

Resultater fra KM Mellomdistanse 29.09.2007

Det var totalt 44 deltagere.

Klasse N-åpen - 1,5 km

6 påmeldt, 6 startende

Lene Ikdahl Johnsen			B&OI Orientering			(31,81min/km)	47:43
7:21 (6)	15:37 (6)	23:55 (6)	42:18 (6)	46:16 (6)	47:43 (6)		
7:21/78	8:16/122	8:18/120	18:23/150	3:58/155	1:27/249		
+2:44 (6)	+6:57 (6)	+6:15 (6)	+13:57 (6)	+2:47 (6)	+1:01 (6)		
Marte Karlsen			Mo O-Klubb			(19,81min/km)	29:43
5:02 (3)	8:46 (5)	14:11 (5)	27:22 (4)	29:07 (5)	29:43 (5)		
5:02/78	3:44/122	5:25/120	13:11/150	1:45/155	0:36/100		
+0:25 (3)	+2:25 (5)	+3:22 (4)	+8:45 (4)	+0:34 (3)	+0:10 (4)		
Even-Johan Kaspersen			Mo O-Klubb			(12,26min/km)	18:23
5:10 (5)	6:29 (2)	10:04 (2)	15:58 (3)	17:57 (2)	18:23 (2)		
5:10/78	1:19/122	3:35/120	5:54/150	1:59/155	0:26/100		
+0:33 (5)	+0:00 (1)	+1:32 (3)	+1:28 (3)	+0:48 (4)	+0:00 (1)		
Eli Kolstad			Mo O-Klubb			(9,52min/km)	14:17
4:37 (1)	6:06 (1)	8:09 (1)	12:35 (1)	13:46 (1)	14:17 (1)		
4:37/78	1:29/122	2:03/120	4:26/150	1:11/155	0:31/249		
+0:00 (1)	+0:10 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:05 (2)		
Benedicte Stien Schreiner			Mo O-Klubb			(12,61min/km)	18:55
5:03 (4)	6:47 (3)	10:20 (3)	15:48 (2)	18:01 (3)	18:55 (3)		
5:03/78	1:44/122	3:33/120	5:28/150	2:13/155	0:54/249		
+0:26 (4)	+0:25 (3)	+1:30 (2)	+1:02 (2)	+1:02 (5)	+0:28 (5)		
Henriette Skaret			Mo O-Klubb			(19,74min/km)	29:37
5:00 (2)	8:18 (4)	13:49 (4)	27:22 (4)	29:03 (4)	29:37 (4)		
5:00/78	3:18/122	5:31/120	13:33/150	1:41/155	0:34/249		
+0:23 (2)	+1:59 (4)	+3:28 (5)	+9:07 (5)	+0:30 (2)	+0:08 (3)		

Klasse D-10 - 1,5 km

1 påmeldt, 1 startende 1 premiert

Åshild Kolstad			Mo O-Klubb			(7,40min/km)	11:06
1:55 (1)	3:12 (1)	5:06 (1)	9:33 (1)	10:44 (1)	11:06 (1)		
1:55/78	1:17/122	1:54/120	4:27/150	1:11/155	0:22/100		
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)		

Klasse D11-12 - 2,0 km

7 påmeldt, 7 startende 3 premiert

1	Heidi Jensen			B&OI Orientering			(11,17min/km)	22:21	
	3:25 (1)	4:44 (1)	7:34 (1)	9:03 (1)	11:45 (1)	18:43 (1)	22:01 (1)	22:21 (1)	
	3:25/123	1:19/79	2:50/81	1:29/93	2:42/120	6:58/152	3:18/155	0:20/249	
	+0:00 (1)	+0:00 (1)	+0:20 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+1:32 (7)	+0:01 (2)	
2	Ingvild Oxaas Wie			Mo O-Klubb			(12,17min/km)	24:21	(+2:00)
	3:31 (2)	5:36 (2)	8:06 (2)	10:51 (2)	13:51 (2)	22:16 (2)	24:02 (2)	24:21 (2)	
	3:31/123	2:05/79	2:30/81	2:45/93	3:00/120	8:25/152	1:46/155	0:19/100	
	+0:06 (2)	+0:46 (2)	+0:00 (1)	+1:16 (7)	+0:18 (2)	+1:27 (2)	+0:00 (1)	+0:00 (1)	
3	Ella Raja-Ahde			Mo OK			(17,83min/km)	35:39	(+13:18)
	4:27 (4)	7:38 (3)	13:01 (3)	14:41 (3)	19:27 (4)	32:30 (3)	35:08 (3)	35:39 (3)	
	4:27/123	3:11/79	5:23/81	1:40/93	4:46/120	13:03/152	2:38/155	0:31/100	
	+1:02 (4)	+1:52 (3)	+2:53 (3)	+0:11 (3)	+2:04 (4)	+6:05 (6)	+0:52 (3)	+0:12 (6)	
4	Karoline S. Vargdal			Mo O-Klubb			(17,88min/km)	35:46	(+13:25)
	4:23 (3)	7:38 (3)	13:09 (4)	14:47 (4)	19:26 (3)	32:37 (4)	35:08 (3)	35:46 (4)	
	4:23/123	3:15/79	5:31/81	1:38/93	4:39/120	13:11/152	2:31/155	0:38/100	
	+0:58 (3)	+1:56 (4)	+3:01 (4)	+0:09 (2)	+1:57 (3)	+6:13 (7)	+0:45 (2)	+0:19 (7)	
5	Camilla Skaret			Mo O-Klubb			(22,35min/km)	44:42	(+22:21)
	11:13 (5)	15:40 (5)	21:37 (5)	24:18 (5)	29:18 (6)	41:24 (6)	44:15 (5)	44:42 (5)	

11:13/123 4:27/79 5:57/81 2:41/93 5:00/120 12:06/152 2:51/155 0:27/100
+7:48 (5) +3:08 (7) +3:27 (5) +1:12 (5) +2:18 (6) +5:08 (4) +1:05 (5) +0:08 (4)

6 Trine Mari Karlsen Mo O-Klubb (22,38min/km) **44:45** (+22:24)

11:28 (7) 15:42 (6) 21:46 (6) 24:27 (7) 29:16 (5) 41:25 (7) 44:15 (6) 44:45 (6)
11:28/123 4:14/79 6:04/81 2:41/93 4:49/120 12:09/152 2:50/155 0:30/249
+8:03 (7) +2:55 (5) +3:34 (6) +1:12 (5) +2:07 (5) +5:11 (5) +1:04 (4) +0:11 (5)

7 Frida Irgum Pettersen Mo O-Klubb (22,40min/km) **44:48** (+22:27)

11:18 (6) 15:43 (7) 21:47 (7) 24:18 (6) 29:18 (7) 41:16 (5) 44:24 (7) 44:48 (7)
11:18/123 4:25/79 6:04/81 2:31/93 5:00/120 11:58/152 3:08/155 0:24/249
+7:53 (6) +3:06 (6) +3:34 (6) +1:02 (4) +2:18 (6) +5:00 (3) +1:22 (6) +0:05 (3)

Klasse H11-12 - 2,0 km

1 påmeldt, 1 startende 1 premiert

1 Ole-Kristian Kaspersen Mo O-Klubb (11,84min/km) **23:41**

3:29 (1) 5:05 (1) 8:58 (1) 10:53 (1) 13:47 (1) 21:07 (1) 23:19 (1) 23:41 (1)
3:29/123 1:36/79 3:53/81 1:55/93 2:54/120 7:20/152 2:12/155 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 H13-14 - 2,7 km

3 påmeldt, 3 startende 1 premiert

1 Petter Jakola B&OI Orientering (8,04min/km) **21:42**

2:58 (1) 6:47 (2) 9:07 (2) 11:16 (1) 12:08 (1) 13:59 (1) 15:37 (1) 17:52 (1) 19:51 (1) 21:25 (1)
2:58/126 3:49/76 2:20/90 2:09/84 0:52/129 1:51/82 1:38/125 2:15/75 1:59/127 1:34/155
+0:00 (1) +1:30 (3) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)
21:42 (1)
0:17/100
+0:02 (3)

2 Håkon Hegreberg B&OI Orientering (11,34min/km) **30:37** (+8:55)

3:30 (2) 5:49 (1) 9:00 (1) 16:54 (3) 17:47 (3) 20:43 (3) 23:47 (2) 26:29 (2) 28:35 (2) 30:22 (2)
3:30/126 2:19/76 3:11/90 7:54/84 0:53/129 2:56/82 3:04/125 2:42/75 2:06/127 1:47/155
+0:32 (2) +0:00 (1) +0:51 (2) +5:45 (3) +0:01 (2) +1:05 (3) +1:26 (2) +0:27 (3) +0:07 (2) +0:13 (2)
30:37 (2)
0:15/100
+0:00 (1)

3 Sigurd Oxaas Wie Mo O-Klubb (12,07min/km) **32:36** (+10:54)

4:12 (3) 7:52 (3) 11:18 (3) 14:11 (2) 15:13 (2) 17:59 (2) 25:40 (3) 28:05 (3) 30:26 (3) 32:21 (3)
4:12/126 3:40/76 3:26/90 2:53/84 1:02/129 2:46/82 7:41/125 2:25/75 2:21/127 1:55/155
+1:14 (3) +1:21 (2) +1:06 (3) +0:44 (2) +0:10 (3) +0:55 (2) +6:03 (3) +0:10 (2) +0:22 (3) +0:21 (3)
32:36 (3)
0:15/100
+0:00 (1)

Klasse D13-14 - 2,7 km

4 påmeldt, 4 startende 2 premiert

1 Mathilde Rundhaug Mo O-Klubb (9,17min/km) **24:45**

3:19 (1) 5:41 (1) 8:19 (1) 10:09 (1) 11:06 (1) 15:36 (1) 18:28 (1) 21:17 (1) 22:57 (1) 24:28 (1)
3:19/126 2:22/76 2:38/90 1:50/84 0:57/129 4:30/82 2:52/125 2:49/75 1:40/127 1:31/155
+0:00 (1) +0:00 (1) +0:13 (2) +0:00 (1) +0:01 (2) +0:22 (3) +1:16 (3) +0:45 (2) +0:00 (1) +0:00 (1)
24:45 (1)
0:17/249
+0:00 (1)

2 Kristine Masterdalshei Mo O-Klubb (9,99min/km) **26:58** (+2:13)

4:19 (2) 7:38 (3) 10:03 (2) 13:02 (3) 14:00 (3) 18:25 (3) 20:01 (2) 22:05 (2) 24:44 (2) 26:39 (2)
4:19/126 3:19/76 2:25/90 2:59/84 0:58/129 4:25/82 1:36/125 2:04/75 2:39/127 1:55/155
+1:00 (2) +0:57 (3) +0:00 (1) +1:09 (3) +0:02 (3) +0:17 (2) +0:00 (1) +0:00 (1) +0:59 (2) +0:24 (2)
26:58 (2)
0:19/100
+0:02 (3)

3	Sigrid Bech Urland		Korgen IL		(10,64min/km)	28:43	(+3:58)		
4:30 (3)	7:08 (2)	10:33 (3)	12:51 (2)	13:47 (2)	17:55 (2)	20:08 (3)	23:06 (3)	26:18 (3)	28:25 (3)
4:30/126	2:38/76	3:25/90	2:18/84	0:56/129	4:08/82	2:13/125	2:58/75	3:12/127	2:07/155
+0:11 (3)	+0:16 (2)	+1:00 (3)	+0:28 (2)	+0:00 (1)	+0:00 (1)	+0:37 (2)	+0:54 (3)	+1:32 (3)	+0:36 (3)
28:43 (3)									
0:18/249									
+0:01 (2)									

4	Helene Kristoffersen		Mo OK		(25,55min/km)	1:08:59	(+44:14)		
5:56 (4)	12:50 (4)	21:13 (4)	24:46 (4)	27:02 (4)	52:32 (4)	55:37 (4)	1:02:26 (4)	1:05:59 (4)	1:08:34 (4)
5:56/126	6:54/76	8:23/90	3:33/84	2:16/129	25:30/82	3:05/125	6:49/75	3:33/127	2:35/155
+2:37 (4)	+4:32 (4)	+5:58 (4)	+1:43 (4)	+1:20 (4)	+21:22 (4)	+1:29 (4)	+4:45 (4)	+1:53 (4)	+1:04 (4)
1:08:59 (4)									
0:25/249									
+0:08 (4)									

Klasse H15-16 - 4,5 km

3 påmeldt, 3 startende 1 premiert

1	Yngve Skogstad		Mo O-Klubb		(5,94min/km)	26:44			
3:22 (2)	5:11 (2)	7:17 (2)	13:12 (2)	14:59 (2)	15:53 (2)	16:39 (1)	17:21 (1)	17:57 (1)	19:17 (1)
3:22/160	1:49/121	2:06/162	5:55/76	1:47/92	0:54/90	0:46/80	0:42/84	0:36/129	1:20/128
+0:13 (2)	+0:09 (2)	+0:23 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
20:05 (1)	21:19 (1)	22:24 (1)	23:29 (1)	25:03 (1)	26:30 (1)	26:44 (1)			
0:48/82	1:14/125	1:05/50	1:05/75	1:34/127	1:27/155	0:14/100			
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:01 (2)			

2	Magnus Beyer Brattli		Mo O-Klubb		(7,21min/km)	32:27	(+5:43)		
3:09 (1)	4:49 (1)	6:32 (1)	12:56 (1)	14:49 (1)	15:47 (1)	16:45 (2)	21:13 (2)	22:08 (2)	24:14 (2)
3:09/160	1:40/121	1:43/162	6:24/76	1:53/92	0:58/90	0:58/80	4:28/84	0:55/129	2:06/128
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:29 (2)	+0:06 (2)	+0:04 (2)	+0:12 (2)	+3:46 (3)	+0:19 (2)	+0:46 (2)
25:05 (2)	26:19 (2)	27:29 (2)	29:02 (2)	30:47 (2)	32:14 (2)	32:27 (2)			
0:51/82	1:14/125	1:10/50	1:33/75	1:45/127	1:27/155	0:13/100			
+0:03 (2)	+0:00 (1)	+0:05 (2)	+0:28 (2)	+0:11 (2)	+0:00 (1)	+0:00 (1)			

3	Torbjørn H. Olsen		B&OI Orientering		(12,56min/km)	56:32	(+29:48)		
5:46 (3)	9:33 (3)	12:38 (3)	24:51 (3)	28:20 (3)	30:37 (3)	34:57 (3)	36:39 (3)	37:40 (3)	41:26 (3)
5:46/160	3:47/121	3:05/162	12:13/76	3:29/92	2:17/90	4:20/80	1:42/84	1:01/129	3:46/128
+2:37 (3)	+2:07 (3)	+1:22 (3)	+6:18 (3)	+1:42 (3)	+1:23 (3)	+3:34 (3)	+1:00 (2)	+0:25 (3)	+2:26 (3)
44:16 (3)	46:45 (3)	50:46 (3)	52:24 (3)	54:33 (3)	56:16 (3)	56:32 (3)			
2:50/82	2:29/125	4:01/50	1:38/75	2:09/127	1:43/155	0:16/100			
+2:02 (3)	+1:15 (3)	+2:56 (3)	+0:33 (3)	+0:35 (3)	+0:16 (3)	+0:03 (3)			

Klasse D15-16 - 3,2 km

1 påmeldt, 1 startende 1 premiert

1	Ida Hegreberg		B&OI Orientering		(14,52min/km)	46:28			
5:12 (1)	8:51 (1)	12:53 (1)	19:13 (1)	21:09 (1)	23:01 (1)	24:29 (1)	31:18 (1)	33:09 (1)	37:39 (1)
5:12/126	3:39/76	4:02/92	6:20/90	1:56/80	1:52/84	1:28/129	6:49/128	1:51/82	4:30/125
+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)
40:28 (1)	43:37 (1)	46:09 (1)	46:28 (1)						
2:49/75	3:09/127	2:32/155	0:19/100						
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)						

Klasse H17- - 5,5 km

4 påmeldt, 4 startende 1 premiert

1	Nils Albert Aamand		B&OI Orientering		(5,78min/km)	31:47			
4:04 (3)	5:35 (2)	7:19 (2)	12:23 (1)	13:09 (1)	14:55 (1)	16:33 (1)	18:33 (1)	20:03 (1)	20:55 (1)
4:04/160	1:31/121	1:44/162	5:04/76	0:46/77	1:46/73	1:38/74	2:00/81	1:30/92	0:52/90
+0:47 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:01 (2)	+0:00 (1)	+0:00 (1)
21:41 (1)	22:19 (1)	22:57 (1)	24:14 (1)	25:01 (1)	26:42 (1)	27:31 (1)	28:36 (1)	30:08 (1)	31:30 (1)
0:46/80	0:38/84	0:38/129	1:17/128	0:47/82	1:41/124	0:49/50	1:05/75	1:32/127	1:22/155
+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)
31:47 (1)									

0:17/100
+0:00 (1)

2	Arild Hegreberg		B&OI Orientering	(6,54min/km)		35:58	(+4:11)		
3:17 (1)	5:02 (1)	6:46 (1)	12:43 (2)	13:38 (2)	15:41 (2)	17:26 (2)	19:25 (2)	21:01 (2)	22:10 (2)
3:17/160	1:45/121	1:44/162	5:57/76	0:55/77	2:03/73	1:45/74	1:59/81	1:36/92	1:09/90
+0:00 (1)	+0:14 (2)	+0:00 (1)	+0:53 (2)	+0:09 (2)	+0:17 (2)	+0:07 (2)	+0:00 (1)	+0:06 (2)	+0:17 (2)
23:01 (2)	23:48 (2)	24:34 (2)	26:53 (2)	27:50 (2)	29:49 (2)	30:59 (2)	32:18 (2)	34:03 (2)	35:39 (2)
0:51/80	0:47/84	0:46/129	2:19/128	0:57/82	1:59/124	1:10/50	1:19/75	1:45/127	1:36/155
+0:05 (2)	+0:09 (2)	+0:08 (2)	+1:02 (3)	+0:10 (3)	+0:18 (2)	+0:21 (2)	+0:14 (2)	+0:13 (2)	+0:14 (3)
35:58 (2)									
0:19/249									
+0:02 (4)									

3	Lars Reitan		B&OI Orientering	(8,09min/km)		44:30	(+12:43)		
3:27 (2)	6:08 (3)	8:55 (3)	15:31 (3)	16:33 (3)	18:59 (3)	21:04 (3)	23:22 (3)	25:31 (3)	27:28 (3)
3:27/160	2:41/121	2:47/162	6:36/76	1:02/77	2:26/73	2:05/74	2:18/81	2:09/92	1:57/90
+0:10 (2)	+1:10 (3)	+1:03 (3)	+1:32 (3)	+0:16 (4)	+0:40 (3)	+0:27 (3)	+0:19 (3)	+0:39 (3)	+1:05 (3)
31:09 (3)	31:56 (3)	33:05 (3)	34:27 (3)	35:19 (3)	37:57 (3)	39:10 (3)	40:42 (3)	42:32 (3)	44:13 (3)
3:41/80	0:47/84	1:09/129	1:22/128	0:52/82	2:38/124	1:13/50	1:32/75	1:50/127	1:41/155
+2:55 (4)	+0:09 (2)	+0:31 (3)	+0:05 (2)	+0:05 (2)	+0:57 (3)	+0:24 (3)	+0:27 (3)	+0:18 (3)	+0:19 (4)
44:30 (3)									
0:17/249									
+0:00 (1)									

4	Tore Kolstad		Mo O-Klubb	(10,72min/km)		58:59	(+27:12)		
4:56 (4)	8:43 (4)	12:23 (4)	20:45 (4)	21:44 (4)	25:46 (4)	28:39 (4)	32:06 (4)	34:48 (4)	36:58 (4)
4:56/160	3:47/121	3:40/162	8:22/76	0:59/77	4:02/73	2:53/74	3:27/81	2:42/92	2:10/90
+1:39 (4)	+2:16 (4)	+1:56 (4)	+3:18 (4)	+0:13 (3)	+2:16 (4)	+1:15 (4)	+1:28 (4)	+1:12 (4)	+1:18 (4)
38:25 (4)	40:12 (4)	41:27 (4)	44:13 (4)	46:24 (4)	49:51 (4)	53:31 (4)	55:16 (4)	57:14 (4)	58:41 (4)
1:27/80	1:47/84	1:15/129	2:46/128	2:11/82	3:27/124	3:40/50	1:45/75	1:58/127	1:27/155
+0:41 (3)	+1:09 (4)	+0:37 (4)	+1:29 (4)	+1:24 (4)	+1:46 (4)	+2:51 (4)	+0:40 (4)	+0:26 (4)	+0:05 (2)
58:59 (4)									
0:18/249									
+0:01 (3)									

Klasse D17- - 4,5 km

4 påmeldt, 4 startende 1 premiert

1	Hilde Sofie Hansen		Mo O-Klubb	(7,66min/km)		34:29			
3:53 (1)	6:06 (1)	8:47 (1)	16:11 (1)	18:22 (1)	19:44 (1)	20:35 (1)	21:36 (1)	22:34 (1)	24:43 (1)
3:53/160	2:13/121	2:41/162	7:24/76	2:11/92	1:22/90	0:51/80	1:01/84	0:58/129	2:09/128
+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)	+0:00 (1)
25:47 (1)	27:09 (1)	28:52 (1)	30:34 (1)	32:32 (1)	34:09 (1)	34:29 (1)			
1:04/82	1:22/125	1:43/50	1:42/75	1:58/127	1:37/155	0:20/100			
+0:00 (1)	+0:00 (1)	+0:10 (2)	+0:11 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)			

2	Doris Stien Kaspersen		Mo O-Klubb	(10,49min/km)		47:13	(+12:44)		
5:22 (2)	7:43 (2)	10:41 (2)	19:36 (2)	22:43 (2)	26:05 (2)	29:30 (3)	30:29 (3)	32:10 (2)	35:30 (2)
5:22/160	2:21/121	2:58/162	8:55/76	3:07/92	3:22/90	3:25/80	0:59/84	1:41/129	3:20/128
+1:29 (2)	+0:08 (2)	+0:17 (2)	+1:31 (2)	+0:56 (2)	+2:00 (3)	+2:34 (3)	+0:00 (1)	+0:43 (2)	+1:11 (2)
36:53 (2)	39:20 (2)	40:53 (2)	42:24 (2)	45:03 (2)	46:53 (2)	47:13 (2)			
1:23/82	2:27/125	1:33/50	1:31/75	2:39/127	1:50/155	0:20/249			
+0:19 (2)	+1:05 (3)	+0:00 (1)	+0:00 (1)	+0:41 (3)	+0:13 (2)	+0:00 (1)			

3	Astrid Kobro Fugleneb		Bø o-lag	(11,60min/km)		52:12	(+17:43)		
5:27 (3)	9:17 (3)	12:24 (3)	21:53 (3)	25:47 (3)	27:20 (3)	28:47 (2)	30:07 (2)	32:46 (3)	38:33 (3)
5:27/160	3:50/121	3:07/162	9:29/76	3:54/92	1:33/90	1:27/80	1:20/84	2:39/129	5:47/128
+1:34 (3)	+1:37 (3)	+0:26 (3)	+2:05 (3)	+1:43 (3)	+0:11 (2)	+0:36 (2)	+0:21 (3)	+1:41 (3)	+3:38 (3)
39:59 (3)	42:10 (3)	44:45 (3)	47:05 (3)	49:32 (3)	51:47 (3)	52:12 (3)			
1:26/82	2:11/125	2:35/50	2:20/75	2:27/127	2:15/155	0:25/249			
+0:22 (3)	+0:49 (2)	+1:02 (3)	+0:49 (3)	+0:29 (2)	+0:38 (3)	+0:05 (3)			

	Nancy Stien Schreiner		Ukjent klubb	(0,00min/km)		Brutt	
(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)		
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)			

Klasse H17C - 2,7 km

4 påmeldt, 4 startende 1 premiert

1	Martin Kaspersen		Mo O-Klubb		(16,89min/km)		45:36		
	5:41 (4)	9:41 (3)	15:58 (1)	24:08 (2)	26:09 (2)	30:25 (1)	33:51 (1)	37:47 (1)	41:20 (1) 44:45 (1)
	5:41/126	4:00/76	6:17/90	8:10/84	2:01/129	4:16/82	3:26/125	3:56/75	3:33/127 3:25/155
	+0:55 (4)	+0:59 (3)	+0:00 (1)	+6:37 (3)	+0:17 (2)	+1:14 (2)	+0:18 (2)	+1:52 (2)	+1:24 (3) +1:42 (4)
	45:36 (1)								
	0:51/249								
	+0:30 (4)								
2	Håkon Vargdal		Mo O-Klubb		(17,79min/km)		48:02	(+2:26)	
	4:50 (3)	7:51 (2)	27:14 (3)	28:47 (3)	32:52 (3)	35:54 (2)	41:45 (2)	43:49 (2)	45:58 (2) 47:41 (2)
	4:50/126	3:01/76	19:23/90	1:33/84	4:05/129	3:02/82	5:51/125	2:04/75	2:09/127 1:43/155
	+0:04 (3)	+0:00 (1)	+13:06 (4)	+0:00 (1)	+2:21 (4)	+0:00 (1)	+2:43 (3)	+0:00 (1)	+0:00 (1) +0:00 (1)
	48:02 (2)								
	0:21/249								
	+0:00 (1)								
3	Frode Ikdahl		B&OI Orientering		(23,30min/km)		1:02:54	(+17:18)	
	4:46 (1)	7:49 (1)	18:02 (2)	20:15 (1)	22:32 (1)	38:31 (3)	52:26 (3)	56:44 (3)	1:00:13 (3) 1:02:26 (3)
	4:46/126	3:03/76	10:13/90	2:13/84	2:17/129	15:59/82	13:55/125	4:18/75	3:29/127 2:13/155
	+0:00 (1)	+0:02 (2)	+3:56 (2)	+0:40 (2)	+0:33 (3)	+12:57 (4)	+10:47 (4)	+2:14 (3)	+1:20 (2) +0:30 (2)
	1:02:54 (3)								
	0:28/100								
	+0:07 (2)								
4	Hans-Arne Kristoffersen		Mo OK		(28,85min/km)		1:17:53	(+32:17)	
	4:46 (1)	19:09 (4)	33:36 (4)	45:28 (4)	47:12 (4)	1:01:41 (4)	1:04:49 (4)	1:11:15 (4)	1:14:55 (4) 1:17:17 (4)
	4:46/126	14:23/76	14:27/90	11:52/84	1:44/129	14:29/82	3:08/125	6:26/75	3:40/127 2:22/155
	+0:00 (1)	+11:22 (4)	+8:10 (3)	+10:19 (4)	+0:00 (1)	+11:27 (3)	+0:00 (1)	+4:22 (4)	+1:31 (4) +0:39 (3)
	1:17:53 (4)								
	0:36/100								
	+0:15 (3)								

Klasse H45- - 4,5 km

4 påmeldt, 4 startende 1 premiert

1	Jan Gaute Buvik		Korgen IL		(7,36min/km)		33:07		
	3:59 (1)	5:58 (1)	8:23 (1)	15:55 (1)	18:03 (1)	19:03 (1)	19:53 (1)	20:55 (1)	21:47 (1) 23:28 (1)
	3:59/160	1:59/121	2:25/162	7:32/76	2:08/92	1:00/90	0:50/80	1:02/84	0:52/129 1:41/128
	+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)
	24:30 (1)	25:51 (1)	27:07 (1)	28:51 (1)	31:02 (1)	32:45 (1)	33:07 (1)		
	1:02/82	1:21/125	1:16/50	1:44/75	2:11/127	1:43/155	0:22/249		
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:09 (3)	+0:00 (1)	+0:00 (1)	+0:04 (3)		
2	Jan Kåre Vatne		Mo O-Klubb		(8,96min/km)		40:19	(+7:12)	
	4:44 (4)	7:24 (4)	10:05 (4)	18:14 (2)	20:53 (2)	22:23 (2)	23:39 (2)	25:09 (2)	26:17 (2) 28:33 (2)
	4:44/160	2:40/121	2:41/162	8:09/76	2:39/92	1:30/90	1:16/80	1:30/84	1:08/129 2:16/128
	+0:45 (4)	+0:41 (4)	+0:16 (2)	+0:37 (2)	+0:31 (4)	+0:30 (2)	+0:26 (2)	+0:28 (3)	+0:16 (2) +0:35 (2)
	29:51 (2)	31:52 (2)	33:59 (2)	35:38 (2)	38:06 (2)	39:58 (2)	40:19 (2)		
	1:18/82	2:01/125	2:07/50	1:39/75	2:28/127	1:52/155	0:21/100		
	+0:16 (3)	+0:40 (3)	+0:51 (4)	+0:04 (2)	+0:17 (3)	+0:09 (2)	+0:03 (2)		
3	Arnulf Villmo		Korgen IL		(9,19min/km)		41:21	(+8:14)	
	4:31 (3)	7:02 (3)	9:45 (3)	18:30 (3)	21:07 (3)	22:52 (3)	24:14 (3)	25:32 (3)	26:56 (3) 29:34 (3)
	4:31/160	2:31/121	2:43/162	8:45/76	2:37/92	1:45/90	1:22/80	1:18/84	1:24/129 2:38/128
	+0:32 (3)	+0:32 (3)	+0:18 (3)	+1:13 (3)	+0:29 (3)	+0:45 (3)	+0:32 (3)	+0:16 (2)	+0:32 (4) +0:57 (3)
	30:56 (3)	33:04 (3)	34:47 (3)	36:31 (3)	39:00 (3)	40:56 (3)	41:21 (3)		
	1:22/82	2:08/125	1:43/50	1:44/75	2:29/127	1:56/155	0:25/249		
	+0:20 (4)	+0:47 (4)	+0:27 (3)	+0:09 (3)	+0:18 (4)	+0:13 (3)	+0:07 (4)		

4	Gunnar Brattli		Mo O-Klubb		(10,54min/km)		47:27	(+14:20)	
4:19 (2)	6:31 (2)	9:26 (2)	19:13 (4)	21:37 (4)	25:02 (4)	29:38 (4)	32:53 (4)	34:06 (4)	37:02 (4)
4:19/160	2:12/121	2:55/162	9:47/76	2:24/92	3:25/90	4:36/80	3:15/84	1:13/129	2:56/128
+0:20 (2)	+0:13 (2)	+0:30 (4)	+2:15 (4)	+0:16 (2)	+2:25 (4)	+3:46 (4)	+2:13 (4)	+0:21 (3)	+1:15 (4)
38:14 (4)	39:54 (4)	41:23 (4)	42:58 (4)	45:12 (4)	47:09 (4)	47:27 (4)			
1:12/82	1:40/125	1:29/50	1:35/75	2:14/127	1:57/155	0:18/249			
+0:10 (2)	+0:19 (2)	+0:13 (2)	+0:00 (1)	+0:03 (2)	+0:14 (4)	+0:00 (1)			

Klasse D45- - 3,7 km

5 påmeldt, 5 startende 1 premiert

1	Inger Lise Pettersen		Korgen IL		(9,45min/km)		34:57		
4:17 (1)	5:23 (1)	10:20 (1)	12:50 (1)	17:47 (2)	18:52 (2)	20:03 (1)	21:15 (1)	23:56 (1)	25:04 (1)
4:17/160	1:06/158	4:57/76	2:30/92	4:57/90	1:05/80	1:11/84	1:12/129	2:41/128	1:08/82
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+3:23 (5)	+0:00 (1)	+0:00 (1)	+0:04 (2)	+0:00 (1)	+0:00 (1)
29:04 (1)	30:41 (1)	32:52 (1)	34:36 (1)	34:57 (1)					
4:00/50	1:37/75	2:11/127	1:44/155	0:21/249					
+0:18 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:01 (2)					

2	Wenche Hjelmseth		Mo O-Klubb		(11,37min/km)		42:04	(+7:07)	
4:37 (2)	6:05 (2)	11:33 (2)	15:49 (2)	17:23 (1)	18:50 (1)	20:40 (2)	21:48 (2)	25:27 (2)	30:57 (2)
4:37/160	1:28/158	5:28/76	4:16/92	1:34/90	1:27/80	1:50/84	1:08/129	3:39/128	5:30/82
+0:20 (2)	+0:22 (2)	+0:31 (2)	+1:46 (4)	+0:00 (1)	+0:22 (2)	+0:39 (3)	+0:00 (1)	+0:58 (3)	+4:22 (5)
34:53 (2)	37:10 (2)	39:41 (2)	41:44 (2)	42:04 (2)					
3:56/50	2:17/75	2:31/127	2:03/155	0:20/249					
+0:14 (2)	+0:40 (4)	+0:20 (2)	+0:19 (2)	+0:00 (1)					

3	Eli Ringdalen		Mo O-Klubb		(13,33min/km)		49:19	(+14:22)	
5:55 (5)	9:23 (5)	16:43 (5)	19:52 (5)	22:10 (4)	23:50 (4)	25:23 (3)	26:37 (3)	36:06 (5)	37:21 (4)
5:55/160	3:28/158	7:20/76	3:09/92	2:18/90	1:40/80	1:33/84	1:14/129	9:29/128	1:15/82
+1:38 (5)	+2:22 (5)	+2:23 (4)	+0:39 (2)	+0:44 (2)	+0:35 (3)	+0:22 (2)	+0:06 (3)	+6:48 (5)	+0:07 (2)
42:04 (4)	44:12 (4)	46:48 (3)	48:53 (3)	49:19 (3)					
4:43/50	2:08/75	2:36/127	2:05/155	0:26/249					
+1:01 (4)	+0:31 (3)	+0:25 (3)	+0:21 (3)	+0:06 (4)					

4	Lisbeth Beyer		Mo OK		(13,36min/km)		49:25	(+14:28)	
5:27 (3)	7:41 (4)	15:32 (4)	19:20 (4)	21:45 (3)	23:49 (3)	26:08 (4)	27:38 (4)	34:31 (3)	37:23 (5)
5:27/160	2:14/158	7:51/76	3:48/92	2:25/90	2:04/80	2:19/84	1:30/129	6:53/128	2:52/82
+1:10 (3)	+1:08 (4)	+2:54 (5)	+1:18 (3)	+0:51 (3)	+0:59 (5)	+1:08 (4)	+0:22 (4)	+4:12 (4)	+1:44 (4)
41:05 (3)	43:53 (3)	46:52 (4)	49:00 (4)	49:25 (4)					
3:42/50	2:48/75	2:59/127	2:08/155	0:25/249					
+0:00 (1)	+1:11 (5)	+0:48 (5)	+0:24 (4)	+0:05 (3)					

5	Liv Petersen-Øverleir		Mo OK		(13,62min/km)		50:23	(+15:26)	
5:38 (4)	7:18 (3)	14:11 (3)	18:27 (3)	22:14 (5)	24:07 (5)	27:47 (5)	31:08 (5)	34:32 (4)	36:35 (3)
5:38/160	1:40/158	6:53/76	4:16/92	3:47/90	1:53/80	3:40/84	3:21/129	3:24/128	2:03/82
+1:21 (4)	+0:34 (3)	+1:56 (3)	+1:46 (4)	+2:13 (4)	+0:48 (4)	+2:29 (5)	+2:13 (5)	+0:43 (2)	+0:55 (3)
42:46 (5)	44:53 (5)	47:46 (5)	49:55 (5)	50:23 (5)					
6:11/50	2:07/75	2:53/127	2:09/155	0:28/249					
+2:29 (5)	+0:30 (2)	+0:42 (4)	+0:25 (5)	+0:08 (5)					

Klasse H65- - 3,2 km

1 påmeldt, 1 startende 1 premiert

1	Arvid Kongsli		Bleikvassli IL		(24,52min/km)		1:18:27		
5:54 (1)	9:21 (1)	14:37 (1)	17:23 (1)	19:47 (1)	21:53 (1)	24:48 (1)	28:04 (1)	38:36 (1)	1:08:45 (1)
5:54/126	3:27/76	5:16/92	2:46/90	2:24/80	2:06/84	2:55/129	3:16/128	10:32/82	30:09/125
+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)
1:12:07 (1)	1:15:48 (1)	1:17:58 (1)	1:18:27 (1)						
3:22/75	3:41/127	2:10/155	0:29/249						
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)						