

Resultater fra Saltendilten 19.09.2004

Det var totalt 41 deltagere.

Klasse N

1 påmeldt, 1 startende 0 premiert

1 Eivind Nicolai Mørkved Øygård	Ukjent klubb	1:02:24	(+0:00)		
10:56 (1)	20:14 (1)	33:39 (1)	52:13 (1)	55:35 (1)	1:02:24 (1)
10:56/138	9:18/72	13:25/76	18:34/71	3:22/81	6:49/92
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)

Klasse H17- Trim 12km 12,0 km

1 påmeldt, 1 startende 0 premiert

1 John Helge Heitmann	Bodø&Omegn IF	(0:65min/km)	2:33:07	(+0:00)					
5:09 (1)	17:33 (1)	23:41 (1)	29:40 (1)	31:45 (1)	55:36 (1)	59:59 (1)	1:08:49 (1)	1:13:23 (1)	1:20:08 (1)
5:09/31	12:24/33	6:08/39	5:59/42	2:05/45	23:51/51	4:23/52	8:50/59	4:34/84	6:45/61
+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)
1:26:09 (1)	1:44:54 (1)	1:50:11 (1)	2:12:05 (1)	2:14:45 (1)	2:18:06 (1)	2:24:56 (1)	2:31:52 (1)	2:33:07 (1)	
6:01/62	18:45/65	5:17/85	21:54/100	2:40/101	3:21/107	6:50/111	6:56/132	1:15/92	
+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 D11-12

1 påmeldt, 1 startende 0 premiert

1 Ida Hegreberg	Bodø&Omegn IF	1:11:37	(+0:00)						
6:48 (1)	12:01 (1)	21:45 (1)	25:42 (1)	40:09 (1)	46:39 (1)	56:33 (1)	1:06:32 (1)	1:08:32 (1)	1:11:37 (1)
6:48/135	5:13/70	9:44/133	3:57/77	14:27/138	6:30/72	9:54/76	9:59/71	2:00/81	3:05/92
+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 D21- 12,0 km

2 påmeldt, 2 startende 0 premiert

1 Lene Pedersen	Bodø Klatreklubb	(0:13min/km)	2:42:37	(+0:00)					
4:23 (1)	15:49 (1)	20:17 (1)	27:39 (1)	34:51 (1)	50:52 (1)	55:50 (1)	1:07:43 (1)	1:12:17 (1)	1:20:47 (1)
4:23/31	11:26/33	4:28/39	7:22/42	7:12/45	16:01/51	4:58/52	11:53/59	4:34/84	8:30/61
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+4:58 (2)	+0:00 (1)	+0:42 (2)	+0:00 (1)	+0:00 (1)	+1:28 (2)
1:29:36 (1)	1:35:20 (1)	1:39:05 (1)	1:49:26 (1)	2:23:54 (1)	2:28:56 (1)	2:35:19 (1)	2:41:31 (1)	2:42:37 (1)	2:42:37 (1)
8:49/62	5:44/65	3:45/85	10:21/87	34:28/101	5:02/107	6:23/111	6:12/132	1:06/92	
+1:30 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+15:33 (2)	+1:20 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
2 Liv Anne Sollie	Mo O-Klubb	(0:25min/km)	3:05:11	(+22:34)					
5:22 (2)	17:59 (2)	27:04 (2)	38:54 (2)	41:08 (2)	1:02:17 (2)	1:06:33 (2)	1:21:47 (2)	1:26:44 (2)	1:33:46 (2)
5:22/31	12:37/33	9:05/39	11:50/42	2:14/45	21:09/51	4:16/52	15:14/59	4:57/84	7:02/61
+0:59 (2)	+1:11 (2)	+4:37 (2)	+4:28 (2)	+0:00 (1)	+5:08 (2)	+0:00 (1)	+3:21 (2)	+0:23 (2)	+0:00 (1)
1:41:05 (2)	1:52:21 (2)	1:59:54 (2)	2:11:54 (2)	2:30:49 (2)	2:34:31 (2)	2:41:15 (2)	2:50:41 (2)	3:03:45 (2)	3:05:11 (2)
7:19/62	11:16/65	7:33/85	12:00/87	18:55/100	3:42/101	6:44/107	9:26/111	13:04/132	1:26/92
+0:00 (1)	+5:32 (2)	+3:48 (2)	+1:39 (2)	+0:00 (1)	+0:00 (1)	+0:21 (2)	+3:14 (2)	+11:58 (2)	+0:00 (1)

Klasse D45- 12,0 km

2 påmeldt, 2 startende 0 premiert

1 Inger Lise Pettersen	Korgen IL	(0:15min/km)	2:03:06	(+0:00)					
4:07 (1)	13:41 (1)	19:35 (1)	24:40 (1)	26:07 (1)	42:04 (1)	45:29 (1)	54:19 (1)	58:57 (1)	1:04:31 (1)
4:07/31	9:34/33	5:54/39	5:05/42	1:27/45	15:57/51	3:25/52	8:50/59	4:38/84	5:34/61
+0:00 (1)	+0:00 (1)	+0:45 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
1:09:38 (1)	1:14:57 (1)	1:18:24 (1)	1:28:37 (1)	1:41:21 (1)	1:43:47 (1)	1:48:58 (1)	1:55:15 (1)	2:01:47 (1)	2:03:06 (1)
5:07/62	5:19/65	3:27/85	10:13/87	12:44/100	2:26/101	5:11/107	6:17/111	6:32/132	1:19/92
+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 Eli Ringdalen	Mo O-Klubb	(0:80min/km)	3:16:02	(+1:12:56)					
6:06 (2)	24:13 (2)	29:22 (2)	37:49 (2)	39:41 (2)	1:03:27 (2)	1:08:16 (2)	1:20:33 (2)	1:26:49 (2)	1:36:06 (2)

6:06/31	18:07/33	5:09/39	8:27/42	1:52/45	23:46/51	4:49/52	12:17/59	6:16/84	9:17/61
+1:59 (2)	+8:33 (2)	+0:00 (1)	+3:22 (2)	+0:25 (2)	+7:49 (2)	+1:24 (2)	+3:27 (2)	+1:38 (2)	+3:43 (2)
1:43:30 (2)	1:52:16 (2)	1:57:05 (2)	2:25:04 (2)	2:46:16 (2)	2:49:42 (2)	2:55:47 (2)	3:05:14 (2)	3:14:37 (2)	3:16:02 (2)
7:24/62	8:46/65	4:49/85	27:59/87	21:12/100	3:26/101	6:05/107	9:27/111	9:23/132	1:25/92
+2:17 (2)	+3:27 (2)	+1:22 (2)	+17:46 (2)	+8:28 (2)	+1:00 (2)	+0:54 (2)	+3:10 (2)	+2:51 (2)	+0:06 (2)

Klasse H35- 18,0 km

2 påmeldt, 2 startende 0 premiert

1 Lars Reitan	Bodø&Omegn IF						(0:83min/km)		2:55:02	(+0:00)
3:41 (2)	12:58 (2)	20:19 (2)	45:32 (2)	52:13 (1)	1:01:22 (1)	1:26:42 (2)	1:31:44 (2)	1:52:47 (1)	1:56:34 (1)	
3:41/31	9:17/33	7:21/42	25:13/53	6:41/54	9:09/55	25:20/56	5:02/58	21:03/59	3:47/84	
+0:03 (2)	+0:42 (2)	+0:00 (1)	+0:19 (2)	+0:00 (1)	+0:13 (2)	+1:39 (2)	+0:25 (2)	+0:00 (1)	+0:00 (1)	
2:01:26 (1)	2:05:54 (1)	2:11:22 (1)	2:14:15 (1)	2:23:21 (1)	2:36:12 (1)	2:38:37 (1)	2:42:28 (1)	2:47:55 (1)	2:53:54 (1)	
4:52/61	4:28/62	5:28/65	2:53/85	9:06/87	12:51/100	2:25/101	3:51/107	5:27/111	5:59/132	
+0:00 (1)	+0:00 (1)	+0:09 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:40 (2)	+0:00 (1)	+0:00 (1)	
2:55:02 (1)										
1:08/92										
+0:16 (2)										

2 Roy Solbakk	Valnesfjord IL						(0:09min/km)		3:02:42	(+7:40)
3:38 (1)	12:13 (1)	20:03 (1)	44:57 (1)	52:26 (2)	1:01:22 (2)	1:25:03 (1)	1:29:40 (1)	1:53:09 (2)	1:57:11 (2)	
3:38/31	8:35/33	7:50/42	24:54/53	7:29/54	8:56/55	23:41/56	4:37/58	23:29/59	4:02/84	
+0:00 (1)	+0:00 (1)	+0:29 (2)	+0:00 (1)	+0:48 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+2:26 (2)	+0:15 (2)	
2:02:08 (2)	2:07:04 (2)	2:12:23 (2)	2:15:27 (2)	2:26:01 (2)	2:40:17 (2)	2:42:57 (2)	2:46:08 (2)	2:52:24 (2)	3:01:50 (2)	
4:57/61	4:56/62	5:19/65	3:04/85	10:34/87	14:16/100	2:40/101	3:11/107	6:16/111	9:26/132	
+0:05 (2)	+0:28 (2)	+0:00 (1)	+0:11 (2)	+1:28 (2)	+1:25 (2)	+0:15 (2)	+0:00 (1)	+0:49 (2)	+3:27 (2)	
3:02:42 (2)										
0:52/92										
+0:00 (1)										

Klasse H17-18 12,0 km

1 påmeldt, 1 startende 0 premiert

1 Kristian Wingan Wold	Bodø&Omegn IF						(0:14min/km)		2:02:55	(+0:00)
4:06 (1)	15:38 (1)	19:39 (1)	24:57 (1)	26:24 (1)	41:53 (1)	45:24 (1)	52:37 (1)	56:28 (1)	1:03:38 (1)	
4:06/31	11:32/33	4:01/39	5:18/42	1:27/45	15:29/51	3:31/52	7:13/59	3:51/84	7:10/61	
+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)	
1:09:47 (1)	1:15:51 (1)	1:19:22 (1)	1:29:26 (1)	1:43:40 (1)	1:46:28 (1)	1:49:28 (1)	1:55:09 (1)	2:01:58 (1)	2:02:55 (1)	
6:09/62	6:04/65	3:31/85	10:04/87	14:14/100	2:48/101	3:00/107	5:41/111	6:49/132	0:57/92	
+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 H15-16 6,0 km

1 påmeldt, 1 startende 0 premiert

1 Magnus Wingan Wold	Bodø&Omegn IF						(0:20min/km)		1:02:01	(+0:00)
3:27 (1)	8:24 (1)	15:01 (1)	18:46 (1)	26:54 (1)	39:20 (1)	41:47 (1)	48:40 (1)	54:03 (1)	1:00:59 (1)	
3:27/61	4:57/62	6:37/65	3:45/85	8:08/87	12:26/100	2:27/101	6:53/107	5:23/111	6:56/132	
+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)	
1:02:01 (1)										
1:02/92										
+0:00 (1)										

Klasse D55- 6,0 km

4 påmeldt, 4 startende 0 premiert

1 Karen M. Bjørseth	Bodø&Omegn IF						(0:39min/km)		1:23:58	(+0:00)
6:30 (1)	13:38 (1)	20:57 (1)	25:16 (1)	38:53 (1)	55:23 (1)	59:03 (1)	1:03:57 (1)	1:12:28 (1)	1:22:19 (1)	
6:30/61	7:08/62	7:19/65	4:19/85	13:37/87	16:30/100	3:40/101	4:54/107	8:31/111	9:51/132	
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:25 (3)	+1:07 (2)	+1:50 (2)	+0:34 (2)	
1:23:58 (1)										
1:39/92										

+0:11 (3)

2 Solveig Martinussen					Bodø&Omegn IF	<i>(0:25min/km)</i>			2:02:35	(+38:37)
7:58 (2)	15:24 (2)	24:14 (2)	32:05 (3)	51:09 (3)	1:24:25 (2)	1:27:40 (2)	1:34:50 (2)	1:41:31 (2)	2:01:07 (2)	
7:58/61	7:26/62	8:50/65	7:51/85	19:04/87	33:16/100	3:15/101	7:10/107	6:41/111	19:36/132	
+1:28 (2)	+0:18 (3)	+1:31 (4)	+3:32 (3)	+5:27 (3)	+16:46 (3)	+0:00 (1)	+3:23 (4)	+0:00 (1)	+10:19 (4)	
2:02:35 (2)										
1:28/92										
+0:00 (1)										

3 Eva Lund Pedersen					IL SISO	<i>(0:27min/km)</i>			2:02:45	(+38:47)
11:18 (4)	18:41 (4)	26:35 (4)	31:35 (2)	46:14 (2)	1:28:23 (3)	1:31:46 (3)	1:35:33 (3)	1:44:11 (3)	2:01:11 (3)	
11:18/61	7:23/62	7:54/65	5:00/85	14:39/87	42:09/100	3:23/101	3:47/107	8:38/111	17:00/132	
+4:48 (4)	+0:15 (2)	+0:35 (2)	+0:41 (2)	+1:02 (2)	+25:39 (4)	+0:08 (2)	+0:00 (1)	+1:57 (3)	+7:43 (3)	
2:02:45 (3)										
1:34/92										
+0:06 (2)										

4 Kirsten Limstrand					Bodø&Omegn IF	<i>(0:45min/km)</i>			2:14:33	(+50:35)
8:26 (3)	16:50 (3)	24:44 (3)	54:55 (4)	1:18:03 (4)	1:41:46 (4)	1:48:32 (4)	1:53:29 (4)	2:03:32 (4)	2:12:49 (4)	
8:26/61	8:24/62	7:54/65	30:11/85	23:08/87	23:43/100	6:46/101	4:57/107	10:03/111	9:17/132	
+1:56 (3)	+1:16 (4)	+0:35 (2)	+25:52 (4)	+9:31 (4)	+7:13 (2)	+3:31 (4)	+1:10 (3)	+3:22 (4)	+0:00 (1)	
2:14:33 (4)										
1:44/92										
+0:16 (4)										

Klasse D35- 12,0 km

1 påmeldt, 1 startende 0 premiert

1 Hilde Sofie Masterdalshei					Mo O-Klubb	<i>(0:34min/km)</i>			2:06:56	(+0:00)
4:17 (1)	13:29 (1)	17:27 (1)	23:52 (1)	25:29 (1)	43:34 (1)	47:15 (1)	1:00:51 (1)	1:05:16 (1)	1:10:30 (1)	
4:17/31	9:12/33	3:58/39	6:25/42	1:37/45	18:05/51	3:41/52	13:36/59	4:25/84	5:14/61	
+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)	
1:15:18 (1)	1:21:11 (1)	1:24:07 (1)	1:33:40 (1)	1:45:12 (1)	1:48:11 (1)	1:51:59 (1)	1:57:19 (1)	2:05:40 (1)	2:06:56 (1)	
4:48/62	5:53/65	2:56/85	9:33/87	11:32/100	2:59/101	3:48/107	5:20/111	8:21/132	1:16/92	
+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 H45- 18,0 km

8 påmeldt, 7 startende 0 premiert

1 Jørund Eldevik					Bodø&Omegn IF	<i>(0:52min/km)</i>			2:45:42	(+0:00)
4:39 (5)	11:59 (1)	19:02 (1)	42:25 (1)	48:35 (1)	55:43 (1)	1:18:33 (1)	1:23:03 (1)	1:42:32 (1)	1:46:14 (1)	
4:39/31	7:20/33	7:03/42	23:23/53	6:10/54	7:08/55	22:50/56	4:30/58	19:29/59	3:42/84	
+0:52 (5)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+10:18 (2)	+0:00 (1)	
1:51:36 (1)	1:56:14 (1)	2:00:55 (1)	2:03:33 (1)	2:11:51 (1)	2:23:26 (1)	2:25:58 (1)	2:31:35 (1)	2:37:30 (1)	2:44:42 (1)	
5:22/61	4:38/62	4:41/65	2:38/85	8:18/87	11:35/100	2:32/101	5:37/107	5:55/111	7:12/132	
+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+4:29 (2)	+7:17 (2)	+0:00 (1)	+2:28 (4)	+4:11 (2)	+0:36 (2)	
2:45:42 (1)										
1:00/92										
+0:00 (1)										

2 Jan Prytz					Bodø&Omegn IF	<i>(0:83min/km)</i>			3:25:10	(+39:28)
3:47 (1)	14:52 (4)	24:35 (4)	55:20 (4)	1:02:00 (3)	1:12:40 (3)	1:43:11 (3)	1:49:04 (3)	2:13:15 (3)	2:17:08 (3)	
3:47/31	11:05/33	9:43/42	30:45/53	6:40/54	10:40/55	30:31/56	5:53/58	24:11/59	3:53/84	
+0:00 (1)	+3:45 (5)	+2:40 (4)	+7:22 (4)	+0:30 (2)	+3:32 (3)	+7:41 (6)	+1:23 (4)	+15:00 (3)	+0:11 (2)	
2:23:51 (3)	2:29:08 (3)	2:34:26 (2)	2:37:32 (2)	2:47:54 (2)	3:02:23 (2)	3:05:02 (2)	3:08:11 (2)	3:14:12 (2)	3:23:59 (2)	
6:43/61	5:17/62	5:18/65	3:06/85	10:22/87	14:29/100	2:39/101	3:09/107	6:01/111	9:47/132	
+1:21 (2)	+0:39 (3)	+0:37 (2)	+0:28 (2)	+6:33 (3)	+10:11 (4)	+0:07 (3)	+0:00 (1)	+4:17 (3)	+3:11 (5)	
3:25:10 (2)										
1:11/92										
+0:11 (2)										

3 Per Rekkedal					Bodø&Omegn IF	<i>(0:87min/km)</i>			3:26:22	(+40:40)
4:50 (6)	14:31 (3)	23:06 (2)	49:18 (2)	56:41 (2)	1:09:03 (2)	1:33:21 (2)	1:42:18 (2)	2:08:15 (2)	2:13:04 (2)	

4:50/31	9:41/33	8:35/42	26:12/53	7:23/54	12:22/55	24:18/56	8:57/58	25:57/59	4:49/84
+1:03 (6)	+2:21 (2)	+1:32 (2)	+2:49 (2)	+1:13 (3)	+5:14 (5)	+1:28 (2)	+4:27 (6)	+16:46 (4)	+1:07 (3)
2:22:50 (2)	2:28:48 (2)	2:35:21 (3)	2:38:58 (3)	2:50:59 (3)	3:04:43 (3)	3:07:16 (3)	3:11:37 (3)	3:18:31 (3)	3:25:07 (3)
9:46/61	5:58/62	6:33/65	3:37/85	12:01/87	13:44/100	2:33/101	4:21/107	6:54/111	6:36/132
+4:24 (6)	+1:20 (5)	+1:52 (3)	+0:59 (3)	+8:12 (5)	+9:26 (3)	+0:01 (2)	+1:12 (2)	+5:10 (4)	+0:00 (1)
3:26:22 (3)									
1:15/92									
+0:15 (3)									

4 Ivar Aanerød **Bodø&Omegn IF** (0:72min/km) **3:51:46 (+1:06:04)**

4:18 (2)	14:01 (2)	23:07 (3)	51:01 (3)	1:10:28 (4)	1:19:24 (4)	1:46:05 (4)	1:52:54 (4)	2:21:52 (4)	2:26:47 (4)
4:18/31	9:43/33	9:06/42	27:54/53	19:27/54	8:56/55	26:41/56	6:49/58	28:58/59	4:55/84
+0:31 (2)	+2:23 (3)	+2:03 (3)	+4:31 (3)	+13:17 (6)	+1:48 (2)	+3:51 (3)	+2:19 (5)	+19:47 (7)	+1:13 (4)
2:34:56 (4)	2:40:38 (4)	2:47:14 (4)	2:53:41 (4)	3:07:09 (4)	3:22:55 (4)	3:27:40 (4)	3:33:53 (4)	3:42:08 (4)	3:50:22 (4)
8:09/61	5:42/62	6:36/65	6:27/85	13:28/87	15:46/100	4:45/101	6:13/107	8:15/111	8:14/132
+2:47 (4)	+1:04 (4)	+1:55 (4)	+3:49 (6)	+9:39 (6)	+11:28 (6)	+2:13 (6)	+3:04 (6)	+6:31 (7)	+1:38 (4)
3:51:46 (4)									
1:24/92									
+0:24 (6)									

5 Jan Kåre Vatne **Mo O-Klubb** (0:31min/km) **4:09:20 (+1:23:38)**

4:23 (4)	14:53 (5)	25:10 (5)	56:23 (5)	1:17:09 (6)	1:31:31 (5)	1:59:54 (5)	2:05:43 (5)	2:32:51 (5)	2:38:13 (5)
4:23/31	10:30/33	10:17/42	31:13/53	20:46/54	14:22/55	28:23/56	5:49/58	27:08/59	5:22/84
+0:36 (4)	+3:10 (4)	+3:14 (5)	+7:50 (5)	+14:36 (7)	+7:14 (6)	+5:33 (4)	+1:19 (2)	+17:57 (5)	+1:40 (5)
2:47:02 (5)	2:56:07 (5)	3:03:19 (5)	3:07:45 (5)	3:19:38 (5)	3:37:42 (5)	3:41:31 (5)	3:47:35 (5)	3:55:20 (5)	4:07:58 (5)
8:49/61	9:05/62	7:12/65	4:26/85	11:53/87	18:04/100	3:49/101	6:04/107	7:45/111	12:38/132
+3:27 (5)	+4:27 (7)	+2:31 (6)	+1:48 (4)	+8:04 (4)	+13:46 (7)	+1:17 (5)	+2:55 (5)	+6:01 (5)	+6:02 (6)
4:09:20 (5)									
1:22/92									
+0:22 (5)									

6 Arnulf Villmo **Korgen IL** (0:36min/km) **4:10:49 (+1:25:07)**

4:20 (3)	16:01 (6)	27:53 (6)	1:01:46 (6)	1:13:23 (5)	1:51:59 (7)	2:35:08 (7)	2:41:00 (7)	2:50:11 (7)	2:57:06 (7)
4:20/31	11:41/33	11:52/42	33:53/53	11:37/54	38:36/55	43:09/59	5:52/84	9:11/61	6:55/62
+0:33 (3)	+4:21 (6)	+4:49 (6)	+10:30 (6)	+5:27 (5)	+31:28 (7)	+20:19 (7)	+1:22 (3)	+0:00 (1)	+3:13 (7)
3:04:39 (7)	3:09:25 (6)	3:22:34 (7)	3:41:32 (7)	3:45:21 (7)	3:49:39 (6)	3:58:24 (7)	4:09:05 (7)	4:10:49 (7)	4:10:49 (6)
7:33/65	4:46/85	13:09/87	18:58/100	3:49/101	4:18/107	8:45/111	10:41/132	1:44/92	
+2:11 (3)	+0:08 (2)	+8:28 (7)	+16:20 (7)	+0:00 (1)	+0:00 (1)	+6:13 (7)	+7:32 (7)	+0:00 (1)	+0:00 (1)
4:10:49 (6)									
+0:00 (1)									

7 Gunnar Normann **Bodø&Omegn IF** (0:60min/km) **4:18:14 (+1:32:32)**

7:40 (7)	20:18 (7)	43:08 (7)	1:18:37 (7)	1:28:17 (7)	1:39:24 (6)	2:09:42 (6)	2:19:13 (6)	2:48:02 (6)	2:54:04 (6)
7:40/31	12:38/33	22:50/42	35:29/53	9:40/54	11:07/55	30:18/56	9:31/58	28:49/59	6:02/84
+3:53 (7)	+5:18 (7)	+15:47 (7)	+12:06 (7)	+3:30 (4)	+3:59 (4)	+7:28 (5)	+5:01 (7)	+19:38 (6)	+2:20 (6)
3:04:01 (6)	3:12:14 (7)	3:19:08 (6)	3:24:01 (6)	3:37:46 (6)	3:52:26 (7)	3:55:24 (6)	4:00:59 (6)	4:09:12 (6)	4:16:58 (7)
9:57/61	8:13/62	6:54/65	4:53/85	13:45/87	14:40/100	2:58/101	5:35/107	8:13/111	7:46/132
+4:35 (7)	+3:35 (6)	+2:13 (5)	+2:15 (5)	+9:56 (7)	+10:22 (5)	+0:26 (4)	+2:26 (3)	+6:29 (6)	+1:10 (3)
4:18:14 (7)									
1:16/92									
+0:16 (4)									

Klasse H11-12

2 påmeldt, 2 startende 0 premiert

1 Petter Jacola **Bodø&Omegn IF** **37:26 (+0:00)**

3:32 (1)	6:05 (1)	10:35 (1)	11:46 (1)	18:00 (1)	19:45 (1)	23:40 (1)	34:38 (1)	35:51 (1)	37:26 (1)
3:32/135	2:33/70	4:30/133	1:11/77	6:14/138	1:45/72	3:55/76	10:58/71	1:13/81	1:35/92
+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)	+0:07 (2)

2 Torbjørn Høsli Olsen **Bodø&Omegn IF** **52:00 (+14:34)**

5:13 (2)	8:42 (2)	14:34 (2)	16:35 (2)	23:06 (2)	28:22 (2)	33:39 (2)	49:20 (2)	50:32 (2)	52:00 (2)
5:13/135	3:29/70	5:52/133	2:01/77	6:31/138	5:16/72	5:17/76	15:41/71	1:12/81	1:28/92

+1:41 (2) +0:56 (2) +1:22 (2) +0:50 (2) +0:17 (2) +3:31 (2) +1:22 (2) +4:43 (2) +0:00 (1) +0:00 (1)

Klasse H21- 18,0 km

4 påmeldt, 4 startende 0 premiert

1 Lars Petter Rekkedal					Bodø&Omegn IF	<i>(0:96min/km)</i>		3:29:01	(+0:00)
4:29 (2)	15:11 (3)	24:36 (3)	52:50 (1)	1:00:40 (1)	1:13:30 (2)	2:05:42 (3)	2:10:03 (3)	2:16:57 (1)	2:23:53 (1)
4:29/31	10:42/33	9:25/42	28:14/53	7:50/54	12:50/55	52:12/59	4:21/84	6:54/61	6:56/62
+0:31 (2)	+0:40 (3)	+0:12 (2)	+0:00 (1)	+0:00 (1)	+3:13 (3)	+23:07 (3)	+0:00 (1)	+0:00 (1)	+0:58 (3)
2:30:00 (1)	2:33:56 (1)	2:46:35 (1)	3:04:10 (3)	3:07:55 (1)	3:12:20 (1)	3:20:10 (1)	3:27:33 (1)	3:29:01 (1)	3:29:01 (1)
6:07/65	3:56/85	12:39/87	17:35/100	3:45/101	4:25/107	7:50/111	7:23/132	1:28/92	
+0:00 (1)	+0:00 (1)	+5:25 (3)	+12:52 (3)	+0:00 (1)	+0:00 (1)	+4:49 (2)	+1:59 (2)	+0:00 (1)	+0:00 (1)
3:29:01 (1)									

+0:00 (1)

2 Bjørnar Hegreberg					Bodø&Omegn IF	<i>(0:98min/km)</i>		3:59:30	(+30:29)
3:58 (1)	14:00 (1)	24:11 (1)	58:15 (3)	1:07:27 (3)	1:18:47 (3)	1:47:52 (2)	1:54:09 (2)	2:23:45 (3)	2:29:43 (3)
3:58/31	10:02/33	10:11/42	34:04/53	9:12/54	11:20/55	29:05/56	6:17/58	29:36/59	5:58/84
+0:00 (1)	+0:00 (1)	+0:58 (3)	+5:50 (3)	+1:22 (3)	+1:43 (2)	+0:00 (1)	+1:56 (2)	+22:42 (2)	+0:00 (1)
2:37:39 (2)	2:44:38 (2)	2:51:52 (2)	2:56:54 (1)	3:10:17 (2)	3:31:36 (2)	3:42:05 (3)	3:50:00 (3)	3:58:12 (3)	3:59:30 (2)
7:56/61	6:59/62	7:14/65	5:02/85	13:23/87	21:19/100	10:29/107	7:55/111	8:12/132	1:18/92
+1:49 (2)	+3:03 (3)	+0:00 (1)	+0:19 (2)	+9:38 (2)	+16:54 (3)	+7:28 (3)	+2:31 (3)	+6:44 (3)	+0:00 (1)
3:59:30 (2)									

+0:00 (1)

3 Knut Sandland					331 SKV.	<i>(0:04min/km)</i>		4:01:21	(+32:20)
4:44 (3)	15:04 (2)	24:17 (2)	53:51 (2)	1:02:03 (2)	1:11:40 (1)	1:41:59 (1)	1:48:40 (1)	2:23:04 (2)	2:29:23 (2)
4:44/31	10:20/33	9:13/42	29:34/53	8:12/54	9:37/55	30:19/56	6:41/58	34:24/59	6:19/84
+0:46 (3)	+0:18 (2)	+0:00 (1)	+1:20 (2)	+0:22 (2)	+0:00 (1)	+1:14 (2)	+2:20 (3)	+27:30 (3)	+0:21 (2)
2:44:53 (3)	2:51:40 (3)	2:59:01 (3)	3:03:44 (2)	3:18:37 (3)	3:36:14 (3)	3:39:15 (2)	3:44:39 (2)	3:52:31 (2)	4:00:14 (3)
15:30/61	6:47/62	7:21/65	4:43/85	14:53/87	17:37/100	3:01/101	5:24/107	7:52/111	7:43/132
+9:23 (3)	+2:51 (2)	+0:07 (2)	+0:00 (1)	+11:08 (3)	+13:12 (2)	+0:00 (1)	+0:00 (1)	+6:24 (2)	+6:25 (2)
4:01:21 (3)									
1:07/92									
+0:00 (1)									

Jon Tømte					Junkern	<i>(0:00min/km)</i>		Brutt	
(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)
(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)
(1)									

+0:00 (1)

Klasse H65- 6,0 km

1 påmeldt, 1 startende 0 premiert

1 Carl B. Bjørseth					Bodø&Omegn IF	<i>(0:57min/km)</i>		1:05:45	(+0:00)
4:40 (1)	10:12 (1)	15:35 (1)	19:07 (1)	30:01 (1)	43:29 (1)	46:00 (1)	49:48 (1)	56:47 (1)	1:04:20 (1)
4:40/61	5:32/62	5:23/65	3:32/85	10:54/87	13:28/100	2:31/101	3:48/107	6:59/111	7:33/132
+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)
1:05:45 (1)									
1:25/92									
+0:00 (1)									

Klasse D17-18 12,0 km

3 påmeldt, 3 startende 0 premiert

1 Sigrid Ringdalen Vatne					Mo O-Klubb	<i>(0:15min/km)</i>		2:03:10	(+0:00)
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4:16 (1)	13:46 (1)	17:28 (1)	23:35 (1)	24:59 (1)	39:45 (1)	43:22 (1)	51:46 (1)	56:39 (1)	1:02:14 (1)
4:16/31	9:30/33	3:42/39	6:07/42	1:24/45	14:46/51	3:37/52	8:24/59	4:53/84	5:35/61
+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)
1:07:32 (1)	1:13:37 (1)	1:17:28 (1)	1:28:38 (1)	1:42:57 (1)	1:46:04 (1)	1:49:22 (1)	1:55:52 (1)	2:01:58 (1)	2:03:10 (1)
5:18/62	6:05/65	3:51/85	11:10/87	14:19/100	3:07/101	3:18/107	6:30/111	6:06/132	1:12/92
+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)	+0:02 (2)

2 Elisabeth Rekkedal	Bodø&Omegn IF	(0:87min/km)	2:37:32 (+34:22)						
5:23 (2)	17:02 (2)	21:27 (2)	28:43 (2)	30:39 (2)	48:38 (2)	53:24 (2)	1:03:49 (2)	1:09:10 (2)	1:16:45 (2)
5:23/31	11:39/33	4:25/39	7:16/42	1:56/45	17:59/51	4:46/52	10:25/59	5:21/84	7:35/61
+1:07 (2)	+2:09 (2)	+0:43 (2)	+1:09 (2)	+0:32 (2)	+3:13 (2)	+1:09 (2)	+2:01 (2)	+0:28 (2)	+2:00 (2)
1:25:48 (2)	1:32:26 (2)	1:37:19 (2)	1:51:34 (2)	2:07:35 (2)	2:10:51 (2)	2:20:15 (2)	2:27:30 (2)	2:36:04 (2)	2:37:32 (2)
9:03/62	6:38/65	4:53/85	14:15/87	16:01/100	3:16/101	9:24/107	7:15/111	8:34/132	1:28/92
+3:45 (3)	+0:33 (2)	+1:02 (2)	+3:05 (2)	+1:42 (2)	+0:09 (2)	+6:06 (3)	+0:45 (2)	+2:28 (2)	+0:18 (3)

3 Ragni Adelsten Stokland	Bodø&Omegn IF	(0:81min/km)	3:36:18 (+1:33:08)						
6:11 (3)	25:24 (3)	32:48 (3)	41:16 (3)	43:58 (3)	1:07:47 (3)	1:13:54 (3)	1:30:45 (3)	1:38:21 (3)	1:47:16 (3)
6:11/31	19:13/33	7:24/39	8:28/42	2:42/45	23:49/51	6:07/52	16:51/59	7:36/84	8:55/61
+1:55 (3)	+9:43 (3)	+3:42 (3)	+2:21 (3)	+1:18 (3)	+9:03 (3)	+2:30 (3)	+8:27 (3)	+2:43 (3)	+3:20 (3)
1:56:01 (3)	2:08:26 (3)	2:19:06 (3)	2:34:48 (3)	3:01:56 (3)	3:05:40 (3)	3:12:18 (3)	3:22:47 (3)	3:35:08 (3)	3:36:18 (3)
8:45/62	12:25/65	10:40/85	15:42/87	27:08/100	3:44/101	6:38/107	10:29/111	12:21/132	1:10/92
+3:27 (2)	+6:20 (3)	+6:49 (3)	+4:32 (3)	+12:49 (3)	+0:37 (3)	+3:20 (2)	+3:59 (3)	+6:15 (3)	+0:00 (1)

Klasse H55- 12,0 km

8 påmeldt, 8 startende 0 premiert

1 Jan Gaute Buvik	Korgen IL	(0:58min/km)	1:51:44 (+0:00)						
4:29 (3)	14:01 (2)	17:19 (1)	22:07 (1)	23:33 (1)	37:30 (1)	40:56 (1)	48:53 (1)	53:19 (1)	58:32 (1)
4:29/31	9:32/33	3:18/39	4:48/42	1:26/45	13:57/51	3:26/52	7:57/59	4:26/84	5:13/61
+1:01 (3)	+0:21 (2)	+0:00 (1)	+0:00 (1)	+0:01 (2)	+3:57 (2)	+0:04 (2)	+2:04 (2)	+0:18 (3)	+0:00 (1)
1:03:13 (1)	1:08:10 (1)	1:11:22 (1)	1:21:07 (1)	1:32:42 (1)	1:35:11 (1)	1:38:06 (1)	1:44:08 (1)	1:50:35 (1)	1:51:44 (1)
4:41/62	4:57/65	3:12/85	9:45/87	11:35/100	2:29/101	2:55/107	6:02/111	6:27/132	1:09/92
+1:18 (2)	+0:54 (3)	+0:00 (1)	+7:11 (3)	+8:43 (4)	+0:00 (1)	+0:00 (1)	+4:40 (2)	+5:06 (3)	+0:00 (1)

2 Leif Magne Eggestad	Bodø&Omegn IF	(0:61min/km)	2:12:19 (+20:35)						
4:59 (5)	14:33 (3)	22:27 (4)	28:21 (4)	29:46 (4)	44:26 (4)	47:53 (3)	1:04:49 (5)	1:08:57 (4)	1:14:24 (4)
4:59/31	9:34/33	7:54/39	5:54/42	1:25/45	14:40/51	3:27/52	16:56/59	4:08/84	5:27/61
+1:31 (5)	+0:23 (3)	+4:36 (6)	+1:06 (3)	+0:00 (1)	+4:40 (4)	+0:05 (3)	+11:03 (7)	+0:00 (1)	+0:14 (3)
1:19:21 (3)	1:24:24 (3)	1:28:16 (3)	1:38:02 (3)	1:51:34 (2)	1:54:25 (2)	1:57:36 (2)	2:04:12 (2)	2:10:57 (2)	2:12:19 (2)
4:57/62	5:03/65	3:52/85	9:46/87	13:32/100	2:51/101	3:11/107	6:36/111	6:45/132	1:22/92
+1:34 (4)	+1:00 (4)	+0:40 (2)	+7:12 (4)	+10:40 (5)	+0:22 (2)	+0:16 (2)	+5:14 (4)	+5:24 (4)	+0:13 (3)

3 Kjetil Jordbru	Valnesfjord IL	(0:81min/km)	2:16:17 (+24:33)						
3:28 (1)	12:39 (1)	20:35 (3)	26:16 (3)	27:50 (2)	42:29 (2)	45:51 (2)	1:02:55 (3)	1:07:06 (3)	1:12:27 (3)
3:28/31	9:11/33	7:56/39	5:41/42	1:34/45	14:39/51	3:22/52	17:04/59	4:11/84	5:21/61
+0:00 (1)	+0:00 (1)	+4:38 (7)	+0:53 (2)	+0:09 (3)	+4:39 (3)	+0:00 (1)	+11:11 (8)	+0:03 (2)	+0:08 (2)
1:17:15 (2)	1:22:26 (2)	1:26:21 (2)	1:35:39 (2)	1:51:48 (3)	1:55:08 (3)	1:58:59 (3)	2:06:06 (3)	2:14:56 (3)	2:16:17 (3)
4:48/62	5:11/65	3:55/85	9:18/87	16:09/100	3:20/101	3:51/107	7:07/111	8:50/132	1:21/92
+1:25 (3)	+1:08 (5)	+0:43 (3)	+6:44 (2)	+13:17 (7)	+0:51 (3)	+0:56 (3)	+5:45 (5)	+7:29 (5)	+0:12 (2)

4 Erling Pedersen	SISO IL	(0:48min/km)	2:29:37 (+37:53)						
4:39 (4)	14:36 (4)	18:27 (2)	26:07 (2)	28:12 (3)	44:07 (3)	49:01 (4)	58:46 (2)	1:03:33 (2)	1:09:22 (2)
4:39/31	9:57/33	3:51/39	7:40/42	2:05/45	15:55/51	4:54/52	9:45/59	4:47/84	5:49/61
+1:11 (4)	+0:46 (4)	+0:33 (2)	+2:52 (6)	+0:40 (6)	+5:55 (5)	+1:32 (6)	+3:52 (3)	+0:39 (4)	+0:36 (4)
1:35:26 (4)	1:39:29 (4)	1:49:32 (4)	2:03:21 (4)	2:06:24 (4)	2:15:31 (4)	2:21:45 (4)	2:28:16 (4)	2:29:37 (4)	2:29:37 (4)
26:04/65	4:03/85	10:03/87	13:49/100	3:03/101	9:07/107	6:14/111	6:31/132	1:21/92	
+22:41 (7)	+0:00 (1)	+6:51 (6)	+11:15 (6)	+0:11 (2)	+6:38 (8)	+3:19 (4)	+5:09 (3)	+0:00 (1)	+0:00 (1)

5 Ansgar Pettersen	Valnesfjord IL	(0:16min/km)	3:03:21 (+1:11:37)						
7:19 (8)	22:33 (8)	27:42 (7)	34:38 (5)	36:23 (5)	46:23 (5)	51:50 (5)	1:04:32 (4)	1:10:17 (5)	1:18:03 (5)
7:19/31	15:14/33	5:09/39	6:56/42	1:45/45	10:00/51	5:27/52	12:42/59	5:45/84	7:46/61
+3:51 (8)	+6:03 (8)	+1:51 (3)	+2:08 (5)	+0:20 (4)	+0:00 (1)	+2:05 (7)	+6:49 (5)	+1:37 (5)	+2:33 (6)
1:57:37 (7)	2:01:40 (7)	2:13:44 (7)	2:33:40 (7)	2:36:32 (6)	2:44:54 (6)	2:53:32 (6)	3:01:42 (6)	3:03:21 (6)	3:03:21 (5)
39:34/65	4:03/85	12:04/87	19:56/100	2:52/101	8:22/107	8:38/111	8:10/132	1:39/92	
+36:11 (8)	+0:00 (1)	+8:52 (7)	+17:22 (8)	+0:00 (1)	+5:53 (7)	+5:43 (7)	+6:48 (6)	+0:18 (2)	+0:00 (1)

6 Carl A Boe	Bodø&Omegn IF								<i>(0:25min/km)</i>	3:05:11 (+1:13:27)
6:29 (7)	21:14 (7)	26:24 (6)	34:48 (6)	38:18 (7)	1:00:27 (6)	1:05:00 (6)	1:16:49 (6)	1:23:06 (6)	1:34:10 (6)	
6:29/31	14:45/33	5:10/39	8:24/42	3:30/45	22:09/51	4:33/52	11:49/59	6:17/84	11:04/61	
+3:01 (7)	+5:34 (7)	+1:52 (4)	+3:36 (7)	+2:05 (7)	+12:09 (6)	+1:11 (4)	+5:56 (4)	+2:09 (6)	+5:51 (8)	
1:41:43 (5)	1:49:59 (5)	1:56:42 (5)	2:09:55 (5)	2:24:49 (5)	2:30:16 (5)	2:39:07 (5)	2:50:02 (5)	3:02:25 (5)	3:05:11 (6)	
7:33/62	8:16/65	6:43/85	13:13/87	14:54/100	5:27/101	8:51/107	10:55/111	12:23/132	2:46/92	
+4:10 (5)	+4:13 (6)	+3:31 (4)	+10:39 (5)	+12:02 (6)	+2:58 (5)	+5:56 (8)	+9:33 (7)	+11:02 (7)	+1:37 (5)	
7 Asbjørn Pedersen	SISO IL								<i>(0:37min/km)</i>	3:07:27 (+1:15:43)
4:11 (2)	14:41 (5)	28:43 (8)	34:50 (7)	36:41 (6)	1:32:44 (8)	1:37:18 (8)	1:43:11 (8)	1:50:31 (8)	1:57:50 (8)	
4:11/31	10:30/33	14:02/39	6:07/42	1:51/45	56:03/59	4:34/84	5:53/61	7:20/62	7:19/65	
+0:43 (2)	+1:19 (5)	+10:44 (8)	+1:19 (4)	+0:26 (5)	+46:03 (8)	+1:12 (5)	+0:00 (1)	+3:12 (8)	+2:06 (5)	
2:01:13 (8)	2:12:44 (8)	2:47:06 (8)	2:49:40 (8)	2:53:03 (8)	2:59:24 (8)	3:06:05 (8)	3:07:27 (8)	3:07:27 (7)	3:07:27 (7)	
3:23/85	11:31/87	34:22/100	2:34/101	3:23/107	6:21/111	6:41/132	1:22/92			
+0:00 (1)	+7:28 (8)	+31:10 (8)	+0:00 (1)	+0:31 (3)	+3:52 (6)	+3:46 (5)	+0:00 (1)	+0:00 (1)	+0:00 (1)	
8 Jon Øverås	Bodø&Omegn IF								<i>(0:79min/km)</i>	3:15:54 (+1:24:10)
6:25 (6)	20:28 (6)	26:10 (5)	36:09 (8)	40:05 (8)	1:03:46 (7)	1:09:55 (7)	1:24:54 (7)	1:31:32 (7)	1:40:23 (7)	
6:25/31	14:03/33	5:42/39	9:59/42	3:56/45	23:41/51	6:09/52	14:59/59	6:38/84	8:51/61	
+2:57 (6)	+4:52 (6)	+2:24 (5)	+5:11 (8)	+2:31 (8)	+13:41 (7)	+2:47 (8)	+9:06 (6)	+2:30 (7)	+3:38 (7)	
1:49:19 (6)	1:58:09 (6)	2:05:48 (6)	2:22:59 (6)	2:42:30 (7)	2:46:42 (7)	2:54:13 (7)	3:05:11 (7)	3:14:19 (8)	3:15:54 (8)	
8:56/62	8:50/65	7:39/85	17:11/87	19:31/100	4:12/101	7:31/107	10:58/111	9:08/132	1:35/92	
+5:33 (6)	+4:47 (7)	+4:27 (5)	+14:37 (7)	+16:39 (8)	+1:43 (4)	+4:36 (6)	+9:36 (8)	+7:47 (6)	+0:26 (4)	