

Plads Navn
4,5km svær

Klasse

Tid

Plads	Navn	Klasse	Tid
1	Jakob Gade	1000	37:46
01:14=	02:11=	05:33=	08:03=
14:56=	17:53=	22:41=	25:36=
29:51=	34:49=	36:21=	37:46=
01:14=	00:57=	03:22=	02:30=
06:53=	02:57=	04:48=	02:55=
04:15=	04:58=	01:32=	01:25=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Jan Lauge	1001	38:26
00:59-	03:38+	06:59+	09:20+
16:03+	18:45+	23:21+	26:46+
31:10+	35:37+	37:08+	38:26+
00:59-	02:39+	03:21-	02:21-
06:43-	02:42-	04:36-	03:25+
04:24+	04:27-	01:31-	01:18-
00:15-	01:42@	00:01-	00:09-
00:10-	00:15-	00:12-	00:30#
00:09+	00:31-	00:01-	00:07-
3	Morten Frederiksen	1003	39:21
01:21+	04:34+	07:32+	09:54+
18:21+	21:16+	25:15+	27:56+
32:40+	36:47+	38:00+	39:21+
01:21+	03:13+	02:58-	02:22-
08:27+	02:55-	03:59-	02:41-
04:44+	04:07-	01:13-	01:21-
00:07+	02:16@	00:24-	00:08-
01:34#	00:02-	00:49-	00:14-
00:29#	00:51-	00:19-	00:04-
4	Lene Bejer	1000	39:33
01:27+	02:51+	06:02+	08:30+
15:23+	18:12+	22:56+	26:23+
31:15+	36:06+	37:30+	39:33+
01:27+	01:24+	03:11-	02:28-
06:53=	02:49-	04:44-	03:27+
04:52+	04:51-	01:24-	02:03+
00:13#	00:27&	00:11-	00:02-
00:00=	00:08-	00:04-	00:32#
00:37#	00:07-	00:08-	00:38&
5	Gert Bertel	1001	41:01
01:32+	02:41+	06:03+	08:24+
16:12+	19:03+	24:40+	27:53+
32:55+	37:59+	39:29+	41:01+
01:32+	01:09+	03:22=	02:21-
07:48+	02:51-	05:37+	03:13+
05:02+	05:04+	01:30-	01:32+
00:18#	00:12#	00:00=	00:09-
00:55#	00:06-	00:49#	00:18#
00:47#	00:06+	00:02-	00:07+
6	Svend Erik Skovsgaard	1000	43:51
02:05+	03:41+	07:47+	10:37+
17:47+	20:51+	26:17+	30:23+
36:01+	40:51+	42:24+	43:51+
02:05+	01:36+	04:06+	02:50+
07:10+	03:04+	05:26+	04:06+
05:38+	04:50-	01:33+	01:27+
00:51&	00:39&	00:44#	00:20#
00:17+	00:07+	00:38#	01:11&
01:23&	00:08-	00:01+	00:02+
7	Leo jespersen	1001	46:31
01:50+	03:56+	07:42+	10:37+
18:22+	22:04+	27:39+	31:10+
36:47+	42:24+	44:38+	46:31+
01:50+	02:06+	03:46+	02:55+
07:45+	03:42+	05:35+	03:31+
05:37+	05:37+	02:14+	01:53+
00:36&	01:09@	00:24#	00:25#
00:52#	00:45&	00:47#	00:36#
01:22&	00:39#	00:42&	00:28&
8	Thomas Jørgensen	1001	54:41
02:26+	05:42+	10:04+	13:16+
21:57+	25:51+	32:53+	37:53+
44:27+	50:23+	52:47+	54:41+
02:26+	03:16+	04:22+	03:12+
08:41+	03:54+	07:02+	05:00+
06:34+	05:56+	02:24+	01:54+
01:12&	02:19@	01:00&	00:42&
01:48&	00:57&	02:14&	02:05&
02:19&	00:58#	00:52&	00:29&
9	Birgitte Bach	1000	57:36
04:15+	06:16+	10:33+	13:53+
23:42+	27:48+	35:55+	40:38+
47:57+	53:44+	55:49+	57:36+
04:15+	02:01+	04:17+	03:20+
09:49+	04:06+	08:07+	04:43+
07:19+	05:47+	02:05+	01:47+
03:01@	01:04@	00:55&	00:50&
02:56&	01:09&	03:19&	01:48&
03:04&	00:49#	00:33&	00:22&
10	Keld Gade	1000	59:30
02:17+	03:40+	08:55+	12:58+
23:02+	27:35+	34:09+	38:52+
46:19+	53:29+	56:51+	59:30+
02:17+	01:23+	05:15+	04:03+
10:04+	04:33+	06:34+	04:43+
07:27+	07:10+	03:22+	02:39+
01:03&	00:26&	01:53&	01:33&
03:11&	01:36&	01:46&	01:48&
03:12&	02:12&	01:50@	01:14&
11	Kjeld Tidemand	1000	1:02:02
01:24+	08:35+	13:00+	16:27+
24:39+	28:44+	35:21+	39:57+
51:23+	58:02+	60:18+	62:02+
01:24+	07:11+	04:25+	03:27+
08:12+	04:05+	06:37+	04:36+
11:26+	06:39+	02:16+	01:44+
00:10#	06:14@	01:03&	00:57&
01:19#	01:08&	01:49&	01:41&
07:11@	01:41&	00:44&	00:19#
12	Benny Johansen	1000	1:17:32
02:38+	08:30+	13:45+	17:59+
30:09+	34:26+	42:21+	49:16+
63:46+	72:44+	75:21+	77:32+
02:38+	05:52+	05:15+	04:14+
12:10+	04:17+	07:55+	06:55+
14:30+	08:58+	02:37+	02:11+
01:24@	04:55@	01:53&	01:44&
05:17&	01:20&	03:07&	04:00@
10:15@	04:00&	01:05&	00:46&

Class	Navn	Klasse	Tid
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4,5km svær

Beste stræktid for klassen

00:59 00:57 02:58 02:21 06:43 02:42 03:59 02:41 04:15 04:07 01:13 01:18

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

7km svær

1	Jimmi Olsen	1000	45:48																
02:13=	03:42=	04:50=	05:25=	08:07=	11:31=	13:24=	16:45=	18:26=	19:57=	21:33=	25:38=	29:15=	31:15=	34:47=	37:42=	40:23=	43:47=	44:44=	45:48=
02:13=	01:29=	01:08=	00:35=	02:42=	03:24=	01:53=	03:21=	01:41=	01:31=	01:36=	04:05=	03:37=	02:00=	03:32=	02:55=	02:41=	03:24=	00:57=	01:04=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Casper Svendsen	NOTEAM	48:14																
03:20+	04:56+	06:09+	06:41+	09:24+	12:51+	14:58+	18:50+	20:10+	21:52+	23:41+	27:53+	31:35+	33:42+	37:05+	40:03+	42:56+	46:15+	47:09+	48:14+
03:20+	01:36+	01:13+	00:32=	02:43+	03:27+	02:07+	03:52+	01:20=	01:42+	01:49+	04:12+	03:42+	02:07+	03:23=	02:58+	02:53+	03:19=	00:54=	01:05+
01:07&	00:07+	00:05+	00:03=	00:01+	00:03+	00:14#	00:31#	00:21=	00:11#	00:13#	00:07+	00:05+	00:07+	00:09=	00:03+	00:12+	00:05=	00:03=	00:01+
3	Jess Rasmussen	1000	48:58																
02:26+	04:16+	05:31+	06:07+	09:19+	12:24+	14:36+	18:28+	19:52+	21:26+	23:12+	27:11+	31:01+	33:19+	36:59+	39:39+	42:49+	46:34+	47:43+	48:58+
02:26+	01:50+	01:15+	00:36+	03:12+	03:05=	02:12+	03:52+	01:24=	01:34+	01:46+	03:59=	03:50+	02:18+	03:40+	02:40=	03:10+	03:45+	01:09+	01:15+
00:13+	00:21#	00:07#	00:01+	00:30#	00:19=	00:19#	00:31#	00:17=	00:03+	00:10#	00:06=	00:13+	00:18#	00:08+	00:15=	00:29#	00:21#	00:12#	00:11#
4	Søren Vestergaard	1002	50:44																
02:47+	04:41+	05:53+	06:31+	10:00+	15:01+	17:14+	20:45+	22:25+	23:55+	25:46+	29:46+	33:10+	35:15+	39:25+	42:17+	45:15+	48:43+	49:41+	50:44+
02:47+	01:54+	01:12+	00:38+	03:29+	05:01+	02:13+	03:31+	01:40=	01:30=	01:51+	04:00=	03:24=	02:05+	04:10+	02:52=	02:58+	03:28+	00:58+	01:03=
00:34&	00:25&	00:04+	00:03+	00:47&	01:37&	00:20#	00:10+	00:01=	00:01=	00:15#	00:05=	00:13=	00:05+	00:38#	00:03=	00:17#	00:04+	00:01+	00:01=
5	Christian B. Andersen	1001	52:23																
02:22+	03:56+	05:15+	05:51+	08:52+	13:49+	16:01+	20:05+	21:35+	23:15+	25:05+	29:02+	33:14+	35:38+	39:34+	42:37+	45:52+	49:39+	51:06+	52:23+
02:22+	01:34+	01:19+	00:36+	03:01+	04:57+	02:12+	04:04+	01:30=	01:40+	01:50+	03:57=	04:12+	02:24+	03:56+	03:03+	03:15+	03:47+	01:27+	01:17+
00:09+	00:05+	00:11#	00:01+	00:19#	01:33&	00:19#	00:43#	00:11=	00:09+	00:14#	00:08=	00:35#	00:24#	00:24#	00:08+	00:34#	00:23#	00:30&	00:13#
6	Kent Simonsen	1000	52:38																
02:50+	04:28+	05:36+	06:12+	09:18+	13:43+	15:48+	19:29+	20:52+	23:11+	25:11+	29:39+	33:47+	36:49+	40:43+	43:35+	46:28+	50:20+	51:25+	52:38+
02:50+	01:38+	01:08=	00:36+	03:06+	04:25+	02:05+	03:41+	01:23=	02:19+	02:00+	04:28+	04:08+	03:02+	03:54+	02:52=	02:53+	03:52+	01:05+	01:13+
00:37&	00:09#	00:00=	00:01+	00:24#	01:01&	00:12#	00:20+	00:18=	00:48&	00:24#	00:23+	00:31#	01:02&	00:22#	00:03=	00:12+	00:28#	00:08#	00:09#
7	Ricki Laursen	1000	54:09																
03:15+	05:13+	06:42+	07:55+	13:11+	16:42+	18:57+	22:44+	24:12+	25:49+	27:42+	31:30+	36:04+	38:20+	42:18+	45:25+	48:09+	51:44+	53:05+	54:09+
03:15+	01:58+	01:29+	01:13+	05:16+	03:31+	02:15+	03:47+	01:28=	01:37+	01:53+	03:48=	04:34+	02:16+	03:58+	03:07+	02:44+	03:35+	01:21+	01:04=
01:02&	00:29&	00:21&	00:38@	02:34&	00:07+	00:22#	00:26#	00:13=	00:06+	00:17#	00:17=	00:57&	00:16#	00:26#	00:12+	00:03+	00:11+	00:24&	00:00=
8	Jacob Friis	1000	54:29																
02:00=	03:38=	04:52+	05:54+	09:51+	14:53+	17:12+	21:23+	22:56+	24:45+	26:44+	31:41+	35:46+	38:12+	42:10+	45:19+	48:19+	52:08+	53:12+	54:29+
02:00=	01:38+	01:14+	01:02+	03:57+	05:02+	02:19+	04:11+	01:33=	01:49+	01:59+	04:57+	04:05+	02:26+	03:58+	03:09+	03:00+	03:49+	01:04+	01:17+
00:13=	00:09#	00:06+	00:27&	01:15&	01:38&	00:26#	00:50#	00:08=	00:18#	00:23#	00:52#	00:28#	00:26#	00:26#	00:14+	00:19#	00:25#	00:07#	00:13#
9	Lennart Christiansen	1000	55:26																
02:27+	04:10+	05:29+	06:13+	09:44+	13:57+	16:22+	20:55+	22:31+	24:29+	26:31+	31:04+	35:12+	37:40+	41:15+	44:23+	48:37+	53:00+	54:22+	55:26+
02:27+	01:43+	01:19+	00:44+	03:31+	04:13+	02:25+	04:33+	01:36=	01:58+	02:02+	04:33+	04:08+	02:28+	03:35+	03:08+	04:14+	04:23+	01:22+	01:04=
00:14#	00:14#	00:11#	00:09&	00:49&	00:49#	00:32&	01:12&	00:05=	00:27&	00:26&	00:28#	00:31#	00:28#	00:03+	00:13+	01:33&	00:59&	00:25&	00:00=
10	Stig Barret	1000	1:02:26																
04:10+	05:58+	07:25+	08:11+	11:43+	17:46+	20:09+	24:59+	26:46+	28:45+	30:46+	36:43+	41:07+	43:32+	47:44+	51:16+	54:57+	59:11+	60:37+	62:26+
04:10+	01:48+	01:27+	00:46+	03:32+	06:03+	02:23+	04:50+	01:47+	01:59+	02:01+	05:57+	04:24+	02:25+	04:12+	03:32+	03:41+	04:14+	01:26+	01:49+
01:57&	00:19#	00:19&	00:11&	00:50&	02:39&	00:30&	01:29&	00:06+	00:28&	00:25&	01:52&	00:47#	00:25#	00:40#	00:37#	01:00&	00:50#	00:29&	00:45&

7km svær

11	Helle Nikkel	1000	1:14:27																
03:12+	05:29+	07:27+	08:30+	13:06+	17:31+	20:29+	26:11+	28:28+	30:47+	33:44+	39:30+	45:15+	51:01+	56:32+	61:20+	65:40+	70:56+	72:45+	74:27+
03:12+	02:17+	01:58+	01:03+	04:36+	04:25+	02:58+	05:42+	02:17+	02:19+	02:57+	05:46+	05:45+	05:46+	05:31+	04:48+	04:20+	05:16+	01:49+	01:42+
00:59&	00:48&	00:50&	00:28&	01:54&	01:01&	01:05&	02:21&	00:36&	00:48&	01:21&	01:41&	02:08&	03:46@	01:59&	01:53&	01:39&	01:52&	00:52&	00:38&

12	Pia Gade	1000	1:15:27																
03:38+	06:09+	08:13+	09:07+	14:31+	19:43+	22:22+	29:08+	31:15+	33:48+	36:23+	42:41+	48:15+	51:12+	56:17+	61:11+	66:49+	71:49+	74:01+	75:27+
03:38+	02:31+	02:04+	00:54+	05:24+	05:12+	02:39+	06:46+	02:07+	02:33+	02:35+	06:18+	05:34+	02:57+	05:05+	04:54+	05:38+	05:00+	02:12+	01:26+
03:38+	02:31+	02:04+	00:54+	05:24+	05:12+	02:39+	06:46+	02:07+	02:33+	02:35+	06:18+	05:34+	02:57+	05:05+	04:54+	05:38+	05:00+	02:12+	01:26+

Beste stræktid for klassen

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

begynder let

2	Freya + Josefine gade	1000	35:13											
01:43+	03:24+	06:20+	07:37+	11:20+	13:00+	16:54+	18:06+	19:20+	22:32+	26:00+	27:44+	30:41+	32:59+	35:13+
01:43+	01:41+	02:56+	01:17+	03:43+	01:40+	03:54+	01:12+	01:14+	03:12+	03:28+	01:44+	02:57+	02:18+	02:14+
01:43+	01:41+	02:56+	01:17+	03:43+	01:40+	03:54+	01:12+	01:14+	03:12+	03:28+	01:44+	02:57+	02:18+	02:14+

3	Inger + Camilla + Viktor Johansen	1001	44:44											
03:04+	05:29+	09:49+	11:32+	14:36+	16:14+	21:53+	22:50+	23:57+	28:03+	32:41+	34:17+	38:19+	41:21+	44:44+
03:04+	02:25+	04:20+	01:43+	03:04+	01:38+	05:39+	00:57+	01:07+	04:06+	04:38+	01:36+	04:02+	03:02+	03:23+
03:04+	02:25+	04:20+	01:43+	03:04+	01:38+	05:39+	00:57+	01:07+	04:06+	04:38+	01:36+	04:02+	03:02+	03:23+

4	Bianca + Mikkeline gade	1000	52:22											
03:01+	05:39+	09:29+	11:35+	15:50+	18:30+	25:00+	26:22+	28:33+	33:43+	38:37+	40:57+	45:21+	49:20+	52:22+
03:01+	02:38+	03:50+	02:06+	04:15+	02:40+	06:30+	01:22+	02:11+	05:10+	04:54+	02:20+	04:24+	03:59+	03:02+
03:01+	02:38+	03:50+	02:06+	04:15+	02:40+	06:30+	01:22+	02:11+	05:10+	04:54+	02:20+	04:24+	03:59+	03:02+

Beste stræktid for klassen

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