Plads Navn Klasse Tid

Dame 1 mtbo

1 Henriette Rokkjær PAN 58:41

01:01=	04:04=	05:54=	08:29=	10:23=	13:11=	18:22=	20:51=	23:53=	27:46=	29:45=	32:43=	36:28=	38:38=	41:59=	45:31=	48:01=	52:16=	55:10=	56:43=	58:00=	58:41=
01:01=	03:03=	01:50=	02:35=	01:54=	02:48=	05:11=	02:29=	03:02=	03:53=	01:59=	02:58=	03:45=	02:10=	03:21=	03:32=	02:30=	04:15=	02:54=	01:33=	01:17=	00:41=
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=

Beste stræktid for klassen

01:01	03:03	01:50	02:35	01:54	02:48	05:11	02:29	03:02	03:53	01:59	02:58	03:45	02:10	03:21	03:32	02:30	04:15	02:54	01:33	01:17	00:41

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

Dame 2 mtbo

1 Lene Bejer VOK 56:48

03:11=	05:21=	08:15=	10:59=	15:03=	19:55=	23:25=	27:14=	30:24=	35:01=	39:21=	43:15=	46:47=	48:22=	52:09=	54:20=	55:47=	56:48=
03:11=	02:10=	02:54=	02:44=	04:04=	04:52=	03:30=	03:49=	03:10=	04:37=	04:20=	03:54=	03:32=	01:35=	03:47=	02:11=	01:27=	01:01=
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=

Beste stræktid for klassen

03:11	02:10	02:54	02:44	04:04	04:52	03:30	03:49	03:10	04:37	04:20	03:54	03:32	01:35	03:47	02:11	01:27	01:01

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

H/ 5km

1 Kent Lodberg PAN 37:42

01:35=	05:38=	07:50=	11:13=	14:01=	16:38=	20:52=	22:46=	25:35=	28:44=	30:35=	31:18=	34:14=	35:50=	37:42=
01:35=	04:03=	02:12=	03:23=	02:48=	02:37=	04:14=	01:54=	02:49=	03:09=	01:51=	00:43=	02:56=	01:36=	01:52=
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 Allan Jensen PAN 37:46

01:53+	02:45-	06:47-	08:50-	11:57-	14:25-	17:13-	21:20-	23:14-	25:54-	29:00-	30:43-	31:25-	34:20-	35:47-	37:46+
01:53+	00:52-	04:02+	02:03-	03:07+	02:28-	02:48-	04:07+	01:54-	02:40-	03:06+	01:43+	00:42-	02:55+	01:27-	01:59+
00:18#	03:11-	01:50&	01:20-	00:19#	00:09-	01:26-	02:13@	00:55-	00:29-	01:15&	01:00@	02:14-	01:19&	00:25-	01:59+

Beste stræktid for klassen

01:35	00:52	02:12	02:03	02:48	02:28	02:48	01:54	01:54	02:40	01:51	00:43	00:42	01:36	01:27

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

H-12år mtbo

1 Mathias Rokkjær PAN 38:57

02:43=	08:50=	16:00=	21:00=	25:06=	29:37=	34:47=	37:54=	38:57=
02:43=	06:07=	07:10=	05:00=	04:06=	04:31=	05:10=	03:07=	01:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

02:43	06:07	07:10	05:00	04:06	04:31	05:10	03:07	01:03

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

Herrer 1 mtbo

1 Allan Jensen PAN 45:50

00:55=	03:15=	04:50=	06:57=	08:38=	10:02=	14:58=	16:47=	18:30=	21:35=	23:04=	25:32=	28:22=	30:36=	32:53=	35:43=	37:31=	41:35=	43:34=	44:33=	45:21=	45:50=
00:55=	02:20=	01:35=	02:07=	01:41=	01:24=	04:56=	01:49=	01:43=	03:05=	01:29=	02:28=	02:50=	02:14=	02:17=	02:50=	01:48=	04:04=	01:59=	00:59=	00:48=	00:29=
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=

Plass	Navn	Klasse	Tid
2	Tommy Damsgaard	VOK	46:58

00:53-	03:17+	04:50=	07:01+	08:40+	10:03+	14:12-	16:07-	17:59-	21:10-	22:43-	25:03-	27:48-	29:39-	31:56-	34:52-	36:34-	42:05+	44:19+	45:33+	46:23+	46:58+
00:53-	02:24+	01:33-	02:11+	01:39-	01:23-	04:09-	01:55+	01:52+	03:11+	01:33+	02:20-	02:45-	01:51-	02:17=	02:56+	01:42-	05:31+	02:14+	01:14+	00:50+	00:35+
00:02-	00:04+	00:02-	00:04+	00:02-	00:01-	00:47-	00:06+	00:09+	00:06+	00:04+	00:08-	00:05-	00:23-	00:00=	00:06+	00:06-	01:27&	00:15#	00:15&	00:02+	00:06#

Plass	Navn	Klasse	Tid
3	Jørn Svensen	VOK	56:37

01:01+	03:34+	05:14+	08:51+	10:36+	12:26+	17:08+	18:54+	21:08+	26:33+	28:33+	31:32+	34:57+	36:55+	40:10+	43:40+	46:34+	50:42+	53:20+	54:52+	55:55+	56:37+
01:01+	02:33+	01:40+	03:37+	01:45+	01:50+	04:42-	01:46-	02:14+	05:25+	02:00+	02:59+	03:25+	01:58-	03:15+	03:30+	02:54+	04:08+	02:38+	01:32+	01:03+	00:42+
00:06#	00:13+	00:05+	01:30&	00:04+	00:26&	00:14-	00:03-	00:31&	02:20&	00:31&	00:31#	00:35#	00:16-	00:58&	00:40#	01:06&	00:04+	00:39&	00:33&	00:15&	00:13&

Plass	Navn	Klasse	Tid
4	Kent Lodberg	PAN	56:56

01:03+	04:03+	05:48+	08:09+	10:20+	12:13+	17:13+	19:13+	22:30+	26:15+	28:13+	31:31+	35:16+	37:44+	40:58+	44:35+	46:57+	51:06+	53:49+	55:20+	56:22+	56:56+
01:03+	03:00+	01:45+	02:21+	02:11+	01:53+	05:00+	02:00+	03:17+	03:45+	01:58+	03:18+	03:45+	02:28+	03:14+	03:37+	02:22+	04:09+	02:43+	01:31+	01:02+	00:34+
00:08#	00:40&	00:10#	00:14#	00:30&	00:29&	00:04+	00:11#	01:34&	00:40#	00:29&	00:50&	00:55&	00:14#	00:57&	00:47&	00:34&	00:05+	00:44&	00:32&	00:14&	00:05#

Plass	Navn	Klasse	Tid
5	Kent Kristensen	1000	1:05:59

01:01+	04:45+	06:55+	09:02+	11:50+	14:22+	19:35+	21:31+	25:00+	29:57+	31:53+	34:48+	38:31+	41:16+	44:39+	48:23+	51:46+	58:44+	61:53+	63:55+	65:07+	65:59+
01:01+	03:44+	02:10+	02:07=	02:48+	02:32+	05:13+	01:56+	03:29+	04:57+	01:56+	02:55+	03:43+	02:45+	03:23+	03:44+	03:23+	06:58+	03:09+	02:02+	01:12+	00:52+
00:06#	01:24&	00:35&	00:00=	01:07&	01:08&	00:17+	00:07+	01:46@	01:52&	00:27&	00:27#	00:53&	00:31#	01:06&	00:54&	01:35&	02:54&	01:10&	01:03@	00:24&	00:23&

Plass	Navn	Klasse	Tid
6	Carl Peter Noe	SOK	1:38:39

01:10+	05:12+	07:36+	10:44+	13:14+	37:25+	46:27+	49:34+	52:58+	58:12+	60:32+	64:00+	69:13+	72:05+	76:59+	81:43+	84:46+	90:39+	94:42+	96:14+	97:41+	98:39+
01:10+	04:02+	02:24+	03:08+	02:30+	24:11+	09:02+	03:07+	03:24+	05:14+	02:20+	03:28+	05:13+	02:52+	04:54+	04:44+	03:03+	05:53+	04:03+	01:32+	01:27+	00:58+
00:15&	01:42&	00:49&	01:01&	00:49&	22:47@	04:06&	01:18&	01:41&	02:09&	00:51&	01:00&	02:23&	00:38&	02:37@	01:54&	01:15&	01:49&	02:04@	00:33&	00:39&	00:29&

Plass	Navn	Klasse	Tid
7	Uffe Spanner	PAN	1:38:56

01:30+	05:32+	08:34+	11:49+	15:13+	18:10+	25:25+	29:59+	34:26+	37:53+	42:31+	49:42+	51:59+	56:12+	61:00+	64:31+	69:48+	76:01+	79:46+	90:41+	94:26+	96:07+	97:59+	98:56+
01:30+	04:02+	03:02+	03:15+	03:24+	02:57+	07:15+	04:34+	04:27+	03:27+	04:38+	07:11+	02:17-	04:13+	04:48+	03:31+	05:17+	06:13+	03:45+	10:55+	03:45+	01:41+	01:52+	00:57+
00:35&	01:42&	01:27&	01:08&	01:43@	01:33@	02:19&	02:45@	02:44@	00:22#	03:09@	04:43@	00:33-	01:59&	02:31@	00:41#	03:29@	02:09&	01:46&	09:56@	02:57@	01:12@	01:52+	00:57+

Beste stræktid for klassen

00:53	02:20	01:33	02:07	01:39	01:23	04:09	01:46	01:43	03:05	01:29	02:20	02:17	01:51	02:17	02:50	01:42	04:04	01:59	00:59	00:48	00:29

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

Herrer 2 mtbo

Plass	Navn	Klasse	Tid
1	Lennart Christiansen	VOK	47:52

02:10=	04:43=	07:22=	09:35=	13:06=	15:14=	18:41=	22:22=	25:08=	28:36=	31:12=	33:10=	35:50=	38:49=	40:15=	44:26=	45:43=	47:12=	47:52=
02:10=	02:33=	02:39=	02:13=	03:31=	02:08=	03:27=	03:41=	02:46=	03:28=	02:36=	01:58=	02:40=	02:59=	01:26=	04:11=	01:17=	01:29=	00:40=
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=

Beste stræktid for klassen

02:10	02:33	02:39	02:13	03:31	02:08	03:27	03:41	02:46	03:28	02:36	01:58	02:40	02:59	01:26	04:11	01:17	01:29	00:40

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

Herrer 3 mtbo

Plass	Navn	Klasse	Tid
1	Leif B. Nielsen	1000	43:56

01:14=	06:41=	09:48=	13:43=	19:26=	23:04=	26:12=	28:53=	32:38=	34:56=	39:35=	41:39=	43:05=	43:56=
01:14=	05:27=	03:07=	03:55=	05:43=	03:38=	03:08=	02:41=	03:45=	02:18=	04:39=	02:04=	01:26=	00:51=
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=

Plass	Navn	Klasse	Tid
2	Kurt Hindkjær	1000	48:21

00:58-	02:32-	07:27-	10:21-	16:27-	20:33-	23:56-	32:36+	36:37+	39:22+	43:31+	45:27+	47:15+	48:21+
00:58-	01:34-	04:55+	02:54-	06:06+	04:06+	03:23+	08:40+	04:01+	02:45+	04:09-	01:56-	01:48+	01:06+
00:16-	03:53-	01:48&	01:01-	00:23+	00:28#	00:15+	05:59@	00:16+	00:27#	00:30-	00:08-	00:22&	00:15&

Beste stræktid for klassen

00:58	01:34	03:07	02:54	05:43	03:38	03:08	02:41	03:45	02:18	04:09	01:56	01:26	00:51

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