

Plads Navn

Klasse

Tid

10km

1	Giacomo Frattari	Ok Pan	52:28																
04:09=	06:14=	14:18=	16:45=	18:17=	21:39=	23:28=	27:17=	31:03=	33:30=	36:34=	38:00=	40:10=	43:40=	45:05=	47:17=	49:46=	50:41=	51:59=	52:28=
04:09=	02:05=	08:04=	02:27=	01:32=	03:22=	01:49=	03:49=	03:46=	02:27=	03:04=	01:26=	02:10=	03:30=	01:25=	02:12=	02:29=	00:55=	01:18=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Rasmus Holm Andersen	Ok Pan	55:34																
04:19+	06:39+	14:37+	17:23+	18:55+	22:15+	24:05+	27:54+	31:48+	34:56+	38:37+	39:58+	42:19+	45:40+	47:09+	49:07+	52:21+	53:24+	55:01+	55:34+
04:19+	02:20+	07:58-	02:46+	01:32=	03:20-	01:50+	03:49=	03:54+	03:08+	03:41+	01:21-	02:21+	03:21-	01:29+	01:58-	03:14+	01:03+	01:37+	00:33+
00:10+	00:15#	00:06-	00:19#	00:00=	00:02-	00:01+	00:00=	00:08+	00:41&	00:37#	00:05-	00:11+	00:09-	00:04+	00:14-	00:45&	00:08#	00:19#	00:04#
3	Mads Alexander Krogh Simonsen27	58:55																	
04:38+	07:11+	14:45+	17:43+	19:22+	22:45+	24:31+	28:27+	32:03+	35:03+	38:33+	39:44+	42:05+	46:42+	48:27+	50:11+	54:36+	57:19+	58:32+	58:55+
04:38+	02:33+	07:34-	02:58+	01:39+	03:23+	01:46-	03:56+	03:36-	03:00+	03:30+	01:11-	02:21+	04:37+	01:45+	01:44-	04:25+	02:43+	01:13-	00:23-
00:29#	00:28#	00:30-	00:31#	00:07+	00:01+	00:03-	00:07+	00:10-	00:33#	00:26#	00:15-	00:11+	01:07&	00:20#	00:28-	01:56&	01:48@	00:05-	00:06-
4	Jens Liengård	18	58:56																
05:08+	07:27+	15:09+	18:21+	20:05+	23:45+	25:44+	30:09+	34:43+	37:46+	41:36+	42:57+	45:27+	49:25+	51:15+	53:03+	56:02+	57:00+	58:29+	58:56+
05:08+	02:19+	07:42-	03:12+	01:44+	03:40+	01:59+	04:25+	04:34+	03:03+	03:50+	01:21-	02:30+	03:58+	01:50+	01:48-	02:59+	00:58+	01:29+	00:27-
00:59#	00:14#	00:22-	00:45&	00:12#	00:18+	00:10+	00:36#	00:48#	00:36#	00:46#	00:05-	00:20#	00:28#	00:25&	00:24-	00:30#	00:03+	00:11#	00:02-
5	Bo Birk Nielsen	26	58:58																
05:11+	07:29+	15:43+	18:42+	20:41+	24:13+	26:04+	30:30+	34:06+	36:59+	41:33+	42:55+	45:32+	49:21+	51:19+	53:05+	56:04+	57:00+	58:29+	58:58+
05:11+	02:18+	08:14+	02:59+	01:59+	03:32+	01:51+	04:26+	03:36-	02:53+	04:34+	01:22-	02:37+	03:49+	01:58+	01:46-	02:59+	00:56+	01:29+	00:29=
01:02#	00:13#	00:10+	00:32#	00:27&	00:10+	00:02+	00:37#	00:10-	00:26#	01:30&	00:04-	00:27#	00:19+	00:33&	00:26-	00:30#	00:01+	00:11#	00:00=
6	Jakob Gade	25	59:15																
05:05+	07:26+	14:57+	18:04+	19:51+	23:44+	25:42+	30:08+	34:03+	37:02+	41:22+	42:42+	45:25+	49:30+	51:26+	53:19+	56:10+	57:11+	58:45+	59:15+
05:05+	02:21+	07:31-	03:07+	01:47+	03:53+	01:58+	04:26+	03:55+	02:59+	04:20+	01:20-	02:43+	04:05+	01:56+	01:53-	02:51+	01:01+	01:34+	00:30+
00:56#	00:16#	00:33-	00:40&	00:15#	00:31#	00:09+	00:37#	00:09+	00:32#	01:16&	00:06-	00:33&	00:35#	00:31&	00:19-	00:22#	00:06#	00:16#	00:01+
7	Sara Lysemose Poulsen	22	59:30																
05:13+	07:33+	15:47+	19:02+	20:48+	24:27+	26:38+	31:04+	33:42+	36:38+	41:09+	42:34+	45:07+	48:58+	51:12+	52:58+	55:59+	56:56+	58:54+	59:30+
05:13+	02:20+	08:14+	03:15+	01:46+	03:39+	02:11+	04:26+	02:38-	02:56+	04:31+	01:25-	02:33+	03:51+	02:14+	01:46-	03:01+	00:57+	01:58+	00:36+
01:04&	00:15#	00:10+	00:48&	00:14#	00:17+	00:22#	00:37#	01:08-	00:29#	01:27&	00:01-	00:23#	00:21+	00:49&	00:26-	00:32#	00:02+	00:40&	00:07#
8	Søren Meldgaard Jensen	25	1:00:25																
04:25+	06:52+	15:02+	18:09+	19:54+	23:32+	25:35+	29:51+	34:48+	37:59+	41:49+	43:14+	45:51+	49:49+	51:49+	53:34+	56:32+	57:59+	59:47+	60:25+
04:25+	02:27+	08:10+	03:07+	01:45+	03:38+	02:03+	04:16+	04:57+	03:11+	03:50+	01:25-	02:37+	03:58+	02:00+	01:45-	02:58+	01:27+	01:48+	00:38+
00:16+	00:22#	00:06+	00:40&	00:13#	00:16+	00:14#	00:27#	01:11&	00:44&	00:46#	00:01-	00:27#	00:28#	00:35&	00:27-	00:29#	00:32&	00:30&	00:09&
9	Jørgen Bruun	26	1:01:03																
05:39+	07:49+	15:06+	18:19+	20:07+	23:49+	25:51+	30:14+	34:46+	37:53+	41:40+	43:07+	45:44+	49:42+	51:33+	54:44+	57:47+	58:57+	60:26+	61:03+
05:39+	02:10+	07:17-	03:13+	01:48+	03:42+	02:02+	04:23+	04:32+	03:07+	03:47+	01:27+	02:37+	03:58+	01:51+	03:11+	03:03+	01:10+	01:29+	00:37+
01:30&	00:05+	00:47-	00:46&	00:20+	00:13#	00:34#	00:46#	00:40&	00:43#	00:01+	00:27#	00:28#	00:26&	00:59&	00:34#	00:15&	00:11#	00:08&	
10	Peter Sinding Poulsen	22	1:01:31																
05:15+	07:35+	15:49+	19:03+	20:53+	24:34+	26:40+	31:15+	34:12+	37:16+	41:16+	42:46+	45:45+	50:06+	52:24+	54:16+	57:37+	59:06+	60:48+	61:31+
05:15+	02:20+	08:14+	03:14+	01:50+	03:41+	02:06+	04:35+	02:57-	03:04+	04:00+	01:30+	02:59+	04:21+	02:18+	01:52-	03:21+	01:29+	01:42+	00:43+
01:06&	00:15#	00:10+	00:47&	00:18#	00:19+	00:17#	00:46#	00:49-	00:37&	00:56&	00:04+	00:49&	00:51#	00:53&	00:20-	00:52&	00:34&	00:24&	00:14&
11	Marianne Lyng Krogh	8	1:02:57																
05:33+	08:11+	15:08+	18:48+	20:49+	24:52+	27:04+	31:52+	34:59+	38:39+	42:51+	44:37+	47:30+	51:59+	54:01+	56:19+	59:38+	60:49+	62:23+	62:57+
05:33+	02:38+	06:57-	03:40+	02:01+	04:03+	02:12+	04:48+	03:07-	03:40+	04:12+	01:46+	02:53+	04:29+	02:02+	02:18+	03:19+	01:11+	01:34+	00:34+
01:24&	00:33&	01:07-	01:13&	00:29&	00:41#	00:23#	00:59&	00:39-	01:13&	01:08&	00:20#	00:43&	00:59&	00:37&	00:06+	00:50&	00:16&	00:16#	00:05#
12	Michael Fischer	26	1:03:04																
05:29+	07:53+	15:12+	18:46+	20:46+	24:46+	26:59+	31:55+	34:50+	38:41+	42:53+	44:28+	47:34+	52:03+	54:12+	56:17+	59:33+	60:55+	62:27+	63:04+
05:29+	02:24+	07:19-	03:34+	02:00+	04:00+	02:13+	04:56+	02:55-	03:51+	04:12+	01:35+	03:06+	04:29+	02:09+	02:05-	03:16+	01:22+	01:32+	00:37+
01:20&	00:19#	00:45-	01:07&	00:28&	00:38#	00:24#	01:07&	00:51-	01:24&	01:08&	00:09#	00:56&	00:59&	00:44&	00:07-	00:47&	00:27&	00:14#	00:08&
13	Annemette Sørensen	Ok Pan	1:03:05																
05:55+	08:28+	15:24+	18:56+	20:55+	24:54+	27:15+	32:12+	35:11+	38:53+	43:02+	44:45+	47:42+	52:00+	54:06+	56:22+	59:40+	60:53+	62:29+	63:05+
05:55+	02:33+	06:56-	03:32+	01:59+	03:59+	02:21+	04:57+	02:59-	03:42+	04:09+	01:43+	02:57+	04:18+	02:06+	02:16+	03:18+	01:13+	01:36+	00:36+
01:46&	00:28#	01:08-	01:05&	00:27&	00:37#	00:32&	01:08&	00:47-	01:15&	01:05&	00:17#	00:47&	00:48#	00:41&	00:04+	00:49&	00:18&	00:18#	00:07#
14	Kim Hyldgaard	4	1:03:11																
04:50+	07:21+	15:07+	18:32+	20:22+	24:09+	26:21+	31:10+	34:18+	37:41+	41:33+	43:11+	46:29+	51:02+	53:19+	55:52+	59:36+	60:59+	62:37+	63:11+
04:50+	02:31+	07:46-	03:25+	01:50+	03:47+	02:12+	04:49+	03:08-	03:23+	03:52+	01:38+	03:18+	04:33+	02:17+	02:33+	03:44+	01:23+	01:38+	00:34+
00:41#	00:26#	00:18-	00:58&	00:18#	00:25#	00:23#	01:00&	00:38-	00:56&	00:48&	00:12#	01:08&	01:03&	00:52&	00:21#	01:15&	00:28&	00:20&	00:05#

Class	Navn	Klasse										Tid									
15	Henning Hansen	6										1:03:12									
06:29+	08:54+	16:02+	19:30+	21:26+	25:33+	27:42+	32:23+	35:16+	38:46+	42:54+	44:55+	47:44+	51:51+	53:57+	56:14+	59:28+	60:49+	62:30+	63:12+		
06:29+	02:25+	07:08-	03:28+	01:56+	04:07+	02:09+	04:41+	02:53-	03:30+	04:08+	02:01+	02:49+	04:07+	02:06+	02:17+	03:14+	01:21+	01:41+	00:42+		
02:20&	00:20#	00:56-	01:01&	00:24&	00:45#	00:20#	00:52#	00:53-	01:03&	01:04&	00:35&	00:39&	00:37#	00:41&	00:05+	00:45&	00:26&	00:23&	00:13&		
16	Keld Gade	25										1:03:47									
05:52+	08:37+	14:44+	18:15+	20:18+	24:50+	26:56+	31:48+	35:05+	38:37+	42:48+	44:43+	47:50+	52:22+	54:35+	57:19+	60:16+	61:31+	63:11+	63:47+		
05:52+	02:45+	06:07-	03:31+	02:03+	04:32+	02:06+	04:52+	03:17-	03:32+	04:11+	01:55+	03:07+	04:32+	02:13+	02:44+	02:57+	01:15+	01:40+	00:36+		
01:43&	00:40&	01:57-	01:04&	00:31&	01:10&	00:17#	01:03&	00:29-	01:05&	01:07&	00:29&	00:57&	01:02&	00:48&	00:32#	00:28#	00:20&	00:22&	00:07#		
17	Kent Lodberg	Ok Pan										1:04:29									
05:54+	08:34+	15:34+	19:24+	21:30+	25:51+	28:23+	33:30+	36:21+	40:01+	44:20+	45:57+	49:01+	53:35+	55:44+	57:50+	61:05+	62:23+	63:58+	64:29+		
05:54+	02:40+	07:00-	03:50+	02:06+	04:21+	02:32+	05:07+	02:51-	03:40+	04:19+	01:37+	03:04+	04:34+	02:09+	02:06-	03:15+	01:18+	01:35+	00:31+		
01:45&	00:35&	01:04-	01:23&	00:34&	00:59&	00:43&	01:18&	00:55-	01:13&	01:15&	00:11#	00:54&	01:04&	00:44&	00:06-	00:46&	00:23&	00:17#	00:02+		
18	Kim Gottlieb	4										1:04:34									
05:47+	08:20+	15:10+	18:50+	20:51+	24:56+	27:12+	32:09+	35:09+	38:51+	43:15+	44:52+	48:01+	52:33+	54:54+	57:24+	60:56+	62:16+	63:56+	64:34+		
05:47+	02:33+	06:50-	03:40+	02:01+	04:05+	02:16+	04:57+	03:00-	03:42+	04:24+	01:37+	03:09+	04:32+	02:21+	02:30+	03:32+	01:20+	01:40+	00:38+		
01:38&	00:28#	01:14-	01:13&	00:29&	00:43#	00:27#	01:08&	00:46-	01:15&	01:20&	00:11#	00:59&	01:02&	00:56&	00:18#	01:03&	00:25&	00:22&	00:09&		
19	Anders Edsen	27										1:02:49									
05:33+	07:59+	15:29+	19:14+	21:13+	25:20+	27:38+	32:33+	35:27+	39:14+	44:06+	45:45+	48:52+	53:36+	55:41+	57:56+	61:10+	62:29+	64:12+	64:49+		
05:33+	02:26+	07:30-	03:45+	01:59+	04:07+	02:18+	04:55+	02:54-	03:47+	04:52+	01:39+	03:07+	04:44+	02:05+	02:15+	03:14+	01:19+	01:43+	00:37+		
01:24&	00:21#	00:34-	01:18&	00:27&	00:45#	00:29&	01:06&	00:52-	01:20&	01:48&	00:13#	00:57&	01:14&	00:40&	00:03+	00:45&	00:24&	00:25&	00:08&		
20	Pernille Buch	15										1:05:35									
05:41+	08:18+	15:25+	19:12+	21:22+	25:46+	28:09+	33:19+	36:23+	40:05+	44:27+	46:09+	49:19+	54:01+	56:18+	58:23+	61:55+	63:16+	65:01+	65:35+		
05:41+	02:37+	07:07-	03:47+	02:10+	04:24+	02:23+	05:10+	03:04-	03:42+	04:22+	01:42+	03:10+	04:42+	02:17+	02:05-	03:32+	01:21+	01:45+	00:34+		
01:32&	00:32&	00:57-	01:20&	00:38&	01:02&	00:34&	01:21&	00:42-	01:15&	01:18&	00:16#	01:00&	01:12&	00:52&	00:07-	01:03&	00:26&	00:27&	00:05#		
21	Nanna Lysemose Poulsen	22										1:05:39									
06:18+	08:49+	15:42+	19:34+	21:40+	26:12+	28:44+	34:01+	37:07+	40:41+	45:08+	46:53+	50:06+	54:40+	56:43+	58:51+	62:09+	63:26+	65:06+	65:39+		
06:18+	02:31+	06:53-	03:52+	02:06+	04:32+	02:32+	05:17+	03:06-	03:34+	04:27+	01:45+	03:13+	04:34+	02:03+	02:08-	03:18+	01:17+	01:40+	00:33+		
02:09&	00:26#	01:11-	01:25&	00:34&	01:10&	00:43&	01:28&	00:40-	01:07&	01:23&	00:19#	01:03&	01:04&	00:38&	00:04-	00:49&	00:22&	00:22&	00:04#		
22	Rikke Lysemose Poulsen	22										1:05:44									
06:22+	08:50+	15:40+	19:32+	21:42+	26:09+	28:46+	33:57+	37:10+	40:39+	45:11+	46:51+	50:04+	54:44+	56:49+	58:53+	62:10+	63:24+	65:07+	65:44+		
06:22+	02:28+	06:50-	03:52+	02:10+	04:27+	02:37+	05:11+	03:13-	03:29+	04:32+	01:40+	03:13+	04:40+	02:05+	02:04-	03:17+	01:14+	01:43+	00:37+		
02:13&	00:23#	01:14-	01:25&	00:38&	01:05&	00:48&	01:22&	00:33-	01:02&	01:28&	00:14#	01:03&	01:10&	00:40&	00:08-	00:48&	00:19&	00:25&	00:08&		
23	Søren Klingenberg	2										1:05:52									
06:21+	09:00+	14:39+	18:29+	20:39+	25:04+	27:29+	32:49+	35:53+	39:22+	43:51+	45:24+	48:42+	53:21+	55:49+	58:05+	61:47+	63:14+	65:10+	65:52+		
06:21+	02:39+	05:39-	03:50+	02:10+	04:25+	02:25+	05:20+	03:04-	03:29+	04:29+	01:33+	03:18+	04:39+	02:28+	02:16+	03:42+	01:27+	01:56+	00:42+		
02:12&	00:34&	02:25-	01:23&	00:38&	01:03&	00:36&	01:31&	00:42-	01:02&	01:25&	00:07+	01:08&	01:09&	01:03&	00:04+	01:13&	00:32&	00:38&	00:13&		
24	Ivan Christensen	OK PAN										1:08:09									
05:51+	08:26+	15:27+	19:16+	21:32+	25:54+	28:20+	33:45+	36:54+	40:48+	45:22+	47:07+	50:31+	55:31+	57:56+	59:57+	63:23+	65:01+	67:31+	68:09+		
05:51+	02:35+	07:01-	03:49+	02:16+	04:22+	02:26+	05:25+	03:09-	03:54+	04:34+	01:45+	03:24+	05:00+	02:25+	02:01-	03:26+	01:38+	02:30+	00:38+		
01:42&	00:30#	01:03-	01:22&	00:44&	01:00&	00:37&	01:36&	00:37-	01:27&	01:30&	00:19#	01:14&	01:30&	01:00&	00:11-	00:57&	00:43&	01:12&	00:09&		
25	Jens Ozol	22										1:08:34									
06:09+	08:53+	15:52+	19:51+	22:04+	26:41+	29:12+	34:30+	37:43+	41:28+	46:11+	47:51+	51:14+	56:08+	58:28+	60:55+	64:52+	66:16+	68:00+	68:34+		
06:09+	02:44+	06:59-	03:59+	02:13+	04:37+	02:31+	05:18+	03:13-	03:45+	04:43+	01:40+	03:23+	04:54+	02:20+	02:27+	03:57+	01:24+	01:44+	00:34+		
02:00&	00:39&	01:05-	01:32&	00:41&	01:15&	00:42&	01:29&	00:33-	01:18&	01:39&	00:14#	01:13&	01:24&	00:55&	00:15#	01:28&	00:29&	00:26&	00:05#		
26	Poul Schøler	24										1:08:42									
05:38+	08:38+	16:27+	20:01+	22:01+	26:22+	28:39+	33:49+	36:58+	40:52+	45:24+	47:03+	50:16+	55:04+	57:34+	60:38+	64:38+	66:01+	68:04+	68:42+		
05:38+	03:00+	07:49-	03:34+	02:00+	04:21+	02:17+	05:10+	03:09-	03:54+	04:32+	01:39+	03:13+	04:48+	02:30+	03:04+	04:00+	01:23+	02:03+	00:38+		
01:29&	00:55&	00:15-	01:07&	00:28&	00:59&	00:28&	01:21&	00:37-	01:27&	01:28&	00:13#	01:03&	01:18&	01:05&	00:52&	01:31&	00:28&	00:45&	00:09&		
27	Leif Rønn Olsen	4										1:08:47									
06:35+	09:25+	16:32+	20:30+	22:45+	27:15+	29:39+	35:01+	38:09+	41:48+	46:19+	48:04+	51:15+	56:16+	58:35+	60:58+	64:43+	66:11+	68:05+	68:47+		
06:35+	02:50+	07:07-	03:58+	02:15+	04:30+	02:24+	05:22+	03:08-	03:39+	04:31+	01:45+	03:11+	05:01+	02:19+	02:23+	03:45+	01:28+	01:54+	00:42+		
02:26&	00:45&	00:57-	01:31&	00:43&	01:08&	00:35&	01:33&	00:38-	01:12&	01:27&	00:19#	01:01&	01:31&	00:54&	00:11+	01:16&	00:33&	00:36&	00:13&		
28	Mette Filskov	19										1:08:50									
06:25+	09:03+	16:05+	20:05+	22:22+	27:01+	29:27+	34:44+	37:59+	41:40+	46:15+	48:02+	51:21+	56:22+	58:44+	61:07+	64:56+	66:20+	68:12+	68:50+		
06:25+	02:38+	07:02-	04:00+	02:17+	04:39+	02:26+	05:17+	03:15-	03:41+	04:35+	01:47+	03:19+	05:01+	02:22+	02:23+	03:49+	01:24+	01:52+	00:38+		
02:16&	00:33&	01:02-	01:33&	00:45&	01:17&	00:37&	01:28&	00:31-	01:14&	01:31&	00:21#	01:09&	01:31&	00:57&	00:11+	01:20&	00:29&	00:34&	00:09&		
29	Susanne Kristensen	4										1:08:52									
06:40+	09:23+	16:30+	20:36+	22:49+	27:17+	29:44+	35:04+	38:13+	41:47+	46:24+	48:07+	51:19+	56:19+	58:41+	61:03+	64:48+	66:15+	68:08+	68:52+		
06:40+	02:43+	07:07-	04:06+	02:13+	04:28+	02:27+	05:20+	03:09-	03:34+	04:37+	01:43+	03:12+	05:00+	02:22+	02:22+	03:45+	01:27+	01:53+	00:44+		
02:31&	00:38&	00:57-	01:39&	00:41&	01:06&	00:38&	01:31&	00:37-	01:07&	01:33&	00:17#	01:02&	01:30&	00:57&	00:10+	01:16&	00:32&	00:35&	00:15&		

Class	Navn	Klasse										Tid									
30	Simon Witt	24										1:08:54									
	08:45+	15:58+	20:25+	22:31+	26:58+	29:15+	34:37+	37:48+	41:32+	45:42+	47:21+	50:26+	55:01+	57:09+	59:40+	63:27+	65:06+	67:23+	68:14+	68:54+	
	08:45+	07:13+	04:27-	02:06-	04:27+	02:17-	05:22+	03:11-	03:44-	04:10+	01:39-	03:05+	04:35+	02:08-	02:31+	03:47+	01:39-	02:17+	00:51-	00:40+	
	04:36@	05:08@	03:37-	00:21-	02:55@	01:05-	03:33@	00:38-	00:02-	01:43&	01:25-	01:39@	02:25@	01:22-	01:06&	01:35&	00:50-	01:22@	00:27-	00:11&	
31	Jens Larsen	22										1:10:00									
	06:44+	09:28+	16:23+	20:18+	22:28+	27:04+	29:33+	34:47+	38:04+	41:52+	46:28+	48:14+	51:25+	56:29+	58:56+	61:26+	65:32+	66:53+	69:11+	70:00+	
	06:44+	02:44+	06:55-	03:55+	02:10+	04:36+	02:29+	05:14+	03:17-	03:48+	04:36+	01:46+	03:11+	05:04+	02:27+	02:30+	04:06+	01:21+	02:18+	00:49+	
	02:35&	00:39&	01:09-	01:28&	00:38&	01:14&	00:40&	01:25&	00:29-	01:21&	01:32&	00:20#	01:01&	01:34&	01:02&	00:18#	01:37&	00:26&	01:00&	00:20&	
32	Per Eg Pedersen	8										1:13:20									
	05:21+	08:23+	16:08+	20:34+	22:53+	27:38+	30:15+	35:51+	39:16+	43:33+	48:49+	50:53+	54:45+	60:28+	63:21+	65:38+	69:33+	71:04+	72:45+	73:20+	
	05:21+	03:02+	07:45-	04:26+	02:19+	04:45+	02:37+	05:36+	03:25-	04:17+	05:16+	02:04+	03:52+	05:43+	02:53+	02:17+	03:55+	01:31+	01:41+	00:35+	
	01:12&	00:57&	00:19-	01:59&	00:47&	01:23&	00:48&	01:47&	00:21-	01:50&	02:12&	00:38&	01:42&	02:13&	01:28@	00:05+	01:26&	00:36&	00:23&	00:06#	
33	Anders Knudsen	3										1:13:24									
	06:07+	08:39+	16:54+	21:01+	23:16+	28:46+	31:28+	37:04+	40:22+	44:23+	49:19+	51:43+	55:19+	60:43+	62:59+	65:30+	69:22+	70:48+	72:37+	73:24+	
	06:07+	02:32+	08:15+	04:07+	02:15+	05:30+	02:42+	05:36+	03:18-	04:01+	04:56+	02:24+	03:36+	05:24+	02:16+	02:31+	03:52+	01:26+	01:49+	00:47+	
	01:58&	00:27#	00:11+	01:40&	00:43&	02:08&	00:53&	01:47&	00:28-	01:34&	01:52&	00:58&	01:26&	01:54&	00:51&	00:19#	01:23&	00:31&	00:31&	00:18&	
34	Per Henriksen	24										1:13:36									
	06:15+	09:13+	16:21+	20:22+	22:26+	28:05+	30:25+	36:00+	39:21+	43:26+	48:38+	50:20+	53:34+	58:24+	61:46+	64:30+	69:31+	71:08+	72:58+	73:36+	
	06:15+	02:58+	07:08-	04:01+	02:04+	05:39+	02:20+	05:35+	03:21-	04:05+	05:12+	01:42+	03:14+	04:50+	03:22+	02:44+	05:01+	01:37+	01:50+	00:38+	
	02:06&	00:53&	00:56-	01:34&	00:32&	02:17&	00:31&	01:46&	00:25-	01:38&	02:08&	00:16#	01:04&	01:20&	01:57@	00:32#	02:32@	00:42&	00:32&	00:09&	
35	Erik Krogh	8										1:15:29									
	06:12+	08:58+	16:01+	20:16+	22:43+	27:26+	30:03+	35:46+	39:15+	43:38+	48:51+	51:04+	54:49+	60:51+	63:39+	66:05+	70:28+	72:08+	74:35+	75:29+	
	06:12+	02:46+	07:03-	04:15+	02:27+	04:43+	02:37+	05:43+	03:29-	04:23+	05:13+	02:13+	03:45+	06:02+	02:48+	02:26+	04:23+	01:40+	02:27+	00:54+	
	02:03&	00:41&	01:01-	01:48&	00:55&	01:21&	00:48&	01:54&	00:17-	01:56&	02:09&	00:47&	01:35&	02:32&	01:23&	00:14#	01:54&	00:45&	01:09&	00:25&	
36	Erik Anders Jensen	22										1:22:18									
	06:43+	09:36+	17:11+	21:38+	24:18+	29:19+	32:10+	38:30+	43:35+	48:42+	54:08+	56:17+	60:15+	66:50+	69:42+	72:41+	77:18+	79:04+	81:23+	82:18+	
	06:43+	02:53+	07:35-	04:27+	02:40+	05:01+	02:51+	06:20+	05:07+	05:26+	02:09+	03:58+	06:35+	02:52+	02:59+	04:37+	01:46+	02:19+	00:55+	00:55+	
	02:34&	00:48&	00:29-	02:00&	01:08&	01:39&	01:02&	02:31&	01:19&	02:40@	02:22&	00:43&	01:48&	03:05&	01:27@	00:47&	02:08&	00:51&	01:01&	00:26&	
37	Lars Ozol	22										1:35:06									
	06:48+	09:42+	17:47+	22:42+	25:21+	31:36+	34:48+	41:56+	48:42+	54:44+	61:07+	63:25+	68:03+	75:01+	78:02+	83:14+	90:02+	91:49+	94:18+	95:06+	
	06:48+	02:54+	08:05+	04:55+	02:39+	06:15+	03:12+	07:08+	06:46+	06:02+	06:23+	02:18+	04:38+	06:58+	03:01+	05:12+	06:48+	01:47+	02:29+	00:48+	
	02:39&	00:49&	00:01+	02:28@	01:07&	02:53&	01:23&	03:19&	03:00&	03:35@	03:19@	00:52&	02:28@	03:28&	01:36@	03:00@	04:19@	00:52&	01:11&	00:19&	
38	Niels Stadel	22										1:46:12									
	05:29+	12:39+	32:30+	36:57+	39:16+	48:30+	50:48+	57:00+	61:46+	70:40+	77:37+	80:20+	85:40+	91:01+	93:46+	98:27+	102:12+	103:30+	105:28+	106:12+	
	05:29+	07:10+	19:51+	04:27+	02:19+	09:14+	02:18+	06:12+	04:46+	08:54+	06:57+	02:43+	05:20+	05:21+	02:45+	04:41+	03:45+	01:18+	01:58+	00:44+	
	01:20&	05:05@	11:47@	02:00&	00:47&	05:52@	00:29&	02:23&	01:00&	06:27@	03:53@	01:17&	03:10@	01:51&	01:20&	02:29@	01:16&	00:23&	00:40&	00:15&	
39	Laurids Bernitt	24										1:52:55									
	23:46+	26:17+	36:11+	55:20+	57:44+	62:34+	67:17+	73:27+	76:54+	82:09+	87:14+	89:45+	94:13+	99:43+	102:39+	105:08+	109:00+	110:15+	112:13+	112:55+	
	23:46+	02:31+	09:54+	19:09+	02:24+	04:50+	04:43+	06:10+	03:27-	05:15+	05:05+	02:31+	04:28+	05:30+	02:56+	02:29+	03:52+	01:15+	01:58+	00:42+	
	19:37@	00:26#	01:50#	16:42@	00:52&	01:28&	02:54@	02:21&	00:19-	02:48@	02:01&	01:05&	02:18@	02:00&	01:31@	00:17#	01:23&	00:20&	00:40&	00:13&	
Beste stræktid for klassen																					
	04:09	02:05	04:27	02:06	01:32	02:17	01:46	03:11	02:38	02:27	01:39	01:11	02:10	02:08	01:25	01:44	01:39	00:55	00:51	00:23	

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

10kmMTBO

1	Poul Erik Buch	15										1:42:18									
	10:22=	16:48=	23:03=	29:55=	33:52=	55:08=	64:14=	93:30=	99:12=	102:18=											
	10:22=	06:26=	06:15=	06:52=	03:57=	21:16=	09:06=	29:16=	05:42=	03:06=											
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
Beste stræktid for klassen																					
	10:22	06:26	06:15	06:52	03:57	21:16	09:06	29:16	05:42	03:06											

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

16km

Class	Navn	Klasse	Tid
11	Søren Andersen	4	2:04:00
04:27+	05:39+	07:31+	11:12+
04:27+	01:12+	01:52+	03:41-
00:50#	00:13#	00:20#	00:45-
124:00+	04:27&	04:12-	03:03&
00:40+	04:27&	02:28&	00:59&
00:10&	01:34&	00:56#	00:22-
	01:20-	00:45#	03:12&
	01:36&	01:06#	03:55@
	00:59&	02:31-	01:00&
	01:31&	02:15&	02:32&
	00:21&	01:16&	
12	Claus Christensen	14	2:11:46
04:06+	05:19+	07:03+	11:38+
04:06+	01:13+	01:44+	04:35+
00:29#	00:14#	00:12#	00:09+
131:06+	131:46+	04:27&	04:33-
02:27+	00:40+	02:20&	01:19&
01:57@	00:40+	00:30&	00:28#
		00:59#	00:39-
		01:43&	00:32#
		01:33&	01:42&
		01:01+	05:03@
		07:44@	01:21-
		00:56&	00:46&
		00:35-	02:28&
		04:18@	00:18-
13	Arne Kristensen	3	2:11:49
04:18+	05:30+	07:17+	11:06+
04:18+	01:12+	01:47+	03:49-
00:41#	00:13#	00:15#	00:37-
131:49+	04:29&	04:21-	02:47&
00:41+	04:21-	02:47&	01:06&
00:11&	00:35&	00:29#	01:16&
	01:03-	01:51&	00:49#
	01:15#	01:41&	01:22#
	08:36@	01:38&	04:42&
	00:27#	00:41&	01:20&
	02:46@	00:19&	00:39&
14	Anne-Mette Jansen	17	3:09:51
05:28+	06:57+	09:07+	14:20+
05:28+	01:29+	02:10+	05:13+
01:51&	00:30&	00:38&	00:47#
189:51+	02:20&	04:37&	03:06&
00:59+	02:56@	01:01&	01:57&
00:29&	01:01&	01:57&	01:27&
	00:22+	01:24-	00:28#
	05:59@	08:29@	09:27&
	03:31@	03:06@	10:32@
	01:40&	02:06@	12:17@
	10:40@	01:09&	02:08@
15	Poul Henning Poulsen	23	3:16:10
05:10+	06:35+	08:40+	14:29+
05:10+	01:25+	02:05+	05:49+
01:33&	00:26&	00:33&	01:23&
194:46+	196:10+	01:24+	01:24+
03:19+	01:24+	01:24+	01:24+
02:49@	01:24+		
16	Ebbe Kajberg	19	3:18:01
05:19+	06:45+	08:50+	14:16+
05:19+	01:26+	02:05+	05:26+
01:42&	00:27&	00:33&	01:00#
198:01+	02:19&	03:57-	06:45@
01:26+	07:52@	00:51&	01:44&
00:56@	01:39&	00:12+	01:32-
	00:49#	23:58@	02:50&
	12:54@	02:05&	09:06@
	10:43@	01:50&	03:32@
	02:38&	05:04@	01:42@
	02:37@		
Beste stræktid for klassen	00:57	00:59	01:32
	01:59	00:34	02:39
	02:28	02:48	01:40
	03:25	01:26	02:38
	00:45	02:35	05:22
	03:32	04:13	03:20
	02:54	02:23	01:55
	01:53	02:45	02:44
	01:05	01:32	00:30

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

20km

1	Rasmus Djurhuus	OK PAN	1:34:21
03:46=	06:37=	10:46=	13:48=
03:46=	02:51=	04:09=	03:02=
00:00=	00:00=	00:00=	00:00=
88:22=	90:47=	92:10=	93:54=
02:38=	02:25=	01:23=	01:44=
00:00=	00:00=	00:00=	00:00=
2	Eskil Schøning	20	1:34:51
04:02+	06:47+	10:48+	13:47-
04:02+	02:45-	04:01-	02:59-
00:16+	00:06-	00:08-	00:03-
88:43+	91:14+	92:41+	94:20+
02:41+	02:31+	01:27+	01:39-
00:03+	00:06+	00:04+	00:05-

Class	Navn	Klasse	Tid																						
3	Jonas Mynthe	OK PAN	1:36:18																						
03:45-	06:35-	10:51+	13:45+	16:39+	18:34+	22:14+	25:48-	28:51-	34:03-	35:24-	36:35-	39:08-	42:06-	46:38-	49:43-	53:18-	56:01-	61:30-	67:29-	70:22-	72:04-	76:36-	78:51-	81:07-	84:38-
03:45-	02:50-	04:16+	02:54-	01:55+	03:40+	03:34-	03:03-	05:12-	01:21+	01:11-	02:33-	02:58-	04:32+	03:05-	03:35+	02:43-	05:29-	05:59+	02:53+	01:42-	04:32+	02:15-	02:16-	03:31+	
00:01-	00:01-	00:07+	00:08-	00:05+	00:02+	00:08+	00:14-	00:01-	01:16-	00:11#	01:27-	00:21-	01:08-	01:30&	00:24-	00:51&	03:01-	00:16-	03:07@	00:33#	02:43-	02:48@	00:02-	00:58-	01:33&
86:53-	89:48-	92:32+	93:58+	95:46+	96:18+																				
02:15-	02:55+	02:44+	01:26-	01:48+	00:32+																				
00:23-	00:30#	01:21&	00:18-	01:21@	00:32+																				
4	Henrik Leth Jørgensen	Ok Pan	1:41:47																						
03:50+	06:48+	11:26+	14:27+	17:39+	19:45+	22:32+	26:54+	31:22+	36:51+	38:05+	40:48+	43:48+	48:15+	52:26+	54:53+	58:10+	64:17+	70:43+	73:59+	75:58+	81:04+	83:13+	85:38+	89:29+	92:03+
03:50+	02:58+	04:38+	03:01-	03:12+	02:06+	02:47-	04:22+	04:28+	05:29-	01:14+	02:43+	03:00+	04:27+	04:11+	02:27-	03:17+	06:07+	06:26+	03:16+	01:59-	05:06+	02:09+	02:25+	03:51+	02:34+
00:04+	00:07+	00:29#	00:01-	00:23#	00:13#	00:45-	00:34#	01:24&	00:59-	00:04+	00:05+	00:06+	00:21+	01:09&	01:02-	00:33#	00:23+	00:41#	00:24#	00:21-	00:41#	00:25#	00:08+	00:37#	00:36&
95:09+	97:57+	99:21+	101:11+	101:47+																					
03:06+	02:48+	01:24+	01:50+	00:36+																					
00:28#	00:23#	00:01+	00:06+	00:09&																					
5	Torbjørn Gasbjerg	22	1:41:51																						
03:53+	06:53+	11:27+	14:34+	17:40+	19:47+	22:38+	26:55+	31:27+	36:53+	38:11+	41:00+	44:02+	48:16+	53:03+	55:09+	58:27+	64:23+	70:55+	74:08+	76:03+	81:11+	83:19+	85:43+	89:34+	92:06+
03:53+	03:00+	04:34+	03:07+	03:06+	02:07+	02:51-	04:17+	04:32+	05:26-	01:18+	02:49+	03:02+	04:14+	04:47+	02:06-	03:18+	05:56+	06:32+	03:13+	01:55-	05:08+	02:08+	02:24+	03:51+	02:32+
00:07+	00:09+	00:25#	00:05+	00:17#	00:14#	00:41-	00:29#	01:28&	01:02-	00:08#	00:11+	00:08+	00:08+	01:45&	01:23-	00:34#	00:12+	00:47#	00:21#	00:25-	00:43#	00:24#	00:07+	00:37#	00:34&
95:14+	97:58+	99:24+	101:17+	101:51+																					
03:08+	02:44+	01:26+	01:53+	00:34+																					
00:30#	00:19#	00:03+	00:09+	00:07&																					
6	Christian Valbak	22	1:47:48																						
04:02+	07:00+	11:34+	14:33+	17:42+	20:04+	22:53+	27:10+	31:37+	37:17+	38:33+	41:23+	44:32+	49:02+	52:58+	55:16+	58:30+	64:42+	71:41+	75:06+	77:18+	83:24+	85:32+	89:08+	93:16+	95:52+
04:02+	02:58+	04:34+	02:59-	03:09+	02:22+	02:49-	04:17+	04:27+	05:40-	01:16+	02:50+	03:09+	04:30+	03:56+	02:18-	03:14+	06:12+	06:59+	03:25+	02:12-	06:06+	02:08+	03:36+	04:08+	02:36+
00:16+	00:07+	00:25#	00:03-	00:20#	00:29&	00:43-	00:29#	01:23&	00:48-	00:06+	00:12+	00:15+	00:24+	00:54&	01:11-	00:30#	00:28+	01:14#	00:33#	00:08-	01:41&	00:24#	01:19&	00:54&	00:38&
99:19+	103:36+	105:14+	107:15+	107:48+																					
03:27+	04:17+	01:38+	02:01+	00:33+																					
00:49&	01:52&	00:15#	00:17#	00:06#																					
7	Bjarke Refslund	Ok Pan	1:48:06																						
03:54+	06:57+	11:37+	14:38+	17:51+	19:51+	22:41+	26:51+	31:33+	36:48+	38:14+	41:07+	44:28+	49:03+	53:00+	55:26+	58:53+	65:24+	72:33+	76:05+	78:11+	83:50+	86:08+	89:00+	93:20+	96:12+
03:54+	03:03+	04:40+	03:01-	03:13+	02:00+	02:50-	04:10+	04:42+	05:15-	01:26+	02:53+	03:21+	04:35+	03:57+	02:26-	03:27+	06:31+	07:09+	03:32+	02:06-	05:39+	02:18+	02:52+	04:20+	02:52+
00:08+	00:12+	00:31#	00:01-	00:24#	00:07+	00:42-	00:22+	01:38&	01:13-	00:16#	00:15+	00:27#	00:29#	00:55&	01:03-	00:43&	00:47#	01:24#	00:40#	00:14-	01:14&	00:34&	00:35&	01:06&	00:54&
99:43+	103:46+	105:27+	107:34+	108:06+																					
03:31+	04:03+	01:41+	02:07+	00:32+																					
00:53&	01:38&	00:18#	00:23#	00:05#																					
9	Mikael Halberg	NOTEAM	1:50:25																						
04:05+	07:09+	11:43+	14:42+	17:45+	19:53+	22:43+	27:00+	31:31+	37:45+	39:05+	42:05+	45:03+	49:29+	53:09+	55:23+	58:33+	65:03+	71:57+	75:20+	77:26+	83:20+	85:30+	88:20+	92:48+	95:37+
04:05+	03:04+	04:34+	02:59-	03:03+	02:08+	02:50-	04:17+	04:31+	06:14-	01:20+	03:00+	02:58+	04:26+	03:40+	02:14-	03:10+	06:30+	06:54+	03:23+	02:06-	05:54+	02:10+	02:50+	04:28+	02:49+
00:19+	00:13+	00:25#	00:03-	00:14+	00:15#	00:42-	00:29#	01:27&	00:14-	00:10#	00:22#	00:04+	00:20+	00:38#	01:15-	00:26#	00:46#	01:09#	00:31#	00:14-	01:29&	00:26#	00:33#	01:14&	00:51&
99:09+	106:15+	107:52+	109:48+	110:25+																					
03:32+	07:06+	01:37+	01:56+	00:37+																					
00:54&	04:41@	00:14#	00:12#	00:10&																					
10	Martin Bruhn Pedersen	Ok Pan	1:50:30																						
04:07+	07:07+	11:55+	15:05+	18:07+	20:01+	22:46+	26:58+	31:30+	37:01+	38:18+	41:09+	44:05+	48:21+	53:06+	55:20+	58:37+	64:42+	71:36+	75:08+	77:22+	83:07+	85:28+	89:20+	93:46+	96:42+
04:07+	03:00+	04:48+	03:10+	03:02+	01:54+	02:45-	04:12+	04:32+	05:31-	01:17+	02:51+	02:56+	04:16+	04:45+	02:14-	03:17+	06:05+	06:54+	03:32+	02:14-	05:45+	02:21+	03:52+	04:26+	02:56+
00:21+	00:09+	00:39#	00:08+	00:13+	00:01+	00:47-	00:24#	01:28&	00:57-	00:07+	00:13+	00:02+	00:10+	01:43&	01:15-	00:33#	00:21+	01:09#	00:40#	00:06-	01:20&	00:37&	01:35&	01:12&	00:58&
100:24+	104:57+	106:52+	109:47+	110:30+																					
03:42+	04:33+	01:55+	02:55+	00:43+																					
01:04&	02:08&	00:32&	01:11&	00:16&																					
11	Per Hjerrild	OK PAN	1:58:26																						
03:51+	06:49+	11:14+	14:12+	17:13+	19:27+	25:03+	29:59+	34:14+	41:51+	43:04+	45:45+	48:47+	54:27+	58:08+	61:31+	64:43+	71:58+	80:16+	84:03+	87:49+	93:16+	98:01+	100:28+	104:26+	106:47+
03:51+	02:58+	04:25+	02:58-	03:01+	02:14+	05:36+	04:56+	04:15+	07:37+	01:13+	02:41+	03:02+	05:40+	03:41+	03:23-	03:12+	07:15+	08:18+	03:47+	03:46+	05:27+	04:45+	02:27+	03:58+	02:21+
00:05+	00:07+	00:16+	00:04-	00:12+	00:21#	02:04&	01:08&	01:11&	01:09#	00:03+	00:03+	00:08+	01:34&	00:39#	00:06-	00:28#	01:31&	02:33&	00:55&	01:26&	01:02#	03:01@	00:10+	00:44#	00:23#
110:16+	114:25+	116:03+	117:57+	118:26+																					
03:29+	04:09+	01:38+	01:54+	00:29+																					
00:51&	01:44&	00:15#	00:10+	00:02+																					
12	Marko Birk Nielsen	26	1:58:27																						
03:48+	06:39+	10:58+	13:56+	17:00+	19:23+	25:00+	29:52+	34:06+	41:43+	42:48+	45:28+	48:53+	54:16+	57:45+	61:27+	64:44+	71:50+	79:58+	83:51+	87:51+	93:04+	98:04+	100:29+	104:18+	106:50+
03:48+	02:51+	04:19+	02:58-	03:04+	02:23+	05:37+	04:52+	04:14+	07:37+	01:05-	02:40+	03:25+	05:23+	03:29+	03:42+	03:17+	07:06+	08:08+	03:53+	0					

Class	Navn	Klasse	Tid																						
13	Peter Villadsen	26	1:58:46																						
03:56+	07:14+	12:02+	15:12+	18:23+	20:24+	24:54+	30:34+	36:13+	41:35+	42:53+	45:57+	49:18+	54:06+	57:58+	61:44+	65:22+	72:38+	80:04+	83:54+	87:54+	93:48+	96:18+	99:08+	103:43+	106:43+
03:56+	03:18+	04:48+	03:10+	03:11+	02:01+	04:30+	05:40+	05:39+	05:22-	01:18+	03:04+	03:21+	04:48+	03:52+	03:46+	03:38+	07:16+	07:26+	03:50+	04:00+	05:54+	02:30+	02:50+	04:35+	03:00+
00:10+	00:27#	00:39#	00:08+	00:22#	00:08+	00:58&	01:52&	02:35&	01:06-	00:08#	00:26#	00:27#	00:42#	00:50&	00:17+	00:54&	01:32&	01:41&	00:58&	01:40&	01:29&	00:46&	00:33#	01:21&	01:02&
110:23+	114:23+	116:08+	118:10+	118:46+																					
03:40+	04:00+	01:45+	02:02+	00:36+																					
01:02&	01:35&	00:22&	00:18#	00:09&																					
14	Henrik Markvardsen	23	1:59:12																						
03:58+	07:05+	11:52+	15:31+	18:57+	21:05+	24:45+	30:24+	36:22+	41:07+	42:33+	45:33+	48:55+	53:52+	57:50+	61:24+	64:57+	72:22+	80:02+	84:05+	87:20+	93:33+	96:08+	98:58+	103:25+	106:35+
03:58+	03:07+	04:47+	03:39+	03:26+	02:08+	03:40+	05:39+	05:58+	04:45-	01:26+	03:00+	03:22+	04:57+	03:58+	03:34+	03:33+	07:25+	07:40+	04:03+	03:15+	06:13+	02:35+	02:50+	04:27+	03:10+
00:12+	00:16+	00:38#	00:37#	00:37#	00:15#	00:08+	01:51&	02:54&	01:43-	00:16#	00:22#	00:28#	00:51#	00:56&	00:05+	00:49&	01:41&	01:55&	01:11&	00:55&	01:48&	00:51&	00:33#	01:13&	01:12&
110:33+	114:26+	116:26+	118:36+	119:12+																					
03:58+	03:53+	02:00+	02:10+	00:36+																					
01:20&	01:28&	00:37&	00:26#	00:09&																					
15	Andreas Lyngaa	Ok Pan	1:59:12																						
04:03+	07:07+	12:09+	15:35+	18:58+	21:07+	24:55+	30:32+	36:27+	41:09+	42:35+	45:34+	49:05+	53:58+	57:51+	61:28+	64:58+	72:29+	80:13+	84:08+	87:24+	93:38+	96:10+	98:59+	103:38+	106:36+
04:03+	03:04+	05:02+	03:26+	03:23+	02:09+	03:48+	05:37+	05:55+	04:42-	01:26+	02:59+	03:31+	04:53+	03:53+	03:37+	03:30+	07:31+	07:44+	03:55+	03:16+	06:14+	02:32+	02:49+	04:39+	02:58+
00:17+	00:13+	00:53#	00:24#	00:34#	00:16#	00:16+	01:49&	02:51&	01:46-	00:16#	00:21#	00:37#	00:47#	00:51&	00:08+	00:46&	01:47&	01:59&	01:03&	00:56&	01:49&	00:48&	00:32#	01:25&	01:00&
110:43+	114:38+	116:29+	118:38+	119:12+																					
04:07+	03:55+	01:51+	02:09+	00:34+																					
01:29&	01:30&	00:28&	00:25#	00:07&																					
16	Jens Christoffersen	Ok Pan	1:59:13																						
03:51+	07:02+	11:50+	15:32+	18:59+	21:08+	24:56+	30:34+	36:30+	41:11+	42:36+	45:35+	48:59+	53:59+	57:51+	61:22+	65:09+	72:23+	80:11+	84:06+	87:22+	93:38+	96:12+	99:00+	103:35+	106:38+
03:51+	03:11+	04:48+	03:42+	03:27+	02:09+	03:48+	05:38+	05:56+	04:41-	01:25+	02:59+	03:24+	05:00+	03:52+	03:31+	03:47+	07:14+	07:48+	03:55+	03:16+	06:16+	02:34+	02:48+	04:35+	03:03+
00:05+	00:20#	00:39#	00:40#	00:38#	00:16#	00:16+	01:50&	02:52&	01:47-	00:15#	00:21#	00:30#	00:54#	00:50&	00:02+	01:03&	01:30&	02:03&	01:03&	00:56&	01:51&	00:50&	00:31#	01:21&	01:05&
110:37+	114:42+	116:27+	118:39+	119:13+																					
03:59+	04:05+	01:45+	02:12+	00:34+																					
01:21&	01:40&	00:22&	00:28&	00:07&																					
17	Thorkild Jensen	21	1:59:20																						
04:00+	07:11+	11:57+	15:24+	18:47+	21:01+	24:50+	30:30+	36:26+	41:15+	42:39+	45:38+	48:58+	53:54+	57:54+	61:33+	65:00+	72:00+	80:08+	84:15+	87:27+	93:30+	96:15+	99:02+	103:40+	106:41+
04:00+	03:11+	04:46+	03:27+	03:23+	02:14+	03:49+	05:40+	05:56+	04:49-	01:24+	02:59+	03:20+	04:56+	04:00+	03:39+	03:27+	07:00+	08:08+	04:07+	03:12+	06:03+	02:45+	02:47+	04:38+	03:01+
00:14+	00:20#	00:37#	00:25#	00:34#	00:21#	00:17+	01:52&	02:52&	01:39-	00:14#	00:21#	00:26#	00:50#	00:58&	00:10+	00:43&	01:16#	02:23&	01:15&	00:52&	01:38&	01:01&	00:30#	01:24&	01:03&
110:30+	114:29+	116:32+	118:44+	119:20+																					
03:49+	03:59+	02:03+	02:12+	00:36+																					
01:11&	01:34&	00:40&	00:28&	00:09&																					
18	Lars Mikkelsen	4	2:15:30																						
04:19+	07:53+	13:31+	17:13+	21:25+	23:59+	28:25+	33:35+	38:28+	44:49+	47:05+	50:53+	55:56+	61:30+	67:41+	71:36+	75:48+	84:19+	93:07+	98:08+	100:50+	107:49+	110:37+	113:49+	119:26+	122:36+
04:19+	03:34+	05:38+	03:42+	04:12+	02:34+	04:26+	05:10+	04:53+	06:21-	02:16+	03:48+	05:03+	05:34+	06:11+	03:55+	04:12+	08:31+	08:48+	05:01+	02:42+	06:59+	02:48+	03:12+	05:37+	03:10+
00:33#	00:43&	01:29&	00:40#	01:23&	00:41&	00:54&	01:22&	01:49&	00:07-	01:06&	01:10&	02:09&	01:28&	03:09@	00:26#	01:28&	02:47&	03:03&	02:09&	00:22#	02:34&	01:04&	00:55&	02:23&	01:12&
126:56+	130:49+	132:40+	134:54+	135:30+																					
04:20+	03:53+	01:51+	02:14+	00:36+																					
01:42&	01:28&	00:28&	00:30&	00:09&																					
19	Troels Christensen	1	2:15:36																						
04:12+	07:46+	13:07+	16:38+	21:16+	23:45+	28:18+	33:28+	38:25+	45:11+	47:08+	51:01+	55:39+	61:19+	67:48+	71:43+	75:55+	84:22+	93:12+	97:50+	101:03+	107:53+	111:06+	114:13+	119:43+	122:44+
04:12+	03:34+	05:21+	03:31+	04:38+	02:29+	04:33+	05:10+	04:57+	06:46+	01:57+	03:53+	04:38+	05:40+	06:29+	03:55+	04:12+	08:27+	08:50+	04:38+	03:13+	06:50+	03:13+	03:07+	05:30+	03:01+
00:26#	00:43&	01:12&	00:29#	01:49&	00:36&	01:01&	01:22&	01:53&	00:18+	00:47&	01:15&	01:44&	01:34&	03:27@	00:26#	01:28&	02:43&	03:05&	01:46&	00:53&	02:25&	01:29&	00:50&	02:16&	01:03&
127:15+	130:53+	132:43+	134:57+	135:36+																					
04:31+	03:38+	01:50+	02:14+	00:39+																					
01:53&	01:13&	00:27&	00:30&	00:12&																					
20	Henrik Bach	9	2:15:41																						
04:14+	07:49+	13:18+	17:00+	21:22+	23:55+	28:22+	33:30+	38:20+	45:05+	46:59+	51:00+	55:44+	61:26+	67:50+	71:29+	75:59+	84:26+	93:15+	98:04+	101:01+	108:07+	111:06+	114:16+	119:40+	122:46+
04:14+	03:35+	05:29+	03:42+	04:22+	02:33+	04:27+	05:08+	04:50+	06:45+	01:54+	04:01+	04:44+	05:42+	06:24+	03:39+	04:30+	08:27+	08:49+	04:49+	02:57+	07:06+	02:59+	03:10+	05:24+	03:06+
00:28#	00:44&	01:20&	00:40#	01:33&	00:40&	00:55&	01:20&	01:46&	00:17+	00:44&	01:23&	01:50&	01:36&	03:22@	00:10+	01:46&	02:43&	03:04&	01:57&	00:37&	02:41&	01:15&	00:53&	02:10&	01:08&
127:09+	130:56+	132:51+	135:04+	135:41+																					
04:23+	03:47+	01:55+	02:13+	00:37+																					
01:45&	01:22&	00:32&	00:29&	00:10&																					
21	Kenn Heldgaard Kristensen	4	2:15:50																						
04:20+	08:06+	13:56+	17:26+	21:33+	24:33+	28:31+	33:38+	38:30+	45:10+	47:20+	50:58+	55:41+	61:22+	67:47+	71:12+	75:53+	84:21+	93:10+	98:36+	101:12+	108:19+	111:02+	114:11+	119:34+	122:43+
04:20+	03:46+	05:50+	03:30+	04:07+	03:02+	03:56+	05:07+	04:52+	06:40+	02:															

Class	Navn	Klasse	Tid
22	Thomas Ullner	12	2:16:56
04:18+	07:56+	13:24+	16:58+
04:18+	03:38+	05:28+	03:34+
00:32#	00:47#	01:19#	00:32#
127:28+	131:16+	133:21+	136:07+
04:24+	03:48+	02:05+	02:46+
01:46#	01:23#	00:42#	01:02#
23	Brian Brøgger	25	2:44:18
04:10+	07:38+	13:00+	16:35+
04:10+	03:28+	05:22+	03:35+
00:24#	00:37#	01:13#	00:33#
149:45+	155:47+	158:27+	163:11+
05:08+	06:02+	02:40+	04:44+
02:30#	03:37#	01:17#	03:00#
24	Henrik Bay Madsen	22	2:44:20
04:10+	07:45+	13:11+	16:50+
04:10+	03:35+	05:26+	03:39+
00:24#	00:44#	01:17#	00:37#
150:24+	155:51+	159:44+	163:19+
05:24+	05:27+	03:53+	03:35+
02:46#	03:02#	02:30#	01:51#
25	Jeppe Hust	NOTEAM	2:44:23
04:07+	07:35+	13:02+	16:42+
04:07+	03:28+	05:22+	03:40+
00:21+	00:37#	01:18#	00:38#
149:57+	155:33+	158:29+	163:06+
05:24+	05:36+	02:56+	04:37+
02:46#	03:11#	01:33#	02:53#
26	Niels Jensen	13	2:46:03
04:42+	08:52+	15:12+	19:05+
04:42+	04:10+	06:20+	03:53+
00:56#	01:19#	02:11#	00:51#
147:28+	160:15+	162:40+	165:27+
04:53+	12:47+	02:25+	02:47+
02:15#	10:22#	01:02#	01:03#
27	Henrik B. Thomsen	13	2:46:04
04:48+	09:01+	15:14+	19:02+
04:48+	04:13+	06:13+	03:48+
01:02#	01:22#	02:04#	00:46#
142:36+	147:22+	160:02+	162:37+
03:56+	04:46+	12:40+	02:35+
01:18#	02:21#	11:17#	00:51#

Beste stræktid for klassen

03:45 02:45 04:01 02:54 02:49 01:53 02:45 03:34 02:59 04:41 01:05 01:11 02:33 01:33 03:01 02:06 02:44 02:43 05:29 02:50 01:39 01:42 01:44 02:09 02:16 01:58 02:15 02

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

20kmMTBO

1	Bjørn Sommer	27	1:42:11
04:43=	11:53=	15:52=	18:39=
04:43=	07:10=	03:59=	02:47=
00:00=	00:00=	00:00=	00:00=
2	Jørgen Schnack	26	1:42:50
04:40-	09:12-	14:25-	17:19-
04:40-	04:32-	05:13+	02:54+
00:03-	02:38-	01:14#	00:07+

Beste stræktid for klassen

04:40 04:32 03:59 02:47 03:35 04:17 11:03 06:57 05:56 06:34 07:38 08:08 09:22 09:09 04:41 02:23

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

3,5km

1	Finn Holther	OK PAN	39:56				
07:23=	10:49=	17:58=	20:41=	30:16=	35:11=	39:09=	39:56=
07:23=	03:26=	07:09=	02:43=	09:35=	04:55=	03:58=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bitten Nielsen	4	40:03				
07:33+	11:05+	17:56-	20:47+	31:06+	35:23+	39:14+	40:03+
07:33+	03:32+	06:51-	02:51+	10:19+	04:17-	03:51-	00:49+
00:10+	00:06+	00:18-	00:08+	00:44+	00:38-	00:07-	00:02+
3	Per Jessen-Klixbüll	Ok Pan	40:06				
07:30+	11:14+	17:41-	20:35-	30:20+	35:08-	39:18+	40:06+
07:30+	03:44+	06:27-	02:54+	09:45+	04:48-	04:10+	00:48+
00:07+	00:18+	00:42-	00:11+	00:10+	00:07-	00:12+	00:01+
4	Asger Kristensen	4	40:07				
07:40+	11:08+	17:52-	20:45+	31:01+	35:28+	39:21+	40:07+
07:40+	03:28+	06:44-	02:53+	10:16+	04:27-	03:53-	00:46-
00:17+	00:02+	00:25-	00:10+	00:41+	00:28-	00:05-	00:01-
5	Gunner Gjermansen	6	40:27				
07:17-	11:27+	18:41+	21:12+	31:10+	35:19+	39:24+	40:27+
07:17-	04:10+	07:14+	02:31-	09:58+	04:09-	04:05+	01:03+
00:06-	00:44#	00:05+	00:12-	00:23+	00:46-	00:07+	00:16#
6	Else Hass	Ok Pan	40:40				
07:16-	11:24+	18:30+	21:30+	31:44+	35:55+	39:43+	40:40+
07:16-	04:08+	07:06-	03:00+	10:14+	04:11-	03:48-	00:57+
00:07-	00:42#	00:03-	00:17#	00:39+	00:44-	00:10-	00:10#
7	Palle Møller Nielsen	11	41:46				
07:20-	11:17+	18:36+	21:32+	32:06+	36:30+	40:44+	41:46+
07:20-	03:57+	07:19+	02:56+	10:34+	04:24-	04:14+	01:02+
00:03-	00:31#	00:10+	00:13+	00:59#	00:31-	00:16+	00:15#
8	Helle Truelson	5	45:05				
07:31+	11:39+	19:11+	22:18+	33:49+	38:49+	43:53+	45:05+
07:31+	04:08+	07:32+	03:07+	11:31+	05:00+	05:04+	01:12+
00:08+	00:42#	00:23+	00:24#	01:56#	00:05+	01:06#	00:25#
9	Ann Dorrit Hansen	12	45:07				
07:35+	11:42+	19:15+	22:21+	33:55+	38:50+	44:03+	45:07+
07:35+	04:07+	07:33+	03:06+	11:34+	04:55=	05:13+	01:04+
00:12+	00:41#	00:24+	00:23#	01:59#	00:00=	01:15#	00:17#
10	Holger Mikkelsen	11	55:23				
08:35+	13:57+	24:10+	28:10+	42:45+	48:33+	53:54+	55:23+
08:35+	05:22+	10:13+	04:00+	14:35+	05:48+	05:21+	01:29+
01:12#	01:56#	03:04#	01:17#	05:00#	00:53#	01:23#	00:42#
Beste stræktid for klassen							
07:16	03:26	06:27	02:31	09:35	04:09	03:48	00:46

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

6km

1	Jonathan Birk Nielsen	26	43:40									
04:37=	07:42=	10:51=	12:44=	15:57=	17:34=	24:54=	28:12=	32:00=	34:55=	40:45=	43:08=	43:40=
04:37=	03:05=	03:09=	01:53=	03:13=	01:37=	07:20=	03:18=	03:48=	02:55=	05:50=	02:23=	00:32=
00:00=	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	Søren Mårup	8	43:40									
04:47+	08:10+	11:24+	13:20+	16:20+	18:05+	25:02+	28:13+	32:07+	35:19+	41:03+	43:10+	43:40+
04:47+	03:23+	03:14+	01:56+	03:00-	01:45+	06:57-	03:11-	03:54+	03:12+	05:44-	02:07-	00:30-
00:10+	00:18+	00:05+	00:03+	00:13-	00:08+	00:23-	00:07-	00:06+	00:17+	00:06-	00:16-	00:02-

Class	Navn	Klasse										Tid
3	Peer Straarup	6										43:55
05:06+	08:45+	11:56+	13:48+	16:42+	18:19+	24:57+	28:22+	32:12+	35:17+	41:10+	43:22+	43:55+
05:06+	03:39+	03:11+	01:52-	02:54-	01:37=	06:38-	03:25+	03:50+	03:05+	05:53+	02:12-	00:33+
00:29#	00:34#	00:02+	00:01-	00:19-	00:00=	00:42-	00:07+	00:02+	00:10+	00:03+	00:11-	00:01+
4	Mogens Vennevold	24										44:13
03:38-	07:27-	10:38-	12:36-	15:29-	17:13-	24:43-	28:02-	32:02+	35:12+	43:09+	44:13+	
03:38-	03:49+	03:11+	01:58+	02:53-	01:44+	07:30+	03:19+	04:00+	03:10+	07:57+	01:04-	
00:59-	00:44#	00:02+	00:05+	00:20-	00:07+	00:10+	00:01+	00:12+	00:15+	02:07&	01:19-	
5	Stig Barrett	25										44:54
04:37=	08:07+	11:28+	13:30+	16:39+	18:24+	25:17+	28:38+	32:33+	35:44+	41:37+	44:15+	44:54+
04:37=	03:30+	03:21+	02:02+	03:09-	01:45+	06:53-	03:21+	03:55+	03:11+	05:53+	02:38+	00:39+
00:00=	00:25#	00:12+	00:09+	00:04-	00:08+	00:27-	00:03+	00:07+	00:16+	00:03+	00:15#	00:07#
6	Flemming Bindner	26										45:08
04:27-	07:40-	11:00+	12:54+	16:01+	17:46+	25:06+	28:42+	32:19+	35:27+	41:44+	44:29+	45:08+
04:27-	03:13+	03:20+	01:54+	03:07-	01:45+	07:20=	03:36+	03:37-	03:08+	06:17+	02:45+	00:39+
00:10-	00:08+	00:11+	00:01+	00:06-	00:08+	00:00=	00:18+	00:11-	00:13+	00:27+	00:22#	00:07#
7	Brian Grøngård	24										49:04
04:45+	08:35+	12:07+	14:17+	17:34+	19:41+	27:08+	30:40+	34:53+	38:19+	45:01+	48:26+	49:04+
04:45+	03:50+	03:32+	02:10+	03:17+	02:07+	07:27+	03:32+	04:13+	03:26+	06:42+	03:25+	00:38+
00:08+	00:45#	00:23#	00:17#	00:04+	00:30&	00:07+	00:14+	00:25#	00:31#	00:52#	01:02&	00:06#
8	Henning Mindstruplund	6										49:09
05:20+	08:48+	12:06+	14:00+	17:10+	19:01+	26:26+	30:13+	34:14+	38:03+	45:14+	48:38+	49:09+
05:20+	03:28+	03:18+	01:54+	03:10-	01:51+	07:25+	03:47+	04:01+	03:49+	07:11+	03:24+	00:31-
00:43#	00:23#	00:09+	00:01+	00:03-	00:14#	00:05+	00:29#	00:13+	00:54&	01:21#	01:01&	00:01-
9	Frede Rasmussen	4										49:12
04:47+	08:31+	12:02+	14:04+	17:16+	19:13+	26:47+	30:27+	34:29+	38:16+	45:04+	48:35+	49:12+
04:47+	03:44+	03:31+	02:02+	03:12-	01:57+	07:34+	03:40+	04:02+	03:47+	06:48+	03:31+	00:37+
00:10+	00:39#	00:22#	00:09+	00:01-	00:20#	00:14+	00:22#	00:14+	00:52&	00:58#	01:08&	00:05#
10	Tommy Jakobsen	6										49:23
03:56-	07:46+	11:14+	13:18+	16:46+	18:45+	26:35+	30:19+	34:17+	38:10+	45:38+	48:44+	49:23+
03:56-	03:50+	03:28+	02:04+	03:28+	01:59+	07:50+	03:44+	03:58+	03:53+	07:28+	03:06+	00:39+
00:41-	00:45#	00:19#	00:11+	00:15+	00:22#	00:30+	00:26#	00:10+	00:58&	01:38&	00:43&	00:07#
11	Britta Ank Pedersen	6										49:42
03:59-	07:36-	11:09+	13:17+	16:37+	18:37+	26:07+	29:29+	33:51+	37:43+	44:38+	48:55+	49:42+
03:59-	03:37+	03:33+	02:08+	03:20+	02:00+	07:30+	03:22+	04:22+	03:52+	06:55+	04:17+	00:47+
00:38-	00:32#	00:24#	00:15#	00:07+	00:23#	00:10+	00:04+	00:34#	00:57&	01:05#	01:54&	00:15&
12	Hans Christian Strib	15										49:51
04:55+	08:40+	12:24+	14:38+	18:06+	20:05+	27:16+	30:57+	35:04+	39:12+	46:14+	49:10+	49:51+
04:55+	03:45+	03:44+	02:14+	03:28+	01:59+	07:11-	03:41+	04:07+	04:08+	07:02+	02:56+	00:41+
00:18+	00:40#	00:35#	00:21#	00:15+	00:22#	00:09-	00:23#	00:19+	01:13&	01:12#	00:33#	00:09&
13	Ole M Sørensen	NOTEAM										50:02
06:18+	09:47+	13:11+	15:17+	19:20+	21:14+	28:39+	32:25+	36:18+	39:58+	46:50+	49:21+	50:02+
06:18+	03:29+	03:24+	02:06+	04:03+	01:54+	07:25+	03:46+	03:53+	03:40+	06:52+	02:31+	00:41+
01:41&	00:24#	00:15+	00:13#	00:50&	00:17#	00:05+	00:28#	00:05+	00:45&	01:02#	00:08+	00:09&
14	Lene Stick Nielsen	25										50:44
04:13-	08:03+	11:50+	14:08+	17:40+	19:45+	27:25+	31:24+	35:50+	40:03+	47:05+	50:03+	50:44+
04:13-	03:50+	03:47+	02:18+	03:32+	02:05+	07:40+	03:59+	04:26+	04:13+	07:02+	02:58+	00:41+
00:24-	00:45#	00:38#	00:25#	00:19+	00:28&	00:20+	00:41#	00:38#	01:18&	01:12#	00:35#	00:09&
15	Lene Bejer Damgaard	25										50:47
04:43+	08:24+	12:04+	14:15+	17:45+	19:49+	27:25+	31:24+	35:54+	40:02+	47:09+	50:03+	50:47+
04:43+	03:41+	03:40+	02:11+	03:30+	02:04+	07:36+	03:59+	04:30+	04:08+	07:07+	02:54+	00:44+
00:06+	00:36#	00:31#	00:18#	00:17+	00:27&	00:16+	00:41#	00:42#	01:13&	01:17#	00:31#	00:12&
16	Kaj Kaspersen	4										53:29
04:23-	08:29+	12:41+	15:14+	19:10+	21:21+	28:37+	33:16+	37:44+	41:40+	49:19+	52:40+	53:29+
04:23-	04:06+	04:12+	02:33+	03:56+	02:11+	07:16-	04:39+	04:28+	03:56+	07:39+	03:21+	00:49+
00:14-	01:01&	01:03&	00:40&	00:43#	00:34&	00:04-	01:21&	00:40#	01:01&	01:49&	00:58&	00:17&
17	Lucia Aagaard	4										53:31
04:25-	08:33+	12:39+	15:16+	19:12+	21:23+	28:38+	33:18+	37:46+	41:43+	49:27+	52:42+	53:31+
04:25-	04:08+	04:06+	02:37+	03:56+	02:11+	07:15-	04:40+	04:28+	03:57+	07:44+	03:15+	00:49+
00:12-	01:03&	00:57&	00:44&	00:43#	00:34&	00:05-	01:22&	00:40#	01:02&	01:54&	00:52&	00:17&

Class	Navn	Klasse										Tid
18	Hans-Jakob Sørensen	7										55:45
04:48+	08:43+	12:35+	15:03+	19:06+	21:18+	29:20+	33:41+	38:22+	42:56+	50:21+	54:49+	55:45+
04:48+	03:55+	03:52+	02:28+	04:03+	02:12+	08:02+	04:21+	04:41+	04:34+	07:25+	04:28+	00:56+
00:11+	00:50&	00:43#	00:35&	00:50&	00:35&	00:42+	01:03&	00:53#	01:39&	01:35&	02:05&	00:24&
19	Tove Straarup	6										55:49
05:17+	09:12+	13:06+	15:30+	19:16+	21:28+	29:37+	34:01+	38:38+	42:59+	50:31+	54:55+	55:49+
05:17+	03:55+	03:54+	02:24+	03:46+	02:12+	08:09+	04:24+	04:37+	04:21+	07:32+	04:24+	00:54+
00:40#	00:50&	00:45#	00:31&	00:33#	00:35&	00:49#	01:06&	00:49#	01:26&	01:42&	02:01&	00:22&
20	Torben Isen	4										57:14
05:19+	09:45+	14:02+	16:13+	20:16+	22:24+	30:40+	35:06+	39:39+	44:18+	52:43+	56:36+	57:14+
05:19+	04:26+	04:17+	02:11+	04:03+	02:08+	08:16+	04:26+	04:33+	04:39+	08:25+	03:53+	00:38+
00:42#	01:21&	01:08&	00:18#	00:50&	00:31&	00:56#	01:08&	00:45#	01:44&	02:35&	01:30&	00:06#
21	Frants Nielsen	4										57:18
05:13+	09:27+	13:46+	16:06+	20:08+	22:36+	30:49+	35:14+	40:07+	44:24+	52:53+	56:43+	57:18+
05:13+	04:14+	04:19+	02:20+	04:02+	02:28+	08:13+	04:25+	04:53+	04:17+	08:29+	03:50+	00:35+
00:36#	01:09&	01:10&	00:27#	00:49&	00:51&	00:53#	01:07&	01:05&	01:22&	02:39&	01:27&	00:03+
22	Gitte Isen	4										57:20
05:11+	09:40+	13:45+	16:16+	20:13+	22:25+	30:11+	35:02+	39:30+	44:14+	52:51+	56:38+	57:20+
05:11+	04:29+	04:05+	02:31+	03:57+	02:12+	07:46+	04:51+	04:28+	04:44+	08:37+	03:47+	00:42+
00:34#	01:24&	00:56&	00:38&	00:44#	00:35&	00:26+	01:33&	00:40#	01:49&	02:47&	01:24&	00:10&
23	Carsten Helligsø	7										58:18
05:01+	09:10+	13:26+	16:23+	20:29+	22:44+	30:34+	34:52+	39:42+	44:37+	52:48+	57:25+	58:18+
05:01+	04:09+	04:16+	02:57+	04:06+	02:15+	07:50+	04:18+	04:50+	04:55+	08:11+	04:37+	00:53+
00:24+	01:04&	01:07&	01:04&	00:53&	00:38&	00:30+	01:00&	01:02&	02:00&	02:21&	02:14&	00:21&
24	Bent Thomsen	10										58:32
05:09+	09:22+	13:40+	16:26+	20:36+	22:53+	30:36+	34:58+	39:48+	44:38+	53:08+	57:33+	58:32+
05:09+	04:13+	04:18+	02:46+	04:10+	02:17+	07:43+	04:22+	04:50+	08:30+	04:25+	00:59+	00:59+
00:32#	01:08&	01:09&	00:53&	00:57&	00:40&	00:23+	01:04&	01:02&	01:55&	02:40&	02:02&	00:27&
25	Pia Gade	25										1:01:29
04:59+	09:19+	13:38+	16:27+	20:53+	23:29+	32:04+	36:33+	42:04+	47:21+	56:42+	60:41+	61:29+
04:59+	04:20+	04:19+	02:49+	04:26+	02:36+	08:35+	04:29+	05:31+	05:17+	09:21+	03:59+	00:48+
00:22+	01:15&	01:10&	00:56&	01:13&	00:59&	01:15#	01:11&	01:43&	02:22&	03:31&	01:36&	00:16&
26	Helle Nikkel	25										1:01:32
04:45+	09:17+	13:37+	16:21+	20:45+	23:18+	31:59+	36:37+	42:03+	47:19+	56:32+	60:44+	61:32+
04:45+	04:32+	04:20+	02:44+	04:24+	02:33+	08:41+	04:38+	05:26+	05:16+	09:13+	04:12+	00:48+
00:08+	01:27&	01:11&	00:51&	01:11&	00:56&	01:21#	01:20&	01:38&	02:21&	03:23&	01:49&	00:16&
27	Claus Clausen	5										1:02:55
04:54+	09:34+	14:26+	17:06+	21:41+	24:10+	33:46+	38:26+	43:38+	48:47+	57:34+	62:02+	62:55+
04:54+	04:40+	04:52+	02:40+	04:35+	02:29+	09:36+	04:40+	05:12+	05:09+	08:47+	04:28+	00:53+
00:17+	01:35&	01:43&	00:47&	01:22&	00:52&	02:16&	01:22&	01:24&	02:14&	02:57&	02:05&	00:21&
28	Lene Jacobsen	5										1:02:59
04:52+	09:33+	14:24+	17:04+	21:39+	24:08+	33:45+	38:24+	43:34+	48:44+	57:32+	62:04+	62:59+
04:52+	04:41+	04:51+	02:40+	04:35+	02:29+	09:37+	04:39+	05:10+	05:10+	08:48+	04:32+	00:55+
00:15+	01:36&	01:42&	00:47&	01:22&	00:52&	02:17&	01:21&	01:22&	02:15&	02:58&	02:09&	00:23&
29	Anette Ozol	22										1:03:43
05:25+	10:19+	14:50+	17:38+	22:20+	24:53+	33:51+	38:22+	43:44+	48:52+	58:17+	62:52+	63:43+
05:25+	04:54+	04:31+	02:48+	04:42+	02:33+	08:58+	04:31+	05:22+	05:08+	09:25+	04:35+	00:51+
00:48#	01:49&	01:22&	00:55&	01:29&	00:56&	01:38#	01:13&	01:34&	02:13&	03:35&	02:12&	00:19&
30	Susanne Højberg	22										1:06:25
05:13+	10:00+	14:59+	17:43+	22:45+	25:37+	34:58+	40:15+	46:11+	51:50+	61:02+	65:46+	66:25+
05:13+	04:47+	04:59+	02:44+	05:02+	02:52+	09:21+	05:17+	05:56+	05:39+	09:12+	04:44+	00:39+
00:36#	01:42&	01:50&	00:51&	01:49&	01:15&	02:01&	01:59&	02:08&	02:44&	03:22&	02:21&	00:07#
31	Bente Ingvarlsen	5										1:06:59
05:15+	10:05+	14:53+	18:01+	22:47+	25:34+	35:07+	40:02+	46:39+	51:58+	61:38+	65:58+	66:59+
05:15+	04:50+	04:48+	03:08+	04:46+	02:47+	09:33+	04:55+	06:37+	05:19+	09:40+	04:20+	01:01+
00:38#	01:45&	01:39&	01:15&	01:33&	01:10&	02:13&	01:37&	02:49&	02:24&	03:50&	01:57&	00:29&
32	Anders Ingvarlsen	5										1:07:03
05:03+	09:49+	14:44+	17:58+	22:40+	25:30+	35:05+	40:16+	46:33+	51:56+	61:31+	65:50+	67:03+
05:03+	04:46+	04:55+	03:14+	04:42+	02:50+	09:35+	05:11+	06:17+	05:23+	09:35+	04:19+	01:13+
00:26+	01:41&	01:46&	01:21&	01:29&	01:13&	02:15&	01:53&	02:29&	02:28&	03:45&	01:56&	00:41@

Class	Navn	Klasse												Tid
33	Tine Meyhoff Petersen	3												1:41:35
07:46+	13:44+	19:18+	23:27+	34:40+	39:10+	53:45+	65:25+	73:04+	80:42+	93:17+	99:57+	101:35+		
07:46+	05:58+	05:34+	04:09+	11:13+	04:30+	14:35+	11:40+	07:39+	07:38+	12:35+	06:40+	01:38+		
03:09&	02:53&	02:25&	02:16@	08:00@	02:53@	07:15&	08:22@	03:51@	04:43@	06:45@	04:17@	01:06@		

Beste stræktid for klassen

03:38 03:05 03:09 01:52 02:53 01:37 06:38 03:11 03:37 02:55 05:44 01:04 00:30

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