Resultater fra Ferieløp 3 - Valnesfjord 30.07.2008

Det var totalt 13 deltagere.

Klasse 5km - 4,3 km

10 påmeldt, 10 startende

1	Per Rekkedal			B&OI			*(10,74min/km)*		**46:11**	
	3:00 (2)	11:56 (4)	16:16 (2)	19:33 (2)	22:26 (2)	37:05 (1)	41:43 (1)	45:06 (1)	46:11 (1)	
	3:00/33	8:56/38	4:20/44	3:17/34	2:53/37	14:39/31	4:38/42	3:23/40	1:05/50	
	+0:19 (2)	*+1:32 (6)*	*+0:00 (1)*	*+0:04 (2)*	*+0:22 (2)*	*+0:03 (2)*	*+0:05 (2)*	*+0:00 (1)*	*+0:00 (1)*	
2	Leif Magne Eggestad			B&OI			*(12,09min/km)*		**52:00**	(+5:49)
	3:27 (7)	10:51 (1)	15:44 (1)	18:57 (1)	21:52 (1)	39:01 (2)	45:46 (2)	50:23 (2)	52:00 (2)	
	3:27/33	7:24/38	4:53/44	3:13/34	2:55/37	17:09/31	6:45/42	4:37/40	1:37/50	
	+0:46 (7)	*+0:00 (1)*	*+0:33 (3)*	*+0:00 (1)*	*+0:24 (3)*	*+2:33 (3)*	*+2:12 (7)*	*+1:14 (3)*	*+0:32 (8)*	
3	Anders Kure			B&OI			*(12,90min/km)*		**55:28**	(+9:17)
	6:42 (10)	14:59 (6)	19:51 (6)	23:30 (6)	26:36 (6)	46:16 (5)	50:49 (4)	54:19 (3)	55:28 (3)	
	6:42/33	8:17/38	4:52/44	3:39/34	3:06/37	19:40/31	4:33/42	3:30/40	1:09/50	
	+4:01 (10)	*+0:53 (3)*	*+0:32 (2)*	*+0:26 (4)*	*+0:35 (5)*	*+5:04 (5)*	*+0:00 (1)*	*+0:07 (2)*	*+0:04 (2)*	
4	Erling Pedersen			SISO			*(13,95min/km)*		**59:58**	(+13:47)
	3:18 (4)	11:34 (3)	16:41 (4)	20:25 (4)	24:23 (4)	43:05 (3)	50:33 (3)	58:37 (4)	59:58 (4)	
	3:18/33	8:16/38	5:07/44	3:44/34	3:58/37	18:42/31	7:28/42	8:04/40	1:21/50	
	+0:37 (4)	*+0:52 (2)*	*+0:47 (5)*	*+0:31 (6)*	*+1:27 (8)*	*+4:06 (4)*	*+2:55 (8)*	*+4:41 (8)*	*+0:16 (6)*	
5	Marit Kure			B&OI			*(14,54min/km)*		**1:02:32**	(+16:21)
	3:35 (8)	12:30 (5)	17:36 (5)	21:24 (5)	24:57 (5)	44:52 (4)	56:26 (5)	1:01:06 (5)	1:02:32 (5)	
	3:35/33	8:55/38	5:06/44	3:48/34	3:33/37	19:55/31	11:34/42	4:40/40	1:26/50	
	+0:54 (8)	*+1:31 (5)*	*+0:46 (4)*	*+0:35 (7)*	*+1:02 (7)*	*+5:19 (6)*	*+7:01 (10)*	*+1:17 (4)*	*+0:21 (7)*	
6	Asbjørn Pedersen			SISO			*(15,60min/km)*		**1:07:05**	(+20:54)
	2:41 (1)	10:58 (2)	16:28 (3)	19:52 (3)	22:52 (3)	52:22 (7)	58:00 (7)	1:05:23 (6)	1:07:05 (6)	
	2:41/33	8:17/38	5:30/44	3:24/34	3:00/37	29:30/31	5:38/42	7:23/40	1:42/50	
	+0:00 (1)	*+0:53 (3)*	*+1:10 (6)*	*+0:11 (3)*	*+0:29 (4)*	*+14:54 (10)*	*+1:05 (3)*	*+4:00 (7)*	*+0:37 (10)*	
7	Arne Kr. Nordhei			B&OI			*(15,92min/km)*		**1:08:28**	(+22:17)
	3:12 (3)	19:01 (8)	24:33 (7)	28:39 (7)	33:00 (7)	55:41 (8)	1:01:29 (8)	1:07:10 (7)	1:08:28 (7)	
	3:12/33	15:49/38	5:32/44	4:06/34	4:21/37	22:41/31	5:48/42	5:41/40	1:18/50	
	+0:31 (3)	*+8:25 (9)*	*+1:12 (7)*	*+0:53 (8)*	*+1:50 (9)*	*+8:05 (8)*	*+1:15 (5)*	*+2:18 (5)*	*+0:13 (5)*	
8	Torkil Irgens			B&OI			*(16,02min/km)*		**1:08:53**	(+22:42)
	3:20 (5)	18:20 (7)	30:42 (10)	34:50 (10)	37:21 (10)	51:57 (6)	57:35 (6)	1:07:41 (8)	1:08:53 (8)	
	3:20/33	15:00/38	12:22/44	4:08/34	2:31/37	14:36/31	5:38/42	10:06/40	1:12/50	
	+0:39 (5)	*+7:36 (7)*	*+8:02 (10)*	*+0:55 (9)*	*+0:00 (1)*	*+0:00 (1)*	*+1:05 (3)*	*+6:43 (9)*	*+0:07 (3)*	
9	Jakob Kalvig Skogan			B&OI			*(17,42min/km)*		**1:14:54**	(+28:43)
	3:25 (6)	22:25 (10)	30:06 (9)	33:46 (9)	37:00 (9)	57:54 (9)	1:07:50 (10)	1:13:38 (9)	1:14:54 (9)	
	3:25/33	19:00/38	7:41/44	3:40/34	3:14/37	20:54/31	9:56/42	5:48/40	1:16/50	
	+0:44 (6)	*+11:36 (10)*	*+3:21 (9)*	*+0:27 (5)*	*+0:43 (6)*	*+6:18 (7)*	*+5:23 (9)*	*+2:25 (6)*	*+0:11 (4)*	
10	Øyvind Bjørkås			B&OI			*(18,68min/km)*		**1:20:19**	(+34:08)
	4:19 (9)	19:58 (9)	25:58 (8)	30:30 (8)	35:20 (8)	59:50 (10)	1:06:04 (9)	1:18:40 (10)	1:20:19 (10)	
	4:19/33	15:39/38	6:00/44	4:32/34	4:50/37	24:30/31	6:14/42	12:36/40	1:39/50	
	+1:38 (9)	*+8:15 (8)*	*+1:40 (8)*	*+1:19 (10)*	*+2:19 (10)*	*+9:54 (9)*	*+1:41 (6)*	*+9:13 (10)*	*+0:34 (9)*	

Klasse 3km - 3,0 km

1 påmeldt, 1 startende

1	Wenche Rekkedal			B&OI			*(23,74min/km)*		**1:11:13**	
	5:52 (1)	19:01 (1)	25:39 (1)	29:34 (1)	47:11 (1)	1:02:12 (1)	1:09:20 (1)	1:11:13 (1)		
	5:52/33	13:09/54	6:38/46	3:55/51	17:37/35	15:01/36	7:08/40	1:53/50		
	+0:00 (1)	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*	*+0:00 (1)*		