

Midtjysk SUPER Vinterlang 2

Stræktider

Feldborg Sønderskov-02-01-2022

Plads Navn Klasse

Tid

10km

1 Marie Møller Nielsen Ok Pan**1:01:39**

03:08= 04:29= 05:12= 07:00= 08:59= 10:50= 12:45= 16:46= 18:11= 19:31= 22:05= 25:08= 27:33= 33:25= 36:10= 38:21= 42:34= 47:34= 52:34= 56:11= 59:17= 60:04= 61:39=
 03:08= 01:21= 00:43= 01:48= 01:59= 01:51= 01:55= 04:01= 01:25= 01:20= 02:34= 03:03= 02:25= 05:52= 02:45= 02:11= 04:13= 05:00= 05:00= 03:37= 03:06= 00:47= 01:35=
 00:00=

2 Ebbe Møller Nielsen Ok Pan**1:01:53**

03:11+ 04:25- 05:10- 07:04+ 08:57- 10:48- 12:43- 16:48+ 18:09- 19:28- 22:01- 25:04- 27:35+ 33:23- 36:13+ 38:23+ 42:37+ 47:32- 52:32- 56:14+ 59:18+ 60:07+ 61:53+
 03:11+ 01:14- 00:45+ 01:54+ 01:53- 01:51= 01:55= 04:05+ 01:21- 01:19- 02:33- 03:03= 02:31+ 05:48- 02:50+ 02:10- 04:14+ 04:55- 05:00= 03:42+ 03:04- 00:49+ 01:46+
 00:03+ 00:07- 00:02+ 00:06+ 00:06- 00:00= 00:00= 00:04+ 00:04- 00:01- 00:01- 00:00= 00:06+ 00:04- 00:05+ 00:01- 00:01+ 00:05- 00:00= 00:05+ 00:02- 00:02+ 00:11#

3 Thomas Fredberg 17**1:12:52**

07:47+ 11:42+ 12:41+ 14:53+ 17:02+ 18:55+ 20:59+ 25:46+ 27:18+ 28:57+ 31:57+ 35:23+ 38:35+ 44:18+ 46:59+ 49:11+ 53:30+ 58:38+ 63:25+ 66:57+ 70:18+ 71:07+ 72:52+
 07:47+ 03:55+ 00:59+ 02:12+ 02:09+ 01:53+ 02:04+ 04:47+ 01:32+ 01:39+ 03:00+ 03:26+ 03:12+ 05:43- 02:41- 02:12+ 04:19+ 05:08+ 04:47- 03:32- 03:21+ 00:49+ 01:45+
 04:39@ 02:34@ 00:16& 00:24# 00:10+ 00:02+ 00:09+ 00:46# 00:07+ 00:19# 00:26# 00:23# 00:47& 00:09- 00:04- 00:01+ 00:06+ 00:08+ 00:13- 00:05- 00:15+ 00:02+ 00:10#

4 Jakob Q Christensen 10**1:24:54**

03:38+ 05:15+ 06:12+ 08:52+ 11:06+ 14:00+ 17:20+ 22:05+ 24:55+ 27:04+ 30:16+ 35:28+ 38:47+ 46:06+ 49:17+ 52:19+ 58:57+ 66:42+ 73:07+ 77:10+ 81:27+ 82:49+ 84:54+
 03:38+ 01:37+ 00:57+ 02:40+ 02:14+ 02:54+ 03:20+ 04:45+ 02:50+ 02:09+ 03:12+ 05:12+ 03:19+ 07:19+ 03:11+ 03:02+ 06:38+ 07:45+ 06:25+ 04:03+ 04:17+ 01:22+ 02:05+
 00:30# 00:16# 00:14& 00:52& 00:15# 01:03& 01:25& 00:44# 01:25& 00:49& 00:38# 02:09& 00:54& 01:27# 00:26# 00:51& 02:25& 02:45& 01:25& 00:26# 01:11& 00:35& 00:30&

5 Per Dahl Jensen OK PAN**1:33:10**

04:09+ 05:41+ 07:22+ 09:55+ 12:24+ 15:04+ 17:39+ 22:47+ 24:29+ 26:38+ 30:15+ 34:13+ 42:53+ 52:18+ 55:36+ 58:37+ 65:27+ 73:36+ 80:24+ 84:58+ 89:24+ 90:51+ 93:10+
 04:09+ 01:32+ 01:41+ 02:33+ 02:29+ 02:40+ 02:35+ 05:08+ 01:42+ 02:09+ 03:37+ 03:58+ 08:40+ 09:25+ 03:18+ 03:01+ 06:50+ 08:09+ 06:48+ 04:34+ 04:26+ 01:27+ 02:19+
 01:01& 00:11# 00:58@ 00:45& 00:30& 00:49& 00:40& 01:07& 00:17# 00:49& 01:03& 00:55& 06:15@ 03:33& 00:33# 00:50& 02:37& 03:09& 01:48& 00:57& 01:20& 00:40& 00:44&

6 Andreas Flint 17**1:33:22**

05:23+ 07:22+ 08:23+ 11:13+ 16:02+ 18:20+ 21:07+ 25:43+ 27:22+ 29:18+ 32:51+ 36:24+ 39:58+ 50:27+ 54:25+ 57:31+ 65:53+ 75:06+ 81:36+ 85:59+ 90:06+ 91:16+ 93:22+
 05:23+ 01:59+ 01:01+ 02:50+ 04:49+ 02:18+ 02:47+ 04:36+ 01:39+ 01:56+ 03:33+ 03:33+ 03:34+ 10:29+ 03:58+ 03:06+ 08:22+ 09:13+ 06:30+ 04:23+ 04:07+ 01:10+ 02:06+
 02:15& 00:38& 00:18& 01:02& 02:50@ 00:27# 00:52& 00:35# 00:14# 00:36& 00:59& 00:30# 01:09& 04:37& 01:13& 00:55& 04:09& 04:13& 01:30& 00:46# 01:01& 00:23& 00:31&

7 Jens Børsting 17**1:36:53**

04:30+ 06:18+ 07:26+ 10:39+ 14:23+ 17:03+ 21:32+ 27:48+ 29:54+ 31:48+ 35:49+ 40:43+ 45:21+ 53:50+ 58:17+ 61:31+ 68:12+ 76:04+ 83:07+ 88:31+ 93:17+ 94:27+ 96:53+
 04:30+ 01:48+ 01:08+ 03:13+ 03:44+ 02:40+ 04:29+ 06:16+ 02:06+ 01:54+ 04:01+ 04:54+ 04:38+ 08:29+ 04:27+ 03:14+ 06:41+ 07:52+ 07:03+ 05:24+ 04:46+ 01:10+ 02:26+
 01:22& 00:27& 00:25& 01:25& 01:45& 00:49& 02:34@ 02:15& 00:41& 00:34& 01:27& 01:51& 02:13& 02:37& 01:42& 01:03& 02:28& 02:52& 02:03& 01:47& 01:40& 00:23& 00:51&

8 Tommy Iversen 10**1:37:14**

04:18+ 05:57+ 07:03+ 10:09+ 13:20+ 15:54+ 19:10+ 24:54+ 27:05+ 29:21+ 33:20+ 38:08+ 44:59+ 53:26+ 57:49+ 61:02+ 67:41+ 76:16+ 83:19+ 88:08+ 93:44+ 94:52+ 97:14+
 04:18+ 01:39+ 01:06+ 03:06+ 03:11+ 02:34+ 03:16+ 05:44+ 02:11+ 02:16+ 03:59+ 04:48+ 06:51+ 08:27+ 04:23+ 03:13+ 06:39+ 08:35+ 07:03+ 04:49+ 05:36+ 01:08+ 02:22+
 01:10& 00:18# 00:23& 01:18& 01:12& 00:43& 01:21& 01:43& 00:46& 00:56& 01:25& 01:45& 04:26@ 02:35& 01:38& 01:02& 02:26& 03:35& 02:03& 01:12& 02:30& 00:21& 00:47&

9 Lone Fyhn Olesen 10**1:47:03**

11:50+ 14:26+ 15:41+ 18:34+ 22:58+ 25:44+ 29:47+ 35:26+ 37:35+ 40:17+ 45:47+ 50:16+ 54:12+ 64:29+ 68:40+ 72:13+ 78:50+ 86:58+ 93:47+ 98:51+ 103:42+ 104:52+ 107:03+
 11:50+ 02:36+ 01:15+ 02:53+ 04:24+ 02:46+ 04:03+ 05:39+ 02:09+ 02:42+ 05:30+ 04:29+ 03:56+ 10:17+ 04:11+ 03:33+ 06:37+ 08:08+ 06:49+ 05:04+ 04:51+ 01:10+ 02:11+
 08:42@ 01:15& 00:32& 01:05& 02:25@ 00:55& 02:08@ 01:38& 00:44& 01:22@ 02:56@ 01:26& 01:31& 04:25& 01:26& 01:22& 02:24& 03:08& 01:49& 01:27& 01:45& 00:23& 00:36&

10 Børge Pedersen 10**1:47:49**

05:02+ 07:10+ 08:41+ 12:05+ 15:41+ 19:40+ 23:25+ 29:28+ 31:59+ 34:08+ 39:29+ 45:11+ 56:00+ 64:43+ 68:54+ 72:17+ 78:20+ 86:53+ 93:47+ 98:51+ 104:22+ 105:32+ 107:49+
 05:02+ 02:08+ 01:31+ 03:24+ 03:36+ 03:59+ 03:45+ 06:03+ 02:31+ 02:09+ 05:21+ 05:42+ 10:49+ 08:43+ 04:11+ 03:23+ 06:03+ 08:33+ 06:54+ 05:04+ 05:31+ 01:10+ 02:17+
 01:54& 00:47& 00:48@ 01:36& 01:37& 02:08@ 01:50& 02:02& 01:06& 00:49& 02:47@ 02:39& 08:24@ 02:51& 01:26& 01:12& 01:50& 03:33& 01:54& 01:27& 02:25& 00:23& 00:42&

11 Susanne Kristensen 2**1:49:26**

07:30+ 09:53+ 11:08+ 15:09+ 18:40+ 21:35+ 26:38+ 33:18+ 35:24+ 37:48+ 41:33+ 46:15+ 51:46+ 59:54+ 62:40+ 67:11+ 70:56+ 80:11+ 90:02+ 96:50+ 101:31+ 105:51+ 107:20+ 109:26+
 07:30+ 02:23+ 01:15+ 04:01+ 03:31+ 02:55+ 05:03+ 06:40+ 02:06+ 02:24+ 03:45+ 04:42+ 05:31+ 08:08+ 02:46+ 04:31+ 03:45- 09:15+ 09:51+ 06:48+ 04:41+ 04:20+ 01:29- 02:06+
 04:22@ 01:02& 00:32& 02:13@ 01:32& 01:04& 03:08@ 02:39& 00:41& 01:04& 01:11& 01:39& 03:06@ 02:16& 00:01+ 02:20@ 00:28- 04:15& 04:51& 03:11& 01:35& 03:33@ 00:06- 02:06+

12 Thomas Hornbæk Ok Pan**2:01:25**

05:19+ 07:19+ 08:51+ 13:20+ 17:49+ 20:36+ 24:44+ 30:25+ 33:29+ 35:54+ 40:07+ 44:31+ 53:43+ 66:14+ 71:13+ 75:03+ 86:46+ 97:40+ 104:09+ 108:40+ 115:01+ 119:12+ 121:25+
 05:19+ 02:00+ 01:32+ 04:29+ 02:47+ 04:08+ 05:41+ 03:04+ 02:25+ 04:13+ 04:24+ 09:12+ 09:12+ 12:31+ 04:59+ 03:50+ 11:43+ 10:54+ 06:29+ 04:31+ 06:21+ 04:11+ 02:13+
 02:11& 00:39& 00:49@ 02:41@ 02:30@ 00:56& 02:13@ 01:40& 01:39@ 01:05& 01:39& 01:21& 06:47@ 06:39@ 02:14& 01:39& 07:30@ 05:54@ 01:29& 00:54# 03:15@ 03:24@ 00:38&

10km

13 Inger Simonsen

17

2:18:05

05:51+ 10:30+ 12:16+ 17:15+ 23:25+ 27:23+ 32:43+ 39:23+ 41:52+ 45:06+ 60:29+ 65:32+ 71:42+ 81:18+ 87:50+ 92:18+ 100:10+ 114:25+ 123:18+ 128:58+ 134:08+ 135:35+ 138:05+
 05:51+ 04:39+ 01:46+ 04:59+ 06:10+ 03:58+ 05:20+ 06:40+ 02:29+ 03:14+ 15:23+ 05:03+ 06:10+ 09:36+ 06:32+ 04:28+ 07:52+ 14:15+ 08:53+ 05:40+ 05:10+ 01:27+ 02:30+
 02:43& 03:18@ 01:03@ 03:11@ 04:11@ 02:07@ 03:25@ 02:39& 01:04& 01:54@ 12:49@ 02:00& 03:45@ 03:44& 03:47@ 02:17@ 03:39& 09:15@ 03:53& 02:03& 02:04& 00:40& 00:55&

Beste stræktid for klassen

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

15km

1 Asbjørn Faber Fenger-Grøn

17

1:40:39

02:54= 04:19= 06:34= 08:10= 09:02= 11:08= 13:46= 16:05= 18:40= 21:33= 24:45= 26:30= 29:08= 33:31= 37:58= 42:07= 44:20= 54:24= 56:12= 57:42= 63:38= 66:38= 75:00= 80:12= 83:08= 90:26=
 02:54= 01:25= 02:15= 01:36= 00:52= 02:06= 02:38= 02:19= 02:35= 02:53= 03:12= 01:45= 02:38= 04:23= 04:27= 04:09= 02:13= 10:04= 01:48= 01:30= 05:56= 03:00= 08:22= 05:12= 02:56= 07:18=
 00:00=
 93:49= 97:34= 98:48= 100:39=
 03:23= 03:45= 01:14= 01:51=
 00:00= 00:00= 00:00= 00:00=

2 Christian Valbak

17

1:45:18

02:40- 04:30+ 06:45+ 08:30+ 09:13+ 12:06+ 14:38+ 17:11+ 19:22+ 21:42+ 24:22- 25:46- 28:14- 32:46- 37:22- 40:46- 43:18- 55:53+ 58:15+ 59:58+ 66:57+ 70:20+ 79:01+ 84:54+ 87:33+ 94:18+
 02:40- 01:50+ 02:15= 01:45+ 00:43- 02:53+ 02:32- 02:33+ 02:11- 02:20- 02:40- 01:24- 02:28- 04:32+ 04:36+ 03:24- 02:32+ 12:35+ 02:22+ 01:43+ 06:59+ 03:23+ 08:41+ 05:53+ 02:39- 06:45-
 00:14- 00:25& 00:00= 00:09+ 00:09- 00:47& 00:06- 00:14# 00:24- 00:33- 00:32- 00:21- 00:10- 00:09+ 00:09+ 00:45- 00:19# 02:31# 00:34& 00:13# 01:03# 00:23# 00:19+ 00:41# 00:17- 00:33-
 98:13+ 102:10+ 103:30+ 105:18+
 03:55+ 03:57+ 01:20+ 01:48-
 00:32# 00:12+ 00:06+ 00:03-

3 Morten Kjær

17

1:52:15

03:51+ 05:28+ 07:44+ 10:40+ 12:28+ 14:55+ 17:55+ 21:00+ 23:41+ 26:40+ 29:43+ 31:17+ 33:59+ 40:08+ 45:23+ 49:15+ 52:16+ 62:29+ 64:28+ 66:07+ 72:42+ 75:40+ 84:48+ 90:29+ 93:15+ 100:30+
 03:51+ 01:37+ 02:16+ 02:56+ 01:48+ 02:27+ 03:00+ 03:05+ 02:41+ 02:59+ 03:03- 01:34- 02:42+ 06:09+ 05:15+ 03:52- 03:01+ 10:13+ 01:59+ 01:39+ 06:35+ 02:58- 09:08+ 05:41+ 02:46- 07:15-
 00:57& 00:12# 00:01+ 01:20& 00:56@ 00:21# 00:22# 00:46& 00:06+ 00:06+ 00:09- 00:11- 00:04+ 01:46& 00:48# 00:17- 00:48& 00:09+ 00:11# 00:09# 00:39# 00:02- 00:46+ 00:29+ 00:10- 00:03-
 104:39+ 108:50+ 110:15+
 04:09+ 04:11+ 01:25+
 00:46# 00:26# 00:11#

4 Jan Sommerlund

17

1:52:19

03:56+ 05:38+ 08:26+ 11:19+ 12:31+ 15:05+ 17:59+ 21:03+ 23:44+ 26:49+ 29:52+ 31:28+ 34:14+ 40:13+ 45:17+ 49:22+ 52:22+ 62:27+ 64:25+ 66:13+ 72:46+ 75:48+ 85:06+ 90:46+ 93:22+ 100:36+
 03:56+ 01:42+ 02:48+ 02:53+ 01:12+ 02:34+ 02:54+ 03:04+ 02:41+ 03:05+ 03:03- 01:36- 02:46+ 05:59+ 05:04+ 04:05- 03:00+ 10:05+ 01:58+ 01:48+ 06:33+ 03:02+ 09:18+ 05:40+ 02:36- 07:14-
 01:02& 00:17# 00:33# 01:17& 00:20& 00:28# 00:16# 00:45& 00:06+ 00:12+ 00:09- 00:09- 00:08+ 01:36& 00:37# 00:04- 00:47& 00:01+ 00:10+ 00:18# 00:37# 00:02+ 00:56# 00:28+ 00:20- 00:04-
 104:42+ 108:53+ 110:19+ 112:19+
 04:06+ 04:11+ 01:26+ 02:00+
 00:43# 00:26# 00:12# 00:09+

5 Jens Kristian Laursen

12

1:54:26

03:33+ 04:57+ 07:32+ 09:34+ 10:36+ 12:47+ 15:17+ 17:54+ 20:12+ 22:49+ 26:12+ 28:00+ 30:48+ 35:32+ 43:38+ 47:16+ 53:14+ 63:31+ 65:36+ 67:47+ 74:27+ 77:53+ 86:35+ 92:37+ 95:29+ 102:44+
 03:33+ 01:24- 02:35+ 02:02+ 01:02+ 02:11+ 02:30- 02:37+ 02:18- 02:37- 03:23+ 01:48+ 02:48+ 04:44+ 08:06+ 03:38- 05:58+ 10:17+ 02:05+ 02:11+ 06:40+ 03:26+ 08:42+ 06:02+ 02:52- 07:15-
 00:39# 00:01- 00:20# 00:26& 00:10# 00:05+ 00:08- 00:18# 00:17- 00:16- 00:11+ 00:03+ 00:10+ 00:21+ 03:39& 00:31- 03:45@ 00:13+ 00:17# 00:41& 00:44# 00:26# 00:20+ 00:50# 00:04- 00:03-
 106:49+ 111:04+ 112:28+ 114:26+
 04:05+ 04:15+ 01:24+ 01:58+
 00:42# 00:30# 00:10# 00:07+

Class	Navn	Klasse	Tid
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15km

6	Michael Filyo	17	1:57:42
02:46-	03:58-	06:15-	08:35+
02:46-	01:12-	02:17+	02:20+
00:08-	00:13-	00:02+	00:44&
109:09+	113:54+	115:24+	117:42+
04:45+	04:45+	01:30+	02:18+
01:22&	01:00&	00:16#	00:27#

7	Thorkild Jensen	16	1:59:10
02:29+	06:06+	08:09+	09:38+
02:29+	03:37+	02:03+	01:29+
02:29+	03:37+	02:03+	01:29+
111:02+	115:35+	117:18+	119:10+
04:00+	04:33+	01:43+	01:52+
04:00+	04:33+	01:43+	01:52+

8	Anders Byrdal	20	1:59:35
03:17+	04:35+	06:59+	11:09+
03:17+	01:18+	02:24+	04:10+
03:17+	01:18+	02:24+	04:10+
110:54+	115:57+	117:27+	119:35+
04:30+	05:03+	01:30+	02:08+
04:30+	05:03+	01:30+	02:08+

9	Lars Pagh	14	1:59:43
03:17+	04:52+	07:21+	09:41+
03:17+	01:35+	02:29+	02:20+
03:17+	01:35+	02:29+	02:20+
112:55+	116:42+	118:09+	119:43+
04:01+	03:47+	01:27+	01:34+
04:01+	03:47+	01:27+	01:34+

10	Stig R. Knudsen	12	2:02:03
03:08+	04:54+	07:12+	09:06+
03:08+	01:46+	02:18+	01:54+
03:08+	01:46+	02:18+	01:54+
106:51+	111:27+	116:19+	119:55+
07:59+	04:36+	04:52+	03:36+
07:59+	04:36+	04:52+	03:36+

12	Lars Mikkelsen	2	2:03:59
02:49+	05:09+	07:48+	09:53+
02:49+	02:20+	02:39+	02:05+
02:49+	02:20+	02:39+	02:05+
115:20+	120:11+	122:04+	123:59+
04:54+	04:51+	01:53+	01:55+
04:54+	04:51+	01:53+	01:55+

13	Kenn Heldgaard Kristensen	2	2:06:27
03:39+	05:38+	08:16+	11:05+
03:39+	01:59+	02:38+	02:49+
03:39+	01:59+	02:38+	02:49+
117:46+	122:43+	124:19+	126:27+
04:46+	04:57+	01:36+	02:08+
04:46+	04:57+	01:36+	02:08+

15km

14	Søren Andersen	2	2:13:44																						
03:38+	05:53+	08:33+	10:14+	11:12+	14:00+	17:17+	19:55+	22:31+	25:59+	29:33+	31:46+	35:00+	40:29+	46:19+	50:44+	56:13+	69:46+	72:14+	74:25+	83:08+	87:19+	99:31+	106:52+	110:07+	119:26+
03:38+	02:15+	02:40+	01:41+	00:58+	02:48+	03:17+	02:38+	02:36+	03:28+	03:34+	02:13+	03:14+	05:29+	05:50+	04:25+	05:29+	13:33+	02:28+	02:11+	08:43+	04:11+	12:12+	07:21+	03:15+	09:19+
03:38+	02:15+	02:40+	01:41+	00:58+	02:48+	03:17+	02:38+	02:36+	03:28+	03:34+	02:13+	03:14+	05:29+	05:50+	04:25+	05:29+	13:33+	02:28+	02:11+	08:43+	04:11+	12:12+	07:21+	03:15+	09:19+
124:18+	129:42+	131:30+	133:44+																						
04:52+	05:24+	01:48+	02:14+																						
04:52+	05:24+	01:48+	02:14+																						

15	Anders Lorentzen	17	2:26:37																						
07:43+	09:26+	11:54+	13:52+	14:55+	17:21+	22:14+	26:25+	29:22+	32:47+	36:28+	38:15+	41:12+	47:13+	54:58+	59:11+	62:27+	76:00+	79:34+	81:41+	89:54+	94:43+	107:10+	116:41+	120:41+	130:48+
07:43+	01:43+	02:28+	01:58+	01:03+	02:26+	04:53+	04:11+	02:57+	03:25+	03:41+	01:47+	02:57+	06:01+	07:45+	04:13+	03:16+	13:33+	03:34+	02:07+	08:13+	04:49+	12:27+	09:31+	04:00+	10:07+
07:43+	01:43+	02:28+	01:58+	01:03+	02:26+	04:53+	04:11+	02:57+	03:25+	03:41+	01:47+	02:57+	06:01+	07:45+	04:13+	03:16+	13:33+	03:34+	02:07+	08:13+	04:49+	12:27+	09:31+	04:00+	10:07+
135:50+	142:19+	144:28+	146:37+																						
05:02+	06:29+	02:09+	02:09+																						
05:02+	06:29+	02:09+	02:09+																						

16	Jan Nielsen	4	2:27:41																						
03:16+	05:35+	08:22+	10:43+	11:44+	14:33+	18:21+	21:30+	24:46+	28:46+	33:22+	35:33+	39:22+	45:19+	52:03+	56:59+	60:58+	75:29+	78:32+	81:28+	91:39+	96:00+	109:02+	117:21+	121:20+	131:36+
03:16+	02:19+	02:47+	02:21+	01:01+	02:49+	03:48+	03:09+	03:16+	04:00+	04:36+	02:11+	03:49+	05:57+	06:44+	04:56+	03:59+	14:31+	03:03+	02:56+	10:11+	04:21+	13:02+	08:19+	03:59+	10:16+
03:16+	02:19+	02:47+	02:21+	01:01+	02:49+	03:48+	03:09+	03:16+	04:00+	04:36+	02:11+	03:49+	05:57+	06:44+	04:56+	03:59+	14:31+	03:03+	02:56+	10:11+	04:21+	13:02+	08:19+	03:59+	10:16+
137:28+	143:08+	145:14+	147:41+																						
05:52+	05:40+	02:06+	02:27+																						
05:52+	05:40+	02:06+	02:27+																						

17	Johnny Skovsgaard	14	2:29:01																						
04:24+	08:55+	11:58+	14:59+	16:04+	21:25+	24:49+	28:18+	30:44+	34:04+	37:44+	39:40+	42:55+	48:47+	55:19+	58:45+	61:49+	73:33+	76:20+	79:42+	87:57+	92:34+	104:26+	122:26+	125:45+	135:09+
04:24+	04:31+	03:03+	03:01+	01:05+	05:21+	03:24+	03:29+	02:26+	03:20+	03:40+	01:56+	03:15+	05:52+	06:32+	03:26+	03:04+	11:44+	02:47+	03:22+	08:15+	04:37+	11:52+	18:00+	03:19+	09:24+
04:24+	04:31+	03:03+	03:01+	01:05+	05:21+	03:24+	03:29+	02:26+	03:20+	03:40+	01:56+	03:15+	05:52+	06:32+	03:26+	03:04+	11:44+	02:47+	03:22+	08:15+	04:37+	11:52+	18:00+	03:19+	09:24+
139:41+	145:30+	147:07+	149:01+																						
04:32+	05:49+	01:37+	01:54+																						
04:32+	05:49+	01:37+	01:54+																						

18	Johan Nielsen	NOTEAM	2:30:31																						
03:14+	04:56+	07:10+	10:00+	11:07+	13:55+	17:19+	21:03+	23:51+	27:16+	30:44+	32:41+	35:46+	50:12+	57:18+	70:56+	73:55+	86:33+	89:02+	91:30+	98:51+	104:24+	115:25+	122:49+	127:33+	136:00+
03:14+	01:42+	02:14+	02:50+	01:07+	02:48+	03:24+	03:44+	02:48+	03:25+	03:28+	01:57+	03:05+	14:26+	07:06+	13:38+	02:59+	12:38+	02:29+	02:28+	07:21+	05:33+	11:01+	07:24+	04:44+	08:27+
03:14+	01:42+	02:14+	02:50+	01:07+	02:48+	03:24+	03:44+	02:48+	03:25+	03:28+	01:57+	03:05+	14:26+	07:06+	13:38+	02:59+	12:38+	02:29+	02:28+	07:21+	05:33+	11:01+	07:24+	04:44+	08:27+
140:59+	146:12+	148:13+	150:31+																						
04:59+	05:13+	02:01+	02:18+																						
04:59+	05:13+	02:01+	02:18+																						

Beste stræktid for klassen

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

20km

1	Mads Juhl	2	1:52:35																						
02:40=	03:49=	05:31=	07:27=	09:22=	10:35=	17:01=	19:37=	20:49=	22:41=	26:07=	30:11=	34:43=	38:28=	40:30=	45:49=	47:59=	48:36=	57:13=	61:03=	68:23=	73:05=	74:42=	75:59=	77:34=	83:42=
02:40=	01:09=	01:42=	01:56=	01:55=	01:13=	06:26=	02:36=	01:12=	01:52=	03:26=	04:04=	04:32=	03:45=	02:02=	05:19=	02:10=	00:37=	08:37=	03:50=	07:20=	04:42=	01:37=	01:17=	01:35=	06:08=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
86:31=	96:06=	98:26=	103:02=	106:29=	109:49=	110:56=	112:35=																		
02:49=	09:35=	02:20=	04:36=	03:27=	03:20=	01:07=	01:39=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																		

Class	Navn	Klasse	Tid
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20km

2	Mikael Halberg Martinsen	17	2:18:05																						
03:17+	05:01+	07:02+	09:26+	11:30+	12:56+	20:21+	23:04+	24:31+	26:42+	30:30+	33:53+	39:08+	43:46+	46:03+	51:58+	54:23+	54:58+	64:48+	68:37+	81:47+	86:39+	88:40+	90:10+	91:52+	100:49+
03:17+	01:44+	02:01+	02:24+	02:04+	01:26+	07:25+	02:43+	01:27+	02:11+	03:48+	03:23-	05:15+	04:38+	02:17+	05:55+	02:25+	00:35-	09:50+	03:49-	13:10+	04:52+	02:01+	01:30+	01:42+	08:57+
00:37#	00:35&	00:19#	00:28#	00:09+	00:13#	00:59#	00:07+	00:15#	00:19#	00:22#	00:41-	00:43#	00:53#	00:15#	00:36#	00:15#	00:02-	01:13#	00:01-	05:50&	00:10+	00:24#	00:13#	00:07+	02:49&
104:19+	117:40+	120:41+	125:58+	130:03+	134:18+	135:55+	138:05+																		
03:30+	13:21+	03:01+	05:17+	04:05+	04:15+	01:37+	02:10+																		
00:41#	03:46&	00:41&	00:41#	00:38#	00:55&	00:30&	00:31&																		

3	Peter Villadsen	17	2:27:54																						
03:07+	04:36+	06:59+	09:31+	11:41+	14:00+	21:50+	24:46+	26:25+	28:54+	33:29+	38:48+	44:44+	50:17+	52:55+	60:20+	63:04+	63:47+	75:23+	79:15+	88:12+	93:46+	95:51+	97:33+	99:40+	107:39+
03:07+	01:29+	02:23+	02:32+	02:10+	02:19+	07:50+	02:56+	01:39+	02:29+	04:35+	05:19+	05:56+	05:33+	02:38+	07:25+	02:44+	00:43+	11:36+	03:52+	08:57+	05:34+	02:05+	01:42+	02:07+	07:59+
03:07+	01:29+	02:23+	02:32+	02:10+	02:19+	07:50+	02:56+	01:39+	02:29+	04:35+	05:19+	05:56+	05:33+	02:38+	07:25+	02:44+	00:43+	11:36+	03:52+	08:57+	05:34+	02:05+	01:42+	02:07+	07:59+
111:25+	124:55+	128:27+	134:24+	139:02+	144:06+	145:36+	147:54+																		
03:46+	13:30+	03:32+	05:57+	04:38+	05:04+	01:30+	02:18+																		
03:46+	13:30+	03:32+	05:57+	04:38+	05:04+	01:30+	02:18+																		

4	Simon Møller Grimstrup	17	2:31:29																						
03:47+	05:59+	08:19+	10:27+	12:26+	13:54+	21:18+	24:03+	25:36+	27:43+	31:12+	35:09+	39:47+	43:33+	45:33+	61:08+	64:51+	65:31+	77:26+	81:27+	90:43+	97:37+	102:15+	104:16+	106:55+	115:07+
03:47+	02:12+	02:20+	02:08+	01:59+	01:28+	07:24+	02:45+	01:33+	02:07+	03:29+	03:57+	04:38+	03:46+	02:00+	15:35+	03:43+	00:40+	11:55+	04:01+	09:16+	06:54+	04:38+	02:01+	02:39+	08:12+
03:47+	02:12+	02:20+	02:08+	01:59+	01:28+	07:24+	02:45+	01:33+	02:07+	03:29+	03:57+	04:38+	03:46+	02:00+	15:35+	03:43+	00:40+	11:55+	04:01+	09:16+	06:54+	04:38+	02:01+	02:39+	08:12+
118:44+	131:10+	134:04+	139:43+	143:42+	148:10+	149:46+	151:29+																		
03:37+	12:26+	02:54+	05:39+	03:59+	04:28+	01:36+	01:43+																		
03:37+	12:26+	02:54+	05:39+	03:59+	04:28+	01:36+	01:43+																		

5	Jonatan Bay	NOTEAM	2:48:24																						
03:30+	05:01+	10:08+	12:40+	15:34+	17:37+	28:02+	32:01+	33:41+	36:25+	41:12+	48:28+	54:42+	60:59+	64:09+	72:25+	75:53+	78:49+	91:04+	95:23+	105:52+	111:37+	114:03+	116:09+	118:26+	127:36+
03:30+	01:31+	05:07+	02:32+	02:54+	02:03+	10:25+	03:59+	01:40+	02:44+	04:47+	07:16+	06:14+	06:17+	03:10+	08:16+	03:28+	02:56+	12:15+	04:19+	10:29+	05:45+	02:26+	02:06+	02:17+	09:10+
03:30+	01:31+	05:07+	02:32+	02:54+	02:03+	10:25+	03:59+	01:40+	02:44+	04:47+	07:16+	06:14+	06:17+	03:10+	08:16+	03:28+	02:56+	12:15+	04:19+	10:29+	05:45+	02:26+	02:06+	02:17+	09:10+
131:41+	146:20+	149:44+	155:57+	160:12+	164:46+	166:26+	168:24+																		
04:05+	14:39+	03:24+	06:13+	04:15+	04:34+	01:40+	01:58+																		
04:05+	14:39+	03:24+	06:13+	04:15+	04:34+	01:40+	01:58+																		

6	Thure Kjær	14	2:48:26																						
03:32+	04:57+	10:04+	12:43+	15:39+	17:35+	28:05+	31:59+	33:38+	36:26+	41:10+	48:26+	54:44+	61:02+	64:10+	72:23+	75:50+	78:45+	91:08+	95:22+	105:49+	111:39+	114:06+	116:06+	118:36+	127:34+
03:32+	01:25+	05:07+	02:39+	02:56+	01:56+	10:30+	03:54+	01:39+	02:48+	04:44+	07:16+	06:18+	06:18+	03:08+	08:13+	03:27+	02:55+	12:23+	04:14+	10:27+	05:50+	02:27+	02:00+	02:30+	08:58+
03:32+	01:25+	05:07+	02:39+	02:56+	01:56+	10:30+	03:54+	01:39+	02:48+	04:44+	07:16+	06:18+	06:18+	03:08+	08:13+	03:27+	02:55+	12:23+	04:14+	10:27+	05:50+	02:27+	02:00+	02:30+	08:58+
131:44+	146:16+	149:47+	155:53+	160:14+	164:48+	166:31+	168:26+																		
04:10+	14:32+	03:31+	06:06+	04:21+	04:34+	01:43+	01:55+																		
04:10+	14:32+	03:31+	06:06+	04:21+	04:34+	01:43+	01:55+																		

7	Michael Espersen	17	3:18:22																						
03:59+	06:57+	11:04+	13:41+	16:41+	19:23+	28:32+	32:13+	33:56+	36:17+	41:02+	45:43+	52:21+	64:22+	68:37+	76:07+	79:54+	83:44+	97:42+	103:04+	112:57+	120:22+	124:51+	128:31+	130:31+	156:20+
03:59+	02:58+	04:07+	02:37+	03:00+	02:42+	09:09+	03:41+	01:43+	02:21+	04:45+	04:41+	06:38+	12:01+	04:15+	07:30+	03:47+	03:50+	13:58+	05:22+	09:53+	07:25+	04:29+	03:40+	02:00+	25:49+
03:59+	02:58+	04:07+	02:37+	03:00+	02:42+	09:09+	03:41+	01:43+	02:21+	04:45+	04:41+	06:38+	12:01+	04:15+	07:30+	03:47+	03:50+	13:58+	05:22+	09:53+	07:25+	04:29+	03:40+	02:00+	25:49+
161:21+	174:46+	178:38+	185:23+	189:34+	194:30+	196:28+	198:22+																		
05:01+	13:25+	03:52+	06:45+	04:11+	04:56+	01:58+	01:54+																		
05:01+	13:25+	03:52+	06:45+	04:11+	04:56+	01:58+	01:54+																		

8	Peter R. Pallesen	Ok Syd	3:41:21																						
03:55+	05:29+	08:31+	11:48+	15:59+	18:53+	31:37+	35:41+	37:59+	41:56+	48:06+	56:13+	64:42+	74:08+	78:01+	88:24+	92:21+	93:22+	112:49+	118:15+	131:20+	139:27+	143:23+	146:11+	149:05+	161:06+
03:55+	01:34+	03:02+	03:17+	04:11+	02:54+	12:44+	04:04+	02:18+	03:57+	06:10+	08:07+	08:29+	09:26+	03:53+	10:23+	03:57+	01:01+	19:27+	05:26+	13:05+	08:07+	03:56+	02:48+	02:54+	12:01+
03:55+	01:34+	03:02+	03:17+	04:11+	02:54+	12:44+	04:04+	02:18+	03:57+	06:10+	08:07+	08:29+	09:26+	03:53+	10:23+	03:57+	01:01+	19:27+	05:26+	13:05+	08:07+	03:56+	02:48+	02:54+	12:01+
167:18+	186:56+	192:19+	202:26+	208:49+	215:59+	218:47+	221:21+																		
06:12+	19:38+	05:23+	10:07+	06:23+	07:10+	02:48+	02:34+																		
06:12+	19:38+	05:23+	10:07+	06:23+	07:10+	02:48+	02:34+																		

Plas	Navn	Klasse	Tid
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20km

9	Ulla R. Pallesen	Ok Syd	3:56:27																						
03:48+	06:05+	09:15+	13:31+	16:35+	19:01+	31:07+	35:19+	37:41+	41:06+	47:28+	63:05+	72:32+	81:21+	85:20+	95:32+	99:27+	100:36+	120:03+	125:19+	138:16+	146:23+	150:12+	153:05+	156:09+	168:17+
03:48+	02:17+	03:10+	04:16+	03:04+	02:26+	12:06+	04:12+	02:22+	03:25+	06:22+	15:37+	09:27+	08:49+	03:59+	10:12+	03:55+	01:09+	19:27+	05:16+	12:57+	08:07+	03:49+	02:53+	03:04+	12:08+
03:48+	02:17+	03:10+	04:16+	03:04+	02:26+	12:06+	04:12+	02:22+	03:25+	06:22+	15:37+	09:27+	08:49+	03:59+	10:12+	03:55+	01:09+	19:27+	05:16+	12:57+	08:07+	03:49+	02:53+	03:04+	12:08+
182:44+	203:47+	208:28+	216:51+	224:36+	231:28+	233:53+	236:27+																		
14:27+	21:03+	04:41+	08:23+	07:45+	06:52+	02:25+	02:34+																		
14:27+	21:03+	04:41+	08:23+	07:45+	06:52+	02:25+	02:34+																		

Beste stræktid for klassen

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

3,5km

1	Gitte Isen	2	38:14																						
05:44=	10:17=	13:21=	17:04=	20:21=	23:27=	25:48=	29:29=	33:53=	35:35=	38:14=															
05:44=	04:33=	03:04=	03:43=	03:17=	03:06=	02:21=	03:41=	04:24=	01:42=	02:39=															
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															
2	Frants Nielsen	2	41:06																						
05:11-	09:03-	13:58+	18:55+	22:47+	26:25+	29:00+	32:21+	36:12+	38:15+	41:06+															
05:11-	03:52-	04:55+	04:57+	03:52+	03:38+	02:35+	03:21-	03:51-	02:03+	02:51+															
00:33-	00:41-	01:51&	01:14&	00:35#	00:32#	00:14+	00:20-	00:33-	00:21#	00:12+															
3	Torben Isen	2	42:43																						
07:45+	11:59+	15:25+	20:14+	23:53+	28:26+	30:45+	34:34+	38:30+	40:08+	42:43+															
07:45+	04:14-	03:26+	04:49+	03:39+	04:33+	02:19-	03:49+	03:56-	01:38-	02:35-															
02:01&	00:19-	00:22#	01:06&	00:22#	01:27&	00:02-	00:08+	00:28-	00:04-	00:04-															
5	Asger Kristensen	2	52:50																						
08:58+	14:11+	19:12+	25:15+	30:10+	34:55+	37:58+	42:22+	47:00+	49:25+	52:50+															
08:58+	05:13+	05:01+	06:03+	04:55+	04:45+	03:03+	04:24+	04:38+	02:25+	03:25+															
03:14&	00:40#	01:57&	02:20&	01:38&	01:39&	00:42&	00:43#	00:14+	00:43&	00:46&															
6	Benny Johansen	4	53:36																						
10:09+	15:25+	20:26+	26:04+	30:18+	34:34+	37:42+	43:07+	48:16+	50:47+	53:36+															
10:09+	05:16+	05:01+	05:38+	04:14+	04:16+	03:08+	05:25+	05:09+	02:31+	02:49+															
04:25&	00:43#	01:57&	01:55&	00:57&	01:10&	00:47&	01:44&	00:45#	00:49&	00:10+															
7	Ann Dorrit Hansen	11	53:38																						
09:19+	14:37+	19:08+	23:50+	28:18+	32:26+	39:21+	43:39+	48:08+	50:07+	53:38+															
09:19+	05:18+	04:31+	04:42+	04:28+	04:08+	06:55+	04:18+	04:29+	01:59+	03:31+															
03:35&	00:45#	01:27&	00:59&	01:11&	01:02&	04:34@	00:37#	00:05+	00:17#	00:52&															
8	Charlotte Olesen	4	58:16																						
06:51+	15:54+	20:33+	27:13+	32:14+	36:40+	39:52+	45:46+	51:11+	53:49+	58:16+															
06:51+	09:03+	04:39+	06:40+	05:01+	04:26+	03:12+	05:54+	05:25+	02:38+	04:27+															
01:07#	04:30&	01:35&	02:57&	01:44&	01:20&	00:51&	02:13&	01:01#	00:56&	01:48&															
9	Bitten Nielsen	2	58:58																						
07:11+	18:18+	26:29+	33:02+	36:57+	41:25+	44:49+	49:17+	54:31+	56:03+	58:58+															
07:11+	11:07+	08:11+	06:33+	03:55+	04:28+	03:24+	04:28+	05:14+	01:32-	02:55+															
01:27&	06:34@	05:07@	02:50&	00:38#	01:22&	01:03&	00:47#	00:50#	00:10-	00:16#															
10	Marie Sørensen	4	59:15																						
08:32+	18:33+	26:06+	33:15+	38:51+	42:55+	45:49+	50:09+	54:54+	56:38+	59:15+															
08:32+	10:01+	07:33+	07:09+	05:36+	04:04+	02:54+	04:20+	04:45+	01:44+	02:37-															
02:48&	05:28@	04:29@	03:26&	02:19&	00:58&	00:33#	00:39#	00:21+	00:02+	00:02-															

Class	Navn	Klasse										Tid
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3,5km

11 Adriana Eik 6 1:00:25

10:15+ 15:59+ 19:54+ 25:16+ 29:51+ 34:06+ 43:58+ 48:44+ 55:16+ 57:15+ 60:25+
 10:15+ 05:44+ 03:55+ 05:22+ 04:35+ 04:15+ 09:52+ 04:46+ 06:32+ 01:59+ 03:10+
 04:31& 01:11& 00:51& 01:39& 01:18& 01:09& 07:31@ 01:05& 02:08& 00:17# 00:31#

12 Anni Sørensen 4 1:01:19

08:39+ 18:36+ 26:38+ 33:17+ 39:18+ 44:02+ 47:06+ 51:18+ 56:02+ 58:27+ 61:19+
 08:39+ 09:57+ 08:02+ 06:39+ 06:01+ 04:44+ 03:04+ 04:12+ 04:44+ 02:25+ 02:52+
 08:39+ 09:57+ 08:02+ 06:39+ 06:01+ 04:44+ 03:04+ 04:12+ 04:44+ 02:25+ 02:52+

13 Martha Klüver H Jensen 4 1:03:53

08:36+ 15:28+ 21:03+ 27:01+ 34:12+ 38:49+ 43:12+ 49:34+ 57:25+ 60:50+ 63:53+
 08:36+ 06:52+ 05:35+ 05:58+ 07:11+ 04:37+ 04:23+ 06:22+ 07:51+ 03:25+ 03:03+
 08:36+ 06:52+ 05:35+ 05:58+ 07:11+ 04:37+ 04:23+ 06:22+ 07:51+ 03:25+ 03:03+

14 Inger Johansen 4 1:05:11

11:45+ 18:25+ 24:41+ 30:19+ 35:59+ 40:58+ 47:10+ 51:42+ 58:03+ 60:14+ 65:11+
 11:45+ 06:40+ 06:16+ 05:38+ 05:40+ 04:59+ 06:12+ 04:32+ 06:21+ 02:11+ 04:57+
 11:45+ 06:40+ 06:16+ 05:38+ 05:40+ 04:59+ 06:12+ 04:32+ 06:21+ 02:11+ 04:57+

Beste stræktid for klassen

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

5km

1 Mogens Vennevold 19 41:56

04:46= 06:52= 10:01= 12:59= 15:36= 21:06= 23:23= 26:22= 29:13= 31:43= 35:32= 38:54= 40:01= 41:56=
 04:46= 02:06= 03:09= 02:58= 02:37= 05:30= 02:17= 02:59= 02:51= 02:30= 03:49= 03:22= 01:07= 01:55=
 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 Harald Eik 6 50:50

07:15+ 09:19+ 12:53+ 16:31+ 20:03+ 24:26+ 26:40+ 30:40+ 34:13+ 37:14+ 42:29+ 47:07+ 48:35+ 50:50+
 07:15+ 02:04- 03:34+ 03:38+ 03:32+ 04:23- 02:14- 04:00+ 03:33+ 03:01+ 05:15+ 04:38+ 01:28+ 02:15+
 02:29& 00:02- 00:25# 00:40# 00:55& 01:07- 00:03- 01:01& 00:42# 00:31# 01:26& 01:16& 00:21& 00:20#

3 Frede Rasmussen 2 51:44

06:49+ 09:12+ 13:39+ 17:48+ 21:12+ 25:31+ 27:36+ 31:49+ 35:17+ 38:13+ 43:41+ 48:08+ 49:28+ 51:44+
 06:49+ 02:23+ 04:27+ 04:09+ 03:24+ 04:19- 02:05- 04:13+ 03:28+ 02:56+ 05:28+ 04:27+ 01:20+ 02:16+
 02:03& 00:17# 01:18& 01:11& 00:47& 01:11- 00:12- 01:14& 00:37# 00:26# 01:39& 01:05& 00:13# 00:21#

4 Stig Barrett 20 51:46

06:24+ 08:53+ 13:32+ 17:05+ 20:57+ 25:36+ 27:57+ 32:11+ 35:56+ 39:03+ 43:50+ 47:51+ 49:24+ 51:46+
 06:24+ 02:29+ 04:39+ 03:33+ 03:52+ 04:39- 02:21+ 04:14+ 03:45+ 03:07+ 04:47+ 04:01+ 01:33+ 02:22+
 01:38& 00:23# 01:30& 00:35# 01:15& 00:51- 00:04+ 01:15& 00:54& 00:37# 00:58& 00:39# 00:26& 00:27#

5 Lucia Aagaard 2 52:14

07:22+ 10:30+ 14:36+ 18:53+ 22:02+ 26:35+ 28:56+ 32:58+ 39:41+ 44:15+ 48:16+ 49:29+ 52:14+
 07:22+ 03:08+ 04:06+ 04:17+ 03:09+ 04:33- 02:21+ 04:02+ 06:43+ 04:34+ 04:01+ 01:13- 02:45+
 02:36& 01:02& 00:57& 01:19& 00:32# 00:57- 00:04+ 01:03& 03:52@ 02:04& 00:12+ 02:09- 01:38@

6 Kaj Kaspersen 2 52:17

07:25+ 10:29+ 14:43+ 18:52+ 22:07+ 26:27+ 28:59+ 32:57+ 36:38+ 39:39+ 44:17+ 48:19+ 49:32+ 52:17+
 07:25+ 03:04+ 04:14+ 04:09+ 03:15+ 04:20- 02:32+ 03:58+ 03:41+ 03:01+ 04:38+ 04:02+ 01:13+ 02:45+
 02:39& 00:58& 01:05& 01:11& 00:38# 01:10- 00:15# 00:59& 00:50& 00:31# 00:49# 00:40# 00:06+ 00:50&

Class	Navn	Klasse											Tid
5km													
7	Max Hansen	11											55:46
07:02+	10:26+	15:31+	20:01+	23:52+	28:42+	31:03+	36:42+	40:16+	44:09+	48:31+	51:42+	52:53+	55:46+
07:02+	03:24+	05:05+	04:30+	03:51+	04:50-	02:21+	05:39+	03:34+	03:53+	04:22+	03:11-	01:11+	02:53+
02:16&	01:18&	01:56&	01:32&	01:14&	00:40-	00:04+	02:40&	00:43&	01:23&	00:33#	00:11-	00:04+	00:58&
8	Lene Nygaard	2											56:34
08:04+	11:16+	15:39+	19:08+	22:13+	27:38+	30:14+	34:07+	37:21+	40:17+	45:48+	50:15+	53:15+	56:34+
08:04+	03:12+	04:23+	03:29+	03:05+	05:25+	02:36+	03:53+	03:14+	02:56+	05:31+	04:27+	03:00+	03:19+
08:04+	03:12+	04:23+	03:29+	03:05+	05:25+	02:36+	03:53+	03:14+	02:56+	05:31+	04:27+	03:00+	03:19+
9	Grethe Anæus	20											57:45
06:22+	09:57+	11:29+	13:51+										
06:22+	03:35+	01:32+	02:22+										
06:22+	03:35+	01:32+	02:22+										
10	Lau Sørensen	4											59:24
09:38+	12:49+	17:23+	21:46+	25:55+	30:12+	33:58+	38:47+	42:25+	45:32+	50:37+	55:21+	57:05+	59:24+
09:38+	03:11+	04:34+	04:23+	04:09+	04:17+	03:46+	04:49+	03:38+	03:07+	05:05+	04:44+	01:44+	02:19+
09:38+	03:11+	04:34+	04:23+	04:09+	04:17+	03:46+	04:49+	03:38+	03:07+	05:05+	04:44+	01:44+	02:19+
11	Susanne Baun	3											1:00:09
07:33+	11:29+	16:12+	20:58+	27:35+	32:11+	34:48+	38:42+	42:24+	45:19+	51:46+	55:59+	57:56+	60:09+
07:33+	03:56+	04:43+	04:46+	06:37+	04:36+	02:37+	03:54+	03:42+	02:55+	06:27+	04:13+	01:57+	02:13+
07:33+	03:56+	04:43+	04:46+	06:37+	04:36+	02:37+	03:54+	03:42+	02:55+	06:27+	04:13+	01:57+	02:13+
12	Elin Jørgensen	2											1:00:59
12:20+	15:42+	20:55+	25:34+	29:10+	33:46+	36:06+	40:11+	43:49+	47:05+	53:16+	57:01+	58:44+	60:59+
12:20+	03:22+	05:13+	04:39+	03:36+	04:36+	02:20+	04:05+	03:38+	03:16+	06:11+	03:45+	01:43+	02:15+
12:20+	03:22+	05:13+	04:39+	03:36+	04:36+	02:20+	04:05+	03:38+	03:16+	06:11+	03:45+	01:43+	02:15+
13	Søren Søgaard Nielsen	2											1:03:40
08:34+	11:22+	18:22+	24:31+	28:45+	33:41+	36:46+	42:03+	46:12+	49:51+	55:45+	59:43+	61:08+	63:40+
08:34+	02:48+	07:00+	06:09+	04:14+	04:56+	03:05+	05:17+	04:09+	03:39+	05:54+	03:58+	01:25+	02:32+
08:34+	02:48+	07:00+	06:09+	04:14+	04:56+	03:05+	05:17+	04:09+	03:39+	05:54+	03:58+	01:25+	02:32+
14	Tove Straarup	3											1:04:38
07:18+	10:56+	16:18+	20:59+	25:47+	31:37+	34:35+	40:14+	44:20+	47:48+	55:30+	59:53+	62:00+	64:38+
07:18+	03:38+	05:22+	04:41+	04:48+	05:50+	02:58+	05:39+	04:06+	03:28+	07:42+	04:23+	02:07+	02:38+
07:18+	03:38+	05:22+	04:41+	04:48+	05:50+	02:58+	05:39+	04:06+	03:28+	07:42+	04:23+	02:07+	02:38+
15	Tage Baun	3											1:05:15
11:34+	14:41+	19:08+	24:14+	29:01+	34:05+	36:55+	41:51+	46:16+	49:42+	56:20+	60:25+	62:18+	65:15+
11:34+	03:07+	04:27+	05:06+	04:47+	05:04+	02:50+	04:56+	04:25+	03:26+	06:38+	04:05+	01:53+	02:57+
11:34+	03:07+	04:27+	05:06+	04:47+	05:04+	02:50+	04:56+	04:25+	03:26+	06:38+	04:05+	01:53+	02:57+
16	Anni Sørensen	Ok Pan											1:05:23
07:12+	10:11+	15:13+	19:02+	23:28+	32:03+	34:30+	40:04+	44:25+	51:32+	57:16+	60:45+	62:31+	65:23+
07:12+	02:59+	05:02+	03:49+	04:26+	08:35+	02:27+	05:34+	04:21+	07:07+	05:44+	03:29+	01:46+	02:52+
07:12+	02:59+	05:02+	03:49+	04:26+	08:35+	02:27+	05:34+	04:21+	07:07+	05:44+	03:29+	01:46+	02:52+
17	Helle Nikkel	20											1:08:36
07:34+	10:16+	15:17+	20:04+	24:21+	30:04+	34:01+	39:19+	44:01+	49:27+	55:34+	63:57+	65:42+	68:36+
07:34+	02:42+	05:01+	04:47+	04:17+	05:43+	03:57+	05:18+	04:42+	05:26+	06:07+	08:23+	01:45+	02:54+
07:34+	02:42+	05:01+	04:47+	04:17+	05:43+	03:57+	05:18+	04:42+	05:26+	06:07+	08:23+	01:45+	02:54+
18	Pia Gade	20											1:10:07
08:28+	12:09+	18:28+	23:06+	28:38+	34:44+	37:45+	44:40+	49:11+	53:11+	60:28+	65:30+	67:35+	70:07+
08:28+	03:41+	06:19+	04:38+	05:32+	06:06+	03:01+	06:55+	04:31+	04:00+	07:17+	05:02+	02:05+	02:32+
08:28+	03:41+	06:19+	04:38+	05:32+	06:06+	03:01+	06:55+	04:31+	04:00+	07:17+	05:02+	02:05+	02:32+

5km

19 Thomas Jørgensen 4 1:12:10

08:34+	11:37+	17:38+	24:22+	29:02+	35:23+	38:34+	44:31+	50:26+	54:40+	61:58+	66:33+	68:29+	72:10+
08:34+	03:03+	06:01+	06:44+	04:40+	06:21+	03:11+	05:57+	05:55+	04:14+	07:18+	04:35+	01:56+	03:41+
08:34+	03:03+	06:01+	06:44+	04:40+	06:21+	03:11+	05:57+	05:55+	04:14+	07:18+	04:35+	01:56+	03:41+

20 Mariann Kejser Ok Pan 1:18:40

11:10+	14:29+	22:18+	30:30+	36:18+	41:42+	45:09+	52:54+	57:25+	61:15+	67:53+	73:30+	75:25+	78:40+
11:10+	03:19+	07:49+	08:12+	05:48+	05:24+	03:27+	07:45+	04:31+	03:50+	06:38+	05:37+	01:55+	03:15+
11:10+	03:19+	07:49+	08:12+	05:48+	05:24+	03:27+	07:45+	04:31+	03:50+	06:38+	05:37+	01:55+	03:15+

21 Palle Møller Nielsen 10 1:19:48

12:09+	15:32+	21:08+	27:03+	31:50+	38:18+	42:34+	49:05+	54:35+	60:01+	67:12+	73:26+	75:34+	79:48+
12:09+	03:23+	05:36+	05:55+	04:47+	06:28+	04:16+	06:31+	05:30+	05:26+	07:11+	06:14+	02:08+	04:14+
12:09+	03:23+	05:36+	05:55+	04:47+	06:28+	04:16+	06:31+	05:30+	05:26+	07:11+	06:14+	02:08+	04:14+

22 Holger Mikkelsen 10 1:22:10

10:18+	14:36+	20:47+	26:27+	33:24+	40:24+	43:52+	50:47+	57:06+	61:56+	69:46+	75:08+	77:41+	82:10+
10:18+	04:18+	06:11+	05:40+	06:57+	07:00+	03:28+	06:55+	06:19+	04:50+	07:50+	05:22+	02:33+	04:29+
10:18+	04:18+	06:11+	05:40+	06:57+	07:00+	03:28+	06:55+	06:19+	04:50+	07:50+	05:22+	02:33+	04:29+

23 Vibeke Jørgensen Ok Pan 1:22:35

10:57+	14:36+	21:17+	26:38+	33:25+	40:10+	43:51+	50:55+	56:16+	60:43+	68:44+	76:36+	79:24+	82:35+
10:57+	03:39+	06:41+	05:21+	06:47+	06:45+	03:41+	07:04+	05:21+	04:27+	08:01+	07:52+	02:48+	03:11+
10:57+	03:39+	06:41+	05:21+	06:47+	06:45+	03:41+	07:04+	05:21+	04:27+	08:01+	07:52+	02:48+	03:11+

24 Frank Linde Ok Pan 1:23:47

10:52+	14:31+	21:10+	26:33+	33:19+	40:05+	43:55+	50:50+	56:13+	60:49+	68:35+	76:31+	79:28+	83:47+
10:52+	03:39+	06:39+	05:23+	06:46+	06:46+	03:50+	06:55+	05:23+	04:36+	07:46+	07:56+	02:57+	04:19+
10:52+	03:39+	06:39+	05:23+	06:46+	06:46+	03:50+	06:55+	05:23+	04:36+	07:46+	07:56+	02:57+	04:19+

25 Herluf Jensen 18 1:24:25

09:17+	12:52+	19:35+	25:24+	31:19+	42:20+	55:46+	61:06+	65:22+	73:17+	79:13+	81:05+	84:25+
09:17+	03:35+	06:43+	05:55+	11:01+	13:26+	05:20+	04:16+	07:55+	05:56+	01:52+	03:20+	
09:17+	03:35+	06:43+	05:55+	11:01+	13:26+	05:20+	04:16+	07:55+	05:56+	01:52+	03:20+	

26 Erik Libak Hansen 4 1:28:32

23:24+	26:15+	31:14+	37:00+	43:00+	49:18+	53:07+	60:47+	66:24+	70:40+	77:51+	83:10+	85:24+	88:32+
23:24+	02:51+	04:59+	05:46+	06:00+	06:18+	03:49+	07:40+	05:37+	04:16+	07:11+	05:19+	02:14+	03:08+
23:24+	02:51+	04:59+	05:46+	06:00+	06:18+	03:49+	07:40+	05:37+	04:16+	07:11+	05:19+	02:14+	03:08+

Beste stræktid for klassen

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

8km

1 Emil Borup Fredberg 17 1:05:35

02:46=	04:29=	05:54=	07:38=	11:34=	13:48=	18:42=	21:14=	26:23=	28:56=	32:41=	37:44=	44:31=	46:53=	53:23=	57:21=	62:03=	63:26=	65:35=
02:46=	01:43=	01:25=	01:44=	03:56=	02:14=	04:54=	02:32=	05:09=	02:33=	03:45=	05:03=	06:47=	02:22=	06:30=	03:58=	04:42=	01:23=	02:09=
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 Marianne Lynge Krogh 5 1:07:23

02:52+	04:17-	06:52+	08:42+	11:13-	13:17-	18:17-	20:45-	25:39-	28:35-	31:53-	45:04+	47:07+	53:08+	57:31+	62:10+	63:49+	67:23+
02:52+	01:25-	02:35+	01:50+	02:31-	02:04-	05:00+	02:28-	04:54-	02:56+	03:18-	13:11+	02:03-	06:01+	04:23-	04:39+	01:39-	03:34+
00:06+	00:18-	01:10&	00:06+	01:25-	00:10-	00:06+	00:04-	00:15-	00:23#	00:27-	08:08@	04:44-	03:39@	02:07-	00:41#	03:03-	02:11@

Class	Navn	Klasse	Tid															
8km																		
3	Mattias Klostergaard Rokkjær	17	1:08:04															
03:17+	05:26+	07:05+	09:11+	12:48+	14:58+	20:11+	23:08+	27:40+	30:32+	33:56+	43:06+	49:06+	51:15+	56:40+	60:48+	64:50+	66:19+	68:04+
03:17+	02:09+	01:39+	02:06+	03:37-	02:10-	05:13+	02:57+	04:32-	02:52+	03:24-	09:10+	06:00-	02:09-	05:25-	04:08+	04:02-	01:29+	01:45-
00:31#	00:26&	00:14#	00:22#	00:19-	00:04-	00:19+	00:25#	00:37-	00:19#	00:21-	04:07&	00:47-	00:13-	01:05-	00:10+	00:40-	00:06+	00:24-
4	René Rokkjær	17	1:08:07															
03:20+	05:30+	07:09+	09:15+	12:52+	15:02+	20:14+	23:11+	27:43+	30:35+	34:02+	49:17+	51:19+	56:43+	60:53+	64:56+	66:23+	68:07+	
03:20+	02:10+	01:39+	02:06+	03:37+	02:10+	05:12+	02:57+	04:32+	02:52+	03:27+	15:15+	02:02+	05:24+	04:10+	04:03+	01:27+	01:44+	
03:20+	02:10+	01:39+	02:06+	03:37+	02:10+	05:12+	02:57+	04:32+	02:52+	03:27+	15:15+	02:02+	05:24+	04:10+	04:03+	01:27+	01:44+	
5	Gert Johansson	Ok Pan	1:10:32															
03:14+	04:30+	06:25+	08:42+	11:33+	13:44+	19:06+	21:31+	26:44+	29:41+	33:24+	40:06+	47:07+	49:30+	56:02+	60:46+	66:23+	67:56+	70:32+
03:14+	01:16+	01:55+	02:17+	02:51+	02:11+	05:22+	02:25+	05:13+	02:57+	03:43+	06:42+	07:01+	02:23+	06:32+	04:44+	05:37+	01:33+	02:36+
03:14+	01:16+	01:55+	02:17+	02:51+	02:11+	05:22+	02:25+	05:13+	02:57+	03:43+	06:42+	07:01+	02:23+	06:32+	04:44+	05:37+	01:33+	02:36+
6	Bjarke Rasmussen	7	1:10:42															
03:16+	04:34+	06:30+	08:49+	11:41+	13:55+	19:11+	21:38+	26:49+	29:51+	33:28+	39:37+	47:17+	49:33+	56:11+	61:13+	66:32+	68:13+	70:42+
03:16+	01:18+	01:56+	02:19+	02:52+	02:14+	05:16+	02:27+	05:11+	03:02+	03:37+	06:09+	07:40+	02:16+	06:38+	05:02+	05:19+	01:41+	02:29+
03:16+	01:18+	01:56+	02:19+	02:52+	02:14+	05:16+	02:27+	05:11+	03:02+	03:37+	06:09+	07:40+	02:16+	06:38+	05:02+	05:19+	01:41+	02:29+
7	Keld Gade	20	1:10:51															
03:18+	04:49+	06:31+	08:30+	11:29+	14:10+	18:48+	21:43+	26:32+	29:17+	32:52+	41:00+	48:55+	50:52+	57:24+	62:03+	66:45+	68:43+	70:51+
03:18+	01:31+	01:42+	01:59+	02:59+	02:41+	04:38+	02:55+	04:49+	02:45+	03:35+	08:08+	07:55+	01:57+	06:32+	04:39+	04:42+	01:58+	02:08+
03:18+	01:31+	01:42+	01:59+	02:59+	02:41+	04:38+	02:55+	04:49+	02:45+	03:35+	08:08+	07:55+	01:57+	06:32+	04:39+	04:42+	01:58+	02:08+
8	Alberte Karoline Thyssen	3	1:11:38															
03:37+	05:01+	06:54+	08:33+	11:05+	13:27+	19:01+	22:17+	27:43+	30:46+	34:15+	43:59+	49:50+	51:57+	58:20+	62:55+	67:52+	69:32+	71:38+
03:37+	01:24+	01:53+	01:39+	02:32+	02:22+	05:34+	03:16+	05:26+	03:03+	03:29+	09:44+	05:51+	02:07+	06:23+	04:35+	04:57+	01:40+	02:06+
03:37+	01:24+	01:53+	01:39+	02:32+	02:22+	05:34+	03:16+	05:26+	03:03+	03:29+	09:44+	05:51+	02:07+	06:23+	04:35+	04:57+	01:40+	02:06+
9	Carsten Thyssen	3	1:13:43															
03:34+	05:04+	07:34+	09:59+	13:33+	16:43+	21:48+	25:12+	30:48+	34:11+	38:10+	44:22+	51:04+	53:38+	60:33+	65:30+	70:08+	71:39+	73:43+
03:34+	01:30+	02:30+	02:25+	03:34+	03:10+	05:05+	03:24+	05:36+	03:23+	03:59+	06:12+	06:42+	02:34+	06:55+	04:57+	04:38+	01:31+	02:04+
03:34+	01:30+	02:30+	02:25+	03:34+	03:10+	05:05+	03:24+	05:36+	03:23+	03:59+	06:12+	06:42+	02:34+	06:55+	04:57+	04:38+	01:31+	02:04+
10	Ragnhild Øhlenschläger Nielsen	17	1:15:12															
03:32+	05:02+	08:01+	11:38+	15:05+	17:41+	23:14+	26:17+	31:49+	35:26+	41:50+	47:22+	54:11+	56:05+	62:20+	66:44+	71:22+	72:52+	75:12+
03:32+	01:30+	02:59+	03:37+	03:27+	02:36+	05:33+	03:03+	05:32+	03:37+	06:24+	05:32+	06:49+	01:54+	06:15+	04:24+	04:38+	01:30+	02:20+
03:32+	01:30+	02:59+	03:37+	03:27+	02:36+	05:33+	03:03+	05:32+	03:37+	06:24+	05:32+	06:49+	01:54+	06:15+	04:24+	04:38+	01:30+	02:20+
11	Astrid Faber Fenger-Grøn	17	1:15:13															
03:31+	05:01+	08:01+	11:34+	15:03+	17:41+	23:12+	26:20+	31:46+	35:25+	41:52+	47:31+	54:10+	56:03+	62:15+	66:39+	71:17+	72:47+	75:13+
03:31+	01:30+	03:00+	03:33+	03:29+	02:38+	05:31+	03:08+	05:26+	03:39+	06:27+	05:39+	06:39+	01:53+	06:12+	04:24+	04:38+	01:30+	02:26+
03:31+	01:30+	03:00+	03:33+	03:29+	02:38+	05:31+	03:08+	05:26+	03:39+	06:27+	05:39+	06:39+	01:53+	06:12+	04:24+	04:38+	01:30+	02:26+
12	Thomas Nielsen	17	1:15:13															
10:13+	11:23+	14:17+	15:54+	18:24+	23:45+	28:55+	31:38+	36:46+	39:47+	43:04+	50:14+	56:13+	58:10+	63:19+	67:26+	71:59+	73:26+	75:13+
10:13+	01:10+	02:54+	01:37+	02:30+	05:21+	05:10+	02:43+	05:08+	03:01+	03:17+	07:10+	05:59+	01:57+	05:09+	04:07+	04:33+	01:27+	01:47+
10:13+	01:10+	02:54+	01:37+	02:30+	05:21+	05:10+	02:43+	05:08+	03:01+	03:17+	07:10+	05:59+	01:57+	05:09+	04:07+	04:33+	01:27+	01:47+
13	Susanne Loft Thyssen	3	1:16:26															
03:28+	05:01+	07:23+	09:53+	13:58+	16:44+	21:50+	25:13+	30:43+	34:12+	38:14+	44:10+	51:26+	53:45+	60:37+	65:42+	72:17+	73:58+	76:26+
03:28+	01:33+	02:22+	02:30+	04:05+	02:46+	05:06+	03:23+	05:30+	03:29+	04:02+	05:56+	07:16+	02:19+	06:52+	05:05+	06:35+	01:41+	02:28+
03:28+	01:33+	02:22+	02:30+	04:05+	02:46+	05:06+	03:23+	05:30+	03:29+	04:02+	05:56+	07:16+	02:19+	06:52+	05:05+	06:35+	01:41+	02:28+
14	Rolf Duedahl Nielsen	11	1:21:23															
04:09+	06:16+	09:30+	11:57+	16:37+	19:03+	24:40+	28:12+	33:57+	37:05+	40:54+	56:05+	58:20+	65:45+	71:03+	76:46+	78:50+	81:23+	
04:09+	02:07+	03:14+	02:27+	04:40+	02:26+	05:37+	03:32+	05:45+	03:08+	03:49+	15:11+	02:15+	07:25+	05:18+	05:43+	02:04+	02:33+	
04:09+	02:07+	03:14+	02:27+	04:40+	02:26+	05:37+	03:32+	05:45+	03:08+	03:49+	15:11+	02:15+	07:25+	05:18+	05:43+	02:04+	02:33+	

Class	Navn	Klasse	Tid
8km			
15	Jens Ozol	17	1:22:25
04:02+	06:50+	08:47+	12:37+
04:02+	02:48+	01:57+	03:50+
04:02+	02:48+	01:57+	03:50+
16	Bjarne Mortensen	2	1:26:36
03:45+	05:39+	07:57+	10:13+
03:45+	01:54+	02:18+	02:16+
03:45+	01:54+	02:18+	02:16+
18	Chr.I Rasmussen	4	1:27:52
03:39+	05:34+	07:46+	10:03+
03:39+	01:55+	02:12+	02:17+
03:39+	01:55+	02:12+	02:17+
19	Peer Straarup	3	1:31:03
03:50+	05:56+	07:43+	10:15+
03:50+	02:06+	01:47+	02:32+
03:50+	02:06+	01:47+	02:32+
20	Erik Damgaard	1	1:32:40
03:59+	05:37+	07:34+	09:56+
03:59+	01:38+	01:57+	02:22+
03:59+	01:38+	01:57+	02:22+
21	Carl Malling	16	1:37:06
04:02+	07:26+	09:36+	12:23+
04:02+	03:24+	02:10+	02:47+
04:02+	03:24+	02:10+	02:47+
22	Bent Aakjær	10	1:37:21
04:53+	07:13+	14:16+	17:53+
04:53+	02:20+	07:03+	03:37+
04:53+	02:20+	07:03+	03:37+
23	Erik Ljungdahl	1	1:39:02
03:49+	05:44+	08:29+	10:46+
03:49+	01:55+	02:45+	02:17+
03:49+	01:55+	02:45+	02:17+
24	Hanne Borup Fredberg	17	1:45:39
04:14+	08:13+	10:03+	13:01+
04:14+	03:59+	01:50+	02:58+
04:14+	03:59+	01:50+	02:58+
25	Gitte Kiilerich Pedersen	17	2:19:28
05:45+	08:05+	10:51+	14:41+
05:45+	02:20+	02:46+	03:50+
05:45+	02:20+	02:46+	03:50+
26	Thomas Brokside	NOTEAM	2:58:21
10:22+	15:15+	19:28+	23:55+
10:22+	04:53+	04:13+	04:27+
10:22+	04:53+	04:13+	04:27+

Beste stræktid for klassen

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

MTBO10km

1 Jens Kristian Kjærgaard Ok Pan 1:08:02

04:57= 07:37= 15:30= 24:41= 36:02= 41:41= 50:00= 56:05= 60:29= 64:47= 66:43= 68:02=
 04:57= 02:40= 07:53= 09:11= 11:21= 05:39= 08:19= 06:05= 04:24= 04:18= 01:56= 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=

2 Carl Peter Noe 17 1:50:59

05:59+ 08:59+ 17:33+ 36:41+ 53:15+ 75:31+ 88:42+ 95:49+ 101:30+ 106:47+ 109:05+ 110:59+
 05:59+ 03:00+ 08:34+ 19:08+ 16:34+ 22:16+ 13:11+ 07:07+ 05:41+ 05:17+ 02:18+ 01:54+
 01:02# 00:20# 00:41+ 09:57@ 05:13& 16:37@ 04:52& 01:02# 01:17& 00:59# 00:22# 00:35&

Beste stræktid for klassen

04:57 02:40 07:53 09:11 11:21 05:39 08:19 06:05 04:24 04:18 01:56 01:19

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

MTBO20km

2 Jørn Svensen Navet 1:26:16

04:18+ 06:01+ 09:42+ 15:28+ 20:47+ 25:05+ 32:45+ 38:59+ 44:22+ 50:54+ 56:42+ 60:11+ 68:22+ 78:21+ 83:13+ 85:02+ 86:16+
 04:18+ 01:43+ 03:41+ 05:46+ 05:19+ 04:18+ 07:40+ 06:14+ 05:23+ 06:32+ 05:48+ 03:29+ 08:11+ 09:59+ 04:52+ 01:49+ 01:14+
 04:18+ 01:43+ 03:41+ 05:46+ 05:19+ 04:18+ 07:40+ 06:14+ 05:23+ 06:32+ 05:48+ 03:29+ 08:11+ 09:59+ 04:52+ 01:49+ 01:14+

3 Peter Hedegaard 21 1:39:35

04:30+ 06:19+ 12:45+ 20:08+ 28:43+ 33:52+ 47:34+ 54:34+ 60:12+ 66:37+ 70:23+ 74:09+ 81:53+ 91:51+ 96:39+ 98:26+ 99:35+
 04:30+ 01:49+ 06:26+ 07:23+ 08:35+ 05:09+ 13:42+ 07:00+ 05:38+ 06:25+ 03:46+ 03:46+ 07:44+ 09:58+ 04:48+ 01:47+ 01:09+
 04:30+ 01:49+ 06:26+ 07:23+ 08:35+ 05:09+ 13:42+ 07:00+ 05:38+ 06:25+ 03:46+ 03:46+ 07:44+ 09:58+ 04:48+ 01:47+ 01:09+

4 Mads Bak-Jensen 19 1:51:44

05:02+ 07:20+ 12:08+ 20:49+ 30:38+ 37:15+ 50:43+ 57:44+ 64:03+ 71:28+ 76:07+ 80:45+ 89:35+ 102:28+ 107:54+ 110:17+ 111:44+
 05:02+ 02:18+ 04:48+ 08:41+ 09:49+ 06:37+ 13:28+ 07:01+ 06:19+ 07:25+ 04:39+ 04:38+ 08:50+ 12:53+ 05:26+ 02:23+ 01:27+
 05:02+ 02:18+ 04:48+ 08:41+ 09:49+ 06:37+ 13:28+ 07:01+ 06:19+ 07:25+ 04:39+ 04:38+ 08:50+ 12:53+ 05:26+ 02:23+ 01:27+

5 Anne Lysgaard Schulz 19 1:51:48

05:19+ 07:35+ 12:23+ 20:35+ 30:44+ 37:42+ 50:52+ 57:59+ 64:18+ 71:43+ 76:26+ 80:49+ 89:53+ 102:41+ 108:11+ 110:22+ 111:48+
 05:19+ 02:16+ 04:48+ 08:12+ 10:09+ 06:58+ 13:10+ 07:07+ 06:19+ 07:25+ 04:43+ 04:23+ 09:04+ 12:48+ 05:30+ 02:11+ 01:26+
 05:19+ 02:16+ 04:48+ 08:12+ 10:09+ 06:58+ 13:10+ 07:07+ 06:19+ 07:25+ 04:43+ 04:23+ 09:04+ 12:48+ 05:30+ 02:11+ 01:26+

6 Thomas Michelsen 21 1:53:25

04:52+ 08:07+ 12:43+ 34:03+ 39:44+ 45:48+ 55:27+ 63:52+ 70:55+ 77:48+ 81:44+ 87:23+ 94:48+ 104:23+ 109:30+ 111:46+ 113:25+
 04:52+ 03:15+ 04:36+ 21:20+ 05:41+ 06:04+ 09:39+ 08:25+ 07:03+ 06:53+ 03:56+ 05:39+ 07:25+ 09:35+ 05:07+ 02:16+ 01:39+
 04:52+ 03:15+ 04:36+ 21:20+ 05:41+ 06:04+ 09:39+ 08:25+ 07:03+ 06:53+ 03:56+ 05:39+ 07:25+ 09:35+ 05:07+ 02:16+ 01:39+

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