

Resultater fra Festvåg 17.08.2004

Det var totalt 41 deltagere.

Klasse D17C 3,0 km

1	Regula Hösli				Bodø og Omegn IF	(23,88min/km)	1:11:38	(+0:00)
	12:29/106	11:20/105	10:23/112	13:39/114	3:37/115	5:35/116	11:23/117	3:12/82
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	Kaja Oppsal				Bodø og Omegn IF	(30,21min/km)	Disk	
	42:24/112	27:01/115	7:12/116	8:37/93	2:21/117	3:02/82		
	+29:55 (2)	+15:41 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)

Klasse H17C 3,0 km

1	Christian Søvik				Bodø og Omegn IF	(23,34min/km)	1:10:02	(+0:00)
	9:59/106	19:19/105	9:45/112	12:05/114	3:24/115	5:26/116	8:08/117	1:56/82
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)

Klasse D11-12 2,5 km

1	Guro Aandahl Tande				Bodø og Omegn IF	(23,35min/km)	58:22	(+0:00)
	3:18/90	4:49/91	5:08/92	4:08/93	13:06/116	7:21/115	5:38/94	8:06/96
	+0:00 (1)	+0:00 (1)	+0:07 (2)	+0:00 (1)	+0:14 (2)	+0:00 (1)	+0:01 (2)	+0:03 (2)
2	Tiril Tande				Bodø og Omegn IF	(23,39min/km)	58:28	(+0:06)
	3:26/90	4:54/91	5:01/92	4:10/93	12:52/116	7:41/115	5:37/94	8:03/96
	+0:08 (2)	+0:05 (2)	+0:00 (1)	+0:02 (2)	+0:00 (1)	+0:20 (2)	+0:00 (1)	+0:00 (1)

Klasse H11-12 2,5 km

1	Petter Jacola				Bodø og Omegn IF	(16,55min/km)	41:22	(+0:00)
	2:17/90	2:29/91	2:33/92	4:20/93	5:52/116	3:20/115	1:59/94	14:01/96
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+2:04 (2)	+0:00 (1)	+0:00 (1)	+0:02 (2)	+6:29 (2)
2	Torbjørn Høsli Olsen				Bodø og Omegn IF	(21,04min/km)	52:36	(+11:14)
	3:52/90	4:43/91	3:30/92	2:16/93	10:37/116	5:09/115	1:57/94	16:55/96
	+1:35 (2)	+2:14 (3)	+0:57 (2)	+0:00 (1)	+4:45 (2)	+1:49 (2)	+0:00 (1)	+9:23 (3)
3	Jakob Skogan				Valnesfjord	(22,39min/km)	55:58	(+14:36)
	4:15/90	3:23/91	3:52/92	5:16/93	12:31/116	7:24/115	4:29/94	7:32/96
	+1:58 (3)	+0:54 (2)	+1:19 (3)	+3:00 (3)	+6:39 (3)	+4:04 (3)	+2:32 (3)	+0:00 (1)
	Håkon Hegreberg				Bodø og Omegn IF	(15,81min/km)	Disk	
	5:05/90	5:12/91	6:33/92	5:46/93	4:44/100	3:26/96	8:19/97	0:27/82
	+2:48 (4)	+2:43 (4)	+4:00 (4)	+3:30 (4)	+0:00 (1)	+0:06 (2)	+6:22 (4)	+0:00 (1)

Klasse D17- 4,0 km

1	Marit Wenseth Kure				Bodø og Omegn IF	(10,54min/km)	42:10	(+0:00)
	6:49/106	8:01/109	7:20/112	2:44/113	5:08/114	1:30/115	3:10/116	6:01/117
	+0:36 (2)	+0:00 (1)	+0:00 (1)	+0:07 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:35 (2)
2	Unni Rekkedal				Bodø og Omegn IF	(11,31min/km)	45:15	(+3:05)
	6:13/106	8:58/109	7:40/112	2:37/113	5:37/114	2:02/115	4:57/116	5:26/117
	+0:00 (1)	+0:57 (2)	+0:20 (2)	+0:00 (1)	+0:29 (3)	+0:32 (3)	+1:47 (4)	+0:00 (1)
3	Elisabeth Rekkedal				Bodø og Omegn IF	(12,16min/km)	48:39	(+6:29)
	7:16/106	11:31/109	8:02/112	2:42/113	5:32/114	2:01/115	3:15/116	6:37/117
	+1:03 (3)	+3:30 (3)	+0:42 (3)	+0:05 (2)	+0:24 (2)	+0:31 (2)	+0:05 (2)	+1:11 (3)
4	Ragni Stokland				Bodø og Omegn IF	(17,11min/km)	1:08:26	(+26:16)
	11:08/106	13:59/109	10:47/112	4:33/113	8:26/114	3:00/115	4:52/116	9:18/117
	+4:55 (4)	+5:58 (4)	+3:27 (4)	+1:56 (4)	+3:18 (4)	+1:30 (4)	+1:42 (3)	+3:52 (4)

Klasse H17- 6,0 km

1	Arild Hegreberg				Bodø og Omegn IF	(8,38min/km)	50:15	(+0:00)
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	4:37/106 +0:06 (2)	5:04/107 +0:07 (2)	4:21/108 +0:00 (1)	3:26/109 +0:24 (2)	7:13/110 +0:02 (2)	4:39/111 +0:00 (1)	5:38/112 +0:00 (1)	1:50/113 +0:00 (1)	4:36/114 +0:25 (3)	1:40/115 +0:15 (3)
	1:52/116 +0:00 (1)	4:07/117 +0:00 (1)	1:12/82 +0:08 (2)							
2 Lars Reitan	Bodø og Omegn IF (9,15min/km) 54:53 (+4:38)									
	4:31/106 +0:00 (1)	5:40/107 +0:43 (3)	5:25/108 +1:04 (3)	3:02/109 +0:00 (1)	7:59/110 +0:48 (3)	5:08/111 +0:29 (2)	5:47/112 +0:09 (2)	3:31/113 +1:41 (4)	4:11/114 +0:00 (1)	1:46/115 +0:21 (4)
	2:13/116 +0:21 (3)	4:36/117 +0:29 (2)	1:04/82 +0:00 (1)							
3 Jørund Eldevik	Bodø og Omegn IF (9,77min/km) 58:38 (+8:23)									
	4:47/106 +0:16 (3)	4:57/107 +0:00 (1)	4:29/108 +0:08 (2)	4:35/109 +1:33 (4)	7:11/110 +0:00 (1)	6:54/111 +2:15 (6)	6:19/112 +0:41 (3)	3:22/113 +1:32 (3)	4:28/114 +0:17 (2)	1:34/115 +0:09 (2)
	2:28/116 +0:36 (4)	5:36/117 +1:29 (4)	1:58/82 +0:54 (6)							
4 Håvard Berg	Bodø og Omegn IF (10,57min/km) 1:03:24 (+13:09)									
	4:50/106 +0:19 (4)	6:19/107 +1:22 (4)	6:18/108 +1:57 (6)	7:13/109 +4:11 (7)	9:05/110 +1:54 (4)	5:22/111 +0:43 (3)	6:39/112 +1:01 (4)	2:13/113 +0:23 (2)	4:59/114 +0:48 (4)	1:25/115 +0:00 (1)
	2:08/116 +0:16 (2)	5:16/117 +1:09 (3)	1:37/82 +0:33 (4)							
5 Erlend Fjose	Bodø og Omegn IF (12,98min/km) 1:17:54 (+27:39)									
	6:49/106 +2:18 (6)	6:38/107 +1:41 (5)	6:15/108 +1:54 (5)	3:51/109 +0:49 (3)	13:53/110 +6:42 (7)	6:19/111 +1:40 (4)	7:50/112 +2:12 (5)	5:31/113 +3:41 (6)	7:16/114 +3:05 (7)	1:46/115 +0:21 (4)
	2:51/116 +0:59 (5)	7:23/117 +3:16 (6)	1:32/82 +0:28 (3)							
6 Kristian Wingan Wold	Bodø og Omegn IF (16,14min/km) 1:36:51 (+46:36)									
	4:54/106 +0:23 (5)	11:21/107 +6:24 (6)	6:36/108 +2:15 (7)	5:15/109 +2:13 (5)	12:25/110 +5:14 (6)	15:41/111 +11:02 (7)	11:38/112 +6:00 (7)	3:47/113 +1:57 (5)	6:35/114 +2:24 (6)	6:18/115 +4:53 (7)
	3:07/116 +1:15 (6)	7:18/117 +3:11 (5)	1:56/82 +0:52 (5)							
7 Steinar Eldevik	Bodø og Omegn IF (16,49min/km) 1:38:55 (+48:40)									
	7:30/106 +2:59 (7)	13:59/107 +9:02 (7)	6:08/108 +1:47 (4)	5:43/109 +2:41 (6)	9:40/110 +2:29 (5)	6:51/111 +2:12 (5)	11:02/112 +5:24 (6)	7:46/113 +5:56 (7)	5:27/114 +1:16 (5)	3:29/115 +2:04 (6)
	3:55/116 +2:03 (7)	15:19/117 +11:12 (7)	2:06/82 +1:02 (7)							
Tore Jacola	Bodø og Omegn IF (10,86min/km) Disk									
	5:27/106 +0:56 (6)	5:58/107 +1:01 (4)	9:40/108 +5:19 (8)	3:25/109 +0:23 (2)	9:31/110 +2:20 (5)	8:17/111 +3:38 (7)	22:51/82 +17:13 (8)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	+0:00 (1)	+0:00 (1)	+0:00 (1)							
Erlend Eggestad	Bodø og Omegn IF (12,33min/km) Disk									
	5:31/106 +1:00 (6)	8:42/107 +3:45 (6)	7:59/108 +3:38 (8)	5:17/109 +2:15 (6)	11:37/110 +4:26 (6)	8:50/111 +4:11 (7)	8:32/114 +2:54 (6)	2:44/115 +0:54 (3)	3:05/116 +0:00 (1)	9:29/117 +8:04 (8)
	2:12/82 +0:20 (3)	+0:00 (1)	+0:00 (1)							

Klasse D40- 3,0 km

1 Katrine Kalvik	Valnesfjord (20,26min/km) 1:00:47 (+0:00)									
	9:54/106 +0:00 (1)	9:03/105 +0:00 (1)	8:23/112 +0:00 (1)	10:25/114 +0:00 (1)	5:00/115 +0:00 (1)	5:35/116 +0:00 (1)	10:01/117 +0:00 (1)	2:26/82 +0:00 (1)		

Klasse H40- 4,0 km

1 Anders Kure	Bodø og Omegn IF (9,11min/km) 36:27 (+0:00)									
	5:30/106 +0:00 (1)	7:01/109 +0:13 (2)	6:15/112 +0:16 (3)	2:05/113 +0:00 (1)	4:49/114 +0:10 (2)	1:39/115 +0:10 (2)	2:26/116 +0:00 (1)	5:18/117 +0:00 (1)	1:24/82 +0:08 (2)	
2 Per Rekkedal	Bodø og Omegn IF (9,34min/km) 37:22 (+0:55)									
	5:44/106 +0:14 (2)	7:09/109 +0:21 (3)	5:59/112 +0:00 (1)	2:10/113 +0:05 (2)	4:39/114 +0:00 (1)	2:21/115 +0:52 (6)	2:37/116 +0:11 (2)	5:27/117 +0:09 (2)	1:16/82 +0:00 (1)	
3 Leif Magne Eggestad	Bodø og Omegn IF (9,68min/km) 38:43 (+2:16)									
	5:46/106 +0:16 (3)	6:48/109 +0:00 (1)	6:09/112 +0:10 (2)	2:24/113 +0:19 (3)	5:45/114 +1:06 (4)	1:29/115 +0:00 (1)	3:10/116 +0:44 (4)	5:28/117 +0:10 (3)	1:44/82 +0:28 (6)	
4 Carl Bjørseth	Bodø og Omegn IF (11,62min/km) 46:28 (+10:01)									
	6:47/106 +1:17 (4)	9:37/109 +2:49 (7)	8:04/112 +2:05 (5)	3:02/113 +0:57 (4)	6:02/114 +1:23 (7)	2:15/115 +0:46 (5)	3:08/116 +0:42 (3)	5:56/117 +0:38 (4)	1:37/82 +0:21 (5)	

5	Dag Skogan	Valnesfjord IL				(12,66min/km)	50:38	(+14:11)	
	6:55/106	8:15/109	10:16/112	3:06/113	5:56/114	2:14/115	5:27/116	6:55/117	1:34/82
	+1:25 (5)	+1:27 (5)	+4:17 (7)	+1:01 (5)	+1:17 (6)	+0:45 (4)	+3:01 (10)	+1:37 (7)	+0:18 (3)
6	Jan Prytz	Bodø og Omegn IF				(13,04min/km)	52:10	(+15:43)	
	13:59/106	7:41/109	7:34/112	4:01/113	5:27/114	2:01/115	3:21/116	6:31/117	1:35/82
	+8:29 (11)	+0:53 (4)	+1:35 (4)	+1:56 (7)	+0:48 (3)	+0:32 (3)	+0:55 (5)	+1:13 (5)	+0:19 (4)
7	Åge Mohus	Bodø og Omegn IF				(13,61min/km)	54:26	(+17:59)	
	6:55/106	8:47/109	8:14/112	7:12/113	5:55/114	4:47/115	3:29/116	6:35/117	2:32/82
	+1:25 (5)	+1:59 (6)	+2:15 (6)	+5:07 (10)	+1:16 (5)	+3:18 (9)	+1:03 (6)	+1:17 (6)	+1:16 (10)
8	Geir Moen	Bodø og Omegn IF				(15,44min/km)	1:01:45	(+25:18)	
	8:39/106	10:57/109	12:02/112	4:01/113	8:24/114	2:54/115	4:16/116	8:22/117	2:10/82
	+3:09 (9)	+4:09 (10)	+6:03 (11)	+1:56 (7)	+3:45 (9)	+1:25 (7)	+1:50 (9)	+3:04 (8)	+0:54 (9)
9	Karl Ingvald Didriksen	Bodø og Omegn IF				(15,71min/km)	1:02:50	(+26:23)	
	8:28/106	10:34/109	11:13/112	3:55/113	9:30/114	3:03/115	4:09/116	8:43/117	3:15/82
	+2:58 (7)	+3:46 (8)	+5:14 (10)	+1:50 (6)	+4:51 (11)	+1:34 (8)	+1:43 (7)	+3:25 (10)	+1:59 (11)
10	Odd-Ivar Søvik	Bodø og Omegn IF				(16,56min/km)	1:06:15	(+29:48)	
	8:30/106	11:55/109	10:24/112	4:18/113	8:50/114	5:13/115	4:12/116	11:06/117	1:47/82
	+3:00 (8)	+5:07 (11)	+4:25 (8)	+2:13 (9)	+4:11 (10)	+3:44 (10)	+1:46 (8)	+5:48 (11)	+0:31 (7)
11	Håkon B Tangen	Bodø og Omegn IF				(19,56min/km)	1:18:14	(+41:47)	
	10:15/106	10:39/109	10:53/112	14:22/113	7:21/114	6:44/115	7:22/116	8:37/117	2:01/82
	+4:45 (10)	+3:51 (9)	+4:54 (9)	+12:17 (11)	+2:42 (8)	+5:15 (11)	+4:56 (11)	+3:19 (9)	+0:45 (8)

Klasse D55- 3,0 km

1	Karen M. Bjørseth			Bodø og Omegn IF			(18,34min/km)	55:02	(+0:00)
	9:30/106	6:24/105	8:02/112	9:16/114	5:30/115	4:33/116	9:43/117	2:04/82	
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:22 (2)	+0:00 (1)	+0:21 (2)	+0:00 (1)	
2	Eva Lund Pedersen			IL SISO			(28,04min/km)	1:24:07	(+29:05)
	15:09/106	11:58/105	20:14/112	12:27/114	5:08/115	7:09/116	9:22/117	2:40/82	
	+5:39 (2)	+5:34 (2)	+12:12 (2)	+3:11 (2)	+0:00 (1)	+2:36 (2)	+0:00 (1)	+0:36 (2)	

Klasse H55- 3,0 km

1	Erling Pedersen			IL SISO			(12,06min/km)		36:11	(+0:00)
	5:43/106	5:30/105	5:05/112	6:43/114	1:36/115	2:59/116	6:45/117	1:50/82		
	+0:00 (1)	+0:25 (3)	+0:54 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:13 (2)	+0:22 (3)		
2	Jens Viggo Limstrand			Bodø og Omegn IF			(13,63min/km)		40:53	(+4:42)
	7:53/106	5:05/105	6:09/112	8:30/114	1:38/115	2:59/116	7:01/117	1:38/82		
	+2:10 (3)	+0:00 (1)	+1:58 (3)	+1:47 (4)	+0:02 (2)	+0:00 (1)	+0:29 (3)	+0:10 (2)		
3	Per Dalhaug			Bodø og Omegn IF			(15,37min/km)		46:06	(+9:55)
	7:36/106	5:28/105	6:30/112	8:20/114	4:01/115	3:49/116	8:54/117	1:28/82		
	+1:53 (2)	+0:23 (2)	+2:19 (4)	+1:37 (3)	+2:25 (4)	+0:50 (4)	+2:22 (4)	+0:00 (1)		
4	Asbjørn Pedersen			IL SISO			(15,49min/km)		46:29	(+10:18)
	11:40/106	7:59/105	4:11/112	7:39/114	2:36/115	3:19/116	6:32/117	2:33/82		
	+5:57 (4)	+2:54 (4)	+0:00 (1)	+0:56 (2)	+1:00 (3)	+0:20 (3)	+0:00 (1)	+1:05 (4)		

Klasse H65- 2,5 km

Arnold Danielsen			Bodø og Omegn IF			(31,91min/km)	Disk
11:00/106	9:36/105	20:49/112	12:47/114	2:49/115	6:25/116	12:45/117	3:35/82
+11:00 (1)	+9:36 (1)	+20:49 (1)	+12:47 (1)	+2:49 (1)	+6:25 (1)	+12:45 (1)	+3:35 (1)