

# Resultater fra Saltenkarusell 9 21.08.2007

Det var totalt 63 deltagere.

## Klasse 2 km 2,0 km

8 påmeldt, 8 startende

1	Håvard Irgens		B&OI		(12,37min/km)		<b>24:44</b>			
	1:09 (1)	5:20 (1)	7:40 (1)	8:51 (1)	10:44 (1)	12:12 (1)	19:11 (1)	21:12 (1)	23:28 (1)	24:44 (1)
	1:09/123	4:11/132	2:20/125	1:11/121	1:53/124	1:28/91	6:59/162	2:01/97	2:16/123	1:16/100
	+0:00 (1)	+2:08 (7)	+0:02 (2)	+0:00 (1)	+0:11 (4)	+0:00 (1)	+5:05 (7)	+0:00 (1)	+0:56 (6)	+0:00 (1)
2	Mari E Reitan		B&OI		(13,75min/km)		<b>27:30</b>	(+2:46)		
	4:08 (2)	6:11 (2)	8:29 (2)	10:49 (2)	12:41 (2)	19:42 (2)	22:04 (2)	25:28 (2)	27:30 (2)	27:30 (2)
	4:08/132	2:03/125	2:18/121	2:20/124	1:52/91	7:01/162	2:22/97	3:24/123	2:02/100	
	+2:59 (2)	+0:00 (1)	+0:00 (1)	+1:09 (2)	+0:10 (3)	+5:33 (2)	+0:28 (3)	+1:23 (5)	+0:42 (5)	+0:00 (1)
3	Heidi Jensen		B&OI		(17,26min/km)		<b>34:31</b>	(+9:47)		
	4:40 (3)	8:19 (3)	11:40 (4)	17:43 (6)	20:19 (6)	29:06 (4)	31:00 (3)	33:11 (3)	34:31 (3)	34:31 (3)
	4:40/132	3:39/125	3:21/121	6:03/124	2:36/91	8:47/162	1:54/97	2:11/123	1:20/100	
	+3:31 (3)	+1:36 (5)	+1:03 (6)	+4:52 (7)	+0:54 (6)	+7:19 (3)	+0:00 (1)	+0:10 (2)	+0:00 (1)	+0:00 (1)
4	Erika Aagaard		Heming/Njård OL		(18,83min/km)		<b>37:39</b>	(+12:55)		
	6:36 (5)	8:55 (5)	11:44 (5)	17:01 (4)	18:44 (4)	30:55 (6)	33:15 (5)	36:10 (4)	37:39 (4)	37:39 (4)
	6:36/132	2:19/125	2:49/121	5:17/124	1:43/91	12:11/162	2:20/97	2:55/123	1:29/100	
	+5:27 (5)	+0:16 (2)	+0:31 (4)	+4:06 (6)	+0:01 (2)	+10:43 (6)	+0:26 (2)	+0:54 (4)	+0:09 (3)	+0:00 (1)
5	Sebastian Redhamer		Ukjent		(18,83min/km)		<b>37:40</b>	(+12:56)		
	6:37 (6)	8:56 (6)	11:48 (6)	17:03 (5)	18:45 (5)	30:45 (5)	33:17 (6)	36:11 (5)	37:40 (5)	37:40 (5)
	6:37/132	2:19/125	2:52/121	5:15/124	1:42/91	12:00/162	2:32/97	2:54/123	1:29/100	
	+5:28 (6)	+0:16 (2)	+0:34 (5)	+4:04 (5)	+0:00 (1)	+10:32 (5)	+0:38 (4)	+0:53 (3)	+0:09 (3)	+0:00 (1)
6	Anne Berit Vikhals		B&OI		(19,48min/km)		<b>38:58</b>	(+14:14)		
	5:21 (4)	8:21 (4)	10:50 (3)	14:27 (3)	16:53 (3)	27:58 (3)	32:15 (4)	36:23 (6)	38:58 (6)	38:58 (6)
	5:21/132	3:00/125	2:29/121	3:37/124	2:26/91	11:05/162	4:17/97	4:08/123	2:35/100	
	+4:12 (4)	+0:57 (4)	+0:11 (3)	+2:26 (3)	+0:44 (5)	+9:37 (4)	+2:23 (6)	+2:07 (7)	+1:15 (7)	+0:00 (1)
7	Mounir Hamoud		Ukjent		(22,87min/km)		<b>45:45</b>	(+21:01)		
	8:01 (7)	11:59 (7)	16:09 (7)	19:47 (7)	23:47 (7)	37:47 (7)	40:35 (7)	44:23 (7)	45:45 (7)	45:45 (7)
	8:01/132	3:58/125	4:10/121	3:38/124	4:00/91	14:00/162	2:48/97	3:48/123	1:22/100	
	+6:52 (7)	+1:55 (6)	+1:52 (7)	+2:27 (4)	+2:18 (7)	+12:32 (7)	+0:54 (5)	+1:47 (6)	+0:02 (2)	+0:00 (1)
	Steffen M Beiermann		B&OI		(14,44min/km)		<b>Brutt</b>	(+4:09)		
	(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)

## Klasse 3 km 3,0 km

18 påmeldt, 18 startende

1	Morten Selnes		B&OI		(14,77min/km)		<b>44:19</b>			
	6:44 (6)	14:22 (1)	21:44 (1)	26:10 (1)	28:06 (1)	32:01 (1)	36:43 (1)	41:12 (1)	44:19 (1)	
	6:44/162	7:38/168	7:22/74	4:26/167	1:56/159	3:55/84	4:42/80	4:29/76	3:07/100	
	+1:16 (6)	+0:00 (1)	+0:35 (2)	+0:46 (5)	+0:07 (2)	+0:38 (4)	+0:00 (1)	+0:50 (3)	+0:13 (3)	
2	Per Dalhaug		B&OI		(15,20min/km)		<b>45:36</b>	(+1:17)		
	7:56 (11)	16:32 (5)	23:19 (2)	27:34 (3)	29:23 (2)	32:40 (2)	37:24 (2)	42:28 (2)	45:36 (2)	
	7:56/162	8:36/168	6:47/74	4:15/167	1:49/159	3:17/84	4:44/80	5:04/76	3:08/100	
	+2:28 (11)	+0:58 (2)	+0:00 (1)	+0:35 (2)	+0:00 (1)	+0:00 (1)	+0:02 (2)	+1:25 (5)	+0:14 (4)	
3	Elin Irgens		B&OI		(16,43min/km)		<b>49:18</b>	(+4:59)		
	6:30 (4)	15:28 (2)	23:47 (3)	27:27 (2)	29:35 (3)	33:21 (3)	40:49 (3)	45:14 (3)	49:18 (3)	
	6:30/162	8:58/168	8:19/74	3:40/167	2:08/159	3:46/84	7:28/80	4:25/76	4:04/100	
	+1:02 (4)	+1:20 (3)	+1:32 (5)	+0:00 (1)	+0:19 (5)	+0:29 (2)	+2:46 (10)	+0:46 (2)	+1:10 (8)	
4	Sander Pettersen		B&OI		(17,10min/km)		<b>51:18</b>	(+6:59)		
	5:28 (1)	15:29 (3)	25:25 (4)	29:40 (4)	32:29 (4)	37:15 (4)	44:42 (4)	48:21 (4)	51:18 (4)	
	5:28/162	10:01/168	9:56/74	4:15/167	2:49/159	4:46/84	7:27/80	3:39/76	2:57/100	
	+0:00 (1)	+2:23 (5)	+3:09 (9)	+0:35 (2)	+1:00 (11)	+1:29 (8)	+2:45 (9)	+0:00 (1)	+0:03 (2)	
5	Frode Ikdahl		B&OI		(17,76min/km)		<b>53:17</b>	(+8:58)		
	6:34 (5)	18:50 (9)	28:30 (7)	34:15 (7)	36:12 (7)	40:13 (6)	45:29 (5)	50:23 (5)	53:17 (5)	



# Klasse 4 km 4,0 km

25 påmeldt, 25 startende

1	Jan Arild Johansen		Fossum IL		(11,63min/km)	<b>46:30</b>				
	2:34 (5)	6:24 (4)	12:20 (2)	17:34 (2)	20:44 (1)	22:31 (1)	24:57 (1)	27:00 (1)	31:22 (1)	35:30 (1)
	2:34/163	3:50/162	5:56/168	5:14/74	3:10/167	1:47/159	2:26/136	2:03/165	4:22/79	4:08/84
	+0:30 (5)	+0:58 (9)	+0:19 (3)	+0:33 (3)	+0:00 (1)	+0:31 (14)	+0:00 (1)	+0:03 (2)	+0:50 (5)	+0:36 (3)
	39:25 (1)	42:38 (1)	45:01 (1)	46:30 (1)						
	3:55/80	3:13/76	2:23/96	1:29/100						
	+0:07 (2)	+0:00 (1)	+0:44 (6)	+0:21 (5)						
2	Per Rekkedal		B&OI		(12,15min/km)	<b>48:35</b>	(+2:05)			
	4:15 (16)	7:22 (8)	13:49 (6)	18:30 (4)	22:11 (4)	23:43 (3)	27:45 (5)	29:45 (4)	33:17 (4)	37:44 (4)
	4:15/163	3:07/162	6:27/168	4:41/74	3:41/167	1:32/159	4:02/136	2:00/165	3:32/79	4:27/84
	+2:11 (16)	+0:15 (3)	+0:50 (6)	+0:00 (1)	+0:31 (7)	+0:16 (3)	+1:36 (14)	+0:00 (1)	+0:00 (1)	+0:55 (7)
	41:53 (4)	45:08 (4)	47:14 (2)	48:35 (2)						
	4:09/80	3:15/76	2:06/96	1:21/100						
	+0:21 (5)	+0:02 (3)	+0:27 (3)	+0:13 (2)						
3	Gunnar Rabben		Valnesfjord IL		(12,25min/km)	<b>49:00</b>	(+2:30)			
	3:13 (11)	7:35 (10)	13:30 (5)	18:22 (3)	22:03 (3)	23:43 (3)	26:35 (3)	28:54 (3)	32:56 (2)	37:21 (3)
	3:13/163	4:22/162	5:55/168	4:52/74	3:41/167	1:40/159	2:52/136	2:19/165	4:02/79	4:25/84
	+1:09 (11)	+1:30 (11)	+0:18 (2)	+0:11 (2)	+0:31 (7)	+0:24 (7)	+0:26 (3)	+0:19 (5)	+0:30 (3)	+0:53 (6)
	41:20 (3)	44:54 (3)	47:18 (3)	49:00 (3)						
	3:59/80	3:34/76	2:24/96	1:42/100						
	+0:11 (3)	+0:21 (6)	+0:45 (7)	+0:34 (10)						
4	Anders Kure		B&OI		(12,60min/km)	<b>50:24</b>	(+3:54)			
	3:49 (15)	7:25 (9)	13:21 (4)	18:51 (5)	22:30 (5)	24:13 (5)	27:38 (4)	29:51 (5)	33:48 (5)	38:02 (5)
	3:49/163	3:36/162	5:56/168	5:30/74	3:39/167	1:43/159	3:25/136	2:13/165	3:57/79	4:14/84
	+1:45 (15)	+0:44 (4)	+0:19 (3)	+0:49 (4)	+0:29 (4)	+0:27 (11)	+0:59 (8)	+0:13 (3)	+0:25 (2)	+0:42 (5)
	42:26 (5)	46:02 (5)	48:18 (4)	50:24 (4)						
	4:24/80	3:36/76	2:16/96	2:06/100						
	+0:36 (8)	+0:23 (7)	+0:37 (5)	+0:58 (17)						
5	Ivar Aanerød		B&OI		(12,87min/km)	<b>51:29</b>	(+4:59)			
	2:04 (1)	4:56 (1)	10:33 (1)	16:36 (1)	21:02 (2)	22:36 (2)	25:47 (2)	28:30 (2)	32:59 (3)	36:58 (2)
	2:04/163	2:52/162	5:37/168	6:03/74	4:26/167	1:34/159	3:11/136	2:43/165	4:29/79	3:59/84
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+1:22 (6)	+1:16 (16)	+0:18 (5)	+0:45 (5)	+0:43 (13)	+0:57 (6)	+0:27 (2)
	40:58 (2)	44:11 (2)	50:07 (5)	51:29 (5)						
	4:00/80	3:13/76	5:56/96	1:22/100						
	+0:12 (4)	+0:00 (1)	+4:17 (18)	+0:14 (3)						
6	Arne Kristian Nordhei		B&OI		(13,55min/km)	<b>54:11</b>	(+7:41)			
	2:22 (3)	7:16 (6)	14:00 (7)	20:48 (7)	24:28 (6)	26:14 (7)	29:54 (8)	32:30 (7)	37:13 (6)	42:07 (7)
	2:22/163	4:54/162	6:44/168	6:48/74	3:40/167	1:46/159	3:40/136	2:36/165	4:43/79	4:54/84
	+0:18 (3)	+2:02 (15)	+1:07 (8)	+2:07 (8)	+0:30 (5)	+0:30 (12)	+1:14 (10)	+0:36 (11)	+1:11 (9)	+1:22 (11)
	46:54 (7)	50:31 (8)	52:37 (6)	54:11 (6)						
	4:47/80	3:37/76	2:06/96	1:34/100						
	+0:59 (10)	+0:24 (8)	+0:27 (3)	+0:26 (6)						
7	Jan F Prytz		B&OI		(13,59min/km)	<b>54:21</b>	(+7:51)			
	3:06 (9)	7:57 (12)	14:45 (8)	24:13 (11)	27:32 (11)	28:48 (11)	32:05 (11)	34:35 (11)	38:37 (9)	43:13 (9)
	3:06/163	4:51/162	6:48/168	9:28/74	3:19/167	1:16/159	3:17/136	2:30/165	4:02/79	4:36/84
	+1:02 (9)	+1:59 (13)	+1:11 (9)	+4:47 (15)	+0:09 (2)	+0:00 (1)	+0:51 (7)	+0:30 (10)	+0:30 (3)	+1:04 (8)
	47:01 (8)	50:25 (7)	52:53 (7)	54:21 (7)						
	3:48/80	3:24/76	2:28/96	1:28/100						
	+0:00 (1)	+0:11 (4)	+0:49 (8)	+0:20 (4)						
8	Morten Tjønnedal		B&OI		(13,84min/km)	<b>55:22</b>	(+8:52)			
	2:12 (2)	6:00 (2)	12:58 (3)	20:26 (6)	24:29 (7)	26:07 (6)	29:34 (7)	32:10 (6)	37:44 (7)	41:53 (6)
	2:12/163	3:48/162	6:58/168	7:28/74	4:03/167	1:38/159	3:27/136	2:36/165	5:34/79	4:09/84
	+0:08 (2)	+0:56 (8)	+1:21 (11)	+2:47 (11)	+0:53 (13)	+0:22 (6)	+1:01 (9)	+0:36 (11)	+2:02 (12)	+0:37 (4)
	46:12 (6)	49:44 (6)	53:46 (8)	55:22 (8)						
	4:19/80	3:32/76	4:02/96	1:36/100						
	+0:31 (7)	+0:19 (5)	+2:23 (16)	+0:28 (7)						

<b>9</b>	<b>Dag Skogan</b>			<b>B&amp;OI</b>		<b>(14,68min/km)</b>		<b>58:42</b>	<b>(+12:12)</b>	
	3:34 (14)	7:16 (7)	15:14 (10)	22:11 (10)	26:20 (10)	28:19 (10)	30:53 (9)	33:20 (9)	38:06 (8)	42:52 (8)
	3:34/163	3:42/162	7:58/168	6:57/74	4:09/167	1:59/159	2:34/136	2:27/165	4:46/79	4:46/84
	+1:30 (14)	+0:50 (6)	+2:21 (16)	+2:16 (9)	+0:59 (14)	+0:43 (16)	+0:08 (2)	+0:27 (9)	+1:14 (10)	+1:14 (10)
	47:37 (9)	51:17 (9)	56:41 (9)	58:42 (9)						
	4:45/80	3:40/76	5:24/96	2:01/100						
	+0:57 (9)	+0:27 (9)	+3:45 (17)	+0:53 (15)						
<b>10</b>	<b>Marit Johnsen</b>			<b>B&amp;OI</b>		<b>(14,96min/km)</b>		<b>59:50</b>	<b>(+13:20)</b>	
	5:14 (19)	9:27 (17)	15:33 (12)	21:26 (9)	25:53 (9)	27:33 (9)	31:32 (10)	33:55 (10)	39:53 (10)	45:00 (10)
	5:14/163	4:13/162	6:06/168	5:53/74	4:27/167	1:40/159	3:59/136	2:23/165	5:58/79	5:07/84
	+3:10 (19)	+1:21 (10)	+0:29 (5)	+1:12 (5)	+1:17 (17)	+0:24 (7)	+1:33 (13)	+0:23 (7)	+2:26 (13)	+1:35 (12)
	49:09 (10)	58:04 (11)	59:50 (10)	59:50 (10)						
	4:09/80	8:55/96	1:46/100							
	+0:21 (5)	+5:42 (21)	+0:07 (2)	+0:00 (1)						
<b>11</b>	<b>Leif Magne Eggestad</b>			<b>B&amp;OI</b>		<b>(15,91min/km)</b>		<b>1:03:38</b>	<b>(+17:08)</b>	
	7:09 (20)	10:15 (18)	16:57 (15)	26:03 (13)	30:00 (13)	31:40 (13)	34:35 (12)	36:54 (12)	44:22 (12)	49:49 (12)
	7:09/163	3:06/162	6:42/168	9:06/74	3:57/167	1:40/159	2:55/136	2:19/165	7:28/79	5:27/84
	+5:05 (20)	+0:14 (2)	+1:05 (7)	+4:25 (14)	+0:47 (12)	+0:24 (7)	+0:29 (4)	+0:19 (5)	+3:56 (17)	+1:55 (14)
	54:55 (12)	1:01:59 (12)	1:03:38 (11)	1:03:38 (11)						
	5:06/80	7:04/96	1:39/100							
	+1:18 (11)	+3:51 (19)	+0:00 (1)	+0:00 (1)						
<b>12</b>	<b>Åge Mohus</b>			<b>B&amp;OI</b>		<b>(16,77min/km)</b>		<b>1:07:05</b>	<b>(+20:35)</b>	
	3:15 (12)	7:49 (11)	15:26 (11)	25:47 (12)	29:31 (12)	31:20 (12)	37:40 (13)	40:43 (13)	45:14 (13)	50:37 (13)
	3:15/163	4:34/162	7:37/168	10:21/74	3:44/167	1:49/159	6:20/136	3:03/165	4:31/79	5:23/84
	+1:11 (12)	+1:42 (12)	+2:00 (15)	+5:40 (17)	+0:34 (9)	+0:33 (15)	+3:54 (19)	+1:03 (14)	+0:59 (8)	+1:51 (13)
	57:38 (13)	1:02:09 (13)	1:05:19 (12)	1:07:05 (12)						
	7:01/80	4:31/76	3:10/96	1:46/100						
	+3:13 (16)	+1:18 (12)	+1:31 (10)	+0:38 (13)						
<b>13</b>	<b>Øyvind Bjørkås</b>			<b>B&amp;OI</b>		<b>(17,26min/km)</b>		<b>1:09:03</b>	<b>(+22:33)</b>	
	2:33 (4)	6:13 (3)	19:03 (16)	30:04 (17)	33:59 (16)	35:39 (16)	39:21 (15)	41:45 (14)	48:55 (14)	55:09 (14)
	2:33/163	3:40/162	12:50/168	11:01/74	3:55/167	1:40/159	3:42/136	2:24/165	7:10/79	6:14/84
	+0:29 (4)	+0:48 (5)	+7:13 (20)	+6:20 (18)	+0:45 (10)	+0:24 (7)	+1:16 (11)	+0:24 (8)	+3:38 (16)	+2:42 (17)
	1:00:17 (14)	1:04:12 (14)	1:07:27 (13)	1:09:03 (13)						
	5:08/80	3:55/76	3:15/96	1:36/100						
	+1:20 (13)	+0:42 (10)	+1:36 (11)	+0:28 (7)						
<b>14</b>	<b>Vibece Hobbestad</b>			<b>Valnesfjord IL</b>		<b>(17,97min/km)</b>		<b>1:11:54</b>	<b>(+25:24)</b>	
	2:49 (6)	9:02 (16)	15:50 (13)	28:17 (15)	31:57 (15)	33:43 (14)	41:00 (17)	46:33 (18)	51:29 (16)	56:13 (15)
	2:49/163	6:13/162	6:48/168	12:27/74	3:40/167	1:46/159	7:17/136	5:33/165	4:56/79	4:44/84
	+0:45 (6)	+3:21 (20)	+1:11 (9)	+7:46 (19)	+0:30 (5)	+0:30 (12)	+4:51 (20)	+3:33 (18)	+1:24 (11)	+1:12 (9)
	1:01:19 (15)	1:06:25 (15)	1:10:12 (14)	1:11:54 (14)						
	5:06/80	5:06/76	3:47/96	1:42/100						
	+1:18 (11)	+1:53 (15)	+2:08 (15)	+0:34 (10)						
<b>15</b>	<b>Torkel Irgens</b>			<b>B&amp;OI</b>		<b>(18,45min/km)</b>		<b>1:13:47</b>	<b>(+27:17)</b>	
	3:28 (13)	7:14 (5)	14:48 (9)	21:18 (8)	24:44 (8)	26:15 (8)	29:31 (6)	32:37 (8)	41:55 (11)	45:27 (11)
	3:28/163	3:46/162	7:34/168	6:30/74	3:26/167	1:31/159	3:16/136	3:06/165	9:18/79	3:32/84
	+1:24 (13)	+0:54 (7)	+1:57 (14)	+1:49 (7)	+0:16 (3)	+0:15 (2)	+0:50 (6)	+1:06 (16)	+5:46 (18)	+0:00 (1)
	53:00 (11)	57:54 (10)	1:12:39 (15)	1:13:47 (15)						
	7:33/80	4:54/76	14:45/96	1:08/100						
	+3:45 (17)	+1:41 (14)	+13:06 (20)	+0:00 (1)						
<b>16</b>	<b>Anita Eriksen</b>			<b>B&amp;OI</b>		<b>(19,83min/km)</b>		<b>1:19:19</b>	<b>(+32:49)</b>	
	2:50 (7)	8:50 (15)	15:56 (14)	30:14 (19)	34:09 (17)	35:42 (17)	40:02 (16)	42:16 (15)	55:40 (17)	1:01:12 (17)
	2:50/163	6:00/162	7:06/168	14:18/74	3:55/167	1:33/159	4:20/136	2:14/165	13:24/79	5:32/84
	+0:46 (7)	+3:08 (19)	+1:29 (12)	+9:37 (21)	+0:45 (10)	+0:17 (4)	+1:54 (16)	+0:14 (4)	+9:52 (20)	+2:00 (15)
	1:10:05 (17)	1:14:54 (17)	1:17:24 (16)	1:19:19 (16)						
	8:53/80	4:49/76	2:30/96	1:55/100						
	+5:05 (19)	+1:36 (13)	+0:51 (9)	+0:47 (14)						
<b>17</b>	<b>Geir Moen</b>			<b>B&amp;OI</b>		<b>(21,43min/km)</b>		<b>1:25:44</b>	<b>(+39:14)</b>	
	3:05 (8)	7:57 (12)	19:50 (17)	27:17 (14)	31:37 (14)	33:50 (15)	37:57 (14)	44:29 (16)	58:53 (18)	1:06:09 (18)
	3:05/163	4:52/162	11:53/168	7:27/74	4:20/167	2:13/159	4:07/136	6:32/165	14:24/79	7:16/84
	+1:01 (8)	+2:00 (14)	+6:16 (18)	+2:46 (10)	+1:10 (15)	+0:57 (18)	+1:41 (15)	+4:32 (21)	+10:52 (21)	+3:44 (20)

1:11:49 (18) 1:17:04 (18) 1:23:38 (17) 1:25:44 (17)  
5:40/80 5:15/76 6:34/96 2:06/100  
+1:52 (14) +2:02 (16) +4:55 (19) +0:58 (17)

**18 Jacob Kalvig Skogan** **B&OI** **(22,01min/km)** **1:28:02 (+41:32)**  
4:51 (18) 10:16 (19) 25:36 (21) 35:28 (20) 40:48 (20) 42:48 (20) 47:51 (19) 53:17 (19) 59:50 (19) 1:06:26 (19)  
4:51/163 5:25/162 15:20/168 9:52/74 5:20/167 2:00/159 5:03/136 5:26/165 6:33/79 6:36/84  
+2:47 (18) +2:33 (17) +9:43 (21) +5:11 (16) +2:10 (18) +0:44 (17) +2:37 (18) +3:26 (17) +3:01 (14) +3:04 (18)  
1:14:03 (19) 1:22:35 (19) 1:25:56 (18) 1:28:02 (18)  
7:37/80 8:32/76 3:21/96 2:06/100  
+3:49 (18) +5:19 (20) +1:42 (14) +0:58 (17)

**19 Ida Hegreberg** **B&OI** **(22,43min/km)** **1:29:44 (+43:14)**  
3:08 (10) 8:49 (14) 21:25 (19) 30:06 (18) 35:44 (18) 38:11 (18) 42:46 (18) 45:50 (17) 50:20 (15) 58:13 (16)  
3:08/163 5:41/162 12:36/168 8:41/74 5:38/167 2:27/159 4:35/136 3:04/165 4:30/79 7:53/84  
+1:04 (10) +2:49 (18) +6:59 (19) +4:00 (13) +2:28 (19) +1:11 (20) +2:09 (17) +1:04 (15) +0:58 (7) +4:21 (21)  
1:04:08 (16) 1:10:18 (16) 1:28:04 (19) 1:29:44 (19)  
5:55/80 6:10/76 17:46/96 1:40/100  
+2:07 (15) +2:57 (18) +16:07 (21) +0:32 (9)

**20 Siv Byberg** **B&OI** **(23,51min/km)** **1:34:03 (+47:33)**  
4:31 (17) 11:45 (20) 20:25 (18) 29:03 (16) 38:16 (19) 41:05 (19) 53:19 (21) 59:39 (21) 1:06:41 (20) 1:13:27 (20)  
4:31/163 7:14/162 8:40/168 8:38/74 9:13/167 2:49/159 12:14/136 6:20/165 7:02/79 6:46/84  
+2:27 (17) +4:22 (21) +3:03 (17) +3:57 (12) +6:03 (21) +1:33 (21) +9:48 (21) +4:20 (20) +3:30 (15) +3:14 (19)  
1:22:33 (20) 1:28:38 (20) 1:31:58 (20) 1:34:03 (20)  
9:06/80 6:05/76 3:20/96 2:05/100  
+5:18 (20) +2:52 (17) +1:41 (13) +0:57 (16)

**21 Odd-Ivar Søvik** **B&OI** **(23,72min/km)** **1:34:52 (+48:22)**  
10:52 (21) 15:59 (21) 23:28 (20) 37:24 (21) 44:09 (21) 46:30 (21) 50:12 (20) 55:58 (20) 1:08:48 (21) 1:14:56 (21)  
10:52/163 5:07/162 7:29/168 13:56/74 6:45/167 2:21/159 3:42/136 5:46/165 12:50/79 6:08/84  
+8:48 (21) +2:15 (16) +1:52 (13) +9:15 (20) +3:35 (20) +1:05 (19) +1:16 (11) +3:46 (19) +9:18 (19) +2:36 (16)  
1:25:24 (21) 1:29:50 (21) 1:33:07 (21) 1:34:52 (21)  
10:28/80 4:26/76 3:17/96 1:45/100  
+6:40 (21) +1:13 (11) +1:38 (12) +0:37 (12)

**Per Otto Aursund** **B&OI** **(14,13min/km)** **Brutt (+10:02)**  
2:35 (6) 7:02 (5) 13:24 (5) 19:39 (6) 23:44 (6) 25:37 (6) 28:32 (6) 31:30 (6) 36:35 (6) 41:10 (6)  
2:35/163 4:27/162 6:22/168 6:15/74 4:05/167 1:53/159 2:55/136 2:58/165 5:05/79 4:35/84  
+0:31 (6) +1:35 (12) +0:45 (6) +1:34 (7) +0:55 (14) +0:37 (16) +0:29 (4) +0:58 (14) +1:33 (12) +1:03 (8)  
46:24 (7) 56:32 (10) 56:32 (9) 56:32 (9)  
5:14/80 10:08/100  
+1:26 (14) +6:55 (22) +0:00 (1) +0:00 (1)

**Johny Jakobsen** **Valnesfjord IL** **(15,40min/km)** **Brutt (+15:05)**  
5:38 (20) 9:34 (18) 16:17 (15) 22:16 (11) 25:54 (10) 27:35 (10) 31:18 (10) 34:38 (12) 38:42 (10) 42:54 (9)  
5:38/163 3:56/162 6:43/168 5:59/74 3:38/167 1:41/159 3:43/136 3:20/165 4:04/79 4:12/84  
+3:34 (20) +1:04 (10) +1:06 (8) +1:18 (6) +0:28 (4) +0:25 (11) +1:17 (13) +1:20 (17) +0:32 (5) +0:40 (5)  
46:55 (8) 50:08 (7) 1:01:35 (11) 1:01:35 (11)  
4:01/80 3:13/76 11:27/100  
+0:13 (5) +0:00 (1) +9:48 (20) +0:00 (1)

**Torbjørn H Olsen** **B&OI** **(19,50min/km)** **Brutt (+31:29)**  
3:25 (13) 8:34 (14) 23:52 (21) 32:05 (20) 36:35 (19) 38:46 (19) 48:58 (20) 57:00 (21) 1:10:16 (22) 1:17:59 (22)  
3:25/163 5:09/162 15:18/168 8:13/74 4:30/167 2:11/159 10:12/136 8:02/165 13:16/79 7:43/84  
+1:21 (13) +2:17 (17) +9:41 (21) +3:32 (12) +1:20 (18) +0:55 (18) +7:46 (21) +6:02 (22) +9:44 (20) +4:11 (21)  
1:17:59 (20) 1:17:59 (19) 1:17:59 (17) 1:17:59 (16)  
+0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)

**Tore Tveraabak** **B&OI** **(22,58min/km)** **Brutt (+43:48)**  
3:37 (15) 7:05 (5) 16:08 (15) 30:47 (20) 33:05 (16) 34:24 (16) 44:09 (19) 45:59 (18) 59:13 (19) 1:02:58 (18)  
3:37/163 3:28/162 9:03/168 14:39/74 2:18/167 1:19/159 9:45/136 1:50/165 13:14/79 3:45/84  
+1:33 (15) +0:36 (4) +3:26 (18) +9:58 (22) +0:00 (1) +0:03 (2) +7:19 (21) +0:00 (1) +9:42 (20) +0:13 (2)  
1:06:52 (17) 1:30:18 (22) 1:30:18 (20) 1:30:18 (20)  
3:54/80 23:26/100  
+0:06 (2) +20:13 (22) +0:00 (1) +0:00 (1)

## Klasse 6 km 6,0 km

7 påmeldt, 7 startende

<b>1</b>	<b>Arild Hegreberg</b>		<b>B&amp;OI</b>		<b>(8,80min/km)</b>		<b>52:47</b>			
	1:43 (1)	4:08 (2)	7:12 (2)	9:43 (1)	14:14 (1)	18:25 (1)	19:49 (1)	23:00 (1)	25:17 (1)	26:36 (1)
	1:43/163	2:25/125	3:04/93	2:31/162	4:31/168	4:11/80	1:24/70	3:11/74	2:17/167	1:19/159
	+0:00 (1)	+0:08 (2)	+0:14 (2)	+0:00 (1)	+0:00 (1)	+0:06 (3)	+0:00 (1)	+0:08 (2)	+0:15 (2)	+0:07 (3)
	28:43 (1)	30:21 (1)	33:10 (1)	36:05 (1)	43:16 (1)	47:20 (1)	51:33 (1)	52:47 (1)		
	2:07/136	1:38/165	2:49/79	2:55/84	7:11/94	4:04/76	4:13/96	1:14/100		
	+0:00 (1)	+0:06 (2)	+0:00 (1)	+0:05 (2)	+0:08 (2)	+0:42 (2)	+2:43 (6)	+0:12 (3)		
<b>2</b>	<b>Nils Aamand</b>		<b>B&amp;OI</b>		<b>(9,30min/km)</b>		<b>55:47</b>		<b>(+3:00)</b>	
	1:46 (2)	4:03 (1)	6:53 (1)	9:48 (2)	14:44 (2)	19:05 (2)	21:25 (2)	24:28 (2)	26:30 (2)	27:53 (2)
	1:46/163	2:17/125	2:50/93	2:55/162	4:56/168	4:21/80	2:20/70	3:03/74	2:02/167	1:23/159
	+0:03 (2)	+0:00 (1)	+0:00 (1)	+0:24 (2)	+0:25 (4)	+0:16 (4)	+0:56 (3)	+0:00 (1)	+0:00 (1)	+0:11 (4)
	30:15 (2)	31:47 (2)	40:00 (2)	42:50 (2)	49:53 (2)	53:15 (2)	54:45 (2)	55:47 (2)		
	2:22/136	1:32/165	8:13/79	2:50/84	7:03/94	3:22/76	1:30/96	1:02/100		
	+0:15 (4)	+0:00 (1)	+5:24 (7)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)		
<b>3</b>	<b>Lars Reitan</b>		<b>B&amp;OI</b>		<b>(10,34min/km)</b>		<b>1:02:01</b>		<b>(+9:14)</b>	
	2:21 (3)	5:01 (3)	8:13 (3)	11:12 (3)	15:46 (3)	19:51 (3)	23:03 (3)	26:39 (3)	30:10 (3)	31:27 (3)
	2:21/163	2:40/125	3:12/93	2:59/162	4:34/168	4:05/80	3:12/70	3:36/74	3:31/167	1:17/159
	+0:38 (3)	+0:23 (3)	+0:22 (3)	+0:28 (4)	+0:03 (2)	+0:00 (1)	+1:48 (7)	+0:33 (4)	+1:29 (6)	+0:05 (2)
	33:39 (3)	35:35 (3)	42:00 (5)	45:58 (5)	54:06 (3)	58:32 (3)	1:00:41 (3)	1:02:01 (3)		
	2:12/136	1:56/165	6:25/79	3:58/84	8:08/94	4:26/76	2:09/96	1:20/100		
	+0:05 (3)	+0:24 (5)	+3:36 (6)	+1:08 (5)	+1:05 (3)	+1:04 (3)	+0:39 (3)	+0:18 (5)		
<b>4</b>	<b>Gunnar Skjeflo</b>		<b>B&amp;OI</b>		<b>(10,52min/km)</b>		<b>1:03:06</b>		<b>(+10:19)</b>	
	3:08 (6)	6:07 (6)	9:59 (6)	12:59 (6)	19:02 (6)	24:07 (5)	26:06 (5)	29:45 (5)	32:38 (5)	33:50 (5)
	3:08/163	2:59/125	3:52/93	3:00/162	6:03/168	5:05/80	1:59/70	3:39/74	2:53/167	1:12/159
	+1:25 (6)	+0:42 (6)	+1:02 (7)	+0:29 (5)	+1:32 (7)	+1:00 (6)	+0:35 (2)	+0:36 (5)	+0:51 (4)	+0:00 (1)
	36:01 (5)	38:01 (5)	41:44 (4)	45:02 (3)	54:08 (4)	1:00:08 (5)	1:01:51 (4)	1:03:06 (4)		
	2:11/136	2:00/165	3:43/79	3:18/84	9:06/94	6:00/76	1:43/96	1:15/100		
	+0:04 (2)	+0:28 (6)	+0:54 (3)	+0:28 (3)	+2:03 (5)	+2:38 (7)	+0:13 (2)	+0:13 (4)		
<b>5</b>	<b>Petter Jakola</b>		<b>B&amp;OI</b>		<b>(11,28min/km)</b>		<b>1:07:40</b>		<b>(+14:53)</b>	
	2:37 (5)	5:36 (5)	9:24 (5)	12:46 (5)	17:34 (5)	25:51 (6)	28:22 (6)	32:52 (7)	35:50 (6)	37:24 (6)
	2:37/163	2:59/125	3:48/93	3:22/162	4:48/168	8:17/80	2:31/70	4:30/74	2:58/167	1:34/159
	+0:54 (5)	+0:42 (6)	+0:58 (6)	+0:51 (6)	+0:17 (3)	+4:12 (7)	+1:07 (4)	+1:27 (7)	+0:56 (5)	+0:22 (7)
	39:54 (6)	41:47 (6)	45:38 (6)	49:04 (6)	58:37 (6)	1:03:33 (6)	1:06:01 (5)	1:07:40 (5)		
	2:30/136	1:53/165	3:51/79	3:26/84	9:33/94	4:56/76	2:28/96	1:39/100		
	+0:23 (5)	+0:21 (4)	+1:02 (4)	+0:36 (4)	+2:30 (7)	+1:34 (5)	+0:58 (4)	+0:37 (7)		
<b>6</b>	<b>Roy Solbakk</b>		<b>Valnesfjord IL</b>		<b>(11,56min/km)</b>		<b>1:09:20</b>		<b>(+16:33)</b>	
	4:06 (7)	6:46 (7)	10:04 (7)	15:22 (7)	21:01 (7)	26:04 (7)	28:48 (7)	32:19 (6)	36:01 (7)	37:27 (7)
	4:06/163	2:40/125	3:18/93	5:18/162	5:39/168	5:03/80	2:44/70	3:31/74	3:42/167	1:26/159
	+2:23 (7)	+0:23 (3)	+0:28 (4)	+2:47 (7)	+1:08 (5)	+0:58 (5)	+1:20 (6)	+0:28 (3)	+1:40 (7)	+0:14 (5)
	41:41 (7)	43:29 (7)	46:49 (7)	51:47 (7)	1:00:40 (7)	1:05:30 (7)	1:08:13 (6)	1:09:20 (6)		
	4:14/136	1:48/165	3:20/79	4:58/84	8:53/94	4:50/76	2:43/96	1:07/100		
	+2:07 (7)	+0:16 (3)	+0:31 (2)	+2:08 (7)	+1:50 (4)	+1:28 (4)	+1:13 (5)	+0:05 (2)		
<b>7</b>	<b>Lars Petter Rekkedal</b>		<b>B&amp;OI</b>		<b>(11,92min/km)</b>		<b>1:11:32</b>		<b>(+18:45)</b>	
	2:21 (3)	5:01 (3)	8:26 (4)	11:22 (4)	17:01 (4)	21:09 (4)	23:40 (4)	27:49 (4)	30:28 (4)	31:55 (4)
	2:21/163	2:40/125	3:25/93	2:56/162	5:39/168	4:08/80	2:31/70	4:09/74	2:39/167	1:27/159
	+0:38 (3)	+0:23 (3)	+0:35 (5)	+0:25 (3)	+1:08 (5)	+0:03 (2)	+1:07 (4)	+1:06 (6)	+0:37 (3)	+0:15 (6)
	34:35 (4)	36:42 (4)	40:55 (3)	45:05 (4)	54:11 (5)	59:11 (4)	1:09:58 (7)	1:11:32 (7)		
	2:40/136	2:07/165	4:13/79	4:10/84	9:06/94	5:00/76	10:47/96	1:34/100		
	+0:33 (6)	+0:35 (7)	+1:24 (5)	+1:20 (6)	+2:03 (5)	+1:38 (6)	+9:17 (7)	+0:32 (6)		

## Klasse N 1,5 km

5 påmeldt, 5 startende

	<b>Oda Furuholmen</b>		<b>B&amp;OI</b>		<b>(32,11min/km)</b>		<b>48:10</b>			
	3:35 (1)	6:09 (1)	7:02 (1)	32:08 (1)	36:42 (1)	38:14 (1)	40:34 (1)	43:33 (1)	46:28 (1)	48:10 (2)
	3:35/123	2:34/87	0:53/123	25:06/132	4:34/125	1:32/85	2:20/122	2:59/97	2:55/123	1:42/100
	+0:00 (1)	+1:32 (2)	+0:00 (1)	+20:38 (2)	+3:02 (2)	+0:00 (1)	+0:00 (1)	+0:06 (2)	+1:23 (2)	+0:00 (1)

<b>Jardar Hollås</b>			<b>Ukjent</b>				<b>(27,23min/km)</b>		<b>Disk</b>	
(1)	12:01 (3)	17:29 (2)	21:35 (1)	24:56 (1)	28:05 (1)	32:46 (1)	38:09 (1)	40:51 (1)	40:51 (1)	
12:01/87	5:28/132	4:06/125	3:21/85	3:09/122	4:41/97	5:23/123	2:42/100			
+0:00 (1)	+10:59 (3)	+4:35 (2)	+0:00 (1)	+1:49 (2)	+1:37 (3)	+2:21 (3)	+2:30 (3)	+1:10 (2)	+0:00 (1)	
<b>Anna Storvik Nilsen</b>			<b>B&amp;OI</b>				<b>(32,04min/km)</b>		<b>48:04</b>	
6:09 (2)	7:11 (2)	32:13 (2)	36:41 (2)	38:13 (2)	40:39 (2)	43:39 (2)	46:32 (2)	48:04 (2)	48:04 (1)	
6:09/87	1:02/123	25:02/132	4:28/125	1:32/85	2:26/122	3:00/97	2:53/123	1:32/100		
+2:34 (2)	+0:00 (1)	+24:09 (2)	+0:00 (1)	+0:00 (1)	+0:54 (2)	+0:40 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
<b>Aksel D Tollåli</b>			<b>Bodø svømmeklubb</b>				<b>(18,74min/km)</b>		<b>Disk</b>	
(1)	5:17 (1)	9:28 (2)	12:50 (1)	15:52 (1)	20:48 (1)	25:58 (1)	28:07 (1)	28:07 (1)	28:07 (1)	
5:17/132	4:11/125	3:22/85	3:02/122	4:56/97	5:10/123	2:09/100				
+0:00 (1)	+4:15 (3)	+3:18 (2)	+0:00 (1)	+1:30 (2)	+3:24 (3)	+2:50 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
<b>Sigurd Dalmo Tollåli</b>			<b>Bodø svømmeklubb</b>				<b>(24,47min/km)</b>		<b>Disk</b>	
6:48 (3)	13:40 (3)	18:49 (2)	21:58 (1)	25:27 (1)	31:29 (1)	34:52 (1)	36:42 (1)	36:42 (1)	36:42 (1)	
6:48/87	6:52/132	5:09/125	3:09/85	3:29/122	6:02/97	3:23/123	1:50/100			
+3:13 (3)	+5:50 (3)	+4:16 (2)	+0:00 (1)	+1:57 (2)	+4:30 (3)	+1:03 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	