

Resultater fra Saltensprint 4 14.08.2007

Det var totalt 0 deltagere.

Klasse Damer lang 2,6 km

15 påmeldt, 15 startende

1	Randi Mohus		NTNUI		(9,71min/km)		25:15			
	2:35 (3)	4:12 (2)	6:33 (2)	8:06 (1)	9:32 (1)	11:55 (1)	14:46 (1)	16:45 (1)	19:24 (1)	21:11 (1)
	2:35/101	1:37/102	2:21/105	1:33/106	1:26/108	2:23/109	2:51/110	1:59/111	2:39/112	1:47/113
	+0:24 (3)	+0:07 (2)	+0:19 (4)	+0:04 (2)	+0:09 (2)	+0:00 (1)	+1:44 (14)	+0:00 (1)	+0:00 (1)	+0:08 (3)
	23:07 (1)	24:53 (1)	25:15 (1)							
	1:56/114	1:46/115	0:22/120							
	+0:00 (1)	+0:15 (2)	+0:00 (1)							
2	Marit Johnsen		B&OI		(9,79min/km)		25:28		(+0:13)	
	2:38 (4)	5:07 (4)	7:29 (4)	9:05 (2)	10:31 (2)	13:35 (2)	14:50 (2)	16:49 (2)	19:37 (2)	21:16 (2)
	2:38/101	2:29/102	2:22/105	1:36/106	1:26/108	3:04/109	1:15/110	1:59/111	2:48/112	1:39/113
	+0:27 (4)	+0:59 (7)	+0:20 (5)	+0:07 (3)	+0:09 (2)	+0:41 (9)	+0:08 (3)	+0:00 (1)	+0:09 (2)	+0:00 (1)
	23:19 (2)	25:06 (2)	25:28 (2)							
	2:03/114	1:47/115	0:22/120							
	+0:07 (2)	+0:16 (3)	+0:00 (1)							
3	Heidi Mørkved		Innstranden IL		(10,67min/km)		27:44		(+2:29)	
	2:11 (1)	6:22 (8)	8:27 (5)	10:21 (4)	11:38 (4)	14:01 (3)	15:41 (3)	18:03 (3)	20:57 (3)	23:09 (3)
	2:11/101	4:11/102	2:05/105	1:54/106	1:17/108	2:23/109	1:40/110	2:22/111	2:54/112	2:12/113
	+0:00 (1)	+2:41 (13)	+0:03 (2)	+0:25 (4)	+0:00 (1)	+0:00 (1)	+0:33 (6)	+0:23 (4)	+0:15 (3)	+0:33 (6)
	25:13 (3)	27:07 (3)	27:44 (3)							
	2:04/114	1:54/115	0:37/120							
	+0:08 (3)	+0:23 (4)	+0:15 (9)							
4	Anita Eriksen		B&OI		(11,35min/km)		29:31		(+4:16)	
	2:39 (5)	4:20 (3)	6:27 (1)	11:27 (7)	12:57 (7)	15:42 (7)	16:49 (6)	19:08 (4)	22:25 (4)	24:11 (4)
	2:39/101	1:41/102	2:07/105	5:00/106	1:30/108	2:45/109	1:07/110	2:19/111	3:17/112	1:46/113
	+0:28 (5)	+0:11 (3)	+0:05 (3)	+3:31 (15)	+0:13 (4)	+0:22 (6)	+0:00 (1)	+0:20 (3)	+0:38 (6)	+0:07 (2)
	26:22 (4)	28:55 (4)	29:31 (4)							
	2:11/114	2:33/115	0:36/120							
	+0:15 (4)	+1:02 (7)	+0:14 (7)							
5	Aviaja Kleist		B&OI		(11,70min/km)		30:25		(+5:10)	
	3:18 (6)	6:51 (10)	8:53 (7)	10:22 (5)	12:10 (5)	14:33 (5)	16:06 (4)	19:24 (7)	22:48 (6)	24:41 (5)
	3:18/101	3:33/102	2:02/105	1:29/106	1:48/108	2:23/109	1:33/110	3:18/111	3:24/112	1:53/113
	+1:07 (6)	+2:03 (12)	+0:00 (1)	+0:00 (1)	+0:31 (8)	+0:00 (1)	+0:26 (5)	+1:19 (10)	+0:45 (7)	+0:14 (4)
	27:34 (6)	29:55 (5)	30:25 (5)							
	2:53/114	2:21/115	0:30/120							
	+0:57 (7)	+0:50 (5)	+0:08 (3)							
6	Tove Bergkvist		Valnesfjord IL		(11,79min/km)		30:39		(+5:24)	
	3:41 (9)	5:49 (6)	8:30 (6)	10:39 (6)	12:21 (6)	14:57 (6)	16:39 (5)	19:10 (5)	23:07 (7)	25:04 (6)
	3:41/101	2:08/102	2:41/105	2:09/106	1:42/108	2:36/109	1:42/110	2:31/111	3:57/112	1:57/113
	+1:30 (9)	+0:38 (5)	+0:39 (7)	+0:40 (6)	+0:25 (6)	+0:13 (4)	+0:35 (7)	+0:32 (8)	+1:18 (11)	+0:18 (5)
	27:17 (5)	29:59 (6)	30:39 (6)							
	2:13/114	2:42/115	0:40/120							
	+0:17 (5)	+1:11 (11)	+0:18 (11)							
7	Astrid Fugleneb		B&OI		(12,05min/km)		31:20		(+6:05)	
	3:24 (7)	6:16 (7)	8:59 (8)	11:29 (8)	13:24 (8)	16:03 (8)	18:08 (8)	20:40 (8)	23:47 (8)	25:59 (8)
	3:24/101	2:52/102	2:43/105	2:30/106	1:55/108	2:39/109	2:05/110	2:32/111	3:07/112	2:12/113
	+1:13 (7)	+1:22 (10)	+0:41 (8)	+1:01 (9)	+0:38 (10)	+0:16 (5)	+0:58 (8)	+0:33 (9)	+0:28 (4)	+0:33 (6)
	28:23 (7)	30:44 (7)	31:20 (7)							
	2:24/114	2:21/115	0:36/120							
	+0:28 (6)	+0:50 (5)	+0:14 (7)							
8	Carol Iddles		B&OI		(14,22min/km)		36:58		(+11:43)	
	3:37 (8)	8:35 (14)	11:19 (11)	13:34 (10)	15:32 (10)	18:25 (10)	20:53 (11)	23:18 (10)	26:56 (10)	29:36 (10)
	3:37/101	4:58/102	2:44/105	2:15/106	1:58/108	2:53/109	2:28/110	2:25/111	3:38/112	2:40/113
	+1:26 (8)	+3:28 (15)	+0:42 (9)	+0:46 (7)	+0:41 (11)	+0:30 (8)	+1:21 (9)	+0:26 (6)	+0:59 (8)	+1:01 (8)
	33:49 (8)	36:28 (8)	36:58 (8)							

4:13/114 2:39/115 0:30/120
+2:17 (12) +1:08 (10) +0:08 (3)

9	Vibece Hobbestad		Valnesfjord IL		(14,40min/km)		37:26	(+12:11)		
	2:34 (2)	4:04 (1)	6:37 (3)	9:49 (3)	11:24 (3)	14:14 (4)	16:59 (7)	19:23 (6)	22:32 (5)	25:15 (7)
	2:34/101	1:30/102	2:33/105	3:12/106	1:35/108	2:50/109	2:45/110	2:24/111	3:09/112	2:43/113
	+0:23 (2)	+0:00 (1)	+0:31 (6)	+1:43 (12)	+0:18 (5)	+0:27 (7)	+1:38 (12)	+0:25 (5)	+0:30 (5)	+1:04 (9)
	35:12 (9)	36:43 (9)	37:26 (9)							
	9:57/114	1:31/115	0:43/120							
	+8:01 (15)	+0:00 (1)	+0:21 (12)							

10	Ingunn Jakola		B&OI		(15,08min/km)		39:12	(+13:57)		
	4:32 (14)	8:51 (15)	12:14 (13)	14:08 (11)	15:51 (11)	18:56 (11)	20:10 (10)	22:37 (9)	26:17 (9)	29:13 (9)
	4:32/101	4:19/102	3:23/105	1:54/106	1:43/108	3:05/109	1:14/110	2:27/111	3:40/112	2:56/113
	+2:21 (14)	+2:49 (14)	+1:21 (11)	+0:25 (4)	+0:26 (7)	+0:42 (10)	+0:07 (2)	+0:28 (7)	+1:01 (9)	+1:17 (14)
	36:03 (10)	38:38 (10)	39:12 (10)							
	6:50/114	2:35/115	0:34/120							
	+4:54 (14)	+1:04 (8)	+0:12 (6)							

11	Elin Irgens		B&OI		(15,46min/km)		40:11	(+14:56)		
	3:42 (10)	5:36 (5)	9:08 (9)	12:11 (9)	14:02 (9)	18:16 (9)	19:41 (9)	27:32 (12)	31:12 (11)	33:55 (11)
	3:42/101	1:54/102	3:32/105	3:03/106	1:51/108	4:14/109	1:25/110	7:51/111	3:40/112	2:43/113
	+1:31 (10)	+0:24 (4)	+1:30 (12)	+1:34 (11)	+0:34 (9)	+1:51 (12)	+0:18 (4)	+5:52 (15)	+1:01 (9)	+1:04 (9)
	36:55 (11)	39:32 (11)	40:11 (11)							
	3:00/114	2:37/115	0:39/120							
	+1:04 (8)	+1:06 (9)	+0:17 (10)							

12	Lisbeth Lunde		B&OI		(16,51min/km)		42:55	(+17:40)		
	5:30 (15)	8:08 (13)	11:30 (12)	15:03 (14)	17:19 (13)	21:16 (13)	24:02 (13)	27:35 (13)	32:35 (12)	35:26 (12)
	5:30/101	2:38/102	3:22/105	3:33/106	2:16/108	3:57/109	2:46/110	3:33/111	5:00/112	2:51/113
	+3:19 (15)	+1:08 (8)	+1:20 (10)	+2:04 (14)	+0:59 (14)	+1:34 (11)	+1:39 (13)	+1:34 (13)	+2:21 (14)	+1:12 (13)
	38:36 (12)	41:47 (12)	42:55 (12)							
	3:10/114	3:11/115	1:08/120							
	+1:14 (9)	+1:40 (14)	+0:46 (15)							

13	Regula Høsli		B&OI		(16,85min/km)		43:48	(+18:33)		
	3:56 (11)	6:40 (9)	12:19 (14)	14:56 (13)	17:32 (14)	23:53 (15)	26:34 (14)	30:00 (14)	34:19 (14)	37:08 (13)
	3:56/101	2:44/102	5:39/105	2:37/106	2:36/108	6:21/109	2:41/110	3:26/111	4:19/112	2:49/113
	+1:45 (11)	+1:14 (9)	+3:37 (14)	+1:08 (10)	+1:19 (15)	+3:58 (15)	+1:34 (11)	+1:27 (11)	+1:40 (12)	+1:10 (12)
	40:20 (13)	43:18 (13)	43:48 (13)							
	3:12/114	2:58/115	0:30/120							
	+1:16 (10)	+1:27 (12)	+0:08 (3)							

14	Heidi Jensen		B&OI		(17,56min/km)		45:40	(+20:25)		
	4:04 (12)	7:07 (12)	11:18 (10)	14:34 (12)	16:44 (12)	20:58 (12)	23:37 (12)	27:06 (11)	33:37 (13)	38:07 (14)
	4:04/101	3:03/102	4:11/105	3:16/106	2:10/108	4:14/109	2:39/110	3:29/111	6:31/112	4:30/113
	+1:53 (12)	+1:33 (11)	+2:09 (13)	+1:47 (13)	+0:53 (13)	+1:51 (12)	+1:32 (10)	+1:30 (12)	+3:52 (15)	+2:51 (15)
	41:41 (14)	44:53 (14)	45:40 (14)							
	3:34/114	3:12/115	0:47/120							
	+1:38 (11)	+1:41 (15)	+0:25 (13)							

15	Katrine Kalvig		B&OI		(18,33min/km)		47:39	(+22:24)		
	4:30 (13)	6:54 (11)	14:06 (15)	16:21 (15)	18:29 (15)	23:45 (14)	28:11 (15)	31:47 (15)	36:27 (15)	39:14 (15)
	4:30/101	2:24/102	7:12/105	2:15/106	2:08/108	5:16/109	4:26/110	3:36/111	4:40/112	2:47/113
	+2:19 (13)	+0:54 (6)	+5:10 (15)	+0:46 (7)	+0:51 (12)	+2:53 (14)	+3:19 (15)	+1:37 (14)	+2:01 (13)	+1:08 (11)
	43:37 (15)	46:39 (15)	47:39 (15)							
	4:23/114	3:02/115	1:00/120							
	+2:27 (13)	+1:31 (13)	+0:38 (14)							

Klasse Herrer lang 2,6 km

29 påmeldt, 29 startende

1	Arild Hegreberg		B&OI		(6,85min/km)		17:49			
	1:51 (1)	3:07 (1)	4:33 (1)	5:42 (1)	6:45 (1)	8:26 (1)	9:32 (1)	11:05 (1)	13:08 (1)	14:24 (1)
	1:51/101	1:16/102	1:26/105	1:09/106	1:03/108	1:41/109	1:06/110	1:33/111	2:03/112	1:16/113
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:03 (2)	+0:00 (1)	+0:13 (5)	+0:10 (2)	+0:00 (1)	+0:06 (2)
	15:54 (1)	17:17 (1)	17:49 (1)							

1:30/114	1:23/115	0:32/120								
+0:00 (1)	+0:13 (3)	+0:18 (12)								
2 Nils Aamand			B&OI		(6,91min/km)		17:58	(+0:09)		
1:55 (3)	3:16 (3)	4:43 (2)	5:55 (2)	6:55 (2)	8:52 (2)	9:56 (2)	11:19 (2)	13:37 (2)	14:47 (2)	
1:55/101	1:21/102	1:27/105	1:12/106	1:00/108	1:57/109	1:04/110	1:23/111	2:18/112	1:10/113	
+0:04 (3)	+0:05 (3)	+0:01 (2)	+0:03 (2)	+0:00 (1)	+0:16 (3)	+0:11 (4)	+0:00 (1)	+0:15 (3)	+0:00 (1)	
16:17 (2)	17:44 (2)	17:58 (2)								
1:30/114	1:27/115	0:14/120								
+0:00 (1)	+0:17 (4)	+0:00 (1)								
3 Petter Jakola			B&OI		(8,09min/km)		21:02	(+3:13)		
2:18 (6)	3:39 (4)	5:44 (6)	6:58 (4)	8:10 (4)	10:06 (4)	12:04 (5)	13:48 (5)	16:17 (3)	17:45 (3)	
2:18/101	1:21/102	2:05/105	1:14/106	1:12/108	1:56/109	1:58/110	1:44/111	2:29/112	1:28/113	
+0:27 (6)	+0:05 (3)	+0:39 (8)	+0:05 (3)	+0:12 (5)	+0:15 (2)	+1:05 (20)	+0:21 (3)	+0:26 (4)	+0:18 (4)	
19:20 (3)	20:42 (3)	21:02 (3)								
1:35/114	1:22/115	0:20/120								
+0:05 (3)	+0:12 (2)	+0:06 (4)								
4 Lars Reitan			B&OI		(8,43min/km)		21:55	(+4:06)		
1:54 (2)	3:10 (2)	4:46 (3)	6:06 (3)	7:13 (3)	9:40 (3)	10:33 (3)	12:41 (3)	16:25 (5)	18:05 (4)	
1:54/101	1:16/102	1:36/105	1:20/106	1:07/108	2:27/109	0:53/110	2:08/111	3:44/112	1:40/113	
+0:03 (2)	+0:00 (1)	+0:10 (3)	+0:11 (4)	+0:07 (4)	+0:46 (10)	+0:00 (1)	+0:45 (11)	+1:41 (18)	+0:30 (6)	
19:42 (4)	21:18 (4)	21:55 (4)								
1:37/114	1:36/115	0:37/120								
+0:07 (4)	+0:26 (6)	+0:23 (18)								
5 Torkel Irgens			B&OI		(8,79min/km)		22:52	(+5:03)		
2:18 (6)	3:45 (7)	6:03 (7)	7:36 (7)	8:53 (8)	11:17 (8)	12:32 (7)	14:28 (7)	16:59 (7)	18:48 (6)	
2:18/101	1:27/102	2:18/105	1:33/106	1:17/108	2:24/109	1:15/110	1:56/111	2:31/112	1:49/113	
+0:27 (6)	+0:11 (7)	+0:52 (11)	+0:24 (6)	+0:17 (8)	+0:43 (9)	+0:22 (8)	+0:33 (6)	+0:28 (5)	+0:39 (9)	
20:50 (5)	22:29 (5)	22:52 (5)								
2:02/114	1:39/115	0:23/120								
+0:32 (12)	+0:29 (7)	+0:09 (7)								
6 Tore Jakola			B&OI		(8,96min/km)		23:17	(+5:28)		
2:43 (11)	5:23 (19)	7:17 (15)	8:54 (12)	10:18 (12)	12:15 (9)	13:27 (9)	15:33 (9)	17:50 (9)	19:14 (7)	
2:43/101	2:40/102	1:54/105	1:37/106	1:24/108	1:57/109	1:12/110	2:06/111	2:17/112	1:24/113	
+0:52 (11)	+1:24 (22)	+0:28 (6)	+0:28 (9)	+0:24 (10)	+0:16 (3)	+0:19 (7)	+0:43 (9)	+0:14 (2)	+0:14 (3)	
21:10 (7)	22:51 (6)	23:17 (6)								
1:56/114	1:41/115	0:26/120								
+0:26 (9)	+0:31 (8)	+0:12 (9)								
7 Lars Petter Rekkedal			B&OI		(8,97min/km)		23:20	(+5:31)		
2:18 (6)	3:41 (6)	5:38 (5)	7:10 (6)	8:25 (5)	10:59 (6)	12:40 (8)	14:49 (8)	17:41 (8)	19:20 (8)	
2:18/101	1:23/102	1:57/105	1:32/106	1:15/108	2:34/109	1:41/110	2:09/111	2:52/112	1:39/113	
+0:27 (6)	+0:07 (5)	+0:31 (7)	+0:23 (5)	+0:15 (6)	+0:53 (11)	+0:48 (15)	+0:46 (12)	+0:49 (11)	+0:29 (5)	
21:09 (6)	23:03 (7)	23:20 (7)								
1:49/114	1:54/115	0:17/120								
+0:19 (6)	+0:44 (10)	+0:03 (2)								
8 Roy Solbakk			Valnesfjord IL		(9,11min/km)		23:41	(+5:52)		
2:12 (5)	3:39 (4)	5:30 (4)	7:07 (5)	8:37 (6)	10:53 (5)	11:53 (4)	13:47 (4)	16:26 (6)	19:57 (9)	
2:12/101	1:27/102	1:51/105	1:37/106	1:30/108	2:16/109	1:00/110	1:54/111	2:39/112	3:31/113	
+0:21 (5)	+0:11 (7)	+0:25 (5)	+0:28 (9)	+0:30 (14)	+0:35 (6)	+0:07 (3)	+0:31 (5)	+0:36 (7)	+2:21 (24)	
21:35 (8)	23:23 (8)	23:41 (8)								
1:38/114	1:48/115	0:18/120								
+0:08 (5)	+0:38 (9)	+0:04 (3)								
9 Tjønndal. Morten			B&OI		(9,89min/km)		25:43	(+7:54)		
2:56 (15)	4:30 (12)	6:44 (9)	8:18 (9)	9:48 (9)	12:27 (11)	13:43 (10)	15:57 (10)	18:47 (10)	20:53 (10)	
2:56/101	1:34/102	2:14/105	1:34/106	1:30/108	2:39/109	1:16/110	2:14/111	2:50/112	2:06/113	
+1:05 (15)	+0:18 (9)	+0:48 (10)	+0:25 (7)	+0:30 (14)	+0:58 (12)	+0:23 (9)	+0:51 (14)	+0:47 (9)	+0:56 (15)	
22:53 (9)	25:21 (9)	25:43 (9)								
2:00/114	2:28/115	0:22/120								
+0:30 (10)	+1:18 (19)	+0:08 (6)								
10 Erlend Bullvåg			B&OI		(9,97min/km)		25:55	(+8:06)		
2:30 (10)	4:11 (9)	6:46 (10)	8:36 (10)	10:01 (10)	12:52 (13)	14:36 (12)	16:40 (12)	19:33 (11)	21:16 (11)	

2:30/101	1:41/102	2:35/105	1:50/106	1:25/108	2:51/109	1:44/110	2:04/111	2:53/112	1:43/113
+0:39 (10)	+0:25 (11)	+1:09 (16)	+0:41 (14)	+0:25 (11)	+1:10 (15)	+0:51 (17)	+0:41 (7)	+0:50 (12)	+0:33 (8)
23:26 (10)	25:21 (10)	25:55 (10)							
2:10/114	1:55/115	0:34/120							
+0:40 (17)	+0:45 (11)	+0:20 (13)							

11 Anders Kure **B&OI** **(10,06min/km)** **26:10 (+8:21)**

2:44 (12)	4:07 (8)	6:50 (11)	9:03 (14)	10:26 (13)	13:05 (14)	14:31 (11)	16:37 (11)	19:37 (12)	21:39 (12)
2:44/101	1:23/102	2:43/105	2:13/106	1:23/108	2:39/109	1:26/110	2:06/111	3:00/112	2:02/113
+0:53 (12)	+0:07 (5)	+1:17 (18)	+1:04 (22)	+0:23 (9)	+0:58 (12)	+0:33 (11)	+0:43 (9)	+0:57 (14)	+0:52 (14)
23:40 (11)	25:42 (11)	26:10 (11)							
2:01/114	2:02/115	0:28/120							
+0:31 (11)	+0:52 (13)	+0:14 (10)							

12 Leif Magne Eggestad **B&OI** **(10,22min/km)** **26:34 (+8:45)**

2:19 (9)	4:55 (15)	7:14 (14)	9:22 (16)	10:37 (15)	12:50 (12)	14:54 (13)	17:21 (14)	20:04 (13)	21:58 (13)
2:19/101	2:36/102	2:19/105	2:08/106	1:15/108	2:13/109	2:04/110	2:27/111	2:43/112	1:54/113
+0:28 (9)	+1:20 (21)	+0:53 (12)	+0:59 (21)	+0:15 (6)	+0:32 (5)	+1:11 (23)	+1:04 (17)	+0:40 (8)	+0:44 (10)
23:53 (12)	25:56 (12)	26:34 (12)							
1:55/114	2:03/115	0:38/120							
+0:25 (8)	+0:53 (14)	+0:24 (20)							

13 Arne Kristian Nordhei **B&OI** **(10,90min/km)** **28:21 (+10:32)**

2:51 (14)	4:51 (14)	7:10 (13)	9:02 (13)	10:34 (14)	13:28 (15)	15:00 (14)	17:12 (13)	21:16 (14)	23:14 (14)
2:51/101	2:00/102	2:19/105	1:52/106	1:32/108	2:54/109	1:32/110	2:12/111	4:04/112	1:58/113
+1:00 (14)	+0:44 (16)	+0:53 (12)	+0:43 (15)	+0:32 (16)	+1:13 (16)	+0:39 (12)	+0:49 (13)	+2:01 (20)	+0:48 (11)
25:20 (13)	27:46 (13)	28:21 (13)							
2:06/114	2:26/115	0:35/120							
+0:36 (15)	+1:16 (18)	+0:21 (15)							

14 Carl B Bjørseth **B&OI** **(11,08min/km)** **28:48 (+10:59)**

3:16 (20)	5:17 (18)	7:43 (17)	9:28 (17)	10:54 (16)	16:00 (19)	17:11 (16)	19:15 (15)	22:14 (15)	24:20 (15)
3:16/101	2:01/102	2:26/105	1:45/106	1:26/108	5:06/109	1:11/110	2:04/111	2:59/112	2:06/113
+1:25 (20)	+0:45 (17)	+1:00 (14)	+0:36 (11)	+0:26 (12)	+3:25 (26)	+0:18 (6)	+0:41 (7)	+0:56 (13)	+0:56 (15)
26:13 (14)	28:23 (15)	28:48 (14)							
1:53/114	2:10/115	0:25/120							
+0:23 (7)	+1:00 (16)	+0:11 (8)							

15 Gunnar Skjeflo **B&OI** **(11,17min/km)** **29:02 (+11:13)**

2:11 (4)	4:27 (10)	6:09 (8)	7:44 (8)	8:50 (7)	11:09 (7)	12:06 (6)	13:50 (6)	16:24 (4)	18:23 (5)
2:11/101	2:16/102	1:42/105	1:35/106	1:06/108	2:19/109	0:57/110	1:44/111	2:34/112	1:59/113
+0:20 (4)	+1:00 (19)	+0:16 (4)	+0:26 (8)	+0:06 (3)	+0:38 (8)	+0:04 (2)	+0:21 (3)	+0:31 (6)	+0:49 (12)
27:09 (15)	28:19 (14)	29:02 (15)							
8:46/114	1:10/115	0:43/120							
+7:16 (27)	+0:00 (1)	+0:29 (22)							

16 Gunnar Rabben **Valnesfjord IL** **(11,43min/km)** **29:43 (+11:54)**

3:00 (16)	4:38 (13)	6:50 (11)	8:43 (11)	10:09 (11)	12:25 (10)	18:07 (20)	20:47 (19)	23:37 (18)	25:17 (17)
3:00/101	1:38/102	2:12/105	1:53/106	1:26/108	2:16/109	5:42/110	2:40/111	2:50/112	1:40/113
+1:09 (16)	+0:22 (10)	+0:46 (9)	+0:44 (16)	+0:26 (12)	+0:35 (6)	+4:49 (26)	+1:17 (22)	+0:47 (9)	+0:30 (6)
27:22 (17)	28:56 (16)	29:43 (16)							
2:05/114	1:34/115	0:47/120							
+0:35 (14)	+0:24 (5)	+0:33 (23)							

17 Joar K Henriksen **B&OI** **(11,69min/km)** **30:24 (+12:35)**

3:48 (22)	5:44 (22)	8:50 (21)	10:49 (20)	12:35 (20)	15:51 (18)	17:53 (18)	20:22 (18)	23:34 (17)	25:35 (18)
3:48/101	1:56/102	3:06/105	1:59/106	1:46/108	3:16/109	2:02/110	2:29/111	3:12/112	2:01/113
+1:57 (22)	+0:40 (15)	+1:40 (23)	+0:50 (19)	+0:46 (18)	+1:35 (18)	+1:09 (22)	+1:06 (18)	+1:09 (15)	+0:51 (13)
28:05 (18)	30:03 (18)	30:24 (17)							
2:30/114	1:58/115	0:21/120							
+1:00 (18)	+0:48 (12)	+0:07 (5)							

18 Dag Skogan **B&OI** **(11,80min/km)** **30:41 (+12:52)**

3:51 (23)	5:35 (20)	8:19 (19)	11:06 (21)	13:05 (21)	15:44 (17)	17:07 (15)	19:37 (16)	22:55 (16)	25:11 (16)
3:51/101	1:44/102	2:44/105	2:47/106	1:59/108	2:39/109	1:23/110	2:30/111	3:18/112	2:16/113
+2:00 (23)	+0:28 (13)	+1:18 (19)	+1:38 (24)	+0:59 (20)	+0:58 (12)	+0:30 (10)	+1:07 (19)	+1:15 (17)	+1:06 (19)
27:20 (16)	29:45 (17)	30:41 (18)							
2:09/114	2:25/115	0:56/120							

+0:39 (16)	+1:15 (17)	+0:42 (24)							
19 Frode Ikdahl	B&OI					(13,76min/km)		35:46 (+17:57)	
3:07 (18)	5:00 (16)	8:20 (20)	10:07 (18)	11:47 (18)	15:16 (16)	17:15 (17)	20:13 (17)	25:01 (19)	28:44 (19)
3:07/101	1:53/102	3:20/105	1:47/106	1:40/108	3:29/109	1:59/110	2:58/111	4:48/112	3:43/113
+1:16 (18)	+0:37 (14)	+1:54 (24)	+0:38 (12)	+0:40 (17)	+1:48 (19)	+1:06 (21)	+1:35 (23)	+2:45 (24)	+2:33 (25)
30:48 (19)	35:09 (20)	35:46 (19)							
2:04/114	4:21/115	0:37/120							
+0:34 (13)	+3:11 (27)	+0:23 (18)							
20 Åge Mohus	B&OI					(13,78min/km)		35:49 (+18:00)	
3:01 (17)	5:08 (17)	8:10 (18)	10:11 (19)	12:14 (19)	18:33 (21)	20:16 (21)	22:46 (21)	26:51 (21)	29:38 (21)
3:01/101	2:07/102	3:02/105	2:01/106	2:03/108	6:19/109	1:43/110	2:30/111	4:05/112	2:47/113
+1:10 (17)	+0:51 (18)	+1:36 (22)	+0:52 (20)	+1:03 (23)	+4:38 (27)	+0:50 (16)	+1:07 (19)	+2:02 (21)	+1:37 (21)
33:01 (22)	35:10 (21)	35:49 (20)							
3:23/114	2:09/115	0:39/120							
+1:53 (25)	+0:59 (15)	+0:25 (21)							
21 Odd Søvik	B&OI					(13,83min/km)		35:57 (+18:08)	
3:14 (19)	5:35 (20)	12:27 (24)	14:23 (22)	16:32 (22)	19:26 (22)	21:15 (22)	23:35 (22)	27:27 (22)	29:34 (20)
3:14/101	2:21/102	6:52/105	1:56/106	2:09/108	2:54/109	1:49/110	2:20/111	3:52/112	2:07/113
+1:23 (19)	+1:05 (20)	+5:26 (27)	+0:47 (18)	+1:09 (24)	+1:13 (16)	+0:56 (19)	+0:57 (16)	+1:49 (19)	+0:57 (17)
32:09 (20)	35:01 (19)	35:57 (21)							
2:35/114	2:52/115	0:56/120							
+1:05 (20)	+1:42 (24)	+0:42 (24)							
22 Øyvind Bjørkås	B&OI					(14,19min/km)		36:54 (+19:05)	
2:44 (12)	4:27 (10)	7:22 (16)	9:10 (15)	11:39 (17)	16:20 (20)	17:54 (19)	21:10 (20)	26:11 (20)	29:56 (22)
2:44/101	1:43/102	2:55/105	1:48/106	2:29/108	4:41/109	1:34/110	3:16/111	5:01/112	3:45/113
+0:53 (12)	+0:27 (12)	+1:29 (21)	+0:39 (13)	+1:29 (25)	+3:00 (24)	+0:41 (13)	+1:53 (24)	+2:58 (25)	+2:35 (26)
32:51 (21)	35:34 (22)	36:54 (22)							
2:55/114	2:43/115	1:20/120							
+1:25 (21)	+1:33 (21)	+1:06 (27)							
23 Geir Moen	B&OI					(14,53min/km)		37:46 (+19:57)	
3:35 (21)	9:24 (24)	11:55 (23)	14:48 (24)	16:48 (23)	20:31 (23)	22:11 (23)	24:48 (23)	29:02 (23)	31:33 (23)
3:35/101	5:49/102	2:31/105	2:53/106	2:00/108	3:43/109	1:40/110	2:37/111	4:14/112	2:31/113
+1:44 (21)	+4:33 (26)	+1:05 (15)	+1:44 (25)	+1:00 (21)	+2:02 (21)	+0:47 (14)	+1:14 (21)	+2:11 (22)	+1:21 (20)
34:39 (23)	37:12 (23)	37:46 (23)							
3:06/114	2:33/115	0:34/120							
+1:36 (23)	+1:23 (20)	+0:20 (13)							
24 Jacob Kalvig Skogan	B&OI					(14,93min/km)		38:49 (+21:00)	
4:05 (24)	10:02 (27)	12:43 (26)	14:38 (23)	17:26 (25)	21:12 (25)	22:56 (24)	26:51 (24)	30:08 (24)	32:22 (24)
4:05/101	5:57/102	2:41/105	1:55/106	2:48/108	3:46/109	1:44/110	3:55/111	3:17/112	2:14/113
+2:14 (24)	+4:41 (27)	+1:15 (17)	+0:46 (17)	+1:48 (26)	+2:05 (22)	+0:51 (17)	+2:32 (25)	+1:14 (16)	+1:04 (18)
35:28 (24)	38:14 (24)	38:49 (24)							
3:06/114	2:46/115	0:35/120							
+1:36 (23)	+1:36 (23)	+0:21 (15)							
25 Carl A Boe	B&OI					(16,44min/km)		42:44 (+24:55)	
4:05 (24)	6:49 (23)	11:22 (22)	15:38 (26)	17:38 (26)	21:28 (26)	23:45 (25)	27:57 (25)	32:19 (25)	35:26 (25)
4:05/101	2:44/102	4:33/105	4:16/106	2:00/108	3:50/109	2:17/110	4:12/111	4:22/112	3:07/113
+2:14 (24)	+1:28 (23)	+3:07 (26)	+3:07 (27)	+1:00 (21)	+2:09 (23)	+1:24 (24)	+2:49 (26)	+2:19 (23)	+1:57 (23)
38:27 (25)	41:47 (25)	42:44 (25)							
3:01/114	3:20/115	0:57/120							
+1:31 (22)	+2:10 (25)	+0:43 (26)							
26 Fredrik Kristiansen	B&OI					(16,74min/km)		43:32 (+25:43)	
4:44 (26)	9:41 (25)	12:35 (25)	15:21 (25)	17:12 (24)	20:42 (24)	27:02 (26)	29:16 (26)	34:55 (26)	37:49 (26)
4:44/101	4:57/102	2:54/105	2:46/106	1:51/108	3:30/109	6:20/110	2:14/111	5:39/112	2:54/113
+2:53 (26)	+3:41 (25)	+1:28 (20)	+1:37 (23)	+0:51 (19)	+1:49 (20)	+5:27 (27)	+0:51 (14)	+3:36 (26)	+1:44 (22)
40:19 (26)	43:03 (26)	43:32 (26)							
2:30/114	2:44/115	0:29/120							
+1:00 (18)	+1:34 (22)	+0:15 (11)							
27 Arnold Danielsen	B&OI					(24,36min/km)		1:03:20 (+45:31)	
6:28 (27)	9:59 (26)	14:25 (27)	17:45 (27)	21:35 (27)	26:34 (27)	32:02 (27)	37:33 (27)	48:13 (27)	52:44 (27)
6:28/101	3:31/102	4:26/105	3:20/106	3:50/108	4:59/109	5:28/110	5:31/111	10:40/112	4:31/113

+4:37 (27) +2:15 (24) +3:00 (25) +2:11 (26) +2:50 (27) +3:18 (25) +4:35 (25) +4:08 (27) +8:37 (27) +3:21 (27)
 58:30 (27) 1:02:45 (27) 1:03:20 (27)
 5:46/114 4:15/115 0:35/120
 +4:16 (26) +3:05 (26) +0:21 (15)

Johny Jakobsen Valnesfjord IL (11,12min/km) **Disk (+11:06)**
 2:32 (11) 4:04 (8) 6:14 (9) 8:00 (9) 11:59 (19) 13:07 (15) 15:47 (15) 18:53 (15) 23:04 (17) 25:17 (18)
 2:32/101 1:32/102 2:10/105 1:46/106 3:59/109 1:08/110 2:40/111 3:06/112 4:11/113 2:13/114
 +0:41 (11) +0:16 (9) +0:44 (9) +0:37 (12) +2:59 (28) +0:00 (1) +1:47 (25) +1:43 (24) +2:08 (22) +1:03 (18)
 28:17 (19) 28:55 (16) 28:55 (15)
 3:00/115 0:38/120
 +1:30 (22) +0:00 (1) +0:00 (1)

Tore Tveraabak B&OI (14,13min/km) **Disk (+18:56)**
 3:11 (19) 5:08 (17) 7:44 (18) 11:35 (22) 13:01 (21) 16:50 (21) 20:29 (22) 27:06 (25) 30:17 (25) 32:46 (25)
 3:11/101 1:57/102 2:36/105 3:51/106 1:26/108 3:49/109 3:39/110 6:37/111 3:11/112 2:29/113
 +1:20 (19) +0:41 (16) +1:10 (17) +2:42 (27) +0:26 (12) +2:08 (23) +2:46 (25) +5:14 (28) +1:08 (15) +1:19 (20)
 36:16 (25) 36:45 (23) 36:45 (22)
 3:30/115 0:29/120
 +2:00 (26) +0:00 (1) +0:00 (1)

Klasse Kort 1,5 km

11 påmeldt, 11 startende

1 Jørgen Jakola B&OI (9,38min/km) **14:04**
 3:32 (6) 4:59 (2) 6:30 (1) 7:27 (1) 9:29 (1) 12:11 (1) 13:39 (1) 14:04 (1)
 3:32/105 1:27/106 1:31/108 0:57/116 2:02/109 2:42/117 1:28/119 0:25/120
 +1:11 (6) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:25 (2) +0:09 (2) +0:00 (1)

2 Siv Byberg B&OI (10,17min/km) **15:15 (+1:11)**
 2:36 (3) 4:46 (1) 6:35 (2) 7:39 (2) 10:34 (2) 12:51 (2) 14:36 (2) 15:15 (2)
 2:36/105 2:10/106 1:49/108 1:04/116 2:55/109 2:17/117 1:45/119 0:39/120
 +0:15 (3) +0:43 (2) +0:18 (3) +0:07 (2) +0:53 (3) +0:00 (1) +0:26 (3) +0:14 (3)

3 Håvard Irgens B&OI (11,07min/km) **16:36 (+2:32)**
 3:16 (4) 5:50 (5) 7:22 (4) 8:29 (3) 10:47 (3) 14:48 (3) 16:07 (3) 16:36 (3)
 3:16/105 2:34/106 1:32/108 1:07/116 2:18/109 4:01/117 1:19/119 0:29/120
 +0:55 (4) +1:07 (3) +0:01 (2) +0:10 (3) +0:16 (2) +1:44 (6) +0:00 (1) +0:04 (2)

4 Mathilde Hanssen Ukjent (11,62min/km) **17:26 (+3:22)**
 2:21 (1) 5:02 (3) 7:21 (3) 8:37 (4) 12:05 (4) 14:51 (4) 16:40 (4) 17:26 (4)
 2:21/105 2:41/106 2:19/108 1:16/116 3:28/109 2:46/117 1:49/119 0:46/120
 +0:00 (1) +1:14 (4) +0:48 (4) +0:19 (5) +1:26 (4) +0:29 (3) +0:30 (5) +0:21 (5)

5 Mari E Reitan B&OI (11,67min/km) **17:30 (+3:26)**
 2:25 (2) 5:06 (4) 7:26 (5) 8:40 (5) 12:08 (5) 14:57 (5) 16:45 (5) 17:30 (5)
 2:25/105 2:41/106 2:20/108 1:14/116 3:28/109 2:49/117 1:48/119 0:45/120
 +0:04 (2) +1:14 (4) +0:49 (5) +0:17 (4) +1:26 (4) +0:32 (4) +0:29 (4) +0:20 (4)

6 Nora Irgens B&OI (21,87min/km) **32:48 (+18:44)**
 3:27 (5) 7:47 (6) 13:05 (7) 15:41 (8) 20:41 (6) 27:05 (6) 31:40 (6) 32:48 (6)
 3:27/105 4:20/106 5:18/108 2:36/116 5:00/109 6:24/117 4:35/119 1:08/120
 +1:06 (5) +2:53 (7) +3:47 (9) +1:39 (9) +2:58 (7) +4:07 (7) +3:16 (7) +0:43 (7)

7 Anne Berit Vikhals B&OI (23,93min/km) **35:54 (+21:50)**
 11:37 (10) 15:29 (10) 22:35 (10) 24:17 (10) 27:53 (10) 31:51 (9) 34:44 (8) 35:54 (7)
 11:37/105 3:52/106 7:06/108 1:42/116 3:36/109 3:58/117 2:53/119 1:10/120
 +9:16 (10) +2:25 (6) +5:35 (10) +0:45 (7) +1:34 (6) +1:41 (5) +1:34 (6) +0:45 (8)

8 Lotte Reitan B&OI (24,14min/km) **36:13 (+22:09)**
 3:32 (6) 8:28 (7) 13:38 (8) 14:56 (6) 22:30 (7) 29:43 (7) 34:24 (7) 36:13 (8)
 3:32/105 4:56/106 5:10/108 1:18/116 7:34/109 7:13/117 4:41/119 1:49/120
 +1:11 (6) +3:29 (9) +3:39 (8) +0:21 (6) +5:32 (9) +4:56 (9) +3:22 (9) +1:24 (10)

9 Sana Zulquarhain B&OI (24,50min/km) **36:45 (+22:41)**
 3:53 (8) 8:41 (8) 12:36 (6) 15:14 (7) 22:50 (8) 29:48 (8) 35:29 (9) 36:45 (9)
 3:53/105 4:48/106 3:55/108 2:38/116 7:36/109 6:58/117 5:41/119 1:16/120
 +1:32 (8) +3:21 (8) +2:24 (6) +1:41 (10) +5:34 (10) +4:41 (8) +4:22 (10) +0:51 (9)

10 Kaja Skiri Ukjent (25,07min/km) **37:36 (+23:32)**
 6:27 (9) 11:56 (9) 16:10 (9) 18:28 (9) 24:15 (9) 32:09 (10) 36:45 (10) 37:36 (10)

6:27/105	5:29/106	4:14/108	2:18/116	5:47/109	7:54/117	4:36/119	0:51/120
+4:06 (9)	+4:02 (10)	+2:43 (7)	+1:21 (8)	+3:45 (8)	+5:37 (10)	+3:17 (8)	+0:26 (6)

Espen Skiri

IK Junkern

(17,43min/km)

Disk (+12:05)

3:16 (4)	7:01 (6)	9:42 (6)	11:36 (6)	17:15 (6)	21:50 (6)	25:12 (6)	26:09 (6)
3:16/105	3:45/106	2:41/108	1:54/116	5:39/109	4:35/114	3:22/119	0:57/120
+0:55 (4)	+2:18 (6)	+1:10 (6)	+0:57 (8)	+3:37 (8)	+2:18 (7)	+2:03 (7)	+0:32 (7)