

Resultater fra Klubbmesterskap 2009 15.09.2009

Det var totalt 44 deltagere.

Klasse N 1,4 km

2 påmeldt, 2 startende 1 premiert

Martine Paulsen Limstrand	Bodø og Omegn IF
Kaja Skiri	Bodø og Omegn IF

Klasse C 1,5 km

3 påmeldt, 3 startende 1 premiert

1	Nora Marie Wedege Irgens	Bodø og Omegn IF	(12,69min/km)	19:02	
	2:10 (1) 3:22 (1) 6:39 (1)	9:26 (1) 16:20 (1) 18:33 (1)	19:02 (1)		
	2:10/56 1:12/58 3:17/59	2:47/60 6:54/64 2:13/150	0:29/249		
	+0:00 (1) +0:00 (1) +0:00 (1)	+0:50 (2) +0:00 (1) +0:08 (2)	+0:00 (1)		
2	Martha Kalvig Skogan	Bodø og Omegn IF	(14,14min/km)	21:13	(+2:11)
	2:32 (2) 4:00 (2) 9:25 (2)	11:22 (2) 18:26 (2) 20:31 (2)	21:13 (2)		
	2:32/56 1:28/58 5:25/59	1:57/60 7:04/64 2:05/150	0:42/249		
	+0:22 (2) +0:16 (2) +2:08 (3)	+0:00 (1) +0:10 (2) +0:00 (1)	+0:13 (3)		
3	Espen Skiri	Bodø og Omegn IF	(15,97min/km)	23:57	(+4:55)
	2:40 (3) 7:03 (3) 10:35 (3)	13:42 (3) 20:58 (3) 23:22 (3)	23:57 (3)		
	2:40/56 4:23/58 3:32/59	3:07/60 7:16/64 2:24/150	0:35/249		
	+0:30 (3) +3:11 (3) +0:15 (2)	+1:10 (3) +0:22 (3) +0:19 (3)	+0:06 (2)		

Klasse Klubbmesterskap 3,5 km

39 påmeldt, 38 startende

1	Arild Hegreberg	Bodø og Omegn IF	(7,55min/km)	26:03	
	2:41 (1) 6:40 (1) 9:03 (1)	11:40 (1) 16:19 (1) 17:42 (1)	18:30 (1) 19:07 (1)	20:43 (1) 23:25 (2)	
	2:41/91 3:59/92 2:23/93	2:37/94 4:39/95 1:23/73	0:48/82 0:37/83	1:36/90 2:42/96	
	+0:00 (1) +0:17 (7) +0:00 (1)	+0:00 (1) +0:00 (1) +0:07 (2)	+0:32 (2) +0:00 (1)	+0:52 (5) +1:08 (5)	
	24:59 (1) 25:39 (1) 26:03 (1)	26:03 (1) 26:03 (1)			
	1:34/97 0:40/150 0:24/249				
	+0:35 (3) +0:12 (9) +0:05 (12)	+0:00 (1) +0:00 (1)			
2	Jakob Kalvig Skogan	Bodø og Omegn IF	(8,71min/km)	30:04	(+4:01)
	3:12 (5) 7:37 (8) 10:30 (8)	13:15 (7) 18:41 (4) 20:19 (3)	21:22 (3) 22:37 (3)	24:17 (3) 27:07 (3)	
	3:12/91 4:25/92 2:53/93	2:45/94 5:26/95 1:38/71	1:03/82 1:15/83	1:40/90 2:50/96	
	+0:31 (5) +0:43 (12) +0:30 (10)	+0:08 (3) +0:47 (4) +0:22 (6)	+0:47 (5) +0:38 (26)	+0:56 (6) +1:16 (9)	
	29:06 (3) 29:42 (3) 30:04 (3)	30:04 (3) 30:04 (2)			
	1:59/97 0:36/150 0:22/249				
	+1:00 (11) +0:08 (3) +0:03 (6)	+0:00 (1) +0:00 (1)			
3	Lars Reitan	Bodø og Omegn IF	(8,72min/km)	30:05	(+4:02)
	3:47 (14) 7:36 (7) 10:06 (4)	13:03 (4) 18:31 (3) 19:47 (2)	20:03 (2) 21:04 (2)	21:48 (2) 23:22 (1)	
	3:47/91 3:49/92 2:30/93	2:57/94 5:28/95 1:16/74	0:16/71 1:01/82	0:44/83 1:34/90	
	+1:06 (14) +0:07 (4) +0:07 (2)	+0:20 (8) +0:49 (5) +0:00 (1)	+0:00 (1) +0:24 (17)	+0:00 (1) +0:00 (1)	
	25:59 (2) 27:38 (2) 28:18 (2)	28:35 (2) 30:05 (3)			
	2:37/96 1:39/97 0:40/150	0:17/249			
	+1:38 (24) +1:11 (37) +0:21 (32)	+0:00 (1) +0:00 (1)			
4	Roy Solbakk	Valnesfjord IL	(8,76min/km)	30:13	(+4:10)
	3:15 (6) 7:29 (6) 10:20 (5)	13:14 (6) 18:50 (6) 20:34 (5)	21:46 (4) 22:46 (4)	24:30 (4) 27:33 (4)	
	3:15/91 4:14/92 2:51/93	2:54/94 5:36/95 1:44/74	1:12/82 1:00/83	1:44/90 3:03/96	
	+0:34 (6) +0:32 (10) +0:28 (9)	+0:17 (7) +0:57 (6) +0:28 (9)	+0:56 (7) +0:23 (15)	+1:00 (9) +1:29 (12)	
	29:17 (4) 29:51 (4) 30:13 (4)	30:13 (4) 30:13 (4)			
	1:44/97 0:34/150 0:22/249				
	+0:45 (5) +0:06 (2) +0:03 (6)	+0:00 (1) +0:00 (1)			
5	Håvard Wedege Irgens	Bodø og Omegn IF	(8,83min/km)	30:28	(+4:25)
	4:00 (15) 7:49 (9) 10:20 (5)	13:09 (5) 18:48 (5) 20:26 (4)	22:23 (6) 23:07 (5)	24:52 (5) 27:37 (5)	
	4:00/91 3:49/92 2:31/93	2:49/94 5:39/95 1:38/73	1:57/82 0:44/83	1:45/90 2:45/96	
	+1:19 (15) +0:07 (4) +0:08 (4)	+0:12 (4) +1:00 (7) +0:22 (6)	+1:41 (23) +0:07 (4)	+1:01 (11) +1:11 (6)	
	29:32 (6) 30:08 (6) 30:28 (5)	30:28 (5) 30:28 (5)			

1:55/97	0:36/150	0:20/249								
+0:56 (9)	+0:08 (3)	+0:01 (2)	+0:00 (1)	+0:00 (1)						
6 Erik Hegbom			Bodø og Omegn IF				(8,84min/km)		30:29	(+4:26)
3:00 (2)	6:42 (2)	9:12 (2)	12:41 (3)	20:20 (9)	21:43 (8)	23:22 (8)	24:05 (8)	25:38 (8)	27:51 (6)	
3:00/91	3:42/92	2:30/93	3:29/94	7:39/95	1:23/74	1:39/82	0:43/83	1:33/90	2:13/96	
+0:19 (2)	+0:00 (1)	+0:07 (2)	+0:52 (15)	+3:00 (18)	+0:07 (2)	+1:23 (17)	+0:06 (3)	+0:49 (3)	+0:39 (2)	
29:19 (5)	30:03 (5)	30:29 (6)	30:29 (6)	30:29 (6)						
1:28/97	0:44/150	0:26/249								
+0:29 (2)	+0:16 (12)	+0:07 (14)	+0:00 (1)	+0:00 (1)						
7 Håkon Hegreberg			Bodø og Omegn IF				(8,99min/km)		31:01	(+4:58)
4:13 (16)	8:02 (11)	10:33 (9)	14:03 (10)	19:27 (7)	21:19 (7)	22:14 (5)	23:34 (6)	25:05 (6)	28:03 (7)	
4:13/91	3:49/92	2:31/93	3:30/94	5:24/95	1:52/71	0:55/82	1:20/83	1:31/90	2:58/96	
+1:32 (16)	+0:07 (4)	+0:08 (4)	+0:53 (16)	+0:45 (3)	+0:36 (12)	+0:39 (3)	+0:43 (30)	+0:47 (2)	+1:24 (10)	
30:02 (7)	30:39 (7)	31:01 (7)	31:01 (7)	31:01 (7)						
1:59/97	0:37/150	0:22/249								
+1:00 (11)	+0:09 (6)	+0:03 (6)	+0:00 (1)	+0:00 (1)						
8 Jan Erik Paulsen			Bodø og Omegn IF				(9,03min/km)		31:09	(+5:06)
4:34 (19)	8:21 (12)	11:00 (10)	13:51 (9)	19:36 (8)	21:18 (6)	23:10 (7)	23:52 (7)	25:32 (7)	28:17 (8)	
4:34/91	3:47/92	2:39/93	2:51/94	5:45/95	1:42/71	1:52/82	0:42/83	1:40/90	2:45/96	
+1:53 (19)	+0:05 (2)	+0:16 (7)	+0:14 (5)	+1:06 (9)	+0:26 (8)	+1:36 (21)	+0:05 (2)	+0:56 (6)	+1:11 (6)	
30:08 (8)	30:50 (8)	31:09 (8)	31:09 (8)	31:09 (8)						
1:51/97	0:42/150	0:19/249								
+0:52 (7)	+0:14 (10)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
9 Kenneth Viken			Tverlandet IL				(9,37min/km)		32:20	(+6:17)
3:38 (11)	8:29 (14)	11:46 (12)	14:59 (11)	20:49 (10)	22:18 (9)	23:56 (10)	24:49 (10)	26:31 (9)	29:00 (9)	
3:38/91	4:51/92	3:17/93	3:13/94	5:50/95	1:29/71	1:38/82	0:53/83	1:42/90	2:29/96	
+0:57 (11)	+1:09 (14)	+0:54 (14)	+0:36 (10)	+1:11 (10)	+0:13 (4)	+1:22 (16)	+0:16 (9)	+0:58 (8)	+0:55 (3)	
31:08 (9)	31:58 (9)	32:20 (9)	32:20 (9)	32:20 (9)						
2:08/97	0:50/150	0:22/249								
+1:09 (16)	+0:22 (15)	+0:03 (6)	+0:00 (1)	+0:00 (1)						
10 Aviaja Kleist			Bodø og Omegn IF				(9,42min/km)		32:29	(+6:26)
3:16 (7)	7:21 (5)	10:21 (7)	13:44 (8)	20:56 (11)	22:40 (10)	23:48 (9)	24:48 (9)	26:32 (10)	29:36 (10)	
3:16/91	4:05/92	3:00/93	3:23/94	7:12/95	1:44/74	1:08/82	1:00/83	1:44/90	3:04/96	
+0:35 (7)	+0:23 (8)	+0:37 (12)	+0:46 (11)	+2:33 (12)	+0:28 (9)	+0:52 (6)	+0:23 (15)	+1:00 (9)	+1:30 (13)	
31:25 (10)	32:03 (10)	32:29 (10)	32:29 (10)	32:29 (10)						
1:49/97	0:38/150	0:26/249								
+0:50 (6)	+0:10 (7)	+0:07 (14)	+0:00 (1)	+0:00 (1)						
11 Heidi Mørkved			Bodø og Omegn IF				(10,35min/km)		35:42	(+9:39)
3:44 (13)	7:58 (10)	13:32 (17)	16:56 (16)	22:38 (12)	24:47 (11)	26:14 (11)	27:08 (11)	28:57 (11)	32:21 (11)	
3:44/91	4:14/92	5:34/93	3:24/94	5:42/95	2:09/71	1:27/82	0:54/83	1:49/90	3:24/96	
+1:03 (13)	+0:32 (10)	+3:11 (31)	+0:47 (12)	+1:03 (8)	+0:53 (16)	+1:11 (9)	+0:17 (10)	+1:05 (14)	+1:50 (14)	
34:26 (11)	35:21 (11)	35:42 (11)	35:42 (11)	35:42 (11)						
2:05/97	0:55/150	0:21/249								
+1:06 (15)	+0:27 (18)	+0:02 (5)	+0:00 (1)	+0:00 (1)						
12 Bjørn Are Stensland			Bodø og Omegn IF				(11,11min/km)		38:20	(+12:17)
3:05 (4)	6:53 (3)	9:28 (3)	12:32 (2)	17:46 (2)	25:36 (12)	26:54 (12)	27:39 (12)	29:30 (12)	33:34 (12)	
3:05/91	3:48/92	2:35/93	3:04/94	5:14/95	7:50/71	1:18/82	0:45/83	1:51/90	4:04/96	
+0:24 (4)	+0:06 (3)	+0:12 (6)	+0:27 (9)	+0:35 (2)	+6:34 (38)	+1:02 (8)	+0:08 (6)	+1:07 (15)	+2:30 (17)	
35:27 (12)	36:19 (12)	36:50 (12)	38:20 (12)	38:20 (12)						
1:53/97	0:52/150	0:31/249								
+0:54 (8)	+0:24 (16)	+0:12 (21)	+1:13 (2)	+0:00 (1)						
13 Ask Kleist Godal			Bodø og Omegn IF				(11,21min/km)		38:40	(+12:37)
4:46 (23)	9:21 (17)	13:19 (16)	17:30 (18)	23:56 (16)	26:57 (16)	28:28 (14)	29:22 (13)	31:08 (13)	35:52 (13)	
4:46/91	4:35/92	3:58/93	4:11/94	6:26/95	3:01/73	1:31/82	0:54/83	1:46/90	4:44/96	
+2:05 (23)	+0:53 (13)	+1:35 (20)	+1:34 (22)	+1:47 (11)	+1:45 (28)	+1:15 (12)	+0:17 (10)	+1:02 (12)	+3:10 (27)	
37:35 (13)	38:17 (13)	38:40 (13)	38:40 (13)	38:40 (13)						
1:43/97	0:42/150	0:23/249								
+0:44 (4)	+0:14 (10)	+0:04 (10)	+0:00 (1)	+0:00 (1)						
14 Leif Magne Eggestad			Bodø og Omegn IF				(11,85min/km)		40:53	(+14:50)
3:40 (12)	9:41 (18)	12:23 (13)	16:26 (14)	23:39 (14)	26:02 (13)	28:17 (13)	29:35 (14)	31:36 (14)	37:27 (16)	

3:40/91	6:01/92	2:42/93	4:03/94	7:13/95	2:23/73	2:15/82	1:18/83	2:01/90	5:51/96
+0:59 (12)	+2:19 (21)	+0:19 (8)	+1:26 (20)	+2:34 (13)	+1:07 (21)	+1:59 (29)	+0:41 (29)	+1:17 (16)	+4:17 (33)
39:37 (15)	40:24 (15)	40:53 (15)	40:53 (14)	40:53 (14)					
2:10/97	0:47/150	0:29/249							
+1:11 (17)	+0:19 (13)	+0:10 (17)	+0:00 (1)	+0:00 (1)					
15 Carl B. Bjørseth			Bodø og Omegn IF			(12,04min/km)		41:32	(+15:29)
4:16 (17)	9:42 (19)	14:17 (19)	18:00 (19)	25:37 (19)	27:49 (18)	29:23 (18)	30:24 (18)	32:57 (17)	37:23 (15)
4:16/91	5:26/92	4:35/93	3:43/94	7:37/95	2:12/71	1:34/82	1:01/83	2:33/90	4:26/96
+1:35 (17)	+1:44 (19)	+2:12 (26)	+1:06 (18)	+2:58 (17)	+0:56 (17)	+1:18 (14)	+0:24 (17)	+1:49 (22)	+2:52 (26)
40:01 (16)	40:56 (17)	41:32 (17)	41:32 (15)	41:32 (15)					
2:38/97	0:55/150	0:36/249							
+1:39 (25)	+0:27 (18)	+0:17 (31)	+0:00 (1)	+0:00 (1)					
16 Tore Jakola			Bodø og Omegn IF			(12,22min/km)		42:09	(+16:06)
3:27 (9)	8:25 (13)	12:35 (14)	15:59 (12)	23:30 (13)	30:19 (19)	31:21 (19)	32:05 (19)	33:38 (19)	36:18 (14)
3:27/91	4:58/92	4:10/93	3:24/94	7:31/95	6:49/71	1:02/82	0:44/83	1:33/90	2:40/96
+0:46 (9)	+1:16 (15)	+1:47 (22)	+0:47 (12)	+2:52 (15)	+5:33 (37)	+0:46 (4)	+0:07 (4)	+0:49 (3)	+1:06 (4)
38:51 (14)	40:07 (14)	40:39 (14)	42:09 (16)	42:09 (16)					
2:33/97	1:16/150	0:32/249							
+1:34 (21)	+0:48 (34)	+0:13 (24)	+1:13 (2)	+0:00 (1)					
17 Anders Stensland			Bodø og Omegn IF			(12,33min/km)		42:32	(+16:29)
3:19 (8)	8:32 (15)	11:27 (11)	16:32 (15)	24:56 (17)	26:33 (14)	28:42 (15)	29:39 (15)	32:28 (15)	38:07 (17)
3:19/91	5:13/92	2:55/93	5:05/94	8:24/95	1:37/74	2:09/82	0:57/83	2:49/90	5:39/96
+0:38 (8)	+1:31 (17)	+0:32 (11)	+2:28 (30)	+3:45 (23)	+0:21 (5)	+1:53 (26)	+0:20 (14)	+2:05 (26)	+4:05 (32)
40:03 (17)	40:42 (16)	41:02 (16)	42:32 (17)	42:32 (17)					
1:56/97	0:39/150	0:20/249							
+0:57 (10)	+0:11 (8)	+0:01 (2)	+1:13 (2)	+0:00 (1)					
18 Øyvind Bjerkås			Bodø og Omegn IF			(12,43min/km)		42:53	(+16:50)
4:42 (21)	9:45 (20)	13:34 (18)	17:00 (17)	25:06 (18)	26:52 (15)	28:53 (16)	29:49 (16)	32:41 (16)	39:11 (19)
4:42/91	5:03/92	3:49/93	3:26/94	8:06/95	1:46/74	2:01/82	0:56/83	2:52/90	6:30/96
+2:01 (21)	+1:21 (16)	+1:26 (18)	+0:49 (14)	+3:27 (19)	+0:30 (11)	+1:45 (25)	+0:19 (12)	+2:08 (28)	+4:56 (35)
41:25 (19)	42:21 (19)	42:53 (19)	42:53 (18)	42:53 (18)					
2:14/97	0:56/150	0:32/249							
+1:15 (18)	+0:28 (21)	+0:13 (24)	+0:00 (1)	+0:00 (1)					
19 Torbjørn Høslø Olsen			Bodø og Omegn IF			(12,53min/km)		43:14	(+17:11)
3:28 (10)	9:13 (16)	12:40 (15)	16:18 (13)	23:52 (15)	27:23 (17)	29:13 (17)	30:20 (17)	33:05 (18)	38:43 (18)
3:28/91	5:45/92	3:27/93	3:38/94	7:34/95	3:31/74	1:50/82	1:07/83	2:45/90	5:38/96
+0:47 (10)	+2:03 (20)	+1:04 (16)	+1:01 (17)	+2:55 (16)	+2:15 (32)	+1:34 (20)	+0:30 (21)	+2:01 (24)	+4:04 (31)
40:45 (18)	41:21 (18)	41:44 (18)	43:14 (19)	43:14 (19)					
2:02/97	0:36/150	0:23/249							
+1:03 (14)	+0:08 (3)	+0:04 (10)	+1:13 (2)	+0:00 (1)					
20 Torkel Irgens			Bodø og Omegn IF			(13,37min/km)		46:08	(+20:05)
3:02 (3)	7:10 (4)	16:56 (27)	19:39 (23)	29:24 (22)	31:26 (22)	34:34 (24)	35:40 (23)	38:06 (23)	42:07 (21)
3:02/91	4:08/92	9:46/93	2:43/94	9:45/95	2:02/74	3:08/82	1:06/83	2:26/90	4:01/96
+0:21 (3)	+0:26 (9)	+7:23 (36)	+0:06 (2)	+5:06 (26)	+0:46 (14)	+2:52 (33)	+0:29 (20)	+1:42 (19)	+2:27 (16)
44:46 (22)	45:38 (21)	46:08 (21)	46:08 (20)	46:08 (20)					
2:39/97	0:52/150	0:30/249							
+1:40 (27)	+0:24 (16)	+0:11 (18)	+0:00 (1)	+0:00 (1)					
21 Morten Selnes			Bodø og Omegn IF			(13,54min/km)		46:43	(+20:40)
4:48 (24)	10:11 (21)	15:07 (22)	20:01 (24)	28:15 (20)	31:07 (20)	33:34 (21)	35:30 (22)	38:28 (25)	42:37 (24)
4:48/91	5:23/92	4:56/93	4:54/94	8:14/95	2:52/74	2:27/82	1:56/83	2:58/90	4:09/96
+2:07 (24)	+1:41 (18)	+2:33 (29)	+2:17 (26)	+3:35 (21)	+1:36 (26)	+2:11 (30)	+1:19 (34)	+2:14 (31)	+2:35 (20)
45:13 (23)	46:13 (23)	46:43 (23)	46:43 (21)	46:43 (21)					
2:36/97	1:00/150	0:30/249							
+1:37 (22)	+0:32 (25)	+0:11 (18)	+0:00 (1)	+0:00 (1)					
22 Steve Samuelson			Bodø og Omegn IF			(13,62min/km)		46:59	(+20:56)
8:45 (34)	17:15 (33)	20:27 (30)	23:20 (29)	30:39 (26)	33:42 (26)	35:22 (25)	36:14 (25)	38:00 (22)	42:19 (23)
8:45/91	8:30/92	3:12/93	2:53/94	7:19/95	3:03/74	1:40/82	0:52/83	1:46/90	4:19/96
+6:04 (34)	+4:48 (35)	+0:49 (13)	+0:16 (6)	+2:40 (14)	+1:47 (30)	+1:24 (18)	+0:15 (8)	+1:02 (12)	+2:45 (21)
44:18 (20)	45:05 (20)	45:29 (20)	46:59 (22)	46:59 (22)					
1:59/97	0:47/150	0:24/249							

	+1:00 (11)	+0:19 (13)	+0:05 (12)	+1:13 (2)	+0:00 (1)					
23 Mari Eriksen Reitan	Bodø og Omegn IF					(13,80min/km)	47:36		(+21:33)	
4:34 (19)	10:49 (23)	15:06 (21)	19:27 (22)	29:26 (23)	31:27 (23)	34:21 (23)	35:45 (24)	38:17 (24)	42:37 (24)	
4:34/91	6:15/92	4:17/93	4:21/94	9:59/95	2:01/73	2:54/82	1:24/83	2:32/90	4:20/96	
+1:53 (19)	+2:33 (25)	+1:54 (23)	+1:44 (24)	+5:20 (28)	+0:45 (13)	+2:38 (32)	+0:47 (31)	+1:48 (21)	+2:46 (23)	
45:53 (25)	47:06 (25)	47:36 (25)	47:36 (23)	47:36 (23)						
3:16/97	1:13/150	0:30/249								
+2:17 (34)	+0:45 (33)	+0:11 (18)	+0:00 (1)	+0:00 (1)						
24 Per Dalhaug	Bodø og Omegn IF					(13,85min/km)	47:47		(+21:44)	
4:31 (18)	10:48 (22)	14:42 (20)	19:15 (20)	29:26 (23)	32:12 (24)	33:46 (22)	34:56 (21)	37:24 (21)	41:49 (20)	
4:31/91	6:17/92	3:54/93	4:33/94	10:11/95	2:46/74	1:34/82	1:10/83	2:28/90	4:25/96	
+1:50 (18)	+2:35 (26)	+1:31 (19)	+1:56 (25)	+5:32 (29)	+1:30 (25)	+1:18 (14)	+0:33 (22)	+1:44 (20)	+2:51 (25)	
44:35 (21)	45:42 (22)	46:17 (22)	47:47 (24)	47:47 (24)						
2:46/97	1:07/150	0:35/249								
+1:47 (29)	+0:39 (29)	+0:16 (30)	+1:13 (2)	+0:00 (1)						
25 Edvin Berg	Bodø og Omegn IF					(14,04min/km)	48:27		(+22:24)	
5:22 (27)	11:39 (27)	15:27 (25)	20:49 (27)	28:57 (21)	31:13 (21)	32:42 (20)	33:56 (20)	36:19 (20)	42:13 (22)	
5:22/91	6:17/92	3:48/93	5:22/94	8:08/95	2:16/71	1:29/82	1:14/83	2:23/90	5:54/96	
+2:41 (27)	+2:35 (26)	+1:25 (17)	+2:45 (32)	+3:29 (20)	+1:00 (18)	+1:13 (10)	+0:37 (24)	+1:39 (18)	+4:20 (34)	
45:23 (24)	46:23 (24)	46:57 (24)	48:27 (25)	48:27 (25)						
3:10/97	1:00/150	0:34/249								
+2:11 (33)	+0:32 (25)	+0:15 (29)	+1:13 (2)	+0:00 (1)						
26 Dag Skogan	Bodø og Omegn IF					(14,09min/km)	48:36		(+22:33)	
5:22 (27)	11:26 (26)	15:24 (24)	20:26 (25)	31:40 (27)	34:21 (27)	36:01 (27)	37:13 (27)	40:08 (26)	44:30 (26)	
5:22/91	6:04/92	3:58/93	5:02/94	11:14/95	2:41/73	1:40/82	1:12/83	2:55/90	4:22/96	
+2:41 (27)	+2:22 (23)	+1:35 (20)	+2:25 (28)	+6:35 (33)	+1:25 (24)	+1:24 (18)	+0:35 (23)	+2:11 (29)	+2:48 (24)	
46:58 (26)	47:56 (26)	48:36 (26)	48:36 (26)	48:36 (26)						
2:28/97	0:58/150	0:40/249								
+1:29 (20)	+0:30 (22)	+0:21 (32)	+0:00 (1)	+0:00 (1)						
27 Elin Marie Wedege Irgens	Bodø og Omegn IF					(14,18min/km)	48:56		(+22:53)	
4:42 (21)	11:08 (24)	15:27 (25)	20:40 (26)	30:30 (25)	33:32 (25)	35:29 (26)	36:43 (26)	40:29 (27)	44:48 (27)	
4:42/91	6:26/92	4:19/93	5:13/94	9:50/95	3:02/74	1:57/82	1:14/83	3:46/90	4:19/96	
+2:01 (21)	+2:44 (29)	+1:56 (24)	+2:36 (31)	+5:11 (27)	+1:46 (29)	+1:41 (23)	+0:37 (24)	+3:02 (34)	+2:45 (21)	
47:26 (27)	48:25 (27)	48:56 (27)	48:56 (27)	48:56 (27)						
2:38/97	0:59/150	0:31/249								
+1:39 (25)	+0:31 (24)	+0:12 (21)	+0:00 (1)	+0:00 (1)						
28 Reidar Andersen	Bodø og Omegn IF					(14,79min/km)	51:02		(+24:59)	
10:51 (37)	17:08 (32)	21:56 (31)	25:49 (31)	35:28 (30)	38:06 (30)	40:19 (30)	41:15 (30)	44:05 (30)	47:03 (28)	
10:51/91	6:17/92	4:48/93	3:53/94	9:39/95	2:38/73	2:13/82	0:56/83	2:50/90	2:58/96	
+8:10 (37)	+2:35 (26)	+2:25 (28)	+1:16 (19)	+5:00 (25)	+1:22 (23)	+1:57 (28)	+0:19 (12)	+2:06 (27)	+1:24 (10)	
49:19 (28)	50:35 (28)	51:02 (28)	51:02 (28)	51:02 (28)						
2:16/97	1:16/150	0:27/249								
+1:17 (19)	+0:48 (34)	+0:08 (16)	+0:00 (1)	+0:00 (1)						
29 Åge Mohus	Bodø og Omegn IF					(15,02min/km)	51:50		(+25:47)	
5:05 (26)	11:15 (25)	17:42 (29)	23:48 (30)	32:07 (28)	37:54 (29)	39:48 (29)	40:38 (29)	42:48 (29)	47:46 (29)	
5:05/91	6:10/92	6:27/93	6:06/94	8:19/95	5:47/74	1:54/82	0:50/83	2:10/90	4:58/96	
+2:24 (26)	+2:28 (24)	+4:04 (33)	+3:29 (34)	+3:40 (22)	+4:31 (35)	+1:38 (22)	+0:13 (7)	+1:26 (17)	+3:24 (29)	
50:22 (29)	51:17 (29)	51:50 (29)	51:50 (29)	51:50 (29)						
2:36/97	0:55/150	0:33/249								
+1:37 (22)	+0:27 (18)	+0:14 (27)	+0:00 (1)	+0:00 (1)						
30 Camilla Nordhei	Bodø og Omegn IF					(16,02min/km)	55:16		(+29:13)	
5:03 (25)	12:01 (29)	17:22 (28)	22:26 (28)	37:17 (31)	40:42 (31)	42:13 (31)	43:29 (31)	46:05 (31)	50:12 (30)	
5:03/91	6:58/92	5:21/93	5:04/94	14:51/95	3:25/71	1:31/82	1:16/83	2:36/90	4:07/96	
+2:22 (25)	+3:16 (30)	+2:58 (30)	+2:27 (29)	+10:12 (35)	+2:09 (31)	+1:15 (12)	+0:39 (27)	+1:52 (23)	+2:33 (18)	
53:18 (30)	54:26 (30)	55:16 (30)	55:16 (30)	55:16 (30)						
3:06/97	1:08/150	0:50/249								
+2:07 (32)	+0:40 (31)	+0:31 (36)	+0:00 (1)	+0:00 (1)						
31 Erlend Kjelstrup	Bodø og Omegn IF					(16,34min/km)	56:23		(+30:20)	
5:41 (29)	11:44 (28)	15:08 (23)	19:17 (21)	33:03 (29)	35:20 (28)	36:49 (28)	38:43 (28)	41:38 (28)	51:54 (31)	
5:41/91	6:03/92	3:24/93	4:09/94	13:46/95	2:17/74	1:29/82	1:54/83	2:55/90	10:16/96	

+3:00 (29)	+2:21 (22)	+1:01 (15)	+1:32 (21)	+9:07 (34)	+1:01 (19)	+1:13 (10)	+1:17 (33)	+2:11 (29)	+8:42 (37)
54:56 (31)	56:03 (31)	56:23 (31)	56:23 (31)	56:23 (31)					
3:02/97	1:07/150	0:20/249							
+2:03 (31)	+0:39 (29)	+0:01 (2)	+0:00 (1)	+0:00 (1)					
32 Odd-Ivar Søvik				Bodø og Omegn IF		(17,08min/km)		58:55	(+32:52)
9:47 (35)	18:00 (34)	22:25 (32)	26:45 (32)	42:31 (34)	44:37 (34)	46:47 (33)	47:50 (33)	50:37 (33)	54:44 (33)
9:47/91	8:13/92	4:25/93	4:20/94	15:46/95	2:06/74	2:10/82	1:03/83	2:47/90	4:07/96
+7:06 (35)	+4:31 (33)	+2:02 (25)	+1:43 (23)	+11:07 (36)	+0:50 (15)	+1:54 (27)	+0:26 (19)	+2:03 (25)	+2:33 (18)
57:24 (32)	58:22 (32)	58:55 (32)	58:55 (32)	58:55 (32)					
2:40/97	0:58/150	0:33/249							
+1:41 (28)	+0:30 (22)	+0:14 (27)	+0:00 (1)	+0:00 (1)					
33 Katrine Kalvig				Bodø og Omegn IF		(17,22min/km)		59:24	(+33:21)
7:03 (32)	14:14 (31)	22:59 (33)	29:17 (33)	38:43 (32)	41:42 (32)	44:51 (32)	46:08 (32)	50:30 (32)	54:24 (32)
7:03/91	7:11/92	8:45/93	6:18/94	9:26/95	2:59/73	3:09/82	1:17/83	4:22/90	3:54/96
+4:22 (32)	+3:29 (31)	+6:22 (35)	+3:41 (35)	+4:47 (24)	+1:43 (27)	+2:53 (34)	+0:40 (28)	+3:38 (36)	+2:20 (15)
57:47 (33)	58:52 (33)	59:24 (33)	59:24 (33)	59:24 (33)					
3:23/97	1:05/150	0:32/249							
+2:24 (35)	+0:37 (27)	+0:13 (24)	+0:00 (1)	+0:00 (1)					
34 Bendik Storvik Nilsen				Bodø og Omegn IF		(17,78min/km)		1:01:21	(+35:18)
7:38 (33)	20:26 (36)	25:01 (34)	29:59 (34)	40:34 (33)	42:52 (33)	49:30 (34)	52:16 (34)	57:08 (35)	59:54 (34)
7:38/91	12:48/92	4:35/93	4:58/94	10:35/95	2:18/74	6:38/83	2:46/90	4:52/96	2:46/97
+4:57 (33)	+9:06 (36)	+2:12 (26)	+2:21 (27)	+5:56 (31)	+1:02 (20)	+6:22 (37)	+2:09 (37)	+4:08 (37)	+1:12 (8)
1:00:53 (34)	1:01:21 (34)	1:01:21 (34)	1:01:21 (34)	1:01:21 (34)					
0:59/150	0:28/249								
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)					
35 Karen Merete Bjørseth				Bodø og Omegn IF		(20,79min/km)		1:11:43	(+45:40)
5:59 (30)	14:10 (30)	26:15 (36)	33:24 (36)	44:28 (36)	48:23 (36)	51:15 (35)	53:15 (35)	56:50 (34)	1:04:25 (35)
5:59/91	8:11/92	12:05/93	7:09/94	11:04/95	3:55/71	2:52/82	2:00/83	3:35/90	7:35/96
+3:18 (30)	+4:29 (32)	+9:42 (37)	+4:32 (36)	+6:25 (32)	+2:39 (33)	+2:36 (31)	+1:23 (35)	+2:51 (33)	+6:01 (36)
1:08:09 (35)	1:09:33 (35)	1:10:13 (35)	1:11:43 (35)	1:11:43 (35)					
3:44/97	1:24/150	0:40/249							
+2:45 (37)	+0:56 (36)	+0:21 (32)	+1:13 (2)	+0:00 (1)					
36 Jon Øverås				Bodø og Omegn IF		(21,95min/km)		1:15:44	(+49:41)
6:19 (31)	21:08 (37)	27:23 (37)	33:07 (35)	43:40 (35)	46:16 (35)	58:42 (36)	1:00:25 (36)	1:04:45 (36)	1:09:42 (36)
6:19/91	14:49/92	6:15/93	5:44/94	10:33/95	2:36/77	12:26/82	1:43/83	4:20/90	4:57/96
+3:38 (31)	+11:07 (37)	+3:52 (32)	+3:07 (33)	+5:54 (30)	+1:20 (22)	+12:10 (38)	+1:06 (32)	+3:36 (35)	+3:23 (28)
1:12:38 (36)	1:13:43 (36)	1:14:14 (36)	1:15:44 (36)	1:15:44 (36)					
2:56/97	1:05/150	0:31/249							
+1:57 (30)	+0:37 (27)	+0:12 (21)	+1:13 (2)	+0:00 (1)					
37 Regula Høsli				Bodø og Omegn IF		(23,10min/km)		1:19:42	(+53:39)
10:10 (36)	18:26 (35)	26:07 (35)	34:08 (37)	55:31 (37)	59:29 (37)	1:03:11 (37)	1:05:46 (37)	1:09:03 (37)	1:14:23 (37)
10:10/91	8:16/92	7:41/93	8:01/94	21:23/95	3:58/73	3:42/82	2:35/83	3:17/90	5:20/96
+7:29 (36)	+4:34 (34)	+5:18 (34)	+5:24 (37)	+16:44 (37)	+2:42 (34)	+3:26 (35)	+1:58 (36)	+2:33 (32)	+3:46 (30)
1:17:48 (37)	1:18:56 (37)	1:19:42 (37)	1:19:42 (37)	1:19:42 (37)					
3:25/97	1:08/150	0:46/249							
+2:26 (36)	+0:40 (31)	+0:27 (35)	+0:00 (1)	+0:00 (1)					
38 Arnold Danielsen				Bodø og Omegn IF		(47,64min/km)		2:44:22	(+2:18:19)
37:46 (38)	56:01 (38)	1:17:08 (38)	1:29:12 (38)	1:59:30 (38)	2:06:11 (38)	2:11:01 (38)	2:13:59 (38)	2:21:01 (38)	2:31:24 (38)
37:46/91	18:15/92	21:07/93	12:04/94	30:18/95	6:41/71	4:50/82	2:58/83	7:02/90	10:23/96
+35:05 (38)	+14:33 (38)	+18:44 (38)	+9:27 (38)	+25:39 (38)	+5:25 (36)	+4:34 (36)	+2:21 (38)	+6:18 (38)	+8:49 (38)
2:40:50 (38)	2:43:15 (38)	2:44:22 (38)	2:44:22 (38)	2:44:22 (38)					
9:26/97	2:25/150	1:07/249							
+8:27 (38)	+1:57 (38)	+0:48 (37)	+0:00 (1)	+0:00 (1)					