

# Resultater fra 2\_sept 12.09.2009

Det var totalt 6 deltagere.

## Klasse A 2,9 km

6 påmeldt, 6 startende 2 premiert

1	Knut Sollied		Ukjent				(7,33min/km)	<b>21:28</b>	
	3:02 (3)	5:52 (2)	7:02 (1)	9:30 (1)	13:39 (1)	18:37 (1)	21:28 (1)		
	3:02/165	2:50/162	1:10/160	2:28/159	4:09/163	4:58/168	2:51/166		
	+0:16 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:04 (2)		
2	Bjørn Are Stensland		Bodø og Omegn IF				(8,86min/km)	<b>25:57</b>	(+4:29)
	5:07 (6)	8:03 (5)	9:14 (5)	11:45 (4)	17:29 (4)	23:10 (3)	25:57 (2)		
	5:07/165	2:56/162	1:11/160	2:31/159	5:44/163	5:41/168	2:47/166		
	+2:21 (6)	+0:06 (2)	+0:01 (2)	+0:03 (2)	+1:35 (2)	+0:43 (2)	+0:00 (1)		
3	Kenneth Viken		Tverlandet IL				(8,87min/km)	<b>25:59</b>	(+4:31)
	2:58 (2)	6:41 (3)	8:02 (3)	10:58 (3)	17:18 (3)	23:00 (2)	25:59 (3)		
	2:58/165	3:43/162	1:21/160	2:56/159	6:20/163	5:42/168	2:59/166		
	+0:12 (2)	+0:53 (5)	+0:11 (4)	+0:28 (3)	+2:11 (3)	+0:44 (3)	+0:12 (4)		
4	Arnt Hesjevik		Bodø og Omegn IF				(9,05min/km)	<b>26:31</b>	(+5:03)
	2:46 (1)	5:50 (1)	7:04 (2)	10:08 (2)	16:53 (2)	23:34 (4)	26:31 (4)		
	2:46/165	3:04/162	1:14/160	3:04/159	6:45/163	6:41/168	2:57/166		
	+0:00 (1)	+0:14 (3)	+0:04 (3)	+0:36 (4)	+2:36 (5)	+1:43 (4)	+0:10 (3)		
5	Morten Sahlberg		Ukjent				(10,75min/km)	<b>31:30</b>	(+10:02)
	4:14 (5)	8:50 (6)	10:36 (6)	14:13 (5)	20:47 (5)	28:23 (5)	31:30 (5)		
	4:14/165	4:36/162	1:46/160	3:37/159	6:34/163	7:36/168	3:07/166		
	+1:28 (5)	+1:46 (6)	+0:36 (6)	+1:09 (5)	+2:25 (4)	+2:38 (5)	+0:20 (5)		
6	Sandberg Frank		Ukjent				(14,44min/km)	<b>42:19</b>	(+20:51)
	3:42 (4)	7:13 (4)	8:34 (4)	19:15 (6)	28:54 (6)	37:44 (6)	42:19 (6)		
	3:42/165	3:31/162	1:21/160	10:41/159	9:39/163	8:50/168	4:35/166		
	+0:56 (4)	+0:41 (4)	+0:11 (4)	+8:13 (6)	+5:30 (6)	+3:52 (6)	+1:48 (6)		