

| NAVN | LØP 1 | T1 | SYKKEL | T2 | LØP 2 | TOTAL |
|----------------------|----------|----------|----------|----------|----------|----------|
| Rune Andre Bjørnerud | 00:06:57 | 00:00:33 | 00:20:01 | 00:00:33 | 00:13:06 | 00:41:10 |
| Jørgen Grønstrud | 00:06:53 | 00:00:32 | 00:20:57 | 00:00:21 | 00:13:09 | 00:41:52 |
| Henning Andersson | 00:06:56 | 00:00:19 | 00:21:07 | 00:00:22 | 00:13:52 | 00:42:36 |
| Ole Alsos | 00:07:37 | 00:00:32 | 00:21:53 | 00:00:38 | 00:14:26 | 00:45:06 |
| Anders Stubban | 00:07:50 | 00:00:29 | 00:22:58 | 00:00:24 | 00:14:50 | 00:46:31 |
| Wilhelm Beck | 00:07:51 | 00:00:56 | 00:23:48 | 00:00:47 | 00:14:28 | 00:47:50 |
| Jonas Follesø | 00:07:52 | 00:00:34 | 00:23:45 | 00:00:29 | 00:15:10 | 00:47:50 |
| Cathrine Mediaas | 00:08:58 | 00:00:42 | 00:22:48 | 00:00:30 | 00:16:56 | 00:49:54 |
| Mads Olsen | 00:08:48 | 00:00:54 | 00:22:46 | 00:00:51 | 00:17:58 | 00:51:17 |
| Drasen Polic | 00:08:30 | 00:00:38 | 00:28:14 | 00:00:17 | 00:15:54 | 00:53:33 |
| Eirin Bachynski | 00:09:00 | 00:00:53 | 00:28:56 | 00:00:58 | 00:17:42 | 00:57:29 |
| Lars Rune Skaug | 00:10:00 | 00:01:23 | 00:29:08 | 00:01:09 | 00:19:21 | 01:01:01 |