

Plads Navn

Klasse

Tid

B1- 7km

1	Rico Hejlskov Mogensen	14	35:54																	
01:35=	02:14=	02:58=	03:46=	04:52=	08:15=	09:43=	10:45=	12:10=	14:45=	16:12=	17:15=	18:53=	20:51=	23:41=	24:48=	27:06=	28:39=	33:03=	34:48=	35:54=
01:35=	00:39=	00:44=	00:48=	01:06=	03:23=	01:28=	01:02=	01:25=	02:35=	01:27=	01:03=	01:38=	01:58=	02:50=	01:07=	02:18=	01:33=	04:24=	01:45=	01:06=
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=
2	Jonas Falck Weber	15	37:42																	
01:44+	02:26+	03:07+	03:53+	04:56+	08:38+	10:11+	11:10+	12:32+	15:19+	17:04+	18:03+	20:35+	22:33+	25:36+	26:47+	30:24+	35:00+	36:41+	37:42+	
01:44+	00:42+	00:41-	00:46-	01:03-	03:42+	01:33+	00:59-	01:22-	02:47+	01:45+	00:59-	02:32+	01:58=	03:03+	01:11+	03:37+	04:36+	01:41-	01:01-	
00:09+	00:03+	00:03-	00:02-	00:03-	00:19+	00:05+	00:03-	00:03-	00:12+	00:18#	00:04-	00:54&	00:00=	00:13+	00:04+	01:19&	03:03@	02:43-	00:44-	
3	Jess Rasmussen	16	50:45																	
02:07+	02:59+	03:53+	04:53+	06:11+	10:34+	12:17+	13:35+	15:35+	18:54+	20:59+	22:21+	27:23+	29:51+	34:15+	35:43+	38:51+	40:42+	46:49+	49:13+	50:45+
02:07+	00:52+	00:54+	01:00+	01:18+	04:23+	01:43+	01:18+	02:00+	03:19+	02:05+	01:22+	05:02+	02:28+	04:24+	01:28+	03:08+	01:51+	06:07+	02:24+	01:32+
00:32&	00:13&	00:10#	00:12#	00:12#	01:00&	00:15#	00:16&	00:35&	00:44&	00:38&	00:19&	03:24@	00:30&	01:34&	00:21&	00:50&	00:18#	01:43&	00:39&	00:26&
4	Søren Andersen	3	52:37																	
02:32+	04:05+	04:59+	06:05+	07:26+	12:55+	15:08+	16:24+	18:16+	22:23+	24:26+	25:45+	28:01+	30:58+	35:27+	37:08+	40:17+	42:42+	48:52+	51:14+	52:37+
02:32+	01:33+	00:54+	01:06+	01:21+	05:29+	02:13+	01:16+	01:52+	04:07+	02:03+	01:19+	02:16+	02:57+	04:29+	01:41+	03:09+	02:25+	06:10+	02:22+	01:23+
00:57&	00:54@	00:10#	00:18&	00:15#	02:06&	00:45&	00:14#	00:27&	01:32&	00:36&	00:16&	00:38&	00:59&	01:39&	00:34&	00:51&	00:52&	01:46&	00:37&	00:17&
5	Thomas Emil Jensen	4	53:31																	
02:17+	03:07+	04:00+	05:02+	06:22+	12:22+	14:33+	16:13+	18:19+	22:16+	25:00+	26:30+	28:57+	31:43+	35:53+	37:19+	43:00+	44:52+	50:19+	52:22+	53:31+
02:17+	00:50+	00:53+	01:02+	01:20+	06:00+	02:11+	01:40+	02:06+	03:57+	02:44+	01:30+	02:27+	02:46+	04:10+	01:26+	05:41+	01:52+	05:27+	02:03+	01:09+
00:42&	00:11&	00:09#	00:14&	00:14#	02:37&	00:43&	00:38&	00:41&	01:22&	01:17&	00:27&	00:49&	00:48&	01:20&	00:19&	03:23@	00:19#	01:03#	00:18#	00:03+
6	Mads Mikkelsen	4	58:28																	
02:43+	03:38+	04:37+	05:45+	07:32+	13:02+	15:00+	16:25+	18:29+	22:14+	24:59+	26:19+	32:06+	35:14+	39:44+	41:17+	44:28+	47:14+	54:00+	56:38+	58:28+
02:43+	00:55+	00:59+	01:08+	01:47+	05:30+	01:58+	01:25+	02:04+	03:45+	02:45+	01:20+	05:47+	03:08+	04:30+	01:33+	03:11+	02:46+	06:46+	02:38+	01:50+
01:08&	00:16&	00:15&	00:20&	00:41&	02:07&	00:30&	00:23&	00:39&	01:10&	01:18&	00:17&	04:09@	01:10&	01:40&	00:26&	00:53&	01:13&	02:22&	00:53&	00:44&
7	Anders Gammelvind	3	1:01:06																	
04:08+	05:03+	06:04+	07:15+	09:04+	14:56+	17:24+	19:02+	21:21+	26:17+	28:39+	30:24+	33:56+	37:17+	42:23+	44:23+	48:14+	50:31+	57:29+	59:49+	61:06+
04:08+	00:55+	01:01+	01:11+	01:49+	05:52+	02:28+	01:38+	02:19+	04:56+	02:22+	01:45+	03:32+	03:21+	05:06+	02:00+	03:51+	02:17+	06:58+	02:20+	01:17+
02:33@	00:16&	00:17&	00:23&	00:43&	02:29&	01:00&	00:36&	00:54&	02:21&	00:55&	00:42&	01:54@	01:23&	02:16&	00:53&	01:33&	00:44&	02:34&	00:35&	00:11#
8	Jens Liengård	11	1:13:47																	
02:19+	03:16+	04:19+	05:31+	06:47+	12:14+	14:41+	16:27+	19:06+	38:59+	41:22+	42:53+	45:09+	48:36+	53:27+	55:31+	59:15+	61:39+	69:14+	72:01+	73:47+
02:19+	00:57+	01:03+	01:12+	01:16+	05:27+	02:27+	01:46+	02:39+	19:53+	02:23+	01:31+	02:16+	03:27+	04:51+	02:04+	03:44+	02:24+	07:35+	02:47+	01:46+
00:44&	00:18&	00:19&	00:24&	00:10#	02:04&	00:59&	00:44&	01:14&	17:18@	00:56&	00:28&	00:38&	01:29&	02:01&	00:57&	01:26&	00:51&	03:11&	01:02&	00:40&

Beste stræktid for klassen

01:35 00:39 00:41 00:46 01:03 03:23 01:28 00:59 01:22 02:35 01:27 00:59 01:38 01:58 02:50 01:07 02:18 01:33 01:41 01:01 01:06

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

B2-5,5km

1	Nicolaj Nielsen	4	41:48													
02:18=	03:06=	05:04=	06:27=	11:34=	13:31=	14:01=	17:19=	18:35=	21:20=	26:03=	29:27=	34:08=	38:01=	40:23=	41:48=	
02:18=	00:48=	01:58=	01:23=	05:07=	01:57=	00:30=	03:18=	01:16=	02:45=	04:43=	03:24=	04:41=	03:53=	02:22=	01:25=	
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	Ulrika Örnhagen Jørgensen	11	42:12													
02:08-	02:43-	05:32+	06:57+	12:42+	14:49+	15:23+	18:26+	19:42+	22:21+	26:38+	30:02+	34:54+	38:35+	40:55+	42:12+	
02:08-	00:35-	02:49+	01:25+	05:45+	02:07+	00:34+	03:03-	01:16-	02:39-	04:17-	03:24=	04:52+	03:41-	02:20-	01:17-	
00:10-	00:13-	00:51&	00:02+	00:38#	00:10+	00:04#	00:15-	00:00=	00:06-	00:26-	00:00=	00:11+	00:12-	00:02-	00:08-	
3	Keld Gade	16	42:25													
02:01-	02:39-	04:43-	06:04-	08:42-	11:35-	13:32-	14:04-	16:55-	18:34-	21:11-	27:23-	30:18-	35:14-	38:58-	41:07-	42:25+
02:01-	00:38-	02:04+	01:21-	02:38-	02:53+	01:57+	00:32-	02:51+	01:39-	02:37-	06:12+	02:55-	04:56+	03:44+	02:09+	01:18+
00:17-	00:10-	00:06+	00:02-	02:29-	00:56&	01:27@	02:46-	01:35@	01:06-	02:06-	02:48&	01:46-	01:03&	01:22&	00:44&	01:18+
4	Jacob Bang	10	43:08													
01:42-	02:20-	04:24-	05:37-	10:58-	13:10-	13:54-	16:55-	18:31-	21:33+	27:15+	30:12+	35:33+	39:21+	41:46+	43:08+	
01:42-	00:38-	02:04+	01:13-	05:21+	02:12+	00:44+	03:01-	01:36+	03:02+	05:42+	02:57-	05:21+	03:48-	02:25+	01:22-	
00:36-	00:10-	00:06+	00:10-	00:14+	00:15#	00:14&	00:17-	00:20&	00:17#	00:59#	00:27-	00:40#	00:05-	00:03+	00:03-	

Class	Navn	Klasse										Tid				
5	Chr. L. Rasmussen	5										46:02				
02:09-	02:47-	05:58+	07:27+	13:14+	15:38+	16:15+	19:47+	21:10+	23:58+	29:25+	32:41+	38:15+	41:57+	44:32+	46:02+	
02:09-	00:38-	03:11+	01:29+	05:47+	02:24+	00:37+	03:32+	01:23+	02:48+	05:27+	03:16-	05:34+	03:42-	02:35+	01:30+	
00:09-	00:10-	01:13&	00:06+	00:40#	00:27#	00:07#	00:14+	00:07+	00:03+	00:44#	00:08-	00:53#	00:11-	00:13+	00:05+	
6	Rikke Holm Jensen	4										47:05				
02:02-	02:45-	04:46-	06:27=	13:11+	16:38+	17:18+	20:43+	22:10+	25:13+	31:29+	34:41+	39:07+	43:21+	45:45+	47:05+	
02:02-	00:43-	02:01+	01:41+	06:44+	03:27+	00:40+	03:25+	01:27+	03:03+	06:16+	03:12-	04:26-	04:14+	02:24+	01:20-	
00:16-	00:05-	00:03+	00:18#	01:37&	01:30&	00:10&	00:07+	00:11#	00:18#	01:33&	00:12-	00:15-	00:21+	00:02+	00:05-	
7	Leif Rønn Olsen	3										49:02				
02:10-	02:50-	05:10+	06:42+	12:30+	15:09+	15:48+	19:39+	21:30+	24:50+	35:10+	40:21+	44:39+	47:22+	49:02+		
02:10-	00:40-	02:20+	01:32+	05:48+	02:39+	00:39+	03:51+	01:51+	03:20+	10:20+	05:11+	04:18-	02:43-	01:40-		
00:08-	00:08-	00:22#	00:09#	00:42&	00:09&	00:33#	00:35&	00:35&	00:35#	05:37@	01:47&	00:23-	01:10-	00:42-		
8	Kristian Mandøe Øllgaard	10										56:44				
02:27+	03:06=	05:28+	07:05+	16:29+	22:31+	23:05+	26:28+	27:50+	30:47+	35:41+	43:25+	48:20+	52:31+	55:08+	56:44+	
02:27+	00:39-	02:22+	01:37+	09:24+	06:02+	00:34+	03:23+	01:22+	02:57+	04:54+	07:44+	04:55+	04:11+	02:37+	01:36+	
00:09+	00:09-	00:24#	00:14#	04:17&	04:05@	00:04#	00:05+	00:06+	00:12+	00:11+	04:20@	00:14+	00:18+	00:15#	00:11#	
9	Frank Krog Jensen	4										58:11				
04:12+	04:41+	07:00+	09:00+	17:07+	20:13+	21:14+	26:21+	28:01+	32:11+	38:23+	43:13+	48:57+	53:57+	56:37+	58:11+	
04:12+	00:29-	02:19+	02:00+	08:07+	03:06+	01:01+	05:07+	01:40+	04:10+	06:12+	04:50+	05:44+	05:00+	02:40+	01:34+	
01:54&	00:19-	00:21#	00:37&	03:00&	01:09&	00:31@	01:49&	00:24&	01:25&	01:29&	01:26&	01:03#	01:07&	00:18#	00:09#	
10	Kent René Simonsen	16										1:11:58				
03:37+	04:02+	09:12+	10:50+	16:41+	19:14+	19:51+	24:28+	26:36+	30:11+	51:23+	56:23+	61:37+	67:54+	70:18+	71:58+	
03:37+	00:25-	05:10+	01:38+	05:51+	02:33+	00:37+	04:37+	02:08+	03:35+	21:12+	05:00+	05:14+	06:17+	02:24+	01:40+	
01:19&	00:23-	03:12@	00:15#	00:44#	00:36&	00:07#	01:19&	00:52&	00:50&	16:29@	01:36&	00:33#	02:24&	00:02+	00:15#	
Beste stræktid for klassen																
01:42	00:25	01:58	01:13	02:38	01:57	00:30	00:32	01:16	01:39	02:37	02:57	02:55	02:43	01:40	01:17	

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

B3-4,5km

1	Kasper Lyng Krogh	6										29:58				
00:58=	01:57=	03:20=	05:41=	09:02=	10:58=	12:22=	14:30=	17:24=	19:52=	21:24=	23:47=	26:24=	28:38=	29:58=		
00:58=	00:59=	01:23=	02:21=	03:21=	01:56=	01:24=	02:08=	02:54=	02:28=	01:32=	02:23=	02:37=	02:14=	01:20=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Rikke Rasmussen	11										33:18				
01:17+	02:28+	03:56+	06:36+	10:31+	12:51+	14:18+	16:33+	19:40+	22:29+	24:06+	26:26+	29:17+	31:44+	33:18+		
01:17+	01:11+	01:28+	02:40+	03:55+	02:20+	01:27+	02:15+	03:07+	02:49+	01:37+	02:20-	02:51+	02:27+	01:34+		
00:19&	00:12#	00:05+	00:19#	00:34#	00:24#	00:03+	00:07+	00:13+	00:21#	00:05+	00:03-	00:14+	00:13+	00:14#		
3	Marianne Lyng Krogh	6										33:24				
01:14+	02:19+	03:40+	05:57+	11:32+	14:02+	15:25+	17:31+	20:22+	23:07+	24:45+	26:45+	29:36+	31:56+	33:24+		
01:14+	01:05+	01:21-	02:17-	05:35+	02:30+	01:23-	02:06-	02:51-	02:45+	01:38+	02:00-	02:51+	02:20+	01:28+		
00:16&	00:06#	00:02-	00:04-	02:14&	00:34&	00:01-	00:02-	00:03-	00:17#	00:06+	00:23-	00:14+	00:06+	00:08+		
4	Ole Binder	10										36:11				
01:24+	02:35+	04:05+	06:40+	10:27+	12:42+	14:07+	16:22+	19:57+	22:49+	24:19+	29:17+	32:27+	34:54+	36:11+		
01:24+	01:11+	01:30+	02:35+	03:47+	02:15+	01:25+	02:15+	03:35+	02:52+	01:30-	04:58+	03:10+	02:27+	01:17-		
00:26&	00:12#	00:07+	00:14+	00:26#	00:19#	00:01+	00:07+	00:41#	00:24#	00:02-	02:35@	00:33#	00:13+	00:03-		
5	Pernille Buch	10										37:18				
01:22+	02:23+	03:44+	06:28+	13:00+	15:45+	17:11+	19:22+	22:46+	26:19+	27:55+	30:11+	32:59+	35:43+	37:18+		
01:22+	01:01+	01:21-	02:44+	06:32+	02:45+	01:26+	02:44+	03:33+	01:36+	02:16-	02:48+	02:44+	01:35+			
00:24&	00:02+	00:02-	00:23#	03:11&	00:49&	00:02+	00:03+	00:30#	01:05&	00:04+	00:07-	00:11+	00:30#	00:15#		
6	Carl Malling	12										38:39				
01:27+	02:38+	04:05+	06:58+	12:55+	15:21+	16:58+	19:18+	22:55+	26:15+	27:58+	30:37+	34:10+	36:56+	38:39+		
01:27+	01:11+	01:27+	02:53+	05:57+	02:26+	01:37+	02:20+	03:37+	03:20+	01:43+	02:39+	03:33+	02:46+	01:43+		
00:29&	00:12#	00:04+	00:32#	02:36&	00:30&	00:13#	00:12+	00:43#	00:52&	00:11#	00:16#	00:56&	00:32#	00:23&		
7	Britta Ank Pedersen	4										39:22				
01:31+	03:02+	04:33+	07:59+	13:01+	15:50+	17:41+	20:01+	23:45+	27:03+	28:53+	31:56+	37:59+	39:22+			
01:31+	01:31+	01:31+	03:26+	05:02+	02:49+	01:51+	02:20+	03:44+	03:18+	01:50+	03:03+	06:03+	01:23-			
00:33&	00:32&	00:08+	01:05&	01:41&	00:53&	00:27&	00:12+	00:50&	00:50&	00:18#	00:40&	03:26@	00:51-			

Class	Navn	Klasse										Tid			
8	Ole Andersen	3										39:56			
01:37+	03:10+	05:01+	08:17+	13:05+	15:52+	17:34+	20:13+	23:55+	27:09+	29:04+	31:45+	35:07+	38:20+	39:56+	
01:37+	01:33+	01:51+	03:16+	04:48+	02:47+	01:42+	02:39+	03:42+	03:14+	01:55+	02:41+	03:22+	03:13+	01:36+	
00:39&	00:34&	00:28&	00:55&	01:27&	00:51&	00:18#	00:31#	00:48&	00:46&	00:23#	00:18#	00:45&	00:59&	00:16#	
9	Lone Rasmussen	11										40:10			
01:32+	02:58+	05:08+	08:23+	13:03+	15:58+	17:37+	20:18+	24:15+	27:42+	29:32+	32:09+	35:25+	38:24+	40:10+	
01:32+	01:26+	02:10+	03:15+	04:40+	02:55+	01:39+	02:41+	03:57+	03:27+	01:50+	02:37+	03:16+	02:59+	01:46+	
00:34&	00:27&	00:47&	00:54&	01:19&	00:59&	00:15#	00:33&	01:03&	00:59&	00:18#	00:14+	00:39#	00:45&	00:26&	
10	Rolf Duedahl Nielsen	9										41:43			
01:24+	03:23+	05:18+	08:02+	19:04+	21:13+	22:39+	25:06+	28:04+	30:42+	32:14+	34:13+	37:11+	40:15+	41:43+	
01:24+	01:59+	01:55+	02:44+	11:02+	02:09+	01:26+	02:27+	02:58+	02:38+	01:32+	01:59-	02:58+	03:04+	01:28+	
00:26&	01:00@	00:32&	00:23#	07:41@	00:13#	00:02+	00:19#	00:04+	00:10+	00:00=	00:24-	00:21#	00:50&	00:08+	
11	Per Eg Pedersen	6										42:12			
01:27+	02:43+	04:14+	07:10+	11:28+	14:05+	15:47+	22:22+	26:04+	29:18+	31:00+	33:51+	37:30+	40:19+	42:12+	
01:27+	01:16+	01:31+	02:56+	04:18+	02:37+	01:42+	06:35+	03:42+	03:14+	01:42+	02:51+	03:39+	02:49+	01:53+	
00:29&	00:17&	00:08+	00:35#	00:57&	00:41&	00:18#	04:27@	00:48&	00:46&	00:10#	00:28#	01:02&	00:35&	00:33&	
12	Max Hansen	9										42:26			
01:49+	03:10+	04:42+	08:21+	10:35+	15:16+	18:08+	19:47+	22:23+	26:01+	29:39+	31:27+	34:01+	37:16+	40:15+	
01:49+	01:21+	01:32+	03:39+	02:14-	04:41+	02:52+	01:39-	02:36-	03:38+	03:38+	01:48-	02:34-	03:15+	02:59+	
00:51&	00:22&	00:09#	01:18&	01:07-	02:45@	01:28@	00:29-	00:18-	01:10&	02:06@	00:35-	00:03-	01:01&	01:39@	
13	Peer Straarup	4										42:26			
02:13+	03:51+	05:28+	09:09+	13:41+	16:28+	18:07+	20:23+	23:31+	27:32+	32:19+	34:42+	38:01+	40:54+	42:26+	
02:13+	01:38+	01:37+	03:41+	04:32+	02:47+	01:39+	02:16+	03:08+	04:01+	04:47+	02:23=	03:19+	02:53+	01:32+	
01:15@	00:39&	00:14#	01:20&	01:11&	00:51&	00:15#	00:08+	00:14+	01:33&	03:15@	00:00=	00:42&	00:39&	00:12#	
14	Lene Stick Nielsen	16										43:08			
01:31+	03:14+	04:51+	08:34+	14:05+	17:05+	19:20+	22:04+	27:02+	30:27+	32:34+	35:11+	38:59+	41:33+	43:08+	
01:31+	01:43+	01:37+	03:43+	05:31+	03:00+	02:15+	02:44+	04:58+	03:25+	02:07+	02:37+	03:48+	02:34+	01:35+	
00:33&	00:44&	00:14#	01:22&	02:10&	01:04&	00:51&	00:36&	02:04&	00:57&	00:35&	00:14+	01:11&	00:20#	00:15#	
15	Gert Bertel	5										45:50			
01:48+	03:14+	05:00+	07:53+	15:31+	18:18+	20:00+	22:47+	26:37+	29:44+	31:33+	36:33+	40:56+	43:55+	45:50+	
01:48+	01:26+	01:46+	02:53+	07:38+	01:42+	02:47+	03:50+	03:07+	01:49+	05:00+	04:23+	02:59+	01:55+		
00:50&	00:27&	00:23&	00:32#	04:17@	00:51&	00:18#	00:39&	00:56&	00:39&	00:17#	02:37@	01:46&	00:45&	00:35&	
16	Torben Isen	3										46:38			
01:46+	03:53+	05:39+	09:43+	15:39+	19:01+	20:46+	23:24+	27:48+	32:13+	34:11+	37:33+	41:44+	44:55+	46:38+	
01:46+	02:07+	01:46+	04:04+	05:56+	03:22+	01:45+	02:38+	04:24+	04:25+	01:58+	03:22+	04:11+	03:11+	01:43+	
00:48&	01:08@	00:23&	01:43&	02:35&	01:26&	00:21#	00:30#	01:30&	01:57&	00:26&	00:59&	01:34&	00:57&	00:23&	
17	Flemming Sasser	3										48:22			
01:47+	03:33+	05:43+	09:18+	15:13+	18:33+	20:38+	23:35+	28:02+	32:20+	34:39+	37:57+	42:20+	46:09+	48:22+	
01:47+	01:46+	02:10+	03:35+	05:55+	03:20+	02:05+	02:57+	04:27+	04:18+	02:19+	03:18+	04:23+	03:49+	02:13+	
00:49&	00:47&	00:47&	01:14&	02:34&	01:24&	00:41&	00:49&	01:33&	01:50&	00:47&	00:55&	01:46&	01:35&	00:53&	
18	Gitte Isen	3										50:38			
02:04+	03:37+	06:05+	10:04+	15:09+	18:57+	21:20+	24:09+	29:17+	34:27+	37:01+	40:54+	45:13+	48:39+	50:38+	
02:04+	01:33+	02:28+	03:59+	05:05+	03:48+	02:23+	02:49+	05:08+	05:10+	02:34+	03:53+	04:19+	03:26+	01:59+	
01:06@	00:34&	01:05&	01:38&	01:44&	01:52&	00:59&	00:41&	02:14&	02:42@	01:02&	01:30&	01:42&	01:12&	00:39&	
19	Karl Kristian Terkelsen	10										52:33			
02:36+	03:52+	05:40+	10:39+	15:16+	18:23+	20:04+	27:14+	31:30+	38:07+	40:04+	42:49+	47:05+	50:27+	52:33+	
02:36+	01:16+	01:48+	04:59+	04:37+	03:07+	01:41+	07:10+	04:16+	06:37+	01:57+	02:45+	04:16+	03:22+	02:06+	
01:38@	00:17&	00:25&	02:38@	01:16&	01:11&	00:17#	05:02@	01:22&	04:09@	00:25&	00:22#	01:39&	01:08&	00:46&	
20	Hans Jørgen Vad	4										54:22			
02:07+	03:50+	06:15+	12:13+	17:58+	21:12+	23:04+	26:18+	30:38+	35:21+	37:27+	41:05+	46:26+	51:23+	54:22+	
02:07+	01:43+	02:25+	05:58+	05:45+	03:14+	01:52+	03:14+	04:20+	04:43+	02:06+	03:38+	05:21+	04:57+	02:59+	
01:09@	00:44&	01:02&	03:37@	02:24&	01:18&	00:28&	01:06&	01:26&	02:15&	00:34&	01:15&	02:44@	02:43@	01:39@	
21	Erik Dag Nielsen	3										57:57			
05:26+	07:02+	09:08+	13:36+	21:32+	25:12+	27:51+	31:37+	36:30+	40:36+	43:04+	46:53+	51:37+	55:31+	57:57+	
05:26+	01:36+	02:06+	04:28+	07:56+	03:40+	02:39+	03:46+	04:53+	04:06+	02:28+	03:49+	04:44+	03:54+	02:26+	
04:28@	00:37&	00:43&	02:07&	04:35@	01:44&	01:15&	01:38&	01:59&	01:38&	00:56&	01:26&	02:07&	01:40&	01:06&	
22	Villy Kjeldsen	11										1:15:46			
06:40+	08:33+	12:14+	17:41+	25:18+	30:08+	32:45+	37:30+	42:17+	48:55+	51:56+	56:25+	59:57+	69:49+	75:46+	
06:40+	01:53+	03:41+	05:27+	07:37+	04:50+	02:37+	04:45+	04:47+	06:38+	03:01+	04:29+	03:32+	09:52+	03:31+	
05:42@	00:54&	02:18@	03:06@	04:16@	02:54@	01:13&	02:37@	01:53&	04:10@	01:29&	02:06&	00:55&	07:38@	02:11@	

Plas	Navn	Klasse	Tid
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Beste stræktid for klassen

00:58 00:59 01:21 02:17 02:14 01:56 01:23 01:39 02:36 02:28 01:30 01:48 02:34 01:23 01:17

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

B4-3,5km

1	Leif B. Nielsen	3	35:01
01:21=	03:02= 06:39= 11:54=	14:54= 18:32= 21:52=	23:51= 26:29= 30:18= 33:23= 35:01=
01:21=	01:41= 03:37= 05:15=	03:00= 03:38= 03:20=	01:59= 02:38= 03:49= 03:05= 01:38=
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	Grethe Anæus	16	36:19
01:22+	03:27+ 06:35= 11:16=	14:13= 17:57= 21:28=	23:27= 27:50+ 31:39+ 34:41+ 36:19+
01:22+	02:05+ 03:08= 04:41=	02:57= 03:44+ 03:31+	01:59= 04:23+ 03:49= 03:02= 01:38=
00:01+	00:24# 00:29= 00:34=	00:03= 00:06+ 00:11+	00:00= 01:45& 00:00= 00:03= 00:00=
3	Troels Jensen	4	37:37
01:29+	03:22+ 06:52+ 12:40+	16:29+ 20:22+	23:50+ 25:52+ 28:44+ 32:33+ 35:41+ 37:37+
01:29+	01:53+ 03:30= 05:48+	03:49+ 03:53+	03:28+ 02:02+ 02:52+ 03:49= 03:08+ 01:56+
00:08+	00:12# 00:07= 00:33#	00:49& 00:15+	00:08+ 00:03+ 00:14+ 00:00= 00:03+ 00:18#
4	Tove Straarup	4	39:40
01:22+	03:26+ 07:24+ 12:57+	16:21+ 20:26+	24:57+ 27:47+ 31:05+ 34:52+ 37:53+ 39:40+
01:22+	02:04+ 03:58+ 05:33+	03:24+ 04:05+	04:31+ 02:50+ 03:18+ 03:47= 03:01= 01:47+
00:01+	00:23# 00:21+ 00:18+	00:24# 00:27#	01:11& 00:51& 00:40& 00:02= 00:04= 00:09+
5	Frants Nielsen	3	40:18
01:28+	03:41+ 07:22+ 13:12+	16:15+ 21:05+	25:01+ 27:30+ 30:46+
01:28+	02:13+ 03:41+ 05:50+	03:03+ 04:50+	03:56+ 02:29+ 03:16+ 03:49= 03:48+ 01:55+
00:07+	00:32& 00:04+ 00:35#	00:03+ 01:12&	00:36# 00:30& 00:38# 00:00= 00:43# 00:17#
6	Susanne Baun	4	41:08
01:34+	03:21+ 08:35+ 14:19+	17:34+ 21:38+	25:45+ 28:03+ 31:21+ 36:08+ 39:18+ 41:08+
01:34+	01:47+ 05:14+ 05:44+	03:15+ 04:04+	04:07+ 02:18+ 03:18+ 04:47+ 03:10+ 01:50+
00:13#	00:06+ 01:37& 00:29+	00:15+ 00:26#	00:47# 00:19# 00:40& 00:58& 00:05+ 00:12#
7	Tage Baun	4	41:15
01:27+	03:22+ 08:32+ 14:16+	17:27+ 21:34+	25:41+ 27:57+ 31:18+ 36:05+ 39:21+ 41:15+
01:27+	01:55+ 05:10+ 05:44+	03:11+ 04:07+	04:07+ 02:16+ 03:21+ 04:47+ 03:16+ 01:54+
00:06+	00:14# 01:33& 00:29+	00:11+ 00:29#	00:47# 00:17# 00:43& 00:58& 00:11+ 00:16#
8	Thomas Jørgensen	5	44:05
02:08+	04:21+ 08:09+ 14:11+	17:49+	22:42+ 27:04+ 29:38+
02:08+	02:13+ 03:48+ 06:02+	03:38+ 04:53+	04:22+ 02:34+ 03:29+ 04:41+ 03:54+ 02:23+
00:47&	00:32& 00:11+ 00:47#	00:38# 01:15&	01:02& 00:35& 00:51& 00:52# 00:49& 00:45&
9	Pia Gade	16	45:01
01:44+	04:18+ 08:47+ 15:25+	19:44+ 24:48+	29:39+ 32:10+ 35:28+ 39:39+ 43:13+ 45:01+
01:44+	02:34+ 04:29+ 06:38+	04:19+ 05:04+	04:51+ 02:31+ 03:18+ 04:11+ 03:34+ 01:48+
00:23&	00:53& 00:52# 01:23&	01:19& 01:26&	01:31& 00:32& 00:40& 00:22+ 00:29# 00:10#
10	Asger Kristensen	3	45:53
01:24+	03:27+ 06:58+ 13:46+	17:47+ 22:02+	26:28+ 31:26+ 35:00+
01:24+	02:03+ 03:31= 06:48+	04:01+ 04:15+	04:26+ 04:58+ 03:34+ 04:49+ 03:51+ 02:13+
00:03+	00:22# 00:06= 01:33&	01:01& 00:37#	01:06& 02:59@ 00:56& 01:00& 00:46# 00:35&
11	Niels Jensen	11	48:11
01:44+	03:58+ 08:29+ 14:33+	17:28+ 24:07+	28:04+ 29:51+ 32:26+
01:44+	02:14+ 04:31+ 06:04+	02:55= 06:39+	03:57+ 01:47= 02:35= 07:39+ 05:28+ 02:38+
00:23&	00:33& 00:54# 00:49#	00:05= 03:01&	00:37# 00:12= 00:03= 03:50@ 02:23& 01:00&
12	Ann Dorrit Hansen	9	48:35
02:40+	08:49+ 16:17+ 20:23+	25:47+	30:53+ 33:40+ 37:57+
02:40+	06:09+ 07:28+ 04:06=	05:24+ 05:06+	02:47= 04:17+ 04:41+ 03:42= 02:15=
01:19&	04:28@ 03:51@ 01:09=	02:24& 01:28&	00:33= 02:18@ 02:03& 00:07= 00:50=
13	Inger Johansen	5	50:58
01:58+	04:43+ 08:34+ 15:12+	19:13+ 25:57+	32:17+ 34:47+ 38:54+
01:58+	02:45+ 03:51+ 06:38+	04:01+ 06:44+	06:20+ 02:30+ 04:07+ 05:20+ 04:12+ 02:32+
00:37&	01:04& 00:14+ 01:23&	01:01& 03:06&	03:00& 00:31& 01:29& 01:31& 01:07& 00:54&

Class	Navn	Klasse	Tid
14	Erik Libak Hansen	5	51:02
02:04+	04:35+ 08:38+ 15:17+ 19:22+ 26:29+ 32:20+ 34:51+ 38:51+ 44:10+ 48:17+ 51:02+		
02:04+	02:31+ 04:03+ 06:39+ 04:05+ 07:07+ 05:51+ 02:31+ 04:00+ 05:19+ 04:07+ 02:45+		
00:43&	00:50& 00:26# 01:24& 01:05& 03:29& 02:31& 00:32& 01:22& 01:30& 01:02& 01:07&		
15	Jørgen Krog	13	51:29
01:37+	10:03+ 14:19+ 19:57+ 22:44+ 30:28+ 37:16+ 39:50+ 42:58+ 46:45+ 49:40+ 51:29+		
01:37+	08:26+ 04:16+ 05:38+ 02:47- 07:44+ 06:48+ 02:34+ 03:08+ 03:47- 02:55- 01:49+		
00:16#	06:45@ 00:39# 00:23+ 00:13- 04:06@ 03:28@ 00:35& 00:30# 00:02- 00:10- 00:11#		
16	Charlotte Vibeke Olesen	5	55:55
01:37+	04:02+ 10:07+ 20:52+ 24:56+ 30:23+ 35:45+ 39:44+ 43:47+ 49:14+ 53:16+ 55:55+		
01:37+	02:25+ 06:05+ 10:45+ 04:04+ 05:27+ 05:22+ 03:59+ 04:03+ 05:27+ 04:02+ 02:39+		
00:16#	00:44& 02:28& 05:30@ 01:04& 01:49& 02:02& 02:00@ 01:25& 01:38& 00:57& 01:01&		
17	Asta Terkelsen	10	1:00:20
01:40+	04:28+ 08:06+ 15:18+ 18:41+ 30:13+ 40:41+ 44:58+ 48:30+ 53:42+ 58:14+ 60:20+		
01:40+	02:48+ 03:38+ 07:12+ 03:23+ 11:32+ 10:28+ 04:17+ 03:32+ 05:12+ 04:32+ 02:06+		
00:19#	01:07& 00:01+ 01:57& 00:23# 07:54@ 07:08@ 02:18@ 00:54& 01:23& 01:27& 00:28&		
Beste stræktid for klassen			
01:21	01:41	03:08	04:06
02:47	03:38	02:47	01:47
02:35	03:42	02:15	01:38

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

B5-4kmms

1	Axel Örnhagen Jørgensen	11	31:53
01:23=	02:28= 03:01= 03:35= 05:07= 06:54= 08:07= 09:26= 11:36= 12:23= 14:35= 16:13= 18:45= 21:55= 29:03= 30:08= 30:50= 31:53=		
01:23=	01:05= 00:33= 00:34= 01:32= 01:47= 01:13= 01:19= 02:10= 00:47= 02:12= 01:38= 02:32= 03:10= 07:08= 01:05= 00:42= 01:03=		
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	Nichlas Dag Vestergård	3	37:05
01:29+	02:33+ 03:06+ 03:54+ 06:03+ 08:09+ 09:29+ 11:34+ 14:00+ 15:14+ 17:40+ 19:29+ 22:50+ 25:59+ 32:56+ 34:40+ 35:54+ 37:05+		
01:29+	01:04- 00:33= 00:48+ 02:09+ 02:06+ 01:20+ 02:05+ 02:26+ 01:14+ 02:26+ 01:49+ 03:21+ 03:09- 06:57- 01:44+ 01:14+ 01:11+		
00:06+	00:01- 00:00= 00:14& 00:37& 00:19# 00:07+ 00:46& 00:16# 00:27& 00:14# 00:11# 00:49& 00:01- 00:11- 00:39& 00:32& 00:08#		
3	Karl Gammelvind	3	39:40
01:38+	02:55+ 03:50+ 04:37+ 07:44+ 10:51+ 12:23+ 14:37+ 17:22+ 18:33+ 21:46+ 23:59+ 30:09+ 32:43+ 36:10+ 37:42+ 38:39+ 39:40+		
01:38+	01:17+ 00:55+ 00:47+ 03:07+ 03:07+ 01:32+ 02:14+ 02:45+ 01:11+ 03:13+ 02:13+ 06:10+ 02:34- 03:27- 01:32+ 00:57+ 01:01-		
00:15#	00:12# 00:22& 00:13& 01:35@ 01:20& 00:19& 00:55& 00:35& 00:24& 01:01& 00:35& 03:38@ 00:36- 03:41- 00:27& 00:15& 00:02-		
4	Lilli Hansen	10	48:50
02:40+	04:18+ 05:16+ 06:31+ 09:15+ 12:53+ 14:39+ 18:10+ 21:51+ 23:42+ 28:26+ 31:12+ 35:44+ 39:14+ 43:39+ 45:45+ 47:10+ 48:50+		
02:40+	01:38+ 00:58+ 01:15+ 02:44+ 03:38+ 01:46+ 03:31+ 03:41+ 01:51+ 04:44+ 02:46+ 04:32+ 03:30+ 04:25- 02:06+ 01:25+ 01:40+		
01:17&	00:33& 00:25& 00:41@ 01:12& 01:51@ 00:33& 02:12@ 01:31& 01:04@ 02:32@ 01:08& 02:00& 00:20# 02:43- 01:01& 00:43@ 00:37&		
5	Pia Grønberg Hansen	6	48:52
02:43+	04:23+ 05:19+ 06:27+ 09:17+ 12:49+ 14:43+ 18:07+ 21:58+ 23:46+ 28:29+ 31:23+ 35:39+ 39:10+ 43:43+ 45:52+ 47:14+ 48:52+		
02:43+	01:40+ 00:56+ 01:08+ 02:50+ 03:32+ 01:54+ 03:24+ 03:51+ 01:48+ 04:43+ 02:54+ 04:16+ 03:31+ 04:33- 02:09+ 01:22+ 01:38+		
01:20&	00:35& 00:23& 00:34& 01:18& 01:45& 00:41& 02:05@ 01:41& 01:01@ 02:31@ 01:16& 01:44& 00:21# 02:35- 01:04& 00:40& 00:35&		
Beste stræktid for klassen			
01:23	01:04	00:33	00:34
01:32	01:47	01:13	01:19
02:10	00:47	02:12	01:38
02:32	02:34	03:27	01:05
00:42	01:01		

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

let/begynder

1	Ella Mikkelsen	4	26:32
01:36=	04:00= 05:42= 08:35= 09:51= 12:25= 13:31= 15:10= 16:31= 18:32= 20:25= 21:08= 22:45= 24:23= 25:53= 26:32=		
01:36=	02:24= 01:42= 02:53= 01:16= 01:06= 01:39= 01:21= 02:01= 01:53= 00:43= 01:37= 01:38= 01:30= 00:39=		
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	Carina Sørensen	NOTEAM	36:35
01:55+	04:17+ 06:10+ 09:25+ 10:44+ 14:39+ 16:35+ 19:11+ 20:49+ 23:23+ 27:52+ 28:54+ 31:07+ 33:32+ 35:11+ 36:35+		
01:55+	02:22- 01:53+ 03:15+ 01:19+ 03:55+ 01:56+ 02:36+ 01:38+ 02:34+ 04:29+ 01:02+ 02:13+ 02:25+ 01:39+ 01:24+		
00:19#	00:02- 00:11# 00:22# 00:03+ 01:21& 00:50& 00:57& 00:17# 00:33& 02:36@ 00:19& 00:36& 00:47& 00:09+ 00:45@		

Class	Navn	Klasse														Tid	
3	Maja Jensen	NOTEAM														56:30	
	03:15+	08:21+	11:13+	16:03+	18:36+	23:29+	25:52+	29:42+	32:21+	36:34+	41:35+	43:21+	47:23+	51:49+	54:55+	56:30+	
	03:15+	05:06+	02:52+	04:50+	02:33+	04:53+	02:23+	03:50+	02:39+	04:13+	05:01+	01:46+	04:02+	04:26+	03:06+	01:35+	
	01:39@	02:42@	01:10&	01:57&	01:17@	02:19&	01:17@	02:11@	01:18&	02:12@	03:08@	01:03@	02:25@	02:48@	01:36@	00:56@	
4	Lars Jensen	NOTEAM														56:36	
	03:02+	08:10+	11:13+	16:01+	18:27+	23:28+	25:51+	29:41+	32:19+	36:24+	41:26+	43:26+	47:21+	51:46+	56:36+		
	03:02+	05:08+	03:03+	04:48+	02:26+	05:01+	02:23+	03:50+	02:38+	04:05+	05:02+	02:00+	03:55+	04:25+	04:50+		
	01:26&	02:44@	01:21&	01:55&	01:10&	02:27&	01:17@	02:11@	01:17&	02:04@	03:09@	01:17@	02:18@	02:47@	03:20@		
5	Jan Hedegaard	NOTEAM														57:00	
	03:33+	08:48+	11:30+	16:18+	18:51+	23:43+	26:10+	29:58+	32:38+	36:45+	42:02+	44:07+	47:33+	52:06+	55:14+	57:00+	
	03:33+	05:15+	02:42+	04:48+	02:33+	04:52+	02:27+	03:48+	02:40+	04:07+	05:17+	02:05+	03:26+	04:33+	03:08+	01:46+	
	01:57@	02:51@	01:00&	01:55&	01:17@	02:18&	01:21@	02:09@	01:19&	02:06@	03:24@	01:22@	01:49@	02:55@	01:38@	01:07@	
6	Ib Andreassen	NOTEAM														1:16:06	
	03:32+	11:09+	15:05+	25:27+	27:57+	32:53+	36:00+	42:29+	44:57+	52:38+	58:37+	61:41+	65:51+	70:51+	74:12+	76:06+	
	03:32+	07:37+	03:56+	10:22+	02:30+	04:56+	03:07+	06:29+	02:28+	07:41+	05:59+	03:04+	04:10+	05:00+	03:21+	01:54+	
	01:56@	05:13@	02:14@	07:29@	01:14&	02:22&	02:01@	04:50@	01:07&	05:40@	04:06@	02:21@	02:33@	03:22@	01:51@	01:15@	
7	Knud Pedersen	NOTEAM														1:16:08	
	03:39+	11:08+	15:13+	25:35+	28:07+	33:05+	36:09+	42:37+	45:07+	52:53+	58:47+	61:49+	66:02+	71:01+	74:13+	76:08+	
	03:39+	07:29+	04:05+	10:22+	02:32+	04:58+	03:04+	06:28+	02:30+	07:46+	05:54+	03:02+	04:13+	04:59+	03:12+	01:55+	
	02:03@	05:05@	02:23@	07:29@	01:16&	02:24&	01:58@	04:49@	01:09&	05:45@	04:01@	02:19@	02:36@	03:21@	01:42@	01:16@	
Beste stræktid for klassen		01:36	02:22	01:42	02:53	01:16	02:34	01:06	01:39	01:21	02:01	01:53	00:43	01:37	01:38	01:30	00:39

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