

Vinterlangdistance 5 2020

Stræktider

Nedergaard Skov-16-02-2020

Plads	Navn	Klub Klasse																			Tid							
1	Giacomo Frattari	Ok Pan 20km																			1:43:48							
	02:10	04:31	06:10	09:22	12:45	16:24	17:49	21:39	24:53	27:47	33:38	42:19	51:30	55:41	62:29	66:20	72:08	74:11	75:56	80:47	83:25	89:48	93:03	96:06	98:02	99:53	102:33	103:00
	02:10	02:21	01:39	03:12	03:23	03:39	01:25	03:50	03:14	02:54	05:51	08:41	09:11	04:11	06:48	03:51	05:48	02:03	01:45	04:51	02:38	06:23	03:15	03:03	01:56	01:51	02:40	01:51
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
2	Mads Juhl	4 20km																			1:44:23							
	02:42	04:59	06:40	09:37	12:50	16:33	17:58	21:28	24:55	27:50	33:46	42:21	51:51	56:11	62:15	66:17	72:16	74:24	76:16	80:44	83:20	89:35	92:42	96:03	98:10	100:15	103:02	104:00
	02:42	02:17	01:41	02:57	03:13	03:43	01:25	03:30	03:27	02:55	05:56	08:35	09:30	04:20	06:04	04:02	05:59	02:08	01:52	04:28	02:36	06:15	03:07	03:21	02:07	02:05	02:47	01:51
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
3	Simon Grimstrup	25 20km																			1:44:28							
	02:53	05:10	06:47	09:33	12:56	16:35	17:53	21:31	24:58	27:54	33:48	42:25	51:47	56:15	62:23	66:26	72:21	74:27	76:19	80:46	83:27	89:39	92:46	96:09	98:14	100:17	103:07	104:00
	02:53	02:17	01:37	02:46	03:23	03:39	01:18	03:38	03:27	02:56	05:54	08:37	09:22	04:28	06:08	04:03	05:55	02:06	01:52	04:27	02:41	06:12	03:07	03:23	02:05	02:03	02:50	01:51
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
4	Lasse Holch Nielsen	11 20km																			2:12:58							
	02:40	05:00	06:43	09:29	12:57	16:53	18:14	22:19	25:37	29:46	36:12	45:15	56:14	62:20	82:26	87:14	94:09	96:28	99:07	104:30	107:44	115:37	119:46	123:31	126:05	128:18	131:31	132:00
	02:40	02:20	01:43	02:46	03:28	03:56	01:21	04:05	03:18	04:09	06:26	09:03	10:59	06:06	20:06	04:48	06:55	02:19	02:39	05:23	03:14	07:53	04:09	03:45	02:34	02:13	03:13	01:51
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
5	Peter Villadsen	25 20km																			2:35:16							
	02:36	05:22	07:25	11:00	17:43	26:37	28:25	33:10	37:55	46:47	55:15	65:02	79:25	84:49	95:32	100:46	108:53	111:32	114:15	120:54	125:17	134:54	139:42	143:47	146:57	149:54	153:34	155:00
	02:36	02:46	02:03	03:35	06:43	08:54	01:48	04:45	04:45	08:52	08:28	09:47	14:23	05:24	10:43	05:14	08:07	02:39	02:43	06:39	04:23	09:37	04:48	04:05	03:10	02:57	03:40	01:51
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
6	Anton Hansen	25 20km																			2:38:33							
	02:43	05:29	07:34	11:39	20:03	24:51	28:29	33:19	40:41	45:32	52:08	68:00	79:22	85:13	96:42	102:13	110:45	113:41	117:09	123:24	127:34	136:49	142:56	147:39	150:38	153:21	157:03	158:00
	02:43	02:46	02:05	04:05	08:24	04:48	03:38	04:50	07:22	04:51	06:36	15:52	11:22	05:51	11:29	05:31	08:32	02:56	03:28	06:15	04:10	09:15	06:07	04:43	02:59	02:43	03:42	01:51
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
7	Flemming Johannes Christensen	25 20km																			2:48:29							
	03:41	07:28	09:35	14:09	19:06	24:59	26:59	32:18	42:46	46:51	55:42	65:16	76:33	82:17	105:52	110:50	118:26	121:24	124:39	130:50	135:19	145:01	151:04	156:47	160:30	163:23	166:58	168:00
	03:41	03:47	02:07	04:34	04:57	05:53	02:00	05:19	10:28	04:05	08:51	09:34	11:17	05:44	23:35	04:58	07:36	02:58	03:15	06:11	04:29	09:42	06:03	05:43	03:43	02:53	03:35	01:51
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
8	Henrik Bo Bjerre-Andersen	NOTEAM 20km																			3:06:06							
	04:28	08:36	11:00	16:07	24:49	31:01	33:03	38:45	49:30	55:52	64:18	75:31	89:21	96:01	108:47	116:11	125:05	128:28	132:15	143:13	148:32	159:37	166:11	171:16	175:54	179:21	183:40	186:00
	04:28	04:08	02:24	05:07	08:42	06:12	02:02	05:42	10:45	06:22	08:26	11:13	13:50	06:40	12:46	07:24	08:54	03:23	03:47	10:58	05:19	11:05	06:34	05:05	04:38	03:27	04:19	02:22
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
9	Michael Espersen	25 20km																			3:35:58							
	03:36	07:19	09:32	19:54	38:05	50:55	52:36	58:12	74:01	79:05	98:21	109:53	122:56	133:31	150:16	155:49	163:08	166:18	170:47	177:37	184:04	193:42	198:30	204:11	207:46	210:51	215:58	
	03:36	03:43	02:13	10:22	18:11	12:50	01:41	05:36	15:49	05:04	19:16	11:32	13:03	10:35	16:45	05:33	07:19	03:10	04:29	06:50	06:27	09:38	04:48	05:41	03:35	03:05	05:07	
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
10	Jonas Lassen	19 20km																			3:44:06							
	03:28	15:24	19:30	24:20	38:38	50:48	52:40	58:08	73:43	79:10	91:06	102:12	117:02	123:24	150:06	156:11	163:28	167:06	171:05	177:42	184:38	195:40	204:28	210:07	213:18	216:34	222:28	224:00
	03:28	11:56	04:06	04:50	14:18	12:10	01:52	05:28	15:35	05:27	11:56	11:06	14:50	06:22	26:42	06:05	07:17	03:38	03:59	06:37	06:56	11:02	08:48	05:39	03:11	03:16	05:54	01:51
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
2	Elias Hinge Krogsgaard	25 16km																			1:44:47							
	02:35	09:12	16:48	17:55	21:38	24:24	27:52	31:05	40:45	50:58	55:47	62:12	66:08	70:01	72:19	78:54	81:34	88:35	91:25	95:31	96:45	98:46	101:01	103:27	104:47			
	02:35	06:37	07:36	01:07	03:43	02:46	03:28	03:13	09:40	10:13	04:49	06:25	03:56	03:53	02:18	06:35	02:40	07:01	02:50	04:06	01:14	02:01	02:15	02:26	01:20			
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

Class	Navn	Klub Klasse	Tid
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2

2	Morten Kjær	25 16km	2:25:42																					
03:46	14:51	19:59	21:59	26:39	30:22	33:44	38:01	50:42	63:32	74:44	85:26	90:38	96:59	100:14	108:12	112:23	121:31	127:17	131:00	133:17	136:35	140:00	143:48	145:42
03:46	11:05	05:08	02:00	04:40	03:43	03:22	04:17	12:41	12:50	11:12	10:42	05:12	06:21	03:15	07:58	04:11	09:08	05:46	03:43	02:17	03:18	03:25	03:48	01:54
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

3	Kenn Heldgaard Kristensen	4 16km	2:28:39																					
03:38	14:44	20:32	22:47	28:09	31:40	35:29	40:04	52:45	66:30	74:05	84:56	91:27	96:50	100:28	109:31	114:00	124:16	130:52	134:29	136:29	139:50	142:52	146:48	148:39
03:38	11:06	05:48	02:15	05:22	03:31	03:49	04:35	12:41	13:45	07:35	10:51	06:31	05:23	03:38	09:03	04:29	10:16	06:36	03:37	02:00	03:21	03:02	03:56	01:51
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

4	Lars Mikkelsen	4 16km	2:28:41																					
03:24	14:32	20:35	22:35	27:46	31:00	35:17	40:08	52:44	66:35	73:52	85:06	91:11	96:37	100:24	109:51	113:58	124:14	130:28	134:26	136:25	139:47	143:04	146:53	148:41
03:24	11:08	06:03	02:00	05:11	03:14	04:17	04:51	12:36	13:51	07:17	11:14	06:05	05:26	03:47	09:27	04:07	10:16	06:14	03:58	01:59	03:22	03:17	03:49	01:48
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

5	Michael Filyo	25 16km	2:38:00																					
03:15	13:16	18:15	20:09	25:34	30:03	33:45	37:51	62:03	75:44	82:30	91:08	96:54	105:06	108:39	118:31	122:10	132:12	140:46	144:03	145:57	149:24	152:17	156:13	158:00
03:15	10:01	04:59	01:54	05:25	04:29	03:42	04:06	24:12	13:41	06:46	08:38	05:46	08:12	03:33	09:52	03:39	10:02	08:34	03:17	01:54	03:27	02:53	03:56	01:47
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

6	Leif E. Larsen	26 16km	2:43:52																					
03:30	13:10	18:12	20:11	26:14	30:01	33:42	38:25	61:03	73:44	80:09	103:59	109:57	114:59	118:39	127:28	132:15	142:00	146:52	150:32	152:43	155:51	158:45	162:09	163:52
03:30	09:40	05:02	01:59	06:03	03:47	03:41	04:43	22:38	12:41	06:25	23:50	05:58	05:02	03:40	08:49	04:47	09:45	04:52	03:40	02:11	03:08	02:54	03:24	01:43
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

7	Carsten Lind	15 16km	2:44:35																					
03:21	12:59	18:22	20:30	26:22	30:10	33:52	38:22	60:55	73:53	80:14	103:56	110:01	115:06	118:53	127:45	132:18	142:05	147:11	150:39	152:36	155:49	158:55	162:51	164:35
03:21	09:38	05:23	02:08	05:52	03:48	03:42	04:30	22:33	12:58	06:21	23:42	06:05	05:05	03:47	08:52	04:33	09:47	05:06	03:28	01:57	03:13	03:06	03:56	01:44
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

8	Jan Thomsen	Ok Pan 16km	2:45:07																					
03:01	13:02	18:24	20:26	26:12	30:05	33:49	38:19	60:51	73:48	80:16	104:01	110:03	115:09	118:47	127:49	132:28	142:10	146:59	150:36	152:40	156:00	159:02	163:20	165:07
03:01	10:01	05:22	02:02	05:46	03:53	03:44	04:30	22:32	12:57	06:28	23:45	06:02	05:06	03:38	09:02	04:39	09:42	04:49	03:37	02:04	03:20	03:02	04:18	01:47
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

9	Søren Andersen	4 16km	3:00:10																					
03:32	14:26	20:15	22:24	27:26	33:17	38:52	44:50	60:31	74:49	81:39	104:03	110:20	115:37	119:54	130:52	135:50	147:59	159:09	163:18	165:22	170:03	173:47	178:22	180:10
03:32	10:54	05:49	02:09	05:02	05:51	05:35	05:58	15:41	14:18	06:50	22:24	06:17	05:17	04:17	10:58	04:58	12:09	11:10	04:09	02:04	04:41	03:44	04:35	01:48
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

10	Casper Iversen	25 16km	3:23:38																					
08:23	25:39	30:59	33:11	38:07	47:47	59:59	67:22	84:20	96:42	103:11	126:41	133:54	139:36	143:13	154:41	159:11	169:31	179:12	187:38	189:48	193:13	196:54	201:53	203:38
08:23	17:16	05:20	02:12	04:56	09:40	12:12	07:23	16:58	12:22	06:29	23:30	07:13	05:42	03:37	11:28	04:30	10:20	09:41	08:26	02:10	03:25	03:41	04:59	01:45
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

11	Svend-Erik Munck	3 16km	3:43:53																					
04:39	17:49	26:13	28:41	35:57	54:44	60:05	66:23	85:32	106:18	116:25	134:33	143:07	150:36	156:55	169:38	177:09	191:30	197:15	204:23	206:48	212:24	216:24	221:53	223:53
04:39	13:10	08:24	02:28	07:16	18:47	05:21	06:18	19:09	20:46	10:07	18:08	08:34	07:29	06:19	12:43	07:31	14:21	05:45	07:08	02:25	05:36	04:00	05:29	02:00
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

12	Allan Thesbjerg	7 16km	3:45:40																					
03:16	22:28	29:01	31:09	37:46	41:54	54:10	60:06	78:27	93:04	102:08	147:26	154:05	159:50	164:10	175:11	181:00	193:51	199:53	204:26	206:28	213:04	217:08	222:33	225:40
03:16	19:12	06:33	02:08	06:37	04:08	12:16	05:56	18:21	14:37	09:04	45:18	06:39	05:45	04:20	11:01	05:49	12:51	06:02	04:33	02:02	06:36	04:04	05:25	03:07
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

3

Class	Navn	Klub Klasse																	Tid	
3																				
1	Keld Hinge Krogsgaard	25 10km																	1:16:14	
	02:52	08:33	11:58	14:26	16:26	20:41	26:33	28:41	32:09	36:50	41:19	46:28	50:17	54:15	57:39	62:25	66:19	71:27	74:43	76:14
	02:52	05:41	03:25	02:28	02:00	04:15	05:52	02:08	03:28	04:41	04:29	05:09	03:49	03:58	03:24	04:46	03:54	05:08	03:16	01:31
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
2	Jimmi Olsen	28 10km																	1:16:20	
	02:50	08:49	11:54	14:21	16:09	20:30	25:00	27:42	30:24	35:15	45:34	50:04	54:13	55:58	59:06	62:47	66:40	71:45	74:55	76:20
	02:50	05:59	03:05	02:27	01:48	04:21	04:30	02:42	02:42	04:51	10:19	04:30	04:09	01:45	03:08	03:41	03:53	05:05	03:10	01:25
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
3	Torben Kristensen	20 10km																	1:18:52	
	02:58	08:38	11:50	14:28	16:16	20:22	26:23	28:39	32:02	36:47	41:03	46:03	50:00	54:10	57:24	64:02	67:53	73:51	77:21	78:52
	02:58	05:40	03:12	02:38	01:48	04:06	06:01	02:16	03:23	04:45	04:16	05:00	03:57	04:10	03:14	06:38	03:51	05:58	03:30	01:31
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
4	Thorkild Jensen	24 10km																	1:21:15	
	02:56	09:09	12:00	14:22	16:18	20:24	26:29	28:36	32:04	36:48	41:08	45:58	49:58	53:40	62:34	67:19	71:14	76:28	79:55	81:15
	02:56	06:13	02:51	02:22	01:56	04:06	06:05	02:07	03:28	04:44	04:20	04:50	04:00	03:42	08:54	04:45	03:55	05:14	03:27	01:20
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
5	Ulrika Örnhagen Jørgensen	20 10km																	1:22:01	
	03:14	09:49	16:11	18:54	21:02	25:46	30:43	32:55	35:50	40:27	45:41	51:14	55:15	58:12	61:24	66:13	71:02	76:25	80:25	82:01
	03:14	06:35	06:22	02:43	02:08	04:44	04:57	02:12	02:55	04:37	05:14	05:33	04:01	02:57	03:12	04:49	04:49	05:23	04:00	01:36
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
6	Jess Rasmussen	28 10km																	1:25:16	
	02:55	08:36	11:56	14:24	16:24	20:39	27:03	29:10	32:07	36:55	49:50	54:56	59:00	60:50	64:38	69:25	73:50	79:47	83:27	85:16
	02:55	05:41	03:20	02:28	02:00	04:15	06:24	02:07	02:57	04:48	12:55	05:06	04:04	01:50	03:48	04:47	04:25	05:57	03:40	01:49
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
7	Anders Byrdal	28 10km																	1:27:13	
	03:39	09:16	12:47	15:19	17:51	22:30	28:42	31:08	34:19	39:33	50:11	55:39	60:19	62:43	66:19	70:30	74:55	81:04	85:31	87:13
	03:39	05:37	03:31	02:32	02:32	04:39	06:12	02:26	03:11	05:14	10:38	05:28	04:40	02:24	03:36	04:11	04:25	06:09	04:27	01:42
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
8	Christian Bertel Andersen	8 10km																	1:27:42	
	02:59	09:23	12:41	15:14	17:19	21:46	29:01	31:27	34:44	39:50	50:56	55:57	60:33	62:24	66:31	70:57	75:41	81:45	86:03	87:42
	02:59	06:24	03:18	02:33	02:05	04:27	07:15	02:26	03:17	05:06	11:06	05:01	04:36	01:51	04:07	04:26	04:44	06:04	04:18	01:39
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
9	Lennart Bo Kristiansen	28 10km																	1:31:26	
	04:07	10:37	15:42	18:35	21:00	26:10	31:43	34:25	37:50	43:56	49:46	55:36	60:52	63:03	67:44	72:55	78:32	85:43	89:37	91:26
	04:07	06:30	05:05	02:53	02:25	05:10	05:33	02:42	03:25	06:06	05:50	05:50	05:16	02:11	04:41	05:11	05:37	07:11	03:54	01:49
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
10	Kent René Simonsen	28 10km																	1:33:48	
	03:01	08:47	12:09	14:36	16:36	20:54	27:50	30:58	34:22	39:45	50:58	56:05	60:21	62:36	66:12	76:14	81:20	88:23	92:10	93:48
	03:01	05:46	03:22	02:27	02:00	04:18	06:56	03:08	03:24	05:23	11:13	05:07	04:16	02:15	03:36	10:02	05:06	07:03	03:47	01:38
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
11	Per Eg Pedersen	9 10km																	1:36:01	
	03:56	12:15	17:18	20:35	23:05	29:14	35:40	39:01	43:14	49:18	55:21	62:00	66:32	69:25	73:51	77:53	82:34	89:38	93:53	96:01
	03:56	08:19	05:03	03:17	02:30	06:09	06:26	03:21	04:13	06:04	06:03	06:39	04:32	02:53	04:26	04:02	04:41	07:04	04:15	02:08
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
12	Anders Lorentzen	25 10km																	1:36:39	
	03:21	09:15	12:44	15:25	17:37	22:24	40:12	43:27	47:14	52:24	59:41	64:49	69:40	71:53	75:29	80:04	84:56	91:18	95:07	96:39
	03:21	05:54	03:29	02:41	02:12	04:47	17:48	03:15	03:47	05:10	07:17	05:08	04:51	02:13	03:36	04:35	04:52	06:22	03:49	01:32
	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

Class	Navn	Klub Klasse	Tid																
3																			
13	Michael Thygesen	20 10km	1:36:52																
03:09	09:04	12:39	15:31	17:38	22:31	40:08	43:24	47:19	52:32	59:38	64:44	69:50	72:06	75:39	79:57	85:14	91:23	95:03	96:52
03:09	05:55	03:35	02:52	02:07	04:53	17:37	03:16	03:55	05:13	07:06	05:06	05:06	02:16	03:33	04:18	05:17	06:09	03:40	01:49
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
14	Jacob Bang	16 10km	1:38:35																
03:35	09:29	13:27	16:16	19:15	24:26	30:05	35:51	39:15	45:16	56:40	62:18	66:30	69:28	73:20	79:11	84:59	91:58	96:41	98:35
03:35	05:54	03:58	02:49	02:59	05:11	05:39	05:46	03:24	06:01	11:24	05:38	04:12	02:58	03:52	05:51	05:48	06:59	04:43	01:54
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
15	Sven Erik Jakobsen	16 10km	1:40:15																
03:18	09:40	13:16	15:54	19:27	24:21	29:42	35:55	39:04	44:16	59:54	65:16	69:46	74:19	79:07	84:23	88:55	94:49	98:35	100:15
03:18	06:22	03:36	02:38	03:33	04:54	05:21	06:13	03:09	05:12	15:38	05:22	04:30	04:33	04:48	05:16	04:32	05:54	03:46	01:40
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
16	Henrik Juhl	4 10km	1:43:36																
03:16	09:36	13:21	16:09	19:18	24:33	29:50	36:21	39:33	45:26	59:44	65:17	69:34	71:58	81:05	86:47	92:00	97:57	101:49	103:36
03:16	06:20	03:45	02:48	03:09	05:15	05:17	06:31	03:12	05:53	14:18	05:33	04:17	02:24	09:07	05:42	05:13	05:57	03:52	01:47
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
17	Steen Sig Andersen	9 10km	1:44:01																
03:46	10:09	14:43	17:47	20:11	25:08	30:29	33:26	36:37	41:59	56:08	66:13	72:44	77:13	81:11	87:02	92:08	98:29	102:18	104:01
03:46	06:23	04:34	03:04	02:24	04:57	05:21	02:57	03:11	05:22	14:09	10:05	06:31	04:29	03:58	05:51	05:06	06:21	03:49	01:43
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
18	Peer Straarup	7 10km	1:44:15																
03:38	10:13	14:50	17:51	20:15	25:12	30:39	33:14	36:34	42:05	56:05	66:11	72:32	77:11	81:26	86:58	92:04	98:24	102:20	104:15
03:38	06:35	04:37	03:01	02:24	04:57	05:27	02:35	03:20	05:31	14:00	10:06	06:21	04:39	04:15	05:32	05:06	06:20	03:56	01:55
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
19	Susanne Kristensen	4 10km	2:28:15																
03:41	13:03	18:55	22:21	25:46	30:42	38:42	43:32	47:34	53:27	82:01	88:30	102:31	107:00	115:27	124:30	130:12	137:46	146:19	148:15
03:41	09:22	05:52	03:26	03:25	04:56	08:00	04:50	04:02	05:53	28:34	06:29	14:01	04:29	08:27	09:03	05:42	07:34	08:33	01:56
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
20	Erling Trankjær	6 10km	2:35:58																
03:50	16:25	21:31	27:02	30:19	40:33	47:17	52:23	61:22	67:46	82:27	90:59	121:34	123:32	128:22	134:26	141:24	149:43	154:11	155:58
03:50	12:35	05:06	05:31	03:17	10:14	06:44	05:06	08:59	06:24	14:41	08:32	30:35	01:58	04:50	06:04	06:58	08:19	04:28	01:47
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
21	Leif Skovgaard Knudsen	2 10km	2:37:27																
05:17	14:47	26:52	30:44	33:44	40:40	47:31	51:54	60:11	67:35	105:07	113:21	121:33	124:07	129:48	134:54	141:14	150:30	155:20	157:27
05:17	09:30	12:05	03:52	03:00	06:56	06:51	04:23	08:17	07:24	37:32	08:14	08:12	02:34	05:41	05:06	06:20	09:16	04:50	02:07
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
22	Bente Pedersen	14 10km	2:37:29																
04:29	20:17	26:55	30:55	33:59	40:57	48:06	52:14	61:19	67:57	105:08	113:17	121:39	124:02	129:37	135:06	141:08	150:33	155:15	157:29
04:29	15:48	06:38	04:00	03:04	06:58	07:09	04:08	09:05	06:38	37:11	08:09	08:22	02:23	05:35	05:29	06:02	09:25	04:42	02:14
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
23	Erik Ljungdahl	2 10km	2:43:00																
04:23	19:14	27:22	31:10	34:04	40:49	47:44	51:46	62:18	69:21	108:51	116:39	123:08	125:55	131:41	138:43	146:46	156:06	160:56	163:00
04:23	14:51	08:08	03:48	02:54	06:45	06:55	04:02	10:32	07:03	39:30	07:48	06:29	02:47	05:46	07:02	08:03	09:20	04:50	02:04
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
24	Susanne Tanderup	3 10km	3:24:56																
04:01	13:06	19:42	23:46	28:37	41:45	54:10	66:32	72:31	115:15	124:08	131:17	137:34	148:09	159:20	171:06	186:44	196:34	202:44	204:56
04:01	09:05	06:36	04:04	04:51	13:08	12:25	12:22	05:59	42:44	08:53	07:09	06:17	10:35	11:11	11:46	15:38	09:50	06:10	02:12
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

Class	Navn	Klub Klasse	Tid
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25	Camilla Gry	25 10km	3:35:34																
12:30	24:17	36:39	42:45	48:13	67:39	79:57	85:33	93:51	105:29	131:03	142:42	153:03	157:18	164:57	176:43	186:11	199:10	208:12	215:34
12:30	11:47	12:22	06:06	05:28	19:26	12:18	05:36	08:18	11:38	25:34	11:39	10:21	04:15	07:39	11:46	09:28	12:59	09:02	07:22
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

4

1	Eva Örnhagen Jørgensen	20 6km	51:21													
05:57	07:44	09:22	12:12	16:22	20:15	24:28	26:03	29:14	32:57	37:00	39:58	41:22	44:06	46:38	49:51	51:21
05:57	01:47	01:38	02:50	04:10	03:53	04:13	01:35	03:11	03:43	04:03	02:58	01:24	02:44	02:32	03:13	01:30
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

2	Henrik Henriksen	7 6km	57:51													
03:56	05:46	07:30	13:45	17:10	20:48	24:52	26:22	29:54	33:32	36:58	41:54	45:06	48:01	50:46	54:31	57:51
03:56	01:50	01:44	06:15	03:25	03:38	04:04	01:30	03:32	03:38	03:26	04:56	03:12	02:55	02:45	03:45	03:20
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

3	Marianne Lyng Krogh	9 6km	58:03													
04:07	06:02	07:56	11:20	15:51	20:51	25:56	27:30	31:34	35:25	38:53	43:34	45:23	48:27	51:25	56:21	58:03
04:07	01:55	01:54	03:24	04:31	05:00	05:05	01:34	04:04	03:51	03:28	04:41	01:49	03:04	02:58	04:56	01:42
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

4	Axel Örnhagen Jørgensen	20 6km	58:39													
04:05	05:53	07:34	13:50	17:07	20:46	24:46	26:23	29:44	33:19	36:51	44:37	46:27	49:40	52:35	57:01	58:39
04:05	01:48	01:41	06:16	03:17	03:39	04:00	01:37	03:21	03:35	03:32	07:46	01:50	03:13	02:55	04:26	01:38
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

5	Sven Madsen	15 6km	1:03:58													
05:32	07:39	09:56	15:40	19:30	24:06	28:40	30:42	35:07	39:15	45:10	49:07	51:13	54:51	57:57	61:50	63:58
05:32	02:07	02:17	05:44	03:50	04:36	04:34	02:02	04:25	04:08	05:55	03:57	02:06	03:38	03:06	03:53	02:08
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

6	Christian Rasmussen	8 6km	1:04:21													
04:37	07:05	09:16	15:20	19:11	23:44	28:26	30:27	34:51	39:17	45:34	49:08	51:26	55:03	58:14	62:34	64:21
04:37	02:28	02:11	06:04	03:51	04:33	04:42	02:01	04:24	04:26	06:17	03:34	02:18	03:37	03:11	04:20	01:47
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

7	Alberte Karoline Thyssen	7 6km	1:04:34													
04:02	05:55	07:42	11:05	14:19	20:29	24:47	26:18	29:56	34:00	38:37	47:55	49:22	52:43	55:25	61:07	64:34
04:02	01:53	01:47	03:23	03:14	06:10	04:18	01:31	03:38	04:04	04:37	09:18	01:27	03:21	02:42	05:42	03:27
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

8	Kaj Kaspersen	4 6km	1:05:28													
04:48	07:10	09:12	15:18	19:02	23:33	28:35	30:30	34:42	38:55	44:58	48:58	51:21	54:43	57:53	61:41	65:28
04:48	02:22	02:02	06:06	03:44	04:31	05:02	01:55	04:12	04:13	06:03	04:00	02:23	03:22	03:10	03:48	03:47
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

9	Lucia Aagaard	4 6km	1:05:29													
04:45	07:07	09:09	15:14	18:58	23:29	28:31	30:28	34:38	38:52	44:54	48:55	51:17	54:40	57:54	61:48	65:29
04:45	02:22	02:02	06:05	03:44	04:31	05:02	01:57	04:10	04:14	06:02	04:01	02:22	03:23	03:14	03:54	03:41
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

10	Rikke Rasmussen	20 6km	1:06:05													
04:01	05:55	07:44	11:12	15:20	20:35	26:09	27:46	31:44	36:22	42:41	46:11	48:07	53:59	57:11	62:16	66:05
04:01	01:54	01:49	03:28	04:08	05:15	05:34	01:37	03:58	04:38	06:19	03:30	01:56	05:52	03:12	05:05	03:49
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

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11	Rolf Duedahl	13 6km	1:06:15													
05:29	07:56	10:24	17:40	21:35	26:23	32:00	34:00	39:01	43:12	47:58	51:28	53:35	57:16	60:44	64:22	66:15
05:29	02:27	02:28	07:16	03:55	04:48	05:37	02:00	05:01	04:11	04:46	03:30	02:07	03:41	03:28	03:38	01:53
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

12	Lone Rasmussen	20 6km	1:08:19													
05:08	07:36	10:03	15:43	19:44	24:35	29:55	32:09	36:43	41:12	47:44	51:39	53:57	57:35	61:12	66:20	68:19
05:08	02:28	02:27	05:40	04:01	04:51	05:20	02:14	04:34	04:29	06:32	03:55	02:18	03:38	03:37	05:08	01:59
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

13	Max Hansen	13 6km	1:09:30													
05:02	07:21	09:36	17:06	21:26	26:37	32:23	34:07	38:31	43:36	49:16	53:42	56:09	59:53	63:16	67:38	69:30
05:02	02:19	02:15	07:30	04:20	05:11	05:46	01:44	04:24	05:05	05:40	04:26	02:27	03:44	03:23	04:22	01:52
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

14	Lars Tykær Jensen	17 6km	1:09:35													
05:13	07:43	09:58	15:36	19:33	24:30	30:07	31:59	36:26	41:00	47:20	51:06	53:28	57:28	60:54	66:16	69:35
05:13	02:30	02:15	05:38	03:57	04:57	05:37	01:52	04:27	04:34	06:20	03:46	02:22	04:00	03:26	05:22	03:19
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

15	Lene Bejer Damgaard	28 6km	1:09:49													
04:53	07:12	09:27	17:26	21:31	26:20	32:18	34:16	38:42	43:15	49:38	53:46	55:53	59:57	63:41	67:58	69:49
04:53	02:19	02:15	07:59	04:05	04:49	05:58	01:58	04:26	04:33	06:23	04:08	02:07	04:04	03:44	04:17	01:51
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

16	Søren Søgaard Nielsen	4 6km	1:09:56													
05:01	07:34	09:52	15:34	19:56	26:13	32:17	34:26	38:53	43:27	49:41	53:58	56:07	60:07	63:33	68:06	69:56
05:01	02:33	02:18	05:42	04:22	06:17	06:04	02:09	04:27	04:34	06:14	04:17	02:09	04:00	03:26	04:33	01:50
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

17	Lene Stick Nielsen	28 6km	1:09:57													
04:51	07:18	09:32	17:23	21:40	26:51	32:13	34:21	38:48	43:30	49:42	53:56	55:59	60:01	63:34	68:03	69:57
04:51	02:27	02:14	07:51	04:17	05:11	05:22	02:08	04:27	04:42	06:12	04:14	02:03	04:02	03:33	04:29	01:54
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

18	Gitte Isen	4 6km	1:10:42													
05:15	07:48	10:08	15:50	20:22	26:11	32:07	34:12	38:40	43:22	49:36	53:52	56:12	60:11	63:56	68:42	70:42
05:15	02:33	02:20	05:42	04:32	05:49	05:56	02:05	04:28	04:42	06:14	04:16	02:20	03:59	03:45	04:46	02:00
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

19	Jack Skrydstrup	9 6km	1:13:10													
05:10	07:58	10:21	15:28	19:47	24:41	32:28	34:29	39:06	44:13	50:15	54:35	57:44	62:06	66:03	71:06	73:10
05:10	02:48	02:23	05:07	04:19	04:54	07:47	02:01	04:37	05:07	06:02	04:20	03:09	04:22	03:57	05:03	02:04
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

20	Frede Truelsen	6 6km	1:13:40													
05:35	08:09	10:51	15:57	20:34	26:04	32:34	34:36	39:14	44:07	50:13	54:51	57:52	62:03	66:08	71:23	73:40
05:35	02:34	02:42	05:06	04:37	05:30	06:30	02:02	04:38	04:53	06:06	04:38	03:01	04:11	04:05	05:15	02:17
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

21	Bente H. Ringive	16 6km	1:14:24													
04:57	07:27	09:40	16:09	20:31	26:06	32:20	34:19	39:03	43:38	50:09	54:45	57:42	61:47	65:20	72:37	74:24
04:57	02:30	02:13	06:29	04:22	05:35	06:14	01:59	04:44	04:35	06:31	04:36	02:57	04:05	03:33	07:17	01:47
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

22	Gert Bertel	8 6km	1:14:30													
04:41	07:01	09:23	15:22	19:24	24:01	29:04	31:06	35:44	40:39	52:33	56:40	58:44	63:02	67:17	72:32	74:30
04:41	02:20	02:22	05:59	04:02	04:37	05:03	02:02	04:38	04:55	11:54	04:07	02:04	04:18	04:15	05:15	01:58
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

Class	Navn	Klub Klasse	Tid													
4																
23	Hanne Madsen	9 6km	1:15:10													
05:03	07:29	09:49	17:33	21:51	27:22	33:10	35:33	39:35	44:08	50:25	54:38	57:59	63:12	66:53	73:10	75:10
05:03	02:26	02:20	07:44	04:18	05:31	05:48	02:23	04:02	04:33	06:17	04:13	03:21	05:13	03:41	06:17	02:00
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
24	Ole Christiansen	Akif 6km	1:15:34													
05:19	07:53	10:16	15:48	20:13	25:58	32:31	34:34	39:17	44:16	50:22	54:49	57:39	61:50	65:49	73:25	75:34
05:19	02:34	02:23	05:32	04:25	05:45	06:33	02:03	04:43	04:59	06:06	04:27	02:50	04:11	03:59	07:36	02:09
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
25	Pia Gade	28 6km	1:17:44													
05:26	08:06	11:01	16:00	20:56	27:28	33:44	36:09	40:54	45:47	52:51	57:38	62:12	67:22	70:58	75:48	77:44
05:26	02:40	02:55	04:59	04:56	06:32	06:16	02:25	04:45	04:53	07:04	04:47	04:34	05:10	03:36	04:50	01:56
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
26	Jørn H. Klausen	Ok Syd 6km	1:17:53													
05:38	08:16	10:41	15:39	20:18	26:00	32:11	34:25	38:34	47:46	53:04	57:29	63:00	67:26	71:11	75:54	77:53
05:38	02:38	02:25	04:58	04:39	05:42	06:11	02:14	04:09	09:12	05:18	04:25	05:31	04:26	03:45	04:43	01:59
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
27	Helle Nikkel	28 6km	1:18:05													
05:40	08:25	10:55	15:53	20:52	26:19	32:46	34:52	39:45	44:57	51:31	58:46	61:36	67:19	71:14	76:04	78:05
05:40	02:45	02:30	04:58	04:59	05:27	06:27	02:06	04:53	05:12	06:34	07:15	02:50	05:43	03:55	04:50	02:01
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
28	Torben Isen	4 6km	1:26:14													
05:46	08:30	10:53	17:31	22:40	29:54	39:59	42:34	47:26	52:40	60:59	65:52	69:18	74:09	78:41	84:14	86:14
05:46	02:44	02:23	06:38	05:09	07:14	10:05	02:35	04:52	05:14	08:19	04:53	03:26	04:51	04:32	05:33	02:00
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
29	Lise Nielsen	17 6km	1:30:02													
06:34	09:38	12:33	21:06	26:50	33:56	41:54	44:13	50:09	56:27	63:30	68:33	71:40	76:27	81:10	87:28	90:02
06:34	03:04	02:55	08:33	05:44	07:06	07:58	02:19	05:56	06:18	07:03	05:03	03:07	04:47	04:43	06:18	02:34
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
30	Torben Sørensen	7 6km	1:32:04													
05:18	07:38	10:07	22:03	26:53	33:12	41:50	43:46	47:27	51:32	66:11	70:37	74:30	82:44	86:12	90:32	92:04
05:18	02:20	02:29	11:56	04:50	06:19	08:38	01:56	03:41	04:05	14:39	04:26	03:53	08:14	03:28	04:20	01:32
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
31	Erik Dag Nielsen	4 6km	1:36:57													
06:11	09:21	12:31	21:00	27:15	34:46	42:07	45:20	51:53	58:41	67:37	73:23	76:31	81:47	87:11	94:15	96:57
06:11	03:10	03:10	08:29	06:15	07:31	07:21	03:13	06:33	06:48	08:56	05:46	03:08	05:16	05:24	07:04	02:42
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
32	Claus Clausen	6 6km	1:40:08													
06:03	09:31	12:15	17:04	22:28	31:17	39:52	42:07	48:05	62:50	73:08	78:23	81:42	87:30	92:38	98:04	100:08
06:03	03:28	02:44	04:49	05:24	08:49	08:35	02:15	05:58	14:45	10:18	05:15	03:19	05:48	05:08	05:26	02:04
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
33	Lene Jacobsen	6 6km	1:40:17													
06:02	09:30	12:12	17:00	22:25	31:10	39:49	42:05	48:01	62:44	72:35	78:21	81:45	87:28	92:35	98:00	100:17
06:02	03:28	02:42	04:48	05:25	08:45	08:39	02:16	05:56	14:43	09:51	05:46	03:24	05:43	05:07	05:25	02:17
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&
34	Poul Nørh	25 6km	1:53:24													
05:24	08:14	11:23	37:29	43:03	54:31	63:11	68:15	75:01	80:12	85:27	93:25	96:19	101:02	105:39	111:03	113:24
05:24	02:50	03:09	26:06	05:34	11:28	08:40	05:04	06:46	05:11	05:15	07:58	02:54	04:43	04:37	05:24	02:21
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

Class	Navn	Klub Klasse	Tid
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35	Palle Møller Nielsen	12 6km	1:54:47													
06:41	09:53	12:57	21:35	34:00	43:39	52:41	55:45	63:23	70:26	80:32	86:55	90:43	97:28	103:12	111:44	114:47
06:41	03:12	03:04	08:38	12:25	09:39	09:02	03:04	07:38	07:03	10:06	06:23	03:48	06:45	05:44	08:32	03:03
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

36	Holger Mikkelsen	12 6km	2:29:16													
07:33	11:02	14:21	21:46	38:06	55:33	65:51	69:01	92:09	99:38	114:16	122:28	126:14	132:13	138:18	146:08	149:16
07:33	03:29	03:19	07:25	16:20	17:27	10:18	03:10	23:08	07:29	14:38	08:12	03:46	05:59	06:05	07:50	03:08
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

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1	Lars Wulff Sørensen	7 3,5km	1:01:11								
05:09	10:37	13:23	18:01	24:16	35:19	41:28	46:04	49:19	53:33	58:42	61:11
05:09	05:28	02:46	04:38	06:15	11:03	06:09	04:36	03:15	04:14	05:09	02:29
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

2	Asger Kristensen	4 3,5km	1:09:05								
05:54	18:56	22:09	26:47	34:54	43:42	48:31	53:46	56:58	61:45	66:55	69:05
05:54	13:02	03:13	04:38	08:07	08:48	04:49	05:15	03:12	04:47	05:10	02:10
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

3	Nichlas Dag Vestergård	4 3,5km	1:14:17								
08:51	13:08	23:16	27:14	35:21	44:23	51:59	57:32	61:23	66:53	72:12	74:17
08:51	04:17	10:08	03:58	08:07	09:02	07:36	05:33	03:51	05:30	05:19	02:05
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

4	Charlotte Vibeke Olesen	8 3,5km	1:15:22								
06:05	19:06	22:19	26:47	35:13	44:20	52:14	57:39	61:29	67:01	72:48	75:22
06:05	13:01	03:13	04:28	08:26	09:07	07:54	05:25	03:50	05:32	05:47	02:34
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

5	Tove Straarup	7 3,5km	1:22:38								
04:31	10:40	30:56	39:20	46:38	54:28	61:37	65:54	68:19	72:03	80:46	82:38
04:31	06:09	20:16	08:24	07:18	07:50	07:09	04:17	02:25	03:44	08:43	01:52
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

6	Ann Dorrit Hansen	13 3,5km	1:22:44								
06:02	17:39	20:47	27:20	35:14	45:19	57:30	62:39	65:52	70:38	80:15	82:44
06:02	11:37	03:08	06:33	07:54	10:05	12:11	05:09	03:13	04:46	09:37	02:29
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

7	Susanne Gasbjerg	25 3,5km	1:31:07								
05:45	13:01	23:22	27:12	35:27	44:25	62:05	67:17	71:02	75:51	82:30	91:07
05:45	07:16	10:21	03:50	08:15	08:58	17:40	05:12	03:45	04:49	06:39	08:37
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

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1	Poul Erik Buch	16 MTBO10km	1:28:50										
02:20	07:08	13:19	16:32	21:08	35:30	49:21	60:55	66:33	69:29	78:25	84:22	87:25	88:50
02:20	04:48	06:11	03:13	04:36	14:22	13:51	11:34	05:38	02:56	08:56	05:57	03:03	01:25
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&

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2 **Niels Møller Petersen** **15 MTBO10km** **1:55:28**

05:40	09:36	16:19	20:04	25:51	57:40	68:40	77:59	85:57	89:17	103:40	110:03	115:28
05:40	03:56	06:43	03:45	05:47	31:49	11:00	09:19	07:58	03:20	14:23	06:23	05:25
02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&	02:22&