Resultater fra Valle 06.07.2004

Det var totalt 12 deltagere.

Klasse Løype 3,7 km

1 **Erlend Fjose** Bodø og Omegn IF *(12,35min/km)* **45:42** (+0:00)

6:27/36	4:06/50	2:50/54	6:00/37	5:09/34	6:53/48	4:55/52	1:50/53	3:06/47	3:05/60
+2:04 (7)	*+1:36 (6)*	*+0:23 (6)*	*+0:00 (1)*	*+0:12 (2)*	*+1:18 (3)*	*+0:52 (8)*	*+0:31 (6)*	*+0:51 (6)*	*+0:41 (5)*

1:21/63
+0:19 (8)

2 **Leif Magne Eggestad** Bodø og Omegn IF *(12,55min/km)* **46:25** (+0:43)

5:28/36	2:33/50	2:32/54	7:04/37	6:44/34	6:19/48	5:13/52	2:17/53	2:44/47	4:19/60
+1:05 (5)	*+0:03 (2)*	*+0:05 (2)*	*+1:04 (3)*	*+1:47 (7)*	*+0:44 (2)*	*+1:10 (9)*	*+0:58 (9)*	*+0:29 (2)*	*+1:55 (9)*

1:12/63
+0:10 (6)

3 **Randi Mohus** Bodø og Omegn IF *(13,10min/km)* **48:28** (+2:46)

5:22/36	2:49/50	3:07/54	7:45/37	7:41/34	7:17/48	4:34/52	2:29/53	3:17/47	2:28/60
+0:59 (4)	*+0:19 (3)*	*+0:40 (7)*	*+1:45 (7)*	*+2:44 (10)*	*+1:42 (7)*	*+0:31 (4)*	*+1:10 (10)*	*+1:02 (8)*	*+0:04 (2)*

1:39/63
+0:37 (11)

4 **Erlend Eggestad** Bodø og Omegn IF *(13,50min/km)* **49:57** (+4:15)

6:44/36	3:41/50	3:07/54	7:29/37	6:08/34	9:11/48	4:35/52	1:19/53	3:29/47	3:03/60
+2:21 (9)	*+1:11 (5)*	*+0:40 (7)*	*+1:29 (5)*	*+1:11 (5)*	*+3:36 (11)*	*+0:32 (5)*	*+0:00 (1)*	*+1:14 (10)*	*+0:39 (3)*

1:11/63
+0:09 (4)

5 **Lars Reitan** Bodø og Omegn IF *(13,58min/km)* **50:14** (+4:32)

4:23/36	10:26/50	2:27/54	6:51/37	4:57/34	5:35/48	4:45/52	1:29/53	2:15/47	5:54/60
+0:00 (1)	*+7:56 (11)*	*+0:00 (1)*	*+0:51 (2)*	*+0:00 (1)*	*+0:00 (1)*	*+0:42 (6)*	*+0:10 (3)*	*+0:00 (1)*	*+3:30 (10)*

1:12/63
+0:10 (6)

6 **Marit Wenseth Kure** Bodø og Omegn IF *(13,82min/km)* **51:09** (+5:27)

4:51/36	4:44/50	3:35/54	8:43/37	7:33/34	7:15/48	4:33/52	2:38/53	3:20/47	2:24/60
+0:28 (3)	*+2:14 (7)*	*+1:08 (11)*	*+2:43 (9)*	*+2:36 (8)*	*+1:40 (6)*	*+0:30 (3)*	*+1:19 (11)*	*+1:05 (9)*	*+0:00 (1)*

1:33/63
+0:31 (9)

7 **Anders Kure** Bodø og Omegn IF *(13,95min/km)* **51:36** (+5:54)

9:01/36	2:50/50	2:46/54	9:17/37	5:45/34	7:12/48	4:46/52	2:11/53	2:58/47	3:39/60
+4:38 (10)	*+0:20 (4)*	*+0:19 (5)*	*+3:17 (10)*	*+0:48 (4)*	*+1:37 (4)*	*+0:43 (7)*	*+0:52 (8)*	*+0:43 (5)*	*+1:15 (7)*

1:11/63
+0:09 (4)

8 **Gunnar Rabben** Valnesfjord *(14,40min/km)* **53:16** (+7:34)

4:29/36	4:44/50	2:42/54	7:54/37	7:54/34	8:13/48	6:56/52	2:05/53	2:56/47	4:15/60
+0:06 (2)	*+2:14 (7)*	*+0:15 (4)*	*+1:54 (8)*	*+2:57 (11)*	*+2:38 (10)*	*+2:53 (11)*	*+0:46 (7)*	*+0:41 (4)*	*+1:51 (8)*

1:08/63
+0:06 (2)

9 **Sigrid Vatne** Mo O-Klubb *(14,52min/km)* **53:44** (+8:02)

6:36/36	2:30/50	3:13/54	7:26/37	6:19/34	7:14/48	4:19/52	1:45/53	3:15/47	9:58/60
+2:13 (8)	*+0:00 (1)*	*+0:46 (9)*	*+1:26 (4)*	*+1:22 (6)*	*+1:39 (5)*	*+0:16 (2)*	*+0:26 (4)*	*+1:00 (7)*	*+7:34 (11)*

1:09/63
+0:07 (3)

10 **Jonny Jakobsen** Valnesfjord *(14,64min/km)* **54:11** (+8:29)

11:23/36	6:44/50	2:32/54	7:31/37	5:36/34	7:44/48	4:03/52	1:28/53	2:47/47	3:21/60
+7:00 (11)	*+4:14 (10)*	*+0:05 (2)*	*+1:31 (6)*	*+0:39 (3)*	*+2:09 (8)*	*+0:00 (1)*	*+0:09 (2)*	*+0:32 (3)*	*+0:57 (6)*

1:02/63
+0:00 (1)

11 **Åge Mohus** Bodø og Omegn IF *(15,61min/km)* **57:45** (+12:03)

6:22/36	5:48/50	3:21/54	9:40/37	7:33/34	7:54/48	6:49/52	1:49/53	3:51/47	3:03/60
+1:59 (6)	*+3:18 (9)*	*+0:54 (10)*	*+3:40 (11)*	*+2:36 (8)*	*+2:19 (9)*	*+2:46 (10)*	*+0:30 (5)*	*+1:36 (11)*	*+0:39 (3)*

1:35/63
+0:33 (10)

Geir Moen Bodø og Omegn IF *(0,00min/km)* **Brutt**

+0:00 (1)	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*

+0:00 (1)