

Liaåsen Opp 2016

Bratsberg IL

OFFICAL RESULTS

04.06.2016

Konkurransklasse

| Rank | Bib | Name | Nat | Mellomtid - Rossmo | Mål | Diff |
|---------------|-----|---|-----|-----------------------|----------------|---------|
| K15-17 | | | | | | |
| 1 | 72 | Victoria Elisa Joakimsdatter Sørkjerd Leinstrand IL | NOR | 21:23.5 ₁ | 33:34.0 | 0:00.0 |
| 2 | 101 | Sigrid Ytterhus Haugset Rennebu IL | NOR | 23:22.7 ₂ | 36:15.0 | 2:41.0 |
| 3 | 123 | Madelen Simonsen Rekkebo Team Kløver | NOR | 24:28.4 ₃ | 39:00.0 | 5:26.0 |
| 4 | 130 | Thea Helen Kvernvik Utleira IL - Friidrett | NOR | 25:34.5 ₄ | 40:44.0 | 7:10.0 |
| 5 | 57 | Ann-Eline Bloch Børke Byåsen IL | NOR | 26:01.9 ₆ | 41:22.0 | 7:48.0 |
| 6 | 32 | Synnøve Lysaker Heggem TRONDHEIM | NOR | 25:59.6 ₅ | 42:15.0 | 8:41.0 |
| 7 | 132 | Elise Nilsen Utleira IL - Friidrett | NOR | 28:38.6 ₇ | 45:38.0 | 12:04.0 |
| | 50 | Ingvild Larsen Mikaelson Byåsen IL | NOR | DNF | DNF | |
| K18-20 | | | | | | |
| 1 | 113 | Guro BOSTAD Strindheim IL | NOR | 21:11.2 ₁ | 34:17.0 | 0:00.0 |
| 2 | 48 | Ingvild Ytterhus Utengen Byåsen IL | NOR | 23:04.3 ₃ | 36:17.0 | 2:00.0 |
| 3 | 67 | Oda Jensen Innstrandens IL | NOR | 22:48.0 ₂ | 36:31.0 | 2:14.0 |
| 4 | 71 | Ragnhild WINGAN Kyrksæterøra IL | NOR | 25:18.0 ₅ | 39:21.0 | 5:04.0 |
| 5 | 117 | Ragnhild Brørs Kløven Strindheim IL | NOR | 24:58.0 ₄ | 39:49.0 | 5:32.0 |
| 6 | 33 | Hege Kristine Natland Dahlen TRONDHEIM | NOR | 28:10.1 ₆ | 44:43.0 | 10:26.0 |
| 7 | 78 | Helga Vestermo-Reitan Namdal løpeklubb | NOR | 30:04.8 ₇ | 49:02.0 | 14:45.0 |
| K21-39 | | | | | | |
| 1 | 89 | Kristin Antonsen NTNUI | NOR | 20:18.7 ₁ | 32:08.0 | 0:00.0 |
| 2 | 74 | Anne Kjersti Kalvå Lundamo IL | NOR | 20:43.4 ₂ | 32:58.0 | 0:50.0 |
| 3 | 44 | Marte Tøndel Bratsberg IL / Rambøll | NOR | 21:14.7 ₃ | 33:10.0 | 1:02.0 |
| 4 | 37 | Kristin Degnes -TRONDHEIM | NOR | 21:16.1 ₄ | 33:20.0 | 1:12.0 |
| 5 | 79 | Hilde Vigdis Larsen Namdal løpeklubb | NOR | 22:57.4 ₅ | 36:37.0 | 4:29.0 |
| 6 | 85 | Ingrid Berge NTNUI | NOR | 23:27.1 ₆ | 37:21.0 | 5:13.0 |
| 7 | 66 | Tatjana Albertsen IL Varden Meråker | NOR | 23:42.9 ₇ | 37:33.0 | 5:25.0 |
| 8 | 69 | Catrine Sigstadstø Klæbu Løpeklubb | NOR | 24:55.4 ₁₀ | 38:33.0 | 6:25.0 |

Liaåsen Opp 2016

Bratsberg IL

OFFICAL RESULTS

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Konkurransklasse

| Rank | Bib | Name | Nat | Mellomtid - Rossmo | Mål | Diff |
|---------------|-----|--|-----|-----------------------|----------------|---------|
| K21-39 | | | | | | |
| 9 | 77 | Linda Marie Strompedal Namdal løpeklubb | NOR | 24:23.9 ₈ | 38:48.0 | 6:40.0 |
| 10 | 29 | Synnøve Ystmark TRONDHEIM | NOR | 24:53.9 ₉ | 39:13.0 | 7:05.0 |
| 11 | 43 | Katrine Dretvik Sandbakk Bratsberg IL / Maintech | NOR | 25:15.2 ₁₁ | 39:27.0 | 7:19.0 |
| 12 | 102 | Marte K Arntsen Resman | NOR | 27:02.0 ₁₂ | 42:34.0 | 10:26.0 |
| 13 | 81 | Maria Hole-Forsmo Nidelv IL | NOR | 28:24.2 ₁₃ | 45:17.0 | 13:09.0 |
| K40-44 | | | | | | |
| 1 | 120 | Anne Nevin Strindheim IL | NOR | 18:59.0 ₁ | 30:12.0 | 0:00.0 |
| 2 | 41 | Mette Ingebrigtsen Bratsberg IL | NOR | 22:49.0 ₂ | 35:55.0 | 5:43.0 |
| K45-49 | | | | | | |
| 1 | 115 | Lisbeth Vold Strindheim IL / Statoil | NOR | 21:36.9 ₁ | 34:16.0 | 0:00.0 |
| 2 | 122 | Kathrin Höner Strindheim IL | NOR | 22:31.4 ₂ | 35:38.0 | 1:22.0 |
| K50-54 | | | | | | |
| 1 | 76 | Berit Vestermo Namdal løpeklubb | NOR | 24:55.9 ₁ | 39:58.0 | 0:00.0 |
| K60-64 | | | | | | |
| 1 | 55 | Tone Ramstad Byåsen IL | NOR | 26:23.0 ₁ | 41:33.0 | 0:00.0 |
| M15-17 | | | | | | |
| 1 | 61 | Erik Resell Falken Skøyter | NOR | 18:51.0 ₁ | 29:47.0 | 0:00.0 |
| 2 | 56 | Magnus Drøyvold Byåsen IL | NOR | 20:25.9 ₃ | 31:56.0 | 2:09.0 |
| 3 | 96 | Axel Andersson Ranheim Skiklubb | NOR | 20:16.2 ₂ | 32:45.0 | 2:58.0 |
| 4 | 45 | Edvin Ingebrigtsen Bratsberg IL | NOR | 21:14.4 ₄ | 32:58.0 | 3:11.0 |
| 5 | 127 | Johannes Listhaug Utleira IL - Friidrett | NOR | 21:15.0 ₅ | 33:04.0 | 3:17.0 |
| 6 | 169 | Andreas Bruland Strindheim IL | NOR | 21:28.4 ₇ | 33:18.0 | 3:31.0 |
| 7 | 80 | Emil Christoffer Hagen Nidelv IL | NOR | 21:15.6 ₆ | 33:39.0 | 3:52.0 |
| 8 | 97 | Håkon Hauge Gunnes Ranheim Skiklubb | NOR | 22:04.0 ₈ | 34:11.0 | 4:24.0 |
| 9 | 118 | Eivind Bogen Brurok Strindheim IL | NOR | 22:07.6 ₁₀ | 34:23.0 | 4:36.0 |
| 10 | 54 | Espen Refsnes-Myrvold Byåsen IL | NOR | 22:07.1 ₉ | 34:46.0 | 4:59.0 |

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Bratsberg IL

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Konkurransklasse

| Rank | Bib | Name | Nat | Mellomtid - Rossmo | Mål | Diff |
|---------------|-----|---|-----|-----------------------|----------------|---------|
| M15-17 | | | | | | |
| 11 | 119 | Håkon Presthus Strindheim IL | NOR | 23:04.2 ₁₁ | 35:40.0 | 5:53.0 |
| 12 | 49 | Marcus Barstad Smevik Byåsen IL | NOR | 26:09.1 ₁₂ | 42:41.0 | 12:54.0 |
| 13 | 129 | Bernt Emil Finserås Rognes Utleira IL - Friidrett | NOR | 28:38.0 ₁₃ | 45:38.0 | 15:51.0 |
| 13 | 131 | William Fuglem Utleira IL - Friidrett | NOR | 28:38.0 ₁₄ | 45:38.0 | 15:51.0 |
| M18-20 | | | | | | |
| 1 | 53 | Martin Julian Buvarp Byåsen IL | NOR | 18:44.3 ₁ | 29:31.0 | 0:00.0 |
| 2 | 107 | Erik HUSBY Skaun IL | NOR | 18:59.3 ₂ | 29:58.0 | 0:27.0 |
| 3 | 52 | Alexander Kolstad Byåsen IL | NOR | 19:11.6 ₃ | 30:06.0 | 0:35.0 |
| 4 | 62 | Vegard Vårheim Fjellørnen IL | NOR | 19:12.1 ₄ | 30:33.0 | 1:02.0 |
| 5 | 106 | Jo Svinsås Rindal IL | NOR | 19:47.3 ₅ | 31:08.0 | 1:37.0 |
| 6 | 114 | Lars B Jutulstad Strindheim IL | NOR | 20:16.7 ₆ | 31:58.0 | 2:27.0 |
| M21-39 | | | | | | |
| 1 | 70 | Eirik Telebond Klæbu Løpeklubb | NOR | 17:46.3 ₁ | 27:53.0 | 0:00.0 |
| 2 | 105 | Kristian Engen Forbord Rindal IL / Sparebank 1 Regnskapshuset | NOR | 17:46.7 ₂ | 28:08.0 | 0:15.0 |
| 3 | 87 | Bjørn Lundanes NTNUI | NOR | 17:49.3 ₃ | 28:13.0 | 0:20.0 |
| 4 | 73 | Magnus Stensås Lundamo IL / Team Veidekke Midt-Norge | NOR | 18:00.1 ₄ | 28:17.0 | 0:24.0 |
| 5 | 86 | Daniel Debertain NTNUI | GER | 18:00.9 ₅ | 28:20.0 | 0:27.0 |
| 6 | 75 | Nils Magnus Bøen Namdal løpeklubb | NOR | 18:05.2 ₆ | 28:39.0 | 0:46.0 |
| 7 | 92 | Vegard Ruttenborg Ntnui Orientering | NOR | 18:14.0 ₇ | 29:10.0 | 1:17.0 |
| 8 | 63 | Piera Niillas Tobiassen Forsøk | NOR | 18:35.3 ₈ | 29:22.0 | 1:29.0 |
| 9 | 108 | Gunnar Waage Skjeflo St. Olavs Hospital BIL | NOR | 18:37.1 ₉ | 29:25.0 | 1:32.0 |
| 10 | 103 | Gjermund Løfald Rindal IL | NOR | 18:54.3 ₁₀ | 29:46.0 | 1:53.0 |
| 11 | 94 | Magnus Alsaker Ranheim IL | NOR | 18:58.1 ₁₂ | 29:54.0 | 2:01.0 |
| 12 | 170 | Anders Einum Susbil | NOR | 18:57.6 ₁₁ | 29:58.0 | 2:05.0 |
| 13 | 160 | Hallgeir Aspli Frol IL / Frol IL | NOR | 18:58.2 ₁₃ | 30:01.0 | 2:08.0 |

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| Rank | Bib | Name | Nat | Mellomtid - Rossmo | Mål | Diff |
|---------------|-----|--|-----|-----------------------|----------------|---------|
| M21-39 | | | | | | |
| 14 | 111 | Knut Anders Hatlen Stranda IL | NOR | 19:36.0 14 | 30:41.0 | 2:48.0 |
| 15 | 91 | Sven-Erik Markhus Kaiser NTNUI | NOR | 19:37.1 15 | 31:01.0 | 3:08.0 |
| 16 | 84 | Øyvind Waage Hanssen-Bauer NTNUI | NOR | 19:43.8 16 | 31:17.0 | 3:24.0 |
| 17 | 121 | Tomas Renå Strindheim IL | NOR | 20:08.2 17 | 31:25.0 | 3:32.0 |
| 18 | 88 | Jaume Civera NTNUI | ESP | 20:32.7 19 | 32:24.0 | 4:31.0 |
| 19 | 104 | Audun THONSTAD Rindal IL | NOR | 20:30.7 18 | 32:28.0 | 4:35.0 |
| 20 | 39 | Niklas Rohling ASC Konstanz | GER | 20:33.5 20 | 32:53.0 | 5:00.0 |
| 21 | 83 | Vegard Hansen NSF Region Innlandet | NOR | 20:57.0 21 | 33:12.0 | 5:19.0 |
| 22 | 93 | Fredrik Brodin Papir- Og Fiberinstituttet AS | SWE | 21:23.0 22 | 33:52.0 | 5:59.0 |
| 23 | 171 | Esten Ingar Grøtli | NOR | 21:56.8 24 | 34:05.0 | 6:12.0 |
| 24 | 59 | Kristoffer Nonstad Byggtorget AS | NOR | 21:23.8 23 | 34:36.0 | 6:43.0 |
| 25 | 68 | Kjetil Stubbom Klæbu Løpeklubb | NOR | 22:32.4 25 | 34:41.0 | 6:48.0 |
| 26 | 116 | Endre BLIKRA Strindheim IL | NOR | 22:37.4 27 | 35:26.0 | 7:33.0 |
| 27 | 64 | Odd-Bjørnar Jobotn Hitra Friidrettsklubb | NOR | 22:34.7 26 | 35:44.0 | 7:51.0 |
| 28 | 47 | Jacob Storli Byaasen Skiklub | NOR | 22:54.4 28 | 35:47.0 | 7:54.0 |
| 29 | 125 | Martin Strickert Trondheim Kortbaneklubb | NOR | 23:20.1 30 | 36:29.0 | 8:36.0 |
| 30 | 28 | Kjartan Eide STAVERN | NOR | 24:03.6 32 | 37:46.0 | 9:53.0 |
| 31 | 90 | Frode Hallberg NTNUI | NOR | 23:33.5 31 | 38:07.0 | 10:14.0 |
| 32 | 31 | Øystein Wiggen TRONDHEIM | NOR | 24:08.0 33 | 38:14.0 | 10:21.0 |
| 33 | 110 | Alexander Walton Statoil Stjørdal BIL | NOR | 23:18.1 29 | 38:29.0 | 10:36.0 |
| 34 | 99 | Ove R. Arntsen Reinertsen | NOR | 24:30.7 34 | 38:40.0 | 10:47.0 |
| 35 | 42 | Eirik Skorstad Bratsberg IL | NOR | 25:01.3 35 | 39:23.0 | 11:30.0 |
| 36 | 38 | Eivind Huseby TRONDHEIM | NOR | 27:17.1 39 | 41:19.0 | 13:26.0 |
| 37 | 40 | Lars Rønning Atea AS | NOR | 27:15.3 38 | 42:26.0 | 14:33.0 |

Liaåsen Opp 2016

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Konkurransklasse

| Rank | Bib | Name | Nat | Mellomtid - Rossmo | Mål | Diff |
|---------------|-----|--|-----|-----------------------|----------------|---------|
| M21-39 | | | | | | |
| 38 | 100 | Christian Rafdal Reinertsen AS | NOR | 26:38.8 36 | 43:02.0 | 15:09.0 |
| 39 | 30 | Andreas Sørensen JAKOBSLI | NOR | 27:00.7 37 | 43:18.0 | 15:25.0 |
| M40-44 | | | | | | |
| 1 | 58 | Frode Smevik Byåsen IL / Gunnar Sagberg As | NOR | 20:17.6 1 | 31:47.0 | 0:00.0 |
| 2 | 60 | Luca Pivano DNV GL | ITA | 21:51.8 2 | 33:49.0 | 2:02.0 |
| 3 | 109 | Thomas Røste Statoil | NOR | 21:54.0 3 | 34:02.0 | 2:15.0 |
| 4 | 159 | Svenn Ivar Svendsen | NOR | 22:37.2 4 | 35:34.0 | 3:47.0 |
| 5 | 128 | Christian Fuglem Utleira IL - Friidrett | NOR | 22:52.7 5 | 36:11.0 | 4:24.0 |
| 6 | 162 | Jarl Eirik Nordland Fengslet BIL | NOR | 23:11.0 6 | 37:08.0 | 5:21.0 |
| M45-49 | | | | | | |
| 1 | 51 | Terje Drøyvold Byåsen IL / Tine | NOR | 20:15.7 1 | 31:34.0 | 0:00.0 |
| 2 | 82 | Inge Johan Holthe Noteam | NOR | 21:42.9 2 | 35:02.0 | 3:28.0 |
| 3 | 35 | Arne Moe TRONDHEIM | NOR | 22:20.1 3 | 35:19.0 | 3:45.0 |
| 4 | 95 | Tor Jacob Gunnes Ranheim Skiklubb | NOR | 23:02.4 4 | 36:34.0 | 5:00.0 |
| 5 | 65 | Kennet Mossige IL Varden Meråker | NOR | 23:14.7 5 | 36:42.0 | 5:08.0 |
| 6 | 98 | Jan Reimers Reimers | NOR | 23:23.5 6 | 36:51.0 | 5:17.0 |
| 7 | 124 | Frode Rekkebo Team Kløver | NOR | 23:27.8 7 | 37:25.0 | 5:51.0 |
| 8 | 36 | Geir Hanssen TRONDHEIM | NOR | 24:00.6 8 | 37:47.0 | 6:13.0 |
| 9 | 46 | Helge Dahlen Bratsberg IL | NOR | 28:01.1 9 | 44:22.0 | 12:48.0 |
| M50-54 | | | | | | |
| 1 | 126 | Stig Nilsen Utleira IL - Friidrett | NOR | 28:39.2 1 | 45:39.0 | 0:00.0 |
| M60-64 | | | | | | |
| 1 | 112 | Bård Olav Moen Strindheim IL | NOR | 21:26.0 1 | 33:36.0 | 0:00.0 |
| M65-69 | | | | | | |
| 1 | 34 | Arne Vik TRONDHEIM | NOR | 23:52.3 1 | 37:27.0 | 0:00.0 |

Liaåsen Opp 2016

Bratsberg IL

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Konkurransklasse

| Rank | Bib | Name | Nat | Mellomtid - Rossmo | Mål | Diff |
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Liaåsen Opp 2016

Bratsberg IL

OFFICAL RESULTS

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Konkurransklasse 12-14 år

| Rank | Bib | Name | Nat | | Mål | Diff |
|-----------------|----------------|---|------|-----------------------|-----------------------------------|-----------|
| K12-14 | | | | | | |
| 1 | 20 | Oda Pernille G. Brodtkorb Strindheim IL | NOR | | 22:10.0 | 0:00.0 |
| 2 | 2 | Eva Ingebrigtsen Bratsberg IL | NOR | | 24:01.0 | 1:51.0 |
| 3 | 17 | Selma Nevin Strindheim IL | NOR | 11:42.6 ₁ | 25:03.0 | 2:53.0 |
| 4 | 8 | Guro Ytterhus Rennebu IL | NOR | 12:15.3 ₂ | 25:27.0 | 3:17.0 |
| 5 | 5 | Mia Mossige IL Varden Meråker | NOR | 12:16.0 ₃ | 26:09.0 | 3:59.0 |
| 6 | 21 | Hedda Fevang Tveit Utleira IL - Friidrett | NOR | 12:22.5 ₄ | 26:39.0 | 4:29.0 |
| 7 | 18 | Martine Høglér Rohde Strindheim IL | NOR | 13:04.6 ₇ | 28:30.0 | 6:20.0 |
| 8 | 6 | Silje Heggund Karlsen Orkdal IL | NOR | 12:54.5 ₅ | 28:31.0 | 6:21.0 |
| 8 | 9 | Malene Gunleiksrud Wold Strindheim IL | NOR | 13:04.5 ₆ | 28:31.0 | 6:21.0 |
| 10 | 4 | Jone Aurora Renå Hommelvik IL | NOR | 13:39.5 ₁₀ | 29:24.0 | 7:14.0 |
| 11 | 27 | Mila Marsi Utleira IL - Friidrett | NOR | 14:20.3 ₁₁ | 30:22.0 | 8:12.0 |
| 12 | 13 | Martine Sunde Rabben Strindheim IL | NOR | 13:22.4 ₈ | 30:47.0 | 8:37.0 |
| 13 | 7 | Tyra Bardal Ranheim IL | NOR | 13:23.3 ₉ | 31:26.0 | 9:16.0 |
| 14 | 26 | Anette Nilsen Utleira IL - Friidrett | NOR | 14:36.3 ₁₂ | 31:42.0 | 9:32.0 |
| 15 | 22 | Ida Larsen Brattreit Utleira IL - Friidrett | NOR | 15:38.0 ₁₃ | 32:28.0 | 10:18.0 |
| 16 | 11 | Karita Skamfer Evenmo Strindheim IL | NOR | 15:47.1 ₁₄ | 33:05.0 | 10:55.0 |
| M12-14 | | | | | | |
| 1 | 16 | Fredrik Höner Hanssen Strindheim IL | NOR | | 21:06.0 | 0:00.0 |
| 2 | 19 | Henrik Höner Hanssen Strindheim IL | NOR | | 21:07.0 | 0:01.0 |
| 3 | 163 | Jørg Johansen Rye Byneset IL / Byneset IL | NOR | | 21:24.0 | 0:18.0 |
| 4 | 12 | Sindre Bogen Brurok Strindheim IL | NOR | 11:13.3 ₁ | 23:25.0 | 2:19.0 |
| 5 | 24 | Kasper Eggen Remseth Utleira IL - Friidrett | NOR | | 25:00.0 | 3:54.0 |
| 6 | 14 | Morten Skaanes Strindheim IL | NOR | 11:13.9 ₂ | 25:59.0 | 4:53.0 |
| 7 | 10 | Jonas Meyer Jamt Strindheim IL | NOR | 12:42.0 ₃ | 27:23.0 | 6:17.0 |
| 8 | 3 | Henrik Ibsen Freidig | NOR | 14:07.7 ₄ | 29:23.0 | 8:17.0 |
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Konkurransklasse 12-14 år

| Rank | Bib | Name | Nat | Mellomtid - Rossmo | Mål | Diff |
|---------------|-----|---|-----|-----------------------|----------------|---------|
| M12-14 | | | | | | |
| 9 | 15 | Noah Meyer Jamt Strindheim IL | NOR | 14:08.5 5 | 29:33.0 | 8:27.0 |
| 10 | 23 | Edvard Fuglem Utleira IL - Friidrett | NOR | 16:15.9 7 | 35:10.0 | 14:04.0 |
| 11 | 25 | Kasper Hoel Skauge Utleira IL - Friidrett | NOR | 16:15.7 6 | 35:11.0 | 14:05.0 |

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Bratsberg IL

OFFICAL RESULTS

04.06.2016

Trim med tidtaking

| Rank | Bib | Name | Nat | Mellomtid - Rossmo | Mål | Diff |
|---------------------------|-----|--|-----|-----------------------|----------------|---------|
| Trim med tidtaking | | | | | | |
| 1 | 144 | Kjetil Værnes Rennebu IL | NOR | 11:10.0 ₁ | 24:01.0 | 0:00.0 |
| 2 | 157 | Julian Grøtte Utleira IL - Friidrett | NOR | 11:36.0 ₂ | 24:37.0 | 0:36.0 |
| 3 | 152 | Stig Forbord Strindheim IL | NOR | 11:40.6 ₄ | 24:56.0 | 0:55.0 |
| 4 | 154 | Martin Granheim Utleira IL - Friidrett | NOR | 11:36.3 ₃ | 24:59.0 | 0:58.0 |
| 5 | 149 | Elin Aune Forbord Strindheim IL | NOR | 12:22.9 ₇ | 27:00.0 | 2:59.0 |
| 6 | 166 | Thea Skulbru Strindheim IL / Strindheim IL | NOR | 12:23.1 ₈ | 27:35.0 | 3:34.0 |
| 7 | 161 | Casper Sliper Bratsberg IL / Bratsberg IL | NOR | 12:14.7 ₆ | 27:37.0 | 3:36.0 |
| 8 | 142 | Henrik Uv Værnes Rennebu IL | NOR | 12:51.3 ₉ | 27:51.0 | 3:50.0 |
| 9 | 145 | Nora Ytterhus Rennebu IL | NOR | 13:23.0 ₁₄ | 28:07.0 | 4:06.0 |
| 10 | 147 | Arnt Ytterhus Rennebu IL | NOR | 13:14.8 ₁₀ | 28:14.0 | 4:13.0 |
| 11 | 135 | Adrian S. Rindal SAKSVIK | NOR | 13:20.0 ₁₃ | 28:36.0 | 4:35.0 |
| 12 | 140 | Vegard Olsen Franzefoss | NOR | 13:25.3 ₁₅ | 28:46.0 | 4:45.0 |
| 13 | 148 | Rune Johnsen Stiftstaden SK | NOR | 13:19.4 ₁₂ | 28:49.0 | 4:48.0 |
| 14 | 151 | Arnhild Skaanes Strindheim IL | NOR | 13:17.5 ₁₁ | 28:57.0 | 4:56.0 |
| 15 | 133 | Eirin Bjørnstad TRONDHEIM | NOR | 13:50.9 ₁₇ | 29:31.0 | 5:30.0 |
| 16 | 141 | Lisa Grøtte Renå Hommelvik IL | NOR | 13:39.9 ₁₆ | 29:57.0 | 5:56.0 |
| 17 | 150 | Sven Nevin Strindheim IL | NOR | 11:42.7 ₅ | 31:39.0 | 7:38.0 |
| 18 | 158 | Mia Kristin Dyrhaug Standal Utleira IL - Friidrett | NOR | 14:35.7 ₁₉ | 31:42.0 | 7:41.0 |
| 19 | 153 | Erwin Marsi Utleira IL - Friidrett | NED | 14:20.4 ₁₈ | 32:11.0 | 8:10.0 |
| 20 | 146 | Vegard Uv Værnes Rennebu IL | NOR | 14:58.6 ₂₀ | 32:21.0 | 8:20.0 |
| 21 | 137 | Ragnhild Høyem Franzefoss | NOR | 15:15.8 ₂₁ | 32:37.0 | 8:36.0 |
| 22 | 143 | Mari Ytterhus Rennebu IL | NOR | 15:21.3 ₂₂ | 33:18.0 | 9:17.0 |
| 23 | 139 | Axel Mathisen Bratsberg IL | NOR | 16:41.0 ₂₅ | 34:28.0 | 10:27.0 |
| 24 | 138 | Nora Høyem Olsen Franzefoss | NOR | 15:37.9 ₂₃ | 35:10.0 | 11:09.0 |

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Trim med tidtaking

| Rank | Bib | Name | Nat | Mellomtid - Rossmo | Mål | Diff |
|---------------------------|-----|--|-----|-----------------------|----------------|---------|
| Trim med tidtaking | | | | | | |
| 25 | 155 | Lena Marsi Utleira IL - Friidrett | NOR | 16:54.9 28 | 36:20.0 | 12:19.0 |
| 25 | 156 | Mireille Van Beekvelt Utleira IL - Friidrett | NED | 16:53.3 27 | 36:20.0 | 12:19.0 |
| 27 | 167 | Andrine Skulbru Nidelv IL / Nidelv IL | NOR | 17:02.7 30 | 37:07.0 | 13:06.0 |
| 28 | 168 | Terje Skulbru Strindheim IL / Strindheim IL | NOR | 17:01.4 29 | 37:08.0 | 13:07.0 |
| 29 | 136 | Anne Marie Mathisen Bratsberg IL | NOR | 16:41.4 26 | 37:18.0 | 13:17.0 |
| 30 | 134 | Andrè Hugubakken TRONDHEIM | NOR | 16:22.3 24 | 37:45.0 | 13:44.0 |
| 31 | 164 | Mari Falch Nidelv IL / Nidelv IL | NOR | 20:09.1 31 | 43:10.0 | 19:09.0 |
| 32 | 165 | Torberg Falch Nidelv IL | NOR | 20:09.4 32 | 43:11.0 | 19:10.0 |

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Secretariat

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TD

Konkurransklasse 12-14 år

| Navn | Klubb | Startnr | Totaltid | Diff | |
|--|--------------------|------------------------|----------|---------|---------|
| K12-14 (Påmeldt: 5 - Startet: 5 - Fullført: 5 - Premier: 0) | | | | | |
| 1 | Hedda Tveit | Utleira IL - Friidrett | 11 | 26:58.1 | 00:00.0 |
| 2 | Silje Vassdal | Nidelv IL | 3 | 27:00.0 | 00:02.0 |
| 3 | Tuva Grøtte | Utleira IL - Friidrett | 6 | 28:30.3 | 01:32.0 |
| 4 | Anna Emilie Holmen | Utleira IL - Friidrett | 8 | 29:17.5 | 02:19.0 |
| 5 | Marie Knutzen | Utleira IL - Friidrett | 9 | 29:34.4 | 02:36.0 |

Konkurransklasse 12-14 år

| Navn | Klubb | Startnr | Totaltid | Diff | |
|--|-----------------------|------------------------|----------|---------|---------|
| M12-14 (Påmeldt: 9 - Startet: 9 - Fullført: 9 - Premier: 0) | | | | | |
| 1 | Fredrik Höner Hanssen | Strindheim IL | 5 | 21:14.9 | 00:00.0 |
| 2 | Anders Hermo-Johansen | | 1 | 22:36.4 | 01:22.0 |
| 3 | Sivert Granheim | Utleira IL - Friidrett | 13 | 22:47.9 | 01:33.0 |
| 4 | Amund Melhus | Utleira IL - Friidrett | 10 | 23:23.8 | 02:09.0 |
| 5 | Kasper Eggen Remseth | Utleira IL - Friidrett | 7 | 24:25.9 | 03:11.0 |
| 6 | Henrik Næss | Utleira IL - Friidrett | 12 | 26:07.4 | 04:53.0 |
| 7 | Håvard Græsli | Leinstrand IL | 2 | 26:56.6 | 05:42.0 |
| 8 | Jens Troøyen | Strindheim IL | 4 | 31:01.1 | 09:47.0 |
| 9 | Even Jermstad | Utleira IL - Friidrett | 14 | 32:34.7 | 11:20.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff | |
|--|--------------------------|---------------|----------|---------|---------|
| K15-17 (Påmeldt: 3 - Startet: 3 - Fullført: 3 - Premier: 0) | | | | | |
| 1 | Astrid Stav | | 24 | 33:00.4 | 00:00.0 |
| 2 | Torunn Taksgaard | Strindheim IL | 70 | 38:59.7 | 05:59.0 |
| 3 | Madelen Simonsen Rekkebo | Leinstrand IL | 43 | 40:27.5 | 07:27.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff | |
|---------------|---------------------|---|----------|---------|---------|
| K21-39 | | (Påmeldt: 9 - Startet: 9 - Fullført: 8 - Premier: 0) | | | |
| 1 | Gunhild VEIEN | Skaun IL | 63 | 33:39.4 | 00:00.0 |
| 2 | Marit VALA | NTNUI | 53 | 34:50.4 | 01:11.0 |
| 3 | Hilde Vigdis Larsen | Namdal løpeklubb | 48 | 36:18.3 | 02:39.0 |
| 4 | Vilde Moi | NTNUI | 138 | 41:42.9 | 08:03.0 |
| 5 | Ingrid Higrapp | Salangen IF-Friidrett | 62 | 42:26.7 | 08:47.0 |
| 6 | Mali Kanstad | NTNUI | 52 | 44:18.9 | 10:39.0 |
| 7 | Marita Hoff | Bratsberg IL | 30 | 46:01.6 | 12:22.0 |
| 8 | Guro Skatvedt | | 20 | 47:20.7 | 13:41.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff | |
|---------------|--------------------------|---|----------|---------|---------|
| K40-44 | | (Påmeldt: 3 - Startet: 3 - Fullført: 3 - Premier: 0) | | | |
| 1 | Anne Nevin | Strindheim IL | 68 | 30:53.3 | 00:00.0 |
| 2 | Irene Haugsdal Olsøybakk | Strindheim IL | 73 | 33:54.2 | 03:01.0 |
| 3 | Mette Ingebrigtsen | Bratsberg IL | 33 | 36:49.5 | 05:56.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff |
|------|-------|---------|----------|------|
|------|-------|---------|----------|------|

K45-49 (Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0)

| | | | | | |
|---|--------------|-------------------------|----|---------|---------|
| 1 | Lisbeth Vold | Strindheim IL / Statoil | 74 | 35:22.7 | 00:00.0 |
|---|--------------|-------------------------|----|---------|---------|

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff | |
|---|-----------------------------|--------------------|----------|---------|---------|
| M15-17 (Påmeldt: 16 - Startet: 16 - Fullført: 15 - Premier: 0) | | | | | |
| 1 | Olve J. Rye | Byneset IL | 126 | 31:40.4 | 00:00.0 |
| 2 | Erik Resell | Falken Skøyteklubb | 109 | 32:39.3 | 00:59.0 |
| 3 | Lars B Jutulstad | Strindheim IL | 66 | 32:50.9 | 01:10.0 |
| 4 | Håkon Skaanes | Strindheim IL | 67 | 32:56.3 | 01:16.0 |
| 5 | Aleksander Wisløff | Ranheim IL | 119 | 32:58.4 | 01:18.0 |
| 6 | Magnus Drøyvold | Byåsen IL | 36 | 33:04.2 | 01:24.0 |
| 7 | Espen Refsnes-Myrvold | Byåsen IL | 39 | 34:30.3 | 02:50.0 |
| 8 | Kristoffer Leistad Høidalen | Byåsen IL | 40 | 35:16.8 | 03:36.0 |
| 9 | Even Sveberg | | 21 | 37:23.1 | 05:43.0 |
| 10 | Iver Eidsli Dahl | Bratsberg IL | 34 | 38:18.6 | 06:38.0 |
| 11 | Åsmund Krokann Storrø | Ranheim IL | 130 | 38:43.7 | 07:03.0 |
| 12 | Andreas Bruland | Strindheim IL | 114 | 40:14.7 | 08:34.0 |
| 13 | Håkon Presthus | Strindheim IL | 76 | 41:07.7 | 09:27.0 |
| 14 | Stian Eian Løberg | Nidelv IL | 50 | 44:01.1 | 12:21.0 |
| 15 | Fredrik Hanebrekke | | 28 | 44:24.7 | 12:44.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff | |
|--|-----------------------|---------------|----------|---------|---------|
| M18-20 (Påmeldt: 5 - Startet: 5 - Fullført: 5 - Premier: 0) | | | | | |
| 1 | Jørgen Natvig Løvseth | Byåsen IL | 37 | 29:05.1 | 00:00.0 |
| 2 | André Lenningsvik | Korgen IL | 42 | 31:38.2 | 02:33.0 |
| 3 | Sebastian Aas | Strindheim IL | 72 | 33:53.2 | 04:48.0 |
| 4 | Kristoffer Lurvik | Ranheim IL | 122 | 34:38.0 | 05:33.0 |
| 5 | Anders Quist Nyrnes | Byåsen IL | 123 | 36:25.5 | 07:20.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff | |
|---|------------------------------|----------------------------------|----------|---------|---------|
| M21-39 (Påmeldt: 39 - Startet: 39 - Fullført: 33 - Premier: 0) | | | | | |
| 1 | Ole-Marius Bach | Namdal løpeklubb | 142 | 28:41.0 | 00:00.0 |
| 2 | Morten Harjo Harjo Pettersen | Skogn IL | 64 | 28:54.2 | 00:13.0 |
| 3 | Mikkel Sørensen | NTNUI | 51 | 29:16.4 | 00:35.0 |
| 4 | Ronny Fredrik ANSNES | Byåsen IL | 35 | 29:22.2 | 00:41.0 |
| 5 | Andreas Huse | NTNUI | 141 | 29:58.4 | 01:17.0 |
| 6 | Lars Moholdt | Rindal IL | 59 | 30:03.6 | 01:22.0 |
| 7 | Jonas Aamodt Moræus | Bratsberg IL | 121 | 30:30.5 | 01:49.0 |
| 8 | Kristian Riseth HAMMER | Skanska Aktiv | 134 | 30:36.7 | 01:55.0 |
| 9 | Magnus Alsaker | Ranheim IL | 56 | 30:42.2 | 02:01.0 |
| 10 | Dylan Prosser | EMGS IL | 131 | 30:44.2 | 02:03.0 |
| 11 | Ove Antvord HAUGEREID | Namdal løpeklubb | 46 | 31:34.4 | 02:53.0 |
| 12 | Endre BLIKRA | Strindheim IL | 75 | 31:46.0 | 03:05.0 |
| 13 | Øyvind Hanssen-Bauer | NTNUI | 139 | 31:51.2 | 03:10.0 |
| 14 | Aleksander Hanssen | Namdal løpeklubb / Norconsult AS | 47 | 31:58.7 | 03:17.0 |
| 15 | Per Harald SKOGSTAD | Lund IL | 44 | 32:08.8 | 03:27.0 |
| 16 | Jon-Olav Grav | St. Olavs hospital | 133 | 32:20.3 | 03:39.0 |
| 17 | Jan Håvard Valstad | Eiendomsmegler 1 | 140 | 32:57.2 | 04:16.0 |
| 18 | Ola Balestrand | | 128 | 33:47.3 | 05:06.0 |
| 19 | Knut Hoel | Bratsberg IL | 32 | 34:11.0 | 05:30.0 |
| 20 | Michael Watts | | 26 | 35:07.9 | 06:26.0 |
| 21 | Lars Langdal | Trondheim Triathlon klubb | 132 | 36:21.1 | 07:40.0 |
| 22 | Anders Østmo Stubban | Team Mollier | 129 | 37:46.0 | 09:05.0 |
| 23 | Krzysztof Zieba | NTNUI | 15 | 38:47.0 | 10:06.0 |
| 24 | Anders Petersen | | 17 | 38:58.6 | 10:17.0 |
| 24 | Øystein Wiggen | Pust&Blæs | 55 | 38:58.6 | 10:17.0 |
| 26 | Håvard Reitan | Statoil BIL | 65 | 39:02.3 | 10:21.0 |
| 26 | Marius Holm | Team G Max | 111 | 39:02.6 | 10:21.0 |
| 28 | Christer Skaug | Malvik IL | 135 | 40:50.3 | 12:09.0 |
| 29 | Roger Holte | Caverion | 41 | 41:18.5 | 12:37.0 |
| 30 | Ådne Lindvik | | 23 | 43:18.6 | 14:37.0 |
| 30 | Robert Bjørseth | Bratsberg IL | 31 | 43:18.9 | 14:37.0 |
| 32 | Eivind Huseby | | 18 | 44:25.4 | 15:44.0 |
| 33 | Arve Tronseth | Bratsberg IL | 29 | 47:02.5 | 18:21.0 |
| 34 | Mads Hunstad Kristiansen | | 136 | 51:32.9 | 22:51.0 |
| 35 | Johan Nilsson | | 16 | 51:55.5 | 23:14.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff | |
|---------------|------------------------|---|----------|---------|---------|
| M40-44 | | (Påmeldt: 2 - Startet: 2 - Fullført: 2 - Premier: 0) | | | |
| 1 | Christian Tangvik | Roger Tangviks Løpeklubb | 61 | 37:17.5 | 00:00.0 |
| 2 | Steffen Risstadlarssen | Turrenn.Net | 79 | 39:57.2 | 02:40.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff | |
|--|----------------------|------------------|----------|---------|---------|
| M45-49 (Påmeldt: 6 - Startet: 6 - Fullført: 6 - Premier: 0) | | | | | |
| 1 | Øyvind Skaanes | Strindheim IL | 69 | 30:23.3 | 00:00.0 |
| 2 | Terje Drøyvold | Byåsen IL / TINE | 38 | 31:47.5 | 01:24.0 |
| 3 | Kai Rye | Byneset IL | 125 | 33:58.5 | 03:35.0 |
| 4 | Tore Flatås | Tiller IL | 77 | 34:51.3 | 04:28.0 |
| 5 | Petter Quist-Paulsen | Byåsen IL | 124 | 35:40.1 | 05:17.0 |
| 6 | Magnus Åberg | | 22 | 45:55.3 | 15:32.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff |
|--|----------------|---------|----------|---------|
| M50-54 (Påmeldt: 2 - Startet: 2 - Fullført: 2 - Premier: 0) | | | | |
| 1 | Håvard Lorange | 71 | 31:50.0 | 00:00.0 |
| 2 | Tor Taksgaard | 137 | 36:10.6 | 04:20.0 |

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff |
|------|-------|---------|----------|------|
|------|-------|---------|----------|------|

M55-59

(Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0)

| | | | | | | |
|---|-----------|--|-----------|----|---------|---------|
| 1 | Bård Roll | | Nidelv IL | 49 | 37:05.4 | 00:00.0 |
|---|-----------|--|-----------|----|---------|---------|

Konkurransklasse

| Navn | Klubb | Startnr | Totaltid | Diff |
|------|-------|---------|----------|------|
|------|-------|---------|----------|------|

M65-69

(Påmeldt: 1 - Startet: 1 - Fullført: 1 - Premier: 0)

| | | | | |
|---|----------|----|---------|---------|
| 1 | Arne Vik | 19 | 37:59.8 | 00:00.0 |
|---|----------|----|---------|---------|

Trim med tidtaking

| Navn | Klubb | Startnr | Totaltid | Diff |
|------|-------|---------|----------|------|
|------|-------|---------|----------|------|

M40-44

(Påmeldt: 0 - Startet: 0 - Fullført: 0 - Premier: 0)

| | | | | |
|---|---------------|----|---------|---------|
| 1 | Kjetil Værnes | 57 | 24:27.5 | 00:00.0 |
|---|---------------|----|---------|---------|

Trim med tidtaking

| Navn | Klubb | Startnr | Totaltid | Diff | |
|---|------------------------------|-------------------------|----------|---------|---------|
| Trim med tidtaking (Påmeldt: 38 - Startet: 38 - Fullført: 32 - Premier: 0) | | | | | |
| 1 | Kristian Aune Levoll | Freidig | 118 | 23:43.8 | 00:00.0 |
| 2 | Eva Ingebrigtsen | Bratsberg IL | 91 | 26:32.2 | 02:49.0 |
| 3 | Adrian Nøstan Berdal | Bratsberg IL | 92 | 26:41.4 | 02:58.0 |
| 4 | Ragnhild Brørs Kløven | Strindheim IL | 120 | 26:52.9 | 03:09.0 |
| 5 | Kristoffer Nyborg Gregertsen | | 82 | 27:26.3 | 03:43.0 |
| 6 | Sven Nevin | Strindheim IL | 102 | 27:28.3 | 03:45.0 |
| 7 | Terje Skulbru | Strindheim IL | 116 | 27:32.7 | 03:49.0 |
| 8 | Vegard Olsen | Franzefoss Pukk AS | 96 | 27:44.8 | 04:01.0 |
| 9 | Selma Nevin | Strindheim IL | 101 | 28:19.4 | 04:36.0 |
| 10 | Arnhild Helåsaunet Skaanes | Strindheim IL | 103 | 28:35.6 | 04:52.0 |
| 11 | Rune Johnsen | | 85 | 28:55.9 | 05:12.0 |
| 12 | Thea Skulbru | Strindheim IL | 115 | 29:04.3 | 05:21.0 |
| 13 | Kristine Aune Aakerli | Heimdal ski | 113 | 30:00.4 | 06:17.0 |
| 14 | Robert Aakerli | Heimdal ski | 112 | 30:06.9 | 06:23.0 |
| 15 | Kate Nisja | BetoNor AS | 88 | 30:16.0 | 06:33.0 |
| 16 | Marie Flaathe.johansen | Bratsberg IL | 89 | 30:45.7 | 07:02.0 |
| 17 | Nina Løvdal | Jernbanens Idrettslag | 97 | 31:06.2 | 07:23.0 |
| 18 | Ellinor Hermo-Johansen | | 86 | 31:14.1 | 07:31.0 |
| 18 | Åse Eilertsen | Aqualine AS | 87 | 31:14.4 | 07:31.0 |
| 20 | Hege Kristine N. Dahlen | Tong-ir Taekwondo klubb | 93 | 31:15.7 | 07:32.0 |
| 21 | Nora Høyem Olsen | Franzefoss Pukk AS | 95 | 32:46.7 | 09:03.0 |
| 22 | Anne Grøtte | | 81 | 32:56.9 | 09:13.0 |
| 23 | Beate Glørstad | Bratsberg IL | 110 | 33:36.3 | 09:53.0 |
| 24 | May Kristin Hustøft | Norconsult | 99 | 34:01.9 | 10:18.0 |
| 25 | Kristin Vassdal | Nidelv IL | 98 | 35:32.1 | 11:49.0 |
| 26 | Hnerik Uv Værnes | Rennebu IL | 100 | 36:38.5 | 12:55.0 |
| 27 | Konrad Haugsdal Olsøybakk | Utleira IL - Friidrett | 107 | 36:40.7 | 12:57.0 |
| 28 | Andrine Skulbru | Nidelv IL | 117 | 36:53.6 | 13:10.0 |
| 29 | Sturla Nyutstumo | Franzefoss Pukk AS | 94 | 37:24.5 | 13:41.0 |
| 30 | Toril Flaathe | Bratsberg IL | 90 | 37:36.4 | 13:53.0 |
| 31 | Ingeborg Haugsdal Olsøybakk | Utleira IL - Friidrett | 108 | 40:21.1 | 16:38.0 |
| 32 | Ragnhild Haugsdal Olsøybakk | Utleira IL - Friidrett | 105 | 43:53.4 | 20:10.0 |

Liaåsen Opp 2014

Bratsberg IL

OFFICAL RESULTS

24.05.2014

Konkurransklasse

| Rank | Bib | Name | Nat | | | | | Diff | |
|---------------|-----|---|-----|--|--|--|--|----------------|---------|
| K15-17 | | | | | | | | | |
| 1 | 50 | Torunn Taksgaard Strindheim IL / Strindheim Ski | NOR | | | | | 38:14.0 | 0:00.0 |
| K18-20 | | | | | | | | | |
| 1 | 47 | Madelene Wanvik HOLUM Strindheim IL | NOR | | | | | 39:46.0 | 0:00.0 |
| K21-39 | | | | | | | | | |
| 1 | 150 | Maria Venås Veidekke/Ranheim | NOR | | | | | 32:02.0 | 0:00.0 |
| 2 | 87 | Kristin Antonsen NTNUI | NOR | | | | | 32:12.0 | 0:10.0 |
| 3 | 157 | Linda Marie Trompedal Namdal løpeklubb | NOR | | | | | 34:15.0 | 2:13.0 |
| 4 | 48 | Aila Biret Selfors Arntzen De Besche Advokatfirma Trondheim | NOR | | | | | 37:57.0 | 5:55.0 |
| 5 | 65 | Hilde Vigdis Larsen NTNUI | NOR | | | | | 38:19.0 | 6:17.0 |
| 6 | 61 | Catrine Sigstadstø HEIMDAL | NOR | | | | | 44:19.0 | 12:17.0 |
| K40-44 | | | | | | | | | |
| 1 | 83 | Anne Nevin Strindheim IL | NOR | | | | | 30:00.0 | 0:00.0 |
| 2 | 124 | Mette Ingebrigtsen Bratsberg IL | NOR | | | | | 37:22.0 | 7:22.0 |
| K45-49 | | | | | | | | | |
| 1 | 147 | Siri Ann Nyrnes Strindheim IL | NOR | | | | | 36:17.0 | 0:00.0 |
| 2 | 84 | Linda Wendelberg Strindheim IL | NOR | | | | | 41:04.0 | 4:47.0 |
| M15-17 | | | | | | | | | |
| 1 | 159 | Hallvard Seim Grøvlen Strindheim IL | NOR | | | | | 29:03.0 | 0:00.0 |
| 2 | 74 | Alexander Borthen Kolstad Byåsen IL | NOR | | | | | 31:02.0 | 1:59.0 |
| 3 | 59 | Lars Jutulstad Strindheim Ski | NOR | | | | | 32:18.0 | 3:15.0 |
| 4 | 162 | Sebastian Aas Strindheim IL | NOR | | | | | 33:22.0 | 4:19.0 |
| 5 | 53 | Adrian SKAR Jonsvatnet IL / Jonsvatnet | NOR | | | | | 34:06.0 | 5:03.0 |
| 6 | 158 | Axel Andersson Ranheim IL | NOR | | | | | 35:11.0 | 6:08.0 |
| 7 | 155 | Håkon Skaanes Strindheim IL | NOR | | | | | 35:47.0 | 6:44.0 |
| 8 | 154 | Halvor Vada Strindheim IL | NOR | | | | | 37:38.0 | 8:35.0 |
| 9 | 160 | Andreas Talset Bolstad | NOR | | | | | 39:34.0 | 10:31.0 |

Liaåsen Opp 2014

Bratsberg IL

OFFICAL RESULTS

24.05.2014

Konkurransklasse

| Rank | Bib | Name | Nat | | | | | Diff | |
|---------------|-----|---|-----|--|--|--|--|---------|---------|
| M15-17 | | | | | | | | | |
| 10 | 93 | Håkon Presthus Strindheim Ski | NOR | | | | | 39:41.0 | 10:38.0 |
| 11 | 71 | Henrik Tanem Strindheim IL | NOR | | | | | 40:42.0 | 11:39.0 |
| M18-20 | | | | | | | | | |
| 1 | 60 | Jørgen Natvig Løvseth Byåsen IL | NOR | | | | | 31:22.0 | 0:00.0 |
| 2 | 121 | Magnus TELEBOND Klæbu Løpeklubb | NOR | | | | | 33:00.0 | 1:38.0 |
| 3 | 99 | Lars Gellein HALVORSEN Botne SK | NOR | | | | | 34:50.0 | 3:28.0 |
| 4 | 153 | Kristoffer Lurvik Ranheim IL | NOR | | | | | 35:56.0 | 4:34.0 |
| 5 | 152 | Martin Kåsbøl Jonsvatnet IL | NOR | | | | | 36:28.0 | 5:06.0 |
| M21-39 | | | | | | | | | |
| 1 | 98 | Andreas Dahlø Wærnes Rindal IL | NOR | | | | | 27:34.0 | 0:00.0 |
| 2 | 163 | Niklas DYRHAUG Skogn IL | NOR | | | | | 27:50.0 | 0:16.0 |
| 3 | 57 | Morten Harjo Pettersen Team Veidekke Nord-Norge | NOR | | | | | 28:04.0 | 0:30.0 |
| 4 | 94 | Glenn Tore Løland NTNUI | NOR | | | | | 28:46.0 | 1:12.0 |
| 5 | 82 | Erik Sælen Strindheim IL | NOR | | | | | 28:54.0 | 1:20.0 |
| 6 | 49 | Eirik TELEBOND Klæbu Løpeklubb / Team Ntnu | NOR | | | | | 29:24.0 | 1:50.0 |
| 7 | 52 | Sindre Sætre Hammerlund HVALSTAD | NOR | | | | | 29:43.0 | 2:09.0 |
| 8 | 67 | Gunnar Waage Skjeflo St. Olavs Hospital | NOR | | | | | 29:57.0 | 2:23.0 |
| 9 | 145 | Ronny Ansnes Byåsen IL | NOR | | | | | 30:32.0 | 2:58.0 |
| 10 | 146 | Lars Morten Bardal Rindal IL | NOR | | | | | 30:39.0 | 3:05.0 |
| 11 | 70 | Knut Anders Hatlen Stranda IL | NOR | | | | | 30:49.0 | 3:15.0 |
| 12 | 79 | Jonas Aamodt Moræus Bratsberg | NOR | | | | | 31:04.0 | 3:30.0 |
| 13 | 69 | Mats Håpnes Alta IF / Norske Shell | NOR | | | | | 31:06.0 | 3:32.0 |
| 14 | 58 | Øyvind Waage Hanssen-Bauer NTNUI | NOR | | | | | 31:47.0 | 4:13.0 |
| 15 | 92 | Morten Svinsås Rindal IL / Nidaros Oppmåling | NOR | | | | | 31:53.0 | 4:19.0 |
| 16 | 85 | Axel Kvale TRONDHEIM | NOR | | | | | 31:58.0 | 4:24.0 |

| | | | | | |
|----------|----------------|------|--------|---------------------|------|
| EOTIMING | PUBLISHED TIME | SIGN | STATUS | PRINT TIME | PAGE |
| | | | | 10.11.2016 15:16:13 | 2 |

Liaåsen Opp 2014

Bratsberg IL

OFFICAL RESULTS

24.05.2014

Konkurransklasse

| Rank | Bib | Name | Nat | | | | | Diff | |
|---------------|-----|--|-----|--|--|--|--|---------|---------|
| M21-39 | | | | | | | | | |
| 17 | 136 | Håkon Toftaker Egen | NOR | | | | | 32:11.0 | 4:37.0 |
| 18 | 62 | Øyvind Paus TT Finans AS | NOR | | | | | 32:23.0 | 4:49.0 |
| 19 | 95 | Ola Haseth Balestrand Rindal IL | NOR | | | | | 32:29.0 | 4:55.0 |
| 20 | 96 | Kristoffer Lamøy Åsen IL | NOR | | | | | 33:10.0 | 5:36.0 |
| 21 | 164 | Jon Olav Grav St Olavs Hospital | NOR | | | | | 33:34.0 | 6:00.0 |
| 22 | 144 | Per Harald SKOGSTAD Lundamo IL | NOR | | | | | 33:42.0 | 6:08.0 |
| 23 | 91 | Didrik Fjeld ELSET Oseberg Skilag | NOR | | | | | 33:48.0 | 6:14.0 |
| 24 | 86 | Anders Stubban Trondheim Triatlonklubb | NOR | | | | | 34:10.0 | 6:36.0 |
| 25 | 77 | Kjetil Stubbom HEIMDAL | NOR | | | | | 35:22.0 | 7:48.0 |
| 26 | 149 | Stian Oldervik CK Victoria | NOR | | | | | 36:00.0 | 8:26.0 |
| 27 | 72 | Knut Stav Hoel Bratsberg IL | NOR | | | | | 36:28.0 | 8:54.0 |
| 28 | 63 | Henrik Grytbakk Skanska Aktiv | NOR | | | | | 36:54.0 | 9:20.0 |
| 29 | 143 | Martin Rindalsholt Strindheim IL | NOR | | | | | 37:01.0 | 9:27.0 |
| 30 | 161 | Sindre Skånøy Skauga IL | NOR | | | | | 37:26.0 | 9:52.0 |
| 31 | 56 | Christer Skaug Malvik IL | NOR | | | | | 37:36.0 | 10:02.0 |
| 32 | 51 | Anders Petersen HEIMDAL | NOR | | | | | 37:41.0 | 10:07.0 |
| 33 | 68 | Øystein Wiggen Måsådottens Pust Og Blæs | NOR | | | | | 38:57.0 | 11:23.0 |
| 34 | 73 | Øystein Bjarkøy Sb1kk | NOR | | | | | 41:19.0 | 13:45.0 |
| 35 | 89 | Terje Bergem Eiendomsmegler 1 Midt-Norge | NOR | | | | | 42:25.0 | 14:51.0 |
| 36 | 122 | Petter Hepsø Nidaros Sykkelklubb | NOR | | | | | 42:37.0 | 15:03.0 |
| 37 | 80 | Eivind Huseby TRONDHEIM | NOR | | | | | 45:17.0 | 17:43.0 |
| M40-44 | | | | | | | | | |
| 1 | 97 | Geir Hanssen TRONDHEIM | NOR | | | | | 36:10.0 | 0:00.0 |
| 2 | 141 | Kim Bjørnerud Nidelv IL | NOR | | | | | 36:27.0 | 0:17.0 |
| 3 | 137 | Jarl Erik Nordland Fengslet | NOR | | | | | 38:04.0 | 1:54.0 |

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| Rank | Bib | Name | Nat | | | | | Diff | |
|---------------|-----|--|-----|--|--|--|--|-----------------------|--|
| M40-44 | | | | | | | | | |
| 4 | 76 | Steffen Risstad Larsen Raketten Skiklubb | NOR | | | | | 40:19.0 4:09.0 | |
| M45-49 | | | | | | | | | |
| 1 | 156 | Øyvind Skaanes Strindheim IL | NOR | | | | | 30:06.0 0:00.0 | |
| 2 | 64 | Terje Drøyvold Byåsen IL / Tine Bil | NOR | | | | | 31:18.0 1:12.0 | |
| 3 | 54 | Helge Johansen Strindheim IL | NOR | | | | | 32:47.0 2:41.0 | |
| 4 | 148 | Petter Quist-Paulsen Byåsen IL | NOR | | | | | 33:31.0 3:25.0 | |
| 5 | 151 | Tore Flatås TILLER | NOR | | | | | 35:29.0 5:23.0 | |
| 6 | 142 | Hendrik Spilker Ntnu BIL | NOR | | | | | 37:20.0 7:14.0 | |
| M50-54 | | | | | | | | | |
| 1 | 78 | Terje Bjørnes Byåsen Vgs | NOR | | | | | 39:14.0 0:00.0 | |
| M60-64 | | | | | | | | | |
| 1 | 88 | Freddie Schumann Nidelv Krampe | NOR | | | | | 37:39.0 0:00.0 | |
| M65-69 | | | | | | | | | |
| 1 | 55 | Per Laksfors Strindheim IL | NOR | | | | | 37:50.0 0:00.0 | |
| 2 | 81 | Arne Vik Strindheim | NOR | | | | | 38:40.0 0:50.0 | |

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Konkurransklasse 12-14 år

| Rank | Bib | Name | Nat | | | | | Diff | |
|---------------|-----|--|-----|--|--|--|--|----------------|---------|
| K12-14 | | | | | | | | | |
| 1 | 129 | Elise Nilsen Utleira IL - Friidrett | NOR | | | | | 25:08.0 | 0:00.0 |
| 2 | 139 | Thea Helen Kvernvik Utleira IL - Friidrett | NOR | | | | | 25:24.0 | 0:16.0 |
| 3 | 138 | Anette Nilsen Utleira IL - Friidrett | NOR | | | | | 25:43.0 | 0:35.0 |
| 4 | 8 | Signe Fjellheim Tunaal Nidelv Håndball J-2000 | NOR | | | | | 29:48.0 | 4:40.0 |
| 5 | 3 | Silje Tøndel Sliper Nidelv Håndball J-2000 | NOR | | | | | 30:46.0 | 5:38.0 |
| 6 | 5 | Christine Reisæter Amundsen Nidelv Håndball J-2000 | NOR | | | | | 32:21.0 | 7:13.0 |
| 6 | 6 | Thea Marie Johnsen Nidelv Håndball J-2000 | NOR | | | | | 32:21.0 | 7:13.0 |
| 6 | 12 | Maja Estenstad Betten Nidelv Håndball J-2000 | NOR | | | | | 32:21.0 | 7:13.0 |
| 9 | 10 | Oda Haugen Nidelv Håndball J-2000 | NOR | | | | | 38:20.0 | 13:12.0 |
| 10 | 16 | Elise Flaathe Johansen Nidelv Håndball J-2000 | NOR | | | | | 39:40.0 | 14:32.0 |
| M12-14 | | | | | | | | | |
| 1 | 130 | Olve Johansen Rye Byneset IL | NOR | | | | | 21:29.0 | 0:00.0 |
| 2 | 4 | Magnus Drøyvold Byåsen IL / Byåsen IL | NOR | | | | | 23:13.0 | 1:44.0 |
| 3 | 126 | Fredrik Hansen Strindheim IL | NOR | | | | | 23:18.0 | 1:49.0 |
| 4 | 101 | Edvin Ingebrigtsen Bratsberg Fotball G 2001 | NOR | | | | | 23:45.0 | 2:16.0 |
| 5 | 127 | Sindre Østerås Strindheim IL | NOR | | | | | 23:52.0 | 2:23.0 |
| 6 | 2 | William Fuglem Utleira Fotball G2001 | NOR | | | | | 23:53.0 | 2:24.0 |
| 7 | 7 | Even Sveberg Nidelv IL / Lag | NOR | | | | | 24:12.0 | 2:43.0 |
| 8 | 15 | Kasper Eggen Remseth Utleira IL - Friidrett | NOR | | | | | 24:20.0 | 2:51.0 |
| 9 | 106 | Sindre Hatlen Wågheim Bratsberg Fotball G 2001 | NOR | | | | | 25:49.0 | 4:20.0 |
| 10 | 108 | Iver Eidli Dahl Bratsberg Friidrett G 2000 | NOR | | | | | 25:57.0 | 4:28.0 |
| 11 | 110 | Casper Tøndel Sliper Bratsberg Fotball G 2002 | NOR | | | | | 26:04.0 | 4:35.0 |
| 12 | 104 | Adrian Berdal Bratsberg Friidrett G 2000 | NOR | | | | | 26:15.0 | 4:46.0 |
| 13 | 9 | Christian Fjærli Aune Bratsberg IL | NOR | | | | | 27:12.0 | 5:43.0 |
| 14 | 133 | Martin Skaar Utleira 2001 Fotball | NOR | | | | | 27:19.0 | 5:50.0 |

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| Rank | Bib | Name | Nat | | | | | Diff | |
|---------------|-----|--|-----|--|--|--|--|---------|---------|
| M12-14 | | | | | | | | | |
| 15 | 13 | Emil Kaldahl Wold Utleira IL - Friidrett / Utleira | NOR | | | | | 27:30.0 | 6:01.0 |
| 16 | 135 | Espen Nilsen Utleira 2001 Fotball | NOR | | | | | 27:36.0 | 6:07.0 |
| 17 | 105 | Matheus Sæktan Bratsberg Fotball G 2001 | NOR | | | | | 29:03.0 | 7:34.0 |
| 18 | 132 | Sebastian Sørås Utleira 2001 Fotball | NOR | | | | | 29:17.0 | 7:48.0 |
| 19 | 102 | Petter Bang Haagensen Bratsberg Friidrett | NOR | | | | | 30:12.0 | 8:43.0 |
| 20 | 107 | Sondre Gun Wolfe Bratsberg Fotball G 2001 | NOR | | | | | 30:32.0 | 9:03.0 |
| 21 | 1 | Hermann Andreas Solaas Utleira IL - Friidrett | NOR | | | | | 32:46.0 | 11:17.0 |
| 22 | 131 | Aleksander Fimland Utleira 2001 Fotball | NOR | | | | | 32:48.0 | 11:19.0 |
| 23 | 140 | Vetle Evju Utleira 2001 Fotball | NOR | | | | | 36:16.0 | 14:47.0 |
| 24 | 134 | Aydin- Mikal L. Ayal Utleira 2001 Fotball | NOR | | | | | 37:57.0 | 16:28.0 |
| 25 | 103 | Kristian Eidsli Dahl Bratsberg Fotball G 2002 | NOR | | | | | 38:03.0 | 16:34.0 |
| 26 | 100 | Magnus Skjetne Kvalnes Bratsberg Fotball G 2001 | NOR | | | | | 38:07.0 | 16:38.0 |
| 27 | 109 | Sondre Tverrvåg Bratsberg Fotball G 2002 | NOR | | | | | 41:02.0 | 19:33.0 |

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Trim med tidtaking

| Rank | Bib | Name | Nat | | | | | Diff | |
|---------------------------|-----|--|-----|--|--|--|--|----------------|---------|
| Trim med tidtaking | | | | | | | | | |
| 1 | 128 | Kathrin Hoener Strindheim IL | NOR | | | | | 24:46.0 | 0:00.0 |
| 2 | 17 | Hedda Fevang Tveit Utleira IL - Friidrett / Utleira IL | NOR | | | | | 26:19.0 | 1:33.0 |
| 3 | 30 | Tuva Grøtte Utleira IL - Friidrett | NOR | | | | | 26:41.0 | 1:55.0 |
| 4 | 125 | Harald Brekke TRONDHEIM | NOR | | | | | 27:21.0 | 2:35.0 |
| 5 | 31 | Julian Grøtte Utleira IL - Friidrett | NOR | | | | | 27:40.0 | 2:54.0 |
| 6 | 24 | Terje Skulbru TRONDHEIM | NOR | | | | | 27:43.0 | 2:57.0 |
| 7 | 19 | Rune Johnsen SAKSVIK | NOR | | | | | 28:49.0 | 4:03.0 |
| 8 | 23 | Beate Glørstad Bratsberg IL | NOR | | | | | 29:30.0 | 4:44.0 |
| 9 | 41 | Henrik Næss Utleira IL - Friidrett | NOR | | | | | 30:10.0 | 5:24.0 |
| 10 | 27 | Marie Hatlen Wågheim Bratsberg IL | NOR | | | | | 31:18.0 | 6:32.0 |
| 11 | 29 | Thea Skulbru TRONDHEIM | NOR | | | | | 31:57.0 | 7:11.0 |
| 12 | 25 | Maja Fjærli Aune Bratsberg IL | NOR | | | | | 33:14.0 | 8:28.0 |
| 13 | 123 | Marie Flaathe Johansen Bratsberg IL | NOR | | | | | 33:15.0 | 8:29.0 |
| 14 | 44 | Stig Ove Næss Utleira IL - Friidrett | NOR | | | | | 33:20.0 | 8:34.0 |
| 15 | 43 | May Kristin Hustøft Norconsult AS | NOR | | | | | 33:21.0 | 8:35.0 |
| 16 | 20 | Knut-Eirik Wold Utleira IL - Friidrett | NOR | | | | | 35:02.0 | 10:16.0 |
| 17 | 36 | Filip Fevang Tveit Utleira IL - Friidrett / Utleira IL | NOR | | | | | 35:28.0 | 10:42.0 |
| 18 | 39 | Sven Nevin Strindheim IL | NOR | | | | | 35:34.0 | 10:48.0 |
| 19 | 18 | Linus Eggen Remseth Utleira IL - Friidrett | NOR | | | | | 35:56.0 | 11:10.0 |
| 20 | 37 | Selma Nevin Strindheim IL | NOR | | | | | 36:40.0 | 11:54.0 |
| 21 | 28 | Håkon Fuglem Utleira Friidrett | NOR | | | | | 38:30.0 | 13:44.0 |
| 22 | 38 | Gro Jeanette Bolseth Johnsen TRONDHEIM | NOR | | | | | 40:49.0 | 16:03.0 |
| 23 | 40 | Filip Dahlheim KRISTIANSUND N | NOR | | | | | 42:14.0 | 17:28.0 |
| 24 | 22 | Eva Ingebrigtsen Bratsberg IL | NOR | | | | | 42:41.0 | 17:55.0 |

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| Trim med tidtaking | | | | | | | | | |
| 25 | 35 | Odin Skjervold Jensen Bratsberg IL / Bratsberg IL | NOR | | | | | 43:58.0 | 19:12.0 |
| 26 | 26 | Una Skjervold Bratsberg IL / Bratsberg IL | NOR | | | | | 44:12.0 | 19:26.0 |
| 27 | 34 | Ali Akbar Yaqoubi KRISTIANSUND N | NOR | | | | | 44:24.0 | 19:38.0 |
| 28 | 42 | Hugo Dahlheim KRISTIANSUND N | NOR | | | | | 44:25.0 | 19:39.0 |
| 29 | 45 | Oskar Eggen Remseth Utleira IL - Friidrett | NOR | | | | | 46:16.0 | 21:30.0 |
| 30 | 32 | Nils Andreas Eggen Utleira IL - Friidrett | NOR | | | | | 46:20.0 | 21:34.0 |

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|---------------|-----|--|-----|--|--|--|--|----------------|---------|
| K15-17 | | | | | | | | | |
| 1 | 135 | Hanne SKULBRU Strindheim IL | NOR | | | | | 37:34.6 | 0:00.0 |
| K18-20 | | | | | | | | | |
| 1 | 163 | Ingeborg Treu Røe Tyrving IL | NOR | | | | | 34:30.3 | 0:00.0 |
| K21-39 | | | | | | | | | |
| 1 | 132 | Mariann Lande Byåsen IL | NOR | | | | | 33:13.6 | 0:00.0 |
| 2 | 130 | Kristin Antonsen Ntnui | NOR | | | | | 33:21.8 | 0:08.2 |
| 3 | 141 | Berit GJELTEN CK Victoria / Ntnui | NOR | | | | | 33:43.8 | 0:30.2 |
| 4 | 122 | Gunhild VEIEN HELL | NOR | | | | | 33:52.6 | 0:39.0 |
| 5 | 136 | Marit VALA Ntnui | NOR | | | | | 33:59.5 | 0:45.9 |
| 6 | 153 | Guro Sundal Klæbu Løpeklubb | NOR | | | | | 35:21.6 | 2:08.0 |
| 7 | 108 | Hilde Vigdis Larsen NTNUI / Ntnui | NOR | | | | | 36:12.1 | 2:58.5 |
| 8 | 164 | Solveig Tveter BRATLIE Ntnui | NOR | | | | | 38:00.3 | 4:46.7 |
| 9 | 134 | Ann-Kristin Lien Trondheim Triatlonklubb | NOR | | | | | 39:20.1 | 6:06.5 |
| 10 | 222 | Tekra Brun-Lie Njård IL | NOR | | | | | 39:57.4 | 6:43.8 |
| 11 | 110 | Mari BERGENDAHL Ntnui | NOR | | | | | 41:41.1 | 8:27.5 |
| 12 | 107 | Melanie Simpson Wing OK | NOR | | | | | 41:50.6 | 8:37.0 |
| 13 | 125 | Cathrine Mediaas Trondheim Triatlonklubb | NOR | | | | | 42:13.6 | 9:00.0 |
| 14 | 159 | Marita Hoff Bratsberg IL | NOR | | | | | 44:46.3 | 11:32.7 |
| 15 | 120 | Anette Klepppestø NTNUI / Ntnui | NOR | | | | | 47:50.5 | 14:36.9 |
| K40-44 | | | | | | | | | |
| 1 | 112 | Anne Nevin Strindheim IL / Strindheim | NOR | | | | | 30:46.7 | 0:00.0 |
| 2 | 167 | Kathrin Hoener Strindheim IL / Strindheim II | NOR | | | | | 34:37.2 | 3:50.5 |
| M15-17 | | | | | | | | | |
| 1 | 203 | Anders Quist Dyrnes Byåsen IL | NOR | | | | | 28:51.3 | 0:00.0 |
| 2 | 204 | Kornelius Grøv Byåsen Skiklubb | NOR | | | | | 29:02.6 | 0:11.3 |
| 3 | 150 | Hallvard Seim Grøvlen Strindheim IL | NOR | | | | | 29:15.9 | 0:24.6 |

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| M15-17 | | | | | | | | | |
| 4 | 215 | Johannes Hoesflot KLAEBO Selsbakk IF | NOR | | | | | 30:45.9 1:54.6 | |
| 5 | 145 | Alexander Kolstad Heimdal Ski | NOR | | | | | 31:38.6 2:47.3 | |
| 6 | 139 | Sebastian Aas Strindheim Friidrett | NOR | | | | | 32:15.6 3:24.3 | |
| 7 | 127 | Amund BLIKRA Strindheim IL | NOR | | | | | 33:48.5 4:57.2 | |
| 8 | 116 | Lars Jutulstad Charlottenlund Sk | NOR | | | | | 35:09.1 6:17.8 | |
| 9 | 157 | Kristoffer Lurvik Ranheim IL / Ranheim Skiklubb | NOR | | | | | 39:28.0 10:36.7 | |
| M18-20 | | | | | | | | | |
| 1 | 102 | Eirik MYSEN Oseberg Skilag | NOR | | | | | 28:10.8 0:00.0 | |
| 2 | 144 | Håvard Tømmerdal Ntnui | NOR | | | | | 29:41.5 1:30.7 | |
| 3 | 106 | Øyvind Jonassen Hagen Bratsberg | NOR | | | | | 31:54.4 3:43.6 | |
| 4 | 128 | Endre BLIKRA Strindheim IL | NOR | | | | | 33:20.6 5:09.8 | |
| 5 | 155 | Anders REITAN Ålen IL - Friidrett / Ålen IL | NOR | | | | | 34:27.3 6:16.5 | |
| 6 | 234 | Johannes Heise Strindheim Friidrett | NOR | | | | | 34:43.7 6:32.9 | |
| 7 | 103 | Didrik Fjeld ELSET Oseberg Skilag | NOR | | | | | 35:38.2 7:27.4 | |
| M21-39 | | | | | | | | | |
| 1 | 96 | Glenn Thomas Martinsen Lødingen SK / IK Hind | NOR | | | | | 26:54.0 0:00.0 | |
| 2 | 148 | Ronny Ansnes Klæbu IL | NOR | | | | | 27:49.2 0:55.2 | |
| 3 | 166 | Anders Tettli RENNEMO Leksvik II/Team Leksvik | NOR | | | | | 28:22.0 1:28.0 | |
| 4 | 231 | Oeyvind Moen FJELD Kjelsås IL | NOR | | | | | 28:32.4 1:38.4 | |
| 5 | 232 | Morten Harjo PETERSEN Vadsø Skiklubb | NOR | | | | | 28:36.6 1:42.6 | |
| 6 | 217 | Ola Strande Gjerpen IF | NOR | | | | | 28:47.6 1:53.6 | |
| 7 | 123 | Eirik TELEBOND Team Ntnu | NOR | | | | | 28:54.9 2:00.9 | |
| 8 | 171 | Ole Marius Bach Namdal Løpeklubb/Team Leksvik | NOR | | | | | 29:09.0 2:15.0 | |
| 9 | 165 | Kristian Tettli RENNEMO Leksvik II/Team Leksvik | NOR | | | | | 29:23.5 2:29.5 | |
| 10 | 220 | Andrew MUSGRAVE Røa IL | NOR | | | | | 29:33.0 2:39.0 | |

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| M21-39 | | | | | | | | | |
| 11 | 6 | Andreas Myran STEEN Leksvik II/Team Leksvik | NOR | | | | | 29:38.9 | 2:44.9 |
| 12 | 219 | Jonas Sæther Namdal Løpeklubb | NOR | | | | | 29:47.4 | 2:53.4 |
| 13 | 223 | Halvar Nydal Ntnui | NOR | | | | | 29:50.3 | 2:56.3 |
| 14 | 105 | Knut Anders Hatlen Stranda IL | NOR | | | | | 30:14.5 | 3:20.5 |
| 15 | 162 | Kent Roger TANGVIK Roger Tangvik' S Løpeklubb | NOR | | | | | 30:21.1 | 3:27.1 |
| 16 | 93 | Ola A. Eggen Snåsa IL / Snåsa IL/ | NOR | | | | | 31:15.5 | 4:21.5 |
| 17 | 221 | Nicolas Knutdtzon Njord | NOR | | | | | 31:30.3 | 4:36.3 |
| 18 | 101 | Tomas BRIKSELLI Reinertsen BIL | NOR | | | | | 31:36.9 | 4:42.9 |
| 19 | 156 | Syver Nygård Team Statkraft Trondheim | NOR | | | | | 31:43.7 | 4:49.7 |
| 20 | 95 | Aleksander Hanssen Norconsult BIL | NOR | | | | | 31:48.9 | 4:54.9 |
| 21 | 137 | Eivind Schjelderup SKARPSNO Ren-Eng, FIK - Friidrett | NOR | | | | | 31:51.3 | 4:57.3 |
| 22 | 100 | Axel Kvale Norsk Helsenet | NOR | | | | | 32:01.0 | 5:07.0 |
| 23 | 206 | Bjørn Ballstad Byåsen Festlangrenn | NOR | | | | | 32:35.6 | 5:41.6 |
| 24 | 133 | Frode Hallberg Ntnui | NOR | | | | | 32:51.3 | 5:57.3 |
| 25 | 151 | Einar Raknes BREKKE Norconsult | NOR | | | | | 33:01.0 | 6:07.0 |
| 26 | 121 | Peter Mcfadzean Statoil BIL | NOR | | | | | 33:04.8 | 6:10.8 |
| 27 | 170 | Øyvind Waage Hanssen-Bauer Ntnui | NOR | | | | | 33:08.5 | 6:14.5 |
| 28 | 233 | Jørgen Braathen Høybråten og Stovner | NOR | | | | | 33:33.9 | 6:39.9 |
| 29 | 109 | Bronislav Novak Bratsberg IL | NOR | | | | | 34:39.9 | 7:45.9 |
| 30 | 207 | Jonas Aamodt Moræus Aptomar | NOR | | | | | 34:46.1 | 7:52.1 |
| 31 | 214 | Pål Moen Møst Frol IL | NOR | | | | | 34:47.3 | 7:53.3 |
| 32 | 142 | Håkon Johannessen Ntnui | NOR | | | | | 34:54.7 | 8:00.7 |
| 33 | 154 | Frode Sundal Klæbu Løpeklubb | NOR | | | | | 35:01.0 | 8:07.0 |
| 34 | 213 | Øyvind Selmer Team Skigo | NOR | | | | | 35:17.9 | 8:23.9 |

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|---------------------------|-----|---|-----|--|--|--|--|----------------|---------|
| M21-39 | | | | | | | | | |
| 35 | 104 | Torbjørn Danielssen Lsk | NOR | | | | | 36:36.7 | 9:42.7 |
| 36 | 99 | Anders Stubban Trondheim Triatlonklubb | NOR | | | | | 36:59.0 | 10:05.0 |
| 37 | 160 | Krzysztof Jan Zieba Ntnu | POL | | | | | 37:05.8 | 10:11.8 |
| 38 | 147 | Svenn-Ivar Svendsen Trondheim Triatlonklubb | NOR | | | | | 37:17.5 | 10:23.5 |
| 39 | 205 | Svienung Strand Byåsen IL | NOR | | | | | 37:53.1 | 10:59.1 |
| 40 | 235 | Ola Balestrand | NOR | | | | | 38:44.6 | 11:50.6 |
| 41 | 146 | Ole Brattli Trondheim Triathlonklubb | NOR | | | | | 39:50.6 | 12:56.6 |
| 42 | 218 | Ola Grendal Herkules | NOR | | | | | 40:43.2 | 13:49.2 |
| 43 | 131 | Odne Burheim TRONDHEIM | NOR | | | | | 40:53.6 | 13:59.6 |
| 44 | 158 | Eirik Marthinsen Ntnui | NOR | | | | | 41:12.6 | 14:18.6 |
| 45 | 97 | Marius Undlien Trondheim Triatlon | NOR | | | | | 45:01.0 | 18:07.0 |
| | 168 | Christer Skaug Malvik IL | NOR | | | | | DNF | |
| | 143 | Test Test Test BIL | NOR | | | | | DSQ | |
| M40-44 | | | | | | | | | |
| 1 | 216 | Petter Quiss-Paulsen Byåsen IL | NOR | | | | | 32:23.2 | 0:00.0 |
| 2 | 140 | Helge Johansen Strindheim IL | NOR | | | | | 32:48.1 | 0:24.9 |
| 3 | 169 | Christian Adelsten Tangvik Marits As | NOR | | | | | 34:41.1 | 2:17.9 |
| 4 | 124 | Geir Hanssen Stiftstaden SK Trondheim | NOR | | | | | 36:32.1 | 4:08.9 |
| 5 | 152 | Kim A. Bjørnerud Nidelv II | NOR | | | | | 38:22.7 | 5:59.5 |
| 6 | 94 | Steffen Larssen TRONDHEIM | NOR | | | | | 48:20.3 | 15:57.1 |
| M50-54 | | | | | | | | | |
| 1 | 126 | Lars Harald Blikra Strindheim | NOR | | | | | 34:10.8 | 0:00.0 |
| M60-64 | | | | | | | | | |
| 1 | 202 | Freddie Schumann Båysen VGS | NOR | | | | | 39:01.3 | 0:00.0 |
| Trim med tidtaking | | | | | | | | | |
| | 240 | T 240 | NOR | | | | | DSQ | |

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Liaåsen Opp 2013

Bratsberg IL

OFFICAL RESULTS

25.05.2013

Konkurransklasse 12-14 år

| Rank | Bib | Name | Nat | | | | | Diff | |
|---------------|-----|---|-----|--|--|--|--|-----------------------|--|
| K12-14 | | | | | | | | | |
| 1 | 50 | Torunn Taksgaard TVK / Strindheim Ski | NOR | | | | | 25:17.2 0:00.0 | |
| 2 | 58 | Elise Nilsen Utleira IL - Friidrett / Stig.Nilsen66@Gmail.Com | NOR | | | | | 26:32.9 1:15.7 | |
| 3 | 57 | Anette Nilsen Stig.Nilsen66@Gmail.Com | NOR | | | | | 29:25.1 4:07.9 | |
| 4 | 54 | Marie Hatlen Wågheim Bratsberg IL | NOR | | | | | 30:12.6 4:55.4 | |
| M12-14 | | | | | | | | | |
| 1 | 49 | Mathias Syversenwaage Hermstad Freidig | NOR | | | | | 23:18.0 0:00.0 | |
| 2 | 52 | Oskar Spets Storhov Freidig | NOR | | | | | 23:57.2 0:39.2 | |
| 3 | 47 | Edvin Ingebrigtsen Bratsberg IL | NOR | | | | | 24:24.4 1:06.4 | |
| 4 | 48 | William Fuglem Utleira IL | NOR | | | | | 24:24.6 1:06.6 | |
| 5 | 51 | Simen Spets Storhov Freidig | NOR | | | | | 24:57.4 1:39.4 | |
| 6 | 53 | Henrik Tanem Strindheim | NOR | | | | | 26:24.8 3:06.8 | |
| 7 | 189 | Iver Dahl Bratsberg IL | NOR | | | | | 27:58.6 4:40.6 | |
| 8 | 56 | Benjamin Wolfe Bratsberg | NOR | | | | | 31:04.9 7:46.9 | |
| 9 | 55 | Sondre Wolfe Bratsberg | NOR | | | | | 31:43.6 8:25.6 | |
| 10 | 195 | Petter Bang Haagensen Bratsberg IL | NOR | | | | | 32:07.6 8:49.6 | |

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Liaåsen Opp 2013

Bratsberg IL

OFFICAL RESULTS

25.05.2013

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| Rank | Bib | Name | Nat | | | | | Diff | |
|---------------------------|-----|---|-----|--|--|--|--|----------------|--------|
| Trim med tidtaking | | | | | | | | | |
| 1 | 67 | Tor Taksgaard Strindheim IL | NOR | | | | | 25:20.4 | 0:00.0 |
| 2 | 84 | Fredrik Hoener Hanssen Strindheim II | NOR | | | | | 26:14.8 | 0:54.4 |
| 3 | 72 | Leif Harald Urlaub TRONDHEIM | GER | | | | | 26:26.9 | 1:06.5 |
| 4 | 224 | Martin Grimstad Norconsult | NOR | | | | | 26:38.5 | 1:18.1 |
| 5 | 79 | Hermann Solaas TRONDHEIM | NOR | | | | | 27:55.9 | 2:35.5 |
| 6 | 61 | Casper Tøndel Sliper Bratsberg IL | NOR | | | | | 28:55.2 | 3:34.8 |
| 7 | 62 | Christianfjærli Aune Bratsberg IL | NOR | | | | | 29:12.0 | 3:51.6 |
| 8 | 86 | Henrik Hoener Hanssen Strindheim IL / Strindheim II | NOR | | | | | 29:18.1 | 3:57.7 |
| 9 | 85 | Harald Hanssen TRONDHEIM | NOR | | | | | 29:18.4 | 3:58.0 |
| 10 | 3 | Thomas Thorgård Franzefoss | NOR | | | | | 29:45.0 | 4:24.6 |
| 11 | 77 | Nina Reitan Sintef | NOR | | | | | 29:53.3 | 4:32.9 |
| 12 | 70 | Tuva Grøtte Utleira IL | NOR | | | | | 30:19.7 | 4:59.3 |
| 13 | 63 | Rune Johnsen Kjeldstad | NOR | | | | | 31:02.4 | 5:42.0 |
| 14 | 177 | Mathias Similä Vasslag Bratsberg IL | NOR | | | | | 31:06.8 | 5:46.4 |
| 15 | 80 | Signe Tunaal Bratsberg II | NOR | | | | | 31:19.7 | 5:59.3 |
| 16 | 182 | Thea Marie Johnsen Bratsberg IL | NOR | | | | | 31:35.4 | 6:15.0 |
| 17 | 174 | Marie Flaathe Johansen Bratsberg IL | NOR | | | | | 32:06.1 | 6:45.7 |
| 18 | 196 | Julie Nilsen Heimdal Dyreklinikk | NOR | | | | | 32:29.8 | 7:09.4 |
| 19 | 87 | Camill Harsvik SJETNEMARKA | NOR | | | | | 33:07.2 | 7:46.8 |
| 20 | 197 | Therese Jørgensen Bratsberg IL | NOR | | | | | 33:11.4 | 7:51.0 |
| 21 | 78 | Silje Tøndel Sliper Bratsberg IL | NOR | | | | | 33:16.8 | 7:56.4 |
| 22 | 5 | Alf Morten Selven Franzefoss | NOR | | | | | 33:25.8 | 8:05.4 |
| 23 | 4 | Sturla Nyutstumo Franzefoss | NOR | | | | | 34:07.5 | 8:47.1 |
| 24 | 83 | Jakob Soldal Ranheim Idrettslag | NOR | | | | | 34:53.3 | 9:32.9 |

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| Rank | Bib | Name | Nat | | | | | Diff | |
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| Trim med tidtaking | | | | | | | | | |
| 25 | 180 | Beate Glørstad TRONDHEIM | NOR | | | | | 35:34.2 | 10:13.8 |
| 26 | 71 | Julian Grøtte Utleira IL | NOR | | | | | 35:39.0 | 10:18.6 |
| 27 | 68 | Thea Skulbru Strindheim IL | NOR | | | | | 35:43.3 | 10:22.9 |
| 28 | 69 | Terje Skulbru Strindheim IL | NOR | | | | | 35:44.1 | 10:23.7 |
| 29 | 1 | Helge Kvam Franzefoss | NOR | | | | | 35:50.6 | 10:30.2 |
| 30 | 2 | Knut Li Franzefoss | NOR | | | | | 35:50.7 | 10:30.3 |
| 31 | 75 | Hedda Tveit Utleira IL | NOR | | | | | 36:42.5 | 11:22.1 |
| 32 | 73 | Gunnar Ydse Bratsberg IL | NOR | | | | | 36:52.4 | 11:32.0 |
| 33 | 74 | Frida Thoresen Krokstad Bratsberg IL | NOR | | | | | 37:24.4 | 12:04.0 |
| 34 | 175 | Elise Flaathe Johansen Bratsberg IL | NOR | | | | | 38:26.8 | 13:06.4 |
| 35 | 65 | Franziska Luther Norconsult | NOR | | | | | 38:38.1 | 13:17.7 |
| 36 | 176 | Vilde Siim Johnsen | NOR | | | | | 39:02.3 | 13:41.9 |
| 37 | 60 | Anne Instanes Norconsult | NOR | | | | | 39:22.8 | 14:02.4 |
| 38 | 59 | Linn Beate Haarberg Norconsult | NOR | | | | | 39:28.9 | 14:08.5 |
| 39 | 66 | Bjørn Hellebust Norconsult | NOR | | | | | 39:29.2 | 14:08.8 |
| 40 | 89 | Ingeborg Haugsdal Olsøybakk Utleira IL - Friidrett | NOR | | | | | 47:11.2 | 21:50.8 |
| 41 | 90 | Ragnhild Haugsdal Olsøybakk Utleira IL - Friidrett | NOR | | | | | 47:13.1 | 21:52.7 |
| 42 | 91 | Konrad Haugsdal Olsøybakk Utleira IL - Friidrett | NOR | | | | | 47:42.1 | 22:21.7 |
| 43 | 119 | Irene Haugsdal Olsøybakk Strindheim IL / Noteam | NOR | | | | | 47:42.6 | 22:22.2 |
| 44 | 88 | Terje Olsøybakk Norconsult | NOR | | | | | 47:52.8 | 22:32.4 |
| Trim uten tidtaking | | | | | | | | | |
| | 76 | Filip Tveit Utleira IL | NOR | | | | | 54:58.6 | |
| | 81 | Trine Skikstein TRONDHEIM | NOR | | | | | 1:33.2 | |
| | 82 | Bodil Skikstein TRONDHEIM | NOR | | | | | 1:30.1 | |

Liaåsen Opp 2013

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| Rank | Bib | Name | Nat | Diff |
|----------------------------|-----|---|-----|-----------|
| Trim uten tidtaking | | | | |
| 7 | | Eva Ingebrigtsen Bratsberg IL / Bratsberg | NOR | 34:31.7 |
| 8 | | Britt Fjærli Aune Bratsberg IL | NOR | 20:40.9 |
| 9 | | Nina Tøndel Bratsberg | NOR | 19:44.4 |
| 10 | | Christian Fuglem Utleira II | NOR | 1:35:42.6 |
| 11 | | May Britt Fuglem Utleira II | NOR | 1:28:47.9 |
| 12 | | Edvard Fuglem Utleira II | NOR | 1:22:09.6 |
| 13 | | Håkon Fuglem Utleira II | NOR | 1:34:15.2 |
| 14 | | Tor Arne Vassdal Nidelv IL | NOR | 59:59.1 |
| 15 | | Kristin Vassdal Nidelv IL | NOR | 59:56.4 |
| 16 | | Una Skjervold Bratsberg | NOR | 47:35.8 |
| 17 | | Odin Skjervold Jensen Bratsberg | NOR | 41:33.0 |
| 18 | | Sander Røed Hansen Bratsberg | NOR | 46:05.1 |
| 19 | | Marius Borgen Bratsberg II | NOR | 41:34.5 |
| 20 | | Kristoffer Borgen Bratsberg II | NOR | 34:42.5 |
| 21 | | Siv Hege Borgen Bratsberg II | NOR | 47:28.8 |
| 22 | | Ingrid Volden Strindheim Ski | NOR | 1:21:32.0 |
| 23 | | Ragnhild Skorpa TRONDHEIM | NOR | 53:23.6 |
| 24 | | Astrid Lydersen TRONDHEIM | NOR | 53:23.1 |
| 25 | | Andrine Skulbru Strindheim IL | NOR | 59:50.7 |
| 26 | | Cathrine Løvmo Nidelv IL | NOR | 59:58.1 |
| 27 | | Katrine Dretvik Sandbakk Bratsberg IL | NOR | 1:02:38.3 |
| 28 | | Erica O. Espås Bratsberg IL | NOR | 38:06.3 |
| 29 | | Bente Olaussen Bratsberg IL | NOR | 38:09.1 |
| 30 | | Emilie Tøndel Sliper Bratsberg IL | NOR | 34:32.3 |

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Trim uten tidtaking

| Rank | Bib | Name | Nat | Diff |
|----------------------------|-----|---|-----|------------------|
| Trim uten tidtaking | | | | |
| | 31 | Tone Hatlen Bratsberg IL | NOR | 1:16:46.8 |
| | 32 | Wenche Thoresen Bratsberg IL | NOR | 1:46:49.0 |
| | 33 | Maiken Thoresen Krokstad Bratsberg IL | NOR | 1:46:48.9 |
| | 34 | Stine Nilsen Utleira IL - Friidrett / Stig.Nilsen66@Gmail.Com | NOR | 1:27:45.9 |
| | 35 | Stig Nilsen Utleira IL - Friidrett | NOR | 1:27:56.0 |
| | 36 | Ingrid Reitan Ålen IL | NOR | 1:26:59.0 |
| | 37 | Ingrid Fuglem Utleira IL | NOR | 1:35:43.7 |
| | 38 | Kasper Hoel Skauge Utleira | NOR | 1:22:10.0 |
| | 39 | Kajsa Hoel Skauge Utleira | NOR | 1:34:32.7 |
| | 40 | Kine Hoel Skauge Utleira | NOR | 1:34:33.0 |
| | 41 | Lillian Hoff Dahlen TRONDHEIM | NOR | 39:49.6 |
| | 42 | Inge Dahlen TRONDHEIM | NOR | 39:47.7 |
| | 43 | Marius Hoff Hansen TRONDHEIM | NOR | 40:10.9 |
| | 44 | Andreas Hoff Dahlen TRONDHEIM | NOR | 39:48.9 |
| | 45 | Ranveig Tunaal Bratsberg IL | NOR | 1:07:00.9 |
| | 46 | Even Tunaal Bratsberg IL | NOR | 1:07:04.6 |
| | 173 | Toril Flaathe Bratsberg IL | NOR | 49:30.2 |
| | 178 | Dag Johnsen | NOR | 47:45.8 |
| | 179 | Anette Mathisen Bratsberg IL | NOR | 47:47.1 |
| | 181 | Frank Dahl | NOR | 49:37.0 |
| | 183 | Thore Wold | NOR | 7:27.3 |
| | 184 | Anette Moen | NOR | 1:02:38.4 |
| | 185 | Lena Schjølberg | NOR | 47:38.8 |
| | 186 | Magnus Sejnæs | NOR | 46:05.8 |

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| Rank | Bib | Name | Nat | Diff |
|----------------------------|-----|---|-----|------------------|
| Trim uten tidtaking | | | | |
| | 187 | Kristin Eidsli Dahl Bratsberg IL | NOR | 49:30.6 |
| | 188 | Roar Grøtte | NOR | 36:34.2 |
| | 190 | Ruth Haldorsen | NOR | 47:28.6 |
| | 191 | Olav Haldorsen | NOR | 45:25.6 |
| | 192 | Tor Rødsten | NOR | 42:34.2 |
| | 193 | Anne Ingrid Rødsten | NOR | 42:32.8 |
| | 194 | Erlend Abusland | NOR | 42:35.8 |
| | 198 | Kristine Forseth Klæbu IL | NOR | 33:42.5 |
| | 199 | Roger Pettersen Klæbu IL | NOR | 34:27.8 |
| | 200 | Marit Dahlen Bratsberg IL | NOR | 1:16:31.5 |
| | 201 | Thea Fandin Dahlen Bratsberg IL | NOR | 1:16:28.9 |
| | 208 | Eirin Espaas Bratsberg IL | NOR | 38:08.8 |
| | 209 | Svein Husby | NOR | 49:35.3 |
| | 210 | Oda Sivertsgård Sandvik TRONDHEIM | NOR | 59:50.8 |
| | 211 | Olav Sandvik TRONDHEIM | NOR | 59:55.6 |
| | 212 | Anya Østlyng | NOR | 1:16:30.6 |
| | 236 | Knut Inge Fordal | NOR | 1:36:43.4 |

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| Nr i klasse | Startnr | Fornavn | Etternavn | Klubb Navn | Sluttid |
|--------------------------------|---------|----------------------|----------------|-------------------------|----------|
| Junior Kvinner 13-14 år | | | | | |
| 1 | 235 | Guro Elise | Kvaal | IL Fram | 26:31.61 |
| 2 | 227 | Elise | Nilsen | Utleira IL | 27:53.10 |
| 3 | 206 | Marie Hatlen | Wågheim | Bratsberg | 28:24.21 |
| 4 | 252 | Ann-Eline Block | Børke | Byåsen | 29:02.28 |
| 5 | 204 | Karen | Forseth | Klæbu | 32:59.50 |
| 6 | 233 | Live | Spilker | Byåsen IL | 34:29.46 |
| Kvinner 15-17 år | | | | | |
| 1 | 290 | Magni | Smedås | IL Nansen | 35:38.45 |
| 2 | 211 | Marte | Skaanes | Strindheim IL | 37:50.00 |
| 3 | 210 | Hanne | Skulbru | Strindheim | 38:08.15 |
| Kvinner 18-20 år | | | | | |
| 1 | 246 | Thekla | Brun-Lie | Tjalve | 34:07.90 |
| 2 | 293 | Anniken | Riksaasen | Vågå | 38:39.56 |
| Kvinner 21-39 år | | | | | |
| 1 | 268 | Anne | Nevin | Strindheim Friidrett | 30:40.85 |
| 2 | 260 | Mariann Renate | Lande | Fengselet BIL | 32:33.30 |
| 3 | 276 | Berit | Nordstad | Tynset IL | 33:20.61 |
| 4 | 245 | Maria | Nakstad | Byaasen Skiklubb | 34:00.24 |
| 5 | 231 | Irene Haugsdal | Olsøybakk | Utleira IL | 34:08.94 |
| 6 | 270 | Tiril | Eckhoff | Fossum IL | 35:43.60 |
| 7 | 255 | Trude | Carlsen | NTNUI | 36:02.15 |
| 8 | 243 | Katarina | Johansen | Strindheim Ski | 36:59.50 |
| 9 | 289 | Lina | Hultin | Garphyttans IF | 38:20.64 |
| 10 | 240 | Ann-Kristin | Lien | Trondheim Triatlonklubb | 39:30.98 |
| 11 | 295 | Kari | Mørkved Sylten | BSK | 40:22.47 |
| 12 | 292 | Hanna | Slotte | Falun IK | 41:13.06 |
| 13 | 213 | Maja | Solli | NTNUI | 41:21.74 |
| 14 | 223 | Cathrine Claussen | Mediaas | Trondheim triatlonklubb | 42:16.56 |
| 15 | 286 | Kristine Nordstad | Moen | ELIXIA | 49:04.64 |
| Kvinner 40-44 år | | | | | |
| 1 | 275 | Siri Ann | Nyrnes | Strindheim Friidrett | 36:54.96 |
| Junior Menn 13-14 år | | | | | |
| 1 | 208 | Alexander | Kolstad | Heimdal Ski | 22:27.99 |
| 2 | 212 | Håkon | Skaanes | Strindheim IL | 26:07.27 |
| 3 | 254 | Mathias | Hermstad | Freidig orientering | 27:15.69 |
| 4 | 232 | Bror Andreas | Spilker | Byåsen IL | 27:40.62 |
| 5 | 253 | Iver Eidsli | dahl | bratsberg | 28:29.45 |

Liaåsen Opp 2012 resultater

| | | | | | |
|---|-----|-------------|----------|--------------|----------|
| 6 | 272 | Lars Anders | Braa | Bjugn IL | 29:22.60 |
| 7 | 271 | Vegard | Rundhaug | Bratsberg IL | 29:25.80 |

Menn 15-17 år

| | | | | | |
|----|-----|-----------------|----------------|------------------|----------|
| 1 | 269 | Hallvard Seim | Grøvlen | Utleira IL | 30:08.22 |
| 2 | 278 | Magnus | Telebond | Klæbu | 32:09.02 |
| 3 | 256 | Hadrian Mjøsund | Sletner | Utleira IL | 32:32.61 |
| 4 | 209 | Øyvind | Jonassen Hagen | | 33:07.34 |
| 5 | 216 | Amund | Blikra | Strindheim IL | 33:32.34 |
| 6 | 267 | Audun | Brenne Fehn | Utleira IL | 34:33.99 |
| 7 | 214 | Aleksander | Wisløff | Ranheim Ski | 34:45.80 |
| 8 | 226 | Lars | Engan | Utleira IL | 35:25.90 |
| 9 | 273 | Magne | Undebakke | Ranheim Skiklubb | 36:37.70 |
| 10 | 215 | Kristoffer | Lurvik | Ranheim Ski | 39:08.65 |

Menn 18-20 år

| | | | | | |
|---|-----|--------|---------|------------------|----------|
| 1 | 220 | Petter | Rypdal | Strindheim IL | 30:50.15 |
| 2 | 221 | Øyvind | Larsen | Ranheim Skiklubb | 32:54.18 |
| 3 | 218 | Simen | Midttun | Byneset IL | 36:30.09 |

Menn 21-39 år

| | | | | | |
|----|-----|--------------|---------------|----------------------------------|----------|
| 1 | 266 | Eldar | Rønning | Skogn | 27:35.19 |
| 2 | 249 | Andreas | Dahlø Wærnes | Rindals Troll | 27:46.09 |
| 3 | 262 | Anders | Myrland | Skogn | 28:02.51 |
| 4 | 282 | Ole-Marius | Bach | Namdal Løpeklubb | 28:26.74 |
| 5 | 296 | Martin | Hammer | Skogn IL | 28:30.63 |
| 6 | 277 | Eirik | Telebond | Klæbu | 29:02.53 |
| 7 | 280 | Johan | Kjølstad | Skogn IL | 29:22.05 |
| 8 | 224 | Anders | Høgberg | Skogn IL | 29:25.12 |
| 9 | 274 | Lars | Moholdt | IK Rindals-Troll | 29:28.62 |
| 10 | 261 | Kent Ove | Clausen | Skogn IL | 29:36.91 |
| 11 | 258 | Martin | Hallberg | NTNUI-langrenn/Team Skiraffen | 29:48.95 |
| 12 | 288 | Nils Magnus | Bøen | Korlevoll | 29:58.53 |
| 13 | 283 | Jonas | Sæther | Namdal Løpeklubb | 30:05.70 |
| 14 | 287 | Knut Anders | Hatlen | Stranda IL | 30:06.06 |
| 15 | 244 | Bernard | Rønning | Skogn IL | 30:06.90 |
| 16 | 239 | Hans Petter | Lykkja | IK Rindals troll | 30:15.90 |
| 17 | 222 | Maius | Strand Geving | Klæbu Løpeklubb | 30:32.30 |
| 18 | 236 | Øystein | Høgstrand | Trondheim Triatlonklubb | 30:39.55 |
| 19 | 259 | Matias | Oppedal | Fana IL - Langrenn | 31:03.48 |
| 20 | 281 | Ole Ivar | Eide | Skogn IL | 31:13.55 |
| 21 | 247 | Einar Raknes | Brekke | Norconsult | 31:26.63 |
| 22 | 304 | Øyvind | Slørdahl | Oslofjord Triatlon | 31:51.64 |
| 23 | 257 | Tomas | Brikselli | Reinertsen BIL | 31:56.81 |
| 24 | 234 | Ola A. | Eggen | Snåsa IL | 32:11.43 |

Liaåsen Opp 2012 resultater

| | | | | | |
|----|-----|---------------|------------|---------------------|----------|
| 25 | 250 | Morten | Svinsås | IK. Rindals-Troll | 32:19.40 |
| 26 | 284 | Erlend | Bjerkås | Bratsberg IL | 32:25.70 |
| 27 | 264 | Aleksander | Hanssen | Norconsult | 32:31.73 |
| 28 | 241 | Frode | Jermstad | Skogn | 32:46.95 |
| 29 | 303 | Einar | Moxnes | Viking | 33:19.21 |
| 30 | 230 | Halvor | Steinsholt | NTNUI | 33:24.13 |
| 31 | 242 | Torbjørn | Vala | NTNUI | 33:27.14 |
| 32 | 203 | Tomas | SKJØLSVOLD | | 33:46.23 |
| 33 | 291 | Torleif | Sandnes | Atmel Norway | 33:54.71 |
| 34 | 294 | Bjørn | Balstad | Byåsen Festlangrenn | 34:21.40 |
| 35 | 219 | Audun | Johanson | Hammerfest Ski | 34:43.81 |
| 36 | 251 | Peter | McFadzean | Statoil BIL | 34:47.78 |
| 37 | 305 | Bjørn | Bergholt | NTNUI | 35:05.59 |
| 38 | 207 | Kristian | Dreiås | Statoil BIL | 35:09.98 |
| 39 | 237 | Xavier | Ros | Reinertsen BIL | 37:45.44 |
| 40 | 265 | Krzysztof Jan | Zieba | SINTEF Petroleum | 38:37.61 |
| 41 | 225 | Frode | Hallberg | NTNUI | 38:55.75 |

Menn 40-44 år

| | | | | | |
|---|-----|-------|----------|-----------------|----------|
| 1 | 263 | Helge | Johansen | Multiconsult | 34:36.26 |
| 2 | 205 | Geir | Hanssen | Cosmic Dropouts | 37:47.59 |

Menn 45-49 år

| | | | | | |
|---|-----|--------|-----------|--------------|----------|
| 1 | 228 | Håvard | Lorange | Strindheim | 32:05.89 |
| 2 | 238 | Reidar | Sivertsen | Utleira IL | 34:16.69 |
| 3 | 285 | Leif | Grimsmo | Sintef BIL | 36:16.12 |
| 4 | 248 | Arve | Østgaard | Hommelvik IL | 37:12.92 |

Menn 50-54 år

| | | | | | |
|---|-----|-------------|--------|---------------|----------|
| 1 | 217 | Lars Harald | Blikra | Strindheim IL | 37:29.70 |
|---|-----|-------------|--------|---------------|----------|

Menn 55-59 år

| | | | | | |
|---|-----|------|-------|---------------|----------|
| 1 | 279 | Atle | Bones | Strindheim IL | 35:29.54 |
|---|-----|------|-------|---------------|----------|

Menn 60-64 år

| | | | | | |
|---|-----|--------|----------|---------------|----------|
| 1 | 229 | Anders | Waage | St Olav | 37:51.82 |
| 2 | 297 | Stein | Øvstedal | Strindheim IL | 42:15.93 |

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|----|------------------|----------|--------------|------------|
| 20 | Christian Fjærli | Aune | Bratsberg IL | 30:11.85 |
| 21 | Maja Fjærli | Aune | Bratsberg IL | 32:49.88 |
| 42 | Kristian Eidsli | Dahl | bratsberg | 1:01:55.39 |
| 45 | Julian | Grøtte | Utleira | 42:09.73 |
| 51 | Tuva | Grøtte | Utleira | 37:52.71 |
| 52 | Trond | Grøtte | Utleira | 42:10.44 |
| 26 | Linn Beate | Haarberg | Norconsult | 43:19.12 |

Liaåsen Opp 2012 resultater

| | | | | |
|----|--------------------|--------------|--------------|------------|
| 41 | May Kristin | Hustøft | Norconsult | 43:18.68 |
| 87 | Edvin | Ingebrigtsen | Bratsberg IL | 27:06.20 |
| 88 | Eva | Ingebrigtsen | Bratsberg IL | 38:29.08 |
| 89 | Mette | Ingebrigtsen | Bratsberg IL | 38:32.01 |
| 40 | Anne | Instanes | Norconsult | 36:35.25 |
| 80 | Elise Flaathe | Johansen | BRATSBERG | 42:39.73 |
| 5 | Thea Marie | Johnsen | Bratsberg | 30:53.93 |
| 30 | Therese | Jørgensen | Bratsberg IL | 35:05.42 |
| 4 | Axel | Mathisen | Bratsberg IL | 1:01:52.17 |
| 29 | Julie | Nilsen | Bratsberg IL | 32:19.89 |
| 73 | Reidun | Nilsen | Bratsberg IL | 42:38.20 |
| 75 | Anette | Nilsen | Utleira IL | 38:02.05 |
| 76 | Stig | Nilsen | Utleira IL | 27:53.52 |
| 32 | Silje Tøndel | Sliper | Bratsberg IL | 37:57.93 |
| 33 | Casper Tøndel | Sliper | Bratsberg IL | 30:13.01 |
| 31 | Emilie Tøndel | Sliper | Bratsberg IL | 35:17.95 |
| 46 | Hermann Andreas | Solaas | Utleira Ski | 34:47.39 |
| 54 | Hendrik Storstein | Spilker | CK NOR | 27:41.02 |
| 77 | Kristin | Spilker | Byåsen IL | 34:29.15 |
| 9 | Matheus | Sæknan | Bratsberg | 26:07.82 |
| 10 | Adine | Sæknan | | 38:28.88 |
| 53 | Marit | Tenden | Utleira | 37:53.32 |
| 44 | Signe | Tunaal | Bratsberg IL | 34:47.00 |
| 39 | Svein Inge | Wiken | Bratsberg | 28:11.68 |
| 36 | Bengt Are | Wågheim | Bratsberg | 35:24.09 |
| 37 | Sindre Hatlen | Wågheim | Bratsberg | 29:31.89 |
| 64 | Gunnar | Ydse | Bratsberg | 37:21.35 |

Trim uten tid

| | | | |
|----|----------------|----------------|--------------|
| 1 | Thore | Wold | |
| 2 | Anne | Sliper | Bratsberg IL |
| 3 | Madeleine | Sliper | Bratsberg IL |
| 6 | Sandra | Johnsen | Bratsberg |
| 7 | Gro | Johnsen | Bratsberg |
| 8 | Rune Langø | Johnsen | Bratsberg |
| 11 | Kristine | Forseth | Klæbu |
| 12 | Roger | Pettersen | Klæbu |
| 13 | Petter | Bang Haagensen | Bratsberg |
| 14 | Odin Skjervold | Jensen | Bratsberg |
| 15 | Filip | Dahlheim | Kristiansund |
| 16 | Frida | Dahlheim | Kristiansund |
| 17 | Hugo | Dahlheim | Kristiansund |
| 18 | Una | Skjervold | Bratsberg |
| 19 | Britt Fjærli | Aune | Bratsberg IL |
| 22 | Frank | Dahl | Bratsberg |

Liaåsen Opp 2012 resultater

| | | | |
|----|--------------|--------------|---------------|
| 23 | Svein | Husby | Bratsberg |
| 24 | Tor | Rødsten | Bratsberg |
| 25 | Anne Ingfrid | Rødsten | Bratsberg |
| 27 | Anette | Mathisen | Bratsberg IL |
| 28 | Therese | Sande | Bratsberg IL |
| 34 | Nina | Tøndel | Bratsberg |
| 35 | Tone | Hatlen | Bratsberg |
| 38 | Marit | Dahlen | Bratsberg IL |
| 43 | kristin | eidsli | bratsberg il |
| 47 | Jorunn | Vikan Larsen | Bratsberg IL |
| 48 | Andrine | Skulbru | Nidelv IL |
| 49 | Kathrine | Løvmø | Nidelv IL |
| 50 | Terje | Skulbru | Nidelv IL |
| 55 | Morten | Skaanes | Strindheim IL |
| 56 | Øyvind | Skaanes | Strindheim IL |
| 57 | Håvard | Skikstein | Bratsberg iL |
| 58 | Konrad | Olsøybakk | Utleira |
| 59 | Ragnhild | Olsøybakk | Utleira |
| 60 | Ingeborg | Olsøybakk | Utleira |
| 61 | Lillian Hoff | Dahlen | Bratsberg IL |
| 62 | Inge | Dahlen | Bratsberg IL |
| 63 | Andreas Hoff | Dahlen | Bratsberg IL |
| 65 | Fuglem | Christian | Utleira |
| 66 | May Britt | Fuglem | Utleira |
| 67 | William | Fuglem | Utleira |
| 68 | Edvard | Fuglem | Utleira |
| 69 | Håkon | Fuglem | Utleira |
| 70 | Solfrid | Ekle | Bratsberg IL |
| 71 | Anny | Østlyng | |
| 72 | Lars | Børke | Byåsen |
| 74 | Johanne | Fjermstad | Bratsberg IL |
| 78 | Terje | Olsøybakk | Norconsult |
| 79 | Kirsti | Nordstad | |