

Resultater fra Saltenkarusell 3 26.05.2009

Det var totalt 72 deltagere.

Klasse 6km

8 påmeldt, 8 startende

1	Arild Hegreberg		B&OI				(7,41min/km)		44:28	
	1:34 (2)	3:05 (2)	6:21 (2)	13:14 (2)	15:00 (2)	16:51 (2)	22:29 (2)	24:39 (2)	26:36 (2)	30:43 (2)
	1:34/116	1:31/111	3:16/122	6:53/112	1:46/123	1:51/124	5:38/115	2:10/125	1:57/113	4:07/33
	+0:00 (1)	+0:05 (2)	+0:57 (4)	+0:00 (1)	+0:00 (1)	+0:10 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	35:39 (2)	37:34 (2)	39:18 (2)	40:30 (2)	43:50 (2)	44:28 (2)				
	4:56/36	1:55/31	1:44/42	1:12/109	3:20/114	0:38/150				
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:11 (7)				
2	Lars Reitan		B&OI				(8,67min/km)		52:00 (+7:32)	
	3:43 (6)	5:09 (5)	8:24 (5)	15:45 (4)	17:33 (4)	19:57 (4)	25:42 (4)	27:56 (4)	30:07 (4)	34:29 (4)
	3:43/116	1:26/111	3:15/122	7:21/112	1:48/123	2:24/124	5:45/115	2:14/125	2:11/113	4:22/33
	+2:09 (5)	+0:00 (1)	+0:56 (3)	+0:28 (3)	+0:02 (2)	+0:43 (5)	+0:07 (2)	+0:04 (2)	+0:14 (2)	+0:15 (2)
	40:51 (4)	43:25 (4)	45:11 (4)	47:59 (3)	51:28 (3)	52:00 (3)				
	6:22/36	2:34/31	1:46/42	2:48/109	3:29/114	0:32/150				
	+1:26 (3)	+0:39 (4)	+0:02 (2)	+1:36 (4)	+0:09 (2)	+0:05 (2)				
3	Håvard Irgens		B&OI				(9,07min/km)		54:26 (+9:58)	
	2:51 (4)	4:50 (4)	7:09 (3)	14:17 (3)	16:27 (3)	18:08 (3)	24:14 (3)	26:28 (3)	28:47 (3)	33:57 (3)
	2:51/116	1:59/111	2:19/122	7:08/112	2:10/123	1:41/124	6:06/115	2:14/125	2:19/113	5:10/33
	+1:17 (3)	+0:33 (5)	+0:00 (1)	+0:15 (2)	+0:24 (3)	+0:00 (1)	+0:28 (4)	+0:04 (2)	+0:22 (3)	+1:03 (3)
	40:06 (3)	42:05 (3)	44:58 (3)	50:13 (4)	53:52 (4)	54:26 (4)				
	6:09/36	1:59/31	2:53/42	5:15/109	3:39/114	0:34/150				
	+1:13 (2)	+0:04 (2)	+1:09 (5)	+4:03 (6)	+0:19 (3)	+0:07 (4)				
4	Erik Hegbom		B&OI				(10,11min/km)		1:00:39 (+16:11)	
	2:04 (3)	4:00 (3)	7:10 (4)	16:13 (5)	18:43 (5)	21:30 (6)	27:32 (5)	30:12 (5)	32:36 (5)	37:53 (5)
	2:04/116	1:56/111	3:10/122	9:03/112	2:30/123	2:47/124	6:02/115	2:40/125	2:24/113	5:17/33
	+0:30 (2)	+0:30 (4)	+0:51 (2)	+2:10 (6)	+0:44 (5)	+1:06 (7)	+0:24 (3)	+0:30 (5)	+0:27 (4)	+1:10 (4)
	44:18 (5)	46:36 (5)	48:46 (5)	56:21 (5)	1:00:04 (5)	1:00:39 (5)				
	6:25/36	2:18/31	2:10/42	7:35/109	3:43/114	0:35/150				
	+1:29 (4)	+0:23 (3)	+0:26 (3)	+6:23 (7)	+0:23 (4)	+0:08 (6)				
5	Håkon Hegreberg		B&OI				(10,74min/km)		1:04:27 (+19:59)	
	3:29 (5)	5:21 (6)	9:02 (6)	16:40 (6)	18:58 (6)	21:20 (5)	29:12 (6)	31:49 (6)	34:17 (6)	42:14 (6)
	3:29/116	1:52/111	3:41/122	7:38/112	2:18/123	2:22/124	7:52/115	2:37/125	2:28/113	7:57/33
	+1:55 (4)	+0:26 (3)	+1:22 (5)	+0:45 (4)	+0:32 (4)	+0:41 (4)	+2:14 (6)	+0:27 (4)	+0:31 (7)	+3:50 (7)
	49:20 (6)	53:07 (6)	57:20 (6)	59:26 (6)	1:04:00 (6)	1:04:27 (6)				
	7:06/36	3:47/31	4:13/42	2:06/109	4:34/114	0:27/150				
	+2:10 (7)	+1:52 (7)	+2:29 (7)	+0:54 (2)	+1:14 (7)	+0:00 (1)				
6	Heidi Mørkved		B&OI				(10,90min/km)		1:05:25 (+20:57)	
	4:23 (7)	7:15 (7)	11:03 (7)	19:06 (7)	22:01 (7)	24:28 (7)	34:17 (7)	37:14 (7)	39:41 (7)	45:14 (7)
	4:23/116	2:52/111	3:48/122	8:03/112	2:55/123	2:27/124	9:49/115	2:57/125	2:27/113	5:33/33
	+2:49 (6)	+1:26 (6)	+1:29 (6)	+1:10 (5)	+1:09 (7)	+0:46 (6)	+4:11 (7)	+0:47 (6)	+0:30 (6)	+1:26 (5)
	52:13 (7)	55:24 (7)	58:08 (7)	1:00:54 (7)	1:04:52 (7)	1:05:25 (7)				
	6:59/36	3:11/31	2:44/42	2:46/109	3:58/114	0:33/150				
	+2:03 (6)	+1:16 (5)	+1:00 (4)	+1:34 (3)	+0:38 (5)	+0:06 (3)				
7	Jakob Kalvig Skogan		B&OI				(12,36min/km)		1:14:10 (+29:42)	
	9:46 (8)	12:48 (8)	17:12 (8)	27:41 (8)	30:29 (8)	32:47 (8)	40:12 (8)	43:17 (8)	45:43 (8)	52:29 (8)
	9:46/116	3:02/111	4:24/122	10:29/112	2:48/123	2:18/124	7:25/115	3:05/125	2:26/113	6:46/33
	+8:12 (7)	+1:36 (7)	+2:05 (7)	+3:36 (7)	+1:02 (6)	+0:37 (3)	+1:47 (5)	+0:55 (7)	+0:29 (5)	+2:39 (6)
	59:04 (8)	1:02:50 (8)	1:06:21 (8)	1:09:23 (8)	1:13:36 (8)	1:14:10 (8)				
	6:35/36	3:46/31	3:31/42	3:02/109	4:13/114	0:34/150				
	+1:39 (5)	+1:51 (6)	+1:47 (6)	+1:50 (5)	+0:53 (6)	+0:07 (4)				
8	Erland Kvisle		Asker				(12,50min/km)		1:15:00 (+30:32)	
	(1)	(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)	+0:00 (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)

Klasse 4km

25 påmeldt, 25 startende

1	Per Rekkedal		B&OI		(11,12min/km)		44:29			
	2:45 (6)	4:48 (4)	8:10 (3)	17:02 (3)	19:08 (3)	21:28 (3)	28:20 (1)	31:03 (1)	33:39 (1)	39:06 (2)
	2:45/116	2:03/111	3:22/122	8:52/112	2:06/123	2:20/124	6:52/115	2:43/125	2:36/113	5:27/33
	+0:28 (6)	+0:10 (3)	+0:27 (4)	+1:00 (4)	+0:03 (3)	+0:04 (2)	+0:00 (1)	+0:00 (1)	+0:18 (4)	+0:27 (4)
	43:15 (1)	44:29 (1)	44:29 (1)							
	4:09/119	1:14/150								
	+0:36 (4)	+0:22 (4)	+0:00 (1)							
2	Marit Johnsen		B&OI		(11,45min/km)		45:48		(+1:19)	
	2:32 (2)	4:45 (3)	7:46 (2)	16:08 (1)	18:42 (1)	21:17 (2)	29:28 (3)	33:16 (3)	35:49 (3)	40:59 (3)
	2:32/116	2:13/111	3:01/122	8:22/112	2:34/123	2:35/124	8:11/115	3:48/125	2:33/113	5:10/33
	+0:15 (2)	+0:20 (5)	+0:06 (2)	+0:30 (2)	+0:31 (8)	+0:19 (7)	+1:19 (6)	+1:05 (14)	+0:15 (3)	+0:10 (2)
	44:32 (2)	45:48 (2)	45:48 (2)							
	3:33/119	1:16/150								
	+0:00 (1)	+0:24 (5)	+0:00 (1)							
3	Eva Lill Kvisle		Asker		(11,52min/km)		46:04		(+1:35)	
	3:25 (9)	5:41 (8)	8:51 (5)	16:43 (2)	18:59 (2)	21:15 (1)	28:48 (2)	31:32 (2)	33:50 (2)	38:50 (1)
	3:25/116	2:16/111	3:10/122	7:52/112	2:16/123	2:16/124	7:33/115	2:44/125	2:18/113	5:00/33
	+1:08 (9)	+0:23 (7)	+0:15 (3)	+0:00 (1)	+0:13 (5)	+0:00 (1)	+0:41 (4)	+0:01 (2)	+0:00 (1)	+0:00 (1)
	44:41 (3)	46:04 (3)	46:04 (3)							
	5:51/119	1:23/150								
	+2:18 (12)	+0:31 (8)	+0:00 (1)							
4	Aviaja Kleist		B&OI		(12,03min/km)		48:08		(+3:39)	
	3:49 (12)	6:11 (9)	9:35 (9)	18:21 (6)	20:29 (6)	23:10 (6)	30:37 (4)	33:39 (4)	36:03 (4)	42:05 (4)
	3:49/116	2:22/111	3:24/122	8:46/112	2:08/123	2:41/124	7:27/115	3:02/125	2:24/113	6:02/33
	+1:32 (12)	+0:29 (8)	+0:29 (5)	+0:54 (3)	+0:05 (4)	+0:25 (10)	+0:35 (3)	+0:19 (5)	+0:06 (2)	+1:02 (8)
	46:29 (4)	48:08 (4)	48:08 (4)							
	4:24/119	1:39/150								
	+0:51 (7)	+0:47 (14)	+0:00 (1)							
5	Morten Tjønndal		B&OI		(12,12min/km)		48:28		(+3:59)	
	2:17 (1)	4:42 (1)	7:37 (1)	17:37 (4)	20:11 (5)	23:03 (5)	31:18 (6)	34:59 (7)	37:44 (7)	43:11 (6)
	2:17/116	2:25/111	2:55/122	10:00/112	2:34/123	2:52/124	8:15/115	3:41/125	2:45/113	5:27/33
	+0:00 (1)	+0:32 (9)	+0:00 (1)	+2:08 (9)	+0:31 (8)	+0:36 (13)	+1:23 (7)	+0:58 (11)	+0:27 (5)	+0:27 (4)
	47:02 (5)	48:28 (5)	48:28 (5)							
	3:51/119	1:26/150								
	+0:18 (2)	+0:34 (10)	+0:00 (1)							
6	Tore Jakola		B&OI		(12,39min/km)		49:33		(+5:04)	
	3:02 (7)	5:15 (5)	8:54 (7)	19:30 (9)	22:04 (9)	24:40 (9)	31:59 (8)	35:11 (8)	38:08 (8)	44:17 (8)
	3:02/116	2:13/111	3:39/122	10:36/112	2:34/123	2:36/124	7:19/115	3:12/125	2:57/113	6:09/33
	+0:45 (7)	+0:20 (5)	+0:44 (10)	+2:44 (12)	+0:31 (8)	+0:20 (8)	+0:27 (2)	+0:29 (8)	+0:39 (9)	+1:09 (11)
	48:08 (6)	49:33 (6)	49:33 (6)							
	3:51/119	1:25/150								
	+0:18 (2)	+0:33 (9)	+0:00 (1)							
7	Anders Kure		B&OI		(13,00min/km)		52:00		(+7:31)	
	2:36 (3)	4:44 (2)	8:10 (3)	18:37 (7)	20:53 (7)	23:37 (8)	31:14 (5)	34:18 (6)	37:25 (6)	44:02 (7)
	2:36/116	2:08/111	3:26/122	10:27/112	2:16/123	2:44/124	7:37/115	3:04/125	3:07/113	6:37/33
	+0:19 (3)	+0:15 (4)	+0:31 (6)	+2:35 (11)	+0:13 (5)	+0:28 (11)	+0:45 (5)	+0:21 (6)	+0:49 (11)	+1:37 (12)
	50:40 (7)	52:00 (7)	52:00 (7)							
	6:38/119	1:20/150								
	+3:05 (14)	+0:28 (6)	+0:00 (1)							
8	Arne Kr. Nordhei		B&OI		(13,22min/km)		52:52		(+8:23)	
	2:38 (5)	7:17 (12)	10:50 (12)	20:13 (11)	23:50 (11)	26:28 (10)	35:00 (10)	38:18 (10)	41:27 (10)	47:16 (10)
	2:38/116	4:39/111	3:33/122	9:23/112	3:37/123	2:38/124	8:32/115	3:18/125	3:09/113	5:49/33
	+0:21 (5)	+2:46 (19)	+0:38 (7)	+1:31 (7)	+1:34 (18)	+0:22 (9)	+1:40 (8)	+0:35 (9)	+0:51 (12)	+0:49 (7)
	51:25 (8)	52:52 (8)	52:52 (8)							

4:09/119	1:27/150									
+0:36 (4)	+0:35 (11)	+0:00 (1)								
9 Fredrik Kristiansen			B&OI		(13,55min/km)		54:13	(+9:44)		
3:24 (8)	5:17 (6)	8:53 (6)	17:48 (5)	19:51 (4)	22:18 (4)	31:18 (6)	34:14 (5)	37:02 (5)	43:06 (5)	
3:24/116	1:53/111	3:36/122	8:55/112	2:03/123	2:27/124	9:00/115	2:56/125	2:48/113	6:04/33	
+1:07 (8)	+0:00 (1)	+0:41 (8)	+1:03 (5)	+0:00 (1)	+0:11 (4)	+2:08 (11)	+0:13 (3)	+0:30 (6)	+1:04 (10)	
52:52 (9)	54:13 (9)	54:13 (9)								
9:46/119	1:21/150									
+6:13 (18)	+0:29 (7)	+0:00 (1)								
10 Anders Stensland			B&OI		(13,84min/km)		55:22	(+10:53)		
4:20 (13)	6:18 (10)	9:56 (10)	18:51 (8)	20:56 (8)	23:29 (7)	32:27 (9)	35:24 (9)	38:15 (9)	44:17 (8)	
4:20/116	1:58/111	3:38/122	8:55/112	2:05/123	2:33/124	8:58/115	2:57/125	2:51/113	6:02/33	
+2:03 (13)	+0:05 (2)	+0:43 (9)	+1:03 (5)	+0:02 (2)	+0:17 (5)	+2:06 (10)	+0:14 (4)	+0:33 (7)	+1:02 (8)	
54:12 (10)	55:22 (10)	55:22 (10)								
9:55/119	1:10/150									
+6:22 (19)	+0:18 (3)	+0:00 (1)								
11 Bjørnar Hegreberg			B&OI		(14,98min/km)		59:56	(+15:27)		
2:36 (3)	5:19 (7)	9:06 (8)	19:51 (10)	22:50 (10)	26:34 (11)	36:57 (11)	42:09 (11)	45:25 (11)	52:22 (11)	
2:36/116	2:43/111	3:47/122	10:45/112	2:59/123	3:44/124	10:23/115	5:12/125	3:16/113	6:57/33	
+0:19 (3)	+0:50 (11)	+0:52 (11)	+2:53 (13)	+0:56 (14)	+1:28 (17)	+3:31 (16)	+2:29 (17)	+0:58 (14)	+1:57 (13)	
58:27 (11)	59:56 (11)	59:56 (11)								
6:05/119	1:29/150									
+2:32 (13)	+0:37 (12)	+0:00 (1)								
12 Dag Skogan			B&OI		(15,22min/km)		1:00:52	(+16:23)		
3:40 (11)	8:03 (14)	12:26 (14)	24:58 (14)	28:00 (14)	30:49 (12)	39:55 (12)	43:40 (12)	46:39 (12)	54:00 (12)	
3:40/116	4:23/111	4:23/122	12:32/112	3:02/123	2:49/124	9:06/115	3:45/125	2:59/113	7:21/33	
+1:23 (11)	+2:30 (17)	+1:28 (13)	+4:40 (16)	+0:59 (15)	+0:33 (12)	+2:14 (12)	+1:02 (13)	+0:41 (10)	+2:21 (14)	
59:12 (12)	1:00:52 (12)	1:00:52 (12)								
5:12/119	1:40/150									
+1:39 (9)	+0:48 (15)	+0:00 (1)								
13 Tormod Skålvik			B&OI		(15,36min/km)		1:01:27	(+16:58)		
9:10 (16)	11:58 (16)	17:00 (16)	27:02 (15)	29:29 (15)	34:54 (15)	44:49 (15)	47:55 (14)	50:47 (13)	56:12 (13)	
9:10/116	2:48/111	5:02/122	10:02/112	2:27/123	5:25/124	9:55/115	3:06/125	2:52/113	5:25/33	
+6:53 (16)	+0:55 (12)	+2:07 (16)	+2:10 (10)	+0:24 (7)	+3:09 (18)	+3:03 (14)	+0:23 (7)	+0:34 (8)	+0:25 (3)	
1:00:35 (13)	1:01:27 (13)	1:01:27 (13)								
4:23/119	0:52/150									
+0:50 (6)	+0:00 (1)	+0:00 (1)								
14 Elin Irgens			B&OI		(16,98min/km)		1:07:56	(+23:27)		
3:26 (10)	6:28 (11)	10:44 (11)	24:26 (13)	27:42 (13)	31:00 (13)	42:03 (13)	46:57 (13)	52:48 (15)	1:00:52 (14)	
3:26/116	3:02/111	4:16/122	13:42/112	3:16/123	3:18/124	11:03/115	4:54/125	5:51/113	8:04/33	
+1:09 (10)	+1:09 (13)	+1:21 (12)	+5:50 (18)	+1:13 (16)	+1:02 (15)	+4:11 (17)	+2:11 (16)	+3:33 (19)	+3:04 (16)	
1:06:15 (14)	1:07:56 (14)	1:07:56 (14)								
5:23/119	1:41/150									
+1:50 (10)	+0:49 (16)	+0:00 (1)								
15 Tore Tveraabak.			B&OI		(17,42min/km)		1:09:41	(+25:12)		
11:00 (18)	13:39 (17)	21:10 (18)	33:54 (19)	36:34 (18)	39:08 (18)	49:04 (18)	52:47 (16)	57:19 (16)	1:03:00 (16)	
11:00/116	2:39/111	7:31/122	12:44/112	2:40/123	2:34/124	9:56/115	3:43/125	4:32/113	5:41/33	
+8:43 (18)	+0:46 (10)	+4:36 (19)	+4:52 (17)	+0:37 (11)	+0:18 (6)	+3:04 (15)	+1:00 (12)	+2:14 (17)	+0:41 (6)	
1:08:36 (15)	1:09:41 (15)	1:09:41 (15)								
5:36/119	1:05/150									
+2:03 (11)	+0:13 (2)	+0:00 (1)								
16 Morten Selnes			B&OI		(17,82min/km)		1:11:17	(+26:48)		
10:47 (17)	14:28 (18)	20:30 (17)	30:06 (17)	33:00 (17)	36:21 (17)	45:59 (16)	49:31 (15)	52:43 (14)	1:01:29 (15)	
10:47/116	3:41/111	6:02/122	9:36/112	2:54/123	3:21/124	9:38/115	3:32/125	3:12/113	8:46/33	
+8:30 (17)	+1:48 (16)	+3:07 (18)	+1:44 (8)	+0:51 (13)	+1:05 (16)	+2:46 (13)	+0:49 (10)	+0:54 (13)	+3:46 (18)	
1:08:56 (16)	1:11:17 (16)	1:11:17 (16)								
7:27/119	2:21/150									
+3:54 (15)	+1:29 (19)	+0:00 (1)								
17 Reidar Andersen			B&OI		(18,50min/km)		1:14:01	(+29:32)		
6:08 (15)	9:26 (15)	14:08 (15)	29:40 (16)	32:24 (16)	34:44 (14)	43:22 (14)	54:52 (18)	58:46 (18)	1:07:16 (17)	

6:08/116 3:18/111 4:42/122 15:32/112 2:44/123 2:20/124 8:38/115 11:30/125 3:54/113 8:30/33
 +3:51 (15) +1:25 (15) +1:47 (15) +7:40 (19) +0:41 (12) +0:04 (2) +1:46 (9) +8:47 (19) +1:36 (15) +3:30 (17)
 1:12:11 (17) 1:14:01 (17) 1:14:01 (17)
 4:55/119 1:50/150
 +1:22 (8) +0:58 (17) +0:00 (1)

18 Mathilde Johansen **B&OI** **(19,34min/km)** **1:17:21 (+32:52)**
 4:25 (14) 7:30 (13) 11:57 (13) 22:53 (12) 26:25 (12) 35:54 (16) 48:02 (17) 54:19 (17) 58:14 (17) 1:07:26 (18)
 4:25/116 3:05/111 4:27/122 10:56/112 3:32/123 9:29/124 12:08/115 6:17/125 3:55/113 9:12/33
 +2:08 (14) +1:12 (14) +1:32 (14) +3:04 (14) +1:29 (17) +7:13 (19) +5:16 (19) +3:34 (18) +1:37 (16) +4:12 (19)
 1:15:49 (18) 1:17:21 (18) 1:17:21 (18)
 8:23/119 1:32/150
 +4:50 (16) +0:40 (13) +0:00 (1)

19 Odd Ivar Søvik **B&OI** **(20,20min/km)** **1:20:47 (+36:18)**
 11:31 (19) 16:08 (19) 21:18 (19) 33:44 (18) 37:39 (19) 40:50 (19) 51:55 (19) 56:19 (19) 1:01:21 (19) 1:09:14 (19)
 11:31/116 4:37/111 5:10/122 12:26/112 3:55/123 3:11/124 11:05/115 4:24/125 5:02/113 7:53/33
 +9:14 (19) +2:44 (18) +2:15 (17) +4:34 (15) +1:52 (19) +0:55 (14) +4:13 (18) +1:41 (15) +2:44 (18) +2:53 (15)
 1:18:38 (19) 1:20:47 (19) 1:20:47 (19)
 9:24/119 2:09/150
 +5:51 (17) +1:17 (18) +0:00 (1)

Kenneth Viken **Forsvaret** **(11,42min/km)** **Disk (+1:12)**
 1:48 (1) 4:23 (1) 7:48 (3) 16:27 (2) 18:30 (1) 20:54 (1) 28:37 (2) 34:22 (7) 39:50 (10) 44:29 (10)
 1:48/116 2:35/111 3:25/122 8:39/112 2:03/123 2:24/124 7:43/115 5:45/113 5:28/33 4:39/119
 +0:00 (1) +0:42 (10) +0:30 (6) +0:47 (3) +0:00 (1) +0:08 (4) +0:51 (6) +3:02 (18) +3:10 (19) +0:00 (1)
 45:41 (4) 45:41 (2) 45:41 (2)
 1:12/150
 +0:00 (1) +0:00 (1) +0:00 (1)

Marit Elveos **Innstranda IL** **(17,55min/km)** **Disk (+25:43)**
 9:37 (17) 14:22 (18) 18:26 (17) 28:23 (16) 31:00 (16) 38:20 (18) 46:51 (17) 50:18 (16) 56:47 (16) 57:36 (14)
 9:37/116 4:45/111 4:04/122 9:57/112 2:37/123 7:20/124 8:31/115 3:27/125 6:29/58 0:49/33
 +7:20 (17) +2:52 (20) +1:09 (12) +2:05 (9) +0:34 (11) +5:04 (19) +1:39 (8) +0:44 (10) +4:11 (20) +0:00 (1)
 1:08:28 (15) 1:10:12 (16) 1:10:12 (16)
 10:52/119 1:44/150
 +7:19 (20) +0:52 (17) +0:00 (1)

Jarand Gjestland **Ukjent** **(19,12min/km)** **Disk (+31:59)**
 2:34 (3) 5:51 (9) 10:09 (11) 27:11 (16) 29:52 (16) 32:38 (14) 49:20 (19) 56:04 (19) 58:57 (19) 1:09:16 (20)
 2:34/116 3:17/111 4:18/122 17:02/112 2:41/123 2:46/124 16:42/115 6:44/113 2:53/125 10:19/33
 +0:17 (3) +1:24 (15) +1:23 (13) +9:10 (20) +0:38 (12) +0:30 (12) +9:50 (20) +4:01 (19) +0:35 (9) +5:19 (20)
 1:16:28 (19) 1:16:28 (18) 1:16:28 (18)
 7:12/119
 +3:39 (15) +0:00 (1) +0:00 (1)

Vegard Kvisle **Asker** **(21,93min/km)** **Disk (+43:13)**
 4:41 (15) 8:05 (15) 14:08 (15) 24:06 (13) 27:18 (13) 30:28 (12) 33:08 (10) 35:30 (10) 52:43 (15) 56:33 (14)
 4:41/116 3:24/111 6:03/122 9:58/124 3:12/123 3:10/112 2:40/123 2:22/124 17:13/115 3:50/125
 +2:24 (15) +1:31 (16) +3:08 (19) +2:06 (9) +1:09 (16) +0:54 (14) +0:00 (1) +0:00 (1) +14:55 (20) +0:00 (1)
 1:02:46 (14) 1:14:02 (18) 1:27:42 (20)
 6:13/113 11:16/33 13:40/150
 +2:40 (14) +10:24 (20) +13:40 (1)

Christian Søvik **B&OI** **(26,82min/km)** **Disk (+1:02:47)**
 6:15 (16) 9:52 (16) 18:09 (17) 35:41 (20) 40:18 (20) 46:47 (20) 1:08:02 (20) 1:12:50 (20) 1:47:16 (20) 1:47:16 (20)
 6:15/116 3:37/111 8:17/122 17:32/112 4:37/123 6:29/124 21:15/115 4:48/125 34:26/150
 +3:58 (16) +1:44 (16) +5:22 (20) +9:40 (20) +2:34 (20) +4:13 (19) +14:23 (20) +2:05 (16) +32:08 (20) +0:00 (1)
 1:47:16 (20) 1:47:16 (20) 1:47:16 (20)
 +0:00 (1) +0:00 (1) +0:00 (1)

Stian Amble **B&OI** **(26,84min/km)** **Disk (+1:02:53)**
 4:31 (15) 8:43 (15) 17:16 (17) 28:49 (16) 31:57 (16) 34:50 (15) 46:52 (17) 53:03 (17) 1:47:22 (20) 1:47:22 (20)
 4:31/116 4:12/111 8:33/122 11:33/112 3:08/123 2:53/124 12:02/115 6:11/125 54:19/150
 +2:14 (15) +2:19 (17) +5:38 (20) +3:41 (15) +1:05 (16) +0:37 (14) +5:10 (19) +3:28 (18) +52:01 (20) +0:00 (1)
 1:47:22 (20) 1:47:22 (20) 1:47:22 (20)

	+1:47 (6)	+2:30 (9)	+12:12 (15)	+2:54 (11)	+1:09 (9)	+1:40 (12)	+1:43 (11)	+1:44 (9)	+2:54 (10)	+0:22 (11)	
15	Jeanette Støvset		Skjerstad IL				(19,14min/km)		57:26	(+23:35)	
	6:12 (17)	12:25 (15)	32:30 (18)	37:50 (17)	41:13 (17)	44:56 (17)	47:40 (17)	49:51 (17)	56:29 (16)	57:26 (16)	
	6:12/111	6:13/122	20:05/119	5:20/36	3:23/31	3:43/42	2:44/117	2:11/109	6:38/114	0:57/150	
	+3:33 (15)	+3:25 (12)	+15:09 (16)	+1:44 (6)	+0:29 (6)	+1:23 (10)	+0:58 (9)	+0:49 (6)	+2:25 (8)	+0:20 (9)	
16	Corinna Lau		B&OI				(19,98min/km)		59:57	(+26:06)	
	5:01 (12)	14:41 (17)	29:14 (16)	35:12 (16)	38:16 (16)	41:41 (16)	44:12 (15)	49:01 (16)	58:55 (17)	59:57 (17)	
	5:01/111	9:40/122	14:33/119	5:58/36	3:04/31	3:25/42	2:31/117	4:49/109	9:54/114	1:02/150	
	+2:22 (10)	+6:52 (15)	+9:37 (14)	+2:22 (8)	+0:10 (3)	+1:05 (9)	+0:45 (6)	+3:27 (15)	+5:41 (15)	+0:25 (12)	
17	Per Ole Fosby		B&OI				(20,00min/km)		1:00:00	(+26:09)	
	(1)	(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)	+0:00 (1)	
18	Arnold Danielsen		B&OI				(33,89min/km)		1:41:40	(+1:07:49)	
	9:28 (18)	19:36 (18)	30:31 (17)	44:52 (18)	54:46 (18)	1:13:07 (18)	1:19:20 (18)	1:24:38 (18)	1:40:18 (18)	1:41:40 (18)	
	9:28/111	10:08/122	10:55/119	14:21/36	9:54/31	18:21/42	6:13/117	5:18/109	15:40/114	1:22/150	
	+6:49 (16)	+7:20 (16)	+5:59 (13)	+10:45 (16)	+7:00 (16)	+16:01 (16)	+4:27 (15)	+3:56 (16)	+11:27 (16)	+0:45 (16)	
	Anne Gunn Dreyer		B&OI				(0,00min/km)		Brutt		
	(1)	(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)	+0:00 (1)	
	Wenche Rekkedal		B&OI				(0,00min/km)		Brutt		
	(1)	(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)	+0:00 (1)	
	Frode Ikdahl		B&OI				(10,73min/km)		Brutt		
	4:54 (10)	10:54 (13)	15:58 (7)	21:23 (8)	26:26 (8)	28:51 (8)	32:12 (9)	32:12 (7)	32:12 (3)	32:12 (3)	
	4:54/111	6:00/122	5:04/119	5:25/36	5:03/31	2:25/42	3:21/117				
	+2:15 (8)	+3:12 (12)	+0:08 (3)	+1:49 (7)	+2:09 (13)	+0:05 (2)	+1:35 (11)	+0:00 (1)	+0:00 (1)	+0:00 (1)	

Klasse 2km

7 påmeldt, 7 startende

1	Erlend Elveos		B&OI				(13,73min/km)		27:28		
	3:03 (2)	5:50 (1)	11:53 (1)	16:09 (1)	20:32 (1)	25:22 (1)	27:28 (1)				
	3:03/35	2:47/33	6:03/114	4:16/36	4:23/117	4:50/49	2:06/150				
	+0:22 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:19 (3)				
2	Simen Dreyer		B&OI				(18,45min/km)		36:54	(+9:26)	
	2:41 (1)	6:48 (2)	15:46 (2)	21:18 (2)	27:33 (2)	34:29 (2)	36:54 (2)				
	2:41/35	4:07/33	8:58/114	5:32/36	6:15/117	6:56/49	2:25/150				
	+0:00 (1)	+1:20 (2)	+2:55 (4)	+1:16 (2)	+1:52 (2)	+2:06 (2)	+0:38 (4)				
3	Eiril Texmo Limstarnd		B&OI				(20,43min/km)		40:51	(+13:23)	
	3:40 (3)	9:15 (3)	16:44 (3)	23:13 (3)	30:46 (3)	38:00 (3)	40:51 (3)				
	3:40/35	5:35/33	7:29/114	6:29/36	7:33/117	7:14/49	2:51/150				
	+0:59 (3)	+2:48 (6)	+1:26 (2)	+2:13 (4)	+3:10 (5)	+2:24 (3)	+1:04 (5)				
4	Espen Skiri		B&OI				(20,72min/km)		41:26	(+13:58)	
	5:41 (5)	9:51 (4)	18:40 (4)	24:58 (4)	31:38 (4)	39:33 (4)	41:26 (4)				
	5:41/35	4:10/33	8:49/114	6:18/36	6:40/117	7:55/49	1:53/150				
	+3:00 (5)	+1:23 (3)	+2:46 (3)	+2:02 (3)	+2:17 (4)	+3:05 (4)	+0:06 (2)				
5	Siv Byberg		B&OI				(25,25min/km)		50:30	(+23:02)	
	4:47 (4)	10:21 (5)	20:36 (5)	29:34 (6)	36:07 (5)	46:30 (5)	50:30 (5)				
	4:47/35	5:34/33	10:15/114	8:58/36	6:33/117	10:23/49	4:00/150				
	+2:06 (4)	+2:47 (5)	+4:12 (6)	+4:42 (7)	+2:10 (3)	+5:33 (6)	+2:13 (7)				
6	Anne Berit Vikhals		B&OI				(25,39min/km)		50:47	(+23:19)	
	5:53 (6)	10:45 (6)	22:06 (6)	28:55 (5)	38:14 (6)	47:25 (6)	50:47 (6)				
	5:53/35	4:52/33	11:21/114	6:49/36	9:19/117	9:11/49	3:22/150				
	+3:12 (6)	+2:05 (4)	+5:18 (7)	+2:33 (5)	+4:56 (6)	+4:21 (5)	+1:35 (6)				
7	Nora Marie Irgens		B&OI				(27,50min/km)		55:00	(+27:32)	
	7:34 (7)	14:12 (7)	24:25 (7)	31:53 (7)	41:14 (7)	53:13 (7)	55:00 (7)				
	7:34/35	6:38/33	10:13/114	7:28/36	9:21/117	11:59/49	1:47/150				

+4:53 (7) +3:51 (7) +4:10 (5) +3:12 (6) +4:58 (7) +7:09 (7) +0:00 (1)

Klasse N

11 påmeldt, 11 startende

Iselin Dreyer			B&OI			(15,76min/km)			23:38
0:54 (6)	3:14 (6)	4:46 (5)	8:50 (5)	12:32 (6)	15:18 (6)	16:19 (6)	19:43 (6)	23:38 (6)	
0:54/50	2:20/58	1:32/62	4:04/87	3:42/54	2:46/121	1:01/137	3:24/120	3:55/150	
+0:31 (6)	+1:05 (6)	+0:26 (5)	+1:23 (5)	+2:12 (7)	+1:37 (8)	+0:12 (4)	+1:53 (9)	+3:16 (11)	
Marte Elvestad			B&OI			(15,82min/km)			23:44
0:54 (6)	3:15 (7)	4:53 (6)	8:57 (6)	12:40 (7)	15:25 (7)	16:25 (7)	19:52 (7)	23:44 (7)	
0:54/50	2:21/58	1:38/62	4:04/87	3:43/54	2:45/121	1:00/137	3:27/120	3:52/150	
+0:31 (6)	+1:06 (7)	+0:32 (7)	+1:23 (5)	+2:13 (8)	+1:36 (7)	+0:11 (2)	+1:56 (10)	+3:13 (10)	
Amund Kleist Godal			B&OI			(8,38min/km)			12:34
0:23 (1)	1:43 (2)	2:54 (1)	5:40 (1)	7:42 (1)	8:51 (1)	9:40 (1)	11:46 (1)	12:34 (1)	
0:23/50	1:20/58	1:11/62	2:46/87	2:02/54	1:09/121	0:49/137	2:06/120	0:48/150	
+0:00 (1)	+0:05 (2)	+0:05 (3)	+0:05 (2)	+0:32 (2)	+0:00 (1)	+0:00 (1)	+0:35 (4)	+0:09 (2)	
Regine Grimstad			Ukjent			(12,26min/km)			18:23
0:45 (5)	2:07 (3)	3:13 (2)	7:31 (3)	10:40 (3)	13:13 (5)	14:43 (5)	17:15 (5)	18:23 (5)	
0:45/50	1:22/58	1:06/62	4:18/87	3:09/54	2:33/121	1:30/137	2:32/120	1:08/150	
+0:22 (5)	+0:07 (3)	+0:00 (1)	+1:37 (7)	+1:39 (4)	+1:24 (6)	+0:41 (7)	+1:01 (6)	+0:29 (4)	
Lena Ik Dahl			B&OI			(18,12min/km)			27:11
2:10 (11)	5:23 (11)	7:38 (10)	12:32 (10)	16:55 (10)	19:51 (10)	22:02 (10)	25:18 (10)	27:11 (10)	
2:10/50	3:13/58	2:15/62	4:54/87	4:23/54	2:56/121	2:11/137	3:16/120	1:53/150	
+1:47 (11)	+1:58 (10)	+1:09 (9)	+2:13 (9)	+2:53 (10)	+1:47 (9)	+1:22 (9)	+1:45 (8)	+1:14 (7)	
Rakel Vikhals Israelsen			B&OI			(11,52min/km)			17:17
0:42 (4)	2:44 (5)	4:25 (4)	7:49 (4)	10:47 (4)	12:21 (4)	14:11 (4)	16:04 (4)	17:17 (4)	
0:42/50	2:02/58	1:41/62	3:24/87	2:58/54	1:34/121	1:50/137	1:53/120	1:13/150	
+0:19 (4)	+0:47 (5)	+0:35 (8)	+0:43 (4)	+1:28 (3)	+0:25 (4)	+1:01 (8)	+0:22 (3)	+0:34 (5)	
Sjur Kvisle			Asker			(10,31min/km)			15:28
0:24 (2)	1:39 (1)	6:47 (9)	9:28 (7)	10:58 (5)	12:18 (3)	13:18 (3)	14:49 (3)	15:28 (3)	
0:24/50	1:15/58	5:08/62	2:41/87	1:30/54	1:20/121	1:00/137	1:31/120	0:39/150	
+0:01 (2)	+0:00 (1)	+4:02 (11)	+0:00 (1)	+0:00 (1)	+0:11 (2)	+0:11 (2)	+0:00 (1)	+0:00 (1)	
Sunniva Limstrand			B&OI orientering			(22,46min/km)			33:41
1:14 (9)	4:31 (10)	8:48 (11)	15:31 (11)	21:07 (11)	24:22 (11)	26:51 (11)	30:56 (11)	33:41 (11)	
1:14/50	3:17/58	4:17/62	6:43/87	5:36/54	3:15/121	2:29/137	4:05/120	2:45/150	
+0:51 (9)	+2:02 (11)	+3:11 (10)	+4:02 (11)	+4:06 (11)	+2:06 (10)	+1:40 (10)	+2:34 (11)	+2:06 (9)	
Viljar Paulsen Limstrand			B&OI			(16,38min/km)			24:34
1:32 (10)	4:05 (8)	5:26 (7)	10:45 (9)	14:38 (9)	18:23 (9)	19:50 (8)	22:10 (8)	24:34 (8)	
1:32/50	2:33/58	1:21/62	5:19/87	3:53/54	3:45/121	1:27/137	2:20/120	2:24/150	
+1:09 (10)	+1:18 (8)	+0:15 (4)	+2:38 (10)	+2:23 (9)	+2:36 (11)	+0:38 (6)	+0:49 (5)	+1:45 (8)	
Kaja Skiri			B&OI			(10,17min/km)			15:15
0:29 (3)	2:23 (4)	3:32 (3)	6:54 (2)	10:09 (2)	11:35 (2)	12:43 (2)	14:25 (2)	15:15 (2)	
0:29/50	1:54/58	1:09/62	3:22/87	3:15/54	1:26/121	1:08/137	1:42/120	0:50/150	
+0:06 (3)	+0:39 (4)	+0:03 (2)	+0:41 (3)	+1:45 (5)	+0:17 (3)	+0:19 (5)	+0:11 (2)	+0:11 (3)	
Anna Elisabeth Skålvik			B&OI			(16,66min/km)			24:59
1:01 (8)	4:11 (9)	5:44 (8)	10:37 (8)	14:03 (8)	16:15 (8)	20:28 (9)	23:12 (9)	24:59 (9)	
1:01/50	3:10/58	1:33/62	4:53/87	3:26/54	2:12/121	4:13/137	2:44/120	1:47/150	
+0:38 (8)	+1:55 (9)	+0:27 (6)	+2:12 (8)	+1:56 (6)	+1:03 (5)	+3:24 (11)	+1:13 (7)	+1:08 (6)	