

Resultater fra Misvær dag 1 27.08.2004

Det var totalt 48 påmeldte og 48 startet

Klasse N 1,9 km

6 påmeldt, 6 startende 0 premiert

Maria Aasheim	Ukjent klubb
Karoline Gjertsen	Ukjent klubb
Cathrine Koch	Ukjent klubb
Lotte E. Reitan	Bodø&Omegn IF
Kristina Rystad	Ukjent klubb
Marte Sand	Ukjent klubb

Klasse D11-12 2,1 km

1 påmeldt, 1 startende 0 premiert

1 Ida Hegreberg	Bodø&Omegn IF	(16,71min/km)	35:06	(+0:00)						
2:43 (1)	9:38 (1)	13:57 (1)	14:57 (1)	19:53 (1)	23:32 (1)	29:37 (1)	32:31 (1)	35:06 (1)		
2:43/96	6:55/111	4:19/47	1:00/108	4:56/40	3:39/38	6:05/50	2:54/100	2:35/115		
+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 H11-12 2,1 km

2 påmeldt, 2 startende 0 premiert

1 Håkon Hegreberg	Bodø&Omegn IF	(15,07min/km)	31:39	(+0:00)						
2:15 (2)	10:10 (1)	14:14 (2)	15:13 (2)	21:51 (1)	24:04 (1)	27:38 (1)	30:14 (1)	31:39 (1)		
2:15/96	7:55/111	4:04/47	0:59/108	6:38/40	2:13/38	3:34/50	2:36/100	1:25/115		
+0:19 (2)	+0:00 (1)	+1:03 (2)	+0:27 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:30 (2)	+0:00 (1)		
2 Torbjørn Høslø Olsen	Bodø&Omegn IF	(15,83min/km)	33:14	(+1:35)						
1:56 (1)	10:59 (2)	14:00 (1)	14:32 (1)	22:03 (2)	24:45 (2)	29:33 (2)	31:39 (2)	33:14 (2)		
1:56/96	9:03/111	3:01/47	0:32/108	7:31/40	2:42/38	4:48/50	2:06/100	1:35/115		
+0:00 (1)	+1:08 (2)	+0:00 (1)	+0:00 (1)	+0:53 (2)	+0:29 (2)	+1:14 (2)	+0:00 (1)	+0:10 (2)		

Klasse H13-16 2,5 km

2 påmeldt, 2 startende 0 premiert

1 Vegard Skogstad	Mo O-Klubb	(6,87min/km)	17:11	(+0:00)						
1:56 (1)	4:47 (1)	6:01 (1)	6:29 (1)	8:16 (1)	11:28 (1)	12:58 (1)	15:10 (1)	16:05 (1)	17:11 (1)	
1:56/90	2:51/91	1:14/47	0:28/108	1:47/60	3:12/36	1:30/34	2:12/50	0:55/100	1:06/115	
+0:00 (1)	+0:00 (1)	+0:15 (2)	+0:00 (1)	+0:00 (1)	+1:02 (2)	+0:09 (2)	+0:00 (1)	+0:00 (1)	+0:01 (2)	
2 Magnus Wingan Wold	Bodø&Omegn IF	(7,41min/km)	18:31	(+1:20)						
2:57 (2)	6:23 (2)	7:22 (2)	7:52 (2)	9:51 (2)	12:01 (2)	13:22 (2)	16:31 (2)	17:26 (2)	18:31 (2)	
2:57/90	3:26/91	0:59/47	0:30/108	1:59/60	2:10/36	1:21/34	3:09/50	0:55/100	1:05/115	
+1:01 (2)	+0:35 (2)	+0:00 (1)	+0:02 (2)	+0:12 (2)	+0:00 (1)	+0:00 (1)	+0:57 (2)	+0:00 (1)	+0:00 (1)	

Klasse D17- 3,2 km

7 påmeldt, 7 startende 0 premiert

1 Randi Marie Mohus	NTNUI	(7,86min/km)	25:10	(+0:00)							
1:58 (2)	5:44 (1)	8:49 (1)	10:00 (1)	12:40 (1)	14:10 (1)	15:18 (1)	17:24 (1)	19:12 (1)	20:57 (1)	23:54 (1)	25:10 (1)
1:58/112	3:46/91	3:05/114	1:11/93	2:40/34	1:30/40	1:08/60	2:06/36	1:48/48	1:45/38	2:57/100	1:16/115
+0:23 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:07 (2)	+0:12 (3)	+0:00 (1)	+0:00 (1)	+0:05 (2)	+0:28 (6)	+0:00 (1)
2 Unni Rekkedal	Bodø&Omegn IF	(8,52min/km)	27:15	(+2:05)							
1:35 (1)	5:59 (2)	9:15 (2)	10:40 (2)	13:33 (2)	15:36 (2)	16:45 (2)	19:19 (2)	21:28 (2)	23:22 (2)	25:52 (2)	27:15 (2)
1:35/112	4:24/91	3:16/114	1:25/93	2:53/34	2:03/40	1:09/60	2:34/36	2:09/48	1:54/38	2:30/100	1:23/115
+0:00 (1)	+0:38 (4)	+0:11 (3)	+0:14 (4)	+0:13 (2)	+0:40 (6)	+0:13 (4)	+0:28 (3)	+0:21 (4)	+0:14 (3)	+0:01 (2)	+0:07 (3)
3 Inger Lise Pettersen	Korgen IL	(8,84min/km)	28:17	(+3:07)							
3:20 (5)	7:10 (4)	10:22 (3)	11:44 (3)	14:40 (3)	16:03 (3)	16:59 (3)	19:33 (3)	22:40 (3)	24:20 (3)	26:49 (3)	28:17 (3)
3:20/112	3:50/91	3:12/114	1:22/93	2:56/34	1:23/40	0:56/60	2:34/36	3:07/48	1:40/38	2:29/100	1:28/115
+1:45 (5)	+0:04 (2)	+0:07 (2)	+0:11 (3)	+0:16 (3)	+0:00 (1)	+0:00 (1)	+0:28 (3)	+1:19 (6)	+0:00 (1)	+0:00 (1)	+0:12 (6)
4 Sigrid Ringdalen Vatne	Mo O-Klubb	(9,31min/km)	29:48	(+4:38)							
2:12 (3)	7:30 (5)	11:00 (5)	12:29 (5)	16:01 (5)	17:40 (5)	19:03 (5)	21:30 (4)	23:31 (4)	25:48 (4)	28:25 (4)	29:48 (4)
2:12/112	5:18/91	3:30/114	1:29/93	3:32/34	1:39/40	1:23/60	2:27/36	2:01/48	2:17/38	2:37/100	1:23/115
+0:37 (3)	+1:32 (6)	+0:25 (5)	+0:18 (6)	+0:52 (5)	+0:16 (3)	+0:27 (5)	+0:21 (2)	+0:13 (3)	+0:37 (6)	+0:08 (3)	+0:07 (3)
5 Marit Wenseth Kure	Bodø&Omegn IF	(9,48min/km)	30:21	(+5:11)							
2:25 (4)	6:44 (3)	10:28 (4)	11:54 (4)	15:38 (4)	17:29 (4)	18:29 (4)	21:59 (5)	24:14 (5)	26:10 (5)	28:59 (5)	30:21 (5)
2:25/112	4:19/91	3:44/114	1:26/93	3:44/34	1:51/40	1:00/60	3:30/36	2:15/48	1:56/38	2:49/100	1:22/115
+0:50 (4)	+0:33 (3)	+0:39 (6)	+0:15 (5)	+1:04 (6)	+0:28 (5)	+0:04 (2)	+1:24 (6)	+0:27 (5)	+0:16 (4)	+0:20 (4)	+0:06 (2)
6 Elisabeth Rekkedal	Bodø&Omegn IF	(9,99min/km)	31:59	(+6:49)							
4:11 (6)	8:56 (6)	12:18 (6)	13:38 (6)	16:42 (6)	18:23 (6)	20:32 (6)	23:32 (6)	25:30 (6)	27:39 (6)	30:35 (6)	31:59 (6)
4:11/112	4:45/91	3:22/114	1:20/93	3:04/34	1:41/40	2:09/60	3:00/36	1:58/48	2:09/38	2:56/100	1:24/115
+2:36 (6)	+0:59 (5)	+0:17 (4)	+0:09 (2)	+0:24 (4)	+0:18 (4)	+1:13 (7)	+0:54 (5)	+0:10 (2)	+0:29 (5)	+0:27 (5)	+0:08 (5)
7 Ragni Stokland	Bodø&Omegn IF	(15,12min/km)	48:23	(+23:13)							
4:51 (7)	13:03 (7)	18:47 (7)	20:49 (7)	27:50 (7)	31:07 (7)	32:43 (7)	36:30 (7)	40:05 (7)	43:02 (7)	46:53 (7)	48:23 (7)
4:51/112	8:12/91	5:44/114	2:02/93	7:01/34	3:17/40	1:36/60	3:47/36	3:35/48	2:57/38	3:51/100	1:30/115
+3:16 (7)	+4:26 (7)	+2:39 (7)	+0:51 (7)	+4:21 (7)	+1:54 (7)	+0:40 (6)	+1:41 (7)	+1:47 (7)	+1:17 (7)	+1:22 (7)	+0:14 (7)

Klasse H17- 3,9 km

9 påmeldt, 9 startende 0 premiert

1 Arild Hegreberg				Bodø&Omegn IF	(6,35min/km)	24:46	(+0:00)										
1:32 (1)	3:43 (1)	6:26 (2)	7:31 (2)	12:01 (2)	13:12 (2)	16:32 (2)	17:17 (2)	19:01 (2)	20:22 (1)	22:35 (1)	23:31 (1)	24:46 (1)					
1:32/90	2:11/92	2:43/114	1:05/93	4:30/37	1:11/63	3:20/40	0:45/60	1:44/36	1:21/48	2:13/50	0:56/100	1:15/115					
+0:00 (1)	+0:01 (2)	+0:06 (3)	+0:06 (3)	+0:00 (1)	+0:07 (3)	+0:07 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:02 (3)	+0:11 (6)					
2 Håvard Berg				Bodø&Omegn IF	(6,53min/km)	25:27	(+0:41)										
1:37 (2)	3:47 (2)	6:24 (1)	7:23 (1)	11:55 (1)	13:01 (1)	16:14 (1)	17:03 (1)	18:58 (1)	20:51 (2)	23:26 (2)	24:20 (2)	25:27 (2)					
1:37/90	2:10/92	2:37/114	0:59/93	4:32/37	1:06/63	3:13/40	0:49/60	1:55/36	1:53/48	2:35/50	0:54/100	1:07/115					
+0:05 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:02 (2)	+0:02 (2)	+0:00 (1)	+0:04 (2)	+0:11 (2)	+0:32 (4)	+0:22 (5)	+0:00 (1)	+0:03 (2)					
3 Lars Reitan				Bodø&Omegn IF	(6,91min/km)	26:57	(+2:11)										
1:41 (3)	4:07 (3)	6:48 (3)	7:51 (3)	12:32 (3)	13:36 (3)	17:10 (3)	18:00 (3)	20:12 (3)	22:28 (3)	24:59 (3)	25:53 (3)	26:57 (3)					
1:41/90	2:26/92	2:41/114	1:03/93	4:41/37	1:04/63	3:34/40	0:50/60	2:12/36	2:16/48	2:31/50	0:54/100	1:04/115					
+0:09 (3)	+0:16 (3)	+0:04 (2)	+0:04 (2)	+0:11 (5)	+0:00 (1)	+0:21 (3)	+0:05 (3)	+0:28 (4)	+0:55 (6)	+0:18 (3)	+0:00 (1)	+0:00 (1)					
4 Kristian Wingan Wold				Bodø&Omegn IF	(7,41min/km)	28:55	(+4:09)										
1:52 (5)	4:43 (5)	8:13 (5)	9:19 (5)	13:58 (5)	15:09 (4)	18:48 (4)	19:40 (4)	22:15 (4)	24:03 (4)	26:37 (4)	27:46 (4)	28:55 (4)					
1:52/90	2:51/92	3:30/114	1:06/93	4:39/37	1:11/63	3:39/40	0:52/60	2:35/36	1:48/48	2:34/50	1:09/100	1:09/115					
+0:20 (5)	+0:41 (5)	+0:53 (6)	+0:07 (4)	+0:09 (3)	+0:07 (3)	+0:26 (4)	+0:07 (4)	+0:51 (7)	+0:27 (3)	+0:21 (4)	+0:15 (6)	+0:05 (3)					
5 Marius Edvardsen				Bodø&Omegn IF	(8,33min/km)	32:30	(+7:44)										
1:50 (4)	5:32 (6)	8:47 (6)	10:18 (6)	16:02 (6)	17:21 (6)	21:41 (5)	24:06 (5)	26:15 (5)	27:47 (5)	30:13 (5)	31:17 (5)	32:30 (5)					
1:50/90	3:42/92	3:15/114	1:31/93	5:44/37	1:19/63	4:20/40	2:25/60	2:09/36	1:32/48	2:26/50	1:04/100	1:13/115					
+0:18 (4)	+1:32 (6)	+0:38 (5)	+0:32 (6)	+1:14 (6)	+0:15 (5)	+1:07 (5)	+1:40 (7)	+0:25 (3)	+0:11 (2)	+0:13 (2)	+0:10 (5)	+0:09 (5)					
6 Erlend Eggestad				Bodø&Omegn IF	(10,39min/km)	40:32	(+15:46)										
1:59 (7)	5:49 (7)	9:24 (7)	10:39 (7)	20:27 (7)	23:22 (7)	28:32 (6)	29:37 (6)	32:00 (6)	34:07 (6)	38:03 (6)	39:14 (6)	40:32 (6)					
1:59/90	3:50/92	3:35/114	1:15/93	9:48/37	2:55/63	5:10/40	1:05/60	2:23/36	2:07/48	3:56/50	1:11/100	1:18/115					
+0:27 (7)	+1:40 (7)	+0:58 (7)	+0:16 (5)	+5:18 (7)	+1:51 (8)	+1:57 (6)	+0:20 (5)	+0:39 (5)	+0:46 (5)	+1:43 (7)	+0:17 (7)	+0:14 (7)					
7 Tore Jakola				Bodø&Omegn IF	(15,12min/km)	58:58	(+34:12)										
1:52 (5)	4:29 (4)	7:20 (4)	9:04 (4)	13:44 (4)	16:37 (5)	30:27 (7)	31:40 (7)	34:07 (7)	53:52 (8)	56:51 (8)	57:47 (8)	58:58 (7)					
1:52/90	2:37/92	2:51/114	1:44/93	4:40/37	2:53/63	13:50/40	1:13/60	2:27/36	19:45/48	2:59/50	0:56/100	1:11/115					
+0:20 (5)	+0:27 (4)	+0:14 (4)	+0:45 (7)	+0:10 (4)	+1:49 (7)	+10:37 (8)	+0:28 (6)	+0:43 (6)	+18:24 (8)	+0:46 (6)	+0:02 (3)	+0:07 (4)					
8 Christian Søvik				Bodø&Omegn IF	(15,20min/km)	59:17	(+34:31)										
3:04 (8)	9:01 (8)	16:46 (8)	19:01 (8)	31:20 (8)	33:56 (8)	39:57 (8)	42:46 (8)	46:33 (8)	49:33 (7)	55:34 (7)	57:42 (7)	59:17 (8)					
3:04/90	5:57/92	7:45/114	2:15/93	12:19/37	2:36/63	6:01/40	2:49/60	3:47/36	3:00/48	6:01/50	2:08/100	1:35/115					
+1:32 (8)	+3:47 (8)	+5:08 (8)	+1:16 (8)	+7:49 (8)	+1:32 (6)	+2:48 (7)	+2:04 (8)	+2:03 (8)	+1:39 (7)	+3:48 (8)	+1:14 (8)	+0:31 (8)					
Erlend Fjose				Bodø&Omegn IF	(9,03min/km)	Disk											
2:16 (8)	4:45 (6)	7:43 (5)	9:00 (4)	14:58 (6)	16:25 (5)	22:03 (6)	22:57 (5)	30:33 (6)	32:56 (6)	33:55 (6)	35:12 (6)	35:12 (6)					
2:16/90	2:29/92	2:58/114	1:17/93	5:58/37	1:27/63	5:38/40	0:54/60	7:36/48	2:23/50	0:59/100	1:17/115						
+0:44 (8)	+0:19 (4)	+0:21 (5)	+0:18 (6)	+1:28 (7)	+0:23 (6)	+2:25 (7)	+0:09 (5)	+5:52 (9)	+1:02 (7)	+0:00 (1)	+0:23 (8)	+0:00 (1)					

Klasse H40- 3,2 km

8 påmeldt, 8 startende 0 premiert

1 Per Rekkedal				Bodø&Omegn IF	(7,09min/km)	22:41	(+0:00)										
1:12 (1)	4:48 (1)	7:36 (1)	8:43 (1)	11:24 (1)	12:56 (1)	13:59 (1)	16:21 (1)	18:06 (1)	19:33 (1)	21:33 (1)	22:41 (1)						
1:12/112	3:36/91	2:48/114	1:07/93	2:41/34	1:32/40	1:03/60	2:22/36	1:45/48	1:27/38	2:00/100	1:08/115						
+0:00 (1)	+0:03 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:06 (2)	+0:06 (2)	+0:17 (2)	+0:10 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)						
2 Jan Gaute Buvik				Korgen IL	(7,32min/km)	23:25	(+0:44)										
1:51 (6)	5:34 (2)	8:26 (2)	9:41 (2)	12:22 (2)	13:48 (2)	14:45 (2)	16:50 (2)	18:25 (2)	20:00 (2)	22:11 (2)	23:25 (2)						
1:51/112	3:43/91	2:52/114	1:15/93	2:41/34	1:26/40	0:57/60	2:05/36	1:35/48	1:35/38	2:11/100	1:14/115						
+0:39 (6)	+0:10 (3)	+0:04 (2)	+0:08 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:08 (2)	+0:11 (2)	+0:06 (2)						
3 Leif Magne Eggestad				Bodø&Omegn IF	(8,97min/km)	28:42	(+6:01)										
2:37 (8)	6:10 (5)	10:22 (6)	12:09 (6)	15:13 (4)	17:06 (3)	18:37 (3)	21:10 (3)	23:18 (3)	25:08 (3)	27:25 (3)	28:42 (3)						
2:37/112	3:33/91	4:12/114	1:47/93	3:04/34	1:53/40	1:31/60	2:33/36	2:08/48	1:50/38	2:17/100	1:17/115						
+1:25 (8)	+0:00 (1)	+1:24 (8)	+0:40 (8)	+0:23 (3)	+0:27 (4)	+0:34 (6)	+0:28 (3)	+0:33 (4)	+0:23 (4)	+0:17 (3)	+0:09 (4)						
4 Jan Kåre Vatne				Mo O-Klubb	(9,68min/km)	30:58	(+8:17)										
1:46 (3)	5:53 (4)	9:15 (3)	10:40 (3)	14:58 (3)	17:51 (5)	19:19 (4)	22:50 (5)	24:56 (4)	26:41 (4)	29:35 (4)	30:58 (4)						
1:46/112	4:07/91	3:22/114	1:25/93	4:18/34	2:53/40	1:28/60	3:31/36	2:06/48	1:45/38	2:54/100	1:23/115						
+0:34 (3)	+0:34 (5)	+0:34 (3)	+0:18 (3)	+1:37 (6)	+1:27 (7)	+0:31 (4)	+1:26 (7)	+0:31 (3)	+0:18 (3)	+0:54 (5)	+0:15 (5)						
5 Carl B. Bjørseth				Bodø&Omegn IF	(10,01min/km)	32:01	(+9:20)										
1:43 (2)	6:33 (6)	10:13 (5)	11:49 (5)	15:18 (5)	17:23 (4)	19:48 (5)	22:39 (4)	25:34 (5)	27:39 (5)	30:34 (5)	32:01 (5)						
1:43/112	4:50/91	3:40/114	1:36/93	3:29/34	2:05/40	2:25/60	2:51/36	2:55/48	2:05/38	2:55/100	1:27/115						
+0:31 (2)	+1:17 (6)	+0:52 (6)	+0:29 (5)	+0:48 (4)	+0:39 (5)	+1:28 (8)	+0:46 (5)	+1:20 (8)	+0:38 (5)	+0:55 (6)	+0:19 (7)						
6 Geir Moen				Bodø&Omegn IF	(10,51min/km)	33:37	(+10:56)										
2:14 (7)	7:38 (8)	11:28 (8)	12:56 (8)	17:02 (7)	19:59 (7)	21:35 (7)	24:26 (6)	26:40 (6)	29:11 (6)	32:13 (6)	33:37 (6)						
2:14/112	5:24/91	3:50/114	1:28/93	4:06/34	2:57/40	1:36/60	2:51/36	2:14/48	2:31/38	3:02/100	1:24/115						
+1:02 (7)	+1:51 (8)	+1:02 (7)	+0:21 (4)	+1:25 (5)	+1:31 (8)	+0:39 (7)	+0:46 (5)	+0:39 (6)	+1:04 (8)	+1:02 (7)	+0:16 (6)						
7 Åge Mohus				Bodø&Omegn IF	(11,44min/km)	36:36	(+13:55)										
1:46 (3)	7:02 (7)	10:41 (7)	12:18 (7)	21:17 (8)	23:27 (8)	24:56 (8)	27:35 (7)	29:43 (7)	32:01 (7)	35:07 (7)	36:36 (7)						
1:46/112	5:16/91	3:39/114	1:37/93	8:59/34	2:10/40	1:29/60	2:39/36	2:08/48	2:18/38	3:06/100	1:29/115						
+0:34 (3)	+1:43 (7)	+0:51 (5)	+0:30 (6)	+6:18 (8)	+0:44 (6)	+0:32 (5)	+0:34 (4)	+0:33 (4)	+0:51 (7)	+1:06 (8)	+0:21 (8)						
8 Ola Skogstad				Mo O-Klubb	(12,08min/km)	38:39	(+15:58)										
1:46 (3)	5:52 (3)	9:21 (4)	10:59 (4)	16:47 (6)	18:39 (6)	19:51 (6)	29:32 (8)	32:21 (8)	34:35 (8)	37:24 (8)	38:39 (8)						
1:46/112	4:06/91	3:29/114	1:38/93	5:48/34	1:52/40	1:12/60	9:41/36	2:49/48	2:14/38	2:49/100	1:15/115						

+0:34 (3) +0:33 (4) +0:41 (4) +0:31 (7) +3:07 (7) +0:26 (3) +0:15 (3) +7:36 (8) +1:14 (7) +0:47 (6) +0:49 (4) +0:07 (3)

Klasse D55- 2,7 km

4 påmeldt, 4 startende 0 premiert

1 Kirsten Limstrand	Bodø&Omegn IF	(14,65min/km)	39:34	(+0:00)
3:35 (3) 11:27 (2) 13:59 (2) 14:48 (2)	18:38 (1) 20:08 (1) 25:11 (1) 28:48 (1) 35:48 (1)		37:45 (1) 39:34 (1)	
3:35/112 7:52/92 2:32/47 0:49/108	3:50/60 1:30/40 5:03/36 3:37/48 7:00/50		1:57/100 1:49/115	
+0:59 (3) +2:41 (3) +0:34 (2) +0:04 (3)	+0:52 (2) +0:00 (1) +0:58 (4) +0:27 (4) +1:06 (2)		+0:09 (4) +0:28 (4)	
2 Karen Bjørseth	Bodø&Omegn IF	(14,78min/km)	39:55	(+0:21)
2:36 (1) 7:47 (1) 9:45 (1) 10:31 (1)	20:30 (2) 22:52 (2) 27:23 (2) 30:52 (2) 36:46 (2)		38:34 (2) 39:55 (2)	
2:36/112 5:11/92 1:58/47 0:46/108	9:59/60 2:22/40 4:31/36 3:29/48 5:54/50		1:48/100 1:21/115	
+0:00 (1) +0:00 (1) +0:00 (1) +0:01 (2)	+7:01 (4) +0:52 (3) +0:26 (2) +0:19 (3) +0:00 (1)		+0:00 (1) +0:00 (1)	
3 Eva Lund Pedersen	SISO IL	(16,20min/km)	43:44	(+4:10)
3:13 (2) 15:22 (4) 18:54 (3) 19:43 (3)	22:41 (3) 24:18 (3) 29:20 (3) 32:40 (3) 40:17 (3)		42:06 (3) 43:44 (3)	
3:13/112 12:09/92 3:32/47 0:49/108	2:58/60 1:37/40 5:02/36 3:20/48 7:37/50		1:49/100 1:38/115	
+0:37 (2) +6:58 (4) +1:34 (3) +0:04 (3)	+0:00 (1) +0:07 (2) +0:57 (3) +0:10 (2) +1:43 (3)		+0:01 (2) +0:17 (2)	
4 Solveig Martinussen	Bodø&Omegn IF	(21,01min/km)	56:44	(+17:10)
7:14 (4) 14:28 (3) 25:48 (4) 26:33 (4)	32:33 (4) 35:32 (4) 39:37 (4) 42:47 (4) 53:14 (4)		55:06 (4) 56:44 (4)	
7:14/112 7:14/92 11:20/47 0:45/108	6:00/60 2:59/40 4:05/36 3:10/48 10:27/50		1:52/100 1:38/115	
+4:38 (4) +2:03 (2) +9:22 (4) +0:00 (1)	+3:02 (3) +1:29 (4) +0:00 (1) +0:00 (1) +4:33 (4)		+0:04 (3) +0:17 (2)	

Klasse H55- 2,7 km

5 påmeldt, 5 startende 0 premiert

1 Raymond Trondsen	Tverlandet IL	(9,64min/km)	26:01	(+0:00)
1:44 (2) 7:13 (3) 8:50 (3) 9:28 (3)	12:01 (3) 13:18 (2) 16:42 (2) 19:07 (2) 22:53 (1)		24:22 (1) 26:01 (1)	
1:44/112 5:29/92 1:37/47 0:38/108	2:33/60 1:17/40 3:24/36 2:25/48 3:46/50		1:29/100 1:39/115	
+0:11 (2) +1:32 (5) +0:23 (3) +0:04 (3)	+0:16 (2) +0:10 (3) +0:12 (2) +0:29 (4) +0:09 (2)		+0:20 (4) +0:20 (5)	
2 Erling Pedersen	SISO IL	(9,84min/km)	26:34	(+0:33)
1:33 (1) 5:33 (1) 6:47 (1) 7:24 (1)	9:41 (1) 10:48 (1) 14:38 (1) 16:40 (1) 24:06 (2)		25:15 (2) 26:34 (2)	
1:33/112 4:00/92 1:14/47 0:37/108	2:17/60 1:07/40 3:50/36 2:02/48 7:26/50		1:09/100 1:19/115	
+0:00 (1) +0:03 (2) +0:00 (1) +0:03 (2)	+0:00 (1) +0:00 (1) +0:38 (4) +0:06 (2) +3:49 (4)		+0:00 (1) +0:00 (1)	
3 Jens Viggo Limstrand	Bodø&Omegn IF	(10,17min/km)	27:27	(+1:26)
4:04 (5) 9:16 (5) 10:53 (5) 11:34 (5)	14:25 (5) 15:41 (5) 18:53 (4) 21:02 (4) 24:39 (3)		26:03 (3) 27:27 (3)	
4:04/112 5:12/92 1:37/47 0:41/108	2:51/60 1:16/40 3:12/36 2:09/48 3:37/50		1:24/100 1:24/115	
+2:31 (5) +1:15 (4) +0:23 (3) +0:07 (4)	+0:34 (5) +0:09 (2) +0:00 (1) +0:13 (3) +0:00 (1)		+0:15 (3) +0:05 (3)	
4 Per Ole Fosby	Bodø&Omegn IF	(11,67min/km)	31:31	(+5:30)
3:43 (4) 7:50 (4) 9:28 (4) 10:18 (4)	13:00 (4) 14:30 (3) 17:57 (3) 20:41 (3) 28:24 (4)		30:04 (4) 31:31 (4)	
3:43/112 4:07/92 1:38/47 0:50/108	2:42/60 1:30/40 3:27/36 2:44/48 7:43/50		1:40/100 1:27/115	
+2:10 (4) +0:10 (3) +0:24 (5) +0:16 (5)	+0:25 (4) +0:23 (4) +0:15 (3) +0:48 (5) +4:06 (5)		+0:31 (5) +0:08 (4)	
5 Per Dalhaug	Bodø&Omegn IF	(12,93min/km)	34:55	(+8:54)
2:53 (3) 6:50 (2) 8:13 (2) 8:47 (2)	11:25 (2) 15:31 (4) 26:28 (5) 28:24 (5) 32:17 (5)		33:36 (5) 34:55 (5)	
2:53/112 3:57/92 1:23/47 0:34/108	2:38/60 4:06/40 10:57/36 1:56/48 3:53/50		1:19/100 1:19/115	
+1:20 (3) +0:00 (1) +0:09 (2) +0:00 (1)	+0:21 (3) +2:59 (5) +7:45 (5) +0:00 (1) +0:16 (3)		+0:10 (2) +0:00 (1)	

Klasse H65- 2,7 km

2 påmeldt, 2 startende 0 premiert

1 Edvin Berg	Bodø&Omegn IF	(10,98min/km)	29:39	(+0:00)
3:40 (2) 7:34 (1) 9:58 (1) 10:38 (1)	13:30 (1) 15:52 (1) 19:32 (1) 21:59 (1) 26:28 (1)		28:00 (1) 29:39 (1)	
3:40/112 3:54/92 2:24/47 0:40/108	2:52/60 2:22/40 3:40/36 2:27/48 4:29/50		1:32/100 1:39/115	
+0:29 (2) +0:00 (1) +0:00 (1) +0:00 (1)	+0:00 (1) +0:43 (2) +0:00 (1) +0:00 (1) +0:00 (1)		+0:00 (1) +0:00 (1)	
2 Carl A. Boe	Bodø&Omegn IF	(20,09min/km)	54:15	(+24:36)
3:11 (1) 9:57 (2) 12:43 (2) 13:41 (2)	17:22 (2) 19:01 (2) 39:26 (2) 44:10 (2) 50:52 (2)		52:36 (2) 54:15 (2)	
3:11/112 6:46/92 2:46/47 0:58/108	3:41/60 1:39/40 20:25/36 4:44/48 6:42/50		1:44/100 1:39/115	
+0:00 (1) +2:52 (2) +0:22 (2) +0:18 (2)	+0:49 (2) +0:00 (1) +16:45 (2) +2:17 (2) +2:13 (2)		+0:12 (2) +0:00 (1)	

Klasse D17C 2,5 km

1 påmeldt, 1 startende 0 premiert

1 Regula Høsli	Bodø&Omegn IF	(13,94min/km)	34:51	(+0:00)
3:31 (1) 9:46 (1) 12:01 (1) 12:53 (1)	16:48 (1) 21:22 (1) 24:40 (1) 30:44 (1) 32:55 (1)		34:51 (1)	
3:31/90 6:15/91 2:15/47 0:52/108	3:55/60 4:34/36 3:18/34 6:04/50 2:11/100		1:56/115	
+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 D12N 1,9 km

1 påmeldt, 1 startende 0 premiert

1 Mari E. Reitan	Bodø&Omegn IF	(20,70min/km)	39:20	(+0:00)
3:08 (1) 15:21 (1) 20:07 (1) 20:59 (1)	24:09 (1) 28:32 (1) 35:58 (1) 39:20 (1)			
3:08/96 12:13/105 4:46/47 0:52/108	3:10/94 4:23/38 7:26/100 3:22/115			
+0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)	+0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1)			