

D10B 2,33 km

Started : 25 DNF : 0 Disqualified : 0

| | | | | |
|-----|--------------------------|----------------------|-------|--------|
| 1. | Ingrid Bjerkreim Risdal | Kristiansand Oriente | 17:23 | |
| 2. | Sigrun Jondahl | Porsgrunn OL | 20:31 | +03:08 |
| 3. | Olivia Bøen Reigstad | Porsgrunn OL | 20:38 | +03:15 |
| 4. | Aurora Bakken | Kristiansand Oriente | 21:58 | +04:35 |
| 5. | Ada Berg Festervoll | Kristiansand Oriente | 22:30 | +05:07 |
| 6. | Vilde Stykket Blomhauge | Notodden Orienterin | 22:53 | +05:30 |
| 7. | Frida Kornstad | Notodden Orienterin | 23:10 | +05:47 |
| 8. | Freja Vinther Korsager | OK Snab | 23:14 | +05:51 |
| 9. | Livia Hed | Porsgrunn OL | 23:36 | +06:13 |
| 10. | Ida Nordbø Hagenes | Kristiansand Oriente | 23:53 | +06:30 |
| 11. | Anne Håbesland | Birkenes IL | 24:57 | +07:34 |
| 12. | Celina Sivertsen Hefjord | Birkenes IL | 26:02 | +08:39 |
| 13. | Anne Norendal | Bø orienteringslag | 26:36 | +09:13 |
| 14. | Mari Thygesen Alvestad | IK Grane Arendal ori | 26:46 | +09:23 |
| 15. | Emmy Hed | Porsgrunn OL | 27:12 | +09:49 |
| 16. | Ingvild Lærum Stabell | Torridal IL | 32:42 | +15:19 |
| 17. | Ada Dahl Monan | Torridal IL | 32:44 | +15:21 |
| 18. | Martine Walle Marnseg | Kristiansand Oriente | 35:13 | +17:50 |
| 19. | Elise Sande | Haugesund Idrettsla | 35:26 | +18:03 |
| 20. | Najah Haj Ali Baik | Notodden Orienterin | 36:36 | +19:13 |
| 21. | Oznur Kouzi | Notodden Orienterin | 36:59 | +19:36 |
| 22. | Oda Glende Stormoen | Birkenes IL | 37:11 | +19:48 |
| 23. | Live Stykket Blomhaugen | Notodden Orienterin | 38:37 | +21:14 |
| 24. | Maja Vestberg | OK Älgen | 39:22 | +21:59 |
| 25. | Siham Bakir | Notodden Orienterin | 39:31 | +22:08 |

H10B 2,33 km

Started : 23 DNF : 0 Disqualified : 1

| | | | | |
|-----|-------------------------|----------------------|-------|--------|
| 1. | Oliver Vide Markussen | Horsens OK | 13:25 | |
| 2. | Tarjei Evju Rjukan | Notodden Orienterin | 15:31 | +02:06 |
| 3. | Aleksander Bøen | Kristiansand Oriente | 16:48 | +03:23 |
| 4. | Tobias Ramse | Kristiansand Oriente | 17:26 | +04:01 |
| 5. | Birk Hvidberg Tofte | Odense OK | 17:34 | +04:09 |
| 6. | Hans Kalsås | Kristiansand Oriente | 17:40 | +04:15 |
| | Viktor Vinther Korsager | OK Snab | 17:40 | +04:15 |
| 8. | Torjus Hardang | Notodden Orienterin | 19:47 | +06:22 |
| 9. | Håkon Ingebrigtsen | Haugesund Idrettsla | 20:05 | +06:40 |
| 10. | Pelle Krogh-Jensen | OK Snab | 22:38 | +09:13 |
| 11. | Jens Olaus Askjer Kapst | Porsgrunn OL | 24:50 | +11:25 |
| 12. | Vetle Heddeland Martens | Kristiansand Oriente | 25:11 | +11:46 |
| 13. | Olav Sætre Færeveag | Haugesund Idrettsla | 25:35 | +12:10 |
| 14. | Karl Jesper Nielsen | Haugesund Idrettsla | 26:49 | +13:24 |
| 15. | Lev Bang-Herholdt | Haugesund Idrettsla | 27:28 | +14:03 |
| 16. | Sebastian Linde Lassen | Silkeborg OK | 28:10 | +14:45 |
| 17. | Sigurd Refslund | OK Pan | 28:46 | +15:21 |
| 18. | Daniel Frestad Nygaard | Kristiansand Oriente | 29:57 | +16:32 |
| 19. | Andreas Stenberg Hilmar | Kristiansand Oriente | 34:13 | +20:48 |
| 20. | Andreas Schrøder Magn | Haugesund Idrettsla | 34:38 | +21:13 |
| 21. | Victor Jensen Ditlefsen | Porsgrunn OL | 39:02 | +25:37 |
| 22. | Anton Popp Bobach | Aalborg OK | 52:40 | +39:15 |
| | Eskil Heddeland Martens | Kristiansand Oriente | Disq. | |
| | Håkon Porsholt Hvamb | Bø orienteringslag | DNS | |
| | Tor Evju Rjukan | Notodden Orienterin | DNS | |
| | Vemund Porsholt Hvamb | Bø orienteringslag | DNS | |

D10A 2,65 km

Started : 5 DNF : 0 Disqualified : 0

| | | | | |
|----|-------------------------|----------------------|-------|--------|
| 1. | Lykke Alexandra Kvala | Haugesund Idrettsla | 22:56 | |
| 2. | Othilie Opsal Buch | OK GORM | 23:13 | +17 |
| 3. | Eirin Thygesen Alvestad | IK Grane Arendal ori | 28:35 | +05:39 |
| 4. | Alberte Opsal Buch | OK GORM | 39:18 | +16:22 |
| | Astrid Vehusheia Anders | Birkenes IL | 20:26 | -02:30 |

H10A 2,65 km

Started : 4 DNF : 0 Disqualified : 0

| | | | |
|----------------------------|-------------------|-------|--------|
| 1. Mathias Linde Lassen | Silkeborg OK | 15:16 | |
| 2. Eirik Ørum | Søgne & Songdalen | 16:02 | +46 |
| 3. Håkon Kroken | IF Sturla | 17:19 | +02:03 |
| 4. Magne Birkelund Mourits | Horsens OK | 25:24 | +10:08 |

Beg 2,78 km

Started : 9 DNF : 0 Disqualified : 0

| | | | |
|-----------------------------|----------------------|-------|--------|
| 1. Ulrik Rønningen Hjelle | Porsgrunn OL | 19:12 | |
| 2. Ingrid Hasaas | OK Skeidi | 26:22 | +07:10 |
| 3. Mina Frestad Nygaard | Kristiansand Oriente | 30:03 | +10:51 |
| 4. Didrik Emilian Lindqvist | Stokke IL Orienterin | 31:01 | +11:49 |
| 5. Magnus Habberstad | Sandnes IL | 32:33 | +13:21 |
| 6. Benjamin Frestad Nygaa | Kristiansand Oriente | 37:19 | +18:07 |
| 7. Karla Birkelund Mouritse | Horsens OK | 44:57 | +25:45 |
| 8. Erle Wathne | Sandnes IL | 45:22 | +26:10 |
| 9. Vebjørn Stokka | Sandnes IL | 46:53 | +27:41 |
| Anna-Marie Kühl | OK Syd | DNS | |
| Inge K. Kristoffersen | Ballerup OK | DNS | |

D12B 2,78 km

Started : 20 DNF : 0 Disqualified : 0

| | | | | |
|-----|--------------------------|----------------------|-------|--------|
| 1. | Eva Myhre Kløvstad | Sandnes IL | 16:45 | |
| 2. | Pernille Laastad | Sandnes IL | 19:15 | +02:30 |
| 3. | Ingebjørg Soleng | Sandnes IL | 19:41 | +02:56 |
| 4. | Helle Ølberg Sølvberg | Sandnes IL | 19:43 | +02:58 |
| 5. | Ingrid Berg Festervoll | Kristiansand Oriente | 21:08 | +04:23 |
| 6. | Katinka Nybråten | Tyrving IL | 24:52 | +08:07 |
| 7. | Amalie Meihack | Sandnes IL | 24:58 | +08:13 |
| 8. | Sara Omdal | IL Vindbjart | 25:05 | +08:20 |
| 9. | Linnea Sivertsen Hefjord | Birkenes IL | 25:20 | +08:35 |
| 10. | Karoline Vinther Korsage | OK Snab | 26:14 | +09:29 |
| 11. | Hermine Seleng | Sandnes IL | 26:40 | +09:55 |
| 12. | Madelen Omdal | IL Vindbjart | 27:15 | +10:30 |
| 13. | Amalie Kleven Gusfre | OK Skeidi | 27:25 | +10:40 |
| 14. | Vilde Sofie Soterud | Bø orienteringslag | 28:24 | +11:39 |
| 15. | Ella Fidjeland | Birkenes IL | 31:05 | +14:20 |
| 16. | Tilde Håbesland | Birkenes IL | 31:58 | +15:13 |
| 17. | Ingrid Ashton Amundsen | Søgne & Songdalen | 39:27 | +22:42 |
| 18. | Malin Julin Wiig | Søgne & Songdalen | 39:35 | +22:50 |
| 19. | Ella Sauve | IF Sturla | 41:42 | +24:57 |
| 20. | Aynor Kouzi | Notodden Orienterin | 43:46 | +27:01 |

H12B 2,78 km

Started : 14 DNF : 0 Disqualified : 2

| | | | | |
|-----|---------------------------|----------------------|-------|--------|
| 1. | Johannes Bjerkreim Risd | Kristiansand Oriente | 16:51 | |
| 2. | Samuel Møkjåland | IL Vindbjart | 17:35 | +44 |
| 3. | Isak Øksendal | Sandnes IL | 17:45 | +54 |
| 4. | Jon Kristian Bergane | Bø orienteringslag | 18:19 | +01:28 |
| 5. | August Bakken | Kristiansand Oriente | 19:11 | +02:20 |
| 6. | Anton Malvin Askjer Kap | Porsgrunn OL | 19:19 | +02:28 |
| 7. | Håvard Omdal Stølen | IL Vindbjart | 19:51 | +03:00 |
| 8. | Lukas Andersen | Sandnes IL | 23:06 | +06:15 |
| 9. | Johannes Sande | Haugesund Idrettsla | 23:40 | +06:49 |
| 10. | Isak Andersen | Sandnes IL | 24:42 | +07:51 |
| 11. | Jonatan Lyseng | Kristiansand Oriente | 29:33 | +12:42 |
| 12. | Kevin Sebastian Lindqvist | Stokke IL Orienterin | 30:08 | +13:17 |
| | Milas Weidich Byrkjeland | Haugesund Idrettsla | Disq. | |
| | Viljar Porsholt Hvamb | Bø orienteringslag | Disq. | |

D14B 3,35 km

Started : 7 DNF : 0 Disqualified : 0

| | | | | |
|----|-----------------------|----------------------|-------|--------|
| 1. | Leah B Gunnerød | Stokke IL Orienterin | 25:43 | |
| 2. | Sara Møkjåland | IL Vindbjart | 25:50 | +07 |
| 3. | Amanda Omdal Hildebra | IL Vindbjart | 27:10 | +01:27 |
| 4. | Celina Geemuyden Ribe | Kristiansand Oriente | 30:36 | +04:53 |
| 5. | Maja Lærum Andersen | Torridal IL | 30:52 | +05:09 |
| 6. | Linnea Kvala | Haugesund Idrettsla | 30:55 | +05:12 |
| 7. | Artisha Wongdee Lind | Ballerup OK | 52:00 | +26:17 |

H14B 3,35 km

Started : 11 DNF : 0 Disqualified : 0

| | | | | |
|-----|--------------------------|----------------------|-------|--------|
| 1. | Lars Kvamme | Haugesund Idrettsla | 23:36 | |
| 2. | Jonathan Tobiassen | Torridal IL | 25:04 | +01:28 |
| 3. | Henrik Bratland Siegling | Haugesund Idrettsla | 25:34 | +01:58 |
| 4. | Magnus Moldesæther In | Haugesund Idrettsla | 26:00 | +02:24 |
| 5. | Dag Jørgen Moe | Torridal IL | 26:24 | +02:48 |
| 6. | Sam Hed | Porsgrunn OL | 28:19 | +04:43 |
| 7. | Torbjørn Sundin | Torridal IL | 29:31 | +05:55 |
| 8. | Anders Sande | Haugesund Idrettsla | 30:48 | +07:12 |
| 9. | Christian Walle Marnseg | Kristiansand Oriente | 33:24 | +09:48 |
| 10. | Jesper Militzer | Stokke IL Orienterin | 35:10 | +11:34 |
| 11. | Ola Ola Schrøder Magnu | Haugesund Idrettsla | 42:30 | +18:54 |
| | Ludvig Hoksrød Larsen | Stokke IL Orienterin | DNS | |
| | Vegard Solberg | Bø orienteringslag | DNS | |

D12A 3,48 km

Started : 17 DNF : 0 Disqualified : 0

| | | | | |
|-----|-------------------------|----------------------|-------|--------|
| 1. | Silja Baksaas Franche | Porsgrunn OL | 24:00 | |
| 2. | Ellen Kvala | Haugesund Idrettsla | 24:13 | +13 |
| 3. | Hanna Jondahl | Porsgrunn OL | 28:39 | +04:39 |
| 4. | Matilda Helgemo | Kristiansand Oriente | 29:06 | +05:06 |
| 5. | Sofie Bøen | Kristiansand Oriente | 29:36 | +05:36 |
| 6. | Josephine Vide Markuss | Horsens OK | 33:01 | +09:01 |
| 7. | Anne Sigrid Øye Rosseb | Haugesund Idrettsla | 33:14 | +09:14 |
| 8. | Nora Dahl Borkamo | Notodden Orienterin | 33:27 | +09:27 |
| 9. | Johanna Sætre Færevåg | Haugesund Idrettsla | 34:27 | +10:27 |
| 10. | Mari Orr Askland | Kristiansand Oriente | 34:33 | +10:33 |
| 11. | Ea Hvidberg Tofte | Odense OK | 35:30 | +11:30 |
| 12. | Ida Øverøyen Balchen | Oddersjaa | 36:31 | +12:31 |
| 13. | Sofie Kornstad | Notodden Orienterin | 37:24 | +13:24 |
| 14. | Ragna Lundø-Fuglseth | Haugesund Idrettsla | 38:29 | +14:29 |
| 15. | Ellinor Skogen Brennodd | Notodden Orienterin | 39:54 | +15:54 |
| | Enea Stykket Blomhauge | Notodden Orienterin | 39:54 | +15:54 |
| 17. | Ingrid Fogt Sundelin | Notodden Orienterin | 43:07 | +19:07 |

H12A 3,48 km

Started : 16 DNF : 0 Disqualified : 1

| | | | | |
|-----|--------------------------|----------------------|-------|--------|
| 1. | Falk Teigen Staib | IF Sturla | 22:36 | |
| 2. | Brage Glende Stormoen | Birkenes IL | 23:01 | +25 |
| 3. | Kirk Beuchert | OK Pan | 23:41 | +01:05 |
| 4. | Erik Fykerud | Porsgrunn OL | 25:19 | +02:43 |
| 5. | Jørgen Norendal | Bø orienteringslag | 26:06 | +03:30 |
| 6. | Jørgen Fidjeland | Birkenes IL | 26:33 | +03:57 |
| 7. | Bjørn Vang Bobach | Aalborg OK | 27:00 | +04:24 |
| 8. | Sander Popp Bobach | Aalborg OK | 28:02 | +05:26 |
| 9. | Martin Nathanael Fedeler | Birkenes IL | 29:04 | +06:28 |
| 10. | Sigurd Ingebrigtsen | Haugesund Idrettsla | 29:25 | +06:49 |
| 11. | Eivind Agerbo | Birkenes IL | 29:26 | +06:50 |
| 12. | Ståle Militzer | Stokke IL Orienterin | 29:27 | +06:51 |
| 13. | Sigurd Hasaas | OK Skeidi | 32:00 | +09:24 |
| 14. | Audun Kalsås | Kristiansand Oriente | 32:02 | +09:26 |
| 15. | Christian Nordbø Hagen | Kristiansand Oriente | 34:11 | +11:35 |
| | Oliver Vestberg | OK Älgen | Disq. | |

H20C 3,58 km

Started : 1 DNF : 0 Disqualified : 0

| | | | |
|--------------------|---------------------|-------|--|
| 1. Sverre Kvamme | Haugesund Idrettsla | 46:25 | |
| Arne Bjørn Knudsen | IL Express Fevik | DNS | |

D21C 4,28 km

Started : 15 DNF : 0 Disqualified : 0

| | | | |
|------------------------------|----------------------|---------|----------|
| 1. Christine Skjølvik | Stokke IL Orienterin | 32:18 | |
| 2. Helene Nordbø | Kristiansand Oriente | 33:13 | +55 |
| 3. Anne Sofie Vinther Korsaa | OK Snab | 33:33 | +01:15 |
| 4. Marie Nielsen | Haugesund Idrettsla | 34:05 | +01:47 |
| 5. Linn Hasaas | OK Skeidi | 36:15 | +03:57 |
| 6. Åshild Johannessen | Kristiansand Oriente | 37:53 | +05:35 |
| 7. Arite Rebenstorff | Stokke IL Orienterin | 38:59 | +06:41 |
| 8. Hildegunn Ruud Bøckma | Kristiansand Oriente | 39:23 | +07:05 |
| 9. Betina Bernholm Müller | OK Syd | 41:38 | +09:20 |
| 10. Rungtawan Wongdee | Ballerup OK | 42:27 | +10:09 |
| 11. Martina K. Nielsen | OK Syd | 48:13 | +15:55 |
| 12. Marianne Walle Marnseg | Kristiansand Oriente | 51:28 | +19:10 |
| 13. Trine Magdelle Hardang | Notodden Orienterin | 56:02 | +23:44 |
| 14. Bodil Thy | RSOK | 1:04:54 | +32:36 |
| 15. Bente Honnens | OK Syd | 1:38:21 | +1:06:03 |

H21C 4,28 km

Started : 6 DNF : 0 Disqualified : 0

| | | | |
|-----------------------|--------------------|---------|----------|
| 1. Kristine Aarrestad | Øyestad IF | 26:59 | |
| 2. Andreas Bækgaard | 1900 Orientering | 28:10 | +01:11 |
| 3. Anders Håland | Ålgård Orientering | 28:58 | +01:59 |
| 4. Arne Sæbø Fedeler | Birkenes IL | 35:49 | +08:50 |
| 5. Jan Erik Snøås | OK Skeidi | 51:37 | +24:38 |
| 6. Finn Hove | OK Syd | 1:28:55 | +1:01:56 |
| Tim Sebastian Hofoss | Hadeland OL | DNS | |

D45B 3,43 km

Started : 21 DNF : 0 Disqualified : 2

| | | | | |
|-----|--------------------------|----------------------|---------|--------|
| 1. | Ragnhild Richter | Sandnes IL | 28:34 | |
| 2. | Mari Fjærbu Åmdal | Kristiansand Oriente | 36:36 | +08:02 |
| 3. | Marit Sætre Færeveag | Haugesund Idrettsla | 38:36 | +10:02 |
| 4. | Helle Pilgaard Langer | Aalborg OK | 41:05 | +12:31 |
| 5. | Anne Marie Ekeland | Oddersjaa | 44:40 | +16:06 |
| 6. | Dorte Bruun | Aalborg OK | 48:36 | +20:02 |
| 7. | Grete Kjeldsen | IF Sturla | 49:03 | +20:29 |
| 8. | Anita Lindtveit | IF Sturla | 50:12 | +21:38 |
| 9. | Anette Åvitsland Tolstad | Torridal IL | 50:16 | +21:42 |
| 10. | Anne Kari Birkeland | Birkenes IL | 51:01 | +22:27 |
| 11. | Adriana Eik | Kristiansand Oriente | 52:36 | +24:02 |
| 12. | Mette Javenes Flaa | Birkenes IL | 53:06 | +24:32 |
| 13. | Irene Rasmussen | Viborg OK | 55:41 | +27:07 |
| 14. | Jeanette Karlsson | OK Älgen | 1:02:24 | +33:50 |
| 15. | Åse Aud Moldal Nyhus | Birkenes IL | 1:04:34 | +36:00 |
| 16. | Lisbet Holm | OK GORM | 1:05:37 | +37:03 |
| 17. | Lilli Hansen | OK GORM | 1:07:01 | +38:27 |
| 18. | Pia Grønberg Hansen | OK GORM | 1:07:03 | +38:29 |
| 19. | Ellen Korsbæk | Mariager Fjord OK | 1:07:27 | +38:53 |
| | Ingunn Gåsvær | Torridal IL | Disq. | |
| | Lene Birkeland | Søgne & Songdalen | Disq. | |
| | Helle Pilgaard Langer | Aalborg OK | DNS | |
| | Kirsti Bråten | Asker skiklubb | DNS | |
| | Mona Bakke | Porsgrunn OL | DNS | |
| | Therese Nilsen | IL Imås | DNS | |

D14A 4,28 km

Started : 10 DNF : 0 Disqualified : 0

| | | | | |
|-----|-------------------------|----------------------|---------|--------|
| 1. | Amalie Linnea Birkelund | Asker skiklubb | 29:57 | |
| 2. | Vilma Holte Fjeldstad | Porsgrunn OL | 31:21 | +01:24 |
| 3. | Liv Johannessen | Kristiansand Oriente | 35:17 | +05:20 |
| 4. | Tuva Kroken | IF Sturla | 35:23 | +05:26 |
| 5. | Sanna Kalsås | Kristiansand Oriente | 39:11 | +09:14 |
| 6. | Anne Aarhus Kinn | Porsgrunn OL | 39:21 | +09:24 |
| 7. | Ylva Teigen Staib | IF Sturla | 52:18 | +22:21 |
| 8. | Nelly Soleng | Sandnes IL | 56:54 | +26:57 |
| 9. | Henriette Laastad | Sandnes IL | 58:59 | +29:02 |
| 10. | Liva Wathne | Sandnes IL | 1:00:55 | +30:58 |
| | Nora Borchgrevink Reine | Tyrving IL | DNS | |

D16B 4,08 km

Started : 8 DNF : 0 Disqualified : 2

| | | | | |
|----|--------------------------|----------------------|---------|--------|
| 1. | Ella Orr Askland | Kristiansand Oriente | 37:41 | |
| 2. | Kaja Stokkeland | Kristiansand Oriente | 40:59 | +03:18 |
| 3. | Tove Filippa Hauge-Ivers | Sturla if | 41:39 | +03:58 |
| 4. | Frida Lund | Sturla if | 44:11 | +06:30 |
| 5. | Agnethe S Hansen | Torridal IL | 49:56 | +12:15 |
| 6. | Leonora Omdal Hildebra | IL Vindbjart | 1:03:08 | +25:27 |
| | Ingrid Sveen | Haugesund Idrettsla | Disq. | |
| | Molly Pihl Raugland | Sturla if | Disq. | |

D20B 4,08 km

Started : 3 DNF : 0 Disqualified : 0

| | | | | |
|----|----------------------|-----------------|-------|--------|
| 1. | Agnes Fjordside Pagh | OK Snab | 39:02 | |
| 2. | Kirstine Ø Osmundsen | OK Vendelboerne | 42:00 | +02:58 |
| 3. | Tilda Kindlund | OK Tyr | 56:17 | +17:15 |

D21B 4,08 km

Started : 7 DNF : 0 Disqualified : 2

| | | | | |
|----|-------------------------|------------------|---------|--------|
| 1. | Randi Møller | IFS | 47:30 | |
| 2. | Thea Langelykke Thyse | Horsens OK | 53:52 | +06:22 |
| 3. | Maren Aakre Kleven | OK Skeidi | 57:18 | +09:48 |
| 4. | Emilie Mey Nedergård Ni | Aalborg OK | 1:04:49 | +17:19 |
| 5. | Berit Løvgren | IL Express Fevik | 1:17:11 | +29:41 |
| | Fride Sørensen | IF Sturla | Disq. | |
| | Ida Aakre | OK Skeidi | Disq. | |
| | Maria Aakre Kleven | Skien ok | DNS | |

D35B 4,08 km

Started : 7 DNF : 0 Disqualified : 1

| | | | |
|---------------------------|----------------------|----------|----------|
| 1. Mette Wathne | Sandnes IL | 36:15 | |
| 2. Kerstin Kalsås | Kristiansand Oriente | 42:27 | +06:12 |
| 3. Marie Printz | Aarhus 1900 Orient | 43:41 | +07:26 |
| 4. Kari Lise Sande | Haugesund Idrettsla | 49:09 | +12:54 |
| 5. Ann Charlotte Kvala | Haugesund Idrettsla | 53:37 | +17:22 |
| 6. Anne Schulz Bak-Jensen | Vestjysk Orientering | 11:18:00 | +10:41:4 |
| Ole Sande | Haugesund Idrettsla | Disq. | |

H16B 4,08 km

Started : 9 DNF : 0 Disqualified : 0

| | | | |
|-----------------------------|----------------------|---------|--------|
| 1. Hallvar Sætre Færevåg | Haugesund Idrettsla | 30:05 | |
| 2. Odin Skjølsvik Hofstad | Stokke IL Orienterin | 30:29 | +24 |
| 3. Edvald Kalsås | Kristiansand Oriente | 33:44 | +03:39 |
| 4. Øystein Øye Rossebø | Haugesund Idrettsla | 38:44 | +08:39 |
| 5. Rasmus Greibrokk | Torridal IL | 41:30 | +11:25 |
| 6. Erik Hynne-Horntvedt | Stokke IL Orienterin | 45:04 | +14:59 |
| 7. Jens Tobiassen | Torridal IL | 45:08 | +15:03 |
| 8. Adrian Edward Maximilia | Haugesund Idrettsla | 48:06 | +18:01 |
| 9. Oliver Waldeland Fuglest | Kristiansand Oriente | 1:04:11 | +34:06 |

H14A 4,50 km

Started : 17 DNF : 0 Disqualified : 1

| | | | | |
|-----|--------------------------|----------------------|---------|--------|
| 1. | Eskil Baksaas Franche | Porsgrunn OL | 28:32 | |
| 2. | Tobias Sølvberg | Sandnes IL | 29:36 | +01:04 |
| 3. | Vidar Wennerstrand | Porsgrunn OL | 30:38 | +02:06 |
| 4. | Trym Undheim | Sandnes IL | 31:04 | +02:32 |
| 5. | Robert Lervad Lundø | Horsens OK | 35:04 | +06:32 |
| 6. | Esten Valentin Nybråten | Tyrving IL | 36:15 | +07:43 |
| 7. | Håvard Ørum | Søgne & Songdalen | 37:22 | +08:50 |
| 8. | Andreas Mollestad | Kristiansand Oriente | 38:40 | +10:08 |
| 9. | Lars Oftedal | Sandnes IL | 39:03 | +10:31 |
| 10. | Noah Bakken | IL Vindbjart | 40:41 | +12:09 |
| 11. | Bjørn Ivar Langerud | Porsgrunn OL | 42:22 | +13:50 |
| 12. | Ovin Frantzen | Sandnes IL | 43:21 | +14:49 |
| 13. | Bjørnar Omdal Stølen | IL Vindbjart | 43:48 | +15:16 |
| 14. | Richard Elias Kronborg V | Horsens OK | 47:11 | +18:39 |
| 15. | Kåre Levang | Sandnes IL | 56:25 | +27:53 |
| 16. | Magnus Tolstad | Torridal IL | 1:09:39 | +41:07 |
| | Mika Johan Huva | Notodden Orienterin | Disq. | |

H20B 5,05 km

Started : 5 DNF : 0 Disqualified : 1

| | | | | |
|----|--------------------|----------------------|---------|--------|
| 1. | Johannes S Hansen | Torridal IL | 47:27 | |
| 2. | Marius Vang Bobach | Aalborg OK | 49:43 | +02:16 |
| 3. | Adrian Sandstå | Kristiansand Oriente | 51:30 | +04:03 |
| 4. | Ulrick Wiik | Haugesund Idrettsla | 1:09:52 | +22:25 |
| | Sverre Espedal | Haugesund Idrettsla | Disq. | |

H21B 5,05 km

Started : 8 DNF : 0 Disqualified : 0

| | | | | |
|----|-------------------------|----------------------|---------|--------|
| 1. | Kasper Vinther | OK Snab | 37:57 | |
| 2. | Oliver Syvertsen | Torridal IL | 38:26 | +29 |
| 3. | Magnus Frestad Nygaard | Kristiansand Oriente | 40:30 | +02:33 |
| 4. | Simen Løvgren | IL Express Fevik | 48:53 | +10:56 |
| 5. | Benjamin Andreas Brunbj | 1900 Orientering | 52:20 | +14:23 |
| 6. | Ole Andre Spakmo | IL Express Fevik | 52:36 | +14:39 |
| 7. | Tobias Holte | OK Skeidi | 59:58 | +22:01 |
| 8. | Anders Termansen | OK Syd | 1:16:52 | +38:55 |

H35B 5,05 km

Started : 15 DNF : 0 Disqualified : 1

| | | | | |
|-----|------------------------|----------------------|---------|--------|
| 1. | Knud Kalsås | Kristiansand Oriente | 43:04 | |
| 2. | Mads Schulz Bak-Jensen | Vestjysk Orientering | 43:15 | +11 |
| 3. | Audun Tobiassen | Torridal IL | 43:32 | +28 |
| 4. | Isak Bang | Haugesund Idrettsla | 45:53 | +02:49 |
| 5. | Frantz Agerbo | Birkenes IL | 46:09 | +03:05 |
| 6. | Per Sveinung Norendal | Bø orienteringslag | 49:51 | +06:47 |
| 7. | Knut Festervoll | Kristiansand Oriente | 49:58 | +06:54 |
| 8. | Tomas Torgersen | Oddersjaa | 51:49 | +08:45 |
| 9. | Jan Tore Risdal | Kristiansand Oriente | 53:54 | +10:50 |
| 10. | Einar Sølvberg | Sandnes IL | 54:56 | +11:52 |
| 11. | Asbjørn Laastad | Sandnes IL | 1:00:36 | +17:32 |
| 12. | Espen Blomhaugen | Notodden Orienterin | 1:02:56 | +19:52 |
| 13. | Christer Kornstad | Notodden Orienterin | 1:04:16 | +21:12 |
| 14. | Njål Lunde | Haugesund Idrettsla | 1:14:39 | +31:35 |
| | Fredrik Hagenes | Kristiansand Oriente | Disq. | |
| | Sverre Soleng | Sandnes IL | DNS | |
| | Torfinn Hansen Rjukan | Notodden Orienterin | DNS | |

D/H90A 2,30 km

Started : 1 DNF : 0 Disqualified : 0

| | | | | |
|----|----------------|-------------------|---------|--|
| 1. | Vagn Lidegaard | Mariager Fjord OK | 1:12:03 | |
|----|----------------|-------------------|---------|--|

D80A 2,30 km

Started : 5 DNF : 0 Disqualified : 1

| | | | | |
|----|------------------------|--------------------|---------|--------|
| 1. | Jane Thode Jensen | Nordvest OK | 44:31 | |
| 2. | Karen-Lisbeth Fredberg | Silkeborg OK | 51:29 | +06:58 |
| 3. | Rigmor Schou | Mariager Fjord OK | 52:30 | +07:59 |
| 4. | Synnøve Dalva | Bø orienteringslag | 1:06:02 | +21:31 |
| | Randi Splittorff | Svendborg OK | Disq. | |

D85A 2,30 km

Started : 2 DNF : 0 Disqualified : 0

| | | | |
|-----------------|------------|---------|--------|
| 1. Aase Thyssen | Horsens OK | 1:11:12 | |
| 2. Edit Thomsen | OK Syd | 1:43:54 | +32:42 |

H85A 2,30 km

Started : 5 DNF : 0 Disqualified : 1

| | | | |
|---------------------|-------------------|---------|--------|
| 1. Knud Sørensen | OK Pan | 34:21 | |
| 2. Jack Skrydstrup | Kolding OK | 52:13 | +17:52 |
| 3. Asger Kristensen | Herning OK | 56:32 | +22:11 |
| 4. Kai Ø. Laursen | Aalborg OK | 1:00:06 | +25:45 |
| Arne Pedersen | Mariager Fjord OK | Disq. | |

D70A 2,73 km

Started : 18 DNF : 0 Disqualified : 4

| | | | |
|---------------------------|----------------------|---------|----------|
| 1. Sirpa Lilja | Modum o-lag | 32:15 | |
| 2. Christine Edenbrandt | Malmö OK | 35:27 | +03:12 |
| 3. Susanne Baun | Horsens OK | 40:19 | +08:04 |
| 4. Kirsten Bobach | Aalborg OK | 48:39 | +16:24 |
| 5. Tove Straarup | Horsens OK | 50:12 | +17:57 |
| 6. Siri Økstad | Oddersjaa | 51:33 | +19:18 |
| 7. Brit Rameckers | Haugesund Idrettsla | 58:10 | +25:55 |
| 8. Pia Gade | Viborg OK | 59:17 | +27:02 |
| 9. Randi Jensen | 1900 Orientering | 1:06:35 | +34:20 |
| 10. Anne-Mette Kirkegaard | Silkeborg OK | 1:16:19 | +44:04 |
| 11. Gunn Botnen | Bø orienteringslag | 1:21:57 | +49:42 |
| 12. Inger Nergaard | Stokke IL Orienterin | 1:26:23 | +54:08 |
| 13. Lone Christensen | 1900 Orientering | 1:36:07 | +1:03:52 |
| 14. Birgit Rasmussen | 1900 Orientering | 1:40:09 | +1:07:54 |
| Gerda Henriksen | 1900 Orientering | Disq. | |
| Hanne Birke | Kolding OK | Disq. | |
| Hanne H. Poulsen | Mariager Fjord OK | Disq. | |
| Unni Strand Karlsen | Fredrikstad Skiklubb | Disq. | |
| Britt Karlsson | Stenungsunds OK | DNS | |

D75A 2,73 km

Started : 18 DNF : 0 Disqualified : 2

| | | | | |
|-----|-----------------------|----------------------|----------|----------|
| 1. | Maria Nordwall | OK Kolmården | 38:29 | |
| 2. | Ann Dorrit Hansen | OK Djurs | 47:22 | +08:53 |
| 3. | Lisbet Sortkjær | Silkeborg OK | 54:43 | +16:14 |
| 4. | Vibeke Vogelius | Silkeborg OK | 55:08 | +16:39 |
| 5. | Elizabeth Borchorst | RSOK | 57:27 | +18:58 |
| 6. | Lone Bartnik | IK Grane Arendal ori | 58:08 | +19:39 |
| 7. | Else Hass | OK Pan | 1:00:08 | +21:39 |
| 8. | Margareta Brynhildsen | Stokke IL Orienterin | 1:01:49 | +23:20 |
| 9. | Edith Sørensen | Aalborg OK | 1:02:39 | +24:10 |
| 10. | Marit Vågsnes | IK Grane Arendal ori | 1:06:02 | +27:33 |
| 11. | Margit Ryen Steen | Bø orienteringslag | 1:06:50 | +28:21 |
| 12. | Elin Holm Jensen | Horsens OK | 1:07:22 | +28:53 |
| 13. | Signe Heivoll | Søgne & Songdalen | 1:14:34 | +36:05 |
| 14. | Anne Marie Ceeberg | Hedrum orienterings | 1:32:27 | +53:58 |
| 15. | Britta Bobach | Aalborg OK | 1:37:14 | +58:45 |
| 16. | Mona Nørgaard | OK Pan | 12:54:00 | +12:15:3 |
| | Grete Lill Ryeng | IF Sturla | Disq. | |
| | Inger Marie Haahr | OK H.T.F. | Disq. | |
| | Birte Hove | OK Syd | DNS | |

H80A 2,73 km

Started : 18 DNF : 0 Disqualified : 2

| | | | | |
|-----|----------------------|------------------|---------|--------|
| 1. | Max Hansen | OK Djurs | 38:16 | |
| 2. | Bjørn W. Ludvigsen | Stuiria IF | 43:14 | +04:58 |
| 3. | Flemming Nørgaard | OK Pan | 43:30 | +05:14 |
| 4. | Bent Sørensen | Svendborg OK | 44:10 | +05:54 |
| 5. | Ove Splittorff | Svendborg OK | 47:06 | +08:50 |
| 6. | Widar Taxht Løland | Hisøy OK | 48:18 | +10:02 |
| 7. | Poul Nøhr | Silkeborg OK | 48:29 | +10:13 |
| 8. | Ole Rasmussen | Køge OK | 52:38 | +14:22 |
| 9. | Erik Anders Jensen | Silkeborg OK | 57:15 | +18:59 |
| 10. | Per Jessen-Klixbüll | OK Pan | 1:03:23 | +25:07 |
| 11. | Jørgen Thyssen | Horsens OK | 1:05:44 | +27:28 |
| 12. | Lars Ole Larsen | Silkeborg OK | 1:07:39 | +29:23 |
| 13. | Øystein B. Pedersen | IL Express Fevik | 1:08:37 | +30:21 |
| 14. | Palle Møller Nielsen | Odense OK | 1:12:37 | +34:21 |
| 15. | Hans Jørgen Simonsen | OK Pan | 1:25:49 | +47:33 |
| 16. | Hermann P. Jensen | Nordvest OK | 1:31:22 | +53:06 |
| | Carl Ove Berg | OK Skeidi | Disq. | |
| | Per F. Henriksen | OK H.T.F. | Disq. | |
| | Bertil Hermansson | Stenungsunds OK | DNS | |

H75A 3,65 km

Started : 39 DNF : 0 Disqualified : 3

| | | | | |
|-----|------------------------|----------------------|---------|--------|
| 1. | Harry Breiland | Ålgård Orientering | 37:54 | |
| 2. | Søren Elkjær | Viborg OK | 39:22 | +01:28 |
| 3. | Jørgen Münster-Swends | Silkeborg OK | 39:46 | +01:52 |
| 4. | Kaj Kaspersen | Herning OK | 40:34 | +02:40 |
| 5. | Peer Straarup | Horsens OK | 41:03 | +03:09 |
| 6. | Helge Poulsen | Mariager Fjord OK | 43:56 | +06:02 |
| | Poul Erik Buch | OK GORM | 43:56 | +06:02 |
| 8. | Poul Bobach | Aalborg OK | 44:13 | +06:19 |
| 9. | Niels Rabølle | Odense OK | 45:08 | +07:14 |
| 10. | Kjell Walther Sørensen | IK Grane Arendal ori | 45:23 | +07:29 |
| 11. | Gunnar Dag Tørå | IK Grane Arendal ori | 45:39 | +07:45 |
| 12. | Erik Ljungdahl | Faaborg OK | 49:27 | +11:33 |
| 13. | Torben Isen | Herning OK | 49:58 | +12:04 |
| 14. | Bjørn Steen | Bø orienteringslag | 51:30 | +13:36 |
| 15. | Atle Remme | Porsgrunn OL | 52:13 | +14:19 |
| 16. | Ragnar Niemi Berg | Stokke IL Orienterin | 52:27 | +14:33 |
| 17. | Hans Jacob Kløvstad | IL Express Fevik | 52:35 | +14:41 |
| 18. | Hans Aage Hvalsøe Han | Fyns PI | 55:23 | +17:29 |
| 19. | Børge Pedersen | Odense OK | 55:51 | +17:57 |
| 20. | Troels Munthe | Mariager Fjord OK | 56:47 | +18:53 |
| 21. | Kurt Finn Petersen | Fyns PI | 57:43 | +19:49 |
| 22. | Flemming Sasser | Herning OK | 58:16 | +20:22 |
| 23. | Knud Fjordvald | Silkeborg OK | 58:24 | +20:30 |
| 24. | Ole Christiansen | AKIF | 58:57 | +21:03 |
| 25. | Troels Jensen | Horsens OK | 59:10 | +21:16 |
| 26. | Niels Bobach | Aalborg OK | 1:03:20 | +25:26 |
| 27. | Eigil Nielsen | Horsens OK | 1:05:21 | +27:27 |
| 28. | Finn Jørgensen Aaris | OK H.T.F. | 1:05:36 | +27:42 |
| 29. | Hans Christian Strib | Odense OK | 1:06:13 | +28:19 |
| 30. | Carl Malling | Randers OK | 1:08:19 | +30:25 |
| 31. | Bjørn Ceeberg | Hedrum orienterings | 1:10:22 | +32:28 |
| 32. | Ole Thy | RSOK | 1:21:18 | +43:24 |
| 33. | Jan Olav Ormberg | Fana IL | 1:25:39 | +47:45 |
| 34. | Knud Vogelius | Silkeborg OK | 1:30:10 | +52:16 |
| 35. | Jørgen Bang | OK Esbjerg | 1:32:35 | +54:41 |
| 36. | Olaf Christensen | 1900 Orientering | 1:32:53 | +54:59 |
| | Dag Pettersen | IL Express Fevik | Disq. | |
| | Henning Vide Petersen | Horsens OK | Disq. | |
| | Poul Egander Grøn | Silkeborg OK | Disq. | |
| | Jan Kristoffersen | Ballerup OK | DNS | |
| | Mats Karlsson | Stenungsunds OK | DNS | |

H70A 4,35 km

Started : 26 DNF : 0 Disqualified : 3

| | | | | |
|-----|-----------------------|----------------------|---------|--------|
| 1. | Tom A. Karlsen | Fredrikstad Skiklubb | 39:53 | |
| 2. | Arve Glittum | OK Skeidi | 43:31 | +03:38 |
| 3. | Per Torgersen | Oddersjaa | 47:01 | +07:08 |
| 4. | Per Storm Hansen | Svendborg OK | 49:29 | +09:36 |
| 5. | Varny Vestergaard | Vestjysk Orientering | 51:36 | +11:43 |
| 6. | Keld Gade | Viborg OK | 53:02 | +13:09 |
| 7. | Ove Oaland | Ganddal IL | 55:07 | +15:14 |
| 8. | Ketil Berge | Vestre Akers Skiklub | 57:34 | +17:41 |
| 9. | Søren Munthe | Mariager Fjord OK | 57:55 | +18:02 |
| 10. | Gerhard Jensen | Odense OK | 59:11 | +19:18 |
| 11. | Egon Sloth | Aalborg P.I. o-afd. | 1:00:50 | +20:57 |
| 12. | Magnar Sætre | Haugesund Idrettsla | 1:01:32 | +21:39 |
| 13. | Magne Vollen | OSI | 1:02:02 | +22:09 |
| 14. | Gert Rebsdorf | Mariager Fjord OK | 1:02:07 | +22:14 |
| 15. | Steen Vestergaard | Odense OK | 1:03:00 | +23:07 |
| 16. | Christensen Hugo | Notodden Orienterin | 1:03:10 | +23:17 |
| 17. | Wigard Nilsen | Haugesund Idrettsla | 1:04:17 | +24:24 |
| 18. | Knud Jespersen | OK Snab | 1:05:19 | +25:26 |
| 19. | Øyvind Gylver | Heggedal Orienterin | 1:06:44 | +26:51 |
| 20. | Erling Haavik | Haugesund Idrettsla | 1:09:40 | +29:47 |
| 21. | Stig Barrett | Viborg OK | 1:09:42 | +29:49 |
| 22. | Reidar Heivoll | Søgne & Songdalen | 1:21:29 | +41:36 |
| 23. | Magne Reier Jørgensen | Kristiansand Oriente | 1:26:54 | +47:01 |
| | Claes Ø. Larsen | Odense OK | Disq. | |
| | Dag Kristensen | OK Skeidi | Disq. | |
| | Lars Johann Milje | Haugesund Idrettsla | Disq. | |

D45AK 3,60 km

Started : 3 DNF : 0 Disqualified : 1

| | | | | |
|----|------------------------|----------------------|-------|--------|
| 1. | Anne Carine Dahl Borka | Notodden Orienterin | 48:54 | |
| 2. | Jorunn Aarrestad | Øyestad IF | 58:03 | +09:09 |
| | Kristin Kornmo | Porsgrunn OL | Disq. | |
| | Karin Biering | Silkeborg OK | DNS | |
| | Linn Carina Daland | Kristiansand Oriente | DNS | |

D65A 3,60 km

Started : 28 DNF : 0 Disqualified : 2

| | | | | |
|-----|--------------------------|----------------------|---------|--------|
| 1. | Mette Filskov | OK Sorø | 43:10 | |
| 2. | Ayoe Berg | Odense OK | 45:47 | +02:37 |
| 3. | Bodil Schulz | Herning OK | 46:23 | +03:13 |
| 4. | Inga Jager | Silkeborg OK | 49:49 | +06:39 |
| 5. | Christina Birath | Stenungsunds OK | 49:53 | +06:43 |
| 6. | Ingrid Ravnan | Stokke IL Orienterin | 50:04 | +06:54 |
| 7. | Susanne Karlshøj | Nordvest OK | 51:40 | +08:30 |
| 8. | Ingrid Lindaas | Haugesund Idrettsla | 51:50 | +08:40 |
| 9. | Eli Marie Wiig | Porsgrunn OL | 52:04 | +08:54 |
| 10. | Gitte Isen | Herning OK | 57:15 | +14:05 |
| 11. | Inge Iøvig Pedersen | Skive AMOK | 57:25 | +14:15 |
| 12. | Karen Sieg | Horsens OK | 59:30 | +16:20 |
| 13. | Inger Lise Simonsen | Silkeborg OK | 1:00:40 | +17:30 |
| 14. | Kate Nielsen | OK Snab | 1:02:56 | +19:46 |
| 15. | Birgitte Buch | OK Snab | 1:03:25 | +20:15 |
| 16. | Helle Schou | OK Snab | 1:06:24 | +23:14 |
| 17. | Bente Pedersen | OK Esbjerg | 1:07:32 | +24:22 |
| 18. | Susan Houmark Stub | PI-København | 1:09:21 | +26:11 |
| 19. | Hanne Møller Andersen | OK Pan | 1:11:09 | +27:59 |
| 20. | Hanne Ljungberg | OK Syd | 1:12:05 | +28:55 |
| 21. | Lise Nielsen | OK Melfar | 1:12:15 | +29:05 |
| 22. | Anne Karin Ribe | Søgne & Songdalen | 1:13:00 | +29:50 |
| 23. | Birgitte Bach | Viborg OK | 1:16:53 | +33:43 |
| 24. | Inger Haavik | Haugesund Idrettsla | 1:22:11 | +39:01 |
| 25. | Lena Hammer | Vestre Akers Skiklub | 1:31:03 | +47:53 |
| 26. | Annette Færing | Svendborg OK | 1:41:42 | +58:32 |
| | Elisabeth Rømcke | OK Moss | Disq. | |
| | Kirsten Elisabet Anderse | Karup OK | Disq. | |
| | Inger Andreasen | OK Melfar | DNS | |

D60A 3,60 km

Started : 29 DNF : 0 Disqualified : 1

| | | | | |
|-----|-------------------------|----------------------|---------|--------|
| 1. | Malin Wästlund | Notodden Orienterin | 37:21 | |
| 2. | Marianne Lynge Krogh | Kolding OK | 37:25 | +04 |
| 3. | Heidi Schatvet | Notodden Orienterin | 42:20 | +04:59 |
| 4. | Emma Smeland Nygårds | Vegårshei IL | 42:29 | +05:08 |
| 5. | Mette Edsen | Nordvest OK | 44:39 | +07:18 |
| 6. | Marianne Damgaard | OK GORM | 46:07 | +08:46 |
| 7. | Ann Elisabeth Gunnulfse | Modum OL | 46:27 | +09:06 |
| 8. | Sissel Skovly | Ringerike o-lag | 47:22 | +10:01 |
| 9. | Dorte Filskov | Aalborg OK | 49:11 | +11:50 |
| 10. | Toril Korsvik | Stokke IL Orienterin | 51:24 | +14:03 |
| 11. | Lucia Aagaard | Herning OK | 51:29 | +14:08 |
| 12. | Anne Fonnesbech Jense | PI-København | 54:22 | +17:01 |
| 13. | Ingrid Øxnevad | Ganddal IL | 56:01 | +18:40 |
| 14. | Lene Stick Nielsen | Viborg OK | 56:04 | +18:43 |
| 15. | Inger Aurebekk Udø | Torridal IL | 57:38 | +20:17 |
| 16. | Trine Ravn | Horsens OK | 58:18 | +20:57 |
| 17. | Margrete Engzelius | Heggedal Orienterin | 58:30 | +21:09 |
| 18. | Hanne Gylling | 1900 Orientering | 58:44 | +21:23 |
| 19. | Dorte Jenny Bak | Aalborg OK | 59:06 | +21:45 |
| 20. | Birgitte Halle | 1900 Orientering | 59:29 | +22:08 |
| 21. | Helle Nikkel | Viborg OK | 59:50 | +22:29 |
| 22. | Lone Rasmussen | OK Snab | 1:02:18 | +24:57 |
| 23. | Merete Kleist | OK Sorø | 1:03:53 | +26:32 |
| 24. | Bente H. Ringive | OK GORM | 1:08:21 | +31:00 |
| 25. | Helle Svenningsen | 1900 Orientering | 1:09:38 | +32:17 |
| 26. | Jette Honoré | OK Melfar | 1:11:16 | +33:55 |
| 27. | Bente Sannæs Helgelan | Porsgrunn OL | 1:19:44 | +42:23 |
| 28. | Susanne Høiberg | Silkeborg OK | 1:23:35 | +46:14 |
| | Bettina Gjedde | Mariager Fjord OK | Disq. | |
| | Anneli Sandbæk | OK Pan | DNS | |
| | Ragnhild Hald | Kristiansand Oriente | DNS | |

H55AK 3,60 km

Started : 25 DNF : 0 Disqualified : 2

| | | | | |
|-----|-------------------------|----------------------|---------|--------|
| 1. | Jakob Albahn | THOK | 35:48 | |
| 2. | Peter Knudsen | OK Melfar | 36:14 | +26 |
| 3. | Espen Fyhn Nilsen | Stavanger OK | 37:56 | +02:08 |
| 4. | Svein Roar Jonsmyr | Birkenes IL | 38:10 | +02:22 |
| 5. | Morten Andresen | OK Skeidi | 40:01 | +04:13 |
| 6. | Jan Kåre Stokke | OK Skeidi | 41:14 | +05:26 |
| | Rune Sørensen | Sturla if | 41:14 | +05:26 |
| 8. | Karsten Jøhnk | OK Syd | 41:32 | +05:44 |
| 9. | Håkan Johansson | IKHP Huskvarna | 42:00 | +06:12 |
| 10. | Jon Erik Kvarme | IF Sturla | 43:34 | +07:46 |
| 11. | Guttorm Nyhus | Birkenes IL | 46:04 | +10:16 |
| 12. | Thomas Sørensen | OK Melfar | 48:48 | +13:00 |
| 13. | Knud Madsen | OK Sorø | 51:07 | +15:19 |
| 14. | Jens Frandsen | OK Sorø | 53:07 | +17:19 |
| 15. | Jan Aarrestad | Øyestad IF | 53:14 | +17:26 |
| 16. | Inge Hauge | Hisøy OK | 54:22 | +18:34 |
| 17. | Jesse White | OK Nolaskogsarna | 56:01 | +20:13 |
| 18. | Hans J. Haugerud | IF Sturla | 57:45 | +21:57 |
| 19. | Øystein Emil Nygård | Birkenes IL | 58:46 | +22:58 |
| 20. | Peter Skov Nielsen | OK Snab | 1:01:07 | +25:19 |
| 21. | Inge Solberg | IF Sturla | 1:02:32 | +26:44 |
| 22. | Bjørn R. Christoffersen | Svendborg OK | 1:08:54 | +33:06 |
| 23. | Rasmus Møller | Randers OK | 1:19:19 | +43:31 |
| | Arild Rørholt | OK Skeidi | Disq. | |
| | Geir Bråten | Vegårshei IL | Disq. | |
| | Christian Biering | Silkeborg OK | DNS | |
| | Håkon Løvli | Asker skiklubb | DNS | |
| | Thorbjørn Værp | Kristiansand Oriente | DNS | |

D55A 4,20 km

Started : 20 DNF : 0 Disqualified : 3

| | | | | |
|-----|--------------------------|----------------------|---------|--------|
| 1. | Rikke Holm | Horsens OK | 43:23 | |
| 2. | Jette Klogborg | OK H.T.F. | 43:29 | +06 |
| 3. | Ulrika Örnhagen Jørgens | OK Snab | 43:37 | +14 |
| 4. | hilde vassend | Porsgrunn OL | 47:06 | +03:43 |
| 5. | Christina White | OK Nolaskogsarna | 48:05 | +04:42 |
| 6. | Marianne Hauge | Hisøy OK | 54:51 | +11:28 |
| 7. | Hanne-Kristin Bjerknæs K | IF Sturla | 1:02:28 | +19:05 |
| 8. | Åse Reidun S Kregnes | Kristiansand Oriente | 1:05:39 | +22:16 |
| 9. | Lajla Præstgaard | Mariager Fjord OK | 1:06:54 | +23:31 |
| 10. | Anne Bloch Frandsen | OK Sorø | 1:07:03 | +23:40 |
| 11. | Erika Asp | Mölnadal Outdoor IF | 1:08:53 | +25:30 |
| 12. | Kristin Sørensen | Sturla if | 1:09:16 | +25:53 |
| 13. | Anne Kathrine Linnebo | Asker skiklubb | 1:13:05 | +29:42 |
| 14. | Annett Lassen | OK GORM | 1:22:21 | +38:58 |
| 15. | Charlotte Wilsky | Horsens OK | 1:26:52 | +43:29 |
| 16. | Vibse Møller | IFS | 1:33:03 | +49:40 |
| 17. | Andrea Höhnke | Horsens OK | 1:35:00 | +51:37 |
| | Anne-Marie Jensen | OK Syd | Disq. | |
| | Björg Aadnevik | Ok Sør | Disq. | |
| | Hanne Elisabeth Vilke | Stokke IL Orienterin | Disq. | |
| | Janne Torill Larsen | Porsgrunn OL | DNS | |

D20AK 4,50 km

Started : 1 DNF : 0 Disqualified : 0

| | | | |
|----|-----------------------|----------------------|---------|
| 1. | Lillian Fogt Sundelin | Notodden Orienterin | 1:21:06 |
| | Othilie Sødal | Kristiansand Oriente | DNS |

D21AK 4,50 km

Started : 13 DNF : 0 Disqualified : 0

| | | | | |
|-----|--------------------------|----------------------|---------|--------|
| 1. | Astrid Skytte Kirkegaard | THOK | 47:00 | |
| 2. | Rikke Vide Markussen | Horsens OK | 47:25 | +25 |
| 3. | Kristine Karlsrud Berg | Kristiansand Oriente | 49:40 | +02:40 |
| 4. | Alberte Karoline Thyssen | Horsens OK | 50:04 | +03:04 |
| 5. | Una Glende Janson | Birkenes IL | 51:34 | +04:34 |
| 6. | Merilin Vahtra | Porsgrunn OL | 1:00:02 | +13:02 |
| 7. | Anna Skogen | Notodden Orienterin | 1:00:23 | +13:23 |
| 8. | Ingeborg Kvarme | IF Sturla | 1:01:34 | +14:34 |
| 9. | Silje Bøen | Kristiansand Oriente | 1:01:39 | +14:39 |
| 10. | Olivia Fjordside Pagh | OK Snab | 1:07:15 | +20:15 |
| 11. | Kristina Isaksen | Hedrum orienterings | 1:09:53 | +22:53 |
| 12. | Kristine Sparre Knudsen | Stokke IL Orienterin | 1:13:58 | +26:58 |
| 13. | Dorthe Kühl Petersen | OK Syd | 1:22:41 | +35:41 |
| | Anne Sofie Motzkus | Kolding OK | DNS | |

H21AK 4,50 km

Started : 9 DNF : 0 Disqualified : 0

| | | | | |
|----|--------------------------|----------------------|---------|--------|
| 1. | Martin Bråten | Vegårshei IL | 41:09 | |
| 2. | Bjørnar Valle Nygårdsete | Vegårshei IL | 41:52 | +43 |
| 3. | Daniel Purup Nedergård | Aalborg OK | 49:03 | +07:54 |
| 4. | Håkon Nergaard Berg | Stokke IL Orienterin | 52:39 | +11:30 |
| 5. | Fredrik Polland | OK Skeidi | 53:25 | +12:16 |
| 6. | Rasmus Thyssen Harfot | Horsens OK | 53:31 | +12:22 |
| 7. | Eivind Rotnes Erichsen | Hedrum orienterings | 54:25 | +13:16 |
| 8. | Ole Fredrik Ib Aarrestad | Øyestad IF | 1:06:31 | +25:22 |
| 9. | Erik Aarrestad | Øyestad IF | 1:06:45 | +25:36 |

D16A 4,48 km

Started : 11 DNF : 0 Disqualified : 0

| | | | | |
|-----|----------------------|--------------|---------|--------|
| 1. | Ingrid Aarhus Kinn | Porsgrunn OL | 37:38 | |
| 2. | Wilma Stopar | Tyrving IL | 39:13 | +01:35 |
| 3. | Astrid Lykke Nielsen | Horsens OK | 40:23 | +02:45 |
| 4. | Kille Beuchert | OK Pan | 41:41 | +04:03 |
| 5. | Ida Marie Sigvardt | Odense OK | 47:08 | +09:30 |
| 6. | Asta Kaltoft | OK Pan | 48:40 | +11:02 |
| 7. | Marie Fjordside Pagh | OK Snab | 49:39 | +12:01 |
| 8. | Marta Bakkevold | Sandnes IL | 59:34 | +21:56 |
| 9. | Frida Richter | Sandnes IL | 1:08:57 | +31:19 |
| 10. | Ine Thingbø | Sandnes IL | 1:09:46 | +32:08 |
| 11. | Frida Sakseid | Sandnes IL | 1:25:41 | +48:03 |

D50A 4,45 km

Started : 27 DNF : 0 Disqualified : 1

| | | | | |
|-----|-------------------------|----------------------|---------|--------|
| 1. | Christine Mikkelsen | IK Grane Arendal ori | 36:10 | |
| 2. | Sandy Hott | Kristiansand Oriente | 37:56 | +01:46 |
| 3. | Malin Holmqvist | IKHP Huskvarna | 44:32 | +08:22 |
| 4. | Anne Møller Skaug | OK Pan | 44:40 | +08:30 |
| 5. | Sara Mathisen | Porsgrunn OL | 44:41 | +08:31 |
| 6. | Johanna Kindlund | OK Tyr | 45:47 | +09:37 |
| 7. | Lone Fyhn Olesen | Odense OK | 45:52 | +09:42 |
| 8. | Nina Lødeng | OK Moss | 47:10 | +11:00 |
| 9. | Elisabeth Solberg | Bø orienteringslag | 48:17 | +12:07 |
| 10. | Maria Asp | IFK Göteborg Orient | 48:54 | +12:44 |
| 11. | Hanna Rangert | Kungälv OK | 49:20 | +13:10 |
| 12. | Lene Bejer Damgaard | Viborg OK | 50:21 | +14:11 |
| 13. | Stine Kaiser | IF Sturla | 51:50 | +15:40 |
| 14. | Diana Cederberg | Ballerup OK | 52:31 | +16:21 |
| 15. | Karina Mejnborg | PI-København | 53:12 | +17:02 |
| 16. | Hanne Sophie Gunderse | OK Moss | 54:05 | +17:55 |
| 17. | Gitte R. Christoffersen | Svendborg OK | 55:41 | +19:31 |
| 18. | Tanja Instanes | IF Sturla | 56:04 | +19:54 |
| 19. | Lotta Lüthje | Søllerød OK | 59:29 | +23:19 |
| 20. | Alexandra Wennerstrand | Porsgrunn OL | 1:00:03 | +23:53 |
| 21. | Dorthe Bloch Rosenving | OK Snab | 1:02:48 | +26:38 |
| 22. | Nina Jacobsen | Silkeborg OK | 1:03:00 | +26:50 |
| 23. | Trine Møller Thy | RSOK | 1:07:45 | +31:35 |
| 24. | Rikke Brandt Jespersen | Odense OK | 1:11:29 | +35:19 |
| 25. | Rikke Agerskov | Karup OK | 1:14:21 | +38:11 |
| 26. | Dorte Grinderslev | Horsens OK | 1:22:22 | +46:12 |
| | Elin Nygaard Opperud | OK Moss | Disq. | |

H45AK 4,45 km

Started : 13 DNF : 0 Disqualified : 0

| | | | | |
|-----|-------------------------|----------------------|---------|--------|
| 1. | Jostein Moe | Torridal IL | 33:31 | |
| 2. | Knut Steffen Kvala | Haugesund Idrettsla | 37:20 | +03:49 |
| 3. | Erlend Ribe | Kristiansand Oriente | 38:18 | +04:47 |
| 4. | Andreas R Segadal Breil | Ålgård Orientering | 44:59 | +11:28 |
| 5. | Henrik Wennerstrand | Porsgrunn OL | 47:20 | +13:49 |
| 6. | Jarle Fykerud | Porsgrunn OL | 49:21 | +15:50 |
| 7. | Truls Fjeldstad | Porsgrunn OL | 51:17 | +17:46 |
| 8. | Kristian M. Øllgaard | OK GORM | 56:16 | +22:45 |
| 9. | Stig Ørum | Søgne & Songdalen | 58:02 | +24:31 |
| 10. | Tor Tolstad | Torridal IL | 1:02:15 | +28:44 |
| 11. | Matthew Jones | IK Grane Arendal ori | 1:02:39 | +29:08 |
| 12. | Øyvind Kalhagen Anders | Birkenes IL | 1:03:10 | +29:39 |
| 13. | Jesper Dalby Sønderup | OK Melfar | 1:09:21 | +35:50 |

D45A 4,75 km

Started : 11 DNF : 0 Disqualified : 0

| | | | | |
|-----|-------------------------|---------------------|---------|--------|
| 1. | Kari Aarhus Kinn | Porsgrunn OL | 43:15 | |
| 2. | Malin Jonsson | OK Tyr | 44:57 | +01:42 |
| 3. | Anna Vang Bobach | Aalborg OK | 47:26 | +04:11 |
| 4. | Margrete Omdal Hildebra | IL Vindbjart | 49:26 | +06:11 |
| 5. | Gitte Lervad Lundø | Horsens OK | 55:10 | +11:55 |
| 6. | Marit Kleven | OK Skeidi | 59:24 | +16:09 |
| 7. | Torunn Omdal Stølen | IL Vindbjart | 1:03:42 | +20:27 |
| 8. | Tina Kronborg Vallentin | Horsens OK | 1:07:09 | +23:54 |
| 9. | Hanne Borup Fredberg | Silkeborg OK | 1:07:47 | +24:32 |
| 10. | Marianne Teigen | IF Sturla | 1:10:40 | +27:25 |
| 11. | Veslemøy Værvågen | Notodden Orienterin | 1:33:53 | +50:38 |

H65A 4,95 km

Started : 59 DNF : 0 Disqualified : 8

| | | | | |
|-----|-----------------------|----------------------|---------|--------|
| 1. | Knut Wiig Mathisen | Porsgrunn OL | 40:38 | |
| 2. | Jess Rasmussen | Viborg OK | 44:37 | +03:59 |
| 3. | Erik Bobach | Silkeborg OK | 45:32 | +04:54 |
| 4. | Michael Fischer | Aalborg OK | 47:01 | +06:23 |
| 5. | Jan Hansson | Stenungsunds OK | 47:46 | +07:08 |
| 6. | Onno Verberne | Stokke IL Orienterin | 48:05 | +07:27 |
| 7. | Per Filskov | OK Snab | 48:26 | +07:48 |
| 8. | Ole Chr Johnsen | Notodden Orienterin | 49:35 | +08:57 |
| 9. | Walther Rahbek | Aalborg OK | 50:03 | +09:25 |
| 10. | Tor Lohne | Søgne og Songdale | 50:09 | +09:31 |
| 11. | Ole Jensen | Mariager Fjord OK | 50:28 | +09:50 |
| 12. | Mogens Vennevold | Vestjysk Orientering | 50:56 | +10:18 |
| 13. | Inge Glittum | OK Skeidi | 51:49 | +11:11 |
| 14. | Morten Kjær | Silkeborg OK | 52:05 | +11:27 |
| 15. | Søren Sloth | FIF Hillerød | 52:41 | +12:03 |
| 16. | John Hansen | Kristiansand Oriente | 53:15 | +12:37 |
| 17. | Lars Edenbrandt | Malmö OK | 54:06 | +13:28 |
| 18. | Jan Glittum | OK Skeidi | 56:34 | +15:56 |
| 19. | Stein Jarle Helgeland | Haugesund Idrettsla | 57:10 | +16:32 |
| 20. | Klaus Wolsing | Mariager Fjord OK | 59:14 | +18:36 |
| 21. | Paul Terje Haarr | Ganddal IL | 1:00:18 | +19:40 |
| 22. | Mandus Andresen | OK H.T.F. | 1:00:42 | +20:04 |
| 23. | Jan Morten Andersen | IF Sturla | 1:01:25 | +20:47 |
| 24. | Erik Krogh | Kolding OK | 1:01:40 | +21:02 |
| 25. | Arne Bertelsen | OK H.T.F. | 1:02:01 | +21:23 |
| 26. | Tor Lahlum | Nordre Follo Oriente | 1:02:13 | +21:35 |
| 27. | Kristen Ribe | Søgne & Songdalen | 1:02:40 | +22:02 |
| 28. | Ivar Kvale | Haugesund Idrettsla | 1:03:21 | +22:43 |
| 29. | Anker Møller | Silkeborg OK | 1:05:09 | +24:31 |
| 30. | Erik Warncke | Horsens OK | 1:06:33 | +25:55 |
| 31. | Kjell Skjæveland | Stavanger OK | 1:06:58 | +26:20 |
| 32. | Per Korsbæk | Mariager Fjord OK | 1:07:17 | +26:39 |
| 33. | Peder Stephansen | OK Esbjerg | 1:09:10 | +28:32 |
| 34. | Jon Lahlum | IL GeoForm | 1:09:37 | +28:59 |
| 35. | Henning Schou | OK Snab | 1:09:38 | +29:00 |
| 36. | Torben Karlshøj | Nordvest OK | 1:11:32 | +30:54 |
| 37. | Lars T. Munch | OK Snab | 1:11:40 | +31:02 |
| 38. | Søren Bak | Aalborg OK | 1:11:58 | +31:20 |
| 39. | Henrik Nielsen | Holbæk OK | 1:12:36 | +31:58 |
| 40. | Tommy Jakobsen | Horsens OK | 1:15:28 | +34:50 |
| 41. | John Hofoss | Hadeland OL | 1:20:20 | +39:42 |
| 42. | Svend Erik Skovsgaard | Viborg OK | 1:23:24 | +42:46 |
| 43. | Ole Gjøderum | 1900 Orientering | 1:24:45 | +44:07 |

Nordjysk 2Dages Long 07-03-2026, Tversted, OK Vende

16:58:50

| | | | | |
|-----|------------------------|----------------------|---------|--------|
| 44. | Bjørn Stormoen | Birkenes IL | 1:26:07 | +45:29 |
| 45. | Ove Petersen | OK Syd | 1:26:40 | +46:02 |
| 46. | Carsten Lind Clemmense | RSOK | 1:28:48 | +48:10 |
| 47. | Villy Kjeldsen | OK Snab | 1:29:40 | +49:02 |
| 48. | John Hansen | OK Melfar | 1:30:16 | +49:38 |
| 49. | Jens Peder Jensen | OK Melfar | 1:30:46 | +50:08 |
| 50. | Sven E. Rye | OK Snab | 1:36:34 | +55:56 |
| 51. | Kjeld Tidemand | Viborg OK | 1:38:06 | +57:28 |
| | Bent Aakjær | Odense OK | Disq. | |
| | Carsten Helligsø | Karup OK | Disq. | |
| | Gert Bertel | Karup OK | Disq. | |
| | Henrik Albahn | Lyngby OK | Disq. | |
| | Jack Bjørnsen | Kristiansand Oriente | Disq. | |
| | Mogens Hagner | Silkeborg OK | Disq. | |
| | Ole Gadsbølle | OK Esbjerg | Disq. | |
| | Torben Sørensen | Horsens OK | Disq. | |
| | Jon Bjørgum | Kristiansand Oriente | DNS | |

D20A 5,60 km

Started : 5 DNF : 0 Disqualified : 1

| | | | | |
|----|-------------------------|----------------------|---------|--------|
| 1. | Ingrid Hovdenak Espedal | Asker skiklubb | 47:30 | |
| 2. | Cathrine Sogn | Notodden Orienterin | 54:47 | +07:17 |
| 3. | Anna Gjestrud | Notodden Orienterin | 59:00 | +11:30 |
| 4. | Kristine S. Lundemoen | Kristiansand Oriente | 1:07:52 | +20:22 |
| | Sereina Snerthammer | Kristiansand Oriente | Disq. | |

D40A 5,60 km

Started : 6 DNF : 0 Disqualified : 0

| | | | | |
|----|------------------------|----------------------|---------|--------|
| 1. | Tone Snerthammer | Kristiansand Oriente | 56:07 | |
| 2. | Madli Hjermann | Haugesund Idrettsla | 59:10 | +03:03 |
| 3. | Nanna Hvidberg Tofte | Odense OK | 1:20:09 | +24:02 |
| 4. | Susanne Kristensen | Herning OK | 1:21:26 | +25:19 |
| 5. | Annette Kjeldsen | Horsens OK | 1:28:25 | +32:18 |
| 6. | Christina Krogh-Jensen | OK Snab | 1:32:50 | +36:43 |

H20AK 5,60 km

Started : 2 DNF : 0 Disqualified : 0

| | | | |
|----------------------|--------------|---------|--------|
| 1. Håkon Aarhus Kinn | Porsgrunn OL | 39:40 | |
| 2. Rasmus Bobach | RSOK | 1:31:54 | +52:14 |

H60A 5,63 km

Started : 33 DNF : 0 Disqualified : 1

| | | | |
|----------------------------|-----------------------|---------|----------|
| 1. Petter Løe | Notodden Orienterin | 44:19 | |
| 2. Helge Gisholt | OK Skeidi | 44:31 | +12 |
| 3. Einar Martinsen | Vindafjord orienterin | 46:55 | +02:36 |
| 4. Ole Lind | Ballerup OK | 46:58 | +02:39 |
| 5. Harald Kvisli | Notodden Orienterin | 47:27 | +03:08 |
| 6. Per Olav Haarr | Ganddal IL | 48:20 | +04:01 |
| 7. Kent Lodberg | OK Pan | 54:57 | +10:38 |
| 8. Svend Christiansen | PI-København | 55:38 | +11:19 |
| 9. Jan Thomsen | OK Pan | 55:47 | +11:28 |
| 10. Terje Bakke | Porsgrunn OL | 56:00 | +11:41 |
| 11. Søren Flytkjær | Aalborg OK | 56:02 | +11:43 |
| 12. Niels Nygaard Jensen | OK Snab | 56:12 | +11:53 |
| 13. Tore Voss Fagervold | Asker skiklubb | 56:19 | +12:00 |
| 14. Lars Fjeldstad | Ringerike o-lag | 56:51 | +12:32 |
| 15. Arne Kristensen | Stokke IL Orienterin | 57:29 | +13:10 |
| 16. Kristian Edsen | Nordvest OK | 58:48 | +14:29 |
| 17. Ernst Poulsen | AMOK | 1:00:03 | +15:44 |
| 18. Åsmund Kleven | OK Skeidi | 1:00:46 | +16:27 |
| 19. Jørgen Damgaard | OK GORM | 1:00:48 | +16:29 |
| 20. Arne Fossheim | Asker skiklubb | 1:01:29 | +17:10 |
| 21. Bo L. Andersen | Aalborg OK | 1:02:53 | +18:34 |
| 22. Jens Ozol | Silkeborg OK | 1:03:31 | +19:12 |
| 23. Jan Einar Øvremo | Ålgård Orientering | 1:05:03 | +20:44 |
| 24. Roy Birkeland | Søgne & Songdalen | 1:09:43 | +25:24 |
| 25. Jan Hauerslev | OK Pan | 1:09:44 | +25:25 |
| 26. Øyvind Johannessen Lin | Asker skiklubb | 1:10:05 | +25:46 |
| 27. Martin Ringive | OK GORM | 1:10:09 | +25:50 |
| 28. Martin Greiner | OSC Kassel | 1:11:48 | +27:29 |
| 29. Thomas Lindschouw | Aalborg OK | 1:15:59 | +31:40 |
| 30. Ole Præstgaard | Mariager Fjord OK | 1:24:04 | +39:45 |
| 31. Lars Ozol | Silkeborg OK | 1:26:42 | +42:23 |
| 32. Allan Lauridsen | Mariager Fjord OK | 1:51:26 | +1:07:07 |
| Oluf Bøckman | Kristiansand Oriente | Disq. | |

D35A 6,45 km

Started : 6 DNF : 0 Disqualified : 1

| | | | |
|-----------------------------|----------------------|---------|--------|
| 1. Benedikte Wiig Bøen | Porsgrunn OL | 1:05:52 | |
| 2. Sunniva Berg | Stokke IL Orienterin | 1:13:19 | +07:27 |
| 3. Mette Ozol Kristoffersen | OK Snab | 1:20:22 | +14:30 |
| 4. Louise Falster-Sørensen | OK Syd | 1:48:10 | +42:18 |
| 5. Helle Termansen | OK Syd | 1:53:07 | +47:15 |
| Ulla R. Pallesen | OK Syd | Disq. | |

H16A 6,45 km

Started : 20 DNF : 0 Disqualified : 2

| | | | |
|----------------------------|---------------------|---------|----------|
| 1. Emil Omholt | Porsgrunn OL | 43:23 | |
| 2. Sindre Wathne | Sandnes IL | 44:47 | +01:24 |
| 3. Finlay Tobias Duncan | Sandnes IL | 44:50 | +01:27 |
| 4. Sjur Undheim | Sandnes IL | 46:08 | +02:45 |
| 5. Rasmus Lüthje | Søllerød OK | 48:55 | +05:32 |
| 6. Storm Schmidt Tofterup | OK Melfar | 50:07 | +06:44 |
| 7. Arvid Wennerstrand | Porsgrunn OL | 50:15 | +06:52 |
| 8. Andreas Soleng | Sandnes IL | 51:30 | +08:07 |
| 9. Magnus Sæterås | Sandnes IL | 53:11 | +09:48 |
| 10. Halvor Gjestrud | Notodden Orienterin | 56:46 | +13:23 |
| 11. Syver Hagen Urdalen | Notodden Orienterin | 57:56 | +14:33 |
| 12. Max Alexander Nybråten | Tyrving IL | 1:00:07 | +16:44 |
| 13. Simen Nygård | Birkenes IL | 1:00:31 | +17:08 |
| 14. Aksel Sauve | IF Sturla | 1:01:31 | +18:08 |
| 15. Mathias Meihack | Sandnes IL | 1:10:22 | +26:59 |
| 16. Sebastian Knutsen | Sandnes IL | 1:10:40 | +27:17 |
| 17. Thomas Vaktdal | Sandnes IL | 1:14:23 | +31:00 |
| 18. Andreas Sandved | Sandnes IL | 2:18:14 | +1:34:51 |
| Tormod Levang | Sandnes IL | Disq. | |
| Vilhelm Rokkjær Andreas | OK Pan | Disq. | |

H55A 6,35 km

Started : 42 DNF : 0 Disqualified : 3

| | | | | |
|-----|-------------------------|----------------------|---------|--------|
| 1. | Anders Asp | Mölnadal Outdoor IF | 46:51 | |
| 2. | Ebbe Møller Nielsen | OK Pan | 47:19 | +28 |
| 3. | Peter Asp | IFK Göteborg Orient | 48:35 | +01:44 |
| 4. | Thore Kornmo | Porsgrunn OL | 48:59 | +02:08 |
| 5. | Pål Kittilsen | Freidig | 49:51 | +03:00 |
| 6. | Oddgeir Eikeskog | Sandnes IL | 51:00 | +04:09 |
| 7. | Tom Furland | Sandnes IL | 51:49 | +04:58 |
| 8. | Tor Åmdal | Kristiansand Oriente | 52:44 | +05:53 |
| 9. | Øyvind Flaatten | OK Skeidi | 53:17 | +06:26 |
| 10. | Morten Mølgaard Nielsen | Odense OK | 54:39 | +07:48 |
| 11. | Claus Cederberg | Ballerup OK | 55:06 | +08:15 |
| 12. | Henning Sundby | Ganddal IL | 55:45 | +08:54 |
| 13. | Dag Ausen | Porsgrunn OL | 56:14 | +09:23 |
| 14. | Bjarne Johannsen | OK Syd | 56:49 | +09:58 |
| 15. | Claus Grøn Lyngby | OK GORM | 56:50 | +09:59 |
| 16. | Kim Rokkjær | OK Pan | 57:28 | +10:37 |
| 17. | Jesper Thy | Aalborg P.I. o-afd. | 58:06 | +11:15 |
| 18. | Allan Hougaard | 1900 Orientering | 58:18 | +11:27 |
| 19. | Mads Mikkelsen | Horsens OK | 59:18 | +12:27 |
| 20. | Espen Birkenes | Birkenes IL | 1:00:06 | +13:15 |
| 21. | Lars Klogborg | OK H.T.F. | 1:01:07 | +14:16 |
| 22. | Nils Arne Johannessen | Kristiansand Oriente | 1:02:26 | +15:35 |
| 23. | Søren Diget | Skagen OK og Moti | 1:02:48 | +15:57 |
| 24. | Harald Eik | Kristiansand Oriente | 1:02:54 | +16:03 |
| 25. | Per Kristian Tømt | IL Imås | 1:03:35 | +16:44 |
| 26. | Knut Aurebekk | Torridal IL | 1:03:37 | +16:46 |
| 27. | Bjørn Polland | OK Skeidi | 1:07:13 | +20:22 |
| 28. | John Bargmeyer | OK Syd | 1:07:34 | +20:43 |
| 29. | Tommy Iversen | Odense OK | 1:08:07 | +21:16 |
| 30. | Sten Egholm Jørgensen | OK Melfar | 1:09:25 | +22:34 |
| 31. | Jørn Langerud | Porsgrunn OL | 1:09:59 | +23:08 |
| 32. | Pål Bårdsen | Stavanger OK | 1:10:04 | +23:13 |
| 33. | Henrik Holm | OK GORM | 1:10:53 | +24:02 |
| 34. | Audun Løvgren | IL Express Fevik | 1:13:18 | +26:27 |
| 35. | Magne Kløve | Stokke IL Orienterin | 1:17:04 | +30:13 |
| 36. | Jon Terje Ekeland | Oddersjaa | 1:17:43 | +30:52 |
| 37. | Gunnar Mollestad | Kristiansand Oriente | 1:19:33 | +32:42 |
| 38. | Jacob Bang | OK GORM | 1:20:53 | +34:02 |
| 39. | Lasse Madsen | Mariager Fjord OK | 1:45:51 | +59:00 |
| | Jan Kølbæk | 1900 Orientering | Disq. | |
| | Lennart Bo Kristiansen | Viborg OK | Disq. | |
| | Svein Nygård | Hisøy OK | Disq. | |
| | Carsten Thyssen | Horsens OK | DNS | |

D21A 7,08 km

Started : 13 DNF : 0 Disqualified : 0

| | | | | |
|-----|-------------------------|----------------------|---------|--------|
| 1. | Caroline Gjøtterup | Silkeborg OK | 54:35 | |
| 2. | Nicoline F. Klysner | FIF Hillerød | 55:44 | +01:09 |
| 3. | Anna Forsberg | Vallda OK | 55:47 | +01:12 |
| 4. | Irina Kupriyanova | Farum OK | 1:00:52 | +06:17 |
| 5. | Karoline Aune | Alt er OK | 1:03:25 | +08:50 |
| 6. | Theresa Skouboe | Horsens OK | 1:03:44 | +09:09 |
| 7. | Astrid White | Ok Linné | 1:05:04 | +10:29 |
| 8. | Astrid Gylling Hougaard | 1900 Orientering | 1:07:34 | +12:59 |
| 9. | Katrine Lillie Johansen | 1900 Orientering | 1:08:11 | +13:36 |
| 10. | Ida Monsen | Kristiansand Oriente | 1:15:26 | +20:51 |
| 11. | Anna Movin | Silkeborg OK | 1:17:30 | +22:55 |
| 12. | Julia Birath | Stenungsunds OK | 1:22:10 | +27:35 |
| 13. | Maria Bo Kølbæk | 1900 Orientering | 1:35:54 | +41:19 |
| | Amalie Ringvoll | IK Grane Arendal ori | DNS | |

H20A 7,08 km

Started : 11 DNF : 0 Disqualified : 2

| | | | | |
|----|--------------------------|----------------------|---------|--------|
| 1. | Natanael Tolås | Haugesund Idrettsla | 52:13 | |
| 2. | Kristian Tolstad | Torridal IL | 58:43 | +06:30 |
| 3. | Filip Sveen | Haugesund Idrettsla | 59:40 | +07:27 |
| 4. | Niclas B Gunnerød | Stokke IL Orienterin | 1:01:34 | +09:21 |
| 5. | Sebastian Jørgensen | Haugesund Idrettsla | 1:03:37 | +11:24 |
| 6. | Lars Birkenes | Birkenes IL | 1:04:46 | +12:33 |
| 7. | Fabian Johannessen | Kristiansand Oriente | 1:12:40 | +20:27 |
| 8. | Emil Olsen Rachor | Haugesund Idrettsla | 1:12:48 | +20:35 |
| 9. | Sigmund Javenes Flaa | Birkenes IL | 1:16:02 | +23:49 |
| | Aksel Kvarsten | Kristiansand Oriente | Disq. | |
| | Mikael Galteland Birkelu | Asker skiklubb | Disq. | |
| | Andreas Holme | Kristiansand Oriente | DNS | |
| | Erlend Sælid Nes | Kristiansand Oriente | DNS | |

H21AM 7,08 km

Started : 8 DNF : 0 Disqualified : 1

| | | | | |
|----|------------------------|--------------------|---------|--------|
| 1. | Andreas Olesen | PI-København | 54:47 | |
| 2. | Simon L.J. Kristensen | Faaborg OK | 54:52 | +05 |
| 3. | Frode Øverøyen Balchen | Oddersjaa | 56:10 | +01:23 |
| 4. | Pernille Spangsberg | Odense OK | 1:11:37 | +16:50 |
| 5. | Einar Eskilt | Hisøy OK | 1:16:44 | +21:57 |
| 6. | Simon Fjordvald | Silkeborg OK | 1:18:26 | +23:39 |
| 7. | Øyvind Helsør | Hisøy OK | 1:28:00 | +33:13 |
| | Jostein Svaland Dale | Ås-NMBU Orienterin | Disq. | |

D20E 7,28 km

Started : 14 DNF : 0 Disqualified : 0

| | | | | |
|-----|---------------------------|--------------|---------|--------|
| 1. | Signe Møller Skaug | OK Pan | 55:13 | |
| 2. | Wilma Jonsson | OK Tyr | 56:27 | +01:14 |
| 3. | Selma White | OK Kåre | 58:48 | +03:35 |
| 4. | Ester Olivia Staal Bering | OK Pan | 1:04:48 | +09:35 |
| 5. | Sigrid Øhlenschlæger Ni | Silkeborg OK | 1:07:20 | +12:07 |
| 6. | Anna Kaldahl Hornbæk | OK Pan | 1:09:39 | +14:26 |
| 7. | Amaile Engelund Broma | Allerød OK | 1:09:50 | +14:37 |
| 8. | Krista Lervad Lundø | Horsens OK | 1:09:59 | +14:46 |
| 9. | Siv Kusk Berglund | OK Pan | 1:10:30 | +15:17 |
| 10. | Laura Kaldahl Hornbæk | OK Pan | 1:11:15 | +16:02 |
| 11. | Tiril Myklatun Jacobsen | Tyrving IL | 1:12:39 | +17:26 |
| 12. | Mathilde Bobach | OK Pan | 1:14:09 | +18:56 |
| 13. | Tuva Aurebekk Udø | Torridal IL | 1:22:07 | +26:54 |
| 14. | Camille Friis Scheby | OK Sorø | 1:22:48 | +27:35 |

H50A 7,10 km

Started : 25 DNF : 0 Disqualified : 3

| | | | | |
|-----|-------------------------|----------------------|---------|--------|
| 1. | Holger Hott | Kristiansand Oriente | 46:11 | |
| 2. | Flemming Jørgensen | OK Snab | 48:23 | +02:12 |
| 3. | Ørjan Ravndal | Ålgård Orientering | 48:38 | +02:27 |
| 4. | Thomas Fredberg | Silkeborg OK | 49:33 | +03:22 |
| 5. | Magne Wiig Mathisen | Porsgrunn OL | 53:14 | +07:03 |
| 6. | Troels Nielsen | Horsens OK | 53:55 | +07:44 |
| 7. | Jens Liengård | OK Snab | 58:32 | +12:21 |
| 8. | Lars Pagh | OK Snab | 1:01:45 | +15:34 |
| 9. | Steinar Lande | Bø orienteringslag | 1:05:00 | +18:49 |
| 10. | Michael Thygesen | OK Snab | 1:06:23 | +20:12 |
| 11. | Dag Abel Sveen | Haugesund Idrettsla | 1:10:47 | +24:36 |
| 12. | Esben Blicher | OK Melfar | 1:11:04 | +24:53 |
| 13. | Dag Steinar Ragvin | Bø orienteringslag | 1:12:51 | +26:40 |
| 14. | Fridtjof Rachor | Haugesund Idrettsla | 1:13:25 | +27:14 |
| 15. | Jonas Bo Kirk Egdal | OK Melfar | 1:14:48 | +28:37 |
| 16. | Kenn Heldgaard Kristens | Herning OK | 1:15:59 | +29:48 |
| 17. | Geir Jonny Ringvoll | IK Grane Arendal ori | 1:16:55 | +30:44 |
| 18. | Anders Gammelvind | Herning OK | 1:17:28 | +31:17 |
| 19. | Svein Erik Wiig | Søgne & Songdalen | 1:17:59 | +31:48 |
| 20. | Sven Erik Jakobsen | OK GORM | 1:23:17 | +37:06 |
| 21. | Peter R. Pallesen | OK Syd | 1:25:37 | +39:26 |
| 22. | Michael Termansen | OK Syd | 1:32:34 | +46:23 |
| | Mads Jacobsen | Silkeborg OK | Disq. | |
| | Michael W. Nielsen | OK Syd | Disq. | |
| | Stig Instanes | IF Sturla | Disq. | |
| | Jon Solberg | Bø orienteringslag | DNS | |

H45A 8,48 km

Started : 23 DNF : 0 Disqualified : 2

| | | | | |
|-----|-------------------------|----------------------|---------|--------|
| 1. | Hans Gunnar Omdal | IL Vindbjart | 49:11 | |
| 2. | Kenneth Buch | OK GORM | 50:22 | +01:11 |
| 3. | Kristoffer Jacobsen | Tyrving IL | 52:20 | +03:09 |
| 4. | Eirik Heddeland Martens | Kristiansand Oriente | 54:10 | +04:59 |
| 5. | Ola Magnus Laugaland | Ålgård Orientering | 54:22 | +05:11 |
| 6. | Jostein Furelid Tellnes | Asker skiklubb | 56:22 | +07:11 |
| 7. | Magnus Aarhus Kinn | Porsgrunn OL | 58:33 | +09:22 |
| 8. | Stig Alvestad | IK Grane Arendal ori | 59:59 | +10:48 |
| 9. | Sigurd Oftedal | Sandnes IL | 1:01:43 | +12:32 |
| 10. | Bjarke Refslund | OK Pan | 1:02:32 | +13:21 |
| 11. | Bjørn Egil Rossebø | Haugesund Idrettsla | 1:09:09 | +19:58 |
| 12. | Paul Johannessen | Kristiansand Oriente | 1:10:28 | +21:17 |
| 13. | Andreas Popp | Aalborg OK | 1:14:30 | +25:19 |
| 14. | Martin Lervad Lundø | Horsens OK | 1:17:21 | +28:10 |
| 15. | Erik Råberg | OK Tyr | 1:17:56 | +28:45 |
| 16. | Peter Sigvardt | Odense OK | 1:20:22 | +31:11 |
| 17. | Sturla Stokkeland | Ålgård Orientering | 1:21:28 | +32:17 |
| 18. | Lars Schmidt Johansen | OK Melfar | 1:24:04 | +34:53 |
| 19. | Mikkel Laust Broe | OK Melfar | 1:24:23 | +35:12 |
| 20. | Jesper Madsen | OK Melfar | 1:29:18 | +40:07 |
| 21. | Anders Thygesen | Kolding OK | 1:39:04 | +49:53 |
| | Jim Øystein Nybråten | Tyrving IL | Disq. | |
| | Mikael Lüthje | Søllerød OK | Disq. | |
| | Walther Kamp | OK Melfar | DNS | |

H35A 9,08 km

Started : 8 DNF : 0 Disqualified : 1

| | | | | |
|----|--------------------------|-----------------------|---------|--------|
| 1. | Niklas Ingwersen | Horsens OK | 1:02:00 | |
| 2. | Vegard Omdal | IL Vindbjart | 1:07:58 | +05:58 |
| 3. | Søren Vestergaard Christ | Karup OK | 1:11:29 | +09:29 |
| 4. | Peter D. Frandsen | Kolding OK | 1:15:25 | +13:25 |
| 5. | Einar Marius Martinsen | Vindafjord orienterin | 1:16:45 | +14:45 |
| 6. | Johan Lundqvist | Stenungsunds OK | 1:22:27 | +20:27 |
| 7. | Frederik Højholt Anderse | OK Pan | 1:31:20 | +29:20 |
| | Niels Ozol Kristoffersen | OK Snab | Disq. | |

H40A 9,08 km

Started : 12 DNF : 0 Disqualified : 0

| | | | | |
|-----|---------------------|----------------------|---------|----------|
| 1. | Ane Linde | Silkeborg OK | 54:31 | |
| 2. | Christian Bøen | Kristiansand Oriente | 54:50 | +19 |
| 3. | Tue Lassen | Silkeborg OK | 54:57 | +26 |
| 4. | Anton Rasmussen | Aarhus 1900 Orient | 1:13:31 | +19:00 |
| 5. | Knut Urdalen | Notodden Orienterin | 1:19:23 | +24:52 |
| 6. | Torgrim Gjestrud | Notodden Orienterin | 1:22:52 | +28:21 |
| 7. | Erling Dahl Borkamo | Notodden Orienterin | 1:26:12 | +31:41 |
| 8. | Åsmund Hasaas | OK Skeidi | 1:27:40 | +33:09 |
| 9. | Robert Fredriksen | Notodden Orienterin | 1:29:16 | +34:45 |
| 10. | Kasper Tofte | Odense OK | 1:31:19 | +36:48 |
| 11. | Dan Kristensen Huva | Notodden Orienterin | 1:34:40 | +40:09 |
| 12. | Tomas Sundelin | Notodden Orienterin | 2:41:39 | +1:47:08 |

D21E 9,40 km

Started : 8 DNF : 0 Disqualified : 0

| | | | | |
|----|-------------------------|--------------------|---------|--------|
| 1. | Agnes Nørgård Kracht | THOK | 1:03:44 | |
| 2. | Synnøve Palmqvist | Vegårshei IL | 1:07:12 | +03:28 |
| 3. | Tova Rangert | IKHP Huskvarna | 1:08:30 | +04:46 |
| 4. | Hanne vassend | Ok Linné | 1:13:46 | +10:02 |
| 5. | Linn Mei Bjørnstad Waal | Ås-NMBU Orienterin | 1:26:04 | +22:20 |
| 6. | Maria Rørvik Haver | Ås-NMBU Orienterin | 1:26:11 | +22:27 |
| 7. | Johanna Hunstad | Ås-NMBU Orienterin | 1:26:42 | +22:58 |
| 8. | Pernille Bøch Gylling | 1900 Orientering | 1:27:30 | +23:46 |

H21A 10,33 km

Started : 13 DNF : 0 Disqualified : 2

| | | | | |
|-----|--------------------------|--------------|---------|--------|
| 1. | Zsolt Lenkei | Vallda OK | 1:00:16 | |
| 2. | Sindre Holt | Hedrum O-lag | 1:05:17 | +05:01 |
| 3. | Espen Skiri | Alt er OK | 1:06:33 | +06:17 |
| 4. | Håkon Fruseth Christians | Alt er OK | 1:07:03 | +06:47 |
| 5. | Andreas Bagger Hagner | Silkeborg OK | 1:08:10 | +07:54 |
| 6. | Mathias Gløersen | Alt er OK | 1:11:25 | +11:09 |
| 7. | Ole Flaatten | OK Skeidi | 1:14:34 | +14:18 |
| 8. | Rasmus Sørensen | OK Melfar | 1:16:39 | +16:23 |
| 9. | Bjarke Egholm Rude | Silkeborg OK | 1:16:56 | +16:40 |
| 10. | Ole Jørgen Bogen Arenth | Alt er OK | 1:21:53 | +21:37 |
| 11. | Jakob Røberg Frandsen | OK Pan | 1:30:16 | +30:00 |
| | Are Wigaard | Alt er OK | Disq. | |
| | Henrik R Holt | Hedrum O-lag | Disq. | |

H20E 10,70 km

Started : 26 DNF : 0 Disqualified : 4

| | | | | |
|-----|--------------------------|----------------------|---------|--------|
| 1. | Mattias Klostergaard Rok | Silkeborg OK | 1:03:05 | |
| 2. | Sigve Nygård Fagervold | Asker skiklubb | 1:06:05 | +03:00 |
| 3. | Idar Elias Jongenburger | Sandnes IL | 1:07:04 | +03:59 |
| 4. | Eskild Stig Nielsen | Horsens OK | 1:08:50 | +05:45 |
| 5. | Simen Dalen Eriksen | Asker skiklubb | 1:10:17 | +07:12 |
| 6. | Henrik Jones | IK Grane Arendal ori | 1:10:21 | +07:16 |
| 7. | Jonas Monrad | Kolding OK | 1:10:35 | +07:30 |
| 8. | Anders Sigvardt | Odense OK | 1:12:10 | +09:05 |
| 9. | Gaute Solberg | Sandefjord OK | 1:12:12 | +09:07 |
| 10. | Christoffer Vang Bobach | Aalborg OK | 1:12:19 | +09:14 |
| 11. | Emil Nygård | Birkenes IL | 1:12:52 | +09:47 |
| 12. | Kasper Hott | Kristiansand Oriente | 1:14:20 | +11:15 |
| 13. | Rune Cederberg | Ballerup OK | 1:15:03 | +11:58 |
| 14. | Aksel Klausen | IF Sturla | 1:18:02 | +14:57 |
| 15. | Mathias Reiche Sørense | OK Vendelboerne | 1:20:57 | +17:52 |
| 16. | Karl Gammelvind | Herning OK | 1:21:37 | +18:32 |
| 17. | Kristian Kaiser | IF Sturla | 1:22:46 | +19:41 |
| 18. | Sondre Kornmo | Porsgrunn OL | 1:24:08 | +21:03 |
| 19. | Eirik Lesteberg | Kongsberg o-lag | 1:24:47 | +21:42 |
| 20. | Trym Bækken O'Reilly | Sturla if | 1:37:52 | +34:47 |
| 21. | Jens Gjein Dybvik | Stokke IL Orienterin | 1:38:29 | +35:24 |
| 22. | Arild Pfluger Hundeide | Sandnes IL | 1:39:19 | +36:14 |
| | Jone Valdal | Sandnes IL | Disq. | |
| | Lukas Bergmann Verhels | Horsens OK | Disq. | |
| | Magnus Mølgaard Nielse | Odense OK | Disq. | |
| | Vebjørn Oftedal | Sandnes IL | Disq. | |
| | Aksel Hott | Kristiansand Oriente | DNS | |
| | Alexander Johannes Mos | OK ØST Birkerød | DNS | |
| | Anton Kupriyanov Hviid | Farum OK | DNS | |

H21E 13,65 km

Started : 23 DNF : 0 Disqualified : 3

| | | | | |
|-----|-------------------------|----------------------|---------|----------|
| 1. | Simon Harden | IKHP Huskvarna | 1:11:54 | |
| 2. | Marius Aurebekk | NTNUI | 1:16:15 | +04:21 |
| 3. | Vegard Kittilsen | IFK Göteborg Orient | 1:19:20 | +07:26 |
| 4. | Magnus Sigurdsson | Stokke IL Orienterin | 1:19:32 | +07:38 |
| 5. | Alan Cherry | Nydalens SK | 1:19:53 | +07:59 |
| 6. | Laurits Bidstrup Møller | Silkeborg OK | 1:21:51 | +09:57 |
| 7. | Morten Rindom Knudsen | OK Melfar | 1:23:02 | +11:08 |
| 8. | Uku-Laur Tali | Porsgrunn OL | 1:29:15 | +17:21 |
| 9. | Anders Haugskott | Ås-NMBU Orienterin | 1:29:31 | +17:37 |
| 10. | Marko Birk Nielsen | Aalborg OK | 1:29:36 | +17:42 |
| 11. | Rasmus Palmqvist | Vegårshei IL | 1:30:08 | +18:14 |
| 12. | Oscar Sig Tranberg | OK Pan | 1:30:53 | +18:59 |
| 13. | Eirik Ravnar | Stokke IL Orienterin | 1:33:38 | +21:44 |
| 14. | Johan Halkjær Dupont | OK Pan | 1:36:32 | +24:38 |
| 15. | Nikola Ivanov | Horsens OK | 1:36:44 | +24:50 |
| 16. | Vilmer Nyberg | Asker skiklubb | 1:47:06 | +35:12 |
| 17. | Emil Ruud Fossheim | Asker skiklubb | 1:54:26 | +42:32 |
| 18. | Morten Schou | Aalborg OK | 1:54:52 | +42:58 |
| 19. | Thomas Emil Jensen | Horsens OK | 1:57:52 | +45:58 |
| 20. | Martin Møller | AKIF | 2:19:45 | +1:07:51 |
| | Anton Forsberg | Långhundra IF | Disq. | |
| | Gaute Friestad | Kristiansand Oriente | Disq. | |
| | Kevin Rommetvedt | Ås-NMBU Orienterin | Disq. | |
| | Simon Helgesen | Ås-NMBU Orienterin | DNS | |

Åben1 7,15 km

Started : 9 DNF : 0 Disqualified : 1

| | | | | |
|----|----------------------|----------------------|---------|--------|
| 1. | Rasmus Thrane Hansen | Silkeborg OK | 41:14 | |
| 2. | Vegard Danielsen | Kristiansand Oriente | 41:27 | +13 |
| 3. | Jonas Wihan | Fyns PI | 49:16 | +08:02 |
| 4. | Ståle Gjelsten | Kristiansand Oriente | 51:32 | +10:18 |
| 5. | Marianne Andersen | Kristiansand Oriente | 54:24 | +13:10 |
| 6. | Alex H. Kristensen | Herning OK | 56:40 | +15:26 |
| 7. | Dante Rangert | | 59:29 | +18:15 |
| 8. | Ita Klingenberg | Faaborg OK | 1:01:54 | +20:40 |
| | Peter Wihan | Fyns PI | Disq. | |

Åben2 3,53 km

Started : 44 DNF : 0 Disqualified : 1

| | | | | |
|-----|-------------------------|----------------------|---------|----------|
| 1. | Emma Klingenberg | Silkeborg OK | 28:11 | |
| 2. | Silje Egeberg | Tyrving IL | 28:45 | +34 |
| 3. | Liv Borchgrevink Reinem | Tyrving IL | 30:44 | +02:33 |
| 4. | Ola Myklatun Jacobsen | Tyrving IL | 30:49 | +02:38 |
| 5. | Erik Helgemo | Kristiansand Oriente | 31:27 | +03:16 |
| 6. | Sten Åge Nygårdseter | Vegårshei IL | 31:40 | +03:29 |
| 7. | Rikke Rasmussen | OK Snab | 32:28 | +04:17 |
| 8. | Åsulv Birkeland Stormoe | Birkenes IL | 34:02 | +05:51 |
| 9. | Tuva Dahl Borkamo | Notodden Orienterin | 34:28 | +06:17 |
| 10. | Magne Habbestad | Sandnes IL | 35:25 | +07:14 |
| 11. | Henrik Eriksson | | 35:39 | +07:28 |
| 12. | Maria Brodin | OK Tyr | 35:48 | +07:37 |
| 13. | Ida Schwartz Bobach | OK Pan | 37:26 | +09:15 |
| 14. | Bruno Stub | PI-København | 39:54 | +11:43 |
| 15. | Karl-Bertil Skovkjær | Silkeborg OK | 41:19 | +13:08 |
| 16. | Janne Thygesen | IK Grane Arendal ori | 41:45 | +13:34 |
| 17. | Ole Gjerstad | IF Sturla | 42:53 | +14:42 |
| 18. | Ole Kroken | IF Sturla | 43:59 | +15:48 |
| 19. | Anna Brodin | OK Tyr | 44:54 | +16:43 |
| 20. | lasse Korsbæk | Aalborg OK | 44:57 | +16:46 |
| 21. | Tobias Elinder | | 45:44 | +17:33 |
| 22. | Lars Tykær Jensen | OK Melfar | 47:45 | +19:34 |
| 23. | Troels Mengel-Jørgense | | 48:06 | +19:55 |
| 24. | Ethna cavanagh | Faaborg OK | 48:33 | +20:22 |
| 25. | Anders Omholt | Porsgrunn OL | 50:44 | +22:33 |
| 26. | Torben Borg Kristensen | | 53:38 | +25:27 |
| 27. | Arnchild Ufsvatn Bråten | Vegårshei IL | 54:26 | +26:15 |
| 28. | Daniel Pihl Raugland | Sturla if | 55:11 | +27:00 |
| 29. | Allan Skouboe | Horsens OK | 56:19 | +28:08 |
| 30. | Erik Andersen | Odense OK | 59:35 | +31:24 |
| 31. | Asle Kregnes | Kristiansand Oriente | 1:00:59 | +32:48 |
| 32. | Siri Margrethe Birkenes | Birkenes IL | 1:02:53 | +34:42 |
| 33. | Gunner Gjermandsen | Horsens OK | 1:05:03 | +36:52 |
| 34. | Ingeborg Fogt Bergby | Notodden Orienterin | 1:06:02 | +37:51 |
| 35. | Søren Klingenberg | Faaborg OK | 1:06:09 | +37:58 |
| 36. | Grethe Paulsen Vie | Haugesund Idrettsla | 1:07:56 | +39:45 |
| 37. | Steffan Laier | | 1:10:09 | +41:58 |
| 38. | Kenneth Dybvik | Stokke IL Orienterin | 1:13:21 | +45:10 |
| 39. | Helena Rangert | IKHP Huskvarna | 1:18:49 | +50:38 |
| 40. | janni Møldrup | | 1:18:55 | +50:44 |
| 41. | Jan Moldrup | | 1:18:57 | +50:46 |
| 42. | Ulrik Christiansen | Horsens OK | 1:33:21 | +1:05:10 |
| 43. | Helmut Hilden | RSOK | 1:50:26 | +1:22:15 |

Nordjysk 2Dages Long 07-03-2026, Tversted, OK Vende

16:58:50

| | | |
|-------------------------|---------------------|-------|
| Maja Othelie Huva | Notodden Orienterin | Disq. |
| Ruth Malin Dal | Ås-NMBU Orienterin | DNS |
| Torunn Birkeland bakken | kok | DNS |

H45B 4,13 km

Started : 11 DNF : 0 Disqualified : 0

| | | | | |
|-----|----------------------|----------------------|---------|--------|
| 1. | Morten Frederiksen | Aalborg OK | 46:34 | |
| 2. | Gunnar Militzer | Stokke IL Orienterin | 47:58 | +01:24 |
| 3. | Mogens Henriksen | Silkeborg OK | 48:34 | +02:00 |
| 4. | Baard Fuglestad | Kristiansand Oriente | 50:53 | +04:19 |
| 5. | Bjørn Røstøen | Asker skiklubb | 52:38 | +06:04 |
| 6. | Per Johan Flaa | Birkenes IL | 58:14 | +11:40 |
| 7. | Morten Skrubbeltrang | 1900 Orientering | 59:11 | +12:37 |
| 8. | Benny Blaudzun | OK Syd | 59:41 | +13:07 |
| 9. | Hans Antonsen | IK Grane Arendal ori | 1:01:02 | +14:28 |
| 10. | Jan Marcher Jensen | OK GORM | 1:13:01 | +26:27 |
| 11. | Thomas Nikolajsen | Horsens OK | 1:33:26 | +46:52 |
| | Kim Birkelund | Horsens OK | DNS | |
| | Phil Heelan | Asker skiklubb | DNS | |

Åben3 4,13 km

Started : 42 DNF : 0 Disqualified : 2

| | | | | |
|-----|-------------------------|-----------------------|---------|--------|
| 1. | Max-Emil Kupriyanov Hvi | Farum OK | 32:24 | |
| 2. | Morten Hansen Jondahl | Porsgrunn OL | 36:30 | +04:06 |
| 3. | Simen Stokka | Sandnes IL | 36:33 | +04:09 |
| 4. | Anders Franche | Porsgrunn OL | 37:44 | +05:20 |
| 5. | Ole Jacob Eldrup | Porsgrunn OL | 37:45 | +05:21 |
| 6. | Ingrid Vik Jondahl | Porsgrunn OL | 37:46 | +05:22 |
| 7. | Truls Ditlefsen | Porsgrunn OL | 37:59 | +05:35 |
| 8. | Yngvar Bakken | IL Vindbjart | 39:52 | +07:28 |
| 9. | Kim Hed | Porsgrunn OL | 40:15 | +07:51 |
| 10. | Johan Mika Sundin | Torridal IL | 40:31 | +08:07 |
| 11. | Alexander Vestberg | OK Ålgen | 40:55 | +08:31 |
| 12. | Helene Omholt | Porsgrunn OL | 41:12 | +08:48 |
| 13. | Erling Reinemo | Tyrving IL | 42:33 | +10:09 |
| 14. | Fredrik Rønningen | Porsgrunn OL | 43:49 | +11:25 |
| 15. | Ida Lindberg | | 44:42 | +12:18 |
| 16. | Vivian Bergum | Porsgrunn OL | 44:43 | +12:19 |
| 17. | Maira Andersone | Sandnes IL | 46:49 | +14:25 |
| 18. | Ina Baksaas | Porsgrunn OL | 47:23 | +14:59 |
| 19. | Siri Øksendal | Sandnes IL | 48:44 | +16:20 |
| 20. | Thea Lopez | Porsgrunn OL | 49:01 | +16:37 |
| 21. | Ole Johannes Bakkevold | Sandnes IL | 49:18 | +16:54 |
| 22. | Joar Selseng Selseng | Sandnes IL | 50:22 | +17:58 |
| 23. | Maiken Meihack | Sandnes IL | 50:23 | +17:59 |
| 24. | Ragnhild Skagestad | Porsgrunn OL | 50:27 | +18:03 |
| 25. | Stine Karlsen | Porsgrunn OL | 50:55 | +18:31 |
| 26. | Paal Yngvar Kapstad | Porsgrunn OL | 52:48 | +20:24 |
| 27. | Eivind Greibrokk | Torridal IL | 53:00 | +20:36 |
| 28. | Anne Mette S Jakobsen | Torridal IL | 53:11 | +20:47 |
| 29. | Christian Berg | Porsgrunn OL | 53:53 | +21:29 |
| 30. | Stein Egil Sakseid | Sandnes IL | 54:26 | +22:02 |
| 31. | Christer Lund | Sturla if | 54:35 | +22:11 |
| 32. | Andreas Orr Askland | Kristiansand Oriente | 55:10 | +22:46 |
| 33. | Morten jensen | | 58:29 | +26:05 |
| 34. | hilde Soleng | Sandnes IL | 58:42 | +26:18 |
| 35. | silje Noe | Løberen | 58:51 | +26:27 |
| 36. | Terje Mørjåland | Vindafjord orienterin | 1:00:17 | +27:53 |
| 37. | Tone-Regine Sauve | IF Sturla | 1:09:08 | +36:44 |
| 38. | Janne Frantzen | Sandnes IL | 1:15:16 | +42:52 |
| 39. | Stig Morten Andersen | Sandnes IL | 1:21:29 | +49:05 |
| 40. | Trond Ceeberg | Andebu IL | 1:27:03 | +54:39 |
| | Adrian Kuprianov Hviid | Farum OK | Disq. | |
| | Ane ribe | kok | Disq. | |
| | Guro Myhre | Sandnes IL | DNS | |

Åben4 3,60 km

Started : 15 DNF : 0 Disqualified : 0

| | | | | |
|-----|--------------------------|----------------------|---------|--------|
| 1. | Zaneta Danielsen | Kristiansand Oriente | 23:46 | |
| 2. | wilmer ribe nerland | kok | 27:20 | +03:34 |
| 3. | Geir Førlie | Rambøll | 27:29 | +03:43 |
| 4. | Anne Ringvoll | IK Grane Arendal ori | 28:15 | +04:29 |
| 5. | Ulrik Thrane | Silkeborg OK | 28:23 | +04:37 |
| 6. | Kristina Grødum Fidjelan | Birkenes IL | 29:08 | +05:22 |
| 7. | Yvonne Hed | Porsgrunn OL | 29:38 | +05:52 |
| 8. | wilhelm nerland | kok | 30:14 | +06:28 |
| 9. | Maria Helgemo | Kristiansand Oriente | 32:10 | +08:24 |
| 10. | Kamilla Omdal | IL Vindbjart | 34:01 | +10:15 |
| 11. | Heidi Hauland Selseng | Sandnes IL | 39:19 | +15:33 |
| 12. | Charlotte Askjer Kapstad | Porsgrunn OL | 44:34 | +20:48 |
| 13. | Björg Elin Levang | Sandnes IL | 46:33 | +22:47 |
| 14. | Sara Elisabeth Hjelle | Porsgrunn OL | 54:38 | +30:52 |
| 15. | Nils karsten celberg | andebu | 1:03:44 | +39:58 |
| | Linnea Vestberg | OK Ålgen | DNS | |

Åben5 2,55 km

Started : 16 DNF : 0 Disqualified : 3

| | | | | |
|-----|--------------------------|----------------------|-------|--------|
| 1. | Linda Roos | Kolding OK | 20:41 | |
| 2. | Aksel Eldrup | Porsgrunn OL | 20:43 | +02 |
| 3. | Sondre Pettersen Greibr | Torridal IL | 21:11 | +30 |
| 4. | Ragne Waldeland | Kristiansand Oriente | 21:44 | +01:03 |
| 5. | Pia sofie ribe nerland | kok | 23:44 | +03:03 |
| 6. | Sondre Lopez-Berg | Porsgrunn OL | 26:08 | +05:27 |
| 7. | Mathias Pettersen Greibr | Torridal IL | 27:08 | +06:27 |
| 8. | Bodil Fjordside Pagh | OK Snab | 28:01 | +07:20 |
| 9. | Eirik Lopez-Berg | Porsgrunn OL | 30:07 | +09:26 |
| 10. | Sebastian Ribe | kok | 33:52 | +13:11 |
| 11. | Torjus Eldrup | Porsgrunn OL | 39:09 | +18:28 |
| 12. | Lars Helgemo | Kristiansand Oriente | 39:36 | +18:55 |
| 13. | Eskild Bobach | OK Pan | 51:47 | +31:06 |
| | Ina Movritsen | Horsens OK | Disq. | |
| | Jona Valle Nygårdseter | Vegårshei IL | Disq. | |
| | Kasper Danielsen | Kristiansand Oriente | Disq. | |
| | Lars Stenberg Hilmarsen | Kristiansand Oriente | DNS | |
| | Sara Danielsen | Kristiansand Oriente | DNS | |