

Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
1	Oslo Skikrets lag 1			51:53,0			4
	1 Amund Riege	13:50,4 7	00:12,1	13:50,4 7	00:12,1		
	2 Edvard Sandvik	14:27,3 4	00:11,5	28:17,7 1	00:00,0 6		
	3 Iver Tildheim Andersen	11:35,3 1	00:00,0	39:53,0 1	00:00,0 0		
	4 Håvard Moseby	12:00,0 2	00:02,6	51:53,0 1	00:00,0 0		
2	Hedmark Skikrets lag 1			52:31,9	00:38,9		5
	1 Jonas Vika	13:49,6 6	00:11,3	13:49,6 6	00:11,3		
	2 Petter Myhr	14:29,4 7	00:13,6	28:19,0 2	00:01,3 4		
	3 Håvard Hovde	11:51,8 6	00:16,5	40:10,8 2	00:17,8 0		
	4 Kristoffer Kvarstad	12:21,1 4	00:23,7	52:31,9 2	00:38,9 0		
3	Sør-Trøndelag Skikrets lag 1			52:32,6	00:39,6		2
	1 Peter John Martin Haddon	14:11,8 15	00:33,5	14:11,8 15	00:33,5		
	2 Olve Johansen Rye	14:32,8 10	00:17,0	28:44,6 10	00:26,9 5		
	3 Magnus Øyaas Håbrekke	11:50,6 5	00:15,3	40:35,2 7	00:42,2 3		
	4 Håkon Skaanes	11:57,4 1	00:00,0	52:32,6 3	00:39,6 4		
4	Buskerud lag 1			52:32,8	00:39,8		3
	1 Andreas Kirkeng	13:49,0 4	00:10,7	13:49,0 4	00:10,7		
	2 Sivert Leander Johansen	14:30,6 8	00:14,8	28:19,6 3	00:01,9 1		
	3 Martin Kirkeberg Mørk	11:52,6 7	00:17,3	40:12,2 5	00:19,2 -2		
	4 Albert Sunde Øhlschlägel	12:20,6 3	00:23,2	52:32,8 4	00:39,8 1		
5	Østfold lag 1			52:33,0	00:40,0		8
	1 Amund August Korsæth	13:48,0 2	00:09,7	13:48,0 2	00:09,7		
	2 Andreas Bergsland	14:36,0 12	00:20,2	28:24,0 5	00:06,3 -3		
	3 Petter Stokkeland	11:47,8 3	00:12,5	40:11,8 4	00:18,8 1		
	4 Jan-Henrik Melbø	12:21,2 6	00:23,8	52:33,0 5	00:40,0 -1		
6	Buskerud lag 2			52:33,3	00:40,3		17
	1 Andreas Tronsli	13:56,1 8	00:17,8	13:56,1 8	00:17,8		
	2 Kristen Mikkelsplass	14:30,7 9	00:14,9	28:26,8 7	00:09,1 1		
	3 Bjørnar Stensrud Tyribakken	11:45,4 2	00:10,1	40:12,2 5	00:19,2 2		
	4 Filip Fjeld Andersen	12:21,1 4	00:23,7	52:33,3 6	00:40,3 -1		
7	Akershus Skikrets lag 1			52:38,6	00:45,6		1
	1 Eirik Andreas Mortensbakke	13:48,2 3	00:09,9	13:48,2 3	00:09,9		
	2 Sondre Haneberg	14:33,2 11	00:17,4	28:21,4 4	00:03,7 -1		
	3 Lars Agnar Hjelmeset	11:50,0 4	00:14,7	40:11,4 3	00:18,4 1		
	4 Stian Grønli	12:27,2 12	00:29,8	52:38,6 7	00:45,6 -4		
8	Oslo Skikrets lag 2			53:18,3	01:25,3		19
	1 Matz William Jenssen	14:23,5 27	00:45,2	14:23,5 27	00:45,2		
	2 Lukas Liland	14:15,8 1	00:00,0	28:39,3 9	00:21,6 18		
	3 Iver Wang Johansen	12:01,6 11	00:26,3	40:40,9 9	00:47,9 0		
	4 Fredrik Lütcherath Nilsen	12:37,4 21	00:40,0	53:18,3 8	01:25,3 1		



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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
9	Sør-Trøndelag Skikrets lag 2			53:19,2	01:26,2		21
	1 Johan Tøndel Hammer	13:57,4 11	00:19,1	13:57,4 11	00:19,1		
	2 Mathias Vindal	14:58,1 31	00:42,3	28:55,5 18	00:37,8	-7	
	3 Kristoffer Berset	11:59,6 10	00:24,3	40:55,1 10	01:02,1	8	
	4 Even Solem Michelsen	12:24,1 9	00:26,7	53:19,2 9	01:26,2	1	
10	Oppland lag 1			53:20,4	01:27,4		7
	1 Ansgar Evensen	13:38,3 1	00:00,0	13:38,3 1	00:00,0		
	2 Kristoffer Alm Karsrud	14:54,2 29	00:38,4	28:32,5 8	00:14,8	-7	
	3 Marius Viken Vesterås	12:08,0 13	00:32,7	40:40,5 8	00:47,5	0	
	4 Johannes Staune-mittet	12:39,9 24	00:42,5	53:20,4 10	01:27,4	-2	
11	Sør-Trøndelag Skikrets lag 3			53:33,3	01:40,3		25
	1 Ole Andreas Brækken	14:07,8 13	00:29,5	14:07,8 13	00:29,5		
	2 Sander Eggen Kjelstad	14:59,9 33	00:44,1	29:07,7 26	00:50,0	-13	
	3 Magnus Harr Lian	11:59,4 9	00:24,1	41:07,1 16	01:14,1	10	
	4 Edvin Ingebrigtsen	12:26,2 11	00:28,8	53:33,3 11	01:40,3	5	
12	Akershus Skikrets lag 2			53:34,2	01:41,2		18
	1 Ola Jakob Lier	13:57,0 10	00:18,7	13:57,0 10	00:18,7		
	2 Lars-Martin Fossgard	14:28,1 5	00:12,3	28:25,1 6	00:07,4	4	
	3 Ola Spigseth	12:30,8 35	00:55,5	40:55,9 11	01:02,9	-5	
	4 Aleksander Elde Holmboe	12:38,3 23	00:40,9	53:34,2 12	01:41,2	-1	
13	Akershus Skikrets lag 3			53:38,0	01:45,0		28
	1 Simen Frantzen Øiseth	14:17,4 19	00:39,1	14:17,4 19	00:39,1		
	2 Petter Thorslund Aadland	14:36,9 13	00:21,1	28:54,3 15	00:36,6	4	
	3 Kristian Erling Skogvold	12:12,2 16	00:36,9	41:06,5 15	01:13,5	0	
	4 Fredrik Glomsrud Stenersen	12:31,5 15	00:34,1	53:38,0 13	01:45,0	2	
14	Troms lag 1			53:39,4	01:46,4		11
	1 Sigve Bornø Novstad	14:25,1 28	00:46,8	14:25,1 28	00:46,8		
	2 Johannes Andberg Stenersen	14:42,4 16	00:26,6	29:07,5 25	00:49,8	3	
	3 Arthur Kruse Sørensen	12:08,8 15	00:33,5	41:16,3 18	01:23,3	7	
	4 Erik Nicolaisen	12:23,1 8	00:25,7	53:39,4 14	01:46,4	4	
15	Sør-Trøndelag Skikrets lag 4			53:39,5	01:46,5		27
	1 Kristian Reistad	13:57,9 12	00:19,6	13:57,9 12	00:19,6		
	2 Sander Øwre Haugan	14:59,5 32	00:43,7	28:57,4 21	00:39,7	-9	
	3 Ola Oanes Solbakken	12:07,7 12	00:32,4	41:05,1 13	01:12,1	8	
	4 August Bertheussen Falkanger	12:34,4 17	00:37,0	53:39,5 15	01:46,5	-2	
16	Buskerud lag 3			53:47,0	01:54,0		23
	1 Andreas Lillemoen Treffen	14:14,3 18	00:36,0	14:14,3 18	00:36,0		
	2 Phillihp Granaas Bjerke	14:52,7 25	00:36,9	29:07,0 24	00:49,3	-6	
	3 Sander Teisbekk	12:17,9 22	00:42,6	41:24,9 22	01:31,9	2	
	4 Kasper Andersson Herland	12:22,1 7	00:24,7	53:47,0 16	01:54,0	6	



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Menn							
17	Agder og Rogaland Skikrets lag 1			53:48,0	01:55,0		13
	1 Aron Åkre Rysstad	13:49,4 5	00:11,1	13:49,4 5	00:11,1		
	2 Åsmund Wiberg	15:03,6 37	00:47,8	28:53,0 14	00:35,3	-9	
	3 Erik Nordjordet Vehus	12:17,2 20	00:41,9	41:10,2 17	01:17,2	-3	
	4 Geir Lervik	12:37,8 22	00:40,4	53:48,0 17	01:55,0	0	
18	Oppland lag 2			53:48,9	01:55,9		34
	1 Jostein Karlsen	14:07,8 13	00:29,5	14:07,8 13	00:29,5		
	2 Erik Johannes Jevne	14:39,4 14	00:23,6	28:47,2 12	00:29,5	1	
	3 Jørgen Harby	12:30,5 34	00:55,2	41:17,7 21	01:24,7	-9	
	4 Arngrim Sørumschaugen	12:31,2 14	00:33,8	53:48,9 18	01:55,9	3	
19	Hedmark Skikrets lag 2			53:49,4	01:56,4		24
	1 Mats Opsal	14:27,8 30	00:49,5	14:27,8 30	00:49,5		
	2 Lars-Haakon Kvernvalden	14:29,2 6	00:13,4	28:57,0 20	00:39,3	10	
	3 Simen Krogstie Bjørgan	12:08,6 14	00:33,3	41:05,6 14	01:12,6	6	
	4 Jørgen Stigen	12:43,8 26	00:46,4	53:49,4 19	01:56,4	-5	
20	Oslo Skikrets lag 3			54:20,7	02:27,7		20
	1 Sondre Engesæter Sørbye	13:56,7 9	00:18,4	13:56,7 9	00:18,4		
	2 Ådne Holter Gigernes	14:49,5 24	00:33,7	28:46,2 11	00:28,5	-2	
	3 Sander André Uv	12:18,7 23	00:43,4	41:04,9 12	01:11,9	-1	
	4 Lars Young Vik	13:15,8 50	01:18,4	54:20,7 20	02:27,7	-8	
21	Akershus Skikrets lag 7			54:26,6	02:33,6		59
	1 Nikolai Elde Holmboe	14:12,6 16	00:34,3	14:12,6 16	00:34,3		
	2 Magnus Nikolai Sedeniussen	14:43,1 17	00:27,3	28:55,7 19	00:38,0	-3	
	3 Jens Christian Grymyr	12:21,3 24	00:46,0	41:17,0 20	01:24,0	-1	
	4 Sebastian Helgheim	13:09,6 43	01:12,2	54:26,6 21	02:33,6	-1	
22	Møre og Romsdal skikrets lag 1			54:33,2	02:40,2		10
	1 Mikkel Waldeland Gautvik	14:30,1 35	00:51,8	14:30,1 35	00:51,8		
	2 Ludvig Vartdal	14:48,8 23	00:33,0	29:18,9 28	01:01,2	7	
	3 Karsten Andre Vestad	11:57,4 8	00:22,1	41:16,3 18	01:23,3	10	
	4 Håkon Bakke Kjerstad	13:16,9 52	01:19,5	54:33,2 22	02:40,2	-4	
23	Sør-Trøndelag Skikrets lag 6			54:43,8	02:50,8		51
	1 Edvin Grøtan Eriksen	14:31,0 36	00:52,7	14:31,0 36	00:52,7		
	2 Matias August Nissen	14:54,1 27	00:38,3	29:25,1 29	01:07,4	7	
	3 Vegard Fosli Stjern	12:25,5 27	00:50,2	41:50,6 25	01:57,6	4	
	4 Sivert Tjelle Wulff	12:53,2 29	00:55,8	54:43,8 23	02:50,8	2	
24	Telemark og Vestfold skikrets lag 1			54:44,6	02:51,6		16
	1 Markus Fet Støtvig	14:17,6 20	00:39,3	14:17,6 20	00:39,3		
	2 Jon Rabe Osnes	14:44,0 18	00:28,2	29:01,6 22	00:43,9	-2	
	3 Sindre Aarrestad Berg	13:05,8 69	01:30,5	42:07,4 31	02:14,4	-9	
	4 Philip Rüger	12:37,2 20	00:39,8	54:44,6 24	02:51,6	7	



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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
25	Troms lag 2			54:45,3	02:52,3		37
	1 Teodor Kruse Sørensen	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Sevat Heimdal	14:46,8 21	00:31,0	29:46,8 33	01:29,1	22	
	3 Toralf Rydningen Martinsen	12:28,4 31	00:53,1	42:15,2 37	02:22,2	-4	
	4 Sivert Østberg-Tømmervik	12:30,1 13	00:32,7	54:45,3 25	02:52,3	12	
26	Hordaland Skikrets lag 1			54:45,6	02:52,6		14
	1 Elias Mostraum	14:22,4 26	00:44,1	14:22,4 26	00:44,1		
	2 Bård Olav Steinsland Medhus	15:31,4 74	01:15,6	29:53,8 44	01:36,1	-18	
	3 Simen Lilleås Engevik	12:16,7 19	00:41,4	42:10,5 33	02:17,5	11	
	4 Olve Ure	12:35,1 18	00:37,7	54:45,6 26	02:52,6	7	
27	Finnmark Skikrets lag 1			54:46,7	02:53,7		15
	1 Henrik Arntzen Joks	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Mathias Andersen Hansen	14:52,7 25	00:36,9	29:52,7 42	01:35,0	13	
	3 Nikolay Andreas Wilhelmsen	12:22,2 25	00:46,9	42:14,9 36	02:21,9	6	
	4 Johannes Helsvig Nilsen	12:31,8 16	00:34,4	54:46,7 27	02:53,7	9	
28	Hordaland Skikrets lag 2			54:47,6	02:54,6		39
	1 Ingmar Leigland Njaa	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Jonatan Gjerstad Skjerpung	14:47,1 22	00:31,3	29:47,1 34	01:29,4	21	
	3 Daniel Dukstad	12:25,1 26	00:49,8	42:12,2 34	02:19,2	0	
	4 Fredrik Galaaen Røthe	12:35,4 19	00:38,0	54:47,6 28	02:54,6	6	
29	Oslo Skikrets lag 4			54:47,7	02:54,7		22
	1 Ola Trommald Straumsheim	14:29,3 34	00:51,0	14:29,3 34	00:51,0		
	2 Espen Hegstad Krüger	14:20,3 2	00:04,5	28:49,6 13	00:31,9	21	
	3 Knut Steckmest	13:09,8 73	01:34,5	41:59,4 28	02:06,4	-15	
	4 Jesper Røn	12:48,3 27	00:50,9	54:47,7 29	02:54,7	-1	
30	Oppland lag 3			54:49,5	02:56,5		50
	1 Håvard Kvam	14:19,8 21	00:41,5	14:19,8 21	00:41,5		
	2 Even Karlsen	14:46,5 20	00:30,7	29:06,3 23	00:48,6	-2	
	3 Birk Strand Bjørnaa	12:42,1 43	01:06,8	41:48,4 23	01:55,4	0	
	4 Rune Hermundstad Grobakken	13:01,1 35	01:03,7	54:49,5 30	02:56,5	-7	
31	Sør-Trøndelag Skikrets lag 5			54:50,4	02:57,4		38
	1 Magnus Drøyvold	14:42,0 40	01:03,7	14:42,0 40	01:03,7		
	2 Sander Lillebudal	15:06,3 41	00:50,5	29:48,3 36	01:30,6	4	
	3 Axel Andersson	12:37,4 39	01:02,1	42:25,7 41	02:32,7	-5	
	4 Magnus Thorstensen	12:24,7 10	00:27,3	54:50,4 31	02:57,4	10	
32	Nord Trøndelag Skikrets lag 1			54:55,9	03:02,9		6
	1 Sondre Torp Hynne	14:20,5 23	00:42,2	14:20,5 23	00:42,2		
	2 Trym Nergård Rønning	15:05,1 39	00:49,3	29:25,6 30	01:07,9	-7	
	3 Vemund Trebostad Viken	12:33,1 36	00:57,8	41:58,7 27	02:05,7	3	
	4 Kristoffer Jullum Fiskvik	12:57,2 34	00:59,8	54:55,9 32	03:02,9	-5	



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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
33	Akershus Skikrets lag 5			54:56,5	03:03,5		42
	1 Martin Haarstad	15:05,8 73	01:27,5	15:05,8 73	01:27,5		
	2 Eivind Luka	14:54,1 27	00:38,3	29:59,9 49	01:42,2	24	
	3 Morten Antonsen	12:16,4 18	00:41,1	42:16,3 40	02:23,3	9	
	4 Johan Heni Olsen Bjørtomt	12:40,2 25	00:42,8	54:56,5 33	03:03,5	7	
34	Akershus Skikrets lag 4			54:57,2	03:04,2		29
	1 Ivar Harald Clem	14:28,6 31	00:50,3	14:28,6 31	00:50,3		
	2 Magnus Perger	14:26,2 3	00:10,4	28:54,8 17	00:37,1	14	
	3 Sondre Bjørkeng Pedersen	13:11,8 74	01:36,5	42:06,6 30	02:13,6	-13	
	4 Jens Marcus Dyrberg Ek	12:50,6 28	00:53,2	54:57,2 34	03:04,2	-4	
35	Oslo Skikrets lag 5			55:04,2	03:11,2		26
	1 Sivert Antonsen Eggen	14:27,3 29	00:49,0	14:27,3 29	00:49,0		
	2 Magnus Mortensen Hellum	15:23,0 62	01:07,2	29:50,3 39	01:32,6	-10	
	3 Aleksander Falkenberg Dokset	12:17,8 21	00:42,5	42:08,1 32	02:15,1	7	
	4 Bastian Karlsen Antonsen	12:56,1 31	00:58,7	55:04,2 35	03:11,2	-3	
36	Nordland skikrets lag 1			55:12,1	03:19,1		9
	1 Nikolai Solem Eiterjord	14:46,2 42	01:07,9	14:46,2 42	01:07,9		
	2 Preben Horven	15:03,1 36	00:47,3	29:49,3 38	01:31,6	4	
	3 Jakob Sørli Pettersen	12:26,2 28	00:50,9	42:15,5 38	02:22,5	0	
	4 Sigurd Aarthun	12:56,6 32	00:59,2	55:12,1 36	03:19,1	2	
37	Hedmark Skikrets lag 3			55:13,3	03:20,3		36
	1 Håkon Skramstad	14:21,4 25	00:43,1	14:21,4 25	00:43,1		
	2 Bård Eskil Bjørndalen	15:04,5 38	00:48,7	29:25,9 31	01:08,2	-6	
	3 Jan Christian Kjærli	12:33,5 37	00:58,2	41:59,4 28	02:06,4	3	
	4 Andreas Bjørgen	13:13,9 47	01:16,5	55:13,3 37	03:20,3	-9	
38	Oslo Skikrets lag 8			55:16,0	03:23,0		41
	1 Andreas Aas-Jakobsen	14:13,3 17	00:35,0	14:13,3 17	00:35,0		
	2 Vegard Lund Røer	14:41,1 15	00:25,3	28:54,4 16	00:36,7	1	
	3 Peder Bollingmo	12:54,5 58	01:19,2	41:48,9 24	01:55,9	-8	
	4 Halvor Aasen Dybdahl	13:27,1 59	01:29,7	55:16,0 38	03:23,0	-14	
39	Akershus Skikrets lag 9			55:24,0	03:31,0		69
	1 Thomas Meinicke	14:47,2 43	01:08,9	14:47,2 43	01:08,9		
	2 Hermann Skram Botterud	15:00,1 34	00:44,3	29:47,3 35	01:29,6	8	
	3 Simen Fritzner	12:28,9 32	00:53,6	42:16,2 39	02:23,2	-4	
	4 Brage Buseth Hammerstad	13:07,8 40	01:10,4	55:24,0 39	03:31,0	0	
40	Oslo Skikrets lag 7			55:24,2	03:31,2		35
	1 Birk Møller Gundersen	14:29,0 33	00:50,7	14:29,0 33	00:50,7		
	2 Magnus Morgenlie Skei	14:44,6 19	00:28,8	29:13,6 27	00:55,9	6	
	3 Petter Bakken	13:16,4 80	01:41,1	42:30,0 44	02:37,0	-17	
	4 Armann Saastad Haugan	12:54,2 30	00:56,8	55:24,2 40	03:31,2	4	



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Menn							
41	Akershus Skikrets lag 6			55:32,1	03:39,1		49
	1 Eirik Stene	14:21,2 24	00:42,9	14:21,2 24	00:42,9		
	2 Anders Lervik	15:27,2 69	01:11,4	29:48,4 37	01:30,7	-13	
	3 Magnus Braathen Olsen	12:40,7 41	01:05,4	42:29,1 43	02:36,1	-6	
	4 Eivind Sætre	13:03,0 36	01:05,6	55:32,1 41	03:39,1	2	
42	Oslo Skikrets lag 6			55:36,3	03:43,3		33
	1 Nicolay Sevang	14:53,6 49	01:15,3	14:53,6 49	01:15,3		
	2 Øystein Rønning Strand	14:57,0 30	00:41,2	29:50,6 41	01:32,9	8	
	3 Emil André Wiig	12:36,8 38	01:01,5	42:27,4 42	02:34,4	-1	
	4 Trym Olafsen	13:08,9 41	01:11,5	55:36,3 42	03:43,3	0	
43	Østfold lag 2			55:42,2	03:49,2		64
	1 Herman Møller Gløersen	14:28,8 32	00:50,5	14:28,8 32	00:50,5		
	2 Oscar Reiersen	15:24,2 64	01:08,4	29:53,0 43	01:35,3	-11	
	3 Erik Stigen	12:42,3 44	01:07,0	42:35,3 45	02:42,3	-2	
	4 Filip Glittenberg Holt	13:06,9 38	01:09,5	55:42,2 43	03:49,2	2	
44	Buskerud lag 4			55:42,8	03:49,8		31
	1 Christian Hartz Melling	14:20,3 22	00:42,0	14:20,3 22	00:42,0		
	2 Henrik Marius Laukli	15:07,7 44	00:51,9	29:28,0 32	01:10,3	-10	
	3 Adrian Orellana Hellerud	12:30,0 33	00:54,7	41:58,0 26	02:05,0	6	
	4 Geir Blom Breivik	13:44,8 70	01:47,4	55:42,8 44	03:49,8	-18	
45	Akershus Skikrets lag 11			55:58,9	04:05,9		85
	1 August Jarbeaux	14:40,8 38	01:02,5	14:40,8 38	01:02,5		
	2 Fredrik Gerardo Fodstad	15:19,2 57	01:03,4	30:00,0 50	01:42,3	-12	
	3 Kristoffer Mogen	12:13,0 17	00:37,7	42:13,0 35	02:20,0	15	
	4 Nils Martin Anvik Hellenes	13:45,9 72	01:48,5	55:58,9 45	04:05,9	-10	
46	Telemark og Vestfold skikrets lag 3			56:02,0	04:09,0		52
	1 Brynjar Heggelund Grave	14:42,6 41	01:04,3	14:42,6 41	01:04,3		
	2 Lars Erik Gyving Hoppestad	15:11,3 49	00:55,5	29:53,9 45	01:36,2	-4	
	3 Erik Brostigen Ringhus	12:58,9 64	01:23,6	42:52,8 51	02:59,8	-6	
	4 Hans Bernhard Burud	13:09,2 42	01:11,8	56:02,0 46	04:09,0	5	
47	Hedmark Skikrets lag 4			56:02,1	04:09,1		73
	1 Audun Nordaas	14:55,9 51	01:17,6	14:55,9 51	01:17,6		
	2 Martin Nordvold Lunde	15:09,9 46	00:54,1	30:05,8 52	01:48,1	-1	
	3 Jørgen Schjølberg	12:46,6 46	01:11,3	42:52,4 49	02:59,4	3	
	4 Mads Greni Arnesen	13:09,7 44	01:12,3	56:02,1 47	04:09,1	2	
48	Buskerud lag 6			56:03,8	04:10,8		62
	1 Martin Engh Lundteigen	14:41,8 39	01:03,5	14:41,8 39	01:03,5		
	2 Oddmund Lie Pettersen	15:12,7 50	00:56,9	29:54,5 46	01:36,8	-7	
	3 Andreas Hallingstad	12:57,1 61	01:21,8	42:51,6 48	02:58,6	-2	
	4 Albert Berget	13:12,2 45	01:14,8	56:03,8 48	04:10,8	0	



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
49	Sogn og Fjordane lag 1			56:04,4	04:11,4		12
	1 Eskil Hov	14:49,5 45	01:11,2	14:49,5 45	01:11,2		
	2 Thristan Engebø Ullebø	15:06,5 42	00:50,7	29:56,0 47	01:38,3	-2	
	3 Bjørn Borkamo	12:47,3 50	01:12,0	42:43,3 46	02:50,3	1	
	4 Lars Øvrebø	13:21,1 56	01:23,7	56:04,4 49	04:11,4	-3	
50	Akershus Skikrets lag 8			56:15,0	04:22,0		67
	1 Jonas Johansen	14:54,3 50	01:16,0	14:54,3 50	01:16,0		
	2 Mathias Ulverud	15:31,3 73	01:15,5	30:25,6 62	02:07,9	-12	
	3 Christoffer Torkilsrud	12:52,5 56	01:17,2	43:18,1 58	03:25,1	4	
	4 Håkon Mjøs Grøndalen	12:56,9 33	00:59,5	56:15,0 50	04:22,0	8	
51	Oslo Skikrets lag 12			56:19,5	04:26,5		68
	1 Alexander Apenæs Smeby	14:47,7 44	01:09,4	14:47,7 44	01:09,4		
	2 Trym Danielsen	15:02,7 35	00:46,9	29:50,4 40	01:32,7	4	
	3 Benjamin Ogilvy Drøyer	12:54,0 57	01:18,7	42:44,4 47	02:51,4	-7	
	4 Hans Kristian Bjørgo Kværum	13:35,1 64	01:37,7	56:19,5 51	04:26,5	-4	
52	Sør-Trøndelag Skikrets lag 7			56:22,7	04:29,7		57
	1 Andreas Talseth Bostad	14:52,9 47	01:14,6	14:52,9 47	01:14,6		
	2 Hallvard Dahle	15:07,8 45	00:52,0	30:00,7 51	01:43,0	-4	
	3 Emil Richstad Ellingsen	13:05,6 68	01:30,3	43:06,3 54	03:13,3	-3	
	4 Brynjar Kvernstad	13:16,4 51	01:19,0	56:22,7 52	04:29,7	2	
53	Buskerud lag 5			56:23,1	04:30,1		40
	1 Sindre Lysaker Norbom	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Anders Larsen Høiås	15:15,9 53	01:00,1	30:15,9 56	01:58,2	-1	
	3 Eivind Røe Gullingsrud	12:49,8 53	01:14,5	43:05,7 52	03:12,7	4	
	4 Kristian Mikkelsplass	13:17,4 54	01:20,0	56:23,1 53	04:30,1	-1	
54	Telemark og Vestfold skikrets lag 2			56:23,5	04:30,5		30
	1 Henrik Bertelsen	14:58,2 54	01:19,9	14:58,2 54	01:19,9		
	2 Amund Aalvik	15:07,6 43	00:51,8	30:05,8 52	01:48,1	2	
	3 Håvard Myhra	12:46,6 46	01:11,3	42:52,4 49	02:59,4	3	
	4 Tor Anton Brandvold Pedersen	13:31,1 62	01:33,7	56:23,5 54	04:30,5	-5	
55	Akershus Skikrets lag 15			56:23,8	04:30,8		104
	1 Magnus Myran	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Even Hognestad	15:38,7 82	01:22,9	30:38,7 70	02:21,0	-15	
	3 Ludvik Braathen	12:27,5 30	00:52,2	43:06,2 53	03:13,2	17	
	4 Andreas Aleksander Gjessing	13:17,6 55	01:20,2	56:23,8 55	04:30,8	-2	
56	Telemark og Vestfold skikrets lag 4			56:39,9	04:46,9		54
	1 Oskar Myrvang Olsen	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Mats Tallakstad	15:17,8 55	01:02,0	30:17,8 57	02:00,1	-2	
	3 Marius Rønningen Skaug	13:06,8 70	01:31,5	43:24,6 62	03:31,6	-5	
	4 Sondre Nordgård	13:15,3 48	01:17,9	56:39,9 56	04:46,9	6	



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
57	Nord Trøndelag Skikrets lag 2			56:47,1	04:54,1		44
	1 August Helland Iversen	14:52,4 46	01:14,1	14:52,4 46	01:14,1		
	2 Mattias Brørs	15:27,5 70	01:11,7	30:19,9 60	02:02,2	-14	
	3 Mats Tranås	12:46,8 48	01:11,5	43:06,7 55	03:13,7	5	
	4 Fredrik Lie Brørs	13:40,4 66	01:43,0	56:47,1 57	04:54,1	-2	
58	Oppland lag 5			56:47,2	04:54,2		66
	1 Jonas Petterson	15:23,1 89	01:44,8	15:23,1 89	01:44,8		
	2 Nils Henrik Kvale	15:30,2 72	01:14,4	30:53,3 77	02:35,6	12	
	3 Morten Ramstad	12:41,6 42	01:06,3	43:34,9 67	03:41,9	10	
	4 Markus Moen Riste	13:12,3 46	01:14,9	56:47,2 58	04:54,2	9	
59	Nordland skikrets lag 2			56:56,6	05:03,6		45
	1 John Ivar Karlsen	15:08,3 76	01:30,0	15:08,3 76	01:30,0		
	2 Oskar Pareli Bakke	15:49,4 92	01:33,6	30:57,7 81	02:40,0	-5	
	3 Bastian Holst	12:43,4 45	01:08,1	43:41,1 69	03:48,1	12	
	4 Amund Kleist Godal	13:15,5 49	01:18,1	56:56,6 59	05:03,6	10	
60	Sør-Trøndelag Skikrets lag 9			56:57,3	05:04,3		89
	1 Henrik Tanem	15:08,3 76	01:30,0	15:08,3 76	01:30,0		
	2 Jon Vegard Grut	15:38,3 81	01:22,5	30:46,6 75	02:28,9	1	
	3 Trygve Johan Kjellemo Tegnander	13:04,7 67	01:29,4	43:51,3 75	03:58,3	0	
	4 Odin Unsgård	13:06,0 37	01:08,6	56:57,3 60	05:04,3	15	
61	Akershus Skikrets lag 16			56:57,5	05:04,5		105
	1 Herman Hellesnes Kleivi	15:15,5 83	01:37,2	15:15,5 83	01:37,2		
	2 Sigurd Tveter	15:17,7 54	01:01,9	30:33,2 67	02:15,5	16	
	3 Knut Andreas Rugsland	13:16,8 81	01:41,5	43:50,0 73	03:57,0	-6	
	4 Alexander Franks-Penty	13:07,5 39	01:10,1	56:57,5 61	05:04,5	12	
62	Akershus Skikrets lag 10			57:00,7	05:07,7		79
	1 Jonas Kristiansen	15:10,8 81	01:32,5	15:10,8 81	01:32,5		
	2 Torbjørn Rolstad	15:22,0 60	01:06,2	30:32,8 66	02:15,1	15	
	3 Herman Brustad	12:46,8 48	01:11,5	43:19,6 59	03:26,6	7	
	4 Einar Brath Skurdal	13:41,1 67	01:43,7	57:00,7 62	05:07,7	-3	
63	Oslo Skikrets lag 16			57:03,3	05:10,3		94
	1 Jacob Grønseth Olsson	14:56,6 52	01:18,3	14:56,6 52	01:18,3		
	2 Sondre Sørli	15:22,6 61	01:06,8	30:19,2 59	02:01,5	-7	
	3 Ole Jakob Røe Frankrig	12:54,5 58	01:19,2	43:13,7 57	03:20,7	2	
	4 Håkon Sturød	13:49,6 75	01:52,2	57:03,3 63	05:10,3	-6	
64	Hordaland Skikrets lag 3			57:03,5	05:10,5		47
	1 Torjus Refsnes	15:06,6 75	01:28,3	15:06,6 75	01:28,3		
	2 Vetle Bustnes Martinsen	15:32,4 75	01:16,6	30:39,0 71	02:21,3	4	
	3 Tore Akerlie	13:07,6 71	01:32,3	43:46,6 71	03:53,6	0	
	4 Stian Klette	13:16,9 52	01:19,5	57:03,5 64	05:10,5	7	



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
65	Troms lag 4			57:08,7	05:15,7		72
	1 Lars Nikolai Jenssen	14:57,3 53	01:19,0	14:57,3 53	01:19,0		
	2 Gard Hansa Wintervoll	15:58,4 99	01:42,6	30:55,7 78	02:38,0	-25	
	3 Marius Brattli Guldborg	12:51,4 55	01:16,1	43:47,1 72	03:54,1	6	
	4 Erik Mathisen	13:21,6 57	01:24,2	57:08,7 65	05:15,7	7	
66	Sogn og Fjordane lag 2			57:09,8	05:16,8		61
	1 Hjalmar Michelsen	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Oliver Bosdal Thorsen	15:19,1 56	01:03,3	30:19,1 58	02:01,4	-3	
	3 Even Nesgård	12:49,3 51	01:14,0	43:08,4 56	03:15,4	2	
	4 Ivar Nistad	14:01,4 86	02:04,0	57:09,8 66	05:16,8	-10	
67	Akershus Skikrets lag 12			57:09,9	05:16,9		86
	1 Martin Grape Fladby	14:53,5 48	01:15,2	14:53,5 48	01:15,2		
	2 Jørgen Solberg	15:33,4 76	01:17,6	30:26,9 64	02:09,2	-16	
	3 Benjamin Jarinn Holm	13:09,1 72	01:33,8	43:36,0 68	03:43,0	-4	
	4 Kristian Marius Wuttudal	13:33,9 63	01:36,5	57:09,9 67	05:16,9	1	
68	Sør-Trøndelag Skikrets lag 8			57:16,7	05:23,7		77
	1 Erik Tharalsen	15:10,4 80	01:32,1	15:10,4 80	01:32,1		
	2 Peder August Knobel Halvorsen	15:26,8 68	01:11,0	30:37,2 69	02:19,5	11	
	3 Sondre Vårheim	12:57,3 62	01:22,0	43:34,5 66	03:41,5	3	
	4 Christian Tobias Bøgeberg	13:42,2 69	01:44,8	57:16,7 68	05:23,7	-2	
69	Finnmark Skikrets lag 2			57:17,3	05:24,3		43
	1 Brage Bjørnstad	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Hermann Nordstrand Fiksen	15:05,9 40	00:50,1	30:05,9 54	01:48,2	1	
	3 Kristoffer Opgård Hågensen	13:18,5 82	01:43,2	43:24,4 61	03:31,4	-7	
	4 Tom Vegard Andersen	13:52,9 78	01:55,5	57:17,3 69	05:24,3	-8	
70	Oppland lag 4			57:29,5	05:36,5		53
	1 Vegard Ek Hagen	15:00,1 71	01:21,8	15:00,1 71	01:21,8		
	2 Isak Skari Berger	15:28,6 71	01:12,8	30:28,7 65	02:11,0	6	
	3 Fredrik Hammerdal Owren	13:03,1 66	01:27,8	43:31,8 65	03:38,8	0	
	4 Trym Nesje-Haugli	13:57,7 81	02:00,3	57:29,5 70	05:36,5	-5	
71	Troms lag 3			57:30,3	05:37,3		48
	1 Tobias Nikolai Overvik	15:08,8 78	01:30,5	15:08,8 78	01:30,5		
	2 Jakob Fredrik Degerstrøm Hanssen	15:57,1 96	01:41,3	31:05,9 86	02:48,2	-8	
	3 Jakob Brones Engen	12:55,0 60	01:19,7	44:00,9 78	04:07,9	8	
	4 Mathias Båtnes Rasmussen	13:29,4 60	01:32,0	57:30,3 71	05:37,3	7	
72	Hordaland Skikrets lag 4			57:33,1	05:40,1		87
	1 Eskil Flisram Tveiten	15:30,4 95	01:52,1	15:30,4 95	01:52,1		
	2 Andreas Vågen	15:25,8 66	01:10,0	30:56,2 79	02:38,5	16	
	3 Torjus Klette	12:27,3 29	00:52,0	43:23,5 60	03:30,5	19	
	4 Anders Brakvatne Mjelde	14:09,6 90	02:12,2	57:33,1 72	05:40,1	-12	



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
73	Agder og Rogaland Skikrets lag 3			57:40,8	05:47,8		56
	1 Frode Berland	15:37,2 100	01:58,9	15:37,2 100	01:58,9		
	2 Martin Linnebo Mollestad	15:37,6 79	01:21,8	31:14,8 90	02:57,1 10		
	3 Bjørn-Martin Staurland Staavi	13:00,8 65	01:25,5	44:15,6 81	04:22,6 9		
	4 Per Kristian Gauslaa	13:25,2 58	01:27,8	57:40,8 73	05:47,8 8		
74	Møre og Romsdal skikrets lag 2			57:48,2	05:55,2		46
	1 Eskil Engdahl	15:20,0 86	01:41,7	15:20,0 86	01:41,7		
	2 Andreas Hjelle	15:26,0 67	01:10,2	30:46,0 74	02:28,3 12		
	3 Adrian Flote	13:13,7 75	01:38,4	43:59,7 77	04:06,7 -3		
	4 Matias Lied	13:48,5 74	01:51,1	57:48,2 74	05:55,2 3		
75	Akershus Skikrets lag 14			57:51,5	05:58,5		102
	1 Jostein Wiig Dagestad	15:27,8 93	01:49,5	15:27,8 93	01:49,5		
	2 Harald Kjønne Schaanning	15:19,9 58	01:04,1	30:47,7 76	02:30,0 17		
	3 Ole Vibe Volden	12:37,5 40	01:02,2	43:25,2 63	03:32,2 13		
	4 Filip August Fossum Olaussen	14:26,3 99	02:28,9	57:51,5 75	05:58,5 -12		
76	Buskerud lag 9			58:06,2	06:13,2		121
	1 Eirik Herholdt Dugstad	15:13,5 82	01:35,2	15:13,5 82	01:35,2		
	2 Erlend Lien Grøtberg	15:48,0 90	01:32,2	31:01,5 83	02:43,8 -1		
	3 Mats Herholdt Dugstad	13:27,8 90	01:52,5	44:29,3 86	04:36,3 -3		
	4 Anders Martin Barmnes Jørstad	13:36,9 65	01:39,5	58:06,2 76	06:13,2 10		
77	Buskerud lag 7			58:07,1	06:14,1		63
	1 Sjur Lien Sagabråten	15:23,0 88	01:44,7	15:23,0 88	01:44,7		
	2 Erik Kjønne Støa	15:33,5 77	01:17,7	30:56,5 80	02:38,8 8		
	3 Kristian Berg	13:25,1 87	01:49,8	44:21,6 84	04:28,6 -4		
	4 Vetle Leander Johansen	13:45,5 71	01:48,1	58:07,1 77	06:14,1 7		
78	Hedmark Skikrets lag 5			58:07,5	06:14,5		78
	1 Even Lindaas	15:09,8 79	01:31,5	15:09,8 79	01:31,5		
	2 Sigurd Rustad	15:53,1 95	01:37,3	31:02,9 84	02:45,2 -5		
	3 Magnus Martinsen Stensby	13:13,7 75	01:38,4	44:16,6 83	04:23,6 1		
	4 Kasper Sundet	13:50,9 76	01:53,5	58:07,5 78	06:14,5 5		
79	Oslo Skikrets lag 10			58:07,6	06:14,6		60
	1 Magnus Nyberg	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Herman Hegge-Samuelsen	16:35,5 110	02:19,7	31:35,5 95	03:17,8 -40		
	3 Axel Henrik Larsen	12:50,2 54	01:14,9	44:25,7 85	04:32,7 10		
	4 Felix Tobiasson Reinemo	13:41,9 68	01:44,5	58:07,6 79	06:14,6 6		
80	Oslo Skikrets lag 18			58:11,9	06:18,9		96
	1 Henrik Bøyum Webjørnsen	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Bendik Håland Pedersen	15:39,8 83	01:24,0	30:39,8 72	02:22,1 -17		
	3 Eirik Nydal	12:49,6 52	01:14,3	43:29,4 64	03:36,4 8		
	4 Einar Lund Westgaard	14:42,5 106	02:45,1	58:11,9 80	06:18,9 -16		



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
81	Agder og Rogaland Skikrets lag 2			58:14,5	06:21,5		32
	1 Ole Gunnar Lund Jensen	15:30,5 96	01:52,2	15:30,5 96	01:52,2		
	2 Erlend Lindland Sletten	15:42,3 86	01:26,5	31:12,8 87	02:55,1	9	
	3 Tor Olav Svaland	13:32,2 92	01:56,9	44:45,0 89	04:52,0	-2	
	4 Martin Hetland Strand	13:29,5 61	01:32,1	58:14,5 81	06:21,5	8	
82	Oslo Skikrets lag 17			58:16,5	06:23,5		95
	1 Even Riber Haugland	15:01,0 72	01:22,7	15:01,0 72	01:22,7		
	2 Tom-Erik Johnsen	15:23,0 62	01:07,2	30:24,0 61	02:06,3	11	
	3 Bjørn Anders Flågen	13:26,5 89	01:51,2	43:50,5 74	03:57,5	-13	
	4 Christian Frøyland Foss	14:26,0 98	02:28,6	58:16,5 82	06:23,5	-8	
83	Akershus Skikrets lag 13			58:24,9	06:31,9		99
	1 Heine Husdal	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Mats Morgan Langøy	15:12,8 51	00:57,0	30:12,8 55	01:55,1	0	
	3 Sander Tømmerberg	13:41,6 100	02:06,3	43:54,4 76	04:01,4	-21	
	4 Anders August Jensen	14:30,5 102	02:33,1	58:24,9 83	06:31,9	-7	
84	Oppland lag 6			58:38,6	06:45,6		76
	1 Eskil Bakken	15:25,3 91	01:47,0	15:25,3 91	01:47,0		
	2 Lars Petter Frydenlund Fremstad	15:10,7 48	00:54,9	30:36,0 68	02:18,3	23	
	3 Oliver Robert Newman	13:32,3 93	01:57,0	44:08,3 80	04:15,3	-12	
	4 Herman Byfuglien Ulrud	14:30,3 101	02:32,9	58:38,6 84	06:45,6	-4	
85	Sør-Trøndelag Skikrets lag 11			58:38,7	06:45,7		92
	1 Henrik Valør Wist	15:05,8 73	01:27,5	15:05,8 73	01:27,5		
	2 Jørg Johansen Rye	15:20,5 59	01:04,7	30:26,3 63	02:08,6	10	
	3 Ingebrigt Vaagan Gravdal	13:20,0 83	01:44,7	43:46,3 70	03:53,3	-7	
	4 Jostein Mausest Rø	14:52,4 109	02:55,0	58:38,7 85	06:45,7	-15	
86	Akershus Skikrets lag 18			58:50,5	06:57,5		117
	1 Martin Halvorsen Flenmoren	15:34,1 98	01:55,8	15:34,1 98	01:55,8		
	2 Håvard Sveen	15:41,5 85	01:25,7	31:15,6 91	02:57,9	7	
	3 Sindre Kristoffer Økern	13:39,5 97	02:04,2	44:55,1 91	05:02,1	0	
	4 Martinius Lie Petterson	13:55,4 79	01:58,0	58:50,5 86	06:57,5	5	
87	Sør-Trøndelag Skikrets lag 10			58:51,4	06:58,4		90
	1 Bernt Emil Finserås Rognes	14:40,7 37	01:02,4	14:40,7 37	01:02,4		
	2 Helge Sæther	15:15,4 52	00:59,6	29:56,1 48	01:38,4	-11	
	3 Håkon Simonsen	14:19,7 113	02:44,4	44:15,8 82	04:22,8	-34	
	4 Fredrik Höner Hanssen	14:35,6 104	02:38,2	58:51,4 87	06:58,4	-5	
88	Telemark og Vestfold skikrets lag 5			58:51,9	06:58,9		71
	1 Ole Conrad Burud	15:21,6 87	01:43,3	15:21,6 87	01:43,3		
	2 Edvard Reier Vangsnes	15:37,7 80	01:21,9	30:59,3 82	02:41,6	5	
	3 Tobias Hafredal Haugan	13:49,3 105	02:14,0	44:48,6 90	04:55,6	-8	
	4 Jesper Skaug	14:03,3 87	02:05,9	58:51,9 88	06:58,9	2	



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
89	Sør-Trøndelag Skikrets lag 14			59:06,7	07:13,7		113
	1 Gaute Norland	15:30,8 97	01:52,5	15:30,8 97	01:52,5		
	2 Ole Kristian Mogset	15:48,3 91	01:32,5	31:19,1 93	03:01,4	4	
	3 William Fuglem	13:21,1 85	01:45,8	44:40,2 87	04:47,2	6	
	4 Håvard Skistad Thorsnes	14:26,5 100	02:29,1	59:06,7 89	07:13,7	-2	
90	Oslo Skikrets lag 19			59:12,4	07:19,4		97
	1 Felix Moe	16:04,3 112	02:26,0	16:04,3 112	02:26,0		
	2 Ole-Jørgen Knoph	15:10,2 47	00:54,4	31:14,5 88	02:56,8	24	
	3 Sivert Andre Ahlquist	14:11,2 109	02:35,9	45:25,7 98	05:32,7	-10	
	4 Eirik Ophus	13:46,7 73	01:49,3	59:12,4 90	07:19,4	8	
91	Akershus Skikrets lag 17			59:18,8	07:25,8		109
	1 Julian Martens Meyer	16:00,0 109	02:21,7	16:00,0 109	02:21,7		
	2 Mikkel Jebens Katla	15:36,5 78	01:20,7	31:36,5 96	03:18,8	13	
	3 Kristian Austad Hove	13:41,8 101	02:06,5	45:18,3 94	05:25,3	2	
	4 Andreas Kastel	14:00,5 84	02:03,1	59:18,8 91	07:25,8	3	
92	Oslo Skikrets lag 13			59:30,2	07:37,2		70
	1 Magnus Trandokken	15:38,4 101	02:00,1	15:38,4 101	02:00,1		
	2 Tor Moe Løite	15:25,1 65	01:09,3	31:03,5 85	02:45,8	16	
	3 Vegard Dybvand	12:58,2 63	01:22,9	44:01,7 79	04:08,7	6	
	4 Axel Valdemar Dalholt Ivan	15:28,5 114	03:31,1	59:30,2 92	07:37,2	-13	
93	Oslo Skikrets lag 11			59:39,6	07:46,6		65
	1 Jostein Hagen Tullander	15:35,5 99	01:57,2	15:35,5 99	01:57,2		
	2 Sigurd Paulsen Nicolaysen	16:02,9 103	01:47,1	31:38,4 97	03:20,7	2	
	3 Henrik Falkenberg Dokset	13:40,4 99	02:05,1	45:18,8 95	05:25,8	2	
	4 Trym Hagen	14:20,8 95	02:23,4	59:39,6 93	07:46,6	2	
94	Telemark og Vestfold skikrets lag 6			59:43,4	07:50,4		81
	1 Marcus Linheim	16:01,4 111	02:23,1	16:01,4 111	02:23,1		
	2 Lars Iversen Håkonsen	15:47,5 89	01:31,7	31:48,9 100	03:31,2	11	
	3 Sondre Aarli	13:45,4 103	02:10,1	45:34,3 100	05:41,3	0	
	4 Joachim Langtangen Aas	14:09,1 89	02:11,7	59:43,4 94	07:50,4	6	
95	Nord Trøndelag Skikrets lag 3			59:45,6	07:52,6		55
	1 Kristoffer Raudsepp Stuenes	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Odd Sande Daling	17:13,9 115	02:58,1	32:13,9 106	03:56,2	-51	
	3 Jonathan Devik	13:21,3 86	01:46,0	45:35,2 101	05:42,2	5	
	4 Martin Reppen	14:10,4 91	02:13,0	59:45,6 95	07:52,6	6	
96	Sør-Trøndelag Skikrets lag 12			59:51,7	07:58,7		93
	1 Mads Richstad Ellingsen	15:24,6 90	01:46,3	15:24,6 90	01:46,3		
	2 Fredrik Larssønn Eid	15:50,0 93	01:34,2	31:14,6 89	02:56,9	1	
	3 Odin Aksnes	14:17,0 111	02:41,7	45:31,6 99	05:38,6	-10	
	4 Erik Schjølberg	14:20,1 94	02:22,7	59:51,7 96	07:58,7	3	



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
97	Finnmark Skikrets lag 3			59:58,9	08:05,9		122
	1 Tim Edvard Mechtchanski Hyld Pedersen	15:51,0 104	02:12,7	15:51,0 104	02:12,7		
	2 Eirik Haraldsvik Amundsen	16:42,2 112	02:26,4	32:33,2 109	04:15,5	-5	
	3 Thomas Sandberg Suhr	13:33,9 94	01:58,6	46:07,1 109	06:14,1	0	
	4 Hans Fredrik Vestman Antonsen	13:51,8 77	01:54,4	59:58,9 97	08:05,9	12	
98	Østfold lag 3			1:00:04,5	08:11,5		116
	1 Jakob Møller Gløersen	15:45,5 103	02:07,2	15:45,5 103	02:07,2		
	2 Philip Drivenes	15:41,2 84	01:25,4	31:26,7 94	03:09,0	9	
	3 Peder Nytrøen Steimoen	13:56,2 107	02:20,9	45:22,9 97	05:29,9	-3	
	4 Tore Herman Finsrud Kirkebøen	14:41,6 105	02:44,2	1:00:04,5 98	08:11,5	-1	
99	Oslo Skikrets lag 14			1:00:06,4	08:13,4		83
	1 Vette Opheim Rønningsveen	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Simen Aleksander Hanevold Kildal	15:45,1 87	01:29,3	30:45,1 73	02:27,4	-18	
	3 Eskild Fjeldstad Berget	14:26,5 114	02:51,2	45:11,6 93	05:18,6	-20	
	4 Oskar Farbrot	14:54,8 112	02:57,4	1:00:06,4 99	08:13,4	-6	
100	Oslo Skikrets lag 15			1:00:10,8	08:17,8		91
	1 Joakim Wilkens Jernberg	16:26,4 116	02:48,1	16:26,4 116	02:48,1		
	2 Joakim Eriksrud Karlsen	15:51,2 94	01:35,4	32:17,6 107	03:59,9	9	
	3 Aasmund Skurdal	13:42,3 102	02:07,0	45:59,9 105	06:06,9	2	
	4 Jonas Hegna Lindbæck	14:10,9 92	02:13,5	1:00:10,8 100	08:17,8	5	
101	Hordaland Skikrets lag 5			1:00:11,7	08:18,7		107
	1 Tobias Græsdal Pedersen	16:14,1 114	02:35,8	16:14,1 114	02:35,8		
	2 Herman Toppe Alvær	16:38,3 111	02:22,5	32:52,4 114	04:34,7	0	
	3 Jon Sterri Brekke	13:14,4 77	01:39,1	46:06,8 108	06:13,8	6	
	4 Ola Grahl-Madsen	14:04,9 88	02:07,5	1:00:11,7 101	08:18,7	7	
102	Telemark og Vestfold skikrets lag 7			1:00:11,8	08:18,8		84
	1 Ole Teodor Trøim	15:57,0 108	02:18,7	15:57,0 108	02:18,7		
	2 Mikkel Wergeland Aas	15:57,3 97	01:41,5	31:54,3 102	03:36,6	6	
	3 Elias Michelsen Tangen	13:28,1 91	01:52,8	45:22,4 96	05:29,4	6	
	4 Joakim Skadal	14:49,4 108	02:52,0	1:00:11,8 102	08:18,8	-6	
103	Telemark og Vestfold skikrets lag 8			1:00:12,9	08:19,9		108
	1 Åsmund Grinilia	15:40,8 102	02:02,5	15:40,8 102	02:02,5		
	2 Magnus Mobråthen	16:52,7 113	02:36,9	32:33,5 110	04:15,8	-8	
	3 Jens Kålås Abrahamsen	13:39,9 98	02:04,6	46:13,4 110	06:20,4	0	
	4 Lukas Jordbru	13:59,5 82	02:02,1	1:00:12,9 103	08:19,9	7	
104	Møre og Romsdal skikrets lag 3			1:00:13,5	08:20,5		98
	1 Sander Engdahl	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Eirik Nordeide Berg	17:57,7 117	03:41,9	32:57,7 115	04:40,0	-60	
	3 Åsmund Ertresvåg Jakobsen	13:20,4 84	01:45,1	46:18,1 111	06:25,1	4	
	4 Eskil Linge Glomnes	13:55,4 79	01:58,0	1:00:13,5 104	08:20,5	7	



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
105	Akershus Skikrets lag 20			1:00:21,4	08:28,4		123
	1 Espen Marius Engum Torkildsen	16:11,9 113	02:33,6	16:11,9 113	02:33,6		
	2 Trym Holm	16:14,4 104	01:58,6	32:26,3 108	04:08,6	5	
	3 Tarjei Lindbergsengen Nesheim	13:34,1 95	01:58,8	46:00,4 106	06:07,4	2	
	4 Eirik Hella	14:21,0 96	02:23,6	1:00:21,4 105	08:28,4	1	
106	Akershus Skikrets lag 19			1:00:29,7	08:36,7		119
	1 Nils Johan Tveite	15:53,8 105	02:15,5	15:53,8 105	02:15,5		
	2 Christian Stjern Evensen	15:46,2 88	01:30,4	31:40,0 98	03:22,3	7	
	3 Eivind Tømmerberg	14:17,4 112	02:42,1	45:57,4 104	06:04,4	-6	
	4 Mathias August Myhrstad Valhov	14:32,3 103	02:34,9	1:00:29,7 106	08:36,7	-2	
107	Akershus Skikrets lag 22			1:00:34,2	08:41,2		126
	1 Alexander Amundsen	15:54,8 106	02:16,5	15:54,8 106	02:16,5		
	2 Jachym Cenek	15:57,4 98	01:41,6	31:52,2 101	03:34,5	5	
	3 Simon Haugstad Moosmayer	13:48,6 104	02:13,3	45:40,8 102	05:47,8	-1	
	4 Fredrik Strande Bruun	14:53,4 111	02:56,0	1:00:34,2 107	08:41,2	-5	
108	Nordland skikrets lag 3			1:00:58,1	09:05,1		74
	1 Tobias Sahachai Larsen	16:25,2 115	02:46,9	16:25,2 115	02:46,9		
	2 Kristoffer Grønvik	16:24,2 107	02:08,4	32:49,4 112	04:31,7	3	
	3 Morten Hjørnerød	13:15,5 78	01:40,2	46:04,9 107	06:11,9	5	
	4 Trym Henriksbø Gjerstad	14:53,2 110	02:55,8	1:00:58,1 108	09:05,1	-1	
109	Buskerud lag 8			1:01:02,1	09:09,1		75
	1 Johannes Dahl Sundal	16:33,9 117	02:55,6	16:33,9 117	02:55,6		
	2 Knut Borkholm	16:18,3 106	02:02,5	32:52,2 113	04:34,5	4	
	3 Emilio Sebastian Husum Maldonado	14:08,9 108	02:33,6	47:01,1 113	07:08,1	0	
	4 Leo Fossholt Olsen	14:01,0 85	02:03,6	1:01:02,1 109	09:09,1	4	
110	Sør-Trøndelag Skikrets lag 13			1:01:19,5	09:26,5		111
	1 Eliseus Ystad-Myhre	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Halvor Bakken	18:25,3 118	04:09,5	33:25,3 116	05:07,6	-61	
	3 Martin Riseth Strømøy	13:35,0 96	01:59,7	47:00,3 112	07:07,3	4	
	4 Marius Moe Renå	14:19,2 93	02:21,8	1:01:19,5 110	09:26,5	2	
111	Akershus Skikrets lag 21			1:01:56,7	10:03,7		125
	1 Eirik Osvik Flekke	15:00,0 55	01:21,7	15:00,0 55	01:21,7		
	2 Erlend Børli	17:41,8 116	03:26,0	32:41,8 111	04:24,1	-56	
	3 Thomas Heyn	14:27,2 115	02:51,9	47:09,0 114	07:16,0	-3	
	4 Vetle Holvik	14:47,7 107	02:50,3	1:01:56,7 111	10:03,7	3	
112	Hedmark Skikrets lag 6			1:02:30,4	10:37,4		88
	1 Sondre Tusvik	17:28,7 120	03:50,4	17:28,7 120	03:50,4		
	2 Simen Olsen Kirkevik	16:17,1 105	02:01,3	33:45,8 117	05:28,1	3	
	3 Johannes Wiken	14:44,9 117	03:09,6	48:30,7 117	08:37,7	0	
	4 Torkild Nytrøen	13:59,7 83	02:02,3	1:02:30,4 112	10:37,4	5	



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
113	Oslo Skikrets lag 20			1:03:08,0	11:15,0		100
	1 Lars Ludahl Stangeland	15:18,3 85	01:40,0	15:18,3 85	01:40,0		
	2 William Pihlstrøm	16:00,2 102	01:44,4	31:18,5 92	03:00,8	-7	
	3 Ola Frivold Berg	13:26,4 88	01:51,1	44:44,9 88	04:51,9	4	
	4 Vetle Aas-Jakobsen	18:23,1 116	06:25,7	1:03:08,0 113	11:15,0	-25	
114	Telemark og Vestfold skikrets lag 9			1:03:23,6	11:30,6		110
	1 Rasmus Aagaard	16:52,2 119	03:13,9	16:52,2 119	03:13,9		
	2 Håkon Omholt Berrefjord	17:12,8 114	02:57,0	34:05,0 118	05:47,3	1	
	3 Markus Vonstett	14:11,5 110	02:36,2	48:16,5 116	08:23,5	2	
	4 Gunnar Sørkås	15:07,1 113	03:09,7	1:03:23,6 114	11:30,6	2	
115	Mix Buskerud Nord-Trl lag 1			1:04:47,0	12:54,0		138
	1 Jostein Tobias Melaaen	16:00,0 109	02:21,7	16:00,0 109	02:21,7		
	2 Truls Bratvold Fossen	16:00,0 101	01:44,2	32:00,0 104	03:42,3	5	
	3 Halvor Nordhagen	16:00,0 119	04:24,7	48:00,0 115	08:07,0	-11	
	4 Aksel Rinnan Veske	16:47,0 115	04:49,6	1:04:47,0 115	12:54,0	0	
116	Mix Akershus Nord-Trl lag 1			1:05:50,6	13:57,6		130
	1 Sondre Jordheim	16:35,0 118	02:56,7	16:35,0 118	02:56,7		
	2 Bjørn Roar Hatten	19:02,9 119	04:47,1	35:37,9 119	07:20,2	-1	
	3 Bernhard Henriksen Anseth	15:48,9 118	04:13,6	51:26,8 118	11:33,8	1	
	4 Kristian Evenhus	14:23,8 97	02:26,4	1:05:50,6 116	13:57,6	2	
117	Oslo Skikrets lag 21			44:57,4			103
	1 Mathias Berthet	15:17,4 84	01:39,1	15:17,4 84	01:39,1		
	2 Jens Opstad	16:24,4 108	02:08,6	31:41,8 99	03:24,1	-15	
	3 Frederik Arent Rogstad	13:15,6 79	01:40,3	44:57,4 92	05:04,4	7	
	4						
118	Agder og Rogaland Skikrets lag 4			45:50,3			82
	1 Ottar Jensen	15:30,3 94	01:52,0	15:30,3 94	01:52,0		
	2 Simon Kivle Westergren	16:30,6 109	02:14,8	32:00,9 105	03:43,2	-11	
	3 Kristoffer Sælen	13:49,4 106	02:14,1	45:50,3 103	05:57,3	2	
	4						
119	Telemark og Vestfold skikrets lag 10			53:04,9			114
	1 Martin Drøpping Polland	18:54,8 121	05:16,5	18:54,8 121	05:16,5		
	2 Tinus Rilvaag	19:39,2 120	05:23,4	38:34,0 120	10:16,3	1	
	3 Markus Qvenild-Svenningsen	14:30,9 116	02:55,6	53:04,9 119	13:11,9	1	
	4						
120	Oppland lag 7			31:56,0			80
	1 Ivar Dragerengen	15:56,8 107	02:18,5	15:56,8 107	02:18,5		
	2 Even Hjelmås Molden	15:59,2 100	01:43,4	31:56,0 103	03:38,3	4	
	3						
	4						



Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Startnr/ Status
Menn							
121	Hedmark Skikrets lag 7			15:26,8			128
	1 Jonas Hysten	15:26,8 92	01:48,5	15:26,8 92	01:48,5		
	2						
	3						
	4						
DSQ	Oslo Skikrets lag 9			00:00,0			58
	1 Anton Jensen	14:51,6	01:13,3	14:51,6	01:13,3		
	2 Jonas Dyrli Thoresen	14:56,3	00:40,5	29:47,9	01:30,2	0	
	3 Sondre Nydal	12:46,5	01:11,2	42:34,4	02:41,4	0	
	4 Christopher Ottersland Valøy	14:29,5	02:32,1	57:03,9	05:10,9	0	
DNS	Nord Trøndelag Skikrets lag 4						106
	1 Sigurd Landsem Melhus						
	2 Kristian Evenhus						
	3 Aksel Rinnan Veske						
	4 Ledig Startnr						

Jr NM 2019 - Stafett Menn
Savalen Skiarena
10.03.2019
Resultatliste



Plass	Lag	Etappe		Total	Etter		Startnr/ Status
		Tid				Endring	

Menn