

Resultater fra Saltensprint 3, Saltstraumen 04.05.2010

Det var totalt 60 deltagere.

Klasse Nybegynner

15 påmeldt, 15 startende

Marius Ekrem Finstad			Bodø og Omegn IF				9:08	
1:27 (1)	2:10 (1)	3:48 (1)	4:45 (1)	5:59 (1)	6:36 (1)	7:45 (1)	8:21 (1)	9:08 (1)
1:27/31	0:43/32	1:38/33	0:57/34	1:14/35	0:37/36	1:09/37	0:36/48	0:47/249
+0:00 (1)	+0:05 (3)	+0:06 (2)	+0:00 (1)	+0:00 (1)	+0:09 (5)	+0:05 (2)	+0:10 (3)	+0:06 (6)
Bendik Hansen			Ukjent				13:02	
2:30 (11)	3:28 (11)	6:09 (10)	7:18 (10)	8:58 (9)	9:39 (9)	11:15 (9)	11:58 (9)	13:02 (8)
2:30/31	0:58/32	2:41/33	1:09/34	1:40/35	0:41/36	1:36/37	0:43/48	1:04/249
+1:03 (11)	+0:20 (8)	+1:09 (11)	+0:12 (7)	+0:26 (9)	+0:13 (7)	+0:32 (8)	+0:17 (8)	+0:23 (10)
Johan Mannvik Holm			Ukjent				10:05	
2:17 (10)	3:08 (8)	4:40 (6)	5:39 (5)	7:07 (5)	7:40 (5)	8:44 (3)	9:20 (4)	10:05 (4)
2:17/31	0:51/32	1:32/33	0:59/34	1:28/35	0:33/36	1:04/37	0:36/48	0:45/249
+0:50 (10)	+0:13 (6)	+0:00 (1)	+0:02 (4)	+0:14 (7)	+0:05 (3)	+0:00 (1)	+0:10 (3)	+0:04 (3)
Marianne Johansen			Ukjent				21:24	
12:31 (14)	13:36 (14)	15:29 (14)	16:38 (14)	18:04 (14)	18:41 (12)	20:02 (12)	20:39 (12)	21:24 (12)
12:31/31	1:05/32	1:53/33	1:09/34	1:26/35	0:37/36	1:21/37	0:37/48	0:45/249
+11:04 (14)	+0:27 (10)	+0:21 (5)	+0:12 (7)	+0:12 (4)	+0:09 (5)	+0:17 (5)	+0:11 (5)	+0:04 (3)
Øyvind Johansen			Ukjent				10:01	
1:43 (3)	2:25 (3)	4:29 (4)	5:35 (3)	6:57 (3)	7:29 (4)	8:39 (2)	9:16 (3)	10:01 (2)
1:43/31	0:42/32	2:04/33	1:06/34	1:22/35	0:32/36	1:10/37	0:37/48	0:45/249
+0:16 (3)	+0:04 (2)	+0:32 (6)	+0:09 (5)	+0:08 (2)	+0:04 (2)	+0:06 (3)	+0:11 (5)	+0:04 (3)
Adler Kringhaug			Innstrandens IL				24:47	
4:52 (13)	6:32 (12)	11:07 (13)	14:04 (13)	17:49 (13)	18:57 (14)	21:53 (13)	23:28 (13)	24:47 (13)
4:52/31	1:40/32	4:35/33	2:57/34	3:45/35	1:08/36	2:56/37	1:35/48	1:19/249
+3:25 (13)	+1:02 (13)	+3:03 (14)	+2:00 (12)	+2:31 (14)	+0:40 (13)	+1:52 (13)	+1:09 (12)	+0:38 (13)
Esten Kringhaug			Innstrandens IL				24:49	
4:49 (12)	6:32 (12)	10:37 (12)	13:47 (12)	17:26 (12)	18:45 (13)	21:53 (13)	23:33 (14)	24:49 (14)
4:49/31	1:43/32	4:05/33	3:10/34	3:39/35	1:19/36	3:08/37	1:40/48	1:16/249
+3:22 (12)	+1:05 (14)	+2:33 (13)	+2:13 (13)	+2:25 (13)	+0:51 (14)	+2:04 (14)	+1:14 (13)	+0:35 (12)
Martine Paulsen Limstrand			Bodø og Omegn IF				14:43	
1:58 (8)	3:14 (10)	5:50 (9)	6:58 (9)	9:01 (10)	9:52 (10)	11:57 (10)	13:50 (10)	14:43 (10)
1:58/31	1:16/32	2:36/33	1:08/34	2:03/35	0:51/36	2:05/37	1:53/48	0:53/249
+0:31 (8)	+0:38 (12)	+1:04 (10)	+0:11 (6)	+0:49 (11)	+0:23 (11)	+1:01 (12)	+1:27 (14)	+0:12 (8)
Inger Johanne Lindal			Bodø og Omegn IF				13:02	
2:04 (9)	3:03 (7)	5:14 (8)	6:30 (8)	8:33 (8)	9:19 (8)	11:06 (8)	11:49 (8)	13:02 (8)
2:04/31	0:59/32	2:11/33	1:16/34	2:03/35	0:46/36	1:47/37	0:43/48	1:13/249
+0:37 (9)	+0:21 (9)	+0:39 (7)	+0:19 (10)	+0:49 (11)	+0:18 (10)	+0:43 (9)	+0:17 (8)	+0:32 (11)
Ørjan Mannsverk			Bodø og Omegn IF				10:03	
1:28 (2)	2:16 (2)	3:55 (2)	5:07 (2)	6:34 (2)	7:16 (2)	9:18 (5)	10:03 (6)	10:03 (3)
1:28/31	0:48/32	1:39/33	1:12/34	1:27/35	0:42/36	2:02/48	0:45/249	
+0:01 (2)	+0:10 (4)	+0:07 (3)	+0:15 (9)	+0:13 (6)	+0:14 (8)	+0:58 (11)	+0:19 (10)	+0:00 (1)
Jens Pedersen			Bodø og Omegn IF				10:05	
1:47 (6)	2:25 (4)	4:37 (5)	5:35 (3)	7:01 (4)	7:29 (3)	8:44 (3)	9:16 (2)	10:05 (5)
1:47/31	0:38/32	2:12/33	0:58/34	1:26/35	0:28/36	1:15/37	0:32/48	0:49/249
+0:20 (6)	+0:00 (1)	+0:40 (8)	+0:01 (3)	+0:12 (4)	+0:00 (1)	+0:11 (4)	+0:06 (2)	+0:08 (7)
Lotte Eriksen Reitan			Bodø og Omegn IF					
(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)
Espen Skiri			Bodø og Omegn IF				10:37	
1:44 (4)	2:34 (5)	4:53 (7)	5:50 (7)	7:13 (7)	7:58 (7)	9:30 (7)	9:56 (5)	10:37 (6)
1:44/31	0:50/32	2:19/33	0:57/34	1:23/35	0:45/36	1:32/37	0:26/48	0:41/249
+0:17 (4)	+0:12 (5)	+0:47 (9)	+0:00 (1)	+0:09 (3)	+0:17 (9)	+0:28 (7)	+0:00 (1)	+0:00 (1)

Kaja Skiri			Bodø og Omegn IF				18:07		
1:56 (7)	3:08 (8)	7:01 (11)	12:13 (11)	14:05 (11)	15:00 (11)	16:47 (11)	17:24 (11)	18:07 (11)	
1:56/31	1:12/32	3:53/33	5:12/34	1:52/35	0:55/36	1:47/37	0:37/48	0:43/249	
+0:29 (7)	+0:34 (11)	+2:21 (12)	+4:15 (14)	+0:38 (10)	+0:27 (12)	+0:43 (9)	+0:11 (5)	+0:02 (2)	
Eivind L. Valle			Ukjent				11:05		
1:45 (5)	2:37 (6)	4:18 (3)	5:39 (5)	7:12 (6)	7:48 (6)	9:18 (5)	10:03 (6)	11:05 (7)	
1:45/31	0:52/32	1:41/33	1:21/34	1:33/35	0:36/36	1:30/37	0:45/48	1:02/249	
+0:18 (5)	+0:14 (7)	+0:09 (4)	+0:24 (11)	+0:19 (8)	+0:08 (4)	+0:26 (6)	+0:19 (10)	+0:21 (9)	

Klasse Damer 2,2 km

20 påmeldt, 20 startende

1	Aviaja Kleist	Bodø og Omegn IF				<i>(7,15min/km)</i>		15:44	
	1:37 (1)	3:21 (2)	4:52 (2)	6:38 (2)	9:23 (2)	10:16 (2)	11:54 (2)	13:30 (1)	13:52 (1) 15:07 (2)
	1:37/39	1:44/40	1:31/41	1:46/31	2:45/36	0:53/42	1:38/43	1:36/44	0:22/33 1:15/45
	+0:00 (1)	+0:08 (3)	+0:20 (5)	+0:17 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1) +0:08 (4)
	15:44 (1)								
	0:37/249								
	+0:00 (1)								
2	Eirill Pettersen Buvik	Korgen IL				<i>(7,23min/km)</i>		15:54 (+0:10)	
	1:38 (2)	3:14 (1)	4:25 (1)	6:02 (1)	9:00 (1)	9:53 (1)	11:47 (1)	13:32 (2)	13:57 (2) 15:06 (1)
	1:38/39	1:36/40	1:11/41	1:37/31	2:58/36	0:53/42	1:54/43	1:45/44	0:25/33 1:09/45
	+0:01 (2)	+0:00 (1)	+0:00 (1)	+0:08 (2)	+0:13 (2)	+0:00 (1)	+0:16 (3)	+0:09 (3)	+0:03 (2) +0:02 (2)
	15:54 (2)								
	0:48/249								
	+0:11 (3)								
3	Marit Johnsen	Bodø og Omegn IF				<i>(8,51min/km)</i>		18:43 (+2:59)	
	1:54 (4)	4:40 (4)	6:05 (4)	8:08 (4)	11:24 (4)	12:27 (4)	14:27 (4)	16:19 (4)	16:47 (4) 17:54 (4)
	1:54/39	2:46/40	1:25/41	2:03/31	3:16/36	1:03/42	2:00/43	1:52/44	0:28/33 1:07/45
	+0:17 (4)	+1:10 (7)	+0:14 (3)	+0:34 (4)	+0:31 (3)	+0:10 (3)	+0:22 (4)	+0:16 (5)	+0:06 (3) +0:00 (1)
	18:43 (3)								
	0:49/249								
	+0:12 (4)								
4	Inger Lise Pettersen	Korgen IL				<i>(8,55min/km)</i>		18:48 (+3:04)	
	2:07 (5)	3:58 (3)	5:25 (3)	7:35 (3)	10:57 (3)	12:06 (3)	14:20 (3)	16:07 (3)	16:37 (3) 17:47 (3)
	2:07/39	1:51/40	1:27/41	2:10/31	3:22/36	1:09/42	2:14/43	1:47/44	0:30/33 1:10/45
	+0:30 (5)	+0:15 (4)	+0:16 (4)	+0:41 (5)	+0:37 (5)	+0:16 (5)	+0:36 (5)	+0:11 (4)	+0:08 (4) +0:03 (3)
	18:48 (4)								
	1:01/249								
	+0:24 (8)								
5	Heidi Mørkved	Bodø og Omegn IF				<i>(9,01min/km)</i>		19:49 (+4:05)	
	1:49 (3)	6:27 (11)	7:47 (8)	9:16 (5)	12:32 (5)	13:38 (5)	15:27 (5)	17:08 (5)	17:39 (5) 19:11 (5)
	1:49/39	4:38/40	1:20/41	1:29/31	3:16/36	1:06/42	1:49/43	1:41/44	0:31/33 1:32/45
	+0:12 (3)	+3:02 (17)	+0:09 (2)	+0:00 (1)	+0:31 (3)	+0:13 (4)	+0:11 (2)	+0:05 (2)	+0:09 (5) +0:25 (9)
	19:49 (5)								
	0:38/249								
	+0:01 (2)								
6	Mari Eriksen Reitan	Bodø og Omegn IF				<i>(10,69min/km)</i>		23:31 (+7:47)	
	2:24 (6)	5:24 (7)	7:20 (6)	10:03 (7)	14:18 (7)	15:58 (7)	18:38 (7)	20:37 (6)	21:08 (6) 22:38 (6)
	2:24/39	3:00/40	1:56/41	2:43/31	4:15/36	1:40/42	2:40/43	1:59/44	0:31/33 1:30/45
	+0:47 (6)	+1:24 (10)	+0:45 (7)	+1:14 (9)	+1:30 (9)	+0:47 (11)	+1:02 (7)	+0:23 (6)	+0:09 (5) +0:23 (7)
	23:31 (6)								
	0:53/249								
	+0:16 (5)								
7	Heidi Jensen	Bodø og Omegn IF				<i>(11,28min/km)</i>		24:49 (+9:05)	
	2:29 (7)	5:02 (5)	7:26 (7)	10:01 (6)	14:04 (6)	15:35 (6)	18:34 (6)	21:15 (7)	22:21 (7) 23:48 (7)
	2:29/39	2:33/40	2:24/41	2:35/31	4:03/36	1:31/42	2:59/43	2:41/44	1:06/33 1:27/45
	+0:52 (7)	+0:57 (6)	+1:13 (11)	+1:06 (8)	+1:18 (7)	+0:38 (8)	+1:21 (11)	+1:05 (10)	+0:44 (15) +0:20 (6)
	24:49 (7)								
	1:01/249								

+0:24 (8)

8 Camilla Nordhei Bodø og Omegn IF (12,41min/km) 27:18 (+11:34)
2:45 (9) 5:04 (6) 7:10 (5) 10:10 (8) 15:20 (8) 16:47 (8) 20:32 (8) 23:22 (8) 23:59 (8) 25:51 (8)
2:45/39 2:19/40 2:06/41 3:00/31 5:10/36 1:27/42 3:45/43 2:50/44 0:37/33 1:52/45
+1:08 (9) +0:43 (5) +0:55 (9) +1:31 (13) +2:25 (15) +0:34 (7) +2:07 (16) +1:14 (13) +0:15 (8) +0:45 (15)
27:18 (8)
1:27/249
+0:50 (17)

9 Elin Marie Wedege Irgens Ukjent (12,99min/km) 28:35 (+12:51)
2:43 (8) 6:34 (12) 9:19 (12) 12:07 (10) 17:05 (11) 18:40 (10) 21:30 (10) 24:23 (10) 25:50 (10) 27:25 (10)
2:43/39 3:51/40 2:45/41 2:48/31 4:58/36 1:35/42 2:50/43 2:53/44 1:27/33 1:35/45
+1:06 (8) +2:15 (15) +1:34 (13) +1:19 (10) +2:13 (14) +0:42 (9) +1:12 (10) +1:17 (15) +1:05 (16) +0:28 (10)
28:35 (9)
1:10/249
+0:33 (11)

10 Regula Hösli Bodø og Omegn IF (13,10min/km) 28:49 (+13:05)
3:13 (13) 6:12 (9) 8:29 (9) 11:23 (9) 16:01 (9) 17:54 (9) 21:07 (9) 23:49 (9) 25:28 (9) 27:23 (9)
3:13/39 2:59/40 2:17/41 2:54/31 4:38/36 1:53/42 3:13/43 2:42/44 1:39/33 1:55/45
+1:36 (13) +1:23 (9) +1:06 (10) +1:25 (11) +1:53 (11) +1:00 (12) +1:35 (12) +1:06 (11) +1:17 (18) +0:48 (17)
28:49 (10)
1:26/249
+0:49 (16)

11 Anne Grete Olsen Bodø og Omegn IF (13,36min/km) 29:24 (+13:40)
3:20 (14) 6:07 (8) 9:00 (11) 12:21 (12) 17:02 (10) 19:35 (11) 22:53 (11) 25:31 (11) 26:21 (11) 28:02 (11)
3:20/39 2:47/40 2:53/41 3:21/31 4:41/36 2:33/42 3:18/43 2:38/44 0:50/33 1:41/45
+1:43 (14) +1:11 (8) +1:42 (16) +1:52 (16) +1:56 (12) +1:40 (19) +1:40 (13) +1:02 (9) +0:28 (12) +0:34 (12)
29:24 (11)
1:22/249
+0:45 (14)

12 Oda Furuholmen Bodø og Omegn IF (13,52min/km) 29:45 (+14:01)
9:25 (20) 11:07 (19) 13:53 (16) 16:17 (16) 20:21 (14) 21:43 (14) 24:19 (13) 26:42 (13) 27:22 (12) 28:47 (12)
9:25/39 1:42/40 2:46/41 2:24/31 4:04/36 1:22/42 2:36/43 2:23/44 0:40/33 1:25/45
+7:48 (20) +0:06 (2) +1:35 (14) +0:55 (6) +1:19 (8) +0:29 (6) +0:58 (6) +0:47 (7) +0:18 (9) +0:18 (5)
29:45 (12)
0:58/249
+0:21 (7)

13 Jeanette Støvset Skjærstad IL (13,79min/km) 30:20 (+14:36)
3:09 (12) 10:46 (17) 12:25 (14) 14:53 (13) 18:30 (12) 20:32 (12) 23:17 (12) 25:54 (12) 27:41 (13) 29:12 (13)
3:09/39 7:37/40 1:39/41 2:28/31 3:37/36 2:02/42 2:45/43 2:37/44 1:47/33 1:31/45
+1:32 (12) +6:01 (19) +0:28 (6) +0:59 (7) +0:52 (6) +1:09 (14) +1:07 (8) +1:01 (8) +1:25 (19) +0:24 (8)
30:20 (13)
1:08/249
+0:31 (10)

14 Karen Merete Bjørseth Bodø og Omegn IF (14,35min/km) 31:34 (+15:50)
3:07 (11) 6:23 (10) 8:58 (10) 12:12 (11) 19:00 (13) 21:24 (13) 24:54 (14) 27:46 (14) 28:33 (14) 30:21 (14)
3:07/39 3:16/40 2:35/41 3:14/31 6:48/36 2:24/42 3:30/43 2:52/44 0:47/33 1:48/45
+1:30 (11) +1:40 (11) +1:24 (12) +1:45 (14) +4:03 (19) +1:31 (17) +1:52 (14) +1:16 (14) +0:25 (11) +0:41 (14)
31:34 (14)
1:13/249
+0:36 (12)

15 Kaja Skiri Bodø og Omegn IF (15,14min/km) 33:18 (+17:34)
3:25 (15) 7:03 (14) 12:52 (15) 15:48 (15) 20:37 (15) 22:42 (15) 26:18 (15) 29:22 (15) 30:07 (15) 32:00 (15)
3:25/39 3:38/40 5:49/41 2:56/31 4:49/36 2:05/42 3:36/43 3:04/44 0:45/33 1:53/45
+1:48 (15) +2:02 (13) +4:38 (17) +1:27 (12) +2:04 (13) +1:12 (15) +1:58 (15) +1:28 (16) +0:23 (10) +0:46 (16)
33:18 (15)
1:18/249
+0:41 (13)

16 Anne Berit Vikhals Bodø og Omegn IF (18,11min/km) 39:50 (+24:06)
4:25 (17) 7:53 (15) 10:41 (13) 15:06 (14) 21:33 (16) 23:59 (16) 27:55 (16) 31:32 (16) 35:48 (16) 38:05 (16)
4:25/39 3:28/40 2:48/41 4:25/31 6:27/36 2:26/42 3:56/43 3:37/44 4:16/33 2:17/45

+2:48 (17) +1:52 (12) +1:37 (15) +2:56 (18) +3:42 (18) +1:33 (18) +2:18 (18) +2:01 (18) +3:54 (20) +1:10 (19)
39:50 (16)
1:45/249
+1:08 (18)

17 Siv Byberg Bodø og Omegn IF (19,35min/km) **42:34 (+26:50)**
5:17 (18) 9:06 (16) 17:01 (18) 21:54 (18) 28:15 (18) 30:21 (18) 34:07 (18) 37:28 (17) 38:25 (17) 40:38 (17)
5:17/39 3:49/40 7:55/41 4:53/31 6:21/36 2:06/42 3:46/43 3:21/44 0:57/33 2:13/45
+3:40 (18) +2:13 (14) +6:44 (19) +3:24 (19) +3:36 (17) +1:13 (16) +2:08 (17) +1:45 (17) +0:35 (13) +1:06 (18)
42:34 (17)
1:56/249
+1:19 (19)

18 Corinna Lau Bodø og Omegn IF (19,61min/km) **43:08 (+27:24)**
2:59 (10) 6:56 (13) 25:11 (20) 28:33 (20) 32:53 (20) 34:31 (19) 37:17 (19) 40:01 (19) 40:37 (19) 42:12 (19)
2:59/39 3:57/40 18:15/41 3:22/31 4:20/36 1:38/42 2:46/43 2:44/44 0:36/33 1:35/45
+1:22 (10) +2:21 (16) +17:04 (20) +1:53 (17) +1:35 (10) +0:45 (10) +1:08 (9) +1:08 (12) +0:14 (7) +0:28 (10)
43:08 (18)
0:56/249
+0:19 (6)

19 Eva Lund Pedersen SISO IL (19,67min/km) **43:17 (+27:33)**
3:37 (16) 12:06 (20) 14:06 (17) 17:24 (17) 22:48 (17) 24:43 (17) 34:03 (17) 39:04 (18) 40:06 (18) 41:52 (18)
3:37/39 8:29/40 2:00/41 3:18/31 5:24/36 1:55/42 9:20/43 5:01/44 1:02/33 1:46/45
+2:00 (16) +6:53 (20) +0:49 (8) +1:49 (15) +2:39 (16) +1:02 (13) +7:42 (20) +3:25 (20) +0:40 (14) +0:39 (13)
43:17 (19)
1:25/249
+0:48 (15)

20 Martha Kalvig Skogan Bodø og Omegn IF (23,17min/km) **50:59 (+35:15)**
6:05 (19) 10:52 (18) 18:46 (19) 24:15 (19) 32:52 (19) 35:27 (20) 40:49 (20) 45:09 (20) 46:38 (20) 48:56 (20)
6:05/39 4:47/40 7:54/41 5:29/31 8:37/36 2:35/42 5:22/43 4:20/44 1:29/33 2:18/45
+4:28 (19) +3:11 (18) +6:43 (18) +4:00 (20) +5:52 (20) +1:42 (20) +3:44 (19) +2:44 (19) +1:07 (17) +1:11 (20)
50:59 (20)
2:03/249
+1:26 (20)

Klasse Herrer 2,2 km

25 påmeldt, 25 startende

1 Petter Jakola Bodø og Omegn IF (5,75min/km) **12:39**
1:20 (2) 2:43 (2) 3:49 (1) 5:04 (1) 7:26 (1) 8:16 (1) 9:41 (1) 11:02 (1) 11:20 (1) 12:02 (1)
1:20/39 1:23/40 1:06/41 1:15/31 2:22/36 0:50/42 1:25/43 1:21/44 0:18/33 0:42/45
+0:01 (2) +0:09 (2) +0:05 (3) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
12:39 (1)
0:37/249
+0:00 (1)

2 Lars Reitan Bodø og Omegn IF (6,63min/km) **14:35 (+1:56)**
1:30 (3) 2:56 (3) 4:01 (2) 5:22 (2) 8:00 (2) 9:19 (2) 10:55 (2) 12:19 (2) 12:43 (2) 13:45 (2)
1:30/39 1:26/40 1:05/41 1:21/31 2:38/36 1:19/42 1:36/43 1:24/44 0:24/33 1:02/45
+0:11 (3) +0:12 (3) +0:04 (2) +0:06 (2) +0:16 (4) +0:29 (12) +0:11 (4) +0:03 (2) +0:06 (4) +0:20 (5)
14:35 (2)
0:50/249
+0:13 (11)

3 Bjørn Godal Bodø og Omegn IF (6,68min/km) **14:42 (+2:03)**
1:40 (7) 3:47 (7) 4:48 (6) 6:15 (4) 8:47 (4) 9:38 (4) 11:12 (3) 12:45 (3) 13:08 (3) 14:03 (3)
1:40/39 2:07/40 1:01/41 1:27/31 2:32/36 0:51/42 1:34/43 1:33/44 0:23/33 0:55/45
+0:21 (7) +0:53 (8) +0:00 (1) +0:12 (3) +0:10 (2) +0:01 (2) +0:09 (2) +0:12 (6) +0:05 (2) +0:13 (2)
14:42 (3)
0:39/249
+0:02 (2)

4 Øystein Østeros Ukjent (6,82min/km) **15:00 (+2:21)**
1:19 (1) 2:33 (1) 4:05 (3) 5:40 (3) 8:28 (3) 9:22 (3) 11:16 (4) 12:48 (4) 13:13 (4) 14:18 (4)
1:19/39 1:14/40 1:32/41 1:35/31 2:48/36 0:54/42 1:54/43 1:32/44 0:25/33 1:05/45

+0:00 (1) +0:00 (1) +0:31 (8) +0:20 (4) +0:26 (6) +0:04 (3) +0:29 (8) +0:11 (4) +0:07 (6) +0:23 (6)
15:00 (4)
0:42/249
+0:05 (5)

5 Bjørn Are Stensland Bodø og Omegn IF (7,20min/km) 15:50 (+3:11)
1:36 (5) 3:04 (4) 4:42 (4) 6:20 (5) 8:54 (5) 10:31 (5) 12:06 (5) 13:36 (5) 14:02 (5) 15:08 (5)
1:36/39 1:28/40 1:38/41 1:38/31 2:34/36 1:37/42 1:35/43 1:30/44 0:26/33 1:06/45
+0:17 (5) +0:14 (4) +0:37 (11) +0:23 (5) +0:12 (3) +0:47 (17) +0:10 (3) +0:09 (3) +0:08 (8) +0:24 (7)
15:50 (5)
0:42/249
+0:05 (5)

6 Per Rekkedal Bodø og Omegn IF (7,40min/km) 16:17 (+3:38)
1:41 (8) 3:22 (5) 4:47 (5) 6:26 (6) 9:31 (6) 10:31 (6) 12:22 (6) 14:07 (6) 14:30 (6) 15:30 (6)
1:41/39 1:41/40 1:25/41 1:39/31 3:05/36 1:00/42 1:51/43 1:45/44 0:23/33 1:00/45
+0:22 (8) +0:27 (5) +0:24 (5) +0:24 (7) +0:43 (10) +0:10 (6) +0:26 (6) +0:24 (9) +0:05 (2) +0:18 (3)
16:17 (6)
0:47/249
+0:10 (8)

7 Jakob Kalvig Skogan Bodø og Omegn IF (7,77min/km) 17:06 (+4:27)
1:35 (4) 4:11 (9) 5:56 (10) 7:42 (10) 10:37 (9) 11:37 (7) 13:29 (7) 15:01 (7) 15:25 (7) 16:25 (7)
1:35/39 2:36/40 1:45/41 1:46/31 2:55/36 1:00/42 1:52/43 1:32/44 0:24/33 1:00/45
+0:16 (4) +1:22 (13) +0:44 (13) +0:31 (10) +0:33 (7) +0:10 (6) +0:27 (7) +0:11 (4) +0:06 (4) +0:18 (3)
17:06 (7)
0:41/249
+0:04 (4)

8 Anders Kure Bodø og Omegn IF (8,27min/km) 18:11 (+5:32)
1:44 (10) 3:29 (6) 5:14 (7) 7:07 (7) 10:23 (7) 11:41 (8) 13:47 (9) 15:37 (9) 16:02 (8) 17:17 (8)
1:44/39 1:45/40 1:45/41 1:53/31 3:16/36 1:18/42 2:06/43 1:50/44 0:25/33 1:15/45
+0:25 (10) +0:31 (6) +0:44 (13) +0:38 (12) +0:54 (12) +0:28 (10) +0:41 (14) +0:29 (12) +0:07 (6) +0:33 (12)
18:11 (8)
0:54/249
+0:17 (15)

9 Tore Jakola Bodø og Omegn IF (8,37min/km) 18:25 (+5:46)
1:59 (11) 4:36 (12) 6:02 (11) 7:40 (9) 10:44 (10) 11:43 (9) 13:41 (8) 15:30 (8) 16:13 (9) 17:36 (9)
1:59/39 2:37/40 1:26/41 1:38/31 3:04/36 0:59/42 1:58/43 1:49/44 0:43/33 1:23/45
+0:40 (11) +1:23 (14) +0:25 (6) +0:23 (5) +0:42 (9) +0:09 (5) +0:33 (10) +0:28 (11) +0:25 (18) +0:41 (15)
18:25 (9)
0:49/249
+0:12 (10)

10 Morten Tjøndal Bodø og Omegn IF (8,48min/km) 18:40 (+6:01)
1:37 (6) 4:15 (11) 5:37 (8) 7:18 (8) 10:32 (8) 12:02 (10) 13:57 (10) 16:04 (10) 16:34 (10) 17:53 (10)
1:37/39 2:38/40 1:22/41 1:41/31 3:14/36 1:30/42 1:55/43 2:07/44 0:30/33 1:19/45
+0:18 (6) +1:24 (15) +0:21 (4) +0:26 (8) +0:52 (11) +0:40 (15) +0:30 (9) +0:46 (15) +0:12 (11) +0:37 (14)
18:40 (10)
0:47/249
+0:10 (8)

11 Torbjørn Høsli Olsen Bodø og Omegn IF (8,79min/km) 19:20 (+6:41)
2:02 (13) 4:12 (10) 6:27 (13) 8:28 (12) 11:47 (11) 12:59 (11) 15:00 (11) 16:53 (11) 17:27 (11) 18:41 (11)
2:02/39 2:10/40 2:15/41 2:01/31 3:19/36 1:12/42 2:01/43 1:53/44 0:34/33 1:14/45
+0:43 (13) +0:56 (9) +1:14 (18) +0:46 (13) +0:57 (14) +0:22 (9) +0:36 (11) +0:32 (13) +0:16 (13) +0:32 (11)
19:20 (11)
0:39/249
+0:02 (2)

12 Kenneth Viken Tverlandet IL (9,46min/km) 20:49 (+8:10)
1:41 (8) 5:19 (16) 8:26 (17) 10:16 (16) 13:32 (16) 14:30 (14) 16:31 (12) 18:17 (12) 18:43 (12) 19:51 (12)
1:41/39 3:38/40 3:07/41 1:50/31 3:16/36 0:58/42 2:01/43 1:46/44 0:26/33 1:08/45
+0:22 (8) +2:24 (20) +2:06 (21) +0:35 (11) +0:54 (12) +0:08 (4) +0:36 (11) +0:25 (10) +0:08 (8) +0:26 (8)
20:49 (12)
0:58/249
+0:21 (18)

13	Bjørn Wiggo Hansen	Bodø og Omegn IF					(9,61min/km)		21:09	(+8:30)
	2:07 (14)	5:33 (17)	7:25 (15)	9:46 (15)	12:28 (13)	14:39 (15)	17:03 (14)	18:46 (13)	19:12 (13)	20:24 (13)
	2:07/39	3:26/40	1:52/41	2:21/31	2:42/36	2:11/42	2:24/43	1:43/44	0:26/33	1:12/45
	+0:48 (14)	+2:12 (18)	+0:51 (16)	+1:06 (17)	+0:20 (5)	+1:21 (21)	+0:59 (17)	+0:22 (8)	+0:08 (8)	+0:30 (9)
	21:09 (13)									
	0:45/249									
	+0:08 (7)									
14	Bendik Storvik Nilsen	Bodø og Omegn IF					(10,10min/km)		22:13	(+9:34)
	2:39 (19)	5:06 (15)	7:37 (16)	10:22 (17)	14:06 (17)	15:24 (17)	17:28 (17)	19:22 (14)	19:56 (14)	21:22 (14)
	2:39/39	2:27/40	2:31/41	2:45/31	3:44/36	1:18/42	2:04/43	1:54/44	0:34/33	1:26/45
	+1:20 (19)	+1:13 (12)	+1:30 (19)	+1:30 (22)	+1:22 (17)	+0:28 (10)	+0:39 (13)	+0:33 (14)	+0:16 (13)	+0:44 (16)
	22:13 (14)									
	0:51/249									
	+0:14 (12)									
15	Morten Selnes	Bodø og Omegn IF					(10,44min/km)		22:58	(+10:19)
	1:59 (11)	4:55 (14)	6:26 (12)	8:46 (13)	12:47 (14)	14:20 (12)	16:41 (13)	20:05 (17)	20:35 (17)	22:01 (16)
	1:59/39	2:56/40	1:31/41	2:20/31	4:01/36	1:33/42	2:21/43	3:24/44	0:30/33	1:26/45
	+0:40 (11)	+1:42 (17)	+0:30 (7)	+1:05 (16)	+1:39 (18)	+0:43 (16)	+0:56 (16)	+2:03 (23)	+0:12 (11)	+0:44 (16)
	22:58 (15)									
	0:57/249									
	+0:20 (17)									
16	Terje Johansen	Bodø og Omegn IF					(10,45min/km)		23:00	(+10:21)
	2:11 (16)	4:00 (8)	5:56 (9)	8:27 (11)	12:00 (12)	14:23 (13)	17:16 (15)	19:40 (16)	20:33 (15)	22:08 (17)
	2:11/39	1:49/40	1:56/41	2:31/31	3:33/36	2:23/42	2:53/43	2:24/44	0:53/33	1:35/45
	+0:52 (16)	+0:35 (7)	+0:55 (17)	+1:16 (20)	+1:11 (16)	+1:33 (23)	+1:28 (22)	+1:03 (19)	+0:35 (21)	+0:53 (19)
	23:00 (16)									
	0:52/249									
	+0:15 (13)									
17	Carl B. Bjørseth	Bodø og Omegn IF					(10,51min/km)		23:07	(+10:28)
	2:30 (18)	4:47 (13)	6:34 (14)	8:50 (14)	13:15 (15)	14:53 (16)	17:20 (16)	19:35 (15)	20:34 (16)	22:00 (15)
	2:30/39	2:17/40	1:47/41	2:16/31	4:25/36	1:38/42	2:27/43	2:15/44	0:59/33	1:26/45
	+1:11 (18)	+1:03 (11)	+0:46 (15)	+1:01 (15)	+2:03 (21)	+0:48 (18)	+1:02 (18)	+0:54 (17)	+0:41 (22)	+0:44 (16)
	23:07 (17)									
	1:07/249									
	+0:30 (21)									
18	Amund Kleist Godal	Bodø og Omegn IF					(11,61min/km)		25:33	(+12:54)
	2:29 (17)	7:20 (21)	8:55 (18)	11:18 (18)	15:26 (18)	17:28 (18)	20:02 (18)	22:24 (18)	22:59 (18)	24:37 (18)
	2:29/39	4:51/40	1:35/41	2:23/31	4:08/36	2:02/42	2:34/43	2:22/44	0:35/33	1:38/45
	+1:10 (17)	+3:37 (21)	+0:34 (10)	+1:08 (19)	+1:46 (19)	+1:12 (19)	+1:09 (20)	+1:01 (18)	+0:17 (16)	+0:56 (20)
	25:33 (18)									
	0:56/249									
	+0:19 (16)									
19	Dag Skogan	Bodø og Omegn IF					(12,61min/km)		27:45	(+15:06)
	3:18 (21)	6:12 (19)	9:05 (19)	11:48 (19)	16:15 (19)	18:22 (19)	21:11 (19)	23:42 (19)	24:32 (19)	26:13 (19)
	3:18/39	2:54/40	2:53/41	2:43/31	4:27/36	2:07/42	2:49/43	2:31/44	0:50/33	1:41/45
	+1:59 (21)	+1:40 (16)	+1:52 (20)	+1:28 (21)	+2:05 (22)	+1:17 (20)	+1:24 (21)	+1:10 (20)	+0:32 (20)	+0:59 (21)
	27:45 (19)									
	1:32/249									
	+0:55 (23)									
20	Jan Prytz	Bodø og Omegn IF					(12,91min/km)		28:24	(+15:45)
	2:10 (15)	15:01 (23)	16:33 (23)	18:17 (23)	21:18 (23)	22:22 (22)	24:07 (21)	25:45 (20)	26:19 (20)	27:31 (20)
	2:10/39	12:51/40	1:32/41	1:44/31	3:01/36	1:04/42	1:45/43	1:38/44	0:34/33	1:12/45
	+0:51 (15)	+11:37 (23)	+0:31 (8)	+0:29 (9)	+0:39 (8)	+0:14 (8)	+0:20 (5)	+0:17 (7)	+0:16 (13)	+0:30 (9)
	28:24 (20)									
	0:53/249									
	+0:16 (14)									
21	Asbjørn Pedersen	SISO IL					(13,98min/km)		30:45	(+18:06)
	2:44 (20)	12:51 (22)	14:30 (21)	16:52 (22)	21:01 (22)	22:20 (21)	24:47 (22)	27:48 (22)	28:23 (22)	29:39 (21)
	2:44/39	10:07/40	1:39/41	2:22/31	4:09/36	1:19/42	2:27/43	3:01/44	0:35/33	1:16/45
	+1:25 (20)	+8:53 (22)	+0:38 (12)	+1:07 (18)	+1:47 (20)	+0:29 (12)	+1:02 (18)	+1:40 (21)	+0:17 (16)	+0:34 (13)

30:45 (21)

1:06/249

+0:29 (20)

22 Espen Skiri

Bodø og Omegn IF

(14,95min/km)

32:53 (+20:14)

3:22 (22) 5:36 (18) 14:41 (22) 16:47 (21) 20:19 (20) 21:46 (20) 24:03 (20) 26:17 (21) 27:59 (21) 31:55 (22)

3:22/39 2:14/40 9:05/41 2:06/31 3:32/36 1:27/42 2:17/43 2:14/44 1:42/33 3:56/45

+2:03 (22) +1:00 (10) +8:04 (23) +0:51 (14) +1:10 (15) +0:37 (14) +0:52 (15) +0:53 (16) +1:24 (23) +3:14 (23)

32:53 (22)

0:58/249

+0:21 (18)

23 Steve Samuelson

Bodø og Omegn IF

(15,14min/km)

33:18 (+20:39)

3:25 (23) 6:54 (20) 12:15 (20) 15:48 (20) 20:31 (21) 22:42 (23) 26:08 (23) 29:22 (23) 30:10 (23) 32:10 (23)

3:25/39 3:29/40 5:21/41 3:33/31 4:43/36 2:11/42 3:26/43 3:14/44 0:48/33 2:00/45

+2:06 (23) +2:15 (19) +4:20 (22) +2:18 (23) +2:21 (23) +1:21 (21) +2:01 (23) +1:53 (22) +0:30 (19) +1:18 (22)

33:18 (23)

1:08/249

+0:31 (22)

Erling Pedersen

SISO IL

(9,57min/km)

Disk (+8:24)

2:09 (15) 3:55 (8) 6:53 (15) 12:55 (20) 14:07 (18) 16:32 (18) 18:14 (18) 18:45 (13) 19:54 (14) 21:03 (14)

2:09/39 1:46/40 2:58/31 6:02/36 1:12/42 2:25/43 1:42/44 0:31/33 1:09/45 1:09/249

+0:50 (15) +0:32 (7) +1:57 (21) +4:47 (24) +0:00 (1) +1:35 (24) +0:17 (5) +0:00 (1) +0:51 (23) +0:27 (9)

21:03 (13)

+0:00 (1)

Ørjan Mannsverk

Bodø og Omegn IF

(16,27min/km)

Brutt (+23:08)

4:34 (24) 15:57 (24) 27:40 (24) 35:47 (24) 35:47 (24) 35:47 (24) 35:47 (24) 35:47 (24) 35:47 (24) 35:47 (24)

4:34/39 11:23/40 11:43/41 8:07/31

+3:15 (24) +10:09 (23) +10:42 (24) +6:52 (24) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)

35:47 (24)

+0:00 (1)