

# Middle Distance-Cup 2 World M.

# Stræktider

# Vandet Plantage-27-04-2017

Plads Navn Klasse

Tid

## Cool Kids

**1 Miri brunstedt Nørgaard 65 39:37**  
 02:07= 05:40= 09:03= 11:02= 12:49= 14:42= 18:24= 21:03= 24:20= 27:01= 29:49= 33:30= 37:56= 39:10= 39:37=  
 02:07= 03:33= 03:23= 01:59= 01:47= 01:53= 03:42= 02:39= 03:17= 02:41= 02:48= 03:41= 04:26= 01:14= 00:27=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Iris Tinna Maclassen 29 1:26:58**  
 06:28+ 14:06+ 18:43+ 23:00+ 26:32+ 30:02+ 38:58+ 45:50+ 52:15+ 60:14+ 66:18+ 74:01+ 82:58+ 85:44+ 86:58+  
 06:28+ 07:38+ 04:37+ 04:17+ 03:32+ 03:30+ 08:56+ 06:52+ 06:25+ 07:59+ 06:04+ 07:43+ 08:57+ 02:46+ 01:14+  
 04:21@ 04:05@ 01:22& 01:14& 02:18@ 01:45& 01:37& 05:14@ 04:13@ 03:08& 05:18@ 03:16@ 04:02@ 04:31@ 01:32@ 00:47@

**3 Silas Hoffmann 60 1:37:51**  
 06:45+ 14:35+ 19:20+ 23:15+ 28:28+ 32:44+ 41:06+ 49:21+ 56:07+ 63:31+ 68:25+ 85:07+ 94:34+ 96:49+ 97:51+  
 06:45+ 07:50+ 04:45+ 03:55+ 05:13+ 04:16+ 08:22+ 08:15+ 06:46+ 07:24+ 04:54+ 16:42+ 09:27+ 02:15+ 01:02+  
 04:38@ 04:17@ 01:22& 01:56& 03:26@ 02:23@ 04:40@ 05:36@ 03:29@ 04:43@ 02:06& 13:01@ 05:01@ 01:01& 00:35@

**4 Stian Hoffmann 60 1:38:40**  
 08:18+ 12:35+ 16:28+ 19:04+ 22:23+ 27:59+ 44:26+ 48:51+ 57:30+ 70:27+ 75:06+ 86:10+ 95:15+ 97:56+ 98:40+  
 08:18+ 04:17+ 03:53+ 02:36+ 03:19+ 05:36+ 16:27+ 04:25+ 08:39+ 12:57+ 04:39+ 11:04+ 09:05+ 02:41+ 00:44+  
 06:11@ 00:44# 00:30# 00:37& 01:32& 03:43@ 12:45@ 01:46& 05:22@ 10:16@ 01:51& 07:23@ 04:39@ 01:27@ 00:17&

### Beste stræktid for klassen

02:07 03:33 03:23 01:59 01:47 01:53 03:42 02:39 03:17 02:41 02:48 03:41 04:26 01:14 00:27

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## M35

**1 Johan Maclassen 75 55:06**  
 04:13= 06:17= 09:01= 11:32= 13:24= 17:28= 20:32= 24:03= 25:10= 27:20= 30:00= 33:40= 35:30= 37:58= 39:38= 40:53= 42:06= 43:59= 46:42= 48:27= 52:06= 53:43= 54:32= 54:52= 55:06=  
 04:13= 02:04= 02:44= 02:31= 01:52= 04:04= 03:04= 03:31= 01:07= 02:10= 02:40= 03:40= 01:50= 02:28= 01:40= 01:15= 01:13= 01:53= 02:43= 01:45= 03:39= 01:37= 00:49= 00:20= 00:14=  
 00:00=

**2 Ulf Uhlemann 10 1:14:21**  
 06:14+ 08:58+ 12:14+ 14:52+ 23:44+ 28:20+ 33:07+ 35:49+ 38:34+ 40:52+ 45:51+ 49:33+ 52:44+ 55:04+ 57:20+ 59:03+ 61:41+ 64:59+ 67:18+ 69:57+ 71:08+ 73:00+ 74:00+ 74:21+  
 06:14+ 02:44+ 03:16+ 02:38+ 08:52+ 04:36+ 04:47+ 02:42- 02:45+ 02:18+ 04:59+ 03:42+ 03:11+ 02:20- 02:16+ 01:43+ 02:38+ 03:18+ 02:19- 02:39+ 01:11- 01:52+ 01:00+ 00:21+  
 02:01& 00:40& 00:32# 00:07+ 00:00@ 00:32# 01:43& 00:49- 01:38@ 00:08+ 02:19& 00:02+ 01:21& 00:08- 00:36& 00:28& 01:25@ 01:25& 00:24- 00:54& 02:28- 00:15# 00:11# 00:01+

### Beste stræktid for klassen

04:13 02:04 02:44 02:31 01:52 04:04 03:04 02:42 01:07 02:10 02:40 03:40 01:50 02:20 01:40 01:15 01:13 01:53 02:19 01:45 01:11 01:37 00:49 00:20 00:14

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## M40

**1 Mark Huster 81 54:52**  
 04:24= 06:25= 09:22= 11:21= 17:17= 20:17= 23:40= 25:09= 27:07= 28:33= 32:18= 34:24= 36:57= 38:29= 40:11= 41:21= 43:25= 46:19= 48:20= 50:42= 52:01= 53:40= 54:31= 54:52=  
 04:24= 02:01= 02:57= 01:59= 05:56= 03:00= 03:23= 01:29= 01:58= 01:26= 03:45= 02:06= 02:33= 01:32= 01:42= 01:10= 02:04= 02:54= 02:01= 02:22= 01:19= 01:39= 00:51= 00:21=  
 00:00=

**2 Arto Voutilainen 31 1:04:18**  
 05:08+ 07:32+ 10:35+ 12:55+ 19:20+ 22:46+ 26:18+ 29:41+ 32:25+ 34:21+ 38:31+ 40:57+ 44:08+ 46:04+ 47:33+ 48:57+ 51:08+ 54:11+ 56:14+ 59:35+ 61:07+ 62:58+ 63:59+ 64:18+  
 05:08+ 02:24+ 03:03+ 02:20+ 06:25+ 03:26+ 03:32+ 03:23+ 02:44+ 01:56+ 04:10+ 02:26+ 03:11+ 01:56+ 01:29+ 01:34+ 01:24+ 02:11+ 03:03+ 02:03+ 03:21+ 01:32+ 01:51+ 01:01+ 00:19-  
 00:44# 00:23# 00:06+ 00:21# 00:29+ 00:26# 00:09+ 01:54@ 00:46& 00:30& 00:25# 00:20# 00:38# 00:24& 00:13- 00:14# 00:07+ 00:09+ 00:02+ 00:59& 00:13# 00:12# 00:10# 00:02-

**3 Bjør Axelsen 88 1:06:56**  
 04:52+ 07:19+ 10:43+ 13:24+ 19:45+ 22:58+ 26:23+ 27:57+ 30:12+ 34:25+ 39:39+ 42:34+ 45:15+ 47:14+ 48:48+ 50:26+ 52:49+ 56:12+ 58:39+ 62:02+ 63:31+ 65:40+ 66:34+ 66:56+  
 04:52+ 02:27+ 03:24+ 02:41+ 06:21+ 03:13+ 03:25+ 01:34+ 02:15+ 04:13+ 05:14+ 02:55+ 02:41+ 01:59+ 01:34- 01:38+ 02:23+ 03:23+ 02:27+ 03:23+ 01:29+ 02:09+ 00:54+ 00:22+  
 00:28# 00:26# 00:27# 00:42& 00:25+ 00:13+ 00:02+ 00:05+ 00:17# 02:47@ 01:29& 00:49& 00:08+ 00:27& 00:08- 00:28& 00:19# 00:29# 00:26# 01:01& 00:10# 00:30& 00:03+ 00:01+

**4 Daniel Östvall 41 1:07:19**  
 05:41+ 08:14+ 11:28+ 14:10+ 19:47+ 25:49+ 29:56+ 31:38+ 34:15+ 36:41+ 40:58+ 43:20+ 46:32+ 48:24+ 49:45+ 51:21+ 53:27+ 56:10+ 58:36+ 61:15+ 62:17+ 66:15+ 67:00+ 67:19+  
 05:41+ 02:33+ 03:14+ 02:42+ 05:37- 06:02+ 04:07+ 01:42+ 02:37+ 02:26+ 04:17+ 02:22+ 03:12+ 01:52+ 01:21- 01:36+ 02:06+ 02:43- 02:26+ 02:39+ 01:02- 03:58+ 00:45- 00:19-  
 01:17& 00:32& 00:17+ 00:43& 00:19- 03:02@ 00:44# 00:13# 00:39& 01:00& 00:32# 00:16# 00:39& 00:20# 00:21- 00:26& 00:02+ 00:11- 00:25# 00:17# 00:17- 02:19@ 00:06- 00:02-

Class	Navn	Klasse										Tid											
<b>5</b>	<b>Dan Nielsen</b>	<b>92</b>										<b>1:13:24</b>											
05:31+	07:57+	11:40+	14:20+	21:40+	25:26+	35:27+	37:06+	39:36+	42:35+	47:07+	49:49+	53:20+	55:29+	57:07+	58:38+	60:56+	64:53+	67:12+	69:45+	70:44+	72:18+	73:03+	73:24+
05:31+	02:26+	03:43+	02:40+	07:20+	03:46+	10:01+	01:39+	02:30+	02:59+	04:32+	02:42+	03:31+	02:09+	01:38-	01:31+	02:18+	03:57+	02:19+	02:33+	00:59-	01:34-	00:45-	00:21=
01:07&	00:25#	00:46&	00:41&	01:24#	00:46&	06:38@	00:10#	00:32&	01:33@	00:47#	00:36&	00:58&	00:37&	00:04-	00:21&	00:14#	01:03&	00:18#	00:11+	00:20-	00:05-	00:06-	00:00=

**Beste stræktid for klassen**

04:24	02:01	02:57	01:59	05:37	03:00	03:23	01:29	01:58	01:26	03:45	02:06	02:33	01:32	01:21	01:10	02:04	02:43	02:01	02:22	00:59	01:34	00:45	00:19
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

**M45**

<b>1</b>	<b>Anders Ahl</b>	<b>52</b>										<b>49:11</b>											
04:04=	05:56=	08:48=	10:42=	15:13=	17:45=	20:56=	22:02=	24:05=	25:35=	28:50=	30:39=	32:56=	34:16=	35:26=	37:08=	38:59=	41:27=	43:19=	45:42=	46:42=	48:10=	48:55=	49:11=
04:04=	01:52=	02:52=	01:54=	04:31=	02:32=	03:11=	01:06=	02:03=	01:30=	03:15=	01:49=	02:17=	01:20=	01:10=	01:42=	01:51=	02:28=	01:52=	02:23=	01:00=	01:28=	00:45=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bjarne Hoffmann</b>	<b>54</b>										<b>50:05</b>											
04:01-	05:50-	08:26-	10:25-	15:33+	18:09+	22:00+	22:49+	24:47+	26:12+	29:25+	31:24+	33:30+	34:55+	36:20+	37:53+	39:40+	42:14+	43:59+	46:20+	47:29+	49:01+	49:46+	50:05+
04:01-	01:49-	02:36-	01:59+	05:08+	02:36+	03:51+	00:49-	01:58-	01:25-	03:13-	01:59+	02:06-	01:25+	01:25+	01:33-	01:47-	02:34+	01:45-	02:21-	01:09+	01:32+	00:45=	00:19+
00:03-	00:03-	00:16-	00:05+	00:37#	00:04+	00:40#	00:17-	00:05-	00:05-	00:02-	00:10+	00:11-	00:05+	00:15#	00:09-	00:04-	00:06+	00:07-	00:02-	00:09#	00:04+	00:00=	00:03#
<b>3</b>	<b>Mikael Johansson</b>	<b>94</b>										<b>52:30</b>											
04:15+	06:12+	09:10+	11:35+	16:03+	18:35+	22:08+	23:38+	25:33+	26:59+	30:45+	32:42+	35:36+	37:08+	38:37+	39:57+	41:50+	44:27+	46:20+	48:37+	49:53+	51:25+	52:11+	52:30+
04:15+	01:57+	02:58+	02:25+	04:28-	02:32=	03:33+	01:30+	01:55-	01:26-	03:46+	01:57+	02:54+	01:32+	01:29+	01:20-	01:53+	02:37+	01:53+	02:17-	01:16+	01:32+	00:46+	00:19+
00:11+	00:05+	00:06+	00:31&	00:03-	00:00=	00:22#	00:24&	00:08-	00:04-	00:31#	00:08+	00:37&	00:12#	00:19&	00:22-	00:02+	00:09+	00:01+	00:06-	00:16&	00:04+	00:01+	00:03#
<b>4</b>	<b>Tony I Larsson</b>	<b>58</b>										<b>52:57</b>											
04:02-	06:05+	08:48=	10:41-	15:18+	17:57+	20:50-	22:17+	24:34+	25:57+	29:27+	31:30+	33:36+	34:59+	36:19+	37:19+	38:49+	40:35-	42:56-	47:02+	49:23+	50:30+	51:51+	52:40+
04:02-	02:03+	02:43-	01:53-	04:37+	02:39+	02:53-	01:27+	02:17+	01:23-	03:30+	02:03+	02:06-	01:23+	01:20+	01:00-	01:30-	01:46-	02:21+	04:06+	02:21+	01:07-	01:21+	00:49+
00:02-	00:11+	00:09-	00:01-	00:06+	00:07+	00:18-	00:21&	00:14#	00:07-	00:15+	00:14#	00:11-	00:03+	00:10#	00:42-	00:21-	00:42-	00:29&	01:43&	01:21@	00:21-	00:36&	00:33@
<b>5</b>	<b>Ronnie Pettersson</b>	<b>18</b>										<b>53:45</b>											
04:44+	06:55+	09:53+	12:00+	18:49+	21:34+	24:50+	26:00+	28:14+	29:35+	32:44+	34:51+	37:08+	38:31+	39:51+	41:07+	43:07+	45:37+	47:36+	49:44+	51:09+	52:38+	53:28+	53:45+
04:44+	02:11+	02:58+	02:07+	06:49+	02:45+	03:16+	01:10+	02:14+	01:21-	03:09-	02:07+	02:17=	01:23+	01:20+	01:16-	02:00+	02:30+	01:59+	02:08-	01:25+	01:29+	00:50+	00:17+
00:40#	00:19#	00:06+	00:13#	02:18&	00:13+	00:05+	00:04+	00:11+	00:09-	00:06-	00:18#	00:00=	00:03+	00:10#	00:26-	00:09+	00:02+	00:07+	00:15-	00:25&	00:01+	00:05#	00:01+
<b>6</b>	<b>Ola Svård</b>	<b>18</b>										<b>54:59</b>											
04:27+	06:44+	09:55+	11:56+	18:05+	20:46+	24:35+	26:01+	27:49+	29:19+	33:08+	35:18+	38:25+	39:55+	41:14+	42:39+	44:26+	46:58+	49:00+	51:22+	52:30+	53:58+	54:43+	54:59+
04:27+	02:17+	03:11+	02:01+	06:09+	02:41+	03:49+	01:26+	01:48-	01:30=	03:49+	02:10+	03:07+	01:30+	01:19+	01:25-	01:47-	02:32+	02:02+	02:22-	01:08+	01:28=	00:45=	00:16=
00:23+	00:25#	00:19#	00:07+	01:38&	00:09+	00:38#	00:20&	00:15-	00:00=	00:34#	00:21#	00:50&	00:10#	00:09#	00:17-	00:04-	00:04+	00:10+	00:01-	00:08#	00:00=	00:00=	00:00=
<b>7</b>	<b>Peter Reibert Hansen</b>	<b>1</b>										<b>56:43</b>											
03:56-	05:58+	08:34-	10:23-	15:50+	18:25+	22:00+	23:16+	25:50+	27:29+	30:36+	38:23+	41:00+	42:18+	43:27+	44:33+	46:28+	49:01+	50:49+	53:10+	54:07+	55:34+	56:20+	56:43+
03:56-	02:02+	02:36-	01:49-	05:27+	02:35+	03:35+	01:16+	02:34+	01:39+	03:07-	07:47+	02:37+	01:18-	01:09-	01:06-	01:55+	02:33+	01:48-	02:21-	00:57-	01:27-	00:46+	00:23+
00:08-	00:10+	00:16-	00:05-	00:56#	00:03+	00:24#	00:10#	00:31&	00:09#	00:08-	05:58@	00:20#	00:02-	00:01-	00:36-	00:04+	00:05+	00:04-	00:02-	00:03-	00:01-	00:01+	00:07&
<b>8</b>	<b>Nils Pistora</b>	<b>41</b>										<b>56:52</b>											
04:37+	06:56+	10:20+	12:26+	19:19+	22:52+	25:53+	27:14+	29:20+	31:01+	34:22+	36:29+	38:56+	40:30+	41:48+	43:15+	45:05+	47:57+	49:57+	52:19+	53:47+	55:27+	56:28+	56:52+
04:37+	02:19+	03:24+	02:06+	06:53+	03:33+	03:01-	01:21+	02:06+	01:41+	03:21+	02:07+	02:27+	01:34+	01:18+	01:27-	01:50-	02:52+	02:00+	02:22-	01:28+	01:40+	01:01+	00:24+
00:33#	00:27#	00:32#	00:12#	02:22&	01:01&	00:10-	00:15#	00:03+	00:11#	00:06+	00:18#	00:10+	00:14#	00:08#	00:15-	00:01-	00:24#	00:08+	00:01-	00:28&	00:12#	00:16&	00:08&
<b>9</b>	<b>Peter Simmonds</b>	<b>14</b>										<b>59:19</b>											
04:28+	07:02+	10:22+	13:12+	18:54+	22:19+	26:22+	28:15+	30:45+	32:40+	36:28+	38:42+	41:34+	43:10+	44:37+	46:05+	48:06+	51:11+	53:03+	55:26+	56:22+	58:05+	59:03+	59:19+
04:28+	02:34+	03:20+	02:50+	05:42+	03:25+	04:03+	01:53+	02:30+	01:55+	03:48+	02:14+	02:52+	01:36+	01:27+	01:28-	02:01+	03:05+	01:52=	02:23=	00:56-	01:43+	00:58+	00:16=
00:24+	00:42&	00:28#	00:11&	00:53&	00:53&	00:52&	00:47&	00:27#	00:25&	00:33#	00:25#	00:35&	00:17#	00:14-	00:10+	00:37#	00:00=	00:00=	00:00=	00:04-	00:15#	00:13&	00:00=
<b>10</b>	<b>Thomas Hartung</b>	<b>81</b>										<b>1:00:59</b>											
04:50+	07:16+	10:18+	12:45+	15:10-	20:42+	23:52+	27:06+	29:19+	31:49+	33:26+	37:16+	39:42+	42:13+	43:51+	45:19+	46:48+	48:51+	51:51+	54:27+	56:58+	58:05+	59:42+	60:38+
04:50+	02:26+	03:02+	02:27+	02:25-	05:32+	03:10-	03:14+	02:13+	02:30+	01:37-	03:50+	02:26+	02:31+	01:28-	01:29-	02:03-	03:00+	02:36+	02:31+	01:07-	01:37+	00:56+	00:21+
00:46#	00:34&	00:10+	00:33&	02:06-	03:00@	00:01-	02:08@	00:10+	01:00&	01:38-	02:01@	00:09+	01:11&	00:28&	00:14-	00:22-	00:25-	01:08&	00:13+	01:31@	00:21-	00:52@	00:40@
<b>11</b>	<b>Michael Sturm</b>	<b>16</b>										<b>1:01:32</b>											
04:52+	07:18+	10:20+	12:34+	18:37+	22:40+	26:38+	28:33+	31:05+	32:47+	36:35+	39:10+	41:45+	43:57+	45:28+	47:10+	49:22+	52:38+	54:43+	57:28+	58:46+	60:24+	61:08+	61:32+
04:52+	02:26+	03:02+	02:14+	06:03+	04:03+	03:58+	01:55+	02:32+	01:42+	03:48+	02:35+	02:35+	02:12+	01:31+	01:42=	02:12+	03:16+	02:05+	02:45+	01:18+	01:38+	00:44-	00:24+
00:48#	00:34&	00:10+	00:20#	01:32&	01:31&	00:47#	00:49&	00:29#	00:12#	00:33#	00:46&	00:18#	00:52&	00:21&	00:00=	00:21#	00:48&	00:13#	00:22#	00:18&	00:10#	00:01-	00:08&
<b>12</b>	<b>Peter Villadsen</b>	<b>100</b>										<b>1:04:46</b>											
05:24+	07:28+	11:12+	13:30+	15:59+	19:53+	23:06+	29:09+	31:12+	33:33+	36:27+	40:15+	42:27+	45:10+	46:57+	48:38+	50:13+	52:13+	54:49+	56:51+	59:13+	60:39+	63:27+	64:26+
05:24+	02:04+	03:44+	02:18+	02:29-	03:54+	03:13+	06:03+	02:03=	02:21+	02:54-	03:48+	02:12-	02:43+	01:47+	01:41-	01:35-	02:00-	02:36+	02:02-	02:22+	01:26-	02:48+	00:59+
01:20&	00:12#	00:52&	00:24#	02:02-	01:22&	00:02+	04:57@	00:00=	00:51&	00:21-	01:59@	00:05-	01:23@	00:37&	00:01-	00:16-	00:28-	00:44&	00:21-	01:22@	00:02-	02:03@	00:43@

Class	Navn	Klasse										Tid												
<b>13</b>	<b>Mark Stodgell</b>	<b>96</b>										<b>1:05:04</b>												
05:31+	07:48+	10:50+	12:59+	18:30+	21:45+	32:15+	33:36+	35:44+	38:14+	42:20+	44:33+	47:19+	48:58+	50:27+	51:51+	53:48+	56:50+	58:56+	61:22+	62:19+	63:48+	64:38+	65:04+	
05:31+	02:17+	03:02+	02:09+	05:31+	03:15+	10:30+	01:21+	02:08+	02:30+	04:06+	02:13+	02:46+	01:39+	01:29+	01:24+	01:57+	03:02+	02:06+	02:26+	00:57-	01:29+	00:50+	00:26+	
01:27&	00:25#	00:10+	00:15#	01:00#	00:43&	07:19@	00:15#	00:05+	01:00&	00:51&	00:24#	00:29#	00:19#	00:19&	00:18-	00:06+	00:34#	00:14#	00:03+	00:03-	00:01+	00:05#	00:10&	
<b>14</b>	<b>Peter Albinsson</b>	<b>25</b>										<b>1:09:45</b>												
04:51+	07:43+	15:26+	17:38+	29:24+	32:06+	35:47+	37:05+	39:22+	41:33+	45:12+	47:15+	51:11+	53:29+	54:57+	56:27+	58:27+	61:17+	63:33+	65:56+	66:57+	68:27+	69:22+	69:45+	
04:51+	02:52+	07:43+	02:12+	11:46+	02:42+	03:41+	01:18+	02:17+	02:11+	03:39+	02:03+	03:56+	02:18+	01:28+	01:30-	02:00+	02:50+	02:16+	02:23=	01:01+	01:30+	00:55+	00:23+	
00:47#	01:00&	04:51@	00:18#	07:15@	00:10+	00:30#	00:12#	00:14#	00:41&	00:24#	00:14#	01:39&	00:58&	00:18&	00:12-	00:09+	00:22#	00:24#	00:00=	00:01+	00:02+	00:10#	00:07&	
<b>15</b>	<b>Morten bang Nørgaard</b>	<b>65</b>										<b>1:10:13</b>												
04:25+	06:31+	10:13+	12:50+	28:06+	30:56+	34:43+	36:42+	39:09+	40:54+	45:23+	48:18+	50:50+	52:31+	54:00+	55:28+	58:04+	60:36+	62:45+	65:56+	67:24+	69:01+	69:52+	70:13+	
04:25+	02:06+	03:42+	02:37+	15:16+	02:50+	03:47+	01:59+	02:27+	01:45+	04:29+	02:55+	02:32+	01:41+	01:29+	01:28-	02:36+	02:32+	02:09+	03:11+	01:28+	01:37+	00:51+	00:21+	
00:21+	00:14#	00:50&	00:43&	10:45@	00:18#	00:36#	00:53&	00:24#	00:15#	01:14&	01:06&	00:15#	00:21&	00:19&	00:14-	00:45&	00:04+	00:17#	00:48&	00:28&	00:09#	00:06#	00:05&	
<b>16</b>	<b>Peter Sandvang</b>	<b>11</b>										<b>1:18:20</b>												
05:23+	07:57+	11:37+	19:59+	26:20+	30:57+	36:00+	38:14+	39:35+	41:37+	44:30+	49:14+	51:57+	54:25+	56:54+	58:40+	59:59+	62:46+	66:11+	69:28+	73:12+	74:27+	76:45+	77:57+	78:20+
05:23+	02:34+	03:40+	08:22+	06:21+	04:37+	05:03+	02:14+	01:21-	02:02+	02:53-	04:44+	02:43+	02:28+	02:29+	01:46+	01:19-	02:47+	03:25+	03:17+	03:44+	01:15-	02:18+	01:12+	00:23+
01:19&	00:42&	00:48&	06:28@	01:50&	02:05&	01:52&	01:08@	00:42-	00:32&	00:22-	02:55@	00:26#	01:08&	01:19@	00:04+	00:32-	00:19#	01:33&	00:54&	02:44@	00:13-	01:33@	00:56@	00:23+

### Beste stræktid for klassen

03:56 01:49 02:36 01:49 02:25 02:32 02:53 00:49 01:21 01:21 01:37 01:49 02:06 01:18 01:09 01:00 01:19 01:46 01:45 02:02 00:56 01:07 00:44 00:16

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## M50

<b>1</b>	<b>Thomas Jansson</b>	<b>13</b>										<b>48:37</b>												
03:53=	06:13=	07:54=	10:23=	12:18=	14:50=	17:22=	20:15=	23:00=	26:33=	29:43=	33:00=	36:13=	37:53=	39:07=	40:35=	42:36=	45:17=	47:30=	48:18=	48:37=				
03:53+	02:20=	01:41=	02:29=	01:55=	02:32=	02:32=	02:53=	02:45=	03:33=	03:10=	03:17=	03:13=	01:40=	01:14=	01:28=	02:01=	02:41=	02:13=	00:48=	00:19=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Tommy Damsgaard</b>	<b>92</b>										<b>49:00</b>												
04:09+	06:23+	07:54=	11:28+	13:31+	16:10+	18:52+	21:55+	24:31+	27:39+	29:32-	33:28+	36:39+	38:05+	39:22+	40:42+	42:57+	45:25+	47:57+	48:42+	49:00+				
04:09+	02:14-	01:31-	03:34+	02:03+	02:39+	02:42+	03:03+	02:36-	03:08-	01:53-	03:56+	03:11-	01:26-	01:17+	01:20-	02:15+	02:28-	02:32+	00:45-	00:18-				
00:16+	00:06-	00:10-	01:05&	00:08+	00:07+	00:10+	00:10+	00:09-	00:25-	01:17-	00:39#	00:02-	00:14-	00:03+	00:08-	00:14#	00:13-	00:19#	00:03-	00:01-				
<b>3</b>	<b>Claus Rasmussen</b>	<b>56</b>										<b>52:44</b>												
04:09+	06:46+	08:43+	11:26+	13:35+	16:22+	18:56+	23:03+	26:31+	30:33+	32:58+	37:02+	40:26+	42:01+	43:29+	44:51+	46:59+	49:23+	51:30+	52:24+	52:44+				
04:09+	02:37+	01:57+	02:43+	02:09+	02:47+	02:34+	04:07+	03:28+	04:02+	02:25-	04:04+	03:24+	01:35-	01:28+	01:22-	02:08+	02:24-	02:07-	00:54+	00:20+				
00:16+	00:17#	00:16#	00:14+	00:14#	00:15+	00:02+	01:14&	00:43&	00:29#	00:45-	00:47#	00:11+	00:05-	00:14#	00:06-	00:07+	00:17-	00:06-	00:06#	00:01+				
<b>4</b>	<b>Rickard Asplund</b>	<b>98</b>										<b>55:06</b>												
04:52+	07:46+	10:51+	13:37+	15:42+	18:11+	20:30+	23:45+	27:17+	31:47+	34:02+	38:09+	41:45+	43:35+	44:51+	46:55+	49:00+	51:43+	53:55+	54:44+	55:06+				
04:52+	02:54+	03:05+	02:46+	02:05+	02:29-	02:19-	03:15+	03:32+	04:30+	02:15-	04:07+	03:36+	01:50+	01:16+	02:04+	02:05+	02:43+	02:12-	00:49+	00:22+				
00:59&	00:34#	01:24&	00:17#	00:10+	00:03-	00:13-	00:22#	00:47&	00:57&	00:55-	00:50&	00:23#	00:10#	00:02+	00:36&	00:04+	00:02+	00:01-	00:01+	00:03#				
<b>5</b>	<b>Olli Savikko</b>	<b>87</b>										<b>55:40</b>												
04:07+	06:26+	08:27+	11:32+	13:35+	16:32+	18:50+	22:07+	24:45+	28:44+	31:02+	35:06+	39:28+	42:53+	44:24+	45:42+	47:33+	49:29+	51:55+	54:32+	55:22+	55:40+			
04:07+	02:19-	02:01+	03:05+	02:03+	02:57+	02:18-	03:17+	02:38-	03:59+	02:18-	04:04+	04:22+	03:25+	01:31+	01:18-	01:51-	01:56-	02:26+	02:37+	00:50+	00:18+			
00:14+	00:01-	00:20#	00:36#	00:08+	00:25#	00:14-	00:24#	00:07-	00:26#	00:52-	00:47#	01:09&	01:45@	00:17#	00:10-	00:10-	00:45-	00:13+	01:49@	00:31@	00:18+			
<b>6</b>	<b>John Houlihan</b>	<b>14</b>										<b>55:56</b>												
04:22+	06:56+	09:19+	12:38+	15:32+	18:24+	20:26+	23:38+	26:20+	30:11+	33:03+	36:59+	40:28+	43:06+	44:39+	46:06+	47:36+	49:49+	52:04+	54:38+	55:37+	55:56+			
04:22+	02:34+	02:23+	03:19+	02:54+	02:52+	02:02-	03:12+	02:42-	03:51+	02:52-	03:56+	03:29+	02:38+	01:33+	01:27-	01:30-	02:13-	02:15+	02:34+	00:59+	00:19+			
00:29#	00:14#	00:42&	00:50&	00:59&	00:20#	00:30-	00:19#	00:03-	00:18+	00:18-	00:39#	00:16+	00:58&	00:19&	00:01-	00:31-	00:28-	00:02+	01:46@	00:40@	00:19+			
<b>7</b>	<b>Klaus Kramer</b>	<b>43</b>										<b>59:30</b>												
04:59+	07:31+	09:51+	11:33+	13:29+	16:15+	19:49+	22:36+	26:49+	29:59+	32:46+	33:34+	35:51-	40:37+	44:32+	46:28+	48:09+	49:45+	52:16+	55:35+	58:12+	59:06+	59:30+		
04:59+	02:32+	02:20+	01:42-	01:56+	02:46+	03:34+	02:47+	04:13+	03:10-	02:47-	00:48-	02:17-	04:46+	03:55+	01:56+	01:41-	01:36-	02:31+	03:19+	02:37+	00:24+			
01:06&	00:12+	00:39&	00:47-	00:01+	00:14+	01:02&	00:06-	01:28&	00:23-	00:23-	02:29-	00:56-	03:06@	02:41@	00:28&	00:20-	01:05-	00:18#	02:31@	02:18@	00:54+	00:24+		
<b>8</b>	<b>François Lorang</b>	<b>4</b>										<b>1:00:17</b>												
05:31+	08:05+	10:23+	14:33+	17:17+	20:23+	23:29+	26:45+	31:02+	35:15+	37:39+	41:18+	44:40+	46:08+	47:33+	49:29+	51:37+	54:09+	58:50+	59:49+	60:17+				
05:31+	02:34+	02:18+	04:10+	02:44+	03:06+	03:06+	03:16+	04:17+	04:13+	02:24-	03:39+	03:22+	01:28-	01:25+	01:56+	02:08+	02:32-	04:41+	00:59+	00:28+				
01:38&	00:14#	00:37&	01:41&	00:49&	00:34#	00:34#	00:23#	01:32&	00:40#	00:46-	00:22#	00:09+	00:12-	00:11#	00:28&	00:07+	00:09-	02:28@	00:11#	00:09&				
<b>9</b>	<b>Stefan Johansson</b>	<b>89</b>										<b>1:00:50</b>												
06:29+	09:05+	12:09+	15:02+	17:11+	20:25+	23:44+	27:08+	31:14+	34:52+	39:49+	44:22+	48:02+	49:49+	51:17+	52:38+	54:50+	57:19+	59:49+	60:50+					
06:29+	02:36+	03:04+	02:53+	02:09+	03:14+	03:19+	03:24+	04:06+	03:38+	04:57+	04:33+	03:40+	01:47+	01:28+	01:21-	02:12+	02:29-	02:30+	01:01+					
02:36&	00:16#	01:23&	00:24#	00:14#	00:42&	00:47&	00:31#	01:21&	00:05+	01:47&	01:16&	00:27#	00:07+	00:14#	00:07-	00:11+	00:12-	00:17#	00:13&					

Class	Navn	Klasse										Tid									
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<b>10</b>	<b>Timothy Evans</b>	<b>14</b>										<b>1:02:19</b>									
05:25+	08:12+	10:46+	14:09+	16:54+	22:04+	24:53+	28:00+	32:21+	35:57+	38:39+	43:45+	47:59+	50:23+	51:51+	53:21+	55:36+	58:42+	61:01+	62:01+	62:19+	
05:25+	02:47+	02:34+	03:23+	02:45+	05:10+	02:49+	03:07+	04:21+	03:36+	02:42-	05:06+	04:14+	02:24+	01:28+	01:30+	02:15+	03:06+	02:19+	01:00+	00:18-	
01:32&	00:27#	00:53&	00:54&	00:50&	02:38@	00:17#	00:14+	01:36&	00:03+	00:28-	01:49&	01:01&	00:44&	00:14#	00:02+	00:14#	00:25#	00:06+	00:12#	00:01-	

<b>11</b>	<b>Peter Bergström</b>	<b>36</b>										<b>1:02:47</b>									
05:00+	07:37+	10:22+	12:21+	14:38+	17:06+	20:24+	22:59+	26:22+	30:06+	33:37+	36:15+	40:12+	46:42+	48:26+	50:44+	52:23+	54:38+	59:15+	61:20+	62:25+	62:47+
05:00+	02:37+	02:45+	01:59-	02:17+	02:28-	03:18+	02:35-	03:23+	03:44+	03:31+	02:38-	03:57+	06:30+	01:44+	02:18+	01:39-	02:15-	04:37+	02:05+	01:05+	00:22+
01:07&	00:17#	01:04&	00:30-	00:22#	00:04-	00:46&	00:18-	00:38#	00:11+	00:21#	00:39-	00:44#	04:50@	00:30&	00:50&	00:22-	00:26-	02:24@	01:17@	00:46@	00:22+

<b>12</b>	<b>Patrik Tiderman</b>	<b>85</b>										<b>1:04:14</b>									
04:41+	07:13+	10:13+	14:02+	16:31+	19:14+	22:46+	25:55+	29:57+	35:04+	37:31+	41:35+	45:13+	50:46+	54:04+	55:56+	58:07+	60:56+	62:58+	63:53+	64:14+	
04:41+	02:32+	03:00+	03:49+	02:29+	02:43+	03:32+	03:09+	04:02+	05:07+	02:27-	04:04+	03:38+	05:33+	03:18+	01:52+	02:11+	02:49+	02:02-	00:55+	00:21+	
00:48#	00:12+	01:19&	01:20&	00:34&	00:11+	01:00&	00:16+	01:17&	01:34&	00:43-	00:47#	00:25#	03:53@	02:04@	00:24&	00:10+	00:08+	00:11-	00:07#	00:02#	

<b>13</b>	<b>Urban Risberg</b>	<b>9</b>										<b>1:05:04</b>									
04:52+	07:26+	10:07+	11:51+	14:04+	23:12+	25:59+	28:29+	32:52+	36:45+	40:47+	44:14+	48:15+	51:38+	53:33+	54:47+	56:58+	59:05+	61:45+	63:50+	64:43+	65:04+
04:52+	02:34+	02:41+	01:44-	02:13+	09:08+	02:47+	02:30-	04:23+	03:53+	04:02+	03:27+	04:01+	03:23+	01:55+	01:14-	02:11+	02:07-	02:40+	02:05+	00:53+	00:21+
00:59&	00:14#	01:00&	00:45-	00:18#	06:36@	00:15+	00:23-	01:38&	00:20+	00:52&	00:10+	00:48#	01:43@	00:41&	00:14-	00:10+	00:34-	00:27#	01:17@	00:34@	00:21+

<b>14</b>	<b>Benny Lindgren</b>	<b>12</b>										<b>1:07:30</b>									
05:29+	08:35+	10:55+	16:12+	19:00+	22:20+	25:39+	30:07+	33:40+	39:09+	42:27+	47:28+	51:13+	53:27+	55:26+	57:22+	59:46+	62:25+	65:55+	67:01+	67:30+	
05:29+	03:06+	02:20+	05:17+	02:48+	03:20+	03:19+	04:28+	03:33+	05:29+	03:18+	05:01+	03:45+	02:14+	01:59+	01:56+	02:24+	02:39-	03:30+	01:06+	00:29+	
01:36&	00:46&	00:39&	02:48@	00:53&	00:48&	00:47&	01:35&	00:48&	01:56&	00:08+	01:44&	00:32#	00:34&	00:45&	00:28&	00:23#	00:02-	01:17&	00:18&	00:10&	

<b>15</b>	<b>Carl Peter Noe</b>	<b>78</b>										<b>1:19:23</b>									
05:49+	09:50+	12:35+	16:14+	19:29+	24:52+	28:38+	33:52+	38:34+	44:09+	48:07+	54:15+	60:57+	63:20+	66:49+	68:51+	71:47+	75:28+	77:49+	78:56+	79:23+	
05:49+	04:01+	02:45+	03:39+	03:15+	05:23+	03:46+	05:14+	04:42+	05:35+	03:58+	06:08+	06:42+	02:23+	03:29+	02:02+	02:56+	03:41+	02:21+	01:07+	00:27+	
01:56&	01:41&	01:04&	01:10&	01:20&	02:51@	01:14&	02:21&	01:57&	02:02&	00:48&	02:51&	03:29@	00:43&	02:15@	00:34&	00:55&	01:00&	00:08+	00:19&	00:08&	

<b>16</b>	<b>Christer Norin</b>	<b>32</b>										<b>1:26:30</b>									
07:02+	10:21+	16:55+	19:55+	22:36+	26:19+	30:20+	37:28+	41:52+	47:51+	51:03+	57:35+	63:20+	66:45+	70:21+	73:58+	76:10+	78:41+	82:00+	84:59+	86:06+	86:30+
07:02+	03:19+	06:34+	03:00+	02:41+	03:43+	04:01+	07:08+	04:24+	05:59+	03:12+	06:32+	05:45+	03:25+	03:36+	03:37+	02:12+	02:31-	03:19+	02:59+	01:07+	00:24+
03:09&	00:59&	04:53@	00:31#	00:46&	01:11&	01:29&	04:15@	01:39&	02:26&	00:02+	03:15&	02:32&	01:45@	02:22@	02:09@	00:11+	00:10-	01:06&	02:11@	00:48@	00:24+

<b>17</b>	<b>Uffe Spanner</b>	<b>Ok Pan</b>										<b>1:28:59</b>									
06:39+	10:55+	14:56+	19:01+	22:29+	27:02+	31:36+	38:27+	44:25+	51:04+	55:38+	62:48+	67:55+	70:29+	72:39+	75:32+	78:44+	84:07+	87:03+	88:30+	88:59+	
06:39+	04:16+	04:01+	04:05+	03:28+	04:33+	04:34+	06:51+	05:58+	06:39+	04:34+	07:10+	05:07+	02:34+	02:10+	02:53+	03:12+	05:23+	02:56+	01:27+	00:29+	
02:46&	01:56&	02:20@	01:36&	01:33&	02:01&	02:02&	03:58@	03:13@	03:06&	01:24&	03:53@	01:54&	00:54&	00:56&	01:25&	01:11&	02:42@	00:43&	00:39&	00:10&	

**Beste stræktid for klassen**  
 03:53 02:14 01:31 01:42 01:55 02:28 02:02 02:30 02:36 03:08 01:53 00:48 02:17 01:26 01:14 01:14 01:30 01:36 02:02 00:45 00:18  
 = Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

### M55

<b>1</b>	<b>Pär Gustavsson</b>	<b>17</b>										<b>44:08</b>									
02:31=	04:57=	06:34=	08:05=	09:48=	11:35=	13:59=	15:55=	18:25=	21:21=	25:20=	27:10=	30:23=	33:21=	34:44=	35:54=	37:14=	39:06=	41:17=	43:06=	43:51=	44:08=
02:31=	02:26=	01:37=	01:31=	01:43=	01:47=	02:24=	01:56=	02:30=	02:56=	03:59=	01:50=	03:13=	02:58=	01:23=	01:10=	01:20=	01:52=	02:11=	01:49=	00:45=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Stefan Kollberg</b>	<b>8</b>										<b>44:58</b>									
04:17+	06:36+	08:24+	10:31+	12:30+	15:12+	17:19+	19:53+	22:33+	25:34+	27:40+	30:43+	33:51+	35:18+	36:41+	38:02+	39:55+	42:38+	44:11+	44:58+		
04:17+	02:19-	01:48+	02:07+	01:59+	02:42+	02:07-	02:34+	02:40+	03:01+	02:06-	03:03+	03:08-	01:27-	01:23=	01:21+	01:53+	02:43+	01:33-	00:47-		
01:46&	00:07-	00:11#	00:36&	00:16#	00:55&	00:17-	00:38&	00:10+	00:05+	01:53-	01:13&	00:05-	01:31-	00:00=	00:11#	00:33&	00:51&	00:38-	01:02-		

<b>3</b>	<b>Jan Møller</b>	<b>99</b>										<b>51:52</b>									
04:50+	07:08+	09:12+	11:22+	13:39+	16:21+	19:36+	23:15+	26:38+	30:23+	32:27+	36:16+	39:50+	41:25+	42:46+	44:10+	46:15+	48:44+	50:46+	51:31+	51:52+	
04:50+	02:18-	02:04+	02:10+	02:17&	02:42+	03:15+	03:39+	03:23+	03:45+	02:04-	03:49+	03:34+	01:35-	01:21-	01:24+	02:05+	02:29+	02:02-	00:45-	00:21-	
02:19&	00:08-	00:27&	00:39&	00:34&	00:55&	00:51&	01:43&	00:53&	00:49&	01:55-	01:59@	00:21#	01:23-	00:02-	00:14#	00:45&	00:37&	00:09-	01:04-	00:24-	

<b>4</b>	<b>Stefan Killberg</b>	<b>36</b>										<b>53:19</b>									
04:28+	06:59+	08:56+	12:30+	14:32+	17:14+	19:42+	22:40+	25:25+	31:42+	33:44+	37:19+	40:36+	42:13+	43:43+	46:02+	49:05+	52:05+	52:57+	53:19+		
04:28+	02:31+	01:57+	03:34+	02:02+	02:42+	02:28+	02:58+	02:45+	06:17+	02:02-	03:35+	03:17+	01:37-	01:30+	02:19+	03:03+	03:00+	00:52-	00:22-		
01:57&	00:05+	00:20#	02:03@	00:19#	00:55&	00:04+	01:02&	00:15#	03:21@	01:57-	01:45&	00:04+	01:21-	00:07+	01:09&	01:43@	01:08&	01:19-	01:27-		

<b>5</b>	<b>Magnus Aasa</b>	<b>50</b>										<b>53:19</b>									
04:58+	07:33+	10:26+	12:30+	14:26+	16:41+	19:20+	22:12+	25:18+	28:03+	31:09+	33:20+	36:37+	40:22+	41:59+	43:31+	45:29+	47:38+	50:13+	52:12+	53:00+	53:19+
04:58+	02:35+	02:53+	02:04+	01:56+	02:15+	02:39+	02:52+	03:06+	02:45-	03:06-	02:11+	03:17+	03:45+	01:37+	01:32+	01:58+	02:09+	02:35+	01:59+	00:48+	00:19+
02:27&	00:09+	01:16&	00:33&	00:13#	00:28&	00:15#	00:56&	00:36#	00:11-	00:53-	00:21#	00:04+	00:47&	00:14#	00:22&	00:38&	00:17#	00:24#	00:10+	00:03+	00:02#

Class	Navn	Klasse	Tid																				
<b>6</b>	<b>Kenneth Svensson</b>	<b>12</b>	<b>55:39</b>																				
05:05+	07:35+	09:33+	11:55+	14:10+	17:04+	19:35+	23:07+	28:36+	32:07+	34:32+	38:24+	42:02+	43:43+	45:31+	47:16+	49:33+	52:12+	54:20+	55:17+	55:39+			
05:05+	02:30+	01:58+	02:22+	02:15+	02:54+	02:31+	03:32+	05:29+	03:31+	02:25-	03:52+	03:38+	01:41-	01:48+	01:45+	02:17+	02:39+	02:08-	00:57-	00:22-			
02:34@	00:04+	00:21#	00:51&	00:32&	01:07&	00:07+	01:36&	02:59@	00:35#	01:34-	02:02@	00:25#	01:17-	00:25&	00:35&	00:57&	00:47&	00:03-	00:52-	00:23-			
<b>7</b>	<b>Troels Bent Hansen</b>	<b>1</b>	<b>56:55</b>																				
04:54+	07:26+	09:29+	13:13+	15:41+	19:00+	21:45+	25:37+	28:36+	32:13+	34:45+	39:53+	43:36+	45:19+	46:56+	48:50+	51:18+	53:54+	55:41+	56:30+	56:55+			
04:54+	02:32+	02:03+	03:44+	02:28+	03:19+	02:45+	03:52+	02:59+	03:37+	02:32-	05:08+	03:43+	01:43-	01:37+	01:54+	02:28+	02:36+	01:47-	00:49-	00:25-			
02:23&	00:06+	00:26&	02:13@	00:45&	01:32&	00:21#	01:56&	00:29#	00:41#	01:27-	03:18@	00:30#	01:15-	00:14#	00:44&	01:08&	00:44&	00:24-	01:00-	00:20-			
<b>8</b>	<b>Allan Topp</b>	<b>65</b>	<b>56:57</b>																				
04:17+	06:44+	08:34+	11:58+	14:03+	16:49+	20:01+	22:57+	27:04+	30:42+	34:34+	38:15+	41:57+	43:41+	45:16+	46:46+	49:00+	51:37+	55:45+	56:36+	56:57+			
04:17+	02:27+	01:50+	03:24+	02:05+	02:46+	03:12+	02:56+	04:07+	03:38+	03:52-	03:41+	03:42+	01:44-	01:35+	01:30+	02:14+	02:37+	04:08+	00:51-	00:21-			
01:46&	00:01+	00:13#	01:53@	00:22#	00:59&	00:48&	01:00&	01:37&	00:42#	00:07-	01:51@	00:29#	01:14-	00:12#	00:20&	00:54&	00:45&	01:57&	00:58-	00:24-			
<b>9</b>	<b>Laus seir Hansen</b>	<b>19</b>	<b>57:41</b>																				
04:46+	07:13+	09:08+	10:49+	12:37+	14:50+	17:40+	19:53+	22:51+	26:32+	32:46+	35:26+	39:22+	43:57+	45:46+	47:13+	48:54+	51:05+	54:40+	56:32+	57:22+	57:41+		
04:46+	02:27+	01:55+	01:41+	01:48+	02:13+	02:50+	02:13+	02:58+	03:41+	06:14+	02:40+	03:56+	04:35+	01:49+	01:27+	01:41+	02:11+	03:35+	01:52+	00:50+	00:19+		
02:15&	00:01+	00:18#	00:10#	00:05+	00:26#	00:26#	00:17#	00:28#	00:45&	02:15&	00:50&	00:43#	01:37&	00:26&	00:17#	00:21&	00:19#	01:24&	00:03+	00:05#	00:02#		
<b>10</b>	<b>Pesho Hedberg</b>	<b>41</b>	<b>59:01</b>																				
04:48+	07:21+	09:23+	12:35+	14:50+	17:36+	20:43+	24:42+	27:39+	31:49+	34:06+	37:50+	41:42+	43:31+	44:56+	46:29+	48:40+	53:17+	57:44+	58:38+	59:01+			
04:48+	02:33+	02:02+	03:12+	02:15+	02:46+	03:07+	03:59+	02:57+	04:10+	02:17-	03:44+	03:52+	01:49-	01:25+	01:33+	02:11+	04:37+	04:27+	00:54-	00:23-			
02:17&	00:07+	00:25&	01:41@	00:32&	00:59&	00:43&	02:03@	00:27#	01:14&	01:42-	01:54@	00:39#	01:09-	00:02+	00:23&	00:51&	02:45@	02:16@	00:55-	00:22-			
<b>11</b>	<b>Anders Stjerdahl</b>	<b>26</b>	<b>59:53</b>																				
05:15+	07:55+	10:02+	12:38+	14:48+	17:34+	20:01+	23:06+	26:16+	29:49+	32:07+	36:02+	38:41+	41:15+	43:10+	44:24+	45:52+	49:22+	50:51+	53:15+	55:38+	58:32+	59:29+	59:53+
05:15+	02:40+	02:07+	02:36+	02:10+	02:46+	02:27+	03:05+	03:10+	03:33+	02:18-	03:55+	02:39-	02:34-	01:55+	01:14+	01:28+	03:30+	01:29-	02:24+	02:23+	02:54+	00:57+	00:24+
02:44@	00:14+	00:30&	01:05&	00:27&	00:59&	00:03+	01:09&	00:40&	00:37#	01:41-	02:05@	00:34-	00:32&	00:04+	00:08#	01:38&	00:42-	00:35&	01:38@	02:37@	00:57+	00:24+	
<b>12</b>	<b>Jan Johansen</b>	<b>71</b>	<b>1:05:04</b>																				
05:47+	08:47+	11:10+	14:45+	17:34+	21:05+	24:06+	27:43+	31:32+	36:17+	40:46+	45:41+	49:47+	52:00+	53:49+	55:40+	58:04+	61:07+	63:42+	64:42+	65:04+			
05:47+	03:00+	02:23+	03:35+	02:49+	03:31+	03:01+	03:37+	03:49+	04:45+	04:29+	04:55+	04:06+	02:13-	01:49+	01:51+	02:24+	03:03+	02:35+	01:00-	00:22-			
03:16@	00:34#	00:46&	02:04@	01:06&	01:44&	00:37&	01:41&	01:19&	01:49&	00:30#	03:05@	00:53&	00:45-	00:26&	00:41&	01:04&	01:11&	00:24#	00:49-	00:23-			
<b>13</b>	<b>Tony Brand-Barker</b>	<b>14</b>	<b>1:06:26</b>																				
06:08+	10:17+	13:34+	16:36+	19:11+	22:14+	25:11+	29:27+	33:29+	39:27+	42:26+	46:57+	50:50+	52:47+	54:35+	56:10+	58:47+	61:47+	65:00+	66:03+	66:26+			
06:08+	04:09+	03:17+	03:02+	02:35+	03:03+	02:57+	04:16+	04:02+	05:58+	02:59-	04:31+	03:53+	01:57-	01:48+	01:35+	02:37+	03:00+	03:13+	01:03-	00:23-			
03:37@	01:43&	01:40@	01:31&	00:52&	01:16&	00:33#	02:20@	01:32&	03:02@	01:00-	02:41@	00:40#	01:01-	00:25&	00:25&	01:17&	01:08&	01:02&	00:46-	00:22-			
<b>14</b>	<b>Kent Lodberg</b>	<b>54</b>	<b>1:07:02</b>																				
05:03+	07:55+	10:16+	13:10+	16:04+	19:15+	22:01+	26:33+	30:23+	35:33+	41:24+	44:07+	48:50+	53:03+	54:53+	56:33+	58:02+	60:31+	63:23+	65:42+	66:38+	67:02+		
05:03+	02:52+	02:21+	02:54+	02:54+	03:11+	02:46+	04:32+	03:50+	05:10+	05:51+	02:43+	04:43+	04:13+	01:50+	01:40+	01:29+	02:29+	02:52+	02:19+	00:56+	00:24+		
02:32@	00:26#	00:44&	01:23&	01:11&	01:24&	00:22#	02:36@	01:20&	02:14&	01:52&	00:53&	01:30&	01:15&	00:27&	00:30&	00:09#	00:37&	00:41&	00:30&	00:11#	00:07&		
<b>15</b>	<b>Svend Erik Hedevalg</b>	<b>20</b>	<b>1:08:07</b>																				
05:44+	08:40+	10:51+	12:59+	14:41+	23:01+	26:08+	29:43+	33:42+	38:21+	41:03+	46:18+	51:22+	53:45+	55:52+	58:00+	60:50+	64:06+	66:28+	67:34+	68:07+			
05:44+	02:56+	02:11+	02:08+	01:42-	08:20+	03:07+	03:35+	03:59+	04:39+	02:42-	05:15+	05:04+	02:23-	02:07+	02:08+	02:50+	03:16+	02:22+	01:06-	00:33-			
03:13@	00:30#	00:34&	00:37&	00:01-	06:33@	00:43&	01:39&	01:29&	01:43&	01:17-	03:25@	01:51&	00:35-	00:44&	00:58&	01:30@	01:24&	00:11+	00:43-	00:12-			
<b>16</b>	<b>Flemming Vejsnaes</b>	<b>60</b>	<b>1:09:10</b>																				
05:00+	07:55+	10:28+	13:38+	15:59+	21:52+	24:37+	29:27+	32:50+	36:21+	37:12+	40:53+	48:52+	53:28+	55:46+	57:25+	59:23+	61:51+	65:15+	67:42+	68:42+	69:10+		
05:00+	02:55+	02:33+	03:10+	02:21+	05:53+	02:45+	04:50+	03:23+	03:31+	00:51-	03:41+	07:59+	04:36+	02:18+	01:39+	01:58+	02:28+	03:24+	02:27+	01:00+	00:28+		
02:29&	00:29#	00:56&	01:39#	00:38&	04:06@	00:21#	02:54@	00:53&	00:35#	03:08-	01:51@	04:46@	01:38&	00:55&	00:29&	00:38&	00:36&	01:13&	00:38&	00:15&	00:11&		
<b>17</b>	<b>Keith Dawson</b>	<b>14</b>	<b>1:09:47</b>																				
05:16+	08:51+	11:41+	14:26+	17:02+	22:13+	24:52+	28:10+	32:41+	36:48+	41:24+	48:52+	53:50+	55:38+	57:05+	58:54+	61:09+	63:56+	68:20+	69:23+	69:47+			
05:16+	03:35+	02:50+	02:45+	02:36+	05:11+	02:39+	03:18+	04:31+	04:07+	04:36+	07:28+	04:58+	01:48-	01:27+	01:49+	02:15+	02:47+	04:24+	01:03-	00:24-			
02:45@	01:09&	01:13&	01:14&	00:53&	03:24@	00:15#	01:22&	02:01&	01:11&	00:37#	05:38@	01:45&	01:10-	00:04+	00:39&	00:55&	00:55&	02:13@	00:46-	00:21-			
<b>18</b>	<b>Swen Vogel</b>	<b>81</b>	<b>1:10:51</b>																				
05:33+	08:18+	11:24+	15:00+	17:49+	23:10+	27:06+	30:59+	38:05+	43:34+	46:22+	51:10+	55:10+	57:34+	59:19+	60:51+	63:13+	66:27+	69:19+	70:28+	70:51+			
05:33+	02:45+	03:06+	03:36+	02:49+	05:21+	03:06+	03:53+	07:06+	05:29+	02:48+	04:48+	04:00+	02:24-	01:45+	01:32+	02:22+	03:14+	02:52+	01:09-	00:23-			
03:02@	00:19#	01:29&	02:05@	01:06&	03:34@	01:32&	01:57@	04:36@	02:33&	01:11-	02:58@	00:47#	00:34-	00:22&	00:22&	01:02&	01:22&	00:41&	00:40-	00:22-			
<b>19</b>	<b>Andreas Skov</b>	<b>20</b>	<b>1:10:55</b>																				
04:42+	08:52+	11:21+	15:05+	17:27+	20:58+	24:01+	27:30+	31:10+	45:28+	49:11+	52:59+	56:52+	58:36+	60:17+	61:49+	64:31+	67:30+	69:42+	70:34+	70:55+			
04:42+	04:10+	02:29+	03:44+	02:22+	03:31+	03:03+	03:29+	03:40+	14:18+	03:43-	03:48+	03:53+	01:44-	01:41+	01:32+	02:42+	02:59+	02:12+	00:52-	00:21-			
02:11&	01:44&	00:52&	02:13@	00:39&	01:44&	00:39&	01:33&	01:10&	11:22@	00:16-	01:58@	00:40#	01:14-	00:18#	00:22&	01:22@	01:07&	00:01+	00:57-	00:24-			
<b>20</b>	<b>Søren Tarp</b>	<b>Ok Pan</b>	<b>1:12:23</b>																				
05:05+	07:57+	10:58+	14:11+	17:10+	20:54+	30:31+	34:58+	38:45+	44:05+	47:11+	51:35+	56:00+	58:09+	60:20+	62:22+	65:07+	68:33+	70:59+	72:01+	72:23+			
05:05+	02:52+	03:01+	03:13+	02:59+	03:44+	09:37+	04:27+	03:47+	05:20+	03:06-	04:24+	04:25+	02:09-	02:11+	02:02+	02:45+	03:26+	02:26+	01:02-	00:22-			
02:34@	00:26#	01:24&	01:42@	01:16&	01:57@	07:13@	02:31@	01:17&	02:24&	00:53-	02:34@	01:12&	00:49-	00:48&	00:52&	01:25@	01:34&	00:15#	00:47-	00:23-			

Class	Navn	Klasse	Tid
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<b>21</b>	<b>Ole Jensen</b>	<b>88</b>	<b>1:14:33</b>																		
06:56+	09:31+	11:43+	13:30+	17:33+	20:10+	27:28+	30:01+	33:45+	38:05+	42:58+	47:47+	53:27+	58:45+	61:06+	62:56+	64:50+	67:24+	70:35+	72:56+	74:06+	74:33+
06:56+	02:35+	02:12+	01:47+	04:03+	02:37+	07:18+	02:33+	03:44+	04:20+	04:53+	04:49+	05:40+	05:18+	02:21+	01:50+	01:54+	02:34+	03:11+	02:21+	01:10+	00:27+
04:25@	00:09+	00:35&	00:16#	02:20@	00:50&	04:54@	00:37&	01:14&	01:24&	00:54#	02:59@	02:27&	02:20&	00:58&	00:40&	00:34&	00:42&	01:00&	00:32&	00:25&	00:10&

<b>22</b>	<b>Poul Erik Bertelsen</b>	<b>20</b>	<b>1:17:25</b>																	
04:53+	07:36+	09:37+	12:49+	15:32+	21:21+	26:37+	30:34+	36:29+	42:34+	45:22+	56:19+	61:45+	64:40+	66:12+	67:59+	70:14+	72:58+	75:57+	77:04+	77:25+
04:53+	02:43+	02:01+	03:12+	02:43+	05:49+	05:16+	03:57+	05:55+	06:05+	02:48-	10:57+	05:26+	02:55-	01:32+	01:47+	02:15+	02:44+	02:59+	01:07-	00:21-
02:22&	00:17#	00:24#	01:41@	01:00&	04:02@	02:52@	02:01@	03:25@	03:09@	01:11-	09:07@	02:13&	00:03-	00:09#	00:37&	00:55&	00:52&	00:48&	00:42-	00:24-

<b>23</b>	<b>Jens Poulsen</b>	<b>Rngok</b>	<b>1:17:29</b>																	
06:42+	10:56+	14:05+	17:45+	20:19+	25:07+	30:06+	33:22+	41:10+	45:31+	48:20+	52:47+	57:15+	60:09+	62:02+	63:51+	66:28+	72:39+	75:49+	77:02+	77:29+
06:42+	04:14+	03:09+	03:40+	02:34+	04:48+	04:59+	03:16+	07:48+	04:21+	02:49-	04:27+	04:28+	02:54-	01:53+	01:49+	02:37+	06:11+	03:10+	01:13-	00:27-
04:11@	01:48&	01:32&	02:09@	00:51&	03:01@	02:35@	01:20&	05:18@	01:25&	01:10-	02:37@	01:15&	00:04-	00:30&	00:39&	01:17&	04:19@	00:59&	00:36-	00:18-

<b>24</b>	<b>Henrik Jørgensen</b>	<b>1</b>	<b>1:24:05</b>																
07:58+	11:14+	14:18+	17:47+	21:24+	27:11+	31:24+	36:51+	41:39+	48:26+	51:37+	57:35+	63:15+	65:57+	69:03+	71:26+	74:19+	77:59+	82:14+	84:05+
07:58+	03:16+	03:04+	03:29+	03:37+	05:47+	04:13+	05:27+	04:48+	06:47+	03:11-	05:58+	05:40+	02:42-	03:06+	02:23+	02:53+	03:40+	04:15+	01:51+
05:27@	00:50&	01:27&	01:58@	01:54@	04:00@	01:49&	03:31@	02:18&	03:51@	00:48-	04:08@	02:27&	00:16-	01:43@	01:13@	01:33@	01:48&	02:04&	00:02+

<b>Beste stræktd for klassen</b>																					
02:31	02:18	01:37	01:31	01:42	01:47	02:07	01:56	02:30	02:45	00:51	01:50	02:39	01:27	01:21	01:10	01:20	01:52	00:52	00:22	00:21	00:17

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## M60

<b>1</b>	<b>Göran Andersson</b>	<b>33</b>	<b>44:22</b>																
02:54=	05:38=	07:16=	10:27=	12:18=	14:59=	17:43=	20:24=	23:53=	26:42=	29:27=	31:34=	33:44=	35:27=	37:27=	39:40=	40:45=	43:17=	44:04=	44:22=
02:54=	02:44=	01:38=	03:11=	01:51=	02:51=	02:44=	02:41=	03:29=	02:49=	02:45=	02:07=	02:40=	01:43=	02:00=	01:05=	02:32=	00:47=	00:18=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Finn Johannsen</b>	<b>3</b>	<b>44:46</b>																
02:28-	05:21-	07:01-	10:11-	12:02-	14:53-	17:39-	20:18-	23:59+	27:22+	29:15-	31:47+	34:11+	36:19+	38:30+	40:40+	41:55+	43:36+	44:28+	44:46+
02:28-	02:53+	01:40+	03:10-	01:51=	02:51+	02:46+	02:39-	03:41+	03:23+	01:53-	02:32+	02:24+	02:08+	02:11+	02:10-	01:15+	01:41-	00:52+	00:18=
00:26-	00:09+	00:02+	00:01-	00:00=	00:10+	00:02+	00:02-	00:12+	00:34#	00:52-	00:25#	00:14#	00:25#	00:11+	00:03-	00:10#	00:51-	00:05#	00:00=

<b>3</b>	<b>Sergej Sonnenberg</b>	<b>68</b>	<b>47:49</b>																
02:12-	05:10-	06:52-	10:24-	12:52+	15:43+	19:31+	22:05+	26:25+	29:44+	31:53+	34:46+	37:04+	39:03+	41:17+	43:35+	44:51+	46:39+	47:30+	47:49+
02:12-	02:58+	01:42+	03:32+	02:28+	02:51+	03:48+	02:34-	04:20+	03:19+	02:09-	02:53+	02:18+	01:59+	02:14+	02:18+	01:16+	01:48-	00:51+	00:19+
00:42-	00:14+	00:04+	00:21#	00:37&	00:10+	01:04&	00:07-	00:51#	00:30#	00:36-	00:46&	00:08+	00:16#	00:14#	00:05+	00:11#	00:44-	00:04+	00:01+

<b>4</b>	<b>Peter Müller</b>	<b>69</b>	<b>48:30</b>																
00:32-	04:00-	06:06-	10:01-	12:03-	15:36+	18:47+	21:48+	25:47+	28:51+	31:16+	34:17+	37:06+	39:07+	41:26+	43:46+	45:03+	47:21+	48:12+	48:30+
00:32-	03:28+	02:06+	03:55+	02:02+	03:33+	03:11+	03:01+	03:59+	03:04+	02:25-	03:01+	02:49+	02:01+	02:19+	02:20+	01:17+	02:18-	00:51+	00:18=
02:22-	00:44&	00:28&	00:44#	00:11+	00:52&	00:27#	00:20#	00:30#	00:15+	00:20-	00:54&	00:39&	00:18#	00:19#	00:07+	00:12#	00:14-	00:04+	00:00=

<b>5</b>	<b>Harald Männel</b>	<b>67</b>	<b>48:33</b>																
02:16-	05:43+	07:41+	11:23+	13:23+	16:07+	19:22+	22:36+	26:47+	29:58+	32:15+	34:48+	37:10+	39:13+	41:41+	44:07+	45:27+	47:17+	48:13+	48:33+
02:16-	03:27+	01:58+	03:42+	02:00+	02:44+	03:15+	03:14+	04:11+	03:11+	02:17-	02:33+	02:22+	02:03+	02:28+	02:26+	01:20+	01:50-	00:56+	00:20+
00:38-	00:43&	00:20#	00:31#	00:09+	00:03+	00:31#	00:33#	00:42#	00:22#	00:28-	00:26#	00:12#	00:20#	00:28#	00:13+	00:15#	00:42-	00:09#	00:02#

<b>6</b>	<b>Esa Juura</b>	<b>Kansu</b>	<b>52:06</b>															
03:12+	06:29+	08:17+	12:13+	14:42+	18:00+	21:23+	25:11+	29:20+	32:58+	35:29+	37:51+	40:33+	43:12+	45:22+	47:55+	49:15+	51:09+	52:06+
03:12+	03:17+	01:48+	03:56+	02:29+	03:18+	03:23+	03:48+	04:09+	03:38+	02:31-	02:22+	02:42+	02:39+	02:10+	02:33+	01:20+	01:54-	00:57+
00:18#	00:33#	00:10#	00:45#	00:38&	00:37#	00:39#	01:07&	00:40#	00:49&	00:14-	00:15#	00:32#	00:56&	00:10+	00:20#	00:15#	00:38-	00:10#

<b>7</b>	<b>John Rawden</b>	<b>14</b>	<b>53:19</b>															
02:52-	06:12+	08:07+	11:42+	14:06+	17:12+	20:47+	25:35+	30:38+	33:50+	35:55+	38:24+	41:01+	44:06+	46:34+	48:46+	50:11+	52:21+	53:19+
02:52-	03:20+	01:55+	03:35+	02:24+	03:06+	03:35+	04:48+	05:03+	03:12+	02:05-	02:29+	02:37+	03:05+	02:28+	02:12-	01:25+	02:10-	00:58+
00:02-	00:36#	00:17#	00:24#	00:33&	00:25#	00:51&	02:07&	01:34&	00:23#	00:40-	00:22#	00:27#	01:22&	00:28#	00:01-	00:20&	00:22-	00:11#

<b>8</b>	<b>Jens Peter Gundorf</b>	<b>Ok Øst</b>	<b>53:25</b>																
02:30-	06:34+	08:24+	15:24+	17:38+	20:45+	24:31+	27:20+	31:23+	34:21+	36:36+	39:02+	41:29+	43:51+	46:03+	48:29+	49:52+	52:09+	53:04+	53:25+
02:30-	04:04+	01:50+	07:00+	02:14+	03:07+	03:46+	02:49+	04:03+	02:58+	02:15-	02:26+	02:27+	02:22+	02:12+	02:26+	01:23+	02:17-	00:55+	00:21+
00:24-	01:20&	00:12#	03:49@	00:23#	00:26#	01:02&	00:08+	00:34#	00:09+	00:30-	00:19#	00:17#	00:39&	00:12#	00:13+	00:18&	00:15-	00:08#	00:03#

<b>9</b>	<b>Jens Kristian Kjærgård</b>	<b>Ok Pan</b>	<b>55:06</b>																
02:17-	05:55+	09:10+	12:58+	15:16+	18:28+	22:10+	25:20+	29:20+	32:49+	36:20+	39:28+	42:49+	44:59+	47:24+	49:53+	51:19+	53:34+	54:38+	55:06+
02:17-	03:38+	03:15+	03:48+	02:18+	03:12+	03:42+	03:10+	04:00+	03:29+	03:31+	03:08+	03:21+	02:10+	02:25+	02:29+	01:26+	02:15-	01:04+	00:28+
00:37-	00:54&	01:37&	00:37#	00:27#	00:31#	00:58&	00:29#	00:31#	00:40#	00:46&	01:01&	01:11&	00:27&	00:25#	00:16#	00:21&	00:17-	00:17&	00:10&

Class	Navn	Klasse										Tid									
<b>10</b>	<b>Lars Pontén</b>	<b>24</b>										<b>56:03</b>									
02:57+	06:21+	08:14+	13:54+	16:29+	20:13+	23:44+	27:15+	32:55+	36:15+	38:55+	41:43+	44:04+	46:49+	49:11+	51:38+	52:59+	54:52+	55:38+	56:03+		
02:57+	03:24+	01:53+	05:40+	02:35+	03:44+	03:31+	03:31+	05:40+	03:20+	02:40-	02:48+	02:21+	02:45+	02:22+	02:27+	01:21+	01:53-	00:46-	00:25+		
00:03+	00:40#	00:15#	02:29&	00:44&	01:03&	00:47&	00:50&	02:11&	00:31#	00:05-	00:41&	00:11+	01:02&	00:22#	00:14#	00:16#	00:39-	00:01-	00:07&		
<b>11</b>	<b>Kim Folmann</b>	<b>82</b>										<b>57:49</b>									
02:41-	06:11+	08:20+	13:37+	16:16+	19:51+	23:03+	27:54+	32:38+	36:25+	38:56+	41:41+	44:39+	47:43+	50:25+	52:57+	54:20+	56:29+	57:24+	57:49+		
02:41-	03:30+	02:09+	05:17+	02:39+	03:35+	03:12+	04:51+	04:44+	03:47+	02:31-	02:45+	02:58+	03:04+	02:42+	02:32+	01:23+	02:09-	00:55+	00:25+		
00:13-	00:46&	00:31&	02:06&	00:48&	00:54&	00:28#	02:10&	01:15&	00:58&	00:14-	00:38&	00:48&	01:21&	00:42&	00:19#	00:18&	00:23-	00:08#	00:07&		
<b>12</b>	<b>Ole Andersen</b>	<b>20</b>										<b>59:53</b>									
02:57+	06:53+	08:58+	13:05+	15:38+	19:20+	24:16+	28:13+	32:43+	36:41+	39:36+	42:43+	46:00+	48:59+	51:37+	54:12+	55:55+	58:33+	59:26+	59:53+		
02:57+	03:56+	02:05+	04:07+	02:33+	03:42+	04:56+	03:57+	04:30+	03:58+	02:55+	03:07+	03:17+	02:59+	02:38+	02:35+	01:43+	02:38+	00:53+	00:27+		
00:03+	01:12&	00:27&	00:56&	00:42&	01:01&	02:12&	01:16&	01:01&	01:09&	00:10+	01:00&	01:07&	01:16&	00:38&	00:22#	00:38&	00:06+	00:06#	00:09&		
<b>13</b>	<b>Per Seidelin</b>	<b>42</b>										<b>1:01:39</b>									
03:12+	07:42+	09:52+	14:57+	18:05+	22:26+	26:33+	30:30+	35:38+	39:50+	42:35+	45:38+	48:30+	50:56+	53:32+	56:03+	57:36+	60:02+	61:12+	61:39+		
03:12+	04:30+	02:10+	05:05+	03:08+	04:21+	04:07+	03:57+	05:08+	04:12+	02:45=	03:03+	02:52+	02:26+	02:36+	02:31+	01:33+	02:26-	01:10+	00:27+		
00:18#	01:46&	00:32&	01:54&	01:17&	01:40&	01:23&	01:16&	01:39&	01:23&	00:00=	00:56&	00:42&	00:43&	00:36&	00:18#	00:28&	00:06-	00:23&	00:09&		
<b>14</b>	<b>Kurt Lyndgård</b>	<b>Ok Pan</b>										<b>1:02:41</b>									
03:38+	07:39+	09:55+	14:01+	16:26+	20:27+	25:46+	28:42+	33:08+	37:17+	39:49+	43:43+	46:47+	49:39+	52:22+	55:25+	58:26+	61:11+	62:10+	62:41+		
03:38+	04:01+	02:16+	04:06+	02:25+	04:01+	05:19+	02:56+	04:26+	04:09+	02:32-	03:54+	03:04+	02:52+	02:43+	03:03+	03:01+	02:45+	00:59+	00:31+		
00:44&	01:17&	00:38&	00:55&	00:34&	01:20&	02:35&	00:15+	00:57&	01:20&	00:13-	01:47&	00:54&	01:09&	00:43&	00:50&	01:56@	00:13+	00:12&	00:13&		
<b>15</b>	<b>Flemming Johannsen</b>	<b>78</b>										<b>1:03:32</b>									
03:07+	07:16+	09:52+	15:52+	19:20+	22:52+	26:31+	30:04+	34:50+	39:33+	42:32+	46:51+	49:49+	53:23+	55:52+	58:25+	59:57+	62:12+	63:06+	63:32+		
03:07+	04:09+	02:36+	06:00+	03:28+	03:32+	03:39+	03:33+	04:46+	04:43+	02:59+	04:19+	02:58+	03:34+	02:29+	02:33+	01:32+	02:15-	00:54+	00:26+		
00:13+	01:25&	00:58&	02:49&	01:37&	00:51&	00:55&	00:52&	01:17&	01:54&	00:14+	02:12@	00:48&	01:51@	00:29#	00:20#	00:27&	00:17-	00:07#	00:08&		
<b>16</b>	<b>Eero Niemi</b>	<b>79</b>										<b>1:05:24</b>									
04:09+	08:17+	10:56+	15:17+	17:47+	22:42+	27:44+	32:23+	36:47+	40:55+	43:54+	47:08+	50:39+	54:05+	56:48+	59:33+	61:33+	64:15+	65:24+			
04:09+	04:08+	02:39+	04:21+	02:20+	04:55+	05:02+	04:39+	04:24+	04:08+	02:59+	03:14+	03:31+	03:26+	02:43+	02:45+	02:00+	02:42+	01:09+			
01:15&	01:24&	01:01&	01:10&	00:39&	02:14&	02:18&	01:58&	00:55&	01:19&	00:14+	01:07&	01:21&	01:43&	00:43&	00:32#	00:55&	00:10+	00:22&			
<b>17</b>	<b>Michael Øhrstrøm</b>	<b>93</b>										<b>1:16:12</b>									
03:24+	08:08+	10:52+	16:42+	20:04+	25:31+	31:26+	35:38+	40:48+	50:13+	53:55+	57:43+	61:14+	64:26+	67:56+	70:47+	72:22+	74:43+	75:45+	76:12+		
03:24+	04:44+	02:44+	05:50+	03:22+	05:27+	05:55+	04:12+	05:10+	09:25+	03:42+	03:48+	03:31+	03:12+	03:30+	02:51+	01:35+	02:21-	01:02+	00:27+		
00:30#	02:00&	01:06&	02:39&	01:31&	02:46@	03:11@	01:31&	01:41&	06:36@	00:57&	01:41&	01:21&	01:29&	01:30&	00:38&	00:30&	00:11-	00:15&	00:09&		
<b>18</b>	<b>Lars Sahlberg</b>	<b>38</b>										<b>1:23:47</b>									
04:33+	09:10+	11:35+	21:10+	24:23+	29:19+	33:44+	39:27+	44:03+	49:51+	52:51+	62:05+	66:10+	70:47+	73:41+	76:48+	78:51+	82:28+	83:47+			
04:33+	04:37+	02:25+	09:35+	03:13+	04:56+	04:25+	05:43+	04:36+	05:48+	03:00+	09:14+	04:05+	04:37+	02:54+	03:07+	02:03+	03:37+	01:19+			
01:39&	01:53&	00:47&	06:24@	01:22&	02:15&	01:41&	03:02@	01:07&	02:59@	00:15+	07:07@	01:55&	02:54@	00:54&	00:54&	00:58&	01:05&	00:32&			

**Beste stræktid for klassen**

00:32 02:44 01:38 03:10 01:51 02:41 02:44 02:34 03:29 02:49 01:53 02:07 02:10 01:43 02:00 02:10 01:05 01:41 00:46 00:18

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

**M65**

<b>1</b>	<b>Jørgen Nielsen</b>	<b>1</b>										<b>47:26</b>									
02:07=	05:06=	06:50=	10:50=	12:51=	15:14=	18:49=	21:56=	25:41=	29:19=	31:23=	33:58=	36:17=	38:05=	40:09=	42:13=	43:24=	46:13=	47:05=	47:26=		
02:07=	02:59=	01:44=	04:00=	02:01=	02:23=	03:35=	03:07=	03:45=	03:38=	02:04=	02:35=	02:19=	01:48=	02:04=	02:04=	01:11=	02:49=	00:52=	00:21=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Niels Duedahl</b>	<b>65</b>										<b>51:33</b>									
01:05-	04:52-	06:48-	10:18-	12:32-	15:14=	19:28+	24:17+	30:17+	33:28+	35:33+	37:52+	40:22+	42:19+	44:32+	46:35+	47:51+	50:19+	51:11+	51:33+		
01:05-	03:47+	01:56+	03:30-	02:14+	02:42+	04:14+	04:49+	06:34+	02:54-	02:05+	02:19-	02:30+	01:57+	02:13+	02:03-	01:16+	02:28-	00:52-	00:22+		
01:02-	00:48&	00:12#	00:30-	00:13#	00:19#	00:39#	01:42&	02:32&	00:44-	00:01+	00:16-	00:11+	00:09+	00:09+	00:01-	00:05+	00:21-	00:00=	00:01+		
<b>3</b>	<b>Anders Thomasson</b>	<b>91</b>										<b>52:34</b>									
02:34+	05:39+	07:32+	11:18+	13:19+	17:10+	20:42+	24:13+	28:18+	32:29+	34:59+	38:05+	40:33+	42:57+	45:12+	47:36+	48:50+	51:37+	52:34+			
02:34+	03:05+	01:53+	03:46-	02:01=	03:51+	03:32-	03:31+	04:05+	04:11+	02:30+	03:06+	02:28+	02:24+	02:15+	02:24+	01:14+	02:47-	00:57+			
00:27#	00:06+	00:09+	00:14-	00:00=	01:28&	00:03-	00:24#	00:20+	00:33#	00:26#	00:31#	00:09+	00:36&	00:11+	00:20#	00:03+	00:02-	00:05+			
<b>4</b>	<b>Claes Lindberg</b>	<b>41</b>										<b>57:31</b>									
03:00+	06:33+	08:32+	12:11+	14:41+	18:27+	22:22+	27:04+	33:12+	36:48+	39:33+	42:41+	45:16+	47:33+	50:03+	52:32+	54:01+	56:05+	57:08+	57:31+		
03:00+	03:33+	01:59+	03:39-	02:30+	03:46+	03:55+	04:42+	06:08+	03:36-	02:45+	03:08+	02:35+	02:17+	02:30+	02:29+	01:29+	02:04-	01:03+	00:23+		
00:53&	00:34#	00:15#	00:21-	00:29#	01:23&	00:20+	01:35&	02:23&	00:02-	00:41&	00:33#	00:16#	00:29&	00:26#	00:25#	00:18&	00:45-	00:11#	00:02+		

Class	Navn	Klasse	Tid
<b>5</b>	<b>Walter Rahm</b>	<b>66</b>	<b>59:04</b>
02:46+	06:09+	08:02+	12:15+
02:46+	03:23+	01:53+	04:13+
00:39&	00:24#	00:09+	00:13+
00:17#	00:13+	02:16&	01:42&
01:03&	01:11&	00:16#	00:07-
00:06+	00:58&	00:43&	00:29#
01:38@	00:53-	00:22&	00:01-
<b>6</b>	<b>Esbjörn Andren</b>	<b>36</b>	<b>1:01:01</b>
02:14+	05:18+	07:10+	15:38+
02:14+	03:04+	01:52+	08:28+
00:07+	00:05+	00:08+	04:28@
00:07+	02:18&	00:47#	01:30&
01:28&	00:20-	00:21#	00:27#
00:19#	00:32&	00:04+	00:03+
01:45@	00:31-	00:02-	00:01-
<b>7</b>	<b>Michael Dichenson</b>	<b>92</b>	<b>1:05:22</b>
03:19+	06:51+	08:58+	14:51+
03:19+	03:32+	02:07+	05:53+
01:12&	00:33#	00:23#	01:53&
01:40&	01:45&	01:30&	00:21#
02:02&	01:19&	00:31#	01:06&
01:03&	00:59&	00:46&	00:32&
00:41&	00:33-	00:06#	00:07&
<b>8</b>	<b>Kaj Kaspersen</b>	<b>20</b>	<b>1:08:47</b>
03:11+	07:49+	10:03+	16:40+
03:11+	04:38+	02:14+	06:37+
01:04&	01:39&	00:30&	02:37&
01:03&	02:15&	01:25&	01:57&
01:42&	01:08&	00:50&	00:40&
01:04&	01:23&	00:35&	00:35&
00:29&	00:13-	00:34&	00:04#
<b>9</b>	<b>Wilbert Lyngsø</b>	<b>92</b>	<b>1:22:01</b>
04:59+	10:00+	13:22+	18:27+
04:59+	05:01+	03:22+	05:05+
02:52@	02:02&	01:38&	01:05&
01:17&	03:05@	01:21&	08:28@
01:27&	01:16&	01:04&	00:57&
01:15&	01:29&	02:09@	01:38&
01:16@	00:05-	00:12#	00:09&
<b>10</b>	<b>Claus Poulsen</b>	<b>78</b>	<b>1:22:13</b>
03:22+	09:51+	12:26+	18:02+
03:22+	06:29+	02:35+	05:36+
01:15&	03:30@	00:51&	01:36&
01:28&	05:34@	01:53&	04:54@
01:51&	01:42&	01:07&	00:49&
01:18&	02:20@	01:28&	01:26&
01:01&	00:08+	00:25&	00:11&
<b>Beste stræktid for klassen</b>	01:05	02:59	01:44
03:30	02:01	02:23	03:32
03:07	03:45	02:54	02:04
02:19	02:19	01:48	02:04
02:03	01:11	01:56	00:50
00:20			

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## M70

<b>1</b>	<b>Jes Steen</b>	<b>Ok Øst</b>	<b>34:58</b>
05:06=	07:20=	10:25=	12:54=
05:06=	02:14=	03:05=	02:29=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ole Hoffmann</b>	<b>48</b>	<b>40:32</b>
05:28+	07:40+	11:14+	13:59+
05:28+	02:12-	03:34+	02:45+
00:22+	00:02-	00:29#	00:16#
04:57-	04:50@	05:11-	00:41-
<b>3</b>	<b>Per Allan Pedersen</b>	<b>48</b>	<b>42:04</b>
05:09+	07:23+	10:23-	13:05+
05:09+	02:14=	03:00-	02:42+
00:03+	00:00=	00:05-	00:13+
00:16#	01:07-	00:31#	00:08-
07:18@	00:05&		
<b>4</b>	<b>Jan Hausner</b>	<b>Ok Sg</b>	<b>43:32</b>
06:25+	08:51+	12:44+	15:54+
06:25+	02:26+	03:53+	03:10+
01:19&	00:12+	00:48&	00:41&
00:36#	01:25#	01:08&	02:12&
00:01-	00:14&		
<b>5</b>	<b>Flemming Nørgaard</b>	<b>Ok Pan</b>	<b>44:26</b>
06:34+	09:34+	13:31+	17:01+
06:34+	03:00+	03:57+	03:30+
01:28&	00:46&	00:52&	01:01&
00:41&	00:41+	01:07&	02:34&
00:06+	00:12&		
<b>6</b>	<b>Claes-Göran Lundberg</b>	<b>91</b>	<b>45:25</b>
05:09+	07:41+	11:27+	14:53+
05:09+	02:32+	03:46+	03:26+
00:03+	00:18#	00:41#	00:57&
03:36@	02:03#	00:45#	01:43&
00:02-	00:23@		
<b>7</b>	<b>Bengt Andersson</b>	<b>85</b>	<b>45:35</b>
08:37+	11:22+	14:48+	18:24+
08:37+	02:45+	03:26+	03:36+
03:31&	00:31#	00:21#	01:07&
02:14&	00:07+	00:56&	01:35&
00:04+	00:11&		

Class	Navn	Klasse	Tid
<b>8</b>	<b>Leif B Nielsen</b>	<b>20</b>	<b>45:48</b>
	06:15+ 09:23+ 12:54+ 16:10+ 20:13+ 30:04+ 34:21+ 44:08+ 45:19+ 45:48+		
	06:15+ 03:08+ 03:31+ 03:16+ 04:03+ 09:51+ 04:17+ 09:47+ 01:11+ 00:29+		
	01:09# 00:54& 00:26# 00:47& 01:35& 01:06# 01:11& 03:30& 00:01+ 00:11&		
<b>9</b>	<b>John Rasmussen</b>	<b>77</b>	<b>46:55</b>
	06:21+ 09:18+ 12:57+ 16:11+ 20:24+ 32:10+ 36:41+ 45:00+ 46:18+ 46:55+		
	06:21+ 02:57+ 03:39+ 03:14+ 04:13+ 11:46+ 04:31+ 08:19+ 01:18+ 00:37+		
	01:15# 00:43& 00:34# 00:45& 01:45& 03:01& 01:25& 02:02& 00:08# 00:19@		
<b>10</b>	<b>Wolf Eberle</b>	<b>23</b>	<b>49:31</b>
	05:47+ 08:55+ 13:16+ 17:53+ 21:41+ 25:33+ 35:13+ 38:50+ 47:44+ 49:08+ 49:31+		
	05:47+ 03:08+ 04:21+ 04:37+ 03:48+ 03:52- 09:40+ 03:37- 08:54+ 01:24+ 00:23+		
	00:41# 00:54& 01:16& 02:08& 01:20& 04:53- 06:34@ 02:40- 07:44@ 01:06@ 00:23+		
<b>11</b>	<b>Ronny Hedlund</b>	<b>61</b>	<b>54:14</b>
	06:16+ 09:15+ 12:48+ 16:02+ 19:46+ 38:33+ 42:26+ 52:35+ 53:43+ 54:14+		
	06:16+ 02:59+ 03:33+ 03:14+ 03:44+ 18:47+ 03:53+ 10:09+ 01:08- 00:31+		
	01:10# 00:45& 00:28# 00:45& 01:16& 10:02@ 00:47& 03:52& 00:02- 00:13&		
<b>12</b>	<b>Tage V. Andersen</b>	<b>65</b>	<b>1:06:40</b>
	08:04+ 12:40+ 17:11+ 25:20+ 31:09+ 45:16+ 52:45+ 65:09+ 66:40+		
	08:04+ 04:36+ 04:31+ 08:09+ 05:49+ 14:07+ 07:29+ 12:24+ 01:31+		
	02:58& 02:22@ 01:26& 05:40@ 03:21@ 05:22& 04:23@ 06:07& 00:21&		
<b>13</b>	<b>Søren Bjørnøen</b>	<b>65</b>	<b>1:43:25</b>
	09:28+ 14:14+ 18:49+ 27:43+ 35:34+ 42:56+ 66:26+ 71:17+ 84:57+ 100:56+ 102:50+ 103:25+		
	09:28+ 04:46+ 04:35+ 08:54+ 07:51+ 07:22- 23:30+ 04:51- 13:40+ 15:59+ 01:54+ 00:35+		
	04:22& 02:32@ 01:30& 06:25@ 01:23- 20:24@ 01:26- 12:30@ 15:41@ 01:54+ 00:35+		
<b>Beste stræktid for klassen</b>			
	05:06 02:12 03:00 02:29 02:28 03:48 03:06 01:06 00:29 00:18		

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## Men Elite

<b>1</b>	<b>Jussi Laurila</b>	<b>30</b>	<b>1:02:56</b>
	04:08= 07:51= 10:06= 11:40= 12:21= 13:03= 14:45= 16:40= 19:39= 21:32= 22:40= 24:24= 25:15= 29:12= 29:51= 32:12= 34:01= 37:10= 39:11= 41:09= 43:00= 44:38= 46:29= 48:14= 49:36= 50:25=		
	04:08= 03:43= 02:15= 01:34= 00:41= 00:42= 01:42= 01:55= 02:59= 01:53= 01:08= 01:44= 00:51= 03:57= 00:39= 02:21= 01:49= 03:09= 02:01= 01:58= 01:51= 01:38= 01:51= 01:45= 01:22= 00:49=		
	00:00= 00:00=		
	51:29= 52:24= 53:28= 54:53= 56:26= 57:55= 59:32= 60:40= 61:56= 62:38= 62:56=		
	01:04= 00:55= 01:04= 01:25= 01:33= 01:29= 01:37= 01:08= 01:16= 00:42= 00:18=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Rasmus Søgaard</b>	<b>22</b>	<b>1:04:56</b>
	04:16+ 08:32+ 10:59+ 12:19+ 13:52+ 15:33+ 17:25+ 20:31+ 24:08+ 26:14+ 27:25+ 30:57+ 31:33+ 33:39+ 35:33+ 38:47+ 40:36+ 42:02+ 43:44+ 45:25+ 47:19+ 49:12+ 50:39+ 51:30+ 52:33+ 53:36+		
	04:16+ 04:16+ 02:27+ 01:20= 01:33+ 01:41+ 01:52+ 03:06+ 03:37+ 02:06+ 01:11+ 03:32+ 00:36- 02:06- 01:54+ 03:14+ 01:49= 01:26- 01:42- 01:41- 01:54+ 01:53+ 01:27- 00:51- 01:03- 01:03+		
	00:08+ 00:33# 00:12+ 00:14= 00:52@ 00:59@ 00:10+ 01:11& 00:38# 00:13# 00:03+ 01:48@ 00:15- 01:51- 01:15@ 00:53& 00:00= 01:43- 00:19- 00:17- 00:03+ 00:15# 00:24- 00:54- 00:19- 00:14&		
	54:40+ 56:18+ 58:18+ 59:56+ 61:33+ 62:26+ 63:54+ 64:41+ 64:56+		
	01:04= 01:38+ 02:00+ 01:38+ 01:37+ 00:53- 01:28- 00:47- 00:15-		
	00:00= 00:43& 00:56& 00:13# 00:04+ 00:36- 00:09- 00:21- 01:01-		
<b>3</b>	<b>Richard Karlsson</b>	<b>76</b>	<b>1:06:41</b>
	05:10+ 09:08+ 11:19+ 13:52+ 14:48+ 15:29+ 17:09+ 18:58+ 22:00+ 25:21+ 26:57+ 27:51+ 29:19+ 32:07+ 32:46+ 35:11+ 37:24+ 41:09+ 43:02+ 44:18+ 46:09+ 47:36+ 49:28+ 51:10+ 52:37+ 53:32+		
	05:10+ 03:58+ 02:11- 02:33+ 00:56+ 00:41- 01:40= 01:49= 03:02+ 03:21+ 01:36+ 00:54- 01:28+ 02:48- 00:39= 02:25+ 02:13+ 03:45+ 01:53- 01:16- 01:51= 01:27- 01:52+ 01:42- 01:27+ 00:55+		
	01:02# 00:15+ 00:04= 00:59& 00:15& 00:01- 00:02= 00:06= 00:03+ 01:28& 00:28& 00:50= 00:37& 01:09- 00:00= 00:04+ 00:24# 00:36# 00:08= 00:42- 00:00= 00:11- 00:01+ 00:03= 00:05+ 00:06# 00:06#		
	54:44+ 55:36+ 56:49+ 58:21+ 59:58+ 61:33+ 63:13+ 64:14+ 65:35+ 66:21+ 66:41+		
	01:12+ 00:52- 01:13+ 01:32+ 01:37+ 01:35+ 01:40+ 01:01- 01:21+ 00:46+ 00:20+		
	00:08# 00:03- 00:09# 00:07+ 00:04+ 00:06+ 00:03+ 00:07- 00:05+ 00:04+ 00:02#		
<b>4</b>	<b>Marcus Jansson</b>	<b>13</b>	<b>1:07:22</b>
	04:14+ 09:00+ 11:20+ 12:24+ 13:53+ 15:31+ 17:12+ 20:37+ 23:39+ 26:25+ 27:28+ 30:52+ 31:32+ 34:24+ 36:23+ 40:10+ 41:46+ 43:00+ 44:51+ 46:30+ 50:10+ 51:55+ 53:21+ 54:14+ 55:24+ 56:14+		
	04:14+ 04:46+ 02:20+ 01:04= 01:29+ 01:38+ 01:41= 03:25+ 03:02+ 02:46+ 01:03- 03:24+ 00:40= 02:52- 01:59+ 03:47+ 01:36- 01:14- 01:51- 01:39- 03:40+ 01:45+ 01:26- 00:53- 01:10- 00:50+		
	00:06+ 01:03& 00:05+ 00:30= 00:48@ 00:56@ 00:01- 01:30& 00:03+ 00:53& 00:05- 01:40& 00:11- 01:05- 01:20@ 01:26& 00:13- 01:55- 00:10- 00:19- 01:49& 00:07+ 00:25- 00:52- 00:12- 00:01+		
	57:24+ 59:10+ 60:47+ 62:18+ 64:19+ 65:10+ 66:24+ 67:04+ 67:22+		
	01:10+ 01:46+ 01:37+ 01:31+ 02:01+ 00:51- 01:14- 00:40- 00:18-		
	00:06+ 00:51& 00:33& 00:06+ 00:28& 00:38- 00:23- 00:28- 00:58-		



Class	Navn	Klasse										Tid													
<b>15</b>	<b>Andreas Konring</b>	<b>86</b>										<b>1:22:58</b>													
04:55+	09:45+	13:17+	14:45+	16:36+	18:25+	20:36+	24:23+	28:24+	30:35+	32:08+	38:04+	38:53+	41:44+	44:54+	50:03+	52:26+	53:56+	56:11+	58:13+	60:34+	62:37+	64:33+	65:49+	67:10+	68:54+
04:55+	04:50+	03:32+	01:28-	01:51+	01:49+	02:11+	03:47+	04:01+	02:11+	01:33+	05:56+	00:49-	02:51-	03:10+	05:09+	02:23+	01:30-	02:15+	02:02+	02:21+	02:03+	01:56+	01:16-	01:21-	01:44+
00:47#	01:07&	01:17&	00:06-	01:10@	01:07@	00:29&	01:52&	01:02&	00:18#	00:25&	04:12@	00:02-	01:06-	02:31@	02:48@	00:34&	01:39-	00:14#	00:04+	00:30&	00:25&	00:05+	00:29-	00:01-	00:55@
70:29+	72:39+	74:42+	76:33+	78:42+	80:14+	81:47+	82:38+	82:58+																	
01:35+	02:10+	02:03+	01:51+	02:09+	01:32+	01:33-	00:51-	00:20-																	
00:31&	01:15@	00:59&	00:26&	00:36&	00:03+	00:04-	00:17-	00:56-																	

<b>16</b>	<b>Felix Tiderman</b>	<b>84</b>										<b>1:31:36</b>													
05:20+	10:06+	13:43+	15:39+	17:41+	19:39+	22:04+	25:46+	30:03+	32:47+	34:32+	44:15+	45:20+	48:38+	51:34+	57:04+	59:03+	60:41+	62:49+	65:04+	67:32+	69:59+	72:11+	73:32+	75:12+	76:30+
05:20+	04:46+	03:37+	01:56+	02:02+	01:58+	02:25+	03:42+	04:17+	02:44+	01:45+	09:43+	01:05+	03:18-	02:56+	05:30+	01:59+	01:38-	02:08+	02:15+	02:28+	02:27+	02:12+	01:21-	01:40+	01:18+
01:12&	01:03&	01:22&	00:22#	01:21@	01:16@	00:43&	01:47&	01:18&	00:51&	00:37&	07:59@	00:14&	00:39-	02:17@	03:09@	00:10+	01:31-	00:07+	00:17#	00:37&	00:49&	00:21#	00:24-	00:18#	00:29&
78:22+	80:13+	82:27+	84:49+	87:13+	88:23+	90:08+	91:20+	91:36+																	
01:52+	01:51+	02:14+	02:22+	02:24+	01:10-	01:45+	01:12+	00:16-																	
00:48&	00:56@	01:10@	00:57&	00:51&	00:19-	00:08+	00:04+	01:00-																	

<b>17</b>	<b>Janus Høhne</b>	<b>60</b>										<b>1:31:45</b>													
06:20+	11:30+	14:52+	16:20+	18:16+	20:24+	22:53+	26:43+	31:00+	32:44+	34:10+	45:39+	46:28+	49:13+	51:58+	56:43+	58:40+	60:32+	63:06+	65:06+	67:21+	69:41+	73:14+	74:52+	76:26+	77:51+
06:20+	05:10+	03:22+	01:28-	01:56+	02:08+	02:29+	03:50+	04:17+	01:44-	01:26+	11:29+	00:49-	02:45-	02:45+	04:45+	01:57+	01:52-	02:34+	02:00+	02:15+	02:20+	03:33+	01:38-	01:34+	01:25+
02:12&	01:27&	01:07&	00:06-	01:15@	01:26@	00:47&	01:55&	01:18&	00:09-	00:18&	09:45@	00:02-	01:12-	02:06@	02:24@	00:08+	01:17-	00:33&	00:02+	00:24#	00:42&	01:42&	00:07-	00:12#	00:36&
79:19+	81:13+	83:17+	85:12+	87:36+	88:49+	90:33+	91:26+	91:45+																	
01:28+	01:54+	02:04+	01:55+	02:24+	01:13-	01:44+	00:53-	00:19-																	
00:24&	00:59@	01:00&	00:30&	00:51&	00:16-	00:07+	00:15-	00:57-																	

**Beste stræktid for klassen**

04:08	03:43	02:11	01:04	00:41	00:41	01:40	01:49	02:52	01:30	00:51	00:54	00:36	00:39	00:39	02:04	01:36	01:14	01:15	01:16	01:41	01:27	01:19	00:51	00:53	00:49	00:53	00:00
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

**Men Long**

<b>1</b>	<b>Tobias Micko</b>	<b>43</b>										<b>59:56</b>													
04:24=	06:39=	09:00=	12:04=	13:39=	19:09=	20:48=	24:56=	26:32=	27:20=	31:58=	35:55=	38:19=	40:40=	42:13=	43:25=	44:40=	46:38=	48:19=	50:51=	53:58=	55:43=	56:47=	58:24=	59:39=	59:56=
04:24=	02:15=	02:21=	03:04=	01:35=	05:30=	01:39=	04:08=	01:36=	00:48=	04:38=	03:57=	02:24=	02:21=	01:33=	01:12=	01:15=	01:58=	01:41=	02:32=	03:07=	01:45=	01:04=	01:37=	01:15=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Noah T. Hoffmann</b>	<b>54</b>										<b>1:02:51</b>													
04:43+	07:19+	09:34+	12:49+	14:53+	19:57+	23:43+	27:43+	29:30+	30:28+	33:38+	37:05+	39:15+	41:45+	43:24+	44:58+	46:13+	48:20+	50:13+	53:14+	56:36+	58:26+	59:42+	61:25+	62:34+	62:51+
04:43+	02:36+	02:15-	03:04=	05:04-	03:46+	04:00-	01:47+	00:58+	03:10-	03:27-	02:10-	02:24=	02:21=	01:39+	01:34+	01:15=	02:07+	01:53+	03:01+	03:22+	01:50+	01:16+	01:43+	01:09-	00:17=
00:19+	00:21#	00:06-	00:11+	00:29&	00:26-	02:07@	00:08-	00:11#	00:10#	01:28-	00:30-	00:14-	00:09+	00:06+	00:22&	00:00=	00:09+	00:12#	00:29#	00:15+	00:05+	00:12#	00:06+	00:06-	00:00=

<b>3</b>	<b>Mikkel brunsted Nørgaard</b>	<b>65</b>										<b>1:04:48</b>													
04:30+	06:59+	09:16+	13:01+	14:43+	20:28+	22:09+	26:54+	28:55+	30:06+	33:41+	37:43+	39:47+	42:39+	44:25+	45:52+	47:22+	49:14+	51:11+	54:27+	57:53+	60:10+	61:33+	63:19+	64:30+	64:48+
04:30+	02:29+	02:17-	03:45+	01:42+	05:45+	01:41+	04:45+	02:01+	01:11+	03:35-	04:02+	02:04-	02:52+	01:46+	01:27+	01:30+	01:52-	01:57+	03:16+	03:26+	02:17+	01:23+	01:46+	01:11-	00:18+
00:06+	00:14#	00:04-	00:41#	00:07+	00:15+	00:02+	00:37#	00:25&	00:23&	01:03-	00:05+	00:20-	00:31#	00:13#	00:15#	00:15#	00:06-	00:16#	00:44&	00:19#	00:32&	00:19&	00:09+	00:04-	00:01+

<b>4</b>	<b>Daniel Steen</b>	<b>18</b>										<b>1:06:53</b>													
04:34+	07:47+	10:23+	13:55+	15:44+	21:16+	23:02+	28:16+	30:03+	30:57+	34:17+	38:20+	40:22+	43:21+	45:09+	46:45+	48:19+	50:26+	52:30+	55:42+	59:06+	61:18+	62:41+	64:35+	66:29+	66:53+
04:34+	03:13+	02:36+	03:32+	01:49+	05:32+	01:46+	05:14+	01:47+	00:54+	03:20-	04:03+	02:02-	02:59+	01:48+	01:36+	01:34+	02:07+	02:04+	03:12+	03:24+	02:12+	01:23+	01:54+	01:54+	00:24+
00:10+	00:58&	00:15#	00:28#	00:14#	00:02+	00:07+	01:06&	00:11#	00:06#	01:18-	00:06+	00:22-	00:38&	00:15#	00:24&	00:19&	00:09+	00:23#	00:40&	00:17+	00:27&	00:19&	00:17#	00:39&	00:07&

<b>5</b>	<b>Tobias Steen</b>	<b>18</b>										<b>1:06:57</b>													
04:55+	07:42+	10:03+	13:21+	15:03+	21:18+	23:11+	28:05+	30:04+	30:55+	35:14+	39:13+	41:20+	43:48+	45:26+	47:13+	48:33+	50:45+	52:53+	56:05+	59:22+	61:16+	62:37+	65:26+	66:38+	66:57+
04:55+	02:47+	02:21=	03:18+	01:42+	06:15+	01:53+	04:54+	01:59+	00:51+	04:19-	03:59+	02:07-	02:28+	01:38+	01:47+	01:20+	02:12+	02:08+	03:12+	03:17+	01:54+	01:21+	02:49+	01:12-	00:19+
00:31#	00:32#	00:00=	00:14#	00:07+	00:45#	00:14#	00:46#	00:23#	00:03+	00:19-	00:02+	00:17-	00:07+	00:05+	00:35&	00:05+	00:14#	00:27&	00:40&	00:10+	00:09+	00:17&	01:12&	00:03-	00:02#

<b>6</b>	<b>Martin Sundin</b>	<b>55</b>										<b>1:11:20</b>													
05:53+	09:09+	11:40+	15:18+	17:15+	23:26+	25:14+	29:29+	31:23+	32:19+	36:29+	40:00+	42:25+	45:05+	47:05+	48:44+	50:26+	52:56+	55:06+	58:29+	62:38+	64:55+	66:25+	68:27+	71:01+	71:20+
05:53+	03:16+	02:31+	03:38+	01:57+	06:11+	01:48+	04:15+	01:54+	00:56+	04:10-	03:31-	02:25+	02:40+	02:00+	01:39+	01:42+	02:30+	02:10+	03:23+	04:09+	02:17+	01:30+	02:02+	02:34+	00:19+
01:29&	01:01&	00:10+	00:34#	00:22#	00:41#	00:09+	00:07+	00:18#	00:08#	00:28-	00:26-	00:01+	00:19#	00:27&	00:27&	00:27&	00:32&	00:29&	00:51&	01:02&	00:32&	00:26&	00:25&	01:19@	00:02#

<b>7</b>	<b>Ulf Andersson</b>	<b>18</b>										<b>1:21:20</b>												
07:49+	10:59+	13:37+	17:51+	19:58+	26:34+	28:41+	34:39+	37:00+	38:00+	42:46+	47:23+	50:20+	53:46+	56:02+	58:23+	60:07+	62:46+	65:35+	69:08+	73:10+	75:40+	77:18+	79:55+	81:20+
07:49+	03:10+	02:38+	04:14+	02:07+	06:36+	02:07+	05:58+	02:21+	01:00+	04:46+	04:37+	02:57+	03:26+	02:16+	02:21+	01:44+	02:39+	02:49+	03:33+	04:02+	02:30+	01:38+	02:37+	01:25+
03:25&	00:55&	00:17#	01:10&	00:32&	01:06#	00:28&	01:50&	00:45&	00:12#	00:08+	00:40#	00:33#	01:05&	00:43&	01:09&	00:29&	00:41&							

Class	Navn	Klasse										Tid													
<b>9</b>	<b>Ingvar Braaten</b>	<b>45</b>										<b>1:26:45</b>													
06:23+	10:36+	13:45+	18:23+	20:48+	28:29+	30:39+	36:18+	38:43+	39:51+	44:22+	50:39+	54:40+	57:31+	60:26+	62:23+	64:10+	66:42+	69:41+	73:30+	77:13+	80:08+	82:20+	84:44+	86:16+	86:45+
06:23+	04:13+	03:09+	04:38+	02:25+	07:41+	02:10+	05:39+	02:25+	01:08+	04:31-	06:17+	04:01+	02:51+	02:55+	01:57+	01:47+	02:32+	02:59+	03:49+	03:43+	02:55+	02:12+	02:24+	01:32+	00:29+
01:59&	01:58&	00:48&	01:34&	00:50&	02:11&	00:31&	01:31&	00:49&	00:20&	00:07-	02:20&	01:37&	00:30#	01:22&	00:45&	00:32&	00:34&	01:18&	01:17&	00:36#	01:10&	01:08@	00:47&	00:17#	00:12&

### Beste stræktid for klassen

04:24 02:15 02:15 03:04 01:35 05:04 01:39 04:00 01:36 00:48 03:10 03:27 02:02 02:21 01:33 01:12 01:15 01:52 01:41 02:32 03:07 01:45 01:04 01:37 01:09 00:17

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## Men Short

<b>1</b>	<b>Lasse Jansson</b>	<b>7</b>										<b>1:01:48</b>													
04:27=	06:53=	09:16=	13:52=	16:14=	18:38=	21:04=	23:49=	28:16=	34:20=	36:44=	41:30=	44:49=	46:31=	48:17=	49:53=	52:23=	54:48=	60:36=	61:26=	61:48=					
04:27=	02:26=	02:23=	04:36=	02:22=	02:24=	02:26=	02:45=	04:27=	06:04=	02:24=	04:46=	03:19=	01:42=	01:46=	01:36=	02:30=	02:25=	05:48=	00:50=	00:22=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Preben Betzer</b>	<b>92</b>										<b>1:17:28</b>													
05:22+	08:17+	10:50+	13:09-	14:59-	18:21-	22:10+	26:10+	31:03+	36:51+	42:00+	46:15+	51:16+	56:21+	59:19+	61:27+	63:40+	66:58+	72:42+	75:40+	77:01+	77:28+				
05:22+	02:55+	02:33+	02:19-	01:50-	03:22+	03:49+	04:00+	04:53+	05:48-	05:09+	04:15-	05:01+	05:05+	02:58+	02:08+	02:13-	03:18+	05:44-	02:58+	01:21+	00:27+				
00:55#	00:29#	00:10+	01:34-	00:32-	00:58&	01:23&	01:15&	00:26+	00:16-	02:45@	00:31-	01:42&	02:15@	01:12&	00:32&	00:17-	00:53&	00:04-	02:08@	00:59@	00:27+				

<b>3</b>	<b>Mark Ponsford</b>	<b>14</b>										<b>1:18:20</b>												
07:19+	09:56+	13:11+	16:13+	18:54+	24:55+	27:30+	31:00+	37:06+	41:58+	45:19+	51:19+	54:24+	58:21+	61:58+	64:16+	66:12+	68:15+	70:33+	73:12+	76:53+	77:58+	78:20+		
07:19+	02:37+	03:15+	03:02-	02:41+	06:01+	02:35+	03:30+	06:06+	04:52-	03:21+	06:00+	03:05-	03:57+	03:37+	02:18+	01:56-	02:03-	02:18-	02:39+	03:41+	01:05+	00:22+		
02:52&	00:11+	00:52&	01:34-	00:19#	03:37@	00:09+	00:45&	01:39&	01:12-	00:57&	01:14&	00:14-	02:15@	01:51@	00:42&	00:34-	00:22-	03:30-	01:49@	03:19@	01:05+	00:22+		

<b>4</b>	<b>Palle Sørensen</b>	<b>63</b>										<b>1:27:20</b>												
06:08+	09:07+	12:13+	16:58+	20:38+	28:47+	32:50+	37:05+	42:04+	48:31+	52:05+	59:08+	66:31+	69:36+	72:02+	74:47+	77:59+	81:27+	85:35+	86:53+	87:20+				
06:08+	02:59+	03:06+	04:45+	03:40+	08:09+	04:03+	04:15+	04:59+	06:27+	03:34+	07:03+	07:23+	03:05+	02:26+	02:45+	03:12+	03:28+	04:08-	01:18+	00:27+				
01:41&	00:33#	00:43&	00:09+	01:18&	05:45@	01:37&	01:30&	00:32#	00:23+	01:10&	02:17&	04:04@	01:23&	00:40&	01:09&	00:42&	01:03&	01:40-	00:28&	00:05#				

<b>5</b>	<b>Patrick Reibert Hansen</b>	<b>1</b>										<b>1:36:12</b>												
07:30+	11:49+	19:23+	25:28+	29:49+	35:07+	39:39+	44:27+	52:07+	58:51+	63:16+	69:34+	75:29+	79:09+	81:52+	84:21+	87:54+	91:47+	94:37+	95:45+	96:12+				
07:30+	04:19+	07:34+	06:05+	04:21+	05:18+	04:32+	04:48+	07:40+	06:44+	04:25+	06:18+	05:55+	03:40+	02:43+	02:29+	03:33+	03:53+	02:50-	01:08+	00:27+				
03:03&	01:53&	05:11@	01:29&	01:59&	02:54@	02:06&	02:03&	03:13&	00:40#	02:01&	01:32&	02:36&	01:58@	00:57&	00:53&	01:03&	01:28&	02:58-	00:18&	00:05#				

### Beste stræktid for klassen

04:27 02:26 02:23 02:19 01:50 02:24 02:26 02:45 04:27 04:52 02:24 04:15 03:05 01:42 01:46 01:36 01:56 02:03 02:18 00:50 00:22

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## W40

<b>1</b>	<b>Nina Hoffmann</b>	<b>60</b>										<b>44:55</b>												
02:08=	05:01=	06:38=	10:18=	12:18=	15:20=	18:02=	20:18=	24:07=	26:53=	28:39=	31:01=	33:05=	35:24=	37:30=	39:45=	43:32=	44:34=	44:55=						
02:08=	02:53=	01:37=	03:40=	02:00=	03:02=	02:42=	02:16=	03:49=	02:46=	01:46=	02:22=	02:04=	02:19=	02:06=	02:15=	03:47=	01:02=	00:21=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Annika Wigren</b>	<b>41</b>										<b>49:37</b>												
02:18+	05:35+	07:38+	11:18+	13:50+	17:04+	20:13+	22:55+	27:11+	30:49+	33:22+	35:56+	38:11+	40:13+	42:37+	44:57+	48:18+	49:15+	49:37+						
02:18+	03:17+	02:03+	03:40=	02:32+	03:14+	03:09+	02:42+	04:16+	03:38+	02:33+	02:34+	02:15+	02:02-	02:24+	02:20+	03:21-	00:57-	00:22+						
00:10+	00:24#	00:26&	00:00=	00:32&	00:12+	00:27#	00:26#	00:27#	00:52&	00:47&	00:12+	00:11+	00:17-	00:18#	00:05+	00:26-	00:05-	00:01+						

<b>3</b>	<b>Pernille Brunstedt Jacobsen</b>	<b>65</b>										<b>58:14</b>												
02:43+	06:47+	09:01+	13:03+	15:53+	20:12+	23:50+	27:03+	32:16+	36:41+	39:19+	42:14+	45:12+	47:47+	50:32+	53:12+	56:51+	57:49+	58:14+						
02:43+	04:04+	02:14+	04:02+	02:50+	04:19+	03:38+	03:13+	05:13+	04:25+	02:38+	02:55+	02:58+	02:35+	02:45+	02:40+	03:39-	00:58-	00:25+						
00:35&	01:11&	00:37&	00:22#	00:50&	01:17&	00:56&	00:57&	01:24&	01:39&	00:52&	00:33#	00:54&	00:16#	00:39&	00:25#	00:08-	00:04-	00:04#						

<b>4</b>	<b>Katja Brunstedt</b>	<b>65</b>										<b>59:29</b>												
02:37+	06:46+	08:52+	13:17+	17:13+	21:47+	25:50+	28:50+	33:15+	37:36+	40:10+	43:01+	45:45+	48:23+	51:21+	53:57+	55:26+	57:54+	59:04+	59:29+					
02:37+	04:09+	02:06+	04:25+	03:56+	04:34+	04:03+	03:00+	04:25+	04:21+	02:34+	02:51+	02:44+	02:38+	02:58+	02:36+	01:29-	02:28+	01:10+	00:25+					
00:29#	01:16&	00:29&	00:45#	01:56&	01:32&	01:21&	00:44&	00:36#	01:35&	00:48&	00:29#	00:40&	00:19#	00:52&	00:21#	02:18-	01:26@	00:49@	00:25+					

<b>5</b>	<b>Katja reiber Hansen</b>	<b>1</b>										<b>1:12:09</b>												
04:01+	08:07+	11:37+	16:57+	26:17+	32:17+	36:08+	40:47+	45:16+	47:50+	50:55+	54:51+	58:08+	61:00+	63:39+	65:19+	68:33+	71:36+	72:09+						
04:01+	04:06+	03:30+	05:20+	09:20+	06:00+	03:51+	04:39+	04:29+	02:34-	03:05+	03:56+	03:17+	02:52+	02:39+	01:40-	03:14-	03:03+	00:33+						
01:53&	01:13&	01:53@	01:40&	07:20@	02:58&	01:09&	02:23@	00:40#	00:12-	01:19&	01:34&	01:13&	00:33#	00:33&	00:35-	00:33-	02:01@	00:12&						



### W55

<b>1</b>	<b>Charlie somers Cocks</b>	<b>14</b>	<b>38:02</b>												
05:05=	07:08=	09:41=	11:40=	14:57=	17:53=	20:29=	21:48=	23:31=	27:28=	29:52=	32:23=	34:36=	36:47=	37:41=	38:02=
05:05=	02:03=	02:33=	01:59=	03:17=	02:56=	02:36=	01:19=	01:43=	03:57=	02:24=	02:31=	02:13=	02:11=	00:54=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Annika Engström</b>	<b>51</b>	<b>41:07</b>												
05:22+	08:55+	13:30+	15:23+	18:50+	21:27+	23:39+	24:53+	26:54+	30:32+	32:57+	35:37+	37:06+	39:41+	40:44+	41:07+
05:22+	03:33+	04:35+	01:53-	03:27+	02:37-	02:12-	01:14-	02:01+	03:38-	02:25+	02:40+	01:29-	02:35+	01:03+	00:23+
00:17+	01:30&	02:02&	00:06-	00:10+	00:19-	00:24-	00:05-	00:18#	00:19-	00:01+	00:09+	00:44-	00:24#	00:09#	00:02+
<b>3</b>	<b>Monica Kollberg</b>	<b>8</b>	<b>41:16</b>												
05:36+	08:03+	11:06+	13:30+	17:12+	20:04+	22:54+	24:21+	26:03+	29:54+	32:28+	35:02+	36:35+	39:48+	40:51+	41:16+
05:36+	02:27+	03:03+	02:24+	03:42+	02:52-	02:50+	01:27+	01:42-	03:51-	02:34+	02:34+	01:33-	03:13+	01:03+	00:25+
00:31#	00:24#	00:30#	00:25#	00:25#	00:04-	00:14+	00:08#	00:01-	00:06-	00:10+	00:03+	00:40-	01:02&	00:09#	00:04#
<b>4</b>	<b>Søs Munch Hansen</b>	<b>60</b>	<b>43:13</b>												
06:02+	08:16+	11:29+	13:53+	17:32+	20:49+	24:16+	25:26+	28:24+	32:30+	34:57+	37:35+	38:59+	41:46+	42:48+	43:13+
06:02+	02:14+	03:13+	02:24+	03:39+	03:17+	03:27+	01:10-	02:58+	04:06+	02:27+	02:38+	01:24-	02:47+	01:02+	00:25+
00:57#	00:11+	00:40&	00:25#	00:22#	00:21#	00:51&	00:09-	01:15&	00:09+	00:03+	00:07+	00:49-	00:36&	00:08#	00:04#
<b>5</b>	<b>Lucia Aagaard</b>	<b>20</b>	<b>47:07</b>												
07:17+	10:03+	13:24+	16:33+	20:31+	23:41+	26:29+	28:11+	30:23+	34:58+	38:11+	41:03+	42:55+	45:27+	46:39+	47:07+
07:17+	02:46+	03:21+	03:09+	03:58+	03:10+	02:48+	01:42+	02:12+	04:35+	03:13+	02:52+	01:52-	02:32+	01:12+	00:28+
02:12&	00:43&	00:48&	01:10&	00:41#	00:14+	00:12+	00:23&	00:29&	00:38#	00:49&	00:21#	00:21-	00:21#	00:18&	00:07&
<b>6</b>	<b>Angela Brand-Barker</b>	<b>14</b>	<b>1:01:49</b>												
12:04+	14:49+	18:06+	20:40+	24:20+	37:24+	40:57+	42:36+	44:42+	49:32+	52:23+	55:04+	56:31+	60:09+	61:27+	61:49+
12:04+	02:45+	03:17+	02:34+	03:40+	13:04+	03:33+	01:39+	02:06+	04:50+	02:51+	02:41+	01:27-	03:38+	01:18+	00:22+
06:59@	00:42&	00:44&	00:35&	00:23#	10:08@	00:57&	00:20&	00:23#	00:53#	00:27#	00:10+	00:46-	01:27&	00:24&	00:01+
<b>7</b>	<b>Eva Lindgren</b>	<b>12</b>	<b>1:07:54</b>												
12:45+	17:08+	22:09+	28:33+	33:17+	37:42+	42:05+	44:09+	47:36+	52:54+	57:02+	60:19+	62:25+	66:21+	67:31+	67:54+
12:45+	04:23+	05:01+	06:24+	04:44+	04:25+	04:23+	02:04+	03:27+	05:18+	04:08+	03:17+	02:06-	03:56+	01:10+	00:23+
07:40@	02:20@	02:28&	04:25@	01:27&	01:29&	01:47&	00:45&	01:44@	01:21&	01:44&	00:46&	00:07-	01:45&	00:16&	00:02+
<b>8</b>	<b>Sanne Fisker</b>	<b>42</b>	<b>1:23:50</b>												
09:38+	14:41+	20:44+	25:12+	30:55+	37:22+	50:10+	52:57+	55:42+	63:00+	66:58+	71:06+	73:34+	80:57+	82:52+	83:50+
09:38+	05:03+	06:03+	04:28+	05:43+	06:27+	12:48+	02:47+	02:45+	07:18+	03:58+	04:08+	02:28+	07:23+	01:55+	00:58+
04:33&	03:00@	03:30@	02:29@	02:26&	03:31@	10:12@	01:28@	01:02&	03:21&	01:34&	01:37&	00:15#	05:12@	01:01@	00:37@

### Beste stræktid for klassen

05:05 02:03 02:33 01:53 03:17 02:37 02:12 01:10 01:42 03:38 02:24 02:31 01:24 02:11 00:54 00:21

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

### W60

<b>1</b>	<b>Tove Andersen</b>	<b>Ok Øst</b>	<b>34:39</b>							
01:31=	04:19=	07:56=	16:02=	19:26=	26:09=					
01:31=	02:48=	03:37=	08:06=	03:24=	06:43=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Ing-Marie Andren</b>	<b>36</b>	<b>50:15</b>							
06:32+	08:53+	12:19+	16:10+	19:37+	23:35-	34:44+	40:10+	48:30+	49:48+	50:15+
06:32+	02:21-	03:26-	03:51-	03:27+	03:58-	11:09+	05:26+	08:20+	01:18+	00:27+
05:01@	00:27-	00:11-	04:15-	00:03+	02:45-	11:09+	05:26+	08:20+	01:18+	00:27+
<b>3</b>	<b>Nermin Fermin</b>	<b>90</b>	<b>56:57</b>							
13:15+	16:42+	21:20+	24:52+	28:20+	38:53+	43:44+	54:32+	56:15+	56:57+	
13:15+	03:27+	04:38+	03:32-	03:28+	10:33+	04:51+	10:48+	01:43+	00:42+	
11:44@	00:39#	01:01&	04:34-	00:04+	03:50&	04:51+	10:48+	01:43+	00:42+	
<b>4</b>	<b>Margareta Meiton</b>	<b>26</b>	<b>58:27</b>							
06:30+	10:36+	18:25+	22:31+	27:25+	38:57+	45:36+	56:53+	58:27+		
06:30+	04:06+	07:49+	04:06-	04:54+	11:32+	06:39+	11:17+	01:34+		
04:59@	01:18&	04:12@	04:00-	01:30&	04:49&	06:39+	11:17+	01:34+		

Class	Navn	Klasse	Tid									
<b>5</b>	<b>Berit M. Vendelbjerg</b>	<b>Ok Pan</b>	<b>1:03:24</b>									
09:02+	13:15+	18:29+	27:29+	32:59+	37:41+	42:07+	47:09+	53:11+	57:01+	60:54+	62:45+	63:24+
09:02+	04:13+	05:14+	09:00+	05:30+	04:42-	04:26+	05:02+	06:02+	03:50+	03:53+	01:51+	00:39+
07:31@	01:25&	01:37&	00:54#	02:06&	02:01-	04:26+	05:02+	06:02+	03:50+	03:53+	01:51+	00:39+

### Beste stræktid for klassen

01:31 02:21 03:26 03:32 03:24 03:58

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## W65

<b>1</b>	<b>Birgit Hausner</b>	<b>Ok Sg</b>	<b>43:15</b>						
06:05=	08:36=	12:06=	15:46=	19:12=	29:07=	33:35=	41:27=	42:41=	43:15=
06:05=	02:31=	03:30=	03:40=	03:26=	09:55=	04:28=	07:52=	01:14=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Maarit Juura</b>	<b>Kansu</b>	<b>48:29</b>						
06:04-	10:42+	15:26+	19:02+	22:32+	32:17+	36:44+	46:34+	48:02+	48:29+
06:04-	04:38+	04:44+	03:36-	03:30+	09:45-	04:27-	09:50+	01:28+	00:27-
00:01-	02:07&	01:14&	00:04-	00:04+	00:10-	00:01-	01:58#	00:14#	00:07-

<b>3</b>	<b>Anne-Mette Kirkegaard</b>	<b>78</b>	<b>50:06</b>						
07:00+	10:25+	14:49+	18:46+	22:42+	33:10+	37:42+	47:48+	49:29+	50:06+
07:00+	03:25+	04:24+	03:57+	03:56+	10:28+	04:32+	10:06+	01:41+	00:37+
00:55#	00:54&	00:54&	00:17+	00:30#	00:33+	00:04+	02:14&	00:27&	00:03+

<b>4</b>	<b>Annelise Maclassen</b>	<b>75</b>	<b>52:55</b>						
09:10+	12:51+	17:09+	22:02+	26:47+	36:31+	41:15+	50:55+	52:23+	52:55+
09:10+	03:41+	04:18+	04:53+	04:45+	09:44-	04:44+	09:40+	01:28+	00:32-
03:05&	01:10&	00:48#	01:13&	01:19&	00:11-	00:16+	01:48#	00:14#	00:02-

<b>5</b>	<b>Kirsten Brunstedt</b>	<b>65</b>	<b>1:02:01</b>						
09:33+	13:30+	20:13+	27:12+	32:06+	43:46+	49:50+	59:42+	61:23+	62:01+
09:33+	03:57+	06:43+	06:59+	04:54+	11:40+	06:04+	09:52+	01:41+	00:38+
03:28&	01:26&	03:13&	03:19&	01:28&	01:45#	01:36&	02:00&	00:27&	00:04#

<b>6</b>	<b>Ellen Pedersen</b>	<b>48</b>	<b>1:22:40</b>						
29:14+	33:17+	39:46+	44:27+	49:24+	63:39+	69:06+	80:31+	82:03+	82:40+
29:14+	04:03+	06:29+	04:41+	04:57+	14:15+	05:27+	11:25+	01:32+	00:37+
23:09@	01:32&	02:59&	01:01&	01:31&	04:20&	00:59#	03:33&	00:18#	00:03+

### Beste stræktid for klassen

06:04 02:31 03:30 03:36 03:26 09:44 04:27 07:52 01:14 00:27

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## W70

<b>1</b>	<b>Ellis Byrgiel Sommer</b>	<b>65</b>	<b>51:19</b>									
11:31=	14:38=	18:58=	25:26=	31:11=	34:37=	37:34=	40:06=	43:32=	46:04=	48:56=	50:41=	51:19=
11:31=	03:07=	04:20=	06:28=	05:45=	03:26=	02:57=	02:32=	03:26=	02:32=	02:52=	01:45=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

### Beste stræktid for klassen

11:31 03:07 04:20 06:28 05:45 03:26 02:57 02:32 03:26 02:32 02:52 01:45 00:38

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## Women Elite

<b>1</b>	<b>Camilla Søgaard</b>	<b>22</b>	<b>55:51</b>																						
04:19=	06:39=	08:48=	11:40=	13:16=	18:00=	19:31=	23:13=	24:54=	25:40=	29:00=	32:11=	34:15=	37:04=	38:34=	40:04=	41:11=	43:03=	44:42=	47:09=	50:01=	51:43=	52:44=	54:28=	55:33=	55:51=
04:19=	02:20=	02:09=	02:52=	01:36=	04:44=	01:31=	03:42=	01:41=	00:46=	03:20=	03:11=	02:04=	02:49=	01:30=	01:30=	01:07=	01:52=	01:39=	02:27=	02:52=	01:42=	01:01=	01:44=	01:05=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid																						
<b>2</b>	<b>Cæcilie Christoffersen</b>	<b>65</b>	<b>1:03:13</b>																						
05:02+	07:40+	10:00+	13:13+	15:05+	21:12+	22:55+	26:42+	28:38+	29:31+	32:52+	36:41+	38:55+	41:19+	42:54+	44:19+	45:36+	49:28+	52:12+	54:53+	56:04+	58:01+	59:50+	61:40+	62:53+	63:13+
05:02+	02:38+	02:20+	03:13+	01:52+	06:07+	01:43+	03:47+	01:56+	00:53+	03:21+	03:49+	02:14+	02:24-	01:35+	01:25-	01:17+	03:52+	02:44+	02:41+	01:11-	01:57+	01:49+	01:50+	01:13+	00:20+
00:43#	00:18#	00:11+	00:21#	00:16#	01:23&	00:12#	00:05+	00:15#	00:07#	00:01+	00:38#	00:10+	00:25-	00:05+	00:05-	00:10#	02:00@	01:05&	00:14+	01:41-	00:15#	00:48&	00:06+	00:08#	00:02#
<b>3</b>	<b>Clare Dallimore</b>	<b>14</b>	<b>1:08:59</b>																						
05:28+	09:01+	11:31+	15:16+	17:07+	22:40+	24:21+	28:13+	30:06+	31:01+	34:44+	38:50+	41:21+	44:30+	46:09+	47:41+	48:58+	50:38+	56:28+	59:22+	62:38+	64:34+	65:46+	67:26+	68:39+	68:59+
05:28+	03:33+	02:30+	03:45+	01:51+	05:33+	01:41+	03:52+	01:53+	00:55+	03:43+	04:06+	02:31+	03:09+	01:39+	01:32+	01:17+	01:40-	05:50+	02:54+	03:16+	01:56+	01:12+	01:40-	01:13+	00:20+
01:09&	01:13&	00:21#	00:53&	00:15#	00:49#	00:10#	00:10+	00:12#	00:09#	00:23#	00:55&	00:27#	00:20#	00:09#	00:02+	00:10#	00:12-	04:11@	00:27#	00:24#	00:14#	00:11#	00:04-	00:08#	00:02#
<b>4</b>	<b>Malene Bredahl</b>	<b>47</b>	<b>1:12:00</b>																						
04:58+	07:45+	10:06+	14:19+	16:11+	22:30+	24:10+	30:58+	32:56+	33:58+	38:37+	42:27+	45:08+	47:57+	49:07+	50:41+	52:22+	53:36+	55:24+	57:24+	61:07+	65:03+	67:10+	68:28+	70:24+	71:38+
04:58+	02:47+	02:21+	04:13+	01:52+	06:19+	01:40+	06:48+	01:58+	01:02+	04:39+	03:50+	02:41+	02:49=	01:10-	01:34+	01:41+	01:14-	01:48+	02:00-	03:43+	03:56+	02:07+	01:18-	01:56+	01:14+
00:39#	00:27#	00:12+	01:21&	00:16#	01:35&	00:09+	03:06&	00:17#	00:16&	01:19&	00:39#	00:37&	00:00=	00:20-	00:04+	00:34&	00:38-	00:09+	00:27-	00:51&	02:14@	01:06@	00:26-	00:51&	00:56@
72:00+	00:22+	00:22+	00:22+																						
<b>5</b>	<b>Elvira Larsson</b>	<b>76</b>	<b>1:12:16</b>																						
05:08+	07:56+	10:39+	13:55+	18:17+	24:29+	26:05+	30:45+	32:40+	33:59+	39:15+	43:40+	46:12+	48:53+	50:29+	51:59+	53:22+	55:22+	57:45+	61:08+	64:05+	67:08+	68:52+	70:39+	71:56+	72:16+
05:08+	02:48+	02:43+	03:16+	04:22+	06:12+	01:36+	04:40+	01:55+	01:19+	05:16+	04:25+	02:32+	02:39-	01:38+	01:30=	01:23+	02:00+	02:23+	03:23+	02:57+	03:03+	01:44+	01:47+	01:17+	00:20+
00:49#	00:28#	00:34&	00:24#	02:46@	01:28&	00:05+	00:58&	00:14#	00:33&	01:56&	01:14&	00:28#	00:10-	00:08+	00:00=	00:16#	00:08+	00:44&	00:56&	00:05+	01:21&	00:43&	00:03+	00:12#	00:02#
<b>6</b>	<b>Erica Olsson</b>	<b>27</b>	<b>1:12:59</b>																						
05:44+	08:43+	11:50+	15:29+	17:34+	24:01+	26:06+	31:40+	34:02+	35:03+	39:27+	43:36+	46:06+	48:49+	50:47+	52:36+	54:09+	56:22+	58:19+	61:32+	65:07+	67:18+	69:20+	71:22+	72:36+	72:59+
05:44+	02:59+	03:07+	03:39+	02:05+	06:27+	02:05+	05:34+	02:22+	01:01+	04:24+	04:09+	02:30+	02:43-	01:58+	01:49+	01:33+	02:13+	01:57+	03:13+	03:35+	02:11+	02:02+	02:02+	01:14+	00:23+
01:25&	00:39&	00:58&	00:47&	00:29&	01:43&	00:34&	01:52&	00:41&	00:15&	01:04&	00:58&	00:26#	00:06-	00:28&	00:19#	00:26&	00:21#	00:18#	00:46&	00:43#	00:29&	01:01&	00:18#	00:09#	00:05&
<b>7</b>	<b>Anke Dannowski</b>	<b>65</b>	<b>1:14:32</b>																						
05:17+	08:01+	10:30+	14:00+	15:54+	22:31+	24:40+	29:53+	32:35+	33:32+	37:18+	41:07+	44:32+	47:45+	49:45+	51:14+	52:37+	54:58+	57:34+	60:55+	65:13+	67:52+	69:43+	72:07+	74:11+	74:32+
05:17+	02:44+	03:29+	03:30+	01:54+	06:37+	02:09+	05:13+	02:42+	00:57+	03:46+	03:49+	03:25+	03:13+	02:00+	01:29-	01:23+	02:21+	02:36+	03:21+	04:18+	02:39+	01:51+	02:24+	02:04+	00:21+
00:58#	00:24#	00:20#	00:38#	00:18#	01:53&	00:38&	01:31&	01:01&	00:11#	00:26#	00:38#	01:21&	00:24#	00:30&	00:01-	00:16#	00:29&	00:57&	00:54&	01:26&	00:57&	00:50&	00:40&	00:59&	00:03#
<b>8</b>	<b>Karin Gustafsson</b>	<b>13</b>	<b>1:18:31</b>																						
05:30+	08:46+	11:32+	15:19+	17:21+	23:41+	25:35+	31:34+	33:45+	34:47+	39:41+	44:03+	46:37+	52:19+	54:14+	55:55+	57:30+	59:36+	62:32+	65:47+	70:59+	73:11+	74:29+	76:33+	78:05+	78:31+
05:30+	03:16+	02:46+	03:47+	02:02+	06:20+	01:54+	05:59+	02:11+	01:02+	04:54+	04:22+	02:34+	05:42+	01:55+	01:41+	01:35+	02:06+	02:56+	03:15+	05:12+	02:12+	01:18+	02:04+	01:32+	00:26+
01:11&	00:56&	00:37&	00:55&	00:26&	01:36&	00:23&	02:17&	00:30&	00:16&	01:34&	01:11&	00:30#	02:53@	00:25&	00:11#	00:28&	00:14#	01:17&	00:48&	02:20&	00:30&	00:17&	00:20#	00:27&	00:08&
<b>9</b>	<b>Elin Håll</b>	<b>21</b>	<b>1:30:10</b>																						
06:18+	10:25+	13:43+	18:16+	20:30+	29:18+	31:59+	39:29+	41:59+	43:06+	47:16+	52:43+	56:08+	59:05+	61:07+	63:01+	64:44+	67:23+	69:58+	73:53+	78:08+	82:41+	84:27+	87:07+	89:40+	90:10+
06:18+	04:07+	03:18+	04:33+	02:14+	08:48+	02:41+	07:30+	02:30+	01:07+	04:10+	05:27+	03:25+	02:57+	02:02+	01:54+	01:43+	02:39+	02:35+	03:55+	04:15+	04:33+	01:46+	02:40+	02:33+	00:30+
01:59&	01:47&	01:09&	01:41&	00:38&	04:04&	01:10&	03:48@	00:49&	00:21&	00:50#	02:16&	01:21&	00:08+	00:32&	00:24&	00:36&	00:47&	00:56&	01:28&	01:23&	02:51@	00:45&	00:56&	01:28@	00:12&
<b>10</b>	<b>Zdenka Krivancova</b>	<b>40</b>	<b>1:34:06</b>																						
06:45+	10:25+	13:42+	18:26+	21:20+	30:19+	32:48+	39:25+	42:39+	43:48+	50:24+	56:12+	59:43+	63:13+	65:33+	67:44+	69:40+	72:43+	75:37+	80:00+	84:42+	87:36+	89:22+	91:56+	93:40+	94:06+
06:45+	03:40+	03:17+	04:44+	02:54+	08:59+	02:29+	06:37+	03:14+	01:09+	06:36+	05:48+	03:31+	03:30+	02:20+	02:11+	01:56+	03:03+	02:54+	04:23+	04:42+	02:54+	01:46+	02:34+	01:44+	00:26+
02:26&	01:20&	01:08&	01:52&	01:18&	04:15&	00:58&	02:55&	01:33&	00:23&	03:16&	02:37&	01:27&	00:41#	00:50&	00:41&	00:49&	01:11&	01:15&	01:56&	01:50&	01:12&	00:45&	00:50&	00:39&	00:08&
<b>11</b>	<b>Emmy Albinsson</b>	<b>27</b>	<b>1:35:43</b>																						
06:51+	10:05+	13:08+	17:43+	19:58+	27:27+	29:33+	36:40+	39:07+	40:15+	45:06+	51:13+	56:12+	59:47+	61:59+	63:54+	66:01+	68:04+	77:18+	81:55+	86:11+	88:37+	90:16+	93:01+	94:17+	95:17+
06:51+	03:14+	03:03+	04:35+	02:15+	07:29+	02:06+	07:07+	02:27+	01:08+	04:51+	06:07+	04:59+	03:35+	02:12+	01:55+	02:07+	02:03+	09:14+	04:37+	04:16+	02:26+	01:39+	02:45+	01:16+	01:00+
02:32&	00:54&	00:54&	01:43&	00:39&	02:45&	00:35&	03:25&	00:46&	00:22&	01:31&	02:56&	02:55@	00:46&	00:42&	00:25&	01:00&	00:11+	07:35@	02:10&	01:24&	00:44&	00:38&	01:01&	00:11#	00:42@
95:43+	00:26+	00:26+																							
<b>12</b>	<b>Laura csucs Fenyvesi</b>	<b>27</b>	<b>1:37:53</b>																						
05:47+	08:46+	12:11+	15:19+	17:48+	28:30+	35:59+	38:14+	45:47+	48:38+	49:50+	53:49+	58:13+	60:55+	64:40+	67:09+	69:17+	71:41+	74:23+	77:11+	82:54+	86:27+	88:16+	91:08+	93:12+	95:26+
05:47+	02:59+	03:25+	03:08+	02:29+	10:42+	07:29+	02:15-	07:33+	02:51+	01:12-	03:59+	04:24+	02:42-	03:45+	02:29+	02:08+	02:24+	02:42+	02:48+	05:43+	03:33+	01:49+	02:52+	02:04+	02:14+
01:28&	00:39&	01:16&	00:16+	00:53&	05:58@	05:58@	01:27-	05:52@	02:05@	02:08-	00:48&	02:20@	00:07-	02:15@	00:59&	01:01&	00:32&	01:03&	00:21#	02:51&	01:51@	00:48&	01:08&	00:59&	01:56@
97:09+	97:53+																								
01:43+	00:44+																								
01:43+	00:44+																								
<b>Beste stræktid for klassen</b>																									
04:19	02:20	02:09	02:52	01:36	04:44	01:31	02:15	01:41	00:46	01:12	03:11	02:04	02:24	01:10	01:25	01:07	01:14	01:39	02:00	01:11	01:42	01:01	01:18	01:05	00:18

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## Women Long

Class	Navn	Klasse	Tid																	
<b>1</b>	<b>Christine Reibert Hansen</b>	<b>1</b>	<b>1:03:23</b>																	
07:28=	10:52=	13:27=	16:17=	19:11=	22:36=	25:14=	29:06=	34:21=	38:47=	41:13=	45:37=	49:41=	51:34=	53:08=	54:56=	57:20=	60:11=	62:06=	63:00=	63:23=
07:28=	03:24=	02:36=	02:50=	02:54=	03:25=	02:38=	03:52=	05:15=	04:26=	02:26=	04:24=	04:04=	01:53=	01:34=	01:48=	02:24=	02:51=	01:55=	00:54=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Viivi Voutilainen</b>	<b>31</b>	<b>1:06:19</b>																	
05:49-	09:00-	11:36-	15:31-	18:15-	21:39-	24:51-	28:39-	33:01-	37:24-	40:05-	45:51+	50:26+	52:33+	54:24+	56:42+	59:09+	62:18+	65:04+	65:57+	66:19+
05:49-	03:11-	02:36+	03:55+	02:44-	03:24-	03:12+	03:48-	04:22-	04:23-	02:41+	05:46+	04:35+	02:07+	01:51+	02:18+	02:27+	03:09+	02:46+	00:53-	00:22-
01:39-	00:13-	00:01+	01:05&	00:10-	00:01-	00:34#	00:04-	00:53-	00:03-	00:15#	01:22&	00:31#	00:14#	00:17#	00:30&	00:03+	00:18#	00:51&	00:01-	00:01-
<b>3</b>	<b>Annika Henriksen</b>	<b>82</b>	<b>1:10:57</b>																	
06:11-	09:21-	11:37-	15:29-	18:24-	22:37+	25:52+	31:05+	35:38+	41:01+	44:06+	49:38+	54:16+	56:31+	58:26+	60:21+	63:02+	66:38+	69:10+	70:23+	70:57+
06:11-	03:10-	02:16-	03:52+	02:55+	04:13+	03:15+	05:13+	04:33-	05:23+	03:05+	05:32+	04:38+	02:15+	01:55+	01:55+	02:41+	03:36+	02:32+	01:13+	00:34+
01:17-	00:14-	00:19-	01:02&	00:01+	00:48#	00:37#	01:21&	00:42-	00:57#	00:39&	01:08&	00:34#	00:22#	00:21#	00:07+	00:17#	00:45&	00:37&	00:19&	00:11&
<b>4</b>	<b>Ulrika Andersson</b>	<b>18</b>	<b>1:35:12</b>																	
07:25-	11:36+	16:03+	21:01+	25:24+	30:55+	35:35+	41:00+	48:40+	54:18+	58:34+	66:47+	72:42+	75:34+	78:01+	81:52+	85:46+	90:10+	93:18+	94:40+	95:12+
07:25-	04:11+	04:27+	04:58+	04:23+	05:31+	04:40+	05:25+	07:40+	05:38+	04:16+	08:13+	05:55+	02:52+	02:27+	03:51+	03:54+	04:24+	03:08+	01:22+	00:32+
00:03-	00:47#	01:52&	02:08&	01:29&	02:06&	02:02&	01:33&	02:25&	01:12&	01:50&	03:49&	01:51&	00:59&	00:53&	02:03@	01:30&	01:33&	01:13&	00:28&	00:09&
<b>5</b>	<b>Sara Lykke Brinch</b>	<b>11</b>	<b>1:36:14</b>																	
06:25-	10:53+	14:32+	18:14+	21:34+	26:41+	35:06+	45:31+	52:03+	57:49+	61:13+	70:21+	75:22+	77:42+	80:19+	82:51+	86:28+	90:45+	94:09+	95:42+	96:14+
06:25-	04:28+	03:39+	03:42+	03:20+	05:07+	08:25+	10:25+	06:32+	05:46+	03:24+	09:08+	05:01+	02:20+	02:37+	02:32+	03:37+	04:17+	03:24+	01:33+	00:32+
01:03-	01:04&	01:04&	00:52&	00:26#	01:42&	05:47@	06:33@	01:17#	01:20&	00:58&	04:44@	00:57#	00:27#	01:03&	00:44&	01:13&	01:26&	01:29&	00:39&	00:09&
<b>Beste stræktid for klassen</b>																				
05:49	03:10	02:16	02:50	02:44	03:24	02:38	03:48	04:22	04:23	02:26	04:24	04:04	01:53	01:34	01:48	02:24	02:51	01:55	00:53	00:22

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## Women Short

<b>1</b>	<b>Lotta Voutilainen</b>	<b>31</b>	<b>45:01</b>																	
06:09=	08:46=	12:38=	17:07=	21:09=	23:56=	27:59=	32:08=	37:29=	40:42=	43:15=	44:31=	45:01=								
06:09=	02:37=	03:52=	04:29=	04:02=	02:47=	04:03=	04:09=	05:21=	03:13=	02:33=	01:16=	00:30=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
<b>2</b>	<b>Mette Flyvbjerg</b>	<b>75</b>	<b>47:31</b>																	
07:16+	11:23+	15:40+	19:21+	23:37+	27:16+	31:52+	36:03+	40:17+	43:26+	45:32+	46:56+	47:31+								
07:16+	04:07+	04:17+	03:41-	04:16+	03:39+	04:36+	04:11+	04:14-	03:09-	02:06-	01:24+	00:35+								
01:07#	01:30&	00:25#	00:48-	00:14+	00:52&	00:33#	00:02+	01:07-	00:04-	00:27-	00:08#	00:05#								
<b>3</b>	<b>Pernilla Sundén</b>	<b>41</b>	<b>1:17:17</b>																	
10:57+	17:35+	23:37+	31:51+	42:02+	47:08+	52:23+	59:58+	66:00+	69:50+	74:09+	76:34+	77:17+								
10:57+	06:38+	06:02+	08:14+	10:11+	05:06+	05:15+	07:35+	06:02+	03:50+	04:19+	02:25+	00:43+								
04:48&	04:01@	02:10&	03:45&	06:09@	02:19&	01:12&	03:26&	00:41#	00:37#	01:46&	01:09&	00:13&								
<b>4</b>	<b>Rakel Eva Gunnarsdottir</b>	<b>29</b>	<b>1:37:37</b>																	
35:48+	39:58+	45:00+	51:08+	57:33+	62:51+	67:34+	76:12+	89:13+	93:00+	95:28+	96:58+	97:37+								
35:48+	04:10+	05:02+	06:08+	06:25+	05:18+	04:43+	08:38+	13:01+	03:47+	02:28-	01:30+	00:39+								
29:39@	01:33&	01:10&	01:39&	02:23&	02:31&	00:40#	04:29@	07:40@	00:34#	00:05-	00:14#	00:09&								

### Beste stræktid for klassen

06:09 02:37 03:52 03:41 04:02 02:47 04:03 04:09 04:14 03:09 02:06 01:16 00:30

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.