

# Resultater fra Saltenkarusell 7, Heggmoen 29.06.2010

Det var totalt 42 startende.

## Klasse Nybegynner 1,7 km

4 påmeldt, 4 startende

Bendik Hansen			Bodø og Omegn IF			(10,23min/km)		<b>17:23</b>
1:58 (1)	4:59 (1)	6:21 (1)	8:25 (1)	11:33 (1)	13:07 (1)	14:05 (1)	15:53 (1)	17:23 (1)
1:58/43	3:01/44	1:22/45	2:04/46	3:08/48	1:34/49	0:58/50	1:48/52	1:30/249
+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)
Lene Johnsen Ikdahl			Bodø og Omegn IF			(25,13min/km)		<b>42:43</b>
6:52 (3)	16:35 (3)	19:54 (3)	25:36 (3)	33:55 (3)	37:00 (3)	38:31 (3)	41:00 (3)	42:43 (3)
6:52/43	9:43/44	3:19/45	5:42/46	8:19/48	3:05/49	1:31/50	2:29/52	1:43/249
+4:54 (3)	+6:42 (3)	+1:57 (3)	+3:38 (3)	+5:11 (3)	+1:31 (2)	+0:33 (2)	+0:41 (2)	+0:13 (2)
Sunniva Limstrand			Bodø og Omegn IF			(20,92min/km)		<b>35:34</b>
3:49 (2)	10:16 (2)	13:28 (2)	19:00 (2)	26:13 (2)	30:15 (2)	32:19 (2)	35:34 (2)	35:34 (2)
3:49/43	6:27/44	3:12/45	5:32/46	7:13/48	4:02/49	2:04/50	3:15/52	
+1:51 (2)	+3:26 (2)	+1:50 (2)	+3:28 (2)	+4:05 (2)	+2:28 (3)	+1:06 (3)	+1:27 (3)	+0:00 (1)
Anna Elisabeth Skålsvik			Bodø og Omegn IF			(38,60min/km)		<b>1:05:37</b>
8:30 (4)	22:33 (4)	27:10 (4)	34:31 (4)	47:01 (4)	51:20 (4)	54:35 (4)	58:46 (4)	1:05:37 (4)
8:30/43	14:03/44	4:37/45	7:21/46	12:30/48	4:19/49	3:15/50	4:11/52	6:51/249
+6:32 (4)	+11:02 (4)	+3:15 (4)	+5:17 (4)	+9:22 (4)	+2:45 (4)	+2:17 (4)	+2:23 (4)	+5:21 (3)

## Klasse C-løype 1,7 km

4 påmeldt, 4 startende

1 Emilie Hansen			Bodø og Omegn IF			(10,85min/km)		<b>18:27</b>
1:47 (1)	4:15 (1)	7:10 (1)	8:57 (1)	12:03 (1)	13:39 (1)	17:57 (1)	18:27 (1)	
1:47/43	2:28/44	2:55/46	1:47/47	3:06/49	1:36/51	4:18/42	0:30/249	
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
2 Marianne Johansen			Bodø og Omegn IF			(11,98min/km)		<b>20:22</b> (+1:55)
1:48 (2)	4:16 (2)	7:39 (2)	9:55 (2)	13:29 (2)	15:27 (2)	19:51 (2)	20:22 (2)	
1:48/43	2:28/44	3:23/46	2:16/47	3:34/49	1:58/51	4:24/42	0:31/249	
+0:01 (2)	+0:00 (1)	+0:28 (2)	+0:29 (2)	+0:28 (2)	+0:22 (2)	+0:06 (2)	+0:01 (2)	
Esten S. Kringhaug			Bodø og Omegn IF			(16,14min/km)		<b>Disk</b> (+8:59)
3:43 (3)	7:50 (3)	12:33 (3)	14:43 (3)	20:05 (3)	21:35 (3)	27:26 (3)	27:26 (3)	
3:43/43	4:07/44	4:43/46	2:10/47	5:22/49	1:30/50	5:51/249		
+1:56 (3)	+1:39 (3)	+1:48 (3)	+0:23 (2)	+2:16 (3)	+0:00 (1)	+1:33 (3)	+0:00 (1)	
Adler S. Kringhaug			Bodø og Omegn IF			(18,48min/km)		<b>Disk</b> (+12:58)
3:31 (3)	7:40 (3)	12:31 (3)	14:39 (3)	19:46 (3)	21:19 (3)	29:50 (3)	31:25 (3)	
3:31/43	4:09/44	4:51/46	2:08/47	5:07/49	1:33/50	8:31/42	1:35/249	
+1:44 (3)	+1:41 (3)	+1:56 (3)	+0:21 (2)	+2:01 (3)	+0:00 (1)	+4:13 (3)	+1:05 (3)	

## Klasse B-løype 2,5 km

10 påmeldt, 10 startende

1 Camilla Nordhei			Bodø og Omegn IF			(12,93min/km)		<b>32:19</b>
4:38 (2)	13:05 (2)	15:23 (2)	22:35 (1)	29:09 (1)	31:43 (1)	32:19 (1)		
4:38/31	8:27/34	2:18/35	7:12/36	6:34/41	2:34/42	0:36/249		
+0:13 (2)	+1:13 (5)	+0:27 (3)	+0:00 (1)	+1:16 (4)	+0:25 (7)	+0:07 (4)		
2 Katrine Kalvig			Bodø og Omegn IF			(13,56min/km)		<b>33:54</b> (+1:35)
5:02 (4)	13:08 (3)	15:24 (3)	24:36 (2)	31:09 (2)	33:25 (2)	33:54 (2)		
5:02/31	8:06/34	2:16/35	9:12/36	6:33/41	2:16/42	0:29/249		
+0:37 (4)	+0:52 (4)	+0:25 (2)	+2:00 (3)	+1:15 (3)	+0:07 (2)	+0:00 (1)		
3 Oda Furuholmen			Bodø og Omegn IF			(13,78min/km)		<b>34:27</b> (+2:08)
8:16 (8)	15:37 (7)	17:28 (6)	26:13 (3)	31:31 (3)	33:50 (3)	34:27 (3)		
8:16/31	7:21/34	1:51/35	8:45/36	5:18/41	2:19/42	0:37/249		
+3:51 (8)	+0:07 (2)	+0:00 (1)	+1:33 (2)	+0:00 (1)	+0:10 (3)	+0:08 (5)		
4 Jens Viggo Limstrand			Bodø og Omegn IF			(14,54min/km)		<b>36:21</b> (+4:02)
4:58 (3)	12:12 (1)	14:34 (1)	27:32 (5)	33:28 (4)	35:37 (4)	36:21 (4)		
4:58/31	7:14/34	2:22/35	12:58/36	5:56/41	2:09/42	0:44/249		

	+0:33 (3)	+0:00 (1)	+0:31 (4)	+5:46 (8)	+0:38 (2)	+0:00 (1)	+0:15 (7)		
5	Marianne Eilertsen Bodø og Omegn IF						(15,59min/km)	<b>38:58</b>	(+6:39)
	5:43 (6)	13:35 (4)	16:00 (4)	26:33 (4)	35:57 (5)	38:26 (5)	38:58 (5)		
	5:43/31	7:52/34	2:25/35	10:33/36	9:24/41	2:29/42	0:32/249		
	+1:18 (6)	+0:38 (3)	+0:34 (5)	+3:21 (4)	+4:06 (6)	+0:20 (5)	+0:03 (2)		
6	Regula Hösli Bodø og Omegn IF						(17,01min/km)	<b>42:31</b>	(+10:12)
	5:07 (5)	16:26 (8)	19:15 (8)	30:16 (7)	39:31 (6)	41:54 (6)	42:31 (6)		
	5:07/31	11:19/34	2:49/35	11:01/36	9:15/41	2:23/42	0:37/249		
	+0:42 (5)	+4:05 (9)	+0:58 (7)	+3:49 (5)	+3:57 (5)	+0:14 (4)	+0:08 (5)		
7	Martha Kalvig Skogan Bodø og Omegn IF						(18,09min/km)	<b>45:13</b>	(+12:54)
	4:25 (1)	14:19 (5)	16:56 (5)	28:59 (6)	42:05 (7)	44:38 (7)	45:13 (7)		
	4:25/31	9:54/34	2:37/35	12:03/36	13:06/41	2:33/42	0:35/249		
	+0:00 (1)	+2:40 (7)	+0:46 (6)	+4:51 (7)	+7:48 (9)	+0:24 (6)	+0:06 (3)		
8	Karen Kringhaug Valnesfjord IL						(20,31min/km)	<b>50:47</b>	(+18:28)
	12:56 (10)	23:21 (9)	26:16 (9)	37:49 (9)	47:20 (9)	50:02 (8)	50:47 (8)		
	12:56/31	10:25/34	2:55/35	11:33/36	9:31/41	2:42/42	0:45/249		
	+8:31 (10)	+3:11 (8)	+1:04 (8)	+4:21 (6)	+4:13 (7)	+0:33 (8)	+0:16 (9)		
9	Anne Berit Vikhals Bodø og Omegn IF						(20,34min/km)	<b>50:51</b>	(+18:32)
	5:51 (7)	15:15 (6)	19:04 (7)	32:50 (8)	47:07 (8)	50:04 (9)	50:51 (9)		
	5:51/31	9:24/34	3:49/35	13:46/36	14:17/41	2:57/42	0:47/249		
	+1:26 (7)	+2:10 (6)	+1:58 (9)	+6:34 (10)	+8:59 (10)	+0:48 (9)	+0:18 (10)		
10	Arnold Danielsen Bodø og Omegn IF						(23,58min/km)	<b>58:57</b>	(+26:38)
	12:44 (9)	26:08 (10)	30:29 (10)	43:56 (10)	54:57 (10)	58:13 (10)	58:57 (10)		
	12:44/31	13:24/34	4:21/35	13:27/36	11:01/41	3:16/42	0:44/249		
	+8:19 (9)	+6:10 (10)	+2:30 (10)	+6:15 (9)	+5:43 (8)	+1:07 (10)	+0:15 (7)		

## Klasse A-kort 3,7 km

18 påmeldt, 18 startende

1	Vebjørn Rånes Ukjent						(12,27min/km)	<b>45:25</b>	
	3:29 (5)	6:44 (3)	13:19 (2)	21:12 (12)	30:51 (10)	34:35 (7)	38:29 (2)	43:28 (1)	44:53 (1)
	3:29/31	3:15/33	6:35/34	7:53/35	9:39/37	3:44/39	3:54/40	4:59/41	1:25/42
	+0:12 (5)	+0:38 (4)	+0:31 (2)	+6:10 (16)	+1:32 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:14 (4)
2	Anne Marthe Limstrand Bodø og Omegn IF						(12,32min/km)	<b>45:36</b>	(+0:11)
	3:17 (1)	7:59 (5)	14:48 (4)	19:49 (9)	27:56 (3)	33:50 (3)	38:47 (4)	43:54 (2)	45:07 (2)
	3:17/31	4:42/33	6:49/34	5:01/35	8:07/37	5:54/39	4:57/40	5:07/41	1:13/42
	+0:00 (1)	+2:05 (12)	+0:45 (4)	+3:18 (15)	+0:00 (1)	+2:10 (15)	+1:03 (7)	+0:08 (2)	+0:02 (2)
3	Rasmus Andersen Bodø og Omegn IF						(12,48min/km)	<b>46:11</b>	(+0:46)
	6:54 (17)	10:00 (14)	18:04 (11)	19:47 (8)	28:38 (4)	32:47 (2)	37:08 (1)	44:30 (3)	45:47 (3)
	6:54/31	3:06/33	8:04/34	1:43/35	8:51/37	4:09/39	4:21/40	7:22/41	1:17/42
	+3:37 (17)	+0:29 (2)	+2:00 (9)	+0:00 (1)	+0:44 (2)	+0:25 (3)	+0:27 (2)	+2:23 (12)	+0:06 (3)
4	Torbjørn Hösli Olsen Bodø og Omegn IF						(12,64min/km)	<b>46:45</b>	(+1:20)
	3:25 (4)	6:37 (2)	12:41 (1)	14:29 (1)	27:32 (1)	32:13 (1)	38:40 (3)	45:13 (4)	46:24 (4)
	3:25/31	3:12/33	6:04/34	1:48/35	13:03/37	4:41/39	6:27/40	6:33/41	1:11/42
	+0:08 (4)	+0:35 (3)	+0:00 (1)	+0:05 (3)	+4:56 (11)	+0:57 (6)	+2:33 (11)	+1:34 (7)	+0:00 (1)
5	Joar Klæboe Henriksen Bodø og Omegn IF						(12,84min/km)	<b>47:30</b>	(+2:05)
	3:48 (8)	9:52 (12)	18:34 (13)	20:26 (10)	31:26 (11)	35:39 (11)	40:34 (9)	45:44 (6)	47:11 (5)
	3:48/31	6:04/33	8:42/34	1:52/35	11:00/37	4:13/39	4:55/40	5:10/41	1:27/42
	+0:31 (8)	+3:27 (16)	+2:38 (10)	+0:09 (6)	+2:53 (7)	+0:29 (4)	+1:01 (6)	+0:11 (3)	+0:16 (5)
6	Morten Selnes Bodø og Omegn IF						(12,98min/km)	<b>48:02</b>	(+2:37)
	3:40 (7)	8:15 (8)	16:03 (8)	18:15 (5)	29:18 (6)	33:53 (4)	39:03 (5)	45:15 (5)	47:29 (6)
	3:40/31	4:35/33	7:48/34	2:12/35	11:03/37	4:35/39	5:10/40	6:12/41	2:14/42
	+0:23 (7)	+1:58 (10)	+1:44 (6)	+0:29 (8)	+2:56 (8)	+0:51 (5)	+1:16 (9)	+1:13 (6)	+1:03 (15)
7	Bjørn Tore Winther Ukjent						(13,12min/km)	<b>48:33</b>	(+3:08)
	3:22 (2)	8:03 (6)	14:46 (3)	16:37 (2)	30:07 (7)	34:11 (6)	39:19 (6)	46:23 (8)	47:56 (7)
	3:22/31	4:41/33	6:43/34	1:51/35	13:30/37	4:04/39	5:08/40	7:04/41	1:33/42
	+0:05 (2)	+2:04 (11)	+0:39 (3)	+0:08 (5)	+5:23 (12)	+0:20 (2)	+1:14 (8)	+2:05 (10)	+0:22 (6)
8	Carl B. Bjørseth Bodø og Omegn IF						(13,22min/km)	<b>48:54</b>	(+3:29)
	4:18 (9)	8:31 (10)	16:00 (6)	17:49 (4)	27:42 (2)	34:40 (8)	39:31 (7)	46:22 (7)	48:18 (8)
	4:18/31	4:13/33	7:29/34	1:49/35	9:53/37	6:58/39	4:51/40	6:51/41	1:56/42

	+1:01 (9)	+1:36 (9)	+1:25 (5)	+0:06 (4)	+1:46 (4)	+3:14 (17)	+0:57 (5)	+1:52 (9)	+0:45 (11)	+0:17 (16)
<b>9</b>	<b>Dag Skogan</b>		<b>Bodø og Omegn IF</b>				<b>(13,58min/km)</b>	<b>50:14</b>		<b>(+4:49)</b>
	5:16 (14)	9:18 (11)	17:12 (9)	19:40 (7)	30:14 (8)	35:11 (9)	39:45 (8)	48:03 (9)	49:44 (9)	50:14 (9)
	5:16/31	4:02/33	7:54/34	2:28/35	10:34/37	4:57/39	4:34/40	8:18/41	1:41/42	0:30/249
	+1:59 (14)	+1:25 (7)	+1:50 (7)	+0:45 (11)	+2:27 (5)	+1:13 (8)	+0:40 (4)	+3:19 (16)	+0:30 (10)	+0:11 (8)
<b>10</b>	<b>Åge Mohus</b>		<b>Bodø og Omegn IF</b>				<b>(13,62min/km)</b>	<b>50:23</b>		<b>(+4:58)</b>
	4:20 (10)	8:08 (7)	16:02 (7)	20:49 (11)	32:36 (12)	37:58 (12)	42:20 (10)	48:16 (10)	49:50 (10)	50:23 (10)
	4:20/31	3:48/33	7:54/34	4:47/35	11:47/37	5:22/39	4:22/40	5:56/41	1:34/42	0:33/249
	+1:03 (10)	+1:11 (5)	+1:50 (7)	+3:04 (14)	+3:40 (10)	+1:38 (11)	+0:28 (3)	+0:57 (5)	+0:23 (8)	+0:14 (13)
<b>11</b>	<b>Tormod Skålsvik</b>		<b>Ukjent</b>				<b>(14,13min/km)</b>	<b>52:17</b>		<b>(+6:52)</b>
	3:35 (6)	6:12 (1)	15:12 (5)	16:59 (3)	28:45 (5)	34:09 (5)	45:11 (11)	50:21 (11)	51:54 (11)	52:17 (11)
	3:35/31	2:37/33	9:00/34	1:47/35	11:46/37	5:24/39	11:02/40	5:10/41	1:33/42	0:23/249
	+0:18 (6)	+0:00 (1)	+2:56 (12)	+0:04 (2)	+3:39 (9)	+1:40 (12)	+7:08 (17)	+0:11 (3)	+0:22 (6)	+0:04 (3)
<b>12</b>	<b>Geir Moen</b>		<b>Bodø og Omegn IF</b>				<b>(15,19min/km)</b>	<b>56:12</b>		<b>(+10:47)</b>
	4:30 (11)	8:26 (9)	17:23 (10)	19:38 (6)	30:29 (9)	35:32 (10)	45:48 (12)	53:15 (12)	55:40 (12)	56:12 (12)
	4:30/31	3:56/33	8:57/34	2:15/35	10:51/37	5:03/39	10:16/40	7:27/41	2:25/42	0:32/249
	+1:13 (11)	+1:19 (6)	+2:53 (11)	+0:32 (9)	+2:44 (6)	+1:19 (9)	+6:22 (15)	+2:28 (13)	+1:14 (16)	+0:13 (10)
<b>13</b>	<b>Bjørn-Wiggo Hansen</b>		<b>Bodø og Omegn IF</b>				<b>(16,69min/km)</b>	<b>1:01:45</b>		<b>(+16:20)</b>
	3:23 (3)	7:29 (4)	18:13 (12)	28:04 (17)	41:57 (17)	46:44 (16)	53:03 (16)	59:39 (15)	1:01:18 (13)	1:01:45 (13)
	3:23/31	4:06/33	10:44/34	9:51/35	13:53/37	4:47/39	6:19/40	6:36/41	1:39/42	0:27/249
	+0:06 (3)	+1:29 (8)	+4:40 (16)	+8:08 (17)	+5:46 (14)	+1:03 (7)	+2:25 (10)	+1:37 (8)	+0:28 (9)	+0:08 (6)
<b>14</b>	<b>Odd-Ivar Søvik</b>		<b>Bodø og Omegn IF</b>				<b>(16,74min/km)</b>	<b>1:01:57</b>		<b>(+16:32)</b>
	5:17 (16)	10:07 (16)	19:17 (14)	21:32 (13)	37:24 (14)	42:35 (14)	51:17 (13)	59:26 (13)	1:01:26 (14)	1:01:57 (14)
	5:17/31	4:50/33	9:10/34	2:15/35	15:52/37	5:11/39	8:42/40	8:09/41	2:00/42	0:31/249
	+2:00 (16)	+2:13 (13)	+3:06 (13)	+0:32 (9)	+7:45 (15)	+1:27 (10)	+4:48 (13)	+3:10 (15)	+0:49 (14)	+0:12 (9)
<b>15</b>	<b>Jon Øverås</b>		<b>Bodø og Omegn IF</b>				<b>(16,96min/km)</b>	<b>1:02:46</b>		<b>(+17:21)</b>
	4:44 (13)	9:57 (13)	19:18 (15)	21:47 (14)	35:32 (13)	41:15 (13)	51:58 (14)	59:34 (14)	1:02:14 (15)	1:02:46 (15)
	4:44/31	5:13/33	9:21/34	2:29/35	13:45/37	5:43/39	10:43/40	7:36/41	2:40/42	0:32/249
	+1:27 (13)	+2:36 (14)	+3:17 (14)	+0:46 (12)	+5:38 (13)	+1:59 (14)	+6:49 (16)	+2:37 (14)	+1:29 (17)	+0:13 (10)
<b>16</b>	<b>Christian Søvik</b>		<b>Bodø og Omegn IF</b>				<b>(17,20min/km)</b>	<b>1:03:39</b>		<b>(+18:14)</b>
	5:16 (14)	11:30 (17)	21:08 (17)	23:18 (15)	39:52 (15)	45:16 (15)	52:41 (15)	1:01:08 (16)	1:03:04 (16)	1:03:39 (16)
	5:16/31	6:14/33	9:38/34	2:10/35	16:34/37	5:24/39	7:25/40	8:27/41	1:56/42	0:35/249
	+1:59 (14)	+3:37 (17)	+3:34 (15)	+0:27 (7)	+8:27 (16)	+1:40 (12)	+3:31 (12)	+3:28 (17)	+0:45 (11)	+0:16 (15)
<b>17</b>	<b>Heidi Jensen</b>		<b>Bodø og Omegn IF</b>				<b>(17,94min/km)</b>	<b>1:06:23</b>		<b>(+20:58)</b>
	4:32 (12)	10:00 (14)	21:03 (16)	23:33 (16)	41:50 (16)	47:44 (17)	56:56 (17)	1:04:01 (17)	1:05:58 (17)	1:06:23 (17)
	4:32/31	5:28/33	11:03/34	2:30/35	18:17/37	5:54/39	9:12/40	7:05/41	1:57/42	0:25/249
	+1:15 (12)	+2:51 (15)	+4:59 (17)	+0:47 (13)	+10:10 (17)	+2:10 (15)	+5:18 (14)	+2:06 (11)	+0:46 (13)	+0:06 (5)
	<b>Per Dalhaug</b>		<b>Bodø og Omegn IF</b>				<b>(5,57min/km)</b>	<b>Brutt</b>		
	4:31 (12)	9:10 (11)	18:33 (13)	20:37 (11)	20:37 (1)	20:37 (1)	20:37 (1)	20:37 (1)	20:37 (1)	20:37 (1)
	4:31/31	4:39/33	9:23/34	2:04/35						
	+1:14 (12)	+2:02 (11)	+3:19 (15)	+0:21 (7)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)

## Klasse A-lang 4,8 km

6 påmeldt, 6 startende

<b>1</b>	<b>Arild Hegreberg</b>		<b>Bodø og Omegn IF</b>				<b>(7,43min/km)</b>	<b>35:40</b>		
	2:32 (1)	6:53 (2)	9:20 (1)	13:57 (1)	15:03 (1)	18:40 (1)	24:56 (1)	27:43 (1)	30:41 (1)	34:13 (1)
	2:32/31	4:21/32	2:27/33	4:37/34	1:06/35	3:37/36	6:16/37	2:47/39	2:58/40	3:32/41
	+0:00 (1)	+0:25 (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)
	35:17 (1)	35:40 (1)								
	1:04/42	0:23/249								
	+0:00 (1)	+0:04 (4)								
<b>2</b>	<b>Jan Erik Paulsen</b>		<b>Bodø og Omegn IF</b>				<b>(8,42min/km)</b>	<b>40:25</b>		<b>(+4:45)</b>
	2:40 (2)	6:36 (1)	10:38 (2)	15:44 (2)	17:18 (2)	21:32 (2)	28:44 (2)	31:33 (2)	34:47 (2)	38:50 (2)
	2:40/31	3:56/32	4:02/33	5:06/34	1:34/35	4:14/36	7:12/37	2:49/39	3:14/40	4:03/41
	+0:08 (2)	+0:00 (1)	+1:35 (5)	+0:29 (2)	+0:28 (5)	+0:37 (2)	+0:56 (4)	+0:02 (2)	+0:16 (2)	+0:31 (2)
	40:06 (2)	40:25 (2)								
	1:16/42	0:19/249								
	+0:12 (4)	+0:00 (1)								

<b>3</b>	<b>Jakob Kalvig Skogan</b>		<b>Bodø og Omegn IF</b>				<b>(9,55min/km)</b>		<b>45:51 (+10:11)</b>	
	4:27 (6)	9:44 (6)	13:18 (6)	19:12 (4)	20:28 (4)	25:44 (3)	32:03 (3)	36:47 (3)	40:13 (3)	44:19 (3)
	4:27/31	5:17/32	3:34/33	5:54/34	1:16/35	5:16/36	6:19/37	4:44/39	3:26/40	4:06/41
	+1:55 (6)	+1:21 (5)	+1:07 (4)	+1:17 (4)	+0:10 (2)	+1:39 (3)	+0:03 (2)	+1:57 (6)	+0:28 (4)	+0:34 (3)
	45:32 (3)	45:51 (3)								
	1:13/42	0:19/249								
	+0:09 (2)	+0:00 (1)								
<b>4</b>	<b>Aviaja Kleist</b>		<b>Bodø og Omegn IF</b>				<b>(9,98min/km)</b>		<b>47:55 (+12:15)</b>	
	3:03 (4)	7:53 (3)	11:12 (3)	16:38 (3)	18:06 (3)	27:14 (5)	33:43 (4)	36:59 (4)	40:21 (4)	46:14 (4)
	3:03/31	4:50/32	3:19/33	5:26/34	1:28/35	9:08/36	6:29/37	3:16/39	3:22/40	5:53/41
	+0:31 (4)	+0:54 (3)	+0:52 (3)	+0:49 (3)	+0:22 (3)	+5:31 (6)	+0:13 (3)	+0:29 (3)	+0:24 (3)	+2:21 (6)
	47:34 (4)	47:55 (4)								
	1:20/42	0:21/249								
	+0:16 (5)	+0:02 (3)								
<b>5</b>	<b>Tore Jakola</b>		<b>Bodø og Omegn IF</b>				<b>(12,52min/km)</b>		<b>1:00:05 (+24:25)</b>	
	3:26 (5)	9:16 (5)	12:13 (4)	19:57 (6)	21:30 (6)	28:01 (6)	36:46 (5)	40:51 (5)	52:48 (5)	58:05 (5)
	3:26/31	5:50/32	2:57/33	7:44/34	1:33/35	6:31/36	8:45/37	4:05/39	11:57/40	5:17/41
	+0:54 (5)	+1:54 (6)	+0:30 (2)	+3:07 (6)	+0:27 (4)	+2:54 (5)	+2:29 (5)	+1:18 (5)	+8:59 (6)	+1:45 (5)
	59:32 (5)	1:00:05 (5)								
	1:27/42	0:33/249								
	+0:23 (6)	+0:14 (6)								
<b>6</b>	<b>Håkon Hegreberg</b>		<b>Bodø og Omegn IF</b>				<b>(13,16min/km)</b>		<b>1:03:11 (+27:31)</b>	
	2:58 (3)	8:12 (4)	12:47 (5)	19:19 (5)	21:10 (5)	27:04 (4)	48:21 (6)	52:09 (6)	56:21 (6)	1:01:30 (6)
	2:58/31	5:14/32	4:35/33	6:32/34	1:51/35	5:54/36	21:17/37	3:48/39	4:12/40	5:09/41
	+0:26 (3)	+1:18 (4)	+2:08 (6)	+1:55 (5)	+0:45 (6)	+2:17 (4)	+15:01 (6)	+1:01 (4)	+1:14 (5)	+1:37 (4)
	1:02:44 (6)	1:03:11 (6)								
	1:14/42	0:27/249								
	+0:10 (3)	+0:08 (5)								