

Resultater fra SAltenkarusell 12 -Heia 10.09.2008

Det var totalt 65 deltagere.

Klasse 6km - 6,1 km

8 påmeldt, 8 startende

1	Arild Hegreberg		B&OI		(8,37min/km)		51:04			
	4:43 (3)	9:58 (3)	11:05 (2)	14:58 (2)	18:33 (2)	20:23 (2)	26:42 (2)	28:45 (1)	36:28 (1)	40:07 (1)
	4:43/102	5:15/87	1:07/109	3:53/106	3:35/110	1:50/111	6:19/112	2:03/85	7:43/114	3:39/115
	+0:41 (3)	+0:50 (2)	+0:00 (1)	+0:22 (3)	+0:00 (1)	+0:01 (2)	+0:31 (2)	+0:00 (1)	+0:22 (2)	+0:11 (2)
	43:53 (1)	48:47 (1)	51:04 (1)							
	3:46/117	4:54/100	2:17/91							
	+0:00 (1)	+0:00 (1)	+0:15 (5)							
2	Petter Jakola		B&OI		(8,60min/km)		52:27		(+1:23)	
	4:02 (1)	8:27 (1)	10:11 (1)	13:46 (1)	17:32 (1)	19:21 (1)	25:09 (1)	29:10 (2)	36:31 (2)	40:14 (2)
	4:02/102	4:25/87	1:44/109	3:35/106	3:46/110	1:49/111	5:48/112	4:01/85	7:21/114	3:43/115
	+0:00 (1)	+0:00 (1)	+0:37 (4)	+0:04 (2)	+0:11 (2)	+0:00 (1)	+0:00 (1)	+1:58 (8)	+0:00 (1)	+0:15 (3)
	44:14 (2)	50:23 (2)	52:27 (2)							
	4:00/117	6:09/100	2:04/91							
	+0:14 (2)	+1:15 (2)	+0:02 (2)							
3	Lars Reitan		B&OI		(9,49min/km)		57:52		(+6:48)	
	4:10 (2)	9:50 (2)	11:32 (3)	15:03 (3)	21:13 (3)	23:09 (3)	29:48 (3)	31:58 (3)	41:04 (3)	44:32 (3)
	4:10/102	5:40/87	1:42/109	3:31/106	6:10/110	1:56/111	6:39/112	2:10/85	9:06/114	3:28/115
	+0:08 (2)	+1:15 (3)	+0:35 (3)	+0:00 (1)	+2:35 (5)	+0:07 (3)	+0:51 (3)	+0:07 (2)	+1:45 (4)	+0:00 (1)
	48:56 (3)	55:44 (3)	57:52 (3)							
	4:24/117	6:48/100	2:08/91							
	+0:38 (4)	+1:54 (4)	+0:06 (3)							
4	Roy Solbakk		VIL		(10,09min/km)		1:01:33		(+10:29)	
	4:54 (5)	13:31 (6)	14:49 (6)	18:55 (5)	23:37 (5)	25:49 (5)	34:04 (5)	36:30 (5)	45:08 (5)	48:55 (5)
	4:54/102	8:37/87	1:18/109	4:06/106	4:42/110	2:12/111	8:15/112	2:26/85	8:38/114	3:47/115
	+0:52 (5)	+4:12 (7)	+0:11 (2)	+0:35 (4)	+1:07 (3)	+0:23 (5)	+2:27 (5)	+0:23 (3)	+1:17 (3)	+0:19 (4)
	53:13 (5)	59:31 (4)	1:01:33 (4)							
	4:18/117	6:18/100	2:02/91							
	+0:32 (3)	+1:24 (3)	+0:00 (1)							
5	Morten Tjønnndal		B&OI		(10,20min/km)		1:02:14		(+11:10)	
	4:49 (4)	10:39 (4)	12:27 (4)	16:34 (4)	21:21 (4)	23:28 (4)	30:58 (4)	33:36 (4)	43:01 (4)	47:28 (4)
	4:49/102	5:50/87	1:48/109	4:07/106	4:47/110	2:07/111	7:30/112	2:38/85	9:25/114	4:27/115
	+0:47 (4)	+1:25 (4)	+0:41 (7)	+0:36 (5)	+1:12 (4)	+0:18 (4)	+1:42 (4)	+0:35 (4)	+2:04 (5)	+0:59 (5)
	52:54 (4)	1:00:00 (5)	1:02:14 (5)							
	5:26/117	7:06/100	2:14/91							
	+1:40 (7)	+2:12 (5)	+0:12 (4)							
6	Jakob Kalvig Skogan		B&OI		(12,79min/km)		1:18:00		(+26:56)	
	5:01 (6)	11:04 (5)	13:18 (5)	18:56 (6)	25:46 (6)	28:26 (6)	36:44 (6)	39:56 (6)	51:48 (6)	1:00:16 (6)
	5:01/102	6:03/87	2:14/109	5:38/106	6:50/110	2:40/111	8:18/112	3:12/85	11:52/114	8:28/115
	+0:59 (6)	+1:38 (5)	+1:07 (8)	+2:07 (7)	+3:15 (8)	+0:51 (7)	+2:30 (6)	+1:09 (7)	+4:31 (7)	+5:00 (7)
	1:05:37 (6)	1:15:33 (6)	1:18:00 (6)							
	5:21/117	9:56/100	2:27/91							
	+1:35 (6)	+5:02 (7)	+0:25 (7)							
7	Bjørnar Hegreberg		B&OI		(13,04min/km)		1:19:31		(+28:27)	
	8:42 (8)	15:33 (7)	17:20 (7)	22:07 (7)	28:18 (7)	31:15 (7)	40:20 (7)	43:20 (7)	54:39 (7)	1:02:39 (7)
	8:42/102	6:51/87	1:47/109	4:47/106	6:11/110	2:57/111	9:05/112	3:00/85	11:19/114	8:00/115
	+4:40 (8)	+2:26 (6)	+0:40 (6)	+1:16 (6)	+2:36 (6)	+1:08 (8)	+3:17 (8)	+0:57 (6)	+3:58 (6)	+4:32 (6)
	1:08:07 (7)	1:16:38 (7)	1:19:31 (7)							
	5:28/117	8:31/100	2:53/91							
	+1:42 (8)	+3:37 (6)	+0:51 (8)							
8	Torbjørn Høslø Olsen		B&OI		(13,58min/km)		1:22:51		(+31:47)	
	7:03 (7)	16:24 (8)	18:10 (8)	23:55 (8)	30:42 (8)	33:13 (8)	42:14 (8)	44:53 (8)	56:45 (8)	1:05:14 (8)
	7:03/102	9:21/87	1:46/109	5:45/106	6:47/110	2:31/111	9:01/112	2:39/85	11:52/114	8:29/115
	+3:01 (7)	+4:56 (8)	+0:39 (5)	+2:14 (8)	+3:12 (7)	+0:42 (6)	+3:13 (7)	+0:36 (5)	+4:31 (7)	+5:01 (8)
	1:10:28 (8)	1:20:31 (8)	1:22:51 (8)							

10:17/87	2:04/109	5:06/106	5:55/110	3:11/111	6:14/114	7:07/115	5:38/117	8:47/100	2:58/91
+1:57 (16)	+0:38 (10)	+1:08 (12)	+1:26 (16)	+1:16 (17)	+2:02 (14)	+3:20 (13)	+1:10 (11)	+2:24 (15)	+0:49 (16)
15 Håvard Irgens			B&OI			(14,20min/km)		59:38	(+16:33)
10:14 (17)	12:18 (15)	17:25 (14)	23:09 (13)	25:57 (12)	32:13 (13)	40:47 (15)	48:06 (16)	56:57 (16)	59:38 (16)
10:14/87	2:04/109	5:07/106	5:44/110	2:48/111	6:16/114	8:34/115	7:19/117	8:51/100	2:41/91
+1:54 (15)	+0:38 (10)	+1:09 (13)	+1:15 (13)	+0:53 (14)	+2:04 (15)	+4:47 (19)	+2:51 (16)	+2:28 (16)	+0:32 (12)
16 Heidi Mørkved			Innstanda IL			(14,44min/km)		1:00:38	(+17:33)
8:52 (10)	13:42 (17)	20:32 (19)	27:33 (19)	30:09 (18)	36:51 (18)	44:31 (18)	49:44 (17)	58:05 (17)	1:00:38 (17)
8:52/87	4:50/109	6:50/106	7:01/110	2:36/111	6:42/114	7:40/115	5:13/117	8:21/100	2:33/91
+0:32 (8)	+3:24 (18)	+2:52 (17)	+2:32 (17)	+0:41 (12)	+2:30 (17)	+3:53 (14)	+0:45 (8)	+1:58 (13)	+0:24 (8)
17 Morten Selnes			B&OI			(14,65min/km)		1:01:32	(+18:27)
11:24 (19)	14:04 (18)	19:52 (17)	25:38 (17)	28:26 (16)	35:08 (17)	42:51 (17)	50:49 (18)	58:25 (18)	1:01:32 (18)
11:24/87	2:40/109	5:48/106	5:46/110	2:48/111	6:42/114	7:43/115	7:58/117	7:36/100	3:07/91
+3:04 (17)	+1:14 (16)	+1:50 (15)	+1:17 (15)	+0:53 (14)	+2:30 (17)	+3:56 (15)	+3:30 (18)	+1:13 (9)	+0:58 (18)
18 Jan Prytz			B&OI			(15,34min/km)		1:04:26	(+21:21)
8:36 (5)	11:24 (14)	16:07 (12)	39:03 (20)	41:03 (20)	46:04 (20)	49:51 (20)	55:28 (20)	1:01:51 (19)	1:04:26 (19)
8:36/87	2:48/109	4:43/106	22:56/110	2:00/111	5:01/114	3:47/115	5:37/117	6:23/100	2:35/91
+0:16 (3)	+1:22 (17)	+0:45 (8)	+18:27 (21)	+0:05 (2)	+0:49 (10)	+0:00 (1)	+1:09 (10)	+0:00 (1)	+0:26 (9)
19 Asbjørn Pedersen			SISO			(15,43min/km)		1:04:48	(+21:43)
8:55 (11)	10:53 (11)	17:18 (13)	22:52 (12)	37:00 (19)	41:41 (19)	45:34 (19)	52:21 (19)	1:02:13 (20)	1:04:48 (20)
8:55/87	1:58/109	6:25/106	5:34/110	14:08/111	4:41/114	3:53/115	6:47/117	9:52/100	2:35/91
+0:35 (9)	+0:32 (9)	+2:27 (16)	+1:05 (11)	+12:13 (21)	+0:29 (5)	+0:06 (2)	+2:19 (14)	+3:29 (18)	+0:26 (9)
20 Vibece Hobbestad			VIL			(17,85min/km)		1:14:57	(+31:52)
(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)
21 Odd Ivar Søvik			B&OI			(20,90min/km)		1:27:46	(+44:41)
12:33 (21)	15:08 (21)	32:04 (21)	42:41 (21)	45:56 (21)	53:28 (21)	1:03:04 (22)	1:10:49 (21)	1:24:28 (21)	1:27:46 (21)
12:33/87	2:35/109	16:56/106	10:37/110	3:15/111	7:32/114	9:36/115	7:45/117	13:39/100	3:18/91
+4:13 (19)	+1:09 (15)	+12:58 (21)	+6:08 (19)	+1:20 (18)	+3:20 (20)	+5:49 (21)	+3:17 (17)	+7:16 (21)	+1:09 (20)
22 Geir Moen			B&OI			(21,46min/km)		1:30:08	(+47:03)
14:28 (22)	20:18 (22)	36:59 (22)	44:07 (22)	47:26 (22)	54:39 (22)	1:01:45 (21)	1:14:42 (22)	1:26:13 (22)	1:30:08 (22)
14:28/87	5:50/109	16:41/106	7:08/110	3:19/111	7:13/114	7:06/115	12:57/117	11:31/100	3:55/91
+6:08 (20)	+4:24 (20)	+12:43 (20)	+2:39 (18)	+1:24 (19)	+3:01 (19)	+3:19 (12)	+8:29 (21)	+5:08 (19)	+1:46 (21)
23 Arne Berg			Forsvaret			(25,07min/km)		1:45:18	(+1:02:13)
14:33 (23)	23:52 (23)	37:11 (23)	55:33 (23)	1:00:36 (23)	1:10:33 (23)	1:19:09 (23)	1:30:02 (23)	1:42:02 (23)	1:45:18 (23)
14:33/87	9:19/109	13:19/106	18:22/110	5:03/111	9:57/114	8:36/115	10:53/117	12:00/100	3:16/91
+6:13 (21)	+7:53 (21)	+9:21 (19)	+13:53 (20)	+3:08 (20)	+5:45 (21)	+4:49 (20)	+6:25 (19)	+5:37 (20)	+1:07 (19)
Christian Søvik			B&OI			(10,36min/km)		Disk	(+0:26)
13:54 (22)	16:26 (22)	23:03 (21)	31:10 (20)	35:43 (19)	43:31 (20)	43:31 (18)	43:31 (12)	43:31 (5)	43:31 (3)
13:54/87	2:32/109	6:37/106	8:07/110	4:33/111	7:48/114				
+5:34 (20)	+1:06 (14)	+2:39 (17)	+3:38 (19)	+2:38 (20)	+3:36 (21)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
Tore Tveraabak			B&OI			(14,56min/km)		Disk	(+18:04)
10:45 (19)	17:45 (22)	22:26 (21)	27:43 (20)	31:26 (19)	35:56 (18)	43:30 (18)	49:38 (17)	58:49 (19)	1:01:09 (18)
10:45/87	7:00/109	4:41/106	5:17/110	3:43/111	4:30/114	7:34/109	6:08/117	9:11/100	2:20/91
+2:25 (17)	+5:34 (21)	+0:43 (7)	+0:48 (5)	+1:48 (20)	+0:18 (4)	+3:47 (14)	+1:40 (12)	+2:48 (18)	+0:11 (2)
Ørjan Laksaa			B&OI			(24,27min/km)		Disk	(+58:51)
19:19 (24)	21:29 (23)	27:30 (21)	37:59 (20)	44:01 (21)	51:52 (21)	1:12:12 (23)	1:22:53 (23)	1:41:56 (23)	1:41:56 (23)
19:19/87	2:10/109	6:01/106	10:29/110	6:02/111	7:51/114	20:20/115	10:41/117	19:03/91	
+10:59 (22)	+0:44 (12)	+2:03 (16)	+6:00 (19)	+4:07 (21)	+3:39 (21)	+16:33 (22)	+6:13 (19)	+12:40 (22)	+0:00 (1)

Klasse 3km - 3,2 km

16 påmeldt, 16 startende

1 Carl B Bjørseth			B&OI			(13,71min/km)		43:53	
6:01 (2)	9:03 (2)	13:58 (2)	17:52 (1)	22:55 (1)	26:07 (1)	29:54 (1)	40:18 (1)	43:53 (1)	
6:01/119	3:02/105	4:55/106	3:54/114	5:03/115	3:12/87	3:47/116	10:24/100	3:35/91	
+0:23 (2)	+0:16 (4)	+0:17 (3)	+0:00 (1)	+0:00 (1)	+0:36 (5)	+0:01 (2)	+4:04 (12)	+1:20 (8)	
2 Turid Aanerød			B&OI			(15,55min/km)		49:45	(+5:52)
8:23 (10)	11:09 (6)	16:44 (5)	21:41 (3)	29:47 (2)	35:36 (4)	39:22 (4)	46:13 (2)	49:45 (2)	

	8:23/119	2:46/105	5:35/106	4:57/114	8:06/115	5:49/87	3:46/116	6:51/100	3:32/91
	+2:45 (10)	+0:00 (1)	+0:57 (5)	+1:03 (2)	+3:03 (6)	+3:13 (14)	+0:00 (1)	+0:31 (4)	+1:17 (6)
3	Elin Irgens		B&OI			(15,61min/km)		49:57	(+6:04)
	8:22 (9)	11:45 (8)	18:17 (8)	24:27 (9)	31:11 (4)	34:44 (3)	38:53 (3)	46:23 (4)	49:57 (3)
	8:22/119	3:23/105	6:32/106	6:10/114	6:44/115	3:33/87	4:09/116	7:30/100	3:34/91
	+2:44 (9)	+0:37 (8)	+1:54 (8)	+2:16 (9)	+1:41 (2)	+0:57 (7)	+0:23 (5)	+1:10 (5)	+1:19 (7)
4	Wenche Rekkedal		B&OI			(15,62min/km)		50:00	(+6:07)
	6:45 (4)	10:03 (4)	15:04 (3)	22:11 (4)	31:00 (3)	34:09 (2)	38:48 (2)	46:18 (3)	50:00 (4)
	6:45/119	3:18/105	5:01/106	7:07/114	8:49/115	3:09/87	4:39/116	7:30/100	3:42/91
	+1:07 (4)	+0:32 (6)	+0:23 (4)	+3:13 (13)	+3:46 (7)	+0:33 (4)	+0:53 (10)	+1:10 (5)	+1:27 (11)
5	Tor Erling Sund		B&OI			(15,94min/km)		51:00	(+7:07)
	5:38 (1)	8:37 (1)	13:18 (1)	19:50 (2)	33:56 (6)	36:57 (5)	42:25 (7)	48:45 (6)	51:00 (5)
	5:38/119	2:59/105	4:41/106	6:32/114	14:06/115	3:01/87	5:28/116	6:20/100	2:15/91
	+0:00 (1)	+0:13 (3)	+0:03 (2)	+2:38 (11)	+9:03 (12)	+0:25 (3)	+1:42 (13)	+0:00 (1)	+0:00 (1)
6	Per Dalhaug		B&OI			(16,21min/km)		51:52	(+7:59)
	6:39 (3)	9:44 (3)	18:36 (9)	24:07 (8)	34:30 (7)	37:15 (6)	41:32 (5)	48:14 (5)	51:52 (6)
	6:39/119	3:05/105	8:52/106	5:31/114	10:23/115	2:45/87	4:17/116	6:42/100	3:38/91
	+1:01 (3)	+0:19 (5)	+4:14 (10)	+1:37 (4)	+5:20 (8)	+0:09 (2)	+0:31 (7)	+0:22 (2)	+1:23 (10)
7	Sissel Moen		Tverrlandet IL			(16,83min/km)		53:52	(+9:59)
	7:52 (7)	12:40 (12)	21:46 (11)	28:59 (11)	36:16 (8)	39:33 (8)	43:35 (8)	50:17 (7)	53:52 (7)
	7:52/119	4:48/105	9:06/106	7:13/114	7:17/115	3:17/87	4:02/116	6:42/100	3:35/91
	+2:14 (7)	+2:02 (14)	+4:28 (11)	+3:19 (14)	+2:14 (3)	+0:41 (6)	+0:16 (3)	+0:22 (2)	+1:20 (8)
8	Ingunn Jakola		B&OI			(17,12min/km)		54:47	(+10:54)
	9:23 (13)	12:50 (13)	19:05 (10)	25:03 (10)	32:33 (5)	37:18 (7)	41:54 (6)	51:29 (8)	54:47 (8)
	9:23/119	3:27/105	6:15/106	5:58/114	7:30/115	4:45/87	4:36/116	9:35/100	3:18/91
	+3:45 (13)	+0:41 (9)	+1:37 (7)	+2:04 (7)	+2:27 (4)	+2:09 (11)	+0:50 (9)	+3:15 (11)	+1:03 (4)
9	Mari Reitan		B&OI			(18,49min/km)		59:11	(+15:18)
	6:53 (5)	10:12 (5)	16:55 (6)	22:24 (5)	40:21 (9)	42:57 (9)	47:14 (9)	56:04 (9)	59:11 (9)
	6:53/119	3:19/105	6:43/106	5:29/114	17:57/115	2:36/87	4:17/116	8:50/100	3:07/91
	+1:15 (5)	+0:33 (7)	+2:05 (9)	+1:35 (3)	+12:54 (13)	+0:00 (1)	+0:31 (7)	+2:30 (8)	+0:52 (2)
10	Heidi Jensen		B&OI			(21,19min/km)		1:07:49	(+23:56)
	11:50 (14)	15:20 (14)	24:58 (13)	31:20 (13)	45:10 (12)	49:12 (11)	54:33 (11)	1:03:32 (10)	1:07:49 (10)
	11:50/119	3:30/105	9:38/106	6:22/114	13:50/115	4:02/87	5:21/116	8:59/100	4:17/91
	+6:12 (14)	+0:44 (10)	+5:00 (12)	+2:28 (10)	+8:47 (11)	+1:26 (8)	+1:35 (11)	+2:39 (9)	+2:02 (13)
11	Irene Skiri		B&OI			(21,22min/km)		1:07:55	(+24:02)
	7:29 (6)	11:38 (7)	24:54 (12)	30:50 (12)	42:53 (10)	47:57 (10)	52:10 (10)	1:04:30 (11)	1:07:55 (11)
	7:29/119	4:09/105	13:16/106	5:56/114	12:03/115	5:04/87	4:13/116	12:20/100	3:25/91
	+1:51 (6)	+1:23 (13)	+8:38 (14)	+2:02 (6)	+7:00 (9)	+2:28 (12)	+0:27 (6)	+6:00 (13)	+1:10 (5)
12	Regula Høsli		B&OI			(22,18min/km)		1:10:58	(+27:05)
	8:19 (8)	11:51 (9)	17:49 (7)	23:41 (7)	47:44 (13)	51:53 (12)	57:15 (12)	1:06:46 (12)	1:10:58 (12)
	8:19/119	3:32/105	5:58/106	5:52/114	24:03/115	4:09/87	5:22/116	9:31/100	4:12/91
	+2:41 (8)	+0:46 (12)	+1:20 (6)	+1:58 (5)	+19:00 (15)	+1:33 (9)	+1:36 (12)	+3:11 (10)	+1:57 (12)
13	Reidar Andersen		B&OI			(23,05min/km)		1:13:45	(+29:52)
	9:08 (12)	12:01 (11)	16:39 (4)	22:39 (6)	42:55 (11)	53:41 (13)	57:49 (13)	1:10:30 (13)	1:13:45 (13)
	9:08/119	2:53/105	4:38/106	6:00/114	20:16/115	10:46/87	4:08/116	12:41/100	3:15/91
	+3:30 (12)	+0:07 (2)	+0:00 (1)	+2:06 (8)	+15:13 (14)	+8:10 (15)	+0:22 (4)	+6:21 (14)	+1:00 (3)
14	Carl A Boe		B&OI			(23,92min/km)		1:16:33	(+32:40)
	8:26 (11)	11:56 (10)	35:48 (15)	42:28 (15)	50:09 (14)	54:34 (14)	1:03:27 (14)	1:11:30 (14)	1:16:33 (14)
	8:26/119	3:30/105	23:52/106	6:40/114	7:41/115	4:25/87	8:53/116	8:03/100	5:03/91
	+2:48 (11)	+0:44 (10)	+19:14 (15)	+2:46 (12)	+2:38 (5)	+1:49 (10)	+5:07 (15)	+1:43 (7)	+2:48 (14)
15	Arnold Danielsen		B&OI			(26,10min/km)		1:23:31	(+39:38)
	13:25 (15)	18:24 (15)	28:56 (14)	38:13 (14)	51:14 (15)	56:39 (15)	1:03:33 (15)	1:17:35 (15)	1:23:31 (15)
	13:25/119	4:59/105	10:32/106	9:17/114	13:01/115	5:25/87	6:54/116	14:02/100	5:56/91
	+7:47 (15)	+2:13 (15)	+5:54 (13)	+5:23 (15)	+7:58 (10)	+2:49 (13)	+3:08 (14)	+7:42 (15)	+3:41 (15)
	Ida Hegreberg		B&OI			(6,05min/km)		Disk	
	9:22 (13)	12:11 (12)	19:21 (11)	19:21 (2)	19:21 (1)	19:21 (1)	19:21 (1)	19:21 (1)	19:21 (1)
	9:22/119	2:49/105	7:10/106						
	+3:44 (13)	+0:03 (2)	+2:32 (10)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)

Klasse 2km - 2,1 km

7 påmeldt, 7 startende

1	Ask K Godal		B&OI		(10,38min/km)		21:48	
	1:49 (2)	4:27 (1)	10:15 (1)	11:58 (1)	14:00 (1)	17:00 (1)	19:49 (1)	21:48 (1)
	1:49/123	2:38/101	5:48/102	1:43/105	2:02/119	3:00/121	2:49/120	1:59/91
	+0:08 (2)	+0:00 (1)	+0:00 (1)	+0:35 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
2	Jørgen Jakola		B&OI		(14,93min/km)		31:21	(+9:33)
	1:41 (1)	4:28 (2)	15:59 (3)	17:07 (3)	19:20 (2)	25:22 (3)	28:25 (2)	31:21 (2)
	1:41/123	2:47/101	11:31/102	1:08/105	2:13/119	6:02/121	3:03/120	2:56/91
	+0:00 (1)	+0:09 (2)	+5:43 (3)	+0:00 (1)	+0:11 (2)	+3:02 (3)	+0:14 (2)	+0:57 (2)
3	Eirunn Hatlem		Forsvaret		(18,28min/km)		38:23	(+16:35)
	2:37 (3)	6:42 (3)	13:09 (2)	16:05 (2)	19:26 (3)	24:42 (2)	34:02 (3)	38:23 (3)
	2:37/123	4:05/101	6:27/102	2:56/105	3:21/119	5:16/121	9:20/120	4:21/91
	+0:56 (3)	+1:27 (3)	+0:39 (2)	+1:48 (6)	+1:19 (3)	+2:16 (2)	+6:31 (6)	+2:22 (5)
4	Oda Furuholmen		B&OI		(20,62min/km)		43:18	(+21:30)
	3:32 (4)	8:39 (4)	22:53 (4)	25:47 (4)	29:33 (4)	35:35 (4)	39:14 (4)	43:18 (4)
	3:32/123	5:07/101	14:14/102	2:54/105	3:46/119	6:02/121	3:39/120	4:04/91
	+1:51 (4)	+2:29 (4)	+8:26 (4)	+1:46 (5)	+1:44 (5)	+3:02 (3)	+0:50 (4)	+2:05 (4)
5	Anna Storvik Nilsen		B&OI		(20,76min/km)		43:36	(+21:48)
	3:58 (5)	9:22 (5)	23:39 (5)	26:12 (5)	29:48 (5)	36:01 (5)	39:37 (5)	43:36 (5)
	3:58/123	5:24/101	14:17/102	2:33/105	3:36/119	6:13/121	3:36/120	3:59/91
	+2:17 (5)	+2:46 (5)	+8:29 (5)	+1:25 (3)	+1:34 (4)	+3:13 (5)	+0:47 (3)	+2:00 (3)
6	Tore Wingan Wold		B&OI		(36,94min/km)		1:17:35	(+55:47)
	17:43 (6)	27:46 (6)	47:33 (6)	50:17 (6)	56:23 (6)	1:02:39 (6)	1:09:47 (6)	1:17:35 (6)
	17:43/123	10:03/101	19:47/102	2:44/105	6:06/119	6:16/121	7:08/120	7:48/91
	+16:02 (6)	+7:25 (6)	+13:59 (6)	+1:36 (4)	+4:04 (6)	+3:16 (6)	+4:19 (5)	+5:49 (6)
	Eva Pedersen		SISO		(15,48min/km)		Disk	(+10:42)
	2:50 (4)	8:35 (4)	16:07 (4)	20:43 (4)	23:43 (4)	28:57 (4)	32:30 (3)	32:30 (3)
	2:50/123	5:45/101	7:32/102	4:36/105	3:00/119	5:14/121	3:33/120	
	+1:09 (4)	+3:07 (6)	+1:44 (3)	+3:28 (7)	+0:58 (3)	+2:14 (2)	+0:44 (3)	+0:00 (1)

Klasse Nybegynner - 2,0 km

8 påmeldt, 8 startende

	Lovise Andreassen		Tverrlandet IL		(7,80min/km)		15:36	
	0:56 (3)	2:37 (4)	4:39 (6)	8:10 (7)	12:06 (5)	12:57 (5)	14:27 (4)	15:14 (4)
	0:56/122	1:41/123	2:02/124	3:31/101	3:56/125	0:51/131	1:30/137	0:47/93
	+0:17 (3)	+0:26 (6)	+1:07 (6)	+1:28 (5)	+2:32 (3)	+0:13 (6)	+0:38 (4)	+0:10 (2)
	Erlend Elveos		B&OI		(5,33min/km)		10:39	
	0:57 (4)	2:12 (2)	3:23 (2)	5:30 (2)	8:05 (2)	8:43 (2)	9:48 (2)	10:25 (2)
	0:57/122	1:15/123	1:11/124	2:07/101	2:35/125	0:38/131	1:05/137	0:37/93
	+0:18 (4)	+0:00 (1)	+0:16 (3)	+0:04 (2)	+1:11 (2)	+0:00 (1)	+0:13 (2)	+0:00 (1)
	Amund Kleist Godal		B&OI		(13,80min/km)		27:36	
	1:13 (7)	2:42 (6)	4:44 (7)	7:58 (5)	12:29 (7)	13:17 (7)	22:44 (7)	27:17 (8)
	1:13/122	1:29/123	2:02/124	3:14/101	4:31/125	0:48/131	9:27/137	4:33/93
	+0:34 (7)	+0:14 (3)	+1:07 (6)	+1:11 (4)	+3:07 (6)	+0:10 (4)	+8:35 (8)	+3:56 (8)
	Nora Marie Irgens		B&OI		(10,99min/km)		21:59	
	1:10 (6)	2:41 (5)	3:47 (3)	6:21 (3)	11:32 (3)	12:15 (3)	19:14 (6)	21:43 (6)
	1:10/122	1:31/123	1:06/124	2:34/101	5:11/125	0:43/131	6:59/137	2:29/93
	+0:31 (6)	+0:16 (4)	+0:11 (2)	+0:31 (3)	+3:47 (7)	+0:05 (2)	+6:07 (7)	+1:52 (7)
	Andreas Moen		Tverrlandet IL		(4,56min/km)		9:07	
	0:39 (1)	1:54 (1)	2:49 (1)	4:52 (1)	6:16 (1)	7:05 (1)	7:57 (1)	8:51 (1)
	0:39/122	1:15/123	0:55/124	2:03/101	1:24/125	0:49/131	0:52/137	0:54/93
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:11 (5)	+0:00 (1)	+0:17 (4)
	Lisa Nesheim		B&OI		(12,84min/km)		25:41	
	1:27 (8)	3:53 (8)	5:41 (8)	10:48 (8)	22:04 (8)	22:51 (8)	24:05 (8)	25:19 (7)
	1:27/122	2:26/123	1:48/124	5:07/101	11:16/125	0:47/131	1:14/137	1:14/93
	+0:48 (8)	+1:11 (8)	+0:53 (5)	+3:04 (8)	+9:52 (8)	+0:09 (3)	+0:22 (3)	+0:37 (6)

Lotte Reitan			B&OI				<i>(7,68min/km)</i>		15:22
0:49 (2)	2:29 (3)	4:31 (5)	8:02 (6)	11:59 (4)	12:50 (4)	14:20 (3)	15:07 (3)	15:22 (3)	
0:49/122	1:40/123	2:02/124	3:31/101	3:57/125	0:51/131	1:30/137	0:47/93	0:15/91	
+0:10 (2)	+0:25 (5)	+1:07 (6)	+1:28 (5)	+2:33 (4)	+0:13 (6)	+0:38 (4)	+0:10 (2)	+0:01 (2)	
Kaja Skiri			B&OI				<i>(8,58min/km)</i>		17:10
1:01 (5)	2:56 (7)	4:17 (4)	7:49 (4)	12:14 (6)	13:11 (6)	15:52 (5)	16:53 (5)	17:10 (5)	
1:01/122	1:55/123	1:21/124	3:32/101	4:25/125	0:57/131	2:41/137	1:01/93	0:17/91	
+0:22 (5)	+0:40 (7)	+0:26 (4)	+1:29 (7)	+3:01 (5)	+0:19 (8)	+1:49 (6)	+0:24 (5)	+0:03 (5)	