

# Resultater fra Saltenkarusell 6, Fridalen 22.06.2010

Det var totalt 29 startende.

## Klasse Nybegynner 2,0 km

2 påmeldt, 2 startende

Marius Ekrem Finstad	Bodø og Omegn IF					(9,12min/km)	17:52
2:49 (1)	7:57 (1)	10:34 (1)	13:02 (1)	15:25 (1)	17:52 (1)		
2:49/44	5:08/42	2:37/37	2:28/36	2:23/52	2:27/249		
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:02 (2)	+0:00 (1)	+0:05 (2)		

Håvard Solbakken	Bodø og Omegn IF					(9,67min/km)	18:57
3:08 (2)	8:50 (2)	11:30 (2)	13:56 (2)	16:35 (2)	18:57 (2)		
3:08/44	5:42/42	2:40/37	2:26/36	2:39/52	2:22/249		
+0:19 (2)	+0:34 (2)	+0:03 (2)	+0:00 (1)	+0:16 (2)	+0:00 (1)		

## Klasse 2 km 2,8 km

5 påmeldt, 5 startende

1 Tine Bergkvist	Valnesfjord IL							(11,19min/km)	31:07
2:42 (1)	6:56 (1)	13:09 (1)	14:50 (1)	20:56 (1)	24:18 (1)	28:59 (1)	31:07 (1)		
2:42/44	4:14/49	6:13/48	1:41/47	6:06/46	3:22/42	4:41/52	2:08/249		
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:44 (2)	+0:00 (1)	+0:17 (3)	+0:00 (1)		
2 Martha Kalvig Skogan	Bodø og Omegn IF							(15,28min/km)	42:28 (+11:21)
3:37 (4)	9:21 (2)	16:00 (2)	18:55 (2)	25:42 (3)	34:25 (3)	40:09 (2)	42:28 (2)		
3:37/44	5:44/49	6:39/48	2:55/47	6:47/46	8:43/42	5:44/52	2:19/249		
+0:55 (4)	+1:30 (2)	+0:26 (2)	+1:14 (3)	+1:25 (3)	+5:21 (5)	+1:20 (4)	+0:11 (3)		
3 Marius Ekrem Finstad	Bodø og Omegn IF							(15,44min/km)	42:56 (+11:49)
2:43 (2)	9:35 (3)	16:37 (3)	20:17 (5)	27:59 (4)	36:20 (4)	40:44 (3)	42:56 (3)		
2:43/44	6:52/49	7:02/48	3:40/47	7:42/46	8:21/42	4:24/52	2:12/249		
+0:01 (2)	+2:38 (4)	+0:49 (4)	+1:59 (5)	+2:20 (4)	+4:59 (4)	+0:00 (1)	+0:04 (2)		
4 Håvard Solbakken	Bodø og Omegn IF							(15,55min/km)	43:13 (+12:06)
2:45 (3)	9:41 (4)	16:39 (4)	20:13 (4)	28:04 (5)	36:22 (5)	40:52 (4)	43:13 (4)		
2:45/44	6:56/49	6:58/48	3:34/47	7:51/46	8:18/42	4:30/52	2:21/249		
+0:03 (3)	+2:42 (5)	+0:45 (3)	+1:53 (4)	+2:29 (5)	+4:56 (3)	+0:06 (2)	+0:13 (4)		
5 Regula Hösli	Bodø og Omegn IF							(16,15min/km)	44:53 (+13:46)
3:49 (5)	10:01 (5)	17:37 (5)	20:04 (3)	25:26 (2)	31:37 (2)	41:00 (5)	44:53 (5)		
3:49/44	6:12/49	7:36/48	2:27/47	5:22/46	6:11/42	9:23/52	3:53/249		
+1:07 (5)	+1:58 (3)	+1:23 (5)	+0:46 (2)	+0:00 (1)	+2:49 (2)	+4:59 (5)	+1:45 (5)		

## Klasse 3 km 4,4 km

7 påmeldt, 7 startende

1 Ask Kleist Godal	Bodø og Omegn IF							(10,78min/km)	47:12
3:21 (1)	13:58 (1)	21:57 (1)	23:47 (1)	37:14 (1)	40:56 (1)	45:23 (1)	47:12 (1)		
3:21/33	10:37/39	7:59/139	1:50/63	13:27/38	3:42/40	4:27/52	1:49/249		
+0:00 (1)	+0:00 (1)	+0:43 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:22 (2)	+0:00 (1)		
2 Tove Bergkvist	Valnesfjord IL							(12,34min/km)	54:04 (+6:52)
4:33 (4)	17:02 (3)	24:18 (2)	26:48 (2)	41:27 (2)	45:41 (2)	51:45 (2)	54:04 (2)		
4:33/33	12:29/39	7:16/139	2:30/63	14:39/38	4:14/40	6:04/52	2:19/249		
+1:12 (4)	+1:52 (3)	+0:00 (1)	+0:40 (3)	+1:12 (2)	+0:32 (4)	+1:59 (4)	+0:30 (5)		
3 Torbjørn Høsli Olsen	Bodø og Omegn IF							(12,73min/km)	55:45 (+8:33)
3:46 (2)	16:31 (2)	25:02 (3)	27:42 (3)	45:33 (3)	49:38 (3)	53:43 (3)	55:45 (3)		
3:46/33	12:45/39	8:31/139	2:40/63	17:51/38	4:05/40	4:05/52	2:02/249		
+0:25 (2)	+2:08 (4)	+1:15 (4)	+0:50 (4)	+4:24 (4)	+0:23 (2)	+0:00 (1)	+0:13 (3)		
4 Joar Klæboe Henriksen	Bodø og Omegn IF							(14,09min/km)	1:01:43 (+14:31)
6:07 (6)	17:53 (4)	25:51 (4)	27:51 (4)	49:49 (5)	54:33 (5)	59:40 (4)	1:01:43 (4)		
6:07/33	11:46/39	7:58/139	2:00/63	21:58/38	4:44/40	5:07/52	2:03/249		
+2:46 (6)	+1:09 (2)	+0:42 (2)	+0:10 (2)	+8:31 (5)	+1:02 (5)	+1:02 (3)	+0:14 (4)		
5 Bendik Storvik Nilsen	Bodø og Omegn IF							(14,17min/km)	1:02:05 (+14:53)
4:01 (3)	19:10 (5)	29:03 (5)	31:50 (5)	49:37 (4)	53:46 (4)	1:00:09 (5)	1:02:05 (5)		
4:01/33	15:09/39	9:53/139	2:47/63	17:47/38	4:09/40	6:23/52	1:56/249		

+0:40 (3)	+4:32 (5)	+2:37 (5)	+0:57 (5)	+4:20 (3)	+0:27 (3)	+2:18 (5)	+0:07 (2)		
<b>6</b>	<b>Camilla Nordhei</b>		<b>Bodø og Omegn IF</b>				<b>(17,89min/km)</b>	<b>1:18:22</b>	<b>(+31:10)</b>
4:57 (5)	23:52 (6)	35:02 (6)	38:08 (6)	1:02:13 (6)	1:08:17 (6)	1:14:52 (6)	1:18:22 (6)		
4:57/33	18:55/39	11:10/139	3:06/63	24:05/38	6:04/40	6:35/52	3:30/249		
+1:36 (5)	+8:18 (6)	+3:54 (6)	+1:16 (6)	+10:38 (6)	+2:22 (6)	+2:30 (6)	+1:41 (6)		
	<b>Heidi Jensen</b>		<b>Bodø og Omegn IF</b>				<b>(4,63min/km)</b>	<b>Brutt</b>	
4:22 (4)	20:17 (6)	20:17 (1)	20:17 (1)	20:17 (1)	20:17 (1)	20:17 (1)	20:17 (1)		
4:22/33	15:55/39								
+1:01 (4)	+5:18 (6)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)		

## Klasse 4 km 5,4 km

12 påmeldt, 12 startende

<b>1</b>	<b>Aviaja Kleist</b>		<b>Bodø og Omegn IF</b>				<b>(9,68min/km)</b>	<b>52:38</b>	
3:09 (3)	6:17 (2)	22:43 (6)	24:33 (4)	32:25 (3)	38:25 (3)	40:07 (3)	43:26 (2)	49:08 (2)	50:51 (1)
3:09/40	3:08/33	16:26/139	1:50/63	7:52/31	6:00/38	1:42/34	3:19/51	5:42/50	1:43/52
+0:06 (2)	+0:00 (1)	+1:30 (6)	+0:00 (1)	+0:18 (4)	+0:10 (3)	+0:03 (2)	+0:27 (8)	+0:00 (1)	+0:00 (1)
52:38 (1)									
1:47/249									
+0:00 (1)									
<b>2</b>	<b>Marit Johnsen</b>		<b>Bodø og Omegn IF</b>				<b>(9,89min/km)</b>	<b>53:47</b>	<b>(+1:09)</b>
3:29 (7)	6:53 (6)	22:25 (4)	24:20 (3)	32:05 (2)	37:56 (1)	39:50 (1)	42:42 (1)	48:59 (1)	51:13 (2)
3:29/40	3:24/33	15:32/139	1:55/63	7:45/31	5:51/38	1:54/34	2:52/51	6:17/50	2:14/52
+0:26 (6)	+0:16 (4)	+0:36 (4)	+0:05 (3)	+0:11 (3)	+0:01 (2)	+0:15 (6)	+0:00 (1)	+0:35 (3)	+0:31 (5)
53:47 (2)									
2:34/249									
+0:47 (9)									
<b>3</b>	<b>Jan Fredrik Prytz</b>		<b>Bodø og Omegn IF</b>				<b>(9,95min/km)</b>	<b>54:07</b>	<b>(+1:29)</b>
3:17 (5)	7:11 (9)	23:29 (7)	25:20 (6)	33:03 (4)	39:29 (5)	41:08 (5)	44:14 (5)	50:05 (3)	52:03 (3)
3:17/40	3:54/33	16:18/139	1:51/63	7:43/31	6:26/38	1:39/34	3:06/51	5:51/50	1:58/52
+0:14 (4)	+0:46 (9)	+1:22 (5)	+0:01 (2)	+0:09 (2)	+0:36 (6)	+0:00 (1)	+0:14 (5)	+0:09 (2)	+0:15 (3)
54:07 (3)									
2:04/249									
+0:17 (3)									
<b>4</b>	<b>Eirill Pettersen Buvik</b>		<b>Bodø og Omegn IF</b>				<b>(9,98min/km)</b>	<b>54:17</b>	<b>(+1:39)</b>
3:03 (2)	6:49 (5)	21:51 (3)	23:53 (2)	33:03 (5)	38:53 (4)	40:41 (4)	43:33 (4)	50:25 (5)	52:14 (4)
3:03/40	3:46/33	15:02/139	2:02/63	9:10/31	5:50/38	1:48/34	2:52/51	6:52/50	1:49/52
+0:00 (1)	+0:38 (8)	+0:06 (2)	+0:12 (5)	+1:36 (8)	+0:00 (1)	+0:09 (4)	+0:00 (1)	+1:10 (5)	+0:06 (2)
54:17 (4)									
2:03/249									
+0:16 (2)									
<b>5</b>	<b>Leif Magne Eggestad</b>		<b>Bodø og Omegn IF</b>				<b>(10,08min/km)</b>	<b>54:51</b>	<b>(+2:13)</b>
3:15 (4)	6:33 (3)	21:29 (2)	23:44 (1)	31:52 (1)	38:12 (2)	39:59 (2)	43:31 (3)	50:09 (4)	52:35 (5)
3:15/40	3:18/33	14:56/139	2:15/63	8:08/31	6:20/38	1:47/34	3:32/51	6:38/50	2:26/52
+0:12 (3)	+0:10 (2)	+0:00 (1)	+0:25 (7)	+0:34 (5)	+0:30 (5)	+0:08 (3)	+0:40 (9)	+0:56 (4)	+0:43 (8)
54:51 (5)									
2:16/249									
+0:29 (6)									
<b>6</b>	<b>Per Rekkedal</b>		<b>Bodø og Omegn IF</b>				<b>(10,62min/km)</b>	<b>57:47</b>	<b>(+5:09)</b>
3:20 (6)	6:40 (4)	24:07 (8)	26:06 (7)	33:40 (7)	40:13 (7)	42:06 (7)	45:22 (7)	53:38 (6)	55:43 (6)
3:20/40	3:20/33	17:27/139	1:59/63	7:34/31	6:33/38	1:53/34	3:16/51	8:16/50	2:05/52
+0:17 (5)	+0:12 (3)	+2:31 (8)	+0:09 (4)	+0:00 (1)	+0:43 (8)	+0:14 (5)	+0:24 (7)	+2:34 (9)	+0:22 (4)
57:47 (6)									
2:04/249									
+0:17 (3)									
<b>7</b>	<b>Lena Cecilie Pedersen</b>		<b>SISO IL</b>				<b>(10,69min/km)</b>	<b>58:08</b>	<b>(+5:30)</b>
3:35 (8)	7:03 (7)	24:37 (10)	26:58 (9)	35:33 (8)	41:52 (8)	43:47 (8)	46:46 (8)	53:41 (7)	55:56 (7)
3:35/40	3:28/33	17:34/139	2:21/63	8:35/31	6:19/38	1:55/34	2:59/51	6:55/50	2:15/52
+0:32 (7)	+0:20 (5)	+2:38 (9)	+0:31 (9)	+1:01 (7)	+0:29 (4)	+0:16 (7)	+0:07 (4)	+1:13 (6)	+0:32 (6)
58:08 (7)									

2:12/249  
+0:25 (5)

<b>8</b>	<b>Per Otto Aursand</b>		<b>Bodø og Omegn IF</b>		<b>(11,37min/km)</b>		<b>1:01:50</b>	<b>(+9:12)</b>	
4:04 (10)	7:49 (10)	24:36 (9)	26:57 (8)	36:19 (9)	43:00 (9)	45:14 (9)	49:09 (9)	57:01 (8)	59:19 (8)
4:04/40	3:45/33	16:47/139	2:21/63	9:22/31	6:41/38	2:14/34	3:55/51	7:52/50	2:18/52
+1:01 (9)	+0:37 (7)	+1:51 (7)	+0:31 (9)	+1:48 (9)	+0:51 (9)	+0:35 (8)	+1:03 (10)	+2:10 (7)	+0:35 (7)
1:01:50 (8)									
2:31/249									
+0:44 (8)									

<b>9</b>	<b>Anders Kure</b>		<b>Bodø og Omegn IF</b>		<b>(12,55min/km)</b>		<b>1:08:17</b>	<b>(+15:39)</b>	
3:41 (9)	7:09 (8)	22:40 (5)	24:50 (5)	33:12 (6)	39:38 (6)	41:53 (6)	44:51 (6)	1:03:01 (9)	1:05:51 (9)
3:41/40	3:28/33	15:31/139	2:10/63	8:22/31	6:26/38	2:15/34	2:58/51	18:10/50	2:50/52
+0:38 (8)	+0:20 (5)	+0:35 (3)	+0:20 (6)	+0:48 (6)	+0:36 (6)	+0:36 (9)	+0:06 (3)	+12:28 (11)	+1:07 (10)
1:08:17 (9)									
2:26/249									
+0:39 (7)									

<b>10</b>	<b>Carl B. Bjørseth</b>		<b>Bodø og Omegn IF</b>		<b>(13,21min/km)</b>		<b>1:11:52</b>	<b>(+19:14)</b>	
4:21 (11)	8:50 (11)	28:25 (11)	30:43 (11)	43:41 (11)	52:08 (11)	54:39 (10)	57:54 (10)	1:06:04 (10)	1:08:58 (10)
4:21/40	4:29/33	19:35/139	2:18/63	12:58/31	8:27/38	2:31/34	3:15/51	8:10/50	2:54/52
+1:18 (10)	+1:21 (10)	+4:39 (10)	+0:28 (8)	+5:24 (11)	+2:37 (11)	+0:52 (10)	+0:23 (6)	+2:28 (8)	+1:11 (11)
1:11:52 (10)									
2:54/249									
+1:07 (11)									

<b>11</b>	<b>Åge Mohus</b>		<b>Bodø og Omegn IF</b>		<b>(14,23min/km)</b>		<b>1:17:24</b>	<b>(+24:46)</b>	
(1)	(1)	(1)	30:34 (10)	43:31 (10)	51:28 (10)	1:01:08 (11)	1:01:08 (11)	1:11:52 (11)	1:14:38 (11)
30:34/63	12:57/31	7:57/38	9:40/34	10:44/50	2:46/52				
+0:00 (1)	+0:00 (1)	+0:00 (1)	+28:44 (11)	+5:23 (10)	+2:07 (10)	+8:01 (11)	+0:00 (1)	+5:02 (10)	+1:03 (9)
1:17:24 (11)									
2:46/249									
+0:59 (10)									

	<b>Rasmus Andersen</b>		<b>Bodø og Omegn IF</b>		<b>(17,68min/km)</b>		<b>Disk</b>	<b>(+43:33)</b>	
4:21 (11)	8:26 (11)	27:37 (11)	29:54 (10)	39:48 (10)	1:06:38 (12)	1:14:50 (12)	1:31:08 (12)	1:33:28 (12)	1:36:11 (12)
4:21/40	4:05/33	19:11/139	2:17/63	9:54/31	26:50/38	8:12/51	16:18/50	2:20/52	2:43/249
+1:18 (10)	+0:57 (10)	+4:15 (10)	+0:27 (8)	+2:20 (10)	+21:00 (12)	+6:33 (11)	+13:26 (11)	+0:00 (1)	+1:00 (9)
1:36:11 (12)									
+0:00 (1)									

## Klasse 6 km 7,9 km

3 påmeldt, 3 startende

<b>1</b>	<b>Roy Solbakk</b>		<b>Valnesfjord IL</b>		<b>(10,13min/km)</b>		<b>1:20:01</b>		
4:28 (2)	18:15 (1)	19:58 (1)	24:53 (1)	29:34 (1)	34:47 (1)	41:04 (1)	1:03:14 (2)	1:09:22 (2)	1:10:16 (1)
4:28/33	13:47/139	1:43/63	4:55/135	4:41/64	5:13/62	6:17/32	22:10/51	6:08/34	0:54/38
+1:45 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:06 (2)	+0:00 (1)	+0:07 (2)	+2:32 (2)	+2:23 (2)	+0:00 (1)
1:13:12 (1)	1:16:16 (1)	1:18:15 (1)	1:20:01 (1)						
2:56/40	3:04/50	1:59/52	1:46/249						
+0:30 (2)	+0:00 (1)	+0:03 (2)	+0:00 (1)						

<b>2</b>	<b>Jan Erik Paulsen</b>		<b>Bodø og Omegn IF</b>		<b>(10,68min/km)</b>		<b>1:24:21</b>	<b>(+4:20)</b>	
2:43 (1)	19:27 (2)	21:43 (2)	26:48 (2)	31:23 (2)	36:40 (2)	42:50 (2)	1:02:28 (1)	1:06:13 (1)	1:12:43 (2)
2:43/33	16:44/139	2:16/63	5:05/135	4:35/64	5:17/62	6:10/32	19:38/51	3:45/34	6:30/38
+0:00 (1)	+2:57 (2)	+0:33 (2)	+0:10 (2)	+0:00 (1)	+0:04 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+5:36 (2)
1:15:09 (2)	1:20:37 (2)	1:22:33 (2)	1:24:21 (2)						
2:26/40	5:28/50	1:56/52	1:48/249						
+0:00 (1)	+2:24 (2)	+0:00 (1)	+0:02 (2)						

	<b>Jørund Eldevik</b>		<b>Bodø og Omegn IF</b>		<b>(6,85min/km)</b>		<b>Brutt</b>		
3:20 (2)	21:34 (3)	23:44 (3)	29:56 (3)	35:16 (3)	41:13 (3)	54:05 (3)	54:05 (1)	54:05 (1)	54:05 (1)
3:20/33	18:14/139	2:10/63	6:12/135	5:20/64	5:57/62	12:52/32			
+0:37 (2)	+4:27 (3)	+0:27 (2)	+1:17 (3)	+0:45 (3)	+0:44 (3)	+6:42 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)
54:05 (1)	54:05 (1)	54:05 (1)	54:05 (1)						

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