

Resultater fra Saltendilten 2009 19.09.2009

Det var totalt 28 deltagere.

Klasse N-åpen 1,3 km

2 påmeldt, 2 startende 1 premiert

Hedda Sofie Wedege Irgens			Bodø og Omegn IF			<i>(15,87min/km)</i>		20:38	
4:39 (2)	7:46 (2)	10:49 (2)	15:56 (2)	18:51 (2)	20:38 (2)				
4:39/115	3:07/116	3:03/117	5:07/118	2:55/119	1:47/100				
+2:16 (2)	+0:01 (2)	+0:00 (1)	+0:56 (2)	+0:00 (1)	+0:13 (2)				
Kaja Skire			Bodø og Omegn IF			<i>(14,17min/km)</i>		18:25	
2:23 (1)	5:29 (1)	9:23 (1)	13:34 (1)	16:51 (1)	18:25 (1)				
2:23/115	3:06/116	3:54/117	4:11/118	3:17/119	1:34/100				
+0:00 (1)	+0:00 (1)	+0:51 (2)	+0:00 (1)	+0:22 (2)	+0:00 (1)				

Klasse D10 3,0 km

1 påmeldt, 1 startende 1 premiert

Nora Marie Wedege Irgens			Bodø og Omegn IF			<i>(11,86min/km)</i>		35:34	
3:43 (1)	9:42 (1)	12:24 (1)	16:05 (1)	19:12 (1)	22:44 (1)	29:47 (1)	34:35 (1)	35:34 (1)	
3:43/249	5:59/107	2:42/109	3:41/112	3:07/107	3:32/106	7:03/116	4:48/119	0:59/100	
+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)	

Klasse D11-12 3,0 km

2 påmeldt, 2 startende 1 premiert

1	Lotte Eriksen Reitan			Bodø og Omegn IF			<i>(11,83min/km)</i>		35:30	
	3:39 (1)	9:24 (1)	11:56 (1)	15:33 (1)	18:41 (1)	22:09 (1)	29:37 (1)	34:30 (1)	35:30 (1)	
	3:39/249	5:45/107	2:32/109	3:37/112	3:08/107	3:28/106	7:28/116	4:53/119	1:00/100	
	+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)	
	Martha Kalvig Skogan			Bodø og Omegn IF			<i>(0,00min/km)</i>		Brutt	
	(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)	

Klasse H11-12 3,0 km

1 påmeldt, 1 startende 1 premiert

1	Espen Skiri			Bodø og Omegn IF			<i>(11,57min/km)</i>		34:42	
	3:40 (1)	9:26 (1)	11:53 (1)	15:08 (1)	18:15 (1)	21:30 (1)	28:16 (1)	33:19 (1)	34:42 (1)	
	3:40/249	5:46/107	2:27/109	3:15/112	3:07/107	3:15/106	6:46/116	5:03/119	1:23/100	
	+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)	

Klasse D15-16 8,0 km

1 påmeldt, 1 startende 1 premiert

1	Mari Eriksen Reitan			Bodø og Omegn IF			<i>(19,92min/km)</i>		2:39:23	
	2:15 (1)	22:21 (1)	26:02 (1)	38:31 (1)	50:02 (1)	1:09:22 (1)	1:14:21 (1)	1:19:14 (1)	1:26:25 (1)	1:38:23 (1)
	2:15/101	20:06/102	3:41/103	12:29/104	11:31/105	19:20/120	4:59/78	4:53/76	7:11/120	11:58/72
	+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)	+0:00 (1)
	1:48:37 (1)	2:03:22 (1)	2:11:06 (1)	2:19:25 (1)	2:29:00 (1)	2:39:23 (1)				
	10:14/75	14:45/144	7:44/145	8:19/146	9:35/147	10:23/100				
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)				

Klasse H65- 8,0 km

2 påmeldt, 2 startende 1 premiert

1	Carl B. Bjørseth			Bodø og Omegn IF			<i>(17,01min/km)</i>		2:16:07	
	2:44 (1)	22:54 (2)	26:14 (2)	40:01 (2)	50:19 (2)	1:05:06 (2)	1:09:42 (2)	1:13:54 (2)	1:17:29 (2)	1:26:01 (2)
	2:44/101	20:10/102	3:20/103	13:47/104	10:18/105	14:47/120	4:36/76	4:12/78	3:35/120	8:32/72
	+0:00 (1)	+2:42 (2)	+1:02 (2)	+1:31 (2)	+2:25 (2)	+0:00 (1)	+1:43 (2)	+0:31 (2)	+0:16 (2)	+0:42 (2)
	1:31:44 (2)	1:44:25 (1)	1:51:17 (1)	1:58:17 (1)	2:06:31 (1)	2:16:07 (1)				

5:43/75	12:41/144	6:52/145	7:00/146	8:14/147	9:36/100
+0:20 (2)	+0:00 (1)	+0:00 (1)	+0:53 (2)	+0:41 (2)	+0:00 (1)

2	Reidar Andersen	Bodø og Omegn IF				(17,84min/km)	2:22:45		(+6:38)
3:06 (2)	20:34 (1)	22:52 (1)	35:08 (1)	43:01 (1)	58:40 (1)	1:01:33 (1)	1:05:14 (1)	1:08:33 (1)	1:16:23 (1)
3:06/101	17:28/102	2:18/103	12:16/104	7:53/105	15:39/120	2:53/76	3:41/78	3:19/120	7:50/72
+0:22 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:52 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
1:21:46 (1)	1:50:44 (2)	1:58:01 (2)	2:04:08 (2)	2:11:41 (2)	2:22:45 (2)				
5:23/75	28:58/144	7:17/145	6:07/146	7:33/147	11:04/100				
+0:00 (1)	+16:17 (2)	+0:25 (2)	+0:00 (1)	+0:00 (1)	+1:28 (2)				

Klasse D45- 12,0 km

1 påmeldt, 1 startende 1 premiirt

1	Irene Skiri	Bodø og Omegn IF				(18,06min/km)	3:36:40		
2:10 (1)	19:04 (1)	22:21 (1)	34:52 (1)	44:42 (1)	1:02:04 (1)	1:10:26 (1)	1:14:25 (1)	1:18:29 (1)	1:24:50 (1)
2:10/101	16:54/102	3:17/103	12:31/104	9:50/105	17:22/120	8:22/80	3:59/79	4:04/120	6:21/78
+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)	+0:00 (1)
1:31:04 (1)	1:35:49 (1)	1:52:06 (1)	1:58:31 (1)	2:20:13 (1)	2:38:35 (1)	2:46:57 (1)	2:53:00 (1)	3:02:54 (1)	3:09:43 (1)
6:14/76	4:45/120	16:17/143	6:25/140	21:42/105	18:22/70	8:22/72	6:03/75	9:54/144	6:49/145
+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)	+0:00 (1)
3:16:04 (1)	3:26:45 (1)	3:36:40 (1)							
6:21/146	10:41/147	9:55/100							
+0:00 (1)	+0:00 (1)	+0:00 (1)							

Klasse D35- 12,0 km

1 påmeldt, 1 startende 1 premiirt

1	Anita Eriksen	Bodø og Omegn IF				(18,03min/km)	3:36:20		
2:20 (1)	19:13 (1)	22:28 (1)	34:46 (1)	43:58 (1)	1:01:36 (1)	1:10:33 (1)	1:14:27 (1)	1:18:37 (1)	1:24:59 (1)
2:20/101	16:53/102	3:15/103	12:18/104	9:12/105	17:38/120	8:57/80	3:54/79	4:10/120	6:22/78
+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)	+0:00 (1)
1:31:07 (1)	1:35:45 (1)	1:52:10 (1)	1:58:35 (1)	2:20:15 (1)	2:38:21 (1)	2:46:52 (1)	2:52:23 (1)	3:02:29 (1)	3:09:41 (1)
6:08/76	4:38/120	16:25/143	6:25/140	21:40/105	18:06/70	8:31/72	5:31/75	10:06/144	7:12/145
+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)	+0:00 (1)
3:16:09 (1)	3:26:29 (1)	3:36:20 (1)							
6:28/146	10:20/147	9:51/100							
+0:00 (1)	+0:00 (1)	+0:00 (1)							

Klasse D21- 12,0 km

1 påmeldt, 1 startende 1 premiirt

1	Heidi Mørkved	Bodø og Omegn IF				(12,30min/km)	2:27:34		
1:58 (1)	14:40 (1)	17:15 (1)	24:16 (1)	30:21 (1)	41:44 (1)	54:11 (1)	56:03 (1)	58:53 (1)	1:01:24 (1)
1:58/101	12:42/102	2:35/103	7:01/104	6:05/105	11:23/120	12:27/80	1:52/79	2:50/120	2:31/76
+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)	+0:00 (1)
1:04:33 (1)	1:07:22 (1)	1:16:05 (1)	1:20:17 (1)	1:35:15 (1)	1:44:18 (1)	1:51:30 (1)	1:56:32 (1)	2:05:12 (1)	2:10:54 (1)
3:09/78	2:49/120	8:43/143	4:12/140	14:58/105	9:03/70	7:12/72	5:02/75	8:40/144	5:42/145
+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)	+0:00 (1)
2:15:36 (1)	2:21:40 (1)	2:27:34 (1)							
4:42/146	6:04/147	5:54/100							
+0:00 (1)	+0:00 (1)	+0:00 (1)							

Klasse H55- 12,0 km

3 påmeldt, 3 startende 1 premiirt

1	Per Rekkedal	Bodø og Omegn IF				(13,06min/km)	2:36:43		
1:59 (1)	16:02 (2)	21:16 (2)	31:56 (3)	40:41 (3)	54:35 (3)	57:08 (3)	59:19 (3)	1:03:22 (3)	1:06:07 (3)
1:59/101	14:03/102	5:14/103	10:40/104	8:45/105	13:54/120	2:33/79	2:11/80	4:03/120	2:45/78
+0:00 (1)	+0:14 (2)	+2:49 (3)	+2:39 (3)	+1:39 (3)	+3:03 (3)	+0:00 (1)	+0:00 (1)	+0:31 (2)	+0:02 (2)
1:09:51 (3)	1:13:27 (3)	1:22:26 (3)	1:28:27 (2)	1:45:53 (3)	1:55:57 (3)	2:02:13 (3)	2:06:52 (2)	2:15:16 (2)	2:20:06 (2)
3:44/76	3:36/120	8:59/143	6:01/140	17:26/105	10:04/70	6:16/72	4:39/75	8:24/144	4:50/145
+0:36 (2)	+0:54 (2)	+1:38 (2)	+1:04 (2)	+12:21 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:21 (2)	+0:01 (2)

2:24:31 (2) 2:29:54 (1) 2:36:43 (1) 2:36:43 (1)
 4:25/146 5:23/147 6:49/100
 +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)

2 Ivar Aanerød **Bodø og Omegn IF** **(13,14min/km)** **2:37:38 (+0:55)**
 2:41 (3) 19:11 (3) 21:52 (3) 30:35 (2) 38:25 (2) 50:57 (2) 55:12 (2) 58:06 (2) 1:01:38 (2) 1:04:21 (2)
 2:41/101 16:30/102 2:41/103 8:43/104 7:50/105 12:32/120 4:15/80 2:54/79 3:32/120 2:43/76
 +0:42 (3) +2:41 (3) +0:16 (2) +0:42 (2) +0:44 (2) +1:41 (2) +1:42 (3) +0:43 (3) +0:00 (1) +0:00 (1)
 1:08:05 (2) 1:12:07 (2) 1:21:52 (2) 1:26:49 (1) 1:43:49 (2) 1:54:04 (2) 2:00:38 (1) 2:05:34 (1) 2:13:37 (1) 2:18:26 (1)
 3:44/78 4:02/120 9:45/143 4:57/140 17:00/105 10:15/70 6:34/72 4:56/75 8:03/144 4:49/145
 +0:36 (2) +1:20 (3) +2:24 (3) +0:00 (1) +11:55 (2) +0:11 (2) +0:18 (2) +0:17 (2) +0:00 (1) +0:00 (1)
 2:24:02 (1) 2:30:18 (2) 2:37:38 (2) 2:37:38 (2)
 5:36/146 6:16/147 7:20/100
 +1:11 (3) +0:53 (3) +0:31 (2) +0:00 (1)

3 Jan Prytz **Bodø og Omegn IF** **(15,15min/km)** **3:01:45 (+25:02)**
 2:09 (2) 15:58 (1) 18:23 (1) 26:24 (1) 33:30 (1) 44:21 (1) 48:30 (1) 50:53 (1) 55:06 (1) 58:13 (1)
 2:09/101 13:49/102 2:25/103 8:01/104 7:06/105 10:51/120 4:09/79 2:23/80 4:13/120 3:07/76
 +0:10 (2) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +1:36 (2) +0:12 (2) +0:41 (3) +0:24 (3)
 1:01:21 (1) 1:04:03 (1) 1:11:24 (1) 1:29:12 (3) 1:34:17 (1) 1:50:26 (1) 2:01:20 (2) 2:08:08 (3) 2:23:21 (3) 2:33:06 (3)
 3:08/78 2:42/120 7:21/105 17:48/143 5:05/140 16:09/105 10:54/70 6:48/72 15:13/75 9:45/144
 +0:00 (1) +0:00 (1) +0:00 (1) +12:51 (3) +0:00 (1) +6:05 (3) +4:38 (3) +2:09 (3) +7:10 (3) +4:56 (3)
 2:38:19 (3) 2:44:11 (3) 2:54:03 (3) 3:01:45 (3)
 5:13/145 5:52/146 9:52/147 7:42/100
 +0:48 (2) +0:29 (2) +3:03 (3) +0:00 (1)

Klasse H15-16 12,0 km

3 påmeldt, 3 startende 1 premiert

1 Petter Jakola **Bodø og Omegn IF** **(10,06min/km)** **2:00:40**
 1:18 (1) 11:46 (1) 13:41 (1) 20:09 (1) 35:13 (2) 37:23 (1) 39:27 (1) 42:38 (1) 45:00 (1) 47:32 (1)
 1:18/101 10:28/102 1:55/103 6:28/104 15:04/120 2:10/79 2:04/80 3:11/120 2:22/76 2:32/78
 +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +6:41 (2) +0:00 (1) +0:00 (1) +1:20 (2) +0:00 (1) +0:02 (2)
 49:58 (1) 56:53 (1) 1:00:36 (1) 1:15:01 (1) 1:22:46 (1) 1:28:02 (1) 1:31:35 (1) 1:38:23 (1) 1:42:49 (1) 1:47:32 (1)
 2:26/120 6:55/143 3:43/140 14:25/105 7:45/70 5:16/72 3:33/75 6:48/144 4:26/145 4:43/146
 +0:00 (1) +4:04 (2) +0:00 (1) +10:15 (2) +0:00 (1) +0:00 (1) +0:00 (1) +0:59 (2) +0:00 (1) +0:00 (1)
 1:54:35 (1) 2:00:40 (1) 2:00:40 (1)
 7:03/147 6:05/100
 +1:18 (2) +0:00 (1) +0:00 (1)

2 Jakob Kalvig Skogan **Bodø og Omegn IF** **(13,23min/km)** **2:38:48 (+38:08)**
 1:42 (2) 14:22 (2) 16:58 (2) 24:09 (2) 32:32 (1) 43:24 (2) 54:09 (2) 56:00 (2) 58:51 (2) 1:01:21 (2)
 1:42/101 12:40/102 2:36/103 7:11/104 8:23/105 10:52/120 10:45/80 1:51/79 2:51/120 2:30/76
 +0:24 (2) +2:12 (2) +0:41 (2) +0:43 (2) +0:00 (1) +8:42 (2) +8:41 (2) +0:00 (1) +0:29 (2) +0:00 (1)
 1:04:31 (2) 1:07:22 (2) 1:16:02 (2) 1:20:12 (2) 1:36:30 (2) 1:47:18 (2) 1:54:55 (2) 2:00:44 (2) 2:13:00 (2) 2:18:34 (2)
 3:10/78 2:51/120 8:40/143 4:10/140 16:18/105 10:48/70 7:37/72 5:49/75 12:16/144 5:34/145
 +0:44 (2) +0:00 (1) +4:57 (2) +0:00 (1) +8:33 (2) +5:32 (2) +4:04 (2) +0:00 (1) +7:50 (2) +0:51 (2)
 2:24:19 (2) 2:31:20 (2) 2:38:48 (2)
 5:45/146 7:01/147 7:28/100
 +0:00 (1) +0:56 (2) +0:00 (1)

Håkon Hegreberg **Bodø og Omegn IF** **(3,72min/km)** **Brutt**
 2:12 (3) 14:21 (2) 16:38 (2) 24:36 (3) 44:35 (3) 44:35 (3) 44:35 (2) 44:35 (2) 44:35 (1) 44:35 (1)
 2:12/101 12:09/102 2:17/103 7:58/104 19:59/120
 +0:54 (3) +1:41 (2) +0:22 (2) +1:30 (3) +11:36 (3) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
 44:35 (1) 44:35 (1) 44:35 (1) 44:35 (1) 44:35 (1) 44:35 (1) 44:35 (1) 44:35 (1) 44:35 (1) 44:35 (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) +0:00 (1)
 44:35 (1) 44:35 (1) 44:35 (1)
 +0:00 (1) +0:00 (1) +0:00 (1)

Klasse H45- 18,0 km

2 påmeldt, 2 startende 1 premiert

1	Jørund Eldevik						Bodø og Omegn IF		(13,59min/km)	4:04:42
1:52 (1)	13:51 (1)	16:01 (1)	25:22 (1)	31:20 (1)	42:19 (1)	48:50 (1)	52:51 (1)	55:28 (1)	58:08 (1)	
1:52/101	11:59/102	2:10/103	9:21/104	5:58/105	10:59/120	6:31/76	4:01/78	2:37/120	2:40/79	
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+3:44 (2)	+0:02 (2)	+0:00 (1)	+0:00 (1)	
1:00:30 (1)	1:04:49 (1)	1:24:00 (1)	1:42:04 (1)	1:45:49 (1)	2:05:40 (1)	2:17:53 (2)	2:35:57 (2)	2:43:33 (2)	2:49:00 (1)	
2:22/80	4:19/120	19:11/81	18:04/135	3:45/136	19:51/138	12:13/140	18:04/105	7:36/70	5:27/72	
+0:00 (1)	+0:05 (2)	+0:00 (1)	+10:12 (2)	+0:00 (1)	+14:16 (2)	+8:37 (2)	+12:18 (2)	+0:00 (1)	+0:00 (1)	
2:53:36 (1)	3:02:31 (1)	3:06:50 (1)	3:11:39 (1)	3:17:44 (1)	3:24:42 (1)	3:24:42 (1)	4:04:42 (1)			
4:36/75	8:55/144	4:19/145	4:49/146	6:05/147	6:58/100					
+0:00 (1)	+3:05 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)			
2	Anders Westlund						Bodø og Omegn IF		(14,72min/km)	4:24:59 (+20:17)
2:36 (2)	18:09 (2)	21:06 (2)	31:43 (2)	39:11 (2)	59:42 (2)	1:02:29 (2)	1:06:28 (2)	1:09:50 (2)	1:13:35 (2)	
2:36/101	15:33/102	2:57/103	10:37/104	7:28/105	20:31/120	2:47/78	3:59/76	3:22/120	3:45/80	
+0:44 (2)	+3:34 (2)	+0:47 (2)	+1:16 (2)	+1:30 (2)	+9:32 (2)	+0:00 (1)	+0:00 (1)	+0:45 (2)	+1:05 (2)	
1:16:41 (2)	1:20:55 (2)	1:41:36 (2)	1:49:28 (2)	2:04:09 (2)	2:09:44 (2)	2:13:20 (1)	2:19:06 (1)	2:38:55 (1)	2:51:20 (2)	
3:06/79	4:14/120	20:41/81	7:52/138	14:41/140	5:35/141	3:36/143	5:46/140	19:49/105	12:25/70	
+0:44 (2)	+0:00 (1)	+1:30 (2)	+0:00 (1)	+10:56 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+12:13 (2)	+6:58 (2)	
2:59:11 (2)	3:05:01 (2)	3:14:01 (2)	3:20:34 (2)	3:27:42 (2)	3:35:57 (2)	3:44:59 (2)	4:24:59 (2)			
7:51/72	5:50/75	9:00/144	6:33/145	7:08/146	8:15/147	9:02/100				
+3:15 (2)	+0:00 (1)	+4:41 (2)	+1:44 (2)	+1:03 (2)	+1:17 (2)	+0:00 (1)	+0:00 (1)			

Klasse H35- 18,0 km

4 påmeldt, 4 startende 1 premiert

1	Bjørn Are Stensland						Bodø og Omegn IF		(13,35min/km)	4:00:15
1:54 (1)	14:37 (1)	17:12 (1)	24:13 (1)	30:11 (1)	41:39 (1)	44:43 (1)	47:44 (1)	50:36 (1)	53:39 (1)	
1:54/101	12:43/102	2:35/103	7:01/104	5:58/105	11:28/120	3:04/76	3:01/78	2:52/120	3:03/79	
+0:00 (1)	+0:00 (1)	+0:02 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:01 (2)	+0:00 (1)	
55:32 (1)	59:12 (1)	1:29:59 (1)	1:45:35 (2)	1:49:16 (1)	2:10:27 (3)	2:23:46 (3)	2:27:50 (3)	2:31:19 (2)	2:36:34 (1)	
1:53/80	3:40/120	30:47/81	15:36/135	3:41/136	21:11/138	13:19/140	4:04/143	3:29/141	5:15/140	
+0:00 (1)	+0:00 (1)	+10:35 (4)	+9:58 (4)	+0:00 (1)	+16:58 (4)	+9:45 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
2:55:06 (3)	3:08:05 (3)	3:15:59 (3)	3:21:41 (3)	3:32:37 (3)	3:37:32 (3)	3:43:23 (3)	3:51:19 (1)	4:00:15 (1)		
18:32/105	12:59/70	7:54/72	5:42/75	10:56/144	4:55/145	5:51/146	7:56/147	8:56/100		
+12:00 (4)	+7:39 (4)	+0:00 (1)	+1:11 (3)	+6:22 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)		
2	Morten Tjøndal						Bodø og Omegn IF		(13,81min/km)	4:08:38 (+8:23)
2:01 (2)	17:32 (3)	20:49 (3)	30:01 (3)	38:12 (3)	53:55 (3)	58:06 (3)	1:01:32 (3)	1:05:11 (3)	1:08:18 (2)	
2:01/101	15:31/102	3:17/103	9:12/104	8:11/105	15:43/120	4:11/78	3:26/76	3:39/120	3:07/79	
+0:07 (2)	+2:48 (3)	+0:44 (3)	+2:11 (3)	+2:13 (3)	+4:15 (2)	+1:07 (3)	+0:25 (2)	+0:48 (3)	+0:04 (2)	
1:11:12 (2)	1:17:18 (2)	1:39:34 (3)	1:45:53 (3)	1:58:44 (3)	2:02:57 (2)	2:06:34 (2)	2:12:18 (2)	2:31:05 (1)	2:46:21 (2)	
2:54/80	6:06/120	22:16/81	6:19/138	12:51/140	4:13/141	3:37/143	5:44/140	18:47/105	15:16/70	
+1:01 (3)	+2:26 (3)	+2:04 (2)	+0:41 (3)	+9:10 (2)	+0:00 (1)	+0:03 (2)	+1:40 (3)	+15:18 (2)	+10:01 (3)	
2:53:07 (1)	2:58:47 (1)	3:07:12 (1)	3:11:43 (1)	3:16:17 (1)	3:22:25 (1)	3:28:38 (1)	4:08:38 (2)	4:08:38 (2)		
6:46/72	5:40/75	8:25/144	4:31/145	4:34/146	6:08/147	6:13/100				
+0:14 (2)	+0:20 (2)	+0:31 (2)	+0:00 (1)	+0:00 (1)	+1:13 (2)	+0:22 (2)	+32:04 (2)	+0:00 (1)		
3	Torkel Irgens						Bodø og Omegn IF		(14,48min/km)	4:20:35 (+20:20)
2:07 (3)	16:05 (2)	18:38 (2)	27:43 (2)	35:36 (2)	51:52 (2)	56:45 (2)	1:00:18 (2)	1:03:09 (2)	1:11:49 (3)	
2:07/101	13:58/102	2:33/103	9:05/104	7:53/105	16:16/120	4:53/78	3:33/76	2:51/120	8:40/79	
+0:13 (3)	+1:15 (2)	+0:00 (1)	+2:04 (2)	+1:55 (2)	+4:48 (3)	+1:49 (4)	+0:32 (3)	+0:00 (1)	+5:37 (4)	
1:14:16 (3)	1:18:55 (3)	1:39:07 (2)	1:44:45 (1)	1:57:53 (2)	2:02:20 (1)	2:05:54 (1)	2:11:31 (1)	2:32:18 (3)	2:46:57 (3)	
2:27/80	4:39/120	20:12/81	5:38/138	13:08/140	4:27/143	3:34/141	5:37/140	20:47/105	14:39/70	
+0:34 (2)	+0:59 (2)	+0:00 (1)	+0:00 (1)	+9:27 (3)	+0:14 (2)	+0:00 (1)	+1:33 (2)	+17:18 (3)	+9:24 (2)	
2:53:29 (2)	2:58:49 (2)	3:09:03 (2)	3:14:40 (2)	3:21:40 (2)	3:32:32 (2)	3:40:35 (2)	4:20:35 (3)	4:20:35 (3)		
6:32/72	5:20/75	10:14/144	5:37/145	7:00/146	10:52/147	8:03/100				
+0:00 (1)	+0:00 (1)	+2:20 (3)	+1:06 (2)	+2:26 (2)	+5:57 (4)	+2:12 (3)	+32:04 (2)	+0:00 (1)		
4	Arne Kristian Nordhei						Bodø og Omegn IF		(17,19min/km)	5:09:30 (+1:09:15)
2:17 (4)	19:36 (4)	23:01 (4)	35:01 (4)	44:55 (4)	1:02:04 (4)	1:05:41 (4)	1:10:36 (4)	1:14:39 (4)	1:18:17 (4)	
2:17/101	17:19/102	3:25/103	12:00/104	9:54/105	17:09/120	3:37/78	4:55/76	4:03/120	3:38/79	
+0:23 (4)	+4:36 (4)	+0:52 (4)	+4:59 (4)	+3:56 (4)	+5:41 (4)	+0:33 (2)	+1:54 (4)	+1:12 (4)	+0:35 (3)	

1:21:27 (4)	1:28:56 (4)	1:54:03 (4)	2:00:14 (4)	2:18:55 (4)	2:24:50 (4)	2:30:53 (4)	2:40:22 (4)	3:06:28 (4)	3:22:44 (4)
3:10/80	7:29/120	25:07/81	6:11/138	18:41/140	5:55/143	6:03/141	9:29/140	26:06/105	16:16/70
+1:17 (4)	+3:49 (4)	+4:55 (3)	+0:33 (2)	+15:00 (4)	+1:42 (3)	+2:29 (3)	+5:25 (4)	+22:37 (4)	+11:01 (4)
3:33:23 (4)	3:41:00 (4)	3:53:49 (4)	4:01:09 (4)	4:09:13 (4)	4:18:45 (4)	4:29:30 (4)	5:09:30 (4)	5:09:30 (4)	
10:39/72	7:37/75	12:49/144	7:20/145	8:04/146	9:32/147	10:45/100			
+4:07 (3)	+2:17 (3)	+4:55 (4)	+2:49 (4)	+3:30 (3)	+4:37 (3)	+4:54 (4)	+32:04 (2)	+0:00 (1)	

Klasse H21- 18,0 km

3 påmeldt, 3 startende 1 premiært

1	Carl Henrik Bjørseth		Bodø og Omegn IF		(10,54min/km)		3:09:47		
1:16 (1)	11:28 (1)	13:17 (1)	18:40 (1)	23:40 (1)	31:40 (1)	33:37 (1)	36:05 (1)	38:15 (1)	40:31 (1)
1:16/101	10:12/102	1:49/103	5:23/104	5:00/105	8:00/120	1:57/78	2:28/76	2:10/120	2:16/80
+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)	+0:22 (2)
42:10 (1)	44:38 (1)	55:45 (1)	1:06:11 (1)	1:08:43 (1)	1:23:25 (1)	1:35:27 (1)	1:38:43 (1)	1:42:00 (1)	1:49:45 (1)
1:39/79	2:28/120	11:07/81	10:26/135	2:32/136	14:42/138	12:02/140	3:16/143	3:17/141	7:45/140
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:17 (2)	+2:47 (3)
2:26:10 (1)	2:32:44 (1)	2:38:04 (1)	2:46:23 (1)	2:50:50 (1)	2:55:46 (1)	3:02:07 (1)	3:09:47 (1)	3:09:47 (1)	
36:25/70	6:34/72	5:20/75	8:19/144	4:27/145	4:56/146	6:21/147	7:40/100		
+17:29 (3)	+0:00 (1)	+0:00 (1)	+3:31 (3)	+0:00 (1)	+0:16 (2)	+1:03 (2)	+1:27 (2)	+0:00 (1)	
2	Håvard Berg		Tverlandet IL		(11,46min/km)		3:26:20	(+16:33)	
1:50 (3)	15:13 (3)	17:32 (2)	24:49 (2)	32:23 (3)	42:25 (2)	45:04 (2)	48:01 (2)	50:37 (2)	53:36 (2)
1:50/101	13:23/102	2:19/103	7:17/104	7:34/105	10:02/120	2:39/78	2:57/76	2:36/120	2:59/80
+0:34 (3)	+3:11 (3)	+0:30 (2)	+1:54 (2)	+2:34 (3)	+2:02 (2)	+0:42 (2)	+0:29 (2)	+0:26 (2)	+1:05 (3)
55:34 (2)	58:44 (2)	1:13:34 (2)	1:29:28 (2)	1:32:46 (2)	1:49:55 (2)	2:02:26 (2)	2:05:58 (2)	2:08:58 (2)	2:13:56 (2)
1:58/79	3:10/120	14:50/81	15:54/135	3:18/136	17:09/138	12:31/140	3:32/141	3:00/143	4:58/140
+0:19 (3)	+0:42 (2)	+3:43 (2)	+5:28 (2)	+0:46 (3)	+2:27 (3)	+0:29 (3)	+0:16 (2)	+0:00 (1)	+0:00 (1)
2:32:52 (2)	2:43:30 (2)	2:49:04 (2)	2:53:52 (2)	3:03:08 (2)	3:07:48 (2)	3:13:06 (2)	3:19:19 (2)	3:26:20 (2)	
18:56/105	10:38/70	5:34/72	4:48/75	9:16/144	4:40/145	5:18/146	6:13/147	7:01/100	
+0:00 (1)	+4:04 (2)	+0:14 (2)	+0:00 (1)	+4:49 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
3	Erik Hegbom		Bodø og Omegn IF		(12,63min/km)		3:47:16	(+37:29)	
1:49 (2)	15:09 (2)	17:38 (3)	25:37 (3)	32:19 (2)	42:46 (3)	47:01 (3)	50:41 (3)	55:20 (3)	57:14 (3)
1:49/101	13:20/102	2:29/103	7:59/104	6:42/105	10:27/120	4:15/78	3:40/76	4:39/120	1:54/79
+0:33 (2)	+3:08 (2)	+0:40 (3)	+2:36 (3)	+1:42 (2)	+2:27 (3)	+2:18 (3)	+1:12 (3)	+2:29 (3)	+0:00 (1)
59:10 (3)	1:02:44 (3)	1:19:04 (3)	1:38:15 (3)	1:41:20 (3)	1:57:54 (3)	2:10:17 (3)	2:14:17 (3)	2:17:46 (3)	2:23:07 (3)
1:56/80	3:34/120	16:20/81	19:11/135	3:05/136	16:34/138	12:23/140	4:00/141	3:29/143	5:21/140
+0:17 (2)	+1:06 (3)	+5:13 (3)	+8:45 (3)	+0:33 (2)	+1:52 (2)	+0:21 (2)	+0:44 (3)	+0:29 (3)	+0:23 (2)
2:42:40 (3)	2:54:48 (3)	3:01:38 (3)	3:07:39 (3)	3:17:54 (3)	3:23:26 (3)	3:31:06 (3)	3:39:29 (3)	3:47:16 (3)	
19:33/105	12:08/70	6:50/72	6:01/75	10:15/144	5:32/145	7:40/146	8:23/147	7:47/100	
+0:37 (2)	+5:34 (3)	+1:30 (3)	+1:13 (2)	+5:48 (3)	+0:52 (3)	+2:22 (3)	+2:10 (3)	+0:46 (2)	

Klasse Trim 8 km 8,0 km

1 påmeldt, 1 startende 1 premiært

	Torbjørn Høslø Olsen		Bodø og Omegn IF		(15,83min/km)		2:06:36		
2:05 (1)	17:46 (1)	21:14 (1)	35:23 (1)	42:58 (1)	59:19 (1)	1:01:40 (1)	1:05:09 (1)	1:08:36 (1)	1:15:55 (1)
2:05/101	15:41/102	3:28/103	14:09/104	7:35/105	16:21/120	2:21/76	3:29/78	3:27/120	7:19/72
+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)	+0:00 (1)
1:21:04 (1)	1:38:26 (1)	1:45:04 (1)	1:50:50 (1)	1:58:48 (1)	2:06:36 (1)				
5:09/75	17:22/144	6:38/145	5:46/146	7:58/147	7:48/100				
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)				