

M 19/20 år - 10 km
Official results

| Jury/Competition management | | Data of course | |
|------------------------------|-----------------------|------------------------|------|
| Technical Delegate | Toellefsen Rune (NOR) | Name of course | |
| FIS Race Director | | Height Difference (HD) | |
| Assistand Technical Delegate | | Maximum climb (MM) | |
| Assistant TD Nat. | | Total Climb (MT) | |
| Chief of Competition | | Laps | 3 |
| Codex | 3271 | Laplenght | 3250 |

| Rank | Startno | Fis code | Name | Team | Nation | Time | Diff. | Fis Points |
|------|---------|----------|---------------------------|---------------------|--------|-----------|---------|------------|
| 1 | 650 | 3423183 | Thomas Bucher-Johannessen | Fossum IF | NOR | 0:22:52,8 | 00:00,0 | |
| 2 | 623 | 3423291 | Thomas Helland Larsen | Fossum IF | NOR | 0:22:58,5 | 00:05,6 | |
| 3 | 617 | 3423264 | Harald Østberg Amundsen | Asker SK | NOR | 0:23:07,7 | 00:14,8 | |
| 4 | 626 | 3423008 | Herman Martens Meyer | Frogner IL | NOR | 0:23:08,0 | 00:15,1 | |
| 5 | 641 | 3320185 | Magnus Kim | Fossum IF | NOR | 0:23:16,1 | 00:23,2 | |
| 6 | 606 | 3423534 | Jon Rolf Skamo Hope | Hyen IL | NOR | 0:23:30,2 | 00:37,3 | |
| 7 | 579 | 3423593 | Sivert Bakken | Vingrom IL | NOR | 0:23:34,5 | 00:41,6 | |
| 8 | 611 | 3423031 | Christian Magnus Hjelde | Konnerud IL | NOR | 0:23:37,0 | 00:44,1 | |
| 9 | 613 | 3423388 | Vebjørn Hegdal | Larvik Ski | NOR | 0:23:42,0 | 00:49,1 | |
| 10 | 627 | 3423123 | Jo Svinsås | Rindal IL | NOR | 0:23:46,6 | 00:53,7 | |
| 11 | 639 | 3423088 | Petter Stakston | Søre Ål IL | NOR | 0:23:52,0 | 00:59,1 | |
| 11 | 643 | 3422964 | Erling Moseby | Kjelsås IL | NOR | 0:23:52,0 | 00:59,1 | |
| 13 | 475 | 3423168 | Erlend Hokholt | Oppegård IL | NOR | 0:23:53,3 | 01:00,4 | |
| 14 | 640 | 3423258 | Sondre Ramse | Otra IL | NOR | 0:23:53,6 | 01:00,7 | |
| 15 | 546 | 3423125 | Anders Nyaas | Tynset IF | NOR | 0:23:55,2 | 01:02,3 | |
| 16 | 624 | 3423500 | Simen Munch Wahl | Bjørndal IF | NOR | 0:23:55,6 | 01:02,7 | |
| 17 | 628 | 3423231 | Anders Haga | Åsen IL | NOR | 0:23:56,8 | 01:03,9 | |
| 18 | 647 | 3423300 | Hans Kristian Holmbro | Søndre Høland | NOR | 0:23:58,2 | 01:05,3 | |
| 19 | 629 | 3423370 | Vebjørn Moen | Tverlandet IL | NOR | 0:23:58,9 | 01:06,0 | |
| 20 | 570 | 3423192 | Erling Fagerbakke Fosse | Voss IL | NOR | 0:24:00,0 | 01:07,1 | |
| 21 | 620 | 3423316 | Sigve Kolderup | Trøsken IL | NOR | 0:24:01,0 | 01:08,1 | |
| 22 | 578 | 3423561 | Johannes Bordal | MjøsSki | NOR | 0:24:04,6 | 01:11,8 | |
| 23 | 633 | 3423371 | Vegard Sivertsgård | Ålen IL | NOR | 0:24:06,2 | 01:13,4 | |
| 24 | 614 | 3423006 | Amund Hoel | Frogner IL | NOR | 0:24:14,1 | 01:21,2 | |
| 24 | 612 | 3422944 | Erik Husby | Skaun IL | NOR | 0:24:14,1 | 01:21,2 | |
| 26 | 646 | 3422985 | Vegard Stav | Flå IL | NOR | 0:24:15,7 | 01:22,8 | |
| 27 | 552 | 3423544 | Sivert Moen | Mellebygd IL | NOR | 0:24:18,2 | 01:25,3 | |
| 28 | 591 | 3422974 | Vetle Skeime Kostøl | Lyn Ski | NOR | 0:24:18,5 | 01:25,6 | |
| 29 | 597 | 3423410 | Aksel Bru-Hemmingby | Strømmen og | NOR | 0:24:22,1 | 01:29,2 | |
| 30 | 450 | 3423584 | Øyvind Aalling Lio | Bjerke IL Ski | NOR | 0:24:23,5 | 01:30,6 | |
| 31 | 466 | 3423497 | Øyvind Haugan | Heming, IL | NOR | 0:24:24,2 | 01:31,4 | |
| 32 | 648 | 3423379 | Magnus Norøy | Frol IL | NOR | 0:24:25,6 | 01:32,7 | |
| 33 | 537 | 3423050 | Knut Skrindo | Gol IL | NOR | 0:24:26,1 | 01:33,2 | |
| 34 | 576 | 3423375 | Geir Kristian Hoås | Lånke IL | NOR | 0:24:26,3 | 01:33,5 | |
| 35 | 595 | 3423163 | Eirik Haug | Driv IL - Ski | NOR | 0:24:29,3 | 01:36,5 | |
| 36 | 616 | 3423381 | Anton Elvseth | Lierne IL | NOR | 0:24:29,6 | 01:36,7 | |
| 37 | 619 | 3423047 | Sigurd Rønning | Vikersund IF - Ski | NOR | 0:24:33,4 | 01:40,5 | |
| 38 | 502 | 3423429 | Erik Høiås | Birkebeineren, IF | NOR | 0:24:34,1 | 01:41,2 | |
| 39 | 642 | 3423502 | Tor Olav Hægeland | Rustad IL | NOR | 0:24:34,3 | 01:41,4 | |
| 40 | 593 | 3423070 | Magnus Sivertsen | Leirådal IL | NOR | 0:24:37,9 | 01:45,0 | |
| 41 | 584 | 3423080 | Ulrik Måbø | Lillehammer Skiklub | NOR | 0:24:38,6 | 01:45,7 | |
| 42 | 573 | 3423360 | Ole Jacob Forsmo | Halsøy IL Ski | NOR | 0:24:40,6 | 01:47,8 | |

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| Chief of Competition | | Laps | 3 |
| Codex | 3271 | Laplength | 3250 |

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|------|---------|----------|----------------------------|--------------------|--------|-----------|---------|------------|
| 43 | 559 | 3423130 | Bjørn Georg Riksaasen | Vågå IL | NOR | 0:24:41,6 | 01:48,7 | |
| 43 | 574 | 3423067 | Sindre Finne | Kolvareid IL | NOR | 0:24:41,6 | 01:48,8 | |
| 45 | 563 | 3423193 | Hans-Inge Klette | Viljar, IL | NOR | 0:24:42,6 | 01:49,7 | |
| 45 | 565 | 3422979 | Borgar Nørrud | Røa IL | NOR | 0:24:42,6 | 01:49,7 | |
| 47 | 529 | 3423991 | Torstein Wiiger Opsahl | Lier IL | NOR | 0:24:45,3 | 01:52,4 | |
| 48 | 630 | 3423029 | Sebastian Andreas Haugeto | Ringkollen SK | NOR | 0:24:48,6 | 01:55,7 | |
| 49 | 438 | 3424369 | Hans Kristian Sørum | MjønsSki | NOR | 0:24:49,7 | 01:56,8 | |
| 50 | 571 | 3423508 | Lars Laulo | Heming, IL | NOR | 0:24:50,5 | 01:57,6 | |
| 51 | 598 | 3423229 | Brage Tannvik Skei | Byaasen Skiklub | NOR | 0:24:50,7 | 01:57,8 | |
| 52 | 528 | 3423361 | Aleksander Slydahl | Mosjøen IL | NOR | 0:24:52,2 | 01:59,3 | |
| 53 | 525 | 3423065 | Marius Landsem Melhus | Henning Skilag | NOR | 0:24:54,5 | 02:01,6 | |
| 54 | 610 | 3422968 | Kjetil Stuge Bånerud | Koll, IL | NOR | 0:24:56,8 | 02:04,0 | |
| 55 | 527 | 3423405 | Thomas Ødegaarden | Stathelle og Omegn | NOR | 0:24:57,2 | 02:04,3 | |
| 56 | 457 | 3423543 | William Nymo Melseth | Bardufoss og | NOR | 0:24:57,8 | 02:04,9 | |
| 57 | 645 | 3423482 | Simen Myhre | Koll, IL | NOR | 0:24:58,2 | 02:05,3 | |
| 58 | 523 | 3423341 | Christoffer Henningsen | Søre Ål IL | NOR | 0:24:59,8 | 02:07,0 | |
| 59 | 456 | 3423178 | Karsten Martinussen | Fossum IF | NOR | 0:25:03,3 | 02:10,4 | |
| 59 | 521 | 3423224 | Kristian Bygland-Hansen | Byaasen Skiklub | NOR | 0:25:03,3 | 02:10,5 | |
| 61 | 621 | 3423205 | Sivert Knotten | Svarstad IL | NOR | 0:25:03,7 | 02:10,8 | |
| 62 | 452 | 3423153 | Tage Bjørkli | Alta IF | NOR | 0:25:05,6 | 02:12,7 | |
| 63 | 542 | 3423449 | Vegard Røyhus | Hovdebygda IL | NOR | 0:25:06,1 | 02:13,3 | |
| 64 | 553 | 3423272 | Magnus Brath Skurdal | Asker SK | NOR | 0:25:06,2 | 02:13,3 | |
| 65 | 635 | 3423180 | Simen Thune Rolfsen | Lyn Ski | NOR | 0:25:06,9 | 02:14,0 | |
| 66 | 581 | 3423225 | Håkon Størset Grøtte | Byåsen IL | NOR | 0:25:07,8 | 02:14,9 | |
| 67 | 592 | 3423053 | Emil Wiik | ROS, IL | NOR | 0:25:08,6 | 02:15,8 | |
| 68 | 585 | 3423431 | Mathias Skrede | Geilo IL | NOR | 0:25:09,2 | 02:16,3 | |
| 69 | 618 | 3423101 | Fredrik Helgestad | Hamar SK | NOR | 0:25:10,3 | 02:17,4 | |
| 70 | 557 | 3423165 | Sivert Størseth | Malvik IL | NOR | 0:25:10,8 | 02:17,9 | |
| 71 | 562 | 3423306 | Andreas Finni Magnussen | Nittedal IL | NOR | 0:25:11,9 | 02:19,0 | |
| 72 | 609 | 3423034 | Bendik Skjønberg Holth | Birkebeineren, IF | NOR | 0:25:13,2 | 02:20,3 | |
| 73 | 556 | 3423548 | Kristian Skjeldal | Bulken IL | NOR | 0:25:13,7 | 02:20,9 | |
| 74 | 558 | 3423090 | Lars Bovold | Østby IL | NOR | 0:25:16,3 | 02:23,4 | |
| 75 | 577 | 3423505 | Magnus Harstveit | Rustad IL | NOR | 0:25:16,4 | 02:23,5 | |
| 76 | 519 | 3423501 | Joakim Herbrandsen | Rustad IL | NOR | 0:25:16,9 | 02:24,0 | |
| 77 | 560 | 3423312 | Sindre Johansen | Spydeberg IL | NOR | 0:25:17,2 | 02:24,3 | |
| 78 | 463 | 3422939 | Sindre Johansen Strandheim | Fjellørnen IL | NOR | 0:25:17,9 | 02:25,0 | |
| 79 | 615 | 3423212 | Eivind Kjennerud | Sande Sportsklubb | NOR | 0:25:18,1 | 02:25,3 | |
| 80 | 548 | 3423435 | Sevat Mestvedthagen | Hemsedal IL | NOR | 0:25:23,0 | 02:30,1 | |
| 81 | 631 | 3423503 | Lars Sørensen | Rustad IL | NOR | 0:25:23,5 | 02:30,6 | |
| 82 | 533 | 3423009 | Ivar Andre Ryttervold | Frogner IL | NOR | 0:25:24,8 | 02:32,0 | |
| 83 | 566 | 3423445 | Ole Marius Kirkeng | ROS, IL | NOR | 0:25:26,2 | 02:33,3 | |
| 84 | 517 | 3423240 | Jørn Troøyen | Byaasen Skiklub | NOR | 0:25:26,9 | 02:34,1 | |

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| Chief of Competition | | Laps | 3 |
| Codex | 3271 | Laplength | 3250 |

| Rank | Startno | Fis code | Name | Team | Nation | Time | Diff. | Fis Points |
|------|---------|----------|---------------------------|---------------------|--------|-----------|---------|------------|
| 85 | 568 | 3423274 | Henrik Husdal | Drøbak-Frogn IL | NOR | 0:25:30,4 | 02:37,5 | |
| 86 | 564 | 3423323 | Erlend Kvittum Nytrøen | Tynset IF | NOR | 0:25:30,5 | 02:37,6 | |
| 87 | 440 | 3424411 | Fredrik Frich | Oppdal IL | NOR | 0:25:31,2 | 02:38,3 | |
| 88 | 567 | 3423448 | Kornelius Linge Glomnes | Valldal IL | NOR | 0:25:33,0 | 02:40,2 | |
| 89 | 589 | 3423345 | Erik Hattestad | Lillehammer Skiklub | NOR | 0:25:33,6 | 02:40,7 | |
| 90 | 447 | 3423567 | Øystein Halldorsson | IL Korlevoll - Odda | NOR | 0:25:35,7 | 02:42,8 | |
| 91 | 467 | 3423072 | Simen Eide Brøste | Lillehammer Skiklub | NOR | 0:25:35,9 | 02:43,1 | |
| 92 | 587 | 3423374 | Jesper Abelsen Andreassen | Halsøy IL Ski | NOR | 0:25:37,3 | 02:44,4 | |
| 93 | 604 | 3423439 | Sivert Bjørnebo Langerud | Lier IL | NOR | 0:25:38,8 | 02:46,0 | |
| 94 | 545 | 3423043 | Sigurd Agnalt | Trøsken IL | NOR | 0:25:39,0 | 02:46,2 | |
| 95 | 471 | 3423314 | Ole Haldor Ensrud | Trøsken IL | NOR | 0:25:42,3 | 02:49,4 | |
| 96 | 464 | 3423255 | Svein Odland | Bjerkreim IL | NOR | 0:25:42,4 | 02:49,6 | |
| 97 | 561 | 3423263 | Herman Andreas Andersen | Ås IL | NOR | 0:25:43,1 | 02:50,3 | |
| 98 | 472 | 3422962 | Ulrik Astrup Arnesen | Heming, IL | NOR | 0:25:43,9 | 02:51,0 | |
| 99 | 441 | 3423580 | Tage Huso | Ullensaker SK | NOR | 0:25:44,7 | 02:51,9 | |
| 100 | 588 | 3423252 | Håvard Mannsåker | Sandnes IL | NOR | 0:25:45,3 | 02:52,4 | |
| 101 | 586 | 3423227 | Alexander Borthen Kolstad | Byåsen IL | NOR | 0:25:46,0 | 02:53,2 | |
| 102 | 550 | 3423149 | Sivert Hansen Hauan | Tromsø SK - | NOR | 0:25:48,4 | 02:55,5 | |
| 103 | 549 | 3422994 | Vebjørn Nerheim | Suldal IL | NOR | 0:25:49,4 | 02:56,5 | |
| 104 | 555 | 3423465 | Trym Moeng Jensen | Kjelsås IL | NOR | 0:25:50,2 | 02:57,4 | |
| 105 | 636 | 3423433 | Emil Intelhus Brøto | Gol IL | NOR | 0:25:51,5 | 02:58,7 | |
| 106 | 637 | 3423317 | Jørgen Lippert | Trøsken IL | NOR | 0:25:52,8 | 02:59,9 | |
| 107 | 583 | 3422986 | Jonas Aasbø | Surnadal IL | NOR | 0:25:54,1 | 03:01,2 | |
| 108 | 530 | 3423416 | Sigurd Arne Brones Engen | Kvaløysletta Skilag | NOR | 0:25:57,8 | 03:04,9 | |
| 109 | 543 | 3423109 | Brian Holmstrøm | Fauske IL Ski | NOR | 0:25:59,0 | 03:06,1 | |
| 109 | 539 | 3422942 | Vegard Vårheim | Fjellørnen IL | NOR | 0:25:59,0 | 03:06,1 | |
| 111 | 572 | 3423496 | Eirik Langedal Breivik | Koll, IL | NOR | 0:26:03,1 | 03:10,2 | |
| 112 | 459 | 3423331 | Erlend Austgulen | Byåsen IL | NOR | 0:26:06,2 | 03:13,3 | |
| 113 | 551 | 3423243 | Vebjørn Risholt | Ørn, IF | NOR | 0:26:06,4 | 03:13,5 | |
| 114 | 492 | 3423307 | Even Seeberg | Nittedal IL | NOR | 0:26:06,6 | 03:13,7 | |
| 115 | 547 | 3423124 | Aksel Norli | Rindal IL | NOR | 0:26:08,7 | 03:15,8 | |
| 116 | 601 | 3423055 | Fredrik Tvetter | Oppegård IL | NOR | 0:26:11,9 | 03:19,1 | |
| 117 | 480 | 3423412 | Einar Mikal Andreassen | Fjell Skilag | NOR | 0:26:13,5 | 03:20,6 | |
| 118 | 520 | 3423430 | Vegard Myklemyr | Birkebeineren, IF | NOR | 0:26:14,6 | 03:21,7 | |
| 119 | 535 | 3422951 | Jakob Velle | Bækkelagets SK | NOR | 0:26:17,0 | 03:24,1 | |
| 120 | 554 | 3423407 | Eirik Bonden | Sande Sportsklubb | NOR | 0:26:17,6 | 03:24,7 | |
| 121 | 599 | 3422970 | Mathias Bruun Lorentsen | Koll, IL | NOR | 0:26:17,8 | 03:25,0 | |
| 122 | 518 | 3423230 | Vegard Storeng Fjeldstad | Ranheim SK | NOR | 0:26:18,4 | 03:25,5 | |
| 123 | 473 | 3423329 | Robin Løvoll Trøøyen | Byåsen IL | NOR | 0:26:19,5 | 03:26,7 | |
| 124 | 534 | 3423201 | Vetle Gunnar Lyckander | Gran IL | NOR | 0:26:20,6 | 03:27,8 | |
| 125 | 460 | 3423256 | Magnus Gjerstad Knutsen | Imås, IL | NOR | 0:26:21,0 | 03:28,1 | |
| 126 | 497 | 3423440 | William Kjelsrud Haug | Mjøndalen IF | NOR | 0:26:21,4 | 03:28,5 | |

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|------|---------|----------|--------------------------------|---------------------|--------|-----------|---------|------------|
| 127 | 436 | 3423609 | Lars Barø Jutulstad | Strindheim IL | NOR | 0:26:22,8 | 03:29,9 | |
| 128 | 478 | 3423234 | Tormod Garnes Flatjord | Byaasen Skiklub | NOR | 0:26:23,9 | 03:31,0 | |
| 129 | 481 | 3423257 | Birk Svendsen | Imås, IL | NOR | 0:26:25,4 | 03:32,5 | |
| 130 | 526 | 3423344 | Emil Robert Book Bratbak | Lillehammer Skiklub | NOR | 0:26:27,1 | 03:34,2 | |
| 131 | 485 | 3423241 | Hans Martin Helgesen | Byåsen IL | NOR | 0:26:28,0 | 03:35,1 | |
| 132 | 622 | 3422992 | Sivert Wiig | Gjesdal IL | NOR | 0:26:31,5 | 03:38,7 | |
| 133 | 504 | 3423376 | Johannes Tyldum | IL Hållingen | NOR | 0:26:33,7 | 03:40,8 | |
| 134 | 516 | 3423557 | Andreas Bjørvik Fugle | Førde IL | NOR | 0:26:34,1 | 03:41,2 | |
| 135 | 507 | 3170035 | Joachim Weel Rosbo | Københavns Skiklub | Dan | 0:26:34,9 | 03:42,0 | |
| 136 | 486 | 3423246 | Olav Meling Spikkeland | Oddersjaa SSK | NOR | 0:26:39,7 | 03:46,8 | |
| 137 | 544 | 3423421 | Ivar Tverå | Korgen IL | NOR | 0:26:40,6 | 03:47,8 | |
| 138 | 608 | 3423436 | Petter Bergmann | Asker SK | NOR | 0:26:41,6 | 03:48,7 | |
| 139 | 515 | 3423975 | Johan Elias Hogrenning | Trysilgutten IL | NOR | 0:26:42,1 | 03:49,3 | |
| 140 | 439 | 3423424 | Espen Elstad | Spillum IL | NOR | 0:26:47,6 | 03:54,7 | |
| 141 | 512 | 3423572 | Jonas Unsgård | Leik, IL | NOR | 0:26:49,5 | 03:56,7 | |
| 142 | 494 | 3423310 | Fredrik Fossum Jensen | Tistedalen FL | NOR | 0:26:49,6 | 03:56,7 | |
| 142 | 499 | 3423437 | Jørgen Bakken Hodt | Konnerud IL | NOR | 0:26:49,6 | 03:56,7 | |
| 144 | 632 | 3423456 | Johannes Bjertnæs | Jevnaker | NOR | 0:26:50,3 | 03:57,5 | |
| 145 | 508 | 3423398 | Kristian Glasius Hegg | Botne SK | NOR | 0:26:52,3 | 03:59,4 | |
| 146 | 541 | 3423001 | Sander Emil Wold | Bærums Verk | NOR | 0:26:52,4 | 03:59,5 | |
| 147 | 493 | 3423245 | Øyvind Opdahl Viga | Hjelmeland IL - ski | NOR | 0:26:55,7 | 04:02,8 | |
| 148 | 590 | 3423570 | Skjalg Espeland | Jondal IL | NOR | 0:26:59,6 | 04:06,7 | |
| 149 | 487 | 3423308 | Sebastian Kristoffer Endrestad | Oppegård IL | NOR | 0:27:02,2 | 04:09,3 | |
| 150 | 449 | 3423318 | Martin Grønvold | Stor-Elvdal SK | NOR | 0:27:02,8 | 04:09,9 | |
| 151 | 503 | 3423403 | Vegard Øverås | Melum IL | NOR | 0:27:03,4 | 04:10,5 | |
| 152 | 434 | 3423354 | Torger Haukåen | Ringebu/Fåvang SK | NOR | 0:27:03,7 | 04:10,8 | |
| 153 | 594 | 3250035 | Albert Jonsson | Icelandic Ski | Isl | 0:27:04,1 | 04:11,2 | |
| 154 | 513 | 3423311 | Daniel Bergquist | Rømskog IL | NOR | 0:27:06,4 | 04:13,6 | |
| 155 | 496 | 3423069 | Vebjørn Klingen | Kolvereid IL | NOR | 0:27:06,7 | 04:13,8 | |
| 156 | 465 | 3423333 | Simen Andersen | Drøbak-Frogn IL | NOR | 0:27:07,4 | 04:14,5 | |
| 157 | 451 | 3423058 | Tore Berdal | Kyrksæterøra IL | NOR | 0:27:09,4 | 04:16,5 | |
| 158 | 482 | 3423972 | Emil Veien | IL Aasguten | NOR | 0:27:11,1 | 04:18,2 | |
| 159 | 489 | 3422954 | Mats Burud Skjølsvold | Bækkelagets SK | NOR | 0:27:20,4 | 04:27,5 | |
| 160 | 505 | 3423467 | Henning Asheim | Kjelsås IL | NOR | 0:27:21,6 | 04:28,7 | |
| 161 | 511 | 3423293 | Maxim Tjøtta | Fossum IF | NOR | 0:27:22,1 | 04:29,2 | |
| 162 | 435 | 3423619 | Halvor Eidissen | Idrettslaget Dyre | NOR | 0:27:28,5 | 04:35,6 | |
| 163 | 500 | 3423091 | Markus Wirstad | Åsli Skilag | NOR | 0:27:29,7 | 04:36,8 | |
| 164 | 582 | 3423491 | Jostein Tandberg | Kjelsås IL | NOR | 0:27:29,8 | 04:36,9 | |
| 165 | 510 | 3423302 | Kristian Nilsen | IL Jardar | NOR | 0:27:32,7 | 04:39,8 | |
| 166 | 469 | 3423605 | Tor Arne Slind | Selbu IL | NOR | 0:27:34,0 | 04:41,1 | |
| 167 | 470 | 3423285 | Fredrik Nordby | Fet SK | NOR | 0:27:43,4 | 04:50,5 | |
| 168 | 600 | 3423028 | Gunnar Wang-Haugseth | Lørenskog SK | NOR | 0:27:46,6 | 04:53,7 | |

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|------|---------|----------|------------------------------|--------------------|--------|-----------|---------|------------|
| 169 | 437 | 3423577 | Jonas Bueie | Lier IL | NOR | 0:27:47,1 | 04:54,2 | |
| 170 | 506 | 3423380 | Simen Lande | Terråk IL | NOR | 0:27:53,8 | 05:00,9 | |
| 171 | 483 | 3423296 | Robin Ulverud | Gjerdrum IL - Ski | NOR | 0:27:54,0 | 05:01,1 | |
| 172 | 468 | 3423589 | Emil Lier | Asker SK | NOR | 0:27:58,1 | 05:05,3 | |
| 173 | 488 | 3423305 | Thomas Engebråten | Nes Ski | NOR | 0:28:01,7 | 05:08,9 | |
| 174 | 455 | 3423236 | Kristian Wilberg Rofstad | Byåsen IL | NOR | 0:28:05,1 | 05:12,3 | |
| 175 | 445 | 3423454 | Sindre Bergan | Idrettslaget Tørn | NOR | 0:28:05,3 | 05:12,5 | |
| 176 | 476 | 3423385 | Jørgen Wekre | Henning IL | NOR | 0:28:12,3 | 05:19,4 | |
| 177 | 433 | 3424007 | Markus Maurtvedt Unneberg | Oseberg Skilag | NOR | 0:28:15,1 | 05:22,2 | |
| 178 | 458 | 3423498 | Ole Jakob Warlo | Heming, IL | NOR | 0:28:20,9 | 05:28,0 | |
| 179 | 477 | 3423250 | Mathias Horn Elieson | Oddersjaa SSK | NOR | 0:28:48,1 | 05:55,2 | |
| 180 | 524 | 3423270 | Håkon Horndalsveen | Bærums Verk | NOR | 0:28:48,8 | 05:55,9 | |
| 181 | 498 | 3423394 | Håkon Nelson | Svarstad IL | NOR | 0:28:48,9 | 05:56,0 | |
| 182 | 495 | 3423278 | Sander Hildebrand Rogndokken | Fet SK | NOR | 0:28:49,1 | 05:56,2 | |
| 183 | 484 | 3423546 | Simon Gåsbakk | Leik, IL | NOR | 0:29:00,3 | 06:07,4 | |
| 184 | 462 | 3423040 | Snorre Ødegaard | Konnerud IL | NOR | 0:31:02,5 | 08:09,6 | |
| 185 | 522 | 3423357 | Mats Syverud | Vind IL | NOR | 0:31:48,8 | 08:56,0 | |
| 186 | 479 | 3170038 | Peter Jensen | Københavns Skiklub | Dan | 0:31:58,2 | 09:05,3 | |
| 187 | 454 | 3423249 | Herman Høgseth Haavind | Oddersjaa SSK | NOR | 0:34:48,5 | 11:55,6 | |
| | 649 | 3423024 | Gaute Eriksen | ROS, IL | NOR | DNF | | |
| | 461 | 3423228 | Sebastian Aas | Jonsvatnet IL | NOR | DNF | | |
| | 474 | 3423071 | Adrian Helgheim | Førde IL | NOR | DNS | | |
| | 443 | 3423489 | Ask Moe Løite | Sørkedalens IF | NOR | DNS | | |
| | 603 | 3423399 | Bjørnar Tørnes Holm | Idrettslaget Tørn | NOR | DNS | | |
| | 531 | 3423027 | Brage Reier Groven | Drammen Strong | NOR | DNS | | |
| | 538 | 3423139 | Eirik Abrahamsen | Stokke IL | NOR | DNS | | |
| | 575 | 3423156 | Eirik Johansen | Bossekop UL | NOR | DNS | | |
| | 532 | 3423540 | Eirik Aabrekk | Runar, IL | NOR | DNS | | |
| | 634 | 3423493 | Eirik Sørgård Anderssen | Lillomarka SK | NOR | DNS | | |
| | 453 | 3423319 | Endre Georg Svendsen | Trøsken IL | NOR | DNS | | |
| | 490 | 3423455 | Fredrik Moholt | Jevnaker | NOR | DNS | | |
| | 625 | 3423303 | Håkon Asdøl | IL Jardar | NOR | DNS | | |
| | 444 | 3423545 | Håkon Fjærli | Stadsbygd IL | NOR | DNS | | |
| | 442 | 3423198 | Isak Stiansson Pedersen | Henning Skilag | NOR | DNS | | |
| | 602 | 3422957 | Jonas Fremming | Heming, IL | NOR | DNS | | |
| | 514 | 3423283 | Jørgen Barkenæs | Fet SK | NOR | DNS | | |
| | 536 | 3423126 | Jørgen Vold | Byåsen IL | NOR | DNS | | |
| | 446 | 3423565 | Karsten Østeberg | Vaaler IF | NOR | DNS | | |
| | 448 | 3423393 | Knut Eirik Stavnes Olsen | Siljan IL | NOR | DNS | | |
| | 607 | 3423402 | Kristoffer Liset | Ivrig, IL - Ski | NOR | DNS | | |
| | 491 | 3423299 | Marcus Arnesen | Gjerdrum IL - Ski | NOR | DNS | | |
| | 596 | 3423190 | Marius Svendsby | Tistedalen FL | NOR | DNS | | |

M 19/20 år - 10 km
Official results

| Jury/Competition management | | | | Data of course | | | | |
|------------------------------|-----------------------|------------|------------------------------|---------------------------|--------|------------|-------|------------|
| Technical Delegate | Toellefsen Rune (NOR) | | | Name of course | | | | |
| FIS Race Director | | | | Height Difference (HD) | | | | |
| Assistand Technical Delegate | | | | Maximum climb (MM) | | | | |
| Assistant TD Nat. | | | | Total Climb (MT) | | | | |
| Chief of Competition | | | | Laps | 3 | | | |
| Codex | 3271 | | | Laplength | 3250 | | | |
| Rank | Startno | Fis code | Name | Team | Nation | Time | Diff. | Fis Points |
| | 501 | 3423420 | Martin Østberg | Medkila Skilag | NOR | DNS | | |
| | 638 | 3423235 | Martin Julian Buvarp | Byåsen IL | NOR | DNS | | |
| | 644 | 3423298 | Patrick Fossum Kristoffersen | Gjerdrum IL - Ski | NOR | DNS | | |
| | 605 | 3423507 | Rasmus Krogstad | Heming, IL | NOR | DNS | | |
| | 580 | 3423112 | Sander Murbræch | Innstrandens IL | NOR | DNS | | |
| | 540 | 3423259 | Tobias Topp Sandvik | Hjelmeland IL - ski | NOR | DNS | | |
| | 569 | 3423266 | Truls Fjellheim Jorde | Asker SK | NOR | DNS | | |
| | 509 | 3422946 | Vebjørn Midttun | Byneset IL | NOR | DNS | | |
| Number of entered: | | 218 | | Number of started: | | 189 | | |