

Resultater fra Saltensprint 2, Bodøsjøen 08.05.2010

Det var totalt 43 deltagere.

Klasse Nybegynner 1,1 km

11 påmeldt, 11 startende

Eirik Brinchmann			Ukjent			(15,11min/km)		16:37	
1:00 (7)	2:10 (7)	3:53 (7)	4:47 (7)	8:04 (7)	10:13 (7)	12:58 (7)	16:05 (7)	16:37 (7)	
1:00/69	1:10/70	1:43/76	0:54/71	3:17/72	2:09/73	2:45/74	3:07/75	0:32/249	
+0:33 (7)	+0:36 (7)	+1:09 (9)	+0:13 (7)	+1:35 (8)	+1:30 (8)	+1:14 (8)	+1:33 (8)	+0:18 (7)	

Tor Brinchmann			Ukjent			(16,02min/km)		17:37	
1:11 (8)	2:21 (8)	4:01 (8)	5:06 (8)	8:25 (8)	10:23 (8)	13:13 (8)	17:04 (8)	17:37 (8)	
1:11/69	1:10/70	1:40/76	1:05/71	3:19/72	1:58/73	2:50/74	3:51/75	0:33/249	
+0:44 (8)	+0:36 (7)	+1:06 (8)	+0:24 (8)	+1:37 (9)	+1:19 (7)	+1:19 (9)	+2:17 (10)	+0:19 (8)	

Marius Ekrem Finstad			Bodø og Omegn IF			(9,14min/km)		10:03	
0:27 (1)	1:32 (6)	2:13 (6)	2:55 (6)	4:58 (5)	5:54 (5)	7:56 (6)	9:44 (6)	10:03 (6)	
0:27/69	1:05/70	0:41/76	0:42/71	2:03/72	0:56/73	2:02/74	1:48/75	0:19/249	
+0:00 (1)	+0:31 (6)	+0:07 (5)	+0:01 (2)	+0:21 (5)	+0:17 (5)	+0:31 (6)	+0:14 (5)	+0:05 (4)	

Bendik Hansen			Bodø og Omegn IF			(8,61min/km)		9:28	
0:28 (2)	1:06 (1)	1:52 (4)	2:42 (4)	4:35 (3)	5:28 (3)	7:19 (3)	9:09 (4)	9:28 (4)	
0:28/69	0:38/70	0:46/76	0:50/71	1:53/72	0:53/73	1:51/74	1:50/75	0:19/249	
+0:01 (2)	+0:04 (3)	+0:12 (6)	+0:09 (5)	+0:11 (3)	+0:14 (4)	+0:20 (5)	+0:16 (6)	+0:05 (4)	

Lene Johnsen Ikdahl			Bodø og Omegn IF			(19,73min/km)		21:42	
1:27 (9)	3:02 (9)	4:19 (9)	5:49 (9)	10:16 (10)	12:36 (9)	17:10 (10)	20:58 (10)	21:42 (10)	
1:27/69	1:35/70	1:17/76	1:30/71	4:27/72	2:20/73	4:34/74	3:48/75	0:44/249	
+1:00 (9)	+1:01 (9)	+0:43 (7)	+0:49 (10)	+2:45 (10)	+1:41 (9)	+3:03 (10)	+2:14 (9)	+0:30 (9)	

Trygve Bø Kongsbakk			Bodø og Omegn IF			(8,03min/km)		8:50	
0:34 (5)	1:13 (4)	1:49 (3)	2:39 (3)	4:21 (2)	5:00 (2)	6:41 (2)	8:20 (2)	8:50 (2)	
0:34/69	0:39/70	0:36/76	0:50/71	1:42/72	0:39/73	1:41/74	1:39/75	0:30/249	
+0:07 (5)	+0:05 (4)	+0:02 (2)	+0:09 (5)	+0:00 (1)	+0:00 (1)	+0:10 (3)	+0:05 (3)	+0:16 (6)	

Trygve Bø Kongsbakk			Bodø og Omegn IF			(19,18min/km)		21:06	
1:31 (10)	3:27 (10)	5:55 (10)	7:10 (10)	10:09 (9)	14:29 (10)	16:51 (9)	19:49 (9)	21:06 (9)	
1:31/69	1:56/70	2:28/76	1:15/71	2:59/72	4:20/73	2:22/74	2:58/75	1:17/249	
+1:04 (10)	+1:22 (10)	+1:54 (10)	+0:34 (9)	+1:17 (7)	+3:41 (10)	+0:51 (7)	+1:24 (7)	+1:03 (10)	

Sigrun Nilang Nordhei			Bodø og Omegn IF			(0,00min/km)			
(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)	

Kristine F. Pettersen			Innstrandens IL			(8,74min/km)		9:37	
0:38 (6)	1:12 (3)	1:46 (2)	2:27 (1)	4:58 (5)	6:03 (6)	7:42 (5)	9:22 (5)	9:37 (5)	
0:38/69	0:34/70	0:34/76	0:41/71	2:31/72	1:05/73	1:39/74	1:40/75	0:15/249	
+0:11 (6)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:49 (6)	+0:26 (6)	+0:08 (2)	+0:06 (4)	+0:01 (2)	

Lotte Eriksen Reitan			Bodø og Omegn IF			(8,32min/km)		9:09	
0:31 (4)	1:30 (5)	2:08 (5)	2:52 (5)	4:47 (4)	5:39 (4)	7:21 (4)	8:55 (3)	9:09 (3)	
0:31/69	0:59/70	0:38/76	0:44/71	1:55/72	0:52/73	1:42/74	1:34/75	0:14/249	
+0:04 (4)	+0:25 (5)	+0:04 (3)	+0:03 (3)	+0:13 (4)	+0:13 (3)	+0:11 (4)	+0:00 (1)	+0:00 (1)	

Eivind Lindahl Valle			Bodø og Omegn IF			(7,64min/km)		8:24	
0:30 (3)	1:07 (2)	1:45 (1)	2:32 (2)	4:16 (1)	4:58 (1)	6:29 (1)	8:06 (1)	8:24 (1)	
0:30/69	0:37/70	0:38/76	0:47/71	1:44/72	0:42/73	1:31/74	1:37/75	0:18/249	
+0:03 (3)	+0:03 (2)	+0:04 (3)	+0:06 (4)	+0:02 (2)	+0:03 (2)	+0:00 (1)	+0:03 (2)	+0:04 (3)	

Klasse Damer 1,9 km

12 påmeldt, 12 startende

1	Marit Johnsen		Bodø og Omegn IF			(10,04min/km)		19:04		
	1:32 (4)	3:46 (1)	5:11 (1)	6:11 (1)	8:31 (1)	9:56 (1)	10:30 (1)	13:04 (1)	15:40 (1)	17:21 (1)
	1:32/32	2:14/33	1:25/31	1:00/34	2:20/35	1:25/36	0:34/44	2:34/39	2:36/40	1:41/74
	+0:08 (4)	+0:00 (1)	+0:21 (4)	+0:10 (4)	+0:06 (2)	+0:15 (2)	+0:08 (3)	+0:14 (3)	+0:00 (1)	+0:01 (2)
	18:33 (1)	19:04 (1)								
	1:12/42	0:31/249								

	+0:06 (3)	+0:06 (3)									
2	Heidi Mørkved					Bodø og Omegn IF		(11,44min/km)	21:44	(+2:40)	
	1:28 (2)	5:30 (5)	7:04 (5)	8:03 (4)	11:06 (4)	13:00 (4)	13:26 (4)	15:50 (4)	18:31 (2)	20:11 (2)	
	1:28/32	4:02/33	1:34/31	0:59/34	3:03/35	1:54/36	0:26/44	2:24/39	2:41/40	1:40/74	
	+0:04 (2)	+1:48 (9)	+0:30 (6)	+0:09 (3)	+0:49 (5)	+0:44 (7)	+0:00 (1)	+0:04 (2)	+0:05 (2)	+0:00 (1)	
	21:19 (2)	21:44 (2)									
	1:08/42	0:25/249									
	+0:02 (2)	+0:00 (1)									
3	Eirill Pettersen Buvik					Korgen IL		(11,64min/km)	22:07	(+3:03)	
	1:24 (1)	5:21 (4)	6:25 (3)	7:16 (3)	9:30 (2)	10:40 (2)	11:09 (2)	13:29 (2)	18:52 (3)	20:35 (3)	
	1:24/32	3:57/33	1:04/31	0:51/34	2:14/35	1:10/36	0:29/44	2:20/39	5:23/40	1:43/74	
	+0:00 (1)	+1:43 (8)	+0:00 (1)	+0:01 (2)	+0:00 (1)	+0:00 (1)	+0:03 (2)	+0:00 (1)	+2:47 (9)	+0:03 (3)	
	21:41 (3)	22:07 (3)									
	1:06/42	0:26/249									
	+0:00 (1)	+0:01 (2)									
4	Anita Eriksen					Bodø og Omegn IF		(12,53min/km)	23:48	(+4:44)	
	1:29 (3)	4:23 (2)	5:56 (2)	7:00 (2)	10:06 (3)	11:44 (3)	13:01 (3)	15:50 (3)	19:40 (4)	21:52 (4)	
	1:29/32	2:54/33	1:33/31	1:04/34	3:06/35	1:38/36	1:17/44	2:49/39	3:50/40	2:12/74	
	+0:05 (3)	+0:40 (2)	+0:29 (5)	+0:14 (5)	+0:52 (6)	+0:28 (4)	+0:51 (12)	+0:29 (5)	+1:14 (6)	+0:32 (6)	
	23:15 (4)	23:48 (4)									
	1:23/42	0:33/249									
	+0:17 (6)	+0:08 (5)									
5	Elisabeth Kongsbakk					Ukjent		(13,42min/km)	25:30	(+6:26)	
	3:11 (12)	6:14 (8)	7:37 (6)	8:41 (6)	11:34 (5)	13:19 (5)	13:53 (5)	18:06 (6)	21:23 (5)	23:29 (5)	
	3:11/32	3:03/33	1:23/31	1:04/34	2:53/35	1:45/36	0:34/44	4:13/39	3:17/40	2:06/74	
	+1:47 (12)	+0:49 (4)	+0:19 (3)	+0:14 (5)	+0:39 (4)	+0:35 (5)	+0:08 (3)	+1:53 (9)	+0:41 (4)	+0:26 (5)	
	24:55 (5)	25:30 (5)									
	1:26/42	0:35/249									
	+0:20 (7)	+0:10 (6)									
6	Marthe Limstrand					Bodø og Omegn IF		(13,55min/km)	25:45	(+6:41)	
	1:55 (6)	8:36 (10)	9:58 (10)	11:08 (10)	13:46 (8)	15:15 (7)	15:53 (7)	18:39 (7)	21:41 (7)	23:43 (6)	
	1:55/32	6:41/33	1:22/31	1:10/34	2:38/35	1:29/36	0:38/44	2:46/39	3:02/40	2:02/74	
	+0:31 (6)	+4:27 (10)	+0:18 (2)	+0:20 (7)	+0:24 (3)	+0:19 (3)	+0:12 (6)	+0:26 (4)	+0:26 (3)	+0:22 (4)	
	25:02 (6)	25:45 (6)									
	1:19/42	0:43/249									
	+0:13 (4)	+0:18 (10)									
7	Elin Marie Wedege Irgens					Bodø og Omegn IF		(13,91min/km)	26:26	(+7:22)	
	1:59 (7)	4:56 (3)	6:37 (4)	8:27 (5)	11:49 (6)	13:36 (6)	14:15 (6)	17:59 (5)	21:39 (6)	24:11 (7)	
	1:59/32	2:57/33	1:41/31	1:50/34	3:22/35	1:47/36	0:39/44	3:44/39	3:40/40	2:32/74	
	+0:35 (7)	+0:43 (3)	+0:37 (7)	+1:00 (10)	+1:08 (8)	+0:37 (6)	+0:13 (7)	+1:24 (7)	+1:04 (5)	+0:52 (7)	
	25:54 (7)	26:26 (7)									
	1:43/42	0:32/249									
	+0:37 (10)	+0:07 (4)									
8	Oda Furuholmen					Bodø og Omegn IF		(16,00min/km)	30:24	(+11:20)	
	1:46 (5)	5:37 (6)	9:23 (9)	10:13 (9)	15:09 (10)	17:45 (10)	18:35 (10)	21:49 (9)	25:40 (8)	28:27 (8)	
	1:46/32	3:51/33	3:46/31	0:50/34	4:56/35	2:36/36	0:50/44	3:14/39	3:51/40	2:47/74	
	+0:22 (5)	+1:37 (7)	+2:42 (12)	+0:00 (1)	+2:42 (11)	+1:26 (9)	+0:24 (8)	+0:54 (6)	+1:15 (7)	+1:07 (9)	
	29:48 (8)	30:24 (8)									
	1:21/42	0:36/249									
	+0:15 (5)	+0:11 (7)									
9	Mari Eriksen Reitan					Bodø og Omegn IF		(16,61min/km)	31:34	(+12:30)	
	2:12 (8)	5:50 (7)	7:41 (7)	9:04 (7)	12:18 (7)	17:37 (9)	18:11 (9)	22:01 (10)	26:37 (9)	29:18 (9)	
	2:12/32	3:38/33	1:51/31	1:23/34	3:14/35	5:19/36	0:34/44	3:50/39	4:36/40	2:41/74	
	+0:48 (8)	+1:24 (5)	+0:47 (8)	+0:33 (8)	+1:00 (7)	+4:09 (12)	+0:08 (3)	+1:30 (8)	+2:00 (8)	+1:01 (8)	
	30:56 (9)	31:34 (9)									
	1:38/42	0:38/249									
	+0:32 (8)	+0:13 (8)									
10	Karen Merete Bjørseth					Bodø og Omegn IF		(21,25min/km)	40:23	(+21:19)	
	2:31 (10)	6:16 (9)	8:08 (8)	9:31 (8)	14:10 (9)	16:06 (8)	17:10 (8)	21:40 (8)	33:08 (10)	37:53 (10)	
	2:31/32	3:45/33	1:52/31	1:23/34	4:39/35	1:56/36	1:04/44	4:30/39	11:28/40	4:45/74	

+1:07 (10) +1:31 (6) +0:48 (9) +0:33 (8) +2:25 (10) +0:46 (8) +0:38 (10) +2:10 (11) +8:52 (12) +3:05 (12)
 39:41 (10) 40:23 (10)
 1:48/42 0:42/249
 +0:42 (11) +0:17 (9)

11 Anne Grete Olsen Bodø og Omegn IF (22,45min/km) **42:39 (+23:35)**
 2:16 (9) 9:34 (11) 11:28 (11) 13:29 (11) 17:19 (11) 21:31 (11) 22:22 (11) 26:40 (11) 37:11 (11) 40:08 (11)
 2:16/32 7:18/33 1:54/31 2:01/34 3:50/35 4:12/36 0:51/44 4:18/39 10:31/40 2:57/74
 +0:52 (9) +5:04 (11) +0:50 (10) +1:11 (12) +1:36 (9) +3:02 (11) +0:25 (9) +1:58 (10) +7:55 (11) +1:17 (10)
 41:50 (11) 42:39 (11)
 1:42/42 0:49/249
 +0:36 (9) +0:24 (11)

12 Inger Johanne Lindal Bodø og Omegn IF (23,35min/km) **44:22 (+25:18)**
 2:39 (11) 12:00 (12) 15:00 (12) 16:59 (12) 22:06 (12) 25:28 (12) 26:44 (12) 31:16 (12) 37:46 (12) 41:28 (12)
 2:39/32 9:21/33 3:00/31 1:59/34 5:07/35 3:22/36 1:16/44 4:32/39 6:30/40 3:42/74
 +1:15 (11) +7:07 (12) +1:56 (11) +1:09 (11) +2:53 (12) +2:12 (10) +0:50 (11) +2:12 (12) +3:54 (10) +2:02 (11)
 43:27 (12) 44:22 (12)
 1:59/42 0:55/249
 +0:53 (12) +0:30 (12)

Klasse Herrer 1,9 km

20 påmeldt, 20 startende

1 Lars Reitan Bodø og Omegn IF (8,27min/km) **15:43**
 1:09 (2) 3:03 (2) 4:04 (2) 4:39 (1) 6:36 (1) 7:43 (1) 8:08 (1) 10:19 (1) 12:34 (1) 14:20 (1)
 1:09/32 1:54/33 1:01/31 0:35/34 1:57/35 1:07/36 0:25/44 2:11/39 2:15/40 1:46/74
 +0:01 (2) +0:20 (2) +0:00 (1) +0:00 (1) +0:00 (1) +0:11 (2) +0:00 (1) +0:15 (3) +0:03 (2) +0:25 (4)
 15:19 (1) 15:43 (1)
 0:59/42 0:24/249
 +0:02 (3) +0:03 (4)

2 Petter Jakola Bodø og Omegn IF (8,35min/km) **15:52 (+0:09)**
 1:08 (1) 2:42 (1) 3:45 (1) 4:40 (2) 7:40 (2) 8:36 (2) 9:05 (2) 11:01 (2) 13:13 (2) 14:34 (2)
 1:08/32 1:34/33 1:03/31 0:55/34 3:00/35 0:56/36 0:29/44 1:56/39 2:12/40 1:21/74
 +0:00 (1) +0:00 (1) +0:02 (2) +0:20 (2) +1:03 (7) +0:00 (1) +0:04 (3) +0:00 (1) +0:00 (1) +0:00 (1)
 15:31 (2) 15:52 (2)
 0:57/42 0:21/249
 +0:00 (1) +0:00 (1)

3 Jan Erik Paulsen Bodø og Omegn IF (9,77min/km) **18:34 (+2:51)**
 1:09 (2) 3:43 (4) 5:21 (5) 6:24 (4) 9:02 (4) 10:25 (4) 11:04 (4) 13:12 (4) 15:29 (3) 17:11 (3)
 1:09/32 2:34/33 1:38/31 1:03/34 2:38/35 1:23/36 0:39/44 2:08/39 2:17/40 1:42/74
 +0:01 (2) +1:00 (4) +0:37 (10) +0:28 (7) +0:41 (4) +0:27 (6) +0:14 (9) +0:12 (2) +0:05 (4) +0:21 (2)
 18:12 (3) 18:34 (3)
 1:01/42 0:22/249
 +0:04 (4) +0:01 (2)

4 Tore Jakola Bodø og Omegn IF (10,32min/km) **19:36 (+3:53)**
 1:22 (5) 3:31 (3) 5:08 (3) 6:07 (3) 8:42 (3) 10:00 (3) 10:31 (3) 13:11 (3) 15:53 (4) 17:48 (4)
 1:22/32 2:09/33 1:37/31 0:59/34 2:35/35 1:18/36 0:31/44 2:40/39 2:42/40 1:55/74
 +0:14 (5) +0:35 (3) +0:36 (9) +0:24 (5) +0:38 (3) +0:22 (4) +0:06 (4) +0:44 (7) +0:30 (5) +0:34 (7)
 19:01 (4) 19:36 (4)
 1:13/42 0:35/249
 +0:16 (7) +0:14 (14)

5 Jakob Kalvig Skogan Bodø og Omegn IF (11,82min/km) **22:28 (+6:45)**
 1:19 (4) 6:58 (15) 8:13 (13) 9:42 (13) 11:44 (9) 12:56 (7) 14:37 (10) 17:03 (8) 19:19 (5) 21:08 (5)
 1:19/32 5:39/33 1:15/31 1:29/34 2:02/35 1:12/36 1:41/44 2:26/39 2:16/40 1:49/74
 +0:11 (4) +4:05 (17) +0:14 (4) +0:54 (12) +0:05 (2) +0:16 (3) +1:16 (19) +0:30 (5) +0:04 (3) +0:28 (5)
 22:05 (5) 22:28 (5)
 0:57/42 0:23/249
 +0:00 (1) +0:02 (3)

6 Jan Prytz Bodø og Omegn IF (12,37min/km) **23:30 (+7:47)**
 1:31 (9) 5:55 (11) 7:25 (11) 8:25 (10) 12:07 (10) 13:32 (10) 14:06 (9) 16:37 (7) 19:51 (7) 21:45 (6)
 1:31/32 4:24/33 1:30/31 1:00/34 3:42/35 1:25/36 0:34/44 2:31/39 3:14/40 1:54/74

+0:23 (9)	+2:50 (11)	+0:29 (7)	+0:25 (6)	+1:45 (11)	+0:29 (7)	+0:09 (6)	+0:35 (6)	+1:02 (7)	+0:33 (6)
23:01 (6)	23:30 (6)								
1:16/42	0:29/249								
+0:19 (9)	+0:08 (6)								

7 Torkel Irgens Bodø og Omegn IF (12,48min/km) **23:43 (+8:00)**

1:29 (7)	4:57 (7)	6:35 (7)	7:49 (7)	11:09 (7)	12:55 (6)	13:28 (6)	16:29 (6)	19:43 (6)	21:53 (7)
1:29/32	3:28/33	1:38/31	1:14/34	3:20/35	1:46/36	0:33/44	3:01/39	3:14/40	2:10/74
+0:21 (7)	+1:54 (8)	+0:37 (10)	+0:39 (10)	+1:23 (10)	+0:50 (9)	+0:08 (5)	+1:05 (9)	+1:02 (7)	+0:49 (9)
23:11 (7)	23:43 (7)								
1:18/42	0:32/249								
+0:21 (10)	+0:11 (11)								

8 Anders Kure Bodø og Omegn IF (12,56min/km) **23:52 (+8:09)**

1:30 (8)	5:51 (10)	7:17 (9)	8:13 (8)	11:02 (6)	13:05 (9)	13:39 (7)	17:03 (9)	19:58 (8)	22:08 (8)
1:30/32	4:21/33	1:26/31	0:56/34	2:49/35	2:03/36	0:34/44	3:24/39	2:55/40	2:10/74
+0:22 (8)	+2:47 (10)	+0:25 (6)	+0:21 (4)	+0:52 (6)	+1:07 (13)	+0:09 (6)	+1:28 (10)	+0:43 (6)	+0:49 (9)
23:21 (8)	23:52 (8)								
1:13/42	0:31/249								
+0:16 (7)	+0:10 (10)								

9 Øyvind Bjørkås Bodø og Omegn IF (14,00min/km) **26:36 (+10:53)**

1:33 (11)	5:19 (9)	7:11 (8)	8:18 (9)	11:20 (8)	12:56 (7)	13:40 (8)	17:05 (10)	20:55 (9)	23:47 (9)
1:33/32	3:46/33	1:52/31	1:07/34	3:02/35	1:36/36	0:44/44	3:25/39	3:50/40	2:52/74
+0:25 (11)	+2:12 (9)	+0:51 (13)	+0:32 (8)	+1:05 (8)	+0:40 (8)	+0:19 (11)	+1:29 (11)	+1:38 (10)	+1:31 (15)
25:52 (9)	26:36 (9)								
2:05/42	0:44/249								
+1:08 (17)	+0:23 (18)								

10 Bendik Storvik Nilsen Bodø og Omegn IF (14,95min/km) **28:24 (+12:41)**

2:11 (17)	5:09 (8)	7:21 (10)	9:05 (12)	12:54 (11)	14:50 (11)	15:37 (11)	19:45 (11)	24:03 (10)	26:27 (10)
2:11/32	2:58/33	2:12/31	1:44/34	3:49/35	1:56/36	0:47/44	4:08/39	4:18/40	2:24/74
+1:03 (17)	+1:24 (7)	+1:11 (17)	+1:09 (15)	+1:52 (12)	+1:00 (11)	+0:22 (13)	+2:12 (15)	+2:06 (14)	+1:03 (12)
27:58 (10)	28:24 (10)								
1:31/42	0:26/249								
+0:34 (13)	+0:05 (5)								

11 Per Dalhaug Bodø og Omegn IF (15,61min/km) **29:40 (+13:57)**

2:06 (16)	6:59 (16)	9:43 (17)	10:53 (15)	14:11 (12)	16:04 (12)	16:53 (12)	21:04 (12)	24:57 (11)	27:37 (11)
2:06/32	4:53/33	2:44/31	1:10/34	3:18/35	1:53/36	0:49/44	4:11/39	3:53/40	2:40/74
+0:58 (16)	+3:19 (14)	+1:43 (18)	+0:35 (9)	+1:21 (9)	+0:57 (10)	+0:24 (14)	+2:15 (16)	+1:41 (12)	+1:19 (14)
29:07 (11)	29:40 (11)								
1:30/42	0:33/249								
+0:33 (12)	+0:12 (12)								

12 Frode Ikdahl Bodø og Omegn IF (16,04min/km) **30:28 (+14:45)**

1:52 (13)	4:28 (6)	6:14 (6)	7:46 (6)	14:56 (13)	16:52 (13)	17:38 (13)	22:22 (13)	26:13 (12)	28:40 (12)
1:52/32	2:36/33	1:46/31	1:32/34	7:10/35	1:56/36	0:46/44	4:44/39	3:51/40	2:27/74
+0:44 (13)	+1:02 (5)	+0:45 (12)	+0:57 (13)	+5:13 (16)	+1:00 (11)	+0:21 (12)	+2:48 (17)	+1:39 (11)	+1:06 (13)
29:58 (12)	30:28 (12)								
1:18/42	0:30/249								
+0:21 (10)	+0:09 (8)								

13 Bjørn Wiggo Hansen Bodø og Omegn IF (16,49min/km) **31:20 (+15:37)**

1:31 (9)	6:15 (12)	7:40 (12)	8:35 (11)	19:17 (17)	20:38 (16)	21:16 (15)	24:07 (15)	27:31 (13)	29:40 (13)
1:31/32	4:44/33	1:25/31	0:55/34	10:42/35	1:21/36	0:38/44	2:51/39	3:24/40	2:09/74
+0:23 (9)	+3:10 (12)	+0:24 (5)	+0:20 (2)	+8:45 (19)	+0:25 (5)	+0:13 (8)	+0:55 (8)	+1:12 (9)	+0:48 (8)
30:51 (13)	31:20 (13)								
1:11/42	0:29/249								
+0:14 (5)	+0:08 (6)								

14 Carl B. Bjørseth Bodø og Omegn IF (17,04min/km) **32:22 (+16:39)**

1:53 (14)	7:20 (17)	9:14 (16)	11:17 (17)	16:16 (14)	18:44 (14)	19:26 (14)	22:55 (14)	27:57 (14)	30:12 (15)
1:53/32	5:27/33	1:54/31	2:03/34	4:59/35	2:28/36	0:42/44	3:29/39	5:02/40	2:15/74
+0:45 (14)	+3:53 (16)	+0:53 (14)	+1:28 (16)	+3:02 (13)	+1:32 (14)	+0:17 (10)	+1:33 (12)	+2:50 (15)	+0:54 (11)
31:43 (14)	32:22 (14)								
1:31/42	0:39/249								
+0:34 (13)	+0:18 (15)								

15	Leif Magne Eggestad	Bodø og Omegn IF						<i>(17,22min/km)</i>	32:43	(+17:00)
	1:23 (6)	4:11 (5)	5:20 (4)	6:46 (5)	9:33 (5)	12:48 (5)	13:16 (5)	15:41 (5)	28:29 (15)	30:11 (14)
	1:23/32	2:48/33	1:09/31	1:26/34	2:47/35	3:15/36	0:28/44	2:25/39	12:48/40	1:42/74
	+0:15 (6)	+1:14 (6)	+0:08 (3)	+0:51 (11)	+0:50 (5)	+2:19 (17)	+0:03 (2)	+0:29 (4)	+10:36 (19)	+0:21 (2)
	32:10 (15)	32:43 (15)								
	1:59/42	0:33/249								
	+1:02 (16)	+0:12 (12)								
16	Eduardo Cid Cruz	Bodø og Omegn IF						<i>(17,99min/km)</i>	34:11	(+18:28)
	2:01 (15)	6:57 (14)	9:05 (15)	10:48 (14)	17:30 (15)	20:28 (15)	21:24 (16)	25:03 (16)	29:16 (16)	32:17 (16)
	2:01/32	4:56/33	2:08/31	1:43/34	6:42/35	2:58/36	0:56/44	3:39/39	4:13/40	3:01/74
	+0:53 (15)	+3:22 (15)	+1:07 (15)	+1:08 (14)	+4:45 (15)	+2:02 (16)	+0:31 (15)	+1:43 (13)	+2:01 (13)	+1:40 (17)
	33:29 (16)	34:11 (16)								
	1:12/42	0:42/249								
	+0:15 (6)	+0:21 (16)								
17	Marius Ekrem Finstad	Bodø og Omegn IF						<i>(21,37min/km)</i>	40:36	(+24:53)
	1:44 (12)	6:36 (13)	8:47 (14)	11:01 (16)	19:12 (16)	23:11 (17)	24:47 (18)	28:54 (17)	35:00 (17)	37:53 (17)
	1:44/32	4:52/33	2:11/31	2:14/34	8:11/35	3:59/36	1:36/44	4:07/39	6:06/40	2:53/74
	+0:36 (12)	+3:18 (13)	+1:10 (16)	+1:39 (18)	+6:14 (17)	+3:03 (18)	+1:11 (18)	+2:11 (14)	+3:54 (16)	+1:32 (16)
	40:06 (17)	40:36 (17)								
	2:13/42	0:30/249								
	+1:16 (18)	+0:09 (8)								
18	Jens Pedersen	Bodø og Omegn IF						<i>(22,05min/km)</i>	41:54	(+26:11)
	3:20 (18)	10:15 (18)	11:51 (18)	14:04 (18)	20:27 (18)	23:11 (17)	24:34 (17)	29:37 (18)	35:48 (18)	39:19 (18)
	3:20/32	6:55/33	1:36/31	2:13/34	6:23/35	2:44/36	1:23/44	5:03/39	6:11/40	3:31/74
	+2:12 (18)	+5:21 (18)	+0:35 (8)	+1:38 (17)	+4:26 (14)	+1:48 (15)	+0:58 (17)	+3:07 (18)	+3:59 (17)	+2:10 (18)
	41:11 (18)	41:54 (18)								
	1:52/42	0:43/249								
	+0:55 (15)	+0:22 (17)								
19	Arnold Danielsen	Bodø og Omegn IF						<i>(36,68min/km)</i>	1:09:41	(+53:58)
	3:48 (19)	13:45 (19)	18:08 (19)	22:11 (19)	31:32 (19)	41:40 (19)	42:57 (19)	51:41 (19)	59:08 (19)	1:04:55 (19)
	3:48/32	9:57/33	4:23/31	4:03/34	9:21/35	10:08/36	1:17/44	8:44/39	7:27/40	5:47/74
	+2:40 (19)	+8:23 (19)	+3:22 (19)	+3:28 (19)	+7:24 (18)	+9:12 (19)	+0:52 (16)	+6:48 (19)	+5:15 (18)	+4:26 (19)
	1:08:25 (19)	1:09:41 (19)								
	3:30/42	1:16/249								
	+2:33 (19)	+0:55 (19)								
	Åge Mohus	Bodø og Omegn IF						<i>(19,52min/km)</i>	Disk	(+21:22)
	3:54 (20)	5:10 (9)	10:06 (18)	13:35 (18)	18:11 (16)	19:03 (15)	23:41 (17)	27:55 (17)	29:43 (17)	31:51 (16)
	3:54/42	1:16/74	4:56/40	3:29/39	4:36/44	0:52/36	4:38/35	4:14/34	1:48/31	2:08/33
	+2:46 (20)	+0:00 (1)	+3:55 (20)	+2:54 (19)	+2:39 (13)	+0:00 (1)	+4:13 (20)	+2:18 (17)	+0:00 (1)	+0:47 (8)
	35:33 (17)	37:05 (17)								
	3:42/32	1:32/249								
	+2:45 (20)	+1:11 (20)								