

| Class | Navn | Klubb Klasse | | | | | | | | | | | Tid | |
|-----------|-------------------------------|---------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|
| 1 | | | | | | | | | | | | | | |
| 2 | Rune Nygaard | IL Gular H17 | | | | | | | | | | | 41:01 | |
| | 04:25 | 05:24 | 10:38 | 12:47 | 13:52 | 20:55 | 21:45 | 23:40 | 26:47 | 29:40 | 33:57 | 38:56 | 40:25 | 41:01 |
| | 04:25 | 00:59 | 05:14 | 02:09 | 01:05 | 07:03 | 00:50 | 01:55 | 03:07 | 02:53 | 04:17 | 04:59 | 01:29 | 00:36 |
| 4 | Sindre Ø Deisz | Varegg Fleridrett H17 | | | | | | | | | | | 43:09 | |
| | 07:27 | 08:22 | 13:59 | 16:14 | 17:20 | 26:15 | 27:01 | 29:14 | 32:33 | 35:13 | 39:41 | 43:44 | 45:08 | 46:02 |
| | 07:27 | 00:55 | 05:37 | 02:15 | 01:06 | 08:55 | 00:46 | 02:13 | 03:19 | 02:40 | 04:28 | 04:03 | 01:24 | 00:54 |
| 11 | Ronny Rykkje | Fana IL H17 | | | | | | | | | | | 46:12 | |
| | 00:58 | 06:25 | 10:02 | 11:12 | 19:32 | 20:28 | 22:38 | 26:06 | 28:58 | 34:49 | 39:20 | 41:11 | 42:06 | |
| | 00:58 | 05:27 | 03:37 | 01:10 | 08:20 | 00:56 | 02:10 | 03:28 | 02:52 | 05:51 | 04:31 | 01:51 | 00:55 | |
| 17 | Einar Marius Hjellevad | MartinsenVikebygd IL H17 | | | | | | | | | | | 52:41 | |
| | 02:50 | 03:51 | 10:26 | 15:12 | 16:34 | 25:34 | 26:36 | 29:15 | 33:46 | 38:09 | 44:08 | 49:03 | 50:33 | 51:25 |
| | 02:50 | 01:01 | 06:35 | 04:46 | 01:22 | 09:00 | 01:02 | 02:39 | 04:31 | 04:23 | 05:59 | 04:55 | 01:30 | 00:52 |
| 21 | Anders Daltveit | Fana IL H17 | | | | | | | | | | | 58:15 | |
| | 108:38 | 109:58 | 116:05 | 118:57 | 120:11 | 130:12 | 131:10 | 133:24 | 137:04 | 140:35 | 150:39 | 160:46 | 162:11 | 162:35 |
| | 108:38 | 01:20 | 06:07 | 02:52 | 01:14 | 10:01 | 00:58 | 02:14 | 03:40 | 03:31 | 10:04 | 10:07 | 01:25 | 00:24 |
| 24 | Arild Røen | Samnanger IL H17 | | | | | | | | | | | 1:06:43 | |
| | 05:18 | 10:02 | 16:47 | 19:54 | 25:10 | 35:33 | 36:50 | 41:00 | 45:31 | 50:19 | 57:04 | 63:33 | 65:46 | 66:43 |
| | 05:18 | 04:44 | 06:45 | 03:07 | 05:16 | 10:23 | 01:17 | 04:10 | 04:31 | 04:48 | 06:45 | 06:29 | 02:13 | 00:57 |
| 26 | Snorre Lunde | IL Gneist H17 | | | | | | | | | | | 1:24:21 | |
| | 05:39 | 08:12 | 17:22 | 25:18 | 27:12 | 39:35 | 40:59 | 45:12 | 49:31 | 54:56 | 73:14 | 80:10 | 81:51 | 82:41 |
| | 05:39 | 02:33 | 09:10 | 07:56 | 01:54 | 12:23 | 01:24 | 04:13 | 04:19 | 05:25 | 18:18 | 06:56 | 01:41 | 00:50 |
| 2 | | | | | | | | | | | | | | |
| 6 | Ørjan Rykkje | Varegg Fleridrett H17 | | | | | | | | | | | 43:54 | |
| | 02:40 | 03:19 | 09:02 | 11:33 | 12:42 | 20:24 | 21:19 | 23:29 | 27:04 | 29:40 | 34:34 | 38:38 | 40:11 | 41:01 |
| | 02:40 | 00:39 | 05:43 | 02:31 | 01:09 | 07:42 | 00:55 | 02:10 | 03:35 | 02:36 | 04:54 | 04:04 | 01:33 | 00:50 |
| 7 | Jan Harald Bakkejord | IL Gular H17 | | | | | | | | | | | 44:05 | |
| | 06:14 | 07:14 | 12:41 | 15:08 | 16:20 | 24:56 | 26:01 | 28:23 | 32:01 | 34:37 | 39:49 | 44:06 | 45:25 | 46:20 |
| | 06:14 | 01:00 | 05:27 | 02:27 | 01:12 | 08:36 | 01:05 | 02:22 | 03:38 | 02:36 | 05:12 | 04:17 | 01:19 | 00:55 |
| 10 | Magne Knudsen | IL Gneist H17 | | | | | | | | | | | 46:08 | |
| | 06:45 | 07:30 | 12:39 | 14:57 | 16:11 | 24:18 | 25:24 | 28:10 | 32:54 | 35:49 | 40:55 | 45:17 | 46:49 | 47:48 |
| | 06:45 | 00:45 | 05:09 | 02:18 | 01:14 | 08:07 | 01:06 | 02:46 | 04:44 | 02:55 | 05:06 | 04:22 | 01:32 | 00:59 |
| 12 | Jon Magne Svendsbøe | Vikebygd IL H17 | | | | | | | | | | | 46:42 | |
| | 04:46 | 05:31 | 11:30 | 14:10 | 15:21 | 24:13 | 25:17 | 27:38 | 31:26 | 34:42 | 40:11 | 44:44 | 46:12 | 46:42 |
| | 04:46 | 00:45 | 05:59 | 02:40 | 01:11 | 08:52 | 01:04 | 02:21 | 03:48 | 03:16 | 05:29 | 04:33 | 01:28 | 00:30 |
| 13 | Stian Solheim | Fana IL H17 | | | | | | | | | | | 48:41 | |
| | 04:30 | 05:18 | 12:27 | 15:27 | 16:44 | 25:44 | 26:54 | 29:44 | 33:29 | 36:30 | 41:38 | 46:12 | 48:01 | 48:41 |
| | 04:30 | 00:48 | 07:09 | 03:00 | 01:17 | 09:00 | 01:10 | 02:50 | 03:45 | 03:01 | 05:08 | 04:34 | 01:49 | 00:40 |
| 20 | Ørjan S Aas | Varegg Fleridrett H17 | | | | | | | | | | | 57:31 | |
| | 109:49 | 111:54 | 120:15 | 123:03 | 124:56 | 135:14 | 136:22 | 138:47 | 146:11 | 149:29 | 154:28 | 159:26 | 161:07 | 161:41 |
| | 109:49 | 02:05 | 08:21 | 02:48 | 01:53 | 10:18 | 01:08 | 02:25 | 07:24 | 03:18 | 04:59 | 04:58 | 01:41 | 00:34 |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid | |
|-----------|-------------------------------|------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|----------------|--------|
| 23 | Henrik Røen | Samnanger IL H17 | | | | | | | | | | 1:03:32 | |
| 07:00 | 07:49 | 17:06 | 20:50 | 22:49 | 33:19 | 34:43 | 38:00 | 43:15 | 47:40 | 53:08 | 61:00 | 62:44 | 63:32 |
| 07:00 | 00:49 | 09:17 | 03:44 | 01:59 | 10:30 | 01:24 | 03:17 | 05:15 | 04:25 | 05:28 | 07:52 | 01:44 | 00:48 |
| 27 | Mads Lundland | BSI Orientering H17 | | | | | | | | | | 1:48:12 | |
| 05:53 | 07:25 | 27:11 | 35:24 | 38:43 | 53:32 | 61:24 | 64:39 | 73:26 | 78:21 | 86:32 | 103:44 | 106:48 | 108:12 |
| 05:53 | 01:32 | 19:46 | 08:13 | 03:19 | 14:49 | 07:52 | 03:15 | 08:47 | 04:55 | 08:11 | 17:12 | 03:04 | 01:24 |
| 3 | | | | | | | | | | | | | |
| 1 | Per Arne Aadland | Samnanger IL H17 | | | | | | | | | | 40:38 | |
| 03:47 | 04:20 | 09:35 | 11:59 | 12:57 | 20:42 | 22:04 | 24:04 | 27:48 | 30:29 | 34:46 | 38:32 | 40:11 | 40:38 |
| 03:47 | 00:33 | 05:15 | 02:24 | 00:58 | 07:45 | 01:22 | 02:00 | 03:44 | 02:41 | 04:17 | 03:46 | 01:39 | 00:27 |
| 3 | Oskar Røen | Varegg Fleridrett H17 | | | | | | | | | | 42:02 | |
| 03:41 | 04:12 | 09:40 | 12:05 | 12:57 | 21:12 | 22:09 | 24:23 | 27:42 | 31:43 | 35:59 | 39:51 | 41:11 | 42:02 |
| 03:41 | 00:31 | 05:28 | 02:25 | 00:52 | 08:15 | 00:57 | 02:14 | 03:19 | 04:01 | 04:16 | 03:52 | 01:20 | 00:51 |
| 5 | Espen Rognsvåg | Fana IL H17 | | | | | | | | | | 43:42 | |
| 08:28 | 09:00 | 14:37 | 17:10 | 19:42 | 27:10 | 28:02 | 30:17 | 33:53 | 36:24 | 41:54 | 45:38 | 46:55 | 47:48 |
| 08:28 | 00:32 | 05:37 | 02:33 | 02:32 | 07:28 | 00:52 | 02:15 | 03:36 | 02:31 | 05:30 | 03:44 | 01:17 | 00:53 |
| 8 | Einar Martinsen | Vikebygd IL H17 | | | | | | | | | | 44:19 | |
| 05:25 | 06:00 | 11:50 | 14:28 | 15:25 | 23:56 | 25:07 | 27:40 | 31:10 | 33:49 | 38:54 | 43:16 | 44:37 | 45:35 |
| 05:25 | 00:35 | 05:50 | 02:38 | 00:57 | 08:31 | 01:11 | 02:33 | 03:30 | 02:39 | 05:05 | 04:22 | 01:21 | 00:58 |
| 9 | Martin Femsteinevik | Varegg Fleridrett H17 | | | | | | | | | | 45:55 | |
| 06:28 | 07:24 | 12:45 | 15:16 | 18:00 | 25:30 | 26:27 | 28:50 | 32:22 | 34:49 | 39:40 | 43:13 | 45:10 | 45:55 |
| 06:28 | 00:56 | 05:21 | 02:31 | 02:44 | 07:30 | 00:57 | 02:23 | 03:32 | 02:27 | 04:51 | 03:33 | 01:57 | 00:45 |
| 15 | Tormod Skauge | IL Gular H17 | | | | | | | | | | 52:02 | |
| 02:47 | 03:18 | 09:54 | 14:07 | 15:14 | 25:02 | 26:03 | 28:51 | 33:26 | 36:39 | 42:18 | 46:56 | 48:50 | 49:47 |
| 02:47 | 00:31 | 06:36 | 04:13 | 01:07 | 09:48 | 01:01 | 02:48 | 04:35 | 03:13 | 05:39 | 04:38 | 01:54 | 00:57 |
| 16 | Mads Bratland Claussen | Fana IL H17 | | | | | | | | | | 52:26 | |
| 05:23 | 05:56 | 11:33 | 14:20 | 15:20 | 25:08 | 26:09 | 30:23 | 35:11 | 38:58 | 44:05 | 48:44 | 50:20 | 51:10 |
| 05:23 | 00:33 | 05:37 | 02:47 | 01:00 | 09:48 | 01:01 | 04:14 | 04:48 | 03:47 | 05:07 | 04:39 | 01:36 | 00:50 |
| 4 | | | | | | | | | | | | | |
| 1 | Kirsti Lysaker | Fana IL D17 | | | | | | | | | | 40:15 | |
| 04:38 | 07:44 | 13:42 | 17:19 | 20:33 | 24:34 | 29:09 | 31:12 | 35:42 | 37:36 | 38:48 | | | |
| 04:38 | 03:06 | 05:58 | 03:37 | 03:14 | 04:01 | 04:35 | 02:03 | 04:30 | 01:54 | 01:12 | | | |
| 2 | Ingjerd Sognæs | Bergens TF D120 | | | | | | | | | | 39:49 | |
| 07:07 | 10:13 | 15:53 | 19:26 | 22:41 | 27:07 | 32:26 | 34:08 | 38:28 | 40:13 | 41:20 | | | |
| 07:07 | 03:06 | 05:40 | 03:33 | 03:15 | 04:26 | 05:19 | 01:42 | 04:20 | 01:45 | 01:07 | | | |
| 3 | Helen Martinsen | IL Gular D17 | | | | | | | | | | 43:19 | |
| 08:00 | 11:52 | 17:46 | 21:18 | 24:03 | 27:53 | 32:46 | 34:24 | 40:57 | 42:39 | 43:19 | | | |
| 08:00 | 03:52 | 05:54 | 03:32 | 02:45 | 03:50 | 04:53 | 01:38 | 06:33 | 01:42 | 00:40 | | | |
| 3 | Henrik Ottesen | Stord Orientering H120 | | | | | | | | | | 32:21 | |
| 04:20 | 06:49 | 11:36 | 14:16 | 17:38 | 21:07 | 25:33 | 26:38 | 30:16 | 31:43 | 32:21 | | | |
| 04:20 | 02:29 | 04:47 | 02:40 | 03:22 | 03:29 | 04:26 | 01:05 | 03:38 | 01:27 | 00:38 | | | |
| 4 | Edvin Helle | Askvoll og Holmedal IL H156 | | | | | | | | | | 39:41 | |
| 07:29 | 10:28 | 16:17 | 19:55 | 23:12 | 27:27 | 32:57 | 34:38 | 39:00 | 40:46 | 41:46 | | | |
| 07:29 | 02:59 | 05:49 | 03:38 | 03:17 | 04:15 | 05:30 | 01:41 | 04:22 | 01:46 | 01:00 | | | |

| Class | Navn | Klubb Klasse | Tid |
|-----------|------------------------------------|--------------------------------|----------------|
| 6 | Hildegunn Enes Heggøy | Askøy O-Lag D120 | 1:40:39 |
| 22:47 | 27:05 38:22 49:04 54:48 71:46 | 79:50 91:19 97:28 99:56 100:39 | |
| 22:47 | 04:18 11:17 10:42 05:44 16:58 | 08:04 11:29 06:09 02:28 00:43 | |
| 7 | Johanne Rakner | Varegg Fleridrett D17 | 50:12 |
| 09:57 | 13:21 19:32 23:36 26:44 34:04 | 38:31 42:35 47:06 49:20 50:12 | |
| 09:57 | 03:24 06:11 04:04 03:08 07:20 | 04:27 04:04 04:31 02:14 00:52 | |
| 7 | Arne Wilhelm Knudsen | IL Gneist H156 | 42:12 |
| 06:53 | 08:56 13:01 16:56 19:21 22:39 | 27:07 32:11 39:23 41:28 42:12 | |
| 06:53 | 02:03 04:05 03:55 02:25 03:18 | 04:28 05:04 07:12 02:05 00:44 | |
| 9 | Tore Svein Nese | Askøy O-Lag H120 | 39:26 |
| 06:00 | 08:31 14:22 17:30 21:01 25:34 | 30:19 32:54 37:14 38:48 39:26 | |
| 06:00 | 02:31 05:51 03:08 03:31 04:33 | 04:45 02:35 04:20 01:34 00:38 | |
| 10 | Tommy Sævareid | Fana IL H156 | 46:40 |
| 05:09 | 08:15 13:37 16:47 20:44 28:05 | 32:29 35:55 41:12 46:05 46:40 | |
| 05:09 | 03:06 05:22 03:10 03:57 07:21 | 04:24 03:26 05:17 04:53 00:35 | |
| 11 | Sverre Ottesen | Varegg Fleridrett H120 | 41:42 |
| 06:44 | 09:40 16:40 20:07 23:06 29:32 | 33:39 37:11 41:03 43:04 44:06 | |
| 06:44 | 02:56 07:00 03:27 02:59 06:26 | 04:07 03:32 03:52 02:01 01:02 | |
| 12 | Rune Monsen | Askøy O-Lag H156 | 47:35 |
| 09:11 | 12:32 17:50 21:54 25:14 29:42 | 34:33 37:49 44:22 46:37 47:35 | |
| 09:11 | 03:21 05:18 04:04 03:20 04:28 | 04:51 03:16 06:33 02:15 00:58 | |
| 14 | Jan Kjærner-Semb | Varegg Fleridrett H120 | 43:10 |
| 03:31 | 06:07 11:30 17:15 19:42 23:15 | 27:51 29:33 33:46 35:26 36:21 | |
| 03:31 | 02:36 05:23 05:45 02:27 03:33 | 04:36 01:42 04:13 01:40 00:55 | |
| 15 | Jan Harald Helmich Pedersen | TIF Viking H156 | 57:11 |
| 05:33 | 08:50 16:29 21:27 25:07 34:19 | 42:54 45:07 53:37 56:00 57:11 | |
| 05:33 | 03:17 07:39 04:58 03:40 09:12 | 08:35 02:13 08:30 02:23 01:11 | |
| 16 | Kjell Arne Askeland | Fana IL H120 | 50:29 |
| 09:02 | 12:41 20:45 24:21 27:22 34:02 | 38:40 42:25 47:16 49:30 50:29 | |
| 09:02 | 03:39 08:04 03:36 03:01 06:40 | 04:38 03:45 04:51 02:14 00:59 | |
| 5 | | | |
| 1 | Bjart Are Hellen | TIF Viking H156 | 33:05 |
| 05:49 | 08:07 12:24 15:00 17:55 20:50 | 25:11 26:06 30:38 33:05 34:11 | |
| 05:49 | 02:18 04:17 02:36 02:55 02:55 | 04:21 00:55 04:32 02:27 01:06 | |
| 1 | Tore Nymark | Askøy O-Lag H120 | 31:12 |
| 06:21 | 08:25 12:42 15:27 18:53 21:42 | 25:10 26:12 30:38 32:12 33:07 | |
| 06:21 | 02:04 04:17 02:45 03:26 02:49 | 03:28 01:02 04:26 01:34 00:55 | |
| 2 | Sveinung Rykkje | Stord Orientering H120 | 31:37 |
| 07:57 | 10:01 14:37 17:08 20:08 22:58 | 27:09 28:07 31:54 34:09 34:59 | |
| 07:57 | 02:04 04:36 02:31 03:00 02:50 | 04:11 00:58 03:47 02:15 00:50 | |
| 2 | Torgeir Strand | Fana IL H156 | 38:37 |
| 07:09 | 09:57 15:41 19:15 22:18 26:43 | 31:04 32:22 37:17 39:12 40:09 | |
| 07:09 | 02:48 05:44 03:34 03:03 04:25 | 04:21 01:18 04:55 01:55 00:57 | |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|-----------|------------------------------|--------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--|----------------|
| 4 | Ragnhild Femsteinevik | Varegg Fleridrett D17 | | | | | | | | | | 44:32 |
| 07:32 | 11:02 | 17:58 | 21:42 | 24:58 | 30:58 | 34:45 | 36:10 | 41:45 | 43:40 | 44:32 | | |
| 07:32 | 03:30 | 06:56 | 03:44 | 03:16 | 06:00 | 03:47 | 01:25 | 05:35 | 01:55 | 00:52 | | |
| 4 | Tove Aasheim | Askøy O-Lag D120 | | | | | | | | | | 47:03 |
| 08:20 | 12:20 | 17:56 | 21:46 | 25:16 | 30:37 | 35:34 | 37:17 | 42:30 | 45:57 | 47:03 | | |
| 08:20 | 04:00 | 05:36 | 03:50 | 03:30 | 05:21 | 04:57 | 01:43 | 05:13 | 03:27 | 01:06 | | |
| 5 | Turid Rognsvåg | Fana IL D17 | | | | | | | | | | 47:06 |
| 06:45 | 09:34 | 15:13 | 18:59 | 21:45 | 29:21 | 35:55 | 39:00 | 44:04 | 46:24 | 47:06 | | |
| 06:45 | 02:49 | 05:39 | 03:46 | 02:46 | 07:36 | 06:34 | 03:05 | 05:04 | 02:20 | 00:42 | | |
| 5 | Nina Solligard | Bergens TF D120 | | | | | | | | | | 49:56 |
| 07:06 | 10:13 | 17:25 | 21:20 | 24:22 | 29:13 | 33:52 | 35:32 | 43:49 | 47:12 | 48:25 | | |
| 07:06 | 03:07 | 07:12 | 03:55 | 03:02 | 04:51 | 04:39 | 01:40 | 08:17 | 03:23 | 01:13 | | |
| 6 | Solfrid H Thuestad | Haugesund IL Orientering D17 | | | | | | | | | | 50:11 |
| 11:20 | 14:10 | 19:44 | 23:33 | 26:29 | 31:27 | 37:37 | 39:19 | 45:03 | 48:51 | 50:11 | | |
| 11:20 | 02:50 | 05:34 | 03:49 | 02:56 | 04:58 | 06:10 | 01:42 | 05:44 | 03:48 | 01:20 | | |
| 7 | Harald Valen | Varegg Fleridrett H120 | | | | | | | | | | 35:25 |
| 06:01 | 08:36 | 13:03 | 15:55 | 18:28 | 23:11 | 26:11 | 27:19 | 32:27 | 34:51 | 35:25 | | |
| 06:01 | 02:35 | 04:27 | 02:52 | 02:33 | 04:43 | 03:00 | 01:08 | 05:08 | 02:24 | 00:34 | | |
| 8 | Jan Steineger | IL Gneist H156 | | | | | | | | | | 42:32 |
| 04:45 | 07:15 | 15:47 | 19:22 | 21:57 | 26:51 | 30:33 | 33:19 | 37:33 | 39:29 | 40:39 | | |
| 04:45 | 02:30 | 08:32 | 03:35 | 02:35 | 04:54 | 03:42 | 02:46 | 04:14 | 01:56 | 01:10 | | |
| 9 | Egil Karlsen | Askøy O-Lag H156 | | | | | | | | | | 44:14 |
| 03:11 | 10:19 | 16:12 | 21:08 | 24:29 | 29:09 | 33:56 | 35:38 | 41:04 | 42:59 | 44:14 | | |
| 03:11 | 07:08 | 05:53 | 04:56 | 03:21 | 04:40 | 04:47 | 01:42 | 05:26 | 01:55 | 01:15 | | |
| 10 | Mai Helen Linga | IL Gular D17 | | | | | | | | | | 1:04:08 |
| 09:20 | 13:22 | 22:07 | 26:33 | 30:31 | 36:12 | 49:54 | 51:48 | 60:36 | 63:07 | 64:08 | | |
| 09:20 | 04:02 | 08:45 | 04:26 | 03:58 | 05:41 | 13:42 | 01:54 | 08:48 | 02:31 | 01:01 | | |
| 11 | Jørn Torgersen | TIF Viking H156 | | | | | | | | | | 47:01 |
| 06:43 | 10:04 | 17:03 | 21:12 | 24:25 | 29:10 | 34:13 | 38:28 | 43:52 | 45:49 | 47:01 | | |
| 06:43 | 03:21 | 06:59 | 04:09 | 03:13 | 04:45 | 05:03 | 04:15 | 05:24 | 01:57 | 01:12 | | |
| 12 | Lars Stuland-Larsen | Varegg Fleridrett H120 | | | | | | | | | | 42:17 |
| 04:10 | 06:45 | 14:39 | 18:06 | 20:58 | 26:03 | 30:44 | 32:35 | 37:01 | 38:47 | 39:53 | | |
| 04:10 | 02:35 | 07:54 | 03:27 | 02:52 | 05:05 | 04:41 | 01:51 | 04:26 | 01:46 | 01:06 | | |
| 15 | Svein Linga | IL Gular H120 | | | | | | | | | | 43:34 |
| 02:55 | 05:49 | 17:16 | 20:34 | 23:32 | 27:45 | 32:09 | 33:28 | 38:07 | 39:59 | 41:03 | | |
| 02:55 | 02:54 | 11:27 | 03:18 | 02:58 | 04:13 | 04:24 | 01:19 | 04:39 | 01:52 | 01:04 | | |
| 17 | Per Bjarne Myhre | Haugesund IL Orientering H120 | | | | | | | | | | 1:01:09 |
| 13:33 | 16:47 | 24:47 | 30:41 | 34:00 | 44:27 | 50:16 | 51:56 | 56:50 | 58:43 | 59:38 | | |
| 13:33 | 03:14 | 08:00 | 05:54 | 03:19 | 10:27 | 05:49 | 01:40 | 04:54 | 01:53 | 00:55 | | |
| 18 | John Olav Alvsvåg | Fana IL H120 | | | | | | | | | | 1:01:31 |
| 07:50 | 12:32 | 19:20 | 23:59 | 28:23 | 34:32 | 42:32 | 45:15 | 59:02 | 60:56 | 61:31 | | |
| 07:50 | 04:42 | 06:48 | 04:39 | 04:24 | 06:09 | 08:00 | 02:43 | 13:47 | 01:54 | 00:35 | | |

6

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|-----------|-------------------------------|--------------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|
| 1 | Randi Hole | Bergens TF D120 | | | | | | | | | | 38:41 |
| | 05:57 | 08:05 | 13:37 | 17:13 | 20:07 | 25:33 | 29:27 | 31:00 | 36:22 | 38:05 | 38:41 | |
| | 05:57 | 02:08 | 05:32 | 03:36 | 02:54 | 05:26 | 03:54 | 01:33 | 05:22 | 01:43 | 00:36 | |
| 2 | Ann-Elin Bendiksen | Fana IL D17 | | | | | | | | | | 42:40 |
| | 08:11 | 10:26 | 16:31 | 20:13 | 24:03 | 28:53 | 32:35 | 35:23 | 40:54 | 43:00 | 44:07 | |
| | 08:11 | 02:15 | 06:05 | 03:42 | 03:50 | 04:50 | 03:42 | 02:48 | 05:31 | 02:06 | 01:07 | |
| 3 | Britt Karlsen | Askøy O-Lag D120 | | | | | | | | | | 42:43 |
| | 06:13 | 09:12 | 14:59 | 19:08 | 22:05 | 26:57 | 31:40 | 33:46 | 39:18 | 41:32 | 42:43 | |
| | 06:13 | 02:59 | 05:47 | 04:09 | 02:57 | 04:52 | 04:43 | 02:06 | 05:32 | 02:14 | 01:11 | |
| 3 | Kjetil Damm | TIF Viking H156 | | | | | | | | | | 39:33 |
| | 05:36 | 09:06 | 14:45 | 20:01 | 22:13 | 27:13 | 31:06 | 32:20 | 37:10 | 39:03 | 39:33 | |
| | 05:36 | 03:30 | 05:39 | 05:16 | 02:12 | 05:00 | 03:53 | 01:14 | 04:50 | 01:53 | 00:30 | |
| 4 | Yngve Nymark | Askøy O-Lag H120 | | | | | | | | | | 32:54 |
| | 02:42 | 04:28 | 09:22 | 12:17 | 14:04 | 18:38 | 21:50 | 22:52 | 28:34 | 29:56 | 30:59 | |
| | 02:42 | 01:46 | 04:54 | 02:55 | 01:47 | 04:34 | 03:12 | 01:02 | 05:42 | 01:22 | 01:03 | |
| 5 | Rune Brunborg | Fana IL H120 | | | | | | | | | | 33:19 |
| | 05:06 | 07:11 | 11:36 | 14:49 | 17:13 | 20:19 | 24:07 | 25:16 | 30:16 | 32:24 | 33:19 | |
| | 05:06 | 02:05 | 04:25 | 03:13 | 02:24 | 03:06 | 03:48 | 01:09 | 05:00 | 02:08 | 00:55 | |
| 5 | Ørjan Eirik Valestrand | Fana IL H156 | | | | | | | | | | 40:02 |
| | 04:02 | 06:32 | 12:15 | 16:02 | 18:48 | 22:59 | 27:38 | 30:07 | 35:41 | 37:23 | 38:30 | |
| | 04:02 | 02:30 | 05:43 | 03:47 | 02:46 | 04:11 | 04:39 | 02:29 | 05:34 | 01:42 | 01:07 | |
| 6 | Owen J Westergård | Varegg Fleridrett H120 | | | | | | | | | | 34:28 |
| | 07:33 | 09:10 | 14:14 | 16:56 | 18:47 | 23:52 | 26:40 | 27:45 | 32:12 | 33:50 | 34:28 | |
| | 07:33 | 01:37 | 05:04 | 02:42 | 01:51 | 05:05 | 02:48 | 01:05 | 04:27 | 01:38 | 00:38 | |
| 6 | Bjørn-Inge Skage | IL Gneist H156 | | | | | | | | | | 41:25 |
| | 10:23 | 13:14 | 18:58 | 22:50 | 25:18 | 29:11 | 33:52 | 35:12 | 40:17 | 42:10 | 43:18 | |
| | 10:23 | 02:51 | 05:44 | 03:52 | 02:28 | 03:53 | 04:41 | 01:20 | 05:05 | 01:53 | 01:08 | |
| 8 | Marian Malde | IL Gular D17 | | | | | | | | | | 54:56 |
| | 09:46 | 18:27 | 25:02 | 32:57 | 35:36 | 39:33 | 44:17 | 46:11 | 51:59 | 53:51 | 54:56 | |
| | 09:46 | 08:41 | 06:35 | 07:55 | 02:39 | 03:57 | 04:44 | 01:54 | 05:48 | 01:52 | 01:05 | |
| 8 | Helge T Haugland | Varegg Fleridrett H120 | | | | | | | | | | 36:11 |
| | 10:28 | 12:45 | 19:12 | 22:15 | 24:31 | 30:13 | 33:49 | 35:47 | 40:24 | 42:01 | 43:00 | |
| | 10:28 | 02:17 | 06:27 | 03:03 | 02:16 | 05:42 | 03:36 | 01:58 | 04:37 | 01:37 | 00:59 | |
| 9 | Anne Aubert | Varegg Fleridrett D17 | | | | | | | | | | 56:12 |
| | 09:13 | 12:00 | 19:08 | 25:08 | 28:07 | 32:04 | 37:07 | 39:02 | 53:34 | 55:38 | 56:12 | |
| | 09:13 | 02:47 | 07:08 | 06:00 | 02:59 | 03:57 | 05:03 | 01:55 | 14:32 | 02:04 | 00:34 | |
| 10 | Sverre Johan Nærheim | IL Gular H120 | | | | | | | | | | 40:41 |
| | 07:01 | 08:53 | 14:37 | 18:10 | 20:21 | 24:27 | 28:51 | 31:50 | 38:14 | 40:02 | 40:41 | |
| | 07:01 | 01:52 | 05:44 | 03:33 | 02:11 | 04:06 | 04:24 | 02:59 | 06:24 | 01:48 | 00:39 | |
| 11 | Ingrid Eggen | Haugesund IL Orientering D17 | | | | | | | | | | 2:39:38 |
| | 113:37 | 116:07 | 127:52 | 131:59 | 135:09 | 139:59 | 146:14 | 150:48 | 156:49 | 158:54 | 159:38 | |
| | 113:37 | 02:30 | 11:45 | 04:07 | 03:10 | 04:50 | 06:15 | 04:34 | 06:01 | 02:05 | 00:44 | |
| 13 | Ivar Kvale | Haugesund IL Orientering H120 | | | | | | | | | | 42:48 |
| | 10:03 | 12:09 | 19:51 | 23:43 | 26:04 | 30:25 | 34:38 | 35:56 | 41:10 | 43:15 | 44:19 | |
| | 10:03 | 02:06 | 07:42 | 03:52 | 02:21 | 04:21 | 04:13 | 01:18 | 05:14 | 02:05 | 01:04 | |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|-----------|--------------------------------|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|----------------|
| 13 | Harald Forland | Askøy O-Lag H156 | | | | | | | | | | 53:24 |
| | 09:22 | 12:44 | 20:31 | 24:59 | 28:26 | 32:37 | 37:05 | 43:52 | 50:20 | 52:52 | 53:24 | |
| | 09:22 | 03:22 | 07:47 | 04:28 | 03:27 | 04:11 | 04:28 | 06:47 | 06:28 | 02:32 | 00:32 | |
| 17 | Øistein Paulsen | Bergens TF H156 | | | | | | | | | | 1:01:11 |
| | 20:19 | 23:34 | 29:34 | 34:48 | 39:17 | 43:38 | 48:38 | 50:30 | 57:41 | 60:06 | 61:11 | |
| | 20:19 | 03:15 | 06:00 | 05:14 | 04:29 | 04:21 | 05:00 | 01:52 | 07:11 | 02:25 | 01:05 | |
| 7 | | | | | | | | | | | | |
| 1 | Vegard J Westergård | Varegg Fleridrett H13-16 | | | | | | | | | | 21:55 |
| | 02:25 | 04:37 | 06:07 | 07:20 | 09:21 | 11:24 | 14:02 | 16:26 | 18:52 | 21:20 | 21:55 | |
| | 02:25 | 02:12 | 01:30 | 01:13 | 02:01 | 02:03 | 02:38 | 02:24 | 02:26 | 02:28 | 00:35 | |
| 3 | Siren Greve | Bergens TF D156 | | | | | | | | | | 48:37 |
| | 04:40 | 09:10 | 11:56 | 13:41 | 16:44 | 23:43 | 31:00 | 36:01 | 41:31 | 46:00 | 48:37 | |
| | 04:40 | 04:30 | 02:46 | 01:45 | 03:03 | 06:59 | 07:17 | 05:01 | 05:30 | 04:29 | 02:37 | |
| 5 | Jakob Eikner | Fana IL H13-16 | | | | | | | | | | 26:04 |
| | 02:57 | 05:52 | 07:26 | 09:03 | 11:10 | 13:27 | 16:06 | 18:20 | 20:53 | 25:30 | 26:04 | |
| | 02:57 | 02:55 | 01:34 | 01:37 | 02:07 | 02:17 | 02:39 | 02:14 | 02:33 | 04:37 | 00:34 | |
| 6 | Tonje Aa Nymark | Askøy O-Lag D13-16 | | | | | | | | | | 35:34 |
| | 04:08 | 09:53 | 13:43 | 15:24 | 18:21 | 21:19 | 24:57 | 28:51 | 32:50 | 34:51 | 35:34 | |
| | 04:08 | 05:45 | 03:50 | 01:41 | 02:57 | 02:58 | 03:38 | 03:54 | 03:59 | 02:01 | 00:43 | |
| 7 | Ingeborg Aadland | Varegg/Samnanger D13-16 | | | | | | | | | | 37:03 |
| | 06:09 | 11:48 | 15:28 | 17:11 | 19:57 | 22:48 | 26:56 | 30:25 | 34:13 | 36:30 | 37:03 | |
| | 06:09 | 05:39 | 03:40 | 01:43 | 02:46 | 02:51 | 04:08 | 03:29 | 03:48 | 02:17 | 00:33 | |
| 8 | Karsten Hervik Hansen | Haugesund IL Orientering H13-16 | | | | | | | | | | 30:35 |
| | 05:07 | 08:30 | 11:16 | 12:43 | 14:58 | 17:09 | 21:28 | 24:42 | 28:10 | 31:17 | 32:13 | |
| | 05:07 | 03:23 | 02:46 | 01:27 | 02:15 | 02:11 | 04:19 | 03:14 | 03:28 | 03:07 | 00:56 | |
| 10 | Kårhild H Nordstad | Varegg Fleridrett D13-16 | | | | | | | | | | 41:07 |
| | 03:31 | 07:22 | 11:49 | 13:30 | 18:17 | 22:27 | 27:14 | 30:14 | 36:56 | 40:24 | 41:07 | |
| | 03:31 | 03:51 | 04:27 | 01:41 | 04:47 | 04:10 | 04:47 | 03:00 | 06:42 | 03:28 | 00:43 | |
| 10 | Brage L Hovden | Stord Orientering H13-16 | | | | | | | | | | 37:51 |
| | 05:26 | 09:09 | 12:03 | 13:54 | 17:05 | 22:02 | 25:29 | 29:14 | 35:33 | 38:27 | 39:40 | |
| | 05:26 | 03:43 | 02:54 | 01:51 | 03:11 | 04:57 | 03:27 | 03:45 | 06:19 | 02:54 | 01:13 | |
| 12 | Brage Hellen | TIF Viking H13-16 | | | | | | | | | | 57:25 |
| | 30:00 | 33:32 | 35:43 | 37:27 | 40:07 | 42:48 | 46:09 | 49:19 | 53:01 | 56:30 | 57:25 | |
| | 30:00 | 03:32 | 02:11 | 01:44 | 02:40 | 02:41 | 03:21 | 03:10 | 03:42 | 03:29 | 00:55 | |
| 13 | Line Laurantsen | IL Gneist D13-16 | | | | | | | | | | 45:21 |
| | 06:35 | 11:09 | 13:41 | 15:25 | 18:33 | 25:37 | 33:10 | 37:05 | 41:12 | 44:19 | 45:21 | |
| | 06:35 | 04:34 | 02:32 | 01:44 | 03:08 | 07:04 | 07:33 | 03:55 | 04:07 | 03:07 | 01:02 | |
| 15 | Hedvig Kjellevoid Malde | IL Gular D13-16 | | | | | | | | | | 48:19 |
| | 04:54 | 09:30 | 12:04 | 13:47 | 16:40 | 23:39 | 31:28 | 36:02 | 40:56 | 47:19 | 48:19 | |
| | 04:54 | 04:36 | 02:34 | 01:43 | 02:53 | 06:59 | 07:49 | 04:34 | 04:54 | 06:23 | 01:00 | |
| 8 | | | | | | | | | | | | |
| 1 | Ingrid V Løvås | Varegg Fleridrett D13-16 | | | | | | | | | | 29:15 |
| | 05:11 | 08:37 | 11:25 | 12:39 | 14:54 | 18:13 | 21:00 | 24:41 | 28:16 | 30:06 | 31:03 | |
| | 05:11 | 03:26 | 02:48 | 01:14 | 02:15 | 03:19 | 02:47 | 03:41 | 03:35 | 01:50 | 00:57 | |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|-----------|--------------------------------|--|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|
| 2 | Toril Aa Nymark | Askøy O-Lag D13-16 | | | | | | | | | | 30:37 |
| | 05:38 | 08:50 | 11:02 | 12:17 | 14:37 | 18:03 | 21:36 | 25:15 | 29:04 | 31:50 | 32:50 | |
| | 05:38 | 03:12 | 02:12 | 01:15 | 02:20 | 03:26 | 03:33 | 03:39 | 03:49 | 02:46 | 01:00 | |
| 2 | Berit Hegdal | Bergens TF D156 | | | | | | | | | | 39:05 |
| | 05:09 | 08:44 | 13:14 | 14:52 | 17:55 | 21:50 | 24:54 | 29:59 | 34:17 | 38:20 | 39:05 | |
| | 05:09 | 03:35 | 04:30 | 01:38 | 03:03 | 03:55 | 03:04 | 05:05 | 04:18 | 04:03 | 00:45 | |
| 3 | Olav Ekrheim | Fana IL H13-16 | | | | | | | | | | 24:34 |
| | 04:46 | 06:57 | 09:32 | 10:30 | 12:54 | 15:36 | 18:12 | 20:42 | 23:22 | 25:40 | 26:29 | |
| | 04:46 | 02:11 | 02:35 | 00:58 | 02:24 | 02:42 | 02:36 | 02:30 | 02:40 | 02:18 | 00:49 | |
| 6 | Markus Kjærner-Semb | Varegg Fleridrett H13-16 | | | | | | | | | | 26:31 |
| | 04:56 | 07:03 | 09:45 | 10:45 | 12:57 | 15:46 | 18:39 | 21:22 | 24:11 | 27:42 | 28:32 | |
| | 04:56 | 02:07 | 02:42 | 01:00 | 02:12 | 02:49 | 02:53 | 02:43 | 02:49 | 03:31 | 00:50 | |
| 7 | Ingvar Rafdal | Stord Orientering H13-16 | | | | | | | | | | 27:57 |
| | 03:41 | 06:19 | 08:15 | 09:33 | 13:27 | 16:20 | 18:39 | 21:16 | 24:49 | 27:18 | 27:57 | |
| | 03:41 | 02:38 | 01:56 | 01:18 | 03:54 | 02:53 | 02:19 | 02:37 | 03:33 | 02:29 | 00:39 | |
| 8 | Sigrid Søvik | IL Gneist D13-16 | | | | | | | | | | 37:13 |
| | 04:59 | 11:08 | 13:48 | 15:35 | 20:42 | 24:42 | 26:55 | 30:39 | 34:29 | 36:44 | 37:13 | |
| | 04:59 | 06:09 | 02:40 | 01:47 | 05:07 | 04:00 | 02:13 | 03:44 | 03:50 | 02:15 | 00:29 | |
| 9 | Vibeke Rykkje | Fana IL D13-16 | | | | | | | | | | 38:48 |
| | 04:26 | 07:31 | 10:11 | 11:44 | 15:46 | 20:49 | 26:47 | 31:19 | 35:31 | 38:05 | 38:48 | |
| | 04:26 | 03:05 | 02:40 | 01:33 | 04:02 | 05:03 | 05:58 | 04:32 | 04:12 | 02:34 | 00:43 | |
| 11 | Kristoffer Susort Kvale | Haugesund IL Orientering H13-16 | | | | | | | | | | 39:02 |
| | 04:20 | 09:45 | 13:33 | 15:15 | 19:10 | 23:19 | 26:03 | 29:55 | 35:38 | 38:19 | 39:02 | |
| | 04:20 | 05:25 | 03:48 | 01:42 | 03:55 | 04:09 | 02:44 | 03:52 | 05:43 | 02:41 | 00:43 | |
| 14 | Kristiane Ottesen | Varegg/Samnanger D13-16 | | | | | | | | | | 48:15 |
| | 08:16 | 11:29 | 17:03 | 18:22 | 21:27 | 25:15 | 28:01 | 32:39 | 44:09 | 47:09 | 48:15 | |
| | 08:16 | 03:13 | 05:34 | 01:19 | 03:05 | 03:48 | 02:46 | 04:38 | 11:30 | 03:00 | 01:06 | |
| 14 | Sondre Damm | TIF Viking H13-16 | | | | | | | | | | 2:33:26 |
| | 124:33 | 127:10 | 132:17 | 133:21 | 135:19 | 140:33 | 142:49 | 147:19 | 150:23 | 152:49 | 153:26 | |
| | 124:33 | 02:37 | 05:07 | 01:04 | 01:58 | 05:14 | 02:16 | 04:30 | 03:04 | 02:26 | 00:37 | |
| 9 | | | | | | | | | | | | |
| 1 | Nina Goga | Bergens TF D156 | | | | | | | | | | 34:00 |
| | 03:34 | 06:35 | 09:13 | 12:37 | 15:58 | 20:04 | 23:29 | 27:25 | 32:59 | 34:00 | | |
| | 03:34 | 03:01 | 02:38 | 03:24 | 03:21 | 04:06 | 03:25 | 03:56 | 05:34 | 01:01 | | |
| 2 | Rasmus Vonen | Varegg Fleridrett H13-16 | | | | | | | | | | 23:59 |
| | 01:03 | 03:09 | 04:42 | 06:47 | 09:27 | 13:41 | 15:55 | 19:04 | 21:10 | 21:58 | | |
| | 01:03 | 02:06 | 01:33 | 02:05 | 02:40 | 04:14 | 02:14 | 03:09 | 02:06 | 00:48 | | |
| 2 | Jens Andreas Thuestad | Haugesund IL Orientering Mix | | | | | | | | | | 34:09 |
| | 01:17 | 04:28 | 07:07 | 10:13 | 14:10 | 19:24 | 22:39 | 27:21 | 31:18 | 32:21 | | |
| | 01:17 | 03:11 | 02:39 | 03:06 | 03:57 | 05:14 | 03:15 | 04:42 | 03:57 | 01:03 | | |
| 3 | Gunhild S Tysvær | Varegg/Samnanger D13-16 | | | | | | | | | | 30:50 |
| | 01:40 | 04:17 | 10:59 | 14:36 | 19:35 | 22:22 | 27:10 | 29:47 | 30:50 | | | |
| | 01:40 | 02:37 | 06:42 | 03:37 | 04:59 | 02:47 | 04:48 | 02:37 | 01:03 | | | |

| Class | Navn | Klubb Klasse | Tid |
|-----------|-----------------------------|--|----------------|
| 4 | Constance Storvestre | Varegg Fleridrett D13-16 | 31:48 |
| 01:12 | 04:03 06:09 08:51 12:33 | 17:23 20:29 25:17 29:11 30:00 | |
| 01:12 | 02:51 02:06 02:42 03:42 | 04:50 03:06 04:48 03:54 00:49 | |
| 4 | Sander Clausen | Fana IL H13-16 | 25:59 |
| 00:40 | 04:24 06:12 08:45 11:41 | 15:42 18:06 21:10 23:17 24:04 | |
| 00:40 | 03:44 01:48 02:33 02:56 | 04:01 02:24 03:04 02:07 00:47 | |
| 5 | Vilde Skage | IL Gneist D13-16 | 33:33 |
| 00:40 | 04:31 07:09 13:56 17:23 | 22:21 25:14 30:13 32:29 33:33 | |
| 00:40 | 03:51 02:38 06:47 03:27 | 04:58 02:53 04:59 02:16 01:04 | |
| 6 | Anne Løver | Stord Orientering Mix | 42:53 |
| 09:35 | 13:10 15:48 19:15 23:37 | 28:54 32:40 37:01 39:56 41:13 | |
| 09:35 | 03:35 02:38 03:27 04:22 | 05:17 03:46 04:21 02:55 01:17 | |
| 9 | Jostein Bergsvåg | Stord Orientering H13-16 | 32:32 |
| 00:43 | 03:35 05:39 09:50 13:00 | 18:07 20:32 24:37 29:47 30:43 | |
| 00:43 | 02:52 02:04 04:11 03:10 | 05:07 02:25 04:05 05:10 00:56 | |
| 11 | Julie Askeland | Fana IL D13-16 | 42:06 |
| 00:52 | 04:01 06:18 10:12 17:45 | 25:40 29:23 35:22 38:57 39:59 | |
| 00:52 | 03:09 02:17 03:54 07:33 | 07:55 03:43 05:59 03:35 01:02 | |
| 11 | Knut Kyrkjebø | TIF Viking Mix | 47:15 |
| 02:36 | 08:12 10:07 18:51 22:26 | 30:46 34:02 38:54 46:27 47:15 | |
| 02:36 | 05:36 01:55 08:44 03:35 | 08:20 03:16 04:52 07:33 00:48 | |
| 13 | Lars Harald Thuestad | Haugesund IL Orientering H13-16 | 2:00:49 |
| 01:28 | 05:58 08:22 12:12 16:36 | 51:35 55:03 115:26 118:07 119:11 | |
| 01:28 | 04:30 02:24 03:50 04:24 | 34:59 03:28 60:23 02:41 01:04 | |
| 14 | Inger K Nesbø | IL Gneist Mix | 56:12 |
| 06:22 | 10:32 13:38 22:38 26:44 | 34:24 38:57 51:02 55:02 56:12 | |
| 06:22 | 04:10 03:06 09:00 04:06 | 07:40 04:33 12:05 04:00 01:10 | |
| 15 | Marie Aadland | Samnanger IL Mix | 57:57 |
| 05:45 | 10:55 14:29 24:06 29:25 | 38:28 44:36 52:55 56:40 57:57 | |
| 05:45 | 05:10 03:34 09:37 05:19 | 09:03 06:08 08:19 03:45 01:17 | |
| 16 | Marianne H Monsen | Askøy O-Lag D13-16 | 50:11 |
| 01:08 | 10:04 13:21 17:08 21:40 | 32:48 37:50 42:50 46:47 47:58 | |
| 01:08 | 08:56 03:17 03:47 04:32 | 11:08 05:02 05:00 03:57 01:11 | |
| 17 | Martine Berntssen | IL Gular D13-16 | 1:33:47 |
| 19:00 | 34:07 37:29 42:37 50:26 | 74:16 78:37 88:55 92:41 93:47 | |
| 19:00 | 15:07 03:22 05:08 07:49 | 23:50 04:21 10:18 03:46 01:06 | |
| 10 | | | |
| 1 | Per Øyvind Valen | Haugesund IL Orientering Mix | 27:07 |
| 05:38 | 07:14 11:30 14:07 15:53 | 18:41 22:14 23:06 26:47 28:04 28:55 | |
| 05:38 | 01:36 04:16 02:37 01:46 | 02:48 03:33 00:52 03:41 01:17 00:51 | |
| 1 | Kristian Rykkje | Fana IL H11-12 | 23:09 |
| 22:09 | 23:09 | | |
| 22:09 | 01:00 | | |

| Class | Navn | Klubb Klasse | Tid |
|-----------|--|-------------------------------------|----------------|
| 2 | Stian Rykkje | Fana/Stord H11-12 | 23:27 |
| | 22:27 23:27 22:27 01:00 | | |
| 3 | Sindre Løver Hovden | Stord Orientering Mix | 36:26 |
| | 07:02 09:20 14:48 19:08 21:17 25:23 29:10 30:40 35:21 37:16 38:06 07:02 02:18 05:28 04:20 02:09 04:06 03:47 01:30 04:41 01:55 00:50 | | |
| 3 | Mathias Kjærner-Semb | Varegg Fleridrett H11-12 | 34:05 |
| | 33:33 34:05 33:33 00:32 | | |
| 4 | Eyvind Kjellevoid Malde | IL Gular H11-12 | 34:26 |
| | 33:56 34:26 33:56 00:30 | | |
| 5 | Herman Brunborg | Fana/Stord H11-12 | 42:46 |
| | 42:13 42:46 42:13 00:33 | | |
| 6 | Mathias Rosenlund | Fana IL H11-12 | 44:35 |
| | 43:45 44:35 43:45 00:50 | | |
| 7 | Heine Linga | IL Gular H11-12 | 1:03:22 |
| | 62:20 63:22 62:20 01:02 | | |
| 7 | Jon-Kåre Hansen | TIF Viking Mix | 43:02 |
| | 09:49 11:48 17:14 20:38 23:43 27:33 33:16 34:32 39:29 42:00 43:02 09:49 01:59 05:26 03:24 03:05 03:50 05:43 01:16 04:57 02:31 01:02 | | |
| 8 | Kristian Fredrik Thomassen | Varegg Fleridrett H11-12 | 1:03:46 |
| | 62:38 63:46 62:38 01:08 | | |
| 9 | Lars H Smedsrud | Varegg Fleridrett Mix | 44:26 |
| | 07:10 09:32 14:45 19:13 21:31 29:56 34:15 35:50 41:22 43:26 44:26 07:10 02:22 05:13 04:28 02:18 08:25 04:19 01:35 05:32 02:04 01:00 | | |
| 13 | Knut A Molvik | IL Gneist Mix | 51:10 |
| | 06:39 09:48 19:02 23:38 26:34 31:16 37:59 40:41 46:57 50:09 51:10 06:39 03:09 09:14 04:36 02:56 04:42 06:43 02:42 06:16 03:12 01:01 | | |
| 16 | Lisbeth Aadland | Samnanger IL Mix | 58:57 |
| | 06:46 10:41 19:29 29:42 34:11 39:34 45:35 47:25 55:15 57:44 58:57 06:46 03:55 08:48 10:13 04:29 05:23 06:01 01:50 07:50 02:29 01:13 | | |
| 11 | | | |
| 4 | Marius Myhre Sælevik | Haugesund IL Orientering Mix | 37:18 |
| | 04:38 07:50 11:15 14:20 17:33 21:22 25:50 29:36 33:41 36:37 37:18 04:38 03:12 03:25 03:05 03:13 03:49 04:28 03:46 04:05 02:56 00:41 | | |
| 5 | Ida Johanne Aadland | Samnanger IL Mix | 38:38 |
| | 04:39 08:32 10:52 12:41 15:30 18:41 27:20 31:19 35:33 37:59 38:38 04:39 03:53 02:20 01:49 02:49 03:11 08:39 03:59 04:14 02:26 00:39 | | |

| Class | Navn | Klubb Klasse | | | | | | | | | | Tid |
|-----------|--------------------------|------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------|
| 8 | Katrine Molvik | IL Gneist Mix | | | | | | | | | | 44:07 |
| | 07:46 | 11:32 | 14:58 | 17:06 | 20:20 | 24:14 | 30:34 | 35:36 | 40:35 | 43:27 | 44:07 | |
| | 07:46 | 03:46 | 03:26 | 02:08 | 03:14 | 03:54 | 06:20 | 05:02 | 04:59 | 02:52 | 00:40 | |
| 10 | Marie Aasheim | Stord Orientering Mix | | | | | | | | | | 45:38 |
| | 05:01 | 12:41 | 15:40 | 18:13 | 21:30 | 24:49 | 29:47 | 34:25 | 39:56 | 44:46 | 45:38 | |
| | 05:01 | 07:40 | 02:59 | 02:33 | 03:17 | 03:19 | 04:58 | 04:38 | 05:31 | 04:50 | 00:52 | |
| 12 | Camilla Vikingsen | TIF Viking Mix | | | | | | | | | | 50:07 |
| | 04:11 | 23:12 | 25:54 | 27:55 | 30:36 | 35:02 | 39:19 | 42:37 | 46:45 | 49:30 | 50:07 | |
| | 04:11 | 19:01 | 02:42 | 02:01 | 02:41 | 04:26 | 04:17 | 03:18 | 04:08 | 02:45 | 00:37 | |