

Vinterlang distance 3

Strekktider

Søndre Fledborg Plantage-28-01-2018

Pluss Navn
10km

Klasse

Tid

1	Dag Blandkjenn																				7	54:07																			
01:40=	06:10=	06:58=	09:34=	11:34=	11:59=	14:52=	19:38=	22:44=	26:04=	29:17=	33:20=	37:04=	38:36=	41:14=	44:26=	45:19=	47:09=	48:30=	50:55=	52:25=	53:47=	54:07=																			
01:40=	04:30=	00:48=	02:36=	02:00=	00:25=	02:53=	04:46=	03:06=	03:20=	03:13=	04:03=	03:44=	01:32=	02:38=	03:12=	00:53=	01:50=	01:21=	02:25=	01:30=	01:22=	00:20=																			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Håvard Irgens																				7	57:32																			
04:03+	08:26+	09:26+	12:04+	14:17+	14:48+	17:32+	22:33+	25:40+	29:14+	32:36+	36:50+	40:30+	42:08+	44:55+	47:50+	48:35+	50:21+	51:40+	54:06+	55:42+	57:08+	57:32+																			
04:03+	04:23-	01:00+	02:38+	02:13+	00:31+	02:44-	05:01+	03:07+	03:34+	03:22+	04:14+	03:40-	01:38+	02:47+	02:55-	00:45-	01:46-	01:19-	02:26+	01:36+	01:26+	00:24+																			
02:23@	00:07-	00:12#	00:02+	00:13#	00:06#	00:09-	00:15+	00:01+	00:14+	00:09+	00:11+	00:04-	00:06+	00:09+	00:17-	00:08-	00:04-	00:02-	00:01+	00:06+	00:04+	00:04#																			
3	Marianne Andersen																				7	1:01:09																			
01:38-	07:46+	08:51+	11:51+	14:20+	14:57+	17:44+	23:08+	26:30+	30:15+	33:52+	37:54+	42:15+	44:00+	47:05+	50:22+	51:11+	53:26+	54:51+	57:36+	59:20+	60:44+	61:09+																			
01:38-	06:08+	01:05+	03:00+	02:29+	00:37+	02:47-	05:24+	03:22+	03:45+	03:37+	04:02-	04:21+	01:45+	03:05+	03:17+	00:49-	02:15+	01:25+	02:45+	01:44+	01:24+	00:25+																			
00:02-	01:38&	00:17&	00:24#	00:29#	00:12&	00:06-	00:38#	00:16+	00:25#	00:24#	00:01-	00:37#	00:13#	00:27#	00:05+	00:04-	00:25#	00:04+	00:20#	00:14#	00:02+	00:05#																			
4	Kristian Blok																				15	1:03:24																			
01:27-	06:24+	07:25+	10:14+	12:41+	13:16+	16:21+	21:58+	25:38+	29:59+	33:48+	38:07+	42:44+	44:40+	48:13+	51:47+	52:49+	54:47+	56:21+	59:25+	61:22+	63:01+	63:24+																			
01:27-	04:57+	01:01+	02:49+	02:27+	00:35+	03:05+	05:37+	03:40+	04:21+	03:49+	04:19+	04:37+	01:56+	03:33+	03:34+	01:02+	01:58+	01:34+	03:04+	01:57+	01:58+	00:23+																			
00:13-	00:27#	00:13&	00:13+	00:27#	00:10&	00:12+	00:51#	00:34#	01:01&	00:36#	00:16+	00:53#	00:24&	00:55&	00:22#	00:09#	00:08+	00:13#	00:39&	00:27&	00:17#	00:03#																			
5	Mads Alex Simonsen																				23	1:06:49																			
01:55+	07:32+	08:34+	11:23+	13:56+	14:30+	18:29+	24:23+	28:14+	32:29+	36:34+	41:16+	45:49+	47:48+	51:23+	55:14+	56:18+	58:20+	60:01+	63:03+	64:52+	66:27+	66:49+																			
01:55+	05:37+	01:02+	02:49+	02:33+	00:34+	03:59+	05:54+	03:51+	04:15+	04:05+	04:42+	04:37+	01:59+	03:35+	03:51+	01:04+	02:02+	01:41+	03:02+	01:49+	01:35+	00:22+																			
00:15#	01:07#	00:14&	00:13+	00:33&	00:09&	01:06&	01:08#	00:45#	00:55&	00:52&	00:39#	00:49#	00:27&	00:57&	00:39#	00:11#	00:12#	00:20#	00:37&	00:19#	00:13#	00:02#																			
6	Anton Rasmussen																				23	1:07:58																			
01:43+	06:58+	08:05+	11:05+	13:35+	14:11+	18:16+	24:04+	28:00+	32:12+	36:14+	41:07+	45:45+	47:56+	51:33+	55:36+	56:46+	59:01+	60:47+	63:57+	65:59+	67:36+	67:58+																			
01:43+	05:15+	01:07+	03:00+	02:30+	00:36+	04:05+	05:48+	03:56+	04:12+	04:02+	04:53+	04:38+	02:11+	03:37+	04:03+	01:10+	02:15+	01:46+	03:10+	02:02+	01:37+	00:22+																			
00:03+	00:45#	00:19&	00:24#	00:30#	00:11&	01:12&	01:02#	00:50&	00:52&	00:49&	00:50#	00:54#	00:39&	00:59&	00:51&	00:17&	00:25#	00:25&	00:45&	00:32&	00:15#	00:02#																			
7	Harald Hermanrud																				18	1:08:36																			
01:33-	06:51+	08:06+	10:52+	13:10+	13:45+	16:44+	22:00+	25:27+	29:24+	36:58+	41:16+	48:55+	50:51+	53:55+	57:12+	58:15+	60:21+	61:54+	64:46+	66:34+	68:16+	68:36+																			
01:33-	05:18+	01:15+	02:46+	02:18+	00:35+	02:59+	05:16+	03:27+	03:57+	07:34+	04:18+	07:39+	01:56+	03:04+	03:17+	01:03+	02:06+	01:33+	02:52+	01:48+	01:42+	00:20=																			
00:07-	00:48#	00:27&	00:10+	00:18#	00:10&	00:06+	00:30#	00:21#	00:37#	04:21@	00:15+	03:55@	00:24&	00:26#	00:05+	00:10#	00:16#	00:12#	00:27#	00:18#	00:20#	00:00=																			
8	Thomas Blok																				15	1:09:58																			
01:29-	06:21+	07:22+	10:05+	12:17+	12:48+	15:37+	21:05+	27:17+	31:23+	35:38+	40:23+	46:23+	49:36+	53:12+	57:18+	58:27+	60:43+	62:34+	65:55+	67:49+	69:36+	69:58+																			
01:29-	04:52+	01:01+	02:43+	02:12+	00:31+	02:49-	05:28+	06:12+	04:06+	04:15+	04:45+	06:00+	03:13+	03:36+	04:06+	01:09+	02:16+	01:51+	03:21+	01:54+	01:47+	00:22+																			
00:11-	00:22+	00:13&	00:07+	00:12#	00:06#	00:04-	00:42#	03:06&	00:46#	01:02&	00:42#	02:16&	01:41@	00:58&	00:54&	00:16&	00:26#	00:30&	00:56&	00:24&	00:25&	00:02#																			
9	Ulrika Örnhagen Jørgensen																				15	1:11:58																			
01:48+	07:52+	09:08+	12:18+	14:58+	15:36+	18:57+	25:15+	29:27+	34:13+	38:42+	43:47+	48:57+	51:01+	54:46+	58:40+	59:46+	62:24+	64:11+	67:45+	69:50+	71:36+	71:58+																			
01:48+	06:04+	01:16+	03:10+	02:40+	00:38+	03:21+	06:18+	04:12+	04:46+	04:29+	05:05+	05:10+	02:04+	03:45+	03:54+	01:06+	02:38+	01:47+	03:34+	02:05+	01:46+	00:22+																			
00:08+	01:34&	00:28&	00:34#	00:40&	00:13&	00:28#	01:32&	01:06&	01:26&	01:16&	01:02&	01:26&	00:32&	01:07&	00:42#	00:13#	00:48&	00:26&	01:09&	00:35&	00:24&	00:02#																			
10	Søren Mikkelsen																				5	1:12:10																			
01:58+	07:52+	09:08+	12:25+	15:00+	15:38+	18:59+	25:21+	29:35+	34:15+	38:32+	43:51+	48:38+	51:05+	55:12+	59:22+	60:32+	62:57+	64:42+	67:59+	70:02+	71:44+	72:10+																			
01:58+	05:54+	01:16+	03:17+	02:35+	00:38+	03:21+	06:22+	01:14+	04:40+	04:17+	05:19+	04:47+	02:27+	04:07+	04:10+	01:10+	02:25+	01:45+	03:17+	02:03+	01:42+	00:26+																			
00:18#	01:24&	00:28&	00:41&	00:35&	00:13&	00:28#	01:36&	04:08&	01:20&	01:04&	01:16&	01:03&	00:55&	01:29&	00:58&	00:17&	00:35&	00:24&	00:52&	00:33&	00:20#	00:06&																			
11	Allan Hougaard																				23	1:12:25																			
01:49+	08:26+	09:36+	12:44+	15:16+	15:56+	19:17+	25:38+	29:42+	34:35+	38:51+	44:15+	48:54+	51:28+	55:20+	59:25+	60:48+	63:13+	64:58+	68:16+	70:18+	71:59+	72:25+																			
01:49+	06:37+	01:10+	03:08+	02:32+	00:40+	03:21+	06:21+	04:04+	04:53+	04:16+	05:24+	04:39+	02:34+	03:52+	04:05+	01:23+	02:25+	01:45+	03:18+	02:02+	01:41+	00:26+																			
00:09+	02:07&	00:22&	00:32#	00:32&	00:15&	00:28#	01:35&	00:58&	01:33&	01:03&	01:21&	00:55#	01:02&	01:14&	00:53&	00:30&	00:35&	00:24&	00:53&	00:32&	00:19#	00:06&																			
12	Jakob Gade																				21	1:15:43																			
01:53+	08:00+	09:14+	12:29+	15:08+	15:45+	19:16+	25:26+	29:58+	34:53+	39:33+	44:41+	50:39+	53:46+	57:39+	61:56+	63:07+	65:50+	67:53+	71:29+	73:36+	75:25+	75:43+																			
01:53+	06:07+	01:14+	03:15+	02:39+	00:37+	03:31+	06:10+	04:32+	04:55+	04:40+	05:08+	05:58+	03:07+	03:53+	04:17+	01:11+	02:43+	02:03+	03:36+	02:07+	01:49+	00:18-																			
00:13#	01:37&	00:26&	00:39#	00:39&	00:12&	00:38#	01:24&	01:26&	01:35&	01:27&	01:05&	02:14&	01:35@	01:15&	01:05&	00:18&	00:53&	00:42&	01:11&	00:37&	00:27&	00:02-																			
13	Peter Kilden Jensen																				Ok Pan	1:17:57																			
01:55+	08:05+	09:31+	12:42+	15:36+	16:17+	19:36+	26:04+	30:32+	36:03+	40:31+	46:21+	52:06+	54:54+	59:03+	63:28+	64:41+	67:15+	69:11+	73:31+	75:44+	77:31+	77:57+																			
01:55+	06:10+	01:26+	03:11+	02:54+	00:41+	03:19+	06:28+	04:28+	05:31+	04:28+	05:50+	05:45+	02:48+	04:09+	04:25+	01:13+	02:34+	01:56+	04:20+	02:13+	01:47+	00:26+																			
00:15#	01:40&	00:38&	00:35#	00:54&	00:16&	00:26#	01:42&	01:22&	02:11&	01:15&	01:47&	02:01&	01:16&	01:31&	01:13&	00:20&	00:44&	00:35&	01:55&	00:43&	00:25&	00:06&																			
14	Mogens Vennevold																				20	1:19:39																			
02:07+	08:08+	09:19+	12:43+	15:25+	16:02+	19:46+	26:17+	31:25+	36:34+	41:15+	46:30+	51:57+	55:42+	59:25+	64:20+	65:37+	68:40+	70:49+	75:06+	77:14+	79:14+	79:39+																			
02:07+	06:01+	01:11+	03:24+	02:42+	00:37+	03:44+	06:31+	05:08+	05:09+	04:41+	05:15+	05:27+	03:45+	03:43+	04:55+	01:17+	03:03+	02:09+	04:17+	02:08+	02:00+	00:25+																			
00:27&	01:31&	00:23&	00:48&	00:42&	00:12&	00:51&	01:45&	02:02&	01:49&	01:28&	01:12&	01:43&	02:13@	01:05&	01:43&	00:24&	01:13&	00:48&	01:52&	00:38&	00:38&	00:05#																			

Class	Navn	Klasse										Tid										
15	Michael Fischer	22										1:19:43										
01:59+	10:07+	13:12+	16:38+	19:24+	20:00+	23:26+	29:49+	34:04+	39:10+	43:53+	49:13+	54:55+	57:37+	61:27+	65:50+	66:59+	69:36+	71:42+	75:11+	77:23+	79:23+	79:43+
01:59+	08:08+	03:05+	03:26+	02:46+	00:36+	03:26+	06:23+	04:15+	05:06+	04:43+	05:20+	05:42+	02:42+	03:50+	04:23+	01:09+	02:37+	02:06+	03:29+	02:12+	02:00+	00:20+
00:19#	03:38&	02:17@	00:50&	00:46&	00:11&	00:33#	01:37&	01:09&	01:46&	01:30&	01:17&	01:58&	01:10&	01:12&	01:11&	00:16&	00:47&	00:45&	01:04&	00:42&	00:38&	00:00=
16	Jens Peter Christensen	2										1:20:17										
02:06+	08:44+	10:14+	13:48+	16:55+	17:33+	21:45+	28:14+	32:56+	39:24+	43:44+	49:11+	55:00+	58:23+	62:31+	66:41+	67:57+	70:21+	72:09+	75:49+	78:00+	79:50+	80:17+
02:06+	06:38+	01:30+	03:34+	03:07+	00:38+	04:12+	06:29+	04:42+	06:28+	04:20+	05:27+	05:49+	03:23+	04:08+	04:10+	01:16+	02:24+	01:48+	03:40+	02:11+	01:50+	00:27+
00:26&	02:08&	00:42&	00:58&	01:07&	00:13&	01:19&	01:43&	01:36&	03:08&	01:07&	01:24&	02:05&	01:51@	01:30&	00:58&	00:23&	00:34&	00:27&	01:15&	00:41&	00:28&	00:07&
17	Per Dahl Jensen	Ok Pan										1:20:24										
01:56+	08:21+	09:55+	13:28+	16:33+	17:11+	20:33+	28:01+	32:34+	37:42+	42:33+	48:43+	54:58+	57:47+	62:04+	66:14+	67:27+	70:02+	71:59+	75:45+	77:51+	79:59+	80:24+
01:56+	06:25+	01:34+	03:33+	03:05+	00:38+	03:22+	07:28+	04:33+	05:08+	04:51+	06:10+	06:15+	02:49+	04:17+	04:10+	01:13+	02:35+	01:57+	03:46+	02:06+	02:08+	00:25+
00:16#	01:55&	00:46&	00:57&	01:05&	00:13&	00:29#	02:42&	01:27&	01:48&	01:38&	02:07&	02:31&	01:17&	01:39&	00:58&	00:20&	00:45&	00:36&	01:21&	00:36&	00:46&	00:05#
18	Jack Bjørnsen	7										1:20:33										
01:59+	08:52+	10:09+	13:57+	16:45+	17:25+	21:02+	27:38+	31:54+	36:52+	42:29+	47:56+	52:58+	55:14+	59:31+	64:31+	65:39+	70:40+	72:27+	75:54+	78:03+	80:07+	80:33+
01:59+	06:53+	01:17+	03:48+	02:48+	00:40+	03:37+	06:36+	04:16+	04:58+	05:37+	05:27+	05:02+	02:16+	04:17+	05:00+	01:08+	05:01+	01:47+	03:27+	02:09+	02:04+	00:26+
00:19#	02:23&	00:29&	01:12&	00:48&	00:15&	00:44&	01:50&	01:10&	01:38&	02:24&	01:24&	01:18&	00:44&	01:39&	01:48&	00:15&	03:11@	00:26&	01:02&	00:39&	00:42&	00:06&
19	Keld Gade	21										1:20:47										
02:00+	08:17+	09:41+	13:14+	16:09+	16:53+	20:40+	27:40+	32:36+	37:38+	42:36+	48:54+	55:28+	58:14+	62:01+	66:45+	67:54+	70:36+	72:50+	76:24+	78:30+	80:23+	80:47+
02:00+	06:17+	01:24+	03:33+	02:55+	00:44+	03:47+	07:00+	04:56+	05:02+	04:58+	06:18+	06:34+	02:46+	03:47+	04:44+	01:09+	02:42+	02:14+	03:34+	02:06+	01:53+	00:24+
00:20#	01:47&	00:36&	00:57&	00:55&	00:19&	00:54&	02:14&	01:50&	01:42&	01:45&	02:15&	02:50&	01:14&	01:09&	01:32&	00:16&	00:52&	00:53&	01:09&	00:36&	00:31&	00:04#
20	Jonathan Birk Nielsen	22										1:21:42										
02:13+	08:08+	09:35+	12:55+	15:36+	16:11+	19:46+	26:29+	31:30+	37:29+	42:56+	49:05+	55:24+	58:29+	62:49+	67:16+	68:36+	71:13+	73:09+	77:16+	79:30+	81:21+	81:42+
02:13+	05:55+	01:27+	03:20+	02:41+	00:35+	03:35+	06:43+	05:01+	05:59+	05:27+	06:09+	06:19+	03:05+	04:20+	04:27+	01:20+	02:37+	01:56+	04:07+	02:14+	01:51+	00:21+
00:33&	01:25&	00:39&	00:44&	00:41&	00:10&	00:42#	01:57&	01:55&	02:39&	02:14&	02:06&	02:35&	01:33@	01:42&	01:15&	00:27&	00:47&	00:35&	01:42&	00:44&	00:29&	00:01+
21	Henning Hansen	4										1:23:03										
02:15+	10:26+	11:47+	15:22+	18:13+	18:53+	22:30+	29:23+	34:54+	40:25+	45:08+	51:19+	57:13+	59:52+	63:59+	68:25+	69:41+	72:24+	74:32+	78:34+	80:46+	82:38+	83:03+
02:15+	08:11+	01:21+	03:35+	02:51+	00:40+	03:37+	06:53+	05:31+	05:31+	04:43+	06:11+	05:54+	02:39+	04:07+	04:26+	01:16+	02:43+	02:08+	04:02+	02:12+	01:52+	00:25+
00:35&	03:41&	00:33&	00:59&	00:51&	00:15&	00:44&	02:07&	02:25&	02:11&	01:30&	02:08&	02:10&	01:07&	01:29&	01:14&	00:23&	00:53&	00:47&	01:37&	00:42&	00:30&	00:05#
22	John Holm	Ok Pan										1:26:02										
02:08+	08:18+	09:39+	13:02+	15:56+	16:40+	20:13+	26:57+	32:10+	37:28+	42:16+	48:24+	54:56+	57:47+	62:33+	68:07+	69:32+	73:00+	75:50+	80:44+	83:10+	85:31+	86:02+
02:08+	06:10+	01:21+	03:23+	02:54+	00:44+	03:33+	06:44+	05:13+	05:18+	04:48+	06:08+	06:32+	02:51+	04:46+	05:34+	01:25+	03:28+	02:50+	04:54+	02:26+	02:21+	00:31+
00:28&	01:40&	00:33&	00:47&	00:54&	00:19&	00:40#	01:58&	02:07&	01:58&	01:35&	02:05&	02:48&	01:19&	02:08&	02:22&	00:32&	01:38&	01:29@	02:29@	00:56&	00:59&	00:11&
23	Dorte Filskov	22										1:26:34										
02:22+	10:19+	11:53+	15:46+	19:05+	19:48+	23:44+	30:55+	36:09+	41:55+	46:47+	53:09+	59:06+	62:16+	66:28+	71:06+	72:24+	75:14+	77:16+	81:32+	84:01+	86:05+	86:34+
02:22+	07:57+	01:34+	03:53+	03:19+	00:43+	03:56+	07:11+	05:14+	05:46+	04:52+	06:22+	05:57+	03:10+	04:12+	04:38+	01:18+	02:50+	02:02+	04:16+	02:29+	02:04+	00:29+
00:42&	03:27&	00:46&	01:17&	01:19&	00:18&	01:03&	02:25&	02:08&	02:26&	01:39&	02:19&	02:13&	01:38@	01:34&	01:26&	00:25&	01:00&	00:41&	01:51&	00:59&	00:42&	00:09&
24	Henning Mindstruplund	4										1:27:50										
02:52+	10:22+	12:12+	15:53+	19:13+	19:57+	24:08+	31:30+	37:16+	42:46+	47:39+	53:40+	59:54+	62:32+	67:08+	71:50+	73:11+	76:07+	78:17+	82:31+	85:14+	87:25+	87:50+
02:52+	07:30+	01:50+	03:41+	03:20+	00:44+	04:11+	07:22+	05:46+	05:30+	04:53+	06:01+	06:14+	02:38+	04:36+	04:42+	01:21+	02:56+	02:10+	04:14+	02:43+	02:11+	00:25+
01:12&	03:00&	01:02@	01:05&	01:20&	00:19&	01:18&	02:36&	02:40&	02:10&	01:40&	01:58&	02:30&	01:06&	01:58&	01:30&	00:28&	01:06&	00:49&	01:49&	01:13&	00:49&	00:05#
25	Kim Gottlieb	2										1:30:22										
02:40+	09:16+	10:58+	14:48+	17:56+	18:38+	22:27+	29:49+	35:00+	40:31+	45:28+	53:01+	59:32+	62:25+	67:27+	72:27+	73:55+	77:10+	79:43+	84:32+	87:33+	89:50+	90:22+
02:40+	06:36+	01:42+	03:50+	03:08+	00:42+	03:49+	07:22+	05:11+	05:31+	04:57+	07:33+	06:31+	02:53+	05:02+	05:00+	01:28+	03:15+	02:33+	04:49+	03:01+	02:17+	00:32+
01:00&	02:06&	00:54@	01:14&	01:08&	00:17&	00:56&	02:36&	02:05&	02:11&	01:44&	03:30&	02:47&	01:21&	02:24&	01:48&	00:35&	01:25&	01:12&	02:24&	01:31@	00:55&	00:12&
26	Michael Straube	4										1:31:34										
02:00+	08:49+	10:05+	14:00+	17:11+	17:54+	22:07+	30:22+	35:48+	42:26+	47:48+	54:29+	61:40+	65:11+	70:17+	75:20+	76:54+	79:57+	82:14+	86:37+	89:02+	91:09+	91:34+
02:00+	06:49+	01:16+	03:55+	03:11+	00:43+	04:13+	08:15+	05:26+	06:38+	05:22+	06:41+	07:11+	03:31+	05:06+	05:03+	01:34+	03:03+	02:17+	04:23+	02:25+	02:07+	00:25+
00:20#	02:19&	00:28&	01:19&	01:11&	00:18&	01:20&	03:29&	02:20&	03:18&	02:09&	02:38&	03:27&	01:59@	02:28&	01:51&	00:41&	01:13&	00:56&	01:58&	00:55&	00:45&	00:05#
27	Henrik Juhl	2										1:31:57										
01:46+	09:08+	10:23+	13:50+	23:50+	24:26+	28:11+	35:52+	41:03+	47:20+	52:29+	58:02+	64:34+	67:11+	71:19+	75:47+	77:11+	80:10+	82:37+	86:36+	89:10+	91:36+	91:57+
01:46+	07:22+	01:15+	03:27+	10:00+	00:36+	03:45+	07:41+	05:11+	06:17+	05:09+	05:33+	06:32+	02:37+	04:08+	04:28+	01:24+	02:59+	02:27+	03:59+	02:34+	02:26+	00:21+
00:06+	02:52&	00:27&	00:51&	08:00@	00:11&	00:52&	02:55&	02:05&	02:57&	01:56&	01:30&	02:48&	01:05&	01:30&	01:16&	00:31&	01:09&	01:06&	01:34&	01:04&	01:04&	00:01+
28	Knud Fjordvald	18										1:31:59										
02:00+	08:38+	10:16+	14:05+	17:01+	17:48+	21:49+	29:16+	34:19+	40:56+	50:08+	56:48+	62:58+	66:14+	70:47+	75:43+	77:14+	80:16+	82:25+	86:43+	89:13+	91:33+	91:59+
02:00+	06:38+	01:38+	03:49+	02:56+	00:47+	04:01+	07:27+	05:03+	06:37+	09:12+	06:40+	06:10+	03:16+	04:33+	04:56+	01:31+	03:02+	02:09+	04:18+	02:30+	02:20+	00:26+
00:20#	02:08&	00:50@	01:13&	00:56&	00:22&	01:08&	02:41&	01:57&	03:17&	05:59@	02:37&	02:26&	01:44@	01:55&	01:44&	00:38&	01:12&	00:48&	01:53&	01:00&	00:58&	00:06&
29	Susanne Kristensen	2										1:36:59										
02:16+	0																					

Class	Navn	Klasse	Tid
30	Søren Søgaard Nielsen	2	1:37:11
02:23+	09:33+	11:15+	15:26+
02:23+	07:10+	01:42+	04:11+
00:43&	02:40&	00:54@	01:35&
01:22&	00:30@	01:26&	02:57&
02:02+	31:45+	37:47+	44:45+
04:19+	07:43+	06:02+	06:58+
05:19+	06:47+	07:28+	03:34+
05:21+	01:40+	03:29+	03:01+
05:15+	02:35+	02:43+	00:28+
02:09&	00:47&	01:39&	01:40@
02:50@	01:05&	01:21&	00:08&
31	Kristine Baagø	21	1:37:57
02:23+	09:27+	10:59+	14:39+
02:23+	07:04+	01:32+	03:40+
00:43&	02:34&	00:44&	01:04&
01:36&	00:16&	01:13&	02:55&
02:02+	30:43+	36:01+	42:50+
04:06+	07:41+	05:18+	06:49+
06:39+	06:32+	07:29+	05:58+
04:47+	04:57+	01:22+	04:34+
02:45+	04:59+	02:33+	02:05+
02:33+	02:05+	00:27+	00:07&
02:29&	03:45@	04:26@	02:09&
01:45&	00:29&	02:44@	01:24@
02:34@	01:03&	00:43&	00:07&
32	Allan Baagø	21	1:39:57
02:42+	12:15+	17:55+	21:14+
02:42+	09:33+	05:40+	03:19+
01:02&	05:03@	04:52@	00:43&
01:10-	04:53@	05:41@	00:07+
05:31@	05:31@	02:17&	04:21@
02:58&	00:10-	02:58@	02:24&
02:05-	03:03@	00:36&	02:40@
00:06+	01:16&	00:56-	
33	Thomas Lindschow	22	1:41:07
02:21+	10:25+	11:56+	16:11+
02:21+	08:04+	01:31+	04:15+
00:41&	03:34&	00:43&	01:39&
01:19&	00:26@	01:07&	03:22&
03:01&	03:28@	03:13&	03:26&
04:10@	04:39+	05:16+	05:33+
01:26+	03:26+	02:35+	05:09+
03:00+	02:23+	00:27+	00:07&
02:21&	04:39+	05:16+	05:33+
01:26+	03:26+	02:35+	05:09+
03:00+	02:23+	00:27+	00:07&
34	Lajla Præstgaard	8	1:45:37
02:42+	11:57+	13:38+	17:49+
02:42+	09:15+	01:41+	04:11+
01:02&	04:45@	00:53@	01:35&
01:26&	00:25&	01:45&	04:06&
03:53@	03:12&	02:45&	03:55&
04:33@	04:33@	02:20@	02:24&
03:15@	00:53&	01:46&	01:45@
02:15&	01:28&	00:57&	00:12&
35	Anette Pind	18	1:49:44
02:38+	11:16+	13:21+	17:34+
02:38+	08:38+	02:05+	04:13+
00:58&	04:08&	01:17@	01:37&
01:49&	00:23&	02:12&	04:30&
03:13@	02:23&	03:25&	06:14@
07:25+	04:58+	05:35+	01:26+
03:36+	03:06+	04:40+	03:36+
03:06+	04:40+	02:58+	02:19+
00:32+	01:46&	03:36+	03:06+
04:40+	02:58+	02:19+	00:32+
36	Brit Hermanrud	18	1:50:14
02:42+	11:56+	13:38+	18:10+
02:42+	09:14+	01:42+	04:32+
01:02&	04:44@	00:54@	01:56&
01:42&	00:27@	04:07@	04:16&
03:34@	04:41@	02:32&	06:11@
04:23@	02:22@	02:21&	02:33&
00:32&	01:50&	01:11&	02:17&
01:17&	01:17&	00:58&	00:17&
37	Tove Jakobsen	18	1:51:01
02:34+	10:33+	12:13+	17:18+
02:34+	07:59+	01:40+	05:05+
00:54&	03:29&	00:52@	02:29&
01:40&	00:30@	02:17&	05:20@
03:52@	03:23@	03:44@	05:51@
05:25@	02:33@	02:26&	02:34&
00:40&	02:04@	01:46@	02:45@
01:15&	00:56&	00:09&	
38	Bjørn Mathiasen	18	1:52:53
02:44+	12:14+	13:55+	18:17+
02:44+	09:30+	01:41+	04:22+
01:04&	05:00@	00:53@	01:46&
01:41&	00:26@	03:06@	08:21@
03:07@	03:19&	03:51@	04:06@
04:07@	02:21@	02:38&	02:19&
00:59@	01:38&	01:27@	03:11@
01:39@	01:35@	00:12&	
39	Erling Trankjær	3	1:55:40
01:50+	09:54+	11:17+	14:50+
01:50+	08:04+	01:23+	03:33+
00:10#	03:34&	00:35&	00:57&
01:15&	00:18&	01:53&	12:28@
02:22&	02:16&	01:37&	12:30@
08:51@	01:48@	02:00&	02:15&
00:31&	01:06&	01:15&	01:39&
01:03&	01:03&	00:07&	
40	Lars Ozol	18	1:55:43
02:11+	10:30+	12:14+	17:24+
02:11+	08:19+	01:44+	05:10+
00:31&	03:49&	00:56@	02:00@
02:22&	04:55@	04:09@	05:28@
03:46@	03:35&	05:14@	03:32@
03:13@	01:06@	02:18@	01:57@
03:00@	01:43@	01:10&	00:14&
41	Gitte Kiilerich Pedersen	18	2:45:49
03:09+	13:28+	15:34+	20:07+
03:09+	10:19+	02:06+	04:33+
01:29&	05:49@	01:18@	01:52&
00:27@	02:09&	04:49@	01:04&
05:40&	04:43@	35:05@	09:07@
04:59@	03:46@	05:04@	01:13@
07:22@	04:07@	03:34@	01:50@
01:58@	00:20&		
Beste strekktid for klassen	01:27	04:23	00:48
02:36	00:50	00:25	02:44
04:46	03:06	03:20	03:13
04:02	03:34	01:32	02:38
01:07	00:45	01:46	01:19
02:25	01:30	00:26	00:18

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

10kmmto

1	Poul Erik Buch	12	1:24:48
10:07=	17:50=	22:05=	25:27=
10:07=	07:43=	04:15=	03:22=
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=

Class	Navn	Klasse	Tid
-------	------	--------	-----

2 John Rasmussen 18 1:36:17

17:36+ 21:47+ 27:34+ 31:50+ 42:19+ 63:31+ 70:02+ 77:45+ 88:04+ 96:17+
 17:36+ 04:11- 05:47+ 04:16+ 10:29+ 21:12+ 06:31- 07:43- 10:19- 08:13=
 07:29& 03:32- 01:32& 00:54& 04:52& 08:20& 01:42- 00:54- 05:30- 00:00=

Beste strekktid for klassen

10:07 04:11 04:15 03:22 05:37 12:52 06:31 07:43 10:19 08:13

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

16km

1 Vegard Danielsen 7 1:24:49

01:49= 06:56= 12:13= 13:47= 17:46= 20:56= 24:48= 29:48= 30:42= 33:58= 35:34= 36:34= 39:53= 41:38= 45:37= 51:51= 57:11= 61:48= 64:36= 65:08= 71:04= 74:52= 75:34= 77:18= 78:50= 81:28=
 01:49= 05:07= 05:17= 01:34= 03:59= 03:10= 03:52= 05:00= 00:54= 03:16= 01:36= 01:00= 03:19= 01:45= 03:59= 06:14= 05:20= 04:37= 02:48= 00:32= 05:56= 03:48= 00:42= 01:44= 01:32= 02:38=
 00:00=
 83:02= 84:32= 84:49=
 01:34= 01:30= 00:17=
 00:00= 00:00= 00:00=

2 Torben Kristensen 15 1:45:38

01:33- 07:24+ 13:32+ 15:39+ 20:31+ 24:32+ 29:22+ 35:18+ 36:24+ 40:42+ 42:39+ 44:21+ 48:35+ 50:59+ 55:51+ 63:12+ 71:02+ 76:52+ 80:21+ 81:04+ 88:25+ 92:20+ 93:30+ 95:57+ 97:39+ 101:22+
 01:33- 05:51+ 06:08+ 02:07+ 04:52+ 04:01+ 04:50+ 05:56+ 01:06+ 04:18+ 01:57+ 01:42+ 04:14+ 02:24+ 04:52+ 07:21+ 07:50+ 05:50+ 03:29+ 00:43+ 07:21+ 03:55+ 01:10+ 02:27+ 01:42+ 03:43+
 00:16- 00:44# 00:51# 00:33& 00:53# 00:51& 00:58# 00:56# 00:12# 01:02& 00:21# 00:42& 00:55& 00:39& 00:53# 01:07# 02:30& 01:13& 00:41# 00:11& 01:25# 00:07+ 00:28& 00:43& 00:10# 01:05&
 103:30+ 105:15+ 105:38+
 02:08+ 01:45+ 00:23+
 00:34& 00:15# 00:06&

3 Henrik Markvardsen 19 1:46:24

01:35- 07:18+ 13:25+ 15:26+ 20:43+ 24:44+ 29:51+ 36:38+ 37:48+ 42:36+ 44:49+ 46:08+ 50:10+ 52:00+ 56:46+ 64:18+ 71:41+ 78:01+ 81:24+ 82:06+ 90:00+ 93:53+ 94:48+ 97:06+ 98:55+ 102:08+
 01:35- 05:43+ 06:07+ 02:01+ 05:17+ 04:01+ 05:07+ 06:47+ 01:10+ 04:48+ 02:13+ 01:19+ 04:02+ 01:50+ 04:46+ 07:32+ 07:23+ 06:20+ 03:23+ 00:42+ 07:54+ 03:53+ 00:55+ 02:18+ 01:49+ 03:13+
 00:14- 00:36# 00:50# 00:27& 01:18& 00:51& 01:15& 01:47& 00:16& 01:32& 00:37& 00:19& 00:43# 00:05+ 00:47# 01:18# 02:03& 01:43& 00:35# 00:10& 01:58& 00:05+ 00:13& 00:34& 00:17# 00:35#
 104:10+ 106:00+ 106:24+
 02:02+ 01:50+ 00:24+
 00:28& 00:20# 00:07&

4 Andreas Lyngaa Ok Pan 1:46:25

01:31- 07:19+ 13:26+ 15:27+ 20:43+ 24:45+ 29:47+ 36:34+ 37:50+ 42:37+ 44:49+ 46:08+ 50:11+ 52:02+ 56:47+ 64:19+ 71:42+ 78:01+ 81:25+ 82:06+ 90:03+ 93:54+ 94:48+ 97:06+ 98:56+ 102:03+
 01:31- 05:48+ 06:07+ 02:01+ 05:16+ 04:02+ 05:02+ 06:47+ 01:16+ 04:47+ 02:12+ 01:19+ 04:03+ 01:51+ 04:45+ 07:32+ 07:23+ 06:19+ 03:24+ 00:41+ 07:57+ 03:51+ 00:54+ 02:18+ 01:50+ 03:07+
 00:18- 00:41# 00:50# 00:27& 01:17& 00:52& 01:10& 01:47& 00:22& 01:31& 00:36& 00:19& 00:44# 00:06+ 00:46# 01:18# 02:03& 01:42& 00:36# 00:09& 02:01& 00:03+ 00:12& 00:34& 00:18# 00:29#
 104:06+ 106:00+ 106:25+
 02:03+ 01:54+ 00:25+
 00:29& 00:24& 00:08&

5 Carsten Thygesen Ok Pan 1:50:52

01:33- 07:08+ 13:31+ 15:59+ 21:15+ 25:37+ 30:34+ 36:31+ 37:38+ 42:26+ 44:47+ 46:16+ 50:50+ 52:50+ 57:54+ 65:30+ 72:37+ 80:18+ 83:51+ 84:30+ 93:37+ 97:42+ 98:52+ 101:10+ 102:57+ 106:16+
 01:33- 05:35+ 06:23+ 02:28+ 05:16+ 04:22+ 04:57+ 05:57+ 01:07+ 04:48+ 02:21+ 01:29+ 04:34+ 02:00+ 05:04+ 07:36+ 07:07+ 07:41+ 03:33+ 00:39+ 09:07+ 04:05+ 01:10+ 02:18+ 01:47+ 03:19+
 00:16- 00:28+ 01:06# 00:54& 01:17& 01:12& 01:05& 00:57# 00:13# 01:32& 00:45& 00:29& 01:15& 00:15# 01:05& 01:22# 01:47& 03:04& 00:45& 00:07# 03:11& 00:17+ 00:28& 00:34& 00:15# 00:41&
 108:43+ 110:32+ 110:52+
 02:27+ 01:49+ 00:20+
 00:53& 00:19# 00:03#

6 Thorkild Jensen 16 1:54:22

01:40- 08:11+ 15:02+ 17:11+ 23:57+ 27:58+ 32:50+ 39:50+ 40:58+ 45:45+ 47:49+ 50:10+ 55:01+ 57:16+ 62:28+ 70:06+ 77:24+ 84:50+ 88:06+ 88:50+ 97:16+ 101:48+ 103:28+ 105:41+ 107:27+ 110:29+
 01:40- 06:31+ 06:51+ 02:09+ 06:46+ 04:01+ 04:52+ 07:00+ 01:08+ 04:47+ 02:04+ 02:21+ 04:51+ 02:15+ 05:12+ 07:38+ 07:18+ 07:26+ 03:16+ 00:44+ 08:26+ 04:32+ 01:40+ 02:13+ 01:46+ 03:02+
 00:09- 01:24& 01:34& 00:35& 02:47& 00:51& 01:00& 02:00& 00:14& 01:31& 00:28& 01:21@ 01:32& 00:30& 01:13& 01:24# 01:58& 02:49& 00:28# 00:12& 02:30& 00:44# 00:58@ 00:29& 00:14# 00:24#
 112:22+ 114:02+ 114:22+
 01:53+ 01:40+ 00:20+
 00:19# 00:10# 00:03#

7 Anton Hansen 18 1:59:36

01:19- 07:52+ 14:37+ 16:54+ 22:16+ 28:27+ 33:44+ 39:58+ 41:13+ 46:26+ 48:46+ 50:08+ 54:29+ 56:30+ 61:33+ 69:59+ 79:33+ 86:47+ 90:55+ 91:41+ 100:36+ 104:55+ 106:13+ 108:40+ 110:29+ 114:46+
 01:19- 06:33+ 06:45+ 02:17+ 05:22+ 06:11+ 05:17+ 06:14+ 01:15+ 05:13+ 02:20+ 01:22+ 04:21+ 02:01+ 05:03+ 08:26+ 09:34+ 07:14+ 04:08+ 00:46+ 08:55+ 04:19+ 01:18+ 02:27+ 01:49+ 04:17+
 00:30- 01:26& 01:28& 00:43& 01:23& 03:01& 01:25& 01:14# 00:21& 01:57& 00:44& 00:22& 01:02& 00:16# 01:04& 02:12& 04:14& 02:37& 01:20& 00:14& 02:59& 00:31# 00:36& 00:43& 00:17# 01:39&
 117:08+ 119:11+ 119:36+
 02:22+ 02:03+ 00:25+
 00:48& 00:33& 00:08&

Class	Navn	Klasse	Tid
8	Jens Kristensen	23	2:03:51
01:37-	07:42+	15:08+	18:05+
01:37-	06:05+	07:26+	02:57+
00:12-	00:58#	02:09&	01:23&
121:18+	123:27+	123:51+	
02:20+	02:09+	00:24+	
00:46&	00:39&	00:07&	
9	Brian V. Brøgger	21	2:04:30
01:51+	09:46+	16:44+	19:05+
01:51+	07:55+	06:58+	02:21+
00:02+	02:48&	01:41&	00:47&
122:04+	123:56+	124:30+	
02:11+	01:52+	00:34+	
00:37&	00:22#	00:17&	
10	Jeppe Hust	18	2:04:48
02:12+	10:03+	17:02+	19:27+
02:12+	07:51+	06:59+	02:25+
00:23#	02:44&	01:42&	00:51&
122:21+	124:14+	124:48+	
02:11+	01:53+	00:34+	
00:37&	00:23&	00:17&	
11	Jan Thomsen	Ok Pan	2:07:57
01:36-	08:17+	15:15+	17:40+
01:36-	06:41+	06:58+	02:25+
00:13-	01:34&	01:41&	00:51&
125:33+	127:35+	127:57+	
02:11+	02:02+	00:22+	
00:37&	00:32&	00:05&	
12	Kenn Heldgaard Kristensen	2	2:09:59
01:58+	09:17+	16:36+	19:04+
01:58+	07:19+	07:19+	02:28+
00:09+	02:12&	02:02&	00:54&
127:36+	129:33+	129:59+	
02:12+	01:57+	00:26+	
00:38&	00:27&	00:09&	
13	Lars Mikkelsen	2	2:10:09
01:53+	08:29+	15:04+	17:44+
01:53+	06:36+	06:35+	02:40+
00:04+	01:29&	01:18#	01:06&
127:43+	129:47+	130:09+	
04:10+	02:04+	00:22+	
02:36@	00:34&	00:05&	
14	Michael Filyo	18	2:11:52
05:57+	12:28+	22:25+	24:37+
05:57+	06:31+	09:57+	02:12+
04:08@	01:24&	04:40&	00:38&
126:57+	129:19+	131:25+	131:52+
03:49+	02:22+	02:06+	00:27+
02:15@	00:52&	01:49@	00:27+
15	Henrik B. Thomsen	11	2:16:16
01:53+	09:10+	17:32+	20:19+
01:53+	07:17+	08:22+	02:47+
00:04+	02:10&	03:05&	01:13&
133:32+	135:53+	136:16+	
02:34+	02:21+	00:23+	
01:00&	00:51&	00:06&	
16	Anker Møller	18	2:20:49
01:41-	08:04+	15:38+	18:09+
01:41-	06:23+	07:34+	02:31+
00:08-	01:16#	02:17&	00:57&
132:13+	136:05+	138:29+	140:18+
01:53+	03:52+	02:24+	01:49+
00:19#	02:22@	02:07@	01:49+

Class	Navn	Klasse	Tid
-------	------	--------	-----

17	Jens Isaksen	18	2:28:23
01:54+	09:38+	18:36+	21:37+
01:54+	07:44+	08:58+	03:01+
00:05+	02:37&	03:41&	01:27&
146:00+	147:52+	148:23+	
02:33+	01:52+	00:31+	
00:59&	00:22#	00:14&	

18	Jens Børsting	18	2:30:16
06:36+	14:07+	21:32+	24:06+
06:36+	07:31+	07:25+	02:34+
04:47@	02:24&	02:08&	01:00&
147:29+	149:42+	150:16+	
02:37+	02:13+	00:34+	
01:03&	00:43&	00:17&	

19	johan Nielsen	NOTEAM	2:42:25
01:51+	14:05+	23:21+	25:47+
01:51+	12:14+	09:16+	02:26+
00:02+	07:07@	03:59&	00:52&
159:10+	161:41+	162:25+	
02:42+	02:31+	00:44+	
01:08&	01:01&	00:27@	

20	Niels Jensen	11	2:45:13
03:01+	10:04+	18:43+	21:24+
03:01+	07:03+	08:39+	02:41+
01:12&	01:56&	03:22&	01:07&
162:16+	165:13+		
03:58+	02:57+		
02:24@	01:27&		

21	Kent Simonsen	21	3:01:16
02:42+	10:21+	20:03+	23:14+
02:42+	07:39+	09:42+	03:11+
00:53&	02:32&	04:25&	01:37@
178:19+	180:44+	181:16+	
03:32+	02:25+	00:32+	
01:58@	00:55&	00:15&	

Beste strekktid for klassen
 01:19 05:07 05:17 01:34 03:59 03:10 03:52 05:00 00:54 03:16 01:36 01:00 01:30 01:44 02:01 02:54 05:20 04:37 02:48 00:32 00:40 00:44 00:42 01:18 01:22 02:02 01:34 01:00

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

20km

1	Marko Birk Nielsen	22	2:09:19
01:46=	07:30=	13:45=	18:04=
01:46=	05:44=	06:15=	04:19=
00:00=	00:00=	00:00=	00:00=
107:54=	113:40=	117:13=	118:32=
01:36=	05:46=	03:33=	01:19=
00:00=	00:00=	00:00=	00:00=

2	Christian Valbak	18	2:18:36
02:41+	09:24+	16:53+	19:08+
02:41+	06:43+	07:29+	02:15-
00:55&	00:59#	01:14#	02:04-
115:07+	121:33+	125:14+	126:27+
01:46+	06:26+	03:41+	01:13-
00:10#	00:40#	00:08+	00:06-

3	Peter Villadsen	22	2:23:45
01:48+	07:16-	13:20-	17:44-
01:48+	05:28-	06:04-	04:24+
00:02+	00:16-	00:11-	00:05+
118:39+	125:28+	129:39+	131:10+
01:54+	06:49+	04:11+	01:31+
00:18#	01:03#	00:38#	00:12#

Class	Navn	Klasse	Tid																						
4	Jens Brandt	NOTEAM	2:38:35																						
05:10+	18:17+	24:21+	26:12+	30:43+	35:27+	40:48+	46:52+	51:01+	56:09+	65:14+	66:22+	72:43+	74:45+	76:29+	80:58+	86:08+	88:43+	92:36+	98:33+	108:08+	115:29+	121:54+	125:54+	126:41+	129:45+
05:10+	13:07+	06:04-	01:51-	04:31-	04:44+	05:21+	06:04-	04:09+	05:08+	09:05+	01:08-	06:21+	02:02+	01:44+	04:29+	05:10+	02:35+	03:53+	05:57+	09:35+	07:21+	06:25-	04:00+	00:47+	03:04+
03:24@	07:23@	00:11-	02:28-	00:51-	00:38#	00:46#	00:01-	00:31#	00:31#	03:29&	00:03-	01:43&	00:08+	00:28&	00:29#	01:16&	00:23#	00:37#	01:22&	02:13&	00:41#	00:08-	00:40#	00:08#	00:19#
131:31+	138:39+	143:39+	144:59+	148:03+	150:07+	154:11+	156:26+	158:12+	158:35+																
01:46+	07:08+	05:00+	01:20+	03:04+	02:04+	04:04+	02:15+	01:46+	00:23+																
00:10#	01:22#	01:27&	00:01+	00:58&	00:18#	01:04&	00:24#	00:02+	00:03#																

Beste strekktid for klassen

01:46	05:28	06:04	01:51	04:31	04:06	04:35	05:37	03:38	04:37	05:36	01:07	04:33	01:54	01:16	04:00	03:54	02:12	03:16	04:35	07:22	06:40	06:03	03:19	00:37	02:45	01:36
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

20kmmtbo

1	Jørgen Schnack	22	1:36:18													
07:06=	14:38=	17:53=	22:10=	25:17=	30:25=	37:07=	42:21=	47:16=	53:33=	60:25=	64:32=	70:31=	76:35=	82:17=	89:59=	96:18=
07:06=	07:32=	03:15=	04:17=	03:07=	05:08=	06:42=	05:14=	04:55=	06:17=	06:52=	04:07=	05:59=	06:04=	05:42=	07:42=	06:19=
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=

2	Bjørn Sommer	23	1:41:28													
07:39+	14:18-	17:50-	22:32+	26:31+	36:08+	40:58+	46:15+	51:54+	58:04+	64:53+	69:13+	75:21+	81:33+	88:58+	96:07+	101:28+
07:39+	06:39-	03:32+	04:42+	03:59+	09:37+	04:50-	05:17+	05:39+	06:10-	06:49-	04:20+	06:08+	06:12+	07:25+	07:09-	05:21-
00:33+	00:53-	00:17+	00:25+	00:52&	04:29&	01:52-	00:03+	00:44#	00:07-	00:03-	00:13+	00:09+	00:08+	01:43&	00:33-	00:58-

3	Søren Theilgaard	22	1:45:27													
07:52+	15:37+	19:06+	25:58+	30:10+	35:14+	40:42+	46:28+	52:49+	59:26+	67:45+	72:16+	79:20+	85:52+	91:49+	99:47+	105:27+
07:52+	07:45+	03:29+	06:52+	04:12+	05:04-	05:28-	05:46+	06:21+	06:37+	08:19+	04:31+	07:04+	06:32+	05:57+	07:58+	05:40-
00:46#	00:13+	00:14+	02:35&	01:05&	00:04-	01:14-	00:32#	01:26&	00:20+	01:27#	00:24+	01:05#	00:28+	00:15+	00:16+	00:39-

4	Tommy Damsgaard	21	1:47:44													
07:17+	12:43-	16:12-	22:57+	26:22+	37:49+	44:33+	50:16+	58:26+	65:11+	71:19+	75:57+	81:22+	87:20+	93:54+	101:56+	107:44+
07:17+	05:26-	03:29+	06:45+	03:25+	11:27+	06:44+	05:43+	08:10+	06:45+	06:08-	04:38+	05:25-	05:58-	06:34+	08:02+	05:48-
00:11+	02:06-	00:14+	02:28&	00:18+	06:19@	00:02+	00:29+	03:15&	00:28+	00:44-	00:31#	00:34-	00:06-	00:52#	00:20+	00:31-

5	Ulrik Mathiasen	18	2:33:19													
10:22+	18:34+	23:26+	28:45+	33:40+	42:36+	59:33+	68:14+	77:20+	86:24+	95:46+	102:08+	109:56+	122:59+	131:53+	144:52+	153:19+
10:22+	08:12+	04:52+	05:19+	04:55+	08:56+	16:57+	08:41+	09:06+	09:04+	09:22+	06:22+	07:48+	13:03+	08:54+	12:59+	08:27+
03:16&	00:40+	01:37&	01:02#	01:48&	03:48&	10:15@	03:27&	04:11&	02:47&	02:30&	02:15&	01:49&	06:59@	03:12&	05:17&	02:08&

Beste strekktid for klassen

07:06	05:26	03:15	04:17	03:07	05:04	04:50	05:14	04:55	06:10	06:08	04:07	05:25	05:58	05:42	07:09	05:21
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

3,5km

1	Pia Sørensen	5	37:03								
02:26=	07:56=	10:12=	16:41=	19:38=	21:12=	24:26=	26:59=	31:34=	34:18=	36:32=	37:03=
02:26=	05:30=	02:16=	06:29=	02:57=	01:34=	03:14=	02:33=	04:35=	02:44=	02:14=	00:31=
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	Minna Hald Andersen	17	41:39								
02:55+	09:04+	11:16+	18:05+	21:32+	23:15+	27:05+	30:13+	35:23+	38:45+	41:15+	41:39+
02:55+	06:09+	02:12-	06:49+	03:27+	01:43+	03:50+	03:08+	05:10+	03:22+	02:30+	00:24-
00:29#	00:39#	00:04-	00:20+	00:30#	00:09+	00:36#	00:35#	00:35#	00:38#	00:16#	00:07-

3	Lucia Aagaard	2	41:40								
02:43+	08:31+	11:08+	17:36+	20:36+	22:25+	27:00+	29:55+	34:57+	38:24+	41:05+	41:40+
02:43+	05:48+	02:37+	06:28-	03:00+	01:49+	04:35+	02:55+	05:02+	03:27+	02:41+	00:35+
00:17#	00:18+	00:21#	00:01-	00:03+	00:15#	01:21&	00:22#	00:27+	00:43&	00:27#	00:04#

4	Asger Kristensen	2	44:26								
02:48+	08:27+	11:37+	19:10+	22:21+	24:16+	29:58+	32:45+	38:00+	41:23+	43:54+	44:26+
02:48+	05:39+	03:10+	07:33+	03:11+	01:55+	05:42+	02:47+	05:15+	03:23+	02:31+	00:32+
00:22#	00:09+	00:54&	01:04#	00:14+	00:21#	02:28&	00:14+	00:40#	00:39#	00:17#	00:01+

5	Bitten Nielsen	2	47:25								
03:04+	09:50+	12:35+	20:14+	23:56+	25:54+	30:02+	33:17+	39:16+	42:49+	46:52+	47:25+
03:04+	06:46+	02:45+	07:39+	03:42+	01:58+	04:08+	03:15+	05:59+	03:33+	04:03+	00:33+
00:38&	01:16#	00:29#	01:10#	00:45&	00:24&	00:54&	00:42&	01:24&	00:49&	01:49&	00:02+

Class	Navn	Klasse	Tid									
6	Finn Hother Madsen	Ok Pan	48:06									
04:52+	11:48+	14:54+	22:36+	25:54+	27:48+	32:02+	35:19+	41:09+	44:38+	47:42+	48:06+	
04:52+	06:56+	03:06+	07:42+	03:18+	01:54+	04:14+	03:17+	05:50+	03:29+	03:04+	00:24-	
02:26&	01:26&	00:50&	01:13#	00:21#	00:20#	01:00&	00:44&	01:15&	00:45&	00:50&	00:07-	
7	Palle Møller Nielsen	9	49:12									
03:14+	10:23+	13:50+	21:45+	25:48+	27:37+	31:52+	35:21+	41:59+	45:45+	48:47+	49:12+	
03:14+	07:09+	03:27+	07:55+	04:03+	01:49+	04:15+	03:29+	06:38+	03:46+	03:02+	00:25-	
00:48&	01:39&	01:11&	01:26#	01:06&	00:15#	01:01&	00:56&	02:03&	01:02&	00:48&	00:06-	
8	Ann Dorrit Hansen	10	49:14									
03:16+	12:01+	15:11+	23:07+	27:16+	29:13+	33:06+	36:12+	42:13+	45:40+	48:36+	49:14+	
03:16+	08:45+	03:10+	07:56+	04:09+	01:57+	03:53+	03:06+	06:01+	03:27+	02:56+	00:38+	
00:50&	03:15&	00:54&	01:27#	01:12&	00:23#	00:39#	00:33#	01:26&	00:43&	00:42&	00:07#	
9	Kaj Halling	2	49:29									
03:07+	11:57+	15:28+	17:36+	24:40+	27:42+	29:36+	33:12+	36:06+	43:17+	46:15+	49:00+	49:29+
03:07+	08:50+	03:31+	02:08-	07:04+	03:02+	01:54-	03:36+	02:54-	07:11+	02:58+	02:45+	00:29+
00:41&	03:20&	01:15&	04:21-	04:07@	01:28&	01:20-	01:03&	01:41-	04:27@	00:44&	02:14@	00:29+
10	Else Hass	Ok Pan	49:44									
03:24+	10:40+	13:57+	21:44+	25:41+	27:43+	32:28+	35:25+	41:38+	45:18+	49:14+	49:44+	
03:24+	07:16+	03:17+	07:47+	03:57+	02:02+	04:45+	02:57+	06:13+	03:40+	03:56+	00:30-	
00:58&	01:46&	01:01&	01:18#	01:00&	00:28&	01:31&	00:24#	01:38&	00:56&	01:42&	00:01-	
11	Helle Truelsen	3	52:23									
03:22+	10:55+	14:10+	23:47+	27:01+	29:14+	33:38+	37:15+	43:58+	48:12+	51:40+	52:23+	
03:22+	07:33+	03:15+	09:37+	03:14+	02:13+	04:24+	03:37+	06:43+	04:14+	03:28+	00:43+	
00:56&	02:03&	00:59&	03:08&	00:17+	00:39&	01:10&	01:04&	02:08&	01:30&	01:14&	00:12&	
12	Gunner Gjermandsen	4	55:15									
03:09+	09:40+	12:38+	28:22+	31:38+	33:36+	38:31+	41:30+	47:19+	50:56+	54:38+	55:15+	
03:09+	06:31+	02:58+	15:44+	03:16+	01:58+	04:55+	02:59+	05:49+	03:37+	03:42+	00:37+	
00:43&	01:01#	00:42&	09:15@	00:19#	00:24&	01:41&	00:26#	01:14&	00:53&	01:28&	00:06#	
13	Andrea Höhnke	4	55:16									
03:07+	10:22+	13:21+	23:09+	27:27+	29:49+	35:56+	39:37+	46:40+	50:57+	54:29+	55:16+	
03:07+	07:15+	02:59+	09:48+	04:18+	02:22+	06:07+	03:41+	07:03+	04:17+	03:32+	00:47+	
00:41&	01:45&	00:43&	03:19&	01:21&	00:48&	02:53&	01:08&	02:28&	01:33&	01:18&	00:16&	
14	Holger Mikkelsen	9	1:22:22									
04:23+	19:54+	25:40+	40:13+	45:48+	48:59+	55:58+	60:53+	69:16+	75:55+	81:31+	82:22+	
04:23+	15:31+	05:46+	14:33+	05:35+	03:11+	06:59+	04:55+	08:23+	06:39+	05:36+	00:51+	
01:57&	10:01@	03:30@	08:04@	02:38&	01:37@	03:45@	02:22&	03:48&	03:55@	03:22@	00:20&	
Beste strekktid for klassen												
02:26	05:30	02:12	02:08	02:57	01:34	01:54	02:33	02:54	02:44	02:14	00:24	

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

6km

1	Elanor Henriksen	4	45:45														
01:18=	06:17=	08:14=	11:08=	11:45=	15:20=	19:46=	22:11=	28:33=	29:55=	31:42=	32:59=	35:23=	37:08=	40:39=	43:03=	45:24=	45:45=
01:18=	04:59=	01:57=	02:54&	00:37=	03:35=	04:26=	02:25=	06:22=	01:22=	01:47=	01:17=	02:24=	01:45=	03:31=	02:24=	02:21=	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=
2	Søren Elkjær	21	47:12														
01:14-	06:12-	08:14=	11:02-	11:42-	15:15-	19:39-	22:09-	28:27-	29:58+	32:21+	33:42+	36:40+	38:51+	42:43+	44:57+	46:47+	47:12+
01:14-	04:58-	02:02+	02:48-	00:40+	03:33-	04:24-	02:30-	06:18-	01:31+	02:23+	01:21+	02:58+	02:11+	03:52+	02:14-	01:50-	00:25+
00:04-	00:01-	00:05+	00:06-	00:03+	00:02-	00:02-	00:05+	00:04-	00:09#	00:36&	00:04+	00:34#	00:26#	00:21+	00:10-	00:31-	00:04#
3	Peer Straarup	4	49:58														
01:27+	07:05+	09:12+	12:16+	12:58+	16:42+	21:26+	24:04+	30:38+	32:15+	34:54+	36:23+	39:04+	41:06+	45:01+	47:27+	49:25+	49:58+
01:27+	05:38+	02:07+	03:04+	00:42+	03:44+	04:44+	02:38+	06:34+	01:37+	02:39+	01:29+	02:41+	02:02+	03:55+	02:26+	01:58-	00:33+
00:09#	00:39#	00:10+	00:10+	00:05#	00:09+	00:18+	00:13+	00:12+	00:15#	00:52&	00:12#	00:17#	00:17#	00:24#	00:02+	00:23-	00:12&
4	Lennart Bo Kristiansen	21	50:42														
01:23+	06:37+	08:39+	11:42+	12:25+	17:05+	22:37+	25:42+	32:11+	33:34+	35:48+	37:04+	39:55+	42:14+	46:11+	48:26+	50:18+	50:42+
01:23+	05:14+	02:02+	03:03+	00:43+	04:40+	05:32+	03:05+	06:29+	01:23+	02:14+	01:16-	02:51+	02:19+	03:57+	02:15-	01:52-	00:24+
00:05+	00:15+	00:05+	00:09+	00:06#	01:05&	01:06#	00:40&	00:07+	00:01+	00:27&	00:01-	00:27#	00:34&	00:26#	00:09-	00:29-	00:03#

Class	Navn	Klasse										Tid					
5	Søren Maarup	6										51:23					
01:22+	07:14+	09:21+	12:47+	13:23+	17:46+	22:26+	25:43+	32:48+	34:26+	36:35+	37:57+	40:31+	42:58+	46:53+	49:08+	50:55+	51:23+
01:22+	05:52+	02:07+	03:26+	00:36-	04:40+	03:17+	07:05+	01:38+	02:09+	01:22+	02:34+	02:27+	03:55+	02:15-	01:47-	00:28+	
00:04+	00:53#	00:10+	00:32#	00:01-	00:48#	00:14+	00:52&	00:43#	00:16#	00:22#	00:05+	00:10+	00:42&	00:24#	00:09-	00:34-	00:07&
6	Flemming Bindner	22										53:36					
01:37+	07:14+	09:23+	12:34+	13:17+	17:24+	22:14+	25:40+	32:38+	34:49+	37:26+	39:16+	42:03+	44:07+	48:35+	51:06+	53:12+	53:36+
01:37+	05:37+	02:09+	03:11+	00:43+	04:07+	04:50+	03:26+	06:58+	02:11+	02:37+	01:50+	02:47+	02:04+	04:28+	02:31+	02:06-	00:24+
00:19#	00:38#	00:12#	00:17+	00:06#	00:32#	00:24+	01:01&	00:36+	00:49&	00:50&	00:33&	00:23#	00:19#	00:57&	00:07+	00:15-	00:03#
7	Hans Jørgen Vad	4										53:57					
01:22+	07:26+	09:37+	13:00+	13:47+	17:58+	23:27+	27:13+	34:12+	35:40+	37:57+	39:21+	42:37+	44:47+	48:57+	51:27+	53:32+	53:57+
01:22+	06:04+	02:11+	03:23+	00:47+	04:11+	05:29+	03:46+	06:59+	01:28+	02:17+	01:24+	03:16+	02:10+	04:10+	02:30+	02:05-	00:25+
00:04+	01:05#	00:14#	00:29#	00:10&	00:36#	01:03#	01:21&	00:37+	00:06+	00:30&	00:07+	00:52&	00:25#	00:39#	00:06+	00:16-	00:04#
8	Stig Barrett	21										54:33					
02:03+	07:53+	10:05+	13:24+	14:08+	18:14+	23:28+	27:06+	34:27+	36:54+	39:17+	40:41+	43:47+	45:48+	49:38+	52:03+	53:59+	54:33+
02:03+	05:50+	02:12+	03:19+	00:44+	04:06+	05:14+	03:38+	07:21+	02:27+	02:23+	01:24+	03:06+	02:01+	03:50+	02:25+	01:56-	00:34+
00:45&	00:51#	00:15#	00:25#	00:07#	00:31#	00:48#	01:13&	00:59#	01:05&	00:36&	00:07+	00:42&	00:16#	00:19+	00:01+	00:25-	00:13&
9	Lene Bejer Damgaard	21										55:19					
01:32+	07:23+	09:42+	13:06+	13:50+	18:12+	23:44+	26:41+	34:36+	36:25+	39:06+	40:36+	43:37+	45:43+	50:03+	52:34+	54:53+	55:19+
01:32+	05:51+	02:19+	03:24+	00:44+	04:22+	05:32+	02:57+	07:55+	01:49+	02:41+	01:30+	03:01+	02:06+	04:20+	02:31+	02:19-	00:26+
00:14#	00:52#	00:22#	00:30#	00:07#	00:47#	01:06#	00:32#	01:33#	00:27&	00:54&	00:13#	00:37&	00:21#	00:49#	00:07+	00:02-	00:05#
10	Arne Moe-Jensen	21										56:05					
01:26+	09:24+	11:24+	14:31+	15:14+	19:22+	27:03+	29:44+	36:44+	38:29+	40:52+	42:24+	45:09+	47:15+	50:59+	53:30+	55:33+	56:05+
01:26+	07:58+	02:00+	03:07+	00:43+	04:08+	07:41+	02:41+	07:00+	01:45+	02:23+	01:32+	02:45+	02:06+	03:44+	02:31+	02:03-	00:32+
00:08#	02:59&	00:03+	00:13+	00:06#	00:33#	03:15&	00:16#	00:38+	00:23&	00:36&	00:15#	00:21#	00:21#	00:13+	00:07+	00:18-	00:11&
11	Lene Stick Nielsen	21										57:21					
01:30+	07:39+	09:45+	13:24+	14:05+	18:28+	24:38+	27:53+	35:42+	37:47+	40:45+	42:22+	45:43+	48:01+	52:16+	54:39+	56:53+	57:21+
01:30+	06:09+	02:06+	03:39+	00:41+	04:23+	06:10+	03:15+	07:49+	02:05+	02:58+	01:37+	03:21+	02:18+	04:15+	02:23-	02:14-	00:28+
00:12#	01:10#	00:09+	00:45&	00:04#	00:48#	01:44&	00:50&	01:27#	00:43&	01:11&	00:20&	00:57&	00:33&	00:44#	00:01-	00:07-	00:07&
12	Frede Rasmussen	2										57:28					
03:37+	10:49+	12:57+	16:13+	17:01+	21:25+	26:42+	29:52+	38:39+	40:12+	42:23+	43:38+	46:45+	48:54+	52:51+	55:07+	57:01+	57:28+
03:37+	07:12+	02:08+	03:16+	00:48+	04:24+	05:17+	03:10+	08:47+	01:33+	02:11+	01:15-	03:07+	02:09+	03:57+	02:16-	01:54-	00:27+
02:19@	02:13&	00:11+	00:22#	00:11&	00:49#	00:51#	00:45&	02:25&	00:11#	00:24#	00:02-	00:43&	00:24#	00:26#	00:08-	00:27-	00:06&
13	Britta Ank Pedersen	4										57:36					
01:29+	08:07+	10:16+	13:33+	14:20+	18:31+	25:07+	28:05+	35:54+	37:30+	39:57+	41:29+	44:57+	48:02+	52:25+	55:01+	57:13+	57:36+
01:29+	06:38+	02:09+	03:17+	00:47+	04:11+	06:36+	02:58+	07:49+	01:36+	02:27+	01:32+	03:28+	03:05+	04:23+	02:36+	02:12-	00:23+
00:11#	01:39&	00:12#	00:23#	00:10&	00:36#	02:10&	00:33#	01:27#	00:14#	00:40&	00:15#	01:04&	01:20&	00:52#	00:12+	00:09-	00:02+
14	Gert Kristensen	16										57:45					
01:31+	07:34+	10:18+	13:56+	14:41+	19:25+	25:06+	28:08+	35:57+	37:42+	41:38+	44:45+	47:20+	51:57+	54:52+	57:17+	57:45+	
01:31+	06:03+	02:44+	03:38+	00:45+	04:44+	05:41+	03:02+	07:49+	01:45+	03:56+	03:07+	02:35+	04:37+	02:55-	02:25+	00:28-	
00:13#	01:04#	00:47&	00:44&	00:08#	01:09&	01:15&	00:37&	01:27#	00:23&	02:09@	01:50@	00:11+	02:52@	00:36-	00:01+	01:53-	
15	Glenn Ager-Wick	7										58:15					
01:33+	07:11+	09:32+	12:54+	13:41+	17:37+	23:30+	27:26+	36:09+	38:11+	40:36+	42:22+	45:44+	48:24+	53:00+	55:45+	57:48+	58:15+
01:33+	05:38+	02:21+	03:22+	00:47+	03:56+	05:53+	03:56+	08:43+	02:02+	02:25+	01:46+	03:22+	02:40+	04:36+	02:45+	02:03-	00:27+
00:15#	00:39#	00:24#	00:28#	00:10&	00:21+	01:27&	01:31&	02:21&	00:40&	00:38&	00:29&	00:58&	00:55&	01:05&	00:21#	00:18-	00:06&
16	Carl Malling	16										58:37					
01:38+	07:36+	09:58+	13:25+	14:17+	18:46+	24:13+	27:41+	35:39+	37:39+	40:18+	41:30+	44:46+	47:25+	52:03+	54:54+	58:08+	58:37+
01:38+	05:58+	02:22+	03:27+	00:52+	04:29+	05:27+	03:28+	07:58+	02:00+	02:39+	01:12-	03:16+	02:39+	04:38+	02:51+	03:14+	00:29+
00:20&	00:59#	00:25#	00:33#	00:15&	00:54&	01:01#	01:03&	01:36&	00:38&	00:52&	00:05-	00:52&	00:54&	01:07&	00:27#	00:53&	00:08&
17	Thora Damsgaard	21										59:40					
01:41+	09:31+	11:55+	15:06+	16:11+	20:14+	25:39+	28:46+	36:15+	37:54+	43:51+	46:55+	49:10+	53:57+	56:35+	59:05+	59:40+	
01:41+	07:50+	02:24+	03:11+	01:05+	04:03+	05:25+	03:07+	07:29+	01:39+	05:57+	03:04+	02:15-	04:47+	02:38-	02:30+	00:35-	
00:23&	02:51&	00:27#	00:17+	00:28&	00:28#	00:59#	00:42&	01:07#	00:17#	04:10@	01:47@	00:09-	03:02@	00:53-	00:06+	01:46-	
18	Hans-Jakob Sørensen	5										1:03:09					
01:43+	08:09+	10:35+	14:34+	15:33+	20:20+	26:08+	30:14+	38:58+	41:01+	43:17+	44:52+	48:17+	51:50+	56:49+	59:57+	62:33+	63:09+
01:43+	06:26+	02:26+	03:59+	00:59+	04:47+	05:48+	04:06+	08:44+	02:03+	02:16+	01:35+	03:25+	03:33+	04:59+	03:08+	02:36+	00:36+
00:25&	01:27&	00:29#	01:05&	00:22&	01:12&	01:22&	01:41&	02:22&	00:41&	00:29&	00:18#	01:01&	01:48@	01:28&	00:44&	00:15#	00:15&
19	Frede Truelsen	3										1:03:26					
01:51+	08:24+	11:01+	14:32+	15:25+	20:16+	25:58+	29:41+	38:35+	40:33+	43:19+	44:46+	48:46+	52:02+	57:38+	60:16+	62:54+	63:26+
01:51+	06:33+	02:37+	03:31+	00:53+	04:51+	05:42+	03:43+	08:54+	01:58+	02:46+	01:27+	04:00+	03:16+	05:36+	02:38+	02:38+	00:32+
00:33&	01:34&	00:40&	00:37#	00:16&	01:16&	01:16&	01:18&	02:32&	00:36&	00:59&	00:10#	01:36&	01:31&	02:05&	00:14+	00:17#	00:11&

Class	Navn	Klasse	Tid														
20	Tommy Jakobsen	4	1:03:49														
01:33+	08:29+	10:51+	14:41+	15:42+	21:28+	27:11+	31:44+	40:33+	42:40+	45:22+	47:15+	50:40+	53:06+	58:02+	61:02+	63:21+	63:49+
01:33+	06:56+	02:22+	03:50+	01:01+	05:46+	05:43+	04:33+	08:49+	02:07+	02:42+	01:53+	03:25+	02:26+	04:56+	03:00+	02:19-	00:28+
00:15#	01:57&	00:25#	00:56&	00:24&	02:11&	01:17&	02:08&	02:27&	00:45&	00:55&	00:36&	01:01&	00:41&	01:25&	00:36#	00:02-	00:07&
21	Max Hansen	10	1:04:36														
01:44+	13:28+	15:57+	20:07+	20:53+	25:04+	30:53+	33:53+	41:46+	43:24+	48:02+	49:38+	52:29+	55:00+	59:24+	61:55+	64:09+	64:36+
01:44+	11:44+	02:29+	04:10+	00:46+	04:11+	05:49+	03:00+	07:53+	01:38+	04:38+	01:36+	02:51+	02:31+	04:24+	02:31+	02:14-	00:27+
00:26&	06:45@	00:32&	01:16&	00:09#	00:36#	01:23&	00:35#	01:31#	00:16#	02:51@	00:19#	00:27#	00:46&	00:53&	00:07+	00:07-	00:06&
22	Frants Nielsen	2	1:04:42														
01:35+	08:23+	11:26+	15:27+	16:25+	21:28+	27:30+	31:16+	40:38+	42:40+	45:19+	48:04+	51:36+	54:31+	59:11+	61:56+	64:15+	64:42+
01:35+	06:48+	03:03+	04:01+	00:58+	05:03+	06:02+	03:46+	09:22+	02:02+	02:39+	02:45+	03:32+	02:55+	04:40+	02:45+	02:19-	00:27+
00:17#	01:49&	01:06&	01:07&	00:21&	01:28&	01:36&	01:21&	03:00&	00:40&	00:52&	01:28@	01:08&	01:10&	01:09&	00:21#	00:02-	00:06&
23	Åge Lillethorup	16	1:04:52														
01:53+	08:41+	11:17+	15:35+	16:27+	21:27+	27:38+	31:05+	40:00+	42:05+	44:57+	46:40+	50:10+	52:47+	58:01+	61:21+	64:11+	64:52+
01:53+	06:48+	02:36+	04:18+	00:52+	05:00+	06:11+	03:27+	08:55+	02:05+	02:52+	01:43+	03:30+	02:37+	05:14+	03:20+	02:50+	00:41+
00:35&	01:49&	00:39&	01:24&	00:15&	01:25&	01:45&	01:02&	02:33&	00:43&	01:05&	00:26&	01:06&	00:52&	01:43&	00:56&	00:29#	00:20&
24	Gert Bertel	5	1:06:03														
03:15+	09:06+	11:38+	15:12+	16:00+	20:45+	28:17+	31:37+	41:20+	43:17+	46:43+	48:29+	52:09+	54:42+	59:46+	62:55+	65:32+	66:03+
03:15+	05:51+	02:32+	03:34+	00:48+	04:45+	07:32+	03:20+	09:43+	01:57+	03:26+	01:46+	03:40+	02:33+	05:04+	03:09+	02:37+	00:31+
01:57@	00:52#	00:35&	00:40#	00:11&	01:10&	03:06&	00:55&	03:21&	00:35&	01:39&	00:29&	01:16&	00:48&	01:33&	00:45&	00:16#	00:10&
25	Niels Erik Kofoed	13	1:06:10														
01:52+	08:40+	11:17+	15:10+	16:06+	21:05+	28:37+	32:33+	41:41+	43:38+	46:54+	48:26+	52:22+	54:56+	60:24+	63:18+	65:29+	66:10+
01:52+	06:48+	02:37+	03:53+	00:56+	04:59+	07:32+	03:56+	09:08+	01:57+	03:16+	01:32+	03:56+	02:34+	05:28+	02:54+	02:11-	00:41+
00:34&	01:49&	00:40&	00:59&	00:19&	01:24&	03:06&	01:31&	02:46&	00:35&	01:29&	00:15#	01:32&	00:49&	01:57&	00:30#	00:10-	00:20&
26	Tove Straarup	4	1:08:00														
08:43+	11:26+	15:28+	16:17+	21:13+	27:43+	31:21+	40:20+	42:46+	45:37+	47:22+	54:17+	56:51+	62:03+	64:51+	67:29+	68:00+	
08:43+	02:43-	04:02+	00:49-	04:56+	06:30+	03:38-	08:59+	02:26-	02:51+	01:45-	06:55+	02:34+	05:12+	02:48-	02:38+	00:31-	
07:25@	02:16-	02:05@	02:05-	04:19@	02:55&	00:48-	06:34@	03:56-	01:29@	00:02-	05:38@	00:10+	03:27@	00:43-	00:14+	01:50-	
27	Carsten Helligsø	5	1:12:06														
01:54+	10:05+	13:08+	17:50+	18:53+	24:13+	31:18+	35:29+	44:24+	46:33+	49:45+	51:28+	56:52+	60:15+	65:43+	69:02+	71:32+	72:06+
01:54+	08:11+	03:03+	04:42+	01:03+	05:20+	07:05+	04:11+	08:55+	02:09+	03:12+	01:43+	05:24+	03:23+	05:28+	03:19+	02:30+	00:34+
00:36&	03:12&	01:06&	01:48&	00:26&	01:45&	02:39&	01:46&	02:33&	00:47&	01:25&	00:26&	03:00@	01:38&	01:57&	00:55&	00:09+	00:13&
28	Bent Thomsen	5	1:12:24														
02:14+	10:30+	13:35+	18:10+	19:15+	24:34+	31:47+	35:47+	44:42+	46:52+	50:03+	51:50+	57:11+	60:37+	66:07+	69:13+	71:49+	72:24+
02:14+	08:16+	03:05+	04:35+	01:05+	05:19+	07:13+	04:00+	08:55+	02:10+	03:11+	01:47+	05:21+	03:26+	05:30+	03:06+	02:36+	00:35+
00:56&	03:17&	01:08&	01:41&	00:28&	01:44&	02:47&	01:35&	02:33&	00:48&	01:24&	00:30&	02:57@	01:41&	01:59&	00:42&	00:15#	00:14&
29	Helle Nikkel	21	1:12:49														
01:52+	09:26+	12:15+	16:38+	17:49+	23:23+	30:35+	35:02+	45:29+	47:51+	51:20+	53:14+	57:11+	60:25+	66:00+	69:16+	72:16+	72:49+
01:52+	07:34+	02:49+	04:23+	01:11+	05:34+	07:12+	04:27+	10:27+	02:22+	03:29+	01:54+	03:57+	03:14+	05:35+	03:16+	03:00+	00:33+
00:34&	02:35&	00:52&	01:29&	00:34&	01:59&	02:46&	02:02&	04:05&	01:00&	01:42&	00:37&	01:33&	01:29&	02:04&	00:52&	00:39&	00:12&
30	Henning Larsen	4	1:15:08														
01:50+	09:47+	12:46+	17:14+	18:17+	24:23+	31:48+	36:11+	46:13+	48:23+	51:44+	53:40+	57:57+	60:57+	67:37+	71:08+	74:35+	75:08+
01:50+	07:57+	02:59+	04:28+	01:03+	06:06+	07:25+	04:23+	10:02+	02:10+	03:21+	01:56+	04:17+	03:00+	06:40+	03:31+	03:27+	00:33+
00:32&	02:58&	01:02&	01:34&	00:26&	02:31&	02:59&	01:58&	03:40&	00:48&	01:34&	00:39&	01:53&	01:15&	03:09&	01:07&	01:06&	00:12&
31	Nina Jacobsen	18	1:15:38														
02:59+	11:33+	14:11+	18:03+	18:57+	24:00+	32:40+	36:28+	47:20+	49:03+	53:20+	55:07+	59:57+	64:00+	69:38+	72:41+	75:03+	75:38+
02:59+	08:34+	02:38+	03:52+	00:54+	05:03+	08:40+	03:48+	10:52+	01:43+	04:17+	01:47+	04:50+	04:03+	05:38+	03:03+	02:22+	00:35+
01:41@	03:35&	00:41&	00:58&	00:17&	01:28&	04:14&	01:23&	04:30&	00:21&	02:30@	00:30&	02:26@	02:18@	02:07&	00:39&	00:01+	00:14&
32	Erik Dag Nielsen	2	1:17:37														
02:12+	10:08+	13:23+	17:59+	19:07+	26:53+	34:15+	38:19+	49:14+	51:30+	54:39+	56:35+	61:05+	64:10+	70:09+	73:51+	77:08+	77:37+
02:12+	07:56+	03:15+	04:36+	01:08+	07:46+	07:22+	04:04+	10:55+	02:16+	03:09+	01:56+	04:30+	03:05+	05:59+	03:42+	03:17+	00:29+
00:54&	02:57&	01:18&	01:42&	00:31&	04:11@	02:56&	01:39&	04:33&	00:54&	01:22&	00:39&	02:06&	01:20&	02:28&	01:18&	00:56&	00:08&
33	Inger Johansen	5	1:18:47														
01:59+	10:18+	13:33+	17:59+	19:01+	24:57+	33:08+	36:51+	47:58+	52:43+	56:33+	58:43+	62:48+	65:45+	71:55+	75:27+	77:59+	78:47+
01:59+	08:19+	03:15+	04:26+	01:02+	05:56+	08:11+	03:43+	11:07+	04:45+	03:50+	02:10+	04:05+	02:57+	06:10+	03:32+	02:32+	00:48+
00:41&	03:20&	01:18&	01:32&	00:25&	02:21&	03:45&	01:18&	04:45&	03:23@	02:03@	00:53&	01:41&	01:12&	02:39&	01:08&	00:11+	00:27@
34	Thomas Jørgensen	5	1:18:53														
01:55+	10:00+	13:33+	17:59+	19:03+	24:58+	33:07+	36:51+	50:17+	52:37+	56:34+	58:40+	62:50+	65:45+	71:54+	75:20+	78:00+	78:53+
01:55+	08:05+	03:33+	04:26+	01:04+	05:55+	08:09+	03:44+	13:26+	02:20+	03:57+	02:06+	04:10+	02:55+	06:09+	03:26+	02:40+	00:53+
00:37&	03:06&	01:36&	01:32&	00:27&	02:20&	03:43&	01:19&	07:04@	00:58&	02:10@	00:49&	01:46&	01:10&	02:38&	01:02&	00:19#	00:32@

Class	Navn	Klasse															Tid																																				
35	Bente Ingvarlsen	3															1:20:41																																				
02:11+	10:50+	13:58+	18:34+	19:38+	25:49+	33:37+	38:42+	49:32+	52:27+	56:16+	58:15+	63:07+	67:06+	73:45+	77:28+	80:09+	80:41+	02:11+	08:39+	03:08+	04:36+	01:04+	06:11+	07:48+	05:05+	10:50+	02:55+	03:49+	01:59+	04:52+	03:59+	06:39+	03:43+	02:41+	00:32+	01:53&	03:40&	01:11&	01:42&	00:27&	02:36&	03:22&	02:40@	04:28&	01:33@	02:02@	00:42&	02:28@	02:14@	03:08&	01:19&	00:20#	00:11&
37	Anette Ozol	18															1:21:53																																				
02:26+	12:55+	16:48+	21:24+	22:45+	28:44+	36:24+	41:21+	52:16+	54:36+	59:35+	64:05+	67:23+	73:47+	77:18+	81:20+	81:53+	02:26+	10:29+	03:53+	04:36+	01:21+	05:59+	07:40+	04:57+	10:55+	02:20+	04:59+	04:30+	03:18+	06:24+	03:31=	04:02+	00:33-	01:08&	05:30@	01:56&	01:42&	00:44@	02:24&	03:14&	02:32@	04:33&	00:58&	03:12@	03:13@	00:54&	04:39@	00:00=	01:38&	01:48-			
38	Helmut Hilden	17															1:23:15																																				
02:18+	11:28+	14:17+	18:46+	19:48+	28:02+	35:10+	41:14+	51:23+	54:28+	59:48+	62:02+	66:45+	70:11+	77:11+	80:13+	82:37+	83:15+	02:18+	09:10+	02:49+	04:29+	01:02+	08:14+	07:08+	06:04+	10:09+	03:05+	05:20+	02:14+	04:43+	03:26+	07:00+	03:02+	02:24+	00:38+	01:00&	04:11&	00:52&	01:35&	00:25&	04:39@	02:42&	03:39@	03:47&	01:43@	03:33@	00:57&	02:19&	01:41&	03:29&	00:38&	00:03+	00:17&
39	Pia Gade	21															1:23:21																																				
01:55+	09:55+	12:41+	17:14+	18:12+	24:09+	31:21+	35:34+	45:39+	48:11+	60:17+	62:02+	66:09+	70:15+	77:12+	80:24+	82:47+	83:21+	01:55+	08:00+	02:46+	04:33+	00:58+	05:57+	07:12+	04:13+	10:05+	02:32+	12:06+	01:45+	04:07+	04:06+	06:57+	03:12+	02:23+	00:34+	00:37&	03:01&	00:49&	01:39&	00:21&	02:22&	02:46&	01:48&	03:43&	01:10&	10:19@	00:28&	01:43&	02:21@	03:26&	00:48&	00:02+	00:13&
40	Lars Otte	17															1:24:47																																				
02:09+	11:11+	14:23+	18:51+	20:01+	27:52+	35:22+	41:03+	51:41+	54:23+	59:47+	61:53+	66:39+	71:04+	77:14+	80:57+	83:52+	84:47+	02:09+	09:02+	03:12+	04:28+	01:10+	07:51+	07:30+	05:41+	10:38+	02:42+	05:24+	02:06+	04:46+	04:25+	06:10+	03:43+	02:55+	00:55+	00:51&	04:03&	01:15&	01:34&	00:33&	04:16@	03:04&	03:16@	04:16&	01:20&	03:37@	00:49&	02:22&	02:40@	02:39&	01:19&	00:34#	00:34@
41	Lene Jacobsen	3															1:29:02																																				
01:57+	11:03+	14:00+	18:55+	19:57+	25:37+	36:36+	43:13+	54:12+	57:18+	62:01+	64:02+	68:52+	74:25+	81:56+	85:23+	88:27+	89:02+	01:57+	09:06+	02:57+	04:55+	01:02+	05:40+	10:59+	06:37+	10:59+	03:06+	04:43+	02:01+	04:50+	05:33+	07:31+	03:27+	03:04+	00:35+	00:39&	04:07&	01:00&	02:01&	00:25&	02:05&	06:33@	04:12@	04:37&	01:44@	02:56@	00:44&	02:26@	03:48@	04:00@	01:03&	00:43&	00:14&
42	Claus Clausen	3															1:29:12																																				
02:14+	11:12+	14:18+	19:11+	20:16+	25:54+	36:48+	43:31+	54:31+	57:46+	62:17+	64:18+	69:11+	74:43+	82:15+	85:39+	88:42+	89:12+	02:14+	08:58+	03:06+	04:53+	01:05+	05:38+	10:54+	06:43+	11:00+	03:15+	04:31+	02:01+	04:53+	05:32+	07:32+	03:24+	03:03+	00:30+	00:56&	03:59&	01:09&	01:59&	00:28&	02:03&	06:28@	04:18@	04:38&	01:53@	02:44@	00:44&	02:29@	03:47@	04:01@	01:00&	00:42&	00:09&
43	Benny Johansen	5															1:43:40																																				
02:16+	12:12+	15:31+	20:17+	21:16+	28:38+	39:10+	44:57+	58:52+	63:06+	68:17+	71:14+	76:37+	81:09+	88:22+	99:43+	102:40+	103:40+	02:16+	09:56+	03:19+	04:46+	00:59+	07:22+	10:32+	05:47+	13:55+	04:14+	05:11+	02:57+	05:23+	04:32+	07:13+	11:21+	02:57+	01:00+	00:58&	04:57&	01:22&	01:52&	00:22&	03:47@	06:06@	03:22@	07:33@	02:52@	03:24@	01:40@	02:59@	02:47@	03:42@	08:57@	00:36&	00:39@
Beste strekktid for klassen		01:14	02:43	01:57	00:49	00:36	03:33	03:38	02:25	02:26	01:22	01:45	01:12	02:15	01:45	02:38	02:14	00:28	00:21																																		

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