

Vinterlangdistance 3

Plads Navn
12km

Klasse

Stræktider

Tid

Harrild hede/Nørlund Plantage-12-02-2017

Plads	Navn	Klasse	Tid																				
1	Kristoffer Andersen	26	1:31:29																				
04:47=	07:20=	11:35=	17:31=	21:33=	25:20=	29:15=	30:26=	31:41=	33:01=	34:57=	38:31=	50:28=	56:41=	62:49=	67:46=	70:39=	74:01=	78:21=	80:24=	83:52=	88:29=	90:38=	91:29=
04:47=	02:33=	04:15=	05:56=	04:02=	03:47=	03:55=	01:11=	01:15=	01:20=	01:56=	03:34=	11:57=	06:13=	06:08=	04:57=	02:53=	03:22=	04:20=	02:03=	03:28=	04:37=	02:09=	00:51=
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	Mads Kruse Juhl	NOTEAM	1:31:46																				
04:20-	06:36-	10:03-	16:12-	20:35-	22:48-	26:13-	27:44-	28:45-	30:25-	32:52-	37:20-	50:24-	56:48+	63:18+	69:02+	72:01+	75:24+	80:29+	82:46+	85:37+	88:59+	90:55+	91:46+
04:20-	02:16-	03:27-	06:09+	04:23+	02:13-	03:25-	01:31+	01:01-	01:40+	02:27+	04:28+	13:04+	06:24+	06:30+	05:44+	02:59+	03:23+	05:05+	02:17+	02:51-	03:22-	01:56-	00:51=
00:27-	00:17-	00:48-	00:13+	00:21+	01:34-	00:30-	00:20&	00:14-	00:20#	00:31&	00:54&	01:07+	00:11+	00:22+	00:47#	00:06+	00:01+	00:45#	00:14#	00:37-	01:15-	00:13-	00:00=
3	Jeppe Andersen	27	1:34:44																				
04:16-	06:34-	09:57-	16:00-	20:45-	22:52-	26:11-	27:30-	28:37-	30:43-	33:18-	36:58-	50:17-	56:20-	62:22-	67:35-	70:28-	73:37-	78:23+	80:37+	83:15-	91:21+	93:40+	94:44+
04:16-	02:18-	03:23-	06:03+	04:45+	02:07-	03:19-	01:19+	01:07-	02:06+	02:35+	03:40+	13:19+	06:03-	06:02-	05:13+	02:53=	03:09-	04:46+	02:14+	02:38-	08:06+	02:19+	01:04+
00:31-	00:15-	00:52-	00:07+	00:43#	01:40-	00:36-	00:08#	00:08-	00:46&	00:39&	00:06+	01:22#	00:10-	00:06-	00:16+	00:00=	00:13-	00:26#	00:11+	00:50-	03:29&	00:10+	00:13&
4	Sune Dupont	26	1:35:39																				
04:45-	07:38+	11:19-	17:45+	22:22+	24:48-	28:26-	29:42-	31:07-	32:43-	34:25-	38:20-	51:11+	58:35+	65:14+	71:02+	74:41+	78:43+	84:10+	86:43+	89:35+	92:30+	94:29+	95:39+
04:45-	02:53+	03:41-	06:26+	04:37+	02:26-	03:38-	01:16+	01:25+	01:36+	01:42-	03:55+	12:51+	07:24+	06:39+	05:48+	03:39+	04:02+	05:27+	02:33+	02:52-	02:55-	01:59-	01:10+
00:02-	00:20#	00:34-	00:30+	00:35#	01:21-	00:17-	00:05+	00:10#	00:16#	00:14-	00:21+	00:54+	01:11#	00:31+	00:51#	00:46&	00:40#	01:07&	00:30#	00:36-	01:42-	00:10-	00:19&
5	Jens Peter Christensen	NOTEAM	1:37:22																				
04:43-	07:23+	11:45+	17:49+	22:25+	25:10-	29:11-	30:38+	31:53+	33:18+	35:57+	40:01+	52:58+	60:01+	66:59+	72:53+	76:12+	80:16+	85:17+	87:35+	90:19+	93:45+	96:16+	97:22+
04:43-	02:40+	04:22+	06:04+	04:36+	02:45-	04:01+	01:27+	01:15=	01:25+	02:39+	04:04+	12:57+	07:03+	06:58+	05:54+	03:19+	04:04+	05:01+	02:18+	02:44-	03:26-	02:31+	01:06+
00:04-	00:07+	00:07+	00:08+	00:34#	01:02-	00:06+	00:16#	00:00=	00:05+	00:43&	00:30#	01:00+	00:50#	00:50#	00:57#	00:26#	00:42#	00:41#	00:15#	00:44-	01:11-	00:22#	00:15&
6	Anton Rasmussen	26	1:40:07																				
03:54-	06:23-	11:56+	18:03+	22:36+	25:05-	32:54+	34:33+	36:00+	37:58+	40:26+	44:23+	55:48+	61:25+	67:59+	74:01+	77:02+	81:53+	87:19+	89:48+	92:21+	96:20+	98:54+	100:07+
03:54-	02:29-	05:33+	06:07+	04:33+	02:29-	07:49+	01:39+	01:27+	01:58+	02:28+	03:57+	11:25-	05:37-	06:34+	06:02+	03:01+	04:51+	05:26+	02:29+	02:33-	03:59-	02:34+	01:13+
00:53-	00:04-	01:18&	00:11+	00:31#	01:18-	03:54&	00:28&	00:12#	00:38&	00:32&	00:23#	00:32-	00:36-	00:26+	01:05#	00:08+	01:29&	01:06&	00:26#	00:55-	00:38-	00:25#	00:22&
7	Jess Rasmussen	24	1:47:58																				
04:41-	07:16-	11:04-	17:38+	22:59+	25:30+	29:06-	30:32+	31:47+	33:09+	35:54+	40:04+	53:41+	65:12+	73:55+	80:42+	83:51+	88:10+	93:51+	96:47+	100:00+	104:22+	106:59+	107:58+
04:41-	02:35+	03:48-	06:34+	05:21+	02:31-	03:36-	01:26+	01:15=	01:22+	02:45+	04:10+	13:37+	11:31+	08:43+	06:47+	03:09+	04:19+	05:41+	02:56+	03:13-	04:22-	02:37+	00:59+
00:06-	00:02+	00:27-	00:38#	01:19&	01:16-	00:19-	00:15#	00:00=	00:02+	00:49&	00:36#	01:40#	05:18&	02:35&	01:50&	00:16+	00:57&	01:21&	00:53&	00:15-	00:15-	00:28#	00:08#
8	Ivan Christensen	Ok Pan	1:51:10																				
05:25+	08:16+	11:59+	19:08+	24:41+	27:20+	31:08+	32:36+	34:04+	35:56+	37:57+	42:56+	56:56+	65:01+	74:13+	81:01+	84:41+	89:16+	96:10+	99:12+	102:40+	107:22+	109:49+	111:10+
05:25+	02:51+	03:43-	07:09+	05:33+	02:39-	03:48-	01:28+	01:28+	01:52+	02:01+	04:59+	14:00+	08:05+	09:12+	06:48+	03:40+	04:35+	06:54+	03:02+	03:28=	04:42+	02:27+	01:21+
00:38#	00:18#	00:32-	01:13#	01:31&	01:08-	00:07-	00:17#	00:13#	00:32&	00:05+	01:25&	02:03#	01:52&	03:04&	01:51&	00:47&	01:13&	02:34&	00:59&	00:00=	00:05+	00:18#	00:30&
9	Jakob Gade	24	1:51:21																				
05:02+	07:37+	11:42+	18:42+	23:54+	27:26+	31:24+	32:53+	34:20+	35:47+	38:02+	42:36+	55:55+	65:03+	74:28+	81:18+	85:18+	90:03+	96:39+	99:46+	102:57+	107:37+	110:16+	111:21+
05:02+	02:35+	04:05-	07:00+	05:12+	03:32-	03:58+	01:29+	01:27+	01:27+	02:15+	04:34+	13:19+	09:08+	09:25+	06:50+	04:00+	04:45+	06:36+	03:07+	03:11-	04:40+	02:39+	01:05+
00:15+	00:02+	00:10-	01:04#	01:10&	00:15-	00:03+	00:18&	00:12#	00:07+	00:19#	01:00&	01:22#	02:55&	03:17&	01:53&	01:07&	01:23&	02:16&	01:04&	00:17-	00:03+	00:30#	00:14&
10	Kim Gottlieb	3	1:54:28																				
05:32+	08:29+	12:15+	19:22+	24:51+	27:55+	32:39+	34:12+	35:39+	43:00+	45:49+	50:16+	63:53+	71:43+	79:43+	86:05+	89:31+	94:32+	100:33+	103:19+	106:29+	110:50+	113:21+	114:28+
05:32+	02:57+	03:46-	07:07+	05:29+	03:04-	04:44+	01:33+	01:27+	07:21+	02:49+	04:27+	13:37+	07:50+	08:00+	06:22+	03:26+	05:01+	06:01+	02:46+	03:10-	04:21-	02:31+	01:07+
00:45#	00:24#	00:29-	01:11#	01:27&	00:43-	00:49#	00:22&	00:12#	06:01@	00:53&	00:53#	01:40#	01:37&	01:52&	01:25&	00:33#	01:39&	01:41&	00:43&	00:18-	00:16-	00:22#	00:16&
11	Henning Hansen	5	1:55:40																				
04:59+	07:45+	12:48+	19:40+	24:43+	27:46+	31:58+	33:28+	35:56+	44:42+	52:46+	65:55+	72:15+	81:10+	87:52+	91:20+	95:49+	101:44+	104:16+	107:28+	111:24+	114:02+	115:40+	
04:59+	02:46+	05:03+	06:52+	05:03+	03:03-	04:12+	01:30+	02:28+	08:46+	08:04+	13:09+	06:20-	08:55+	06:42+	03:28-	04:29+	05:55+	02:32-	03:12+	03:56+	02:38-	01:38-	
00:12+	00:13+	00:48#	00:56#	01:01&	00:44-	00:17+	00:19&	01:13&	07:26@	06:08@	09:35@	05:37-	02:42&	00:34+	01:29-	01:36&	02:33&	01:48-	01:09&	00:28#	01:59-	00:31-	
12	Finn Rosenqvist	25	1:57:31																				
05:33+	08:37+	12:32+	19:58+	26:29+	29:48+	34:24+	36:07+	39:35+	41:21+	45:39+	51:05+	65:33+	72:12+	81:15+	87:41+	91:29+	96:10+	102:25+	105:07+	108:14+	112:33+	116:23+	117:31+
05:33+	03:04+	03:55-	07:26+	06:31+	03:19-	04:36+	01:43+	03:28+	01:46+	04:18+	05:26+	14:28+	06:39+	09:03+	06:26+	03:48+	04:41+	06:15+	02:42+	03:07-	04:19-	03:50+	01:08+
00:46#	00:31#	00:20-	01:30&	02:29&	00:28-	00:41#	00:32&	02:13@	00:26&	02:22@	01:52&	02:31#	00:26+	02:55&	01:29&	00:55&	01:19&	01:55&	00:39&	00:21-	00:18-	01:41&	00:17&
13	Christian Bertel Andersen	6	1:57:33																				
05:18+	08:05+	11:49+	18:55+	24:33+	27:10+	32:28+	33:57+	35:20+	38:06+	42:27+	59:03+	67:35+	78:17+	85:58+	89:51+	94:43+	103:36+	106:36+	109:46+	113:58+	116:21+	117:33+	
05:18+	02:47+	03:44-	07:06+	05:38+	02:37-	05:18+	01:29+	01:23+	02:46+	04:21+	16:36+	08:32-	10:42+	07:41+	03:53-	04:52+	08:53+	03:00-	03:10+	04:12+	02:23-	01:12-	
00:31#	00:14+	00:31-	01:10#	01:36&	01:10-	01:23&	00:18&	00:08#	01:26@	02:25@	13:02@	03:25-	04:29&	01:33&	01:04-	01:59&	05:31@	01:20-	01:07&	00:44#	02:14-	00:57-	
14	Camilla Bertel Andersen	6	1:57:37																				
05:19+	08:07+	11:54+	19:05+	24:37+	27:15+	31:05+	32:41+	34:10+	36:00+	38:09+	42:47+	59:11+	67:56+	78:35+	86:07+	90:04+	94:48+	103:38+	106:38+	109:55+	114:01+	116:30+	117:37+
05:19+	02:48+	03:47-	07:11+	05:32+	02:38-	03:50-	01:36+	01:29+	01:50+	02:09+													

Class	Navn	Klasse										Tid											
15	Thomas Lindschouw	25										1:59:46											
05:38+	08:41+	12:37+	20:22+	26:27+	29:53+	34:08+	35:50+	37:45+	39:35+	42:16+	47:25+	63:12+	71:32+	80:34+	87:19+	91:19+	96:27+	103:33+	106:33+	110:05+	115:12+	118:10+	119:46+
05:38+	03:03+	03:56+	07:45+	06:05+	03:26-	04:15+	01:42+	01:55+	01:50+	02:41+	05:09+	15:47+	08:20+	09:02+	06:45+	04:00+	05:08+	07:06+	03:00+	03:32+	05:07+	02:58+	01:36+
00:51#	00:30#	00:19-	01:49&	02:03&	00:21-	00:20+	00:31&	00:40&	00:30&	00:45&	01:35&	03:50&	02:07&	02:54&	01:48&	01:07&	01:46&	02:46&	00:57&	00:04+	00:30#	00:49&	00:45&
16	Nicoline Lorenzen	11										1:59:58											
04:57+	07:56+	12:59+	20:41+	26:19+	32:15+	36:18+	38:57+	40:27+	42:46+	46:06+	50:54+	65:23+	72:52+	82:28+	89:35+	93:31+	98:26+	106:08+	108:54+	112:12+	116:59+	118:55+	119:58+
04:57+	02:59+	05:03+	07:42+	05:38+	05:56+	04:03+	02:39+	01:30+	02:19+	03:20+	04:48+	14:29+	07:29+	09:36+	07:07+	03:56+	04:55+	07:42+	02:46+	03:18-	04:47+	01:56-	01:03+
00:10+	00:26#	00:48#	01:46&	01:36&	02:09&	00:08+	01:28@	00:15#	00:59&	01:24&	01:14&	02:32#	01:16#	03:28&	02:10&	01:03&	01:33&	03:22&	00:43&	00:10-	00:10+	00:13-	00:12#
17	Erling Trankjær	4										2:00:50											
05:03+	07:50+	12:55+	22:30+	28:22+	32:01+	35:58+	37:44+	41:09+	43:02+	46:38+	51:33+	65:42+	73:23+	82:15+	89:32+	93:38+	98:11+	106:38+	109:20+	112:23+	117:17+	119:32+	120:50+
05:03+	02:47+	05:05+	09:35+	05:52+	03:39-	03:57+	01:46+	03:25+	01:53+	03:36+	04:55+	14:09+	07:41+	08:52+	07:17+	04:06+	04:33+	08:27+	02:42+	03:03-	04:54+	02:15+	01:18+
00:16+	00:14+	00:50#	03:39&	01:50&	00:08-	00:02+	00:35&	02:10@	00:33&	01:40&	01:21&	02:12#	01:28#	02:44&	02:20&	01:13&	01:11&	04:07&	00:39&	00:25-	00:17+	00:06+	00:27&
18	Frederik N. Pedersen	NOTEAM										2:01:07											
04:32-	07:00-	10:55-	17:29-	22:01+	27:50+	30:55+	32:11+	34:13+	36:06+	38:20+	42:31+	54:39+	61:38+	69:51+	76:46+	90:40+	95:03+	102:31+	105:36+	110:26+	117:06+	119:55+	121:07+
04:32-	02:28-	03:55-	06:34+	04:32+	05:49+	03:05-	01:16+	02:02+	01:53+	02:14+	04:11+	12:08+	06:59+	08:13+	06:55+	13:54+	04:23+	07:28+	03:05+	04:50+	06:40+	02:49+	01:12+
00:15-	00:05-	00:38#	00:30#	02:02&	00:50-	00:05+	00:47&	00:33&	00:18#	00:37#	00:11+	00:46#	02:05&	01:58&	11:01@	01:01&	03:08&	01:02&	01:22&	02:03&	00:40&	00:21&	
19	Steen Sig Andersen	7										2:07:26											
05:16+	08:20+	12:34+	20:10+	26:15+	31:15+	35:49+	40:39+	44:11+	46:10+	49:15+	54:22+	69:37+	76:34+	85:40+	93:10+	97:15+	102:41+	111:51+	119:05+	123:34+	126:18+	127:26+	
05:16+	03:04+	04:14-	07:36+	06:05+	05:00+	04:34+	04:50+	03:32+	01:59+	03:05+	05:07+	15:15+	06:57+	09:06+	07:30+	04:05+	05:26+	09:10+	07:14+	04:29+	02:44-	01:08-	
00:29#	00:31#	00:01-	01:40&	02:03&	01:13&	00:39#	03:39@	02:17@	00:39&	01:09&	01:33&	03:18&	00:45#	02:58&	02:33&	01:12&	02:04&	04:50@	05:11@	01:01&	01:53-	01:01-	
20	Per Eg Pedersen	7										2:07:52											
04:55+	08:19+	12:29+	20:38+	26:53+	30:14+	40:19+	42:04+	43:46+	45:50+	49:10+	54:16+	69:44+	76:42+	86:21+	94:51+	99:17+	104:48+	111:40+	115:52+	119:28+	124:21+	126:42+	127:52+
04:55+	03:24+	04:10-	08:09+	06:15+	03:21-	10:05+	01:45+	01:42+	02:04+	03:20+	05:06+	15:28+	06:58+	09:39+	08:30+	04:26+	05:31+	06:52+	04:12+	03:36+	04:53+	02:21+	01:10+
00:08+	00:51&	00:05-	02:13&	00:26-	06:10@	00:34&	00:27&	00:44&	01:24&	01:32&	03:31&	00:45#	03:31&	03:33&	01:33&	02:09&	02:32&	02:09@	00:08+	00:16+	00:12+	00:19&	
21	Knud Fjordvald	22										2:08:01											
05:11+	08:17+	12:24+	20:32+	26:38+	33:28+	40:59+	43:02+	45:50+	47:05+	50:17+	55:11+	70:58+	78:24+	88:22+	95:46+	99:52+	106:07+	113:04+	115:55+	118:58+	124:23+	126:50+	128:01+
05:11+	03:06+	04:07-	08:08+	06:06+	06:50+	07:31+	02:03+	02:48+	01:15-	03:12+	04:54+	15:47+	07:26+	09:58+	07:24+	04:06+	06:15+	06:57+	02:51+	03:03-	05:25+	02:27+	01:11+
00:24+	00:33#	00:08-	02:12&	02:04&	03:03&	03:36&	00:52&	01:33@	00:05-	01:16&	01:20&	03:50&	01:13#	03:50&	02:27&	01:13&	02:53&	02:37&	00:48&	00:25-	00:48#	00:18#	00:20&
22	Palle Cavan	20										2:08:23											
05:28+	08:44+	13:07+	20:52+	27:00+	30:47+	35:45+	39:13+	41:14+	43:11+	46:15+	51:22+	67:55+	76:33+	86:03+	94:53+	99:00+	105:13+	112:49+	116:05+	119:32+	124:18+	126:57+	128:23+
05:28+	03:16+	04:23+	07:45+	06:08+	03:47-	04:58+	03:28+	02:01+	01:57+	03:04+	05:07+	16:33+	08:38+	09:30+	08:50+	04:07+	06:13+	07:36+	03:16+	03:27-	04:46+	02:39+	01:26+
00:41#	00:43&	00:08+	01:49&	02:06&	00:00+	01:03&	02:17@	00:46&	00:37&	01:08&	01:33&	04:36&	02:25&	03:22&	03:53&	01:14&	02:51&	03:16&	01:13&	00:01-	00:09+	00:30#	00:35&
23	Ann Dissing	19										2:15:29											
05:41+	08:53+	13:13+	21:32+	28:08+	32:12+	37:12+	40:37+	43:48+	46:04+	49:13+	54:32+	71:57+	79:27+	90:15+	99:09+	106:53+	112:00+	119:31+	123:15+	126:55+	131:49+	134:15+	135:29+
05:41+	03:12+	04:20+	08:19+	06:36+	04:04+	05:00+	03:25+	03:11+	02:16+	03:09+	05:19+	17:25+	07:30+	10:48+	08:54+	07:44+	05:07+	07:31+	03:44+	03:40+	04:54+	02:26+	01:14+
00:54#	00:39&	00:05+	02:23&	02:34&	00:17+	01:05&	02:14@	01:56@	00:56&	01:13&	01:45&	05:28&	01:17#	04:40&	03:57&	04:51@	01:45&	03:11&	01:41&	00:12+	00:17+	00:17#	00:23&
24	Erik Krogh	7										2:16:29											
05:35+	08:50+	13:09+	21:18+	27:26+	30:42+	35:46+	41:33+	43:53+	45:55+	49:16+	54:36+	72:20+	80:01+	90:21+	99:19+	104:18+	110:14+	119:51+	123:13+	126:59+	131:56+	134:57+	136:29+
05:35+	03:15+	04:19+	08:09+	06:08+	03:16-	05:04+	05:47+	02:20+	02:02+	03:21+	05:20+	17:44+	07:41+	10:20+	08:58+	04:59+	05:56+	09:37+	03:22+	03:46+	04:57+	03:01+	01:32+
00:48#	00:42&	00:04+	02:13&	02:06&	00:31-	01:09&	04:36@	01:05&	00:42&	01:25&	01:46&	05:47&	01:28#	04:12&	04:01&	02:06&	02:34&	05:17@	01:19&	00:18+	00:20+	00:52&	00:41&
25	Leif Knudsen	16										2:18:22											
06:08+	09:41+	14:33+	24:17+	31:19+	37:07+	41:46+	43:39+	45:09+	52:34+	55:38+	62:13+	79:20+	87:50+	98:58+	106:32+	110:38+	116:10+	123:27+	126:27+	129:52+	134:18+	137:12+	138:22+
06:08+	03:33+	04:52+	09:44+	07:02+	05:48+	04:39+	01:53+	01:30+	07:25+	03:04+	06:35+	17:07+	08:30+	11:08+	07:34+	04:06+	05:32+	07:17+	03:00+	03:25-	04:26-	02:54+	01:10+
01:21&	01:00&	00:37#	03:48&	03:00&	02:01&	00:44#	00:42&	00:15#	06:05@	01:08&	03:01&	05:10&	02:17&	05:00&	02:37&	01:13&	02:10&	02:57&	00:57&	00:03-	00:11-	00:45&	00:19&
26	Anette Pind	22										2:18:48											
05:39+	08:48+	12:50+	20:54+	26:56+	33:30+	45:40+	49:06+	51:09+	52:51+	56:09+	62:02+	79:32+	87:57+	99:05+	106:36+	111:29+	116:31+	123:49+	126:38+	130:02+	134:30+	137:36+	138:48+
05:39+	03:09+	04:02-	08:04+	06:02+	06:34+	12:10+	03:26+	02:03+	01:42+	03:18+	05:53+	17:30+	08:25+	11:08+	07:31+	04:53+	05:02+	07:18+	02:49+	03:24-	04:28-	03:06+	01:12+
00:52#	00:36#	00:13-	02:47&	02:00&	02:47&	08:15@	02:15@	00:48&	00:22&	01:22&	02:19&	05:33&	02:12&	05:00&	02:34&	02:00&	01:40&	02:58&	00:46&	00:04-	00:09-	00:57&	00:21&
27	Kirsten Hald Holdensen	19										2:32:32											
05:55+	09:28+	14:46+	24:44+	31:26+	37:14+	45:46+	48:38+	50:49+	52:59+	56:05+	61:44+	79:53+	91:02+	103:28+	113:33+	118:49+	126:17+	134:28+	137:48+	141:39+	147:26+	150:57+	152:32+
05:55+	03:33+	05:18+	09:58+	06:42+	05:48+	08:32+	02:52+	02:11+	02:10+	03:06+	05:39+	18:09+	11:09+	12:26+	10:05+	05:16+	07:28+	08:11+	03:51+	05:47+	03:31+	01:35+	
01:08#	01:00&	01:03#	04:02&	02:40&	02:01&	04:37@	01:41@	00:56&	00:50&	01:10&	02:05&	06:12&	04:56&	06:18@	05:08@	02:23&	04:06@	03:51&	01:17&	00:23#	01:10&	01:22&	00:44&
28	Bent Skjoldborg	19										2:32:34											
06:03+	09:39+	14:54+	24:49+	31:31+	37:21+	45:49+	48:45+	50:52+	53:03+	56:07+	61:51+	80:10+	91:21+	103:36+	113:35+	118:53+	126:38+	134:49+	138:06+	141:50+	147:22+	151:00+	152:34+
06:03+	03:36+	05:15+	09:55+	06:42+	05:50+	08:28+	02:56+	02:07+	02:11+	03:04+	05:44+	18:19											

Class	Navn	Klasse	Tid																				
30	Uffe Bach	12	2:34:43																				
06:35+	10:23+	15:21+	25:32+	32:52+	38:01+	43:20+	47:00+	49:54+	51:20+	56:31+	62:50+	81:04+	91:58+	103:32+	113:19+	119:13+	126:11+	134:35+	138:53+	142:53+	149:25+	153:01+	154:43+
06:35+	03:48+	04:58+	10:11+	07:20+	05:09+	05:19+	03:40+	02:54+	01:26+	05:11+	06:19+	18:14+	10:54+	11:34+	09:47+	05:54+	06:58+	08:24+	04:18+	04:00+	06:32+	03:36+	01:42+
01:48&	01:15&	00:43#	04:15&	03:18&	01:22&	01:24&	02:29&	01:39@	00:06+	03:15@	02:45&	06:17&	04:41&	05:26&	04:50&	03:01@	03:36@	04:04&	02:15@	00:32#	01:55&	01:27&	00:51&

Beste stræktid for klassen

03:54 02:16 03:23 05:56 04:02 02:07 03:05 01:11 01:01 01:15 01:42 03:34 06:20 05:37 06:02 03:28 02:53 03:09 02:32 02:03 02:33 02:23 01:08 00:51

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

16km

1	Jacob A. Daugaard	7	2:02:06																						
04:20=	06:45=	10:45=	17:10=	21:38=	25:14=	29:08=	30:22=	33:56=	36:43=	40:24=	53:08=	56:24=	57:47=	59:49=	63:28=	65:23=	67:21=	77:20=	80:00=	84:05=	89:12=	92:09=	96:11=	101:04=	105:23=
04:20=	02:25=	04:00=	06:25=	04:28=	03:36=	03:54=	01:14=	03:34=	02:47=	03:41=	12:44=	03:16=	01:23=	02:02=	03:39=	01:55=	01:58=	09:59=	02:40=	04:05=	05:07=	02:57=	04:02=	04:53=	04:19=
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=
107:37=	110:03=	113:41=	117:02=	119:22=	121:08=	122:06=																			
02:14=	02:26=	03:38=	03:21=	02:20=	01:46=	00:58=																			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																			

2	Kristian Vad	5	2:02:21																						
04:14=	06:29=	10:36=	17:18+	21:19=	25:27+	29:28+	30:24+	34:51+	36:23=	40:25+	54:37+	57:43+	58:57+	59:53+	63:44+	65:16=	67:10=	77:20=	79:47=	83:51=	89:42+	91:58=	96:05=	100:53=	104:37=
04:14=	02:15=	04:07+	06:42+	04:01=	04:08+	04:01+	00:56=	04:27+	01:32=	04:02+	14:12+	03:06=	01:14=	00:56=	03:51+	01:32=	01:54=	10:10+	02:27=	04:04=	05:51+	02:16=	04:07+	04:48=	03:44=
00:06=	00:10=	00:07+	00:17+	00:27=	00:32#	00:07+	00:18=	00:53#	01:15=	00:21+	01:28#	00:10=	00:09=	01:06=	00:12+	00:23=	00:04=	00:11+	00:13=	00:01=	00:44#	00:41=	00:05+	00:05=	00:35=
106:55=	109:49=	113:32=	116:54=	119:14=	121:05=	122:21+																			
02:18+	02:54+	03:43+	03:22+	02:20=	01:51+	01:16+																			
00:04+	00:28#	00:05+	00:01+	00:00=	00:05+	00:18&																			

3	Torben Kristensen	17	2:02:26																						
04:31+	07:05+	10:48+	17:31+	21:49+	25:18+	29:05=	30:35+	34:34+	36:56+	40:46+	54:13+	57:40+	59:27+	60:30+	63:47+	65:34+	67:31+	77:16=	80:02+	84:27+	89:51+	92:49+	96:45+	101:22+	104:54=
04:31+	02:34+	03:43=	06:43+	04:18=	03:29=	03:47=	01:30+	03:59+	02:22=	03:50+	13:27+	03:27+	01:47+	01:03=	03:17=	01:47=	01:57=	09:45=	02:46+	04:25+	05:24+	02:58+	03:56=	04:37=	03:32=
00:11+	00:09+	00:17=	00:18+	00:10=	00:07=	00:07=	00:16#	00:25#	00:25=	00:09+	00:43+	00:11+	00:24&	00:59=	00:22=	00:08=	00:01=	00:14=	00:06+	00:20+	00:17+	00:01+	00:06=	00:16=	00:47=
107:03=	109:44=	113:35=	117:00=	119:38+	121:24+	122:26+																			
02:09=	02:41+	03:51+	03:25+	02:38+	01:46=	01:02+																			
00:05=	00:15#	00:13+	00:04+	00:18#	00:00=	00:04+																			

4	Jørgen Schnack	25	2:03:20																						
59:16+	103:24+	111:03+	114:39+	117:31+	119:54+	122:15+	123:20+																		
59:16+	44:08+	07:39+	03:36=	02:52=	02:23=	02:21=	01:05=																		
54:56@	41:43@	03:39&	02:49=	01:36=	01:13=	01:33=	00:09=																		

5	Lars Mikkelsen	3	2:03:32																						
04:42+	07:21+	11:11+	18:03+	22:46+	25:33+	30:31+	32:16+	34:15+	37:00+	41:01+	55:26+	58:57+	60:22+	61:22+	64:12+	65:57+	68:26+	78:42+	81:31+	86:10+	91:32+	94:30+	98:10+	102:57+	106:17+
04:42+	02:39+	03:50=	06:52+	04:43+	02:47=	04:58+	01:45+	01:59=	02:45=	04:01+	14:25+	03:31+	01:25+	01:00=	02:50=	01:45=	02:29+	10:16+	02:49+	04:39+	05:22+	02:58+	03:40=	04:47=	03:20=
00:22+	00:14+	00:10=	00:27+	00:15+	00:49=	01:04&	00:31&	01:35=	00:02=	00:20+	01:41#	00:15+	00:02+	01:02=	00:49=	00:10=	00:31&	00:17+	00:09+	00:34#	00:15+	00:01+	00:22=	00:06=	00:59=
108:35+	111:09+	114:44+	117:58+	120:53+	122:38+	123:32+																			
02:18+	02:34+	03:35=	03:14=	02:55+	01:45=	00:54=																			
00:04+	00:08+	00:03=	00:07=	00:35#	00:01=	00:04=																			

6	Henrik Bach	9	2:03:35																						
04:53+	07:26+	11:22+	17:53+	22:26+	25:35+	29:39+	30:48+	34:18+	37:04+	40:55+	54:57+	58:33+	59:58+	61:00+	64:08+	65:47+	67:46+	77:46+	81:00+	85:31+	91:13+	94:08+	97:57+	102:41+	106:04+
04:53+	02:33+	03:56=	06:31+	04:33+	03:09=	04:04+	01:09=	03:30=	02:46=	03:51+	14:02+	03:36+	01:25+	01:02=	03:08=	01:39=	01:59+	10:00+	03:14+	04:31+	05:42+	02:55=	03:49=	04:44=	03:23=
00:33#	00:08+	00:04=	00:06+	00:05+	00:27=	00:10+	00:05=	00:04=	00:01=	00:10+	01:18#	00:20#	00:02+	01:00=	00:31=	00:16=	00:01+	00:01+	00:34#	00:26#	00:35#	00:02=	00:13=	00:09=	00:56=
108:26+	111:03+	114:38+	117:56+	120:57+	122:41+	123:35+																			
02:22+	02:37+	03:35=	03:18=	03:01+	01:44=	00:54=																			
00:08+	00:11+	00:03=	00:03=	00:41&	00:02=	00:04=																			

7	Ole Jensen	9	2:04:26																						
04:36+	07:02+	10:52+	17:35+	22:01+	25:39+	29:26+	30:39+	34:22+	36:54+	40:51+	54:20+	57:50+	59:20+	60:25+	63:37+	65:28+	67:26+	78:26+	81:01+	85:37+	91:06+	94:02+	98:07+	103:03+	106:29+
04:36+	02:26+	03:50=	06:43+	04:26=	03:38+	03:47=	01:13=	03:43+	02:32=	03:57+	13:29+	03:30+	01:30+	01:05=	03:12=	01:51=	01:58=	11:00+	02:35=	04:36+	05:29+	02:56=	04:05+	04:56+	03:26=
00:16+	00:01+	00:10=	00:18+	00:02=	00:02+	00:07=	00:01=	00:09+	00:15=	00:16+	00:45+	00:14+	00:07+	00:57=	00:27=	00:04=	00:00=	01:01#	00:05=	00:31#	00:22+	00:01=	00:03+	00:03+	00:53=
108:51+	111:34+	115:29+	118:32+	121:19+	123:06+	124:26+																			
02:22+	02:43+	03:55+	03:03=	02:47+	01:47+	01:20+																			
00:08+	00:17#	00:17+	00:18=	00:27#	00:01+	00:22&																			

8	Leif E. Larsen	23	2:04:29																						
04:54+	07:30+	11:19+	17:48+	22:26+	25:34+	29:39+	30:46+	32:56=	34:23=	38:28=	54:25+	57:59+	59:26+	60:34+	63:43+	65:41+	67:43+	77:58+	80:36+	85:23+	91:18+	94:19+	98:23+	103:11+	106:43+
04:54+	02:36+	03:49=	06:29+	04:38+	03:08=	04:05+	01:07=	02:10=	01:27=	04:05+	15:57+	03:34+	01:27+	01:08=	03:09=	01:58+	02:02+	10:15+	02:38=	04:47+	05:55+	03:01+	04:04+	04:48=	03:32=
00:34#	00:11+	00:11=	00:04+	00:10+	00:28=	00:11+	00:07=	01:24=	01:20=	00:24#	03:13&	00:18+	00:04+	00:54=	00:30=	00:03+	00:04+	00:16+	00:02=						

Class	Navn	Klasse	Tid																						
9	Michael Filyo	22	2:04:38																						
04:49+	07:23+	11:13+	18:01+	22:34+	25:22+	29:19+	30:32+	32:46-	34:23-	38:18-	53:12+	56:38+	57:59+	59:45-	63:30+	67:35+	78:54+	81:34+	86:22+	91:47+	94:48+	98:39+	103:32+	107:02+	109:18+
04:49+	02:34+	03:50-	06:48+	04:33+	02:48-	03:57+	01:13-	02:14-	01:37-	03:55+	14:54+	03:26+	01:21-	01:46-	03:45+	04:05+	11:19+	02:40-	04:48+	05:25+	03:01-	03:51+	04:53+	03:30-	02:16-
00:29#	00:09+	00:10-	00:23+	00:05+	00:48-	00:03+	00:01-	01:20-	01:10-	00:14+	02:10#	00:10+	00:02-	00:16-	00:06+	02:10@	09:21@	07:19-	02:08&	01:20&	02:06-	00:54&	00:51#	01:23-	02:03-
111:50+	115:37+	118:34+	121:22+	123:09+	124:38+																				
02:32+	03:47+	02:57-	02:48-	01:47-	01:29-																				
00:18#	01:21&	00:41-	00:33-	00:33-	00:17-																				
10	Carsten Thygesen	Ok Pan	2:07:34																						
04:39+	07:12+	10:59+	17:21+	21:53+	25:43+	29:51+	31:02+	34:20+	37:10+	40:41+	54:07+	57:31+	59:02+	60:09+	63:35+	65:26+	67:23+	78:28+	81:05+	85:35+	91:01+	94:00+	97:51+	102:33+	106:09+
04:39+	02:33+	03:47-	06:22-	04:32+	03:50+	04:08+	01:11-	03:18-	02:50+	03:31-	13:26+	03:24+	01:31+	01:07-	03:26-	01:51-	01:57-	11:05+	02:37-	04:30+	05:26+	02:59+	03:51-	04:42-	03:36-
00:19+	00:08+	00:13-	00:03-	00:04+	00:14+	00:14+	00:03-	00:16-	00:03+	00:10-	00:42+	00:08+	00:08+	00:55-	00:13-	00:04-	00:01-	01:06#	00:03-	00:25#	00:19+	00:02+	00:11-	00:11-	00:43-
108:22+	111:00+	116:30+	121:18+	124:09+	126:31+	127:34+																			
02:13-	02:38+	05:30+	04:48+	02:51+	02:22+	01:03+																			
00:01-	00:12+	01:52&	01:27&	00:31#	00:36&	00:05+																			
11	Nicolai Wind	7	2:11:15																						
05:08+	07:50+	11:58+	18:53+	23:41+	26:21+	30:47+	32:15+	34:40+	37:36+	41:32+	55:52+	59:25+	60:53+	62:02+	65:10+	67:01+	69:03+	79:43+	82:40+	87:37+	93:58+	97:22+	101:33+	106:48+	111:21+
05:08+	02:42+	04:08+	06:55+	04:48+	02:40-	04:26+	01:28+	02:25-	02:56+	03:56+	14:20+	03:33+	01:28+	01:09-	03:08-	01:51-	02:02+	10:40+	02:57+	04:57+	06:21+	03:24+	04:11+	05:15+	04:33+
00:48#	00:17#	00:08+	00:30+	00:20+	00:56-	00:32#	00:14#	01:09-	00:09+	00:15+	01:36#	00:17+	00:05+	00:53-	00:31-	00:04-	00:04+	00:41+	00:17#	00:52#	01:14#	00:27#	00:09+	00:22+	00:14+
113:41+	116:18+	120:03+	123:58+	127:04+	130:09+	131:15+																			
02:20+	02:37+	03:45+	03:55+	03:06+	03:05+	01:06+																			
00:06+	00:11+	00:07+	00:34#	00:46&	01:19&	00:08#																			
12	Finn Damgaard	7	2:11:18																						
05:10+	07:55+	12:00+	18:49+	23:44+	26:24+	30:51+	32:20+	34:50+	37:40+	41:35+	55:54+	59:27+	60:55+	61:59+	65:05+	67:02+	69:07+	79:45+	82:43+	87:40+	93:55+	97:24+	101:35+	106:43+	111:23+
05:10+	02:45+	04:05+	06:49+	04:55+	02:40-	04:27+	01:29+	02:30-	02:50+	03:55+	14:19+	01:28+	01:04-	03:06-	01:57+	02:05+	10:38+	02:58+	04:57+	06:15+	03:29+	04:11+	05:08+	04:40+	
00:50#	00:20#	00:05+	00:24+	00:27#	00:56-	00:33#	00:15#	01:04-	00:03+	00:14+	01:35#	00:17+	00:05+	00:58-	00:33-	00:02+	00:07+	00:39+	00:18#	00:52#	01:08#	00:32#	00:09+	00:15+	00:21+
113:45+	116:28+	120:05+	124:00+	127:07+	130:12+	131:18+																			
02:22+	02:43+	03:37-	03:55+	03:07+	03:05+	01:06+																			
00:08+	00:17#	00:01-	00:34#	00:47&	01:19&	00:08#																			
13	Christen K. Laursen	7	2:11:32																						
05:02+	07:53+	11:54+	18:47+	23:45+	26:28+	31:09+	32:33+	34:40+	36:32-	40:39+	55:05+	58:40+	60:13+	61:19+	64:19+	66:09+	68:14+	79:59+	82:45+	87:47+	93:29+	97:13+	101:16+	106:30+	111:15+
05:02+	02:51+	04:01+	06:53+	04:58+	02:43-	04:41+	01:24+	02:07-	01:52-	04:07+	14:26+	03:35+	01:33+	01:06-	03:00-	01:50-	02:05+	11:45+	02:46+	05:02+	05:42+	03:44+	04:03+	05:14+	04:45+
00:42#	00:26#	00:01+	00:28+	00:30#	00:53-	00:47#	00:10#	01:27-	00:55-	00:26#	01:42#	00:19+	00:10#	00:56-	00:39-	00:05-	00:07+	01:46#	00:06+	00:57#	00:35#	00:47&	00:01+	00:21+	00:26#
113:43+	116:25+	119:58+	123:42+	128:19+	130:36+	131:32+																			
02:28+	02:42+	03:33-	03:44+	04:37+	02:17+	00:56-																			
00:14#	00:16#	00:05-	00:23#	02:17&	00:31&	00:02-																			
14	Michael Fischer	25	2:11:57																						
04:54+	07:35+	11:47+	18:43+	23:35+	26:00+	30:08+	32:31+	34:10+	36:51+	40:51+	55:09+	58:43+	60:07+	61:12+	64:25+	66:25+	68:31+	79:39+	82:30+	87:42+	93:44+	97:09+	101:12+	106:32+	111:04+
04:54+	02:41+	04:12+	06:56+	04:52+	02:25-	04:08+	02:23+	01:39-	02:41-	04:00+	14:18+	03:34+	01:24+	01:05-	03:13-	02:00+	02:06+	11:08+	02:51+	05:12+	06:02+	03:25+	04:03+	05:20+	04:32+
00:34#	00:16#	00:12+	00:31+	00:24+	01:11-	00:14+	01:09&	01:55-	00:06-	00:19+	01:34#	00:18+	00:01+	00:57-	00:26-	00:05+	00:08+	01:09#	00:11+	01:07&	00:55#	00:28#	00:01+	00:27+	00:13+
113:35+	116:33+	120:36+	124:26+	128:15+	130:49+	131:57+																			
02:31+	02:58+	04:03+	03:50+	03:49+	02:34+	01:08+																			
00:17#	00:32#	00:25#	00:29#	01:29&	00:48&	00:10#																			
15	Morten Kjær	22	2:18:39																						
05:00+	07:39+	11:38+	18:32+	23:24+	25:53+	30:27+	32:24+	34:35+	36:25-	40:32+	55:42+	59:43+	61:12+	62:44+	65:50+	68:00+	70:58+	82:40+	89:25+	94:04+	99:31+	103:09+	107:16+	113:59+	117:46+
05:00+	02:39+	03:59-	06:54+	04:52+	02:29-	04:34+	01:57+	02:11-	01:50-	04:07+	15:10+	04:01+	01:29+	01:32-	03:06-	02:10+	02:58+	11:42+	06:45+	04:39+	05:27+	03:38+	04:07+	06:43+	03:47-
00:40#	00:14+	00:01-	00:29+	00:24+	01:07-	00:40#	00:43&	01:23-	00:57-	00:26#	02:26#	00:45#	00:06+	00:30-	00:33-	00:15#	01:00&	01:43#	04:05@	00:34#	00:20+	00:41#	00:05+	01:50&	00:32-
120:27+	123:13+	128:35+	133:19+	135:58+	137:46+	138:39+																			
02:41+	02:46+	05:22+	04:44+	02:39+	01:48+	00:53-																			
00:27#	00:20#	01:44&	01:23&	00:19#	00:02+	00:05-																			
16	Thomas Ullner	12	2:19:01																						
04:47+	07:25+	11:17+	18:01+	22:48+	25:32+	29:41+	31:00+	33:57+	37:04+	41:04+	55:39+	59:24+	60:56+	62:04+	65:08+	67:08+	70:27+	80:32+	83:23+	88:05+	93:42+	97:21+	101:40+	106:53+	111:34+
04:47+	02:38+	03:52-	06:44+	04:47+	02:44-	04:09+	01:19+	02:57-	03:07+	04:00+	14:35+	03:45+	01:32+	01:08-	03:04-	02:00+	03:19+	10:05+	02:51+	04:42+	05:37+	03:39+	04:19+	05:13+	04:41+
00:27#	00:13+	00:08-	00:19+	00:19+	00:52-	00:15+	00:05+	00:37-	00:20#	00:19+	01:51#	00:29#	00:09#	00:54-	00:35-	00:05+	01:21&	00:06+	00:11+	00:37#	00:30+	00:42#	00:17+	00:20+	00:22+
114:10+	117:06+	124:15+	130:37+	135:37+	137:51+	139:01+																			
02:36+	02:56+	07:09+	06:22+	05:00+	02:14+	01:10+																			
00:22#	00:30#	03:31&	03:01&	02:40@	00:28&	00:12#																			
17	Per Filskov	17	2:19:38																						
04:59+	07:42+	11:43+	18:45+	23:48+	26:31+	31:04+	32:26+	34:45+	37:41+	41:58+	56:27+	60:18+	61:49+	63:10+	66:54+	69:14+	72:25+	83:37+	86:57+	92:46+	99:14+	102:43+			

Class	Navn	Klasse	Tid																							
19	Uffe Villumsen	17	2:30:24																							
04:54+	07:37+	11:48+	19:08+	24:33+	27:13+	32:09+	33:30+	35:13+	39:50+	44:33+	58:44+	64:33+	66:16+	67:51+	71:22+	74:06+	76:30+	88:30+	91:56+	97:24+	104:28+	108:32+	113:33+	119:16+	124:06+	
04:54+	02:43+	04:11+	07:20+	05:25+	02:40-	04:56+	01:21+	01:43-	04:37+	04:43+	14:11+	05:49+	01:43+	01:35-	03:31-	02:44+	02:24+	12:00+	03:26+	05:28+	07:04+	04:04+	05:01+	05:43+	04:50+	
00:34#	00:18#	00:11+	00:55#	00:57#	00:56-	01:02&	00:07+	01:51-	01:50&	01:02&	01:27#	02:33&	00:20#	00:27-	00:08-	00:49&	00:26#	02:01#	00:46&	01:23&	01:57&	01:07&	00:59#	00:50#	00:31#	
126:50+	129:57+	135:50+	142:01+	146:35+	149:05+	150:24+																				
02:44+	03:07+	05:53+	06:11+	04:34+	02:30+	01:19+																				
00:30#	00:41&	02:15&	02:50&	02:14&	00:44&	00:21&																				
20	Bjarne Mortensen	3	2:30:43																							
04:45+	07:33+	12:36+	23:02+	28:26+	32:22+	38:16+	39:49+	47:06+	50:02+	54:25+	67:21+	73:03+	74:54+	76:04+	80:22+	84:51+	96:08+	99:59+	105:43+	111:16+	115:03+	119:38+	125:11+	129:31+	131:54+	
04:45+	02:48+	05:03+	10:26+	05:24+	03:56+	05:54+	01:33+	07:17+	02:56+	04:23+	12:56+	05:42+	01:51+	01:10-	04:18+	04:29+	11:17+	03:51-	05:44+	05:33+	03:47-	04:35+	05:33+	04:20-	02:23-	
00:25+	00:23#	01:03&	04:01&	00:56#	00:20+	02:00&	00:19&	03:43@	00:09+	00:42#	00:12+	02:26&	00:28&	00:52-	00:39#	02:34@	09:19@	06:08-	03:04@	01:28&	01:20-	01:38&	01:31&	00:33-	01:56-	
134:51+	139:04+	143:42+	147:20+	149:29+	150:43+																					
02:57+	04:13+	04:38+	03:38+	02:09-	01:14-																					
00:43&	01:47&	01:00&	00:17+	00:11-	00:32-																					
21	Henrik Juhl	NOTEAM	2:30:46																							
04:44+	11:34+	15:39+	23:13+	28:25+	32:31+	38:14+	39:47+	46:53+	50:01+	54:23+	67:18+	73:07+	74:48+	76:03+	80:02+	84:47+	96:12+	99:53+	105:37+	111:24+	115:05+	119:44+	125:18+	129:34+	132:02+	
04:44+	06:50+	04:05+	07:34+	05:12+	04:06+	05:43+	01:33+	07:06+	03:08+	04:22+	12:55+	05:49+	01:41+	01:15-	03:59+	04:45+	11:25+	03:41-	05:44+	05:47+	03:41-	04:39+	05:34+	04:16-	02:28-	
00:24+	04:25@	00:05+	01:09#	00:44#	00:30#	01:49&	00:19&	03:32&	00:21#	00:41#	00:11+	02:33&	00:18#	00:47-	00:20+	02:50@	09:27@	06:18-	03:04@	01:42&	01:26-	01:42&	01:32&	00:37-	01:51-	
134:49+	139:01+	143:34+	147:08+	149:34+	150:46+																					
02:47+	04:12+	04:33+	03:34+	02:26+	01:12-																					
00:33#	01:46&	00:55&	00:13+	00:06+	00:34-																					
22	Jens Isaksen	22	2:56:58																							
05:18+	08:14+	12:58+	21:28+	26:46+	29:40+	37:00+	38:29+	49:58+	54:19+	68:22+	75:10+	77:33+	80:07+	85:18+	87:36+	92:54+	106:29+	110:12+	116:23+	126:44+	131:23+	137:15+	143:40+	151:58+	154:34+	
05:18+	02:56+	04:44+	08:30+	05:18+	02:54+	07:20+	01:29+	11:29+	04:21+	14:03+	06:48-	02:23-	02:34+	05:18+	02:18-	05:18+	13:35+	03:43-	06:11+	10:21+	04:39-	05:52+	06:25+	08:18+	02:36-	
00:58#	00:31#	00:44#	02:05&	00:50#	00:42-	03:26&	00:15#	07:55@	01:34&	10:22@	05:56-	00:53-	01:11&	03:09@	01:21-	03:23@	11:37@	06:16-	03:31@	06:16@	00:28-	02:55&	02:23&	03:25&	01:43-	
158:45+	164:27+	168:21+	172:39+	175:46+	176:58+																					
04:11+	05:42+	03:54+	04:18+	03:07+	01:12-																					
01:57&	03:16@	00:16+	00:57&	00:47&	00:34-																					
23	Kaj Munck	10	3:52:30																							
67:14+	71:12+	77:18+	86:50+	94:28+	107:19+	117:54+	124:40+	126:03+	129:53+	135:54+	154:28+	163:46+	166:52+	171:18+	177:09+	180:54+	184:55+	202:20+	208:51+	217:40+	227:16+	232:30+				
67:14+	03:58+	06:06+	09:32+	07:38+	12:51+	10:35+	06:46+	01:23-	03:50+	06:01+	18:34+	09:18+	03:06+	04:26+	05:51+	03:45+	04:01+	17:25+	06:31+	08:49+	09:36+	05:14+				
62:54@	01:33&	02:06&	03:07&	03:10&	09:15@	06:41@	05:32@	02:11-	01:03&	02:20&	05:50&	06:02@	01:43@	02:24@	02:12&	01:50&	02:03@	07:26&	03:51@	04:44@	04:29&	02:17&				
Beste stræktid for klassen																										
04:14	02:15	03:43	03:36	02:52	02:23	02:21	00:56	01:23	01:27	03:31	06:48	02:23	01:14	00:56	02:18	01:32	01:54	02:40	02:27	04:04	03:01	02:16	03:40	03:30	02:16	02:09

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

20km

1	Henrik Leth Jørgensen	Ok Pan	2:17:37																						
02:44=	05:45=	07:14=	15:18=	19:44=	21:06=	22:21=	25:30=	27:03=	30:49=	34:48=	47:18=	51:07=	52:19=	53:14=	56:14=	57:54=	60:09=	63:43=	72:01=	74:13=	79:00=	83:41=	93:44=	98:08=	105:05=
02:44=	03:01=	01:29=	18:04=	04:26=	01:22=	01:15=	03:09=	01:33=	03:46=	03:59=	12:30=	03:49=	01:12=	00:55=	03:00=	01:40=	02:15=	03:34=	08:18=	02:12=	04:47=	04:41=	10:03=	04:24=	06:57=
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=
108:06=	110:46=	113:29=	117:43=	123:30=	125:40=	129:04=	132:17=	135:01=	136:41=	137:37=															
03:01=	02:40=	02:43=	04:14=	05:47=	02:10=	03:24=	03:13=	02:44=	01:40=	00:56=															
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															
2	Lasse Holch Nielsen	22	2:30:23																						
02:46+	05:49+	08:13+	22:32+	25:32+	27:35+	32:27+	34:22+	36:49+	40:19+	45:28+	56:28+	59:06+	60:12+	61:01+	63:33+	65:31+	67:15+	71:09+	79:47+	82:02+	87:34+	92:43+	104:10+	108:56+	115:42+
02:46+	03:03+	02:24+	14:19+	03:00-	02:03+	04:52+	01:55-	02:27+	03:30-	05:09+	11:00+	02:38-	01:06-	00:49-	02:32-	01:58+	01:44-	03:54+	08:38+	02:15+	05:32+	05:09+	11:27+	04:46+	06:46-
00:02+	00:02+	00:55&	06:15&	01:26-	00:41&	03:37@	01:14-	00:54&	00:16-	01:10&	01:30-	01:11-	00:06-	00:06-	00:28-	01:18#	00:31-	00:20+	00:20+	00:06-	00:45#	00:28+	01:24#	00:22+	00:11-
118:45+	121:32+	124:41+	129:36+	134:58+	137:22+	140:57+	144:47+	147:21+	149:12+	150:23+															
03:03+	02:47+	03:09+	04:55+	05:22-	02:24+	03:35+	03:50+	02:34-	01:51+	01:11+															
00:02+	00:07+	00:26#	00:41#	00:25-	00:14#	00:11+	00:37#	00:10-	00:11#	00:15&															
3	Thorkild Jensen	21	2:40:16																						
02:49+	05:57+	07:57+	21:11+	26:12+	27:47+	29:21+	34:29+	37:02+	40:43+	45:10+	56:30+	59:34+	60:51+	61:43+	64:15+	65:50+	67:47+	71:24+	80:01+	82:19+	88:32+	93:32+	105:16+	112:29+	120:02+
02:49+	03:08+	02:00+	13:14+	05:01+	01:35+	01:34+	05:08+	02:33+	03:41-	04:27+	11:20-	03:04-	01:17+	00:52-	02:32-	01:35-	01:57-	03:37+	08:37+	02:18+	06:13+	05:00+	11:44+	07:13+	07:33+
00:05+	00:07+	00:31&	05:10&	00:35#	00:13#	00:19&	01:59&	01:00&	00:05-	00:28#	01:10-	00:45-	00:05+	00:03-	00:28-	00:05-	00:18-	00:03+	00:19+	00:06+	01:26&	00:19+	01:41#	02:49&	00:36+
123:59+	128:23+	131:37+	136:57+	143:54+	146:37+	150:15+	154:08+	157:16+	159:15+	160:16+															
03:57+	04:24+	03:14+	05:20+	06:57+	02:43+	03:38+	03:53+	03:08+	01:59+	01:01+															
00:56&	01:44&	00:31#	01:06&	01:10#	00:33&	00:14+	00:40#	00:24#	00:19#	00:05+	</														

Class	Navn	Klasse	Tid																								
4	Christian Valbak	22	2:43:03																								
03:02+	06:18+	08:10+	21:44+	25:52+	27:24+	28:59+	32:15+	34:07+	37:33+	41:54+	56:54+	60:15+	61:32+	62:25+	65:06+	66:49+	68:49+	72:26+	81:47+	89:08+	94:10+	99:20+	114:33+	118:50+	125:52+		
03:02+	03:16+	01:52+	13:34+	04:08-	01:32+	01:35+	03:16+	01:52+	03:26-	04:21+	15:00+	03:21-	01:17+	00:53-	02:41-	01:43+	02:00-	03:37+	09:21+	07:21+	05:02+	05:10+	15:13+	04:17-	07:02+		
00:18#	00:15+	00:23&	05:30&	00:18-	00:10#	00:20&	00:07+	00:19#	00:20-	00:22+	02:30#	00:28-	00:05+	00:02-	00:19-	00:03+	00:15-	00:03+	01:03#	05:09@	00:15+	00:29#	05:10&	00:07-	00:05+		
129:01+	135:50+	138:55+	143:03+	148:18+	150:39+	154:16+	157:28+	160:12+	162:06+	163:03+																	
03:09+	06:49+	03:05+	04:08-	05:15-	02:21+	03:37+	03:12-	02:44=	01:54+	00:57+																	
00:08+	04:09@	00:22#	00:06-	00:32-	00:11+	00:13+	00:01-	00:00=	00:14#	00:01+																	
5	Peter Villadsen	25	2:50:58																								
02:54+	06:03+	07:48+	21:25+	24:32+	25:52+	28:51+	34:30+	36:47+	40:44+	45:24+	57:06+	60:38+	61:54+	62:47+	65:18+	67:04+	68:47+	72:20+	82:12+	89:47+	95:33+	101:40+	114:06+	119:08+	126:32+		
02:54+	03:09+	01:45+	13:37+	03:07-	01:20-	02:59+	05:39+	02:17+	03:57+	04:40+	11:42-	03:32-	01:16+	00:53-	02:31-	01:46+	01:43-	03:33-	09:52+	07:35+	05:46+	06:07+	12:26+	05:02+	07:24+		
00:10+	00:08+	00:16#	05:33&	01:19-	00:02-	01:44@	02:30&	00:44&	00:11+	00:41#	00:48-	00:17-	00:04+	00:02-	00:29-	00:06+	00:32-	00:01-	01:34#	05:23@	00:59#	01:26&	02:23#	00:38#	00:27+		
129:39+	132:23+	135:45+	141:00+	147:54+	150:44+	155:28+	160:40+	166:15+	169:17+	170:58+																	
03:07+	02:44+	03:22+	05:15+	06:54+	02:50+	04:44+	05:12+	05:35+	03:02+	01:41+																	
00:06+	00:04+	00:39#	01:01#	01:07#	00:40&	01:20&	01:59&	02:51@	01:22&	00:45&																	
6	Kim Hansen	8	2:51:52																								
02:51+	06:01+	07:59+	21:09+	27:49+	29:17+	34:14+	37:05+	40:48+	45:19+	57:48+	62:22+	63:51+	64:54+	68:27+	70:36+	72:35+	77:04+	89:15+	92:14+	99:20+	105:18+	119:19+	124:36+	133:10+	136:27+		
02:51+	03:10+	01:58+	13:10+	06:40+	01:28+	04:57+	02:51-	03:43+	04:31+	12:29+	04:34-	01:29-	01:03-	03:33+	02:09-	01:59+	04:29+	12:11+	02:59-	07:06+	05:58+	14:01+	05:17-	08:34+	03:17-		
00:07+	00:09+	00:29&	05:06&	02:14&	00:06+	03:42@	00:18-	02:10@	00:45#	08:30@	07:56-	02:20-	00:09-	02:38@	00:51-	00:19#	02:14&	08:37@	05:19-	04:54@	01:11#	09:20@	04:46-	04:10&	03:40-		
139:23+	143:02+	148:00+	154:37+	157:47+	161:33+	164:53+	167:52+	170:24+	171:52+																		
02:56-	03:39+	04:58+	06:37+	03:10-	03:46+	03:20-	02:59-	02:32-	01:28-																		
00:05-	00:59&	02:15&	02:23&	02:37-	01:36&	00:04-	00:14-	00:12-	00:12-																		
7	Thomas Guldmann	5	2:51:55																								
02:59+	06:15+	08:21+	22:31+	26:30+	28:00+	29:29+	31:19+	34:28+	38:32+	43:23+	57:22+	61:30+	63:04+	64:28+	68:36+	70:42+	72:43+	76:56+	87:17+	91:29+	98:36+	104:47+	119:10+	124:17+	133:03+		
02:59+	03:16+	02:06+	14:10+	03:59-	01:30+	01:29+	01:50-	03:09+	04:04+	04:51+	13:59+	04:08+	01:24+	04:08+	02:06+	02:01-	04:13+	10:21+	04:12+	07:07+	06:11+	14:23+	05:07+	08:46+			
00:15+	00:15+	00:37&	06:06&	00:27-	00:08+	00:14#	01:19-	01:36@	00:18+	00:52#	01:29#	00:19+	00:22&	00:29&	01:08&	00:26&	00:14-	00:39#	02:03#	02:00&	02:20&	01:30&	04:20&	00:43#	01:49&		
136:20+	139:26+	142:55+	147:48+	154:24+	157:32+	161:10+	164:07+	167:49+	170:18+	171:55+																	
03:17+	03:06+	03:29+	04:53+	06:36+	03:08+	03:38+	02:57-	03:42+	02:29+	01:37+																	
00:16+	00:26#	00:46&	00:39#	00:49#	00:58&	00:14+	00:16-	00:58&	00:49&	00:41&																	
8	Mikael Halberg	24	2:52:08																								
02:55+	06:05+	07:52+	22:22+	32:17+	33:27+	34:37+	35:23+	40:00+	43:55+	48:14+	60:04+	64:29+	66:08+	67:04+	69:37+	71:14+	73:18+	76:52+	86:17+	88:59+	93:59+	99:10+	114:17+	118:36+	125:56+		
02:55+	03:10+	01:47+	14:30+	09:55+	01:10-	01:10-	00:46-	04:37+	03:55+	04:19+	11:50-	04:25+	01:39+	00:56+	02:33-	01:37-	02:04-	03:34=	09:25+	02:42+	05:00+	05:11+	15:07+	04:19-	07:20+		
00:11+	00:09+	00:18#	06:26&	05:29@	00:12-	00:05-	02:23-	03:04@	00:09+	00:20+	00:40-	00:36#	00:27&	00:01+	00:27-	00:03-	00:11-	00:00=	01:07#	00:30#	00:13+	00:30#	05:04&	00:05-	00:23+		
129:07+	136:15+	139:05+	143:16+	149:13+	151:34+	156:04+	160:26+	167:46+	170:22+	172:08+																	
03:11+	07:08+	02:50+	04:11-	05:57+	02:21+	04:30+	04:22+	07:20+	02:36+	01:46+																	
00:10+	04:28@	00:07+	00:03-	00:10+	00:11+	01:06&	01:09&	04:36@	00:56&	00:50&																	
Beste stræktid for klassen																											
02:44	03:01	01:29	08:04	03:00	01:10	01:10	00:46	01:33	03:26	03:59	04:34	01:29	01:03	00:49	02:09	01:35	01:43	03:33	02:59	02:12	04:47	04:41	05:17	04:17	03:17	02:56	02:56

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

4km

1	Nanna Knudsen	15	33:39																						
04:39=	10:02=	12:39=	14:55=	17:37=	21:44=	23:35=	31:10=	33:39=																	
04:39=	05:23=	02:37=	02:16=	02:42=	04:07=	01:51=	07:35=	02:29=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	
2	Stig Knudsen	15	33:50																						
04:37-	10:00-	12:41+	15:07+	17:42+	21:58+	23:41+	31:21+	33:50+																	
04:37-	05:23=	02:41+	02:26+	02:35-	04:16+	01:43-	07:40+	02:29=																	
00:02-	00:00=	00:04+	00:10+	00:07-	00:09+	00:08-	00:05+	00:00=																	
3	Johanne Kaysen Thomsen	17	33:50																						
06:25+	11:07+	13:31+	15:50+	18:48+	23:28+	25:43+	32:03+	33:50+																	
06:25+	04:42-	02:24-	02:19+	02:58+	04:40+	02:15+	06:20-	01:47-																	
01:46&	00:41-	00:13-	00:03+	00:16+	00:33#	00:24#	01:15-	00:42-																	
4	Asta Terkelsen	15	35:40																						
04:49+	10:12+	12:59+	15:22+	18:56+	23:01+	25:00+	33:00+	35:40+																	
04:49+	05:23=	02:47+	02:23+	03:34+	04:05-	01:59+	08:00+	02:40+																	
00:10+	00:00=	00:10+	00:07+	00:52&	00:02-	00:08+	00:25+	00:11+																	
5	Elanor Henriksen	3	36:57																						
04:01-	07:53-	10:10-	11:46-	14:20-	17:16-	18:57-	24:42-	26:27-																	
04:01-	03:52-	02:17-	01:36-	02:34-	02:56-	01:41-	05:45-	01:45-																	
00:38-	01:31-	00:20-	00:40-	00:08-	01:11-	00:10-	01:50-	00:44-																	

Class	Navn	Klasse	Tid
6	Bitten Nielsen	3	41:06
05:48+	11:18+ 14:31+ 17:37+ 21:58+ 26:06+ 28:24+ 38:12+ 41:06+		
05:48+	05:30+ 03:13+ 03:06+ 04:21+ 04:08+ 02:18+ 09:48+ 02:54+		
01:09#	00:07+ 00:36# 00:50& 01:39& 00:01+ 00:27# 02:13& 00:25#		
7	Kim B. Schmidt	3	41:56
04:44+	11:00+ 14:55+ 17:32+ 22:06+ 26:47+ 30:01+ 39:31+ 41:56+		
04:44+	06:16+ 03:55+ 02:37+ 04:34+ 04:41+ 03:14+ 09:30+ 02:25-		
00:05+	00:53# 01:18& 00:21# 01:52& 00:34# 01:23& 01:55& 00:04-		
8	Malene Kaysen Thomsen	17	42:03
06:32+	12:17+ 15:32+ 18:09+ 21:33+ 28:31+ 30:55+ 39:36+ 42:03+		
06:32+	05:45+ 03:15+ 02:37+ 03:24+ 06:58+ 02:24+ 08:41+ 02:27-		
01:53&	00:22+ 00:38# 00:21# 00:42& 02:51& 00:33& 01:06# 00:02-		
9	Charlotte Vibeke Olesen	6	42:08
05:59+	11:51+ 14:57+ 18:13+ 21:50+ 25:48+ 28:07+ 39:04+ 42:08+		
05:59+	05:52+ 03:06+ 03:16+ 03:37+ 03:58- 02:19+ 10:57+ 03:04+		
01:20&	00:29+ 00:29# 01:00& 00:55& 00:09- 00:28& 03:22& 00:35#		
10	Claus Clausen	4	42:31
05:09+	11:02+ 14:36+ 17:52+ 22:03+ 26:26+ 28:52+ 39:26+ 42:31+		
05:09+	05:53+ 03:34+ 03:16+ 04:11+ 04:23+ 02:26+ 10:34+ 03:05+		
00:30#	00:30+ 00:57& 01:00& 01:29& 00:16+ 00:35& 02:59& 00:36#		
11	Lene Jacobsen	4	42:39
05:07+	10:58+ 14:35+ 17:59+ 22:04+ 26:28+ 28:51+ 39:35+ 42:39+		
05:07+	05:51+ 03:37+ 03:24+ 04:05+ 04:24+ 02:23+ 10:44+ 03:04+		
00:28#	00:28+ 01:00& 01:08& 01:23& 00:17+ 00:32& 03:09& 00:35#		
12	Birgitte Bach	24	44:54
07:04+	13:57+ 17:33+ 20:28+ 24:18+ 29:38+ 31:56+ 41:39+ 44:54+		
07:04+	06:53+ 03:36+ 02:55+ 03:50+ 05:20+ 02:18+ 09:43+ 03:15+		
02:25&	01:30& 00:59& 00:39& 01:08& 01:13& 00:27# 02:08& 00:46&		
13	Tove Straarup	5	47:33
06:36+	11:20+ 15:31+ 27:49+ 31:22+ 35:50+ 37:52+ 44:55+ 47:33+		
06:36+	04:44- 04:11+ 12:18+ 03:33+ 04:28+ 02:02+ 07:03- 02:38+		
01:57&	00:39- 01:34& 10:02@ 00:51& 00:21+ 00:11+ 00:32- 00:09+		
14	Frants Nielsen	3	48:40
05:36+	11:14+ 14:19+ 16:32+ 23:29+ 27:20+ 29:09+ 45:45+ 48:40+		
05:36+	05:38+ 03:05+ 02:13- 06:57+ 03:51- 01:49- 16:36+ 02:55+		
00:57#	00:15+ 00:28# 00:03- 04:15@ 00:16- 00:02- 09:01@ 00:26#		
15	Helle Truelsen	4	52:24
06:41+	13:06+ 16:28+ 19:22+ 29:28+ 34:58+ 37:26+ 48:24+ 52:24+		
06:41+	06:25+ 03:22+ 02:54+ 10:06+ 05:30+ 02:28+ 10:58+ 04:00+		
02:02&	01:02# 00:45& 00:38& 07:24@ 01:23& 00:37& 03:23& 01:31&		
16	Stine Taudahl Søndergaard	3	55:48
07:43+	14:31+ 18:49+ 22:46+ 31:23+ 37:31+ 40:24+ 51:46+ 55:48+		
07:43+	06:48+ 04:18+ 03:57+ 08:37+ 06:08+ 02:53+ 11:22+ 04:02+		
03:04&	01:25& 01:41& 01:41& 05:55@ 02:01& 01:02& 03:47& 01:33&		
17	Hans Chr. Sønderriis	24	59:41
07:19+	14:46+ 18:40+ 30:09+ 34:50+ 41:34+ 44:50+ 55:36+ 59:41+		
07:19+	07:27+ 03:54+ 11:29+ 04:41+ 06:44+ 03:16+ 10:46+ 04:05+		
02:40&	02:04& 01:17& 09:13@ 01:59& 02:37& 01:25& 03:11& 01:36&		
Beste stræktid for klassen			
04:01	03:52 02:17 01:36 02:34 02:56 01:41 05:45 01:45		

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

8km

1	Jeppe Liengård Caspersen	17	1:00:59
03:10=	06:54= 08:56= 18:11= 23:40= 26:52= 31:48= 40:56= 45:56= 47:23= 49:51= 52:23= 53:37= 59:00= 60:59=		
03:10=	03:44= 02:02= 09:15= 05:29= 03:12= 04:56= 09:08= 05:00= 01:27= 02:28= 02:32= 01:14= 05:23= 01:59=		
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=		

Class	Navn	Klasse	Tid
2	Varny Vestergaard	3	1:05:55
03:41+	07:28+	09:28+	21:16+
03:41+	03:47+	02:00-	11:48+
00:31#	00:03+	00:02-	02:33&
	00:06+	00:12+	00:03+
	01:52-	02:28&	00:16#
	00:05-	00:28#	00:32&
	00:08-	00:09-	
3	Henrik Henriksen	3	1:05:59
03:27+	07:31+	09:38+	19:26+
03:27+	04:04+	02:07+	09:48+
00:17+	00:20+	00:05+	00:33+
	01:42&	00:19+	00:01+
	01:36-	02:05&	00:17#
	00:02-	00:46&	00:10#
	00:13+	00:10-	
4	Marianne Lynge Krogh	7	1:06:03
03:33+	07:33+	09:43+	19:19+
03:33+	04:00+	02:10+	09:36+
00:23#	00:16+	00:08+	00:21+
	01:10#	00:35#	00:30#
	01:20-	01:46&	00:20#
	00:01+	00:02-	00:35#
	00:08#	00:14+	00:03-
5	Peer Straarup	5	1:10:43
03:38+	07:50+	09:56+	20:34+
03:38+	04:12+	02:06+	10:38+
00:28#	00:28#	00:04+	01:23#
	00:03+	00:36#	00:39#
	01:05-	01:49&	03:56@
	00:10+	00:18#	00:07+
	00:09#	00:26&	00:01-
6	Pernille Buch	15	1:10:47
03:46+	07:47+	09:49+	20:07+
03:46+	04:01+	02:02=	10:18+
00:36#	00:17+	00:00=	01:03#
	00:14+	00:53&	00:33#
	00:07-	01:47&	00:09#
	02:30@	00:38#	00:26&
	00:02-	00:24#	00:08#
	00:08#	00:47#	00:04-
7	Poul Erik Buch	15	1:10:48
03:48+	07:58+	09:57+	20:05+
03:48+	04:10+	01:59-	10:08+
00:38#	00:26#	00:03-	00:53+
	01:02&	00:37#	01:17#
	02:27&	00:56&	00:08+
	00:08+	00:24#	00:08#
	00:08#	00:47#	00:04-
8	Theis Munktvad	2	1:13:02
03:15+	07:02+	09:07+	19:49+
03:15+	03:47+	02:05+	10:42+
00:05+	00:03+	00:03+	01:27#
	00:35#	00:46#	01:57&
	02:11#	01:31&	01:07&
	00:53&	00:47&	00:31&
	00:02+	00:05+	
9	Kristian M. Øllgaard	15	1:13:19
04:12+	08:46+	11:07+	23:12+
04:12+	04:34+	02:21+	12:05+
01:02&	00:50#	00:19#	02:50&
	01:16#	00:48#	00:43#
	01:01#	00:45#	00:59&
	00:02-	01:01&	00:15#
	00:28+	00:05+	
10	Mette Filskov	18	1:13:25
04:01+	08:56+	11:17+	22:42+
04:01+	04:55+	02:21+	11:25+
00:51&	01:11&	00:19#	02:10#
	02:02&	00:39#	00:30#
	00:08+	02:20&	00:28&
	00:08+	01:02&	00:12#
	00:22+	00:04+	
11	Lucia Aagaard	3	1:13:46
04:17+	09:00+	11:22+	23:14+
04:17+	04:43+	02:22+	11:52+
01:07&	00:59&	00:20#	02:37&
	00:56&	01:06#	00:01+
	01:48&	00:15#	00:17#
	00:45&	00:19&	00:32+
	00:22#	00:22#	
12	Kaj Kaspersen	3	1:13:47
04:15+	09:01+	11:19+	23:10+
04:15+	04:46+	02:18+	11:51+
01:05&	01:02&	00:16#	02:36&
	00:55&	01:00#	00:07+
	01:49&	00:15#	00:17#
	00:44&	00:18#	00:33#
	00:22#	00:22#	
13	Søren Maarup	7	1:14:39
03:44+	07:45+	09:52+	22:00+
03:44+	04:01+	02:07+	12:08+
00:34#	00:17+	00:05+	02:53&
	00:58&	01:30&	01:33#
	02:04&	00:24&	00:43&
	00:41&	00:14#	00:39&
14	Martin Ringive	15	1:17:21
04:21+	09:24+	11:53+	22:53+
04:21+	05:03+	02:29+	11:00+
01:11&	01:19&	00:27#	01:45#
	01:52&	01:11&	01:03#
	00:02-	02:16&	00:36&
	00:30#	01:08&	00:25&
	02:22&	00:19#	
15	Charlotte Nygaard Skjørbæk	3	1:21:04
04:05+	09:10+	11:29+	23:07+
04:05+	05:05+	02:19+	11:38+
00:55&	01:21&	00:17#	02:23&
	01:15#	01:05&	00:47#
	02:35&	04:32&	01:05&
	01:07&	00:38#	00:19&
	01:45&	00:01+	
16	Sven Madsen	14	1:21:08
04:08+	09:17+	11:43+	23:51+
04:08+	05:09+	02:26+	12:08+
00:58&	01:25&	00:24#	02:53&
	01:43&	01:22&	01:58&
	00:46+	04:02&	00:59&
	00:45&	00:31#	00:16#
	01:55&	00:12#	

Class	Navn	Klasse	Tid
17	Lene Nygaard	3	1:21:11
04:03+	09:12+ 11:27+ 23:09+ 29:48+ 34:09+ 39:47+ 51:35+ 61:01+ 63:40+ 67:10+ 70:25+ 71:53+ 79:07+ 81:11+		
04:03+	05:09+ 02:15+ 11:42+ 06:39+ 04:21+ 05:38+ 11:48+ 09:26+ 02:39+ 03:30+ 03:15+ 01:28+ 07:14+ 02:04+		
00:53&	01:25& 00:13# 02:27& 01:10# 01:09& 00:42# 02:40& 04:26& 01:12& 01:02& 00:43& 00:14# 01:51& 00:05+		
18	Lars Kvist Olesen	14	1:21:17
04:10+	09:16+ 11:47+ 23:42+ 31:05+ 35:39+ 42:33+ 52:29+ 61:32+ 63:56+ 67:08+ 70:11+ 71:41+ 79:01+ 81:17+		
04:10+	05:06+ 02:31+ 11:55+ 07:23+ 04:34+ 06:54+ 09:56+ 09:03+ 02:24+ 03:12+ 03:03+ 01:30+ 07:20+ 02:16+		
01:00&	01:22& 00:29# 02:40& 01:54& 01:22& 01:58& 00:48+ 04:03& 00:57& 00:44& 00:31# 00:16# 01:57& 00:17#		
19	Ole Christiansen	Akif	1:21:52
04:32+	09:31+ 12:03+ 24:59+ 32:43+ 37:12+ 43:36+ 53:36+ 61:59+ 64:08+ 67:28+ 71:00+ 72:41+ 79:34+ 81:52+		
04:32+	04:59+ 02:32+ 12:56+ 07:44+ 04:29+ 06:24+ 10:00+ 08:23+ 02:09+ 03:20+ 03:32+ 01:41+ 06:53+ 02:18+		
01:22&	01:15& 00:30# 03:41& 02:15& 01:17& 01:28& 00:52+ 03:23& 00:42& 00:52& 01:00& 00:27& 01:30& 00:19#		
20	Ole Andersen	3	1:22:47
04:07+	09:14+ 11:46+ 26:05+ 32:29+ 37:45+ 44:16+ 54:17+ 61:55+ 64:00+ 67:16+ 70:58+ 72:39+ 80:00+ 82:47+		
04:07+	05:07+ 02:32+ 14:19+ 06:24+ 05:16+ 06:31+ 10:01+ 07:38+ 02:05+ 03:16+ 03:42+ 01:41+ 07:21+ 02:47+		
00:57&	01:23& 00:30# 05:04& 00:55# 02:04& 01:35& 00:53+ 02:38& 00:38& 00:48& 01:10& 00:27& 01:58& 00:48&		
21	Torben Isen	3	1:25:38
04:28+	09:40+ 12:15+ 25:33+ 32:32+ 37:28+ 45:07+ 57:21+ 65:05+ 67:19+ 70:29+ 74:25+ 76:11+ 83:24+ 85:38+		
04:28+	05:12+ 02:35+ 13:18+ 06:59+ 04:56+ 07:39+ 12:14+ 07:44+ 02:14+ 03:10+ 03:56+ 01:46+ 07:13+ 02:14+		
01:18&	01:28& 00:33& 04:03& 01:30& 01:44& 02:43& 03:06& 02:44& 00:47& 00:42& 01:24& 00:32& 01:50& 00:15#		
22	Bente Ringive	15	1:26:10
04:45+	09:39+ 12:18+ 24:15+ 36:43+ 40:57+ 47:28+ 57:36+ 64:43+ 67:16+ 70:41+ 74:10+ 75:57+ 83:38+ 86:10+		
04:45+	04:54+ 02:39+ 11:57+ 12:28+ 04:14+ 06:31+ 10:08+ 07:07+ 02:33+ 03:25+ 03:29+ 01:47+ 07:41+ 02:32+		
01:35&	01:10& 00:37& 02:42& 06:59@ 01:02& 01:35& 01:00# 02:07& 01:06& 00:57& 00:57& 00:33& 02:18& 00:33&		
23	Karen Piil Kristensen	21	1:27:35
04:50+	10:07+ 12:46+ 25:28+ 32:46+ 37:14+ 43:31+ 53:59+ 67:18+ 70:17+ 73:31+ 77:05+ 78:52+ 85:22+ 87:35+		
04:50+	05:17+ 02:39+ 12:42+ 07:18+ 04:28+ 06:17+ 10:28+ 13:19+ 02:59+ 03:14+ 03:34+ 01:47+ 06:30+ 02:13+		
01:40&	01:33& 00:37& 03:27& 01:49& 01:16& 01:21& 01:20# 08:19@ 01:32@ 00:46& 01:02& 00:33& 01:07# 00:14#		
24	Lene Stick Nielsen	24	1:27:53
04:18+	09:28+ 12:01+ 24:06+ 36:01+ 40:23+ 46:46+ 57:14+ 64:16+ 69:03+ 73:35+ 76:53+ 78:56+ 85:32+ 87:53+		
04:18+	05:10+ 02:33+ 12:05+ 11:55+ 04:22+ 06:23+ 10:28+ 07:02+ 04:47+ 04:32+ 03:18+ 02:03+ 06:36+ 02:21+		
01:08&	01:26& 00:31& 02:50& 06:26@ 01:10& 01:27& 01:20# 02:02& 03:20@ 02:04& 00:46& 00:49& 01:13# 00:22#		
25	Gert Kristensen	21	1:28:03
04:48+	10:09+ 12:48+ 25:23+ 32:38+ 37:07+ 43:35+ 53:57+ 67:43+ 70:15+ 73:29+ 77:02+ 78:54+ 85:37+ 88:03+		
04:48+	05:21+ 02:39+ 12:35+ 07:15+ 04:29+ 06:28+ 10:22+ 13:46+ 02:32+ 03:14+ 03:33+ 01:52+ 06:43+ 02:26+		
01:38&	01:37& 00:37& 03:20& 01:46& 01:17& 01:32& 01:14# 08:46@ 01:05& 00:46& 01:01& 00:38& 01:20# 00:27#		
26	Carl Malling	21	1:28:07
04:31+	09:19+ 11:50+ 24:20+ 36:03+ 40:20+ 46:42+ 57:10+ 64:07+ 69:01+ 73:38+ 76:56+ 79:02+ 85:40+ 88:07+		
04:31+	04:48+ 02:31+ 12:30+ 11:43+ 04:17+ 06:22+ 10:28+ 06:57+ 04:54+ 04:37+ 03:18+ 02:06+ 06:38+ 02:27+		
01:21&	01:04& 00:29# 03:15& 06:14@ 01:05& 01:26& 01:20# 01:57& 03:27@ 02:09& 00:46& 00:52& 01:15# 00:28#		
27	Tommy Jakobsen	5	1:28:15
04:14+	09:25+ 12:06+ 25:03+ 31:40+ 38:31+ 45:31+ 56:50+ 65:50+ 70:20+ 73:51+ 77:10+ 79:06+ 85:52+ 88:15+		
04:14+	05:11+ 02:41+ 12:57+ 06:37+ 06:51+ 07:00+ 11:19+ 09:00+ 04:30+ 03:31+ 03:19+ 01:56+ 06:46+ 02:23+		
01:04&	01:27& 00:39& 03:42& 01:08# 03:39@ 02:04& 02:11# 04:00& 03:03@ 01:03& 00:47& 00:42& 01:23& 00:24#		
28	Henning Schou	17	1:29:06
04:23+	09:22+ 11:56+ 24:48+ 31:52+ 39:11+ 46:48+ 57:33+ 67:55+ 70:22+ 73:21+ 76:59+ 78:50+ 86:16+ 89:06+		
04:23+	04:59+ 02:34+ 12:52+ 07:04+ 07:19+ 07:37+ 10:45+ 10:22+ 02:27+ 02:59+ 03:38+ 01:51+ 07:26+ 02:50+		
01:13&	01:15& 00:32& 03:37& 01:35& 04:07@ 02:41& 01:37# 05:22@ 01:00& 00:31# 01:06& 00:37& 02:03& 00:51&		
29	Gitte Isen	3	1:30:35
05:05+	10:11+ 13:01+ 27:34+ 35:59+ 40:40+ 47:36+ 58:13+ 67:53+ 70:25+ 73:48+ 77:30+ 79:36+ 87:40+ 90:35+		
05:05+	05:06+ 02:50+ 14:33+ 08:25+ 04:41+ 06:56+ 10:37+ 09:40+ 02:32+ 03:23+ 03:42+ 02:06+ 08:04+ 02:55+		
01:55&	01:22& 00:48& 05:18& 02:56& 01:29& 02:00& 01:29# 04:40& 01:05& 00:55& 01:10& 00:52& 02:41& 00:56&		
30	Frede Truelsen	4	1:32:47
04:26+	09:36+ 12:20+ 27:11+ 36:07+ 41:00+ 48:19+ 59:23+ 68:11+ 70:34+ 74:16+ 78:41+ 80:54+ 89:54+ 92:47+		
04:26+	05:10+ 02:44+ 14:51+ 08:56+ 04:53+ 07:19+ 11:04+ 08:48+ 02:23+ 03:42+ 04:25+ 02:13+ 09:00+ 02:53+		
01:16&	01:26& 00:42& 05:36& 03:27& 01:41& 02:23& 01:56# 03:48& 00:56& 01:14& 01:53& 00:59& 03:37& 00:54&		
31	Finn Hother Madsen	Ok Pan	1:33:04
04:39+	09:42+ 12:29+ 26:06+ 36:19+ 41:19+ 49:03+ 60:15+ 68:04+ 70:29+ 74:02+ 78:09+ 80:34+ 89:56+ 93:04+		
04:39+	05:03+ 02:47+ 13:37+ 10:13+ 05:00+ 07:44+ 11:12+ 07:49+ 02:25+ 03:33+ 04:07+ 02:25+ 09:22+ 03:08+		
01:29&	01:19& 00:45& 04:22& 04:44& 01:48& 02:48& 02:04# 02:49& 00:58& 01:05& 01:35& 01:11& 03:59& 01:09&		

Class	Navn	Klasse										Tid		
32	Helle Schou	17										1:33:32		
04:51+	09:58+	12:43+	26:01+	39:20+	44:00+	50:52+	62:29+	70:40+	73:15+	76:58+	80:39+	82:44+	90:49+	93:32+
04:51+	05:07+	02:45+	13:18+	13:19+	04:50+	06:52+	11:37+	08:11+	02:35+	03:43+	03:41+	02:05+	08:05+	02:43+
01:41&	01:23&	00:43&	04:03&	07:50@	01:28&	01:56&	02:29&	03:11&	01:08&	01:15&	01:09&	00:51&	02:42&	00:44&
33	Henning Larsen	5										1:36:07		
04:57+	10:05+	12:52+	27:19+	35:11+	40:19+	47:50+	59:51+	69:07+	71:35+	75:17+	80:16+	82:22+	91:19+	96:07+
04:57+	05:08+	02:47+	14:27+	07:52+	05:08+	07:31+	12:01+	09:16+	02:28+	03:42+	04:59+	02:06+	08:57+	04:48+
01:47&	01:24&	00:45&	05:12&	02:23&	01:56&	02:35&	02:53&	04:16&	01:01&	01:14&	02:27&	00:52&	03:34&	02:49@
34	Gert Bertel	6										1:36:40		
04:37+	09:35+	12:13+	28:38+	42:22+	47:12+	53:48+	65:22+	73:05+	75:56+	79:02+	82:56+	84:44+	92:23+	96:40+
04:37+	04:58+	02:38+	16:25+	13:44+	04:50+	06:36+	11:34+	07:43+	02:51+	03:06+	03:54+	01:48+	07:39+	04:17+
01:27&	01:14&	00:36&	07:10&	08:15@	01:38&	01:40&	02:26&	02:43&	01:24&	00:38&	01:22&	00:34&	02:16&	02:18@
35	Kirsten Elisabet Andersen	6										1:36:40		
04:34+	09:34+	12:11+	28:33+	42:28+	47:17+	53:46+	65:19+	73:07+	75:54+	78:58+	82:53+	84:40+	92:21+	96:40+
04:34+	05:00+	02:37+	16:22+	13:55+	04:49+	06:29+	11:33+	07:48+	02:47+	03:04+	03:55+	01:47+	07:41+	04:19+
01:24&	01:16&	00:35&	07:07&	08:26@	01:37&	01:33&	02:25&	02:48&	01:20&	00:36#	01:23&	00:33&	02:18&	02:20@
36	Lars Ozol	22										1:36:48		
04:36+	09:58+	13:04+	28:23+	37:42+	43:52+	51:31+	63:34+	73:09+	76:09+	79:53+	83:57+	86:08+	94:12+	96:48+
04:36+	05:22+	03:06+	15:19+	09:19+	06:10+	07:39+	12:03+	09:35+	03:00+	03:44+	04:04+	02:11+	08:04+	02:36+
01:26&	01:38&	01:04&	06:04&	03:50&	02:58&	02:43&	02:55&	04:35&	01:33@	01:16&	01:32&	00:57&	02:41&	00:37&
37	Finn Søndergaard	21										1:37:05		
05:41+	11:14+	14:07+	28:36+	38:26+	43:39+	50:57+	62:59+	72:53+	75:52+	79:40+	83:50+	86:12+	94:14+	97:05+
05:41+	05:33+	02:53+	14:29+	09:50+	05:13+	07:18+	12:02+	09:54+	02:59+	03:48+	04:10+	02:22+	08:02+	02:51+
02:31&	01:49&	00:51&	05:14&	04:21&	02:01&	02:22&	02:54&	04:54&	01:32@	01:20&	01:38&	01:08&	02:39&	00:52&
38	Erik Anders Jensen	22										1:37:09		
05:01+	10:22+	13:18+	28:47+	39:39+	44:39+	51:50+	63:31+	73:00+	76:01+	79:47+	83:52+	86:17+	94:10+	97:09+
05:01+	05:21+	02:56+	15:29+	10:52+	05:00+	07:11+	11:41+	09:29+	03:01+	03:46+	04:05+	02:25+	07:53+	02:59+
01:51&	01:37&	00:54&	06:14&	05:23&	01:48&	02:15&	02:33&	04:29&	01:34@	01:18&	01:33&	01:11&	02:30&	01:00&
39	Bente Petersen	13										1:37:10		
04:54+	10:15+	13:12+	28:27+	38:31+	43:44+	50:50+	63:09+	72:44+	76:06+	80:06+	84:19+	86:31+	94:17+	97:10+
04:54+	05:21+	02:57+	15:15+	10:04+	05:13+	07:06+	12:19+	09:35+	03:22+	04:00+	04:13+	02:12+	07:46+	02:53+
01:44&	01:37&	00:55&	06:00&	04:35&	02:01&	02:10&	03:11&	04:35&	01:55@	01:32&	01:41&	00:58&	02:23&	00:54&
40	Asmus Wonsyld	22										1:37:44		
05:26+	11:00+	14:13+	29:12+	39:19+	44:42+	52:53+	64:39+	73:03+	76:04+	80:10+	84:09+	86:20+	94:33+	97:44+
05:26+	05:34+	03:13+	14:59+	10:07+	05:23+	08:11+	11:46+	08:24+	03:01+	04:06+	03:59+	02:11+	08:13+	03:11+
02:16&	01:50&	01:11&	05:44&	04:38&	02:11&	03:15&	02:38&	03:24&	01:34@	01:38&	01:27&	00:57&	02:50&	01:12&
41	Lis Knudsen	16										1:48:08		
05:17+	10:51+	13:57+	30:46+	41:16+	46:24+	56:09+	71:41+	82:52+	85:28+	89:23+	93:56+	95:32+	105:18+	108:08+
05:17+	05:34+	03:06+	16:49+	10:30+	05:08+	09:45+	15:32+	11:11+	02:36+	03:55+	04:33+	01:36+	09:46+	02:50+
02:07&	01:50&	01:04&	07:34&	05:01&	01:56&	04:49&	06:24&	06:11@	01:09&	01:27&	02:01&	00:22&	04:23&	00:51&
42	Anette Ozol	22										1:48:12		
05:51+	11:30+	14:42+	30:00+	41:13+	47:49+	56:43+	71:36+	82:36+	85:29+	89:25+	93:53+	95:43+	105:04+	108:12+
05:51+	05:39+	03:12+	15:18+	11:13+	06:36+	08:54+	14:53+	11:00+	02:53+	03:56+	04:28+	01:50+	09:21+	03:08+
02:41&	01:55&	01:10&	06:03&	05:44@	03:24@	03:58&	05:45&	06:00@	01:26&	01:28&	01:56&	00:36&	03:58&	01:09&
43	Susanne Høiberg	22										1:48:20		
05:36+	11:21+	14:34+	29:50+	40:26+	45:36+	53:51+	67:13+	82:29+	85:07+	89:46+	94:35+	96:40+	105:14+	108:20+
05:36+	05:45+	03:13+	15:16+	10:36+	05:10+	08:15+	13:22+	15:16+	02:38+	04:39+	04:49+	02:05+	08:34+	03:06+
02:26&	02:01&	01:11&	06:01&	05:07&	01:58&	03:19&	04:14&	10:16@	01:11&	02:11&	02:17&	00:51&	03:11&	01:07&
44	Svend Erik Skovsgaard	24										1:48:26		
05:23+	11:03+	14:14+	29:44+	40:58+	46:59+	54:48+	67:46+	83:25+	85:43+	89:17+	93:50+	96:00+	105:36+	108:26+
05:23+	05:40+	03:11+	15:30+	11:14+	06:01+	07:49+	12:58+	15:39+	02:18+	03:34+	04:33+	02:10+	09:36+	02:50+
02:13&	01:56&	01:09&	06:15&	05:45@	02:49&	02:53&	03:50&	10:39@	00:51&	01:06&	02:01&	00:56&	04:13&	00:51&
45	Palle Møller Nielsen	11										1:49:09		
05:27+	11:09+	14:02+	30:34+	43:02+	48:28+	56:55+	71:45+	82:45+	85:32+	89:41+	94:48+	96:53+	105:54+	109:09+
05:27+	05:42+	02:53+	16:32+	12:28+	05:26+	08:27+	14:50+	11:00+	02:47+	04:09+	05:07+	02:05+	09:01+	03:15+
02:17&	01:58&	00:51&	07:17&	06:59@	02:14&	03:31&	05:42&	06:00@	01:20&	01:41&	02:35@	00:51&	03:38&	01:16&
Beste stræktid for klassen														
03:10	03:44	01:59	09:15	05:29	03:12	04:56	07:16	05:00	01:27	02:23	02:32	01:14	05:15	01:49

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

mtbo10km

1	Marit Lund	3	2:30:04											
07:13=	17:51=	30:48=	40:11=	42:51=	53:05=	63:14=	77:56=	94:58=	112:06=	132:08=	139:49=	145:36=	148:46=	150:04=
07:13=	10:38=	12:57=	09:23=	02:40=	10:14=	10:09=	14:42=	17:02=	17:08=	20:02=	07:41=	05:47=	03:10=	01:18=
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

07:13	10:38	12:57	09:23	02:40	10:14	10:09	14:42	17:02	17:08	20:02	07:41	05:47	03:10	01:18
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

mtbo15km

1	Tommy Damsgaard	24	1:38:18																	
03:28=	08:20=	14:20=	18:53=	20:27=	24:09=	31:41=	36:07=	41:03=	43:17=	50:25=	58:07=	64:30=	71:56=	80:12=	85:22=	89:59=	93:17=	96:11=	97:48=	98:18=
03:28=	04:52=	06:00=	04:33=	01:34=	03:42=	07:32=	04:26=	04:56=	02:14=	07:08=	07:42=	06:23=	07:26=	08:16=	05:10=	04:37=	03:18=	02:54=	01:37=	00:30=
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	John Skovbjerg	Ok Pan	1:41:49																	
03:42+	08:48+	14:33+	19:18+	21:00+	25:50+	31:12-	34:27-	39:43-	44:34+	51:19+	58:46+	65:56+	74:00+	80:21+	87:03+	91:35+	95:20+	99:12+	101:07+	101:49+
03:42+	05:06+	05:45-	04:45+	01:42+	04:50+	05:22-	03:15-	05:16+	04:51+	06:45-	07:27-	07:10+	08:04+	06:21-	06:42+	04:32-	03:45+	03:52+	01:55+	00:42+
00:14+	00:14+	00:15-	00:12+	00:08+	01:08&	02:10-	01:11-	00:20+	02:37@	00:23-	00:15-	00:47#	00:38+	01:55-	01:32&	00:05-	00:27#	00:58&	00:18#	00:12&

3	Søren Tarp	Ok Pan	1:59:17																	
03:52+	09:55+	16:11+	21:37+	23:09+	27:48+	34:00+	37:55+	43:50+	49:00+	57:41+	66:15+	73:57+	86:14+	95:09+	101:59+	108:02+	112:52+	116:42+	118:31+	119:17+
03:52+	06:03+	06:16+	05:26+	01:32-	04:39+	06:12-	03:55-	05:55+	05:10+	08:41+	08:34+	07:42+	12:17+	08:55+	06:50+	06:03+	04:50+	03:50+	01:49+	00:46+
00:24#	01:11#	00:16+	00:53#	00:02-	00:57&	01:20-	00:31-	00:59#	02:56@	01:33#	00:52#	01:19#	04:51&	00:39+	01:40&	01:26&	01:32&	00:56&	00:12#	00:16&

4	Ole Hoffmann	14	2:09:26																	
04:29+	10:41+	17:46+	24:16+	26:04+	32:06+	38:40+	43:03+	50:30+	53:33+	62:49+	73:25+	82:39+	95:24+	103:13+	110:28+	117:12+	122:02+	126:57+	128:54+	129:26+
04:29+	06:12+	07:05+	06:30+	01:48+	06:02+	06:34-	04:23-	07:27+	03:03+	09:16+	10:36+	09:14+	12:45+	07:49-	07:15+	06:44+	04:50+	04:55+	01:57+	00:32+
01:01&	01:20&	01:05#	01:57&	00:14#	02:20&	00:58-	00:03-	02:31&	00:49&	02:08&	02:54&	02:51&	05:19&	00:27-	02:05&	02:07&	01:32&	02:01&	00:20#	00:02+

5	Jørgen Jørgensen	22	2:13:12																	
04:31+	11:15+	19:05+	25:33+	27:23+	32:54+	39:48+	43:57+	49:07+	53:25+	64:59+	74:25+	85:13+	95:30+	104:31+	111:08+	120:12+	125:51+	130:08+	132:20+	133:08+
04:31+	06:44+	07:50+	06:28+	01:50+	05:31+	06:54-	04:09-	05:10+	04:18+	11:34+	09:26+	10:48+	10:17+	09:01+	06:37+	09:04+	05:39+	04:17+	02:12+	00:48+
01:03&	01:52&	01:50&	01:55&	00:16#	01:49&	00:38-	00:17-	00:14+	02:04&	04:26&	01:44#	04:25&	02:51&	00:45+	01:27&	04:27&	02:21&	01:23&	00:35&	00:18&

Beste stræktid for klassen

03:28	04:52	05:45	04:33	01:32	03:42	05:22	03:15	04:56	02:14	06:45	07:27	06:23	07:26	06:21	05:10	04:32	03:18	02:54	01:37	00:30
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.