

Resultater fra Saltenkarusell 2, Rønvikfjellet 11.05.2010

Det var totalt 92 deltagere.

Klasse Nybegynner 1,5 km

24 påmeldt, 24 startende

Hamda Abdulla			Ukjent			(24,98min/km)		Disk
0:45 (7)	3:05 (14)	5:56 (13)	16:58 (18)	25:12 (20)	27:34 (19)	34:09 (20)	37:28 (21)	37:28 (20)
0:45/58	2:20/59	2:51/60	11:02/61	8:14/62	2:22/63	6:35/64	3:19/150	
+0:12 (6)	+1:53 (17)	+1:38 (12)	+9:02 (19)	+6:11 (20)	+1:21 (9)	+4:34 (20)	+2:08 (16)	+0:00 (1)
Hanne Marie Børresen			Bodø og Omegn IF			(27,63min/km)		Disk
2:36 (21)	5:52 (21)	10:41 (19)	23:16 (21)	29:13 (21)	32:37 (21)	37:59 (21)	41:27 (21)	41:27 (20)
2:36/58	3:16/59	4:49/60	12:35/61	5:57/62	3:24/63	5:22/64	3:28/150	
+2:03 (20)	+2:49 (18)	+3:36 (18)	+10:35 (20)	+3:54 (15)	+2:23 (19)	+3:21 (18)	+2:17 (16)	+0:00 (1)
Camilla V. Edvardsen			Ukjent			(12,84min/km)		19:16
0:55 (9)	2:08 (10)	4:18 (11)	7:57 (11)	10:41 (10)	12:38 (11)	15:49 (11)	18:23 (9)	19:16 (9)
0:55/58	1:13/59	2:10/60	3:39/61	2:44/62	1:57/63	3:11/64	2:34/150	0:53/249
+0:22 (8)	+0:46 (9)	+0:57 (10)	+1:39 (9)	+0:41 (8)	+0:56 (7)	+1:10 (10)	+1:23 (12)	+0:08 (4)
Marius Ekrem Finstad			Bodø og Omegn IF			(12,11min/km)		18:10
0:33 (2)	1:14 (4)	2:27 (3)	6:59 (9)	9:21 (8)	12:23 (9)	14:57 (8)	17:07 (8)	18:10 (8)
0:33/58	0:41/59	1:13/60	4:32/61	2:22/62	3:02/63	2:34/64	2:10/150	1:03/249
+0:00 (1)	+0:14 (7)	+0:00 (1)	+2:32 (11)	+0:19 (4)	+2:01 (15)	+0:33 (6)	+0:59 (8)	+0:18 (7)
Bendik Hansen			Bodø og Omegn IF			(10,13min/km)		15:12
0:41 (6)	1:18 (5)	2:49 (7)	5:29 (6)	8:10 (7)	9:44 (6)	12:27 (6)	13:57 (6)	15:12 (6)
0:41/58	0:37/59	1:31/60	2:40/61	2:41/62	1:34/63	2:43/64	1:30/150	1:15/249
+0:08 (5)	+0:10 (5)	+0:18 (8)	+0:40 (6)	+0:38 (7)	+0:33 (5)	+0:42 (8)	+0:19 (6)	+0:30 (11)
Johan Mannvik Holm			Ukjent			(13,21min/km)		19:49
1:01 (10)	2:21 (11)	4:01 (10)	7:35 (10)	9:57 (9)	12:07 (8)	15:05 (9)	19:01 (10)	19:49 (10)
1:01/58	1:20/59	1:40/60	3:34/61	2:22/62	2:10/63	2:58/64	3:56/150	0:48/249
+0:28 (9)	+0:53 (10)	+0:27 (9)	+1:34 (8)	+0:19 (4)	+1:09 (8)	+0:57 (9)	+2:45 (16)	+0:03 (3)
Regula Hösli			Bodø og Omegn IF			(24,28min/km)		Disk
2:02 (21)	5:07 (20)	8:28 (18)	22:35 (21)	26:06 (21)	32:00 (21)	34:57 (21)	36:25 (20)	36:25 (18)
2:02/58	3:05/59	3:21/60	14:07/62	3:31/63	5:54/64	2:57/150	1:28/249	
+1:29 (20)	+2:38 (17)	+2:08 (16)	+12:07 (20)	+1:28 (12)	+4:53 (20)	+0:56 (9)	+0:17 (6)	+0:00 (1)
Lene Johnsen Ikdahl			Ukjent			(19,78min/km)		29:40
1:15 (14)	2:38 (12)	5:40 (12)	11:03 (12)	17:46 (14)	20:32 (14)	25:10 (14)	28:05 (13)	29:40 (13)
1:15/58	1:23/59	3:02/60	5:23/61	6:43/62	2:46/63	4:38/64	2:55/150	1:35/249
+0:42 (13)	+0:56 (11)	+1:49 (14)	+3:23 (12)	+4:40 (15)	+1:45 (11)	+2:37 (14)	+1:44 (13)	+0:50 (15)
Hedda Sofie Wedege Irgens			Ukjent			(22,19min/km)		33:17
1:09 (13)	3:12 (15)	12:35 (20)	19:37 (19)	23:19 (17)	25:55 (16)	30:07 (15)	32:19 (16)	33:17 (14)
1:09/58	2:03/59	9:23/60	7:02/61	3:42/62	2:36/63	4:12/64	2:12/150	0:58/249
+0:36 (12)	+1:36 (15)	+8:10 (19)	+5:02 (15)	+1:39 (12)	+1:35 (10)	+2:11 (12)	+1:01 (9)	+0:13 (5)
Marianne Johansen			Ukjent			(13,52min/km)		20:17
0:38 (5)	1:11 (3)	2:35 (4)	6:05 (8)	10:42 (11)	12:28 (10)	15:08 (10)	19:09 (11)	20:17 (11)
0:38/58	0:33/59	1:24/60	3:30/61	4:37/62	1:46/63	2:40/64	4:01/150	1:08/249
+0:05 (4)	+0:06 (3)	+0:11 (6)	+1:30 (7)	+2:34 (14)	+0:45 (6)	+0:39 (7)	+2:50 (17)	+0:23 (10)
Øyvind Johansen			Ukjent			(8,97min/km)		13:27
0:48 (7)	1:24 (7)	2:43 (6)	5:18 (5)	7:21 (3)	8:31 (3)	10:44 (3)	12:04 (3)	13:27 (3)
0:48/58	0:36/59	1:19/60	2:35/61	2:03/62	1:10/63	2:13/64	1:20/150	1:23/249
+0:15 (6)	+0:09 (4)	+0:06 (3)	+0:35 (5)	+0:00 (1)	+0:09 (3)	+0:12 (2)	+0:09 (3)	+0:38 (12)
Emilie Jusnes			Ukjent			(28,90min/km)		43:21
1:31 (17)	3:21 (17)	7:11 (15)	18:33 (18)	25:16 (20)	28:35 (20)	34:15 (20)	37:26 (20)	43:21 (20)
1:31/58	1:50/59	3:50/60	11:22/61	6:43/62	3:19/63	5:40/64	3:11/150	5:55/249
+0:58 (16)	+1:23 (12)	+2:37 (16)	+9:22 (19)	+4:40 (15)	+2:18 (18)	+3:39 (18)	+2:00 (15)	+5:10 (19)
Stian K. Jusnes			Ukjent			(24,46min/km)		36:41
1:16 (15)	3:17 (16)	6:14 (14)	16:52 (17)	24:39 (19)	27:39 (19)	32:54 (19)	35:18 (19)	36:41 (19)
1:16/58	2:01/59	2:57/60	10:38/61	7:47/62	3:00/63	5:15/64	2:24/150	1:23/249
+0:43 (14)	+1:34 (14)	+1:44 (13)	+8:38 (17)	+5:44 (18)	+1:59 (13)	+3:14 (17)	+1:13 (11)	+0:38 (12)

Trygve Bø Kongsbakk			Bodø og Omegn IF			(9,39min/km)		14:05	
0:49 (8)	1:26 (8)	2:53 (8)	5:16 (4)	7:46 (5)	9:12 (5)	11:37 (5)	13:01 (5)	14:05 (5)	
0:49/58	0:37/59	1:27/60	2:23/61	2:30/62	1:26/63	2:25/64	1:24/150	1:04/249	
+0:16 (7)	+0:10 (5)	+0:14 (7)	+0:23 (3)	+0:27 (6)	+0:25 (4)	+0:24 (4)	+0:13 (4)	+0:19 (8)	
Adler Kringhaug						(18,39min/km)		27:35	
1:29 (16)	4:52 (18)	7:19 (16)	12:48 (13)	16:09 (12)	19:22 (12)	22:44 (12)	26:50 (12)	27:35 (12)	
1:29/58	3:23/59	2:27/60	5:29/61	3:21/62	3:13/63	3:22/64	4:06/150	0:45/249	
+0:56 (15)	+2:56 (18)	+1:14 (11)	+3:29 (13)	+1:18 (10)	+2:12 (17)	+1:21 (11)	+2:55 (18)	+0:00 (1)	
Esten Kringhaug			Valnesfjord IL			(22,57min/km)		33:51	
1:43 (19)	5:34 (20)	9:34 (18)	13:34 (14)	17:23 (13)	20:25 (13)	25:04 (13)	32:03 (14)	33:51 (15)	
1:43/58	3:51/59	4:00/60	4:00/61	3:49/62	3:02/63	4:39/64	6:59/150	1:48/249	
+1:10 (18)	+3:24 (19)	+2:47 (17)	+2:00 (10)	+1:46 (13)	+2:01 (15)	+2:38 (15)	+5:48 (19)	+1:03 (18)	
Leonora Kristiansen			Ukjent			(24,41min/km)		36:37	
1:03 (12)	3:03 (13)	5:58 (13)	16:46 (16)	24:32 (18)	27:33 (18)	32:47 (18)	35:00 (18)	36:37 (18)	
1:03/58	2:00/59	2:55/60	10:48/61	7:46/62	3:01/63	5:14/64	2:13/150	1:37/249	
+0:30 (11)	+1:33 (13)	+1:42 (12)	+8:48 (18)	+5:43 (17)	+2:00 (14)	+3:13 (16)	+1:02 (10)	+0:52 (16)	
Mathilde Leiromo			Ukjent			(22,63min/km)		33:57	
1:02 (11)	3:06 (14)	12:28 (19)	19:53 (20)	23:18 (16)	25:51 (15)	30:18 (16)	32:18 (15)	33:57 (16)	
1:02/58	2:04/59	9:22/60	7:25/61	3:25/62	2:33/63	4:27/64	2:00/150	1:39/249	
+0:29 (10)	+1:37 (16)	+8:09 (18)	+5:25 (16)	+1:22 (11)	+1:32 (9)	+2:26 (13)	+0:49 (7)	+0:54 (17)	
Nadide Mutlukoca			Ukjent			(24,17min/km)		36:15	
1:52 (20)	4:57 (19)	8:16 (17)	14:31 (15)	22:26 (15)	25:56 (17)	31:49 (17)	34:44 (17)	36:15 (17)	
1:52/58	3:05/59	3:19/60	6:15/61	7:55/62	3:30/63	5:53/64	2:55/150	1:31/249	
+1:19 (19)	+2:38 (17)	+2:06 (15)	+4:15 (14)	+5:52 (19)	+2:29 (19)	+3:52 (19)	+1:44 (13)	+0:46 (14)	
Jens Pedersen			Bodø og Omegn IF			(9,19min/km)		13:47	
1:35 (18)	2:02 (9)	3:21 (9)	5:54 (7)	8:04 (6)	9:10 (4)	11:23 (4)	12:42 (4)	13:47 (4)	
1:35/58	0:27/59	1:19/60	2:33/61	2:10/62	1:06/63	2:13/64	1:19/150	1:05/249	
+1:02 (17)	+0:00 (1)	+0:06 (3)	+0:33 (4)	+0:07 (2)	+0:05 (2)	+0:12 (2)	+0:08 (2)	+0:20 (9)	
Espen Skiri			Bodø og Omegn IF			(7,68min/km)		11:31	
0:34 (3)	1:06 (2)	2:19 (2)	4:19 (2)	6:31 (2)	7:32 (2)	9:33 (2)	10:44 (2)	11:31 (2)	
0:34/58	0:32/59	1:13/60	2:00/61	2:12/62	1:01/63	2:01/64	1:11/150	0:47/249	
+0:01 (2)	+0:05 (2)	+0:00 (1)	+0:00 (1)	+0:09 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:02 (2)	
Kaja Skiri			Bodø og Omegn IF			(10,28min/km)		15:25	
0:36 (4)	1:20 (6)	2:39 (5)	4:52 (3)	7:42 (4)	10:29 (7)	13:00 (7)	14:27 (7)	15:25 (7)	
0:36/58	0:44/59	1:19/60	2:13/61	2:50/62	2:47/63	2:31/64	1:27/150	0:58/249	
+0:03 (3)	+0:17 (8)	+0:06 (3)	+0:13 (2)	+0:47 (9)	+1:46 (12)	+0:30 (5)	+0:16 (5)	+0:13 (5)	
Håvard Solbakken			Ukjent			(12,40min/km)		Disk	
0:33 (2)	1:08 (3)	2:20 (3)	10:31 (12)	13:12 (12)	14:31 (12)	17:08 (12)	18:36 (10)	18:36 (9)	
0:33/58	0:35/59	1:12/60	8:11/61	2:41/62	1:19/63	2:37/64	1:28/150		
+0:00 (1)	+0:08 (4)	+0:00 (1)	+6:11 (17)	+0:38 (7)	+0:18 (4)	+0:36 (7)	+0:17 (6)	+0:00 (1)	
Eivind Lindahl Valle			Ukjent			(15,92min/km)		23:53	
(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)	

Klasse 2 km 1,6 km

7 påmeldt, 7 startende

1 Espen Skiri			Bodø og Omegn IF			(13,39min/km)		21:25		
1:13 (3)	2:37 (3)	7:25 (5)	11:10 (3)	13:11 (3)	15:59 (1)	19:24 (1)	20:28 (1)	21:25 (1)		
1:13/59	1:24/60	4:48/52	3:45/141	2:01/54	2:48/62	3:25/64	1:04/150	0:57/249		
+0:10 (3)	+0:23 (5)	+3:22 (6)	+0:00 (1)	+0:09 (3)	+0:00 (1)	+0:15 (3)	+0:06 (2)	+0:08 (4)		
2 Marius Ekrem Finstad			Bodø og Omegn IF			(14,35min/km)		22:58		(+1:33)
1:06 (2)	2:12 (1)	3:39 (1)	12:59 (5)	14:56 (5)	17:48 (3)	20:58 (2)	22:04 (3)	22:58 (2)		
1:06/59	1:06/60	1:27/52	9:20/141	1:57/54	2:52/62	3:10/64	1:06/150	0:54/249		
+0:03 (2)	+0:05 (2)	+0:01 (2)	+5:35 (7)	+0:05 (2)	+0:04 (2)	+0:00 (1)	+0:08 (3)	+0:05 (3)		
3 Håvard Solbakken			Ukjent			(14,46min/km)		23:08		(+1:43)
1:03 (1)	2:18 (2)	3:44 (2)	12:56 (4)	14:48 (4)	17:46 (2)	21:03 (3)	22:01 (2)	23:08 (3)		
1:03/59	1:15/60	1:26/52	9:12/141	1:52/54	2:58/62	3:17/64	0:58/150	1:07/249		
+0:00 (1)	+0:14 (3)	+0:00 (1)	+5:27 (6)	+0:00 (1)	+0:10 (3)	+0:07 (2)	+0:00 (1)	+0:18 (5)		

4	Martine Paulsen Limstrand		Bodø og Omegn IF		(15,94min/km)		25:30	(+4:05)	
	1:24 (4)	2:41 (4)	4:38 (3)	10:27 (2)	12:47 (1)	18:16 (4)	22:26 (4)	24:41 (4)	25:30 (4)
	1:24/59	1:17/60	1:57/52	5:49/141	2:20/54	5:29/62	4:10/64	2:15/150	0:49/249
	+0:21 (4)	+0:16 (4)	+0:31 (3)	+2:04 (4)	+0:28 (5)	+2:41 (5)	+1:00 (4)	+1:17 (6)	+0:00 (1)
5	Inger Johanne Lindal		Bodø og Omegn IF		(17,18min/km)		27:29	(+6:04)	
	1:29 (6)	3:18 (5)	5:51 (4)	10:21 (1)	13:00 (2)	18:38 (5)	24:15 (5)	26:18 (5)	27:29 (5)
	1:29/59	1:49/60	2:33/52	4:30/141	2:39/54	5:38/62	5:37/64	2:03/150	1:11/249
	+0:26 (6)	+0:48 (6)	+1:07 (4)	+0:45 (2)	+0:47 (6)	+2:50 (6)	+2:27 (5)	+1:05 (5)	+0:22 (6)
6	Oda Furuholmen		Bodø og Omegn IF		(20,04min/km)		32:04	(+10:39)	
	4:49 (7)	5:50 (7)	12:12 (7)	16:56 (7)	19:04 (6)	23:11 (6)	29:42 (6)	31:14 (6)	32:04 (6)
	4:49/59	1:01/60	6:22/52	4:44/141	2:08/54	4:07/62	6:31/64	1:32/150	0:50/249
	+3:46 (7)	+0:00 (1)	+4:56 (7)	+0:59 (3)	+0:16 (4)	+1:19 (4)	+3:21 (6)	+0:34 (4)	+0:01 (2)
7	Nadide Mutlukoca		Ukjent		(25,84min/km)		41:21	(+19:56)	
	1:25 (5)	3:49 (6)	7:49 (6)	15:59 (6)	21:12 (7)	29:40 (7)	37:24 (7)	39:58 (7)	41:21 (7)
	1:25/59	2:24/60	4:00/52	8:10/141	5:13/54	8:28/62	7:44/64	2:34/150	1:23/249
	+0:22 (5)	+1:23 (7)	+2:34 (5)	+4:25 (5)	+3:21 (7)	+5:40 (7)	+4:34 (7)	+1:36 (7)	+0:34 (7)

Klasse 3 km 2,2 km

22 påmeldt, 22 startende

1	Elisabeth Kongsbakk		Ukjent		(11,27min/km)		24:47		
	1:10 (7)	4:11 (2)	5:40 (2)	7:34 (2)	9:44 (3)	12:29 (2)	13:52 (2)	16:09 (2)	19:33 (2)
	1:10/59	3:01/61	1:29/144	1:54/140	2:10/141	2:45/55	1:23/147	2:17/54	3:24/62
	+0:20 (6)	+0:00 (1)	+0:08 (2)	+0:25 (7)	+1:21 (14)	+0:00 (1)	+0:13 (3)	+0:26 (2)	+0:42 (5)
	23:45 (2)	24:47 (2)							
	1:12/150	1:02/249							
	+0:14 (2)	+0:31 (7)							
2	Erlend Elveos Kjelstrup		Bodø og Omegn IF		(11,89min/km)		26:10	(+1:23)	
	1:00 (3)	8:13 (12)	9:34 (11)	11:03 (10)	11:52 (8)	14:48 (4)	15:59 (4)	17:50 (4)	20:32 (3)
	1:00/59	7:13/61	1:21/144	1:29/140	0:49/141	2:56/55	1:11/147	1:51/54	2:42/62
	+0:10 (2)	+4:12 (12)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:11 (2)	+0:01 (2)	+0:00 (1)	+0:00 (1)
	25:39 (3)	26:10 (3)							
	2:04/150	0:31/249							
	+1:06 (13)	+0:00 (1)							
3	Jeanette Støvset		Skjærstad IL		(12,98min/km)		28:34	(+3:47)	
	1:13 (8)	6:02 (9)	7:59 (7)	9:34 (6)	10:30 (5)	14:54 (5)	16:19 (5)	19:02 (5)	21:58 (4)
	1:13/59	4:49/61	1:57/144	1:35/140	0:56/141	4:24/55	1:25/147	2:43/54	2:56/62
	+0:23 (7)	+1:48 (10)	+0:36 (4)	+0:06 (3)	+0:07 (2)	+1:39 (9)	+0:15 (4)	+0:52 (3)	+0:14 (4)
	27:43 (4)	28:34 (4)							
	1:26/150	0:51/249							
	+0:28 (5)	+0:20 (4)							
4	Elin Marie Wedege Irgens		Bodø og Omegn IF		(14,65min/km)		32:14	(+7:27)	
	1:02 (4)	4:34 (4)	6:26 (3)	8:27 (3)	9:39 (2)	13:07 (3)	14:40 (3)	17:38 (3)	24:06 (5)
	1:02/59	3:32/61	1:52/144	2:01/140	1:12/141	3:28/55	1:33/147	2:58/54	6:28/62
	+0:12 (3)	+0:31 (3)	+0:31 (3)	+0:32 (9)	+0:23 (3)	+0:43 (3)	+0:23 (6)	+1:07 (4)	+3:46 (15)
	31:04 (5)	32:14 (5)							
	1:24/150	1:10/249							
	+0:26 (4)	+0:39 (10)							
5	Ingun Arctander Jakola		Bodø og Omegn IF		(14,87min/km)		32:43	(+7:56)	
	2:00 (14)	5:36 (7)	8:16 (8)	10:10 (8)	11:38 (7)	15:16 (7)	16:57 (7)	20:39 (7)	25:23 (7)
	2:00/59	3:36/61	2:40/144	1:54/140	1:28/141	3:38/55	1:41/147	3:42/54	4:44/62
	+1:10 (13)	+0:35 (4)	+1:19 (10)	+0:25 (7)	+0:39 (8)	+0:53 (4)	+0:31 (9)	+1:51 (12)	+2:02 (13)
	31:45 (6)	32:43 (6)							
	1:32/150	0:58/249							
	+0:34 (6)	+0:27 (6)							
6	Camilla Nordhei		Bodø og Omegn IF		(15,11min/km)		33:15	(+8:28)	
	1:16 (9)	5:24 (6)	7:32 (6)	9:56 (7)	11:26 (6)	15:05 (6)	17:20 (8)	20:47 (8)	25:03 (6)
	1:16/59	4:08/61	2:08/144	2:24/140	1:30/141	3:39/55	2:15/147	3:27/54	4:16/62
	+0:26 (8)	+1:07 (6)	+0:47 (6)	+0:55 (13)	+0:41 (10)	+0:54 (5)	+1:05 (14)	+1:36 (8)	+1:34 (8)
	31:59 (7)	33:15 (7)							

2:04/150 1:16/249
+1:06 (13) +0:45 (12)

7 Corinna Lau Bodø og Omegn IF (15,33min/km) **33:44** (+8:57)
1:34 (11) 5:04 (5) 7:11 (5) 8:51 (5) 14:09 (12) 18:48 (12) 20:30 (12) 23:30 (10) 26:24 (8) 31:44 (8)
1:34/59 3:30/61 2:07/144 1:40/140 5:18/141 4:39/55 1:42/147 3:00/54 2:54/62 5:20/64
+0:44 (10) +0:29 (2) +0:46 (5) +0:11 (5) +4:29 (16) +1:54 (11) +0:32 (10) +1:09 (5) +0:12 (3) +2:20 (11)
33:05 (8) 33:44 (8)
1:21/150 0:39/249
+0:23 (3) +0:08 (2)

8 Amund Kleist Godal Bodø og Omegn IF (15,57min/km) **34:15** (+9:28)
0:50 (2) 4:32 (3) 6:57 (4) 8:27 (3) 9:50 (4) 15:23 (8) 16:33 (6) 20:09 (6) 26:52 (9) 31:52 (10)
0:50/59 3:42/61 2:25/144 1:30/140 1:23/141 5:33/55 1:10/147 3:36/54 6:43/62 5:00/64
+0:00 (1) +0:41 (5) +1:04 (8) +0:01 (2) +0:34 (5) +2:48 (12) +0:00 (1) +1:45 (10) +4:01 (16) +2:00 (9)
33:29 (9) 34:15 (9)
1:37/150 0:46/249
+0:39 (9) +0:15 (3)

9 Karen Merete Bjørseth Bodø og Omegn IF (15,86min/km) **34:54** (+10:07)
1:49 (12) 6:04 (10) 8:24 (9) 10:42 (9) 11:55 (9) 18:21 (11) 20:12 (11) 23:35 (11) 27:38 (11) 31:51 (9)
1:49/59 4:15/61 2:20/144 2:18/140 1:13/141 6:26/55 1:51/147 3:23/54 4:03/62 4:13/64
+0:59 (11) +1:14 (7) +0:59 (7) +0:49 (11) +0:24 (4) +3:41 (16) +0:41 (11) +1:32 (7) +1:21 (6) +1:13 (4)
33:40 (10) 34:54 (10)
1:49/150 1:14/249
+0:51 (12) +0:43 (11)

10 Anne Grete Olsen Bodø og Omegn IF (17,20min/km) **37:50** (+13:03)
2:20 (15) 6:36 (11) 10:11 (12) 12:41 (12) 14:05 (11) 18:01 (10) 19:34 (9) 23:02 (9) 27:27 (10) 32:35 (11)
2:20/59 4:16/61 3:35/144 2:30/140 1:24/141 3:56/55 1:33/147 3:28/54 4:25/62 5:08/64
+1:30 (14) +1:15 (8) +2:14 (13) +1:01 (15) +0:35 (6) +1:11 (8) +0:23 (6) +1:37 (9) +1:43 (10) +2:08 (10)
36:57 (11) 37:50 (11)
4:22/150 0:53/249
+3:24 (16) +0:22 (5)

11 Per Ole Fosby Bodø og Omegn IF (18,48min/km) **40:40** (+15:53)
1:27 (10) 5:47 (8) 9:27 (10) 11:47 (11) 13:11 (10) 17:35 (9) 19:34 (10) 24:06 (12) 28:17 (12) 37:49 (12)
1:27/59 4:20/61 3:40/144 2:20/140 1:24/141 4:24/55 1:59/147 4:32/54 4:11/62 9:32/64
+0:37 (9) +1:19 (9) +2:19 (14) +0:51 (12) +0:35 (6) +1:39 (9) +0:49 (12) +2:41 (16) +1:29 (7) +6:32 (16)
39:23 (12) 40:40 (12)
1:34/150 1:17/249
+0:36 (8) +0:46 (13)

12 Marit Elveos Bodø og Omegn IF (19,25min/km) **42:21** (+17:34)
1:07 (5) 17:27 (17) 21:29 (17) 23:05 (17) 25:38 (17) 29:24 (17) 30:55 (17) 34:08 (17) 36:59 (17) 40:21 (14)
1:07/59 16:20/61 4:02/144 1:36/140 2:33/141 3:46/55 1:31/147 3:13/54 2:51/62 3:22/64
+0:17 (4) +13:19 (16) +2:41 (15) +0:07 (4) +1:44 (15) +1:01 (7) +0:21 (5) +1:22 (6) +0:09 (2) +0:22 (3)
41:19 (13) 42:21 (13)
0:58/150 1:02/249
+0:00 (1) +0:31 (7)

13 Siv Byberg Bodø og Omegn IF (19,64min/km) **43:12** (+18:25)
3:32 (17) 9:30 (13) 12:22 (13) 15:03 (13) 16:52 (13) 22:35 (13) 24:54 (13) 28:56 (13) 33:30 (13) 39:35 (13)
3:32/59 5:58/61 2:52/144 2:41/140 1:49/141 5:43/55 2:19/147 4:02/54 4:34/62 6:05/64
+2:42 (16) +2:57 (11) +1:31 (12) +1:12 (16) +1:00 (13) +2:58 (15) +1:09 (15) +2:11 (13) +1:52 (11) +3:05 (13)
41:48 (14) 43:12 (14)
2:13/150 1:24/249
+1:15 (15) +0:53 (14)

14 Marianne Eilertsen Bodø og Omegn IF (19,98min/km) **43:58** (+19:11)
1:08 (6) 14:04 (16) 19:25 (16) 21:16 (16) 22:44 (16) 26:26 (16) 28:04 (16) 31:45 (16) 36:21 (15) 41:18 (15)
1:08/59 12:56/61 5:21/144 1:51/140 1:28/141 3:42/55 1:38/147 3:41/54 4:36/62 4:57/64
+0:18 (5) +9:55 (15) +4:00 (16) +0:22 (6) +0:39 (8) +0:57 (6) +0:28 (8) +1:50 (11) +1:54 (12) +1:57 (8)
42:50 (15) 43:58 (15)
1:32/150 1:08/249
+0:34 (6) +0:37 (9)

15 Kirsten Limstrand Bodø og Omegn IF (20,95min/km) **46:06** (+21:19)
1:53 (13) 11:50 (14) 14:29 (14) 16:58 (14) 18:44 (14) 24:25 (14) 26:58 (14) 31:18 (14) 35:40 (14) 42:45 (16)

1:53/59	9:57/61	2:39/144	2:29/140	1:46/141	5:41/55	2:33/147	4:20/54	4:22/62	7:05/64
+1:03 (12)	+6:56 (14)	+1:18 (9)	+1:00 (14)	+0:57 (12)	+2:56 (14)	+1:23 (16)	+2:29 (14)	+1:40 (9)	+4:05 (15)
44:30 (16)	46:06 (16)								
1:45/150	1:36/249								
+0:47 (10)	+1:05 (16)								

16 Eva Lund Pedersen **SISO IL** (21,32min/km) **46:54 (+22:07)**

3:06 (16)	12:53 (15)	15:34 (15)	17:49 (15)	19:34 (15)	25:07 (15)	27:09 (15)	31:33 (15)	36:43 (16)	43:38 (17)
3:06/59	9:47/61	2:41/144	2:15/140	1:45/141	5:33/55	2:02/147	4:24/54	5:10/62	6:55/64
+2:16 (15)	+6:46 (13)	+1:20 (11)	+0:46 (10)	+0:56 (11)	+2:48 (12)	+0:52 (13)	+2:33 (15)	+2:28 (14)	+3:55 (14)
45:26 (17)	46:54 (17)								
1:48/150	1:28/249								
+0:50 (11)	+0:57 (15)								

17 Arnold Danielsen **Bodø og Omegn IF** (31,67min/km) **1:09:41 (+44:54)**

(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)								
+0:00 (1)	+0:00 (1)								

Tore Tverraabak **Bodø og Omegn IF** (12,73min/km) **Disk (+3:13)**

1:00 (3)	4:12 (3)	4:56 (2)	8:51 (5)	9:40 (3)	12:28 (2)	14:16 (3)	16:28 (3)	19:06 (2)	26:40 (5)
1:00/59	3:12/61	0:44/52	3:55/140	0:49/141	2:48/55	1:48/147	2:12/54	2:38/62	7:34/64
+0:10 (2)	+0:11 (2)	+0:00 (1)	+2:26 (17)	+0:00 (1)	+0:03 (2)	+0:38 (11)	+0:21 (2)	+0:00 (1)	+4:34 (16)
28:00 (5)	28:00 (4)								
1:20/249									
+0:22 (3)	+0:00 (1)								

Edvin Berg **Bodø og Omegn IF** (14,42min/km) **Disk (+6:57)**

1:02 (4)	4:21 (3)	5:56 (3)	7:49 (3)	9:14 (2)	13:17 (4)	14:55 (4)	18:21 (5)	24:06 (5)	27:17 (5)
1:02/59	3:19/61	1:35/144	1:53/140	1:25/141	4:03/55	1:38/147	3:26/54	5:45/62	3:11/143
+0:12 (3)	+0:18 (2)	+0:14 (3)	+0:24 (7)	+0:36 (8)	+1:18 (9)	+0:28 (8)	+1:35 (8)	+3:03 (15)	+0:11 (3)
30:36 (5)	31:44 (5)								
3:19/150	1:08/249								
+2:21 (16)	+0:37 (9)								

Martha Kalvig Skogan **Bodø og Omegn IF** (22,49min/km) **Disk (+24:42)**

1:02 (4)	4:43 (5)	11:28 (13)	13:32 (13)	14:46 (13)	23:20 (14)	25:08 (14)	37:49 (18)	40:17 (18)	46:28 (18)
1:02/59	3:41/61	6:45/144	2:04/140	1:14/141	8:34/55	1:48/147	12:41/65	2:28/62	6:11/64
+0:12 (3)	+0:40 (5)	+5:24 (17)	+0:35 (10)	+0:25 (5)	+5:49 (17)	+0:38 (11)	+10:50 (17)	+0:00 (1)	+3:11 (14)
48:43 (18)	49:29 (18)								
2:15/150	0:46/249								
+1:17 (16)	+0:15 (3)								

Eduardo Cid Cruz **Bodø og Omegn IF** (24,36min/km) **Disk (+28:48)**

1:50 (13)	13:40 (16)	20:17 (17)	22:05 (17)	23:06 (17)	31:59 (18)	33:12 (18)	37:33 (18)	51:36 (18)	53:35 (18)
1:50/59	11:50/61	6:37/144	1:48/140	1:01/141	8:53/55	1:13/147	4:21/54	14:03/64	1:59/249
+1:00 (12)	+8:49 (15)	+5:16 (17)	+0:19 (6)	+0:12 (3)	+6:08 (17)	+0:03 (3)	+2:30 (15)	+11:21 (17)	+0:00 (1)
53:35 (18)	53:35 (18)								
+0:00 (1)	+0:00 (1)								

Frode Ikdahl **Bodø og Omegn IF** (12,57min/km) **Brutt (+2:52)**

0:54 (3)	3:48 (2)	7:27 (6)	9:05 (6)	27:39 (18)	27:39 (17)	27:39 (16)	27:39 (13)	27:39 (12)	27:39 (5)
0:54/59	2:54/61	3:39/144	1:38/140	18:34/249					
+0:04 (2)	+0:00 (1)	+2:18 (14)	+0:09 (5)	+17:45 (17)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
27:39 (4)	27:39 (4)								
+0:00 (1)	+0:00 (1)								

Klasse 4 km 3,2 km

29 påmeldt, 29 startende

1 Aviaja Kleist	Bodø og Omegn IF	(9,96min/km)	31:53
1:53 (2)	3:26 (1)	6:37 (1)	11:24 (2)
			14:57 (2)
			16:31 (2)
			18:40 (2)
			21:18 (2)
			24:34 (2)
			27:38 (1)

1:53/52	1:33/148	3:11/56	4:47/51	3:33/149	1:34/57	2:09/151	2:38/153	3:16/55	3:04/65
+0:01 (2)	+0:00 (1)	+0:09 (5)	+0:52 (8)	+0:20 (5)	+0:25 (3)	+0:00 (1)	+0:18 (4)	+0:02 (3)	+0:09 (2)
29:42 (2)	31:17 (1)	31:53 (1)							
2:04/143	1:35/150	0:36/249							
+0:18 (13)	+0:00 (1)	+0:03 (2)							
2	Marit Johnsen		Bodø og Omegn IF			(10,06min/km)		32:12	(+0:19)
2:09 (6)	3:51 (3)	6:53 (2)	10:48 (1)	14:12 (1)	15:47 (1)	18:36 (1)	21:15 (1)	24:29 (1)	27:54 (2)
2:09/52	1:42/148	3:02/56	3:55/51	3:24/149	1:35/57	2:49/151	2:39/153	3:14/55	3:25/65
+0:17 (6)	+0:09 (2)	+0:00 (1)	+0:00 (1)	+0:11 (2)	+0:26 (4)	+0:40 (12)	+0:19 (5)	+0:00 (1)	+0:30 (4)
29:40 (1)	31:25 (2)	32:12 (2)							
1:46/143	1:45/150	0:47/249							
+0:00 (1)	+0:10 (3)	+0:14 (8)							
3	Eva Lill Kvisle					(10,70min/km)		34:14	(+2:21)
2:19 (10)	4:01 (5)	7:34 (7)	11:54 (7)	15:22 (5)	17:00 (5)	19:46 (5)	22:20 (5)	25:35 (3)	29:18 (3)
2:19/52	1:42/148	3:33/56	4:20/51	3:28/149	1:38/57	2:46/151	2:34/153	3:15/55	3:43/65
+0:27 (10)	+0:09 (2)	+0:31 (9)	+0:25 (5)	+0:15 (4)	+0:29 (7)	+0:37 (10)	+0:14 (3)	+0:01 (2)	+0:48 (6)
31:35 (3)	33:33 (3)	34:14 (3)							
2:17/143	1:58/150	0:41/249							
+0:31 (18)	+0:23 (6)	+0:08 (7)							
4	Per Rekkedal		Bodø og Omegn IF			(11,00min/km)		35:12	(+3:19)
2:08 (4)	4:04 (7)	7:26 (5)	11:37 (3)	15:19 (4)	16:54 (4)	19:03 (4)	22:11 (3)	26:13 (4)	30:01 (4)
2:08/52	1:56/148	3:22/56	4:11/51	3:42/149	1:35/57	2:09/151	3:08/153	4:02/55	3:48/65
+0:16 (4)	+0:23 (11)	+0:20 (6)	+0:16 (3)	+0:29 (8)	+0:26 (4)	+0:00 (1)	+0:48 (11)	+0:48 (9)	+0:53 (9)
31:47 (4)	34:20 (5)	35:12 (4)							
1:46/143	2:33/150	0:52/249							
+0:00 (1)	+0:58 (16)	+0:19 (13)							
5	Vebjørn Raanes		Bodø og Omegn IF			(11,03min/km)		35:18	(+3:25)
2:23 (13)	4:15 (10)	7:25 (4)	11:44 (5)	14:57 (2)	16:32 (3)	18:53 (3)	22:19 (4)	26:34 (6)	30:22 (5)
2:23/52	1:52/148	3:10/56	4:19/51	3:13/149	1:35/57	2:21/151	3:26/153	4:15/55	3:48/65
+0:31 (13)	+0:19 (10)	+0:08 (4)	+0:24 (4)	+0:00 (1)	+0:26 (4)	+0:12 (5)	+1:06 (13)	+1:01 (12)	+0:53 (9)
32:17 (5)	34:13 (4)	35:18 (5)							
1:55/143	1:56/150	1:05/249							
+0:09 (5)	+0:21 (5)	+0:32 (19)							
6	Heidi Mørkved		Bodø og Omegn IF			(11,20min/km)		35:50	(+3:57)
1:55 (3)	4:09 (9)	7:38 (8)	11:46 (6)	15:24 (6)	17:34 (6)	20:14 (6)	22:42 (6)	26:28 (5)	30:43 (6)
1:55/52	2:14/148	3:29/56	4:08/51	3:38/149	2:10/57	2:40/151	2:28/153	3:46/55	4:15/65
+0:03 (3)	+0:41 (16)	+0:27 (8)	+0:13 (2)	+0:25 (6)	+1:01 (19)	+0:31 (7)	+0:08 (2)	+0:32 (4)	+1:20 (15)
32:43 (6)	35:11 (6)	35:50 (6)							
2:00/143	2:28/150	0:39/249							
+0:14 (11)	+0:53 (14)	+0:06 (6)							
7	Ivar Aanerød		Bodø og Omegn IF			(11,43min/km)		36:35	(+4:42)
2:32 (16)	4:22 (13)	7:48 (11)	12:53 (9)	16:37 (8)	18:37 (9)	21:07 (9)	24:07 (8)	27:59 (7)	31:44 (7)
2:32/52	1:50/148	3:26/56	5:05/51	3:44/149	2:00/57	2:30/151	3:00/153	3:52/55	3:45/65
+0:40 (16)	+0:17 (8)	+0:24 (7)	+1:10 (10)	+0:31 (9)	+0:51 (15)	+0:21 (6)	+0:40 (9)	+0:38 (6)	+0:50 (7)
33:41 (7)	35:40 (7)	36:35 (7)							
1:57/143	1:59/150	0:55/249							
+0:11 (7)	+0:24 (7)	+0:22 (16)							
8	Ask Kleist Godal		Bodø og Omegn IF			(11,52min/km)		36:51	(+4:58)
2:29 (15)	5:27 (20)	8:30 (14)	13:11 (11)	16:36 (7)	18:04 (7)	20:22 (7)	23:47 (7)	28:34 (8)	31:57 (8)
2:29/52	2:58/148	3:03/56	4:41/51	3:25/149	1:28/57	2:18/151	3:25/153	4:47/55	3:23/65
+0:37 (15)	+1:25 (22)	+0:01 (2)	+0:46 (7)	+0:12 (3)	+0:19 (2)	+0:09 (3)	+1:05 (12)	+1:33 (17)	+0:28 (3)
34:30 (8)	36:14 (8)	36:51 (8)							
2:33/143	1:44/150	0:37/249							
+0:47 (23)	+0:09 (2)	+0:04 (4)							
9	Leif Magne Eggestad		Bodø og Omegn IF			(11,89min/km)		38:03	(+6:10)
2:08 (4)	3:55 (4)	7:30 (6)	13:40 (13)	17:27 (12)	19:14 (12)	22:23 (11)	25:13 (10)	29:23 (11)	33:23 (10)
2:08/52	1:47/148	3:35/56	6:10/51	3:47/149	1:47/57	3:09/151	2:50/153	4:10/55	4:00/65
+0:16 (4)	+0:14 (6)	+0:33 (10)	+2:15 (18)	+0:34 (10)	+0:38 (10)	+1:00 (15)	+0:30 (7)	+0:56 (11)	+1:05 (11)
35:15 (10)	37:16 (9)	38:03 (9)							
1:52/143	2:01/150	0:47/249							

+0:06 (3)	+0:26 (8)	+0:14 (8)								
10 Anders Kure	Bodø og Omegn IF				<i>(11,93min/km)</i>		38:10		(+6:17)	
2:16 (9)	4:02 (6)	7:39 (9)	12:52 (8)	16:39 (9)	18:23 (8)	22:28 (12)	25:27 (12)	29:18 (10)	33:29 (11)	
2:16/52	1:46/148	3:37/56	5:13/51	3:47/149	1:44/57	4:05/151	2:59/153	3:51/55	4:11/65	
+0:24 (9)	+0:13 (5)	+0:35 (12)	+1:18 (11)	+0:34 (10)	+0:35 (9)	+1:56 (22)	+0:39 (8)	+0:37 (5)	+1:16 (14)	
35:24 (11)	37:16 (9)	38:10 (10)								
1:55/143	1:52/150	0:54/249								
+0:09 (5)	+0:17 (4)	+0:21 (15)								
11 Erling Pedersen	SISO IL				<i>(11,96min/km)</i>		38:17		(+6:24)	
2:45 (19)	4:35 (15)	8:10 (13)	13:00 (10)	16:39 (9)	18:37 (9)	20:56 (8)	24:51 (9)	28:49 (9)	33:04 (9)	
2:45/52	1:50/148	3:35/56	4:50/51	3:39/149	1:58/57	2:19/151	3:55/153	3:58/55	4:15/65	
+0:53 (19)	+0:17 (8)	+0:33 (10)	+0:55 (9)	+0:26 (7)	+0:49 (12)	+0:10 (4)	+1:35 (19)	+0:44 (8)	+1:20 (15)	
35:01 (9)	37:24 (11)	38:17 (11)								
1:57/143	2:23/150	0:53/249								
+0:11 (7)	+0:48 (13)	+0:20 (14)								
12 Arne Kristian Nordhei	Bodø og Omegn IF				<i>(12,30min/km)</i>		39:22		(+7:29)	
2:14 (7)	4:15 (10)	7:52 (12)	13:19 (12)	17:08 (11)	19:13 (11)	21:55 (10)	25:21 (11)	30:16 (12)	34:03 (12)	
2:14/52	2:01/148	3:37/56	5:27/51	3:49/149	2:05/57	2:42/151	3:26/153	4:55/55	3:47/65	
+0:22 (7)	+0:28 (12)	+0:35 (12)	+1:32 (13)	+0:36 (12)	+0:56 (18)	+0:33 (8)	+1:06 (13)	+1:41 (19)	+0:52 (8)	
36:01 (12)	38:23 (12)	39:22 (12)								
1:58/143	2:22/150	0:59/249								
+0:12 (9)	+0:47 (12)	+0:26 (18)								
13 Jan Prytz	Bodø og Omegn IF				<i>(12,98min/km)</i>		41:32		(+9:39)	
2:19 (10)	4:04 (8)	7:10 (3)	11:42 (4)	18:32 (13)	22:26 (14)	25:37 (14)	28:25 (13)	32:27 (13)	35:52 (13)	
2:19/52	1:45/148	3:06/56	4:32/51	6:50/149	3:54/57	3:11/151	2:48/153	4:02/55	3:25/65	
+0:27 (10)	+0:12 (4)	+0:04 (3)	+0:37 (6)	+3:37 (23)	+2:45 (27)	+1:02 (17)	+0:28 (6)	+0:48 (9)	+0:30 (4)	
37:45 (13)	40:41 (13)	41:32 (13)								
1:53/143	2:56/150	0:51/249								
+0:07 (4)	+1:21 (19)	+0:18 (12)								
14 Mari Eriksen Reitan	Bodø og Omegn IF				<i>(13,99min/km)</i>		44:46		(+12:53)	
2:53 (21)	5:16 (19)	9:27 (17)	15:31 (17)	20:28 (14)	22:07 (13)	24:54 (13)	28:45 (14)	34:17 (14)	38:32 (14)	
2:53/52	2:23/148	4:11/56	6:04/51	4:57/149	1:39/57	2:47/151	3:51/153	5:32/55	4:15/65	
+1:01 (21)	+0:50 (17)	+1:09 (16)	+2:09 (16)	+1:44 (18)	+0:30 (8)	+0:38 (11)	+1:31 (17)	+2:18 (24)	+1:20 (15)	
40:52 (14)	43:57 (14)	44:46 (14)								
2:20/143	3:05/150	0:49/249								
+0:34 (19)	+1:30 (21)	+0:16 (10)								
15 Steve Samuelsen	Bodø og Omegn IF				<i>(14,79min/km)</i>		47:20		(+15:27)	
1:52 (1)	3:39 (2)	7:46 (10)	14:12 (15)	26:36 (22)	27:45 (21)	30:54 (19)	33:14 (17)	38:03 (17)	40:58 (17)	
1:52/52	1:47/148	4:07/56	6:26/51	12:24/149	1:09/57	3:09/151	2:20/153	4:49/55	2:55/65	
+0:00 (1)	+0:14 (6)	+1:05 (14)	+2:31 (20)	+9:11 (26)	+0:00 (1)	+1:00 (15)	+0:00 (1)	+1:35 (18)	+0:00 (1)	
43:03 (15)	46:47 (15)	47:20 (15)								
2:05/143	3:44/150	0:33/249								
+0:19 (14)	+2:09 (24)	+0:00 (1)								
16 Tor-Arne Haug	Ukjent				<i>(15,21min/km)</i>		48:40		(+16:47)	
2:22 (12)	4:30 (14)	10:29 (19)	16:53 (18)	21:16 (15)	23:17 (15)	26:44 (15)	30:47 (15)	35:19 (15)	39:36 (15)	
2:22/52	2:08/148	5:59/56	6:24/51	4:23/149	2:01/57	3:27/151	4:03/153	4:32/55	4:17/65	
+0:30 (12)	+0:35 (14)	+2:57 (24)	+2:29 (19)	+1:10 (14)	+0:52 (16)	+1:18 (20)	+1:43 (22)	+1:18 (13)	+1:22 (18)	
43:03 (15)	47:31 (16)	48:40 (16)								
3:27/143	4:28/150	1:09/249								
+1:41 (26)	+2:53 (27)	+0:36 (21)								
17 Bjørn Wiggo Hansen	Bodø og Omegn IF				<i>(15,41min/km)</i>		49:19		(+17:26)	
2:27 (14)	4:38 (16)	8:51 (16)	14:57 (16)	23:46 (19)	25:44 (17)	28:26 (16)	32:20 (16)	36:14 (16)	40:35 (16)	
2:27/52	2:11/148	4:13/56	6:06/51	8:49/149	1:58/57	2:42/151	3:54/153	3:54/55	4:21/65	
+0:35 (14)	+0:38 (15)	+1:11 (17)	+2:11 (17)	+5:36 (24)	+0:49 (12)	+0:33 (8)	+1:34 (18)	+0:40 (7)	+1:26 (19)	
46:13 (18)	48:30 (17)	49:19 (17)								
5:38/143	2:17/150	0:49/249								
+3:52 (27)	+0:42 (9)	+0:16 (10)								
18 Dag Skogan	Bodø og Omegn IF				<i>(15,82min/km)</i>		50:37		(+18:44)	
3:09 (22)	6:07 (22)	11:42 (20)	18:27 (20)	22:47 (16)	24:46 (16)	29:54 (17)	34:17 (18)	39:19 (18)	43:48 (18)	
3:09/52	2:58/148	5:35/56	6:45/51	4:20/149	1:59/57	5:08/151	4:23/153	5:02/55	4:29/65	

+1:17 (22)	+1:25 (22)	+2:33 (22)	+2:50 (22)	+1:07 (13)	+0:50 (14)	+2:59 (26)	+2:03 (23)	+1:48 (20)	+1:34 (20)
45:56 (17)	49:30 (18)	50:37 (18)							
2:08/143	3:34/150	1:07/249							
+0:22 (15)	+1:59 (23)	+0:34 (20)							
19 Carl B. Bjørseth			Bodø og Omegn IF		(15,87min/km)			50:47	(+18:54)
2:46 (20)	5:52 (21)	10:25 (18)	18:52 (21)	23:30 (17)	26:21 (19)	30:18 (18)	35:00 (19)	39:37 (19)	44:42 (19)
2:46/52	3:06/148	4:33/56	8:27/51	4:38/149	2:51/57	3:57/151	4:42/153	4:37/55	5:05/65
+0:54 (20)	+1:33 (24)	+1:31 (21)	+4:32 (23)	+1:25 (17)	+1:42 (25)	+1:48 (21)	+2:22 (26)	+1:23 (14)	+2:10 (24)
47:04 (19)	49:35 (19)	50:47 (19)							
2:22/143	2:31/150	1:12/249							
+0:36 (21)	+0:56 (15)	+0:39 (23)							
20 Anita Eriksen			Bodø og Omegn IF		(15,93min/km)			50:58	(+19:05)
2:14 (7)	4:15 (10)	8:38 (15)	13:58 (14)	24:34 (20)	27:43 (20)	32:50 (21)	36:49 (21)	41:29 (21)	45:39 (21)
2:14/52	2:01/148	4:23/56	5:20/51	10:36/149	3:09/57	5:07/151	3:59/153	4:40/55	4:10/65
+0:22 (7)	+0:28 (12)	+1:21 (19)	+1:25 (12)	+7:23 (25)	+2:00 (26)	+2:58 (25)	+1:39 (21)	+1:26 (15)	+1:15 (13)
47:40 (21)	50:01 (20)	50:58 (20)							
2:01/143	2:21/150	0:57/249							
+0:15 (12)	+0:46 (10)	+0:24 (17)							
21 Per Dalhaug			Bodø og Omegn IF		(16,18min/km)			51:46	(+19:53)
2:44 (18)	5:14 (18)	14:17 (26)	20:58 (23)	26:17 (21)	28:27 (22)	31:22 (20)	35:18 (20)	40:26 (20)	45:09 (20)
2:44/52	2:30/148	9:03/56	6:41/51	5:19/149	2:10/57	2:55/151	3:56/153	5:08/55	4:43/65
+0:52 (18)	+0:57 (19)	+6:01 (26)	+2:46 (21)	+2:06 (20)	+1:01 (19)	+0:46 (13)	+1:36 (20)	+1:54 (21)	+1:48 (22)
47:25 (20)	50:26 (21)	51:46 (21)							
2:16/143	3:01/150	1:20/249							
+0:30 (17)	+1:26 (20)	+0:47 (26)							
22 Bendik Storvik Nilsen			Bodø og Omegn IF		(17,78min/km)			56:53	(+25:00)
3:32 (25)	6:21 (23)	12:15 (22)	18:17 (19)	23:34 (18)	25:57 (18)	33:07 (22)	37:37 (22)	43:50 (22)	50:06 (22)
3:32/52	2:49/148	5:54/56	6:02/51	5:17/149	2:23/57	7:10/151	4:30/153	6:13/55	6:16/65
+1:40 (25)	+1:16 (21)	+2:52 (23)	+2:07 (15)	+2:04 (19)	+1:14 (22)	+5:01 (27)	+2:10 (24)	+2:59 (25)	+3:21 (27)
52:52 (22)	56:17 (22)	56:53 (22)							
2:46/143	3:25/150	0:36/249							
+1:00 (24)	+1:50 (22)	+0:03 (2)							
23 Torbjørn Høslø Olsen			Bodø og Omegn IF		(18,00min/km)			57:36	(+25:43)
2:35 (17)	5:07 (17)	20:49 (27)	30:51 (26)	35:27 (25)	37:30 (25)	40:42 (25)	43:47 (24)	48:33 (23)	52:39 (23)
2:35/52	2:32/148	15:42/56	10:02/51	4:36/149	2:03/57	3:12/151	3:05/153	4:46/55	4:06/65
+0:43 (17)	+0:59 (20)	+12:40 (27)	+6:07 (25)	+1:23 (16)	+0:54 (17)	+1:03 (18)	+0:45 (10)	+1:32 (16)	+1:11 (12)
54:37 (23)	56:58 (23)	57:36 (23)							
1:58/143	2:21/150	0:38/249							
+0:12 (9)	+0:46 (10)	+0:05 (5)							
24 Asbjørn Pedersen			SISO IL		(20,11min/km)			1:04:21	(+32:28)
5:36 (27)	7:59 (26)	12:09 (21)	34:43 (27)	39:14 (26)	41:32 (26)	44:37 (26)	48:12 (26)	53:28 (24)	57:57 (24)
5:36/52	2:23/148	4:10/56	22:34/51	4:31/149	2:18/57	3:05/151	3:35/153	5:16/55	4:29/65
+3:44 (27)	+0:50 (17)	+1:08 (15)	+18:39 (27)	+1:18 (15)	+1:09 (21)	+0:56 (14)	+1:15 (15)	+2:02 (22)	+1:34 (20)
1:00:23 (24)	1:03:11 (24)	1:04:21 (24)							
2:26/143	2:48/150	1:10/249							
+0:40 (22)	+1:13 (18)	+0:37 (22)							
25 Åge Mohus			Bodø og Omegn IF		(21,12min/km)			1:07:36	(+35:43)
3:20 (23)	9:25 (27)	13:46 (25)	19:46 (22)	41:30 (27)	44:04 (27)	47:24 (27)	51:02 (27)	56:19 (26)	1:01:29 (26)
3:20/52	6:05/148	4:21/56	6:00/51	21:44/149	2:34/57	3:20/151	3:38/153	5:17/55	5:10/65
+1:28 (23)	+4:32 (27)	+1:19 (18)	+2:05 (14)	+18:31 (27)	+1:25 (23)	+1:11 (19)	+1:18 (16)	+2:03 (23)	+2:15 (25)
1:03:49 (25)	1:06:23 (25)	1:07:36 (25)							
2:20/143	2:34/150	1:13/249							
+0:34 (19)	+0:59 (17)	+0:40 (24)							
26 Christian Søvik			Bodø og Omegn IF		(21,70min/km)			1:09:27	(+37:34)
3:25 (24)	6:38 (24)	13:35 (24)	26:14 (25)	31:51 (24)	34:29 (24)	38:56 (24)	43:30 (23)	55:49 (25)	1:01:19 (25)
3:25/52	3:13/148	6:57/56	12:39/51	5:37/149	2:38/57	4:27/151	4:34/153	12:19/55	5:30/65
+1:33 (24)	+1:40 (25)	+3:55 (25)	+8:44 (26)	+2:24 (22)	+1:29 (24)	+2:18 (24)	+2:14 (25)	+9:05 (26)	+2:35 (26)
1:04:07 (26)	1:08:08 (26)	1:09:27 (26)							
2:48/143	4:01/150	1:19/249							
+1:02 (25)	+2:26 (25)	+0:46 (25)							

27 Odd-Ivar Søvik			Bodø og Omegn IF			(24,03min/km)		1:16:53 (+45:00)	
4:38 (26)	7:55 (25)	12:19 (23)	22:02 (24)	27:25 (23)	29:20 (23)	33:25 (23)	43:55 (25)	1:03:58 (27)	1:08:56 (27)
4:38/52	3:17/148	4:24/56	9:43/51	5:23/149	1:55/57	4:05/151	10:30/153	20:03/55	4:58/65
+2:46 (26)	+1:44 (26)	+1:22 (20)	+5:48 (24)	+2:10 (21)	+0:46 (11)	+1:56 (22)	+8:10 (27)	+16:49 (27)	+2:03 (23)
1:11:11 (27)	1:15:31 (27)	1:16:53 (27)							
2:15/143	4:20/150	1:22/249							
+0:29 (16)	+2:45 (26)	+0:49 (27)							
Terje Johansen			Bodø og Omegn IF			(19,11min/km)		Disk (+29:17)	
3:13 (23)	5:36 (21)	11:09 (20)	23:23 (25)	32:20 (25)	34:17 (24)	37:56 (24)	41:02 (23)	47:13 (23)	55:56 (24)
3:13/52	2:23/148	5:33/56	12:14/145	8:57/149	1:57/57	3:39/151	3:06/153	6:11/55	8:43/65
+1:21 (23)	+0:50 (17)	+2:31 (22)	+8:19 (26)	+5:44 (25)	+0:48 (12)	+1:30 (21)	+0:46 (11)	+2:57 (25)	+5:48 (28)
57:38 (24)	1:00:25 (24)	1:01:10 (24)							
1:42/143	2:47/150	0:45/249							
+0:00 (1)	+1:12 (18)	+0:12 (8)							
Heidi Jensen			Bodø og Omegn IF			(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 6 km 4,4 km

10 påmeldt, 10 startende

1 Arild Hegreberg			Bodø og Omegn IF			(8,83min/km)		38:52	
2:08 (1)	3:43 (1)	10:35 (1)	12:14 (1)	14:24 (1)	19:43 (1)	20:54 (1)	22:45 (1)	25:25 (1)	27:51 (1)
2:08/139	1:35/148	6:52/145	1:39/146	2:10/152	5:19/149	1:11/57	1:51/151	2:40/51	2:26/153
+0:00 (1)	+0:06 (6)	+0:00 (1)	+0:22 (5)	+0:00 (1)	+0:32 (2)	+0:00 (1)	+0:07 (2)	+0:04 (2)	+0:17 (2)
30:26 (1)	33:09 (1)	34:34 (1)	36:29 (1)	38:11 (1)	38:52 (1)				
2:35/55	2:43/65	1:25/143	1:55/53	1:42/150	0:41/249				
+0:02 (2)	+0:13 (2)	+0:00 (1)	+1:17 (7)	+0:10 (2)	+0:07 (6)				
2 Lars Reitan			Bodø og Omegn IF			(9,39min/km)		41:20 (+2:28)	
2:13 (2)	3:45 (2)	12:20 (5)	13:37 (4)	16:11 (3)	21:32 (2)	22:51 (2)	25:01 (2)	28:23 (2)	30:49 (2)
2:13/139	1:32/148	8:35/145	1:17/146	2:34/152	5:21/149	1:19/57	2:10/151	3:22/51	2:26/153
+0:05 (2)	+0:03 (5)	+1:43 (5)	+0:00 (1)	+0:24 (5)	+0:34 (3)	+0:08 (5)	+0:26 (5)	+0:46 (5)	+0:17 (2)
33:40 (2)	36:44 (2)	38:13 (2)	38:51 (2)	40:41 (2)	41:20 (2)				
2:51/55	3:04/65	1:29/143	0:38/53	1:50/150	0:39/249				
+0:18 (3)	+0:34 (4)	+0:04 (3)	+0:00 (1)	+0:18 (4)	+0:05 (5)				
3 Fredrik Sandal			Ukjent			(9,90min/km)		43:34 (+4:42)	
2:58 (8)	4:28 (5)	11:38 (4)	12:59 (3)	17:34 (5)	25:15 (7)	26:32 (7)	28:16 (7)	30:52 (6)	33:01 (6)
2:58/139	1:30/148	7:10/145	1:21/146	4:35/152	7:41/149	1:17/57	1:44/151	2:36/51	2:09/153
+0:50 (8)	+0:01 (2)	+0:18 (4)	+0:04 (2)	+2:25 (9)	+2:54 (9)	+0:06 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)
35:34 (5)	38:04 (4)	39:29 (4)	41:04 (3)	43:00 (3)	43:34 (3)				
2:33/55	2:30/65	1:25/143	1:35/53	1:56/150	0:34/249				
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:57 (6)	+0:24 (7)	+0:00 (1)				
4 Jan Erik Paulsen			Bodø og Omegn IF			(10,10min/km)		44:27 (+5:35)	
2:20 (3)	3:51 (3)	10:57 (2)	12:26 (2)	14:42 (2)	21:35 (3)	23:03 (3)	25:27 (3)	28:30 (3)	31:36 (3)
2:20/139	1:31/148	7:06/145	1:29/146	2:16/152	6:53/149	1:28/57	2:24/151	3:03/51	3:06/153
+0:12 (3)	+0:02 (3)	+0:14 (3)	+0:12 (3)	+0:06 (2)	+2:06 (7)	+0:17 (7)	+0:40 (7)	+0:27 (4)	+0:57 (5)
34:49 (3)	37:33 (3)	39:10 (3)	42:04 (4)	43:49 (4)	44:27 (4)				
3:13/55	2:44/65	1:37/143	2:54/53	1:45/150	0:38/249				
+0:40 (5)	+0:14 (3)	+0:12 (6)	+2:16 (9)	+0:13 (3)	+0:04 (4)				
5 Håvard Wedege Irgens			Bodø og Omegn IF			(10,17min/km)		44:44 (+5:52)	
3:04 (9)	4:33 (7)	11:34 (3)	15:36 (7)	18:06 (6)	22:53 (4)	24:20 (4)	26:14 (4)	29:15 (4)	32:29 (4)
3:04/139	1:29/148	7:01/145	4:02/146	2:30/152	4:47/149	1:27/57	1:54/151	3:01/51	3:14/153
+0:56 (9)	+0:00 (1)	+0:09 (2)	+2:45 (10)	+0:20 (4)	+0:00 (1)	+0:16 (6)	+0:10 (4)	+0:25 (3)	+1:05 (6)
35:27 (4)	38:47 (5)	40:22 (5)	42:36 (6)	44:08 (5)	44:44 (5)				
2:58/55	3:20/65	1:35/143	2:14/53	1:32/150	0:36/249				
+0:25 (4)	+0:50 (5)	+0:10 (4)	+1:36 (8)	+0:00 (1)	+0:02 (3)				

6	Jakob Kalvig Skogan					Bodø og Omegn IF		<i>(10,21min/km)</i>	44:56	(+6:04)
	2:20 (3)	4:34 (8)	13:17 (7)	14:58 (6)	17:22 (4)	23:25 (5)	24:57 (5)	26:50 (5)	30:18 (5)	32:51 (5)
	2:20/139	2:14/148	8:43/145	1:41/146	2:24/152	6:03/149	1:32/57	1:53/151	3:28/51	2:33/153
	+0:12 (3)	+0:45 (9)	+1:51 (6)	+0:24 (6)	+0:14 (3)	+1:16 (5)	+0:21 (8)	+0:09 (3)	+0:52 (6)	+0:24 (4)
	36:26 (6)	39:53 (6)	41:28 (6)	42:22 (5)	44:22 (6)	44:56 (6)				
	3:35/55	3:27/65	1:35/143	0:54/53	2:00/150	0:34/249				
	+1:02 (7)	+0:57 (6)	+0:10 (4)	+0:16 (5)	+0:28 (8)	+0:00 (1)				
7	Øystein Østeros					Ukjent		<i>(11,64min/km)</i>	51:13	(+12:21)
	3:45 (10)	5:16 (10)	14:51 (9)	16:28 (9)	19:55 (9)	26:10 (9)	27:25 (9)	30:01 (8)	34:22 (8)	38:47 (8)
	3:45/139	1:31/148	9:35/145	1:37/146	3:27/152	6:15/149	1:15/57	2:36/151	4:21/51	4:25/153
	+1:37 (10)	+0:02 (3)	+2:43 (9)	+0:20 (4)	+1:17 (7)	+1:28 (6)	+0:04 (2)	+0:52 (8)	+1:45 (8)	+2:16 (8)
	42:06 (7)	46:08 (8)	47:59 (8)	48:37 (7)	50:30 (7)	51:13 (7)				
	3:19/55	4:02/65	1:51/143	0:38/53	1:53/150	0:43/249				
	+0:46 (6)	+1:32 (8)	+0:26 (8)	+0:00 (1)	+0:21 (6)	+0:09 (7)				
8	Kenneth Viken					Tverlandet IL		<i>(12,47min/km)</i>	54:53	(+16:01)
	2:28 (5)	4:19 (4)	13:03 (6)	14:44 (5)	18:11 (7)	24:06 (6)	25:21 (6)	27:33 (6)	32:28 (7)	38:03 (7)
	2:28/139	1:51/148	8:44/145	1:41/146	3:27/152	5:55/149	1:15/57	2:12/151	4:55/51	5:35/153
	+0:20 (5)	+0:22 (7)	+1:52 (7)	+0:24 (6)	+1:17 (7)	+1:08 (4)	+0:04 (2)	+0:28 (6)	+2:19 (10)	+3:26 (10)
	42:09 (8)	45:40 (7)	47:24 (7)	51:26 (8)	53:41 (8)	54:53 (8)				
	4:06/55	3:31/65	1:44/143	4:02/53	2:15/150	1:12/249				
	+1:33 (8)	+1:01 (7)	+0:19 (7)	+3:24 (10)	+0:43 (9)	+0:38 (10)				
9	Torkel Irgens					Bodø og Omegn IF		<i>(13,41min/km)</i>	59:00	(+20:08)
	2:37 (6)	4:33 (6)	13:44 (8)	15:38 (8)	18:42 (8)	25:38 (8)	27:20 (8)	33:16 (9)	37:12 (9)	41:44 (9)
	2:37/139	1:56/148	9:11/145	1:54/146	3:04/152	6:56/149	1:42/57	5:56/151	3:56/51	4:32/153
	+0:29 (6)	+0:27 (8)	+2:19 (8)	+0:37 (8)	+0:54 (6)	+2:09 (8)	+0:31 (9)	+4:12 (10)	+1:20 (7)	+2:23 (9)
	49:14 (9)	53:40 (9)	55:42 (9)	56:26 (9)	58:16 (9)	59:00 (9)				
	7:30/55	4:26/65	2:02/143	0:44/53	1:50/150	0:44/249				
	+4:57 (10)	+1:56 (10)	+0:37 (9)	+0:06 (3)	+0:18 (4)	+0:10 (8)				
10	Bjørnar Hegreberg					Bodø og Omegn IF		<i>(14,37min/km)</i>	1:03:15	(+24:23)
	2:43 (7)	5:04 (9)	16:00 (10)	18:36 (10)	25:36 (10)	34:45 (10)	36:32 (10)	39:22 (10)	43:57 (10)	47:17 (10)
	2:43/139	2:21/148	10:56/145	2:36/146	7:00/152	9:09/149	1:47/57	2:50/151	4:35/51	3:20/153
	+0:35 (7)	+0:52 (10)	+4:04 (10)	+1:19 (9)	+4:50 (10)	+4:22 (10)	+0:36 (10)	+1:06 (9)	+1:59 (9)	+1:11 (7)
	52:20 (10)	56:36 (10)	58:58 (10)	59:46 (10)	1:02:26 (10)	1:03:15 (10)				
	5:03/55	4:16/65	2:22/143	0:48/53	2:40/150	0:49/249				
	+2:30 (9)	+1:46 (9)	+0:57 (10)	+0:10 (4)	+1:08 (10)	+0:15 (9)				