

Plads Navn

Klasse

Tid

D1 20km

1 Henriette Rokkjær

PAN

2:07:36

02:10= 06:22= 11:55= 23:22= 28:28= 30:44= 33:27= 38:39= 42:36= 49:18= 53:46= 61:41= 64:59= 66:27= 75:14= 79:00= 85:34= 88:28= 93:38= 101:05= 105:28= 111:45= 119:03= 123:04= 127:36=
 02:10= 04:12= 05:33= 11:27= 05:06= 02:16= 02:43= 05:12= 03:57= 06:42= 04:28= 07:55= 03:18= 01:28= 08:47= 03:46= 06:34= 02:54= 05:10= 07:27= 04:23= 06:17= 07:18= 04:01= 04:32=
 00:00=

2 Anna Movin

SOK

2:31:40

02:51+ 12:02+ 18:23+ 29:57+ 39:48+ 43:04+ 46:45+ 52:31+ 56:44+ 64:57+ 69:09+ 75:42+ 78:31+ 80:01+ 89:59+ 95:03+ 102:34+ 105:32+ 110:40+ 118:13+ 126:04+ 133:10+ 141:39+ 147:37+ 151:40+
 02:51+ 09:11+ 06:21+ 11:34+ 09:51+ 03:16+ 03:41+ 05:46+ 04:13+ 08:13+ 04:12- 06:33- 02:49- 01:30+ 09:58+ 05:04+ 07:31+ 02:58+ 05:08- 07:33+ 07:51+ 07:06+ 08:29+ 05:58+ 04:03-
 00:41& 04:59@ 00:48# 00:07+ 04:45& 01:00& 00:58& 00:34# 00:16+ 01:31# 00:16- 01:22- 00:29- 00:02+ 01:11# 01:18& 00:57# 00:04+ 00:02- 00:06+ 03:28& 00:49# 01:11# 01:57& 00:29-

Beste stræktid for klassen

02:10 04:12 05:33 11:27 05:06 02:16 02:43 05:12 03:57 06:42 04:12 06:33 02:49 01:28 08:47 03:46 06:34 02:54 05:08 07:27 04:23 06:17 07:18 04:01 04:03

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

D3-8km

1	Lene Bejer	VOK	1:31:21									
09:57=	16:03=	24:43=	31:32=	38:09=	44:05=	62:28=	71:56=	78:49=	84:25=	87:59=	89:54=	91:21=
09:57=	06:06=	08:40=	06:49=	06:37=	05:56=	18:23=	09:28=	06:53=	05:36=	03:34=	01:55=	01:27=
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=
2	Camilla Gry	SOK	1:52:37									
06:49-	14:49-	24:51+	32:05+	40:30+	61:38+	78:06+	90:15+	98:05+	104:42+	108:54+	110:44+	112:37+
06:49-	08:00+	10:02+	07:14+	08:25+	21:08+	16:28-	12:09+	07:50+	06:37+	04:12+	01:50-	01:53+
03:08-	01:54&	01:22#	00:25+	01:48&	15:12@	01:55-	02:41&	00:57#	01:01#	00:38#	00:05-	00:26&
3	Marit Hindkjær	HER	2:06:02									
09:55-	16:52+	40:35+	47:13+	55:16+	61:33+	90:26+	102:30+	110:00+	117:38+	121:29+	123:44+	126:02+
09:55-	06:57+	23:43+	06:38-	08:03+	06:17+	28:53+	12:04+	07:30+	07:38+	03:51+	02:15+	02:18+
00:02-	00:51#	15:03@	00:11-	01:26#	00:21+	10:30&	02:36&	00:37+	02:02&	00:17+	00:20#	00:51&

Beste stræktid for klassen

06:49 06:06 08:40 06:38 06:37 05:56 16:28 09:28 06:53 05:36 03:34 01:50 01:27

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

H1-20km

1	Kent Lodberg Christensen	PAN	2:07:17																					
02:07=	06:15=	11:56=	18:40=	24:06=	26:37=	29:32=	34:50=	39:05=	45:51=	51:23=	57:46=	60:49=	62:22=	69:37=	74:07=	81:45=	84:36=	91:44=	98:33=	102:32=	108:36=	115:51=	120:25=	127:17=
02:07=	04:08=	05:41=	06:44=	05:26=	02:31=	02:55=	05:18=	04:15=	06:46=	05:32=	06:23=	03:03=	01:33=	07:15=	04:30=	07:38=	02:51=	07:08=	06:49=	03:59=	06:04=	07:15=	04:34=	06:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Casper Iversen	SOK	2:07:52																						
04:33+	10:38+	15:46+	23:54+	30:44+	32:21+	36:00+	37:43+	41:21+	44:36-	49:48-	53:08-	59:41-	65:17+	66:54-	77:47+	81:30-	91:39+	94:17+	99:12+	104:47+	108:46+	114:31-	120:48+	125:06-	127:52+
04:33+	06:05+	05:08-	08:08+	06:50+	01:37-	03:39+	01:43-	03:38-	03:15-	05:12-	03:20-	06:33+	05:36+	01:37-	10:53+	03:43-	10:09+	02:38-	04:55-	05:35+	03:59-	05:45-	06:17+	04:18-	02:46+
02:26@	01:57&	00:33-	01:24#	01:24&	00:54-	00:44&	03:35-	00:37-	03:31-	00:20-	03:03-	03:30@	04:03@	05:38-	06:23@	03:55-	07:18@	04:30-	01:54-	01:36&	02:05-	01:30-	01:43&	02:34-	02:46+

Class	Navn	Klasse										Tid												
3	uffe Spanner	PAN										3:02:16												
02:29+	08:16+	15:58+	23:23+	31:45+	34:07+	37:41+	44:43+	52:15+	59:44+	76:55+	84:28+	90:39+	92:29+	102:56+	108:38+	118:55+	123:26+	136:32+	145:51+	150:43+	161:19+	171:02+	177:17+	182:16+
02:29+	05:47+	07:42+	07:25+	08:22+	02:22-	03:34+	07:02+	07:32+	07:29+	17:11+	07:33+	06:11+	01:50+	10:27+	05:42+	10:17+	04:31+	13:06+	09:19+	04:52+	10:36+	09:43+	06:15+	04:59-
00:22#	01:39&	02:01&	00:41#	02:56&	00:09-	00:39#	01:44&	03:17&	00:43#	11:39@	01:10#	03:08@	00:17#	03:12&	01:12&	02:39&	01:40&	05:58&	02:30&	00:53#	04:32&	02:28&	01:41&	01:53-

Beste stræktid for klassen

02:07 04:08 05:08 06:44 05:26 01:37 02:55 01:43 03:38 03:15 05:12 03:20 03:03 01:33 01:37 04:30 03:43 02:51 02:38 04:55 03:59 03:59 05:45 04:34 04:18

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

H3-8km

1	Lennart Christiansen	VOK										1:21:38													
07:21=	13:18=	20:22=	26:27=	32:07=	47:54=	57:24=	65:45=	70:49=	75:02=	79:04=	80:36=	81:38=													
07:21=	05:57=	07:04=	06:05=	05:40=	15:47=	09:30=	08:21=	05:04=	04:13=	04:02=	01:32=	01:02=													
00:00=	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	Kurt Hindkjær	HER													1:26:57
	00:45-	11:25-	16:30-	22:26-	27:13-	32:39-	44:58-	64:22-	71:55+	76:54+	82:11+	84:32+	85:51+	86:57+	
	00:45-	10:40+	05:05-	05:56-	04:47-	05:26-	12:19+	19:24+	07:33+	04:59+	05:17+	02:21+	01:19+	01:06+	
	06:36-	04:43&	01:59-	00:09-	00:53-	10:21-	02:49&	11:03@	02:29&	00:46#	01:15&	00:49&	00:17&	01:06+	
3	Leif B. Nielsen	HER													1:32:11
	11:50+	16:23+	22:18+	26:35+	32:27+	44:50-	57:12-	66:42+	74:17+	85:29+	88:58+	90:35+	92:11+		
	11:50+	04:33-	05:55-	04:17-	05:52+	12:23-	12:22+	09:30+	07:35+	11:12+	03:29-	01:37+	01:36+		
	04:29&	01:24-	01:09-	01:48-	00:12+	03:24-	02:52&	01:09#	02:31&	06:59@	00:33-	00:05+	00:34&		
Beste stræktid for klassen															
	00:45	04:33	05:05	04:17	04:47	05:26	09:30	08:21	05:04	04:13	03:29	01:32	01:02		

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