

Plads Navn

Klasse

Tid

DA

**1 Nina G. Najbjerg****Akif****1:27:00**

00:34= 01:08= 03:12= 05:03= 05:25= 06:33= 06:59= 08:10= 08:31= 10:14= 11:46= 12:15= 14:19= 15:52= 16:08= 19:43= 21:22= 22:28= 28:20= 30:34= 32:40= 34:46= 36:27= 38:59= 40:48= 42:58=  
 00:34= 00:34= 02:04= 01:51= 00:22= 01:08= 00:26= 01:11= 00:21= 01:43= 01:32= 00:29= 02:04= 01:33= 00:16= 03:35= 01:39= 01:06= 05:52= 02:14= 02:06= 02:06= 01:41= 02:32= 01:49= 02:10=  
 00:00=  
 45:53= 47:06= 49:19= 52:50= 53:58= 55:47= 57:47= 60:18= 62:04= 63:04= 63:39= 64:54= 65:38= 66:02= 66:37= 68:47= 69:00=  
 02:55= 01:13= 02:13= 03:31= 01:08= 01:49= 02:00= 02:31= 01:46= 01:00= 00:35= 01:15= 00:44= 00:24= 00:35= 02:10= 00:13=  
 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=

**Beste stræktid for klassen**

00:34 00:34 02:04 01:51 00:22 01:08 00:26 01:11 00:21 01:43 01:32 00:29 02:04 01:33 00:16 03:35 01:39 01:06 05:52 02:14 02:06 02:06 01:41 02:32 01:49 02:10 02:55 01:00

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

**D-JUN****1 Christa Blach Madsen****5****1:36:22**

01:16= 01:48= 02:47= 04:23= 04:42= 05:36= 05:59= 07:13= 09:33= 11:41= 13:32= 14:03= 15:52= 17:54= 18:15= 22:38= 25:30= 26:18= 27:34= 29:03= 30:49= 33:13= 34:58= 37:40= 40:07= 43:33=  
 01:16= 00:32= 00:59= 01:36= 00:19= 00:54= 00:23= 01:14= 02:20= 02:08= 01:51= 00:31= 01:49= 02:02= 00:21= 04:23= 02:52= 00:48= 01:16= 01:29= 01:46= 02:24= 01:45= 02:42= 02:27= 03:26=  
 00:00=  
 45:01= 47:12= 50:01= 51:01= 53:05= 55:24= 57:45= 58:48= 66:44= 68:46= 69:32= 69:56= 70:32= 74:03= 74:22=  
 01:28= 02:11= 02:49= 01:00= 02:04= 02:21= 01:03= 07:56= 02:02= 00:46= 00:24= 00:36= 03:31= 00:19=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**Beste stræktid for klassen**

01:16 00:32 00:59 01:36 00:19 00:54 00:23 01:14 02:20 02:08 01:51 00:31 01:49 02:02 00:21 04:23 02:52 00:48 01:16 01:29 01:46 02:24 01:45 02:42 02:27 03:26 01:28 02:00

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

**HA****1 Jonas Weber****8****1:12:40**

00:20= 00:49= 01:30= 02:31= 02:46= 03:30= 03:50= 04:41= 04:55= 06:35= 07:55= 08:17= 09:28= 11:35= 11:48= 15:34= 16:59= 17:54= 20:45= 23:42= 25:40= 27:41= 29:33= 30:51= 32:59= 34:49=  
 00:20= 00:29= 00:41= 01:01= 00:15= 00:44= 00:20= 00:51= 00:14= 01:40= 01:20= 00:22= 01:11= 02:07= 00:13= 03:46= 01:25= 00:55= 02:51= 02:57= 01:58= 02:01= 01:52= 01:18= 02:08= 01:50=  
 00:00=  
 36:52= 39:45= 40:48= 42:39= 44:57= 45:53= 47:50= 49:46= 51:55= 53:47= 54:39= 55:11= 56:23= 57:04= 57:27= 58:02= 60:28= 60:40=  
 02:03= 02:53= 01:03= 01:51= 02:18= 00:56= 01:57= 01:56= 02:09= 01:52= 00:52= 00:32= 01:12= 00:41= 00:23= 00:35= 02:26= 00:12=  
 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 Jeppe Andersen****8****1:28:34**

00:32+ 01:06+ 02:27+ 03:15+ 03:32+ 04:20+ 04:38+ 05:54+ 06:09+ 07:42+ 11:48+ 12:14+ 13:52+ 14:42+ 14:57+ 18:02+ 19:26+ 20:26+ 22:44+ 26:20+ 28:34+ 30:35+ 32:34+ 34:04+ 36:33+ 38:38+  
 00:32+ 00:34+ 01:21+ 01:48+ 00:17+ 00:48+ 00:18- 01:16+ 00:15+ 01:33- 04:06+ 00:26+ 01:38+ 00:50- 00:15+ 03:05- 01:24- 01:00+ 02:18- 03:36+ 02:14+ 02:01= 01:59+ 01:30+ 02:29+ 02:05+  
 00:12& 00:05# 00:40& 00:13- 00:02# 00:04+ 00:02- 00:25& 00:01+ 00:07- 02:46@ 00:04# 00:27& 01:17- 00:02# 00:41- 00:01- 00:05+ 00:33- 00:39# 00:16# 00:00= 00:07+ 00:12# 00:21# 00:15#  
 41:09+ 44:05+ 45:08+ 46:58+ 48:58+ 49:47+ 52:11+ 54:22+ 56:48+ 59:00+ 60:05+ 60:43+ 62:05+ 62:53+ 63:17+ 63:53+ 66:22+ 66:34+  
 02:31+ 02:56+ 01:03= 01:50- 02:00- 00:49- 02:24+ 02:11+ 02:26+ 02:12+ 01:05+ 00:38+ 01:22+ 00:48+ 00:24+ 00:36+ 02:29+ 00:12=  
 00:28# 00:03+ 00:00= 00:01- 00:18- 00:07- 00:27# 00:15# 00:17# 00:20# 00:13# 00:06# 00:10# 00:07# 00:01+ 00:01+ 00:03+ 00:00=

**3 Peter Dyhr Jensen****Ifk****1:32:24**

01:02+ 01:46+ 02:47+ 04:35+ 05:14+ 06:04+ 06:32+ 07:48+ 08:09+ 10:14+ 11:44+ 12:54+ 14:35+ 15:29+ 15:49+ 19:43+ 21:23+ 22:33+ 24:26+ 27:46+ 30:08+ 32:28+ 34:44+ 36:11+ 40:12+ 42:23+  
 01:02+ 00:44+ 01:01+ 01:48+ 00:39+ 00:50+ 00:28+ 01:16+ 00:21+ 02:05+ 01:30+ 01:10+ 01:41+ 00:54- 00:20+ 03:54+ 01:40+ 01:10+ 01:53- 03:20+ 02:22+ 02:20+ 02:16+ 01:27+ 04:01+ 02:11+  
 00:42@ 00:15& 00:20& 00:47& 00:24@ 00:06# 00:08& 00:25& 00:07& 00:25# 00:10# 00:48@ 00:30& 01:13- 00:07& 00:08+ 00:15# 00:15& 00:58- 00:23# 00:24# 00:19# 00:24# 00:09# 01:53& 00:21#  
 44:51+ 48:49+ 50:12+ 52:24+ 55:14+ 56:20+ 58:33+ 60:58+ 63:39+ 66:09+ 67:19+ 68:02+ 69:38+ 70:30+ 70:57+ 71:43+ 74:12+ 74:24+  
 02:28+ 03:58+ 01:23+ 02:12+ 02:50+ 01:06+ 02:13+ 02:25+ 02:41+ 02:30+ 01:10+ 00:43+ 01:36+ 00:52+ 00:27+ 00:46+ 02:29+ 00:12=  
 00:25# 01:05& 00:20& 00:21# 00:32# 00:10# 00:16# 00:29# 00:32# 00:38& 00:18& 00:11& 00:24& 00:11& 00:04# 00:11& 00:03+ 00:00=

## HA

4	Allan Reiche Andersen	8	1:51:44																							
00:29+	01:15+	03:02+	05:20+	05:41+	06:46+	07:14+	08:18+	08:39+	10:48+	12:53+	14:30+	16:25+	16:43+	19:59+	21:46+	23:07+	24:57+	28:00+	30:33+	33:49+	36:33+	38:20+	45:04+	47:50+	51:12+	
00:29+	00:46+	01:47+	02:18+	00:21+	01:05+	00:28+	01:04+	00:21+	02:09+	02:05+	01:37+	01:55+	00:18-	03:16+	01:47-	01:21-	01:50+	03:03+	02:33-	03:16+	02:44+	01:47-	06:44+	02:46+	03:22+	
00:09&	00:17&	01:06@	01:17@	00:06&	00:21&	00:08&	00:13&	00:07&	00:29&	00:45&	01:15@	00:44&	01:49-	03:03@	01:59-	00:04-	00:55&	00:12+	00:24-	01:18&	00:43&	00:05-	05:26@	00:38&	01:32&	
56:19+	58:06+	60:40+	65:19+	66:30+	69:07+	72:27+	75:26+	78:33+	79:46+	80:34+	82:17+	83:15+	83:48+	84:28+	87:23+	87:44+										
05:07+	01:47-	02:34+	04:39+	01:11-	02:37+	03:20+	02:59+	03:07+	01:13-	00:48-	01:43+	00:58-	00:33-	00:40+	02:55+	00:21-										
03:04@	01:06-	01:31@	02:48@	01:07-	01:41@	01:23&	01:03&	00:58&	00:39-	00:04-	01:11@	00:14-	00:08-	00:17&	02:20@	02:05-										

### Beste stræktid for klassen

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

## H-JUN

1	Martin Møller	7	1:44:10																						
00:24=	01:04=	02:38=	04:07=	04:32=	05:38=	06:48=	10:08=	10:36=	13:20=	14:42=	20:12=	21:58=	25:07=	25:22=	28:43=	30:39=	31:21=	32:37=	34:01=	35:50=	38:35=	40:30=	42:56=	46:03=	51:34=
00:24=	00:40=	01:34=	01:29=	00:25=	01:06=	01:10=	03:20=	00:28=	02:44=	01:22=	05:30=	01:46=	03:09=	00:15=	03:21=	01:56=	00:42=	01:16=	01:24=	01:49=	02:45=	01:55=	02:26=	03:07=	05:31=
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=
53:02=	56:01=	59:08=	60:25=	62:39=	65:36=	68:08=	69:27=	70:45=	72:59=	73:46=	74:17=	74:54=	77:55=	78:10=											
01:28=	02:59=	03:07=	01:17=	02:14=	02:57=	02:32=	01:19=	01:18=	02:14=	00:47=	00:31=	00:37=	03:01=	00:15=											
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	Jacob Bjørn Hansen	12	1:46:46																							
00:28+	01:04=	01:55-	03:39-	04:01-	05:02-	05:30-	07:01-	07:21-	11:37-	12:18-	15:06-	17:02-	18:35-	18:58-	21:40-	23:38-	24:30-	26:05-	27:44-	29:41-	33:26-	35:38-	40:34-	45:47-	50:28-	
00:28+	00:36-	00:51-	01:44+	00:22-	01:01-	00:28-	01:31-	00:20-	04:16+	00:41-	02:48-	01:56+	01:33-	00:23+	02:42-	01:58+	00:52+	01:35+	01:39+	01:57+	03:45+	02:12+	04:56+	05:13+	04:41-	
00:04#	00:04-	00:43-	00:15#	00:03-	00:05-	00:42-	01:49-	00:08-	01:32&	00:41-	02:42-	00:10+	01:36-	00:08&	00:39-	00:02+	00:10#	00:19#	00:15#	00:08+	01:00&	00:17#	02:30@	02:06&	00:50-	
52:22-	55:39-	59:31+	60:31+	62:56+	65:37+	68:28+	69:58+	71:38+	75:17+	76:12+	76:42+	77:36+	80:30+	80:46+												
01:54+	03:17+	03:52+	01:00-	02:25+	02:41-	02:51+	01:30+	01:40+	03:39+	00:55+	00:30-	00:54+	02:54-	00:16+												
00:26&	00:18#	00:45#	00:17-	00:11+	00:16-	00:19#	00:11#	00:22&	01:25&	00:08#	00:01-	00:17&	00:07-	00:01+												

### Beste stræktid for klassen

00:24 00:36 00:51 01:29 00:22 01:01 00:28 01:31 00:20 02:44 00:41 02:48 01:46 01:33 00:15 02:42 01:56 00:42 01:16 01:24 01:49 02:45 01:55 02:26 03:07 04:41 01:28 02

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

## OG

1	Mona Lene Rasmussen	3	1:36:54																						
00:26=	01:04=	02:14=	06:02=	07:03=	07:36=	09:45=	10:08=	12:05=	14:31=	15:06=	17:06=	19:54=	20:12=	24:48=	26:55=	27:37=	29:20=	30:44=	32:19=	34:49=	36:35=	39:31=	42:33=	46:34=	48:07=
00:26=	00:38=	01:10=	03:48=	01:01=	00:33=	02:09=	00:23=	01:57=	02:26=	00:35=	02:00=	02:48=	00:18=	04:36=	02:07=	00:42=	01:43=	01:24=	01:35=	02:30=	01:46=	02:56=	03:02=	04:01=	01:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
51:20=	55:01=	56:49=	59:14=	61:58=	64:34=	65:40=	67:15=	69:51=	70:43=	71:16=	71:56=	76:39=	76:54=												
03:13=	03:41=	01:48=	02:25=	02:36=	01:06=	01:35=	02:36=	00:52=	00:33=	00:40=	04:43=	00:15=													
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	Janni Fischer	As	1:54:27																						
00:59+	02:35+	03:40+	05:27-	05:54-	07:09-	08:01-	10:41+	11:15-	14:12-	15:44+	19:58+	21:53+	25:02+	25:32+	29:12+	31:46+	32:34+	34:09+	36:32+	38:45+	41:54+	44:26+	47:17+	50:46+	55:14+
00:59+	01:36+	01:05-	01:47-	00:27-	01:15+	00:52-	02:40+	00:34-	02:57+	01:32+	04:14+	01:55-	03:09+	00:30-	03:40+	02:34+	00:48-	01:35+	02:23+	02:13-	03:09+	02:32-	02:51-	03:29-	04:28+
00:33@	00:58@	00:05-	02:01-	00:34-	00:42@	01:17-	02:17@	01:23-	00:31#	00:57@	02:14@	00:53-	02:51@	04:06-	01:33&	01:52@	00:55-	00:11#	00:48&	00:17-	01:23&	00:24-	00:11-	00:32-	02:55@
57:38+	60:52+	64:33+	66:31+	69:20+	72:22+	75:38+	77:10+	78:47+	81:54+	82:55+	83:34+	84:29+	88:05+	88:27+											
02:24-	03:14-	03:41+	01:58-	02:49+	03:02+	03:16+	01:32-	01:37-	03:07+	01:01+	00:39-	00:55-	03:36+	00:22+											
00:49-	00:27-	01:53@	00:27-	00:05+	00:26#	02:10@	00:03-	00:59-	02:15@	00:28&	00:01-	03:48-	03:21@	00:22+											

**OG**

3	Hanne Birke	5	1:56:12
00:53+	01:46+	02:45+	05:08-
00:53+	00:53+	00:59-	02:23-
00:27@	00:15&	00:11-	01:25-
63:20+	66:19+	67:43+	70:47+
04:05+	02:59-	01:24-	03:04+
00:52&	00:42-	00:24-	00:39&

4	Lene Bejer	lfk	1:56:21
00:34+	01:15+	02:28+	04:16+
00:34+	00:41+	01:13+	01:48+
50:06+	53:01+	57:22+	58:43+
01:53+	02:55+	04:21+	01:21+
01:53+	02:55+	04:21+	01:21+

5	Helle Nikkel	Vok	2:21:46
00:38+	01:44+	04:55+	06:23+
00:38+	01:06+	03:11+	01:28+
00:38+	01:06+	03:11+	01:28+
79:47+	82:06+	85:15+	88:52+
03:20+	02:19+	03:09+	03:37+
03:20+	02:19+	03:09+	03:37+

**Beste stræktid for klassen**

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

**VET1**

1	Jens Jørgen Hansen	12	1:14:09
00:27=	01:05=	02:00=	03:02=
00:27=	00:38=	00:55=	01:02=
00:00=	00:00=	00:00=	00:00=
41:44=	43:02=	44:52=	47:21=
03:11=	01:18=	01:50=	02:29=
00:00=	00:00=	00:00=	00:00=

2	Jess Rasmussen	lfk	1:35:28
00:30+	01:13+	02:03+	03:18+
00:30+	00:43+	00:50-	01:15+
00:03#	00:05#	00:05-	00:13#
47:27+	48:47+	50:57+	54:37+
02:40-	01:20+	02:10+	03:40+
00:31-	00:02+	00:20#	01:11&

3	Steen Oxfeldt	5	1:37:18
00:32+	01:17+	02:41+	03:53+
00:32+	00:45+	01:24+	01:12+
00:05#	00:07#	00:29&	00:10#
50:55+	54:09+	57:30+	58:33+
01:23-	03:14+	03:21+	01:03-
01:48-	01:56@	01:31&	01:26-

## VET1

4	Carsten Helligsø	Ifk	1:50:44																						
00:45+	01:45+	02:53+	05:06+	06:22+	06:58+	09:02+	09:32-	12:11-	13:48-	19:15+	21:03+	21:35+	23:29+	25:30+	25:47+	30:04+	32:43+	33:34+	35:11+	36:58+	38:59+	41:46+	44:37+	48:10+	
00:45+	01:00+	01:08+	01:46+	00:27+	01:16+	00:36+	02:04+	00:30-	02:39+	01:37+	05:27+	01:48+	00:32-	01:54+	02:01+	00:17-	04:17+	02:39+	00:51-	01:37+	01:47+	02:01-	02:47+	02:51+	03:33+
00:18&	00:22&	00:13#	00:44&	00:06&	00:20&	00:10&	00:29&	04:25-	01:22@	00:18#	04:15@	01:18@	01:20-	00:58@	01:45@	03:44-	02:43@	01:58@	00:22-	00:14#	00:08+	00:13-	01:22&	00:33#	00:05+
52:27+	56:11+	58:17+	61:19+	64:31+	70:38+	73:25+	77:05+	80:11+	81:39+	83:42+	85:36+	86:36+	87:20+	88:09+	92:24+	92:44+									
04:17+	03:44+	02:06+	03:02+	03:12+	06:07+	02:47+	03:40+	03:06+	01:28+	02:03+	01:54+	01:00+	00:44+	00:49-	04:15+	00:20+									
01:06&	02:26@	00:16#	00:33#	02:17@	04:04@	00:33#	01:21&	02:03@	00:11#	00:34&	01:05@	00:35@	00:04+	02:29-	03:59@	00:20+									

### Beste stræktid for klassen

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

## VET2

1	Jørgen Pedersen	As	1:20:46																						
00:34=	01:24=	02:16=	03:20=	03:42=	04:46=	05:25=	06:45=	07:13=	10:19=	12:05=	13:45=	15:23=	17:02=	20:37=	22:07=	23:20=	23:57=	27:06=	35:57=	39:06=	40:40=	43:05=	46:44=	48:29=	50:52=
00:34=	00:50=	00:52=	01:04=	00:22=	01:04=	00:39=	01:20=	00:28=	03:06=	01:46=	01:40=	01:38=	01:39=	03:35=	01:30=	01:13=	00:37=	03:09=	08:51=	03:09=	01:34=	02:25=	03:39=	01:45=	02:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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=
53:21=	55:47=	57:28=	58:29=	59:02=	59:46=	62:29=	62:46=																		
02:29=	02:26=	01:41=	01:01=	00:33=	00:44=	02:43=	00:17=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																		

2	Steffen Alm	Ifk	1:26:17																						
00:32-	01:17-	02:19+	03:51+	04:15+	05:20+	05:51+	07:38+	08:15+	11:24+	14:51+	16:47+	18:31+	18:49+	22:33+	24:30+	25:51+	27:15+	29:45+	32:01-	34:55-	38:43-	40:22-	42:43-	45:19-	46:20-
00:32-	00:45-	01:02+	01:32+	00:24+	01:05+	00:31-	01:47+	00:37+	03:09+	03:27+	01:56+	01:44+	00:18-	03:44+	01:57+	01:21+	01:24+	02:30-	02:16-	02:54-	03:48+	01:39-	02:21-	02:36+	01:01-
00:02-	00:05-	00:10#	00:28&	00:02+	00:01+	00:08-	00:27&	00:09&	00:03+	01:41&	00:16#	00:06+	01:21-	00:09+	00:27&	00:08#	00:47@	00:39-	06:35-	00:15-	02:14@	00:46-	01:18-	00:51&	01:22-
48:35-	51:09-	53:46-	55:27-	56:21-	56:54-	57:41-	61:59-	62:17+																	
02:15-	02:34+	02:37+	01:41+	00:54+	00:33-	00:47-	04:18+	00:18+																	
00:14-	00:08+	00:56&	00:40&	00:21&	00:11-	01:56-	04:01@	00:18+																	

3	Varny Vestergaard	Ifk	1:29:58																						
00:27-	01:13-	02:56+	05:16+	05:57+	07:06+	08:10+	09:22+	18:16+	22:14+	24:28+	26:09+	26:27+	30:30+	32:36+	33:51+	36:30+	39:07+	41:04+	43:58+	47:08+	48:38+	51:21+	53:52+	56:37+	58:42+
00:27-	00:46-	01:43+	02:20+	00:41+	01:09+	01:04+	01:12-	08:54+	03:58+	02:14+	01:41+	00:18-	04:03+	02:06-	01:15-	02:39+	02:37+	01:57-	02:54-	03:10+	01:30-	02:43+	02:31-	02:45+	02:05-
00:07-	00:04-	00:51&	01:16@	00:19&	00:05+	00:25&	00:08-	08:26@	00:52&	00:28&	00:01+	01:20-	02:24@	01:29-	00:15-	01:26@	02:00@	01:12-	05:57-	00:01+	00:04-	00:18#	01:08-	01:00&	00:18-
62:12+	64:32+	65:58+	66:46+	67:18+	68:03+	71:38+	71:58+																		
03:30+	02:20-	01:26-	00:48-	00:32-	00:45+	03:35+	00:20+																		
01:01&	00:06-	00:15-	00:13-	00:01-	00:01+	00:52&	00:03#																		

4	Karsten Ricardt	Ifk	1:39:08																						
00:36+	01:21-	02:47+	05:18+	05:42+	06:51+	07:26+	09:53+	10:30+	13:13+	18:56+	21:08+	22:26+	22:47+	26:47+	29:17+	31:16+	32:20+	34:57+	37:43+	41:38+	46:18+	47:55+	51:30+	54:43+	59:52+
00:36+	00:45-	01:26+	02:31+	00:24+	01:09+	00:35-	02:27+	00:37+	02:43-	05:43+	02:12+	01:18-	00:21-	04:00+	02:30+	01:59+	01:04+	02:37-	02:46-	03:55+	04:40+	01:37-	03:35-	03:13+	05:09+
00:02+	00:05-	00:34&	01:27@	00:02+	00:05+	00:04-	01:07&	00:09&	00:23-	03:57@	00:32&	00:20-	01:18-	00:25#	01:00&	00:46&	00:27&	00:32-	06:05-	00:46#	03:06@	00:48-	00:04-	01:28&	02:46@
63:05+	66:18+	69:48+	71:53+	73:00+	73:36+	74:25+	76:53+	77:08+																	
03:13+	03:13+	03:30+	02:05+	01:07+	00:36-	00:49-	02:28+	00:15+																	
00:44&	00:47&	01:49@	01:04@	00:34@	00:08-	01:54-	02:11@	00:15+																	

5	Mogens Hald	Ifk	1:40:43																						
00:32-	01:28+	03:01+	07:01+	07:28+	08:44+	10:28+	12:24+	13:03+	16:12+	19:11+	21:21+	22:39+	23:03+	26:03+	28:23+	30:01+	30:44+	33:31+	36:25+	40:18+	45:00+	46:30+	49:39+	54:19+	56:00+
00:32-	00:56+	01:33+	04:00+	00:27+	01:16+	01:44+	01:56+	00:39+	03:09+	02:59+	02:10+	01:18-	00:24-	03:00-	02:20+	01:38+	00:43+	02:47-	02:54-	03:53+	04:42+	01:30-	03:09-	04:40+	01:41-
00:02-	00:06#	00:41&	02:56@	00:05#	00:12#	01:05@	00:36&	00:11&	00:03+	01:13&	00:30&	00:20-	01:15-	00:35-	00:50&	00:25&	00:06#	00:22-	05:57-	00:44#	03:08@	00:55-	00:30-	02:55@	00:42-
59:20+	62:52+	66:26+	68:55+	70:08+	70:49+	71:49+	74:19+	74:43+																	
03:20+	03:32+	03:34+	02:29+	01:13+	00:41-	01:00-	02:30+	00:24+																	
00:51&	01:06&	01:53@	01:28@	00:40@	00:03-	01:43-	02:13@	00:24+																	

## VET2

6	Palle Wind	5	1:52:23
00:44+	01:35+	02:49+	04:31+
00:44+	00:51+	01:14+	01:42+
00:10&	00:01+	00:22&	00:38&
65:59+	70:11+	74:27+	77:17+
03:29+	04:12+	04:16+	02:50+
01:00&	01:46&	02:35@	01:49@

7	Flemming Sasser	lfk	2:07:34
00:46+	03:09+	04:27+	06:37+
00:46+	02:23+	01:18+	02:10+
81:43+	86:18+	91:06+	93:36+
03:47+	04:35+	04:48+	02:30+
03:47+	04:35+	04:48+	02:30+

8	Vibeke Møller	7	2:19:58
00:53+	02:03+	03:42+	05:49+
00:53+	01:10+	01:39+	02:07+
00:53+	01:10+	01:39+	02:07+
87:08+	91:56+	97:44+	103:42+
02:10+	04:48+	05:48+	05:58+
02:10+	04:48+	05:48+	05:58+

### Beste stræktid for klassen

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

## YOB

1	Nicolai Wind	5	1:17:47
00:26=	00:56=	02:07=	02:57=
00:26=	00:30=	01:11=	00:50=
00:00=	00:00=	00:00=	00:00=
35:31=	37:39=	39:48=	40:44=
01:12=	02:08=	02:09=	00:56=
00:00=	00:00=	00:00=	00:00=

2	Christen Laursen	5	1:19:22
01:19+	01:59+	02:50+	04:32+
01:19+	00:40+	00:51-	01:42+
00:53@	00:10&	00:20-	00:52@
40:50+	42:45+	45:10+	46:11+
01:26+	01:55-	02:25+	01:01+
00:14#	00:13-	00:16#	00:05+

3	Claus Lyngby	5	1:24:15
00:27+	01:02+	02:01-	03:08+
00:27+	00:35+	00:59-	01:07+
00:01+	00:05#	00:12-	00:17&
42:02+	44:13+	47:09+	48:14+
01:17+	02:11+	02:56+	01:05+
00:05+	00:03+	00:47&	00:09#

Class	Navn	Klasse	Tid
<b>YOB</b>			

4	Alfred Møller	7	1:37:02																						
00:27+	01:09+	02:22+	04:44+	05:06+	06:16+	07:03+	09:20+	09:46+	12:45+	13:51+	16:54+	18:46+	22:01+	22:22+	25:23+	27:08+	27:58+	29:27+	31:00+	33:06+	36:42+	38:55+	41:57+	45:52+	50:08+
00:27+	00:42+	01:13+	02:22+	00:22=	01:10+	00:47+	02:17+	00:26+	02:59+	01:06-	03:03+	01:52+	03:15+	00:21=	03:01-	01:45+	00:50+	01:29+	01:33+	02:06+	03:36+	02:13+	03:02+	03:55+	04:16+
00:01+	00:12&	00:02+	01:32@	00:00=	00:19&	00:22&	01:08&	00:03#	01:37@	00:01-	02:28@	00:18#	02:19@	00:00=	00:39-	00:11#	00:10#	00:18&	00:16#	00:16#	01:15&	00:39&	00:44&	01:14&	01:05&
51:43+	54:18+	57:22+	58:38+	61:29+	64:38+	67:52+	69:04+	71:31+	74:52+	75:57+	76:31+	77:25+	80:46+	81:02+											
01:35+	02:35+	03:04+	01:16+	02:51+	03:09+	03:14+	01:12+	02:27+	03:21+	01:05+	00:34+	00:54+	03:21+	00:16-											
00:23&	00:27#	00:55&	00:20&	00:41&	00:56&	00:40&	00:15&	01:00&	01:21&	00:09#	00:04#	00:05#	00:11+	00:01-											

**Beste stræktid for klassen**

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