

Resultater fra Misvær dag 2 28.08.2004

Det var totalt 45 påmeldte og 45 startet

Klasse N 2,0 km

4 påmeldt, 4 startende 0 premiert

Lotte E. Reitan	Bodø&Omegn IF
Mari E. Reitan	Bodø&Omegn IF
Espen Samuelsen	Bodø&Omegn IF
Kaja Skire	Bodø&Omegn IF

Klasse D11-12 2,2 km

2 påmeldt, 2 startende 0 premiert

1 Ida Hegreberg	SISO IL	(23,98min/km)	52:46	(+0:00)
2:51 (1) 13:26 (1) 19:06 (1) 26:58 (1)	37:02 (1) 46:00 (1) 51:45 (1) 52:46 (1)			
2:51/35 10:35/108 5:40/106 7:52/44	10:04/116 8:58/46 5:45/32 1:01/105			
+0:00 (1) +0:02 (2) +0:00 (1) +0:00 (1)	+0:00 (1) +0:00 (1) +3:50 (2) +0:00 (1)			
2 Astrid N. Aanerød	Bodø&Omegn IF	(30,60min/km)	1:07:19	(+14:33)
3:20 (2) 13:53 (2) 23:05 (2) 36:31 (2)	47:41 (2) 1:04:11 (2) 1:06:06 (2) 1:07:19 (2)			
3:20/35 10:33/108 9:12/106 13:26/44	11:10/116 16:30/46 1:55/32 1:13/105			
+0:29 (2) +0:00 (1) +3:32 (2) +5:34 (2)	+1:06 (2) +7:32 (2) +0:00 (1) +0:12 (2)			

Klasse H11-12 2,2 km

2 påmeldt, 2 startende 0 premiert

1 Torbjørn Høslø Olsen	Bodø&Omegn IF	(19,92min/km)	43:50	(+0:00)
3:54 (1) 13:14 (1) 18:12 (1) 27:48 (1)	37:21 (1) 41:40 (1) 43:15 (1) 43:50 (1)			
3:54/35 9:20/108 4:58/106 9:36/44	9:33/116 4:19/46 1:35/32 0:35/105			
+0:00 (1) +0:01 (2) +0:00 (1) +0:00 (1)	+0:05 (2) +0:00 (1) +0:09 (2) +0:00 (1)			
2 Håkon Hegreberg	Bodø&Omegn IF	(19,96min/km)	43:55	(+0:05)
3:59 (2) 13:18 (2) 18:16 (2) 27:53 (2)	37:21 (2) 41:53 (2) 43:19 (2) 43:55 (2)			
3:59/35 9:19/108 4:58/106 9:37/44	9:28/116 4:32/46 1:26/32 0:36/105			
+0:05 (2) +0:00 (1) +0:00 (1) +0:01 (2)	+0:00 (1) +0:13 (2) +0:00 (1) +0:01 (2)			

Klasse D13-16 4,1 km

2 påmeldt, 2 startende 0 premiert

1 Ingrid N. Aanerød	Bodø&Omegn IF	(22,94min/km)	1:34:04	(+0:00)
8:49 (1) 26:58 (2) 28:38 (1) 46:32 (1)	1:02:37 (2) 1:14:24 (2) 1:28:45 (1) 1:31:53 (2) 1:33:15 (2) 1:34:04 (1)			
8:49/61 18:09/39 1:40/31 17:54/54	16:05/45 11:47/33 14:21/116 3:08/46 1:22/32 0:49/105			
+0:00 (1) +0:19 (2) +0:00 (1) +0:00 (1)	+0:07 (2) +0:00 (1) +0:00 (1) +0:07 (2) +0:07 (2) +0:00 (1)			
2 Turid Aanerød	Ukjent klubb	(22,95min/km)	1:34:06	(+0:02)
8:55 (2) 26:45 (1) 28:40 (2) 46:34 (2)	1:02:32 (1) 1:14:19 (1) 1:28:47 (2) 1:31:48 (1) 1:33:03 (1) 1:34:06 (2)			
8:55/61 17:50/39 1:55/31 17:54/54	15:58/45 11:47/33 14:28/116 3:01/46 1:15/32 1:03/105			
+0:06 (2) +0:00 (1) +0:15 (2) +0:00 (1)	+0:00 (1) +0:00 (1) +0:07 (2) +0:00 (1) +0:00 (1) +0:14 (2)			

Klasse H13-16 4,1 km

2 påmeldt, 2 startende 0 premiert

1 Vegard Skogstad	Mo O-Klubb	(7,79min/km)	31:56	(+0:00)
3:36 (1) 8:29 (1) 9:28 (1) 14:11 (1)	17:01 (1) 20:11 (1) 28:56 (1) 30:18 (1) 31:25 (1) 31:56 (1)			
3:36/61 4:53/39 0:59/31 4:43/54	2:50/45 3:10/33 8:45/116 1:22/46 1:07/32 0:31/105			
+0:00 (1) +0:00 (1) +0:08 (2) +0:00 (1)	+0:06 (2) +0:01 (2) +1:13 (2) +0:00 (1) +0:00 (1) +0:00 (1)			
2 Magnus Wingan Wold	Bodø&Omegn IF	(8,86min/km)	36:20	(+4:24)
5:24 (2) 12:05 (2) 12:56 (2) 18:00 (2)	20:44 (2) 23:53 (2) 31:25 (2) 34:38 (2) 35:45 (2) 36:20 (2)			
5:24/61 6:41/39 0:51/31 5:04/54	2:44/45 3:09/33 7:32/116 3:13/46 1:07/32 0:35/105			
+1:48 (2) +1:48 (2) +0:00 (1) +0:21 (2)	+0:00 (1) +0:00 (1) +0:00 (1) +1:51 (2) +0:00 (1) +0:04 (2)			

Klasse D17- 5,0 km

6 påmeldt, 6 startende 0 premiert

1 Randi Marie Mohus	BUL Tromsø	(8,39min/km)	41:57	(+0:00)
4:02 (2) 5:12 (2) 10:34 (1) 17:16 (1)	21:23 (1) 24:39 (1) 28:11 (1) 38:05 (1) 40:13 (1) 41:19 (1) 41:57 (1)			
4:02/65 1:10/58 5:22/56 6:42/55	4:07/59 3:16/45 3:32/33 9:54/110 2:08/46 1:06/32 0:38/105			
+0:18 (2) +0:00 (1) +0:00 (1) +0:19 (2)	+0:00 (1) +0:00 (1) +0:01 (2) +0:00 (1) +0:59 (4) +0:01 (2) +0:00 (1)			
2 Inger Lise Pettersen	Korgen IL	(9,77min/km)	48:50	(+6:53)
4:42 (3) 6:32 (3) 15:07 (4) 21:30 (2)	27:30 (3) 31:36 (3) 35:14 (2) 45:24 (2) 46:59 (2) 48:10 (2) 48:50 (2)			
4:42/65 1:50/58 8:35/56 6:23/55	6:00/59 4:06/45 3:38/33 10:10/110 1:35/46 1:11/32 0:40/105			
+0:58 (3) +0:40 (4) +3:13 (5) +0:00 (1)	+1:53 (4) +0:50 (4) +0:07 (3) +0:16 (3) +0:26 (3) +0:06 (3) +0:02 (2)			
3 Sigrid Ringdalen Vatne	Mo O-Klubb	(10,00min/km)	50:01	(+8:04)
5:13 (4) 6:32 (3) 12:26 (3) 24:35 (4)	28:50 (4) 32:12 (4) 35:43 (4) 45:44 (3) 48:13 (3) 49:18 (3) 50:01 (3)			
5:13/65 1:19/58 5:54/56 12:09/55	4:15/59 3:22/45 3:31/33 10:01/110 2:29/46 1:05/32 0:43/105			
+1:29 (4) +0:09 (3) +0:32 (3) +5:46 (3)	+0:08 (3) +0:06 (2) +0:00 (1) +0:07 (2) +1:20 (5) +0:00 (1) +0:05 (3)			
4 Unni Rekkedal	Bodø&Omegn IF	(10,19min/km)	50:57	(+9:00)
3:44 (1) 4:59 (1) 10:38 (2) 23:08 (3)	27:20 (2) 31:35 (2) 35:26 (3) 47:37 (4) 48:46 (4) 50:14 (4) 50:57 (4)			
3:44/65 1:15/58 5:39/56 12:30/55	4:12/59 4:15/45 3:51/33 12:11/110 1:09/46 1:28/32 0:43/105			

+0:00 (1) +0:05 (2) +0:17 (2) +6:07 (4) +0:05 (2) +0:59 (5) +0:20 (4) +2:17 (4) +0:00 (1) +0:23 (5) +0:05 (3)

5 Marit Wenseth Kure

Bodø&Omegn IF (12,10min/km) 1:00:31 (+18:34)

5:23 (5) 7:27 (5) 16:01 (5) 28:37 (5) 34:38 (5) 38:33 (5) 43:37 (5) 56:56 (5) 58:26 (5) 59:47 (5) 1:00:31 (5)
5:23/65 2:04/58 8:34/56 12:36/55 6:01/59 3:55/45 5:04/33 13:19/110 1:30/46 1:21/32 0:44/105
+1:39 (5) +0:54 (6) +3:12 (4) +6:13 (5) +1:54 (5) +0:39 (3) +1:33 (5) +3:25 (5) +0:21 (2) +0:16 (4) +0:06 (5)

6 Ragni Stokland

Bodø&Omegn IF (18,96min/km) 1:34:49 (+52:52)

5:55 (6) 7:49 (6) 17:07 (6) 40:37 (6) 57:08 (6) 1:02:54 (6) 1:11:03 (6) 1:27:41 (6) 1:32:19 (6) 1:34:05 (6) 1:34:49 (6)
5:55/65 1:54/58 9:18/56 23:30/55 16:31/59 5:46/45 8:09/33 16:38/110 4:38/46 1:46/32 0:44/105
+2:11 (6) +0:44 (5) +3:56 (6) +17:07 (6) +12:24 (6) +2:30 (6) +4:38 (6) +6:44 (6) +3:29 (6) +0:41 (6) +0:06 (5)

Klasse H17- 8,1 km

6 påmeldt, 6 startende 0 premiert

1 Arild Hegreberg

Bodø&Omegn IF (6,26min/km) 50:44 (+0:00)

5:46 (1) 12:36 (1) 13:20 (1) 21:13 (1) 22:05 (1) 25:55 (1) 31:29 (1) 35:04 (1) 37:52 (1) 40:35 (1) 47:56 (1) 49:13 (1) 50:14 (1)
5:46/42 6:50/62 0:44/51 7:53/65 0:52/58 3:50/56 5:34/55 3:35/59 2:48/45 2:43/33 7:21/110 1:17/46 1:01/32
+0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:01 (2) +0:00 (1) +0:00 (1) +0:12 (2) +0:06 (5)
50:44 (1)
0:30/105
+0:02 (2)

2 Håvard Berg

Bodø&Omegn IF (7,02min/km) 56:52 (+6:08)

6:33 (2) 14:21 (2) 15:08 (2) 24:09 (2) 25:07 (2) 30:05 (2) 36:43 (3) 40:26 (3) 43:13 (2) 46:05 (2) 54:13 (2) 55:18 (2) 56:17 (2)
6:33/42 7:48/62 0:47/51 9:01/65 0:58/58 4:58/56 6:38/55 3:43/59 2:47/45 2:52/33 8:08/110 1:05/46 0:59/32
+0:47 (2) +0:58 (2) +0:03 (3) +1:08 (3) +0:06 (2) +1:08 (4) +1:04 (3) +0:08 (3) +0:00 (1) +0:09 (3) +0:47 (2) +0:00 (1) +0:04 (4)
56:52 (2)
0:35/105
+0:07 (3)

3 Jørund Eldevik

Bodø&Omegn IF (7,39min/km) 59:51 (+9:07)

6:36 (3) 14:51 (3) 15:43 (3) 24:42 (3) 26:05 (3) 30:21 (3) 36:31 (2) 40:09 (2) 45:28 (3) 48:22 (3) 56:40 (3) 58:16 (3) 59:11 (3)
6:36/42 8:15/62 0:52/51 8:59/65 1:23/58 4:16/56 6:10/55 3:38/59 5:19/45 2:54/33 8:18/110 1:36/46 0:55/32
+0:50 (3) +1:25 (3) +0:08 (4) +1:06 (2) +0:31 (5) +0:26 (2) +0:36 (2) +0:03 (2) +2:32 (5) +0:11 (4) +0:57 (3) +0:31 (4) +0:00 (1)
59:51 (3)
0:40/105
+0:12 (5)

4 Lars Reitan

Bodø&Omegn IF (7,73min/km) 1:02:36 (+11:52)

6:44 (4) 15:02 (4) 15:59 (4) 25:26 (4) 26:28 (4) 31:11 (4) 39:24 (4) 43:31 (4) 46:39 (4) 49:28 (4) 58:37 (4) 1:01:03 (4) 1:01:58 (4)
6:44/42 8:18/62 0:57/51 9:27/65 1:02/58 4:43/56 8:13/55 4:07/59 3:08/45 2:49/33 9:09/110 2:26/46 0:55/32
+0:58 (4) +1:28 (4) +0:13 (5) +1:34 (4) +0:10 (3) +0:53 (3) +2:39 (5) +0:32 (5) +0:21 (3) +0:06 (2) +1:48 (4) +1:21 (5) +0:00 (1)
1:02:36 (4)
0:38/105
+0:10 (4)

5 Erlend Fjose

Bodø&Omegn IF (9,62min/km) 1:17:57 (+27:13)

7:56 (5) 16:34 (5) 17:35 (5) 32:54 (5) 34:07 (5) 41:34 (5) 49:37 (5) 53:29 (5) 56:47 (5) 1:00:39 (5) 1:11:11 (5) 1:15:43 (5) 1:17:08 (5)
7:56/42 8:38/62 1:01/51 15:19/65 1:13/58 7:27/56 8:03/55 3:52/59 3:18/45 3:52/33 10:32/110 4:32/46 1:25/32
+2:10 (5) +1:48 (5) +0:17 (6) +7:26 (5) +0:21 (4) +3:37 (6) +2:29 (4) +0:17 (4) +0:31 (4) +1:09 (6) +3:11 (5) +3:27 (6) +0:30 (6)
1:17:57 (5)
0:49/105
+0:21 (6)

6 Steinar Eldevik

Bodø&Omegn IF (11,55min/km) 1:33:32 (+42:48)

8:46 (6) 23:03 (6) 23:47 (6) 39:53 (6) 43:14 (6) 49:58 (6) 1:02:02 (6) 1:07:49 (6) 1:13:32 (6) 1:17:18 (6) 1:30:44 (6) 1:32:07 (6) 1:33:04 (6)
8:46/42 14:17/62 0:44/51 16:06/65 3:21/58 6:44/56 12:04/55 5:47/59 5:43/45 3:46/33 13:26/110 1:23/46 0:57/32
+3:00 (6) +7:27 (6) +0:00 (1) +8:13 (6) +2:29 (6) +2:54 (5) +6:30 (6) +2:12 (6) +2:56 (6) +1:03 (5) +6:05 (6) +0:18 (3) +0:02 (3)
1:33:32 (6)
0:28/105
+0:00 (1)

Klasse D40- 4,2 km

2 påmeldt, 2 startende 0 premiert

1 Eli Ringdalen

Mo O-Klubb (14,49min/km) 1:00:52 (+0:00)

6:32 (1) 8:27 (1) 16:58 (1) 25:51 (1) 28:45 (1) 35:43 (1) 41:15 (1) 55:24 (1) 57:42 (1) 59:52 (1) 1:00:52 (1)
6:32/65 1:55/58 8:31/39 8:53/55 2:54/54 6:58/45 5:32/33 14:09/110 2:18/46 2:10/32 1:00/105
+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) +0:00 (1)

2 Regula Høslie

Bodø&Omegn IF (20,39min/km) 1:25:38 (+24:46)

8:58 (2) 11:18 (2) 21:59 (2) 45:29 (2) 49:02 (2) 56:29 (2) 1:03:19 (2) 1:18:32 (2) 1:22:11 (2) 1:24:32 (2) 1:25:38 (2)
8:58/65 2:20/58 10:41/39 23:30/55 3:33/54 7:27/45 6:50/33 15:13/110 3:39/46 2:21/32 1:06/105
+2:26 (2) +0:25 (2) +2:10 (2) +14:37 (2) +0:39 (2) +0:29 (2) +1:18 (2) +1:04 (2) +1:21 (2) +0:11 (2) +0:06 (2)

Klasse H40- 5,0 km

11 påmeldt, 11 startende 0 premiert

1 Jan Gaute Buvik

Korgen IL (7,88min/km) 39:25 (+0:00)

3:24 (1) 4:26 (1) 8:57 (1) 14:46 (1) 18:10 (1) 21:14 (1) 24:51 (1) 33:24 (1) 37:35 (1) 38:43 (1) 39:25 (1)
3:24/65 1:02/58 4:31/56 5:49/55 3:24/59 3:04/45 3:37/33 8:33/110 4:11/46 1:08/32 0:42/105
+0:00 (1) +0:09 (2) +0:00 (1) +0:00 (1) +0:00 (1) +0:00 (1) +0:36 (3) +0:00 (1) +3:09 (10) +0:03 (2) +0:09 (4)

2 Per Rekkedal

Bodø&Omegn IF (8,57min/km) 42:50 (+3:25)

3:36 (2) 4:53 (2) 9:35 (2) 19:57 (4) 24:03 (3) 27:24 (3) 31:12 (3) 40:10 (3) 41:12 (2) 42:17 (2) 42:50 (2)
3:36/65 1:17/58 4:42/56 10:22/55 4:06/59 3:21/45 3:48/33 8:58/110 1:02/46 1:05/32 0:33/105

	+0:12 (2)	+0:24 (6)	+0:11 (2)	+4:33 (8)	+0:42 (3)	+0:17 (3)	+0:47 (4)	+0:25 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
3 Anders Kure					Bodø&Omegn IF				(8,91min/km)		44:33	(+5:08)
4:33 (6)	5:46 (7)	11:15 (4)	19:51 (3)	23:52 (2)	26:57 (2)	29:58 (2)	39:08 (2)	42:41 (3)	43:51 (3)	44:33 (3)		
4:33/65	1:13/58	5:29/56	8:36/55	4:01/59	3:05/45	3:01/33	9:10/110	3:33/46	1:10/32	0:42/105		
+1:09 (6)	+0:20 (5)	+0:58 (4)	+2:47 (4)	+0:37 (2)	+0:01 (2)	+0:00 (1)	+0:37 (4)	+2:31 (9)	+0:05 (3)	+0:09 (4)		
4 Ivar Aanerød					Bodø&Omegn IF				(9,22min/km)		46:07	(+6:42)
3:46 (3)	5:20 (3)	10:45 (3)	18:20 (2)	24:13 (4)	27:50 (4)	31:57 (5)	42:24 (5)	44:14 (5)	45:24 (5)	46:07 (4)		
3:46/65	1:34/58	5:25/56	7:35/55	5:53/59	3:37/45	4:07/33	10:27/110	1:50/46	1:10/32	0:43/105		
+0:22 (3)	+0:41 (10)	+0:54 (3)	+1:46 (3)	+2:29 (8)	+0:33 (6)	+1:06 (7)	+1:54 (7)	+0:48 (6)	+0:05 (3)	+0:10 (6)		
5 Carl B. Bjørseth					Bodø&Omegn IF				(9,23min/km)		46:08	(+6:43)
4:33 (6)	5:57 (8)	11:41 (6)	20:24 (5)	24:49 (5)	28:15 (5)	31:41 (4)	41:58 (4)	44:05 (4)	45:21 (4)	46:08 (5)		
4:33/65	1:24/58	5:44/56	8:43/55	4:25/59	3:26/45	3:26/33	10:17/110	2:07/46	1:16/32	0:47/105		
+1:09 (6)	+0:31 (8)	+1:13 (5)	+2:54 (5)	+1:01 (5)	+0:22 (4)	+0:25 (2)	+1:44 (5)	+1:05 (7)	+0:11 (8)	+0:14 (9)		
6 Leif Magne Eggestad					Bodø&Omegn IF				(10,00min/km)		49:59	(+10:34)
4:20 (5)	5:27 (4)	13:38 (8)	22:35 (6)	26:54 (6)	30:20 (6)	36:04 (6)	44:48 (6)	48:02 (6)	49:16 (6)	49:59 (6)		
4:20/65	1:07/58	8:11/56	8:57/55	4:19/59	3:26/45	5:44/33	8:44/110	3:14/46	1:14/32	0:43/105		
+0:56 (5)	+0:14 (4)	+3:40 (8)	+3:08 (6)	+0:55 (4)	+0:22 (4)	+2:43 (10)	+0:11 (2)	+2:12 (8)	+0:09 (7)	+0:10 (6)		
7 Åge Mohus					Bodø&Omegn IF				(11,12min/km)		55:36	(+16:11)
7:37 (9)	8:54 (9)	19:16 (9)	26:43 (9)	32:10 (8)	36:16 (8)	40:12 (7)	51:28 (7)	53:11 (7)	54:41 (7)	55:36 (7)		
7:37/65	1:17/58	10:22/56	7:27/55	5:27/59	4:06/45	3:56/33	11:16/110	1:43/46	1:30/32	0:55/105		
+4:13 (9)	+0:24 (6)	+5:51 (10)	+1:38 (2)	+2:03 (7)	+1:02 (8)	+0:55 (6)	+2:43 (8)	+0:41 (5)	+0:25 (9)	+0:22 (10)		
8 Ola Skogstad					Mo O-Klubb				(11,14min/km)		55:43	(+16:18)
4:11 (4)	5:37 (5)	11:38 (5)	24:20 (8)	29:13 (7)	36:06 (7)	41:05 (8)	52:28 (8)	53:55 (8)	55:07 (8)	55:43 (8)		
4:11/65	1:26/58	6:01/56	12:42/55	4:53/59	6:53/45	4:59/33	11:23/110	1:27/46	1:12/32	0:36/105		
+0:47 (4)	+0:33 (9)	+1:30 (6)	+6:53 (10)	+1:29 (6)	+3:49 (9)	+1:58 (9)	+2:50 (9)	+0:25 (3)	+0:07 (5)	+0:03 (2)		
9 Jan Kåre Vatne					Mo O-Klubb				(11,48min/km)		57:25	(+18:00)
4:39 (8)	5:45 (6)	12:59 (7)	24:04 (7)	35:38 (9)	39:25 (9)	43:19 (9)	53:43 (9)	55:01 (9)	56:42 (9)	57:25 (9)		
4:39/65	1:06/58	7:14/56	11:05/55	11:34/59	3:47/45	3:54/33	10:24/110	1:18/46	1:41/32	0:43/105		
+1:15 (8)	+0:13 (3)	+2:43 (7)	+5:16 (9)	+8:10 (10)	+0:43 (7)	+0:53 (5)	+1:51 (6)	+0:16 (2)	+0:36 (10)	+0:10 (6)		
10 Odd-Ivar Søvik					Bodø&Omegn IF				(20,30min/km)		1:41:30	(+1:02:05)
11:51 (10)	12:44 (10)	22:40 (10)	32:46 (10)	40:11 (10)	1:05:49 (10)	1:10:07 (10)	1:38:06 (10)	1:39:40 (10)	1:40:53 (10)	1:41:30 (10)		
11:51/65	0:53/58	9:56/56	10:06/55	7:25/59	25:38/45	4:18/33	27:59/110	1:34/46	1:13/32	0:37/105		
+8:27 (10)	+0:00 (1)	+5:25 (9)	+4:17 (7)	+4:01 (9)	+22:34 (10)	+1:17 (8)	+19:26 (10)	+0:32 (4)	+0:08 (6)	+0:04 (3)		
Jan Prytz					Bodø&Omegn IF				(10,08min/km)		Disk	
4:47 (9)	6:05 (9)	11:55 (7)	21:09 (6)	25:37 (6)	37:00 (9)	46:40 (10)	48:04 (7)	49:42 (7)	50:25 (7)	50:25 (7)		
4:47/65	1:18/58	5:50/56	9:14/55	4:28/59	11:23/33	9:40/110	1:24/46	1:38/32	0:43/105			
+1:23 (9)	+0:25 (8)	+1:19 (6)	+3:25 (7)	+1:04 (6)	+8:19 (10)	+6:39 (11)	+0:00 (1)	+0:36 (5)	+0:00 (1)	+0:00 (1)		

Klasse D55- 4,2 km

4 påmeldt, 4 startende 0 premiert

1 Karen Bjørseth					Bodø&Omegn IF				(12,80min/km)		53:46	(+0:00)
5:25 (1)	7:51 (1)	16:23 (1)	23:44 (1)	26:18 (1)	30:54 (1)	36:12 (1)	49:09 (1)	51:23 (1)	52:57 (1)	53:46 (1)		
5:25/65	2:26/58	8:32/39	7:21/55	2:34/54	4:36/45	5:18/33	12:57/110	2:14/46	1:34/32	0:49/105		
+0:00 (1)	+0:46 (3)	+0:11 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:02 (2)		
2 Eva Lund Pedersen					SISO IL				(17,15min/km)		1:12:02	(+18:16)
7:06 (3)	9:34 (3)	19:17 (3)	28:47 (2)	32:31 (2)	42:03 (2)	48:00 (2)	1:01:55 (2)	1:09:14 (2)	1:11:12 (2)	1:12:02 (2)		
7:06/65	2:28/58	9:43/39	9:30/55	3:44/54	9:32/45	5:57/33	13:55/110	7:19/46	1:58/32	0:50/105		
+1:41 (3)	+0:48 (4)	+1:22 (3)	+2:09 (2)	+1:10 (3)	+4:56 (4)	+0:39 (3)	+0:58 (2)	+5:05 (3)	+0:24 (3)	+0:03 (3)		
3 Kirsten Limstrand					Bodø&Omegn IF				(17,53min/km)		1:13:37	(+19:51)
6:40 (2)	8:20 (2)	16:41 (2)	32:02 (3)	35:47 (3)	42:26 (3)	50:23 (3)	1:08:21 (3)	1:10:45 (3)	1:12:38 (3)	1:13:37 (3)		
6:40/65	1:40/58	8:21/39	15:21/55	3:45/54	6:39/45	7:57/33	17:58/110	2:24/46	1:53/32	0:59/105		
+1:15 (2)	+0:00 (1)	+0:00 (1)	+8:00 (3)	+1:11 (4)	+2:03 (2)	+2:39 (4)	+5:01 (4)	+0:10 (2)	+0:19 (2)	+0:12 (4)		
4 Solveig Martinussen					Bodø&Omegn IF				(20,00min/km)		1:24:01	(+30:15)
7:57 (4)	10:00 (4)	27:42 (4)	43:30 (4)	46:44 (4)	54:18 (4)	59:57 (4)	1:13:57 (4)	1:21:16 (4)	1:23:14 (4)	1:24:01 (4)		
7:57/65	2:03/58	17:42/39	15:48/55	3:14/54	7:34/45	5:39/33	14:00/110	7:19/46	1:58/32	0:47/105		
+2:32 (4)	+0:23 (2)	+9:21 (4)	+8:27 (4)	+0:40 (2)	+2:58 (3)	+0:21 (2)	+1:03 (3)	+5:05 (3)	+0:24 (3)	+0:00 (1)		

Klasse H55- 4,2 km

4 påmeldt, 4 startende 0 premiert

1 Erling Pedersen					SISO IL				(9,99min/km)		41:58	(+0:00)
3:57 (1)	5:08 (1)	14:31 (1)	19:56 (1)	21:34 (1)	25:49 (1)	29:12 (1)	38:25 (1)	40:00 (1)	41:11 (1)	41:58 (1)		
3:57/65	1:11/58	9:23/39	5:25/55	1:38/54	4:15/45	3:23/33	9:13/110	1:35/46	1:11/32	0:47/105		
+0:00 (1)	+0:00 (1)	+3:30 (2)	+0:00 (1)	+0:00 (1)	+0:01 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:01 (2)	+0:00 (2)		
2 Per Ole Fosby					Bodø&Omegn IF				(13,56min/km)		56:58	(+15:00)
4:47 (2)	6:41 (2)	20:57 (3)	27:06 (3)	29:26 (2)	34:00 (2)	38:26 (2)	51:52 (2)	54:36 (2)	56:11 (2)	56:58 (2)		
4:47/65	1:54/58	14:16/39	6:09/55	2:20/54	4:34/45	4:26/33	13:26/110	2:44/46	1:35/32	0:47/105		
+0:50 (2)	+0:43 (2)	+8:23 (3)	+0:44 (2)	+0:42 (2)	+0:20 (3)	+1:03 (3)	+4:13 (3)	+1:09 (3)	+0:25 (4)	+0:04 (2)		
3 Carl A. Boe					Bodø&Omegn IF				(14,30min/km)		1:00:03	(+18:05)
5:56 (4)	10:07 (4)	16:00 (2)	23:04 (2)	29:30 (3)	34:30 (3)	40:58 (3)	55:14 (3)	57:48 (3)	59:12 (3)	1:00:03 (3)		
5:56/65	4:11/58	5:53/39	7:04/55	6:26/54	5:00/45	6:28/33	14:16/110	2:34/46	1:24/32	0:51/105		
+1:59 (4)	+3:00 (4)	+0:00 (1)	+1:39 (3)	+4:48 (4)	+0:46 (4)	+3:05 (4)	+5:03 (4)	+0:59 (2)	+0:14 (3)	+0:08 (4)		
4 Per Dalhaug					Bodø&Omegn IF				(18,18min/km)		1:16:22	(+34:24)
5:14 (3)	8:11 (3)	29:55 (4)	48:49 (4)	51:19 (4)	55:33 (4)	59:45 (4)	1:10:59 (4)	1:14:29 (4)	1:15:39 (4)	1:16:22 (4)		

5:14/65	2:57/58	21:44/39	18:54/55	2:30/54	4:14/45	4:12/33	11:14/110	3:30/46	1:10/32	0:43/105
+1:17 (3)	+1:46 (3)	+15:51 (4)	+13:29 (4)	+0:52 (3)	+0:00 (1)	+0:49 (2)	+2:01 (2)	+1:55 (4)	+0:00 (1)	+0:00 (1)