

| Plassering | Tid | Navn | Dato | |
|------------|-------|-----------------------|----------------|------------------|
| 1 | 29:34 | Jon Breivold | 16. April 2021 | 1. Plass Menn |
| 2 | 30:54 | Petter Engdahl | 16. April 2021 | 2. Plass Menn |
| 3 | 31:34 | Hans P. Mathisen | 18. April 2021 | 3. Plass Menn |
| 4 | 32:06 | Vegard Gulbrandsen | 18. April 2021 | |
| 5 | 32:38 | Styrk Kamsvåg | 18. April 2021 | |
| 6 | 32:58 | Sven Nevin | 12. April 2021 | |
| 7 | 33:31 | Tommy B. Hove | 18. April 2021 | |
| 8 | 33:37 | Sindre Tungesvik | 17. April 2021 | |
| 9 | 33:46 | Luke Campbell | 15. April 2021 | |
| 10 | 33:57 | Håvard Tømmerdal | 14. April 2021 | |
| 10 | 33:57 | Isak Bergset | 16. April 2021 | |
| 12 | 34:09 | Thomas A. Stormoen | 16. April 2021 | |
| 13 | 34:14 | Sturla Frydenlund | 16. April 2021 | |
| 14 | 34:15 | Ola H. Balestrand | 14. April 2021 | |
| 15 | 34:17 | Markus Hauge-Espelien | 14. April 2021 | |
| 16 | 34:19 | Gjermund Løfald | 16. April 2021 | |
| 17 | 34:27 | Tølløv Lyngstad | 16. April 2021 | |
| 18 | 34:29 | Sondre H. Svevad | 16. April 2021 | |
| 19 | 34:33 | Ole Ravna | 12. April 2021 | |
| 19 | 34:33 | Ole-Bernard Fuskevåg | 16. April 2021 | |
| 21 | 34:37 | Mathias Leroyer | 12. April 2021 | |
| 22 | 35:01 | Tore Berdal | 14. April 2021 | |
| 23 | 35:10 | Erlend Hansen | 14. April 2021 | |
| 24 | 35:26 | Thomas Kjetland | 18. April 2021 | |
| 25 | 35:40 | Patric Ewerhardt | 13. April 2021 | |
| 26 | 35:44 | Nils Sjøhaug | 15. April 2021 | |
| 27 | 35:47 | Eva Ingebrigtsen | 16. April 2021 | 1. Plass Kvinner |
| 28 | 35:48 | Selma Nevin | 16. April 2021 | 2. Plass Kvinner |
| 28 | 35:48 | Bjørn Balstad | 16. April 2021 | |
| 30 | 35:49 | Anno Dederichs | 18. April 2021 | |
| 31 | 35:53 | Anne Nevin | 16. April 2021 | 3. Plass Kvinner |
| 32 | 36:02 | Sigurd Stenvik | 17. April 2021 | |
| 33 | 36:03 | Magnus Meyer | 15. April 2021 | |
| 34 | 36:11 | Vebjørn T. Bævre | 16. April 2021 | |
| 35 | 36:12 | Jo T. Bævre | 16. April 2021 | |
| 36 | 36:16 | Frode V. Jermstad | 15. April 2021 | |
| 37 | 36:19 | Kristian S. Liaklev | 15. April 2021 | |
| 38 | 36:20 | Martin Dorber | 16. April 2021 | |
| 39 | 36:22 | Audun Havnen | 15. April 2021 | |
| 39 | 36:22 | Maren Lie | 17. April 2021 | |
| 41 | 36:31 | Johannes Høysæter | 16. April 2021 | |
| 42 | 36:43 | Harald Larsen | 16. April 2021 | |
| 43 | 36:51 | Torgeir Sk | 12. April 2021 | |
| 43 | 36:51 | Jan. S. Næss | 14. April 2021 | |
| 45 | 36:53 | Martin Fuglum | 17. April 2021 | |
| 46 | 37:00 | Maxim Tjøtta | 16. April 2021 | |
| 47 | 37:18 | John I. Eriksen | 15. April 2021 | |
| 48 | 37:21 | Henrik C. Hummelsund | 18. April 2021 | |

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| 49 | 37:22 | Anders Veum | 16. April 2021 |
| 50 | 37:31 | Matias K. Aanensen | 16. April 2021 |
| 51 | 37:41 | Tor E. Guin | 18. April 2021 |
| 52 | 37:42 | Kjell Heinrich | 17. April 2021 |
| 53 | 37:46 | Fredrik Knapskog | 12. April 2021 |
| 54 | 37:52 | Sondre Kristiansen | 16. April 2021 |
| 55 | 37:57 | Ingrid Lunde | 17. April 2021 |
| 56 | 37:58 | Olve Berg | 16. April 2021 |
| 57 | 37:59 | Amalie Kvandal | 16. April 2021 |
| 58 | 38:11 | Tarjei Heggset | 17. April 2021 |
| 59 | 38:12 | Bjarne Austad | 16. April 2021 |
| 60 | 38:27 | Jan F. Haugseth | 15. April 2021 |
| 61 | 38:28 | Molly Bazilchuk | 16. April 2021 |
| 62 | 38:34 | Johan H. Lundbo | 15. April 2021 |
| 63 | 38:41 | Camilla-Marie Flaaten | 17. April 2021 |
| 64 | 38:44 | Mats Hovdal | 16. April 2021 |
| 65 | 38:48 | Max Bergström | 16. April 2021 |
| 66 | 38:50 | Mette E. Løvås | 16. April 2021 |
| 67 | 38:54 | Ragnhild B. Kløven | 15. April 2021 |
| 68 | 38:57 | Eirik Malm | 14. April 2021 |
| 69 | 39:02 | Kristin Opland | 17. April 2021 |
| 70 | 39:10 | Hanna J. Eriksen | 16. April 2021 |
| 70 | 39:10 | Halvor Elverum | 17. April 2021 |
| 72 | 39:16 | Øystein Wammer-Pettersen | 17. April 2021 |
| 73 | 39:26 | Paul Bjørnerud | 15. April 2021 |
| 74 | 39:32 | Teodor O. Sæther | 12. April 2021 |
| 75 | 39:34 | Anne-Marit Brautaset | 17. April 2021 |
| 76 | 39:38 | Even S. Antonsen | 16. April 2021 |
| 77 | 39:41 | Vebjørn Jokstad | 15. April 2021 |
| 78 | 40:11 | Edvard G. Solbrekken | 17. April 2021 |
| 79 | 40:16 | Anders S. Hoel | 18. April 2021 |
| 80 | 40:26 | Magnus G. | 12. April 2021 |
| 81 | 40:29 | Arve Sætran | 15. April 2021 |
| 82 | 40:59 | Jonathan Dysvik | 17. April 2021 |
| 83 | 41:03 | Sigrun M. Hammer | 16. April 2021 |
| 84 | 41:17 | Rannei Sæther | 15. April 2021 |
| 85 | 41:28 | Martin Schröder | 17. April 2021 |
| 86 | 41:39 | Synne K. Amundsgård | 16. April 2021 |
| 87 | 41:42 | August Mølster | 14. April 2021 |
| 88 | 41:47 | Johannes Hervik | 17. April 2021 |
| 88 | 41:47 | Eivind Juvik | 18. April 2021 |
| 90 | 41:56 | Magnus Nygaard | 12. April 2021 |
| 91 | 42:04 | Thomas Thronæs | 15. April 2021 |
| 91 | 42:04 | Rolf S. Johansen | 16. April 2021 |
| 93 | 42:24 | Juan C. Ayala | 14. April 2021 |
| 94 | 42:31 | Jon M. Nielsen | 16. April 2021 |
| 95 | 42:37 | Haakon Tvedt | 14. April 2021 |
| 96 | 42:40 | Anthony Leroyer | 17. April 2021 |
| 97 | 42:48 | Inge Pettersen | 15. April 2021 |

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| 97 | 42:48 | Kjell A. Einarsve | 15. April 2021 |
| 99 | 42:54 | Ander Rumehaug | 18. April 2021 |
| 100 | 42:59 | Hanne H. Strand | 13. April 2021 |
| 100 | 42:59 | Kristin Haugen | 17. April 2021 |
| 102 | 43:11 | Bård-Magne Liland | 17. April 2021 |
| 103 | 43:15 | Håkon Stensaas | 18. April 2021 |
| 104 | 43:24 | Kristian Steinnes | 18. April 2021 |
| 105 | 43:28 | Christopher Bjørge | 17. April 2021 |
| 105 | 43:28 | Robert J. Aas | 17. April 2021 |
| 107 | 43:33 | Ida Rongved | 16. April 2021 |
| 108 | 43:46 | Kenneth T. Kjelsnes | 16. April 2021 |
| 109 | 43:52 | Dag M. Brurok | 15. April 2021 |
| 110 | 44:08 | Gaute Hvidsten | 15. April 2021 |
| 110 | 44:08 | Ole-Magnus Høiback | 17. April 2021 |
| 112 | 44:14 | Per Vesterbukt | 12. April 2021 |
| 113 | 44:18 | Kristine Vognild | 15. April 2021 |
| 114 | 44:21 | Sonja E. Moen | 16. April 2021 |
| 115 | 44:30 | Joakim Bjerknes | 14. April 2021 |
| 115 | 44:30 | Eskil Granefjell | 15. April 2021 |
| 117 | 44:31 | Kristina Kindem | 16. April 2021 |
| 118 | 44:40 | Øyvind Prestvik | 17. April 2021 |
| 119 | 44:41 | Viet D. Trinh | 17. April 2021 |
| 120 | 45:08 | Clément Suberchicot | 17. April 2021 |
| 121 | 45:58 | Bjørn-Einar Morkemo | 17. April 2021 |
| 122 | 45:19 | Per Erik Kvam | 15. April 2021 |
| 123 | 45:24 | Gunhild H. Eimhjellen | 15. April 2021 |
| 124 | 45:29 | Freider E. Fløan | 15. April 2021 |
| 125 | 45:35 | Per-Arve Sørgård | 14. April 2021 |
| 126 | 45:36 | Mathias Strand | 16. April 2021 |
| 127 | 45:38 | Antonio Lira | 17. April 2021 |
| 128 | 45:42 | Asgeir Bøgeberg | 14. April 2021 |
| 129 | 45:44 | Frida M. Engeset | 14. April 2021 |
| 130 | 45:49 | Lars R. Johansen | 17. April 2021 |
| 131 | 45:50 | Martin Lockertsen | 12. April 2021 |
| 132 | 46:33 | Tore Kanstad | 13. April 2021 |
| 133 | 47:01 | Marc-Olivier Victorin | 14. April 2021 |
| 134 | 47:07 | Dag F. Fløan | 15. April 2021 |
| 135 | 47:23 | Anitra Vognild | 15. April 2021 |
| 136 | 47:40 | Rune Øiangen | 16. April 2021 |
| 137 | 47:50 | Heidi T. Wiest | 17. April 2021 |
| 138 | 47:58 | Vibeke Johansen | 17. April 2021 |
| 139 | 48:00 | Kristian S. Karlsen | 13. April 2021 |
| 140 | 48:18 | Håkon Bredesen | 18. April 2021 |
| 141 | 48:32 | Ove Knudsen | 12. April 2021 |
| 142 | 48:37 | Øystein Bangsund | 18. April 2021 |
| 143 | 48:46 | Tanja Gjerde | 16. April 2021 |
| 144 | 48:50 | Marit Sveen | 17. April 2021 |
| 145 | 49:20 | Astrid Skogvang | 18. April 2021 |
| 145 | 49:20 | Ragnhild Ongstad | 18. April 2021 |

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|-----|---------|-----------------------|----------------|
| 147 | 49:27 | Esten R. Sivertsen | 14. April 2021 |
| 147 | 49:27 | Håvard Gossé | 17. April 2021 |
| 149 | 49:33 | Marie L. Hoel | 13. April 2021 |
| 150 | 49:39 | Lotte R. Kildal | 16. April 2021 |
| 151 | 50:01 | Gelein De Koeijer | 16. April 2021 |
| 152 | 50:03 | Odd I. Rydpdal | 18. April 2021 |
| 153 | 50:07 | Max Kjær | 18. April 2021 |
| 154 | 50:20 | Katja S. V. Bjørnstad | 18. April 2021 |
| 155 | 50:23 | Maria Soleim | 17. April 2021 |
| 156 | 50:36 | Kjetil Sletten | 18. April 2021 |
| 157 | 50:44 | Sebastian Hegreberg | 17. April 2021 |
| 158 | 50:47 | Roland Richter | 15. April 2021 |
| 159 | 51:09 | K. Borsick | 14. April 2021 |
| 160 | 51:11 | Kenneth Andersen | 14. April 2021 |
| 161 | 52:00 | Ragnhild Rostad | 14. April 2021 |
| 162 | 52:09 | Sven A. Nygaard | 18. April 2021 |
| 163 | 52:12 | Vegard Kallset | 15. April 2021 |
| 163 | 52:12 | Steinar Hyldmo | 16. April 2021 |
| 165 | 52:18 | Anne B. Lund | 14. April 2021 |
| 166 | 52:27 | Harald Alstad | 14. April 2021 |
| 167 | 53:07 | Geir A. Kjønstad | 17. April 2021 |
| 168 | 53:17 | Magnus Wandelbo | 15. April 2021 |
| 169 | 53:35 | Jørgen Norheim | 14. April 2021 |
| 170 | 54:35 | Ingvill Irene | 18. April 2021 |
| 171 | 55:28 | Kristian Steigedal | 15. April 2021 |
| 172 | 55:39 | Ole Spro | 16. April 2021 |
| 173 | 55:58 | Helle Nova | 18. April 2021 |
| 174 | 56:07 | Elise FD | 18. April 2021 |
| 175 | 56:18 | Siri M. Schanke | 16. April 2021 |
| 176 | 56:19 | Ingrid A. Lysø | 16. April 2021 |
| 177 | 57:20 | Birgitte V. D. Harst | 17. April 2021 |
| 178 | 57:25 | Vegard Broen | 16. April 2021 |
| 179 | 58:28 | Christian V. Krogh | 17. April 2021 |
| 180 | 58:46 | Saleh Sakkaamini | 12. April 2021 |
| 181 | 58:48 | Veslemøy Selvik | 12. April 2021 |
| 181 | 58:48 | Belinda S. Ramberg | 16. April 2021 |
| 183 | 59:30 | Maren R. Tvedt | 17. April 2021 |
| 184 | 1:00:05 | Farrokh Hejri | 17. April 2021 |
| 185 | 1:00:18 | Eirill B. Mehammer | 17. April 2021 |
| 186 | 1:00:28 | Jacob Anglevik | 16. April 2021 |
| 187 | 1:00:48 | Cato Solheim | 18. April 2021 |
| 188 | 1:01:01 | Idun E. Stavseng | 18. April 2021 |
| 189 | 1:01:22 | Fredrik Warvik | 17. April 2021 |
| 190 | 1:01:25 | Svenn-Helge Vatne | 17. April 2021 |
| 191 | 1:01:40 | Anders T. Bråten | 18. April 2021 |
| 192 | 1:03:03 | Rebecca Aamodt | 15. April 2021 |
| 193 | 1:05:18 | Karen Sagberg | 18. April 2021 |
| 194 | 1:07:07 | Siri Sæther | 15. April 2021 |
| 195 | 1:08:07 | Gunvor Holm | 18. April 2021 |

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|-----|---------|----------------|----------------|--|
| 196 | 1:12:25 | Ingrid Hansen | 18. April 2021 | |
| 197 | 1:31:55 | Vivi Duong | 17. April 2021 | |
| 197 | 1:31:55 | Nicoline Meisl | 17. April 2021 | |