

Resultater fra Saltenkarusell 3 23.05.2006

Det var totalt 33 deltagere.

Klasse 2km 2,0 km

6 påmeldt, 0 startende

1	Henrik Fjellseth		Fauske			<i>(13,20min/km)</i>		26:24		
	1:55 (2)	13:23 (4)	26:24 (6)	26:24 (2)	26:24 (2)	26:24 (2)	26:24 (2)	26:24 (2)	26:24 (2)	
	1:55/54	11:28/31	13:01/150							
	+0:00 (1)	+4:24 (5)	+4:54 (5)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
	26:24 (2)									
	+0:00 (1)									
2	Eirik Willumsen		Fauske			<i>(13,33min/km)</i>		26:39 (+0:15)		
	2:06 (3)	13:23 (5)	24:10 (5)	26:39 (3)	26:39 (3)	26:39 (3)	26:39 (3)	26:39 (3)	26:39 (3)	
	2:06/54	11:17/31	10:47/37	2:29/150						
	+0:11 (2)	+4:13 (4)	+2:40 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
	26:39 (3)									
	+0:00 (1)									
3	Astrid N Aanerød		B&OI			<i>(37,02min/km)</i>		1:14:02 (+47:38)		
	3:24 (4)	13:53 (6)	24:04 (4)	35:35 (6)	44:38 (6)	55:59 (6)	1:05:06 (4)	1:09:00 (4)	1:12:56 (4)	1:14:02 (4)
	3:24/54	10:29/31	10:11/36	11:31/47	9:03/42	11:21/48	9:07/49	3:54/33	3:56/175	1:06/150
	+1:29 (3)	+3:25 (3)	+2:04 (3)	+9:02 (2)	+1:26 (3)	+2:22 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	1:14:02 (4)									
	+0:00 (1)									
4	Erik Veigård		Valnesfjord IL			<i>(44,70min/km)</i>		1:29:24 (+1:03:00)		
	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(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)
	(1)									
	+0:00 (1)									
5	Tine Bergkvist		Valnesfjord IL			<i>(44,80min/km)</i>		1:29:36 (+1:03:12)		
	4:04 (5)	11:13 (2)	19:44 (3)	34:08 (4)	42:02 (4)	51:01 (4)	1:16:32 (6)	1:22:12 (5)	1:27:46 (5)	1:29:22 (5)
	4:04/54	7:09/31	8:31/36	14:24/47	7:54/42	8:59/48	25:31/49	5:40/33	5:34/175	1:36/150
	+2:09 (4)	+0:05 (2)	+0:24 (2)	+11:55 (3)	+0:17 (2)	+0:00 (1)	+16:24 (3)	+1:46 (2)	+1:38 (2)	+0:30 (2)
	1:29:36 (5)									
	0:14/250									
	+0:00 (1)									
6	Pia Veigård		Valnesfjord IL			<i>(45,27min/km)</i>		1:30:32 (+1:04:08)		
	4:09 (6)	11:13 (2)	19:20 (2)	34:28 (5)	42:05 (5)	51:07 (5)	1:16:32 (5)	1:22:14 (6)	1:27:48 (6)	1:29:24 (6)
	4:09/54	7:04/31	8:07/36	15:08/47	7:37/42	9:02/48	25:25/49	5:42/33	5:34/175	1:36/150
	+2:14 (5)	+0:00 (1)	+0:00 (1)	+12:39 (4)	+0:00 (1)	+0:03 (2)	+16:18 (2)	+1:48 (3)	+1:38 (2)	+0:30 (2)
	1:30:32 (6)									
	1:08/250									
	+0:54 (2)									

Klasse 3km 2,9 km

14 påmeldt, 14 startende

1	Thomas Daasvatn		B&OI			<i>(10,39min/km)</i>		30:08		
	4:16 (2)	5:55 (2)	8:34 (2)	10:04 (1)	14:41 (1)	19:41 (1)	23:29 (2)	28:19 (1)	29:08 (1)	30:08 (1)
	4:16/31	1:39/34	2:39/44	1:30/36	4:37/47	5:00/48	3:48/49	4:50/174	0:49/175	1:00/150
	+0:03 (2)	+0:06 (2)	+0:00 (1)	+0:00 (1)	+0:15 (2)	+0:56 (4)	+0:56 (4)	+0:59 (3)	+0:18 (5)	+0:13 (5)
	30:08 (1)									
	+0:00 (1)									

2	Glenn Robert Johnsen		B&OI		(10,46min/km)			30:20	(+0:12)	
	4:13 (1)	5:46 (1)	8:30 (1)	11:44 (2)	16:06 (2)	20:10 (2)	23:02 (1)	28:57 (2)	29:28 (2)	30:20 (2)
	4:13/31	1:33/34	2:44/44	3:14/36	4:22/47	4:04/48	2:52/49	5:55/174	0:31/175	0:52/150
	+0:00 (1)	+0:00 (1)	+0:05 (2)	+1:44 (8)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+2:04 (7)	+0:00 (1)	+0:05 (2)
	30:20 (2)									
	+0:00 (1)									
3	Joar Henriksen		B&OI		(12,43min/km)			36:03	(+5:55)	
	4:33 (3)	8:21 (7)	11:17 (6)	13:29 (5)	20:41 (6)	25:47 (6)	29:29 (5)	34:22 (3)	35:04 (3)	36:03 (3)
	4:33/31	3:48/34	2:56/44	2:12/36	7:12/47	5:06/48	3:42/49	4:53/174	0:42/175	0:59/150
	+0:20 (3)	+2:15 (11)	+0:17 (3)	+0:42 (3)	+2:50 (9)	+1:02 (5)	+0:50 (3)	+1:02 (4)	+0:11 (2)	+0:12 (4)
	36:03 (3)									
	+0:00 (1)									
4	Morten Selnes		B&OI		(12,94min/km)			37:31	(+7:23)	
	4:46 (5)	7:02 (4)	11:08 (5)	13:25 (4)	18:53 (5)	23:52 (3)	28:55 (3)	34:38 (4)	36:24 (4)	37:31 (4)
	4:46/31	2:16/34	4:06/44	2:17/36	5:28/47	4:59/48	5:03/49	5:43/174	1:46/175	1:07/150
	+0:33 (5)	+0:43 (4)	+1:27 (8)	+0:47 (4)	+1:06 (4)	+0:55 (3)	+2:11 (7)	+1:52 (5)	+1:15 (11)	+0:20 (8)
	37:31 (4)									
	+0:00 (1)									
5	Jens Viggo Limstrand		B&OI		(13,25min/km)			38:25	(+8:17)	
	4:47 (6)	10:36 (11)	14:18 (9)	17:21 (8)	23:39 (8)	28:24 (7)	31:41 (6)	36:20 (5)	37:23 (5)	38:25 (5)
	4:47/31	5:49/34	3:42/44	3:03/36	6:18/47	4:45/48	3:17/49	4:39/174	1:03/175	1:02/150
	+0:34 (6)	+4:16 (12)	+1:03 (7)	+1:33 (7)	+1:56 (5)	+0:41 (2)	+0:25 (2)	+0:48 (2)	+0:32 (9)	+0:15 (7)
	38:25 (5)									
	+0:00 (1)									
6	Per Dalhaug		B&OI		(13,57min/km)			39:21	(+9:13)	
	4:38 (4)	6:47 (3)	10:18 (3)	11:49 (3)	18:11 (3)	24:49 (5)	33:12 (7)	37:03 (6)	38:29 (6)	39:21 (6)
	4:38/31	2:09/34	3:31/44	1:31/36	6:22/47	6:38/48	8:23/49	3:51/174	1:26/175	0:52/150
	+0:25 (4)	+0:36 (3)	+0:52 (6)	+0:01 (2)	+2:00 (6)	+2:34 (7)	+5:31 (12)	+0:00 (1)	+0:55 (10)	+0:05 (2)
	39:21 (6)									
	+0:00 (1)									
7	Per O Fosby		B&OI		(14,33min/km)			41:33	(+11:25)	
	5:12 (9)	7:36 (6)	10:45 (4)	13:43 (6)	18:41 (4)	24:23 (4)	29:25 (4)	39:23 (7)	40:20 (7)	41:33 (7)
	5:12/31	2:24/34	3:09/44	2:58/36	4:58/47	5:42/48	5:02/49	9:58/174	0:57/175	1:13/150
	+0:59 (9)	+0:51 (6)	+0:30 (4)	+1:28 (6)	+0:36 (3)	+1:38 (6)	+2:10 (6)	+6:07 (11)	+0:26 (6)	+0:26 (10)
	41:33 (7)									
	+0:00 (1)									
8	Carl A Boe		B&OI		(15,07min/km)			43:43	(+13:35)	
	5:50 (10)	9:33 (10)	12:57 (7)	15:36 (7)	22:45 (7)	30:55 (8)	35:48 (8)	41:33 (8)	42:32 (8)	43:43 (8)
	5:50/31	3:43/34	3:24/44	2:39/36	7:09/47	8:10/48	4:53/49	5:45/174	0:59/175	1:11/150
	+1:37 (10)	+2:10 (10)	+0:45 (5)	+1:09 (5)	+2:47 (7)	+4:06 (10)	+2:01 (5)	+1:54 (6)	+0:28 (7)	+0:24 (9)
	43:43 (8)									
	+0:00 (1)									
9	Regula Høsli		B&OI		(17,73min/km)			51:25	(+21:17)	
	6:21 (11)	9:30 (9)	14:04 (8)	18:33 (9)	27:06 (9)	35:09 (9)	41:22 (9)	49:12 (9)	50:12 (9)	51:25 (9)
	6:21/31	3:09/34	4:34/44	4:29/36	8:33/47	8:03/48	6:13/49	7:50/174	1:00/175	1:13/150
	+2:08 (11)	+1:36 (8)	+1:55 (9)	+2:59 (9)	+4:11 (10)	+3:59 (9)	+3:21 (9)	+3:59 (10)	+0:29 (8)	+0:26 (10)
	51:25 (9)									
	+0:00 (1)									
10	Torbjørn Høsli Olsen		B&OI		(20,70min/km)			1:00:02	(+29:54)	
	5:02 (7)	7:22 (5)	19:03 (11)	24:15 (10)	35:20 (11)	44:18 (11)	50:44 (11)	58:29 (11)	59:15 (10)	1:00:02 (10)
	5:02/31	2:20/34	11:41/44	5:12/36	11:05/47	8:58/48	6:26/49	7:45/174	0:46/175	0:47/150
	+0:49 (7)	+0:47 (5)	+9:02 (12)	+3:42 (10)	+6:43 (12)	+4:54 (11)	+3:34 (11)	+3:54 (8)	+0:15 (3)	+0:00 (1)

1:00:02 (10)

+0:00 (1)

11 Karen Kringhaug				B&OI		(21,13min/km)		1:01:16 (+31:08)	
10:12 (12)	13:07 (12)	18:34 (10)	27:43 (12)	34:54 (10)	42:17 (10)	47:51 (10)	57:55 (10)	1:00:00 (11)	1:01:16 (11)
10:12/31	2:55/34	5:27/44	9:09/36	7:11/47	7:23/48	5:34/49	10:04/174	2:05/175	1:16/150
+5:59 (12)	+1:22 (7)	+2:48 (10)	+7:39 (12)	+2:49 (8)	+3:19 (8)	+2:42 (8)	+6:13 (12)	+1:34 (12)	+0:29 (12)
1:01:16 (11)									

+0:00 (1)

12 Jacob Kalvig Skogan				B&OI		(21,44min/km)		1:02:11 (+32:03)	
5:04 (8)	8:34 (8)	20:12 (12)	25:42 (11)	36:22 (12)	45:41 (12)	51:57 (12)	59:44 (12)	1:00:32 (12)	1:01:33 (12)
5:04/31	3:30/34	11:38/44	5:30/36	10:40/47	9:19/48	6:16/49	7:47/174	0:48/175	1:01/150
+0:51 (8)	+1:57 (9)	+8:59 (11)	+4:00 (11)	+6:18 (11)	+5:15 (12)	+3:24 (10)	+3:56 (9)	+0:17 (4)	+0:14 (6)
1:02:11 (12)									
0:38/250									
+0:00 (1)									

Arnold Danielsen				B&OI		(17,87min/km)		Disk (+21:42)	
7:32 (12)	10:58 (12)	16:12 (10)	18:22 (9)	26:59 (9)	35:34 (10)	40:57 (9)	49:26 (10)	51:50 (10)	51:50 (10)
7:32/31	3:26/34	5:14/44	2:10/36	8:37/47	8:35/48	5:23/49	8:29/174	2:24/150	
+3:19 (12)	+1:53 (9)	+2:35 (10)	+0:40 (3)	+4:15 (11)	+4:31 (11)	+2:31 (8)	+4:38 (11)	+1:53 (13)	+0:00 (1)
51:50 (10)									

+0:00 (1)

Ida Hegreberg				B&OI		(20,69min/km)		Brutt (+29:52)	
(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(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)
(1)									

+0:00 (1)

Klasse 4km 4,1 km

16 påmeldt, 16 startende

1 Per Rekkedal				B&OI		(8,99min/km)		36:52	
3:40 (1)	6:41 (1)	9:11 (1)	15:33 (1)	17:48 (1)	19:50 (1)	23:59 (1)	26:58 (1)	29:08 (1)	31:45 (1)
3:40/31	3:01/44	2:30/38	6:22/52	2:15/34	2:02/36	4:09/47	2:59/42	2:10/48	2:37/49
+0:00 (1)	+0:25 (4)	+0:17 (2)	+0:57 (3)	+0:13 (4)	+0:26 (4)	+1:42 (4)	+1:08 (12)	+0:02 (2)	+0:00 (1)
35:26 (1)	36:06 (1)	36:52 (1)	36:52 (1)						
3:41/174	0:40/175	0:46/150							
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)						

2 Anders Kure				B&OI		(9,53min/km)		39:04 (+2:12)	
4:06 (4)	7:20 (4)	10:14 (4)	16:59 (4)	19:01 (3)	20:46 (3)	25:13 (3)	27:20 (2)	29:39 (2)	32:51 (2)
4:06/31	3:14/44	2:54/38	6:45/52	2:02/34	1:45/36	4:27/47	2:07/42	2:19/48	3:12/49
+0:26 (4)	+0:38 (7)	+0:41 (9)	+1:20 (6)	+0:00 (1)	+0:09 (2)	+2:00 (7)	+0:16 (4)	+0:11 (3)	+0:35 (5)
37:18 (2)	38:05 (2)	39:04 (2)	39:04 (2)						
4:27/174	0:47/175	0:59/150							
+0:46 (9)	+0:07 (9)	+0:13 (6)	+0:00 (1)						

3 Petter Jakola				B&OI		(9,80min/km)		40:10 (+3:18)	
4:02 (3)	6:50 (2)	9:42 (2)	16:00 (3)	18:15 (2)	20:14 (2)	25:32 (4)	28:03 (3)	30:55 (3)	34:02 (3)
4:02/31	2:48/44	2:52/38	6:18/52	2:15/34	1:59/36	5:18/47	2:31/42	2:52/48	3:07/49
+0:22 (3)	+0:12 (2)	+0:39 (8)	+0:53 (2)	+0:13 (4)	+0:23 (3)	+2:51 (11)	+0:40 (10)	+0:44 (9)	+0:30 (3)
38:24 (3)	39:22 (3)	40:10 (3)	40:10 (3)						
4:22/174	0:58/175	0:48/150							
+0:41 (6)	+0:18 (11)	+0:02 (2)	+0:00 (1)						

4 Erling Pedersen				IL Siso		(10,20min/km)		41:48 (+4:56)	
4:33 (9)	8:00 (7)	11:18 (10)	18:16 (8)	20:44 (5)	22:50 (5)	27:04 (5)	29:07 (4)	31:41 (4)	34:52 (4)
4:33/31	3:27/44	3:18/38	6:58/52	2:28/34	2:06/36	4:14/47	2:03/42	2:34/48	3:11/49
+0:53 (9)	+0:51 (10)	+1:05 (11)	+1:33 (8)	+0:26 (7)	+0:30 (6)	+1:47 (6)	+0:12 (3)	+0:26 (6)	+0:34 (4)

38:57 (4) 40:32 (4) 41:24 (4) 41:48 (4)
4:05/174 1:35/175 0:52/150 0:24/250
+0:24 (4) +0:55 (15) +0:06 (3) +0:00 (1)

5 Dag Skogan **B&OI** **(10,63min/km)** **43:34 (+6:42)**
4:47 (10) 8:39 (11) 11:25 (11) 18:09 (6) 21:16 (7) 23:35 (7) 29:08 (9) 31:31 (9) 33:56 (7) 37:01 (6)
4:47/31 3:52/44 2:46/38 6:44/52 3:07/34 2:19/36 5:33/47 2:23/42 2:25/48 3:05/49
+1:07 (10) +1:16 (11) +0:33 (5) +1:19 (5) +1:05 (13) +0:43 (11) +3:06 (13) +0:32 (8) +0:17 (5) +0:28 (2)
41:25 (6) 42:34 (6) 43:34 (5) 43:34 (5)
4:24/174 1:09/175 1:00/150
+0:43 (7) +0:29 (12) +0:14 (8) +0:00 (1)

6 Leif Magne Eggestad **B&OI** **(10,64min/km)** **43:38 (+6:46)**
3:59 (2) 7:25 (5) 10:21 (5) 15:46 (2) 21:36 (8) 24:56 (9) 28:54 (7) 30:45 (7) 33:29 (6) 36:56 (5)
3:59/31 3:26/44 2:56/38 5:25/52 5:50/34 3:20/36 3:58/47 1:51/42 2:44/48 3:27/49
+0:19 (2) +0:50 (9) +0:43 (10) +0:00 (1) +3:48 (15) +1:44 (14) +1:31 (3) +0:00 (1) +0:36 (8) +0:50 (8)
41:54 (7) 42:39 (7) 43:38 (6) 43:38 (6)
4:58/174 0:45/175 0:59/150
+1:17 (11) +0:05 (7) +0:13 (6) +0:00 (1)

7 Carl B Bjørseth **B&OI** **(10,73min/km)** **43:59 (+7:07)**
5:01 (11) 8:26 (10) 11:09 (8) 19:15 (10) 22:12 (9) 24:25 (8) 29:00 (8) 31:27 (8) 34:01 (8) 37:40 (8)
5:01/31 3:25/44 2:43/38 8:06/52 2:57/34 2:13/36 4:35/47 2:27/42 2:34/48 3:39/49
+1:21 (11) +0:49 (8) +0:30 (4) +2:41 (11) +0:55 (12) +0:37 (9) +2:08 (8) +0:36 (9) +0:26 (6) +1:02 (11)
42:06 (8) 42:51 (8) 43:59 (8) 43:59 (7)
4:26/174 0:45/175 1:08/150
+0:45 (8) +0:05 (7) +0:22 (13) +0:00 (1)

8 Inger Lise Pettersen **Korgen** **(10,84min/km)** **44:27 (+7:35)**
4:08 (5) 8:40 (12) 10:53 (6) 17:41 (5) 20:04 (4) 22:34 (4) 25:01 (2) 29:47 (6) 34:11 (9) 37:48 (9)
4:08/31 4:32/176 2:13/38 6:48/52 2:23/34 2:30/44 2:27/36 4:46/47 4:24/48 3:37/49
+0:28 (5) +1:56 (13) +0:00 (1) +1:23 (7) +0:21 (6) +0:54 (13) +0:00 (1) +2:55 (15) +2:16 (14) +1:00 (10)
42:38 (9) 43:19 (9) 44:27 (9) 44:27 (8)
4:50/174 0:41/175 1:08/150
+1:09 (10) +0:01 (3) +0:22 (13) +0:00 (1)

9 Gunnar Rabben **Valnesfjord IL** **(10,87min/km)** **44:33 (+7:41)**
6:27 (14) 9:03 (13) 11:39 (12) 18:13 (7) 20:55 (6) 23:09 (6) 27:18 (6) 29:32 (5) 32:49 (5) 37:07 (7)
6:27/31 2:36/44 2:36/38 6:34/52 2:42/34 2:14/36 4:09/47 2:14/42 3:17/48 4:18/49
+2:47 (14) +0:00 (1) +0:23 (3) +1:09 (4) +0:40 (10) +0:38 (10) +1:42 (4) +0:23 (6) +1:09 (13) +1:41 (13)
40:50 (5) 42:04 (5) 43:41 (7) 44:33 (9)
3:43/174 1:14/150 1:37/175 0:52/150
+0:02 (2) +0:34 (14) +0:51 (15) +0:28 (2)

10 Bjørnar Hegreberg **B&OI** **(11,07min/km)** **45:24 (+8:32)**
5:02 (12) 8:12 (8) 11:02 (7) 20:47 (11) 23:00 (11) 25:06 (10) 30:15 (10) 32:33 (10) 35:26 (11) 38:38 (10)
5:02/31 3:10/44 2:50/38 9:45/52 2:13/34 2:06/36 5:09/47 2:18/42 2:53/48 3:12/49
+1:22 (12) +0:34 (5) +0:37 (6) +4:20 (12) +0:11 (3) +0:30 (6) +2:42 (10) +0:27 (7) +0:45 (10) +0:35 (5)
43:36 (10) 44:18 (10) 45:24 (10) 45:24 (10)
4:58/174 0:42/175 1:06/150
+1:17 (11) +0:02 (5) +0:20 (11) +0:00 (1)

11 Jan Prytz **B&OI** **(11,47min/km)** **47:02 (+10:10)**
4:13 (6) 7:06 (3) 9:56 (3) 23:58 (13) 26:05 (13) 27:41 (13) 31:21 (11) 33:13 (11) 35:21 (10) 41:06 (11)
4:13/31 2:53/44 2:50/38 14:02/52 2:07/34 1:36/36 3:40/47 1:52/42 2:08/48 5:45/49
+0:33 (6) +0:17 (3) +0:37 (6) +8:37 (15) +0:05 (2) +0:00 (1) +1:13 (2) +0:01 (2) +0:00 (1) +3:08 (15)
45:18 (11) 45:59 (11) 47:02 (11) 47:02 (11)
4:12/174 0:41/175 1:03/150
+0:31 (5) +0:01 (3) +0:17 (10) +0:00 (1)

12 Ivar Aanerød **B&OI** **(11,61min/km)** **47:35 (+10:43)**
4:18 (7) 8:23 (9) 11:44 (13) 24:29 (14) 27:10 (14) 29:21 (14) 34:23 (14) 36:34 (14) 38:57 (13) 42:13 (12)
4:18/31 4:05/44 3:21/38 12:45/52 2:41/34 2:11/36 5:02/47 2:11/42 2:23/48 3:16/49
+0:38 (7) +1:29 (12) +1:08 (13) +7:20 (14) +0:39 (9) +0:35 (8) +2:35 (9) +0:20 (5) +0:15 (4) +0:39 (7)
45:58 (12) 46:38 (12) 47:35 (12) 47:35 (12)
3:45/174 0:40/175 0:57/150
+0:04 (3) +0:00 (1) +0:11 (5) +0:00 (1)

13 Tove P Bergkvist	Valnesfjord IL					(12,22min/km)		50:05 (+13:13)	
4:30 (8)	7:42 (6)	11:14 (9)	19:01 (9)	22:51 (10)	26:17 (11)	31:53 (12)	35:27 (12)	38:21 (12)	42:45 (13)
4:30/31	3:12/44	3:32/38	7:47/52	3:50/34	3:26/36	5:36/47	3:34/42	2:54/48	4:24/49
+0:50 (8)	+0:36 (6)	+1:19 (14)	+2:22 (10)	+1:48 (14)	+1:50 (15)	+3:09 (14)	+1:43 (14)	+0:46 (11)	+1:47 (14)
47:55 (13)	49:04 (13)	50:05 (13)	50:05 (13)						
5:10/174	1:09/175	1:01/150							
+1:29 (14)	+0:29 (12)	+0:15 (9)	+0:00 (1)						

14 Geir Moen	B&OI					(13,03min/km)		53:25 (+16:33)	
5:19 (13)	10:41 (14)	14:00 (14)	21:46 (12)	24:32 (12)	26:51 (12)	32:48 (13)	36:14 (13)	43:05 (14)	46:33 (14)
5:19/31	5:22/44	3:19/38	7:46/52	2:46/34	2:19/36	5:57/47	3:26/42	6:51/48	3:28/49
+1:39 (13)	+2:46 (14)	+1:06 (12)	+2:21 (9)	+0:44 (11)	+0:43 (11)	+3:30 (15)	+1:35 (13)	+4:43 (15)	+0:51 (9)
51:35 (14)	52:29 (14)	53:25 (14)	53:25 (14)						
5:02/174	0:54/175	0:56/150							
+1:21 (13)	+0:14 (10)	+0:10 (4)	+0:00 (1)						

15 Odd Ivar Søvik	B&OI					(17,73min/km)		1:12:42 (+35:50)	
14:50 (15)	23:01 (15)	28:17 (15)	40:54 (15)	43:30 (15)	45:35 (15)	50:53 (15)	53:47 (15)	56:46 (15)	1:00:49 (15)
14:50/31	8:11/44	5:16/38	12:37/52	2:36/34	2:05/36	5:18/47	2:54/42	2:59/48	4:03/49
+11:10 (15)	+5:35 (15)	+3:03 (15)	+7:12 (13)	+0:34 (8)	+0:29 (5)	+2:51 (11)	+1:03 (11)	+0:51 (12)	+1:26 (12)
1:10:54 (15)	1:11:36 (15)	1:12:42 (15)	1:12:42 (15)						
10:05/174	0:42/175	1:06/150							
+6:24 (15)	+0:02 (5)	+0:20 (11)	+0:00 (1)						

Jon Helge Heitmann	B&OI					(16,64min/km)		Disk (+31:21)	
4:23 (8)	7:57 (7)	11:45 (14)	31:27 (15)	40:39 (15)	46:35 (16)	49:41 (15)	52:21 (15)	55:33 (15)	1:05:12 (16)
4:23/31	3:34/44	3:48/38	19:42/52	9:12/36	5:56/47	3:06/42	2:40/48	3:12/49	9:39/174
+0:43 (8)	+0:58 (11)	+1:35 (15)	+14:17 (16)	+7:10 (16)	+4:20 (16)	+0:39 (2)	+0:49 (11)	+1:04 (13)	+7:02 (16)
1:06:31 (15)	1:08:13 (15)	1:08:13 (15)	1:08:13 (15)						
1:19/175	1:42/150								
+0:00 (1)	+1:02 (16)	+0:00 (1)	+0:00 (1)						

Klasse 6km 5,5 km

3 påmeldt, 3 startende

1 Arild Hegreberg	B&OI					(7,58min/km)		41:43	
3:12 (1)	6:31 (1)	7:48 (1)	13:12 (1)	14:35 (1)	17:26 (1)	22:40 (1)	24:51 (1)	27:14 (1)	28:42 (1)
3:12/31	3:19/176	1:17/38	5:24/50	1:23/51	2:51/41	5:14/52	2:11/34	2:23/44	1:28/36
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:36 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:01 (2)
31:57 (1)	35:00 (1)	37:17 (1)	40:26 (1)	41:03 (1)	41:43 (1)				
3:15/47	3:03/48	2:17/49	3:09/174	0:37/175	0:40/150				
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)				

2 Marit Wenseth Kure	B&OI					(11,23min/km)		1:01:47 (+20:04)	
4:29 (2)	10:30 (2)	12:27 (2)	20:54 (2)	22:01 (2)	26:19 (2)	33:50 (2)	37:07 (2)	40:05 (2)	43:00 (2)
4:29/31	6:01/176	1:57/38	8:27/50	1:07/51	4:18/41	7:31/52	3:17/34	2:58/44	2:55/36
+1:17 (2)	+2:42 (2)	+0:40 (2)	+3:03 (3)	+0:20 (2)	+1:27 (3)	+2:17 (3)	+1:06 (2)	+0:35 (3)	+1:28 (3)
47:11 (2)	51:49 (2)	54:52 (2)	1:00:06 (2)	1:00:50 (2)	1:01:47 (2)				
4:11/47	4:38/48	3:03/49	5:14/174	0:44/175	0:57/150				
+0:56 (3)	+1:35 (3)	+0:46 (3)	+2:05 (3)	+0:07 (2)	+0:17 (3)				

3 Roy Solbakk	Valnesfjord IL					(11,81min/km)		1:04:57 (+23:14)	
4:39 (3)	11:21 (3)	23:01 (3)	29:37 (3)	30:24 (3)	33:40 (3)	39:27 (3)	45:35 (3)	48:28 (3)	49:55 (3)
4:39/31	6:42/176	11:40/38	6:36/50	0:47/51	3:16/41	5:47/52	6:08/34	2:53/44	1:27/36
+1:27 (3)	+3:23 (3)	+10:23 (3)	+1:12 (2)	+0:00 (1)	+0:25 (2)	+0:33 (2)	+3:57 (3)	+0:30 (2)	+0:00 (1)
53:52 (3)	57:13 (3)	59:47 (3)	1:03:05 (3)	1:04:11 (3)	1:04:57 (3)				
3:57/47	3:21/48	2:34/49	3:18/174	1:06/175	0:46/150				
+0:42 (2)	+0:18 (2)	+0:17 (2)	+0:09 (2)	+0:29 (3)	+0:06 (2)				

Klasse Nybegynner 1,5 km

7 påmeldt, 0 startende

Henrik Fjellseth	Fauske					(9,17min/km)		13:45	
1:38 (1)	3:26 (2)	5:07 (2)	5:56 (1)	10:13 (2)	11:44 (2)	12:47 (2)	13:45 (2)	13:45 (2)	
1:38/54	1:48/46	1:41/40	0:49/37	4:17/33	1:31/39	1:03/175	0:58/150		
+0:00 (1)	+0:07 (2)	+0:04 (2)	+0:00 (1)	+1:43 (2)	+0:24 (3)	+0:00 (1)	+0:06 (2)	+0:00 (1)	

Kristine Haugberg			Fauske			(12,72min/km)		19:05
2:36 (5)	5:23 (4)	8:01 (6)	9:06 (6)	13:27 (3)	14:34 (3)	16:26 (3)	17:49 (3)	19:05 (3)
2:36/54	2:47/46	2:38/40	1:05/37	4:21/175	1:07/33	1:52/39	1:23/175	1:16/150
+0:58 (5)	+1:06 (5)	+1:01 (6)	+0:16 (3)	+1:47 (3)	+0:00 (1)	+0:49 (4)	+0:31 (4)	+0:26 (3)
Vilde Helgesen			Fauske			(15,12min/km)		22:41
2:45 (6)	5:28 (5)	7:51 (5)	8:58 (5)	13:51 (5)	15:41 (5)	18:55 (5)	21:01 (6)	22:41 (6)
2:45/54	2:43/46	2:23/40	1:07/37	4:53/175	1:50/33	3:14/39	2:06/175	1:40/150
+1:07 (6)	+1:02 (4)	+0:46 (5)	+0:18 (5)	+2:19 (4)	+0:43 (5)	+2:11 (5)	+1:14 (6)	+0:50 (4)
Louise Holmberg Hemminghytt			Fauske			(33,10min/km)		49:39
7:45 (7)	12:10 (7)	19:11 (7)	23:41 (7)	33:38 (7)	38:15 (7)	43:05 (7)	47:21 (7)	49:39 (7)
7:45/54	4:25/46	7:01/40	4:30/37	9:57/175	4:37/33	4:50/39	4:16/175	2:18/150
+6:07 (7)	+2:44 (7)	+5:24 (7)	+3:41 (7)	+7:23 (7)	+3:30 (7)	+3:47 (7)	+3:24 (7)	+1:28 (6)
Fredrik Kristiansen			Innstranden IL			(13,34min/km)		20:01
2:14 (3)	4:11 (3)	6:02 (3)	7:01 (3)	14:19 (6)	16:12 (6)	17:46 (4)	18:55 (4)	20:01 (4)
2:14/54	1:57/46	1:51/40	0:59/37	7:18/175	1:53/33	1:34/39	1:09/175	1:06/150
+0:36 (3)	+0:16 (3)	+0:14 (3)	+0:10 (2)	+4:44 (6)	+0:46 (6)	+0:31 (3)	+0:17 (3)	+0:16 (2)
Mirian Olsen			Fauske			(15,09min/km)		22:38
2:24 (4)	5:31 (6)	7:51 (4)	8:57 (4)	13:51 (4)	15:31 (4)	19:02 (6)	20:58 (5)	22:38 (5)
2:24/54	3:07/46	2:20/40	1:06/37	4:54/175	1:40/33	3:31/39	1:56/175	1:40/150
+0:46 (4)	+1:26 (6)	+0:43 (4)	+0:17 (4)	+2:20 (5)	+0:33 (4)	+2:28 (6)	+1:04 (5)	+0:50 (4)
Eirik Willumsen			Fauske			(8,73min/km)		13:06
1:39 (2)	3:20 (1)	4:57 (1)	6:11 (2)	8:45 (1)	10:06 (1)	11:24 (1)	12:16 (1)	13:06 (1)
1:39/54	1:41/46	1:37/40	1:14/37	2:34/175	1:21/33	1:18/39	0:52/175	0:50/150
+0:01 (2)	+0:00 (1)	+0:00 (1)	+0:25 (6)	+0:00 (1)	+0:14 (2)	+0:15 (2)	+0:00 (1)	+0:00 (1)