

## Start Lists

Generated 2020-06-06T13:10:39

| Event Id        | Event        | Event Name        | Category        | Day                 | Start Time        |             |  |
|-----------------|--------------|-------------------|-----------------|---------------------|-------------------|-------------|--|
| F04             | DT           | MS Diskos 2,0kg   | MS              | 1                   | 11:00             |             |  |
| <b>Round</b>    | <b>Heat</b>  | <b>Order</b>      | <b>Bib</b>      | <b>First Name</b>   | <b>Last Name</b>  | <b>Team</b> |  |
| 1               | 1            | 1                 | 116             | Erik Johannes       | Rosvold           | TJAL        |  |
|                 |              | 2                 | 5               | Richard             | Smitt-Ingebretsen | BIF         |  |
|                 |              | 3                 | 8               | Toralv              | Opsal             | DIM         |  |
| <b>Event Id</b> | <b>Event</b> | <b>Event Name</b> | <b>Category</b> | <b>Day</b>          | <b>Start Time</b> |             |  |
| F01             | DT           | KS Diskos 1,0kg   | KS              | 1                   | 11:00             |             |  |
| <b>Round</b>    | <b>Heat</b>  | <b>Order</b>      | <b>Bib</b>      | <b>First Name</b>   | <b>Last Name</b>  | <b>Team</b> |  |
| 1               | 1            | 1                 | 106             | Vilde Indseth       | Holten            | TJAL        |  |
|                 |              | 2                 | 3               | Elisabeth Thon      | Rosvold           | ASKSK       |  |
|                 |              | 3                 | 95              | Julie Noraberg      | Nilsen            | SELJO       |  |
|                 |              | 4                 | 115             | Kajsa               | Rooth             | TJAL        |  |
|                 |              | 5                 | 6               |                     |                   |             |  |
| <b>Event Id</b> | <b>Event</b> | <b>Event Name</b> | <b>Category</b> | <b>Day</b>          | <b>Start Time</b> |             |  |
| F03             | DT           | MJ Diskos         | MJ              | 1                   | 11:00             |             |  |
| <b>Round</b>    | <b>Heat</b>  | <b>Order</b>      | <b>Bib</b>      | <b>First Name</b>   | <b>Last Name</b>  | <b>Team</b> |  |
| 1               | 1            | 1                 | 114             | Markus              | Rooth             | TJAL        |  |
|                 |              | 2                 | 4               | Vebjørn Sæten       | Skre              | ASKSK       |  |
| <b>Event Id</b> | <b>Event</b> | <b>Event Name</b> | <b>Category</b> | <b>Day</b>          | <b>Start Time</b> |             |  |
| T01             | 150          | KS 150 meter      | KS              | 1                   | 11:00             |             |  |
| <b>Round</b>    | <b>Heat</b>  | <b>Lane</b>       | <b>Bib</b>      | <b>First Name</b>   | <b>Last Name</b>  | <b>Team</b> |  |
| 1               | 1            | 3                 | 83              | Pernille Følling    | Nerland           | ROMFR       |  |
|                 |              | 4                 | 30              | Sara                | Furnes            | ILBUL       |  |
|                 |              | 5                 | 79              | Marit Liebe         | Harneshaug        | RAN         |  |
|                 |              | 6                 | 82              | Vilja West          | Evensen           | ROMFR       |  |
|                 |              | 7                 | 25              | Daniella Akua       | Boateema          | ILBUL       |  |
|                 |              | 8                 | 117             | Anna                | Sande             | TJAL        |  |
| <b>Round</b>    | <b>Heat</b>  | <b>Lane</b>       | <b>Bib</b>      | <b>First Name</b>   | <b>Last Name</b>  | <b>Team</b> |  |
| 1               | 2            | 3                 | 2               | Synnøve Julseth     | Frantzen          | ASKSK       |  |
|                 |              | 4                 | 136             | Mia Prøsch          | Johnsen           | VIDAR       |  |
|                 |              | 5                 | 50              | Wiktorija Leokadia  | Sochal            | ILBUL       |  |
|                 |              | 6                 | 85              | Elisabella          | Hjelpdahl         | RUNAR       |  |
|                 |              | 7                 | 131             | Summer Thalya       | Steinsrud         | ULLK        |  |
|                 |              | 8                 | 36              | Solveig Emilie      | Johansen          | ILBUL       |  |
| <b>Round</b>    | <b>Heat</b>  | <b>Lane</b>       | <b>Bib</b>      | <b>First Name</b>   | <b>Last Name</b>  | <b>Team</b> |  |
| 1               | 3            | 2                 | 59              | Sigrid Kongssund    | Amlie             | MOELV       |  |
|                 |              | 3                 | 109             | Sara Dorthea        | Jensen            | TJAL        |  |
|                 |              | 4                 | 102             | Astri Ayo Lakeri    | Ertzgaard         | TJAL        |  |
|                 |              | 5                 | 101             | Kaitesi Auma        | Ertzgaard         | TJAL        |  |
|                 |              | 6                 | 126             | Helene              | Rønningen         | TYR         |  |
|                 |              | 7                 | 96              | Elisabeth           | Slettum           | SKJA        |  |
|                 |              | 8                 | 60              | Maren Bakke         | Amundsen          | MOELV       |  |
| <b>Event Id</b> | <b>Event</b> | <b>Event Name</b> | <b>Category</b> | <b>Day</b>          | <b>Start Time</b> |             |  |
| T02             | 300          | KS 300 meter      | KS              | 1                   | 11:45             |             |  |
| <b>Round</b>    | <b>Heat</b>  | <b>Lane</b>       | <b>Bib</b>      | <b>First Name</b>   | <b>Last Name</b>  | <b>Team</b> |  |
| 1               | 1            | 1                 | 32              | Cathrine            | Grønbech          | ILBUL       |  |
|                 |              | 2                 | 79              | Marit Liebe         | Harneshaug        | RAN         |  |
|                 |              | 3                 | 110             | Telma Björk Rostoft | Kristjansson      | TJAL        |  |
|                 |              | 4                 | 13              | Emma Skibstad       | Bekkevik          | FRED        |  |

|              |             |             |            |                   |                  |             |
|--------------|-------------|-------------|------------|-------------------|------------------|-------------|
|              |             | 5           | 2          | Synnøve Julseth   | Frantzen         | ASKSK       |
|              |             | 6           | 136        | Mia Prøsch        | Johnsen          | VIDAR       |
|              |             | 7           | 85         | Elisabella        | Hjelpdahl        | RUNAR       |
|              |             | 8           | 124        | Camilla Dahl      | Kristiansen      | TYR         |
| <b>Round</b> | <b>Heat</b> | <b>Lane</b> | <b>Bib</b> | <b>First Name</b> | <b>Last Name</b> | <b>Team</b> |
| 1            | 2           | 2           | 36         | Solveig Emilie    | Johansen         | ILBUL       |
|              |             | 3           | 125        | Ida Sophie        | Leir             | TYR         |
|              |             | 4           | 131        | Summer Thalya     | Steinsrud        | ULLK        |
|              |             | 5           | 23         | Lisa Maylen       | Stensøy          | HERK        |
|              |             | 6           | 141        | Frida Røe         | Tærum            | VIDAR       |
|              |             | 7           | 65         | Linn              | Oppegaard        | MOSS        |
|              |             | 8           | 14         | Ida Andrea        | Breigan          | FRED        |

|              |             |             |            |                   |                  |             |
|--------------|-------------|-------------|------------|-------------------|------------------|-------------|
| <b>Round</b> | <b>Heat</b> | <b>Lane</b> | <b>Bib</b> | <b>First Name</b> | <b>Last Name</b> | <b>Team</b> |
| 1            | 3           | 2           | 71         | June Sænbøe       | Tveit            | NORSA       |
|              |             | 3           | 101        | Kaitesi Auma      | Ertzgaard        | TJAL        |
|              |             | 4           | 109        | Sara Dorthea      | Jensen           | TJAL        |
|              |             | 5           | 102        | Astri Ayo Lakeri  | Ertzgaard        | TJAL        |
|              |             | 6           | 57         | Andrea            | Rooth            | LAM         |
|              |             | 7           | 96         | Elisabeth         | Slettum          | SKJA        |
|              |             | 8           | 16         | Nora Kollerød     | Wold             | FRED        |

|                 |              |                   |                 |                           |                   |             |
|-----------------|--------------|-------------------|-----------------|---------------------------|-------------------|-------------|
| <b>Event Id</b> | <b>Event</b> | <b>Event Name</b> | <b>Category</b> | <b>Day</b>                | <b>Start Time</b> |             |
| T04             | 150          | MS 150 meter      | MS              | 1                         | 13:00             |             |
| <b>Round</b>    | <b>Heat</b>  | <b>Lane</b>       | <b>Bib</b>      | <b>First Name</b>         | <b>Last Name</b>  | <b>Team</b> |
| 1               | 1            | 1                 | 40              | Terje                     | Myhre             | ILBUL       |
|                 |              | 2                 | 132             | Johan Glenderød           | Tovari            | ULLK        |
|                 |              | 3                 | 123             | Sigmund Le                | Fjeld             | TYR         |
|                 |              | 4                 | 140             | Teodor                    | Miller            | VIDAR       |
|                 |              | 5                 | 34              | Trygve                    | Ilseeng           | ILBUL       |
|                 |              | 6                 | 38              | Aksel                     | Moen-Kristiansen  | ILBUL       |
|                 |              | 7                 | 28              | Nicolas Alexander Baranyi | Eriksen           | ILBUL       |
|                 |              | 8                 | 112             | Albin                     | Lydersen Botez    | TJAL        |

|              |             |             |            |                   |                  |             |
|--------------|-------------|-------------|------------|-------------------|------------------|-------------|
| <b>Round</b> | <b>Heat</b> | <b>Lane</b> | <b>Bib</b> | <b>First Name</b> | <b>Last Name</b> | <b>Team</b> |
| 1            | 2           | 1           | 69         | Mads Gravværk     | Hjort-Larsen     | NESO        |
|              |             | 2           | 127        | Sondre Audahl     | Vik              | TYR         |
|              |             | 3           | 41         | Sander Werge      | Nilsen           | ILBUL       |
|              |             | 4           | 62         | Lavrants          | Kongssund        | MOELV       |
|              |             | 5           | 81         | Simen Nordheim    | Berg             | ROMFR       |
|              |             | 6           | 31         | Thomas            | Graftås          | ILBUL       |
|              |             | 7           | 35         | Mickey            | Joe              | ILBUL       |
|              |             | 8           | 105        | Marius Bull       | Hjeltnes         | TJAL        |

|              |             |             |            |                   |                  |             |
|--------------|-------------|-------------|------------|-------------------|------------------|-------------|
| <b>Round</b> | <b>Heat</b> | <b>Lane</b> | <b>Bib</b> | <b>First Name</b> | <b>Last Name</b> | <b>Team</b> |
| 1            | 3           | 1           | 121        | Patrick Monga     | Bifuko           | TYR         |
|              |             | 2           | 63         | Jørgen            | Kåshagen         | MOELV       |
|              |             | 3           | 44         | Philip Jason      | Omollo           | ILBUL       |
|              |             | 4           | 48         | Riquelvys Rafael  | Santiago         | ILBUL       |
|              |             | 5           | 108        | Nickolai Alieu    | Jallow           | TJAL        |
|              |             | 6           | 11         | Hallgeir          | Martinsen        | FLOR        |
|              |             | 7           |            |                   |                  |             |
|              |             | 8           | 15         | Didrik            | Grøm             | FRED        |

|                 |              |                   |                 |                   |                   |             |
|-----------------|--------------|-------------------|-----------------|-------------------|-------------------|-------------|
| <b>Event Id</b> | <b>Event</b> | <b>Event Name</b> | <b>Category</b> | <b>Day</b>        | <b>Start Time</b> |             |
| T03             | 3000         | KS 3000 meter     | KS              | 1                 | 13:25             |             |
| <b>Round</b>    | <b>Heat</b>  | <b>Lane</b>       | <b>Bib</b>      | <b>First Name</b> | <b>Last Name</b>  | <b>Team</b> |
| 1               | 1            | 1                 | 738             | Åsne Skram        | Trømborg          | NTNUI       |
|                 |              | 2                 | 737             | Gjendine Gjelstad | Rebård            | RUNAR       |

|   |     |                    |           |       |
|---|-----|--------------------|-----------|-------|
| 3 | 736 | Lone Karin         | Brochmann | ILBUL |
| 4 | 735 | Maiken Homlung     | Prøitz    | SARP  |
| 5 | 734 | Anne Skuggedal     | Hansen    | ILBUL |
| 6 | 733 | Emilie Fossumstuen | Grøterud  | TJAL  |
| 7 | 732 | Delphine Catherine | Poirot    | ILBUL |
| 8 | 731 | Sylvia             | Nordskar  | OSI   |
| 9 | 730 | Leona Andersen     | Vedvik    | TNSBF |

| Event Id | Event | Event Name   | Category | Day                     | Start Time     |       |  |
|----------|-------|--------------|----------|-------------------------|----------------|-------|--|
| T05      | 300   | MS 300 meter | MS       | 1                       | 13:45          |       |  |
| Round    | Heat  | Lane         | Bib      | First Name              | Last Name      | Team  |  |
| 1        | 1     | 2            | 39       | Hamza                   | Mohammad       | ILBUL |  |
|          |       | 3            | 52       | Anders                  | Stokvold       | ILBUL |  |
|          |       | 4            | 24       | Sean                    | Bloom          | ILBUL |  |
|          |       | 5            | 42       | Asle                    | Offerdal       | ILBUL |  |
|          |       | 6            | 112      | Albin                   | Lydersen Botez | TJAL  |  |
|          |       | 7            | 64       | David Tesfaye Handeland | Vågbø          | MOELV |  |
|          |       | 8            | 53       | Paul Fabrice            | Wacrenier      | ILBUL |  |

| Round | Heat | Lane | Bib | First Name         | Last Name        | Team  |  |
|-------|------|------|-----|--------------------|------------------|-------|--|
| 1     | 2    | 2    | 47  | Anass              | Safiani          | ILBUL |  |
|       |      | 3    | 22  | William Aleksander | Kollberg         | HELLA |  |
|       |      | 4    | 38  | Aksel              | Moen-Kristiansen | ILBUL |  |
|       |      | 5    | 29  | Theodore Einar     | Fremstad-Waldron | ILBUL |  |
|       |      | 6    | 128 | Emil               | Nordal           | ULLK  |  |
|       |      | 7    | 35  | Mickey             | Joe              | ILBUL |  |
|       |      | 8    | 69  | Mads Gravråk       | Hjort-Larsen     | NESO  |  |

| Round | Heat | Lane | Bib | First Name      | Last Name  | Team  |  |
|-------|------|------|-----|-----------------|------------|-------|--|
| 1     | 3    | 3    | 66  | Oliver          | Tollefsen  | MOSS  |  |
|       |      | 4    | 61  | Håvard Bentsdal | Ingvaldsen | MOELV |  |
|       |      | 5    | 26  | Anders Nikolai  | Bovolden   | ILBUL |  |
|       |      | 6    | 63  | Jørgen          | Kåshagen   | MOELV |  |
|       |      | 7    | 10  | Filip           | Bøe        | FANA  |  |
|       |      | 8    | 44  | Philip Jason    | Omollo     | ILBUL |  |

| Event Id | Event | Event Name    | Category | Day                   | Start Time   |       |  |
|----------|-------|---------------|----------|-----------------------|--------------|-------|--|
| T06      | 3000  | MS 3000 meter | MS       | 1                     | 14:50        |       |  |
| Round    | Heat  | Lane          | Bib      | First Name            | Last Name    | Team  |  |
| 1        | 1     | 1             | 780      | Mekonen Tekle         | Abraha       | NESO  |  |
|          |       | 2             | 781      | Marcus                | Dahl-Rismyhr | SARP  |  |
|          |       | 3             | 782      | Martin Strand         | Lindbæck     | VIDAR |  |
|          |       | 4             | 783      | Karl Jørgen Giercksky | Russnes      | ILBUL |  |
|          |       | 5             | 784      | Adrian Stene          | Olsen        | ILBUL |  |
|          |       | 6             | 785      | Sondre                | Fylling      | OSI   |  |
|          |       | 7             | 786      | Yoom Eebbissa         | Nagaraa      | STUR  |  |
|          |       | 8             | 787      | Henrik Marius         | Laukli       | KONN  |  |
|          |       | 9             | 788      | Fredrik               | Rose         | NESO  |  |
|          |       | 10            | 789      | Casper Granheim       | Åkvik        | STUR  |  |

| Round | Heat | Lane | Bib | First Name         | Last Name  | Team  |  |
|-------|------|------|-----|--------------------|------------|-------|--|
| 1     | 2    | 1    | 771 | Filip Aleksander   | Meo        | ILBUL |  |
|       |      | 2    | 772 | Jørgen Johan       | Bjørntomt  | TYR   |  |
|       |      | 3    | 773 | Henrik             | Velle      | REN   |  |
|       |      | 4    | 774 | Jens               | Bjertnæs   | HADE  |  |
|       |      | 5    | 775 | Henry David Feaver | McNulty    | BSK   |  |
|       |      | 6    | 776 | Eivind Heggelund   | Tørstad    | OSI   |  |
|       |      | 7    | 777 | Sindre             | Fredriksen | SARP  |  |
|       |      | 8    | 778 | Emil               | Kullerud   | SARP  |  |
|       |      | 9    | 779 | Magnus Cato        | Andersen   | SARP  |  |

|              |             |             |            |                   |                  |             |
|--------------|-------------|-------------|------------|-------------------|------------------|-------------|
|              |             | 10          | 740        | Fredrik           | Sandvik          | ULLK        |
| <b>Round</b> | <b>Heat</b> | <b>Lane</b> | <b>Bib</b> | <b>First Name</b> | <b>Last Name</b> | <b>Team</b> |
| 1            | 3           | 1           | 761        | Andreas Skatvedt  | Iversen          | MOSV        |
|              |             | 2           | 762        | Tom               | Skjæråsen        | VAR         |
|              |             | 3           | 763        | Knut Olav         | Øygard           | JLSTE       |
|              |             | 4           | 764        | Ulrik Astrup      | Arnesen          | STRI        |
|              |             | 5           | 765        | Jørgen            | Hågensen         | TJAL        |
|              |             | 6           | 766        | Ola               | Matre            | GUI         |
|              |             | 7           | 767        | Christoffer       | Callesen         | GUI         |
|              |             | 8           | 768        | Benjamin          | Olsen            | SARP        |
|              |             | 9           | 770        | Oskar Opstad      | Vike             | RUNAR       |
|              |             | 10          | 791        | Endre             | Wigaard          | ILBUL       |

|              |             |             |            |                       |                    |             |
|--------------|-------------|-------------|------------|-----------------------|--------------------|-------------|
| <b>Round</b> | <b>Heat</b> | <b>Lane</b> | <b>Bib</b> | <b>First Name</b>     | <b>Last Name</b>   | <b>Team</b> |
| 1            | 4           | 1           | 751        | Trym Halvard Sagstuen | Tønnesen           | HAL         |
|              |             | 2           | 753        | Mathias               | Moen               | OSI         |
|              |             | 3           | 754        | Henrik Andree         | Nicolaisen         | TJAL        |
|              |             | 4           | 755        | John Christian        | Deighan            | ASKSK       |
|              |             | 5           | 756        | Hans Christer         | Holund             | LYN         |
|              |             | 6           | 757        | Stian                 | Hoelgaard          | GJDAL       |
|              |             | 7           | 758        | Simen                 | Seeberg-Rommetveit | ILBUL       |
|              |             | 8           | 759        | Simen Håkon           | Østensen           | ILBUL       |
|              |             | 9           | 760        | Eivind                | Klokkehaug         | OSI         |
|              |             | 10          | 790        | Marius Frøvig         | Schneider          | ILBUL       |

|              |             |             |            |                   |                  |             |
|--------------|-------------|-------------|------------|-------------------|------------------|-------------|
| <b>Round</b> | <b>Heat</b> | <b>Lane</b> | <b>Bib</b> | <b>First Name</b> | <b>Last Name</b> | <b>Team</b> |
| 1            | 5           | 1           | 741        | Erik Udø          | Pedersen         | ULLK        |
|              |             | 2           | 742        | Magnus Tuv        | Myhre            | BRNDB       |
|              |             | 3           | 743        | Simen             | Halle            | RUNAR       |
|              |             | 4           | 744        | Senay Amlesom     | Fissehatsion     | TJAL        |
|              |             | 5           | 745        | Jonatan Andersen  | Vedvik           | TNSBF       |
|              |             | 6           | 746        | Erik              | Lomås            | SALA        |
|              |             | 7           | 747        | Mathias           | Flak             | STEKJ       |
|              |             | 8           | 748        | Halfdan-Emil      | Færø             | VAR         |
|              |             | 9           | 749        | Ånung             | Viken            | VOLL        |
|              |             | 10          | 740        | Fredrik           | Sandvik          | ULLK        |

|                 |              |                   |                 |                           |                   |             |
|-----------------|--------------|-------------------|-----------------|---------------------------|-------------------|-------------|
| <b>Event Id</b> | <b>Event</b> | <b>Event Name</b> | <b>Category</b> | <b>Day</b>                | <b>Start Time</b> |             |
| F05             | LJ           | MS Lengde         | MS              | 1                         | 16:45             |             |
| <b>Round</b>    | <b>Heat</b>  | <b>Order</b>      | <b>Bib</b>      | <b>First Name</b>         | <b>Last Name</b>  | <b>Team</b> |
| 1               | 1            | 1                 | 137             | Ingar                     | Kiplesund         | VIDAR       |
|                 |              | 2                 | 22              | William Aleksander        | Kollberg          | HELLA       |
|                 |              | 3                 | 105             | Marius Bull               | Hjeltnes          | TJAL        |
|                 |              | 4                 | 123             | Sigmund Le                | Fjeld             | TYR         |
|                 |              | 5                 | 118             | Sander Aae                | Skotheim          | TJAL        |
|                 |              | 6                 | 28              | Nicolas Alexander Baranyi | Eriksen           | ILBUL       |

|                 |              |                   |                 |                   |                   |             |
|-----------------|--------------|-------------------|-----------------|-------------------|-------------------|-------------|
| <b>Event Id</b> | <b>Event</b> | <b>Event Name</b> | <b>Category</b> | <b>Day</b>        | <b>Start Time</b> |             |
| F02             | LJ           | KS Lengde         | KS              | 1                 | 16:45             |             |
| <b>Round</b>    | <b>Heat</b>  | <b>Order</b>      | <b>Bib</b>      | <b>First Name</b> | <b>Last Name</b>  | <b>Team</b> |
| 1               | 1            | 1                 | 9               | Anniken           | Norstrøm          | DRFR        |
|                 |              | 2                 | 57              | Andrea            | Rooth             | LAM         |
|                 |              | 3                 | 139             | Vilde             | Marstein          | VIDAR       |
|                 |              | 4                 | 111             | Hedda Kronstrand  | Kvalvåg           | TJAL        |
|                 |              | 5                 | 30              | Sara              | Furnes            | ILBUL       |
|                 |              | 6                 | 117             | Anna              | Sande             | TJAL        |
|                 |              | 7                 | 1               | Julie Marie       | Bressand          | TYR         |