

Freidigstafetten
Resultatliste

24.05.2009

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Status |
|-------------|---|------------|-------|----------------|----------------|---------|--------|
| D135 | | | | | | | |
| 1 | Byåsen IL lag 1 (43) | | | 1:44:45 | | | |
| | 1 Guri Bjørndal | 33:08 1 | 00:00 | 33:08 1 | 00:00 | | |
| | 2 Ingrid Lien Johnsen | 38:44 3 | 03:42 | 1:11:52 3 | 01:38 | -2 | |
| | 3 Kari Solem Aune | 32:53 1 | 00:00 | 1:44:45 1 | 00:00 | 2 | |
| 2 | Frol IL lag 1 (41) | | | 1:57:48 | 13:03 | | |
| | 1 Magnhild Forseth | 35:04 2 | 01:56 | 35:04 2 | 01:56 | | |
| | 2 Randi Jensen | 35:10 2 | 00:08 | 1:10:14 1 | 00:00 | 1 | |
| | 3 Randi Haugskott | 47:34 2 | 14:41 | 1:57:48 2 | 13:03 | -1 | |
| 3 | Sportsklubben Freidig lag 1 (45) | | | 2:15:08 | 30:23 | | |
| | 1 Ingrid Kvakland | 36:42 3 | 03:34 | 36:42 3 | 03:34 | | |
| | 2 Anne Melkild | 35:02 1 | 00:00 | 1:11:44 2 | 01:30 | 1 | |
| | 3 Sigrid Melkild | 1:03:24 5 | 30:31 | 2:15:08 3 | 30:23 | -1 | |
| 4 | Wing OK lag 1 (44) | | | 2:35:06 | 50:21 | | |
| | 1 Siri Drogset | 54:37 4 | 21:29 | 54:37 4 | 21:29 | | |
| | 2 Åse Rita Ellingsen | 49:38 4 | 14:36 | 1:44:15 4 | 34:01 | 0 | |
| | 3 Ingunn Morset | 50:51 3 | 17:58 | 2:35:06 4 | 50:21 | 0 | |
| 5 | Verdal OK lag 1 (42) | | | 2:48:59 | 1:04:14 | | |
| | 1 Ann Sissel Vehus | 1:01:57 5 | 28:49 | 1:01:57 5 | 28:49 | | |
| | 2 Gunhild Bredesen | 52:09 5 | 17:07 | 1:54:06 5 | 43:52 | 0 | |
| | 3 Cathrine Thorhus | 54:53 4 | 22:00 | 2:48:59 5 | 1:04:14 | 0 | |

Freidigstafetten
Resultatliste

24.05.2009

| Class | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Status |
|------------|---|------------|-------|----------------|---------|----------------|--------|
| D15 | | | | | | | |
| 1 | Sportsklubben Freidig lag 1 (35) | | | 1:53:28 | | 00:00 | |
| | 1 Gro Sandstad Eidsmo | 39:47 2 | 04:13 | 39:47 2 | 04:13 | | |
| | 2 Torunn Spets Storhov | 37:51 1 | 00:00 | 1:17:38 2 | 01:02 | 0 | |
| | 3 Hanne Sandstad | 35:50 1 | 00:00 | 1:53:28 1 | 00:00 | 1 | |
| 2 | OL Trollelg lag 1 (34) | | | 2:02:12 | | 08:44 | |
| | 1 Kristin Haugskott | 35:34 1 | 00:00 | 35:34 1 | 00:00 | | |
| | 2 Maja Berger Kristiansand | 41:02 2 | 03:11 | 1:16:36 1 | 00:00 | 0 | |
| | 3 Jenny Persson NTNUI | 45:36 4 | 09:46 | 2:02:12 2 | 08:44 | -1 | |
| 3 | NTNUI lag 1 (32) | | | 2:09:17 | | 15:49 | |
| | 1 Sofie Aarnes | 41:17 4 | 05:43 | 41:17 4 | 05:43 | | |
| | 2 Hege Holth Johannessen | 42:28 3 | 04:37 | 1:23:45 3 | 07:09 | 1 | |
| | 3 Natalie Egli | 45:32 3 | 09:42 | 2:09:17 3 | 15:49 | 0 | |
| 4 | NTNUI lag 2 (33) | | | 2:15:41 | | 22:13 | |
| | 1 Tessa Hill | 41:02 3 | 05:28 | 41:02 3 | 05:28 | | |
| | 2 Anette Heggøy | 47:55 4 | 10:04 | 1:28:57 4 | 12:21 | -1 | |
| | 3 Sigrid Vatne | 46:44 5 | 10:54 | 2:15:41 4 | 22:13 | 0 | |
| 5 | Sportsklubben Freidig lag 2 (36) | | | 2:21:15 | | 27:47 | |
| | 1 Solveig Angell-Petersen | 42:23 5 | 06:49 | 42:23 5 | 06:49 | | |
| | 2 Marit Owren | 54:22 5 | 16:31 | 1:36:45 5 | 20:09 | 0 | |
| | 3 Mari Angell-Petersen | 44:30 2 | 08:40 | 2:21:15 5 | 27:47 | 0 | |
| 6 | Frol IL lag 1 (37) | | | 2:45:25 | | 51:57 | |
| | 1 Inga Sirum | 49:55 7 | 14:21 | 49:55 7 | 14:21 | | |
| | 2 Runa Matberg | 1:04:59 7 | 27:08 | 1:54:54 6 | 38:18 | 1 | |
| | 3 Kjersti Gederaas Denstad | 50:31 6 | 14:41 | 2:45:25 6 | 51:57 | 0 | |
| 7 | Wing OK lag 1 (38) | | | 2:52:56 | | 59:28 | |
| | 1 Helen Palmer | 44:13 6 | 08:39 | 44:13 6 | 08:39 | | |
| | 2 Anne-Lise Bratsberg | 1:12:47 8 | 34:56 | 1:57:00 7 | 40:24 | -1 | |
| | 3 Emily Wall | 55:56 8 | 20:06 | 2:52:56 7 | 59:28 | 0 | |
| 8 | Skøyнар OK lag 1 (31) | | | 3:11:56 | | 1:18:28 | |
| | 1 Kristine Hammer | 1:18:05 8 | 42:31 | 1:18:05 8 | 42:31 | | |
| | 2 Mone Veie Ringstad | 58:01 6 | 20:10 | 2:16:06 8 | 59:30 | 0 | |
| | 3 Kirsten Marie Lylum | 55:50 7 | 20:00 | 3:11:56 8 | 1:18:28 | 0 | |

Freidigstafetten

Resultatliste

24.05.2009

| Class | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Status |
|----------------|--|------------|-------|----------------|-------|--------------|--------|
| DH13-16 | | | | | | | |
| 1 | Malvik IL lag 1 (70) | | | 57:23 | | 00:00 | |
| | 1 Tormod Stenersen (Nidarøst) | 21:08 2 | 00:07 | 21:08 2 | 00:07 | | |
| | 2 Vegard Hassel | 17:55 2 | 01:34 | 39:03 1 | 00:00 | 1 | |
| | 3 Sindre Johannessen | 18:20 1 | 00:00 | 57:23 1 | 00:00 | 0 | |
| 2 | Sportsklubben Freidig lag 1 (88) | | | 1:02:56 | | 05:33 | |
| | 1 Jorunn Kvakland | 21:37 3 | 00:36 | 21:37 3 | 00:36 | | |
| | 2 Karen Oline Kolstad | 19:10 3 | 02:49 | 40:47 2 | 01:44 | 1 | |
| | 3 Brage Sæther | 22:09 3 | 03:49 | 1:02:56 2 | 05:33 | 0 | |
| 3 | OL Trollelg lag 1 (79) | | | 1:05:52 | | 08:29 | |
| | 1 Ove Baardsgaard | 22:01 5 | 01:00 | 22:01 5 | 01:00 | | |
| | 2 Anna Solberg | 21:45 9 | 05:24 | 43:46 5 | 04:43 | 0 | |
| | 3 Trond Einar Pedersli | 22:06 2 | 03:46 | 1:05:52 3 | 08:29 | 2 | |
| 4 | Stjørdalsblink Orientering lag 1 (71) | | | 1:08:23 | | 11:00 | |
| | 1 Henry Eide Haug | 27:16 10 | 06:15 | 27:16 10 | 06:15 | | |
| | 2 Eivind Haugen Furunes | 16:21 1 | 00:00 | 43:37 3 | 04:34 | 7 | |
| | 3 Andreas Bro Kolstø | 24:46 4 | 06:26 | 1:08:23 4 | 11:00 | -1 | |
| 5 | OL Trollelg lag 2 (80) | | | 1:10:29 | | 13:06 | |
| | 1 Kristian Øien | 24:20 8 | 03:19 | 24:20 8 | 03:19 | | |
| | 2 Rebecca Sæterhaug | 21:21 8 | 05:00 | 45:41 9 | 06:38 | -1 | |
| | 3 Eli Marita Forseth | 24:48 5 | 06:28 | 1:10:29 5 | 13:06 | 4 | |
| 6 | Leik lag 1 (76) | | | 1:10:38 | | 13:15 | |
| | 1 Ola Keiserås | 23:23 7 | 02:22 | 23:23 7 | 02:22 | | |
| | 2 Ingebrigt Eid | 20:54 6 | 04:33 | 44:17 7 | 05:14 | 0 | |
| | 3 Torleif Syrstad | 26:21 7 | 08:01 | 1:10:38 6 | 13:15 | 1 | |
| 7 | Selbu/Freidig lag 1 (69) | | | 1:19:53 | | 22:30 | |
| | 1 Sigve Krogstadmo | 23:08 6 | 02:07 | 23:08 6 | 02:07 | | |
| | 2 Nils Einar Brandtzæg | 20:34 5 | 04:13 | 43:42 4 | 04:39 | 2 | |
| | 3 Torgeir Leithe | 36:11 14 | 17:51 | 1:19:53 7 | 22:30 | -3 | |
| 8 | Frol IL lag 1 (73) | | | 1:23:39 | | 26:16 | |
| | 1 Fredrik Skjerve | 29:34 15 | 08:33 | 29:34 15 | 08:33 | | |
| | 2 Sivert Matberg | 19:52 4 | 03:31 | 49:26 11 | 10:23 | 4 | |
| | 3 Åsta Wibe | 34:13 12 | 15:53 | 1:23:39 8 | 26:16 | 3 | |
| 9 | Wing OK lag 1 (85) | | | 1:24:13 | | 26:50 | |
| | 1 Ola Morset | 21:01 1 | 00:00 | 21:01 1 | 00:00 | | |
| | 2 Ottar Østvik | 23:09 10 | 06:48 | 44:10 6 | 05:07 | -5 | |
| | 3 Ingrid Therese Helland Eriksen | 40:03 17 | 21:43 | 1:24:13 9 | 26:50 | -3 | |
| 10 | Wing OK lag 2 (86) | | | 1:25:47 | | 28:24 | |
| | 1 Tore Gederaas Kanstad | 27:39 11 | 06:38 | 27:39 11 | 06:38 | | |
| | 2 Kristine Klock Fleten | 23:38 11 | 07:17 | 51:17 13 | 12:14 | -2 | |
| | 3 Sigrid Østvik | 34:30 13 | 16:10 | 1:25:47 10 | 28:24 | 3 | |
| 11 | Frol IL lag 2 (74) | | | 1:26:22 | | 28:59 | |
| | 1 Paul Sirum | 24:42 9 | 03:41 | 24:42 9 | 03:41 | | |
| | 2 Vegard Ressem | 24:36 14 | 08:15 | 49:18 10 | 10:15 | -1 | |
| | 3 Jonas Ressem | 37:04 15 | 18:44 | 1:26:22 11 | 28:59 | -1 | |
| 12 | Byåsen IL lag 2 (82) | | | 1:27:38 | | 30:15 | |
| | 1 Mette Evjen Røset | 28:08 12 | 07:07 | 28:08 12 | 07:07 | | |
| | 2 Petter Almås | 27:54 18 | 11:33 | 56:02 14 | 16:59 | -2 | |
| | 3 Terje Dalen Sørgård | 31:36 10 | 13:16 | 1:27:38 12 | 30:15 | 2 | |

Freidigstafetten
Resultatliste

24.05.2009

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Status |
|----------------|---|------------|-------|----------------|-------|--------------|--------|
| DH13-16 | | | | | | | |
| 13 | Steinkjer OK lag 1 (78) | | | 1:27:42 | | 30:19 | |
| | 1 Norunn Dengerud | 29:02 14 | 08:01 | 29:02 14 | 08:01 | | |
| | 2 Astrid Læggran | 31:29 19 | 15:08 | 1:00:31 16 | 21:28 | -2 | |
| | 3 Eirin Svanøe-Hafstad | 27:11 8 | 08:51 | 1:27:42 13 | 30:19 | 3 | |
| 14 | Sportsklubben Freidig lag 2 (89) | | | 1:28:59 | | 31:36 | |
| | 1 Frida Sæther | 36:51 18 | 15:50 | 36:51 18 | 15:50 | | |
| | 2 Mari Kristine Overvi Gilde | 26:35 15 | 10:14 | 1:03:26 17 | 24:23 | 1 | |
| | 3 Gina Mølrvik | 25:33 6 | 07:13 | 1:28:59 14 | 31:36 | 3 | |
| 15 | Byåsen IL lag 4 (84) | | | 1:29:14 | | 31:51 | |
| | 1 Øyvind Wiggen | 21:39 4 | 00:38 | 21:39 4 | 00:38 | | |
| | 2 Jørgen Natvig Løvseth | 23:59 12 | 07:38 | 45:38 8 | 06:35 | -4 | |
| | 3 Vemund Sjøvold Sundal | 43:36 19 | 25:16 | 1:29:14 15 | 31:51 | -7 | |
| 16 | Verdal OK lag 1 (72) | | | 1:29:33 | | 32:10 | |
| | 1 Ingrid Okkenhaug | 28:40 13 | 07:39 | 28:40 13 | 07:39 | | |
| | 2 Severin S Lyngstad | 21:00 7 | 04:39 | 49:40 12 | 10:37 | 1 | |
| | 3 Ådne Bredesen | 39:53 16 | 21:33 | 1:29:33 16 | 32:10 | -4 | |
| 17 | Byåsen IL lag 1 (81) | | | 1:37:01 | | 39:38 | |
| | 1 Marte Hoff Hagen | 41:43 20 | 20:42 | 41:43 20 | 20:42 | | |
| | 2 Karoline Wollan Benum | 26:53 16 | 10:32 | 1:08:36 20 | 29:33 | 0 | |
| | 3 Sigurd Stenvik | 28:25 9 | 10:05 | 1:37:01 17 | 39:38 | 3 | |
| 18 | Frol IL lag 3 (75) | | | 1:38:36 | | 41:13 | |
| | 1 Marie Wold Stavrum | 32:27 16 | 11:26 | 32:27 16 | 11:26 | | |
| | 2 Tora Matberg | 33:32 20 | 17:11 | 1:05:59 19 | 26:56 | -3 | |
| | 3 Kajsa Stina Sandstad | 32:37 11 | 14:17 | 1:38:36 18 | 41:13 | 1 | |
| 19 | Wing OK lag 3 (87) | | | 1:44:45 | | 47:22 | |
| | 1 Sigrid Bratsberg | 33:33 17 | 12:32 | 33:33 17 | 12:32 | | |
| | 2 John Gederaas Kanstad | 24:31 13 | 08:10 | 58:04 15 | 19:01 | 2 | |
| | 3 Andrea Vindal | 46:41 20 | 28:21 | 1:44:45 19 | 47:22 | -4 | |
| 20 | Sportsklubben Freidig lag 3 (90) | | | 1:45:12 | | 47:49 | |
| | 1 Kaja Bø Timestad | 37:06 19 | 16:05 | 37:06 19 | 16:05 | | |
| | 2 Øystein Krogstie | 27:10 17 | 10:49 | 1:04:16 18 | 25:13 | 1 | |
| | 3 Terje Magnus Sørensen | 40:56 18 | 22:36 | 1:45:12 20 | 47:49 | -2 | |
| DSQ | Byåsen IL lag 3 (83) | | | 1:27:08 | | | |
| | 1 Sunniva Storrønning | 27:50 | 06:49 | 27:50 | 06:49 | | |
| | 2 Fredrik Almås | 30:21 | 14:00 | 58:11 | 19:08 | 0 | |
| | 3 Bendik Steinkjer Standal | 28:57 | 10:37 | 1:27:08 | 29:45 | 0 | DSQ |
| DSQ | Leik lag 2 (77) | | | 1:27:05 | | | |
| | 1 Ådne K. Berg | 36:43 | 15:42 | 36:43 | 15:42 | | DSQ |
| | 2 Einar Keiserås | 27:33 | 11:12 | 1:04:16 | 25:13 | 0 | |
| | 3 Geir Inge Keiserås | 22:49 | 04:29 | 1:27:05 | 29:42 | 0 | |

Freidigstafetten
Resultatliste

24.05.2009

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Status |
|-------------|---|---------------|-------|----------------|-------|--------------|--------|
| H135 | | | | | | | |
| 1 | Sportsklubben Freidig lag 1 (56) | | | 1:48:11 | | 00:00 | |
| | 1 Bernt Rognes | 36:42 3 | 03:40 | 36:42 3 | 03:40 | | |
| | 2 Øyvind Schjelderup | 32:57 1 | 00:00 | 1:09:39 1 | 00:00 | 2 | |
| | 3 Arild H. Clausen | 38:32 2 | 00:13 | 1:48:11 1 | 00:00 | 0 | |
| 2 | Frol IL lag 1 (53) | | | 1:49:51 | | 01:40 | |
| | 1 Gunnar Vatn | 34:45 2 | 01:43 | 34:45 2 | 01:43 | | |
| | 2 Arne Grevskott | 35:49 2 | 02:52 | 1:10:34 2 | 00:55 | 0 | |
| | 3 Torbjørn Sirum | 39:17 3 | 00:58 | 1:49:51 2 | 01:40 | 0 | |
| 3 | Sportsklubben Freidig lag 2 (57) | | | 1:56:40 | | 08:29 | |
| | 1 Håvard Lorange | 33:02 1 | 00:00 | 33:02 1 | 00:00 | | |
| | 2 Magne Lysberg | 43:38 5 | 10:41 | 1:16:40 3 | 07:01 | -2 | |
| | 3 Geir Owren | 40:00 4 | 01:41 | 1:56:40 3 | 08:29 | 0 | |
| 4 | Frol IL lag 2 (54) | | | 1:58:50 | | 10:39 | |
| | 1 Johan Skjerve | 39:17 4 | 06:15 | 39:17 4 | 06:15 | | |
| | 2 Jo Severin Matberg | 41:14 3 | 08:17 | 1:20:31 4 | 10:52 | 0 | |
| | 3 Robert Ressem | 38:19 1 | 00:00 | 1:58:50 4 | 10:39 | 0 | |
| 5 | Wing OK lag 1 (55) | | | 2:09:50 | | 21:39 | |
| | 1 Jostein Alvestad | 40:15 6 | 07:13 | 40:15 6 | 07:13 | | |
| | 2 Dag Erik Helland | 42:22 4 | 09:25 | 1:22:37 5 | 12:58 | 1 | |
| | 3 Terje Kanstad | 47:13 6 | 08:54 | 2:09:50 5 | 21:39 | 0 | |
| 6 | Byåsen IL lag 1 (51) | | | 2:15:46 | | 27:35 | |
| | 1 Torgeir Aune | 40:11 5 | 07:09 | 40:11 5 | 07:09 | | |
| | 2 Kjell Maroni | 52:06 6 | 19:09 | 1:32:17 6 | 22:38 | -1 | |
| | 3 Eirik Vefsnmo | 43:29 5 | 05:10 | 2:15:46 6 | 27:35 | 0 | |
| DNS | OL Trollelg lag 1 (52) | | | | | | |
| | 1 | | | | | | |
| | 2 | | | | | | |
| | 3 | | | | | | |

Freidigstafetten

Resultatliste

24.05.2009

| Class | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Status |
|------------|---|------------|-------|----------------|-------|--------------|---------|
| H15 | | | | | | | |
| 1 | Sportsklubben Freidig lag 1 (10) | | | 2:47:05 | | 00:00 | |
| | 1 Tomas Eidsmo | 44:19 5 | 03:25 | 44:19 5 | 03:25 | | |
| | 2 Bjørnar Lynum | 42:18 4 | 01:37 | 1:26:37 4 | 03:37 | 1 | |
| | 3 Jens Even Storhov | 43:50 3 | 06:12 | 2:10:27 2 | 07:54 | 2 | |
| | 4 Johan Ivarsson | 36:38 1 | 00:00 | 2:47:05 1 | 00:00 | 1 | |
| 2 | Wing OK lag 1 (9) | | | 2:48:27 | | 01:22 | |
| | 1 Jan-Egil Wagnild | 44:14 4 | 03:20 | 44:14 4 | 03:20 | | |
| | 2 Svein Erik Bratsberg | 40:41 1 | 00:00 | 1:24:55 3 | 01:55 | 1 | |
| | 3 Chris Forne | 37:38 1 | 00:00 | 2:02:33 1 | 00:00 | 2 | |
| | 4 Erik Thorsson | 45:54 2 | 09:16 | 2:48:27 2 | 01:22 | -1 | |
| 3 | NTNUI lag 3 (5) | | | 2:58:43 | | 11:38 | |
| | 1 Espen Fiskum | 40:54 1 | 00:00 | 40:54 1 | 00:00 | | |
| | 2 Espen Fiskum OMIGJEN | 43:58 5 | 03:17 | 1:24:52 2 | 01:52 | -1 | |
| | 3 Mathis Myhre | 46:33 4 | 08:55 | 2:11:25 3 | 08:52 | -1 | |
| | 4 Morten Brunnes | 47:18 3 | 10:40 | 2:58:43 3 | 11:38 | 0 | |
| 4 | Verdal OK lag 1 (1) | | | 3:05:30 | | 18:25 | |
| | 1 Kjetil Okkenhaug | 48:00 7 | 07:06 | 48:00 7 | 07:06 | | |
| | 2 Kurt Ove Melbye | 46:41 6 | 06:00 | 1:34:41 7 | 11:41 | 0 | |
| | 3 Anton Bjartnes | 43:12 2 | 05:34 | 2:17:53 5 | 15:20 | 2 | |
| | 4 Jon Sivertsen | 47:37 4 | 10:59 | 3:05:30 4 | 18:25 | 1 | |
| 5 | NTNUI lag 4 (6) | | | 3:09:46 | | 22:41 | |
| | 1 Knut Sveinung Rekaa | 45:40 6 | 04:46 | 45:40 6 | 04:46 | | |
| | 2 Lars Eid Nielsen | 41:06 2 | 00:25 | 1:26:46 5 | 03:46 | 1 | |
| | 3 Simen Bjøringsøy | 47:00 5 | 09:22 | 2:13:46 4 | 11:13 | 1 | |
| | 4 Tore Dyrhaug Mo | 56:00 5 | 19:22 | 3:09:46 5 | 22:41 | -1 | |
| 6 | NTNUI lag 6 (12) | | | 3:20:08 | | 33:03 | |
| | 1 Lars Christian Unger | 41:51 3 | 00:57 | 41:51 3 | 00:57 | | |
| | 2 Lars Christian Unger OMIGJEN | 47:42 7 | 07:01 | 1:29:33 6 | 06:33 | -3 | |
| | 3 Martin Stehlik | 53:47 6 | 16:09 | 2:23:20 7 | 20:47 | -1 | |
| | 4 Frank Aasgård | 56:48 6 | 20:10 | 3:20:08 6 | 33:03 | 1 | |
| 7 | NTNUI lag 5 (7) | | | 3:36:42 | | 49:37 | |
| | 1 Rune Strandberg | 41:15 2 | 00:21 | 41:15 2 | 00:21 | | |
| | 2 Trond Strandberg | 41:45 3 | 01:04 | 1:23:00 1 | 00:00 | 1 | |
| | 3 Kristian Wollen Steen | 55:01 7 | 17:23 | 2:18:01 6 | 15:28 | -5 | |
| | 4 Asbjørn Bjørgum | 1:18:41 7 | 42:03 | 3:36:42 7 | 49:37 | -1 | |
| 8 | NTNUI lag 2 (4) | | | 3:18:59 | | 31:54 | |
| | 1 Hans Aleksander Østhagen | 42:06 8 | 01:12 | 42:06 8 | 01:12 | | |
| | 2 Rolf Mauritz Pedersen | 58:18 11 | 17:37 | 1:40:24 8 | 17:24 | 0 | |
| | 3 Anders Sætersmoen | 52:12 8 | 14:34 | 2:32:36 8 | 30:03 | 0 | |
| | 4 Stefan Lombriser (Tyrving) | 46:23 8 | 09:45 | 3:18:59 8 | 31:54 | 0 | Restart |
| 9 | OL Trollelg lag 1 (8) | | | 3:24:23 | | 37:18 | |
| | 1 Jørgen Tegdan | 47:09 9 | 06:15 | 47:09 9 | 06:15 | | |
| | 2 Harald Musum | 53:50 9 | 13:09 | 1:40:59 9 | 17:59 | 0 | |
| | 3 Kjell Baardsgaard | 54:52 9 | 17:14 | 2:35:51 9 | 33:18 | 0 | |
| | 4 Frode Haugskott | 48:32 10 | 11:54 | 3:24:23 9 | 37:18 | 0 | Restart |
| 10 | NTNUI lag 1 (3) | | | 3:38:48 | | 51:43 | |
| | 1 Wolfgang Kampel | 54:05 11 | 13:11 | 54:05 11 | 13:11 | | |
| | 2 Ragnar Tonjer | 49:19 8 | 08:38 | 1:43:24 10 | 20:24 | 1 | |
| | 3 Øyvind Bakken Rognstad | 1:00:23 11 | 22:45 | 2:43:47 10 | 41:14 | 0 | |
| | 4 Halvor Saunes | 55:01 11 | 18:23 | 3:38:48 10 | 51:43 | 0 | Restart |

Freidigstafetten
Resultatliste

24.05.2009

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Status |
|------------|---|---------------|-------|----------------|---------|----------------|---------|
| H15 | | | | | | | |
| 11 | Verdal OK lag 2 (2) | | | 3:43:28 | | 56:23 | |
| | 1 Lars Einar Vik | 52:46 10 | 11:52 | 52:46 10 | 11:52 | | |
| | 2 Sven Inge Ydse | 1:06:02 12 | 25:21 | 1:58:48 12 | 35:48 | -2 | |
| | 3 Arne Okkenhaug | 56:29 10 | 18:51 | 2:55:17 11 | 52:44 | 1 | |
| | 4 Vidar Skjerve | 48:11 9 | 11:33 | 3:43:28 11 | 56:23 | 0 | Restart |
| 12 | Sportsklubben Freidig lag 2 (11) | | | 4:04:18 | | 1:17:13 | |
| | 1 Vegard Grønli | 56:44 12 | 15:50 | 56:44 12 | 15:50 | | |
| | 2 Stig Magnar Løvås | 57:09 10 | 16:28 | 1:53:53 11 | 30:53 | 1 | |
| | 3 Håvard Korsvoll | 1:05:54 12 | 28:16 | 2:59:47 12 | 57:14 | -1 | |
| | 4 Olle Malmring | 1:04:31 12 | 27:53 | 4:04:18 12 | 1:17:13 | 0 | Restart |

Freidigstafetten
Resultatliste

24.05.2009

| Plass | Lag | Etappe Tid | Etter | Total Tid | Etter | Endring | Status |
|-------------|---|------------|--------|----------------|--------|--------------|--------|
| H175 | | | | | | | |
| 1 | Sportsklubben Freidig lag 1 (67) | | | 1:47:47 | | 00:00 | |
| | 1 Jacob Hygen | 38:11 4 | 03:47 | 38:11 4 | 03:47 | | |
| | 2 Ola Aalde | 40:51 3 | 02:04 | 1:19:02 4 | 05:45 | 0 | |
| | 3 Harald Oftedal | 28:45 1 | 00:00 | 1:47:47 1 | 00:00 | 3 | |
| 2 | Byåsen IL lag 1 (63) | | | 1:52:15 | | 04:28 | |
| | 1 Øivind Rogndalen | 34:30 2 | 00:06 | 34:30 2 | 00:06 | | |
| | 2 Svein Hove | 38:47 1 | 00:00 | 1:13:17 1 | 00:00 | 1 | |
| | 3 Egil Repvik | 38:58 4 | 10:13 | 1:52:15 2 | 04:28 | -1 | |
| 3 | Wing OK lag 1 (62) | | | 1:52:51 | | 05:04 | |
| | 1 Robert Strøm | 37:07 3 | 02:43 | 37:07 3 | 02:43 | | |
| | 2 Tor Gjermstad | 41:35 4 | 02:48 | 1:18:42 2 | 05:25 | 1 | |
| | 3 Ole Lutro | 34:09 2 | 05:24 | 1:52:51 3 | 05:04 | -1 | |
| 4 | OL Trollelg lag 1 (65) | | | 1:57:55 | | 10:08 | |
| | 1 Trond Friden | 39:41 5 | 05:17 | 39:41 5 | 05:17 | | |
| | 2 Paul Forseth | 40:04 2 | 01:17 | 1:19:45 5 | 06:28 | 0 | |
| | 3 Øistein Åsmul | 38:10 3 | 09:25 | 1:57:55 4 | 10:08 | 1 | |
| 5 | OL Trollelg lag 2 (66) | | | 2:19:49 | | 32:02 | |
| | 1 Anders Lauglo | 34:24 1 | 00:00 | 34:24 1 | 00:00 | | |
| | 2 Stig Haugskott | 44:28 5 | 05:41 | 1:18:52 3 | 05:35 | -2 | |
| | 3 Henry Sundsetvik | 1:00:57 5 | 32:12 | 2:19:49 5 | 32:02 | -2 | |
| 6 | Skøyнар OK lag 1 (64) | | | 2:29:41 | | 41:54 | |
| | 1 Ivar Bolstad | 40:00 6 | 05:36 | 40:00 6 | 05:36 | | |
| | 2 Alf Dagfinn Ringstad | 44:53 6 | 06:06 | 1:24:53 6 | 11:36 | 0 | |
| | 3 Knut Evenhus | 1:04:48 6 | 36:03 | 2:29:41 6 | 41:54 | 0 | |
| DSQ | Sportsklubben Freidig lag 2 (68) | | | | | | |
| | 1 Tore Angel-Petersen | 31:22 | -03:02 | 31:22 | -03:02 | | DSQ |
| | 2 | | | | | | |
| | 3 | | | | | | |