

M19-20 Official results

Jury/Competition management		Data of course	
Technical Delegate	Toellefsen Rune	Name of course	Lillehammer 5 km
Assistand Technical Delegate		Height Difference (HD)	57
Assistant TD Nat.		Maximum climb (MM)	47
Chief of Competition		Total Climb (MT)	178
Codex	2470	Laps	2
		Laplength	5084

Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
1	500	8420837	Lars Heggen	Harestua IL	OP	0:28:40,0	00:00,0	
2	531	8420941	Simen Gløgård Stensrud	Nittedal IL	AK	0:29:43,2	01:03,2	
3	507	8420533	Jardar Olsen	Alta Idrettsforening	FI	0:29:43,9	01:03,9	
4	478	8420576	Østen Brovold Midtsundstad	Vaaler	HE	0:30:06,5	01:26,5	
5	539	8420708	Lars Michael Saab Bjertnæs	Njård	OS	0:30:07,3	01:27,3	
6	519	8420935	Filip Skari	Nittedal IL	AK	0:30:11,2	01:31,2	
7	437	8420588	Kristian Kollerud	Konnerud IL	BU	0:30:11,4	01:31,4	
8	420	8420933	Eskil Skarstein Rød	Oppegård IL	AK	0:30:14,2	01:34,2	
9	452	8420797	Casper Kvam Grindhagen	Byaasen Skiklub	ST	0:30:26,3	01:46,3	
10	307	8421039	Lars Lystad Svorkdal	SVORKMO N.O.I.	ST	0:30:47,6	02:07,6	
11	528	8420748	Sander Haukvik-Jensen	Årvoll IL	OS	0:30:55,7	02:15,7	
12	361	8420658	Johannes Sivertsen	Leirådal IL	NT	0:30:58,5	02:18,5	
13	349	8420646	Lars Olav Aspheim Kåsa	Gulset	TV	0:31:04,1	02:24,1	
14	428	8420828	Jens Kristoffer Dyr Dahl	Berger IL	BU	0:31:06,3	02:26,3	
15	421	8420808	Storm Haugenes Pedersen	Hovden Sportsklubb	AR	0:31:07,9	02:27,9	
16	292	8420616	Eskil Engdal	Vind IL	OP	0:31:15,8	02:35,8	
17	397	8420886	Andreas Hermansen	Vang	HE	0:31:21,5	02:41,5	
18	490	8420785	Tobias Aarekol	Vindafjord IL	AR	0:31:28,8	02:48,8	
19	425	8420751	Marius Meldalen	Rustad IL	OS	0:31:30,7	02:50,7	
20	382	8420928	Fredrik Flo Øfstaas	Nittedal IL	AK	0:31:33,0	02:53,0	
21	337	8420518	Syver Brustad	Gui Sportsklubb	AK	0:31:51,9	03:11,9	
22	430	8420519	Erling Bjørnstad	Strindheim IL	ST	0:31:52,8	03:12,8	
23	342	8420840	Elling Broberg	Jevnaker	OP	0:32:00,4	03:20,4	
24	276	8420796	Niklas Almås	Byåsen IL	ST	0:32:03,8	03:23,8	
25	538	8420651	Linus Engdahl	Torvikbukt IL	MR	0:32:04,0	03:24,0	
26	466	8420878	Simen Fossesholm	Eiker SK	BU	0:32:21,7	03:41,7	
27	223	8420970	Åsmund Samnøy Skjeldal	Voss Idrottslag	HO	0:32:23,2	03:43,2	
28	363	8420530	Magnus Kavli	Asker SK	AK	0:32:24,7	03:44,7	
29	324	8420876	Sander Werket-Haug	Mjøndalen	BU	0:32:27,7	03:47,7	
30	50	8420874	Herman Peder Strindeberg	Drammen Strong	BU	0:32:30,7	03:50,7	
31	388	8420536	Peter Munch-Finne	Asker SK	AK	0:32:30,8	03:50,8	
32	322	8420877	Sebastian Santiago Kildebo	Konnerud IL	BU	0:32:35,1	03:55,1	
33	317	8420636	Oskar Opstad Vike	Idrettslaget Runar	TV	0:32:37,8	03:57,8	
34	314	8420786	Nils Olav Kjetså Røed	Otra IL	AR	0:32:38,8	03:58,8	
35	364	8420866	Vemund Totsås Johnsborg	Leksdal IL	NT	0:32:40,6	04:00,6	
36	207	8420799	Ola Garmo Hov	Byåsen IL	ST	0:32:40,9	04:00,9	

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Assistant TD Nat.		Maximum climb (MM)	47
Chief of Competition		Total Climb (MT)	178
Codex	2470	Laps	2
		Laplength	5084

Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
37	298	8420584	Jens Kaasa Aakre	IL Skrim	BU	0:32:41,5	04:01,5	
38	358	8421003	Marius Andre Bernhardsen	Idrettslaget	FI	0:32:43,1	04:03,1	
39	118	8420696	Jonas Johansen Grøslund	Drammen Strong	BU	0:32:44,1	04:04,1	
40	277	8420810	Tor Myhre	Vegårshei IL	AR	0:32:44,3	04:04,3	
41	294	8420954	Ask Jørgensen	If Kilkameratene	TR	0:32:45,4	04:05,4	
42	252	8420800	Mats Augdal Dahl	Byåsen IL	ST	0:32:50,8	04:10,8	
43	311	8420552	Alexander Mietinen	Idrettslaget	FI	0:32:52,6	04:12,6	
44	399	8420907	Birk Haugnes	Oppegård IL	AK	0:32:52,7	04:12,7	
45	285	8420831	Nicholas Torvund	Idrettsforeningen	TV	0:32:55,3	04:15,3	
46	333	8421034	Aksel Bjørkhaug	Førde IL	SF	0:32:56,8	04:16,8	
46	409	8420817	Hermod Ingemann Bangstad	Nordreisa IL	TR	0:32:56,8	04:16,8	
48	346	8420676	Andreas Skjelle	Medkila Skilag	TR	0:33:02,5	04:22,5	
49	297	8420923	Jørgen Løken	Eidsvold Værks	AK	0:33:02,9	04:22,9	
50	377	8420721	Henrik Grøttum Engen	Røa	OS	0:33:06,3	04:26,3	
51	266	8420961	Kornelius Ordemann Olsen	Alta Idrettsforening	FI	0:33:12,6	04:32,6	
52	213	8420660	Are Fosshem	Spillum IL	NT	0:33:13,1	04:33,1	
53	268	8420511	Marcus Dahl-Rismyhr	Trøsken IL	ØF	0:33:13,2	04:33,2	
53	404	8420607	August Hovde	Gjøvik SK	OP	0:33:13,2	04:33,2	
55	256	8420571	Eirik Fjeld	Hamar SK	HE	0:33:16,0	04:36,0	
56	271	8420841	Jørgen Landmark Johansen	Lillehammer Skiklub	OP	0:33:26,5	04:46,5	
56	310	8420579	Kristian Øye Aasum	Granli IL	HE	0:33:26,5	04:46,5	
58	345	8420569	Martin Stramrud	Hamar SK	HE	0:33:32,5	04:52,5	
59	270	8420691	Kristian Mentzoni-Klausen	Fossum	AK	0:33:33,0	04:53,0	
60	372	8420927	Oliver Finstad Nytrøen	Eidsvold Værks	AK	0:33:34,4	04:54,4	
61	315	8420705	Filip Osnes-Ringen	Lyn Ski	OS	0:33:36,4	04:56,4	
62	141	8420853	Noah Christoffer Nielsen Nylund	Medkila Skilag	TR	0:33:37,0	04:57,0	
63	369	8420967	Oskar Eek-Reme	Fana IL	HO	0:33:45,0	05:05,0	
64	212	8420560	Adrian Oanes Sjøli	Klæbu IL	ST	0:33:46,1	05:06,1	
65	335	8420723	Wilhelm Georg Leikanger	Røa	OS	0:33:46,4	05:06,4	
66	130	8420820	Fredrik Camillo Wille	Oseberg Skilag	TV	0:33:57,6	05:17,6	
67	287	8420983	Eskil Brænden	Årvoll IL	OS	0:33:58,8	05:18,8	
67	394	8420699	Tobias Dyrli Thoresen	Røa	OS	0:33:58,8	05:18,8	
69	262	8420689	Henrik Hillestad	Heming ILet	OS	0:34:01,8	05:21,8	
70	267	3170079	Magnus Tobiassen	Eiker SK	BU	0:34:06,5	05:26,5	
71	238	8420726	Sigurd Wahl Kallum	Kjelsås IL	OS	0:34:09,6	05:29,6	
72	176	8420809	Andreas Tjeldflåt Kvalbein	Sandnes IL	AR	0:34:10,7	05:30,7	

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Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
73	374	8420546	Emil Andreassen Skaftnes	Ullensaker SK	AK	0:34:12,7	05:32,7	
74	352	8420846	Markus Bryan Grøthe	Tormod Skilag	OP	0:34:17,2	05:37,2	
75	244	8420702	Christoffer Widding	Heming ILet	OS	0:34:17,3	05:37,3	
76	329	8420554	Lars Sander Viken	Asker SK	AK	0:34:18,5	05:38,5	
77	209	8420816	Morten Grut	Meldal Sportsklubb	ST	0:34:18,8	05:38,8	
78	321	8420803	Håvard Kolbeinsvik	Sauda IL	AR	0:34:20,4	05:40,4	
79	280	8420804	Kristoffer Sola	Sandnes IL	AR	0:34:21,7	05:41,7	
80	159	8420958	Odin Fjøsne-Hexeberg	Nittedal IL	AK	0:34:22,1	05:42,1	
81	380	8421018	Tørres Bjelland Nøstdal	Eid IL	SF	0:34:24,3	05:44,3	
82	189	8420998	Vegard Salater Kjensjord	Lyn Ski	OS	0:34:24,4	05:44,4	
83	366	8420982	Birk Jensen	Kjelsås IL	OS	0:34:28,6	05:48,6	
84	260	8420873	Hans Sylling	Sjåstad/ Vestre Lier	BU	0:34:31,4	05:51,4	
85	203	8420838	Simen Monsrud Wien	Harestua IL	OP	0:34:33,0	05:53,0	
86	179	8420963	Einar Nicolai Gaard Storvestre	Viking Turn og	HO	0:34:33,2	05:53,2	
87	291	8420842	Kristoffer Welhaven Thorstad	Lillehammer Skiklub	OP	0:34:38,6	05:58,6	
88	125	8420896	Erik Johan Brun	Eidsvold Værks	AK	0:35:00,8	06:20,8	
89	135	8420614	Trond Raastad Hallum	Svea Skilag	OP	0:35:06,4	06:26,4	
90	177	8420595	Jonas Mile	Mjøndalen	BU	0:35:07,6	06:27,6	
91	99	8421020	Magnus Furnes Degnepoll	Førde IL	SF	0:35:10,7	06:30,7	
92	106	8420693	Noah Lekhal Husnes	Idrettslaget Try	OS	0:35:13,4	06:33,4	
93	53	8420510	Julian Teige Haakaas	Trøgstad SK	ØF	0:35:14,5	06:34,5	
94	295	8420844	Mathias Hoelsveen	Raufoss IL	OP	0:35:15,7	06:35,7	
95	250	8421025	Nilas Goa Diab	Njård	OS	0:35:26,4	06:46,4	
96	87	8421032	Peter Mortensen Holien	Rendalen IL	HE	0:35:32,2	06:52,2	
97	200	8420724	Viktor Andersen	Kjelsås IL	OS	0:35:35,6	06:55,6	
98	131	8420801	Tobias Grendstad	Klæbu IL	ST	0:35:36,6	06:56,6	
99	265	8420767	Ingebrigt Nes Hjelle	Eid IL	SF	0:35:51,1	07:11,1	
100	142	8420562	Sander Svendgård	Hommelvik IL	ST	0:35:55,0	07:15,0	
101	201	8420971	Marcus Enes-Seberg	Hovden Sportsklubb	AR	0:35:55,6	07:15,6	
102	264	8420940	Kristoffer Stensland	Fet SK	AK	0:36:01,8	07:21,8	
103	71	8420926	Sondre Nikolai Norheim	Eidsvold Værks	AK	0:36:02,7	07:22,7	
104	57	8421013	Einar Waldeland Gautvik	Molde og Omegn	MR	0:36:07,5	07:27,5	
105	336	8420582	Alexander Thorud	Idrettsforeningen	BU	0:36:09,0	07:29,0	
106	229	8420892	Andreas Olsen Tomta	Trøsken IL	ØF	0:36:22,9	07:42,9	
107	299	8420978	David Bertnes Leite	Innstranda IL	NO	0:36:36,3	07:56,3	
108	14	8420834	Vebjørn Horn	Idrettslaget Ivrig	TV	0:36:39,0	07:59,0	

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109	114	8420779	Steinar Frønsdal	Hjelmeland IL	AR	0:36:43,8	08:03,8	
110	171	8420990	Aksel Saue Saghaug	Lyn Ski	OS	0:36:58,8	08:18,8	
111	143	8420814	Erik Wøhni-Lyng	Strindheim IL	ST	0:37:03,1	08:23,1	
112	68	3170078	Emil Dreyer Kristensen	Njård	OS	0:37:07,6	08:27,6	
113	197	8420937	Henrik Haug Solbrekke	Holmen	AK	0:37:10,3	08:30,3	
114	175	3220065	Logan Duncan	Lillehammer Skiklub	OP	0:37:11,6	08:31,6	
115	206	8420848	Daniel Egedius	Vind IL	OP	0:37:15,4	08:35,4	
116	248	8420557	Henrik Stenersen Øksby	Asker SK	AK	0:37:23,0	08:43,0	
117	4	8420695	Felix Fürst Haugen	Fossum	AK	0:37:33,5	08:53,5	
118	25	8420947	Henrik Brunborg Økland	Holmen	AK	0:38:43,7	10:03,7	
119	160	8420992	Sven August Tjernshaugen	Bækkelaget	OS	0:38:45,0	10:05,0	
120	58	8420890	Jakob Linner Tronsrud	Nord-Odal IL	HE	0:39:04,3	10:24,3	
121	208	8420953	Elias Thorstensen Brennvik	Kvaløysletta Skilag	TR	0:39:41,0	11:01,0	
122	119	8420894	Mauritz Magnus Bengt Borgerud Falk	Drøbak-Frogn IL	AK	0:40:01,9	11:21,9	
123	126	8420922	Aleksander Hana Kristoffersen	Bærums Skiklub	AK	0:40:57,9	12:17,9	
124	6	8420952	Andreas Myklebust Røstberg	Molde og Omegn	MR	0:52:48,8	24:08,8	
	220	8420835	Adrian Cornelius Eide Kaasbøll	Byåsen IL	ST	DNF		
	10	8420930	Aksel Prydz-Hoftvedt	Røa	OS	DNF		
	373	8420707	Daniel Henriksen Gunnerød	Njård	OS	DNF		
	378	8420778	Daniel Sandvand Omfjord	Oddersjaa Ssk	AR	DNF		
	27	8420985	Erik Rømo	Årvoll IL	OS	DNF		
	95	8421001	Erik Salater Kjensjord	Lyn Ski	OS	DNF		
	350	8420515	Halvor Røise Bade	Røa	OS	DNF		
	81	8420508	Isak Larsen	Hattfjelldal IL	NO	DNF		
	113	8420911	Johannes Brennhaug	Grane IL	NO	DNF		
	301	8420575	Jørgen Kvarstad	Hamar SK	HE	DNF		
	319	8420921	Mads Koritov	Skedsmo SK	AK	DNF		
	359	8420709	Magnus Eriksen Sletvold	Njård	OS	DNF		
	32	8420994	Martin Christoffer Borg	Koll, ILet	OS	DNF		
	296	8420920	Michael Sandeman-Kiste	Koll, ILet	OS	DNF		
	479	8420984	Mons Melbye	Årvoll IL	OS	DNF		
	93	8420887	Petter Kolloen	MjøsSki	HE	DNF		
	313	8420719	Sivert Stene Enger	Røa	OS	DNF		
	155	8420936	Sondre With Holm Slettedal	Asker SK	AK	DNF		
	228	8420537	Sverre Murud Bratfos	Ullensaker SK	AK	DNF		
	234	8420925	Tobias Finstad Mandt	Nittedal IL	AK	DNF		



EQUINOR NM Langrenn 5 og 10 km

fre. 22 mar 2024



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	192	8420991	Wilhelm Hjelpdahl Deinboll	Bækkelagets	OS	DNF		
	109	8421040	Ådne Hoston Stiklestad	Il Fjellmann	ST	DNF		
	411	8420781	Niklas Ekeberg Pålsson	Hovden Sportsklubb	AR	DNS		

Number of entered: 556

Number of started: 534