

Resultater fra Saltenkarusell 9, Røvika (ikke korrekte km-tider) 24.08.2010

Det var totalt 56 startende.

Klasse Nybegynner 1,3 km

4 påmeldt, 4 startende

Marit Bjørnevik			Bodø og Omegn IF			(13,08min/km)	17:00
1:50 (4)	4:54 (4)	6:26 (4)	9:00 (4)	11:16 (4)	15:31 (4)	17:00 (4)	
1:50/38	3:04/47	1:32/49	2:34/44	2:16/33	4:15/52	1:29/37	
+0:36 (4)	+0:49 (4)	+0:32 (4)	+1:04 (3)	+1:15 (3)	+2:00 (4)	+0:36 (4)	
Marius Ekrem Finstad			Bodø og Omegn IF			(9,03min/km)	11:44
1:14 (1)	3:29 (1)	4:29 (1)	6:45 (1)	7:46 (1)	10:44 (1)	11:44 (1)	
1:14/38	2:15/47	1:00/49	2:16/44	1:01/33	2:58/52	1:00/37	
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:46 (2)	+0:00 (1)	+0:43 (2)	+0:07 (3)	
Kaja Samuelsen Skiri			Bodø og Omegn IF			(10,60min/km)	13:47
1:33 (3)	4:21 (3)	5:51 (3)	7:21 (2)	9:39 (2)	12:49 (3)	13:47 (3)	
1:33/38	2:48/47	1:30/49	1:30/44	2:18/33	3:10/52	0:58/37	
+0:19 (3)	+0:33 (3)	+0:30 (3)	+0:00 (1)	+1:17 (4)	+0:55 (3)	+0:05 (2)	
Håvard Solbakken			Bodø og Omegn IF			(9,83min/km)	12:47
1:16 (2)	3:57 (2)	5:05 (2)	8:16 (3)	9:39 (2)	11:54 (2)	12:47 (2)	
1:16/38	2:41/47	1:08/49	3:11/44	1:23/33	2:15/52	0:53/37	
+0:02 (2)	+0:26 (2)	+0:08 (2)	+1:41 (4)	+0:22 (2)	+0:00 (1)	+0:00 (1)	

Klasse 2 km 1,6 km

6 påmeldt, 6 startende

1	Espen Samuelsen Skiri		Bodø og Omegn IF			(11,12min/km)	17:21	
	3:20 (4)	5:08 (2)	6:36 (2)	8:58 (1)	9:48 (1)	13:26 (1)	16:28 (1)	17:21 (1)
	3:20/36	1:48/35	1:28/46	2:22/42	0:50/31	3:38/50	3:02/52	0:53/37
	+0:55 (4)	+0:00 (1)	+0:00 (1)	+0:03 (2)	+0:21 (3)	+1:12 (4)	+0:00 (1)	+0:11 (4)
2	Martha Kalvig Skogan		Bodø og Omegn IF			(12,06min/km)	18:49	(+1:28)
	3:02 (3)	6:11 (5)	8:33 (5)	11:19 (3)	12:25 (3)	14:51 (3)	18:05 (2)	18:49 (2)
	3:02/36	3:09/35	2:22/46	2:46/42	1:06/31	2:26/50	3:14/52	0:44/37
	+0:37 (3)	+1:21 (6)	+0:54 (5)	+0:27 (3)	+0:37 (5)	+0:00 (1)	+0:12 (2)	+0:02 (3)
3	Lotte Eriksen Reitan		Bodø og Omegn IF			(12,40min/km)	19:21	(+2:00)
	2:50 (2)	5:53 (3)	7:39 (3)	9:58 (2)	10:51 (2)	14:40 (2)	18:23 (3)	19:21 (3)
	2:50/36	3:03/35	1:46/46	2:19/42	0:53/31	3:49/50	3:43/52	0:58/37
	+0:25 (2)	+1:15 (4)	+0:18 (2)	+0:00 (1)	+0:24 (4)	+1:23 (5)	+0:41 (3)	+0:16 (5)
4	Marius Ekrem Finstad		Bodø og Omegn IF			(14,17min/km)	22:06	(+4:45)
	2:25 (1)	4:13 (1)	6:05 (1)	12:46 (4)	13:23 (4)	16:45 (4)	21:24 (4)	22:06 (4)
	2:25/36	1:48/35	1:52/46	6:41/42	0:37/31	3:22/50	4:39/52	0:42/37
	+0:00 (1)	+0:00 (1)	+0:24 (4)	+4:22 (5)	+0:08 (2)	+0:56 (2)	+1:37 (5)	+0:00 (1)
5	Håvard Solbakken		Bodø og Omegn IF			(15,40min/km)	24:01	(+6:40)
	4:19 (5)	6:08 (4)	7:56 (4)	14:47 (5)	15:16 (5)	18:45 (5)	23:19 (5)	24:01 (5)
	4:19/36	1:49/35	1:48/46	6:51/42	0:29/31	3:29/50	4:34/52	0:42/37
	+1:54 (5)	+0:01 (3)	+0:20 (3)	+4:32 (6)	+0:00 (1)	+1:03 (3)	+1:32 (4)	+0:00 (1)
6	Marit Bjørnevik		Valnesfjord IL			(20,88min/km)	32:34	(+15:13)
	7:58 (6)	11:06 (6)	16:08 (6)	19:56 (6)	21:12 (6)	25:41 (6)	31:26 (6)	32:34 (6)
	7:58/36	3:08/35	5:02/46	3:48/42	1:16/31	4:29/50	5:45/52	1:08/37
	+5:33 (6)	+1:20 (5)	+3:34 (6)	+1:29 (4)	+0:47 (6)	+2:03 (6)	+2:43 (6)	+0:26 (6)

Klasse 3 km 3,0 km

12 påmeldt, 12 startende

1	Steve Samuelsen		Bodø og Omegn IF			(18,12min/km)	54:21	
	6:27 (4)	10:30 (1)	17:48 (1)	31:39 (1)	44:57 (1)	54:21 (1)		
	6:27/54	4:03/32	7:18/41	13:51/51	13:18/31	9:24/37		
	+1:37 (4)	+0:00 (1)	+0:15 (2)	+3:32 (5)	+1:57 (3)	+4:04 (7)		
2	Katrine Kalvig		Bodø og Omegn IF			(19,09min/km)	57:17	(+2:56)
	6:14 (2)	13:39 (3)	21:57 (2)	35:46 (2)	49:21 (3)	57:17 (2)		
	6:14/54	7:25/32	8:18/41	13:49/51	13:35/31	7:56/37		

	+1:24 (2)	+3:22 (3)	+1:15 (3)	+3:30 (4)	+2:14 (5)	+2:36 (4)				
3	Per Ole Fosby					Bodø og Omegn IF		(19,19min/km)	57:35	(+3:14)
	6:22 (3)	14:02 (4)	24:01 (3)	35:55 (4)	49:14 (2)	57:35 (3)				
	6:22/54	7:40/32	9:59/41	11:54/51	13:19/31	8:21/37				
	+1:32 (3)	+3:37 (4)	+2:56 (4)	+1:35 (3)	+1:58 (4)	+3:01 (5)				
4	Karen Merete Bjørseth					Bodø og Omegn IF		(19,38min/km)	58:08	(+3:47)
	7:01 (5)	14:46 (5)	25:35 (4)	35:54 (3)	49:31 (4)	58:08 (4)				
	7:01/54	7:45/32	10:49/41	10:19/51	13:37/31	8:37/37				
	+2:11 (5)	+3:42 (5)	+3:46 (5)	+0:00 (1)	+2:16 (6)	+3:17 (6)				
5	Oda Furuholmen					Bodø og Omegn IF		(22,19min/km)	1:06:35	(+12:14)
	4:50 (1)	12:00 (2)	31:36 (5)	42:22 (5)	58:51 (5)	1:06:35 (5)				
	4:50/54	7:10/32	19:36/41	10:46/51	16:29/31	7:44/37				
	+0:00 (1)	+3:07 (2)	+12:33 (9)	+0:27 (2)	+5:08 (7)	+2:24 (3)				
6	Per Dalhaug					Bodø og Omegn IF		(23,60min/km)	1:10:48	(+16:27)
	19:32 (9)	30:16 (9)	37:19 (7)	54:07 (7)	1:05:28 (7)	1:10:48 (6)				
	19:32/54	10:44/32	7:03/41	16:48/51	11:21/31	5:20/37				
	+14:42 (9)	+6:41 (8)	+0:00 (1)	+6:29 (8)	+0:00 (1)	+0:00 (1)				
7	Regula Hösli					Bodø og Omegn IF		(24,17min/km)	1:12:30	(+18:09)
	7:24 (6)	16:24 (6)	31:59 (6)	47:08 (6)	1:05:18 (6)	1:12:30 (7)				
	7:24/54	9:00/32	15:35/41	15:09/51	18:10/31	7:12/37				
	+2:34 (6)	+4:57 (6)	+8:32 (6)	+4:50 (7)	+6:49 (8)	+1:52 (2)				
8	Karen Kringhaug					Bodø og Omegn IF		(28,18min/km)	1:24:33	(+30:12)
	19:25 (8)	29:02 (8)	47:15 (9)	1:01:09 (8)	1:13:20 (8)	1:24:33 (8)				
	19:25/54	9:37/32	18:13/41	13:54/51	12:11/31	11:13/37				
	+14:35 (8)	+5:34 (7)	+11:10 (7)	+3:35 (6)	+0:50 (2)	+5:53 (9)				
9	Arnold Danielsen					Bodø og Omegn IF		(32,61min/km)	1:37:49	(+43:28)
	10:52 (7)	23:43 (7)	42:11 (8)	1:06:24 (9)	1:28:25 (9)	1:37:49 (9)				
	10:52/54	12:51/32	18:28/41	24:13/51	22:01/31	9:24/37				
	+6:02 (7)	+8:48 (9)	+11:25 (8)	+13:54 (9)	+10:40 (9)	+4:04 (7)				
	Tore Tveraabak					Bodø og Omegn IF		(20,60min/km)	Brutt	(+7:27)
	6:47 (5)	11:21 (2)	1:01:48 (10)	1:01:48 (9)	1:01:48 (6)	1:01:48 (5)				
	6:47/54	4:34/32	50:27/42							
	+1:57 (5)	+0:31 (2)	+43:24 (10)	+0:00 (1)	+0:00 (1)	+0:00 (1)				
	Marit Elveos					Bodø og Omegn IF		(26,48min/km)	Brutt	(+25:05)
	4:37 (1)	13:23 (3)	20:58 (2)	28:51 (1)	1:19:26 (9)	1:19:26 (8)				
	4:37/54	8:46/32	7:35/41	7:53/51	50:35/37					
	+0:00 (1)	+4:43 (6)	+0:32 (3)	+0:00 (1)	+39:14 (10)	+0:00 (1)				
	Erlend Elveos Kjelstrup					Bodø og Omegn IF		(15,71min/km)	Brutt	
	3:21 (1)	8:52 (1)	17:10 (1)	47:08 (6)	47:08 (2)	47:08 (1)				
	3:21/54	5:31/32	8:18/41	29:58/37						
	+0:00 (1)	+1:28 (2)	+1:15 (3)	+19:39 (10)	+0:00 (1)	+0:00 (1)				

Klasse 4 km 4,0 km

25 påmeldt, 25 startende

1	Torkel J. K. Irgens					Bodø og Omegn IF		(10,42min/km)	41:41	
	3:20 (1)	7:22 (1)	12:41 (1)	20:51 (1)	23:53 (1)	27:04 (2)	33:16 (2)	37:14 (2)	41:41 (1)	
	3:20/54	4:02/48	5:19/40	8:10/34	3:02/39	3:11/51	6:12/32	3:58/31	4:27/37	
	+0:00 (1)	+0:05 (2)	+0:15 (3)	+1:15 (7)	+0:00 (1)	+0:38 (9)	+0:24 (3)	+0:30 (4)	+0:17 (2)	
2	Marit Johnsen					Bodø og Omegn IF		(10,42min/km)	41:42	(+0:01)
	3:32 (3)	7:46 (3)	12:50 (2)	20:58 (2)	24:24 (2)	26:59 (1)	32:47 (1)	36:50 (1)	41:42 (2)	
	3:32/54	4:14/48	5:04/40	8:08/34	3:26/39	2:35/51	5:48/32	4:03/31	4:52/37	
	+0:12 (3)	+0:17 (3)	+0:00 (1)	+1:13 (6)	+0:24 (3)	+0:02 (2)	+0:00 (1)	+0:35 (6)	+0:42 (7)	
3	Anders Kure					Bodø og Omegn IF		(10,94min/km)	43:45	(+2:04)
	4:04 (8)	8:33 (5)	13:52 (5)	21:53 (4)	25:52 (4)	28:46 (4)	35:03 (3)	39:12 (3)	43:45 (3)	
	4:04/54	4:29/48	5:19/40	8:01/34	3:59/39	2:54/51	6:17/32	4:09/31	4:33/37	
	+0:44 (8)	+0:32 (7)	+0:15 (3)	+1:06 (5)	+0:57 (8)	+0:21 (6)	+0:29 (4)	+0:41 (8)	+0:23 (4)	
4	Per Rekkedal					Bodø og Omegn IF		(11,05min/km)	44:11	(+2:30)
	3:25 (2)	8:47 (8)	14:06 (6)	21:42 (3)	25:09 (3)	27:57 (3)	35:28 (4)	39:36 (4)	44:11 (4)	
	3:25/54	5:22/48	5:19/40	7:36/34	3:27/39	2:48/51	7:31/32	4:08/31	4:35/37	

	+0:05 (2)	+1:25 (14)	+0:15 (3)	+0:41 (3)	+0:25 (4)	+0:15 (5)	+1:43 (11)	+0:40 (7)	+0:25 (5)	
5	Ivar Aanerød			Bodø og Omegn IF			(11,76min/km)		47:03	(+5:22)
	3:45 (6)	8:12 (4)	13:47 (4)	24:16 (8)	27:33 (6)	30:36 (5)	37:36 (5)	41:36 (5)	47:03 (5)	
	3:45/54	4:27/48	5:35/40	10:29/34	3:17/39	3:03/51	7:00/32	4:00/31	5:27/37	
	+0:25 (6)	+0:30 (6)	+0:31 (7)	+3:34 (14)	+0:15 (2)	+0:30 (8)	+1:12 (6)	+0:32 (5)	+1:17 (13)	
6	Torbjørn Hösli Olsen			Bodø og Omegn IF			(12,49min/km)		49:58	(+8:17)
	4:26 (12)	8:40 (7)	13:45 (3)	26:01 (12)	30:13 (11)	32:56 (9)	41:05 (8)	44:55 (6)	49:58 (6)	
	4:26/54	4:14/48	5:05/40	12:16/34	4:12/39	2:43/51	8:09/32	3:50/31	5:03/37	
	+1:06 (12)	+0:17 (3)	+0:01 (2)	+5:21 (18)	+1:10 (10)	+0:10 (4)	+2:21 (13)	+0:22 (3)	+0:53 (8)	
7	Marit Wenseth Kure			NTNUI			(12,62min/km)		50:29	(+8:48)
	4:26 (12)	9:25 (10)	16:47 (13)	25:42 (11)	30:00 (10)	33:29 (10)	40:48 (6)	45:22 (7)	50:29 (7)	
	4:26/54	4:59/48	7:22/40	8:55/34	4:18/39	3:29/51	7:19/32	4:34/31	5:07/37	
	+1:06 (12)	+1:02 (12)	+2:18 (15)	+2:00 (10)	+1:16 (12)	+0:56 (12)	+1:31 (8)	+1:06 (10)	+0:57 (9)	
8	Joar Klæboe Henriksen			Bodø og Omegn IF			(12,67min/km)		50:41	(+9:00)
	4:14 (9)	8:38 (6)	14:47 (7)	25:19 (9)	28:52 (8)	32:19 (7)	41:05 (7)	46:14 (9)	50:41 (8)	
	4:14/54	4:24/48	6:09/40	10:32/34	3:33/39	3:27/51	8:46/32	5:09/31	4:27/37	
	+0:54 (9)	+0:27 (5)	+1:05 (11)	+3:37 (15)	+0:31 (5)	+0:54 (11)	+2:58 (14)	+1:41 (13)	+0:17 (2)	
9	Lena Cecilie Pedersen			SISO IL			(12,70min/km)		50:47	(+9:06)
	3:32 (3)	9:56 (13)	16:59 (15)	25:34 (10)	29:35 (9)	32:10 (6)	41:27 (9)	46:03 (8)	50:47 (9)	
	3:32/54	6:24/48	7:03/40	8:35/34	4:01/39	2:35/51	9:17/32	4:36/31	4:44/37	
	+0:12 (3)	+2:27 (19)	+1:59 (14)	+1:40 (9)	+0:59 (9)	+0:02 (2)	+3:29 (18)	+1:08 (11)	+0:34 (6)	
10	Håkon Hegreberg			Bodø og Omegn IF			(13,20min/km)		52:48	(+11:07)
	3:34 (5)	7:31 (2)	15:35 (10)	22:30 (5)	26:04 (5)	39:06 (16)	45:10 (14)	48:38 (12)	52:48 (10)	
	3:34/54	3:57/48	8:04/40	6:55/34	3:34/39	13:02/51	6:04/32	3:28/31	4:10/37	
	+0:14 (5)	+0:00 (1)	+3:00 (17)	+0:00 (1)	+0:32 (6)	+10:29 (22)	+0:16 (2)	+0:00 (1)	+0:00 (1)	
11	Arne Kristian Nordhei			Bodø og Omegn IF			(13,40min/km)		53:35	(+11:54)
	4:00 (7)	10:58 (17)	16:56 (14)	26:51 (13)	31:43 (13)	35:37 (11)	43:37 (11)	48:21 (11)	53:35 (11)	
	4:00/54	6:58/48	5:58/40	9:55/34	4:52/39	3:54/51	8:00/32	4:44/31	5:14/37	
	+0:40 (7)	+3:01 (20)	+0:54 (10)	+3:00 (11)	+1:50 (15)	+1:21 (15)	+2:12 (12)	+1:16 (12)	+1:04 (11)	
12	Leif Magne Eggestad			Bodø og Omegn IF			(13,45min/km)		53:47	(+12:06)
	4:21 (11)	9:27 (11)	15:09 (8)	22:43 (6)	28:00 (7)	32:26 (8)	41:39 (10)	47:00 (10)	53:47 (12)	
	4:21/54	5:06/48	5:42/40	7:34/34	5:17/39	4:26/51	9:13/32	5:21/31	6:47/37	
	+1:01 (11)	+1:09 (13)	+0:38 (8)	+0:39 (2)	+2:15 (17)	+1:53 (18)	+3:25 (17)	+1:53 (14)	+2:37 (19)	
13	Morten Selnes			Bodø og Omegn IF			(14,02min/km)		56:04	(+14:23)
	4:46 (15)	9:41 (12)	16:39 (12)	27:16 (14)	32:45 (14)	37:13 (12)	44:41 (13)	50:23 (14)	56:04 (13)	
	4:46/54	4:55/48	6:58/40	10:37/34	5:29/39	4:28/51	7:28/32	5:42/31	5:41/37	
	+1:26 (15)	+0:58 (9)	+1:54 (13)	+3:42 (16)	+2:27 (18)	+1:55 (19)	+1:40 (10)	+2:14 (17)	+1:31 (15)	
14	Åge Mohus			Bodø og Omegn IF			(14,25min/km)		56:59	(+15:18)
	5:46 (19)	11:16 (18)	17:05 (16)	27:17 (15)	34:16 (15)	37:16 (13)	44:32 (12)	50:12 (13)	56:59 (14)	
	5:46/54	5:30/48	5:49/40	10:12/34	6:59/39	3:00/51	7:16/32	5:40/31	6:47/37	
	+2:26 (19)	+1:33 (15)	+0:45 (9)	+3:17 (12)	+3:57 (21)	+0:27 (7)	+1:28 (7)	+2:12 (16)	+2:37 (19)	
15	Erling Pedersen			SISO IL			(14,26min/km)		57:02	(+15:21)
	9:53 (22)	14:48 (20)	23:07 (20)	31:04 (17)	34:50 (16)	37:23 (14)	46:49 (15)	51:13 (15)	57:02 (15)	
	9:53/54	4:55/48	8:19/40	7:57/34	3:46/39	2:33/51	9:26/32	4:24/31	5:49/37	
	+6:33 (22)	+0:58 (9)	+3:15 (18)	+1:02 (4)	+0:44 (7)	+0:00 (1)	+3:38 (19)	+0:56 (9)	+1:39 (16)	
16	Bendik Storvik Nilsen			Bodø og Omegn IF			(15,79min/km)		1:03:10	(+21:29)
	5:26 (18)	10:57 (16)	20:21 (18)	30:42 (16)	35:13 (17)	38:52 (15)	50:20 (16)	56:25 (16)	1:03:10 (16)	
	5:26/54	5:31/48	9:24/40	10:21/34	4:31/39	3:39/51	11:28/32	6:05/31	6:45/37	
	+2:06 (18)	+1:34 (16)	+4:20 (21)	+3:26 (13)	+1:29 (13)	+1:06 (13)	+5:40 (22)	+2:37 (20)	+2:35 (18)	
17	Asbjørn Pedersen			SISO IL			(15,83min/km)		1:03:19	(+21:38)
	5:15 (17)	10:11 (14)	15:36 (11)	23:54 (7)	30:34 (12)	48:07 (20)	54:30 (17)	58:09 (17)	1:03:19 (17)	
	5:15/54	4:56/48	5:25/40	8:18/34	6:40/39	17:33/51	6:23/32	3:39/31	5:10/37	
	+1:55 (17)	+0:59 (11)	+0:21 (6)	+1:23 (8)	+3:38 (20)	+15:00 (23)	+0:35 (5)	+0:11 (2)	+1:00 (10)	
18	Mari Eriksen Reitan			Bodø og Omegn IF			(16,88min/km)		1:07:30	(+25:49)
	4:32 (14)	10:29 (15)	19:23 (17)	33:50 (18)	41:23 (18)	47:16 (18)	56:05 (18)	1:01:38 (18)	1:07:30 (18)	
	4:32/54	5:57/48	8:54/40	14:27/34	7:33/39	5:53/51	8:49/32	5:33/31	5:52/37	
	+1:12 (14)	+2:00 (17)	+3:50 (20)	+7:32 (19)	+4:31 (23)	+3:20 (21)	+3:01 (15)	+2:05 (15)	+1:42 (17)	
19	Carl B. Bjørseth			Bodø og Omegn IF			(17,49min/km)		1:09:57	(+28:16)
	9:57 (23)	16:19 (22)	26:54 (21)	37:40 (20)	42:48 (20)	47:12 (17)	56:13 (19)	1:01:56 (19)	1:09:57 (19)	

9:57/54	6:22/48	10:35/40	10:46/34	5:08/39	4:24/51	9:01/32	5:43/31	8:01/37	
+6:37 (23)	+2:25 (18)	+5:31 (22)	+3:51 (17)	+2:06 (16)	+1:51 (17)	+3:13 (16)	+2:15 (18)	+3:51 (21)	
20 Heidi Jensen			Bodø og Omegn IF			(18,23min/km)		1:12:56	(+31:15)
5:11 (16)	12:41 (19)	20:44 (19)	37:18 (19)	42:05 (19)	47:22 (19)	1:01:35 (20)	1:07:30 (20)	1:12:56 (20)	
5:11/54	7:30/48	8:03/40	16:34/34	4:47/39	5:17/51	14:13/32	5:55/31	5:26/37	
+1:51 (16)	+3:33 (22)	+2:59 (16)	+9:39 (21)	+1:45 (14)	+2:44 (20)	+8:25 (23)	+2:27 (19)	+1:16 (12)	
21 Anita Eriksen			Bodø og Omegn IF			(21,96min/km)		1:27:51	(+46:10)
4:14 (9)	8:47 (8)	15:32 (9)	57:31 (22)	1:04:58 (22)	1:08:22 (22)	1:15:48 (22)	1:22:18 (22)	1:27:51 (21)	
4:14/54	4:33/48	6:45/40	41:59/34	7:27/39	3:24/51	7:26/32	6:30/31	5:33/37	
+0:54 (9)	+0:36 (8)	+1:41 (12)	+35:04 (23)	+4:25 (22)	+0:51 (10)	+1:38 (9)	+3:02 (21)	+1:23 (14)	
22 Christian Søvik			Bodø og Omegn IF			(22,24min/km)		1:28:58	(+47:17)
6:14 (20)	28:19 (23)	36:56 (22)	51:24 (21)	57:16 (21)	1:01:36 (21)	1:12:05 (21)	1:19:45 (21)	1:28:58 (22)	
6:14/54	22:05/48	8:37/40	14:28/34	5:52/39	4:20/51	10:29/32	7:40/31	9:13/37	
+2:54 (20)	+18:08 (23)	+3:33 (19)	+7:33 (20)	+2:50 (19)	+1:47 (16)	+4:41 (21)	+4:12 (22)	+5:03 (22)	
23 Odd-Ivar Søvik			Bodø og Omegn IF			(25,83min/km)		1:43:18	(+1:01:37)
7:37 (21)	15:03 (21)	46:14 (23)	1:05:10 (23)	1:09:25 (23)	1:13:04 (23)	1:22:50 (23)	1:33:09 (23)	1:43:18 (23)	
7:37/54	7:26/48	31:11/40	18:56/34	4:15/39	3:39/51	9:46/32	10:19/31	10:09/37	
+4:17 (21)	+3:29 (21)	+26:07 (23)	+12:01 (22)	+1:13 (11)	+1:06 (13)	+3:58 (20)	+6:51 (23)	+5:59 (23)	
Elin Marie Wedege Irgens			Bodø og Omegn IF			(22,50min/km)		Brutt	(+48:18)
6:57 (21)	14:58 (21)	35:21 (22)	49:48 (21)	1:09:37 (24)	1:15:58 (24)	1:29:59 (24)	1:29:59 (23)	1:29:59 (23)	
6:57/54	8:01/48	20:23/40	14:27/34	19:49/39	6:21/51	14:01/32			
+3:37 (21)	+4:04 (23)	+15:19 (23)	+7:32 (19)	+16:47 (24)	+3:48 (22)	+8:13 (23)	+0:00 (1)	+0:00 (1)	
Kjetil Jordbru			Valnesfjord IL			(0,00min/km)		Brutt	
(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 6 km 6,3 km

9 påmeldt, 9 startende

1 Arild Hegreberg			Bodø og Omegn IF			(7,65min/km)		48:11	
2:57 (5)	6:14 (3)	10:36 (3)	15:51 (2)	18:45 (2)	26:22 (1)	30:20 (1)	36:00 (1)	43:53 (1)	48:11 (1)
2:57/54	3:17/32	4:22/41	5:15/39	2:54/51	7:37/48	3:58/40	5:40/34	7:53/31	4:18/37
+0:24 (5)	+0:10 (2)	+0:24 (3)	+0:14 (3)	+0:54 (8)	+0:29 (2)	+0:00 (1)	+0:00 (1)	+0:18 (2)	+0:52 (5)
2 Rob Preston			Australia			(7,74min/km)		48:44	(+0:33)
2:54 (4)	8:22 (7)	12:44 (6)	17:45 (4)	19:48 (4)	26:56 (2)	31:04 (2)	36:46 (2)	44:56 (2)	48:44 (2)
2:54/54	5:28/32	4:22/41	5:01/39	2:03/51	7:08/48	4:08/40	5:42/34	8:10/31	3:48/37
+0:21 (4)	+2:21 (8)	+0:24 (3)	+0:00 (1)	+0:03 (2)	+0:00 (1)	+0:10 (2)	+0:02 (2)	+0:35 (3)	+0:22 (3)
3 Petter Jakola			Bodø og Omegn IF			(8,01min/km)		50:27	(+2:16)
2:33 (1)	6:09 (2)	10:07 (1)	15:50 (1)	18:29 (1)	28:30 (4)	33:00 (4)	39:26 (3)	47:01 (3)	50:27 (3)
2:33/54	3:36/32	3:58/41	5:43/39	2:39/51	10:01/48	4:30/40	6:26/34	7:35/31	3:26/37
+0:00 (1)	+0:29 (5)	+0:00 (1)	+0:42 (4)	+0:39 (6)	+2:53 (8)	+0:32 (6)	+0:46 (3)	+0:00 (1)	+0:00 (1)
4 Håvard Berg			Tverlandet IL			(8,57min/km)		54:01	(+5:50)
3:13 (6)	6:44 (5)	12:14 (5)	18:33 (5)	20:56 (5)	29:15 (5)	33:37 (5)	40:54 (4)	49:40 (4)	54:01 (4)
3:13/54	3:31/32	5:30/41	6:19/39	2:23/51	8:19/48	4:22/40	7:17/34	8:46/31	4:21/37
+0:40 (6)	+0:24 (3)	+1:32 (6)	+1:18 (6)	+0:23 (4)	+1:11 (4)	+0:24 (4)	+1:37 (6)	+1:11 (5)	+0:55 (7)
5 Lars Reitan			Bodø og Omegn IF			(9,20min/km)		57:56	(+9:45)
2:48 (3)	6:19 (4)	12:13 (4)	17:21 (3)	19:31 (3)	28:23 (3)	32:50 (3)	44:23 (5)	53:57 (5)	57:56 (5)
2:48/54	3:31/32	5:54/41	5:08/39	2:10/51	8:52/48	4:27/40	11:33/34	9:34/31	3:59/37
+0:15 (3)	+0:24 (3)	+1:56 (7)	+0:07 (2)	+0:10 (3)	+1:44 (5)	+0:29 (5)	+5:53 (9)	+1:59 (7)	+0:33 (4)
6 Håvard Wedege Irgens			Bodø og Omegn IF			(9,37min/km)		59:00	(+10:49)
2:44 (2)	5:51 (1)	10:08 (2)	24:39 (8)	26:39 (8)	34:38 (7)	40:24 (8)	47:01 (8)	55:33 (7)	59:00 (6)
2:44/54	3:07/32	4:17/41	14:31/39	2:00/51	7:59/48	5:46/40	6:37/34	8:32/31	3:27/37
+0:11 (2)	+0:00 (1)	+0:19 (2)	+9:30 (9)	+0:00 (1)	+0:51 (3)	+1:48 (7)	+0:57 (4)	+0:57 (4)	+0:01 (2)
7 Jakob Kalvig Skogan			Bodø og Omegn IF			(9,49min/km)		59:47	(+11:36)
3:31 (7)	7:36 (6)	13:35 (7)	23:44 (7)	26:29 (7)	35:43 (8)	39:54 (7)	46:36 (7)	55:29 (6)	59:47 (7)
3:31/54	4:05/32	5:59/41	10:09/39	2:45/51	9:14/48	4:11/40	6:42/34	8:53/31	4:18/37
+0:58 (7)	+0:58 (6)	+2:01 (8)	+5:08 (8)	+0:45 (7)	+2:06 (6)	+0:13 (3)	+1:02 (5)	+1:18 (6)	+0:52 (5)
8 Lars Martin Hafstad			Byåsen IL			(9,55min/km)		1:00:10	(+11:59)
3:31 (7)	8:56 (8)	14:14 (8)	20:17 (6)	22:47 (6)	32:01 (6)	37:52 (6)	45:16 (6)	55:33 (8)	1:00:10 (8)

3:31/54	5:25/32	5:18/41	6:03/39	2:30/51	9:14/48	5:51/40	7:24/34	10:17/31	4:37/37
+0:58 (7)	+2:18 (7)	+1:20 (5)	+1:02 (5)	+0:30 (5)	+2:06 (6)	+1:53 (8)	+1:44 (7)	+2:42 (8)	+1:11 (8)
9 Tore Jakola				Bodø og Omegn IF			(12,27min/km)	1:17:19	(+29:08)
3:35 (9)	14:17 (9)	20:42 (9)	27:53 (9)	30:56 (9)	42:55 (9)	49:03 (9)	59:53 (9)	1:11:56 (9)	1:17:19 (9)
3:35/54	10:42/32	6:25/41	7:11/39	3:03/51	11:59/48	6:08/40	10:50/34	12:03/31	5:23/37
+1:02 (9)	+7:35 (9)	+2:27 (9)	+2:10 (7)	+1:03 (9)	+4:51 (9)	+2:10 (9)	+5:10 (8)	+4:28 (9)	+1:57 (9)