

4	Tomas Eriksen		Bodø Wind				(11,62min/km)	37:11	(+1:47)	
	1:35 (4)	5:11 (4)	9:20 (3)	12:11 (3)	14:23 (3)	24:35 (4)	27:34 (3)	33:13 (4)	35:50 (4)	37:11 (4)
	1:35/47	3:36/31	4:09/49	2:51/44	2:12/42	10:12/39	2:59/34	5:39/37	2:37/38	1:21/35
	+0:35 (4)	+0:00 (1)	+1:25 (6)	+0:00 (1)	+0:19 (2)	+2:49 (10)	+0:00 (1)	+1:51 (8)	+0:27 (2)	+0:08 (3)
	37:11 (4)									
	+0:00 (1)									
5	Katrine Kalvig		B&OI				(12,87min/km)	41:11	(+5:47)	
	2:02 (9)	6:25 (6)	10:36 (5)	14:11 (5)	16:29 (5)	25:53 (5)	29:57 (5)	34:35 (5)	39:26 (5)	41:11 (5)
	2:02/47	4:23/31	4:11/49	3:35/44	2:18/42	9:24/39	4:04/34	4:38/37	4:51/38	1:45/35
	+1:02 (9)	+0:47 (6)	+1:27 (7)	+0:44 (6)	+0:25 (4)	+2:01 (7)	+1:05 (4)	+0:50 (5)	+2:41 (10)	+0:32 (12)
	41:11 (5)									
	+0:00 (1)									
6	Karen Bjørseth		B&OI				(13,96min/km)	44:41	(+9:17)	
	2:17 (10)	7:34 (8)	11:10 (7)	14:45 (6)	17:41 (6)	28:50 (8)	33:19 (7)	39:50 (7)	42:51 (6)	44:41 (6)
	2:17/47	5:17/31	3:36/49	3:35/44	2:56/42	11:09/39	4:29/34	6:31/37	3:01/38	1:50/35
	+1:17 (10)	+1:41 (10)	+0:52 (3)	+0:44 (6)	+1:03 (11)	+3:46 (12)	+1:30 (8)	+2:43 (15)	+0:51 (4)	+0:37 (13)
	44:41 (6)									
	+0:00 (1)									
7	Ole Morten Kristiansen		Innstranden IL				(14,66min/km)	46:54	(+11:30)	
	1:58 (8)	5:43 (5)	17:33 (14)	20:40 (14)	23:36 (12)	32:41 (11)	37:12 (10)	42:37 (9)	45:38 (7)	46:54 (7)
	1:58/47	3:45/31	11:50/49	3:07/44	2:56/42	9:05/39	4:31/34	5:25/37	3:01/38	1:16/35
	+0:58 (8)	+0:09 (5)	+9:06 (15)	+0:16 (5)	+1:03 (11)	+1:42 (4)	+1:32 (9)	+1:37 (6)	+0:51 (4)	+0:03 (2)
	46:54 (7)									
	+0:00 (1)									
8	Ricard Kringhaug		Valnesfjord IL				(14,82min/km)	47:26	(+12:02)	
	4:29 (15)	10:31 (13)	14:49 (11)	18:32 (11)	24:49 (13)	34:21 (12)	38:47 (12)	42:44 (10)	45:53 (8)	47:26 (8)
	4:29/47	6:02/31	4:18/49	3:43/44	6:17/42	9:32/39	4:26/34	3:57/37	3:09/38	1:33/35
	+3:29 (15)	+2:26 (11)	+1:34 (9)	+0:52 (9)	+4:24 (16)	+2:09 (8)	+1:27 (6)	+0:09 (2)	+0:59 (6)	+0:20 (4)
	47:26 (8)									
	+0:00 (1)									
9	Karen Kringhaug		Valnesfjord IL				(14,96min/km)	47:53	(+12:29)	
	2:32 (11)	7:41 (10)	12:01 (8)	15:38 (7)	18:20 (7)	27:42 (6)	33:44 (8)	41:25 (8)	46:10 (9)	47:53 (9)
	2:32/47	5:09/31	4:20/49	3:37/44	2:42/42	9:22/39	6:02/34	7:41/37	4:45/38	1:43/35
	+1:32 (11)	+1:33 (9)	+1:36 (10)	+0:46 (8)	+0:49 (8)	+1:59 (5)	+3:03 (16)	+3:53 (16)	+2:35 (9)	+0:30 (9)
	47:53 (9)									
	+0:00 (1)									
10	Lisbeth Lunde		B&OI				(15,29min/km)	48:55	(+13:31)	
	1:49 (5)	8:38 (11)	12:16 (9)	16:23 (9)	19:10 (9)	28:32 (7)	33:14 (6)	39:16 (6)	46:57 (10)	48:55 (10)
	1:49/47	6:49/31	3:38/49	4:07/44	2:47/42	9:22/39	4:42/34	6:02/37	7:41/38	1:58/35
	+0:49 (5)	+3:13 (13)	+0:54 (4)	+1:16 (14)	+0:54 (9)	+1:59 (5)	+1:43 (11)	+2:14 (12)	+5:31 (14)	+0:45 (14)
	48:55 (10)									
	+0:00 (1)									
11	Solveig Martinussen		B&OI				(16,52min/km)	52:51	(+17:27)	
	3:53 (14)	12:50 (15)	16:37 (13)	20:32 (13)	23:24 (11)	36:10 (13)	40:23 (13)	46:25 (13)	51:18 (12)	52:51 (11)
	3:53/47	8:57/31	3:47/49	3:55/44	2:52/42	12:46/39	4:13/34	6:02/37	4:53/38	1:33/35
	+2:53 (14)	+5:21 (16)	+1:03 (5)	+1:04 (11)	+0:59 (10)	+5:23 (15)	+1:14 (5)	+2:14 (12)	+2:43 (11)	+0:20 (4)
	52:51 (11)									
	+0:00 (1)									
12	Torbjørn Høslø Olsen		B&OI				(16,54min/km)	52:55	(+17:31)	
	1:50 (6)	8:53 (12)	13:42 (10)	17:40 (10)	20:15 (10)	31:58 (10)	37:41 (11)	43:39 (12)	51:17 (11)	52:55 (12)
	1:50/47	7:03/31	4:49/49	3:58/44	2:35/42	11:43/39	5:43/34	5:58/37	7:38/38	1:38/35
	+0:50 (6)	+3:27 (14)	+2:05 (12)	+1:07 (12)	+0:42 (6)	+4:20 (13)	+2:44 (15)	+2:10 (11)	+5:28 (13)	+0:25 (6)

52:55 (12)

+0:00 (1)

13 Ida Hegreberg **B&OI** (17,14min/km) **54:51** (+19:27)
3:09 (13) 11:37 (14) 23:58 (16) 27:42 (16) 31:17 (16) 39:53 (15) 44:33 (15) 50:00 (15) 53:10 (14) 54:51 (13)
3:09/47 8:28/31 12:21/49 3:44/44 3:35/42 8:36/39 4:40/34 5:27/37 3:10/38 1:41/35
+2:09 (13) +4:52 (15) +9:37 (16) +0:53 (10) +1:42 (14) +1:13 (2) +1:41 (10) +1:39 (7) +1:00 (7) +0:28 (8)
54:51 (13)

+0:00 (1)

14 Arnold Danielsen **B&OI** (17,24min/km) **55:11** (+19:47)
10:36 (16) 17:03 (16) 21:41 (15) 25:47 (15) 28:27 (15) 38:26 (14) 43:36 (14) 49:29 (14) 52:59 (13) 55:11 (14)
10:36/47 6:27/31 4:38/49 4:06/44 2:40/42 9:59/39 5:10/34 5:53/37 3:30/38 2:12/35
+9:36 (16) +2:51 (12) +1:54 (11) +1:15 (13) +0:47 (7) +2:36 (9) +2:11 (13) +2:05 (9) +1:20 (8) +0:59 (15)
55:11 (14)

+0:00 (1)

15 Jon Øverås **B&OI** (18,24min/km) **58:22** (+22:58)
1:50 (6) 6:47 (7) 10:59 (6) 15:41 (8) 18:58 (8) 31:36 (9) 36:52 (9) 42:47 (11) 56:39 (15) 58:22 (15)
1:50/47 4:57/31 4:12/49 4:42/44 3:17/42 12:38/39 5:16/34 5:55/37 13:52/38 1:43/35
+0:50 (6) +1:21 (7) +1:28 (8) +1:51 (16) +1:24 (13) +5:15 (14) +2:17 (14) +2:07 (10) +11:42 (15) +0:30 (9)
58:22 (15)

+0:00 (1)

16 Regula Høslie **B&OI** (21,24min/km) **1:07:58** (+32:34)
2:37 (12) 7:40 (9) 16:07 (12) 20:30 (12) 26:10 (14) 40:01 (16) 45:08 (16) 51:25 (16) 1:05:41 (16) 1:07:58 (16)
2:37/47 5:03/31 8:27/49 4:23/44 5:40/42 13:51/39 5:07/34 6:17/37 14:16/38 2:17/35
+1:37 (12) +1:27 (8) +5:43 (14) +1:32 (15) +3:47 (15) +6:28 (16) +2:08 (12) +2:29 (14) +12:06 (16) +1:04 (16)
1:07:58 (16)

+0:00 (1)

Klasse 4km 3,9 km

22 påmeldt, 22 startende

1 Asbjørn Pedersen **IL Siso** (9,46min/km) **36:53**
2:14 (7) 7:32 (5) 11:12 (4) 17:16 (1) 21:44 (1) 23:32 (1) 26:39 (1) 31:14 (1) 35:20 (1) 36:53 (1)
2:14/48 5:18/51 3:40/50 6:04/32 4:28/44 1:48/42 3:07/49 4:35/39 4:06/38 1:33/35
+0:23 (7) +0:23 (6) +0:26 (4) +0:15 (3) +0:08 (4) +0:17 (9) +0:29 (5) +0:35 (5) +0:52 (10) +0:23 (10)
36:53 (1)

+0:00 (1)

2 Jan Prytz **B&OI** (9,79min/km) **38:10** (+1:17)
3:29 (17) 9:00 (14) 12:14 (8) 18:17 (7) 23:41 (8) 25:12 (7) 28:56 (7) 33:21 (5) 36:55 (2) 38:10 (2)
3:29/48 5:31/51 3:14/50 6:03/32 5:24/44 1:31/42 3:44/49 4:25/39 3:34/38 1:15/35
+1:38 (17) +0:36 (11) +0:00 (1) +0:14 (2) +1:04 (14) +0:00 (1) +1:06 (13) +0:25 (2) +0:20 (3) +0:05 (4)
38:10 (2)

+0:00 (1)

3 Ingar Solberg **Olderskog** (9,94min/km) **38:47** (+1:54)
1:51 (1) 7:18 (4) 11:01 (2) 17:52 (3) 22:12 (2) 24:58 (6) 28:35 (5) 33:16 (3) 37:06 (4) 38:47 (3)
1:51/48 5:27/51 3:43/50 6:51/32 4:20/44 2:46/42 3:37/49 4:41/39 3:50/38 1:41/35
+0:00 (1) +0:32 (10) +0:29 (5) +1:02 (10) +0:00 (1) +1:15 (20) +0:59 (11) +0:41 (7) +0:36 (6) +0:31 (14)
38:47 (3)

+0:00 (1)

4 Marit Wenseth Kure **B&OI** (9,96min/km) **38:51** (+1:58)
2:56 (14) 8:35 (12) 12:40 (10) 19:13 (9) 23:57 (9) 25:42 (9) 28:43 (6) 33:19 (4) 36:55 (2) 38:51 (4)
2:56/48 5:39/51 4:05/50 6:33/32 4:44/44 1:45/42 3:01/49 4:36/39 3:36/38 1:56/35
+1:05 (14) +0:44 (13) +0:51 (9) +0:44 (5) +0:24 (8) +0:14 (7) +0:23 (4) +0:36 (6) +0:22 (4) +0:46 (20)

38:51 (4)

+0:00 (1)

5 Gunnar Rabben Valnesfjord IL (10,02min/km) **39:04** (+2:11)
2:11 (6) 7:06 (2) 10:58 (1) 18:06 (5) 22:33 (4) 24:11 (2) 27:41 (3) 34:27 (6) 37:53 (5) 39:04 (5)
2:11/48 4:55/51 3:52/50 7:08/32 4:27/44 1:38/42 3:30/49 6:46/39 3:26/38 1:11/35
+0:20 (6) +0:00 (1) +0:38 (7) +1:19 (12) +0:07 (3) +0:07 (2) +0:52 (9) +2:46 (16) +0:12 (2) +0:01 (2)
39:04 (5)

+0:00 (1)

6 Petter Jakola B&OI (10,17min/km) **39:39** (+2:46)
5:27 (20) 10:45 (17) 14:06 (13) 19:55 (10) 26:34 (13) 28:12 (12) 31:10 (11) 35:10 (11) 38:24 (6) 39:39 (6)
5:27/48 5:18/51 3:21/50 5:49/32 6:39/44 1:38/42 2:58/49 4:00/39 3:14/38 1:15/35
+3:36 (20) +0:23 (6) +0:07 (2) +0:00 (1) +2:19 (18) +0:07 (2) +0:20 (3) +0:00 (1) +0:00 (1) +0:05 (4)
39:39 (6)

+0:00 (1)

7 Morten Tjøndal Avinor (10,21min/km) **39:50** (+2:57)
2:05 (4) 7:09 (3) 11:33 (5) 17:50 (2) 22:55 (6) 24:45 (4) 30:08 (10) 34:40 (8) 38:40 (9) 39:50 (7)
2:05/48 5:04/51 4:24/50 6:17/32 5:05/44 1:50/42 5:23/49 4:32/39 4:00/38 1:10/35
+0:14 (4) +0:09 (3) +1:10 (12) +0:28 (4) +0:45 (11) +0:19 (10) +2:45 (20) +0:32 (4) +0:46 (9) +0:00 (1)
39:50 (7)

+0:00 (1)

8 Marit Johnsen B&OI (10,31min/km) **40:12** (+3:19)
2:22 (9) 7:44 (6) 11:33 (6) 18:09 (6) 23:14 (7) 24:57 (5) 28:05 (4) 33:10 (2) 38:36 (8) 40:12 (8)
2:22/48 5:22/51 3:49/50 6:36/32 5:05/44 1:43/42 3:08/49 5:05/39 5:26/38 1:36/35
+0:31 (9) +0:27 (8) +0:35 (6) +0:47 (6) +0:45 (11) +0:12 (6) +0:30 (6) +1:05 (10) +2:12 (19) +0:26 (12)
40:12 (8)

+0:00 (1)

9 Anders Kure B&OI (10,32min/km) **40:15** (+3:22)
2:26 (11) 7:48 (7) 12:37 (9) 19:55 (11) 24:37 (10) 26:17 (10) 29:36 (8) 34:37 (7) 38:25 (7) 40:15 (9)
2:26/48 5:22/51 4:49/50 7:18/32 4:42/44 1:40/42 3:19/49 5:01/39 3:48/38 1:50/35
+0:35 (11) +0:27 (8) +1:35 (15) +1:29 (15) +0:22 (7) +0:09 (4) +0:41 (8) +1:01 (9) +0:34 (5) +0:40 (18)
40:15 (9)

+0:00 (1)

10 Ivar Aanerød B&OI (10,44min/km) **40:44** (+3:51)
2:07 (5) 7:06 (1) 11:05 (3) 17:54 (4) 22:24 (3) 24:18 (3) 26:56 (2) 34:40 (8) 39:28 (10) 40:44 (10)
2:07/48 4:59/51 3:59/50 6:49/32 4:30/44 1:54/42 2:38/49 7:44/39 4:48/38 1:16/35
+0:16 (5) +0:04 (2) +0:45 (8) +1:00 (9) +0:10 (5) +0:23 (13) +0:00 (1) +3:44 (18) +1:34 (13) +0:06 (6)
40:44 (10)

+0:00 (1)

11 Erling Pedersen B&OI (10,77min/km) **42:01** (+5:08)
2:53 (13) 8:10 (10) 11:36 (7) 18:22 (8) 22:46 (5) 25:29 (8) 31:27 (12) 36:33 (12) 40:30 (11) 41:51 (11)
2:53/48 5:17/51 3:26/50 6:46/32 4:24/44 2:43/42 5:58/49 5:06/39 3:57/38 1:21/35
+1:02 (13) +0:22 (5) +0:12 (3) +0:57 (8) +0:04 (2) +1:12 (19) +3:20 (21) +1:06 (11) +0:43 (8) +0:11 (8)
42:01 (11)

0:10/250

+0:00 (1)

12 Torkel Irgens B&OI (11,07min/km) **43:10** (+6:17)
2:47 (12) 8:00 (8) 13:25 (11) 20:08 (12) 24:59 (11) 26:50 (11) 30:02 (9) 35:02 (10) 41:58 (12) 43:10 (12)
2:47/48 5:13/51 5:25/50 6:43/32 4:51/44 1:51/42 3:12/49 5:00/39 6:56/38 1:12/35
+0:56 (12) +0:18 (4) +2:11 (16) +0:54 (7) +0:31 (9) +0:20 (11) +0:34 (7) +1:00 (8) +3:42 (20) +0:02 (3)
43:10 (12)

+0:00 (1)

13 Jonny Jakobsen	Valnesfjord IL					(11,30min/km)			44:04	(+7:11)
4:57 (19)	11:05 (19)	15:43 (18)	24:15 (18)	28:53 (16)	30:35 (16)	34:21 (16)	38:47 (14)	42:38 (13)	44:04 (13)	
4:57/48	6:08/51	4:38/50	8:32/32	4:38/44	1:42/42	3:46/49	4:26/39	3:51/38	1:26/35	
+3:06 (19)	+1:13 (16)	+1:24 (13)	+2:43 (18)	+0:18 (6)	+0:11 (5)	+1:08 (14)	+0:26 (3)	+0:37 (7)	+0:16 (9)	
44:04 (13)										
+0:00 (1)										
14 Carl B Bjørseth	B&OI					(11,55min/km)			45:02	(+8:09)
3:23 (16)	10:12 (16)	14:58 (15)	22:06 (14)	28:00 (14)	29:52 (14)	33:24 (14)	39:03 (15)	43:26 (14)	45:02 (14)	
3:23/48	6:49/51	4:46/50	7:08/32	5:54/44	1:52/42	3:32/49	5:39/39	4:23/38	1:36/35	
+1:32 (16)	+1:54 (19)	+1:32 (14)	+1:19 (12)	+1:34 (16)	+0:21 (12)	+0:54 (10)	+1:39 (14)	+1:09 (12)	+0:26 (12)	
45:02 (14)										
+0:00 (1)										
15 Tove P Bergkvist	Valnesfjord IL					(11,92min/km)			46:30	(+9:37)
6:39 (21)	12:13 (21)	16:20 (19)	23:36 (17)	29:05 (17)	31:10 (17)	34:48 (17)	39:56 (16)	44:56 (15)	46:30 (15)	
6:39/48	5:34/51	4:07/50	7:16/32	5:29/44	2:05/42	3:38/49	5:08/39	5:00/38	1:34/35	
+4:48 (21)	+0:39 (12)	+0:53 (11)	+1:27 (14)	+1:09 (15)	+0:34 (14)	+1:00 (12)	+1:08 (13)	+1:46 (14)	+0:24 (11)	
46:30 (15)										
+0:00 (1)										
16 Dag Skogan	B&OI					(12,03min/km)			46:55	(+10:02)
2:25 (10)	8:30 (11)	14:02 (12)	21:08 (13)	26:23 (12)	28:30 (13)	33:33 (15)	40:53 (17)	45:12 (16)	46:55 (16)	
2:25/48	6:05/51	5:32/50	7:06/32	5:15/44	2:07/42	5:03/49	7:20/39	4:19/38	1:43/35	
+0:34 (10)	+1:10 (14)	+2:18 (17)	+1:17 (11)	+0:55 (13)	+0:36 (15)	+2:25 (19)	+3:20 (17)	+1:05 (11)	+0:33 (15)	
46:55 (16)										
+0:00 (1)										
17 Aviaja Kleist	B&OI					(12,58min/km)			49:04	(+12:11)
1:53 (2)	10:52 (18)	14:58 (14)	23:11 (16)	28:09 (15)	29:56 (15)	32:47 (13)	37:54 (13)	47:47 (17)	49:04 (17)	
1:53/48	8:59/51	4:06/50	8:13/32	4:58/44	1:47/42	2:51/49	5:07/39	9:53/38	1:17/35	
+0:02 (2)	+4:04 (21)	+0:52 (10)	+2:24 (17)	+0:38 (10)	+0:16 (8)	+0:13 (2)	+1:07 (12)	+6:39 (21)	+0:07 (7)	
49:04 (17)										
+0:00 (1)										
18 Arne Kristian Nordhei	B&OI					(12,92min/km)			50:23	(+13:30)
2:00 (3)	8:05 (9)	15:11 (17)	23:08 (15)	30:27 (18)	32:47 (18)	36:53 (18)	43:21 (18)	48:31 (18)	50:23 (18)	
2:00/48	6:05/51	7:06/50	7:57/32	7:19/44	2:20/42	4:06/49	6:28/39	5:10/38	1:52/35	
+0:09 (3)	+1:10 (14)	+3:52 (19)	+2:08 (16)	+2:59 (19)	+0:49 (16)	+1:28 (15)	+2:28 (15)	+1:56 (17)	+0:42 (19)	
50:23 (18)										
+0:00 (1)										
19 Bjørnar Hegreberg	B&OI					(13,39min/km)			52:14	(+15:21)
2:16 (8)	8:39 (13)	15:10 (16)	24:34 (19)	30:33 (19)	33:07 (19)	37:22 (19)	45:21 (19)	50:25 (19)	52:14 (19)	
2:16/48	6:23/51	6:31/50	9:24/32	5:59/44	2:34/42	4:15/49	7:59/39	5:04/38	1:49/35	
+0:25 (8)	+1:28 (17)	+3:17 (18)	+3:35 (19)	+1:39 (17)	+1:03 (18)	+1:37 (17)	+3:59 (19)	+1:50 (15)	+0:39 (17)	
52:14 (19)										
+0:00 (1)										
20 Geir Moen	B&OI					(16,64min/km)			1:04:53	(+28:00)
3:08 (15)	10:04 (15)	22:39 (21)	33:09 (20)	42:44 (20)	45:04 (20)	49:18 (20)	58:01 (20)	1:03:05 (20)	1:04:53 (20)	
3:08/48	6:56/51	12:35/50	10:30/32	9:35/44	2:20/42	4:14/49	8:43/39	5:04/38	1:48/35	
+1:17 (15)	+2:01 (20)	+9:21 (21)	+4:41 (20)	+5:15 (21)	+0:49 (16)	+1:36 (16)	+4:43 (21)	+1:50 (15)	+0:38 (16)	
1:04:53 (20)										
+0:00 (1)										
21 Øyvind Bjøkås	B&OI					(17,46min/km)			1:08:05	(+31:12)
4:51 (18)	11:39 (20)	22:28 (20)	36:10 (21)	44:34 (21)	47:39 (21)	52:14 (21)	1:00:28 (21)	1:05:48 (21)	1:08:05 (21)	
4:51/48	6:48/51	10:49/50	13:42/32	8:24/44	3:05/42	4:35/49	8:14/39	5:20/38	2:17/35	
+3:00 (18)	+1:53 (18)	+7:35 (20)	+7:53 (21)	+4:04 (20)	+1:34 (21)	+1:57 (18)	+4:14 (20)	+2:06 (18)	+1:07 (21)	

1:08:05 (21)

+0:00 (1)

Odd Ivar Søvik			B&OI			(5,19min/km)		Brutt	
3:57 (18)	9:54 (15)	20:15 (20)	20:15 (13)	20:15 (1)	20:15 (1)	20:15 (1)	20:15 (1)	20:15 (1)	20:15 (1)
3:57/48	5:57/51	10:21/50							
+2:06 (18)	+1:02 (14)	+7:07 (20)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
20:15 (1)									

+0:00 (1)

Klasse 6km 6,1 km

6 påmeldt, 6 startende

1	Arild Hegreberg		B&OI			(7,43min/km)		45:21		
	1:37 (2)	5:27 (2)	8:04 (1)	13:01 (1)	17:23 (1)	22:53 (1)	28:28 (1)	31:27 (1)	35:33 (1)	41:12 (1)
	1:37/48	3:50/51	2:37/50	4:57/32	4:22/52	5:30/54	5:35/41	2:59/40	4:06/44	5:39/39
	+0:11 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+1:28 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	44:22 (1)	45:21 (1)								
	3:10/38	0:59/35								
	+0:00 (1)	+0:01 (2)								
2	Nils Aamand		B&OI			(7,60min/km)		46:23 (+1:02)		
	1:26 (1)	5:25 (1)	8:19 (2)	13:26 (2)	18:18 (2)	23:54 (2)	28:57 (2)	32:00 (2)	36:12 (2)	42:11 (2)
	1:26/48	3:59/51	2:54/50	5:07/32	4:52/52	5:36/54	5:03/41	3:03/40	4:12/44	5:59/39
	+0:00 (1)	+0:09 (2)	+0:17 (3)	+0:10 (2)	+0:30 (2)	+0:06 (2)	+0:56 (2)	+0:04 (2)	+0:06 (2)	+0:20 (2)
	45:21 (2)	46:23 (2)								
	3:10/38	1:02/35								
	+0:00 (1)	+0:04 (3)								
3	Lars Reitan		B&OI			(8,52min/km)		51:58 (+6:37)		
	1:38 (3)	5:41 (3)	8:31 (3)	13:57 (3)	18:55 (3)	24:54 (3)	33:16 (3)	36:41 (3)	41:08 (3)	47:50 (3)
	1:38/48	4:03/51	2:50/50	5:26/32	4:58/52	5:59/54	8:22/41	3:25/40	4:27/44	6:42/39
	+0:12 (3)	+0:13 (3)	+0:13 (2)	+0:29 (3)	+0:36 (3)	+0:29 (3)	+4:15 (5)	+0:26 (3)	+0:21 (3)	+1:03 (3)
	51:00 (3)	51:58 (3)								
	3:10/38	0:58/35								
	+0:00 (1)	+0:00 (1)								
4	Erlend Fjose		B&OI			(9,93min/km)		1:00:36 (+15:15)		
	2:26 (4)	7:09 (4)	10:35 (4)	16:20 (4)	23:59 (4)	32:37 (4)	36:44 (4)	40:58 (4)	46:21 (4)	55:18 (4)
	2:26/48	4:43/51	3:26/50	5:45/32	7:39/52	8:38/54	4:07/41	4:14/40	5:23/44	8:57/39
	+1:00 (4)	+0:53 (4)	+0:49 (4)	+0:48 (4)	+3:17 (6)	+3:08 (5)	+0:00 (1)	+1:15 (4)	+1:17 (4)	+3:18 (6)
	59:05 (4)	1:00:36 (4)								
	3:47/38	1:31/35								
	+0:37 (4)	+0:33 (5)								
5	Audhild Prytz		B&OI			(11,38min/km)		1:09:25 (+24:04)		
	2:35 (5)	8:29 (5)	14:15 (5)	21:42 (5)	27:48 (5)	37:20 (6)	45:07 (5)	49:31 (5)	55:36 (5)	1:03:59 (5)
	2:35/48	5:54/51	5:46/50	7:27/32	6:06/52	9:32/54	7:47/41	4:24/40	6:05/44	8:23/39
	+1:09 (5)	+2:04 (5)	+3:09 (5)	+2:30 (6)	+1:44 (5)	+4:02 (6)	+3:40 (4)	+1:25 (5)	+1:59 (5)	+2:44 (4)
	1:07:55 (5)	1:09:25 (5)								
	3:56/38	1:30/35								
	+0:46 (5)	+0:32 (4)								
6	Knut Sandland		Forsvaret			(12,25min/km)		1:14:43 (+29:22)		
	2:43 (6)	8:44 (6)	16:26 (6)	22:47 (6)	28:29 (6)	35:24 (5)	47:34 (6)	52:03 (6)	1:00:30 (6)	1:09:00 (6)
	2:43/48	6:01/51	7:42/50	6:21/32	5:42/52	6:55/54	12:10/41	4:29/40	8:27/44	8:30/39
	+1:17 (6)	+2:11 (6)	+5:05 (6)	+1:24 (5)	+1:20 (4)	+1:25 (4)	+8:03 (6)	+1:30 (6)	+4:21 (6)	+2:51 (5)
	1:12:56 (6)	1:14:43 (6)								
	3:56/38	1:47/35								
	+0:46 (5)	+0:49 (6)								

Klasse Nybegynner 1,5 km

7 påmeldt, 7 startende

Anna Bergkvist	Valnesfjord IL
Amund Godal	B&OI
Ask Godal	B&OI
Camilla Hovland	Valnesfjord IL
Jørgen Jakola	B&OI
Heidi Jensen	B&OI
Julie Veigård	Valnesfjord IL