

Resultater fra Saltenkarusell 10, Naurstad 31.08.2010

Det var totalt 58 startende.

Klasse Nybegynner 1,3 km

8 påmeldt, 8 startende 8 premiert

Marius Ekrem Finstad	Bodø og Omegn IF	(15,55min/km)	20:13
0:44 (1) 2:54 (1) 4:03 (1)	7:41 (1) 9:53 (1) 16:14 (1)	17:56 (1) 20:13 (2)	
0:44/116 2:10/118 1:09/102	3:38/32 2:12/33 6:21/39	1:42/119 2:17/110	
+0:00 (1) +0:00 (1) +0:00 (1)	+0:11 (3) +0:00 (1) +1:48 (6)	+0:00 (1) +0:25 (4)	

Lene Johnsen Ikdahl	Bodø og Omegn IF	(22,73min/km)	29:33
1:43 (6) 5:36 (6) 8:53 (6)	14:39 (6) 17:51 (5) 22:24 (4)	25:29 (4) 29:33 (4)	
1:43/116 3:53/118 3:17/102	5:46/32 3:12/33 4:33/39	3:05/119 4:04/110	
+0:59 (6) +1:43 (6) +2:08 (8)	+2:19 (5) +1:00 (5) +0:00 (1)	+1:23 (6) +2:12 (7)	

Kathrine Krane	Tverlandet IL	(35,21min/km)	45:46
1:45 (7) 6:51 (7) 9:57 (8)	19:15 (8) 24:11 (8) 35:58 (8)	40:42 (8) 45:46 (8)	
1:45/116 5:06/118 3:06/102	9:18/32 4:56/33 11:47/39	4:44/119 5:04/110	
+1:01 (7) +2:56 (7) +1:57 (7)	+5:51 (8) +2:44 (7) +7:14 (7)	+3:02 (8) +3:12 (8)	

Simon Krane	Bodø og Omegn IF	(27,40min/km)	35:37
1:37 (5) 5:29 (5) 7:20 (5)	14:19 (5) 17:30 (4) 31:08 (7)	33:36 (7) 35:37 (7)	
1:37/116 3:52/118 1:51/102	6:59/32 3:11/33 13:38/39	2:28/119 2:01/110	
+0:53 (5) +1:42 (5) +0:42 (4)	+3:32 (7) +0:59 (4) +9:05 (8)	+0:46 (5) +0:09 (2)	

Martine Paulsen Limstrand	Bodø og Omegn IF	(24,27min/km)	31:33
2:07 (8) 7:28 (8) 9:45 (7)	15:48 (7) 20:24 (6) 25:11 (5)	27:38 (5) 31:33 (5)	
2:07/116 5:21/118 2:17/102	6:03/32 4:36/33 4:47/39	2:27/119 3:55/110	
+1:23 (8) +3:11 (8) +1:08 (6)	+2:36 (6) +2:24 (6) +0:14 (2)	+0:45 (4) +2:03 (6)	

Jens Pedersen	Bodø og Omegn IF	(25,37min/km)	32:59
1:05 (4) 3:33 (4) 5:37 (4)	9:44 (4) 21:53 (7) 26:57 (6)	30:52 (6) 32:59 (6)	
1:05/116 2:28/118 2:04/102	4:07/32 12:09/33 5:04/39	3:55/119 2:07/110	
+0:21 (4) +0:18 (4) +0:55 (5)	+0:40 (4) +9:57 (8) +0:31 (3)	+2:13 (7) +0:15 (3)	

Håvard Solbakken	Bodø og Omegn IF	(15,51min/km)	20:10
0:56 (3) 3:18 (3) 4:27 (3)	7:54 (3) 10:16 (3) 16:32 (3)	18:18 (3) 20:10 (1)	
0:56/116 2:22/118 1:09/102	3:27/32 2:22/33 6:16/39	1:46/119 1:52/110	
+0:12 (3) +0:12 (3) +0:00 (1)	+0:00 (1) +0:10 (3) +1:43 (4)	+0:04 (3) +0:00 (1)	

Eivind Lindahl Valle	Bodø og Omegn IF	(16,45min/km)	21:23
0:55 (2) 3:08 (2) 4:21 (2)	7:50 (2) 10:06 (2) 16:24 (2)	18:07 (2) 21:23 (3)	
0:55/116 2:13/118 1:13/102	3:29/32 2:16/33 6:18/39	1:43/119 3:16/110	
+0:11 (2) +0:03 (2) +0:04 (3)	+0:02 (2) +0:04 (2) +1:45 (5)	+0:01 (2) +1:24 (5)	

Klasse 2 km 2,5 km

4 påmeldt, 4 startende 4 premiert

1 Marit Bjørnevik	Bodø og Omegn IF	(17,75min/km)	44:22
0:50 (2) 3:37 (4) 8:46 (3)	13:46 (2) 17:46 (2) 22:57 (2)	30:55 (1) 37:53 (1)	39:47 (1) 42:14 (1)
0:50/116 2:47/118 5:09/106	5:00/105 4:00/111 5:11/100	7:58/112 6:58/32	1:54/33 2:27/119
+0:02 (2) +1:06 (4) +1:56 (3)	+1:52 (2) +0:26 (2) +0:31 (2)	+0:00 (1) +2:29 (4)	+0:00 (1) +0:00 (1)
44:22 (1)			
2:08/110			
+0:18 (3)			

2 Inger Johanne Lindahl	Bodø og Omegn IF	(20,66min/km)	51:39 (+7:17)
1:02 (4) 3:34 (3) 8:52 (4)	14:26 (3) 21:15 (4) 26:30 (4)	38:38 (2) 43:57 (2)	46:28 (2) 48:57 (2)
1:02/116 2:32/118 5:18/106	5:34/105 6:49/111 5:15/100	12:08/112 5:19/32	2:31/33 2:29/119
+0:14 (4) +0:51 (3) +2:05 (4)	+2:26 (3) +3:15 (4) +0:35 (3)	+4:10 (2) +0:50 (2)	+0:37 (4) +0:02 (2)
51:39 (2)			
2:42/110			
+0:52 (4)			

3 Espen Samuelson Skiri	Bodø og Omegn IF	(21,31min/km)	53:17 (+8:55)
0:48 (1) 2:29 (1) 5:42 (1)	8:50 (1) 13:25 (1) 19:56 (1)	41:13 (3) 45:42 (3)	48:08 (3) 51:27 (3)
0:48/116 1:41/118 3:13/106	3:08/105 4:35/111 6:31/100	21:17/112 4:29/32	2:26/33 3:19/119
+0:00 (1) +0:00 (1) +0:00 (1)	+0:00 (1) +1:01 (3) +1:51 (4)	+13:19 (3) +0:00 (1)	+0:32 (2) +0:52 (4)
53:17 (3)			

1:50/110
+0:00 (1)

4	Martha Kalvig Skogan			Bodø og Omegn IF			(24,05min/km)		1:00:07 (+15:45)	
	0:51 (3)	2:51 (2)	7:53 (2)	15:39 (4)	19:13 (3)	23:53 (3)	46:15 (4)	52:49 (4)	55:16 (4)	58:08 (4)
	0:51/116	2:00/118	5:02/106	7:46/105	3:34/111	4:40/100	22:22/112	6:34/32	2:27/33	2:52/119
	+0:03 (3)	+0:19 (2)	+1:49 (2)	+4:38 (4)	+0:00 (1)	+0:00 (1)	+14:24 (4)	+2:05 (3)	+0:33 (3)	+0:25 (3)
	1:00:07 (4)									
	1:59/110									
	+0:09 (2)									

Klasse 3 km 3,3 km

16 påmeldt, 16 startende 3 premiert

1	Morten Tjønndal			Bodø og Omegn IF			(11,98min/km)		39:33	
	2:56 (5)	8:22 (1)	12:44 (1)	15:00 (2)	18:46 (2)	23:41 (1)	27:39 (1)	32:00 (1)	36:18 (1)	37:52 (1)
	2:56/37	5:26/106	4:22/111	2:16/109	3:46/100	4:55/107	3:58/114	4:21/112	4:18/33	1:34/119
	+0:40 (5)	+0:00 (1)	+0:44 (4)	+0:44 (6)	+0:17 (3)	+0:41 (3)	+0:00 (1)	+0:05 (2)	+0:00 (1)	+0:01 (2)
	39:33 (1)									
	1:41/110									
	+0:34 (4)									

2	Carl B. Bjørseth			Bodø og Omegn IF			(12,93min/km)		42:41 (+3:08)	
	2:18 (2)	8:33 (2)	12:51 (2)	14:52 (1)	18:44 (1)	24:47 (2)	29:38 (2)	34:00 (2)	38:37 (2)	40:40 (2)
	2:18/37	6:15/106	4:18/111	2:01/109	3:52/100	6:03/107	4:51/114	4:22/112	4:37/33	2:03/119
	+0:02 (2)	+0:49 (3)	+0:40 (3)	+0:29 (3)	+0:23 (4)	+1:49 (6)	+0:53 (5)	+0:06 (3)	+0:19 (2)	+0:30 (4)
	42:41 (2)									
	2:01/110									
	+0:54 (8)									

3	Elin Marie Wedege Irgens			Bodø og Omegn IF			(15,42min/km)		50:54 (+11:21)	
	2:38 (4)	9:02 (3)	13:53 (3)	16:23 (3)	20:23 (3)	27:18 (3)	33:29 (3)	40:36 (3)	46:25 (3)	48:51 (3)
	2:38/37	6:24/106	4:51/111	2:30/109	4:00/100	6:55/107	6:11/114	7:07/112	5:49/33	2:26/119
	+0:22 (4)	+0:58 (4)	+1:13 (7)	+0:58 (7)	+0:31 (5)	+2:41 (8)	+2:13 (8)	+2:51 (5)	+1:31 (5)	+0:53 (8)
	50:54 (3)									
	2:03/110									
	+0:56 (9)									

4	Heidi Mørkved			Bodø og Omegn IF			(15,60min/km)		51:28 (+11:55)	
	2:16 (1)	16:10 (8)	21:51 (7)	23:23 (7)	26:52 (7)	31:06 (5)	35:38 (5)	41:52 (4)	48:27 (4)	50:00 (4)
	2:16/37	13:54/106	5:41/111	1:32/109	3:29/100	4:14/107	4:32/114	6:14/112	6:35/33	1:33/119
	+0:00 (1)	+8:28 (11)	+2:03 (8)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:34 (4)	+1:58 (4)	+2:17 (7)	+0:00 (1)
	51:28 (4)									
	1:28/110									
	+0:21 (3)									

5	Katrine Kalvig			Bodø og Omegn IF			(17,51min/km)		57:47 (+18:14)	
	3:14 (8)	9:44 (4)	18:19 (5)	20:57 (5)	26:00 (6)	34:04 (7)	39:11 (6)	47:27 (6)	53:38 (5)	55:58 (5)
	3:14/37	6:30/106	8:35/111	2:38/109	5:03/100	8:04/107	5:07/114	8:16/112	6:11/33	2:20/119
	+0:58 (8)	+1:04 (5)	+4:57 (10)	+1:06 (8)	+1:34 (11)	+3:50 (10)	+1:09 (6)	+4:00 (6)	+1:53 (6)	+0:47 (7)
	57:47 (5)									
	1:49/110									
	+0:42 (5)									

6	Erlend Elveos Kjelstrup			Bodø og Omegn IF			(17,87min/km)		58:59 (+19:26)	
	2:26 (3)	19:14 (11)	22:52 (9)	26:31 (9)	30:15 (9)	34:47 (8)	42:15 (8)	50:51 (9)	56:06 (6)	57:52 (6)
	2:26/37	16:48/106	3:38/111	3:39/109	3:44/100	4:32/107	7:28/114	8:36/112	5:15/33	1:46/119
	+0:10 (3)	+11:22 (12)	+0:00 (1)	+2:07 (10)	+0:15 (2)	+0:18 (2)	+3:30 (10)	+4:20 (8)	+0:57 (4)	+0:13 (3)
	58:59 (6)									
	1:07/110									
	+0:00 (1)									

7	Marit Elveos			Bodø og Omegn IF			(18,30min/km)		1:00:23 (+20:50)	
	8:17 (10)	15:19 (6)	19:04 (6)	20:44 (4)	25:18 (4)	30:21 (4)	34:30 (4)	46:40 (5)	56:10 (7)	59:01 (8)
	8:17/37	7:02/106	3:45/111	1:40/109	4:34/100	5:03/107	4:09/114	12:10/112	9:30/33	2:51/119
	+6:01 (10)	+1:36 (6)	+0:07 (2)	+0:08 (2)	+1:05 (9)	+0:49 (4)	+0:11 (2)	+7:54 (11)	+5:12 (11)	+1:18 (11)
	1:00:23 (7)									

1:22/110
+0:15 (2)

8 Jens Viggo Limstrand Bodø og Omegn IF (18,48min/km) **1:01:00 (+21:27)**
10:04 (11) 18:03 (10) 22:44 (8) 24:45 (8) 29:03 (8) 35:04 (9) 45:37 (9) 49:53 (7) 56:35 (8) 58:51 (7)
10:04/37 7:59/106 4:41/111 2:01/109 4:18/100 6:01/107 10:33/114 4:16/112 6:42/33 2:16/119
+7:48 (11) +2:33 (7) +1:03 (6) +0:29 (3) +0:49 (6) +1:47 (5) +6:35 (11) +0:00 (1) +2:24 (9) +0:43 (6)
1:01:00 (8)
2:09/110
+1:02 (10)

9 Marit Lunde Bodø og Omegn IF (19,19min/km) **1:03:19 (+23:46)**
2:57 (6) 11:03 (5) 17:19 (4) 21:31 (6) 25:54 (5) 34:01 (6) 40:46 (7) 50:23 (8) 58:51 (9) 1:01:19 (9)
2:57/37 8:06/106 6:16/111 4:12/109 4:23/100 8:07/107 6:45/114 9:37/112 8:28/33 2:28/119
+0:41 (6) +2:40 (8) +2:38 (9) +2:40 (11) +0:54 (8) +3:53 (11) +2:47 (9) +5:21 (10) +4:10 (10) +0:55 (10)
1:03:19 (9)
2:00/110
+0:53 (7)

10 Oda Furuholmen Bodø og Omegn IF (20,72min/km) **1:08:22 (+28:49)**
22:59 (12) 29:04 (12) 33:34 (12) 35:42 (12) 40:03 (12) 46:28 (11) 50:49 (11) 59:08 (11) 1:04:11 (10) 1:06:26 (10)
22:59/37 6:05/106 4:30/111 2:08/109 4:21/100 6:25/107 4:21/114 8:19/112 5:03/33 2:15/119
+20:43 (12) +0:39 (2) +0:52 (5) +0:36 (5) +0:52 (7) +2:11 (7) +0:23 (3) +4:03 (7) +0:45 (3) +0:42 (5)
1:08:22 (10)
1:56/110
+0:49 (6)

11 Per Ole Fosby Bodø og Omegn IF (21,11min/km) **1:09:39 (+30:06)**
2:57 (6) 15:36 (7) 28:13 (11) 31:20 (11) 36:03 (10) 43:40 (10) 49:33 (10) 58:14 (10) 1:04:53 (11) 1:07:20 (11)
2:57/37 12:39/106 12:37/111 3:07/109 4:43/100 7:37/107 5:53/114 8:41/112 6:39/33 2:27/119
+0:41 (6) +7:13 (10) +8:59 (12) +1:35 (9) +1:14 (10) +3:23 (9) +1:55 (7) +4:25 (9) +2:21 (8) +0:54 (9)
1:09:39 (11)
2:19/110
+1:12 (11)

12 Arnold Danielsen Bodø og Omegn IF (29,64min/km) **1:37:49 (+58:16)**
4:53 (9) 16:53 (9) 26:16 (10) 31:10 (10) 37:52 (11) 49:06 (12) 1:01:13 (12) 1:15:31 (12) 1:27:26 (12) 1:32:02 (12)
4:53/37 12:00/106 9:23/111 4:54/109 6:42/100 11:14/107 12:07/114 14:18/112 11:55/33 4:36/119
+2:37 (9) +6:34 (9) +5:45 (11) +3:22 (12) +3:13 (12) +7:00 (12) +8:09 (12) +10:02 (12) +7:37 (12) +3:03 (12)
1:37:49 (12)
5:47/110
+4:40 (12)

Lisbeth Lunde Bodø og Omegn IF (17,31min/km) **Brutt (+17:35)**
25:26 (13) 38:15 (13) 46:57 (13) 50:06 (13) 57:08 (13) 57:08 (13) 57:08 (12) 57:08 (10) 57:08 (9) 57:08 (6)
25:26/37 12:49/106 8:42/111 3:09/109 7:02/100
+23:10 (13) +7:23 (11) +5:04 (11) +1:37 (10) +3:33 (13) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
57:08 (5)
+0:00 (1)

Anne Berit Vikhals Bodø og Omegn IF (8,19min/km) **Brutt**
15:47 (12) 27:01 (12) 27:01 (11) 27:01 (10) 27:01 (8) 27:01 (3) 27:01 (1) 27:01 (1) 27:01 (1) 27:01 (1)
15:47/37 11:14/106
+13:31 (12) +5:48 (9) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
27:01 (1)
+0:00 (1)

Karen Merete Bjørseth Bodø og Omegn IF (19,85min/km) **Brutt (+25:58)**
3:06 (8) 11:49 (6) 17:15 (4) 22:26 (7) 28:50 (8) 36:32 (10) 59:24 (12) 1:05:31 (12) 1:05:31 (12) 1:05:31 (10)
3:06/37 8:43/106 5:26/111 5:11/109 6:24/100 7:42/107 22:52/114 6:07/112
+0:50 (8) +3:17 (9) +1:48 (8) +3:39 (13) +2:55 (12) +3:28 (10) +18:54 (13) +1:51 (4) +0:00 (1) +0:00 (1)
1:05:31 (10)
+0:00 (1)

Regula Hösli Bodø og Omegn IF (20,77min/km) **Brutt (+28:59)**
4:51 (9) 21:58 (12) 32:15 (12) 36:25 (13) 42:29 (13) 51:01 (13) 57:44 (12) 1:08:32 (12) 1:08:32 (12) 1:08:32 (12)

4:51/37	17:07/106	10:17/111	4:10/109	6:04/100	8:32/107	6:43/114	10:48/112		
+2:35 (9)	+11:41 (13)	+6:39 (12)	+2:38 (11)	+2:35 (12)	+4:18 (12)	+2:45 (9)	+6:32 (11)	+0:00 (1)	+0:00 (1)
1:08:32 (11)									
+0:00 (1)									

Klasse 4 km 4,0 km

21 påmeldt, 21 startende 3 premiert

1	Ask Kleist Godal		Bodø og Omegn IF				(9,70min/km)		38:49	
	1:57 (3)	5:27 (2)	10:04 (2)	13:12 (1)	14:38 (1)	15:29 (1)	20:43 (2)	24:02 (1)	26:26 (1)	29:24 (1)
	1:57/39	3:30/37	4:37/106	3:08/111	1:26/109	0:51/103	5:14/107	3:19/112	2:24/36	2:58/114
	+0:10 (3)	+0:00 (1)	+0:39 (5)	+0:00 (1)	+0:16 (3)	+0:04 (2)	+0:06 (3)	+0:00 (1)	+0:19 (5)	+0:07 (2)
	34:00 (1)	37:21 (1)	38:49 (1)	38:49 (1)						
	4:36/34	3:21/119	1:28/110							
	+0:06 (2)	+0:37 (6)	+0:26 (7)	+0:00 (1)						
2	Per Rekkedal		Bodø og Omegn IF				(10,40min/km)		41:36 (+2:47)	
	1:47 (1)	5:18 (1)	10:18 (4)	14:16 (5)	15:55 (4)	16:53 (4)	22:21 (5)	26:26 (4)	29:05 (4)	32:49 (4)
	1:47/39	3:31/37	5:00/106	3:58/111	1:39/109	0:58/103	5:28/107	4:05/112	2:39/36	3:44/114
	+0:00 (1)	+0:01 (2)	+1:02 (6)	+0:50 (8)	+0:29 (7)	+0:11 (5)	+0:20 (5)	+0:46 (7)	+0:34 (7)	+0:53 (10)
	37:19 (3)	40:20 (2)	41:36 (2)	41:36 (2)						
	4:30/34	3:01/119	1:16/110							
	+0:00 (1)	+0:17 (4)	+0:14 (2)	+0:00 (1)						
3	Håkon Hegreberg		Bodø og Omegn IF				(10,43min/km)		41:43 (+2:54)	
	2:08 (5)	6:07 (6)	10:05 (3)	14:09 (3)	15:19 (3)	16:13 (3)	21:21 (3)	25:01 (2)	27:11 (2)	30:09 (2)
	2:08/39	3:59/37	3:58/106	4:04/111	1:10/109	0:54/103	5:08/107	3:40/112	2:10/36	2:58/114
	+0:21 (5)	+0:29 (6)	+0:00 (1)	+0:56 (9)	+0:00 (1)	+0:07 (3)	+0:00 (1)	+0:21 (5)	+0:05 (2)	+0:07 (2)
	36:08 (2)	40:41 (3)	41:43 (3)	41:43 (3)						
	5:59/34	4:33/119	1:02/110							
	+1:29 (8)	+1:49 (14)	+0:00 (1)	+0:00 (1)						
4	Eirill Pettersen Buvik		Bodø og Omegn IF				(10,91min/km)		43:38 (+4:49)	
	1:56 (2)	5:33 (3)	14:33 (10)	17:49 (10)	19:25 (8)	20:29 (9)	25:47 (9)	29:17 (6)	31:33 (6)	34:45 (6)
	1:56/39	3:37/37	9:00/106	3:16/111	1:36/109	1:04/103	5:18/107	3:30/112	2:16/36	3:12/114
	+0:09 (2)	+0:07 (4)	+5:02 (14)	+0:08 (2)	+0:26 (5)	+0:17 (10)	+0:10 (4)	+0:11 (4)	+0:11 (3)	+0:21 (6)
	39:22 (5)	42:22 (4)	43:38 (4)	43:38 (4)						
	4:37/34	3:00/119	1:16/110							
	+0:07 (3)	+0:16 (3)	+0:14 (2)	+0:00 (1)						
5	Anders Kure		Bodø og Omegn IF				(11,02min/km)		44:04 (+5:15)	
	2:11 (6)	6:11 (7)	10:40 (6)	14:11 (4)	16:00 (5)	17:01 (5)	23:38 (6)	27:03 (5)	29:53 (5)	33:22 (5)
	2:11/39	4:00/37	4:29/106	3:31/111	1:49/109	1:01/103	6:37/107	3:25/112	2:50/36	3:29/114
	+0:24 (6)	+0:30 (7)	+0:31 (4)	+0:23 (3)	+0:39 (11)	+0:14 (8)	+1:29 (9)	+0:06 (2)	+0:45 (8)	+0:38 (9)
	39:19 (4)	42:32 (5)	44:04 (5)	44:04 (5)						
	5:57/34	3:13/119	1:32/110							
	+1:27 (7)	+0:29 (5)	+0:30 (8)	+0:00 (1)						
6	Marit Johnsen		Bodø og Omegn IF				(11,49min/km)		45:57 (+7:08)	
	2:12 (7)	5:47 (4)	12:41 (8)	17:06 (8)	18:43 (7)	19:47 (7)	25:15 (8)	30:21 (8)	32:53 (7)	35:55 (7)
	2:12/39	3:35/37	6:54/106	4:25/111	1:37/109	1:04/103	5:28/107	5:06/112	2:32/36	3:02/114
	+0:25 (7)	+0:05 (3)	+2:56 (10)	+1:17 (13)	+0:27 (6)	+0:17 (10)	+0:20 (5)	+1:47 (10)	+0:27 (6)	+0:11 (4)
	41:00 (6)	44:33 (6)	45:57 (6)	45:57 (6)						
	5:05/34	3:33/119	1:24/110							
	+0:35 (5)	+0:49 (7)	+0:22 (6)	+0:00 (1)						
7	Erling Pedersen		SISO IL				(12,01min/km)		48:02 (+9:13)	
	2:32 (9)	7:12 (9)	15:29 (11)	19:08 (11)	20:36 (10)	21:36 (10)	28:10 (10)	33:16 (9)	35:36 (9)	38:46 (9)
	2:32/39	4:40/37	8:17/106	3:39/111	1:28/109	1:00/103	6:34/107	5:06/112	2:20/36	3:10/114
	+0:45 (9)	+1:10 (11)	+4:19 (13)	+0:31 (5)	+0:18 (4)	+0:13 (7)	+1:26 (8)	+1:47 (10)	+0:15 (4)	+0:19 (5)
	43:44 (8)	46:28 (7)	48:02 (7)	48:02 (7)						
	4:58/34	2:44/119	1:34/110							
	+0:28 (4)	+0:00 (1)	+0:32 (9)	+0:00 (1)						
8	Anne Marthe Limstrand		Bodø og Omegn IF				(12,37min/km)		49:28 (+10:39)	
	2:18 (8)	5:58 (5)	9:56 (1)	13:27 (2)	15:07 (2)	16:10 (2)	21:22 (4)	25:06 (3)	29:00 (3)	32:23 (3)

2:18/39	3:40/37	3:58/106	3:31/111	1:40/109	1:03/103	5:12/107	3:44/112	3:54/36	3:23/114
+0:31 (8)	+0:10 (5)	+0:00 (1)	+0:23 (3)	+0:30 (8)	+0:16 (9)	+0:04 (2)	+0:25 (6)	+1:49 (12)	+0:32 (8)
41:24 (7)	47:48 (8)	49:28 (8)	49:28 (8)						
9:01/34	6:24/119	1:40/110							
+4:31 (17)	+3:40 (17)	+0:38 (12)	+0:00 (1)						
9	Kjetil Jordbru		Valnesfjord IL			(12,39min/km)		49:34	(+10:45)
3:01 (13)	7:33 (10)	12:34 (7)	16:22 (7)	18:08 (6)	19:20 (6)	24:56 (7)	30:14 (7)	34:19 (8)	38:08 (8)
3:01/39	4:32/37	5:01/106	3:48/111	1:46/109	1:12/103	5:36/107	5:18/112	4:05/36	3:49/114
+1:14 (13)	+1:02 (10)	+1:03 (7)	+0:40 (7)	+0:36 (9)	+0:25 (14)	+0:28 (7)	+1:59 (12)	+2:00 (13)	+0:58 (11)
44:17 (9)	47:59 (9)	49:34 (9)	49:34 (9)						
6:09/34	3:42/119	1:35/110							
+1:39 (9)	+0:58 (8)	+0:33 (10)	+0:00 (1)						
10	Rasmus Andersen		Bodø og Omegn IF			(13,49min/km)		53:57	(+15:08)
3:52 (17)	8:03 (14)	13:10 (9)	17:25 (9)	21:38 (11)	22:34 (11)	29:23 (11)	33:43 (10)	37:58 (10)	42:30 (10)
3:52/39	4:11/37	5:07/106	4:15/111	4:13/109	0:56/103	6:49/107	4:20/112	4:15/36	4:32/114
+2:05 (17)	+0:41 (9)	+1:09 (8)	+1:07 (11)	+3:03 (14)	+0:09 (4)	+1:41 (10)	+1:01 (8)	+2:10 (16)	+1:41 (12)
48:52 (10)	52:38 (10)	53:57 (10)	53:57 (10)						
6:22/34	3:46/119	1:19/110							
+1:52 (11)	+1:02 (9)	+0:17 (5)	+0:00 (1)						
11	Aviaja Kleist		Bodø og Omegn IF			(14,27min/km)		57:05	(+18:16)
2:00 (4)	9:16 (16)	16:55 (13)	21:37 (12)	22:55 (12)	23:42 (12)	31:42 (12)	35:07 (11)	39:17 (11)	44:56 (11)
2:00/39	7:16/37	7:39/106	4:42/111	1:18/109	0:47/103	8:00/107	3:25/112	4:10/36	5:39/114
+0:13 (4)	+3:46 (16)	+3:41 (12)	+1:34 (14)	+0:08 (2)	+0:00 (1)	+2:52 (13)	+0:06 (2)	+2:05 (14)	+2:48 (16)
52:52 (12)	55:48 (11)	57:05 (11)	57:05 (11)						
7:56/34	2:56/119	1:17/110							
+3:26 (14)	+0:12 (2)	+0:15 (4)	+0:00 (1)						
12	Anita Eriksen		Bodø og Omegn IF			(14,38min/km)		57:32	(+18:43)
2:43 (12)	7:54 (12)	18:24 (15)	22:08 (14)	26:54 (14)	28:04 (13)	34:59 (13)	39:52 (12)	42:46 (12)	46:02 (12)
2:43/39	5:11/37	10:30/106	3:44/111	4:46/109	1:10/103	6:55/107	4:53/112	2:54/36	3:16/114
+0:56 (12)	+1:41 (13)	+6:32 (15)	+0:36 (6)	+3:36 (17)	+0:23 (12)	+1:47 (12)	+1:34 (9)	+0:49 (9)	+0:25 (7)
51:48 (11)	55:51 (12)	57:32 (12)	57:32 (12)						
5:46/34	4:03/119	1:41/110							
+1:16 (6)	+1:19 (10)	+0:39 (13)	+0:00 (1)						
13	Åge Mohus		Bodø og Omegn IF			(15,78min/km)		1:03:06	(+24:17)
3:01 (13)	7:56 (13)	21:39 (17)	25:57 (15)	27:43 (15)	28:53 (14)	35:45 (14)	41:42 (13)	44:47 (13)	50:39 (13)
3:01/39	4:55/37	13:43/106	4:18/111	1:46/109	1:10/103	6:52/107	5:57/112	3:05/36	5:52/114
+1:14 (13)	+1:25 (12)	+9:45 (17)	+1:10 (12)	+0:36 (9)	+0:23 (12)	+1:44 (11)	+2:38 (15)	+1:00 (10)	+3:01 (17)
56:58 (13)	1:01:17 (13)	1:03:06 (13)	1:03:06 (13)						
6:19/34	4:19/119	1:49/110							
+1:49 (10)	+1:35 (11)	+0:47 (15)	+0:00 (1)						
14	Torkel J. K. Irgens		Bodø og Omegn IF			(15,80min/km)		1:03:12	(+24:23)
2:36 (11)	6:39 (8)	10:39 (5)	14:44 (6)	19:27 (9)	20:26 (8)	20:26 (1)	46:39 (14)	48:44 (14)	51:35 (14)
2:36/39	4:03/37	4:00/106	4:05/111	4:43/109	0:59/103	26:13/112	2:05/36	2:51/114	
+0:49 (11)	+0:33 (8)	+0:02 (3)	+0:57 (10)	+3:33 (16)	+0:12 (6)	+0:00 (1)	+22:54 (17)	+0:00 (1)	+0:00 (1)
58:47 (14)	1:03:12 (14)	1:03:12 (14)	1:03:12 (14)						
7:12/34	4:25/119								
+2:42 (12)	+1:41 (12)	+0:00 (1)	+0:00 (1)						
15	Dag Skogan		Bodø og Omegn IF			(17,57min/km)		1:10:16	(+31:27)
3:36 (16)	11:05 (17)	17:06 (14)	26:12 (16)	28:45 (16)	30:07 (15)	39:40 (15)	47:24 (15)	50:34 (15)	55:16 (15)
3:36/39	7:29/37	6:01/106	9:06/111	2:33/109	1:22/103	9:33/107	7:44/112	3:10/36	4:42/114
+1:49 (16)	+3:59 (17)	+2:03 (9)	+5:58 (17)	+1:23 (13)	+0:35 (16)	+4:25 (14)	+4:25 (16)	+1:05 (11)	+1:51 (13)
1:03:29 (15)	1:08:07 (15)	1:10:16 (15)	1:10:16 (15)						
8:13/34	4:38/119	2:09/110							
+3:43 (15)	+1:54 (15)	+1:07 (16)	+0:00 (1)						
16	Heidi Jensen		Bodø og Omegn IF			(18,01min/km)		1:12:02	(+33:13)
3:16 (15)	8:39 (15)	15:34 (12)	22:07 (13)	26:40 (13)	31:01 (16)	41:51 (16)	47:40 (16)	51:53 (16)	57:04 (16)
3:16/39	5:23/37	6:55/106	6:33/111	4:33/109	4:21/103	10:50/107	5:49/112	4:13/36	5:11/114
+1:29 (15)	+1:53 (15)	+2:57 (11)	+3:25 (15)	+3:23 (15)	+3:34 (17)	+5:42 (15)	+2:30 (14)	+2:08 (15)	+2:20 (15)
1:05:54 (16)	1:10:26 (16)	1:12:02 (16)	1:12:02 (16)						
8:50/34	4:32/119	1:36/110							

+4:20 (16)	+1:48 (13)	+0:34 (11)	+0:00 (1)							
17 Mari Eriksen Reitan	Bodø og Omegn IF						(18,88min/km)	1:15:30 (+36:41)		
2:33 (10)	7:52 (11)	21:27 (16)	29:17 (17)	31:27 (17)	32:45 (17)	46:47 (17)	52:07 (17)	56:46 (17)	1:01:36 (17)	
2:33/39	5:19/37	13:35/106	7:50/111	2:10/109	1:18/103	14:02/107	5:20/112	4:39/36	4:50/114	
+0:46 (10)	+1:49 (14)	+9:37 (16)	+4:42 (16)	+1:00 (12)	+0:31 (15)	+8:54 (16)	+2:01 (13)	+2:34 (17)	+1:59 (14)	
1:09:00 (17)	1:13:47 (17)	1:15:30 (17)	1:15:30 (17)							
7:24/34	4:47/119	1:43/110								
+2:54 (13)	+2:03 (16)	+0:41 (14)	+0:00 (1)							
Leif Magne Eggestad	Bodø og Omegn IF						(14,23min/km)	Disk (+18:07)		
3:16 (15)	5:51 (5)	10:41 (7)	16:10 (7)	17:35 (6)	18:33 (6)	24:01 (7)	28:22 (6)	31:55 (7)	35:15 (7)	
3:16/33	2:35/37	4:50/106	5:29/111	1:25/109	0:58/103	5:28/107	4:21/112	3:33/36	3:20/114	
+1:29 (15)	+0:00 (1)	+0:52 (6)	+2:21 (15)	+0:15 (3)	+0:11 (5)	+0:20 (5)	+1:02 (9)	+1:28 (12)	+0:29 (8)	
47:52 (10)	51:25 (10)	55:24 (11)	56:56 (11)							
12:37/104	3:33/34	3:59/119	1:32/110							
+8:07 (18)	+0:49 (7)	+2:57 (17)	+1:32 (1)							
Asbjørn Pedersen	SISO IL						(15,12min/km)	Disk (+21:40)		
2:29 (9)	8:20 (15)	12:54 (9)	17:11 (9)	18:56 (8)	20:17 (8)	26:12 (10)	34:44 (11)	37:46 (10)	43:30 (11)	
2:29/39	5:51/37	4:34/106	4:17/111	1:45/109	1:21/103	5:55/107	8:32/112	3:02/36	5:44/114	
+0:42 (9)	+2:21 (16)	+0:36 (5)	+1:09 (12)	+0:35 (9)	+0:34 (16)	+0:47 (8)	+5:13 (17)	+0:57 (10)	+2:53 (17)	
52:22 (12)	58:25 (13)	1:00:29 (13)	1:00:29 (13)							
8:52/104	6:03/119	2:04/110								
+4:22 (17)	+3:19 (17)	+1:02 (16)	+0:00 (1)							
Odd-Ivar Søvik	Bodø og Omegn IF						(20,76min/km)	Disk (+44:14)		
3:12 (15)	9:07 (16)	23:36 (18)	28:55 (17)	33:32 (18)	37:05 (18)	45:53 (17)	52:00 (17)	57:02 (18)	1:02:45 (18)	
3:12/39	5:55/37	14:29/106	5:19/111	4:37/109	3:33/103	8:48/107	6:07/112	5:02/36	5:43/114	
+1:25 (15)	+2:25 (16)	+10:31 (18)	+2:11 (15)	+3:27 (16)	+2:46 (17)	+3:40 (14)	+2:48 (16)	+2:57 (18)	+2:52 (17)	
1:09:41 (18)	1:20:20 (18)	1:23:03 (18)	1:23:03 (18)							
6:56/104	10:39/119	2:43/110								
+2:26 (12)	+7:55 (18)	+1:41 (17)	+0:00 (1)							
Christian Søvik	Bodø og Omegn IF						(15,78min/km)	Brutt (+24:17)		
3:40 (17)	17:15 (18)	25:14 (18)	31:50 (18)	34:25 (18)	35:56 (18)	48:14 (18)	56:08 (18)	1:03:06 (18)	1:03:06 (18)	
3:40/39	13:35/37	7:59/106	6:36/111	2:35/109	1:31/103	12:18/107	7:54/112	6:58/110		
+1:53 (17)	+10:05 (18)	+4:01 (13)	+3:28 (16)	+1:25 (14)	+0:44 (17)	+7:10 (16)	+4:35 (17)	+4:53 (18)	+0:00 (1)	
1:03:06 (15)	1:03:06 (14)	1:03:06 (13)	1:03:06 (13)							
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)							

Klasse 6 km 5,6 km

9 påmeldt, 9 startende 3 premiert

1 Petter Jakola	Bodø og Omegn IF						(8,60min/km)	48:10		
0:39 (1)	2:10 (1)	2:35 (1)	6:18 (1)	11:07 (4)	12:53 (3)	14:04 (2)	14:49 (2)	15:50 (1)	18:30 (2)	
0:39/32	1:31/39	0:25/31	3:43/40	4:49/105	1:46/103	1:11/111	0:45/35	1:01/109	2:40/115	
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:17 (4)	+0:34 (5)	+0:08 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:51 (6)	
21:58 (2)	24:36 (2)	26:37 (2)	30:08 (3)	33:32 (3)	35:39 (2)	39:32 (2)	41:46 (2)	43:24 (2)	47:04 (1)	
3:28/107	2:38/112	2:01/36	3:31/114	3:24/104	2:07/34	3:53/117	2:14/101	1:38/113	3:40/119	
+0:03 (3)	+0:00 (1)	+0:00 (1)	+1:08 (7)	+0:00 (1)	+0:56 (8)	+0:21 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
48:10 (1)										
1:06/110										
+0:00 (1)										
2 Arild Hegreberg	Bodø og Omegn IF						(8,71min/km)	48:46 (+0:36)		
0:40 (3)	2:26 (3)	2:58 (2)	6:33 (3)	10:48 (1)	12:26 (1)	13:52 (1)	14:47 (1)	16:09 (2)	18:44 (3)	
0:40/32	1:46/39	0:32/31	3:35/40	4:15/105	1:38/103	1:26/111	0:55/35	1:22/109	2:35/115	
+0:01 (3)	+0:15 (3)	+0:07 (3)	+0:09 (3)	+0:00 (1)	+0:00 (1)	+0:15 (4)	+0:10 (2)	+0:21 (5)	+0:46 (5)	
22:10 (3)	25:02 (3)	27:23 (3)	29:57 (2)	33:31 (2)	34:48 (1)	38:31 (1)	41:11 (1)	42:58 (1)	47:33 (2)	
3:26/107	2:52/112	2:21/36	2:34/114	3:34/104	1:17/34	3:43/117	2:40/101	1:47/113	4:35/119	
+0:01 (2)	+0:14 (3)	+0:20 (4)	+0:11 (3)	+0:10 (2)	+0:06 (2)	+0:11 (2)	+0:26 (3)	+0:09 (4)	+0:55 (3)	
48:46 (2)										
1:13/110										
+0:07 (4)										

3	Lars Reitan		Bodø og Omegn IF		(9,00min/km)		50:24	(+2:14)	
0:40 (3)	2:31 (5)	3:05 (4)	6:31 (2)	10:49 (2)	12:35 (2)	14:07 (3)	15:02 (3)	16:10 (3)	17:59 (1)
0:40/32	1:51/39	0:34/31	3:26/40	4:18/105	1:46/103	1:32/111	0:55/35	1:08/109	1:49/115
+0:01 (3)	+0:20 (5)	+0:09 (4)	+0:00 (1)	+0:03 (3)	+0:08 (2)	+0:21 (6)	+0:10 (2)	+0:07 (3)	+0:00 (1)
21:24 (1)	24:14 (1)	26:15 (1)	28:57 (1)	32:40 (1)	36:08 (3)	39:40 (3)	42:32 (3)	44:24 (3)	49:16 (3)
3:25/107	2:50/112	2:01/36	2:42/114	3:43/104	3:28/34	3:32/117	2:52/101	1:52/113	4:52/119
+0:00 (1)	+0:12 (2)	+0:00 (1)	+0:19 (4)	+0:19 (3)	+2:17 (9)	+0:00 (1)	+0:38 (5)	+0:14 (5)	+1:12 (4)
50:24 (3)									
1:08/110									
+0:02 (2)									
4	Håvard Wedege Irgens		Bodø og Omegn IF		(10,69min/km)		59:51	(+11:41)	
0:43 (5)	2:29 (4)	2:58 (2)	6:46 (4)	11:02 (3)	13:15 (4)	14:32 (4)	15:39 (4)	16:46 (4)	18:45 (4)
0:43/32	1:46/39	0:29/31	3:48/40	4:16/105	2:13/103	1:17/111	1:07/35	1:07/109	1:59/115
+0:04 (5)	+0:15 (3)	+0:04 (2)	+0:22 (5)	+0:01 (2)	+0:35 (5)	+0:06 (3)	+0:22 (7)	+0:06 (2)	+0:10 (2)
22:31 (4)	26:53 (4)	29:00 (4)	31:23 (4)	35:14 (4)	36:25 (4)	50:07 (4)	52:36 (4)	54:21 (4)	58:35 (4)
3:46/107	4:22/112	2:07/36	2:23/114	3:51/104	1:11/34	13:42/117	2:29/101	1:45/113	4:14/119
+0:21 (4)	+1:44 (7)	+0:06 (3)	+0:00 (1)	+0:27 (5)	+0:00 (1)	+10:10 (9)	+0:15 (2)	+0:07 (3)	+0:34 (2)
59:51 (4)									
1:16/110									
+0:10 (6)									
5	Bjørn Godal		Bodø og Omegn IF		(11,03min/km)		1:01:47	(+13:37)	
3:59 (9)	6:02 (9)	6:46 (9)	10:12 (7)	16:10 (8)	18:18 (8)	19:49 (7)	20:44 (7)	22:09 (7)	24:55 (7)
3:59/32	2:03/39	0:44/31	3:26/40	5:58/105	2:08/103	1:31/111	0:55/35	1:25/109	2:46/115
+3:20 (9)	+0:32 (7)	+0:19 (6)	+0:00 (1)	+1:43 (8)	+0:30 (4)	+0:20 (5)	+0:10 (2)	+0:24 (6)	+0:57 (7)
29:23 (6)	35:16 (8)	37:53 (7)	40:23 (6)	44:06 (5)	45:45 (5)	51:14 (5)	53:55 (5)	55:39 (5)	1:00:38 (5)
4:28/107	5:53/112	2:37/36	2:30/114	3:43/104	1:39/34	5:29/117	2:41/101	1:44/113	4:59/119
+1:03 (6)	+3:15 (9)	+0:36 (6)	+0:07 (2)	+0:19 (3)	+0:28 (4)	+1:57 (5)	+0:27 (4)	+0:06 (2)	+1:19 (6)
1:01:47 (5)									
1:09/110									
+0:03 (3)									
6	Jan Erik Paulsen		Bodø og Omegn IF		(11,79min/km)		1:06:01	(+17:51)	
0:39 (1)	2:21 (2)	3:08 (5)	7:52 (6)	12:38 (5)	18:02 (6)	19:15 (6)	20:14 (6)	21:51 (6)	24:19 (6)
0:39/32	1:42/39	0:47/31	4:44/40	4:46/105	5:24/103	1:13/111	0:59/35	1:37/109	2:28/115
+0:00 (1)	+0:11 (2)	+0:22 (8)	+1:18 (8)	+0:31 (4)	+3:46 (9)	+0:02 (2)	+0:14 (5)	+0:36 (9)	+0:39 (4)
28:10 (5)	31:13 (5)	42:12 (8)	45:36 (8)	49:49 (8)	51:13 (8)	55:03 (6)	58:01 (6)	59:53 (6)	1:04:47 (6)
3:51/107	3:03/112	10:59/36	3:24/114	4:13/104	1:24/34	3:50/117	2:58/101	1:52/113	4:54/119
+0:26 (5)	+0:25 (4)	+8:58 (9)	+1:01 (6)	+0:49 (6)	+0:13 (3)	+0:18 (3)	+0:44 (6)	+0:14 (5)	+1:14 (5)
1:06:01 (6)									
1:14/110									
+0:08 (5)									
7	Tore Jakola		Bodø og Omegn IF		(13,13min/km)		1:13:33	(+25:23)	
1:03 (7)	3:07 (7)	3:58 (7)	10:33 (8)	15:28 (7)	18:03 (7)	20:13 (8)	21:33 (8)	23:02 (8)	25:58 (8)
1:03/32	2:04/39	0:51/31	6:35/40	4:55/105	2:35/103	2:10/111	1:20/35	1:29/109	2:56/115
+0:24 (7)	+0:33 (8)	+0:26 (9)	+3:09 (9)	+0:40 (6)	+0:57 (7)	+0:59 (9)	+0:35 (9)	+0:28 (7)	+1:07 (8)
30:26 (8)	34:17 (6)	37:07 (6)	40:18 (5)	46:32 (6)	48:30 (6)	59:51 (8)	1:03:21 (7)	1:05:40 (7)	1:11:49 (7)
4:28/107	3:51/112	2:50/36	3:11/114	6:14/104	1:58/34	11:21/117	3:30/101	2:19/113	6:09/119
+1:03 (6)	+1:13 (5)	+0:49 (7)	+0:48 (5)	+2:50 (9)	+0:47 (6)	+7:49 (8)	+1:16 (7)	+0:41 (7)	+2:29 (8)
1:13:33 (7)									
1:44/110									
+0:38 (9)									
8	Ingar Solberg		Olderskog IL		(13,18min/km)		1:13:49	(+25:39)	
3:30 (8)	6:00 (8)	6:44 (8)	11:18 (9)	18:46 (9)	21:33 (9)	23:39 (9)	24:53 (9)	26:27 (9)	29:37 (9)
3:30/32	2:30/39	0:44/31	4:34/40	7:28/105	2:47/103	2:06/111	1:14/35	1:34/109	3:10/115
+2:51 (8)	+0:59 (9)	+0:19 (6)	+1:08 (7)	+3:13 (9)	+1:09 (8)	+0:55 (8)	+0:29 (8)	+0:33 (8)	+1:21 (9)
35:04 (9)	39:08 (9)	42:25 (9)	45:57 (9)	51:10 (9)	52:54 (9)	59:42 (7)	1:03:26 (8)	1:06:17 (8)	1:12:09 (8)
5:27/107	4:04/112	3:17/36	3:32/114	5:13/104	1:44/34	6:48/117	3:44/101	2:51/113	5:52/119
+2:02 (8)	+1:26 (6)	+1:16 (8)	+1:09 (8)	+1:49 (7)	+0:33 (5)	+3:16 (6)	+1:30 (8)	+1:13 (9)	+2:12 (7)
1:13:49 (8)									
1:40/110									
+0:34 (8)									

9	Jakob Kalvig Skogan	Bodø og Omegn IF				(13,53min/km)		1:15:47 (+27:37)	
0:51 (6)	2:46 (6)	3:25 (6)	7:37 (5)	13:32 (6)	16:04 (5)	18:09 (5)	19:12 (5)	20:32 (5)	22:51 (5)
0:51/32	1:55/39	0:39/31	4:12/40	5:55/105	2:32/103	2:05/111	1:03/35	1:20/109	2:19/115
+0:12 (6)	+0:24 (6)	+0:14 (5)	+0:46 (6)	+1:40 (7)	+0:54 (6)	+0:54 (7)	+0:18 (6)	+0:19 (4)	+0:30 (3)
29:42 (7)	34:23 (7)	36:58 (5)	42:37 (7)	48:35 (7)	50:41 (7)	1:01:03 (9)	1:04:51 (9)	1:07:24 (9)	1:14:12 (9)
6:51/107	4:41/112	2:35/36	5:39/114	5:58/104	2:06/34	10:22/117	3:48/101	2:33/113	6:48/119
+3:26 (9)	+2:03 (8)	+0:34 (5)	+3:16 (9)	+2:34 (8)	+0:55 (7)	+6:50 (7)	+1:34 (9)	+0:55 (8)	+3:08 (9)
1:15:47 (9)									
1:35/110									
+0:29 (7)									