

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|--------------------|-----------------------------|--------------|---------------|---------------|----------------|
| Beg 2,55 KM | | | | | |
| 1 | Lucas Stenhøj Baun Mcgrail | Ok Pan | 23:06 | | 09:03 |
| 2 | Freya Friis Gade | Viborg Ok | 25:05 | 01:59 | 09:50 |
| 3 | Alexander Kjærsgård | Ok Pan | 28:37 | 05:31 | 11:13 |
| 4 | Merete Kirkegaard | Horsens Ok | 28:54 | 05:48 | 11:20 |
| 5 | Josefine Scheel Hansen | Ok Pan | 30:10 | 07:04 | 11:49 |
| 6 | Line Bjerre | Horsens Ok | 30:55 | 07:49 | 12:07 |
| 7 | Martin Hav | Rold Skov Ok | 31:02 | 07:56 | 12:10 |
| 8 | Trine Niss | Rold Skov Ok | 32:48 | 09:42 | 12:51 |
| 9 | Liv Gammelmark | Rold Skov Ok | 41:25 | 18:19 | 16:14 |
| 10 | Preben Jørgensen | Horsens Ok | 42:09 | 19:03 | 16:31 |
| 11 | Victoria Olesen Hinge | Ok Pan | 49:02 | 25:56 | 19:13 |
| 12 | Grethe Boen Knudsen | Horsens Ok | 49:04 | 25:58 | 19:14 |
| 13 | Sylvester Arvad Kristensen | Herning Ok | 1:12:25 | 49:19 | 28:23 |
| 14 | Dennis Heldgaard Kristensen | Herning Ok | 1:12:40 | 49:34 | 28:29 |
| 15 | Maya Arvad Kristensen | Herning Ok | 1:12:42 | 49:36 | 28:30 |
| DSQ | Lykke Overballe Hansen | Ok Pan | 41:09 | | DSQ Missed 125 |
| Sum | 16 | Tilmeldte 16 | Startende: 16 | Ant poster 14 | |

| | | | | | |
|--------------------|-----------------------------|--------------|---------------|---------------|----------------|
| D10 2,55 KM | | | | | |
| 1 | Ragnhild Øhlenschlæger | Silkeborg Ok | 22:07 | | 08:40 |
| 2 | Karla Blicher | Ok Melfar | 23:31 | 01:24 | 09:13 |
| 3 | Carla Brahe Bohnsen | Ok Pan | 24:07 | 02:00 | 09:27 |
| 4 | Gry Gammelmark | Rold Skov Ok | 25:20 | 03:13 | 09:56 |
| 5 | Selma Gammelmark | Rold Skov Ok | 25:21 | 03:14 | 09:56 |
| 6 | Marie Skov Dalgaard | Ok Pan | 25:42 | 03:35 | 10:04 |
| 7 | Freja Toft Møller Mikkelsen | Horsens Ok | 28:00 | 05:53 | 10:58 |
| 8 | Olivia Olesen Hinge | Ok Pan | 28:21 | 06:14 | 11:07 |
| 9 | Astrid Lykke Nielsen | Horsens Ok | 29:28 | 07:21 | 11:33 |
| 10 | Matilde Riis Madsen | Rold Skov Ok | 34:11 | 12:04 | 13:24 |
| 11 | Karen Gammelvind | Herning Ok | 35:03 | 12:56 | 13:44 |
| DSQ | Freya Baagø | Viborg Ok | 45:12 | | DSQ100 for 131 |
| DSQ | Kristine Skouboe | Horsens Ok | 49:00 | | DSQ Missed 125 |
| Sum | 13 | Tilmeldte 13 | Startende: 13 | Ant poster 14 | |

| | | | | | |
|--------------------|--------------------------|--------------|--------------|---------------|----------------|
| D12 3,15 KM | | | | | |
| 1 | Siv Borup Fredberg | Silkeborg Ok | 23:08 | | 07:20 |
| 2 | Astrid Faber Fenger-Grøn | Silkeborg Ok | 23:50 | 00:42 | 07:33 |
| 3 | Esther Henriksen | Horsens Ok | 24:07 | 00:59 | 07:39 |
| 4 | Siv Kusk Berglund | Ok Pan | 26:36 | 03:28 | 08:26 |
| 5 | Johanna Madsen | Ok Melfar | 28:23 | 05:15 | 09:00 |
| 6 | Anna Kaldahl Hornbæk | Ok Pan | 29:17 | 06:09 | 09:17 |
| 7 | Ida Søe Christiansen | Rold Skov Ok | 29:26 | 06:18 | 09:20 |
| 8 | Mathilde Bobach | Rold Skov Ok | 35:11 | 12:03 | 11:10 |
| DSQ | Martine Keller | Horsens Ok | 24:22 | | DSQ Missed 134 |
| Sum | 9 | Tilmeldte 9 | Startende: 9 | Ant poster 13 | |

| | | | | | |
|---------------------|----------------------|--------------|-------|-------|-------|
| D12B 2,55 KM | | | | | |
| 1 | Asta Kappel Jensen | Rold Skov Ok | 29:23 | | 11:31 |
| 2 | Sofie Tornby Stender | Rold Skov Ok | 34:00 | 04:37 | 13:20 |
| 3 | Alma Freilev Lindved | Horsens Ok | 34:13 | 04:50 | 13:25 |
| 4 | Ella Freilev Lindved | Horsens Ok | 35:45 | 06:22 | 14:01 |
| 5 | Andrea Wilsky | Horsens Ok | 35:54 | 06:31 | 14:04 |
| 6 | Sara Byskov Scheel | Rold Skov Ok | 38:57 | 09:34 | 15:16 |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|---------------------|------------------------------|----------------|----------------|---------------|--------|
| D12B 2,55 KM | | | | | |
| 7 | Lærke Overballe Hansen | Ok Pan | 40:01 | 10:38 | 15:41 |
| Sum | 7 | Tilmeldte 7 | Startende: 7 | Ant poster 14 | |
| D14 4,2 KM | | | | | |
| 1 | Johanne Skouboe | Horsens Ok | 34:31 | | 08:13 |
| 2 | Emilie Skov Dalgaard | Ok Pan | 36:27 | 01:56 | 08:40 |
| 3 | Andrea Ebert Svenningsen | Rold Skov Ok | 37:01 | 02:30 | 08:48 |
| 4 | Laura Kaldahl Hornbæk | Ok Pan | 38:20 | 03:49 | 09:07 |
| 5 | Sigrid Øhlenschlæger Nielsen | Silkeborg Ok | 39:34 | 05:03 | 09:25 |
| 6 | Ella Klærke Mikkelsen | Horsens Ok | 47:26 | 12:55 | 11:17 |
| 7 | Hannah Udclit Kristensen | Ok Pan | 48:28 | 13:57 | 11:32 |
| 8 | Anna Bo Kølbæk | Aarhus 1900 Ok | 57:31 | 23:00 | 13:41 |
| DNS | Ida Tornby Stender | Rold Skov Ok | | | |
| Sum | 9 | Tilmeldte 9 | Startende: 8 | Ant poster 17 | |
| D14B 3,15 KM | | | | | |
| 1 | Anne Sofie Kudsk Nielsen | Horsens Ok | 26:12 | | 08:19 |
| 2 | Nana Jensen | Silkeborg Ok | 28:37 | 02:25 | 09:05 |
| 3 | Ida Byskov Scheel | Rold Skov Ok | 30:03 | 03:51 | 09:32 |
| 4 | Josephine Friis Gade | Viborg Ok | 32:04 | 05:52 | 10:10 |
| 5 | Iben Nygaard Rahr | Silkeborg Ok | 37:15 | 11:03 | 11:49 |
| 6 | Inge Schou-Hansen | Ok Pan | 37:49 | 11:37 | 12:00 |
| 7 | Sissel Stavlund Skødt | Ok Pan | 40:44 | 14:32 | 12:55 |
| 8 | Oline Libak Damsgaard | Viborg Ok | 42:36 | 16:24 | 13:31 |
| DNS | Line Mærsk-Møller | Vestjysk | | | |
| Sum | 9 | Tilmeldte 9 | Startende: 8 | Ant poster 13 | |
| D16 4,5 KM | | | | | |
| 1 | Elanor Henriksen | Horsens Ok | 40:36 | | 09:01 |
| 2 | Ella Hedegaard Richardson | Ok Pan | 42:10 | 01:34 | 09:22 |
| 3 | Theresa Skouboe | Horsens Ok | 42:48 | 02:12 | 09:30 |
| 4 | Anna Harbo Flyvbjerg | Rold Skov Ok | 48:40 | 08:04 | 10:48 |
| 5 | Line Skousen | Ok Melfar | 49:50 | 09:14 | 11:04 |
| 6 | Helena Søgård Terkelsen | Ok Pan | 51:26 | 10:50 | 11:25 |
| DNS | Marie Byskov Scheel | Rold Skov Ok | | | |
| DNS | Marie Møller Nielsen | Ok Pan | | | |
| Sum | 8 | Tilmeldte 8 | Startende: 6 | Ant poster 16 | |
| D18 6,575 KM | | | | | |
| 1 | Laura Bobach | Rold Skov Ok | 1:03:14 | | 09:37 |
| 2 | Nanna Lysemose Poulsen | Silkeborg Ok | 1:04:05 | 00:51 | 09:44 |
| 3 | Signe Veggerby Jensen | Rold Skov Ok | 1:05:06 | 01:52 | 09:54 |
| 4 | Sofie Ulrich | Ok Pan | 1:09:34 | 06:20 | 10:34 |
| 5 | Sara Guldman | Ok Pan | 1:10:56 | 07:42 | 10:47 |
| 6 | Matilde Skousen | Ok Melfar | 1:17:10 | 13:56 | 11:44 |
| DNS | Rebecca Loft Thyssen | Horsens Ok | | | |
| DNS | Johanne Biering | Silkeborg Ok | | | |
| Sum | 8 | Tilmeldte 8 | Startende: 6 | Ant poster 20 | |
| D20 6,575 KM | | | | | |
| 1 | Sara Lysemose Poulsen | Silkeborg Ok | 48:23 | | 07:21 |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|---------------------|----------------------------|------------------|---------------|---------------|----------------|
| D20 6,575 KM | | | | | |
| 2 | Katinka Kilden | Ok Pan | 1:11:15 | 22:52 | 10:50 |
| DSQ | Matilde Andersen-Otte | Rold Skov Ok | 1:24:39 | | DSQ Missed 041 |
| Sum | 3 | Tilmeldte 3 | Startende: 3 | Ant poster 20 | |
| D20B 4,2 KM | | | | | |
| 1 | Silja Ebert Svenningsen | Rold Skov Ok | 42:49 | | 10:11 |
| 2 | Eline Rahbek Thyssen | Horsens Ok | 44:54 | 02:05 | 10:41 |
| 3 | Marie Drotner Sørensen | Aarhus 1900 Ok | 48:22 | 05:33 | 11:30 |
| 4 | Andrea Kejser Dahl Jensen | Ok Pan | 1:06:04 | 23:15 | 15:43 |
| DNS | Charlotte Nygaard Skjørbæk | Herning Ok | | | |
| Sum | 5 | Tilmeldte 5 | Startende: 4 | Ant poster 17 | |
| D21 6,575 KM | | | | | |
| 1 | Hedvig Gydesen | Ok Melfar | 45:43 | | 06:57 |
| 2 | Stine Bagger Hagner | Silkeborg Ok | 45:56 | 00:13 | 06:59 |
| 3 | Ida Bobach | Ok Pan | 46:08 | 00:25 | 07:00 |
| 4 | Anneke Hald Bjørgum | Ok Pan | 49:53 | 04:10 | 07:35 |
| 5 | Ane Linde | Ok Pan | 51:58 | 06:15 | 07:54 |
| 6 | Rebeka Vincze | Horsens Ok | 53:37 | 07:54 | 08:09 |
| 7 | Gréti Péntek | Horsens Ok | 55:39 | 09:56 | 08:27 |
| 7 | Anne Beukel Bak | Aalborg Ok | 55:39 | 09:56 | 08:27 |
| 9 | Anne Mette Schmidt | Ok Pan | 55:49 | 10:06 | 08:29 |
| 10 | Heidi Hinge Krogsgaard | Silkeborg Ok | 56:38 | 10:55 | 08:36 |
| 11 | Rikke Holm Jensen | Horsens Ok | 57:56 | 12:13 | 08:48 |
| 12 | Henriette Nygaard Skjørbæk | Herning Ok | 58:26 | 12:43 | 08:53 |
| 13 | Kristine Baagø | Viborg Ok | 1:01:34 | 15:51 | 09:21 |
| 14 | Astrid Gylling Hougaard | Aarhus 1900 Ok | 1:01:45 | 16:02 | 09:23 |
| 15 | Maria Bo Kølbæk | Aarhus 1900 Ok | 1:04:21 | 18:38 | 09:47 |
| 16 | Sofie Secher Thomsen | Ok Pan | 1:04:25 | 18:42 | 09:47 |
| 17 | Anneli Sandbæk | Silkeborg Ok | 1:07:11 | 21:28 | 10:13 |
| 18 | Hanne Borup Fredberg | Silkeborg Ok | 1:12:58 | 27:15 | 11:05 |
| 19 | Mette Byskov Ovesen | Rold Skov Ok | 1:15:09 | 29:26 | 11:25 |
| 20 | Tine Juul Gade | Viborg Ok | 1:21:07 | 35:24 | 12:20 |
| 21 | Susanne Kristensen | Herning Ok | 1:25:39 | 39:56 | 13:01 |
| 22 | Mette Reiche Sørensen | Ok Vendelboerne | 1:35:33 | 49:50 | 14:31 |
| DNS | Caroline Finderup | Ok Pan | | | |
| DNS | Astrid Ank Jørgensen | Horsens Ok | | | |
| Sum | 24 | Tilmeldte 24 | Startende: 22 | Ant poster 20 | |
| D21B 4,2 KM | | | | | |
| 1 | Kathrine Emilie Amby | Ok Pan | 35:50 | | 08:31 |
| 2 | Sabrine Berner Nielsen | Aalborg Ok | 43:08 | 07:18 | 10:16 |
| 3 | Karen Piil Kristensen | Randers/djurs Ok | 44:02 | 08:12 | 10:29 |
| 4 | Elise Utzen Keller | Horsens Ok | 45:45 | 09:55 | 10:53 |
| 5 | Malene Aagaard Nielsen | Horsens Ok | 49:29 | 13:39 | 11:46 |
| 6 | Karina Lerdrup Spørring | Silkeborg Ok | 50:15 | 14:25 | 11:57 |
| 7 | Anne Sofie Bohnsen | Ok Pan | 52:34 | 16:44 | 12:30 |
| 8 | Mette Kappel Jensen | Rold Skov Ok | 52:37 | 16:47 | 12:31 |
| 9 | Stine Flint | Silkeborg Ok | 57:09 | 21:19 | 13:36 |
| 10 | Mariann Kejser | Ok Pan | 57:21 | 21:31 | 13:39 |
| 11 | Lene Conley | Randers/djurs Ok | 1:06:27 | 30:37 | 15:49 |
| 12 | Rikke Petersen | Ok Vendelboerne | 1:07:38 | 31:48 | 16:06 |
| 13 | Helle Sjørup Nielsen | Aalborg Ok | 1:17:15 | 41:25 | 18:23 |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|--------------------|--------------------------|------------------|---------------|---------------|----------------|
| D21B 4,2 KM | | | | | |
| 14 | Mette Klinge Cornelius | Horsens Ok | 1:26:29 | 50:39 | 20:35 |
| DNS | Sabine Oechsner | Aarhus 1900 Ok | | | |
| Sum | 15 | Tilmeldte 15 | Startende: 14 | Ant poster 17 | |
| D40 5,6 KM | | | | | |
| 1 | Signe Faber | Silkeborg Ok | 48:59 | | 08:44 |
| 2 | Randi Scheel | Ok Pan | 50:03 | 01:04 | 08:56 |
| 3 | Rikke Lysemose Poulsen | Silkeborg Ok | 50:15 | 01:16 | 08:58 |
| 4 | Birgitte Halle | Aarhus 1900 Ok | 51:39 | 02:40 | 09:13 |
| 5 | Irene K. Mikkelsen | Horsens Ok | 52:47 | 03:48 | 09:25 |
| 6 | Jeanette Finderup | Ok Pan | 53:45 | 04:46 | 09:35 |
| 7 | Mette Edsen | Nordvest Ok | 53:49 | 04:50 | 09:36 |
| 8 | Susanne Loft Thyssen | Horsens Ok | 54:05 | 05:06 | 09:39 |
| 9 | Anna Vang Bobach | Aalborg Ok | 56:21 | 07:22 | 10:03 |
| 10 | Anne Riis | Rold Skov Ok | 59:20 | 10:21 | 10:35 |
| 11 | Bodil Schulz | Herning Ok | 59:30 | 10:31 | 10:37 |
| 12 | Nina Jacobsen | Silkeborg Ok | 1:00:45 | 11:46 | 10:50 |
| 13 | Sannie Ebert Jacobsen | Rold Skov Ok | 1:01:13 | 12:14 | 10:55 |
| 14 | Rikke Nørgaard | Ok Pan | 1:02:00 | 13:01 | 11:04 |
| 15 | Lene Stick Nielsen | Viborg Ok | 1:03:03 | 14:04 | 11:15 |
| 16 | Inge Kølbæk Bonne | Aarhus 1900 Ok | 1:04:26 | 15:27 | 11:30 |
| 17 | Hanne Veggerby | Rold Skov Ok | 1:05:27 | 16:28 | 11:41 |
| 18 | Elin Jørgensen | Herning Ok | 1:09:25 | 20:26 | 12:23 |
| 19 | Mette Ellegaard Kokholm | Horsens Ok | 1:10:29 | 21:30 | 12:35 |
| 20 | Hanne Kidmose | Aarhus 1900 Ok | 1:13:24 | 24:25 | 13:06 |
| 21 | Marianne Skousen | Ok Melfar | 1:23:37 | 34:38 | 14:55 |
| 22 | Hanne Mohapeloa | Aalborg Ok | 1:25:07 | 36:08 | 15:11 |
| DSQ | Maiken Rahbek Thyssen | Horsens Ok | 57:02 | | DSQ Missed 064 |
| Sum | 23 | Tilmeldte 23 | Startende: 23 | Ant poster 17 | |
| D45B 4,2 KM | | | | | |
| 1 | Trine Kristensen | Ok Pan | 45:48 | | 10:54 |
| 2 | Mette Harbo Flyvbjerg | Rold Skov Ok | 47:17 | 01:29 | 11:15 |
| 3 | Tove Hedegaard Jørgensen | Ok Pan | 50:48 | 05:00 | 12:05 |
| 4 | Tina Samsø Udholm | Aalborg Ok | 51:14 | 05:26 | 12:11 |
| 5 | Andrea Höhnke | Horsens Ok | 54:03 | 08:15 | 12:52 |
| 6 | Charlotte Wilsky | Horsens Ok | 55:24 | 09:36 | 13:11 |
| 7 | Birgitte Bach | Viborg Ok | 56:33 | 10:45 | 13:27 |
| 8 | Gerda Henriksen | Aarhus 1900 Ok | 1:01:24 | 15:36 | 14:37 |
| 9 | Erna Germann | Horsens Ok | 1:04:47 | 18:59 | 15:25 |
| 10 | Jonna Jørgensen | Herning Ok | 1:05:15 | 19:27 | 15:32 |
| 11 | Lone Secher Andersen | Ok Pan | 1:20:06 | 34:18 | 19:04 |
| 12 | Pia Bo Kølbæk | Aarhus 1900 Ok | 1:28:24 | 42:36 | 21:02 |
| 13 | Erna Mathiasen | Herning Ok | 1:45:20 | 59:32 | 25:04 |
| DSQ | Dorte Bruun | Aalborg Ok | 54:26 | | DSQ Missed 043 |
| DSQ | Lisbet Mærsk-Møller | Vestjysk | 1:24:11 | | DSQ Missed 065 |
| DSQ | Helle Bach | Randers/djurs Ok | 1:31:45 | | DSQ Missed 043 |
| DNS | Annemette Mouritsen | Silkeborg Ok | | | |
| Sum | 17 | Tilmeldte 17 | Startende: 16 | Ant poster 17 | |
| D50 4,5 KM | | | | | |
| 1 | Anette Bagger Sørensen | Silkeborg Ok | 40:45 | | 09:03 |
| 2 | Lucia Aagaard | Herning Ok | 41:36 | 00:51 | 09:14 |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|------------|------------------------|-------------------|---------------|---------------|--------|
| D50 | | | 4,5 KM | | |
| 3 | Dorte Filskov | Aalborg Ok | 42:59 | 02:14 | 09:33 |
| 4 | Lene Bejer Damgaard | Viborg Ok | 45:27 | 04:42 | 10:06 |
| 5 | Inga Jager | Silkeborg Ok | 46:22 | 05:37 | 10:18 |
| 6 | Britta Ank Pedersen | Horsens Ok | 47:19 | 06:34 | 10:30 |
| 7 | Ann-Vibeke Mose | Vestjysk | 50:40 | 09:55 | 11:15 |
| 8 | Ann Dissing | Ok Vendelboerne | 51:18 | 10:33 | 11:24 |
| 9 | Inger Lise Simonsen | Silkeborg Ok | 52:17 | 11:32 | 11:37 |
| 10 | Vibeke Ekhard Edsen | Aarhus 1900 Ok | 52:29 | 11:44 | 11:39 |
| 11 | Bettina Gjedde | Mariager Fjord Ok | 52:34 | 11:49 | 11:40 |
| 12 | Anette Pind | Silkeborg Ok | 53:08 | 12:23 | 11:48 |
| 13 | Helle Nikkel | Viborg Ok | 53:24 | 12:39 | 11:52 |
| 14 | Regitse Hansen | Nordvest Ok | 54:05 | 13:20 | 12:01 |
| 15 | Anne Ellekrog | Aarhus 1900 Ok | 54:07 | 13:22 | 12:01 |
| 16 | Kirsten Hald Holdensen | Ok Vendelboerne | 56:09 | 15:24 | 12:28 |
| 17 | Kristin Helgeland | Ok Melfar | 56:12 | 15:27 | 12:29 |
| 18 | Dorte Jenny Bak | Aalborg Ok | 56:14 | 15:29 | 12:29 |
| 19 | Lene Nygaard | Herning Ok | 56:15 | 15:30 | 12:30 |
| 20 | Anne Birgitte Als | Ok Pan | 56:22 | 15:37 | 12:31 |
| 21 | Lone Dybdal | Aarhus 1900 Ok | 56:55 | 16:10 | 12:38 |
| 22 | Annemette Sørensen | Ok Pan | 59:10 | 18:25 | 13:08 |
| 23 | Hanne Gylling | Aarhus 1900 Ok | 1:01:33 | 20:48 | 13:40 |
| 24 | Karen Sieg | Horsens Ok | 1:01:36 | 20:51 | 13:41 |
| 25 | Inger Andreasen | Ok Melfar | 1:02:38 | 21:53 | 13:55 |
| 26 | Annette Møller | Nordvest Ok | 1:03:03 | 22:18 | 14:00 |
| 27 | Mette Voldum Jørgensen | Silkeborg Ok | 1:12:14 | 31:29 | 16:03 |
| 28 | Susanne Knudsen | Ok Melfar | 1:15:21 | 34:36 | 16:44 |
| 29 | Helle Petersen | Herning Ok | 1:18:08 | 37:23 | 17:21 |
| DNS | Claudia Greiner | Ok Pan | | | |
| DNS | Solveig Topp | Randers/djurs Ok | | | |
| Sum | 31 | Tilmeldte 31 | Startende: 29 | Ant poster 16 | |

| | | | | | |
|------------|-----------------------|-------------------|----------------|---------------|-------|
| D60 | | | 3,85 KM | | |
| 1 | Tove Jakobsen | Silkeborg Ok | 42:36 | | 11:03 |
| 2 | Karin Wæhrens | Ok Vendelboerne | 43:34 | 00:58 | 11:18 |
| 3 | Susanne Karlshøj | Nordvest Ok | 44:55 | 02:19 | 11:40 |
| 4 | Hanne Bak-Mikkelsen | Ok Vendelboerne | 46:18 | 03:42 | 12:01 |
| 5 | Tove Straarup | Horsens Ok | 46:28 | 03:52 | 12:04 |
| 6 | Gitte Isen | Herning Ok | 46:45 | 04:09 | 12:08 |
| 7 | Hanne Møller Andersen | Ok Pan | 47:02 | 04:26 | 12:12 |
| 8 | Pia Gade | Viborg Ok | 48:47 | 06:11 | 12:40 |
| 9 | Trille Ditlevsen | Horsens Ok | 54:15 | 11:39 | 14:05 |
| 10 | Vibeke Jørgensen | Ok Pan | 57:07 | 14:31 | 14:50 |
| 11 | Kirsten Bobach | Aalborg Ok | 57:40 | 15:04 | 14:58 |
| 12 | Hanne H. Poulsen | Mariager Fjord Ok | 58:20 | 15:44 | 15:09 |
| 13 | Elizabeth Borchorst | Rold Skov Ok | 59:26 | 16:50 | 15:26 |
| 14 | Susanne Baun | Horsens Ok | 1:02:00 | 19:24 | 16:06 |
| 15 | Birte Sivebæk | Aarhus 1900 Ok | 1:05:27 | 22:51 | 17:00 |
| 16 | Anni Jensen | Herning Ok | 1:06:41 | 24:05 | 17:19 |
| 17 | Bente Østergaard | Mariager Fjord Ok | 1:09:14 | 26:38 | 17:58 |
| 18 | Susanne Gasbjerg | Silkeborg Ok | 1:09:24 | 26:48 | 18:01 |
| 19 | Anette Bernth Hansen | Nordvest Ok | 1:10:45 | 28:09 | 18:22 |
| 20 | Randi Jensen | Aarhus 1900 Ok | 1:15:15 | 32:39 | 19:32 |
| 21 | Birgit Rasmussen | Aarhus 1900 Ok | 1:38:13 | 55:37 | 25:30 |
| 22 | Lone Christensen | Aarhus 1900 Ok | 1:38:26 | 55:50 | 25:34 |
| 23 | Tove Simonsen | Randers/djurs Ok | 1:43:17 | 1:00:41 | 26:49 |
| Sum | 23 | Tilmeldte 23 | Startende: 23 | Ant poster 13 | |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|------------|------------------------|-------------------|----------------|---------------|----------------|
| D70 | | | 2,6 KM | | |
| 1 | Lisbet Nielsen | Ok Vendelboerne | 38:28 | | 14:47 |
| 2 | Rigmor Schou | Mariager Fjord Ok | 38:48 | 00:20 | 14:55 |
| 3 | Elin Holm Jensen | Horsens Ok | 41:22 | 02:54 | 15:54 |
| 4 | Jane Thode Jensen | Nordvest Ok | 41:29 | 03:01 | 15:57 |
| 5 | Ann Dorrit Hansen | Randers/djurs Ok | 41:34 | 03:06 | 15:59 |
| 6 | Else Hass | Ok Pan | 43:19 | 04:51 | 16:39 |
| 7 | Edith Sørensen | Aalborg Ok | 43:49 | 05:21 | 16:51 |
| 8 | Lisbet Sortkjær | Silkeborg Ok | 45:32 | 07:04 | 17:30 |
| 9 | Karen-Lisbeth Fredberg | Silkeborg Ok | 47:12 | 08:44 | 18:09 |
| 10 | Mona Nørgaard | Ok Pan | 51:31 | 13:03 | 19:48 |
| 11 | Birthe Helms | Silkeborg Ok | 51:32 | 13:04 | 19:49 |
| 12 | Inger Knudsen | Herning Ok | 53:28 | 15:00 | 20:33 |
| 13 | Bitten Nielsen | Herning Ok | 54:46 | 16:18 | 21:03 |
| 14 | Kirsten Skovbjerg | Horsens Ok | 58:36 | 20:08 | 22:32 |
| 15 | Lena Deleuran Nørgaard | Aarhus 1900 Ok | 1:01:00 | 22:32 | 23:27 |
| 16 | Anna Jørgensen | Nordvest Ok | 1:07:30 | 29:02 | 25:57 |
| 17 | Lisbeth Møller Nielsen | Ok Pan | 1:09:36 | 31:08 | 26:46 |
| 18 | Lizzie Olesen | Vestjysk | 1:10:17 | 31:49 | 27:01 |
| DSQ | Aase Thyssen | Horsens Ok | 53:59 | | DSQ Missed 061 |
| DSQ | Lilian Sørensen | Ok Pan | 1:01:48 | | DSQ Missed 062 |
| DNS | Vibeke Vogelius | Silkeborg Ok | | | |
| Sum | 21 | Tilmeldte 21 | Startende: 20 | Ant poster 12 | |

| | | | | | |
|--------------|-------------------------|-------------------|----------------|---------------|----------------|
| D-Let | | | 3,15 KM | | |
| 1 | Cathrine Løyning | Emils Fanklub | 27:07 | | 08:36 |
| 2 | Laura Sandbæk Andersen | Silkeborg Ok | 27:49 | 00:42 | 08:49 |
| 3 | Jette Steffensen | Horsens Ok | 32:05 | 04:58 | 10:11 |
| 4 | Carina Gammelmark | Rold Skov Ok | 33:59 | 06:52 | 10:47 |
| 5 | Maria Giltøft | Rold Skov Ok | 35:25 | 08:18 | 11:14 |
| 6 | Claudia Schmidt Thomsen | Ok Pan | 35:29 | 08:22 | 11:15 |
| 7 | Runa Iversen | Horsens Ok | 35:31 | 08:24 | 11:16 |
| 8 | Karla B. Flint | Silkeborg Ok | 36:18 | 09:11 | 11:31 |
| 9 | Vibeke Gottlieb | Herning Ok | 37:05 | 09:58 | 11:46 |
| 10 | Birte Hering Poulsen | Horsens Ok | 39:03 | 11:56 | 12:23 |
| 11 | Karen Lind-Frandsen | Horsens Ok | 39:35 | 12:28 | 12:33 |
| 12 | Steinunn Magnusdottir | Ok Melfar | 41:17 | 14:10 | 13:06 |
| 13 | Malene Bønlykke Riis | Horsens Ok | 44:14 | 17:07 | 14:02 |
| 14 | Anni Christensen | Mariager Fjord Ok | 46:27 | 19:20 | 14:44 |
| 15 | Astrid Mærsk-Møller | Vestjysk | 47:11 | 20:04 | 14:58 |
| 16 | Grete Eriksen | Silkeborg Ok | 48:34 | 21:27 | 15:25 |
| 17 | Marie Dybdal | Ok Pan | 50:41 | 23:34 | 16:05 |
| 18 | Vibeke Fenger | Horsens Ok | 54:53 | 27:46 | 17:25 |
| 19 | Gitte Mønster Jørgensen | Horsens Ok | 57:39 | 30:32 | 18:18 |
| 20 | Jonna Møller | Rold Skov Ok | 1:19:19 | 52:12 | 25:10 |
| DSQ | Anita Pedersen | Ok Pan | 49:40 | | DSQ Missed 137 |
| DNS | Sanne Djurhuus | Ok Pan | | | |
| DNS | Lise Lotte Westad | Silkeborg Ok | | | |
| Sum | 23 | Tilmeldte 23 | Startende: 21 | Ant poster 13 | |

| | | | | | |
|------------|----------------------------|-----------------|----------------|-------|-------|
| H10 | | | 2,55 KM | | |
| 1 | Emil Klostergaard Rokkjær | Ok Pan | 18:03 | | 07:04 |
| 2 | Vilhelm Rokkjær Andreassen | Ok Pan | 19:13 | 01:10 | 07:32 |
| 3 | Eskild Stig Nielsen | Horsens Ok | 22:02 | 03:59 | 08:38 |
| 4 | Emil Lindahl | Ok Melfar | 22:42 | 04:39 | 08:54 |
| 5 | Noah Aarnio | Ok Vendelboerne | 23:52 | 05:49 | 09:21 |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|-----------------|------------------------------|-----------------|----------------|---------------|----------------|
| H10 | | | | | |
| 2,55 KM | | | | | |
| 6 | Alexander Boye Ebbesen | Ok Pan | 27:09 | 09:06 | 10:38 |
| 7 | Mathias Reiche Sørensen | Ok Vendelboerne | 29:46 | 11:43 | 11:40 |
| 8 | Benjamin Birk Nielsen | Aalborg Ok | 31:16 | 13:13 | 12:15 |
| 9 | Jonatan Ebert Svenningsen | Rold Skov Ok | 35:35 | 17:32 | 13:57 |
| 10 | Silas A Jørgensen | Herning Ok | 35:55 | 17:52 | 14:05 |
| 11 | Patrik Attila Pedersen | Ok Pan | 37:40 | 19:37 | 14:46 |
| 12 | Thor Kusk Berglund | Ok Pan | 38:15 | 20:12 | 15:00 |
| 13 | Jonas With Erichsen | Silkeborg Ok | 41:25 | 23:22 | 16:14 |
| 14 | Asbjørn Ask Østergaard | Horsens Ok | 44:17 | 26:14 | 17:21 |
| 15 | Jonas Klærke Mikkelsen | Horsens Ok | 51:43 | 33:40 | 20:16 |
| 16 | Mikkel Popp Bobach | Aalborg Ok | 1:20:03 | 1:02:00 | 31:23 |
| DNS | Jonathan Rokkjær Andreasen | Ok Pan | | | |
| DNS | Aksel Kappel Jensen | Rold Skov Ok | | | |
| Sum | 18 | Tilmeldte 18 | Startende: 16 | Ant poster 14 | |
| H12 | | | | | |
| 3,15 KM | | | | | |
| 1 | Lukas Bergmann Verhelst | Horsens Ok | 19:59 | | 06:20 |
| 2 | Magnus Lindahl | Ok Melfar | 21:14 | 01:15 | 06:44 |
| 3 | William Ove Kousgaard | Herning Ok | 21:29 | 01:30 | 06:49 |
| 4 | Mattias Klostergaard Rokkjær | Ok Pan | 22:58 | 02:59 | 07:17 |
| 5 | Elias Fuglgaard | Horsens Ok | 24:00 | 04:01 | 07:37 |
| 6 | Gustav Ørgaard Sørensen | Silkeborg Ok | 24:48 | 04:49 | 07:52 |
| 7 | Klement Hjuler Hjerrild | Ok Pan | 25:13 | 05:14 | 08:00 |
| 8 | William Stenhøj Baun Mcgrail | Ok Pan | 30:59 | 11:00 | 09:50 |
| 9 | Kristian Veggerby Jensen | Rold Skov Ok | 32:05 | 12:06 | 10:11 |
| 10 | Philip Aanio | Ok Vendelboerne | 32:12 | 12:13 | 10:13 |
| 11 | Jakob Skousen | Ok Melfar | 34:56 | 14:57 | 11:05 |
| 12 | Jens Gammelvind | Herning Ok | 35:47 | 15:48 | 11:21 |
| DNS | Valdemar Egdal | Ok Melfar | | | |
| Sum | 13 | Tilmeldte 13 | Startende: 12 | Ant poster 13 | |
| H12B | | | | | |
| 2,55 KM | | | | | |
| 1 | Anton Boye Ebbesen | Ok Pan | 24:02 | | 09:25 |
| 2 | Marius Vang Bobach | Aalborg Ok | 26:11 | 02:09 | 10:16 |
| 3 | Johan Niss | Rold Skov Ok | 30:28 | 06:26 | 11:56 |
| 4 | Just Nygaard Rahr | Silkeborg Ok | 30:58 | 06:56 | 12:08 |
| 5 | Konrad Erlandsen | Herning Ok | 36:51 | 12:49 | 14:27 |
| 6 | Erik Aagaard Nielsen | Horsens Ok | 1:09:37 | 45:35 | 27:18 |
| Sum | 6 | Tilmeldte 6 | Startende: 6 | Ant poster 14 | |
| H14 | | | | | |
| 5,175 KM | | | | | |
| 1 | Asbjørn Faber Fenger-Grøn | Silkeborg Ok | 34:48 | | 06:43 |
| 2 | Casper Staehelin Blakskjær | Ok Pan | 35:56 | 01:08 | 06:56 |
| 3 | Frederik Brynning Bøje | Horsens Ok | 43:33 | 08:45 | 08:24 |
| 4 | Alfred Keller | Horsens Ok | 46:02 | 11:14 | 08:53 |
| 5 | Magnus Fannar Madsen | Ok Melfar | 48:55 | 14:07 | 09:27 |
| 6 | Teo Hedegaard Richardson | Ok Pan | 53:26 | 18:38 | 10:19 |
| 7 | Christoffer Vang Bobach | Aalborg Ok | 57:28 | 22:40 | 11:06 |
| 8 | Rasmus Foss | Ok Melfar | 1:13:16 | 38:28 | 14:09 |
| DSQ | Daniel Mikkelsen | Ok Melfar | 41:03 | | DSQ Missed 038 |
| DSQ | Severin Kilden | Ok Pan | 44:30 | | DSQ Missed 041 |
| DNS | Anton Giltoft Frederiksen | Rold Skov Ok | | | |
| Sum | 11 | Tilmeldte 11 | Startende: 10 | Ant poster 18 | |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|----------------------|--------------------------|----------------|---------------|---------------|----------------|
| H14B 3,15 KM | | | | | |
| 1 | Jacob Mærsk-Møller | Vestjysk | 32:08 | | 10:12 |
| 2 | Christian Kruse | Ok Pan | 46:48 | 14:40 | 14:51 |
| DSQ | Bastian Aupetit Bjerre | Horsens Ok | 1:03:21 | | DSQ Missed 122 |
| DNS | Anders Brændgaard Hansen | Rold Skov Ok | | | |
| Sum | 4 | Tilmeldte 4 | Startende: 3 | Ant poster 13 | |
| H16 5,6 KM | | | | | |
| 1 | Jonas Damm Als | Ok Pan | 33:38 | | 06:00 |
| 2 | Tobias Biering | Silkeborg Ok | 34:10 | 00:32 | 06:06 |
| 3 | Jacob Klærke Mikkelsen | Horsens Ok | 36:08 | 02:30 | 06:27 |
| 4 | Villads Skovbjerg | Ok Pan | 37:50 | 04:12 | 06:45 |
| 5 | Jonas Ellegård Kokholm | Horsens Ok | 38:48 | 05:10 | 06:55 |
| 6 | August Gabs | Ok Melfar | 39:54 | 06:16 | 07:07 |
| 7 | Benjamin Friis Hansen | Silkeborg Ok | 39:55 | 06:17 | 07:07 |
| 8 | Jonathan Birk Nielsen | Aalborg Ok | 44:21 | 10:43 | 07:55 |
| 9 | Benjamin Buhl | Horsens Ok | 46:04 | 12:26 | 08:13 |
| 10 | Laurits Egdal | Ok Melfar | 46:44 | 13:06 | 08:20 |
| 11 | Viktor Fejring | Ok Melfar | 49:02 | 15:24 | 08:45 |
| 12 | Mads Stavlund Skødt | Ok Pan | 55:24 | 21:46 | 09:53 |
| DNS | Mathias Veggerby Jensen | Rold Skov Ok | | | |
| Sum | 13 | Tilmeldte 13 | Startende: 12 | Ant poster 17 | |
| H18 8,875 KM | | | | | |
| 1 | Elias Hinge Krogsgaard | Silkeborg Ok | 53:43 | | 06:03 |
| 2 | Asbjørn Kaltoft | Ok Pan | 58:36 | 04:53 | 06:36 |
| 3 | Søren Møller Skaug | Ok Pan | 1:12:10 | 18:27 | 08:07 |
| Sum | 3 | Tilmeldte 3 | Startende: 3 | Ant poster 24 | |
| H20 8,875 KM | | | | | |
| 1 | Andreas Bock Bjørnsen | Ok Pan | 45:52 | | 05:10 |
| 2 | Johan Halkjær Dupont | Ok Pan | 51:38 | 05:46 | 05:49 |
| 3 | Mikkel Holm Nielsen | Ok Pan | 52:37 | 06:45 | 05:55 |
| 4 | Márton Péntek | Horsens Ok | 59:43 | 13:51 | 06:43 |
| 5 | Oscar Sig Tranberg | Silkeborg Ok | 1:28:04 | 42:12 | 09:55 |
| Sum | 5 | Tilmeldte 5 | Startende: 5 | Ant poster 24 | |
| H20B 5,175 KM | | | | | |
| 1 | Anders Secher Thomsen | Ok Pan | 37:18 | | 07:12 |
| 2 | Anton Elmegaard Andersen | Horsens Ok | 44:06 | 06:48 | 08:31 |
| 3 | Magnus Møller Rasmussen | Ok Pan | 46:11 | 08:53 | 08:55 |
| 4 | Christoffer Forsberg | Nordvest Ok | 48:05 | 10:47 | 09:17 |
| 5 | Mathias Klinge Cornelius | Horsens Ok | 50:51 | 13:33 | 09:49 |
| Sum | 5 | Tilmeldte 5 | Startende: 5 | Ant poster 18 | |
| H21 8,875 KM | | | | | |
| 1 | Jakob Ekhard Edsen | Aarhus 1900 Ok | 45:10 | | 05:05 |
| 2 | Laurits Bidstrup Møller | Silkeborg Ok | 46:10 | 01:00 | 05:12 |
| 3 | Eskil Schønning | Ok Pan | 46:27 | 01:17 | 05:14 |
| 4 | Emil Ahlbäck | Ok Pan | 47:07 | 01:57 | 05:18 |
| 5 | Søren Schwartz | Ok Pan | 48:05 | 02:55 | 05:25 |
| 6 | Giacomo Frattari | Ok Pan | 48:59 | 03:49 | 05:31 |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|-------------|---------------------------|-------------------|-----------------|---------------|----------------|
| H21 | | | 8,875 KM | | |
| 7 | Jonas Munthe | Ok Pan | 49:59 | 04:49 | 05:37 |
| 8 | Mátyás Péntek | Horsens Ok | 51:09 | 05:59 | 05:45 |
| 9 | Morten Knudsen | Ok Melfar | 52:01 | 06:51 | 05:51 |
| 10 | Mads Kruse Juhl | Herning Ok | 53:15 | 08:05 | 06:00 |
| 11 | Mikkel Sørensen | Ok Melfar | 55:38 | 10:28 | 06:16 |
| 12 | Kristian Vad | Horsens Ok | 56:55 | 11:45 | 06:24 |
| 13 | Niklas Ingwersen | Horsens Ok | 58:17 | 13:07 | 06:34 |
| 14 | Alex Heldgaard Kristensen | Herning Ok | 1:03:26 | 18:16 | 07:08 |
| 15 | Jess Rasmussen | Viborg Ok | 1:04:42 | 19:32 | 07:17 |
| 16 | Thorkild Jensen | Randers/djurs Ok | 1:05:09 | 19:59 | 07:20 |
| 17 | Jason Krogh-Pedersen | Silkeborg Ok | 1:05:26 | 20:16 | 07:22 |
| 18 | Nicklas Mønster Jørgensen | Horsens Ok | 1:05:59 | 20:49 | 07:26 |
| 19 | Lars Mikkelsen | Herning Ok | 1:08:07 | 22:57 | 07:40 |
| 20 | Anders Byrdal | Viborg Ok | 1:08:26 | 23:16 | 07:42 |
| 21 | Allan Reiche | Ok Vendelboerne | 1:09:29 | 24:19 | 07:49 |
| 22 | Jonathan Muff | Aarhus 1900 Ok | 1:10:37 | 25:27 | 07:57 |
| 23 | Niels Moeslund | Aarhus 1900 Ok | 1:11:22 | 26:12 | 08:02 |
| 24 | Jens Kobæk Edsen | Nordvest Ok | 1:11:47 | 26:37 | 08:05 |
| 25 | Mathias Mønster Jørgensen | Horsens Ok | 1:12:29 | 27:19 | 08:10 |
| 26 | Lasse Grøn | Ok Pan | 1:12:59 | 27:49 | 08:13 |
| 27 | Thomas Emil Jensen | Horsens Ok | 1:13:52 | 28:42 | 08:19 |
| 28 | Søren Andersen | Herning Ok | 1:14:28 | 29:18 | 08:23 |
| 29 | Jens Peder Jørgensen | Herning Ok | 1:17:18 | 32:08 | 08:42 |
| 30 | Brian Aagaard Nielsen | Horsens Ok | 1:17:38 | 32:28 | 08:44 |
| 31 | Jacob Ingerslev Overvad | Ok Pan | 1:20:00 | 34:50 | 09:00 |
| 32 | Michael Niss | Rold Skov Ok | 1:25:31 | 40:21 | 09:38 |
| 33 | Martin Christensen | Mariager Fjord Ok | 1:30:42 | 45:32 | 10:13 |
| DNS | Rasmus Djurhuus | Ok Pan | | | |
| Sum | 34 | Tilmeldte 34 | Startende: 33 | Ant poster 24 | |
| H21B | | | 5,175 KM | | |
| 1 | Morten Kusk | Ok Pan | 38:22 | | 07:24 |
| 2 | Henrik Blakskjær | Ok Pan | 39:42 | 01:20 | 07:40 |
| 3 | David Purup-Nielsen | Horsens Ok | 40:59 | 02:37 | 07:55 |
| 4 | Peter Kilden Jensen | Ok Pan | 41:36 | 03:14 | 08:02 |
| 5 | Peter Friis Østergaard | Aarhus 1900 Ok | 45:35 | 07:13 | 08:48 |
| 6 | Frederik Schou-Hansen | Ok Pan | 45:39 | 07:17 | 08:49 |
| 7 | Rasmus Harfot | Horsens Ok | 47:13 | 08:51 | 09:07 |
| 8 | Andreas Flint | Silkeborg Ok | 48:16 | 09:54 | 09:19 |
| 9 | Jan Søe Christiansen | Rold Skov Ok | 49:27 | 11:05 | 09:33 |
| 10 | Jens Jakob Steffensen | Horsens Ok | 49:42 | 11:20 | 09:36 |
| 11 | Sami Aarnio | Ok Vendelboerne | 57:06 | 18:44 | 11:02 |
| DSQ | Jacob Purup-Nielsen | Horsens Ok | 47:33 | | DSQ Missed 100 |
| DSQ | Dan Rune Engedal Ravn | Randers/djurs Ok | 55:18 | | DSQ Missed 070 |
| DSQ | Lars Bach | Randers/djurs Ok | 56:57 | | DSQ Missed 039 |
| DNS | Karsten Christiansen | Viborg Ok | | | |
| Sum | 15 | Tilmeldte 15 | Startende: 14 | Ant poster 18 | |
| H40 | | | 6,575 KM | | |
| 1 | Patrick Mcgrail | Ok Pan | 43:51 | | 06:40 |
| 2 | Ebbe Møller Nielsen | Ok Pan | 44:19 | 00:28 | 06:44 |
| 3 | Jens Børsting | Silkeborg Ok | 44:40 | 00:49 | 06:47 |
| 4 | Morten Fenger-Grøn | Silkeborg Ok | 45:16 | 01:25 | 06:53 |
| 5 | Claus Bobach | Aalborg Ok | 45:25 | 01:34 | 06:54 |
| 6 | Jimmi Olsen | Viborg Ok | 46:12 | 02:21 | 07:01 |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km | tid |
|-------------|---------------------------|-------------------|-----------------|---------------|----|-------|
| H40 | | | 6,575 KM | | | |
| 7 | Claus S. Pedersen | Aalborg Ok | 47:26 | 03:35 | | 07:12 |
| 8 | Keld Hinge Krogsgaard | Silkeborg Ok | 49:24 | 05:33 | | 07:30 |
| 9 | Jakob Gade | Viborg Ok | 50:52 | 07:01 | | 07:44 |
| 10 | Kim Rokkjær | Ok Pan | 51:09 | 07:18 | | 07:46 |
| 11 | Jan Scheel | Rold Skov Ok | 51:14 | 07:23 | | 07:47 |
| 12 | Martin Hastrup Dyrland | Horsens Ok | 51:23 | 07:32 | | 07:48 |
| 13 | Mads Mikkelsen | Horsens Ok | 53:10 | 09:19 | | 08:05 |
| 14 | Stefan Keller | Horsens Ok | 54:24 | 10:33 | | 08:16 |
| 15 | Esben Blicher | Ok Melfar | 56:58 | 13:07 | | 08:39 |
| 16 | Thomas Herbert Kokholm | Horsens Ok | 57:03 | 13:12 | | 08:40 |
| 17 | Bo Birk Nielsen | Aalborg Ok | 57:09 | 13:18 | | 08:41 |
| 18 | Allan Thesbjerg | Horsens Ok | 58:54 | 15:03 | | 08:57 |
| 19 | Steen Bech-Møller | Viborg Ok | 58:56 | 15:05 | | 08:57 |
| 20 | Henrik Andersen | Aarhus 1900 Ok | 1:00:13 | 16:22 | | 09:09 |
| 21 | Jonas Egdal | Ok Melfar | 1:03:17 | 19:26 | | 09:37 |
| 22 | Morten Kappel Jensen | Rold Skov Ok | 1:03:29 | 19:38 | | 09:39 |
| 23 | Jan Kølback | Aarhus 1900 Ok | 1:04:06 | 20:15 | | 09:44 |
| 24 | Kim Lindahl | Ok Melfar | 1:04:11 | 20:20 | | 09:45 |
| 25 | Henrik Juhl | Herning Ok | 1:04:30 | 20:39 | | 09:48 |
| 26 | Søren Mikkelsen | Ok Melfar | 1:05:14 | 21:23 | | 09:55 |
| 27 | Thomas Damm Als | Ok Pan | 1:05:18 | 21:27 | | 09:55 |
| 28 | Kenn Heldgaard Kristensen | Herning Ok | 1:06:00 | 22:09 | | 10:02 |
| 29 | Filip Bergmann Verhelst | Horsens Ok | 1:06:35 | 22:44 | | 10:07 |
| 30 | Anders Gammelvind | Herning Ok | 1:07:35 | 23:44 | | 10:16 |
| 31 | Jesper Madsen | Ok Melfar | 1:08:55 | 25:04 | | 10:28 |
| 32 | Thomas Ullner | Randers/djurs Ok | 1:09:02 | 25:11 | | 10:29 |
| 33 | Per O. Espegren | Aarhus 1900 Ok | 1:09:55 | 26:04 | | 10:38 |
| 34 | Allan Skouboe | Horsens Ok | 1:10:10 | 26:19 | | 10:40 |
| 35 | Mads Kappel Jensen | Rold Skov Ok | 1:10:22 | 26:31 | | 10:42 |
| 36 | Jørgen Østergaard | Mariager Fjord Ok | 1:13:22 | 29:31 | | 11:09 |
| 37 | Carl Henrik Pedersen | Mariager Fjord Ok | 1:13:47 | 29:56 | | 11:13 |
| 38 | Sune Skousen | Ok Melfar | 1:19:05 | 35:14 | | 12:01 |
| Sum | 38 | Tilmeldte 38 | Startende: 38 | Ant poster 20 | | |
| H45B | | | 5,175 KM | | | |
| 1 | Christian Biering | Silkeborg Ok | 43:30 | | | 08:24 |
| 2 | Christian Bøje | Horsens Ok | 45:24 | 01:54 | | 08:46 |
| 3 | Thomas Hornbæk | Ok Pan | 47:28 | 03:58 | | 09:10 |
| 4 | Mogens Tornby Stender | Rold Skov Ok | 48:39 | 05:09 | | 09:24 |
| 5 | Zijad Cosic | Aalborg Ok | 50:52 | 07:22 | | 09:49 |
| 6 | Mogens Henriksen | Silkeborg Ok | 52:11 | 08:41 | | 10:05 |
| 7 | Thomas Nielsen | Silkeborg Ok | 52:44 | 09:14 | | 10:11 |
| 8 | Henrik Dagsberg | Ok Pan | 53:15 | 09:45 | | 10:17 |
| 9 | Lars Nielsen | Horsens Ok | 53:16 | 09:46 | | 10:17 |
| 10 | Jesper N Knudsen | Herning Ok | 54:12 | 10:42 | | 10:28 |
| 11 | Vagn Pedersen | Aarhus 1900 Ok | 55:50 | 12:20 | | 10:47 |
| 12 | Mogens Finderup | Ok Pan | 56:37 | 13:07 | | 10:56 |
| 13 | Keld Østergaard | Mariager Fjord Ok | 57:43 | 14:13 | | 11:09 |
| 14 | Jens Buhl Christensen | Viborg Ok | 58:15 | 14:45 | | 11:15 |
| 15 | Finn Rosenqvist | Aalborg Ok | 1:00:08 | 16:38 | | 11:37 |
| 16 | Karsten Knudsen | Horsens Ok | 1:01:16 | 17:46 | | 11:50 |
| 17 | Svend Erik Skovsgaard | Viborg Ok | 1:04:59 | 21:29 | | 12:33 |
| 18 | Lars Wulff Sørensen | Horsens Ok | 1:06:43 | 23:13 | | 12:53 |
| 19 | Michael Lind-Frandsen | Horsens Ok | 1:17:35 | 34:05 | | 14:59 |
| 20 | Anders Ladefoged | Randers/djurs Ok | 1:26:50 | 43:20 | | 16:46 |
| 21 | Michael Mogensen | Herning Ok | 1:28:16 | 44:46 | | 17:03 |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|-------------|------------------------|-------------------|----------------|---------------|----------------|
| H45B | | 5,175 KM | | | |
| 22 | Hans Christiansen | Ok Pan | 1:29:04 | 45:34 | 17:12 |
| 23 | Egon Mathiasen | Herning Ok | 1:42:58 | 59:28 | 19:53 |
| 24 | Johannes Poulsen | Horsens Ok | 2:01:58 | 1:18:28 | 23:34 |
| 25 | Ole Jørgensen | Horsens Ok | 2:16:01 | 1:32:31 | 26:17 |
| Sum | 25 | Tilmeldte 25 | Startende: 25 | Ant poster 18 | |
| H50 | | 5,6 KM | | | |
| 1 | Jørgen Schnack | Aalborg Ok | 40:04 | | 07:09 |
| 2 | Peter Knudsen | Ok Melfar | 40:43 | 00:39 | 07:16 |
| 3 | Henrik Henriksen | Horsens Ok | 41:15 | 01:11 | 07:21 |
| 4 | Morten Kjær | Silkeborg Ok | 41:23 | 01:19 | 07:23 |
| 5 | Allan Hougaard | Aarhus 1900 Ok | 42:10 | 02:06 | 07:31 |
| 6 | Tommy Damsgaard | Viborg Ok | 42:36 | 02:32 | 07:36 |
| 7 | Jan Thomsen | Ok Pan | 43:08 | 03:04 | 07:42 |
| 8 | Carsten Thyssen | Horsens Ok | 43:23 | 03:19 | 07:44 |
| 9 | Kell Sønnichsen | Ok Pan | 44:23 | 04:19 | 07:55 |
| 10 | Per Mønster Jørgensen | Horsens Ok | 45:43 | 05:39 | 08:09 |
| 11 | Jonas Persson | Silkeborg Ok | 46:19 | 06:15 | 08:16 |
| 12 | Kent Lodberg | Ok Pan | 46:21 | 06:17 | 08:16 |
| 13 | Søren Flytkjær | Aalborg Ok | 46:27 | 06:23 | 08:17 |
| 14 | Kristian Edsen | Nordvest Ok | 47:21 | 07:17 | 08:27 |
| 15 | Bo L. Andersen | Aalborg Ok | 48:07 | 08:03 | 08:35 |
| 16 | Steffen Alm | Nordvest Ok | 48:52 | 08:48 | 08:43 |
| 17 | Kim Gottlieb | Herning Ok | 49:13 | 09:09 | 08:47 |
| 17 | Ole Jensen | Mariager Fjord Ok | 49:13 | 09:09 | 08:47 |
| 19 | Walther Rahbek | Rold Skov Ok | 49:14 | 09:10 | 08:47 |
| 20 | Kim B. Schmidt | Herning Ok | 49:35 | 09:31 | 08:51 |
| 21 | Frank Dabelstein | Aarhus 1900 Ok | 49:55 | 09:51 | 08:54 |
| 22 | Torben Kragh | Ok Pan | 50:35 | 10:31 | 09:01 |
| 23 | Thomas Sørensen | Ok Melfar | 51:11 | 11:07 | 09:08 |
| 24 | Sten Egholm Jørgensen | Ok Melfar | 51:21 | 11:17 | 09:10 |
| 25 | Terkel Knudsen | Ok Melfar | 52:08 | 12:04 | 09:18 |
| 26 | Kent Uhre Knudsen | Silkeborg Ok | 53:13 | 13:09 | 09:30 |
| 27 | Kjeld Arildsen | Ok Vendelboerne | 54:29 | 14:25 | 09:43 |
| 28 | Jan Hauerslev | Ok Pan | 54:54 | 14:50 | 09:48 |
| 29 | Ulrik Johansen | Ok Pan | 55:59 | 15:55 | 09:59 |
| 30 | Per Dahl Jensen | Ok Pan | 56:05 | 16:01 | 10:00 |
| 31 | Klaus Wolsing | Mariager Fjord Ok | 56:12 | 16:08 | 10:02 |
| 32 | Kaj Kaspersen | Herning Ok | 56:31 | 16:27 | 10:05 |
| 33 | Thomas Lindschouw | Aalborg Ok | 57:23 | 17:19 | 10:14 |
| 34 | Kent René Simonsen | Viborg Ok | 58:01 | 17:57 | 10:21 |
| 35 | Kim Poulsen | Aarhus 1900 Ok | 58:12 | 18:08 | 10:23 |
| 36 | Frank Krog Jensen | Horsens Ok | 1:00:15 | 20:11 | 10:45 |
| 37 | Henning Mindstruplund | Horsens Ok | 1:01:19 | 21:15 | 10:56 |
| 38 | Jørn Mørup | Vestjysk | 1:03:35 | 23:31 | 11:21 |
| 39 | Karsten Kristiansen | Silkeborg Ok | 1:04:08 | 24:04 | 11:27 |
| 40 | Torben Isen | Herning Ok | 1:06:47 | 26:43 | 11:55 |
| 41 | Kim Topp | Randers/djurs Ok | 1:12:48 | 32:44 | 13:00 |
| 42 | Hans Ingemann Petersen | Ok Vendelboerne | 1:13:37 | 33:33 | 13:08 |
| 43 | Karl Gustavsen | Ok Vendelboerne | 1:56:04 | 1:16:00 | 20:43 |
| DSQ | Søren Bak | Aalborg Ok | 55:21 | | DSQ100 for 058 |
| DSQ | Peter Fallesen | Viborg Ok | 1:13:37 | | DSQ Missed 064 |
| DNS | Allan Lauridsen | Mariager Fjord Ok | | | |
| Sum | 46 | Tilmeldte 46 | Startende: 45 | Ant poster 17 | |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km | tid |
|------------|------------------------|-------------------|----------------|---------------|----|----------------|
| H60 | | 4,5 KM | | | | |
| 1 | Niels Stadel | Silkeborg Ok | 40:14 | | | 08:56 |
| 2 | Jens Jørgen Jensen | Herning Ok | 40:35 | 00:21 | | 09:01 |
| 3 | John Holm | Ok Pan | 40:44 | 00:30 | | 09:03 |
| 4 | Keld Gade | Viborg Ok | 41:03 | 00:49 | | 09:07 |
| 5 | Henning Hansen | Horsens Ok | 41:45 | 01:31 | | 09:16 |
| 6 | Varny Vestergaard | Vestjysk | 41:52 | 01:38 | | 09:18 |
| 7 | Hans Jørgen Vad | Horsens Ok | 42:33 | 02:19 | | 09:27 |
| 8 | Helge Poulsen | Mariager Fjord Ok | 42:36 | 02:22 | | 09:28 |
| 9 | Finn Jørgensen Aaris | Ok H.t.f. | 43:22 | 03:08 | | 09:38 |
| 10 | Stig Barrett | Viborg Ok | 43:31 | 03:17 | | 09:40 |
| 10 | Knud Fjordvald | Silkeborg Ok | 43:31 | 03:17 | | 09:40 |
| 12 | Rolf Duedahl Nielsen | Randers/djurs Ok | 43:33 | 03:19 | | 09:40 |
| 13 | Peer Straarup | Horsens Ok | 44:00 | 03:46 | | 09:46 |
| 14 | Carl Malling | Randers/djurs Ok | 44:58 | 04:44 | | 09:59 |
| 15 | Poul Erik Christensen | Horsens Ok | 45:42 | 05:28 | | 10:09 |
| 16 | Michael Straube | Horsens Ok | 48:13 | 07:59 | | 10:42 |
| 17 | Frede Rasmussen | Herning Ok | 48:34 | 08:20 | | 10:47 |
| 18 | Jørgen Jørgensen | Silkeborg Ok | 48:47 | 08:33 | | 10:50 |
| 19 | Leif Rønn Olsen | Herning Ok | 49:14 | 09:00 | | 10:56 |
| 20 | Henning Bak-Mikkelsen | Ok Vendelboerne | 50:33 | 10:19 | | 11:14 |
| 21 | Thorkild Holm Pedersen | Ok Pan | 51:11 | 10:57 | | 11:22 |
| 22 | Erik Warncke | Horsens Ok | 51:12 | 10:58 | | 11:22 |
| 23 | Per Henriksen | Vestjysk | 51:34 | 11:20 | | 11:27 |
| 24 | Torben Pedersen | Viborg Ok | 52:30 | 12:16 | | 11:40 |
| 25 | Frank Linde | Ok Pan | 54:40 | 14:26 | | 12:08 |
| 26 | Mogens Christensen | Ok Vendelboerne | 54:56 | 14:42 | | 12:12 |
| 27 | Jens Christensen | Mariager Fjord Ok | 55:02 | 14:48 | | 12:13 |
| 28 | Gert Rebsdorf | Mariager Fjord Ok | 55:13 | 14:59 | | 12:16 |
| 29 | Søren Søgaard Nielsen | Herning Ok | 55:17 | 15:03 | | 12:17 |
| 30 | John Lindahl Hansen | Ok Melfar | 57:19 | 17:05 | | 12:44 |
| 31 | Uffe Bach | Randers/djurs Ok | 58:42 | 18:28 | | 13:02 |
| 32 | Finn Ingwersen | Horsens Ok | 1:00:44 | 20:30 | | 13:29 |
| 33 | Bjarne Krogh | Nordvest Ok | 1:01:39 | 21:25 | | 13:42 |
| 34 | Gunnar Gjermandsen | Horsens Ok | 1:04:04 | 23:50 | | 14:14 |
| 35 | Karsten Stald | Horsens Ok | 1:04:53 | 24:39 | | 14:25 |
| 36 | Keld Abrahamsen | Aarhus 1900 Ok | 1:05:36 | 25:22 | | 14:34 |
| 37 | Jan Bille | Ok Pan | 1:06:16 | 26:02 | | 14:43 |
| 38 | Helmut Hilden | Rold Skov Ok | 1:06:45 | 26:31 | | 14:50 |
| 39 | Poul Grøn | Ok Pan | 1:16:05 | 35:51 | | 16:54 |
| 40 | Ole Gjøderum | Aarhus 1900 Ok | 1:17:30 | 37:16 | | 17:13 |
| 41 | Olaf Christensen | Aarhus 1900 Ok | 1:18:04 | 37:50 | | 17:20 |
| 42 | Poul Larsen | Horsens Ok | 1:27:26 | 47:12 | | 19:25 |
| 43 | Arne Mortensen | Rold Skov Ok | 1:33:18 | 53:04 | | 20:44 |
| DSQ | Torben Sørensen | Horsens Ok | 48:48 | | | DSQ Missed 063 |
| DNS | Torben Karlshøj | Nordvest Ok | | | | |
| DNS | Kaj Jansson | Randers/djurs Ok | | | | |
| DNS | Erik Nysom | Silkeborg Ok | | | | |
| DNS | Ole Nielsen | Aalborg Ok | | | | |
| DNS | Gert Kristensen | Randers/djurs Ok | | | | |
| Sum | 49 | Tilmeldte 49 | Startende: 44 | Ant poster 16 | | |

| | | | | | | |
|------------|--------------------|-----------------|--------------|-------|--|-------|
| H70 | | 3,85 KM | | | | |
| 1 | Eigil Nielsen | Horsens Ok | 37:56 | | | 09:51 |
| 2 | Finn Hørup Nielsen | Ok Vendelboerne | 39:13 | 01:17 | | 10:11 |
| 3 | Poul Bobach | Aalborg Ok | 39:27 | 01:31 | | 10:14 |
| 4 | Flemming Nørgaard | Ok Pan | 42:04 | 04:08 | | 10:55 |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|----------------|----------------------|-------------------|---------------|---------------|----------------|
| H70 | | | | | |
| 3,85 KM | | | | | |
| 5 | Claus Faber | Silkeborg Ok | 44:42 | 06:46 | 11:36 |
| 6 | Troels Jensen | Horsens Ok | 44:46 | 06:50 | 11:37 |
| 7 | Max Hansen | Randers/djurs Ok | 44:48 | 06:52 | 11:38 |
| 8 | Steen Frandsen | Viborg Ok | 47:34 | 09:38 | 12:21 |
| 9 | Hermann P. Jensen | Nordvest Ok | 47:59 | 10:03 | 12:27 |
| 10 | Clive Allen | Silkeborg Ok | 48:17 | 10:21 | 12:32 |
| 11 | Tage Baun | Horsens Ok | 49:33 | 11:37 | 12:52 |
| 12 | Poul Nøhr | Silkeborg Ok | 49:44 | 11:48 | 12:55 |
| 13 | Leif B. Nielsen | Herning Ok | 50:43 | 12:47 | 13:10 |
| 14 | Jens Jørgen Jensen | Randers/djurs Ok | 50:46 | 12:50 | 13:11 |
| 15 | Frants Nielsen | Herning Ok | 50:50 | 12:54 | 13:12 |
| 16 | Kjeld Simonsen | Randers/djurs Ok | 51:33 | 13:37 | 13:23 |
| 17 | Karl Ditlevsen | Horsens Ok | 53:02 | 15:06 | 13:46 |
| 18 | Jørgen Krog | Silkeborg Ok | 55:23 | 17:27 | 14:23 |
| 19 | Per Jessen-Klixbüll | Ok Pan | 56:03 | 18:07 | 14:33 |
| 20 | Finn Holter Madsen | Ok Pan | 56:33 | 18:37 | 14:41 |
| 21 | Dieter Gravgaard | Silkeborg Ok | 56:37 | 18:41 | 14:42 |
| 22 | Troels Munthe | Mariager Fjord Ok | 58:02 | 20:06 | 15:04 |
| 23 | Ulf Mogensen | Aalborg Ok | 59:51 | 21:55 | 15:32 |
| 24 | Chris Krogh | Aarhus 1900 Ok | 59:59 | 22:03 | 15:34 |
| 25 | Asmus Wonsyld | Silkeborg Ok | 1:00:33 | 22:37 | 15:43 |
| 26 | Leif Hansen | Nordvest Ok | 1:01:16 | 23:20 | 15:54 |
| 27 | Henning Olesen | Nordvest Ok | 1:01:26 | 23:30 | 15:57 |
| 28 | Finn Søndergaard | Randers/djurs Ok | 1:02:14 | 24:18 | 16:09 |
| 29 | Ole Christensen | Horsens Ok | 1:03:17 | 25:21 | 16:26 |
| 30 | Niels Henrik Olesen | Vestjysk | 1:05:30 | 27:34 | 17:00 |
| 31 | Lars Ole Larsen | Silkeborg Ok | 1:05:50 | 27:54 | 17:05 |
| 32 | Arne Pedersen | Mariager Fjord Ok | 1:06:19 | 28:23 | 17:13 |
| 33 | Erling Nørgaard | Aarhus 1900 Ok | 1:07:37 | 29:41 | 17:33 |
| 34 | Gert Odgaard | Ok Vendelboerne | 1:08:21 | 30:25 | 17:45 |
| 35 | Hans Jørgen Simonsen | Ok Pan | 1:10:11 | 32:15 | 18:13 |
| 36 | Villy Sørensen | Randers/djurs Ok | 1:10:18 | 32:22 | 18:15 |
| 37 | Ole Jensen | Rold Skov Ok | 1:11:58 | 34:02 | 18:41 |
| 38 | Harvy Ilsøe | Horsens Ok | 1:26:14 | 48:18 | 22:23 |
| DSQ | Bent Nielsen | Ok Pan | 1:14:18 | | DSQ100 for 063 |
| DNS | Erik Anders Jensen | Silkeborg Ok | | | |
| DNS | Knud Vogélius | Silkeborg Ok | | | |
| DNS | Torben Hansen | Herning Ok | | | |
| DNS | Otto Møller | Rold Skov Ok | | | |
| DNS | Henrik Houmøller | Rold Skov Ok | | | |
| Sum | 44 | Tilmeldte 44 | Startende: 39 | Ant poster 13 | |

| | | | | | |
|---------------|-------------------------|----------------|---------------|---------------|-------|
| H80 | | | | | |
| 2,6 KM | | | | | |
| 1 | Knud Sørensen | Ok Pan | 34:08 | | 13:07 |
| 2 | Kai Ø. Laursen | Aalborg Ok | 35:46 | 01:38 | 13:45 |
| 3 | Asger Kristensen | Herning Ok | 44:29 | 10:21 | 17:06 |
| 4 | Tage Arent Jensen | Viborg Ok | 50:26 | 16:18 | 19:23 |
| 5 | Preben Eriksen | Viborg Ok | 50:45 | 16:37 | 19:31 |
| 6 | Erik Hedegaard Jakobsen | Nordvest Ok | 50:56 | 16:48 | 19:35 |
| 7 | Åge Knudsen | Herning Ok | 56:13 | 22:05 | 21:37 |
| 8 | Anker Andersen | Horsens Ok | 1:05:34 | 31:26 | 25:13 |
| 9 | Hartvig Mathiasen | Viborg Ok | 1:08:46 | 34:38 | 26:26 |
| 10 | Henning Jørgensen | Nordvest Ok | 1:20:40 | 46:32 | 31:01 |
| 11 | Per Rønnau | Aarhus 1900 Ok | 1:22:09 | 48:01 | 31:35 |
| 12 | Hanne Agnethe Schultz | Horsens Ok | 1:57:24 | 1:23:16 | 45:09 |
| Sum | 12 | Tilmeldte 12 | Startende: 12 | Ant poster 12 | |

Resultatliste

1-2-3 divisionsmatch

Offisiell liste

Sjørup Skov 08-09-2019

| Placering | Navn | Klub | Tid | Efter | Km tid |
|----------------------|---------------------------|-------------------|---------------|---------------|----------------|
| H-Let 3,15 KM | | | | | |
| 1 | Jakob Birkholm | Ok Pan | 19:17 | | 06:07 |
| 2 | Jes Lindholm Jensen | Silkeborg Ok | 25:13 | 05:56 | 08:00 |
| 3 | Jannik Friis | Silkeborg Ok | 27:05 | 07:48 | 08:35 |
| 4 | Klaus Hansen | Ok Pan | 27:58 | 08:41 | 08:52 |
| 5 | Dan Efsen | Horsens Ok | 30:24 | 11:07 | 09:39 |
| 6 | Søren Kristensen | Ok Pan | 36:43 | 17:26 | 11:39 |
| 7 | Erik Thomsen | Herning Ok | 44:37 | 25:20 | 14:09 |
| 8 | Thomas Nikolajsen | Horsens Ok | 45:17 | 26:00 | 14:22 |
| 9 | Helge Søgaard | Rold Skov Ok | 50:32 | 31:15 | 16:02 |
| 10 | Jesper Larsen | Silkeborg Ok | 52:18 | 33:01 | 16:36 |
| 11 | Arne Lock | Herning Ok | 57:16 | 37:59 | 18:10 |
| 12 | Jørgen Skovby | Horsens Ok | | 33:28 | 16:44 |
| DSQ | Niels Overgaard Abildskov | Mariager Fjord Ok | 07:09 | | DSQ Missed 100 |
| Sum | 13 | Tilmeldte 13 | Startende: 13 | Ant poster 13 | |
| åben1 6,7 KM | | | | | |
| 1 | Tue Lassen | Faaborg Ok | 35:31 | | 05:18 |
| 2 | Flemming Jørgensen | Ok Snab | 42:14 | 06:43 | 06:18 |
| 3 | Caroline Gjøtterup | Faaborg Ok | 43:50 | 08:19 | 06:32 |
| 4 | Lars Storper | Vestjysk | 52:50 | 17:19 | 07:53 |
| 5 | Lars Mikkelsen | Ifk | 1:36:39 | 1:01:08 | 14:25 |
| Sum | 5 | Tilmeldte 5 | Startende: 5 | Ant poster 20 | |
| åben2 5,6 KM | | | | | |
| 1 | Niels Jensen | Ok Snab | 50:15 | | 08:58 |
| 2 | Søren Maarup | Kolding Ok | 52:18 | 02:03 | 09:20 |
| 3 | Signe Edsen | Nordvest Ok | 53:59 | 03:44 | 09:38 |
| 4 | Lone Rasmussen | Ok Snab | 1:01:22 | 11:07 | 10:57 |
| 5 | Anker Møller | Silkeborg Ok | 1:07:39 | 17:24 | 12:04 |
| 6 | Lars Humle | Akif | 1:20:55 | 30:40 | 14:26 |
| Sum | 6 | Tilmeldte 6 | Startende: 6 | Ant poster 16 | |
| åben3 3,7 KM | | | | | |
| 1 | Jørn Thomsen | Kolsin Ok | 59:06 | | 15:58 |
| 2 | Peter Sølling | Ok H.t.f. | 1:03:15 | 04:09 | 17:05 |
| 3 | Else Sølling | Ok H.t.f. | 1:31:44 | 32:38 | 24:47 |
| Sum | 3 | Tilmeldte 3 | Startende: 3 | Ant poster 15 | |
| åben4 5,2 KM | | | | | |
| 1 | Axel Ørnhausen Jørgensen | Ok Snab | 37:22 | | 07:11 |
| 2 | Rikke Schested | NOTEAM | 2:22:22 | 1:45:00 | 27:22 |
| DSQ | Linda Udclit | NOTEAM | 1:07:50 | | DSQ Missed 049 |
| Sum | 3 | Tilmeldte 3 | Startende: 3 | Ant poster 18 | |
| åben5 3,2 KM | | | | | |
| 1 | Jeanette Fejring | Ok Melfar | 40:47 | | 12:44 |
| Sum | 1 | Tilmeldte 1 | Startende: 1 | Ant poster 14 | |