

Klubbmesterskap – Tempo – 2019

| Plass | Navn | Tid |
|-----------------|--------------------------|----------|
| K 13-14 | | |
| 1 | Madeleine Bakkeli Götz | 18:02.72 |
| M 13-14 | | |
| 1 | Nikolay Nilsen | 16:30.30 |
| 2 | Oscar Risnes | 16.35.19 |
| K 15-16 | | |
| | Emilie Taug | 16:53.19 |
| M 15-16 | | |
| 1 | Jakob Buhs | 14:18.45 |
| 2 | Mikkel Pedersen | 14:49.56 |
| 3 | Martin Farstadvold | 14:55.26 |
| 4 | Ånund Eggen-Vaa | 15:07.36 |
| K Senior | | |
| 1 | Trine Hansen | 13:46.19 |
| 2 | Oda Midtlyng Klempe | 14:15.96 |
| 3 | Siv Ellen Grewe | 15.14.51 |
| 4 | Liv Janne Jacobsen | 15:54.62 |
| 5 | Marion Nilsen | 15:58.73 |
| 6 | Lene Pernille Østberg | 16:16.50 |
| 7 | Anne-Mari Samskott | 16:36.55 |
| 8 | Fernanda Serpa Westgaard | 16:47.56 |
| M Senior | | |
| 1 | Andre Johansen | 12:11.53 |
| 2 | Arne Brørs | 12:51.33 |
| 3 | Jonas Nermoen | 12:51.85 |
| 4 | Martin Carlén | 12:53.23 |
| 5 | Jan Bodin | 12:53.38 |
| 6 | Jah Langleite | 13:01.22 |
| 7 | Roger Arenberg | 13:23.17 |
| 8 | Terje Hullstein | 13:29.89 |
| 9 | Morten Winsnes | 13:38.33 |
| 10 | Vegard Heggen | 13:38.83 |

| Plass | Navn | Tid |
|--------------|---------------------------|------------|
| 11 | Dagfinn Bang-Johansen | 13:42.25 |
| 12 | Lorenz Tanner | 13:52.66 |
| 13 | Pål G. Olsen | 13:59.52 |
| 14 | Knut Simonsen | 14:16.53 |
| 15 | Thomas Haug | 14:24.44 |
| 16 | Øyvin Wormnæs | 14:30.70 |
| 17 | Torgeir Skogstad | 14:32.86 |
| 18 | Knut Sandberg | 14:35.29 |
| 19 | Trond Hansen | 14:50.76 |
| 20 | Svein-Ole Retteråsen | 14:51.07 |
| 21 | Svein Harald Johnsen | 14:53.60 |
| 22 | Sandy McFarlane | 14:55.89 |
| 23 | Sveinung Flaathen | 14:59.25 |
| 24 | Espen Andreas Gulbrandsen | 15:06.57 |
| 25 | Asbjørn Hansen | 15:23.70 |
| 26 | Håvard Ersland | 15:24.87 |
| 27 | Geir Asbjørn Nilsen | 15:42.90 |
| 28 | Morten Riis Andersen | 15:49.10 |
| 29 | Magnus Lekven Lien | 15:58.81 |