



# Klasse 4km 4,0 km

20 påmeldt, 20 startende

<b>1</b>	<b>Per Rekkedal</b>		<b>B&amp;OI</b>			<b>(11,86min/km)</b>		<b>47:26</b>		
	2:34 (1)	8:13 (2)	13:11 (6)	16:58 (4)	22:23 (1)	27:04 (1)	31:12 (1)	37:21 (1)	42:40 (1)	44:40 (1)
	2:34/56	5:39/79	4:58/92	3:47/85	5:25/82	4:41/88	4:08/83	6:09/90	5:19/95	2:00/101
	+0:00 (1)	+0:26 (4)	+1:41 (9)	+0:00 (1)	+0:31 (2)	+0:00 (1)	+0:18 (6)	+1:01 (10)	+0:00 (1)	+0:08 (3)
	47:26 (1)	47:26 (1)	47:26 (1)	47:26 (1)						
	2:46/249									
	+0:13 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>2</b>	<b>Johny Jakobsen</b>		<b>Valnesfjord IL</b>			<b>(12,16min/km)</b>		<b>48:38</b>	<b>(+1:12)</b>	
	3:02 (4)	8:33 (3)	12:06 (2)	16:35 (2)	23:12 (3)	28:24 (3)	32:18 (2)	37:26 (2)	43:34 (2)	46:05 (2)
	3:02/56	5:31/79	3:33/92	4:29/85	6:37/82	5:12/88	3:54/83	5:08/90	6:08/95	2:31/101
	+0:28 (4)	+0:18 (3)	+0:16 (3)	+0:42 (7)	+1:43 (8)	+0:31 (5)	+0:04 (4)	+0:00 (1)	+0:49 (5)	+0:39 (10)
	48:38 (2)	48:38 (2)	48:38 (2)	48:38 (2)						
	2:33/249									
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>3</b>	<b>Gunnar Rabben</b>		<b>Valnesfjord IL</b>			<b>(12,62min/km)</b>		<b>50:29</b>	<b>(+3:03)</b>	
	3:11 (7)	9:08 (5)	12:49 (4)	16:57 (3)	24:16 (6)	29:34 (4)	33:24 (4)	38:35 (4)	44:46 (3)	47:32 (3)
	3:11/56	5:57/79	3:41/92	4:08/85	7:19/82	5:18/88	3:50/83	5:11/90	6:11/95	2:46/101
	+0:37 (7)	+0:44 (6)	+0:24 (4)	+0:21 (4)	+2:25 (12)	+0:37 (7)	+0:00 (1)	+0:03 (3)	+0:52 (6)	+0:54 (14)
	50:29 (3)	50:29 (3)	50:29 (3)	50:29 (3)						
	2:57/249									
	+0:24 (6)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>4</b>	<b>Torkel Irgens</b>		<b>B&amp;OI</b>			<b>(12,76min/km)</b>		<b>51:02</b>	<b>(+3:36)</b>	
	2:35 (2)	7:48 (1)	11:55 (1)	15:58 (1)	23:18 (4)	29:51 (5)	35:05 (7)	40:20 (6)	46:14 (5)	48:13 (4)
	2:35/56	5:13/79	4:07/92	4:03/85	7:20/82	6:33/88	5:14/83	5:15/90	5:54/95	1:59/101
	+0:01 (2)	+0:00 (1)	+0:50 (5)	+0:16 (2)	+2:26 (13)	+1:52 (11)	+1:24 (13)	+0:07 (4)	+0:35 (3)	+0:07 (2)
	51:02 (4)	51:02 (4)	51:02 (4)	51:02 (4)						
	2:49/249									
	+0:16 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>5</b>	<b>Morten Tjørndal</b>		<b>B&amp;OI</b>			<b>(12,86min/km)</b>		<b>51:26</b>	<b>(+4:00)</b>	
	3:14 (9)	8:54 (4)	12:22 (3)	16:59 (5)	23:34 (5)	30:25 (7)	34:17 (5)	40:04 (5)	46:46 (7)	48:38 (5)
	3:14/56	5:40/79	3:28/92	4:37/85	6:35/82	6:51/88	3:52/83	5:47/90	6:42/95	1:52/101
	+0:40 (9)	+0:27 (5)	+0:11 (2)	+0:50 (10)	+1:41 (7)	+2:10 (15)	+0:02 (3)	+0:39 (5)	+1:23 (11)	+0:00 (1)
	51:26 (5)	51:26 (5)	51:26 (5)	51:26 (5)						
	2:48/249									
	+0:15 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>6</b>	<b>Leif Magne Eggestad</b>		<b>B&amp;OI</b>			<b>(12,95min/km)</b>		<b>51:49</b>	<b>(+4:23)</b>	
	2:39 (3)	9:51 (8)	13:08 (5)	17:20 (6)	22:52 (2)	27:52 (2)	32:18 (2)	38:18 (3)	46:10 (4)	48:48 (6)
	2:39/56	7:12/79	3:17/92	4:12/85	5:32/82	5:00/88	4:26/83	6:00/90	7:52/95	2:38/101
	+0:05 (3)	+1:59 (13)	+0:00 (1)	+0:25 (5)	+0:38 (3)	+0:19 (3)	+0:36 (7)	+0:52 (8)	+2:33 (13)	+0:46 (12)
	51:49 (6)	51:49 (6)	51:49 (6)	51:49 (6)						
	3:01/249									
	+0:28 (7)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>7</b>	<b>Marit Johnsen</b>		<b>B&amp;OI</b>			<b>(13,38min/km)</b>		<b>53:30</b>	<b>(+6:04)</b>	
	3:18 (10)	10:09 (10)	15:11 (9)	19:16 (8)	25:05 (7)	30:10 (6)	34:49 (6)	40:51 (7)	46:36 (6)	48:59 (7)
	3:18/56	6:51/79	5:02/92	4:05/85	5:49/82	5:05/88	4:39/83	6:02/90	5:45/95	2:23/101
	+0:44 (10)	+1:38 (10)	+1:45 (10)	+0:18 (3)	+0:55 (4)	+0:24 (4)	+0:49 (8)	+0:54 (9)	+0:26 (2)	+0:31 (9)
	53:30 (7)	53:30 (7)	53:30 (7)	53:30 (7)						
	4:31/249									
	+1:58 (15)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>8</b>	<b>Anders Kure</b>		<b>B&amp;OI</b>			<b>(13,65min/km)</b>		<b>54:36</b>	<b>(+7:10)</b>	
	3:05 (5)	9:20 (7)	15:50 (11)	20:26 (11)	26:53 (11)	32:18 (8)	36:09 (8)	41:56 (8)	48:27 (8)	50:49 (8)
	3:05/56	6:15/79	6:30/92	4:36/85	6:27/82	5:25/88	3:51/83	5:47/90	6:31/95	2:22/101
	+0:31 (5)	+1:02 (7)	+3:13 (15)	+0:49 (9)	+1:33 (6)	+0:44 (8)	+0:01 (2)	+0:39 (5)	+1:12 (9)	+0:30 (8)
	54:36 (8)	54:36 (8)	54:36 (8)	54:36 (8)						
	3:47/249									
	+1:14 (10)	+0:00 (1)	+0:00 (1)	+0:00 (1)						

<b>9</b>	<b>Kjetil Jordbru</b>		<b>Valnesfjord IL</b>		<b>(13,79min/km)</b>	<b>55:09</b>	<b>(+7:43)</b>			
	3:07 (6)	10:18 (11)	17:29 (12)	21:50 (12)	28:43 (13)	34:00 (11)	37:55 (10)	43:04 (9)	49:15 (9)	51:47 (9)
	3:07/56	7:11/79	7:11/92	4:21/85	6:53/82	5:17/88	3:55/83	5:09/90	6:11/95	2:32/101
	+0:33 (6)	+1:58 (12)	+3:54 (17)	+0:34 (6)	+1:59 (9)	+0:36 (6)	+0:05 (5)	+0:01 (2)	+0:52 (6)	+0:40 (11)
	55:09 (9)	55:09 (9)	55:09 (9)	55:09 (9)						
	3:22/249									
	+0:49 (8)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>10</b>	<b>Dag Skogan</b>		<b>B&amp;OI</b>		<b>(13,87min/km)</b>	<b>55:29</b>	<b>(+8:03)</b>			
	3:45 (13)	10:55 (13)	15:14 (10)	19:49 (10)	26:09 (8)	32:47 (9)	37:30 (9)	43:53 (10)	50:24 (10)	52:40 (10)
	3:45/56	7:10/79	4:19/92	4:35/85	6:20/82	6:38/88	4:43/83	6:23/90	6:31/95	2:16/101
	+1:11 (13)	+1:57 (11)	+1:02 (7)	+0:48 (8)	+1:26 (5)	+1:57 (13)	+0:53 (9)	+1:15 (13)	+1:12 (9)	+0:24 (7)
	55:29 (10)	55:29 (10)	55:29 (10)	55:29 (10)						
	2:49/249									
	+0:16 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>11</b>	<b>Bjørnar Hegreberg</b>		<b>B&amp;OI</b>		<b>(14,33min/km)</b>	<b>57:20</b>	<b>(+9:54)</b>			
	3:22 (11)	9:52 (9)	14:01 (7)	19:28 (9)	26:39 (10)	33:20 (10)	38:54 (11)	45:15 (11)	51:45 (11)	53:57 (11)
	3:22/56	6:30/79	4:09/92	5:27/85	7:11/82	6:41/88	5:34/83	6:21/90	6:30/95	2:12/101
	+0:48 (11)	+1:17 (9)	+0:52 (6)	+1:40 (16)	+2:17 (11)	+2:00 (14)	+1:44 (14)	+1:13 (12)	+1:11 (8)	+0:20 (6)
	57:20 (11)	57:20 (11)	57:20 (11)	57:20 (11)						
	3:23/249									
	+0:50 (9)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>12</b>	<b>Tove Bergkvist</b>		<b>Valnesfjord IL</b>		<b>(14,92min/km)</b>	<b>59:40</b>	<b>(+12:14)</b>			
	3:49 (14)	9:16 (6)	14:21 (8)	19:07 (7)	26:34 (9)	34:48 (13)	39:36 (12)	46:03 (12)	53:01 (12)	55:10 (12)
	3:49/56	5:27/79	5:05/92	4:46/85	7:27/82	8:14/88	4:48/83	6:27/90	6:58/95	2:09/101
	+1:15 (14)	+0:14 (2)	+1:48 (11)	+0:59 (11)	+2:33 (14)	+3:33 (18)	+0:58 (10)	+1:19 (14)	+1:39 (12)	+0:17 (5)
	59:40 (12)	59:40 (12)	59:40 (12)	59:40 (12)						
	4:30/249									
	+1:57 (14)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>13</b>	<b>Vibece Hobbestad</b>		<b>Valnesfjord IL</b>		<b>(15,47min/km)</b>	<b>1:01:52</b>	<b>(+14:26)</b>			
	3:13 (8)	12:50 (14)	19:03 (14)	24:03 (14)	33:32 (14)	38:15 (14)	43:05 (14)	49:19 (14)	55:19 (14)	57:21 (13)
	3:13/56	9:37/79	6:13/92	5:00/85	9:29/82	4:43/88	4:50/83	6:14/90	6:00/95	2:02/101
	+0:39 (8)	+4:24 (14)	+2:56 (14)	+1:13 (12)	+4:35 (16)	+0:02 (2)	+1:00 (11)	+1:06 (11)	+0:41 (4)	+0:10 (4)
	1:01:52 (13)	1:01:52 (13)	1:01:52 (13)	1:01:52 (13)						
	4:31/249									
	+1:58 (15)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>14</b>	<b>Jacob Kalvig Skogan</b>		<b>B&amp;OI</b>		<b>(18,23min/km)</b>	<b>1:12:55</b>	<b>(+25:29)</b>			
	4:18 (16)	14:44 (16)	22:08 (17)	27:24 (17)	34:56 (15)	40:55 (15)	47:51 (16)	56:21 (15)	1:05:13 (15)	1:08:36 (15)
	4:18/56	10:26/79	7:24/92	5:16/85	7:32/82	5:59/88	6:56/83	8:30/90	8:52/95	3:23/101
	+1:44 (16)	+5:13 (16)	+4:07 (18)	+1:29 (15)	+2:38 (15)	+1:18 (9)	+3:06 (16)	+3:22 (16)	+3:33 (16)	+1:31 (17)
	1:12:55 (15)	1:12:55 (14)	1:12:55 (14)	1:12:55 (14)						
	4:19/249									
	+1:46 (13)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>15</b>	<b>Åge Mohus</b>		<b>B&amp;OI</b>		<b>(18,29min/km)</b>	<b>1:13:10</b>	<b>(+25:44)</b>			
	6:27 (20)	18:38 (20)	23:19 (18)	28:52 (18)	35:53 (16)	41:54 (16)	46:55 (15)	58:01 (16)	1:06:15 (16)	1:08:58 (16)
	6:27/56	12:11/79	4:41/92	5:33/85	7:01/82	6:01/88	5:01/83	11:06/90	8:14/95	2:43/101
	+3:53 (20)	+6:58 (19)	+1:24 (8)	+1:46 (17)	+2:07 (10)	+1:20 (10)	+1:11 (12)	+5:58 (18)	+2:55 (15)	+0:51 (13)
	1:13:10 (16)	1:13:10 (15)	1:13:10 (15)	1:13:10 (15)						
	4:12/249									
	+1:39 (12)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>16</b>	<b>Ida Hegreberg</b>		<b>B&amp;OI</b>		<b>(19,70min/km)</b>	<b>1:18:49</b>	<b>(+31:23)</b>			
	3:26 (12)	15:54 (17)	21:13 (16)	26:20 (15)	36:59 (17)	44:02 (17)	52:44 (18)	1:01:01 (17)	1:11:04 (17)	1:14:44 (17)
	3:26/56	12:28/79	5:19/92	5:07/85	10:39/82	7:03/88	8:42/83	8:17/90	10:03/95	3:40/101
	+0:52 (12)	+7:15 (20)	+2:02 (12)	+1:20 (14)	+5:45 (17)	+2:22 (16)	+4:52 (18)	+3:09 (15)	+4:44 (17)	+1:48 (18)
	1:18:49 (17)	1:18:49 (17)	1:18:49 (17)	1:18:49 (16)						
	4:05/249									
	+1:32 (11)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
<b>17</b>	<b>Christian Søvik</b>		<b>B&amp;OI</b>		<b>(21,26min/km)</b>	<b>1:25:02</b>	<b>(+37:36)</b>			
	4:01 (15)	14:11 (15)	20:14 (15)	26:28 (16)	37:51 (18)	45:02 (18)	52:05 (17)	1:01:51 (18)	1:12:47 (18)	1:16:41 (18)
	4:01/56	10:10/79	6:03/92	6:14/85	11:23/82	7:11/88	7:03/83	9:46/90	10:56/95	3:54/101
	+1:27 (15)	+4:57 (15)	+2:46 (13)	+2:27 (18)	+6:29 (20)	+2:30 (17)	+3:13 (17)	+4:38 (17)	+5:37 (18)	+2:02 (19)

1:25:02 (18) 1:25:02 (18) 1:25:02 (18) 1:25:02 (17)

8:21/249

+5:48 (19) +0:00 (1) +0:00 (1) +0:00 (1)

### 18 Odd Søvik

B&OI

(21,60min/km)

**1:26:24 (+38:58)**

4:37 (17) 10:52 (12) 17:32 (13) 22:34 (13) 27:28 (12) 34:05 (12) 40:08 (13) 46:04 (13) 54:10 (13) 58:07 (14)

4:37/56 6:15/58 6:40/79 5:02/92 4:54/85 6:37/82 6:03/88 5:56/83 8:06/91 3:57/90

+2:03 (17) +1:02 (7) +3:23 (16) +1:15 (13) +0:00 (1) +1:56 (12) +2:13 (15) +0:48 (7) +2:47 (14) +2:05 (20)

1:10:30 (14) 1:14:30 (16) 1:18:27 (16) 1:26:24 (18)

12:23/87 4:00/95 3:57/101 7:57/249

+9:50 (20) +0:00 (1) +0:00 (1) +0:00 (1)

### 19 Jannike Person

B&OI

(28,30min/km)

**1:53:12 (+1:05:46)**

5:30 (18) 16:07 (18) 23:48 (20) 31:36 (19) 42:45 (19) 52:29 (19) 1:04:12 (19) 1:21:05 (19) 1:44:09 (20) 1:47:06 (19)

5:30/56 10:37/79 7:41/92 7:48/85 11:09/82 9:44/88 11:43/83 16:53/90 23:04/95 2:57/101

+2:56 (18) +5:24 (17) +4:24 (20) +4:01 (19) +6:15 (18) +5:03 (20) +7:53 (19) +11:45 (19) +17:45 (20) +1:05 (15)

1:53:12 (19) 1:53:12 (19) 1:53:12 (19) 1:53:12 (19)

6:06/249

+3:33 (18) +0:00 (1) +0:00 (1) +0:00 (1)

### 20 Siv Byberg

B&OI

(28,34min/km)

**1:53:21 (+1:05:55)**

5:38 (19) 16:15 (19) 23:48 (19) 31:45 (20) 42:56 (20) 52:29 (19) 1:04:13 (20) 1:21:06 (20) 1:44:05 (19) 1:47:21 (20)

5:38/56 10:37/79 7:33/92 7:57/85 11:11/82 9:33/88 11:44/83 16:53/90 22:59/95 3:16/101

+3:04 (19) +5:24 (17) +4:16 (19) +4:10 (20) +6:17 (19) +4:52 (19) +7:54 (20) +11:45 (19) +17:40 (19) +1:24 (16)

1:53:21 (20) 1:53:21 (20) 1:53:21 (20) 1:53:21 (20)

6:00/249

+3:27 (17) +0:00 (1) +0:00 (1) +0:00 (1)

## Klasse 6km 6,0 km

3 påmeldt, 3 startende

### 1 Arild Hegreberg

B&OI

(8,40min/km)

**50:24**

2:04 (1) 6:23 (1) 9:55 (1) 16:15 (1) 18:35 (1) 22:10 (1) 25:04 (1) 28:35 (2) 32:22 (2) 33:36 (1)

2:04/56 4:19/79 3:32/85 6:20/88 2:20/82 3:35/83 2:54/92 3:31/90 3:47/94 1:14/87

+0:00 (1) +0:00 (1) +0:08 (2) +0:12 (2) +0:10 (2) +0:15 (2) +0:10 (2) +0:18 (2) +0:06 (2) +0:00 (1)

34:32 (1) 42:30 (1) 44:11 (1) 48:19 (1) 50:24 (1)

0:56/97 7:58/55 1:41/54 4:08/93 2:05/249

+0:04 (2) +0:15 (2) +0:00 (1) +0:00 (1) +0:19 (2)

### 2 Nils Aamand

B&OI

(8,58min/km)

**51:28 (+1:04)**

2:08 (2) 7:18 (2) 10:42 (2) 16:50 (2) 19:00 (2) 22:20 (2) 25:04 (1) 28:17 (1) 31:58 (1) 34:50 (2)

2:08/56 5:10/79 3:24/85 6:08/88 2:10/82 3:20/83 2:44/92 3:13/90 3:41/94 2:52/87

+0:04 (2) +0:51 (3) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +1:38 (3)

35:42 (2) 43:25 (2) 45:18 (2) 49:42 (2) 51:28 (2)

0:52/97 7:43/55 1:53/54 4:24/93 1:46/249

+0:00 (1) +0:00 (1) +0:12 (2) +0:16 (2) +0:00 (1)

### 3 Petter Jakola

B&OI

(11,09min/km)

**1:06:34 (+16:10)**

2:43 (3) 7:34 (3) 13:49 (3) 20:47 (3) 23:45 (3) 28:23 (3) 31:42 (3) 36:16 (3) 42:51 (3) 44:28 (3)

2:43/56 4:51/79 6:15/85 6:58/88 2:58/82 4:38/83 3:19/92 4:34/90 6:35/94 1:37/87

+0:39 (3) +0:32 (2) +2:51 (3) +0:50 (3) +0:48 (3) +1:18 (3) +0:35 (3) +1:21 (3) +2:54 (3) +0:23 (2)

45:34 (3) 55:57 (3) 58:01 (3) 1:03:25 (3) 1:06:34 (3)

1:06/97 10:23/55 2:04/54 5:24/93 3:09/249

+0:14 (3) +2:40 (3) +0:23 (3) +1:16 (3) +1:23 (3)