

Resultater fra Saltenkarusell 5, Vatnlia 01.06.2010

Det var totalt 83 deltagere.

Klasse Nybegynner 1,5 km

18 påmeldt, 18 startende

Camilla Vassbotn Edvardsen			Bodø og Omegn IF			(12,16min/km)		18:14
2:04 (9)	5:48 (9)	7:43 (9)	10:13 (9)	12:20 (9)	13:49 (8)	14:35 (8)	17:28 (8)	18:14 (8)
2:04/50	3:44/52	1:55/53	2:30/55	2:07/56	1:29/57	0:46/48	2:53/49	0:46/249
+0:52 (9)	+1:34 (10)	+0:58 (10)	+1:13 (10)	+0:46 (8)	+0:21 (4)	+0:05 (4)	+1:25 (9)	+0:05 (7)
Marius Ekrem Finstad			Bodø og Omegn IF			(8,32min/km)		12:29
1:37 (5)	4:20 (6)	5:17 (4)	6:45 (4)	8:17 (3)	9:25 (3)	10:06 (2)	11:44 (3)	12:29 (3)
1:37/50	2:43/52	0:57/53	1:28/55	1:32/56	1:08/57	0:41/48	1:38/49	0:45/249
+0:25 (5)	+0:33 (5)	+0:00 (1)	+0:11 (4)	+0:11 (3)	+0:00 (1)	+0:00 (1)	+0:10 (3)	+0:04 (5)
Johan Mannvik Holm			Bodø og Omegn IF			(12,52min/km)		18:47
1:50 (8)	4:00 (2)	5:32 (5)	7:25 (5)	12:08 (8)	14:28 (9)	16:03 (9)	17:54 (9)	18:47 (9)
1:50/50	2:10/52	1:32/53	1:53/55	4:43/56	2:20/57	1:35/48	1:51/49	0:53/249
+0:38 (8)	+0:00 (1)	+0:35 (7)	+0:36 (6)	+3:22 (15)	+1:12 (9)	+0:54 (10)	+0:23 (7)	+0:12 (10)
Marianne Johansen			Bodø og Omegn IF			(10,98min/km)		16:28
1:45 (7)	4:08 (3)	5:11 (2)	6:43 (3)	8:33 (4)	10:40 (4)	14:06 (7)	15:46 (6)	16:28 (6)
1:45/50	2:23/52	1:03/53	1:32/55	1:50/56	2:07/57	3:26/48	1:40/49	0:42/249
+0:33 (7)	+0:13 (3)	+0:06 (3)	+0:15 (5)	+0:29 (5)	+0:59 (8)	+2:45 (17)	+0:12 (4)	+0:01 (2)
Øyvind Johansen			Bodø og Omegn IF			(7,74min/km)		11:37
1:12 (1)	3:28 (1)	4:30 (1)	5:47 (1)	7:08 (1)	8:32 (1)	9:14 (1)	10:55 (1)	11:37 (1)
1:12/50	2:16/52	1:02/53	1:17/55	1:21/56	1:24/57	0:42/48	1:41/49	0:42/249
+0:00 (1)	+0:06 (2)	+0:05 (2)	+0:00 (1)	+0:00 (1)	+0:16 (3)	+0:01 (2)	+0:13 (5)	+0:01 (2)
Øyvind Johansen			Bodø og Omegn IF			(8,91min/km)		Disk
2:20 (12)	4:53 (7)	5:56 (7)	7:32 (6)	9:19 (5)	10:44 (5)	11:23 (4)	13:22 (4)	13:22 (4)
2:20/50	2:33/52	1:03/53	1:36/55	1:47/56	1:25/57	0:39/48	1:59/249	
+1:08 (12)	+0:23 (4)	+0:06 (3)	+0:19 (6)	+0:26 (5)	+0:17 (4)	+0:00 (1)	+0:31 (8)	+0:00 (1)
Elias Karlsen			Ukjent			(26,52min/km)		39:47
3:47 (13)	10:33 (15)	13:47 (16)	18:00 (16)	23:38 (16)	29:19 (16)	32:09 (16)	36:48 (16)	39:47 (16)
3:47/50	6:46/52	3:14/53	4:13/55	5:38/56	5:41/57	2:50/48	4:39/49	2:59/249
+2:35 (13)	+4:36 (16)	+2:17 (17)	+2:56 (15)	+4:17 (16)	+4:33 (16)	+2:09 (14)	+3:11 (17)	+2:18 (17)
Sander Karlsen			Ukjent			(26,56min/km)		39:50
3:49 (14)	10:44 (16)	13:47 (16)	18:08 (17)	23:46 (17)	29:34 (17)	32:20 (17)	36:56 (17)	39:50 (17)
3:49/50	6:55/52	3:03/53	4:21/55	5:38/56	5:48/57	2:46/48	4:36/49	2:54/249
+2:37 (14)	+4:45 (17)	+2:06 (16)	+3:04 (16)	+4:17 (16)	+4:40 (17)	+2:05 (13)	+3:08 (16)	+2:13 (16)
Adler Kringhaug			Innstrandens IL			(14,98min/km)		22:28
2:16 (11)	5:57 (10)	7:56 (10)	10:25 (11)	12:54 (10)	15:33 (10)	17:12 (10)	21:40 (11)	22:28 (10)
2:16/50	3:41/52	1:59/53	2:29/55	2:29/56	2:39/57	1:39/48	4:28/49	0:48/249
+1:04 (11)	+1:31 (9)	+1:02 (13)	+1:12 (9)	+1:08 (9)	+1:31 (11)	+0:58 (11)	+3:00 (15)	+0:07 (9)
Esten Kringhaug			Innstrandens IL			(15,38min/km)		23:04
2:11 (10)	6:36 (11)	8:14 (11)	10:20 (10)	13:16 (11)	16:02 (11)	17:30 (11)	21:37 (10)	23:04 (11)
2:11/50	4:25/52	1:38/53	2:06/55	2:56/56	2:46/57	1:28/48	4:07/49	1:27/249
+0:59 (10)	+2:15 (12)	+0:41 (8)	+0:49 (7)	+1:35 (10)	+1:38 (12)	+0:47 (9)	+2:39 (14)	+0:46 (12)
Leah Limstrand			Bodø og Omegn IF			(21,83min/km)		32:45
5:15 (15)	9:46 (13)	12:35 (13)	15:09 (12)	19:27 (14)	24:26 (15)	27:23 (15)	31:01 (15)	32:45 (15)
5:15/50	4:31/52	2:49/53	2:34/55	4:18/56	4:59/57	2:57/48	3:38/49	1:44/249
+4:03 (15)	+2:21 (13)	+1:52 (15)	+1:17 (11)	+2:57 (14)	+3:51 (14)	+2:16 (16)	+2:10 (11)	+1:03 (14)
Sunniva Limstrand			Bodø og Omegn IF			(21,83min/km)		32:45
5:24 (16)	10:03 (14)	12:36 (14)	15:24 (13)	19:19 (13)	24:21 (14)	27:13 (14)	30:55 (14)	32:45 (14)
5:24/50	4:39/52	2:33/53	2:48/55	3:55/56	5:02/57	2:52/48	3:42/49	1:50/249
+4:12 (16)	+2:29 (14)	+1:36 (14)	+1:31 (13)	+2:34 (13)	+3:54 (15)	+2:11 (15)	+2:14 (12)	+1:09 (15)
Ørjan Mannsverk			Bodø og Omegn IF			(10,67min/km)		16:00
1:34 (4)	5:02 (7)	6:43 (8)	9:04 (8)	10:40 (7)	12:28 (7)	13:28 (6)	15:16 (5)	16:00 (5)
1:34/50	3:28/52	1:41/53	2:21/55	1:36/56	1:48/57	1:00/48	1:48/49	0:44/249
+0:22 (4)	+1:18 (8)	+0:44 (9)	+1:04 (8)	+0:15 (4)	+0:40 (5)	+0:19 (7)	+0:20 (6)	+0:03 (4)

Sofya Rakitina	Ukjent							(19,02min/km)	28:32
7:50 (17)	11:35 (17)	13:33 (15)	16:54 (15)	20:19 (15)	22:47 (12)	24:07 (12)	26:55 (12)	28:32 (12)	
7:50/50	3:45/52	1:58/53	3:21/55	3:25/56	2:28/57	1:20/48	2:48/49	1:37/249	
+6:38 (17)	+1:35 (11)	+1:01 (12)	+2:04 (14)	+2:04 (11)	+1:20 (10)	+0:39 (8)	+1:20 (8)	+0:56 (13)	
Kaja Skiri	Bodø og Omegn IF							(10,32min/km)	15:29
1:29 (3)	4:13 (5)	5:37 (6)	8:22 (7)	10:28 (6)	12:20 (6)	13:12 (5)	14:48 (4)	15:29 (4)	
1:29/50	2:44/52	1:24/53	2:45/55	2:06/56	1:52/57	0:52/48	1:36/49	0:41/249	
+0:17 (3)	+0:34 (6)	+0:27 (5)	+1:28 (12)	+0:45 (7)	+0:44 (6)	+0:11 (5)	+0:08 (2)	+0:00 (1)	
Håvard Solbakken	Bodø og Omegn IF							(8,21min/km)	12:19
1:28 (2)	4:09 (4)	5:16 (3)	6:38 (2)	8:02 (2)	9:24 (2)	10:06 (2)	11:34 (2)	12:19 (2)	
1:28/50	2:41/52	1:07/53	1:22/55	1:24/56	1:22/57	0:42/48	1:28/49	0:45/249	
+0:16 (2)	+0:31 (4)	+0:10 (4)	+0:05 (2)	+0:03 (2)	+0:14 (2)	+0:01 (2)	+0:00 (1)	+0:04 (5)	
Eivind Lindahl Valle	Bodø og Omegn IF							(11,76min/km)	17:38
1:43 (6)	5:09 (8)	6:40 (7)	8:07 (6)	10:08 (5)	12:03 (5)	12:57 (4)	16:52 (7)	17:38 (7)	
1:43/50	3:26/52	1:31/53	1:27/55	2:01/56	1:55/57	0:54/48	3:55/49	0:46/249	
+0:31 (6)	+1:16 (7)	+0:34 (6)	+0:10 (3)	+0:40 (6)	+0:47 (7)	+0:13 (6)	+2:27 (13)	+0:05 (7)	
Benjamin August Viken	Tverlandet IL							(19,57min/km)	29:21
3:30 (12)	8:13 (12)	10:08 (12)	15:25 (14)	18:55 (12)	22:58 (13)	24:57 (13)	27:57 (13)	29:21 (13)	
3:30/50	4:43/52	1:55/53	5:17/55	3:30/56	4:03/57	1:59/48	3:00/49	1:24/249	
+2:18 (12)	+2:33 (15)	+0:58 (10)	+4:00 (17)	+2:09 (12)	+2:55 (13)	+1:18 (12)	+1:32 (10)	+0:43 (11)	

Klasse 2,5 km 2,5 km

14 påmeldt, 14 startende

1 Jeanette Støvset	Skjærstad IL							(12,75min/km)	31:52
1:51 (4)	4:45 (4)	10:38 (4)	14:32 (2)	22:19 (2)	25:10 (1)	27:18 (1)	30:29 (1)	31:52 (1)	
1:51/45	2:54/35	5:53/44	3:54/47	7:47/46	2:51/42	2:08/43	3:11/150	1:23/249	
+0:25 (4)	+0:41 (6)	+0:52 (6)	+0:00 (1)	+1:44 (4)	+0:00 (1)	+0:00 (1)	+0:38 (3)	+0:06 (3)	
2 Laila Olsen	Bodø og Omegn IF							(16,91min/km)	42:16 (+10:24)
2:15 (9)	6:03 (8)	11:38 (5)	17:39 (3)	26:49 (3)	31:25 (2)	34:10 (2)	39:41 (2)	42:16 (2)	
2:15/45	3:48/35	5:35/44	6:01/47	9:10/46	4:36/42	2:45/43	5:31/150	2:35/249	
+0:49 (9)	+1:35 (8)	+0:34 (5)	+2:07 (5)	+3:07 (5)	+1:45 (4)	+0:37 (3)	+2:58 (9)	+1:18 (11)	
3 Amund Kleist Godal	Bodø og Omegn IF							(17,74min/km)	44:21 (+12:29)
1:26 (1)	3:39 (1)	8:57 (1)	13:35 (1)	21:06 (1)	35:52 (5)	40:13 (3)	42:46 (3)	44:21 (3)	
1:26/45	2:13/35	5:18/44	4:38/47	7:31/46	14:46/42	4:21/43	2:33/150	1:35/249	
+0:00 (1)	+0:00 (1)	+0:17 (3)	+0:44 (3)	+1:28 (3)	+11:55 (10)	+2:13 (6)	+0:00 (1)	+0:18 (5)	
4 Hanne Skogesdal	Ukjent							(18,81min/km)	47:02 (+15:10)
2:03 (7)	7:32 (10)	14:04 (7)	19:03 (4)	30:28 (6)	34:14 (4)	40:54 (4)	44:51 (4)	47:02 (4)	
2:03/45	5:29/35	6:32/44	4:59/47	11:25/46	3:46/42	6:40/43	3:57/150	2:11/249	
+0:37 (7)	+3:16 (10)	+1:31 (8)	+1:05 (4)	+5:22 (7)	+0:55 (3)	+4:32 (10)	+1:24 (7)	+0:54 (9)	
5 Martha Kalvig Skogan	Bodø og Omegn IF							(21,46min/km)	53:39 (+21:47)
2:11 (8)	5:00 (5)	14:18 (8)	22:08 (9)	35:17 (8)	40:52 (6)	46:51 (5)	51:32 (5)	53:39 (5)	
2:11/45	2:49/35	9:18/44	7:50/47	13:09/46	5:35/42	5:59/43	4:41/150	2:07/249	
+0:45 (8)	+0:36 (5)	+4:17 (10)	+3:56 (9)	+7:06 (8)	+2:44 (6)	+3:51 (9)	+2:08 (8)	+0:50 (8)	
6 Inger Johanne Lindahl	Bodø og Omegn IF							(22,71min/km)	56:47 (+24:55)
2:34 (11)	6:39 (9)	12:59 (6)	19:36 (5)	30:19 (5)	47:58 (9)	51:06 (6)	54:45 (6)	56:47 (6)	
2:34/45	4:05/35	6:20/44	6:37/47	10:43/46	17:39/42	3:08/43	3:39/150	2:02/249	
+1:08 (11)	+1:52 (9)	+1:19 (7)	+2:43 (6)	+4:40 (6)	+14:48 (12)	+1:00 (5)	+1:06 (5)	+0:45 (7)	
7 Lotte Eriksen Reitan	Bodø og Omegn IF							(23,24min/km)	58:06 (+26:14)
1:53 (5)	9:05 (11)	14:30 (9)	21:46 (7)	44:45 (11)	49:46 (11)	52:12 (8)	55:34 (7)	58:06 (7)	
1:53/45	7:12/35	5:25/44	7:16/47	22:59/46	5:01/42	2:26/43	3:22/150	2:32/249	
+0:27 (5)	+4:59 (12)	+0:24 (4)	+3:22 (8)	+16:56 (12)	+2:10 (5)	+0:18 (2)	+0:49 (4)	+1:15 (10)	
8 Håvard Solbakken	Bodø og Omegn IF							(24,75min/km)	1:01:53 (+30:01)
1:46 (2)	4:04 (2)	9:05 (2)	21:10 (6)	40:31 (9)	47:34 (7)	53:11 (9)	1:00:36 (9)	1:01:53 (8)	
1:46/45	2:18/35	5:01/44	12:05/47	19:21/46	7:03/42	5:37/43	7:25/150	1:17/249	
+0:20 (2)	+0:05 (2)	+0:00 (1)	+8:11 (11)	+13:18 (9)	+4:12 (7)	+3:29 (8)	+4:52 (11)	+0:00 (1)	
9 Marius Ekrem Finstad	Bodø og Omegn IF							(25,03min/km)	1:02:34 (+30:42)
1:58 (6)	4:40 (3)	9:43 (3)	22:00 (8)	41:30 (10)	48:34 (10)	54:06 (10)	1:01:14 (10)	1:02:34 (9)	
1:58/45	2:42/35	5:03/44	12:17/47	19:30/46	7:04/42	5:32/43	7:08/150	1:20/249	
+0:32 (6)	+0:29 (4)	+0:02 (2)	+8:23 (12)	+13:27 (10)	+4:13 (8)	+3:24 (7)	+4:35 (10)	+0:03 (2)	

10	Oda Furuholmen		Bodø og Omegn IF	(25,25min/km)	1:03:08	(+31:16)			
	2:24 (10)	9:12 (12)	15:55 (10)	22:47 (10)	28:51 (4)	32:35 (3)	52:03 (7)	1:00:21 (8)	1:03:08 (10)
	2:24/45	6:48/35	6:43/44	6:52/47	6:04/46	3:44/42	19:28/43	8:18/150	2:47/249
	+0:58 (10)	+4:35 (11)	+1:42 (9)	+2:58 (7)	+0:01 (2)	+0:53 (2)	+17:20 (12)	+5:45 (12)	+1:30 (12)
11	Espen Samuelson Skiri		Bodø og Omegn IF	(25,28min/km)	1:03:12	(+31:20)			
	1:47 (3)	5:10 (6)	19:53 (12)	24:29 (11)	30:32 (7)	47:37 (8)	58:55 (11)	1:01:41 (11)	1:03:12 (11)
	1:47/45	3:23/35	14:43/44	4:36/47	6:03/46	17:05/42	11:18/43	2:46/150	1:31/249
	+0:21 (3)	+1:10 (7)	+9:42 (12)	+0:42 (2)	+0:00 (1)	+14:14 (11)	+9:10 (11)	+0:13 (2)	+0:14 (4)
12	Anja Meisler		Innstrandens IL	(29,79min/km)	1:14:29	(+42:37)			
	2:49 (12)	5:25 (7)	18:33 (11)	30:13 (12)	51:09 (12)	1:05:51 (12)	1:08:49 (12)	1:12:36 (12)	1:14:29 (12)
	2:49/45	2:36/35	13:08/44	11:40/47	20:56/46	14:42/42	2:58/43	3:47/150	1:53/249
	+1:23 (12)	+0:23 (3)	+8:07 (11)	+7:46 (10)	+14:53 (11)	+11:51 (9)	+0:50 (4)	+1:14 (6)	+0:36 (6)
	Ørjan Mannsverk		Bodø og Omegn IF	(29,33min/km)	Disk	(+41:28)			
	2:00 (7)	8:21 (11)	23:01 (13)	1:13:20 (13)	1:13:20 (13)	1:13:20 (13)	1:13:20 (13)	1:13:20 (13)	1:13:20 (12)
	2:00/45	6:21/31	14:40/34	50:19/249					
	+0:34 (7)	+4:08 (11)	+9:39 (12)	+46:25 (13)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	Marianne Johansen		Bodø og Omegn IF	(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 3,8 km 3,8 km

15 påmeldt, 15 startende

1	Håvard Wedege Irgens		Bodø og Omegn IF	(8,91min/km)	33:52				
	1:12 (1)	5:17 (1)	12:07 (1)	17:36 (1)	24:32 (1)	28:12 (1)	31:07 (1)	32:44 (1)	33:52 (1)
	1:12/45	4:05/31	6:50/33	5:29/34	6:56/35	3:40/36	2:55/43	1:37/150	1:08/249
	+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)
2	Ask Kleist Godal		Bodø og Omegn IF	(11,34min/km)	43:05	(+9:13)			
	2:15 (7)	7:01 (2)	14:30 (2)	20:27 (2)	29:05 (2)	35:48 (2)	39:34 (2)	41:55 (2)	43:05 (2)
	2:15/45	4:46/31	7:29/33	5:57/34	8:38/35	6:43/36	3:46/43	2:21/150	1:10/249
	+1:03 (7)	+0:41 (2)	+0:39 (2)	+0:28 (2)	+1:42 (2)	+3:03 (3)	+0:51 (3)	+0:44 (2)	+0:02 (2)
3	Knut Erik Hassel		Ukjent	(12,75min/km)	48:27	(+14:35)			
	1:30 (2)	8:50 (3)	16:48 (3)	24:13 (3)	33:47 (3)	39:35 (3)	43:15 (3)	46:47 (3)	48:27 (3)
	1:30/45	7:20/31	7:58/33	7:25/34	9:34/35	5:48/36	3:40/43	3:32/150	1:40/249
	+0:18 (2)	+3:15 (7)	+1:08 (3)	+1:56 (3)	+2:38 (3)	+2:08 (2)	+0:45 (2)	+1:55 (9)	+0:32 (5)
4	Mari Eriksen Reitan		Bodø og Omegn IF	(15,92min/km)	1:00:29	(+26:37)			
	1:55 (4)	8:55 (5)	20:37 (4)	30:09 (4)	42:50 (4)	50:13 (4)	56:06 (4)	58:47 (4)	1:00:29 (4)
	1:55/45	7:00/31	11:42/33	9:32/34	12:41/35	7:23/36	5:53/43	2:41/150	1:42/249
	+0:43 (4)	+2:55 (4)	+4:52 (5)	+4:03 (6)	+5:45 (7)	+3:43 (8)	+2:58 (9)	+1:04 (3)	+0:34 (6)
5	Edvin Berg		Bodø og Omegn IF	(16,63min/km)	1:03:11	(+29:19)			
	1:58 (5)	8:51 (4)	24:09 (7)	33:54 (7)	46:19 (5)	53:24 (5)	58:29 (5)	1:01:18 (5)	1:03:11 (5)
	1:58/45	6:53/31	15:18/33	9:45/34	12:25/35	7:05/36	5:05/43	2:49/150	1:53/249
	+0:46 (5)	+2:48 (3)	+8:28 (9)	+4:16 (7)	+5:29 (6)	+3:25 (6)	+2:10 (4)	+1:12 (4)	+0:45 (8)
6	Terje Johansen		Bodø og Omegn IF	(16,78min/km)	1:03:45	(+29:53)			
	3:16 (13)	16:12 (13)	27:36 (10)	35:52 (9)	46:55 (7)	54:09 (6)	59:16 (6)	1:02:07 (6)	1:03:45 (6)
	3:16/45	12:56/31	11:24/33	8:16/34	11:03/35	7:14/36	5:07/43	2:51/150	1:38/249
	+2:04 (13)	+8:51 (13)	+4:34 (4)	+2:47 (5)	+4:07 (5)	+3:34 (7)	+2:12 (5)	+1:14 (5)	+0:30 (4)
7	Elin Marie Wedege Irgens		Bodø og Omegn IF	(17,36min/km)	1:05:59	(+32:07)			
	2:15 (7)	9:47 (8)	25:23 (8)	35:08 (8)	47:59 (8)	55:43 (7)	1:01:10 (7)	1:04:12 (7)	1:05:59 (7)
	2:15/45	7:32/31	15:36/33	9:45/34	12:51/35	7:44/36	5:27/43	3:02/150	1:47/249
	+1:03 (7)	+3:27 (9)	+8:46 (10)	+4:16 (7)	+5:55 (8)	+4:04 (9)	+2:32 (6)	+1:25 (7)	+0:39 (7)
8	Heidi Jensen		Bodø og Omegn IF	(18,50min/km)	1:10:19	(+36:27)			
	1:53 (3)	11:22 (11)	26:20 (9)	38:54 (10)	53:25 (10)	1:00:15 (9)	1:05:53 (9)	1:08:46 (8)	1:10:19 (8)
	1:53/45	9:29/31	14:58/33	12:34/34	14:31/35	6:50/36	5:38/43	2:53/150	1:33/249
	+0:41 (3)	+5:24 (12)	+8:08 (8)	+7:05 (12)	+7:35 (12)	+3:10 (5)	+2:43 (8)	+1:16 (6)	+0:25 (3)
9	Camilla Nordhei		Bodø og Omegn IF	(18,84min/km)	1:11:35	(+37:43)			
	2:24 (10)	9:30 (6)	23:31 (5)	33:18 (5)	46:44 (6)	57:15 (8)	1:02:44 (8)	1:08:49 (9)	1:11:35 (9)
	2:24/45	7:06/31	14:01/33	9:47/34	13:26/35	10:31/36	5:29/43	6:05/150	2:46/249
	+1:12 (10)	+3:01 (5)	+7:11 (7)	+4:18 (9)	+6:30 (9)	+6:51 (12)	+2:34 (7)	+4:28 (13)	+1:38 (13)

10	Jon Øverås	Bodø og Omegn IF					<i>(19,25min/km)</i>		1:13:08	(+39:16)
	2:19 (9)	9:38 (7)	23:32 (6)	33:31 (6)	48:57 (9)	1:00:22 (10)	1:06:51 (10)	1:10:45 (10)	1:13:08 (10)	
	2:19/45	7:19/31	13:54/33	9:59/34	15:26/35	11:25/36	6:29/43	3:54/150	2:23/249	
	+1:07 (9)	+3:14 (6)	+7:04 (6)	+4:30 (10)	+8:30 (13)	+7:45 (13)	+3:34 (11)	+2:17 (10)	+1:15 (10)	
11	Karen Merete Bjørseth	Bodø og Omegn IF					<i>(22,30min/km)</i>		1:24:45	(+50:53)
	2:34 (11)	9:54 (9)	31:10 (11)	50:01 (12)	1:03:56 (12)	1:11:58 (12)	1:18:04 (12)	1:22:09 (11)	1:24:45 (11)	
	2:34/45	7:20/31	21:16/33	18:51/34	13:55/35	8:02/36	6:06/43	4:05/150	2:36/249	
	+1:22 (11)	+3:15 (7)	+14:26 (11)	+13:22 (13)	+6:59 (10)	+4:22 (10)	+3:11 (10)	+2:28 (11)	+1:28 (12)	
12	Eduardo Cid Cruz	Bodø og Omegn IF					<i>(22,59min/km)</i>		1:25:50	(+51:58)
	1:59 (6)	10:05 (10)	38:31 (12)	46:46 (11)	57:06 (11)	1:03:52 (11)	1:13:57 (11)	1:23:19 (12)	1:25:50 (12)	
	1:59/45	8:06/31	28:26/33	8:15/34	10:20/35	6:46/36	10:05/43	9:22/150	2:31/249	
	+0:47 (6)	+4:01 (10)	+21:36 (13)	+2:46 (4)	+3:24 (4)	+3:06 (4)	+7:10 (14)	+7:45 (14)	+1:23 (11)	
13	Katrine Kalvig	Bodø og Omegn IF					<i>(24,64min/km)</i>		1:33:37	(+59:45)
	2:41 (12)	11:30 (12)	45:31 (14)	57:06 (13)	1:11:15 (13)	1:20:49 (13)	1:27:48 (13)	1:31:16 (13)	1:33:37 (13)	
	2:41/45	8:49/31	34:01/33	11:35/34	14:09/35	9:34/36	6:59/43	3:28/150	2:21/249	
	+1:29 (12)	+4:44 (11)	+27:11 (14)	+6:06 (11)	+7:13 (11)	+5:54 (11)	+4:04 (12)	+1:51 (8)	+1:13 (9)	
14	Arnold Danielsen	Bodø og Omegn IF					<i>(35,50min/km)</i>		2:14:53	(+1:41:01)
	4:37 (14)	20:45 (14)	42:09 (13)	1:01:07 (14)	1:31:16 (14)	1:55:48 (14)	2:05:30 (14)	2:11:25 (14)	2:14:53 (14)	
	4:37/45	16:08/31	21:24/33	18:58/34	30:09/35	24:32/36	9:42/43	5:55/150	3:28/249	
	+3:25 (14)	+12:03 (14)	+14:34 (12)	+13:29 (14)	+23:13 (14)	+20:52 (14)	+6:47 (13)	+4:18 (12)	+2:20 (14)	
	Per Ole Fosby	Bodø og Omegn IF					<i>(24,62min/km)</i>		Brutt	(+59:42)
	2:12 (7)	38:43 (15)	1:06:33 (15)	1:17:32 (15)	1:33:34 (15)	1:33:34 (14)	1:33:34 (14)	1:33:34 (14)	1:33:34 (13)	
	2:12/45	36:31/31	27:50/33	10:59/34	16:02/35					
	+1:00 (7)	+32:26 (15)	+21:00 (13)	+5:30 (11)	+9:06 (14)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	

Klasse 5 km 5,0 km

28 påmeldt, 28 startende

1	Per Rekkedal	Bodø og Omegn IF					<i>(11,44min/km)</i>		57:11	
	4:16 (2)	11:12 (1)	14:45 (1)	21:20 (1)	30:17 (1)	35:18 (1)	37:28 (1)	40:58 (1)	48:07 (1)	51:55 (1)
	4:16/31	6:56/32	3:33/33	6:35/34	8:57/35	5:01/36	2:10/44	3:30/47	7:09/42	3:48/41
	+0:01 (2)	+0:00 (1)	+0:17 (4)	+0:47 (4)	+1:34 (4)	+0:16 (3)	+0:08 (2)	+0:13 (2)	+0:19 (6)	+0:46 (6)
	55:53 (1)	57:11 (1)								
	3:58/150	1:18/249								
	+0:32 (8)	+0:14 (5)								
2	Leif Magne Eggestad	Bodø og Omegn IF					<i>(11,81min/km)</i>		59:02	(+1:51)
	4:45 (5)	12:18 (2)	15:34 (2)	22:20 (2)	31:48 (2)	37:17 (2)	39:35 (2)	43:24 (2)	50:28 (2)	53:47 (2)
	4:45/31	7:33/32	3:16/33	6:46/34	9:28/35	5:29/36	2:18/44	3:49/47	7:04/42	3:19/41
	+0:30 (5)	+0:37 (2)	+0:00 (1)	+0:58 (6)	+2:05 (7)	+0:44 (6)	+0:16 (5)	+0:32 (7)	+0:14 (3)	+0:17 (4)
	57:36 (2)	59:02 (2)								
	3:49/150	1:26/249								
	+0:23 (4)	+0:22 (9)								
3	Bjørn Godal	Bodø og Omegn IF					<i>(12,86min/km)</i>		1:04:17	(+7:06)
	6:19 (13)	18:37 (13)	22:02 (10)	27:50 (7)	35:13 (3)	42:27 (6)	44:57 (5)	48:14 (4)	56:43 (6)	59:45 (3)
	6:19/31	12:18/32	3:25/33	5:48/34	7:23/35	7:14/36	2:30/44	3:17/47	8:29/42	3:02/41
	+2:04 (13)	+5:22 (14)	+0:09 (2)	+0:00 (1)	+0:00 (1)	+2:29 (15)	+0:28 (8)	+0:00 (1)	+1:39 (13)	+0:00 (1)
	1:03:11 (3)	1:04:17 (3)								
	3:26/150	1:06/249								
	+0:00 (1)	+0:02 (3)								
4	Aviaja Kleist	Bodø og Omegn IF					<i>(12,94min/km)</i>		1:04:41	(+7:30)
	4:42 (4)	14:46 (5)	20:49 (7)	26:56 (5)	35:24 (4)	40:09 (3)	42:11 (3)	45:58 (3)	53:54 (3)	1:00:10 (4)
	4:42/31	10:04/32	6:03/33	6:07/34	8:28/35	4:45/36	2:02/44	3:47/47	7:56/42	6:16/41
	+0:27 (4)	+3:08 (7)	+2:47 (20)	+0:19 (2)	+1:05 (2)	+0:00 (1)	+0:00 (1)	+0:30 (5)	+1:06 (10)	+3:14 (18)
	1:03:37 (4)	1:04:41 (4)								
	3:27/150	1:04/249								
	+0:01 (2)	+0:00 (1)								
5	Kenneth Viken	Tverlandet IL					<i>(13,14min/km)</i>		1:05:42	(+8:31)
	4:15 (1)	14:35 (4)	20:26 (6)	26:46 (3)	35:51 (5)	42:49 (7)	45:05 (7)	48:37 (5)	55:35 (4)	1:00:18 (5)
	4:15/31	10:20/32	5:51/33	6:20/34	9:05/35	6:58/36	2:16/44	3:32/47	6:58/42	4:43/41
	+0:00 (1)	+3:24 (8)	+2:35 (19)	+0:32 (3)	+1:42 (5)	+2:13 (13)	+0:14 (3)	+0:15 (4)	+0:08 (2)	+1:41 (11)

1:04:09 (5) 1:05:42 (5)
3:51/150 1:33/249
+0:25 (6) +0:29 (11)

6 Ivar Aanerød Bodø og Omegn IF (13,38min/km) 1:06:54 (+9:43)
5:49 (10) 14:24 (3) 19:47 (4) 26:46 (3) 37:11 (7) 42:09 (4) 44:49 (4) 48:37 (6) 55:43 (5) 1:00:59 (6)
5:49/31 8:35/32 5:23/33 6:59/34 10:25/35 4:58/36 2:40/44 3:48/47 7:06/42 5:16/41
+1:34 (10) +1:39 (3) +2:07 (15) +1:11 (7) +3:02 (14) +0:13 (2) +0:38 (11) +0:31 (6) +0:16 (5) +2:14 (17)
1:05:13 (6) 1:06:54 (6)
4:14/150 1:41/249
+0:48 (11) +0:37 (12)

7 Anders Kure Bodø og Omegn IF (14,08min/km) 1:10:24 (+13:13)
4:56 (6) 18:24 (12) 22:19 (11) 29:26 (8) 38:54 (8) 45:33 (9) 48:54 (9) 53:03 (9) 1:00:07 (9) 1:03:48 (7)
4:56/31 13:28/32 3:55/33 7:07/34 9:28/35 6:39/36 3:21/44 4:09/47 7:04/42 3:41/41
+0:41 (6) +6:32 (20) +0:39 (5) +1:19 (10) +2:05 (7) +1:54 (10) +1:19 (19) +0:52 (12) +0:14 (3) +0:39 (5)
1:08:34 (7) 1:10:24 (7)
4:46/150 1:50/249
+1:20 (13) +0:46 (17)

8 Torkel J. K. Irgens Bodø og Omegn IF (14,21min/km) 1:11:03 (+13:52)
5:12 (7) 16:15 (8) 19:45 (3) 27:34 (6) 37:10 (6) 42:24 (5) 45:03 (6) 49:12 (7) 56:47 (7) 1:06:05 (8)
5:12/31 11:03/32 3:30/33 7:49/34 9:36/35 5:14/36 2:39/44 4:09/47 7:35/42 9:18/41
+0:57 (7) +4:07 (10) +0:14 (3) +2:01 (11) +2:13 (10) +0:29 (5) +0:37 (9) +0:52 (12) +0:45 (9) +6:16 (24)
1:09:52 (8) 1:11:03 (8)
3:47/150 1:11/249
+0:21 (3) +0:07 (4)

9 Jan Fredrik Prytz Bodø og Omegn IF (14,59min/km) 1:12:56 (+15:45)
9:43 (18) 19:09 (14) 24:14 (14) 30:56 (13) 39:48 (9) 44:56 (8) 47:14 (8) 51:05 (8) 58:36 (8) 1:07:45 (9)
9:43/31 9:26/32 5:05/33 6:42/34 8:52/35 5:08/36 2:18/44 3:51/47 7:31/42 9:09/41
+5:28 (18) +2:30 (4) +1:49 (13) +0:54 (5) +1:29 (3) +0:23 (4) +0:16 (5) +0:34 (9) +0:41 (8) +6:07 (23)
1:11:34 (9) 1:12:56 (9)
3:49/150 1:22/249
+0:23 (4) +0:18 (6)

10 Heidi Mørkved Bodø og Omegn IF (14,80min/km) 1:14:00 (+16:49)
5:51 (11) 18:22 (11) 23:37 (12) 30:39 (11) 44:45 (14) 52:20 (14) 54:36 (13) 58:06 (12) 1:04:56 (12) 1:09:05 (11)
5:51/31 12:31/32 5:15/33 7:02/34 14:06/35 7:35/36 2:16/44 3:30/47 6:50/42 4:09/41
+1:36 (11) +5:35 (16) +1:59 (14) +1:14 (8) +6:43 (22) +2:50 (16) +0:14 (3) +0:13 (2) +0:00 (1) +1:07 (7)
1:12:56 (11) 1:14:00 (10)
3:51/150 1:04/249
+0:25 (6) +0:00 (1)

11 Morten Tjønndal Bodø og Omegn IF (14,84min/km) 1:14:11 (+17:00)
4:41 (3) 20:02 (16) 23:59 (13) 31:03 (14) 40:32 (11) 48:36 (11) 51:19 (11) 55:47 (11) 1:04:01 (11) 1:08:36 (10)
4:41/31 15:21/32 3:57/33 7:04/34 9:29/35 8:04/36 2:43/44 4:28/47 8:14/42 4:35/41
+0:26 (3) +8:25 (21) +0:41 (6) +1:16 (9) +2:06 (9) +3:19 (18) +0:41 (12) +1:11 (14) +1:24 (12) +1:33 (10)
1:12:43 (10) 1:14:11 (11)
4:07/150 1:28/249
+0:41 (9) +0:24 (10)

12 Erling Pedersen SISO IL (15,32min/km) 1:16:36 (+19:25)
6:06 (12) 15:37 (6) 20:01 (5) 30:16 (10) 40:17 (10) 53:22 (16) 55:43 (15) 59:32 (14) 1:07:35 (13) 1:10:46 (13)
6:06/31 9:31/32 4:24/33 10:15/34 10:01/35 13:05/36 2:21/44 3:49/47 8:03/42 3:11/41
+1:51 (12) +2:35 (5) +1:08 (9) +4:27 (22) +2:38 (11) +8:20 (21) +0:19 (7) +0:32 (7) +1:13 (11) +0:09 (2)
1:15:11 (13) 1:16:36 (12)
4:25/150 1:25/249
+0:59 (12) +0:21 (8)

13 Per Otto Aursand Bodø og Omegn IF (15,36min/km) 1:16:49 (+19:38)
5:39 (8) 16:12 (7) 20:55 (8) 30:44 (12) 41:25 (12) 47:20 (10) 49:59 (10) 53:59 (10) 1:01:14 (10) 1:10:05 (12)
5:39/31 10:33/32 4:43/33 9:49/34 10:41/35 5:55/36 2:39/44 4:00/47 7:15/42 8:51/41
+1:24 (8) +3:37 (9) +1:27 (10) +4:01 (21) +3:18 (15) +1:10 (7) +0:37 (9) +0:43 (11) +0:25 (7) +5:49 (22)
1:15:02 (12) 1:16:49 (13)
4:57/150 1:47/249
+1:31 (15) +0:43 (15)

14 Bjørnar Hegreberg	Bodø og Omegn IF					(15,77min/km)	1:18:52 (+21:41)			
5:47 (9)	17:43 (9)	21:42 (9)	29:37 (9)	41:26 (13)	51:11 (12)	54:09 (12)	58:41 (13)	1:07:36 (14)	1:12:10 (14)	
5:47/31	11:56/32	3:59/33	7:55/34	11:49/35	9:45/36	2:58/44	4:32/47	8:55/42	4:34/41	
+1:32 (9)	+5:00 (13)	+0:43 (8)	+2:07 (12)	+4:26 (19)	+5:00 (20)	+0:56 (14)	+1:15 (15)	+2:05 (14)	+1:32 (9)	
1:17:01 (14)	1:18:52 (14)									
4:51/150	1:51/249									
+1:25 (14)	+0:47 (18)									
15 Asbjørn Pedersen	SISO IL					(15,79min/km)	1:18:58 (+21:47)			
9:00 (17)	20:30 (18)	25:17 (15)	35:56 (17)	47:26 (18)	53:55 (17)	56:56 (17)	1:00:51 (16)	1:09:50 (16)	1:13:05 (15)	
9:00/31	11:30/32	4:47/33	10:39/34	11:30/35	6:29/36	3:01/44	3:55/47	8:59/42	3:15/41	
+4:45 (17)	+4:34 (12)	+1:31 (11)	+4:51 (23)	+4:07 (18)	+1:44 (8)	+0:59 (15)	+0:38 (10)	+2:09 (15)	+0:13 (3)	
1:17:16 (15)	1:18:58 (15)									
4:11/150	1:42/249									
+0:45 (10)	+0:38 (13)									
16 Carl B. Bjørseth	Bodø og Omegn IF					(16,25min/km)	1:21:14 (+24:03)			
6:29 (14)	19:37 (15)	26:37 (17)	35:14 (16)	46:03 (16)	52:39 (15)	55:36 (14)	1:00:24 (15)	1:09:41 (15)	1:13:52 (16)	
6:29/31	13:08/32	7:00/33	8:37/34	10:49/35	6:36/36	2:57/44	4:48/47	9:17/42	4:11/41	
+2:14 (14)	+6:12 (18)	+3:44 (21)	+2:49 (15)	+3:26 (16)	+1:51 (9)	+0:55 (13)	+1:31 (16)	+2:27 (16)	+1:09 (8)	
1:19:15 (16)	1:21:14 (16)									
5:23/150	1:59/249									
+1:57 (18)	+0:55 (20)									
17 Rasmus Andersen	Bodø og Omegn IF					(16,67min/km)	1:23:20 (+26:09)			
11:34 (21)	21:31 (19)	26:22 (16)	34:43 (15)	45:03 (15)	51:51 (13)	56:41 (16)	1:01:33 (17)	1:11:11 (17)	1:15:56 (17)	
11:34/31	9:57/32	4:51/33	8:21/34	10:20/35	6:48/36	4:50/44	4:52/47	9:38/42	4:45/41	
+7:19 (21)	+3:01 (6)	+1:35 (12)	+2:33 (13)	+2:57 (12)	+2:03 (12)	+2:48 (24)	+1:35 (17)	+2:48 (17)	+1:43 (12)	
1:21:21 (17)	1:23:20 (17)									
5:25/150	1:59/249									
+1:59 (19)	+0:55 (20)									
18 Dag Skogan	Bodø og Omegn IF					(18,64min/km)	1:33:11 (+36:00)			
10:51 (20)	23:19 (20)	31:40 (21)	41:16 (20)	53:41 (20)	1:01:28 (20)	1:05:28 (20)	1:11:01 (20)	1:20:47 (18)	1:25:39 (18)	
10:51/31	12:28/32	8:21/33	9:36/34	12:25/35	7:47/36	4:00/44	5:33/47	9:46/42	4:52/41	
+6:36 (20)	+5:32 (15)	+5:05 (22)	+3:48 (18)	+5:02 (20)	+3:02 (17)	+1:58 (23)	+2:16 (21)	+2:56 (19)	+1:50 (14)	
1:31:14 (18)	1:33:11 (18)									
5:35/150	1:57/249									
+2:09 (21)	+0:53 (19)									
19 Morten Selnes	Bodø og Omegn IF					(19,36min/km)	1:36:49 (+39:38)			
13:42 (22)	30:41 (22)	36:04 (22)	45:13 (22)	56:17 (21)	1:03:01 (21)	1:06:32 (21)	1:11:38 (21)	1:23:33 (19)	1:28:37 (19)	
13:42/31	16:59/32	5:23/33	9:09/34	11:04/35	6:44/36	3:31/44	5:06/47	11:55/42	5:04/41	
+9:27 (22)	+10:03 (23)	+2:07 (15)	+3:21 (17)	+3:41 (17)	+1:59 (11)	+1:29 (21)	+1:49 (19)	+5:05 (21)	+2:02 (15)	
1:34:50 (19)	1:36:49 (19)									
6:13/150	1:59/249									
+2:47 (23)	+0:55 (20)									
20 Geir Moen	Bodø og Omegn IF					(19,77min/km)	1:38:51 (+41:40)			
7:04 (16)	20:16 (17)	28:48 (19)	38:33 (19)	51:06 (19)	58:11 (19)	1:01:39 (19)	1:08:02 (19)	1:24:41 (20)	1:32:01 (20)	
7:04/31	13:12/32	8:32/33	9:45/34	12:33/35	7:05/36	3:28/44	6:23/47	16:39/42	7:20/41	
+2:49 (16)	+6:16 (19)	+5:16 (23)	+3:57 (20)	+5:10 (21)	+2:20 (14)	+1:26 (20)	+3:06 (23)	+9:49 (22)	+4:18 (20)	
1:37:04 (20)	1:38:51 (20)									
5:03/150	1:47/249									
+1:37 (16)	+0:43 (15)									
21 Eirik Alst	Bodø og Omegn IF					(20,71min/km)	1:43:32 (+46:21)			
7:03 (15)	18:07 (10)	27:58 (18)	36:55 (18)	46:22 (17)	55:30 (18)	58:35 (18)	1:03:27 (18)	1:29:59 (21)	1:36:19 (21)	
7:03/31	11:04/32	9:51/33	8:57/34	9:27/35	9:08/36	3:05/44	4:52/47	26:32/42	6:20/41	
+2:48 (15)	+4:08 (11)	+6:35 (24)	+3:09 (16)	+2:04 (6)	+4:23 (19)	+1:03 (16)	+1:35 (17)	+19:42 (24)	+3:18 (19)	
1:41:47 (21)	1:43:32 (21)									
5:28/150	1:45/249									
+2:02 (20)	+0:41 (14)									
22 Joar Klæboe Henriksen	Bodø og Omegn IF					(21,66min/km)	1:48:18 (+51:07)			
20:47 (24)	37:15 (24)	41:13 (24)	49:47 (23)	1:00:07 (22)	1:13:45 (22)	1:17:01 (22)	1:27:05 (22)	1:36:49 (22)	1:41:34 (22)	
20:47/31	16:28/32	3:58/33	8:34/34	10:20/35	13:38/36	3:16/44	10:04/47	9:44/42	4:45/41	
+16:32 (24)	+9:32 (22)	+0:42 (7)	+2:46 (14)	+2:57 (12)	+8:53 (23)	+1:14 (18)	+6:47 (24)	+2:54 (18)	+1:43 (12)	

1:46:56 (22) 1:48:18 (22)
5:22/150 1:22/249
+1:56 (17) +0:18 (6)

23 Reidar Andersen Bodø og Omegn IF (24,71min/km) **2:03:32 (+1:06:21)**
10:42 (19) 23:30 (21) 29:16 (20) 42:24 (21) 1:06:49 (24) 1:20:23 (23) 1:23:30 (23) 1:29:26 (23) 1:46:41 (23) 1:55:03 (23)
10:42/31 12:48/32 5:46/33 13:08/34 24:25/35 13:34/36 3:07/44 5:56/47 17:15/42 8:22/41
+6:27 (19) +5:52 (17) +2:30 (18) +7:20 (24) +17:02 (24) +8:49 (22) +1:05 (17) +2:39 (22) +10:25 (23) +5:20 (21)
2:01:04 (23) 2:03:32 (23)
6:01/150 2:28/249
+2:35 (22) +1:24 (23)

24 Odd-Ivar Søvik Bodø og Omegn IF (28,43min/km) **2:22:09 (+1:24:58)**
16:59 (23) 35:09 (23) 40:41 (23) 50:17 (24) 1:05:46 (23) 1:38:26 (24) 1:42:06 (24) 1:47:17 (24) 1:59:10 (24) 2:04:22 (24)
16:59/31 18:10/32 5:32/33 9:36/34 15:29/35 32:40/36 3:40/44 5:11/47 11:53/42 5:12/41
+12:44 (23) +11:14 (24) +2:16 (17) +3:48 (18) +8:06 (23) +27:55 (24) +1:38 (22) +1:54 (20) +5:03 (20) +2:10 (16)
2:19:37 (24) 2:22:09 (24)
15:15/150 2:32/249
+11:49 (24) +1:28 (24)

Ukjent Ukjent (9,85min/km) **Disk**
3:02 (1) 9:35 (1) 15:28 (2) 22:10 (2) 32:07 (3) 37:35 (3) 42:08 (3) 49:16 (8) 49:16 (2) 49:16 (1)
3:02/31 6:33/32 5:53/33 6:42/34 9:57/35 5:28/36 4:33/150 7:08/249
+0:00 (1) +0:00 (1) +2:37 (20) +0:54 (5) +2:34 (11) +0:43 (6) +2:31 (24) +3:51 (24) +0:00 (1) +0:00 (1)
49:16 (1) 49:16 (1)

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

Frode Ikdahl Bodø og Omegn IF (22,17min/km) **Disk (+53:41)**
8:13 (17) 24:12 (22) 28:07 (19) 45:01 (22) 56:31 (22) 1:04:36 (22) 1:11:29 (22) 1:16:40 (22) 1:37:00 (23) 1:42:42 (23)
8:13/31 15:59/32 3:55/33 16:54/34 11:30/35 8:05/36 6:53/44 5:11/47 20:20/42 5:42/41
+3:58 (17) +9:03 (22) +0:39 (5) +11:06 (25) +4:07 (18) +3:20 (19) +4:51 (25) +1:54 (20) +13:30 (24) +2:40 (18)
1:50:52 (23) 1:50:52 (23)
8:10/249
+4:44 (24) +0:00 (1)

Håkon Hegreberg 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)

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

Christian Søvik Bodø og Omegn IF (17,66min/km) **Brutt (+31:07)**
11:46 (22) 37:04 (24) 42:37 (25) 59:36 (25) 1:28:18 (25) 1:28:18 (24) 1:28:18 (24) 1:28:18 (23) 1:28:18 (21) 1:28:18 (19)
11:46/31 25:18/32 5:33/33 16:59/34 28:42/35
+7:31 (22) +18:22 (25) +2:17 (18) +11:11 (25) +21:19 (25) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
1:28:18 (18) 1:28:18 (18)
+0:00 (1) +0:00 (1)

Klasse 7,5 km 7,5 km

8 påmeldt, 8 startende

1 Arild Hegreberg Bodø og Omegn IF (8,58min/km) **1:04:20**
3:08 (1) 9:45 (1) 13:08 (1) 18:49 (1) 26:26 (1) 29:57 (1) 31:48 (1) 34:43 (1) 42:24 (1) 43:24 (1)
3:08/31 6:37/32 3:23/33 5:41/34 7:37/35 3:31/36 1:51/44 2:55/47 7:41/39 1:00/54
+0:00 (1) +0:12 (2) +0:14 (5) +0:20 (3) +0:21 (2) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:09 (3)
46:46 (1) 50:05 (1) 56:41 (1) 59:48 (1) 1:01:13 (1) 1:03:04 (1) 1:04:20 (1)
3:22/58 3:19/40 6:36/41 3:07/42 1:25/43 1:51/150 1:16/249
+0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:14 (3) +0:15 (3)

2 Lars Reitan Bodø og Omegn IF (9,74min/km) **1:13:02 (+8:42)**
3:35 (3) 12:02 (5) 15:11 (5) 20:32 (3) 29:14 (3) 35:24 (4) 37:45 (4) 40:46 (4) 49:13 (4) 50:16 (4)
3:35/31 8:27/32 3:09/33 5:21/34 8:42/35 6:10/36 2:21/44 3:01/47 8:27/39 1:03/54
+0:27 (3) +2:02 (5) +0:00 (1) +0:00 (1) +1:26 (5) +2:39 (5) +0:30 (5) +0:06 (2) +0:46 (2) +0:12 (5)

54:16 (4)	57:49 (4)	1:04:37 (2)	1:07:59 (2)	1:10:13 (2)	1:11:50 (2)	1:13:02 (2)			
4:00/58	3:33/40	6:48/41	3:22/42	2:14/43	1:37/150	1:12/249			
+0:38 (3)	+0:14 (3)	+0:12 (2)	+0:15 (2)	+0:49 (5)	+0:00 (1)	+0:11 (2)			
3	Håvard Berg		Tverlandet IL		(9,92min/km)		1:14:25	(+10:05)	
4:12 (6)	11:16 (4)	14:27 (4)	21:47 (5)	30:02 (5)	33:59 (3)	36:23 (3)	39:45 (3)	48:21 (3)	49:12 (3)
4:12/31	7:04/32	3:11/33	7:20/34	8:15/35	3:57/36	2:24/44	3:22/47	8:36/39	0:51/54
+1:04 (6)	+0:39 (3)	+0:02 (3)	+1:59 (8)	+0:59 (3)	+0:26 (3)	+0:33 (6)	+0:27 (3)	+0:55 (4)	+0:00 (1)
53:37 (3)	56:57 (3)	1:04:47 (3)	1:08:42 (3)	1:10:21 (3)	1:12:49 (3)	1:14:25 (3)			
4:25/58	3:20/40	7:50/41	3:55/42	1:39/43	2:28/150	1:36/249			
+1:03 (5)	+0:01 (2)	+1:14 (4)	+0:48 (4)	+0:14 (3)	+0:51 (5)	+0:35 (6)			
4	Petter Jakola		Bodø og Omegn IF		(10,57min/km)		1:19:16	(+14:56)	
3:16 (2)	10:26 (3)	13:47 (3)	19:13 (2)	26:29 (2)	30:42 (2)	32:47 (2)	36:23 (2)	44:58 (2)	46:00 (2)
3:16/31	7:10/32	3:21/33	5:26/34	7:16/35	4:13/36	2:05/44	3:36/47	8:35/39	1:02/54
+0:08 (2)	+0:45 (4)	+0:12 (4)	+0:05 (2)	+0:00 (1)	+0:42 (4)	+0:14 (3)	+0:41 (5)	+0:54 (3)	+0:11 (4)
51:32 (2)	56:30 (2)	1:07:06 (4)	1:12:23 (4)	1:15:02 (4)	1:17:38 (4)	1:19:16 (4)			
5:32/58	4:58/40	10:36/41	5:17/42	2:39/43	2:36/150	1:38/249			
+2:10 (7)	+1:39 (8)	+4:00 (8)	+2:10 (7)	+1:14 (6)	+0:59 (6)	+0:37 (7)			
5	Jakob Kalvig Skogan		Bodø og Omegn IF		(10,88min/km)		1:21:38	(+17:18)	
4:03 (5)	13:44 (6)	21:50 (8)	28:42 (8)	37:04 (7)	40:49 (6)	43:19 (6)	47:23 (6)	56:59 (6)	57:52 (6)
4:03/31	9:41/32	8:06/33	6:52/34	8:22/35	3:45/36	2:30/44	4:04/47	9:36/39	0:53/54
+0:55 (5)	+3:16 (7)	+4:57 (8)	+1:31 (6)	+1:06 (4)	+0:14 (2)	+0:39 (8)	+1:09 (8)	+1:55 (6)	+0:02 (2)
1:01:54 (6)	1:06:12 (6)	1:13:55 (6)	1:17:19 (6)	1:18:48 (5)	1:20:37 (5)	1:21:38 (5)			
4:02/58	4:18/40	7:43/41	3:24/42	1:29/43	1:49/150	1:01/249			
+0:40 (4)	+0:59 (5)	+1:07 (3)	+0:17 (3)	+0:04 (2)	+0:12 (2)	+0:00 (1)			
6	Eirill Pettersen Buvik		Korgen IL		(11,07min/km)		1:23:01	(+18:41)	
3:58 (4)	10:23 (2)	13:33 (2)	20:43 (4)	29:40 (4)	36:30 (5)	38:32 (5)	42:28 (5)	52:44 (5)	53:48 (5)
3:58/31	6:25/32	3:10/33	7:10/34	8:57/35	6:50/36	2:02/44	3:56/47	10:16/39	1:04/54
+0:50 (4)	+0:00 (1)	+0:01 (2)	+1:49 (7)	+1:41 (7)	+3:19 (7)	+0:11 (2)	+1:01 (7)	+2:35 (8)	+0:13 (6)
58:39 (5)	1:02:36 (5)	1:11:24 (5)	1:16:30 (5)	1:19:20 (6)	1:21:34 (6)	1:23:01 (6)			
4:51/58	3:57/40	8:48/41	5:06/42	2:50/43	2:14/150	1:27/249			
+1:29 (6)	+0:38 (4)	+2:12 (5)	+1:59 (6)	+1:25 (7)	+0:37 (4)	+0:26 (5)			
7	Tore Jakola		Bodø og Omegn IF		(12,06min/km)		1:30:29	(+26:09)	
5:57 (8)	15:23 (7)	20:34 (6)	27:10 (6)	36:01 (6)	42:46 (7)	44:56 (7)	48:34 (7)	58:03 (7)	59:21 (7)
5:57/31	9:26/32	5:11/33	6:36/34	8:51/35	6:45/36	2:10/44	3:38/47	9:29/39	1:18/54
+2:49 (8)	+3:01 (6)	+2:02 (7)	+1:15 (5)	+1:35 (6)	+3:14 (6)	+0:19 (4)	+0:43 (6)	+1:48 (5)	+0:27 (8)
1:05:13 (7)	1:09:55 (7)	1:19:15 (7)	1:23:23 (7)	1:25:35 (7)	1:28:50 (7)	1:30:29 (7)			
5:52/58	4:42/40	9:20/41	4:08/42	2:12/43	3:15/150	1:39/249			
+2:30 (8)	+1:23 (7)	+2:44 (6)	+1:01 (5)	+0:47 (4)	+1:38 (8)	+0:38 (8)			
8	Bjørn Mannsverk		Bodø og Omegn IF		(13,56min/km)		1:41:42	(+37:22)	
5:35 (7)	17:21 (8)	21:39 (7)	27:22 (7)	39:31 (8)	51:57 (8)	54:24 (8)	57:50 (8)	1:07:38 (8)	1:08:54 (8)
5:35/31	11:46/32	4:18/33	5:43/34	12:09/35	12:26/36	2:27/44	3:26/47	9:48/39	1:16/54
+2:27 (7)	+5:21 (8)	+1:09 (6)	+0:22 (4)	+4:53 (8)	+8:55 (8)	+0:36 (7)	+0:31 (4)	+2:07 (7)	+0:25 (7)
1:12:44 (8)	1:17:15 (8)	1:27:15 (8)	1:33:28 (8)	1:37:38 (8)	1:40:20 (8)	1:41:42 (8)			
3:50/58	4:31/40	10:00/41	6:13/42	4:10/43	2:42/150	1:22/249			
+0:28 (2)	+1:12 (6)	+3:24 (7)	+3:06 (8)	+2:45 (8)	+1:05 (7)	+0:21 (4)			