten | 02:59:38 | 36:04-31 | 1:20:46-30 | 1:02:48-25 |
| | Måren OK | 1407 | 718 | 240 | 449 |
| 30 | Eva Mathisen | 01:54:23 | | 58:42-21 | 55:41-24 |
| | IL Tyrving | 1273 | | 682 | 591 |
| 31 | Inger Johanne Eikeland | 01:44:19 | 32:26-29 | 1:11:53-27 | |
| | Nydalens SK | 1209 | 791 | 418 | |
| 32 | Siri Melby Holvik | 01:42:30 | 31:07-26 | | 1:11:23-29 |
| | Fossum IF | 1094 | 817 | | 277 |
| 33 | May Meling | 03:19:17 | 30:19-24 | 1:27:37-31 | 1:21:21-30 |
| | Stavanger OK | 1014 | 833 | 103 | 78 |
| 34 | Gro Pedersen | 26:16 | 26:16-14 | | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------------|----------|-----------|------------|------------|
| | OK Skeidi | 914 | 914 | | |
| 35 | Marit Kjemperud | 02:10:45 | 32:38-30 | 1:38:07-32 | |
| | LF-Hønefoss Orientering | 787 | 787 | 0 | |
| 36 | Eirill Bø | 03:20:43 | 44:27-34 | 2:36:16-34 | |
| | Asker SK | 551 | 551 | 0 | |
| 37 | Kristin Ianssen | 01:05:39 | | | 1:05:39-27 |
| | Indre Østfold OK | 392 | | | 392 |
| 38 | Hilde Kolås | 02:22:35 | | 2:22:35-33 | |
| | OL Vallset -Stange | 0 | | 0 | |
| D45AK | | | | | |
| 1 | Hanne Herum | 01:43:34 | 23:54-1 | 47:09-2 | 32:31-1 |
| | OK Skeidi | 2228 | 750 | 728 | 750 |
| 2 | Gro Sissel Vilberg | 01:48:55 | 26:44-2 | 46:04-1 | 36:07-2 |
| | Lillomarka OL | 2121 | 693 | 750 | 678 |
| 3 | Oddny Jørgensen | 02:10:25 | 31:30-3 | 59:25-3 | 39:30-3 |
| | IK Grane | 1691 | 598 | 483 | 610 |
| 4 | Grethe Wanvik Johansen | 02:13:12 | 32:04-4 | 1:00:49-4 | 40:19-4 |
| | IF Sturla | 1635 | 586 | 455 | 594 |
| 5 | Aud Gran | 01:48:43 | | 1:08:14-5 | 40:29-5 |
| | IL Tyrving | 896 | | 306 | 590 |
| 6 | Gunn Botnen | 02:57:14 | 41:08-7 | 1:22:32-7 | 53:34-6 |
| | Lifjell OL | 754 | 405 | 20 | 329 |
| 7 | Solveig Melnes | 01:55:48 | 35:08-6 | 1:20:40-6 | |
| | Lillehammer OK | 583 | 525 | 58 | |
| 8 | Anne Omland | 32:34 | 32:34-5 | | |
| | GeoForm IL | 576 | 576 | | |
| 9 | Ingunn Gimre | 03:27:51 | 1:00:41-8 | 1:25:04-8 | 1:02:06-7 |
| | Ganddal IL | 172 | 14 | 0 | 158 |
| 10 | Lesley Bromby | 04:58:28 | 1:01:07-9 | 2:35:38-9 | 1:21:43-8 |
| | Grambian Orienteers | 5 | 5 | 0 | 0 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|--|------------------|-----------------|-------------------|-------------------|
| | D45AL | | | | |
| 1 | Nina Soligard Bergens TF | 01:48:59 2914 | 22:14-2 970 | 47:18-3 944 | 39:27-1 1000 |
| 2 | Siri Flatekval Oppsal IF | 01:49:03 2913 | 20:46-1 1000 | 44:31-1 1000 | 43:46-3 913 |
| 3 | Margrete Jørandli Synnfjell OK | 01:58:29 2724 | 26:23-8 887 | 46:24-2 962 | 45:42-4 875 |
| 4 | Bente Dybesland Søgne & Songdalen OK | 02:00:30 2684 | 27:33-12 864 | 49:37-5 898 | 43:20-2 922 |
| 5 | Elle Melbye Heming/Njård OL | 02:01:47 2658 | 22:21-5 968 | 51:27-6 861 | 47:59-6 829 |
| 6 | Kari Øverøyen IL Tyrving | 02:04:20 2607 | 22:16-3 970 | 55:53-9 772 | 46:11-5 865 |
| 7 | Astrid W. Syversen Halden SK | 02:07:39 2540 | 22:17-4 969 | 48:02-4 929 | 57:20-13 642 |
| 8 | Marit Nipen IL Gneist | 02:09:12 2509 | 25:26-6 906 | 53:50-8 813 | 49:56-7 790 |
| 9 | Guri Larssen Lillehammer OK | 02:18:37 2322 | 27:10-11 872 | 1:00:24-12 682 | 51:03-8 768 |
| 10 | Hannele Mallat Finn Karelia Team | 02:19:55 2296 | 26:15-7 890 | 59:07-11 708 | 54:33-10 698 |
| 11 | Aud Mona Røste Hadeland OL | 02:20:37 2281 | 27:53-13 857 | 1:01:21-14 663 | 51:23-9 761 |
| 12 | Solveig Olsen Oddersjaa SSK | 02:25:08 2191 | 27:01-10 875 | 1:00:57-13 671 | 57:10-12 645 |
| 13 | Eli Ringdalen Mo OK | 02:35:03 1993 | 29:16-14 830 | 1:07:13-15 546 | 58:34-14 617 |
| 14 | Raili Liimatainen Finn Karelia Team | 02:42:53 1836 | 31:18-15 789 | 58:28-10 721 | 1:13:07-18 326 |
| 15 | Lisbeth Beyer Mo OK | 02:45:12 1789 | 38:23-21 647 | 1:12:11-16 446 | 54:38-11 696 |
| 16 | Aud Fasting | 01:19:55 | 26:32-9 | 53:23-7 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-----------------------------|----------|----------|------------|------------|
| | OK Moss | 1706 | 884 | 822 | |
| 17 | Anne Lise Andreassen | 02:54:05 | 33:50-16 | 1:16:14-19 | 1:04:01-16 |
| | Sandefjord OK | 1611 | 738 | 365 | 508 |
| 18 | Anne Smedberg | 01:49:36 | 35:46-17 | 1:13:50-17 | |
| | Eiker OL | 1113 | 700 | 413 | |
| 19 | Björg Midttun | 03:19:37 | 37:15-20 | 1:25:44-20 | 1:16:38-19 |
| | Bergens TF | 1101 | 670 | 175 | 256 |
| 20 | Lone Dybdal | 03:23:24 | 36:47-18 | 1:15:58-18 | 1:30:39-21 |
| | Aarhus 1900 | 1050 | 679 | 371 | 0 |
| 21 | Tove Damgaard | 01:53:24 | 46:03-22 | | 1:07:21-17 |
| | OL Trollo | 936 | 494 | | 442 |
| 22 | Brit Danielsen | 37:07 | 37:07-19 | | |
| | Oddersjaa SSK | 673 | 673 | | |
| 23 | Gjertrud Sandåker | 59:12 | | | 59:12-15 |
| | IL Imås | 605 | | | 605 |
| 24 | Wenche Hjelmseth | 01:17:59 | | | 1:17:59-20 |
| | Mo OK | 229 | | | 229 |

D50

| | | | | | |
|---|-----------------------------|----------|----------|------------|----------|
| 1 | Ingjerd Sognnæs | 01:53:22 | 24:54-2 | 49:00-1 | 39:28-1 |
| | Bergens TF | 2928 | 928 | 1000 | 1000 |
| 2 | Ann-Marie Westerheim | 02:01:07 | 21:20-1 | 53:12-2 | 46:35-5 |
| | Stord IL | 2773 | 1000 | 916 | 857 |
| 3 | Inger Tiltnes | 02:05:30 | 26:40-5 | 53:18-3 | 45:32-2 |
| | IL Tyrving | 2685 | 893 | 914 | 878 |
| 4 | Pirjo Luchsinger | 02:19:34 | 25:08-4 | 1:07:57-8 | 46:29-4 |
| | Kongsberg OL | 2404 | 924 | 621 | 859 |
| 5 | Marja Suomalainen | 02:34:23 | 33:10-12 | 1:03:17-6 | 57:56-11 |
| | Finn Karelia Team | 2107 | 763 | 714 | 630 |
| 6 | Signe Heivoll | 02:34:34 | 28:48-7 | 1:18:30-11 | 47:16-6 |
| | Søgne & Songdalen OK | 2104 | 850 | 410 | 844 |
| 7 | Rudite Limbena | 02:38:15 | 50:15-27 | 59:27-4 | 48:33-8 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-----------------------------|---------------|--------------|--------------|--------------|
| | Sigulda | 2030 | 421 | 791 | 818 |
| 8 | Annikki Rinne | 02:42:56 | 25:00-3 | 1:06:12-7 | 1:11:44-21 |
| | Finn Karelia Team | 1936 | 926 | 656 | 354 |
| 9 | Tamara Bortnovskaia | 02:47:39 | 32:48-11 | 1:13:32-9 | 1:01:19-17 |
| | OK Mysl | 1842 | 770 | 509 | 563 |
| 10 | Kaija Heitto | 01:14:14 | 28:15-6 | | 45:59-3 |
| | Finn Karelia Team | 1730 | 861 | | 869 |
| 11 | Doris Kläy | 02:53:48 | 31:55-10 | 1:31:19-17 | 50:34-9 |
| | OLV Hindelbank | 1719 | 788 | 153 | 778 |
| 12 | Marit Vågsnes | 02:54:03 | 33:10-12 | 1:22:42-15 | 58:11-12 |
| | Kolbotn & Skimt OL | 1714 | 763 | 326 | 625 |
| 13 | Christina Flordal | 02:54:27 | 34:35-14 | 1:20:48-13 | 59:04-14 |
| | Ljusdal OK | 1707 | 735 | 364 | 608 |
| 14 | Olga Mukhina | 02:54:48 | 47:47-26 | 1:13:32-9 | 53:29-10 |
| | OK Mysl | 1699 | 471 | 509 | 719 |
| 15 | Elin Balchen | 03:06:47 | 38:16-20 | 1:23:33-16 | 1:04:58-18 |
| | Oddersjaa SSK | 1460 | 661 | 309 | 490 |
| 16 | Astrid Ormberg | 03:08:26 | 31:40-9 | 1:19:26-12 | 1:17:20-23 |
| | Fana IL | 1426 | 793 | 391 | 242 |
| 17 | Janet Clenaghan | 03:13:07 | 37:54-19 | 1:21:41-14 | 01:13:32-22 |
| | Solway | 1332 | 668 | 346 | 318 |
| 18 | Madlen Zwahlen | 03:18:52 | 37:33-18 | 1:42:50-20 | 58:29-13 |
| | OLG Biel | 1294 | 675 | 0 | 619 |
| 19 | Hilkka Liikonen | 03:23:06 | 36:46-16 | 1:45:28-22 | 1:00:52-15 |
| | Finn Karelia Team | 1263 | 691 | 0 | 572 |
| 20 | Ingeborg Bøbel | 03:17:27 | 38:37-21 | 1:37:36-19 | 1:01:14-16 |
| | IL Imås | 1246 | 654 | 28 | 564 |
| 21 | Eli Østenfor | 02:22:55 | | 1:02:19-5 | 1:20:36-24 |
| | Kongsberg OL | 910 | | 733 | 177 |
| 22 | Ragna Grande | 28:55 | 28:55-8 | | |
| | Skien OK | 848 | 848 | | |
| 23 | Anne Karin Jørgensen | 47:21 | | | 47:21-7 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|------------|--------------------------------|----------|----------|------------|------------|
| | IL Imås | 842 | | | 842 |
| 24 | Lioudmila Tchijikova | 03:47:17 | 36:29-15 | 1:43:38-21 | 1:27:10-26 |
| | OK Mysl | 743 | 697 | 0 | 46 |
| 25 | Annie Bøving Michaelsen | 02:34:59 | 37:14-17 | | 1:57:45-30 |
| | Tisvilde Hegn OK | 682 | 682 | | 0 |
| 26 | Eila Rinne | 40:13 | 40:13-22 | | |
| | Finn Karelia Team | 622 | 622 | | |
| 27 | Kristin Østhagen | 02:29:48 | 42:30-23 | 1:47:18-23 | |
| | OL Vallset -Stange | 576 | 576 | 0 | |
| 28 | Eli Spiten | 02:40:55 | | 1:32:20-18 | 1:08:35-20 |
| | Kongsberg OL | 550 | | 133 | 417 |
| 29 | Astri E. Hole | 04:01:53 | 47:31-25 | 1:47:18-23 | 1:27:04-25 |
| | Bergens TF | 524 | 476 | 0 | 48 |
| 30 | Kari Natås | 04:56:20 | 45:29-24 | 2:37:48-25 | 1:33:03-28 |
| | Bergens TF | 517 | 517 | 0 | 0 |
| 31 | Ingrid Thunold | 01:07:34 | | | 1:07:34-19 |
| | Porsgrunn OL | 438 | | | 438 |
| 32 | Berit Werner-Èrikchen | 01:29:03 | | | 1:29:03-27 |
| | Vandarringen | 8 | | | 8 |
| 33 | Marit Odden | 04:43:04 | | 2:55:23-26 | 1:47:41-29 |
| | Drangedal OL | 0 | | 0 | 0 |
| D55 | | | | | |
| 1 | Edel Slettemark | 01:54:30 | 34:58-13 | 44:20-1 | 35:12-1 |
| | Stord IL | 2780 | 780 | 1000 | 1000 |
| 2 | Torill Nebell Mikkelsen | 01:55:25 | 26:42-2 | 47:11-2 | 41:32-3 |
| | Berger og Svelvik OL | 2762 | 946 | 943 | 873 |
| 3 | Björg Kocbach | 02:01:06 | 30:29-7 | 49:30-3 | 41:07-2 |
| | Bergens TF | 2647 | 870 | 896 | 881 |
| 4 | Haldis Glendrange | 02:13:52 | 28:46-5 | 53:40-6 | 51:26-7 |
| | Stavanger OK | 2392 | 904 | 813 | 675 |
| 5 | Else-Margrethe Bredland | 02:14:17 | 27:47-4 | 59:18-8 | 47:12-4 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|---------------------------|---------------|--------------|--------------|--------------|
| | Søgne & Songdalen OK | 2384 | 924 | 700 | 760 |
| 6 | Christina Westman | 02:16:12 | 31:33-10 | 52:25-4 | 52:14-9 |
| | Hudiksvalls IF | 2346 | 849 | 838 | 659 |
| 7 | Gry Bruland Vråle | 02:19:54 | 32:46-11 | 54:32-7 | 52:36-11 |
| | IF Sturla | 2272 | 824 | 796 | 652 |
| 8 | Galina Vershinina | 02:22:38 | 24:00-1 | 1:02:43-9 | 55:55-14 |
| | OK Mysl | 2217 | 1000 | 632 | 585 |
| 9 | Kjellaug Hodnekvam | 02:22:52 | 37:54-16 | 52:30-5 | 52:28-10 |
| | Bergens TF | 2212 | 722 | 836 | 654 |
| 10 | Liv Horntvedt | 02:27:03 | 31:19-9 | 1:03:55-10 | 51:49-8 |
| | IL Imås | 2128 | 853 | 608 | 667 |
| 11 | Kristin Vigander | 02:27:31 | 27:09-3 | 1:11:57-17 | 48:25-5 |
| | Fossum IF | 2119 | 937 | 447 | 735 |
| 12 | Sissel Olaisen | 02:28:34 | 30:32-8 | 1:08:22-12 | 49:40-6 |
| | Kolbotn & Skimt OL | 2098 | 869 | 519 | 710 |
| 13 | Kjellaug Hopsnes | 02:35:21 | 33:39-12 | 1:08:46-14 | 52:56-12 |
| | Fana IL | 1963 | 807 | 511 | 645 |
| 14 | Astrid R. Lie | 02:53:31 | 36:10-14 | 1:21:21-22 | 56:00-15 |
| | Hedrum OL | 1599 | 756 | 259 | 584 |
| 15 | Henny H. Reinhold | 03:02:06 | 36:44-15 | 1:09:55-15 | 1:15:27-22 |
| | Drangedal OL | 1428 | 745 | 488 | 195 |
| 16 | Brit S. Straume | 03:09:05 | 39:52-19 | 1:17:22-20 | 1:11:51-20 |
| | Drangedal OL | 1288 | 682 | 339 | 267 |
| 17 | Åshild Huse | 01:37:10 | 41:16-20 | | 55:54-13 |
| | Stord IL | 1240 | 654 | | 586 |
| 18 | Ingvild Vold | 01:48:11 | 39:41-18 | 1:08:30-13 | |
| | Fana IL | 1202 | 686 | 516 | |
| 19 | Irina Dessinova | 03:18:41 | 46:16-22 | 1:24:07-23 | 1:08:18-18 |
| | OK Mysl | 1096 | 554 | 204 | 338 |
| 20 | Kari Mehlum Hasle | 02:08:51 | | 1:11:19-16 | 57:32-16 |
| | Sandefjord OK | 1013 | | 460 | 553 |
| 21 | Liv Røe | 02:11:04 | | 1:04:40-11 | 1:06:24-17 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-------------------------------|----------|----------|------------|------------|
| | Rudsbygd IL | 969 | | 593 | 376 |
| 22 | Kathe Basso | 02:00:18 | 42:50-21 | 1:17:28-21 | |
| | IK Grane | 960 | 623 | 337 | |
| 23 | Gerd Yttervik | 30:24 | 30:24-6 | | |
| | Lia IL | 872 | 872 | | |
| 24 | Astrid Gjelstad | 02:23:23 | | 1:12:42-18 | 1:10:41-19 |
| | Sandefjord OK | 722 | | 432 | 290 |
| 25 | Reidun Karlsen | 39:01 | 39:01-17 | | |
| | Stavanger OK | 699 | 699 | | |
| 26 | Inger Elisabeth Kvaase | 02:29:17 | | 1:14:25-19 | 1:14:52-21 |
| | Bækkelagets SPK | 604 | | 398 | 206 |

D60

| | | | | | |
|----|-----------------------------|----------|------------|------------|------------|
| 1 | Ann-Charlotte Jensen | 02:21:44 | 34:30-5 | 1:00:03-2 | 47:11-2 |
| | Hässleholms OK | 2722 | 856 | 976 | 890 |
| 2 | Unni Drage | 02:32:10 | 27:20-1 | 58:53-1 | 1:05:57-10 |
| | Haugerud IF | 2515 | 1000 | 1000 | 515 |
| 3 | Inger Johanne Ruud | 02:46:26 | 51:34-12 | 1:13:09-5 | 41:43-1 |
| | Hamar OK | 2229 | 515 | 714 | 1000 |
| 4 | Irja Topo | 02:57:00 | 39:09-8 | 1:16:42-6 | 1:01:09-7 |
| | Finn Karelia Team | 2017 | 763 | 643 | 611 |
| 5 | Torunn Frøvoll | 03:01:08 | 36:51-6 | 1:27:47-9 | 56:30-6 |
| | IF Sturla | 1935 | 809 | 422 | 704 |
| 6 | Margith Reppesgård | 01:14:54 | 27:34-2 | | 47:20-3 |
| | Hedrum OL | 1882 | 995 | | 887 |
| 7 | Johanna Ytterbøl | 01:39:24 | 31:18-3 | 1:08:06-3 | |
| | Gimle IF | 1735 | 920 | 815 | |
| 8 | Vesle Mari Pran | 01:43:10 | 33:06-4 | 1:10:04-4 | |
| | Odal OL | 1660 | 884 | 776 | |
| 9 | Olaug Lingelem | 03:26:25 | 44:02-11 | 1:28:03-10 | 1:14:20-13 |
| | Sandefjord TIF | 1429 | 666 | 416 | 347 |
| 10 | Vera Blom | 03:26:46 | 1:00:23-14 | 1:31:51-11 | 54:32-4 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-----------------------------|---------------|--------------|--------------|--------------|
| | Hudiksvalls IF | 1422 | 339 | 340 | 743 |
| 11 | Eldfrid Tosseviken | 03:36:35 | 43:28-10 | 1:50:42-14 | 1:02:25-9 |
| | Holt IF | 1263 | 677 | 0 | 586 |
| 12 | Synøve Amundsen | 01:55:32 | 38:27-7 | | 1:17:05-15 |
| | Kolbotn & Skimt OL | 1069 | 777 | | 292 |
| 13 | Liv Hundland | 01:57:05 | 55:39-13 | | 1:01:26-8 |
| | Sandefjord OK | 1038 | 433 | | 605 |
| 14 | Marta Fersnes | 02:28:43 | | 1:22:30-7 | 01:06:13-11 |
| | Oddersjaa SSK | 1037 | | 527 | 510 |
| 15 | Gerd Ausen | 02:36:16 | | 1:24:13-8 | 1:12:03-12 |
| | Porsgrunn OL | 886 | | 493 | 393 |
| 16 | Inger Rundberget | 55:16 | | | 55:16-5 |
| | Kjellmyra IL | 729 | | | 729 |
| 17 | Eli Tellesbø | 42:56 | 42:56-9 | | |
| | Porsgrunn OL | 688 | 688 | | |
| 18 | Ella Bezsonova | 04:04:33 | 1:03:16-15 | 1:46:03-13 | 1:15:14-14 |
| | OK Mysl | 666 | 281 | 56 | 329 |
| 19 | Aud Margaret Lykkjen | 02:51:51 | | 1:34:23-12 | 1:17:28-16 |
| | Måren OK | 575 | | 290 | 285 |
| 20 | Irina Charnaya | 05:36:27 | 1:23:07-16 | 2:35:06-15 | 1:38:14-17 |
| | OK Mysl | 0 | 0 | 0 | 0 |
| 21 | Ragnhild Kjernsmo | 02:17:10 | 2:17:10-17 | | |
| | Lillomarka OL | 0 | 0 | | |
| D65 | | | | | |
| 1 | Ingrid Roll | 01:58:22 | 26:02-1 | 55:41-1 | 36:39-1 |
| | Fana IL | 3000 | 1000 | 1000 | 1000 |
| 2 | Unni Bøhlerengen | 02:25:25 | 27:24-2 | 1:10:20-4 | 47:41-4 |
| | Måren OK | 2458 | 972 | 707 | 779 |
| 3 | Inga-Lena Bergfält | 02:41:25 | 32:16-3 | 1:22:16-7 | 46:53-2 |
| | Hudiksvalls IF | 2138 | 875 | 468 | 795 |
| 4 | Olaug F. Johansen | 02:48:08 | 54:11-14 | 1:06:36-2 | 47:21-3 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|----------------------------|----------|------------|-------------|------------|
| | Sauda OK | 2004 | 437 | 781 | 786 |
| 5 | Kaarina Holopainen | 02:53:20 | 32:27-4 | 1:30:52-10 | 50:01-6 |
| | Finn Karelia Team | 1899 | 871 | 296 | 732 |
| 6 | Rannveig Sommerheim | 02:54:20 | 39:32-7 | 1:25:37-9 | 49:11-5 |
| | OK Horten | 1880 | 730 | 401 | 749 |
| 7 | Eva Bujordet | 03:03:15 | 40:06-8 | 1:23:21-8 | 59:48-10 |
| | Kristiansand OK | 1701 | 718 | 446 | 537 |
| 8 | Turid Rosseland | 03:10:15 | 59:27-15 | 1:16:50-5 | 53:58-9 |
| | Hisøy OK | 1561 | 331 | 577 | 653 |
| 9 | Anbjørg Laukli | 01:27:45 | 34:30-5 | | 53:15-7 |
| | Konnerud IL | 1498 | 830 | | 668 |
| 10 | Gerd Jahren | 03:13:40 | 52:07-12 | 1:20:58-6 | 1:00:35-11 |
| | Bærums SK | 1493 | 478 | 494 | 521 |
| 11 | Else Ellingsen | 03:16:06 | 42:31-9 | 1:39:44-13 | 53:51-8 |
| | Fana IL | 1445 | 670 | 119 | 656 |
| 12 | Randi Kjølstad | 03:21:34 | 45:30-11 | 1:31:23-11 | 1:04:41-14 |
| | OL Trollo | 1335 | 610 | 286 | 439 |
| 13 | Gudveig Jørundland | 02:12:50 | | 1:08:59-3 | 1:03:51-12 |
| | OK Sør | 1190 | | 734 | 456 |
| 14 | Sigfrid Dagestad | 02:07:03 | 35:05-6 | 1:31:58-12 | |
| | Vaulen OK | 1093 | 819 | 274 | |
| 15 | Ellen Mathisen | 01:57:02 | 53:02-13 | | 1:04:00-13 |
| | Porsgrunn OL | 913 | 460 | | 453 |
| 16 | Signe Mathisen | 43:52 | 43:52-10 | | |
| | Sandefjord OK | 643 | 643 | | |
| 17 | Ingeborg Veggeland | 01:12:48 | 1:12:48-16 | | |
| | IL Express | 64 | 64 | | |
| 18 | Rannveig Nordhagen | 01:30:49 | | | 1:30:49-15 |
| | Asker SK | 0 | | | 0 |
| 19 | Olga Johannessen | 03:34:05 | 1:32:34-17 | | 2:01:31-17 |
| | Bergens TF | 0 | 0 | | 0 |
| 20 | Larisa Kuzmina | 05:52:43 | 1:36:59-18 | 02:21:21-14 | 1:54:23-16 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|---------------|--|------------------|-----------------|-----------------|-----------------|
| | OK Mysl | 0 | 0 | 0 | 0 |
| H11-12 | | | | | |
| 1 | Erlend Ø. Bjøntegaard Kongsberg OL | 01:01:49 2948 | 13:47-1 1000 | 26:59-4 966 | 21:03-3 982 |
| 2 | Harri Luchsinger Kongsberg OL | 01:04:20 2897 | 16:19-2 949 | 27:22-6 958 | 20:39-2 990 |
| 3 | Gaute H. Steiwer Lillomarka OL | 01:04:40 2891 | 17:16-4 930 | 25:18-1 1000 | 22:06-4 961 |
| 4 | Ivar Lundanes Emblem IL | 01:08:11 2820 | 16:34-3 944 | 27:01-5 965 | 24:36-6 911 |
| 5 | Lasse Solheim Fana IL | 01:08:12 2820 | 17:28-5 926 | 27:23-7 958 | 23:21-5 936 |
| 6 | Tobias Stokke Sandefjord OK | 01:12:27 2736 | 26:13-25 751 | 26:03-3 985 | 20:11-1 1000 |
| 7 | Øyvind Enger Modum OK | 01:19:49 2588 | 24:58-23 776 | 25:42-2 992 | 29:09-10 820 |
| 8 | Anders Opsahl Bredeesen Fossum IF | 01:25:20 2478 | 18:38-8 903 | 34:15-9 821 | 32:27-15 754 |
| 9 | Brynjar L. Bakken Lillehammer OK | 01:27:22 2437 | 20:25-15 867 | 36:10-12 782 | 30:47-11 788 |
| 10 | Finn-Eivind Eskøy Fossum IF | 01:29:29 2394 | 23:36-22 803 | 30:40-8 892 | 35:13-21 699 |
| 11 | Christian Schive OK Moss | 01:31:07 2362 | 17:40-6 922 | 34:21-11 819 | 39:06-24 621 |
| 12 | Espen Roll Karlsen Fana IL | 01:31:19 2358 | 25:25-24 767 | 34:15-9 821 | 31:39-14 770 |
| 13 | Mathias Hintermann OLG Basel | 01:34:40 2291 | 22:28-18 826 | 37:47-14 750 | 34:25-19 715 |
| 14 | Mikkel Gulliksen Sandefjord OK | 01:35:42 2271 | 19:25-10 887 | 49:30-21 516 | 26:47-7 868 |
| 15 | Glenn Adrian Hallberg | 01:35:56 | 19:40-12 | 39:30-16 | 36:46-22 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-----------------------------------|---------------|--------------|--------------|--------------|
| | Sandefjord OK | 2266 | 882 | 716 | 668 |
| 16 | Mathias Benjaminsen | 01:38:00 | 20:59-16 | 42:28-18 | 34:33-20 |
| | Lillomarka OL | 2224 | 856 | 656 | 712 |
| 17 | Magnus Beyer Brattli | 01:41:56 | 18:05-7 | 42:46-19 | 41:05-25 |
| | Mo OK | 2146 | 914 | 650 | 582 |
| 18 | Trygve Grøndahl | 01:46:31 | 20:05-13 | 36:49-13 | 49:37-28 |
| | Lillomarka OL | 2054 | 874 | 769 | 411 |
| 19 | Audun Glemmestad | 01:48:18 | 36:09-28 | 38:13-15 | 33:56-18 |
| | OL Toten-Troll | 2018 | 552 | 741 | 725 |
| 20 | Thor Chr. Coward | 01:49:23 | 19:19-9 | 56:58-25 | 33:06-16 |
| | OK Sør | 1996 | 889 | 366 | 741 |
| 21 | Jørgen Pedersen | 01:52:31 | 34:17-27 | 39:50-17 | 38:24-23 |
| | TIF Viking | 1934 | 590 | 709 | 635 |
| 22 | Yngve Skogstad | 01:55:25 | 22:32-19 | 47:42-20 | 45:11-26 |
| | Mo OK | 1877 | 825 | 552 | 500 |
| 23 | Eirik Heggedal | 48:08 | 19:27-11 | | 28:41-9 |
| | Kongsberg OL | 1716 | 886 | | 830 |
| 24 | Sigbjørn Holte | 02:05:30 | 27:49-26 | 49:46-22 | 47:55-27 |
| | Lillehammer OK | 1674 | 719 | 510 | 445 |
| 25 | Geir Kolås | 53:19 | 21:42-17 | | 31:37-13 |
| | OL Vallset -Stange | 1612 | 841 | | 771 |
| 26 | Sindre W. Nordhagen | 53:25 | 20:07-14 | | 33:18-17 |
| | NLHI - Orientering | 1610 | 873 | | 737 |
| 27 | Gudmund T. Høglund | 02:11:41 | 23:31-21 | 51:48-24 | 56:22-29 |
| | Oppsal IF | 1551 | 805 | 470 | 276 |
| 28 | Magnus Rogne Halland | 01:22:47 | | 51:21-23 | 31:26-12 |
| | Varegg IL | 1254 | | 479 | 775 |
| 29 | Eivind Landmark Tandrevold | 26:47 | | | 26:47-7 |
| | Fossum IF | 868 | | | 868 |
| 30 | Vegard Danielsen | 22:44 | 22:44-20 | | |
| | Oddersjaa SSK | 821 | 821 | | |
| 31 | Kasper P. Valestrand | 01:00:23 | | 1:00:23-26 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|----------------|---------------------------------|----------|----------|----------|----------|
| | Risnes IL | 298 | | 298 | |
| H11-12N | | | | | |
| 1 | Vegard Fredriksen | 47:33 | 12:38-1 | 20:12-10 | 14:43-1 |
| | Nittedal OL | 2131 | 750 | 631 | 750 |
| 2 | Bjørn Lundanes | 49:23 | 14:32-7 | 17:22-2 | 17:29-5 |
| | Emblem IL | 2094 | 712 | 688 | 694 |
| 3 | Håkon Westergård | 50:09 | 14:23-6 | 18:34-5 | 17:12-3 |
| | Varegg IL | 2079 | 715 | 664 | 700 |
| 4 | Sondre Bjerke | 51:18 | 14:33-8 | 20:04-9 | 16:41-2 |
| | Hedrum OL | 2055 | 711 | 634 | 710 |
| 5 | Tord Hanevik | 52:15 | 16:04-17 | 18:44-7 | 17:27-4 |
| | Fana IL | 2037 | 681 | 661 | 695 |
| 6 | Torbjørn Agdestein | 52:23 | 12:40-2 | 17:43-3 | 22:00-19 |
| | Stord IL | 2034 | 749 | 681 | 604 |
| 7 | Halvor Landmark | 53:20 | 15:12-14 | 19:49-8 | 18:19-9 |
| | Fossum IF | 2015 | 698 | 639 | 678 |
| 8 | Halvard Mysen | 53:56 | 14:43-9 | 21:16-14 | 17:57-8 |
| | Indre Østfold OK | 2003 | 708 | 610 | 685 |
| 9 | Anders Dybvik Fosse | 57:41 | 13:13-3 | 26:47-27 | 17:41-7 |
| | IL Solid | 1928 | 738 | 500 | 690 |
| 10 | Jarle Haugerud Birkeland | 58:06 | 16:50-23 | 21:07-13 | 20:09-14 |
| | Årvoll IL | 1920 | 666 | 613 | 641 |
| 11 | Thomas Hess | 58:30 | 13:21-4 | 20:46-12 | 24:23-24 |
| | OLV Hindelbank | 1911 | 735 | 620 | 556 |
| 12 | Christian Brårmo | 01:00:12 | 15:00-11 | 24:54-22 | 20:18-15 |
| | OK Skeidi | 1877 | 702 | 537 | 638 |
| 13 | Steffen Simonsen | 01:01:15 | 15:56-15 | 23:41-18 | 21:38-17 |
| | Øvrebø/Vindbjart Orientering | 1857 | 684 | 562 | 611 |
| 14 | Stian Sandnes Trydal | 01:02:38 | 15:08-12 | 24:18-20 | 23:12-22 |
| | IL Hope | 1829 | 700 | 549 | 580 |
| 15 | Håvard Langan | 01:03:21 | 15:58-16 | 18:37-6 | 28:46-32 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------------|---------------|--------------|--------------|--------------|
| | OK Sør | 1815 | 683 | 663 | 469 |
| 16 | Helge Kopland | 01:03:59 | 16:08-18 | 25:27-23 | 22:24-21 |
| | Modum OK | 1802 | 680 | 526 | 596 |
| 17 | Erlend Røneid | 01:04:33 | 16:23-21 | 22:18-15 | 25:52-27 |
| | Odda OL | 1791 | 675 | 589 | 527 |
| 18 | Henrik Våge | 01:08:34 | 17:45-27 | 24:47-21 | 26:02-28 |
| | Varegg IL | 1710 | 647 | 540 | 523 |
| 19 | Sondre Alvheim | 01:09:45 | 16:34-22 | 33:52-32 | 19:19-12 |
| | IL Strand-Ulv | 1687 | 671 | 358 | 658 |
| 20 | Peter Alvheim | 01:09:51 | 16:19-19 | 34:28-33 | 19:04-11 |
| | IL Strand-Ulv | 1685 | 676 | 346 | 663 |
| 21 | Lasse Kløvstad | 01:10:46 | 16:21-20 | 32:11-31 | 22:14-20 |
| | Sandefjord OK | 1666 | 675 | 392 | 599 |
| 22 | Espen Nilsen | 01:11:23 | 17:54-28 | 25:50-25 | 27:39-30 |
| | IK Grane | 1654 | 644 | 519 | 491 |
| 23 | Rudi B. Olsen | 01:11:43 | 20:19-34 | 25:39-24 | 25:45-26 |
| | Lillomarka OL | 1647 | 596 | 522 | 529 |
| 24 | Sondre Zimmermann Hana | 01:12:51 | 18:57-30 | 28:35-29 | 25:19-25 |
| | OL Trollo | 1625 | 623 | 464 | 538 |
| 25 | Sindre Hesthammar | 01:20:08 | 19:55-33 | 22:49-16 | 37:24-37 |
| | IL Gular | 1479 | 604 | 579 | 296 |
| 26 | Njål Vassenden | 01:20:15 | 21:50-35 | 28:17-28 | 30:08-33 |
| | Halsnøy OL | 1477 | 566 | 470 | 441 |
| 27 | Kris Emil Hadland | 01:20:40 | 24:20-37 | 30:06-30 | 26:14-29 |
| | Egersund OK | 1468 | 516 | 433 | 519 |
| 28 | Joakim Bringedal | 01:21:00 | 17:26-24 | 26:10-26 | 37:24-37 |
| | IL Gular | 1462 | 654 | 512 | 296 |
| 29 | Sindre Rønning Huber | 32:39 | | 14:17-1 | 18:22-10 |
| | Tynset IF | 1427 | | 750 | 677 |
| 30 | Henrik Thoresen | 31:42 | 14:09-5 | | 17:33-6 |
| | Alvdal IL | 1412 | 719 | | 693 |
| 31 | Didrik Dukefoss | 35:07 | 14:50-10 | 20:17-11 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|------------|------------------------------|----------|----------|----------|----------|
| | Lillehammer OK | 1336 | 706 | 630 | |
| 32 | Ånund Lid Byggland | 36:10 | 17:37-26 | 18:33-4 | |
| | Høydalsmo IL | 1314 | 650 | 664 | |
| 33 | Henrik Andersen | 43:12 | | 23:41-18 | 19:31-13 |
| | Odda OL | 1216 | | 562 | 654 |
| 34 | Martin Femsteinevik | 01:33:55 | 17:34-25 | 40:02-35 | 36:19-36 |
| | IL Strand-Ulv | 1204 | 651 | 235 | 318 |
| 35 | Carl Christian Hansen | 01:34:48 | 18:04-29 | 34:58-34 | 41:46-39 |
| | IL Gular | 1186 | 641 | 336 | 209 |
| 36 | Haakon Hildisch | 01:35:28 | 19:38-32 | 47:19-38 | 28:31-31 |
| | Lillomarka OL | 1173 | 610 | 89 | 474 |
| 37 | Sindre Ruud | 01:36:39 | 22:08-36 | 40:18-36 | 34:13-35 |
| | Varegg IL | 1149 | 560 | 229 | 360 |
| 38 | Sverre Kollerud | 46:40 | | 23:17-17 | 23:23-23 |
| | Lillomarka OL | 1146 | | 570 | 576 |
| 39 | Erik Diaz | 01:45:03 | 26:55-39 | 44:23-37 | 33:45-34 |
| | Lillomarka OL | 981 | 464 | 148 | 369 |
| 40 | Erik H. Mathisen | 15:08 | 15:08-12 | | |
| | Skien OK | 700 | 700 | | |
| 41 | Bjørn Kroken | 21:10 | | | 21:10-16 |
| | Vegårshei IL | 621 | | | 621 |
| 42 | Per-Kristian Cappelen | 19:23 | 19:23-31 | | |
| | Hisøy OK | 615 | 615 | | |
| 43 | Dag Lofthus | 21:42 | | | 21:42-18 |
| | Lillehammer OK | 610 | | | 610 |
| 44 | Sindre Holst | 01:13:34 | 24:45-38 | | 48:49-40 |
| | Varegg IL | 575 | 507 | | 68 |
| H13 | | | | | |
| 1 | Søren Bobach | 01:25:10 | 20:17-3 | 31:39-1 | 33:14-3 |
| | Silkeborg OK | 2818 | 953 | 1000 | 865 |
| 2 | Morten Westergård | 01:32:35 | 18:14-2 | 45:45-4 | 28:36-2 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|------------------------------------|---------------|--------------|--------------|--------------|
| | Varegg IL | 2670 | 994 | 718 | 958 |
| 3 | Håkon Heggedal | 01:42:58 | 22:31-5 | 53:56-9 | 26:31-1 |
| | Kongsberg OL | 2462 | 908 | 554 | 1000 |
| 4 | Vegard Ruttenborg | 01:43:09 | 24:02-6 | 43:58-3 | 35:09-5 |
| | OL Toten-Troll | 2458 | 878 | 753 | 827 |
| 5 | Trygve Markset | 01:48:41 | 17:57-1 | 45:57-5 | 44:47-11 |
| | IL Koll | 2348 | 1000 | 714 | 634 |
| 6 | Såmund Botnen | 01:52:31 | 35:00-16 | 40:00-2 | 37:31-6 |
| | Lifjell OL | 2272 | 659 | 833 | 780 |
| 7 | Ole Marius Sandnes | 02:03:19 | 27:13-8 | 56:24-10 | 39:42-7 |
| | IL Hope | 2055 | 814 | 505 | 736 |
| 8 | Eirik Bjørkevoll | 02:07:29 | 38:18-18 | 48:03-8 | 41:08-8 |
| | Odda OL | 1972 | 593 | 672 | 707 |
| 9 | Stian Tokheim | 02:15:18 | 30:38-13 | 1:01:21-14 | 43:19-9 |
| | Odda OL | 1816 | 746 | 406 | 664 |
| 10 | Snorre Sebastian Slettemark | 02:17:04 | 21:35-4 | 1:06:01-18 | 49:28-12 |
| | Varegg IL | 1780 | 927 | 312 | 541 |
| 11 | Kristian Bjerke | 02:18:23 | 29:09-11 | 1:14:43-19 | 34:31-4 |
| | Hedrum OL | 1754 | 776 | 138 | 840 |
| 12 | Håvar Stormoen | 01:13:46 | 26:17-7 | 47:29-7 | |
| | Birkenes IL | 1516 | 833 | 683 | |
| 13 | Bård Kolås | 02:34:30 | 36:46-17 | 1:02:13-15 | 55:31-14 |
| | OL Vallset -Stange | 1431 | 623 | 388 | 420 |
| 14 | Mikal Brastad Larsen | 01:18:11 | 31:15-14 | 46:56-6 | |
| | OK Sør | 1428 | 734 | 694 | |
| 15 | Ståle Gjelsten | 02:39:27 | 30:15-12 | 1:00:43-13 | 1:08:29-17 |
| | IL Høvdingen | 1332 | 754 | 418 | 160 |
| 16 | Christian Gedde- Dahl | 01:24:32 | 28:08-9 | 56:24-10 | |
| | Eiker OL | 1301 | 796 | 505 | |
| 17 | Håvard Ydse | 01:26:52 | 28:18-10 | 58:34-12 | |
| | OK Sør | 1254 | 793 | 461 | |
| 18 | Espen Bjørkevoll | 02:50:40 | 44:16-22 | 1:22:12-20 | 44:12-10 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|--------------------------|----------|----------|------------|------------|
| | Odda OL | 1119 | 473 | 0 | 646 |
| 19 | Sondre Holvik | 02:53:00 | 40:56-20 | 1:04:44-17 | 1:07:20-16 |
| | Fossum IF | 1061 | 540 | 338 | 183 |
| 20 | Lars Erik Bakke | 03:24:12 | 34:52-15 | 1:45:24-22 | 1:03:56-15 |
| | Løten OL | 912 | 661 | 0 | 251 |
| 21 | Vegard Paulsen | 03:04:39 | 42:20-21 | 1:03:06-16 | 1:19:13-18 |
| | Odda OL | 883 | 512 | 371 | 0 |
| 22 | Eivind Valestrand | 38:29 | 38:29-19 | | |
| | Bergens TF | 589 | 589 | | |
| 23 | Vegard Skogstad | 02:18:59 | | 1:25:04-21 | 53:55-13 |
| | Mo OK | 452 | | 0 | 452 |

H13-16C

| | | | | | |
|----|------------------------------|----------|----------|----------|----------|
| 1 | Vegard Brun Saga | 01:22:48 | 15:26-1 | 35:40-2 | 31:42-2 |
| | Skien OK | 2179 | 750 | 693 | 736 |
| 2 | Rune Liberg Sannes | 01:33:13 | 20:02-2 | 40:07-6 | 33:04-3 |
| | Lillomarka OL | 1971 | 658 | 604 | 709 |
| 3 | Glenn Jørgensen | 01:37:59 | 23:39-6 | 32:51-1 | 41:29-10 |
| | Skien OK | 1875 | 585 | 750 | 540 |
| 4 | Sigbjørn Lindgren | 01:40:38 | 20:43-3 | 43:19-9 | 36:36-6 |
| | Melum IL | 1822 | 644 | 540 | 638 |
| 5 | Andreas Gavle | 01:42:45 | 27:56-13 | 40:56-7 | 33:53-4 |
| | Odda OL | 1780 | 500 | 588 | 692 |
| 6 | Vegard Fossestøl | 01:44:04 | 23:07-5 | 41:15-8 | 39:42-9 |
| | Nittedal OL | 1754 | 596 | 582 | 576 |
| 7 | Rune Sagvolden | 01:46:59 | 25:06-9 | 39:38-5 | 42:15-13 |
| | Østmarka OK | 1695 | 556 | 614 | 525 |
| 8 | Håkon B. Tangen | 01:50:16 | 25:30-10 | 47:20-11 | 37:26-7 |
| | Kjose IL | 1629 | 548 | 460 | 621 |
| 9 | Martin Børvik | 01:50:48 | 26:23-11 | 53:24-15 | 31:01-1 |
| | Birkenes IL | 1620 | 531 | 339 | 750 |
| 10 | Hans Christian Bakken | 01:57:12 | 28:20-16 | 45:38-10 | 43:14-15 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-----------------------------------|---------------|--------------|--------------|--------------|
| | Eiker OL | 1491 | 492 | 494 | 505 |
| 11 | Espen Holte | 02:06:13 | 24:08-7 | 56:20-16 | 45:45-16 |
| | Lillehammer OK | 1311 | 576 | 280 | 455 |
| 12 | Glenn Remi Hadland | 02:08:43 | 28:05-14 | 58:24-18 | 42:14-12 |
| | Egersund OK | 1261 | 497 | 239 | 525 |
| 13 | Jostein Rekdal Christensen | 01:05:31 | 27:01-12 | 38:30-4 | |
| | Notodden OL | 1155 | 518 | 637 | |
| 14 | Knut Sveinung Rekaa | 01:21:14 | | 38:09-3 | 43:05-14 |
| | Notodden OL | 1152 | | 644 | 508 |
| 15 | Håvard Dahl Våge | 02:14:31 | 28:14-15 | 1:08:15-21 | 38:02-8 |
| | Varegg IL | 1145 | 494 | 42 | 609 |
| 16 | Kristoffer Nerhus | 02:14:30 | 32:55-19 | 59:39-19 | 41:56-11 |
| | IL Strand-Ulv | 1145 | 400 | 214 | 531 |
| 17 | Henning Sommerfelt | 02:16:06 | 29:45-17 | 52:34-14 | 53:47-19 |
| | Laget IL | 1112 | 463 | 355 | 294 |
| 18 | Øystein Nipen Egeland | 01:09:48 | 21:40-4 | 48:08-12 | |
| | IL Gneist | 1069 | 625 | 444 | |
| 19 | Per Anders Bakkehaug | 01:28:34 | | 51:59-13 | 36:35-5 |
| | Sandefjord OK | 1005 | | 367 | 638 |
| 20 | Øystein Freim | 01:18:17 | 30:31-18 | | 47:46-18 |
| | Odda OL | 863 | 448 | | 415 |
| 21 | Andreas Sommerfelt | 02:35:20 | 35:07-20 | 56:57-17 | 1:03:16-21 |
| | Laget IL | 729 | 356 | 268 | 105 |
| 22 | Kristian Sandvik Førde | 02:49:17 | 24:31-8 | 1:22:09-22 | 1:02:37-20 |
| | Sveio OL | 686 | 568 | 0 | 118 |
| 23 | Kjetil Sollie Lund | 01:54:17 | | 1:07:07-20 | 47:10-17 |
| | OL Trollo | 491 | | 64 | 427 |
| 24 | Christian H. Mathisen | 39:53 | 39:53-21 | | |
| | Skien OK | 261 | 261 | | |
| 25 | Ole-Thomas Cappelen | 53:35 | 53:35-22 | | |
| | Hisøy OK | 0 | 0 | | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|----------------|-----------------------------|----------|---------|-----------|---------|
| H13-16N | | | | | |
| 1 | Sondre Jørgensen | 01:25:06 | 18:10-2 | 37:19-3 | 29:37-3 |
| | Østmarka OK | 1981 | 704 | 589 | 688 |
| 2 | Erik Natås | 01:25:17 | 21:18-4 | 29:17-1 | 34:42-5 |
| | Bergens TF | 1977 | 641 | 750 | 586 |
| 3 | Torstein Røed | 01:39:38 | 20:10-3 | 46:28-5 | 33:00-4 |
| | OL Vallset -Stange | 1690 | 664 | 406 | 620 |
| 4 | Sondre Jørgensen | 42:24 | 15:53-1 | | 26:31-1 |
| | Skien OK | 1500 | 750 | | 750 |
| 5 | Morten Dybo Kjølstad | 01:32:48 | | 1:03:41-6 | 29:07-2 |
| | OL Trollo | 760 | | 62 | 698 |
| 6 | Espen Coward | 29:33 | | 29:33-2 | |
| | OK Sør | 744 | | 744 | |
| 7 | Mathias O. Hauge | 40:21 | | 40:21-4 | |
| | NOTEAM | 528 | | 528 | |

| | | | | | |
|------------|---------------------------------|----------|----------|----------|---------|
| H14 | | | | | |
| 1 | Erik Sagvolden | 01:20:55 | 16:44-2 | 31:15-1 | 32:56-1 |
| | Østmarka OK | 2986 | 986 | 1000 | 1000 |
| 2 | Harald Berge | 01:28:14 | 16:03-1 | 31:45-2 | 40:26-5 |
| | IL Tyrving | 2840 | 1000 | 990 | 850 |
| 3 | Karsten Koplund | 01:40:03 | 17:58-3 | 46:23-5 | 35:42-3 |
| | Modum OK | 2602 | 961 | 697 | 944 |
| 4 | Bjørn Ekeberg | 01:40:50 | 19:51-4 | 39:31-3 | 41:28-7 |
| | IL Tyrving | 2587 | 924 | 834 | 829 |
| 5 | Serguei Chorokhov | 01:45:44 | 26:59-18 | 44:12-4 | 34:33-2 |
| | OK Mysl | 2489 | 781 | 741 | 967 |
| 6 | Erling Grammeltvedt | 01:48:54 | 23:01-7 | 49:26-6 | 36:27-4 |
| | Porsgrunn OL | 2425 | 860 | 636 | 929 |
| 7 | Kristian Opsahl Bredesen | 01:55:55 | 22:58-6 | 49:57-8 | 43:00-8 |
| | Fossum IF | 2285 | 861 | 626 | 798 |
| 8 | Vegard Omdal | 01:58:33 | 20:04-5 | 57:25-12 | 41:04-6 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-----------------------------------|---------------|--------------|--------------|--------------|
| | Øvrebø/Vindbjart Orientering | 2232 | 919 | 476 | 837 |
| 9 | Andreas Hem | 02:05:49 | 23:43-10 | 54:18-10 | 47:48-9 |
| | Sandefjord OK | 2087 | 846 | 539 | 702 |
| 10 | Steinar Fredriksen | 02:09:42 | 24:12-11 | 49:49-7 | 55:41-15 |
| | Nittedal OL | 2010 | 837 | 628 | 545 |
| 11 | Sverre Rasmussen Grevskott | 02:13:45 | 24:28-14 | 56:12-11 | 53:05-13 |
| | Varegg IL | 1929 | 831 | 501 | 597 |
| 12 | Truls Bech Jensen | 02:17:58 | 24:24-12 | 53:25-9 | 1:00:09-19 |
| | IL Tyrving | 1844 | 833 | 556 | 455 |
| 13 | Fredrik Rønningen | 02:18:47 | 23:19-8 | 58:54-13 | 56:34-16 |
| | Sandefjord OK | 1828 | 854 | 447 | 527 |
| 14 | Erlend Gjestemoen | 02:26:04 | 24:50-15 | 1:03:17-16 | 57:57-17 |
| | Bergens TF | 1682 | 824 | 359 | 499 |
| 15 | Lars Jørgensen Tveito | 02:27:02 | 26:43-16 | 1:06:08-18 | 54:11-14 |
| | Varegg IL | 1663 | 786 | 302 | 575 |
| 16 | Jostein Utstumo | 02:34:03 | 24:27-13 | 1:17:55-21 | 51:41-12 |
| | IK Grane | 1523 | 832 | 66 | 625 |
| 17 | Ådne Mong | 02:34:11 | 27:47-19 | 1:05:27-17 | 1:00:57-20 |
| | Egersund OK | 1520 | 765 | 316 | 439 |
| 18 | Stian Solheim | 02:40:53 | 34:56-22 | 1:06:08-18 | 59:49-18 |
| | Fana IL | 1386 | 622 | 302 | 462 |
| 19 | Anders Heivoll | 01:49:37 | | 1:00:06-15 | 49:31-11 |
| | Søgne & Songdalen OK | 1091 | | 423 | 668 |
| 20 | Nikita Oskine | 01:59:59 | | 1:10:57-20 | 49:02-10 |
| | OK Mysl | 884 | | 206 | 678 |
| 21 | Øystein L. Bakken | 23:33 | 23:33-9 | | |
| | Lillehammer OK | 850 | 850 | | |
| 22 | Kjetil Øygard | 03:33:04 | 26:46-17 | 1:38:12-23 | 1:28:06-23 |
| | Løten OL | 785 | 785 | 0 | 0 |
| 23 | Andrei Beliaev | 02:06:32 | | 1:00:01-14 | 1:06:31-21 |
| | OK Mysl | 752 | | 424 | 328 |
| 24 | Bengt Vestvik | 01:54:37 | 34:23-21 | | 1:20:14-22 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|----------------------------|----------|----------|------------|------------|
| | Haugesund IL | 687 | 633 | | 54 |
| 25 | Endre Oppen | 01:59:44 | 33:49-20 | 1:25:55-22 | |
| | IF Sturla | 644 | 644 | 0 | |
| 26 | Kristoffer Rundhaug | 03:43:39 | | 1:59:04-24 | 1:44:35-24 |
| | Mo OK | 0 | | 0 | 0 |

H15

| | | | | | |
|----|----------------------------------|----------|----------|------------|------------|
| 1 | Olav Lundanes | 01:24:39 | 20:56-1 | 32:26-1 | 31:17-1 |
| | Emblem IL | 3000 | 1000 | 1000 | 1000 |
| 2 | Kristian Wollen Steen | 01:50:57 | 28:26-5 | 46:46-3 | 35:45-2 |
| | Fana IL | 2473 | 850 | 713 | 910 |
| 3 | Martin Sørensen | 01:54:46 | 26:19-3 | 45:25-2 | 43:02-3 |
| | Eiker OL | 2397 | 892 | 740 | 765 |
| 4 | Christian Bobach | 01:56:34 | 24:40-2 | 46:52-4 | 45:02-6 |
| | Silkeborg OK | 2361 | 925 | 711 | 725 |
| 5 | Martin Hess | 02:07:29 | 29:50-6 | 51:25-7 | 46:14-7 |
| | OLV Hindelbank | 2143 | 822 | 620 | 701 |
| 6 | Leif Inge Kjemperud | 02:07:32 | 26:59-4 | 48:25-5 | 52:08-8 |
| | LF-Hønefoss Orientering | 2142 | 879 | 680 | 583 |
| 7 | Håkon Smedberg | 02:25:46 | 32:23-9 | 54:36-8 | 58:47-10 |
| | Eiker OL | 1777 | 771 | 556 | 450 |
| 8 | Niklas Grønhovd | 02:32:20 | 38:45-14 | 50:38-6 | 1:02:57-11 |
| | Modum OK | 1645 | 643 | 636 | 366 |
| 9 | John Anders Bakke | 01:16:49 | 32:41-10 | | 44:08-4 |
| | Løten OL | 1508 | 765 | | 743 |
| 10 | Eirik B. Bjerknæs | 02:39:14 | 31:16-7 | 1:04:43-9 | 1:03:15-12 |
| | Kjose IL | 1507 | 793 | 354 | 360 |
| 11 | Arne Suleng | 01:24:23 | 40:03-15 | | 44:20-5 |
| | OK Moss | 1356 | 617 | | 739 |
| 12 | Håvard Bauge | 02:57:43 | 32:42-11 | 1:32:05-12 | 52:56-9 |
| | Haugesund IL | 1331 | 764 | 0 | 567 |
| 13 | Bjarne Skretting Aurebekk | 03:05:41 | 36:40-13 | 1:22:07-10 | 1:06:54-13 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|----------------------------|----------|----------|------------|------------|
| | Torridal IL | 978 | 685 | 6 | 287 |
| 14 | Kristoffer Stenstad | 31:55 | 31:55-8 | | |
| | Oppsal IF | 780 | 780 | | |
| 15 | Gian-Luca Poltéra | 02:10:03 | 35:07-12 | 1:34:56-13 | |
| | Quack OK | 716 | 716 | 0 | |
| 16 | Jon Morten Mosand | 03:26:39 | 50:18-17 | 1:25:45-11 | 1:10:36-14 |
| | Oppsal IF | 625 | 412 | 0 | 213 |
| 17 | Trond Suleng | 49:30 | 49:30-16 | | |
| | OK Moss | 428 | 428 | | |

H16

| | | | | | |
|----|----------------------------------|----------|----------|------------|------------|
| 1 | Kristoffer Fiane Pedersen | 01:57:41 | 24:04-1 | 49:36-1 | 44:01-1 |
| | IK Grane | 3000 | 1000 | 1000 | 1000 |
| 2 | Tore Dyrhaug Mo | 02:04:40 | 25:14-2 | 54:35-4 | 44:51-2 |
| | Østmarka OK | 2859 | 976 | 900 | 983 |
| 3 | Ola Marius Pedersen | 02:07:25 | 26:59-4 | 54:47-5 | 45:39-3 |
| | OK Skeidi | 2804 | 941 | 896 | 967 |
| 4 | Eiminas Vovris | 02:09:15 | 26:50-3 | 52:11-2 | 50:14-7 |
| | Drangedal OL | 2767 | 944 | 948 | 875 |
| 5 | Yngve Volden | 02:11:05 | 28:01-5 | 53:45-3 | 49:19-5 |
| | Løten OL | 2732 | 921 | 917 | 894 |
| 6 | Ole R. Jørgensen | 02:19:56 | 29:31-7 | 1:01:04-8 | 49:21-6 |
| | Østmarka OK | 2554 | 891 | 770 | 893 |
| 7 | Sigmund Størset | 02:25:55 | 36:36-15 | 55:57-6 | 53:22-8 |
| | Molde & Omegn IF | 2435 | 749 | 873 | 813 |
| 8 | Eivind Aardal | 02:26:13 | 28:48-6 | 1:08:21-12 | 49:04-4 |
| | Raumar OL | 2429 | 905 | 625 | 899 |
| 9 | Alf Johan Lima | 02:34:50 | 32:50-11 | 1:07:07-10 | 54:53-9 |
| | Gjesdal IL | 2255 | 824 | 649 | 782 |
| 10 | Sveinung W. Syversen | 02:36:28 | 33:50-12 | 1:04:17-9 | 58:21-13 |
| | Halden SK | 2223 | 804 | 706 | 713 |
| 11 | Espen Rognsvåg | 02:37:55 | 37:25-17 | 56:40-7 | 1:03:50-15 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-----------------|-------------------------------|---------------|--------------|--------------|--------------|
| | Fana IL | 2194 | 733 | 858 | 603 |
| 12 | Dag Freddy Røed | 02:42:04 | 38:37-19 | 1:07:18-11 | 56:09-11 |
| | OL Vallset -Stange | 2112 | 709 | 646 | 757 |
| 13 | Johannes Sandvik Førde | 02:45:42 | 31:58-10 | 1:18:21-16 | 55:23-10 |
| | Sveio OL | 2039 | 842 | 425 | 772 |
| 14 | Arthur Andreassen | 02:54:21 | 35:00-14 | 1:21:40-18 | 57:41-12 |
| | Sandefjord OK | 1865 | 781 | 358 | 726 |
| 15 | Øystein Grøndahl | 02:56:03 | 37:24-16 | 1:14:27-15 | 1:04:12-16 |
| | Lillomarka OL | 1832 | 733 | 503 | 596 |
| 16 | Vidar Fauske | 03:05:04 | 38:10-18 | 1:21:47-19 | 1:05:07-18 |
| | Bergens TF | 1652 | 718 | 356 | 578 |
| 17 | Sven Hatteland | 03:06:42 | 31:10-8 | 1:12:43-14 | 1:22:49-20 |
| | Klepp IL | 1619 | 858 | 537 | 224 |
| 18 | Åsmund Hasaas | 01:30:32 | 31:51-9 | | 58:41-14 |
| | OK Skeidi | 1550 | 844 | | 706 |
| 19 | Ole Andre Skage | 01:45:05 | 40:20-20 | | 1:04:45-17 |
| | IL Gneist | 1259 | 674 | | 585 |
| 20 | Marius Uv Nagell | 03:44:37 | 1:07:50-23 | 1:12:30-13 | 1:24:17-21 |
| | IF Sturla | 860 | 124 | 542 | 194 |
| 21 | Atle Fossestøl | 34:20 | 34:20-13 | | |
| | Nittedal OL | 794 | 794 | | |
| 22 | Andrei Loukine | 03:58:08 | 1:02:57-22 | 1:49:34-20 | 1:05:37-19 |
| | OK Mysl | 790 | 222 | 0 | 568 |
| 23 | Knut Inge Engelbreth | 02:19:36 | 58:32-21 | 1:21:04-17 | |
| | Varegg IL | 680 | 310 | 370 | |
| H17-20AL | | | | | |
| 1 | Kristian Ruud | 02:03:51 | 28:00-1 | 46:35-1 | 49:16-3 |
| | Østmarka OK | 2935 | 1000 | 1000 | 935 |
| 2 | Murray Strain | 02:12:55 | 31:43-5 | 52:47-4 | 48:25-2 |
| | Østmarka OK | 2753 | 925 | 876 | 952 |
| 3 | Tor Øyvind Omdal | 02:15:33 | 30:06-2 | 54:24-7 | 51:03-6 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|------------------------------|---------------|--------------|--------------|--------------|
| | Øvrebø/Vindbjart Orientering | 2701 | 958 | 843 | 900 |
| 4 | Arno Grønhovd | 02:18:58 | 34:36-12 | 50:56-3 | 53:26-9 |
| | Modum OK | 2633 | 868 | 913 | 852 |
| 5 | Aleksander Østhagen | 02:20:11 | 32:19-6 | 53:57-6 | 53:55-11 |
| | OL Vallset -Stange | 2607 | 913 | 852 | 842 |
| 6 | Knut Petter Åstebøl | 02:24:16 | 34:03-9 | 1:00:15-17 | 49:58-4 |
| | Oppsal IF | 2526 | 879 | 726 | 921 |
| 7 | Pauli Nieminen | 02:27:01 | 30:24-3 | 56:03-8 | 1:00:34-23 |
| | Keravan Urheilijat | 2471 | 952 | 810 | 709 |
| 8 | Håkon Teigen Røed | 02:27:04 | 34:16-10 | 58:32-12 | 54:16-13 |
| | Kongsberg OL | 2470 | 874 | 761 | 835 |
| 9 | Kjetil Smedberg | 02:28:29 | 35:00-13 | 59:27-15 | 54:02-12 |
| | Eiker OL | 2442 | 860 | 742 | 840 |
| 10 | Lars Christian Unger | 02:29:19 | 33:02-7 | 1:05:16-29 | 51:01-5 |
| | Østmarka OK | 2425 | 899 | 626 | 900 |
| 11 | Sigve Botnen | 02:30:21 | 35:45-16 | 1:02:57-25 | 51:39-7 |
| | Lifjell OL | 2405 | 845 | 672 | 888 |
| 12 | Torgeir Wiik | 02:31:08 | 37:56-22 | 59:38-16 | 53:34-10 |
| | OK Moss | 2389 | 801 | 739 | 849 |
| 13 | Åsulv Stormoen | 02:31:25 | 36:09-18 | 1:01:54-23 | 53:22-8 |
| | Ås-NLH Orientering | 2383 | 837 | 693 | 853 |
| 14 | Kim Andre R. Sveen | 02:32:28 | 35:39-15 | 1:00:47-18 | 56:02-17 |
| | Hadeland OL | 2363 | 847 | 716 | 800 |
| 15 | Joakim Aardal | 02:34:38 | 41:00-28 | 57:15-9 | 56:23-18 |
| | Raumar OL | 2319 | 740 | 786 | 793 |
| 16 | Anders Beyer Brattli | 02:35:25 | 34:32-11 | 1:06:03-30 | 54:50-16 |
| | Mo OK | 2303 | 869 | 610 | 824 |
| 17 | Lars Grønhovd | 02:37:17 | 36:20-19 | 59:21-14 | 1:01:36-28 |
| | Modum OK | 2266 | 833 | 744 | 689 |
| 18 | Erik Lima | 02:39:14 | 42:57-32 | 1:01:42-21 | 54:35-15 |
| | Gjesdal IL | 2227 | 701 | 697 | 829 |
| 19 | Tarald Langan | 02:41:26 | 36:31-20 | 1:04:00-27 | 1:00:55-25 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------|---------------|--------------|--------------|--------------|
| | OK Sør | 2182 | 829 | 651 | 702 |
| 20 | Kenneth Sandvold | 02:43:00 | 42:32-29 | 1:03:56-26 | 56:32-19 |
| | Eiker OL | 2152 | 709 | 653 | 790 |
| 21 | Sigbjørn Ytrehus | 02:43:01 | 42:46-31 | 1:02:22-24 | 57:53-21 |
| | Ringerike OL | 2151 | 704 | 684 | 763 |
| 22 | Erik Mygind | 02:47:49 | 45:01-35 | 1:01:35-20 | 1:01:13-26 |
| | OK Pan | 2055 | 659 | 700 | 696 |
| 23 | Kristoffer Ødgaard | 02:48:03 | 40:34-27 | 1:01:21-19 | 1:06:08-30 |
| | OK Moss | 2050 | 748 | 704 | 598 |
| 24 | Øystein Botnen | 02:49:40 | 49:35-42 | 57:43-10 | 1:02:22-29 |
| | Lifjell OL | 2018 | 568 | 777 | 673 |
| 25 | Rune Jensen | 02:49:51 | 39:13-25 | 58:32-12 | 1:12:06-33 |
| | OK Pan | 2015 | 775 | 761 | 479 |
| 26 | Kristian Kullerud | 01:35:22 | | 49:19-2 | 46:03-1 |
| | Sarpsborg OL | 1945 | | 945 | 1000 |
| 27 | Per Ivar Vaaje | 02:58:16 | 47:25-39 | 1:09:27-36 | 1:01:24-27 |
| | Marnardal IL | 1846 | 611 | 542 | 693 |
| 28 | Jostein Bø Fløystad | 03:02:45 | 39:35-26 | 1:13:14-40 | 1:09:56-31 |
| | Gjø-Vard OL | 1757 | 768 | 467 | 522 |
| 29 | Tim Christoffersen | 01:27:41 | 33:47-8 | 53:54-5 | |
| | OK Pan | 1737 | 884 | 853 | |
| 30 | Anders Eidstuen | 03:05:51 | 45:08-36 | 1:06:42-31 | 1:14:01-35 |
| | Lillomarka OL | 1694 | 657 | 597 | 440 |
| 31 | Fredrik Sandal | 03:09:19 | 52:48-44 | 1:04:19-28 | 1:12:12-34 |
| | Ganddal IL | 1626 | 504 | 645 | 477 |
| 32 | Magne Knudsen Jr. | 01:54:42 | | 57:57-11 | 56:45-20 |
| | Østmarka OK | 1558 | | 772 | 786 |
| 33 | Thomas Furuheim | 01:37:17 | 36:33-21 | | 1:00:44-24 |
| | Porsgrunn OL | 1535 | 829 | | 706 |
| 34 | Bård Simonsen | 03:15:22 | 48:40-40 | 1:11:14-38 | 1:15:28-36 |
| | Varegg IL | 1504 | 586 | 507 | 411 |
| 35 | Sindre Lea Olsen | 01:40:29 | 38:45-24 | 1:01:44-22 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--------------------------------|---------------|--------------|--------------|--------------|
| | Ganddal IL | 1482 | 785 | 697 | |
| 36 | Nils Hesthag | 03:16:29 | 44:13-34 | 1:21:25-41 | 1:10:51-32 |
| | Austre Moland IL | 1482 | 675 | 303 | 504 |
| 37 | Andrew Brown | 03:17:58 | 49:38-43 | 1:10:32-37 | 1:17:48-40 |
| | Østmarka OK | 1453 | 567 | 521 | 365 |
| 38 | Nicholas Almeland | 02:03:32 | | 1:09:02-35 | 54:30-14 |
| | Fana IL | 1382 | | 551 | 831 |
| 39 | Håvard Suleng | 01:46:20 | 38:07-23 | 1:08:13-34 | |
| | OK Moss | 1364 | 797 | 567 | |
| 40 | Sveinung Tveito | 03:24:19 | 45:10-37 | 1:11:42-39 | 1:27:27-41 |
| | Varegg IL | 1325 | 656 | 497 | 172 |
| 41 | Kjell-Christian Markset | 02:07:03 | | 1:06:48-32 | 1:00:15-22 |
| | IL Koll | 1311 | | 595 | 716 |
| 42 | Espen Karlsen | 03:31:23 | 49:03-41 | 1:26:00-42 | 1:16:20-39 |
| | Stavanger OK | 1184 | 579 | 211 | 394 |
| 43 | Oscar Andersen | 30:24 | 30:24-3 | | |
| | Porsgrunn OL | 952 | 952 | | |
| 44 | Hans Christian Hasaas | 35:22 | 35:22-14 | | |
| | Porsgrunn OL | 852 | 852 | | |
| 45 | Bjørnar Storsveen | 35:47 | 35:47-17 | | |
| | Nydalens SK | 844 | 844 | | |
| 46 | Dag Aalvik | 42:40 | 42:40-30 | | |
| | Austre Moland IL | 706 | 706 | | |
| 47 | Thomas Rønningen | 43:03 | 43:03-33 | | |
| | Porsgrunn OL | 699 | 699 | | |
| 48 | Aslak Stokkeland | 02:24:10 | 46:11-38 | 1:37:59-44 | |
| | Ganddal IL | 636 | 636 | 0 | |
| 49 | Dani Voreland | 01:07:10 | | 1:07:10-33 | |
| | IL Imås | 588 | | 588 | |
| 50 | Nils Petter Rundhaug | 02:49:24 | | 1:33:18-43 | 1:16:06-37 |
| | Mo OK | 464 | | 65 | 399 |
| 51 | Jonas E Lunde | 04:36:29 | 1:17:40-45 | 2:02:31-46 | 1:16:18-38 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------------|----------|----------|------------|----------|
| | Austre Moland IL | 401 | 6 | 0 | 395 |
| 52 | Hallstein Ulvshus | 01:54:02 | | 1:54:02-45 | |
| | IL Imås | 0 | | 0 | |
| H17AK | | | | | |
| 1 | Uille Halonen | 01:40:01 | 22:58-1 | 43:10-2 | 33:53-2 |
| | Finn Karelia Team | 2198 | 750 | 700 | 748 |
| 2 | Sveinung Rykkje | 01:47:35 | 25:30-4 | 43:26-3 | 38:39-5 |
| | Fana IL | 2047 | 699 | 695 | 653 |
| 3 | Trond Døskeland | 01:49:45 | 27:39-9 | 46:01-7 | 36:05-4 |
| | Fana IL | 2003 | 656 | 643 | 704 |
| 4 | Heikki Jokinen | 01:51:45 | 26:11-5 | 44:50-6 | 40:44-9 |
| | Finn Karelia Team | 1963 | 685 | 667 | 611 |
| 5 | Stig Bjørnløw Dalsøren | 01:55:47 | 28:41-13 | 46:38-8 | 40:28-7 |
| | Oslo Studentenes IK | 1883 | 635 | 631 | 617 |
| 6 | Vegard Triseth | 01:55:55 | 24:53-3 | 49:22-12 | 41:40-10 |
| | NTNUI | 1880 | 711 | 576 | 593 |
| 7 | Endre Nygaard | 01:58:35 | 27:05-7 | 51:02-14 | 40:28-7 |
| | Vaulen OK | 1827 | 667 | 543 | 617 |
| 8 | Geir Holm Gundersen | 02:00:23 | 27:19-8 | 47:37-9 | 45:27-16 |
| | IF Sturla | 1791 | 663 | 611 | 517 |
| 9 | Steinar Låg | 02:00:27 | 28:15-12 | 48:27-10 | 43:45-12 |
| | Østmarka OK | 1789 | 644 | 594 | 551 |
| 10 | Trond Jacob Bøe | 02:08:23 | 32:09-22 | 52:21-15 | 43:53-13 |
| | Suldal OL | 1630 | 566 | 516 | 548 |
| 11 | Kristian Løvås | 02:13:26 | 30:24-18 | 56:10-17 | 46:52-20 |
| | Varegg IL | 1530 | 601 | 440 | 489 |
| 12 | Geir Ottar Kvernstuen | 01:14:30 | | 40:41-1 | 33:49-1 |
| | NTNUI | 1500 | | 750 | 750 |
| 13 | Torstein Hole | 02:15:01 | 28:10-11 | 55:12-16 | 51:39-31 |
| | Nydalens SK | 1498 | 646 | 459 | 393 |
| 14 | Steinar Høgseth | 02:15:35 | 30:46-19 | 1:02:59-31 | 41:50-11 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-------------------------------|----------|----------|------------|----------|
| | Lillomarka OL | 1487 | 594 | 304 | 589 |
| 15 | Henning K. Pedersen | 02:15:57 | 28:54-16 | 56:20-18 | 50:43-28 |
| | IL Tyrving | 1480 | 631 | 437 | 412 |
| 16 | Mattis Myhre | 01:18:55 | | 44:20-5 | 34:35-3 |
| | NTNUI | 1411 | | 677 | 734 |
| 17 | Gisle Nysæter | 01:08:18 | 24:01-2 | 44:17-4 | |
| | IL Tyrving | 1407 | 729 | 678 | |
| 18 | Erlend Rosseland | 02:23:58 | 34:11-29 | 1:01:43-27 | 48:04-23 |
| | Odda OL | 1319 | 525 | 329 | 465 |
| 19 | Torstein Fjermestad | 02:24:19 | 32:22-23 | 1:02:09-29 | 49:48-27 |
| | NTNUI | 1312 | 562 | 320 | 430 |
| 20 | Lars Benestad | 02:26:56 | 35:43-32 | 56:20-18 | 54:53-35 |
| | IK Grane | 1260 | 495 | 437 | 328 |
| 21 | John Åsmund Westberg | 02:30:48 | 33:44-26 | 1:05:50-33 | 51:14-30 |
| | Lillomarka OL | 1182 | 534 | 247 | 401 |
| 22 | Erik Skantze | 02:31:35 | 31:19-20 | 1:06:39-35 | 53:37-34 |
| | IL Tyrving | 1167 | 583 | 230 | 354 |
| 23 | Harald Torbjørnsen | 01:14:47 | 28:41-13 | | 46:06-18 |
| | Stor-Elvdal SK | 1139 | 635 | | 504 |
| 24 | Stian Valestrand | 02:34:49 | 41:38-44 | 59:39-26 | 53:32-33 |
| | Bergens TF | 1101 | 376 | 370 | 355 |
| 25 | Anders Mjaaland | 01:18:22 | 32:28-24 | | 45:54-17 |
| | Oddersjaa SSK | 1068 | 560 | | 508 |
| 26 | Vemund Hansen | 02:37:53 | 36:28-33 | 1:01:59-28 | 59:26-39 |
| | TIF Viking | 1041 | 480 | 324 | 237 |
| 27 | Vidar Mong | 01:38:14 | | 50:11-13 | 48:03-22 |
| | Egersund OK | 1025 | | 560 | 465 |
| 28 | Christian Pedersen | 01:27:20 | 29:29-17 | 57:51-21 | |
| | TIF Viking | 1025 | 619 | 406 | |
| 29 | Øystein Røysland Sørli | 02:38:49 | 34:00-28 | 1:13:49-44 | 51:00-29 |
| | Notodden OL | 1022 | 529 | 87 | 406 |
| 30 | Jørn Sønsterudbråten | 01:42:26 | | 58:32-22 | 43:54-14 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-----------------------------|----------|----------|------------|------------|
| | Lillomarka OL | 941 | | 393 | 548 |
| 31 | Jon Øyvind Pedersen | 02:44:07 | 33:13-25 | 1:13:05-43 | 57:49-36 |
| | OK Skeidi | 917 | 545 | 102 | 270 |
| 32 | Marko Määttä | 01:34:12 | 34:51-31 | 59:21-25 | |
| | Kaustisen Pohjan-Veikot | 888 | 512 | 376 | |
| 33 | Rune Vassenden | 02:46:19 | 37:28-34 | 1:08:02-36 | 1:00:49-41 |
| | Halsnøy OL | 873 | 460 | 203 | 210 |
| 34 | Are Biseth | 01:46:07 | | 59:03-24 | 47:04-21 |
| | Kongsberg OL | 867 | | 382 | 485 |
| 35 | Lars Erik Halvorsen | 02:47:29 | 38:46-38 | 1:10:23-39 | 58:20-37 |
| | Berger og Svelvik OL | 849 | 434 | 156 | 259 |
| 36 | Tor Asbjørn Grændsen | 02:47:53 | 33:58-27 | 1:08:59-38 | 1:04:56-47 |
| | IK Grane | 841 | 530 | 184 | 127 |
| 37 | Ketil Døskeland | 01:48:11 | | 58:40-23 | 49:31-26 |
| | Fana IL | 826 | | 390 | 436 |
| 38 | Jyrki Tuokko | 02:57:53 | 48:19-51 | 1:24:49-47 | 44:45-15 |
| | Finn Karelia Team | 774 | 243 | 0 | 531 |
| 39 | Henning Jordheim | 01:33:10 | 31:23-21 | | 1:01:47-43 |
| | OK Horten | 771 | 581 | | 190 |
| 40 | Knut Eliassen | 02:51:43 | 39:03-40 | 1:12:35-42 | 1:00:05-40 |
| | Vaulen OK | 764 | 428 | 112 | 224 |
| 41 | Tom Idar Haugen | 01:40:28 | 43:12-48 | 57:16-20 | |
| | Drangedal OL | 763 | 345 | 418 | |
| 42 | Jørn Roar Bamle | 02:53:00 | 42:20-46 | 1:05:51-34 | 1:04:49-45 |
| | OK Skeidi | 738 | 362 | 246 | 130 |
| 43 | Helge Vassenden | 03:26:33 | 42:09-45 | 1:51:15-52 | 53:09-32 |
| | Halsnøy OL | 729 | 366 | 0 | 363 |
| 44 | Stein Inge Skage | 02:55:15 | 39:02-39 | 1:04:57-32 | 1:11:16-52 |
| | IL Gneist | 693 | 428 | 264 | 1 |
| 45 | Asbjørn Myhre | 26:46 | 26:46-6 | | |
| | Kristiansand OK | 674 | 674 | | |
| 46 | Dag Magne Vedå | 27:40 | 27:40-10 | | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------|---------------|--------------|--------------|--------------|
| | IL Express | 656 | 656 | | |
| 47 | Jørgen B. Øksenholt | 03:02:06 | 38:21-36 | 1:08:15-37 | 1:15:30-54 |
| | Skien OK | 640 | 442 | 198 | 0 |
| 48 | Thomas Blix | 03:10:11 | 38:29-37 | 1:30:14-48 | 1:01:28-42 |
| | Sandefjord OK | 636 | 439 | 0 | 197 |
| 49 | Pål Elvegård | 28:53 | 28:53-15 | | |
| | Vinn IL | 631 | 631 | | |
| 50 | Marcel Birrer | 02:58:34 | 40:09-42 | 1:10:24-40 | 1:08:01-49 |
| | OLG Cordoba | 627 | 406 | 155 | 66 |
| 51 | Tero Vesisenaho | 40:08 | | | 40:08-6 |
| | Finn Karelia Team | 623 | | | 623 |
| 52 | Asbjørn Byggland | 49:18 | | 49:18-11 | |
| | Høydalsmo IL | 577 | | 577 | |
| 53 | Jan Erik Sire | 02:00:53 | | 1:02:11-30 | 58:42-38 |
| | Ringerike OL | 572 | | 320 | 252 |
| 54 | Dan Egil Ljådal | 01:51:39 | 34:48-30 | 1:16:51-45 | |
| | IL Hauken | 539 | 513 | 26 | |
| 55 | Chris Almeland | 01:46:32 | 43:01-47 | | 1:03:31-44 |
| | Fana IL | 505 | 349 | | 156 |
| 56 | Magne Mathisen | 46:34 | | | 46:34-19 |
| | Porsgrunn OL | 495 | | | 495 |
| 57 | Rune Rosbach | 03:26:14 | 39:10-41 | 01:38:58-51 | 1:08:06-50 |
| | Skien OK | 490 | 426 | 0 | 64 |
| 58 | Vemund Kongsnes | 37:36 | 37:36-35 | | |
| | Østmarka OK | 457 | 457 | | |
| 59 | Bent Ove B. Rinden | 48:30 | | | 48:30-24 |
| | Oslo Studentenes IK | 456 | | | 456 |
| 60 | John Tore Daland | 48:30 | | | 48:30-24 |
| | IL Imås | 456 | | | 456 |
| 61 | Svein Erik Egeland | 01:56:31 | 44:21-49 | 1:12:10-41 | |
| | Hisøy OK | 442 | 322 | 120 | |
| 62 | Martin Mikkelsen | 01:50:38 | 41:22-43 | | 1:09:16-51 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|---------------------------|----------|----------|------------|------------|
| | TIF Viking | 423 | 382 | | 41 |
| 63 | Poltéra Flavio | 03:32:39 | 45:52-50 | 1:32:19-49 | 1:14:28-53 |
| | Quack OK | 292 | 292 | 0 | 0 |
| 64 | Øyvind Støren | 01:04:49 | | | 1:04:49-45 |
| | Porsgrunn OL | 130 | | | 130 |
| 65 | Hans Rune Bergheim | 01:04:56 | | | 1:04:56-47 |
| | Skien OK | 127 | | | 127 |
| 66 | Rune Egeland | 02:13:35 | 54:34-52 | 1:19:01-46 | |
| | Hisøy OK | 118 | 118 | 0 | |
| 67 | Frode Nilsen | 02:35:44 | 57:35-53 | 1:38:09-50 | |
| | IK Grane | 57 | 57 | 0 | |

H17C

| | | | | | |
|----|----------------------------|----------|----------|------------|----------|
| 1 | Per Arne Martinsen | 01:45:28 | 18:30-3 | 47:47-1 | 39:11-3 |
| | Indre Østfold OK | 2128 | 729 | 750 | 649 |
| 2 | Simen Sandelien | 01:46:03 | 21:58-9 | 49:56-4 | 34:09-1 |
| | Heming/Njård OL | 2116 | 659 | 707 | 750 |
| 3 | Espen Liset | 01:46:55 | 18:19-2 | 48:27-2 | 40:09-4 |
| | OL Trollo | 2098 | 732 | 736 | 630 |
| 4 | Leif Jarle Skaara | 01:54:09 | 20:47-5 | 49:46-3 | 43:36-8 |
| | Egersund OK | 1954 | 683 | 710 | 561 |
| 5 | Roar Myhre | 01:54:29 | 21:13-7 | 51:26-5 | 41:50-5 |
| | Søgne & Songdalen OK | 1947 | 674 | 677 | 596 |
| 6 | Morten Sørum | 02:04:25 | 27:22-16 | 58:10-8 | 38:53-2 |
| | Raumar OL | 1748 | 551 | 542 | 655 |
| 7 | Olav Hana | 02:06:22 | 20:55-6 | 1:01:37-11 | 43:50-10 |
| | OL Trollo | 1709 | 680 | 473 | 556 |
| 8 | Samuel Hertner | 02:06:51 | 23:22-11 | 59:49-10 | 43:40-9 |
| | OLV Baselland | 1699 | 631 | 509 | 559 |
| 9 | Tom Anders Wanvik | 02:09:41 | 22:57-10 | 1:04:23-13 | 42:21-6 |
| | IF Sturla | 1644 | 640 | 418 | 586 |
| 10 | Sigvart Bjøntegaard | 01:15:06 | 20:15-4 | 54:51-6 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------|---------------|--------------|--------------|--------------|
| | Kongsberg OL | 1302 | 694 | 608 | |
| 11 | Stian Johannessen | 01:19:16 | 24:01-12 | 55:15-7 | |
| | IL Hauken | 1218 | 618 | 600 | |
| 12 | Lars Vråle | 02:48:49 | 24:23-13 | 1:40:26-18 | 44:00-11 |
| | IF Sturla | 1164 | 611 | 0 | 553 |
| 13 | Kjell Erik Lima | 01:45:33 | | 58:18-9 | 47:15-13 |
| | Gjesdal IL | 1027 | | 539 | 488 |
| 14 | Jens Morten Hanssen | 01:53:25 | | 1:06:44-14 | 46:41-12 |
| | Lillomarka OL | 870 | | 371 | 499 |
| 15 | Kjetil Kløvstad | 01:37:18 | 24:50-14 | 1:12:28-15 | |
| | Sandefjord OK | 858 | 602 | 256 | |
| 16 | Thor Magne Sævareid | 01:40:36 | 25:47-15 | 1:14:49-16 | |
| | Fana IL | 792 | 583 | 209 | |
| 17 | Ola Mjaaland | 17:27 | 17:27-1 | | |
| | Oddersjaa SSK | 750 | 750 | | |
| 18 | Torjus Ledaal | 21:40 | 21:40-8 | | |
| | Austre Moland IL | 665 | 665 | | |
| 19 | Svein Per Thoresen | 43:11 | | | 43:11-7 |
| | Alvdal IL | 569 | | | 569 |
| 20 | Lars-Erik Østerud | 03:13:35 | 32:13-17 | 1:33:16-17 | 1:08:06-15 |
| | IL Tyrving | 525 | 454 | 0 | 71 |
| 21 | Einar Odden | 02:28:16 | | 1:40:40-19 | 47:36-14 |
| | Drangedal OL | 481 | | 0 | 481 |
| 22 | Tom Ivar Clausen | 01:02:56 | | 1:02:56-12 | |
| | Larvik OK | 447 | | 447 | |
| 23 | Ole Oppen | 33:35 | 33:35-18 | | |
| | IF Sturla | 427 | 427 | | |
| H17N | | | | | |
| 1 | Arkhan Helu | 02:08:08 | 29:25-1 | 53:21-1 | 45:22-1 |
| | Måren OK | 2250 | 750 | 750 | 750 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|---|------------------|-----------------|-------------------|-------------------|
| | H21AL | | | | |
| 1 | Pål Skogedal Nydalens SK | 02:15:04 3000 | 28:46-1 1000 | 52:18-1 1000 | 54:00-1 1000 |
| 2 | Tallak Olav Gryting Kristiansand OK | 02:19:46 2905 | 28:52-2 998 | 55:40-5 932 | 55:14-3 975 |
| 3 | Arild Aasheim Sandnes IL | 02:20:43 2885 | 32:29-10 925 | 53:28-2 976 | 54:46-2 984 |
| 4 | Jari Lehtonen Finn Karelia Team | 02:24:29 2810 | 32:20-9 928 | 55:26-4 937 | 56:43-4 945 |
| 5 | Edgaras Vovris Drangedal OL | 02:25:06 2799 | 31:21-5 948 | 56:54-6 908 | 56:51-5 943 |
| 6 | Kenneth Westerheim IL Gular | 02:26:56 2762 | 31:37-7 943 | 57:59-10 886 | 57:20-6 933 |
| 7 | Lars Jøran Sundsdal Lifjell OL | 02:30:47 2685 | 32:34-11 924 | 57:32-8 895 | 1:00:41-8 866 |
| 8 | Esten Koren Nydalens SK | 02:31:02 2680 | 30:00-3 975 | 1:01:21-14 819 | 59:41-7 886 |
| 9 | Tore Hansen OK Skeidi | 02:31:16 2675 | 31:22-6 948 | 57:49-9 889 | 1:02:05-10 838 |
| 10 | Stein Arne Olsen Sandnes IL | 02:33:32 2629 | 33:15-14 910 | 57:16-7 900 | 1:03:01-13 819 |
| 11 | Helge Gisholt Sentrum OK | 02:34:11 2617 | 32:16-8 930 | 58:21-12 879 | 1:03:34-14 808 |
| 12 | Dag Ausen Porsgrunn OL | 02:37:37 2548 | 34:27-18 886 | 1:02:04-17 804 | 1:01:06-9 858 |
| 13 | Sami Löfbacka Hiisirasti | 02:37:43 2546 | 35:05-20 873 | 58:15-11 881 | 1:04:23-15 792 |
| 14 | Steinar Lande Lifjell OL | 02:40:21 2493 | 35:08-22 872 | 1:00:25-13 837 | 1:04:48-16 784 |
| 15 | Jussi Pohjola Finn Karelia Team | 02:44:05 2419 | 34:52-19 878 | 1:06:57-27 707 | 1:02:16-11 834 |
| 16 | Jørgen Frøyd | 02:47:41 | 34:13-17 | 1:02:12-18 | 1:11:16-24 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|------------------------------|---------------|--------------|--------------|--------------|
| | Nydalens SK | 2347 | 891 | 802 | 654 |
| 17 | Øyvind Flaatten | 02:48:24 | 32:42-12 | 1:03:40-19 | 1:12:02-26 |
| | OK Skeidi | 2332 | 921 | 772 | 639 |
| 18 | Jon Arne Skrove | 02:48:29 | 37:31-32 | 1:01:36-16 | 1:09:22-19 |
| | Lillomarka OL | 2331 | 825 | 814 | 692 |
| 19 | Eirik Martens Svensen | 02:51:41 | 37:48-34 | 1:05:45-24 | 1:08:08-18 |
| | Ås-NLH Orientering | 2267 | 819 | 731 | 717 |
| 20 | Jarkko Ryyppö | 02:53:53 | 40:17-39 | 1:10:42-35 | 1:02:54-12 |
| | Finn Karelia Team | 2223 | 769 | 632 | 822 |
| 21 | Roald Hopsnes | 02:55:21 | 37:15-29 | 1:05:17-22 | 1:12:49-28 |
| | Fana IL | 2193 | 830 | 740 | 623 |
| 22 | Trond Gjelstad | 02:55:31 | 37:30-31 | 1:06:26-26 | 1:11:35-25 |
| | Sandefjord OK | 2190 | 825 | 717 | 648 |
| 23 | Sami Virta | 02:57:07 | 38:55-36 | 1:07:00-29 | 1:11:12-23 |
| | Finn Karelia Team | 2159 | 797 | 706 | 656 |
| 24 | Jussi Partanen | 02:57:08 | 38:36-35 | 1:06:03-25 | 1:12:29-27 |
| | Finn Karelia Team | 2158 | 803 | 725 | 630 |
| 25 | Bjarthe Westerheim | 01:25:24 | 30:45-4 | 54:39-3 | |
| | IL Gular | 1913 | 960 | 953 | |
| 26 | Craig Dufty | 03:14:09 | 43:48-41 | 1:13:52-38 | 1:16:29-30 |
| | Western Nomads | 1817 | 699 | 568 | 550 |
| 27 | Jon Magne Svendsbøe | 03:15:36 | 37:27-30 | 1:23:24-39 | 1:14:45-29 |
| | Vikebygd IL | 1789 | 826 | 378 | 585 |
| 28 | Svein Sunde | 03:17:43 | 40:04-38 | 1:27:25-42 | 1:10:14-21 |
| | Ås-NLH Orientering | 1746 | 774 | 297 | 675 |
| 29 | Sven Arne Gylterud | 01:38:11 | 33:37-15 | 1:04:34-21 | |
| | Lillomarka OL | 1657 | 903 | 754 | |
| 30 | Vidar G. Ydse | 01:42:05 | 36:30-25 | 1:05:35-23 | |
| | OK Sør | 1579 | 845 | 734 | |
| 31 | Ståle Sønsterudbråten | 02:08:45 | | 1:03:43-20 | 1:05:02-17 |
| | Lillomarka OL | 1550 | | 771 | 779 |
| 32 | Helge Bakkehøi | 01:44:05 | 37:07-27 | 1:06:58-28 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--------------------------------|---------------|--------------|--------------|--------------|
| | Østmarka OK | 1539 | 833 | 706 | |
| 33 | Øivind Due Trier | 01:45:34 | 37:08-28 | 1:08:26-31 | |
| | Kongsberg OL | 1509 | 832 | 677 | |
| 34 | Glenn Ager-Wick | 01:45:46 | 35:06-21 | 1:10:40-34 | |
| | IK Grane | 1505 | 873 | 632 | |
| 35 | Eivind Lande | 02:11:35 | | 1:01:21-14 | 1:10:14-21 |
| | Lifjell OL | 1494 | | 819 | 675 |
| 36 | Tuukka Tuomala | 01:46:18 | 37:32-33 | 1:08:46-32 | |
| | Finn Karelia Team | 1494 | 824 | 670 | |
| 37 | Geir Nilsen | 01:47:32 | 36:30-25 | 1:11:02-36 | |
| | Lillomarka OL | 1470 | 845 | 625 | |
| 38 | Frode Bakkehøi | 01:49:35 | 41:27-40 | 1:08:08-30 | |
| | Østmarka OK | 1429 | 746 | 683 | |
| 39 | Øyvind Hopsnes | 02:14:10 | 48:07-42 | 1:26:03-40 | |
| | Nydalens SK | 938 | 613 | 325 | |
| 40 | Lars Skretting Aurebekk | 32:43 | 32:43-13 | | |
| | Oslo Studentenes IK | 921 | 921 | | |
| 41 | Frode Balchen | 33:42 | 33:42-16 | | |
| | IL Tyrving | 901 | 901 | | |
| 42 | Rune Torgersen | 35:19 | 35:19-23 | | |
| | IL Gular | 869 | 869 | | |
| 43 | Glenn Tørå | 35:42 | 35:42-24 | | |
| | NTNUI | 861 | 861 | | |
| 44 | Asbjørn Byggland | 39:55 | 39:55-37 | | |
| | Høydalsmo IL | 777 | 777 | | |
| 45 | Per Olav Gulbrandsen | 01:10:09 | | | 1:10:09-20 |
| | Larvik OK | 677 | | | 677 |
| 46 | Are Løseth | 02:53:13 | | 1:12:52-37 | 1:40:21-31 |
| | NTNUI | 661 | | 588 | 73 |
| 47 | Inge Lindseth | 01:09:36 | | 1:09:36-33 | |
| | Nydalens SK | 654 | | 654 | |
| 48 | Kjetil Hvila Solhaug | 05:15:46 | 1:01:43-43 | 2:16:40-43 | 1:57:23-32 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--|------------------|-------------------|-------------------|-----------------|
| | Kongsberg OL | 341 | 341 | 0 | 0 |
| 49 | Björn Tiemann OLG Stäfa | 01:02:52 318 | 1:02:52-44 318 | | |
| 50 | Jan-Rune Larsen Basso IL Skjalg | 01:26:59 306 | | 1:26:59-41 306 | |
| H35AK | | | | | |
| 1 | Egil Furua Berger og Svelvik OL | 01:58:03 2140 | 26:24-2 723 | 50:31-5 686 | 41:08-2 731 |
| 2 | Magne Knudsen Østmarka OK | 02:02:47 2045 | 32:47-20 595 | 47:19-1 750 | 42:41-5 700 |
| 3 | Harald Klippenberg Egersund OK | 02:03:26 2032 | 27:36-6 699 | 49:23-3 708 | 46:27-14 625 |
| 4 | Per Ingar Hadland Egersund OK | 02:05:28 1991 | 28:53-11 673 | 51:32-7 665 | 45:03-9 653 |
| 5 | Sverre Ottesen Varegg IL | 02:06:08 1977 | 26:58-3 711 | 53:17-10 630 | 45:53-10 636 |
| 6 | Rolf-Atle Rølsnes Odda OL | 02:11:12 1877 | 32:32-19 600 | 54:16-11 611 | 44:24-7 666 |
| 7 | Arne Håkon Jørgensen Sandefjord OK | 02:11:47 1866 | 27:27-5 702 | 57:49-17 540 | 46:31-17 624 |
| 8 | Svein Røseth IL Hope | 02:11:56 1862 | 27:22-4 703 | 58:18-18 530 | 46:16-12 629 |
| 9 | Mads Henrik Sandnes IL Hope | 02:13:25 1832 | 33:55-22 572 | 57:00-14 556 | 42:30-3 704 |
| 10 | Stein T. Paulsen Kongsberg OL | 02:16:40 1767 | 27:53-7 693 | 57:47-16 540 | 51:00-25 534 |
| 11 | Svein Nygård Lillomarka OL | 02:16:53 1763 | 29:33-12 660 | 1:00:47-22 480 | 46:33-19 623 |
| 12 | Terje Mogstad Fana IL | 02:17:26 1751 | 34:01-23 570 | 56:53-13 558 | 46:32-18 623 |
| 13 | Bjørn Inge Skage | 02:18:01 | 32:09-17 | 56:48-12 | 49:04-21 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------------|---------------|--------------|--------------|--------------|
| | IL Gneist | 1741 | 608 | 560 | 573 |
| 14 | Per Olav Nærestad | 02:19:32 | 28:25-8 | 59:05-20 | 52:02-27 |
| | OK Sør | 1709 | 682 | 514 | 513 |
| 15 | Robert Coward | 02:21:39 | 31:16-15 | 57:45-15 | 52:38-28 |
| | OK Sør | 1667 | 625 | 541 | 501 |
| 16 | Morten Karlsen | 02:22:08 | 32:09-17 | 1:02:46-24 | 47:13-20 |
| | Måren OK | 1659 | 608 | 441 | 610 |
| 17 | Thor Inge Tollehaug | 02:25:07 | 33:09-21 | 1:01:35-23 | 50:23-24 |
| | Eiker OL | 1598 | 588 | 464 | 546 |
| 18 | Odd Ivar Holte | 02:25:20 | 35:45-27 | 1:03:42-25 | 45:53-10 |
| | OK Skeidi | 1594 | 536 | 422 | 636 |
| 19 | Arild Rørholt | 02:27:07 | 35:17-26 | 59:51-21 | 51:59-26 |
| | OK Skeidi | 1558 | 545 | 499 | 514 |
| 20 | Øystein Jensen | 01:29:36 | | 49:23-3 | 40:13-1 |
| | Sarpsborg OL | 1458 | | 708 | 750 |
| 21 | Atle Olsen | 02:33:12 | 34:30-24 | 58:23-19 | 1:00:19-33 |
| | Egersund OK | 1437 | 561 | 528 | 348 |
| 22 | Lars Audun Granly | 01:32:06 | | 49:11-2 | 42:55-6 |
| | Nydalens SK | 1408 | | 712 | 696 |
| 23 | Christopher Schive | 02:35:10 | 34:45-25 | 1:13:59-30 | 46:26-13 |
| | OK Moss | 1397 | 556 | 216 | 625 |
| 24 | Morten Heir | 01:18:02 | 25:03-1 | 52:59-9 | |
| | BP Stavanger | 1386 | 750 | 636 | |
| 25 | Tormod Jensen | 01:33:56 | | 51:20-6 | 42:36-4 |
| | Sarpsborg OL | 1371 | | 669 | 702 |
| 26 | Finn Henry Lillestrand | 01:16:27 | 30:00-13 | | 46:27-14 |
| | Trøsken IL | 1276 | 651 | | 625 |
| 27 | Akasel Slettebøe | 02:42:25 | 40:30-32 | 1:05:03-26 | 56:52-30 |
| | Søgne & Songdalen OK | 1253 | 441 | 395 | 417 |
| 28 | Svein Ove Båtnes | 01:30:49 | 38:44-30 | 52:05-8 | |
| | Varegg IL | 1130 | 476 | 654 | |
| 29 | Torstein Sigurjonson | 03:08:54 | 30:31-14 | 1:45:11-40 | 53:12-29 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------|---------------|--------------|--------------|--------------|
| | Drangedal OL | 1130 | 640 | 0 | 490 |
| 30 | Birger Øya | 01:34:39 | 28:33-9 | 1:06:06-27 | |
| | Austre Moland IL | 1054 | 680 | 374 | |
| 31 | Jan Petter Holst | 01:27:36 | 28:52-10 | | 58:44-31 |
| | Varegg IL | 1052 | 673 | | 379 |
| 32 | Johan Mattsson | 02:52:25 | 46:38-37 | 1:06:39-28 | 59:08-32 |
| | Lillomarka OL | 1052 | 318 | 363 | 371 |
| 33 | Morten Hamre | 01:57:08 | | 1:07:20-29 | 49:48-23 |
| | IL Hauken | 907 | | 349 | 558 |
| 34 | Jon Kvisli | 01:46:59 | 31:41-16 | 1:15:18-31 | |
| | Notodden OL | 807 | 617 | 190 | |
| 35 | Atle Valestrand | 03:18:22 | 37:25-29 | 1:35:20-36 | 1:05:37-35 |
| | Bergens TF | 744 | 502 | 0 | 242 |
| 36 | Tom Blix | 03:08:45 | 45:39-36 | 1:22:47-33 | 1:00:19-33 |
| | Sandefjord OK | 726 | 338 | 40 | 348 |
| 37 | Ole Tom Kroken | 44:44 | | | 44:44-8 |
| | Vegårshei IL | 659 | | | 659 |
| 38 | Johannes Gjesdal | 03:23:00 | 59:30-40 | 1:34:17-35 | 49:13-22 |
| | Varegg IL | 631 | 61 | 0 | 570 |
| 39 | Pål Augland | 46:27 | | | 46:27-14 |
| | Voss IL | 625 | | | 625 |
| 40 | Helge Omsland | 03:34:57 | 35:56-28 | 1:39:36-37 | 1:19:25-37 |
| | Kjose IL | 532 | 532 | 0 | 0 |
| 41 | Jan Arild Rygg | 02:03:45 | 39:16-31 | 1:24:29-34 | |
| | Vinn IL | 471 | 465 | 6 | |
| 42 | Håkon Mogstad | 02:04:21 | 47:23-38 | 1:16:58-32 | |
| | Fana IL | 460 | 303 | 157 | |
| 43 | Roy Birkeland | 40:33 | 40:33-33 | | |
| | Søgne & Songdalen OK | 440 | 440 | | |
| 44 | Kai Knudsen | 02:25:24 | 41:58-34 | 1:43:26-38 | |
| | Oddersjaa SSK | 411 | 411 | 0 | |
| 45 | Jan Glittum | 44:21 | 44:21-35 | | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|---------------------------|----------|------------|------------|------------|
| | OK Skeidi | 364 | 364 | | |
| 46 | Jostein Slettemark | 04:38:55 | 53:08-39 | 1:53:07-41 | 1:52:40-39 |
| | Varegg IL | 188 | 188 | 0 | 0 |
| 47 | Øyvind Styrvold | 03:02:35 | | 1:44:29-39 | 1:18:06-36 |
| | Kjose IL | 0 | | 0 | 0 |
| 48 | Guy Bromby | 04:58:25 | 1:06:31-41 | 2:18:57-42 | 1:32:57-38 |
| | Grambian Orienteers | 0 | 0 | 0 | 0 |
| 49 | Nikolay Slobodskoy | 03:42:10 | 1:43:37-42 | | 1:58:33-40 |
| | OK Mysl | 0 | 0 | | 0 |

H35AL

| | | | | | |
|----|------------------------------|----------|----------|------------|------------|
| 1 | Jens Even Storhov | 02:09:29 | 29:50-2 | 49:59-1 | 49:40-4 |
| | OL Trollelg | 2926 | 985 | 1000 | 941 |
| 2 | Arnt Ove Femsteinevik | 02:13:04 | 33:38-12 | 52:43-4 | 46:43-1 |
| | IL Strand-Ulv | 2854 | 909 | 945 | 1000 |
| 3 | Håkon Håversen | 02:14:19 | 29:05-1 | 53:32-6 | 51:42-5 |
| | Østmarka OK | 2829 | 1000 | 929 | 900 |
| 4 | Odd Arve Lien | 02:14:56 | 32:12-8 | 53:20-5 | 49:24-3 |
| | IL Tyrving | 2816 | 937 | 933 | 946 |
| 5 | Terje Urfjell | 02:26:23 | 31:14-5 | 56:40-7 | 58:29-12 |
| | IL Imås | 2587 | 957 | 866 | 764 |
| 6 | Bjørn Polland | 02:27:11 | 32:28-9 | 1:01:17-13 | 53:26-7 |
| | OK Skeidi | 2571 | 932 | 774 | 865 |
| 7 | Roger Birkeland | 02:30:09 | 37:04-20 | 58:10-10 | 54:55-8 |
| | Fossum IF | 2512 | 840 | 836 | 836 |
| 8 | Tim Griffin | 02:31:02 | 36:44-19 | 58:05-9 | 56:13-11 |
| | Grambian Orienteers | 2495 | 847 | 838 | 810 |
| 9 | Jan Petter Hansen | 02:32:24 | 35:49-15 | 57:45-8 | 58:50-14 |
| | IL Gular | 2466 | 865 | 844 | 757 |
| 10 | Petter Løe | 02:38:20 | 32:07-7 | 1:07:28-18 | 58:45-13 |
| | Notodden OL | 2348 | 939 | 650 | 759 |
| 11 | Harald Kvisli | 02:38:38 | 34:45-13 | 1:02:58-14 | 1:00:55-17 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------------|---------------|--------------|--------------|--------------|
| | Notodden OL | 2342 | 886 | 740 | 716 |
| 12 | Ole Tørnqvist | 02:40:55 | 36:38-17 | 1:04:26-17 | 59:51-15 |
| | Fana IL | 2297 | 849 | 711 | 737 |
| 13 | Kai-Asser Skog | 02:41:11 | 36:42-18 | 1:03:47-16 | 1:00:42-16 |
| | Finn Karelia Team | 2291 | 847 | 724 | 720 |
| 14 | Fred Inge Eilertsen | 02:59:43 | 43:09-23 | 1:11:50-19 | 1:04:44-18 |
| | Voss IL | 1920 | 718 | 563 | 639 |
| 15 | Håkon Danevad | 01:23:05 | 30:25-3 | 52:40-3 | |
| | Sentrum OK | 1919 | 973 | 946 | |
| 16 | Thor Mella | 01:21:07 | 32:33-11 | | 48:34-2 |
| | Østmarka OK | 1893 | 930 | | 963 |
| 17 | Ole Johnny Petersen | 01:23:51 | 31:18-6 | | 52:33-6 |
| | Eiker OL | 1838 | 955 | | 883 |
| 18 | Sverre Thune | 03:04:26 | 38:31-22 | 1:14:22-21 | 1:11:33-19 |
| | Farum OK | 1826 | 811 | 512 | 503 |
| 19 | Jan-Hugo Hanssen | 01:47:52 | | 52:08-2 | 55:44-10 |
| | BUL-Tromsø IL | 1776 | | 957 | 819 |
| 20 | Owen Jarvis Westergård | 01:34:33 | 35:01-14 | 59:32-11 | |
| | Varegg IL | 1690 | 881 | 809 | |
| 21 | Axel Eikner | 01:59:15 | | 1:03:45-15 | 55:30-9 |
| | Fana IL | 1548 | | 724 | 824 |
| 22 | Morten Johnsen | 01:49:58 | 37:54-21 | 1:12:04-20 | |
| | Arnadal IL | 1381 | 823 | 558 | |
| 23 | Helge Fossøy | 30:40 | 30:40-4 | | |
| | Lia IL | 968 | 968 | | |
| 24 | Jan Arild Johnsen | 32:30 | 32:30-10 | | |
| | IK Grane | 931 | 931 | | |
| 25 | Tore Ulleland | 36:24 | 36:24-16 | | |
| | Porsgrunn OL | 853 | 853 | | |
| 26 | Jostein Bergane | 59:50 | | 59:50-12 | |
| | Ås-NLH Orientering | 803 | | 803 | |
| 27 | Noldi Schneider | 01:40:06 | | 1:40:06-22 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|--|------------------|-----------------|-------------------|-------------------|
| | OLG Stäfa | 0 | | 0 | |
| | H35C | | | | |
| 1 | Sven Enger Modum OK | 01:33:43 2152 | 16:50-1 750 | 39:24-1 750 | 37:29-4 652 |
| 2 | Per Gunnar Straume Drangedal OL | 01:40:22 2019 | 18:48-2 710 | 48:57-3 559 | 32:37-1 750 |
| 3 | Jan Henrik Suleng OK Moss | 01:53:16 1760 | 22:36-11 634 | 50:13-4 533 | 40:27-6 593 |
| 4 | Geir Birkeland Årvoll IL | 01:53:38 1753 | 20:12-4 682 | 57:29-8 388 | 35:57-3 683 |
| 5 | Arne Aakre Drangedal OL | 01:55:05 1724 | 24:37-16 594 | 48:47-2 562 | 41:41-8 568 |
| 6 | Knut Gjestemoen Bergens TF | 02:05:15 1521 | 21:52-8 649 | 57:18-7 392 | 46:05-12 480 |
| 7 | Knut Opdal Holt IF | 02:07:02 1486 | 23:29-13 617 | 58:59-10 358 | 44:34-11 511 |
| 8 | Sten Ø. Bjerke Hedrum OL | 02:07:56 1468 | 25:49-18 570 | 1:01:03-12 317 | 41:04-7 581 |
| 9 | Øyvind Bjørkevoll Odda OL | 02:08:42 1452 | 26:12-21 562 | 58:06-9 376 | 44:24-10 514 |
| 10 | Arild Jørgensen Oddersjaa SSK | 02:11:05 1405 | 23:38-14 614 | 1:09:41-16 144 | 37:46-5 647 |
| 11 | Jan Trygve Jensen Berger og Svelvik OL | 02:11:56 1388 | 21:53-9 649 | 55:56-6 419 | 54:07-16 320 |
| 12 | Helge Giil Rond OL | 02:19:22 1238 | 23:19-12 620 | 1:08:31-14 167 | 47:32-13 451 |
| 13 | Steinar Johannessen Oddersjaa SSK | 02:22:27 1178 | 25:41-17 573 | 1:13:48-19 62 | 42:58-9 543 |
| 14 | Stein Røneid Odda OL | 02:29:54 1029 | 32:20-26 440 | 55:48-5 422 | 1:01:46-24 167 |
| 15 | Øyvind Rosseland | 02:34:28 | 37:55-31 | 01:00:55-11 | 55:38-17 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|----------------------------|----------|----------|------------|------------|
| | Odda OL | 936 | 328 | 319 | 289 |
| 16 | Trygve Voll | 01:18:00 | 21:14-6 | | 56:46-18 |
| | Haugesund IL | 929 | 662 | | 267 |
| 17 | Jan Sigurd Otterlei | 01:19:19 | 22:03-10 | | 57:16-19 |
| | IF Trauma | 902 | 645 | | 257 |
| 18 | Trond A. Hem | 01:19:21 | 20:43-5 | | 58:38-20 |
| | Sandefjord OK | 901 | 672 | | 229 |
| 19 | Torgeir Brochmann | 01:30:01 | 26:58-22 | 1:03:03-13 | |
| | Eiker OL | 824 | 547 | 277 | |
| 20 | Torbjørn Haugen | 01:24:46 | 24:06-15 | | 1:00:40-22 |
| | Drangedal OL | 793 | 604 | | 189 |
| 21 | Tore Karlsen | 02:42:54 | 27:35-23 | 1:10:00-17 | 1:05:19-26 |
| | Stavanger OK | 769 | 535 | 138 | 96 |
| 22 | Bjørn Nordvik | 33:26 | | | 33:26-2 |
| | Asker SK | 733 | | | 733 |
| 23 | Harald Rønningen | 19:34 | 19:34-3 | | |
| | IL Hauken | 695 | 695 | | |
| 24 | Jan Martin Bjerring | 01:30:02 | 29:05-24 | | 1:00:57-23 |
| | Modum OK | 688 | 505 | | 183 |
| 25 | Tom Saga | 01:31:50 | 21:22-7 | | 1:10:28-27 |
| | Skien OK | 659 | 659 | | 0 |
| 26 | Tor Skogstrand | 02:49:47 | 32:43-27 | 1:17:31-20 | 59:33-21 |
| | Bergens TF | 643 | 432 | 0 | 211 |
| 27 | Anders Gavle | 01:42:46 | 33:41-28 | 1:09:05-15 | |
| | Odda OL | 569 | 413 | 156 | |
| 28 | Anders Aaberg | 26:04 | 26:04-19 | | |
| | Austre Moland IL | 565 | 565 | | |
| 29 | Trygve Jan Bjerke | 26:05 | 26:05-20 | | |
| | Hamar OK | 565 | 565 | | |
| 30 | Terje Tangen | 01:42:28 | 30:58-25 | | 1:11:30-28 |
| | Bergens TF | 467 | 467 | | 0 |
| 31 | Svein Solheim | 02:21:53 | 33:58-29 | 1:47:55-23 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------|---------------|--------------|--------------|--------------|
| | Fana IL | 407 | 407 | 0 | |
| 32 | Geir A. Hanevik | 02:07:16 | | 1:13:29-18 | 53:47-15 |
| | Fana IL | 394 | | 68 | 326 |
| 33 | Jon Strøm | 50:44 | | | 50:44-14 |
| | Hauketo IF | 387 | | | 387 |
| 34 | Arnfinn Sørum | 35:14 | 35:14-30 | | |
| | Skien OK | 382 | 382 | | |
| 35 | Trygve Rosseland | 03:13:53 | 47:42-32 | 1:24:00-21 | 1:02:11-25 |
| | Hisøy OK | 290 | 132 | 0 | 158 |
| 36 | Torgeir Aas | 01:38:43 | | 1:38:43-22 | |
| | Notodden OL | 0 | | 0 | |

H35N

| | | | | | |
|---|---------------------------|----------|---------|---------|---------|
| 1 | Reidar Andersen | 01:36:12 | 14:36-1 | 32:07-3 | 49:29-3 |
| | Odda OL | 1700 | 750 | 717 | 233 |
| 2 | Per S. Våge | 54:09 | | 30:29-1 | 23:40-1 |
| | Varegg IL | 1500 | | 750 | 750 |
| 3 | Jon Eivind Vollen | 01:03:32 | | 31:43-2 | 31:49-2 |
| | Rond OL | 1312 | | 725 | 587 |
| 4 | Tor Engen | 01:07:11 | 22:40-3 | 44:31-4 | |
| | IL Jardar | 1057 | 588 | 469 | |
| 5 | Jan Reidar Tokheim | 17:24 | 17:24-2 | | |
| | Odda OL | 694 | 694 | | |

H40

| | | | | | |
|---|------------------------------|----------|---------|---------|---------|
| 1 | Erlend Slokvik | 01:51:44 | 23:06-1 | 44:09-1 | 44:29-1 |
| | Nydalens SK | 3000 | 1000 | 1000 | 1000 |
| 2 | Jens Kristian Kopland | 02:00:42 | 25:51-3 | 44:42-2 | 50:09-2 |
| | Modum OK | 2820 | 945 | 989 | 886 |
| 3 | Tore Sagvolden | 02:03:04 | 26:43-6 | 46:03-3 | 50:18-3 |
| | Østmarka OK | 2772 | 927 | 962 | 883 |
| 4 | Roar Fjeldbo | 02:06:27 | 24:56-2 | 48:57-5 | 52:34-8 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|------------------------------|---------------|--------------|--------------|--------------|
| | Sandefjord OK | 2705 | 963 | 904 | 838 |
| 5 | Øystein Rønning | 02:06:48 | 26:03-4 | 48:03-4 | 52:42-9 |
| | OK Skøyenar | 2698 | 941 | 922 | 835 |
| 6 | Lars Roger Lundanes | 02:07:45 | 26:11-5 | 49:22-7 | 52:12-6 |
| | Emblem IL | 2678 | 938 | 895 | 845 |
| 7 | Jens Olav Kløvrud | 02:08:01 | 26:51-7 | 49:00-6 | 52:10-5 |
| | Lillomarka OL | 2674 | 925 | 903 | 846 |
| 8 | Tor Lohne | 02:12:57 | 29:46-14 | 51:21-10 | 51:50-4 |
| | Søgne & Songdalen OK | 2575 | 866 | 856 | 853 |
| 9 | Erling Mysen | 02:16:33 | 29:25-13 | 50:03-8 | 57:05-16 |
| | Indre Østfold OK | 2503 | 873 | 882 | 748 |
| 10 | Martin Granly | 02:16:30 | 28:38-12 | 50:34-9 | 57:18-19 |
| | Lillomarka OL | 2503 | 889 | 871 | 743 |
| 11 | Heikki Vestola | 02:17:44 | 30:43-19 | 54:49-16 | 52:12-6 |
| | Finn Karelia Team | 2478 | 847 | 786 | 845 |
| 12 | Markku Hämäläinen | 02:20:10 | 31:42-23 | 53:26-14 | 55:02-14 |
| | Finn Karelia Team | 2431 | 828 | 814 | 789 |
| 13 | Sven Undeland | 02:21:28 | 32:12-25 | 54:18-15 | 54:58-13 |
| | Södertälje OK | 2405 | 818 | 797 | 790 |
| 14 | Andreas Huber | 02:21:42 | 32:56-30 | 52:36-13 | 56:10-15 |
| | Tynset IF | 2400 | 803 | 831 | 766 |
| 15 | Frode Olsen | 02:21:41 | 30:42-18 | 57:37-20 | 53:22-10 |
| | Nittedal OL | 2400 | 848 | 730 | 822 |
| 16 | Ole-Arthur Juveli | 02:26:20 | 31:08-21 | 1:00:17-24 | 54:55-12 |
| | Konnerud IL | 2307 | 839 | 677 | 791 |
| 17 | Eivind Tokheim | 02:28:02 | 31:18-22 | 55:09-17 | 1:01:35-27 |
| | Odda OL | 2274 | 836 | 780 | 658 |
| 18 | Bjørn Henning Grandal | 02:28:12 | 34:20-35 | 52:18-12 | 1:01:34-26 |
| | IL Tyrving | 2270 | 775 | 837 | 658 |
| 19 | Erik Bobach | 02:28:32 | 32:26-27 | 55:42-18 | 1:00:24-23 |
| | Silkeborg OK | 2263 | 813 | 769 | 681 |
| 20 | Øystein Dybesland | 02:29:55 | 32:42-29 | 56:44-19 | 1:00:29-24 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|------------------------------|---------------|--------------|--------------|--------------|
| | Søgne & Songdalen OK | 2236 | 808 | 748 | 680 |
| 21 | Kjell Markset | 02:30:28 | 28:36-11 | 1:03:54-28 | 57:58-20 |
| | IL Koll | 2225 | 890 | 605 | 730 |
| 22 | Arne Knudsen | 02:32:42 | 32:24-26 | 1:01:50-25 | 58:28-21 |
| | IL Gneist | 2180 | 814 | 646 | 720 |
| 23 | Jon Arne Grammeltvedt | 02:34:29 | 35:06-37 | 58:26-21 | 1:00:57-25 |
| | Porsgrunn OL | 2144 | 760 | 714 | 670 |
| 24 | Tore Sannes | 02:34:44 | 30:05-17 | 58:31-22 | 1:06:08-30 |
| | Lillomarka OL | 2139 | 860 | 712 | 567 |
| 25 | Tormod Strand | 02:37:57 | 33:20-31 | 1:07:26-31 | 57:11-17 |
| | Måren OK | 2075 | 795 | 534 | 746 |
| 26 | Gaute Glemmestad | 02:44:01 | 34:14-34 | 1:03:52-27 | 1:05:55-29 |
| | OL Toten-Troll | 1953 | 777 | 605 | 571 |
| 27 | Espen Raastad | 02:46:08 | 35:25-38 | 1:03:34-26 | 1:07:09-33 |
| | Skien OK | 1910 | 753 | 611 | 546 |
| 28 | Peer Stiansen | 02:53:35 | 32:38-28 | 1:08:25-34 | 1:12:32-38 |
| | Nydalens SK | 1762 | 809 | 514 | 439 |
| 29 | Nils Gunnar Gjelsten | 02:53:58 | 33:56-32 | 1:13:14-43 | 1:06:48-31 |
| | IL Høvdingen | 1754 | 783 | 418 | 553 |
| 30 | Freddy Røed | 02:54:29 | 34:42-36 | 1:09:32-35 | 1:10:15-35 |
| | OL Vallset -Stange | 1744 | 768 | 492 | 484 |
| 31 | Rolf Fasting | 01:20:10 | 28:27-10 | 51:43-11 | |
| | OK Moss | 1741 | 893 | 848 | |
| 32 | Vidar Steen | 01:21:41 | 27:29-8 | | 54:12-11 |
| | Fana IL | 1717 | 912 | | 805 |
| 33 | Lars Peder Vaaje | 02:56:34 | 37:27-42 | 1:07:41-33 | 1:11:26-36 |
| | Marnardal IL | 1703 | 713 | 529 | 461 |
| 34 | Steinar Bakken | 02:58:37 | 34:01-33 | 1:07:34-32 | 1:17:02-41 |
| | Lillehammer OK | 1661 | 781 | 531 | 349 |
| 35 | Lars Harald Frugård | 01:29:17 | 29:58-16 | | 59:19-22 |
| | Stord IL | 1565 | 862 | | 703 |
| 36 | Thorry Fredrik Kiær | 01:33:58 | 36:43-39 | | 57:15-18 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------|---------------|--------------|--------------|--------------|
| | Hisøy OK | 1471 | 727 | | 744 |
| 37 | Åge-Geir Skatter | 03:08:41 | 42:17-52 | 1:11:52-39 | 1:14:32-40 |
| | Notodden OL | 1460 | 616 | 445 | 399 |
| 38 | Bruno Hess | 03:09:47 | 37:36-44 | 1:11:35-37 | 1:20:36-42 |
| | OLV Hindelbank | 1438 | 710 | 451 | 277 |
| 39 | Rune Moian | 03:14:41 | 44:14-56 | 1:18:29-45 | 1:11:58-37 |
| | Asker SK | 1340 | 577 | 313 | 450 |
| 40 | Per Arne Røstadsand | 01:43:44 | 38:30-46 | 1:05:14-29 | |
| | Nydalens SK | 1270 | 692 | 578 | |
| 41 | Eirik Tandrevold | 02:06:41 | | 59:41-23 | 1:07:00-32 |
| | Fossum IF | 1238 | | 689 | 549 |
| 42 | Ole-Herman Cappelen | 01:48:19 | 39:33-49 | | 1:08:46-34 |
| | Hisøy OK | 1185 | 671 | | 514 |
| 43 | Tommy Sævareid | 01:48:46 | 37:08-40 | 1:11:38-38 | |
| | Fana IL | 1169 | 719 | 450 | |
| 44 | Bård Hernes | 01:49:10 | 42:17-52 | 1:06:53-30 | |
| | Asker SK | 1161 | 616 | 545 | |
| 45 | Terje Johannessen | 01:49:27 | 37:14-41 | 1:12:13-40 | |
| | IL Hauken | 1155 | 717 | 438 | |
| 46 | Rune Eskøy | 01:50:50 | 37:59-45 | 1:12:51-41 | |
| | Fossum IF | 1128 | 702 | 426 | |
| 47 | Tore Dukefoss | 01:52:51 | 39:41-50 | 1:13:10-42 | |
| | Lillehammer OK | 1087 | 668 | 419 | |
| 48 | Lars Vestvik | 03:29:44 | 42:59-55 | 1:33:02-49 | 1:13:43-39 |
| | Haugesund IL | 1039 | 602 | 22 | 415 |
| 49 | Torgeir Strand | 01:57:47 | 41:29-51 | 01:16:18-44 | |
| | Fana IL | 989 | 632 | 357 | |
| 50 | Terje Dengerud | 27:31 | 27:31-9 | | |
| | Nydalens SK | 911 | 911 | | |
| 51 | Ove Martinsen | 02:03:11 | 39:13-48 | | 1:23:58-44 |
| | Hauketo IF | 887 | 677 | | 210 |
| 52 | Jack Bjørnsen | 29:53 | 29:53-15 | | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--------------------------|---------------|--------------|--------------|--------------|
| | OK Hammaren | 864 | 864 | | |
| 53 | Geir Svendsen | 03:39:09 | 58:07-58 | 1:20:12-46 | 1:20:50-43 |
| | IF Sturla | 851 | 299 | 279 | 273 |
| 54 | Inge Glittum | 31:00 | 31:00-20 | | |
| | OK Skeidi | 842 | 842 | | |
| 55 | Vidar Benjaminsen | 31:52 | 31:52-24 | | |
| | Lillomarka OL | 824 | 824 | | |
| 56 | Rune Pedersen | 02:07:38 | 42:26-54 | 1:25:12-47 | |
| | IK Grane | 792 | 613 | 179 | |
| 57 | Arthur J. Olafsen | 03:57:19 | 38:46-47 | 1:46:48-50 | 1:31:45-46 |
| | Sandefjord OK | 740 | 686 | 0 | 54 |
| 58 | Cay Bakkehaug | 03:44:50 | 45:37-57 | 1:28:17-48 | 1:30:56-45 |
| | Sandefjord OK | 737 | 549 | 117 | 71 |
| 59 | Morten Mathisen | 37:32 | 37:32-43 | | |
| | Skien OK | 711 | 711 | | |
| 60 | Don Skantze | 03:57:01 | 1:06:23-60 | 1:10:04-36 | 1:40:34-48 |
| | IL Tyrving | 615 | 134 | 481 | 0 |
| 61 | Gunnar Veastad | 01:03:58 | | | 1:03:58-28 |
| | Lillehammer OK | 610 | | | 610 |
| 62 | Jon Ulvensøen | 59:29 | 59:29-59 | | |
| | OK Horten | 272 | 272 | | |
| 63 | Pål Lund Roland | 04:47:08 | 1:06:45-61 | 2:04:25-51 | 1:35:58-47 |
| | IF Sturla | 127 | 127 | 0 | 0 |
| H45AK | | | | | |
| 1 | Ørjan Valestrand | 01:47:29 | 25:02-1 | 41:36-1 | 40:51-2 |
| | Fana IL | 2202 | 750 | 750 | 702 |
| 2 | Dag Sørli | 02:08:57 | 31:29-5 | 51:20-5 | 46:08-4 |
| | Notodden OL | 1773 | 621 | 555 | 597 |
| 3 | Bjarne Gimre | 02:14:24 | 29:33-2 | 50:18-3 | 54:33-14 |
| | Ganddal IL | 1663 | 659 | 576 | 428 |
| 4 | Rune Tonaas | 02:15:02 | 32:20-7 | 56:50-9 | 45:52-3 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-------------------------------|---------------|--------------|--------------|--------------|
| | Bergens TF | 1651 | 604 | 445 | 602 |
| 5 | Audun Kjøstvedt | 02:16:48 | 33:55-10 | 50:58-4 | 51:55-9 |
| | IL Høvdingen | 1615 | 572 | 562 | 481 |
| 6 | Bjørn Stormoen | 02:18:05 | 31:15-4 | 54:02-6 | 52:48-12 |
| | Birkenes IL | 1589 | 625 | 501 | 463 |
| 7 | Bernt Johansen | 02:22:02 | 35:43-14 | 54:56-7 | 51:23-8 |
| | Porsgrunn OL | 1511 | 536 | 483 | 492 |
| 8 | Arild Bjørkenes | 01:23:25 | | 44:56-2 | 38:29-1 |
| | Marnardal IL | 1433 | | 683 | 750 |
| 9 | Morten Benestad | 02:26:34 | 32:04-6 | 58:50-11 | 55:40-15 |
| | IK Grane | 1420 | 609 | 405 | 406 |
| 10 | Oddbjørn Mong | 02:29:04 | 32:21-8 | 1:00:38-13 | 56:05-16 |
| | Egersund OK | 1370 | 603 | 369 | 398 |
| 11 | Harald Knut Abbedissen | 02:29:57 | 30:52-3 | 1:09:19-19 | 49:46-7 |
| | Varegg IL | 1352 | 633 | 195 | 524 |
| 12 | Øistein Paulsen | 02:38:31 | 34:11-11 | 1:15:12-20 | 49:08-6 |
| | Bergens TF | 1182 | 567 | 78 | 537 |
| 13 | Roy Gjerding | 02:38:54 | 42:04-20 | 59:52-12 | 56:58-17 |
| | OK Moss | 1173 | 409 | 384 | 380 |
| 14 | Stein Myhre | 02:40:03 | 37:47-17 | 1:08:44-18 | 53:32-13 |
| | IL Strand-Ulv | 1151 | 495 | 207 | 449 |
| 15 | Tron Solberg | 01:43:05 | | 55:18-8 | 47:47-5 |
| | OK Skeidi | 1040 | | 476 | 564 |
| 16 | Rolf Gunnar Bredesen | 02:48:29 | 37:38-16 | 1:05:58-17 | 1:04:53-19 |
| | Fossum IF | 982 | 498 | 262 | 222 |
| 17 | Sveinung Rekaa | 03:16:14 | 34:38-13 | 1:03:51-14 | 1:37:45-25 |
| | Notodden OL | 863 | 558 | 305 | 0 |
| 18 | Tom Pedersen | 02:56:47 | 34:11-11 | 1:05:13-16 | 1:17:23-22 |
| | TIF Viking | 844 | 567 | 277 | 0 |
| 19 | Kjell Almeland | 02:56:51 | 51:18-23 | 57:03-10 | 1:08:30-21 |
| | Fana IL | 814 | 224 | 441 | 149 |
| 20 | Thomas Førde | 02:58:10 | 50:29-22 | 1:03:54-15 | 1:03:47-18 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|-----------------------------|---------------|--------------|--------------|--------------|
| | Sveio OL | 789 | 241 | 304 | 244 |
| 21 | Even Tore Steinsholt | 03:04:28 | 40:06-18 | 1:18:13-21 | 1:06:09-20 |
| | Lardal OL | 661 | 448 | 17 | 196 |
| 22 | Torgeir Stenstad | 32:26 | 32:26-9 | | |
| | Oppsal IF | 602 | 602 | | |
| 23 | Per Larsen | 36:52 | 36:52-15 | | |
| | Kristiansand OK | 513 | 513 | | |
| 24 | Reidar Vifstad | 52:26 | | | 52:26-10 |
| | IL Tyrving | 471 | | | 471 |
| 25 | Stein Ove Dyngeland | 52:39 | | | 52:39-11 |
| | Fana IL | 466 | | | 466 |
| 26 | Øyvind Hasaas | 40:10 | 40:10-19 | | |
| | OK Skeidi | 447 | 447 | | |
| 27 | Rune Hamre | 03:39:49 | 47:55-21 | 1:31:19-22 | 1:20:35-23 |
| | IL Hauken | 292 | 292 | 0 | 0 |
| 28 | Atle Søvik | 01:22:04 | | | 1:22:04-24 |
| | IL Tyrving | 0 | | | 0 |
| H45AL | | | | | |
| 1 | Per Kristian Ekeberg | 01:56:13 | 26:39-4 | 46:33-3 | 43:01-2 |
| | IL Tyrving | 2885 | 976 | 921 | 988 |
| 2 | Arve Glittum | 01:59:09 | 26:56-5 | 48:31-4 | 43:42-3 |
| | OK Skeidi | 2828 | 971 | 882 | 975 |
| 3 | Simo-Pekka Vennelä | 02:00:16 | 25:48-2 | 52:01-8 | 42:27-1 |
| | Finn Karelia Team | 2805 | 993 | 812 | 1000 |
| 4 | Reidar Heivoll | 02:03:37 | 27:04-6 | 51:41-7 | 44:52-4 |
| | Søgne & Songdalen OK | 2737 | 968 | 818 | 951 |
| 5 | Arne Vilberg | 02:04:18 | 25:29-1 | 49:09-5 | 49:40-11 |
| | Lillomarka OL | 2724 | 1000 | 869 | 855 |
| 6 | Morten Due | 02:06:47 | 28:24-10 | 51:25-6 | 46:58-6 |
| | Måren OK | 2674 | 941 | 824 | 909 |
| 7 | Torgeir Volden | 02:08:21 | 27:34-8 | 54:49-11 | 45:58-5 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-------------------------|----------|----------|------------|------------|
| | Løten OL | 2643 | 958 | 756 | 929 |
| 8 | Markku Ritanotko | 02:15:55 | 30:06-14 | 56:43-14 | 49:06-10 |
| | Turun Metsänkävijät | 2492 | 907 | 718 | 867 |
| 9 | Ketil Kvaale | 02:16:13 | 27:51-9 | 59:58-21 | 48:24-8 |
| | Høydalsmo IL | 2486 | 952 | 653 | 881 |
| 10 | Svein Linga | 02:22:14 | 30:34-16 | 1:04:20-26 | 47:20-7 |
| | IL Gular | 2365 | 898 | 565 | 902 |
| 11 | Per Chr. Hagen | 02:22:46 | 29:03-11 | 53:46-10 | 59:57-22 |
| | Lifjell OL | 2355 | 928 | 777 | 650 |
| 12 | Fredrik Steiwer | 02:26:53 | 29:37-12 | 55:27-13 | 1:01:49-29 |
| | Lillomarka OL | 2272 | 917 | 743 | 612 |
| 13 | Dag Haugland | 02:29:52 | 33:25-24 | 56:54-15 | 59:33-21 |
| | Østmarka OK | 2213 | 841 | 714 | 658 |
| 14 | Axel Damgaard | 02:30:41 | 34:03-25 | 1:02:48-24 | 53:50-13 |
| | OL Trollo | 2196 | 828 | 596 | 772 |
| 15 | Per Israelsson | 02:31:48 | 36:36-30 | 58:28-16 | 56:44-15 |
| | Lillomarka OL | 2174 | 777 | 683 | 714 |
| 16 | Torbjørn Evensen | 02:32:16 | 33:22-23 | 1:04:37-27 | 54:17-14 |
| | Stavanger OK | 2165 | 842 | 560 | 763 |
| 17 | Kristen Langan | 02:33:49 | 35:28-27 | 59:40-20 | 58:41-20 |
| | OK Sør | 2134 | 800 | 659 | 675 |
| 18 | Gullik Gulliksen | 02:34:44 | 33:16-22 | 1:03:17-25 | 58:11-18 |
| | Sandefjord OK | 2115 | 844 | 586 | 685 |
| 19 | Ingar Solberg | 02:34:45 | 35:48-28 | 58:48-17 | 1:00:09-24 |
| | Olderskog IL | 2115 | 793 | 676 | 646 |
| 20 | Beat Hintermann | 02:35:40 | 29:57-13 | 1:07:49-28 | 57:54-17 |
| | OLG Basel | 2097 | 910 | 496 | 691 |
| 21 | Ketil Åstebøl | 02:37:25 | 36:49-31 | 1:02:14-23 | 58:22-19 |
| | Oppsal IF | 2061 | 773 | 607 | 681 |
| 22 | Gunnar Størset | 02:41:39 | 36:26-29 | 59:30-19 | 1:05:43-35 |
| | Molde & Omegn IF | 1977 | 781 | 662 | 534 |
| 23 | Rune Berge | 01:10:38 | 25:49-3 | 44:49-2 | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------|---------------|--------------|--------------|--------------|
| | IL Tyrving | 1949 | 993 | 956 | |
| 24 | Jan Steineger | 01:15:59 | 27:27-7 | | 48:32-9 |
| | IL Gneist | 1838 | 960 | | 878 |
| 25 | Gunnar Brattli | 02:51:26 | 37:37-32 | 1:12:13-30 | 1:01:36-28 |
| | Mo OK | 1782 | 757 | 408 | 617 |
| 26 | Johan T. Jensen | 02:51:56 | 32:08-19 | 1:16:20-34 | 1:03:28-33 |
| | Nydalens SK | 1771 | 867 | 325 | 579 |
| 27 | Thomas Hertner | 02:53:12 | 38:07-34 | 1:15:04-33 | 1:00:01-23 |
| | OLV Baselland | 1746 | 747 | 351 | 648 |
| 28 | Keld Abrahamsen | 02:54:11 | 38:33-36 | 1:14:17-32 | 01:01:21-27 |
| | Aarhus 1900 | 1726 | 738 | 366 | 622 |
| 29 | Tore Ruud | 01:23:44 | 30:23-15 | 53:21-9 | |
| | Østmarka OK | 1687 | 902 | 785 | |
| 30 | Gila Poltéra | 02:56:43 | 42:09-40 | 1:13:29-31 | 1:01:05-25 |
| | Quack OK | 1675 | 666 | 382 | 627 |
| 31 | Svein-Harald Hansen | 03:01:33 | 46:12-43 | 1:02:06-22 | 1:13:15-37 |
| | OK Silsand | 1579 | 585 | 610 | 384 |
| 32 | Endre Hallan | 01:29:46 | 32:10-20 | | 57:36-16 |
| | Lillomarka OL | 1563 | 866 | | 697 |
| 33 | Gunnar Halden | 01:47:32 | | 55:03-12 | 52:29-12 |
| | Nydalens SK | 1550 | | 751 | 799 |
| 34 | Harald Wibye | 03:04:37 | 40:54-39 | 1:20:49-35 | 1:02:54-32 |
| | OK Moss | 1518 | 691 | 236 | 591 |
| 35 | Morten Johansen | 01:34:30 | 35:07-26 | 59:23-18 | |
| | OK Moss | 1471 | 807 | 664 | |
| 36 | Erling Strand | 03:10:32 | 44:41-42 | 1:12:06-29 | 1:13:45-38 |
| | Bergens TF | 1400 | 616 | 410 | 374 |
| 37 | Gisle Due | 01:39:00 | 37:49-33 | | 1:01:11-26 |
| | Måren OK | 1378 | 753 | | 625 |
| 38 | Jan Kåre Vatne | 01:41:08 | 39:08-37 | | 1:02:00-30 |
| | Mo OK | 1336 | 727 | | 609 |
| 39 | Jarle Botnen | 03:14:28 | 44:06-41 | 1:26:51-36 | 1:03:31-34 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|------------|-----------------------------|----------|----------|------------|------------|
| | Lifjell OL | 1320 | 627 | 115 | 578 |
| 40 | Geir Rognsvåg | 01:43:23 | 40:53-38 | | 1:02:30-31 |
| | Fana IL | 1291 | 692 | | 599 |
| 41 | Harald Hovi | 42:37 | | 42:37-1 | |
| | Skien OK | 1000 | | 1000 | |
| 42 | Per Furuheim | 31:01 | 31:01-17 | | |
| | Skien OK | 889 | 889 | | |
| 43 | Magne Vollen | 32:03 | 32:03-18 | | |
| | Oslo Studentenes IK | 868 | 868 | | |
| 44 | Karl Jørgen Songedal | 32:55 | 32:55-21 | | |
| | IL Imås | 851 | 851 | | |
| 45 | Svein Per Thoresen | 38:13 | 38:13-35 | | |
| | Alvdal IL | 745 | 745 | | |
| 46 | Ole Petter Rundhaug | 02:38:50 | | 1:28:21-37 | 1:10:29-36 |
| | Mo OK | 524 | | 85 | 439 |
| H50 | | | | | |
| 1 | Hans Roar Bakken | 01:44:55 | 25:22-7 | 43:09-3 | 36:24-2 |
| | Eiker OL | 2910 | 955 | 968 | 987 |
| 2 | Frode Sandersen | 01:47:37 | 24:12-2 | 46:47-4 | 36:38-3 |
| | Nittedal OL | 2855 | 978 | 895 | 982 |
| 3 | Jørn Torgersen | 01:49:44 | 24:58-4 | 42:46-2 | 42:00-9 |
| | TIF Viking | 2813 | 963 | 975 | 875 |
| 4 | Finn Ole Jørgensen | 01:49:47 | 25:18-6 | 48:44-7 | 35:45-1 |
| | IK Grane | 2812 | 956 | 856 | 1000 |
| 5 | Hugo Christensen | 01:51:19 | 27:17-13 | 47:02-5 | 37:00-4 |
| | Notodden OL | 2781 | 916 | 890 | 975 |
| 6 | Ivan Chorokhov | 01:51:45 | 23:07-1 | 49:33-12 | 39:05-6 |
| | OK Mysl | 2773 | 1000 | 840 | 933 |
| 7 | Kjell Audun Sundsdal | 01:57:57 | 25:14-5 | 54:50-20 | 37:53-5 |
| | Melum IL | 2648 | 957 | 734 | 957 |
| 8 | Arne Tiltnes | 01:58:17 | 26:45-9 | 48:45-8 | 42:47-11 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-------------------------------|----------|----------|------------|----------|
| | IL Tyrving | 2642 | 927 | 856 | 859 |
| 9 | Kjell W. Sørensen | 01:58:52 | 27:41-14 | 49:06-9 | 42:05-10 |
| | IK Grane | 2630 | 908 | 849 | 873 |
| 10 | Øyvin Simonsen | 01:59:30 | 27:11-11 | 51:11-15 | 41:08-8 |
| | IL Imås | 2617 | 918 | 807 | 892 |
| 11 | Stein Turtumøygard | 02:00:51 | 24:45-3 | 55:11-21 | 40:55-7 |
| | Måren OK | 2590 | 967 | 727 | 896 |
| 12 | Ilmars Limbens | 02:05:14 | 28:35-15 | 52:33-17 | 44:06-15 |
| | Sigulda | 2503 | 890 | 780 | 833 |
| 13 | Atle Remme | 02:05:24 | 29:42-18 | 49:23-10 | 46:19-16 |
| | Porsgrunn OL | 2499 | 868 | 843 | 788 |
| 14 | Atle Alvheim | 02:05:53 | 27:15-12 | 50:11-13 | 48:27-21 |
| | Fana IL | 2490 | 917 | 827 | 746 |
| 15 | Arne Torbjørn Jørandli | 02:06:14 | 35:02-30 | 47:17-6 | 43:55-14 |
| | Synnfjell OK | 2482 | 761 | 885 | 836 |
| 16 | Svein Grønhovd | 02:12:39 | 29:21-16 | 53:21-19 | 49:57-23 |
| | Modum OK | 2355 | 875 | 764 | 716 |
| 17 | Leif Lødeng | 02:13:03 | 26:39-8 | 1:03:21-29 | 43:03-12 |
| | OK Moss | 2347 | 929 | 564 | 854 |
| 18 | Tor Mjaaland | 02:14:00 | 32:43-24 | 51:43-16 | 49:34-22 |
| | Oddersjaa SSK | 2327 | 808 | 796 | 723 |
| 19 | Inge Skjævesland | 02:21:00 | 31:31-22 | 1:02:17-26 | 47:12-18 |
| | IF Trauma | 2188 | 832 | 585 | 771 |
| 20 | Willy Smedberg | 02:22:47 | 33:45-29 | 1:01:02-25 | 48:00-20 |
| | Eiker OL | 2152 | 787 | 610 | 755 |
| 21 | Raimo Haapalehto | 02:23:33 | 35:11-32 | 55:43-22 | 52:39-28 |
| | Vetelin Urheilijat | 2136 | 758 | 716 | 662 |
| 22 | Roald Omdal | 02:28:14 | 32:58-25 | 1:03:08-27 | 52:08-27 |
| | Øvrebø/Vindbjart Orientering | 2043 | 803 | 568 | 672 |
| 23 | Jørg Luchsinger | 02:30:00 | 33:08-26 | 1:06:05-31 | 50:47-24 |
| | Kongsberg OL | 2007 | 799 | 509 | 699 |
| 24 | Kjell Halvorsen | 02:30:56 | 33:39-28 | 1:05:28-30 | 51:49-26 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|------------------------------|----------|----------|------------|------------|
| | Berger og Svelvik OL | 1988 | 789 | 521 | 678 |
| 25 | Øyvind Hoveid | 02:31:56 | 36:37-35 | 1:00:51-24 | 54:28-32 |
| | Porsgrunn OL | 1969 | 730 | 614 | 625 |
| 26 | Holte Arvid | 02:35:51 | 39:24-39 | 1:08:44-33 | 47:43-19 |
| | Lillehammer OK | 1890 | 674 | 456 | 760 |
| 27 | Bjørn Grinde | 01:28:32 | | 41:33-1 | 46:59-17 |
| | Oslo Studentenes IK | 1775 | | 1000 | 775 |
| 28 | Olav Østhagen | 01:16:29 | 27:04-10 | 49:25-11 | |
| | OL Vallset -Stange | 1763 | 921 | 842 | |
| 29 | Per Fløystad | 02:43:33 | 40:11-41 | 1:09:38-34 | 53:44-31 |
| | Gjø-Vard OL | 1736 | 658 | 438 | 640 |
| 30 | Paul Skjaker | 02:43:43 | 35:04-31 | 1:15:01-39 | 53:38-30 |
| | Hadeland OL | 1733 | 761 | 330 | 642 |
| 31 | Robert Zwahlen | 02:45:47 | 38:32-38 | 1:14:01-37 | 53:14-29 |
| | OLG Biel | 1691 | 691 | 350 | 650 |
| 32 | Svein Jarl Hansen | 02:46:07 | 46:37-45 | 1:03:11-28 | 56:19-34 |
| | Voss IL | 1685 | 530 | 567 | 588 |
| 33 | Hogne Kjærås | 01:23:15 | 30:27-19 | 52:48-18 | |
| | Andebu IL | 1628 | 853 | 775 | |
| 34 | Geir Atle Kristiansen | 03:00:47 | 33:28-27 | 1:14:12-38 | 1:13:07-39 |
| | IL Gneist | 1392 | 793 | 347 | 252 |
| 35 | Odd Einar Larsen | 01:35:09 | 36:29-34 | 58:40-23 | |
| | Lillehammer OK | 1389 | 732 | 657 | |
| 36 | Arne Vidar Pedersen | 01:37:34 | 30:38-20 | 1:06:56-32 | |
| | IL Tyrving | 1341 | 849 | 492 | |
| 37 | Jan Erik Røed | 01:40:29 | 30:40-21 | 1:09:49-35 | |
| | Sandefjord OK | 1283 | 849 | 434 | |
| 38 | Jan Olav Ormberg | 03:07:57 | 43:07-42 | 1:23:53-42 | 1:00:57-35 |
| | Fana IL | 1249 | 600 | 153 | 496 |
| 39 | Frank Balchen | 01:56:47 | | 1:13:21-36 | 43:26-13 |
| | Oddersjaa SSK | 1210 | | 364 | 846 |
| 40 | Odd Utstumo | 03:11:16 | 45:50-43 | 1:18:34-41 | 1:06:52-37 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|------------------------------|---------------|--------------|--------------|--------------|
| | IK Grane | 1181 | 545 | 259 | 377 |
| 41 | Ola Skogstad | 01:42:21 | 37:11-37 | | 1:05:10-36 |
| | Mo OK | 1129 | 718 | | 411 |
| 42 | Åvald Bakken | 01:49:37 | 32:00-23 | 1:17:37-40 | |
| | Froland IL | 1100 | 822 | 278 | |
| 43 | Ernst Kläy | 01:45:53 | 37:06-36 | | 1:08:47-38 |
| | OLV Hindelbank | 1059 | 720 | | 339 |
| 44 | Kristen Daland | 29:34 | 29:34-17 | | |
| | IL Imås | 871 | 871 | | |
| 45 | Gunnar Dag Tørå | 50:50 | | 50:50-14 | |
| | IK Grane | 814 | | 814 | |
| 46 | Arve Aardal | 35:50 | 35:50-33 | | |
| | Raumar OL | 745 | 745 | | |
| 47 | Sverre Valvik | 51:24 | | | 51:24-25 |
| | IK Grane | 687 | | | 687 |
| 48 | Finn Tysland Johnsen | 39:49 | 39:49-40 | | |
| | IF Trauma | 666 | 666 | | |
| 49 | John Arne Bauge | 55:14 | | | 55:14-33 |
| | Haugesund IL | 610 | | | 610 |
| 50 | Karl Johan Emanuelsen | 04:12:33 | 46:18-44 | 1:47:01-44 | 1:39:14-41 |
| | IK Grane | 536 | 536 | 0 | 0 |
| 51 | Bjørn Jakobsen | 47:45 | 47:45-46 | | |
| | Molde & Omegn IF | 507 | 507 | | |
| 52 | Bernt Tollefsen | 55:45 | 55:45-47 | | |
| | Lillomarka OL | 347 | 347 | | |
| 53 | Jon Isak Lunde | 03:16:39 | | 1:44:56-43 | 1:31:43-40 |
| | Drangedal OL | 0 | | 0 | 0 |
| H55 | | | | | |
| 1 | Helge Fossheim | 01:44:31 | 26:41-4 | 42:24-1 | 35:26-1 |
| | Hedrum OL | 2939 | 939 | 1000 | 1000 |
| 2 | Ragnar Fremmelid | 01:54:26 | 24:17-2 | 50:34-7 | 39:35-4 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|---------------------------------|---------------|--------------|--------------|--------------|
| | IK Grane | 2740 | 987 | 836 | 917 |
| 3 | Magnus Natås | 01:55:58 | 32:36-22 | 42:47-2 | 40:35-6 |
| | Bergens TF | 2709 | 820 | 992 | 897 |
| 4 | Rolf Gjølberg | 02:03:30 | 31:28-18 | 46:47-3 | 45:15-12 |
| | Larvik OK | 2558 | 843 | 912 | 803 |
| 5 | Tor Lea | 02:05:11 | 30:02-12 | 47:44-5 | 47:25-19 |
| | Nydalens SK | 2525 | 872 | 893 | 760 |
| 6 | Helge Revhaug | 02:05:12 | 27:26-6 | 51:11-8 | 46:35-16 |
| | Ringerike OL | 2525 | 924 | 824 | 777 |
| 7 | Kjell Dolva | 02:06:45 | 30:08-13 | 51:12-9 | 45:25-13 |
| | Skien OK | 2494 | 870 | 824 | 800 |
| 8 | Lasse Vråle | 02:08:07 | 26:44-5 | 57:38-17 | 43:45-7 |
| | IF Sturla | 2466 | 938 | 695 | 833 |
| 9 | Thor Palmgren | 02:09:39 | 30:12-16 | 52:21-10 | 47:06-17 |
| | Halden SK | 2435 | 868 | 801 | 766 |
| 10 | Ronald Bjerva | 02:11:09 | 29:50-9 | 56:36-16 | 44:43-11 |
| | Drangedal OL | 2406 | 876 | 716 | 814 |
| 11 | Widar Taxth Løland | 02:14:07 | 30:00-11 | 1:00:00-19 | 44:07-10 |
| | Lia IL | 2346 | 872 | 648 | 826 |
| 12 | Svein Glendrange | 02:15:36 | 25:13-3 | 1:04:33-24 | 45:50-14 |
| | Stavanger OK | 2317 | 968 | 557 | 792 |
| 13 | Steinar Slettemark | 02:17:55 | 31:33-19 | 1:02:19-21 | 44:03-9 |
| | Stord IL | 2269 | 841 | 601 | 827 |
| 14 | Jonny Huse | 02:20:25 | 33:07-24 | 55:47-15 | 51:31-25 |
| | Stord IL | 2220 | 810 | 732 | 678 |
| 15 | Per Vold | 02:28:52 | 30:11-15 | 1:06:23-26 | 52:18-26 |
| | Fana IL | 2051 | 869 | 520 | 662 |
| 16 | Øystein Bedford Pedersen | 02:30:07 | 33:06-23 | 53:49-13 | 1:03:12-39 |
| | IL Express | 2025 | 810 | 771 | 444 |
| 17 | Rolf Palmgren | 02:30:09 | 33:40-25 | 1:07:22-29 | 49:07-22 |
| | Porsgrunn OL | 2025 | 799 | 500 | 726 |
| 18 | Ragnar Hillestad | 02:32:30 | 29:27-8 | 1:19:02-37 | 44:01-8 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|-----------------------------|----------|----------|------------|------------|
| | Lardal OL | 1978 | 883 | 267 | 828 |
| 19 | Tore Svein Langås | 02:37:46 | 38:30-37 | 1:05:23-25 | 53:53-29 |
| | Torridal IL | 1873 | 702 | 540 | 631 |
| 20 | Erling Lauvrak | 02:38:42 | 35:39-30 | 1:09:39-31 | 53:24-28 |
| | IL Imås | 1854 | 759 | 455 | 640 |
| 21 | Tore Berntsen | 01:06:31 | 29:54-10 | | 36:37-2 |
| | Søgne & Songdalen OK | 1850 | 874 | | 976 |
| 22 | Trygve Løland | 01:26:10 | | 47:18-4 | 38:52-3 |
| | Birkenes IL | 1833 | | 902 | 931 |
| 23 | Svein Syversen | 01:28:51 | | 48:38-6 | 40:13-5 |
| | Halden SK | 1779 | | 875 | 904 |
| 24 | Jan S Larsen | 02:45:45 | 38:07-36 | 1:06:41-27 | 1:00:57-35 |
| | IK Grane | 1713 | 710 | 514 | 489 |
| 25 | Arne Brandsberg | 02:47:17 | 36:22-33 | 1:11:47-32 | 59:08-33 |
| | Egersund OK | 1683 | 745 | 412 | 526 |
| 26 | Fero Lampi | 02:48:21 | 35:33-29 | 1:15:13-35 | 57:35-31 |
| | Finn Karelia Team | 1661 | 761 | 343 | 557 |
| 27 | Magne Moy | 01:23:09 | 30:10-14 | 52:59-11 | |
| | OK Sør | 1657 | 869 | 788 | |
| 28 | John Ivar Kjellevoid | 01:17:17 | 30:50-17 | | 46:27-15 |
| | Modum OK | 1635 | 856 | | 779 |
| 29 | Fritz Siegenthaler | 01:19:13 | 32:04-20 | | 47:09-18 |
| | SV Lindau | 1596 | 831 | | 765 |
| 30 | Olav Olsen | 01:28:29 | 33:54-26 | 54:35-14 | |
| | IK Grane | 1550 | 794 | 756 | |
| 31 | Sverre P. Paulsen | 02:55:24 | 45:19-42 | 1:12:22-33 | 57:43-32 |
| | OK Skeidi | 1520 | 566 | 400 | 554 |
| 32 | Trond Wettergreen | 01:31:28 | 32:27-21 | 59:01-18 | |
| | Driv IL | 1490 | 823 | 667 | |
| 33 | Anders Mikkelsen | 01:26:04 | 36:30-34 | | 49:34-23 |
| | Berger og Svelvik OL | 1459 | 742 | | 717 |
| 34 | Svein Eliassen | 03:01:09 | 41:30-39 | 1:22:31-40 | 57:08-30 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|---------------------------|---------------|--------------|--------------|--------------|
| | Vaulen OK | 1405 | 642 | 197 | 566 |
| 35 | Ivar Skåre | 01:50:42 | | 1:02:08-20 | 48:34-20 |
| | Birkenes IL | 1342 | | 605 | 737 |
| 36 | Svein Endre Hove | 01:52:12 | | 1:03:22-23 | 48:50-21 |
| | Byåsen IL | 1312 | | 580 | 732 |
| 37 | Knut Hundland | 01:36:57 | 36:09-32 | | 1:00:48-34 |
| | Sandefjord OK | 1241 | 749 | | 492 |
| 38 | Sven G. Aurebekk | 01:44:36 | 35:44-31 | 1:08:52-30 | |
| | Torridal IL | 1228 | 758 | 470 | |
| 39 | Andrè Roth | 03:13:31 | 45:22-43 | 1:27:05-41 | 1:01:04-36 |
| | OLG Cordoba | 1158 | 565 | 106 | 487 |
| 40 | Bjarte Thunold | 02:04:56 | | 1:14:23-34 | 50:33-24 |
| | Porsgrunn OL | 1057 | | 360 | 697 |
| 41 | Jens Harald Aarnes | 23:38 | 23:38-1 | | |
| | Skien OK | 1000 | 1000 | | |
| 42 | Erik Grorud | 27:56 | 27:56-7 | | |
| | Haslum IL | 914 | 914 | | |
| 43 | Dagfinn Hole | 02:02:19 | 59:14-47 | 1:03:05-22 | |
| | Bergens TF | 874 | 288 | 586 | |
| 44 | Bjørn Bratland | 02:14:52 | | 1:06:43-28 | 1:08:09-40 |
| | IF Trauma | 858 | | 513 | 345 |
| 45 | Tor Sørensen | 53:03 | | 53:03-12 | |
| | Eiker OL | 787 | | 787 | |
| 46 | Floke Bredland | 34:20 | 34:20-27 | | |
| | Søgne & Songdalen OK | 786 | 786 | | |
| 47 | Alf Svenning Berg | 34:27 | 34:27-28 | | |
| | IL Dyre Vaa | 783 | 783 | | |
| 48 | Ørn Midttun | 03:47:24 | 46:13-44 | 1:47:06-45 | 1:14:05-43 |
| | Bergens TF | 775 | 548 | 0 | 227 |
| 49 | Dag Pettersen | 37:21 | 37:21-35 | | |
| | IL Express | 725 | 725 | | |
| 50 | Lars Ole Larsen | 02:02:48 | 45:08-41 | | 1:17:40-44 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--------------------------------|---------------|--------------|--------------|--------------|
| | Silkeborg OK | 725 | 570 | | 155 |
| 51 | Michael Frenzel | 02:21:56 | | 1:20:05-38 | 1:01:51-37 |
| | Esv Lok Berlin | 717 | | 246 | 471 |
| 52 | Einar Straume | 53:02 | | | 53:02-27 |
| | Drangedal OL | 648 | | | 648 |
| 53 | Sergey Chizhikov | 02:33:55 | 41:25-38 | 1:52:30-46 | |
| | OK Mysl | 644 | 644 | 0 | |
| 54 | Rolf Mikkelsen | 43:44 | 43:44-40 | | |
| | IL Imås | 598 | 598 | | |
| 55 | Terje Dybvik Hasle | 02:30:13 | | 1:17:17-36 | 1:12:56-41 |
| | Sandefjord OK | 552 | | 302 | 250 |
| 56 | Odd Werner-Erichen | 01:01:55 | | | 1:01:55-38 |
| | Vandarringen | 470 | | | 470 |
| 57 | Sergey Bortnovskiy | 03:54:20 | 52:21-45 | 01:37:17-44 | 1:24:42-46 |
| | OK Mysl | 439 | 425 | 0 | 14 |
| 58 | Odd Jakobsen | 02:27:32 | 58:01-46 | 1:29:31-42 | |
| | Skjåk IL | 369 | 312 | 57 | |
| 59 | Martin Nikolaisen | 02:39:37 | | 1:20:27-39 | 1:19:10-45 |
| | OK Skeidi | 364 | | 239 | 125 |
| 60 | Arne Lande | 01:14:03 | | | 1:14:03-42 |
| | Lifjell OL | 227 | | | 227 |
| 61 | Anders Noddeland | 01:32:15 | | 1:32:15-43 | |
| | Austre Moland IL | 3 | | 3 | |
| H60 | | | | | |
| 1 | Erik Engebråten | 01:40:25 | 20:13-1 | 44:24-1 | 35:48-1 |
| | Rudsbygd IL | 3000 | 1000 | 1000 | 1000 |
| 2 | Bjørn Egner | 01:50:32 | 22:40-4 | 46:16-4 | 41:36-5 |
| | Heming/Njård OL | 2797 | 951 | 962 | 884 |
| 3 | Karl Ingvald Westerheim | 01:52:21 | 23:46-9 | 47:54-5 | 40:41-2 |
| | Stord IL | 2761 | 929 | 930 | 902 |
| 4 | Helge Bjaaland | 01:52:42 | 20:40-2 | 44:56-2 | 47:06-13 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--|------------------|-----------------|-------------------|-----------------|
| | Heming/Njård OL | 2754 | 991 | 989 | 774 |
| 5 | Paul Biseth Kongsberg OL | 02:00:47 2592 | 26:44-17 869 | 45:54-3 970 | 48:09-14 753 |
| 6 | Magne Klovning Porsgrunn OL | 02:01:22 2580 | 29:38-24 811 | 51:03-12 867 | 40:41-2 902 |
| 7 | Steinar Ruud Konnerud IL | 02:02:58 2547 | 28:41-20 830 | 49:31-8 897 | 44:46-10 820 |
| 8 | Ivor Noot East Pennine Orienteers | 02:05:18 2501 | 22:24-3 956 | 53:14-16 823 | 49:40-17 722 |
| 9 | Per Reidar Spieler IK Grane | 02:08:37 2436 | 22:43-5 950 | 56:57-19 749 | 48:57-15 737 |
| 10 | Oddvar Gjelstad Sandefjord OK | 02:09:21 2420 | 24:38-13 911 | 58:10-22 724 | 46:33-12 785 |
| 11 | Bjørn Syvertsen Øvrebø/Vindbjart Orientering | 02:09:36 2415 | 23:05-8 942 | 48:44-6 913 | 57:47-28 560 |
| 12 | Gunnar Olsen IL Imås | 02:10:02 2407 | 24:12-11 920 | 51:15-13 863 | 54:35-27 624 |
| 13 | Åge Thorjussen Skien OK | 02:11:20 2381 | 25:25-16 896 | 54:31-18 797 | 51:24-22 688 |
| 14 | Per Fersnes Kristiansand OK | 02:11:53 2370 | 28:32-19 833 | 57:12-20 744 | 46:09-11 793 |
| 15 | Kjell Birkeland IK Grane | 02:12:47 2352 | 24:39-14 911 | 53:50-17 811 | 54:18-26 630 |
| 16 | Öyvind Jensen Hässleholms OK | 02:13:41 2334 | 30:31-28 794 | 50:50-9 871 | 52:20-25 669 |
| 17 | Alfred Steiner SV Lindau | 02:16:50 2271 | 28:47-21 828 | 58:21-23 721 | 49:42-18 722 |
| 18 | Tor A. Ommundsen DNVBIL | 02:17:40 2254 | 24:59-15 904 | 1:00:56-24 669 | 51:45-23 681 |
| 19 | Elling Frøvoll IF Sturla | 02:29:52 2009 | 31:41-30 770 | 1:14:40-36 394 | 43:31-7 845 |
| 20 | Hubert Hugosson | 02:35:15 | 28:50-22 | 1:03:30-27 | 1:02:55-32 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|------------------------------|---------------|--------------|--------------|--------------|
| | OK Gyngje | 1902 | 827 | 618 | 457 |
| 21 | Einar Strøm | 02:38:10 | 33:41-33 | 1:13:08-35 | 51:21-21 |
| | Hedrum OL | 1844 | 730 | 425 | 689 |
| 22 | Knut Skjæveland | 01:05:31 | 22:55-7 | | 42:36-6 |
| | Søgne & Songdalen OK | 1810 | 946 | | 864 |
| 23 | Tor Kvammen | 01:14:19 | 22:44-6 | 51:35-14 | |
| | Kongsberg OL | 1805 | 949 | 856 | |
| 24 | Ingolf Dybvik | 01:15:23 | 24:21-12 | 51:02-11 | |
| | IL Solid | 1784 | 917 | 867 | |
| 25 | Ivar Lindland | 02:41:34 | 28:31-18 | 1:04:48-28 | 1:08:15-35 |
| | Voss IL | 1777 | 834 | 592 | 351 |
| 26 | Odd Aure | 01:32:21 | | 51:01-10 | 41:20-4 |
| | Drangedal OL | 1756 | | 867 | 889 |
| 27 | Per Øystein Andersen | 01:36:06 | | 51:40-15 | 44:26-9 |
| | Larvik OK | 1681 | | 854 | 827 |
| 28 | Harald Augland | 01:15:34 | 23:46-9 | | 51:48-24 |
| | IL Høvdingen | 1609 | 929 | | 680 |
| 29 | Arild Telstø | 01:40:21 | | 49:30-7 | 50:51-20 |
| | Øvrebø/Vindbjart Orientering | 1597 | | 898 | 699 |
| 30 | Kjell Saastad | 01:48:58 | | 1:05:14-30 | 43:44-8 |
| | Ski og Fotb.kl LYN | 1424 | | 583 | 841 |
| 31 | Arne Karlsen | 01:33:57 | 28:55-23 | 1:05:02-29 | |
| | Stavanger OK | 1413 | 826 | 587 | |
| 32 | Håkon Andersen | 01:34:57 | 31:34-29 | 1:03:23-26 | |
| | Sandefjord OK | 1393 | 773 | 620 | |
| 33 | Thor Edvardsen | 01:51:41 | | 1:01:11-25 | 50:30-19 |
| | Larvik OK | 1370 | | 664 | 706 |
| 34 | Reidar Døskeland | 01:42:19 | 29:38-24 | 1:12:41-34 | |
| | Fana IL | 1245 | 811 | 434 | |
| 35 | Nils Asbjørn Sunde | 03:14:03 | 1:08:04-37 | 1:05:37-31 | 1:00:22-30 |
| | Søgne & Songdalen OK | 1126 | 43 | 575 | 508 |
| 36 | John Laukli | 03:15:31 | 41:36-35 | 1:26:26-40 | 1:07:29-34 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|------------------------------|---------------|--------------|--------------|--------------|
| | Konnerud IL | 1097 | 572 | 159 | 366 |
| 37 | Peter Rosendahl | 01:51:31 | 29:48-26 | 1:21:43-38 | |
| | Øvrebø/Vindbjart Orientering | 1061 | 808 | 253 | |
| 38 | Tor Ausen | 02:10:31 | | 1:09:09-32 | 1:01:22-31 |
| | Porsgrunn OL | 993 | | 505 | 488 |
| 39 | Vladimir Makarov | 03:20:45 | 40:41-34 | 1:21:14-37 | 1:18:50-36 |
| | OK Mysl | 992 | 590 | 263 | 139 |
| 40 | Ronald Malcom | 02:11:58 | | 1:22:28-39 | 49:30-16 |
| | Larvik OK | 964 | | 238 | 726 |
| 41 | Gudmund Lykkjen | 02:16:57 | | 1:09:45-33 | 1:07:12-33 |
| | Måren OK | 865 | | 493 | 372 |
| 42 | Knut Bere | 29:58 | 29:58-27 | | |
| | Volda T&IL | 805 | 805 | | |
| 43 | Arne Dalsøren | 02:01:17 | 32:20-31 | | 1:28:57-37 |
| | IK Grane | 757 | 757 | | 0 |
| 44 | Knut Jacobsen | 02:10:59 | 32:31-32 | 1:38:28-41 | |
| | Sandefjord TIF | 754 | 754 | 0 | |
| 45 | Olav Strisland | 57:18 | | 57:18-21 | |
| | Øvrebø/Vindbjart Orientering | 742 | | 742 | |
| 46 | Rolf Pedersen | 58:27 | | | 58:27-29 |
| | Alta OL | 547 | | | 547 |
| 47 | Yngvar Lie | 43:18 | 43:18-36 | | |
| | Hedrum OL | 538 | 538 | | |
| H65 | | | | | |
| 1 | Axel Ingvaldsen | 01:32:33 | 21:35-4 | 37:29-1 | 33:29-4 |
| | TIF Viking | 2927 | 973 | 1000 | 954 |
| 2 | Toivo Ryyppö | 01:33:15 | 20:15-1 | 41:49-5 | 31:11-1 |
| | Finn Karelia Team | 2913 | 1000 | 913 | 1000 |
| 3 | Magne Sandal | 01:34:58 | 24:34-7 | 38:42-2 | 31:42-3 |
| | Fana IL | 2877 | 913 | 975 | 989 |
| 4 | Arne Lie | 01:41:05 | 21:08-2 | 44:48-12 | 35:09-5 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------|---------------|--------------|--------------|--------------|
| | Stokke IL | 2755 | 982 | 853 | 920 |
| 5 | Finn Åge Østern | 01:42:43 | 24:43-8 | 41:54-6 | 36:06-7 |
| | Kongsberg OL | 2722 | 910 | 911 | 901 |
| 6 | Arne Jordal | 01:44:52 | 24:44-9 | 39:20-3 | 40:48-14 |
| | Nydalens SK | 2680 | 910 | 963 | 807 |
| 7 | Arnfinn Bujordet | 01:48:06 | 25:24-11 | 44:40-11 | 38:02-9 |
| | Kristiansand OK | 2616 | 897 | 856 | 863 |
| 8 | Jens Håversen | 01:50:59 | 21:23-3 | 43:58-9 | 45:38-21 |
| | IK Grane | 2558 | 977 | 870 | 711 |
| 9 | Asbjørn Gammelsæter | 01:52:48 | 32:29-26 | 44:07-10 | 36:12-8 |
| | Skien OK | 2521 | 755 | 867 | 899 |
| 10 | Magnar Reppesgård | 01:54:35 | 28:07-19 | 45:07-13 | 41:21-15 |
| | Hedrum OL | 2485 | 842 | 847 | 796 |
| 11 | Tor Drage | 01:59:24 | 24:44-9 | 49:16-15 | 45:24-20 |
| | Haugerud IF | 2389 | 910 | 764 | 715 |
| 12 | Helge Halvorsen | 01:59:27 | 25:34-12 | 54:38-20 | 39:15-10 |
| | Larvik OK | 2388 | 893 | 657 | 838 |
| 13 | Audun Myrvold | 02:00:55 | 27:55-18 | 41:27-4 | 51:33-27 |
| | IFK Hedemora OK | 2358 | 846 | 920 | 592 |
| 14 | Roald Lunde | 02:06:58 | 30:11-24 | 56:23-22 | 40:24-13 |
| | IL Hauken | 2238 | 801 | 622 | 815 |
| 15 | Hans John Ellefsen | 02:09:12 | 29:53-23 | 54:23-18 | 44:56-19 |
| | OK Moss | 2194 | 807 | 662 | 725 |
| 16 | Sigurd Reppesgård | 02:10:36 | 37:01-29 | 53:29-17 | 40:06-12 |
| | Hedrum OL | 2165 | 664 | 680 | 821 |
| 17 | Erling Bakken | 02:11:09 | 25:56-13 | 54:26-19 | 50:47-25 |
| | Asker SK | 2155 | 886 | 661 | 608 |
| 18 | Odd Gunbjørnsen | 02:11:12 | 28:30-21 | 1:03:16-25 | 39:26-11 |
| | Konnerud IL | 2154 | 835 | 484 | 835 |
| 19 | Ola Kjell Ottesen | 02:12:45 | 28:27-20 | 56:23-22 | 47:55-23 |
| | Haugesund IL | 2123 | 836 | 622 | 665 |
| 20 | Hans Ruud | 02:17:53 | 26:24-14 | 58:20-24 | 53:09-28 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|-------|----------------------------|----------|----------|------------|----------|
| | Hamar OK | 2020 | 877 | 583 | 560 |
| 21 | Helge Kvaase | 01:14:34 | | 43:20-8 | 31:14-2 |
| | Bækkelaget SPK | 1882 | | 883 | 999 |
| 22 | Ola Tellesbø | 01:05:05 | 22:56-5 | 42:09-7 | |
| | Porsgrunn OL | 1852 | 946 | 906 | |
| 23 | Per Lund | 01:09:55 | 24:16-6 | 45:39-14 | |
| | Larvik OK | 1755 | 919 | 836 | |
| 24 | Klaus Schlittermann | 02:34:13 | 30:32-25 | 1:19:18-33 | 44:23-18 |
| | Esv Lok Berlin | 1693 | 794 | 163 | 736 |
| 25 | Odd Anda | 02:36:09 | 27:51-17 | 1:17:18-32 | 51:00-26 |
| | Østmarka OK | 1654 | 848 | 203 | 603 |
| 26 | Svein Haukaas | 01:09:37 | 27:10-15 | | 42:27-16 |
| | Årstad IL | 1635 | 861 | | 774 |
| 27 | Harald Birkeland | 01:26:11 | 36:01-28 | 50:10-16 | |
| | Årvoll IL | 1430 | 684 | 746 | |
| 28 | Leiv Hope | 01:38:28 | | 55:11-21 | 43:17-17 |
| | Kongsberg OL | 1404 | | 646 | 758 |
| 29 | Sverre G. Johansen | 01:23:42 | 33:26-27 | | 50:16-24 |
| | Sauda OK | 1354 | 736 | | 618 |
| 30 | Eugeny Tarantsev | 02:53:42 | 42:12-31 | 1:14:04-30 | 57:26-31 |
| | OK Yeisk | 1304 | 561 | 268 | 475 |
| 31 | Alf Ytterbøl | 01:33:10 | 28:53-22 | 1:04:17-27 | |
| | Gimle IF | 1291 | 827 | 464 | |
| 32 | Dag Kjærnsmo | 01:30:43 | 37:22-30 | | 53:21-29 |
| | Lillomarka OL | 1213 | 657 | | 556 |
| 33 | Einar Jørundland | 01:50:41 | | 1:14:41-31 | 36:00-6 |
| | OK Sør | 1159 | | 256 | 903 |
| 34 | Roald Rundberget | 01:57:52 | | 1:03:23-26 | 54:29-30 |
| | Kjellmyra IL | 1016 | | 482 | 534 |
| 35 | Einar Larsen | 01:58:34 | | 1:11:29-29 | 47:05-22 |
| | IF Sturla | 1002 | | 320 | 682 |
| 36 | Eivind Thune | 27:44 | 27:44-16 | | |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|------------|---------------------------|----------|------------|------------|------------|
| | OK Sør | 850 | 850 | | |
| 37 | Arne B Tosseviken | 02:30:03 | 47:02-32 | | 1:43:01-32 |
| | Holt IF | 464 | 464 | | 0 |
| 38 | Harald Jahren | 01:05:31 | | 1:05:31-28 | |
| | Bærums SK | 439 | | 439 | |
| H70 | | | | | |
| 1 | Alf Solås | 01:49:07 | 25:53-1 | 49:42-1 | 33:32-1 |
| | Kristiansand OK | 3000 | 1000 | 1000 | 1000 |
| 2 | Helge Tvedten | 02:04:42 | 29:14-6 | 51:25-2 | 44:03-8 |
| | Larvik OK | 2687 | 933 | 965 | 789 |
| 3 | Hans Mathisen | 02:09:18 | 27:39-3 | 1:05:32-7 | 36:07-4 |
| | Porsgrunn OL | 2595 | 964 | 683 | 948 |
| 4 | Olaf Larsen | 02:09:50 | 28:06-4 | 1:00:01-6 | 41:43-7 |
| | OK Skeidi | 2584 | 955 | 793 | 836 |
| 5 | Karl Johan Eilerås | 02:10:03 | 32:11-9 | 57:02-5 | 40:50-5 |
| | OL Trollo | 2581 | 874 | 853 | 854 |
| 6 | Jacob H. Bøe | 02:27:59 | 30:44-7 | 1:22:20-15 | 34:55-3 |
| | Suldal OL | 2222 | 903 | 347 | 972 |
| 7 | Einar Strand | 02:41:05 | 1:01:33-21 | 1:05:45-8 | 33:47-2 |
| | Høydalsmo IL | 1960 | 286 | 679 | 995 |
| 8 | Håkon Ervik | 02:43:09 | 28:58-5 | 1:32:45-19 | 41:26-6 |
| | Haugesund IL | 1919 | 938 | 139 | 842 |
| 9 | Helge Monsrud | 01:20:17 | 25:53-1 | 54:24-3 | |
| | Frogner IL | 1906 | 1000 | 906 | |
| 10 | Anders Selås | 02:48:02 | 53:35-20 | 1:06:57-9 | 47:30-9 |
| | IL Vardild | 1821 | 446 | 655 | 720 |
| 11 | Klaus Fröhner | 02:53:32 | 33:27-10 | 1:23:34-16 | 56:31-14 |
| | MTV Dannenberg | 1710 | 848 | 322 | 540 |
| 12 | Rem Kouzmine | 02:54:35 | 33:53-11 | 1:18:13-12 | 1:02:29-16 |
| | OK Mysl | 1690 | 840 | 429 | 421 |
| 13 | Kåre Børresen | 02:54:59 | 42:04-18 | 1:20:46-14 | 52:09-12 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|--------------------------------|---------------|--------------|--------------|--------------|
| | Indre Østfold OK | 1681 | 676 | 378 | 627 |
| 14 | Franz Olsen | 02:58:19 | 37:17-16 | 1:26:24-17 | 54:38-13 |
| | Vaulen OK | 1616 | 772 | 266 | 578 |
| 15 | Svein Ellingsen | 01:37:08 | 41:38-17 | 55:30-4 | |
| | Fana IL | 1569 | 685 | 884 | |
| 16 | Ernst Andorsen | 01:45:24 | 35:43-14 | 1:09:41-10 | |
| | Porsgrunn OL | 1403 | 803 | 600 | |
| 17 | Ragnar Borgen | 01:50:08 | 30:59-8 | 1:19:09-13 | |
| | Porsgrunn OL | 1309 | 898 | 411 | |
| 18 | Anders Dagestad | 01:35:51 | 46:04-19 | | 49:47-11 |
| | Vaulen OK | 1271 | 596 | | 675 |
| 19 | Lars Kr. Dyrkorn | 03:16:24 | 35:09-13 | 1:38:59-20 | 1:02:16-15 |
| | Eiker OL | 1253 | 814 | 14 | 425 |
| 20 | Georg Lund | 03:18:27 | 37:08-15 | 01:17:30-11 | 1:23:49-19 |
| | Ski og Fotb.kl LYN | 1219 | 775 | 444 | 0 |
| 21 | Gabriel Arnfinn Lillemo | 01:54:03 | 34:45-12 | | 1:19:18-17 |
| | IL Dristug | 906 | 822 | | 84 |
| 22 | Kåre Ritland | 48:55 | | | 48:55-10 |
| | Fana IL | 692 | | | 692 |
| 23 | Ragnar Strand | 03:49:47 | 1:01:52-22 | 1:27:54-18 | 1:20:01-18 |
| | IL Hauken | 586 | 280 | 236 | 70 |
| H75 | | | | | |
| 1 | Martin Dreng | 02:16:07 | 30:56-1 | 58:19-1 | 46:52-2 |
| | Larvik OK | 2867 | 1000 | 1000 | 867 |
| 2 | Adolf Kempf | 02:41:08 | 40:27-5 | 1:05:30-4 | 55:11-6 |
| | KTV Altdorf | 2365 | 809 | 856 | 700 |
| 3 | Jens Bøhle | 02:51:10 | 39:45-4 | 1:22:49-7 | 48:36-3 |
| | OL Trollo | 2165 | 823 | 510 | 832 |
| 4 | Kåre Birkeland | 02:51:40 | 33:47-2 | 1:18:32-6 | 59:21-7 |
| | Birkenes IL | 2155 | 943 | 595 | 617 |
| 5 | Jan Henrik Tveten | 02:52:04 | 34:05-3 | 1:09:27-5 | 1:08:32-9 |

| Plass | Løper | Totalt | Løp 1 | Løp 2 | Løp 3 |
|--------------|----------------------------|---------------|--------------|--------------|--------------|
| | Oppsal IF | 2147 | 937 | 777 | 433 |
| 6 | Henrik Spets | 03:01:50 | 1:09:35-13 | 1:02:53-2 | 49:22-4 |
| | Byåsen IL | 1952 | 227 | 908 | 817 |
| 7 | Arne Mosberg | 01:43:16 | | 1:03:03-3 | 40:13-1 |
| | IL Vardild | 1905 | | 905 | 1000 |
| 8 | Arnulf S. Hernes | 03:21:15 | 40:59-6 | 1:35:12-9 | 1:05:04-8 |
| | Frosta IL | 1564 | 799 | 262 | 503 |
| 9 | Magnus Watterdal | 03:29:15 | 43:44-9 | 1:51:46-11 | 53:45-5 |
| | OL Tønsberg & Omegn | 1473 | 744 | 0 | 729 |
| 10 | Mons Hamre | 02:16:18 | 50:12-10 | 1:26:06-8 | |
| | IL Hauken | 1058 | 614 | 444 | |
| 11 | Per Sørås | 01:58:25 | 41:04-7 | | 1:17:21-10 |
| | Fana IL | 1054 | 797 | | 257 |
| 12 | Per Eikeland | 03:50:46 | 41:54-8 | 1:47:00-10 | 1:21:52-11 |
| | OL Tønsberg & Omegn | 973 | 780 | 26 | 167 |
| 13 | John A. Kristiansen | 51:13 | 51:13-11 | | |
| | Sandefjord TIF | 594 | 594 | | |
| 14 | Einar B. Gjestrum | 54:20 | 54:20-12 | | |
| | Sandefjord TIF | 532 | 532 | | |