

Resultater fra KM Ultralang 2010 12.06.2010

Det var totalt 107 startende.

Klasse N-åpen 2,1 km

9 påmeldt, 9 startende 3 premiert

Lene Johnsen Ikdahl	Bodø og Omegn IF
Hedda Sofie Wedege Irgens	Bodø og Omegn IF
Marianne Johansen	Bodø og Omegn IF
Øyvind Johansen	Bodø og Omegn IF
Sunniva Limstrand	Bodø og Omegn IF
Viljar Paulsen Limstrand	Bodø og Omegn IF
Anette Stien Schreiner	Mo O-Klubb
Ask Johan Fossheim Sjøvik	Olderskog IL
Ida Solli	Mo O-Klubb

Klasse D-10 2,1 km

4 påmeldt, 4 startende 2 premiert

Dina Hines			Herringen IL			<i>(17,27min/km)</i>		36:16
3:22 (4)	5:07 (3)	9:58 (4)	13:27 (4)	17:45 (4)	28:49 (4)	35:42 (4)	36:16 (4)	
3:22/44	1:45/46	4:51/47	3:29/48	4:18/49	11:04/51	6:53/150	0:34/249	
+1:56 (4)	+0:08 (2)	+1:01 (4)	+1:10 (4)	+3:35 (4)	+3:39 (4)	+4:07 (4)	+0:01 (2)	
Eli Kolstad			Mo O-Klubb			<i>(10,47min/km)</i>		21:59
1:45 (3)	3:22 (1)	7:42 (1)	10:19 (1)	11:07 (1)	18:32 (1)	21:20 (1)	21:59 (1)	
1:45/44	1:37/46	4:20/47	2:37/48	0:48/49	7:25/51	2:48/150	0:39/249	
+0:19 (3)	+0:00 (1)	+0:30 (3)	+0:18 (2)	+0:05 (2)	+0:00 (1)	+0:02 (2)	+0:06 (4)	
Benedicte Stien Schreiner			Mo O-Klubb			<i>(11,37min/km)</i>		23:53
1:26 (1)	5:48 (4)	9:38 (3)	11:57 (3)	12:40 (3)	20:32 (3)	23:18 (3)	23:53 (3)	
1:26/44	4:22/46	3:50/47	2:19/48	0:43/49	7:52/51	2:46/150	0:35/249	
+0:00 (1)	+2:45 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:27 (3)	+0:00 (1)	+0:02 (3)	
Kaja Samuelsen Skiri			Bodø og Omegn IF			<i>(10,94min/km)</i>		22:58
1:40 (2)	3:58 (2)	8:06 (2)	11:02 (2)	11:52 (2)	19:29 (2)	22:25 (2)	22:58 (2)	
1:40/44	2:18/46	4:08/47	2:56/48	0:50/49	7:37/51	2:56/150	0:33/249	
+0:14 (2)	+0:41 (3)	+0:18 (2)	+0:37 (3)	+0:07 (3)	+0:12 (2)	+0:10 (3)	+0:00 (1)	

Klasse H11-12 3,5 km

5 påmeldt, 5 startende 2 premiert

1	Amund Kleist Godal	Bodø og Omegn IF			<i>(8,31min/km)</i>		29:05	
	2:27 (3)	6:11 (3)	13:44 (4)	21:01 (3)	24:52 (1)	26:44 (1)	28:34 (1)	29:05 (1)
	2:27/32	3:44/35	7:33/40	7:17/49	3:51/50	1:52/52	1:50/150	0:31/249
	+0:15 (3)	+0:13 (4)	+0:59 (4)	+0:07 (2)	+0:00 (1)	+0:11 (3)	+0:04 (3)	+0:01 (2)
2	Espen Samuelsen Skiri	Bodø og Omegn IF			<i>(8,49min/km)</i>		29:42	(+0:37)
	2:15 (2)	5:46 (1)	12:55 (1)	20:05 (1)	25:44 (2)	27:25 (2)	29:11 (2)	29:42 (2)
	2:15/32	3:31/35	7:09/40	7:10/49	5:39/50	1:41/52	1:46/150	0:31/249
	+0:03 (2)	+0:00 (1)	+0:35 (2)	+0:00 (1)	+1:48 (3)	+0:00 (1)	+0:00 (1)	+0:01 (2)
3	Even-Johan Kaspersen	Mo O-Klubb			<i>(8,96min/km)</i>		31:21	(+2:16)
	2:47 (4)	6:28 (4)	13:02 (2)	22:31 (4)	26:58 (4)	28:52 (4)	30:38 (3)	31:21 (3)
	2:47/32	3:41/35	6:34/40	9:29/49	4:27/50	1:54/52	1:46/150	0:43/249
	+0:35 (4)	+0:10 (3)	+0:00 (1)	+2:19 (5)	+0:36 (2)	+0:13 (4)	+0:00 (1)	+0:13 (5)
4	Lars Solli	Mo O-Klubb			<i>(8,97min/km)</i>		31:23	(+2:18)
	2:12 (1)	5:50 (2)	13:19 (3)	20:36 (2)	26:47 (3)	28:31 (3)	30:53 (4)	31:23 (4)
	2:12/32	3:38/35	7:29/40	7:17/49	6:11/50	1:44/52	2:22/150	0:30/249
	+0:00 (1)	+0:07 (2)	+0:55 (3)	+0:07 (2)	+2:20 (4)	+0:03 (2)	+0:36 (4)	+0:00 (1)
5	Marius Ekrem Finstad	Bodø og Omegn IF			<i>(16,56min/km)</i>		57:58	(+28:53)
	3:45 (5)	8:09 (5)	35:10 (5)	43:36 (5)	52:17 (5)	54:48 (5)	57:27 (5)	57:58 (5)
	3:45/32	4:24/35	27:01/40	8:26/49	8:41/50	2:31/52	2:39/150	0:31/249
	+1:33 (5)	+0:53 (5)	+20:27 (5)	+1:16 (4)	+4:50 (5)	+0:50 (5)	+0:53 (5)	+0:01 (2)

Klasse D11-12 3,5 km

4 påmeldt, 3 startende 2 premiert

1	Amalie Rabliås Bustnes	Mo O-Klubb	(11,59min/km)	40:33						
	2:52 (2)	7:34 (2)	16:33 (1)	25:56 (1)	33:20 (1)	36:37 (1)	39:42 (1)	40:33 (1)		
	2:52/32	4:42/35	8:59/40	9:23/49	7:24/50	3:17/52	3:05/150	0:51/249		
	+0:15 (2)	+0:42 (3)	+0:00 (1)	+0:15 (2)	+1:14 (2)	+1:22 (3)	+1:21 (3)	+0:22 (3)		
2	Alexandra Rusakova	Leader Petrosavodsk Russland	(13,22min/km)	46:17	(+5:44)					
	9:39 (3)	14:07 (3)	23:08 (2)	32:16 (2)	40:01 (2)	43:11 (2)	45:37 (2)	46:17 (2)		
	9:39/32	4:28/35	9:01/40	9:08/49	7:45/50	3:10/52	2:26/150	0:40/249		
	+7:02 (3)	+0:28 (2)	+0:02 (2)	+0:00 (1)	+1:35 (3)	+1:15 (2)	+0:42 (2)	+0:11 (2)		
3	Lotte Eriksen Reitan	Bodø og Omegn IF	(17,86min/km)	1:02:31	(+21:58)					
	2:37 (1)	6:37 (1)	41:50 (3)	52:13 (3)	58:23 (3)	1:00:18 (3)	1:02:02 (3)	1:02:31 (3)		
	2:37/32	4:00/35	35:13/40	10:23/49	6:10/50	1:55/52	1:44/150	0:29/249		
	+0:00 (1)	+0:00 (1)	+26:14 (3)	+1:15 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)		

Klasse H13-14 4,5 km

8 påmeldt, 8 startende 3 premiert

1	Håvard Wedege Irgens	Bodø og Omegn IF	(6,64min/km)	29:52						
	2:14 (1)	5:56 (1)	9:54 (1)	13:28 (1)	18:17 (1)	23:27 (1)	26:59 (1)	28:07 (1)	29:25 (1)	29:52 (1)
	2:14/33	3:42/135	3:58/136	3:34/137	4:49/36	5:10/39	3:32/50	1:08/52	1:18/150	0:27/249
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:07 (2)	+0:00 (1)	+0:04 (2)	+0:02 (3)
2	Ask Kleist Godal	Bodø og Omegn IF	(7,59min/km)	34:08	(+4:16)					
	3:00 (2)	6:46 (2)	12:32 (2)	17:23 (2)	22:23 (2)	27:42 (2)	31:07 (2)	32:24 (2)	33:38 (2)	34:08 (2)
	3:00/33	3:46/135	5:46/136	4:51/137	5:00/36	5:19/39	3:25/50	1:17/52	1:14/150	0:30/249
	+0:46 (2)	+0:04 (2)	+1:48 (2)	+1:17 (2)	+0:11 (2)	+0:09 (2)	+0:00 (1)	+0:09 (2)	+0:00 (1)	+0:05 (4)
3	Ole-Kristian Kaspersen	Mo O-Klubb	(11,32min/km)	50:56	(+21:04)					
	4:19 (3)	9:59 (3)	16:34 (3)	22:40 (3)	32:27 (3)	41:28 (3)	47:01 (3)	48:29 (3)	50:25 (3)	50:56 (3)
	4:19/33	5:40/135	6:35/136	6:06/137	9:47/36	9:01/39	5:33/50	1:28/52	1:56/150	0:31/249
	+2:05 (3)	+1:58 (5)	+2:37 (4)	+2:32 (4)	+4:58 (3)	+3:51 (4)	+2:08 (7)	+0:20 (4)	+0:42 (7)	+0:06 (5)
4	Erlend Elveos Kjelstrup	Bodø og Omegn IF	(11,73min/km)	52:48	(+22:56)					
	6:29 (6)	11:58 (5)	18:12 (4)	24:31 (4)	34:33 (4)	43:31 (4)	48:57 (4)	50:24 (4)	52:23 (4)	52:48 (4)
	6:29/33	5:29/135	6:14/136	6:19/137	10:02/36	8:58/39	5:26/50	1:27/52	1:59/150	0:25/249
	+4:15 (6)	+1:47 (4)	+2:16 (3)	+2:45 (5)	+5:13 (4)	+3:48 (3)	+2:01 (5)	+0:19 (3)	+0:45 (8)	+0:00 (1)
5	Victor Kovalev	Leader Petrosavodsk Russland	(14,85min/km)	1:06:50	(+36:58)					
	12:56 (8)	18:07 (8)	26:10 (7)	31:49 (7)	43:04 (6)	58:00 (5)	1:03:30 (5)	1:05:06 (5)	1:06:24 (5)	1:06:50 (5)
	12:56/33	5:11/135	8:03/136	5:39/137	11:15/36	14:56/39	5:30/50	1:36/52	1:18/150	0:26/249
	+10:42 (8)	+1:29 (3)	+4:05 (5)	+2:05 (3)	+6:26 (5)	+9:46 (5)	+2:05 (6)	+0:28 (6)	+0:04 (2)	+0:01 (2)
6	Tuomas Tinus	Leader Petrosavodsk Russland	(16,60min/km)	1:14:42	(+44:50)					
	4:27 (4)	11:23 (4)	23:38 (5)	29:58 (5)	42:04 (5)	1:04:50 (6)	1:10:53 (6)	1:12:29 (6)	1:14:06 (6)	1:14:42 (6)
	4:27/33	6:56/135	12:15/136	6:20/137	12:06/36	22:46/39	6:03/50	1:36/52	1:37/150	0:36/249
	+2:13 (4)	+3:14 (7)	+8:17 (6)	+2:46 (6)	+7:17 (8)	+17:36 (6)	+2:38 (8)	+0:28 (6)	+0:23 (6)	+0:11 (8)
7	Alexey Milytin	Leader Petrosavodsk Russland	(16,95min/km)	1:16:16	(+46:24)					
	6:07 (5)	12:56 (6)	25:12 (6)	31:37 (6)	43:29 (7)	1:07:26 (7)	1:12:38 (7)	1:14:12 (7)	1:15:41 (7)	1:16:16 (7)
	6:07/33	6:49/135	12:16/136	6:25/137	11:52/36	23:57/39	5:12/50	1:34/52	1:29/150	0:35/249
	+3:53 (5)	+3:07 (6)	+8:18 (7)	+2:51 (8)	+7:03 (6)	+18:47 (8)	+1:47 (3)	+0:26 (5)	+0:15 (5)	+0:10 (7)
8	Nikita Leont	Leader Petrosavodsk Russland	(17,48min/km)	1:18:40	(+48:48)					
	7:13 (7)	15:27 (7)	27:44 (8)	34:08 (8)	46:06 (8)	1:09:53 (8)	1:15:07 (8)	1:16:46 (8)	1:18:07 (8)	1:18:40 (8)
	7:13/33	8:14/135	12:17/136	6:24/137	11:58/36	23:47/39	5:14/50	1:39/52	1:21/150	0:33/249
	+4:59 (7)	+4:32 (8)	+8:19 (8)	+2:50 (7)	+7:09 (7)	+18:37 (7)	+1:49 (4)	+0:31 (8)	+0:07 (4)	+0:08 (6)

Klasse D13-14 4,5 km

3 påmeldt, 3 startende 1 premiert

1	Oda Furuholmen	Bodø og Omegn IF	(13,44min/km)	1:00:30						
	4:30 (1)	9:33 (1)	18:01 (1)	23:32 (1)	34:00 (1)	50:39 (2)	55:54 (2)	58:02 (1)	59:54 (1)	1:00:30 (1)
	4:30/33	5:03/135	8:28/136	5:31/137	10:28/36	16:39/39	5:15/50	2:08/52	1:52/150	0:36/249
	+0:00 (1)	+0:00 (1)	+1:09 (2)	+0:00 (1)	+1:44 (3)	+6:14 (3)	+0:00 (1)	+0:32 (2)	+0:00 (1)	+0:06 (3)
2	Åshild Kolstad	Mo O-Klubb	(13,56min/km)	1:01:01	(+0:31)					
	4:33 (2)	12:02 (2)	19:21 (2)	25:24 (2)	34:43 (2)	51:19 (3)	56:59 (3)	58:35 (2)	1:00:28 (2)	1:01:01 (2)

4:33/33	7:29/135	7:19/136	6:03/137	9:19/36	16:36/39	5:40/50	1:36/52	1:53/150	0:33/249
+0:03 (2)	+2:26 (3)	+0:00 (1)	+0:32 (2)	+0:35 (2)	+6:11 (2)	+0:25 (2)	+0:00 (1)	+0:01 (2)	+0:03 (2)
3	Atalie Pedersen		Bjerkvik IF			(13,75min/km)		1:01:52	(+1:22)
5:57 (3)	13:06 (3)	22:39 (3)	30:01 (3)	38:45 (3)	49:10 (1)	55:18 (1)	59:05 (3)	1:01:22 (3)	1:01:52 (3)
5:57/33	7:09/135	9:33/136	7:22/137	8:44/36	10:25/39	6:08/50	3:47/52	2:17/150	0:30/249
+1:27 (3)	+2:06 (2)	+2:14 (3)	+1:51 (3)	+0:00 (1)	+0:00 (1)	+0:53 (3)	+2:11 (3)	+0:25 (3)	+0:00 (1)

Klasse H15-16 8,2 km

3 påmeldt, 3 startende 1 premiært

1	Denis Pugachev		Leader Petrosavodsk Russland		(13,01min/km)			1:46:39	
4:13 (2)	31:08 (1)	35:50 (1)	41:49 (1)	56:01 (2)	1:06:06 (2)	1:07:15 (2)	1:19:44 (1)	1:24:29 (1)	1:31:38 (1)
4:13/33	26:55/144	4:42/145	5:59/146	14:12/148	10:05/141	1:09/143	12:29/136	4:45/137	7:09/36
+0:30 (2)	+0:00 (1)	+2:35 (3)	+0:53 (2)	+6:44 (3)	+4:05 (3)	+0:03 (2)	+0:06 (2)	+0:00 (1)	+0:05 (2)
1:38:36 (1)	1:43:29 (1)	1:44:55 (1)	1:46:11 (1)	1:46:39 (1)					
6:58/39	4:53/50	1:26/52	1:16/150	0:28/249					
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:02 (2)	+0:00 (1)					
2	Igor Vlasenkov		Leader Petrosavodsk Russland		(13,49min/km)			1:50:36	(+3:57)
8:11 (3)	35:08 (2)	39:12 (2)	45:51 (2)	1:00:00 (3)	1:09:58 (3)	1:11:14 (3)	1:23:37 (2)	1:28:29 (2)	1:35:33 (2)
8:11/33	26:57/144	4:04/145	6:39/146	14:09/148	9:58/141	1:16/143	12:23/136	4:52/137	7:04/36
+4:28 (3)	+0:02 (2)	+1:57 (2)	+1:33 (3)	+6:41 (2)	+3:58 (2)	+0:10 (3)	+0:00 (1)	+0:07 (2)	+0:00 (1)
1:42:34 (2)	1:47:27 (2)	1:48:54 (2)	1:50:08 (2)	1:50:36 (2)					
7:01/39	4:53/50	1:27/52	1:14/150	0:28/249					
+0:03 (2)	+0:00 (1)	+0:01 (2)	+0:00 (1)	+0:00 (1)					
3	Håkon Hegreberg		Bodø og Omegn IF		(16,76min/km)			2:17:28	(+30:49)
3:43 (1)	39:57 (3)	42:04 (3)	47:10 (3)	54:38 (1)	1:00:38 (1)	1:01:44 (1)	1:29:58 (3)	1:35:33 (3)	1:44:52 (3)
3:43/33	36:14/144	2:07/145	5:06/146	7:28/148	6:00/141	1:06/143	28:14/136	5:35/137	9:19/36
+0:00 (1)	+9:19 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+15:51 (3)	+0:50 (3)	+2:15 (3)
1:58:24 (3)	2:08:42 (3)	2:12:11 (3)	2:16:07 (3)	2:17:28 (3)					
13:32/39	10:18/50	3:29/52	3:56/150	1:21/249					
+6:34 (3)	+5:25 (3)	+2:03 (3)	+2:42 (3)	+0:53 (3)					

Klasse D15-16 6,4 km

6 påmeldt, 6 startende 2 premiært

1	Mari Eriksen Reitan		Bodø og Omegn IF		(12,32min/km)			1:18:51	
3:33 (1)	9:23 (1)	17:27 (1)	24:18 (1)	31:55 (1)	33:28 (1)	49:48 (1)	58:57 (1)	1:07:55 (1)	1:14:11 (1)
3:33/33	5:50/135	8:04/136	6:51/140	7:37/141	1:33/143	16:20/137	9:09/36	8:58/39	6:16/50
+0:00 (1)	+0:06 (2)	+1:01 (3)	+0:00 (1)	+0:07 (2)	+0:10 (2)	+0:01 (2)	+0:00 (1)	+1:59 (3)	+1:19 (5)
1:16:18 (1)	1:18:20 (1)	1:18:51 (1)							
2:07/52	2:02/150	0:31/249							
+0:26 (3)	+0:31 (3)	+0:01 (2)							
2	Heidi Jensen		Bodø og Omegn IF		(12,64min/km)			1:20:52	(+2:01)
5:37 (5)	11:21 (2)	19:24 (2)	26:15 (2)	33:45 (2)	35:24 (2)	51:43 (2)	1:01:00 (2)	1:10:01 (2)	1:16:05 (2)
5:37/33	5:44/135	8:03/136	6:51/140	7:30/141	1:39/143	16:19/137	9:17/36	9:01/39	6:04/50
+2:04 (5)	+0:00 (1)	+1:00 (2)	+0:00 (1)	+0:00 (1)	+0:16 (4)	+0:00 (1)	+0:08 (2)	+2:02 (4)	+1:07 (3)
1:18:13 (2)	1:20:22 (2)	1:20:52 (2)							
2:08/52	2:09/150	0:30/249							
+0:27 (4)	+0:38 (4)	+0:00 (1)							
3	Svetlana Volkova		Leader Petrosavodsk Russland		(15,47min/km)			1:39:01	(+20:10)
5:16 (3)	18:00 (5)	27:03 (4)	38:37 (5)	49:00 (3)	51:46 (3)	1:12:09 (3)	1:22:47 (3)	1:29:48 (3)	1:34:45 (3)
5:16/33	12:44/135	9:03/136	11:34/140	10:23/141	2:46/143	20:23/137	10:38/36	7:01/39	4:57/50
+1:43 (3)	+7:00 (5)	+2:00 (5)	+4:43 (5)	+2:53 (4)	+1:23 (6)	+4:04 (5)	+1:29 (5)	+0:02 (2)	+0:00 (1)
1:36:39 (3)	1:38:20 (3)	1:39:01 (3)							
1:54/52	1:41/150	0:41/249							
+0:13 (2)	+0:10 (2)	+0:11 (6)							
4	Anna Kuznetsova		Leader Petrosavodsk Russland		(16,32min/km)			1:44:26	(+25:35)
10:08 (6)	23:56 (6)	30:59 (5)	37:58 (4)	57:11 (5)	58:44 (5)	1:18:06 (4)	1:28:42 (4)	1:35:41 (4)	1:40:38 (4)
10:08/33	13:48/135	7:03/136	6:59/140	19:13/141	1:33/143	19:22/137	10:36/36	6:59/39	4:57/50
+6:35 (6)	+8:04 (6)	+0:00 (1)	+0:08 (3)	+11:43 (5)	+0:10 (2)	+3:03 (3)	+1:27 (4)	+0:00 (1)	+0:00 (1)
1:42:19 (4)	1:43:50 (4)	1:44:26 (4)							

1:41/52 1:31/150 0:36/249
+0:00 (1) +0:00 (1) +0:06 (4)

5 Maria Bech Urland Korgen IL (17,37min/km) 1:51:12 (+32:21)
4:13 (2) 13:47 (4) 22:26 (3) 37:31 (3) 59:28 (6) 1:00:51 (6) 1:20:26 (6) 1:30:05 (6) 1:39:40 (5) 1:45:53 (5)
4:13/33 9:34/135 8:39/136 15:05/140 21:57/141 1:23/143 19:35/137 9:39/36 9:35/39 6:13/50
+0:40 (2) +3:50 (4) +1:36 (4) +8:14 (6) +14:27 (6) +0:00 (1) +3:16 (4) +0:30 (3) +2:36 (5) +1:16 (4)
1:48:27 (5) 1:50:36 (5) 1:51:12 (5)
2:34/52 2:09/150 0:36/249
+0:53 (6) +0:38 (4) +0:06 (4)

6 Ingvild Oxaas Wie Mo O-Klubb (19,17min/km) 2:02:42 (+43:51)
5:16 (3) 12:37 (3) 35:25 (6) 44:45 (6) 54:27 (4) 56:28 (4) 1:18:18 (5) 1:28:59 (5) 1:47:23 (6) 1:57:49 (6)
5:16/33 7:21/135 22:48/136 9:20/140 9:42/141 2:01/143 21:50/137 10:41/36 18:24/39 10:26/50
+1:43 (3) +1:37 (3) +15:45 (6) +2:29 (4) +2:12 (3) +0:38 (5) +5:31 (6) +1:32 (6) +11:25 (6) +5:29 (6)
2:00:00 (6) 2:02:10 (6) 2:02:42 (6)
2:11/52 2:10/150 0:32/249
+0:30 (5) +0:39 (6) +0:02 (3)

Klasse D13-16C 3,5 km

2 påmeldt, 2 startende 1 premiert

1 Martha Kalvig Skogan Bodø og Omegn IF (17,46min/km) 1:01:06
3:18 (2) 8:34 (2) 21:50 (1) 37:21 (1) 48:25 (1) 52:50 (1) 1:00:36 (1) 1:01:06 (1)
3:18/32 5:16/35 13:16/40 15:31/49 11:04/50 4:25/52 7:46/150 0:30/249
+0:04 (2) +0:44 (2) +0:00 (1) +0:00 (1) +0:08 (2) +0:00 (1) +0:09 (2) +0:00 (1)
2 Martine Paulsen Limstrand Bodø og Omegn IF (18,62min/km) 1:05:10 (+4:04)
3:14 (1) 7:46 (1) 25:52 (2) 41:27 (2) 52:23 (2) 56:58 (2) 1:04:35 (2) 1:05:10 (2)
3:14/32 4:32/35 18:06/40 15:35/49 10:56/50 4:35/52 7:37/150 0:35/249
+0:00 (1) +0:00 (1) +4:50 (2) +0:04 (2) +0:00 (1) +0:10 (2) +0:00 (1) +0:05 (2)

Klasse H17-20 10,9 km

6 påmeldt, 6 startende 1 premiert

1 Petter Jakola Bodø og Omegn IF (8,59min/km) 1:33:36
3:39 (5) 22:40 (1) 25:39 (1) 29:10 (1) 31:32 (1) 37:34 (1) 38:29 (1) 49:59 (1) 53:37 (1) 54:38 (1)
3:39/31 19:01/145 2:59/146 3:31/147 2:22/148 6:02/141 0:55/143 11:30/34 3:38/36 1:01/37
+1:27 (5) +0:00 (1) +0:00 (1) +0:14 (3) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:03 (2) +0:00 (1)
1:01:35 (1) 1:05:59 (1) 1:16:32 (1) 1:19:48 (1) 1:27:59 (1) 1:30:31 (1) 1:33:12 (1) 1:33:36 (1)
6:57/138 4:24/139 10:33/41 3:16/42 8:11/43 2:32/45 2:41/150 0:24/249
+0:00 (1) +0:00 (1) +0:00 (1) +0:04 (2) +0:00 (1) +0:00 (1) +0:02 (2) +0:00 (1)
2 Jakob Kalvig Skogan Bodø og Omegn IF (9,57min/km) 1:44:22 (+10:46)
2:31 (3) 25:45 (2) 30:26 (3) 33:43 (3) 36:51 (3) 44:08 (3) 45:15 (3) 57:17 (3) 1:00:52 (3) 1:02:25 (3)
2:31/31 23:14/145 4:41/146 3:17/147 3:08/148 7:17/141 1:07/143 12:02/34 3:35/36 1:33/37
+0:19 (3) +4:13 (2) +1:42 (3) +0:00 (1) +0:46 (3) +1:15 (3) +0:12 (4) +0:32 (2) +0:00 (1) +0:32 (3)
1:09:50 (2) 1:14:32 (2) 1:26:07 (2) 1:29:19 (2) 1:38:30 (2) 1:41:18 (2) 1:43:57 (2) 1:44:22 (2)
7:25/138 4:42/139 11:35/41 3:12/42 9:11/43 2:48/45 2:39/150 0:25/249
+0:28 (2) +0:18 (3) +1:02 (2) +0:00 (1) +1:00 (2) +0:16 (3) +0:00 (1) +0:01 (2)
3 Fredrik Danielsen IL Tyrving (9,84min/km) 1:47:13 (+13:37)
2:12 (1) 26:18 (3) 29:55 (2) 33:13 (2) 35:46 (2) 41:55 (2) 42:57 (2) 55:57 (2) 1:00:01 (2) 1:01:17 (2)
2:12/31 24:06/145 3:37/146 3:18/147 2:33/148 6:09/141 1:02/143 13:00/34 4:04/36 1:16/37
+0:00 (1) +5:05 (3) +0:38 (2) +0:01 (2) +0:11 (2) +0:07 (2) +0:07 (2) +1:30 (3) +0:29 (3) +0:15 (2)
1:11:02 (3) 1:15:42 (3) 1:28:10 (3) 1:31:29 (3) 1:40:42 (3) 1:43:24 (3) 1:46:38 (3) 1:47:13 (3)
9:45/138 4:40/139 12:28/41 3:19/42 9:13/43 2:42/45 3:14/150 0:35/249
+2:48 (3) +0:16 (2) +1:55 (3) +0:07 (3) +1:02 (3) +0:10 (2) +0:35 (3) +0:11 (6)
4 Sigurd Oxaas Wie Mo O-Klubb (14,01min/km) 2:32:40 (+59:04)
3:10 (4) 31:59 (4) 37:18 (4) 44:56 (5) 48:55 (4) 57:45 (5) 59:24 (5) 1:17:45 (4) 1:23:06 (4) 1:24:57 (4)
3:10/31 28:49/145 5:19/146 7:38/147 3:59/148 8:50/141 1:39/143 18:21/34 5:21/36 1:51/37
+0:58 (4) +9:48 (4) +2:20 (5) +4:21 (6) +1:37 (4) +2:48 (5) +0:44 (5) +6:51 (4) +1:46 (5) +0:50 (5)
1:38:27 (4) 1:46:55 (4) 2:04:42 (4) 2:10:28 (4) 2:23:52 (4) 2:28:06 (4) 2:32:12 (4) 2:32:40 (4)
13:30/138 8:28/139 17:47/41 5:46/42 13:24/43 4:14/45 4:06/150 0:28/249
+6:33 (5) +4:04 (5) +7:14 (4) +2:34 (4) +5:13 (4) +1:42 (4) +1:27 (6) +0:04 (3)

5	Alexander Arkhipov	Leader Petrosavodsk Russland (15,59min/km)						2:49:56 (+1:16:20)		
	4:05 (6)	33:10 (5)	39:03 (5)	44:26 (4)	48:55 (4)	57:08 (4)	58:14 (4)	1:29:16 (5)	1:35:12 (5)	1:37:01 (5)
	4:05/31	29:05/145	5:53/146	5:23/147	4:29/148	8:13/141	1:06/143	31:02/34	5:56/36	1:49/37
	+1:53 (6)	+10:04 (5)	+2:54 (6)	+2:06 (5)	+2:07 (5)	+2:11 (4)	+0:11 (3)	+19:32 (6)	+2:21 (6)	+0:48 (4)
	1:49:40 (5)	1:57:58 (5)	2:20:43 (5)	2:26:50 (5)	2:41:07 (5)	2:45:50 (5)	2:49:24 (5)	2:49:56 (5)		
	12:39/138	8:18/139	22:45/41	6:07/42	14:17/43	4:43/45	3:34/150	0:32/249		
	+5:42 (4)	+3:54 (4)	+12:12 (6)	+2:55 (5)	+6:06 (5)	+2:11 (5)	+0:55 (4)	+0:08 (5)		

6	Artem Chibisov	Leader Petrosavodsk Russland (17,41min/km)						3:09:46 (+1:36:10)		
	2:25 (2)	36:05 (6)	41:17 (6)	46:35 (6)	51:34 (6)	1:05:26 (6)	1:08:06 (6)	1:38:01 (6)	1:42:25 (6)	1:44:28 (6)
	2:25/31	33:40/145	5:12/146	5:18/147	4:59/148	13:52/141	2:40/143	29:55/34	4:24/36	2:03/37
	+0:13 (2)	+14:39 (6)	+2:13 (4)	+2:01 (4)	+2:37 (6)	+7:50 (6)	+1:45 (6)	+18:25 (5)	+0:49 (4)	+1:02 (6)
	2:01:50 (6)	2:13:25 (6)	2:33:40 (6)	2:41:03 (6)	3:00:32 (6)	3:05:31 (6)	3:09:15 (6)	3:09:46 (6)		
	17:22/138	11:35/139	20:15/41	7:23/42	19:29/43	4:59/45	3:44/150	0:31/249		
	+10:25 (6)	+7:11 (6)	+9:42 (5)	+4:11 (6)	+11:18 (6)	+2:27 (6)	+1:05 (5)	+0:07 (4)		

Klasse D17-20 8,2 km

3 påmeldt, 3 startende 1 premiørt

1	Tamara Ezhkova	Leader Petrosavodsk Russland (12,46min/km)						1:42:08		
	3:02 (1)	36:24 (2)	38:56 (2)	42:58 (2)	50:16 (2)	57:49 (2)	59:15 (2)	1:10:43 (2)	1:15:13 (2)	1:24:07 (2)
	3:02/33	33:22/144	2:32/145	4:02/146	7:18/148	7:33/141	1:26/143	11:28/136	4:30/137	8:54/36
	+0:00 (1)	+2:33 (2)	+0:00 (1)	+0:00 (1)	+2:09 (2)	+0:00 (1)	+0:06 (2)	+1:07 (2)	+0:00 (1)	+0:00 (1)
	1:32:03 (1)	1:37:26 (1)	1:39:55 (1)	1:41:35 (1)	1:42:08 (1)					
	7:56/39	5:23/50	2:29/52	1:40/150	0:33/249					
	+0:00 (1)	+0:00 (1)	+0:34 (2)	+0:04 (2)	+0:01 (2)					

2	Ronja Pedersen	Bjerkvik IF (12,63min/km)						1:43:32 (+1:24)		
	3:14 (2)	34:03 (1)	37:00 (1)	41:05 (1)	46:14 (1)	54:01 (1)	55:21 (1)	1:05:42 (1)	1:11:03 (1)	1:22:11 (1)
	3:14/33	30:49/144	2:57/145	4:05/146	5:09/148	7:47/141	1:20/143	10:21/136	5:21/137	11:08/36
	+0:12 (2)	+0:00 (1)	+0:25 (2)	+0:03 (2)	+0:00 (1)	+0:14 (2)	+0:00 (1)	+0:00 (1)	+0:51 (2)	+2:14 (2)
	1:33:53 (2)	1:39:29 (2)	1:41:24 (2)	1:43:00 (2)	1:43:32 (2)					
	11:42/39	5:36/50	1:55/52	1:36/150	0:32/249					
	+3:46 (2)	+0:13 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)					

	Ekaterina Zakharova	Leader Petrosavodsk Russland (0,00min/km)						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)
	(1)	(1)	(1)	(1)	(1)				
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)				

Klasse H17AK 8,2 km

3 påmeldt, 3 startende 1 premiørt

1	Ole Morten Wie	Mo O-Klubb (10,82min/km)						1:28:42		
	3:12 (2)	29:45 (1)	32:16 (1)	36:39 (1)	41:20 (1)	48:11 (1)	49:45 (1)	59:11 (1)	1:03:04 (1)	1:10:38 (1)
	3:12/33	26:33/144	2:31/145	4:23/146	4:41/148	6:51/141	1:34/143	9:26/136	3:53/137	7:34/36
	+0:15 (2)	+0:00 (1)	+0:01 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:09 (2)	+0:00 (1)	+0:00 (1)	+0:28 (3)
	1:19:45 (1)	1:24:25 (1)	1:26:22 (1)	1:27:59 (1)	1:28:42 (1)					
	9:07/39	4:40/50	1:57/52	1:37/150	0:43/249					
	+1:00 (2)	+0:12 (2)	+0:24 (3)	+0:04 (2)	+0:13 (3)					

2	Morten Tjønndal	Bodø og Omegn IF (11,75min/km)						1:36:19 (+7:37)		
	2:57 (1)	34:17 (2)	36:47 (2)	41:54 (2)	47:21 (2)	54:34 (2)	55:59 (2)	1:06:45 (2)	1:11:15 (2)	1:18:21 (2)
	2:57/33	31:20/144	2:30/145	5:07/146	5:27/148	7:13/141	1:25/143	10:46/136	4:30/137	7:06/36
	+0:00 (1)	+4:47 (2)	+0:00 (1)	+0:44 (2)	+0:46 (2)	+0:22 (2)	+0:00 (1)	+1:20 (2)	+0:37 (2)	+0:00 (1)
	1:28:15 (2)	1:32:43 (2)	1:34:16 (2)	1:35:49 (2)	1:36:19 (2)					
	9:54/39	4:28/50	1:33/52	1:33/150	0:30/249					
	+1:47 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)					

3	Bjørnar Hegreberg	Bodø og Omegn IF (12,54min/km)						1:42:52 (+14:10)		
	3:13 (3)	37:47 (3)	40:43 (3)	46:22 (3)	52:20 (3)	1:00:28 (3)	1:02:08 (3)	1:13:02 (3)	1:18:12 (3)	1:25:37 (3)
	3:13/33	34:34/144	2:56/145	5:39/146	5:58/148	8:08/141	1:40/143	10:54/136	5:10/137	7:25/36
	+0:16 (3)	+8:01 (3)	+0:26 (3)	+1:16 (3)	+1:17 (3)	+1:17 (3)	+0:15 (3)	+1:28 (3)	+1:17 (3)	+0:19 (2)

1:33:44 (3)	1:38:36 (3)	1:40:30 (3)	1:42:15 (3)	1:42:52 (3)
8:07/39	4:52/50	1:54/52	1:45/150	0:37/249
+0:00 (1)	+0:24 (3)	+0:21 (2)	+0:12 (3)	+0:07 (2)

Klasse H17B 4,5 km

2 påmeldt, 2 startende 1 premiørt

1	Erik Schreiner		Mo O-Klubb		(13,91min/km)		1:02:36			
	3:54 (1)	8:31 (1)	15:15 (1)	22:13 (1)	37:52 (1)	52:59 (1)	58:04 (1)	1:00:24 (1)	1:02:06 (1)	1:02:36 (1)
	3:54/33	4:37/135	6:44/136	6:58/137	15:39/36	15:07/39	5:05/50	2:20/52	1:42/150	0:30/249
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:59 (2)	+0:19 (2)	+2:33 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
2	Martin Kaspersen		Mo O-Klubb		(14,70min/km)		1:06:09	(+3:33)		
	5:47 (2)	12:21 (2)	20:55 (2)	26:54 (2)	42:14 (2)	54:48 (2)	1:00:39 (2)	1:03:19 (2)	1:05:28 (2)	1:06:09 (2)
	5:47/33	6:34/135	8:34/136	5:59/137	15:20/36	12:34/39	5:51/50	2:40/52	2:09/150	0:41/249
	+1:53 (2)	+1:57 (2)	+1:50 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:46 (2)	+0:20 (2)	+0:27 (2)	+0:11 (2)

Klasse D17B 4,5 km

1 påmeldt, 1 startende 1 premiørt

1	Kristin Nilssen		Mo O-Klubb		(18,25min/km)		1:22:08			
	7:55 (1)	16:17 (1)	27:09 (1)	34:42 (1)	49:58 (1)	1:05:57 (1)	1:14:39 (1)	1:17:45 (1)	1:20:51 (1)	1:22:08 (1)
	7:55/33	8:22/135	10:52/136	7:33/137	15:16/36	15:59/39	8:42/50	3:06/52	3:06/150	1:17/249
	+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)

Klasse H75- 4,5 km

1 påmeldt, 1 startende 1 premiørt

1	Arnold Danielsen		Bodø og Omegn IF		(25,52min/km)		1:54:50			
	13:56 (1)	23:15 (1)	49:04 (1)	1:03:17 (1)	1:19:16 (1)	1:36:07 (1)	1:46:09 (1)	1:50:12 (1)	1:53:45 (1)	1:54:50 (1)
	13:56/33	9:19/135	25:49/136	14:13/137	15:59/36	16:51/39	10:02/50	4:03/52	3:33/150	1:05/249
	+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)

Klasse H65- 6,4 km

4 påmeldt, 4 startende 1 premiørt

1	Erling Pedersen		SISO IL		(9,52min/km)		1:00:57			
	3:26 (1)	7:49 (1)	13:53 (1)	18:52 (1)	23:34 (1)	25:17 (1)	36:55 (1)	44:19 (1)	53:17 (1)	57:13 (1)
	3:26/33	4:23/135	6:04/136	4:59/140	4:42/141	1:43/143	11:38/137	7:24/36	8:58/39	3:56/50
	+0:00 (1)	+0:07 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:11 (2)	+0:00 (1)	+0:20 (2)	+0:26 (2)	+0:00 (1)
	58:54 (1)	1:00:24 (1)	1:00:57 (1)							
	1:41/52	1:30/150	0:33/249							
	+0:00 (1)	+0:00 (1)	+0:00 (1)							
2	Carl B. Bjørseth		Bodø og Omegn IF		(10,91min/km)		1:09:48	(+8:51)		
	3:34 (2)	8:50 (2)	15:15 (2)	21:00 (2)	27:20 (2)	28:52 (2)	42:49 (2)	50:59 (2)	59:31 (2)	1:05:00 (2)
	3:34/33	5:16/135	6:25/136	5:45/140	6:20/141	1:32/143	13:57/137	8:10/36	8:32/39	5:29/50
	+0:08 (2)	+1:00 (3)	+0:21 (4)	+0:46 (3)	+1:38 (3)	+0:00 (1)	+2:19 (2)	+1:06 (3)	+0:00 (1)	+1:33 (3)
	1:07:00 (2)	1:08:55 (2)	1:09:48 (2)							
	2:00/52	1:55/150	0:53/249							
	+0:19 (2)	+0:25 (4)	+0:20 (4)							
3	Asbjørn Pedersen		SISO IL		(11,22min/km)		1:11:47	(+10:50)		
	3:43 (3)	9:38 (3)	15:51 (3)	21:39 (4)	27:22 (3)	29:09 (3)	44:21 (3)	51:25 (3)	1:02:58 (3)	1:07:34 (3)
	3:43/33	5:55/135	6:13/136	5:48/140	5:43/141	1:47/143	15:12/137	7:04/36	11:33/39	4:36/50
	+0:17 (3)	+1:39 (4)	+0:09 (2)	+0:49 (4)	+1:01 (2)	+0:15 (3)	+3:34 (3)	+0:00 (1)	+3:01 (4)	+0:40 (2)
	1:09:36 (3)	1:11:08 (3)	1:11:47 (3)							
	2:02/52	1:32/150	0:39/249							
	+0:21 (3)	+0:02 (2)	+0:06 (3)							
4	Reidar Andersen		Bodø og Omegn IF		(12,97min/km)		1:23:01	(+22:04)		
	5:36 (4)	9:52 (4)	16:08 (4)	21:26 (3)	27:51 (4)	29:54 (4)	53:12 (4)	1:01:53 (4)	1:12:58 (4)	1:18:35 (4)
	5:36/33	4:16/135	6:16/136	5:18/140	6:25/141	2:03/143	23:18/137	8:41/36	11:05/39	5:37/50
	+2:10 (4)	+0:00 (1)	+0:12 (3)	+0:19 (2)	+1:43 (4)	+0:31 (4)	+11:40 (4)	+1:37 (4)	+2:33 (3)	+1:41 (4)
	1:20:41 (4)	1:22:26 (4)	1:23:01 (4)							
	2:06/52	1:45/150	0:35/249							

+0:25 (4) +0:15 (3) +0:02 (2)

Klasse D65- 4,5 km

2 påmeldt, 2 startende 1 premiert

1	Karen Merete Bjørseth	Bodø og Omegn IF	(15,14min/km)	1:08:09
	7:31 (2) 14:11 (2) 22:15 (1) 29:16 (1) 41:12 (1) 54:14 (1) 1:02:26 (1) 1:04:46 (1) 1:07:13 (1) 1:08:09 (1)			
	7:31/33 6:40/135 8:04/136 7:01/137 11:56/36 13:02/39 8:12/50 2:20/52 2:27/150 0:56/249			
	+1:09 (2) +0:00 (1) +0:00 (1) +0:31 (2) +0:00 (1) +0:49 (2) +0:44 (2) +0:00 (1) +0:00 (1) +0:00 (1)			
2	Anne Marie Pedersen	Bjerkvik IF	(16,03min/km)	1:12:08 (+3:59)
	6:22 (1) 13:51 (1) 22:48 (2) 29:18 (2) 45:39 (2) 57:52 (2) 1:05:20 (2) 1:08:06 (2) 1:10:55 (2) 1:12:08 (2)			
	6:22/33 7:29/135 8:57/136 6:30/137 16:21/36 12:13/39 7:28/50 2:46/52 2:49/150 1:13/249			
	+0:00 (1) +0:49 (2) +0:53 (2) +0:00 (1) +4:25 (2) +0:00 (1) +0:00 (1) +0:26 (2) +0:22 (2) +0:17 (2)			

Klasse H55- 8,2 km

11 påmeldt, 11 startende 2 premiert

1	Per Rekkedal	Bodø og Omegn IF	(9,69min/km)	1:19:26
	3:06 (3) 26:56 (2) 29:10 (2) 33:12 (1) 39:51 (1) 45:49 (1) 46:59 (1) 55:10 (1) 58:48 (1) 1:04:45 (1)			
	3:06/33 23:50/144 2:14/145 4:02/146 6:39/148 5:58/141 1:10/143 8:11/136 3:38/137 5:57/36			
	+0:36 (3) +0:00 (1) +0:00 (1) +0:16 (2) +1:28 (3) +0:10 (2) +0:04 (2) +0:13 (2) +0:00 (1) +0:02 (2)			
	1:11:52 (1) 1:15:59 (1) 1:17:33 (1) 1:18:52 (1) 1:19:26 (1)			
	7:07/39 4:07/50 1:34/52 1:19/150 0:34/249			
	+0:13 (2) +0:00 (1) +0:12 (2) +0:02 (2) +0:03 (2)			
2	Jørund Eldevik	Bodø og Omegn IF	(9,92min/km)	1:21:23 (+1:57)
	2:49 (2) 28:51 (4) 31:17 (3) 35:03 (3) 41:46 (3) 47:34 (2) 48:55 (2) 56:53 (2) 1:00:43 (2) 1:06:38 (2)			
	2:49/33 26:02/144 2:26/145 3:46/146 6:43/148 5:48/141 1:21/143 7:58/136 3:50/137 5:55/36			
	+0:19 (2) +2:12 (4) +0:12 (2) +0:00 (1) +1:32 (4) +0:00 (1) +0:15 (4) +0:00 (1) +0:12 (3) +0:00 (1)			
	1:13:53 (2) 1:18:13 (2) 1:19:35 (2) 1:20:52 (2) 1:21:23 (2)			
	7:15/39 4:20/50 1:22/52 1:17/150 0:31/249			
	+0:21 (3) +0:13 (2) +0:00 (1) +0:00 (1) +0:00 (1)			
3	Ivar Aanerød	Bodø og Omegn IF	(10,92min/km)	1:29:33 (+10:07)
	3:21 (4) 28:23 (3) 31:31 (4) 36:09 (4) 41:20 (2) 49:06 (3) 50:29 (3) 1:01:11 (3) 1:04:54 (3) 1:11:54 (3)			
	3:21/33 25:02/144 3:08/145 4:38/146 5:11/148 7:46/141 1:23/143 10:42/136 3:43/137 7:00/36			
	+0:51 (4) +1:12 (3) +0:54 (5) +0:52 (5) +0:00 (1) +1:58 (5) +0:17 (5) +2:44 (4) +0:05 (2) +1:05 (3)			
	1:19:38 (3) 1:24:04 (3) 1:27:29 (3) 1:28:56 (3) 1:29:33 (3)			
	7:44/39 4:26/50 3:25/52 1:27/150 0:37/249			
	+0:50 (4) +0:19 (3) +2:03 (8) +0:10 (3) +0:06 (3)			
4	Leif Magne Eggestad	Bodø og Omegn IF	(11,23min/km)	1:32:07 (+12:41)
	2:30 (1) 26:36 (1) 29:09 (1) 33:19 (2) 45:18 (4) 52:26 (4) 53:32 (4) 1:04:29 (4) 1:09:19 (4) 1:16:50 (4)			
	2:30/33 24:06/144 2:33/145 4:10/146 11:59/148 7:08/141 1:06/143 10:57/136 4:50/137 7:31/36			
	+0:00 (1) +0:16 (2) +0:19 (3) +0:24 (4) +6:48 (7) +1:20 (3) +0:00 (1) +2:59 (5) +1:12 (4) +1:36 (6)			
	1:23:44 (4) 1:28:18 (4) 1:29:53 (4) 1:31:30 (4) 1:32:07 (4)			
	6:54/39 4:34/50 1:35/52 1:37/150 0:37/249			
	+0:00 (1) +0:27 (4) +0:13 (3) +0:20 (4) +0:06 (3)			
5	Arnulf Villmo	Korgen IL	(12,25min/km)	1:40:29 (+21:03)
	4:07 (6) 34:28 (5) 37:25 (5) 42:10 (5) 49:49 (5) 57:52 (5) 59:39 (5) 1:10:04 (5) 1:15:08 (5) 1:22:36 (5)			
	4:07/33 30:21/144 2:57/145 4:45/146 7:39/148 8:03/141 1:47/143 10:25/136 5:04/137 7:28/36			
	+1:37 (6) +6:31 (5) +0:43 (4) +0:59 (6) +2:28 (6) +2:15 (6) +0:41 (7) +2:27 (3) +1:26 (5) +1:33 (5)			
	1:31:15 (5) 1:36:04 (5) 1:38:04 (5) 1:39:50 (5) 1:40:29 (5)			
	8:39/39 4:49/50 2:00/52 1:46/150 0:39/249			
	+1:45 (5) +0:42 (5) +0:38 (5) +0:29 (5) +0:08 (6)			
6	Ola E. Skogstad	Mo O-Klubb	(13,03min/km)	1:46:53 (+27:27)
	4:17 (7) 36:45 (6) 40:19 (6) 44:25 (6) 51:41 (6) 58:55 (6) 1:00:08 (6) 1:15:33 (6) 1:21:20 (6) 1:28:39 (6)			
	4:17/33 32:28/144 3:34/145 4:06/146 7:16/148 7:14/141 1:13/143 15:25/136 5:47/137 7:19/36			
	+1:47 (7) +8:38 (6) +1:20 (6) +0:20 (3) +2:05 (5) +1:26 (4) +0:07 (3) +7:27 (7) +2:09 (7) +1:24 (4)			
	1:37:32 (6) 1:42:33 (6) 1:44:20 (6) 1:46:15 (6) 1:46:53 (6)			
	8:53/39 5:01/50 1:47/52 1:55/150 0:38/249			
	+1:59 (6) +0:54 (6) +0:25 (4) +0:38 (6) +0:07 (5)			
7	Dag Skogan	Bodø og Omegn IF	(14,58min/km)	1:59:35 (+40:09)
	4:19 (8) 45:15 (8) 49:26 (8) 54:31 (8) 1:00:29 (7) 1:08:47 (7) 1:10:13 (7) 1:24:00 (7) 1:29:05 (7) 1:37:59 (7)			

4:19/33	40:56/144	4:11/145	5:05/146	5:58/148	8:18/141	1:26/143	13:47/136	5:05/137	8:54/36
+1:49 (8)	+17:06 (8)	+1:57 (7)	+1:19 (7)	+0:47 (2)	+2:30 (7)	+0:20 (6)	+5:49 (6)	+1:27 (6)	+2:59 (7)
1:47:12 (7)	1:53:45 (7)	1:56:04 (7)	1:58:37 (7)	1:59:35 (7)					
9:13/39	6:33/50	2:19/52	2:33/150	0:58/249					
+2:19 (7)	+2:26 (7)	+0:57 (6)	+1:16 (7)	+0:27 (7)					

8 Frank Priesemann Mo O-Klubb (22,79min/km) 3:06:55 (+1:47:29)

3:24 (5)	40:14 (7)	45:08 (7)	50:43 (7)	1:07:45 (8)	1:18:07 (8)	1:23:44 (8)	1:46:39 (8)	1:55:19 (8)	2:26:31 (8)
3:24/33	36:50/144	4:54/145	5:35/146	17:02/148	10:22/141	5:37/143	22:55/136	8:40/137	31:12/36
+0:54 (5)	+13:00 (7)	+2:40 (8)	+1:49 (8)	+11:51 (8)	+4:34 (8)	+4:31 (8)	+14:57 (8)	+5:02 (8)	+25:17 (8)
2:45:22 (8)	3:00:05 (8)	3:03:06 (8)	3:05:52 (8)	3:06:55 (8)					
18:51/39	14:43/50	3:01/52	2:46/150	1:03/249					
+11:57 (8)	+10:36 (8)	+1:39 (7)	+1:29 (8)	+0:32 (8)					

Jan Fredrik Prytz Bodø og Omegn IF (11,56min/km) Disk (+15:23)

3:41 (6)	32:06 (5)	38:18 (6)	46:16 (7)	54:09 (7)	55:28 (5)	1:05:08 (7)	1:09:02 (5)	1:17:54 (6)	1:25:43 (6)
3:41/33	28:25/144	6:12/146	7:58/148	7:53/141	1:19/143	9:40/136	3:54/137	8:52/36	7:49/39
+1:11 (6)	+4:35 (5)	+3:58 (9)	+4:12 (9)	+2:42 (7)	+0:00 (1)	+8:34 (9)	+0:00 (1)	+5:14 (9)	+1:54 (7)
1:30:05 (5)	1:32:56 (5)	1:34:16 (5)	1:34:49 (5)	1:34:49 (5)					
4:22/50	2:51/52	1:20/150	0:33/249						
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)					

Jan Kåre Vatne Mo O-Klubb (9,26min/km) Brutt

3:08 (4)	32:39 (5)	35:20 (5)	39:44 (5)	50:51 (6)	1:15:57 (8)	1:15:57 (8)	1:15:57 (7)	1:15:57 (6)	1:15:57 (4)
3:08/33	29:31/144	2:41/145	4:24/146	11:07/148	25:06/141				
+0:38 (4)	+5:41 (5)	+0:27 (4)	+0:38 (5)	+5:56 (7)	+19:18 (9)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
1:15:57 (3)	1:15:57 (1)	1:15:57 (1)	1:15:57 (1)	1:15:57 (1)					
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)					

Jan Gaute Buvik Korgen IL (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)
(1)	(1)	(1)	(1)	(1)					
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)					

Klasse D55- 6,4 km

3 påmeldt, 3 startende 1 premiert

1 Inger Lise Pettersen Korgen IL (9,91min/km) 1:03:24

3:58 (1)	8:36 (1)	14:17 (1)	19:35 (1)	24:56 (1)	26:12 (1)	41:16 (1)	48:10 (1)	55:15 (1)	59:16 (1)
3:58/33	4:38/135	5:41/136	5:18/140	5:21/141	1:16/143	15:04/137	6:54/36	7:05/39	4:01/50
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
1:00:59 (1)	1:02:46 (1)	1:03:24 (1)							
1:43/52	1:47/150	0:38/249							
+0:00 (1)	+0:00 (1)	+0:00 (1)							

2 Elsa Hauknes Mo O-Klubb (15,94min/km) 1:42:02 (+38:38)

11:36 (2)	20:26 (2)	28:53 (2)	36:39 (2)	44:53 (2)	46:34 (2)	1:08:00 (2)	1:18:16 (2)	1:29:51 (2)	1:36:20 (2)
11:36/33	8:50/135	8:27/136	7:46/140	8:14/141	1:41/143	21:26/137	10:16/36	11:35/39	6:29/50
+7:38 (2)	+4:12 (2)	+2:46 (2)	+2:28 (2)	+2:53 (2)	+0:25 (2)	+6:22 (2)	+3:22 (2)	+4:30 (2)	+2:28 (2)
1:38:45 (2)	1:41:10 (2)	1:42:02 (2)							
2:25/52	2:25/150	0:52/249							
+0:42 (2)	+0:38 (2)	+0:14 (2)							

Inger Lise Pettersen Korgen IL (9,36min/km) Disk

5:06 (2)	13:59 (2)	52:17 (3)	58:31 (3)	59:53 (3)	59:53 (3)	59:53 (2)	59:53 (2)	59:53 (2)	59:53 (2)
5:06/33	8:53/32	38:18/50	6:14/150	1:22/249					
+1:08 (2)	+4:15 (3)	+32:37 (3)	+0:56 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
59:53 (1)	59:53 (1)	59:53 (1)							
+0:00 (1)	+0:00 (1)	+0:00 (1)							

Klasse H45- 10,9 km

2 påmeldt, 2 startende 1 premiert

1	Tore Kolstad		Mo O-Klubb			(10,48min/km)		1:54:15	
	3:04 (2)	27:48 (1)	31:45 (1)	35:19 (1)	38:20 (1)	45:11 (1)	46:37 (1)	1:02:47 (1)	1:06:27 (1) 1:08:27 (1)
	3:04/31	24:44/145	3:57/146	3:34/147	3:01/148	6:51/141	1:26/143	16:10/34	3:40/36 2:00/37
	+0:17 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:13 (2)	+0:07 (2)	+0:00 (1)	+0:00 (1) +0:21 (2)
	1:16:33 (1)	1:22:03 (1)	1:33:35 (1)	1:36:58 (1)	1:47:57 (1)	1:50:49 (1)	1:53:49 (1)	1:54:15 (1)	
	8:06/138	5:30/139	11:32/41	3:23/42	10:59/43	2:52/45	3:00/150	0:26/249	
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:27 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
2	Ingar Solberg		Olderskog IL			(11,78min/km)		2:08:27 (+14:12)	
	2:47 (1)	28:48 (2)	33:34 (2)	37:57 (2)	41:04 (2)	47:42 (2)	49:01 (2)	1:05:46 (2)	1:10:49 (2) 1:12:28 (2)
	2:47/31	26:01/145	4:46/146	4:23/147	3:07/148	6:38/141	1:19/143	16:45/34	5:03/36 1:39/37
	+0:00 (1)	+1:17 (2)	+0:49 (2)	+0:49 (2)	+0:06 (2)	+0:00 (1)	+0:00 (1)	+0:35 (2)	+1:23 (2) +0:00 (1)
	1:23:25 (2)	1:31:22 (2)	1:45:00 (2)	1:49:16 (2)	1:59:48 (2)	2:03:30 (2)	2:07:41 (2)	2:08:27 (2)	
	10:57/138	7:57/139	13:38/41	4:16/42	10:32/43	3:42/45	4:11/150	0:46/249	
	+2:51 (2)	+2:27 (2)	+2:06 (2)	+0:53 (2)	+0:00 (1)	+0:50 (2)	+1:11 (2)	+0:20 (2)	

Klasse D45- 8,2 km

4 påmeldt, 4 startende 1 premiert

1	Marit Johnsen		Bodø og Omegn IF			(10,05min/km)		1:22:25	
	2:56 (1)	27:29 (1)	29:56 (1)	34:06 (1)	40:44 (1)	46:45 (1)	48:04 (1)	57:04 (1)	1:00:30 (1) 1:07:17 (1)
	2:56/33	24:33/144	2:27/145	4:10/146	6:38/148	6:01/141	1:19/143	9:00/136	3:26/137 6:47/36
	+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)
	1:14:37 (1)	1:18:51 (1)	1:20:25 (1)	1:21:50 (1)	1:22:25 (1)				
	7:20/39	4:14/50	1:34/52	1:25/150	0:35/249				
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)				
2	Eli Ringdalen		Mo O-Klubb			(14,75min/km)		2:00:55 (+38:30)	
	4:09 (2)	38:36 (2)	42:49 (2)	48:48 (2)	58:24 (2)	1:07:54 (2)	1:09:47 (2)	1:21:45 (2)	1:27:23 (2) 1:37:04 (2)
	4:09/33	34:27/144	4:13/145	5:59/146	9:36/148	9:30/141	1:53/143	11:58/136	5:38/137 9:41/36
	+1:13 (2)	+9:54 (2)	+1:46 (2)	+1:49 (2)	+2:58 (2)	+3:29 (2)	+0:34 (2)	+2:58 (2)	+2:12 (2) +2:54 (2)
	1:47:50 (2)	1:56:02 (2)	1:58:12 (2)	2:00:14 (2)	2:00:55 (2)				
	10:46/39	8:12/50	2:10/52	2:02/150	0:41/249				
	+3:26 (2)	+3:58 (3)	+0:36 (2)	+0:37 (2)	+0:06 (2)				
3	Katrine Kalvig		Bodø og Omegn IF			(18,52min/km)		2:31:50 (+1:09:25)	
	4:40 (3)	52:21 (3)	58:08 (3)	1:06:24 (3)	1:16:08 (3)	1:27:01 (3)	1:29:04 (3)	1:44:39 (3)	1:51:54 (3) 2:02:55 (3)
	4:40/33	47:41/144	5:47/145	8:16/146	9:44/148	10:53/141	2:03/143	15:35/136	7:15/137 11:01/36
	+1:44 (3)	+23:08 (3)	+3:20 (3)	+4:06 (3)	+3:06 (3)	+4:52 (3)	+0:44 (3)	+6:35 (3)	+3:49 (3) +4:14 (3)
	2:18:29 (3)	2:25:41 (3)	2:28:22 (3)	2:30:57 (3)	2:31:50 (3)				
	15:34/39	7:12/50	2:41/52	2:35/150	0:53/249				
	+8:14 (3)	+2:58 (2)	+1:07 (3)	+1:10 (3)	+0:18 (3)				
	Liv Petersen-Øverleir		Mo O-Klubb			(13,83min/km)		Brutt (+31:00)	
	7:44 (4)	52:14 (3)	1:06:10 (4)	1:32:35 (4)	1:39:47 (4)	1:51:35 (4)	1:53:25 (4)	1:53:25 (4)	1:53:25 (3)
	7:44/33	44:30/144	13:56/145	26:25/146	7:12/148	11:48/141	1:50/143		
	+4:48 (4)	+19:57 (3)	+11:29 (4)	+22:15 (4)	+0:34 (2)	+5:47 (4)	+0:31 (2)	+0:00 (1)	+0:00 (1) +0:00 (1)
	1:53:25 (3)	1:53:25 (2)	1:53:25 (2)	1:53:25 (2)	1:53:25 (2)				
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)				

Klasse H35- 15,0 km

5 påmeldt, 5 startende 1 premiert

1	Jan Erik Paulsen		Bodø og Omegn IF			(10,39min/km)		2:35:50	
	3:06 (5)	24:06 (1)	25:53 (1)	33:31 (1)	38:30 (1)	47:35 (1)	52:24 (1)	1:00:54 (1)	1:23:02 (1) 1:24:04 (1)
	3:06/31	21:00/144	1:47/145	7:38/148	4:59/149	9:05/151	4:49/152	8:30/153	22:08/141 1:02/143
	+0:57 (5)	+0:00 (1)	+0:02 (2)	+0:00 (1)	+0:00 (1)	+0:45 (2)	+0:00 (1)	+0:15 (2)	+0:00 (1) +0:03 (2)
	1:38:01 (1)	1:42:16 (1)	1:46:06 (1)	1:54:50 (1)	2:02:16 (1)	2:16:36 (1)	2:20:16 (1)	2:29:40 (1)	2:32:29 (1) 2:35:21 (1)
	13:57/34	4:15/36	3:50/37	8:44/138	7:26/139	14:20/41	3:40/42	9:24/43	2:49/45 2:52/150
	+0:00 (1)	+0:27 (3)	+2:18 (2)	+0:27 (2)	+2:27 (4)	+3:07 (4)	+0:12 (3)	+0:27 (2)	+0:02 (2) +0:03 (2)
	2:35:50 (1)								

0:29/249
+0:01 (2)

2	Andrey Kulbachko	Leader Petrosavodsk Russland (10,89min/km)						2:43:22	(+7:32)	
	2:33 (3)	25:54 (2)	27:39 (2)	36:46 (2)	42:20 (2)	51:32 (2)	56:35 (2)	1:04:50 (2)	1:30:53 (3)	1:32:10 (3)
	2:33/31	23:21/144	1:45/145	9:07/148	5:34/149	9:12/151	5:03/152	8:15/153	26:03/141	1:17/143
	+0:24 (3)	+2:21 (2)	+0:00 (1)	+1:29 (3)	+0:35 (3)	+0:52 (3)	+0:14 (2)	+0:00 (1)	+3:55 (4)	+0:18 (3)
	1:46:36 (3)	1:50:24 (3)	1:58:37 (4)	2:08:12 (4)	2:13:26 (4)	2:24:39 (3)	2:28:21 (3)	2:37:18 (2)	2:40:05 (2)	2:42:54 (2)
	14:26/34	3:48/36	8:13/37	9:35/138	5:14/139	11:13/41	3:42/42	8:57/43	2:47/45	2:49/150
	+0:29 (3)	+0:00 (1)	+6:41 (5)	+1:18 (3)	+0:15 (2)	+0:00 (1)	+0:14 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	2:43:22 (2)									
	0:28/249									
	+0:00 (1)									

3	Lars Reitan	Bodø og Omegn IF						(10,94min/km)	2:44:03	(+8:13)
	2:09 (1)	25:59 (3)	27:51 (3)	37:48 (3)	43:18 (3)	51:38 (3)	57:09 (3)	1:06:00 (3)	1:29:06 (2)	1:30:26 (2)
	2:09/31	23:50/144	1:52/145	9:57/148	5:30/149	8:20/151	5:31/152	8:51/153	23:06/141	1:20/143
	+0:00 (1)	+2:50 (3)	+0:07 (3)	+2:19 (4)	+0:31 (2)	+0:00 (1)	+0:42 (3)	+0:36 (3)	+0:58 (3)	+0:21 (4)
	1:44:40 (2)	1:48:33 (2)	1:56:20 (2)	2:04:37 (2)	2:09:36 (2)	2:20:49 (2)	2:24:17 (2)	2:37:25 (3)	2:40:20 (3)	2:43:29 (3)
	14:14/34	3:53/36	7:47/37	8:17/138	4:59/139	11:13/41	3:28/42	13:08/43	2:55/45	3:09/150
	+0:17 (2)	+0:05 (2)	+6:15 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+4:11 (4)	+0:08 (3)	+0:20 (3)
	2:44:03 (3)									
	0:34/249									
	+0:06 (3)									

4	Roy Solbakk	Valnesfjord IL						(11,12min/km)	2:46:46	(+10:56)
	2:28 (2)	29:00 (5)	31:07 (5)	39:42 (4)	45:35 (4)	55:36 (4)	1:01:24 (4)	1:11:36 (4)	1:34:22 (4)	1:35:21 (4)
	2:28/31	26:32/144	2:07/145	8:35/148	5:53/149	10:01/151	5:48/152	10:12/153	22:46/141	0:59/143
	+0:19 (2)	+5:32 (5)	+0:22 (4)	+0:57 (2)	+0:54 (4)	+1:41 (4)	+0:59 (4)	+1:57 (4)	+0:38 (2)	+0:00 (1)
	1:50:39 (4)	1:55:20 (4)	1:56:52 (3)	2:06:53 (3)	2:13:22 (3)	2:25:54 (4)	2:29:22 (4)	2:39:49 (4)	2:42:56 (4)	2:46:11 (4)
	15:18/34	4:41/36	1:32/37	10:01/138	6:29/139	12:32/41	3:28/42	10:27/43	3:07/45	3:15/150
	+1:21 (4)	+0:53 (4)	+0:00 (1)	+1:44 (4)	+1:30 (3)	+1:19 (3)	+0:00 (1)	+1:30 (3)	+0:20 (4)	+0:26 (4)
	2:46:46 (4)									
	0:35/249									
	+0:07 (4)									

5	Torkel J. K. Irgens	Bodø og Omegn IF						(15,79min/km)	3:56:54	(+1:21:04)
	2:52 (4)	28:05 (4)	30:39 (4)	45:55 (5)	52:18 (5)	1:02:53 (5)	1:10:31 (5)	1:22:18 (5)	2:02:29 (5)	2:04:17 (5)
	2:52/31	25:13/144	2:34/145	15:16/148	6:23/149	10:35/151	7:38/152	11:47/153	40:11/141	1:48/143
	+0:43 (4)	+4:13 (4)	+0:49 (5)	+7:38 (5)	+1:24 (5)	+2:15 (5)	+2:49 (5)	+3:32 (5)	+18:03 (5)	+0:49 (5)
	2:26:00 (5)	2:34:08 (5)	2:40:16 (5)	2:53:06 (5)	3:04:03 (5)	3:24:29 (5)	3:29:54 (5)	3:47:56 (5)	3:52:18 (5)	3:56:11 (5)
	21:43/34	8:08/36	6:08/37	12:50/138	10:57/139	20:26/41	5:25/42	18:02/43	4:22/45	3:53/150
	+7:46 (5)	+4:20 (5)	+4:36 (3)	+4:33 (5)	+5:58 (5)	+9:13 (5)	+1:57 (5)	+9:05 (5)	+1:35 (5)	+1:04 (5)
	3:56:54 (5)									
	0:43/249									
	+0:15 (5)									

Klasse D35- 10,9 km

4 påmeldt, 4 startende 1 premiert

1	Aviaja Kleist	Bodø og Omegn IF						(12,00min/km)	2:10:49	
	3:03 (1)	29:28 (1)	33:53 (1)	37:28 (1)	40:39 (1)	48:00 (1)	49:21 (1)	1:04:30 (1)	1:09:01 (1)	1:12:30 (1)
	3:03/31	26:25/145	4:25/146	3:35/147	3:11/148	7:21/141	1:21/143	15:09/34	4:31/36	3:29/37
	+0:00 (1)	+0:00 (1)	+0:24 (2)	+0:00 (1)	+0:00 (1)	+0:01 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	1:24:05 (1)	1:30:03 (1)	1:48:41 (1)	1:52:44 (1)	2:04:50 (1)	2:07:35 (1)	2:10:21 (1)	2:10:49 (1)		
	11:35/138	5:58/139	18:38/41	4:03/42	12:06/43	2:45/45	2:46/150	0:28/249		
	+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	Alexandra Arkhipova	Leader Petrosavodsk Russland (15,18min/km)						2:45:28	(+34:39)	
	3:11 (2)	34:44 (2)	38:45 (2)	43:58 (2)	47:43 (2)	55:03 (2)	56:47 (2)	1:17:10 (2)	1:22:24 (2)	1:30:21 (2)
	3:11/31	31:33/145	4:01/146	5:13/147	3:45/148	7:20/141	1:44/143	20:23/34	5:14/36	7:57/37
	+0:08 (2)	+5:08 (2)	+0:00 (1)	+1:38 (2)	+0:34 (2)	+0:00 (1)	+0:23 (2)	+5:14 (2)	+0:43 (2)	+4:28 (2)
	1:42:05 (2)	1:49:50 (2)	2:16:46 (2)	2:20:50 (2)	2:36:40 (2)	2:40:20 (2)	2:44:44 (2)	2:45:28 (2)		
	11:44/138	7:45/139	26:56/41	4:04/42	15:50/43	3:40/45	4:24/150	0:44/249		
	+0:09 (2)	+1:47 (2)	+8:18 (2)	+0:01 (2)	+3:44 (2)	+0:55 (2)	+1:38 (2)	+0:16 (2)		

Irene Mathilde Skiri			Bodø og Omegn IF					(18,56min/km)		Disk (+1:11:29)	
5:39 (3)	1:01:15 (3)	1:31:19 (3)	1:43:14 (3)	1:49:29 (3)	2:03:45 (3)	2:12:37 (3)	2:38:56 (3)	2:46:12 (3)	2:55:24 (3)		
5:39/31	55:36/145	30:04/146	11:55/147	6:15/148	14:16/141	8:52/143	26:19/34	7:16/36	9:12/37		
+2:36 (3)	+29:11 (3)	+26:03 (3)	+8:20 (3)	+3:04 (3)	+6:56 (3)	+7:31 (3)	+11:10 (3)	+2:45 (3)	+5:43 (3)		
3:12:00 (3)	3:22:18 (3)	3:22:18 (3)	3:22:18 (3)	3:22:18 (3)	3:22:18 (3)	3:22:18 (3)	3:22:18 (3)	3:22:18 (3)			
16:36/138	10:18/139										
+5:01 (3)	+4:20 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)			
Anne Gunn Dreyer			Bodø og Omegn IF					(0,00min/km)		Brutt	
(1)	(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)	+0:00 (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)			

Klasse H21- 15,0 km

5 påmeldt, 5 startende 1 premiér

1 Yngve Skogstad			Frol					(7,59min/km)		1:53:52	
1:46 (1)	17:46 (1)	19:20 (1)	25:33 (1)	29:56 (1)	36:27 (1)	40:25 (1)	47:10 (1)	1:04:02 (1)	1:04:51 (1)		
1:46/31	16:00/144	1:34/145	6:13/148	4:23/149	6:31/151	3:58/152	6:45/153	16:52/141	0:49/143		
+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)	+0:00 (1)	
1:15:38 (1)	1:18:46 (1)	1:19:44 (1)	1:26:19 (1)	1:30:55 (1)	1:38:53 (1)	1:41:28 (1)	1:49:10 (1)	1:51:13 (1)	1:53:30 (1)		
10:47/34	3:08/36	0:58/37	6:35/138	4:36/139	7:58/41	2:35/42	7:42/43	2:03/45	2:17/150		
+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)	+0:00 (1)	
1:53:52 (1)											
0:22/249											
+0:00 (1)											
2 Sturla Sjøvik			Olderskog IL					(10,97min/km)		2:44:36 (+50:44)	
2:18 (2)	23:37 (2)	25:29 (2)	33:53 (2)	40:19 (2)	51:49 (2)	57:34 (2)	1:08:31 (2)	1:32:35 (2)	1:33:54 (2)		
2:18/31	21:19/144	1:52/145	8:24/148	6:26/149	11:30/151	5:45/152	10:57/153	24:04/141	1:19/143		
+0:32 (2)	+5:19 (2)	+0:18 (2)	+2:11 (2)	+2:03 (2)	+4:59 (3)	+1:47 (3)	+4:12 (3)	+7:12 (2)	+0:30 (3)		
1:49:33 (2)	1:54:04 (2)	1:55:54 (2)	2:06:03 (2)	2:11:45 (2)	2:24:14 (2)	2:28:02 (2)	2:37:17 (2)	2:40:48 (2)	2:44:00 (2)		
15:39/34	4:31/36	1:50/37	10:09/138	5:42/139	12:29/41	3:48/42	9:15/43	3:31/45	3:12/150		
+4:52 (3)	+1:23 (3)	+0:52 (3)	+3:34 (3)	+1:06 (3)	+4:31 (2)	+1:13 (3)	+1:33 (2)	+1:28 (3)	+0:55 (3)		
2:44:36 (2)											
0:36/249											
+0:14 (3)											
3 Alexander Vyzhimov			Leader Petrosavodsk Russland (12,21min/km)					3:03:09 (+1:09:17)			
4:08 (3)	28:40 (3)	33:12 (3)	44:12 (3)	51:06 (3)	1:00:36 (3)	1:05:06 (3)	1:14:06 (3)	1:41:11 (3)	1:42:07 (3)		
4:08/31	24:32/144	4:32/145	11:00/148	6:54/149	9:30/151	4:30/152	9:00/153	27:05/141	0:56/143		
+2:22 (3)	+8:32 (3)	+2:58 (3)	+4:47 (3)	+2:31 (3)	+2:59 (2)	+0:32 (2)	+2:15 (2)	+10:13 (3)	+0:07 (2)		
1:55:38 (3)	1:59:24 (3)	2:00:33 (3)	2:08:35 (3)	2:13:11 (3)	2:28:28 (3)	2:31:55 (3)	2:56:18 (3)	2:59:25 (3)	3:02:34 (3)		
13:31/34	3:46/36	1:09/37	8:02/138	4:36/139	15:17/41	3:27/42	24:23/43	3:07/45	3:09/150		
+2:44 (2)	+0:38 (2)	+0:11 (2)	+1:27 (2)	+0:00 (1)	+7:19 (3)	+0:52 (2)	+16:41 (3)	+1:04 (2)	+0:52 (2)		
3:03:09 (3)											
0:35/249											
+0:13 (2)											
Kristian Hines			Herringen IL					(8,26min/km)		Brutt (+10:06)	
2:10 (2)	31:25 (4)	33:04 (3)	40:55 (3)	46:37 (3)	56:20 (3)	1:01:34 (3)	1:12:12 (3)	1:38:29 (3)	1:39:36 (3)		
2:10/31	29:15/144	1:39/145	7:51/148	5:42/149	9:43/151	5:14/152	10:38/153	26:17/141	1:07/143		
+0:24 (2)	+13:15 (4)	+0:05 (2)	+1:38 (2)	+1:19 (2)	+3:12 (3)	+1:16 (3)	+3:53 (3)	+9:25 (3)	+0:18 (3)		
1:55:18 (3)	2:00:42 (4)	2:03:58 (4)	2:03:58 (2)	2:03:58 (2)	2:03:58 (2)	2:03:58 (2)	2:03:58 (2)	2:03:58 (2)	2:03:58 (2)		
15:42/34	5:24/36	3:16/37									
+4:55 (4)	+2:16 (4)	+2:18 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
2:03:58 (2)											
+0:00 (1)											
Steinar Lande			SISO IL					(10,80min/km)		Brutt (+48:11)	
1:58 (2)	24:19 (3)	26:31 (3)	33:42 (2)	39:29 (2)	49:09 (2)	55:08 (2)	1:05:38 (2)	1:31:42 (2)	1:33:18 (2)		
1:58/31	22:21/144	2:12/145	7:11/148	5:47/149	9:40/151	5:59/152	10:30/153	26:04/141	1:36/143		

+0:12 (2)	+6:21 (3)	+0:38 (3)	+0:58 (2)	+1:24 (2)	+3:09 (3)	+2:01 (4)	+3:45 (3)	+9:12 (3)	+0:47 (4)
1:54:03 (3)	2:01:39 (4)	2:03:35 (4)	2:40:59 (4)	2:42:03 (4)	2:42:03 (4)	2:42:03 (4)	2:42:03 (3)	2:42:03 (3)	2:42:03 (2)
20:45/34	7:36/36	1:56/37	37:24/150	1:04/249					
+9:58 (4)	+4:28 (4)	+0:58 (4)	+30:49 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
2:42:03 (2)									
+0:00 (1)									

Klasse D21- 10,9 km

4 påmeldt, 4 startende 1 premiert

1	Olga Trifanova	Leader Petrosavodsk Russland (10,71min/km)						1:56:45	
	3:36 (4)	30:16 (1)	33:56 (1)	37:38 (1)	40:46 (1)	47:05 (1)	48:34 (1)	1:02:28 (1)	1:06:40 (1) 1:09:15 (1)
	3:36/31	26:40/145	3:40/146	3:42/147	3:08/148	6:19/141	1:29/143	13:54/34	4:12/36 2:35/37
	+1:23 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:15 (3)	+0:00 (1)	+0:14 (2)	+0:00 (1)	+0:00 (1) +0:13 (2)
	1:18:46 (1)	1:24:02 (1)	1:35:46 (1)	1:39:07 (1)	1:49:55 (1)	1:53:02 (1)	1:56:13 (1)	1:56:45 (1)	
	9:31/138	5:16/139	11:44/41	3:21/42	10:48/43	3:07/45	3:11/150	0:32/249	
	+0:39 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:43 (3)	+0:21 (3)	+0:14 (2)	+0:04 (2)	
2	Eirill Pettersen Buvik	Korgen IL (11,19min/km)						2:01:59 (+5:14)	
	3:12 (3)	31:59 (2)	35:58 (2)	39:49 (2)	42:42 (2)	49:36 (2)	50:51 (2)	1:06:25 (2)	1:10:47 (2) 1:13:33 (2)
	3:12/31	28:47/145	3:59/146	3:51/147	2:53/148	6:54/141	1:15/143	15:34/34	4:22/36 2:46/37
	+0:59 (3)	+2:07 (2)	+0:19 (3)	+0:09 (2)	+0:00 (1)	+0:35 (2)	+0:00 (1)	+1:40 (2)	+0:10 (2) +0:24 (3)
	1:22:25 (2)	1:28:05 (2)	1:41:27 (2)	1:45:07 (2)	1:55:12 (2)	1:58:10 (2)	2:01:25 (2)	2:01:59 (2)	
	8:52/138	5:40/139	13:22/41	3:40/42	10:05/43	2:58/45	3:15/150	0:34/249	
	+0:00 (1)	+0:24 (2)	+1:38 (2)	+0:19 (2)	+0:00 (1)	+0:12 (2)	+0:18 (3)	+0:06 (3)	
3	Heidi Mørkved	Bodø og Omegn IF (13,66min/km)						2:28:53 (+32:08)	
	2:13 (1)	33:28 (3)	37:23 (3)	41:21 (3)	44:25 (3)	53:26 (3)	1:00:44 (3)	1:16:22 (3)	1:25:12 (3) 1:28:35 (3)
	2:13/31	31:15/145	3:55/146	3:58/147	3:04/148	9:01/141	7:18/143	15:38/34	8:50/36 3:23/37
	+0:00 (1)	+4:35 (3)	+0:15 (2)	+0:16 (3)	+0:11 (2)	+2:42 (4)	+6:03 (4)	+1:44 (4)	+4:38 (4) +1:01 (4)
	1:40:21 (3)	1:47:54 (3)	2:07:02 (3)	2:12:32 (3)	2:22:42 (3)	2:25:28 (3)	2:28:25 (3)	2:28:53 (3)	
	11:46/138	7:33/139	19:08/41	5:30/42	10:10/43	2:46/45	2:57/150	0:28/249	
	+2:54 (3)	+2:17 (4)	+7:24 (3)	+2:09 (4)	+0:05 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
4	Liv Anne Sollie	Olderskog IL (15,06min/km)						2:44:11 (+47:26)	
	2:48 (2)	43:03 (4)	47:40 (4)	52:00 (4)	57:12 (4)	1:04:56 (4)	1:07:40 (4)	1:23:15 (4)	1:29:29 (4) 1:31:51 (4)
	2:48/31	40:15/145	4:37/146	4:20/147	5:12/148	7:44/141	2:44/143	15:35/34	6:14/36 2:22/37
	+0:35 (2)	+13:35 (4)	+0:57 (4)	+0:38 (4)	+2:19 (4)	+1:25 (3)	+1:29 (3)	+1:41 (3)	+2:02 (3) +0:00 (1)
	1:45:33 (4)	1:53:02 (4)	2:13:51 (4)	2:18:12 (4)	2:34:52 (4)	2:39:39 (4)	2:43:28 (4)	2:44:11 (4)	
	13:42/138	7:29/139	20:49/41	4:21/42	16:40/43	4:47/45	3:49/150	0:43/249	
	+4:50 (4)	+2:13 (3)	+9:05 (4)	+1:00 (3)	+6:35 (4)	+2:01 (4)	+0:52 (4)	+0:15 (4)	

Klasse Trim

4 påmeldt, 4 startende

1	Rasmus Andersen	Bodø og Omegn IF						28:12	
	2:42 (1)	6:09 (1)	12:18 (1)	19:35 (1)	24:13 (1)	25:58 (1)	27:34 (1)	28:12 (1)	28:12 (1) 28:12 (1)
	2:42/32	3:27/35	6:09/40	7:17/49	4:38/50	1:45/52	1:36/150	0:38/249	
	+0:00 (1)	+0:00 (1)	+2:38 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:15 (2)	+0:08 (2)	+0:00 (1) +0:00 (1)
	28:12 (1)	28:12 (1)	28:12 (1)	28:12 (1)	28:12 (1)				
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)				
2	Amund Bø Kongsbakk	Bodø og Omegn IF						44:09 (+15:57)	
	3:02 (2)	9:32 (2)	22:44 (2)	31:43 (2)	38:26 (2)	40:29 (2)	43:39 (2)	44:09 (2)	44:09 (2) 44:09 (2)
	3:02/32	6:30/35	13:12/40	8:59/49	6:43/50	2:03/52	3:10/150	0:30/249	
	+0:20 (2)	+3:03 (2)	+9:41 (3)	+1:42 (4)	+2:05 (3)	+0:18 (2)	+1:49 (4)	+0:00 (1)	+0:00 (1) +0:00 (1)
	44:09 (2)	44:09 (2)	44:09 (2)	44:09 (2)	44:09 (2)				
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)				
3	Elisabet Kongsbakk	Bodø og Omegn IF						44:19 (+16:07)	
	3:03 (3)	9:33 (3)	22:49 (3)	31:46 (3)	38:30 (3)	40:39 (3)	43:40 (3)	44:19 (3)	44:19 (3) 44:19 (3)
	3:03/32	6:30/35	13:16/40	8:57/49	6:44/50	2:09/52	3:01/150	0:39/249	
	+0:21 (3)	+3:03 (2)	+9:45 (4)	+1:40 (3)	+2:06 (4)	+0:24 (3)	+1:40 (3)	+0:09 (3)	+0:00 (1) +0:00 (1)

44:19 (3) 44:19 (3) 44:19 (3) 44:19 (3) 44:19 (3)

+0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)

4 Bendik Storvik Nilsen

Bodø og Omegn IF

2:18:39 (+1:50:27)

5:04 (4)	44:49 (4)	48:20 (4)	55:53 (4)	1:02:22 (4)	1:12:28 (4)	1:13:49 (4)	1:39:50 (4)	1:46:34 (4)	1:55:14 (4)
5:04/33	39:45/144	3:31/145	7:33/146	6:29/148	10:06/141	1:21/143	26:01/136	6:44/137	8:40/36
+2:22 (4)	+36:18 (4)	+0:00 (1)	+0:16 (2)	+1:51 (2)	+8:21 (4)	+0:00 (1)	+25:31 (4)	+0:00 (1)	+0:00 (1)
2:08:00 (4)	2:14:27 (4)	2:16:32 (4)	2:18:10 (4)	2:18:39 (4)					
12:46/39	6:27/50	2:05/52	1:38/150	0:29/249					
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)					