

Resultater fra Saltensprint 1 - Skaug grendehus, 20. april 2010 20.04.2010

Det var totalt 66 deltagere.

Klasse Nybegynner 1,0 km

13 påmeldt, 13 startende

Marius Ekrem Finstad			Ukjent			(8,42min/km)		8:25
0:14 (1)	0:47 (3)	3:15 (8)	4:30 (10)	5:09 (10)	5:52 (7)	7:10 (7)	7:46 (6)	8:25 (6)
0:14/31	0:33/32	2:28/33	1:15/34	0:39/35	0:43/36	1:18/37	0:36/39	0:39/249
+0:00 (1)	+0:04 (5)	+1:09 (12)	+0:21 (6)	+0:20 (11)	+0:00 (1)	+0:01 (2)	+0:01 (3)	+0:03 (2)

Amund Kleist Godal			Bodø og Omegn IF			(7,93min/km)		7:56
0:17 (3)	0:46 (1)	2:05 (1)	3:46 (4)	4:18 (4)	5:03 (2)	6:35 (2)	7:13 (2)	7:56 (2)
0:17/31	0:29/32	1:19/33	1:41/34	0:32/35	0:45/36	1:32/37	0:38/39	0:43/249
+0:03 (3)	+0:00 (1)	+0:00 (1)	+0:47 (7)	+0:13 (8)	+0:02 (4)	+0:15 (6)	+0:03 (5)	+0:07 (7)

Bendik Hansen			Ukjent			(9,75min/km)		9:45
0:37 (11)	1:16 (10)	3:17 (10)	4:27 (9)	5:04 (9)	6:09 (9)	7:52 (10)	8:33 (10)	9:45 (10)
0:37/31	0:39/32	2:01/33	1:10/34	0:37/35	1:05/36	1:43/37	0:41/39	1:12/249
+0:23 (11)	+0:10 (9)	+0:42 (8)	+0:16 (3)	+0:18 (10)	+0:22 (11)	+0:26 (10)	+0:06 (10)	+0:36 (12)

Johan Mannvik Holm			Ukjent			(7,05min/km)		7:03
0:24 (8)	0:56 (7)	2:24 (3)	3:18 (1)	3:37 (1)	4:20 (1)	5:43 (1)	6:21 (1)	7:03 (1)
0:24/31	0:32/32	1:28/33	0:54/34	0:19/35	0:43/36	1:23/37	0:38/39	0:42/249
+0:10 (8)	+0:03 (4)	+0:09 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:06 (4)	+0:03 (5)	+0:06 (4)

Marianne Johansen			Ukjent			(7,97min/km)		7:58
0:21 (6)	0:59 (8)	2:35 (7)	3:45 (3)	4:08 (3)	5:05 (3)	6:44 (3)	7:22 (3)	7:58 (3)
0:21/31	0:38/32	1:36/33	1:10/34	0:23/35	0:57/36	1:39/37	0:38/39	0:36/249
+0:07 (6)	+0:09 (8)	+0:17 (5)	+0:16 (3)	+0:04 (3)	+0:14 (8)	+0:22 (7)	+0:03 (5)	+0:00 (1)

Marianne Johansen			Ukjent			(13,38min/km)		13:23
0:28 (9)	1:21 (11)	3:54 (11)	6:41 (11)	7:04 (11)	8:01 (11)	11:54 (11)	12:29 (11)	13:23 (11)
0:28/31	0:53/32	2:33/33	2:47/34	0:23/35	0:57/36	3:53/37	0:35/39	0:54/249
+0:14 (9)	+0:24 (11)	+1:14 (13)	+1:53 (11)	+0:04 (3)	+0:14 (8)	+2:36 (11)	+0:00 (1)	+0:18 (11)

Øyvind Johansen			Ukjent			(14,20min/km)		14:12
1:20 (12)	2:15 (12)	4:37 (12)	7:34 (13)	7:56 (13)	8:52 (13)	12:46 (12)	13:27 (13)	14:12 (13)
1:20/31	0:55/32	2:22/33	2:57/34	0:22/35	0:56/36	3:54/37	0:41/39	0:45/249
+1:06 (12)	+0:26 (12)	+1:03 (11)	+2:03 (13)	+0:03 (2)	+0:13 (7)	+2:37 (12)	+0:06 (10)	+0:09 (8)

Ørjan Mansvar			Ukjent			(8,98min/km)		8:59
0:19 (5)	0:50 (4)	2:27 (4)	4:10 (5)	4:34 (5)	5:19 (4)	7:00 (5)	8:17 (8)	8:59 (8)
0:19/31	0:31/32	1:37/33	1:43/34	0:24/35	0:45/36	1:41/37	1:17/39	0:42/249
+0:05 (5)	+0:02 (3)	+0:18 (6)	+0:49 (8)	+0:05 (5)	+0:02 (4)	+0:24 (8)	+0:42 (13)	+0:06 (4)

Anne-Grethe Olsen			Ukjent			(9,75min/km)		9:45
0:36 (10)	1:15 (9)	3:17 (9)	4:27 (8)	5:03 (8)	6:10 (10)	7:51 (9)	8:33 (9)	9:45 (9)
0:36/31	0:39/32	2:02/33	1:10/34	0:36/35	1:07/36	1:41/37	0:42/39	1:12/249
+0:22 (10)	+0:10 (9)	+0:43 (9)	+0:16 (3)	+0:17 (9)	+0:24 (12)	+0:24 (8)	+0:07 (12)	+0:36 (12)

Jens Pedersen			Ukjent			(14,20min/km)		14:12
1:21 (13)	2:17 (13)	4:38 (13)	7:26 (12)	7:51 (12)	8:48 (12)	12:47 (13)	13:26 (12)	14:12 (12)
1:21/31	0:56/32	2:21/33	2:48/34	0:25/35	0:57/36	3:59/37	0:39/39	0:46/249
+1:07 (13)	+0:27 (13)	+1:02 (10)	+1:54 (12)	+0:06 (6)	+0:14 (8)	+2:42 (13)	+0:04 (8)	+0:10 (9)

Espen Skiri			Bodø og Omegn IF			(8,20min/km)		8:12
0:18 (4)	0:52 (5)	2:15 (2)	3:20 (2)	3:49 (2)	5:29 (5)	6:56 (4)	7:33 (4)	8:12 (4)
0:18/31	0:34/32	1:23/33	1:05/34	0:29/35	1:40/36	1:27/37	0:37/39	0:39/249
+0:04 (4)	+0:05 (6)	+0:04 (2)	+0:11 (2)	+0:10 (7)	+0:57 (13)	+0:10 (5)	+0:02 (4)	+0:03 (2)

Kaja Skiri			Bodø og Omegn IF			(8,67min/km)		8:40
0:21 (6)	0:55 (6)	2:27 (5)	4:10 (5)	5:00 (6)	5:54 (8)	7:15 (8)	7:54 (7)	8:40 (7)
0:21/31	0:34/32	1:32/33	1:43/34	0:50/35	0:54/36	1:21/37	0:39/39	0:46/249
+0:07 (6)	+0:05 (6)	+0:13 (4)	+0:49 (8)	+0:31 (13)	+0:11 (6)	+0:04 (3)	+0:04 (8)	+0:10 (9)

Håvard Solbakken			Ukjent			(8,30min/km)		8:18
0:16 (2)	0:46 (1)	2:30 (6)	4:14 (7)	5:01 (7)	5:44 (6)	7:01 (6)	7:36 (5)	8:18 (5)
0:16/31	0:30/32	1:44/33	1:44/34	0:47/35	0:43/36	1:17/37	0:35/39	0:42/249
+0:02 (2)	+0:01 (2)	+0:25 (7)	+0:50 (10)	+0:28 (12)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:06 (4)

Klasse Damer 2,4 km

19 påmeldt, 19 startende

1	Aviaja Kleist		Bodø og Omegn IF		(7,58min/km)		18:12			
	0:59 (1)	2:58 (1)	5:18 (2)	6:00 (2)	6:56 (2)	7:58 (2)	8:57 (2)	11:54 (2)	12:35 (2)	15:08 (2)
	0:59/40	1:59/41	2:20/42	0:42/43	0:56/44	1:02/45	0:59/46	2:57/47	0:41/48	2:33/33
	+0:00 (1)	+0:00 (1)	+0:04 (2)	+0:08 (3)	+0:13 (6)	+0:25 (11)	+0:03 (2)	+0:00 (1)	+0:02 (2)	+0:00 (1)
	15:52 (2)	17:03 (1)	17:38 (1)	18:12 (1)						
	0:44/49	1:11/50	0:35/32	0:34/249						
	+0:00 (1)	+0:05 (3)	+0:00 (1)	+0:00 (1)						
2	Eirill Pettersen Buvik		Korgen IL		(7,94min/km)		19:04	(+0:52)		
	1:01 (2)	3:00 (2)	5:16 (1)	5:56 (1)	6:39 (1)	7:16 (1)	8:12 (1)	11:29 (1)	12:11 (1)	14:48 (1)
	1:01/40	1:59/41	2:16/42	0:40/43	0:43/44	0:37/45	0:56/46	3:17/47	0:42/48	2:37/33
	+0:02 (2)	+0:00 (1)	+0:00 (1)	+0:06 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:20 (3)	+0:03 (3)	+0:04 (3)
	15:32 (1)	17:29 (2)	18:13 (2)	19:04 (2)						
	0:44/49	1:57/50	0:44/32	0:51/249						
	+0:00 (1)	+0:51 (11)	+0:09 (4)	+0:17 (9)						
3	Marit Johnsen		Bodø og Omegn IF		(8,06min/km)		19:21	(+1:09)		
	1:03 (3)	3:03 (3)	5:41 (3)	6:28 (3)	7:17 (3)	8:05 (3)	9:06 (3)	12:23 (3)	13:07 (3)	15:51 (3)
	1:03/40	2:00/41	2:38/42	0:47/43	0:49/44	0:48/45	1:01/46	3:17/47	0:44/48	2:44/33
	+0:04 (3)	+0:01 (3)	+0:22 (3)	+0:13 (4)	+0:06 (4)	+0:11 (4)	+0:05 (4)	+0:20 (3)	+0:05 (4)	+0:11 (4)
	16:42 (3)	17:48 (3)	18:30 (3)	19:21 (3)						
	0:51/49	1:06/50	0:42/32	0:51/249						
	+0:07 (3)	+0:00 (1)	+0:07 (2)	+0:17 (9)						
4	Heidi Mørkved		Bodø og Omegn IF		(8,52min/km)		20:27	(+2:15)		
	1:04 (4)	3:09 (4)	7:30 (6)	8:04 (5)	8:48 (5)	9:26 (5)	10:25 (5)	13:34 (4)	14:13 (4)	16:47 (4)
	1:04/40	2:05/41	4:21/42	0:34/43	0:44/44	0:38/45	0:59/46	3:09/47	0:39/48	2:34/33
	+0:05 (4)	+0:06 (4)	+2:05 (11)	+0:00 (1)	+0:01 (2)	+0:01 (2)	+0:03 (2)	+0:12 (2)	+0:00 (1)	+0:01 (2)
	17:44 (4)	18:54 (4)	19:40 (4)	20:27 (4)						
	0:57/49	1:10/50	0:46/32	0:47/249						
	+0:13 (6)	+0:04 (2)	+0:11 (5)	+0:13 (5)						
5	Anita Eriksen		Bodø og Omegn IF		(9,06min/km)		21:44	(+3:32)		
	1:08 (5)	3:19 (5)	6:15 (4)	7:02 (4)	7:46 (4)	8:29 (4)	9:39 (4)	13:57 (5)	14:45 (5)	17:47 (5)
	1:08/40	2:11/41	2:56/42	0:47/43	0:44/44	0:43/45	1:10/46	4:18/47	0:48/48	3:02/33
	+0:09 (5)	+0:12 (5)	+0:40 (4)	+0:13 (4)	+0:01 (2)	+0:06 (3)	+0:14 (5)	+1:21 (5)	+0:09 (5)	+0:29 (5)
	18:44 (5)	20:05 (5)	20:58 (5)	21:44 (5)						
	0:57/49	1:21/50	0:53/32	0:46/249						
	+0:13 (6)	+0:15 (4)	+0:18 (7)	+0:12 (3)						
6	Mari Eriksen Reitan		Bodø og Omegn IF		(10,50min/km)		25:12	(+7:00)		
	1:15 (7)	3:49 (6)	7:22 (5)	8:12 (6)	9:13 (6)	10:08 (6)	11:33 (6)	16:17 (6)	17:17 (6)	21:01 (6)
	1:15/40	2:34/41	3:33/42	0:50/43	1:01/44	0:55/45	1:25/46	4:44/47	1:00/48	3:44/33
	+0:16 (7)	+0:35 (6)	+1:17 (6)	+0:16 (8)	+0:18 (7)	+0:18 (6)	+0:29 (10)	+1:47 (8)	+0:21 (10)	+1:11 (11)
	21:57 (6)	23:37 (6)	24:24 (6)	25:12 (6)						
	0:56/49	1:40/50	0:47/32	0:48/249						
	+0:12 (5)	+0:34 (6)	+0:12 (6)	+0:14 (6)						
7	Heidi Jensen		Bodø og Omegn IF		(10,84min/km)		26:01	(+7:49)		
	1:14 (6)	4:05 (7)	8:14 (7)	9:03 (7)	10:17 (7)	11:18 (7)	12:44 (7)	17:26 (7)	18:22 (7)	21:52 (7)
	1:14/40	2:51/41	4:09/42	0:49/43	1:14/44	1:01/45	1:26/46	4:42/47	0:56/48	3:30/33
	+0:15 (6)	+0:52 (8)	+1:53 (9)	+0:15 (7)	+0:31 (12)	+0:24 (9)	+0:30 (11)	+1:45 (7)	+0:17 (7)	+0:57 (7)
	22:46 (7)	24:13 (7)	25:11 (7)	26:01 (7)						
	0:54/49	1:27/50	0:58/32	0:50/249						
	+0:10 (4)	+0:21 (5)	+0:23 (9)	+0:16 (7)						
8	Ingun Arctander Jakola		Bodø og Omegn IF		(11,37min/km)		27:18	(+9:06)		
	1:37 (13)	5:42 (16)	8:46 (9)	9:48 (9)	10:43 (9)	11:38 (9)	12:57 (9)	17:36 (8)	18:34 (8)	22:10 (8)
	1:37/40	4:05/41	3:04/42	1:02/43	0:55/44	0:55/45	1:19/46	4:39/47	0:58/48	3:36/33
	+0:38 (13)	+2:06 (17)	+0:48 (5)	+0:28 (13)	+0:12 (5)	+0:18 (6)	+0:23 (7)	+1:42 (6)	+0:19 (8)	+1:03 (9)
	23:19 (8)	25:11 (8)	26:06 (8)	27:18 (8)						
	1:09/49	1:52/50	0:55/32	1:12/249						
	+0:25 (10)	+0:46 (9)	+0:20 (8)	+0:38 (14)						

9	Elin Marie Wedege Irgens		Bodø og Omegn IF				(11,83min/km)	28:24 (+10:12)	
	1:33 (11)	4:22 (8)	8:27 (8)	9:25 (8)	10:41 (8)	11:32 (8)	12:50 (8)	18:50 (9)	19:50 (9) 23:32 (9)
	1:33/40	2:49/41	4:05/42	0:58/43	1:16/44	0:51/45	1:18/46	6:00/47	1:00/48 3:42/33
	+0:34 (11)	+0:50 (7)	+1:49 (7)	+0:24 (10)	+0:33 (16)	+0:14 (5)	+0:22 (6)	+3:03 (12)	+0:21 (10) +1:09 (10)
	24:38 (9)	26:25 (9)	27:24 (9)	28:24 (9)					
	1:06/49	1:47/50	0:59/32	1:00/249					
	+0:22 (9)	+0:41 (8)	+0:24 (10)	+0:26 (11)					
10	Lotte Eriksen Reitan		Bodø og Omegn IF				(12,30min/km)	29:31 (+11:19)	
	1:31 (10)	4:28 (9)	10:42 (14)	11:29 (13)	12:41 (12)	13:36 (12)	15:00 (12)	19:57 (10)	21:03 (10) 24:36 (10)
	1:31/40	2:57/41	6:14/42	0:47/43	1:12/44	0:55/45	1:24/46	4:57/47	1:06/48 3:33/33
	+0:32 (10)	+0:58 (9)	+3:58 (16)	+0:13 (4)	+0:29 (11)	+0:18 (6)	+0:28 (9)	+2:00 (9)	+0:27 (16) +1:00 (8)
	25:39 (10)	28:08 (10)	28:50 (10)	29:31 (10)					
	1:03/49	2:29/50	0:42/32	0:41/249					
	+0:19 (8)	+1:23 (18)	+0:07 (2)	+0:07 (2)					
11	Katrine Kalvig		Bodø og Omegn IF				(13,26min/km)	31:49 (+13:37)	
	1:42 (14)	5:33 (14)	9:42 (10)	10:48 (10)	12:03 (11)	13:11 (10)	14:57 (11)	21:36 (12)	22:40 (12) 26:37 (12)
	1:42/40	3:51/41	4:09/42	1:06/43	1:15/44	1:08/45	1:46/46	6:39/47	1:04/48 3:57/33
	+0:43 (14)	+1:52 (14)	+1:53 (9)	+0:32 (14)	+0:32 (14)	+0:31 (13)	+0:50 (13)	+3:42 (16)	+0:25 (13) +1:24 (12)
	27:53 (11)	29:34 (11)	30:36 (11)	31:49 (11)					
	1:16/49	1:41/50	1:02/32	1:13/249					
	+0:32 (11)	+0:35 (7)	+0:27 (11)	+0:39 (15)					
12	Kaja Skiri		Bodø og Omegn IF				(13,92min/km)	33:25 (+15:13)	
	1:36 (12)	5:13 (12)	10:33 (13)	11:34 (14)	13:17 (14)	14:45 (14)	16:59 (16)	23:16 (15)	24:16 (15) 27:38 (13)
	1:36/40	3:37/41	5:20/42	1:01/43	1:43/44	1:28/45	2:14/46	6:17/47	1:00/48 3:22/33
	+0:37 (12)	+1:38 (13)	+3:04 (14)	+0:27 (12)	+1:00 (18)	+0:51 (16)	+1:18 (18)	+3:20 (13)	+0:21 (10) +0:49 (6)
	29:23 (15)	31:30 (15)	32:39 (15)	33:25 (12)					
	1:45/49	2:07/50	1:09/32	0:46/249					
	+1:01 (17)	+1:01 (14)	+0:34 (15)	+0:12 (3)					
13	Regula Hösli		Bodø og Omegn IF				(13,99min/km)	33:34 (+15:22)	
	1:43 (15)	4:56 (10)	11:13 (15)	12:23 (15)	13:33 (15)	15:12 (17)	17:05 (17)	22:18 (14)	23:23 (14) 27:57 (15)
	1:43/40	3:13/41	6:17/42	1:10/43	1:10/44	1:39/45	1:53/46	5:13/47	1:05/48 4:34/33
	+0:44 (15)	+1:14 (10)	+4:01 (17)	+0:36 (15)	+0:27 (10)	+1:02 (18)	+0:57 (16)	+2:16 (10)	+0:26 (14) +2:01 (15)
	29:13 (14)	31:27 (14)	32:33 (13)	33:34 (13)					
	1:16/49	2:14/50	1:06/32	1:01/249					
	+0:32 (11)	+1:08 (17)	+0:31 (12)	+0:27 (12)					
14	Karen Merete Bjørseth		Bodø og Omegn IF				(14,01min/km)	33:37 (+15:25)	
	2:05 (17)	5:25 (13)	10:11 (12)	11:28 (12)	12:50 (13)	14:05 (13)	15:51 (13)	22:14 (13)	23:19 (13) 27:42 (14)
	2:05/40	3:20/41	4:46/42	1:17/43	1:22/44	1:15/45	1:46/46	6:23/47	1:05/48 4:23/33
	+1:06 (17)	+1:21 (11)	+2:30 (12)	+0:43 (17)	+0:39 (17)	+0:38 (14)	+0:50 (13)	+3:26 (14)	+0:26 (14) +1:50 (14)
	29:05 (13)	31:10 (13)	32:34 (14)	33:37 (14)					
	1:23/49	2:05/50	1:24/32	1:03/249					
	+0:39 (15)	+0:59 (13)	+0:49 (16)	+0:29 (13)					
15	Martha Kalvig Skogan		Bodø og Omegn IF				(14,07min/km)	33:46 (+15:34)	
	1:22 (9)	5:46 (17)	9:51 (11)	10:49 (11)	11:55 (10)	13:21 (11)	14:40 (10)	20:31 (11)	21:29 (11) 25:39 (11)
	1:22/40	4:24/41	4:05/42	0:58/43	1:06/44	1:26/45	1:19/46	5:51/47	0:58/48 4:10/33
	+0:23 (9)	+2:25 (18)	+1:49 (7)	+0:24 (10)	+0:23 (9)	+0:49 (15)	+0:23 (7)	+2:54 (11)	+0:19 (8) +1:37 (13)
	28:04 (12)	30:13 (12)	32:03 (12)	33:46 (15)					
	2:25/49	2:09/50	1:50/32	1:43/249					
	+1:41 (18)	+1:03 (15)	+1:15 (18)	+1:09 (18)					
16	Nora Marie Wedege Irgens		Bodø og Omegn IF				(14,31min/km)	34:20 (+16:08)	
	1:16 (8)	5:09 (11)	11:40 (17)	12:31 (16)	13:34 (16)	15:04 (15)	16:56 (15)	23:30 (16)	24:21 (16) 29:13 (16)
	1:16/40	3:53/41	6:31/42	0:51/43	1:03/44	1:30/45	1:52/46	6:34/47	0:51/48 4:52/33
	+0:17 (8)	+1:54 (15)	+4:15 (18)	+0:17 (9)	+0:20 (8)	+0:53 (17)	+0:56 (15)	+3:37 (15)	+0:12 (6) +2:19 (16)
	30:31 (16)	32:24 (16)	33:30 (16)	34:20 (16)					
	1:18/49	1:53/50	1:06/32	0:50/249					
	+0:34 (14)	+0:47 (10)	+0:31 (12)	+0:16 (7)					
17	Camilla Nordhei		Bodø og Omegn IF				(14,85min/km)	35:39 (+17:27)	
	2:02 (16)	5:37 (15)	11:41 (18)	12:57 (18)	14:11 (18)	15:12 (18)	16:53 (14)	23:33 (17)	24:53 (17) 29:58 (17)
	2:02/40	3:35/41	6:04/42	1:16/43	1:14/44	1:01/45	1:41/46	6:40/47	1:20/48 5:05/33
	+1:03 (16)	+1:36 (12)	+3:48 (15)	+0:42 (16)	+0:31 (12)	+0:24 (9)	+0:45 (12)	+3:43 (17)	+0:41 (17) +2:32 (18)

31:14 (17) 33:17 (17) 34:24 (17) 35:39 (17)
 1:16/49 2:03/50 1:07/32 1:15/249
 +0:32 (11) +0:57 (12) +0:32 (14) +0:41 (16)

18 Lisbeth Lunde Bodø og Omegn IF (15,51min/km) **37:13 (+19:01)**

2:43 (18) 6:36 (18) 11:26 (16) 12:47 (17) 14:02 (17) 15:08 (16) 17:06 (18) 23:56 (18) 25:27 (18) 30:28 (18)
 2:43/40 3:53/41 4:50/42 1:21/43 1:15/44 1:06/45 1:58/46 6:50/47 1:31/48 5:01/33
 +1:44 (18) +1:54 (15) +2:34 (13) +0:47 (18) +0:32 (14) +0:29 (12) +1:02 (17) +3:53 (18) +0:52 (18) +2:28 (17)

31:55 (18) 34:08 (18) 35:41 (18) 37:13 (18)
 1:27/49 2:13/50 1:33/32 1:32/249
 +0:43 (16) +1:07 (16) +0:58 (17) +0:58 (17)

Oda Furuholmen Bodø og Omegn IF (10,42min/km) **Disk (+6:48)**

1:15 (7) 4:04 (7) 8:21 (8) 9:19 (8) 9:51 (7) 11:07 (7) 15:05 (13) 15:55 (6) 19:08 (9) 20:19 (6)
 1:15/40 2:49/41 4:17/43 0:58/44 0:32/45 1:16/46 3:58/47 0:50/48 3:13/33 1:11/49
 +0:16 (7) +0:50 (7) +2:01 (11) +0:24 (10) +0:00 (1) +0:39 (15) +3:02 (19) +0:00 (1) +2:34 (19) +0:00 (1)

23:22 (9) 24:05 (7) 25:00 (7) 25:00 (6)
 3:03/50 0:43/32 0:55/249
 +2:19 (19) +0:00 (1) +0:20 (8) +0:00 (1)

Klasse Herrer 2,4 km

34 påmeldt, 34 startende

1 Petter Jakola Bodø og Omegn IF (6,23min/km) **14:57**

0:49 (2) 2:24 (1) 4:36 (2) 5:09 (2) 5:41 (2) 6:12 (2) 7:00 (1) 9:31 (1) 10:05 (1) 12:18 (1)
 0:49/40 1:35/41 2:12/42 0:33/43 0:32/44 0:31/45 0:48/46 2:31/47 0:34/48 2:13/33
 +0:02 (2) +0:00 (1) +0:18 (2) +0:00 (1) +0:00 (1) +0:04 (2) +0:04 (2) +0:00 (1) +0:00 (1) +0:00 (1)

12:53 (1) 13:51 (1) 14:24 (1) 14:57 (1)
 0:35/49 0:58/50 0:33/32 0:33/249
 +0:00 (1) +0:03 (3) +0:00 (1) +0:00 (1)

2 Håvard Wedege Irgens Bodø og Omegn IF (6,41min/km) **15:23 (+0:26)**

0:47 (1) 2:26 (2) 4:20 (1) 4:57 (1) 5:30 (1) 6:10 (1) 7:00 (1) 9:33 (2) 10:09 (2) 12:28 (2)
 0:47/40 1:39/41 1:54/42 0:37/43 0:33/44 0:40/45 0:50/46 2:33/47 0:36/48 2:19/33
 +0:00 (1) +0:04 (2) +0:00 (1) +0:04 (3) +0:01 (2) +0:13 (7) +0:06 (4) +0:02 (2) +0:02 (2) +0:06 (5)

13:05 (2) 14:02 (2) 14:38 (2) 15:23 (2)
 0:37/49 0:57/50 0:36/32 0:45/249
 +0:02 (2) +0:02 (2) +0:03 (2) +0:12 (14)

3 Lars Reitan Bodø og Omegn IF (6,67min/km) **16:00 (+1:03)**

0:56 (6) 2:36 (3) 4:52 (3) 5:27 (3) 6:01 (3) 6:34 (3) 7:23 (3) 10:03 (3) 10:41 (3) 13:07 (3)
 0:56/40 1:40/41 2:16/42 0:35/43 0:34/44 0:33/45 0:49/46 2:40/47 0:38/48 2:26/33
 +0:09 (6) +0:05 (3) +0:22 (5) +0:02 (2) +0:02 (4) +0:06 (4) +0:05 (3) +0:09 (4) +0:04 (4) +0:13 (7)

13:46 (3) 14:45 (3) 15:21 (3) 16:00 (3)
 0:39/49 0:59/50 0:36/32 0:39/249
 +0:04 (3) +0:04 (4) +0:03 (2) +0:06 (5)

4 Bjørn Godal Bodø og Omegn IF (6,85min/km) **16:26 (+1:29)**

0:52 (4) 3:00 (7) 5:12 (5) 5:50 (4) 6:38 (5) 7:05 (5) 7:49 (4) 10:27 (4) 11:04 (4) 13:18 (4)
 0:52/40 2:08/41 2:12/42 0:38/43 0:48/44 0:27/45 0:44/46 2:38/47 0:37/48 2:14/33
 +0:05 (4) +0:33 (10) +0:18 (2) +0:05 (4) +0:16 (14) +0:00 (1) +0:00 (1) +0:07 (3) +0:03 (3) +0:01 (2)

14:02 (4) 15:08 (4) 15:47 (4) 16:26 (4)
 0:44/49 1:06/50 0:39/32 0:39/249
 +0:09 (6) +0:11 (8) +0:06 (7) +0:06 (5)

5 Jakob Kalvig Skogan Bodø og Omegn IF (7,07min/km) **16:58 (+2:01)**

1:01 (9) 2:54 (6) 5:11 (4) 5:51 (5) 6:24 (4) 6:58 (4) 7:55 (5) 11:07 (5) 11:48 (5) 14:06 (5)
 1:01/40 1:53/41 2:17/42 0:40/43 0:33/44 0:34/45 0:57/46 3:12/47 0:41/48 2:18/33
 +0:14 (9) +0:18 (5) +0:23 (6) +0:07 (5) +0:01 (2) +0:07 (5) +0:13 (9) +0:41 (8) +0:07 (8) +0:05 (4)

14:45 (5) 15:48 (5) 16:24 (5) 16:58 (5)
 0:39/49 1:03/50 0:36/32 0:34/249
 +0:04 (3) +0:08 (5) +0:03 (2) +0:01 (2)

6 Ask Kleist Godal Bodø og Omegn IF (7,16min/km) **17:11 (+2:14)**

1:02 (11) 2:53 (5) 5:22 (7) 6:04 (7) 6:43 (7) 7:34 (7) 8:30 (7) 11:16 (6) 11:55 (6) 14:20 (6)
 1:02/40 1:51/41 2:29/42 0:42/43 0:39/44 0:51/45 0:56/46 2:46/47 0:39/48 2:25/33
 +0:15 (11) +0:16 (4) +0:35 (8) +0:09 (9) +0:07 (7) +0:24 (13) +0:12 (6) +0:15 (5) +0:05 (5) +0:12 (6)

15:03 (6)	15:58 (6)	16:35 (6)	17:11 (6)						
0:43/49	0:55/50	0:37/32	0:36/249						
+0:08 (5)	+0:00 (1)	+0:04 (5)	+0:03 (4)						
7	Bjørn Are Stensland		Bodø og Omegn IF		(7,32min/km)		17:34	(+2:37)	
0:49 (2)	2:44 (4)	5:17 (6)	5:58 (6)	6:39 (6)	7:30 (6)	8:26 (6)	11:24 (7)	12:04 (7)	14:30 (7)
0:49/40	1:55/41	2:33/42	0:41/43	0:41/44	0:51/45	0:56/46	2:58/47	0:40/48	2:26/33
+0:02 (2)	+0:20 (6)	+0:39 (12)	+0:08 (7)	+0:09 (9)	+0:24 (13)	+0:12 (6)	+0:27 (7)	+0:06 (6)	+0:13 (7)
15:16 (7)	16:20 (7)	17:00 (7)	17:34 (7)						
0:46/49	1:04/50	0:40/32	0:34/249						
+0:11 (7)	+0:09 (7)	+0:07 (9)	+0:01 (2)						
8	Steve Samuelsen		Ukjent		(7,53min/km)		18:04	(+3:07)	
0:55 (5)	3:03 (10)	5:41 (11)	6:29 (13)	7:08 (10)	7:58 (10)	8:53 (10)	11:42 (8)	12:22 (8)	14:38 (8)
0:55/40	2:08/41	2:38/42	0:48/43	0:39/44	0:50/45	0:55/46	2:49/47	0:40/48	2:16/33
+0:08 (5)	+0:33 (10)	+0:44 (14)	+0:15 (16)	+0:07 (7)	+0:23 (11)	+0:11 (5)	+0:18 (6)	+0:06 (6)	+0:03 (3)
15:24 (8)	16:42 (8)	17:22 (8)	18:04 (8)						
0:46/49	1:18/50	0:40/32	0:42/249						
+0:11 (7)	+0:23 (13)	+0:07 (9)	+0:09 (7)						
9	Per Rekkedal		Bodø og Omegn IF		(8,22min/km)		19:44	(+4:47)	
1:03 (13)	3:19 (14)	5:39 (10)	6:19 (9)	8:01 (14)	8:42 (14)	9:46 (14)	13:10 (13)	13:52 (13)	16:28 (12)
1:03/40	2:16/41	2:20/42	0:40/43	1:42/44	0:41/45	1:04/46	3:24/47	0:42/48	2:36/33
+0:16 (13)	+0:41 (14)	+0:26 (7)	+0:07 (5)	+1:10 (30)	+0:14 (8)	+0:20 (13)	+0:53 (12)	+0:08 (10)	+0:23 (10)
17:20 (11)	18:23 (9)	19:01 (9)	19:44 (9)						
0:52/49	1:03/50	0:38/32	0:43/249						
+0:17 (10)	+0:08 (5)	+0:05 (6)	+0:10 (11)						
10	Vebjørn Rånes		Ukjent		(8,35min/km)		20:02	(+5:05)	
1:08 (17)	3:15 (13)	5:28 (8)	6:12 (8)	6:58 (8)	7:50 (9)	8:50 (9)	12:31 (10)	13:20 (10)	16:15 (10)
1:08/40	2:07/41	2:13/42	0:44/43	0:46/44	0:52/45	1:00/46	3:41/47	0:49/48	2:55/33
+0:21 (17)	+0:32 (9)	+0:19 (4)	+0:11 (10)	+0:14 (12)	+0:25 (16)	+0:16 (11)	+1:10 (14)	+0:15 (14)	+0:42 (17)
17:07 (10)	18:23 (10)	19:08 (10)	20:02 (10)						
0:52/49	1:16/50	0:45/32	0:54/249						
+0:17 (10)	+0:21 (11)	+0:12 (16)	+0:21 (23)						
11	Leif Magne Eggestad		Bodø og Omegn IF		(8,38min/km)		20:07	(+5:10)	
1:02 (11)	3:12 (12)	5:44 (13)	6:28 (12)	7:15 (11)	8:09 (11)	9:13 (11)	12:39 (11)	13:30 (11)	16:23 (11)
1:02/40	2:10/41	2:32/42	0:44/43	0:47/44	0:54/45	1:04/46	3:26/47	0:51/48	2:53/33
+0:15 (11)	+0:35 (12)	+0:38 (10)	+0:11 (10)	+0:15 (13)	+0:27 (18)	+0:20 (13)	+0:55 (13)	+0:17 (21)	+0:40 (14)
17:28 (12)	18:39 (12)	19:21 (11)	20:07 (11)						
1:05/49	1:11/50	0:42/32	0:46/249						
+0:30 (18)	+0:16 (9)	+0:09 (12)	+0:13 (18)						
12	Torkel Irgens		Bodø og Omegn IF		(8,42min/km)		20:12	(+5:15)	
0:58 (8)	3:10 (11)	5:43 (12)	6:24 (11)	7:31 (13)	8:25 (12)	9:29 (12)	12:49 (12)	13:39 (12)	16:37 (13)
0:58/40	2:12/41	2:33/42	0:41/43	1:07/44	0:54/45	1:04/46	3:20/47	0:50/48	2:58/33
+0:11 (8)	+0:37 (13)	+0:39 (12)	+0:08 (7)	+0:35 (25)	+0:27 (18)	+0:20 (13)	+0:49 (10)	+0:16 (16)	+0:45 (18)
17:32 (13)	18:49 (13)	19:30 (13)	20:12 (12)						
0:55/49	1:17/50	0:41/32	0:42/249						
+0:20 (13)	+0:22 (12)	+0:08 (11)	+0:09 (7)						
13	Tore Jakola		Bodø og Omegn IF		(8,43min/km)		20:14	(+5:17)	
0:56 (6)	3:02 (9)	5:31 (9)	6:20 (10)	6:58 (8)	7:40 (8)	8:44 (8)	12:29 (9)	13:16 (9)	16:03 (9)
0:56/40	2:06/41	2:29/42	0:49/43	0:38/44	0:42/45	1:04/46	3:45/47	0:47/48	2:47/33
+0:09 (6)	+0:31 (8)	+0:35 (8)	+0:16 (19)	+0:06 (6)	+0:15 (9)	+0:20 (13)	+1:14 (15)	+0:13 (13)	+0:34 (13)
16:59 (9)	18:24 (11)	19:29 (12)	20:14 (13)						
0:56/49	1:25/50	1:05/32	0:45/249						
+0:21 (14)	+0:30 (16)	+0:32 (29)	+0:12 (14)						
14	Erlend Elveos Kjelstrup		Bodø og Omegn IF		(8,61min/km)		20:40	(+5:43)	
1:01 (9)	3:00 (7)	6:56 (18)	7:43 (18)	8:20 (17)	9:21 (17)	10:18 (17)	13:32 (14)	14:16 (14)	16:50 (14)
1:01/40	1:59/41	3:56/42	0:47/43	0:37/44	1:01/45	0:57/46	3:14/47	0:44/48	2:34/33
+0:14 (9)	+0:24 (7)	+2:02 (23)	+0:14 (15)	+0:05 (5)	+0:34 (22)	+0:13 (9)	+0:43 (9)	+0:10 (11)	+0:21 (9)
17:47 (14)	19:16 (14)	19:55 (14)	20:40 (14)						
0:57/49	1:29/50	0:39/32	0:45/249						
+0:22 (15)	+0:34 (17)	+0:06 (7)	+0:12 (14)						

15 Anders Kure	Bodø og Omegn IF						(8,69min/km)	20:52	(+5:55)
1:09 (18)	3:27 (16)	5:59 (14)	6:43 (14)	7:25 (12)	8:33 (13)	9:39 (13)	13:42 (15)	14:28 (15)	17:21 (15)
1:09/40	2:18/41	2:32/42	0:44/43	0:42/44	1:08/45	1:06/46	4:03/47	0:46/48	2:53/33
+0:22 (18)	+0:43 (16)	+0:38 (10)	+0:11 (10)	+0:10 (10)	+0:41 (25)	+0:22 (17)	+1:32 (18)	+0:12 (12)	+0:40 (14)
18:13 (15)	19:28 (15)	20:10 (15)	20:52 (15)						
0:52/49	1:15/50	0:42/32	0:42/249						
+0:17 (10)	+0:20 (10)	+0:09 (12)	+0:09 (7)						
16 Jan Prytz	Bodø og Omegn IF						(9,11min/km)	21:52	(+6:55)
1:07 (15)	3:28 (17)	6:24 (15)	7:12 (15)	8:33 (18)	9:04 (15)	10:00 (15)	14:09 (16)	14:50 (16)	17:32 (16)
1:07/40	2:21/41	2:56/42	0:48/43	1:21/44	0:31/45	0:56/46	4:09/47	0:41/48	2:42/33
+0:20 (15)	+0:46 (17)	+1:02 (17)	+0:15 (16)	+0:49 (27)	+0:04 (2)	+0:12 (6)	+1:38 (20)	+0:07 (8)	+0:29 (12)
18:23 (16)	20:25 (16)	21:09 (16)	21:52 (16)						
0:51/49	2:02/50	0:44/32	0:43/249						
+0:16 (9)	+1:07 (29)	+0:11 (15)	+0:10 (11)						
17 Arne Kristian Nordhei	Bodø og Omegn IF						(9,46min/km)	22:42	(+7:45)
1:07 (15)	3:41 (18)	6:39 (17)	7:27 (17)	8:17 (15)	9:07 (16)	10:16 (16)	14:21 (17)	15:11 (17)	18:28 (17)
1:07/40	2:34/41	2:58/42	0:48/43	0:50/44	0:50/45	1:09/46	4:05/47	0:50/48	3:17/33
+0:20 (15)	+0:59 (18)	+1:04 (18)	+0:15 (16)	+0:18 (16)	+0:23 (11)	+0:25 (18)	+1:34 (19)	+0:16 (16)	+1:04 (20)
19:29 (17)	20:49 (17)	21:50 (17)	22:42 (17)						
1:01/49	1:20/50	1:01/32	0:52/249						
+0:26 (17)	+0:25 (14)	+0:28 (27)	+0:19 (20)						
18 Bjørn Wiggo Hansen	Ukjent						(9,63min/km)	23:07	(+8:10)
1:32 (26)	5:05 (28)	7:46 (21)	8:41 (21)	9:25 (21)	10:21 (21)	11:21 (19)	14:44 (18)	16:06 (18)	18:42 (18)
1:32/40	3:33/41	2:41/42	0:55/43	0:44/44	0:56/45	1:00/46	3:23/47	1:22/48	2:36/33
+0:45 (26)	+1:58 (28)	+0:47 (15)	+0:22 (25)	+0:12 (11)	+0:29 (20)	+0:16 (11)	+0:52 (11)	+0:48 (28)	+0:23 (10)
19:49 (18)	21:10 (18)	22:00 (18)	23:07 (18)						
1:07/49	1:21/50	0:50/32	1:07/249						
+0:32 (22)	+0:26 (15)	+0:17 (17)	+0:34 (29)						
19 Amund Kleist Godal	Bodø og Omegn IF						(10,28min/km)	24:41	(+9:44)
1:05 (14)	3:21 (15)	7:13 (19)	8:02 (19)	8:50 (19)	10:14 (20)	11:35 (20)	15:26 (19)	16:20 (19)	19:40 (19)
1:05/40	2:16/41	3:52/42	0:49/43	0:48/44	1:24/45	1:21/46	3:51/47	0:54/48	3:20/33
+0:18 (14)	+0:41 (14)	+1:58 (21)	+0:16 (19)	+0:16 (14)	+0:57 (27)	+0:37 (21)	+1:20 (17)	+0:20 (22)	+1:07 (21)
20:58 (19)	22:56 (19)	23:57 (20)	24:41 (19)						
1:18/49	1:58/50	1:01/32	0:44/249						
+0:43 (27)	+1:03 (28)	+0:28 (27)	+0:11 (13)						
20 Carl B. Bjørseth	Bodø og Omegn IF						(10,35min/km)	24:51	(+9:54)
1:23 (21)	4:07 (20)	7:14 (20)	8:08 (20)	9:07 (20)	10:10 (19)	11:42 (21)	16:22 (21)	17:12 (20)	20:32 (20)
1:23/40	2:44/41	3:07/42	0:54/43	0:59/44	1:03/45	1:32/46	4:40/47	0:50/48	3:20/33
+0:36 (21)	+1:09 (21)	+1:13 (19)	+0:21 (24)	+0:27 (22)	+0:36 (23)	+0:48 (27)	+2:09 (23)	+0:16 (16)	+1:07 (21)
21:37 (20)	23:06 (20)	23:57 (19)	24:51 (20)						
1:05/49	1:29/50	0:51/32	0:54/249						
+0:30 (18)	+0:34 (17)	+0:18 (18)	+0:21 (23)						
21 Per Dalhaug	Bodø og Omegn IF						(10,73min/km)	25:45	(+10:48)
1:31 (25)	4:15 (23)	7:58 (22)	9:03 (22)	10:03 (23)	10:56 (22)	12:18 (22)	16:44 (22)	17:34 (22)	21:09 (21)
1:31/40	2:44/41	3:43/42	1:05/43	1:00/44	0:53/45	1:22/46	4:26/47	0:50/48	3:35/33
+0:44 (25)	+1:09 (21)	+1:49 (20)	+0:32 (30)	+0:28 (23)	+0:26 (17)	+0:38 (22)	+1:55 (22)	+0:16 (16)	+1:22 (24)
22:25 (21)	23:57 (21)	24:52 (21)	25:45 (21)						
1:16/49	1:32/50	0:55/32	0:53/249						
+0:41 (26)	+0:37 (21)	+0:22 (23)	+0:20 (22)						
22 Øyvind Bjerkås	Bodø og Omegn IF						(10,83min/km)	25:59	(+11:02)
1:09 (18)	3:48 (19)	6:35 (16)	7:21 (16)	8:19 (16)	9:28 (18)	10:42 (18)	15:28 (20)	17:16 (21)	21:30 (23)
1:09/40	2:39/41	2:47/42	0:46/43	0:58/44	1:09/45	1:14/46	4:46/47	1:48/48	4:14/33
+0:22 (18)	+1:04 (19)	+0:53 (16)	+0:13 (14)	+0:26 (21)	+0:42 (26)	+0:30 (19)	+2:15 (25)	+1:14 (30)	+2:01 (28)
22:35 (22)	24:10 (22)	25:01 (22)	25:59 (22)						
1:05/49	1:35/50	0:51/32	0:58/249						
+0:30 (18)	+0:40 (22)	+0:18 (18)	+0:25 (27)						
23 Morten Selnes	Bodø og Omegn IF						(11,10min/km)	26:39	(+11:42)
1:24 (22)	4:12 (21)	8:33 (24)	9:24 (24)	10:17 (24)	11:02 (23)	12:24 (23)	17:15 (23)	18:16 (23)	21:51 (24)
1:24/40	2:48/41	4:21/42	0:51/43	0:53/44	0:45/45	1:22/46	4:51/47	1:01/48	3:35/33
+0:37 (22)	+1:13 (24)	+2:27 (24)	+0:18 (22)	+0:21 (18)	+0:18 (10)	+0:38 (22)	+2:20 (26)	+0:27 (24)	+1:22 (24)

22:58 (23) 24:29 (23) 25:22 (23) 26:39 (23)
1:07/49 1:31/50 0:53/32 1:17/249
+0:32 (22) +0:36 (20) +0:20 (22) +0:44 (30)

24 Geir Moen Bodø og Omegn IF (11,19min/km) **26:52 (+11:55)**

1:29 (24) 4:13 (22) 8:05 (23) 9:06 (23) 10:03 (22) 11:30 (24) 12:54 (24) 17:34 (25) 18:34 (25) 22:19 (25)
1:29/40 2:44/41 3:52/42 1:01/43 0:57/44 1:27/45 1:24/46 4:40/47 1:00/48 3:45/33
+0:42 (24) +1:09 (21) +1:58 (21) +0:28 (28) +0:25 (20) +1:00 (29) +0:40 (25) +2:09 (23) +0:26 (23) +1:32 (26)

23:25 (25) 25:04 (24) 25:55 (24) 26:52 (24)
1:06/49 1:39/50 0:51/32 0:57/249
+0:31 (21) +0:44 (23) +0:18 (18) +0:24 (26)

25 Bendik Storvik Nilsen Bodø og Omegn IF (11,22min/km) **26:55 (+11:58)**

1:21 (20) 4:46 (26) 9:19 (25) 10:03 (25) 10:54 (25) 12:18 (25) 13:41 (25) 17:31 (24) 18:20 (24) 21:30 (22)
1:21/40 3:25/41 4:33/42 0:44/43 0:51/44 1:24/45 1:23/46 3:50/47 0:49/48 3:10/33
+0:34 (20) +1:50 (27) +2:39 (25) +0:11 (10) +0:19 (17) +0:57 (27) +0:39 (24) +1:19 (16) +0:15 (14) +0:57 (19)

23:19 (24) 25:15 (25) 26:10 (25) 26:55 (25)
1:49/49 1:56/50 0:55/32 0:45/249
+1:14 (30) +1:01 (27) +0:22 (23) +0:12 (14)

26 Eduardo Cid Cruz Bodø og Omegn IF (11,53min/km) **27:40 (+12:43)**

1:47 (28) 4:56 (27) 11:32 (28) 12:27 (28) 13:21 (28) 13:58 (28) 15:12 (28) 19:28 (26) 20:18 (26) 23:11 (26)
1:47/40 3:09/41 6:36/42 0:55/43 0:54/44 0:37/45 1:14/46 4:16/47 0:50/48 2:53/33
+1:00 (28) +1:34 (26) +4:42 (30) +0:22 (25) +0:22 (19) +0:10 (6) +0:30 (19) +1:45 (21) +0:16 (16) +0:40 (14)

24:10 (26) 25:40 (26) 26:37 (26) 27:40 (26)
0:59/49 1:30/50 0:57/32 1:03/249
+0:24 (16) +0:35 (19) +0:24 (26) +0:30 (28)

27 Espen Skiri Bodø og Omegn IF (12,26min/km) **29:25 (+14:28)**

1:25 (23) 4:29 (25) 10:33 (27) 11:22 (27) 12:34 (27) 13:30 (27) 14:55 (26) 19:55 (27) 20:56 (27) 24:30 (27)
1:25/40 3:04/41 6:04/42 0:49/43 1:12/44 0:56/45 1:25/46 5:00/47 1:01/48 3:34/33
+0:38 (23) +1:29 (25) +4:10 (29) +0:16 (19) +0:40 (26) +0:29 (20) +0:41 (26) +2:29 (27) +0:27 (24) +1:21 (23)

25:38 (27) 28:01 (27) 28:43 (27) 29:25 (27)
1:08/49 2:23/50 0:42/32 0:42/249
+0:33 (24) +1:28 (30) +0:09 (12) +0:09 (7)

28 Jon Øverås Bodø og Omegn IF (12,79min/km) **30:42 (+15:45)**

1:44 (27) 4:27 (24) 9:46 (26) 10:41 (26) 11:46 (26) 13:18 (26) 15:05 (27) 20:22 (28) 21:31 (28) 25:35 (28)
1:44/40 2:43/41 5:19/42 0:55/43 1:05/44 1:32/45 1:47/46 5:17/47 1:09/48 4:04/33
+0:57 (27) +1:08 (20) +3:25 (26) +0:22 (25) +0:33 (24) +1:05 (30) +1:03 (29) +2:46 (28) +0:35 (26) +1:51 (27)

26:48 (28) 28:36 (28) 29:47 (28) 30:42 (28)
1:13/49 1:48/50 1:11/32 0:55/249
+0:38 (25) +0:53 (26) +0:38 (30) +0:22 (25)

29 Jens Pedersen Ukjent (14,99min/km) **35:59 (+21:02)**

2:54 (30) 7:27 (29) 13:12 (29) 14:16 (29) 15:56 (30) 16:47 (29) 18:19 (29) 24:44 (29) 26:00 (29) 30:56 (29)
2:54/40 4:33/41 5:45/42 1:04/43 1:40/44 0:51/45 1:32/46 6:25/47 1:16/48 4:56/33
+2:07 (30) +2:58 (29) +3:51 (27) +0:31 (29) +1:08 (29) +0:24 (13) +0:48 (27) +3:54 (30) +0:42 (27) +2:43 (29)

32:27 (29) 34:14 (29) 35:09 (29) 35:59 (29)
1:31/49 1:47/50 0:55/32 0:50/249
+0:56 (28) +0:52 (25) +0:22 (23) +0:17 (19)

30 Øyvind Johansen Ukjent (15,06min/km) **36:08 (+21:11)**

2:45 (29) 7:33 (30) 13:24 (30) 14:17 (30) 15:55 (29) 17:01 (30) 18:49 (30) 24:45 (30) 26:07 (30) 31:03 (30)
2:45/40 4:48/41 5:51/42 0:53/43 1:38/44 1:06/45 1:48/46 5:56/47 1:22/48 4:56/33
+1:58 (29) +3:13 (30) +3:57 (28) +0:20 (23) +1:06 (28) +0:39 (24) +1:04 (30) +3:25 (29) +0:48 (28) +2:43 (29)

32:40 (30) 34:24 (30) 35:16 (30) 36:08 (30)
1:37/49 1:44/50 0:52/32 0:52/249
+1:02 (29) +0:49 (24) +0:19 (21) +0:19 (20)

Torbjørn Høslø Olsen Bodø og Omegn IF (8,85min/km) **Disk (+6:18)**

1:43 (27) 4:28 (25) 7:50 (22) 8:41 (22) 9:30 (22) 10:34 (22) 14:35 (26) 15:11 (19) 18:01 (23) 18:59 (19)
1:43/40 2:45/41 3:22/42 0:51/43 0:49/44 1:04/45 4:01/47 0:36/48 2:50/33 0:58/49
+0:56 (27) +1:10 (24) +1:28 (20) +0:18 (22) +0:17 (16) +0:37 (24) +3:17 (31) +0:00 (1) +2:16 (31) +0:00 (1)

20:01 (19) 20:41 (17) 21:15 (17) 21:15 (16)
1:02/50 0:40/32 0:34/249
+0:27 (18) +0:00 (1) +0:01 (2) +0:00 (1)

Joar Klæboe Henriksen			Bodø og Omegn IF			<i>(12,69min/km)</i>		Disk (+15:31)	
1:57 (29)	5:39 (29)	9:59 (27)	11:02 (27)	12:29 (27)	14:03 (29)	15:53 (29)	21:09 (29)	22:07 (29)	25:31 (28)
1:57/40	3:42/41	4:20/42	1:03/43	1:27/44	1:34/45	1:50/46	5:16/47	0:58/48	3:24/33
+1:10 (29)	+2:07 (29)	+2:26 (24)	+0:30 (29)	+0:55 (28)	+1:07 (31)	+1:06 (31)	+2:45 (28)	+0:24 (23)	+1:11 (23)
26:59 (29)	28:53 (29)	30:01 (29)	30:28 (28)						
1:28/49	1:54/50	1:08/32	0:27/31						
+0:53 (28)	+0:59 (27)	+0:35 (30)	+0:00 (1)						

Marius Ekrem Finstad			Ukjent			<i>(13,44min/km)</i>		Disk (+17:18)	
1:28 (24)	4:13 (22)	9:46 (26)	12:20 (28)	16:41 (31)	17:30 (31)	18:51 (31)	23:46 (29)	24:34 (29)	27:43 (29)
1:28/40	2:45/41	5:33/43	2:34/42	4:21/44	0:49/45	1:21/46	4:55/47	0:48/48	3:09/33
+0:41 (24)	+1:10 (24)	+3:39 (27)	+2:01 (31)	+3:49 (31)	+0:22 (11)	+0:37 (21)	+2:24 (27)	+0:14 (14)	+0:56 (19)
28:45 (29)	30:51 (29)	31:35 (29)	32:15 (29)						
1:02/49	2:06/50	0:44/32	0:40/249						
+0:27 (18)	+1:11 (30)	+0:11 (15)	+0:07 (7)						

Håvard Solbakken			Ukjent			<i>(13,45min/km)</i>		Disk (+17:20)	
1:21 (20)	4:16 (24)	9:55 (27)	12:16 (28)	16:42 (31)	17:15 (31)	18:32 (30)	23:32 (29)	24:25 (29)	27:39 (29)
1:21/40	2:55/41	5:39/43	2:21/42	4:26/44	0:33/45	1:17/46	5:00/47	0:53/48	3:14/33
+0:34 (20)	+1:20 (25)	+3:45 (27)	+1:48 (31)	+3:54 (31)	+0:06 (4)	+0:33 (21)	+2:29 (27)	+0:19 (22)	+1:01 (20)
28:37 (29)	30:45 (29)	31:35 (29)	32:17 (29)						
0:58/49	2:08/50	0:50/32	0:42/249						
+0:23 (16)	+1:13 (30)	+0:17 (17)	+0:09 (7)						