

Resultater fra Sommerløp 4 Nordvika 31.07.2007

Det var totalt 24 deltagere.

Klasse 3km 2,8 km

7 påmeldt, 7 startende

1	Arne Kristian Nordhei		B&OI		(8,41min/km)		23:28	
	4:12 (1)	11:35 (1)	14:40 (1)	16:48 (1)	19:25 (1)	22:04 (1)	23:28 (1)	
	4:12/176	7:23/51	3:05/33	2:08/32	2:37/47	2:39/49	1:24/50	
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:50 (5)	
2	Morten Selnes		B&OI		(9,26min/km)		25:50	(+2:22)
	4:34 (2)	11:59 (2)	15:16 (2)	18:06 (2)	21:55 (2)	25:15 (2)	25:50 (2)	
	4:34/176	7:25/51	3:17/33	2:50/32	3:49/47	3:20/49	0:35/50	
	+0:22 (2)	+0:02 (2)	+0:12 (2)	+0:42 (4)	+1:12 (4)	+0:41 (2)	+0:01 (2)	
3	Øyvind Bjørkås		B&OI		(9,92min/km)		27:41	(+4:13)
	5:34 (3)	14:01 (3)	17:20 (3)	20:02 (3)	23:25 (3)	27:07 (3)	27:41 (3)	
	5:34/176	8:27/51	3:19/33	2:42/32	3:23/47	3:42/49	0:34/50	
	+1:22 (3)	+1:04 (3)	+0:14 (3)	+0:34 (3)	+0:46 (2)	+1:03 (4)	+0:00 (1)	
4	Jan Øverås		B&OI		(10,35min/km)		28:53	(+5:25)
	6:01 (4)	15:02 (4)	18:47 (4)	21:28 (4)	25:02 (4)	28:53 (4)	28:53 (4)	
	6:01/176	9:01/51	3:45/33	2:41/32	3:34/47	3:51/49		
	+1:49 (4)	+1:38 (4)	+0:40 (4)	+0:33 (2)	+0:57 (3)	+1:12 (5)	+0:00 (1)	
5	Katrine Kalvig		Valnesfjord IL		(11,64min/km)		32:28	(+9:00)
	7:13 (6)	16:51 (5)	20:59 (5)	24:09 (5)	28:07 (5)	31:43 (5)	32:28 (5)	
	7:13/176	9:38/51	4:08/33	3:10/32	3:58/47	3:36/49	0:45/50	
	+3:01 (6)	+2:15 (5)	+1:03 (5)	+1:02 (5)	+1:21 (5)	+0:57 (3)	+0:11 (3)	
6	Hilma Øverås		B&OI		(13,15min/km)		36:42	(+13:14)
	6:34 (5)	17:14 (6)	21:51 (6)	27:46 (6)	32:02 (6)	35:56 (6)	36:42 (6)	
	6:34/176	10:40/51	4:37/33	5:55/32	4:16/47	3:54/49	0:46/50	
	+2:22 (5)	+3:17 (6)	+1:32 (6)	+3:47 (7)	+1:39 (6)	+1:15 (6)	+0:12 (4)	
7	Arnold Danielsen		B&OI		(19,04min/km)		53:08	(+29:40)
	11:14 (7)	27:50 (7)	35:01 (7)	39:35 (7)	45:17 (7)	51:03 (7)	53:08 (7)	
	11:14/176	16:36/51	7:11/33	4:34/32	5:42/47	5:46/49	2:05/50	
	+7:02 (7)	+9:13 (7)	+4:06 (7)	+2:26 (6)	+3:05 (7)	+3:07 (7)	+1:31 (6)	

Klasse 4km 4,6 km

17 påmeldt, 17 startende

1	Lars Reitan		B&OI		(7,19min/km)		33:18			
	3:22 (1)	8:45 (1)	11:00 (1)	19:50 (1)	22:08 (2)	25:25 (1)	28:37 (1)	30:46 (1)	32:49 (1)	33:18 (1)
	3:22/176	5:23/51	2:15/33	8:50/39	2:18/35	3:17/37	3:12/32	2:09/47	2:03/49	0:29/50
	+0:00 (1)	+0:00 (1)	+0:02 (2)	+0:44 (6)	+0:38 (9)	+0:02 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:03 (2)
2	Per Rekkedal		B&OI		(7,63min/km)		35:19		(+2:01)	
	3:29 (2)	9:23 (2)	11:36 (2)	20:02 (2)	21:58 (1)	25:52 (2)	29:51 (2)	32:17 (2)	34:49 (2)	35:19 (2)
	3:29/176	5:54/51	2:13/33	8:26/39	1:56/35	3:54/37	3:59/32	2:26/47	2:32/49	0:30/50
	+0:07 (2)	+0:31 (2)	+0:00 (1)	+0:20 (4)	+0:16 (3)	+0:39 (6)	+0:47 (3)	+0:17 (3)	+0:29 (4)	+0:04 (4)
3	Lars Petter Rekkedal		B&OI		(8,09min/km)		37:28		(+4:10)	
	3:41 (3)	10:45 (4)	13:17 (4)	21:23 (3)	23:03 (3)	26:36 (3)	31:42 (3)	33:54 (3)	36:15 (3)	37:28 (3)
	3:41/176	7:04/51	2:32/33	8:06/39	1:40/35	3:33/37	5:06/32	2:12/47	2:21/49	1:13/50
	+0:19 (3)	+1:41 (5)	+0:19 (4)	+0:00 (1)	+0:00 (1)	+0:18 (4)	+1:54 (10)	+0:03 (2)	+0:18 (3)	+0:47 (13)
4	Petter Jakola		B&OI		(8,35min/km)		38:40		(+5:22)	
	3:51 (4)	12:55 (11)	15:33 (8)	23:44 (6)	25:34 (5)	29:14 (5)	32:47 (4)	35:13 (4)	38:11 (4)	38:40 (4)
	3:51/176	9:04/51	2:38/33	8:11/39	1:50/35	3:40/37	3:33/32	2:26/47	2:58/49	0:29/50
	+0:29 (4)	+3:41 (15)	+0:25 (5)	+0:05 (3)	+0:10 (2)	+0:25 (5)	+0:21 (2)	+0:17 (3)	+0:55 (7)	+0:03 (2)
5	Anders Kure		B&OI		(8,78min/km)		40:39		(+7:21)	
	6:11 (14)	12:54 (10)	15:38 (9)	23:45 (7)	25:54 (6)	29:09 (4)	33:43 (5)	36:31 (5)	38:50 (5)	40:39 (5)
	6:11/176	6:43/51	2:44/33	8:07/39	2:09/35	3:15/37	4:34/32	2:48/47	2:19/49	1:49/50
	+2:49 (14)	+1:20 (4)	+0:31 (6)	+0:01 (2)	+0:29 (7)	+0:00 (1)	+1:22 (6)	+0:39 (6)	+0:16 (2)	+1:23 (15)
6	Jens Viggo Limstrand		B&OI		(8,85min/km)		40:59		(+7:41)	
	4:40 (8)	12:01 (6)	14:48 (6)	23:22 (5)	25:28 (4)	29:40 (6)	34:23 (6)	37:19 (6)	40:24 (6)	40:59 (6)

4:40/176	7:21/51	2:47/33	8:34/39	2:06/35	4:12/37	4:43/32	2:56/47	3:05/49	0:35/50
+1:18 (8)	+1:58 (7)	+0:34 (7)	+0:28 (5)	+0:26 (6)	+0:57 (9)	+1:31 (7)	+0:47 (9)	+1:02 (10)	+0:09 (7)
7	Gunnar Rabben		Valnesfjord IL			(9,22min/km)		42:40	(+9:22)
4:28 (7)	10:37 (3)	12:57 (3)	22:27 (4)	27:09 (7)	31:19 (7)	35:29 (7)	37:56 (7)	40:54 (7)	42:40 (7)
4:28/176	6:09/51	2:20/33	9:30/39	4:42/35	4:10/37	4:10/32	2:27/47	2:58/49	1:46/50
+1:06 (7)	+0:46 (3)	+0:07 (3)	+1:24 (7)	+3:02 (16)	+0:55 (8)	+0:58 (5)	+0:18 (5)	+0:55 (7)	+1:20 (14)
8	Jan F Prytz		B&OI			(9,31min/km)		43:06	(+9:48)
4:07 (5)	11:21 (5)	14:10 (5)	25:22 (8)	27:44 (8)	31:53 (8)	35:52 (8)	38:51 (8)	42:26 (8)	43:06 (8)
4:07/176	7:14/51	2:49/33	11:12/39	2:22/35	4:09/37	3:59/32	2:59/47	3:35/49	0:40/50
+0:45 (5)	+1:51 (6)	+0:36 (8)	+3:06 (10)	+0:42 (11)	+0:54 (7)	+0:47 (3)	+0:50 (10)	+1:32 (13)	+0:14 (10)
9	Marit W Kure		B&OI			(9,71min/km)		44:58	(+11:40)
4:22 (6)	12:53 (9)	15:59 (10)	26:52 (9)	28:48 (9)	32:17 (9)	38:44 (9)	41:35 (9)	44:22 (9)	44:58 (9)
4:22/176	8:31/51	3:06/33	10:53/39	1:56/35	3:29/37	6:27/32	2:51/47	2:47/49	0:36/50
+1:00 (6)	+3:08 (13)	+0:53 (11)	+2:47 (9)	+0:16 (3)	+0:14 (3)	+3:15 (16)	+0:42 (7)	+0:44 (5)	+0:10 (8)
10	Unni Rekkedal		B&OI			(10,74min/km)		49:43	(+16:25)
4:55 (10)	12:33 (8)	15:23 (7)	31:18 (14)	33:28 (13)	38:03 (12)	43:00 (12)	45:55 (10)	48:51 (10)	49:43 (10)
4:55/176	7:38/51	2:50/33	15:55/39	2:10/35	4:35/37	4:57/32	2:55/47	2:56/49	0:52/50
+1:33 (10)	+2:15 (9)	+0:37 (9)	+7:49 (15)	+0:30 (8)	+1:20 (12)	+1:45 (8)	+0:46 (8)	+0:53 (6)	+0:26 (12)
11	Ida Hegreberg		B&OI			(10,77min/km)		49:51	(+16:33)
5:44 (13)	14:03 (14)	17:12 (14)	29:39 (11)	32:46 (11)	37:37 (11)	42:46 (11)	46:09 (11)	49:17 (11)	49:51 (11)
5:44/176	8:19/51	3:09/33	12:27/39	3:07/35	4:51/37	5:09/32	3:23/47	3:08/49	0:34/50
+2:22 (13)	+2:56 (12)	+0:56 (12)	+4:21 (13)	+1:27 (13)	+1:36 (13)	+1:57 (11)	+1:14 (14)	+1:05 (12)	+0:08 (6)
12	Carl B Bjørseth		B&OI			(10,93min/km)		50:36	(+17:18)
4:42 (9)	12:03 (7)	17:08 (13)	28:23 (10)	30:43 (10)	35:04 (10)	40:09 (10)	47:02 (12)	50:00 (12)	50:36 (12)
4:42/176	7:21/51	5:05/33	11:15/39	2:20/35	4:21/37	5:05/32	6:53/47	2:58/49	0:36/50
+1:20 (9)	+1:58 (7)	+2:52 (16)	+3:09 (11)	+0:40 (10)	+1:06 (11)	+1:53 (9)	+4:44 (16)	+0:55 (7)	+0:10 (8)
13	Håkon Hegreberg		B&OI			(11,16min/km)		51:39	(+18:21)
6:41 (16)	15:23 (15)	19:00 (15)	30:23 (12)	33:25 (12)	38:35 (13)	44:17 (13)	47:23 (13)	51:13 (13)	51:39 (13)
6:41/176	8:42/51	3:37/33	11:23/39	3:02/35	5:10/37	5:42/32	3:06/47	3:50/49	0:26/50
+3:19 (16)	+3:19 (14)	+1:24 (14)	+3:17 (12)	+1:22 (12)	+1:55 (14)	+2:30 (12)	+0:57 (11)	+1:47 (14)	+0:00 (1)
14	Geir Moen		B&OI			(12,44min/km)		57:37	(+24:19)
5:14 (11)	13:23 (12)	17:01 (12)	31:16 (13)	35:11 (14)	41:14 (14)	47:40 (14)	51:38 (14)	56:55 (14)	57:37 (14)
5:14/176	8:09/51	3:38/33	14:15/39	3:55/35	6:03/37	6:26/32	3:58/47	5:17/49	0:42/50
+1:52 (11)	+2:46 (10)	+1:25 (15)	+6:09 (14)	+2:15 (14)	+2:48 (16)	+3:14 (15)	+1:49 (15)	+3:14 (15)	+0:16 (11)
15	Odd Søvik		B&OI			(12,97min/km)		1:00:03	(+26:45)
5:29 (12)	13:44 (13)	16:41 (11)	40:06 (16)	42:04 (16)	47:20 (16)	53:04 (16)	56:24 (16)	59:31 (15)	1:00:03 (15)
5:29/176	8:15/51	2:57/33	23:25/39	1:58/35	5:16/37	5:44/32	3:20/47	3:07/49	0:32/50
+2:07 (12)	+2:52 (11)	+0:44 (10)	+15:19 (16)	+0:18 (5)	+2:01 (15)	+2:32 (13)	+1:11 (13)	+1:04 (11)	+0:06 (5)
16	Anita Eriksen		B&OI			(13,47min/km)		1:02:21	(+29:03)
6:28 (15)	24:05 (16)	27:36 (16)	37:23 (15)	41:39 (15)	45:59 (15)	52:11 (15)	55:17 (15)	1:02:21 (16)	1:02:21 (16)
6:28/176	17:37/51	3:31/33	9:47/39	4:16/35	4:20/37	6:12/32	3:06/47	7:04/49	
+3:06 (15)	+12:14 (16)	+1:18 (13)	+1:41 (8)	+2:36 (15)	+1:05 (10)	+3:00 (14)	+0:57 (11)	+5:01 (16)	+0:00 (1)
	Ingunn Limstrand		B&OI			(13,72min/km)		Disk	(+30:14)
5:15 (12)	13:14 (12)	16:28 (11)	44:41 (17)	49:04 (17)	54:43 (17)	57:32 (17)	1:02:53 (17)	1:03:32 (17)	1:03:32 (17)
5:15/176	7:59/51	3:14/33	28:13/35	4:23/37	5:39/32	2:49/47	5:21/49	0:39/50	
+1:53 (12)	+2:36 (10)	+1:01 (13)	+20:07 (17)	+2:43 (16)	+2:24 (16)	+0:00 (1)	+3:12 (16)	+0:00 (1)	+0:00 (1)