

Plads Navn

Klasse

Tid

D1

<b>1</b>	<b>Henriette Rökkjær</b>	<b>OKPAN</b>	<b>1:17:32</b>																			
03:14=	06:22=	11:16=	13:21=	15:43=	19:53=	21:37=	27:14=	29:45=	32:42=	35:35=	38:20=	43:55=	50:07=	54:02=	55:54=	60:13=	63:16=	66:25=	68:32=	72:57=	76:31=	77:32=
03:14=	03:08=	04:54=	02:05=	02:22=	04:10=	01:44=	05:37=	02:31=	02:57=	02:53=	02:45=	05:35=	06:12=	03:55=	01:52=	04:19=	03:03=	03:09=	02:07=	04:25=	03:34=	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=	00:00=	00:00=	00:00=	00:00=	00:00=

**Beste stræktid for klassen**

03:14	03:08	04:54	02:05	02:22	04:10	01:44	05:37	02:31	02:57	02:53	02:45	05:35	06:12	03:55	01:52	04:19	03:03	03:09	02:07	04:25	03:34	01:01
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

D3

<b>1</b>	<b>Lene Bejer</b>	<b>VOK</b>	<b>1:08:18</b>											
05:09=	13:16=	15:49=	18:56=	30:39=	33:09=	36:24=	40:21=	47:49=	50:48=	54:42=	58:19=	60:31=	66:45=	68:18=
05:09=	08:07=	02:33=	03:07=	11:43=	02:30=	03:15=	03:57=	07:28=	02:59=	03:54=	03:37=	02:12=	06:14=	01:33=
00:00=	00:00=	00:00=	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>Marit Lund</b>	<b>HER</b>	<b>1:42:22</b>											
07:10+	15:41+	18:21+	22:35+	31:21+	36:32+	40:27+	44:38+	74:17+	78:41+	83:45+	88:26+	91:42+	98:29+	102:22+
07:10+	08:31+	02:40+	04:14+	08:46+	05:11+	03:55+	04:11+	29:39+	04:24+	05:04+	04:41+	03:16+	06:47+	03:53+
02:01&	00:24+	00:07+	01:07&	02:57-	02:41@	00:40#	00:14+	22:11@	01:25&	01:10&	01:04&	01:04&	00:33+	02:20@

**Beste stræktid for klassen**

05:09	08:07	02:33	03:07	08:46	02:30	03:15	03:57	07:28	02:59	03:54	03:37	02:12	06:14	01:33
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

H1

<b>1</b>	<b>Rene Rökkjær</b>	<b>OKPAN</b>	<b>1:04:25</b>																				
02:54=	05:50=	09:32=	11:28=	14:24=	17:34=	19:11=	23:40=	24:40=	25:45=	28:25=	30:42=	33:01=	36:15=	43:07=	46:08=	47:44=	50:36=	53:06=	55:31=	57:03=	60:15=	63:26=	64:25=
02:54=	02:56=	03:42=	01:56=	02:56=	03:10=	01:37=	04:29=	01:00=	01:05=	02:40=	02:17=	02:19=	03:14=	06:52=	03:01=	01:36=	02:52=	02:30=	02:25=	01:32=	03:12=	03:11=	00:59=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>VOK</b>	<b>1:11:43</b>																			
02:41-	05:28-	09:40+	11:34+	13:37-	17:46+	19:17+	23:46+	25:59+	28:22+	30:43+	33:25+	37:49+	45:42+	48:49+	50:28+	53:16+	57:05+	62:17+	63:55+	67:36+	70:42+	71:43+
02:41-	02:47-	04:12+	01:54-	02:03-	04:09+	01:31-	04:29=	02:13+	02:23+	02:21-	02:42+	04:24+	07:53+	03:07-	01:39-	02:48+	03:49+	05:12+	01:38-	03:41+	03:06-	01:01-
00:13-	00:09-	00:30#	00:02-	00:53-	00:59&	00:06-	00:00=	01:13@	01:18@	00:19-	00:25#	02:05&	04:39@	03:45-	01:22-	01:12&	00:57&	02:42@	00:47-	02:09@	00:06-	02:10-

<b>3</b>	<b>Kent Lodberg</b>	<b>OKPAN</b>	<b>1:18:02</b>																				
03:37+	07:01+	11:42+	15:14+	17:39+	22:34+	24:26+	30:10+	33:01+	35:58+	38:53+	41:20+	45:13+	50:50+	54:09+	55:58+	59:18+	60:18+	63:12+	67:08+	69:08+	73:16+	76:52+	78:02+
03:37+	03:24+	04:41+	03:32+	02:25-	04:55+	01:52+	05:44+	02:51+	02:57+	02:55+	02:27+	03:53+	05:37+	03:19-	01:49-	03:20+	01:00-	02:54+	03:56+	02:00+	04:08+	03:36+	01:10+
00:43#	00:28#	00:59&	01:43&	00:31-	01:45&	00:15#	01:15&	01:51@	01:52@	00:15+	00:10+	01:34&	02:23&	03:33-	01:12-	01:44@	01:52-	00:24#	01:31&	00:28&	00:56&	00:25#	00:11#

<b>4</b>	<b>Bjørn Sommer</b>	<b>OKPAN</b>	<b>1:21:04</b>																			
02:51-	07:12+	11:53+	15:32+	18:06+	21:29+	23:23+	28:44+	30:57+	37:36+	40:38+	43:52+	47:25+	53:58+	57:15+	60:22+	64:12+	68:47+	71:51+	73:31+	76:57+	80:04+	81:04+
02:51-	04:21+	04:41+	03:39+	02:34-	03:23+	01:54+	05:21+	02:13+	06:39+	03:02+	03:14+	03:33+	06:33+	03:17-	03:07+	03:50+	04:35+	03:04+	01:40-	03:26+	03:07-	01:00-
00:03-	01:25&	00:59&	01:43&	00:22-	00:13+	00:17#	00:52#	01:13@	05:34@	00:22#	00:57&	01:14&	03:19@	03:35-	00:06+	02:14@	01:43&	00:34#	00:45-	01:54@	00:05-	02:11-

<b>5</b>	<b>Peter Noe</b>	<b>SOK</b>	<b>1:34:08</b>																				
04:25+	08:06+	13:57+	16:39+	19:29+	25:04+	27:50+	34:16+	36:02+	37:28+	41:06+	44:24+	47:29+	53:06+	59:48+	64:29+	67:03+	71:13+	74:49+	80:55+	83:12+	87:33+	92:35+	94:08+
04:25+	03:41+	05:51+	02:42+	02:50-	05:35+	02:46+	06:26+	01:46+	01:26+	03:38+	03:18+	03:05+	05:37+	06:42-	04:41+	02:34+	04:10+	03:36+	06:06+	02:17+	04:21+	05:02+	01:33+
01:31&	00:45&	02:09&	00:46&	00:06-	02:25&	01:09&	01:57&	00:46&	00:21&	00:58&	01:01&	00:46&	02:23&	00:10-	01:40&	00:58&	01:18&	01:06&	03:41@	00:45&	01:09&	01:51&	00:34&

<b>6</b>	<b>Anker Møller</b>	<b>SOK</b>	<b>1:49:49</b>																			
05:28+	08:51+	14:02+	18:30+	21:10+	33:25+	35:51+	42:00+	46:53+	49:53+	56:29+	59:14+	63:43+	72:49+	77:21+	81:04+	85:24+	91:23+	96:15+	98:51+	104:22+	108:35+	109:49+
05:28+	03:23+	05:11+	04:28+	02:40-	12:15+	02:26+	06:09+	04:53+	03:00+	06:36+	02:45+	04:29+	09:06+	04:32-	03:43+	04:20+	05:59+	04:52+	02:36+	05:31+	04:13+	01:14-
02:34&	00:27#	01:29&	02:32@	00:16-	09:05@	00:49&	01:40&	03:53@	01:55@	03:56@	00:28#	02:10&	05:52@	02:20-	00:42#	02:44@	03:07@	02:22&	00:11+	03:59@	01:01&	01:57-

**Beste stræktid for klassen**

02:41	02:47	03:42	01:54	02:03	03:10	01:31	04:29	01:00	01:05	02:21	02:17	02:19	03:14	03:07	01:39	01:36	01:00	02:30	01:38	01:32	03:06	01:00	00:59
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

## H2

<b>1</b>	<b>Lennart Christiansen</b>	<b>VOK</b>	<b>1:06:04</b>												
04:22=	07:59=	16:38=	18:15=	24:49=	26:50=	29:10=	35:54=	40:36=	42:47=	46:34=	50:16=	52:28=	60:35=	64:45=	66:04=
04:22=	03:37=	08:39=	01:37=	06:34=	02:01=	02:20=	06:44=	04:42=	02:11=	03:47=	03:42=	02:12=	08:07=	04:10=	01:19=
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=

<b>2</b>	<b>Jørgen Krog</b>	<b>SOK</b>	<b>1:22:17</b>												
08:59+	13:54+	20:21+	22:09+	26:21+	29:13+	32:51+	43:40+	50:23+	53:53+	57:22+	65:59+	69:00+	73:47+	80:01+	82:17+
08:59+	04:55+	06:27-	01:48+	04:12-	02:52+	03:38+	10:49+	06:43+	03:30+	03:29-	08:37+	03:01+	04:47-	06:14+	02:16+
04:37@	01:18&	02:12-	00:11#	02:22-	00:51&	01:18&	04:05&	02:01&	01:19&	00:18-	04:55@	00:49&	03:20-	02:04&	00:57&

**Beste stræktid for klassen**  
 04:22 03:37 06:27 01:37 04:12 02:01 02:20 06:44 04:42 02:11 03:29 03:42 02:12 04:47 04:10 01:19

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

## H3

<b>1</b>	<b>Claus Poulsen</b>	<b>SOK</b>	<b>1:16:23</b>											
06:38=	14:00=	16:22=	19:45=	28:20=	32:53=	36:26=	40:22=	49:44=	52:41=	58:34=	63:06=	66:30=	73:18=	76:23=
06:38=	07:22=	02:22=	03:23=	08:35=	04:33=	03:33=	03:56=	09:22=	02:57=	05:53=	04:32=	03:24=	06:48=	03:05=
00:00=	00:00=	00:00=	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**  
 06:38 07:22 02:22 03:23 08:35 04:33 03:33 03:56 09:22 02:57 05:53 04:32 03:24 06:48 03:05

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