

Resultater fra Saltensprint 4, Heggmoen 08.06.2010

Det var totalt 75 deltagere.

Klasse Nybegynner 1,5 km

16 påmeldt, 16 startende

Oskar Bakke			Bodø og Omegn IF			(17,19min/km)		25:47	
1:13 (4)	5:39 (8)	7:23 (7)	9:04 (9)	11:00 (7)	13:02 (7)	13:38 (4)	16:17 (5)	18:34 (7)	22:26 (9)
1:13/119	4:26/111	1:44/114	1:41/113	1:56/111	2:02/113	0:36/114	2:39/111	2:17/109	3:52/110
+0:19 (4)	+2:35 (11)	+0:39 (5)	+1:11 (12)	+0:23 (5)	+0:24 (4)	+0:00 (1)	+1:13 (7)	+1:57 (14)	+0:00 (1)
24:52 (10)	25:47 (12)								
2:26/107	0:55/100								
+0:00 (1)	+0:00 (1)								

Marius Ekrem Finstad			Bodø og Omegn IF			(10,53min/km)		15:48	
0:56 (2)	3:52 (3)	6:29 (5)	7:05 (5)	8:40 (4)	10:18 (3)	12:20 (3)	15:26 (3)	15:48 (3)	15:48 (3)
0:56/119	2:56/111	2:37/113	0:36/114	1:35/111	1:38/109	2:02/110	3:06/107	0:22/100	
+0:02 (2)	+1:05 (4)	+1:32 (11)	+0:06 (2)	+0:02 (2)	+0:00 (1)	+1:26 (4)	+1:40 (11)	+0:02 (2)	+0:00 (1)
15:48 (3)	15:48 (3)								
+0:00 (1)	+0:00 (1)								

Lene Johnsen Ikdahl			Bodø og Omegn IF			(21,11min/km)		31:40	
2:59 (14)	9:19 (13)	12:24 (13)	14:15 (13)	18:35 (13)	23:05 (13)	27:49 (13)	30:53 (13)	31:40 (13)	31:40 (13)
2:59/119	6:20/111	3:05/113	1:51/114	4:20/111	4:30/109	4:44/110	3:04/107	0:47/100	
+2:05 (14)	+4:29 (13)	+2:00 (13)	+1:21 (13)	+2:47 (12)	+2:52 (13)	+4:08 (13)	+1:38 (10)	+0:27 (10)	+0:00 (1)
31:40 (13)	31:40 (13)								
+0:00 (1)	+0:00 (1)								

Hedda Sofie Wedege Irgens			Bodø og Omegn IF			(26,32min/km)		Disk	
1:05 (4)	15:44 (15)	17:27 (15)	18:12 (15)	20:20 (14)	22:45 (13)	25:51 (13)	34:57 (14)	39:29 (15)	39:29 (15)
1:05/119	14:39/111	1:43/113	0:45/114	2:08/111	2:25/109	3:06/110	9:06/117	4:32/100	
+0:11 (4)	+12:48 (15)	+0:38 (5)	+0:15 (6)	+0:35 (7)	+0:47 (8)	+2:30 (11)	+7:40 (15)	+4:12 (15)	+0:00 (1)
39:29 (15)	39:29 (15)								
+0:00 (1)	+0:00 (1)								

Øyvind Johansen			Bodø og Omegn IF			(8,43min/km)		12:39	
0:54 (1)	3:22 (1)	4:36 (1)	5:15 (1)	6:48 (1)	8:35 (2)	10:21 (2)	12:12 (2)	12:39 (2)	12:39 (2)
0:54/119	2:28/111	1:14/113	0:39/114	1:33/111	1:47/109	1:46/110	1:51/107	0:27/100	
+0:00 (1)	+0:37 (2)	+0:09 (3)	+0:09 (4)	+0:00 (1)	+0:09 (3)	+1:10 (3)	+0:25 (3)	+0:07 (5)	+0:00 (1)
12:39 (2)	12:39 (2)								
+0:00 (1)	+0:00 (1)								

Trygve Bø Kongsbakk			Bodø og Omegn IF			(7,98min/km)		11:58	
1:49 (9)	3:40 (2)	4:45 (2)	5:15 (2)	6:51 (2)	8:30 (1)	10:05 (1)	11:31 (1)	11:58 (1)	11:58 (1)
1:49/119	1:51/111	1:05/113	0:30/114	1:36/111	1:39/109	1:35/110	1:26/107	0:27/100	
+0:55 (9)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:03 (3)	+0:01 (2)	+0:59 (2)	+0:00 (1)	+0:07 (5)	+0:00 (1)
11:58 (1)	11:58 (1)								
+0:00 (1)	+0:00 (1)								

Adler S. Kringhaug			Bodø og Omegn IF			(15,92min/km)		23:53	
2:52 (12)	5:53 (9)	8:44 (10)	9:21 (10)	14:07 (11)	17:36 (11)	20:39 (11)	23:21 (10)	23:53 (10)	23:53 (10)
2:52/119	3:01/111	2:51/113	0:37/114	4:46/111	3:29/109	3:03/110	2:42/107	0:32/100	
+1:58 (12)	+1:10 (5)	+1:46 (12)	+0:07 (3)	+3:13 (13)	+1:51 (12)	+2:27 (9)	+1:16 (8)	+0:12 (8)	+0:00 (1)
23:53 (9)	23:53 (9)								
+0:00 (1)	+0:00 (1)								

Esten S. Kringhaug			Bodø og Omegn IF			(16,64min/km)		24:58	
2:49 (11)	7:13 (11)	9:39 (12)	10:58 (12)	14:54 (12)	18:16 (12)	21:23 (12)	24:11 (11)	24:58 (11)	24:58 (11)
2:49/119	4:24/111	2:26/113	1:19/114	3:56/111	3:22/109	3:07/110	2:48/107	0:47/100	
+1:55 (11)	+2:33 (10)	+1:21 (9)	+0:49 (9)	+2:23 (11)	+1:44 (11)	+2:31 (11)	+1:22 (9)	+0:27 (10)	+0:00 (1)
24:58 (11)	24:58 (10)								

+0:00 (1) +0:00 (1)

Jens Viggo Limstrand **Bodø og Omegn IF** **(12,98min/km)** **19:28**
2:00 (10) 5:54 (10) 7:50 (8) 9:04 (8) 11:20 (8) 14:06 (8) 17:09 (9) 18:56 (8) 19:28 (9) 19:28 (8)
2:00/119 3:54/111 1:56/113 1:14/114 2:16/111 2:46/109 3:03/110 1:47/107 0:32/100
+1:06 (10) +2:03 (8) +0:51 (7) +0:44 (8) +0:43 (7) +1:08 (10) +2:27 (9) +0:21 (2) +0:12 (8) +0:00 (1)
19:28 (8) 19:28 (8)

+0:00 (1) +0:00 (1)

Martine Paulsen Limstrand **Bodø og Omegn IF** **(12,28min/km)** **18:25**
1:03 (3) 4:47 (5) 6:00 (4) 6:44 (4) 8:37 (3) 11:04 (4) 13:56 (6) 18:03 (7) 18:25 (6) 18:25 (6)
1:03/119 3:44/111 1:13/113 0:44/114 1:53/111 2:27/109 2:52/110 4:07/107 0:22/100
+0:09 (3) +1:53 (6) +0:08 (2) +0:14 (5) +0:20 (4) +0:49 (8) +2:16 (8) +2:41 (12) +0:02 (2) +0:00 (1)
18:25 (6) 18:25 (6)

+0:00 (1) +0:00 (1)

Inger Johanne Lindahl **Bodø og Omegn IF** **(10,73min/km)** **16:06**
1:22 (6) 4:00 (4) 5:51 (3) 6:36 (3) 8:56 (5) 11:12 (5) 13:41 (5) 15:37 (4) 16:06 (4) 16:06 (4)
1:22/119 2:38/111 1:51/113 0:45/114 2:20/111 2:16/109 2:29/110 1:56/107 0:29/100
+0:28 (6) +0:47 (3) +0:46 (6) +0:15 (6) +0:47 (8) +0:38 (7) +1:53 (6) +0:30 (4) +0:09 (7) +0:00 (1)
16:06 (4) 16:06 (4)

+0:00 (1) +0:00 (1)

Jens Pedersen **Bodø og Omegn IF** **(14,84min/km)** **Disk**
1:29 (7) 6:12 (11) 7:26 (8) 8:08 (7) 14:22 (12) 15:26 (10) 17:43 (10) 21:48 (10) 22:16 (10) 22:16 (9)
1:29/119 4:43/111 1:14/113 0:42/114 6:14/118 1:04/109 2:17/110 4:05/107 0:28/100
+0:35 (7) +2:52 (12) +0:09 (3) +0:12 (5) +4:41 (15) +0:00 (1) +1:41 (6) +2:39 (12) +0:08 (7) +0:00 (1)
22:16 (9) 22:16 (9)

+0:00 (1) +0:00 (1)

Kaja Samuelsen Skiri **Bodø og Omegn IF** **(11,18min/km)** **16:46**
1:38 (8) 5:26 (7) 6:42 (6) 8:01 (6) 10:08 (6) 12:14 (6) 14:20 (7) 16:23 (6) 16:46 (5) 16:46 (5)
1:38/119 3:48/111 1:16/113 1:19/114 2:07/111 2:06/109 2:06/110 2:03/107 0:23/100
+0:44 (8) +1:57 (7) +0:11 (4) +0:49 (9) +0:34 (6) +0:28 (5) +1:30 (5) +0:37 (5) +0:03 (4) +0:00 (1)
16:46 (5) 16:46 (5)

+0:00 (1) +0:00 (1)

Eivind Lindahl Valle **Bodø og Omegn IF** **(12,91min/km)** **19:22**
1:14 (5) 5:14 (6) 7:50 (8) 8:53 (7) 12:00 (9) 14:15 (9) 16:46 (8) 19:02 (9) 19:22 (8) 19:22 (7)
1:14/119 4:00/111 2:36/113 1:03/114 3:07/111 2:15/109 2:31/110 2:16/107 0:20/100
+0:20 (5) +2:09 (9) +1:31 (10) +0:33 (7) +1:34 (10) +0:37 (6) +1:55 (7) +0:50 (6) +0:00 (1) +0:00 (1)
19:22 (7) 19:22 (7)

+0:00 (1) +0:00 (1)

Benjamin August Viken **Tverlandet IL** **(26,06min/km)** **39:05**
2:57 (13) 11:02 (14) 15:11 (14) 18:09 (14) 24:07 (14) 28:44 (14) 33:35 (14) 37:54 (14) 39:05 (14) 39:05 (14)
2:57/119 8:05/111 4:09/113 2:58/114 5:58/111 4:37/109 4:51/110 4:19/107 1:11/100
+2:03 (13) +6:14 (14) +3:04 (14) +2:28 (14) +4:25 (14) +2:59 (14) +4:15 (14) +2:53 (14) +0:51 (13) +0:00 (1)
39:05 (14) 39:05 (14)

+0:00 (1) +0:00 (1)

Stine Vikhals **Bodø og Omegn IF** **(16,84min/km)** **25:16**
1:37 (7) 7:15 (12) 9:14 (11) 10:48 (11) 13:35 (10) 16:18 (10) 20:12 (10) 24:22 (12) 25:16 (12) 25:16 (12)
1:37/119 5:38/111 1:59/113 1:34/114 2:47/111 2:43/109 3:54/110 4:10/107 0:54/100
+0:43 (7) +3:47 (12) +0:54 (8) +1:04 (11) +1:14 (9) +1:05 (9) +3:18 (12) +2:44 (13) +0:34 (12) +0:00 (1)
25:16 (12) 25:16 (11)

+0:00 (1) +0:00 (1)

Klasse Damer 2,8 km

15 påmeldt, 15 startende

1	Marit Johnsen		Bodø og Omegn IF		(7,99min/km)		22:23			
	1:42 (3)	4:07 (3)	6:14 (3)	7:47 (3)	9:17 (3)	11:40 (2)	12:12 (2)	15:05 (2)	17:05 (2)	19:38 (2)
	1:42/112	2:25/104	2:07/103	1:33/102	1:30/101	2:23/115	0:32/116	2:53/106	2:00/118	2:33/117
	+0:24 (2)	+0:00 (1)	+0:00 (1)	+0:20 (3)	+0:00 (1)	+0:00 (1)	+0:01 (2)	+0:00 (1)	+0:13 (2)	+0:21 (3)
	21:10 (2)	22:06 (2)	22:23 (2)							
	1:32/105	0:56/107	0:17/100							
	+0:00 (1)	+0:01 (2)	+0:01 (3)							
2	Eirill Pettersen Buvik		Korgen IL		(9,85min/km)		27:35		(+5:12)	
	1:18 (2)	3:45 (2)	5:53 (2)	7:20 (2)	8:55 (2)	16:03 (4)	16:34 (3)	19:42 (3)	22:01 (3)	24:31 (3)
	1:18/112	2:27/104	2:08/103	1:27/102	1:35/101	7:08/115	0:31/116	3:08/106	2:19/118	2:30/117
	+0:00 (1)	+0:02 (2)	+0:01 (2)	+0:14 (2)	+0:05 (3)	+4:45 (10)	+0:00 (1)	+0:15 (2)	+0:32 (4)	+0:18 (2)
	26:03 (3)	27:19 (3)	27:35 (3)							
	1:32/105	1:16/107	0:16/100							
	+0:00 (1)	+0:21 (7)	+0:00 (1)							
3	Marthe Limstrand		Bodø og Omegn IF		(11,18min/km)		31:19		(+8:56)	
	2:51 (9)	5:22 (5)	10:24 (8)	12:08 (8)	13:41 (5)	17:52 (5)	18:27 (5)	23:06 (5)	25:16 (5)	28:04 (5)
	2:51/112	2:31/104	5:02/103	1:44/102	1:33/101	4:11/115	0:35/116	4:39/106	2:10/118	2:48/117
	+1:33 (8)	+0:06 (3)	+2:55 (9)	+0:31 (4)	+0:03 (2)	+1:48 (5)	+0:04 (4)	+1:46 (4)	+0:23 (3)	+0:36 (4)
	29:51 (4)	30:56 (4)	31:19 (4)							
	1:47/105	1:05/107	0:23/100							
	+0:15 (4)	+0:10 (4)	+0:07 (8)							
4	Mari Eriksen Reitan		Bodø og Omegn IF		(11,44min/km)		32:02		(+9:39)	
	2:12 (6)	5:06 (4)	8:48 (5)	10:44 (4)	12:32 (4)	15:55 (3)	16:38 (4)	21:35 (4)	24:01 (4)	27:55 (4)
	2:12/112	2:54/104	3:42/103	1:56/102	1:48/101	3:23/115	0:43/116	4:57/106	2:26/118	3:54/117
	+0:54 (5)	+0:29 (6)	+1:35 (5)	+0:43 (5)	+0:18 (4)	+1:00 (2)	+0:12 (5)	+2:04 (6)	+0:39 (5)	+1:42 (9)
	30:25 (5)	31:39 (5)	32:02 (5)							
	2:30/105	1:14/107	0:23/100							
	+0:58 (7)	+0:19 (6)	+0:07 (8)							
5	Aviaja Kleist		Bodø og Omegn IF		(12,15min/km)		34:02		(+11:39)	
	2:54 (10)	5:43 (6)	14:45 (13)	15:58 (11)	18:33 (10)	23:28 (8)	24:00 (8)	27:17 (7)	29:04 (7)	31:16 (7)
	2:54/112	2:49/104	9:02/103	1:13/102	2:35/101	4:55/115	0:32/116	3:17/106	1:47/118	2:12/117
	+1:36 (9)	+0:24 (4)	+6:55 (13)	+0:00 (1)	+1:05 (6)	+2:32 (6)	+0:01 (2)	+0:24 (3)	+0:00 (1)	+0:00 (1)
	32:51 (7)	33:46 (6)	34:02 (6)							
	1:35/105	0:55/107	0:16/100							
	+0:03 (3)	+0:00 (1)	+0:00 (1)							
6	Elin Marie Wedege Irgens		Bodø og Omegn IF		(12,35min/km)		34:35		(+12:12)	
	2:06 (4)	6:24 (9)	9:29 (6)	11:34 (6)	14:17 (7)	18:20 (6)	19:11 (6)	23:59 (6)	26:38 (6)	30:17 (6)
	2:06/112	4:18/104	3:05/103	2:05/102	2:43/101	4:03/115	0:51/116	4:48/106	2:39/118	3:39/117
	+0:48 (3)	+1:53 (10)	+0:58 (4)	+0:52 (6)	+1:13 (8)	+1:40 (4)	+0:20 (7)	+1:55 (5)	+0:52 (9)	+1:27 (8)
	32:49 (6)	34:11 (7)	34:35 (7)							
	2:32/105	1:22/107	0:24/100							
	+1:00 (8)	+0:27 (8)	+0:08 (10)							
7	Corinna Lau		Bodø og Omegn IF		(13,96min/km)		39:06		(+16:43)	
	3:52 (12)	6:45 (10)	14:01 (11)	16:11 (12)	18:57 (12)	22:35 (7)	23:37 (7)	29:52 (8)	32:23 (8)	35:41 (8)
	3:52/112	2:53/104	7:16/103	2:10/102	2:46/101	3:38/115	1:02/116	6:15/106	2:31/118	3:18/117
	+2:34 (11)	+0:28 (5)	+5:09 (12)	+0:57 (7)	+1:16 (9)	+1:15 (3)	+0:31 (10)	+3:22 (9)	+0:44 (6)	+1:06 (6)
	37:41 (8)	38:45 (8)	39:06 (8)							
	2:00/105	1:04/107	0:21/100							
	+0:28 (5)	+0:09 (3)	+0:05 (5)							
8	Oda Furuholmen		Bodø og Omegn IF		(14,86min/km)		41:37		(+19:14)	
	2:31 (7)	5:47 (7)	8:40 (4)	10:50 (5)	13:56 (6)	25:39 (11)	26:25 (11)	32:07 (10)	34:45 (9)	38:02 (9)
	2:31/112	3:16/104	2:53/103	2:10/102	3:06/101	11:43/115	0:46/116	5:42/106	2:38/118	3:17/117
	+1:13 (6)	+0:51 (7)	+0:46 (3)	+0:57 (7)	+1:36 (11)	+9:20 (13)	+0:15 (6)	+2:49 (7)	+0:51 (8)	+1:05 (5)
	40:06 (9)	41:15 (9)	41:37 (9)							
	2:04/105	1:09/107	0:22/100							
	+0:32 (6)	+0:14 (5)	+0:06 (7)							

9 Heidi Jensen	Bodø og Omegn IF						<i>(15,43min/km)</i>	43:12 (+20:49)	
2:11 (5)	5:53 (8)	9:48 (7)	12:02 (7)	14:24 (8)	23:33 (9)	24:24 (9)	32:21 (11)	35:09 (11)	38:39 (10)
2:11/112	3:42/104	3:55/103	2:14/102	2:22/101	9:09/115	0:51/116	7:57/106	2:48/118	3:30/117
+0:53 (4)	+1:17 (8)	+1:48 (6)	+1:01 (9)	+0:52 (5)	+6:46 (11)	+0:20 (7)	+5:04 (12)	+1:01 (10)	+1:18 (7)
41:19 (10)	42:52 (10)	43:12 (10)							
2:40/105	1:33/107	0:20/100							
+1:08 (9)	+0:38 (9)	+0:04 (4)							

10 Siv Byberg	Bodø og Omegn IF						<i>(16,22min/km)</i>	45:25 (+23:02)	
2:47 (8)	7:43 (11)	11:46 (9)	15:08 (9)	17:47 (9)	23:35 (10)	24:45 (10)	32:03 (9)	35:05 (10)	40:20 (11)
2:47/112	4:56/104	4:03/103	3:22/102	2:39/101	5:48/115	1:10/116	7:18/106	3:02/118	5:15/117
+1:29 (7)	+2:31 (12)	+1:56 (7)	+2:09 (12)	+1:09 (7)	+3:25 (8)	+0:39 (13)	+4:25 (11)	+1:15 (11)	+3:03 (13)
43:10 (11)	44:48 (11)	45:25 (11)							
2:50/105	1:38/107	0:37/100							
+1:18 (11)	+0:43 (11)	+0:21 (13)							

11 Kirsten Limstrand	Bodø og Omegn IF						<i>(17,28min/km)</i>	48:23 (+26:00)	
3:28 (11)	7:49 (12)	12:52 (10)	15:49 (10)	18:53 (11)	25:50 (12)	26:58 (12)	34:14 (12)	37:36 (12)	42:11 (12)
3:28/112	4:21/104	5:03/103	2:57/102	3:04/101	6:57/115	1:08/116	7:16/106	3:22/118	4:35/117
+2:10 (10)	+1:56 (11)	+2:56 (10)	+1:44 (10)	+1:34 (10)	+4:34 (9)	+0:37 (12)	+4:23 (10)	+1:35 (12)	+2:23 (12)
46:10 (12)	47:51 (12)	48:23 (12)							
3:59/105	1:41/107	0:32/100							
+2:27 (13)	+0:46 (12)	+0:16 (12)							

12 Regula Hösli	Bodø og Omegn IF						<i>(17,42min/km)</i>	48:46 (+26:23)	
5:58 (13)	9:41 (13)	14:09 (12)	17:23 (13)	23:21 (13)	28:45 (13)	29:47 (13)	35:54 (13)	39:24 (13)	43:53 (13)
5:58/112	3:43/104	4:28/103	3:14/102	5:58/101	5:24/115	1:02/116	6:07/106	3:30/118	4:29/117
+4:40 (12)	+1:18 (9)	+2:21 (8)	+2:01 (11)	+4:28 (13)	+3:01 (7)	+0:31 (10)	+3:14 (8)	+1:43 (13)	+2:17 (11)
46:44 (13)	48:18 (13)	48:46 (13)							
2:51/105	1:34/107	0:28/100							
+1:19 (12)	+0:39 (10)	+0:12 (11)							

13 Elisabeth Kongsbakk	Bodø og Omegn IF						<i>(17,85min/km)</i>	49:58 (+27:35)	
(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)							
+0:00 (1)	+0:00 (1)	+0:00 (1)							

14 Lotte Eriksen Reitan	Bodø og Omegn IF						<i>(24,26min/km)</i>	1:07:55 (+45:32)	
14:55 (14)	19:58 (14)	25:40 (14)	30:43 (14)	34:40 (14)	43:59 (14)	44:59 (14)	56:02 (14)	58:37 (14)	1:03:02 (14)
14:55/112	5:03/104	5:42/103	5:03/102	3:57/101	9:19/115	1:00/116	11:03/106	2:35/118	4:25/117
+13:37 (13)	+2:38 (13)	+3:35 (11)	+3:50 (13)	+2:27 (12)	+6:56 (12)	+0:29 (9)	+8:10 (13)	+0:48 (7)	+2:13 (10)
1:05:45 (14)	1:07:34 (14)	1:07:55 (14)							
2:43/105	1:49/107	0:21/100							
+1:11 (10)	+0:54 (13)	+0:05 (5)							

Marit Jensen	Bodø og Omegn IF						<i>(14,54min/km)</i>	Disk (+18:20)	
11:06 (14)	15:02 (14)	17:24 (14)	19:35 (14)	24:07 (14)	24:54 (11)	30:31 (14)	32:55 (12)	36:38 (12)	39:06 (11)
11:06/104	3:56/115	2:22/103	2:11/101	4:32/115	0:47/116	5:37/106	2:24/118	3:43/117	2:28/105
+9:48 (13)	+1:31 (10)	+0:15 (3)	+0:58 (9)	+3:02 (13)	+0:00 (1)	+5:06 (14)	+0:00 (1)	+1:56 (14)	+0:16 (2)
40:21 (10)	40:43 (9)	40:43 (9)							
1:15/107	0:22/100								
+0:00 (1)	+0:00 (1)	+0:00 (1)							

Klasse Herrer 2,8 km

44 påmeldt, 44 startende

1 Lars Reitan	Bodø og Omegn IF						<i>(6,90min/km)</i>	19:19	
1:19 (3)	3:13 (1)	5:07 (1)	6:30 (2)	7:40 (1)	9:44 (1)	10:13 (1)	12:51 (1)	14:26 (1)	16:43 (1)
1:19/112	1:54/104	1:54/103	1:23/102	1:10/101	2:04/115	0:29/116	2:38/106	1:35/118	2:17/117
+0:14 (3)	+0:00 (1)	+0:15 (3)	+0:22 (5)	+0:00 (1)	+0:06 (2)	+0:03 (5)	+0:00 (1)	+0:08 (3)	+0:10 (2)
18:12 (1)	19:01 (1)	19:19 (1)							
1:29/105	0:49/107	0:18/100							
+0:08 (4)	+0:04 (2)	+0:04 (9)							

2	Håvard Wedege Irgens		Bodø og Omegn IF				(7,32min/km)		20:30	(+1:11)
	1:14 (2)	3:24 (2)	5:17 (2)	6:27 (1)	8:33 (3)	10:39 (2)	11:07 (2)	13:47 (2)	15:22 (2)	17:46 (2)
	1:14/112	2:10/104	1:53/103	1:10/102	2:06/101	2:06/115	0:28/116	2:40/106	1:35/118	2:24/117
	+0:09 (2)	+0:16 (3)	+0:14 (2)	+0:09 (2)	+0:56 (16)	+0:08 (4)	+0:02 (4)	+0:02 (3)	+0:08 (3)	+0:17 (7)
	19:21 (2)	20:12 (2)	20:30 (2)							
	1:35/105	0:51/107	0:18/100							
	+0:14 (6)	+0:06 (3)	+0:04 (9)							
3	Jakob Kalvig Skogan		Bodø og Omegn IF				(7,37min/km)		20:38	(+1:19)
	1:25 (5)	3:33 (3)	6:23 (8)	7:34 (4)	8:58 (4)	11:03 (3)	11:29 (3)	14:25 (3)	15:59 (3)	18:06 (3)
	1:25/112	2:08/104	2:50/103	1:11/102	1:24/101	2:05/115	0:26/116	2:56/106	1:34/118	2:07/117
	+0:20 (5)	+0:14 (2)	+1:11 (21)	+0:10 (3)	+0:14 (4)	+0:07 (3)	+0:00 (1)	+0:18 (4)	+0:07 (2)	+0:00 (1)
	19:30 (3)	20:22 (3)	20:38 (3)							
	1:24/105	0:52/107	0:16/100							
	+0:03 (2)	+0:07 (4)	+0:02 (4)							
4	Bjørn Are Stensland		Bodø og Omegn IF				(8,46min/km)		23:41	(+4:22)
	1:37 (11)	3:58 (8)	6:35 (10)	8:05 (10)	10:43 (11)	12:55 (7)	13:29 (7)	16:33 (5)	18:41 (5)	21:00 (4)
	1:37/112	2:21/104	2:37/103	1:30/102	2:38/101	2:12/115	0:34/116	3:04/106	2:08/118	2:19/117
	+0:32 (11)	+0:27 (7)	+0:58 (16)	+0:29 (6)	+1:28 (27)	+0:14 (5)	+0:08 (10)	+0:26 (5)	+0:41 (18)	+0:12 (5)
	22:30 (4)	23:23 (4)	23:41 (4)							
	1:30/105	0:53/107	0:18/100							
	+0:09 (5)	+0:08 (5)	+0:04 (9)							
5	Per Rekkedal		Bodø og Omegn IF				(8,70min/km)		24:21	(+5:02)
	1:41 (13)	4:00 (9)	6:06 (4)	7:36 (5)	9:26 (5)	12:02 (4)	12:34 (5)	16:55 (6)	19:01 (6)	21:19 (5)
	1:41/112	2:19/104	2:06/103	1:30/102	1:50/101	2:36/115	0:32/116	4:21/106	2:06/118	2:18/117
	+0:36 (13)	+0:25 (5)	+0:27 (4)	+0:29 (6)	+0:40 (13)	+0:38 (9)	+0:06 (7)	+1:43 (20)	+0:39 (15)	+0:11 (3)
	23:08 (5)	24:03 (5)	24:21 (5)							
	1:49/105	0:55/107	0:18/100							
	+0:28 (15)	+0:10 (7)	+0:04 (9)							
6	Kenneth Viken		Tverlandet IL				(8,81min/km)		24:40	(+5:21)
	1:19 (3)	3:57 (6)	6:10 (5)	7:44 (6)	9:38 (7)	12:02 (4)	12:29 (4)	16:13 (4)	18:07 (4)	21:22 (6)
	1:19/112	2:38/104	2:13/103	1:34/102	1:54/101	2:24/115	0:27/116	3:44/106	1:54/118	3:15/117
	+0:14 (3)	+0:44 (14)	+0:34 (5)	+0:33 (8)	+0:44 (14)	+0:26 (6)	+0:01 (3)	+1:06 (11)	+0:27 (8)	+1:08 (20)
	23:10 (6)	24:19 (6)	24:40 (6)							
	1:48/105	1:09/107	0:21/100							
	+0:27 (14)	+0:24 (20)	+0:07 (23)							
7	Petter Jakola		Bodø og Omegn IF				(9,01min/km)		25:13	(+5:54)
	1:05 (1)	3:57 (7)	5:36 (3)	6:37 (3)	7:47 (2)	15:08 (10)	16:25 (13)	19:04 (10)	20:31 (8)	22:49 (8)
	1:05/112	2:52/104	1:39/103	1:01/102	1:10/101	7:21/115	1:17/116	2:39/106	1:27/118	2:18/117
	+0:00 (1)	+0:58 (17)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+5:23 (29)	+0:51 (33)	+0:01 (2)	+0:00 (1)	+0:11 (3)
	24:14 (7)	24:59 (7)	25:13 (7)							
	1:25/105	0:45/107	0:14/100							
	+0:04 (3)	+0:00 (1)	+0:00 (1)							
8	Leif Magne Eggestad		Bodø og Omegn IF				(9,21min/km)		25:47	(+6:28)
	1:32 (9)	4:03 (11)	6:21 (7)	8:02 (9)	9:36 (6)	12:12 (6)	13:00 (6)	17:00 (7)	19:24 (7)	22:14 (7)
	1:32/112	2:31/104	2:18/103	1:41/102	1:34/101	2:36/115	0:48/116	4:00/106	2:24/118	2:50/117
	+0:27 (9)	+0:37 (10)	+0:39 (7)	+0:40 (11)	+0:24 (7)	+0:38 (9)	+0:22 (24)	+1:22 (14)	+0:57 (21)	+0:43 (14)
	24:16 (8)	25:24 (8)	25:47 (8)							
	2:02/105	1:08/107	0:23/100							
	+0:41 (20)	+0:23 (19)	+0:09 (26)							
9	Jan Fredrik Prytz		Bodø og Omegn IF				(9,34min/km)		26:09	(+6:50)
	4:19 (34)	6:50 (29)	9:26 (26)	11:10 (21)	12:43 (19)	15:11 (11)	15:43 (10)	18:56 (9)	20:41 (9)	23:12 (9)
	4:19/112	2:31/104	2:36/103	1:44/102	1:33/101	2:28/115	0:32/116	3:13/106	1:45/118	2:31/117
	+3:14 (34)	+0:37 (10)	+0:57 (14)	+0:43 (14)	+0:23 (6)	+0:30 (8)	+0:06 (7)	+0:35 (7)	+0:18 (6)	+0:24 (11)
	24:52 (9)	25:49 (9)	26:09 (9)							
	1:40/105	0:57/107	0:20/100							
	+0:19 (8)	+0:12 (10)	+0:06 (16)							
10	Eirik Alst		Bodø og Omegn IF				(9,35min/km)		26:10	(+6:51)
	2:08 (18)	5:02 (15)	7:20 (15)	9:06 (15)	11:32 (14)	13:58 (8)	14:39 (8)	18:48 (8)	20:46 (10)	23:16 (10)
	2:08/112	2:54/104	2:18/103	1:46/102	2:26/101	2:26/115	0:41/116	4:09/106	1:58/118	2:30/117
	+1:03 (18)	+1:00 (18)	+0:39 (7)	+0:45 (16)	+1:16 (24)	+0:28 (7)	+0:15 (18)	+1:31 (16)	+0:31 (10)	+0:23 (10)

24:53 (10)	25:50 (10)	26:10 (10)							
1:37/105	0:57/107	0:20/100							
+0:16 (7)	+0:12 (10)	+0:06 (16)							
11 Torkel J. K. Irgens	Bodø og Omegn IF					(9,77min/km)	27:21		(+8:02)
1:30 (8)	5:42 (19)	8:15 (16)	10:07 (16)	12:10 (16)	15:04 (9)	15:38 (9)	19:55 (13)	21:55 (13)	24:21 (12)
1:30/112	4:12/104	2:33/103	1:52/102	2:03/101	2:54/115	0:34/116	4:17/106	2:00/118	2:26/117
+0:25 (8)	+2:18 (33)	+0:54 (11)	+0:51 (20)	+0:53 (15)	+0:56 (11)	+0:08 (10)	+1:39 (18)	+0:33 (12)	+0:19 (8)
26:03 (12)	27:02 (12)	27:21 (11)							
1:42/105	0:59/107	0:19/100							
+0:21 (9)	+0:14 (12)	+0:05 (13)							
12 Morten Tjørndal	Bodø og Omegn IF					(9,77min/km)	27:22		(+8:03)
3:13 (28)	6:22 (26)	8:48 (18)	10:35 (17)	12:07 (15)	15:13 (12)	15:45 (11)	19:34 (11)	21:31 (11)	23:59 (11)
3:13/112	3:09/104	2:26/103	1:47/102	1:32/101	3:06/115	0:32/116	3:49/106	1:57/118	2:28/117
+2:08 (28)	+1:15 (20)	+0:47 (9)	+0:46 (17)	+0:22 (5)	+1:08 (13)	+0:06 (7)	+1:11 (13)	+0:30 (9)	+0:21 (9)
26:02 (11)	27:02 (11)	27:22 (12)							
2:03/105	1:00/107	0:20/100							
+0:42 (22)	+0:15 (13)	+0:06 (16)							
13 Ask Kleist Godal	Bodø og Omegn IF					(9,89min/km)	27:41		(+8:22)
1:38 (12)	3:55 (4)	6:25 (9)	7:44 (6)	10:00 (10)	16:48 (16)	17:14 (16)	20:19 (14)	22:07 (14)	24:44 (14)
1:38/112	2:17/104	2:30/103	1:19/102	2:16/101	6:48/115	0:26/116	3:05/106	1:48/118	2:37/117
+0:33 (12)	+0:23 (4)	+0:51 (10)	+0:18 (4)	+1:06 (19)	+4:50 (27)	+0:00 (1)	+0:27 (6)	+0:21 (7)	+0:30 (13)
26:29 (13)	27:25 (13)	27:41 (13)							
1:45/105	0:56/107	0:16/100							
+0:24 (11)	+0:11 (8)	+0:02 (4)							
14 Anders Kure	Bodø og Omegn IF					(10,24min/km)	28:41		(+9:22)
3:50 (30)	6:15 (24)	8:54 (19)	10:45 (18)	12:21 (17)	15:27 (13)	16:01 (12)	19:44 (12)	21:51 (12)	25:11 (15)
3:50/112	2:25/104	2:39/103	1:51/102	1:36/101	3:06/115	0:34/116	3:43/106	2:07/118	3:20/117
+2:45 (30)	+0:31 (9)	+1:00 (17)	+0:50 (19)	+0:26 (9)	+1:08 (13)	+0:08 (10)	+1:05 (10)	+0:40 (17)	+1:13 (23)
27:06 (14)	28:18 (14)	28:41 (14)							
1:55/105	1:12/107	0:23/100							
+0:34 (18)	+0:27 (23)	+0:09 (26)							
15 Håkon Hegreberg	Bodø og Omegn IF					(10,52min/km)	29:28		(+10:09)
1:36 (10)	3:56 (5)	6:12 (6)	8:00 (8)	9:49 (8)	15:58 (14)	16:43 (14)	20:25 (15)	22:08 (15)	24:43 (13)
1:36/112	2:20/104	2:16/103	1:48/102	1:49/101	6:09/115	0:45/116	3:42/106	1:43/118	2:35/117
+0:31 (10)	+0:26 (6)	+0:37 (6)	+0:47 (18)	+0:39 (12)	+4:11 (25)	+0:19 (20)	+1:04 (9)	+0:16 (5)	+0:28 (12)
27:35 (15)	29:09 (15)	29:28 (15)							
2:52/105	1:34/107	0:19/100							
+1:31 (31)	+0:49 (34)	+0:05 (13)							
16 Carl B. Bjørseth	Bodø og Omegn IF					(11,01min/km)	30:49		(+11:30)
2:15 (20)	5:54 (23)	9:05 (24)	11:03 (20)	13:09 (21)	16:18 (15)	16:55 (15)	21:20 (16)	23:42 (16)	26:59 (16)
2:15/112	3:39/104	3:11/103	1:58/102	2:06/101	3:09/115	0:37/116	4:25/106	2:22/118	3:17/117
+1:10 (20)	+1:45 (30)	+1:32 (24)	+0:57 (22)	+0:56 (16)	+1:11 (15)	+0:11 (14)	+1:47 (21)	+0:55 (20)	+1:10 (21)
29:11 (16)	30:26 (16)	30:49 (16)							
2:12/105	1:15/107	0:23/100							
+0:51 (24)	+0:30 (25)	+0:09 (26)							
17 Torbjørn Høsli Olsen	Bodø og Omegn IF					(11,03min/km)	30:53		(+11:34)
2:12 (19)	4:43 (14)	7:19 (14)	9:03 (14)	11:28 (13)	18:47 (20)	19:18 (19)	22:56 (17)	25:02 (17)	28:01 (18)
2:12/112	2:31/104	2:36/103	1:44/102	2:25/101	7:19/115	0:31/116	3:38/106	2:06/118	2:59/117
+1:07 (19)	+0:37 (10)	+0:57 (14)	+0:43 (14)	+1:15 (23)	+5:21 (28)	+0:05 (6)	+1:00 (8)	+0:39 (15)	+0:52 (17)
29:45 (17)	30:39 (17)	30:53 (17)							
1:44/105	0:54/107	0:14/100							
+0:23 (10)	+0:09 (6)	+0:00 (1)							
18 Terje Johansen	Bodø og Omegn IF					(11,34min/km)	31:45		(+12:26)
5:18 (37)	8:43 (33)	11:31 (30)	13:14 (27)	15:34 (27)	18:29 (18)	19:10 (17)	23:30 (19)	25:35 (19)	28:26 (19)
5:18/112	3:25/104	2:48/103	1:43/102	2:20/101	2:55/115	0:41/116	4:20/106	2:05/118	2:51/117
+4:13 (37)	+1:31 (25)	+1:09 (20)	+0:42 (13)	+1:10 (21)	+0:57 (12)	+0:15 (18)	+1:42 (19)	+0:38 (13)	+0:44 (15)
30:19 (18)	31:25 (18)	31:45 (18)							
1:53/105	1:06/107	0:20/100							
+0:32 (17)	+0:21 (17)	+0:06 (16)							

19 Arne Kristian Nordhei	Bodø og Omegn IF						(11,40min/km)		31:55 (+12:36)	
1:29 (7)	4:00 (9)	6:39 (11)	8:13 (11)	10:53 (12)	18:24 (17)	19:12 (18)	22:57 (18)	25:02 (17)	27:58 (17)	
1:29/112	2:31/104	2:39/103	1:34/102	2:40/101	7:31/115	0:48/116	3:45/106	2:05/118	2:56/117	
+0:24 (7)	+0:37 (10)	+1:00 (17)	+0:33 (8)	+1:30 (28)	+5:33 (30)	+0:22 (24)	+1:07 (12)	+0:38 (13)	+0:49 (16)	
30:26 (19)	31:35 (19)	31:55 (19)								
2:28/105	1:09/107	0:20/100								
+1:07 (27)	+0:24 (20)	+0:06 (16)								
20 Steve Samuelsen	Bodø og Omegn IF						(11,54min/km)		32:18 (+12:59)	
2:21 (21)	5:20 (17)	14:55 (35)	16:51 (34)	18:14 (32)	20:12 (23)	20:52 (23)	25:02 (21)	27:00 (20)	29:21 (20)	
2:21/112	2:59/104	9:35/103	1:56/102	1:23/101	1:58/115	0:40/116	4:10/106	1:58/118	2:21/117	
+1:16 (21)	+1:05 (19)	+7:56 (40)	+0:55 (21)	+0:13 (3)	+0:00 (1)	+0:14 (16)	+1:32 (17)	+0:31 (10)	+0:14 (6)	
30:42 (20)	32:02 (20)	32:18 (20)								
1:21/105	1:20/107	0:16/100								
+0:00 (1)	+0:35 (29)	+0:02 (4)								
21 Morten Selnes	Bodø og Omegn IF						(12,16min/km)		34:03 (+14:44)	
2:57 (25)	6:15 (24)	9:18 (25)	12:06 (25)	15:00 (24)	18:40 (19)	19:29 (20)	23:57 (20)	27:16 (21)	30:41 (21)	
2:57/112	3:18/104	3:03/103	2:48/102	2:54/101	3:40/115	0:49/116	4:28/106	3:19/118	3:25/117	
+1:52 (25)	+1:24 (23)	+1:24 (22)	+1:47 (30)	+1:44 (29)	+1:42 (17)	+0:23 (26)	+1:50 (22)	+1:52 (34)	+1:18 (24)	
32:32 (21)	33:38 (21)	34:03 (21)								
1:51/105	1:06/107	0:25/100								
+0:30 (16)	+0:21 (17)	+0:11 (33)								
22 Espen Samuelsen Skiri	Bodø og Omegn IF						(12,36min/km)		34:36 (+15:17)	
1:57 (16)	5:17 (16)	8:57 (20)	11:56 (24)	15:09 (26)	18:58 (21)	19:43 (21)	25:29 (23)	27:59 (22)	30:59 (22)	
1:57/112	3:20/104	3:40/103	2:59/102	3:13/101	3:49/115	0:45/116	5:46/106	2:30/118	3:00/117	
+0:52 (16)	+1:26 (24)	+2:01 (30)	+1:58 (31)	+2:03 (31)	+1:51 (18)	+0:19 (20)	+3:08 (33)	+1:03 (23)	+0:53 (18)	
33:01 (22)	34:17 (22)	34:36 (22)								
2:02/105	1:16/107	0:19/100								
+0:41 (20)	+0:31 (26)	+0:05 (13)								
23 Øyvind Bjørkås	Bodø og Omegn IF						(12,58min/km)		35:14 (+15:55)	
1:27 (6)	4:13 (13)	6:54 (13)	8:36 (13)	13:05 (20)	19:52 (22)	20:32 (22)	25:14 (22)	28:07 (23)	31:10 (23)	
1:27/112	2:46/104	2:41/103	1:42/102	4:29/101	6:47/115	0:40/116	4:42/106	2:53/118	3:03/117	
+0:22 (6)	+0:52 (15)	+1:02 (19)	+0:41 (12)	+3:19 (39)	+4:49 (26)	+0:14 (16)	+2:04 (23)	+1:26 (28)	+0:56 (19)	
33:31 (23)	34:43 (23)	35:14 (23)								
2:21/105	1:12/107	0:31/100								
+1:00 (26)	+0:27 (23)	+0:17 (36)								
24 Amund Kleist Godal	Bodø og Omegn IF						(13,41min/km)		37:33 (+18:14)	
2:34 (23)	5:44 (20)	9:01 (22)	12:33 (26)	15:08 (25)	20:58 (24)	21:58 (24)	26:01 (24)	29:52 (24)	34:14 (24)	
2:34/112	3:10/104	3:17/103	3:32/102	2:35/101	5:50/115	1:00/116	4:03/106	3:51/118	4:22/117	
+1:29 (23)	+1:16 (21)	+1:38 (26)	+2:31 (34)	+1:25 (26)	+3:52 (24)	+0:34 (30)	+1:25 (15)	+2:24 (36)	+2:15 (33)	
36:13 (24)	37:13 (24)	37:33 (24)								
1:59/105	1:00/107	0:20/100								
+0:38 (19)	+0:15 (13)	+0:06 (16)								
25 Reidar Andersen	Bodø og Omegn IF						(13,54min/km)		37:54 (+18:35)	
5:20 (39)	8:07 (31)	11:19 (29)	15:44 (31)	17:21 (29)	22:09 (27)	23:18 (27)	28:18 (27)	30:44 (25)	34:29 (25)	
5:20/112	2:47/104	3:12/103	4:25/102	1:37/101	4:48/115	1:09/116	5:00/106	2:26/118	3:45/117	
+4:15 (39)	+0:53 (16)	+1:33 (25)	+3:24 (38)	+0:27 (10)	+2:50 (21)	+0:43 (31)	+2:22 (25)	+0:59 (22)	+1:38 (28)	
36:16 (25)	37:34 (25)	37:54 (25)								
1:47/105	1:18/107	0:20/100								
+0:26 (12)	+0:33 (27)	+0:06 (16)								
26 Joar Klæboe Henriksen	Bodø og Omegn IF						(13,71min/km)		38:23 (+19:04)	
1:44 (14)	4:06 (12)	6:39 (11)	8:17 (12)	9:52 (9)	21:32 (25)	22:10 (25)	27:55 (25)	31:11 (27)	34:47 (26)	
1:44/112	2:22/104	2:33/103	1:38/102	1:35/101	11:40/115	0:38/116	5:45/106	3:16/118	3:36/117	
+0:39 (14)	+0:28 (8)	+0:54 (11)	+0:37 (10)	+0:25 (8)	+9:42 (36)	+0:12 (15)	+3:07 (32)	+1:49 (33)	+1:29 (26)	
36:59 (26)	38:02 (26)	38:23 (26)								
2:12/105	1:03/107	0:21/100								
+0:51 (24)	+0:18 (16)	+0:07 (23)								
27 Bendik Storvik Nilsen	Bodø og Omegn IF						(13,89min/km)		38:54 (+19:35)	
2:04 (17)	5:29 (18)	8:58 (21)	11:10 (22)	14:58 (23)	23:23 (28)	23:58 (28)	29:38 (28)	32:37 (28)	35:56 (28)	
2:04/112	3:25/104	3:29/103	2:12/102	3:48/101	8:25/115	0:35/116	5:40/106	2:59/118	3:19/117	
+0:59 (17)	+1:31 (25)	+1:50 (29)	+1:11 (25)	+2:38 (36)	+6:27 (31)	+0:09 (13)	+3:02 (31)	+1:32 (29)	+1:12 (22)	

37:43 (27) 38:39 (27) 38:54 (27)
1:47/105 0:56/107 0:15/100
+0:26 (12) +0:11 (8) +0:01 (3)

28 Bjørn Tore Winther Ukjent (15,14min/km) **42:23 (+23:04)**
1:52 (15) 5:45 (21) 8:20 (17) 10:46 (19) 12:24 (18) 26:36 (32) 27:30 (32) 32:33 (31) 34:50 (31) 38:46 (30)
1:52/112 3:53/104 2:35/103 2:26/102 1:38/101 14:12/115 0:54/116 5:03/106 2:17/118 3:56/117
+0:47 (15) +1:59 (31) +0:56 (13) +1:25 (26) +0:28 (11) +12:14 (38) +0:28 (28) +2:25 (26) +0:50 (19) +1:49 (30)
40:52 (28) 42:01 (28) 42:23 (28)
2:06/105 1:09/107 0:22/100
+0:45 (23) +0:24 (20) +0:08 (25)

29 Geir Moen Bodø og Omegn IF (15,33min/km) **42:55 (+23:36)**
2:31 (22) 6:42 (28) 16:10 (37) 18:14 (36) 22:01 (36) 25:31 (31) 26:17 (31) 31:40 (30) 34:30 (30) 38:06 (29)
2:31/112 4:11/104 9:28/103 2:04/102 3:47/101 3:30/115 0:46/116 5:23/106 2:50/118 3:36/117
+1:26 (22) +2:17 (32) +7:49 (39) +1:03 (23) +2:37 (35) +1:32 (16) +0:20 (22) +2:45 (29) +1:23 (27) +1:29 (26)
40:59 (29) 42:31 (29) 42:55 (29)
2:53/105 1:32/107 0:24/100
+1:32 (32) +0:47 (33) +0:10 (30)

30 Øyvind Johansen Bodø og Omegn IF (15,68min/km) **43:55 (+24:36)**
3:47 (29) 8:39 (32) 13:18 (32) 16:03 (32) 19:04 (33) 23:43 (29) 24:34 (29) 30:04 (29) 33:55 (29) 38:57 (31)
3:47/112 4:52/104 4:39/103 2:45/102 3:01/101 4:39/115 0:51/116 5:30/106 3:51/118 5:02/117
+2:42 (29) +2:58 (34) +3:00 (34) +1:44 (29) +1:51 (30) +2:41 (20) +0:25 (27) +2:52 (30) +2:24 (36) +2:55 (37)
42:00 (30) 43:31 (30) 43:55 (30)
3:03/105 1:31/107 0:24/100
+1:42 (34) +0:46 (32) +0:10 (30)

31 Per Dalhaug Bodø og Omegn IF (15,79min/km) **44:13 (+24:54)**
5:18 (37) 8:49 (34) 12:07 (31) 14:38 (30) 17:56 (30) 27:12 (33) 27:58 (33) 33:07 (32) 35:49 (32) 39:22 (32)
5:18/112 3:31/104 3:18/103 2:31/102 3:18/101 9:16/115 0:46/116 5:09/106 2:42/118 3:33/117
+4:13 (37) +1:37 (28) +1:39 (27) +1:30 (27) +2:08 (32) +7:18 (34) +0:20 (22) +2:31 (28) +1:15 (25) +1:26 (25)
42:01 (31) 43:56 (31) 44:13 (31)
2:39/105 1:55/107 0:17/100
+1:18 (29) +1:10 (37) +0:03 (7)

32 Edvin Berg Bodø og Omegn IF (17,03min/km) **47:41 (+28:22)**
2:36 (24) 5:53 (22) 9:02 (23) 11:13 (23) 14:38 (22) 30:12 (36) 31:30 (36) 36:38 (35) 39:15 (34) 43:17 (33)
2:36/112 3:17/104 3:09/103 2:11/102 3:25/101 15:34/115 1:18/116 5:08/106 2:37/118 4:02/117
+1:31 (24) +1:23 (22) +1:30 (23) +1:10 (24) +2:15 (33) +13:36 (39) +0:52 (34) +2:30 (27) +1:10 (24) +1:55 (31)
45:56 (32) 47:14 (32) 47:41 (32)
2:39/105 1:18/107 0:27/100
+1:18 (29) +0:33 (27) +0:13 (34)

33 Jon Øverås Bodø og Omegn IF (17,21min/km) **48:11 (+28:52)**
3:00 (27) 6:32 (27) 10:33 (27) 14:33 (28) 16:40 (28) 21:32 (26) 23:05 (26) 28:02 (26) 31:07 (26) 35:01 (27)
3:00/112 3:32/104 4:01/103 4:00/102 2:07/101 4:52/115 1:33/116 4:57/106 3:05/118 3:54/117
+1:55 (27) +1:38 (29) +2:22 (31) +2:59 (36) +0:57 (18) +2:54 (22) +1:07 (38) +2:19 (24) +1:38 (31) +1:47 (29)
46:05 (33) 47:40 (33) 48:11 (33)
11:04/105 1:35/107 0:31/100
+9:43 (40) +0:50 (35) +0:17 (36)

34 Amund Bø Kongsbakk Bodø og Omegn IF (17,85min/km) **49:58 (+30:39)**
2:58 (26) 8:50 (35) 13:28 (33) 16:47 (33) 19:04 (34) 27:30 (34) 29:01 (34) 35:38 (34) 39:26 (35) 45:00 (34)
2:58/112 5:52/104 4:38/103 3:19/102 2:17/101 8:26/115 1:31/116 6:37/106 3:48/118 5:34/117
+1:53 (26) +3:58 (38) +2:59 (33) +2:18 (33) +1:07 (20) +6:28 (32) +1:05 (36) +3:59 (36) +2:21 (35) +3:27 (38)
48:14 (35) 49:41 (34) 49:58 (34)
3:14/105 1:27/107 0:17/100
+1:53 (35) +0:42 (31) +0:03 (7)

35 Per Ole Fosby Bodø og Omegn IF (17,98min/km) **50:20 (+31:01)**
5:48 (40) 10:43 (38) 14:54 (34) 17:33 (35) 19:54 (35) 23:45 (30) 25:17 (30) 35:18 (33) 38:25 (33) 45:17 (35)
5:48/112 4:55/104 4:11/103 2:39/102 2:21/101 3:51/115 1:32/116 10:01/106 3:07/118 6:52/117
+4:43 (40) +3:01 (35) +2:32 (32) +1:38 (28) +1:11 (22) +1:53 (19) +1:06 (37) +7:23 (39) +1:40 (32) +4:45 (40)
48:10 (34) 49:50 (35) 50:20 (35)
2:53/105 1:40/107 0:30/100
+1:32 (32) +0:55 (36) +0:16 (35)

36 Christian Søvik	Bodø og Omegn IF						(19,70min/km)	55:09 (+35:50)	
4:07 (31)	7:34 (30)	10:58 (28)	14:34 (29)	18:01 (31)	36:53 (38)	37:52 (37)	43:51 (37)	46:37 (37)	50:54 (37)
4:07/112	3:27/104	3:24/103	3:36/102	3:27/101	18:52/115	0:59/116	5:59/106	2:46/118	4:17/117
+3:02 (31)	+1:33 (27)	+1:45 (28)	+2:35 (35)	+2:17 (34)	+16:54 (40)	+0:33 (29)	+3:21 (34)	+1:19 (26)	+2:10 (32)
53:24 (36)	54:45 (36)	55:09 (36)							
2:30/105	1:21/107	0:24/100							
+1:09 (28)	+0:36 (30)	+0:10 (30)							
37 Marius Ekrem Finstad	Bodø og Omegn IF						(20,08min/km)	56:13 (+36:54)	
4:14 (32)	9:31 (36)	17:32 (38)	22:38 (39)	25:11 (38)	30:04 (35)	31:20 (35)	37:54 (36)	42:00 (36)	46:33 (36)
4:14/112	5:17/104	8:01/103	5:06/102	2:33/101	4:53/115	1:16/116	6:34/106	4:06/118	4:33/117
+3:09 (32)	+3:23 (36)	+6:22 (38)	+4:05 (39)	+1:23 (25)	+2:55 (23)	+0:50 (32)	+3:56 (35)	+2:39 (38)	+2:26 (34)
54:50 (37)	55:50 (37)	56:13 (37)							
8:17/105	1:00/107	0:23/100							
+6:56 (39)	+0:15 (13)	+0:09 (26)							
38 Adler S. Kringhaug	Bodø og Omegn IF						(23,75min/km)	1:06:30 (+47:11)	
4:59 (35)	11:06 (39)	17:56 (39)	22:17 (38)	28:51 (40)	38:41 (40)	40:43 (39)	49:10 (39)	55:28 (40)	1:00:01 (39)
4:59/112	6:07/104	6:50/103	4:21/102	6:34/101	9:50/115	2:02/116	8:27/106	6:18/118	4:33/117
+3:54 (35)	+4:13 (39)	+5:11 (37)	+3:20 (37)	+5:24 (40)	+7:52 (35)	+1:36 (39)	+5:49 (37)	+4:51 (40)	+2:26 (34)
1:03:38 (38)	1:05:44 (38)	1:06:30 (38)							
3:37/105	2:06/107	0:46/100							
+2:16 (36)	+1:21 (39)	+0:32 (39)							
39 Esten S. Kringhaug	Bodø og Omegn IF						(23,76min/km)	1:06:32 (+47:13)	
4:59 (35)	11:40 (40)	17:58 (40)	24:33 (40)	28:49 (39)	37:26 (39)	41:19 (40)	52:26 (40)	55:25 (39)	59:58 (38)
4:59/112	6:41/104	6:18/103	6:35/102	4:16/101	8:37/115	3:53/116	11:07/106	2:59/118	4:33/117
+3:54 (35)	+4:47 (40)	+4:39 (36)	+5:34 (40)	+3:06 (37)	+6:39 (33)	+3:27 (40)	+8:29 (40)	+1:32 (29)	+2:26 (34)
1:03:41 (39)	1:05:46 (39)	1:06:32 (39)							
3:43/105	2:05/107	0:46/100							
+2:22 (37)	+1:20 (38)	+0:32 (39)							
40 Arnold Danielsen	Bodø og Omegn IF						(23,99min/km)	1:07:10 (+47:51)	
4:14 (32)	10:03 (37)	15:53 (36)	19:00 (37)	23:22 (37)	36:51 (37)	38:20 (38)	47:54 (38)	54:05 (38)	1:00:07 (40)
4:14/112	5:49/104	5:50/103	3:07/102	4:22/101	13:29/115	1:29/116	9:34/106	6:11/118	6:02/117
+3:09 (32)	+3:55 (37)	+4:11 (35)	+2:06 (32)	+3:12 (38)	+11:31 (37)	+1:03 (35)	+6:56 (38)	+4:44 (39)	+3:55 (39)
1:04:18 (40)	1:06:30 (40)	1:07:10 (40)							
4:11/105	2:12/107	0:40/100							
+2:50 (38)	+1:27 (40)	+0:26 (38)							
Arild Hegreberg	Bodø og Omegn IF						(6,71min/km)	Disk	
1:15 (3)	3:23 (2)	5:04 (1)	6:21 (1)	8:36 (4)	10:41 (3)	12:35 (6)	14:13 (3)	16:14 (4)	17:34 (2)
1:15/112	2:08/104	1:41/103	1:17/102	2:15/101	2:05/115	1:54/106	1:38/118	2:01/117	1:20/105
+0:10 (3)	+0:14 (2)	+0:02 (2)	+0:16 (4)	+1:05 (19)	+0:07 (3)	+1:28 (39)	+0:00 (1)	+0:34 (13)	+0:00 (1)
18:31 (2)	18:48 (1)	18:48 (1)							
0:57/107	0:17/100								
+0:00 (1)	+0:00 (1)	+0:00 (1)							
Eduardo Cid Cruz	Bodø og Omegn IF						(15,57min/km)	Disk (+24:17)	
3:36 (29)	6:41 (28)	11:39 (31)	13:41 (28)	16:14 (28)	25:02 (31)	35:55 (37)	38:08 (37)	43:36 (37)	43:36 (34)
3:36/112	3:05/104	4:58/103	2:02/102	2:33/101	8:48/115	10:53/106	2:13/118	5:28/100	
+2:31 (29)	+1:11 (20)	+3:19 (35)	+1:01 (23)	+1:23 (25)	+6:50 (34)	+10:27 (41)	+0:00 (1)	+4:01 (39)	+0:00 (1)
43:36 (32)	43:36 (31)	43:36 (30)							
+0:00 (1)	+0:00 (1)	+0:00 (1)							
Jan Erik Paulsen	Bodø og Omegn IF						(10,55min/km)	Brutt (+10:13)	
8:00 (41)	10:01 (37)	12:13 (32)	13:33 (28)	14:42 (23)	24:38 (31)	25:52 (31)	29:32 (28)	29:32 (24)	29:32 (21)
8:00/112	2:01/104	2:12/103	1:20/102	1:09/101	9:56/115	1:14/116	3:40/106		
+6:55 (41)	+0:07 (2)	+0:33 (5)	+0:19 (5)	+0:00 (1)	+7:58 (36)	+0:48 (32)	+1:02 (9)	+0:00 (1)	+0:00 (1)
29:32 (17)	29:32 (16)	29:32 (16)							
+0:00 (1)	+0:00 (1)	+0:00 (1)							
Rasmus Andersen	Bodø og Omegn IF						(11,66min/km)	Brutt (+13:20)	
(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)
+0:00 (1) +0:00 (1) +0:00 (1)