

Plads Navn
bane 1-7km

Klasse

Tid

1 Pter Villadsen SOK 1:05:12
 04:11= 10:06= 14:30= 16:59= 20:12= 25:42= 31:26= 33:56= 36:46= 39:12= 42:31= 47:56= 50:31= 54:00= 57:37= 61:24= 64:24= 65:12=
 04:11= 05:55= 04:24= 02:29= 03:13= 05:30= 05:44= 02:30= 02:50= 02:26= 03:19= 05:25= 02:35= 03:29= 03:37= 03:47= 03:00= 00:48=
 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 Kenn Heldgaard Kristensen 2 1:11:38
 04:11= 16:03+ 20:54+ 23:33+ 26:59+ 32:52+ 36:15+ 39:15+ 42:27+ 45:27+ 49:07+ 54:33+ 57:00+ 60:37+ 64:22+ 67:36+ 70:44+ 71:38+
 04:11= 11:52+ 04:51+ 02:39+ 03:26+ 05:53+ 03:23- 03:00+ 03:12+ 03:00+ 03:40+ 05:26+ 02:27- 03:37+ 03:45+ 03:14- 03:08+ 00:54+
 00:00= 05:57@ 00:27# 00:10+ 00:13+ 00:23+ 02:21- 00:30# 00:22# 00:34# 00:21# 00:01+ 00:08- 00:08+ 00:08+ 00:33- 00:08+ 00:06#

3 Michael Filyo SOK 1:20:29
 06:14+ 15:51+ 20:14+ 22:54+ 26:26+ 31:49+ 37:31+ 40:47+ 43:55+ 46:44+ 50:04+ 56:36+ 59:27+ 63:05+ 68:40+ 76:00+ 79:23+ 80:29+
 06:14+ 09:37+ 04:23- 02:40+ 03:32+ 05:23- 05:42- 03:16+ 03:08+ 02:49+ 03:20+ 06:32+ 02:51+ 03:38+ 05:35+ 07:20+ 03:23+ 01:06+
 02:03& 03:42& 00:01- 00:11+ 00:19+ 00:07- 00:02- 00:46& 00:18# 00:23# 00:01+ 01:07# 00:16# 00:09+ 01:58& 03:33& 00:23# 00:18&

4 Søren Andersen 2 1:25:23
 05:40+ 10:53+ 15:59+ 18:48+ 22:53+ 31:44+ 35:34+ 39:17+ 45:42+ 49:51+ 53:12+ 60:08+ 63:12+ 67:44+ 72:51+ 79:39+ 83:49+ 85:23+
 05:40+ 05:13- 05:06+ 02:49+ 04:05+ 08:51+ 03:50- 03:43+ 06:25+ 04:09+ 03:21+ 06:56+ 03:04+ 04:32+ 05:07+ 06:48+ 04:10+ 01:34+
 01:29& 00:42- 00:42# 00:20# 00:52& 03:21& 01:54- 01:13& 03:35@ 01:43& 00:02+ 01:31& 00:29# 01:03& 01:30& 03:01& 01:10& 00:46&

Beste stræktid for klassen

04:11 05:13 04:23 02:29 03:13 05:23 03:23 02:30 02:50 02:26 03:19 05:25 02:27 03:29 03:37 03:14 03:00 00:48

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

bane2-5,5km

1 Jens Gammelvind 2 1:02:58
 07:37= 11:10= 15:40= 20:10= 23:07= 26:31= 33:28= 36:05= 38:51= 43:04= 48:36= 54:48= 58:45= 62:15= 62:58=
 07:37= 03:33= 04:30= 04:30= 02:57= 03:24= 06:57= 02:37= 02:46= 04:13= 05:32= 06:12= 03:57= 03:30= 00:43=
 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 Lennart Bo Kristiansen 12 1:12:51
 03:56- 13:21+ 18:12+ 23:44+ 27:19+ 31:39+ 38:36+ 41:46+ 43:35+ 51:07+ 56:54+ 61:57+ 67:31+ 71:59+ 72:51+
 03:56- 09:25+ 04:51+ 05:32+ 03:35+ 04:20+ 06:57= 03:10+ 01:49- 07:32+ 05:47+ 05:03- 05:34+ 04:28+ 00:52+
 03:41- 05:52@ 00:21+ 01:02# 00:38# 00:56& 00:00= 00:33# 00:57- 03:19& 00:15+ 01:09- 01:37& 00:58& 00:09#

3 Jørgen Østergaard 5 1:13:56
 06:32- 11:03- 16:23+ 20:53+ 24:17+ 28:45+ 35:42+ 38:25+ 41:04+ 49:04+ 55:25+ 60:29+ 66:25+ 72:56+ 73:56+
 06:32- 04:31+ 05:20+ 04:30= 03:24+ 04:28+ 06:57= 02:43+ 02:39- 08:00+ 06:21+ 05:04- 05:56+ 06:31+ 01:00+
 01:05- 00:58& 00:50# 00:00= 00:27# 01:04& 00:00= 00:06+ 00:07- 03:47& 00:49# 01:08- 01:59& 03:01& 00:17&

4 Jørgen Schnack 13 1:17:17
 02:52- 13:54+ 17:58+ 23:41+ 27:12+ 30:34+ 36:11+ 38:51+ 40:09+ 43:41+ 49:09+ 66:00+ 72:16+ 76:21+ 77:17+
 02:52- 11:02+ 04:04- 05:43+ 03:31+ 03:22- 05:37- 02:40+ 01:18- 03:32- 05:28- 16:51+ 06:16+ 04:05+ 00:56+
 04:45- 07:29@ 00:26- 01:13& 00:34# 00:02- 01:20- 00:03+ 01:28- 00:41- 00:04- 10:39@ 02:19& 00:35# 00:13&

5 Ole Jensen 5
 04:13- 09:34- 12:09- 16:20- 20:00- 25:08- 30:52- 35:49- 41:26+ 42:16-
 04:13- 05:21+ 02:35- 04:11- 03:40+ 05:08+ 05:44- 04:57+ 05:37+ 00:50-
 03:24- 01:48& 01:55- 00:19- 00:43# 01:44& 01:13- 02:20& 02:51@ 03:23-

Beste stræktid for klassen

02:52 03:33 02:35 04:11 02:57 03:22 05:37 02:37 01:18 00:50 05:28 05:03 03:57 03:30 00:43

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

bane3-4,5km

1 Max Hansen 7 57:53

04:45= 08:09= 13:28= 19:29= 22:37= 27:00= 30:37= 36:44= 47:54= 53:40= 56:49= 57:53=
 04:45= 03:24= 05:19= 06:01= 03:08= 04:23= 03:37= 06:07= 11:10= 05:46= 03:09= 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=

2 Rolf Duedahl Nielsen 7 57:57

08:40+ 12:16+ 17:18+ 22:51+ 25:56+ 29:37+ 32:46+ 39:05+ 45:30- 51:41- 56:54+ 57:57+
 08:40+ 03:36+ 05:02- 05:33- 03:05- 03:41- 03:09- 06:19+ 06:25- 06:11+ 05:13+ 01:03-
 03:55& 00:12+ 00:17- 00:28- 00:03- 00:42- 00:28- 00:12+ 04:45- 00:25+ 02:04& 00:01-

3 Britta Ank Pedersen 3 1:01:54

05:05+ 09:27+ 17:17+ 22:35+ 25:43+ 29:45+ 33:17+ 43:29+ 49:51+ 56:43+ 60:55+ 61:54+
 05:05+ 04:22+ 07:50+ 05:18- 03:08= 04:02- 03:32- 10:12+ 06:22- 06:52+ 04:12+ 00:59-
 00:20+ 00:58& 02:31& 00:43- 00:00= 00:21- 00:05- 04:05& 04:48- 01:06# 01:03& 00:05-

4 Leif Skovgaard Knudsen 1 1:05:12

05:53+ 11:14+ 16:42+ 23:22+ 28:03+ 32:41+ 36:17+ 44:27+ 50:34+ 59:08+ 63:29+ 65:12+
 05:53+ 05:21+ 05:28+ 06:40+ 04:41+ 04:38+ 03:36- 08:10+ 06:07- 08:34+ 04:21+ 01:43+
 01:08# 01:57& 00:09+ 00:39# 01:33& 00:15+ 00:01- 02:03& 05:03- 02:48& 01:12& 00:39&

5 Michael Fischer 13 1:09:08

03:48- 07:30- 11:11- 15:37- 18:26- 21:27- 26:06- 39:16+ 59:34+ 65:21+ 68:14+ 69:08+
 03:48- 03:42+ 03:41- 04:26- 02:49- 03:01- 04:39+ 13:10+ 20:18+ 05:47+ 02:53- 00:54-
 00:57- 00:18+ 01:38- 01:35- 00:19- 01:22- 01:02& 07:03@ 09:08& 00:01+ 00:16- 00:10-

6 Steffen Alm 6 1:09:38

09:04+ 12:48+ 17:21+ 23:33+ 27:07+ 30:42+ 33:47+ 42:19+ 48:33+ 62:47+ 68:39+ 69:38+
 09:04+ 03:44+ 04:33- 06:12+ 03:34+ 03:35- 03:05- 08:32+ 06:14- 14:14+ 05:52+ 00:59-
 04:19& 00:20+ 00:46- 00:11+ 00:26# 00:48- 00:32- 02:25& 04:56- 08:28@ 02:43& 00:05-

7 Lene Stick Nielsen 12 1:11:07

06:32+ 14:06+ 19:51+ 25:15+ 29:13+ 36:33+ 39:24+ 47:36+ 54:02+ 62:15+ 69:25+ 71:07+
 06:32+ 07:34+ 05:45+ 05:24- 03:58+ 07:20+ 02:51- 08:12+ 06:26- 08:13+ 07:10+ 01:42+
 01:47& 04:10@ 00:26+ 00:37- 00:50& 02:57& 00:46- 02:05& 04:44- 02:27& 04:01@ 00:38&

8 Carsten Helligsø 4 1:11:35

05:15+ 08:59+ 15:04+ 20:41+ 24:50+ 29:27+ 33:48+ 42:39+ 49:00+ 57:14+ 70:18+ 71:35+
 05:15+ 03:44+ 06:05+ 05:37- 04:09+ 04:37+ 04:21+ 08:51+ 06:21- 08:14+ 13:04+ 01:17+
 00:30# 00:20+ 00:46# 00:24- 01:01& 00:14+ 00:44# 02:44& 04:49- 02:28& 09:55@ 00:13#

9 Keld Gade 12 1:26:34

09:56+ 14:05+ 20:45+ 26:14+ 30:10+ 33:47+ 37:52+ 44:15+ 70:27+ 81:29+ 85:35+ 86:34+
 09:56+ 04:09+ 06:40+ 05:29- 03:56+ 03:37- 04:05+ 06:23+ 26:12+ 11:02+ 04:06+ 00:59-
 05:11@ 00:45# 01:21& 00:32- 00:48& 00:46- 00:28# 00:16+ 15:02@ 05:16& 00:57& 00:05-

10 Hans Christian Strib 8 1:27:56

06:14+ 16:45+ 26:15+ 33:20+ 43:42+ 50:01+ 55:05+ 63:09+ 81:09+ 86:36+ 87:56+
 06:14+ 10:31+ 09:30+ 07:05+ 10:22+ 06:19+ 05:04+ 08:04+ 18:00+ 05:27- 01:20-
 01:29& 07:07@ 04:11& 01:04# 07:14@ 01:56& 01:27& 01:57& 06:50& 00:19- 01:49-

Beste stræktid for klasse

03:48 03:24 03:41 04:26 02:49 03:01 02:51 06:07 06:07 05:27 01:20 00:54

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

bane4-3,5km

bane4-3,5km

1	Jørgen Münster-Swendsen	Sok	59:13							
06:22=	15:50=	22:47=	25:18=	30:01=	38:48=	42:49=	49:49=	54:23=	58:17=	59:13=
06:22=	09:28=	06:57=	02:31=	04:43=	08:47=	04:01=	07:00=	04:34=	03:54=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Torben Isen	2	1:15:42							
05:09+	16:26+	27:22+	32:20+	37:25+	46:52+	52:08+	62:05+	68:21+	74:26+	75:42+
05:09+	11:17+	10:56+	04:58+	05:05+	09:27+	05:16+	09:57+	06:16+	06:05+	01:16+
05:09+	11:17+	10:56+	04:58+	05:05+	09:27+	05:16+	09:57+	06:16+	06:05+	01:16+
3	Jan Lauge Kristensen	4	1:27:09							
04:27+	41:09+	48:42+	51:43+	56:34+	64:19+	68:55+	76:29+	81:38+	85:53+	87:09+
04:27+	36:42+	07:33+	03:01+	04:51+	07:45+	04:36+	07:34+	05:09+	04:15+	01:16+
04:27+	36:42+	07:33+	03:01+	04:51+	07:45+	04:36+	07:34+	05:09+	04:15+	01:16+
4	Flemming Bindner	13	1:29:55							
10:00+	34:53+	42:03+	45:37+	52:51+	60:37+	64:58+	75:57+	80:52+	86:50+	89:55+
10:00+	24:53+	07:10+	03:34+	07:14+	07:46+	04:21+	10:59+	04:55+	05:58+	03:05+
10:00+	24:53+	07:10+	03:34+	07:14+	07:46+	04:21+	10:59+	04:55+	05:58+	03:05+
5	Claus Madsen	4	1:34:05							
05:43+	39:27+	47:31+	50:38+	56:22+	63:01+	72:23+	81:31+	87:55+	92:46+	94:05+
05:43+	33:44+	08:04+	03:07+	05:44+	06:39+	09:22+	09:08+	06:24+	04:51+	01:19+
05:43+	33:44+	08:04+	03:07+	05:44+	06:39+	09:22+	09:08+	06:24+	04:51+	01:19+
6	Gert Bertel	4	1:37:58							
08:52+	44:35+	51:11+	54:01+	59:33+	65:55+	73:04+	85:28+	91:51+	96:44+	97:58+
08:52+	35:43+	06:36+	02:50+	05:32+	06:22+	07:09+	12:24+	06:23+	04:53+	01:14+
08:52+	35:43+	06:36+	02:50+	05:32+	06:22+	07:09+	12:24+	06:23+	04:53+	01:14+
7	Asger Kristensen	2	1:42:07							
06:48+	18:10+	31:48+	36:58+	45:01+	57:57+	67:03+	79:35+	91:38+	99:50+	102:07+
06:48+	11:22+	13:38+	05:10+	08:03+	12:56+	09:06+	12:32+	12:03+	08:12+	02:17+
06:48+	11:22+	13:38+	05:10+	08:03+	12:56+	09:06+	12:32+	12:03+	08:12+	02:17+
8	Ann Dorrit Hansen	7	1:46:19							
09:36+	30:58+	41:26+	45:35+	51:59+	63:08+	70:41+	79:34+	97:12+	104:37+	106:19+
09:36+	21:22+	10:28+	04:09+	06:24+	11:09+	07:33+	08:53+	17:38+	07:25+	01:42+
09:36+	21:22+	10:28+	04:09+	06:24+	11:09+	07:33+	08:53+	17:38+	07:25+	01:42+

Beste stræktid for klassen

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

bane5-4km

1	Hans Jørgen Vad	3	1:14:45										
06:05=	08:17=	17:38=	22:43=	28:46=	36:36=	39:17=	46:56=	53:40=	58:49=	65:57=	69:12=	74:45=	80:11=
06:05=	02:12=	09:21=	05:05=	06:03=	07:50=	02:41=	07:39=	06:44=	05:09=	07:08=	03:15=	05:33=	05:26=
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	Inger Johansen	4	1:16:00										
07:05+	09:37+	20:07+	23:39+	29:52+	36:00-	40:00+	46:40-	50:42-	56:46-	67:42+	70:13+	74:20-	76:00-
07:05+	02:32+	10:30+	03:32-	06:13+	06:08-	04:00+	06:40-	04:02-	06:04+	10:56+	02:31-	04:07-	01:40-
01:00#	00:20#	01:09#	01:33-	00:10+	01:42-	01:19&	00:59-	02:42-	00:55#	03:48&	00:44-	01:26-	03:46-

bane5-4km

3	Lilli Hansen	8	1:26:08
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08:20+	11:14+	26:01+	31:12+	37:39+	44:26+	48:36+	56:32+	62:01+	66:52+	76:16+	79:42+	84:27+	86:08+
08:20+	02:54+	14:47+	05:11+	06:27+	06:47-	04:10+	07:56+	05:29-	04:51-	09:24+	03:26+	04:45-	01:41-
02:15&	00:42&	05:26&	00:06+	00:24+	01:03-	01:29&	00:17+	01:15-	00:18-	02:16&	00:11+	00:48-	03:45-

4	Pia Grønberg Hansen	8	1:26:11
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08:24+	11:22+	26:05+	31:10+	37:44+	44:23+	48:33+	56:40+	61:57+	66:49+	76:14+	79:49+	84:37+	86:11+
08:24+	02:58+	14:43+	05:05+	06:34+	06:39+	04:10+	08:07+	05:17+	04:52+	09:25+	03:35+	04:48+	01:34+
08:24+	02:58+	14:43+	05:05+	06:34+	06:39+	04:10+	08:07+	05:17+	04:52+	09:25+	03:35+	04:48+	01:34+

Beste stræktid for klassen

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