

Plads Navn

Klasse

Tid

10km

1 Patrick Mcgrail**Ok Pan****1:10:49**

03:29= 07:01= 10:11= 12:44= 15:45= 17:58= 21:59= 25:31= 29:08= 32:12= 39:04= 40:38= 44:44= 48:00= 50:35= 55:55= 59:39= 63:15= 67:55= 70:15= 70:49=
 03:29= 03:32= 03:10= 02:33= 03:01= 02:13= 04:01= 03:32= 03:37= 03:04= 06:52= 01:34= 04:06= 03:16= 02:35= 05:20= 03:44= 03:36= 04:40= 02:20= 00:34=
 00:00=

2 Torben Kristensen**17****1:14:31**

03:31+ 07:59+ 11:30+ 13:42+ 16:27+ 18:33+ 22:51+ 26:06+ 29:39+ 33:04+ 39:24+ 41:09+ 45:11+ 48:25+ 50:56+ 57:16+ 61:12+ 66:44+ 71:47+ 74:01+ 74:31+
 03:31+ 04:28+ 03:31+ 02:12= 02:45= 02:06= 04:18+ 03:15= 03:33= 03:25+ 06:20= 01:45+ 04:02= 03:14= 02:31= 06:20+ 03:56+ 05:32+ 05:03+ 02:14= 00:30=
 00:02+ 00:56& 00:21# 00:21= 00:16= 00:07= 00:17+ 00:17= 00:04= 00:21# 00:32= 00:11# 00:04= 00:02= 00:04= 01:00# 00:12+ 01:56& 00:23+ 00:06= 00:04=

3 Thomas Emil Jensen**7****1:18:18**

03:54+ 08:03+ 11:55+ 14:31+ 17:57+ 20:39+ 25:21+ 28:38+ 32:26+ 37:12+ 44:44+ 46:27+ 50:48+ 54:13+ 57:19+ 63:20+ 67:19+ 70:51+ 75:47+ 77:50+ 78:18+
 03:54+ 04:09+ 03:52+ 02:36+ 03:26+ 02:42+ 04:42+ 03:17= 03:48+ 04:46+ 07:32+ 01:43+ 04:21+ 03:25+ 03:06+ 06:01+ 03:59+ 03:32= 04:56+ 02:03= 00:28=
 00:25# 00:37# 00:42# 00:03+ 00:25# 00:29# 00:41# 00:15= 00:11+ 01:42& 00:40+ 00:09+ 00:15+ 00:09+ 00:31# 00:41# 00:15+ 00:04= 00:16+ 00:17= 00:06=

4 Yohan Marlecelino**NOTEAM****1:18:24**

04:07+ 08:32+ 12:17+ 14:50+ 18:41+ 20:59+ 25:34+ 28:37+ 32:35+ 36:59+ 44:34+ 46:26+ 50:49+ 54:02+ 57:18+ 63:13+ 67:23+ 70:54+ 75:47+ 77:54+ 78:24+
 04:07+ 04:25+ 03:45+ 02:33= 03:51+ 02:18+ 04:35+ 03:03= 03:58+ 04:24+ 07:35+ 01:52+ 04:23+ 03:13= 03:16+ 05:55+ 04:10+ 03:31= 04:53+ 02:07= 00:30=
 00:38# 00:53# 00:35# 00:00= 00:50& 00:05+ 00:34# 00:29= 00:21+ 01:20& 00:43# 00:18# 00:17+ 00:03= 00:41& 00:35# 00:26# 00:05= 00:13+ 00:13= 00:04=

5 Rie Stenhøj Baun Mcgrail**Ok Pan****1:18:29**

04:09+ 09:30+ 13:54+ 16:22+ 19:14+ 21:24+ 25:46+ 28:49+ 32:40+ 37:04+ 45:44+ 47:20+ 51:45+ 54:58+ 57:55+ 63:26+ 67:28+ 70:57+ 75:48+ 77:58+ 78:29+
 04:09+ 05:21+ 04:24+ 02:28= 02:52= 02:10= 04:22+ 03:03= 03:51+ 04:24+ 08:40+ 01:36+ 04:25+ 03:13= 02:57+ 05:31+ 04:02+ 03:29= 04:51+ 02:10= 00:31=
 00:40# 01:49& 01:14& 00:05= 00:09= 00:03= 00:21+ 00:29= 00:14+ 01:20& 01:48& 00:02+ 00:19+ 00:03= 00:22# 00:11+ 00:18+ 00:07= 00:11+ 00:10= 00:03=

6 Jess Rasmussen**22****1:18:59**

03:42+ 07:51+ 11:33+ 14:03+ 17:18+ 19:29+ 23:58+ 27:16+ 31:15+ 35:51+ 43:03+ 45:00+ 49:26+ 52:55+ 56:40+ 62:57+ 67:08+ 70:54+ 76:13+ 78:26+ 78:59+
 03:42+ 04:09+ 03:42+ 02:30= 03:15+ 02:11= 04:29+ 03:18= 03:59+ 04:36+ 07:12+ 01:57+ 04:26+ 03:29+ 03:45+ 06:17+ 04:11+ 03:46+ 05:19+ 02:13= 00:33=
 00:13+ 00:37# 00:32# 00:03= 00:14+ 00:02= 00:28# 00:14= 00:22# 01:32& 00:20+ 00:23# 00:20+ 00:13+ 01:10& 00:57# 00:27# 00:10+ 00:39# 00:07= 00:01=

7 Jens Liengard**17****1:19:30**

04:23+ 08:23+ 12:00+ 14:19+ 17:24+ 19:31+ 25:44+ 29:06+ 32:26+ 38:04+ 44:25+ 45:58+ 50:14+ 53:30+ 56:00+ 62:04+ 66:02+ 71:35+ 76:59+ 79:01+ 79:30+
 04:23+ 04:00+ 03:37+ 02:19= 03:05+ 02:07= 06:13+ 03:22= 03:20= 05:38+ 06:21= 01:33= 04:16+ 03:16= 02:30= 06:04+ 03:58+ 05:33+ 05:24+ 02:02= 00:29=
 00:54& 00:28# 00:27# 00:14= 00:04+ 00:06= 02:12& 00:10= 00:17= 02:34& 00:31= 00:01= 00:10+ 00:00= 00:05= 00:44# 00:14+ 01:57& 00:44# 00:18= 00:05=

8 Jakob Gade**22****1:22:11**

03:55+ 08:20+ 12:08+ 14:31+ 17:39+ 20:18+ 25:01+ 28:37+ 33:02+ 37:52+ 45:03+ 46:59+ 51:39+ 55:32+ 59:36+ 65:13+ 69:25+ 73:28+ 79:07+ 81:39+ 82:11+
 03:55+ 04:25+ 03:48+ 02:23= 03:08+ 02:39+ 04:43+ 03:36+ 04:25+ 04:50+ 07:11+ 01:56+ 04:40+ 03:53+ 04:04+ 05:37+ 04:12+ 04:03+ 05:39+ 02:32+ 00:32=
 00:26# 00:53# 00:38# 00:10= 00:07+ 00:26# 00:42# 00:04+ 00:48# 01:46& 00:19+ 00:22# 00:34# 00:37# 01:29& 00:17+ 00:28# 00:27# 00:59# 00:12+ 00:02=

9 Jeppe Caspersen**17****1:22:17**

04:20+ 08:14+ 11:43+ 14:11+ 17:28+ 19:29+ 24:31+ 33:05+ 36:44+ 41:47+ 49:18+ 51:15+ 55:11+ 58:11+ 61:02+ 67:17+ 71:06+ 74:31+ 79:31+ 81:43+ 82:17+
 04:20+ 03:54+ 03:29+ 02:28= 03:17+ 02:01= 05:02+ 08:34+ 03:39+ 05:03+ 07:31+ 01:57+ 03:56= 03:00= 02:51+ 06:15+ 03:49+ 03:25= 05:00+ 02:12= 00:34=
 00:51# 00:22# 00:19# 00:05= 00:16+ 00:12= 01:01& 05:02@ 00:02+ 01:59& 00:39+ 00:23# 00:10= 00:16= 00:16# 00:55# 00:05+ 00:11= 00:20+ 00:08= 00:00=

10 Ivan Christensen**Ok Pan****1:22:28**

04:03+ 08:34+ 12:25+ 15:01+ 18:16+ 20:44+ 25:43+ 29:42+ 34:02+ 38:01+ 46:00+ 47:56+ 52:28+ 56:20+ 59:25+ 65:29+ 69:51+ 73:36+ 79:10+ 81:44+ 82:28+
 04:03+ 04:31+ 03:51+ 02:36+ 03:15= 02:28+ 04:59+ 03:59+ 04:20+ 03:59+ 07:59+ 01:56+ 04:32+ 03:52+ 03:05+ 06:04+ 04:22+ 03:45+ 05:34+ 02:34+ 00:44+
 00:34# 00:59& 00:41# 00:03+ 00:14+ 00:15# 00:58# 00:27# 00:43# 00:55& 01:07# 00:22# 00:26# 00:36# 00:30# 00:44# 00:38# 00:09+ 00:54# 00:14# 00:10&

11 Arne Bertelsen**15****1:22:30**

04:09+ 08:25+ 12:10+ 14:51+ 18:37+ 20:52+ 25:31+ 28:51+ 33:05+ 36:36+ 43:34+ 45:56+ 50:29+ 53:54+ 57:43+ 64:22+ 68:52+ 73:12+ 79:20+ 81:50+ 82:30+
 04:09+ 04:16+ 03:45+ 02:41+ 03:46+ 02:15+ 04:39+ 03:20= 04:14+ 03:31+ 06:58+ 02:22+ 04:33+ 03:25+ 03:49+ 06:39+ 04:30+ 04:20+ 06:08+ 02:30+ 00:40+
 00:40# 00:44# 00:35# 00:08+ 00:45# 00:02+ 00:38# 00:12= 00:37# 00:27# 00:06+ 00:48& 00:27# 00:09+ 01:14& 01:19# 00:46# 00:44# 01:28& 00:10+ 00:06#

12 Varny Vestergaard**21****1:23:48**

04:35+ 09:28+ 13:08+ 15:26+ 18:46+ 20:57+ 25:39+ 28:57+ 32:58+ 36:14+ 44:26+ 46:40+ 50:50+ 54:13+ 59:23+ 66:42+ 71:10+ 74:58+ 80:38+ 83:10+ 83:48+
 04:35+ 04:53+ 03:40+ 02:18= 03:20+ 02:11= 04:42+ 03:18= 04:01+ 03:16+ 08:12+ 02:14+ 04:10+ 03:23+ 05:10+ 07:19+ 04:28+ 03:48+ 05:40+ 02:32+ 00:38+
 01:06& 01:21& 00:30# 00:15= 00:19# 00:02= 00:41# 00:14= 00:24# 00:12+ 01:20# 00:40& 00:04+ 00:07+ 02:35& 01:59& 00:44# 00:12+ 01:00# 00:12+ 00:04#

13 Keld Gade**22****1:24:27**

05:04+ 09:49+ 13:43+ 16:14+ 19:39+ 22:11+ 27:20+ 31:06+ 35:18+ 39:15+ 46:41+ 48:54+ 53:23+ 57:24+ 60:48+ 66:35+ 71:09+ 75:10+ 81:08+ 83:55+ 84:27+
 05:04+ 04:45+ 03:54+ 02:31= 03:25+ 02:32+ 05:09+ 03:46+ 04:12+ 03:57+ 07:26+ 02:13+ 04:29+ 04:01+ 03:24+ 05:47+ 04:34+ 04:01+ 05:58+ 02:47+ 00:32=
 01:35& 01:13& 00:44# 00:02= 00:24# 00:19# 01:08& 00:14+ 00:35# 00:53& 00:34+ 00:39& 00:23+ 00:45# 00:49& 00:27+ 00:50# 00:25# 01:18& 00:27# 00:02=

14 Per Filskov**17****1:24:56**

03:54+ 08:12+ 11:59+ 14:39+ 17:56+ 20:21+ 25:09+ 28:46+ 33:16+ 37:53+ 45:40+ 47:51+ 53:00+ 56:46+ 59:51+ 66:27+ 71:16+ 75:29+ 81:17+ 84:15+ 84:56+
 03:54+ 04:18+ 03:47+ 02:40+ 03:17+ 02:25+ 04:48+ 03:37+ 04:30+ 04:37+ 07:47+ 02:11+ 05:09+ 03:46+ 03:05+ 06:36+ 04:49+ 04:13+ 05:48+ 02:58+ 00:41+
 00:25# 00:46# 00:37# 00:07+ 00:16+ 00:12+ 00:47# 00:05+ 00:53# 01:33& 00:55# 00:37& 01:03& 00:30# 00:30# 01:16# 01:05& 00:37# 01:08# 00:38& 00:07#

Class	Navn	Klasse	Tid																	
15	Bjørn Sommer	25	1:26:32																	
04:31+	09:30+	13:17+	15:52+	19:19+	21:52+	27:23+	31:24+	35:55+	39:57+	48:52+	50:51+	55:35+	59:28+	62:44+	68:43+	72:52+	77:02+	83:33+	85:57+	86:32+
04:31+	04:59+	03:47+	02:42+	03:20+	02:33+	05:31+	04:01+	04:31+	04:02+	08:55+	01:59+	04:44+	03:53+	03:16+	05:59+	04:09+	04:10+	06:31+	02:24+	00:35+
01:02&	01:27&	00:37#	00:09+	00:19#	00:20#	01:30&	00:29#	00:54#	00:58&	02:03&	00:25&	00:38#	00:37#	00:41&	00:39#	00:25#	00:34#	01:51&	00:04+	00:01+
16	Per Dahl Jensen	Ok Pan	1:27:10																	
04:10+	08:36+	12:21+	15:08+	18:37+	21:02+	25:52+	32:17+	36:59+	41:13+	49:05+	51:03+	55:51+	59:49+	63:28+	69:32+	73:49+	77:47+	83:53+	86:27+	87:10+
04:10+	04:26+	03:45+	02:47+	03:29+	02:25+	04:50+	06:25+	04:42+	04:14+	07:52+	01:58+	04:48+	03:58+	03:39+	06:04+	04:17+	03:58+	06:06+	02:34+	00:43+
00:41#	00:54&	00:35#	00:14+	00:28#	00:12+	00:49#	02:53&	01:05&	01:10&	01:00#	00:24&	00:42#	00:42#	01:04&	00:44#	00:33#	00:22#	01:26&	00:14#	00:09&
17	Pernille Buch	14	1:29:08																	
04:32+	09:21+	13:20+	16:17+	19:41+	22:11+	27:15+	31:06+	35:12+	39:22+	47:19+	49:29+	54:33+	58:48+	62:21+	69:56+	74:49+	79:09+	85:41+	88:31+	89:08+
04:32+	04:49+	03:59+	02:57+	03:24+	02:30+	05:04+	03:51+	04:06+	04:10+	07:57+	02:10+	05:04+	04:15+	03:33+	07:35+	04:53+	04:20+	06:32+	02:50+	00:37+
01:03&	01:17&	00:49&	00:24#	00:23#	00:17#	01:03&	00:19+	00:29#	01:06&	01:05#	00:36&	00:58#	00:59&	00:58&	02:15&	01:09&	00:44#	01:52&	00:30#	00:03+
18	Anders Gammelvind	5	1:29:49																	
04:28+	09:04+	13:23+	16:15+	19:56+	22:34+	27:50+	32:15+	37:03+	41:13+	49:40+	52:08+	57:33+	61:57+	65:18+	71:57+	76:39+	81:01+	86:54+	89:21+	89:49+
04:28+	04:36+	04:19+	02:52+	03:41+	02:38+	05:16+	04:25+	04:48+	04:10+	08:27+	02:28+	05:25+	04:24+	03:21+	06:39+	04:42+	04:22+	05:53+	02:27+	00:28-
00:59&	01:04&	01:09&	00:19#	00:40#	00:25#	01:15&	00:53#	01:11&	01:06&	01:35#	00:54&	01:19&	01:08&	00:46&	01:19#	00:58&	00:46#	01:13&	00:07+	00:06-
19	Peer Straarup	7	1:30:01																	
04:25+	09:18+	13:47+	16:46+	20:22+	23:03+	28:16+	32:18+	36:51+	41:12+	49:15+	51:31+	56:48+	61:14+	64:31+	70:55+	75:57+	80:18+	86:32+	89:21+	90:01+
04:25+	04:53+	04:29+	02:59+	03:36+	02:41+	05:13+	04:02+	04:33+	04:21+	08:03+	02:16+	05:17+	04:26+	03:17+	06:24+	05:02+	04:21+	06:14+	02:49+	00:40+
00:56&	01:21&	01:19&	00:26#	00:35#	00:28#	01:12&	00:30#	00:56&	01:17&	01:11#	00:42&	01:11&	01:10&	00:42&	01:04#	01:18&	00:45#	01:34&	00:29#	00:06#
20	Marianne Lyng Krogh	9	1:32:31																	
03:57+	08:36+	12:32+	15:13+	18:38+	21:13+	26:37+	30:20+	34:44+	39:06+	47:38+	50:07+	55:56+	59:50+	64:46+	72:37+	77:39+	82:09+	88:45+	91:46+	92:31+
03:57+	04:39+	03:56+	02:41+	03:25+	02:35+	05:24+	03:43+	04:24+	04:22+	08:32+	02:29+	05:49+	03:54+	04:56+	07:51+	05:02+	04:30+	06:36+	03:01+	00:45+
00:28#	01:07&	00:46#	00:08+	00:24#	00:22#	01:23&	00:11+	00:47#	01:18&	01:40#	00:55&	01:43&	00:38#	02:21&	02:31&	01:18&	00:54#	01:56&	00:41&	00:11&
21	Frank Krog Jensen	7	1:33:02																	
04:27+	09:16+	13:39+	16:42+	20:25+	23:09+	28:24+	32:26+	37:00+	41:17+	49:23+	51:43+	57:02+	61:26+	64:48+	71:44+	76:39+	81:23+	88:22+	92:08+	93:02+
04:27+	04:49+	04:23+	03:03+	03:43+	02:44+	05:15+	04:02+	04:34+	04:17+	08:06+	02:20+	05:19+	04:24+	03:22+	06:56+	04:55+	04:44+	06:59+	03:46+	00:54+
00:58&	01:17&	01:13&	00:30#	00:42#	00:31#	01:14&	00:30#	00:57&	01:13&	01:14#	00:46&	01:13&	01:08&	00:47&	01:36&	01:11&	01:08&	02:19&	01:26&	00:20&
22	Kent René Simonsen	22	1:33:37																	
04:55+	09:14+	13:04+	15:34+	18:49+	21:01+	25:29+	28:47+	32:45+	38:01+	45:30+	47:57+	59:24+	63:02+	66:12+	72:45+	77:45+	83:26+	89:49+	93:06+	93:37+
04:55+	04:19+	03:50+	02:30-	03:15+	02:12-	04:28+	03:18-	03:58+	05:16+	07:29+	02:27+	11:27+	03:38+	03:10+	06:33+	05:00+	05:41+	06:23+	03:17+	00:31-
01:26&	00:47#	00:40#	00:03-	00:14+	00:01-	00:27#	00:14-	00:21+	02:12&	00:37+	00:53&	07:21@	00:22#	00:35#	01:13#	01:16&	02:05&	01:43&	00:57&	00:03-
23	Knud Fjordvald	19	1:36:10																	
04:40+	09:43+	13:59+	16:41+	20:16+	23:00+	28:17+	32:03+	36:47+	41:33+	50:57+	53:30+	59:19+	64:03+	67:58+	75:25+	80:34+	85:25+	92:08+	95:23+	96:10+
04:40+	05:03+	04:16+	02:42+	03:35+	02:44+	05:17+	03:46+	04:44+	04:46+	09:24+	02:33+	05:49+	04:44+	03:55+	07:27+	05:09+	04:51+	06:43+	03:15+	00:47+
01:11&	01:31&	01:06&	00:09+	00:34#	00:31#	01:16&	00:14+	01:07&	01:42&	02:32&	00:59&	01:43&	01:28&	01:20&	02:07&	01:25&	01:15&	02:03&	00:55&	00:13&
24	Christian L Rasmussen	8	1:37:11																	
04:17+	09:03+	13:37+	16:46+	20:41+	24:10+	29:35+	33:47+	38:27+	42:59+	52:52+	55:07+	61:33+	65:58+	69:31+	77:17+	82:20+	87:00+	93:56+	96:41+	97:11+
04:17+	04:46+	04:34+	03:09+	03:55+	03:29+	05:25+	04:12+	04:40+	04:32+	09:53+	02:15+	06:26+	04:25+	03:33+	07:46+	05:03+	04:40+	06:56+	02:45+	00:30-
00:48#	01:14&	01:24&	00:36#	00:54&	01:16&	01:24&	00:40#	01:03&	01:28&	03:01&	00:41&	02:20&	01:09&	00:58&	02:26&	01:19&	01:04&	02:16&	00:25#	00:04-
25	Per Eg Pedersen	9	1:37:13																	
04:31+	09:27+	14:23+	17:42+	21:37+	24:50+	30:49+	34:48+	40:07+	45:20+	54:20+	62:16+	67:06+	70:44+	78:04+	83:00+	87:17+	93:50+	96:33+	97:13+	
04:31+	04:56+	04:56+	03:19+	03:55+	03:13+	05:59+	03:59+	05:19+	05:13+	09:00+	07:56+	04:50+	03:38+	07:20+	04:56-	04:17+	06:33+	02:43-	00:40-	
01:02&	01:24&	01:46&	00:46&	00:54&	01:00&	01:58&	00:27#	01:42&	02:09&	02:08&	06:22@	00:44#	00:22#	04:45@	00:24-	00:33#	02:57&	01:57-	01:40-	
26	Jesper Brahm	19	1:37:19																	
04:47+	09:22+	13:32+	16:30+	20:18+	22:57+	29:00+	36:31+	41:12+	45:31+	53:14+	57:32+	62:55+	67:05+	70:18+	77:03+	82:44+	87:33+	93:52+	96:40+	97:19+
04:47+	04:35+	04:10+	02:58+	03:48+	02:39+	06:03+	07:31+	04:41+	04:19+	07:43+	04:18+	05:23+	04:10+	03:13+	06:45+	05:41+	04:49+	06:19+	02:48+	00:39+
01:18&	01:03&	01:00&	00:25#	00:47&	00:26#	02:02&	03:59@	01:04&	01:15&	00:51#	02:44@	01:17&	00:54&	00:38#	01:25&	01:57&	01:13&	01:39&	00:28#	00:05#
27	Britt Hermanrud	19	1:37:43																	
05:27+	10:39+	15:11+	18:20+	23:11+	26:09+	31:19+	35:44+	40:46+	45:15+	53:42+	57:12+	62:46+	67:16+	70:55+	78:30+	83:11+	87:40+	93:55+	96:56+	97:43+
05:27+	05:12+	04:32+	03:09+	04:51+	02:58+	05:10+	04:25+	05:02+	04:29+	08:27+	03:30+	05:34+	04:30+	03:39+	07:35+	04:41+	04:29+	06:15+	03:01+	00:47+
01:58&	01:40&	01:22&	00:36#	01:50&	00:45&	01:09&	00:53#	01:25&	01:25&	01:35#	01:56@	01:28&	01:14&	01:04&	02:15&	00:57&	00:53#	01:35&	00:41&	00:13&
28	Allan Thesbjerg	7	1:41:03																	
06:43+	11:10+	15:07+	18:13+	21:46+	24:24+	29:58+	33:58+	38:20+	45:58+	55:15+	57:30+	63:53+	68:23+	72:27+	80:36+	85:53+	90:32+	97:33+	100:23+	101:03+
06:43+	04:27+	03:57+	03:06+	03:33+	02:38+	05:34+	04:00+	04:22+	07:38+	09:17+	02:15+	06:23+	04:30+	04:04+	08:09+	05:17+	04:39+	07:01+	02:50+	00:40+
03:14&	00:55&	00:47#	00:33#	00:32#	00:25#	01:33&	00:28#	00:45#	04:34@	02:25&	00:41&	02:17&	01:14&	01:29&	02:49&	01:33&	01:03&	02:21&	00:30#	00:06#
29	Morten Underlien	19	1:41:10																	
06:42+	11:46+	16:05+	18:42+	21:56+	24:32+	29:48+	35:11+	40:16+	45:14+	55:41+	57:39+	64:14+	69:03+	72:37+	80:27+	85:35+	90:31+	97:44+	100:30+	101:10+
06:42+	05:04+	04:19+	02:37+	03:14+	02:36+	05:16+	05:23+	05:05+	04:58+	10:27+	01:58+	06:35+	04:49+	03:34+	07:50+	05:08+	04:56+	07:13+	02:46+	00:40+
03:13&	01:32&	01:09&	00:04+	00:13+	00:23#	01:15&	01:51&	01:28&	01:54&	03:35&	00:24&	02:29&	01:33&	00:59&	02:30&	01:24&	01:20&	02:33&	00:26#	00:06#

Class	Navn	Klasse																Tid		
30	Bjarne Christensen	19																1:42:16		
05:23+	10:49+	15:09+	18:14+	22:27+	26:08+	31:42+	36:14+	41:01+	45:34+	56:55+	59:18+	65:20+	70:12+	74:03+	82:04+	87:17+	92:10+	98:54+	101:38+	102:16+
05:23+	05:26+	04:20+	03:05+	04:13+	03:41+	05:34+	04:32+	04:47+	04:33+	11:21+	02:23+	06:02+	04:52+	03:51+	08:01+	05:13+	04:53+	06:44+	02:44+	00:38+
01:54&	01:54&	01:10&	00:32#	01:12&	01:28&	01:33&	01:00&	01:10&	01:29&	04:29&	00:49&	01:56&	01:36&	01:16&	02:41&	01:29&	01:17&	02:04&	00:24#	00:04#
31	Lennart Bo Kristiansen	22																1:45:06		
05:46+	11:43+	15:59+	19:10+	23:05+	26:10+	31:35+	36:16+	41:01+	52:05+	60:55+	63:07+	68:34+	73:06+	76:59+	84:00+	90:22+	95:21+	101:30+	104:23+	105:06+
05:46+	05:57+	04:16+	03:11+	03:55+	03:05+	05:25+	04:41+	04:45+	11:04+	08:50+	02:12+	05:27+	04:32+	03:53+	07:01+	06:22+	04:59+	06:09+	02:53+	00:43+
02:17&	02:25&	01:06&	00:38#	00:54&	00:52&	01:24&	01:09&	01:08&	08:00#	01:58&	00:38&	01:21&	01:16&	01:18&	01:41&	02:38&	01:23&	01:29&	00:33#	00:09&
32	Stig Barrett	22																1:45:08		
04:45+	09:30+	13:35+	16:39+	20:16+	23:00+	28:08+	38:50+	44:08+	48:36+	57:29+	60:22+	65:53+	70:46+	74:22+	82:06+	88:41+	93:25+	101:03+	104:25+	105:08+
04:45+	04:45+	04:05+	03:04+	03:37+	02:44+	05:08+	10:42+	05:18+	04:28+	08:53+	02:53+	05:31+	04:53+	03:36+	07:44+	06:35+	04:44+	07:38+	03:22+	00:43+
01:16&	01:13&	00:55&	00:31#	00:36#	00:31#	01:07&	07:10#	01:41&	01:24&	02:01&	01:19&	01:25&	01:37&	01:01&	02:24&	02:51&	01:08&	02:58&	01:02&	00:09&
33	Peder Stephansen	12																1:47:07		
06:35+	12:09+	16:52+	19:51+	24:12+	27:26+	33:06+	38:20+	43:28+	50:16+	58:55+	63:21+	68:56+	73:20+	77:02+	84:07+	89:41+	95:05+	103:01+	106:26+	107:07+
06:35+	05:34+	04:43+	02:59+	04:21+	03:14+	05:40+	05:14+	05:08+	06:48+	08:39+	04:26+	05:35+	04:24+	03:42+	07:05+	05:34+	05:24+	07:56+	03:25+	00:41+
03:06&	02:02&	01:33&	00:26#	01:20&	01:01&	01:39&	01:42&	01:31&	03:44@	01:47&	02:52@	01:29&	01:08&	01:07&	01:45&	01:50&	01:48&	03:16&	01:05&	00:07#
34	Carl Malling	24																1:47:40		
04:34+	09:52+	14:54+	18:04+	22:36+	26:27+	32:11+	36:23+	41:45+	47:19+	57:00+	59:33+	65:24+	70:13+	74:10+	82:32+	88:19+	95:43+	103:32+	106:55+	107:40+
04:34+	05:18+	05:02+	03:10+	04:32+	03:51+	05:44+	04:12+	05:22+	05:34+	09:41+	02:33+	05:51+	04:49+	03:57+	08:22+	05:47+	07:24+	07:49+	03:23+	00:45+
01:05&	01:46&	01:52&	00:37#	01:31&	01:38&	01:43&	00:40#	01:45&	02:30&	02:49&	00:59&	01:45&	01:33&	01:22&	03:02&	02:03&	03:48@	03:09&	01:03&	00:11&
35	Jens Ozol	19																1:53:21		
05:12+	10:16+	15:04+	18:32+	22:38+	25:41+	31:30+	35:47+	41:04+	49:17+	58:16+	60:34+	66:11+	70:44+	74:10+	90:02+	96:44+	102:21+	109:09+	112:40+	113:21+
05:12+	05:04+	04:48+	03:28+	04:06+	03:03+	05:49+	04:17+	05:17+	08:13+	08:59+	02:18+	05:37+	04:33+	03:26+	15:52+	06:42+	05:37+	06:48+	03:31+	00:41+
01:43&	01:32&	01:38&	00:55&	01:05&	00:50&	01:48&	00:45#	01:40&	05:09@	02:07&	00:44&	01:31&	01:17&	00:51&	10:32@	02:58&	02:01&	02:08&	01:11&	00:07#
36	Poul Schøler	21																1:57:37		
04:59+	09:54+	14:02+	17:02+	21:17+	24:17+	36:52+	43:25+	50:26+	55:55+	65:26+	68:30+	74:11+	79:52+	84:56+	94:37+	100:34+	106:09+	113:43+	117:00+	117:37+
04:59+	04:55+	04:08+	03:00+	04:15+	03:00+	12:35+	06:33+	07:01+	05:29+	09:31+	03:04+	05:41+	05:04+	09:41+	05:57+	05:35+	07:34+	03:17+	00:37+	00:37+
01:30&	01:23&	00:58&	00:27#	01:14&	00:47&	08:34@	03:01&	03:24&	02:25&	02:39&	01:30&	01:35&	02:25&	02:29&	04:21&	02:13&	01:59&	02:54&	00:57&	00:03+
37	Finn Rosenqvist	23																2:03:14		
06:34+	11:43+	16:26+	19:24+	23:08+	28:21+	34:12+	39:52+	45:29+	58:30+	67:05+	69:31+	75:10+	79:40+	85:49+	93:37+	100:59+	110:55+	119:21+	122:36+	123:14+
06:34+	05:09+	04:43+	02:58+	03:44+	05:13+	05:51+	05:40+	05:37+	13:01+	08:35+	02:26+	05:39+	04:30+	06:09+	07:48+	07:22+	09:56+	08:26+	03:15+	00:38+
03:05&	01:37&	01:33&	00:25#	00:43#	03:00@	01:50&	02:08&	02:00&	09:57@	01:43#	00:52&	01:33&	01:14&	03:34@	02:28&	03:38&	06:20@	03:46&	00:55&	00:04#
38	Louis A. Sørensen	12																2:20:27		
06:10+	13:14+	19:07+	23:16+	28:16+	32:16+	39:57+	47:36+	54:59+	61:18+	74:24+	79:26+	87:28+	93:10+	98:52+	110:08+	118:54+	126:07+	135:20+	139:23+	140:27+
06:10+	07:04+	05:53+	04:09+	05:00+	04:00+	07:41+	07:39+	07:23+	06:19+	13:06+	05:02+	08:02+	05:42+	05:42+	11:16+	08:46+	07:13+	09:13+	04:03+	01:04+
02:41&	03:32&	02:43&	01:36&	01:59&	01:47&	03:40&	04:07@	03:46@	03:15@	06:14&	03:28@	03:56&	02:26&	03:07@	05:56@	05:02@	03:37@	04:33&	01:43&	00:30&
39	Inger Lise Simonsen	19																2:36:19		
05:35+	11:26+	17:17+	21:23+	26:41+	30:24+	37:26+	45:25+	51:14+	56:13+	67:45+	71:00+	77:41+	82:39+	87:30+	98:07+	124:00+	139:06+	151:18+	155:30+	156:19+
05:35+	05:51+	05:51+	04:06+	05:18+	03:43+	07:02+	07:59+	05:49+	04:59+	11:32+	03:15+	06:41+	04:58+	04:51+	10:37+	25:53+	15:06+	12:12+	04:12+	00:49+
02:06&	02:19&	02:41&	01:33&	02:17&	01:30&	03:01&	04:27@	02:12&	01:55&	04:40&	01:41@	02:35&	01:42&	02:16&	05:17&	22:09@	11:30@	07:32@	01:52&	00:15&
40	Anette Pind	19																2:44:32		
07:06+	13:23+	18:16+	21:37+	25:57+	30:08+	36:21+	46:56+	53:24+	60:50+	70:28+	74:06+	100:02+	106:44+	126:30+	138:35+	147:15+	153:33+	161:07+	164:32+	
07:06+	06:17+	04:53+	03:21+	04:20+	04:11+	06:13+	10:35+	06:28+	07:26+	09:38+	03:38+	25:56+	06:42+	19:46+	12:05+	08:40+	06:18+	07:34+	03:25+	
03:37@	02:45&	01:43&	00:48&	01:19&	01:58&	02:12&	07:03@	02:51&	04:22@	02:46&	02:04@	21:50@	03:26@	17:11@	06:45@	04:56@	02:42&	02:54&	01:05&	
Beste stræktid for klassen																				
03:29	03:32	03:10	02:12	02:45	02:01	04:01	03:03	03:20	03:04	06:20	01:33	03:56	03:00	02:30	04:56	03:44	03:25	02:43	00:40	00:28

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

16km

1	Leif E. Larsen	20																		1:51:57					
03:50=	08:09=	12:32=	16:09=	18:34=	21:39=	27:26=	33:36=	44:13=	46:19=	48:11=	50:23=	52:29=	59:04=	62:33=	68:30=	74:06=	76:24=	79:16=	85:34=	93:58=	97:52=	101:51=	104:54=	108:50=	111:17=
03:50=	04:19=	04:23=	03:37=	02:25=	03:05=	05:47=	06:10=	10:37=	02:06=	01:52=	02:12=	02:06=	06:35=	03:29=	05:57=	05:36=	02:18=	02:52=	06:18=	08:24=	03:54=	03:59=	03:03=	03:56=	02:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
111:57=	00:40=	00:00=																							

Class	Navn	Klasse	Tid
2	Jan Thomsen	Ok Pan	1:52:30
03:24- 03:24- 00:26- 112:30+ 00:38- 00:02-	07:50- 12:30- 16:11+ 18:37+ 21:41+ 27:29+ 33:39+ 44:09- 46:22+ 48:12+ 50:19- 52:24- 59:00- 62:37+ 68:26- 74:04- 76:27+ 79:14- 85:31- 93:53- 97:49- 101:56+ 104:59+ 108:47- 111:52+	04:26+ 04:40+ 03:41+ 02:26+ 03:04- 05:48+ 06:10= 10:30- 02:13+ 01:50- 02:07- 02:05- 06:36+ 03:37+ 05:49- 05:38+ 02:23+ 02:47- 06:17- 08:22- 03:56+ 04:07+ 03:03= 03:48- 03:05+	00:07+ 00:17+ 00:04+ 00:01+ 00:01- 00:01+ 00:00= 00:07- 00:07+ 00:02- 00:05- 00:01- 00:01+ 00:08+ 00:08- 00:02+ 00:05+ 00:05- 00:01- 00:02- 00:02+ 00:08+ 00:00= 00:08- 00:38&
3	Morten Kjær	19	1:55:49
04:07+ 04:07+ 00:17+ 115:49+ 00:42+ 00:02+	08:32+ 12:51+ 16:31+ 18:56+ 22:01+ 28:49+ 36:15+ 46:12+ 48:15+ 50:28+ 52:52+ 55:01+ 61:46+ 65:13+ 70:39+ 76:22+ 78:57+ 82:17+ 89:40+ 96:38+ 100:31+ 104:36+ 108:10+ 112:11+ 115:07+	04:25+ 04:19- 03:40+ 02:25= 03:05= 06:48+ 07:26+ 09:57- 02:03- 02:13+ 02:24+ 02:09+ 06:45+ 03:27- 05:26- 05:43+ 02:35+ 03:20+ 07:23+ 06:58- 03:53- 04:05+ 03:34+ 04:01+ 02:56+	00:06+ 00:04- 00:03+ 00:00= 00:00= 01:01# 01:16# 00:40- 00:03- 00:21# 00:12+ 00:03+ 00:10+ 00:02- 00:31- 00:07+ 00:17# 00:28# 01:05# 01:26- 00:01- 00:06+ 00:31# 00:05+ 00:29#
4	Michael Filyo	19	1:58:59
03:34- 03:34- 00:16- 118:59+ 00:38- 00:02-	07:41- 10:52- 13:10- 18:07- 23:14+ 29:00+ 35:52+ 46:48+ 48:53+ 51:31+ 53:30+ 55:24+ 61:42+ 65:07+ 71:25+ 76:08+ 78:31+ 81:24+ 87:35+ 101:00+ 104:39+ 108:41+ 111:29+ 115:17+ 118:21+	04:07- 03:11- 02:18- 04:57+ 05:07+ 05:46- 06:52+ 10:56+ 02:05- 02:38+ 01:59- 01:54- 06:18- 03:25- 06:18+ 04:43- 02:23+ 02:53+ 06:11- 13:25+ 03:39- 04:02+ 02:48- 03:48- 03:04+	00:12- 01:12- 01:19- 02:32@ 02:02& 00:01- 00:42# 00:19+ 00:01- 00:46& 00:13- 00:12- 00:17- 00:04- 00:21+ 00:53- 00:05+ 00:01+ 00:07- 05:01& 00:15- 00:03+ 00:15- 00:08- 00:37&
5	Katrine Begtrup	Ok Pan	2:01:27
03:48- 03:48- 00:02- 121:27+ 00:41+ 00:01+	08:01- 12:22- 15:59- 18:24- 21:37- 27:22- 33:29- 45:18+ 47:43+ 49:50+ 52:10+ 54:12+ 61:24+ 64:53+ 70:51+ 76:15+ 78:45+ 81:42+ 93:02+ 100:47+ 104:43+ 109:11+ 113:05+ 117:11+ 120:46+	04:13- 04:21- 03:37- 02:25= 03:13+ 05:45- 06:07- 11:49+ 02:25+ 02:07+ 02:20+ 02:02- 07:12+ 03:29= 05:58+ 05:24- 02:30+ 02:57+ 11:20+ 07:45- 03:56+ 04:28+ 03:54+ 04:06+ 03:35+	00:06- 00:02- 00:00= 00:00= 00:08+ 00:02- 00:03- 01:12# 00:19# 00:15# 00:08+ 00:04- 00:37+ 00:00= 00:01+ 00:12- 00:12+ 00:05+ 05:02& 00:39- 00:02+ 00:29# 00:51& 00:10+ 01:08&
6	Mads Holmgaard	10	2:06:04
04:19+ 04:19+ 00:29# 126:04+ 00:32- 00:08-	08:48+ 13:18+ 17:18+ 19:52+ 23:13+ 31:23+ 37:48+ 48:24+ 50:32+ 52:56+ 55:55+ 57:55+ 65:45+ 69:21+ 74:39+ 79:29+ 81:38+ 85:42+ 91:51+ 107:38+ 110:48+ 116:11+ 118:51+ 122:44+ 125:32+	04:29+ 04:30+ 04:00+ 02:34+ 03:21+ 08:10+ 06:25+ 10:36- 02:08+ 02:24+ 02:59+ 02:00- 07:50+ 03:36+ 05:18- 04:50- 02:09- 04:04+ 06:09- 15:47+ 03:10- 05:23+ 02:40- 03:53- 02:48+	00:10+ 00:07+ 00:23# 00:09+ 00:16+ 02:23& 00:15+ 00:01- 00:02+ 00:32& 00:47& 00:06- 01:15# 00:07+ 00:39- 00:46- 00:09- 01:12& 00:09- 07:23& 00:44- 01:24& 00:23- 00:03- 00:21#
7	Carsten Lind	13	2:06:15
03:19- 03:19- 00:31- 126:15+ 00:35- 00:05-	08:07- 11:29- 15:01- 18:55+ 24:01+ 30:26+ 37:16+ 48:54+ 51:14+ 53:45+ 55:47+ 58:07+ 66:30+ 71:38+ 77:30+ 84:58+ 87:30+ 92:18+ 99:04+ 107:46+ 111:05+ 115:32+ 118:33+ 123:12+ 125:40+	04:48+ 03:22- 03:32- 03:54+ 05:06+ 06:25+ 06:50+ 11:38+ 02:20+ 02:31+ 02:02- 02:20+ 08:23+ 05:08+ 05:52- 07:28+ 02:32+ 04:48+ 06:46+ 08:42+ 03:19- 04:27+ 03:01- 04:39+ 02:28+	00:29# 01:01- 00:05- 01:29& 02:01& 00:38# 00:40# 01:01+ 00:14# 00:39& 00:10- 00:14# 01:48& 01:39& 00:05- 01:52& 00:14# 01:56& 00:28+ 00:18+ 00:35- 00:28# 00:02- 00:43# 00:01+
8	Niels Jensen	12	2:07:54
03:32- 03:32- 00:18- 127:54+ 00:45+ 00:05#	08:27+ 12:30- 15:18- 19:05+ 25:02+ 31:40+ 38:59+ 51:23+ 53:53+ 56:28+ 58:47+ 61:16+ 68:47+ 73:10+ 80:00+ 85:55+ 88:57+ 92:17+ 99:15+ 107:50+ 111:21+ 116:14+ 119:28+ 123:49+ 127:09+	04:55+ 04:03- 02:48- 03:47+ 05:57+ 06:38+ 07:19+ 12:24+ 02:30+ 02:35+ 02:19+ 02:29+ 07:31+ 04:23+ 06:50+ 05:55+ 03:02+ 03:20+ 06:58+ 08:35+ 03:31- 04:53+ 03:14+ 04:21+ 03:20+	00:36# 00:20- 00:49- 01:22& 02:52& 00:51# 01:09# 01:47# 00:24# 00:43& 00:07+ 00:23# 00:56# 00:54& 00:53# 00:19+ 00:44& 00:28# 00:40# 00:11+ 00:23- 00:54# 00:11+ 00:25# 00:53&
9	Rungtawan Wongdee	3	2:08:28
04:05+ 04:05+ 00:15+ 128:28+ 00:48+ 00:08#	08:55+ 12:35+ 15:34- 20:15+ 25:57+ 32:53+ 40:10+ 51:25+ 53:48+ 56:16+ 58:32+ 61:09+ 69:21+ 73:26+ 80:20+ 85:46+ 88:36+ 92:57+ 100:47+ 108:03+ 112:09+ 116:29+ 119:46+ 124:36+ 127:40+	04:50+ 03:40- 02:59- 04:41+ 05:42+ 06:56+ 07:17+ 11:15+ 02:23+ 02:28+ 02:16+ 02:37+ 08:12+ 04:05+ 06:54+ 05:26- 02:50+ 04:21+ 07:50+ 07:16- 04:06+ 04:20+ 03:17+ 04:50+ 03:04+	00:31# 00:43- 00:38- 02:16& 02:37& 01:09# 01:07# 00:38+ 00:17# 00:36& 00:04+ 00:31# 01:37# 00:36# 00:57# 00:10- 00:32# 01:29& 01:32# 01:08- 00:12+ 00:21+ 00:14+ 00:54# 00:37&
10	Ole Lind	3	2:08:31
04:05+ 04:05+ 00:15+ 128:31+ 00:54+ 00:14&	08:54+ 12:34+ 15:33- 20:14+ 25:56+ 32:52+ 40:09+ 51:27+ 53:50+ 56:14+ 58:27+ 61:08+ 69:17+ 73:21+ 80:24+ 85:44+ 88:35+ 92:54+ 100:45+ 108:01+ 112:07+ 116:22+ 119:55+ 124:30+ 127:37+	04:49+ 03:40- 02:59- 04:41+ 05:42+ 06:56+ 07:17+ 11:18+ 02:23+ 02:24+ 02:13+ 02:41+ 08:09+ 04:04+ 07:03+ 05:20- 02:51+ 04:19+ 07:51+ 07:16- 04:06+ 04:15+ 03:33+ 04:35+ 03:07+	00:30# 00:43- 00:38- 02:16& 02:37& 01:09# 01:07# 00:41+ 00:17# 00:32& 00:01+ 00:35& 01:34# 00:35# 01:06# 00:16- 00:33# 01:27& 01:33# 01:08- 00:12+ 00:16+ 00:30# 00:39# 00:40&

Class	Navn	Klasse															Tid									
11	Henrik Juhl	5															2:16:54									
03:52+	08:21+	13:07+	17:10+	20:00+	23:23+	30:04+	37:24+	49:07+	51:49+	55:45+	58:18+	60:36+	68:12+	72:08+	78:24+	84:54+	87:47+	91:33+	98:19+	114:58+	119:52+	124:25+	128:42+	133:13+	136:10+	
03:52+	04:29+	04:46+	04:03+	02:50+	03:23+	06:41+	07:20+	11:43+	02:42+	03:56+	02:33+	02:18+	07:36+	03:56+	06:16+	06:30+	02:53+	03:46+	06:46+	16:39+	04:54+	04:33+	04:17+	04:31+	02:57+	
00:02+	00:10+	00:23+	00:26#	00:25#	00:18+	00:54#	01:10#	01:06#	00:36&	02:04@	00:21#	00:12+	01:01#	00:27#	00:19+	00:54#	00:35&	00:54&	00:28+	08:15&	01:00&	00:34#	01:14&	00:35#	00:30#	
136:54+																										
00:44+																										
00:04#																										

12	Per Sørensen	21															2:18:09									
04:00+	08:27+	12:57+	16:43+	19:16+	22:16+	28:51+	34:56+	45:25+	47:24+	49:36+	51:35+	53:56+	61:14+	64:33+	70:25+	83:12+	85:28+	89:07+	97:48+	120:03+	124:05+	128:04+	131:01+	134:36+	136:20+	
04:00+	04:27+	04:30+	03:46+	02:33+	03:00-	06:35+	06:05-	10:29-	01:59-	02:12+	01:59-	02:21+	07:18+	03:19-	05:52-	12:47+	02:16-	03:39+	08:41+	22:15+	04:02+	03:59=	02:57-	03:35-	01:44-	
00:10+	00:08+	00:07+	00:09+	00:08+	00:05-	00:48#	00:05-	00:08-	00:07-	00:20#	00:13-	00:15#	00:43#	00:10-	00:05-	07:11@	00:02-	00:47&	02:23&	13:51@	00:08+	00:00=	00:06-	00:21-	00:43-	
137:32+	138:09+																									
01:12+	00:37+																									
00:32&	00:37+																									

13	Poul Henning Poulsen	20															2:18:18									
03:54+	08:29+	12:03-	14:46-	19:06+	24:58+	32:29+	39:48+	54:01+	56:39+	59:30+	62:18+	65:06+	74:21+	78:40+	85:34+	93:59+	96:59+	100:38+	108:52+	117:01+	121:18+	126:45+	130:37+	134:46+	137:37+	
03:54+	04:35+	03:34-	02:43-	04:20+	05:52+	07:31+	07:19+	14:13+	02:38+	02:51+	02:48+	02:48+	09:15+	04:19+	06:54+	08:25+	03:00+	03:39+	08:14+	08:09-	04:17+	05:27+	03:52+	04:09+	02:51+	
00:04+	00:16+	00:49-	00:54-	01:55&	02:47&	01:44&	01:09#	03:36&	00:32&	00:59&	00:36&	00:42&	02:40&	00:50#	00:57#	02:49&	00:42&	00:47&	01:56&	00:15-	00:23+	01:28&	00:49&	00:13+	00:24#	
138:18+																										
00:41+																										
00:01+																										

14	Jens Isaksen	19															2:38:45									
04:14+	09:12+	12:55+	15:47-	20:55+	26:33+	33:01+	39:38+	51:16+	54:15+	58:27+	60:55+	63:53+	74:31+	78:52+	87:24+	95:48+	100:13+	107:01+	114:51+	123:27+	135:31+	141:19+	149:05+	154:10+	157:59+	
04:14+	04:58+	03:43-	02:52-	05:08+	05:38+	06:28+	06:37+	11:38+	02:59+	04:12+	02:28+	02:58+	10:38+	04:21+	08:32+	08:24+	04:25+	06:48+	07:50+	08:36+	12:04+	05:48+	07:46+	05:05+	03:49+	
00:24#	00:39#	00:40-	00:45-	02:43@	02:33&	00:41#	00:27+	01:01+	00:53&	02:20@	00:16#	00:52&	04:03&	00:52#	02:35&	02:48&	02:07&	03:56@	01:32#	00:12+	08:10@	01:49&	04:43@	01:09&	01:22&	
158:45+																										
00:46+																										
00:06#																										

15	Svend-Erik Munk	16															3:10:39									
05:16+	11:56+	18:04+	24:36+	28:33+	33:27+	41:50+	54:47+	70:07+	73:01+	76:10+	82:11+	85:29+	97:21+	103:45+	112:31+	127:07+	131:03+	139:37+	151:59+	160:35+	165:54+	172:10+	177:55+	184:24+	189:46+	
05:16+	06:40+	06:08+	06:32+	03:57+	04:54+	08:23+	12:57+	15:20+	02:54+	03:09+	06:01+	03:18+	11:52+	06:24+	08:46+	14:36+	03:56+	08:34+	12:22+	08:36+	05:19+	06:16+	05:45+	06:29+	05:22+	
01:26&	02:21&	01:45&	02:55&	01:32&	01:49&	02:36&	06:47@	04:43&	00:48&	01:17&	03:49@	01:12&	05:17&	02:55&	02:49&	09:00@	01:38&	05:42@	06:04&	00:12+	01:25&	02:17&	02:42&	02:33&	02:55@	
190:39+																										
00:53+																										
00:13&																										

16	Ebbe Kajberg	18															4:14:49									
05:04+	12:15+	21:25+	26:29+	32:14+	39:11+	47:47+	70:05+	78:32+	94:41+	97:19+	102:56+	105:57+	109:03+	123:37+	164:47+	174:10+	180:51+	185:51+	193:17+	212:54+	224:03+	229:56+	235:44+	242:08+	248:04+	
05:04+	07:11+	09:10+	05:04+	05:45+	06:57+	08:36+	22:18+	08:27-	16:09+	02:38+	05:37+	03:01+	03:06-	14:34+	41:10+	09:23+	06:41+	05:00+	07:26+	19:37+	11:09+	05:53+	05:48+	06:24+	05:56+	
01:14+	02:52&	04:47@	01:27&	03:20@	03:52@	02:49&	16:08@	02:10-	14:03@	00:46&	03:25@	00:55&	03:29-	11:05@	35:13@	03:47&	04:23@	02:08&	01:08#	11:13@	07:15@	01:54&	02:45&	02:28&	03:29@	
253:59+	254:49+																									
05:55+	00:50+																									
05:15@	00:50+																									

Beste stræktid for klassen
03:19 04:07 03:11 02:18 02:25 03:00 05:45 06:05 08:27 01:59 01:50 01:59 01:54 03:06 03:19 05:18 04:43 02:09 02:47 06:09 06:58 03:10 03:59 02:40 03:35 01:44 00:32
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

20km

1	Eskil Schøning	Ok Pan															1:29:57									
03:14=	04:56=	07:44=	11:41=	18:04=	22:08=	26:11=	32:10=	33:47=	35:04=	36:45=	38:11=	42:24=	44:50=	48:01=	49:50=	51:29=	54:33=	55:56=	60:52=	63:52=	66:10=	70:48=	76:15=	78:25=	80:30=	
03:14=	01:42=	02:48=	03:57=	06:23=	04:04=	04:03=	05:59=	01:37=	01:17=	01:41=	01:26=	04:13=	02:26=	03:11=	01:49=	01:39=	03:04=	01:23=	04:56=	03:00=	02:18=	04:38=	05:27=	02:10=	02:05=	
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
84:12=	87:48=	89:32=	89:57=																							
03:42=	03:36=	01:44=	00:25=																							
00:00=	00:00=	00:00=	00:00=																							

2	Janas Munthe	Ok Pan															1:32:02									
03:13-	04:51-	07:57+	11:58+	18:42+	22:39+	26:21+	32:56+	36:34+	38:52+	42:14+	44:05+	45:39+	47:14+	48:43+	50:07+	51:47+	54:52+	56:19+	61:22+	64:35+	67:06+	71:57+	77:15+	79:44+	81:59+	
03:13-	01:38-	03:06+	04:01+	06:44+	03:57-	03:42-	06:35+	03:38+	02:18+	03:22+	01:51+	01:34-	01:35-	01:29-	01:24-	01:40+	03:05+	01:27+	05:03+	03:13+	02:31+	04:51+	05:18-	02:29+	02:15+	
00:01-	00:04-	00:18#	00:04+	00:21+	00:07-	00:21-	00:36#	02:01@	01:01&	01:41&	00:25&	02:39-	00:51-	01:42-	00:25-	00:01+	00:01+	00:04+	00:07+	00:13+	00:13+	00:13+	00:09-	00:19#	00:10+	
85:41+	89:32+	91:31+	92:02+																							
03:42=	03:51+	01:59+	00:31+																							
00:00=	00:15+	00:15#	00:06#																							

Class	Navn	Klasse	Tid
3	Stefan Frands Petersen	2	1:41:29
03:02-	04:48-	07:59+	12:17+
03:02-	01:46+	03:11+	04:18+
00:12-	00:04+	00:23#	00:21+
94:59+	99:14+	101:00+	101:29+
05:42+	04:15+	01:46+	00:29+
02:00&	00:39#	00:02+	00:04#
4	Bjarke Refslund	Ok Pan	1:48:14
03:23+	05:24+	09:02+	14:06+
03:23+	02:01+	03:38+	05:04+
00:09+	00:19#	00:50&	01:07&
100:45+	105:20+	107:37+	108:14+
04:21+	04:35+	02:17+	00:37+
00:39#	00:59&	00:33&	00:12&
5	Henrik Jørgensen	Ok Pan	1:48:16
03:26+	05:27+	09:05+	14:09+
03:26+	02:01+	03:38+	05:04+
00:12+	00:19#	00:50&	01:07&
100:51+	105:24+	107:36+	108:16+
04:24+	04:33+	02:12+	00:40+
00:42#	00:57&	00:28&	00:15&
6	Christian Valbak	19	1:59:28
03:28+	05:15+	09:09+	15:12+
03:28+	01:47+	03:54+	05:03+
00:14+	00:05+	01:06&	01:06&
110:50+	116:47+	118:55+	119:28+
04:45+	05:57+	02:08+	00:33+
01:03&	02:21&	00:24#	00:08&
7	Peter Villadsen	23	2:07:09
03:34+	05:34+	09:11+	14:16+
03:34+	02:00+	03:37+	05:05+
00:20#	00:18#	00:49&	01:08&
119:06+	124:06+	126:35+	127:09+
05:49+	05:00+	02:29+	00:34+
02:07&	01:24&	00:45&	00:09&
8	Anton Hansen	19	2:27:12
03:31+	05:32+	09:25+	15:20+
03:31+	02:01+	03:53+	05:55+
00:17+	00:19#	01:05&	01:58&
136:48+	143:30+	146:30+	147:12+
07:18+	06:42+	03:00+	00:42+
03:36&	03:06&	01:16&	00:17&
9	Kenn Heldgaard Kristensen	5	2:34:03
04:09+	06:57+	12:00+	19:19+
04:09+	02:48+	05:03+	07:19+
00:55&	01:06&	02:15&	03:22&
142:05+	150:05+	153:20+	154:03+
06:44+	08:00+	03:15+	00:43+
03:02&	04:24@	01:31&	00:18&
10	Lars Mikkelsen	5	2:34:05
04:05+	06:44+	11:15+	19:17+
04:05+	02:39+	04:31+	08:02+
00:51&	00:57&	01:43&	04:05@
142:15+	150:02+	153:18+	154:05+
06:56+	07:47+	03:16+	00:47+
03:14&	04:11@	01:32&	00:22&
11	Søren Andersen	5	2:42:16
04:28+	06:59+	11:24+	18:41+
04:28+	02:31+	04:25+	07:17+
01:14&	00:49&	01:37&	03:20&
151:16+	158:21+	161:36+	162:16+
07:49+	07:05+	03:15+	00:40+
04:07@	03:29&	01:31&	00:15&

Class	Navn	Klasse	Tid
12	Anders Knudsen	16	3:18:40
04:41+	07:28+	12:35+	24:08+
04:41+	02:47+	05:07+	11:33+
01:27&	01:05&	02:19&	07:36&
185:11+	194:14+	197:49+	198:40+
08:00+	09:03+	03:35+	00:51+
04:18@	05:27@	01:51@	00:26@

13	Michael Espersen	19	3:48:31
04:14+	07:00+	12:23+	18:37+
04:14+	02:46+	05:23+	06:14+
01:00&	01:04&	02:35&	02:17&
212:18+	223:54+	227:41+	228:31+
08:12+	11:36+	03:47+	00:50+
04:30@	08:00@	02:03@	00:25&

Beste stræktid for klassen

03:02	01:38	02:48	03:57	06:23	03:57	03:40	05:43	01:37	01:17	01:31	01:26	01:34	01:35	01:29	01:24	01:39	03:04	01:23	04:56	03:00	02:18	04:38	05:18	02:10	02:05	03:42	03
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

3,5km

1	Nichlas Dag Vestergård	5	49:41
01:57=	05:05=	09:14=	14:53=
01:57=	03:08=	04:09=	05:39=
00:00=	00:00=	00:00=	00:00=

2	Helle Jacobsen	6	50:02
02:04+	05:02-	09:27+	14:35-
02:04+	02:58-	04:25+	05:08-
00:07+	00:10-	00:16+	00:31-

3	Tove Straarup	7	50:12
02:06+	05:08+	10:02+	13:16-
02:06+	03:02-	04:54+	03:14-
00:09+	00:06-	00:45#	02:25-

4	Anette Dewett	17	57:36
02:08+	05:06+	09:21+	14:59+
02:08+	02:58-	04:15+	05:38-
00:11+	00:10-	00:06+	00:01-

5	Knud Vogelius	19	59:12
02:30+	05:26+	10:17+	13:44-
02:30+	02:56-	04:51+	03:27-
00:33&	00:12-	00:42#	02:12-

6	Asger Kristensen	5	1:00:06
02:20+	06:15+	12:31+	16:56+
02:20+	03:55+	06:16+	04:25-
00:23#	00:47#	02:07&	01:14-

7	Bitten Nielsen	5	1:00:10
02:26+	05:37+	11:01+	14:28-
02:26+	03:11+	05:24+	03:27-
00:29#	00:03+	01:15&	02:12-

8	Lisbet Sortkjær	19	1:00:15
02:28+	05:49+	11:04+	14:30-
02:28+	03:21+	05:15+	03:26-
00:31&	00:13+	01:06&	02:13-

9	Charlotte Olsen	8	1:00:34
02:36+	06:09+	12:39+	16:46+
02:36+	03:33+	06:30+	04:07-
00:39&	00:25#	02:21&	01:32-

10	Ann Dorrit Hansen	11	1:03:08
02:43+	06:27+	13:16+	17:27+
02:43+	03:44+	06:49+	04:11-
00:46&	00:36#	02:40&	01:28-

Class	Navn	Klasse											Tid
11	Karl Gammelvind	5											1:07:43
02:14+	05:16+	09:38+	15:23+	18:13+	26:06+	30:50+	36:22+	39:42+	47:12+	62:29+	67:06+	67:43+	
02:14+	03:02-	04:22+	05:45+	02:50+	07:53+	04:44+	05:32-	03:20+	07:30+	15:17+	04:37+	00:37+	
00:17#	00:06-	00:13+	00:06+	01:29@	03:29&	01:05&	00:01-	00:16+	03:14&	07:24&	00:28#	00:08&	
12	Helle Truelsen	6											1:10:22
02:51+	06:39+	12:56+	17:10+	19:24+	26:00+	31:08+	39:28+	44:12+	49:31+	62:35+	68:50+	70:22+	
02:51+	03:48+	06:17+	04:14-	02:14+	06:36+	05:08+	08:20+	04:44+	05:19+	13:04+	06:15+	01:32+	
00:54&	00:40#	02:08&	01:25-	00:53&	02:12&	01:29&	02:47&	01:40&	01:03#	05:11&	02:06&	01:03@	
13	Vibeke Vogelius	19											1:13:18
03:16+	07:52+	15:15+	23:19+	25:47+	32:51+	38:26+	46:54+	51:15+	57:46+	66:07+	72:16+	73:18+	
03:16+	04:36+	07:23+	08:04+	02:28+	07:04+	05:35+	08:28+	04:21+	06:31+	08:21+	06:09+	01:02+	
01:19&	01:28&	03:14&	02:25&	01:07&	02:40&	01:56&	02:55&	01:17&	02:15&	00:28+	02:00&	00:33@	
14	Jens Gammelvind	5											1:28:46
03:24+	07:47+	14:07+	23:37+	26:03+	33:25+	41:56+	55:19+	61:02+	71:09+	82:15+	88:13+	88:46+	
03:24+	04:23+	06:20+	09:30+	02:26+	07:22+	08:31+	13:23+	05:43+	10:07+	11:06+	05:58+	00:33+	
01:27&	01:15&	02:11&	03:51&	01:05&	02:58&	04:52@	07:50@	02:39&	05:51@	03:13&	01:49&	00:04#	
Beste stræktid for klassen													
01:57	02:56	04:09	03:14	01:21	04:24	03:36	05:25	03:04	04:16	06:53	04:05	00:29	
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.													
6km													
1	Lucia Aagaard	5											1:00:37
04:46=	08:01=	09:13=	12:53=	16:19=	20:41=	25:02=	32:02=	34:51=	43:30=	47:58=	51:01=	56:48=	
04:46=	03:15=	01:12=	03:40=	03:26=	04:22=	04:21=	07:00=	08:39=	04:28=	03:03=	05:47=	03:04=	
00:00=	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	Kaj Kaspersen	5											1:00:37
04:43-	08:00-	09:13=	12:53=	16:19=	20:41=	25:02=	32:03+	34:53+	43:24-	47:58=	50:57-	56:48=	
04:43-	03:17+	01:13+	03:40=	03:26=	04:22=	04:21=	07:01+	02:50+	08:31-	04:34+	02:59-	05:51+	
00:03-	00:02+	00:01+	00:00=	00:00=	00:00=	00:00=	00:01+	00:01+	00:08-	00:06+	00:04-	00:04+	
3	Søren Elkjær	22											1:02:00
04:29-	07:35-	08:49-	11:59-	15:41-	19:56-	24:54-	30:43-	33:30-	41:39-	46:16-	53:04+	58:59+	
04:29-	03:06-	01:14+	03:10-	03:42+	04:15-	04:58+	05:49-	02:47-	08:09-	04:37+	06:48+	05:55+	
00:17-	00:09-	00:02+	00:30-	00:16+	00:07-	00:37#	01:11-	00:02-	00:30-	00:09+	03:45@	00:08+	
4	Søren Kligenberg	4											1:04:25
05:05+	08:33+	09:54+	13:38+	17:09+	21:45+	28:53+	35:15+	38:05+	47:14+	51:53+	54:56+	60:40+	
05:05+	03:28+	01:21+	03:44+	03:31+	04:36+	07:08+	06:22-	02:50+	09:09+	04:39+	03:03=	05:44-	
00:19+	00:13+	00:09#	00:04+	00:05+	00:14+	02:47&	00:38-	00:01+	00:30+	00:11+	00:00=	00:03-	
5	Henning Hansen	7											1:04:29
07:27+	10:40+	11:57+	15:02+	19:02+	23:23+	29:06+	35:41+	38:24+	47:19+	52:08+	55:20+	61:13+	
07:27+	03:13-	01:17+	03:05-	04:00+	04:21-	05:43+	06:35-	02:43-	08:55+	04:49+	03:12+	05:53+	
02:41&	00:02-	00:05+	00:35-	00:34#	00:01-	01:22&	00:25-	00:06-	00:16+	00:21+	00:09+	00:06+	
6	Lene Bejer	22											1:06:35
05:31+	08:27+	09:43+	13:20+	16:55+	21:45+	27:30+	34:53+	37:40+	47:39+	52:29+	56:09+	62:54+	
05:31+	02:56-	01:16+	03:37-	03:35+	04:50+	05:45+	07:23+	02:47-	09:59+	04:50+	03:40+	06:45+	
00:45#	00:19-	00:04+	00:03-	00:09+	00:28#	01:24&	00:23+	00:02-	01:20#	00:22+	00:37#	00:58#	
7	Lene Stick Nielsen	22											1:06:44
05:32+	08:32+	09:51+	13:25+	17:21+	22:46+	27:42+	34:47+	37:44+	47:33+	52:32+	56:03+	62:57+	
05:32+	03:00-	01:19+	03:34-	03:56+	05:25+	04:56+	07:05+	07:05+	09:49+	04:59+	03:31+	06:54+	
00:46#	00:15-	00:07+	00:06-	00:30#	01:03#	00:35#	00:05+	00:08+	01:10#	00:31#	00:28#	01:07#	
8	Erik Krogh	9											1:06:51
05:11+	08:37+	10:02+	14:09+	17:56+	23:05+	28:06+	34:48+	38:05+	47:59+	53:05+	56:18+	63:08+	
05:11+	03:26+	01:25+	04:07+	03:47+	05:09+	05:01+	06:42-	03:17+	09:54+	05:06+	03:13+	06:50+	
00:25+	00:11+	00:13#	00:27#	00:21#	00:47#	00:40#	00:18-	00:28#	01:15#	00:38#	00:10+	01:03#	
9	Brian Grøngård	21											1:07:14
05:43+	09:11+	10:30+	14:24+	18:05+	23:13+	28:14+	36:00+	39:04+	48:07+	52:48+	56:03+	63:54+	
05:43+	03:28+	01:19+	03:54+	03:41+	05:08+	05:01+	07:46+	03:04+	09:03+	04:41+	03:15+	07:51+	
00:57#	00:13+	00:07+	00:14+	00:15+	00:46#	00:40#	00:46#	00:15+	00:24+	00:13+	00:12+	02:04&	

Class	Navn	Klasse	Tid
10	Hans Christian Strib	14	1:07:46
05:03+	08:22+	09:48+	13:35+
05:03+	03:19+	01:26+	03:47+
00:17+	00:04+	00:14#	00:07+
00:06-	01:32&	00:22+	00:08-
00:14+	02:17&	00:26+	00:36#
01:17#	00:02+	00:05-	
11	Max Hansen	11	1:07:48
05:06+	08:51+	10:31+	14:28+
05:06+	03:45+	01:40+	03:57+
00:20+	00:30#	00:28&	00:17+
00:41#	01:06&	00:25+	00:23+
00:13+	00:33+	00:16+	00:45#
01:17#	00:00=	00:03-	
12	Ole Christiansen	Akif	1:10:33
05:24+	09:19+	10:55+	15:03+
05:24+	03:55+	01:36+	04:08+
00:38#	00:40#	00:24&	00:28#
00:04+	00:51#	00:39#	00:14+
00:22#	02:01#	00:51#	00:52&
01:17#	00:02+	00:02+	
13	Frede Rasmussen	5	1:11:22
05:45+	09:24+	10:57+	14:54+
05:45+	03:39+	01:33+	03:57+
00:59#	00:24#	00:21&	00:17+
00:04-	00:44#	01:12&	00:45#
00:09+	03:05&	00:15+	00:55&
01:28&	00:11+	00:04+	
14	Søren Søgaard Nielsen	5	1:11:26
05:43+	09:27+	10:52+	14:57+
05:43+	03:44+	01:25+	04:05+
00:57#	00:29#	00:13#	00:25#
00:02-	00:41#	01:08&	02:05&
00:23#	02:10&	00:12+	00:28#
01:17#	00:18+	00:17#	00:05#
15	Carsten Helligsø	8	1:11:30
05:42+	09:48+	11:11+	15:11+
05:42+	04:06+	01:23+	04:00+
00:56#	00:51&	00:11#	00:20+
01:09&	01:17&	00:33#	00:19+
00:15+	01:18#	01:00#	01:16&
01:25#	00:01+	00:02+	
16	Kurt Petersen	4	1:12:46
06:02+	10:22+	11:55+	16:13+
06:02+	04:20+	01:33+	04:18+
01:16&	01:05&	00:21&	00:38#
00:59&	00:49#	00:56#	00:32+
00:16+	01:48#	01:01#	00:59&
04:30&	02:16-		
17	Ethna Cavanagh	4	1:13:25
05:18+	08:55+	10:18+	14:04+
05:18+	03:37+	01:23+	03:46+
00:32#	00:22#	00:11#	00:06+
00:24#	00:53#	02:57&	00:10+
00:26#	03:13&	00:20+	00:14+
02:55&	00:02+	00:03+	
18	Torben Isen	5	1:16:30
05:31+	09:37+	11:14+	15:31+
05:31+	04:06+	01:37+	04:17+
00:45#	00:51&	00:25&	00:37#
00:11+	01:37&	00:28#	02:19&
00:34#	03:55&	00:55#	01:52&
01:16#	00:07+	00:01+	
19	Frants Nielsen	5	1:16:51
05:38+	09:47+	11:22+	16:13+
05:38+	04:09+	01:35+	04:51+
00:52#	00:54&	00:23&	01:11&
00:52&	01:03#	01:46&	01:11#
00:37#	03:26&	01:13&	01:00&
01:29&	00:09+	00:08#	
20	Bodil Schulz	5	1:16:52
04:51+	08:21+	09:41+	13:14+
04:51+	03:30+	01:20+	03:33-
00:05+	00:15+	00:08#	00:07-
00:34#	00:30#	00:03+	00:22#
01:01#	01:01#	00:19+	18:59@
02:38-	02:21-		
21	Inger Johansen	8	1:17:39
05:47+	09:50+	11:28+	15:39+
05:47+	04:03+	01:38+	04:11+
01:01#	00:48#	00:26&	00:31#
00:46#	01:50&	01:01#	01:19#
00:38#	03:24&	01:01#	01:22&
02:18&	00:40#	00:03-	
22	Gitte Isen	5	1:19:12
05:22+	09:34+	11:09+	15:18+
05:22+	04:12+	01:35+	04:09+
00:36#	00:57&	00:23&	00:29#
00:11+	01:37&	00:45#	03:55&
00:35#	05:11&	00:51#	00:56&
01:36&	00:26#	00:07#	
23	Jørgen Jørgensen	19	1:19:34
05:59+	09:43+	11:15+	15:15+
05:59+	03:44+	01:32+	04:00+
01:13&	00:29#	00:20&	00:20+
00:14+	01:04#	02:52&	00:17+
00:26#	06:24&	01:27&	01:32&
01:43&	00:27#	00:09#	
24	Helle Nikkel	22	1:21:04
05:36+	09:43+	11:14+	15:38+
05:36+	04:07+	01:31+	04:24+
00:50#	00:52&	00:19&	00:44#
01:16&	01:51&	00:52#	04:31&
00:41#	04:15&	00:51#	01:07&
01:57&	00:16+	00:05#	

Class	Navn	Klasse											Tid	
25	Tommy Jakobsen	7											1:21:07	
06:13+	10:01+	11:40+	15:47+	20:23+	25:48+	34:47+	42:12+	45:39+	57:48+	63:25+	68:03+	76:49+	80:21+	81:07+
06:13+	03:48+	01:39+	04:07+	04:36+	05:25+	08:59+	07:25+	03:27+	12:09+	05:37+	04:38+	08:46+	03:32+	00:46+
01:27&	00:33#	00:27&	00:27#	01:10&	01:03#	04:38@	00:25+	00:38#	03:30&	01:09&	01:35&	02:59&	00:28#	00:01+
26	Ronja Thøger	17											1:21:14	
05:58+	09:07+	10:19+	13:17+	29:10+	32:56+	39:37+	50:44+	53:10+	62:39+	66:31+	69:41+	77:58+	80:42+	81:14+
05:58+	03:09-	01:12=	02:58-	15:53+	03:46-	06:41+	11:07+	02:26-	09:29+	03:52-	03:10+	08:17+	02:44-	00:32-
01:12&	00:06-	00:00=	00:42-	12:27@	00:36-	02:20&	04:07&	00:23-	00:50+	00:36-	00:07+	02:30&	00:20-	00:13-
27	Pia Gade	22											1:22:23	
06:18+	10:39+	12:30+	16:54+	21:19+	27:51+	33:10+	44:43+	48:17+	61:12+	66:46+	70:54+	78:31+	81:44+	82:23+
06:18+	04:21+	01:51+	04:24+	04:25+	06:32+	05:19+	11:33+	03:34+	12:55+	05:34+	04:08+	07:37+	03:13+	00:39-
01:32&	01:06&	00:39&	00:44#	00:59&	02:10&	00:58#	04:33&	00:45&	04:16&	01:06#	01:05&	01:50&	00:09+	00:06-
28	Thora Damsgaard	22											1:22:36	
06:33+	10:42+	12:21+	16:36+	21:11+	27:26+	32:27+	44:40+	47:53+	60:39+	65:29+	69:53+	78:24+	81:49+	82:36+
06:33+	04:09+	01:39+	04:15+	04:35+	06:15+	05:01+	12:13+	03:13+	12:46+	04:50+	04:24+	08:31+	03:25+	00:47+
01:47&	00:54&	00:27&	00:35#	01:09&	01:53&	00:40#	05:13&	00:24#	04:07&	00:22+	01:21&	02:44&	00:21#	00:02+
29	Johan Schjødt	Ok Pan											1:23:00	
05:16+	09:14+	10:47+	14:18+	28:19+	33:41+	38:50+	47:33+	51:12+	63:11+	68:26+	72:10+	78:42+	82:12+	83:00+
05:16+	03:58+	01:33+	03:31-	14:01+	05:22+	05:09+	08:43+	03:39+	11:59+	05:15+	03:44+	06:32+	03:30+	00:48+
00:30#	00:43#	00:21&	00:09-	10:35@	01:00#	00:48#	01:43#	00:50&	03:20&	00:47#	00:41#	00:45#	00:26#	00:03+
30	Erik Dag Nielsen	5											1:23:05	
05:53+	10:15+	11:57+	16:52+	20:58+	27:14+	33:05+	42:39+	46:23+	59:19+	65:05+	69:18+	78:26+	82:23+	83:05+
05:53+	04:22+	01:42+	04:55+	04:06+	06:16+	05:51+	09:34+	03:44+	12:56+	05:46+	04:13+	09:08+	03:57+	00:42-
01:07#	01:07&	00:30&	01:15&	00:40#	01:54&	01:30&	02:34&	00:55&	04:17&	01:18&	01:10&	03:21&	00:53&	00:03-
31	Thomas Jørgensen	8											1:28:25	
06:17+	10:46+	12:31+	17:27+	22:13+	28:31+	34:40+	45:07+	48:46+	62:47+	69:17+	74:41+	83:46+	87:21+	88:25+
06:17+	04:29+	01:45+	04:56+	04:46+	06:18+	06:09+	10:27+	03:39+	14:01+	06:30+	05:24+	09:05+	03:35+	01:04+
01:31&	01:14&	00:33&	01:16&	01:20&	01:56&	01:48&	03:27&	00:50&	05:22&	02:02&	02:21&	03:18&	00:31#	00:19&
32	Erik Libak Hansen	8											1:28:33	
06:18+	10:49+	12:34+	17:36+	22:22+	28:32+	34:41+	45:07+	48:44+	62:45+	69:18+	74:53+	83:55+	87:30+	88:33+
06:18+	04:31+	01:45+	05:02+	04:46+	06:10+	06:09+	10:26+	03:37+	14:01+	06:33+	05:35+	09:02+	03:35+	01:03+
01:32&	01:16&	00:33&	01:22&	01:20&	01:48&	01:48&	03:26&	00:48&	05:22&	02:05&	02:32&	03:15&	00:31#	00:18&
33	Claus Clausen	6											1:34:07	
07:09+	11:29+	13:25+	17:43+	22:01+	28:27+	34:06+	48:11+	52:05+	66:58+	73:27+	79:21+	89:15+	93:22+	94:07+
07:09+	04:20+	01:56+	04:18+	04:18+	06:26+	05:39+	14:05+	03:54+	14:53+	06:29+	05:54+	09:54+	04:07+	00:45=
02:23&	01:05&	00:44&	00:38#	00:52&	02:04&	01:18&	07:05@	01:05&	06:14&	02:01&	02:51&	04:07&	01:03&	00:00=
34	Lene Jacobsen	6											1:34:13	
07:08+	11:25+	13:24+	17:41+	22:00+	28:26+	34:06+	48:02+	52:04+	66:55+	73:22+	79:36+	89:11+	93:28+	94:13+
07:08+	04:17+	01:59+	04:17+	04:19+	06:26+	05:40+	13:56+	04:02+	14:51+	06:27+	06:14+	09:35+	04:17+	00:45=
02:22&	01:02&	00:47&	00:37#	00:53&	02:04&	01:19&	06:56&	01:13&	06:12&	01:59&	03:11@	03:48&	01:13&	00:00=
35	Birgitte Bach	22											1:35:53	
07:57+	12:38+	14:35+	19:38+	24:26+	31:45+	37:32+	47:22+	51:25+	65:33+	72:42+	78:28+	88:56+	95:03+	95:53+
07:57+	04:41+	01:57+	05:03+	04:48+	07:19+	05:47+	09:50+	04:03+	14:08+	07:09+	05:46+	10:28+	06:07+	00:50+
03:11&	01:26&	00:45&	01:23&	01:22&	02:57&	01:26&	02:50&	01:14&	05:29&	02:41&	02:43&	04:41&	03:03&	00:05#
36	Bente Ingvarlsen	6											1:39:29	
06:43+	11:53+	13:56+	19:25+	24:13+	31:23+	39:45+	50:03+	54:47+	70:24+	77:32+	83:08+	94:33+	98:35+	99:29+
06:43+	05:10+	02:03+	05:29+	04:48+	07:10+	08:22+	10:18+	04:44+	15:37+	07:08+	05:36+	11:25+	04:02+	00:54+
01:57&	01:55&	00:51&	01:49&	01:22&	02:48&	04:01&	03:18&	01:55&	06:58&	02:40&	02:33&	05:38&	00:58&	00:09#
37	Anders Ingvarlsen	6											1:39:37	
06:40+	11:48+	13:50+	19:27+	24:29+	31:28+	39:40+	49:58+	54:48+	70:32+	77:23+	82:56+	94:42+	98:39+	99:37+
06:40+	05:08+	02:02+	05:37+	05:02+	08:12+	06:59+	10:18+	05:12+	15:44+	06:51+	05:33+	11:46+	03:57+	00:58+
01:54&	01:53&	00:50&	01:57&	01:36&	02:37&	03:51&	03:18&	02:01&	07:05&	02:23&	02:30&	05:59@	00:53&	00:13&
38	Svend Erik Skovsgaard	22											1:39:47	
06:43+	11:50+	13:39+	19:11+	24:08+	31:07+	37:45+	50:28+	54:50+	72:42+	79:39+	84:34+	94:08+	98:46+	99:47+
06:43+	05:07+	01:49+	05:32+	04:57+	06:59+	06:38+	12:43+	04:22+	17:52+	06:57+	04:55+	09:34+	04:38+	01:01+
01:57&	01:52&	00:37&	01:52&	01:31&	02:37&	02:17&	05:43&	01:33&	09:13@	02:29&	01:52&	03:47&	01:34&	00:16&
39	Susanne Høiberg	19											1:42:13	
07:09+	11:42+	13:43+	19:05+	24:17+	31:58+	41:14+	51:32+	55:23+	69:25+	76:18+	87:57+	97:02+	101:22+	102:13+
07:09+	04:33+	02:01+	05:22+	05:12+	07:41+	09:16+	10:18+	03:51+	14:02+	06:53+	11:39+	09:05+	04:20+	00:51+
02:23&	01:18&	00:49&	01:42&	01:46&	03:19&	04:55@	03:18&	01:02&	05:23&	02:25&	08:36@	03:18&	01:16&	00:06#

Class	Navn	Klasse														Tid
40	Henning Fr. Larsen	7														1:43:57
06:59+	12:07+	14:12+	19:26+	24:35+	34:18+	42:11+	51:54+	56:30+	76:48+	83:26+	88:57+	98:25+	102:50+	103:57+		
06:59+	05:08+	02:05+	05:14+	05:09+	09:43+	07:53+	09:43+	04:36+	20:18+	06:38+	05:31+	09:28+	04:25+	01:07+		
02:13&	01:53&	00:53&	01:34&	01:43&	05:21@	03:32&	02:43&	01:47&	11:39@	02:10&	02:28&	03:41&	01:21&	00:22&		
41	Peter Andersen	17														1:52:32
05:49+	11:31+	14:15+	18:57+	29:42+	40:59+	99:31+	112:32+									
05:49+	05:42+	02:44+	04:42+	10:45+	11:17+	58:32+	13:01+									
01:03#	02:27&	01:32@	01:02&	07:19@	06:55@	54:11@	06:01&									
42	Thomas Lundsgaard	17														1:53:23
05:46+	11:33+	14:16+	18:53+	29:48+	41:05+	49:40+	62:01+	66:53+	84:39+	92:59+	99:17+	108:30+	112:35+	113:23+		
05:46+	05:47+	02:43+	04:37+	10:55+	11:17+	08:35+	12:21+	04:52+	17:46+	08:20+	06:18+	09:13+	04:05+	00:48+		
01:00#	02:32&	01:31@	00:57&	07:29@	06:55@	04:14&	05:21&	02:03&	09:07@	03:52&	03:15@	03:26&	01:01&	00:03+		
Beste stræktid for klassen																
04:29	02:56	01:12	02:58	03:16	03:46	04:21	05:49	02:26	08:09	03:52	02:59	03:09	00:43	00:32		

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