

Plads Navn
10,3km

Klasse

Tid

1	Thomas Blok	18	1:13:14																
02:22=	05:20=	06:30=	11:57=	14:11=	17:08=	28:00=	32:41=	35:30=	37:56=	46:44=	51:14=	54:56=	59:02=	60:24=	65:23=	70:26=	71:51=	72:50=	73:14=
02:22=	02:58=	01:10=	05:27=	02:14=	02:57=	10:52=	04:41=	02:49=	02:26=	08:48=	04:30=	03:42=	04:06=	01:22=	04:59=	05:03=	01:25=	00:59=	00:24=
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=
2	Christian Valbak	23	1:18:16																
03:24+	06:40+	08:02+	13:51+	16:57+	19:57+	30:24+	38:00+	42:05+	45:38+	51:24+	56:07+	61:18+	65:47+	67:35+	69:47+	75:08+	76:49+	77:50+	78:16+
03:24+	03:16+	01:22+	05:49+	03:06+	03:00+	10:27-	07:36+	04:05+	03:33+	05:46-	04:43+	05:11+	04:29+	01:48+	02:12-	05:21+	01:41+	01:01+	00:26+
01:02&	00:18#	00:12#	00:22+	00:52&	00:03+	00:25-	02:55&	01:16&	01:07&	03:02-	00:13+	01:29&	00:23+	00:26&	02:47-	00:18+	00:16#	00:02+	00:02+
3	Kristian Blok	18	1:18:30																
02:32+	05:50+	07:03+	12:13+	17:46+	21:15+	32:16+	37:48+	40:40+	43:37+	50:43+	55:31+	59:27+	63:50+	67:01+	69:15+	75:07+	76:42+	78:01+	78:30+
02:32+	03:18+	01:13+	05:10-	05:33+	03:29+	11:01+	05:32+	02:52+	02:57+	07:06-	04:48+	03:56+	04:23+	03:11+	02:14-	05:52+	01:35+	01:19+	00:29+
00:10+	00:20#	00:03+	00:17-	03:19@	00:32#	00:09+	00:51#	00:03+	00:31#	01:42-	00:18+	00:14+	00:17+	01:49@	02:45-	00:49#	00:10#	00:20&	00:05#
4	Keld Hinge Krogsgaard	23	1:25:22																
02:47+	06:27+	08:00+	13:40+	16:13+	21:50+	33:31+	39:53+	44:23+	48:59+	54:51+	60:19+	64:39+	69:40+	71:46+	75:47+	81:57+	83:40+	84:53+	85:22+
02:47+	03:40+	01:33+	05:40+	02:33+	05:37+	11:41+	06:22+	04:30+	04:36+	05:52-	05:28+	04:20+	05:01+	02:06+	04:01-	06:10+	01:43+	01:13+	00:29+
00:25#	00:42#	00:23&	00:13+	00:19#	02:40&	00:49+	01:41&	01:41&	02:10&	02:56-	00:58#	00:38#	00:55#	00:44&	00:58-	01:07#	00:18#	00:14#	00:05#
5	Mads Mikkelsen	6	1:32:48																
03:23+	07:20+	09:14+	15:50+	19:51+	23:09+	36:15+	44:35+	48:05+	52:20+	61:44+	67:05+	71:30+	77:02+	79:17+	82:01+	88:24+	90:54+	92:15+	92:48+
03:23+	03:57+	01:54+	06:36+	04:01+	03:18+	13:06+	08:20+	03:30+	04:15+	09:24+	05:21+	04:25+	05:32+	02:15+	02:44-	06:23+	02:30+	01:21+	00:33+
01:01&	00:59&	00:44&	01:09#	01:47&	00:21#	02:14#	03:39&	00:41#	01:49&	00:36+	00:51#	00:43#	01:26&	00:53&	02:15-	01:20&	01:05&	00:22&	00:09&
6	Per Filskov	18	1:32:54																
03:03+	06:42+	08:15+	14:36+	18:20+	21:57+	34:47+	43:24+	47:28+	50:33+	55:51+	62:07+	68:12+	76:40+	78:38+	82:18+	88:58+	90:58+	92:22+	92:54+
03:03+	03:39+	01:33+	06:21+	03:44+	03:37+	12:50+	08:37+	04:04+	03:05+	05:18-	06:16+	06:05+	08:28+	01:58+	03:40-	06:40+	02:00+	01:24+	00:32+
00:41&	00:41#	00:23&	00:54#	01:30&	00:40#	01:58#	03:56&	01:15&	00:39&	03:30-	01:46&	02:23&	04:22@	00:36&	01:19-	01:37&	00:35&	00:25&	00:08&
7	Claus Grøn Lyngby	16	1:40:45																
03:17+	07:10+	08:50+	15:56+	19:31+	22:59+	36:41+	48:48+	52:46+	57:35+	67:38+	73:44+	78:11+	83:50+	86:54+	90:13+	96:40+	98:49+	100:08+	100:45+
03:17+	03:53+	01:40+	07:06+	03:35+	03:28+	13:42+	12:07+	03:58+	04:49+	10:03+	06:06+	04:27+	05:39+	03:04+	03:19-	06:27+	02:09+	01:19+	00:37+
00:55&	00:55&	00:30&	01:39&	01:21&	00:31#	02:50&	07:26@	01:09&	02:23&	01:15#	01:36&	00:45#	01:33&	01:42@	01:40-	01:24&	00:44&	00:20&	00:13&
8	Ivan Christensen	Ok Pan	1:44:01																
03:43+	07:50+	09:46+	16:52+	20:00+	24:08+	37:01+	43:45+	53:46+	58:01+	67:46+	74:00+	79:24+	85:25+	87:50+	93:06+	99:57+	101:57+	103:25+	104:01+
03:43+	04:07+	01:56+	07:06+	03:08+	04:08+	12:53+	06:44+	10:01+	04:15+	09:45+	06:14+	05:24+	06:01+	02:25+	05:16+	06:51+	02:00+	01:28+	00:36+
01:21&	01:09&	00:46&	01:39&	00:54&	01:11&	02:01#	02:03&	07:12@	01:49&	00:57#	01:44&	01:42&	01:55&	01:03&	00:17+	01:48&	00:35&	00:29&	00:12&
9	Steffen Alm	11	1:48:58																
03:50+	09:46+	11:16+	19:16+	23:14+	26:50+	39:25+	56:10+	60:26+	65:09+	70:35+	77:47+	82:58+	90:28+	94:32+	97:39+	104:37+	106:47+	108:20+	108:58+
03:50+	05:56+	01:30+	08:00+	03:58+	03:36+	12:35+	16:45+	04:16+	04:43+	05:26-	07:12+	05:11+	07:30+	04:04+	03:07-	06:58+	02:10+	01:33+	00:38+
01:28&	02:58&	00:20&	02:33&	01:44&	00:39#	01:43#	12:04@	01:27&	02:17&	03:22-	02:42&	01:29&	03:24&	02:42@	01:52-	01:55&	00:45&	00:34&	00:14&
10	Carsten Thyssen	6	1:52:55																
03:29+	07:52+	09:22+	15:43+	19:17+	24:32+	41:09+	49:37+	59:45+	68:16+	75:01+	81:33+	87:07+	94:10+	96:23+	101:07+	108:34+	110:54+	112:20+	112:55+
03:29+	04:23+	01:30+	06:21+	03:34+	05:15+	16:37+	08:28+	10:08+	08:31+	06:45-	06:32+	05:34+	07:03+	02:13+	04:44-	07:27+	02:20+	01:26+	00:35+
01:07&	01:25&	00:20&	00:54#	01:20&	02:18&	05:45&	03:47&	07:19@	06:05@	02:03-	02:02&	01:52&	02:57&	00:51&	00:15-	02:24&	00:55&	00:27&	00:11&
11	Henrik Mathiesen	4	1:53:34																
03:52+	08:21+	10:25+	20:23+	24:49+	29:33+	45:18+	53:47+	58:52+	63:57+	72:15+	79:55+	86:03+	93:01+	97:14+	101:02+	108:56+	111:33+	112:57+	113:34+
03:52+	04:29+	02:04+	09:58+	04:26+	04:44+	15:45+	08:29+	05:05+	05:05+	08:18-	07:40+	06:08+	06:58+	04:13+	03:48-	07:54+	02:37+	01:24+	00:37+
01:30&	01:31&	00:54&	04:31&	02:12&	01:47&	04:53&	03:48&	02:16&	02:39@	00:30-	03:10&	02:26&	02:52&	02:51@	01:11-	02:51&	01:12&	00:25&	00:13&
12	Mette Filskov	19	1:53:55																
04:11+	08:44+	10:50+	20:29+	25:03+	29:52+	45:33+	54:05+	58:59+	64:04+	72:22+	80:02+	86:18+	93:07+	97:20+	101:05+	109:17+	111:52+	113:19+	113:55+
04:11+	04:33+	02:06+	09:39+	04:34+	04:49+	15:41+	08:32+	04:54+	05:05+	08:18-	07:40+	06:16+	06:49+	04:13+	03:45-	08:12+	02:35+	01:27+	00:36+
01:49&	01:35&	00:56&	04:12&	02:20@	01:52&	04:49&	03:51&	02:05&	02:39@	00:30-	03:10&	02:34&	02:43&	02:51@	01:14-	03:09&	01:10&	00:28&	00:12&

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13	Tommy Iversen	12	2:04:47																
03:36+	08:43+	10:23+	19:05+	22:14+	25:57+	40:36+	65:23+	70:49+	74:44+	84:08+	91:00+	96:35+	103:16+	105:49+	111:23+	118:45+	122:41+	124:10+	124:47+
03:36+	05:07+	01:40+	08:42+	03:09+	03:43+	14:39+	24:47+	05:26+	03:55+	09:24+	06:52+	05:35+	06:41+	02:33+	05:34+	07:22+	03:56+	01:29+	00:37+
01:14&	02:09&	00:30&	03:15&	00:55&	00:46&	03:47&	20:06@	02:37&	01:29&	00:36+	02:22&	01:53&	02:35&	01:11&	00:35#	02:19&	02:31@	00:30&	00:13&

14	Frank Krog Jensen	6	2:09:15																
04:08+	09:17+	11:29+	23:02+	27:29+	31:40+	48:02+	64:52+	75:50+	84:12+	90:59+	97:36+	103:10+	110:13+	112:29+	117:02+	124:39+	127:05+	128:33+	129:15+
04:08+	05:09+	02:12+	11:33+	04:27+	04:11+	16:22+	16:50+	10:58+	08:22+	06:47+	06:37+	05:34+	07:03+	02:16+	04:33+	07:37+	02:26+	01:28+	00:42+
04:08+	05:09+	02:12+	11:33+	04:27+	04:11+	16:22+	16:50+	10:58+	08:22+	06:47+	06:37+	05:34+	07:03+	02:16+	04:33+	07:37+	02:26+	01:28+	00:42+

15	Morten Frederiksen	24	2:12:47																
04:10+	08:31+	10:23+	17:44+	21:40+	25:11+	41:03+	55:02+	60:12+	66:22+	88:57+	95:10+	100:11+	105:51+	109:53+	116:02+	127:53+	130:35+	132:05+	132:47+
04:10+	04:21+	01:52+	07:21+	03:56+	03:31+	15:52+	13:59+	05:10+	06:10+	22:35+	06:13+	05:01+	05:40+	04:02+	06:09+	11:51+	02:42+	01:30+	00:42+
04:10+	04:21+	01:52+	07:21+	03:56+	03:31+	15:52+	13:59+	05:10+	06:10+	22:35+	06:13+	05:01+	05:40+	04:02+	06:09+	11:51+	02:42+	01:30+	00:42+

16	Lone Fyh Olesen	12	2:18:12																
06:10+	11:17+	13:43+	22:23+	27:35+	32:12+	47:25+	72:44+	78:05+	83:45+	93:23+	101:13+	107:40+	115:37+	120:03+	124:22+	133:04+	136:06+	137:33+	138:12+
06:10+	05:07+	02:26+	08:40+	05:12+	04:37+	15:13+	25:19+	05:21+	05:40+	09:38+	07:50+	06:27+	07:57+	04:26+	04:19+	08:42+	03:02+	01:27+	00:39+
06:10+	05:07+	02:26+	08:40+	05:12+	04:37+	15:13+	25:19+	05:21+	05:40+	09:38+	07:50+	06:27+	07:57+	04:26+	04:19+	08:42+	03:02+	01:27+	00:39+

17	Børge Pedersen	12	2:18:20																
06:04+	11:20+	13:40+	22:30+	27:39+	32:18+	47:41+	72:51+	78:12+	83:42+	93:27+	101:12+	107:46+	115:53+	120:10+	124:32+	132:58+	136:04+	137:38+	138:20+
06:04+	05:16+	02:20+	08:50+	05:09+	04:39+	15:23+	25:10+	05:21+	05:30+	09:45+	07:45+	06:34+	08:07+	04:17+	04:22+	08:26+	03:06+	01:34+	00:42+
06:04+	05:16+	02:20+	08:50+	05:09+	04:39+	15:23+	25:10+	05:21+	05:30+	09:45+	07:45+	06:34+	08:07+	04:17+	04:22+	08:26+	03:06+	01:34+	00:42+

18	Mette Marie Lungholt	12	2:18:22																
06:14+	11:25+	13:46+	22:26+	27:43+	32:16+	47:21+	72:55+	78:01+	83:49+	93:29+	101:19+	107:55+	115:48+	120:14+	124:28+	133:06+	136:12+	137:44+	138:22+
06:14+	05:11+	02:21+	08:40+	05:17+	04:33+	15:05+	25:34+	05:06+	05:48+	09:40+	07:50+	06:36+	07:53+	04:26+	04:14+	08:38+	03:06+	01:32+	00:38+
06:14+	05:11+	02:21+	08:40+	05:17+	04:33+	15:05+	25:34+	05:06+	05:48+	09:40+	07:50+	06:36+	07:53+	04:26+	04:14+	08:38+	03:06+	01:32+	00:38+

19	John Holm	Ok Pan	2:19:59																
03:43+	07:50+	10:32+	18:58+	23:06+	32:14+	45:26+	56:03+	59:58+	82:40+	91:07+	97:54+	104:11+	110:54+	113:57+	120:48+	134:50+	137:39+	139:11+	139:59+
03:43+	04:07+	02:42+	08:26+	04:08+	09:08+	13:12+	10:37+	03:55+	22:42+	08:27+	06:47+	06:17+	06:43+	03:03+	06:51+	14:02+	02:49+	01:32+	00:48+
03:43+	04:07+	02:42+	08:26+	04:08+	09:08+	13:12+	10:37+	03:55+	22:42+	08:27+	06:47+	06:17+	06:43+	03:03+	06:51+	14:02+	02:49+	01:32+	00:48+

20	Susanne Tanderup	4	2:46:42																
04:13+	08:58+	11:04+	21:19+	25:53+	36:58+	57:25+	71:20+	77:15+	92:36+	116:22+	125:30+	133:13+	142:30+	145:13+	149:38+	159:13+	163:59+	165:46+	166:42+
04:13+	04:45+	02:06+	10:15+	04:34+	11:05+	20:27+	13:55+	05:55+	15:21+	23:46+	09:08+	07:43+	09:17+	02:43+	04:25+	09:35+	04:46+	01:47+	00:56+
04:13+	04:45+	02:06+	10:15+	04:34+	11:05+	20:27+	13:55+	05:55+	15:21+	23:46+	09:08+	07:43+	09:17+	02:43+	04:25+	09:35+	04:46+	01:47+	00:56+

21	Tine Meyhoff Petersen	4	2:47:03																
04:39+	10:28+	12:58+	28:08+	32:34+	40:22+	60:08+	71:51+	77:24+	93:03+	116:27+	125:58+	133:25+	142:08+	145:21+	149:56+	159:38+	163:53+	166:07+	167:03+
04:39+	05:49+	02:30+	15:10+	04:26+	07:48+	19:46+	11:43+	05:33+	15:39+	23:24+	09:31+	07:27+	08:43+	03:13+	04:35+	09:42+	04:15+	02:14+	00:56+
04:39+	05:49+	02:30+	15:10+	04:26+	07:48+	19:46+	11:43+	05:33+	15:39+	23:24+	09:31+	07:27+	08:43+	03:13+	04:35+	09:42+	04:15+	02:14+	00:56+

22	Hans Støjberg	16	2:55:22															
05:08+	21:23+	23:06+	31:54+	42:16+	46:01+	59:21+	90:38+	98:06+	103:51+	122:31+	129:04+	135:00+	141:55+	144:26+	148:25+	162:55+	173:01+	174:22+
05:08+	16:15+	01:43+	08:48+	10:22+	03:45+	13:20+	31:17+	07:28+	05:45+	18:40+	06:33+	05:56+	06:55+	02:31+	03:59+	14:30+	10:06+	01:21+
05:08+	16:15+	01:43+	08:48+	10:22+	03:45+	13:20+	31:17+	07:28+	05:45+	18:40+	06:33+	05:56+	06:55+	02:31+	03:59+	14:30+	10:06+	01:21+

23	Ebbe Kajberg	19	3:03:59															
05:08+	16:00+	18:33+	29:28+	35:06+	39:50+	56:03+	68:50+	73:59+	100:18+	108:57+	136:16+	149:06+	154:05+	162:45+	176:20+	181:14+	183:08+	183:59+
05:08+	10:52+	02:33+	10:55+	05:38+	04:44+	16:13+	12:47+	05:09+	26:19+	08:39+	27:19+	12:50+	04:59+	08:40+	13:35+	04:54+	01:54+	00:51+
05:08+	10:52+	02:33+	10:55+	05:38+	04:44+	16:13+	12:47+	05:09+	26:19+	08:39+	27:19+	12:50+	04:59+	08:40+	13:35+	04:54+	01:54+	00:51+

Beste stræktid for klassen

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

15,3km

1 Thorkild Jensen

22

2:23:36

Table with 22 columns of time intervals for Thorkild Jensen, including values like 04:07=, 06:22=, ..., 00:00=.

2 Allan Thesbjerg

6

2:37:27

Table with 22 columns of time intervals for Allan Thesbjerg, including values like 04:27+, 06:59+, ..., 00:26&.

3 Stig R. Knudsen

16

2:41:53

Table with 22 columns of time intervals for Stig R. Knudsen, including values like 04:28+, 06:54+, ..., 00:06+.

4 Jens Veng Isaksen

23

2:42:43

Table with 22 columns of time intervals for Jens Veng Isaksen, including values like 05:02+, 07:51+, ..., 00:05+.

5 Thomas Emil Jensen

6

2:42:47

Table with 22 columns of time intervals for Thomas Emil Jensen, including values like 03:55-, 06:06-, ..., 00:08-.

6 Kenn Heldgaard Kristensen

5

2:47:15

Table with 22 columns of time intervals for Kenn Heldgaard Kristensen, including values like 07:41+, 10:28+, ..., 00:04+.

7 Michael Filyo

23

2:55:48

Table with 22 columns of time intervals for Michael Filyo, including values like 04:09+, 06:34+, ..., 00:16#.

Class Navn Klasse Tid
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8 Jan Sommerlund 23 3:04:58
07:34+ 10:16+ 13:19+ 17:37+ 24:30+ 30:05+ 36:09+ 51:29+ 60:17+ 70:31+ 75:41+ 81:08+ 85:54+ 90:56+ 96:24+ 101:47+ 111:47+ 130:44+ 140:13+ 146:31+ 151:24+ 157:01+ 159:50+ 163:36+ 172:27+ 183:16+
07:34+ 02:42+ 03:03- 04:18+ 06:53- 05:35+ 06:04+ 15:20+ 08:48- 10:14+ 05:10- 05:27+ 04:46+ 05:02- 05:28+ 05:23+ 10:00+ 18:57+ 09:29+ 06:18+ 04:53+ 05:37+ 02:49+ 03:46+ 08:51+ 10:49+
03:27& 00:27# 01:18- 00:58& 02:14- 02:19& 00:42# 03:22& 01:13- 05:26@ 01:25- 00:08+ 01:16& 01:12- 00:20+ 00:08+ 02:17& 12:32@ 02:53& 00:04+ 00:11+ 00:10+ 00:53& 00:23# 02:22& 08:28@
184:25+ 184:58+
01:09- 00:33+
00:06- 00:04#

9 Troels Christensen 2 3:08:20
04:55+ 07:45+ 13:18+ 17:34+ 25:10+ 28:32+ 34:27+ 50:29+ 60:02+ 75:49+ 82:00+ 87:50+ 91:26+ 96:17+ 105:11+ 114:09+ 122:18+ 129:10+ 149:29+ 157:14+ 162:23+ 169:19+ 172:00+ 175:21+ 182:51+ 186:09+
04:55+ 02:50+ 05:33+ 04:16+ 07:36+ 03:22+ 05:55+ 16:02+ 09:33+ 15:47+ 06:11+ 05:50+ 03:36+ 04:51+ 08:54+ 08:58+ 08:09+ 06:52+ 20:19+ 07:45+ 05:09+ 06:56+ 02:41+ 03:21+ 07:30+ 03:18+
04:55+ 02:50+ 05:33+ 04:16+ 07:36+ 03:22+ 05:55+ 16:02+ 09:33+ 15:47+ 06:11+ 05:50+ 03:36+ 04:51+ 08:54+ 08:58+ 08:09+ 06:52+ 20:19+ 07:45+ 05:09+ 06:56+ 02:41+ 03:21+ 07:30+ 03:18+
187:37+ 188:20+
01:28+ 00:43+
01:28+ 00:43+

10 Thomas Ullner 13 3:08:24
05:00+ 07:43+ 13:22+ 17:37+ 25:07+ 28:39+ 34:25+ 50:27+ 60:06+ 75:39+ 82:06+ 87:55+ 91:36+ 96:21+ 105:09+ 114:29+ 122:17+ 129:27+ 150:00+ 157:07+ 162:27+ 169:14+ 171:58+ 175:27+ 182:57+ 186:14+
05:00+ 02:43+ 05:39+ 04:15+ 07:30+ 03:32+ 05:46+ 16:02+ 09:39+ 15:33+ 06:27+ 05:49+ 03:41+ 04:45+ 08:48+ 09:20+ 07:48+ 07:10+ 20:33+ 07:07+ 05:20+ 06:47+ 02:44+ 03:29+ 07:30+ 03:17+
05:00+ 02:43+ 05:39+ 04:15+ 07:30+ 03:32+ 05:46+ 16:02+ 09:39+ 15:33+ 06:27+ 05:49+ 03:41+ 04:45+ 08:48+ 09:20+ 07:48+ 07:10+ 20:33+ 07:07+ 05:20+ 06:47+ 02:44+ 03:29+ 07:30+ 03:17+
187:45+ 188:24+
01:31+ 00:39+
01:31+ 00:39+

11 Henrik B. Thomsen 14 3:16:21
04:51+ 07:54+ 11:57+ 16:50+ 25:20+ 29:47+ 35:28+ 49:48+ 61:19+ 71:59+ 79:24+ 85:26+ 89:54+ 104:53+ 109:56+ 115:50+ 130:44+ 142:21+ 150:13+ 158:09+ 165:01+ 172:39+ 177:06+ 181:19+ 190:28+ 193:46+
04:51+ 03:03+ 04:03+ 04:53+ 08:30+ 04:27+ 05:41+ 14:20+ 11:31+ 10:40+ 07:25+ 06:02+ 04:28+ 14:59+ 05:03+ 05:54+ 14:54+ 11:37+ 07:52+ 07:56+ 06:52+ 07:38+ 04:27+ 04:13+ 09:09+ 03:18+
04:51+ 03:03+ 04:03+ 04:53+ 08:30+ 04:27+ 05:41+ 14:20+ 11:31+ 10:40+ 07:25+ 06:02+ 04:28+ 14:59+ 05:03+ 05:54+ 14:54+ 11:37+ 07:52+ 07:56+ 06:52+ 07:38+ 04:27+ 04:13+ 09:09+ 03:18+
195:35+ 196:21+
01:49+ 00:46+
01:49+ 00:46+

12 Anders Knudsen 4 3:24:24
04:47+ 08:24+ 12:19+ 17:07+ 32:49+ 36:51+ 42:15+ 56:33+ 72:26+ 89:28+ 98:08+ 106:05+ 110:51+ 117:00+ 122:32+ 129:11+ 140:00+ 147:06+ 160:13+ 168:05+ 176:24+ 183:45+ 186:31+ 190:44+ 199:00+ 202:02+
04:47+ 03:37+ 03:55+ 04:48+ 15:42+ 04:02+ 05:24+ 14:18+ 15:53+ 17:02+ 08:40+ 07:57+ 04:46+ 06:09+ 05:32+ 06:39+ 10:49+ 07:06+ 13:07+ 07:52+ 08:19+ 07:21+ 02:46+ 04:13+ 08:16+ 03:02+
04:47+ 03:37+ 03:55+ 04:48+ 15:42+ 04:02+ 05:24+ 14:18+ 15:53+ 17:02+ 08:40+ 07:57+ 04:46+ 06:09+ 05:32+ 06:39+ 10:49+ 07:06+ 13:07+ 07:52+ 08:19+ 07:21+ 02:46+ 04:13+ 08:16+ 03:02+
203:43+ 204:24+
01:41+ 00:41+
01:41+ 00:41+

13 Svend-Erik Munck 4 3:24:29
07:27+ 11:03+ 16:27+ 22:00+ 31:25+ 35:18+ 40:32+ 62:36+ 71:56+ 87:08+ 96:23+ 104:44+ 109:53+ 116:11+ 121:45+ 128:00+ 138:39+ 146:49+ 158:11+ 167:04+ 173:35+ 181:40+ 184:47+ 189:11+ 198:38+ 201:42+
07:27+ 03:36+ 05:24+ 05:33+ 09:25+ 03:53+ 05:14+ 22:04+ 09:20+ 15:12+ 09:15+ 08:21+ 05:09+ 06:18+ 05:34+ 06:15+ 10:39+ 08:10+ 11:22+ 08:53+ 06:31+ 08:05+ 03:07+ 04:24+ 09:27+ 03:04+
07:27+ 03:36+ 05:24+ 05:33+ 09:25+ 03:53+ 05:14+ 22:04+ 09:20+ 15:12+ 09:15+ 08:21+ 05:09+ 06:18+ 05:34+ 06:15+ 10:39+ 08:10+ 11:22+ 08:53+ 06:31+ 08:05+ 03:07+ 04:24+ 09:27+ 03:04+
203:46+ 204:29+
02:04+ 00:43+
02:04+ 00:43+

14 Rasmus Klüver Jensen 7 3:38:26
04:46+ 07:33+ 13:18+ 17:23+ 29:11+ 33:25+ 36:59+ 53:17+ 75:19+ 88:54+ 94:25+ 100:09+ 106:30+ 111:59+ 120:08+ 139:54+ 152:38+ 162:23+ 175:59+ 183:16+ 189:45+ 199:29+ 201:45+ 205:18+ 213:17+ 216:10+
04:46+ 02:47+ 05:45+ 04:05+ 11:48+ 04:14+ 03:34+ 16:18+ 22:02+ 13:35+ 05:31+ 05:44+ 06:21+ 05:29+ 08:09+ 19:46+ 12:44+ 09:45+ 13:36+ 07:17+ 06:29+ 09:44+ 02:16+ 03:33+ 07:59+ 02:53+
04:46+ 02:47+ 05:45+ 04:05+ 11:48+ 04:14+ 03:34+ 16:18+ 22:02+ 13:35+ 05:31+ 05:44+ 06:21+ 05:29+ 08:09+ 19:46+ 12:44+ 09:45+ 13:36+ 07:17+ 06:29+ 09:44+ 02:16+ 03:33+ 07:59+ 02:53+
217:49+ 218:26+
01:39+ 00:37+
01:39+ 00:37+

15,3km

15	Carsten Mortensen	21	3:38:34																						
04:55+	07:36+	13:16+	17:34+	29:18+	33:34+	36:53+	53:20+	75:28+	88:52+	94:28+	100:12+	106:32+	112:01+	120:10+	138:59+	152:38+	162:11+	176:00+	183:12+	189:39+	199:21+	201:44+	205:19+	213:12+	216:00+
04:55+	02:41+	05:40+	04:18+	11:44+	04:16+	03:19+	16:27+	22:08+	13:24+	05:36+	05:44+	06:20+	05:29+	08:09+	18:49+	13:39+	09:33+	13:49+	07:12+	06:27+	09:42+	02:23+	03:35+	07:53+	02:48+
04:55+	02:41+	05:40+	04:18+	11:44+	04:16+	03:19+	16:27+	22:08+	13:24+	05:36+	05:44+	06:20+	05:29+	08:09+	18:49+	13:39+	09:33+	13:49+	07:12+	06:27+	09:42+	02:23+	03:35+	07:53+	02:48+
217:54+	218:34+																								
01:54+	00:40+																								
01:54+	00:40+																								

16	Leif Skovgaard Knudsen	3	3:59:00																						
06:33+	10:53+	15:44+	22:02+	33:22+	38:05+	46:06+	64:29+	73:14+	78:54+	84:54+	93:13+	99:03+	106:25+	121:38+	137:23+	151:17+	163:12+	178:26+	189:12+	198:40+	209:55+	214:32+	219:16+	232:19+	236:11+
06:33+	04:20+	04:51+	06:18+	11:20+	04:43+	08:01+	18:23+	08:45+	05:40+	06:00+	08:19+	05:50+	07:22+	15:13+	15:45+	13:54+	11:55+	15:14+	10:46+	09:28+	11:15+	04:37+	04:44+	13:03+	03:52+
06:33+	04:20+	04:51+	06:18+	11:20+	04:43+	08:01+	18:23+	08:45+	05:40+	06:00+	08:19+	05:50+	07:22+	15:13+	15:45+	13:54+	11:55+	15:14+	10:46+	09:28+	11:15+	04:37+	04:44+	13:03+	03:52+
238:09+	239:00+																								
01:58+	00:51+																								
01:58+	00:51+																								

Beste stræktid for klassen

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

20,2km

1	Mads Juhl	5	2:12:24																							
03:28=	06:25=	09:35=	12:40=	14:27=	17:31=	21:14=	21:40=	44:30=	49:32=	53:35=	57:18=	61:41=														
03:28=	02:57=	03:10=	03:05=	01:47=	03:04=	03:43=	00:26=	22:50=	05:02=	04:03=	03:43=	04:23=														
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=														

3	Niels Jensen	14	3:28:30																							
04:51+	07:42+	12:41+	17:24+	25:34+	29:28+	34:36+	48:07+	57:44+	62:02+	66:08+	72:42+	78:12+	83:17+	89:52+	95:50+	104:02+	111:41+	119:56+	126:39+	131:52+	138:01+	140:08+	143:27+	150:40+	157:31+	
04:51+	02:51-	04:59+	04:43+	08:10+	03:54+	05:08+	13:31+	09:37-	04:18-	04:06+	06:34+	05:30+	05:05+	06:35+	05:58+	08:12+	07:39+	08:15+	06:43+	05:13+	06:09+	02:07+	03:19+	07:13+	06:51+	
01:23&	00:06-	01:49&	01:38&	06:23@	00:50&	01:25&	13:05@	13:13-	00:44-	00:03+	02:51&	01:07&	05:05+	06:35+	05:58+	08:12+	07:39+	08:15+	06:43+	05:13+	06:09+	02:07+	03:19+	07:13+	06:51+	
162:27+	168:49+	178:13+	182:16+	187:47+	193:11+	196:23+	201:23+	207:53+	208:30+																	
04:56+	06:22+	09:24+	04:03+	05:31+	05:24+	03:12+	05:00+	06:30+	00:37+																	
04:56+	06:22+	09:24+	04:03+	05:31+	05:24+	03:12+	05:00+	06:30+	00:37+																	

4	Michael Espersen	23	3:53:23																							
04:36+	07:18+	10:57+	15:15+	23:56+	28:02+	32:35+	44:42+	51:43+	60:46+	72:19+	77:28+	80:44+	86:06+	94:23+	103:11+	111:47+	118:52+	128:23+	134:43+	139:36+	145:40+	148:03+	151:56+	160:40+	168:50+	
04:36+	02:42-	03:39+	04:18+	08:41+	04:06+	04:33+	12:07+	07:01-	09:03+	11:33+	05:09+	03:16-	05:22+	08:17+	08:48+	08:36+	07:05+	09:31+	06:20+	04:53+	06:04+	02:23+	03:53+	08:44+	08:10+	
01:08&	00:15-	00:29#	01:13&	06:54@	01:02&	00:50#	11:41@	15:49-	04:01&	07:30@	01:26&	01:07-	05:22+	08:17+	08:48+	08:36+	07:05+	09:31+	06:20+	04:53+	06:04+	02:23+	03:53+	08:44+	08:10+	
174:38+	182:07+	188:26+	192:26+	205:09+	212:29+	220:28+	226:09+	232:40+	233:23+																	
05:48+	07:29+	06:19+	04:00+	12:43+	07:20+	07:59+	05:41+	06:31+	00:43+																	
05:48+	07:29+	06:19+	04:00+	12:43+	07:20+	07:59+	05:41+	06:31+	00:43+																	

5	Rikke Eirby	23	4:09:38																							
09:09+	12:22+	17:42+	22:49+	33:18+	38:25+	42:53+	58:06+	67:14+	73:41+	81:24+	88:56+	95:37+	101:55+	113:11+	120:09+	130:18+	137:33+	145:02+	152:57+	159:29+	166:01+	169:08+	172:36+	183:07+	190:14+	
09:09+	03:13+	05:20+	05:07+	10:29+	05:07+	04:28+	15:13+	09:08-	06:27+	07:43+	07:32+	06:41+	06:18+	11:16+	06:58+	10:09+	07:15+	07:29+	07:55+	06:32+	06:32+	03:07+	03:28+	10:31+	07:07+	
05:41@	00:16+	02:10&	02:02&	08:42@	02:03&	00:45#	14:47@	13:42-	01:25&	03:40&	03:49@	02:18&	06:18+	11:16+	06:58+	10:09+	07:15+	07:29+	07:55+	06:32+	06:32+	03:07+	03:28+	10:31+	07:07+	
195:58+	204:13+	211:21+	217:54+	224:13+	231:19+	235:23+	241:59+	248:53+	249:38+																	
05:44+	08:15+	07:08+	06:33+	06:19+	07:06+	04:04+	06:36+	06:54+	00:45+																	
05:44+	08:15+	07:08+	06:33+	06:19+	07:06+	04:04+	06:36+	06:54+	00:45+																	

20,2km

7	Henrik Bo Bjerre-Hansen	NOTEAM	4:38:56																						
07:23+	10:52+	15:42+	22:09+	32:39+	37:23+	42:55+	59:09+	69:59+	82:22+	94:55+	103:07+	107:41+	115:04+	121:24+	127:30+	136:28+	145:30+	158:18+	167:30+	173:50+	181:39+	184:37+	189:08+	198:28+	208:11+
07:23+	03:29+	04:50+	06:27+	10:30+	04:44+	05:32+	16:14+	10:50-	12:23+	12:33+	08:12+	04:34+	07:23+	06:20+	06:06+	08:58+	09:02+	12:48+	09:12+	06:20+	07:49+	02:58+	04:31+	09:20+	09:43+
03:55@	00:32#	01:40&	03:22@	08:43@	01:40&	01:49&	15:48@	12:00-	07:21@	08:30@	04:29@	00:11+	07:23+	06:20+	06:06+	08:58+	09:02+	12:48+	09:12+	06:20+	07:49+	02:58+	04:31+	09:20+	09:43+
214:06+	225:27+	234:00+	239:47+	247:37+	256:51+	262:04+	269:22+	277:51+	278:56+																
05:55+	11:21+	08:33+	05:47+	07:50+	09:14+	05:13+	07:18+	08:29+	01:05+																
05:55+	11:21+	08:33+	05:47+	07:50+	09:14+	05:13+	07:18+	08:29+	01:05+																

8	Ulla R. Pallesen	Ok Syd	4:57:19																						
06:05+	09:00+	12:53+	18:24+	28:15+	33:53+	39:41+	58:02+	68:40+	74:19+	82:54+	90:21+	95:23+	101:54+	108:41+	120:38+	130:28+	139:38+	148:50+	182:34+	190:00+	200:23+	206:40+	210:42+	221:51+	229:02+
06:05+	02:55+	03:53+	05:31+	09:51+	05:38+	05:48+	18:21+	10:38+	05:39+	08:35+	07:27+	05:02+	06:31+	06:47+	11:57+	09:50+	09:10+	09:12+	33:44+	07:26+	10:23+	06:17+	04:02+	11:09+	07:11+
06:05+	02:55+	03:53+	05:31+	09:51+	05:38+	05:48+	18:21+	10:38+	05:39+	08:35+	07:27+	05:02+	06:31+	06:47+	11:57+	09:50+	09:10+	09:12+	33:44+	07:26+	10:23+	06:17+	04:02+	11:09+	07:11+
236:36+	249:42+	258:37+	264:03+	271:31+	278:06+	282:05+	287:59+	295:58+	297:19+																
07:34+	13:06+	08:55+	05:26+	07:28+	06:35+	03:59+	05:54+	07:59+	01:21+																
07:34+	13:06+	08:55+	05:26+	07:28+	06:35+	03:59+	05:54+	07:59+	01:21+																

Beste stræktid for klassen

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

3,5km

1	Asger Kristensen	5	53:03							
07:19=	11:26=	13:31=	16:39=	24:13=	26:42=	31:38=	40:04=	49:27=	51:59=	53:03=
07:19=	04:07=	02:05=	03:08=	07:34=	02:29=	04:56=	08:26=	09:23=	02:32=	01:04=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Benny Johansen	7	1:04:49							
07:05-	13:41+	16:34+	20:28+	27:21+	30:41+	36:15+	45:09+	61:58+	64:03+	64:49+
07:05-	06:36+	02:53+	03:54+	06:53-	03:20+	05:34+	08:54+	16:49+	02:05-	00:46-
00:14-	02:29&	00:48&	00:46#	00:41-	00:51&	00:38#	00:28+	07:26&	00:27-	00:18-

Beste stræktid for klassen

07:05 04:07 02:05 03:08 06:53 02:29 04:56 08:26 09:23 02:05 00:46

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

4,1km

1	Kristian M. Øllgaard	16	36:01							
04:58=	08:15=	10:17=	13:08=	18:57=	20:29=	23:18=	28:14=	33:56=	35:27=	36:01=
04:58=	03:17=	02:02=	02:51=	05:49=	01:32=	02:49=	04:56=	05:42=	01:31=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Poul Erik Buch	16	40:10							
04:29-	08:58+	11:18+	14:31+	20:25+	22:10+	25:39+	31:02+	37:46+	39:25+	40:10+
04:29-	04:29+	02:20+	03:13+	05:54+	01:45+	03:29+	05:23+	06:44+	01:39+	00:45+
00:29-	01:12&	00:18#	00:22#	00:05+	00:13#	00:40#	00:27+	01:02#	00:08+	00:11&

3	Lucia Aagaard	5	40:21							
05:08+	08:57+	11:19+	14:39+	20:41+	22:20+	25:47+	31:25+	37:57+	39:39+	40:21+
05:08+	03:49+	02:22+	03:20+	06:02+	01:39+	03:27+	05:38+	06:32+	01:42+	00:42+
00:10+	00:32#	00:20#	00:29#	00:13+	00:07+	00:38#	00:42#	00:50#	00:11#	00:08#

Class	Navn	Klasse										Tid
4,1km												
4	Kaj Kaspersen	5										40:24
	05:14+	09:12+	11:18+	14:43+	20:38+	22:28+	25:47+	31:37+	37:55+	39:43+	40:24+	
	05:14+	03:58+	02:06+	03:25+	05:55+	01:50+	03:19+	05:50+	06:18+	01:48+	00:41+	
	00:16+	00:41#	00:04+	00:34#	00:06+	00:18#	00:30#	00:54#	00:36#	00:17#	00:07#	
5	Tage Baun	6										48:31
	05:45+	10:39+	13:41+	17:52+	24:56+	27:01+	31:23+	37:59+	45:46+	47:43+	48:31+	
	05:45+	04:54+	03:02+	04:11+	07:04+	02:05+	04:22+	06:36+	07:47+	01:57+	00:48+	
	05:45+	04:54+	03:02+	04:11+	07:04+	02:05+	04:22+	06:36+	07:47+	01:57+	00:48+	
6	Susanne Baun	6										49:14
	05:10+	15:00+	17:30+	21:00+	27:21+	29:19+	33:52+	39:49+	46:57+	48:33+	49:14+	
	05:10+	09:50+	02:30+	03:30+	06:21+	01:58+	04:33+	05:57+	07:08+	01:36+	00:41+	
	05:10+	09:50+	02:30+	03:30+	06:21+	01:58+	04:33+	05:57+	07:08+	01:36+	00:41+	
7	Tove Straarup	6										50:12
	05:19+	11:46+	14:44+	18:35+	26:39+	28:45+	32:36+	39:21+	47:22+	49:21+	50:12+	
	05:19+	06:27+	02:58+	03:51+	08:04+	02:06+	03:51+	06:45+	08:01+	01:59+	00:51+	
	05:19+	06:27+	02:58+	03:51+	08:04+	02:06+	03:51+	06:45+	08:01+	01:59+	00:51+	
8	Torben Hansen	15										50:47
	05:44+	14:39+	17:08+	21:13+	28:16+	30:30+	34:22+	40:53+	48:24+	50:08+	50:47+	
	05:44+	08:55+	02:29+	04:05+	07:03+	02:14+	03:52+	06:31+	07:31+	01:44+	00:39+	
	05:44+	08:55+	02:29+	04:05+	07:03+	02:14+	03:52+	06:31+	07:31+	01:44+	00:39+	
9	Nina Jakobsen	NOTEAM										51:04
	05:16+	11:39+	14:12+	20:04+	27:24+	29:31+	33:42+	39:39+	48:39+	50:21+	51:04+	
	05:16+	06:23+	02:33+	05:52+	07:20+	02:07+	04:11+	05:57+	09:00+	01:42+	00:43+	
	05:16+	06:23+	02:33+	05:52+	07:20+	02:07+	04:11+	05:57+	09:00+	01:42+	00:43+	
10	Inger Johansen	7										52:10
	07:19+	13:51+	16:20+	20:14+	28:37+	30:33+	34:15+	40:43+	49:22+	51:24+	52:10+	
	07:19+	06:32+	02:29+	03:54+	08:23+	01:56+	03:42+	06:28+	08:39+	02:02+	00:46+	
	07:19+	06:32+	02:29+	03:54+	08:23+	01:56+	03:42+	06:28+	08:39+	02:02+	00:46+	
11	Pia Gade	27										53:07
	06:12+	11:19+	14:17+	18:58+	27:44+	30:24+	34:47+	42:07+	50:48+	52:31+	53:07+	
	06:12+	05:07+	02:58+	04:41+	08:46+	02:40+	04:23+	07:20+	08:41+	01:43+	00:36+	
	06:12+	05:07+	02:58+	04:41+	08:46+	02:40+	04:23+	07:20+	08:41+	01:43+	00:36+	
12	Poul Nøhr	23										56:10
	07:11+	13:52+	16:53+	21:15+	30:08+	32:55+	37:56+	45:00+	53:22+	55:21+	56:10+	
	07:11+	06:41+	03:01+	04:22+	08:53+	02:47+	05:01+	07:04+	08:22+	01:59+	00:49+	
	07:11+	06:41+	03:01+	04:22+	08:53+	02:47+	05:01+	07:04+	08:22+	01:59+	00:49+	
14	Thomas Jørgensen	7										57:52
	07:23+	12:52+	15:48+	20:23+	29:35+	32:11+	36:51+	45:05+	54:27+	56:55+	57:52+	
	07:23+	05:29+	02:56+	04:35+	09:12+	02:36+	04:40+	08:14+	09:22+	02:28+	00:57+	
	07:23+	05:29+	02:56+	04:35+	09:12+	02:36+	04:40+	08:14+	09:22+	02:28+	00:57+	
15	Bjørn Hansen	5										58:27
	05:47+	14:18+	19:33+	24:44+	35:29+	38:32+	42:05+	48:42+	56:25+	57:51+	58:27+	
	05:47+	08:31+	05:15+	05:11+	10:45+	03:03+	03:33+	06:37+	07:43+	01:26+	00:36+	
	05:47+	08:31+	05:15+	05:11+	10:45+	03:03+	03:33+	06:37+	07:43+	01:26+	00:36+	
16	Palle Møller Nielsen	12										1:05:44
	08:57+	15:29+	18:48+	23:48+	34:02+	36:52+	42:59+	51:35+	62:17+	64:52+	65:44+	
	08:57+	06:32+	03:19+	05:00+	10:14+	02:50+	06:07+	08:36+	10:42+	02:35+	00:52+	
	08:57+	06:32+	03:19+	05:00+	10:14+	02:50+	06:07+	08:36+	10:42+	02:35+	00:52+	

4,1km

17 Holger Mikkelsen 12 1:09:14

08:44+ 14:39+ 17:46+ 23:04+ 34:00+ 36:57+ 42:46+ 52:03+ 63:37+ 68:16+ 69:14+
 08:44+ 05:55+ 03:07+ 05:18+ 10:56+ 02:57+ 05:49+ 09:17+ 11:34+ 04:39+ 00:58+
 08:44+ 05:55+ 03:07+ 05:18+ 10:56+ 02:57+ 05:49+ 09:17+ 11:34+ 04:39+ 00:58+

18 Anette Ozol 23 1:10:17

12:18+ 17:58+ 21:14+ 25:50+ 35:37+ 38:17+ 43:04+ 55:40+ 66:47+ 69:26+ 70:17+
 12:18+ 05:40+ 03:16+ 04:36+ 09:47+ 02:40+ 04:47+ 12:36+ 11:07+ 02:39+ 00:51+
 12:18+ 05:40+ 03:16+ 04:36+ 09:47+ 02:40+ 04:47+ 12:36+ 11:07+ 02:39+ 00:51+

19 Erik Libak Hansen 7 1:12:01

19:35+ 26:14+ 29:40+ 35:07+ 44:22+ 46:58+ 51:15+ 59:06+ 68:57+ 71:05+ 72:01+
 19:35+ 06:39+ 03:26+ 05:27+ 09:15+ 02:36+ 04:17+ 07:51+ 09:51+ 02:08+ 00:56+
 19:35+ 06:39+ 03:26+ 05:27+ 09:15+ 02:36+ 04:17+ 07:51+ 09:51+ 02:08+ 00:56+

20 Monica Buske 16 1:17:02

20:08+ 30:16+ 33:37+ 38:06+ 47:25+ 50:38+ 55:24+ 62:01+ 74:10+ 76:10+ 77:02+
 20:08+ 10:08+ 03:21+ 04:29+ 09:19+ 03:13+ 04:46+ 06:37+ 12:09+ 02:00+ 00:52+
 20:08+ 10:08+ 03:21+ 04:29+ 09:19+ 03:13+ 04:46+ 06:37+ 12:09+ 02:00+ 00:52+

Beste stræktid for klassen

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

6,3km

1 Mogens Vennevold 26 48:45

03:15= 08:40= 12:26= 15:13= 17:24= 22:20= 23:37= 26:16= 28:59= 33:51= 37:33= 41:12= 46:54= 48:12= 48:45=
 03:15= 05:25= 03:46= 02:47= 02:11= 04:56= 01:17= 02:39= 02:43= 04:52= 03:42= 03:39= 05:42= 01:18= 00:33=
 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 Marianne Lynge Krogh 8 49:17

03:16+ 08:32- 12:37+ 15:39+ 17:50+ 23:06+ 24:28+ 26:53+ 29:33+ 34:27+ 38:09+ 42:07+ 47:24+ 48:46+ 49:17+
 03:16+ 05:16- 04:05+ 03:02+ 02:11= 05:16+ 01:22+ 02:25- 02:40- 04:54+ 03:42= 03:58+ 05:17- 01:22+ 00:31-
 00:01+ 00:09- 00:19+ 00:15+ 00:00= 00:20+ 00:05+ 00:14- 00:03- 00:02+ 00:00= 00:19+ 00:25- 00:04+ 00:02-

3 Keld Gade 27 52:02

03:26+ 08:50+ 13:07+ 16:18+ 18:26+ 24:16+ 25:26+ 28:20+ 31:18+ 37:17+ 41:01+ 44:53+ 50:10+ 51:33+ 52:02+
 03:26+ 05:24- 04:17+ 03:11+ 02:08- 05:50+ 01:10- 02:54+ 02:58+ 05:59+ 03:44+ 03:52+ 05:17- 01:23+ 00:29-
 00:11+ 00:01- 00:31# 00:24# 00:03- 00:54# 00:07- 00:15+ 00:15+ 01:07# 00:02+ 00:13+ 00:25- 00:05+ 00:04-

4 Karsten Blok 18 53:09

03:26+ 08:34- 12:51+ 15:53+ 18:21+ 24:07+ 25:36+ 28:19+ 31:39+ 37:10+ 41:04+ 45:07+ 50:55+ 52:32+ 53:09+
 03:26+ 05:08- 04:17+ 03:02+ 02:28+ 05:46+ 01:29+ 02:43+ 03:20+ 05:31+ 03:54+ 04:03+ 05:48+ 01:37+ 00:37+
 00:11+ 00:17- 00:31# 00:15+ 00:17# 00:50# 00:12# 00:04+ 00:37# 00:39# 00:12+ 00:24# 00:06+ 00:19# 00:04#

5 Morten Pedersen Ok Pan 54:15

03:07- 09:35+ 13:45+ 17:06+ 20:07+ 25:55+ 27:15+ 30:10+ 33:15+ 38:55+ 42:50+ 46:47+ 52:24+ 53:43+ 54:15+
 03:07- 06:28+ 04:10+ 03:21+ 03:01+ 05:48+ 01:20+ 02:55+ 03:05+ 05:40+ 03:55+ 03:57+ 05:37- 01:19+ 00:32-
 00:08- 01:03# 00:24# 00:34# 00:50& 00:52# 00:03+ 00:16# 00:22# 00:48# 00:13+ 00:18+ 00:05- 00:01+ 00:01-

6 Alberte Karoline Thyssen 6 55:01

03:45+ 09:49+ 14:07+ 17:16+ 19:26+ 25:04+ 26:38+ 29:35+ 32:19+ 38:34+ 43:11+ 47:29+ 53:00+ 54:24+ 55:01+
 03:45+ 06:04+ 04:18+ 03:09+ 02:10- 05:38+ 01:34+ 02:57+ 02:44+ 06:15+ 04:37+ 04:18+ 05:31- 01:24+ 00:37+
 00:30# 00:39# 00:32# 00:22# 00:01- 00:42# 00:17# 00:18# 00:01+ 01:23& 00:55# 00:39# 00:11- 00:06+ 00:04#

6,3km

7	Kai Hesselberg	7	56:56											
03:37+	10:27+	14:53+	17:56+	20:25+	26:05+	27:40+	30:35+	33:34+	39:06+	44:24+	49:08+	54:54+	56:22+	56:56+
03:37+	06:50+	04:26+	03:03+	02:29+	05:40+	01:35+	02:55+	02:59+	05:32+	05:18+	04:44+	05:46+	01:28+	00:34+
00:22#	01:25&	00:40#	00:16+	00:18#	00:44#	00:18#	00:16#	00:16+	00:40#	01:36&	01:05&	00:04+	00:10#	00:01+

8	Helle Nikkel	27	56:58											
04:10+	07:37+	15:19+	17:36+	21:39+	26:24+	34:15+	40:29+	46:02+	54:20+	56:08+	56:58+			
04:10+	03:27+	07:42+	02:17+	04:03+	04:45+	07:51+	06:14+	05:33+	08:18+	01:48+	00:50+			
04:10+	03:27+	07:42+	02:17+	04:03+	04:45+	07:51+	06:14+	05:33+	08:18+	01:48+	00:50+			

9	Lene Bejer Damgaard	27	57:40											
04:03+	09:32+	14:29+	17:42+	20:00+	25:57+	27:39+	30:47+	34:00+	39:54+	44:48+	49:12+	55:32+	57:09+	57:40+
04:03+	05:29+	04:57+	03:13+	02:18+	05:57+	01:42+	03:08+	03:13+	05:54+	04:54+	04:24+	06:20+	01:37+	00:31+
04:03+	05:29+	04:57+	03:13+	02:18+	05:57+	01:42+	03:08+	03:13+	05:54+	04:54+	04:24+	06:20+	01:37+	00:31+

10	Hans Jørgen Vad	6	57:48											
03:56+	09:39+	14:17+	17:32+	20:03+	26:10+	27:43+	30:42+	34:06+	39:46+	43:53+	48:15+	55:39+	57:10+	57:48+
03:56+	05:43+	04:38+	03:15+	02:31+	06:07+	01:33+	02:59+	03:24+	05:40+	04:07+	04:22+	07:24+	01:31+	00:38+
03:56+	05:43+	04:38+	03:15+	02:31+	06:07+	01:33+	02:59+	03:24+	05:40+	04:07+	04:22+	07:24+	01:31+	00:38+

11	Stig Barrett	27	58:35											
04:30+	10:02+	14:52+	18:07+	20:45+	26:50+	28:34+	31:58+	35:17+	41:09+	45:33+	50:10+	56:41+	58:02+	58:35+
04:30+	05:32+	04:50+	03:15+	02:38+	06:05+	01:44+	03:24+	03:19+	05:52+	04:24+	04:37+	06:31+	01:21+	00:33+
04:30+	05:32+	04:50+	03:15+	02:38+	06:05+	01:44+	03:24+	03:19+	05:52+	04:24+	04:37+	06:31+	01:21+	00:33+

12	Lennart Bo Kristiansen	27	58:48											
03:53+	11:37+	16:32+	19:38+	22:14+	27:53+	29:30+	32:13+	35:36+	41:25+	46:08+	50:29+	56:34+	58:10+	58:48+
03:53+	07:44+	04:55+	03:06+	02:36+	05:39+	01:37+	02:43+	03:23+	05:49+	04:43+	04:21+	06:05+	01:36+	00:38+
03:53+	07:44+	04:55+	03:06+	02:36+	05:39+	01:37+	02:43+	03:23+	05:49+	04:43+	04:21+	06:05+	01:36+	00:38+

13	Per Eg Pedersen	8	59:15											
03:46+	09:17+	14:34+	18:30+	20:54+	27:10+	28:49+	31:53+	34:59+	41:06+	45:19+	50:10+	56:57+	58:35+	59:15+
03:46+	05:31+	05:17+	03:56+	02:24+	06:16+	01:39+	03:04+	03:06+	06:07+	04:13+	04:51+	06:47+	01:38+	00:40+
03:46+	05:31+	05:17+	03:56+	02:24+	06:16+	01:39+	03:04+	03:06+	06:07+	04:13+	04:51+	06:47+	01:38+	00:40+

14	Mads Jacobsen	23	1:00:22											
03:10+	08:12+	12:18+	15:16+	17:30+	22:59+	24:18+	31:52+	40:49+	45:46+	49:30+	53:13+	58:25+	59:51+	60:22+
03:10+	05:02+	04:06+	02:58+	02:14+	05:29+	01:19+	07:34+	08:57+	04:57+	03:44+	03:43+	05:12+	01:26+	00:31+
03:10+	05:02+	04:06+	02:58+	02:14+	05:29+	01:19+	07:34+	08:57+	04:57+	03:44+	03:43+	05:12+	01:26+	00:31+

15	Bjarne Christensen	23	1:01:02											
04:05+	09:49+	14:26+	18:10+	20:30+	27:48+	29:32+	33:15+	36:30+	42:32+	47:07+	52:28+	58:44+	60:27+	61:02+
04:05+	05:44+	04:37+	03:44+	02:20+	07:18+	01:44+	03:43+	03:15+	06:02+	04:35+	05:21+	06:16+	01:43+	00:35+
04:05+	05:44+	04:37+	03:44+	02:20+	07:18+	01:44+	03:43+	03:15+	06:02+	04:35+	05:21+	06:16+	01:43+	00:35+

16	Sven Madsen	15	1:02:16											
03:41+	09:16+	14:17+	17:56+	20:41+	26:48+	28:37+	34:07+	37:55+	44:17+	49:16+	53:55+	59:58+	61:35+	62:16+
03:41+	05:35+	05:01+	03:39+	02:45+	06:07+	01:49+	05:30+	03:48+	06:22+	04:59+	04:39+	06:03+	01:37+	00:41+
03:41+	05:35+	05:01+	03:39+	02:45+	06:07+	01:49+	05:30+	03:48+	06:22+	04:59+	04:39+	06:03+	01:37+	00:41+

17	Britt Hermanrud	23	1:03:51											
03:48+	12:04+	17:09+	20:19+	23:02+	29:14+	31:09+	35:05+	38:25+	44:31+	50:17+	55:02+	61:56+	63:13+	63:51+
03:48+	08:16+	05:05+	03:10+	02:43+	06:12+	01:55+	03:56+	03:20+	06:06+	05:46+	04:45+	06:54+	01:17+	00:38+
03:48+	08:16+	05:05+	03:10+	02:43+	06:12+	01:55+	03:56+	03:20+	06:06+	05:46+	04:45+	06:54+	01:17+	00:38+

18	Peer Straarup	6	1:03:54											
03:35+	12:03+	16:29+	24:18+	26:44+	32:22+	33:56+	36:54+	40:27+	46:19+	51:23+	55:53+	61:47+	63:20+	63:54+
03:35+	08:28+	04:26+	07:49+	02:26+	05:38+	01:34+	02:58+	03:33+	05:52+	05:04+	04:30+	05:54+	01:33+	00:34+
03:35+	08:28+	04:26+	07:49+	02:26+	05:38+	01:34+	02:58+	03:33+	05:52+	05:04+	04:30+	05:54+	01:33+	00:34+

Class	Navn	Klasse												Tid
6,3km														
19	Erik Damgaard	3												1:03:58
04:18+	09:55+	15:19+	19:08+	21:58+	28:56+	30:54+	34:35+	38:31+	45:19+	49:57+	54:50+	61:45+	63:17+	63:58+
04:18+	05:37+	05:24+	03:49+	02:50+	06:58+	01:58+	03:41+	03:56+	06:48+	04:38+	04:53+	06:55+	01:32+	00:41+
04:18+	05:37+	05:24+	03:49+	02:50+	06:58+	01:58+	03:41+	03:56+	06:48+	04:38+	04:53+	06:55+	01:32+	00:41+
20	Torben Isen	5												1:06:48
03:57+	10:33+	16:09+	20:12+	23:08+	30:18+	32:13+	35:33+	39:31+	46:32+	52:52+	57:55+	64:43+	66:13+	66:48+
03:57+	06:36+	05:36+	04:03+	02:56+	07:10+	01:55+	03:20+	03:58+	07:01+	06:20+	05:03+	06:48+	01:30+	00:35+
03:57+	06:36+	05:36+	04:03+	02:56+	07:10+	01:55+	03:20+	03:58+	07:01+	06:20+	05:03+	06:48+	01:30+	00:35+
21	Carl Malling	22												1:06:57
04:10+	09:51+	15:38+	19:06+	22:26+	29:12+	31:16+	35:40+	39:14+	46:28+	51:47+	56:53+	64:24+	66:11+	66:57+
04:10+	05:41+	05:47+	03:28+	03:20+	06:46+	02:04+	04:24+	03:34+	07:14+	05:19+	05:06+	07:31+	01:47+	00:46+
04:10+	05:41+	05:47+	03:28+	03:20+	06:46+	02:04+	04:24+	03:34+	07:14+	05:19+	05:06+	07:31+	01:47+	00:46+
22	Gert Bertel	7												1:07:46
03:56+	09:53+	15:21+	19:24+	22:34+	29:27+	31:17+	34:46+	39:13+	46:46+	51:59+	56:39+	65:06+	67:04+	67:46+
03:56+	05:57+	05:28+	04:03+	03:10+	06:53+	01:50+	03:29+	04:27+	07:33+	05:13+	04:40+	08:27+	01:58+	00:42+
03:56+	05:57+	05:28+	04:03+	03:10+	06:53+	01:50+	03:29+	04:27+	07:33+	05:13+	04:40+	08:27+	01:58+	00:42+
23	Erik Ljungdahl	3												1:08:16
04:17+	11:40+	16:45+	20:26+	23:28+	30:14+	32:27+	36:05+	42:49+	49:06+	54:12+	58:43+	65:59+	67:26+	68:16+
04:17+	07:23+	05:05+	03:41+	03:02+	06:46+	02:13+	03:38+	06:44+	06:17+	05:06+	04:31+	07:16+	01:27+	00:50+
04:17+	07:23+	05:05+	03:41+	03:02+	06:46+	02:13+	03:38+	06:44+	06:17+	05:06+	04:31+	07:16+	01:27+	00:50+
24	Lene Stick Nielsen	27												1:08:19
03:53+	10:23+	15:35+	19:23+	22:49+	29:31+	31:18+	35:18+	39:29+	46:37+	51:27+	56:46+	66:01+	67:38+	68:19+
03:53+	06:30+	05:12+	03:48+	03:26+	06:42+	01:47+	04:00+	04:11+	07:08+	04:50+	05:19+	09:15+	01:37+	00:41+
03:53+	06:30+	05:12+	03:48+	03:26+	06:42+	01:47+	04:00+	04:11+	07:08+	04:50+	05:19+	09:15+	01:37+	00:41+
25	Gitte Isen	5												1:09:17
04:47+	12:53+	18:30+	22:11+	25:13+	31:56+	33:53+	37:47+	41:40+	48:47+	54:28+	59:56+	66:53+	68:36+	69:17+
04:47+	08:06+	05:37+	03:41+	03:02+	06:43+	01:57+	03:54+	03:53+	07:07+	05:41+	05:28+	06:57+	01:43+	00:41+
04:47+	08:06+	05:37+	03:41+	03:02+	06:43+	01:57+	03:54+	03:53+	07:07+	05:41+	05:28+	06:57+	01:43+	00:41+
26	Kurt Petersen	3												1:09:57
05:01+	12:41+	18:05+	22:03+	24:58+	32:18+	34:23+	37:57+	44:51+	51:19+	56:03+	60:30+	67:20+	69:07+	69:57+
05:01+	07:40+	05:24+	03:58+	02:55+	07:20+	02:05+	03:34+	06:54+	06:28+	04:44+	04:27+	06:50+	01:47+	00:50+
05:01+	07:40+	05:24+	03:58+	02:55+	07:20+	02:05+	03:34+	06:54+	06:28+	04:44+	04:27+	06:50+	01:47+	00:50+
27	Kirsten Elisabet Andersen	7												1:11:51
04:35+	10:27+	16:12+	20:04+	23:06+	30:01+	31:59+	36:00+	40:45+	47:46+	54:10+	61:31+	69:26+	71:13+	71:51+
04:35+	05:52+	05:45+	03:52+	03:02+	06:55+	01:58+	04:01+	04:45+	07:01+	06:24+	07:21+	07:55+	01:47+	00:38+
04:35+	05:52+	05:45+	03:52+	03:02+	06:55+	01:58+	04:01+	04:45+	07:01+	06:24+	07:21+	07:55+	01:47+	00:38+
28	Gitte Kiilerich Pedersen	23												1:20:40
05:29+	12:28+	18:42+	23:19+	26:57+	35:25+	37:58+	42:27+	47:04+	55:55+	62:30+	68:25+	77:35+	79:49+	80:40+
05:29+	06:59+	06:14+	04:37+	03:38+	08:28+	02:33+	04:29+	04:37+	08:51+	06:35+	05:55+	09:10+	02:14+	00:51+
05:29+	06:59+	06:14+	04:37+	03:38+	08:28+	02:33+	04:29+	04:37+	08:51+	06:35+	05:55+	09:10+	02:14+	00:51+
29	Lykke Berg Mathiesen	4												1:25:37
05:26+	16:08+	22:51+	27:19+	31:07+	39:08+	41:59+	46:16+	51:20+	59:59+	66:20+	72:35+	81:28+	83:47+	85:37+
05:26+	10:42+	06:43+	04:28+	03:48+	08:01+	02:51+	04:17+	05:04+	08:39+	06:21+	06:15+	08:53+	02:19+	01:50+
05:26+	10:42+	06:43+	04:28+	03:48+	08:01+	02:51+	04:17+	05:04+	08:39+	06:21+	06:15+	08:53+	02:19+	01:50+
30	Britta Ank Pedersen	6												1:48:30
05:14+	15:58+	23:02+	27:40+	31:53+	41:48+	45:07+	51:20+	57:24+	70:55+	79:02+	88:35+	104:19+	106:54+	108:30+
05:14+	10:44+	07:04+	04:38+	04:13+	09:55+	03:19+	06:13+	06:04+	13:31+	08:07+	09:33+	15:44+	02:35+	01:36+
05:14+	10:44+	07:04+	04:38+	04:13+	09:55+	03:19+	06:13+	06:04+	13:31+	08:07+	09:33+	15:44+	02:35+	01:36+

6,3km

Beste stræktid for klassen

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

MTBO10km

1	Niels Møller Petersen	15	1:19:02
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10:13=	51:05=	59:32=	63:55=	69:19=	79:02=
10:13=	40:52=	08:27=	04:23=	05:24=	09:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ole Hoffmann	15	1:28:00
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11:18+	56:12+	65:03+	70:47+	76:46+	88:00+
11:18+	44:54+	08:51+	05:44+	05:59+	11:14+
01:05#	04:02+	00:24+	01:21&	00:35#	01:31#

Beste stræktid for klassen

10:13	40:52	08:27	04:23	05:24	09:43
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

MTBO20km

1	Martin Pedersen	5	2:03:07
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04:38=	61:20=	74:41=	85:59=	90:17=	105:21=	120:23=	123:07=
04:38=	56:42=	13:21=	11:18=	04:18=	15:04=	15:02=	02:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Torben Laursen	5	2:03:14
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04:52+	61:31+	74:49+	86:08+	90:24+	105:28+	120:36+	123:14+
04:52+	56:39-	13:18-	11:19+	04:16-	15:04=	15:08+	02:38-
00:14+	00:03-	00:03-	00:01+	00:02-	00:00=	00:06+	00:06-

Beste stræktid for klassen

04:38	56:39	13:18	11:18	04:16	15:04	15:02	02:38
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.