

Oslo Sommerstevne - 2020-07-15 Start Lists

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START LIST
T03 - G18/19 110 meter hekk 100cm (110H)
 Oslo Sommerstevne - 2020-07-15 START TIME: 16:00

Round 1

Lane	Bib	Name	Club	Age Group	PB	SB
2	232	Simen Guttormsen	VIDAR			

Round 2

Lane	Bib	Name	Club	Age Group	PB	SB
2	232	Simen Guttormsen	VIDAR			

START LIST
T13 - MS 110 meter hekk 106,7cm (110H)
 Oslo Sommerstevne - 2020-07-15 START TIME: 16:00

Round 1

Lane	Bib	Name	Club	Age Group	PB	SB
4	301	Vladimir Erik Vukicevic	VIDAR	SM		
5	41	Simen Sebastian Hansen	ASIL			16.38

Round 2

Lane	Bib	Name	Club	Age Group	PB	SB
4	301	Vladimir Erik Vukicevic	VIDAR	SM		
5	41	Simen Sebastian Hansen	ASIL			16.38

START LIST
T05 - J17 100 meter hekk 76,2cm (100H)
Oslo Sommerstevne - 2020-07-15 START TIME: 16:08

Lane	Bib	Name	Club	Age Group	PB	SB
1	135	Lisa Wilker	TING			
2	42	Emma Sophie Gjerland	LAM			

START LIST
T08 - KS 100 meter hekk 84,0cm (100H)
 Oslo Sommerstevne - 2020-07-15 START TIME: 16:08
Round 1 Heat 1 @ est. 16:08

Lane	Bib	Name	Club	Age Group	PB	SB
3	80	Ingrid Pernille Rismark	VIDAR	U20W		14.12
4	330	Magdeli Støten	SARP	U23G		13.98
5	128	Martine Kolbeinshavn Hjørnevik	NORSA	U20W		13.88
6	5	Marlen Elisabeth Johansson Aakre	FRED	SW		13.99
7	284	Lovise Skarbøvik Andresen	AASUN			14.44

Round 1 Heat 2 @ est. 16:11

Lane	Bib	Name	Club	Age Group	PB	SB
4	162	Telma Eid	SNDLA			15.37
5	245	Maria Aaberg	VIDAR			14.57
6	51	Elea Jørstad Bock	ILBUL			14.54
7	50	Elise Grong Ruud	STJF			14.58

Round 2

Lane	Bib	Name	Club	Age Group	PB	SB
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START LIST
T01 - G15 100 meter hekk 84,0cm (100H)
 Oslo Sommerstevne - 2020-07-15 START TIME: 16:16

Lane	Bib	Name	Club	Age Group	PB	SB
1	322	Nicolas Alexander Baranyi Eriksen	ILBUL			
2	328	Trygve Ilseng	ILBUL			
3	90	Håkon Yri Aaberg	TVEDE			
4	243	Simen Johan Teigstad	SANDV			
5	30	Lucas Grimstad Nilsen	SAND			
6	112	Lucas Fernandes Thomaz Gjesdal	KOLL	U16B		

START LIST
T02 - G16 100 meter hekk 91,4cm (100H)
 Oslo Sommerstevne - 2020-07-15 START TIME: 16:24

Lane	Bib	Name	Club	Age Group	PB	SB
6	69	André Cruz Da Silva	GRO			
7	204	William Aleksander Kollberg	HELLA	U18B		

START LIST
T04 - J16 80 meter hekk 76,2cm (80H)
 Oslo Sommerstevne - 2020-07-15 START TIME: 16:32

Lane	Bib	Name	Club	Age Group	PB	SB
1	99	Isabella Alida Indrebø	KOLL			
2	141	Sara Guttormsen	SKI	U16G		
3	182	Pernille Eun Haug	KNGSV	U16G		
4	55	Mina Weberg Gravdahl	SANDV	U16G		

START LIST
T12 - MS 100 meter (100)
 Oslo Sommerstevne - 2020-07-15 START TIME: 16:56
Round 1 Heat 1 @ est. 16:56

Lane	Bib	Name	Club	Age Group	PB	SB
1	203	Joachim Sandberg	SAND	SM		
2	181	Patrick Monga Bifuko	TYR	SM		10.71
3	175	Øyvind Strømmen Kjerpeset	FLOR			10.82
4	267	Salum Ageze Kashafali	NORSA	SM		10.44
5	280	Even Meinseth	GULA	SM		10.61
6	186	Mathias Hove Johansen	SKJA	U23B		10.46
7	132	Christian Marthinussen	FANA	M35		10.81

Round 1 Heat 2 @ est. 16:59

Lane	Bib	Name	Club	Age Group	PB	SB
1	188	Khoa Henrik Luong	BSK	SM		11.13
2	185	Andreas Ofstad Kulseng	LRVK			11.16
3	53	Samuel Gyedu	NORSA	SM		11.15
4	169	Per Ellef Ryen Aalerud	ASIL	U23B		11.01
5	223	Riquelvys Rafael Santiago	ILBUL	SM		11.04
6	282	Sondre Lindaas Gjesdal	GULA	U23B		
7	215	Rolv Kristian Heitmann	ILBUL			11.26
8	43	Anders Nikolai Bovolden	ILBUL	U20M		11.16

Round 1 Heat 3 @ est. 17:02

Lane	Bib	Name	Club	Age Group	PB	SB
1	72	Aleksander Fikru Amlie	HERK	SM		
2	300	Theodore Einar Fremstad-Waldron	ILBUL	U20M		11.67
3	249	Scott Ygård	HELLA	U18B		11.54
4	219	Vegard Dragsund Sverd	NORSA			11.44
5	276	Herman Hogstad Sveinsson	SELJO			11.51
6	309	Bastian Elnan Aurstad	STEKJ			11.59
7	158	Knut Arvid Tibor Werge-Olsen	JOT			
8	172	Magnus Reigstad	OST			11.64

Round 1 Heat 4 @ est. 17:05

Lane	Bib	Name	Club	Age Group	PB	SB
1	239	Aiden Floyd Vincent	GRO			
2	23	Muamba Caleb Kongolo	SNDLA	U23B		
3	74	Aleksander Haug	ORION	U20M		11.70
4	217	Tobias Dybos Larsson	HERK	U20M		11.48
5	198	Ilunga Josue Kongolo	SNDLA	U20M		11.52
6	56	Gaute Øymo Mælen	NORSA			11.61
7	191	Jo Magnus Ryen Aalerud	ASIL	U20M		11.73
8	81	Sondre Johannes Espelid	DIM	U18B		11.73

Round 1 Heat 5 @ est. 17:08

Lane	Bib	Name	Club	Age Group	PB	SB
1	297	Marcus Henriksen	ORION			11.81
2	319	Amiin Aden Arten	ORION	U18B		11.80
3	167	Anders Kvesetberget	ORION	U20M		11.64
4	24	Valentin Jensen	RING	U16B		
5	171	Sindre Fidje Andersen	KIF	U18B		11.63
6	257	Sander Steen Myrvang	TJAL	U23B		11.64
7	41	Simen Sebastian Hansen	ASIL			11.86
8	115	Bård Ingar Venholen	HIL	M45		

Round 1 Heat 6 @ est. 17:11

Lane	Bib	Name	Club	Age Group	PB	SB
1	149	Dennis Obeng Yeboah	ILBUL	SM		
2	113	Alexander Tadeusz Tomala	SANDV			
3	327	Max Seeberg	ROMFR	U18B		12.05
4	27	Paul-Louis O'Rock	MOELV	SM		11.84
5	275	Rune Bråten Liholt	ILBUL			11.96
6	126	Joachim Teleb	FRED	U20M		11.96
7	318	Dmitrii Kuzkin	ILBUL	SM		
8	322	Nicolas Alexander Baranyi Eriksen	ILBUL			

Round 1 Heat 7 @ est. 17:14

Lane	Bib	Name	Club	Age Group	PB	SB
2	108	Magnus Kringstad	ILBUL	U23B		12.19
3	250	Birk Staven	NESO	U18B		12.05
4	118	Ola Gullikstad	NITT			11.99
5	174	Sondre Mork Kasin	SNGG	U20M		11.99
6	328	Trygve Ilseng	ILBUL			12.10
7	194	Håkon Sand	LRVK			12.13
8	166	Matthew Nicholas Fried	ILBUL			

Round 1 Heat 8 @ est. 17:17

Lane	Bib	Name	Club	Age Group	PB	SB
2	190	Felix Christensen	ILBUL	U20M		
3	90	Håkon Yri Aaberg	TVEDE			
4	211	Sean Bloom	ILBUL	U18B		
5	3	Lukas Casey Øiseth	ASKSK			
6	263	Vegard Lie	TJAL	SM		12.42
7	95	Benjamin Kwadjo Owusu	ILBUL	U18B		12.47

Round 2 Heat 1 @ est. 17:52

Lane	Bib	Name	Club	Age Group	PB	SB
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Round 2 Heat 2 @ est. 17:56

Lane	Bib	Name	Club	Age Group	PB	SB
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START LIST
T07 - KS 100 meter (100)
 Oslo Sommerstevne - 2020-07-15 START TIME: 17:08
Round 1 Heat 1 @ est. 17:08

Lane	Bib	Name	Club	Age Group	PB	SB
1	129	Malin Furuhaug	LIF	U20W		12.47
2	38	Alice Ulla Berg	DIM	SW		12.10
3	127	Vilde Humstad Aasmo	SAND	U23G		12.07
4	287	Ingvild Meinseth	SRILD	U23G		11.74
5	332	Linn Oppegaard	MOSS	U23G		11.90
6	252	Marte Pettersen	TROF	SW		11.86
7	284	Lovise Skarbøvik Andresen	AASUN			12.29
8	51	Elea Jørstad Bock	ILBUL			12.22

Round 1 Heat 2 @ est. 17:11

Lane	Bib	Name	Club	Age Group	PB	SB
1	178	Kaja Carlsen-Brown	TYR			12.79
2	161	Kajsa Rooth	TJAL	U18G		12.70
3	176	Laura Tietje Johanna van der Veen	FAG	U18G		
4	308	Ingrid Sortland	GNE	U23G		12.43
5	11	Abigail Ogoti	NESB			12.45
6	67	Angelica Okparaebo	ILBUL	SW		12.64
7	8	Solveig Bustgård Gran	ILBUL			
8	13	Cathrine Trøen	LIF	U20W		12.80

Round 1 Heat 3 @ est. 17:14

Lane	Bib	Name	Club	Age Group	PB	SB
1	307	Gro Marcela Tvedt	NESB	U20W		13.02
2	59	Saranda Krueziu	LRVK			12.82
3	199	Amalie Grande Bjørnstad	STEKJ	U23G		12.80
4	245	Maria Aaberg	VIDAR			12.82
5	50	Elise Grong Ruud	STJF			12.89
6	99	Isabella Alida Indrebø	KOLL			12.98
7	140	Silje Therese Skyttermoen	LIF	U23G		12.83
8	162	Telma Eid	SNDLA			

Round 1 Heat 4 @ est. 17:17

Lane	Bib	Name	Club	Age Group	PB	SB
2	256	Linnea Birkelid Lekman	HERK	U18G		
3	244	Nora Røkkum-Olsen	LRSKG	U18G		13.55
4	122	Linn Røen Skjeremo	RAN	SW		13.09
5	42	Emma Sophie Gjerland	LAM			13.17
6	202	Wiktoría Leokadia Sochal	ILBUL	U18G		
7	281	Thea Lovise Nordanger	HERK			13.78
8	274	Malin Rundbråten Ludvigsen	FAG	U18G		

Round 1 Heat 5 @ est. 17:20

Lane	Bib	Name	Club	Age Group	PB	SB
2	288	Udoka Chile Madu	ILBUL	U23G		
3	325	Ingrid Johanne Solheim	FAG			
4	14	Mina Mikkelsen Sørensen	KOLL	U16G		13.95
5	168	Frida Halland Simensen	NESB	U18G		13.63
6	193	Mathea Wego Karlsen	TNSBF	U16G		13.63
7	121	Maiken Kallhovd	LRSKG	U18G		13.81
8	16	Julie Lervik Saurasunet	STEKJ	W35		

Round 1 Heat 6 @ est. 17:23

Lane	Bib	Name	Club	Age Group	PB	SB
2	68	Marte Aasvang	RUNAR	SW		
3	109	Arina Shegani	ILBUL	U20W		
4	155	Sofie Østerbø Jansen	SAND	SW		
5	111	Sara Furnes	ILBUL			14.34
6	134	Celia Schmidt-Cisternas	KOLL			15.94

Round 2 Heat 1 @ est. 18:00

Lane	Bib	Name	Club	Age Group	PB	SB
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Round 2 Heat 2 @ est. 18:04

Lane	Bib	Name	Club	Age Group	PB	SB
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START LIST
T09 - KS 1500 meter (1500)
 Oslo Sommerstevne - 2020-07-15 START TIME: 17:56
Heat 1 @ est. 17:56

Lane	Bib	Name	Club	Age Group	PB	SB
1	311	Mia Jenny Nygaard Østreng	ULLK	U18G		5:14.23
2	6	Anisa Buras	LIF	U18G		4:47.27
3	152	Viktoria Maria Gundersen	ILBUL	SW		
4	76	Marthe Skryten Ervik	ULLK	SW		
5	230	Victoria Hammersmark Nitteberg	ILBUL	U18G		
6	329	Marthe Johanne Hjelmeset	NITT	U18G		4:49.86
7	101	Cathrine Grønbech	ILBUL	U18G		
8	277	Josefin Victoria Heier	ULLK	SW		
9	133	Liv Landmark Nordengen	STRI	U23G		
10	94	Mathilde Hagen	ULLK	U23G		5:28.98
11	212	Ingunn Nilsen Hagen	LTN	U23G		5:16.32
12	102	Emma Sofie Andenes Blaauw	SEM	U23G		
13	58	June Røhne	ULLK	U20W		5:29.52
14	313	Ingrid Elise Kullerud	SARP	U16G		5:08.46
15	146	Lone Karin Brochmann	ILBUL	SW		

Heat 2 @ est. 18:03

Lane	Bib	Name	Club	Age Group	PB	SB
1	283	Christina Maria Toogood	SAND	SW		4:24.28
2	269	Christine Næss	TYR	U23G		4:30.24
3	18	Line Schulz	DEN	SW		
4	79	Ina Halle Haugen	RUNAR	U18G		4:26.43
5	78	Leona Andersen Vedvik	TNSBF	U18G		4:38.07
6	48	Ine Bakken	GULA	SW		4:37.41
7	66	Sigrid Jervell Våg	TJAL	SW		4:18.80
8	61	Sara Busic	SKJA	U20W		4:33.18
9	214	Grethe Tyldum	STEKJ	U20W		4:36.55
10	77	Mari Roligheten Ruud	RUNAR	U20W		4:31.13
11	47	Selma Løchen Engdahl	TJAL	U20W		4:36.94
12	221	Maren Halle Haugen	RUNAR	U18G		4:29.09
13	316	Bertine-Helene Færø	VAR	SW		4:39.86
14	44	Petronella Tordsdatter Halle	RUNAR	U20W		4:37.27
15	334	Ingeborg Løvnes	TJAL	SW		

START LIST
T14 - MS 1500 meter (1500)
 Oslo Sommerstevne - 2020-07-15 START TIME: 18:12
Heat 1 @ est. 18:12

Lane	Bib	Name	Club	Age Group	PB	SB
	22	Per Morten Finstad	TIST	U16B		
	71	Oliver Plassen-Brandvol	LIF	U18B		4:29.27
	106	Nani Kula	ULLK	U20M		
	125	Petter Andreas Schrøder Brennhovd	VIDAR	U18B		
	220	Tobias Finstad Mandt	NITT	U16B		
	225	Adrian Stene Olsen	ILBUL	U16B		
	226	Fredrik Rose	NESO	U23B		
	234	Eivind Larsen	OSI	SM		
	238	Erlend Magnus Homble	ULLK	U18B		4:38.85
	247	Anass Safiani	ILBUL	U18B		
	272	Jonas Kveen	VIDAR	U18B		
	310	Marcus Dahl-Rismyhr	SARP	U18B		4:29.11
	324	John Kristian Finstad	TIST	U16B		

Heat 2 @ est. 18:19

Lane	Bib	Name	Club	Age Group	PB	SB
	21	August Da Silva Sveen	JOT	U18B		4:19.92
	54	Robert Hansen	RING	M45		
	105	Brage Henden Nybakk	SEM	U18B		4:20.17
	130	Halvor Nordengen Mikkelsen	REN	U18B		
	143	Henrik Eijsink	NYSK	SM		
	264	Mekonen Tekle Abraha	NESO	U20M		
	285	Sverre Grønvold	REN	U23B		
	289	Samuel Hafsahl	ILBUL	M40		4:19.58
	331	Martin Grønvold	REN	U23B		

Heat 3 @ est. 18:26

Lane	Bib	Name	Club	Age Group	PB	SB
	75	Simen Gløgård Stensrud	NITT	U16B		4:10.33
	86	Emil Kullerud	SARP	U23B		4:17.24
	91	Halvard Grape Fladby	TYR	U16B		4:11.61
	137	Daniel Lundegaard Jacobsen	GULA	U23B		
	179	Bendik Schartum Thorbjørnsen	ILBUL	U23B		
	184	Sindre Fredriksen	SARP	U18B		4:13.26
	207	Mathias Vanem Aas	STEKJ	U18B		4:18.61
	224	Sivert Juven	NESB	U18B		4:14.17
	235	Ragnar Nersten	GULA	U23B		
	253	Henrik Marius Laukli	KONN	U20M		
	262	Phillip Morken	NORSA	U18B		4:11.67
	265	Fredrik Riste Kristiansen	LIF	U20M		4:32.78

Heat 4 @ est. 18:33

Lane	Bib	Name	Club	Age Group	PB	SB
	12	Erik Tangen Gundersen	SKJA	U20M		4:06.94
	28	Moa Abounnachat Bollerød	SEM	U20M		3:46.91
	31	Håvard Fluge Petterson	TNSBF	U20M		
	88	Simon Østreng Veland	HAUGF	U23B		4:01.91
	120	Martin Mæle	GNE	U23B		3:59.86
	150	Jørgen Hågensen	TJAL	SM		
	154	Johannes Teigland	GULA	SM		4:05.08
	159	Simen Seeberg-Rommetveit	ILBUL	U23B		3:58.10
	163	Tom Skjæråsen	VAR	SM		
	218	Esten Hansen-Møllerud Hauen	REN	U18B		4:09.37
	231	Mathias Moen	OSI	SM		4:07.03
	261	Benjamin Olsen	SARP	U18B		4:10.69
	278	Mikkel Blikstad Thomassen	LIF	U18B		
	303	Abdirahim Abdullahi Dahir	ULLK	SM		4:04.63

Heat 5 @ est. 18:40

Lane	Bib	Name	Club	Age Group	PB	SB
1	266	Jacob Boutera	GULA	SM		3:42.75
2	4	Mats Hauge	GULA	SM		3:45.06
3	306	Mathias Flak	STEKJ	U23B		3:53.83
4	19	Oliver Andersen Vedvik	TNSBF	U23B		3:55.39
5	180	Magnus Tuv Myhre	BRNDB	U23B		3:55.93
6	70	Eldar Thomassen Fagerbakke	BIF	SM		3:57.01
7	83	Ole Lyngbø	ASK	U20M		3:57.20
8	40	Sondre Arne Hoff	GULA	SM		3:57.59
9	25	Marius Øyre Vedvik	GULA	SM		
10	64	Abdullahi Dahir Rabi	RUNAR	U18B		
11	210	Simon Nebijo Karlsen Steinshamn	ILBUL	U23B		
12	251	Trym Halvard Sagstuen Tønnesen	HAL	U23B		
13	260	Anders Bjørndal	GNE	SM		
14	294	Jonatan Andersen Vedvik	TNSBF	U23B		
15	335	Håkon Mushom	KRL	SM		

START LIST
T10 - KS 400 meter (400)
 Oslo Sommerstevne - 2020-07-15 START TIME: 19:30
Heat 1 @ est. 19:30

Lane	Bib	Name	Club	Age Group	PB	SB
2	286	Mille Baastad Berg	TYR	U18G		1:04.27
3	216	Vilde Terjesdatter Gulvik	LRVK	U18G		
4	281	Thea Lovise Nordanger	HERK			1:03.23
5	107	Sunniva Fjeld	FAG	U16G		
6	325	Ingrid Johanne Solheim	FAG			1:04.47
7	183	Johanne Bentsdal Ingvaldsen	MOELV	U16G		1:06.63
8	63	Sofie Wilmann	TYR	U23G		

Heat 2 @ est. 19:33

Lane	Bib	Name	Club	Age Group	PB	SB
2	1	Elisabella Hjelpdahl	RUNAR	U20W		1:01.27
3	17	Nora Berg Fiske	STRI	U18G		1:00.08
4	96	Anna Linnea Malmquist Gateman	TYR	U20W		
5	209	Lisa Maylen Stensøy	HERK	U18G		
6	8	Solveig Bustgård Gran	ILBUL			
7	195	Camilla Dahl Kristiansen	TYR	U16G		1:01.02
8	59	Saranda Krueziu	LRVK			1:01.55

Heat 3 @ est. 19:36

Lane	Bib	Name	Club	Age Group	PB	SB
1	222	Margrete Strømmen Kjerpeset	FLOR	U20W		1:01.56
2	165	Line Maltun Helland	TJAL	U20W		58.21
3	34	Amanda Marie Grefstad Frøyenes	SEM	U23G		
4	5	Marlen Elisabeth Johansson Aakre	FRED	SW		
5	46	Line Kloster	VIDAR	W50		52.43
6	52	Sara Dorthea Jensen	TJAL	SW		54.36
7	131	Summer Thalya Steinsrud	ULLK	U20W		58.26
8	258	Marin Stray Gautadottir	SKJA	U18G		

START LIST
T15 - MS 400 meter (400)
 Oslo Sommerstevne - 2020-07-15 START TIME: 19:45
Heat 1 @ est. 19:45

Lane	Bib	Name	Club	Age Group	PB	SB
2	279	Asle Offerdal	ILBUL	M50		56.20
3	326	Andreas Myklebust Benoni	ASIL	SM		54.77
4	151	Jonas Krossøy	ULLK	SM		56.07
5	194	Håkon Sand	LRVK			54.98
6	69	André Cruz Da Silva	GRO			

Heat 2 @ est. 19:48

Lane	Bib	Name	Club	Age Group	PB	SB
2	239	Aiden Floyd Vincent	GRO			
3	317	Einar Johannes Rye	TYR	U20M		54.68
4	56	Gaute Øymo Mælen	NORSA			
5	275	Rune Bråten Liholt	ILBUL			52.72
6	166	Matthew Nicholas Fried	ILBUL			
7	158	Knut Arvid Tibor Werge-Olsen	JOT			
8	3	Lukas Casey Øiseth	ASKSK			

Heat 3 @ est. 19:51

Lane	Bib	Name	Club	Age Group	PB	SB
1	215	Rolv Kristian Heitmann	ILBUL			
2	219	Vegard Dragsund Sverd	NORSA			52.92
3	189	Oscar Alm Harestad	SKJA	U23B		50.59
4	35	Andreas Grimerud	MOELV	U18B		49.86
5	291	Kristoffer André Johannes Blücher	GNE	U23B		
6	246	Håvard Bentsdal Ingvaldsen	MOELV	U20M		49.75
7	100	Daniel Nikolai Nilsen Pedersen	SKJA	U23B		
8	240	Michael Løland	OSI	SM		51.93

Heat 4 @ est. 19:54

Lane	Bib	Name	Club	Age Group	PB	SB
2	185	Andreas Ofstad Kulseng	LRVK			49.00
3	175	Øyvind Strømmen Kjerpeset	FLOR			47.98
4	2	Jørgen Kåshagen	MOELV	SM		47.75
5	153	Fredrik Gerhardsen Øvereng	OVRH	U23B		
6	229	Carl Emil Kåshagen	MOELV	SM		48.83
7	123	Tor-Junor Kringstad Vedde	GULA	SM		48.81
8	255	Markus Einan	ILBUL	SM		48.18

START LIST
T11 - MIX 10 000 meter (10000)
 Oslo Sommerstevne - 2020-07-15 START TIME: 20:10
Heat 1 @ est. 20:10

Lane	Bib	Name	Club	Age Group	PB	SB
	15	Sivert Laukli	NTNUI	U23B		
	45	Benjamin Hus Ripel	ROSEN	SM		
	65	Bjørn Tore Taranger	BFGL	M40		
	104	Anton Jensen	KJ	U23B		
	114	Marius Haugen Strandhaug	LIF	U18B		37:04.1
	142	Petter Rød Gulliksen	TYR	SM		
	147	Victor Ribsskog Lie	OSI	SM		
	160	Vegard Lund Røer	BSK	U23B		
	164	Thomas Arnulf	KAVE	SM		
	201	Kristian Frøyen	KRL	SM		
	236	Sean David Monaghan	OSI	SM		
	237	Rune Romnes	SKRPH	M50		
	242	Stian Bergstå	SVARS	SM		
	254	Axel Henrik Johan Wollan	OSI	SM		
	271	Lars Vincent Andersen	OSI	SM		
	290	Astrid Brathaug Sørset	TYR	SW		
	292	Mattis Haug	AURS	SM		
	302	Fredrik Fyksen Lund	OSI	SM		35:01.09
	315	Karsten Alexander Gunnulfsen Kopland	MOD	SM		
	323	Magnus Halvorsrud Salberg	AURS	SM		34:08.87

Heat 2 @ est. 20:47

Lane	Bib	Name	Club	Age Group	PB	SB
	9	Pål Asbjørn Kullerud	SARP	M40		
	82	Jørgen Johan Bjørtomt	TYR	SM		
	85	Ole-Hermann Røhr	RYGGE	M40		
	87	Espen Roll Karlsen	GNE	SM		32:25.46
	92	Erik Fossen Nilsen	HIND	SM		33:18.70
	110	Anders Johnny Kjærevik	BFGL	SM		33:22.70
	145	Robert Bergstå	SVARS	SM		
	148	Anders Jerpstad	OSI	SM		32:07.50
	173	Sigurd Lund Røer	BSK	SM		
	187	Magnus Cato Andersen	SARP	SM		34:23.29
	197	David Andre Aasen Arnevåg	POLIT	SM		33:14.52
	213	Even Bentzen Løvås	HAL	SM		34:04.72
	228	Ola Matre	GUI	SM		
	268	Henrik Velle	REN	SM		
	270	Victor Borge Svendsen	HAL	SM		32:53.52
	296	Henrik Vik Tolo	ASKSK	U23B		34:07.75
	299	Mathias Høgenes Oppegaard	OSI	SM		
	304	Erlend Berger	OSI	SM		
	314	Elmer Mulleri Skalle	LIF	SM		
	320	Helge Langen	RIND	M35		

Heat 3 @ est. 21:24

Lane	Bib	Name	Club	Age Group	PB	SB
7		Vegard Saga	KAVE	SM		
26		Jo-Inge Sandvik	SVORK	SM		31:57.86
29		Petter Johansen	LIF	U23B		31:36.47
39		Trond Einar Moen Pedersli	STRI	SM		
60		Ulrik Astrup Arnesen	STRI	SM		
73		Sindre Solbakken Omvik	ROSEN	SM		31:50.91
84		Jonas Lurås Hammer	LRSKG	SM		
93		Andreas Myhre Sjurseth	VIDAR	M35		30:11.42
98		Magnus Grøttum Erstad	KAVE	SM		32:07.45
116		Fredrik Sandvik	ASKIM	U23B		
124		Magnus Sirnes Hjellum	GULA	SM		
144		Eirik Mysen	MOSV	SM		30:12.93
156		Frode Stenberg	LRSKG	SM		
192		Fredrik Morten Sætran	OSI	SM		
227		Joakim Coward-Hanssen	KRL	M35		
233		Fredrik Bjørnstad Schwencke	KAVE	SM		
241		Kristian Blummenfelt	VIK	SM		
273		Eivind Klokkehaug	OSI	SM		
295		Jacob Hystad	STO	SM		
321		Ulrik Grevle Lolland	RYGGE	SM		