

Vinterlangdistance 1 NK

Stræktider

Kompedal syd nord-11-12-2016

Plads Navn
10km

Klasse

Tid

Plads	Navn	Klasse	Tid
1	Tjalfe Egholm Rude	16	57:42
05:29=	07:04=	09:54=	11:43=
05:29=	01:35=	02:50=	01:49=
00:00=	00:00=	00:00=	00:00=
2	Kristian Vad	4	59:59
05:41+	07:14+	10:47+	12:26+
05:41+	01:33-	03:33+	01:39-
00:12+	00:02-	00:43&	00:10-
3	Jørgen Schnack	20	1:01:11
06:21+	08:04+	10:41+	12:56+
06:21+	01:43+	02:37-	02:15+
00:52#	00:08+	00:13-	00:26#
4	Anker Møller	16	1:06:06
06:48+	08:41+	11:28+	13:36+
06:48+	01:53+	02:47-	02:08+
01:19#	00:18#	00:03-	00:19#
5	Marianne Lyng Krogh	6	1:06:12
06:58+	08:57+	11:45+	13:55+
06:58+	01:59+	02:48-	02:10+
01:29&	00:24&	00:02-	00:21#
6	Henning Hansen	4	1:06:19
07:29+	09:30+	12:14+	14:24+
07:29+	02:01+	02:44-	02:10+
02:00&	00:26&	00:06-	00:21#
7	Jess Rasmussen	19	1:06:35
06:39+	08:34+	11:17+	13:20+
06:39+	01:55+	02:43-	02:03+
01:10#	00:20#	00:07-	00:14#
8	Rikke Holm Jensen	4	1:07:24
07:12+	09:10+	11:58+	14:06+
07:12+	01:58+	02:48-	02:08+
01:43&	00:23#	00:02-	00:19#
9	Jens Peter Christensen	2	1:07:28
06:51+	08:46+	11:30+	13:27+
06:51+	01:55+	02:44-	01:57+
01:22#	00:20#	00:06-	00:08+
10	Mads Mikkelsen	4	1:07:38
06:56+	08:53+	11:40+	13:49+
06:56+	01:57+	02:47-	02:09+
01:27&	00:22#	00:03-	00:20#
11	Jakob Gade	19	1:07:41
06:58+	08:54+	11:35+	13:42+
06:58+	01:56+	02:41-	02:07+
01:29&	00:21#	00:09-	00:18#
12	Sara Lysemose Poulsen	16	1:09:08
07:14+	09:15+	12:07+	14:18+
07:14+	02:01+	02:52+	02:11+
01:45&	00:26&	00:02+	00:22#
13	Peter Sinding Poulsen	16	1:09:54
07:16+	09:16+	12:10+	14:21+
07:16+	02:00+	02:54+	02:11+
01:47&	00:25&	00:04+	00:22#
14	Jørgen Bruun	NOTEAM	1:09:58
11:13+	13:32+	16:01+	17:58+
11:13+	02:19+	02:29-	01:57+
05:44@	00:44&	00:21-	00:08+

Class	Navn	Klasse										Tid									
15	Bjarne Mortensen	2										1:10:23									
06:42+	08:36+	11:21+	13:24+	17:33+	21:05+	27:03+	28:56+	31:25+	40:31+	41:48+	44:05+	50:00+	54:25+	57:58+	61:09+	66:49+	67:42+	69:51+	70:23+		
06:42+	01:54+	02:45-	02:03+	04:09+	03:32+	05:58+	01:53+	02:29-	09:06+	01:17-	02:17+	05:55+	04:25+	03:33+	03:11-	05:40+	00:53+	02:09+	00:32+		
01:13#	00:19#	00:05-	00:14#	00:09+	00:13+	03:43@	00:07+	00:10-	03:54&	00:09-	00:15#	00:41#	00:28#	00:20#	00:03-	01:15&	00:01+	00:14#	00:02+		
16	Leif Rønn Olsen	2										1:13:17									
07:43+	09:52+	12:55+	15:13+	19:52+	24:30+	27:13+	29:27+	32:28+	39:15+	40:51+	43:29+	50:23+	55:16+	59:29+	63:14+	69:09+	70:20+	72:45+	73:17+		
07:43+	02:09+	03:03+	02:18+	04:39+	04:38+	02:43+	02:14+	03:01+	06:47+	01:36+	02:38+	06:54+	04:53+	04:13+	03:45+	05:55+	01:11+	02:25+	00:32+		
02:14&	00:34&	00:13+	00:29&	00:39#	01:19&	00:28#	00:28&	00:22#	01:35&	00:10#	00:36&	01:40&	00:56#	01:00&	00:31#	01:30&	00:19&	00:30&	00:02+		
17	Erling Trankjær	3										1:15:35									
07:02+	08:50+	11:42+	14:10+	19:00+	26:56+	29:27+	31:39+	34:36+	41:41+	43:35+	46:11+	53:10+	58:13+	62:31+	66:27+	71:53+	72:53+	75:07+	75:35+		
07:02+	01:48+	02:52+	02:28+	04:50+	07:56+	02:31+	02:12+	02:57+	07:05+	01:54+	02:36+	06:59+	05:03+	04:18+	03:56+	05:26+	01:00+	02:14+	00:28-		
01:33&	00:13#	00:02+	00:39&	00:50#	04:37@	00:16#	00:26#	00:18#	01:53&	00:28&	00:34&	01:45&	01:06&	01:05&	00:42#	01:01#	00:08#	00:19#	00:02-		
18	Peer Straarup	4										1:15:57									
07:37+	09:45+	12:52+	15:09+	20:23+	24:36+	27:33+	29:56+	33:03+	40:09+	41:54+	44:35+	51:28+	57:26+	61:45+	65:33+	71:44+	72:51+	75:25+	75:57+		
07:37+	02:08+	03:07+	02:17+	05:14+	04:13+	02:57+	02:23+	03:07+	07:06+	01:45+	02:41+	06:53+	05:58+	04:19+	03:48+	06:11+	01:07+	02:34+	00:32+		
02:08&	00:33&	00:17+	00:28&	01:14&	00:54&	00:42&	00:37&	00:28#	01:54&	00:19#	00:39&	01:39&	02:01&	01:06&	00:34#	01:46&	00:15&	00:39&	00:02+		
19	Stig Barrett	19										1:17:17									
07:30+	09:33+	12:30+	14:44+	19:44+	24:44+	27:27+	29:48+	32:54+	39:50+	41:49+	44:29+	51:43+	57:22+	61:55+	65:48+	72:24+	73:32+	76:34+	77:17+		
07:30+	02:03+	02:57+	02:14+	05:00+	05:00+	02:43+	02:21+	03:06+	06:56+	01:59+	02:40+	07:14+	05:39+	04:33+	03:53+	06:36+	01:08+	03:02+	00:43+		
02:01&	00:28&	00:07+	00:25#	01:00#	01:41&	00:28#	00:35&	00:27#	01:44&	00:33&	00:38&	02:00&	01:42&	01:20&	00:39#	02:11&	00:16&	01:07&	00:13&		
20	Nanna Lysemose Poulsen	16										1:19:00									
07:18+	09:22+	12:20+	14:36+	20:25+	25:21+	28:11+	30:24+	33:37+	41:24+	43:10+	45:52+	53:41+	59:32+	64:24+	68:16+	74:00+	75:18+	78:32+	79:00+		
07:18+	02:04+	02:58+	02:16+	05:49+	04:56+	02:50+	02:13+	03:13+	07:47+	01:46+	02:42+	07:49+	05:51+	04:52+	03:52+	05:44+	01:18+	03:14+	00:28-		
01:49&	00:29&	00:08+	00:27#	01:49&	01:37&	00:35&	00:27&	00:34#	02:35&	00:20#	00:40&	02:35&	01:54&	01:39&	00:38#	01:19&	00:26&	01:19&	00:02-		
21	Rikke Lysemose Poulsen	16										1:19:04									
07:21+	09:20+	12:23+	14:39+	20:28+	25:24+	28:09+	30:28+	33:35+	41:22+	43:05+	45:55+	53:40+	59:37+	64:22+	68:06+	74:04+	75:18+	78:35+	79:04+		
07:21+	01:59+	03:03+	02:16+	05:49+	04:56+	02:45+	02:19+	03:07+	07:47+	01:43+	02:50+	07:45+	05:57+	04:45+	03:44+	05:58+	01:14+	03:17+	00:29-		
01:52&	00:24&	00:13+	00:27#	01:49&	01:37&	00:30#	00:33&	00:28#	02:35&	00:17#	00:48&	02:31&	02:00&	01:32&	00:30#	01:33&	00:22&	01:22&	00:01-		
22	Jens Ozol	16										1:22:53									
08:29+	10:49+	14:22+	17:06+	22:47+	27:47+	30:35+	33:06+	36:31+	44:29+	46:37+	49:54+	57:30+	63:28+	68:13+	72:23+	78:33+	79:40+	82:30+	82:53+		
08:29+	02:20+	03:33+	02:44+	05:41+	05:00+	02:48+	02:31+	03:25+	07:58+	02:08+	03:17+	07:36+	05:58+	04:45+	04:10+	06:10+	01:07+	02:50+	00:23-		
03:00&	00:45&	00:43&	00:55&	01:41&	01:41&	00:33#	00:45&	00:46&	02:46&	00:42&	01:15&	02:22&	02:01&	01:32&	00:56&	01:45&	00:15&	00:55&	00:07-		
23	Jens Larsen	16										1:23:06									
08:17+	10:36+	13:47+	16:16+	21:14+	28:19+	31:06+	33:47+	37:08+	45:29+	47:20+	50:31+	58:18+	63:41+	68:21+	72:18+	78:27+	79:38+	82:34+	83:06+		
08:17+	02:19+	03:11+	02:29+	04:58+	07:05+	02:47+	02:41+	03:21+	08:21+	01:51+	03:11+	07:47+	05:23+	04:40+	03:57+	06:09+	01:11+	02:56+	00:32+		
02:48&	00:44&	00:21#	00:40&	00:58#	03:46@	00:32#	00:55&	00:42&	03:09&	00:25&	01:09&	02:33&	01:26&	01:27&	00:43#	01:44&	00:19&	01:01&	00:02+		
24	Bjarne Christensen	16										1:23:29									
08:46+	11:26+	14:51+	17:25+	22:56+	28:02+	30:48+	33:32+	36:54+	45:10+	47:15+	50:27+	58:20+	63:33+	68:24+	72:14+	78:24+	79:55+	82:52+	83:29+		
08:46+	02:40+	03:25+	02:34+	05:31+	05:06+	02:46+	02:44+	03:22+	08:16+	02:05+	03:12+	07:53+	05:13+	04:51+	03:50+	06:10+	01:31+	02:57+	00:37+		
03:17&	01:05&	00:35#	00:45&	01:31&	01:47&	00:31#	00:58&	00:43&	03:04&	00:39&	01:10&	02:39&	01:16&	01:38&	00:36#	01:45&	00:39&	01:02&	00:07#		
25	Britt Hermanrud	16										1:23:33									
08:50+	11:19+	14:48+	17:31+	23:00+	27:58+	30:54+	33:28+	36:50+	45:18+	47:23+	50:22+	58:10+	63:37+	68:14+	72:16+	79:17+	80:25+	83:00+	83:33+		
08:50+	02:29+	03:29+	02:43+	05:29+	04:58+	02:56+	02:34+	03:22+	08:28+	02:05+	02:59+	07:48+	05:27+	04:37+	04:02+	07:01+	01:08+	02:35+	00:33+		
03:21&	00:54&	00:39#	00:54&	01:29&	01:39&	00:41&	00:48&	00:43&	03:16&	00:39&	00:57&	02:34&	01:30&	01:24&	00:48#	02:36&	00:16&	00:40&	00:03+		
26	Carsten Helligsø	5										1:24:12									
08:43+	10:55+	14:17+	16:42+	22:27+	27:54+	31:02+	33:49+	37:01+	46:04+	47:56+	50:39+	58:23+	63:56+	68:55+	72:45+	79:40+	80:57+	83:35+	84:12+		
08:43+	02:12+	03:22+	02:25+	05:45+	05:27+	03:08+	02:47+	03:12+	09:03+	01:52+	02:43+	07:44+	05:33+	04:59+	03:50+	06:55+	01:17+	02:38+	00:37+		
03:14&	00:37&	00:32#	00:36&	01:45&	02:08&	00:53&	01:01&	00:33#	03:51&	00:26&	00:41&	02:30&	01:36&	01:46&	00:36#	02:30&	00:25&	00:43&	00:07#		
27	Michael Straube	4										1:24:30									
08:13+	10:33+	13:42+	16:13+	21:18+	28:13+	31:15+	33:55+	37:12+	46:10+	47:48+	50:52+	58:58+	64:39+	69:32+	73:33+	78:58+	80:05+	83:45+	84:30+		
08:13+	02:20+	03:09+	02:31+	05:05+	06:55+	03:02+	02:40+	03:17+	08:58+	01:38+	03:04+	08:06+	05:41+	04:53+	04:01+	05:25+	01:07+	03:40+	00:45+		
02:44&	00:45&	00:19#	00:42&	01:05&	03:36@	00:47&	00:54&	00:38#	03:46&	00:12#	01:02&	02:52&	01:44&	01:40&	00:47#	01:00#	00:15&	01:45&	00:15&		
28	Svend Erik Hedevang	2										1:24:42									
08:33+	10:58+	14:27+	17:15+	23:21+	28:25+	31:35+	34:17+	37:54+	46:36+	48:22+	51:06+	58:54+	64:21+	69:08+	73:17+	79:55+	81:06+	84:06+	84:42+		
08:33+	02:25+	03:29+	02:48+	05:06+	05:04+	03:10+	02:42+	03:37+	08:42+	01:46+	02:44+	07:48+	05:27+	04:47+	04:09+	06:38+	01:11+	03:00+	00:36+		
03:04&	00:50&	00:39#	00:59&	02:06&	01:45&	00:55&	00:56&	00:58&	03:30&	00:20#	00:42&	02:34&	01:30&	01:34&	00:55&	02:13&	00:19&	01:05&	00:06#		
29	Erik Krogh	6										1:25:43									
07:55+	10:16+	13:35+	16:10+	21:23+	26:17+	29:23+	31:55+	35:21+	43:42+	45:37+	49:03+	57:37+	63:45+	68:43+	73:08+	80:23+	81:46+	84:59+	85:43+		
07:55+	02:21+	03:19+	02:35+	05:13+	04:54+	03:06+	02:32+	03:26+	08:21+	01:55+	03:26+	08:34+	06:08+	04:58+	04:25+	07:15+	01:23+	03:13+	00:44+		
02:26&	00:46&	00:29#	00:46&	01:13&	01:35&	00:51&	00:46&	00:47&	03:09&	00:29&	01:24&	03:20&	02:11&	01:45&	01:11&	02:50&	00:31&	01:18&	00:14&		

Class	Navn	Klasse	Tid																
30	Leif Skovgaard Knudsen	1	1:35:40																
09:51+	13:40+	17:34+	20:18+	26:45+	32:46+	36:10+	39:24+	43:06+	52:14+	54:11+	57:36+	66:17+	72:26+	78:14+	82:55+	90:59+	92:14+	95:08+	95:40+
09:51+	03:49+	03:54+	02:44+	06:27+	06:01+	03:24+	03:14+	03:42+	09:08+	01:57+	03:25+	08:41+	06:09+	05:48+	04:41+	08:04+	01:15+	02:54+	00:32+
04:22&	02:14@	01:04&	00:55&	02:27&	02:42&	01:09&	01:28&	01:03&	03:56&	00:31&	01:23&	03:27&	02:12&	02:35&	01:27&	03:39&	00:23&	00:59&	00:02+
31	Jesper Brahm + Mogens Johansen	6	1:38:50																
10:22+	12:25+	15:59+	21:00+	27:18+	35:23+	39:29+	41:58+	45:30+	56:08+	58:33+	63:00+	70:13+	76:53+	81:51+	86:45+	94:39+	95:48+	98:18+	98:50+
10:22+	02:03+	03:34+	05:01+	06:18+	08:05+	04:06+	02:29+	03:32+	10:38+	02:25+	04:27+	07:13+	06:40+	04:58+	04:54+	07:54+	01:09+	02:30+	00:32+
04:53&	00:28&	00:44&	03:12@	02:18&	04:46@	01:51&	00:43&	00:53&	05:26@	00:59&	02:25@	01:59&	02:43&	01:45&	01:40&	03:29&	00:17&	00:35&	00:02+
05:29	01:33	02:29	01:39	03:33	02:53	02:11	01:35	02:08	05:12	01:17	01:56	04:56	03:57	03:01	02:43	04:25	00:49	01:48	00:23

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

16km

1	Mikkel Holm Nielsen	12	1:43:52																																		
03:49=	06:09=	07:51=	11:26=	16:00=	20:03=	23:31=	26:49=	28:25=	31:24=	33:20=	34:19=	36:51=	47:24=	52:38=	56:53=	58:08=	60:32=	62:59=	66:13=	69:53=	72:27=	73:43=	78:51=	84:28=	89:57=												
03:49=	02:20=	01:42=	03:35=	04:34=	04:03=	03:28=	03:18=	01:36=	02:59=	01:56=	00:59=	02:32=	10:33=	05:14=	04:15=	01:15=	02:24=	02:27=	03:14=	03:40=	02:34=	01:16=	05:08=	05:37=	05:29=												
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=												
96:16=	100:47=	101:41=	103:31=	103:52=	06:19=	04:31=	00:54=	01:50=	00:21=	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	Vidar Sire	14	1:46:52																																		
04:10+	06:27+	08:08+	11:48+	23:22+	27:15+	30:35+	34:50+	37:38+	39:33+	40:34+	42:26+	46:32+	51:47+	55:48+	56:58+	59:14+	61:33+	64:36+	68:15+	70:24+	71:47-	78:41+	84:18+	91:25+	98:45+												
04:10+	02:17-	01:41-	03:40+	11:34+	03:53-	03:20-	04:15+	02:48+	01:55-	01:01-	01:52+	04:06+	05:15-	04:01-	01:10-	02:16+	02:19-	03:03+	03:39+	02:09-	01:23-	06:54+	05:37+	07:07+	07:20+												
00:21+	00:03-	00:01-	00:05+	07:00@	00:10-	00:08-	00:57&	01:12&	01:04-	00:55-	00:53&	01:34&	05:18-	01:13-	03:05-	01:01&	00:05-	00:36#	00:25#	01:31-	01:11-	05:38@	00:29+	01:30&	01:51&												
103:27+	104:21+	106:21+	106:52+	04:42-	00:54-	02:00+	00:31-	01:37-	03:37-	01:06@	01:19-	04:15+	06:33+	08:15+	12:06+	16:17+	20:13+	23:54+	28:05+	30:56+	32:49+	33:50+	35:50+	45:21+	51:13+	55:15+	56:28-	59:19+	61:26+	64:41+	68:13+	70:36+	71:53-	77:53+	84:13+	93:02+	99:48+
04:15+	02:18-	01:42=	03:51+	04:11-	03:56-	03:41+	04:11+	02:51+	01:53-	01:01-	02:00+	09:31+	05:52-	04:02-	01:13-	02:51+	02:07-	03:15+	03:32+	02:23-	01:17-	06:00+	06:20+	08:49+	06:46+												
00:26#	00:02-	00:00=	00:16+	00:23-	00:07-	00:13+	00:53&	01:15&	01:06-	00:55-	01:01@	06:59@	04:41-	01:12-	03:02-	01:36@	00:17-	00:48&	00:18+	01:17-	01:17-	04:44@	01:12#	03:12&	01:17#												
104:23+	105:15+	107:13+	107:43+	04:35-	00:52-	01:58+	00:30-	01:44-	03:39-	01:04@	01:20-	04:00+	06:24+	08:06+	11:56+	16:15+	20:22+	23:57+	28:42+	31:35+	33:28+	34:29+	36:24+	45:19+	53:40+	56:49+	58:01+	60:40+	63:04+	66:23+	70:11+	72:37+	73:59+	80:13+	86:25+	95:47+	102:59+
04:00+	02:24+	01:42=	03:50+	04:19-	04:07+	03:35+	04:45+	02:53+	01:53-	01:01-	01:55+	08:55+	07:21-	04:09-	01:12-	02:39+	02:24=	03:19+	03:48+	02:26-	01:22-	06:14+	06:12+	09:22+	07:12+												
00:11+	00:04+	00:00=	00:15+	00:15-	00:04+	00:07+	01:27&	01:17&	01:06-	00:55-	00:56&	06:23@	03:12-	01:05-	03:03-	01:24@	00:00=	00:52&	00:34#	01:14-	01:12-	04:58@	01:04#	03:45&	01:43&												
108:09+	109:01+	111:03+	111:29+	05:10-	00:52-	02:02+	00:26-	01:09-	03:39-	01:08@	01:24-	04:33+	02:37+	01:55+	04:32+	05:01+	05:26+	04:48+	05:39+	03:18+	02:05-	01:08-	02:00+	05:10+	06:51-	04:55-	01:25-	02:33+	02:26+	03:44+	03:59+	02:28-	01:28-	06:50+	09:17+	06:34+	07:47+
00:44#	00:17#	00:13#	00:57&	00:27+	01:23&	01:20&	02:21&	01:42@	00:54-	00:48-	01:01@	02:38@	03:42-	00:19-	02:50-	01:18@	00:02+	01:17&	00:45#	01:12-	01:06-	05:34@	04:09&	00:57#	02:18&												
114:07+	115:05+	117:17+	117:44+	05:38-	00:58-	02:12+	00:27-	00:41-	03:33-	01:18@	01:23-	05:53+	02:44+	02:03+	04:27+	04:12+	05:05+	03:59+	02:08-	01:10-	02:21+	06:56+	06:17-	04:52-	60:15+	63:08+	66:16+	69:45+	73:56+	76:26+	77:55+	84:54+	92:13+	99:50+	107:58+		
00:23#	00:01-	00:05+	00:28#	00:21+	00:24+	00:44#	01:47&	02:23@	00:51-	00:46-	01:22@	04:24@	04:16-	00:22-	02:43-	01:38@	00:44&	01:02&	00:57&	01:10-	01:05-	05:43@	02:11&	02:00&	02:39&												
115:26+	116:29+	119:18+	119:53+	07:28+	01:03-	02:49+	00:35-	01:09#	03:28-	01:55@	01:15-	05:53+	02:44+	02:03+	04:27+	05:48+	05:43+	04:29+	05:22+	03:36+	02:20-	01:19-	02:03+	05:52+	06:19-	05:04-	01:23-	03:43+	02:34+	03:50+	04:24+	02:51-	01:39-	06:50+	07:10+	07:27+	08:48+
119:35+	120:52+	123:41+	124:17+	05:54-	01:17-	02:49+	00:36-	00:25-	03:14-	01:55@	01:14-	05:53+	08:37+	10:40+	15:07+	20:55+	26:38+	31:07+	36:29+	40:05+	42:25+	43:44+	45:47+	51:39+	57:58+	63:02+	64:25+	68:08+	70:42+	74:32+	78:56+	81:47+	83:26+	90:16+	97:26+	104:53+	113:41+
02:04&	00:24#	00:21#	00:52#	01:14&	01:40&	01:01&	02:04&	02:00@	00:39-	00:37-	01:04@	03:20@	04:14-	00:10-	02:52-	02:28@	00:10+	01:23&	01:10&	00:49-	00:55-	05:34@	02:02&	01:50&	03:19&												

Class	Navn	Klasse	Tid
8	Mikkel Hagstrøm	19	2:05:12
04:44+	07:31+	09:36+	14:08+
04:44+	02:47+	02:05+	04:32+
00:55#	00:27#	00:23#	00:57&
120:52+	122:07+	124:39+	125:12+
06:14-	01:15-	02:32+	00:33-
00:05-	03:16-	01:38@	01:17-
9	Gert Johansson	12	2:07:04
15:01+	17:43+	19:40+	23:59+
15:01+	02:42+	01:57+	04:19+
11:12@	00:22#	00:15#	00:44#
123:05+	124:11+	126:38+	127:04+
05:47-	01:06-	02:27+	00:26-
00:32-	03:25-	01:33@	01:24-
10	Uffe Villumsen	13	2:09:18
04:47+	07:29+	09:34+	14:25+
04:47+	02:42+	02:05+	04:51+
00:58&	00:22#	00:23#	01:16&
124:38+	125:41+	128:34+	129:18+
08:44+	01:03-	02:53+	00:44-
02:25&	03:28-	01:59@	01:06-
11	John Holm	12	2:09:34
04:52+	07:27+	09:27+	13:55+
04:52+	02:35+	02:00+	04:28+
01:03&	00:15#	00:18#	00:53#
124:44+	125:58+	128:56+	129:34+
07:10+	01:14-	02:58+	00:38-
00:51#	03:17-	02:04@	01:12-
12	Jens Isaksen	16	2:24:13
05:10+	08:17+	10:27+	15:17+
05:10+	03:07+	02:10+	04:50+
01:21&	00:47&	00:28&	01:15&
138:49+	139:56+	143:43+	144:13+
06:42+	01:07-	03:47+	00:30-
00:23+	03:24-	02:53@	01:20-
13	Lasse Due Petersen	NOTEAM	2:25:34
05:42+	09:12+	11:24+	16:35+
05:42+	03:30+	02:12+	05:11+
01:53&	01:10&	00:30&	01:36&
140:56+	142:14+	144:58+	145:34+
06:41+	01:18-	02:44+	00:36-
00:22+	03:13-	01:50@	01:14-
14	Emil Kastrop	21	2:25:36
05:43+	09:09+	11:21+	16:31+
05:43+	03:26+	02:12+	05:10+
01:54&	01:06&	00:30&	01:35&
140:53+	142:12+	145:01+	145:36+
06:45+	01:19-	02:49+	00:35-
00:26+	03:12-	01:55@	01:15-
15	Søren Andersen	2	2:28:45
11:11+	14:06+	16:17+	21:17+
11:11+	02:55+	02:11+	05:00+
07:22@	00:35#	00:29&	01:25&
144:08+	145:23+	148:09+	148:45+
07:31+	01:15-	02:46+	00:36-
01:12#	03:16-	01:52@	01:14-
Beste stræktid for klassen			
03:49	02:17	01:41	03:35
04:11	03:53	03:20	03:18
01:36	01:53	01:01	00:59
02:32	05:15	04:01	01:10
01:15	02:07	02:27	03:14
02:09	01:17	01:16	05:08
05:37	05:29	04:35	00

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

20km

Class	Navn	Klasse	Tid																						
1	Nicolai Nielsen	7	1:47:07																						
04:52=	06:34=	09:50=	11:47=	14:27=	18:05=	22:39=	25:26=	30:13=	33:30=	36:03=	38:25=	40:03=	40:55=	42:30=	55:24=	56:30=	59:52=	62:25=	64:14=	68:26=	70:47=	74:51=	79:48=	84:47=	87:44=
04:52=	01:42=	03:16=	01:57=	02:40=	03:38=	04:34=	02:47=	04:47=	03:17=	02:33=	02:22=	01:38=	00:52=	01:35=	12:54=	01:06=	03:22=	02:33=	01:49=	04:12=	02:21=	04:04=	04:57=	04:59=	02:57=
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=
91:44=	95:45=	99:15=	100:20=	104:14=	105:02=	106:42=	107:07=																		
04:00=	04:01=	03:30=	01:05=	03:54=	00:48=	01:40=	00:25=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																		
2	Lasse Holch Nielsen	16	1:51:30																						
05:06+	06:41+	10:08+	12:08+	14:55+	18:07+	22:53+	25:41+	30:27+	33:41+	36:19+	38:54+	40:39+	41:34+	43:07+	46:54-	56:12-	57:24-	59:40-	63:04-	64:56-	68:24-	70:54-	75:01-	80:33-	86:10-
05:06+	01:35-	03:27+	02:00+	02:47+	03:12-	04:46+	02:48+	04:46-	03:14-	02:38+	02:35+	01:45+	00:55+	01:33-	03:47-	09:18+	01:12-	02:16-	03:24+	01:52-	03:28+	02:30-	04:07-	05:32+	05:37+
00:14+	00:07-	00:11+	00:03+	00:07+	00:26-	00:12+	00:01+	00:01-	00:03-	00:05+	00:13+	00:07+	00:03+	00:02-	09:07-	08:12@	02:10-	00:17-	01:35&	02:20-	01:07&	01:34-	00:50-	00:33#	02:40&
89:24-	94:18-	98:53-	102:47+	104:07-	108:29+	109:19+	111:09+	111:30+																	
03:14-	04:54+	04:35+	03:54+	01:20-	04:22+	00:50-	01:50+	00:21+																	
00:46-	00:53#	01:05&	02:49@	02:34-	03:34@	00:50-	01:25@	00:21+																	
3	Mikael Halberg	NOTEAM	2:05:33																						
05:14+	06:55+	10:25+	12:34+	15:27+	18:08+	23:34+	28:14+	33:29+	38:13+	42:08+	44:55+	46:45+	47:53+	49:34+	53:54-	63:19+	64:34+	68:14+	73:33+	75:35+	80:21+	83:15+	87:36+	93:42+	99:36+
05:14+	01:41-	03:30+	02:09+	02:53+	02:41-	05:26+	04:40+	05:15+	04:44+	03:55+	02:47+	01:50+	01:08+	01:41+	04:20-	09:25+	01:15-	03:40+	05:19+	02:02-	04:46+	02:54-	04:21-	06:06+	05:54+
00:22+	00:01-	00:14+	00:12#	00:13+	00:57-	00:52#	01:53&	00:28+	01:27&	01:22&	00:25#	00:12#	00:16&	00:06+	08:34-	08:19@	02:07-	01:07&	03:30@	02:10-	02:25@	01:10-	00:36-	01:07#	02:57&
103:03+	107:40+	112:07+	116:08+	117:24+	122:11+	123:07+	125:01+	125:33+																	
03:27-	04:37+	04:27+	04:01+	01:16-	04:47+	00:56-	01:54+	00:32+																	
00:33-	00:36#	00:57&	02:56@	02:38-	03:59@	00:44-	01:29@	00:32+																	
4	Henrik Markvardsen	18	2:05:48																						
06:23+	08:25+	12:35+	15:01+	18:30+	21:36+	27:45+	31:23+	37:16+	41:52+	44:51+	47:59+	50:04+	51:11+	53:10+	57:20+	66:38+	67:57+	70:39+	73:36+	75:38+	80:15+	83:07+	87:03+	93:03+	98:47+
06:23+	02:02+	04:10+	02:26+	03:29+	03:06-	06:09+	03:38+	05:53+	04:36+	02:59+	03:08+	02:05+	01:07+	01:59+	04:10-	09:18+	02:42+	02:57+	02:02-	04:37+	02:52-	03:56-	06:00+	05:44+	
01:31&	00:20#	00:54&	00:29#	00:49&	00:32-	01:35&	00:51&	01:06#	01:19&	00:26#	00:46&	00:27&	00:15&	00:24&	08:44-	08:12@	02:03-	00:09+	01:08&	02:10-	02:16&	01:12-	01:01-	01:01#	02:47&
102:18+	107:21+	111:54+	115:59+	117:21+	122:05+	123:03+	125:17+	125:48+																	
03:31-	05:03+	04:33+	04:05+	01:22-	04:44+	00:58-	02:14+	00:31+																	
00:29-	01:02&	01:03&	03:00@	02:32-	03:56@	00:42-	01:49@	00:31+																	
5	Peter Villadsen	20	2:05:49																						
04:59+	06:39+	10:20+	12:35+	15:38+	18:29+	24:08+	28:02+	33:26+	37:59+	41:18+	44:18+	46:17+	47:51+	50:00+	54:55-	65:01+	66:22+	68:42+	72:53+	74:58+	80:12+	83:03+	87:04+	93:03+	98:48+
04:59+	01:40-	03:41+	02:15+	03:03+	02:51-	05:39+	03:54+	05:24+	04:33+	03:19+	03:00+	01:59+	01:34+	02:09+	04:55-	10:06+	01:21-	02:20-	04:11+	02:05-	05:14+	02:51-	04:01-	05:59+	05:45+
00:07+	00:02-	00:25#	00:18#	00:23#	00:47-	01:05#	01:07&	00:37#	01:16&	00:46&	00:38&	00:21#	00:42&	00:34&	07:59-	09:00@	02:01-	00:13-	02:22@	02:07-	02:53@	01:13-	00:56-	01:00#	02:48&
102:21+	107:26+	111:54+	116:00+	117:21+	122:06+	123:05+	125:19+	125:49+																	
03:33-	05:05+	04:28+	04:06+	01:21-	04:45+	00:59-	02:14+	00:30+																	
00:27-	01:04&	00:58&	03:01@	02:33-	03:57@	00:41-	01:49@	00:30+																	
6	Jacob A. Daugaard	16	2:07:12																						
05:38+	07:24+	11:32+	13:43+	16:49+	20:06+	25:53+	29:47+	35:35+	39:59+	43:11+	46:08+	48:10+	49:13+	51:07+	55:30+	65:12+	66:30+	68:52+	72:50+	74:53+	80:16+	83:08+	87:09+	93:16+	99:21+
05:38+	01:46+	04:08+	02:11+	03:06+	03:17-	05:47+	03:54+	05:48+	04:24+	03:12+	02:57+	02:02+	01:03+	01:54+	04:23-	09:42+	01:18-	02:22-	03:58+	02:03-	05:23+	02:52-	04:01-	06:07+	06:05+
00:46#	00:04+	00:52&	00:14#	00:26#	00:21-	01:13&	01:07&	01:01#	01:07&	00:39&	00:35#	00:24#	00:11#	00:19#	08:31-	08:36@	02:04-	00:11-	02:09@	02:09-	03:02@	01:12-	00:56-	01:08#	03:08@
102:55+	107:48+	112:32+	116:53+	118:11+	123:56+	124:53+	126:46+	127:12+																	
03:34-	04:53+	04:44+	04:21+	01:18-	05:45+	00:57-	01:53+	00:26+																	
00:26-	00:52#	01:14&	03:16@	02:36-	04:57@	00:43-	01:28@	00:26+																	
7	Casper Iversen	16	2:07:42																						
05:45+	07:30+	11:25+	13:46+	16:57+	20:00+	25:49+	29:35+	35:23+	40:44+	43:39+	46:46+	48:49+	49:54+	51:48+	56:02+	65:33+	66:52+	69:06+	73:05+	75:18+	80:10+	82:59+	87:21+	93:50+	99:56+
05:45+	01:45+	03:55+	02:21+	03:11+	03:03-	05:49+	03:46+	05:48+	05:21+	02:55+	03:07+	02:03+	01:05+	01:54+	04:14-	09:31+	01:19-	02:14-	03:59+	02:13-	04:52+	02:49-	04:22-	06:29+	06:06+
00:53#	00:03+	00:39#	00:24#	00:31#	00:35-	01:15&	00:59&	01:01#	02:04&	00:22#	00:45&	00:25&	00:13#	00:19#	08:40-	08:25@	02:03-	00:19-	02:10@	01:59-	02:31@	01:15-	00:35-	01:30&	03:09@
103:37+	108:58+	114:05+	118:20+	119:42+	124:28+	125:19+	127:20+	127:42+																	
03:41-	05:21+	05:07+	04:15+	01:22-	04:46+	00:51-	02:01+	00:22+																	
00:19-	01:20&	01:37&	03:10@	02:32-	03:58@	00:49-	01:36@	00:22+																	
8	Josephine Dewett Kristensen	12	2:07:44																						
05:36+	07:35+	11:41+	13:58+	17:13+	20:36+	26:21+	29:49+	35:37+	40:19+	43:28+	46:37+	48:45+	49:58+	51:54+	56:06+	66:27+	67:44+	70:41+	73:48+	75:55+	80:08+	83:02+	87:23+	93:36+	99:51+
05:36+	01:59+	04:06+	02:17+	03:15+	03:23-	05:45+	03:28+	05:48+	04:42+	03:09+	03:09+	02:08+	01:13+	01:56+	04:12-	10:21+	01:17-	02:57+	03:07+	02:07-	04:13+	02:54-	04:21-	06:13+	06:15+
00:44#	00:17#	00:50&	00:20#	00:35#	00:15-	01:11&	00:41#	01:01#	01:25&	00:36#	00:47&	00:30&	00:21&	00:21#	08:42-	09:15@	02:05-	00:24#	01:18&	02:05-	01:52&	01:10-	00:36-	01:14#	03:18@
103:27+	108:40+	113:44+	118:09+	119:27+	124:17+	125:10+	127:22+	127:44+																	
03:36-	05:13+	05:04+	04:25+	01:18-	04:50+	00:53-	02:12+	00:22+																	
00:24-	01:12&	01:34&	03:20@	02:36-	04:02@	00:47-	01:47@	00:2																	

Class	Navn	Klasse	Tid																						
10	Christian Valbak	16	2:11:06																						
05:48+	07:32+	11:39+	14:02+	17:15+	20:19+	25:58+	30:04+	35:51+	40:14+	43:06+	46:02+	48:08+	49:18+	51:09+	56:00+	65:37+	66:57+	69:23+	72:57+	75:04+	80:18+	83:09+	87:30+	93:53+	100:09+
05:48+	01:44+	04:07+	02:23+	03:13+	03:04-	05:39+	04:06+	05:47+	04:23+	02:52+	02:56+	02:06+	01:10+	01:51+	04:51-	09:37+	01:20-	02:26-	03:34+	02:07-	05:14+	02:51-	04:21-	06:23+	06:16+
00:56#	00:02+	00:51&	00:26#	00:33#	00:34-	01:05#	01:19&	01:00#	01:06&	00:19#	00:34#	00:28&	00:18&	00:16#	08:03-	08:31@	02:02-	00:07-	01:45&	02:05-	02:53@	01:13-	00:36-	01:24&	03:19@
103:45+	109:13+	114:34+	119:23+	120:55+	126:44+	127:46+	130:34+	131:06+																	
03:36-	05:28+	05:21+	04:49+	01:32-	05:49+	01:02-	02:48+	00:32+																	
00:24-	01:27&	01:51&	03:44@	02:22-	05:01@	00:38-	02:23@	00:32+																	
11	Jens Brandt	20	2:16:20																						
04:54+	06:27-	09:55+	11:53+	14:36+	18:04-	22:56+	25:46+	30:40+	37:32+	41:17+	44:01+	45:57+	48:03+	49:50+	53:48-	62:53+	64:02+	66:20+	70:03+	72:05+	77:29+	80:56+	89:32+	96:07+	102:13+
04:54+	01:33-	03:28+	01:58+	02:43+	03:28-	04:52+	02:50+	04:54+	06:52+	03:45+	02:44+	01:56+	02:06+	01:47+	03:58-	09:05+	01:09-	02:18-	03:43+	02:02-	05:24+	03:27-	08:36+	06:35+	06:06+
00:02+	00:09-	00:12+	00:01+	00:03+	00:10-	00:18+	00:03+	00:07+	03:35@	01:12&	00:22#	00:18#	01:14@	00:12#	08:56-	07:59@	02:13-	00:15-	01:54@	02:10-	03:03@	00:37-	03:39&	01:36&	03:09@
109:09+	113:45+	121:50+	125:51+	127:12+	132:56+	133:56+	135:53+	136:20+																	
06:56+	04:36+	08:05+	04:01+	01:21-	05:44+	01:00-	01:57+	00:27+																	
02:56&	00:35#	04:35@	02:56@	02:33-	04:56@	00:40-	01:32@	00:27+																	
12	Michael Filyo	16	2:19:01																						
05:50+	07:42+	11:50+	14:14+	17:34+	20:38+	26:36+	30:09+	36:04+	40:47+	43:53+	47:06+	49:12+	50:16+	52:08+	56:29+	66:04+	67:24+	71:39+	74:50+	76:55+	81:39+	84:46+	89:28+	96:32+	104:56+
05:50+	01:52+	04:08+	02:24+	03:20+	03:04-	05:58+	03:33+	05:55+	04:43+	03:06+	03:13+	02:06+	01:04+	01:52+	04:21-	09:35+	01:20-	04:15+	03:11+	02:05-	04:44+	03:07-	04:42-	07:04+	08:24+
00:58#	00:10+	00:52&	00:27#	00:40#	00:34-	01:24&	00:46&	01:08#	01:26&	00:33#	00:51&	00:28&	00:12#	00:17#	08:33-	08:29@	02:02-	01:42&	01:22&	02:07-	02:23@	00:57-	00:15-	02:05&	05:27@
108:43+	116:13+	121:25+	127:56+	129:13+	134:54+	135:55+	138:30+	139:01+																	
03:47-	07:30+	05:12+	06:31+	01:17-	05:41+	01:01-	02:35+	00:31+																	
00:13-	03:29&	01:42&	05:26@	02:37-	04:53@	00:39-	02:10@	00:31+																	
13	Thorkild Jensen	15	2:28:48																						
05:11+	06:53+	10:22+	12:31+	15:28+	30:22+	35:48+	40:02+	45:47+	51:15+	54:22+	57:31+	59:36+	61:04+	62:57+	73:27+	82:44+	84:14+	86:45+	90:15+	92:48+	96:57+	99:52+	105:02+	111:45+	118:52+
05:11+	01:42=	03:29+	02:09+	02:57+	14:54+	05:26+	04:14+	05:45+	05:28+	03:07+	03:09+	02:05+	01:28+	01:53+	10:30-	09:17+	01:30-	02:31-	03:30+	02:33-	04:09+	02:55-	05:10+	06:43+	07:07+
00:19+	00:00=	00:13+	00:12#	00:17#	11:16@	00:52#	01:27&	00:58#	02:11&	00:34#	00:47&	00:27&	00:36&	00:18#	02:24-	08:11@	01:52-	00:02-	01:41&	01:39-	01:48&	01:09-	00:13+	01:44&	04:10@
123:05+	128:51+	134:20+	138:51+	140:32+	145:29+	146:26+	148:22+	148:48+																	
04:13+	05:46+	05:29+	04:31+	01:41-	04:57+	00:57-	01:56+	00:26+																	
00:13+	01:45&	01:59&	03:26@	02:13-	04:09@	00:43-	01:31@	00:26+																	
14	Peter Drejer Andersen	16	2:40:31																						
09:02+	10:48+	15:09+	17:32+	26:25+	30:07+	35:55+	40:01+	45:50+	51:13+	54:26+	57:48+	59:43+	60:50+	62:59+	73:26+	82:57+	84:19+	86:56+	90:37+	92:54+	97:04+	100:03+	105:22+	111:44+	121:15+
09:02+	01:46+	04:21+	02:23+	08:53+	03:42+	05:48+	04:06+	05:49+	05:23+	03:13+	03:22+	01:55+	01:07+	02:09+	10:27-	09:31+	01:22-	02:37+	03:41+	02:17-	04:10+	02:59-	05:19+	06:22+	09:31+
04:10&	00:04+	01:05&	00:26#	06:13@	00:04+	01:14&	01:19&	01:02#	02:06&	00:40&	01:00&	00:17#	00:15&	00:34&	02:27-	08:25@	02:00-	00:04+	01:52@	01:55-	01:49&	01:05-	00:22+	01:23&	06:34@
125:02+	131:31+	137:03+	147:08+	148:48+	156:09+	157:21+	159:58+	160:31+																	
03:47-	06:29+	05:32+	10:05+	01:40-	07:21+	01:12-	02:37+	00:33+																	
00:13-	02:28&	02:02&	09:00@	02:14-	06:33@	00:28-	02:12@	00:33+																	
15	Anna Movin	16	3:11:43																						
07:11+	09:09+	15:23+	18:03+	22:19+	26:02+	33:38+	38:08+	45:45+	59:54+	63:51+	67:33+	70:10+	72:04+	74:27+	80:17+	95:26+	97:06+	101:20+	105:58+	108:55+	113:51+	117:50+	124:12+	135:08+	145:09+
07:11+	01:58+	06:14+	02:40+	04:16+	03:43+	07:36+	04:30+	07:37+	14:09+	03:57+	03:42+	02:37+	01:54+	02:23+	05:50-	15:09+	01:40-	04:14+	04:38+	02:57-	04:56+	03:59-	06:22+	10:56+	10:01+
02:19&	00:16#	02:58&	00:43&	01:36&	00:05+	03:02&	01:43&	02:50&	10:52@	01:24&	01:20&	00:59&	01:02@	00:48&	07:04-	14:03@	01:42-	01:41&	02:49@	01:15-	02:35@	00:05-	01:25&	05:57@	07:04@
151:59+	159:03+	165:16+	177:28+	179:25+	186:10+	187:36+	191:10+	191:43+																	
06:50+	07:04+	06:13+	12:12+	01:57-	06:45+	01:26-	03:34+	00:33+																	
02:50&	03:03&	02:43&	11:07@	01:57-	05:57@	00:14-	03:09@	00:33+																	

Beste stræktid for klassen

04:52 01:33 03:16 01:57 02:40 02:41 04:34 02:47 04:46 03:14 02:33 02:22 01:38 00:52 01:33 03:47 01:06 01:09 02:14 01:49 01:52 02:21 02:30 03:56 04:59 02:57 03:14 04

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

3km

2	Hans Chr. Sønderriis	19	41:51					
06:37+	13:56+	19:04+	23:00+	25:28+	35:26+	37:11+	41:02+	41:51+
06:37+	07:19+	05:08+	03:56+	02:28+	09:58+	01:45+	03:51+	00:49+
06:37+	07:19+	05:08+	03:56+	02:28+	09:58+	01:45+	03:51+	00:49+
3	Helle Truelsen	3	42:24					
06:21+	13:43+	18:51+	22:43+	25:16+	35:32+	37:18+	41:27+	42:24+
06:21+	07:22+	05:08+	03:52+	02:33+	10:16+	01:46+	04:09+	00:57+
06:21+	07:22+	05:08+	03:52+	02:33+	10:16+	01:46+	04:09+	00:57+
4	Else Hass	12	42:57					
06:37+	14:00+	19:07+	22:40+	25:02+	37:35+	39:21+	42:57+	
06:37+	07:23+	05:07+	03:33+	02:22+	12:33+	01:46+	03:36+	
06:37+	07:23+	05:07+	03:33+	02:22+	12:33+	01:46+	03:36+	

Plas	Navn	Klasse	Tid
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Beste stræktid for klassen

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

6km

1	Jacob Klærke Mikkelsen	4	39:27
04:50=	06:52= 11:04= 16:52= 19:02= 20:16= 25:09= 29:03= 31:49= 36:17= 37:08= 39:00= 39:27=		
04:50=	02:02= 04:12= 05:48= 02:10= 01:14= 04:53= 03:54= 02:46= 04:28= 00:51= 01:52= 00:27=		
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	Esben Ø. Pedersen	11	40:04
04:58+	06:53+ 11:10+ 17:17+ 19:13+ 20:19+ 25:03- 29:05+ 32:01+ 36:31+ 37:29+ 39:37+ 40:04+		
04:58+	01:55- 04:17+ 06:07+ 01:56- 01:06- 04:44- 04:02+ 02:56+ 04:30+ 00:58+ 02:08+ 00:27=		
00:08+	00:07- 00:05+ 00:19+ 00:14- 00:08- 00:09- 00:08+ 00:10+ 00:02+ 00:07# 00:16# 00:00=		
3	Søren Elkjær	19	42:25
04:57+	07:03+ 12:05+ 17:30+ 19:29+ 20:38+ 25:14+ 29:38+ 32:53+ 38:36+ 39:45+ 41:53+ 42:25+		
04:57+	02:06+ 05:02+ 05:25- 01:59- 01:09- 04:36- 04:24+ 03:15+ 05:43+ 01:09+ 02:08+ 00:32+		
00:07+	00:04+ 00:50# 00:23- 00:11- 00:05- 00:17- 00:30# 00:29# 01:15& 00:18& 00:16# 00:05#		
4	Laura Holm Nielsen	4	43:49
05:02+	07:14+ 12:31+ 18:29+ 20:32+ 21:45+ 26:22+ 31:01+ 34:27+ 40:02+ 41:01+ 43:20+ 43:49+		
05:02+	02:12+ 05:17+ 05:58+ 02:03- 01:13- 04:37- 04:39+ 03:26+ 05:35+ 00:59+ 02:19+ 00:29+		
00:12+	00:10+ 01:05& 00:10+ 00:07- 00:01- 00:16- 00:45# 00:40# 01:07# 00:08# 00:27# 00:02+		
5	Pernille Buch	11	44:05
04:56+	07:08+ 12:23+ 18:14+ 20:27+ 21:52+ 26:38+ 31:28+ 34:45+ 40:24+ 41:21+ 43:36+ 44:05+		
04:56+	02:12+ 05:15+ 05:51+ 02:13+ 01:25+ 04:46- 04:50+ 03:17+ 05:39+ 00:57+ 02:15+ 00:29+		
00:06+	00:10+ 01:03# 00:03+ 00:03+ 00:11# 00:07- 00:56# 00:31# 01:11& 00:06# 00:23# 00:02+		
6	Lennart Bo Kristiansen	19	46:30
05:20+	07:46+ 12:48+ 19:01+ 21:06+ 22:38+ 27:47+ 32:43+ 36:23+ 42:07+ 43:20+ 46:02+ 46:30+		
05:20+	02:26+ 05:02+ 06:13+ 02:05- 01:32+ 05:09+ 04:56+ 03:40+ 05:44+ 01:13+ 02:42+ 00:28+		
00:30#	00:24# 00:50# 00:25+ 00:05- 00:18# 00:16+ 01:02& 00:54& 01:16& 00:22& 00:50& 00:01+		
7	Rasmus K. B. Skovsgaard	19	46:36
04:54+	07:00+ 12:15+ 19:20+ 21:36+ 22:55+ 28:36+ 33:26+ 36:45+ 42:45+ 43:44+ 46:06+ 46:36+		
04:54+	02:06+ 05:15+ 07:05+ 02:16+ 01:19+ 05:41+ 04:50+ 03:19+ 06:00+ 00:59+ 02:22+ 00:30+		
00:04+	00:04+ 01:03# 01:17# 00:06+ 00:05+ 00:48# 00:56# 00:33# 01:32& 00:08# 00:30& 00:03#		
8	Poul Erik Buch	11	46:43
05:15+	07:26+ 12:57+ 19:58+ 22:12+ 23:35+ 28:48+ 33:30+ 36:54+ 42:38+ 43:41+ 46:11+ 46:43+		
05:15+	02:11+ 05:31+ 07:01+ 02:14+ 01:23+ 05:13+ 04:42+ 03:24+ 05:44+ 01:03+ 02:30+ 00:32+		
00:25+	00:09+ 01:19& 01:13# 00:04+ 00:09# 00:20+ 00:48# 00:38# 01:16& 00:12# 00:38& 00:05#		
9	Kasia Bury	15	47:02
05:06+	07:20+ 12:55+ 19:40+ 22:02+ 23:31+ 28:45+ 33:21+ 36:41+ 42:53+ 43:55+ 46:32+ 47:02+		
05:06+	02:14+ 05:35+ 06:45+ 02:22+ 01:29+ 05:14+ 04:36+ 03:20+ 06:12+ 01:02+ 02:37+ 00:30+		
00:16+	00:12+ 01:23& 00:57# 00:12+ 00:15# 00:21+ 00:42# 00:34# 01:44& 00:11# 00:45& 00:03#		
10	Hans Jørgen Vad	4	47:11
05:08+	07:17+ 12:52+ 19:34+ 21:44+ 23:08+ 28:31+ 33:27+ 36:57+ 42:50+ 43:57+ 46:36+ 47:11+		
05:08+	02:09+ 05:35+ 06:42+ 02:10= 01:24+ 05:23+ 04:56+ 03:30+ 05:53+ 01:07+ 02:39+ 00:35+		
00:18+	00:07+ 01:23& 00:54# 00:00= 00:10# 00:30# 01:02& 00:44& 01:25& 00:16& 00:47& 00:08&		
11	Max Hansen	9	52:11
05:25+	07:49+ 13:37+ 20:35+ 22:56+ 24:21+ 29:55+ 36:31+ 40:23+ 47:20+ 48:34+ 51:35+ 52:11+		
05:25+	02:24+ 05:48+ 06:58+ 02:21+ 01:25+ 05:34+ 06:36+ 03:52+ 06:57+ 01:14+ 03:01+ 00:36+		
00:35#	00:22# 01:36& 01:10# 00:11+ 00:11# 00:41# 02:42& 01:06& 02:29& 00:23& 01:09& 00:09&		
12	Torben Isen	2	53:18
05:52+	08:29+ 14:28+ 23:19+ 25:50+ 27:39+ 32:55+ 38:11+ 42:10+ 48:47+ 50:00+ 52:44+ 53:18+		
05:52+	02:37+ 05:59+ 08:51+ 02:31+ 01:49+ 05:16+ 05:16+ 03:59+ 06:37+ 01:13+ 02:44+ 00:34+		
01:02#	00:35& 01:47& 03:03& 00:21# 00:35& 00:23+ 01:22& 01:13& 02:09& 00:22& 00:52& 00:07&		
13	Lene Bejer Damgaard	19	53:25
05:37+	08:08+ 14:31+ 22:46+ 25:18+ 26:52+ 33:04+ 38:16+ 42:16+ 48:50+ 50:05+ 52:50+ 53:25+		
05:37+	02:31+ 06:23+ 08:15+ 02:32+ 01:34+ 06:12+ 05:12+ 04:00+ 06:34+ 01:15+ 02:45+ 00:35+		
00:47#	00:29# 02:11& 02:27& 00:22# 00:20& 01:19& 01:18& 01:14& 02:06& 00:24& 00:53& 00:08&		

Class	Navn	Klasse										Tid
14	Susanne Baun	4										53:45
05:55+	08:26+	14:51+	22:41+	25:06+	26:47+	32:53+	38:07+	42:13+	49:23+	50:36+	53:12+	53:45+
05:55+	02:31+	06:25+	07:50+	02:25+	01:41+	06:06+	05:14+	04:06+	07:10+	01:13+	02:36+	00:33+
01:05#	00:29#	02:13&	02:02&	00:15#	00:27&	01:13#	01:20&	01:20&	02:42&	00:22&	00:44&	00:06#
15	Lene Stick Nielsen	19										55:00
06:10+	08:48+	14:55+	22:54+	25:40+	27:13+	33:29+	39:07+	43:10+	50:29+	51:46+	54:29+	55:00+
06:10+	02:38+	06:07+	07:59+	02:46+	01:33+	06:16+	05:38+	04:03+	07:19+	01:17+	02:43+	00:31+
01:20&	00:36&	01:55&	02:11&	00:36&	00:19&	01:23&	01:44&	01:17&	02:51&	00:26&	00:51&	00:04#
16	Gert Bertel	5										55:02
06:09+	08:46+	14:58+	22:36+	25:39+	27:23+	33:23+	39:05+	43:17+	50:28+	52:00+	54:36+	55:02+
06:09+	02:37+	06:12+	07:38+	03:03+	01:44+	06:00+	05:42+	04:12+	07:11+	01:32+	02:36+	00:26-
01:19&	00:35&	02:00&	01:50&	00:53&	00:30&	01:07#	01:48&	01:26&	02:43&	00:41&	00:44&	00:01-
17	Tage Baun	4										55:07
06:02+	08:40+	15:24+	23:36+	26:20+	27:59+	33:43+	39:22+	43:23+	50:36+	51:50+	54:34+	55:07+
06:02+	02:38+	06:44+	08:12+	02:44+	01:39+	05:44+	05:39+	04:01+	07:13+	01:14+	02:44+	00:33+
01:12#	00:36&	02:32&	02:24&	00:34&	00:25&	00:51#	01:45&	01:15&	02:45&	00:23&	00:52&	00:06#
18	Asta Terkelsen	11										55:29
06:13+	08:54+	15:09+	23:17+	26:05+	27:45+	33:32+	39:15+	43:21+	50:33+	51:53+	54:49+	55:29+
06:13+	02:41+	06:15+	08:08+	02:48+	01:40+	05:47+	05:43+	04:06+	07:12+	01:20+	02:56+	00:40+
01:23&	00:39&	02:03&	02:20&	00:38&	00:26&	00:54#	01:49&	01:20&	02:44&	00:29&	01:04&	00:13&
19	Kirsten Elisabet Andersen	5										55:36
06:06+	08:44+	15:02+	22:52+	25:37+	27:18+	33:26+	39:03+	43:14+	50:41+	52:02+	55:02+	55:36+
06:06+	02:38+	06:18+	07:50+	02:45+	01:41+	06:08+	05:37+	04:11+	07:27+	01:21+	03:00+	00:34+
01:16&	00:36&	02:06&	02:02&	00:35&	00:27&	01:15&	01:43&	01:25&	02:59&	00:30&	01:08&	00:07&
20	Tommy Jakobsen	4										55:40
05:31+	08:02+	14:17+	24:04+	26:44+	28:26+	33:53+	39:27+	43:38+	50:52+	52:07+	55:07+	55:40+
05:31+	02:31+	06:15+	09:47+	02:40+	01:42+	05:27+	05:34+	04:11+	07:14+	01:15+	03:00+	00:33+
00:41#	00:29#	02:03&	03:59&	00:30#	00:28&	00:34#	01:40&	01:25&	02:46&	00:24&	01:08&	00:06#
21	Gert Kristensen	15										56:56
05:43+	08:17+	14:35+	22:38+	25:20+	27:07+	33:12+	39:11+	43:26+	51:20+	52:37+	56:16+	56:56+
05:43+	02:34+	06:18+	08:03+	02:42+	01:47+	06:05+	05:59+	04:15+	07:54+	01:17+	03:39+	00:40+
00:53#	00:32&	02:06&	02:15&	00:32#	00:33&	01:12#	02:05&	01:29&	03:26&	00:26&	01:47&	00:13&
22	Frede Truelsen	3										57:25
05:49+	08:38+	14:54+	23:38+	26:24+	28:20+	34:05+	40:21+	44:27+	52:47+	53:58+	56:42+	57:25+
05:49+	02:49+	06:16+	08:44+	02:46+	01:56+	05:45+	06:16+	04:06+	08:20+	01:11+	02:44+	00:43+
00:59#	00:47&	02:04&	02:56&	00:36&	00:42&	00:52#	02:22&	01:20&	03:52&	00:20&	00:52&	00:16&
23	Gitte Isen	2										58:25
06:04+	08:42+	15:28+	24:18+	26:55+	28:53+	34:48+	40:48+	45:03+	53:04+	54:25+	57:45+	58:25+
06:04+	02:38+	06:46+	08:50+	02:37+	01:58+	05:55+	06:00+	04:15+	08:01+	01:21+	03:20+	00:40+
01:14&	00:36&	02:34&	03:02&	00:27#	00:44&	01:02#	02:06&	01:29&	03:33&	00:30&	01:28&	00:13&
24	Tove Straarup	4										1:02:05
06:17+	08:53+	15:06+	25:46+	28:39+	30:38+	37:32+	43:51+	48:33+	57:16+	58:30+	61:26+	62:05+
06:17+	02:36+	06:13+	10:40+	02:53+	01:59+	06:54+	06:19+	04:42+	08:43+	01:14+	02:56+	00:39+
01:27&	00:34&	02:01&	04:52&	00:43&	00:45&	02:01&	02:25&	01:56&	04:15&	00:23&	01:04&	00:12&
25	Lis Knudsen	1										1:02:11
07:21+	10:10+	17:09+	27:32+	30:22+	32:14+	38:52+	44:55+	49:11+	57:03+	58:26+	61:38+	62:11+
07:21+	02:49+	06:59+	10:23+	02:50+	01:52+	06:38+	06:03+	04:16+	07:52+	01:23+	03:12+	00:33+
02:31&	00:47&	02:47&	04:35&	00:40&	00:38&	01:45&	02:09&	01:30&	03:24&	00:32&	01:20&	00:06#
26	Louis A. Sørensen	10										1:02:22
08:19+	11:30+	17:51+	27:18+	30:12+	32:06+	38:33+	45:03+	49:28+	57:16+	58:39+	61:53+	62:22+
08:19+	03:11+	06:21+	09:27+	02:54+	01:54+	06:27+	06:30+	04:25+	07:48+	01:23+	03:14+	00:29+
03:29&	01:09&	02:09&	03:39&	00:44&	00:40&	01:34&	02:36&	01:39&	03:20&	00:32&	01:22&	00:02+
27	Anita Mogensen	17										1:02:27
07:08+	10:04+	17:29+	28:02+	31:09+	32:51+	39:01+	44:38+	48:54+	57:25+	58:43+	61:57+	62:27+
07:08+	02:56+	07:25+	10:33+	03:07+	01:42+	06:10+	05:37+	04:16+	08:31+	01:18+	03:14+	00:30+
02:18&	00:54&	03:13&	04:45&	00:57&	00:28&	01:17&	01:43&	01:30&	04:03&	00:27&	01:22&	00:03#
28	Henning Larsen	4										1:03:32
07:24+	10:35+	17:32+	27:08+	30:08+	31:58+	38:46+	44:48+	49:37+	57:45+	59:13+	62:50+	63:32+
07:24+	03:11+	06:57+	09:36+	03:00+	01:50+	06:48+	06:02+	04:49+	08:08+	01:28+	03:37+	00:42+
02:34&	01:09&	02:45&	03:48&	00:50&	00:36&	01:55&	02:08&	02:03&	03:40&	00:37&	01:45&	00:15&

Class	Navn	Klasse											Tid
29	Erik Libak Hansen	5											1:03:59
08:00+	11:02+	17:20+	25:58+	29:02+	31:04+	38:21+	45:00+	49:39+	58:17+	60:01+	63:15+	63:59+	
08:00+	03:02+	06:18+	08:38+	03:04+	02:02+	07:17+	06:39+	04:39+	08:38+	01:44+	03:14+	00:44+	
03:10&	01:00&	02:06&	02:50&	00:54&	00:48&	02:24&	02:45&	01:53&	04:10&	00:53@	01:22&	00:17&	
30	Thomas Jørgensen	5											1:04:07
07:00+	10:08+	17:18+	26:21+	29:13+	31:26+	38:18+	45:09+	49:54+	58:34+	60:04+	63:24+	64:07+	
07:00+	03:08+	07:10+	09:03+	02:52+	02:13+	06:52+	06:51+	04:45+	08:40+	01:30+	03:20+	00:43+	
02:10&	01:06&	02:58&	03:15&	00:42&	00:59&	01:59&	02:57&	01:59&	04:12&	00:39&	01:28&	00:16&	
31	Susanne Høiberg	16											1:07:05
07:49+	11:13+	18:36+	28:11+	31:06+	33:02+	40:30+	48:25+	53:12+	61:42+	63:02+	66:34+	67:05+	
07:49+	03:24+	07:23+	09:35+	02:55+	01:56+	07:28+	07:55+	04:47+	08:30+	01:20+	03:32+	00:31+	
02:59&	01:22&	03:11&	03:47&	00:45&	00:42&	02:35&	04:01@	02:01&	04:02&	00:29&	01:40&	00:04#	
32	Lene Jacobsen	3											1:08:09
07:53+	10:58+	18:46+	29:03+	32:14+	34:10+	41:29+	49:19+	54:00+	62:32+	63:51+	67:33+	68:09+	
07:53+	03:05+	07:48+	10:17+	03:11+	01:56+	07:19+	07:50+	04:41+	08:32+	01:19+	03:42+	00:36+	
03:03&	01:03&	03:36&	04:29&	01:01&	00:42&	02:26&	03:56@	01:55&	04:04&	00:28&	01:50&	00:09&	
33	Anette Ozol	16											1:08:21
08:08+	11:34+	19:01+	28:52+	31:45+	33:43+	40:51+	48:15+	53:39+	62:27+	63:53+	67:39+	68:21+	
08:08+	03:26+	07:27+	09:51+	02:53+	01:58+	07:08+	07:24+	05:24+	08:48+	01:26+	03:46+	00:42+	
03:18&	01:24&	03:15&	04:03&	00:43&	00:44&	02:15&	03:30&	02:38&	04:20&	00:35&	01:54@	00:15&	
34	Helle Nikkel	19											1:09:07
07:55+	11:26+	18:53+	29:14+	32:27+	34:35+	41:44+	49:13+	54:25+	63:09+	64:32+	68:19+	69:07+	
07:55+	03:31+	07:27+	10:21+	03:13+	02:08+	07:09+	07:29+	05:12+	08:44+	01:23+	03:47+	00:48+	
03:05&	01:29&	03:15&	04:33&	01:03&	00:54&	02:16&	03:35&	02:26&	04:16&	00:32&	01:55@	00:21&	
35	Svend Erik Skovsgaard	19											1:11:35
07:43+	11:09+	20:02+	31:25+	34:36+	36:43+	43:58+	51:18+	56:46+	66:20+	67:38+	70:52+	71:35+	
07:43+	03:26+	08:53+	11:23+	03:11+	02:07+	07:15+	07:20+	05:28+	09:34+	01:18+	03:14+	00:43+	
02:53&	01:24&	04:41@	05:35&	01:01&	00:53&	02:22&	03:26&	02:42&	05:06@	00:27&	01:22&	00:16&	
36	Kristian Jacobsen	3											1:32:59
08:23+	11:58+	20:08+	33:10+	36:29+	38:10+	48:11+	57:52+	76:05+	87:44+	89:21+	92:28+	92:59+	
08:23+	03:35+	08:10+	13:02+	03:19+	01:41+	10:01+	09:41+	18:13+	11:39+	01:37+	03:07+	00:31+	
03:33&	01:33&	03:58&	07:14@	01:09&	00:27&	05:08@	05:47@	15:27@	07:11@	00:46&	01:15&	00:04#	
37	Claus Clausen	3											1:33:03
08:14+	11:51+	19:51+	33:01+	36:27+	38:25+	48:15+	57:56+	76:08+	87:48+	89:25+	92:28+	93:03+	
08:14+	03:37+	08:00+	13:10+	03:26+	01:58+	09:50+	09:41+	18:12+	11:40+	01:37+	03:03+	00:35+	
03:24&	01:35&	03:48&	07:22@	01:16&	00:44&	04:57@	05:47@	15:26@	07:12@	00:46&	01:11&	00:08&	
38	Anne-Mette Kirkegaard	16											1:40:17
09:37+	13:25+	21:55+	34:45+	39:15+	56:38+	58:54+	69:59+	78:17+	83:48+	93:37+	95:26+	99:19+	
09:37+	03:48+	08:30+	12:50+	04:30+	17:23+	02:16-	11:05+	08:18+	05:31+	09:49+	01:49-	03:53+	
04:47&	01:46&	04:18@	07:02@	02:20@	16:09@	02:37-	07:11@	05:32@	01:03#	08:58@	00:03-	03:26@	
04:50	01:55	04:12	05:25	01:56	01:06	02:16	03:54	02:46	04:28	00:51	01:49	00:26	

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

MTBO 10km

1	Camilla Gry Elmann	16											1:05:35
04:35=	16:42=	25:08=	26:19=	30:11=	40:24=	47:51=	53:56=	60:22=	64:14=	65:35=			
04:35=	12:07=	08:26=	01:11=	03:52=	10:13=	07:27=	06:05=	06:26=	03:52=	01:21=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	John Rasmussen	16											1:32:34
08:37+	26:32+	40:08+	42:25+	47:31+	55:03+	65:30+	74:05+	85:01+	90:43+	92:34+			
08:37+	17:55+	13:36+	02:17+	05:06+	07:32-	10:27+	08:35+	10:56+	05:42+	01:51+			
04:02&	05:48&	05:10&	01:06&	01:14&	02:41-	03:00&	02:30&	04:30&	01:50&	00:30&			
3	Lars Klode	2											1:36:50
08:36+	26:40+	39:30+	41:17+	46:09+	54:13+	66:45+	77:15+	88:11+	94:26+	96:50+			
08:36+	18:04+	12:50+	01:47+	04:52+	08:04-	12:32+	10:30+	10:56+	06:15+	02:24+			
04:01&	05:57&	04:24&	00:36&	01:00&	02:09-	05:05&	04:25&	04:30&	02:23&	01:03&			

Plass	Navn	Klasse	Tid
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Beste stræktid for klassen

04:35 12:07 08:26 01:11 03:52 07:32 07:27 06:05 06:26 03:52 01:21

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