

Plads Navn
Bane1 7km

Klasse

Tid

1 Kenn Heldgaard Kristensen 1**58:15**

03:05=	04:09=	06:07=	09:05=	12:28=	17:47=	18:54=	20:47=	22:45=	27:09=	35:32=	37:56=	41:30=	44:29=	46:49=	50:05=	51:36=	53:19=	56:14=	57:36=	58:15=
03:05=	01:04=	01:58=	02:58=	03:23=	05:19=	01:07=	01:53=	01:58=	04:24=	08:23=	02:24=	03:34=	02:59=	02:20=	03:16=	01:31=	01:43=	02:55=	01:22=	00:39=
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=

2 Anders Byrdal 10**1:00:53**

03:26+	04:08=	06:26+	10:25+	14:21+	19:57+	20:47+	23:29+	25:40+	29:31+	37:27+	39:42+	43:16+	46:33+	49:06+	52:19+	53:43+	55:45+	58:40+	60:09+	60:53+
03:26+	00:42=	02:18+	03:59+	03:56+	05:36+	00:50=	02:42+	02:11+	03:51=	07:56=	02:15=	03:34=	03:17+	02:33+	03:13=	01:24=	02:02+	02:55=	01:29+	00:44+
00:21#	00:22=	00:20#	01:01&	00:33#	00:17+	00:17=	00:49&	00:13#	00:33=	00:27=	00:09=	00:00=	00:18#	00:13+	00:03=	00:07=	00:19#	00:00=	00:07+	00:05#

3 Thorkild Jensen 8**1:04:16**

08:24+	09:03+	11:08+	14:58+	18:23+	23:54+	24:56+	27:33+	29:30+	34:05+	41:16+	43:45+	47:06+	50:06+	52:39+	55:54+	57:29+	59:21+	62:16+	63:38+	64:16+
08:24+	00:39=	02:05+	03:50+	03:25+	05:31+	01:02=	02:37+	01:57=	04:35+	07:11=	02:29+	03:21=	03:00+	02:33+	03:15=	01:35+	01:52+	02:55=	01:22=	00:38=
05:19@	00:25=	00:07+	00:52&	00:02+	00:12+	00:05=	00:44&	00:01=	00:11+	01:12=	00:05+	00:13=	00:01+	00:13+	00:01=	00:04+	00:09+	00:00=	00:00=	00:01=

4 Lars Mikkelsen 1**1:14:53**

03:34+	04:20+	08:24+	21:12+	24:39+	30:47+	31:46+	34:04+	35:53+	40:22+	49:46+	51:56+	55:53+	59:10+	61:49+	65:35+	66:52+	68:48+	72:41+	74:02+	74:53+
03:34+	00:46=	04:04+	12:48+	03:27+	06:08+	00:59=	02:18+	01:49=	04:29+	09:24+	02:10=	03:57+	03:17+	02:39+	03:46+	01:17=	01:56+	03:53+	01:21=	00:51+
00:29#	00:18=	02:06@	09:50@	00:04+	00:49#	00:08=	00:25#	00:09=	00:05+	01:01#	00:14=	00:23#	00:18#	00:19#	00:30#	00:14=	00:13#	00:58&	00:01=	00:12&

5 Søren Andersen 1**1:24:36**

03:59+	04:44+	07:16+	10:47+	15:34+	30:50+	33:27+	35:12+	36:43+	37:46+	40:24+	42:56+	47:06+	57:00+	59:21+	63:35+	66:48+	69:11+	73:00+	74:31+	76:33+	82:07+	83:43+	84:36+
03:59+	00:45=	02:32+	03:31+	04:47+	15:16+	02:37+	01:45=	01:31=	01:03=	02:38=	02:32+	04:10+	09:54+	02:21+	04:14+	03:13+	02:23+	03:49+	01:31+	02:02+	05:34+	01:36+	00:53+
00:54&	00:19=	00:34&	00:33#	01:24&	09:57@	01:30@	00:08=	00:27=	03:21=	05:45=	00:08+	00:36#	06:55@	00:01+	00:58&	01:42@	00:40&	00:54&	00:09#	01:23@	05:34+	01:36+	00:53+

6 Anders Lorentsen 9**1:31:28**

06:18+	07:01+	10:39+	14:17+	18:52+	38:36+	39:57+	42:34+	45:02+	51:59+	62:02+	64:58+	68:50+	72:41+	75:04+	78:56+	81:45+	83:59+	88:21+	90:16+	91:28+
06:18+	00:43=	03:38+	03:38+	04:35+	19:44+	01:21+	02:37+	02:28+	06:57+	10:03+	02:56+	03:52+	03:51+	02:23+	03:52+	02:49+	02:14+	04:22+	01:55+	01:12+
03:13@	00:21=	01:40&	00:40#	01:12&	14:25@	00:14#	00:44&	00:30&	02:33&	01:40#	00:32#	00:18+	00:52&	00:03+	00:36#	01:18&	00:31&	01:27&	00:33&	00:33&

Beste stræktid for klassen

03:05	00:39	01:58	02:58	03:23	05:19	00:50	01:45	01:31	01:03	02:38	02:10	03:21	02:59	02:20	03:13	01:17	01:43	02:55	01:21	00:38
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Bane2 5,5km**1 Jens Ozol 9****1:05:13**

04:09=	06:52=	09:33=	13:36=	14:53=	17:23=	19:55=	26:24=	30:23=	32:55=	41:05=	44:56=	48:02=	52:44=	54:14=	56:37=	60:54=	62:44=	64:08=	65:13=
04:09=	02:43=	02:41=	04:03=	01:17=	02:30=	02:32=	06:29=	03:59=	02:32=	08:10=	03:51=	03:06=	04:42=	01:30=	02:23=	04:17=	01:50=	01:24=	01:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Lennart Bo Kristiansen 10**1:09:39**

04:25+	07:02+	11:22+	16:41+	18:15+	21:34+	26:28+	27:43+	33:18+	36:17+	46:20+	49:55+	53:06+	56:59+	58:32+	61:12+	65:36+	67:19+	68:44+	69:39+
04:25+	02:37=	04:20+	05:19+	01:34+	03:19+	04:54+	01:15=	05:35+	02:59+	10:03+	03:35=	03:11+	03:53=	01:33+	02:40+	04:24+	01:43=	01:25+	00:55=
00:16+	00:06=	01:39&	01:16&	00:17#	00:49&	02:22&	05:14=	01:36&	00:27#	01:53#	00:16=	00:05+	00:49=	00:03+	00:17#	00:07+	00:07=	00:01+	00:10=

Beste stræktid for klassen

04:09	02:37	02:41	04:03	01:17	02:30	02:32	01:15	03:59	02:32	08:10	03:35	03:06	03:53	01:30	02:23	04:17	01:43	01:24	00:55
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Bane3 4,6km

Bane3 4,6km

1	Marianne Lyngre Krogh	3											49:53			
02:26=	03:58=	06:25=	09:57=	11:00=	14:10=	22:14=	31:04=	34:32=	37:07=	40:33=	43:12=	47:27=	49:01=	49:53=		
02:26=	01:32=	02:27=	03:32=	01:03=	03:10=	08:04=	08:50=	03:28=	02:35=	03:26=	02:39=	04:15=	01:34=	00:52=		
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	Keld Gade	10											52:34			
02:15+	03:52+	08:07+	16:42+	17:33+	20:49+	24:12+	30:48+	34:05+	36:24+	40:08+	42:38+	49:39+	51:36+	52:34+		
02:15+	01:37+	04:15+	08:35+	00:51+	03:16+	03:23+	06:36+	03:17+	02:19+	03:44+	02:30+	07:01+	01:57+	00:58+		
02:15+	01:37+	04:15+	08:35+	00:51+	03:16+	03:23+	06:36+	03:17+	02:19+	03:44+	02:30+	07:01+	01:57+	00:58+		
3	Erik Krogh	3											53:02			
03:21+	05:10+	08:29+	12:32+	13:58+	17:53+	22:20+	31:33+	35:24+	38:31+	42:37+	45:40+	50:14+	52:03+	53:02+		
03:21+	01:49+	03:19+	04:03+	01:26+	03:55+	04:27+	09:13+	03:51+	03:07+	04:06+	03:03+	04:34+	01:49+	00:59+		
03:21+	01:49+	03:19+	04:03+	01:26+	03:55+	04:27+	09:13+	03:51+	03:07+	04:06+	03:03+	04:34+	01:49+	00:59+		
4	Lucia Aagaard	1											53:17			
03:28+	05:24+	08:57+	14:22+	15:59+	19:39+	23:50+	32:24+	35:49+	38:54+	43:05+	46:15+	50:41+	52:27+	53:17+		
03:28+	01:56+	03:33+	05:25+	01:37+	03:40+	04:11+	08:34+	03:25+	03:05+	04:11+	03:10+	04:26+	01:46+	00:50+		
03:28+	01:56+	03:33+	05:25+	01:37+	03:40+	04:11+	08:34+	03:25+	03:05+	04:11+	03:10+	04:26+	01:46+	00:50+		
5	Jens Jørgen Jensen	1											59:14			
02:34+	04:27+	11:13+	18:25+	19:56+	23:40+	26:54+	37:35+	41:59+	44:36+	48:16+	50:58+	56:03+	57:41+	59:14+		
02:34+	01:53+	06:46+	07:12+	01:31+	03:44+	03:14+	10:41+	04:24+	02:37+	03:40+	02:42+	05:05+	01:38+	01:33+		
02:34+	01:53+	06:46+	07:12+	01:31+	03:44+	03:14+	10:41+	04:24+	02:37+	03:40+	02:42+	05:05+	01:38+	01:33+		
6	Poul Erik Bertelsen	1											1:01:38			
03:12+	04:51+	12:13+	16:10+	18:16+	21:24+	26:54+	38:46+	42:23+	45:04+	50:13+	53:25+	58:46+	60:39+	61:38+		
03:12+	01:39+	07:22+	03:57+	02:06+	03:08+	05:30+	11:52+	03:37+	02:41+	05:09+	03:12+	05:21+	01:53+	00:59+		
03:12+	01:39+	07:22+	03:57+	02:06+	03:08+	05:30+	11:52+	03:37+	02:41+	05:09+	03:12+	05:21+	01:53+	00:59+		
7	Kaj Kaspersen	1											1:03:57			
04:08+	10:05+	13:51+	18:27+	24:12+	27:21+	31:00+	38:17+	41:30+	44:40+	52:25+	56:47+	61:17+	63:07+	63:57+		
04:08+	05:57+	03:46+	04:36+	05:45+	03:09+	03:39+	07:17+	03:13+	03:10+	07:45+	04:22+	04:30+	01:50+	00:50+		
04:08+	05:57+	03:46+	04:36+	05:45+	03:09+	03:39+	07:17+	03:13+	03:10+	07:45+	04:22+	04:30+	01:50+	00:50+		
8	Gert Bertel	2											1:04:28			
02:54+	05:40+	11:35+	20:22+	21:50+	26:22+	31:29+	39:54+	44:24+	47:09+	51:34+	54:54+	60:24+	63:17+	64:28+		
02:54+	02:46+	05:55+	08:47+	01:28+	04:32+	05:07+	08:25+	04:30+	02:45+	04:25+	03:20+	05:30+	02:53+	01:11+		
02:54+	02:46+	05:55+	08:47+	01:28+	04:32+	05:07+	08:25+	04:30+	02:45+	04:25+	03:20+	05:30+	02:53+	01:11+		
9	Jan Lauge Kristensen	2											1:07:01			
02:34+	04:32+	07:33+	12:06+	14:00+	20:29+	25:10+	36:10+	41:07+	44:54+	49:16+	53:14+	63:53+	65:48+	67:01+		
02:34+	01:58+	03:01+	04:33+	01:54+	06:29+	04:41+	11:00+	04:57+	03:47+	04:22+	03:58+	10:39+	01:55+	01:13+		
02:34+	01:58+	03:01+	04:33+	01:54+	06:29+	04:41+	11:00+	04:57+	03:47+	04:22+	03:58+	10:39+	01:55+	01:13+		
10	Lene Stick Nielsen	10											1:12:08			
09:40+	13:18+	16:00+	21:33+	23:17+	32:46+	37:37+	47:17+	52:29+	55:57+	61:31+	65:05+	69:20+	71:12+	72:08+		
09:40+	03:38+	02:42+	05:33+	01:44+	09:29+	04:51+	09:40+	05:12+	03:28+	05:34+	03:34+	04:15+	01:52+	00:56+		
09:40+	03:38+	02:42+	05:33+	01:44+	09:29+	04:51+	09:40+	05:12+	03:28+	05:34+	03:34+	04:15+	01:52+	00:56+		
11	Gitte Isen	1											1:16:16			
03:53+	06:12+	11:00+	16:37+	22:42+	29:37+	34:52+	46:40+	51:40+	55:28+	61:23+	65:13+	72:22+	74:37+	76:16+		
03:53+	02:19+	04:48+	05:37+	06:05+	06:55+	05:15+	11:48+	05:00+	03:48+	05:55+	03:50+	07:09+	02:15+	01:39+		
03:53+	02:19+	04:48+	05:37+	06:05+	06:55+	05:15+	11:48+	05:00+	03:48+	05:55+	03:50+	07:09+	02:15+	01:39+		
12	Lene Bejer Damgaard	10											1:17:28			
11:35+	13:32+	22:07+	29:01+	30:35+	35:17+	39:02+	48:53+	52:41+	55:26+	59:36+	64:22+	74:11+	75:59+	77:28+		
11:35+	01:57+	08:35+	06:54+	01:34+	04:42+	03:45+	09:51+	03:48+	02:45+	04:10+	04:46+	09:49+	01:48+	01:29+		
11:35+	01:57+	08:35+	06:54+	01:34+	04:42+	03:45+	09:51+	03:48+	02:45+	04:10+	04:46+	09:49+	01:48+	01:29+		

Bane3 4,6km

13	Torben Isen	1	1:19:35											
05:46+	09:03+	14:13+	21:26+	23:32+	31:35+	36:34+	47:32+	52:12+	55:59+	61:34+	65:56+	75:35+	78:17+	79:35+
05:46+	03:17+	05:10+	07:13+	02:06+	08:03+	04:59+	10:58+	04:40+	03:47+	05:35+	04:22+	09:39+	02:42+	01:18+
05:46+	03:17+	05:10+	07:13+	02:06+	08:03+	04:59+	10:58+	04:40+	03:47+	05:35+	04:22+	09:39+	02:42+	01:18+

Beste stræktid for klassen

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

Bane4 3,6km

1	Thomas Jørgensen	2	55:01										
05:57=	09:45=	15:38=	20:05=	21:57=	31:17=	37:27=	40:07=	43:33=	46:35=	49:28=	51:48=	53:36=	55:01=
05:57=	03:48=	05:53=	04:27=	01:52=	09:20=	06:10=	02:40=	03:26=	03:02=	02:53=	02:20=	01:48=	01:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Pia Gade	10	55:30										
07:44+	11:56+	17:43+	21:57+	23:47+	32:34+	38:35+	40:50+	44:23+	47:31+	51:05+	52:50+	54:26+	55:30+
07:44+	04:12+	05:47-	04:14-	01:50-	08:47-	06:01-	02:15-	03:33+	03:08+	03:34+	01:45-	01:36-	01:04-
01:47&	00:24#	00:06-	00:13-	00:02-	00:33-	00:09-	00:25-	00:07+	00:06+	00:41#	00:35-	00:12-	00:21-

3	Claus Madsen	2	59:34										
07:26+	10:50+	17:14+	20:18+	22:35+	31:15-	43:10+	45:07+	48:08+	51:11+	53:51+	56:24+	58:22+	59:34+
07:26+	03:24-	06:24+	03:04-	02:17+	08:40-	11:55+	01:57-	03:01-	03:03+	02:40-	02:33+	01:58+	01:12-
01:29#	00:24-	00:31+	01:23-	00:25#	00:40-	05:45&	00:43-	00:25-	00:01+	00:13-	00:13+	00:10+	00:13-

4	Ann Dorrit Hansen	5	1:16:11										
09:33+	20:12+	30:05+	33:18+	35:41+	49:08+	55:08+	59:36+	62:56+	68:10+	70:59+	73:07+	74:51+	76:11+
09:33+	10:39+	09:53+	03:13-	02:23+	13:27+	06:00-	04:28+	03:20-	05:14+	02:49-	02:08-	01:44-	01:20-
03:36&	06:51@	04:00&	01:14-	00:31&	04:07&	00:10-	01:48&	00:06-	02:12&	00:04-	00:12-	00:04-	00:05-

Beste stræktid for klassen

05:57 03:24 05:47 03:04 01:50 08:40 06:00 01:57 03:01 03:02 02:40 01:45 01:36 01:04

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

Bane5 4,1kmlet

1	Lilli Hansen	6	1:04:33												
04:36=	07:41=	13:59=	15:54=	22:31=	30:35=	38:01=	42:49=	46:38=	48:48=	51:27=	56:26=	59:18=	60:29=	62:59=	64:33=
04:36=	03:05=	06:18=	01:55=	06:37=	08:04=	07:26=	04:48=	03:49=	02:10=	02:39=	04:59=	02:52=	01:11=	02:30=	01:34=
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	Inger Johansen	2	1:32:24													
08:04+	11:20+	19:48+	21:55+	32:43+	42:17+	49:35+	56:40+	61:08+	63:38+	66:30+	74:37+	78:34+	80:28+	82:59+	91:14+	92:24+
08:04+	03:16+	08:28+	02:07+	10:48+	09:34+	07:18-	07:05+	04:28+	02:30+	02:52+	08:07+	03:57+	01:54+	02:31+	08:15+	01:10+
03:28&	00:11+	02:10&	00:12#	04:11&	01:30#	00:08-	02:17&	00:39#	00:20#	00:13+	03:08&	01:05&	00:43&	00:01+	06:41@	01:10+

Beste stræktid for klassen

04:36 03:05 06:18 01:55 06:37 08:04 07:18 04:48 03:49 02:10 02:39 04:59 02:52 01:11 02:30 01:34

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