

Plads Navn Klasse

Tid

D14

1 **Miri Brunstedt Nørgaard** 9 20:35

01:04= 03:27= 05:28= 09:31= 15:46= 17:47= 18:58= 20:35=
 01:04= 02:23= 02:01= 04:03= 06:15= 02:01= 01:11= 01:37=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste stræktid for klassen

01:04 02:23 02:01 04:03 06:15 02:01 01:11 01:37

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

D16

1 **Gertrud Riis Madsen** 12 22:22

03:43= 05:17= 08:24= 11:33= 15:01= 16:19= 19:06= 21:10= 22:22=
 03:43= 01:34= 03:07= 03:09= 03:28= 01:18= 02:47= 02:04= 01:12=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste stræktid for klassen

03:43 01:34 03:07 03:09 03:28 01:18 02:47 02:04 01:12

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

D21

1 **Emily Benham Kvåle** 4 19:01

03:05= 04:26= 05:38= 07:44= 08:33= 11:19= 15:24= 16:08= 17:55= 19:01=
 03:05= 01:21= 01:12= 02:06= 00:49= 02:46= 04:05= 00:44= 01:47= 01:06=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

3 **Annika Henriksen** 14 24:08

02:38- 05:02+ 06:35+ 09:40+ 10:43+ 14:03+ 19:09+ 20:04+ 22:21+ 23:17+ 24:08+
 02:38- 02:24+ 01:33+ 03:05+ 01:03+ 03:20+ 05:06+ 00:55+ 02:17+ 00:56- 00:51+
 00:27- 01:03& 00:21& 00:59& 00:14& 00:34# 01:01# 00:11# 00:30& 00:10- 00:51+

4 **Christine Reibert Hansen** 1 24:09

03:02- 05:17+ 06:38+ 09:42+ 10:36+ 13:50+ 18:34+ 19:31+ 22:19+ 23:17+ 24:09+
 03:02- 02:15+ 01:21+ 03:04+ 00:54+ 03:14+ 04:44+ 00:57+ 02:48+ 00:58- 00:52+
 00:03- 00:54& 00:09# 00:58& 00:05# 00:28# 00:39# 00:13& 01:01& 00:08- 00:52+

5 **Anke Dannowski** 9 24:48

02:39- 04:33+ 06:10+ 10:11+ 11:13+ 14:22+ 19:08+ 20:13+ 22:26+ 23:58+ 24:48+
 02:39- 01:54+ 01:37+ 04:01+ 01:02+ 03:09+ 04:46+ 01:05+ 02:13+ 01:32+ 00:50+
 00:26- 00:33& 00:25& 01:55& 00:13& 00:23# 00:41# 00:21& 00:26# 00:26& 00:50+

6 **Birka Øhlenschlæger Nielsen** 13 26:17

02:40- 05:14+ 07:00+ 10:01+ 11:03+ 14:58+ 20:05+ 21:30+ 23:39+ 24:51+ 26:17+
 02:40- 02:34+ 01:46+ 03:01+ 01:02+ 03:55+ 05:07+ 01:25+ 02:09+ 01:12+ 01:26+
 00:25- 01:13& 00:34& 00:55& 00:13& 01:09& 01:02& 00:41& 00:22# 00:06+ 01:26+

7 **Ea Lykke Otte** 18 27:25

02:49- 04:43+ 06:24+ 09:32+ 11:19+ 14:42+ 20:28+ 21:47+ 24:37+ 26:28+ 27:25+
 02:49- 01:54+ 01:41+ 03:08+ 01:47+ 03:23+ 05:46+ 01:19+ 02:50+ 01:51+ 00:57+
 00:16- 00:33& 00:29& 01:02& 00:58@ 00:37# 01:41& 00:35& 01:03& 00:45& 00:57+

8 **Sara Lykke Brinch** 2 28:56

03:09+ 05:51+ 07:29+ 11:02+ 12:08+ 16:01+ 21:48+ 23:09+ 25:36+ 27:41+ 28:56+
 03:09+ 02:42+ 01:38+ 03:33+ 01:06+ 03:53+ 05:47+ 01:21+ 02:27+ 02:05+ 01:15+
 00:04+ 01:21& 00:26& 01:27& 00:17& 01:07& 01:42& 00:37& 00:40& 00:59& 01:15+

9 **Joanne Pickering** 17 30:20

02:41- 04:32+ 06:02+ 09:28+ 10:32+ 13:45+ 18:47+ 20:05+ 23:36+ 27:43+ 29:23+ 30:20+
 02:41- 01:51+ 01:30+ 03:26+ 01:04+ 03:13+ 05:02+ 01:18+ 03:31+ 04:07+ 01:40+ 00:57+
 00:24- 00:30& 00:18# 01:20& 00:15& 00:27# 00:57# 00:34& 01:44& 03:01@ 01:40+ 00:57+

Class	Navn	Klasse	Tid
10	Gerit Pfuhl	15	30:52
03:42+	06:39+	08:34+	12:20+
03:42+	02:57+	01:55+	03:46+
00:37#	01:36@	00:43&	01:40&
		00:36&	00:53&
		02:04&	00:34&
		01:33&	00:07#
		01:13+	01:28+

Beste stræktid for klassen

02:38 01:21 01:12 02:06 00:49 02:46 04:05 00:44 01:47 00:56

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

D40

1	Anne Loftager	16	27:54
03:27=	04:29=	07:28=	10:41=
03:27=	01:02=	02:59=	03:13=
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=

2	Katja Brunstedt	9	32:31
03:23-	04:20-	08:45+	14:00+
03:23-	00:57-	04:25+	05:15+
00:04-	00:05-	01:26&	02:02&
		00:12+	00:08+
		00:22-	00:12+
		01:05&	00:03+

Beste stræktid for klassen

03:23 00:57 02:59 03:13 03:34 05:53 01:25 03:31 01:16 01:12

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

D50

1	Berit Harfot	6	31:18
04:16=	05:25=	09:24=	13:16=
04:16=	01:09=	03:59=	03:52=
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=	00:00=

2	Marianne Kjeldsen	18	45:01
04:47+	05:58+	18:04+	22:20+
04:47+	01:11+	12:06+	04:16+
00:31#	00:02+	08:07@	00:24#
		00:24#	02:06&
		00:10#	01:47&
		00:47&	00:35-

Beste stræktid for klassen

04:16 01:09 03:59 03:52 03:32 06:07 01:29 03:52 01:27 01:00

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

D60

1	Tove Sonne Andersen	9	21:26
03:02=	04:40=	06:51=	09:55=
03:02=	01:38=	02:11=	03:04=
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

03:02 01:38 02:11 03:04 03:15 01:14 03:39 01:58 01:25

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

D70

1	Ansa Maclassen	12	28:33
01:24=	04:56=	06:13=	08:12=
01:24=	03:32=	01:17=	01:59=
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=

Class	Navn	Klasse	Tid
2	Kirsten Brunstedt	9	29:08
01:13-	07:01+	08:03+	10:01+
13:53+	15:42-	20:13+	24:13-
26:47-	29:08+	01:13-	05:48+
01:02-	01:58-	03:52+	01:49-
04:31+	04:00-	02:34+	02:21+
00:11-	02:16&	00:15-	00:01-
01:27&	04:41-	01:37&	00:24-
00:03+	00:44&		

Beste stræktid for klassen

01:13 03:32 01:02 01:58 02:25 01:49 02:54 04:00 02:31 01:37

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

H21

1	Hans Jørgen Kvåle	4	23:09
02:15=	03:11=	04:18=	05:18=
06:33=	08:28=	09:10=	11:06=
13:25=	17:11=	18:31=	19:17=
21:50=	22:32=	23:09=	
02:15=	00:56=	01:07=	01:00=
01:15=	01:55=	00:42=	01:56=
02:19=	03:46=	01:20=	00:46=
02:33=	00:42=	00:37=	
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=

2	Mikkel Brunstedt Nørgaard	9	23:26
01:52-	02:46-	04:02-	05:03-
06:26-	08:20-	09:11+	10:54-
13:28+	17:28+	18:39+	19:33+
21:43-	22:43+	23:26+	
01:52-	00:54-	01:16+	01:01+
01:23+	01:54-	00:51+	01:43-
02:34+	04:00+	01:11-	00:54+
02:10-	01:00+	00:43+	
00:23-	00:02-	00:09#	00:01+
00:08#	00:01-	00:09#	00:13-
00:15#	00:14+	00:09-	00:08#
00:23-	00:18&	00:06#	

3	Allan Jensen	13	24:18
01:54-	02:43-	03:55-	04:51-
06:22-	08:13-	09:01-	11:07+
13:37+	17:34+	18:53+	19:49+
22:37+	23:43+	24:18+	
01:54-	00:49-	01:12+	00:56-
01:31+	01:51-	00:48+	02:06+
02:30+	03:57+	01:19-	00:56+
02:48+	01:06+	00:35-	
00:21-	00:07-	00:05+	00:04-
00:16#	00:04-	00:06#	00:10+
00:11+	00:11+	00:01-	00:10#
00:15+	00:24&	00:02-	

4	Rasmus Søgaard	6	24:25
02:27+	03:19+	04:40+	05:43+
07:02+	08:52+	09:41+	11:35+
13:58+	17:53+	19:18+	20:19+
22:57+	23:45+	24:25+	
02:27+	00:52-	01:21+	01:03+
01:19+	01:54-	00:49+	01:54-
02:23+	03:55+	01:25+	01:01+
02:38+	00:48+	00:40+	
00:12+	00:04-	00:14#	00:03+
00:04+	00:05-	00:07#	00:02-
00:04+	00:09+	00:05+	00:15&
00:05+	00:06#	00:03+	

5	Peter Reibert Hansen	1	27:08
02:26+	03:20+	06:34+	07:34+
09:21+	11:28+	12:14+	13:58+
16:33+	20:34+	22:06+	22:58+
25:38+	26:26+	27:08+	
02:26+	00:54-	03:14+	01:00=
01:47+	02:07+	00:46+	01:44-
02:35+	04:01+	01:32+	00:52+
02:40+	00:48+	00:42+	
00:11+	00:02-	02:07@	00:00=
00:32&	00:12#	00:04+	00:12-
00:16#	00:15+	00:12#	00:06#
00:07+	00:06#	00:05#	

6	Johan Maclassen	12	27:48
02:22+	03:24+	06:33+	07:38+
09:02+	11:03+	11:53+	13:53+
16:26+	21:03+	22:24+	23:16+
25:48+	27:06+	27:48+	
02:22+	01:02+	03:09+	01:05+
01:24+	02:01+	00:50+	02:00+
02:33+	04:37+	01:21+	00:52+
02:32-	01:18+	00:42+	
00:07+	00:06#	02:02@	00:05+
00:09#	00:06+	00:08#	00:04+
00:14#	00:51#	00:01+	00:06#
00:01-	00:36&	00:05#	

Beste stræktid for klassen

01:52 00:49 01:07 00:56 01:15 01:50 00:42 01:43 02:19 03:46 01:11 00:46 02:10 00:42 00:35

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

H40

1	Morten Bang Nørgaard	9	24:42
03:02=	04:29=	07:22=	10:33=
11:24=	14:05=	18:38=	19:34=
22:27=	23:57=	24:42=	
03:02=	01:27=	02:53=	03:11=
00:51=	02:41=	04:33=	00:56=
02:53=	01:30=	00:45=	
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=

2	Preben Brinch	2	28:58
03:38+	05:29+	07:13-	11:22+
12:28+	15:55+	22:44+	24:07+
26:19+	27:33+	28:58+	
03:38+	01:51+	01:44-	04:09+
01:06+	03:27+	06:49+	01:23+
02:12-	01:14-	01:25+	
00:36#	00:24&	01:09-	00:15&
00:46&	02:16&	00:27&	00:41-
00:16-	00:40&		

Beste stræktid for klassen

03:02 01:27 01:44 03:11 00:51 02:41 04:33 00:56 02:12 01:14 00:45

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

H50

Class	Navn	Klasse	Tid
1	Jan Møller	18	19:30
02:31=	04:01= 05:19= 07:37= 08:30= 11:15= 15:22= 16:08= 17:55= 18:48= 19:30=		
02:31=	01:30= 01:18= 02:18= 00:53= 02:45= 04:07= 00:46= 01:47= 00:53= 00:42=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Allan Topp	9	22:37
02:33+	04:20+ 06:12+ 08:56+ 09:52+ 13:02+ 17:43+ 18:27+ 20:28+ 21:52+ 22:37+		
02:33+	01:47+ 01:52+ 02:44+ 00:56+ 03:10+ 04:41+ 00:44- 02:01+ 01:24+ 00:45+		
00:02+	00:17# 00:34& 00:26# 00:03+ 00:25# 00:34# 00:02- 00:14# 00:31& 00:03+		
3	Tommy Damsgaard	16	23:15
02:35+	04:20+ 09:32+ 10:22+ 13:59+ 18:30+ 19:19+ 21:19+ 22:15+ 23:15+		
02:35+	01:45+ 05:12+ 00:50- 03:37+ 04:31+ 00:49- 02:00+ 00:56- 01:00+		
00:04+	00:15# 03:54@ 01:28- 02:44@ 01:46& 03:18- 01:14@ 00:51- 00:07#		
4	Jørn Svensen	16	23:42
03:08+	04:53+ 06:17+ 08:46+ 09:41+ 12:59+ 17:56+ 19:07+ 21:20+ 22:55+ 23:42+		
03:08+	01:45+ 01:24+ 02:29+ 00:55+ 03:18+ 04:57+ 01:11+ 02:13+ 01:35+ 00:47+		
00:37#	00:15# 00:06+ 00:11+ 00:02+ 00:33# 00:50# 00:25& 00:26# 00:42& 00:05#		
5	Bjarne Topp	9	23:44
02:25-	04:40+ 06:09+ 08:34+ 09:41+ 12:53+ 17:44+ 19:02+ 21:12+ 22:44+ 23:44+		
02:25-	02:15+ 01:29+ 02:25+ 01:07+ 03:12+ 04:51+ 01:18+ 02:10+ 01:32+ 01:00+		
00:06-	00:45& 00:11# 00:07+ 00:14& 00:27# 00:44# 00:32& 00:23# 00:39& 00:18&		
6	Jan Johansen	10	26:42
03:14+	05:21+ 06:48+ 10:04+ 11:08+ 14:54+ 20:23+ 21:34+ 24:26+ 25:36+ 26:42+		
03:14+	02:07+ 01:27+ 03:16+ 01:04+ 03:46+ 05:29+ 01:11+ 02:52+ 01:10+ 01:06+		
00:43&	00:37& 00:09# 00:58& 00:11# 01:01& 01:22& 00:25& 01:05& 00:17& 00:24&		
7	Bjørn Sommer	19	28:44
04:05+	05:56+ 14:09+ 15:11+ 18:08+ 23:21+ 24:15+ 26:15+ 27:46+ 28:44+		
04:05+	01:51+ 08:13+ 01:02- 02:57+ 05:13+ 00:54- 02:00+ 01:31- 00:58+		
01:34&	00:21# 06:55@ 01:16- 02:04@ 02:28& 03:13- 01:14@ 00:16- 00:05+		
8	Anders Harfot	6	31:20
03:35+	06:42+ 09:19+ 12:16+ 13:24+ 17:01+ 24:21+ 25:59+ 28:46+ 30:09+ 31:20+		
03:35+	03:07+ 02:37+ 02:57+ 01:08+ 03:37+ 07:20+ 01:38+ 02:47+ 01:23+ 01:11+		
01:04&	01:37@ 01:19@ 00:39& 00:15& 00:52& 03:13& 00:52@ 01:00& 00:30& 00:29&		
9	Jens Bentsen	9	32:18
03:07+	05:41+ 07:30+ 12:49+ 14:10+ 17:53+ 23:40+ 28:51+ 31:20+ 32:18+		
03:07+	02:34+ 01:49+ 05:19+ 01:21+ 03:43+ 05:47+ 05:11+ 02:29+ 00:58+		
00:36#	01:04& 00:31& 03:01@ 00:28& 00:58& 01:40& 04:25@ 00:42& 00:05+		
10	Erik Lindy Kristensen	16	34:01
03:02+	05:13+ 10:08+ 12:43+ 13:49+ 17:08+ 22:59+ 25:46+ 31:01+ 33:07+ 34:01+		
03:02+	02:11+ 04:55+ 02:35+ 01:06+ 03:19+ 05:51+ 02:47+ 05:15+ 02:06+ 00:54+		
00:31#	00:41& 03:37@ 00:17# 00:13# 00:34# 01:44& 02:01@ 03:28@ 01:13@ 00:12&		
11	Carl Peter Noe	13	35:12
06:09+	09:11+ 11:01+ 15:05+ 16:28+ 20:57+ 27:25+ 28:54+ 32:47+ 34:10+ 35:12+		
06:09+	03:02+ 01:50+ 04:04+ 01:23+ 04:29+ 06:28+ 01:29+ 03:53+ 01:23+ 01:02+		
03:38@	01:32@ 00:32& 01:46& 00:30& 01:44& 02:21& 00:43& 02:06@ 00:30& 00:20&		
12	Henrik Jørgensen	1	37:37
03:54+	06:43+ 08:51+ 12:44+ 13:56+ 18:29+ 24:45+ 28:44+ 31:52+ 35:40+ 37:37+		
03:54+	02:49+ 02:08+ 03:53+ 01:12+ 04:33+ 06:16+ 03:59+ 03:08+ 03:48+ 01:57+		
01:23&	01:19& 00:50& 01:35& 00:19& 01:48& 02:09& 03:13@ 01:21& 02:55@ 01:15@		
Beste stræktid for klassen			
02:25	01:30 01:18 00:50 00:53 02:45 00:49 00:44 00:56 00:53 00:42		

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

H60

1	Ingvar Braaten	7	29:24
04:32=	05:53= 11:32= 15:13= 20:33= 22:13= 26:24= 28:07= 29:24=		
04:32=	01:21= 05:39= 03:41= 05:20= 01:40= 04:11= 01:43= 01:17=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Class	Navn	Klasse	Tid
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2	John Michelsen	1	32:05					
04:56+	05:57+	14:56+	18:51+	24:11+	25:59+	29:37+	30:57+	32:05+
04:56+	01:01-	08:59+	03:55+	05:20=	01:48+	03:38-	01:20-	01:08-
00:24+	00:20-	03:20&	00:14+	00:00=	00:08+	00:33-	00:23-	00:09-

Beste stræktid for klassen

04:32 01:01 05:39 03:41 05:20 01:40 03:38 01:20 01:08

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

H70

1	Christian Strandgaard	1	32:16							
03:36=	06:53=	09:51=	13:19=	16:20=	18:09=	19:11=	25:03=	29:59=	31:05=	32:16=
03:36=	03:17=	02:58=	03:28=	03:01=	01:49=	01:02=	05:52=	04:56=	01:06=	01:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	John Rasmussen	13	37:26							
04:36+	08:12+	11:27+	15:34+	22:25+	24:32+	25:56+	27:53+	33:57+	35:36+	37:26+
04:36+	03:36+	03:15+	04:07+	06:51+	02:07+	01:24+	01:57-	06:04+	01:39+	01:50+
01:00&	00:19+	00:17+	00:39#	03:50@	00:18#	00:22&	03:55-	01:08#	00:33&	00:39&

3	Leif B. Nielsen	5	38:22						
04:37+	08:03+	11:11+	15:31+	21:15+	24:25+	27:33+	33:54+	37:04+	38:22+
04:37+	03:26+	03:08+	04:20+	05:44+	03:10+	03:08+	06:21+	03:10-	01:18+
01:01&	00:09+	00:10+	00:52#	02:43&	01:21&	02:06@	00:29+	01:46-	00:12#

4	Carl Malling	11	40:07							
03:48+	08:43+	11:49+	16:00+	22:53+	25:55+	28:01+	30:16+	36:20+	38:38+	40:07+
03:48+	04:55+	03:06+	04:11+	06:53+	03:02+	02:06+	02:15-	06:04+	02:18+	01:29+
00:12+	01:38&	00:08+	00:43#	03:52@	01:13&	01:04@	03:37-	01:08#	01:12@	00:18&

Beste stræktid for klassen

03:36 03:17 02:58 03:28 03:01 01:49 01:02 01:57 03:10 01:06 01:11

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