

Plads Navn

Klasse

Tid

D-10km

1	Sofie Panduro	13	54:05
07:47=	08:46=	31:32=	34:36= 54:05=
07:47=	00:59=	22:46=	03:04= 19:29=
00:00=	00:00=	00:00=	00:00=
2	Lone Balling	3	54:48
08:52+	09:51+	33:24+	36:31+ 54:48+
08:52+	00:59=	23:33+	03:07+ 18:17-
01:05#	00:00=	00:47+	00:03+ 01:12-
3	Lene Fisker	12	58:59
09:19+	10:18+	35:08+	38:13+ 58:59+
09:19+	00:59=	24:50+	03:05+ 20:46+
01:32#	00:00=	02:04+	00:01+ 01:17+
4	Irene Sørensen	12	59:41
09:02+	10:06+	35:05+	38:21+ 59:41+
09:02+	01:04+	24:59+	03:16+ 21:20+
01:15#	00:05+	02:13+	00:12+ 01:51+
5	Katrine Risvig	12	1:01:39
07:44-	08:36-	36:05+	38:56+ 61:39+
07:44-	00:52-	27:29+	02:51- 22:43+
00:03-	00:07-	04:43#	00:13- 03:14#
6	Helle Søgård	15	1:03:51
10:06+	11:10+	38:18+	41:47+ 63:51+
10:06+	01:04+	27:08+	03:29+ 22:04+
02:19&	00:05+	04:22#	00:25# 02:35#
7	Kirsten Sigaard	12	1:04:20
09:41+	10:47+	38:13+	41:46+ 64:20+
09:41+	01:06+	27:26+	03:33+ 22:34+
01:54#	00:07#	04:40#	00:29# 03:05#
8	Anja Weber	Skive	1:05:05
11:13+	39:02+	42:46+	65:05+
11:13+	27:49+	03:44-	22:19+
03:26&	26:50@	19:02-	19:15@
9	Mette Brodersen	24	1:09:38
10:48+	11:51+	41:32+	45:14+ 69:38+
10:48+	01:03+	29:41+	03:42+ 24:24+
03:01&	00:04+	06:55&	00:38# 04:55&
10	Louise Hammer	Skive	1:12:56
10:47+	12:00+	42:46+	46:50+ 72:56+
10:47+	01:13+	30:46+	04:04+ 26:06+
03:00&	00:14#	08:00&	01:00& 06:37&
11	Sara Laursen	NOTEAM	1:13:00
11:47+	13:09+	73:00+	
11:47+	01:22+	59:51+	
04:00&	00:23&	37:05@	
12	Solveig Stausholm-Jensen	12	1:13:56
10:39+	11:36+	42:44+	46:39+ 73:56+
10:39+	00:57-	31:08+	03:55+ 27:17+
02:52&	00:02-	08:22&	00:51& 07:48&
13	Kirsten Isak	8	1:17:39
09:44+	10:35+	43:56+	47:41+ 77:39+
09:44+	00:51-	33:21+	03:45+ 29:58+
01:57&	00:08-	10:35&	00:41# 10:29&
14	Mette Overgaard	Skive	1:22:14
11:46+	13:05+	48:48+	53:31+ 82:14+
11:46+	01:19+	35:43+	04:43+ 28:43+
03:59&	00:20&	12:57&	01:39& 09:14&

Class	Navn	Klasse	Tid
15	Gitte Vistisen	19	1:25:53
	85:53+ 85:53+ 78:06@		
16	Anette Knudsen	12	1:30:49
	12:27+ 13:42+ 55:07+ 59:00+ 90:49+ 12:27+ 01:15+ 41:25+ 03:53+ 31:49+ 04:40& 00:16& 18:39& 00:49& 12:20&		
17	Lis Poulsen	12	1:30:49
	12:41+ 14:10+ 54:47+ 59:01+ 90:49+ 12:41+ 01:29+ 40:37+ 04:14+ 31:48+ 04:54& 00:30& 17:51& 01:10& 12:19&		

Beste stræktid for klassen

07:44 00:51 03:44 02:51 18:17

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

D-20km

1	Bolette Olsen	22	2:17:07
	09:38= 10:43= 37:13= 40:36= 63:12= 79:43= 80:59= 110:32= 114:16= 137:07= 09:38= 01:05= 26:30= 03:23= 22:36= 16:31= 01:16= 29:33= 03:44= 22:51= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Beste stræktid for klassen

09:38 01:05 26:30 03:23 22:36 16:31 01:16 29:33 03:44 22:51

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

H-10km

1	Claus Hallingdal Bloch	21	42:46
	06:24= 07:01= 25:12= 27:28= 42:46= 06:24= 00:37= 18:11= 02:16= 15:18= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Sebastian Stensvig	12	43:50
	06:24= 06:55- 25:39+ 28:00+ 43:50+ 06:24= 00:31- 18:44+ 02:21+ 15:50+ 00:00= 00:06- 00:33+ 00:05+ 00:32+		
3	Jeppe Risvig	Skive	44:23
	06:24= 07:02+ 26:22+ 28:45+ 44:23+ 06:24= 00:38+ 19:20+ 02:23+ 15:38+ 00:00= 00:01+ 01:09+ 00:07+ 00:20+		
4	Kent Olesen Abrahamsen	NOTEAM	48:45
	07:05+ 07:51+ 28:33+ 31:04+ 48:45+ 07:05+ 00:46+ 20:42+ 02:31+ 17:41+ 00:41# 00:09# 02:31# 00:15# 02:23#		
5	Michael Smith Nielsen	Ry	49:56
	07:16+ 07:59+ 29:27+ 32:09+ 49:56+ 07:16+ 00:43+ 21:28+ 02:42+ 17:47+ 00:52# 00:06# 03:17# 00:26# 02:29#		
6	Peter Bd Madsen	12	51:30
	08:11+ 09:10+ 30:46+ 33:32+ 51:30+ 08:11+ 00:59+ 21:36+ 02:46+ 17:58+ 01:47& 00:22& 03:25# 00:30# 02:40#		
7	Christian Holm Forsberg	14	52:02
	08:27+ 09:19+ 31:43+ 34:12+ 52:02+ 08:27+ 00:52+ 22:24+ 02:29+ 17:50+ 02:03& 00:15& 04:13# 00:13+ 02:32#		

Class	Navn	Klasse	Tid
8	Mikkel Guldborg	16	52:28
07:14+	08:05+ 31:07+ 33:56+ 52:28+		
07:14+	00:51+ 23:02+ 02:49+ 18:32+		
00:50#	00:14& 04:51& 00:33# 03:14#		
9	Benny Guldborg	11	52:34
07:36+	08:36+ 31:08+ 33:55+ 52:34+		
07:36+	01:00+ 22:32+ 02:47+ 18:39+		
01:12#	00:23& 04:21# 00:31# 03:21#		
11	Henrik Bach	Skive	54:49
08:26+	09:22+ 32:46+ 35:42+ 54:49+		
08:26+	00:56+ 23:24+ 02:56+ 19:07+		
02:02&	00:19& 05:13& 00:40& 03:49#		
12	Dennis Nielsen	7	55:32
07:56+	08:54+ 33:02+ 35:55+ 55:32+		
07:56+	00:58+ 24:08+ 02:53+ 19:37+		
01:32#	00:21& 05:57& 00:37& 04:19&		
13	Knud	18	56:20
08:30+	36:29+ 56:20+		
08:30+	27:59+ 19:51+		
02:06&	27:22@ 01:40+		
14	Preben Skov Mark	12	56:44
09:22+	10:08+ 34:16+ 37:12+ 56:44+		
09:22+	00:46+ 24:08+ 02:56+ 19:32+		
02:58&	00:09# 05:57& 00:40& 04:14&		
15	Peter Sevelsted	NOTEAM	58:15
09:25+	10:21+ 35:08+ 38:13+ 58:15+		
09:25+	00:56+ 24:47+ 03:05+ 20:02+		
03:01&	00:19& 06:36& 00:49& 04:44&		
16	bo Hedegaard	14	58:40
08:50+	09:47+ 34:57+ 38:07+ 58:40+		
08:50+	00:57+ 25:10+ 03:10+ 20:33+		
02:26&	00:20& 06:59& 00:54& 05:15&		
17	Valdemar Skogøy	Ry	58:53
09:05+	09:54+ 34:38+ 37:50+ 58:53+		
09:05+	00:49+ 24:44+ 03:12+ 21:03+		
02:41&	00:12& 06:33& 00:56& 05:45&		
18	Søren Boutrup	17	59:17
09:22+	10:26+ 35:35+ 38:44+ 59:17+		
09:22+	01:04+ 25:09+ 03:09+ 20:33+		
02:58&	00:27& 06:58& 00:53& 05:15&		
19	Michael Søgård	10	59:26
29:25+	30:34+ 56:18+ 59:26+		
29:25+	01:09+ 25:44+ 03:08+		
23:01@	00:32& 07:33& 00:52&		
20	Søren Kjær	14	59:33
09:23+	10:23+ 35:33+ 38:46+ 59:33+		
09:23+	01:00+ 25:10+ 03:13+ 20:47+		
02:59&	00:23& 06:59& 00:57& 05:29&		
21	Bjarke Lomborg	14	1:01:27
08:54+	10:04+ 36:02+ 39:29+ 61:27+		
08:54+	01:10+ 25:58+ 03:27+ 21:58+		
02:30&	00:33& 07:47& 01:11& 06:40&		
22	Søren Rasmussen	29	1:01:43
07:43+	08:15+ 34:56+ 37:05+ 61:43+		
07:43+	00:32- 26:41+ 02:09- 24:38+		
01:19#	00:05- 08:30& 00:07- 09:20&		
23	Rudolf Lieberg	12	1:02:58
09:03+	10:06+ 36:39+ 40:22+ 62:58+		
09:03+	01:03+ 26:33+ 03:43+ 22:36+		
02:39&	00:26& 08:22& 01:27& 07:18&		

Class	Navn	Klasse	Tid
24	Kasper Nørgaard	Skive	1:03:03
09:54+	10:53+ 37:49+ 41:16+ 63:03+		
09:54+	00:59+ 26:56+ 03:27+ 21:47+		
03:30&	00:22& 08:45& 01:11& 06:29&		
25	Holger Skogøy	9	1:03:18
09:21+	09:59+ 36:34+ 39:30+ 63:18+		
09:21+	00:38+ 26:35+ 02:56+ 23:48+		
02:57&	00:01+ 08:24& 00:40& 08:30&		
26	Claus Søndergaard	NOTEAM	1:03:56
10:35+	37:58+ 41:24+ 63:56+		
10:35+	27:23+ 03:26- 22:32+		
04:11&	26:46@ 14:45- 20:16@		
27	Finn Andersen	12	1:04:09
09:53+	38:04+ 41:31+ 64:09+		
09:53+	28:11+ 03:27- 22:38+		
03:29&	27:34@ 14:44- 20:22@		
28	Aage Damgaard	5	1:04:11
10:21+	11:23+ 38:05+ 41:33+ 64:11+		
10:21+	01:02+ 26:42+ 03:28+ 22:38+		
03:57&	00:25& 08:31& 01:12& 07:20&		
29	Jacob Møller-Iversen	4	1:10:35
09:58+	11:08+ 45:42+ 70:35+		
09:58+	01:10+ 34:34+ 24:53+		
03:34&	00:33& 16:23& 22:37@		
30	Jacob Ramstrup Johansen	Skive	1:13:22
10:11+	11:15+ 42:24+ 46:24+ 73:22+		
10:11+	01:04+ 31:09+ 04:00+ 26:58+		
03:47&	00:27& 12:58& 01:44& 11:40&		
31	Harald Skogøy	9	1:17:38
09:45+	10:33+ 43:58+ 47:46+ 77:38+		
09:45+	00:48+ 33:25+ 03:48+ 29:52+		
03:21&	00:11& 15:14& 01:32& 14:34&		
32	Morten Agerskov	Skive	1:22:14
10:44+	11:55+ 48:49+ 53:34+ 82:14+		
10:44+	01:11+ 36:54+ 04:45+ 28:40+		
04:20&	00:34& 18:43@ 02:29@ 13:22&		
33	Tommy Tøgersen	NOTEAM	1:22:35
12:25+	13:50+ 50:18+ 54:54+ 82:35+		
12:25+	01:25+ 36:28+ 04:36+ 27:41+		
06:01&	00:48@ 18:17@ 02:20@ 12:23&		
34	Flemming Søvndal Nielsen	23	1:25:55
12:33+	13:58+ 52:18+ 56:59+ 85:55+		
12:33+	01:25+ 38:20+ 04:41+ 28:56+		
06:09&	00:48@ 20:09@ 02:25@ 13:38&		
Beste stræktid for klassen			
06:24	00:31 03:26 02:09 15:18		

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

H-20km

1	Rene Nielsen	12	1:29:36
06:27=	07:07= 25:27= 27:40= 43:15= 49:55= 50:41= 70:15= 72:41= 89:36=		
06:27=	00:40= 18:20= 02:13= 15:35= 06:40= 00:46= 19:34= 02:26= 16:55=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	David Bonde Pedersen	NOTEAM	1:31:58
06:35+	07:23+ 26:21+ 28:46+ 44:54+ 51:59+ 52:50+ 73:09+ 75:40+ 91:58+		
06:35+	00:48+ 18:58+ 02:25+ 16:08+ 07:05+ 00:51+ 20:19+ 02:31+ 16:18-		
00:08+	00:08# 00:38+ 00:12+ 00:33+ 00:25+ 00:05# 00:45+ 00:05+ 00:37-		

Class	Navn	Klasse	Tid
4	Allan Bak	25	1:41:31
	35:34+ 38:49+ 59:52+ 60:35+ 97:57+ 101:31+		
	35:34+ 03:15+ 21:03+ 00:43- 37:22+ 03:34-		
	29:07@ 02:35@ 02:43# 01:30- 21:47@ 03:06-		
5	Jeppe V Bligaard	Skive	1:45:20
	07:38+ 30:43+ 33:29+ 59:40+ 83:42+ 86:28+ 105:20+		
	07:38+ 23:05+ 02:46- 26:11+ 24:02+ 02:46- 18:52+		
	01:11# 22:25@ 15:34- 23:58@ 08:27& 03:54- 18:06@		
6	Kent Hebsgaard	19	1:45:43
	08:11+ 09:05+ 30:32+ 33:02+ 46:00+ 59:47+ 60:47+ 83:56+ 86:38+ 105:43+		
	08:11+ 00:54+ 21:27+ 02:30+ 12:58- 13:47+ 01:00+ 23:09+ 02:42+ 19:05+		
	01:44& 00:14& 03:07# 00:17# 02:37- 07:07@ 00:14& 03:35# 00:16# 02:10#		
7	Allan Fruergaard	Skive	1:53:32
	08:21+ 31:53+ 63:42+ 64:47+ 93:13+ 113:32+		
	08:21+ 23:32+ 31:49+ 01:05- 28:26+ 20:19+		
	01:54& 22:52@ 13:29& 01:08- 12:51& 13:39@		
8	Torben Madsen	12	1:55:44
	08:43+ 09:34+ 33:27+ 36:28+ 56:32+ 65:17+ 66:15+ 91:45+ 94:55+ 115:44+		
	08:43+ 00:51+ 23:53+ 03:01+ 20:04+ 08:45+ 00:58+ 25:30+ 03:10+ 20:49+		
	02:16& 00:11& 05:33& 00:48& 04:29& 02:05& 00:12& 05:56& 00:44& 03:54#		
9	Dennis Odgaard	25	1:57:02
	08:25+ 09:14+ 33:26+ 36:08+ 56:17+ 65:09+ 66:14+ 91:53+ 95:14+ 117:02+		
	08:25+ 00:49+ 24:12+ 02:42+ 20:09+ 08:52+ 01:05+ 25:39+ 03:21+ 21:48+		
	01:58& 00:09# 05:52& 00:29# 04:34& 02:12& 00:19& 06:05& 00:55& 04:53&		
11	Søren Sohn	26	2:03:04
	08:38+ 09:42+ 34:14+ 37:25+ 58:09+ 67:48+ 95:42+ 99:15+ 123:04+		
	08:38+ 01:04+ 24:32+ 03:11+ 20:44+ 09:39+ 27:54+ 03:33- 23:49+		
	02:11& 00:24& 06:12& 00:58& 05:09& 02:59& 27:08@ 16:01- 21:23@		
12	Rasmus Thomsen	Skive	2:12:21
	10:14+ 37:22+ 40:51+ 63:59+ 74:39+ 75:47+ 104:14+ 108:10+ 132:21+		
	10:14+ 27:08+ 03:29- 23:08+ 10:40- 01:08- 28:27+ 03:56- 24:11+		
	03:47& 26:28@ 14:51- 20:55@ 04:55- 05:32- 27:41@ 15:38- 21:45@		
13	Jesper Christensen	20	2:19:24
	09:55+ 10:37+ 37:29+ 41:03+ 64:11+ 75:22+ 76:36+ 108:30+ 112:47+ 139:24+		
	09:55+ 00:42+ 26:52+ 03:34+ 23:08+ 11:11+ 01:14+ 31:54+ 04:17+ 26:37+		
	03:28& 00:02+ 08:32& 01:21& 07:33& 04:31& 00:28& 12:20& 01:51& 09:42&		
15	Johnny Stubben Simonsen	19	2:19:58
	10:54+ 12:01+ 39:18+ 42:45+ 68:28+ 79:56+ 110:44+ 114:36+ 139:58+		
	10:54+ 01:07+ 27:17+ 03:27+ 25:43+ 11:28+ 30:48+ 03:52- 25:22+		
	04:27& 00:27& 08:57& 01:14& 10:08& 04:48& 30:02@ 15:42- 22:56@		
Beste stræktid for klassen			
	06:27 00:40 02:46 00:43 10:40 01:08 00:46 03:33 02:26 16:18		

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