

Resultater fra Saltenkarusel 10 29.08.2007

Det var totalt 50 deltagere.

Klasse 2 km 2,0 km

11 påmeldt, 11 startende

1	Fredrik Kristiansen		B&OI		(9,04min/km)		18:05	
	1:33 (4)	3:30 (2)	7:49 (1)	10:14 (1)	12:32 (1)	13:50 (1)	16:48 (1)	18:05 (1)
	1:33/41	1:57/102	4:19/115	2:25/101	2:18/63	1:18/112	2:58/31	1:17/249
	+0:25 (4)	+0:06 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:22 (2)	+0:00 (1)	+0:07 (3)
2	Mari E Reitan		B&OI		(11,24min/km)		22:29	(+4:24)
	1:23 (3)	4:06 (3)	10:21 (2)	13:52 (2)	16:22 (2)	17:40 (2)	21:18 (2)	22:29 (2)
	1:23/41	2:43/102	6:15/115	3:31/101	2:30/63	1:18/112	3:38/31	1:11/249
	+0:15 (3)	+0:52 (4)	+1:56 (4)	+1:06 (3)	+0:12 (2)	+0:22 (2)	+0:40 (4)	+0:01 (2)
3	Regula Høsli		B&OI		(13,51min/km)		27:01	(+8:56)
	2:22 (6)	5:01 (4)	10:29 (3)	14:28 (3)	19:44 (3)	21:03 (3)	25:02 (3)	27:01 (3)
	2:22/41	2:39/102	5:28/115	3:59/101	5:16/63	1:19/112	3:59/31	1:59/249
	+1:14 (6)	+0:48 (3)	+1:09 (3)	+1:34 (5)	+2:58 (7)	+0:23 (4)	+1:01 (5)	+0:49 (5)
4	Kristian R Hovde		B&OI		(16,78min/km)		33:34	(+15:29)
	1:08 (1)	6:00 (6)	10:47 (4)	24:16 (7)	27:18 (7)	28:14 (6)	31:46 (4)	33:34 (4)
	1:08/41	4:52/102	4:47/115	13:29/101	3:02/63	0:56/112	3:32/31	1:48/249
	+0:00 (1)	+3:01 (8)	+0:28 (2)	+11:04 (9)	+0:44 (3)	+0:00 (1)	+0:34 (3)	+0:38 (4)
5	Arnold Danielsen		B&OI		(17,13min/km)		34:16	(+16:11)
	4:38 (8)	8:10 (8)	15:10 (7)	21:17 (6)	25:11 (6)	27:04 (5)	32:07 (5)	34:16 (5)
	4:38/41	3:32/102	7:00/115	6:07/101	3:54/63	1:53/112	5:03/31	2:09/249
	+3:30 (8)	+1:41 (7)	+2:41 (5)	+3:42 (7)	+1:36 (5)	+0:57 (5)	+2:05 (7)	+0:59 (7)
6	Anders Stensland		B&OI		(17,71min/km)		35:25	(+17:20)
	1:08 (1)	2:59 (1)	12:49 (5)	17:02 (4)	20:14 (4)	25:34 (4)	34:15 (6)	35:25 (6)
	1:08/41	1:51/102	9:50/115	4:13/101	3:12/63	5:20/112	8:41/31	1:10/249
	+0:00 (1)	+0:00 (1)	+5:31 (7)	+1:48 (6)	+0:54 (4)	+4:24 (8)	+5:43 (8)	+0:00 (1)
7	Heidi Jensen		B&OI		(21,07min/km)		42:08	(+24:03)
	2:15 (5)	5:03 (5)	13:17 (6)	17:10 (5)	23:16 (5)	36:47 (7)	40:02 (7)	42:08 (7)
	2:15/41	2:48/102	8:14/115	3:53/101	6:06/63	13:31/112	3:15/31	2:06/249
	+1:07 (5)	+0:57 (5)	+3:55 (6)	+1:28 (4)	+3:48 (8)	+12:35 (9)	+0:17 (2)	+0:56 (6)
8	Anny Valvik		B&OI		(27,59min/km)		55:11	(+37:06)
	4:01 (7)	7:16 (7)	18:50 (8)	28:21 (8)	34:35 (8)	38:00 (8)	51:25 (8)	55:11 (8)
	4:01/41	3:15/102	11:34/115	9:31/101	6:14/63	3:25/112	13:25/31	3:46/249
	+2:53 (7)	+1:24 (6)	+7:15 (8)	+7:06 (8)	+3:56 (9)	+2:29 (7)	+10:27 (9)	+2:36 (9)
9	Håkon Haug		B&OI		(45,05min/km)		1:30:06	(+1:12:01)
	35:51 (9)	51:29 (9)	1:12:10 (9)	1:15:40 (9)	1:20:42 (9)	1:22:36 (9)	1:27:12 (9)	1:30:06 (9)
	35:51/41	15:38/102	20:41/115	3:30/101	5:02/63	1:54/112	4:36/31	2:54/249
	+34:43 (9)	+13:47 (9)	+16:22 (9)	+1:05 (2)	+2:44 (6)	+0:58 (6)	+1:38 (6)	+1:44 (8)
	Ask Kleist Godal		B&OI		(18,95min/km)		Disk	(+19:49)
	2:47 (7)	4:47 (4)	10:16 (2)	15:00 (4)	27:22 (8)	28:57 (7)	37:54 (7)	37:54 (7)
	2:47/41	2:00/102	5:29/115	4:44/101	12:22/63	1:35/112	8:57/249	
	+1:39 (7)	+0:09 (3)	+1:10 (4)	+2:19 (7)	+10:04 (10)	+0:39 (5)	+5:59 (9)	+0:00 (1)
	Aksel Storvik Nilsen		B&OI		(24,42min/km)		Disk	(+30:45)
	2:14 (5)	5:05 (6)	11:39 (5)	36:41 (9)	38:23 (9)	47:00 (9)	48:50 (8)	48:50 (8)
	2:14/41	2:51/102	6:34/115	25:02/63	1:42/112	8:37/31	1:50/249	
	+1:06 (5)	+1:00 (6)	+2:15 (5)	+22:37 (10)	+0:00 (1)	+7:41 (9)	+0:00 (1)	+0:00 (1)

Klasse 3 km 3,0 km

12 påmeldt, 12 startende

1	Carl B Bjørseth		B&OI		(10,31min/km)		30:56	
	2:05 (2)	4:46 (2)	9:06 (1)	12:11 (2)	17:19 (1)	23:02 (1)	25:31 (1)	27:53 (1)
	2:05/31	2:41/131	4:20/105	3:05/108	5:08/106	5:43/112	2:29/62	2:22/102
	+0:24 (2)	+0:02 (2)	+0:00 (1)	+0:52 (5)	+0:00 (1)	+0:00 (1)	+0:43 (2)	+0:00 (1)
	30:56 (1)						+0:06 (3)	+0:11 (5)

+0:00 (1)										
2	Per Dalhaug				B&OI			(11,13min/km)	33:23	(+2:27)
	2:20 (7)	5:06 (5)	9:42 (2)	12:10 (1)	17:25 (2)	24:28 (2)	27:28 (2)	30:22 (2)	32:30 (2)	33:23 (2)
	2:20/31	2:46/131	4:36/105	2:28/108	5:15/106	7:03/112	3:00/62	2:54/102	2:08/41	0:53/249
	+0:39 (7)	+0:07 (4)	+0:16 (2)	+0:15 (2)	+0:07 (3)	+1:20 (5)	+1:14 (3)	+0:32 (6)	+0:15 (5)	+0:00 (1)
	33:23 (2)									
+0:00 (1)										
3	Jacob Kalvig Skogan				B&OI			(12,04min/km)	36:07	(+5:11)
	2:17 (4)	5:07 (6)	10:32 (5)	13:35 (4)	18:46 (3)	24:47 (3)	30:01 (4)	33:12 (4)	35:05 (4)	36:07 (3)
	2:17/31	2:50/131	5:25/105	3:03/108	5:11/106	6:01/112	5:14/62	3:11/102	1:53/41	1:02/249
	+0:36 (4)	+0:11 (6)	+1:05 (5)	+0:50 (4)	+0:03 (2)	+0:18 (2)	+3:28 (11)	+0:49 (8)	+0:00 (1)	+0:09 (4)
	36:07 (3)									
+0:00 (1)										
4	Torbjørn H Olsen				B&OI			(12,39min/km)	37:11	(+6:15)
	2:20 (7)	5:02 (4)	11:18 (6)	15:49 (7)	21:27 (6)	28:12 (5)	31:43 (5)	34:07 (5)	36:15 (5)	37:11 (5)
	2:20/31	2:42/131	6:16/105	4:31/108	5:38/106	6:45/112	3:31/62	2:24/102	2:08/41	0:56/249
	+0:39 (7)	+0:03 (3)	+1:56 (8)	+2:18 (10)	+0:30 (5)	+1:02 (4)	+1:45 (4)	+0:02 (2)	+0:15 (5)	+0:03 (2)
	37:11 (4)									
+0:00 (1)										
5	Morten Selnes				B&OI			(12,48min/km)	37:26	(+6:30)
	2:17 (4)	4:56 (3)	9:44 (3)	14:02 (5)	19:35 (5)	26:08 (4)	27:54 (3)	30:51 (3)	33:32 (3)	36:24 (4)
	2:17/31	2:39/131	4:48/105	4:18/108	5:33/106	6:33/63	1:46/112	2:57/62	2:41/102	2:52/41
	+0:36 (4)	+0:00 (1)	+0:28 (3)	+2:05 (9)	+0:25 (4)	+0:50 (3)	+0:00 (1)	+0:35 (7)	+0:48 (9)	+1:59 (12)
	37:26 (5)									
	1:02/249									
	+0:00 (1)									
6	Astrid Fugleneb				B&OI			(12,84min/km)	38:32	(+7:36)
	2:23 (9)	5:12 (8)	10:19 (4)	13:12 (3)	19:02 (4)	28:48 (6)	32:37 (6)	35:19 (6)	37:18 (6)	38:32 (6)
	2:23/31	2:49/131	5:07/105	2:53/108	5:50/106	9:46/112	3:49/62	2:42/102	1:59/41	1:14/249
	+0:42 (9)	+0:10 (5)	+0:47 (4)	+0:40 (3)	+0:42 (7)	+4:03 (11)	+2:03 (7)	+0:20 (4)	+0:06 (3)	+0:21 (8)
	38:32 (6)									
+0:00 (1)										
7	Mariell Eide				IL Siso			(13,78min/km)	41:20	(+10:24)
	2:18 (6)	7:31 (11)	13:25 (9)	15:38 (6)	22:18 (7)	31:15 (7)	34:55 (7)	37:44 (7)	40:12 (7)	41:20 (7)
	2:18/31	5:13/131	5:54/105	2:13/108	6:40/106	8:57/112	3:40/62	2:49/102	2:28/41	1:08/249
	+0:37 (6)	+2:34 (11)	+1:34 (6)	+0:00 (1)	+1:32 (10)	+3:14 (9)	+1:54 (5)	+0:27 (5)	+0:35 (8)	+0:15 (7)
	41:20 (7)									
+0:00 (1)										
8	Frode Ikdahl				B&OI			(14,51min/km)	43:32	(+12:36)
	1:41 (1)	4:44 (1)	13:54 (10)	17:47 (9)	23:30 (9)	31:42 (8)	38:06 (9)	40:41 (9)	42:36 (8)	43:32 (8)
	1:41/31	3:03/131	9:10/105	3:53/108	5:43/106	8:12/112	6:24/62	2:35/102	1:55/41	0:56/249
	+0:00 (1)	+0:24 (7)	+4:50 (11)	+1:40 (7)	+0:35 (6)	+2:29 (7)	+4:38 (12)	+0:13 (3)	+0:02 (2)	+0:03 (2)
	43:32 (8)									
+0:00 (1)										
9	Marianne Eilersten				B&OI			(15,26min/km)	45:46	(+14:50)
	2:25 (10)	5:54 (9)	13:19 (8)	17:22 (8)	23:30 (8)	32:45 (9)	36:37 (8)	40:12 (8)	44:39 (9)	45:46 (9)
	2:25/31	3:29/131	7:25/105	4:03/108	6:08/106	9:15/112	3:52/62	3:35/102	4:27/41	1:07/249
	+0:44 (10)	+0:50 (9)	+3:05 (9)	+1:50 (8)	+1:00 (8)	+3:32 (10)	+2:06 (8)	+1:13 (9)	+2:34 (12)	+0:14 (6)
	45:46 (9)									
+0:00 (1)										
10	Carl A Boe				B&OI			(16,74min/km)	50:14	(+19:18)
	2:49 (11)	6:33 (10)	12:27 (7)	21:44 (10)	28:18 (10)	37:05 (10)	42:06 (10)	46:05 (10)	48:55 (10)	50:14 (10)
	2:49/31	3:44/131	5:54/105	9:17/108	6:34/106	8:47/112	5:01/62	3:59/102	2:50/41	1:19/249

+1:08 (11) +1:05 (10) +1:34 (6) +7:04 (11) +1:26 (9) +3:04 (8) +3:15 (10) +1:37 (12) +0:57 (10) +0:26 (9)
50:14 (10)

+0:00 (1)

11 Per O Fosby B&OI (19,74min/km) 59:14 (+28:18)
3:14 (12) 12:10 (12) 20:08 (12) 23:37 (11) 32:24 (11) 47:53 (12) 51:37 (11) 55:22 (12) 57:48 (11) 59:14 (11)
3:14/31 8:56/131 7:58/105 3:29/108 8:47/106 15:29/112 3:44/62 3:45/102 2:26/41 1:26/249
+1:33 (12) +6:17 (12) +3:38 (10) +1:16 (6) +3:39 (11) +9:46 (12) +1:58 (6) +1:23 (11) +0:33 (7) +0:33 (10)
59:14 (11)

+0:00 (1)

12 Jan Øverås B&OI (19,97min/km) 59:55 (+28:59)
2:06 (3) 5:10 (7) 18:22 (11) 30:20 (12) 39:26 (12) 47:34 (11) 51:38 (12) 55:19 (11) 58:12 (12) 59:55 (12)
2:06/31 3:04/131 13:12/105 11:58/108 9:06/106 8:08/112 4:04/62 3:41/102 2:53/41 1:43/249
+0:25 (3) +0:25 (8) +8:52 (12) +9:45 (12) +3:58 (12) +2:25 (6) +2:18 (9) +1:19 (10) +1:00 (11) +0:50 (11)
59:55 (12)

+0:00 (1)

Klasse 4 km 4,0 km

19 påmeldt, 19 startende

1 Per Rekkedal B&OI (7,99min/km) 31:34
1:35 (1) 4:48 (1) 6:36 (1) 9:48 (1) 13:25 (1) 16:04 (1) 18:08 (1) 22:11 (1) 27:26 (1) 29:49 (1)
1:35/102 3:13/62 1:48/131 3:12/105 3:37/117 2:39/49 2:04/108 4:03/106 5:15/112 2:23/109
+0:00 (1) +0:29 (6) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:13 (2) +0:00 (1)
31:34 (1)
1:45/249
+0:04 (2)

2 Ivar Aanerød B&OI (9,22min/km) 36:25 (+4:51)
1:54 (2) 4:53 (2) 7:37 (2) 11:04 (2) 15:25 (2) 18:30 (2) 21:16 (2) 25:26 (2) 30:28 (2) 33:38 (2)
1:54/102 2:59/62 2:44/131 3:27/105 4:21/117 3:05/49 2:46/108 4:10/106 5:02/112 3:10/109
+0:19 (2) +0:15 (3) +0:56 (6) +0:15 (2) +0:44 (5) +0:26 (4) +0:42 (4) +0:07 (3) +0:00 (1) +0:47 (8)
36:25 (2)
2:47/249
+1:06 (14)

3 Bjørn Are Stensland B&OI (9,34min/km) 36:53 (+5:19)
2:21 (10) 5:18 (6) 7:39 (3) 12:19 (5) 17:13 (5) 20:14 (5) 22:39 (4) 27:01 (3) 32:31 (3) 35:12 (3)
2:21/102 2:57/62 2:21/131 4:40/105 4:54/117 3:01/49 2:25/108 4:22/106 5:30/112 2:41/109
+0:46 (10) +0:13 (2) +0:33 (2) +1:28 (9) +1:17 (11) +0:22 (2) +0:21 (2) +0:19 (5) +0:28 (4) +0:18 (2)
36:53 (3)
1:41/249
+0:00 (1)

4 Leif Magne Eggestad B&OI (9,94min/km) 39:16 (+7:42)
1:58 (5) 5:01 (3) 8:08 (6) 14:20 (8) 18:23 (7) 21:26 (7) 24:22 (7) 28:41 (6) 34:01 (5) 37:12 (4)
1:58/102 3:03/62 3:07/131 6:12/105 4:03/117 3:03/49 2:56/108 4:19/106 5:20/112 3:11/109
+0:23 (5) +0:19 (4) +1:19 (9) +3:00 (12) +0:26 (3) +0:24 (3) +0:52 (6) +0:16 (4) +0:18 (3) +0:48 (9)
39:16 (4)
2:04/249
+0:23 (7)

5 Johny Jakobsen Valnesfjord IL (10,65min/km) 42:05 (+10:31)
2:58 (15) 5:42 (8) 8:24 (7) 15:02 (11) 20:27 (12) 23:39 (9) 26:17 (8) 30:40 (8) 36:57 (7) 39:41 (5)
2:58/102 2:44/62 2:42/131 6:38/105 5:25/117 3:12/49 2:38/108 4:23/106 6:17/112 2:44/109
+1:23 (15) +0:00 (1) +0:54 (5) +3:26 (13) +1:48 (13) +0:33 (6) +0:34 (3) +0:20 (6) +1:15 (8) +0:21 (4)
42:05 (5)
2:24/249
+0:43 (9)

6 Bjørnar Hegreberg B&OI (10,66min/km) 42:07 (+10:33)
2:08 (7) 5:53 (9) 8:29 (8) 12:50 (6) 17:22 (6) 21:17 (6) 24:08 (6) 29:43 (7) 36:23 (6) 40:04 (6)
2:08/102 3:45/62 2:36/131 4:21/105 4:32/117 3:55/49 2:51/108 5:35/106 6:40/112 3:41/109

+0:33 (7) +1:01 (10) +0:48 (4) +1:09 (6) +0:55 (7) +1:16 (12) +0:47 (5) +1:32 (10) +1:38 (10) +1:18 (13)
42:07 (6)
2:03/249
+0:22 (6)

7 Anita Eriksen B&OI (11,32min/km) **44:44 (+13:10)**
1:59 (6) 5:13 (5) 8:04 (5) 11:58 (4) 16:21 (4) 19:43 (4) 22:45 (5) 28:10 (5) 39:57 (9) 42:42 (7)
1:59/102 3:14/62 2:51/131 3:54/105 4:23/117 3:22/49 3:02/108 5:25/106 11:47/112 2:45/109
+0:24 (6) +0:30 (7) +1:03 (7) +0:42 (4) +0:46 (6) +0:43 (7) +0:58 (8) +1:22 (8) +6:45 (16) +0:22 (5)
44:44 (7)
2:02/249
+0:21 (5)

8 Raymond Trondsen Tverlandet IL (11,46min/km) **45:17 (+13:43)**
2:28 (12) 6:03 (11) 10:00 (10) 14:41 (9) 19:32 (8) 23:53 (11) 27:36 (11) 33:20 (11) 39:58 (10) 42:56 (8)
2:28/102 3:35/62 3:57/131 4:41/105 4:51/117 4:21/49 3:43/108 5:44/106 6:38/112 2:58/109
+0:53 (12) +0:51 (8) +2:09 (13) +1:29 (10) +1:14 (9) +1:42 (13) +1:39 (13) +1:41 (13) +1:36 (9) +0:35 (6)
45:17 (8)
2:21/249
+0:40 (8)

9 Dag Skogan B&OI (11,65min/km) **46:01 (+14:27)**
2:57 (14) 7:02 (14) 10:51 (13) 15:20 (12) 19:56 (10) 23:40 (10) 27:08 (10) 32:50 (10) 39:48 (8) 43:18 (9)
2:57/102 4:05/62 3:49/131 4:29/105 4:36/117 3:44/49 3:28/108 5:42/106 6:58/112 3:30/109
+1:22 (14) +1:21 (13) +2:01 (12) +1:17 (7) +0:59 (8) +1:05 (9) +1:24 (10) +1:39 (12) +1:56 (12) +1:07 (12)
46:01 (9)
2:43/249
+1:02 (12)

10 Tor-Arne Haug B&OI (11,78min/km) **46:32 (+14:58)**
2:11 (8) 6:42 (13) 10:16 (11) 14:49 (10) 19:41 (9) 23:32 (8) 27:01 (9) 32:42 (9) 40:37 (11) 43:48 (10)
2:11/102 4:31/62 3:34/131 4:33/105 4:52/117 3:51/49 3:29/108 5:41/106 7:55/112 3:11/109
+0:36 (8) +1:47 (15) +1:46 (11) +1:21 (8) +1:15 (10) +1:12 (11) +1:25 (11) +1:38 (11) +2:53 (14) +0:48 (9)
46:32 (10)
2:44/249
+1:03 (13)

11 Vibece Hobbestad Valnesfjord IL (12,05min/km) **47:36 (+16:02)**
2:11 (8) 5:56 (10) 9:25 (9) 13:42 (7) 22:54 (13) 26:24 (12) 32:17 (12) 36:25 (12) 42:15 (12) 44:57 (11)
2:11/102 3:45/62 3:29/131 4:17/105 9:12/117 3:30/49 5:53/108 4:08/106 5:50/112 2:42/109
+0:36 (8) +1:01 (10) +1:41 (10) +1:05 (5) +5:35 (14) +0:51 (8) +3:49 (16) +0:05 (2) +0:48 (6) +0:19 (3)
47:36 (11)
2:39/249
+0:58 (11)

12 Torkel Irgens B&OI (12,52min/km) **49:27 (+17:53)**
1:54 (2) 5:06 (4) 11:13 (14) 16:22 (13) 20:14 (11) 29:50 (14) 33:09 (13) 38:08 (13) 44:18 (13) 47:29 (12)
1:54/102 3:12/62 6:07/131 5:09/105 3:52/117 9:36/49 3:19/108 4:59/106 6:10/112 3:11/109
+0:19 (2) +0:28 (5) +4:19 (15) +1:57 (11) +0:15 (2) +6:57 (18) +1:15 (9) +0:56 (7) +1:08 (7) +0:48 (9)
49:27 (12)
1:58/249
+0:17 (3)

13 Hilde Morten Tjønndal B&OI (13,05min/km) **51:33 (+19:59)**
1:55 (4) 5:31 (7) 8:03 (4) 11:41 (3) 15:56 (3) 19:06 (3) 22:05 (3) 27:32 (4) 33:16 (4) 49:33 (13)
1:55/102 3:36/62 2:32/131 3:38/105 4:15/117 3:10/49 2:59/108 5:27/106 5:44/112 16:17/109
+0:20 (4) +0:52 (9) +0:44 (3) +0:26 (3) +0:38 (4) +0:31 (5) +0:55 (7) +1:24 (9) +0:42 (5) +13:54 (18)
51:33 (13)
2:00/249
+0:19 (4)

14 Åge Mohus B&OI (13,40min/km) **52:56 (+21:22)**
2:27 (11) 6:26 (12) 12:46 (15) 19:32 (14) 24:36 (14) 28:21 (13) 34:34 (14) 40:37 (14) 47:19 (14) 50:23 (14)
2:27/102 3:59/62 6:20/131 6:46/105 5:04/117 3:45/49 6:13/108 6:03/106 6:42/112 3:04/109
+0:52 (11) +1:15 (12) +4:32 (17) +3:34 (14) +1:27 (12) +1:06 (10) +4:09 (17) +2:00 (14) +1:40 (11) +0:41 (7)
52:56 (14)
2:33/249
+0:52 (10)

15 Odd Ivar Søvik **B&OI** (17,76min/km) **1:10:09 (+38:35)**
 3:18 (16) 7:31 (15) 10:25 (12) 22:09 (15) 32:24 (15) 41:02 (15) 44:41 (15) 51:02 (15) 58:18 (15) 1:07:11 (15)
 3:18/102 4:13/62 2:54/131 11:44/105 10:15/117 8:38/49 3:39/108 6:21/106 7:16/112 8:53/109
 +1:43 (16) +1:29 (14) +1:06 (8) +8:32 (18) +6:38 (17) +5:59 (17) +1:35 (12) +2:18 (16) +2:14 (13) +6:30 (17)
 1:10:09 (15)
 2:58/249
 +1:17 (15)

16 Siv Byberg **B&OI** (19,60min/km) **1:17:25 (+45:51)**
 4:28 (17) 10:34 (17) 16:47 (16) 25:02 (16) 34:49 (16) 41:39 (16) 46:48 (16) 54:35 (16) 1:09:06 (16) 1:14:14 (16)
 4:28/102 6:06/62 6:13/131 8:15/105 9:47/117 6:50/49 5:09/108 7:47/106 14:31/112 5:08/109
 +2:53 (17) +3:22 (18) +4:25 (16) +5:03 (15) +6:10 (15) +4:11 (16) +3:05 (15) +3:44 (17) +9:29 (18) +2:45 (14)
 1:17:25 (16)
 3:11/249
 +1:30 (17)

17 Jannike Person **B&OI** (19,62min/km) **1:17:30 (+45:56)**
 4:40 (18) 10:45 (18) 16:51 (17) 25:12 (17) 35:00 (17) 41:49 (17) 46:51 (17) 54:39 (17) 1:09:08 (17) 1:14:24 (17)
 4:40/102 6:05/62 6:06/131 8:21/105 9:48/117 6:49/49 5:02/108 7:48/106 14:29/112 5:16/109
 +3:05 (18) +3:21 (17) +4:18 (14) +5:09 (17) +6:11 (16) +4:10 (15) +2:58 (14) +3:45 (18) +9:27 (17) +2:53 (16)
 1:17:30 (17)
 3:06/249
 +1:25 (16)

18 Christian Søvik **B&OI** (23,07min/km) **1:31:07 (+59:33)**
 2:46 (13) 8:46 (16) 23:44 (18) 31:59 (18) 54:10 (18) 1:00:23 (18) 1:08:23 (18) 1:14:30 (18) 1:22:42 (18) 1:27:56 (18)
 2:46/102 6:00/62 14:58/131 8:15/105 22:11/117 6:13/49 8:00/108 6:07/106 8:12/112 5:14/109
 +1:11 (13) +3:16 (16) +13:10 (18) +5:03 (15) +18:34 (18) +3:34 (14) +5:56 (18) +2:04 (15) +3:10 (15) +2:51 (15)
 1:31:07 (18)
 3:11/249
 +1:30 (17)

Ida Hegreberg **B&OI** (14,75min/km) **Disk (+26:41)**
 2:17 (10) 7:07 (15) 11:21 (15) 17:10 (14) 24:46 (15) 37:43 (15) 55:39 (18) 58:15 (18) 58:15 (15) 58:15 (15)
 2:17/102 4:50/62 4:14/131 5:49/105 7:36/49 12:57/117 17:56/109 2:36/249
 +0:42 (10) +2:06 (16) +2:26 (14) +2:37 (12) +3:59 (14) +10:18 (19) +15:52 (19) +0:00 (1) +0:00 (1) +0:00 (1)
 58:15 (15)
 +0:00 (1)

Klasse 6 km 6,0 km

2 påmeldt, 2 startende

1 Lars Petter Rekkedal **B&OI** (8,51min/km) **51:03**
 1:32 (1) 4:37 (1) 7:03 (1) 11:42 (1) 13:26 (1) 16:19 (1) 20:25 (1) 25:59 (1) 26:57 (1) 29:15 (1)
 1:32/102 3:05/62 2:26/112 4:39/106 1:44/117 2:53/49 4:06/110 5:34/33 0:58/111 2:18/116
 +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:12 (2) +0:00 (1) +0:00 (1)
 31:44 (1) 36:23 (1) 43:04 (1) 49:10 (1) 51:03 (1)
 2:29/119 4:39/54 6:41/108 6:06/109 1:53/249
 +0:19 (2) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)

2 Eirik Gullord **Gjø-Vard** (10,62min/km) **1:03:42 (+12:39)**
 1:56 (2) 5:04 (2) 11:15 (2) 16:00 (2) 18:42 (2) 22:03 (2) 29:02 (2) 34:24 (2) 35:29 (2) 38:11 (2)
 1:56/102 3:08/62 6:11/112 4:45/106 2:42/117 3:21/49 6:59/110 5:22/33 1:05/111 2:42/116
 +0:24 (2) +0:03 (2) +3:45 (2) +0:06 (2) +0:58 (2) +0:28 (2) +2:53 (2) +0:00 (1) +0:07 (2) +0:24 (2)
 40:21 (2) 45:17 (2) 53:40 (2) 1:01:38 (2) 1:03:42 (2)
 2:10/119 4:56/54 8:23/108 7:58/109 2:04/249
 +0:00 (1) +0:17 (2) +1:42 (2) +1:52 (2) +0:11 (2)

Klasse N 1,5 km

6 påmeldt, 6 startende

Oda Furuholmen **B&OI** (38,52min/km) **57:47**
 7:47 (6) 12:27 (5) 15:39 (5) 21:15 (6) 32:31 (5) 51:26 (5) 57:47 (5)
 7:47/31 4:40/120 3:12/115 5:36/64 11:16/102 18:55/41 6:21/249
 +4:24 (6) +1:25 (3) +0:26 (2) +1:55 (6) +7:55 (5) +13:43 (5) +5:11 (6)

Amund K Godal			B&OI		<i>(15,62min/km)</i>		23:26
3:23 (1)	6:38 (1)	9:24 (1)	13:05 (1)	16:44 (1)	22:16 (1)	23:26 (1)	
3:23/31	3:15/120	2:46/115	3:41/64	3:39/102	5:32/41	1:10/249	
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:18 (2)	+0:20 (2)	+0:00 (1)	
Anna Storvik Nilsen			B&OI		<i>(39,00min/km)</i>		58:30
7:18 (5)	12:30 (6)	16:34 (6)	21:03 (5)	33:00 (6)	52:36 (6)	58:30 (6)	
7:18/31	5:12/120	4:04/115	4:29/64	11:57/102	19:36/41	5:54/249	
+3:55 (5)	+1:57 (5)	+1:18 (4)	+0:48 (3)	+8:36 (6)	+14:24 (6)	+4:44 (5)	
Espen Skiri			B&OI		<i>(17,56min/km)</i>		26:20
3:43 (2)	7:38 (2)	11:00 (2)	14:44 (2)	18:40 (2)	24:21 (2)	26:20 (2)	
3:43/31	3:55/120	3:22/115	3:44/64	3:56/102	5:41/41	1:59/249	
+0:20 (2)	+0:40 (2)	+0:36 (3)	+0:03 (2)	+0:35 (3)	+0:29 (3)	+0:49 (3)	
Malene Grotte Stokke			B&OI		<i>(21,27min/km)</i>		31:54
4:06 (3)	10:25 (4)	15:04 (4)	20:31 (4)	23:52 (3)	29:04 (3)	31:54 (3)	
4:06/31	6:19/120	4:39/115	5:27/64	3:21/102	5:12/41	2:50/249	
+0:43 (3)	+3:04 (6)	+1:53 (6)	+1:46 (5)	+0:00 (1)	+0:00 (1)	+1:40 (4)	
Tore Wingan Wold			B&OI		<i>(23,30min/km)</i>		34:57
4:42 (4)	9:51 (3)	14:04 (3)	18:49 (3)	24:18 (4)	33:28 (4)	34:57 (4)	
4:42/31	5:09/120	4:13/115	4:45/64	5:29/102	9:10/41	1:29/249	
+1:19 (4)	+1:54 (4)	+1:27 (5)	+1:04 (4)	+2:08 (4)	+3:58 (4)	+0:19 (2)	