

Vinterlangdistance 4

Strekktider

Rold Skov Mosskov-11-02-2018

Pluss Navn
10km

Klasse

Tid

1 Mads Alexander Krogh Simonsen21

1:09:18

05:01= 07:14= 10:02= 11:59= 13:15= 14:21= 15:16= 17:49= 22:22= 25:13= 30:30= 35:37= 42:03= 44:47= 45:49= 51:36= 53:40= 57:52= 61:50= 63:42= 67:46= 69:18=
05:01= 02:13= 02:48= 01:57= 01:16= 01:06= 00:55= 02:33= 04:33= 02:51= 05:17= 05:07= 06:26= 02:44= 01:02= 05:47= 02:04= 04:12= 03:58= 01:52= 04:04= 01:32=
00:00= 00:00=

2 Helge Tillingsøe

1

1:11:00

05:02+ 07:29+ 10:33+ 12:32+ 13:46+ 14:52+ 15:49+ 18:37+ 23:28+ 26:30+ 30:34+ 36:07+ 42:43+ 46:20+ 47:24+ 53:43+ 55:48+ 59:20+ 63:14+ 65:09+ 69:19+ 71:00+
05:02+ 02:27+ 03:04+ 01:59+ 01:14- 01:06= 00:57+ 02:48+ 04:51+ 03:02+ 04:04- 05:33+ 06:36+ 03:37+ 01:04+ 06:19+ 02:05+ 03:32- 03:54- 01:55+ 04:10+ 01:41+
00:01+ 00:14# 00:16+ 00:02+ 00:02- 00:00= 00:02+ 00:15+ 00:18+ 00:11+ 01:13- 00:26+ 00:10+ 00:53& 00:02+ 00:32+ 00:01+ 00:40- 00:04- 00:03+ 00:06+ 00:09+

3 Allan Hougaard

21

1:11:04

03:41- 06:29- 09:26- 11:33- 12:55- 14:19- 15:25+ 18:16+ 23:35+ 26:35+ 30:32+ 36:04+ 42:27+ 46:18+ 47:30+ 53:45+ 55:52+ 59:23+ 63:17+ 65:13+ 69:22+ 71:04+
03:41- 02:48+ 02:57+ 02:07+ 01:22+ 01:24+ 01:06+ 02:51+ 05:19+ 03:00+ 03:57- 05:32+ 06:23- 03:51+ 01:12+ 06:15+ 02:07+ 03:31- 03:54- 01:56+ 04:09+ 01:42+
01:20- 00:35& 00:09+ 00:10+ 00:06+ 00:18& 00:11# 00:18# 00:46# 00:09+ 01:20- 00:25+ 00:03- 01:07& 00:10# 00:28+ 00:03+ 00:41- 00:04- 00:04+ 00:05+ 00:10#

4 Jakob Gade

19

1:14:31

03:43- 06:24- 09:31- 11:43- 13:08- 14:24+ 15:30+ 18:30+ 23:33+ 26:41+ 30:25- 36:51+ 44:37+ 47:57+ 49:16+ 56:29+ 58:52+ 62:51+ 66:44+ 68:51+ 73:06+ 74:31+
03:43- 02:41+ 03:07+ 02:12+ 01:25+ 01:16+ 01:06+ 03:00+ 05:03+ 03:08+ 03:44- 06:26+ 07:46+ 03:20+ 01:19+ 07:13+ 02:23+ 03:59- 03:53- 02:07+ 04:15+ 01:25-
01:18- 00:28# 00:19# 00:15# 00:09# 00:10# 00:11# 00:27# 00:30# 00:17+ 01:33- 01:19& 01:20# 00:36# 00:17& 01:26# 00:19# 00:13- 00:05- 00:15# 00:11+ 00:07-

5 Mads Mikkelsen

4

1:15:02

05:07+ 07:54+ 10:58+ 13:11+ 14:36+ 15:48+ 16:51+ 19:47+ 24:57+ 28:04+ 31:46+ 37:19+ 44:57+ 47:53+ 49:09+ 56:31+ 58:49+ 62:59+ 67:03+ 69:09+ 73:13+ 75:02+
05:07+ 02:47+ 03:04+ 02:13+ 01:25+ 01:12+ 01:03+ 02:56+ 05:10+ 03:07+ 03:42- 05:33+ 07:38+ 02:56+ 01:16+ 07:22+ 02:18+ 04:10- 04:04+ 02:06+ 04:04= 01:49+
00:06+ 00:34& 00:16+ 00:16# 00:09# 00:06+ 00:08# 00:23# 00:37# 00:16+ 01:35- 00:26+ 01:12# 00:12+ 00:14# 01:35& 00:14# 00:02- 00:06+ 00:14# 00:00= 00:17#

6 Michael Fischer

20

1:15:55

03:40- 06:21- 09:25- 11:35- 13:02- 14:22+ 15:27+ 18:34+ 23:44+ 26:54+ 30:36+ 36:19+ 43:15+ 47:01+ 48:12+ 56:25+ 58:46+ 62:56+ 67:09+ 69:19+ 74:05+ 75:55+
03:40- 02:41+ 03:04+ 02:10+ 01:27+ 01:20+ 01:05+ 03:07+ 05:10+ 03:10+ 03:42- 05:43+ 06:56+ 03:46+ 01:11+ 08:13+ 02:21+ 04:10- 04:13+ 02:10+ 04:46+ 01:50+
01:21- 00:28# 00:16+ 00:13# 00:11# 00:14# 00:10# 00:34# 00:37# 00:19# 01:35- 00:36# 00:30+ 01:02& 00:09# 02:26& 00:17# 00:02- 00:15+ 00:18# 00:42# 00:18#

7 Jørgen Bruun

20

1:16:43

03:39- 06:13- 09:23- 11:30- 12:54- 14:18- 15:24+ 18:15+ 23:39+ 26:59+ 31:03+ 37:30+ 46:32+ 50:37+ 51:41+ 58:27+ 60:39+ 64:39+ 68:35+ 70:40+ 74:47+ 76:43+
03:39- 02:34+ 03:10+ 02:07+ 01:24+ 01:24+ 01:06+ 02:51+ 05:24+ 03:20+ 04:04- 06:27+ 09:02+ 04:05+ 01:04+ 06:46+ 02:12+ 04:00- 03:56- 02:05+ 04:07+ 01:56+
01:22- 00:21# 00:22# 00:10+ 00:08# 00:18& 00:11# 00:18# 00:51# 00:29# 01:13- 01:20& 02:36& 01:21& 00:02+ 00:59# 00:08+ 00:12- 00:02- 00:13# 00:03+ 00:24&

8 Anton Rasmussen

21

1:18:17

04:58- 09:21+ 12:17+ 14:11+ 15:31+ 16:37+ 17:45+ 20:33+ 25:29+ 28:11+ 31:50+ 38:36+ 45:15+ 48:09+ 49:30+ 56:32+ 58:47+ 63:57+ 67:34+ 69:37+ 76:04+ 78:17+
04:58- 04:23+ 02:56+ 01:54+ 01:20+ 01:06= 01:08+ 02:48+ 04:56+ 02:42- 03:39- 06:46+ 06:39+ 02:54+ 01:21+ 07:02+ 02:15+ 05:10+ 03:37- 02:03+ 06:27+ 02:13+
00:03- 02:10& 00:08+ 00:03- 00:04+ 00:00= 00:13# 00:15+ 00:23+ 00:09- 01:38- 01:39& 00:13+ 00:10+ 00:19& 01:15# 00:11+ 00:58# 00:21- 00:11+ 02:23& 00:41&

9 Marianne Lyng Krogh

6

1:18:24

03:54- 06:49- 10:03+ 12:21+ 13:51+ 15:09+ 16:15+ 19:27+ 25:01+ 28:16+ 33:51+ 40:02+ 47:43+ 51:19+ 52:53+ 59:11+ 61:26+ 65:49+ 70:13+ 72:28+ 76:42+ 78:24+
03:54- 02:55+ 03:14+ 02:18+ 01:30+ 01:18+ 01:06+ 03:12+ 05:34+ 03:15+ 05:35+ 06:11+ 07:41+ 03:36+ 01:34+ 06:18+ 02:15+ 04:23+ 04:24+ 02:15+ 04:14+ 01:42+
01:07- 00:42& 00:26# 00:21# 00:14# 00:12# 00:11# 00:39& 01:01# 00:24# 00:18+ 01:04# 01:15# 00:52& 00:32& 00:31+ 00:11+ 00:11+ 00:26# 00:23# 00:10+ 00:10#

10 Jonathan Birk Nielsen

20

1:18:48

04:57- 07:31+ 10:24+ 12:39+ 13:55+ 15:11+ 16:13+ 19:11+ 25:52+ 28:57+ 32:51+ 38:43+ 47:22+ 50:58+ 52:03+ 58:42+ 60:51+ 64:51+ 69:21+ 72:23+ 76:40+ 78:48+
04:57- 02:34+ 02:53+ 02:15+ 01:16= 01:16+ 01:02+ 02:58+ 06:41+ 03:05+ 03:54- 05:52+ 08:39+ 03:36+ 01:05+ 06:39+ 02:09+ 04:00- 04:30+ 03:02+ 04:17+ 02:08+
00:04- 00:21# 00:05+ 00:18# 00:00= 00:10# 00:07# 00:25# 02:08& 00:14+ 01:23- 00:45# 02:13& 00:52& 00:03+ 00:52# 00:05+ 00:12- 00:32# 01:10& 00:13+ 00:36&

11 Anne Mette Schmidt

Ok Pan

1:22:10

05:35+ 08:23+ 11:27+ 13:45+ 15:11+ 16:21+ 17:24+ 20:18+ 25:55+ 29:28+ 35:09+ 43:01+ 50:48+ 54:17+ 55:16+ 61:42+ 63:55+ 68:55+ 73:29+ 75:58+ 80:17+ 82:10+
05:35+ 02:48+ 03:04+ 02:18+ 01:26+ 01:20+ 01:03+ 02:54+ 05:37+ 03:33+ 05:41+ 07:52+ 07:47+ 03:29+ 00:59- 06:26+ 02:13+ 05:00+ 04:34+ 02:29+ 04:19+ 01:53+
00:34# 00:35& 00:16+ 00:21# 00:10# 00:04+ 00:08# 00:21# 01:04# 00:42# 00:24+ 02:45& 01:21# 00:45& 00:03- 00:39# 00:09+ 00:48# 00:36# 00:37& 00:15+ 00:21#

12 Per Dahl Jensen

Ok Pan

1:22:12

03:35- 07:25+ 10:37+ 13:00+ 14:24+ 15:40+ 16:45+ 19:43+ 27:14+ 30:53+ 34:41+ 42:49+ 50:41+ 54:19+ 55:31+ 62:07+ 64:25+ 68:50+ 73:20+ 76:00+ 80:20+ 82:12+
03:35- 03:50+ 03:12+ 02:23+ 01:24+ 01:16+ 01:05+ 02:58+ 07:31+ 03:39+ 03:48- 08:08+ 07:52+ 03:38+ 01:12+ 06:36+ 02:18+ 04:25+ 04:30+ 02:40+ 04:20+ 01:52+
01:26- 01:37& 00:24# 00:26# 00:08# 00:10# 00:10# 00:25# 02:58& 00:48& 01:29- 03:01& 01:26# 00:54& 00:10# 00:49# 00:14# 00:13+ 00:32# 00:48& 00:16+ 00:20#

13 Peter Kilden Jensen

Ok Pan

1:22:19

03:48- 06:43- 09:49- 11:56- 13:21+ 14:37+ 15:39+ 18:50+ 25:39+ 29:13+ 33:04+ 39:10+ 47:30+ 51:11+ 52:23+ 58:22+ 60:44+ 67:18+ 72:56+ 75:47+ 80:23+ 82:19+
03:48- 02:55+ 03:06+ 02:07+ 01:25+ 01:16+ 01:02+ 03:11+ 06:49+ 03:34+ 03:51- 06:06+ 08:20+ 03:41+ 01:12+ 05:59+ 02:22+ 06:34+ 05:38+ 02:51+ 04:36+ 01:56+
01:13- 00:42& 00:18# 00:10+ 00:09# 00:10# 00:07# 00:38# 02:16& 00:43& 01:26- 00:59# 01:54& 00:57& 00:10# 00:12+ 00:18# 02:22& 01:40& 00:59& 00:32# 00:24&

15 Kent Lodberg

Ok Pan

1:22:26

04:04- 07:06- 10:46+ 13:14+ 15:09+ 16:33+ 17:57+ 21:05+ 27:11+ 30:47+ 35:14+ 41:36+ 50:35+ 54:16+ 55:28+ 62:03+ 64:24+ 68:49+ 73:18+ 75:56+ 80:28+ 82:26+
04:04- 03:02+ 03:40+ 02:28+ 01:55+ 01:24+ 01:24+ 03:08+ 06:06+ 03:36+ 04:27- 06:22+ 08:59+ 03:41+ 01:12+ 06:35+ 02:21+ 04:25+ 04:29+ 02:38+ 04:32+ 01:58+
00:57- 00:49& 00:52& 00:31& 00:39& 00:18& 00:29& 00:35# 01:33& 00:45& 00:50- 01:15# 02:33& 00:57& 00:10# 00:48# 00:17# 00:13+ 00:31# 00:46& 00:28# 00:26&

Class	Navn	Klasse	Tid
16	Henrik Juhl	2	1:22:34
05:43+	08:38+	11:47+	13:58+
05:43+	02:55+	03:09+	02:11+
00:42#	00:42#	00:21#	00:14#
00:12#	00:09#	00:14&	00:46&
01:19&	00:51&	01:19-	03:23&
01:21#	00:47&	00:04+	00:30+
00:05+	00:40#	01:11&	00:24#
00:10+	00:30&		
17	Pernille Buch	11	1:22:58
03:34-	06:28-	09:48-	12:11+
03:34-	02:54+	03:20+	02:23+
01:27-	00:41&	00:32#	00:26#
00:18#	00:15#	00:11#	00:39&
01:31&	00:43&	00:22-	01:06#
02:51&	00:54&	00:19&	01:41&
00:17#	00:15+	00:47#	00:50&
00:33#	00:40&		
18	Ivan Christensen	Ok Pan	1:23:11
03:56-	06:53-	10:09+	12:29+
03:56-	02:57+	03:16+	02:20+
01:05-	00:44&	00:28#	00:12#
00:13#	00:11#	00:40&	01:15&
00:39#	00:17-	01:19&	02:53&
00:27&	01:32&	00:21#	00:30#
00:42#	00:45&	00:45#	00:31&
19	Henning Hansen	4	1:27:16
42:22+	45:21+	61:49+	71:37+
42:22+	02:59+	16:28+	06:07+
37:21@	00:46&	13:40@	04:10@
02:25@	05:57@	03:22@	01:46&
20	Jess Rasmussen	19	1:28:03
88:03+			
88:03+			
83:02@			
21	Henrik Lisby	16	1:29:43
03:58-	07:00-	10:31+	12:56+
03:58-	03:02+	03:31+	02:25+
01:03-	00:49&	00:43&	00:28#
00:20&	00:22&	00:22&	02:25&
01:45&	00:58&	00:00=	01:56&
02:16&	00:49&	02:11&	00:39#
00:58#	00:47&	00:59#	01:14&
22	Jens Ozol	16	1:30:23
04:06-	07:11-	10:40+	13:06+
04:06-	03:05+	03:29+	02:26+
00:55-	00:52&	00:41#	00:29#
00:25&	00:21&	00:17&	01:30&
01:44&	01:07&	00:09-	02:29&
02:19&	01:14&	00:30&	01:28&
00:52&	00:20+	00:59#	00:57&
02:36&	00:59&	02:36&	00:59&
23	John Holm	Ok Pan	1:32:02
03:51-	06:40-	09:52-	12:12+
03:51-	02:49+	03:12+	02:20+
01:10-	00:36&	00:24#	00:23#
00:08#	00:08#	00:14&	00:31#
02:45&	00:40#	01:10-	01:00#
02:43&	00:45&	00:54&	01:32&
00:12+	00:11+	04:22@	03:51@
02:58&	00:47&		
24	Henriette Klostergaard Rokkjær	Ok Pan	1:39:30
03:45-	06:48-	10:18+	12:50+
03:45-	03:03+	03:30+	02:32+
01:16-	00:50&	00:42#	00:35&
00:32&	00:23&	00:27&	01:21&
01:25&	00:57&	00:17-	04:50&
02:52&	01:48&	00:35&	08:40@
00:53&	00:32#	00:59#	00:56&
01:51&	00:37&		
25	Erik Krogh	6	1:42:24
04:02-	07:04-	10:45+	13:22+
04:02-	03:02+	03:41+	02:37+
00:59-	00:49&	00:53&	00:40&
00:37&	00:25&	00:29&	01:13&
02:02&	01:16&	00:05-	02:36&
03:36&	01:46&	00:49&	08:01@
01:11&	01:05&	01:05&	01:43&
01:04&	01:04&	03:16&	00:39&
26	Erling Trankjær	3	1:42:37
04:10-	07:02-	10:19+	12:28+
04:10-	02:52+	03:17+	02:09+
00:51-	00:39&	00:29#	00:12#
00:16&	00:55&	02:16&	03:31@
00:04-	02:19&	02:39&	05:19&
00:39&	00:58&	00:39&	10:11@
01:00&	00:21+	01:27&	03:02@
02:30&	00:21#		
27	Thomas Lindschow	20	1:44:55
04:09-	07:39+	11:32+	14:23+
04:09-	03:30+	03:53+	02:51+
00:52-	01:17&	01:05&	00:54&
00:30&	00:35&	00:32&	01:47&
02:23&	04:37@	00:28-	03:27&
05:19&	00:39&	00:53&	01:19&
01:30&	01:30&	01:03&	02:11&
01:15&	01:15&	02:11&	01:15&
28	Per Korsbæk	17	1:54:42
07:49+	11:53+	16:17+	19:09+
07:49+	04:04+	04:24+	02:52+
02:48&	01:51&	01:36&	00:55&
00:40&	00:36&	01:56@	01:58&
03:24&	03:01@	02:19&	02:26&
04:45&	01:39&	00:45&	05:26&
02:47@	00:55#	01:36&	00:52&
02:30&	00:39&		
29	Jens Larsen	16	2:32:20
11:46+	15:23+	19:40+	22:33+
11:46+	03:37+	04:17+	02:53+
06:45@	01:24&	01:29&	00:56&
00:43&	00:48&	00:40&	03:09@
05:25@	03:39@	12:26@	06:33@
07:06@	03:50@	06:21@	11:55@
00:59&	00:38#	01:15&	01:30&
04:42@	00:49&		
Beste strekktid for klassen			
03:34	02:13	02:48	01:54
01:14	01:06	00:55	02:33
04:33	02:42	03:39	05:07
06:23	02:44	00:59	05:47
02:04	03:31	03:37	01:52
04:04	01:25		

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

10kmMTBO

1 Nina G. Najbjerg 11 1:27:49

03:10= 06:23= 12:11= 16:52= 29:40= 41:07= 46:34= 59:10= 65:49= 74:19= 77:49= 82:40= 87:49=
 03:10= 03:13= 05:48= 04:41= 12:48= 11:27= 05:27= 12:36= 06:39= 08:30= 03:30= 04:51= 05:09=
 00:00= 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 Poul Erik Buch 11 1:52:01

03:07- 06:46+ 13:05+ 18:53+ 29:10- 47:49+ 61:04+ 78:07+ 87:35+ 96:22+ 101:12+ 107:19+ 112:01+
 03:07- 03:39+ 06:19+ 05:48+ 10:17- 18:39+ 13:15+ 17:03+ 09:28+ 08:47+ 04:50+ 06:07+ 04:42-
 00:03- 00:26# 00:31+ 01:07# 02:31- 07:12& 07:48@ 04:27& 02:49& 00:17+ 01:20& 01:16& 00:27-

Beste strekktid for klassen

03:07 03:13 05:48 04:41 10:17 11:27 05:27 12:36 06:39 08:30 03:30 04:51 04:42

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

16km

1 René Rokkjær Ok Pan 1:41:34

03:29= 04:59= 08:02= 11:27= 14:46= 17:18= 18:53= 19:48= 20:54= 23:44= 28:16= 30:37= 34:41= 38:00= 39:17= 42:51= 47:29= 53:28= 57:58= 62:17= 69:00= 73:01= 76:02= 77:52= 79:54= 83:51=
 03:29= 01:30= 03:03= 03:25= 03:19= 02:32= 01:35= 00:55= 01:06= 02:50= 04:32= 02:21= 04:04= 03:19= 01:17= 03:34= 04:38= 05:59= 04:30= 04:19= 06:43= 04:01= 03:01= 01:50= 02:02= 03:57=
 00:00=
 89:19= 91:22= 93:11= 95:43= 98:22= 100:06= 101:34=
 05:28= 02:03= 01:49= 02:32= 02:39= 01:44= 01:28=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Henrik Markvardsen 18 1:52:09

02:50- 04:34- 07:56- 11:34+ 14:50+ 17:24+ 19:06+ 20:05+ 21:15+ 24:25+ 29:36+ 32:00+ 36:28+ 40:12+ 41:41+ 46:05+ 51:26+ 58:04+ 64:18+ 68:49+ 74:37+ 78:58+ 82:34+ 84:36+ 86:55+ 92:54+
 02:50- 01:44+ 03:22+ 03:38+ 03:16- 02:34+ 01:42+ 00:59+ 01:10+ 03:10+ 05:11+ 02:24+ 04:28+ 03:44+ 01:29+ 04:24+ 05:21+ 06:38+ 06:14+ 04:31+ 05:48- 04:21+ 03:36+ 02:02+ 02:19+ 05:59+
 00:39- 00:14# 00:19# 00:13+ 00:03- 00:02+ 00:07+ 00:04+ 00:04+ 00:20# 00:39# 00:03+ 00:24+ 00:25# 00:12# 00:50# 00:43# 00:39# 01:44& 00:12+ 00:55- 00:20+ 00:35# 00:12# 00:17# 02:02&
 99:04+ 101:29+ 103:23+ 105:40+ 108:30+ 110:13+ 112:09+
 06:10+ 02:25+ 01:54+ 02:17- 02:50+ 01:43- 01:56+
 00:42# 00:22# 00:05+ 00:15- 00:11+ 00:01- 00:28&

3 Jens Børsting 16 2:12:16

03:41+ 05:44+ 09:48+ 13:54+ 18:28+ 21:57+ 24:38+ 25:52+ 27:16+ 31:03+ 37:36+ 41:06+ 46:10+ 51:06+ 52:56+ 57:59+ 64:07+ 72:05+ 77:49+ 84:05+ 90:29+ 96:18+ 100:33+ 102:57+ 105:37+ 110:26+
 03:41+ 02:03+ 04:04+ 04:06+ 04:34+ 03:29+ 02:41+ 01:14+ 01:24+ 03:47+ 06:33+ 03:30+ 05:04+ 04:56+ 01:50+ 05:03+ 06:08+ 07:58+ 05:44+ 06:16+ 06:24- 05:49+ 04:15+ 02:24+ 02:40+ 04:49+
 00:12+ 00:33& 01:01& 00:41# 01:15& 00:57& 01:06& 00:19& 00:18& 00:57& 02:01& 01:09& 01:00# 01:37& 00:33& 01:29& 01:30& 01:59& 01:14& 01:57& 00:19- 01:48& 01:14& 00:34& 00:38& 00:52#
 118:02+ 120:53+ 123:13+ 124:47+ 128:15+ 130:32+ 132:16+
 07:36+ 02:51+ 02:20+ 01:34- 03:28+ 02:17+ 01:44+
 02:08& 00:48& 00:31& 00:58- 00:49& 00:33& 00:16#

4 Thorkild Jensen 14 2:12:31

02:53- 04:36- 07:54- 11:32+ 16:08+ 19:22+ 21:06+ 22:06+ 23:13+ 26:30+ 31:49+ 34:33+ 38:52+ 43:03+ 46:41+ 51:22+ 59:22+ 67:23+ 71:25+ 76:05+ 82:02+ 86:47+ 90:44+ 93:12+ 96:08+ 100:32+
 02:53- 01:43+ 03:18+ 03:38+ 04:36+ 03:14+ 01:44+ 01:00+ 01:07+ 03:17+ 05:19+ 02:44+ 04:19+ 04:11+ 03:38+ 04:41+ 08:00+ 08:01+ 04:02- 04:40+ 05:57- 04:45+ 03:57+ 02:28+ 02:56+ 04:24+
 00:36- 00:13# 00:15+ 00:13+ 01:17& 00:42& 00:09+ 00:05+ 00:01+ 00:27# 00:47# 00:23# 00:15+ 00:52& 02:21@ 01:07& 03:22& 02:02& 00:28- 00:21+ 00:46- 00:44# 00:56& 00:38& 00:54& 00:27#
 107:07+ 111:03+ 113:18+ 116:29+ 129:15+ 130:50+ 132:31+
 06:35+ 03:56+ 02:15+ 03:11+ 12:46+ 01:35- 01:41+
 01:07# 01:53& 00:26# 00:39& 10:07@ 00:09- 00:13#

5 Carsten Thygesen Ok Pan 2:12:37

03:03- 04:44- 08:00- 11:37+ 16:04+ 19:20+ 21:04+ 22:10+ 23:16+ 26:37+ 31:52+ 34:37+ 39:09+ 43:06+ 46:37+ 51:28+ 57:05+ 63:42+ 71:20+ 76:02+ 82:10+ 86:50+ 90:41+ 93:22+ 96:13+ 100:30+
 03:03- 01:41+ 03:16+ 03:37+ 04:27+ 03:16+ 01:44+ 01:06+ 01:06= 03:21+ 05:15+ 02:45+ 04:32+ 03:57+ 03:31+ 04:51+ 05:37+ 06:37+ 07:38+ 04:42+ 06:08- 04:40+ 03:51+ 02:41+ 02:51+ 04:17+
 00:26- 00:11# 00:13+ 00:12+ 01:08& 00:44& 00:09+ 00:11# 00:00= 00:31# 00:43# 00:24# 00:28# 00:38# 02:14@ 01:17& 00:59# 00:38# 03:08& 00:23+ 00:35- 00:39# 00:50& 00:51& 00:49& 00:20+
 107:02+ 111:06+ 113:15+ 116:27+ 129:07+ 130:56+ 132:37+
 06:32+ 04:04+ 02:09+ 03:12+ 12:40+ 01:49+ 01:41+
 01:04# 02:01& 00:20# 00:40& 10:01@ 00:05+ 00:13#

6 Henrik Bach 7 2:12:42

03:21- 05:21+ 08:57+ 13:20+ 18:12+ 25:54+ 27:51+ 29:02+ 30:15+ 33:57+ 40:14+ 43:07+ 47:33+ 52:08+ 53:48+ 61:46+ 67:28+ 74:18+ 79:20+ 85:15+ 91:13+ 96:03+ 100:21+ 103:00+ 105:25+ 110:04+
 03:21- 02:00+ 03:36+ 04:23+ 04:52+ 07:42+ 01:57+ 01:11+ 01:13+ 03:42+ 06:17+ 02:53+ 04:26+ 04:35+ 01:40+ 07:58+ 05:42+ 06:50+ 05:02+ 05:55+ 05:58- 04:50+ 04:18+ 02:39+ 02:25+ 04:39+
 00:08- 00:30& 00:33# 00:58& 01:33& 05:10@ 00:22# 00:16& 00:07# 00:52& 01:45& 00:32# 00:22+ 01:16& 00:23& 04:24@ 01:04# 00:51# 00:32# 01:36& 00:45- 00:49# 01:17& 00:49& 00:23# 00:42#
 117:37+ 120:37+ 123:06+ 124:39+ 129:13+ 131:00+ 132:42+
 07:33+ 03:00+ 02:29+ 01:33- 04:34+ 01:47+ 01:42+
 02:05& 00:57& 00:40& 00:59- 01:55& 00:03+ 00:14#

Class	Navn	Klasse	Tid																						
4	Anton Hansen	16	2:24:42																						
02:19+	03:34+	07:17+	11:29+	16:10+	21:23+	24:16+	27:44+	29:42+	30:44+	32:01+	35:29+	42:23+	44:59+	49:51+	54:01+	61:47+	65:45+	67:33+	71:59+	77:50+	85:19+	91:20+	100:53+	103:34+	107:18+
02:19+	01:15+	03:43+	04:12+	04:41+	05:13+	02:53+	03:28+	01:58+	01:02+	01:17+	03:28+	06:54+	02:36+	04:52+	04:10+	07:46+	03:58+	01:48+	04:26-	05:51+	07:29+	06:01+	09:33+	02:41+	03:44+
00:11+	00:06+	00:23#	01:07&	01:05&	00:51#	00:05+	00:32#	00:10+	00:07#	00:14#	00:47&	01:51&	00:21#	00:24-	00:33#	01:44&	00:38#	00:19#	00:36-	00:26+	00:11+	01:06#	02:35&	00:16#	00:12+
113:16+	116:03+	118:03+	122:59+	129:39+	135:00+	137:06+	140:11+	142:45+	144:42+																
05:58+	02:47-	02:00-	04:56+	06:40+	05:21+	02:06+	03:05+	02:34+	01:57+																
00:36#	00:02-	00:14-	00:27#	00:35+	01:38&	00:06+	00:23#	00:25#	00:03+																

5	Peter Villadsen	20	2:30:22																						
02:29+	03:47+	07:06+	11:19+	16:21+	21:45+	24:45+	28:28+	30:38+	31:48+	33:02+	36:40+	43:15+	46:03+	51:12+	55:09+	62:47+	66:26+	68:45+	73:13+	80:15+	87:35+	94:46+	102:13+	104:50+	108:43+
02:29+	01:18+	03:19-	04:13+	05:02+	05:24+	03:00+	03:43+	02:10+	01:10+	01:14+	03:38+	06:35+	02:48+	05:09-	03:57+	07:38+	03:39+	02:19+	04:28-	07:02+	07:20+	07:11+	07:27+	02:37+	03:53+
00:21#	00:09#	00:01-	01:08&	01:26&	01:02#	00:12+	00:47&	00:22#	00:15&	00:11#	00:57&	01:32&	00:33#	00:07-	00:20+	01:36&	00:19+	00:50&	00:34-	01:37&	00:02+	02:16&	00:29+	00:12+	00:21+
114:30+	118:21+	120:36+	127:23+	134:37+	139:08+	141:19+	145:44+	147:57+	150:22+																
05:47+	03:51+	02:15+	06:47+	07:14+	04:31+	02:11+	04:25+	02:13+	02:25+																
00:25+	01:02&	00:01+	02:18&	01:09#	00:48#	00:11+	01:43&	00:04+	00:31&																

6	Mikael Halberg	NOTEAM	2:32:05																						
02:23+	03:38+	07:08+	10:28+	14:02+	18:51+	21:52+	27:29+	29:07+	30:16+	32:02+	35:12+	46:26+	49:00+	53:05+	62:01+	68:28+	72:26+	73:57+	79:14+	87:09+	94:29+	100:02+	108:52+	112:25+	116:36+
02:23+	01:15+	03:30+	03:20+	03:34-	04:49+	03:01+	05:37+	01:38-	01:09+	01:46+	03:10+	11:14+	02:34+	04:05-	08:56+	06:27+	03:58+	01:31+	05:17+	07:55+	07:20+	05:33+	08:50+	03:33+	04:11+
00:15#	00:06+	00:10+	00:15+	00:02-	00:27#	00:13+	02:41&	00:10-	00:14&	00:43&	00:29#	06:11@	00:19#	01:11-	05:19@	00:25+	00:38#	00:02+	00:15+	02:30&	00:02+	00:38#	01:52&	01:08&	00:39#
121:50+	124:31+	126:41+	131:25+	138:42+	142:32+	144:29+	147:16+	149:52+	152:05+																
05:14-	02:41-	02:10-	04:44+	07:17+	03:50+	01:57-	02:47+	02:36+	02:13+																
00:08-	00:08-	00:04-	00:15+	01:12#	00:07+	00:03-	00:05+	00:27#	00:19#																

Beste strekktid for klassen

02:08 01:07 03:18 03:04 03:34 04:17 02:36 02:56 01:38 00:55 01:03 02:41 05:03 02:14 04:05 03:37 06:02 03:15 01:27 04:11 05:25 06:23 04:48 05:33 02:19 03:32 05:00 02

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

20kmMTBO

1	Mads Kruse Juhl	2	1:39:05																						
03:39=	06:19=	19:37=	25:32=	28:29=	33:47=	37:05=	43:21=	49:53=	54:28=	58:04=	61:14=	66:28=	71:15=	75:56=	80:24=	83:25=	85:15=	91:27=	94:13=	96:59=	99:05=				
03:39=	02:40=	13:18=	05:55=	02:57=	05:18=	03:18=	06:16=	06:32=	04:35=	03:36=	03:10=	05:14=	04:47=	04:41=	04:28=	03:01=	01:50=	06:12=	02:46=	02:46=	02:06=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 strekktid for klassen

03:39 02:40 13:18 05:55 02:57 05:18 03:18 06:16 06:32 04:35 03:36 03:10 05:14 04:47 04:41 04:28 03:01 01:50 06:12 02:46 02:46 02:06

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

3,5km

1	Minna Hald Andersen	15	43:43																						
06:56=	11:54=	15:23=	19:54=	21:59=	24:28=	26:00=	27:49=	31:33=	34:44=	41:13=	43:43=														
06:56=	04:58=	03:29=	04:31=	02:05=	02:29=	01:32=	01:49=	03:44=	03:11=	06:29=	02:30=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														

2	Mariann Kejser	OK PAN	47:26																						
07:23+	12:18+	15:15-	21:02+	24:28+	27:01+	28:55+	30:44+	34:12+	38:28+	44:48+	47:26+														
07:23+	04:55-	02:57-	05:47+	03:26+	02:33+	01:54+	01:49+	03:28-	04:16+	06:20-	02:38+														
00:27+	00:03-	00:32-	01:16&	01:21&	00:04+	00:22#	00:00=	00:16-	01:05&	00:09-	00:08+														

3	Asgar Kristensen	2	47:44																						
06:37-	12:23+	15:34+	21:23+	24:15+	27:03+	28:59+	30:52+	34:59+	38:23+	44:55+	47:44+														
06:37-	05:46+	03:11-	05:49+	02:52+	02:48+	01:56+	01:53+	04:07+	03:24+	06:32+	02:49+														
00:19-	00:48#	00:18-	01:18&	00:47&	00:19#	00:24&	00:04+	00:23#	00:13+	00:03+	00:19#														

4	Bitten Nielsen	2	47:50																						
06:53-	12:18+	15:31+	21:40+	24:21+	27:17+	29:05+	30:59+	35:09+	38:34+	45:06+	47:50+														
06:53-	05:25+	03:13-	06:09+	02:41+	02:56+	01:48+	01:54+	04:10+	03:25+	06:32+	02:44+														
00:03-	00:27+	00:16-	01:38&	00:36&	00:27#	00:16#	00:05+	00:26#	00:14+	00:03+	00:14+														

5	Gunner Gjermansen	4	47:58																						
06:32-	11:12-	14:38-	21:32+	24:24+	26:58+	29:07+	31:01+	35:14+	38:25+	45:13+	47:58+														
06:32-	04:40-	03:26-	06:54+	02:52+	02:34+	02:09+	01:54+	04:13+	03:11=	06:48+	02:45+														
00:24-	00:18-	00:03-	02:23&	00:47&	00:05+	00:37&	00:05+	00:29#	00:00=	00:19+	00:15#														

Class	Navn	Klasse	Tid									
6	Maria Pedersen	20	48:04									
07:14+	12:28+	15:32+	20:06+	24:06+	27:18+	29:01+	30:39+	33:52+	38:35+	45:09+	48:04+	
07:14+	05:14+	03:04-	04:34+	04:00+	03:12+	01:43+	01:38-	03:13-	04:43+	06:34+	02:55+	
00:18+	00:16+	00:25-	00:03+	01:55&	00:43&	00:11#	00:11-	00:31-	01:32&	00:05+	00:25#	
7	Palle Møller Nielsen	9	48:33									
07:13+	12:36+	15:57+	22:02+	24:53+	27:37+	29:25+	31:13+	35:21+	38:42+	45:42+	48:33+	
07:13+	05:23+	03:21-	06:05+	02:51+	02:44+	01:48+	01:48-	04:08+	03:21+	07:00+	02:51+	
00:17+	00:25+	00:08-	01:34&	00:46&	00:15#	00:16#	00:01-	00:24#	00:10+	00:31+	00:21#	
8	Else Hass	Ok Pan	51:32									
07:22+	13:07+	16:22+	22:20+	24:49+	27:57+	29:53+	33:01+	38:20+	41:51+	48:42+	51:32+	
07:22+	05:45+	03:15-	05:58+	02:29+	03:08+	01:56+	03:08+	05:19+	03:31+	06:51+	02:50+	
00:26+	00:47#	00:14-	01:27&	00:24#	00:39&	00:24&	01:19&	01:35&	00:20#	00:22+	00:20#	
9	Per Jessen-Klixbüll	Ok Pan	54:15									
07:28+	12:53+	16:19+	22:14+	24:44+	27:28+	29:10+	32:52+	38:22+	42:14+	49:02+	54:15+	
07:28+	05:25+	03:26-	05:55+	02:30+	02:44+	01:42+	03:42+	05:30+	03:52+	06:48+	05:13+	
00:32+	00:27+	00:03-	01:24&	00:25#	00:15#	00:10#	01:53@	01:46&	00:41#	00:19+	02:43@	
10	Edith Sørensen	20	54:22									
06:48-	12:30+	16:17+	23:21+	26:12+	29:34+	31:56+	34:07+	39:31+	43:23+	50:59+	54:22+	
06:48-	05:42+	03:47+	07:04+	02:51+	03:22+	02:22+	02:11+	05:24+	03:52+	07:36+	03:23+	
00:08-	00:44#	00:18+	02:33&	00:46&	00:53&	00:50&	00:22#	01:40&	00:41#	01:07#	00:53&	
11	Helle Truelsen	3	56:18									
07:08+	12:27+	16:01+	23:32+	26:29+	29:57+	32:47+	35:02+	39:49+	43:55+	52:53+	56:18+	
07:08+	05:19+	03:34+	07:31+	02:57+	03:28+	02:50+	02:15+	04:47+	04:06+	08:58+	03:25+	
00:12+	00:21+	00:05+	03:00&	00:52&	00:59&	01:18&	00:26#	01:03&	00:55&	02:29&	00:55&	
12	Bent Nielsen	Ok Pan	1:08:22									
05:46-	07:19-	13:30-	17:22-	28:24+	31:34+	36:15+	39:47+	42:29+	47:34+	54:17+	64:09+	68:22+
05:46-	01:33-	06:11+	03:52-	11:02+	03:10+	04:41+	03:32+	02:42-	05:05+	06:43+	09:52+	04:13+
01:10-	03:25-	02:42&	00:39-	08:57@	00:41&	03:09@	01:43&	01:02-	01:54&	00:14+	07:22@	04:13+

Beste strekktid for klassen

05:46 01:33 02:57 03:52 02:05 02:29 01:32 01:38 02:42 03:11 06:20 02:30

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

6km

1	Jakob Hærvig	20	51:39												
08:45=	11:41=	13:31=	15:20=	18:10=	21:23=	25:24=	28:23=	31:36=	35:33=	40:13=	42:05=	46:52=	51:39=	56:07=	57:33=
08:45=	02:56=	01:50=	01:49=	02:50=	03:13=	04:01=	02:59=	03:13=	03:57=	04:40=	01:52=	04:47=	04:47=	04:28=	01:26=
00:00=	00:00=	00:00=	00:00=	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	Peer Straarup	4	52:23												
03:58-	07:22-	09:53-	14:59-	17:23-	21:50+	24:33-	28:23=	32:40+	36:49+	41:06+	43:26+	47:04+	50:32-	52:23-	
03:58-	03:24+	02:31+	05:06+	02:24-	04:27+	02:43-	03:50+	04:17+	04:09+	04:17-	02:20+	03:38-	03:28-	01:51-	
04:47-	00:28#	00:41&	03:17@	00:26-	01:14&	01:18-	00:51&	01:04&	00:12+	00:23-	00:28#	01:09-	01:19-	02:37-	
3	Britta Ank Pedersen	4	54:29												
04:53-	08:48-	11:42-	14:13-	16:51-	22:12+	25:31+	29:26+	33:30+	38:11+	42:48+	45:14+	49:04+	52:16+	54:29-	
04:53-	03:55+	02:54+	02:31+	02:38-	05:21+	03:19-	03:55+	04:04+	04:41+	04:37-	02:26+	03:50-	03:12-	02:13-	
03:52-	00:59&	01:04&	00:42&	00:12-	02:08&	00:42-	00:56&	00:51&	00:44#	00:03-	00:34&	00:57-	01:35-	02:15-	
4	Henning Mindstruplund	4	54:32												
33:50+	39:53+	44:59+	49:13+	54:32+											
33:50+	06:03+	05:06+	04:14+	05:19+											
25:05@	03:07@	03:16@	02:25@	02:29&											
5	Stig Barrett	19	57:16												
05:55-	09:25-	12:01-	14:35-	17:09-	22:02+	24:56-	28:53+	34:08+	38:20+	42:54+	45:23+	50:39+	54:42+	57:16+	
05:55-	03:30+	02:36+	02:34+	02:34-	04:53+	02:54-	03:57+	05:15+	04:12+	04:34-	02:29+	05:16+	04:03-	02:34-	
02:50-	00:34#	00:46&	00:45&	00:16-	01:40&	01:07-	00:58&	02:02&	00:15+	00:06-	00:37&	00:29#	00:44-	01:54-	
6	Susanne Baun	4	57:27												
04:33-	08:20-	11:27-	14:25-	17:18-	22:42+	25:55+	29:58+	34:14+	39:40+	44:37+	47:12+	51:39+	54:48+	57:27+	
04:33-	03:47+	03:07+	02:58+	02:53+	05:24+	03:13-	04:03+	04:16+	05:26+	04:57+	02:35+	04:27-	03:09-	02:39-	
04:12-	00:51&	01:17&	01:09&	00:03+	02:11&	00:48-	01:04&	01:03&	01:29&	00:17+	00:43&	00:20-	01:38-	01:49-	

Class	Navn	Klasse	Tid												
7	Lene Stick Nielsen	19	57:28												
05:30-	09:09-	11:56-	14:34-	17:20-	22:17+	25:24=	29:45+	34:10+	38:45+	44:50+	47:19+	51:29+	54:54+	57:28+	
05:30-	03:39+	02:22+	02:38+	02:46-	04:57+	03:07-	04:21+	04:25+	04:35+	06:05+	02:29+	04:10-	03:25-	02:34-	
03:15-	00:43#	00:57&	00:49&	00:04-	01:44&	00:54-	01:22&	01:12&	00:38#	01:25&	00:37&	00:37-	01:22-	01:54-	
8	Flemming Bindner	20	57:58												
03:57-	07:37-	09:59-	11:35-	14:05-	16:56-	21:56-	24:48-	31:59+	36:22+	41:57+	46:44+	49:13+	52:43+	55:50-	57:58+
03:57-	03:40+	02:22+	01:36-	02:30-	02:51-	05:00+	02:52-	07:11+	04:23+	05:35+	04:47+	02:29-	03:30-	03:07-	02:08+
04:48-	00:44#	00:32&	00:13-	00:20-	00:22-	00:59#	00:07-	03:58@	00:26#	00:55#	02:55@	02:18-	01:17-	01:21-	00:42&
9	Tommy Jakobsen	4	58:44												
04:33-	08:22-	11:02-	14:14-	16:59-	22:14+	25:19-	30:05+	34:40+	39:21+	44:57+	47:43+	52:36+	56:06+	58:44+	
04:33-	03:49+	02:40+	03:12+	02:45-	05:15+	03:05-	04:46+	04:35+	04:41+	05:36+	02:46+	04:53+	03:30-	02:38-	
04:12-	00:53&	00:50&	01:23&	00:05-	02:02&	00:56-	01:47&	01:22&	00:44#	00:56#	00:54&	00:06+	01:17-	01:50-	
10	Carsten Helligsø	5	59:39												
04:56-	08:58-	11:40-	14:19-	17:48-	22:59+	26:18+	30:43+	35:49+	41:09+	46:24+	49:08+	53:12+	57:18+	59:39+	
04:56-	04:02+	02:42+	02:39+	03:29+	05:11+	03:19-	04:25+	05:06+	05:20+	05:15+	02:44+	04:04-	04:06-	02:21-	
03:49-	01:06&	00:52&	00:50&	00:39#	01:58&	00:42-	01:26&	01:53&	01:23&	00:35#	00:52&	00:43-	00:41-	02:07-	
11	Vagn Pedersen	21	59:42												
05:04-	08:35-	11:00-	17:19+	20:07+	25:39+	28:42+	33:03+	37:25+	42:28+	47:15+	49:52+	53:29+	57:21+	59:42+	
05:04-	03:31+	02:25+	06:19+	02:48-	05:32+	03:03-	04:21+	04:22+	05:03+	04:47+	02:37+	03:37-	03:52-	02:21-	
03:41-	00:35#	00:35&	04:30@	00:02-	02:19&	00:58-	01:22&	01:09&	01:06&	00:07+	00:45&	01:10-	00:55-	02:07-	
12	Finn Rosenqvist	20	1:00:08												
05:00-	08:42-	11:29-	15:59+	18:50+	23:26+	26:31+	31:16+	36:09+	41:13+	45:50+	48:19+	53:54+	57:15+	60:08+	
05:00-	03:42+	02:47+	04:30+	02:51+	04:36+	03:05-	04:45+	04:53+	05:04+	04:37-	02:29+	05:35+	03:21-	02:53-	
03:45-	00:46&	00:57&	02:41@	00:01+	01:23&	00:56-	01:46&	01:40&	01:07&	00:03-	00:37&	00:48#	01:26-	01:35-	
13	Helmut Hilden	15	1:01:11												
05:26-	09:32-	12:14-	15:00-	18:08-	23:17+	26:26+	30:54+	36:02+	41:00+	46:38+	49:27+	53:45+	58:14+	61:11+	
05:26-	04:06+	02:42+	02:46+	03:08+	05:09+	03:09-	04:28+	05:08+	04:58+	05:38+	02:49+	04:18-	04:29-	02:57-	
03:19-	01:10&	00:52&	00:57&	00:18#	01:56&	00:52-	01:29&	01:55&	01:01&	00:58#	00:57&	00:29-	00:18-	01:31-	
14	Frants Nielsen	2	1:04:23												
05:47-	10:21-	13:28-	16:27+	20:24+	26:21+	30:05+	34:57+	39:58+	45:06+	50:46+	53:34+	59:19+	62:10+	64:23+	
05:47-	04:34+	03:07+	02:59+	03:57+	05:57+	03:44-	04:52+	05:01+	05:08+	05:40+	02:48+	05:45+	02:51-	02:13-	
02:58-	01:38&	01:17&	01:10&	01:07&	02:44&	00:17-	01:53&	01:48&	01:11&	01:00#	00:56&	00:58#	01:56-	02:15-	
15	Tove Straarup	4	1:04:28												
04:21-	08:55-	11:51-	14:42-	17:43-	23:14+	27:05+	31:55+	36:48+	42:53+	48:34+	51:43+	58:22+	61:43+	64:28+	
04:21-	04:34+	02:56+	02:51+	03:01+	05:31+	03:51-	04:50+	04:53+	06:05+	05:41+	03:09+	06:39+	03:21-	02:45-	
04:24-	01:38&	01:06&	01:02&	00:11+	02:18&	00:10-	01:51&	01:40&	02:08&	01:01#	01:17&	01:52&	01:26-	01:43-	
16	Torben Isen	2	1:04:32												
06:30-	10:46-	13:53+	16:49+	20:02+	26:12+	29:55+	34:43+	39:41+	45:13+	50:23+	53:10+	59:10+	62:06+	64:32+	
06:30-	04:16+	03:07+	02:56+	03:13+	06:10+	03:43-	04:48+	04:58+	05:32+	05:10+	02:47+	06:00+	02:56-	02:26-	
02:15-	01:20&	01:17&	01:07&	00:23#	02:57&	00:18-	01:49&	01:45&	01:35&	00:30#	00:55&	01:13&	01:51-	02:02-	
17	Thorkild Holm Pedersen	13	1:04:36												
05:10-	08:49-	11:31-	14:37-	17:31-	23:27+	29:33+	35:05+	39:34+	45:10+	50:57+	53:22+	58:18+	61:45+	64:36+	
05:10-	03:39+	02:42+	03:06+	02:54+	05:56+	06:06+	05:32+	04:29+	05:36+	05:47+	02:25+	04:56+	03:27-	02:51-	
03:35-	00:43#	00:52&	01:17&	00:04+	02:43&	02:05&	02:33&	01:16&	01:39&	01:07#	00:33&	00:09+	01:20-	01:37-	
18	Gitte Isen	2	1:04:50												
06:18-	10:44-	13:46+	16:43+	20:21+	26:28+	30:22+	35:03+	39:47+	45:01+	50:21+	53:16+	59:09+	62:17+	64:50+	
06:18-	04:26+	03:02+	02:57+	03:38+	06:07+	03:54-	04:41+	04:44+	05:14+	05:20+	02:55+	05:53+	03:08-	02:33-	
02:27-	01:30&	01:12&	01:08&	00:48&	02:54&	00:07-	01:42&	01:31&	01:17&	00:40#	01:03&	01:06#	01:39-	01:55-	
19	Lars Otte	15	1:05:58												
05:29-	10:20-	13:16-	16:22+	20:05+	25:59+	30:13+	35:42+	40:38+	45:44+	52:21+	55:29+	60:28+	63:36+	65:58+	
05:29-	04:51+	02:56+	03:06+	03:43+	04:14+	05:29+	04:56+	05:06+	06:37+	03:08+	04:59+	03:08-	02:22-		
03:16-	01:55&	01:06&	01:17&	00:53&	02:41&	00:13+	02:30&	01:43&	01:09&	01:57&	01:16&	00:12+	01:39-	02:06-	
20	Kai Ø. Laursen	20	1:06:30												
06:13-	10:52-	13:57+	17:11+	20:46+	26:37+	30:25+	35:34+	40:35+	46:49+	52:40+	55:37+	60:42+	63:32+	66:30+	
06:13-	04:39+	03:05+	03:14+	03:35+	05:51+	03:48-	05:09+	05:01+	06:14+	05:51+	02:57+	05:05+	02:50-	02:58-	
02:32-	01:43&	01:15&	01:25&	00:45&	02:38&	00:13-	02:10&	01:48&	02:17&	01:11&	01:05&	00:18+	01:57-	01:30-	
21	Tage Baun	4	1:07:08												
04:44-	09:03-	12:04-	15:08-	18:18+	23:56+	27:35+	32:16+	37:11+	43:27+	49:07+	52:05+	56:42+	64:21+	67:08+	
04:44-	04:19+	03:01+	03:04+	03:10+	05:38+	03:39-	04:41+	04:55+	06:16+	05:40+	02:58+	04:37-	07:39+	02:47-	
04:01-	01:23&	01:11&	01:15&	00:20#	02:25&	00:22-	01:42&	01:42&	02:19&	01:00#	01:06&	00:10-	02:52&	01:41-	

Class	Navn	Klasse											Tid			
22	Gert Kristensen	14											1:12:58			
05:01-	08:53-	11:36-	14:30-	18:01-	23:36+	28:18+	35:20+	41:47+	49:44+	57:38+	61:15+	66:42+	70:03+	72:58+		
05:01-	03:52+	02:43+	02:54+	03:31+	05:35+	04:42+	07:02+	06:27+	07:57+	07:54+	03:37+	05:27+	03:21-	02:55-		
03:44-	00:56&	00:53&	01:05&	00:41#	02:22&	00:41#	04:03@	03:14@	04:00@	03:14&	01:45&	00:40#	01:26-	01:33-		
23	Frede Truelsen	3											1:13:21			
05:59-	10:24-	13:36+	16:36+	20:27+	26:17+	30:16+	35:22+	40:43+	46:25+	53:06+	56:37+	63:44+	70:07+	73:21+		
05:59-	04:25+	03:12+	03:00+	03:51+	05:50+	03:59-	05:06+	05:21+	05:42+	06:41+	03:31+	07:07+	06:23+	03:14-		
02:46-	01:29&	01:22&	01:11&	01:01&	02:37&	00:02-	02:07&	02:08&	01:45&	02:01&	01:39&	02:20&	01:36&	01:14-		
24	Helle Nikkel	19											1:16:27			
06:07-	10:56-	14:29+	18:13+	21:57+	28:46+	33:13+	38:27+	44:47+	51:40+	57:35+	61:10+	67:16+	72:24+	76:27+		
06:07-	04:49+	03:33+	03:44+	03:44+	06:49+	04:27+	05:14+	06:20+	06:53+	05:55+	03:35+	06:06+	05:08+	04:03-		
02:38-	01:53&	01:43&	01:55@	00:54&	03:36@	00:26#	02:15&	03:07&	02:56&	01:15&	01:43&	01:19&	00:21+	00:25-		
25	Inger Arnfred	OK PAN											1:21:22			
28:49+																
28:49+																
20:04@																
26	Jon Arnfred	OK PAN											1:21:23			
06:19-	11:20-	14:49+	18:53+	22:47+	30:35+	35:18+	43:00+	49:36+	56:01+	62:21+	66:14+	72:26+	77:09+	81:23+		
06:19-	05:01+	03:29+	04:04+	03:54+	07:48+	04:43+	07:42+	06:36+	06:25+	06:20+	03:53+	06:12+	04:43-	04:14-		
02:26-	02:05&	01:39&	02:15@	01:04&	04:35@	00:42#	04:43@	03:23@	02:28&	01:40&	02:01@	01:25&	00:04-	00:14-		
27	Susanne Høiberg	16											1:22:14			
10:37+	16:34+	19:58+	23:44+	27:33+	35:44+	41:07+	47:08+	53:11+	59:15+	65:55+	70:01+	74:49+	78:34+	82:14+		
10:37+	05:57+	03:24+	03:46+	03:49+	08:11+	05:23+	06:01+	06:03+	06:04+	06:40+	04:06+	04:48+	03:45-	03:40-		
01:52#	03:01@	01:34&	01:57@	00:59&	04:58@	01:22&	03:02@	02:50&	02:07&	02:00&	02:14@	00:01+	01:02-	00:48-		
28	Hanne Gylling	21											2:07:12			
08:09-	15:46+	20:44+	27:09+	33:38+	50:40+	59:08+	67:01+	75:03+	83:32+	99:16+	103:40+	116:54+	122:01+	127:12+		
08:09-	07:37+	04:58+	06:25+	06:29+	17:02+	08:28+	07:53+	08:02+	08:29+	15:44+	04:24+	13:14+	05:07+	05:11+		
00:36-	04:41@	03:08@	04:36@	03:39@	13:49@	04:27@	04:54@	04:49@	04:32@	11:04@	02:32@	08:27@	00:20+	00:43#		
29	Benny Johansen	5											2:13:56			
06:26-	11:50+	15:58+	20:37+	30:47+	61:33+	66:59+	74:38+	81:49+	91:33+	98:56+	111:47+	120:18+	129:22+	133:56+		
06:26-	05:24+	04:08+	04:39+	10:10+	30:46+	05:26+	07:39+	07:11+	09:44+	07:23+	12:51+	08:31+	09:04+	04:34+		
02:19-	02:28&	02:18@	02:50@	07:20@	27:33@	01:25&	04:40@	03:58@	05:47@	02:43&	10:59@	03:44&	04:17&	00:06+		
Beste strekktid for klassen																
03:57	02:56	01:50	01:36	02:24	02:51	02:43	02:52	03:13	03:57	04:17	01:52	02:29	02:50	01:51	01:26	

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