

NK Vinterlang 5

Plads Navn

H/D10km

Klasse

Stræktider

Tid

Bidstrup Gods Skovene-24-02-2013

1	Patrick Mcgrail	Ok Pan Århus	1:24:27																			
02:02=	04:04=	10:30=	13:38=	15:16=	22:20=	29:53=	37:00=	41:24=	43:15=	45:28=	48:39=	53:32=	55:09=	58:53=	62:07=	66:19=	70:08=	73:51=	77:09=	78:27=	81:43=	84:27=
02:02=	02:02=	06:26=	03:08=	01:38=	07:04=	07:33=	07:07=	04:24=	01:51=	02:13=	03:11=	04:53=	01:37=	03:44=	03:14=	04:12=	03:49=	03:43=	03:18=	01:18=	03:16=	02:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Keld Gade	Viborg Ok	1:33:36																			
02:27+	04:52+	11:17+	15:14+	17:42+	23:59+	33:26+	39:39+	44:46+	46:42+	48:57+	52:46+	57:28+	59:26+	63:17+	66:37+	71:22+	76:15+	81:33+	85:40+	87:26+	90:55+	93:36+
02:27+	02:25+	06:25-	03:57+	02:28+	06:17-	09:27+	06:13-	05:07+	01:56+	02:15+	03:49+	04:42-	01:58+	03:51+	03:20+	04:45+	04:53+	05:18+	04:07+	01:46+	03:29+	02:41-
00:25#	00:23#	00:01-	00:49&	00:50&	00:47-	01:54&	00:54-	00:43#	00:05+	00:02+	00:38#	00:11-	00:21#	00:07+	00:06+	00:33#	01:04&	01:35&	00:49#	00:28&	00:13+	00:03-
3	Vagn Pedersen	Aarhus 1900 Orientering	1:38:12																			
02:19+	04:54+	11:23+	15:23+	17:19+	23:34+	33:26+	39:19+	46:50+	49:24+	51:39+	55:16+	60:14+	62:25+	66:56+	70:18+	76:09+	80:39+	84:59+	89:52+	91:36+	95:12+	98:12+
02:19+	02:35+	06:29+	04:00+	01:56+	06:15-	09:52+	05:53-	07:31+	02:34+	02:15+	03:37+	04:58+	02:11+	04:31+	03:22+	05:51+	04:30+	04:20+	04:53+	01:44+	03:36+	03:00+
00:17#	00:33&	00:03+	00:52&	00:18#	00:49-	02:19&	01:14-	03:07&	00:43&	00:02+	00:26#	00:05+	00:34&	00:47#	00:08+	01:39&	00:41#	00:37#	01:35&	00:26&	00:20#	00:16+
4	Anders Edsen	Aarhus 1900 Orientering	1:38:17																			
02:17+	05:00+	11:17+	14:51+	16:44+	22:52+	33:14+	39:26+	44:53+	47:00+	49:22+	53:43+	58:54+	61:21+	66:15+	69:33+	75:13+	79:55+	84:32+	89:01+	90:56+	94:56+	98:17+
02:17+	02:43+	06:17-	03:34+	01:53+	06:08-	10:22+	06:12-	05:27+	02:07+	02:22+	04:21+	05:11+	02:27+	04:54+	03:18+	05:40+	04:42+	04:37+	04:29+	01:55+	04:00+	03:21+
00:15#	00:41&	00:09-	00:26#	00:15#	00:56-	02:49&	00:55-	01:03#	00:16#	00:09+	01:10&	00:18+	00:50&	01:10&	00:04+	01:28&	00:53#	00:54#	01:11&	00:37&	00:44#	00:37#
5	Christian L Rasmussen	Karup Ok	1:38:57																			
02:16+	04:42+	11:26+	15:03+	17:12+	25:45+	35:39+	41:20+	46:13+	48:29+	50:31+	53:59+	58:50+	60:58+	64:49+	68:10+	72:49+	78:35+	84:06+	91:08+	93:04+	96:27+	98:57+
02:16+	02:26+	06:44+	03:37+	02:09+	08:33+	09:54+	05:41-	04:53+	02:16+	02:02-	03:28+	04:51-	02:08+	03:51+	03:21+	04:39+	05:46+	05:31+	07:02+	01:56+	03:23+	02:30-
00:14#	00:24#	00:18+	00:29#	00:31&	01:29#	02:21&	01:26-	00:29#	00:25#	00:11-	00:17+	00:02-	00:31&	00:07+	00:07+	00:27#	01:57&	01:48&	03:44@	00:38&	00:07+	00:14-
6	Steen Frandsen	Viborg Ok	1:39:12																			
02:21+	04:58+	11:37+	15:27+	18:19+	24:00+	33:51+	41:05+	47:39+	49:47+	51:57+	55:32+	60:43+	63:02+	68:12+	71:41+	76:38+	81:38+	86:11+	90:03+	91:50+	96:21+	99:12+
02:21+	02:37+	06:39+	03:50+	02:52+	05:41-	09:51+	07:14+	06:34+	02:08+	02:10-	03:35+	05:11+	02:19+	05:10+	03:29+	04:57+	05:00+	04:33+	03:52+	01:47+	04:31+	02:51+
00:19#	00:35&	00:13+	00:42#	01:14&	01:23-	02:18&	00:07+	02:10&	00:17#	00:03-	00:24#	00:18+	00:42&	01:26&	00:15+	00:45#	01:11&	00:50#	00:34#	00:29&	01:15&	00:07+
7	Jesper Brahm	Silkeborg Ok	1:42:08																			
02:08+	06:10+	12:03+	19:01+	21:00+	27:17+	37:35+	43:42+	48:33+	50:37+	52:30+	56:48+	62:31+	64:46+	69:58+	73:20+	80:11+	85:01+	89:52+	93:48+	95:39+	99:26+	102:08+
02:08+	04:02+	05:53-	06:58+	01:59+	06:17-	10:18+	06:07-	04:51+	02:04+	01:53-	04:18+	05:43+	02:15+	05:12+	03:22+	06:51+	04:50+	04:51+	03:56+	01:51+	03:47+	02:42-
00:06+	02:00&	00:33-	03:50@	00:21#	00:47-	02:45&	01:00-	00:27#	00:13#	00:20-	01:07&	00:50#	00:38&	01:28&	00:08+	02:39&	01:01&	01:08&	00:38#	00:33&	00:31#	00:02-
8	Jørgen Jørgensen	Viborg Ok	1:53:30																			
02:36+	05:41+	13:27+	18:03+	20:43+	26:55+	38:36+	46:05+	52:22+	55:24+	58:15+	62:27+	68:14+	70:35+	75:47+	79:36+	86:45+	92:49+	97:46+	102:48+	105:35+	109:59+	113:30+
02:36+	03:05+	07:46+	04:36+	02:40+	06:12-	11:41+	07:29+	06:17+	03:02+	02:51+	04:12+	05:47+	02:21+	05:12+	03:49+	07:09+	06:04+	04:57+	05:02+	02:47+	04:24+	03:31+
00:34&	01:03&	01:20#	01:28&	01:02&	00:52-	04:08&	00:22+	01:53&	01:11&	00:38&	01:01&	00:54#	00:44&	01:28&	00:35#	02:57&	02:15&	01:14&	01:44&	01:29@	01:08&	00:47&
9	Hanne Møller Andersen	Ok Pan Århus	1:54:27																			
02:38+	05:51+	13:39+	17:51+	20:21+	28:04+	38:53+	45:22+	51:20+	54:03+	56:41+	60:47+	66:53+	69:23+	74:40+	78:41+	86:00+	91:56+	99:00+	103:57+	106:26+	111:18+	114:27+
02:38+	03:13+	07:48+	04:12+	02:30+	07:43+	10:49+	06:29-	05:58+	02:43+	02:38+	04:06+	06:06+	02:30+	05:17+	04:01+	07:19+	05:56+	07:04+	04:57+	02:29+	04:52+	03:09+
00:36&	01:11&	01:22#	01:04&	00:52&	00:39+	03:16&	00:38-	01:34&	00:52&	00:25#	00:55&	01:13#	00:53&	01:33&	00:47#	03:07&	02:07&	03:21&	01:39&	01:11&	01:36&	00:25#
10	Henning Hansen	Horsens Ok	1:56:11																			
02:33+	05:32+	14:49+	18:38+	21:32+	29:41+	39:27+	45:28+	51:16+	53:44+	55:56+	60:26+	65:44+	68:04+	73:27+	76:54+	83:48+	88:46+	98:27+	107:20+	109:30+	113:20+	116:11+
02:33+	02:59+	09:17+	03:49+	02:54+	08:09+	09:46+	06:01+	05:48+	02:28+	02:12-	04:30+	05:18+	02:20+	05:23+	03:27+	06:54+	04:58+	09:41+	08:53+	02:10+	03:50+	02:51+
00:31&	00:57&	02:51&	00:41#	01:16&	01:05#	02:13&	01:06-	01:24&	00:37&	00:01-	01:19&	00:25+	00:43&	01:39&	00:13+	02:42&	01:09&	05:58@	05:35@	00:52&	00:34#	00:07+
11	Steen Kobbervøe	Ok Djurs	1:58:10																			
02:22+	06:04+	12:55+	18:44+	21:17+	27:50+	37:43+	43:58+	49:16+	51:46+	54:13+	58:35+	64:15+	66:21+	71:08+	79:23+	85:55+	97:26+	103:07+	108:04+	111:48+	115:26+	118:10+
02:22+	03:42+	06:51+	05:49+	02:33+	06:33-	09:53+	06:15+	05:18+	02:30+	02:27+	04:22+	05:40+	02:06+	04:47+	08:15+	06:32+	11:31+	05:41+	04:57+	03:44+	03:38+	02:44=
00:20#	01:40&	00:25+	02:41&	00:55&	00:31-	02:20&	00:52-	00:54#	00:39&	00:14#	01:11&	00:47#	00:29&	01:03&	05:01@	02:20&	07:42@	01:58&	01:39&	02:26@	00:22#	00:00=
12	Carl Malling	Randers Ok	2:00:49																			
02:43+	05:56+	13:48+	18:51+	21:47+	28:25+	40:14+	47:51+	54:30+	57:12+	59:56+	64:17+	69:58+	72:31+	77:57+	82:05+	89:42+	95:44+	102:59+	108:29+	112:06+	116:53+	120:49+
02:43+	03:13+	07:52+	05:03+	02:56+	06:38-	11:49+	07:37+	06:39+	02:42+	02:44+	04:21+	05:41+	02:33+	05:26+	04:08+	07:37+	06:02+	07:15+	05:30+	03:37+	04:47+	03:56+
00:41&	01:11&	01:26#	01:55&	01:18&	00:26-	04:16&	00:30+	02:15&	00:51&	00:31#	01:10&	00:48#	00:56&	01:42&	00:54&	03:25&	02:13&	03:32&	02:12&	02:19@	01:31&	01:12&
13	Åge Lillethorup	Randers Ok	2:11:51																			
02:50+	06:15+	17:29+	21:24+	24:03+	31:03+	42:12+	50:30+	56:50+	61:15+	64:38+	68:47+	82:33+	85:25+	91:05+	96:59+	103:31+	110:00+	115:55+	120:36+	122:53+	127:33+	131:51+
02:50+	03:25+	11:14+	03:55+	02:39+	07:00-	11:09+	08:18+	06:20+	04:25+	03:23+	04:09+	13:46+	02:52+	05:40+	05:54+	06:32+	06:29+	05:55+	04:41+	02:17+	04:40+	04:18+
00:48&	01:23&	04:48&	00:47#	01:01&	00:04-	03:36&	01:11#	01:56&	02:34@	01:10&	00:58&	08:53@	01:15&	01:56&	02:40&	02:20&	02:40&	02:12&	01:23&	00:59&	01:24&	01:34&
14	Jens B Christensen	Ok Vendelboerne	2:12:31																			
02:53+	05:53+	21:16+	25:40+	29:03+	36:50+	47:59+	56:22+	63:54+	66:57+	69:47+	74:25+	80:57+	83:16+	88:21+	92:40+	99:22+	104:58+	110:41+	122:02+	124:28+	129:14+	132:31+
02:53+	03:00+	15:23+	04:24+	03:23+	07:47+	11:09+	08:23+	07:32+	03:03+	02:50+	04:38+	06:32+	02:19+	05:05+	04:19+	06:42+	05:36+	05:43+	11:21+	02:26+	04:46+	03:17+
00:51&	00:58&	08:57@	01:16&	01:45@	00:43#	03:36&	01:16#	03:08&	01:12&	00:37&	01:27&	01:39&	00:42&	01:21&	01:05&	02:30&	01:47&	02:00&	08:03@	01:08&	01:30&	00:33#

eTime Timing. Copyright 1999 Emit as. www.emit.no 24-02-2013 20:35:43 Side:3

Plass	Navn										Klasse										Tid										
17	Erik Anders Jensen										Silkeborg Ok										2:27:14										
02:44+	04:59+	10:07+	19:12+	24:00+	33:32+	38:27+	53:25+	65:17+	72:51+	78:44+	81:06+	83:35+	87:44+	93:51+	97:52+	102:56+	106:39+	109:00+	118:19+	123:53+	129:49+	137:28+	139:37+	143:46+	147:14+						
02:44+	02:15+	05:08+	09:05+	04:48+	09:32+	04:55+	14:58+	11:52+	07:34+	05:53-	02:22-	02:29-	04:09+	06:07+	04:01+	05:04+	03:43+	02:21-	09:19+	05:34+	05:56+	07:39+	02:09-	04:09+	03:28+						
00:49&	00:38&	02:26&	03:27&	03:42@	04:47@	02:15&	13:31@	10:00@	03:30&	01:43-	02:29-	01:38-	02:35@	04:16@	01:12&	00:56#	02:02@	01:02-	05:53@	04:10@	02:10&	03:54@	01:59-	00:53&	02:12@						
18	Uffe Bach										Ok Djurs										2:44:38										
02:54+	05:32+	10:43+	22:59+	25:11+	34:30+	39:39+	44:10+	52:01+	66:00+	73:59+	83:42+	86:53+	89:56+	95:43+	103:28+	106:30+	113:13+	118:11+	120:47+	128:20+	135:06+	144:05+	151:56+	154:26+	159:56+						
02:54+	02:38+	05:11+	12:16+	02:12+	09:19+	05:09+	04:31+	07:51+	13:59+	07:59+	09:43+	03:11-	03:03+	05:47+	07:45+	03:02-	06:43+	04:58+	02:36-	07:33+	06:46+	08:59+	07:51+	02:30-	05:30+						
00:59&	01:01&	02:29&	06:38@	01:06&	04:34&	02:29&	03:04@	05:59@	09:55@	00:23+	04:52@	00:56-	01:29&	03:56@	04:56@	01:06-	05:02@	01:35&	00:50-	06:09@	03:00&	05:14@	03:43&	00:46-	04:14@						
164:38+																															
04:42+																															
01:40&																															
Beste stræktid for klassen																															
01:55	01:33	02:36	05:21	01:06	04:45	02:40	01:27	01:52	04:04	05:10	02:22	01:51	01:34	01:51	02:49	01:47	01:41	02:21	01:16	01:24	03:46	03:23	02:09	01:20	01:16	02:28					

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

H/D16km

1	Sune Dupont					Aarhus 1900 Orientering										1:55:20									
02:13=	04:19=	09:41=	10:50=	15:51=	18:47=	20:21=	24:40=	29:11=	33:15=	35:55=	39:49=	44:04=	49:23=	53:36=	55:35=	57:23=	60:21=	64:19=	70:55=	76:48=	83:45=	87:58=	93:52=	96:58=	101:26=
02:13=	02:06=	05:22=	01:09=	05:01=	02:56=	01:34=	04:19=	04:31=	04:04=	02:40=	03:54=	04:15=	05:19=	04:13=	01:59=	01:48=	02:58=	03:58=	06:36=	05:53=	06:57=	04:13=	05:54=	03:06=	04:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
105:36=	108:38=	110:02=	113:00=	115:20=																					
04:10=	03:02=	01:24=	02:58=	02:20=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					
2	Jan Thomsen					Ok Pan Århus										2:15:58									
02:19+	04:43+	11:01+	12:18+	17:45+	21:10+	23:23+	28:37+	33:24+	37:52+	40:54+	46:59+	52:00+	58:17+	63:28+	65:56+	68:17+	73:25+	77:41+	85:48+	93:00+	100:12+	103:43+	110:43+	114:31+	120:04+
02:19+	02:24+	06:18+	01:17+	05:27+	03:25+	02:13+	05:14+	04:47+	04:28+	03:02+	06:05+	05:01+	06:17+	05:11+	02:28+	02:21+	05:08+	04:16+	08:07+	07:12+	07:12+	03:31-	07:00+	03:48+	05:33+
00:06+	00:18#	00:56#	00:08#	00:26+	00:29#	00:39&	00:55#	00:16+	00:24+	00:22#	02:11&	00:46#	00:58#	00:58#	00:29#	00:33&	02:10&	00:18+	01:31#	01:19#	00:15+	00:42-	01:06#	00:42#	01:05#
124:21+	128:07+	130:04+	133:25+	135:58+																					
04:17+	03:46+	01:57+	03:21+	02:33+																					
00:07+	00:44#	00:33&	00:23#	00:13+																					
3	Thorkild Jensen					Randers Ok										2:22:59									
02:00-	04:20+	10:45+	11:50+	17:14+	20:23+	22:27+	27:09+	34:06+	37:59+	40:36+	44:18+	48:38+	54:16+	58:49+	61:11+	63:59+	67:14+	71:24+	82:09+	92:43+	99:39+	107:38+	116:02+	119:48+	125:01+
02:00-	02:20+	06:25+	01:05-	05:24+	03:09+	02:04+	04:42+	06:57+	03:53-	02:37-	03:42-	04:20+	05:38+	04:33+	02:22+	02:48+	03:15+	04:10+	10:45+	10:34+	06:56-	07:59+	08:24+	03:46+	05:13+
00:13-	00:14#	01:03#	00:04-	00:23+	00:13+	00:30&	00:23+	02:26&	00:11-	00:03-	00:12-	00:05+	00:19+	00:20+	00:23#	01:00&	00:17+	00:12+	04:09&	04:41&	00:01-	03:46&	02:30&	00:40#	00:45#
130:34+	135:30+	137:38+	140:41+	142:59+																					
05:33+	04:56+	02:08+	03:03+	02:18-																					
01:23&	01:54&	00:44&	00:05+	00:02-																					
4	Michael Filyo					Silkeborg Ok										2:28:49									
02:09-	04:07-	10:32+	11:43+	17:06+	20:15+	22:15+	26:53+	35:01+	39:05+	43:43+	47:28+	53:21+	58:53+	63:23+	66:18+	67:58+	79:52+	87:15+	97:47+	107:45+	116:24+	118:59+	125:45+	128:37+	133:20+
02:09-	01:58-	06:25+	01:11+	05:23+	03:09+	02:00+	04:38+	08:08+	04:04=	04:38+	03:45-	05:53+	05:32+	04:30+	02:55+	01:40-	11:54+	07:23+	10:32+	09:58+	08:39+	02:35-	06:46+	02:52-	04:43+
00:04-	00:08-	01:03#	00:02+	00:22+	00:13+	00:26&	00:19+	03:37&	00:00=	01:58&	00:09-	01:38&	00:13+	00:17+	00:56&	00:08-	08:56@	03:25&	03:56&	04:05&	01:42#	01:38-	00:52#	00:14-	00:15+
137:13+	140:37+	142:17+	145:39+	148:49+																					
03:53-	03:24+	01:40+	03:22+	03:10+																					
00:17-	00:22#	00:16#	00:24#	00:50&																					
5	Allan Reiche					Ok Vendelboerne										2:38:19									
02:14+	04:42+	14:49+	16:09+	23:16+	26:35+	28:42+	33:45+	40:15+	44:53+	48:29+	55:14+	60:45+	66:28+	72:05+	74:14+	76:41+	80:33+	86:05+	96:03+	104:24+	112:35+	116:03+	124:15+	129:13+	135:26+
02:14+	02:28+	10:07+	01:20+	07:07+	03:19+	02:07+	05:03+	06:30+	04:38+	03:36+	06:45+	05:31+	05:43+	05:37+	02:09+	02:27+	03:52+	05:32+	09:58+	08:21+	08:11+	03:28-	08:12+	04:58+	06:13+
00:01+	00:22#	04:45&	00:11#	02:06&	00:23#	00:33&	00:44#	01:59&	00:34#	00:56&	02:51&	01:16&	00:24+	01:24&	00:10+	00:39&	00:54&	01:34&	03:22&	02:28&	01:14#	00:45-	02:18&	01:52&	01:45&
144:30+	149:10+	151:24+	155:25+	158:19+																					
09:04+	04:40+	02:14+	04:01+	02:54+																					
04:54@	01:38&	00:50&	01:03&	00:34#																					
6	Rasmus Nedergaard					Ok Pan Århus										3:12:42									
02:49+	05:30+	15:58+	17:58+	23:56+	28:15+	30:28+	36:44+	44:14+	51:16+	58:12+	64:48+	70:15+	76:35+	82:04+	84:43+	93:41+	98:41+	105:45+	118:11+	136:09+	144:52+	148:43+	156:03+	160:56+	169:18+
02:49+	02:41+	10:28+	02:00+	05:58+	04:19+	02:13+	06:16+	07:30+	07:02+	06:56+	06:36+	05:27+	06:20+	05:29+	02:39+	08:58+	05:00+	07:04+	12:26+	17:58+	08:43+	03:51-	07:20+	04:53+	08:22+
00:36&	00:35&	05:06&	00:51&	00:57#	01:23&	00:39&	01:57&	02:59&	02:58&	04:16@	02:42&	01:12&	01:01#	01:16&	00:40&	07:10@	02:02&	03:06&	05:50&	12:05@	01:46&	00:22-	01:26#	01:47&	03:54&
176:58+	183:52+	186:21+	190:16+	192:42+																					
07:40+	06:54+	02:29+	03:55+	02:26+																					
03:30&	03:52@	01:05&	00:57&	00:06+																					

Beste stræktid for klassen

02:00	01:58	05:22	01:05	05:01	02:56	01:34	04:19	04:31	03:53	02:37	03:42	04:15	05:19	04:13	01:59	01:40	02:58	03:58	06:36	05:53	06:56	02:35	05:54	02:52	04:28	03:53	03:53
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H/D20km

1	Rasmus Oscar										Ok Pan Århus										2:11:16									
02:04=	03:39=	06:33=	12:21=	13:24=	17:59=	20:49=	22:19=	26:36=	34:06=	35:55=	39:55=	43:57=	47:35=	51:56=	55:55=	57:55=	66:59=	72:47=	79:18=	80:44=	83:38=	90:33=	96:21=	102:28=	104:52=					
02:04=	01:35=	02:54=	05:48=	01:03=	04:35=	02:50=	01:30=	04:17=	07:30=	01:49=	04:00=	04:02=	03:38=	04:21=	03:59=	02:00=	09:04=	05:48=	06:31=	01:26=	02:54=	06:55=	05:48=	06:07=	02:24=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
111:11=	113:55=	116:14=	120:08=	124:47=	126:10=	128:51=	131:16=																							
06:19=	02:44=	02:19=	03:54=	04:39=	01:23=	02:41=	02:25=																							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																							

2	Ebbe Nielsen										Ok Pan Århus										2:13:29									
02:04=	03:36=	06:31=	12:19=	13:21=	17:55=	20:42=	22:16=	26:32=	34:06=	35:53=	39:52=	43:54=	47:36+	51:58+	55:52=	57:53=	66:48=	72:46=	79:16=	80:42=	83:35=	90:31=	96:17=	102:26=	104:53+					
02:04=	01:32=	02:55+	05:48=	01:02=	04:34=	02:47=	01:34+	04:16=	07:34+	01:47=	03:59=	04:02=	03:42+	04:22+	03:54=	02:01+	08:55=	05:58+	06:30=	01:26=	02:53=	06:56+	05:46=	06:09+	02:27+					
00:00=	00:03=	00:01+	00:00=	00:01=	00:01=	00:03=	00:04+	00:01=	00:04+	00:02=	00:01=	00:00=	00:04+	00:01+	00:05=	00:01+	00:09=	00:10+	00:01=	00:00=	00:01=	00:01+	00:02=	00:02+	00:03+					
111:12+	113:56+	116:15+	120:15+	125:54+	127:35+	130:48+	133:29+																							
06:19=	02:44=	02:19=	04:00+	05:39+	01:41+	03:13+	02:41+																							
00:00=	00:00=	00:00=	00:06+	01:00#	00:18#	00:32#	00:16#																							

3 Peter Villadsen				Aalborg Ok										2:38:52											
02:09+	03:48+	06:39+	12:14=	19:57+	21:32+	27:03+	30:28+	32:19+	37:16+	45:33+	47:30+	54:59+	59:27+	63:56+	69:01+	73:28+	75:28+	85:04+	90:20+	97:49+	98:07+	99:45+	102:53+	110:45+	116:30+
02:09+	01:39+	02:51=	05:35=	07:43+	01:35=	05:31+	03:25+	01:51=	04:57=	08:17+	01:57=	07:29+	04:28+	04:29+	05:05+	04:27+	02:00=	09:36+	05:16=	07:29+	00:18=	01:38=	03:08=	07:52+	05:45+
00:05+	00:04+	00:03=	00:13=	06:40@	03:00=	02:41&	01:55@	02:26=	02:33=	06:28@	02:03=	03:27&	00:50#	00:08+	01:06&	02:27@	07:04=	03:48&	01:15=	06:03@	02:36=	05:17=	02:40=	01:45&	03:21@
123:36+	126:26+	133:05+	136:32+	139:14+	143:23+	150:51+	152:29+	155:49+	158:52+																
07:06+	02:50+	06:39+	03:27=	02:42=	04:09+	07:28+	01:38=	03:20+	03:03+																
00:47#	00:06+	04:20@	00:27=	01:57=	02:46@	04:47@	00:47=	03:20+	03:03+																

4	Dion Petersen										Ok Pan Århus										2:45:09									
02:57+	05:08+	08:20+	13:53+	17:43+	18:59+	24:45+	28:37+	30:23+	35:11+	47:01+	49:02+	55:43+	60:12+	65:29+	71:10+	75:37+	77:16+	87:00+	92:29+	100:07+	101:58+	104:53+	111:08+	116:56+	124:26+					
02:57+	02:11+	03:12+	05:33-	03:50+	01:16-	05:46+	03:52+	01:46+	04:48-	11:56+	02:01-	06:41+	04:29+	05:17+	05:41+	04:27+	01:39-	09:44+	05:29-	07:38+	01:51-	02:55-	06:15+	05:48-	07:30+					
00:53&	00:36&	00:18#	00:15-	02:47@	03:19-	02:56@	02:22@	02:31-	02:42-	10:01@	01:59-	02:39&	00:51#	00:56#	01:42&	02:27@	07:25-	03:56&	01:02-	06:12@	01:03-	04:00-	00:27+	00:19-	05:06@					
127:21+	134:59+	138:48+	141:59+	147:00+	155:34+	157:53+	162:04+	165:09+																						
02:55-	07:38+	03:49+	03:11-	05:01+	08:34+	02:19-	04:11+	03:05+																						
03:24-	04:54@	01:30&	00:43-	00:22+	07:11@	00:22-	01:46&	03:05+																						

Johan Nielsen										Silkeborg Ok										3:20:35									
02:21+	04:24+	07:45+	14:57+	16:38+	23:09+	26:46+	41:00+	52:22+	54:48+	62:37+	67:23+	72:41+	79:15+	84:37+	86:57+	98:39+	105:31+	115:16+	117:21+	121:19+	132:33+	147:03+	156:13+	159:38+	167:40+				
02:21+	02:03+	03:21+	07:12+	01:41+	06:31+	03:37+	14:14+	11:22+	02:26-	07:49+	04:46+	05:18+	06:34+	05:22+	02:20-	11:42+	06:52-	09:45+	02:05-	03:58+	11:14+	14:30+	09:10+	03:25-	08:02+				
00:17#	00:28&	00:27#	01:24#	00:38&	01:56&	00:47&	12:44@	07:05@	05:04-	06:00@	00:46#	01:16&	02:56&	01:01#	01:39-	09:42@	02:12-	03:57&	04:26-	02:32@	08:20@	07:35@	03:22&	02:42-	05:38@				
172:06+	175:49+	181:45+	190:54+	192:48+	197:21+	200:35+																							
04:26-	03:43+	05:56+	09:09+	01:54-	04:33+	03:14+																							
01:53-	00:59&	03:37@	05:15@	02:45-	03:10@	00:33#																							

Beste stræktid for klassen

02:04	01:32	02:51	05:33	01:02	01:16	02:47	01:30	01:46	02:26	01:47	01:57	04:02	03:38	04:21	02:20	02:00	01:39	05:48	02:05	01:26	00:18	01:38	03:08	03:25	02:24	02:55	02:55
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H/D3,5km

1	Helle Truelsen				Holstebro Ok								55:37	
03:41=	11:14=	21:55=	24:09=	34:12=	39:22=	42:26=	45:06=	51:31=	55:37=					
03:41=	07:33=	10:41=	02:14=	10:03=	05:10=	03:04=	02:40=	06:25=	04:06=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

2	Jakob Ravn					Horsens Ok					1:10:10														
04:17+	12:20+	26:32+	29:09+	41:33+	49:27+	54:11+	58:38+	65:30+	70:10+																
04:17+	08:03+	14:12+	02:37+	12:24+	07:54+	04:44+	04:27+	06:52+	04:40+																
00:36#	00:30+	03:31&	00:23#	02:21#	02:44&	01:40&	01:47&	00:27+	00:34#																

3	Allan Hougaard				Aarhus 1900 Orientering										1:10:58										
03:43+	11:15+	26:03+	29:05+	45:41+	54:21+	56:48+	60:51+	66:45+	70:58+																
03:43+	07:32-	14:48+	03:02+	16:36+	08:40+	02:27-	04:03+	05:54-	04:13+																
00:02+	00:01-	04:07&	00:48&	06:33&	03:30&	00:37-	01:23&	00:31-	00:07+																

Plass	Navn										Klasse	Tid									
4	Astrid Gylling Hougaard										Aarhus 1900 Orientering	1:11:02									
	03:45+	11:36+	26:02+	29:41+	45:40+	54:20+	56:57+	60:50+	66:46+	71:02+											
	03:45+	07:51+	14:26+	03:39+	15:59+	08:40+	02:37-	03:53+	05:56-	04:16+											
	00:04+	00:18+	03:45&	01:25&	05:56&	03:30&	00:27-	01:13&	00:29-	00:10+											
5	Birgit Rasmussen										Aarhus 1900 Orientering	1:41:18									
	04:36+	13:50+	32:54+	38:22+	61:59+	77:43+	83:23+	87:22+	95:53+	101:18+											
	04:36+	09:14+	19:04+	05:28+	23:37+	15:44+	05:40+	03:59+	08:31+	05:25+											
	00:55#	01:41#	08:23&	03:14@	13:34@	10:34@	02:36&	01:19&	02:06&	01:19&											
6	Conny Birch										Ok Djurs	1:57:45									
	05:45+	15:04+	39:46+	49:59+	71:26+	86:27+	94:58+	101:20+	111:37+	117:45+											
	05:45+	09:19+	24:42+	10:13+	21:27+	15:01+	08:31+	06:22+	10:17+	06:08+											
	02:04&	01:46#	14:01@	07:59@	11:24@	09:51@	05:27@	03:42@	03:52&	02:02&											
7	Helle Bach										Ok Djurs	2:25:12									
	05:17+	15:05+	43:10+	49:46+	70:51+	86:14+	102:03+	112:45+	137:41+	145:12+											
	05:17+	09:48+	28:05+	06:36+	21:05+	15:23+	15:49+	10:42+	24:56+	07:31+											
	01:36&	02:15&	17:24@	04:22@	11:02@	10:13@	12:45@	08:02@	18:31@	03:25&											
Beste stræktid for klassen																					
	03:41	07:32	10:41	02:14	10:03	05:10	02:27	02:40	05:54	04:06											
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																					
H/D6km																					
1	Rie Mcgrail										Ok Pan Århus	54:24									
	02:16=	04:20=	07:53=	15:46=	17:14=	23:16=	27:33=	29:49=	35:17=	37:27=		42:28=	46:35=	48:24=	51:54=	54:24=					
	02:16=	02:04=	03:33=	07:53=	01:28=	06:02=	04:17=	02:16=	05:28=	02:10=		05:01=	04:07=	01:49=	03:30=	02:30=					
	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=					
2	Finn Hørup Nielsen										Ok Vendelboerne	58:23									
	02:21+	04:52+	08:44+	16:58+	18:28+	26:09+	29:57+	32:03+	38:13+	41:10+		49:46+	52:01+	58:23+							
	02:21+	02:31+	03:52+	08:14+	01:30+	07:41+	03:48-	02:06-	06:10+	02:57+		08:36+	02:15-	06:22+							
	00:05+	00:27#	00:19+	00:21+	00:02+	01:39&	00:29-	00:10-	00:42#	00:47&		03:35&	01:52-	04:33@							
3	Sara Lysemose Poulsen										Silkeborg Ok	1:02:43									
	02:35+	04:48+	09:23+	17:06+	19:04+	25:35+	29:43+	32:57+	40:14+	43:13+		49:02+	54:03+	56:16+	59:56+	62:43+					
	02:35+	02:13+	04:35+	07:43-	01:58+	06:31+	04:08-	03:14+	07:17+	02:59+		05:49+	05:01+	02:13+	03:40+	02:47+					
	00:19#	00:09+	01:02&	00:10-	00:30&	00:29+	00:09-	00:58&	01:49&	00:49&		00:48#	00:54#	00:24#	00:10+	00:17#					
4	Birgitte Halle										Aarhus 1900 Orientering	1:04:25									
	02:41+	06:16+	12:26+	19:59+	21:30+	29:08+	33:00+	35:14+	41:20+	44:17+		49:38+	54:56+	57:30+	61:48+	64:25+					
	02:41+	03:35+	06:10+	07:33-	01:31+	07:38+	03:52-	02:14-	06:06+	02:57+		05:21+	05:18+	02:34+	04:18+	02:37+					
	00:25#	01:31&	02:37&	00:20-	00:03+	01:36&	00:25-	00:02-	00:38#	00:47&		00:20+	01:11&	00:45&	00:48#	00:07+					
5	Bettina Gjedde										Mariager Fjord Ok	1:06:16									
	03:10+	05:55+	10:02+	18:30+	20:11+	27:58+	32:51+	35:38+	42:40+	45:45+		51:04+	56:14+	58:32+	62:52+	66:16+					
	03:10+	02:45+	04:07+	08:28+	01:41+	07:47+	04:53+	02:47+	07:02+	03:05+		05:19+	05:10+	02:18+	04:20+	03:24+					
	00:54&	00:41&	00:34#	00:35+	00:13#	01:45&	00:36#	00:31#	01:34&	00:55&		00:18+	01:03&	00:29&	00:50#	00:54&					
6	Lene Bejer Damgaard										Viborg Ok	1:08:25									
	03:18+	06:01+	10:59+	19:16+	21:18+	29:07+	34:27+	37:22+	44:09+	47:36+		53:08+	58:34+	60:36+	65:01+	68:25+					
	03:18+	02:43+	04:58+	08:17+	02:02+	07:49+	05:20+	02:55+	06:47+	03:27+		05:32+	05:26+	02:02+	04:25+	03:24+					
	01:02&	00:39&	01:25&	00:24+	00:34&	01:47&	01:03#	00:39&	01:19#	01:17&		00:31#	01:19&	00:13#	00:55&	00:54&					
7	Ole Christiansen										Akif	1:08:26									
	01:24-	06:04+	15:52+	17:33+	26:11+	32:38+	37:14+	44:04+	47:51+	53:29+		58:40+	60:45+	64:56+							
	01:24-	04:40+	09:48+	01:41-	08:38+	06:27+	04:36+	06:50+	03:47-	05:38+		05:11+	02:05-	04:11+							
	00:52-	02:36@	06:15@	06:12-	07:10@	00:25+	00:19+	04:34@	01:41-	03:28@		00:10+	02:02-	02:22@							
8	Lene Stick Nielsen										Viborg Ok	1:12:04									
	02:56+	06:19+	11:14+	21:43+	23:51+	31:40+	36:33+	39:51+	47:45+	51:22+		57:02+	62:10+	64:20+	68:39+	72:04+					
	02:56+	03:23+	04:55+	10:29+	02:08+	07:49+	04:53+	03:18+	07:54+	03:37+		05:40+	05:08+	02:10+	04:19+	03:25+					
	00:40&	01:19&	01:22&	02:36&	00:40&	01:47&	00:36#	01:02&	02:26&	01:27&		00:39#	01:01#	00:21#	00:49#	00:55&					
9	Nanna Lysemose Poulsen										Silkeborg Ok	1:12:07									
	02:55+	05:35+	10:16+	19:53+	22:01+	30:26+	35:45+	38:18+	46:16+	50:30+		55:47+	61:40+	64:06+	64:25+	68:48+	72:07+				
	02:55+	02:40+	04:41+	09:37+	02:08+	08:25+	05:19+	02:33+	07:58+	04:14+		05:17+	05:53+	02:26+	00:19-	04:23+	03:19+				
	00:39&	00:36&	01:08&	01:44#	00:40&	02:23&	01:02#	00:17#	02:30&	02:04&		00:16+	01:46&	00:37&	03:11-	01:53&	03:19+				

Plass	Navn					Klasse					Tid				
10	Frede Truelsen					Holstebro Ok					1:17:41				
02:41+	05:07+	10:32+	20:30+	22:09+	29:30+	33:52+	36:28+	40:03+	53:26+	56:55+	62:29+	67:41+	70:00+	74:21+	77:41+
02:41+	02:26+	05:25+	09:58+	01:39+	07:21+	04:22+	02:36+	03:35-	13:23+	03:29-	05:34+	05:12+	02:19-	04:21+	03:20+
00:25#	00:22#	01:52&	02:05&	00:11#	01:19#	00:05+	00:20#	01:53-	11:13@	01:32-	01:27&	03:23@	01:11-	01:51&	03:20+
11	Per Kolstrup					Randers Ok					1:18:42				
02:40+	06:25+	11:56+	24:23+	26:37+	34:23+	39:38+	43:14+	51:38+	55:37+	62:21+	68:12+	70:46+	75:37+	78:42+	
02:40+	03:45+	05:31+	12:27+	02:14+	07:46+	05:15+	03:36+	08:24+	03:59+	06:44+	05:51+	02:34+	04:51+	03:05+	
00:24#	01:41&	01:58&	04:34&	00:46&	01:44&	00:58#	01:20&	02:56&	01:49&	01:43&	01:44&	00:45&	01:21&	00:35#	
13	Thorkil Mølle					Mariager Fjord Ok					1:21:12				
03:09+	07:37+	12:23+	22:12+	24:35+	33:38+	38:36+	43:18+	51:51+	55:37+	63:25+	70:48+	73:42+	78:09+	81:12+	
03:09+	04:28+	04:46+	09:49+	02:23+	09:03+	04:58+	04:42+	08:33+	03:46+	07:48+	07:23+	02:54+	04:27+	03:03+	
00:53&	02:24@	01:13&	01:56#	00:55&	03:01&	00:41#	02:26@	03:05&	01:36&	02:47&	03:16&	01:05&	00:57&	00:33#	
14	Kim Topp					Randers Ok					1:22:54				
02:42+	05:53+	10:31+	23:00+	25:16+	35:17+	41:42+	45:17+	55:50+	60:00+	66:05+	72:33+	75:05+	79:27+	82:54+	
02:42+	03:11+	04:38+	12:29+	02:16+	10:01+	06:25+	03:35+	10:33+	04:10+	06:05+	06:28+	02:32+	04:22+	03:27+	
00:26#	01:07&	01:05&	04:36&	00:48&	03:59&	02:08&	01:19&	05:05&	02:00&	01:04#	02:21&	00:43&	00:52#	00:57&	
15	Palle Møller Nielsen					Odense Ok					1:26:03				
03:14+	06:51+	11:55+	23:02+	25:07+	34:50+	41:05+	45:40+	55:42+	60:01+	66:56+	73:12+	75:49+	82:00+	86:03+	
03:14+	03:37+	05:04+	11:07+	02:05+	09:43+	06:15+	04:35+	10:02+	04:19+	06:55+	06:16+	02:37+	06:11+	04:03+	
00:58&	01:33&	01:31&	03:14&	00:37&	03:41&	01:58&	02:19@	04:34&	02:09&	01:54&	02:09&	00:48&	02:41&	01:33&	
16	Holger Mikkelsen					Odense Ok					1:26:36				
03:04+	05:50+	10:46+	28:05+	30:19+	40:59+	47:27+	50:29+	59:20+	63:21+	69:56+	76:02+	78:17+	82:54+	86:36+	
03:04+	02:46+	04:56+	17:19+	02:14+	10:40+	06:28+	03:02+	08:51+	04:01+	06:35+	06:06+	02:15+	04:37+	03:42+	
00:48&	00:42&	01:23&	09:26@	00:46&	04:38&	02:11&	00:46&	03:23&	01:51&	01:34&	01:59&	00:26#	01:07&	01:12&	
17	Anne-Mette Kirkegaard					Silkeborg Ok					1:29:45				
03:41+	08:39+	14:07+	25:20+	27:24+	37:06+	42:54+	53:50+	57:57+	67:21+	75:46+	79:05+	84:23+	88:31+		
03:41+	04:58+	05:28+	11:13+	02:04+	09:42+	05:48+	10:56+	04:07-	09:24+	08:25+	03:19-	05:18+	04:08+		
01:25&	02:54@	01:55&	03:20&	00:36&	03:40&	01:31&	08:40@	01:21-	07:14@	03:24&	00:48-	03:29@	00:38#		
18	Finn Hother Madsen					Ok Pan Århus					1:30:25				
02:51+	05:55+	12:11+	23:09+	25:21+	34:18+	39:35+	42:30+	55:51+	59:33+	70:24+	76:37+	81:08+	86:28+	90:25+	
02:51+	03:04+	06:16+	10:58+	02:12+	08:57+	05:17+	02:55+	13:21+	03:42+	10:51+	06:13+	04:31+	05:20+	03:57+	
00:35&	01:00&	02:43&	03:05&	00:44&	02:55&	01:00#	00:39&	07:53@	01:32&	05:50@	02:06&	02:42@	01:50&	01:27&	
19	Pia Gade					Viborg Ok					1:32:05				
03:19+	06:20+	12:40+	24:19+	26:33+	36:15+	50:39+	54:25+	63:01+	66:56+	75:01+	81:12+	83:48+	88:17+	92:05+	
03:19+	03:01+	06:20+	11:39+	02:14+	09:42+	14:24+	03:46+	08:36+	03:55+	08:05+	06:11+	02:36+	04:29+	03:48+	
01:03&	00:57&	02:47&	03:46&	00:46&	03:40&	10:07@	01:30&	03:08&	01:45&	03:04&	02:04&	00:47&	00:59&	01:18&	
20	Dorte Jenny Bak					Aalborg Ok					1:33:51				
02:58+	05:47+	10:50+	24:16+	26:17+	36:29+	42:04+	50:51+	59:55+	64:01+	75:57+	83:02+	85:30+	90:19+	93:51+	
02:58+	02:49+	05:03+	13:26+	02:01+	10:12+	05:35+	08:47+	09:04+	04:06+	11:56+	07:05+	02:28+	04:49+	03:32+	
00:42&	00:45&	01:30&	05:33&	00:33&	04:10&	01:18&	06:31@	03:36&	01:56&	06:55@	02:58&	00:39&	01:19&	01:02&	
21	Bent Nielsen					Ok Pan Århus					1:38:17				
03:00+	06:01+	12:14+	24:21+	27:31+	37:39+	44:04+	60:40+	68:57+	73:05+	79:33+	85:21+	89:41+	94:35+	98:17+	
03:00+	03:01+	06:13+	12:07+	03:10+	10:08+	06:25+	16:36+	08:17+	04:08+	06:28+	05:48+	04:20+	04:54+	03:42+	
00:44&	00:57&	02:40&	04:14&	01:42@	04:06&	02:08&	14:20@	02:49&	01:58&	01:27&	01:41&	02:31@	01:24&	01:12&	
22	Susanne Høiberg					Silkeborg Ok					1:41:21				
03:53+	07:12+	13:06+	30:44+	34:11+	45:51+	53:09+	57:43+	67:30+	72:29+	80:22+	88:22+	91:35+	97:28+	101:21+	
03:53+	03:19+	05:54+	17:38+	03:27+	11:40+	07:18+	04:34+	09:47+	04:59+	07:53+	08:00+	03:13+	05:53+	03:53+	
01:37&	01:15&	02:21&	09:45@	01:59@	05:38&	03:01&	02:18@	04:19&	02:49@	02:52&	03:53&	01:24&	02:23&	01:23&	
23	Anne Ellegaard					Aarhus 1900 Orientering					1:43:50				
02:39+	04:58+	11:41+	21:02+	22:57+	31:16+	50:58+	57:06+	60:54+	69:21+	74:19+	87:53+	93:10+	95:23+	100:24+	103:50+
02:39+	02:19+	06:43+	09:21+	01:55+	08:19+	19:42+	06:08+	03:48-	08:27+	04:58-	13:34+	05:17+	02:13-	05:01+	03:26+
00:23#	00:15#	03:10&	01:28#	00:27&	02:17&	15:25@	03:52@	01:40-	06:17@	00:03-	09:27@	03:28@	01:17-	02:31@	03:26+
24	Ansa Maclassen					Mariager Fjord Ok					1:51:46				
04:12+	10:13+	20:07+	33:38+	36:24+	47:22+	55:57+	59:33+	72:39+	78:05+	89:38+	97:25+	100:27+	107:02+	111:46+	
04:12+	06:01+	09:54+	13:31+	02:46+	10:58+	08:35+	03:36+	13:06+	05:26+	11:33+	07:47+	03:02+	06:35+	04:44+	
01:56&	03:57@	06:21@	05:38&	01:18&	04:56&	04:18@	01:20&	07:38@	03:16@	06:32@	03:40&	01:13&	03:05&	02:14&	
25	Kai Hansen					Ok Djurs					1:53:37				
04:09+	08:29+	14:57+	28:03+	30:03+	39:21+	45:25+	63:54+	76:24+	80:38+	89:19+	97:08+	100:45+	108:46+	113:37+	
04:09+	04:20+	06:28+	13:06+	02:00+	09:18+	06:04+	18:29+	12:30+	04:14+	08:41+	07:49+	03:37+	08:01+	04:51+	
01:53&	02:16@	02:55&	05:13&	00:32&	03:16&	01:47&	16:13@	07:02@	02:04&	03:40&	03:42&	01:48&	04:31@	02:21&	

Plass	Navn										Klasse					Tid				
26	Jytte Larsen										Silkeborg Ok					2:14:08				
	04:23+	08:45+	16:23+	35:36+	39:50+	57:41+	66:03+	74:10+	86:14+	93:10+	108:53+	118:09+	121:58+	129:04+	134:08+					
	04:23+	04:22+	07:38+	19:13+	04:14+	17:51+	08:22+	08:07+	12:04+	06:56+	15:43+	09:16+	03:49+	07:06+	05:04+					
	02:07&	02:18@	04:05@	11:20@	02:46@	11:49@	04:05&	05:51@	06:36@	04:46@	10:42@	05:09@	02:00@	03:36@	02:34@					
Beste stræktid for klassen																				
	01:24	02:04	03:33	01:41	01:28	06:02	03:48	02:06	03:35	02:10	03:29	02:05	01:49	00:19	02:30					
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																				