

Sträcka 7. Nälden - Valne

7,2 km

| Plac | Namn | Lag | Tid |
|------|--------------------------------|------------------------------|----------|
| 1 | Olle "OOBad" Olsson Bad | IK Skabbräven Lag 275 | 00:23:22 |
| 2 | K Boman | Team Aktiv Träning | 00:25:11 |
| 3 | Eirik Lindø | IL Dalebrand | 00:28:00 |
| 4 | Hannes Berg Bring | Team Peter Bring | 00:28:03 |
| 5 | Are Sjaastad | Equinor BIL-D | 00:28:04 |
| 6 | Gustav Storvik | Teknikens Under | 00:28:16 |
| 7 | Håkon Selvnes | EPTraining | 00:28:41 |
| 8 | Vilde Bakkhaug | Leinstrand IL | 00:29:23 |
| 9 | Jon Erik By | Byneset IL | 00:29:32 |
| 10 | Ida "GuldnOSen" Ingemarsdotter | IK Skabbräven Lag 375 | 00:29:50 |
| 11 | Nils "Bju Tanken" Nilsson | IK Skabbräven Lag 475 | 00:29:59 |
| 12 | Johan Brännström | Röde Runners | 00:30:56 |
| 13 | Vegard Breiseth | Frosta IL | 00:32:17 |
| 14 | Karen Haugum | Klæbu Løpeklubb - Lag 1 | 00:32:27 |
| 15 | Anders Hamrén | Rödöns SK | 00:34:15 |
| 16 | Martin Elofsson | Länsförsäkringar Jämtland | 00:34:16 |
| 17 | Håkon Os Bjerkås | Klæbu Løpeklubb - Lag 2 | 00:35:24 |
| 18 | Børge Sørli Sørholt | Levanger kommune | 00:35:50 |
| 19 | Priscilla Sundvall | Jämtkraft | 00:35:52 |
| 20 | Tomas Olsen | Rapp IL | 00:36:34 |
| 21 | Ole Jacob Seime | Equinor BIL-B | 00:36:44 |
| 22 | Anette Kunz | Aker BP BIL | 00:37:22 |
| 23 | Sofi Rönnestrand | Team Rönnestrand | 00:37:44 |
| 24 | Tonje Ovesen | Superman-laget | 00:37:44 |
| 25 | Martin Thomtèn | Marieby GIF | 00:37:50 |
| 26 | Aleksandr Orlovs | Equinor BIL-C | 00:38:30 |
| 27 | Ingrid Skogan | Skatteetaten Steinkjer | 00:39:13 |
| 28 | Dag Petter Slungård | Ole Vig Videregående Skole | 00:39:24 |
| 29 | Nils-Olov Högström | Primärvården Jämtland | 00:42:30 |
| 30 | Eva-Lena Taflin | Trångsvikens IF Motion | 00:44:57 |
| 31 | Juan Pablo Perez Toscani | SV/Vänsterpartiet | 00:45:15 |
| 32 | Katarina Ståhl | Stimmet Älvservice | 00:46:00 |
| 33 | Sven Otto Kråkvik | Equinor BIL-A | 00:46:00 |
| 34 | Eva Lindstén | Johanssons Boogie Woogie Lag | 00:46:11 |
| 35 | Jan Olav Finstad | Finstad-Eliten | 01:04:00 |

Sträcka 8. Valne - Glösa

5,9 km

| Plac | Namn | Lag | Tid |
|------|-------------------------------|------------------------------|----------|
| 1 | D Larsson | Team Aktiv Träning | 00:20:14 |
| 2 | Gustav Storvik | Teknikens Under | 00:22:06 |
| 3 | Asbjørn Brenna | Aker BP BIL | 00:23:27 |
| 4 | Noah Sørgjerd | Leinstrand IL | 00:24:49 |
| 5 | Øystein Iversen | Klæbu Løpeklubb - Lag 1 | 00:24:55 |
| 6 | Ida Johansen Bjørnbeth | Byneset IL | 00:26:36 |
| 7 | Geir Arve Muri Clausen | IL Dalebrand | 00:27:13 |
| 8 | Kirsti Lein | Frosta IL | 00:27:23 |
| 9 | Anders Hamrén | Rödöns SK | 00:27:44 |
| 10 | John Gudfastsson | Länsförsäkringar Jämtland | 00:27:55 |
| 11 | Ørjan Bohinen | Equinor BIL-D | 00:28:19 |
| 12 | Tore Gylland | Ole Vig Videregående Skole | 00:29:30 |
| 13 | Caroline Hildahl | Jämtkraft | 00:29:47 |
| 14 | Boris Manuel Sintra Magalhaes | Equinor BIL-B | 00:30:21 |
| 15 | Runar Møller | Equinor BIL-C | 00:30:50 |
| 16 | William "US-räven" Hnatko | IK Skabbräven Lag 375 | 00:31:05 |
| 17 | Marcus Jansén Svärd | Johanssons Boogie Woogie Lag | 00:31:51 |
| 18 | Tone Arntsen | Klæbu Løpeklubb - Lag 2 | 00:32:45 |
| 19 | Jan Arne Bestvold | Equinor BIL-A | 00:33:17 |
| 20 | Lena Valstad | Rapp IL | 00:33:18 |
| 21 | Guangyu Cao | EPTraining | 00:34:30 |
| 22 | Sonja Sandbløst Nekstad | Levanger kommune | 00:36:12 |
| 23 | Eva-Lena Taflin | Trångsvikens IF Motion | 00:36:51 |
| 24 | Maj-Britt Karlsson | Primärvården Jämtland | 00:38:00 |
| 25 | Ove "Åsköterompa" Lundin | IK Skabbräven Lag 275 | 00:38:38 |
| 26 | Moa Kjellström | Stimmet Älvservice | 00:39:00 |
| 27 | Marit Lægren | Skatteetaten Steinkjer | 00:39:25 |
| 28 | Tommy "TZ" Johansson | IK Skabbräven Lag 475 | 00:39:50 |
| 29 | Tonje Viken Sundfær | Finstad-Eliten | 00:40:05 |
| 30 | Marie Ranbrandt | Marieby GIF | 00:41:45 |
| 31 | Ida Wolf-Watz | Røde Runners | 00:43:51 |
| 32 | Mona E. Ovesen Undhjem | Superman-laget | 00:51:30 |
| 33 | Peter Bring | Team Peter Bring | 00:53:28 |
| 34 | Wenche Margrethe Kulmo | SV/Vänsterpartiet | 00:58:35 |
| 35 | Eva Rønnestrand | Team Rønnestrand | 00:59:29 |

Sträcka 9. Glösa – Slätte

8,3 km

| Plac | Namn | Lag | Tid |
|------|---|------------------------------|----------|
| 1 | M Nilsson | Team Aktiv Träning | 00:28:36 |
| 2 | Håvard Høiaas | Klæbu Løpeklubb - Lag 1 | 00:31:15 |
| 3 | Arne Inge Hangerhagen | Byneset IL | 00:32:55 |
| 4 | Vegard Vigdenes | IL Dalebrand | 00:35:08 |
| 5 | Ole Andres Mikkelsen Rønningen | Finstad-Eliten | 00:35:26 |
| 6 | Bård Rannem | Skatteetaten Steinkjer | 00:36:28 |
| 7 | Frode Bergrem | Klæbu Løpeklubb - Lag 2 | 00:36:41 |
| 8 | Viktoria Sjørgjerd | Leinstrand IL | 00:37:18 |
| 9 | Rosetta Steeneveldt | Equinor BIL-D | 00:38:12 |
| 10 | Lise Pettersen | Rapp IL | 00:38:30 |
| 11 | Janniche Aunan | Frosta IL | 00:38:36 |
| 12 | Petter "Rapp-rapp-gammböckn" Kindmalm | IK Skabbräven Lag 475 | 00:38:58 |
| 13 | Tonje Ovesen | Superman-laget | 00:39:22 |
| 14 | Rune Sørholt | Levanger kommune | 00:40:50 |
| 15 | Gro Hege Viberg Jermstad | Equinor BIL-B | 00:41:14 |
| 16 | Lars Kristian Andersen | Aker BP BIL | 00:41:20 |
| 17 | Tor-Arne Fjellvikås | Equinor BIL-A | 00:42:07 |
| 18 | Trine Must | Johanssons Boogie Woogie Lag | 00:43:00 |
| 19 | Karin Långström | Länsförsäkringar Jämtland | 00:43:20 |
| 20 | Tobias Linstrand | Röde Runners | 00:44:04 |
| 21 | Mirja Israelsson | Marieby GIF | 00:44:33 |
| 22 | Hanna "Mana borta Nätjen" Vikberg (barnvagn) | IK Skabbräven Lag 275 | 00:45:40 |
| 23 | Jonas "Smedräven" Olofsson | IK Skabbräven Lag 375 | 00:45:40 |
| 24 | Jenny Nääs | Jämtkraft | 00:45:40 |
| 25 | Tone Dahle | Equinor BIL-C | 00:46:00 |
| 26 | Magnus Persson | Teknikens Under | 00:46:14 |
| 27 | Are Malvik | SV/Vänsterpartiet | 00:46:36 |
| 28 | Anita Englund | Primärvården Jämtland | 00:49:00 |
| 29 | Jacob Joseph Lamb | EPTraining | 00:49:10 |
| 30 | Ingela Rönnstrand | Team Rönnstrand | 00:51:31 |
| 31 | Minna Sjöberg | Stimmet Älvservice | 00:51:48 |
| 32 | Daniel Robertsson | Trångsvikens IF Motion | 00:54:56 |
| 33 | Johan Reinert Vikan | Ole Vig Videregående Skole | 00:55:00 |
| 34 | Peter Bring | Team Peter Bring | 01:18:48 |

Sträcka 10. Slätte – Bleckåsen

5,5 km

| Plac | Namn | Lag | Tid |
|------|--------------------------|------------------------------|----------|
| 1 | C-H Rost | Team Aktiv Träning | 00:20:52 |
| 2 | Morten Åge Storrø | Klæbu Løpeklubb - Lag 1 | 00:22:21 |
| 3 | Hannes "Drag-Han" Edholm | IK Skabbräven Lag 375 | 00:23:48 |
| 4 | Lars Nord | EPTraining | 00:24:00 |
| 5 | Anne Engtrø Husby | Leinstrand IL | 00:24:05 |
| 6 | Lars Norlander | Teknikens Under | 00:24:10 |
| 7 | Oddgeir Alstad | Rapp IL | 00:24:50 |
| 8 | Irina Persson | Rödöns SK | 00:24:57 |
| 9 | Ørjan Bohinen | Equinor BIL-D | 00:25:04 |
| 10 | Ragnhild Skjetne | Byneset IL | 00:25:10 |
| 11 | Anders Østerås | Equinor BIL-C | 00:25:55 |
| 12 | Palle Söderberg | Røde Runners | 00:26:00 |
| 13 | Odd-Arne Henriksen | Equinor BIL-B | 00:26:45 |
| 14 | Anniken Lønhøiden | IL Dalebrand | 00:26:48 |
| 15 | Angelica "Bejjan" Saur | IK Skabbräven Lag 275 | 00:26:50 |
| 16 | Daniel Nord Warholm | Klæbu Løpeklubb - Lag 2 | 00:27:21 |
| 17 | Mikael Sundvall | Jämtkraft | 00:28:15 |
| 18 | Karin Långström | Länsförsäkringar Jämtland | 00:28:34 |
| 19 | Unni Karin Moksnes | Frosta IL | 00:29:03 |
| 20 | Karstein Rye | Levanger kommune | 00:29:19 |
| 21 | Jon Moen Lippard | Aker BP BIL | 00:29:48 |
| 22 | Hans Engberg | Johanssons Boogie Woogie Lag | 00:30:35 |
| 23 | Michaela Backlund | Trångsvikens IF Motion | 00:31:25 |
| 24 | Julia Berg Bring | Team Peter Bring | 00:31:59 |
| 25 | Eivor Lindgren | Primärvården Jämtland | 00:32:10 |
| 26 | Gunnis "Troll-morsan" | IK Skabbräven Lag 475 | 00:33:00 |
| 27 | Johan Reinert Vikan | Ole Vig Videregående Skole | 00:35:00 |
| 28 | Lova Lekare Graaf | Stimmet Älvservice | 00:36:00 |
| 29 | Renate Fjellheim | Superman-laget | 00:37:40 |
| 30 | Anja Rønnestrand | Team Rønnestrand | 00:37:47 |
| 31 | Nicholas D. Thompson | Equinor BIL-A | 00:38:10 |
| 32 | Helena Wiik | Marieby GIF | 00:41:01 |
| 33 | Wenche Margrethe Kulmo | SV/Vänsterpartiet | 00:53:52 |
| 34 | Mari Lisbet Finstad | Finstad-Eliten | 00:57:30 |
| 35 | Marit Smestad | Skatteetaten Steinkjer | 01:11:40 |

Sträcka 11. Bleckåsen – Andersböle

4,6 km

| Plac | Namn | Lag | Tid |
|------|-------------------------------|------------------------------|----------|
| 1 | Lars Norlander | Teknikens Under | 00:16:37 |
| 2 | Sigurd Skomedal | Klæbu Løpeklubb - Lag 1 | 00:16:48 |
| 3 | Tomas Skjølvold | SV/Vänsterpartiet | 00:17:47 |
| 4 | Oskar "Stornäsarn" Lönnberg | IK Skabbräven Lag 375 | 00:17:59 |
| 5 | M Andersson | Team Aktiv Träning | 00:18:18 |
| 6 | Siri Vaagland Klevset | Byneset IL | 00:19:50 |
| 7 | Leander Aas | Leinstrand IL | 00:20:09 |
| 8 | Regine Hoseth Mikkelsen | Equinor BIL-B | 00:20:40 |
| 9 | Bo-Gunnar Jonsson | Trångsvikens IF Motion | 00:21:45 |
| 10 | Erika "Masafraua" Kindmalm | IK Skabbräven Lag 275 | 00:21:52 |
| 11 | Øyvind Wulvik | Superman-laget | 00:21:53 |
| 12 | Børge Flønes | Klæbu Løpeklubb - Lag 2 | 00:21:58 |
| 13 | Rune Prestvik | Equinor BIL-C | 00:22:09 |
| 14 | Axel ""Rise-räven"" Eriksson" | IK Skabbräven Lag 475 | 00:22:11 |
| 15 | Ørjan Greiff Johnsen | Equinor BIL-D | 00:22:15 |
| 16 | Ask Arntzen | Frosta IL | 00:22:49 |
| 17 | Karin Långström | Länsförsäkringar Jämtland | 00:23:18 |
| 18 | Trond Eggen Sivertsen | Aker BP BIL | 00:24:52 |
| 19 | Theodor Flå | Levanger kommune | 00:25:15 |
| 20 | Daniel Wolf-Watz | Røde Runners | 00:25:38 |
| 21 | Eyvind Larsson | Marieby GIF | 00:25:52 |
| 22 | Lena Persson | Jämtkraft | 00:26:00 |
| 23 | Harald Storflor | IL Dalebrand | 00:26:10 |
| 24 | Thomas Sandaune | Ole Vig Videregående Skole | 00:26:30 |
| 25 | Francesca Verones | EPTraining | 00:26:48 |
| 26 | Anna Pontén | Equinor BIL-A | 00:26:53 |
| 27 | Line Kjelstad | Rapp IL | 00:28:58 |
| 28 | Heidi G Johansen | Skatteetaten Steinkjer | 00:29:52 |
| 29 | Jakob Lindstén | Johanssons Boogie Woogie Lag | 00:30:29 |
| 30 | Frida Persson Kjellgren | Stimmet Älvservice | 00:31:00 |
| 31 | Livia Gandhi | Primärvården Jämtland | 00:39:12 |
| 32 | Joel Andersson | Team Rönnestrand | 00:39:19 |
| 33 | Inger B. Finstad | Finstad-Eliten | 00:48:00 |
| 34 | Emmie Mårtensson | Team Peter Bring | 00:50:46 |

Sträcka 12. Andersböle - Mörsil

5,7 km

| Plac | Namn | Lag | Tid |
|------|-------------------------------|------------------------------|----------|
| 1 | Aleksander Kolstad | Byneset IL | 00:19:47 |
| 2 | Petter Andreas Ulvan | Equinor BIL-C | 00:22:52 |
| 3 | Guro Sundal | Klæbu Løpeklubb - Lag 2 | 00:23:07 |
| 4 | Anders Berg | Equinor BIL-D | 00:24:05 |
| 5 | Torstein Sundset | Klæbu Løpeklubb - Lag 1 | 00:24:12 |
| 6 | Lina Hallquist | Länsförsäkringar Jämtland | 00:24:27 |
| 7 | R Kingstad | Team Aktiv Träning | 00:25:07 |
| 8 | Emil "Schakalen" Åkermark | IK Skabbräven Lag 375 | 00:25:44 |
| 9 | Ronny Tronstad | Equinor BIL-A | 00:25:58 |
| 10 | Eva Bjørnevik | IL Dalebrand | 00:26:17 |
| 11 | Lisa Johansson/Hans Engberg | Johanssons Boogie Woogie Lag | 00:26:21 |
| 12 | Jan Frode Haugseth | SV/Vänsterpartiet | 00:26:59 |
| 13 | Bo-Gunnar Jonsson | Trångsvikens IF Motion | 00:27:21 |
| 14 | Anita Kvamme | Equinor BIL-B | 00:28:05 |
| 15 | Anders Vikström Aloandersson | Teknikens Under | 00:28:36 |
| 16 | Moa "Sårkfröken" Larsson | IK Skabbräven Lag 275 | 00:30:31 |
| 17 | Janne Helen Strandvahl Alstad | Rapp IL | 00:31:15 |
| 18 | Jon Moen Lippard | Aker BP BIL | 00:31:47 |
| 19 | Lena Persson | Jämtkraft | 00:31:47 |
| 20 | Gustav Danielsen | Frosta IL | 00:31:50 |
| 21 | Marthe Fagerli | Levanger kommune | 00:32:00 |
| 22 | Eva Lauglo | Leinstrand IL | 00:32:02 |
| 23 | Johan Sernheim | Primärvården Jämtland | 00:33:30 |
| 24 | Jorun Eide Åhlstad | Stimmet Älvservice | 00:35:00 |
| 25 | Johanna Wolf-Watz | Röde Runners | 00:35:04 |
| 26 | Marit Bentzen | Ole Vig Videregående Skole | 00:36:32 |
| 27 | "Rock-Emma" Johansson | IK Skabbräven Lag 475 | 00:39:00 |
| 28 | Masab Annaqeeb | EPTraining | 00:39:40 |
| 29 | Minna Thomtén | Marieby GIF | 00:40:01 |
| 30 | Ingrid Wulvik | Superman-laget | 00:56:00 |
| 31 | Nanna Heidarsdottir | Team Rönnestrand | 00:58:29 |
| 32 | Eveline Berg Bring | Team Peter Bring | 00:59:07 |
| 33 | Lars Hatling | Finstad-Eliten | 01:07:00 |
| 34 | Kristin Holan | Skatteetaten Steinkjer | 01:09:51 |