

# Midtjysk super vinterlang

Plads Navn

B125km

Klasse

# Stræktider

Tid

# Vinderup skov og Sahl skov-22-12-2024

## 1 Giacomo Schmidt Frattari

15

2:33:12

04:26= 05:40= 06:22= 08:47= 10:41= 12:45= 13:57= 22:52= 28:50= 35:08= 39:41= 45:49= 47:20= 48:40= 52:13= 57:13= 60:42= 63:14= 69:38= 71:43= 74:17= 89:55= 96:10= 103:42= 107:39= 114:16=  
 04:26= 01:14= 00:42= 02:25= 01:54= 02:04= 01:12= 08:55= 05:58= 06:18= 04:33= 06:08= 01:31= 01:20= 03:33= 05:00= 03:29= 02:32= 06:24= 02:05= 02:34= 15:38= 06:15= 07:32= 03:57= 06:37=  
 00:00=  
 122:19= 130:40= 133:33= 139:39= 142:25= 143:46= 146:07= 147:43= 150:37= 153:12=  
 08:03= 08:21= 02:53= 06:06= 02:46= 01:21= 02:21= 01:36= 02:54= 02:35=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

## 2 Henrik Markvardsen

Thok

2:42:31

04:32+ 05:45+ 06:28+ 08:50+ 10:45+ 12:42- 14:21+ 26:15+ 28:59+ 35:10+ 40:20+ 44:07- 46:06- 47:36- 51:35- 57:17+ 61:30+ 64:01+ 73:54+ 76:19+ 79:14+ 90:05+ 96:24+ 106:01+ 110:36+ 117:58+  
 04:32+ 01:13- 00:43+ 02:22- 01:55+ 01:57- 01:39+ 11:54+ 02:44- 06:11- 05:10+ 03:47- 01:59+ 01:30+ 03:59+ 05:42+ 04:13+ 02:31- 09:53+ 02:25+ 02:55+ 10:51- 06:19+ 09:37+ 04:35+ 07:22+  
 00:06+ 00:01- 00:01+ 00:03- 00:01+ 00:07- 00:27& 02:59& 03:14- 00:07- 00:37# 02:21- 00:28& 00:10# 00:26# 00:42# 00:44# 00:01- 03:29& 00:20# 00:21# 04:47- 00:04+ 02:05& 00:38# 00:45#  
 126:44+ 135:55+ 140:42+ 148:21+ 151:33+ 153:06+ 154:50+ 156:41+ 159:29+ 162:31+  
 08:46+ 09:11+ 04:47+ 07:39+ 03:12+ 01:33+ 01:44- 01:51+ 02:48- 03:02+  
 00:43+ 00:50+ 01:54& 01:33& 00:26# 00:12# 00:37- 00:15# 00:06- 00:27#

## 3 Simon Grimstrup

15

2:42:33

04:38+ 05:52+ 06:33+ 09:00+ 10:51+ 12:47+ 14:51+ 23:09+ 29:05+ 35:17+ 40:26+ 44:13- 46:03- 47:36- 51:36- 56:49- 60:47+ 63:20+ 70:28+ 72:41+ 75:55+ 90:11+ 96:30+ 106:06+ 110:43+ 118:00+  
 04:38+ 01:14= 00:41- 02:27+ 01:51- 01:56- 02:04+ 08:18- 05:56- 06:12- 05:09+ 03:47- 01:50+ 01:33+ 04:00+ 05:13+ 03:58+ 02:33+ 07:08+ 02:13+ 03:14+ 14:16- 06:19+ 09:36+ 04:37+ 07:17+  
 00:12+ 00:00= 00:01- 00:02+ 00:03- 00:08- 00:52& 00:37- 00:02- 00:06- 00:36# 02:21- 00:19# 00:13# 00:27# 00:13+ 00:29# 00:01+ 00:44# 00:08+ 00:40& 01:22- 00:04+ 02:04& 00:40# 00:40#  
 126:52+ 135:55+ 140:48+ 148:27+ 151:34+ 153:04+ 154:59+ 156:47+ 159:35+ 162:33+  
 08:52+ 09:03+ 04:53+ 07:39+ 03:07+ 01:30+ 01:55- 01:48+ 02:48- 02:58+  
 00:49# 00:42+ 02:00& 01:33& 00:21# 00:09# 00:26- 00:12# 00:06- 00:23#

## 4 Ole Hemme Hansen

NOTEAM

2:51:58

05:01+ 06:18+ 07:03+ 09:40+ 12:59+ 15:35+ 16:37+ 25:18+ 28:18- 35:17+ 41:00+ 45:29- 47:34+ 49:42+ 64:03+ 69:28+ 73:27+ 77:38+ 86:17+ 88:42+ 91:23+ 97:11+ 106:04+ 114:28+ 119:19+ 126:42+  
 05:01+ 01:17+ 00:45+ 02:37+ 03:19+ 02:36+ 01:02- 08:41- 03:00- 06:59+ 05:43+ 04:29- 02:05+ 02:08+ 14:21+ 05:25+ 03:59+ 04:11+ 08:39+ 02:25+ 02:41+ 05:48- 08:53+ 08:24+ 04:51+ 07:23+  
 00:35# 00:03+ 00:03+ 00:12+ 01:25& 00:32& 00:10- 00:14- 02:58- 00:41# 01:10& 01:39- 00:34& 00:48& 10:48@ 00:25+ 00:30# 01:39& 02:15& 00:20# 00:07+ 09:50- 02:38& 00:52# 00:54# 00:46#  
 135:57+ 144:05+ 147:13+ 154:33+ 156:32+ 158:07+ 159:45+ 161:02+ 163:21+ 165:30+ 168:32+ 171:58+  
 09:15+ 08:08- 03:08+ 07:20+ 01:59- 01:35+ 01:38- 01:17- 02:19- 02:09- 03:02+ 03:26+  
 01:12# 00:13- 00:15+ 01:14# 00:47- 00:14# 00:43- 00:19- 00:35- 00:26- 03:02+ 03:26+

## 5 Mikkel Overgaard

19

2:52:19

05:14+ 06:41+ 07:25+ 09:47+ 12:53+ 15:13+ 16:20+ 25:26+ 28:09- 34:47- 40:18+ 44:25- 46:22- 48:09- 52:27+ 58:42+ 63:03+ 67:59+ 76:38+ 80:41+ 83:33+ 94:52+ 101:50+ 111:51+ 117:23+ 124:55+  
 05:14+ 01:27+ 00:44+ 02:22- 03:06+ 02:20+ 01:07- 09:06+ 02:43- 06:38+ 05:31+ 04:07- 01:57+ 01:47+ 04:18+ 06:15+ 04:21+ 04:56+ 08:39+ 04:03+ 02:52+ 11:19- 06:58+ 10:01+ 05:32+ 07:32+  
 00:48# 00:13# 00:02+ 00:03- 01:12& 00:16# 00:05- 00:11+ 03:15- 00:20+ 00:58# 02:01- 00:26& 00:27& 00:45# 01:15# 00:52# 02:24& 02:15& 01:58& 00:18# 04:19- 00:43# 02:29& 01:35& 00:55#  
 134:09+ 143:48+ 147:16+ 155:50+ 159:45+ 161:16+ 163:26+ 165:33+ 168:53+ 172:19+  
 09:14+ 09:39+ 03:28+ 08:34+ 03:55+ 01:31+ 02:10- 02:07+ 03:20+ 03:26+  
 01:11# 01:18# 00:35# 02:28& 01:09& 00:10# 00:11- 00:31& 00:26# 00:51&

## 6 Mikael Halberg Martinsen

NOTEAM

3:16:07

04:53+ 06:10+ 06:53+ 09:17+ 11:45+ 14:23+ 15:28+ 24:35+ 27:23- 34:43- 49:51+ 51:50+ 54:43+ 61:38+ 67:47+ 71:49+ 75:57+ 84:52+ 87:09+ 90:40+ 92:55+ 98:15+ 105:22+ 114:36+ 119:23+ 132:17+  
 04:53+ 01:17+ 00:43+ 02:24- 02:28+ 02:38+ 01:05- 09:07+ 02:48- 07:20+ 15:08+ 01:59- 02:53+ 06:55+ 06:09+ 04:02- 04:08+ 08:55+ 02:17- 03:31+ 02:15- 05:20- 07:07+ 09:14+ 04:47+ 12:54+  
 00:27# 00:03+ 00:01+ 00:01- 00:34& 00:34& 00:07- 00:12+ 03:10- 01:02# 10:35@ 04:09- 01:22& 05:35@ 02:36& 00:58- 00:39# 06:23@ 04:07- 01:26& 00:19- 10:18- 00:52# 01:42# 00:50# 06:17&  
 144:00+ 153:19+ 159:07+ 174:59+ 179:46+ 181:41+ 184:40+ 187:08+ 192:24+ 196:07+  
 11:43+ 09:19+ 05:48+ 15:52+ 04:47+ 01:55+ 02:59+ 02:28+ 05:16+ 03:43+  
 03:40& 00:58# 02:55@ 09:46@ 02:01& 00:34& 00:38& 00:52& 02:22& 01:08&

## 8 Eskild Brandsgård

NOTEAM

3:43:28

06:49+ 08:46+ 09:38+ 14:30+ 16:50+ 19:32+ 20:40+ 35:53+ 38:59+ 47:48+ 61:07+ 68:59+ 71:16+ 73:35+ 80:49+ 86:27+ 95:31+ 101:54+ 111:10+ 114:08+ 117:36+ 126:36+ 136:01+ 148:08+ 154:12+ 162:07+  
 06:49+ 01:57+ 00:52+ 04:52+ 02:20+ 02:42+ 01:08- 15:13+ 03:06- 08:49+ 13:19+ 07:52+ 02:17+ 02:19+ 07:14+ 05:38+ 09:04+ 06:23+ 09:16+ 02:58+ 03:28+ 09:00- 09:25+ 12:07+ 06:04+ 07:55+  
 02:23& 00:43& 00:10# 02:27@ 00:26# 00:38& 00:04- 06:18& 02:52- 02:31& 08:46@ 01:44& 00:46& 00:59& 03:41@ 00:38# 05:35@ 03:51@ 02:52& 00:53& 00:54& 06:38- 03:10& 04:35& 02:07& 01:18#  
 174:55+ 185:40+ 191:26+ 201:19+ 206:52+ 209:13+ 212:14+ 215:11+ 220:07+ 223:28+  
 12:48+ 10:45+ 05:46+ 09:53+ 05:33+ 02:21+ 03:01+ 02:57+ 04:56+ 03:21+  
 04:45& 02:24& 02:53& 03:47& 02:47@ 01:00& 00:40& 01:21& 02:02& 00:46&



### B315km

<b>7</b>	<b>Jesper Staal-Thomsen</b>	<b>NOTEAM</b>	<b>2:08:59</b>																						
06:15+	08:22+	09:03+	10:22+	15:23+	17:39+	18:51+	33:16+	37:02+	44:55+	49:10+	53:07+	60:18+	65:16+	80:03+	88:01+	98:45+	102:09+	111:49+	115:29+	116:59+	119:38+	121:44+	125:23+	128:59+	
06:15+	02:07+	00:41=	01:19-	05:01+	02:16+	01:12+	14:25-	03:46+	07:53+	04:15+	03:57-	07:11+	04:58+	14:47+	07:58-	10:44+	03:24-	09:40+	03:40+	01:30+	02:39+	02:06+	03:39+	03:36+	
00:20+	00:15#	00:00=	00:01-	02:09&	00:28&	00:16&	00:55-	01:15&	02:01&	00:57&	00:05-	01:58&	00:30#	06:52&	00:27-	02:29&	00:23-	03:53&	00:47&	00:09#	01:04&	00:31&	01:26&	01:03&	
<b>8</b>	<b>Jørgen Østergaard</b>	<b>8</b>	<b>2:09:37</b>																						
06:15+	08:37+	09:43+	11:38+	16:41+	19:14+	20:23+	32:42+	35:56+	44:11+	48:34+	54:50+	64:03+	69:16+	77:33+	88:33+	99:23+	104:19+	112:38+	116:30+	118:07+	120:22+	122:37+	126:13+	129:37+	
06:15+	02:22+	01:06+	01:55+	05:03+	02:33+	01:09+	12:19+	03:14+	08:15+	04:23+	06:16+	09:13+	05:13+	08:17+	11:00+	10:50+	04:56+	08:19+	03:52+	01:37+	02:15+	02:15+	03:36+	03:24+	
06:15+	02:22+	01:06+	01:55+	05:03+	02:33+	01:09+	12:19+	03:14+	08:15+	04:23+	06:16+	09:13+	05:13+	08:17+	11:00+	10:50+	04:56+	08:19+	03:52+	01:37+	02:15+	02:15+	03:36+	03:24+	
<b>9</b>	<b>Ricki Laursen</b>	<b>18</b>	<b>2:10:37</b>																						
06:32+	09:19+	10:16+	12:01+	15:45+	18:09+	19:37+	29:15+	32:16+	41:16+	45:47+	50:53+	57:49+	67:34+	75:29+	85:40+	96:05+	101:55+	111:54+	115:25+	117:33+	121:06+	123:31+	127:37+	130:37+	
06:32+	02:47+	00:57+	01:45+	03:44+	02:24+	01:28+	09:38+	03:01+	09:00+	04:31+	05:06+	06:56+	09:45+	07:55+	10:11+	10:25+	05:50+	09:59+	03:31+	02:08+	03:33+	02:25+	04:06+	03:00+	
06:32+	02:47+	00:57+	01:45+	03:44+	02:24+	01:28+	09:38+	03:01+	09:00+	04:31+	05:06+	06:56+	09:45+	07:55+	10:11+	10:25+	05:50+	09:59+	03:31+	02:08+	03:33+	02:25+	04:06+	03:00+	
<b>10</b>	<b>Jens Veng Isaksen</b>	<b>15</b>	<b>2:21:35</b>																						
06:24+	09:11+	10:14+	11:52+	15:48+	19:37+	20:51+	32:05+	35:33+	44:55+	49:32+	53:45+	61:33+	74:41+	84:24+	95:37+	107:34+	111:36+	121:45+	125:50+	127:41+	130:20+	133:13+	138:00+	141:35+	
06:24+	02:47+	01:03+	01:38+	03:56+	03:49+	01:14+	11:14+	03:28+	09:22+	04:37+	04:13+	07:48+	13:08+	09:43+	11:13+	11:57+	04:02+	10:09+	04:05+	01:51+	02:39+	02:53+	04:47+	03:35+	
06:24+	02:47+	01:03+	01:38+	03:56+	03:49+	01:14+	11:14+	03:28+	09:22+	04:37+	04:13+	07:48+	13:08+	09:43+	11:13+	11:57+	04:02+	10:09+	04:05+	01:51+	02:39+	02:53+	04:47+	03:35+	
<b>11</b>	<b>Oscar Skaanning</b>	<b>NOTEAM</b>	<b>2:28:21</b>																						
06:18+	08:58+	09:53+	11:13+	15:35+	19:03+	20:30+	31:52+	35:36+	43:43+	48:51+	54:22+	61:58+	67:47+	91:19+	103:10+	114:23+	118:35+	126:59+	130:02+	131:46+	133:45+	138:34+	141:38+	145:03+	148:21+
06:18+	02:40+	00:55+	01:20+	04:22+	03:28+	01:27+	11:22+	03:44+	08:07+	05:08+	05:31+	07:36+	05:49+	23:32+	11:51+	11:13+	04:12+	08:24+	03:03+	01:44+	01:59+	04:49+	03:04+	03:25+	03:18+
06:18+	02:40+	00:55+	01:20+	04:22+	03:28+	01:27+	11:22+	03:44+	08:07+	05:08+	05:31+	07:36+	05:49+	23:32+	11:51+	11:13+	04:12+	08:24+	03:03+	01:44+	01:59+	04:49+	03:04+	03:25+	03:18+
<b>12</b>	<b>Lau Sørensen</b>	<b>7</b>	<b>2:28:22</b>																						
07:24+	11:54+	12:51+	15:33+	19:34+	22:12+	23:40+	34:47+	38:10+	47:57+	53:10+	61:10+	72:47+	81:49+	91:22+	102:17+	113:51+	119:27+	128:37+	133:14+	135:04+	137:33+	140:17+	143:56+	148:22+	
07:24+	04:30+	00:57+	02:42+	04:01+	02:38+	01:28+	11:07+	03:23+	09:47+	05:13+	08:00+	11:37+	09:02+	09:33+	10:55+	11:34+	05:36+	09:10+	04:37+	01:50+	02:29+	02:44+	03:39+	04:26+	
07:24+	04:30+	00:57+	02:42+	04:01+	02:38+	01:28+	11:07+	03:23+	09:47+	05:13+	08:00+	11:37+	09:02+	09:33+	10:55+	11:34+	05:36+	09:10+	04:37+	01:50+	02:29+	02:44+	03:39+	04:26+	
<b>13</b>	<b>Victor Skanningsen</b>	<b>15</b>	<b>2:28:24</b>																						
06:20+	09:01+	10:03+	11:27+	15:43+	19:03+	20:33+	31:52+	35:45+	43:54+	48:53+	54:36+	61:57+	67:47+	91:28+	103:08+	114:07+	118:37+	126:54+	131:49+	133:41+	138:26+	141:36+	145:01+	148:24+	
06:20+	02:41+	01:02+	01:24+	04:16+	03:20+	01:30+	11:19+	03:53+	08:09+	04:59+	05:43+	07:21+	05:50+	23:41+	11:40+	10:59+	04:30+	08:17+	04:55+	01:52+	04:45+	03:10+	03:25+	03:23+	
06:20+	02:41+	01:02+	01:24+	04:16+	03:20+	01:30+	11:19+	03:53+	08:09+	04:59+	05:43+	07:21+	05:50+	23:41+	11:40+	10:59+	04:30+	08:17+	04:55+	01:52+	04:45+	03:10+	03:25+	03:23+	
<b>14</b>	<b>Ester Olivia Staal Bering</b>	<b>Ok Pan</b>	<b>2:38:20</b>																						
06:54+	09:01+	09:43+	11:39+	14:46+	17:18+	18:42+	35:18+	38:21+	48:06+	52:44+	73:11+	84:29+	101:09+	109:57+	122:39+	131:44+	136:25+	144:05+	147:21+	148:57+	150:41+	152:35+	155:21+	158:20+	
06:54+	02:07+	00:42+	01:56+	03:07+	02:32+	01:24+	16:36+	03:03+	09:45+	04:38+	20:27+	11:18+	16:40+	08:48+	12:42+	09:05+	04:41+	07:40+	03:16+	01:36+	01:44+	01:54+	02:46+	02:59+	
06:54+	02:07+	00:42+	01:56+	03:07+	02:32+	01:24+	16:36+	03:03+	09:45+	04:38+	20:27+	11:18+	16:40+	08:48+	12:42+	09:05+	04:41+	07:40+	03:16+	01:36+	01:44+	01:54+	02:46+	02:59+	

### Beste stræktid for klassen

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

### B4 8km

<b>1</b>	<b>Mads Schulz Bak-Jensen</b>	<b>17</b>	<b>53:54</b>													
05:35=	06:32=	08:02=	10:19=	11:21=	14:43=	17:40=	26:04=	29:55=	37:27=	41:32=	43:18=	45:30=	47:23=	50:17=	52:35=	53:54=
05:35=	00:57=	01:30=	02:17=	01:02=	03:22=	02:57=	08:24=	03:51=	07:32=	04:05=	01:46=	02:12=	01:53=	02:54=	02:18=	01:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Marcel Rosiak</b>	<b>Jdri</b>	<b>54:11</b>													
06:10+	07:01+	08:35+	10:57+	12:08+	15:08+	17:48+	26:41+	30:41+	38:18+	41:50+	43:14-	45:29-	47:49+	50:37+	52:50+	54:11+
06:10+	00:51-	01:34+	02:22+	01:11+	03:00-	02:40-	08:53+	04:00+	07:37+	03:32-	01:24-	02:15+	02:20+	02:48-	02:13-	01:21+
00:35#	00:06-	00:04+	00:05+	00:09#	00:22-	00:17-	00:29+	00:09+	00:05+	00:33-	00:22-	00:03+	00:27#	00:06-	00:05-	00:02+

### B4 8km

<b>3</b>	<b>Christian L Rasmussen</b>	<b>7</b>												<b>54:55</b>					
06:44+	07:41+	09:04+	11:30+	12:40+	15:51+	18:23+	27:23+	30:44+	38:15+	41:44+	43:11-	45:15-	47:28+	50:41+	53:26+	54:55+			
06:44+	00:57=	01:23-	02:26+	01:10+	03:11-	02:32-	09:00+	03:21-	07:31-	03:29-	01:27-	02:04-	02:13+	03:13+	02:45+	01:29+			
01:09#	00:00=	00:07-	00:09+	00:08#	00:11-	00:25-	00:36+	00:30-	00:01-	00:36-	00:19-	00:08-	00:20#	00:19#	00:27#	00:10#			

<b>4</b>	<b>Jan Thomsen</b>	<b>Ok Pan</b>												<b>55:59</b>					
05:54+	06:42+	08:26+	10:46+	11:54+	14:42+	17:25+	27:31+	31:50+	39:27+	43:34+	45:21+	47:23+	49:20+	52:09+	54:32+	55:59+			
05:54+	00:48+	01:44+	02:20+	01:08+	02:48+	02:43+	10:06+	04:19+	07:37+	04:07+	01:47+	02:02+	01:57+	02:49+	02:23+	01:27+			
05:54+	00:48+	01:44+	02:20+	01:08+	02:48+	02:43+	10:06+	04:19+	07:37+	04:07+	01:47+	02:02+	01:57+	02:49+	02:23+	01:27+			

<b>5</b>	<b>Mads Jacobsen</b>	<b>15</b>												<b>56:10</b>					
06:35+	07:29+	08:53+	11:22+	12:28+	15:14+	18:38+	27:32+	30:45+	38:24+	42:20+	43:54+	45:47+	47:51+	51:45+	54:35+	56:10+			
06:35+	00:54+	01:24+	02:29+	01:06+	02:46+	03:24+	08:54+	03:13+	07:39+	03:56+	01:34+	01:53+	02:04+	03:54+	02:50+	01:35+			
06:35+	00:54+	01:24+	02:29+	01:06+	02:46+	03:24+	08:54+	03:13+	07:39+	03:56+	01:34+	01:53+	02:04+	03:54+	02:50+	01:35+			

<b>6</b>	<b>Anders Gammelvind</b>	<b>4</b>												<b>57:46</b>					
06:50+	07:47+	09:18+	11:58+	13:12+	16:42+	19:17+	28:48+	33:30+	41:30+	44:57+	46:32+	48:34+	50:48+	53:44+	56:23+	57:46+			
06:50+	00:57+	01:31+	02:40+	01:14+	03:30+	02:35+	09:31+	04:42+	08:00+	03:27+	01:35+	02:02+	02:14+	02:56+	02:39+	01:23+			
06:50+	00:57+	01:31+	02:40+	01:14+	03:30+	02:35+	09:31+	04:42+	08:00+	03:27+	01:35+	02:02+	02:14+	02:56+	02:39+	01:23+			

<b>7</b>	<b>Kim Gottlieb</b>	<b>4</b>												<b>1:01:00</b>					
06:55+	07:57+	09:34+	12:11+	13:40+	16:57+	19:37+	28:50+	34:05+	42:02+	46:03+	48:08+	50:34+	52:52+	56:39+	59:30+	61:00+			
06:55+	01:02+	01:37+	02:37+	01:29+	03:17+	02:40+	09:13+	05:15+	07:57+	04:01+	02:05+	02:26+	02:18+	03:47+	02:51+	01:30+			
06:55+	01:02+	01:37+	02:37+	01:29+	03:17+	02:40+	09:13+	05:15+	07:57+	04:01+	02:05+	02:26+	02:18+	03:47+	02:51+	01:30+			

<b>8</b>	<b>Jens Ozol</b>	<b>15</b>												<b>1:02:46</b>					
07:01+	08:03+	09:46+	12:26+	13:49+	16:58+	19:58+	30:01+	34:05+	42:58+	46:58+	48:50+	51:29+	54:41+	58:01+	61:17+	62:46+			
07:01+	01:02+	01:43+	02:40+	01:23+	03:09+	03:00+	10:03+	04:04+	08:53+	04:00+	01:52+	02:39+	03:12+	03:20+	03:16+	01:29+			
07:01+	01:02+	01:43+	02:40+	01:23+	03:09+	03:00+	10:03+	04:04+	08:53+	04:00+	01:52+	02:39+	03:12+	03:20+	03:16+	01:29+			

<b>9</b>	<b>Mogens Vennevold</b>	<b>17</b>												<b>1:08:32</b>					
07:35+	08:40+	10:20+	13:09+	14:31+	17:49+	20:40+	31:58+	38:08+	48:40+	52:34+	54:45+	57:03+	59:25+	63:42+	66:47+	68:32+			
07:35+	01:05+	01:40+	02:49+	01:22+	03:18+	02:51+	11:18+	06:10+	10:32+	03:54+	02:11+	02:18+	02:22+	04:17+	03:05+	01:45+			
07:35+	01:05+	01:40+	02:49+	01:22+	03:18+	02:51+	11:18+	06:10+	10:32+	03:54+	02:11+	02:18+	02:22+	04:17+	03:05+	01:45+			

<b>10</b>	<b>Ann-Vibeke Mose</b>	<b>17</b>												<b>1:08:38</b>					
07:46+	08:52+	10:31+	13:19+	14:46+	18:01+	20:53+	32:12+	38:18+	49:04+	52:53+	54:59+	57:19+	59:43+	63:57+	67:00+	68:38+			
07:46+	01:06+	01:39+	02:48+	01:27+	03:15+	02:52+	11:19+	06:06+	10:46+	03:49+	02:06+	02:20+	02:24+	04:14+	03:03+	01:38+			
07:46+	01:06+	01:39+	02:48+	01:27+	03:15+	02:52+	11:19+	06:06+	10:46+	03:49+	02:06+	02:20+	02:24+	04:14+	03:03+	01:38+			

<b>11</b>	<b>Hanne Borup Fredberg</b>	<b>15</b>												<b>1:08:43</b>					
06:58+	08:03+	09:54+	12:36+	13:59+	17:08+	20:35+	29:32+	33:32+	49:37+	53:28+	55:53+	58:13+	60:49+	64:23+	67:10+	68:43+			
06:58+	01:05+	01:51+	02:42+	01:23+	03:09+	03:27+	08:57+	04:00+	16:05+	03:51+	02:25+	02:20+	02:36+	03:34+	02:47+	01:33+			
06:58+	01:05+	01:51+	02:42+	01:23+	03:09+	03:27+	08:57+	04:00+	16:05+	03:51+	02:25+	02:20+	02:36+	03:34+	02:47+	01:33+			

<b>12</b>	<b>Kenn Heldgaard Kristensen</b>	<b>4</b>												<b>1:09:41</b>					
08:01+	09:06+	10:47+	13:42+	15:11+	18:28+	21:33+	34:12+	39:59+	50:37+	54:40+	56:49+	59:11+	61:31+	65:19+	68:08+	69:41+			
08:01+	01:05+	01:41+	02:55+	01:29+	03:17+	03:05+	12:39+	05:47+	10:38+	04:03+	02:09+	02:22+	02:20+	03:48+	02:49+	01:33+			
08:01+	01:05+	01:41+	02:55+	01:29+	03:17+	03:05+	12:39+	05:47+	10:38+	04:03+	02:09+	02:22+	02:20+	03:48+	02:49+	01:33+			

<b>13</b>	<b>Susanne Kristensen</b>	<b>4</b>												<b>1:10:10</b>					
07:32+	08:38+	10:25+	13:08+	14:30+	17:35+	20:34+	30:58+	37:41+	50:52+	54:55+	57:17+	59:36+	62:03+	65:54+	68:38+	70:10+			
07:32+	01:06+	01:47+	02:43+	01:22+	03:05+	02:59+	10:24+	06:43+	13:11+	04:03+	02:22+	02:19+	02:27+	03:51+	02:44+	01:32+			
07:32+	01:06+	01:47+	02:43+	01:22+	03:05+	02:59+	10:24+	06:43+	13:11+	04:03+	02:22+	02:19+	02:27+	03:51+	02:44+	01:32+			

<b>14</b>	<b>Erik Ljungdahl</b>	<b>3</b>												<b>1:19:39</b>					
08:19+	09:37+	11:28+	14:32+	16:13+	20:07+	23:20+	36:37+	43:34+	56:08+	60:42+	63:08+	66:39+	69:35+	73:56+	77:35+	79:39+			
08:19+	01:18+	01:51+	03:04+	01:41+	03:54+	03:13+	13:17+	06:57+	12:34+	04:34+	02:26+	03:31+	02:56+	04:21+	03:39+	02:04+			
08:19+	01:18+	01:51+	03:04+	01:41+	03:54+	03:13+	13:17+	06:57+	12:34+	04:34+	02:26+	03:31+	02:56+	04:21+	03:39+	02:04+			

## B4 8km

<b>15</b>	<b>Anni Sørensen</b>	<b>7</b>	<b>2:06:09</b>													
11:38+	13:04+	15:58+	20:22+	22:52+	31:49+	37:09+	53:17+	60:16+	92:08+	100:38+	104:09+	107:44+	111:39+	117:19+	122:55+	126:09+
11:38+	01:26+	02:54+	04:24+	02:30+	08:57+	05:20+	16:08+	06:59+	31:52+	08:30+	03:31+	03:35+	03:55+	05:40+	05:36+	03:14+
11:38+	01:26+	02:54+	04:24+	02:30+	08:57+	05:20+	16:08+	06:59+	31:52+	08:30+	03:31+	03:35+	03:55+	05:40+	05:36+	03:14+

### Beste stræktid for klassen

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

## B5 5km

<b>1</b>	<b>Keld Gade</b>	<b>18</b>	<b>38:27</b>														
02:37=	07:35=	08:54=	10:16=	13:20=	16:08=	17:46=	18:58=	20:34=	25:07=	27:36=	29:23=	31:18=	32:36=	34:04=	36:40=	38:27=	
02:37=	04:58=	01:19=	01:22=	03:04=	02:48=	01:38=	01:12=	01:36=	04:33=	02:29=	01:47=	01:55=	01:18=	01:28=	02:36=	01:47=	
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=	
<b>2</b>	<b>Lennart Bo Kristiansen</b>	<b>18</b>	<b>39:43</b>														
02:33-	08:10+	09:39+	11:06+	14:22+	17:01+	18:04+	19:42+	20:37+	22:21-	26:59-	29:31+	31:07-	33:10+	34:31+	35:53-	38:19-	39:43+
02:33-	05:37+	01:29+	01:27+	03:16+	02:39-	01:03-	01:38+	00:55-	01:44-	04:38+	02:32+	01:36-	02:03+	01:21-	01:22-	02:26+	01:24+
00:04-	00:39#	00:10#	00:05+	00:12+	00:09-	00:35-	00:26&	00:41-	02:49-	02:09&	00:45&	00:19-	00:45&	00:07-	01:14-	00:39&	01:24+
<b>3</b>	<b>Lene Bejer Damgaard</b>	<b>18</b>	<b>41:33</b>														
02:48+	07:35=	09:03+	10:27+	13:43+	17:47+	19:39+	20:42+	22:15+	27:12+	29:42+	31:34+	33:57+	35:27+	37:02+	39:55+	41:33+	
02:48+	04:47-	01:28+	01:24+	03:16+	04:04+	01:52+	01:03-	01:33-	04:57+	02:30+	01:52+	02:23+	01:30+	01:35+	02:53+	01:38-	
00:11+	00:11-	00:09#	00:02+	00:12+	01:16&	00:14#	00:09-	00:03-	00:24+	00:01+	00:05+	00:28#	00:12#	00:07+	00:17#	00:09-	
<b>4</b>	<b>Britt Hermanrud</b>	<b>15</b>	<b>41:55</b>														
02:53+	07:55+	09:37+	11:04+	14:21+	17:39+	19:33+	20:38+	22:19+	27:32+	30:18+	32:09+	34:41+	36:09+	37:39+	40:19+	41:55+	
02:53+	05:02+	01:42+	01:27+	03:17+	03:18+	01:54+	01:05-	01:41+	05:13+	02:46+	01:51+	02:32+	01:28+	01:30+	02:40+	01:36-	
00:16#	00:04+	00:23&	00:05+	00:13+	00:30#	00:16#	00:07-	00:05+	00:40#	00:17#	00:04+	00:37&	00:10#	00:02+	00:04+	00:11-	
<b>5</b>	<b>Kaj Kaspersen</b>	<b>4</b>	<b>43:02</b>														
03:02+	09:05+	10:35+	12:02+	15:02+	19:13+	20:52+	21:55+	23:27+	28:32+	31:13+	33:00+	36:14+	37:26+	38:54+	41:27+	43:02+	
03:02+	06:03+	01:30+	01:27+	03:00-	04:11+	01:39+	01:03-	01:32-	05:05+	02:41+	01:47=	03:14+	01:12-	01:28=	02:33-	01:35-	
00:25#	01:05#	00:11#	00:05+	00:04-	01:23&	00:01+	00:09-	00:04-	00:32#	00:12+	00:00=	01:19&	00:06-	00:00=	00:03-	00:12-	
<b>6</b>	<b>Stig Barrett</b>	<b>18</b>	<b>44:23</b>														
02:55+	07:49+	09:19+	10:38+	13:49+	18:39+	20:25+	21:29+	23:08+	27:54+	30:31+	32:18+	34:41+	36:00+	39:58+	42:46+	44:23+	
02:55+	04:54-	01:30+	01:19-	03:11+	04:50+	01:46+	01:04-	01:39+	04:46+	02:37+	01:47=	02:23+	01:19+	03:58+	02:48+	01:37-	
00:18#	00:04-	00:11#	00:03-	00:07+	02:02&	00:08+	00:08-	00:03+	00:13+	00:08+	00:00=	00:28#	00:01+	02:30@	00:12+	00:10-	
<b>7</b>	<b>Lucia Aagaard</b>	<b>4</b>	<b>44:48</b>														
03:08+	08:53+	10:38+	12:21+	15:41+	19:57+	21:58+	23:07+	24:50+	30:06+	32:53+	34:59+	37:23+	38:58+	40:27+	43:08+	44:48+	
03:08+	05:45+	01:45+	01:43+	03:20+	04:16+	02:01+	01:09-	01:43+	05:16+	02:47+	02:06+	02:24+	01:35+	01:29+	02:41+	01:40-	
00:31#	00:47#	00:26&	00:21&	00:16+	01:28&	00:23#	00:03-	00:07+	00:43#	00:18#	00:19#	00:29&	00:17#	00:01+	00:05+	00:07-	
<b>8</b>	<b>Nina Jacobsen</b>	<b>15</b>	<b>45:03</b>														
02:44+	07:32-	09:14+	10:44+	14:06+	17:57+	19:51+	21:00+	23:21+	28:40+	31:55+	34:15+	36:35+	39:20+	40:48+	43:33+	45:03+	
02:44+	04:48-	01:42+	01:30+	03:22+	03:51+	01:54+	01:09-	02:21+	05:19+	03:15+	02:20+	02:20+	02:45+	01:28=	02:45+	01:30-	
00:07+	00:10-	00:23&	00:08+	00:18+	01:03&	00:16#	00:03-	00:45&	00:46#	00:46&	00:33&	00:25#	01:27@	00:00=	00:09+	00:17-	
<b>9</b>	<b>Søren Søgård Nielsen</b>	<b>4</b>	<b>45:21</b>														
02:59+	09:03+	10:49+	12:21+	15:38+	19:30+	21:35+	22:53+	24:42+	30:07+	33:09+	35:15+	37:38+	39:12+	40:43+	43:40+	45:21+	
02:59+	06:04+	01:46+	01:32+	03:17+	03:52+	02:05+	01:18+	01:49+	05:25+	03:02+	02:06+	02:23+	01:34+	01:31+	02:57+	01:41-	
00:22#	01:06#	00:27&	00:10#	00:13+	01:04&	00:27&	00:06+	00:13#	00:52#	00:33#	00:19#	00:28#	00:16#	00:03+	00:21#	00:06-	

### B5 5km

<b>11</b>	<b>Carl Malling</b>	<b>13</b>														<b>47:09</b>
02:59+	08:30+	10:16+	11:46+	15:36+	19:18+	21:23+	22:39+	24:43+	30:11+	33:25+	35:32+	37:51+	39:49+	41:28+	44:35+	47:09+
02:59+	05:31+	01:46+	01:30+	03:50+	03:42+	02:05+	01:16+	02:04+	05:28+	03:14+	02:07+	02:19+	01:58+	01:39+	03:07+	02:34+
00:22#	00:33#	00:27&	00:08+	00:46#	00:54&	00:27&	00:04+	00:28&	00:55#	00:45&	00:20#	00:24#	00:40&	00:11#	00:31#	00:47&
<b>12</b>	<b>Birgitte Halle</b>	<b>1</b>														<b>47:33</b>
02:39+	08:36+	10:11+	11:25+	14:34+	17:33+	19:35+	20:31+	22:07+	26:27+	35:20+	37:16+	39:06+	41:19+	43:40+	46:07+	47:33+
02:39+	05:57+	01:35+	01:14+	03:09+	02:59+	02:02+	00:56+	01:36+	04:20+	08:53+	01:56+	01:50+	02:13+	02:21+	02:27+	01:26+
02:39+	05:57+	01:35+	01:14+	03:09+	02:59+	02:02+	00:56+	01:36+	04:20+	08:53+	01:56+	01:50+	02:13+	02:21+	02:27+	01:26+
<b>13</b>	<b>Gitte Isen</b>	<b>4</b>														<b>49:24</b>
03:22+	09:10+	10:59+	12:39+	16:48+	20:41+	22:44+	23:59+	26:01+	31:34+	34:49+	37:25+	40:08+	41:57+	43:45+	47:18+	49:24+
03:22+	05:48+	01:49+	01:40+	04:09+	03:53+	02:03+	01:15+	02:02+	05:33+	03:15+	02:36+	02:43+	01:49+	01:48+	03:33+	02:06+
03:22+	05:48+	01:49+	01:40+	04:09+	03:53+	02:03+	01:15+	02:02+	05:33+	03:15+	02:36+	02:43+	01:49+	01:48+	03:33+	02:06+
<b>14</b>	<b>Helle Nikkel</b>	<b>18</b>														<b>49:41</b>
03:18+	09:16+	11:08+	12:51+	16:44+	20:44+	22:52+	24:11+	26:11+	32:10+	35:28+	37:46+	40:26+	42:11+	43:58+	47:50+	49:41+
03:18+	05:58+	01:52+	01:43+	03:53+	04:00+	02:08+	01:19+	02:00+	05:59+	03:18+	02:18+	02:40+	01:45+	01:47+	03:52+	01:51+
03:18+	05:58+	01:52+	01:43+	03:53+	04:00+	02:08+	01:19+	02:00+	05:59+	03:18+	02:18+	02:40+	01:45+	01:47+	03:52+	01:51+
<b>15</b>	<b>Torben Isen</b>	<b>4</b>														<b>52:42</b>
03:11+	09:07+	11:13+	12:46+	16:42+	20:39+	22:53+	24:20+	27:01+	33:08+	36:43+	39:03+	42:16+	44:41+	46:38+	50:10+	52:42+
03:11+	05:56+	02:06+	01:33+	03:56+	03:57+	02:14+	01:27+	02:41+	06:07+	03:35+	02:20+	03:13+	02:25+	01:57+	03:32+	02:32+
03:11+	05:56+	02:06+	01:33+	03:56+	03:57+	02:14+	01:27+	02:41+	06:07+	03:35+	02:20+	03:13+	02:25+	01:57+	03:32+	02:32+
<b>16</b>	<b>Peter Trier</b>	<b>Ok Pan</b>														<b>56:42</b>
03:18+	09:19+	11:32+	13:13+	17:13+	21:30+	23:54+	25:27+	27:53+	36:08+	40:19+	42:53+	46:12+	48:19+	50:33+	54:16+	56:42+
03:18+	06:01+	02:13+	01:41+	04:00+	04:17+	02:24+	01:33+	02:26+	08:15+	04:11+	02:34+	03:19+	02:07+	02:14+	03:43+	02:26+
03:18+	06:01+	02:13+	01:41+	04:00+	04:17+	02:24+	01:33+	02:26+	08:15+	04:11+	02:34+	03:19+	02:07+	02:14+	03:43+	02:26+
<b>17</b>	<b>Susanne Høiberg</b>	<b>15</b>														<b>59:31</b>
04:15+	10:53+	13:09+	14:53+	19:24+	24:15+	27:11+	28:44+	31:07+	39:04+	42:39+	45:44+	49:08+	51:10+	53:21+	57:22+	59:31+
04:15+	06:38+	02:16+	01:44+	04:31+	04:51+	02:56+	01:33+	02:23+	07:57+	03:35+	03:05+	03:24+	02:02+	02:11+	04:01+	02:09+
04:15+	06:38+	02:16+	01:44+	04:31+	04:51+	02:56+	01:33+	02:23+	07:57+	03:35+	03:05+	03:24+	02:02+	02:11+	04:01+	02:09+
<b>18</b>	<b>Bjarne Christensen</b>	<b>15</b>														<b>1:01:04</b>
03:31+	10:03+	12:08+	14:03+	18:33+	23:24+	27:08+	28:42+	31:07+	40:09+	44:33+	47:29+	50:25+	52:37+	54:50+	58:40+	61:04+
03:31+	06:32+	02:05+	01:55+	04:30+	04:51+	03:44+	01:34+	02:25+	09:02+	04:24+	02:56+	02:56+	02:12+	02:13+	03:50+	02:24+
03:31+	06:32+	02:05+	01:55+	04:30+	04:51+	03:44+	01:34+	02:25+	09:02+	04:24+	02:56+	02:56+	02:12+	02:13+	03:50+	02:24+
<b>19</b>	<b>Holger Mikkelsen</b>	<b>11</b>														<b>1:06:46</b>
04:24+	11:32+	14:22+	16:25+	21:36+	26:34+	30:10+	31:50+	35:46+	43:56+	47:59+	51:20+	54:48+	57:01+	59:25+	64:16+	66:46+
04:24+	07:08+	02:50+	02:03+	05:11+	04:58+	03:36+	01:40+	03:56+	08:10+	04:03+	03:21+	03:28+	02:13+	02:24+	04:51+	02:30+
04:24+	07:08+	02:50+	02:03+	05:11+	04:58+	03:36+	01:40+	03:56+	08:10+	04:03+	03:21+	03:28+	02:13+	02:24+	04:51+	02:30+

### Beste stræktid for klassen

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

### B63,5km

<b>1</b>	<b>Jørgen Münster-Swendsen</b>	<b>15</b>														<b>39:29</b>
03:04=	08:21=	09:30=	12:40=	14:50=	20:34=	23:20=	25:22=	29:19=	33:00=	34:37=	37:51=	39:29=				
03:04=	05:17=	01:09=	03:10=	02:10=	05:44=	02:46=	02:02=	03:57=	03:41=	01:37=	03:14=	01:38=				
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=				

### B63,5km

<b>2</b>	<b>Charlotte Vibeke Olesen</b>	<b>7</b>	<b>41:36</b>									
03:18+	08:41+	10:07+	14:12+	16:38+	23:44+	27:26+	29:47+	32:35+	34:37+	36:39+	39:47+	41:36+
03:18+	05:23+	01:26+	04:05+	02:26+	07:06+	03:42+	02:21+	02:48-	02:02-	02:02+	03:08-	01:49+
00:14+	00:06+	00:17#	00:55&	00:16#	01:22#	00:56&	00:19#	01:09-	01:39-	00:25&	00:06-	00:11#

<b>3</b>	<b>Pia Gade</b>	<b>18</b>	<b>53:17</b>									
03:31+	09:50+	11:14+	16:06+	19:25+	28:31+	32:49+	36:50+	40:34+	44:06+	46:50+	50:21+	53:17+
03:31+	06:19+	01:24+	04:52+	03:19+	09:06+	04:18+	04:01+	03:44+	03:32+	02:44+	03:31+	02:56+
03:31+	06:19+	01:24+	04:52+	03:19+	09:06+	04:18+	04:01+	03:44+	03:32+	02:44+	03:31+	02:56+

<b>4</b>	<b>Asger Kristensen</b>	<b>4</b>	<b>58:23</b>									
04:13+	11:55+	13:36+	18:35+	22:12+	31:20+	36:21+	39:27+	44:26+	48:19+	50:41+	55:29+	58:23+
04:13+	07:42+	01:41+	04:59+	03:37+	09:08+	05:01+	03:06+	04:59+	03:53+	02:22+	04:48+	02:54+
04:13+	07:42+	01:41+	04:59+	03:37+	09:08+	05:01+	03:06+	04:59+	03:53+	02:22+	04:48+	02:54+

<b>5</b>	<b>Palle Møller Nielsen</b>	<b>11</b>	<b>1:00:02</b>									
05:00+	13:01+	15:02+	20:20+	24:12+	33:18+	38:27+	42:29+	46:35+	49:19+	52:03+	56:54+	60:02+
05:00+	08:01+	02:01+	05:18+	03:52+	09:06+	05:09+	04:02+	04:06+	02:44+	02:44+	04:51+	03:08+
05:00+	08:01+	02:01+	05:18+	03:52+	09:06+	05:09+	04:02+	04:06+	02:44+	02:44+	04:51+	03:08+

#### Beste stræktid for klassen

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

### MTBO20km

<b>2</b>	<b>Jacob Skovsgaard</b>	<b>Navet</b>	<b>1:29:32</b>																
02:31+	05:06+	11:55+	17:54+	21:48+	29:22+	40:30+	43:50+	46:53+	49:03+	53:15+	59:22+	65:41+	70:45+	77:43+	81:59+	85:51+	86:54+	88:35+	89:32+
02:31+	02:35+	06:49+	05:59+	03:54+	07:34+	11:08+	03:20+	03:03+	02:10+	04:12+	06:07+	06:19+	05:04+	06:58+	04:16+	03:52+	01:03+	01:41+	00:57+
02:31+	02:35+	06:49+	05:59+	03:54+	07:34+	11:08+	03:20+	03:03+	02:10+	04:12+	06:07+	06:19+	05:04+	06:58+	04:16+	03:52+	01:03+	01:41+	00:57+

<b>3</b>	<b>Jens Gammelvind</b>	<b>4</b>	<b>1:43:44</b>																
02:05+	04:49+	10:36+	18:05+	21:39+	29:25+	40:12+	43:06+	46:10+	48:33+	53:22+	60:42+	76:52+	82:42+	88:22+	93:00+	99:56+	101:10+	102:48+	103:44+
02:05+	02:44+	05:47+	07:29+	03:34+	07:46+	10:47+	02:54+	03:04+	02:23+	04:49+	07:20+	16:10+	05:50+	05:40+	04:38+	06:56+	01:14+	01:38+	00:56+
02:05+	02:44+	05:47+	07:29+	03:34+	07:46+	10:47+	02:54+	03:04+	02:23+	04:49+	07:20+	16:10+	05:50+	05:40+	04:38+	06:56+	01:14+	01:38+	00:56+

#### Beste stræktid for klassen

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