

Plads Navn Klasse

Tid

DA

1 Nina Germann Najbjerg Akif 26:02

00:35= 01:32= 04:24= 06:21= 08:23= 10:07= 16:21= 17:48= 19:25= 21:19= 22:37= 26:02=
 00:35= 00:57= 02:52= 01:57= 02:02= 01:44= 06:14= 01:27= 01:37= 01:54= 01:18= 03:25=
 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 Maja Lilleør Akif 37:29

02:26+ 03:48+ 06:55+ 09:09+ 12:03+ 13:52+ 23:40+ 25:57+ 28:46+ 31:18+ 32:31+ 37:29+
 02:26+ 01:22+ 03:07+ 02:14+ 02:54+ 01:49+ 09:48+ 02:17+ 02:49+ 02:32+ 01:13- 04:58+
 01:51@ 00:25& 00:15+ 00:17# 00:52& 00:05+ 03:34& 00:50& 01:12& 00:38& 00:05- 01:33&

3 Marie Louise Møller Akif 41:55

00:43+ 02:11+ 06:11+ 08:55+ 13:11+ 15:17+ 23:15+ 28:34+ 31:39+ 34:22+ 36:09+ 41:55+
 00:43+ 01:28+ 04:00+ 02:44+ 04:16+ 02:06+ 07:58+ 05:19+ 03:05+ 02:43+ 01:47+ 05:46+
 00:08# 00:31& 01:08& 00:47& 02:14@ 00:22# 01:44& 03:52@ 01:28& 00:49& 00:29& 02:21&

Beste stræktid for klassen

00:35 00:57 02:52 01:57 02:02 01:44 06:14 01:27 01:37 01:54 01:13 03:25

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

HA

1 Jonas Falck Weber Akif 25:41

00:37= 01:37= 03:55= 05:22= 07:20= 09:05= 15:09= 15:49= 17:20= 18:53= 20:32= 21:35= 25:41=
 00:37= 01:00= 02:18= 01:27= 01:58= 01:45= 06:04= 00:40= 01:31= 01:33= 01:39= 01:03= 04:06=
 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 Thomas Jensen 7 25:47

00:38+ 01:40+ 04:19+ 06:05+ 07:58+ 09:28+ 14:19- 14:58- 16:31- 18:01- 20:19- 21:19- 25:47+
 00:38+ 01:02+ 02:39+ 01:46+ 01:53- 01:30- 04:51- 00:39- 01:33+ 01:30- 02:18+ 01:00- 04:28+
 00:01+ 00:02+ 00:21# 00:19# 00:05- 00:15- 01:13- 00:01- 00:02+ 00:03- 00:39& 00:03- 00:22+

3 Lasse Falck Weber Akif 27:20

00:37= 01:41+ 04:13+ 05:44+ 07:35+ 09:05= 15:35+ 16:22+ 18:05+ 19:41+ 21:20+ 22:27+ 27:20+
 00:37= 01:04+ 02:32+ 01:31+ 01:51- 01:30- 06:30+ 00:47+ 01:43+ 01:36+ 01:39= 01:07+ 04:53+
 00:00= 00:04+ 00:14# 00:04+ 00:07- 00:15- 00:26+ 00:07# 00:12# 00:03+ 00:00= 00:04+ 00:47#

4 Christian Møller Akif 29:48

00:37= 01:40+ 03:57+ 05:19- 08:44+ 10:11+ 16:19+ 17:09+ 18:49+ 21:06+ 22:53+ 24:08+ 29:48+
 00:37= 01:03+ 02:17- 01:22- 03:25+ 01:27- 06:08+ 00:50+ 01:40+ 02:17+ 01:47+ 01:15+ 05:40+
 00:00= 00:03+ 00:01- 00:05- 01:27& 00:18- 00:04+ 00:10# 00:09+ 00:44& 00:08+ 00:12# 01:34&

5 Jacob Seerup Kirkeby Akif 32:37

00:42+ 01:44+ 04:18+ 05:59+ 10:57+ 12:21+ 20:05+ 20:57+ 22:32+ 25:15+ 27:20+ 28:17+ 32:37+
 00:42+ 01:02+ 02:34+ 01:41+ 04:58+ 01:24- 07:44+ 00:52+ 01:35+ 02:43+ 02:05+ 00:57- 04:20+
 00:05# 00:02+ 00:16# 00:14# 03:00@ 00:21- 01:40& 00:12& 00:04+ 01:10& 00:26& 00:06- 00:14+

6 Christian Bertel Andersen Akif 34:24

00:44+ 01:56+ 04:37+ 06:23+ 10:18+ 11:51+ 21:02+ 21:50+ 23:44+ 25:37+ 27:20+ 28:31+ 34:24+
 00:44+ 01:12+ 02:41+ 01:46+ 03:55+ 01:33- 09:11+ 00:48+ 01:54+ 01:53+ 01:43+ 01:11+ 05:53+
 00:07# 00:12# 00:23# 00:19# 01:57& 00:12- 03:07& 00:08# 00:23& 00:20# 00:04+ 00:08# 01:47&

7 Jeppe Rolf Rasmussen AndersenJdri 34:39

00:40+ 01:44+ 04:28+ 06:12+ 08:56+ 10:24+ 19:14+ 19:58+ 22:15+ 26:17+ 28:48+ 30:05+ 34:39+
 00:40+ 01:04+ 02:44+ 01:44+ 02:44+ 01:28- 08:50+ 00:44+ 02:17+ 04:02+ 02:31+ 01:17+ 04:34+
 00:03+ 00:04+ 00:26# 00:17# 00:46& 00:17- 02:46& 00:04# 00:46& 02:29@ 00:52& 00:14# 00:28#

HA

8 Hans Kresten Nørgaard Larsen Akif 43:35

00:43+ 02:12+ 06:59+ 13:39+ 16:18+ 19:43+ 27:53+ 28:42+ 31:23+ 34:03+ 37:08+ 38:43+ 43:35+
 00:43+ 01:29+ 04:47+ 06:40+ 02:39+ 03:25+ 08:10+ 00:49+ 02:41+ 02:40+ 03:05+ 01:35+ 04:52+
 00:06# 00:29& 02:29@ 05:13@ 00:41& 01:40& 02:06& 00:09# 01:10& 01:07& 01:26& 00:32& 00:46#

9 Martin Møller lfs 44:14

00:55+ 02:27+ 06:10+ 09:04+ 12:01+ 14:47+ 23:23+ 24:34+ 27:23+ 33:33+ 36:35+ 38:01+ 44:14+
 00:55+ 01:32+ 03:43+ 02:54+ 02:57+ 02:46+ 08:36+ 01:11+ 02:49+ 06:10+ 03:02+ 01:26+ 06:13+
 00:55+ 01:32+ 03:43+ 02:54+ 02:57+ 02:46+ 08:36+ 01:11+ 02:49+ 06:10+ 03:02+ 01:26+ 06:13+

Beste stræktid for klassen

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

OG

1 Pernille Buch 7 29:27

00:46= 02:12= 05:03= 06:54= 15:17= 19:07= 20:49= 22:17= 23:22= 23:50= 29:27=
 00:46= 01:26= 02:51= 01:51= 08:23= 03:50= 01:42= 01:28= 01:05= 00:28= 05:37=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Lene Bejer Damgaard lfk 34:22

00:56+ 02:46+ 05:52+ 07:55+ 18:20+ 19:37+ 23:01+ 24:59+ 26:26+ 27:05+ 34:22+
 00:56+ 01:50+ 03:06+ 02:03+ 10:25+ 01:17- 03:24+ 01:58+ 01:27+ 00:39+ 07:17+
 00:10# 00:24& 00:15+ 00:12# 02:02# 02:33- 01:42& 00:30& 00:22& 00:11& 01:40&

3 Janni Fischer Akd S 41:30

01:15+ 02:57+ 06:08+ 08:37+ 22:34+ 24:22+ 28:39+ 30:53+ 32:41+ 33:26+ 41:30+
 01:15+ 01:42+ 03:11+ 02:29+ 13:57+ 01:48- 04:17+ 02:14+ 01:48+ 00:45+ 08:04+
 00:29& 00:16# 00:20# 00:38& 05:34& 02:02- 02:35@ 00:46& 00:43& 00:17& 02:27&

Beste stræktid for klassen

00:46 01:26 02:51 01:51 08:23 01:17 01:42 01:28 01:05 00:28 05:37

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

VET1

1 Jan Møller Akif 22:13

00:50= 02:09= 04:38= 06:47= 12:17= 13:53= 15:26= 16:57= 18:01= 18:31= 22:13=
 00:50= 01:19= 02:29= 02:09= 05:30= 01:36= 01:33= 01:31= 01:04= 00:30= 03:42=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Jørgen Pedersen Akd S 27:05

00:48- 02:51+ 05:56+ 07:58+ 15:42+ 17:57+ 19:32+ 21:01+ 22:08+ 22:41+ 27:05+
 00:48- 02:03+ 03:05+ 02:02- 07:44+ 02:15+ 01:35+ 01:29- 01:07+ 00:33+ 04:24+
 00:02- 00:44& 00:36# 00:07- 02:14& 00:39& 00:02+ 00:02- 00:03+ 00:03# 00:42#

3 Lennart Bo Kristiansen lfk 27:55

00:56+ 02:28+ 05:59+ 08:15+ 14:54+ 15:54+ 18:35+ 20:19+ 21:33+ 22:11+ 27:55+
 00:56+ 01:32+ 03:31+ 02:16+ 06:39+ 01:00- 02:41+ 01:44+ 01:14+ 00:38+ 05:44+
 00:06# 00:13# 01:02& 00:07+ 01:09# 00:36- 01:08& 00:13# 00:10# 00:08& 02:02&

VET1

4 Per Eg Pedersen 7 29:22

00:47- 02:08- 04:23- 06:58+ 15:57+ 16:59+ 18:55+ 20:40+ 22:00+ 22:38+ 29:22+
 00:47- 01:21+ 02:15- 02:35+ 08:59+ 01:02- 01:56+ 01:45+ 01:20+ 00:38+ 06:44+
 00:03- 00:02+ 00:14- 00:26# 03:29& 00:34- 00:23# 00:14# 00:16# 00:08& 03:02&

5 Christian Saxe Akd S 31:53

00:58+ 02:47+ 05:17+ 07:33+ 16:38+ 20:26+ 22:39+ 24:24+ 27:00+ 27:35+ 31:53+
 00:58+ 01:49+ 02:30+ 02:16+ 09:05+ 03:48+ 02:13+ 01:45+ 02:36+ 00:35+ 04:18+
 00:58+ 01:49+ 02:30+ 02:16+ 09:05+ 03:48+ 02:13+ 01:45+ 02:36+ 00:35+ 04:18+

6 Bent Aakjær Ook 34:07

00:58+ 02:46+ 05:40+ 08:50+ 18:41+ 20:09+ 22:34+ 24:40+ 26:47+ 27:35+ 34:07+
 00:58+ 01:48+ 02:54+ 03:10+ 09:51+ 01:28+ 02:25+ 02:06+ 02:07+ 00:48+ 06:32+
 00:58+ 01:48+ 02:54+ 03:10+ 09:51+ 01:28+ 02:25+ 02:06+ 02:07+ 00:48+ 06:32+

7 Steen Oxfeldt Ifs 35:26

00:53+ 02:16+ 04:59+ 07:43+ 20:18+ 21:24+ 26:13+ 28:08+ 29:26+ 30:01+ 35:26+
 00:53+ 01:23+ 02:43+ 02:44+ 12:35+ 01:06+ 04:49+ 01:55+ 01:18+ 00:35+ 05:25+
 00:53+ 01:23+ 02:43+ 02:44+ 12:35+ 01:06+ 04:49+ 01:55+ 01:18+ 00:35+ 05:25+

8 Alfred Møller Ifs 36:18

00:49+ 02:27+ 06:02+ 11:35+ 20:38+ 22:58+ 27:27+ 29:33+ 31:01+ 36:18+
 00:49+ 01:38+ 03:35+ 05:33+ 09:03+ 02:20+ 04:29+ 02:06+ 01:28+ 05:17+
 00:49+ 01:38+ 03:35+ 05:33+ 09:03+ 02:20+ 04:29+ 02:06+ 01:28+ 05:17+

9 Peter Wester Akd S 40:35

01:17+ 02:49+ 06:18+ 09:02+ 21:12+ 24:00+ 27:43+ 30:19+ 32:52+ 33:32+ 40:35+
 01:17+ 01:32+ 03:29+ 02:44+ 12:10+ 02:48+ 03:43+ 02:36+ 02:33+ 00:40+ 07:03+
 01:17+ 01:32+ 03:29+ 02:44+ 12:10+ 02:48+ 03:43+ 02:36+ 02:33+ 00:40+ 07:03+

10 Carsten Helligsø Ifk 46:51

00:58+ 02:34+ 06:26+ 09:04+ 29:18+ 30:59+ 34:33+ 37:13+ 39:12+ 40:03+ 46:51+
 00:58+ 01:36+ 03:52+ 02:38+ 20:14+ 01:41+ 03:34+ 02:40+ 01:59+ 00:51+ 06:48+
 00:58+ 01:36+ 03:52+ 02:38+ 20:14+ 01:41+ 03:34+ 02:40+ 01:59+ 00:51+ 06:48+

Beste stræktid for klassen

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

VET2

1 Varny Søby Vestergaard Ifk 28:37

01:58= 03:25= 06:47= 09:20= 17:19= 20:05= 21:53= 23:17= 23:50= 28:37=
 01:58= 01:27= 03:22= 02:33= 07:59= 02:46= 01:48= 01:24= 00:33= 04:47=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Kai Willadsen Akd S 34:11

00:52- 02:50- 06:15- 09:49+ 20:06+ 23:36+ 25:44+ 27:12+ 27:49+ 34:11+
 00:52- 01:58+ 03:25+ 03:34+ 10:17+ 03:30+ 02:08+ 01:28+ 00:37+ 06:22+
 01:06- 00:31& 00:03+ 01:01& 02:18& 00:44& 00:20# 00:04+ 00:04# 01:35&

3 Flemming Sasser Ifk 40:54

00:58- 02:53- 07:32+ 10:35+ 21:45+ 25:55+ 28:13+ 30:50+ 31:38+ 40:54+
 00:58- 01:55+ 04:39+ 03:03+ 11:10+ 04:10+ 02:18+ 02:37+ 00:48+ 09:16+
 01:00- 00:28& 01:17& 00:30# 03:11& 01:24& 00:30& 01:13& 00:15& 04:29&

VET2

4	Børge Pedersen	3	43:55						
01:13-	03:29+	07:18+	09:49+	26:47+	29:36+	35:16+	37:49+	38:31+	43:55+
01:13-	02:16+	03:49+	02:31-	16:58+	02:49+	05:40+	02:33+	00:42+	05:24+
00:45-	00:49&	00:27#	00:02-	08:59@	00:03+	03:52@	01:09&	00:09&	00:37#

Beste stræktid for klassen

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

YOB

1	Lars Nissen	Akif	44:07								
00:53=	02:17=	06:30=	09:00=	13:42=	15:58=	25:48=	29:23=	33:04=	36:11=	38:02=	44:07=
00:53=	01:24=	04:13=	02:30=	04:42=	02:16=	09:50=	03:35=	03:41=	03:07=	01:51=	06:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

00:53 01:24 04:13 02:30 04:42 02:16 09:50 03:35 03:41 03:07 01:51 06:05

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

ÆOB

1	Lasse Therkildsen	7	24:59							
00:41=	01:54=	03:16=	04:41=	06:15=	13:37=	14:20=	17:50=	20:20=	20:48=	24:59=
00:41=	01:13=	01:22=	01:25=	01:34=	07:22=	00:43=	03:30=	02:30=	00:28=	04:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Claus Lyngby	7	26:12							
00:53+	02:10+	03:45+	06:09+	08:05+	15:17+	16:17+	19:28+	22:03+	22:34+	26:12+
00:53+	01:17+	01:35+	02:24+	01:56+	07:12-	01:00+	03:11-	02:35+	00:31+	03:38-
00:12&	00:04+	00:13#	00:59&	00:22#	00:10-	00:17&	00:19-	00:05+	00:03#	00:33-

3	Nicolai Wind	7	26:46							
00:43+	01:56+	03:28+	04:55+	06:35+	14:28+	15:19+	18:17+	20:52+	21:24+	26:46+
00:43+	01:13=	01:32+	01:27+	01:40+	07:53+	00:51+	02:58-	02:35+	00:32+	05:22+
00:02+	00:00=	00:10#	00:02+	00:06+	00:31+	00:08#	00:32-	00:05+	00:04#	01:11&

4	Jes Mose Jensen	Akif	27:45							
00:44+	01:59+	03:20+	04:47+	06:45+	13:54+	15:03+	19:59+	22:57+	23:27+	27:45+
00:44+	01:15+	01:21-	01:27+	01:58+	07:09-	01:09+	04:56+	02:58+	00:30+	04:18+
00:03+	00:02+	00:01-	00:02+	00:24&	00:13-	00:26&	01:26&	00:28#	00:02+	00:07+

Beste stræktid for klassen

00:41 01:13 01:21 01:25 01:34 07:09 00:43 02:58 02:30 00:28 03:38

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