

Resultater fra Saltenkarusell 7 19.06.2007

Det var totalt 60 deltagere.

Klasse 2 km 2,1 km

8 påmeldt, 8 startende

1	Anders Stensland		B&OI		(11,45min/km)	24:03		
	3:35 (2)	7:18 (1)	9:21 (1)	13:11 (1)	14:36 (1)	21:38 (1)	22:31 (1)	24:03 (1)
	3:35/105	3:43/106	2:03/120	3:50/121	1:25/117	7:02/122	0:53/119	1:32/150
	+0:01 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:38 (3)	+0:00 (1)	+0:00 (1)
2	Elin Irgens		B&OI		(13,72min/km)	28:49	(+4:46)	
	4:03 (4)	8:13 (2)	11:02 (3)	15:33 (2)	17:44 (2)	25:44 (2)	26:41 (2)	28:49 (2)
	4:03/105	4:10/106	2:49/120	4:31/121	2:11/117	8:00/122	0:57/119	2:08/150
	+0:29 (4)	+0:27 (2)	+0:46 (4)	+0:41 (2)	+0:46 (3)	+1:36 (6)	+0:04 (2)	+0:36 (2)
3	Mari E Reitan		B&OI		(14,80min/km)	31:05	(+7:02)	
	4:11 (5)	8:57 (5)	11:27 (4)	16:30 (3)	19:52 (3)	27:03 (3)	28:54 (3)	31:05 (3)
	4:11/105	4:46/106	2:30/120	5:03/121	3:22/117	7:11/122	1:51/119	2:11/150
	+0:37 (5)	+1:03 (4)	+0:27 (2)	+1:13 (4)	+1:57 (6)	+0:47 (4)	+0:58 (6)	+0:39 (3)
4	Aksel Storvik Nilsen		B&OI		(17,39min/km)	36:31	(+12:28)	
	4:29 (6)	10:04 (6)	13:29 (5)	21:35 (5)	23:49 (5)	31:59 (5)	33:35 (5)	36:31 (4)
	4:29/105	5:35/106	3:25/120	8:06/121	2:14/117	8:10/122	1:36/119	2:56/150
	+0:55 (6)	+1:52 (6)	+1:22 (5)	+4:16 (6)	+0:49 (5)	+1:46 (7)	+0:43 (5)	+1:24 (5)
5	Christian Staurbakk		B&OI		(20,69min/km)	43:27	(+19:24)	
	3:50 (3)	8:17 (3)	10:57 (2)	31:51 (7)	33:34 (7)	39:58 (7)	41:16 (7)	43:27 (5)
	3:50/105	4:27/106	2:40/120	20:54/121	1:43/117	6:24/122	1:18/119	2:11/150
	+0:16 (3)	+0:44 (3)	+0:37 (3)	+17:04 (7)	+0:18 (2)	+0:00 (1)	+0:25 (4)	+0:39 (3)
6	Anne Berit Vikhals		B&OI		(21,07min/km)	44:15	(+20:12)	
	5:35 (7)	12:46 (7)	19:41 (7)	27:38 (6)	31:37 (6)	38:29 (6)	40:34 (6)	44:15 (6)
	5:35/105	7:11/106	6:55/120	7:57/121	3:59/117	6:52/122	2:05/119	3:41/150
	+2:01 (7)	+3:28 (7)	+4:52 (7)	+4:07 (5)	+2:34 (7)	+0:28 (2)	+1:12 (7)	+2:09 (6)
7	Petter R Markussen		B&OI		(21,17min/km)	44:28	(+20:25)	
	3:34 (1)	8:29 (4)	14:07 (6)	19:05 (4)	21:17 (4)	29:15 (4)	30:20 (4)	44:28 (7)
	3:34/105	4:55/106	5:38/120	4:58/121	2:12/117	7:58/122	1:05/119	14:08/150
	+0:00 (1)	+1:12 (5)	+3:35 (6)	+1:08 (3)	+0:47 (4)	+1:34 (5)	+0:12 (3)	+12:36 (7)
	Steffen M Beiermann		B&OI		(10,02min/km)	Disk		
	6:18 (8)	12:48 (8)	21:02 (8)	21:02 (5)	21:02 (4)	21:02 (1)	21:02 (1)	21:02 (1)
	6:18/105	6:30/106	8:14/120					
	+2:44 (8)	+2:47 (7)	+6:11 (8)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)

Klasse 3 km 2,9 km

18 påmeldt, 18 startende

1	Carl B Bjørseth		B&OI		(11,83min/km)	34:18		
	3:33 (3)	7:44 (2)	10:04 (1)	15:30 (1)	22:26 (1)	28:03 (1)	32:29 (1)	34:18 (1)
	3:33/105	4:11/106	2:20/108	5:26/115	6:56/116	5:37/117	4:26/119	1:49/150
	+0:43 (3)	+0:48 (3)	+0:00 (1)	+0:04 (2)	+0:00 (1)	+0:00 (1)	+1:18 (7)	+0:17 (3)
2	Edvin Berg		B&OI		(12,16min/km)	35:16	(+0:58)	
	3:58 (7)	8:26 (4)	10:59 (3)	16:51 (3)	24:17 (2)	30:04 (2)	33:12 (2)	35:16 (2)
	3:58/105	4:28/106	2:33/108	5:52/115	7:26/116	5:47/117	3:08/119	2:04/150
	+1:08 (7)	+1:05 (5)	+0:13 (2)	+0:30 (5)	+0:30 (2)	+0:10 (2)	+0:00 (1)	+0:32 (8)
3	Heidi Mørkved		Innstranden IL		(13,53min/km)	39:14	(+4:56)	
	2:50 (1)	8:52 (5)	12:54 (6)	18:21 (5)	28:02 (3)	33:54 (3)	37:42 (3)	39:14 (3)
	2:50/105	6:02/106	4:02/108	5:27/115	9:41/116	5:52/117	3:48/119	1:32/150
	+0:00 (1)	+2:39 (16)	+1:42 (7)	+0:05 (3)	+2:45 (4)	+0:15 (4)	+0:40 (3)	+0:00 (1)
4	Jens Viggo Limstrand		B&OI		(14,36min/km)	41:39	(+7:21)	
	3:54 (5)	7:39 (1)	10:24 (2)	19:27 (6)	29:27 (4)	35:44 (4)	39:41 (4)	41:39 (4)
	3:54/105	3:45/106	2:45/108	9:03/115	10:00/116	6:17/117	3:57/119	1:58/150
	+1:04 (5)	+0:22 (2)	+0:25 (4)	+3:41 (14)	+3:04 (5)	+0:40 (5)	+0:49 (5)	+0:26 (6)
5	Sander Pettersen		B&OI		(14,98min/km)	43:27	(+9:09)	
	3:32 (2)	11:41 (17)	15:47 (14)	22:01 (9)	30:51 (5)	38:11 (5)	41:24 (5)	43:27 (5)

	3:32/105	8:09/106	4:06/108	6:14/115	8:50/116	7:20/117	3:13/119	2:03/150		
	+0:42 (2)	+4:46 (17)	+1:46 (8)	+0:52 (6)	+1:54 (3)	+1:43 (6)	+0:05 (2)	+0:31 (7)		
6	Asbjørn Pedersen		IL Siso				(15,87min/km)	46:01	(+11:43)	
	6:51 (17)	10:14 (11)	12:53 (5)	18:15 (4)	34:38 (7)	40:27 (6)	44:19 (6)	46:01 (6)		
	6:51/105	3:23/106	2:39/108	5:22/115	16:23/116	5:49/117	3:52/119	1:42/150		
	+4:01 (17)	+0:00 (1)	+0:19 (3)	+0:00 (1)	+9:27 (13)	+0:12 (3)	+0:44 (4)	+0:10 (2)		
7	Carl A Boe		B&OI				(17,82min/km)	51:40	(+17:22)	
	4:41 (11)	9:37 (8)	15:14 (11)	22:16 (11)	35:10 (10)	44:20 (8)	49:21 (7)	51:40 (7)		
	4:41/105	4:56/106	5:37/108	7:02/115	12:54/116	9:10/117	5:01/119	2:19/150		
	+1:51 (11)	+1:33 (6)	+3:17 (14)	+1:40 (7)	+5:58 (8)	+3:33 (13)	+1:53 (8)	+0:47 (11)		
8	Per Dalhaug		B&OI				(17,98min/km)	52:09	(+17:51)	
	3:33 (3)	7:47 (3)	11:03 (4)	16:50 (2)	38:27 (13)	46:13 (11)	50:16 (8)	52:09 (8)		
	3:33/105	4:14/106	3:16/108	5:47/115	21:37/116	7:46/117	4:03/119	1:53/150		
	+0:43 (3)	+0:51 (4)	+0:56 (5)	+0:25 (4)	+14:41 (16)	+2:09 (8)	+0:55 (6)	+0:21 (4)		
9	Katrine Kalvig		B&OI				(18,36min/km)	53:15	(+18:57)	
	4:46 (12)	9:47 (10)	14:00 (8)	21:12 (7)	34:43 (8)	43:04 (7)	50:38 (9)	53:15 (9)		
	4:46/105	5:01/106	4:13/108	7:12/115	13:31/116	8:21/117	7:34/119	2:37/150		
	+1:56 (12)	+1:38 (8)	+1:53 (9)	+1:50 (8)	+6:35 (10)	+2:44 (10)	+4:26 (15)	+1:05 (13)		
10	Elisabeth Rekkedal		B&OI				(18,93min/km)	54:54	(+20:36)	
	3:54 (5)	9:25 (7)	13:05 (7)	21:29 (8)	32:17 (6)	45:41 (10)	52:27 (10)	54:54 (10)		
	3:54/105	5:31/106	3:40/108	8:24/115	10:48/116	13:24/117	6:46/119	2:27/150		
	+1:04 (5)	+2:08 (11)	+1:20 (6)	+3:02 (12)	+3:52 (6)	+7:47 (14)	+3:38 (13)	+0:55 (12)		
11	Ingunn Jakola		B&OI				(19,29min/km)	55:56	(+21:38)	
	4:03 (8)	9:01 (6)	14:16 (9)	23:40 (13)	34:43 (8)	48:27 (12)	53:44 (12)	55:56 (11)		
	4:03/105	4:58/106	5:15/108	9:24/115	11:03/116	13:44/117	5:17/119	2:12/150		
	+1:13 (8)	+1:35 (7)	+2:55 (13)	+4:02 (15)	+4:07 (7)	+8:07 (15)	+2:09 (10)	+0:40 (9)		
12	Kirsten Limstrand		B&OI				(19,45min/km)	56:25	(+22:07)	
	4:48 (13)	10:47 (13)	15:36 (13)	23:19 (12)	36:16 (11)	44:23 (9)	53:36 (11)	56:25 (12)		
	4:48/105	5:59/106	4:49/108	7:43/115	12:57/116	8:07/117	9:13/119	2:49/150		
	+1:58 (13)	+2:36 (15)	+2:29 (12)	+2:21 (10)	+6:01 (9)	+2:30 (9)	+6:05 (17)	+1:17 (15)		
13	Karen Bjørseth		B&OI				(20,10min/km)	58:18	(+24:00)	
	4:38 (10)	10:15 (12)	14:49 (10)	22:06 (10)	36:35 (12)	50:35 (14)	56:02 (13)	58:18 (13)		
	4:38/105	5:37/106	4:34/108	7:17/115	14:29/116	14:00/117	5:27/119	2:16/150		
	+1:48 (10)	+2:14 (12)	+2:14 (11)	+1:55 (9)	+7:33 (11)	+8:23 (16)	+2:19 (11)	+0:44 (10)		
14	Lisbeth Lunde		B&OI				(21,18min/km)	1:01:25	(+27:07)	
	5:13 (14)	11:06 (15)	16:46 (15)	24:54 (15)	42:00 (14)	49:34 (13)	58:15 (14)	1:01:25 (14)		
	5:13/105	5:53/106	5:40/108	8:08/115	17:06/116	7:34/117	8:41/119	3:10/150		
	+2:23 (14)	+2:30 (13)	+3:20 (15)	+2:46 (11)	+10:10 (14)	+1:57 (7)	+5:33 (16)	+1:38 (17)		
15	Marit Lunde		B&OI				(22,87min/km)	1:06:20	(+32:02)	
	5:33 (16)	10:51 (14)	15:24 (12)	24:14 (14)	49:23 (16)	58:13 (15)	1:03:15 (15)	1:06:20 (15)		
	5:33/105	5:18/106	4:33/108	8:50/115	25:09/116	8:50/117	5:02/119	3:05/150		
	+2:43 (16)	+1:55 (9)	+2:13 (10)	+3:28 (13)	+18:13 (17)	+3:13 (12)	+1:54 (9)	+1:33 (16)		
16	Arnold Danielsen		B&OI				(23,56min/km)	1:08:20	(+34:02)	
	5:26 (15)	11:23 (16)	19:12 (16)	30:28 (16)	51:33 (17)	59:55 (16)	1:05:36 (16)	1:08:20 (16)		
	5:26/105	5:57/106	7:49/108	11:16/115	21:05/116	8:22/117	5:41/119	2:44/150		
	+2:36 (15)	+2:34 (14)	+5:29 (16)	+5:54 (17)	+14:09 (15)	+2:45 (11)	+2:33 (12)	+1:12 (14)		
17	Frode Ikdahl		B&OI				(26,75min/km)	1:17:34	(+43:16)	
	4:20 (9)	9:46 (9)	23:02 (17)	33:01 (17)	47:59 (15)	1:08:08 (17)	1:15:39 (17)	1:17:34 (17)		
	4:20/105	5:26/106	13:16/108	9:59/115	14:58/116	20:09/117	7:31/119	1:55/150		
	+1:30 (9)	+2:03 (10)	+10:56 (17)	+4:37 (16)	+8:02 (12)	+14:32 (17)	+4:23 (14)	+0:23 (5)		
	Christian Søvik		B&OI				(25,41min/km)	Brutt	(+39:24)	
	4:10 (9)	15:56 (18)	22:33 (17)	31:49 (17)	48:22 (16)	1:13:42 (18)	1:13:42 (17)	1:13:42 (17)		
	4:10/105	11:46/106	6:37/108	9:16/115	16:33/116	25:20/150				
	+1:20 (9)	+8:23 (18)	+4:17 (16)	+3:54 (15)	+9:37 (14)	+19:43 (18)	+0:00 (1)	+0:00 (1)		

Klasse 4 km 4,3 km

21 påmeldt, 21 startende

1	Per Rekkedal		B&OI		(9,02min/km)		38:46		
	4:50 (3)	7:05 (1)	14:22 (1)	19:00 (1)	25:08 (1)	30:22 (1)	34:32 (1)	37:18 (1)	38:46 (1)
	4:50/106	2:15/108	7:17/111	4:38/114	6:08/115	5:14/116	4:10/117	2:46/119	1:28/150
	+0:16 (3)	+0:00 (1)	+0:36 (2)	+0:12 (4)	+0:32 (3)	+0:00 (1)	+0:11 (3)	+0:05 (3)	+0:13 (4)
2	Bjørn Are Stensland		B&OI		(9,25min/km)		39:46	(+1:00)	
	4:34 (1)	8:43 (8)	15:24 (2)	20:31 (3)	26:07 (2)	31:32 (2)	35:31 (2)	38:31 (2)	39:46 (2)
	4:34/106	4:09/108	6:41/111	5:07/114	5:36/115	5:25/116	3:59/117	3:00/119	1:15/150
	+0:00 (1)	+1:54 (17)	+0:00 (1)	+0:41 (9)	+0:00 (1)	+0:11 (2)	+0:00 (1)	+0:19 (6)	+0:00 (1)
3	Petter Jakola		B&OI		(9,57min/km)		41:10	(+2:24)	
	5:23 (6)	7:45 (3)	15:28 (3)	20:04 (2)	26:24 (3)	32:52 (3)	37:00 (3)	39:44 (3)	41:10 (3)
	5:23/106	2:22/108	7:43/111	4:36/114	6:20/115	6:28/116	4:08/117	2:44/119	1:26/150
	+0:49 (6)	+0:07 (2)	+1:02 (4)	+0:10 (3)	+0:44 (4)	+1:14 (5)	+0:09 (2)	+0:03 (2)	+0:11 (3)
4	Torkel Irgens		B&OI		(10,34min/km)		44:28	(+5:42)	
	5:18 (4)	7:50 (4)	16:20 (5)	20:51 (4)	27:13 (4)	35:39 (5)	40:08 (4)	43:04 (4)	44:28 (4)
	5:18/106	2:32/108	8:30/111	4:31/114	6:22/115	8:26/116	4:29/117	2:56/119	1:24/150
	+0:44 (4)	+0:17 (4)	+1:49 (8)	+0:05 (2)	+0:46 (5)	+3:12 (11)	+0:30 (4)	+0:15 (4)	+0:09 (2)
5	Ivar Aanerød		B&OI		(10,65min/km)		45:48	(+7:02)	
	4:46 (2)	7:20 (2)	19:01 (12)	23:41 (9)	29:29 (8)	35:53 (6)	41:25 (5)	44:06 (5)	45:48 (5)
	4:46/106	2:34/108	11:41/111	4:40/114	5:48/115	6:24/116	5:32/117	2:41/119	1:42/150
	+0:12 (2)	+0:19 (5)	+5:00 (19)	+0:14 (5)	+0:12 (2)	+1:10 (4)	+1:33 (10)	+0:00 (1)	+0:27 (11)
6	Tor J Aandal		B&OI		(11,28min/km)		48:31	(+9:45)	
	6:58 (17)	9:34 (12)	17:53 (8)	22:19 (6)	29:04 (7)	37:33 (7)	42:41 (6)	46:51 (6)	48:31 (6)
	6:58/106	2:36/108	8:19/111	4:26/114	6:45/115	8:29/116	5:08/117	4:10/119	1:40/150
	+2:24 (17)	+0:21 (6)	+1:38 (6)	+0:00 (1)	+1:09 (7)	+3:15 (12)	+1:09 (7)	+1:29 (12)	+0:25 (7)
7	Jan F Prytz		B&OI		(11,46min/km)		49:16	(+10:30)	
	5:18 (4)	8:24 (5)	16:35 (6)	22:30 (7)	29:02 (6)	35:21 (4)	43:20 (7)	47:35 (8)	49:16 (7)
	5:18/106	3:06/108	8:11/111	5:55/114	6:32/115	6:19/116	7:59/117	4:15/119	1:41/150
	+0:44 (4)	+0:51 (12)	+1:30 (5)	+1:29 (14)	+0:56 (6)	+1:05 (3)	+4:00 (19)	+1:34 (13)	+0:26 (8)
8	Anders Kure		B&OI		(11,50min/km)		49:26	(+10:40)	
	6:34 (15)	10:31 (16)	19:05 (13)	24:10 (10)	31:10 (11)	37:50 (8)	43:37 (8)	46:58 (7)	49:26 (8)
	6:34/106	3:57/108	8:34/111	5:05/114	7:00/115	6:40/116	5:47/117	3:21/119	2:28/150
	+2:00 (15)	+1:42 (15)	+1:53 (9)	+0:39 (8)	+1:24 (9)	+1:26 (6)	+1:48 (12)	+0:40 (9)	+1:13 (19)
9	Bjørnar Hegreberg		B&OI		(11,60min/km)		49:53	(+11:07)	
	6:04 (10)	8:46 (9)	18:42 (10)	24:55 (13)	32:40 (12)	39:44 (12)	45:12 (12)	48:12 (9)	49:53 (9)
	6:04/106	2:42/108	9:56/111	6:13/114	7:45/115	7:04/116	5:28/117	3:00/119	1:41/150
	+1:30 (10)	+0:27 (8)	+3:15 (14)	+1:47 (16)	+2:09 (12)	+1:50 (7)	+1:29 (9)	+0:19 (6)	+0:26 (8)
10	Leif Magne Eggestad		B&OI		(11,64min/km)		50:02	(+11:16)	
	5:53 (9)	8:32 (6)	16:10 (4)	21:33 (5)	28:37 (5)	39:12 (11)	44:16 (10)	48:16 (10)	50:02 (10)
	5:53/106	2:39/108	7:38/111	5:23/114	7:04/115	10:35/116	5:04/117	4:00/119	1:46/150
	+1:19 (9)	+0:24 (7)	+0:57 (3)	+0:57 (11)	+1:28 (11)	+5:21 (16)	+1:05 (6)	+1:19 (11)	+0:31 (13)
11	Gunnar Rabben		Valnesfjord IL		(11,93min/km)		51:19	(+12:33)	
	6:16 (11)	10:23 (14)	18:51 (11)	24:12 (11)	31:07 (10)	39:09 (10)	43:52 (9)	48:32 (11)	51:19 (11)
	6:16/106	4:07/108	8:28/111	5:21/114	6:55/115	8:02/116	4:43/117	4:40/119	2:47/150
	+1:42 (11)	+1:52 (16)	+1:47 (7)	+0:55 (10)	+1:19 (8)	+2:48 (8)	+0:44 (5)	+1:59 (14)	+1:32 (21)
12	Marit Johnsen		B&OI		(12,17min/km)		52:20	(+13:34)	
	5:47 (8)	8:38 (7)	17:25 (7)	23:07 (8)	30:08 (9)	38:10 (9)	45:09 (11)	50:33 (12)	52:20 (12)
	5:47/106	2:51/108	8:47/111	5:42/114	7:01/115	8:02/116	6:59/117	5:24/119	1:47/150
	+1:13 (8)	+0:36 (9)	+2:06 (10)	+1:16 (13)	+1:25 (10)	+2:48 (8)	+3:00 (16)	+2:43 (18)	+0:32 (14)
13	Marit W Kure		B&OI		(12,33min/km)		53:01	(+14:15)	
	6:17 (12)	9:17 (11)	19:05 (13)	25:27 (14)	33:35 (14)	41:45 (13)	48:16 (13)	51:14 (13)	53:01 (13)
	6:17/106	3:00/108	9:48/111	6:22/114	8:08/115	8:10/116	6:31/117	2:58/119	1:47/150
	+1:43 (12)	+0:45 (10)	+3:07 (13)	+1:56 (18)	+2:32 (14)	+2:56 (10)	+2:32 (14)	+0:17 (5)	+0:32 (14)
14	Joar K Henriksen		B&OI		(13,01min/km)		55:57	(+17:11)	
	8:14 (21)	12:10 (18)	22:21 (16)	28:22 (16)	36:34 (16)	45:06 (15)	50:49 (15)	54:24 (14)	55:57 (14)
	8:14/106	3:56/108	10:11/111	6:01/114	8:12/115	8:32/116	5:43/117	3:35/119	1:33/150
	+3:40 (21)	+1:41 (14)	+3:30 (15)	+1:35 (15)	+2:36 (15)	+3:18 (13)	+1:44 (11)	+0:54 (10)	+0:18 (5)

15	Astrid Fugleneb		B&OI		(13,29min/km)		57:09	(+18:23)	
	6:31 (13)	9:02 (10)	18:31 (9)	24:47 (12)	33:30 (13)	43:20 (14)	49:10 (14)	54:51 (15)	57:09 (15)
	6:31/106	2:31/108	9:29/111	6:16/114	8:43/115	9:50/116	5:50/117	5:41/119	2:18/150
	+1:57 (13)	+0:16 (3)	+2:48 (12)	+1:50 (17)	+3:07 (16)	+4:36 (15)	+1:51 (13)	+3:00 (19)	+1:03 (18)
16	Geir Moen		B&OI		(14,58min/km)		1:02:41	(+23:55)	
	7:05 (18)	10:28 (15)	21:12 (15)	28:18 (15)	36:08 (15)	48:50 (16)	55:24 (16)	1:00:36 (16)	1:02:41 (16)
	7:05/106	3:23/108	10:44/111	7:06/114	7:50/115	12:42/116	6:34/117	5:12/119	2:05/150
	+2:31 (18)	+1:08 (13)	+4:03 (17)	+2:40 (19)	+2:14 (13)	+7:28 (20)	+2:35 (15)	+2:31 (17)	+0:50 (17)
17	Vibece Hobbestad		Valnesfjord IL		(14,90min/km)		1:04:03	(+25:17)	
	7:33 (20)	15:53 (21)	25:04 (21)	29:46 (18)	42:07 (18)	53:45 (20)	59:06 (17)	1:02:25 (17)	1:04:03 (17)
	7:33/106	8:20/108	9:11/111	4:42/114	12:21/115	11:38/116	5:21/117	3:19/119	1:38/150
	+2:59 (20)	+6:05 (21)	+2:30 (11)	+0:16 (6)	+6:45 (19)	+6:24 (18)	+1:22 (8)	+0:38 (8)	+0:23 (6)
18	Dag Skogan		B&OI		(15,77min/km)		1:07:49	(+29:03)	
	7:12 (19)	12:57 (19)	24:08 (19)	32:26 (20)	42:08 (19)	52:48 (19)	1:00:12 (18)	1:05:11 (18)	1:07:49 (18)
	7:12/106	5:45/108	11:11/111	8:18/114	9:42/115	10:40/116	7:24/117	4:59/119	2:38/150
	+2:38 (19)	+3:30 (19)	+4:30 (18)	+3:52 (20)	+4:06 (17)	+5:26 (17)	+3:25 (18)	+2:18 (15)	+1:23 (20)
19	Torbjørn H Olsen		B&OI		(16,23min/km)		1:09:47	(+31:01)	
	6:31 (13)	11:28 (17)	24:34 (20)	30:10 (19)	42:48 (20)	52:25 (18)	1:01:11 (19)	1:08:06 (19)	1:09:47 (19)
	6:31/106	4:57/108	13:06/111	5:36/114	12:38/115	9:37/116	8:46/117	6:55/119	1:41/150
	+1:57 (13)	+2:42 (18)	+6:25 (21)	+1:10 (12)	+7:02 (20)	+4:23 (14)	+4:47 (20)	+4:14 (21)	+0:26 (8)
20	Tore Tveraabak		B&OI		(16,62min/km)		1:11:28	(+32:42)	
	5:28 (7)	12:58 (20)	23:37 (18)	28:38 (17)	39:35 (17)	51:48 (17)	1:04:00 (20)	1:09:46 (20)	1:11:28 (20)
	5:28/106	7:30/108	10:39/111	5:01/114	10:57/115	12:13/116	12:12/117	5:46/119	1:42/150
	+0:54 (7)	+5:15 (20)	+3:58 (16)	+0:35 (7)	+5:21 (18)	+6:59 (19)	+8:13 (21)	+3:05 (20)	+0:27 (11)
21	Jacob Kalvig Skogan		B&OI		(20,50min/km)		1:28:10	(+49:24)	
	6:47 (16)	9:49 (13)	22:49 (17)	33:18 (21)	48:13 (21)	1:13:57 (21)	1:21:18 (21)	1:26:23 (21)	1:28:10 (21)
	6:47/106	3:02/108	13:00/111	10:29/114	14:55/115	25:44/116	7:21/117	5:05/119	1:47/150
	+2:13 (16)	+0:47 (11)	+6:19 (20)	+6:03 (21)	+9:19 (21)	+20:30 (21)	+3:22 (17)	+2:24 (16)	+0:32 (14)

Klasse 6 km 5,4 km

5 påmeldt, 5 startende

1	Nils Aamand		B&OI		(8,39min/km)		45:17			
	3:46 (1)	8:23 (1)	10:05 (1)	16:44 (1)	18:55 (1)	25:15 (1)	28:19 (1)	33:04 (1)	37:52 (1)	41:27 (1)
	3:46/102	4:37/106	1:42/108	6:39/111	2:11/112	6:20/113	3:04/114	4:45/115	4:48/116	3:35/117
	+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)
	44:07 (1)	45:17 (1)	45:17 (1)							
	2:40/119	1:10/150								
	+0:26 (2)	+0:23 (2)	+0:00 (1)							
2	Lars Reitan		B&OI		(10,22min/km)		55:11	(+9:54)		
	4:08 (2)	9:02 (2)	11:04 (2)	17:56 (2)	20:15 (2)	28:43 (2)	31:59 (2)	37:55 (2)	46:52 (3)	50:50 (2)
	4:08/102	4:54/106	2:02/108	6:52/111	2:19/112	8:28/113	3:16/114	5:56/115	8:57/116	3:58/117
	+0:22 (2)	+0:17 (3)	+0:20 (2)	+0:13 (2)	+0:08 (2)	+2:08 (4)	+0:12 (2)	+1:11 (4)	+4:09 (5)	+0:23 (2)
	53:04 (2)	53:51 (2)	55:11 (2)							
	2:14/122	0:47/119	1:20/150							
	+0:00 (1)	+0:00 (1)	+0:00 (1)							
3	Roy Solbakk		Valnesfjord IL		(10,46min/km)		56:28	(+11:11)		
	5:01 (3)	10:14 (3)	12:17 (3)	20:34 (3)	22:57 (3)	31:01 (3)	34:40 (3)	40:09 (3)	45:54 (2)	52:15 (3)
	5:01/102	5:13/106	2:03/108	8:17/111	2:23/112	8:04/113	3:39/114	5:29/115	5:45/116	6:21/117
	+1:15 (3)	+0:36 (4)	+0:21 (3)	+1:38 (3)	+0:12 (3)	+1:44 (3)	+0:35 (3)	+0:44 (2)	+0:57 (2)	+2:46 (5)
	55:11 (3)	56:28 (3)	56:28 (3)							
	2:56/119	1:17/150								
	+0:42 (4)	+0:30 (4)	+0:00 (1)							
4	Gunnar Skjeflo		B&OI		(11,34min/km)		1:01:15	(+15:58)		
	8:15 (5)	13:02 (4)	15:30 (4)	25:06 (4)	28:05 (4)	35:36 (4)	39:40 (4)	45:20 (4)	52:01 (4)	57:15 (4)
	8:15/102	4:47/106	2:28/108	9:36/111	2:59/112	7:31/113	4:04/114	5:40/115	6:41/116	5:14/117
	+4:29 (5)	+0:10 (2)	+0:46 (4)	+2:57 (5)	+0:48 (5)	+1:11 (2)	+1:00 (4)	+0:55 (3)	+1:53 (3)	+1:39 (3)
	1:00:00 (4)	1:01:15 (4)	1:01:15 (4)							
	2:45/119	1:15/150								
	+0:31 (3)	+0:28 (3)	+0:00 (1)							

5	Anders Westlund		B&OI		(13,60min/km)	1:13:28	(+28:11)
7:16 (4)	13:39 (5)	17:12 (5)	26:45 (5)	29:30 (5)	40:44 (5)	45:56 (5)	53:41 (5)
1:02:17 (5)	1:07:35 (5)						
7:16/102	6:23/106	3:33/108	9:33/111	2:45/112	11:14/113	5:12/114	7:45/115
8:36/116	5:18/117						
+3:30 (4)	+1:46 (5)	+1:51 (5)	+2:54 (4)	+0:34 (4)	+4:54 (5)	+2:08 (5)	+3:00 (5)
+3:48 (4)	+1:43 (4)						
1:11:39 (5)	1:13:28 (5)	1:13:28 (5)					
4:04/119	1:49/150						
+1:50 (5)	+1:02 (5)	+0:00 (1)					

Klasse Nybegynner 1,5 km

8 påmeldt, 8 startende

Hanne B..		Ukjent		(14,44min/km)	21:40
5:02 (6)	7:01 (3)	9:52 (3)	16:13 (3)	18:00 (3)	21:04 (3)
21:40 (3)					
5:02/124	1:59/125	2:51/130	6:21/131	1:47/132	3:04/137
0:36/150					
+2:34 (6)	+0:00 (1)	+0:37 (3)	+2:30 (6)	+0:23 (3)	+0:14 (2)
+0:00 (1)					

Oda Furuholmen		B&OI		(10,92min/km)	16:23
2:28 (1)	5:07 (2)	7:23 (2)	11:14 (2)	12:38 (1)	15:46 (2)
16:23 (1)					
2:28/124	2:39/125	2:16/130	3:51/131	1:24/132	3:08/137
0:37/150					
+0:00 (1)	+0:40 (3)	+0:02 (2)	+0:00 (1)	+0:00 (1)	+0:18 (3)
+0:01 (2)					

Oda Furuholmen		B&OI		(16,76min/km)	25:08
4:18 (4)	8:26 (4)	12:02 (5)	17:58 (4)	20:25 (4)	24:21 (5)
25:08 (5)					
4:18/124	4:08/125	3:36/130	5:56/131	2:27/132	3:56/137
0:47/150					
+1:50 (4)	+2:09 (5)	+1:22 (6)	+2:05 (4)	+1:03 (4)	+1:06 (5)
+0:11 (5)					

Anna Storvik Nilsen		B&OI		(16,73min/km)	25:06
4:17 (3)	8:26 (4)	12:01 (4)	18:02 (5)	20:41 (5)	24:18 (4)
25:06 (4)					
4:17/124	4:09/125	3:35/130	6:01/131	2:39/132	3:37/137
0:48/150					
+1:49 (3)	+2:10 (7)	+1:21 (5)	+2:10 (5)	+1:15 (5)	+0:47 (4)
+0:12 (6)					

Nomen Nisco		Ukjent		(10,96min/km)	16:26
2:33 (2)	5:06 (1)	7:20 (1)	11:12 (1)	12:50 (2)	15:40 (1)
16:26 (2)					
2:33/124	2:33/125	2:14/130	3:52/131	1:38/132	2:50/137
0:46/150					
+0:05 (2)	+0:34 (2)	+0:00 (1)	+0:01 (2)	+0:14 (2)	+0:00 (1)
+0:10 (4)					

Espen Skiri		B&OI		(19,13min/km)	28:42
4:47 (5)	8:55 (6)	13:01 (7)	18:30 (6)	22:38 (7)	28:05 (7)
28:42 (7)					
4:47/124	4:08/125	4:06/130	5:29/131	4:08/132	5:27/137
0:37/150					
+2:19 (5)	+2:09 (5)	+1:52 (7)	+1:38 (3)	+2:44 (8)	+2:37 (7)
+0:01 (2)					

Tobias Skjelvik		B&OI		(18,61min/km)	27:55
6:46 (8)	9:30 (7)	12:27 (6)	19:10 (7)	22:26 (6)	27:00 (6)
27:55 (6)					
6:46/124	2:44/125	2:57/130	6:43/131	3:16/132	4:34/137
0:55/150					
+4:18 (8)	+0:45 (4)	+0:43 (4)	+2:52 (7)	+1:52 (6)	+1:44 (6)
+0:19 (8)					

Martha Kalvig Skogan		B&OI		(24,38min/km)	36:34
6:09 (7)	11:40 (8)	17:02 (8)	24:59 (8)	28:45 (8)	35:46 (8)
36:34 (8)					
6:09/124	5:31/125	5:22/130	7:57/131	3:46/132	7:01/137
0:48/150					
+3:41 (7)	+3:32 (8)	+3:08 (8)	+4:06 (8)	+2:22 (7)	+4:11 (8)
+0:12 (6)					