

# Resultater fra KM Mellomdistanse 2010 13.06.2010

Det var totalt 123 startende.

## Klasse N-åpen 1,5 km

14 påmeldt, 14 startende 5 premiert

Nicolai Andersen	Bodø og Omegn IF
Bendik Hansen	Bodø og Omegn IF
Emilie Hansen	Bodø og Omegn IF
Sebastian Hegreberg	Bodø og Omegn IF
Sondre Jensen Hegreberg	Bodø og Omegn IF
Lene Johnsen Ikdahl	Bodø og Omegn IF
Hedda Sofie Wedege Irgens	Bodø og Omegn IF
Lea Texmo Limstrand	Bodø og Omegn IF
Sunniva Limstrand	Bodø og Omegn IF
Viljar Paulsen Limstrand	Bodø og Omegn IF
Ingrid Næss	Bodø og Omegn IF
Anette Stien Schreiner	Mo O-Klubb
Ask Johan Fossheim Sjøvik	Olderskog IL
Ida Solli	Mo O-Klubb

## Klasse D-10 1,5 km

5 påmeldt, 4 startende 2 premiert

Dina Hines	Herringen IL	(18,90min/km)	<b>28:21</b>
1:52 (4) 4:24 (4) 7:05 (4)	8:46 (4) 15:38 (3) 23:06 (4)	27:54 (4) 28:21 (4)	
1:52/121 2:32/123 2:41/124	1:41/126 6:52/129 7:28/130	4:48/150 0:27/249	
+0:50 (4) +1:04 (4) +1:29 (4)	+0:26 (4) +3:22 (3) +5:43 (4)	+3:03 (4) +0:09 (4)	
Eli Kolstad	Mo O-Klubb	(10,27min/km)	<b>15:24</b>
1:41 (3) 3:47 (3) 5:29 (3)	7:04 (3) 10:34 (1) 13:16 (1)	15:01 (1) 15:24 (1)	
1:41/121 2:06/123 1:42/124	1:35/126 3:30/129 2:42/130	1:45/150 0:23/249	
+0:39 (3) +0:38 (3) +0:30 (3)	+0:20 (3) +0:00 (1) +0:57 (3)	+0:00 (1) +0:05 (3)	
Benedicte Stien Schreiner	Mo O-Klubb	(10,97min/km)	<b>16:27</b>
1:02 (1) 2:30 (1) 3:56 (1)	5:11 (1) 11:32 (2) 13:59 (2)	16:09 (2) 16:27 (2)	
1:02/121 1:28/123 1:26/124	1:15/126 6:21/129 2:27/130	2:10/150 0:18/249	
+0:00 (1) +0:00 (1) +0:14 (2)	+0:00 (1) +2:51 (2) +0:42 (2)	+0:25 (2) +0:00 (1)	
Kaja Samuelsen Skiri	Bodø og Omegn IF	(15,83min/km)	<b>23:45</b>
1:20 (2) 3:03 (2) 4:15 (2)	5:30 (2) 17:58 (4) 19:43 (3)	23:26 (3) 23:45 (3)	
1:20/121 1:43/123 1:12/124	1:15/126 12:28/129 1:45/130	3:43/150 0:19/249	
+0:18 (2) +0:15 (2) +0:00 (1)	+0:00 (1) +8:58 (4) +0:00 (1)	+1:58 (3) +0:01 (2)	

## Klasse H-10 1,5 km

1 påmeldt, 1 startende 1 premiert

Eivind Lindahl Valle	Bodø og Omegn IF	(11,39min/km)	<b>17:05</b>
1:27 (1) 3:21 (1) 5:35 (1)	7:17 (1) 11:24 (1) 13:43 (1)	16:43 (1) 17:05 (1)	
1:27/121 1:54/123 2:14/124	1:42/126 4:07/129 2:19/130	3:00/150 0:22/249	
+0:00 (1) +0:00 (1) +0:00 (1)	+0:00 (1) +0:00 (1) +0:00 (1)	+0:00 (1) +0:00 (1)	

## Klasse D11-12 1,8 km

4 påmeldt, 4 startende 2 premiert

1 Marianne Johansen	Bodø og Omegn IF	(13,32min/km)	<b>24:22</b>
1:32 (2) 5:16 (2) 9:13 (2)	14:18 (1) 17:16 (1) 20:55 (1)	23:55 (1) 24:22 (1)	
1:32/120 3:44/122 3:57/124	5:05/125 2:58/128 3:39/130	3:00/150 0:27/249	
+0:16 (2) +1:16 (2) +0:45 (3)	+1:26 (2) +0:19 (2) +0:33 (2)	+0:59 (3) +0:09 (3)	
2 Amalie Rabliås Bustnes	Mo O-Klubb	(14,68min/km)	<b>26:52 (+2:30)</b>
2:17 (4) 6:19 (3) 12:05 (3)	15:44 (2) 19:35 (2) 23:23 (2)	26:23 (2) 26:52 (2)	
2:17/120 4:02/122 5:46/124	3:39/125 3:51/128 3:48/130	3:00/150 0:29/249	
+1:01 (4) +1:34 (3) +2:34 (4)	+0:00 (1) +1:12 (4) +0:42 (3)	+0:59 (3) +0:11 (4)	

3	Lotte Eriksen Reitan		Bodø og Omegn IF		(15,83min/km)		<b>28:58</b>	(+4:36)
	1:16 (1)	11:00 (4)	14:12 (4)	20:50 (4)	23:29 (4)	26:35 (3)	28:40 (3)	28:58 (3)
	1:16/120	9:44/122	3:12/124	6:38/125	2:39/128	3:06/130	2:05/150	0:18/249
	+0:00 (1)	+7:16 (4)	+0:00 (1)	+2:59 (3)	+0:00 (1)	+0:00 (1)	+0:04 (2)	+0:00 (1)
4	Alexandra Rusakova		Leader Petrosavodsk Russland		(17,39min/km)		<b>31:49</b>	(+7:27)
	2:04 (3)	4:32 (1)	7:57 (1)	17:51 (3)	20:57 (3)	29:27 (4)	31:28 (4)	31:49 (4)
	2:04/120	2:28/122	3:25/124	9:54/125	3:06/128	8:30/130	2:01/150	0:21/249
	+0:48 (3)	+0:00 (1)	+0:13 (2)	+6:15 (4)	+0:27 (3)	+5:24 (4)	+0:00 (1)	+0:03 (2)

## Klasse H11-12 1,8 km

7 påmeldt, 7 startende 3 premiært

1	Lars Solli		Mo O-Klubb		(7,69min/km)		<b>14:04</b>	
	1:00 (1)	2:27 (1)	4:48 (1)	7:21 (2)	9:44 (2)	12:17 (1)	13:45 (1)	14:04 (1)
	1:00/120	1:27/122	2:21/124	2:33/125	2:23/128	2:33/130	1:28/150	0:19/249
	+0:00 (1)	+0:00 (1)	+0:08 (2)	+0:19 (4)	+0:06 (3)	+0:08 (3)	+0:19 (4)	+0:01 (4)
2	Amund Bø Kongsbakk		Bodø og Omegn IF		(8,37min/km)		<b>15:19</b>	(+1:15)
	1:10 (3)	2:41 (3)	4:54 (2)	7:08 (1)	9:25 (1)	13:52 (3)	15:01 (2)	15:19 (2)
	1:10/120	1:31/122	2:13/124	2:14/125	2:17/128	4:27/130	1:09/150	0:18/249
	+0:10 (3)	+0:04 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+2:02 (7)	+0:00 (1)	+0:00 (1)
3	Even-Johan Kaspersen		Mo O-Klubb		(8,44min/km)		<b>15:27</b>	(+1:23)
	1:11 (4)	2:59 (5)	6:01 (5)	8:33 (4)	11:14 (3)	13:46 (2)	15:09 (3)	15:27 (3)
	1:11/120	1:48/122	3:02/124	2:32/125	2:41/128	2:32/130	1:23/150	0:18/249
	+0:11 (4)	+0:21 (6)	+0:49 (5)	+0:18 (3)	+0:24 (4)	+0:07 (2)	+0:14 (3)	+0:00 (1)
4	Amund Kleist Godal		Bodø og Omegn IF		(8,62min/km)		<b>15:46</b>	(+1:42)
	1:24 (6)	3:06 (6)	5:51 (4)	9:23 (5)	11:43 (4)	14:08 (4)	15:28 (4)	15:46 (4)
	1:24/120	1:42/122	2:45/124	3:32/125	2:20/128	2:25/130	1:20/150	0:18/249
	+0:24 (6)	+0:15 (5)	+0:32 (4)	+1:18 (5)	+0:03 (2)	+0:00 (1)	+0:11 (2)	+0:00 (1)
5	Marius Ekrem Finstad		Bodø og Omegn IF		(11,17min/km)		<b>20:26</b>	(+6:22)
	2:29 (7)	5:00 (7)	8:12 (7)	11:47 (6)	15:22 (5)	18:03 (5)	20:02 (5)	20:26 (5)
	2:29/120	2:31/122	3:12/124	3:35/125	3:35/128	2:41/130	1:59/150	0:24/249
	+1:29 (7)	+1:04 (7)	+0:59 (6)	+1:21 (6)	+1:18 (6)	+0:16 (5)	+0:50 (5)	+0:06 (6)
6	Espen Samuelsen Skiri		Bodø og Omegn IF		(20,08min/km)		<b>36:45</b>	(+22:41)
	1:06 (2)	2:39 (2)	5:14 (3)	7:39 (3)	31:52 (6)	34:25 (6)	36:26 (6)	36:45 (6)
	1:06/120	1:33/122	2:35/124	2:25/125	24:13/128	2:33/130	2:01/150	0:19/249
	+0:06 (2)	+0:06 (3)	+0:22 (3)	+0:11 (2)	+21:56 (7)	+0:08 (3)	+0:52 (6)	+0:01 (4)
7	Øyvind Johansen		Bodø og Omegn IF		(21,68min/km)		<b>39:40</b>	(+25:36)
	1:16 (5)	2:57 (4)	6:17 (6)	29:41 (7)	32:48 (7)	36:45 (7)	39:02 (7)	39:40 (7)
	1:16/120	1:41/122	3:20/124	23:24/125	3:07/128	3:57/130	2:17/150	0:38/249
	+0:16 (5)	+0:14 (4)	+1:07 (7)	+21:10 (7)	+0:50 (5)	+1:32 (6)	+1:08 (7)	+0:20 (7)

## Klasse D13-14 2,3 km

5 påmeldt, 5 startende 2 premiært

1	Åshild Kolstad		Mo O-Klubb		(12,28min/km)		<b>28:30</b>	
	3:48 (4)	9:31 (1)	11:22 (1)	15:16 (1)	20:46 (1)	23:48 (1)	26:44 (1)	28:14 (1)
	3:48/125	5:43/62	1:51/67	3:54/73	5:30/75	3:02/131	2:56/133	1:30/150
	+0:27 (4)	+0:00 (1)	+0:00 (1)	+0:06 (2)	+0:43 (2)	+0:00 (1)	+0:00 (1)	+0:21 (3)
2	Atalie Pedersen		Bjerkvik IF		(16,22min/km)		<b>37:38</b>	(+9:08)
	3:46 (3)	15:01 (3)	17:15 (2)	21:45 (2)	27:15 (3)	30:38 (2)	36:08 (2)	37:23 (2)
	3:46/125	11:15/62	2:14/67	4:30/73	5:30/75	3:23/131	5:30/133	1:15/150
	+0:25 (3)	+5:32 (3)	+0:23 (2)	+0:42 (3)	+0:43 (2)	+0:21 (2)	+2:34 (4)	+0:06 (2)
3	Oda Furuholmen		Bodø og Omegn IF		(17,34min/km)		<b>40:14</b>	(+11:44)
	3:21 (1)	16:18 (4)	18:32 (3)	22:20 (3)	27:07 (2)	34:42 (3)	38:49 (3)	39:58 (3)
	3:21/125	12:57/62	2:14/67	3:48/73	4:47/75	7:35/131	4:07/133	1:09/150
	+0:00 (1)	+7:14 (4)	+0:23 (2)	+0:00 (1)	+0:00 (1)	+4:33 (4)	+1:11 (3)	+0:00 (1)
4	Martine Paulsen Limstrand		Bodø og Omegn IF		(21,66min/km)		<b>50:15</b>	(+21:45)
	3:58 (5)	11:20 (2)	18:32 (4)	32:25 (4)	38:50 (4)	44:01 (4)	47:36 (4)	49:52 (4)
	3:58/125	7:22/62	7:12/67	13:53/73	6:25/75	5:11/131	3:35/133	2:16/150
	+0:37 (5)	+1:39 (2)	+5:21 (5)	+10:05 (5)	+1:38 (4)	+2:09 (3)	+0:39 (2)	+1:07 (5)

5	Martha Kalvig Skogan		Bodø og Omegn IF	(37,77min/km)	<b>1:27:38</b>	(+59:08)			
	3:45 (2)	42:59 (5)	46:36 (5)	52:18 (5)	1:03:04 (5)	1:19:40 (5)	1:25:14 (5)	1:27:19 (5)	1:27:38 (5)
	3:45/125	39:14/62	3:37/67	5:42/73	10:46/75	16:36/131	5:34/133	2:05/150	0:19/249
	+0:24 (2)	+33:31 (5)	+1:46 (4)	+1:54 (4)	+5:59 (5)	+13:34 (5)	+2:38 (5)	+0:56 (4)	+0:04 (4)

## Klasse H13-14 2,3 km

8 påmeldt, 8 startende 3 premiert

1	Håvard Wedege Irgens		Bodø og Omegn IF	(6,76min/km)	<b>15:41</b>				
	2:24 (1)	5:13 (1)	6:22 (1)	8:28 (1)	11:20 (1)	13:05 (1)	14:37 (1)	15:29 (1)	15:41 (1)
	2:24/125	2:49/62	1:09/67	2:06/73	2:52/75	1:45/131	1:32/133	0:52/150	0:12/249
	+0:00 (1)	+0:00 (1)	+0:04 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
2	Ask Kleist Godal		Bodø og Omegn IF	(8,61min/km)	<b>19:59</b>	(+4:18)			
	2:36 (2)	6:08 (2)	7:18 (2)	9:46 (2)	13:27 (2)	17:01 (2)	18:43 (2)	19:45 (2)	19:59 (2)
	2:36/125	3:32/62	1:10/67	2:28/73	3:41/75	3:34/131	1:42/133	1:02/150	0:14/249
	+0:12 (2)	+0:43 (2)	+0:05 (3)	+0:22 (2)	+0:49 (2)	+1:49 (6)	+0:10 (2)	+0:10 (2)	+0:02 (2)
3	Ole-Kristian Kaspersen		Mo O-Klubb	(12,19min/km)	<b>28:17</b>	(+12:36)			
	3:23 (6)	12:10 (4)	13:48 (4)	16:58 (4)	21:13 (4)	23:50 (4)	26:08 (4)	28:00 (3)	28:17 (3)
	3:23/125	8:47/62	1:38/67	3:10/73	4:15/75	2:37/131	2:18/133	1:52/150	0:17/249
	+0:59 (6)	+5:58 (3)	+0:33 (6)	+1:04 (5)	+1:23 (4)	+0:52 (2)	+0:46 (3)	+1:00 (6)	+0:05 (5)
4	Erlend Elveos Kjelstrup		Bodø og Omegn IF	(12,28min/km)	<b>28:30</b>	(+12:49)			
	3:20 (5)	12:40 (6)	13:58 (6)	16:33 (3)	20:32 (3)	23:28 (3)	26:04 (3)	28:14 (4)	28:30 (4)
	3:20/125	9:20/62	1:18/67	2:35/73	3:59/75	2:56/131	2:36/133	2:10/150	0:16/249
	+0:56 (5)	+6:31 (6)	+0:13 (4)	+0:29 (4)	+1:07 (3)	+1:11 (5)	+1:04 (5)	+1:18 (8)	+0:04 (4)
5	Alexey Milytin		Leader Petrosavodsk Russland	(13,43min/km)	<b>31:09</b>	(+15:28)			
	3:14 (4)	12:30 (5)	13:53 (5)	17:07 (5)	23:13 (6)	26:05 (5)	29:20 (5)	30:48 (5)	31:09 (5)
	3:14/125	9:16/62	1:23/67	3:14/73	6:06/75	2:52/131	3:15/133	1:28/150	0:21/249
	+0:50 (4)	+6:27 (5)	+0:18 (5)	+1:08 (6)	+3:14 (8)	+1:07 (4)	+1:43 (6)	+0:36 (4)	+0:09 (7)
6	Nikita Leont		Leader Petrosavodsk Russland	(15,14min/km)	<b>35:08</b>	(+19:27)			
	2:56 (3)	11:53 (3)	13:37 (3)	17:12 (6)	22:21 (5)	29:03 (6)	33:41 (6)	34:50 (6)	35:08 (6)
	2:56/125	8:57/62	1:44/67	3:35/73	5:09/75	6:42/131	4:38/133	1:09/150	0:18/249
	+0:32 (3)	+6:08 (4)	+0:39 (7)	+1:29 (7)	+2:17 (6)	+4:57 (8)	+3:06 (7)	+0:17 (3)	+0:06 (6)
7	Victor Kovalev		Leader Petrosavodsk Russland	(17,90min/km)	<b>41:31</b>	(+25:50)			
	3:52 (7)	26:02 (7)	27:07 (7)	29:36 (7)	33:54 (7)	36:36 (7)	39:08 (7)	41:16 (7)	41:31 (7)
	3:52/125	22:10/62	1:05/67	2:29/73	4:18/75	2:42/131	2:32/133	2:08/150	0:15/249
	+1:28 (7)	+19:21 (7)	+0:00 (1)	+0:23 (3)	+1:26 (5)	+0:57 (3)	+1:00 (4)	+1:16 (7)	+0:03 (3)
8	Tuomas Tinus		Leader Petrosavodsk Russland	(22,39min/km)	<b>51:56</b>	(+36:15)			
	3:53 (8)	27:49 (8)	29:34 (8)	33:17 (8)	38:47 (8)	44:29 (8)	49:56 (8)	51:34 (8)	51:56 (8)
	3:53/125	23:56/62	1:45/67	3:43/73	5:30/75	5:42/131	5:27/133	1:38/150	0:22/249
	+1:29 (8)	+21:07 (8)	+0:40 (8)	+1:37 (8)	+2:38 (7)	+3:57 (7)	+3:55 (8)	+0:46 (5)	+0:10 (8)

## Klasse D15-16 2,9 km

6 påmeldt, 6 startende 2 premiert

1	Anna Kuznetsova		Leader Petrosavodsk Russland	(16,64min/km)	<b>47:36</b>					
	5:25 (4)	17:05 (6)	21:38 (6)	26:48 (2)	29:07 (2)	31:10 (2)	37:33 (1)	39:48 (1)	42:35 (1)	45:32 (1)
	5:25/79	11:40/76	4:33/74	5:10/63	2:19/64	2:03/65	6:23/77	2:15/75	2:47/132	2:57/133
	+1:15 (4)	+9:06 (6)	+1:47 (5)	+0:00 (1)	+0:04 (3)	+0:29 (5)	+0:00 (1)	+0:36 (4)	+0:00 (1)	+0:00 (1)
	47:17 (1)	47:36 (1)								
	1:45/150	0:19/249								
	+0:37 (4)	+0:02 (4)								
2	Maria Bech Urland		Korgen IL	(18,60min/km)	<b>53:12</b>	(+5:36)				
	7:33 (5)	10:07 (3)	12:54 (3)	20:08 (1)	22:27 (1)	24:06 (1)	41:36 (2)	43:28 (2)	47:00 (2)	51:47 (2)
	7:33/79	2:34/76	2:47/74	7:14/63	2:19/64	1:39/65	17:30/77	1:52/75	3:32/132	4:47/133
	+3:23 (5)	+0:00 (1)	+0:01 (2)	+2:04 (2)	+0:04 (3)	+0:05 (2)	+11:07 (6)	+0:13 (3)	+0:45 (3)	+1:50 (6)
	52:55 (2)	53:12 (2)								
	1:08/150	0:17/249								
	+0:00 (1)	+0:00 (1)								
3	Mari Eriksen Reitan		Bodø og Omegn IF	(19,81min/km)	<b>56:40</b>	(+9:04)				
	4:23 (2)	8:29 (1)	11:15 (1)	32:32 (3)	34:47 (3)	36:33 (3)	43:47 (3)	46:10 (3)	51:06 (3)	54:37 (3)
	4:23/79	4:06/76	2:46/74	21:17/63	2:15/64	1:46/65	7:14/77	2:23/75	4:56/132	3:31/133

+0:13 (2)	+1:32 (2)	+0:00 (1)	+16:07 (4)	+0:00 (1)	+0:12 (3)	+0:51 (4)	+0:44 (5)	+2:09 (5)	+0:34 (2)
56:23 (3)	56:40 (3)								
1:46/150	0:17/249								
+0:38 (5)	+0:00 (1)								

4 Heidi Jensen Bodø og Omegn IF (20,74min/km) **59:19 (+11:43)**

4:10 (1)	9:11 (2)	12:27 (2)	36:44 (4)	39:27 (4)	41:01 (4)	47:37 (4)	49:26 (4)	52:33 (4)	56:44 (4)
4:10/79	5:01/76	3:16/74	24:17/63	2:43/64	1:34/65	6:36/77	1:49/75	3:07/132	4:11/133
+0:00 (1)	+2:27 (3)	+0:30 (3)	+19:07 (5)	+0:28 (5)	+0:00 (1)	+0:13 (2)	+0:10 (2)	+0:20 (2)	+1:14 (5)
58:57 (4)	59:19 (4)								
2:13/150	0:22/249								
+1:05 (6)	+0:05 (6)								

5 Ingvild Oxaas Wie Mo O-Klubb (23,48min/km) **1:07:09 (+19:33)**

4:55 (3)	10:44 (4)	15:46 (4)	43:53 (6)	46:11 (6)	48:35 (6)	55:48 (6)	57:27 (5)	1:01:36 (5)	1:05:18 (5)
4:55/79	5:49/76	5:02/74	28:07/63	2:18/64	2:24/65	7:13/77	1:39/75	4:09/132	3:42/133
+0:45 (3)	+3:15 (5)	+2:16 (6)	+22:57 (6)	+0:03 (2)	+0:50 (6)	+0:50 (3)	+0:00 (1)	+1:22 (4)	+0:45 (4)
1:06:51 (5)	1:07:09 (5)								
1:33/150	0:18/249								
+0:25 (3)	+0:01 (3)								

6 Svetlana Volkova Leader Petrosavodsk Russland (24,04min/km) **1:08:46 (+21:10)**

8:19 (6)	13:37 (5)	17:18 (5)	36:59 (5)	40:11 (5)	42:01 (5)	52:25 (5)	58:04 (6)	1:03:20 (6)	1:06:59 (6)
8:19/79	5:18/76	3:41/74	19:41/63	3:12/64	1:50/65	10:24/77	5:39/75	5:16/132	3:39/133
+4:09 (6)	+2:44 (4)	+0:55 (4)	+14:31 (3)	+0:57 (6)	+0:16 (4)	+4:01 (5)	+4:00 (6)	+2:29 (6)	+0:42 (3)
1:08:27 (6)	1:08:46 (6)								
1:28/150	0:19/249								
+0:20 (2)	+0:02 (4)								

## Klasse H15-16 3,4 km

3 påmeldt, 2 startende 1 premiert

1 Denis Pugachev Leader Petrosavodsk Russland (10,41min/km) **35:12**

5:19 (2)	6:28 (2)	9:16 (2)	10:16 (1)	14:28 (2)	20:04 (1)	22:27 (1)	25:00 (1)	28:43 (1)	31:43 (1)
5:19/78	1:09/77	2:48/74	1:00/73	4:12/69	5:36/63	2:23/64	2:33/65	3:43/79	3:00/131
+0:16 (2)	+0:00 (1)	+0:07 (2)	+0:00 (1)	+1:03 (2)	+0:00 (1)	+0:36 (2)	+1:30 (2)	+0:00 (1)	+0:00 (1)
33:59 (1)	34:56 (1)	35:12 (1)							
2:16/134	0:57/150	0:16/249							
+0:45 (2)	+0:00 (1)	+0:02 (2)							

2 Igor Vlasenkov Leader Petrosavodsk Russland (16,63min/km) **56:13 (+21:01)**

5:03 (1)	6:24 (1)	9:05 (1)	10:18 (2)	13:27 (1)	25:07 (2)	26:54 (2)	27:57 (2)	46:11 (2)	52:59 (2)
5:03/78	1:21/77	2:41/74	1:13/73	3:09/69	11:40/63	1:47/64	1:03/65	18:14/79	6:48/131
+0:00 (1)	+0:12 (2)	+0:00 (1)	+0:13 (2)	+0:00 (1)	+6:04 (2)	+0:00 (1)	+0:00 (1)	+14:31 (2)	+3:48 (2)
54:30 (2)	55:59 (2)	56:13 (2)							
1:31/134	1:29/150	0:14/249							
+0:00 (1)	+0:32 (2)	+0:00 (1)							

## Klasse D17B 2,3 km

7 påmeldt, 6 startende 1 premiert

1 Alice Pedersen Bjerkvik IF (14,01min/km) **32:30**

4:30 (3)	11:45 (2)	13:50 (2)	17:49 (2)	23:24 (2)	26:42 (1)	30:03 (1)	32:00 (1)	32:30 (1)	32:30 (1)
4:30/125	7:15/62	2:05/67	3:59/73	5:35/75	3:18/131	3:21/133	1:57/150	0:30/249	
+0:45 (3)	+2:26 (2)	+0:26 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:59 (2)	+0:33 (5)	+0:11 (5)	+0:00 (1)
32:30 (1)									
+0:00 (1)									

2 Nancy Stien Schreiner Mo O-Klubb (14,25min/km) **33:03 (+0:33)**

3:45 (1)	12:29 (3)	14:08 (3)	18:30 (3)	25:04 (3)	28:51 (3)	31:13 (2)	32:44 (2)	33:03 (2)	33:03 (2)
3:45/125	8:44/62	1:39/67	4:22/73	6:34/75	3:47/131	2:22/133	1:31/150	0:19/249	
+0:00 (1)	+3:55 (3)	+0:00 (1)	+0:23 (2)	+0:59 (5)	+0:29 (2)	+0:00 (1)	+0:07 (2)	+0:00 (1)	+0:00 (1)
33:03 (2)									
+0:00 (1)									

<b>3</b>	<b>Mette Bjerve</b>		<b>Mo O-Klubb</b>			<b>(14,57min/km)</b>		<b>33:48</b>	<b>(+1:18)</b>
4:33 (5)	9:22 (1)	11:23 (1)	15:54 (1)	22:22 (1)	27:45 (2)	31:57 (3)	33:21 (3)	33:48 (3)	33:48 (3)
4:33/125	4:49/62	2:01/67	4:31/73	6:28/75	5:23/131	4:12/133	1:24/150	0:27/249	
+0:48 (5)	+0:00 (1)	+0:22 (2)	+0:32 (3)	+0:53 (4)	+2:05 (6)	+1:50 (6)	+0:00 (1)	+0:08 (3)	+0:00 (1)
33:48 (3)									

+0:00 (1)

<b>4</b>	<b>Inger Johanne Lindahl</b>		<b>Bodø og Omegn IF</b>			<b>(17,79min/km)</b>		<b>41:17</b>	<b>(+8:47)</b>
4:31 (4)	15:25 (4)	17:28 (4)	25:17 (4)	31:36 (4)	35:24 (4)	39:01 (4)	40:52 (4)	41:17 (4)	41:17 (4)
4:31/125	10:54/62	2:03/67	7:49/73	6:19/75	3:48/131	3:37/133	1:51/150	0:25/249	
+0:46 (4)	+6:05 (4)	+0:24 (3)	+3:50 (4)	+0:44 (3)	+0:30 (3)	+1:15 (5)	+0:27 (4)	+0:06 (2)	+0:00 (1)
41:17 (4)									

+0:00 (1)

<b>5</b>	<b>Anne Grethe Olsen</b>		<b>Bodø og Omegn IF</b>			<b>(21,04min/km)</b>		<b>48:49</b>	<b>(+16:19)</b>
3:57 (2)	19:12 (5)	21:29 (5)	31:41 (5)	37:56 (5)	43:09 (5)	46:43 (5)	48:20 (5)	48:49 (5)	48:49 (5)
3:57/125	15:15/62	2:17/67	10:12/73	6:15/75	5:13/131	3:34/133	1:37/150	0:29/249	
+0:12 (2)	+10:26 (5)	+0:38 (5)	+6:13 (6)	+0:40 (2)	+1:55 (5)	+1:12 (4)	+0:13 (3)	+0:10 (4)	+0:00 (1)
48:49 (5)									

+0:00 (1)

<b>6</b>	<b>Kristin Nilssen</b>		<b>Mo O-Klubb</b>			<b>(24,32min/km)</b>		<b>56:26</b>	<b>(+23:56)</b>
5:34 (6)	26:17 (6)	28:54 (6)	38:29 (6)	45:40 (6)	50:07 (6)	53:39 (6)	55:49 (6)	56:26 (6)	56:26 (6)
5:34/125	20:43/62	2:37/67	9:35/73	7:11/75	4:27/131	3:32/133	2:10/150	0:37/249	
+1:49 (6)	+15:54 (6)	+0:58 (6)	+5:36 (5)	+1:36 (6)	+1:09 (4)	+1:10 (3)	+0:46 (6)	+0:18 (6)	+0:00 (1)
56:26 (6)									

+0:00 (1)

## Klasse H17B 2,3 km

3 påmeldt, 3 startende 1 premiert

<b>1</b>	<b>Bjørn-Wiggo Hansen</b>		<b>Bodø og Omegn IF</b>			<b>(13,07min/km)</b>		<b>30:20</b>	
3:16 (2)	9:58 (1)	11:41 (1)	16:25 (1)	21:49 (1)	24:03 (1)	28:32 (1)	30:02 (1)	30:20 (1)	
3:16/125	6:42/62	1:43/67	4:44/73	5:24/75	2:14/131	4:29/133	1:30/150	0:18/249	
+0:01 (2)	+0:00 (1)	+0:00 (1)	+0:31 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	

<b>2</b>	<b>Martin Kaspersen</b>		<b>Mo O-Klubb</b>			<b>(15,50min/km)</b>		<b>35:57</b>	<b>(+5:37)</b>
3:58 (3)	11:09 (3)	13:12 (2)	17:25 (2)	23:56 (2)	28:23 (2)	33:44 (2)	35:38 (2)	35:57 (2)	
3:58/125	7:11/62	2:03/67	4:13/73	6:31/75	4:27/131	5:21/133	1:54/150	0:19/249	
+0:43 (3)	+0:29 (2)	+0:20 (2)	+0:00 (1)	+1:07 (2)	+2:13 (3)	+0:52 (2)	+0:24 (3)	+0:01 (2)	

<b>3</b>	<b>Erik Schreiner</b>		<b>Mo O-Klubb</b>			<b>(16,39min/km)</b>		<b>38:02</b>	<b>(+7:42)</b>
3:15 (1)	10:54 (2)	14:02 (3)	18:35 (3)	25:46 (3)	29:20 (3)	35:52 (3)	37:39 (3)	38:02 (3)	
3:15/125	7:39/62	3:08/67	4:33/73	7:11/75	3:34/131	6:32/133	1:47/150	0:23/249	
+0:00 (1)	+0:57 (3)	+1:25 (3)	+0:20 (2)	+1:47 (3)	+1:20 (2)	+2:03 (3)	+0:17 (2)	+0:05 (3)	

## Klasse H75- 2,3 km

1 påmeldt, 1 startende 1 premiert

	<b>Arnold Danielsen</b>		<b>Bodø og Omegn IF</b>			<b>(64,83min/km)</b>		<b>Disk</b>	<b>(+2:30:24)</b>
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
+13:56 (1)	+9:19 (1)	+25:49 (1)	+14:13 (1)	+15:59 (1)	+16:51 (1)	+10:02 (1)	+4:03 (1)	+3:33 (1)	+1:05 (1)
1:55:17 (1)	1:55:40 (1)	2:02:58 (1)	2:14:33 (1)	2:21:55 (1)	2:27:05 (1)	2:29:55 (1)	2:30:24 (1)		
0:27/250	0:23/67	7:18/73	11:35/75	7:22/131	5:10/133	2:50/150	0:29/249		
+0:27 (1)	+0:23 (1)	+7:18 (1)	+11:35 (1)	+7:22 (1)	+5:10 (1)	+2:50 (1)	+0:29 (1)		

## Klasse D65- 2,3 km

2 påmeldt, 2 startende 1 premiert

<b>1</b>	<b>Anne Marie Pedersen</b>		<b>Bjerkvik IF</b>			<b>(19,68min/km)</b>		<b>45:40</b>	
5:13 (1)	21:32 (1)	23:39 (1)	28:02 (1)	34:48 (1)	39:24 (1)	43:28 (1)	45:08 (1)	45:40 (1)	

5:13/125	16:19/62	2:07/67	4:23/73	6:46/75	4:36/131	4:04/133	1:40/150	0:32/249	
+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)	
Karen Merete Bjørseth			Bodø og Omegn IF			(28,60min/km)		<b>Disk (+20:41)</b>	
14:49 (2)	19:23 (1)	29:35 (2)	34:41 (2)	43:02 (2)	1:04:16 (2)	1:06:21 (2)	1:06:21 (2)	1:06:21 (2)	
14:49/125	4:34/62	10:12/67	5:06/73	8:21/75	21:14/133	2:05/150			
+9:36 (2)	+0:00 (1)	+8:05 (2)	+0:43 (2)	+1:35 (2)	+16:38 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	

## Klasse H65- 2,9 km

5 påmeldt, 5 startende 1 premierr

<b>1 Erling Pedersen</b>	<b>SISO IL</b>					<b>(13,70min/km)</b>		<b>39:11</b>	
3:37 (1)	5:48 (1)	10:32 (2)	15:59 (1)	19:40 (1)	20:32 (1)	30:24 (2)	31:30 (1)	33:53 (1)	37:51 (1)
3:37/79	2:11/76	4:44/74	5:27/63	3:41/64	0:52/65	9:52/77	1:06/75	2:23/132	3:58/133
+0:00 (1)	+0:00 (1)	+1:46 (4)	+0:00 (1)	+1:47 (3)	+0:00 (1)	+3:53 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)
38:50 (1)	39:11 (1)								
0:59/150	0:21/249								
+0:00 (1)	+0:01 (2)								
<b>2 Edvin Berg</b>	<b>Bodø og Omegn IF</b>					<b>(17,17min/km)</b>		<b>49:07 (+9:56)</b>	
4:28 (4)	6:43 (2)	10:10 (1)	17:01 (2)	22:09 (2)	23:25 (2)	29:24 (1)	34:15 (2)	40:50 (2)	46:28 (2)
4:28/79	2:15/76	3:27/74	6:51/63	5:08/64	1:16/65	5:59/77	4:51/75	6:35/132	5:38/133
+0:51 (4)	+0:04 (2)	+0:29 (3)	+1:24 (2)	+3:14 (4)	+0:24 (2)	+0:00 (1)	+3:45 (4)	+4:12 (4)	+1:40 (3)
48:43 (2)	49:07 (2)								
2:15/150	0:24/249								
+1:16 (4)	+0:04 (3)								
<b>3 Asbjørn Pedersen</b>	<b>SISO IL</b>					<b>(19,44min/km)</b>		<b>55:36 (+16:25)</b>	
3:51 (3)	16:45 (3)	19:52 (3)	27:48 (3)	29:42 (3)	34:08 (3)	40:51 (3)	42:48 (3)	45:50 (3)	53:20 (3)
3:51/79	12:54/76	3:07/74	7:56/63	1:54/64	4:26/65	6:43/77	1:57/75	3:02/132	7:30/133
+0:14 (3)	+10:43 (3)	+0:09 (2)	+2:29 (3)	+0:00 (1)	+3:34 (4)	+0:44 (2)	+0:51 (2)	+0:39 (2)	+3:32 (4)
55:10 (3)	55:36 (3)								
1:50/150	0:26/249								
+0:51 (3)	+0:06 (4)								
<b>4 Reidar Andersen</b>	<b>Bodø og Omegn IF</b>					<b>(25,91min/km)</b>		<b>1:14:06 (+34:55)</b>	
3:45 (2)	28:27 (4)	31:25 (4)	43:09 (4)	45:38 (4)	47:25 (4)	1:01:23 (4)	1:04:42 (4)	1:07:46 (4)	1:12:18 (4)
3:45/79	24:42/76	2:58/74	11:44/63	2:29/64	1:47/65	13:58/77	3:19/75	3:04/132	4:32/133
+0:08 (2)	+22:31 (4)	+0:00 (1)	+6:17 (4)	+0:35 (2)	+0:55 (3)	+7:59 (4)	+2:13 (3)	+0:41 (3)	+0:34 (2)
1:13:46 (4)	1:14:06 (4)								
1:28/150	0:20/249								
+0:29 (2)	+0:00 (1)								
<b>Charleif Pedersen</b>	<b>Bjerkvik IF</b>					<b>(20,06min/km)</b>		<b>Disk (+18:11)</b>	
4:47 (5)	7:58 (3)	34:43 (5)	37:25 (4)	39:05 (4)	45:46 (4)	47:31 (4)	50:38 (4)	54:43 (4)	56:57 (4)
4:47/79	3:11/76	26:45/63	2:42/64	1:40/65	6:41/77	1:45/75	3:07/132	4:05/133	2:14/150
+1:10 (5)	+1:00 (3)	+23:47 (5)	+0:00 (1)	+0:00 (1)	+5:49 (5)	+0:00 (1)	+2:01 (3)	+1:42 (4)	+0:00 (1)
57:22 (4)	57:22 (4)								
0:25/249									
+0:00 (1)	+0:00 (1)								

## Klasse D55- 2,9 km

3 påmeldt, 3 startende 1 premierr

<b>1 Regula Hösli</b>	<b>Bodø og Omegn IF</b>					<b>(30,50min/km)</b>		<b>1:27:13</b>	
5:25 (1)	15:41 (1)	19:25 (1)	46:05 (1)	58:35 (1)	1:01:05 (1)	1:08:51 (1)	1:12:35 (1)	1:20:19 (1)	1:25:06 (1)
5:25/79	10:16/76	3:44/74	26:40/63	12:30/64	2:30/65	7:46/77	3:44/75	7:44/132	4:47/133
+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)
1:26:44 (1)	1:27:13 (1)								
1:38/150	0:29/249								
+0:00 (1)	+0:00 (1)								
<b>Elsa Hauknes</b>	<b>Mo O-Klubb</b>					<b>(5,82min/km)</b>		<b>Disk</b>	
5:19 (1)	13:42 (1)	16:39 (1)	16:39 (1)	16:39 (1)	16:39 (1)	16:39 (1)	16:39 (1)	16:39 (1)	16:39 (1)
5:19/79	8:23/76	2:57/74							
+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)
16:39 (1)	16:39 (1)								

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

Anne Berit Vikhals

Bodø og Omegn IF

(17,07min/km)

Disk

5:44 (2)	18:54 (2)	23:39 (2)	48:49 (2)	48:49 (1)	48:49 (1)	48:49 (1)	48:49 (1)	48:49 (1)	48:49 (1)
5:44/79	13:10/76	4:45/74	25:10/63						
+0:19 (2)	+2:54 (2)	+1:01 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
48:49 (1)	48:49 (1)								

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

## Klasse H55- 2,9 km

8 påmeldt, 8 startende 1 premiert

1 Leif Magne Eggestad

Bodø og Omegn IF

(10,90min/km)

31:10

3:04 (1)	5:21 (1)	7:14 (1)	12:02 (1)	13:34 (1)	17:16 (1)	22:17 (1)	24:15 (1)	26:36 (1)	29:27 (1)
3:04/79	2:17/76	1:53/74	4:48/63	1:32/64	3:42/65	5:01/77	1:58/75	2:21/132	2:51/133
+0:00 (1)	+0:07 (3)	+0:00 (1)	+0:22 (3)	+0:00 (1)	+2:37 (6)	+1:10 (3)	+0:32 (4)	+0:00 (1)	+0:19 (4)
30:49 (1)	31:10 (1)								
1:22/150	0:21/249								
+0:14 (3)	+0:02 (4)								

2 Jørund Eldevik

Bodø og Omegn IF

(11,85min/km)

33:54

(+2:44)

3:24 (3)	6:14 (3)	8:19 (2)	14:05 (2)	18:24 (4)	20:29 (4)	25:50 (3)	27:26 (3)	29:55 (3)	32:27 (2)
3:24/79	2:50/76	2:05/74	5:46/63	4:19/64	2:05/65	5:21/77	1:36/75	2:29/132	2:32/133
+0:20 (3)	+0:40 (4)	+0:12 (2)	+1:20 (5)	+2:47 (6)	+1:00 (4)	+1:30 (5)	+0:10 (2)	+0:08 (3)	+0:00 (1)
33:35 (2)	33:54 (2)								
1:08/150	0:19/249								
+0:00 (1)	+0:00 (1)								

3 Jan Kåre Vatne

Mo O-Klubb

(12,34min/km)

35:18

(+4:08)

3:33 (6)	5:43 (2)	8:56 (3)	14:07 (3)	18:06 (3)	20:16 (3)	25:20 (2)	26:46 (2)	29:26 (2)	33:20 (3)
3:33/79	2:10/76	3:13/74	5:11/63	3:59/64	2:10/65	5:04/77	1:26/75	2:40/132	3:54/133
+0:29 (6)	+0:00 (1)	+1:20 (4)	+0:45 (4)	+2:27 (5)	+1:05 (5)	+1:13 (4)	+0:00 (1)	+0:19 (5)	+1:22 (6)
34:55 (3)	35:18 (3)								
1:35/150	0:23/249								
+0:27 (5)	+0:04 (6)								

4 Per Rekkedal

Bodø og Omegn IF

(12,80min/km)

36:36

(+5:26)

3:04 (1)	8:57 (6)	12:21 (6)	18:48 (6)	20:20 (5)	22:00 (5)	26:20 (4)	27:56 (4)	31:59 (4)	34:39 (4)
3:04/79	5:53/76	3:24/74	6:27/63	1:32/64	1:40/65	4:20/77	1:36/75	4:03/132	2:40/133
+0:00 (1)	+3:43 (6)	+1:31 (5)	+2:01 (7)	+0:00 (1)	+0:35 (3)	+0:29 (2)	+0:10 (2)	+1:42 (6)	+0:08 (2)
36:16 (4)	36:36 (4)								
1:37/150	0:20/249								
+0:29 (6)	+0:01 (2)								

5 Arnulf Villmo

Korgen IL

(13,35min/km)

38:11

(+7:01)

3:31 (5)	7:47 (5)	9:57 (4)	14:23 (4)	16:42 (2)	17:47 (2)	28:25 (5)	31:09 (5)	33:30 (5)	36:24 (5)
3:31/79	4:16/76	2:10/74	4:26/63	2:19/64	1:05/65	10:38/77	2:44/75	2:21/132	2:54/133
+0:27 (5)	+2:06 (5)	+0:17 (3)	+0:00 (1)	+0:47 (3)	+0:00 (1)	+6:47 (6)	+1:18 (7)	+0:00 (1)	+0:22 (5)
37:50 (5)	38:11 (5)								
1:26/150	0:21/249								
+0:18 (4)	+0:02 (4)								

6 Jan Fredrik Prytz

Bodø og Omegn IF

(15,32min/km)

43:49

(+12:39)

3:26 (4)	12:24 (7)	18:34 (7)	23:21 (7)	25:44 (6)	30:32 (7)	34:23 (6)	36:56 (6)	39:28 (6)	42:18 (6)
3:26/79	8:58/76	6:10/74	4:47/63	2:23/64	4:48/65	3:51/77	2:33/75	2:32/132	2:50/133
+0:22 (4)	+6:48 (7)	+4:17 (7)	+0:21 (2)	+0:51 (4)	+3:43 (7)	+0:00 (1)	+1:07 (6)	+0:11 (4)	+0:18 (3)
43:29 (6)	43:49 (6)								
1:11/150	0:20/249								
+0:03 (2)	+0:01 (2)								

7 Ola E. Skogstad

Mo O-Klubb

(19,86min/km)

56:48

(+25:38)

4:06 (7)	6:19 (4)	11:42 (5)	18:07 (5)	27:51 (7)	29:20 (6)	42:01 (7)	44:03 (7)	48:52 (7)	52:55 (7)
4:06/79	2:13/76	5:23/74	6:25/63	9:44/64	1:29/65	12:41/77	2:02/75	4:49/132	4:03/133
+1:02 (7)	+0:03 (2)	+3:30 (6)	+1:59 (6)	+8:12 (7)	+0:24 (2)	+8:50 (7)	+0:36 (5)	+2:28 (7)	+1:31 (7)
56:22 (7)	56:48 (7)								

3:27/150 0:26/249  
+2:19 (7) +0:07 (7)

Jan Gaute Buvik			Korgen IL				(14,48min/km)		Disk (+10:14)	
19:05 (8)	32:39 (8)	37:23 (8)	41:24 (8)	41:24 (8)	41:24 (8)	41:24 (7)	41:24 (7)	41:24 (7)	41:24 (6)	
19:05/77	13:34/133	4:44/150	4:01/249							
+16:01 (8)	+11:24 (8)	+2:51 (6)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
41:24 (6)	41:24 (6)									
+0:00 (1)	+0:00 (1)									

## Klasse D45- 2,9 km

3 påmeldt, 3 startende 1 premiert

<b>1</b>	Eli Ringdalen			Mo O-Klubb				(14,89min/km)		<b>42:35</b>
	4:29 (2)	7:12 (1)	10:19 (1)	18:30 (1)	20:34 (1)	21:50 (1)	33:17 (1)	34:46 (1)	37:40 (1)	40:35 (1)
	4:29/79	2:43/76	3:07/74	8:11/63	2:04/64	1:16/65	11:27/77	1:29/75	2:54/132	2:55/133
	+0:26 (2)	+0:00 (1)	+0:40 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+4:13 (2)	+0:00 (1)	+0:22 (2)	+0:00 (1)
	42:15 (1)	42:35 (1)								
	1:40/150	0:20/249								
	+0:17 (2)	+0:00 (1)								
<b>2</b>	Inger Lise Pettersen			Korgen IL				(18,13min/km)		<b>51:51 (+9:16)</b>
	4:03 (1)	8:09 (2)	10:36 (2)	30:16 (2)	32:33 (2)	34:01 (2)	41:15 (2)	44:04 (2)	46:36 (2)	50:07 (2)
	4:03/79	4:06/76	2:27/74	19:40/63	2:17/64	1:28/65	7:14/77	2:49/75	2:32/132	3:31/133
	+0:00 (1)	+1:23 (2)	+0:00 (1)	+11:29 (3)	+0:13 (2)	+0:12 (2)	+0:00 (1)	+1:20 (3)	+0:00 (1)	+0:36 (2)
	51:30 (2)	51:51 (2)								
	1:23/150	0:21/249								
	+0:00 (1)	+0:01 (2)								
<b>3</b>	Katrine Kalvig			Bodø og Omegn IF				(23,18min/km)		<b>1:06:17 (+23:42)</b>
	5:31 (3)	17:04 (3)	20:10 (3)	32:10 (3)	37:21 (3)	38:53 (3)	52:05 (3)	53:51 (3)	57:49 (3)	1:03:35 (3)
	5:31/79	11:33/76	3:06/74	12:00/63	5:11/64	1:32/65	13:12/77	1:46/75	3:58/132	5:46/133
	+1:28 (3)	+8:50 (3)	+0:39 (2)	+3:49 (2)	+3:07 (3)	+0:16 (3)	+5:58 (3)	+0:17 (2)	+1:26 (3)	+2:51 (3)
	1:05:51 (3)	1:06:17 (3)								
	2:16/150	0:26/249								
	+0:53 (3)	+0:06 (3)								

## Klasse H45- 3,4 km

4 påmeldt, 4 startende 1 premiert

<b>1</b>	Anders Kure			Bodø og Omegn IF				(10,14min/km)		<b>34:16</b>
	4:01 (2)	5:26 (1)	8:09 (1)	9:25 (1)	13:03 (1)	20:03 (2)	23:19 (2)	24:22 (1)	27:55 (1)	31:12 (1)
	4:01/78	1:25/77	2:43/74	1:16/73	3:38/69	7:00/63	3:16/64	1:03/65	3:33/79	3:17/131
	+0:20 (2)	+0:00 (1)	+0:00 (1)	+0:11 (2)	+0:47 (4)	+1:04 (3)	+0:10 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	32:54 (1)	33:58 (1)	34:16 (1)							
	1:42/134	1:04/150	0:18/249							
	+0:00 (1)	+0:00 (1)	+0:03 (3)							
<b>2</b>	Ingar Solberg			Oldersskog IL				(11,49min/km)		<b>38:50 (+4:34)</b>
	4:11 (3)	6:00 (2)	9:02 (2)	10:07 (2)	13:13 (2)	19:42 (1)	22:48 (1)	27:17 (3)	31:21 (3)	35:07 (3)
	4:11/78	1:49/77	3:02/74	1:05/73	3:06/69	6:29/63	3:06/64	4:29/65	4:04/79	3:46/131
	+0:30 (3)	+0:24 (2)	+0:19 (2)	+0:00 (1)	+0:15 (2)	+0:33 (2)	+0:00 (1)	+3:26 (4)	+0:31 (3)	+0:29 (2)
	37:07 (2)	38:28 (2)	38:50 (2)							
	2:00/134	1:21/150	0:22/249							
	+0:18 (2)	+0:17 (4)	+0:07 (4)							
<b>3</b>	Tore Kolstad			Mo O-Klubb				(12,25min/km)		<b>41:24 (+7:08)</b>
	3:41 (1)	7:29 (3)	10:46 (3)	12:26 (3)	15:17 (3)	21:13 (3)	24:34 (3)	26:01 (2)	29:46 (2)	34:42 (2)
	3:41/78	3:48/77	3:17/74	1:40/73	2:51/69	5:56/63	3:21/64	1:27/65	3:45/79	4:56/131
	+0:00 (1)	+2:23 (3)	+0:34 (3)	+0:35 (3)	+0:00 (1)	+0:00 (1)	+0:15 (3)	+0:24 (3)	+0:12 (2)	+1:39 (4)
	39:54 (3)	41:07 (3)	41:24 (3)							
	5:12/134	1:13/150	0:17/249							
	+3:30 (4)	+0:09 (2)	+0:02 (2)							
<b>4</b>	Roger Pedersen			Bjerkvik IF				(14,98min/km)		<b>50:37 (+16:21)</b>
	4:54 (4)	11:00 (4)	14:19 (4)	16:10 (4)	19:36 (4)	26:39 (4)	32:41 (4)	33:56 (4)	41:00 (4)	45:40 (4)

4:54/78	6:06/77	3:19/74	1:51/73	3:26/69	7:03/63	6:02/64	1:15/65	7:04/79	4:40/131
+1:13 (4)	+4:41 (4)	+0:36 (4)	+0:46 (4)	+0:35 (3)	+1:07 (4)	+2:56 (4)	+0:12 (2)	+3:31 (4)	+1:23 (3)
49:04 (4)	50:22 (4)	50:37 (4)							
3:24/134	1:18/150	0:15/249							
+1:42 (3)	+0:14 (3)	+0:00 (1)							

## Klasse D17- 3,4 km

15 påmeldt, 15 startende 2 premiert

<b>1</b>	<b>Marit Johnsen</b>		<b>Bodø og Omegn IF</b>		<b>(9,52min/km)</b>		<b>32:11</b>		
	3:43 (3)	5:11 (2)	7:55 (2)	9:29 (3)	11:56 (2)	18:27 (2)	21:10 (1)	22:14 (1)	25:32 (1) 28:36 (1)
	3:43/78	1:28/77	2:44/74	1:34/73	2:27/69	6:31/63	2:43/64	1:04/65	3:18/79 3:04/131
	+0:12 (3)	+0:13 (3)	+0:05 (2)	+0:34 (9)	+0:00 (1)	+1:01 (6)	+0:53 (9)	+0:09 (2)	+0:00 (1) +0:00 (1)
	30:11 (1)	31:52 (1)	32:11 (1)						
	1:35/134	1:41/150	0:19/249						
	+0:00 (1)	+0:39 (11)	+0:03 (5)						
<b>2</b>	<b>Olga Trifanova</b>		<b>Leader Petrosavodsk Russland</b>		<b>(10,09min/km)</b>		<b>34:07</b>		<b>(+1:56)</b>
	3:57 (4)	5:26 (3)	8:14 (3)	9:19 (2)	13:24 (4)	19:01 (3)	21:26 (2)	24:12 (2)	27:47 (2) 30:54 (2)
	3:57/78	1:29/77	2:48/74	1:05/73	4:05/69	5:37/63	2:25/64	2:46/65	3:35/79 3:07/131
	+0:26 (4)	+0:14 (4)	+0:09 (4)	+0:05 (2)	+1:38 (11)	+0:07 (4)	+0:35 (7)	+1:51 (13)	+0:17 (4) +0:03 (2)
	32:33 (2)	33:49 (2)	34:07 (2)						
	1:39/134	1:16/150	0:18/249						
	+0:04 (3)	+0:14 (4)	+0:02 (3)						
<b>3</b>	<b>Eirill Pettersen Buvik</b>		<b>Korgen IL</b>		<b>(10,47min/km)</b>		<b>35:23</b>		<b>(+3:12)</b>
	3:31 (1)	7:03 (6)	9:42 (6)	10:42 (5)	13:12 (3)	20:17 (4)	24:09 (5)	25:19 (4)	28:49 (3) 31:58 (3)
	3:31/78	3:32/77	2:39/74	1:00/73	2:30/69	7:05/63	3:52/64	1:10/65	3:30/79 3:09/131
	+0:00 (1)	+2:17 (8)	+0:00 (1)	+0:00 (1)	+0:03 (2)	+1:35 (7)	+2:02 (12)	+0:15 (6)	+0:12 (2) +0:05 (3)
	33:48 (3)	35:03 (3)	35:23 (3)						
	1:50/134	1:15/150	0:20/249						
	+0:15 (7)	+0:13 (3)	+0:04 (6)						
<b>4</b>	<b>Aviaja Kleist</b>		<b>Bodø og Omegn IF</b>		<b>(11,02min/km)</b>		<b>37:15</b>		<b>(+5:04)</b>
	3:41 (2)	4:56 (1)	7:41 (1)	9:01 (1)	11:34 (1)	17:04 (1)	24:23 (6)	25:52 (5)	29:58 (5) 33:49 (4)
	3:41/78	1:15/77	2:45/74	1:20/73	2:33/69	5:30/63	7:19/64	1:29/65	4:06/79 3:51/131
	+0:10 (2)	+0:00 (1)	+0:06 (3)	+0:20 (5)	+0:06 (3)	+0:00 (1)	+5:29 (13)	+0:34 (11)	+0:48 (6) +0:47 (6)
	35:56 (5)	36:58 (4)	37:15 (4)						
	2:07/134	1:02/150	0:17/249						
	+0:32 (10)	+0:00 (1)	+0:01 (2)						
<b>5</b>	<b>Alexandra Arkhipova</b>		<b>Leader Petrosavodsk Russland</b>		<b>(11,05min/km)</b>		<b>37:20</b>		<b>(+5:09)</b>
	4:31 (7)	8:51 (8)	12:02 (7)	13:38 (7)	16:14 (6)	21:47 (6)	23:42 (3)	24:57 (3)	29:56 (4) 33:55 (5)
	4:31/78	4:20/77	3:11/74	1:36/73	2:36/69	5:33/63	1:55/64	1:15/65	4:59/79 3:59/131
	+1:00 (7)	+3:05 (11)	+0:32 (6)	+0:36 (10)	+0:09 (4)	+0:03 (3)	+0:05 (3)	+0:20 (8)	+1:41 (9) +0:55 (10)
	35:43 (4)	37:02 (5)	37:20 (5)						
	1:48/134	1:19/150	0:18/249						
	+0:13 (6)	+0:17 (6)	+0:02 (3)						
<b>6</b>	<b>Lena Cecilie Pedersen</b>		<b>SISO IL</b>		<b>(11,51min/km)</b>		<b>38:55</b>		<b>(+6:44)</b>
	4:16 (5)	5:50 (4)	9:37 (5)	11:15 (6)	14:00 (5)	21:26 (5)	23:46 (4)	28:44 (7)	32:14 (6) 35:53 (6)
	4:16/78	1:34/77	3:47/74	1:38/73	2:45/69	7:26/63	2:20/64	4:58/65	3:30/79 3:39/131
	+0:45 (5)	+0:19 (5)	+1:08 (11)	+0:38 (11)	+0:18 (5)	+1:56 (9)	+0:30 (6)	+4:03 (14)	+0:12 (2) +0:35 (5)
	37:31 (6)	38:35 (6)	38:55 (6)						
	1:38/134	1:04/150	0:20/249						
	+0:03 (2)	+0:02 (2)	+0:04 (6)						
<b>7</b>	<b>Tamara Ezhkova</b>		<b>Leader Petrosavodsk Russland</b>		<b>(11,71min/km)</b>		<b>39:34</b>		<b>(+7:23)</b>
	4:55 (9)	6:17 (5)	9:10 (4)	10:32 (4)	18:29 (8)	24:00 (7)	27:19 (7)	28:14 (6)	32:20 (7) 35:58 (7)
	4:55/78	1:22/77	2:53/74	1:22/73	7:57/69	5:31/63	3:19/64	0:55/65	4:06/79 3:38/131
	+1:24 (9)	+0:07 (2)	+0:14 (5)	+0:22 (7)	+5:30 (13)	+0:01 (2)	+1:29 (11)	+0:00 (1)	+0:48 (6) +0:34 (4)
	37:50 (7)	39:14 (7)	39:34 (7)						
	1:52/134	1:24/150	0:20/249						
	+0:17 (8)	+0:22 (8)	+0:04 (6)						
<b>8</b>	<b>Ronja Pedersen</b>		<b>Bjerkvik IF</b>		<b>(12,54min/km)</b>		<b>42:23</b>		<b>(+10:12)</b>
	5:04 (10)	7:31 (7)	14:20 (10)	15:37 (9)	18:59 (9)	24:58 (8)	27:50 (8)	28:58 (8)	34:30 (8) 38:35 (8)

5:04/78	2:27/77	6:49/74	1:17/73	3:22/69	5:59/63	2:52/64	1:08/65	5:32/79	4:05/131
+1:33 (10)	+1:12 (7)	+4:10 (13)	+0:17 (3)	+0:55 (9)	+0:29 (5)	+1:02 (10)	+0:13 (5)	+2:14 (13)	+1:01 (11)
40:33 (8)	42:02 (8)	42:23 (8)							
1:58/134	1:29/150	0:21/249							
+0:23 (9)	+0:27 (10)	+0:05 (9)							

9 Anne Marthe Limstrand Bodø og Omegn IF (13,33min/km) **45:04 (+12:53)**

10:07 (14)	11:53 (12)	15:37 (11)	17:02 (11)	19:49 (10)	30:19 (10)	32:44 (10)	34:07 (10)	37:54 (10)	41:46 (10)
10:07/78	1:46/77	3:44/74	1:25/73	2:47/69	10:30/63	2:25/64	1:23/65	3:47/79	3:52/131
+6:36 (14)	+0:31 (6)	+1:05 (10)	+0:25 (8)	+0:20 (6)	+5:00 (12)	+0:35 (7)	+0:28 (10)	+0:29 (5)	+0:48 (7)
43:27 (9)	44:43 (9)	45:04 (9)							
1:41/134	1:16/150	0:21/249							
+0:06 (4)	+0:14 (4)	+0:05 (9)							

10 Ekaterina Zakharova Leader Petrosavodsk Russland (13,53min/km) **45:43 (+13:32)**

6:41 (12)	10:42 (11)	14:04 (9)	15:23 (8)	18:22 (7)	29:55 (9)	31:50 (9)	33:00 (9)	37:39 (9)	41:35 (9)
6:41/78	4:01/77	3:22/74	1:19/73	2:59/69	11:33/63	1:55/64	1:10/65	4:39/79	3:56/131
+3:10 (12)	+2:46 (10)	+0:43 (7)	+0:19 (4)	+0:32 (7)	+6:03 (13)	+0:05 (3)	+0:15 (6)	+1:21 (8)	+0:52 (9)
43:54 (10)	45:19 (10)	45:43 (10)							
2:19/134	1:25/150	0:24/249							
+0:44 (12)	+0:23 (9)	+0:08 (12)							

11 Liv Anne Sollie Olderskog IL (15,10min/km) **51:03 (+18:52)**

9:48 (13)	16:14 (14)	19:36 (13)	21:29 (13)	24:53 (12)	33:22 (12)	35:12 (12)	36:33 (12)	41:42 (11)	46:02 (11)
9:48/78	6:26/77	3:22/74	1:53/73	3:24/69	8:29/63	1:50/64	1:21/65	5:09/79	4:20/131
+6:17 (13)	+5:11 (13)	+0:43 (7)	+0:53 (14)	+0:57 (10)	+2:59 (10)	+0:00 (1)	+0:26 (9)	+1:51 (11)	+1:16 (12)
48:48 (11)	50:38 (11)	51:03 (11)							
2:46/134	1:50/150	0:25/249							
+1:11 (13)	+0:48 (13)	+0:09 (13)							

12 Elin Marie Wedege Irgens Bodø og Omegn IF (15,64min/km) **52:51 (+20:40)**

5:23 (11)	9:02 (9)	13:59 (8)	15:50 (10)	20:14 (11)	31:53 (11)	34:10 (11)	36:28 (11)	42:24 (12)	47:44 (12)
5:23/78	3:39/77	4:57/74	1:51/73	4:24/69	11:39/63	2:17/64	2:18/65	5:56/79	5:20/131
+1:52 (11)	+2:24 (9)	+2:18 (12)	+0:51 (12)	+1:57 (12)	+6:09 (14)	+0:27 (5)	+1:23 (12)	+2:38 (14)	+2:16 (13)
50:43 (12)	52:25 (12)	52:51 (12)							
2:59/134	1:42/150	0:26/249							
+1:24 (14)	+0:40 (12)	+0:10 (14)							

13 Elisabet Kongsbakk Bodø og Omegn IF (15,76min/km) **53:17 (+21:06)**

4:41 (8)	13:49 (13)	17:24 (12)	18:44 (12)	30:04 (13)	37:11 (13)	39:01 (13)	40:08 (13)	45:29 (13)	49:22 (13)
4:41/78	9:08/77	3:35/74	1:20/73	11:20/69	7:07/63	1:50/64	1:07/65	5:21/79	3:53/131
+1:10 (8)	+7:53 (14)	+0:56 (9)	+0:20 (5)	+8:53 (14)	+1:37 (8)	+0:00 (1)	+0:12 (4)	+2:03 (12)	+0:49 (8)
51:31 (13)	52:54 (13)	53:17 (13)							
2:09/134	1:23/150	0:23/249							
+0:34 (11)	+0:21 (7)	+0:07 (11)							

14 Marit Elveos Bodø og Omegn IF (20,45min/km) **1:09:08 (+36:57)**

4:23 (6)	9:30 (10)	25:34 (14)	27:26 (14)	30:38 (14)	40:14 (14)	51:01 (14)	52:05 (14)	57:07 (14)	1:04:44 (14)
4:23/78	5:07/77	16:04/74	1:52/73	3:12/69	9:36/63	10:47/64	1:04/65	5:02/79	7:37/131
+0:52 (6)	+3:52 (12)	+13:25 (14)	+0:52 (13)	+0:45 (8)	+4:06 (11)	+8:57 (14)	+0:09 (2)	+1:44 (10)	+4:33 (14)
1:06:26 (14)	1:08:52 (14)	1:09:08 (14)							
1:42/134	2:26/150	0:16/249							
+0:07 (5)	+1:24 (14)	+0:00 (1)							

Heidi Mørkved Bodø og Omegn IF (9,62min/km) **Disk (+0:19)**

3:47 (4)	5:35 (4)	8:01 (3)	9:38 (4)	12:10 (3)	20:56 (5)	23:01 (3)	26:14 (6)	29:46 (4)	31:17 (3)
3:47/78	1:48/77	2:26/74	1:37/73	2:32/69	8:46/63	2:05/65	3:13/79	3:32/131	1:31/134
+0:16 (4)	+0:33 (7)	+0:00 (1)	+0:37 (11)	+0:05 (3)	+3:16 (11)	+0:15 (5)	+2:18 (14)	+0:14 (4)	+0:00 (1)
32:16 (2)	32:30 (2)	32:30 (2)							
0:59/150	0:14/249								
+0:00 (1)	+0:00 (1)	+0:00 (1)							

## Klasse H17- 4,4 km

22 påmeldt, 22 startende 3 premiert

1 Yngve Skogstad Froil (7,41min/km) **32:33**

2:06 (1)	3:39 (2)	5:58 (2)	10:07 (2)	13:01 (2)	15:18 (1)	16:41 (1)	20:42 (1)	22:47 (1)	24:20 (1)
----------	----------	----------	-----------	-----------	-----------	-----------	-----------	-----------	-----------

2:06/127	1:33/77	2:19/74	4:09/72	2:54/71	2:17/70	1:23/69	4:01/63	2:05/64	1:33/65
+0:00 (1)	+0:07 (2)	+0:24 (3)	+0:00 (1)	+1:12 (14)	+0:00 (1)	+0:00 (1)	+0:01 (2)	+0:45 (6)	+0:55 (13)
26:35 (1)	28:17 (1)	29:50 (1)	31:26 (1)	32:20 (1)	32:33 (1)				
2:15/78	1:42/75	1:33/132	1:36/134	0:54/150	0:13/249				
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:01 (2)	+0:01 (2)				
<b>2 Arild Hegreberg</b>				<b>Bodø og Omegn IF</b>		<b>(8,01min/km)</b>		<b>35:10</b>	<b>(+2:37)</b>
2:15 (4)	3:49 (3)	6:01 (3)	10:46 (3)	12:53 (1)	15:33 (2)	17:28 (2)	22:09 (2)	24:39 (3)	25:24 (3)
2:15/127	1:34/77	2:12/74	4:45/72	2:07/71	2:40/70	1:55/69	4:41/63	2:30/64	0:45/65
+0:09 (4)	+0:08 (3)	+0:17 (2)	+0:36 (3)	+0:25 (6)	+0:23 (4)	+0:32 (6)	+0:41 (6)	+1:10 (10)	+0:07 (3)
28:11 (2)	30:14 (2)	32:05 (2)	34:02 (2)	34:55 (2)	35:10 (2)				
2:47/78	2:03/75	1:51/132	1:57/134	0:53/150	0:15/249				
+0:32 (5)	+0:21 (3)	+0:18 (2)	+0:21 (4)	+0:00 (1)	+0:03 (6)				
<b>3 Petter Jakola</b>				<b>Bodø og Omegn IF</b>		<b>(8,08min/km)</b>		<b>35:27</b>	<b>(+2:54)</b>
2:07 (2)	3:33 (1)	5:28 (1)	9:45 (1)	15:06 (5)	17:23 (4)	18:55 (4)	22:55 (4)	25:46 (4)	26:24 (4)
2:07/127	1:26/77	1:55/74	4:17/72	5:21/71	2:17/70	1:32/69	4:00/63	2:51/64	0:38/65
+0:01 (2)	+0:00 (1)	+0:00 (1)	+0:08 (2)	+3:39 (18)	+0:00 (1)	+0:09 (2)	+0:00 (1)	+1:31 (12)	+0:00 (1)
28:40 (4)	30:29 (3)	32:24 (3)	34:08 (3)	35:14 (3)	35:27 (3)				
2:16/78	1:49/75	1:55/132	1:44/134	1:06/150	0:13/249				
+0:01 (2)	+0:07 (2)	+0:22 (3)	+0:08 (2)	+0:13 (5)	+0:01 (2)				
<b>4 Steinar Lande</b>				<b>SISO IL</b>		<b>(9,12min/km)</b>		<b>40:01</b>	<b>(+7:28)</b>
2:49 (12)	4:44 (8)	7:34 (5)	12:21 (4)	14:04 (3)	16:34 (3)	18:18 (3)	22:36 (3)	23:56 (2)	25:03 (2)
2:49/127	1:55/77	2:50/74	4:47/72	1:43/71	2:30/70	1:44/69	4:18/63	1:20/64	1:07/65
+0:43 (12)	+0:29 (7)	+0:55 (11)	+0:38 (4)	+0:01 (2)	+0:13 (3)	+0:21 (4)	+0:18 (3)	+0:00 (1)	+0:29 (8)
28:40 (3)	32:05 (4)	35:30 (4)	38:35 (4)	39:43 (4)	40:01 (4)				
3:37/78	3:25/75	3:25/132	3:05/134	1:08/150	0:18/249				
+1:22 (15)	+1:43 (17)	+1:52 (17)	+1:29 (19)	+0:15 (9)	+0:06 (13)				
<b>5 Alexander Vyzhimov</b>				<b>Leader Petrosavodsk Russland</b>		<b>(9,47min/km)</b>		<b>41:34</b>	<b>(+9:01)</b>
2:28 (5)	4:18 (5)	7:03 (4)	13:48 (6)	16:28 (8)	19:13 (7)	20:49 (6)	25:42 (5)	29:34 (6)	30:29 (6)
2:28/127	1:50/77	2:45/74	6:45/72	2:40/71	2:45/70	1:36/69	4:53/63	3:52/64	0:55/65
+0:22 (5)	+0:24 (5)	+0:50 (9)	+2:36 (14)	+0:58 (13)	+0:28 (5)	+0:13 (3)	+0:53 (7)	+2:32 (17)	+0:17 (6)
33:33 (6)	36:06 (5)	38:02 (5)	40:04 (5)	41:19 (5)	41:34 (5)				
3:04/78	2:33/75	1:56/132	2:02/134	1:15/150	0:15/249				
+0:49 (10)	+0:51 (10)	+0:23 (4)	+0:26 (5)	+0:22 (12)	+0:03 (6)				
<b>6 Fredrik Danielsen</b>				<b>IL Tyrving</b>		<b>(9,64min/km)</b>		<b>42:20</b>	<b>(+9:47)</b>
2:36 (8)	4:32 (6)	8:44 (9)	14:21 (10)	16:11 (6)	19:00 (6)	21:49 (8)	27:49 (8)	29:42 (7)	31:17 (7)
2:36/127	1:56/77	4:12/74	5:37/72	1:50/71	2:49/70	2:49/69	6:00/63	1:53/64	1:35/65
+0:30 (8)	+0:30 (8)	+2:17 (17)	+1:28 (9)	+0:08 (4)	+0:32 (7)	+1:26 (18)	+2:00 (12)	+0:33 (4)	+0:57 (15)
34:16 (7)	36:27 (7)	38:34 (7)	40:52 (6)	42:03 (6)	42:20 (6)				
2:59/78	2:11/75	2:07/132	2:18/134	1:11/150	0:17/249				
+0:44 (9)	+0:29 (5)	+0:34 (9)	+0:42 (10)	+0:18 (10)	+0:05 (12)				
<b>7 Sturla Sjøvik</b>				<b>Olderskog IL</b>		<b>(9,69min/km)</b>		<b>42:33</b>	<b>(+10:00)</b>
2:42 (9)	6:55 (17)	9:37 (15)	14:52 (12)	16:36 (9)	19:36 (9)	21:39 (7)	26:51 (7)	28:38 (5)	29:45 (5)
2:42/127	4:13/77	2:42/74	5:15/72	1:44/71	3:00/70	2:03/69	5:12/63	1:47/64	1:07/65
+0:36 (9)	+2:47 (18)	+0:47 (8)	+1:06 (6)	+0:02 (3)	+0:43 (8)	+0:40 (8)	+1:12 (8)	+0:27 (3)	+0:29 (8)
33:20 (5)	36:18 (6)	38:29 (6)	41:10 (7)	42:17 (7)	42:33 (7)				
3:35/78	2:58/75	2:11/132	2:41/134	1:07/150	0:16/249				
+1:20 (14)	+1:16 (14)	+0:38 (10)	+1:05 (14)	+0:14 (7)	+0:04 (9)				
<b>8 Artem Chibisov</b>				<b>Leader Petrosavodsk Russland</b>		<b>(10,29min/km)</b>		<b>45:10</b>	<b>(+12:37)</b>
6:16 (20)	8:06 (20)	10:39 (18)	16:29 (15)	18:35 (13)	22:17 (13)	26:19 (14)	30:39 (12)	33:00 (11)	33:47 (11)
6:16/127	1:50/77	2:33/74	5:50/72	2:06/71	3:42/70	4:02/69	4:20/63	2:21/64	0:47/65
+4:10 (20)	+0:24 (5)	+0:38 (6)	+1:41 (12)	+0:24 (5)	+1:25 (13)	+2:39 (19)	+0:20 (4)	+1:01 (9)	+0:09 (4)
36:28 (10)	38:32 (9)	41:27 (8)	43:32 (8)	44:51 (8)	45:10 (8)				
2:41/78	2:04/75	2:55/132	2:05/134	1:19/150	0:19/249				
+0:26 (4)	+0:22 (4)	+1:22 (15)	+0:29 (7)	+0:26 (14)	+0:07 (16)				
<b>9 Morten Tjønndal</b>				<b>Bodø og Omegn IF</b>		<b>(10,36min/km)</b>		<b>45:30</b>	<b>(+12:57)</b>
3:48 (18)	6:05 (12)	8:55 (12)	14:54 (13)	17:04 (10)	20:45 (10)	22:46 (10)	28:33 (9)	30:33 (8)	31:41 (8)
3:48/127	2:17/77	2:50/74	5:59/72	2:10/71	3:41/70	2:01/69	5:47/63	2:00/64	1:08/65
+1:42 (18)	+0:51 (11)	+0:55 (11)	+1:50 (13)	+0:28 (9)	+1:24 (12)	+0:38 (7)	+1:47 (11)	+0:40 (5)	+0:30 (10)
35:08 (8)	37:41 (8)	41:49 (10)	44:01 (9)	45:14 (9)	45:30 (9)				
3:27/78	2:33/75	4:08/132	2:12/134	1:13/150	0:16/249				

	+1:12 (12)	+0:51 (10)	+2:35 (18)	+0:36 (9)	+0:20 (11)	+0:04 (9)				
10	Jan Erik Paulsen		Bodø og Omegn IF			(10,37min/km)	<b>45:32 (+12:59)</b>			
	2:45 (11)	6:30 (15)	8:51 (11)	14:00 (7)	17:39 (12)	21:35 (12)	24:07 (12)	31:50 (14)	34:49 (14)	35:30 (13)
	2:45/127	3:45/77	2:21/74	5:09/72	3:39/71	3:56/70	2:32/69	7:43/63	2:59/64	0:41/65
	+0:39 (11)	+2:19 (17)	+0:26 (4)	+1:00 (5)	+1:57 (16)	+1:39 (16)	+1:09 (13)	+3:43 (15)	+1:39 (13)	+0:03 (2)
	37:57 (11)	40:15 (11)	42:18 (11)	44:11 (10)	45:16 (10)	45:32 (10)				
	2:27/78	2:18/75	2:03/132	1:53/134	1:05/150	0:16/249				
	+0:12 (3)	+0:36 (6)	+0:30 (7)	+0:17 (3)	+0:12 (4)	+0:04 (9)				
11	Ole Morten Wie		Mo O-Klubb			(10,52min/km)	<b>46:10 (+13:37)</b>			
	2:33 (7)	4:37 (7)	7:43 (6)	13:06 (5)	14:48 (4)	17:33 (5)	19:38 (5)	29:30 (11)	31:50 (10)	33:28 (10)
	2:33/127	2:04/77	3:06/74	5:23/72	1:42/71	2:45/70	2:05/69	9:52/63	2:20/64	1:38/65
	+0:27 (7)	+0:38 (9)	+1:11 (13)	+1:14 (7)	+0:00 (1)	+0:28 (5)	+0:42 (9)	+5:52 (19)	+1:00 (8)	+1:00 (16)
	36:15 (9)	38:33 (10)	41:40 (9)	44:24 (11)	45:48 (11)	46:10 (11)				
	2:47/78	2:18/75	3:07/132	2:44/134	1:24/150	0:22/249				
	+0:32 (5)	+0:36 (6)	+1:34 (16)	+1:08 (16)	+0:31 (18)	+0:10 (19)				
12	Andrey Kulbachko		Leader Petrosavodsk Russland			(11,04min/km)	<b>48:29 (+15:56)</b>			
	4:09 (19)	6:34 (16)	8:56 (13)	14:45 (11)	17:24 (11)	21:13 (11)	23:03 (11)	29:13 (10)	31:28 (9)	32:50 (9)
	4:09/127	2:25/77	2:22/74	5:49/72	2:39/71	3:49/70	1:50/69	6:10/63	2:15/64	1:22/65
	+2:03 (19)	+0:59 (12)	+0:27 (5)	+1:40 (11)	+0:57 (12)	+1:32 (14)	+0:27 (5)	+2:10 (14)	+0:55 (7)	+0:44 (11)
	39:39 (13)	42:51 (14)	44:53 (13)	47:03 (13)	48:10 (12)	48:29 (12)				
	6:49/78	3:12/75	2:02/132	2:10/134	1:07/150	0:19/249				
	+4:34 (20)	+1:30 (15)	+0:29 (6)	+0:34 (8)	+0:14 (7)	+0:07 (16)				
13	Alexander Arkhipov		Leader Petrosavodsk Russland			(11,06min/km)	<b>48:32 (+15:59)</b>			
	2:49 (12)	5:00 (9)	7:46 (7)	16:17 (14)	20:07 (15)	24:33 (15)	27:17 (15)	32:39 (15)	36:36 (15)	37:35 (15)
	2:49/127	2:11/77	2:46/74	8:31/72	3:50/71	4:26/70	2:44/69	5:22/63	3:57/64	0:59/65
	+0:43 (12)	+0:45 (10)	+0:51 (10)	+4:22 (18)	+2:08 (17)	+2:09 (18)	+1:21 (17)	+1:22 (10)	+2:37 (18)	+0:21 (7)
	40:28 (15)	43:04 (15)	45:00 (14)	47:02 (12)	48:17 (13)	48:32 (13)				
	2:53/78	2:36/75	1:56/132	2:02/134	1:15/150	0:15/249				
	+0:38 (8)	+0:54 (13)	+0:23 (4)	+0:26 (5)	+0:22 (12)	+0:03 (6)				
14	Lars Reitan		Bodø og Omegn IF			(11,21min/km)	<b>49:13 (+16:40)</b>			
	2:14 (3)	3:58 (4)	8:44 (9)	14:09 (9)	16:18 (7)	19:27 (8)	22:08 (9)	26:41 (6)	34:28 (13)	36:56 (14)
	2:14/127	1:44/77	4:46/74	5:25/72	2:09/71	3:09/70	2:41/69	4:33/63	7:47/64	2:28/65
	+0:08 (3)	+0:18 (4)	+2:51 (20)	+1:16 (8)	+0:27 (8)	+0:52 (9)	+1:18 (15)	+0:33 (5)	+6:27 (19)	+1:50 (19)
	40:18 (14)	42:39 (13)	44:44 (12)	47:17 (14)	48:37 (14)	49:13 (14)				
	3:22/78	2:21/75	2:05/132	2:33/134	1:20/150	0:36/249				
	+1:07 (11)	+0:39 (8)	+0:32 (8)	+0:57 (12)	+0:27 (15)	+0:24 (20)				
15	Bjørnar Hegreberg		Bodø og Omegn IF			(11,70min/km)	<b>51:21 (+18:48)</b>			
	3:21 (15)	5:56 (11)	10:32 (16)	17:23 (16)	19:36 (14)	23:09 (14)	25:33 (13)	30:53 (13)	33:57 (12)	35:22 (12)
	3:21/127	2:35/77	4:36/74	6:51/72	2:13/71	3:33/70	2:24/69	5:20/63	3:04/64	1:25/65
	+1:15 (15)	+1:09 (13)	+2:41 (19)	+2:42 (15)	+0:31 (10)	+1:16 (11)	+1:01 (10)	+1:20 (9)	+1:44 (15)	+0:47 (12)
	39:06 (12)	42:23 (12)	47:16 (15)	49:57 (15)	51:03 (15)	51:21 (15)				
	3:44/78	3:17/75	4:53/132	2:41/134	1:06/150	0:18/249				
	+1:29 (17)	+1:35 (16)	+3:20 (20)	+1:05 (14)	+0:13 (5)	+0:06 (13)				
16	Jakob Kalvig Skogan		Bodø og Omegn IF			(12,46min/km)	<b>54:43 (+22:10)</b>			
	2:31 (6)	5:45 (10)	8:26 (8)	14:08 (8)	21:11 (17)	27:13 (18)	29:42 (17)	38:25 (18)	39:52 (16)	43:02 (17)
	2:31/127	3:14/77	2:41/74	5:42/72	7:03/71	6:02/70	2:29/69	8:43/63	1:27/64	3:10/65
	+0:25 (6)	+1:48 (16)	+0:46 (7)	+1:33 (10)	+5:21 (19)	+3:45 (19)	+1:06 (11)	+4:43 (16)	+0:07 (2)	+2:32 (20)
	45:52 (16)	48:21 (16)	50:32 (16)	53:10 (16)	54:30 (16)	54:43 (16)				
	2:50/78	2:29/75	2:11/132	2:38/134	1:20/150	0:13/249				
	+0:35 (7)	+0:47 (9)	+0:38 (10)	+1:02 (13)	+0:27 (15)	+0:01 (2)				
17	Torkel J. K. Irgens		Bodø og Omegn IF			(13,09min/km)	<b>57:27 (+24:54)</b>			
	3:08 (14)	7:33 (19)	10:55 (20)	18:25 (18)	21:21 (18)	25:18 (16)	27:54 (16)	36:59 (17)	40:35 (17)	42:58 (16)
	3:08/127	4:25/77	3:22/74	7:30/72	2:56/71	3:57/70	2:36/69	9:05/63	3:36/64	2:23/65
	+1:02 (14)	+2:59 (19)	+1:27 (15)	+3:21 (16)	+1:14 (15)	+1:40 (17)	+1:13 (14)	+5:05 (17)	+2:16 (16)	+1:45 (18)
	46:28 (17)	49:01 (17)	51:45 (17)	55:46 (17)	57:09 (17)	57:27 (17)				
	3:30/78	2:33/75	2:44/132	4:01/134	1:23/150	0:18/249				
	+1:15 (13)	+0:51 (10)	+1:11 (13)	+2:25 (20)	+0:30 (17)	+0:06 (13)				
18	Kristian Hines		Herringen IL			(13,15min/km)	<b>57:45 (+25:12)</b>			
	2:43 (10)	7:15 (18)	10:45 (19)	20:21 (20)	22:29 (19)	25:56 (17)	30:43 (19)	39:54 (19)	42:55 (18)	44:40 (18)
	2:43/127	4:32/77	3:30/74	9:36/72	2:08/71	3:27/70	4:47/69	9:11/63	3:01/64	1:45/65

+0:37 (10)	+3:06 (20)	+1:35 (16)	+5:27 (20)	+0:26 (7)	+1:10 (10)	+3:24 (20)	+5:11 (18)	+1:41 (14)	+1:07 (17)
48:17 (18)	51:50 (18)	54:08 (18)	56:28 (18)	57:26 (18)	57:45 (18)				
3:37/78	3:33/75	2:18/132	2:20/134	0:58/150	0:19/249				
+1:22 (15)	+1:51 (18)	+0:45 (12)	+0:44 (11)	+0:05 (3)	+0:07 (16)				

19 Torbjørn Olsen Bodø og Omegn IF (16,09min/km) **1:10:38 (+38:05)**

3:26 (17)	6:17 (14)	10:35 (17)	18:17 (17)	20:47 (16)	27:47 (19)	30:30 (18)	36:39 (16)	49:43 (19)	51:16 (19)
3:26/127	2:51/77	4:18/74	7:42/72	2:30/71	7:00/70	2:43/69	6:09/63	13:04/64	1:33/65
+1:20 (17)	+1:25 (15)	+2:23 (18)	+3:33 (17)	+0:48 (11)	+4:43 (20)	+1:20 (16)	+2:09 (13)	+11:44 (20)	+0:55 (13)
57:09 (19)	1:00:49 (19)	1:05:36 (19)	1:08:31 (19)	1:10:25 (19)	1:10:38 (19)				
5:53/78	3:40/75	4:47/132	2:55/134	1:54/150	0:13/249				
+3:38 (18)	+1:58 (19)	+3:14 (19)	+1:19 (17)	+1:01 (19)	+0:01 (2)				

20 Sigurd Oxaas Wie Mo O-Klubb (16,23min/km) **1:11:15 (+38:42)**

3:22 (16)	6:10 (13)	9:24 (14)	18:59 (19)	27:07 (20)	31:00 (20)	33:31 (20)	49:19 (20)	51:57 (20)	52:51 (20)
3:22/127	2:48/77	3:14/74	9:35/72	8:08/71	3:53/70	2:31/69	15:48/63	2:38/64	0:54/65
+1:16 (16)	+1:22 (14)	+1:19 (14)	+5:26 (19)	+6:26 (20)	+1:36 (15)	+1:08 (12)	+11:48 (20)	+1:18 (11)	+0:16 (5)
59:08 (20)	1:03:15 (20)	1:06:05 (20)	1:09:09 (20)	1:11:03 (20)	1:11:15 (20)				
6:17/78	4:07/75	2:50/132	3:04/134	1:54/150	0:12/249				
+4:02 (19)	+2:25 (20)	+1:17 (14)	+1:28 (18)	+1:01 (19)	+0:00 (1)				

Bendik Storvik Nilsen Bodø og Omegn IF (13,78min/km) **Disk (+27:56)**

4:10 (20)	7:29 (19)	11:35 (21)	22:53 (21)	28:42 (21)	41:33 (21)	45:28 (21)	55:41 (21)	59:28 (21)	1:00:29 (21)
4:10/127	3:19/77	4:06/74	11:18/72	5:49/71	12:51/70	3:55/69	10:13/63	3:47/64	1:01/65
+2:04 (20)	+1:53 (17)	+2:11 (17)	+7:09 (21)	+4:07 (19)	+10:34 (21)	+2:32 (19)	+6:13 (20)	+2:27 (17)	+0:23 (8)
1:00:29 (21)	1:00:29 (19)	1:00:29 (19)	1:00:29 (19)	1:00:29 (19)	1:00:29 (19)				
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)				

Rasmus Andersen Bodø og Omegn IF (16,02min/km) **Disk (+37:47)**

3:20 (15)	9:11 (21)	12:35 (21)	19:00 (20)	21:45 (19)	25:34 (17)	29:41 (17)	35:42 (16)	39:25 (16)	50:24 (19)
3:20/127	5:51/77	3:24/74	6:25/72	2:45/71	3:49/70	4:07/69	6:01/63	3:43/65	10:59/78
+1:14 (15)	+4:25 (21)	+1:29 (16)	+2:16 (14)	+1:03 (14)	+1:32 (14)	+2:44 (20)	+2:01 (13)	+2:23 (17)	+10:21 (21)
1:03:54 (21)	1:06:31 (21)	1:08:48 (21)	1:10:04 (21)	1:10:20 (19)	1:10:20 (19)				
13:30/75	2:37/132	2:17/134	1:16/150	0:16/249					
+11:15 (21)	+0:55 (14)	+0:44 (12)	+0:00 (1)	+0:00 (1)	+0:00 (1)				