

M 19-20

Official results

Jury/Competition management		Data of course	
Technical Delegate	Erland Husom	Name of course	Steinkjer 5 km
Assistand Technical Delegate		Height Difference (HD)	64
Assistant TD Nat.		Maximum climb (MM)	42
Chief of Competition	Morten Vannebo	Total Climb (MT)	190
Codex	3690	Laps	3
		Laplength	5378

Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
1	311	8420096	Daniel Dukstad	Voss IL	NOR	0:36:37,8	00:00,0	
2	220	8420049	Johannes Lønnestad Flaaten	Morgedal IL	NOR	0:36:38,0	00:00,2	
3	210	3424846	Preben Horven	Bossmo og Ytteren	NOR	0:36:41,8	00:04,0	
4	303	8420464	Sture Thoresen	Heimdal Ski	NOR	0:36:54,0	00:16,2	
5	284	8420095	Bård Olav Steinsland Medhus	Røldal IL	NOR	0:36:56,1	00:18,3	
6	314	8420323	Thomas Linnebo Mollestad	Oddersjaa SSK	NOR	0:37:27,2	00:49,4	
7	282	3424994	Petter Bakken	Lyn Ski	NOR	0:37:32,6	00:54,8	
8	317	3424944	Ola Spigseth	Nes Ski	NOR	0:37:32,9	00:55,1	
9	304	8420077	Bjarte Bjertnæs	Jevnaker	NOR	0:37:33,6	00:55,8	
10	333	8420246	Mathias Holbæk	Il Vindbjart	NOR	0:37:36,2	00:58,4	
11	327	8420287	Vebjørn Hovdejord	Heddal IL	NOR	0:37:39,5	01:01,7	
12	340	8420163	Tørres Lutnæs	Rustad IL	NOR	0:37:41,8	01:04,0	
13	338	8420175	Johan Lien Nordeng	Alsvåg IL	NOR	0:37:45,3	01:07,5	
14	372	3424922	Brage Buseth Hammerstad	Haslum IL	NOR	0:37:51,7	01:13,9	
15	222	3424860	Magnus Thorstensen	Strindheim IL	NOR	0:37:56,6	01:18,8	
16	308	8420472	Birk Fjellheim	Bossmo og Ytteren	NOR	0:37:59,8	01:22,0	
17	383	8420055	Vetle Svanes Strand	Stavanger SK	NOR	0:38:02,3	01:24,5	
18	287	3424852	Jan Christian Kjærnli	Rendalen IL	NOR	0:38:02,5	01:24,7	
19	329	8420432	William Lundberg	Tromsø SK	NOR	0:38:18,9	01:41,1	
20	388	8420300	Jørgen Bertram Dyr Dahl	Berger IL	NOR	0:38:19,4	01:41,6	
21	370	8420019	Sander Engdahl	Torvikbukta IL	NOR	0:38:26,4	01:48,6	
22	331	8420076	Fredrik Hammerdal Owren	Lillehammer Skiklub	NOR	0:38:26,6	01:48,8	
23	351	3424926	Mikkel Jebens Katla	Haslum IL	NOR	0:38:30,9	01:53,1	
24	409	8420468	Andreas Fon Heierstad	Ivrig, IL	NOR	0:38:32,7	01:54,9	
25	330	8420445	Bendik Kalland	Magnor UL	NOR	0:38:34,8	01:57,0	
26	322	8420449	Fredrik Sjøholt	Bækkelaget SK	NOR	0:38:36,4	01:58,6	
27	342	8420263	Peder Elias Nordseth	Snertingdal IF Ski	NOR	0:38:44,2	02:06,4	
28	323	3424879	Oskar Lockert Skjold	Åsen IL	NOR	0:38:45,6	02:07,8	
29	353	3424829	August Bertheussen Falkanger	Byåsen IL	NOR	0:38:45,7	02:07,9	
30	288	3424840	Jørgen Schjøberg	Tynset IF	NOR	0:38:49,1	02:11,3	
31	393	8420217	Eirik Tobias Sørbråten	Gjelleråsen IF	NOR	0:38:49,4	02:11,6	
32	430	8420220	Didrik Røssum Jensen	Hakadal IL	NOR	0:38:51,1	02:13,3	
33	389	8420276	Sjur Holm Grøneng	Lillehammer Skiklub	NOR	0:38:51,9	02:14,1	
34	202	8420411	Henrik Kvennås	Byåsen IL	NOR	0:38:53,4	02:15,6	
35	300	8420388	Per Ingvar Tollehaug	Eiker SK	NOR	0:38:53,6	02:15,8	
36	349	3424998	Armann Saastad Haugan	Lyn Ski	NOR	0:38:56,0	02:18,2	
37	399	8420210	Andreas Lerø	Fossum IF	NOR	0:38:57,9	02:20,1	

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Assistand Technical Delegate		Height Difference (HD)	64
Assistant TD Nat.		Maximum climb (MM)	42
Chief of Competition	Morten Vannebo	Total Climb (MT)	190
Codex	3690	Laps	3
		Laplength	5378

Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
38	363	8420054	Simon Kivle Westergren	Oddersjaa SSK	NOR	0:38:58,6	02:20,8	
39	375	8420470	Iver Synstnes Hole	Åndalsnes IF	NOR	0:39:03,3	02:25,5	
40	362	3040145	Hugo Hinckfuss	Australian Ski	AUS	0:39:06,5	02:28,7	
41	352	3424844	Erik Løfald	Rindal IL	NOR	0:39:10,7	02:32,9	
42	346	8420377	Erik Øfstedal	Sjåstad/Vestre Lier	NOR	0:39:11,0	02:33,2	
43	381	3424963	August Helland Iversen	Steinkjer SK	NOR	0:39:14,8	02:37,0	
44	398	3424824	Vegard Dybvand	Rustad IL	NOR	0:39:18,6	02:40,8	
45	416	8420334	Morten Almaas	Lyn Ski	NOR	0:39:21,3	02:43,5	
46	440	8420314	Robin Sælen	Imås, IL	NOR	0:39:23,2	02:45,4	
47	294	3424892	Nikolai Elde Holmboe	Bærums Verk	NOR	0:39:24,9	02:47,1	
48	402	8420041	Sondre Aarli	Gulset IF	NOR	0:39:27,0	02:49,2	
49	452	8420245	Sondre Østervold	Il Vindbjart	NOR	0:39:28,9	02:51,1	
50	376	8420186	Ulrik Auestad Tollefsen	Åsen IL	NOR	0:39:29,4	02:51,6	
51	391	3424828	Henrik Bøyum Webjørnsen	Rustad IL	NOR	0:39:31,6	02:53,8	
52	431	8420044	Ivar Nistad	Førde IL	NOR	0:39:34,3	02:56,5	
53	377	8420408	August Lunde	Byåsen IL	NOR	0:39:37,2	02:59,4	
54	378	3424820	Jakob Møller Gløersen	Bygdø IL	NOR	0:39:42,8	03:05,0	
55	418	3220052	James Slimon	Lillehammer Skiklub	GBR	0:39:46,5	03:08,7	
56	366	8420404	Olve Løseth	Buvik IL	NOR	0:39:49,4	03:11,6	
57	361	3424895	Fredrik Höner Hanssen	Strindheim IL	NOR	0:39:51,4	03:13,6	
58	379	8420266	Simen Gammemo	Svea Skilag	NOR	0:39:56,1	03:18,3	
59	407	3424871	Nikolai Hansen Bakken	Trysil IL	NOR	0:39:59,1	03:21,3	
60	427	8420365	Matias Nalum Rakkestad	Kjelsås IL	NOR	0:40:01,2	03:23,4	
61	373	3424851	Jørg Johansen Rye	Byneset IL	NOR	0:40:04,5	03:26,7	
62	385	8420161	Ola Aurmo	Lom IL	NOR	0:40:07,1	03:29,3	
63	334	8420474	Morten Skaanes	Strindheim IL	NOR	0:40:13,4	03:35,6	
64	444	3424954	Fredrik Strande Bruun	Gui Sportsklubb	NOR	0:40:25,4	03:47,6	
65	413	8420185	Eivind Øvergård	Åsen IL	NOR	0:40:28,4	03:50,6	
66	455	8420364	Elias Stoknes	Røa	NOR	0:40:28,6	03:50,8	
67	454	3424941	Torbjørn Rolstad	Lørenskog SK	NOR	0:40:28,9	03:51,1	
68	482	8420416	Stian Lillebudal	Leik, IL	NOR	0:40:30,9	03:53,1	
69	429	8420318	Jan Ronny Abusland Gulbrandsen	Imås, IL	NOR	0:40:34,0	03:56,2	
70	415	8420313	Vebjørn Salte Håland	Kverneland Ski	NOR	0:40:39,0	04:01,2	
71	420	8420454	Anders Grini	MjøsSki	NOR	0:40:42,3	04:04,5	
72	382	8420193	Erik Munch-Finne	Asker SK	NOR	0:40:45,4	04:07,6	
73	233	8420401	Even Linderud	Hernes IL	NOR	0:40:46,9	04:09,1	
74	411	3424863	Mads Richstad Ellingsen	Hommelvik IL	NOR	0:40:57,0	04:19,2	

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Codex	3690	Laps	3
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Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
75	425	3424991	Felix Moe	Heming, IL	NOR	0:40:59,3	04:21,5	
76	426	8420069	Lars Petter Frydenlund Fremstad	Gjøvik SK	NOR	0:40:59,6	04:21,8	
77	364	8420036	Oskar Myrvang Olsen	Runar, IL	NOR	0:41:00,2	04:22,4	
78	414	3424872	Peter Oliver Nergaard	Hamar SK	NOR	0:41:01,8	04:24,0	
79	424	8420112	Herman Toppe Alvær	Lillehammer Skiklub	NOR	0:41:03,4	04:25,6	
80	406	8420254	Sebastian Rød Feragen	Tynset IF	NOR	0:41:09,1	04:31,3	
81	396	3424909	Sander Tømmerberg	Fossum IF	NOR	0:41:11,0	04:33,2	
82	384	3424965	Mattias Brørs	Beitstad IL	NOR	0:41:14,2	04:36,4	
82	508	3502080	Oscar Creutzer Langslet	Ivrig, IL	SWE	0:41:14,2	04:36,4	
84	371	8420290	Kristian Fremstad	Runar, IL	NOR	0:41:18,2	04:40,4	
85	404	8420409	Nils Ole Fuglem	Selbu IL	NOR	0:41:22,5	04:44,7	
86	465	8420366	Simon Salinas Hannestad	Kjelsås IL	NOR	0:41:23,8	04:46,0	
87	492	8420212	Anders Mørdre Davidsen	Fossum IF	NOR	0:41:28,6	04:50,8	
88	470	8420353	Jonathan Wærdahl Eriksen	Heming, IL	NOR	0:41:31,3	04:53,5	
89	421	3424949	Kristoffer Mogen	Oppegård IL	NOR	0:41:33,8	04:56,0	
90	403	8420010	Albert Berget	IL Skrim	NOR	0:41:33,9	04:56,1	
91	507	8420650	Anders Gunnestad Hekkli	Skarphedin, IL	NOR	0:41:34,6	04:56,8	
92	453	8420033	Jens Kålås Abrahamsen	Runar, IL	NOR	0:41:36,2	04:58,4	
93	355	3424866	Henrik Valør Wist	Byaasen Skiklub	NOR	0:41:37,0	04:59,2	
94	441	8420360	Gard Lindby	Røa	NOR	0:41:38,2	05:00,4	
95	392	8420346	Audun Nesheim Hægeland	Rustad IL	NOR	0:41:39,1	05:01,3	
96	456	8420165	Andreas Svindland Hovde	Rustad IL	NOR	0:41:44,1	05:06,3	
97	438	8420202	Sindre Esmann Milvang	Bærums Verk	NOR	0:41:44,4	05:06,6	
98	422	3424854	Magnus Martinsen Stensby	Hamar SK	NOR	0:41:58,9	05:21,1	
99	472	8420379	Magnus Myhre Næsset	IL Skrim	NOR	0:41:59,6	05:21,8	
100	466	8420311	Samuel Kleppa	Gjesdal IL	NOR	0:42:11,6	05:33,8	
101	493	8420358	Fredrik Tolås Borbe	Sørkedalens IF	NOR	0:42:16,0	05:38,2	
102	480	8420201	Adam Nils Giæver	Bærums Verk	GBR	0:42:19,9	05:42,1	
103	397	8420190	Erik Ola Jorde	Asker SK	NOR	0:42:22,7	05:44,9	
104	405	3424865	Magnus Saksegård Antonsen	Byåsen IL	NOR	0:42:33,4	05:55,6	
105	433	8420280	Jo Mallaug	Lom IL	NOR	0:42:50,6	06:12,8	
106	501	8420399	Sigurd Sundal	Åsli Skilag	NOR	0:42:52,1	06:14,3	
107	435	8420178	Ludvig Leopold Baksjøberget	Vang	NOR	0:42:55,2	06:17,4	
107	500	3424861	Adrian Bach Haugen	Klæbu IL	NOR	0:42:55,2	06:17,4	
109	491	8420316	Aadne Mykland	Imås, IL	NOR	0:42:57,0	06:19,2	
110	412	3424968	Kristoffer Raudsepp Stuenes	Lierne IL	NOR	0:42:59,8	06:22,0	
111	476	8420347	Magnus Gunnes Kozar	Njård	NOR	0:43:05,6	06:27,8	

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Chief of Competition	Morten Vannebo	Total Climb (MT)	190
Codex	3690	Laps	3
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Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
112	442	8420275	Ola Løvlien	Lillehammer Skiklub	NOR	0:43:08,0	06:30,2	
113	451	8420234	Anders Bærheim	Nittedal IL	NOR	0:43:10,0	06:32,2	
114	486	8420285	Andreas Sørsdal	Sande Sportsklubb	NOR	0:43:26,4	06:48,6	
115	475	8420274	Jesper Ludvigsen Rønning	Lillehammer Skiklub	NOR	0:43:38,5	07:00,7	
116	463	8420032	Jesper Skaug	Runar, IL	NOR	0:43:43,3	07:05,5	
117	488	8420268	Sindre Grøv Svensen	Lillehammer Skiklub	NOR	0:43:46,5	07:08,7	
118	496	8420264	Emil Solan Gorset	Svea Skilag	NOR	0:43:50,0	07:12,2	
119	497	8420306	Sigur Johan Lillefjell	Steinkjer SK	NOR	0:43:54,8	07:17,0	
120	487	8420182	Arne Magnus Holter	Ullensaker SK	NOR	0:43:55,1	07:17,3	
121	458	8420260	Jonas Hoelsveen	Raufoss IL	NOR	0:44:11,2	07:33,4	
122	477	8420836	Jon Marius Svegård	Leik, IL	NOR	0:44:48,6	08:10,8	
123	478	8420303	Mathias Kjønstad Ukkelberg	Sp.kl. Nessegutten	NOR	0:45:25,1	08:47,3	
124	484	8420265	Ole Marius Arvesen	Svea Skilag	NOR	0:46:12,8	09:35,0	
125	467	3424962	Jonathan Devik	Spillum IL	NOR	0:46:21,4	09:43,6	
	272	3424893	Aleksander Elde Holmboe	Bærums Verk	NOR	DNF		
	357	8420116	Eskil Flisram Tveiten	Lillehammer Skiklub	NOR	DNF		
	360	3424936	Kasper Engeset	IL Jardar	NOR	DNF		
	367	8420009	Sander Teisbekk	Idrettslaget Ros	NOR	DNF		
	428	8420252	Andreas Richard Blix	Innstranda IL	NOR	DNF		
	401	3424924	Benjamin Jarinn Holm	Haslum IL	NOR	DNF		
	468	8420205	Bård Gunnar Brun	Eidsvold Værks	NOR	DNF		
	464	8420297	Halvor Kleiv	Vinje IL	NOR	DNF		
	436	3424896	Martin Riseth Strømøy	Buvik IL	NOR	DNF		
	449	8420359	Oscar Pladsen Gussiås	Røa	NOR	DNF		
	450	8420410	Torgeir Vassmo Mæhlumsveen	Byåsen IL	NOR	DNF		
	460	8420047	Ulvar Tuft	Sogndal IL	NOR	DNF		
	483	3424957	Aksel Rinnan Veske	Sp.kl. Nessegutten	NOR	DNF		
	485	3424939	Alexander Amundsen	Lyn Ski	NOR	DNF		
	499	8420398	Emil Skogheim	Hamar SK	NOR	DNF		
	494	8420305	Haakon Andreas Lillefjell	Steinkjer SK	NOR	DNF		
	504	8420378	Sander Buen-Bjørnsøs	IL Skrim	NOR	DNF		
	315	3100500	Gabriel Winston Gledhill	Lillehammer Skiklub	GBR	DNS		
	335	8420127	Erik Mathisen	Tromsø SK	NOR	DNS		
	358	8420292	Arthur Hartvedt Klavenes	Runar, IL	NOR	DNS		
	387	8420101	Torjus Klette	Ørnar IL	NOR	DNS		
	408	8420348	Aleksander Gausen Bakke	Njård	NOR	DNS		
	419	8420059	Jakob Fredrik Degerstrøm Hanssen	Tromsø SK	NOR	DNS		



EQUINOR NC Steinkjer Fri

Steinkjer

søn. 13 mar 2022



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Rank	Startno	Fis code	Name	Team	Nation	Time	Diff.	Fis Points
	417	8420022	Markus Mæland	Oseberg Skilag	NOR	DNS		
	437	8420361	August André Lukkassen	Røa	NOR	DNS		
	473	8420270	Eskil Espe Tarud	Tormod Skilag	NOR	DNS		
	461	8420213	Herman Sørensen Gromsrud	Gjelleråsen IF	NOR	DNS		
	445	8420368	Johannes Edelssønn Galåen	Kjelsås IL	NOR	DNS		
	439	3424842	Kasper Sundet	Engerdal SP.kl.	NOR	DNS		
	471	8420007	Mats Høyenes Rustad	Konnerud IL	NOR	DNS		
	462	8420417	Niclas Johansen Svardal	Strindheim IL	NOR	DNS		
	479	8420184	Alexander Jacobsen Fengsrud	Asen IL	NOR	DNS		
	481	8420761	Fredrik Østbu	Asker SK	NOR	DNS		
	489	8420406	Hallvard Flatberg	Strindheim IL	NOR	DNS		
	498	8420261	Sander Haugli	Raufoss IL	NOR	DNS		
	505	8420467	Peder Aarstad Berg	Galterud IF	NOR	DNS		

Number of entered: 312

Number of started: 279

Jury Decision

Startno: 459 SKJØLSVOLD Omats Burud No transponder



Equinor
Norgescup

equinor

VI STØTTER
MORGENDAGENS
HELTER