

Plads Navn

Klasse

Tid

10km

1 René Rokkjær**Ok Pan****1:11:49**

04:17= 05:53= 09:01= 12:16= 18:41= 23:47= 29:08= 35:47= 39:37= 44:10= 45:44= 57:23= 62:10= 64:32= 69:13= 70:47= 71:49=
 04:17= 01:36= 03:08= 03:15= 06:25= 05:06= 05:21= 06:39= 03:50= 04:33= 01:34= 11:39= 04:47= 02:22= 04:41= 01:34= 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= 00:00= 00:00= 00:00= 00:00=

2 Ebbe Nielsen**OK PAN****1:11:50**

04:18+ 05:53= 09:00= 12:18+ 18:45+ 23:49+ 29:12+ 35:49+ 39:41+ 44:12+ 45:47+ 57:26+ 62:13+ 64:37+ 69:18+ 70:49+ 71:50+
 04:18+ 01:35= 03:07= 03:18+ 06:27+ 05:04= 05:23+ 06:37= 03:52+ 04:31= 01:35+ 11:39= 04:47= 02:24+ 04:41= 01:31= 01:01=
 00:01+ 00:01= 00:01= 00:03+ 00:02+ 00:02= 00:02+ 00:02= 00:02+ 00:02= 00:01+ 00:00= 00:00= 00:02+ 00:00= 00:03= 00:01=

3 Thomas Fredberg**25****1:16:35**

09:21+ 12:33+ 19:02+ 37:03+ 45:37+ 60:34+ 68:18+ 73:03+ 76:35+
 09:21+ 03:12+ 06:29+ 18:01+ 08:34+ 14:57+ 07:44+ 04:45= 03:32=
 05:04@ 01:36& 03:21@ 14:46@ 02:09& 09:51@ 02:23& 01:54= 00:18=

4 Mads Kruse Juhl**3****1:18:42**

03:58= 05:39= 08:43= 13:38+ 20:26+ 25:18+ 29:56+ 36:26+ 39:45+ 44:37+ 46:07+ 62:33+ 69:44+ 72:18+ 76:26+ 77:48+ 78:42+
 03:58= 01:41+ 03:04= 04:55+ 06:48+ 04:52= 04:38= 06:30= 03:19= 04:52+ 01:30= 16:26+ 07:11+ 02:34+ 04:08= 01:22= 00:54=
 00:19= 00:05+ 00:04= 01:40& 00:23+ 00:14= 00:43= 00:09= 00:31= 00:19+ 00:04= 04:47& 02:24& 00:12+ 00:33= 00:12= 00:08=

5 Mads Alexander Krogh Simonsen**32****1:19:44**

04:39+ 06:18+ 09:55+ 14:19+ 22:44+ 27:46+ 33:45+ 41:21+ 45:47+ 50:27+ 52:04+ 63:50+ 69:53+ 72:38+ 77:05+ 78:51+ 79:44+
 04:39+ 01:39+ 03:37+ 04:24+ 08:25+ 05:02= 05:59+ 07:36+ 04:26+ 04:40+ 01:37+ 11:46+ 06:03+ 02:45+ 04:27= 01:46+ 00:53=
 00:22+ 00:03+ 00:29# 01:09& 02:00& 00:04= 00:38# 00:57# 00:36# 00:07+ 00:03+ 00:07+ 01:16& 00:23# 00:14= 00:12# 00:09=

6 Anton Rasmussen**32****1:19:52**

04:36+ 06:20+ 10:03+ 13:40+ 22:33+ 27:19+ 33:19+ 40:50+ 45:53+ 50:29+ 52:07+ 63:54+ 69:58+ 72:57+ 77:24+ 78:54+ 79:52+
 04:36+ 01:44+ 03:43+ 03:37+ 08:53+ 04:46= 06:00+ 07:31+ 05:03+ 04:36+ 01:38+ 11:47+ 06:04+ 02:59+ 04:27= 01:30= 00:58=
 00:19+ 00:08+ 00:35# 00:22# 02:28& 00:20= 00:39# 00:52# 01:13& 00:03+ 00:04+ 00:08+ 01:17& 00:37& 00:14= 00:04= 00:04=

8 Bjarne Knudsen**20****1:23:24**

04:33+ 09:49+ 13:52+ 20:58+ 26:07+ 32:59+ 40:34+ 50:22+ 52:01+ 65:24+ 71:38+ 74:38+ 80:13+ 82:15+ 83:24+
 04:33+ 05:16+ 04:03+ 07:06+ 05:09= 06:52+ 07:35+ 09:48+ 01:39= 13:23+ 06:14+ 03:00= 05:35+ 02:02= 01:09=
 00:16+ 03:40@ 00:55& 03:51@ 01:16= 01:46& 02:14& 03:09& 02:11= 08:50@ 04:40@ 08:39= 00:48# 00:20= 03:32=

9 Morten Fenger Grøn**25****1:25:58**

07:08+ 09:04+ 12:54+ 16:11+ 23:00+ 29:01+ 34:52+ 43:09+ 47:38+ 52:38+ 54:18+ 69:56+ 75:13+ 77:49+ 82:44+ 84:52+ 85:58+
 07:08+ 01:56+ 03:50+ 03:17+ 06:49+ 06:01+ 05:51+ 08:17+ 04:29+ 05:00+ 01:40+ 15:38+ 05:17+ 02:36+ 04:55+ 02:08+ 01:06+
 02:51& 00:20# 00:42# 00:02+ 00:24+ 00:55# 00:30+ 01:38# 00:39# 00:27+ 00:06+ 03:59& 00:30# 00:14+ 00:14+ 00:34& 00:04+

10 Keld Hinge Krogsgaard**25****1:26:45**

04:45+ 06:31+ 10:37+ 14:31+ 22:24+ 28:01+ 35:01+ 43:31+ 47:46+ 53:03+ 54:57+ 69:12+ 75:15+ 78:09+ 83:52+ 85:46+ 86:45+
 04:45+ 01:46+ 04:06+ 03:54+ 07:53+ 05:37+ 07:00+ 08:30+ 04:15+ 05:17+ 01:54+ 14:15+ 06:03+ 02:54+ 05:43+ 01:54+ 00:59=
 00:28# 00:10# 00:58& 00:39# 01:28# 00:31# 01:39& 01:51& 00:25# 00:44# 00:20# 02:36# 01:16& 00:32# 01:02# 00:20# 00:03=

11 Michael Fischer**31****1:26:51**

11:17+ 15:03+ 22:52+ 27:57+ 53:16+ 70:04+ 75:36+ 78:13+ 83:41+ 86:51+
 11:17+ 03:46+ 07:49+ 05:05+ 25:19+ 16:48+ 05:32+ 02:37= 05:28+ 03:10=
 07:00@ 02:10@ 04:41@ 01:50& 18:54@ 11:42@ 00:11+ 04:02= 01:38& 01:23=

12 Ole Jensen**8****1:27:37**

05:28+ 07:22+ 11:13+ 15:05+ 22:56+ 27:50+ 34:44+ 43:40+ 48:16+ 53:21+ 55:22+ 70:01+ 75:42+ 78:36+ 84:35+ 86:28+ 87:37+
 05:28+ 01:54+ 03:51+ 03:52+ 07:51+ 04:54= 06:54+ 08:56+ 04:36+ 05:05+ 02:01+ 14:39+ 05:41+ 02:54+ 05:59+ 01:53+ 01:09+
 01:11& 00:18# 00:43# 00:37# 01:26# 00:12= 01:33& 02:17& 00:46# 00:32# 00:27& 03:00& 00:54# 00:32# 01:18& 00:19# 00:07#

13 Ulrika Örnhagen Jørgensen**18****1:27:48**

05:53+ 07:44+ 11:29+ 15:10+ 23:29+ 30:18+ 36:10+ 44:44+ 49:43+ 55:04+ 56:58+ 70:11+ 76:44+ 79:41+ 84:56+ 86:49+ 87:48+
 05:53+ 01:51+ 03:45+ 03:41+ 08:19+ 06:49+ 05:52+ 08:34+ 04:59+ 05:21+ 01:54+ 13:13+ 06:33+ 02:57+ 05:15+ 01:53+ 00:59=
 01:36& 00:15# 00:37# 00:26# 01:54& 01:43& 00:31+ 01:55& 01:09& 00:48# 00:20# 01:34# 01:46& 00:35# 00:34# 00:19# 00:03=

14 Marko Birk Nielsen**31****1:30:28**

05:04+ 07:05+ 10:57+ 15:28+ 25:50+ 31:30+ 38:29+ 47:14+ 52:30+ 57:36+ 59:33+ 75:26+ 80:41+ 83:06+ 87:40+ 89:19+ 90:28+
 05:04+ 02:01+ 03:52+ 04:31+ 10:22+ 05:40+ 06:59+ 08:45+ 05:16+ 05:06+ 01:57+ 15:53+ 05:15+ 02:25+ 04:34= 01:39+ 01:09+
 00:47# 00:25& 00:44# 01:16& 03:57& 00:34# 01:38& 02:06& 01:26& 00:33# 00:23# 04:14& 00:28+ 00:03+ 00:07= 00:05+ 00:07#

15 Jakob Gade**30****1:31:44**

05:16+ 07:13+ 11:20+ 15:43+ 27:03+ 31:49+ 38:53+ 47:32+ 52:32+ 58:20+ 60:13+ 72:58+ 80:04+ 83:11+ 88:46+ 90:37+ 91:44+
 05:16+ 01:57+ 04:07+ 04:23+ 11:20+ 04:46= 07:04+ 08:39+ 05:00+ 05:48+ 01:53+ 12:45+ 07:06+ 03:07+ 05:35+ 01:51+ 01:07+
 00:59# 00:21# 00:59& 01:08& 04:55& 00:20= 01:43& 02:00& 01:10& 01:15& 00:19# 01:06+ 02:19& 00:45& 00:54# 00:17# 00:05+

Class	Navn	Klasse	Tid													
16	Per Dahl Jensen	Ok Pan	1:33:42													
06:15+	08:26+	12:25+	17:38+	26:59+	32:26+	39:03+	47:56+	53:02+	58:14+	60:27+	75:23+	81:54+	85:17+	90:40+	92:40+	93:42+
06:15+	02:11+	03:59+	05:13+	09:21+	05:27+	06:37+	08:53+	05:06+	05:12+	02:13+	14:56+	06:31+	03:23+	05:23+	02:00+	01:02=
01:58&	00:35&	00:51&	01:58&	02:56&	00:21+	01:16#	02:14&	01:16&	00:39#	00:39&	03:17&	01:44&	01:01&	00:42#	00:26&	00:00=
17	Per Filskov	18	1:33:43													
05:38+	07:43+	11:47+	16:28+	24:44+	30:29+	36:39+	44:40+	49:32+	55:10+	57:05+	72:28+	80:11+	83:22+	90:41+	92:42+	93:43+
05:38+	02:05+	04:04+	04:41+	08:16+	05:45+	06:10+	08:01+	04:52+	05:38+	01:55+	15:23+	07:43+	03:11+	07:19+	02:01+	01:01-
01:21&	00:29&	00:56&	01:26&	01:51&	00:39#	00:49#	01:22#	01:02&	01:05#	00:21#	03:44&	02:56&	00:49&	02:38&	00:27&	00:01-
19	Jens Peter Christensen	3	1:33:48													
05:32+	07:29+	11:39+	19:22+	28:10+	32:47+	40:02+	47:45+	52:54+	58:24+	60:22+	72:49+	82:06+	85:11+	90:31+	92:48+	93:48+
05:32+	01:57+	04:10+	07:43+	08:48+	04:37-	07:15+	07:43+	05:09+	05:30+	01:58+	12:27+	09:17+	03:05+	05:20+	02:17+	01:00-
01:15&	00:21#	01:02&	04:28@	02:23&	00:29-	01:54&	01:04#	01:19&	00:57#	00:24&	00:48+	04:30&	00:43&	00:39#	00:43&	00:02-
20	Annemette Sørensen	Ok Pan	1:33:55													
06:28+	08:35+	12:31+	17:41+	27:02+	32:29+	39:05+	47:58+	53:12+	58:17+	60:29+	75:27+	81:57+	85:22+	90:43+	92:52+	93:55+
06:28+	02:07+	03:56+	05:10+	09:21+	05:27+	06:36+	08:53+	05:14+	05:05+	02:12+	14:58+	06:30+	03:25+	05:21+	02:09+	01:03+
02:11&	00:31&	00:48&	01:55&	02:56&	00:21+	01:15#	02:14&	01:24&	00:32#	00:38&	03:19&	01:43&	01:03&	00:40#	00:35&	00:01+
21	Birka Øhlschlæger Nielsen	25	1:34:06													
05:12+	07:16+	11:36+	19:50+	28:00+	33:18+	39:36+	48:22+	53:08+	58:34+	60:36+	76:08+	82:11+	85:28+	91:01+	93:04+	94:06+
05:12+	02:04+	04:20+	08:14+	08:10+	05:18+	06:18+	08:46+	04:46+	05:26+	02:02+	15:32+	06:03+	03:17+	05:33+	02:03+	01:02=
00:55#	00:28&	01:12&	04:59&	01:45&	00:12+	00:57#	02:07&	00:56#	00:53#	00:28&	03:53&	01:16&	00:55&	00:52#	00:29&	00:00=
22	Varny Vestergaard	3	1:34:13													
06:02+	08:14+	11:46+	16:53+	26:13+	31:13+	37:11+	46:06+	52:49+	58:10+	60:36+	73:36+	82:11+	85:25+	90:34+	93:03+	94:13+
06:02+	02:12+	03:32+	05:07+	09:20+	05:00-	05:58+	08:55+	06:43+	05:21+	02:26+	13:00+	08:35+	03:14+	05:09+	02:29+	01:10+
01:45&	00:36&	00:24#	01:52&	02:55&	00:06-	00:37#	02:16&	02:53&	00:48#	00:52&	01:21#	03:48&	00:52&	00:28+	00:55&	00:08#
23	Kaj Isaksen	18	1:34:54													
05:02+	07:08+	11:53+	16:44+	25:34+	31:24+	37:39+	46:20+	52:45+	58:07+	60:19+	75:47+	82:00+	85:27+	91:19+	93:53+	94:54+
05:02+	02:06+	04:45+	04:51+	08:50+	05:50+	06:15+	08:41+	06:25+	05:22+	02:12+	15:28+	06:13+	03:27+	05:52+	02:34+	01:01-
00:45#	00:30&	01:37&	01:36&	02:25&	00:44#	00:54#	02:02&	02:35&	00:49#	00:38&	03:49&	01:26&	01:05&	01:11&	01:00&	00:01-
24	Henrik Juhl	3	1:34:57													
05:23+	07:25+	11:48+	16:37+	25:08+	31:06+	37:29+	46:10+	52:42+	58:16+	60:40+	75:12+	82:17+	85:36+	91:21+	93:52+	94:57+
05:23+	02:02+	04:23+	04:49+	08:31+	05:58+	06:23+	08:41+	06:32+	05:34+	02:24+	14:32+	07:05+	03:19+	05:45+	02:31+	01:05+
01:06&	00:26&	01:15&	01:34&	02:06&	00:52#	01:02#	02:02&	02:42&	01:01#	00:50&	02:53#	02:18&	00:57&	01:04#	00:57&	00:03+
25	Kim Gottlieb	3	1:36:37													
13:02+	18:10+	27:36+	39:27+	61:26+	76:15+	82:52+	86:11+	92:59+	95:25+	96:37+						
13:02+	05:08+	09:26+	11:51+	21:59+	14:49+	06:37+	03:19-	06:48+	02:26-	01:12-						
08:45@	03:32@	06:18@	08:36@	15:34@	09:43@	01:16#	03:20-	02:58&	02:07-	00:22-						
26	Sara Lysemose Poulsen	25	1:36:52													
05:31+	07:25+	11:04+	20:17+	27:28+	33:53+	39:44+	47:38+	57:33+	64:03+	66:24+	79:44+	85:50+	88:53+	93:54+	95:44+	96:52+
05:31+	01:54+	03:39+	09:13+	07:11+	06:25+	05:51+	07:54+	09:55+	06:30+	02:21+	13:20+	06:06+	03:03+	05:01+	01:50+	01:08+
01:14&	00:18#	00:31#	05:58@	00:46#	01:19&	00:30+	01:15#	06:05@	01:57&	00:47&	01:41#	01:19&	00:41&	00:20+	00:16#	00:06+
27	Kent Lodberg	Ok Pan	1:37:08													
06:07+	08:21+	12:20+	16:59+	26:10+	32:08+	39:32+	48:45+	54:14+	60:17+	62:24+	77:37+	84:11+	87:52+	94:00+	95:58+	97:08+
06:07+	02:14+	03:59+	04:39+	09:11+	05:58+	07:24+	09:13+	05:29+	06:03+	02:07+	15:13+	06:34+	03:41+	06:08+	01:58+	01:10+
01:50&	00:38&	00:51&	01:24&	02:46&	00:52#	02:03&	02:34&	01:39&	01:30&	00:33&	03:34&	01:47&	01:19&	01:27&	00:24&	00:08#
28	Ivan Christensen	Ok Pan	1:39:39													
08:18+	11:59+	16:54+	26:35+	32:32+	38:57+	47:46+	53:04+	58:58+	61:20+	77:08+	86:02+	89:26+	96:02+	98:19+	99:39+	
08:18+	03:41+	04:55+	09:41+	05:57-	06:25+	08:49+	05:18-	05:54+	02:22-	15:48+	08:54-	03:24-	06:36+	02:17-	01:20-	
04:01&	02:05@	01:47&	06:26@	00:28-	01:19&	03:28&	01:21-	02:04&	02:11-	14:14@	02:45-	01:23-	04:14@	02:24-	00:14-	
29	Marianne Lyng Krogh	7	1:39:39													
05:35+	07:42+	11:58+	16:57+	27:25+	32:49+	39:13+	47:25+	52:43+	58:11+	60:32+	76:33+	86:05+	89:18+	96:05+	98:22+	99:39+
05:35+	02:07+	04:16+	04:59+	10:28+	05:24+	06:24+	08:12+	05:18+	05:28+	02:21+	16:01+	09:32+	03:13+	06:47+	02:17+	01:17+
01:18&	00:31&	01:08&	01:44&	04:03&	00:18+	01:03#	01:33#	01:28&	00:55#	00:47&	04:22&	04:45&	00:51&	02:06&	00:43&	00:15#
30	Peter Kilden Jensen	Ok Pan	1:40:07													
05:55+	08:12+	12:48+	17:55+	26:53+	32:05+	38:46+	47:53+	52:57+	57:58+	59:59+	77:01+	86:12+	90:20+	96:27+	98:57+	100:07+
05:55+	02:17+	04:36+	05:07+	08:58+	05:12+	06:41+	09:07+	05:04+	05:01+	02:01+	17:02+	09:11+	04:08+	06:07+	02:30+	01:10+
01:38&	00:41&	01:28&	01:52&	02:33&	00:06+	01:20#	02:28&	01:14&	00:28#	00:27&	05:23&	04:24&	01:46&	01:26&	00:56&	00:08#
31	Thomas Emil Jensen	5	1:41:17													
05:37+	08:17+	12:11+	18:48+	29:14+	35:03+	41:21+	51:16+	57:06+	62:21+	64:28+	83:58+	89:56+	93:10+	98:43+	100:27+	101:17+
05:37+	02:40+	03:54+	06:37+	10:26+	05:49+	06:18+	09:55+	05:50+	05:15+	02:07+	19:30+	05:58+	03:14+	05:33+	01:44+	00:50-
01:20&	01:04&	00:46#	03:22@	04:01&	00:43#	00:57#	03:16&	02:00&	00:42#	00:33&	07:51&	01:11#	00:52&	00:52#	00:10#	00:12-

Class	Navn	Klasse	Tid														
32	Mathilde Smedegaard	10	1:41:26														
06:00+	08:15+	12:29+	17:26+	30:16+	37:03+	44:00+	52:45+	58:38+	65:04+	66:55+	83:42+	93:44+	98:46+	100:26+	101:26+		
06:00+	02:15+	04:14+	04:57+	12:50+	06:47+	06:57+	08:45+	05:53+	06:26+	01:51+	16:47+	10:02+	05:02+	01:40-	01:00-		
01:43&	00:39&	01:06&	01:42&	06:25&	01:41&	01:36&	02:06&	02:03&	01:53&	00:17#	05:08&	05:15@	02:40@	03:01-	00:34-		
33	Jonathan Birk Nielsen	31	1:42:14														
05:08+	07:07+	11:07+	15:37+	26:00+	31:32+	39:07+	47:29+	52:46+	58:04+	60:17+	76:38+	86:09+	89:42+	98:04+	100:29+	102:14+	
05:08+	01:59+	04:00+	04:30+	10:23+	05:32+	07:35+	08:22+	05:17+	05:18+	02:13+	16:21+	09:31+	03:33+	08:22+	02:25+	01:45+	
00:51#	00:23#	00:52&	01:15&	03:58&	00:26+	02:14&	01:43&	01:27&	00:45#	00:39&	04:42&	04:44&	01:11&	03:41&	00:51&	00:43&	
34	Bo Birk Nielsen	31	1:42:15														
07:41+	09:53+	11:48+	15:45+	19:41+	28:07+	32:50+	38:32+	47:27+	52:38+	57:51+	60:05+	76:27+	86:07+	89:11+	97:40+	100:32+	102:15+
07:41+	02:12+	01:55-	03:57+	03:56-	08:26+	04:43-	05:42-	08:55+	05:11+	05:13+	02:14-	16:22+	09:40+	03:04-	08:29+	02:52+	01:43+
03:24&	00:36&	01:13-	00:42#	02:29-	03:20&	00:38-	00:57-	05:05@	00:38#	03:39@	09:25-	11:35@	07:18@	01:37-	06:55@	01:50@	01:43+
35	Knud Fjordvald	25	1:42:29														
05:51+	08:03+	11:54+	16:33+	26:28+	32:12+	38:55+	47:43+	53:06+	58:55+	61:32+	76:18+	88:26+	92:28+	98:49+	101:12+	102:29+	
05:51+	02:12+	03:51+	04:39+	09:55+	05:44+	06:43+	08:48+	05:23+	05:49+	02:37+	14:46+	12:08+	04:02+	06:21+	02:23+	01:17+	
01:34&	00:36&	00:43#	01:24&	03:30&	00:38#	01:22&	02:09&	01:33&	01:16&	01:03&	03:07&	07:21@	01:40&	01:40&	00:49&	00:15#	
36	Per Mønster Jørgensen	5	1:43:02														
05:58+	08:00+	12:36+	17:03+	29:39+	35:31+	41:45+	51:23+	63:14+	65:33+	81:26+	90:05+	93:42+	99:40+	101:55+	103:02+		
05:58+	02:02+	04:36+	04:27+	12:36+	05:52+	06:14+	09:38+	11:51+	02:19-	15:53+	08:39-	03:37-	05:58+	02:15-	01:07-		
01:41&	00:26&	01:28&	01:12&	06:11&	00:46#	00:53#	02:59&	08:01@	02:14-	14:19@	03:00-	01:10-	03:36@	02:26-	00:27-		
37	Henrik Rasmussen	NOTEAM	1:43:09														
04:57+	06:44+	10:40+	15:17+	23:04+	28:53+	35:21+	42:51+	55:45+	61:19+	64:39+	84:22+	90:28+	94:47+	99:54+	102:07+	103:09+	
04:57+	01:47+	03:56+	04:37+	07:47+	05:49+	06:28+	07:30+	12:54+	05:34+	03:20+	19:43+	06:06+	04:19+	05:07+	02:13+	01:02=	
00:40#	00:11#	00:48&	01:22&	01:22#	00:43#	01:07#	00:51#	09:04@	01:01#	01:46@	08:04&	01:19&	01:57&	00:26+	00:39&	00:00=	
38	Mette Højbjerg Ozol	32	1:43:12														
05:36+	07:55+	11:56+	17:57+	27:52+	35:45+	43:54+	53:26+	58:34+	64:47+	67:09+	82:32+	89:45+	93:35+	99:38+	102:12+	103:12+	
05:36+	02:19+	04:01+	06:01+	09:55+	07:53+	08:09+	09:32+	05:08+	06:13+	02:22+	15:23+	07:13+	03:50+	06:03+	02:34+	01:00-	
01:19&	00:43&	00:53&	02:46&	03:30&	02:47&	02:48&	02:53&	01:18&	01:40&	00:48&	03:44&	02:26&	01:28&	01:22&	01:00&	00:02-	
39	Jens Ozol	25	1:43:24														
07:00+	09:25+	13:36+	18:57+	28:54+	35:06+	43:25+	53:21+	58:32+	64:51+	67:17+	82:28+	89:43+	93:31+	99:51+	102:17+	103:24+	
07:00+	02:25+	04:11+	05:21+	09:57+	06:12+	08:19+	09:56+	05:11+	06:19+	02:26+	15:11+	07:15+	03:48+	06:20+	02:26+	01:07+	
02:43&	00:49&	01:03&	02:06&	03:32&	01:06#	02:58&	03:17&	01:21&	01:46&	00:52&	03:32&	02:28&	01:26&	01:39&	00:52&	00:05+	
40	Frank Krog Jensen	5	1:43:31														
05:57+	08:07+	12:46+	17:20+	29:56+	35:30+	42:08+	51:40+	57:18+	65:47+	81:41+	89:55+	93:49+	99:57+	102:21+	103:31+		
05:57+	02:10+	04:39+	04:34+	12:36+	05:34+	06:38+	09:32+	05:38+	08:29+	15:54+	08:14-	03:54-	06:08+	02:24-	01:10-		
01:40&	00:34&	01:31&	01:19&	06:11&	00:28+	01:17#	02:53&	01:48&	03:56&	14:20@	03:25-	00:53-	03:46@	02:17-	00:24-		
41	Søren Dall	15	1:44:44														
06:16+	08:31+	13:10+	17:47+	27:53+	35:07+	42:24+	51:38+	57:14+	64:12+	66:31+	82:20+	93:40+	100:48+	103:22+	104:44+		
06:16+	02:15+	04:39+	04:37+	10:06+	07:14+	07:17+	09:14+	05:36+	06:58+	02:19+	15:49+	11:20+	07:08+	02:34-	01:22-		
01:59&	00:39&	01:31&	01:22&	03:41&	02:08&	01:56&	02:35&	01:46&	02:25&	00:45&	04:10&	06:33@	04:46@	02:07-	00:12-		
42	Lars Klogborg	15	1:44:46														
06:18+	08:33+	13:04+	17:44+	27:55+	35:09+	42:27+	51:45+	57:23+	64:15+	66:33+	82:22+	93:46+	100:44+	103:25+	104:46+		
06:18+	02:15+	04:31+	04:40+	10:11+	07:14+	07:18+	09:18+	05:38+	06:52+	02:18+	15:49+	11:24+	06:58+	02:41-	01:21-		
02:01&	00:39&	01:23&	01:25&	03:46&	02:08&	01:57&	02:39&	01:48&	02:19&	00:44&	04:10&	06:37@	04:36@	02:00-	00:13-		
43	Dorte Filskov	31	1:46:08														
07:48+	10:14+	14:24+	19:50+	28:56+	39:39+	47:49+	57:51+	63:23+	70:00+	72:33+	86:34+	93:04+	96:48+	102:42+	104:53+	106:08+	
07:48+	02:26+	04:10+	05:26+	09:06+	10:43+	08:10+	10:02+	05:32+	06:37+	02:33+	14:01+	06:30+	03:44+	05:54+	02:11+	01:15+	
03:31&	00:50&	01:02&	02:11&	02:41&	05:37@	02:49&	03:23&	01:42&	02:04&	00:59&	02:22#	01:43&	01:22&	01:13&	00:37&	00:13#	
44	Jette Klogborg	15	1:49:20														
05:40+	07:49+	11:43+	19:35+	28:21+	35:37+	44:24+	55:10+	60:07+	68:06+	70:30+	86:13+	93:10+	97:06+	105:01+	107:43+	109:20+	
05:40+	02:09+	03:54+	07:52+	08:46+	07:16+	08:47+	10:46+	04:57+	07:59+	02:24+	15:43+	06:57+	03:56+	07:55+	02:42+	01:37+	
01:23&	00:33&	00:46#	04:37@	02:21&	02:10&	03:26&	04:07&	01:07&	03:26&	00:50&	04:04&	02:10&	01:34&	03:14&	01:08&	00:35&	
45	Keld Gade	30	1:50:04														
07:58+	11:38+	16:26+	25:29+	34:21+	41:05+	58:57+	64:21+	70:36+	72:53+	89:17+	96:27+	100:25+	106:31+	108:57+	110:04+		
07:58+	03:40+	04:48+	09:03+	08:52+	06:44+	17:52+	05:24-	06:15+	02:17-	16:24+	07:10-	03:58-	06:06+	02:26-	01:07-		
03:41&	02:04@	01:40&	05:48@	02:27&	01:38&	12:31@	01:15-	02:25&	02:16-	14:50@	04:29-	00:49-	03:44@	02:15-	00:27-		
46	Henrik B. Thomsen	12	1:51:23														
06:49+	09:21+	13:49+	19:07+	28:34+	36:45+	45:03+	56:22+	62:17+	69:56+	72:28+	89:10+	96:00+	99:46+	107:46+	110:14+	111:23+	
06:49+	02:32+	04:28+	05:18+	09:27+	08:11+	08:18+	11:19+	05:55+	07:39+	02:32+	16:42+	06:50+	03:46+	08:00+	02:28+	01:09+	
02:32&	00:56&	01:20&	02:03&	03:02&	03:05&	02:57&	04:40&	02:05&	03:06&	00:58&	05:03&	02:03&	01:24&	03:19&	00:54&	00:07#	

Class	Navn	Klasse	Tid
47	jan Mikkelsen	NOTEAM	1:51:30
06:46+	09:19+	14:40+	20:09+
06:46+	02:33+	05:21+	05:29+
02:29&	00:57&	02:13&	02:14&
	01:52&	01:12#	01:52&
	02:23&	02:36&	01:28&
	00:53&	08:45&	02:28&
	00:57&	06:43@	00:13#
			00:26&
48	Erling Trankjær	4	1:53:11
06:26+	08:43+	13:20+	18:36+
06:26+	02:17+	04:37+	05:16+
02:09&	00:41&	01:29&	02:01&
	04:18&	01:09#	01:45&
	03:11&	02:30&	01:38&
	00:48&	07:16&	05:07@
	02:13&	02:54&	01:26&
			00:47&
49	John Holm	Ok Pan	1:55:14
08:24+	12:38+	17:50+	27:58+
08:24+	04:14+	05:12+	10:08+
04:07&	02:38@	02:04&	06:53@
	00:15-	02:22&	05:24@
	00:15-	02:39&	02:19-
	16:56@	01:07+	00:19-
			05:08@
			01:16-
			00:27-
50	Per Korsbæk	26	1:55:21
13:45+	19:19+	28:46+	42:56+
13:45+	05:34+	09:27+	14:10+
09:28@	03:58@	06:19@	10:55@
	03:29&	07:40@	03:00-
	16:22@	05:18@	00:20-
	04:58@	08:17-	03:39-
51	Roger Buus	3	2:01:20
06:42+	08:49+	18:05+	24:55+
06:42+	02:07+	09:16+	06:50+
02:25&	00:31&	06:08@	03:35@
	07:37@	01:17&	07:43@
	04:27&	03:17&	01:49&
	00:35&	03:32&	02:51&
	01:18&	01:23&	00:56&
			00:07#
52	Jens Larsen	25	2:01:44
06:38+	08:55+	13:14+	18:29+
06:38+	02:17+	04:19+	05:15+
02:21&	00:41&	01:11&	02:00&
	01:49&	04:20&	07:26@
	02:39&	03:23&	00:56&
	07:40&	04:50@	03:04@
			02:28&
			01:02&
			00:11#
53	Thomas Lindschow	31	2:03:56
14:01+	19:38+	29:07+	45:16+
14:01+	05:37+	09:29+	16:09+
09:44@	04:01@	06:21@	12:54@
	07:45@	08:12@	02:27-
	13:22@	06:18@	00:22+
	06:42@	08:24-	03:04-
54	Inger Lise Simonsen	25	2:10:48
07:20+	09:46+	14:27+	19:56+
07:20+	02:26+	04:41+	05:29+
03:03&	00:50&	01:33&	02:14&
	03:09&	01:30&	02:10&
	05:06&	03:50&	02:45&
	01:21&	10:25&	12:15@
	02:04&	03:36&	02:43@
			00:25&
55	Jørn H. Klausen	Ok Syd	2:11:45
14:36+	20:28+	36:30+	64:36+
14:36+	05:52+	16:02+	28:06+
10:19@	04:16@	12:54@	24:51@
	01:41&	08:14@	02:33-
	10:33@	05:15@	00:31-
	06:57@	09:04-	03:17-
56	Jens Peder Jørgensen	3	2:14:46
10:10+	12:04+	17:39+	23:51+
10:10+	01:54+	05:35+	06:12+
05:53@	00:18#	02:27&	02:57&
	00:03-	02:06&	05:02&
	03:10&	02:27&	01:00&
	07:37&	14:56@	06:20@
			00:49#
			01:12&
			00:17&
57	Tove Jakobsen	25	2:20:21
10:38+	14:38+	20:11+	30:17+
10:38+	04:00+	05:33+	10:06+
06:21@	02:24@	02:25&	06:51@
	05:14&	01:53&	05:20&
	04:59&	04:14@	03:44&
	01:15&	09:16&	03:41&
	02:02&	06:14@	02:14@
			00:25&
58	Uffe Bach	11	2:24:59
07:55+	10:51+	17:03+	24:39+
07:55+	02:56+	06:12+	07:36+
03:38&	01:20&	03:04&	04:21@
	07:29@	02:54&	04:22&
	07:51@	04:04@	04:03&
	02:21@	09:23&	05:35@
			06:51@
			01:52@
			01:02&
59	John Tripax	17	2:28:20
12:04+	15:20+	21:27+	31:15+
12:04+	03:16+	06:07+	09:48+
07:47@	01:40@	02:59&	06:33@
	06:42@	02:17&	04:23&
	10:17@	05:17@	03:55&
	01:24&	09:58&	06:26@
	02:24@	02:53&	01:04&
			00:32&
60	Erik Anders Jensen	25	2:28:27
07:39+	10:26+	16:43+	23:33+
07:39+	02:47+	06:17+	06:50+
03:22&	01:11&	03:09@	03:35@
	09:53@	01:44&	03:16&
	09:00@	04:05@	03:45&
	01:59@	09:55&	09:21@
	07:26@	03:11&	01:05&
			00:41&
61	Britt Hermanrud	25	2:39:18
07:41+	10:35+	27:05+	51:31+
07:41+	02:54+	16:30+	24:26+
03:24&	01:18&	13:22@	21:11@
	06:52@	02:24&	03:52&
	08:37@	03:52@	02:53&
	01:25&	05:45&	03:53&
	03:44@	02:30&	01:39@
			00:48&

Class	Navn	Klasse	Tid
62	Anette Pind	25	2:39:40
07:23+	10:06+	17:33+	31:45+
07:23+	02:43+	07:27+	14:12+
03:06&	01:07&	04:19@	10:57@
07:25+	10:07+	17:34+	31:42+
07:25+	02:42+	07:27+	14:08+
03:08&	01:06&	04:19@	10:53@
63	Jane Bech Thøgersen	25	2:39:40
07:25+	10:07+	17:34+	31:42+
07:25+	02:42+	07:27+	14:08+
03:08&	01:06&	04:19@	10:53@
64	Lajla Præstgaard	8	2:40:04
07:29+	10:18+	31:02+	40:50+
07:29+	02:49+	20:44+	09:48+
03:12&	01:13&	17:36@	06:33@
65	Henrik Fjordback	3	2:48:13
06:34+	09:01+	13:52+	22:13+
06:34+	02:27+	04:51+	08:21+
02:17&	00:51&	01:43&	05:06@
67	Mads Møller Pedersen	25	3:00:29
08:09+	12:51+	17:53+	52:01+
08:09+	04:42+	05:02+	34:08+
03:52&	03:06@	01:54&	22:40@
Beste stræktid for klassen			
03:58	01:35	01:55	03:15

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

10km mtb

1	Niels Nygaard Jensen	18	1:22:55
06:32=	19:11=	37:27=	43:07=
06:32=	12:39=	18:16=	05:40=
00:00=	00:00=	00:00=	00:00=
2	Niels Møller Petersen	13	1:28:31
06:50+	10:38-	18:45-	35:14-
06:50+	03:48-	08:07-	16:29+
00:18+	08:51-	10:09-	10:49@
3	Mads Jacobsen	25	1:46:41
06:56+	25:22+	34:47-	59:00+
06:56+	18:26+	09:25-	24:13+
00:24+	05:47&	08:51-	18:33@
4	Ulrik Mathiasen	25	1:48:17
06:52+	11:55-	23:23-	37:52-
06:52+	05:03-	11:28-	14:29+
00:20+	07:36-	06:48-	08:49@
5	Poul Erik Buch	14	1:50:26
05:56-	10:52-	20:40-	47:02+
05:56-	04:56-	09:48-	26:22+
00:36-	07:43-	08:28-	20:42@
6	Jørgen Krog	25	1:50:34
07:44+	13:03-	24:59-	41:46-
07:44+	05:19-	11:56-	16:47+
01:12#	07:20-	06:20-	11:07@
Beste stræktid for klassen			
05:56	03:48	08:07	05:40

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

16km

Class	Navn	Klasse	Tid																
1	Torben Kristensen	18	1:58:37																
04:12=	08:10=	10:39=	13:05=	22:41=	28:43=	35:42=	43:54=	48:12=	57:44=	60:41=	70:37=	76:50=	86:02=	95:55=	102:22=	107:44=	115:28=	117:29=	118:37=
04:12=	03:58=	02:29=	02:26=	09:36=	06:02=	06:59=	08:12=	04:18=	09:32=	02:57=	09:56=	06:13=	09:12=	09:53=	06:27=	05:22=	07:44=	02:01=	01:08=
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	Martin Busch	18	1:59:32																
06:22+	10:12+	12:45+	15:02+	23:27+	30:06+	37:05+	44:24+	48:29+	57:32-	60:35-	69:45-	76:08-	85:18-	97:14+	104:14+	109:30+	116:38+	118:29+	119:32+
06:22+	03:50-	02:33+	02:17-	08:25-	06:39+	06:59+	07:19-	04:05-	09:03-	03:03+	09:10-	06:23+	09:10-	11:56+	07:00+	05:16-	07:08-	01:51-	01:03-
02:10&	00:08-	00:04+	00:09-	01:11-	00:37#	00:00=	00:53-	00:13-	00:29-	00:06+	00:46-	00:10+	00:02-	02:03#	00:33+	00:06-	00:36-	00:10-	00:05-
3	Jens Kobæk Edsen	9	2:02:34																
03:39-	07:19-	36:38+	44:25+	48:24+	57:21+	69:42+	76:16+	86:34+	96:30+	103:35+	109:16+	120:01+	121:38+	122:34+					
03:39-	03:40-	29:19+	07:47+	03:59-	08:57+	12:21+	06:34-	10:18+	09:56+	07:05+	05:41-	10:45+	01:37-	00:56-					
00:33-	00:18-	26:50@	05:21@	05:37-	02:55&	05:22&	01:38-	06:00@	00:24+	04:08@	04:15-	04:32&	07:35-	08:57-					
4	Carsten Thygesen	Ok Pan	2:02:45																
04:26+	08:29+	11:06+	13:18+	22:04-	28:42-	35:34-	43:45+	48:26+	57:35-	60:33-	70:36-	77:01+	88:03+	98:58+	105:34+	113:01+	120:00+	121:46+	122:45+
04:26+	04:03+	02:37+	02:12-	08:46-	06:38+	06:52-	08:11-	04:41+	09:09-	02:58+	10:03+	06:25+	11:02+	10:55+	06:36+	07:27+	06:59-	01:46-	00:59-
00:14+	00:05+	00:08+	00:14-	00:50-	00:36+	00:07-	00:01-	00:23+	00:23-	00:01+	00:07+	00:12+	01:50#	01:02#	00:09+	02:05&	00:45-	00:15-	00:09-
5	Thorkild Jensen	23	2:02:47																
04:01-	08:31+	11:17+	13:35+	22:36-	28:35-	35:31-	43:51-	48:09-	57:41-	60:41=	70:27-	77:02+	88:06+	98:53+	105:35+	113:04+	120:09+	121:49+	122:47+
04:01-	04:30+	02:46+	02:18-	09:01-	05:59-	06:56-	08:20+	04:18=	09:32=	03:00+	09:46-	06:35+	11:04+	10:47+	06:42+	07:29+	07:05-	01:40-	00:58-
00:11-	00:32#	00:17#	00:08-	00:35-	00:03-	00:03-	00:08+	00:00=	00:00=	00:03+	00:10-	00:22+	01:52#	00:54+	00:15+	02:07&	00:39-	00:21-	00:10-
6	Eivind Reihs Hegnar	24	2:10:20																
04:07-	07:52-	10:31-	12:42-	22:00-	30:15+	38:48+	48:25+	53:15+	62:43+	66:12+	77:22+	83:49+	92:39+	103:22+	113:33+	119:06+	127:15+	129:12+	130:20+
04:07-	03:45-	02:39+	02:11-	09:18-	08:15+	08:33+	09:37+	04:50+	09:28-	03:29+	11:10+	06:27+	08:50-	10:43+	10:11+	05:33+	08:09+	01:57-	01:08=
00:05-	00:13-	00:10+	00:15-	00:18-	02:13&	01:34#	01:25#	00:32#	00:04-	00:32#	01:14#	00:14+	00:22-	00:50+	03:44&	00:11+	00:25+	00:04-	00:00=
7	Andreas Lyngaa	Ok Pan	2:11:04																
24:13+	30:36+	38:38+	48:30+	53:25+	63:20+	66:56+	77:26+	84:00+	94:36+	104:55+	111:59+	120:15+	128:17+	130:00+	131:04+				
24:13+	06:23+	08:02+	09:52+	04:55-	09:55+	03:36-	10:30+	06:34+	10:36+	10:19+	07:04-	08:16+	08:02-	01:43-	01:04-				
20:01@	02:25&	05:33@	07:26@	04:41-	03:53&	03:23-	02:18&	02:16&	01:04#	07:22@	02:52-	02:03&	01:10-	08:10-	05:23-				
8	Annikka Bjørgum	Ok Pan	2:11:07																
03:55-	08:00-	10:49+	13:08+	22:53+	29:11+	36:51+	45:43+	50:29+	62:39+	66:37+	77:33+	84:06+	94:30+	104:49+	111:52+	120:36+	128:25+	130:09+	131:07+
03:55-	04:05+	02:49+	02:19-	09:45+	06:18+	07:40+	08:52+	04:46+	12:10+	03:58+	10:56+	06:33+	10:24+	10:19+	07:03+	08:44+	07:49+	01:44-	00:58-
00:17-	00:07+	00:20#	00:07-	00:09+	00:16+	00:41+	00:40+	00:28#	02:38&	01:01&	01:00#	00:20+	01:12#	00:26+	00:36+	03:22&	00:05+	00:17-	00:10-
9	Jens Christoffersen	Ok Pan	2:11:11																
04:03-	07:47-	10:27-	12:56+	24:06+	30:25+	38:32+	48:24+	53:27+	63:24+	67:01+	77:19+	83:58+	94:34+	104:51+	111:46+	120:31+	128:21+	130:03+	131:11+
04:03-	03:44-	02:40+	02:29+	11:10+	06:19+	08:07+	09:52+	05:03+	09:57+	03:37+	10:18+	06:39+	10:36+	10:17+	06:55+	08:45+	07:50+	01:42-	01:08=
00:09-	00:14-	00:11+	00:03+	01:34#	00:17+	01:08#	01:40#	00:45#	00:25+	00:40#	00:22+	00:26+	01:24#	00:24+	00:28+	03:23&	00:06+	00:19-	00:00=
10	Kim Hering Poulsen	Ok Pan	2:11:13																
04:10-	07:56-	10:34-	13:00-	24:10+	30:21+	38:51+	48:39+	53:31+	63:23+	67:01+	77:24+	84:02+	94:38+	104:58+	111:49+	120:29+	128:21+	130:02+	131:13+
04:10-	03:46-	02:38+	02:26=	11:10+	06:11+	08:30+	09:48+	04:52+	09:52+	03:38+	10:23+	06:38+	10:36+	10:20+	06:51+	08:40+	07:52+	01:41-	01:11+
00:02-	00:12-	00:09+	00:00=	01:34#	00:09+	01:31#	01:36#	00:34#	00:20+	00:41#	00:27+	00:25+	01:24#	00:27+	00:24+	03:18&	00:08+	00:20-	00:03+
11	Henrik Markvardsen	29	2:11:17																
04:00-	07:48-	10:28-	12:54-	24:04+	30:19+	38:36+	48:36+	53:28+	63:17+	66:46+	77:18+	83:43+	94:32+	105:01+	111:44+	120:12+	128:14+	129:58+	131:17+
04:00-	03:48-	02:40+	02:26=	11:10+	06:15+	08:17+	10:00+	04:52+	09:49+	03:29+	10:32+	06:25+	10:49+	10:29+	06:43+	08:28+	08:02+	01:44-	01:19+
00:12-	00:10-	00:11+	00:00=	01:34#	00:13+	01:18#	01:48#	00:34#	00:17+	00:32#	00:36+	00:12+	01:37#	00:36+	00:16+	03:06&	00:18+	00:17-	00:11#
12	Poul Mouritsen Og Jakob Søholt	25	2:13:40																
04:05-	07:58-	13:14+	22:34+	29:10+	36:47+	45:17+	50:06+	61:47+	66:29+	77:28+	84:04+	94:43+	105:25+	112:40+	120:54+	130:10+	132:20+	133:40+	
04:05-	03:53-	05:16+	09:20+	06:36-	07:37+	08:30+	04:49-	11:41+	04:42-	10:59+	06:36-	10:39+	10:42+	07:15-	08:14+	09:16+	02:10-	01:20-	
00:07-	00:05-	02:47@	06:54@	03:00-	01:35&	01:31#	03:23-	07:23@	04:50-	08:02@	03:20-	04:26&	01:30#	02:38-	01:47&	03:54&	05:34-	00:41-	
13	Michael Filyo	25	2:20:26																
03:58-	08:37+	11:14+	13:44+	22:55+	29:53+	38:23+	47:48+	53:35+	63:09+	66:51+	77:55+	84:51+	96:22+	109:26+	119:12+	127:52+	137:06+	139:14+	140:26+
03:58-	04:39+	02:37+	02:30+	09:11-	06:58+	08:30+	09:25+	05:47+	09:34+	03:42+	11:04+	06:56+	11:31+	13:04+	09:46+	08:40+	09:14+	02:08+	01:12+
00:14-	00:41#	00:08+	00:04+	00:25-	00:56#	01:31#	01:13#	01:29&	00:02+	00:45&	01:08#	00:43#	02:19&	03:11&	03:19&	03:18&	01:30#	00:07+	00:04+
14	Anton Hansen	25	2:20:48																
03:30-	07:16-	10:09-	12:28-	25:02+	32:15+	40:21+	51:36+	57:10+	69:58+	73:06+	85:10+	91:36+	101:20+	112:05+	120:53+	129:24+	137:45+	139:52+	140:48+
03:30-	03:46-	02:53+	02:19-	12:34+	07:13+	08:06+	11:15+	05:34+	12:48+	03:08+	12:04+	06:26+	09:44+	10:45+	08:48+	08:31+	08:21+	02:07+	00:56-
00:42-	00:12-	00:24#	00:07-	02:58&	01:11#	01:07#	03:03&	01:16&	03:16&	00:11+	02:08#	00:13+	00:32+	00:52+	02:21&	03:09&	00:37+	00:06+	00:12-
15	Peter Drejer	25	2:21:03																
04:09-	08:18+	10:56+	13:27+	22:40-	29:25+	45:24+	49:56+	62:22+	66:49+	77:21+	84:16+	94:55+	106:41+	116:07+	127:17+	137:04+	139:55+	141:03+	
04:09-	04:09+	02:38+	02:31+	09:13-	06:45+	15:59+	04:32-	12:26+	04:27-	10:32+	06:55-	10:39+	11:46+	09:26-	11:10+	09:47+	02:51-	01:08-	
00:03-	00:11+	00:09+	00:05+	00:23-	00:43#	09:00@	03:40-	08:08@	05:05-	07:35@	03:01-	04:26&	02:34&	00:27-	04:43&	04:25&	04:53-	00:53-	

Class	Navn	Klasse	Tid																	
16	Robert Svensson	32	2:25:51																	
04:57+	09:42+	12:35+	14:55+	24:48+	30:31+	38:48+	48:36+	53:33+	63:13+	66:59+	77:51+	85:23+	98:52+	111:57+	122:12+	132:43+	141:41+	144:41+	145:51+	
04:57+	04:45+	02:53+	02:20-	09:53+	05:43-	08:17+	09:48+	04:57+	09:40+	03:46+	10:52+	07:32+	07:32+	13:29+	13:05+	10:15+	10:31+	08:58+	03:00+	01:10+
00:45#	00:47#	00:24#	00:06-	00:17+	00:19-	01:18#	01:36#	00:39#	00:08+	00:49#	00:56+	01:19#	04:17&	03:12&	03:48&	05:09&	01:14#	00:59&	00:02+	
17	Søren Vestergaard Christensen	32	2:25:52																	
04:54+	09:43+	12:37+	15:05+	30:32+	38:44+	48:32+	53:34+	63:15+	66:44+	77:44+	85:14+	98:53+	111:51+	122:40+	132:35+	141:37+	144:38+	145:52+		
04:54+	04:49+	02:54+	02:28+	15:27+	08:12+	09:48+	05:02-	09:41+	03:29-	11:00+	07:30-	13:39+	12:58+	10:49+	09:55+	09:02+	03:01-	01:14-		
00:42#	00:51#	00:25#	00:02+	05:51&	02:10&	02:49&	03:10-	05:23@	06:03-	08:03@	02:26-	07:26@	03:46&	00:56+	03:28&	03:40&	04:43-	00:47-		
18	Morten Kjær	25	2:28:28																	
04:45+	09:33+	12:17+	14:57+	25:25+	32:30+	40:45+	53:08+	58:26+	69:50+	74:32+	86:17+	94:40+	105:35+	120:40+	128:47+	135:54+	144:51+	147:08+	148:28+	
04:45+	04:48+	02:44+	02:40+	10:28+	07:05+	08:15+	12:23+	05:18+	11:24+	04:42+	11:45+	08:23+	10:55+	15:05+	08:07+	07:07+	08:57+	02:17+	01:20+	
00:33#	00:50#	00:15#	00:14+	00:52+	01:03#	01:16#	04:11&	01:00#	01:52#	01:45&	01:49#	02:10&	01:43#	05:12&	01:40&	01:45&	01:13#	00:16#	00:12#	
19	Per Wøldike	25	2:28:31																	
04:49+	09:29+	12:19+	14:41+	25:30+	32:08+	40:49+	53:13+	58:19+	69:43+	74:36+	85:56+	94:47+	105:40+	120:16+	129:04+	135:57+	144:55+	147:12+	148:31+	
04:49+	04:40+	02:50+	02:22-	10:49+	06:38+	08:41+	12:24+	05:06+	11:24+	04:53+	11:20+	08:51+	10:53+	14:36+	08:48+	06:53+	08:58+	02:17+	01:19+	
00:37#	00:42#	00:21#	00:04-	01:13#	00:36+	01:42#	04:12&	00:48#	01:52#	01:56&	01:24#	02:38&	01:41#	04:43&	02:21&	01:31&	01:14#	00:16#	00:11#	
20	Lars Mikkelsen	3	2:31:15																	
04:14+	09:05+	15:02+	26:14+	33:22+	41:18+	51:37+	56:50+	70:50+	74:54+	86:11+	97:31+	109:55+	122:13+	132:02+	138:23+	148:13+	150:14+	151:15+		
04:14+	04:51+	05:57+	11:12+	07:08-	07:56+	10:19+	05:13-	14:00+	04:04-	11:17+	11:20+	12:24+	12:18+	09:49-	06:21-	09:50+	02:01-	01:01-		
00:02+	00:53#	03:28@	08:46@	02:28-	01:54&	03:20&	02:59-	09:42@	05:28-	08:20@	01:24#	06:11&	03:06&	00:04-	00:06-	04:28&	05:43-	01:00-		
21	Carsten Lind	13	2:31:19																	
04:11-	09:15+	12:09+	14:49+	26:10+	33:06+	41:33+	51:41+	56:52+	68:49+	72:58+	85:58+	94:32+	107:09+	120:10+	131:47+	138:56+	148:08+	150:12+	151:19+	
04:11-	05:04+	02:54+	02:40+	11:21+	06:56+	08:27+	10:08+	05:11+	11:57+	04:09+	13:00+	08:34+	12:37+	13:01+	11:37+	07:09+	09:12+	02:04+	01:07-	
00:01-	01:06&	00:25#	00:14+	01:45#	00:54#	01:28#	01:56#	00:53#	02:25&	01:12&	03:04&	02:21&	03:25&	03:08&	05:10&	01:47&	01:28#	00:03+	00:01-	
22	Michael Smith Nielsen	NOTEAM	2:38:08																	
04:38+	09:36+	12:30+	15:09+	25:16+	32:28+	40:36+	53:20+	58:11+	80:20+	84:31+	96:44+	104:54+	116:49+	128:28+	138:35+	146:15+	154:45+	157:03+	158:08+	
04:38+	04:58+	02:54+	02:39+	10:07+	07:12+	08:08+	12:44+	04:51+	22:09+	04:11+	12:13+	08:10+	11:55+	11:39+	10:07+	07:40+	08:30+	02:18+	01:05-	
00:26#	01:00&	00:25#	00:13+	00:31+	01:10#	01:09#	04:32&	00:33#	12:37@	01:14&	02:17#	01:57&	02:43&	01:46#	03:40&	02:18&	00:46+	00:17#	00:03-	
23	Anker Møller	25	2:39:37																	
04:26+	09:20+	12:23+	15:12+	25:12+	32:32+	41:28+	52:00+	57:06+	71:16+	75:23+	88:32+	104:42+	116:27+	128:36+	137:09+	146:24+	156:03+	158:24+	159:37+	
04:26+	04:54+	03:03+	02:49+	10:00+	07:20+	08:56+	10:32+	05:06+	14:10+	04:07+	13:09+	16:10+	11:45+	12:09+	08:33+	09:15+	09:39+	02:21+	01:13+	
00:14+	00:56#	00:34#	00:23#	00:24+	01:18#	01:57&	02:20&	00:48#	04:38&	01:10&	03:13&	09:57@	02:33&	02:16#	02:06&	03:53&	01:55#	00:20#	00:05+	
24	Thomas Ullner	11	2:39:38																	
04:16+	09:13+	12:12+	15:00+	25:10+	32:36+	41:31+	51:46+	57:00+	71:04+	75:06+	88:26+	104:45+	116:32+	128:41+	137:14+	146:26+	156:01+	158:22+	159:38+	
04:16+	04:57+	02:59+	02:48+	10:10+	07:26+	08:55+	10:15+	05:14+	14:04+	04:02+	13:20+	16:19+	11:47+	12:09+	08:33+	09:12+	09:35+	02:21+	01:16+	
00:04+	00:59#	00:30#	00:22#	00:34+	01:24#	01:56&	02:03#	00:56#	04:32&	01:05&	03:24&	10:06@	02:35&	02:16#	02:06&	03:50&	01:51#	00:20#	00:08#	
25	Leif E. Larsen	29	2:39:56																	
12:10+	51:04+	64:10+	69:27+	80:14+	97:37+	105:06+	117:04+	140:35+	158:46+	159:56+										
12:10+	38:54+	13:06+	05:17+	10:47+	17:23+	07:29+	11:58+	23:31+	18:11+	01:10-										
07:58@	34:56@	10:37@	02:51@	01:11#	11:21@	00:30+	03:46&	19:13@	08:39&	01:47-										
26	Jimmy Pedersen	24	2:40:16																	
04:19+	09:09+	12:26+	15:16+	29:21+	35:25+	43:19+	52:14+	57:17+	67:11+	71:09+	82:36+	98:36+	110:55+	123:53+	140:57+	147:45+	156:42+	159:05+	160:16+	
04:19+	04:50+	03:17+	02:50+	14:05+	06:04+	07:54+	08:55+	05:03+	09:54+	03:58+	11:27+	16:00+	12:19+	12:58+	17:04+	06:48+	08:57+	02:23+	01:11+	
00:07+	00:52#	00:48&	00:24#	04:29&	00:02+	00:55#	00:43+	00:45#	00:22+	01:01&	01:31#	09:47@	03:07&	03:05&	10:37@	01:26&	01:13#	00:22#	00:03+	
27	Jan Frederiksen	17	2:40:18																	
04:43+	10:17+	13:36+	16:18+	31:26+	37:44+	46:51+	59:32+	64:54+	80:17+	84:29+	97:39+	105:08+	117:02+	129:12+	140:41+	147:56+	156:50+	159:02+	160:18+	
04:43+	05:34+	03:19+	02:42+	15:08+	06:18+	09:07+	12:41+	05:22+	15:23+	04:12+	13:10+	07:29+	11:54+	12:10+	11:29+	07:15+	08:54+	02:12+	01:16+	
00:31#	01:36&	00:50&	00:16#	05:32&	00:16+	02:08&	04:29&	01:04#	05:51&	01:15&	03:14&	01:16#	02:42&	02:17#	05:02&	01:53&	01:10#	00:11+	00:08#	
28	Arne Kristensen	2	2:40:35																	
04:40+	10:15+	13:35+	16:24+	31:28+	37:54+	46:55+	59:29+	64:57+	80:36+	84:35+	97:41+	105:11+	117:06+	129:23+	140:53+	148:03+	156:59+	159:11+	160:35+	
04:40+	05:35+	03:20+	02:49+	15:04+	06:26+	09:01+	12:34+	05:28+	15:39+	03:59+	13:06+	07:30+	11:55+	12:17+	11:30+	07:10+	08:56+	02:12+	01:24+	
00:28#	01:37&	00:51&	00:23#	05:28&	00:24+	02:02&	04:22&	01:10&	06:07&	01:02&	03:10&	01:17#	02:43&	02:24#	05:03&	01:48&	01:12#	00:11+	00:16#	
29	Heine Pedersen	24	2:45:44																	
04:35+	09:32+	12:32+	15:13+	31:00+	37:03+	46:01+	59:51+	64:41+	77:23+	82:34+	96:41+	105:14+	117:08+	128:38+	140:50+	147:54+	159:14+	164:01+	165:44+	
04:35+	04:57+	03:00+	02:41+	15:47+	06:03+	08:58+	13:50+	04:50+	12:42+	05:11+	14:07+	08:33+	11:54+	11:30+	12:12+	07:04+	11:20+	04:47+	01:43+	
00:23+	00:59#	00:31#	00:15#	06:11&	00:01+	01:59&	05:38&	00:32#	03:10&	02:14&	04:11&	02:20&	02:42&	01:37#	05:45&	01:42&	03:36&	02:46@	00:35&	
30	Jens Isaksen	25	2:48:20																	
04:58+	10:43+	17:05+	20:19+	34:11+	42:45+	52:04+	64:20+	69:38+	80:56+	84:54+	98:04+	107:45+	120:35+	135:02+	144:47+	153:41+	164:10+	167:08+	168:20+	
04:58+	05:45+	06:22+	03:14+	13:52+	08:34+	09:19+	12:16+	05:18+	11:18+	03:58+	13:10+	09:41+	12:50+	14:27+	09:45+	08:54+	10:29+	02:58+	01:12+	
00:46#	01:47&	03:53@	00:48&	04:16&	02:32&	02:20&	04:04&	01:00#	01:46#	01:01&	03:14&	03:28&	03:38&	04:34&	03:18&	03:32&	02:45&	00:57&	00:04+	

Class	Navn	Klasse												Tid											
-------	------	--------	--	--	--	--	--	--	--	--	--	--	--	-----	--	--	--	--	--	--	--	--	--	--	--

31	Kenneth Flatau	NOTEAM												2:49:55											
04:45+	09:39+	12:42+	15:29+	30:28+	36:35+	45:03+	58:38+	64:20+	77:45+	81:27+	96:50+	109:44+	123:28+	135:43+	144:32+	153:26+	162:54+	168:32+	169:55+						
04:45+	04:54+	03:03+	02:47+	14:59+	06:07+	08:28+	13:35+	05:42+	13:25+	03:42+	15:23+	12:54+	13:44+	12:15+	08:49+	08:54+	09:28+	05:38+	01:23+						
00:33#	00:56#	00:34#	00:21#	05:23&	00:05+	01:29#	05:23&	01:24&	03:53&	00:45&	05:27&	06:41@	04:32&	02:22#	02:22&	03:32&	01:44#	03:37@	00:15#						
32	Anna Movin	25												2:56:17											
05:03+	17:27+	22:00+	24:51+	36:31+	44:16+	55:05+	68:12+	73:29+	90:47+	98:28+	110:09+	120:49+	135:08+	146:30+	155:42+	163:23+	172:51+	175:08+	176:17+						
05:03+	12:24+	04:33+	02:51+	11:40+	07:45+	10:49+	13:07+	05:17+	17:18+	07:41+	11:41+	10:40+	14:19+	11:22+	09:12+	07:41+	09:28+	02:17+	01:09+						
00:51#	08:26@	02:04&	00:25#	02:04#	01:43&	03:50&	04:55&	00:59#	07:46&	04:44@	01:45#	04:27&	05:07&	01:29#	02:45&	02:19&	01:44#	00:16#	00:01+						
33	Johny Møller	25												2:58:50											
04:53+	10:14+	13:44+	16:53+	32:40+	39:29+	48:33+	64:24+	69:24+	80:44+	84:45+	98:21+	109:39+	123:41+	137:51+	148:24+	156:24+	174:10+	177:25+	178:50+						
04:53+	05:21+	03:30+	03:09+	15:47+	06:49+	09:04+	15:51+	05:00+	11:20+	04:01+	13:36+	11:18+	14:02+	14:10+	10:33+	08:00+	17:46+	03:15+	01:25+						
00:41#	01:23&	01:01&	00:43&	06:11&	00:47#	02:05&	07:39&	00:42#	01:48#	01:04&	03:40&	05:05&	04:50&	04:17&	04:06&	02:38&	10:02@	01:14&	00:17#						
34	Jon Nygaard Rahr	25												2:58:52											
05:01+	09:53+	13:06+	15:52+	29:11+	36:01+	46:13+	58:44+	64:29+	80:53+	84:56+	98:18+	109:37+	123:38+	137:48+	148:21+	156:21+	174:08+	177:28+	178:52+						
05:01+	04:52+	03:13+	02:46+	13:19+	06:50+	10:12+	12:31+	05:45+	16:24+	04:03+	13:22+	11:19+	14:01+	14:10+	10:33+	08:00+	17:47+	03:20+	01:24+						
00:49#	00:54#	00:44&	00:20#	03:43&	00:48#	03:13&	04:19&	01:27&	06:52&	01:06&	03:26&	05:06&	04:49&	04:17&	04:06&	02:38&	10:03@	01:19&	00:16#						
36	Anne-Mette Jansen	17												3:42:11											
06:03+	12:31+	18:24+	23:15+	39:00+	46:56+	59:43+	74:40+	82:51+	100:41+	106:11+	130:43+	142:29+	158:40+	175:53+	190:19+	199:41+	216:22+	220:50+	222:11+						
06:03+	06:28+	05:53+	04:51+	15:45+	07:56+	12:47+	14:57+	08:11+	17:50+	05:30+	24:32+	11:46+	16:11+	17:13+	14:26+	09:22+	16:41+	04:28+	01:21+						
01:51&	02:30&	03:24@	02:25&	06:09&	01:54&	05:48&	06:45&	03:53&	08:18&	02:33&	14:36@	05:33&	06:59&	07:20&	07:59@	04:00&	08:57@	02:27@	00:13#						
37	Svend-Erik Munck	2												4:11:51											
06:33+	13:40+	18:28+	23:22+	50:58+	66:53+	80:24+	93:58+	101:28+	119:12+	124:53+	149:11+	161:56+	179:07+	199:47+	212:42+	232:11+	244:25+	249:37+	251:51+						
06:33+	07:07+	04:48+	04:54+	27:36+	15:55+	13:31+	13:34+	07:30+	17:44+	05:41+	24:18+	12:45+	17:11+	20:40+	12:55+	19:29+	12:14+	05:12+	02:14+						
02:21&	03:09&	02:19&	02:28@	18:00@	09:53@	06:32&	05:22&	03:12&	08:12&	02:44&	14:22@	06:32@	07:59&	10:47@	06:28@	14:07@	04:30&	03:11@	01:06&						
38	Rasmus Evers	NOTEAM												4:20:44											
06:25+	14:24+	19:48+	24:42+	40:45+	49:28+	64:00+	81:47+	88:04+	112:49+	126:02+	145:20+	157:49+	173:06+	188:35+	217:05+	227:31+	260:44+								
06:25+	07:59+	05:24+	04:54+	16:03+	08:43+	14:32+	17:47+	06:17+	24:45+	13:13+	19:18+	12:29+	15:17+	15:29+	28:30+	10:26+	33:13+								
02:13&	04:01@	02:55@	02:28@	06:27&	02:41&	07:33@	09:35@	01:59&	15:13@	10:16@	09:22&	06:16@	06:05&	05:36&	22:03@	05:04&	25:29@								
39	Carsten Green Jensen	NOTEAM												4:20:45											
06:22+	14:28+	19:57+	24:44+	40:41+	48:58+	64:02+	81:45+	88:02+	112:52+	125:12+	145:15+	158:06+	172:56+	188:42+	227:36+	260:45+									
06:22+	08:06+	05:29+	04:47+	15:57+	08:17+	15:04+	17:43+	06:17+	24:50+	12:20+	20:03+	12:51+	14:50+	15:46+	38:54+	33:09+									
02:10&	04:08@	03:00@	02:21&	06:21&	02:15&	08:05@	09:31@	01:59&	15:18@	09:23@	10:07@	06:38@	05:38&	05:53&	32:27@	27:47@									

Beste stræktid for klassen

03:30 03:40 02:29 02:11 03:59 05:43 03:36 04:32 04:05 03:29 01:10 05:41 06:13 01:37 00:56 01:04 05:16 02:01 01:01 00:56

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

20km

1	Jonas Munthe	OK PAN												2:15:30											
03:53=	08:51=	10:46=	13:42=	16:59=	22:44=	25:09=	33:52=	39:00=	45:04=	52:08=	56:12=	68:43=	71:25=	80:21=	87:11=	96:08=	101:20=	105:07=	109:25=	121:44=	126:37=	133:07=	134:34=	135:30=	
03:53=	04:58=	01:55=	02:56=	03:17=	05:45=	02:25=	08:43=	05:08=	06:04=	07:04=	04:04=	12:31=	02:42=	08:56=	06:50=	08:57=	05:12=	03:47=	04:18=	12:19=	04:53=	06:30=	01:27=	00:56=	
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	Eskil Schøning	22												2:16:31											
03:55+	08:49+	10:58+	14:30+	17:37+	23:22+	26:14+	34:30+	40:04+	46:34+	54:19+	58:12+	66:12-	69:00-	77:12-	83:46-	91:57-	96:53-	100:35-	105:29-	117:15-	126:11-	133:26+	135:21+	136:31+	
03:55+	04:54+	02:09+	03:32+	03:07-	05:45=	02:52+	08:16-	05:34+	06:30+	07:45+	03:53-	08:00-	02:48+	08:12-	06:34-	08:11-	04:56-	03:42-	04:54+	11:46-	08:56+	07:15+	01:55+	01:10+	
00:02+	00:04-	00:14#	00:36#	00:10-	00:00=	00:27#	00:27-	00:26+	00:41+	00:11-	04:31-	00:06+	00:44-	00:16-	00:46-	00:16-	00:05-	00:36#	00:33-	04:03&	00:45#	00:28&	00:14#		
3	Simon Møller Grimstrup	25												2:27:04											
05:43+	10:32+	12:57+	16:12+	19:16+	25:16+	28:18+	37:24+	42:30+	51:26+	59:04+	63:13+	73:33+	76:14+	85:25+	91:23+	99:54+	105:04+	112:24+	116:52+	128:51+	137:57+	144:32+	146:04+	147:04+	
05:43+	04:49-	02:25+	03:15+	03:04-	06:00+	03:02+	09:06+	05:06-	08:56+	07:38+	04:09+	10:20-	02:41-	09:11+	05:58-	08:31-	05:10-	07:20+	04:28+	11:59-	09:06+	06:35+	01:32+	01:00+	
01:50&	00:09-	00:30&	00:19#	00:13-	00:15+	00:37&	00:23+	00:02-	02:52&	00:34+	00:05+	02:11-	00:01-	00:15+	00:52-	00:26-	00:02-	03:33&	00:10+	00:20-	04:13&	00:05+	00:05+	00:04+	
4	Christian Valbak	25												2:38:00											
04:55+	10:34+	13:13+	16:54+	20:23+	27:00+	30:36+	41:57+	48:02+	56:26+	64:49+	69:01+	78:29+	82:52+	92:54+	100:17+	110:32+	116:19+	121:34+	127:05+	142:05+	147:58+	155:11+	157:01+	158:00+	
04:55+	05:39+	02:39+	03:41+	03:29+	06:37+	03:36+	11:21+	06:05+	08:24+	08:23+	04:12+	09:28-	04:23+	10:02+	07:23+	10:15+	05:47+	05:15+	05:31+	15:00+	05:53+	07:13+	01:50+	00:59+	
01:02&	00:41#	00:44&	00:45&	00:12+	00:52#	01:11&	02:38&	00:57#	02:20&	01:19#	00:08+	03:03-	01:41&	01:06#	00:33+	01:18#	00:35#	01:28&	01:13&	02:41#	01:00#	00:43#	00:23&	00:03+	
5	Rasmus Holm Andersen	Ok Pan												2:39:13											
04:14+	10:10+	12:44+	16:16+	19:23+	26:01+	28:58+	38:37+	44:02+	51:54+	64:11+	68:48+	78:00+	80:55+	91:25+	98:24+	108:25+	115:12+	120:21+	125:47+	141:56+	148:10+	156:06+	158:09+	159:13+	
04:14+	05:56+	02:34+	03:32+	03:07-	06:38+	02:57+	09:39+	05:25+	07:52+	12:17+	04:37+	09:12-	02:55+	10:30+	06:59+	10:01+	06:47+	05:09+	05:26+	16:09+	06:14+	07:56+	02:03+	01:04+	
00:21+	00:58#	00:39&	00:36#	00:10-	00:53#	00:32#	00:56#	00:17+	01:48&	05:13&	00:33#	03:19-	00:13+	01:34#	00:09+	01:04#	01:35&	01:22&	01:08&	03:50&	01:21&	01:26#	00:36&	00:08#	

Class	Navn	Klasse	Tid
-------	------	--------	-----

6	Mikael Halberg Martinsen	25	2:56:00																					
04:59+	10:30+	13:02+	16:43+	20:02+	26:41+	31:32+	41:11+	50:57+	58:59+	69:53+	74:15+	85:21+	89:37+	100:26+	108:28+	119:10+	127:09+	133:16+	138:26+	154:20+	163:43+	172:45+	174:48+	176:00+
04:59+	05:31+	02:32+	03:41+	03:19+	06:39+	04:51+	09:39+	09:46+	08:02+	10:54+	04:22+	11:06-	04:16+	10:49+	08:02+	10:42+	07:59+	06:07+	05:10+	15:54+	09:23+	09:02+	02:03+	01:12+
01:06&	00:33#	00:37&	00:45&	00:02+	00:54#	02:26@	00:56#	04:38&	01:58&	03:50&	00:18+	01:25-	01:34&	01:53#	01:12#	01:45#	02:47&	02:20&	00:52#	03:35&	04:30&	02:32&	00:36&	00:16&

7	Morten Assenholt	27	3:05:30																				
05:50+	17:06+	20:03+	24:38+	28:54+	37:07+	52:23+	59:55+	68:58+	79:44+	85:01+	96:16+	100:19+	112:31+	121:37+	132:02+	140:27+	145:50+	152:07+	168:37+	174:49+	182:27+	184:22+	185:30+
05:50+	11:16+	02:57+	04:35+	04:16+	08:13+	15:16+	07:32-	09:03+	10:46+	05:17-	11:15+	04:03-	12:12+	09:06+	10:25+	08:25-	05:23+	06:17+	16:30+	06:12-	07:38+	01:55-	01:08-
01:57&	06:18@	01:02&	01:39&	00:59&	02:28&	12:51@	01:11-	03:55&	04:42&	01:47-	07:11@	08:28-	09:30@	00:10+	03:35&	00:32-	00:11+	02:30&	12:12@	06:07-	02:45&	04:35-	00:19-

8	Morten Nielsen	27	3:05:35																				
09:49+	17:12+	20:09+	24:38+	29:01+	37:19+	40:59+	52:27+	69:11+	79:51+	85:01+	96:25+	100:27+	112:49+	121:48+	132:22+	140:39+	145:56+	152:14+	168:56+	174:58+	182:34+	184:29+	185:35+
09:49+	07:23+	02:57+	04:29+	04:23+	08:18+	03:40+	11:28+	16:44+	10:40+	05:10-	11:24+	04:02-	12:22+	08:59+	10:34+	08:17-	05:17+	06:18+	16:42+	06:02-	07:36+	01:55-	01:06-
05:56@	02:25&	01:02&	01:33&	01:06&	02:33&	01:15&	02:45&	11:36@	04:36&	01:54-	07:20@	08:29-	09:40@	00:03+	03:44&	00:40-	00:05+	02:31&	12:24@	06:17-	02:43&	04:35-	00:21-

9	Martin Winding	25	3:05:51																				
04:54+	10:52+	13:46+	17:46+	21:38+	29:40+	33:27+	45:10+	51:28+	60:01+	74:02+	78:46+	94:06+	109:50+	117:37+	128:42+	135:36+	142:08+	147:53+	165:29+	171:53+	181:28+	184:39+	185:51+
04:54+	05:58+	02:54+	04:00+	03:52+	08:02+	03:47+	11:43+	06:18+	08:33+	14:01+	04:44+	15:20+	15:44+	07:47-	11:05+	06:54-	06:32+	05:45+	17:36+	06:24-	09:35+	03:11-	01:12-
01:01&	01:00#	00:59&	01:04&	00:35#	02:17&	01:22&	03:00&	01:10#	02:29&	06:57&	00:40#	02:49#	13:02@	01:09-	04:15&	02:03-	01:20&	01:58&	13:18@	05:55-	04:42&	03:19-	00:15-

10	Sine-Rene Møller	28	4:41:09																					
08:09+	21:41+	25:55+	30:47+	36:57+	47:06+	53:38+	71:59+	80:01+	104:39+	121:20+	127:44+	144:59+	152:43+	168:35+	179:16+	195:26+	206:27+	214:11+	222:37+	251:33+	264:13+	276:34+	279:54+	281:09+
08:09+	13:32+	04:14+	04:52+	06:10+	10:09+	06:32+	18:21+	08:02+	24:38+	16:41+	06:24+	17:15+	07:44+	15:52+	10:41+	16:10+	11:01+	07:44+	08:26+	28:56+	12:40+	12:21+	03:20+	01:15+
04:16@	08:34@	02:19@	01:56&	02:53&	04:24&	04:07@	09:38@	02:54&	18:34@	09:37@	02:20&	04:44&	05:02@	06:56&	03:51&	07:13&	05:49@	03:57@	04:08&	16:37@	07:47@	05:51&	01:53@	00:19&

Beste stræktid for klassen
 03:53 04:49 01:55 02:56 03:04 05:45 02:25 07:32 05:06 06:04 05:10 03:53 04:02 02:41 07:47 05:58 06:54 04:56 03:42 04:18 06:02 04:53 01:55 01:06 00:56

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

20km mtb

1	Bjørn Sommer	32	2:08:50												
06:34=	09:47=	16:39=	31:34=	47:20=	57:37=	67:06=	71:16=	76:03=	85:48=	97:05=	102:54=	108:56=	114:05=	123:58=	128:50=
06:34=	03:13=	06:52=	14:55=	15:46=	10:17=	09:29=	04:10=	04:47=	09:45=	11:17=	05:49=	06:02=	05:09=	09:53=	04:52=
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=

Beste stræktid for klassen
 06:34 03:13 06:52 14:55 15:46 10:17 09:29 04:10 04:47 09:45 11:17 05:49 06:02 05:09 09:53 04:52

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

3,5km

1	Henrik Eklund	Ddi	40:46					
05:25=	07:07=	10:41=	21:27=	25:32=	29:49=	35:54=	39:32=	40:46=
05:25=	01:42=	03:34=	10:46=	04:05=	04:17=	06:05=	03:38=	01:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Axel Jørgensen	18	45:31						
04:20-	05:55-	14:23+	20:18-	27:20+	31:31+	35:53-	41:47+	44:21+	45:31+
04:20-	01:35-	08:28+	05:55-	07:02+	04:11-	04:22-	05:54+	02:34+	01:10+
01:05-	00:07-	04:54@	04:51-	02:57&	00:06-	01:43-	02:16&	01:20@	01:10+

3	Peer Straarup	5	47:00			
08:06+	10:00+	19:00+	26:36+	31:40+	36:26+	47:00+
08:06+	01:54+	09:00+	07:36-	05:04+	04:46+	10:34+
02:41&	00:12#	05:26@	03:10-	00:59#	00:29#	04:29&

4	Lis Knudsen	20	52:34					
07:42+	10:05+	14:10+	26:54+	31:39+	38:10+	47:26+	51:13+	52:34+
07:42+	02:23+	04:05+	12:44+	04:45+	06:31+	09:16+	03:47+	01:21+
02:17&	00:41&	00:31#	01:58#	00:40#	02:14&	03:11&	00:09+	00:07+

5	Else Hass	Ok Pan	52:41						
08:03+	10:32+	15:22+	19:01-	26:50+	32:10+	38:20+	46:32+	51:21+	52:41+
08:03+	02:29+	04:50+	03:39-	07:49+	05:20+	06:10+	08:12+	04:49+	01:20+
02:38&	00:47&	01:16&	07:07-	03:44&	01:03#	00:05+	04:34@	03:35@	01:20+

Class	Navn	Klasse	Tid
6	Flemming Brouer	23	52:53
07:30+	09:31+ 14:35+ 18:18- 29:17+ 34:32+ 40:36+ 48:29+ 51:25+ 52:53+		
07:30+	02:01+ 05:04+ 03:43- 10:59+ 05:15+ 06:04- 07:53+ 02:56+ 01:28+		
02:05&	00:19# 01:30& 07:03- 06:54@ 00:58# 00:01- 04:15@ 01:42@ 01:28+		
7	Henrik Hauge Thomsen	18	53:01
05:13-	07:14+ 18:37+ 22:41+ 29:01+ 34:11+ 39:54+ 47:48+ 51:36+ 53:01+		
05:13-	02:01+ 11:23+ 04:04- 06:20+ 05:10+ 05:43- 07:54+ 03:48+ 01:25+		
00:12-	00:19# 07:49@ 06:42- 02:15& 00:53# 00:22- 04:16@ 02:34@ 01:25+		
8	Andrea Höhnke	5	55:00
07:05+	09:26+ 13:53+ 18:30- 25:27- 31:44+ 40:02+ 49:33+ 53:47+ 55:00+		
07:05+	02:21+ 04:27+ 04:37- 06:57+ 06:17+ 08:18+ 09:31+ 04:14+ 01:13+		
01:40&	00:39& 00:53# 06:09- 02:52& 02:00& 02:13& 05:53@ 03:00@ 01:13+		
9	Malene Kaysen Thomsen	18	55:07
05:40+	07:38+ 18:23+ 22:12+ 30:57+ 36:21+ 42:47+ 50:56+ 53:53+ 55:07+		
05:40+	01:58+ 10:45+ 03:49- 08:45+ 05:24+ 06:26+ 08:09+ 02:57+ 01:14+		
00:15+	00:16# 07:11@ 06:57- 04:40@ 01:07& 00:21+ 04:31@ 01:43@ 01:14+		
10	Pia Sørensen	6	55:14
07:22+	09:35+ 18:06+ 22:47+ 32:11+ 38:58+ 43:28+ 50:49+ 53:51+ 55:14+		
07:22+	02:13+ 08:31+ 04:41- 09:24+ 06:47+ 04:30- 07:21+ 03:02+ 01:23+		
01:57&	00:31& 04:57@ 06:05- 05:19@ 02:30& 01:35- 03:43@ 01:48@ 01:23+		
11	Helle Truelsen	4	56:51
08:14+	10:47+ 15:07+ 25:56+ 39:11+ 49:59+ 54:28+ 56:51+		
08:14+	02:33+ 04:20+ 10:49+ 13:15+ 10:48+ 04:29- 02:23-		
02:49&	00:51& 00:46# 00:03+ 09:10@ 06:31@ 01:36- 01:15-		
12	Ann Dorrit Hansen	11	1:02:25
08:01+	10:28+ 16:49+ 23:31+ 31:13+ 37:25+ 45:45+ 55:34+ 60:20+ 62:25+		
08:01+	02:27+ 06:21+ 06:42- 07:42+ 06:12+ 08:20+ 09:49+ 04:46+ 02:05+		
02:36&	00:45& 02:47& 04:04- 03:37& 01:55& 02:15& 06:11@ 03:32@ 02:05+		
13	Agnes Benedict	16	1:04:38
06:20+	08:10+ 18:00+ 39:52+ 45:25+ 51:45+ 61:13+ 63:35+ 64:38+		
06:20+	01:50+ 09:50+ 21:52+ 05:33+ 06:20+ 09:28+ 02:22- 01:03-		
00:55#	00:08+ 06:16@ 11:06@ 01:28& 02:03& 03:23& 01:16- 00:11-		
14	Asger Kristensen	3	1:06:57
06:36+	08:45+ 18:28+ 22:20+ 44:26+ 49:13+ 54:00+ 62:04+ 65:17+ 66:57+		
06:36+	02:09+ 09:43+ 03:52- 22:06+ 04:47+ 04:47- 08:04+ 03:13+ 01:40+		
01:11#	00:27& 06:09@ 06:54- 18:01@ 00:30# 01:18- 04:26@ 01:59@ 01:40+		
15	Lars Ryberg	34	1:08:23
05:44+	08:23+ 23:12+ 32:04+ 39:46+ 47:03+ 53:54+ 62:17+ 67:06+ 68:23+		
05:44+	02:39+ 14:49+ 08:52- 07:42+ 07:17+ 06:51+ 08:23+ 04:49+ 01:17+		
00:19+	00:57& 11:15@ 01:54- 03:37& 03:00& 00:46# 04:45@ 03:35@ 01:17+		
16	Bitten Nielsen	3	1:08:49
07:11+	09:23+ 21:05+ 27:48+ 38:06+ 49:31+ 54:22+ 62:34+ 67:15+ 68:49+		
07:11+	02:12+ 11:42+ 06:43- 10:18+ 11:25+ 04:51- 08:12+ 04:41+ 01:34+		
01:46&	00:30& 08:08@ 04:03- 06:13@ 07:08@ 01:14- 04:34@ 03:27@ 01:34+		
17	Gunner Gjermandsen	5	1:09:27
08:06+	10:21+ 14:13+ 17:38- 43:42+ 49:27+ 54:25+ 63:27+ 67:12+ 69:27+		
08:06+	02:15+ 03:52+ 03:25- 26:04+ 05:45+ 04:58- 09:02+ 03:45+ 02:15+		
02:41&	00:33& 00:18+ 07:21- 21:59@ 01:28& 01:07- 05:24@ 02:31@ 02:15+		
18	Olivia Thyge Egebjerg	Ddi	1:10:28
07:20+	09:28+ 21:40+ 42:37+ 51:11+ 57:21+ 65:27+ 68:37+ 70:28+		
07:20+	02:08+ 12:12+ 20:57+ 08:34+ 06:10+ 08:06+ 03:10- 01:51+		
01:55&	00:26& 08:38@ 10:11& 04:29@ 01:53& 02:01& 00:28- 00:37&		
19	Per Jessen-Klixbüll	Ok Pan	1:12:15
06:44+	08:43+ 20:17+ 23:40+ 51:28+ 57:13+ 67:03+ 70:24+ 72:15+		
06:44+	01:59+ 11:34+ 03:23- 27:48+ 05:45+ 09:50+ 03:21- 01:51+		
01:19#	00:17# 08:00@ 07:23- 23:43@ 01:28& 03:45& 00:17- 00:37&		
20	Isak Egander-Grøn	Ok Pan	1:13:03
07:26+	09:39+ 14:54+ 31:59+ 43:36+ 53:26+ 73:03+		
07:26+	02:13+ 05:15+ 17:05+ 11:37+ 09:50+ 19:37+		
02:01&	00:31& 01:41& 06:19& 07:32@ 05:33@ 13:32@		

Class	Navn	Klasse	Tid
21	Benjamin Birk Nielsen	31	1:41:40
14:47+	20:25+ 37:12+ 45:15+ 62:01+ 75:49+ 83:57+ 95:05+ 100:22+ 101:40+		
14:47+	05:38+ 16:47+ 08:03- 16:46+ 13:48+ 08:08+ 11:08+ 05:17+ 01:18+		
09:22@	03:56@ 13:13@ 02:43- 12:41@ 09:31@ 02:03& 07:30@ 04:03@ 01:18+		
22	Helle Sjørup Nielsen	31	1:42:05
14:39+	20:28+ 37:01+ 45:35+ 62:05+ 75:53+ 84:00+ 95:09+ 100:19+ 102:05+		
14:39+	05:49+ 16:33+ 08:34- 16:30+ 13:48+ 08:07+ 11:09+ 05:10+ 01:46+		
09:14@	04:07@ 12:59@ 02:12- 12:25@ 09:31@ 02:02& 07:31@ 03:56@ 01:46+		

Beste stræktid for klassen

04:20 01:35 03:34 03:23 04:05 04:11 04:22 02:22 01:03

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

6km

1	Eliias Hinge Krogsgaard	16	43:34
02:58=	04:08= 06:59= 10:17= 12:37= 19:52= 25:31= 28:28= 31:18= 34:53= 37:23= 41:23= 42:44= 43:34=		
02:58=	01:10= 02:51= 03:18= 02:20= 07:15= 05:39= 02:57= 02:50= 03:35= 02:30= 04:00= 01:21= 00:50=		
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	Jeppe Jensen	Ok Pan	57:52
03:25+	04:46+ 10:32+ 14:29+ 17:45+ 26:41+ 34:40+ 38:37+ 42:38+ 48:44+ 51:06+ 55:24+ 56:48+ 57:52+		
03:25+	01:21+ 05:46+ 03:57+ 03:16+ 08:56+ 07:59+ 03:57+ 04:01+ 06:06+ 02:22- 04:18+ 01:24+ 01:04+		
00:27#	00:11# 02:55@ 00:39# 00:56& 01:41# 02:20& 01:00& 01:11& 02:31& 00:08- 00:18+ 00:03+ 00:14&		
3	Alberte Kaae-Nielsen	10	58:31
03:54+	05:22+ 09:24+ 13:47+ 17:19+ 26:43+ 34:56+ 38:43+ 43:40+ 48:02+ 50:54+ 55:41+ 57:26+ 58:31+		
03:54+	01:28+ 04:02+ 04:23+ 03:32+ 09:24+ 08:13+ 03:47+ 04:57+ 04:22+ 02:52+ 04:47+ 01:45+ 01:05+		
00:56&	00:18& 01:11& 01:05& 01:12& 02:09& 02:34& 00:50& 02:07& 00:47# 00:22# 00:47# 00:24& 00:15&		
4	Jacob Klærke Mikkelsen	5	1:01:48
03:21+	04:38+ 10:31+ 14:35+ 18:27+ 27:37+ 35:44+ 39:34+ 43:01+ 49:39+ 54:12+ 58:50+ 60:45+ 61:48+		
03:21+	01:17+ 05:53+ 04:04+ 03:52+ 09:10+ 08:07+ 03:50+ 03:27+ 06:38+ 04:33+ 04:38+ 01:55+ 01:03+		
00:23#	00:07# 03:02@ 00:46# 01:32& 01:55& 02:28& 00:53& 00:37# 03:03& 02:03& 00:38# 00:34& 00:13&		
5	Thorbjørn Valby Hansen	16	1:05:25
03:33+	04:52+ 16:02+ 20:33+ 23:28+ 34:29+ 41:51+ 46:32+ 50:11+ 54:40+ 57:49+ 62:44+ 64:29+ 65:25+		
03:33+	01:19+ 11:10+ 04:31+ 02:55+ 11:01+ 07:22+ 04:41+ 03:39+ 04:29+ 03:09+ 04:55+ 01:45+ 00:56+		
00:35#	00:09# 08:19@ 01:13& 00:35# 03:46& 01:43& 01:44& 00:49& 00:54& 00:39& 00:55# 00:24& 00:06#		
6	Rasmus Ravn	16	1:05:31
03:36+	04:53+ 16:05+ 20:33+ 23:32+ 34:32+ 41:55+ 46:33+ 50:14+ 54:41+ 57:55+ 62:47+ 64:34+ 65:31+		
03:36+	01:17+ 11:12+ 04:28+ 02:59+ 11:00+ 07:23+ 04:38+ 03:41+ 04:27+ 03:14+ 04:52+ 01:47+ 00:57+		
00:38#	00:07# 08:21@ 01:10& 00:39& 03:45& 01:44& 01:41& 00:51& 00:52# 00:44& 00:52# 00:26& 00:07#		
7	Elanor Henriksen	5	1:05:53
03:57+	05:27+ 09:36+ 14:51+ 18:31+ 28:04+ 36:24+ 41:05+ 45:18+ 49:51+ 55:17+ 61:53+ 64:47+ 65:53+		
03:57+	01:30+ 04:09+ 05:15+ 03:40+ 09:33+ 08:20+ 04:41+ 04:13+ 04:33+ 05:26+ 06:36+ 02:54+ 01:06+		
00:59&	00:20& 01:18& 01:57& 01:20& 02:18& 02:41& 01:44& 01:23& 00:58& 02:56@ 02:36& 01:33@ 00:16&		
8	Theresa Skouboe	5	1:05:59
03:51+	05:18+ 10:29+ 16:13+ 19:31+ 32:56+ 42:12+ 46:23+ 50:09+ 54:38+ 57:54+ 63:11+ 65:07+ 65:59+		
03:51+	01:27+ 05:11+ 05:44+ 03:18+ 13:25+ 09:16+ 04:11+ 03:46+ 04:29+ 03:16+ 05:17+ 01:56+ 00:52+		
00:53&	00:17# 02:20& 02:26& 00:58& 06:10& 03:37& 01:14& 00:56& 00:54& 00:46& 01:17& 00:35& 00:02+		
9	Benjamin Buhl	5	1:06:06
03:52+	05:14+ 11:00+ 16:02+ 19:46+ 34:40+ 42:17+ 46:26+ 50:21+ 54:58+ 57:58+ 63:20+ 65:15+ 66:06+		
03:52+	01:22+ 05:46+ 05:02+ 03:44+ 14:54+ 07:37+ 04:09+ 03:55+ 04:37+ 03:00+ 05:22+ 01:55+ 00:51+		
00:54&	00:12# 02:55@ 01:44& 01:24& 07:39@ 01:58& 01:12& 01:05& 01:02& 00:30# 01:22& 00:34& 00:01+		
10	Allan Thesbjerg	Ddi	1:10:27
04:34+	06:04+ 09:55+ 15:23+ 19:24+ 30:01+ 39:48+ 44:29+ 49:12+ 54:56+ 58:15+ 64:40+ 68:40+ 70:27+		
04:34+	01:30+ 03:51+ 05:28+ 04:01+ 10:37+ 09:47+ 04:41+ 04:43+ 05:44+ 03:19+ 06:25+ 04:00+ 01:47+		
01:36&	00:20& 01:00& 02:10& 01:41& 03:22& 04:08& 01:44& 01:53& 02:09& 00:49& 02:25& 02:39@ 00:57@		
11	Carsten Thygesen	5	1:11:46
04:18+	06:01+ 10:32+ 15:44+ 19:19+ 30:34+ 40:33+ 46:00+ 51:42+ 56:56+ 60:50+ 68:09+ 70:25+ 71:46+		
04:18+	01:43+ 04:31+ 05:12+ 03:35+ 11:15+ 09:59+ 05:27+ 05:42+ 05:14+ 03:54+ 07:19+ 02:16+ 01:21+		
01:20&	00:33& 01:40& 01:54& 01:15& 04:00& 04:20& 02:30& 02:52@ 01:39& 01:24& 03:19& 00:55& 00:31&		

Class	Navn	Klasse										Tid	
12	Arne Moe-Jensen	30										1:11:50	
04:35+	06:21+	12:53+	18:18+	23:57+	34:50+	43:46+	48:18+	53:09+	58:35+	62:04+	68:26+	70:39+	71:50+
04:35+	01:46+	06:32+	05:25+	05:39+	10:53+	08:56+	04:51+	05:26+	03:29+	06:22+	02:13+	01:11+	
01:37&	00:36&	03:41@	02:07&	03:19@	03:38&	03:17&	01:35&	02:01&	01:51&	00:59&	02:22&	00:52&	00:21&
13	Lars Ryberg Vikkelsø	Ddi										1:12:41	
04:09+	05:39+	10:38+	15:48+	21:59+	32:32+	44:59+	49:57+	54:38+	59:21+	63:05+	69:02+	71:26+	72:41+
04:09+	01:30+	04:59+	05:10+	06:11+	10:33+	12:27+	04:58+	04:41+	04:43+	03:44+	05:57+	02:24+	01:15+
01:11&	00:20&	02:08&	01:52&	03:51@	03:18&	06:48@	02:01&	01:51&	01:08&	01:14&	01:57&	01:03&	00:25&
14	Jan Hauerslev	Ok Pan										1:12:43	
04:17+	06:05+	10:55+	16:42+	20:47+	33:27+	44:51+	49:31+	54:25+	59:17+	63:17+	69:31+	71:41+	72:43+
04:17+	01:48+	04:50+	05:47+	04:05+	12:40+	11:24+	04:40+	04:54+	04:52+	04:00+	06:14+	02:10+	01:02+
01:19&	00:38&	01:59&	02:29&	01:45&	05:25&	05:45@	01:43&	02:04&	01:17&	01:30&	02:14&	00:49&	00:12#
15	Søren Elkjær	30										1:12:49	
04:14+	05:51+	10:59+	16:08+	19:47+	32:37+	44:33+	49:53+	54:22+	59:34+	63:37+	69:43+	71:44+	72:49+
04:14+	01:37+	05:08+	05:09+	03:39+	12:50+	11:56+	05:20+	04:29+	05:12+	04:03+	06:06+	02:01+	01:05+
01:16&	00:27&	02:17&	01:51&	01:19&	05:35&	06:17@	02:23&	01:39&	01:37&	01:33&	02:06&	00:40&	00:15&
16	Birgitte Halle	32										1:12:51	
04:59+	06:41+	20:04+	32:52+	50:07+	54:30+	59:26+	63:26+	69:36+	71:51+	72:51+			
04:59+	01:42+	13:23+	12:48+	17:15+	04:23-	04:56-	04:00+	06:10+	02:15-	01:00-			
02:01&	00:32&	10:32@	09:30@	14:55@	02:52-	00:43-	01:03&	03:20@	01:20-	01:30-			
17	Petra Eklund	Ddi										1:13:00	
04:39+	06:18+	13:20+	18:56+	35:03+	44:28+	49:16+	54:32+	59:24+	63:14+	69:40+	71:55+	73:00+	
04:39+	01:39+	07:02+	05:36+	16:07+	09:25+	04:48-	05:16+	04:52+	03:50+	06:26+	02:15-	01:05-	
01:41&	00:29&	04:11@	02:18&	13:47@	02:10&	00:51-	02:19&	02:02&	00:15+	03:56@	01:45-	00:16-	
18	Michael Straube	5										1:13:24	
05:23+	07:12+	20:30+	24:08+	36:05+	44:26+	49:34+	54:13+	59:31+	64:00+	70:24+	72:24+	73:24+	
05:23+	01:49+	13:18+	03:38+	11:57+	08:21+	05:08-	04:39+	05:18+	04:29+	06:24+	02:00-	01:00-	
02:25&	00:39&	10:27@	00:20#	09:37@	01:06#	00:31-	01:42&	02:28&	00:54&	03:54@	02:00-	00:21-	
19	Henning Mindstruplund	5										1:13:25	
04:41+	06:35+	16:52+	23:43+	27:47+	38:48+	46:25+	51:10+	55:23+	59:49+	64:10+	70:10+	72:21+	73:25+
04:41+	01:54+	10:17+	06:51+	04:04+	11:01+	07:37+	04:45+	04:13+	04:26+	04:21+	06:00+	02:11+	01:04+
01:43&	00:44&	07:26@	03:33@	01:44&	03:46&	01:58&	01:48&	01:23&	00:51#	01:51&	02:00&	00:50&	00:14&
20	Jan Kølback	32										1:16:22	
04:13+	05:59+	10:41+	16:06+	20:07+	32:12+	45:03+	49:52+	54:36+	61:14+	66:12+	73:06+	75:15+	76:22+
04:13+	01:46+	04:42+	05:25+	04:01+	12:05+	12:51+	04:49+	04:44+	06:38+	04:58+	06:54+	02:09+	01:07+
01:15&	00:36&	01:51&	02:07&	01:41&	04:50&	07:12@	01:52&	01:54&	03:03&	02:28&	02:54&	00:48&	00:17&
21	Hans Jørgen Vad	5										1:16:35	
05:14+	07:04+	11:32+	17:47+	21:05+	36:02+	45:30+	50:02+	54:20+	63:22+	66:43+	73:16+	75:23+	76:35+
05:14+	01:50+	04:28+	06:15+	03:18+	14:57+	09:28+	04:32+	04:18+	09:02+	03:21+	06:33+	02:07+	01:12+
02:16&	00:40&	01:37&	02:57&	00:58&	07:42@	03:49&	01:35&	01:28&	05:27@	00:51&	02:33&	00:46&	00:22&
22	Jakob Albahn	29										1:16:54	
05:19+	07:10+	12:03+	21:52+	26:16+	38:18+	46:41+	51:05+	55:53+	61:04+	65:49+	72:56+	75:08+	76:54+
05:19+	01:51+	04:53+	09:49+	04:24+	12:02+	08:23+	04:24+	04:48+	05:11+	04:45+	07:07+	02:12+	01:46+
02:21&	00:41&	02:02&	06:31@	02:04&	04:47&	02:44&	01:27&	01:58&	01:36&	02:15&	03:07&	00:51&	00:56@
23	Vagn Pedersen	32										1:17:00	
04:23+	06:11+	10:42+	16:32+	20:09+	34:58+	44:23+	49:04+	54:06+	59:55+	64:51+	72:43+	75:10+	77:00+
04:23+	01:48+	04:31+	05:50+	03:37+	14:49+	09:25+	04:41+	05:02+	05:49+	04:56+	07:52+	02:27+	01:50+
01:25&	00:38&	01:40&	02:32&	01:17&	07:34@	03:46&	01:44&	02:12&	02:14&	02:26&	03:52&	01:06&	01:00@
24	Henriette Nygaard Skærbæk	3										1:17:14	
04:26+	06:18+	10:45+	16:15+	19:49+	32:18+	44:48+	50:01+	54:05+	61:55+	65:34+	73:05+	76:08+	77:14+
04:26+	01:52+	04:27+	05:30+	03:34+	12:29+	12:30+	05:13+	04:04+	07:50+	03:39+	07:31+	03:03+	01:06+
01:28&	00:42&	01:36&	02:12&	01:14&	05:14&	06:51@	02:16&	01:14&	04:15@	01:09&	03:31&	01:42@	00:16&
25	Lene Nygaard	3										1:17:18	
04:28+	06:16+	10:48+	16:10+	19:51+	32:15+	44:56+	49:55+	54:11+	61:53+	65:36+	73:03+	76:09+	77:18+
04:28+	01:48+	04:32+	05:22+	03:41+	12:24+	12:41+	04:59+	04:16+	07:42+	03:43+	07:27+	03:06+	01:09+
01:30&	00:38&	01:41&	02:04&	01:21&	05:09&	07:02@	02:02&	01:26&	04:07@	01:13&	03:27&	01:45@	00:19&
26	Karoline Saxtorph	34										1:20:00	
04:53+	07:13+	13:33+	19:17+	23:39+	38:32+	48:07+	53:53+	58:44+	66:28+	70:14+	76:32+	78:56+	80:00+
04:53+	02:20+	06:20+	05:44+	04:22+	14:53+	09:35+	05:46+	04:51+	07:44+	03:46+	06:18+	02:24+	01:04+
01:55&	01:10&	03:29@	02:26&	02:02&	07:38@	03:56&	02:49&	02:01&	04:09@	01:16&	02:18&	01:03&	00:14&

Class	Navn	Klasse											Tid
27	Mikkel Bo Kølbæk	32											1:20:12
03:46+	05:19+	10:50+	15:46+	19:36+	33:30+	43:53+	49:24+	53:48+	63:56+	68:30+	77:23+	79:03+	80:12+
03:46+	01:33+	05:31+	04:56+	03:50+	13:54+	10:23+	05:31+	04:24+	10:08+	04:34+	08:53+	01:40+	01:09+
00:48&	00:23&	02:40&	01:38&	01:30&	06:39&	04:44&	02:34&	01:34&	06:33@	02:04&	04:53@	00:19#	00:19&
28	Mette Edsen	9											1:20:36
05:33+	07:29+	20:46+	25:09+	38:06+	58:01+	66:39+	70:35+	76:56+	79:25+	80:36+			
05:33+	01:56+	13:17+	04:23+	12:57+	19:55+	08:38+	03:56+	06:21+	02:29-	01:11-			
02:35&	00:46&	10:26@	01:05&	10:37@	12:40@	02:59&	00:59&	03:31@	01:06-	01:19-			
29	Maria Bo Kølbæk	32											1:20:46
04:31+	06:28+	11:23+	20:24+	24:51+	40:59+	50:56+	56:52+	61:51+	67:09+	70:52+	77:16+	79:32+	80:46+
04:31+	01:57+	04:55+	09:01+	04:27+	16:08+	09:57+	05:56+	04:59+	05:18+	03:43+	06:24+	02:16+	01:14+
01:33&	00:47&	02:04&	05:43@	02:07&	08:53@	04:18&	02:59@	02:09&	01:43&	01:13&	02:24&	00:55&	00:24&
30	Kristian Edsen	9											1:21:11
05:36+	07:31+	18:46+	22:49+	36:22+	56:27+	66:42+	71:42+	79:59+	81:11+				
05:36+	01:55+	11:15+	04:03+	13:33+	20:05+	10:15+	05:00+	08:17+	01:12-				
02:38&	00:45&	08:24@	00:45#	11:13@	12:50@	04:36&	02:03&	05:27@	02:23-				
31	Max Hansen	11											1:21:53
06:41+	08:38+	21:04+	26:06+	40:28+	49:52+	55:09+	60:00+	65:24+	71:11+	77:57+	80:20+	81:53+	
06:41+	01:57+	12:26+	05:02+	14:22+	09:24+	05:17-	04:51+	05:24+	05:47+	06:46+	02:23-	01:33+	
03:43@	00:47&	09:35@	01:44&	12:02@	02:09&	00:22-	01:54&	02:34&	02:12&	04:16@	01:37-	00:12#	
32	Hanne Møller Andersen	Ok Pan											1:22:22
06:00+	08:01+	14:40+	21:19+	25:54+	39:22+	49:36+	55:25+	60:26+	67:40+	71:50+	78:18+	81:00+	82:22+
06:00+	02:01+	06:39+	06:39+	04:35+	13:28+	10:14+	05:49+	05:01+	07:14+	04:10+	06:28+	02:42+	01:22+
03:02@	00:51&	03:48@	03:21@	02:15&	06:13&	04:35&	02:52&	02:11&	03:39@	01:40&	02:28&	01:21&	00:32&
33	Rikke Rasmussen	18											1:22:43
05:02+	07:02+	13:23+	20:16+	24:09+	38:38+	49:31+	55:31+	61:25+	66:55+	71:16+	78:59+	81:31+	82:43+
05:02+	02:00+	06:21+	06:53+	03:53+	14:29+	10:53+	06:00+	05:54+	05:30+	04:21+	07:43+	02:32+	01:12+
02:04&	00:50&	03:30@	03:35@	01:33&	07:14&	05:14&	03:03@	03:04@	01:55&	01:51&	03:43&	01:11&	00:22&
34	Britta Ank Pedersen	5											1:23:51
07:03+	23:41+	28:07+	40:53+	49:33+	54:54+	59:44+	66:13+	71:40+	79:31+	82:27+	83:51+		
07:03+	16:38+	04:26+	12:46+	08:40+	05:21-	04:50-	06:29+	05:27+	07:51+	02:56+	01:24-		
04:05@	15:28@	01:35&	09:28@	06:20@	01:54-	00:49-	03:32@	02:37&	04:16@	00:26#	02:36-		
35	Leif Skovgaard Knudsen	20											1:24:24
06:12+	08:06+	13:27+	19:53+	23:57+	36:43+	46:24+	56:46+	69:17+	73:26+	80:30+	83:04+	84:24+	
06:12+	01:54+	05:21+	06:26+	04:04+	12:46+	09:41+	10:22+	12:31+	04:09+	07:04+	02:34-	01:20-	
03:14@	00:44&	02:30&	03:08&	01:44&	05:31&	04:02&	07:25@	09:41@	00:34#	04:34@	01:26-	00:01-	
36	Lene Stick Nielsen	30											1:24:42
05:29+	07:21+	13:56+	19:45+	23:52+	36:57+	47:09+	51:59+	56:42+	69:30+	73:40+	80:37+	83:28+	84:42+
05:29+	01:52+	06:35+	05:49+	04:07+	13:05+	10:12+	04:50+	04:43+	12:48+	04:10+	06:57+	02:51+	01:14+
02:31&	00:42&	03:44@	02:31&	01:47&	05:50&	04:33&	01:53&	01:53&	09:13@	01:40&	02:57&	01:30@	00:24&
37	Carl Malling	23											1:24:56
06:24+	08:14+	13:50+	19:31+	23:38+	36:36+	46:35+	57:27+	69:38+	73:37+	80:43+	83:35+	84:56+	
06:24+	01:50+	05:36+	05:41+	04:07+	12:58+	09:59+	10:52+	12:11+	03:59+	07:06+	02:52-	01:21-	
03:26@	00:40&	02:45&	02:23&	01:47&	05:43&	04:20&	07:55@	09:21@	00:24#	04:36@	01:08-	00:00-	
38	Leif Udengaard Andersen	25											1:25:37
05:47+	07:34+	13:46+	19:47+	24:12+	37:29+	47:35+	53:25+	58:33+	69:27+	73:45+	80:52+	84:14+	85:37+
05:47+	01:47+	06:12+	06:01+	04:25+	13:17+	10:06+	05:50+	05:08+	10:54+	04:18+	07:07+	03:22+	01:23+
02:49&	00:37&	03:21@	02:43&	02:05&	06:02&	04:27&	02:53&	02:18&	07:19@	01:48&	03:07&	02:01@	00:33&
39	Ole Andersen	3											1:25:42
05:22+	07:18+	13:15+	19:41+	23:52+	37:16+	47:38+	53:17+	58:27+	69:21+	73:39+	80:50+	84:12+	85:42+
05:22+	01:56+	05:57+	06:26+	04:11+	13:24+	10:22+	05:39+	05:10+	10:54+	04:18+	07:11+	03:22+	01:30+
02:24&	00:46&	03:06@	03:08&	01:51&	06:09&	04:43&	02:42&	02:20&	07:19@	01:48&	03:11&	02:01@	00:40&
40	Jonas Ellegård Kokholm	5											1:27:15
03:38+	05:04+	15:56+	19:25+	34:36+	43:26+	50:25+	54:17+	71:40+	77:52+	84:02+	86:18+	87:15+	
03:38+	01:26+	10:52+	03:29+	15:11+	08:50+	06:59+	03:52+	17:23+	06:12+	06:10+	02:16-	00:57-	
00:40#	00:16#	08:01@	00:11+	12:51@	01:35#	01:20#	00:55&	14:33@	02:37&	03:40@	01:44-	00:24-	
41	Frede Rasmussen	3											1:27:19
05:55+	07:49+	13:11+	19:02+	23:48+	36:38+	46:11+	51:57+	56:41+	73:09+	77:28+	83:59+	86:14+	87:19+
05:55+	01:54+	05:22+	05:51+	04:46+	12:50+	09:33+	05:46+	04:44+	16:28+	04:19+	06:31+	02:15+	01:05+
02:57&	00:44&	02:31&	02:33&	02:26@	05:35&	03:54&	02:49&	01:54&	12:53@	01:49&	02:31&	00:54&	00:15&

Class	Navn	Klasse	Tid										
42	Asbjørn Fenger Grøn	25	1:27:43										
04:47+	06:30+	13:29+	19:09+	23:30+	42:20+	55:34+	61:39+	66:53+	73:44+	78:26+	84:38+	86:36+	87:43+
04:47+	01:43+	06:59+	05:40+	04:21+	18:50+	13:14+	06:05+	05:14+	06:51+	04:42+	06:12+	01:58+	01:07+
01:49&	00:33&	04:08@	02:22&	02:01&	11:35@	07:35@	03:08@	02:24&	03:16&	02:12&	02:12&	00:37&	00:17&
43	Marie Louise Henning	7	1:27:51										
04:33+	06:10+	12:00+	24:56+	31:20+	45:44+	62:09+	67:18+	73:12+	77:41+	86:45+	87:51+		
04:33+	01:37+	05:50+	12:56+	06:24+	14:24+	16:25+	05:09+	05:54+	04:29+	09:04+	01:06-		
01:35&	00:27&	02:59@	09:38@	04:04@	07:09&	10:46@	02:12&	03:04@	00:54&	06:34@	02:54-		
44	Søren Søgaard Nielsen	3	1:27:56										
06:05+	07:53+	13:06+	19:35+	23:54+	36:45+	46:19+	51:54+	56:54+	73:03+	77:25+	84:17+	86:41+	87:56+
06:05+	01:48+	05:13+	06:29+	04:19+	12:51+	09:34+	05:35+	05:00+	16:09+	04:22+	06:52+	02:24+	01:15+
03:07@	00:38&	02:22&	03:11&	01:59&	05:36&	03:55&	02:38&	02:10&	12:34@	01:52&	02:52&	01:03&	00:25&
45	Lene Bejer Damgaard	30	1:28:02										
04:50+	06:38+	13:34+	19:05+	22:51+	35:54+	48:13+	57:53+	72:59+	77:34+	84:30+	86:47+	88:02+	
04:50+	01:48+	06:56+	05:31+	03:46+	13:03+	12:19+	09:40+	15:06+	04:35+	06:56+	02:17-	01:15-	
01:52&	00:38&	04:05@	02:13&	01:26&	05:48&	06:40@	06:43@	12:16@	01:00&	04:26@	01:43-	00:06-	
46	Thora Damsgaard	30	1:28:15										
05:53+	07:46+	16:01+	23:02+	28:39+	42:12+	51:37+	61:16+	66:29+	73:17+	77:31+	84:27+	86:59+	88:15+
05:53+	01:53+	08:15+	07:01+	05:37+	13:33+	09:25+	09:39+	05:13+	06:48+	04:14+	06:56+	02:32+	01:16+
02:55&	00:43&	05:24@	03:43@	03:17@	06:18&	03:46&	06:42@	02:23&	03:13&	01:44&	02:56&	01:11&	00:26&
47	Stig Barrett	30	1:28:37										
05:02+	07:05+	13:43+	19:13+	24:21+	36:55+	46:43+	51:50+	56:36+	72:57+	77:38+	84:28+	87:08+	88:37+
05:02+	02:03+	06:38+	05:30+	05:08+	12:34+	09:48+	05:07+	04:46+	16:21+	04:41+	06:50+	02:40+	01:29+
02:04&	00:53&	03:47@	02:12&	02:48@	05:19&	04:09&	02:10&	01:56&	12:46@	02:11&	02:50&	01:19&	00:39&
48	Finn Hørup Nielsen	21	1:29:58										
05:32+	07:28+	19:33+	23:50+	36:32+	47:44+	53:01+	57:42+	71:35+	79:22+	86:24+	88:55+	89:58+	
05:32+	01:56+	12:05+	04:17+	12:42+	11:12+	05:17-	04:41+	13:53+	07:47+	07:02+	02:31-	01:03-	
02:34&	00:46&	09:14@	00:59&	10:22@	03:57&	00:22-	01:44&	11:03@	04:12@	04:32@	01:29-	00:18-	
49	Flemming Nørgaard	Ok Pan	1:30:02										
06:10+	08:19+	15:06+	21:40+	25:58+	41:08+	51:55+	57:57+	63:39+	72:54+	77:33+	85:05+	88:24+	90:02+
06:10+	02:09+	06:47+	06:34+	04:18+	15:10+	10:47+	06:02+	05:42+	09:15+	04:39+	07:32+	03:19+	01:38+
03:12@	00:59&	03:56@	03:16&	01:58&	07:55@	05:08&	03:05@	02:52@	05:40@	02:09&	03:32&	01:58@	00:48&
50	Gert Kristensen	23	1:30:03										
07:04+	09:14+	15:30+	24:12+	28:42+	45:00+	56:11+	62:18+	67:45+	73:57+	78:22+	86:15+	88:49+	90:03+
07:04+	02:10+	06:16+	08:42+	04:30+	16:18+	11:11+	06:07+	05:27+	06:12+	04:25+	07:53+	02:34+	01:14+
04:06@	01:00&	03:25@	05:24@	02:10&	09:03@	05:32&	03:10@	02:37&	02:37&	01:55&	03:53&	01:13&	00:24&
51	Bjarne Christensen	25	1:30:10										
05:22+	07:23+	15:22+	22:02+	28:12+	43:20+	55:18+	61:35+	67:08+	73:31+	77:45+	85:11+	88:39+	90:10+
05:22+	02:01+	07:59+	06:40+	06:10+	15:08+	11:58+	06:17+	05:33+	06:23+	04:14+	07:26+	03:28+	01:31+
02:24&	00:51&	05:08@	03:22@	03:50@	07:53@	06:19@	03:20@	02:43&	02:48&	01:44&	03:26&	02:07@	00:41&
52	Lone Rasmussen	18	1:30:12										
06:16+	08:17+	25:21+	57:45+	71:25+	78:56+	86:20+	90:12+						
06:16+	02:01+	17:04+	32:24+	13:40+	07:31+	07:24+	03:52+						
03:18@	00:51&	14:13@	29:06@	11:20@	00:16+	01:45&	00:55&						
53	Jan Sommerlund	25	1:33:44										
04:56+	06:25+	11:02+	25:00+	31:06+	52:17+	64:12+	69:29+	73:37+	80:43+	85:19+	90:29+	92:41+	93:44+
04:56+	01:29+	04:37+	13:58+	06:06+	21:11+	11:55+	05:17+	04:08+	07:06+	04:36+	05:10+	02:12+	01:03+
01:58&	00:19&	01:46&	10:40@	03:46@	13:56@	06:16@	02:20&	01:18&	03:31&	02:06&	01:10&	00:51&	00:13&
54	Gitte Isen	3	1:35:29										
06:34+	08:36+	18:33+	26:04+	32:04+	46:39+	57:08+	63:56+	69:32+	77:16+	82:06+	90:19+	94:00+	95:29+
06:34+	02:02+	09:57+	07:31+	06:00+	14:35+	10:29+	06:48+	05:36+	07:44+	04:50+	08:13+	03:41+	01:29+
03:36@	00:52&	07:06@	04:13@	03:40@	07:20@	04:50&	03:51@	02:46&	04:09@	02:20&	04:13@	02:20@	00:39&
55	Vibeke Jørgensen	Ok Pan	1:36:00										
07:08+	09:19+	15:48+	23:53+	28:36+	46:36+	58:55+	65:26+	71:30+	79:00+	83:46+	91:17+	94:27+	96:00+
07:08+	02:11+	06:29+	08:05+	04:43+	18:00+	12:19+	06:31+	06:04+	07:30+	04:46+	07:31+	03:10+	01:33+
04:10@	01:01&	03:38@	04:47@	02:23@	10:45@	06:40@	03:34@	03:14@	03:55@	02:16&	03:31&	01:49@	00:43&
56	Frank Linde	Ok Pan	1:36:03										
06:58+	09:12+	15:26+	23:39+	28:28+	46:11+	58:51+	65:14+	71:33+	78:53+	83:36+	91:14+	94:18+	96:03+
06:58+	02:14+	06:14+	08:13+	04:49+	17:43+	12:40+	06:23+	06:19+	07:20+	04:43+	07:38+	03:04+	01:45+
04:00@	01:04&	03:23@	04:55@	02:29@	10:28@	07:01@	03:26@	03:29@	03:45@	02:13&	03:38&	01:43@	00:55@

Class	Navn	Klasse										Tid	
57	Torben Isen	3										1:37:01	
06:39+	08:54+	23:31+	29:59+	45:14+	56:15+	63:06+	68:38+	80:11+	85:10+	93:00+	95:34+	97:01+	
06:39+	02:15+	14:37+	06:28+	15:15+	11:01+	06:51+	05:32+	11:33+	04:59+	07:50+	02:34-	01:27+	
03:41@	01:05&	11:46@	03:10&	12:55@	03:46&	01:12#	02:35&	08:43@	01:24&	05:20@	01:26-	00:06+	
58	Lars Ozol	25										1:40:02	
05:56+	08:07+	24:23+	31:02+	48:04+	61:46+	68:11+	73:31+	82:28+	87:25+	95:36+	98:43+	100:02+	
05:56+	02:11+	16:16+	06:39+	17:02+	13:42+	06:25+	05:20+	08:57+	04:57+	08:11+	03:07-	01:19-	
02:58&	01:01&	13:25@	03:21@	14:42@	06:27&	00:46#	02:23&	06:07@	01:22&	05:41@	00:53-	00:02-	
59	Kirsten Elisabet Andersen	6										1:40:11	
05:16+	07:19+	13:03+	19:38+	24:00+	39:19+	55:10+	63:00+	68:18+	81:55+	87:03+	95:58+	99:05+	100:11+
05:16+	02:03+	05:44+	06:35+	04:22+	15:19+	15:51+	07:50+	05:18+	13:37+	05:08+	08:55+	03:07+	01:06+
02:18&	00:53&	02:53@	03:17&	02:02&	08:04@	10:12@	04:53@	02:28&	10:02@	02:38@	04:55@	01:46@	00:16&
60	Mariann Kejser	Ok Pan										1:40:13	
05:57+	07:58+	14:44+	21:26+	25:47+	39:52+	61:34+	69:19+	74:48+	82:20+	87:39+	96:10+	98:57+	100:13+
05:57+	02:01+	06:46+	06:42+	04:21+	14:05+	21:42+	07:45+	05:29+	07:32+	05:19+	08:31+	02:47+	01:16+
02:59@	00:51&	03:55@	03:24@	02:01&	06:50&	16:03@	04:48@	02:39&	03:57@	02:49@	04:31@	01:26@	00:26&
61	Dorte Jenny Bak	31										1:40:13	
06:28+	08:21+	21:33+	26:00+	39:45+	61:42+	69:12+	74:46+	82:19+	87:46+	96:08+	99:00+	100:13+	
06:28+	01:53+	13:12+	04:27+	13:45+	21:57+	07:30+	05:34+	07:33+	05:27+	08:22+	02:52-	01:13-	
03:30@	00:43&	10:21@	01:09&	11:25@	14:42@	01:51&	02:37&	04:43@	01:52&	05:52@	01:08-	00:08-	
62	Gert Bertel	6										1:40:47	
05:35+	07:20+	13:12+	19:42+	24:05+	39:40+	55:50+	63:09+	69:06+	81:59+	87:31+	96:17+	99:14+	100:47+
05:35+	01:45+	05:52+	06:30+	04:23+	15:35+	16:10+	07:19+	05:57+	12:53+	05:32+	08:46+	02:57+	01:33+
02:37&	00:35&	03:01@	03:12&	02:03&	08:20@	10:31@	04:22@	03:07@	09:18@	03:02@	04:46@	01:36@	00:43&
63	Frede Truelsen	4										1:43:44	
06:30+	08:26+	14:53+	21:13+	25:39+	40:25+	61:54+	68:33+	74:15+	81:01+	88:28+	97:55+	101:22+	103:44+
06:30+	01:56+	06:27+	06:20+	04:26+	14:46+	21:29+	06:39+	05:42+	06:46+	07:27+	09:27+	03:27+	02:22+
03:32@	00:46&	03:36@	03:02&	02:06&	07:31@	15:50@	03:42@	02:52@	03:11&	04:57@	05:27@	02:06@	01:32@
64	Pia Gade	30										1:43:57	
07:17+	09:25+	23:55+	30:14+	46:17+	59:23+	66:45+	72:20+	86:53+	91:53+	99:36+	102:25+	103:57+	
07:17+	02:08+	14:30+	06:19+	16:03+	13:06+	07:22+	05:35+	14:33+	05:00+	07:43+	02:49-	01:32+	
04:19@	00:58&	11:39@	03:01&	13:43@	05:51&	01:43&	02:38&	11:43@	01:25&	05:13@	01:11-	00:11#	
65	Sven Madsen	13										1:44:12	
06:13+	08:04+	14:49+	21:30+	27:37+	46:22+	61:14+	67:27+	72:48+	87:16+	91:50+	99:10+	102:10+	104:12+
06:13+	01:51+	06:45+	06:41+	06:07+	18:45+	14:52+	06:13+	05:21+	14:28+	04:34+	07:20+	03:00+	02:02+
03:15@	00:41&	03:54@	03:23@	03:47@	11:30@	09:13@	03:16@	02:31&	10:53@	02:04&	03:20&	01:39@	01:12@
66	Nina Jacobsen	25										1:45:07	
06:27+	08:25+	18:42+	27:38+	32:34+	50:46+	64:45+	71:29+	77:53+	86:46+	92:03+	100:28+	103:42+	105:07+
06:27+	01:58+	10:17+	08:56+	04:56+	18:12+	13:59+	06:44+	06:24+	08:53+	05:17+	08:25+	03:14+	01:25+
03:29@	00:48&	07:26@	05:38@	02:36@	10:57@	08:20@	03:47@	03:34@	05:18@	02:47@	04:25@	01:53@	00:35&
67	Helle Nikkel	30										1:46:41	
07:56+	10:16+	19:44+	28:46+	34:09+	52:06+	65:45+	72:33+	78:53+	88:09+	93:24+	102:10+	105:20+	106:41+
07:56+	02:20+	09:28+	09:02+	05:23+	17:57+	13:39+	06:48+	06:20+	09:16+	05:15+	08:46+	03:10+	01:21+
04:58@	01:10&	06:37@	05:44@	03:03@	10:42@	08:00@	03:51@	03:30@	05:41@	02:45@	04:46@	01:49@	00:31&
68	Svend Erik Skovsgaard	30										1:46:55	
07:02+	09:16+	16:03+	25:06+	31:14+	48:35+	61:57+	68:47+	74:42+	88:41+	93:52+	102:18+	105:31+	106:55+
07:02+	02:14+	06:47+	09:03+	06:08+	17:21+	13:22+	06:50+	05:55+	13:59+	05:11+	08:26+	03:13+	01:24+
04:04@	01:04&	03:56@	05:45@	03:48@	10:06@	07:43@	03:53@	03:05@	10:24@	02:41@	04:26@	01:52@	00:34&
69	Torben Hansen	13										1:48:25	
05:26+	07:24+	22:59+	27:41+	46:30+	61:27+	67:41+	73:02+	91:17+	95:31+	104:07+	107:16+	108:25+	
05:26+	01:58+	15:35+	04:42+	18:49+	14:57+	06:14+	05:21+	18:15+	04:14+	08:36+	03:09-	01:09-	
02:28&	00:48&	12:44@	01:24&	16:29@	07:42@	00:35#	02:24&	15:25@	00:39#	06:06@	00:51-	00:12-	
70	Lars Kvist Olesen	13										1:48:29	
05:12+	07:09+	15:32+	22:45+	27:45+	46:30+	61:20+	67:30+	72:46+	91:21+	95:36+	104:02+	107:20+	108:29+
05:12+	01:57+	08:23+	07:13+	05:00+	18:45+	14:50+	06:10+	05:16+	18:35+	04:15+	08:26+	03:18+	01:09+
02:14&	00:47&	05:32@	03:55@	02:40@	11:30@	09:11@	03:13@	02:26&	15:00@	01:45&	04:26@	01:57@	00:19&
71	Frants Nielsen	3										1:48:50	
05:50+	07:46+	12:59+	19:25+	24:01+	40:02+	61:38+	67:37+	73:18+	91:41+	95:52+	103:58+	107:14+	108:50+
05:50+	01:56+	05:13+	06:26+	04:36+	16:01+	21:36+	05:59+	05:41+	18:23+	04:11+	08:06+	03:16+	01:36+
02:52&	00:46&	02:22&	03:08&	02:16&	08:46@	15:57@	03:02@	02:51@	14:48@	01:41&	04:06@	01:55@	00:46&

Class	Navn	Klasse										Tid	
72	Astrid Fenger Grøn	25										1:50:32	
07:43+	09:40+	21:59+	31:52+	37:45+	55:26+	67:52+	74:14+	81:29+	91:00+	96:17+	105:33+	109:06+	110:32+
07:43+	01:57+	12:19+	09:53+	05:53+	17:41+	12:26+	06:22+	07:15+	09:31+	05:17+	09:16+	03:33+	01:26+
04:45@	00:47&	09:28@	06:35@	03:33@	10:26@	06:47@	03:25@	04:25@	05:56@	02:47@	05:16@	02:12@	00:36&
73	Sine Faber	25										1:50:35	
07:45+	09:43+	22:02+	32:00+	37:43+	55:30+	67:56+	74:18+	81:32+	90:57+	96:20+	105:28+	109:10+	110:35+
07:45+	01:58+	12:19+	09:58+	05:43+	17:47+	12:26+	06:22+	07:14+	09:25+	05:23+	09:08+	03:42+	01:25+
04:47@	00:48&	09:28@	06:40@	03:23@	10:32@	06:47@	03:25@	04:24@	05:50@	02:53@	05:08@	02:21@	00:35&
74	Flemming Sasser	3										1:51:28	
07:28+	09:48+	22:07+	30:03+	37:28+	54:14+	66:59+	74:01+	80:31+	91:10+	97:25+	106:32+	109:55+	111:28+
07:28+	02:20+	12:19+	07:56+	07:25+	16:46+	12:45+	07:02+	06:30+	10:39+	06:15+	09:07+	03:23+	01:33+
04:30@	01:10&	09:28@	04:38@	05:05@	09:31@	07:06@	04:05@	03:40@	07:04@	03:45@	05:07@	02:02@	00:43&
75	Birgitte Bach	30										1:52:43	
07:32+	09:58+	19:56+	29:29+	39:21+	61:41+	79:23+	96:22+	106:35+	110:40+	112:43+			
07:32+	02:26+	09:58+	09:33+	09:52+	22:20+	17:42+	16:59+	10:13+	04:05+	02:03-			
04:34@	01:16@	07:07@	06:15@	07:32@	15:05@	12:03@	14:02@	07:23@	00:30#	00:27-			
76	Bente Ingvarlsen	4										1:52:51	
07:13+	09:37+	17:43+	27:03+	33:38+	66:51+	81:51+	92:31+	98:32+	111:19+	112:51+			
07:13+	02:24+	08:06+	09:20+	06:35+	33:13+	15:00+	10:40+	06:01+	12:47+	01:32-			
04:15@	01:14@	05:15@	06:02@	04:15@	25:58@	09:21@	07:43@	03:11@	09:12@	00:58-			
77	Anders Ingvarlsen	4										1:53:04	
33:34+	53:34+	81:46+	92:47+	98:23+	107:43+	111:16+	113:04+						
33:34+	20:00+	28:12+	11:01+	05:36+	09:20+	03:33-	01:48-						
30:36@	18:50@	25:21@	07:43@	03:16@	02:05&	02:06-	01:09-						
79	Thorkild Holm Pedersen	21										1:55:23	
07:00+	08:56+	23:34+	31:36+	37:14+	53:56+	65:24+	71:55+	77:29+	97:52+	102:44+	110:09+	114:10+	115:23+
07:00+	01:56+	14:38+	08:02+	05:38+	16:42+	11:28+	06:35+	05:30+	20:23+	04:52+	07:25+	04:01+	01:13+
04:02@	00:46&	11:47@	04:44@	03:18@	09:27@	05:49@	03:38@	02:40&	16:48@	02:22&	03:25&	02:40@	00:23&
80	Bettina Rother	Ddi										1:55:35	
06:47+	08:47+	15:35+	24:26+	30:59+	45:58+	57:17+	79:18+	86:48+	96:20+	102:06+	110:12+	114:16+	115:35+
06:47+	02:00+	06:48+	08:51+	06:33+	14:59+	11:19+	22:01+	07:30+	09:32+	05:46+	08:06+	04:04+	01:19+
03:49@	00:50&	03:57@	05:33@	04:13@	07:44@	05:40@	19:04@	04:40@	05:57@	03:16@	04:06@	02:43@	00:29&
81	Tommy Jakobsen	5										1:55:49	
06:56+	08:51+	29:25+	35:20+	52:10+	65:05+	77:40+	95:59+	102:16+	111:06+	114:34+	115:49+		
06:56+	01:55+	20:34+	05:55+	16:50+	12:55+	12:35+	18:19+	06:17+	08:50+	03:28+	01:15-		
03:58@	00:45&	17:43@	02:37&	14:30@	05:40&	06:56@	15:22@	03:27@	05:15@	00:58&	02:45-		
82	Erik Libak Hansen	6										1:57:55	
07:37+	10:02+	17:56+	26:41+	32:45+	54:37+	67:36+	75:52+	82:47+	94:20+	102:06+	112:18+	116:14+	117:55+
07:37+	02:25+	07:54+	08:45+	06:04+	21:52+	12:59+	08:16+	06:55+	11:33+	07:46+	10:12+	03:56+	01:41+
04:39@	01:15@	05:03@	05:27@	03:44@	14:37@	07:20@	05:19@	04:05@	07:58@	05:16@	06:12@	02:35@	00:51@
83	Thomas Jørgensen	6										1:57:57	
07:50+	10:13+	18:23+	26:36+	32:55+	54:33+	67:27+	82:55+	94:06+	101:59+	112:08+	116:10+	117:57+	
07:50+	02:23+	08:10+	08:13+	06:19+	21:38+	12:54+	15:28+	11:11+	07:53+	10:09+	04:02+	01:47+	
04:52@	01:13@	05:19@	04:55@	03:59@	14:23@	07:15@	12:31@	08:21@	04:18@	07:39@	00:02+	00:26&	
84	Benny Johansen	6										1:58:05	
07:52+	10:08+	17:49+	26:53+	32:49+	54:40+	67:49+	76:03+	83:02+	94:23+	102:12+	112:20+	116:22+	118:05+
07:52+	02:16+	07:41+	09:04+	05:56+	21:51+	13:09+	08:14+	06:59+	11:21+	07:49+	10:08+	04:02+	01:43+
04:54@	01:06&	04:50@	05:46@	03:36@	14:36@	07:30@	05:17@	04:09@	07:46@	05:19@	06:08@	02:41@	00:53@
85	Inger Johansen	6										1:58:08	
07:48+	10:14+	17:48+	26:43+	33:00+	54:48+	67:48+	76:05+	83:10+	94:29+	102:21+	112:26+	116:27+	118:08+
07:48+	02:26+	07:34+	08:55+	06:17+	21:48+	13:00+	08:17+	07:05+	11:19+	07:52+	10:05+	04:01+	01:41+
04:50@	01:16@	04:43@	05:37@	03:57@	14:33@	07:21@	05:20@	04:15@	07:44@	05:22@	06:05@	02:40@	00:51@
86	Susanne Høiberg	25										1:58:28	
08:11+	10:45+	18:15+	26:50+	34:17+	53:48+	70:40+	78:03+	85:35+	96:30+	103:30+	112:46+	116:55+	118:28+
08:11+	02:34+	07:30+	08:35+	07:27+	19:31+	16:52+	07:23+	07:32+	10:55+	07:00+	09:16+	04:09+	01:33+
05:13@	01:24@	04:39@	05:17@	05:07@	12:16@	11:13@	04:26@	04:42@	07:20@	04:30@	05:16@	02:48@	00:43&
87	Niels Erik Kofoed	15										2:01:37	
07:59+	09:42+	18:52+	31:23+	37:31+	53:43+	65:28+	71:22+	77:58+	103:02+	108:05+	117:13+	120:20+	121:37+
07:59+	01:43+	09:10+	12:31+	06:08+	16:12+	11:45+	05:54+	06:36+	25:04+	05:03+	09:08+	03:07+	01:17+
05:01@	00:33&	06:19@	09:13@	03:48@	08:57@	06:06@	02:57&	03:46@	21:29@	02:33@	05:08@	01:46@	00:27&

Plass	Navn	Klasse													Tid
88	Anette Ozol	25													2:42:28
08:10+	10:43+	17:34+	29:19+	40:15+	61:53+	101:27+	114:24+	123:12+	137:17+	145:38+	155:37+	160:06+	162:28+		
08:10+	02:33+	06:51+	11:45+	10:56+	21:38+	39:34+	12:57+	08:48+	14:05+	08:21+	09:59+	04:29+	02:22+		
05:12@	01:23@	04:00@	08:27@	08:36@	14:23@	33:55@	10:00@	05:58@	10:30@	05:51@	05:59@	03:08@	01:32@		

Beste stræktid for klassen

02:58 01:10 02:51 03:18 02:20 04:23 03:33 01:48 02:50 01:12 01:00 01:06 00:57 00:50

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