

Resultater fra Saltendilten 2007 15.09.2007

Det var totalt 51 deltagere.

Klasse D13-16 6,0 km

2 påmeldt, 2 startende

1 Mari E Reitan	B&OI				(14,81min/km)			1:28:53	
5:16 (1)	12:00 (1)	20:07 (1)	24:48 (1)	33:18 (1)	45:58 (1)	54:55 (1)	1:02:53 (1)	1:07:14 (1)	1:18:26 (1)
5:16/113	6:44/114	8:07/115	4:41/116	8:30/117	12:40/119	8:57/120	7:58/108	4:21/109	11:12/110
+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)
1:23:24 (1)	1:27:36 (1)	1:28:53 (1)							
4:58/111	4:12/112	1:17/150							
+0:00 (1)	+0:00 (1)	+0:00 (1)							
Ida Hegreberg	B&OI				(11,93min/km)			Brutt	
6:19 (2)	15:10 (2)	1:11:36 (2)	1:11:36 (2)	1:11:36 (2)	1:11:36 (2)	1:11:36 (2)	1:11:36 (2)	1:11:36 (2)	1:11:36 (1)
6:19/113	8:51/114	56:26/150							
+1:03 (2)	+2:07 (2)	+48:19 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
1:11:36 (1)	1:11:36 (1)	1:11:36 (1)							
+0:00 (1)	+0:00 (1)	+0:00 (1)							

Klasse H13-16 6,0 km

8 påmeldt, 8 startende

1 Petter Jakola	B&OI				(8,98min/km)			53:53	
3:57 (1)	8:36 (1)	14:00 (1)	16:36 (1)	20:49 (1)	28:33 (1)	33:13 (1)	38:30 (1)	41:52 (1)	46:22 (1)
3:57/113	4:39/114	5:24/115	2:36/116	4:13/117	7:44/119	4:40/120	5:17/108	3:22/109	4:30/110
+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)
50:04 (1)	52:53 (1)	53:53 (1)							
3:42/111	2:49/112	1:00/150							
+0:07 (2)	+0:11 (2)	+0:09 (2)							
2 Sander Pettersen	B&OI				(11,83min/km)			1:10:58 (+17:05)	
4:57 (5)	10:50 (2)	17:42 (2)	23:24 (2)	32:01 (4)	41:21 (2)	46:20 (2)	52:27 (2)	56:32 (2)	1:02:46 (2)
4:57/113	5:53/114	6:52/115	5:42/116	8:37/117	9:20/119	4:59/120	6:07/108	4:05/109	6:14/110
+1:00 (5)	+1:14 (2)	+1:28 (3)	+3:06 (3)	+4:24 (6)	+1:36 (2)	+0:19 (2)	+0:50 (3)	+0:43 (3)	+1:44 (2)
1:06:32 (2)	1:09:38 (2)	1:10:58 (2)							
3:46/111	3:06/112	1:20/150							
+0:11 (4)	+0:28 (3)	+0:29 (6)							
3 Torbjørn H Olsen	B&OI				(12,04min/km)			1:12:16 (+18:23)	
4:52 (4)	12:47 (5)	19:37 (5)	25:21 (5)	33:57 (5)	43:17 (5)	48:23 (5)	54:20 (3)	58:26 (3)	1:04:51 (3)
4:52/113	7:55/114	6:50/115	5:44/116	8:36/117	9:20/119	5:06/120	5:57/108	4:06/109	6:25/110
+0:55 (4)	+3:16 (7)	+1:26 (2)	+3:08 (4)	+4:23 (5)	+1:36 (2)	+0:26 (4)	+0:40 (2)	+0:44 (4)	+1:55 (4)
1:08:26 (3)	1:11:04 (3)	1:12:16 (3)							
3:35/111	2:38/112	1:12/150							
+0:00 (1)	+0:00 (1)	+0:21 (4)							
4 Håkon Hegreberg	B&OI				(12,44min/km)			1:14:38 (+20:45)	
4:26 (2)	11:32 (4)	19:09 (4)	24:00 (3)	30:06 (2)	41:41 (4)	46:44 (3)	56:30 (5)	1:00:23 (5)	1:06:42 (4)
4:26/113	7:06/114	7:37/115	4:51/116	6:06/117	11:35/119	5:03/120	9:46/108	3:53/109	6:19/110
+0:29 (2)	+2:27 (5)	+2:13 (5)	+2:15 (2)	+1:53 (2)	+3:51 (6)	+0:23 (3)	+4:29 (7)	+0:31 (2)	+1:49 (3)
1:10:28 (4)	1:13:47 (4)	1:14:38 (4)							
3:46/111	3:19/112	0:51/150							
+0:11 (4)	+0:41 (4)	+0:00 (1)							
5 Jakob Kalvig Skogan	B&OI				(12,87min/km)			1:17:12 (+23:19)	
4:35 (3)	11:26 (3)	18:45 (3)	24:42 (4)	30:53 (3)	41:36 (3)	47:51 (4)	54:34 (4)	58:45 (4)	1:08:48 (5)
4:35/113	6:51/114	7:19/115	5:57/116	6:11/117	10:43/119	6:15/120	6:43/108	4:11/109	10:03/110
+0:38 (3)	+2:12 (4)	+1:55 (4)	+3:21 (5)	+1:58 (3)	+2:59 (5)	+1:35 (6)	+1:26 (4)	+0:49 (5)	+5:33 (5)
1:12:32 (5)	1:15:58 (5)	1:17:12 (5)							
3:44/111	3:26/112	1:14/150							
+0:09 (3)	+0:48 (5)	+0:23 (5)							

6	Sigurd Oxaas Wie			Mo O-Klubb		(17,39min/km)		1:44:20	(+50:27)
7:01 (6)	13:33 (6)	31:50 (7)	37:59 (7)	47:34 (7)	57:51 (6)	1:03:26 (6)	1:11:02 (6)	1:19:52 (6)	1:30:56 (6)
7:01/113	6:32/114	18:17/115	6:09/116	9:35/117	10:17/119	5:35/120	7:36/108	8:50/109	11:04/110
+3:04 (6)	+1:53 (3)	+12:53 (7)	+3:33 (6)	+5:22 (7)	+2:33 (4)	+0:55 (5)	+2:19 (5)	+5:28 (7)	+6:34 (6)
1:39:04 (6)	1:43:20 (6)	1:44:20 (6)							
8:08/111	4:16/112	1:00/150							
+4:33 (6)	+1:38 (6)	+0:09 (2)							

7	Erlend Storrø			Mo O-Klubb		(22,10min/km)		2:12:37	(+1:18:44)
7:53 (7)	15:13 (7)	24:00 (6)	30:27 (6)	36:56 (6)	1:12:44 (7)	1:19:07 (7)	1:27:27 (7)	1:31:48 (7)	1:43:47 (7)
7:53/113	7:20/114	8:47/115	6:27/116	6:29/117	35:48/119	6:23/120	8:20/108	4:21/109	11:59/110
+3:56 (7)	+2:41 (6)	+3:23 (6)	+3:51 (7)	+2:16 (4)	+28:04 (7)	+1:43 (7)	+3:03 (6)	+0:59 (6)	+7:29 (7)
1:57:26 (7)	2:11:15 (7)	2:12:37 (7)							
13:39/111	13:49/112	1:22/150							
+10:04 (7)	+11:11 (7)	+0:31 (7)							

	Bendik Storrø Nilsen			B&OI		(0,00min/km)		Brutt	
(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)	(1)	(1)							
+0:00 (1)	+0:00 (1)	+0:00 (1)							

Klasse Trim 12km 12,0 km

8 påmeldt, 8 startende

1	Ole Morten Wie			Mo O-Klubb		(13,19min/km)		2:38:15	
4:50 (1)	11:20 (1)	21:30 (1)	25:38 (1)	29:22 (1)	33:04 (1)	56:07 (1)	58:02 (1)	1:00:20 (1)	1:02:55 (1)
4:50/51	6:30/91	10:10/52	4:08/34	3:44/94	3:42/35	23:03/43	1:55/44	2:18/55	2:35/50
+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)	+0:19 (2)
1:17:36 (1)	1:23:46 (1)	1:29:44 (1)	1:36:37 (1)	2:00:17 (1)	2:05:42 (1)	2:13:52 (1)	2:17:52 (1)	2:26:02 (1)	2:28:15 (1)
14:41/42	6:10/54	5:58/93	6:53/45	23:40/39	5:25/37	8:10/96	4:00/38	8:10/112	2:13/150
+0:00 (1)	+0:10 (2)	+0:00 (1)	+0:00 (1)	+8:33 (4)	+0:00 (1)	+1:44 (3)	+0:00 (1)	+4:28 (4)	+0:00 (1)
2:38:15 (1)									
+8:06 (4)									

2	Bjørnar Hegreberg			B&OI		(15,07min/km)		3:00:52	(+22:37)
6:23 (3)	13:46 (2)	27:24 (2)	32:41 (2)	36:32 (2)	41:11 (2)	1:11:07 (2)	1:14:03 (2)	1:17:28 (2)	1:26:10 (2)
6:23/51	7:23/91	13:38/52	5:17/34	3:51/94	4:39/35	29:56/43	2:56/44	3:25/55	8:42/50
+1:33 (3)	+0:53 (2)	+3:28 (4)	+1:09 (3)	+0:07 (2)	+0:57 (2)	+6:53 (2)	+1:01 (2)	+1:07 (2)	+6:26 (4)
1:42:11 (2)	1:48:11 (2)	1:57:20 (2)	2:05:26 (2)	2:21:33 (2)	2:29:21 (2)	2:35:47 (2)	2:44:06 (2)	2:47:48 (2)	2:55:29 (2)
16:01/42	6:00/54	9:09/93	8:06/45	16:07/97	7:48/39	6:26/37	8:19/96	3:42/38	7:41/112
+1:20 (3)	+0:00 (1)	+3:11 (2)	+1:13 (2)	+1:00 (2)	+2:23 (2)	+0:00 (1)	+4:19 (2)	+0:00 (1)	+5:28 (3)
3:00:52 (2)									
5:23/150									
+3:29 (3)									

3	Gunnar Normann			B&OI		(16,02min/km)		3:12:12	(+33:57)
6:13 (2)	16:23 (3)	29:17 (3)	34:30 (3)	38:56 (3)	46:29 (3)	1:22:04 (3)	1:25:32 (3)	1:31:55 (3)	1:34:11 (3)
6:13/51	10:10/91	12:54/52	5:13/34	4:26/94	7:33/35	35:35/43	3:28/44	6:23/55	2:16/50
+1:23 (2)	+3:40 (3)	+2:44 (3)	+1:05 (2)	+0:42 (4)	+3:51 (3)	+12:32 (3)	+1:33 (3)	+4:05 (4)	+0:00 (1)
1:49:04 (3)	1:55:57 (3)	2:05:23 (3)	2:14:50 (3)	2:29:57 (3)	2:41:55 (3)	2:49:12 (3)	2:58:00 (3)	3:03:05 (3)	3:10:18 (3)
14:53/42	6:53/54	9:26/93	9:27/45	15:07/97	11:58/39	7:17/37	8:48/96	5:05/38	7:13/112
+0:12 (2)	+0:53 (3)	+3:28 (3)	+2:34 (3)	+0:00 (1)	+6:33 (3)	+0:51 (2)	+4:48 (3)	+1:23 (2)	+5:00 (2)
3:12:12 (3)									
1:54/150									
+0:00 (1)									

4	Geir Moen			B&OI		(18,12min/km)		3:37:24	(+59:09)
10:43 (4)	21:29 (4)	33:56 (4)	40:22 (4)	44:44 (4)	52:49 (4)	1:29:51 (4)	1:33:25 (4)	1:37:04 (4)	1:42:26 (4)
10:43/51	10:46/91	12:27/52	6:26/34	4:22/94	8:05/35	37:02/43	3:34/44	3:39/55	5:22/50
+5:53 (4)	+4:16 (4)	+2:17 (2)	+2:18 (4)	+0:38 (3)	+4:23 (4)	+13:59 (4)	+1:39 (4)	+1:21 (3)	+3:06 (3)
2:00:55 (4)	2:09:25 (4)	2:19:10 (4)	2:28:41 (4)	2:45:08 (4)	2:57:46 (4)	3:08:17 (4)	3:19:45 (4)	3:25:14 (4)	3:35:20 (4)
18:29/42	8:30/54	9:45/93	9:31/45	16:27/97	12:38/39	10:31/37	11:28/96	5:29/38	10:06/112

+3:48 (4) +2:30 (4) +3:47 (4) +2:38 (4) +1:20 (3) +7:13 (4) +4:05 (4) +7:28 (4) +1:47 (3) +7:53 (4)
 3:37:24 (4)
 2:04/150
 +0:10 (2)

Torkel Irgens **B&OI** **(12,14min/km)** **Disk**
 7:03 (4) 14:46 (3) 28:44 (3) 33:15 (3) 38:14 (3) 44:35 (3) 1:15:43 (3) 1:20:48 (3) 1:24:29 (3) 1:28:17 (3)
 7:03/51 7:43/91 13:58/52 4:31/34 4:59/94 6:21/35 31:08/43 5:05/44 3:41/55 3:48/50
 +2:13 (4) +1:13 (3) +3:48 (5) +0:23 (2) +1:15 (5) +2:39 (3) +8:05 (3) +3:10 (5) +1:23 (4) +1:32 (3)
 1:49:38 (4) 1:56:56 (4) 2:25:41 (5) 2:25:41 (4) 2:25:41 (3) 2:25:41 (2) 2:25:41 (2) 2:25:41 (2) 2:25:41 (1) 2:25:41 (1)
 21:21/42 7:18/54 28:45/150
 +6:40 (5) +1:18 (4) +22:47 (5) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
 2:25:41 (1)

+0:00 (1)

Turid Aanerød **B&OI** **(19,36min/km)** **Disk (+1:14:04)**
 12:35 (5) 34:59 (5) 49:36 (5) 59:52 (5) 1:04:18 (5) 1:12:27 (5) 1:45:58 (5) 1:49:50 (5) 1:58:40 (5) 2:03:58 (5)
 12:35/51 22:24/91 14:37/52 10:16/34 4:26/94 8:09/35 33:31/43 3:52/44 8:50/55 5:18/50
 +7:45 (5) +15:54 (5) +4:27 (5) +6:08 (5) +0:42 (4) +4:27 (5) +10:28 (3) +1:57 (5) +6:32 (5) +3:02 (3)
 2:22:06 (5) 2:28:37 (5) 2:43:18 (5) 2:55:12 (5) 3:22:27 (5) 3:37:38 (5) 3:50:23 (5) 3:52:19 (5) 3:52:19 (5) 3:52:19 (5)
 18:08/42 6:31/54 14:41/93 11:54/45 27:15/39 15:11/37 12:45/112 1:56/150
 +3:27 (4) +0:31 (3) +8:43 (5) +5:01 (5) +12:08 (5) +9:46 (5) +6:19 (5) +0:00 (1) +0:00 (1) +0:00 (1)
 3:52:19 (5)

+0:00 (1)

Tore Tveraabak **B&OI** **(15,82min/km)** **Brutt (+31:33)**
 8:02 (4) 20:04 (4) 30:48 (4) 40:33 (5) 49:27 (5) 1:00:52 (5) 1:29:15 (4) 1:32:52 (4) 1:45:17 (5) 1:51:42 (5)
 8:02/51 12:02/91 10:44/52 9:45/34 8:54/94 11:25/35 28:23/43 3:37/44 12:25/55 6:25/50
 +3:12 (4) +5:32 (5) +0:34 (2) +5:37 (5) +5:10 (5) +7:43 (5) +5:20 (2) +1:42 (5) +10:07 (5) +4:09 (4)
 2:08:41 (5) 2:14:26 (5) 2:23:35 (5) 2:31:46 (5) 2:45:11 (5) 2:57:50 (5) 3:09:48 (5) 3:09:48 (4) 3:09:48 (4) 3:09:48 (3)
 16:59/42 5:45/54 9:09/93 8:11/45 13:25/97 12:39/39 11:58/150
 +2:18 (4) +0:00 (1) +3:11 (2) +1:18 (3) +0:00 (1) +7:14 (5) +5:32 (5) +0:00 (1) +0:00 (1) +0:00 (1)
 3:09:48 (3)

+0:00 (1)

Ingunn Jakola **B&OI** **(16,97min/km)** **Brutt (+45:24)**
 9:33 (4) 22:32 (5) 36:00 (5) 43:09 (5) 48:08 (5) 53:47 (5) 1:29:22 (4) 1:33:10 (4) 1:45:48 (5) 1:51:24 (5)
 9:33/51 12:59/91 13:28/52 7:09/34 4:59/94 5:39/35 35:35/43 3:48/44 12:38/55 5:36/50
 +4:43 (4) +6:29 (5) +3:18 (4) +3:01 (5) +1:15 (5) +1:57 (3) +12:32 (3) +1:53 (5) +10:20 (5) +3:20 (4)
 2:09:14 (5) 2:15:25 (5) 2:33:00 (5) 3:23:39 (5) 3:23:39 (5) 3:23:39 (5) 3:23:39 (5) 3:23:39 (5) 3:23:39 (4) 3:23:39 (4)
 17:50/42 6:11/54 17:35/93 50:39/150
 +3:09 (4) +0:11 (3) +11:37 (5) +43:46 (5) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
 3:23:39 (4)

+0:00 (1)

Klasse Trim 6km 6,0 km

6 påmeldt, 6 startende

1 Astrid Kobro Fugleneb **B&OI** **(11,82min/km)** **1:10:54**
 6:38 (1) 13:18 (2) 21:03 (2) 24:28 (1) 31:07 (1) 40:15 (1) 46:37 (1) 53:15 (1) 57:01 (1) 1:02:08 (1)
 6:38/113 6:40/114 7:45/115 3:25/116 6:39/117 9:08/119 6:22/120 6:38/108 3:46/109 5:07/110
 +0:00 (1) +0:27 (2) +0:16 (2) +0:00 (1) +0:37 (2) +0:00 (1) +0:54 (2) +0:00 (1) +0:00 (1) +0:00 (1)
 1:06:15 (1) 1:09:23 (1) 1:10:54 (1)
 4:07/111 3:08/112 1:31/150
 +0:00 (1) +0:19 (2) +0:09 (3)

2 Per Dalhaug **B&OI** **(13,21min/km)** **1:19:16 (+8:22)**
 7:03 (3) 13:16 (1) 22:04 (3) 26:24 (2) 32:26 (2) 41:39 (2) 48:18 (2) 55:23 (2) 59:16 (2) 1:10:31 (2)
 7:03/113 6:13/114 8:48/115 4:20/116 6:02/117 9:13/119 6:39/120 7:05/108 3:53/109 11:15/110
 +0:25 (3) +0:00 (1) +1:19 (3) +0:55 (2) +0:00 (1) +0:05 (2) +1:11 (3) +0:27 (2) +0:07 (2) +6:08 (4)
 1:15:05 (2) 1:17:54 (2) 1:19:16 (2)

1:19/150
+0:00 (1)

Klasse H21- 20,0 km

2 påmeldt, 2 startende

1	Nils Aamand	B&OI				(7,96min/km)		2:39:10	
4:08 (1)	10:12 (1)	17:29 (1)	20:40 (1)	23:18 (1)	26:23 (1)	45:51 (1)	47:48 (1)	49:58 (1)	51:14 (1)
4:08/51	6:04/91	7:17/52	3:11/34	2:38/94	3:05/35	19:28/43	1:57/44	2:10/55	1:16/50
+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)
1:02:13 (1)	1:06:33 (1)	1:10:57 (1)	1:16:11 (1)	1:26:49 (1)	1:32:31 (1)	1:36:29 (1)	1:41:46 (1)	1:44:08 (1)	1:49:09 (1)
10:59/42	4:20/54	4:24/93	5:14/45	10:38/97	5:42/39	3:58/37	5:17/96	2:22/38	5:01/112
+0:54 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+2:16 (2)	+0:00 (1)	+0:00 (1)
1:54:57 (1)	1:59:27 (1)	2:04:39 (1)	2:07:09 (1)	2:11:10 (1)	2:16:10 (1)	2:19:55 (1)	2:24:43 (1)	2:28:02 (1)	2:31:51 (1)
5:48/113	4:30/114	5:12/115	2:30/116	4:01/117	5:00/119	3:45/120	4:48/108	3:19/109	3:49/110
+0:35 (2)	+0:00 (1)	+0:08 (2)	+0:00 (1)	+0:00 (1)	+0:29 (2)	+0:00 (1)	+1:40 (2)	+0:00 (1)	+0:00 (1)
2:35:18 (1)	2:37:57 (1)	2:39:10 (1)							
3:27/111	2:39/112	1:13/150							
+1:03 (2)	+1:32 (2)	+0:00 (1)							

2	Gunnar Skjeflo	B&OI				(10,44min/km)		3:28:47 (+49:37)	
4:45 (2)	11:29 (2)	20:21 (2)	23:39 (2)	26:18 (2)	30:31 (2)	50:25 (2)	53:10 (2)	55:53 (2)	58:49 (2)
4:45/51	6:44/91	8:52/52	3:18/34	2:39/94	4:13/35	19:54/43	2:45/44	2:43/55	2:56/50
+0:37 (2)	+0:40 (2)	+1:35 (2)	+0:07 (2)	+0:01 (2)	+1:08 (2)	+0:26 (2)	+0:48 (2)	+0:33 (2)	+1:40 (2)
1:08:54 (2)	1:13:37 (2)	1:20:01 (2)	1:27:58 (2)	1:48:20 (2)	1:55:08 (2)	2:02:21 (2)	2:05:22 (2)	2:11:32 (2)	2:18:16 (2)
10:05/42	4:43/54	6:24/93	7:57/45	20:22/39	6:48/37	7:13/96	3:01/38	6:10/112	6:44/113
+0:00 (1)	+0:23 (2)	+2:00 (2)	+2:43 (2)	+9:44 (2)	+1:06 (2)	+3:15 (2)	+0:00 (1)	+3:48 (2)	+1:43 (2)
2:23:29 (2)	2:30:46 (2)	2:35:50 (2)	2:45:14 (2)	2:54:07 (2)	2:58:38 (2)	3:03:46 (2)	3:06:54 (2)	3:11:01 (2)	3:15:16 (2)
5:13/114	7:17/115	5:04/116	9:24/117	8:53/119	4:31/120	5:08/108	3:08/109	4:07/110	4:15/111
+0:00 (1)	+2:47 (2)	+0:00 (1)	+6:54 (2)	+4:52 (2)	+0:00 (1)	+1:23 (2)	+0:00 (1)	+0:48 (2)	+0:26 (2)
3:17:40 (2)	3:18:47 (2)	3:28:47 (2)							
2:24/112	1:07/150								
+0:00 (1)	+0:00 (1)	+8:47 (2)							

Klasse D35 12,0 km

3 påmeldt, 3 startende 1 premiert

1	Anita Eriksen	B&OI				(16,91min/km)		3:22:53	
6:22 (1)	17:44 (1)	29:23 (1)	34:02 (1)	37:59 (1)	44:43 (1)	1:20:34 (1)	1:24:31 (1)	1:31:34 (1)	1:34:05 (1)
6:22/51	11:22/91	11:39/52	4:39/34	3:57/94	6:44/35	35:51/43	3:57/44	7:03/55	2:31/50
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:32 (2)	+0:00 (1)	+0:14 (2)	+0:19 (2)	+0:00 (1)
1:48:50 (1)	1:54:07 (1)	2:04:41 (1)	2:13:42 (1)	2:39:28 (1)	2:48:16 (1)	3:01:30 (1)	3:10:17 (1)	3:13:53 (1)	3:21:14 (1)
14:45/42	5:17/54	10:34/93	9:01/45	25:46/97	8:48/39	13:14/37	8:47/96	3:36/38	7:21/112
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+1:20 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)
3:22:53 (1)									
1:39/150									
+0:00 (1)									

2	Siv Byberg	B&OI				(22,87min/km)		4:34:29 (+1:11:36)	
8:28 (2)	20:38 (2)	41:58 (2)	50:13 (2)	54:39 (2)	1:00:51 (2)	1:41:04 (2)	1:44:47 (2)	1:51:31 (2)	1:58:13 (2)
8:28/51	12:10/91	21:20/52	8:15/34	4:26/94	6:12/35	40:13/43	3:43/44	6:44/55	6:42/50
+2:06 (2)	+0:48 (2)	+9:41 (2)	+3:36 (2)	+0:29 (2)	+0:00 (1)	+4:22 (2)	+0:00 (1)	+0:00 (1)	+4:11 (2)
2:18:24 (2)	2:26:30 (2)	2:41:41 (2)	3:01:36 (2)	3:41:35 (2)	3:51:39 (2)	4:03:33 (2)	4:13:12 (2)	4:24:29 (2)	4:34:29 (2)
20:11/42	8:06/54	15:11/93	19:55/45	39:59/39	10:04/37	11:54/96	9:39/38	11:17/150	
+5:26 (2)	+2:49 (2)	+4:37 (2)	+10:54 (2)	+14:13 (2)	+1:16 (2)	+0:00 (1)	+0:52 (2)	+7:41 (2)	+2:39 (2)
4:34:29 (2)									
+0:00 (1)									

Mariel Pedersen Eide		IL Siso				(13,54min/km)		Brutt	
11:22 (3)	28:13 (3)	39:47 (2)	46:03 (2)	50:31 (2)	57:21 (2)	1:34:37 (2)	1:38:13 (2)	1:47:02 (2)	1:53:22 (2)
11:22/51	16:51/91	11:34/52	6:16/34	4:28/94	6:50/35	37:16/43	3:36/44	8:49/55	6:20/50
+5:00 (3)	+5:29 (3)	+0:00 (1)	+1:37 (2)	+0:31 (3)	+0:38 (3)	+1:25 (2)	+0:00 (1)	+2:05 (3)	+3:49 (2)
2:11:34 (2)	2:18:52 (2)	2:29:05 (2)	2:42:30 (2)	2:42:30 (2)	2:42:30 (1)	2:42:30 (1)	2:42:30 (1)	2:42:30 (1)	2:42:30 (1)

18:12/42	7:18/54	10:13/93	13:25/45						
+3:27 (2)	+2:01 (2)	+0:00 (1)	+4:24 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
2:42:30 (1)									
+0:00 (1)									

Klasse H35- 20,0 km

5 påmeldt, 5 startende 1 premiert

1	Arild Hegreberg		B&OI		(8,46min/km)		2:49:10		
	4:34 (1)	9:32 (1)	17:01 (1)	20:36 (1)	23:15 (1)	26:10 (1)	46:05 (1)	48:13 (1)	50:13 (1) 52:56 (1)
	4:34/51	4:58/91	7:29/52	3:35/34	2:39/94	2:55/35	19:55/43	2:08/44	2:00/55 2:43/50
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:11 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1) +0:50 (5)
	1:03:51 (1)	1:08:24 (1)	1:12:47 (1)	1:18:39 (1)	1:25:23 (1)	1:30:52 (1)	1:36:05 (1)	1:41:29 (1)	1:43:27 (1) 1:49:01 (1)
	10:55/42	4:33/54	4:23/93	5:52/45	6:44/97	5:29/39	5:13/37	5:24/96	1:58/38 5:34/112
	+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)
	1:53:08 (1)	1:58:05 (1)	2:03:03 (1)	2:05:23 (1)	2:09:59 (1)	2:16:11 (1)	2:20:08 (1)	2:25:41 (1)	2:28:23 (1) 2:32:16 (1)
	4:07/113	4:57/114	4:58/115	2:20/116	4:36/117	6:12/119	3:57/120	5:33/108	2:42/109 3:53/110
	+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) +0:35 (2)
	2:37:58 (1)	2:39:10 (1)	2:49:10 (1)						
	5:42/112	1:12/150							
	+2:50 (3)	+0:00 (1)	+8:43 (4)						
2	Lars Reitan		B&OI		(10,59min/km)		3:31:49		(+42:39)
	4:52 (2)	11:41 (2)	21:07 (2)	24:31 (2)	27:56 (2)	31:52 (2)	56:46 (2)	59:09 (2)	1:01:47 (2) 1:03:40 (2)
	4:52/51	6:49/91	9:26/52	3:24/34	3:25/94	3:56/35	24:54/43	2:23/44	2:38/55 1:53/50
	+0:18 (2)	+1:51 (3)	+1:57 (2)	+0:00 (1)	+0:46 (3)	+1:01 (3)	+4:59 (2)	+0:15 (2)	+0:38 (2) +0:00 (1)
	1:16:18 (2)	1:21:11 (2)	1:27:08 (2)	1:37:19 (2)	1:57:07 (2)	2:03:28 (2)	2:09:01 (2)	2:16:28 (2)	2:19:41 (2) 2:25:41 (2)
	12:38/42	4:53/54	5:57/93	10:11/45	19:48/97	6:21/39	5:33/37	7:27/96	3:13/38 6:00/112
	+1:43 (2)	+0:20 (2)	+1:34 (2)	+4:19 (5)	+13:04 (4)	+0:52 (2)	+0:20 (2)	+2:03 (2)	+1:15 (4) +0:26 (2)
	2:31:43 (2)	2:37:11 (2)	2:45:12 (2)	2:48:34 (2)	2:54:02 (2)	3:02:12 (2)	3:06:44 (2)	3:12:32 (2)	3:17:09 (2) 3:21:44 (2)
	6:02/113	5:28/114	8:01/115	3:22/116	5:28/117	8:10/119	4:32/120	5:48/108	4:37/109 4:35/110
	+1:55 (2)	+0:31 (2)	+3:03 (3)	+1:02 (2)	+0:52 (2)	+1:58 (2)	+0:35 (2)	+0:15 (2)	+1:55 (4) +1:17 (3)
	3:27:43 (2)	3:30:32 (2)	3:31:49 (2)						
	5:59/111	2:49/112	1:17/150						
	+3:07 (4)	+1:37 (3)	+0:00 (1)						
3	Vebjørn Raanes		B&OI		(11,59min/km)		3:51:52		(+1:02:42)
	5:43 (4)	12:16 (3)	22:27 (3)	27:11 (3)	30:50 (3)	35:18 (3)	1:05:14 (3)	1:07:55 (3)	1:11:25 (3) 1:13:31 (3)
	5:43/51	6:33/91	10:11/52	4:44/34	3:39/94	4:28/35	29:56/43	2:41/44	3:30/55 2:06/50
	+1:09 (4)	+1:35 (2)	+2:42 (3)	+1:20 (5)	+1:00 (4)	+1:33 (4)	+10:01 (4)	+0:33 (5)	+1:30 (3) +0:13 (2)
	1:26:32 (3)	1:32:47 (3)	1:40:29 (3)	1:48:22 (3)	1:59:08 (3)	2:08:45 (3)	2:15:19 (3)	2:23:11 (3)	2:25:46 (3) 2:32:57 (3)
	13:01/42	6:15/54	7:42/93	7:53/45	10:46/97	9:37/39	6:34/37	7:52/96	2:35/38 7:11/112
	+2:06 (3)	+1:42 (5)	+3:19 (3)	+2:01 (3)	+4:02 (2)	+4:08 (5)	+1:21 (4)	+2:28 (5)	+0:37 (2) +1:37 (5)
	2:41:21 (3)	2:48:15 (3)	2:55:25 (3)	2:59:03 (3)	3:06:51 (3)	3:15:43 (3)	3:21:45 (3)	3:30:37 (3)	3:35:37 (3) 3:41:24 (3)
	8:24/113	6:54/114	7:10/115	3:38/116	7:48/117	8:52/119	6:02/120	8:52/108	5:00/109 5:47/110
	+4:17 (3)	+1:57 (4)	+2:12 (2)	+1:18 (3)	+3:12 (4)	+2:40 (4)	+2:05 (5)	+3:19 (3)	+2:18 (5) +2:29 (5)
	3:46:07 (3)	3:50:06 (3)	3:51:52 (3)						
	4:43/111	3:59/112	1:46/150						
	+1:51 (2)	+2:47 (5)	+0:29 (3)						
4	Arild Pettersen		Bodø klatreklubb		(12,53min/km)		4:10:35		(+1:21:25)
	5:17 (3)	13:39 (4)	24:45 (4)	29:17 (4)	33:12 (4)	40:25 (5)	1:08:23 (4)	1:10:49 (4)	1:14:33 (4) 1:17:07 (4)
	5:17/51	8:22/91	11:06/52	4:32/34	3:55/94	7:13/35	27:58/43	2:26/44	3:44/55 2:34/50
	+0:43 (3)	+3:24 (4)	+3:37 (5)	+1:08 (4)	+1:16 (5)	+4:18 (5)	+8:03 (3)	+0:18 (3)	+1:44 (5) +0:41 (4)
	1:34:11 (4)	1:40:07 (4)	1:48:38 (4)	1:55:15 (4)	2:15:21 (5)	2:22:10 (4)	2:29:21 (5)	2:37:00 (5)	2:39:41 (5) 2:46:39 (5)
	17:04/42	5:56/54	8:31/93	6:37/45	20:06/97	6:49/39	7:11/37	7:39/96	2:41/38 6:58/112
	+6:09 (5)	+1:23 (4)	+4:08 (4)	+0:45 (2)	+13:22 (5)	+1:20 (3)	+1:58 (5)	+2:15 (4)	+0:43 (3) +1:24 (4)
	2:55:40 (5)	3:02:50 (5)	3:11:10 (5)	3:18:29 (5)	3:24:41 (4)	3:32:53 (4)	3:38:17 (4)	3:49:06 (4)	3:52:52 (4) 3:57:39 (4)
	9:01/113	7:10/114	8:20/115	7:19/116	6:12/117	8:12/119	5:24/120	10:49/108	3:46/109 4:47/110
	+4:54 (4)	+2:13 (5)	+3:22 (5)	+4:59 (5)	+1:36 (3)	+2:00 (3)	+1:27 (3)	+5:16 (5)	+1:04 (2) +1:29 (4)
	4:05:26 (5)	4:08:56 (5)	4:10:35 (4)						
	7:47/111	3:30/112	1:39/150						
	+4:55 (5)	+2:18 (4)	+0:22 (2)						

5	Morten Tjønndal		B&OI		(12,62min/km)	4:12:19 (+1:23:09)				
5:54 (5)	15:53 (5)	26:41 (5)	31:07 (5)	34:24 (5)	38:17 (4)	1:13:16 (5)	1:15:43 (5)	1:19:25 (5)	1:21:31 (5)	
5:54/51	9:59/91	10:48/52	4:26/34	3:17/94	3:53/35	34:59/43	2:27/44	3:42/55	2:06/50	
+1:20 (5)	+5:01 (5)	+3:19 (4)	+1:02 (3)	+0:38 (2)	+0:58 (2)	+15:04 (5)	+0:19 (4)	+1:42 (4)	+0:13 (2)	
1:35:22 (5)	1:40:49 (5)	1:50:49 (5)	1:59:30 (5)	2:14:40 (4)	2:22:31 (5)	2:28:17 (4)	2:35:53 (4)	2:39:24 (4)	2:45:54 (4)	
13:51/42	5:27/54	10:00/93	8:41/45	15:10/97	7:51/39	5:46/37	7:36/96	3:31/38	6:30/112	
+2:56 (4)	+0:54 (3)	+5:37 (5)	+2:49 (4)	+8:26 (3)	+2:22 (4)	+0:33 (3)	+2:12 (3)	+1:33 (5)	+0:56 (3)	
2:54:59 (4)	3:01:33 (4)	3:09:50 (4)	3:16:17 (4)	3:25:06 (5)	3:35:08 (5)	3:40:33 (5)	3:50:35 (5)	3:54:42 (5)	3:58:00 (5)	
9:05/113	6:34/114	8:17/115	6:27/116	8:49/117	10:02/119	5:25/120	10:02/108	4:07/109	3:18/111	
+4:58 (5)	+1:37 (3)	+3:19 (4)	+4:07 (4)	+4:13 (5)	+3:50 (5)	+1:28 (4)	+4:29 (4)	+1:25 (3)	+0:00 (1)	
4:00:52 (4)	4:02:19 (4)	4:12:19 (5)								
2:52/112	1:27/150									
+0:00 (1)	+0:15 (2)	+8:43 (4)								

Klasse D45 12,0 km

3 påmeldt, 3 startende 1 premiert

1	Eli Ringdalen		Mo O-Klubb		(20,65min/km)	4:07:49				
6:43 (1)	21:09 (1)	36:35 (1)	42:09 (1)	1:04:36 (3)	1:13:24 (3)	1:46:45 (3)	1:50:44 (3)	1:55:36 (3)	1:58:52 (2)	
6:43/51	14:26/91	15:26/52	5:34/34	22:27/94	8:48/35	33:21/43	3:59/44	4:52/55	3:16/50	
+0:00 (1)	+4:25 (2)	+1:05 (3)	+0:03 (2)	+18:26 (3)	+3:12 (3)	+0:00 (1)	+0:13 (3)	+0:00 (1)	+0:00 (1)	
2:20:18 (3)	2:27:15 (3)	2:39:46 (2)	2:53:50 (3)	3:15:21 (1)	3:29:21 (2)	3:37:13 (1)	3:51:58 (2)	3:56:55 (2)	4:06:07 (2)	
21:26/42	6:57/54	12:31/93	14:04/45	21:31/97	14:00/39	7:52/37	14:45/96	4:57/38	9:12/112	
+3:19 (3)	+0:00 (1)	+0:00 (1)	+4:34 (3)	+0:00 (1)	+5:23 (3)	+0:00 (1)	+9:00 (3)	+0:00 (1)	+7:10 (3)	
4:07:49 (1)										
1:42/150										
+0:00 (1)										

2	Lisbeth Beyer		Mo O-Klubb		(20,69min/km)	4:08:19 (+0:30)				
14:58 (3)	24:59 (3)	39:20 (3)	44:51 (2)	48:52 (1)	54:28 (1)	1:30:58 (1)	1:34:44 (1)	1:42:55 (1)	1:49:42 (1)	
14:58/51	10:01/91	14:21/52	5:31/34	4:01/94	5:36/35	36:30/43	3:46/44	8:11/55	6:47/50	
+8:15 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+3:09 (2)	+0:00 (1)	+3:19 (2)	+3:31 (2)	
2:07:49 (1)	2:14:55 (1)	2:28:55 (1)	2:38:25 (1)	3:20:20 (2)	3:28:59 (1)	3:41:47 (2)	3:47:32 (1)	3:56:15 (1)	3:58:19 (1)	
18:07/42	7:06/54	14:00/93	9:30/45	41:55/39	8:39/37	12:48/96	5:45/38	8:43/112	2:04/150	
+0:00 (1)	+0:09 (2)	+1:29 (3)	+0:00 (1)	+20:24 (2)	+0:02 (2)	+4:56 (3)	+0:00 (1)	+3:46 (3)	+0:02 (2)	
4:08:19 (2)										
+8:18 (2)										

3	Liv Petersen-Øverleir		Mo O-Klubb		(21,69min/km)	4:20:18 (+12:29)				
8:13 (2)	23:48 (2)	38:51 (2)	52:13 (3)	57:38 (2)	1:04:53 (2)	1:42:41 (2)	1:46:38 (2)	1:54:55 (2)	2:01:45 (3)	
8:13/51	15:35/91	15:03/52	13:22/34	5:25/94	7:15/35	37:48/43	3:57/44	8:17/55	6:50/50	
+1:30 (2)	+5:34 (3)	+0:42 (2)	+7:51 (3)	+1:24 (2)	+1:39 (2)	+4:27 (3)	+0:11 (2)	+3:25 (3)	+3:34 (3)	
2:19:55 (2)	2:27:04 (2)	2:40:09 (3)	2:50:30 (2)	3:32:27 (3)	3:41:04 (3)	3:53:28 (3)	3:59:36 (3)	4:08:16 (3)	4:10:18 (3)	
18:10/42	7:09/54	13:05/93	10:21/45	41:57/39	8:37/37	12:24/96	6:08/38	8:40/112	2:02/150	
+0:03 (2)	+0:12 (3)	+0:34 (2)	+0:51 (2)	+20:26 (3)	+0:00 (1)	+4:32 (2)	+0:23 (2)	+3:43 (2)	+0:00 (1)	
4:20:18 (3)										
+8:18 (2)										

Klasse D55 6,0 km

1 påmeldt, 1 startende 1 premiert

1	Karen Bjørseth		B&OI		(17,51min/km)	1:45:03				
5:46 (1)	13:25 (1)	22:36 (1)	27:51 (1)	36:12 (1)	54:07 (1)	1:02:25 (1)	1:14:19 (1)	1:20:37 (1)	1:31:34 (1)	
5:46/113	7:39/114	9:11/115	5:15/116	8:21/117	17:55/119	8:18/120	11:54/108	6:18/109	10:57/110	
+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)	
1:38:58 (1)	1:43:23 (1)	1:45:03 (1)								
7:24/111	4:25/112	1:40/150								
+0:00 (1)	+0:00 (1)	+0:00 (1)								

Klasse H45 20,0 km

3 påmeldt, 3 startende 1 premiert

1 Ingar Solberg			Oldersskog IL			(11,17min/km)		3:43:22	
5:17 (1)	12:26 (1)	23:15 (1)	27:46 (2)	32:48 (2)	37:11 (2)	1:05:49 (2)	1:08:38 (2)	1:11:27 (2)	1:13:20 (2)
5:17/51	7:09/91	10:49/52	4:31/34	5:02/94	4:23/35	28:38/43	2:49/44	2:49/55	1:53/50
+0:00 (1)	+0:00 (1)	+1:06 (2)	+0:38 (2)	+0:57 (3)	+0:02 (2)	+2:27 (2)	+0:12 (2)	+0:00 (1)	+0:00 (1)
1:27:47 (1)	1:33:24 (1)	1:39:57 (1)	1:46:00 (1)	1:54:46 (1)	2:01:35 (1)	2:08:02 (1)	2:16:24 (1)	2:19:11 (1)	2:26:20 (1)
14:27/42	5:37/54	6:33/93	6:03/45	8:46/97	6:49/39	6:27/37	8:22/96	2:47/38	7:09/112
+1:45 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:21 (2)
2:32:46 (1)	2:39:11 (1)	2:46:41 (1)	2:50:36 (1)	2:57:27 (1)	3:06:05 (1)	3:12:33 (1)	3:21:18 (1)	3:25:47 (1)	3:31:47 (1)
6:26/113	6:25/114	7:30/115	3:55/116	6:51/117	8:38/119	6:28/120	8:45/108	4:29/109	6:00/110
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:12 (2)	+0:33 (2)	+0:00 (1)	+1:05 (2)	+0:56 (3)	+0:29 (2)	+0:00 (1)
3:37:43 (1)	3:41:33 (1)	3:43:22 (1)							
5:56/111	3:50/112	1:49/150							
+0:08 (2)	+0:21 (2)	+0:10 (2)							

2 Ivar Aanerød			B&OI			(12,14min/km)		4:02:48 (+19:26)	
5:48 (2)	13:58 (3)	25:43 (3)	30:54 (3)	35:50 (3)	40:51 (3)	1:09:45 (3)	1:13:01 (3)	1:16:13 (3)	1:19:29 (3)
5:48/51	8:10/91	11:45/52	5:11/34	4:56/94	5:01/35	28:54/43	3:16/44	3:12/55	3:16/50
+0:31 (2)	+1:01 (3)	+2:02 (3)	+1:18 (3)	+0:51 (2)	+0:40 (3)	+2:43 (3)	+0:39 (3)	+0:23 (3)	+1:23 (3)
1:32:11 (2)	1:38:10 (2)	1:48:18 (2)	1:56:23 (2)	2:05:51 (2)	2:16:16 (2)	2:25:01 (2)	2:34:30 (2)	2:38:22 (2)	2:45:10 (2)
12:42/42	5:59/54	10:08/93	8:05/45	9:28/97	10:25/39	8:45/37	9:29/96	3:52/38	6:48/112
+0:00 (1)	+0:22 (3)	+3:35 (3)	+2:02 (2)	+0:42 (2)	+3:36 (3)	+2:18 (3)	+1:07 (2)	+1:05 (3)	+0:00 (1)
2:52:59 (2)	3:00:17 (2)	3:08:07 (2)	3:11:50 (2)	3:18:08 (2)	3:27:56 (2)	3:33:19 (2)	3:41:08 (2)	3:45:08 (2)	3:51:52 (2)
7:49/113	7:18/114	7:50/115	3:43/116	6:18/117	9:48/119	5:23/120	7:49/108	4:00/109	6:44/110
+1:23 (2)	+0:53 (3)	+0:20 (2)	+0:00 (1)	+0:00 (1)	+1:10 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:44 (3)
3:57:40 (2)	4:01:09 (2)	4:02:48 (2)							
5:48/111	3:29/112	1:39/150							
+0:00 (1)	+0:00 (1)	+0:00 (1)							

3 Jan Kåre Vatne			Mo O-Klubb			(12,99min/km)		4:19:45 (+36:23)	
6:16 (3)	13:38 (2)	23:21 (2)	27:14 (1)	31:19 (1)	35:40 (1)	1:01:51 (1)	1:04:28 (1)	1:07:24 (1)	1:09:20 (1)
6:16/51	7:22/91	9:43/52	3:53/34	4:05/94	4:21/35	26:11/43	2:37/44	2:56/55	1:56/50
+0:59 (3)	+0:13 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:07 (2)	+0:03 (2)
1:35:29 (3)	1:41:23 (3)	1:51:04 (3)	1:59:59 (3)	2:11:18 (3)	2:19:35 (3)	2:26:21 (3)	2:36:31 (3)	2:39:34 (3)	2:46:47 (3)
26:09/42	5:54/54	9:41/93	8:55/45	11:19/97	8:17/39	6:46/37	10:10/96	3:03/38	7:13/112
+13:27 (3)	+0:17 (2)	+3:08 (2)	+2:52 (3)	+2:33 (3)	+1:28 (2)	+0:19 (2)	+1:48 (3)	+0:16 (2)	+0:25 (3)
2:56:01 (3)	3:02:36 (3)	3:13:33 (3)	3:21:29 (3)	3:29:19 (3)	3:38:16 (3)	3:44:48 (3)	3:52:50 (3)	4:01:18 (3)	4:07:59 (3)
9:14/113	6:35/114	10:57/115	7:56/116	7:50/117	8:57/119	6:32/120	8:02/108	8:28/109	6:41/110
+2:48 (3)	+0:10 (2)	+3:27 (3)	+4:13 (3)	+1:32 (3)	+0:19 (2)	+1:09 (3)	+0:13 (2)	+4:28 (3)	+0:41 (2)
4:13:56 (3)	4:17:53 (3)	4:19:45 (3)							
5:57/111	3:57/112	1:52/150							
+0:09 (3)	+0:28 (3)	+0:13 (3)							

Klasse H55 12,0 km

5 påmeldt, 5 startende 1 premiert

1 Per Rekkedal			B&OI			(12,86min/km)		2:34:21	
4:49 (1)	10:44 (1)	19:26 (1)	23:36 (1)	27:06 (1)	31:22 (1)	57:29 (1)	1:00:20 (1)	1:03:39 (1)	1:06:20 (1)
4:49/51	5:55/91	8:42/52	4:10/34	3:30/94	4:16/35	26:07/43	2:51/44	3:19/55	2:41/50
+0:00 (1)	+0:00 (1)	+0:34 (2)	+0:08 (3)	+0:22 (3)	+0:01 (2)	+0:00 (1)	+0:27 (3)	+0:30 (3)	+0:48 (3)
1:19:01 (1)	1:24:18 (1)	1:34:40 (1)	1:49:44 (1)	2:03:35 (1)	2:11:11 (1)	2:16:46 (1)	2:23:43 (1)	2:27:18 (1)	2:33:13 (1)
12:41/42	5:17/54	10:22/93	15:04/45	13:51/97	7:36/39	5:35/37	6:57/96	3:35/38	5:55/112
+11:20 (2)	+0:00 (1)	+4:12 (4)	+9:04 (5)	+7:19 (4)	+0:44 (3)	+0:00 (1)	+2:38 (4)	+0:00 (1)	+4:02 (4)
2:34:21 (1)	2:34:21 (1)								
1:08/150									
+0:00 (1)	+0:00 (1)								

2 Leif Magne Eggestad			B&OI			(13,09min/km)		2:37:04 (+2:43)	
5:09 (2)	13:00 (2)	21:08 (2)	25:10 (2)	28:18 (2)	32:50 (2)	59:53 (2)	1:02:29 (2)	1:05:44 (2)	1:07:37 (2)
5:09/51	7:51/91	8:08/52	4:02/34	3:08/94	4:32/35	27:03/43	2:36/44	3:15/55	1:53/50
+0:20 (2)	+1:56 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:17 (3)	+0:56 (2)	+0:12 (2)	+0:26 (2)	+0:00 (1)
1:22:00 (2)	1:28:04 (2)	1:36:48 (2)	1:51:50 (2)	2:05:51 (3)	2:13:16 (3)	2:18:53 (2)	2:25:49 (2)	2:29:31 (2)	2:35:36 (2)

14:23/42	6:04/54	8:44/93	15:02/45	14:01/97	7:25/39	5:37/37	6:56/96	3:42/38	6:05/112
+13:02 (3)	+0:47 (3)	+2:34 (3)	+9:02 (4)	+7:29 (5)	+0:33 (2)	+0:02 (2)	+2:37 (3)	+0:07 (2)	+4:12 (5)
2:37:04 (2)	2:37:04 (2)								
1:28/150									
+0:20 (2)	+0:00 (1)								

3 Erling Pedersen IL Siso (14,35min/km) **2:52:12 (+17:51)**

10:32 (5)	19:42 (4)	30:05 (4)	35:06 (4)	38:23 (4)	43:28 (4)	1:10:45 (3)	1:14:54 (3)	1:22:14 (4)	1:29:02 (4)
10:32/51	9:10/91	10:23/52	5:01/34	3:17/94	5:05/35	27:17/43	4:09/44	7:20/50	6:48/55
+5:43 (5)	+3:15 (3)	+2:15 (3)	+0:59 (5)	+0:09 (2)	+0:50 (4)	+1:10 (3)	+1:45 (5)	+4:31 (5)	+4:55 (5)
1:30:23 (3)	1:46:29 (4)	1:52:39 (4)	2:00:38 (4)	2:07:10 (4)	2:19:54 (4)	2:27:21 (4)	2:33:13 (3)	2:41:31 (3)	2:44:24 (3)
1:21/50	16:06/42	6:10/54	7:59/93	6:32/45	12:44/97	7:27/39	5:52/37	8:18/96	2:53/38
+0:00 (1)	+10:49 (5)	+0:00 (1)	+1:59 (2)	+0:00 (1)	+5:52 (4)	+1:52 (3)	+1:33 (2)	+4:43 (4)	+1:00 (3)
2:50:42 (3)	2:52:12 (3)								
6:18/112	1:30/150								
+5:10 (3)	+0:00 (1)								

4 Kjetil Jordbru Valnesfjord IL (14,67min/km) **2:56:02 (+21:41)**

8:16 (4)	18:19 (3)	29:17 (3)	33:21 (3)	37:25 (3)	41:40 (3)	1:16:18 (4)	1:18:42 (4)	1:21:31 (3)	1:23:24 (3)
8:16/51	10:03/91	10:58/52	4:04/34	4:04/94	4:15/35	34:38/43	2:24/44	2:49/55	1:53/50
+3:27 (4)	+4:08 (4)	+2:50 (4)	+0:02 (2)	+0:56 (4)	+0:00 (1)	+8:31 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)
1:37:50 (4)	1:43:27 (3)	1:50:03 (3)	1:56:03 (3)	2:04:51 (2)	2:11:43 (2)	2:21:10 (3)	2:34:28 (4)	2:44:07 (4)	2:46:02 (4)
14:26/42	5:37/54	6:36/93	6:00/45	8:48/97	6:52/39	9:27/37	13:18/38	9:39/112	1:55/150
+13:05 (4)	+0:20 (2)	+0:26 (2)	+0:00 (1)	+2:16 (2)	+0:00 (1)	+3:52 (4)	+8:59 (5)	+6:04 (5)	+0:02 (2)
2:56:02 (4)	2:56:02 (4)								
+8:52 (4)	+0:00 (1)								

5 Åge Mohus B&OI (17,13min/km) **3:25:35 (+51:14)**

8:10 (3)	21:30 (5)	33:52 (5)	38:46 (5)	43:24 (5)	48:39 (5)	1:27:40 (5)	1:30:34 (5)	1:34:39 (5)	1:37:27 (5)
8:10/51	13:20/91	12:22/52	4:54/34	4:38/94	5:15/35	39:01/43	2:54/44	4:05/55	2:48/50
+3:21 (3)	+7:25 (5)	+4:14 (5)	+0:52 (4)	+1:30 (5)	+1:00 (5)	+12:54 (5)	+0:30 (4)	+1:16 (4)	+0:55 (4)
1:53:41 (5)	2:00:04 (5)	2:14:39 (5)	2:24:06 (5)	2:35:31 (5)	2:48:45 (5)	3:01:17 (5)	3:05:36 (5)	3:13:42 (5)	3:15:35 (5)
16:14/42	6:23/54	14:35/93	9:27/45	11:25/97	13:14/39	12:32/96	4:19/38	8:06/112	1:53/150
+14:53 (5)	+1:06 (4)	+8:25 (5)	+3:27 (3)	+4:53 (3)	+6:22 (5)	+6:57 (5)	+0:00 (1)	+4:31 (3)	+0:00 (1)
3:25:35 (5)	3:25:35 (5)								
+8:52 (4)	+0:00 (1)								

Klasse H65 6,0 km

1 påmeldt, 1 startende 1 premiert

1 Carl B Bjørseth B&OI (11,25min/km) **1:07:29**

4:00 (1)	10:07 (1)	17:12 (1)	21:35 (1)	28:21 (1)	36:37 (1)	41:52 (1)	48:36 (1)	52:14 (1)	57:23 (1)
4:00/113	6:07/114	7:05/115	4:23/116	6:46/117	8:16/119	5:15/120	6:44/108	3:38/109	5:09/110
+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)
1:02:53 (1)	1:05:57 (1)	1:07:29 (1)							
5:30/111	3:04/112	1:32/150							
+0:00 (1)	+0:00 (1)	+0:00 (1)							