

| Startnr. | Etternavn | Fornavn | Onsdag 20.03.19 | | | Onsdag 27.03.19 | | | Onsdag 03.04.19 | | | Onsdag 10.04.19 | | |
|----------|--------------|----------------------|-----------------|--------|-------|-----------------|--------|-------|-----------------|--------|-------|-----------------|--------|------|
| | | | Løype | | | Løype | | | Løype | | | | | |
| | | | Kort | Mellom | Lang | Kort | Mellom | Lang | Kort | Mellom | Lang | Kort | Mellom | Lang |
| | Håland | Brita | | | | | | | | | | | | |
| | Håland | Veslemøy | | | | | | | | | | | | |
| | Håvardsholm | Enius | | | | | | | | | | | | |
| | Johnsen | Adrian Ersland | | | | | | | | | | | | |
| | Johnsen | Leon | | | | | | | | 28:05 | | | | |
| | Johnsen | Frode | | | | | | | | | | | | |
| | Kallevik | Åse | | 14:11 | | | | | | | | | | |
| | Kallevik | Thor-Otto Hesthammer | | | | | | | | | | | | |
| | Kallevik | Jan-Otto | | | | | | | | | | | | |
| | Kallevik | Emine Hesthammer | | | | | | | | | | | | |
| | Kallevik | Caroline | | | | | | | | | | | | |
| | Kallevik | Dennis | | | | | | | | | | | | |
| | Kallevik | Christoffer | | | | | | | | | | | | |
| | Kalstø | Cathrine | | | | | | | | | | | | |
| | Kismul | Sebastian | | | | | | | | | | | | |
| | Kleivane | Elly Våbenø | | | | | 25:14 | | | | | | | |
| | Klokkeide | Åse | | | | | | | | | | | | |
| | Klyve | Torbjørn | | | | | | | | | | | | |
| | Kolnes | Maria | | | | | | | | | | | | |
| | Kolnes | Eskil | | | | | | | | | | | | |
| | Kolnes | Sigrid | | | | | | | | | | | | |
| 24 | Korneliussen | Linus | | | 37:39 | | | | | | | 17:52 | | |
| | Korneliussen | Fredrik | 12:01 | | | | | | | | | | | |
| | Korneliussen | Jan | | | | | | | | | | | | |
| 55 | Korneliussen | Vilde Sofie | | | 24:24 | | | 25:12 | | | 23:02 | | 20:15 | |
| | Kronmuller | Hannah | | 13:31 | | | 13:58 | | | 13:59 | | | | |
| | Kronmuller | Sandra | | | | | | | | | | | | |
| | Kvinneland | Anne Marie | | | | | | | | | | | | |
| | Kvinneland | Ellen | | | | | | | | | | | | |
| | Kvinneland | Ellinor | | | | | | | | | | | | |
| | Landenes | Simen | | | | | | | | | | | | |
| | Landenes | Bernhard | | | | | | | | | | | | |
| 159 | Larsen | Joy | | | | | | | | | | 10:15 | | |
| 16 | Leswin | Alexander Ørn | | | | | | 20:30 | | | | | 20:17 | |
| 17 | Leswin | Mathilde Ørn | | | | | | | | | | | 18:55 | |
| 166 | Leswin | Pim | | | | | | 20:31 | | | | | 19:49 | |
| | Leswin | Caroline Ørn | | | | | | | | | | | | |
| 169 | Lie | "Bestefar" | | | | | | | | | | | 19:19 | |
| 59 | Lie | Julie | | | 22:08 | | | 20:04 | | | 20:25 | | 19:15 | |
| | Lie | Nikolai | | | | | | | | | | | | |
| | Lie | Mariann | | | 22:09 | | | | | | 20:51 | | | |
| | Lie | Sven Magnus | | | | | | | | | 20:49 | | | |
| | Lindanger | Sander | | | | | | | | | | | | |
| | Lindanger | Edvin | | | | | | | | | | | | |
| | Lindanger | Cecilie | | | | | | | | | | | | |
| 168 | Lobek | Ingrid | | | | | 18:08 | | | 11:11 | | | 22:28 | |
| | Lorentz | Anders | | | | | 08:16 | | | | | | | |
| 162 | Martinsen | Ann - Helen | 08:00 | | | | 07:57 | | | 07:54 | | | 18:51 | |
| | Melhus | May Tove | | 16:16 | | | | | | | | | | |
| | Molland | Gisle | | | | | | | | | | | | |
| 66 | Molland | Håvard | | | | | | | | | | | 14:39 | |
| | Måleng | Karl - Erik | | | | | | | | | | | | |
| | Nordmark | Gunn Marit | | | | | 08:16 | | | | | | | |
| 57 | Nordmark | Alida Isabel | | | | | 08:15 | | | 08:02 | | 08:08 | | |
| | Nymark | Fredrik | | | | | | | | | 14:59 | | | |
| | Opsøen | Hedda | | | | | | | | | | | | |
| | Osvåg | Oda | | | 21:52 | | | | | | | | | |
| | Pieczkovska | Amelia | | | | | | | | | | | | |
| | Pieczkovska | Agnes | | | | | | | | | | | | |
| | Przadka | Angelika | | | | | | | | | | | | |
| 65 | Riise | Endre | | 9:02 | | | | 17:20 | | | 16:51 | | 11:49 | |
| 64 | Riise | Matea | 07:00 | | | | 07:29 | | | 06:29 | | 06:13 | | |
| 54 | Riise | Emilie Bringedal | | 12:25 | | | | 22:40 | | 12:04 | | | 11:49 | |
| | Riise | Vilde Bringedal | | 14:29 | | | 5:53 | | | 5:37 | | | | |
| 172 | Riise | Vidar | 07:01 | | | | | | | 6:30 | | 06:13 | | |
| | Riise | Arild | | 14:32 | | | | 22:41 | | | 16:42 | | | |

| Startnr. | Etternavn | Fornavn | Onsdag 20.03.19 | | | Onsdag 27.03.19 | | | Onsdag 03.04.19 | | | Onsdag 10.04.19 | | |
|----------|-----------------|------------------|-----------------|--------|-------|-----------------|--------|-------|-----------------|--------|-------|-----------------|--------|------|
| | | | Løype | | | Løype | | | Løype | | | | | |
| | | | Kort | Mellom | Lang | Kort | Mellom | Lang | Kort | Mellom | Lang | Kort | Mellom | Lang |
| | Riise | Henny-Helen | | | | | | | | | | | | |
| | Riise | Stian | | | | | | | | | | | | |
| | Riise | Vigdis | | | | 8:08 | | | | | | | | |
| 31 | Rinde | Emma Apeland | | | 18:55 | | | 17:05 | | | | | 18:06 | |
| 1 | Rinde | Martine Apeland | | | 21:42 | | | 21:50 | | | 22:02 | | 21:51 | |
| | Simonsen | Christina | | | | | | | | | | | | |
| 62 | Stakkestad | Adelen | 17:48 | | | 20:45 | | | 18:29 | | | 14:16 | | |
| 60 | Stakkestad | Andreas | | | 23:21 | | 15:40 | | | 13:01 | | | 11:23 | |
| 61 | Stakkestad | Tobias | | 12:00 | | | 12:08 | | | 13:25 | | 08:20 | | |
| 63 | Stakkestad | Even | 07:58 | | | 07:44 | | | 07:02 | | | 14:16 | | |
| | Stakkestad | Per - Magne | 17:48 | | | 20:45 | | | | | | | | |
| 171 | Stakkestad | Judith | | | | | | | 18:29 | | | 06:29 | | |
| | Stiehl | Luna | | | | | | | | | | | | |
| | Stiehl | Oliver | | | | | | | | | | | | |
| | Stiehl | Edward | | | | | | | | | | | | |
| | Stokkenes | Amund | | | | | | | | | | | | |
| | Stokkenes | Arild | | | | | | 19:16 | | | | | | |
| 32 | Stokkenes | Håkon | | | 17:53 | | | 16:44 | | | | | 16:56 | |
| | Stokkenes | Hedda | | | | | | | | | | | | |
| | Stokkenes | Inger Lise | | | | | | | | | | | | |
| 49 | Strøm | Sverre | | | | | | | | 24:39 | | | Strekk | |
| 52 | Strøm | Elisabeth | | | 21:14 | | | 21:50 | | | 21:57 | | 20:34 | |
| 170 | Strøm | Torgeir | | | 21:15 | | | | | | 18:16 | | 22:34 | |
| | Strøm | Asbjørn | | | 14:20 | | | | | | | | | |
| | Strøm | Ashild | | | | | | | | | | | | |
| | Suhr | Anne Lovise | | | | | | | | | | | | |
| | Suhr | Mathilde | | | | | | | | | | | | |
| | Søvik | Tobias | | | | | | | | | | | | |
| | Søvik | Vilde | | | | | | | | | | | | |
| | Søvik | Elias | | | | | | | | | | | | |
| | Søvik | Tiril | | | | | | | | | | | | |
| 5 | Totland | Mikal Hauge | | | | | | | | | | 8:34 | | |
| 30 | Totland | Olea Hauge | | | 24:24 | | | 25:28 | | | 23:28 | | 22:04 | |
| | Totland | Ask Hauge | 05:58 | | | 05:25 | | | 05:24 | | | | | |
| | Totland | Torill Hauge | | | | | | | 10:34 | | | | | |
| | Ualand | Silje | | | | | | | 12:03 | | | | | |
| | Valen | Malene | | | | | | | | | | | | |
| | Vikse | Johan Rørvik | | | | | | | | | | | | |
| 56 | Våbenø | Erle | | | 32:02 | | 15:16 | | | 13:35 | | | 19:57 | |
| | Våbenø | Pernille | | | | | | | | | | | | |
| | Våbenø | Siw | | | | 10:43 | | | | | | | | |
| | Våbenø-Bergevik | Solveig | | | | | | | 11:08 | | | | | |
| | Våbenø-Bergevik | Vetle | | | | | | | | | | | | |
| | Våbenø-Bergevik | Noah | | | | | | | | | | | | |
| | Våge | Amanda | | | | | 08:08 | | | | | | | |
| | Våge | Christian | | | | | 08:08 | | | | | | | |
| | Waage | Natalie M. | | 16:15 | | | 12:08 | | | | | | | |
| 11 | Waage | Nicholas M. | | | | | | | | | | | 19:58 | |
| 153 | Waage | Ronald | | | | | 12:09 | | | | | | 19:58 | |
| | Wetzig | Martin | 07:08 | | | | | | | | | | | |
| | Wetzig | Marte Kristin | 07:07 | | | | | | | | | | | |
| 23 | Ydstebo | Christoffer Suhr | | | 19:59 | | | 19:07 | | 9:29 | | | 9:47 | |
| 29 | Ydstebo | Sandra Suhr | | 17:48 | | | 17:43 | | | 15:29 | | 12:39 | | |
| 12 | Ydstebo | Amalie Suhr | | 13:30 | | | 13:58 | | | 13:56 | | | 14:01 | |
| | Ydstebo | Vidar | | | | | | | | | | | | |
| 158 | Ydstebo | Ellen Suhr | | 17:49 | | | 17:44 | | | 15:30 | | 12:40 | | |
| | Ørke | Vebjørn | | | | | | | | | 25:44 | | | |
| | Ørke | Veronica | | | | | | | | | 25:45 | | | |
| | Ørke | Vilde | | | | | | | 08:15 | | | | | |

SUM:

34 24 28

36 21 28

38 31 25

42 21 25

86 DELTAKERE!

85 DELTAKERE!

94 DELTAKERE!

88 DELTAKERE!