

Resultater fra Saltenkarusell 4, Hopen 25.05.2010

Det var totalt 96 deltagere.

Klasse Nybegynner 1,5 km

20 påmeldt, 20 startende

Camilla V. Edvardsen	Ukjent	(12,17min/km)	17:39				
1:01 (4)	3:03 (5)	6:28 (4)	8:02 (4)	11:44 (4)	13:28 (4)	15:29 (4)	17:39 (5)
1:01/31	2:02/32	3:25/33	1:34/34	3:42/35	1:44/36	2:01/150	2:10/249
+0:08 (4)	+0:30 (5)	+0:46 (5)	+0:00 (1)	+0:45 (7)	+0:25 (7)	+0:58 (6)	+1:22 (12)
Marius Ekrem Finstad	Bodø og Omegn IF	(13,99min/km)	20:17				
1:01 (4)	2:33 (1)	9:28 (9)	12:06 (10)	15:37 (9)	17:29 (8)	19:18 (6)	20:17 (6)
1:01/31	1:32/32	6:55/33	2:38/34	3:31/35	1:52/36	1:49/150	0:59/249
+0:08 (4)	+0:00 (1)	+4:16 (17)	+1:04 (10)	+0:34 (4)	+0:33 (8)	+0:46 (3)	+0:11 (4)
Bendik Hansen	Bodø og Omegn IF	(10,55min/km)	15:18				
0:55 (2)	2:39 (3)	5:30 (2)	7:13 (1)	10:45 (3)	12:26 (3)	14:21 (2)	15:18 (2)
0:55/31	1:44/32	2:51/33	1:43/34	3:32/35	1:41/36	1:55/150	0:57/249
+0:02 (2)	+0:12 (3)	+0:12 (3)	+0:09 (3)	+0:35 (5)	+0:22 (6)	+0:52 (5)	+0:09 (3)
Sebastian Hegreberg	Ukjent	(29,28min/km)	42:27				
2:14 (13)	6:38 (12)	12:35 (11)	17:50 (11)	25:48 (14)	30:00 (16)	39:10 (15)	42:27 (16)
2:14/31	4:24/32	5:57/33	5:15/34	7:58/35	4:12/36	9:10/150	3:17/249
+1:21 (13)	+2:52 (12)	+3:18 (14)	+3:41 (16)	+5:01 (16)	+2:53 (16)	+8:07 (18)	+2:29 (18)
Sondre J. Hegreberg	Ukjent	(29,23min/km)	42:23				
2:01 (11)	6:32 (11)	12:39 (12)	17:52 (13)	25:39 (13)	29:49 (15)	39:23 (16)	42:23 (15)
2:01/31	4:31/32	6:07/33	5:13/34	7:47/35	4:10/36	9:34/150	3:00/249
+1:08 (11)	+2:59 (13)	+3:28 (15)	+3:39 (15)	+4:50 (14)	+2:51 (15)	+8:31 (19)	+2:12 (17)
Lene Johnsen Ikdahl	Bodø og Omegn IF	(49,68min/km)	1:12:02				
2:01 (11)	19:36 (19)	28:24 (19)	53:24 (19)	1:00:20 (19)	1:04:33 (19)	1:09:43 (19)	1:12:02 (19)
2:01/31	17:35/32	8:48/33	25:00/34	6:56/35	4:13/36	5:10/150	2:19/249
+1:08 (11)	+16:03 (19)	+6:09 (18)	+23:26 (19)	+3:59 (11)	+2:54 (17)	+4:07 (16)	+1:31 (13)
Marianne Johansen	Bodø og Omegn IF	(11,82min/km)	17:08				
1:15 (9)	4:20 (8)	7:24 (5)	9:33 (5)	12:44 (5)	14:37 (5)	16:16 (5)	17:08 (4)
1:15/31	3:05/32	3:04/33	2:09/34	3:11/35	1:53/36	1:39/150	0:52/249
+0:22 (9)	+1:33 (8)	+0:25 (4)	+0:35 (5)	+0:14 (2)	+0:34 (9)	+0:36 (2)	+0:04 (2)
Øyvind Johansen	Bodø og Omegn IF	(15,24min/km)	Disk				
1:44 (11)	5:10 (11)	9:34 (11)	13:44 (11)	17:14 (11)	19:09 (11)	22:06 (11)	22:06 (11)
1:44/31	3:26/32	4:24/33	4:10/34	3:30/35	1:55/36	2:57/249	
+0:51 (11)	+1:54 (9)	+1:45 (8)	+2:36 (12)	+0:33 (4)	+0:36 (10)	+1:54 (12)	+0:00 (1)
Elias Karlsen	Ukjent	(23,21min/km)	33:39				
3:33 (19)	7:54 (13)	13:48 (14)	18:10 (15)	25:38 (12)	29:35 (14)	31:47 (13)	33:39 (12)
3:33/31	4:21/32	5:54/33	4:22/34	7:28/35	3:57/36	2:12/150	1:52/249
+2:40 (19)	+2:49 (11)	+3:15 (13)	+2:48 (13)	+4:31 (12)	+2:38 (14)	+1:09 (7)	+1:04 (11)
Sander Karlsen	Ukjent	(23,67min/km)	34:19				
3:20 (18)	8:00 (15)	13:48 (14)	18:12 (16)	26:13 (16)	29:24 (12)	31:59 (14)	34:19 (14)
3:20/31	4:40/32	5:48/33	4:24/34	8:01/35	3:11/36	2:35/150	2:20/249
+2:27 (18)	+3:08 (15)	+3:09 (10)	+2:50 (14)	+5:04 (17)	+1:52 (11)	+1:32 (9)	+1:32 (14)
Trygve Bø Kongsbakk	Bodø og Omegn IF	(9,71min/km)	14:05				
1:05 (6)	3:17 (6)	5:59 (3)	7:37 (3)	10:34 (1)	11:53 (1)	12:56 (1)	14:05 (1)
1:05/31	2:12/32	2:42/33	1:38/34	2:57/35	1:19/36	1:03/150	1:09/249
+0:12 (6)	+0:40 (7)	+0:03 (2)	+0:04 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:21 (7)
Adler Kringhaug		(14,76min/km)	21:24				
1:10 (8)	4:45 (10)	8:17 (6)	10:37 (7)	14:39 (6)	16:14 (6)	20:25 (9)	21:24 (8)
1:10/31	3:35/32	3:32/33	2:20/34	4:02/35	1:35/36	4:11/150	0:59/249
+0:17 (8)	+2:03 (9)	+0:53 (6)	+0:46 (8)	+1:05 (8)	+0:16 (5)	+3:08 (14)	+0:11 (4)
Esten Kringhaug	Valnesfjord IL	(15,23min/km)	22:05				
0:53 (1)	4:43 (9)	8:21 (7)	10:32 (6)	14:51 (7)	16:23 (7)	20:24 (8)	22:05 (10)
0:53/31	3:50/32	3:38/33	2:11/34	4:19/35	1:32/36	4:01/150	1:41/249
+0:00 (1)	+2:18 (10)	+0:59 (7)	+0:37 (7)	+1:22 (9)	+0:13 (4)	+2:58 (13)	+0:53 (9)

Elias Overaa			Ukjent			(23,55min/km)		34:09	
3:07 (16)	8:18 (16)	13:48 (14)	17:51 (12)	25:35 (11)	29:01 (11)	31:44 (11)	34:09 (13)		
3:07/31	5:11/32	5:30/33	4:03/34	7:44/35	3:26/36	2:43/150	2:25/249		
+2:14 (16)	+3:39 (16)	+2:51 (9)	+2:29 (11)	+4:47 (13)	+2:07 (12)	+1:40 (10)	+1:37 (15)		
Johannes Overaa			Ukjent			(23,08min/km)		33:28	
3:16 (17)	7:54 (14)	13:46 (13)	18:01 (14)	25:55 (15)	29:25 (13)	31:45 (12)	33:28 (11)		
3:16/31	4:38/32	5:52/33	4:15/34	7:54/35	3:30/36	2:20/150	1:43/249		
+2:23 (17)	+3:06 (14)	+3:13 (11)	+2:41 (12)	+4:57 (15)	+2:11 (13)	+1:17 (8)	+0:55 (10)		
Jens Pedersen			Bodø og Omegn IF			(14,17min/km)		20:33	
1:30 (10)	3:35 (7)	9:00 (8)	11:34 (8)	16:08 (10)	17:36 (9)	19:30 (7)	20:33 (7)		
1:30/31	2:05/32	5:25/33	2:34/34	4:34/35	1:28/36	1:54/150	1:03/249		
+0:37 (10)	+0:33 (6)	+2:46 (8)	+1:00 (9)	+1:37 (10)	+0:09 (3)	+0:51 (4)	+0:15 (6)		
Kaja Skiri			Bodø og Omegn IF			(10,68min/km)		15:29	
0:55 (2)	2:38 (2)	5:17 (1)	7:14 (2)	10:35 (2)	11:58 (2)	14:41 (3)	15:29 (3)		
0:55/31	1:43/32	2:39/33	1:57/34	3:21/35	1:23/36	2:43/150	0:48/249		
+0:02 (2)	+0:11 (2)	+0:00 (1)	+0:23 (4)	+0:24 (3)	+0:04 (2)	+1:40 (10)	+0:00 (1)		
Anna Elisabeth Skålsvik			Ukjent			(33,98min/km)		49:16	
3:02 (15)	9:35 (17)	15:28 (17)	22:10 (17)	32:07 (17)	37:35 (17)	42:08 (17)	49:16 (17)		
3:02/31	6:33/32	5:53/33	6:42/34	9:57/35	5:28/36	4:33/150	7:08/249		
+2:09 (15)	+5:01 (17)	+3:14 (12)	+5:08 (17)	+7:00 (18)	+4:09 (18)	+3:30 (15)	+6:20 (19)		
Eivind Lindahl Valle			Bodø og Omegn IF			(15,20min/km)		22:02	
1:05 (6)	3:00 (4)	9:30 (10)	11:39 (9)	15:20 (8)	17:41 (10)	20:40 (10)	22:02 (9)		
1:05/31	1:55/32	6:30/33	2:09/34	3:41/35	2:21/36	2:59/150	1:22/249		
+0:12 (6)	+0:23 (4)	+3:51 (16)	+0:35 (5)	+0:44 (6)	+1:02 (10)	+1:56 (12)	+0:34 (8)		
Benjamin August Viken			Tverlandet IL			(39,14min/km)		56:45	
2:46 (14)	10:38 (18)	19:30 (18)	26:55 (18)	40:36 (18)	47:42 (18)	53:59 (18)	56:45 (18)		
2:46/31	7:52/32	8:52/33	7:25/34	13:41/35	7:06/36	6:17/150	2:46/249		
+1:53 (14)	+6:20 (18)	+6:13 (19)	+5:51 (18)	+10:44 (19)	+5:47 (19)	+5:14 (17)	+1:58 (16)		

Klasse 2 km 2,1 km

16 påmeldt, 16 startende

1 Marius Ekrem Finstad			Bodø og Omegn IF			(14,99min/km)		31:29	
0:46 (1)	3:50 (1)	7:09 (2)	9:43 (2)	11:52 (2)	19:20 (2)	23:24 (3)	26:34 (1)	29:12 (2)	30:37 (1)
0:46/60	3:04/61	3:19/33	2:34/64	2:09/56	7:28/46	4:04/34	3:10/63	2:38/36	1:25/150
+0:00 (1)	+0:18 (3)	+0:23 (2)	+0:15 (3)	+0:29 (6)	+2:25 (6)	+2:28 (10)	+1:24 (9)	+0:33 (4)	+0:23 (3)
31:29 (1)									
0:52/249									
+0:06 (5)									
2 Hanne Skogestad			Ukjent			(15,04min/km)		31:35 (+0:06)	
1:43 (10)	5:14 (6)	9:28 (5)	12:24 (5)	14:26 (5)	19:44 (3)	22:23 (2)	26:48 (2)	28:53 (1)	30:39 (2)
1:43/60	3:31/61	4:14/33	2:56/64	2:02/56	5:18/46	2:39/34	4:25/63	2:05/36	1:46/150
+0:57 (10)	+0:45 (5)	+1:18 (5)	+0:37 (6)	+0:22 (5)	+0:15 (2)	+1:03 (7)	+2:39 (12)	+0:00 (1)	+0:44 (5)
31:35 (2)									
0:56/249									
+0:10 (7)									
3 Anja Meisler			Innstrandens IL			(15,34min/km)		32:13 (+0:44)	
5:57 (14)	9:31 (14)	14:01 (11)	16:23 (11)	18:18 (8)	23:21 (6)	25:40 (4)	27:26 (4)	30:25 (3)	31:27 (3)
5:57/60	3:34/61	4:30/33	2:22/64	1:55/56	5:03/46	2:19/34	1:46/63	2:59/36	1:02/150
+5:11 (14)	+0:48 (6)	+1:34 (6)	+0:03 (2)	+0:15 (3)	+0:00 (1)	+0:43 (3)	+0:00 (1)	+0:54 (6)	+0:00 (1)
32:13 (3)									
0:46/249									
+0:00 (1)									
4 Amund Kleist Godal			Bodø og Omegn IF			(16,06min/km)		33:43 (+2:14)	
1:02 (4)	3:53 (2)	7:29 (3)	10:06 (3)	12:04 (3)	18:09 (1)	20:33 (1)	26:57 (3)	31:25 (5)	32:52 (4)
1:02/60	2:51/61	3:36/33	2:37/64	1:58/56	6:05/46	2:24/34	6:24/63	4:28/36	1:27/150
+0:16 (4)	+0:05 (2)	+0:40 (4)	+0:18 (4)	+0:18 (4)	+1:02 (5)	+0:48 (4)	+4:38 (13)	+2:23 (11)	+0:25 (4)
33:43 (4)									
0:51/249									
+0:05 (4)									

5	Jeanette Støvset		Skjærstad IL		(16,18min/km)		33:59	(+2:30)		
	1:09 (5)	3:55 (3)	6:51 (1)	9:10 (1)	11:03 (1)	25:51 (7)	27:27 (6)	29:23 (6)	31:58 (6)	33:09 (5)
	1:09/60	2:46/61	2:56/33	2:19/64	1:53/56	14:48/46	1:36/34	1:56/63	2:35/36	1:11/150
	+0:23 (5)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:13 (2)	+9:45 (13)	+0:00 (1)	+0:10 (2)	+0:30 (3)	+0:09 (2)
	33:59 (5)									
	0:50/249									
	+0:04 (2)									
6	Inger Johanne Lindal		Bodø og Omegn IF		(16,50min/km)		34:39	(+3:10)		
	1:24 (7)	5:10 (5)	9:52 (6)	13:59 (6)	16:45 (6)	22:30 (4)	26:01 (5)	28:26 (5)	31:15 (4)	33:25 (6)
	1:24/60	3:46/61	4:42/33	4:07/64	2:46/56	5:45/46	3:31/34	2:25/63	2:49/36	2:10/150
	+0:38 (7)	+1:00 (7)	+1:46 (7)	+1:48 (10)	+1:06 (8)	+0:42 (3)	+1:55 (8)	+0:39 (6)	+0:44 (5)	+1:08 (8)
	34:39 (6)									
	1:14/249									
	+0:28 (10)									
7	Eva Lund Pedersen		SISO IL		(17,40min/km)		36:32	(+5:03)		
	1:36 (9)	6:09 (8)	10:52 (8)	14:52 (7)	17:21 (7)	23:13 (5)	27:34 (7)	29:56 (7)	33:41 (7)	35:27 (7)
	1:36/60	4:33/61	4:43/33	4:00/64	2:29/56	5:52/46	4:21/34	2:22/63	3:45/36	1:46/150
	+0:50 (9)	+1:47 (8)	+1:47 (8)	+1:41 (8)	+0:49 (7)	+0:49 (4)	+2:45 (11)	+0:36 (5)	+1:40 (8)	+0:44 (5)
	36:32 (7)									
	1:05/249									
	+0:19 (8)									
8	Lotte Eriksen Reitan		Bodø og Omegn IF		(18,96min/km)		39:49	(+8:20)		
	0:51 (2)	4:20 (4)	7:54 (4)	10:40 (4)	12:20 (4)	30:17 (11)	32:02 (10)	34:40 (10)	37:09 (10)	38:59 (8)
	0:51/60	3:29/61	3:34/33	2:46/64	1:40/56	17:57/46	1:45/34	2:38/63	2:29/36	1:50/150
	+0:05 (2)	+0:43 (4)	+0:38 (3)	+0:27 (5)	+0:00 (1)	+12:54 (14)	+0:09 (2)	+0:52 (7)	+0:24 (2)	+0:48 (7)
	39:49 (8)									
	0:50/249									
	+0:04 (2)									
9	Kaja Skiri		Bodø og Omegn IF		(20,67min/km)		43:25	(+11:56)		
	1:01 (3)	5:51 (7)	10:44 (7)	15:27 (8)	19:57 (11)	29:10 (10)	32:55 (11)	35:50 (11)	39:27 (11)	42:30 (10)
	1:01/60	4:50/61	4:53/33	4:43/64	4:30/56	9:13/46	3:45/34	2:55/63	3:37/36	3:03/150
	+0:15 (3)	+2:04 (9)	+1:57 (9)	+2:24 (13)	+2:50 (11)	+4:10 (9)	+2:09 (9)	+1:09 (8)	+1:32 (7)	+2:01 (9)
	43:25 (9)									
	0:55/249									
	+0:09 (6)									
10	Esten Kringhaug		Valnesfjord IL		(20,81min/km)		43:42	(+12:13)		
	1:20 (6)	6:51 (9)	11:53 (9)	15:53 (9)	19:25 (10)	27:10 (8)	29:35 (8)	31:47 (8)	36:09 (8)	42:23 (9)
	1:20/60	5:31/61	5:02/33	4:00/64	3:32/56	7:45/46	2:25/34	2:12/63	4:22/36	6:14/150
	+0:34 (6)	+2:45 (11)	+2:06 (10)	+1:41 (8)	+1:52 (10)	+2:42 (7)	+0:49 (5)	+0:26 (4)	+2:17 (10)	+5:12 (13)
	43:42 (10)									
	1:19/249									
	+0:33 (11)									
11	Adler Kringhaug		Innstrandens IL		(20,83min/km)		43:45	(+12:16)		
	1:28 (8)	6:51 (9)	11:57 (10)	15:54 (10)	19:19 (9)	27:15 (9)	29:47 (9)	31:57 (9)	36:12 (9)	42:37 (11)
	1:28/60	5:23/61	5:06/33	3:57/64	3:25/56	7:56/46	2:32/34	2:10/63	4:15/36	6:25/150
	+0:42 (8)	+2:37 (10)	+2:10 (11)	+1:38 (7)	+1:45 (9)	+2:53 (8)	+0:56 (6)	+0:24 (3)	+2:10 (9)	+5:23 (14)
	43:45 (11)									
	1:08/249									
	+0:22 (9)									
12	Regula Hösli		Bodø og Omegn IF		(26,53min/km)		55:43	(+24:14)		
	3:00 (12)	9:05 (12)	17:40 (13)	22:08 (12)	26:56 (12)	36:31 (12)	41:08 (12)	44:20 (12)	50:49 (12)	54:19 (12)
	3:00/60	6:05/61	8:35/33	4:28/64	4:48/56	9:35/46	4:37/34	3:12/63	6:29/36	3:30/150
	+2:14 (12)	+3:19 (13)	+5:39 (14)	+2:09 (11)	+3:08 (12)	+4:32 (10)	+3:01 (13)	+1:26 (10)	+4:24 (13)	+2:28 (11)
	55:43 (12)									
	1:24/249									
	+0:38 (13)									
13	Nadide Mutlukoca		Ukjent		(26,62min/km)		55:54	(+24:25)		
	3:01 (13)	9:21 (13)	17:41 (14)	22:10 (13)	27:02 (13)	36:44 (13)	41:08 (12)	44:21 (13)	50:51 (13)	54:33 (13)
	3:01/60	6:20/61	8:20/33	4:29/64	4:52/56	9:42/46	4:24/34	3:13/63	6:30/36	3:42/150
	+2:15 (13)	+3:34 (14)	+5:24 (13)	+2:10 (12)	+3:12 (13)	+4:39 (11)	+2:48 (12)	+1:27 (11)	+4:25 (14)	+2:40 (12)

55:54 (13)

1:21/249

+0:35 (12)

14 Martine Paulsen Limstrand Bodø og Omegn IF (31,62min/km) 1:06:24 (+34:55)

2:12 (11) 8:12 (11) 15:41 (12) 23:06 (14) 28:21 (14) 41:05 (14) 46:55 (14) 55:10 (14) 1:00:40 (14) 1:03:54 (14)

2:12/60 6:00/61 7:29/33 7:25/64 5:15/56 12:44/46 5:50/34 8:15/63 5:30/36 3:14/150

+1:26 (11) +3:14 (12) +4:33 (12) +5:06 (14) +3:35 (14) +7:41 (12) +4:14 (14) +6:29 (14) +3:25 (12) +2:12 (10)

1:06:24 (14)

2:30/249

+1:44 (14)

Anne Sofie Fosby

Ukjent

(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)

+0:00 (1)

Carina Rinaldo

Ukjent

(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)

+0:00 (1)

Klasse 3 km 2,9 km

26 påmeldt, 26 startende

1 Rasmus Anderssen

Ukjent

(11,90min/km)

35:00

(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) +0:00 (1)

(1)

+0:00 (1)

2 Asbjørn Pedersen

SISO IL

(13,41min/km)

39:26 (+4:26)

2:16 (6) 8:44 (7) 11:54 (9) 17:27 (7) 24:17 (4) 26:03 (4) 27:54 (6) 31:34 (5) 34:39 (2) 38:23 (2)

2:16/41 6:28/44 3:10/43 5:33/61 6:50/137 1:46/56 1:51/64 3:40/46 3:05/54 3:44/150

+0:24 (5) +2:04 (12) +1:44 (17) +0:11 (3) +1:09 (4) +0:09 (6) +0:27 (9) +0:41 (5) +0:40 (6) +0:58 (3)

39:26 (2)

1:03/249

+0:20 (14)

3 Bendik Storvik Nilsen

Bodø og Omegn IF

(13,63min/km)

40:05 (+5:05)

2:15 (5) 8:03 (5) 10:37 (6) 16:06 (6) 22:46 (2) 24:23 (2) 25:49 (2) 29:17 (3) 34:56 (3) 39:16 (4)

2:15/41 5:48/44 2:34/43 5:29/61 6:40/137 1:37/56 1:26/64 3:28/46 5:39/54 4:20/150

+0:23 (4) +1:24 (8) +1:08 (10) +0:07 (2) +0:59 (3) +0:00 (1) +0:02 (3) +0:29 (2) +3:14 (14) +1:34 (8)

40:05 (3)

0:49/249

+0:06 (4)

4 Elisabeth Kongsbakk

Bodø og Omegn IF

(13,65min/km)

40:07 (+5:07)

2:02 (3) 7:04 (3) 9:59 (4) 15:21 (2) 23:07 (3) 24:46 (3) 26:10 (3) 29:09 (2) 35:02 (4) 39:09 (3)

2:02/41 5:02/44 2:55/43 5:22/61 7:46/137 1:39/56 1:24/64 2:59/46 5:53/54 4:07/150

+0:10 (2) +0:38 (3) +1:29 (15) +0:00 (1) +2:05 (7) +0:02 (2) +0:00 (1) +0:00 (1) +3:28 (16) +1:21 (5)

40:07 (4)

0:58/249

+0:15 (9)

5 Oda Furuholmen

Bodø og Omegn IF

(13,71min/km)

40:18 (+5:18)

3:03 (9) 8:06 (6) 10:09 (5) 15:51 (3) 24:27 (6) 26:08 (5) 27:32 (4) 32:30 (6) 35:20 (5) 39:20 (5)

3:03/41 5:03/44 2:03/43 5:42/61 8:36/137 1:41/56 1:24/64 4:58/46 2:50/54 4:00/150

+1:11 (8) +0:39 (4) +0:37 (5) +0:20 (5) +2:55 (10) +0:04 (4) +0:00 (1) +1:59 (11) +0:25 (2) +1:14 (4)

40:18 (5)

0:58/249

+0:15 (9)

6 Marit Elveos Bodø og Omegn IF (13,95min/km) 41:00 (+6:00)

6:39 (22) 11:03 (13) 12:29 (12) 19:08 (13) 24:49 (9) 27:14 (8) 28:59 (8) 33:08 (8) 37:25 (9) 40:11 (6)

6:39/41 4:24/44 1:26/43 6:39/61 5:41/137 2:25/56 1:45/64 4:09/46 4:17/54 2:46/150

+4:47 (21) +0:00 (1) +0:00 (1) +1:17 (11) +0:00 (1) +0:48 (13) +0:21 (8) +1:10 (8) +1:52 (8) +0:00 (1)

41:00 (6)

0:49/249

+0:06 (4)

7 Erlend Elveos Kjelstrup Bodø og Omegn IF (14,06min/km) 41:20 (+6:20)

1:52 (2) 6:29 (2) 8:31 (2) 15:54 (4) 24:42 (8) 27:29 (9) 29:01 (9) 34:03 (9) 36:28 (6) 40:36 (7)

1:52/41 4:37/44 2:02/43 7:23/61 8:48/137 2:47/56 1:32/64 5:02/46 2:25/54 4:08/150

+0:00 (1) +0:13 (2) +0:36 (4) +2:01 (16) +3:07 (11) +1:10 (17) +0:08 (5) +2:03 (12) +0:00 (1) +1:22 (6)

41:20 (7)

0:44/249

+0:01 (2)

7 Corinna Lau Bodø og Omegn IF (14,06min/km) 41:20 (+6:20)

2:10 (4) 9:12 (8) 11:12 (7) 17:30 (8) 24:28 (7) 26:14 (6) 27:51 (5) 31:26 (4) 36:29 (7) 40:37 (8)

2:10/41 7:02/44 2:00/43 6:18/61 6:58/137 1:46/56 1:37/64 3:35/46 5:03/54 4:08/150

+0:18 (3) +2:38 (15) +0:34 (2) +0:56 (8) +1:17 (5) +0:09 (6) +0:13 (6) +0:36 (4) +2:38 (9) +1:22 (6)

41:20 (7)

0:43/249

+0:00 (1)

9 Katrine Kalvig Bodø og Omegn IF (14,65min/km) 43:05 (+8:05)

2:21 (7) 7:42 (4) 9:47 (3) 15:55 (5) 24:23 (5) 26:41 (7) 28:54 (7) 33:00 (7) 37:07 (8) 42:04 (9)

2:21/41 5:21/44 2:05/43 6:08/61 8:28/137 2:18/56 2:13/64 4:06/46 4:07/54 4:57/150

+0:29 (6) +0:57 (5) +0:39 (6) +0:46 (7) +2:47 (9) +0:41 (12) +0:49 (13) +1:07 (7) +1:42 (7) +2:11 (13)

43:05 (9)

1:01/249

+0:18 (13)

10 Camilla Nordhei Bodø og Omegn IF (15,48min/km) 45:31 (+10:31)

3:39 (13) 9:14 (10) 11:22 (8) 17:51 (9) 27:39 (12) 29:27 (12) 31:31 (12) 36:06 (11) 39:03 (11) 44:10 (10)

3:39/41 5:35/44 2:08/43 6:29/61 9:48/137 1:48/56 2:04/64 4:35/46 2:57/54 5:07/150

+1:47 (12) +1:11 (6) +0:42 (7) +1:07 (10) +4:07 (14) +0:11 (8) +0:40 (12) +1:36 (9) +0:32 (3) +2:21 (14)

45:31 (10)

1:21/249

+0:38 (21)

11 Terje Johansen Bodø og Omegn IF (15,49min/km) 45:33 (+10:33)

3:14 (10) 9:19 (11) 13:13 (14) 18:53 (11) 28:42 (13) 30:24 (13) 32:06 (13) 35:35 (10) 38:32 (10) 44:46 (11)

3:14/41 6:05/44 3:54/43 5:40/61 9:49/137 1:42/56 1:42/64 3:29/46 2:57/54 6:14/150

+1:22 (9) +1:41 (10) +2:28 (21) +0:18 (4) +4:08 (15) +0:05 (5) +0:18 (7) +0:30 (3) +0:32 (3) +3:28 (19)

45:33 (11)

0:47/249

+0:04 (3)

12 Eduardo Cid Cruz Bodø og Omegn IF (15,62min/km) 45:55 (+10:55)

8:01 (24) 15:58 (19) 18:42 (19) 24:31 (15) 30:43 (14) 32:36 (14) 34:05 (14) 38:52 (13) 41:54 (12) 44:59 (12)

8:01/41 7:57/44 2:44/43 5:49/61 6:12/137 1:53/56 1:29/64 4:47/46 3:02/54 3:05/150

+6:09 (23) +3:33 (16) +1:18 (12) +0:27 (6) +0:31 (2) +0:16 (10) +0:05 (4) +1:48 (10) +0:37 (5) +0:19 (2)

45:55 (12)

0:56/249

+0:13 (6)

13 Siv Byberg Bodø og Omegn IF (16,84min/km) 49:31 (+14:31)

3:35 (12) 9:13 (9) 12:00 (10) 18:40 (10) 26:54 (11) 29:22 (11) 31:16 (11) 37:07 (12) 42:39 (13) 48:23 (13)

3:35/41 5:38/44 2:47/43 6:40/61 8:14/137 2:28/56 1:54/64 5:51/46 5:32/54 5:44/150

+1:43 (11) +1:14 (7) +1:21 (13) +1:18 (12) +2:33 (8) +0:51 (14) +0:30 (10) +2:52 (13) +3:07 (13) +2:58 (15)

49:31 (13)

1:08/249

+0:25 (17)

14 Jon Øverås	Bodø og Omegn IF						(17,87min/km)		52:32 (+17:32)	
2:33 (8)	11:11 (14)	13:12 (13)	19:31 (14)	31:02 (15)	33:01 (15)	35:15 (15)	38:55 (14)	46:34 (14)	51:28 (14)	
2:33/41	8:38/44	2:01/43	6:19/61	11:31/137	1:59/56	2:14/64	3:40/46	7:39/54	4:54/150	
+0:41 (7)	+4:14 (17)	+0:35 (3)	+0:57 (9)	+5:50 (18)	+0:22 (11)	+0:50 (14)	+0:41 (5)	+5:14 (19)	+2:08 (12)	
52:32 (14)										
1:04/249										
+0:21 (15)										
15 Marianne Hildal	Ukjent						(18,36min/km)		53:58 (+18:58)	
3:31 (11)	9:28 (12)	12:02 (11)	19:02 (12)	26:41 (10)	29:13 (10)	31:12 (10)	41:26 (15)	47:58 (15)	52:51 (15)	
3:31/41	5:57/44	2:34/43	7:00/61	7:39/137	2:32/56	1:59/64	10:14/46	6:32/54	4:53/150	
+1:39 (10)	+1:33 (9)	+1:08 (10)	+1:38 (15)	+1:58 (6)	+0:55 (15)	+0:35 (11)	+7:15 (23)	+4:07 (17)	+2:07 (11)	
53:58 (15)										
1:07/249										
+0:24 (16)										
16 Laila Olsen	Ukjent						(19,78min/km)		58:10 (+23:10)	
4:38 (15)	18:04 (23)	20:27 (20)	27:23 (20)	37:04 (18)	38:44 (17)	41:08 (17)	47:33 (17)	52:41 (16)	57:13 (16)	
4:38/41	13:26/44	2:23/43	6:56/61	9:41/137	1:40/56	2:24/64	6:25/46	5:08/54	4:32/150	
+2:46 (14)	+9:02 (23)	+0:57 (8)	+1:34 (13)	+4:00 (13)	+0:03 (3)	+1:00 (15)	+3:26 (18)	+2:43 (11)	+1:46 (9)	
58:10 (16)										
0:57/249										
+0:14 (7)										
17 Marit Jenssen	Ukjent						(19,80min/km)		58:13 (+23:13)	
4:48 (18)	18:05 (24)	20:29 (21)	27:25 (21)	36:54 (17)	38:45 (18)	41:11 (18)	47:35 (18)	52:42 (17)	57:15 (17)	
4:48/41	13:17/44	2:24/43	6:56/61	9:29/137	1:51/56	2:26/64	6:24/46	5:07/54	4:33/150	
+2:56 (17)	+8:53 (22)	+0:58 (9)	+1:34 (13)	+3:48 (12)	+0:14 (9)	+1:02 (16)	+3:25 (17)	+2:42 (10)	+1:47 (10)	
58:13 (17)										
0:58/249										
+0:15 (9)										
18 Ørjan Mannsverk	Bodø og Omegn IF						(22,48min/km)		1:06:05 (+31:05)	
5:09 (19)	17:46 (22)	20:59 (22)	30:30 (22)	40:33 (22)	43:37 (21)	46:39 (19)	53:12 (19)	58:32 (18)	1:05:06 (18)	
5:09/41	12:37/44	3:13/43	9:31/61	10:03/137	3:04/56	3:02/64	6:33/46	5:20/54	6:34/150	
+3:17 (18)	+8:13 (21)	+1:47 (18)	+4:09 (20)	+4:22 (16)	+1:27 (18)	+1:38 (18)	+3:34 (19)	+2:55 (12)	+3:48 (21)	
1:06:05 (18)										
0:59/249										
+0:16 (12)										
19 Arnold Danielsen	Bodø og Omegn IF						(23,24min/km)		1:08:19 (+33:19)	
4:14 (14)	13:42 (17)	17:12 (17)	26:47 (19)	40:09 (21)	43:42 (22)	46:56 (20)	54:06 (22)	59:55 (19)	1:06:54 (19)	
4:14/41	9:28/44	3:30/43	9:35/61	13:22/137	3:33/56	3:14/64	7:10/46	5:49/54	6:59/150	
+2:22 (13)	+5:04 (18)	+2:04 (20)	+4:13 (21)	+7:41 (20)	+1:56 (20)	+1:50 (21)	+4:11 (20)	+3:24 (15)	+4:13 (23)	
1:08:19 (19)										
1:25/249										
+0:42 (22)										
20 Martin-Johan Fosby	Ukjent						(23,37min/km)		1:08:42 (+33:42)	
5:44 (20)	12:28 (16)	15:16 (15)	24:45 (16)	38:07 (20)	43:34 (19)	47:18 (21)	53:38 (20)	1:01:20 (20)	1:07:23 (20)	
5:44/41	6:44/44	2:48/43	9:29/61	13:22/137	5:27/56	3:44/64	6:20/46	7:42/54	6:03/150	
+3:52 (19)	+2:20 (13)	+1:22 (14)	+4:07 (19)	+7:41 (20)	+3:50 (22)	+2:20 (22)	+3:21 (16)	+5:17 (20)	+3:17 (16)	
1:08:42 (20)										
1:19/249										
+0:36 (19)										
21 Per Ole Fosby	Bodø og Omegn IF						(23,41min/km)		1:08:50 (+33:50)	
6:04 (21)	12:23 (15)	15:32 (16)	24:45 (16)	37:58 (19)	43:34 (19)	47:48 (22)	53:45 (21)	1:01:22 (21)	1:07:31 (21)	
6:04/41	6:19/44	3:09/43	9:13/61	13:13/137	5:36/56	4:14/64	5:57/46	7:37/54	6:09/150	
+4:12 (20)	+1:55 (11)	+1:43 (16)	+3:51 (18)	+7:32 (19)	+3:59 (23)	+2:50 (23)	+2:58 (14)	+5:12 (18)	+3:23 (18)	
1:08:50 (21)										
1:19/249										
+0:36 (19)										
22 Kirsten Limstrand	Bodø og Omegn IF						(23,68min/km)		1:09:38 (+34:38)	
7:11 (23)	13:56 (18)	17:18 (18)	25:13 (18)	35:30 (16)	38:09 (16)	40:38 (16)	46:53 (16)	1:02:18 (22)	1:08:22 (22)	
7:11/41	6:45/44	3:22/43	7:55/61	10:17/137	2:39/56	2:29/64	6:15/46	15:25/54	6:04/150	
+5:19 (22)	+2:21 (14)	+1:56 (19)	+2:33 (17)	+4:36 (17)	+1:02 (16)	+1:05 (17)	+3:16 (15)	+13:00 (23)	+3:18 (17)	

1:09:38 (22)

1:16/249

+0:33 (18)

23 Martha Kalvig Skogan **Bodø og Omegn IF** **(26,92min/km)** **1:19:09 (+44:09)**

4:44 (16) 16:44 (20) 21:23 (23) 33:16 (23) 46:57 (23) 50:35 (23) 53:42 (23) 1:00:54 (23) 1:11:30 (23) 1:18:12 (24)
4:44/41 12:00/44 4:39/43 11:53/61 13:41/137 3:38/56 3:07/64 7:12/46 10:36/54 6:42/150
+2:52 (15) +7:36 (19) +3:13 (22) +6:31 (22) +8:00 (23) +2:01 (21) +1:43 (19) +4:13 (22) +8:11 (21) +3:56 (22)

1:19:09 (23)

0:57/249

+0:14 (7)

24 Dag Skogan **Bodø og Omegn IF** **(27,05min/km)** **1:19:31 (+44:31)**

4:46 (17) 16:47 (21) 21:28 (24) 33:29 (24) 47:05 (24) 50:36 (24) 53:44 (24) 1:00:55 (24) 1:11:33 (24) 1:17:51 (23)
4:46/41 12:01/44 4:41/43 12:01/61 13:36/137 3:31/56 3:08/64 7:11/46 10:38/54 6:18/150
+2:54 (16) +7:37 (20) +3:15 (23) +6:39 (23) +7:55 (22) +1:54 (19) +1:44 (20) +4:12 (21) +8:13 (22) +3:32 (20)

1:19:31 (24)

1:40/249

+0:57 (23)

Christer V. Edvardsen

Ukjent

(10,86min/km)

Disk

2:50 (9) 9:19 (11) 10:38 (7) 15:48 (3) 21:54 (2) 23:32 (2) 25:13 (2) 28:12 (2) 31:10 (2) 31:56 (2)
2:50/41 6:29/44 1:19/43 5:10/61 6:06/137 1:38/56 1:41/64 2:59/46 2:58/150 0:46/249
+0:58 (8) +2:05 (13) +0:00 (1) +0:00 (1) +0:25 (2) +0:01 (2) +0:17 (7) +0:00 (1) +0:33 (5) +0:00 (1)

31:56 (2)

+0:00 (1)

Tore Tverraabak

Bodø og Omegn IF

(18,06min/km)

Disk (+18:05)

10:21 (25) 15:57 (19) 17:48 (19) 22:01 (15) 29:32 (14) 30:46 (14) 35:23 (16) 47:29 (17) 52:23 (16) 53:05 (16)
10:21/41 5:36/44 1:51/43 4:13/61 7:31/137 1:14/56 4:37/46 12:06/54 4:54/150 0:42/249
+8:29 (24) +1:12 (7) +0:25 (2) +0:00 (1) +1:50 (6) +0:00 (1) +3:13 (24) +9:07 (24) +2:29 (9) +0:00 (1)

53:05 (15)

+0:00 (1)

Klasse 4 km 4,0 km

23 påmeldt, 23 startende

1 Kenneth Viken

Tverlandet IL

(10,21min/km)

40:33

3:18 (1) 5:57 (1) 9:20 (1) 12:09 (1) 17:49 (3) 20:47 (2) 22:17 (2) 27:09 (2) 29:17 (2) 31:00 (2)
3:18/45 2:39/42 3:23/137 2:49/138 5:40/139 2:58/140 1:30/141 4:52/59 2:08/52 1:43/53
+0:00 (1) +0:09 (2) +0:20 (6) +0:46 (12) +1:13 (14) +0:08 (2) +0:20 (4) +0:27 (3) +0:14 (3) +0:05 (3)
36:19 (1) 39:33 (1) 40:33 (1)
5:19/54 3:14/150 1:00/249
+0:00 (1) +0:11 (5) +0:26 (18)

2 Ask Kleist Godal

Bodø og Omegn IF

(10,43min/km)

41:24 (+0:51)

4:06 (8) 7:59 (11) 11:38 (9) 13:41 (7) 18:08 (4) 21:11 (3) 22:21 (3) 26:46 (1) 28:43 (1) 30:28 (1)
4:06/45 3:53/42 3:39/137 2:03/138 4:27/139 3:03/140 1:10/141 4:25/59 1:57/52 1:45/53
+0:48 (8) +1:23 (15) +0:36 (10) +0:00 (1) +0:00 (1) +0:13 (3) +0:00 (1) +0:00 (1) +0:03 (2) +0:07 (4)
36:59 (2) 40:33 (2) 41:24 (2)
6:31/54 3:34/150 0:51/249
+1:12 (7) +0:31 (12) +0:17 (9)

3 Per Rekkedal

Bodø og Omegn IF

(10,59min/km)

42:02 (+1:29)

3:44 (3) 6:34 (3) 9:42 (2) 12:11 (2) 16:50 (1) 19:56 (1) 21:58 (1) 28:08 (3) 30:49 (3) 32:27 (3)
3:44/45 2:50/42 3:08/137 2:29/138 4:39/139 3:06/140 2:02/141 6:10/59 2:41/52 1:38/53
+0:26 (3) +0:20 (3) +0:05 (3) +0:26 (5) +0:12 (3) +0:16 (4) +0:52 (11) +1:45 (12) +0:47 (10) +0:00 (1)
38:00 (3) 41:17 (3) 42:02 (3)
5:33/54 3:17/150 0:45/249
+0:14 (2) +0:14 (7) +0:11 (4)

4 Anders Stensland

Bodø og Omegn IF

(10,88min/km)

43:12 (+2:39)

3:52 (5) 6:22 (2) 9:47 (3) 12:27 (3) 18:24 (6) 21:14 (4) 23:10 (4) 28:55 (4) 31:40 (5) 33:32 (5)
3:52/45 2:30/42 3:25/137 2:40/138 5:57/139 2:50/140 1:56/141 5:45/59 2:45/52 1:52/53
+0:34 (5) +0:00 (1) +0:22 (7) +0:37 (10) +1:30 (16) +0:00 (1) +0:46 (10) +1:20 (9) +0:51 (11) +0:14 (5)

39:35 (4) 42:38 (4) 43:12 (4)
 6:03/54 3:03/150 0:34/249
 +0:44 (4) +0:00 (1) +0:00 (1)

5 Morten Tjønndal Bodø og Omegn IF (11,18min/km) **44:22 (+3:49)**
 3:33 (2) 7:39 (9) 11:06 (8) 13:57 (9) 18:50 (9) 22:05 (8) 23:45 (5) 29:19 (5) 31:34 (4) 33:13 (4)
 3:33/45 4:06/42 3:27/137 2:51/138 4:53/139 3:15/140 1:40/141 5:34/59 2:15/52 1:39/53
 +0:15 (2) +1:36 (16) +0:24 (8) +0:48 (14) +0:26 (5) +0:25 (5) +0:30 (6) +1:09 (7) +0:21 (5) +0:01 (2)
 39:39 (5) 43:37 (5) 44:22 (5)
 6:26/54 3:58/150 0:45/249
 +1:07 (6) +0:55 (15) +0:11 (4)

6 Ivar Aanerød Bodø og Omegn IF (11,49min/km) **45:38 (+5:05)**
 3:53 (7) 6:53 (4) 10:46 (6) 13:29 (6) 18:30 (7) 21:54 (7) 24:16 (8) 29:22 (6) 32:14 (6) 34:36 (6)
 3:53/45 3:00/42 3:53/137 2:43/138 5:01/139 3:24/140 2:22/141 5:06/59 2:52/52 2:22/53
 +0:35 (7) +0:30 (5) +0:50 (12) +0:40 (11) +0:34 (7) +0:34 (6) +1:12 (14) +0:41 (5) +0:58 (14) +0:44 (13)
 41:28 (6) 44:41 (6) 45:38 (6)
 6:52/54 3:13/150 0:57/249
 +1:33 (13) +0:10 (4) +0:23 (16)

7 Leif Magne Eggestad Bodø og Omegn IF (11,68min/km) **46:23 (+5:50)**
 3:52 (5) 7:01 (5) 10:17 (4) 12:36 (4) 17:25 (2) 21:14 (5) 26:12 (11) 31:04 (10) 33:35 (8) 35:34 (9)
 3:52/45 3:09/42 3:16/137 2:19/138 4:49/139 3:49/140 4:58/141 4:52/59 2:31/52 1:59/53
 +0:34 (5) +0:39 (7) +0:13 (4) +0:16 (4) +0:22 (4) +0:59 (9) +3:48 (20) +0:27 (3) +0:37 (8) +0:21 (8)
 42:07 (8) 45:29 (7) 46:23 (7)
 6:33/54 3:22/150 0:54/249
 +1:14 (8) +0:19 (9) +0:20 (12)

8 Arne Kristian Nordhei Bodø og Omegn IF (11,69min/km) **46:25 (+5:52)**
 4:09 (9) 7:09 (6) 10:54 (7) 13:43 (8) 18:59 (10) 23:31 (10) 25:14 (10) 31:02 (9) 33:38 (9) 35:30 (8)
 4:09/45 3:00/42 3:45/137 2:49/138 5:16/139 4:32/140 1:43/141 5:48/59 2:36/52 1:52/53
 +0:51 (9) +0:30 (5) +0:42 (11) +0:46 (12) +0:49 (10) +1:42 (14) +0:33 (7) +1:23 (10) +0:42 (9) +0:14 (5)
 42:06 (7) 45:32 (8) 46:25 (8)
 6:36/54 3:26/150 0:53/249
 +1:17 (9) +0:23 (10) +0:19 (11)

9 Per Otto Aursand Bodø og Omegn IF (11,92min/km) **47:19 (+6:46)**
 5:50 (20) 8:42 (13) 12:15 (11) 14:51 (11) 20:02 (11) 23:39 (11) 25:00 (9) 30:30 (8) 32:52 (7) 34:47 (7)
 5:50/45 2:52/42 3:33/137 2:36/138 5:11/139 3:37/140 1:21/141 5:30/59 2:22/52 1:55/53
 +2:32 (20) +0:22 (4) +0:30 (9) +0:33 (7) +0:44 (9) +0:47 (7) +0:11 (3) +1:05 (6) +0:28 (6) +0:17 (7)
 42:30 (9) 46:24 (9) 47:19 (9)
 7:43/54 3:54/150 0:55/249
 +2:24 (15) +0:51 (14) +0:21 (14)

10 Erling Pedersen SISO IL (12,18min/km) **48:21 (+7:48)**
 4:11 (10) 7:25 (7) 10:31 (5) 13:08 (5) 18:08 (4) 21:47 (6) 23:52 (6) 34:28 (13) 36:22 (12) 38:22 (11)
 4:11/45 3:14/42 3:06/137 2:37/138 5:00/139 3:39/140 2:05/141 10:36/59 1:54/52 2:00/53
 +0:53 (10) +0:44 (9) +0:03 (2) +0:34 (8) +0:33 (6) +0:49 (8) +0:55 (13) +6:11 (22) +0:00 (1) +0:22 (9)
 44:16 (10) 47:23 (10) 48:21 (10)
 5:54/54 3:07/150 0:58/249
 +0:35 (3) +0:04 (2) +0:24 (17)

11 Jan Fredrik Prytz Bodø og Omegn IF (12,38min/km) **49:08 (+8:35)**
 3:50 (4) 7:41 (10) 11:59 (10) 14:17 (10) 18:46 (8) 22:50 (9) 24:04 (7) 30:22 (7) 33:56 (10) 38:28 (12)
 3:50/45 3:51/42 4:18/137 2:18/138 4:29/139 4:04/140 1:14/141 6:18/59 3:34/52 4:32/53
 +0:32 (4) +1:21 (14) +1:15 (16) +0:15 (2) +0:02 (2) +1:14 (11) +0:04 (2) +1:53 (13) +1:40 (18) +2:54 (21)
 45:16 (11) 48:23 (11) 49:08 (11)
 6:48/54 3:07/150 0:45/249
 +1:29 (11) +0:04 (2) +0:11 (4)

12 Bjørnar Hegreberg Bodø og Omegn IF (12,59min/km) **49:58 (+9:25)**
 4:20 (12) 7:32 (8) 13:13 (15) 16:13 (14) 21:40 (13) 25:57 (13) 28:44 (14) 34:28 (13) 36:38 (13) 38:39 (13)
 4:20/45 3:12/42 5:41/137 3:00/138 5:27/139 4:17/140 2:47/141 5:44/59 2:10/52 2:01/53
 +1:02 (12) +0:42 (8) +2:38 (21) +0:57 (16) +1:00 (11) +1:27 (12) +1:37 (17) +1:19 (8) +0:16 (4) +0:23 (10)
 45:22 (12) 49:06 (12) 49:58 (12)
 6:43/54 3:44/150 0:52/249
 +1:24 (10) +0:41 (13) +0:18 (10)

13	Tormod Skålsvik	Bodø og Omegn IF						(12,67min/km)	50:19	(+9:46)
	7:03 (21)	11:36 (22)	14:39 (18)	17:13 (18)	22:15 (14)	26:17 (14)	28:11 (13)	33:00 (11)	35:23 (11)	37:26 (10)
	7:03/45	4:33/42	3:03/137	2:34/138	5:02/139	4:02/140	1:54/141	4:49/59	2:23/52	2:03/53
	+3:45 (21)	+2:03 (19)	+0:00 (1)	+0:31 (6)	+0:35 (8)	+1:12 (10)	+0:44 (9)	+0:24 (2)	+0:29 (7)	+0:25 (11)
	45:40 (13)	49:39 (14)	50:19 (13)							
	8:14/54	3:59/150	0:40/249							
	+2:55 (16)	+0:56 (16)	+0:06 (2)							
14	Anders Kure	Bodø og Omegn IF						(12,70min/km)	50:26	(+9:53)
	4:17 (11)	9:39 (17)	12:56 (13)	15:35 (13)	21:05 (12)	25:38 (12)	27:41 (12)	34:19 (12)	37:09 (14)	39:45 (14)
	4:17/45	5:22/42	3:17/137	2:39/138	5:30/139	4:33/140	2:03/141	6:38/59	2:50/52	2:36/53
	+0:59 (11)	+2:52 (21)	+0:14 (5)	+0:36 (9)	+1:03 (12)	+1:43 (15)	+0:53 (12)	+2:13 (15)	+0:56 (13)	+0:58 (17)
	46:05 (14)	49:26 (13)	50:26 (14)							
	6:20/54	3:21/150	1:00/249							
	+1:01 (5)	+0:18 (8)	+0:26 (18)							
15	Torbjørn Høslø Olsen	Bodø og Omegn IF						(13,87min/km)	55:03	(+14:30)
	5:13 (17)	9:01 (16)	13:30 (16)	16:49 (17)	23:24 (17)	28:17 (17)	29:51 (15)	38:29 (17)	42:04 (17)	44:20 (17)
	5:13/45	3:48/42	4:29/137	3:19/138	6:35/139	4:53/140	1:34/141	8:38/59	3:35/52	2:16/53
	+1:55 (17)	+1:18 (12)	+1:26 (17)	+1:16 (19)	+2:08 (19)	+2:03 (16)	+0:24 (5)	+4:13 (21)	+1:41 (19)	+0:38 (12)
	51:08 (16)	54:22 (15)	55:03 (15)							
	6:48/54	3:14/150	0:41/249							
	+1:29 (11)	+0:11 (5)	+0:07 (3)							
16	Frode Ikdahl	Bodø og Omegn IF						(14,07min/km)	55:52	(+15:19)
	4:51 (14)	8:32 (12)	13:34 (17)	16:37 (16)	22:31 (16)	27:25 (15)	30:00 (16)	36:08 (15)	40:14 (15)	42:38 (15)
	4:51/45	3:41/42	5:02/137	3:03/138	5:54/139	4:54/140	2:35/141	6:08/59	4:06/52	2:24/53
	+1:33 (14)	+1:11 (11)	+1:59 (19)	+1:00 (17)	+1:27 (15)	+2:04 (17)	+1:25 (16)	+1:43 (11)	+2:12 (20)	+0:46 (15)
	51:04 (15)	55:03 (16)	55:52 (16)							
	8:26/54	3:59/150	0:49/249							
	+3:07 (17)	+0:56 (16)	+0:15 (8)							
17	Åge Mohus	Bodø og Omegn IF						(14,44min/km)	57:19	(+16:46)
	4:41 (13)	8:50 (14)	12:58 (14)	16:25 (15)	22:22 (15)	27:43 (16)	30:50 (17)	37:37 (16)	40:52 (16)	43:31 (16)
	4:41/45	4:09/42	4:08/137	3:27/138	5:57/139	5:21/140	3:07/141	6:47/59	3:15/52	2:39/53
	+1:23 (13)	+1:39 (18)	+1:05 (14)	+1:24 (20)	+1:30 (16)	+2:31 (19)	+1:57 (19)	+2:22 (16)	+1:21 (15)	+1:01 (18)
	52:14 (17)	56:24 (17)	57:19 (17)							
	8:43/54	4:10/150	0:55/249							
	+3:24 (18)	+1:07 (19)	+0:21 (14)							
18	Morten Selnes	Bodø og Omegn IF						(15,58min/km)	1:01:51	(+21:18)
	5:17 (18)	9:59 (19)	18:29 (22)	21:36 (22)	27:08 (21)	31:39 (20)	36:50 (19)	43:08 (19)	46:24 (19)	48:46 (18)
	5:17/45	4:42/42	8:30/137	3:07/138	5:32/139	4:31/140	5:11/141	6:18/59	3:16/52	2:22/53
	+1:59 (18)	+2:12 (20)	+5:27 (22)	+1:04 (18)	+1:05 (13)	+1:41 (13)	+4:01 (21)	+1:53 (13)	+1:22 (16)	+0:44 (13)
	56:25 (18)	1:00:50 (18)	1:01:51 (18)							
	7:39/54	4:25/150	1:01/249							
	+2:20 (14)	+1:22 (20)	+0:27 (20)							
19	Joar Klæboe Henriksen	Bodø og Omegn IF						(16,49min/km)	1:05:28	(+24:55)
	5:02 (15)	8:50 (14)	12:53 (12)	15:11 (12)	25:25 (19)	30:30 (18)	32:15 (18)	39:12 (18)	44:40 (18)	51:16 (20)
	5:02/45	3:48/42	4:03/137	2:18/138	10:14/139	5:05/140	1:45/141	6:57/59	5:28/52	6:36/53
	+1:44 (15)	+1:18 (12)	+1:00 (13)	+0:15 (2)	+5:47 (22)	+2:15 (18)	+0:35 (8)	+2:32 (17)	+3:34 (22)	+4:58 (22)
	1:01:05 (20)	1:04:34 (19)	1:05:28 (19)							
	9:49/54	3:29/150	0:54/249							
	+4:30 (20)	+0:26 (11)	+0:20 (12)							
20	Geir Moen	Bodø og Omegn IF						(16,82min/km)	1:06:47	(+26:14)
	5:36 (19)	9:43 (18)	14:49 (19)	18:16 (20)	24:35 (18)	34:27 (22)	36:58 (20)	45:09 (21)	48:25 (21)	51:46 (21)
	5:36/45	4:07/42	5:06/137	3:27/138	6:19/139	9:52/140	2:31/141	8:11/59	3:16/52	3:21/53
	+2:18 (19)	+1:37 (17)	+2:03 (20)	+1:24 (20)	+1:52 (18)	+7:02 (22)	+1:21 (15)	+3:46 (20)	+1:22 (16)	+1:43 (20)
	1:01:42 (21)	1:05:44 (20)	1:06:47 (20)							
	9:56/54	4:02/150	1:03/249							
	+4:37 (21)	+0:59 (18)	+0:29 (22)							
21	Christian Søvik	Bodø og Omegn IF						(16,84min/km)	1:06:52	(+26:19)
	5:11 (16)	10:49 (20)	15:25 (21)	19:28 (21)	27:33 (22)	33:57 (21)	37:01 (21)	44:45 (20)	49:32 (22)	52:17 (22)
	5:11/45	5:38/42	4:36/137	4:03/138	8:05/139	6:24/140	3:04/141	7:44/59	4:47/52	2:45/53
	+1:53 (16)	+3:08 (22)	+1:33 (18)	+2:00 (22)	+3:38 (21)	+3:34 (21)	+1:54 (18)	+3:19 (19)	+2:53 (21)	+1:07 (19)

1:01:03 (19) 1:05:51 (21) 1:06:52 (21)
 8:46/54 4:48/150 1:01/249
 +3:27 (19) +1:45 (21) +0:27 (20)

22 Odd-Ivar Søvik	Bodø og Omegn IF						(18,37min/km)		1:12:56 (+32:23)	
7:29 (22)	11:05 (21)	15:14 (20)	18:09 (19)	25:36 (20)	31:02 (19)	38:08 (22)	45:13 (22)	48:02 (20)	50:33 (19)	
7:29/45	3:36/42	4:09/137	2:55/138	7:27/139	5:26/140	7:06/141	7:05/59	2:49/52	2:31/53	
+4:11 (22)	+1:06 (10)	+1:06 (15)	+0:52 (15)	+3:00 (20)	+2:36 (20)	+5:56 (22)	+2:40 (18)	+0:55 (12)	+0:53 (16)	
1:05:54 (22)	1:12:08 (22)	1:12:56 (22)								
15:21/54	6:14/150	0:48/249								
+10:02 (22)	+3:11 (22)	+0:14 (7)								

Mari Eriksen Reitan	Bodø og Omegn IF						(12,56min/km)		Brutt (+9:18)	
6:32 (21)	16:24 (23)	21:40 (23)	24:59 (23)	33:11 (23)	49:51 (23)	49:51 (23)	49:51 (23)	49:51 (23)	49:51 (19)	
6:32/45	9:52/42	5:16/137	3:19/138	8:12/139	16:40/249					
+3:14 (21)	+7:22 (23)	+2:13 (21)	+1:16 (19)	+3:45 (22)	+13:50 (23)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
49:51 (15)	49:51 (15)	49:51 (12)								
+0:00 (1)	+0:00 (1)	+0:00 (1)								

Klasse 6 km 5,9 km

11 påmeldt, 11 startende

1 Arild Hegreberg	Bodø og Omegn IF						(7,93min/km)		46:51	
1:00 (1)	5:01 (1)	6:09 (1)	10:05 (1)	11:01 (1)	15:54 (1)	18:05 (1)	20:38 (1)	22:49 (1)	27:15 (1)	
1:00/41	4:01/135	1:08/136	3:56/43	0:56/44	4:53/45	2:11/42	2:33/137	2:11/138	4:26/139	
+0:00 (1)	+0:00 (1)	+0:03 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:19 (4)	+0:44 (6)	
29:54 (1)	30:59 (1)	34:57 (1)	36:31 (1)	37:58 (1)	38:27 (1)	43:28 (1)	46:02 (1)	46:51 (1)		
2:39/140	1:05/141	3:58/59	1:34/52	1:27/58	0:29/53	5:01/54	2:34/150	0:49/249		
+0:02 (2)	+0:01 (2)	+0:08 (3)	+0:00 (1)	+0:00 (1)	+0:05 (6)	+0:01 (2)	+0:11 (2)	+0:12 (9)		

2 Lars Reitan	Bodø og Omegn IF						(8,46min/km)		50:01 (+3:10)	
1:59 (9)	6:28 (6)	7:49 (6)	12:08 (5)	13:14 (5)	18:18 (4)	20:39 (4)	23:19 (3)	25:45 (4)	29:45 (4)	
1:59/41	4:29/135	1:21/136	4:19/43	1:06/44	5:04/45	2:21/42	2:40/137	2:26/138	4:00/139	
+0:59 (9)	+0:28 (3)	+0:16 (8)	+0:23 (3)	+0:10 (3)	+0:11 (2)	+0:10 (3)	+0:07 (2)	+0:34 (8)	+0:18 (2)	
32:25 (4)	33:32 (4)	37:22 (3)	39:31 (2)	41:15 (2)	41:45 (2)	46:45 (2)	49:19 (2)	50:01 (2)		
2:40/140	1:07/141	3:50/59	2:09/52	1:44/58	0:30/53	5:00/54	2:34/150	0:42/249		
+0:03 (3)	+0:03 (3)	+0:00 (1)	+0:35 (3)	+0:17 (2)	+0:06 (7)	+0:00 (1)	+0:11 (2)	+0:05 (7)		

3 Jan Erik Paulsen	Bodø og Omegn IF						(8,65min/km)		51:09 (+4:18)	
1:22 (3)	6:06 (3)	7:18 (3)	11:23 (2)	12:43 (3)	18:03 (3)	20:34 (3)	23:21 (4)	25:21 (3)	29:25 (3)	
1:22/41	4:44/135	1:12/136	4:05/43	1:20/44	5:20/45	2:31/42	2:47/137	2:00/138	4:04/139	
+0:22 (3)	+0:43 (6)	+0:07 (4)	+0:09 (2)	+0:24 (8)	+0:27 (4)	+0:20 (5)	+0:14 (4)	+0:08 (2)	+0:22 (3)	
32:09 (3)	33:26 (3)	37:23 (4)	39:33 (3)	41:22 (3)	42:39 (3)	47:56 (3)	50:32 (3)	51:09 (3)		
2:44/140	1:17/141	3:57/59	2:10/52	1:49/58	1:17/53	5:17/54	2:36/150	0:37/249		
+0:07 (4)	+0:13 (5)	+0:07 (2)	+0:36 (5)	+0:22 (3)	+0:53 (11)	+0:17 (5)	+0:13 (5)	+0:00 (1)		

4 Håvard Wedege Irgens	Bodø og Omegn IF						(8,75min/km)		51:43 (+4:52)	
1:22 (3)	5:49 (2)	6:56 (2)	11:32 (3)	12:30 (2)	17:58 (2)	20:17 (2)	23:03 (2)	25:15 (2)	28:57 (2)	
1:22/41	4:27/135	1:07/136	4:36/43	0:58/44	5:28/45	2:19/42	2:46/137	2:12/138	3:42/139	
+0:22 (3)	+0:26 (2)	+0:02 (2)	+0:40 (5)	+0:02 (2)	+0:35 (5)	+0:08 (2)	+0:13 (3)	+0:20 (5)	+0:00 (1)	
31:34 (2)	33:11 (2)	37:19 (2)	39:44 (4)	43:00 (4)	43:24 (4)	48:42 (4)	51:05 (4)	51:43 (4)		
2:37/140	1:37/141	4:08/59	2:25/52	3:16/58	0:24/53	5:18/54	2:23/150	0:38/249		
+0:00 (1)	+0:33 (10)	+0:18 (4)	+0:51 (8)	+1:49 (9)	+0:00 (1)	+0:18 (6)	+0:00 (1)	+0:01 (2)		

5 Roy Solbakk	Valnesfjord IL						(9,16min/km)		54:09 (+7:18)	
1:39 (8)	6:14 (4)	7:19 (4)	11:40 (4)	12:52 (4)	18:28 (5)	21:06 (5)	24:15 (5)	26:33 (5)	31:08 (5)	
1:39/41	4:35/135	1:05/136	4:21/43	1:12/44	5:36/45	2:38/42	3:09/137	2:18/138	4:35/139	
+0:39 (8)	+0:34 (4)	+0:00 (1)	+0:25 (4)	+0:16 (4)	+0:43 (7)	+0:27 (6)	+0:36 (7)	+0:26 (6)	+0:53 (10)	
34:00 (5)	35:21 (5)	39:57 (5)	41:54 (5)	45:00 (5)	45:37 (5)	50:48 (5)	53:30 (5)	54:09 (5)		
2:52/140	1:21/141	4:36/59	1:57/52	3:06/58	0:37/53	5:11/54	2:42/150	0:39/249		
+0:15 (7)	+0:17 (6)	+0:46 (6)	+0:23 (2)	+1:39 (8)	+0:13 (8)	+0:11 (4)	+0:19 (6)	+0:02 (3)		

6 Eirill Pettersen Buvik	Korgen IL						(9,73min/km)		57:30 (+10:39)	
1:18 (2)	6:39 (8)	7:55 (7)	12:45 (7)	14:04 (7)	20:00 (7)	23:14 (7)	26:35 (7)	29:02 (7)	33:43 (7)	
1:18/41	5:21/135	1:16/136	4:50/43	1:19/44	5:56/45	3:14/42	3:21/137	2:27/138	4:41/139	
+0:18 (2)	+1:20 (10)	+0:11 (5)	+0:54 (9)	+0:23 (6)	+1:03 (10)	+1:03 (10)	+0:48 (8)	+0:35 (9)	+0:59 (11)	

36:36 (7)	37:40 (7)	42:17 (6)	44:34 (6)	47:07 (6)	47:34 (6)	53:10 (6)	56:39 (6)	57:30 (6)	
2:53/140	1:04/141	4:37/59	2:17/52	2:33/58	0:27/53	5:36/54	3:29/150	0:51/249	
+0:16 (8)	+0:00 (1)	+0:47 (7)	+0:43 (7)	+1:06 (7)	+0:03 (3)	+0:36 (8)	+1:06 (11)	+0:14 (11)	
7	Marit Johnsen		Bodø og Omegn IF		(9,81min/km)		57:57	(+11:06)	
1:32 (7)	6:36 (7)	8:10 (8)	12:53 (8)	14:16 (8)	20:19 (8)	23:23 (8)	26:59 (8)	29:36 (8)	34:05 (8)
1:32/41	5:04/135	1:34/136	4:43/43	1:23/44	6:03/45	3:04/42	3:36/137	2:37/138	4:29/139
+0:32 (7)	+1:03 (8)	+0:29 (10)	+0:47 (8)	+0:27 (9)	+1:10 (11)	+0:53 (8)	+1:03 (9)	+0:45 (10)	+0:47 (9)
37:30 (8)	39:03 (9)	43:34 (7)	46:01 (7)	48:13 (7)	48:51 (7)	54:17 (7)	57:08 (7)	57:57 (7)	
3:25/140	1:33/141	4:31/59	2:27/52	2:12/58	0:38/53	5:26/54	2:51/150	0:49/249	
+0:48 (11)	+0:29 (9)	+0:41 (5)	+0:53 (9)	+0:45 (5)	+0:14 (9)	+0:26 (7)	+0:28 (8)	+0:12 (9)	
8	Bjørn Godal		Bodø og Omegn IF		(9,82min/km)		58:01	(+11:10)	
1:31 (5)	6:17 (5)	7:34 (5)	12:10 (6)	13:27 (6)	18:57 (6)	21:20 (6)	25:09 (6)	27:10 (6)	31:16 (6)
1:31/41	4:46/135	1:17/136	4:36/43	1:17/44	5:30/45	2:23/42	3:49/137	2:01/138	4:06/139
+0:31 (5)	+0:45 (7)	+0:12 (6)	+0:40 (5)	+0:21 (5)	+0:37 (6)	+0:12 (4)	+1:16 (10)	+0:09 (3)	+0:24 (4)
34:26 (6)	36:27 (6)	44:01 (9)	46:35 (9)	48:46 (8)	49:40 (8)	54:46 (8)	57:21 (8)	58:01 (8)	
3:10/140	2:01/141	7:34/59	2:34/52	2:11/58	0:54/53	5:06/54	2:35/150	0:40/249	
+0:33 (10)	+0:57 (11)	+3:44 (11)	+1:00 (10)	+0:44 (4)	+0:30 (10)	+0:06 (3)	+0:12 (4)	+0:03 (6)	
9	Bjørn Are Stensland		Bodø og Omegn IF		(10,43min/km)		1:01:38	(+14:47)	
2:34 (10)	7:12 (9)	8:58 (10)	13:48 (9)	15:20 (9)	21:08 (9)	23:50 (9)	28:01 (9)	30:24 (9)	34:51 (9)
2:34/41	4:38/135	1:46/136	4:50/43	1:32/44	5:48/45	2:42/42	4:11/137	2:23/138	4:27/139
+1:34 (10)	+0:37 (5)	+0:41 (11)	+0:54 (9)	+0:36 (10)	+0:55 (8)	+0:31 (7)	+1:38 (11)	+0:31 (7)	+0:45 (8)
37:49 (9)	38:58 (8)	43:56 (8)	46:11 (8)	51:04 (9)	51:32 (9)	57:54 (9)	1:00:55 (9)	1:01:38 (9)	
2:58/140	1:09/141	4:58/59	2:15/52	4:53/58	0:28/53	6:22/54	3:01/150	0:43/249	
+0:21 (9)	+0:05 (4)	+1:08 (10)	+0:41 (6)	+3:26 (10)	+0:04 (4)	+1:22 (10)	+0:38 (10)	+0:06 (8)	
10	Aviaja Kleist		Bodø og Omegn IF		(11,13min/km)		1:05:45	(+18:54)	
1:31 (5)	7:25 (10)	8:45 (9)	14:01 (10)	15:20 (10)	21:15 (10)	27:50 (10)	30:52 (10)	34:22 (10)	38:44 (10)
1:31/41	5:54/135	1:20/136	5:16/43	1:19/44	5:55/45	6:35/42	3:02/137	3:30/138	4:22/139
+0:31 (5)	+1:53 (11)	+0:15 (7)	+1:20 (11)	+0:23 (6)	+1:02 (9)	+4:24 (11)	+0:29 (5)	+1:38 (11)	+0:40 (5)
41:29 (10)	43:01 (10)	47:57 (10)	52:46 (11)	55:17 (10)	55:42 (10)	1:02:18 (10)	1:05:06 (10)	1:05:45 (10)	
2:45/140	1:32/141	4:56/59	4:49/52	2:31/58	0:25/53	6:36/54	2:48/150	0:39/249	
+0:08 (5)	+0:28 (8)	+1:06 (9)	+3:15 (11)	+1:04 (6)	+0:01 (2)	+1:36 (11)	+0:25 (7)	+0:02 (3)	
11	Jakob Kalvig Skogan		Bodø og Omegn IF		(11,36min/km)		1:07:08	(+20:17)	
4:44 (11)	10:04 (11)	11:34 (11)	16:11 (11)	22:22 (11)	27:33 (11)	30:40 (11)	33:42 (11)	35:34 (11)	40:00 (11)
4:44/41	5:20/135	1:30/136	4:37/43	6:11/44	5:11/45	3:07/42	3:02/137	1:52/138	4:26/139
+3:44 (11)	+1:19 (9)	+0:25 (9)	+0:41 (7)	+5:15 (11)	+0:18 (3)	+0:56 (9)	+0:29 (5)	+0:00 (1)	+0:44 (6)
42:50 (11)	44:12 (11)	48:53 (11)	51:02 (10)	56:50 (11)	57:18 (11)	1:03:38 (11)	1:06:29 (11)	1:07:08 (11)	
2:50/140	1:22/141	4:41/59	2:09/52	5:48/58	0:28/53	6:20/54	2:51/150	0:39/249	
+0:13 (6)	+0:18 (7)	+0:51 (8)	+0:35 (3)	+4:21 (11)	+0:04 (4)	+1:20 (9)	+0:28 (8)	+0:02 (3)	