

Resultater fra Saltendilten 2006 16.09.2006

Det var totalt 52 deltagere.

Klasse D 21 12,0 km

2 påmeldt, 2 startende

1	Kirsti Kringshaug		Ringerike OL		(9,52min/km)		1:54:14			
	9:12 (1)	16:08 (1)	20:35 (1)	37:28 (1)	42:46 (1)	45:11 (1)	50:51 (1)	56:03 (1)	59:47 (1)	1:11:06 (1)
	9:12/65	6:56/63	4:27/64	16:53/51	5:18/38	2:25/44	5:40/50	5:12/31	3:44/34	11:19/45
	+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)
	1:21:51 (1)	1:28:03 (1)	1:31:28 (1)	1:35:13 (1)	1:38:05 (1)	1:43:04 (1)	1:45:26 (1)	1:51:05 (1)	1:52:53 (1)	1:54:14 (1)
	10:45/46	6:12/47	3:25/48	3:45/49	2:52/52	4:59/35	2:22/55	5:39/53	1:48/54	1:21/249
	+0:00 (1)	+1:19 (2)	+0:00 (1)	+1:22 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:28 (2)	+0:08 (2)	+0:06 (2)
2	Heidi Mørkved		Innstranden IL		(10,96min/km)		2:11:28		(+17:14)	
	9:33 (2)	22:07 (2)	26:56 (2)	46:37 (2)	52:37 (2)	55:22 (2)	1:01:20 (2)	1:08:31 (2)	1:15:17 (2)	1:28:03 (2)
	9:33/65	12:34/63	4:49/64	19:41/51	6:00/38	2:45/44	5:58/50	7:11/31	6:46/34	12:46/45
	+0:21 (2)	+5:38 (2)	+0:22 (2)	+2:48 (2)	+0:42 (2)	+0:20 (2)	+0:18 (2)	+1:59 (2)	+3:02 (2)	+1:27 (2)
	1:39:05 (2)	1:43:58 (2)	1:47:27 (2)	1:49:50 (2)	1:52:42 (2)	1:59:55 (2)	2:03:22 (2)	2:08:33 (2)	2:10:13 (2)	2:11:28 (2)
	11:02/46	4:53/47	3:29/48	2:23/49	2:52/52	7:13/35	3:27/55	5:11/53	1:40/54	1:15/249
	+0:17 (2)	+0:00 (1)	+0:04 (2)	+0:00 (1)	+0:00 (1)	+2:14 (2)	+1:05 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)

Klasse D/H11-12 2,0 km

4 påmeldt, 4 startende

	Håvard Irgens		B&OI		(12,32min/km)		24:38			
	1:40 (1)	8:30 (2)	12:47 (2)	14:09 (2)	16:22 (2)	18:43 (1)	20:14 (1)	21:54 (1)	23:25 (1)	24:38 (1)
	1:40/50	6:50/120	4:17/121	1:22/122	2:13/123	2:21/124	1:31/125	1:40/55	1:31/54	1:13/249
	+0:00 (1)	+1:18 (2)	+1:04 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	Heidi Jensen		B&OI		(22,44min/km)		44:53			
	4:21 (3)	11:48 (3)	16:46 (3)	19:18 (3)	24:31 (3)	29:57 (3)	32:13 (3)	36:14 (3)	42:23 (3)	44:53 (3)
	4:21/50	7:27/120	4:58/121	2:32/122	5:13/123	5:26/124	2:16/125	4:01/55	6:09/54	2:30/249
	+2:41 (3)	+1:55 (3)	+1:45 (3)	+1:10 (3)	+3:00 (3)	+3:05 (3)	+0:45 (2)	+2:21 (3)	+4:38 (3)	+1:17 (3)
	Magnus Kristiansen		B&OI		(16,78min/km)		Brutt			
	9:37 (4)	33:34 (4)	33:34 (4)	33:34 (4)	33:34 (4)	33:34 (4)	33:34 (4)	33:34 (3)	33:34 (3)	33:34 (3)
	9:37/50	23:57/249								
	+7:57 (4)	+18:25 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	Mari E Reitan		B&OI		(14,93min/km)		29:52			
	1:46 (2)	7:18 (1)	10:31 (1)	12:36 (1)	15:20 (1)	19:46 (2)	22:05 (2)	25:08 (2)	28:01 (2)	29:52 (2)
	1:46/50	5:32/120	3:13/121	2:05/122	2:44/123	4:26/124	2:19/125	3:03/55	2:53/54	1:51/249
	+0:06 (2)	+0:00 (1)	+0:00 (1)	+0:43 (2)	+0:31 (2)	+2:05 (2)	+0:48 (3)	+1:23 (2)	+1:22 (2)	+0:38 (2)

Klasse H 35 18,0 km

7 påmeldt, 7 startende

1	Arild Hegreberg		B&OI		(6,58min/km)		1:58:25			
	4:06 (1)	8:37 (1)	16:25 (1)	20:48 (1)	26:59 (1)	33:48 (1)	41:57 (1)	43:58 (1)	51:17 (1)	56:50 (1)
	4:06/35	4:31/36	7:48/37	4:23/39	6:11/40	6:49/41	8:09/55	2:01/56	7:19/65	5:33/63
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:02 (2)	+0:00 (1)
	1:00:22 (1)	1:13:46 (1)	1:18:07 (1)	1:19:45 (1)	1:23:59 (1)	1:28:14 (1)	1:31:13 (1)	1:39:19 (1)	1:45:57 (1)	1:48:46 (1)
	3:32/64	13:24/51	4:21/38	1:38/44	4:14/50	4:15/31	2:59/34	8:06/45	6:38/46	2:49/47
	+0:30 (2)	+5:22 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+3:28 (2)	+4:02 (3)	+0:00 (1)
	1:51:22 (1)	1:52:49 (1)	1:55:03 (1)	1:57:28 (1)	1:58:25 (1)					
	2:36/48	1:27/49	2:14/52	2:25/54	0:57/249					
	+0:03 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)					
2	Roy Solbakk		Valnesfjord IL		(8,59min/km)		2:34:41		(+36:16)	
	6:24 (2)	12:08 (2)	21:31 (2)	28:30 (2)	36:51 (2)	46:39 (2)	56:24 (2)	59:09 (2)	1:07:57 (2)	1:14:54 (2)
	6:24/35	5:44/36	9:23/37	6:59/39	8:21/40	9:48/41	9:45/55	2:45/56	8:48/65	6:57/63
	+2:18 (2)	+1:13 (2)	+1:35 (2)	+2:36 (5)	+2:10 (2)	+2:59 (2)	+1:36 (2)	+0:44 (2)	+1:31 (3)	+1:24 (2)
	1:18:54 (2)	1:36:08 (2)	1:41:18 (2)	1:43:21 (2)	1:48:37 (2)	1:54:30 (2)	1:58:03 (2)	2:07:51 (2)	2:17:14 (2)	2:21:13 (2)
	4:00/64	17:14/51	5:10/38	2:03/44	5:16/50	5:53/31	3:33/34	9:48/45	9:23/46	3:59/47
	+0:58 (3)	+9:12 (3)	+0:49 (2)	+0:25 (2)	+1:02 (2)	+1:38 (2)	+0:34 (2)	+5:10 (3)	+6:47 (4)	+1:10 (3)

2:23:46 (2) 2:28:22 (2) 2:30:41 (2) 2:33:33 (2) 2:34:41 (2)
 2:33/48 4:36/49 2:19/52 2:52/54 1:08/249
 +0:00 (1) +3:09 (6) +0:05 (2) +0:27 (2) +0:11 (2)

3 Arild Pettersen **Bodø klatreklubb** **(10,07min/km)** **3:01:20 (+1:02:55)**
 6:45 (3) 13:23 (3) 24:54 (3) 31:05 (3) 39:59 (3) 50:27 (3) 1:03:16 (3) 1:06:32 (3) 1:17:32 (3) 1:25:03 (3)
 6:45/35 6:38/36 11:31/37 6:11/39 8:54/40 10:28/41 12:49/55 3:16/56 11:00/65 7:31/63
 +2:39 (3) +2:07 (3) +3:43 (4) +1:48 (2) +2:43 (3) +3:39 (3) +4:40 (5) +1:15 (4) +3:43 (6) +1:58 (3)
 1:29:43 (3) 1:50:00 (3) 1:56:19 (3) 2:01:31 (3) 2:07:40 (3) 2:14:35 (3) 2:18:51 (3) 2:30:31 (3) 2:41:28 (3) 2:45:47 (3)
 4:40/64 20:17/51 6:19/38 5:12/44 6:09/50 6:55/31 4:16/34 11:40/45 10:57/46 4:19/47
 +1:38 (4) +12:15 (5) +1:58 (3) +3:34 (6) +1:55 (3) +2:40 (4) +1:17 (3) +7:02 (4) +8:21 (5) +1:30 (5)
 2:49:41 (3) 2:52:08 (3) 2:55:14 (3) 2:59:13 (3) 3:01:20 (3)
 3:54/48 2:27/49 3:06/52 3:59/54 2:07/249
 +1:21 (3) +1:00 (4) +0:52 (3) +1:34 (3) +1:10 (4)

4 Erlend Bullvåg **B&OI** **(11,03min/km)** **3:18:35 (+1:20:10)**
 6:52 (4) 13:44 (4) 26:21 (5) 32:37 (5) 41:43 (4) 53:06 (4) 1:05:30 (4) 1:08:45 (4) 1:19:23 (4) 1:28:12 (4)
 6:52/35 6:52/36 12:37/37 6:16/39 9:06/40 11:23/41 12:24/55 3:15/56 10:38/65 8:49/63
 +2:46 (4) +2:21 (4) +4:49 (5) +1:53 (3) +2:55 (4) +4:34 (5) +4:15 (4) +1:14 (3) +3:21 (5) +3:16 (5)
 1:33:22 (4) 1:53:28 (4) 2:00:14 (4) 2:03:24 (4) 2:10:43 (4) 2:20:04 (4) 2:25:01 (4) 2:40:12 (4) 2:52:11 (4) 2:57:36 (4)
 5:10/64 20:06/51 6:46/38 3:10/44 7:19/50 9:21/31 4:57/34 15:11/45 11:59/46 5:25/47
 +2:08 (5) +12:04 (4) +2:25 (4) +1:32 (4) +3:05 (4) +5:06 (5) +1:58 (4) +10:33 (6) +9:23 (6) +2:36 (6)
 3:03:28 (4) 3:06:56 (4) 3:12:14 (4) 3:16:47 (4) 3:18:35 (4)
 5:52/48 3:28/49 5:18/52 4:33/54 1:48/249
 +3:19 (6) +2:01 (5) +3:04 (4) +2:08 (4) +0:51 (3)

5 Arne Kristian Nordhei **B&OI** **(11,16min/km)** **3:20:55 (+1:22:30)**
 38:43 (6) 47:08 (6) 1:00:59 (6) 1:08:26 (6) 1:18:47 (6) 1:30:00 (6) 1:44:29 (6) 1:48:00 (6) 1:55:17 (6) 2:02:58 (6)
 38:43/35 8:25/36 13:51/37 7:27/39 10:21/40 11:13/41 14:29/55 3:31/56 7:17/51 7:41/38
 +34:37 (6) +3:54 (6) +6:03 (6) +3:04 (6) +4:10 (6) +4:24 (4) +6:20 (6) +1:30 (5) +0:00 (1) +2:08 (4)
 2:06:00 (6) 2:14:02 (6) 2:21:28 (6) 2:26:38 (6) 2:41:32 (6) 2:56:16 (6) 3:03:40 (6) 3:08:18 (5) 3:10:54 (5) 3:14:44 (5)
 3:02/44 8:02/50 7:26/31 5:10/34 14:54/45 14:44/46 7:24/47 4:38/48 2:36/49 3:50/52
 +0:00 (1) +0:00 (1) +3:05 (5) +3:32 (5) +10:40 (5) +10:29 (6) +4:25 (5) +0:00 (1) +0:00 (1) +1:01 (2)
 3:19:02 (5) 3:20:55 (5) 3:20:55 (5) 3:20:55 (5) 3:20:55 (5)
 4:18/54 1:53/249
 +1:45 (4) +0:26 (3) +0:00 (1) +0:00 (1) +0:00 (1)

6 Torkel Irgens **B&OI** **(11,42min/km)** **3:25:37 (+1:27:12)**
 7:52 (5) 14:47 (5) 25:59 (4) 32:24 (4) 41:55 (5) 54:03 (5) 1:06:04 (5) 1:10:12 (5) 1:20:47 (5) 1:30:52 (5)
 7:52/35 6:55/36 11:12/37 6:25/39 9:31/40 12:08/41 12:01/55 4:08/56 10:35/65 10:05/63
 +3:46 (5) +2:24 (5) +3:24 (3) +2:02 (4) +3:20 (5) +5:19 (6) +3:52 (3) +2:07 (6) +3:18 (4) +4:32 (6)
 1:36:13 (5) 1:59:54 (5) 2:13:10 (5) 2:16:07 (5) 2:36:07 (5) 2:42:20 (5) 2:58:01 (5) 3:12:07 (6) 3:15:10 (6) 3:19:20 (6)
 5:21/64 23:41/51 13:16/38 2:57/44 20:00/31 6:13/34 15:41/45 14:06/48 3:03/49 4:10/52
 +2:19 (6) +15:39 (6) +8:55 (6) +1:19 (3) +15:46 (6) +1:58 (3) +12:42 (6) +9:28 (5) +0:27 (2) +1:21 (4)
 3:23:55 (6) 3:25:37 (6) 3:25:37 (6) 3:25:37 (6) 3:25:37 (6)
 4:35/54 1:42/249
 +2:02 (5) +0:15 (2) +0:00 (1) +0:00 (1) +0:00 (1)

Tore Jakola **B&OI** **(5,30min/km)** **Brutt**
 8:08 (6) 13:55 (5) 23:46 (3) 29:29 (3) 39:01 (3) 48:13 (3) 1:01:17 (3) 1:04:41 (3) 1:10:31 (3) 1:18:32 (3)
 8:08/35 5:47/36 9:51/37 5:43/39 9:32/40 9:12/41 13:04/55 3:24/56 5:50/51 8:01/38
 +4:02 (6) +1:16 (3) +2:03 (3) +1:20 (2) +3:21 (6) +2:23 (2) +4:55 (6) +1:23 (5) +0:00 (1) +2:28 (5)
 1:22:31 (3) 1:35:29 (2) 1:35:29 (2) 1:35:29 (2) 1:35:29 (2) 1:35:29 (2) 1:35:29 (2) 1:35:29 (1) 1:35:29 (1) 1:35:29 (1)
 3:59/44 12:58/249
 +0:57 (3) +4:56 (2) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
 1:35:29 (1) 1:35:29 (1) 1:35:29 (1) 1:35:29 (1) 1:35:29 (1)
 +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)

Klasse H 45 18,0 km

7 påmeldt, 7 startende

1 Jan Prytz **B&OI** **(9,22min/km)** **2:45:54**
 9:41 (7) 15:53 (7) 26:42 (5) 32:23 (4) 39:38 (3) 48:57 (2) 1:00:00 (1) 1:02:38 (1) 1:13:40 (1) 1:22:13 (1)
 9:41/35 6:12/36 10:49/37 5:41/39 7:15/40 9:19/41 11:03/55 2:38/56 11:02/65 8:33/63

+3:25 (7)	+0:11 (2)	+0:20 (3)	+0:15 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+2:04 (3)	+3:25 (2)
1:26:40 (1)	1:43:48 (1)	1:49:28 (1)	1:51:48 (1)	1:57:40 (1)	2:04:16 (1)	2:08:34 (1)	2:18:52 (1)	2:28:20 (1)	2:32:30 (1)
4:27/64	17:08/51	5:40/38	2:20/44	5:52/50	6:36/31	4:18/34	10:18/45	9:28/46	4:10/47
+0:00 (1)	+10:15 (2)	+2:01 (2)	+0:00 (1)	+1:33 (2)	+1:55 (4)	+0:01 (2)	+6:12 (2)	+5:51 (4)	+1:10 (2)
2:36:12 (1)	2:38:47 (1)	2:41:55 (1)	2:44:42 (1)	2:45:54 (1)					
3:42/48	2:35/49	3:08/52	2:47/54	1:12/249					
+1:10 (4)	+0:00 (1)	+1:57 (2)	+1:11 (3)	+0:00 (1)					

2 Ivar Aanerød

B&OI

(10,49min/km)

3:08:45 (+22:51)

7:58 (6)	13:59 (3)	24:37 (2)	30:18 (2)	39:18 (2)	50:09 (3)	1:01:40 (3)	1:04:34 (3)	1:15:24 (2)	1:24:53 (2)
7:58/35	6:01/36	10:38/37	5:41/39	9:00/40	10:51/41	11:31/55	2:54/56	10:50/65	9:29/63
+1:42 (6)	+0:00 (1)	+0:09 (2)	+0:15 (2)	+1:45 (3)	+1:32 (4)	+0:28 (2)	+0:16 (3)	+1:52 (2)	+4:21 (4)
1:30:05 (2)	1:52:33 (2)	1:59:22 (2)	2:01:59 (2)	2:08:18 (2)	2:18:09 (3)	2:22:33 (3)	2:34:57 (3)	2:45:36 (3)	2:52:53 (2)
5:12/64	22:28/51	6:49/38	2:37/44	6:19/50	9:51/31	4:24/34	12:24/45	10:39/46	7:17/47
+0:45 (3)	+15:35 (6)	+3:10 (4)	+0:17 (2)	+2:00 (3)	+5:10 (6)	+0:07 (3)	+8:18 (5)	+7:02 (6)	+4:17 (6)
2:56:54 (2)	2:59:34 (2)	3:03:21 (2)	3:06:56 (2)	3:08:45 (2)					
4:01/48	2:40/49	3:47/52	3:35/54	1:49/249					
+1:29 (5)	+0:05 (2)	+2:36 (4)	+1:59 (4)	+0:37 (3)					

3 Jan Kåre Vatne

Mo O-Klubb

(10,59min/km)

3:10:39 (+24:45)

6:16 (1)	12:28 (1)	22:57 (1)	28:23 (1)	37:37 (1)	47:10 (1)	1:00:41 (2)	1:03:50 (2)	1:15:41 (3)	1:28:01 (3)
6:16/35	6:12/36	10:29/37	5:26/39	9:14/40	9:33/41	13:31/55	3:09/56	11:51/65	12:20/63
+0:00 (1)	+0:11 (2)	+0:00 (1)	+0:00 (1)	+1:59 (4)	+0:14 (2)	+2:28 (4)	+0:31 (4)	+2:53 (5)	+7:12 (7)
1:33:31 (3)	1:53:23 (3)	1:59:50 (3)	2:02:40 (3)	2:08:59 (3)	2:15:33 (2)	2:19:50 (2)	2:34:21 (2)	2:44:43 (2)	2:54:51 (3)
5:30/64	19:52/51	6:27/38	2:50/44	6:19/50	6:34/31	4:17/34	14:31/45	10:22/46	10:08/47
+1:03 (5)	+12:59 (3)	+2:48 (3)	+0:30 (3)	+2:00 (3)	+1:53 (3)	+0:00 (1)	+10:25 (6)	+6:45 (5)	+7:08 (7)
2:59:00 (3)	3:01:43 (3)	3:05:11 (3)	3:08:55 (3)	3:10:39 (3)					
4:09/48	2:43/49	3:28/52	3:44/54	1:44/249					
+1:37 (6)	+0:08 (3)	+2:17 (3)	+2:08 (5)	+0:32 (2)					

4 Ingar Solberg

Olderskog

(10,62min/km)

3:11:07 (+25:13)

6:29 (2)	12:41 (2)	25:02 (3)	31:46 (3)	41:22 (4)	52:38 (4)	1:06:17 (4)	1:10:00 (4)	1:21:14 (4)	1:30:11 (4)
6:29/35	6:12/36	12:21/37	6:44/39	9:36/40	11:16/41	13:39/55	3:43/56	11:14/65	8:57/63
+0:13 (2)	+0:11 (2)	+1:52 (5)	+1:18 (6)	+2:21 (5)	+1:57 (5)	+2:36 (5)	+1:05 (6)	+2:16 (4)	+3:49 (3)
1:35:15 (4)	1:55:45 (4)	2:02:55 (4)	2:06:12 (4)	2:19:35 (4)	2:24:16 (4)	2:38:24 (4)	2:50:32 (4)	2:55:26 (4)	2:59:49 (4)
5:04/64	20:30/51	7:10/38	3:17/44	13:23/31	4:41/34	14:08/45	12:08/46	4:54/47	4:23/48
+0:37 (2)	+13:37 (5)	+3:31 (5)	+0:57 (4)	+9:04 (6)	+0:00 (1)	+9:51 (7)	+8:02 (3)	+1:17 (2)	+1:23 (3)
3:02:21 (4)	3:05:38 (4)	3:09:31 (4)	3:11:07 (4)	3:11:07 (4)					
2:32/49	3:17/52	3:53/54	1:36/249						
+0:00 (1)	+0:42 (5)	+2:42 (6)	+0:00 (1)	+0:00 (1)					

5 Gunnar Brattli

Mo O-Klubb

(10,65min/km)

3:11:45 (+25:51)

6:46 (3)	14:43 (5)	30:05 (7)	36:16 (7)	44:26 (6)	54:56 (5)	1:07:44 (5)	1:23:47 (7)	1:32:45 (7)	1:37:53 (7)
6:46/35	7:57/36	15:22/37	6:11/39	8:10/40	10:30/41	12:48/55	16:03/65	8:58/63	5:08/64
+0:30 (3)	+1:56 (6)	+4:53 (7)	+0:45 (5)	+0:55 (2)	+1:11 (3)	+1:45 (3)	+13:25 (7)	+0:00 (1)	+0:00 (1)
2:00:22 (7)	2:07:15 (6)	2:10:54 (5)	2:27:13 (6)	2:31:32 (5)	2:43:12 (5)	2:53:29 (5)	2:57:35 (5)	3:01:12 (5)	3:04:12 (5)
22:29/51	6:53/38	3:39/44	16:19/31	4:19/34	11:40/45	10:17/46	4:06/47	3:37/48	3:00/49
+18:02 (7)	+0:00 (1)	+0:00 (1)	+13:59 (7)	+0:00 (1)	+6:59 (7)	+6:00 (5)	+0:00 (1)	+0:00 (1)	+0:00 (1)
3:07:39 (5)	3:10:34 (5)	3:11:45 (5)	3:11:45 (5)	3:11:45 (5)					
3:27/52	2:55/54	1:11/249							
+0:55 (3)	+0:20 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)					

6 Gunnar Normann

B&OI

(12,59min/km)

3:46:36 (+1:00:42)

6:52 (5)	15:06 (6)	27:57 (6)	34:02 (5)	44:26 (7)	55:51 (6)	1:09:45 (6)	1:13:04 (5)	1:28:02 (6)	1:37:50 (5)
6:52/35	8:14/36	12:51/37	6:05/39	10:24/40	11:25/41	13:54/55	3:19/56	14:58/65	9:48/63
+0:36 (5)	+2:13 (7)	+2:22 (6)	+0:39 (4)	+3:09 (7)	+2:06 (6)	+2:51 (6)	+0:41 (5)	+6:00 (7)	+4:40 (5)
1:43:13 (5)	2:03:27 (5)	2:13:41 (6)	2:19:40 (5)	2:50:07 (7)	2:55:12 (7)	3:08:58 (7)	3:21:09 (7)	3:27:30 (7)	3:33:45 (6)
5:23/64	20:14/51	10:14/38	5:59/44	30:27/31	5:05/34	13:46/45	12:11/46	6:21/47	6:15/48
+0:56 (4)	+13:21 (4)	+6:35 (6)	+3:39 (6)	+26:08 (7)	+0:24 (2)	+9:29 (6)	+8:05 (4)	+2:44 (3)	+3:15 (4)
3:36:38 (6)	3:40:42 (6)	3:44:29 (6)	3:46:36 (6)	3:46:36 (6)					
2:53/49	4:04/52	3:47/54	2:07/249						
+0:21 (2)	+1:29 (6)	+2:36 (4)	+0:31 (2)	+0:00 (1)					

7 Arnt Hesjevik

B&OI

(13,03min/km)

3:54:33 (+1:08:39)

6:46 (3)	14:16 (4)	26:27 (4)	34:22 (6)	44:18 (5)	56:42 (7)	1:12:06 (7)	1:14:57 (6)	1:27:35 (5)	1:37:50 (5)
6:46/35	7:30/36	12:11/37	7:55/39	9:56/40	12:24/41	15:24/55	2:51/56	12:38/65	10:15/63

+0:30 (3)	+1:29 (5)	+1:42 (4)	+2:29 (7)	+2:41 (6)	+3:05 (7)	+4:21 (7)	+0:13 (2)	+3:40 (6)	+5:07 (6)
1:44:58 (6)	2:10:55 (7)	2:31:54 (7)	2:36:25 (7)	2:44:24 (6)	2:53:44 (6)	2:59:16 (6)	3:14:38 (6)	3:27:17 (6)	3:33:59 (7)
7:08/64	25:57/51	20:59/38	4:31/44	7:59/50	9:20/31	5:32/34	15:22/45	12:39/46	6:42/47
+2:41 (6)	+19:04 (7)	+17:20 (7)	+2:11 (5)	+3:40 (5)	+4:39 (5)	+1:15 (4)	+11:16 (7)	+9:02 (7)	+3:42 (5)
3:39:44 (7)	3:43:54 (7)	3:47:51 (7)	3:52:17 (7)	3:54:33 (7)					
5:45/48	4:10/49	3:57/52	4:26/54	2:16/249					
+3:13 (7)	+1:35 (7)	+2:46 (7)	+2:50 (6)	+1:04 (4)					

Klasse H 55 12,0 km

5 påmeldt, 5 startende

1	Per Rekkedal		B&OI		(9,12min/km)		1:49:29		
8:00 (2)	15:15 (2)	21:45 (2)	39:27 (2)	45:02 (3)	47:06 (2)	52:20 (2)	58:34 (2)	1:02:09 (2)	1:12:40 (3)
8:00/65	7:15/63	6:30/64	17:42/51	5:35/38	2:04/44	5:14/50	6:14/31	3:35/34	10:31/45
+0:00 (1)	+0:00 (1)	+1:04 (3)	+12:26 (3)	+3:18 (3)	+0:00 (1)	+2:49 (3)	+2:27 (3)	+0:00 (1)	+6:45 (2)
1:20:55 (3)	1:25:17 (2)	1:28:31 (2)	1:30:31 (2)	1:33:00 (2)	1:38:32 (2)	1:41:31 (2)	1:46:28 (2)	1:48:13 (2)	1:49:29 (2)
8:15/46	4:22/47	3:14/48	2:00/49	2:29/52	5:32/35	2:59/55	4:57/53	1:45/54	1:16/249
+2:08 (2)	+0:53 (2)	+0:00 (1)	+0:00 (1)	+0:08 (2)	+3:09 (4)	+0:00 (1)	+2:58 (4)	+0:00 (1)	+0:00 (1)
1:49:29 (2)	1:49:29 (2)								

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

2	Erling Pedersen		IL Siso		(9,99min/km)		1:59:55	(+10:26)	
9:12 (3)	18:04 (3)	23:39 (3)	40:02 (3)	44:43 (2)	50:45 (3)	53:10 (3)	58:51 (3)	1:04:04 (3)	1:07:50 (2)
9:12/65	8:52/63	5:35/64	16:23/56	4:41/51	6:02/38	2:25/44	5:41/50	5:13/31	3:46/34
+1:12 (2)	+1:37 (4)	+0:09 (2)	+11:07 (2)	+2:24 (2)	+3:58 (4)	+0:00 (1)	+1:54 (2)	+1:38 (3)	+0:00 (1)
1:19:35 (2)	1:29:11 (3)	1:33:48 (3)	1:37:04 (3)	1:39:25 (3)	1:42:39 (3)	1:48:09 (3)	1:51:14 (3)	1:56:32 (3)	1:58:23 (3)
11:45/45	9:36/46	4:37/47	3:16/48	2:21/49	3:14/52	5:30/35	3:05/55	5:18/53	1:51/54
+5:38 (3)	+6:07 (4)	+1:23 (4)	+1:16 (4)	+0:00 (1)	+0:51 (3)	+2:31 (2)	+1:06 (2)	+3:33 (4)	+0:35 (2)
1:59:41 (3)	1:59:55 (3)								
1:18/249	0:14/250								
+0:00 (1)	+0:00 (1)								

3	Ketil Jordbru		Valnesfjord IL		(10,07min/km)		2:00:47	(+11:18)	
22:13 (5)	30:30 (5)	43:28 (5)	48:44 (5)	51:01 (4)	56:50 (5)	1:02:02 (4)	1:05:49 (4)	1:17:08 (5)	1:27:51 (4)
22:13/65	8:17/63	12:58/51	5:16/38	2:17/44	5:49/50	5:12/31	3:47/34	11:19/45	10:43/46
+14:13 (4)	+1:02 (3)	+7:32 (4)	+0:00 (1)	+0:00 (1)	+3:45 (3)	+2:47 (2)	+0:00 (1)	+7:44 (4)	+6:57 (3)
1:33:58 (4)	1:37:27 (4)	1:41:14 (4)	1:44:06 (4)	1:49:05 (4)	1:51:28 (4)	1:57:00 (4)	1:58:59 (4)	2:00:47 (4)	2:00:47 (4)
6:07/47	3:29/48	3:47/49	2:52/52	4:59/35	2:23/55	5:32/53	1:59/54	1:48/249	
+0:00 (1)	+0:00 (1)	+0:33 (2)	+0:52 (3)	+2:38 (4)	+0:00 (1)	+2:33 (3)	+0:00 (1)	+0:03 (2)	+0:00 (1)
2:00:47 (4)	2:00:47 (4)								

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

4	Raymond Trondsen		TIL		(11,65min/km)		2:19:50	(+30:21)	
(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)	(1)
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
(1)	(1)								

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

5	Asbjørn Pedersen		IL Siso		(11,96min/km)		2:23:29	(+34:00)	
10:59 (4)	19:02 (4)	24:28 (4)	47:31 (4)	53:42 (5)	56:18 (4)	1:02:32 (5)	1:11:06 (5)	1:15:28 (4)	1:30:08 (5)
10:59/65	8:03/63	5:26/64	23:03/51	6:11/38	2:36/44	6:14/50	8:34/31	4:22/34	14:40/45
+2:59 (3)	+0:48 (2)	+0:00 (1)	+17:47 (4)	+3:54 (4)	+0:32 (2)	+3:49 (4)	+4:47 (4)	+0:47 (2)	+10:54 (4)
1:42:35 (5)	1:47:36 (5)	1:51:26 (5)	1:53:45 (5)	1:57:07 (5)	1:59:35 (5)	2:10:21 (5)	2:15:02 (5)	2:19:58 (5)	2:21:52 (5)
12:27/46	5:01/47	3:50/48	2:19/49	3:22/52	2:28/53	10:46/35	4:41/55	4:56/53	1:54/54
+6:20 (4)	+1:32 (3)	+0:36 (3)	+0:19 (2)	+1:01 (3)	+0:05 (2)	+7:47 (4)	+2:42 (3)	+3:11 (3)	+0:38 (3)
2:23:29 (5)	2:23:29 (5)								
1:37/249									
+0:19 (2)	+0:00 (1)								

Klasse H 65 6,0 km

2 påmeldt, 2 startende

1	Carl B Bjørseth			B&OI		(10,48min/km)		1:02:52		
	5:08 (1)	14:07 (2)	19:13 (1)	27:18 (1)	37:18 (1)	44:45 (1)	47:27 (1)	52:13 (1)	57:14 (1)	1:01:26 (1)
	5:08/62	8:59/63	5:06/64	8:05/65	10:00/50	7:27/44	2:42/38	4:46/51	5:01/52	4:12/54
	+0:00 (1)	+1:03 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:15 (2)
	1:02:52 (1)									
	1:26/249									
	+0:00 (1)									
2	Edvin Berg			B&OI		(12,32min/km)		1:13:55	(+11:03)	
	5:43 (2)	13:39 (1)	19:16 (2)	29:04 (2)	42:47 (2)	53:35 (2)	56:40 (2)	1:01:44 (2)	1:08:09 (2)	1:12:06 (2)
	5:43/62	7:56/63	5:37/64	9:48/65	13:43/50	10:48/44	3:05/38	5:04/51	6:25/52	3:57/54
	+0:35 (2)	+0:00 (1)	+0:31 (2)	+1:43 (2)	+3:43 (2)	+3:21 (2)	+0:23 (2)	+0:18 (2)	+1:24 (2)	+0:00 (1)
	1:13:55 (2)									
	1:49/249									
	+0:23 (2)									

Klasse N 2,0 km

1 påmeldt, 1 startende

	Lotte Reitan			B&OI		(16,22min/km)		32:26		
	2:47 (1)	8:29 (1)	11:11 (1)	13:11 (1)	16:34 (1)	22:17 (1)	24:45 (1)	27:29 (1)	30:41 (1)	32:26 (1)
	2:47/50	5:42/120	2:42/121	2:00/122	3:23/123	5:43/124	2:28/125	2:44/55	3:12/54	1:45/249
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)

Klasse Trim 12 km 12,0 km

4 påmeldt, 4 startende

1	Per Dalhaug			B&OI		(13,19min/km)		2:38:16		
	10:54 (1)	21:55 (1)	27:36 (1)	51:38 (1)	1:01:18 (1)	1:04:26 (1)	1:12:19 (2)	1:20:53 (2)	1:25:56 (2)	1:40:12 (2)
	10:54/65	11:01/63	5:41/64	24:02/51	9:40/38	3:08/44	7:53/50	8:34/31	5:03/34	14:16/45
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+1:05 (3)	+0:31 (2)	+1:21 (2)	+0:27 (2)	+0:00 (1)	+0:00 (1)
	1:53:44 (2)	1:59:10 (1)	2:03:21 (1)	2:12:15 (1)	2:15:37 (1)	2:24:01 (1)	2:28:12 (1)	2:34:07 (1)	2:36:14 (1)	2:38:16 (1)
	13:32/46	5:26/47	4:11/48	8:54/49	3:22/52	8:24/35	4:11/55	5:55/53	2:07/54	2:02/249
	+1:04 (2)	+0:00 (1)	+0:00 (1)	+4:49 (4)	+0:00 (1)	+0:09 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:05 (2)
2	Øyvind Bjørkås			B&OI		(13,90min/km)		2:46:47	(+8:31)	
	11:00 (2)	22:44 (2)	28:35 (2)	53:24 (2)	1:02:04 (2)	1:04:41 (2)	1:11:13 (1)	1:19:20 (1)	1:24:28 (1)	1:39:03 (1)
	11:00/65	11:44/63	5:51/64	24:49/51	8:40/38	2:37/44	6:32/50	8:07/31	5:08/34	14:35/45
	+0:06 (2)	+0:43 (2)	+0:10 (2)	+0:47 (2)	+0:05 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:05 (2)	+0:19 (2)
	1:51:31 (1)	1:59:56 (2)	2:04:39 (2)	2:12:51 (2)	2:16:48 (2)	2:25:24 (2)	2:32:43 (2)	2:41:13 (2)	2:44:37 (2)	2:46:47 (2)
	12:28/46	8:25/47	4:43/48	8:12/49	3:57/52	8:36/35	7:19/55	8:30/53	3:24/54	2:10/249
	+0:00 (1)	+2:59 (4)	+0:32 (2)	+4:07 (3)	+0:35 (3)	+0:21 (3)	+3:08 (3)	+2:35 (3)	+1:17 (4)	+0:13 (3)
3	Geir Moen			B&OI		(15,07min/km)		3:00:54	(+22:38)	
	12:37 (4)	24:57 (3)	31:41 (3)	1:00:18 (3)	1:11:09 (3)	1:14:51 (3)	1:22:50 (3)	1:32:13 (3)	1:38:00 (3)	1:55:48 (3)
	12:37/65	12:20/63	6:44/64	28:37/51	10:51/38	3:42/44	7:59/50	9:23/31	5:47/34	17:48/45
	+1:43 (4)	+1:19 (3)	+1:03 (4)	+4:35 (3)	+2:16 (4)	+1:05 (3)	+1:27 (3)	+1:16 (3)	+0:44 (3)	+3:32 (4)
	2:10:54 (3)	2:18:07 (3)	2:23:15 (3)	2:27:21 (3)	2:32:10 (3)	2:43:12 (4)	2:48:30 (3)	2:55:53 (3)	2:58:57 (3)	3:00:54 (3)
	15:06/46	7:13/47	5:08/48	4:06/49	4:49/52	11:02/35	5:18/55	7:23/53	3:04/54	1:57/249
	+2:38 (4)	+1:47 (3)	+0:57 (3)	+0:01 (2)	+1:27 (4)	+2:47 (4)	+1:07 (2)	+1:28 (2)	+0:57 (3)	+0:00 (1)
4	Morten Selnes			B&OI		(15,44min/km)		3:05:18	(+27:02)	
	12:16 (3)	27:22 (4)	33:57 (4)	1:02:59 (4)	1:11:34 (4)	1:19:50 (4)	1:29:20 (4)	1:40:02 (4)	1:46:12 (4)	2:00:49 (4)
	12:16/65	15:06/63	6:35/64	29:02/51	8:35/38	8:16/44	9:30/50	10:42/31	6:10/34	14:37/45
	+1:22 (3)	+4:05 (4)	+0:54 (3)	+5:00 (4)	+0:00 (1)	+5:39 (4)	+2:58 (4)	+2:35 (4)	+1:07 (4)	+0:21 (3)
	2:15:13 (4)	2:20:47 (4)	2:26:05 (4)	2:30:10 (4)	2:33:58 (4)	2:42:13 (3)	2:49:39 (4)	3:00:18 (4)	3:03:07 (4)	3:05:18 (4)
	14:24/46	5:34/47	5:18/48	4:05/49	3:48/52	8:15/35	7:26/55	10:39/53	2:49/54	2:11/249
	+1:56 (3)	+0:08 (2)	+1:07 (4)	+0:00 (1)	+0:26 (2)	+0:00 (1)	+3:15 (4)	+4:44 (4)	+0:42 (2)	+0:14 (4)

Klasse Trim 18 km 18,0 km

2 påmeldt, 2 startende

1 Morten Tjøndal	B&OI				(11,13min/km)			3:20:18		
6:09 (1)	12:39 (1)	23:55 (1)	29:59 (1)	40:34 (1)	51:13 (1)	1:03:51 (1)	1:08:44 (1)	1:20:02 (1)	1:28:16 (1)	
6:09/35	6:30/36	11:16/37	6:04/39	10:35/40	10:39/41	12:38/55	4:53/56	11:18/65	8:14/63	
+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)	
1:33:02 (1)	1:54:43 (1)	2:03:50 (1)	2:06:59 (1)	2:13:32 (1)	2:24:25 (1)	2:29:40 (1)	2:47:05 (1)	2:59:55 (1)	3:04:54 (1)	
4:46/64	21:41/51	9:07/38	3:09/44	6:33/50	10:53/31	5:15/34	17:25/45	12:50/46	4:59/47	
+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)	
3:08:19 (1)	3:12:07 (1)	3:15:45 (1)	3:18:44 (1)	3:20:18 (1)						
3:25/48	3:48/49	3:38/52	2:59/54	1:34/249						
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
Arne L Faaren	Axis				(10,29min/km)			Disk		
9:33 (2)	23:18 (2)	43:17 (2)	52:41 (2)	1:09:04 (2)	1:22:43 (2)	1:41:55 (2)	1:45:23 (2)	1:57:56 (2)	2:06:47 (2)	
9:33/35	13:45/36	19:59/37	9:24/39	16:23/40	13:39/41	19:12/55	3:28/56	12:33/51	8:51/38	
+3:24 (2)	+7:15 (2)	+8:43 (2)	+3:20 (2)	+5:48 (2)	+3:00 (2)	+6:34 (2)	+0:00 (1)	+1:15 (2)	+0:37 (2)	
2:11:15 (2)	2:21:20 (2)	2:33:59 (2)	2:49:02 (2)	3:05:09 (2)	3:05:09 (2)	3:05:09 (2)	3:05:09 (2)	3:05:09 (2)	3:05:09 (2)	
4:28/44	10:05/50	12:39/31	15:03/34	16:07/249						
+0:00 (1)	+0:00 (1)	+3:32 (2)	+11:54 (2)	+9:34 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
3:05:09 (1)	3:05:09 (1)	3:05:09 (1)	3:05:09 (1)	3:05:09 (1)						
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)						

Klasse Trim 6 km 6,0 km

3 påmeldt, 3 startende

1 Carl A Boe	B&OI				(15,18min/km)			1:31:04		
9:24 (1)	21:39 (1)	30:13 (1)	40:48 (1)	54:13 (1)	1:07:07 (1)	1:10:28 (1)	1:18:31 (1)	1:24:41 (1)	1:29:03 (1)	
9:24/62	12:15/63	8:34/64	10:35/65	13:25/50	12:54/44	3:21/38	8:03/51	6:10/52	4:22/54	
+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)	
1:31:04 (1)	1:31:04 (1)									
2:01/249										
+0:00 (1)	+0:00 (1)									
2 John Iddles	B&OI				(24,46min/km)			2:26:44 (+55:40)		
21:45 (3)	43:38 (2)	1:01:02 (3)	1:16:30 (3)	1:38:07 (2)	1:52:31 (3)	1:56:46 (2)	2:09:08 (3)	2:17:29 (3)	2:24:16 (3)	
21:45/62	21:53/63	17:24/64	15:28/65	21:37/50	14:24/44	4:15/38	12:22/51	8:21/52	6:47/54	
+12:21 (3)	+9:38 (2)	+8:50 (3)	+4:53 (2)	+8:12 (2)	+1:30 (3)	+0:54 (2)	+4:19 (3)	+2:11 (2)	+2:25 (2)	
2:26:44 (3)	2:26:44 (2)									
2:28/249										
+0:27 (3)	+0:00 (1)									
3 Carol Iddles	B&OI				(24,78min/km)			2:28:39 (+57:35)		
21:32 (2)	43:40 (3)	59:32 (2)	1:16:29 (2)	1:38:08 (3)	1:52:23 (2)	1:56:52 (3)	2:09:05 (2)	2:17:26 (2)	2:24:15 (2)	
21:32/62	22:08/63	15:52/64	16:57/65	21:39/50	14:15/44	4:29/38	12:13/51	8:21/52	6:49/54	
+12:08 (2)	+9:53 (3)	+7:18 (2)	+6:22 (3)	+8:14 (3)	+1:21 (2)	+1:08 (3)	+4:10 (2)	+2:11 (2)	+2:27 (3)	
2:26:36 (2)	2:28:39 (3)									
2:21/249	2:03/250									
+0:20 (2)	+0:00 (1)									

Klasse D13-14 3,0 km

2 påmeldt, 2 startende 1 premiert

1 Kristine Masterdalshei	Mo O-Klubb				(12,59min/km)			37:46		
1:29 (1)	7:30 (1)	12:36 (1)	18:21 (1)	22:11 (1)	28:50 (1)	33:39 (1)	36:21 (1)	37:46 (1)		
1:29/50	6:01/31	5:06/34	5:45/44	3:50/51	6:39/52	4:49/55	2:42/54	1:25/249		
+0:00 (1)	+0:00 (1)	+0:27 (2)	+0:00 (1)	+0:17 (2)	+1:10 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)		
2 Ida Hegreberg	B&OI				(14,19min/km)			42:34 (+4:48)		
1:54 (2)	10:35 (2)	15:14 (2)	23:55 (2)	27:28 (2)	32:57 (2)	37:59 (2)	41:09 (2)	42:34 (2)		
1:54/50	8:41/31	4:39/34	8:41/44	3:33/51	5:29/52	5:02/55	3:10/54	1:25/249		
+0:25 (2)	+2:40 (2)	+0:00 (1)	+2:56 (2)	+0:00 (1)	+0:00 (1)	+0:13 (2)	+0:28 (2)	+0:00 (1)		

