

Vinterlangdistance 2 2020

Stræktider

Hastrup Plantage-12-01-2020

Plads **Navn**
10km

Klasse

Tid

1	Jeppe Edvardsen		17			57:28															
	04:20=	06:29=	08:44=	19:25=	21:22=	23:56=	25:19=	28:03=	32:54=	36:15=	38:14=	38:57=	42:40=	46:04=	47:43=	51:04=	51:55=	53:21=	55:45=	56:49=	57:28=
	04:20=	02:09=	02:15=	10:41=	01:57=	02:34=	01:23=	02:44=	04:51=	03:21=	01:59=	00:43=	03:43=	03:24=	01:39=	03:21=	00:51=	01:26=	02:24=	01:04=	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	Asbjørn Faber Fenger-Grøn		20			1:05:22															
	05:03+	07:35+	10:18+	22:38+	24:53+	27:50+	29:22+	32:56+	38:18+	41:42+	43:54+	44:50+	49:02+	53:13+	55:12+	58:52+	59:40+	61:11+	63:43+	64:49+	65:22+
	05:03+	02:32+	02:43+	12:20+	02:15+	02:57+	01:32+	03:34+	05:22+	03:24+	02:12+	00:56+	04:12+	04:11+	01:59+	03:40+	00:48+	01:31+	02:32+	01:06+	00:33-
	00:43#	00:23#	00:28#	01:39#	00:18#	00:23#	00:09#	00:50&	00:31#	00:03+	00:13#	00:13&	00:29#	00:47#	00:20#	00:19+	00:03-	00:05+	00:08+	00:02+	00:06-
3	Thorkild Jensen		19			1:05:43															
	05:09+	07:38+	10:15+	22:19+	24:36+	27:47+	29:24+	32:49+	38:19+	41:47+	43:56+	44:51+	49:03+	53:16+	55:14+	58:55+	59:47+	61:22+	63:57+	65:08+	65:43+
	05:09+	02:29+	02:37+	12:04+	02:17+	03:11+	01:37+	03:25+	05:30+	03:28+	02:09+	00:55+	04:12+	04:13+	01:58+	03:41+	00:52+	01:35+	02:35+	01:11+	00:35-
	00:49#	00:20#	00:22#	01:23#	00:20#	00:37#	00:14#	00:41#	00:39#	00:07+	00:10+	00:12&	00:29#	00:49#	00:19#	00:20+	00:01+	00:09#	00:11+	00:07#	00:04-
4	Torben Kristensen		17			1:08:19															
	05:07+	07:43+	10:39+	23:23+	25:41+	28:56+	30:35+	34:02+	39:27+	42:50+	45:07+	46:04+	50:15+	54:37+	56:37+	60:41+	61:39+	63:32+	66:20+	67:35+	68:19+
	05:07+	02:36+	02:56+	12:44+	02:18+	03:15+	01:39+	03:27+	05:25+	03:23+	02:17+	00:57+	04:11+	04:22+	02:00+	04:04+	00:58+	01:53+	02:48+	01:15+	00:44+
	00:47#	00:27#	00:41&	02:03#	00:21#	00:41&	00:16#	00:43&	00:34#	00:02+	00:18#	00:14&	00:28#	00:58&	00:21#	00:43#	00:07#	00:27&	00:24#	00:11#	00:05#
5	Jimmi Olsen		23			1:09:25															
	05:05+	07:39+	10:25+	23:25+	25:44+	29:05+	30:45+	34:14+	40:16+	43:44+	45:50+	46:40+	51:02+	55:42+	57:44+	61:42+	62:42+	64:28+	67:39+	68:49+	69:25+
	05:05+	02:34+	02:46+	13:00+	02:19+	03:21+	01:40+	03:29+	06:02+	03:28+	02:06+	00:50+	04:22+	04:40+	02:02+	03:58+	01:00+	01:46+	03:11+	01:10+	00:36-
	00:45#	00:25#	00:31#	02:19#	00:22#	00:47&	00:17#	00:45&	01:11#	00:07+	00:07+	00:07#	00:39#	01:16&	00:23#	00:37#	00:09#	00:20#	00:47&	00:06+	00:03-
6	Jess Rasmussen		23			1:09:32															
	05:17+	07:52+	10:34+	23:44+	26:05+	29:25+	31:07+	34:46+	40:33+	44:05+	46:14+	47:08+	51:29+	55:54+	58:02+	62:15+	63:12+	65:00+	67:48+	68:55+	69:32+
	05:17+	02:35+	02:42+	13:10+	02:21+	03:20+	01:42+	03:39+	05:47+	03:32+	02:09+	00:54+	04:21+	04:25+	02:08+	04:13+	00:57+	01:48+	02:48+	01:07+	00:37-
	00:57#	00:26#	00:27#	02:29#	00:24#	00:46&	00:19#	00:55&	00:56#	00:11+	00:10+	00:11&	00:38#	01:01&	00:29&	00:52&	00:06#	00:22&	00:24#	00:03+	00:02-
7	Ulrika Örnbaden Jørgensen		17			1:09:48															
	05:30+	08:00+	10:53+	23:39+	26:07+	29:43+	31:24+	35:07+	40:50+	44:10+	46:09+	47:02+	51:25+	56:02+	58:04+	62:17+	63:10+	64:54+	67:51+	69:06+	69:48+
	05:30+	02:30+	02:53+	12:46+	02:28+	03:36+	01:41+	03:43+	05:43+	03:20-	01:59+	00:53+	04:23+	04:37+	02:02+	04:13+	00:53+	01:44+	02:57+	01:15+	00:42+
	01:10&	00:21#	00:38&	02:05#	00:31&	01:02&	00:18#	00:59&	00:52#	00:01-	00:00=	00:10#	00:40#	01:13&	00:23#	00:52&	00:02+	00:18#	00:33#	00:11#	00:03+
8	Bjarne Mortensen		NOTEAM			1:10:17															
	05:33+	08:04+	10:59+	23:33+	25:56+	29:11+	30:50+	34:23+	40:27+	43:54+	45:57+	46:48+	51:10+	55:51+	57:52+	61:48+	62:49+	64:35+	67:56+	69:21+	70:17+
	05:33+	02:31+	02:55+	12:34+	02:23+	03:15+	01:39+	03:33+	06:04+	03:27+	02:03+	00:51+	04:22+	04:41+	02:01+	03:56+	01:01+	01:46+	03:21+	01:25+	00:56+
	01:13&	00:22#	00:40&	01:53#	00:26#	00:41&	00:16#	00:49&	01:13&	00:06+	00:04+	00:08#	00:39#	01:17&	00:22#	00:35#	00:10#	00:20#	00:57&	00:21&	00:17&
9	Søren Meldgaard Jensen		23			1:10:22															
	05:39+	08:11+	11:02+	23:27+	25:47+	29:09+	30:49+	34:20+	40:22+	43:50+	45:54+	46:45+	51:07+	55:44+	57:49+	61:52+	62:52+	64:37+	68:06+	69:29+	70:22+
	05:39+	02:32+	02:51+	12:25+	02:20+	03:22+	01:40+	03:31+	06:02+	03:28+	02:04+	00:51+	04:22+	04:37+	02:05+	04:03+	01:00+	01:45+	03:29+	01:23+	00:53+
	01:19&	00:23#	00:36&	01:44#	00:23#	00:48&	00:17#	00:47&	01:11#	00:07+	00:05+	00:08#	00:39#	01:13&	00:26&	00:42#	00:09#	00:19#	01:05&	00:19&	00:14&
10	Keld Hinge Krogsgaard		20			1:13:35															
	05:11+	07:45+	10:43+	24:18+	26:50+	30:11+	31:55+	35:46+	41:46+	45:40+	47:55+	48:51+	53:34+	58:30+	60:43+	64:59+	65:59+	67:59+	71:13+	72:45+	73:35+
	05:11+	02:34+	02:58+	13:35+	02:32+	03:21+	01:44+	03:51+	06:00+	03:54+	02:15+	00:56+	04:43+	04:56+	02:13+	04:16+	01:00+	02:00+	03:14+	01:32+	00:50+
	00:51#	00:25#	00:43&	02:54&	00:35&	00:47&	00:21&	01:07&	01:09#	00:33#	00:16#	00:13&	01:00&	01:32&	00:34&	00:55&	00:09#	00:34&	00:50&	00:28&	00:11&
11	Thomas Edvardsen		17			1:15:28															
	05:42+	08:21+	11:17+	24:30+	26:59+	30:28+	32:26+	36:20+	42:12+	46:08+	50:45+	51:38+	56:18+	60:54+	63:00+	67:06+	68:09+	70:00+	73:01+	74:16+	75:28+
	05:42+	02:39+	02:56+	13:13+	02:29+	03:29+	01:58+	03:54+	05:52+	03:56+	04:37+	00:53+	04:40+	04:36+	02:06+	04:06+	01:03+	01:51+	03:01+	01:15+	01:12+
	01:22&	00:30#	00:41&	02:32#	00:32&	00:55&	00:35&	01:10&	01:01#	00:35#	02:38@	00:10#	00:57&	01:12&	00:27&	00:45#	00:12#	00:25&	00:37&	00:11#	00:33&
12	Susanne Loft Thyssen		5			1:15:36															
	05:50+	08:46+	12:05+	26:13+	28:50+	32:31+	34:25+	38:00+	44:02+	48:00+	50:34+	51:29+	56:24+	60:49+	63:04+	67:21+	68:24+	70:16+	73:27+	74:52+	75:36+
	05:50+	02:56+	03:19+	14:08+	02:37+	03:41+	01:54+	03:35+	06:02+	03:58+	02:34+	00:55+	04:55+	04:25+	02:15+	04:17+	01:03+	01:52+	03:11+	01:25+	00:44+
	01:30&	00:47&	01:04&	03:27&	00:40&	01:07&	00:31&	00:51&	01:11#	00:37#	00:35&	00:12&	01:12&	01:01&	00:36&	00:56&	00:12#	00:26&	00:47&	00:21&	00:05#

10km

13	Kent René Simonsen	23	1:15:58																	
06:10+	08:53+	11:54+	25:49+	28:25+	32:30+	34:19+	37:52+	43:57+	48:18+	50:42+	51:46+	56:15+	60:51+	63:13+	67:33+	68:37+	70:34+	73:48+	75:13+	75:58+
06:10+	02:43+	03:01+	13:55+	02:36+	04:05+	01:49+	03:33+	06:05+	04:21+	02:24+	01:04+	04:29+	04:36+	02:22+	04:20+	01:04+	01:57+	03:14+	01:25+	00:45+
01:50&	00:34&	00:46&	03:14&	00:39&	01:31&	00:26&	00:49&	01:14&	01:00&	00:25#	00:21&	00:46#	01:12&	00:43&	00:59&	00:13&	00:31&	00:50&	00:21&	00:06#

14	Peter Kilden Jensen	Ok Pan	1:16:23																	
05:20+	08:13+	11:12+	24:26+	26:54+	30:35+	32:34+	37:12+	43:43+	48:04+	50:38+	51:36+	56:14+	60:59+	63:19+	67:44+	68:50+	70:53+	74:09+	75:36+	76:23+
05:20+	02:53+	02:59+	13:14+	02:28+	03:41+	01:59+	04:38+	06:31+	04:21+	02:34+	00:58+	04:38+	04:45+	02:20+	04:25+	01:06+	02:03+	03:16+	01:27+	00:47+
05:20+	02:53+	02:59+	13:14+	02:28+	03:41+	01:59+	04:38+	06:31+	04:21+	02:34+	00:58+	04:38+	04:45+	02:20+	04:25+	01:06+	02:03+	03:16+	01:27+	00:47+

15	Jakob Q Christensen	11	1:16:48																	
06:09+	08:58+	12:12+	26:29+	29:08+	32:54+	34:48+	38:44+	44:58+	49:06+	51:35+	52:36+	57:18+	61:39+	63:59+	68:38+	69:39+	71:35+	74:43+	76:04+	76:48+
06:09+	02:49+	03:14+	14:17+	02:39+	03:46+	01:54+	03:56+	06:14+	04:08+	02:29+	01:01+	04:42+	04:21+	02:20+	04:39+	01:01+	01:56+	03:08+	01:21+	00:44+
06:09+	02:49+	03:14+	14:17+	02:39+	03:46+	01:54+	03:56+	06:14+	04:08+	02:29+	01:01+	04:42+	04:21+	02:20+	04:39+	01:01+	01:56+	03:08+	01:21+	00:44+

16	Steffen Alm	9	1:19:42																	
05:36+	08:18+	11:26+	25:39+	28:34+	32:13+	34:31+	38:30+	44:52+	51:20+	53:42+	54:40+	59:33+	64:05+	66:24+	71:13+	72:18+	74:17+	77:32+	78:56+	79:42+
05:36+	02:42+	03:08+	14:13+	02:55+	03:39+	02:18+	03:59+	06:22+	06:28+	02:22+	00:58+	04:53+	04:32+	02:19+	04:49+	01:05+	01:59+	03:15+	01:24+	00:46+
05:36+	02:42+	03:08+	14:13+	02:55+	03:39+	02:18+	03:59+	06:22+	06:28+	02:22+	00:58+	04:53+	04:32+	02:19+	04:49+	01:05+	01:59+	03:15+	01:24+	00:46+

17	Anders Edsen	25	1:19:49																	
05:32+	08:07+	11:05+	26:21+	29:14+	33:04+	35:01+	38:56+	45:40+	49:39+	52:21+	53:23+	58:41+	63:36+	66:19+	71:01+	72:12+	74:11+	77:35+	79:03+	79:49+
05:32+	02:35+	02:58+	15:16+	02:53+	03:50+	01:57+	03:55+	06:44+	03:59+	02:42+	01:02+	05:18+	04:55+	02:43+	04:42+	01:11+	01:59+	03:24+	01:28+	00:46+
05:32+	02:35+	02:58+	15:16+	02:53+	03:50+	01:57+	03:55+	06:44+	03:59+	02:42+	01:02+	05:18+	04:55+	02:43+	04:42+	01:11+	01:59+	03:24+	01:28+	00:46+

18	Martin Ringive	15	1:20:00																	
06:27+	09:27+	12:34+	26:38+	29:27+	33:39+	35:33+	39:52+	46:35+	50:42+	53:24+	54:26+	59:31+	64:23+	66:47+	71:26+	72:36+	74:35+	77:50+	79:19+	80:00+
06:27+	03:00+	03:07+	14:04+	02:49+	04:12+	01:54+	04:19+	06:43+	04:07+	02:42+	01:02+	05:05+	04:52+	02:24+	04:39+	01:10+	01:59+	03:15+	01:29+	00:41+
06:27+	03:00+	03:07+	14:04+	02:49+	04:12+	01:54+	04:19+	06:43+	04:07+	02:42+	01:02+	05:05+	04:52+	02:24+	04:39+	01:10+	01:59+	03:15+	01:29+	00:41+

19	Kim Gottlieb	3	1:20:03																	
05:43+	08:36+	11:52+	26:33+	29:22+	33:14+	35:08+	39:27+	46:32+	50:51+	53:15+	54:15+	59:20+	64:12+	66:37+	71:15+	72:22+	74:26+	77:46+	79:15+	80:03+
05:43+	02:53+	03:16+	14:41+	02:49+	03:52+	01:54+	04:19+	07:05+	04:19+	02:24+	01:00+	05:05+	04:52+	02:25+	04:38+	01:07+	02:04+	03:20+	01:29+	00:48+
05:43+	02:53+	03:16+	14:41+	02:49+	03:52+	01:54+	04:19+	07:05+	04:19+	02:24+	01:00+	05:05+	04:52+	02:25+	04:38+	01:07+	02:04+	03:20+	01:29+	00:48+

20	Steen Sig Andersen	7	1:20:05																	
05:57+	08:48+	11:59+	26:35+	29:25+	33:09+	35:06+	39:24+	46:30+	50:39+	53:18+	54:18+	59:22+	64:14+	66:39+	71:17+	72:25+	74:30+	77:47+	79:16+	80:05+
05:57+	02:51+	03:11+	14:36+	02:50+	03:44+	01:57+	04:18+	07:06+	04:09+	02:39+	01:00+	05:04+	04:52+	02:25+	04:38+	01:08+	02:05+	03:17+	01:29+	00:49+
05:57+	02:51+	03:11+	14:36+	02:50+	03:44+	01:57+	04:18+	07:06+	04:09+	02:39+	01:00+	05:04+	04:52+	02:25+	04:38+	01:08+	02:05+	03:17+	01:29+	00:49+

21	Thomas Ullner	12	1:20:14																	
06:15+	09:07+	12:21+	27:12+	30:03+	34:01+	35:58+	40:06+	46:50+	50:46+	53:21+	54:23+	59:29+	64:21+	66:45+	71:24+	72:33+	74:32+	77:54+	79:24+	80:14+
06:15+	02:52+	03:14+	14:51+	02:51+	03:58+	01:57+	04:08+	06:44+	03:56+	02:35+	01:02+	05:06+	04:52+	02:24+	04:39+	01:09+	01:59+	03:22+	01:30+	00:50+
06:15+	02:52+	03:14+	14:51+	02:51+	03:58+	01:57+	04:08+	06:44+	03:56+	02:35+	01:02+	05:06+	04:52+	02:24+	04:39+	01:09+	01:59+	03:22+	01:30+	00:50+

22	Keld Gade	23	1:20:41																	
06:17+	09:03+	12:14+	27:15+	30:30+	34:19+	36:11+	39:39+	46:40+	50:55+	53:26+	54:34+	59:44+	64:34+	67:04+	71:49+	72:58+	75:08+	78:29+	79:57+	80:41+
06:17+	02:46+	03:11+	15:01+	03:15+	03:49+	01:52+	03:28+	07:01+	04:15+	02:31+	01:08+	05:10+	04:50+	02:30+	04:45+	01:09+	02:10+	03:21+	01:28+	00:44+
06:17+	02:46+	03:11+	15:01+	03:15+	03:49+	01:52+	03:28+	07:01+	04:15+	02:31+	01:08+	05:10+	04:50+	02:30+	04:45+	01:09+	02:10+	03:21+	01:28+	00:44+

23	Nicoline O. Lorenzen	7	1:21:18																	
05:45+	08:29+	11:41+	26:32+	29:20+	33:07+	35:03+	39:22+	46:23+	50:37+	53:31+	54:35+	59:48+	64:39+	67:09+	72:18+	73:29+	75:39+	79:06+	80:35+	81:18+
05:45+	02:44+	03:12+	14:51+	02:48+	03:47+	01:56+	04:19+	07:01+	04:14+	02:54+	01:04+	05:13+	04:51+	02:30+	05:09+	01:11+	02:10+	03:27+	01:29+	00:43+
05:45+	02:44+	03:12+	14:51+	02:48+	03:47+	01:56+	04:19+	07:01+	04:14+	02:54+	01:04+	05:13+	04:51+	02:30+	05:09+	01:11+	02:10+	03:27+	01:29+	00:43+

24	Andreas Flint	20	1:23:12																	
06:12+	09:12+	12:18+	27:39+	30:22+	34:08+	35:49+	39:46+	46:25+	50:49+	53:27+	54:28+	59:09+	65:04+	67:36+	73:29+	74:53+	77:29+	80:54+	82:11+	83:12+
06:12+	03:00+	03:06+	15:21+	02:43+	03:46+	01:41+	03:57+	06:39+	04:24+	02:38+	01:01+	04:41+	05:55+	02:32+	05:53+	01:24+	02:36+	03:25+	01:17+	01:01+
06:12+	03:00+	03:06+	15:21+	02:43+	03:46+	01:41+	03:57+	06:39+	04:24+	02:38+	01:01+	04:41+	05:55+	02:32+	05:53+	01:24+	02:36+	03:25+	01:17+	01:01+

Plas	Navn	Klasse										Tid									
10km																					
25	Jacob Bang	15										1:23:44									
06:02+	08:39+	11:45+	26:41+	29:30+	33:34+	35:41+	39:40+	46:27+	50:27+	53:17+	54:24+	59:36+	64:59+	67:29+	72:48+	74:15+	76:46+	81:01+	82:36+	83:44+	
06:02+	02:37+	03:06+	14:56+	02:49+	04:04+	02:07+	03:59+	06:47+	04:00+	02:50+	01:07+	05:12+	05:23+	02:30+	05:19+	01:27+	02:31+	04:15+	01:35+	01:08+	
06:02+	02:37+	03:06+	14:56+	02:49+	04:04+	02:07+	03:59+	06:47+	04:00+	02:50+	01:07+	05:12+	05:23+	02:30+	05:19+	01:27+	02:31+	04:15+	01:35+	01:08+	
26	Henrik Juhl	3										1:24:42									
05:29+	08:09+	11:20+	26:11+	29:03+	33:12+	35:13+	40:31+	47:15+	52:07+	56:45+	57:59+	63:10+	67:54+	70:28+	75:29+	76:33+	78:38+	82:22+	83:56+	84:42+	
05:29+	02:40+	03:11+	14:51+	02:52+	04:09+	02:01+	05:18+	06:44+	04:52+	04:38+	01:14+	05:11+	04:44+	02:34+	05:01+	01:04+	02:05+	03:44+	01:34+	00:46+	
05:29+	02:40+	03:11+	14:51+	02:52+	04:09+	02:01+	05:18+	06:44+	04:52+	04:38+	01:14+	05:11+	04:44+	02:34+	05:01+	01:04+	02:05+	03:44+	01:34+	00:46+	
27	John Holm	Ok Pan										1:24:57									
06:03+	08:55+	12:02+	26:51+	29:48+	33:49+	35:45+	40:41+	47:35+	52:46+	55:36+	56:53+	62:11+	67:35+	70:17+	75:19+	76:29+	78:42+	82:26+	84:01+	84:57+	
06:03+	02:52+	03:07+	14:49+	02:57+	04:01+	01:56+	04:56+	06:54+	05:11+	02:50+	01:17+	05:18+	05:24+	02:42+	05:02+	01:10+	02:13+	03:44+	01:35+	00:56+	
06:03+	02:52+	03:07+	14:49+	02:57+	04:01+	01:56+	04:56+	06:54+	05:11+	02:50+	01:17+	05:18+	05:24+	02:42+	05:02+	01:10+	02:13+	03:44+	01:35+	00:56+	
28	Birgitte Halle	25										1:28:16									
06:40+	09:42+	13:01+	29:40+	32:32+	36:53+	39:11+	43:32+	50:47+	55:50+	58:32+	59:35+	65:00+	71:03+	74:00+	79:11+	80:18+	82:31+	86:02+	87:30+	88:16+	
06:40+	03:02+	03:19+	16:39+	02:52+	04:21+	02:18+	04:21+	07:15+	05:03+	02:42+	01:03+	05:25+	06:03+	02:57+	05:11+	01:07+	02:13+	03:31+	01:28+	00:46+	
06:40+	03:02+	03:19+	16:39+	02:52+	04:21+	02:18+	04:21+	07:15+	05:03+	02:42+	01:03+	05:25+	06:03+	02:57+	05:11+	01:07+	02:13+	03:31+	01:28+	00:46+	
29	Frank Krog Jensen	5										1:28:22									
05:59+	08:51+	12:07+	27:08+	29:59+	34:03+	36:08+	40:27+	47:38+	52:56+	57:05+	58:26+	59:28+	65:02+	71:00+	73:43+	79:02+	80:11+	82:25+	86:04+	87:35+	88:22+
05:59+	02:52+	03:16+	15:01+	02:51+	04:04+	02:05+	04:19+	07:11+	05:18+	04:09+	01:21+	01:02+	05:34+	05:58+	02:43+	05:19+	01:09+	02:14+	03:39+	01:31+	00:47+
05:59+	02:52+	03:16+	15:01+	02:51+	04:04+	02:05+	04:19+	07:11+	05:18+	04:09+	01:21+	01:02+	05:34+	05:58+	02:43+	05:19+	01:09+	02:14+	03:39+	01:31+	00:47+
30	Pernille Buch	15										1:28:38									
05:47+	08:35+	11:50+	27:04+	29:55+	33:57+	36:06+	40:45+	47:52+	53:04+	55:59+	57:08+	62:44+	68:06+	71:08+	77:07+	78:29+	81:34+	85:53+	87:40+	88:38+	
05:47+	02:48+	03:15+	15:14+	02:51+	04:02+	02:09+	04:39+	07:07+	05:12+	02:55+	01:09+	05:36+	05:22+	03:02+	05:59+	01:22+	03:05+	04:19+	01:47+	00:58+	
05:47+	02:48+	03:15+	15:14+	02:51+	04:02+	02:09+	04:39+	07:07+	05:12+	02:55+	01:09+	05:36+	05:22+	03:02+	05:59+	01:22+	03:05+	04:19+	01:47+	00:58+	
31	Stig Barrett	23										1:29:24									
06:20+	09:14+	12:23+	27:27+	30:19+	34:29+	36:39+	41:09+	49:33+	55:38+	58:24+	59:39+	65:06+	71:06+	73:52+	79:22+	80:38+	82:56+	86:52+	88:32+	89:24+	
06:20+	02:54+	03:09+	15:04+	02:52+	04:10+	02:10+	04:30+	08:24+	06:05+	02:46+	01:15+	05:27+	06:00+	02:46+	05:30+	01:16+	02:18+	03:56+	01:40+	00:52+	
06:20+	02:54+	03:09+	15:04+	02:52+	04:10+	02:10+	04:30+	08:24+	06:05+	02:46+	01:15+	05:27+	06:00+	02:46+	05:30+	01:16+	02:18+	03:56+	01:40+	00:52+	
33	Niels Stadel	20										1:32:33									
05:53+	08:32+	11:44+	26:27+	29:17+	33:23+	35:21+	40:45+	47:22+	53:39+	56:19+	57:42+	63:00+	67:50+	70:22+	75:13+	76:23+	78:31+	90:08+	91:42+	92:33+	
05:53+	02:39+	03:12+	14:43+	02:50+	04:06+	01:58+	05:24+	06:37+	06:17+	02:40+	01:23+	05:18+	04:50+	02:32+	04:51+	01:10+	02:08+	11:37+	01:34+	00:51+	
05:53+	02:39+	03:12+	14:43+	02:50+	04:06+	01:58+	05:24+	06:37+	06:17+	02:40+	01:23+	05:18+	04:50+	02:32+	04:51+	01:10+	02:08+	11:37+	01:34+	00:51+	
34	Erling Trankjær	4										1:38:27									
06:08+	09:00+	12:09+	31:05+	34:34+	39:44+	42:36+	47:23+	55:56+	62:23+	65:56+	67:25+	72:52+	79:00+	82:42+	88:28+	89:42+	92:15+	96:13+	97:40+	98:27+	
06:08+	02:52+	03:09+	18:56+	03:29+	05:10+	02:52+	04:47+	08:33+	06:27+	03:33+	01:29+	05:27+	06:08+	03:42+	05:46+	01:14+	02:33+	03:58+	01:27+	00:47+	
06:08+	02:52+	03:09+	18:56+	03:29+	05:10+	02:52+	04:47+	08:33+	06:27+	03:33+	01:29+	05:27+	06:08+	03:42+	05:46+	01:14+	02:33+	03:58+	01:27+	00:47+	
35	Kent Uhre Knudsen	20										1:38:40									
06:06+	09:09+	12:25+	30:07+	32:54+	37:32+	40:17+	45:45+	52:56+	60:47+	63:35+	65:04+	73:26+	78:55+	81:31+	87:46+	90:13+	92:25+	96:31+	97:52+	98:40+	
06:06+	03:03+	03:16+	17:42+	02:47+	04:38+	02:45+	05:28+	07:11+	07:51+	02:48+	01:29+	08:22+	05:29+	02:36+	06:15+	02:27+	02:12+	04:06+	01:21+	00:48+	
06:06+	03:03+	03:16+	17:42+	02:47+	04:38+	02:45+	05:28+	07:11+	07:51+	02:48+	01:29+	08:22+	05:29+	02:36+	06:15+	02:27+	02:12+	04:06+	01:21+	00:48+	
36	Henning Mindstruplund	5										1:38:48									
06:32+	09:37+	13:09+	31:41+	35:00+	39:40+	42:35+	47:40+	55:45+	62:25+	65:54+	67:29+	72:56+	78:59+	82:33+	88:26+	89:46+	92:11+	96:17+	97:54+	98:48+	
06:32+	03:05+	03:32+	18:32+	03:19+	04:40+	02:55+	05:05+	08:05+	06:40+	03:29+	01:35+	05:27+	06:03+	03:34+	05:53+	01:20+	02:25+	04:06+	01:37+	00:54+	
06:32+	03:05+	03:32+	18:32+	03:19+	04:40+	02:55+	05:05+	08:05+	06:40+	03:29+	01:35+	05:27+	06:03+	03:34+	05:53+	01:20+	02:25+	04:06+	01:37+	00:54+	
37	Thomas Lindschouw	24										1:41:02									
06:37+	09:51+	13:39+	32:18+	35:42+	40:24+	43:07+	48:30+	56:35+	62:51+	67:04+	68:12+	74:08+	80:39+	83:41+	89:27+	90:56+	93:36+	98:03+	99:58+	101:02+	
06:37+	03:14+	03:48+	18:39+	03:24+	04:42+	02:43+	05:23+	08:05+	06:16+	04:13+	01:08+	05:56+	06:31+	03:02+	05:46+	01:29+	02:40+	04:27+	01:55+	01:04+	
06:37+	03:14+	03:48+	18:39+	03:24+	04:42+	02:43+	05:23+	08:05+	06:16+	04:13+	01:08+	05:56+	06:31+	03:02+	05:46+	01:29+	02:40+	04:27+	01:55+	01:04+	

10km

38	Anette Pind	20	1:45:47																	
06:21+	09:24+	13:06+	33:00+	36:26+	42:18+	44:39+	50:11+	59:50+	65:27+	68:46+	70:07+	78:44+	85:48+	89:12+	95:15+	96:39+	99:11+	103:22+	104:55+	105:47+
06:21+	03:03+	03:42+	19:54+	03:26+	05:52+	02:21+	05:32+	09:39+	05:37+	03:19+	01:21+	08:37+	07:04+	03:24+	06:03+	01:24+	02:32+	04:11+	01:33+	00:52+
06:21+	03:03+	03:42+	19:54+	03:26+	05:52+	02:21+	05:32+	09:39+	05:37+	03:19+	01:21+	08:37+	07:04+	03:24+	06:03+	01:24+	02:32+	04:11+	01:33+	00:52+
39	Jørn H. Klausen	Ok Syd	1:46:11																	
07:11+	10:49+	14:52+	33:52+	37:54+	43:29+	45:54+	51:53+	60:29+	66:20+	69:42+	71:04+	77:33+	84:06+	87:53+	94:12+	95:53+	98:54+	103:14+	105:02+	106:11+
07:11+	03:38+	04:03+	19:00+	04:02+	05:35+	02:25+	05:59+	08:36+	05:51+	03:22+	01:22+	06:29+	06:33+	03:47+	06:19+	01:41+	03:01+	04:20+	01:48+	01:09+
07:11+	03:38+	04:03+	19:00+	04:02+	05:35+	02:25+	05:59+	08:36+	05:51+	03:22+	01:22+	06:29+	06:33+	03:47+	06:19+	01:41+	03:01+	04:20+	01:48+	01:09+
40	Tove Jakobsen	20	1:51:24																	
06:29+	09:39+	13:28+	35:45+	39:22+	44:55+	47:54+	53:32+	64:07+	70:25+	74:07+	75:44+	82:58+	90:14+	93:30+	100:13+	101:36+	104:22+	108:43+	110:28+	111:24+
06:29+	03:10+	03:49+	22:17+	03:37+	05:33+	02:59+	05:38+	10:35+	06:18+	03:42+	01:37+	07:14+	07:16+	03:16+	06:43+	01:23+	02:46+	04:21+	01:45+	00:56+
06:29+	03:10+	03:49+	22:17+	03:37+	05:33+	02:59+	05:38+	10:35+	06:18+	03:42+	01:37+	07:14+	07:16+	03:16+	06:43+	01:23+	02:46+	04:21+	01:45+	00:56+
41	Leif Skovgaard Knudsen	2	2:02:47																	
08:02+	11:58+	16:37+	36:55+	40:57+	46:37+	53:34+	59:06+	68:09+	74:37+	84:35+	86:05+	93:27+	100:17+	103:42+	110:45+	112:30+	115:15+	119:45+	121:45+	122:47+
08:02+	03:56+	04:39+	20:18+	04:02+	05:40+	06:57+	05:32+	09:03+	06:28+	09:58+	01:30+	07:22+	06:50+	03:25+	07:03+	01:45+	02:45+	04:30+	02:00+	01:02+
08:02+	03:56+	04:39+	20:18+	04:02+	05:40+	06:57+	05:32+	09:03+	06:28+	09:58+	01:30+	07:22+	06:50+	03:25+	07:03+	01:45+	02:45+	04:30+	02:00+	01:02+
42	Uffe Bach	12	2:07:38																	
07:52+	12:08+	16:22+	39:28+	43:41+	50:13+	53:43+	59:27+	69:54+	76:12+	84:56+	86:26+	93:59+	101:50+	105:32+	112:50+	114:38+	119:01+	123:43+	126:07+	127:38+
07:52+	04:16+	04:14+	23:06+	04:13+	06:32+	03:30+	05:44+	10:27+	06:18+	08:44+	01:30+	07:33+	07:51+	03:42+	07:18+	01:48+	04:23+	04:42+	02:24+	01:31+
07:52+	04:16+	04:14+	23:06+	04:13+	06:32+	03:30+	05:44+	10:27+	06:18+	08:44+	01:30+	07:33+	07:51+	03:42+	07:18+	01:48+	04:23+	04:42+	02:24+	01:31+
43	Villy Kjeldsen	17	2:25:38																	
07:33+	12:36+	18:11+	46:53+	52:17+	60:55+	64:06+	71:28+	83:20+	92:22+	96:59+	98:38+	107:41+	117:22+	121:34+	131:01+	132:50+	136:16+	141:43+	144:16+	145:38+
07:33+	05:03+	05:35+	28:42+	05:24+	08:38+	03:11+	07:22+	11:52+	09:02+	04:37+	01:39+	09:03+	09:41+	04:12+	09:27+	01:49+	03:26+	05:27+	02:33+	01:22+
07:33+	05:03+	05:35+	28:42+	05:24+	08:38+	03:11+	07:22+	11:52+	09:02+	04:37+	01:39+	09:03+	09:41+	04:12+	09:27+	01:49+	03:26+	05:27+	02:33+	01:22+

Beste stræktid for klassen

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

16km

1	Elias Hinge Krogsgaard	20	1:26:52																						
86:52=																									
86:52=																									
00:00=																									
2	Gustav Vinther Østermark Jensen	7	1:31:13																						
01:08-	02:29+	04:40+	06:50+	17:24+	19:31+	24:04+	25:25+	30:19+	36:40+	40:18+	43:41+	48:49+	50:22+	51:52+	56:58+	62:17+	67:26+	70:57+	76:09+	77:42+	80:11+	84:29+	85:37+	87:02+	89:31+
01:08-	01:21+	02:11+	02:10+	10:34+	02:07+	04:33+	01:21+	04:54+	06:21+	03:38+	03:23+	05:08+	01:33+	01:30+	05:06+	05:19+	05:09+	03:31+	05:12+	01:33+	02:29+	04:18+	01:08+	01:25+	02:29+
85:44-	01:21+	02:11+	02:10+	10:34+	02:07+	04:33+	01:21+	04:54+	06:21+	03:38+	03:23+	05:08+	01:33+	01:30+	05:06+	05:19+	05:09+	03:31+	05:12+	01:33+	02:29+	04:18+	01:08+	01:25+	02:29+
90:39+	91:13+																								
01:08+	00:34+																								
01:08+	00:34+																								
3	Flemming Jørgensen	17	1:47:32																						
01:50-	03:31+	06:01+	08:48+	21:41+	24:12+	27:34+	29:18+	35:05+	43:39+	47:59+	52:13+	58:50+	60:38+	62:28+	68:43+	75:26+	80:52+	85:09+	90:03+	91:28+	94:25+	99:25+	100:48+	102:37+	105:32+
01:50-	01:41+	02:30+	02:47+	12:53+	02:31+	03:22+	01:44+	05:47+	08:34+	04:20+	04:14+	06:37+	01:48+	01:50+	06:15+	06:43+	05:26+	04:17+	04:54+	01:25+	02:57+	05:00+	01:23+	01:49+	02:55+
85:02-	01:41+	02:30+	02:47+	12:53+	02:31+	03:22+	01:44+	05:47+	08:34+	04:20+	04:14+	06:37+	01:48+	01:50+	06:15+	06:43+	05:26+	04:17+	04:54+	01:25+	02:57+	05:00+	01:23+	01:49+	02:55+
106:49+	107:32+																								
01:17+	00:43+																								
01:17+	00:43+																								

16km

4	Morten Kjær	20	1:51:43																						
01:56-	03:40+	06:05+	08:50+	21:49+	24:20+	27:40+	29:20+	35:20+	43:43+	48:21+	52:39+	59:07+	60:56+	63:06+	69:24+	76:50+	82:32+	87:13+	92:45+	94:03+	97:50+	103:07+	104:40+	106:33+	109:31+
01:56-	01:44+	02:25+	02:45+	12:59+	02:31+	03:20+	01:40+	06:00+	08:23+	04:38+	04:18+	06:28+	01:49+	02:10+	06:18+	07:26+	05:42+	04:41+	05:32+	01:18+	03:47+	05:17+	01:33+	01:53+	02:58+
84:56-	01:44+	02:25+	02:45+	12:59+	02:31+	03:20+	01:40+	06:00+	08:23+	04:38+	04:18+	06:28+	01:49+	02:10+	06:18+	07:26+	05:42+	04:41+	05:32+	01:18+	03:47+	05:17+	01:33+	01:53+	02:58+
110:59+	111:43+																								
01:28+	00:44+																								
01:28+	00:44+																								

5	Peter Damgaard Frandsen	7	1:53:49																						
01:34+	03:09+	05:36+	08:16+	21:12+	23:31+	26:51+	28:32+	34:34+	42:56+	47:19+	51:23+	61:25+	63:08+	64:57+	71:05+	78:07+	83:49+	88:36+	94:10+	96:09+	99:15+	105:05+	106:30+	108:22+	111:33+
01:34+	01:35+	02:27+	02:40+	12:56+	02:19+	03:20+	01:41+	06:02+	08:22+	04:23+	04:04+	10:02+	01:43+	01:49+	06:08+	07:02+	05:42+	04:47+	05:34+	01:59+	03:06+	05:50+	01:25+	01:52+	03:11+
01:34+	01:35+	02:27+	02:40+	12:56+	02:19+	03:20+	01:41+	06:02+	08:22+	04:23+	04:04+	10:02+	01:43+	01:49+	06:08+	07:02+	05:42+	04:47+	05:34+	01:59+	03:06+	05:50+	01:25+	01:52+	03:11+
113:02+	113:49+																								
01:29+	00:47+																								
01:29+	00:47+																								

6	Brian Brøgger	23	1:57:27																						
01:53+	03:37+	06:19+	09:14+	26:12+	28:32+	31:57+	33:38+	39:56+	48:31+	53:14+	57:50+	65:11+	66:55+	68:41+	74:41+	81:41+	87:53+	92:26+	97:44+	99:33+	102:48+	108:47+	110:17+	112:19+	115:27+
01:53+	01:44+	02:42+	02:55+	16:58+	02:20+	03:25+	01:41+	06:18+	08:35+	04:43+	04:36+	07:21+	01:44+	01:46+	06:00+	07:00+	06:12+	04:33+	05:18+	01:49+	03:15+	05:59+	01:30+	02:02+	03:08+
01:53+	01:44+	02:42+	02:55+	16:58+	02:20+	03:25+	01:41+	06:18+	08:35+	04:43+	04:36+	07:21+	01:44+	01:46+	06:00+	07:00+	06:12+	04:33+	05:18+	01:49+	03:15+	05:59+	01:30+	02:02+	03:08+
116:44+	117:27+																								
01:17+	00:43+																								
01:17+	00:43+																								

7	Jakob Gade	23	1:57:41																						
01:58+	03:46+	06:12+	09:07+	22:39+	25:15+	28:56+	30:43+	37:26+	45:25+	50:27+	55:10+	61:37+	63:25+	65:17+	71:24+	78:43+	85:03+	90:41+	97:08+	98:45+	102:44+	108:44+	110:19+	112:26+	115:37+
01:58+	01:48+	02:26+	02:55+	13:32+	02:36+	03:41+	01:47+	06:43+	07:59+	05:02+	04:43+	06:27+	01:48+	01:52+	06:07+	07:19+	06:20+	05:38+	06:27+	01:37+	03:59+	06:00+	01:35+	02:07+	03:11+
01:58+	01:48+	02:26+	02:55+	13:32+	02:36+	03:41+	01:47+	06:43+	07:59+	05:02+	04:43+	06:27+	01:48+	01:52+	06:07+	07:19+	06:20+	05:38+	06:27+	01:37+	03:59+	06:00+	01:35+	02:07+	03:11+
116:58+	117:41+																								
01:21+	00:43+																								
01:21+	00:43+																								

8	Dion Petersen	NOTEAM	1:59:52																						
02:03+	03:48+	06:28+	09:11+	25:32+	27:55+	31:21+	33:00+	39:28+	47:06+	51:48+	57:37+	65:01+	66:44+	68:34+	74:47+	81:47+	87:58+	92:59+	98:31+	100:29+	104:26+	110:19+	111:53+	113:50+	117:21+
02:03+	01:45+	02:40+	02:43+	16:21+	02:23+	03:26+	01:39+	06:28+	07:38+	04:42+	05:49+	07:24+	01:43+	01:50+	06:13+	07:00+	06:11+	05:01+	05:32+	01:58+	03:57+	05:53+	01:34+	01:57+	03:31+
02:03+	01:45+	02:40+	02:43+	16:21+	02:23+	03:26+	01:39+	06:28+	07:38+	04:42+	05:49+	07:24+	01:43+	01:50+	06:13+	07:00+	06:11+	05:01+	05:32+	01:58+	03:57+	05:53+	01:34+	01:57+	03:31+
118:42+	119:52+																								
01:21+	01:10+																								
01:21+	01:10+																								

9	Michael Filyo	20	2:01:46																						
02:04+	03:54+	06:33+	09:28+	23:00+	25:47+	29:17+	31:02+	38:03+	47:42+	52:29+	57:48+	64:57+	66:48+	68:42+	75:23+	82:48+	89:31+	94:27+	100:34+	102:14+	106:04+	112:20+	113:53+	116:07+	119:23+
02:04+	01:50+	02:39+	02:55+	13:32+	02:47+	03:30+	01:45+	07:01+	09:39+	04:47+	05:19+	07:09+	01:51+	01:54+	06:41+	07:25+	06:43+	04:56+	06:07+	01:40+	03:50+	06:16+	01:33+	02:14+	03:16+
02:04+	01:50+	02:39+	02:55+	13:32+	02:47+	03:30+	01:45+	07:01+	09:39+	04:47+	05:19+	07:09+	01:51+	01:54+	06:41+	07:25+	06:43+	04:56+	06:07+	01:40+	03:50+	06:16+	01:33+	02:14+	03:16+
120:57+	121:46+																								
01:34+	00:49+																								
01:34+	00:49+																								

10	Jan Thomsen	Ok Pan	2:06:27																						
01:53+	03:37+	06:14+	09:22+	23:42+	26:19+	30:02+	31:54+	39:05+	48:16+	53:20+	57:58+	65:12+	67:11+	69:15+	76:14+	84:37+	91:24+	96:40+	103:52+	105:43+	109:19+	116:04+	117:56+	120:22+	123:49+
01:53+	01:44+	02:37+	03:08+	14:20+	02:37+	03:43+	01:52+	07:11+	09:11+	05:04+	04:38+	07:14+	01:59+	02:04+	06:59+	08:23+	06:47+	05:16+	07:12+	01:51+	03:36+	06:45+	01:52+	02:26+	03:27+
01:53+	01:44+	02:37+	03:08+	14:20+	02:37+	03:43+	01:52+	07:11+	09:11+	05:04+	04:38+	07:14+	01:59+	02:04+	06:59+	08:23+	06:47+	05:16+	07:12+	01:51+	03:36+	06:45+	01:52+	02:26+	03:27+
125:25+	126:27+																								
01:36+	01:02+																								
01:36+	01:02+																								

Plas	Navn	Klasse	Tid
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16km

11	Lars Mikkelsen	3	2:09:43																							
01:59+	03:50+	06:42+	09:44+	25:29+	28:13+	31:52+	33:40+	40:43+	50:14+	55:37+	60:55+	69:28+	71:24+	73:38+	81:14+	88:47+	95:36+	100:31+	107:59+	109:26+	113:19+	119:22+	121:05+	123:59+	127:23+	
01:59+	01:51+	02:52+	03:02+	15:45+	02:44+	03:39+	01:48+	07:03+	09:31+	05:23+	05:18+	08:33+	01:56+	02:14+	07:36+	07:33+	06:49+	04:55+	07:28+	01:27+	03:53+	06:03+	01:43+	02:54+	03:24+	
01:59+	01:51+	02:52+	03:02+	15:45+	02:44+	03:39+	01:48+	07:03+	09:31+	05:23+	05:18+	08:33+	01:56+	02:14+	07:36+	07:33+	06:49+	04:55+	07:28+	01:27+	03:53+	06:03+	01:43+	02:54+	03:24+	
128:55+	129:43+																									
01:32+	00:48+																									
01:32+	00:48+																									

12	Robert Svensson	25	2:14:39																							
02:30+	04:33+	07:09+	10:12+	24:59+	27:34+	31:30+	33:12+	40:38+	48:37+	53:37+	58:06+	65:31+	67:31+	69:33+	75:57+	84:44+	91:34+	99:16+	105:53+	110:54+	115:13+	121:46+	124:46+	127:22+	131:57+	
02:30+	02:03+	02:36+	03:03+	14:47+	02:35+	03:56+	01:42+	07:26+	07:59+	05:00+	04:29+	07:25+	02:00+	02:02+	06:24+	08:47+	06:50+	07:42+	06:37+	05:01+	04:19+	06:33+	03:00+	02:36+	04:35+	
02:30+	02:03+	02:36+	03:03+	14:47+	02:35+	03:56+	01:42+	07:26+	07:59+	05:00+	04:29+	07:25+	02:00+	02:02+	06:24+	08:47+	06:50+	07:42+	06:37+	05:01+	04:19+	06:33+	03:00+	02:36+	04:35+	
133:28+	134:39+																									
01:31+	01:11+																									
01:31+	01:11+																									

13	Anders Tversted	NOTEAM	2:14:40																							
02:27+	04:35+	07:11+	10:15+	24:55+	27:37+	31:26+	33:08+	40:35+	48:32+	53:32+	58:09+	65:25+	67:26+	69:25+	75:53+	84:40+	91:29+	99:11+	105:58+	110:50+	115:15+	121:48+	124:42+	127:26+	131:59+	
02:27+	02:08+	02:36+	03:04+	14:40+	02:42+	03:49+	01:42+	07:27+	07:57+	05:00+	04:37+	07:16+	02:01+	01:59+	06:28+	08:47+	06:49+	07:42+	06:47+	04:52+	04:25+	06:33+	02:54+	02:44+	04:33+	
02:27+	02:08+	02:36+	03:04+	14:40+	02:42+	03:49+	01:42+	07:27+	07:57+	05:00+	04:37+	07:16+	02:01+	01:59+	06:28+	08:47+	06:49+	07:42+	06:47+	04:52+	04:25+	06:33+	02:54+	02:44+	04:33+	
133:29+	134:40+																									
01:30+	01:11+																									
01:30+	01:11+																									

14	Kaj Isaksen	17	2:16:33																							
01:50+	03:34+	06:08+	09:15+	23:39+	26:17+	29:58+	31:53+	39:03+	49:16+	55:05+	60:34+	69:24+	71:31+	73:33+	82:34+	91:55+	99:48+	105:15+	112:05+	114:36+	118:33+	125:55+	128:05+	130:35+	134:15+	
01:50+	01:44+	02:34+	03:07+	14:24+	02:38+	03:41+	01:55+	07:10+	10:13+	05:49+	05:29+	08:50+	02:07+	02:02+	09:01+	09:21+	07:53+	05:27+	06:50+	02:31+	03:57+	07:22+	02:10+	02:30+	03:40+	
01:50+	01:44+	02:34+	03:07+	14:24+	02:38+	03:41+	01:55+	07:10+	10:13+	05:49+	05:29+	08:50+	02:07+	02:02+	09:01+	09:21+	07:53+	05:27+	06:50+	02:31+	03:57+	07:22+	02:10+	02:30+	03:40+	
135:46+	136:33+																									
01:31+	00:47+																									
01:31+	00:47+																									

15	Søren Andersen	3	2:19:29																							
02:08+	03:51+	06:21+	09:17+	23:55+	26:46+	30:33+	32:41+	39:40+	49:55+	55:46+	60:43+	69:43+	71:52+	74:03+	81:06+	89:36+	98:56+	104:42+	111:17+	113:16+	116:58+	129:16+	131:02+	133:30+	137:10+	
02:08+	01:43+	02:30+	02:56+	14:38+	02:51+	03:47+	02:08+	06:59+	10:15+	05:51+	04:57+	09:00+	02:09+	02:11+	07:03+	08:30+	09:20+	05:46+	06:35+	01:59+	03:42+	12:18+	01:46+	02:28+	03:40+	
02:08+	01:43+	02:30+	02:56+	14:38+	02:51+	03:47+	02:08+	06:59+	10:15+	05:51+	04:57+	09:00+	02:09+	02:11+	07:03+	08:30+	09:20+	05:46+	06:35+	01:59+	03:42+	12:18+	01:46+	02:28+	03:40+	
138:37+	139:29+																									
01:27+	00:52+																									
01:27+	00:52+																									

16	Johan Nielsen	NOTEAM	2:37:20																							
02:07+	03:57+	06:40+	09:52+	28:08+	30:55+	34:48+	36:44+	44:18+	55:11+	60:51+	65:38+	77:42+	79:56+	82:22+	89:39+	98:18+	105:25+	111:18+	117:50+	119:46+	139:17+	146:32+	148:47+	150:57+	154:42+	
02:07+	01:50+	02:43+	03:12+	18:16+	02:47+	03:53+	01:56+	07:34+	10:53+	05:40+	04:47+	12:04+	02:14+	02:26+	07:17+	08:39+	07:07+	05:53+	06:32+	01:56+	19:31+	07:15+	02:15+	02:10+	03:45+	
02:07+	01:50+	02:43+	03:12+	18:16+	02:47+	03:53+	01:56+	07:34+	10:53+	05:40+	04:47+	12:04+	02:14+	02:26+	07:17+	08:39+	07:07+	05:53+	06:32+	01:56+	19:31+	07:15+	02:15+	02:10+	03:45+	
156:20+	157:20+																									
01:38+	01:00+																									
01:38+	01:00+																									

17	Ole Stahfest Jørgensen	15	2:47:15																							
02:15+	04:06+	06:59+	10:33+	27:09+	30:14+	34:34+	36:45+	44:56+	57:11+	63:15+	69:32+	81:09+	83:33+	86:35+	95:42+	107:04+	117:01+	123:53+	132:23+	135:54+	141:35+	150:55+	153:26+	157:57+	163:19+	
02:15+	01:51+	02:53+	03:34+	16:36+	03:05+	04:20+	02:11+	08:11+	12:15+	06:04+	06:17+	11:37+	02:24+	03:02+	09:07+	11:22+	09:57+	06:52+	08:30+	03:31+	05:41+	09:20+	02:31+	04:31+	05:22+	
02:15+	01:51+	02:53+	03:34+	16:36+	03:05+	04:20+	02:11+	08:11+	12:15+	06:04+	06:17+	11:37+	02:24+	03:02+	09:07+	11:22+	09:57+	06:52+	08:30+	03:31+	05:41+	09:20+	02:31+	04:31+	05:22+	
165:37+	167:15+																									
02:18+	01:38+																									
02:18+	01:38+																									

16km

18 Anders S.k. Rasmussen 10

2:47:18

02:21+	04:10+	07:04+	10:39+	27:14+	30:20+	34:41+	36:47+	45:11+	57:09+	63:22+	69:31+	81:23+	83:49+	86:51+	95:56+	106:51+	117:18+	123:58+	132:34+	136:07+	141:41+	150:53+	153:36+	158:01+	163:29+
02:21+	01:49+	02:54+	03:35+	16:35+	03:06+	04:21+	02:06+	08:24+	11:58+	06:13+	06:09+	11:52+	02:26+	03:02+	09:05+	10:55+	10:27+	06:40+	08:36+	03:33+	05:34+	09:12+	02:43+	04:25+	05:28+
02:21+	01:49+	02:54+	03:35+	16:35+	03:06+	04:21+	02:06+	08:24+	11:58+	06:13+	06:09+	11:52+	02:26+	03:02+	09:05+	10:55+	10:27+	06:40+	08:36+	03:33+	05:34+	09:12+	02:43+	04:25+	05:28+
165:36+	167:18+																								
02:07+	01:42+																								
02:07+	01:42+																								

Beste stræktid for klassen

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

20km

1 Lasse Holch Nielsen

NOTEAM

1:54:18

02:38=	07:17=	10:25=	11:13=	18:24=	20:43=	33:07=	36:10=	37:30=	42:26=	49:41=	53:24=	57:45=	63:53=	65:28=	67:14=	72:37=	78:25=	83:52=	87:37=	92:02=	93:43=	97:36=	101:20=	107:34=	108:47=
02:38=	04:39=	03:08=	00:48=	07:11=	02:19=	12:24=	03:03=	01:20=	04:56=	07:15=	03:43=	04:21=	06:08=	01:35=	01:46=	05:23=	05:48=	05:27=	03:45=	04:25=	01:41=	03:53=	03:44=	06:14=	01:13=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
110:24=	112:52=	113:50=	114:18=																						
01:37=	02:28=	00:58=	00:28=																						
00:00=	00:00=	00:00=	00:00=																						

2 Simon Grimstrup

20

1:54:20

02:51+	07:24+	10:28+	11:17+	18:30+	20:45+	33:10+	36:11+	37:32+	42:32+	49:43+	53:27+	57:47+	63:55+	65:31+	67:18+	72:39+	78:27+	83:54+	87:40+	92:05+	93:45+	97:34+	101:22+	107:35+	108:43+
02:51+	04:33+	03:04+	00:49+	07:13+	02:15+	12:25+	03:01+	01:21+	05:00+	07:11+	03:44+	04:20+	06:08+	01:36+	01:47+	05:21+	05:48+	05:27+	03:46+	04:25+	01:40+	03:49+	03:48+	06:13+	01:08+
00:13+	00:06+	00:04+	00:01+	00:02+	00:04+	00:01+	00:02+	00:01+	00:04+	00:04+	00:01+	00:01+	00:00=	00:01+	00:01+	00:02+	00:00=	00:00=	00:01+	00:00=	00:01+	00:04+	00:04+	00:01+	00:05+
110:26+	112:54+	113:51+	114:20+																						
01:43+	02:28+	00:57+	00:29+																						
00:06+	00:00=	00:01+	00:01+																						

3 Peter Villadsen

20

2:16:08

02:56+	08:18+	12:03+	12:57+	21:51+	24:40+	39:58+	43:27+	45:10+	51:28+	59:38+	63:46+	69:36+	75:59+	77:57+	80:10+	86:20+	92:53+	98:32+	102:43+	108:03+	109:23+	113:32+	119:39+	126:54+	128:27+
02:56+	05:22+	03:45+	00:54+	08:54+	02:49+	15:18+	03:29+	01:43+	06:18+	08:10+	04:08+	05:50+	06:23+	01:58+	02:13+	06:10+	06:33+	05:39+	04:11+	05:20+	01:20+	04:09+	06:07+	07:15+	01:33+
00:18#	00:43#	00:37#	00:06#	01:43#	00:30#	02:54#	00:26#	00:23&	01:22&	00:55#	00:25#	01:29&	00:15+	00:23#	00:27&	00:47#	00:45#	00:12+	00:26#	00:55#	00:21+	00:16+	02:23&	01:01#	00:20&
130:20+	133:52+	135:21+	136:08+																						
01:53+	03:32+	01:29+	00:47+																						
00:16#	01:04&	00:31&	00:19&																						

4 Christian Valbak

20

2:22:33

03:11+	08:30+	12:02+	13:01+	21:56+	24:50+	41:45+	45:21+	47:01+	53:19+	61:55+	66:37+	71:19+	78:10+	80:22+	82:04+	88:37+	96:41+	103:18+	111:10+	116:15+	118:09+	121:57+	126:52+	134:13+	135:34+
03:11+	05:19+	03:32+	00:59+	08:55+	02:54+	16:55+	03:36+	01:40+	06:18+	08:36+	04:42+	04:42+	06:51+	02:12+	01:42+	06:33+	08:04+	06:37+	07:52+	05:05+	01:54+	03:48+	04:55+	07:21+	01:21+
00:33#	00:40#	00:24#	00:11#	01:44#	00:35&	04:31&	00:33#	00:20#	01:22&	01:21#	00:59&	00:21+	00:43#	00:37&	00:04+	01:10#	02:16&	01:10#	04:07@	00:40#	00:13#	00:05+	01:11&	01:07#	00:08#
137:50+	140:52+	141:56+	142:33+																						
02:16+	03:02+	01:04+	00:37+																						
00:39&	00:34#	00:06#	00:09&																						

5 John Kristensen

17

2:22:37

04:02+	09:40+	13:58+	15:08+	24:34+	27:40+	44:09+	48:03+	49:56+	57:02+	65:22+	70:03+	74:45+	81:14+	83:11+	85:18+	92:23+	99:51+	105:59+	110:33+	116:00+	118:03+	122:07+	127:02+	134:03+	135:28+
04:02+	05:38+	04:18+	01:10+	09:26+	03:06+	16:29+	03:54+	01:53+	07:06+	08:20+	04:41+	04:42+	06:29+	01:57+	02:07+	07:05+	07:28+	06:08+	04:34+	05:27+	02:03+	04:04+	04:55+	07:01+	01:25+
01:24&	00:59#	01:10&	00:22&	02:15&	00:47&	04:05&	00:51&	00:33&	02:10&	01:05#	00:58&	00:21+	00:21+	00:22#	00:21#	01:42&	01:40&	00:41#	00:49#	01:02#	00:22#	00:11+	01:11&	00:47#	00:12#
137:44+	140:58+	142:00+	142:37+																						
02:16+	03:14+	01:02+	00:37+																						
00:39&	00:46&	00:04+	00:09&																						

20km

6	Flemming Christensen	20	2:22:52																						
03:42+	09:37+	13:54+	15:35+	25:23+	28:09+	44:26+	48:19+	50:03+	56:05+	65:35+	70:11+	75:02+	81:25+	83:20+	85:11+	91:33+	98:38+	104:58+	109:39+	115:51+	118:06+	122:14+	127:00+	134:00+	135:31+
03:42+	05:55+	04:17+	01:41+	09:48+	02:46+	16:17+	03:53+	01:44+	06:02+	09:30+	04:36+	04:51+	06:23+	01:55+	01:51+	06:22+	07:05+	06:20+	04:41+	06:12+	02:15+	04:08+	04:46+	07:00+	01:31+
01:04&	01:16&	01:09&	00:53@	02:37&	00:27#	03:53&	00:50&	00:24&	01:06#	02:15&	00:53#	00:30#	00:15+	00:20#	00:05+	00:59#	01:17#	00:53#	00:56#	01:47&	00:34&	00:15+	01:02&	00:46#	00:18#
137:48+	140:55+	142:12+	142:52+																						
02:17+	03:07+	01:17+	00:40+																						
00:40&	00:39&	00:19&	00:12&																						

7	Gert Johansson	Ok Pan	2:38:23																						
03:29+	09:12+	13:18+	16:36+	26:47+	29:49+	47:08+	51:03+	53:34+	60:12+	69:04+	74:11+	80:14+	87:37+	89:39+	91:38+	99:13+	106:57+	113:56+	119:34+	125:59+	127:55+	132:43+	139:35+	147:43+	149:25+
03:29+	05:43+	04:06+	03:18+	10:11+	03:02+	17:19+	03:55+	02:31+	06:38+	08:52+	05:07+	06:03+	07:23+	02:02+	01:59+	07:35+	07:44+	06:59+	05:38+	06:25+	01:56+	04:48+	06:52+	08:08+	01:42+
03:29+	05:43+	04:06+	03:18+	10:11+	03:02+	17:19+	03:55+	02:31+	06:38+	08:52+	05:07+	06:03+	07:23+	02:02+	01:59+	07:35+	07:44+	06:59+	05:38+	06:25+	01:56+	04:48+	06:52+	08:08+	01:42+
151:51+	155:42+	157:15+	158:23+																						
02:26+	03:51+	01:33+	01:08+																						
02:26+	03:51+	01:33+	01:08+																						

8	Michael Espersen	20	2:58:52																						
04:43+	10:12+	14:01+	15:37+	25:05+	27:50+	44:32+	48:18+	50:07+	58:15+	67:46+	74:47+	80:00+	99:23+	101:47+	104:59+	112:22+	121:23+	129:50+	135:34+	142:20+	144:25+	149:31+	155:53+	164:25+	166:39+
04:43+	05:29+	03:49+	01:36+	09:28+	02:45+	16:42+	03:46+	01:49+	08:08+	09:31+	07:01+	05:13+	19:23+	02:24+	03:12+	07:23+	09:01+	08:27+	05:44+	06:46+	02:05+	05:06+	06:22+	08:32+	02:14+
04:43+	05:29+	03:49+	01:36+	09:28+	02:45+	16:42+	03:46+	01:49+	08:08+	09:31+	07:01+	05:13+	19:23+	02:24+	03:12+	07:23+	09:01+	08:27+	05:44+	06:46+	02:05+	05:06+	06:22+	08:32+	02:14+
171:20+	175:51+	177:54+	178:52+																						
04:41+	04:31+	02:03+	00:58+																						
04:41+	04:31+	02:03+	00:58+																						

Beste stræktid for klassen

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

3,5km

1	Ditte Gottlieb	3	39:53								
03:44=	06:25=	11:16=	15:53=	20:05=	21:56=	26:22=	31:54=	34:40=	37:19=	38:51=	39:53=
03:44=	02:41=	04:51=	04:37=	04:12=	01:51=	04:26=	05:32=	02:46=	02:39=	01:32=	01:02=
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	Kristian M. Øllgaard	15	46:26								
04:17+	07:16+	12:05+	17:22+	21:32+	24:00+	29:57+	36:52+	40:27+	43:33+	45:25+	46:26+
04:17+	02:59+	04:49-	05:17+	04:10-	02:28+	05:57+	06:55+	03:35+	03:06+	01:52+	01:01-
00:33#	00:18#	00:02-	00:40#	00:02-	00:37&	01:31&	01:23#	00:49&	00:27#	00:20#	00:01-

3	Asger Kristensen	3	46:45								
03:30-	06:25=	11:06-	16:18+	20:52+	23:35+	29:24+	37:04+	40:37+	43:38+	45:40+	46:45+
03:30-	02:55+	04:41-	05:12+	04:34+	02:43+	05:49+	07:40+	03:33+	03:01+	02:02+	01:05+
00:14-	00:14+	00:10-	00:35#	00:22+	00:52&	01:23&	02:08&	00:47&	00:22#	00:30&	00:03+

4	Lilli Hansen	15	46:59								
03:54+	06:53+	11:53+	17:09+	21:39+	24:10+	29:31+	37:09+	40:41+	43:41+	45:47+	46:59+
03:54+	02:59+	05:00+	05:16+	04:30+	02:31+	05:21+	07:38+	03:32+	03:00+	02:06+	01:12+
00:10+	00:18#	00:09+	00:39#	00:18+	00:40&	00:55#	02:06&	00:46&	00:21#	00:34&	00:10#

5	Susanne Gasbjerg	20	47:08								
03:51+	06:41+	11:28+	16:59+	21:46+	24:14+	29:42+	37:11+	40:51+	43:50+	45:54+	47:08+
03:51+	02:50+	04:47-	05:31+	04:47+	02:28+	05:28+	07:29+	03:40+	02:59+	02:04+	01:14+
00:07+	00:09+	00:04-	00:54#	00:35#	00:37&	01:02#	01:57&	00:54&	00:20#	00:32&	00:12#

3,5km

6 Ann Dorrit Hansen 12 48:36

03:45+	06:48+	11:44+	17:00+	22:05+	24:40+	30:15+	37:36+	42:05+	45:16+	47:21+	48:36+
03:45+	03:03+	04:56+	05:16+	05:05+	02:35+	05:35+	07:21+	04:29+	03:11+	02:05+	01:15+
00:01+	00:22#	00:05+	00:39#	00:53#	00:44&	01:09&	01:49&	01:43&	00:32#	00:33&	00:13#

7 Mildred Hansen 3 54:57

04:14+	07:32+	12:29+	18:46+	24:42+	27:54+	34:02+	42:55+	47:08+	50:53+	53:28+	54:57+
04:14+	03:18+	04:57+	06:17+	05:56+	03:12+	06:08+	08:53+	04:13+	03:45+	02:35+	01:29+
04:14+	03:18+	04:57+	06:17+	05:56+	03:12+	06:08+	08:53+	04:13+	03:45+	02:35+	01:29+

8 Vibeke Gottlieb 3 55:02

04:25+	07:57+	13:19+	19:14+	24:51+	27:58+	34:00+	42:51+	47:15+	50:57+	53:32+	55:02+
04:25+	03:32+	05:22+	05:55+	05:37+	03:07+	06:02+	08:51+	04:24+	03:42+	02:35+	01:30+
04:25+	03:32+	05:22+	05:55+	05:37+	03:07+	06:02+	08:51+	04:24+	03:42+	02:35+	01:30+

9 Charlotte Vibeke Olesen 6 55:45

04:13+	07:26+	12:48+	19:12+	25:08+	28:01+	34:32+	43:04+	47:57+	51:34+	54:02+	55:45+
04:13+	03:13+	05:22+	06:24+	05:56+	02:53+	06:31+	08:32+	04:53+	03:37+	02:28+	01:43+
04:13+	03:13+	05:22+	06:24+	05:56+	02:53+	06:31+	08:32+	04:53+	03:37+	02:28+	01:43+

10 Bitten Nielsen 3 1:01:15

03:40+	06:22+	11:12+	16:11+	21:01+	23:46+	33:07+	43:01+	46:55+	57:19+	59:23+	61:15+
03:40+	02:42+	04:50+	04:59+	04:50+	02:45+	09:21+	09:54+	03:54+	10:24+	02:04+	01:52+
03:40+	02:42+	04:50+	04:59+	04:50+	02:45+	09:21+	09:54+	03:54+	10:24+	02:04+	01:52+

11 Ove Hvam Andersen 15 1:01:51

04:36+	08:04+	13:53+	19:56+	25:42+	32:08+	38:54+	49:25+	54:12+	57:47+	60:25+	61:51+
04:36+	03:28+	05:49+	06:03+	05:46+	06:26+	06:46+	10:31+	04:47+	03:35+	02:38+	01:26+
04:36+	03:28+	05:49+	06:03+	05:46+	06:26+	06:46+	10:31+	04:47+	03:35+	02:38+	01:26+

12 Herluf Jensen 21 1:06:00

04:39+	08:13+	13:43+	20:33+	26:04+	29:15+	36:51+	45:47+	50:10+	61:38+	64:42+	66:00+
04:39+	03:34+	05:30+	06:50+	05:31+	03:11+	07:36+	08:56+	04:23+	11:28+	03:04+	01:18+
04:39+	03:34+	05:30+	06:50+	05:31+	03:11+	07:36+	08:56+	04:23+	11:28+	03:04+	01:18+

13 Rie Moos Villumsen 17 1:11:37

05:02+	08:58+	16:14+	24:04+	32:06+	35:26+	43:08+	55:23+	61:05+	66:13+	69:40+	71:37+
05:02+	03:56+	07:16+	07:50+	08:02+	03:20+	07:42+	12:15+	05:42+	05:08+	03:27+	01:57+
05:02+	03:56+	07:16+	07:50+	08:02+	03:20+	07:42+	12:15+	05:42+	05:08+	03:27+	01:57+

Beste stræktid for klassen

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

6km

1 Axel Örnhagen Jørgensen 17 39:07

04:23=	05:54=	08:14=	10:56=	17:24=	21:35=	24:38=	26:12=	30:07=	33:18=	34:36=	36:18=	39:12=	40:26=	41:07=
04:23=	01:31=	02:20=	02:42=	06:28=	04:11=	03:03=	01:34=	03:55=	03:11=	01:18=	01:42=	02:54=	01:14=	00:41=
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 Alberte Loft Thyssen 5 42:32

05:02+	06:43+	09:24+	12:21+	19:12+	23:26+	26:43+	28:21+	32:28+	35:54+	37:15+	39:31+	42:31+	43:49+	44:32+
05:02+	01:41+	02:41+	02:57+	06:51+	04:14+	03:17+	01:38+	04:07+	03:26+	01:21+	02:16+	03:00+	01:18+	00:43+
00:39#	00:10#	00:21#	00:15+	00:23+	00:03+	00:14+	00:04+	00:12+	00:15+	00:03+	00:34&	00:06+	00:04+	00:02+

Class	Navn	Klasse											Tid	
6km														
3	Varny Vestergaard	22											42:42	
05:03+	06:47+	09:32+	12:38+	19:08+	23:27+	26:46+	28:32+	32:34+	35:58+	37:20+	39:32+	42:33+	43:53+	44:42+
05:03+	01:44+	02:45+	03:06+	06:30+	04:19+	03:19+	01:46+	04:02+	03:24+	01:22+	02:12+	03:01+	01:20+	00:49+
00:40#	00:13#	00:25#	00:24#	00:02+	00:08+	00:16+	00:12#	00:07+	00:13+	00:04+	00:30#	00:07+	00:06+	00:08#
4	Rasmus Edvardsen	17											42:46	
04:33+	06:12+	08:51+	11:46+	18:48+	23:28+	26:52+	28:29+	33:01+	36:31+	38:00+	39:49+	42:45+	44:03+	44:46+
04:33+	01:39+	02:39+	02:55+	07:02+	04:40+	03:24+	01:37+	04:32+	03:30+	01:29+	01:49+	02:56+	01:18+	00:43+
04:33+	01:39+	02:39+	02:55+	07:02+	04:40+	03:24+	01:37+	04:32+	03:30+	01:29+	01:49+	02:56+	01:18+	00:43+
5	Niels Nygaard Jensen	17											43:00	
04:56+	06:45+	09:29+	12:34+	19:16+	23:39+	26:56+	28:40+	33:03+	36:24+	37:47+	39:41+	42:50+	44:11+	45:00+
04:56+	01:49+	02:44+	03:05+	06:42+	04:23+	03:17+	01:44+	04:23+	03:21+	01:23+	01:54+	03:09+	01:21+	00:49+
04:56+	01:49+	02:44+	03:05+	06:42+	04:23+	03:17+	01:44+	04:23+	03:21+	01:23+	01:54+	03:09+	01:21+	00:49+
6	Marianne Lyng Krogh	7											44:54	
04:54+	06:40+	09:22+	12:30+	19:33+	23:54+	27:14+	29:00+	33:38+	37:26+	39:02+	41:17+	44:41+	46:05+	46:54+
04:54+	01:46+	02:42+	03:08+	07:03+	04:21+	03:20+	01:46+	04:38+	03:48+	01:36+	02:15+	03:24+	01:24+	00:49+
04:54+	01:46+	02:42+	03:08+	07:03+	04:21+	03:20+	01:46+	04:38+	03:48+	01:36+	02:15+	03:24+	01:24+	00:49+
7	Anette Lund	15											45:11	
05:05+	06:56+	09:42+	12:54+	19:42+	24:14+	27:41+	29:16+	33:55+	37:40+	39:19+	41:30+	44:49+	46:18+	47:11+
05:05+	01:51+	02:46+	03:12+	06:48+	04:32+	03:27+	01:35+	04:39+	03:45+	01:39+	02:11+	03:19+	01:29+	00:53+
05:05+	01:51+	02:46+	03:12+	06:48+	04:32+	03:27+	01:35+	04:39+	03:45+	01:39+	02:11+	03:19+	01:29+	00:53+
8	Mogens Vennevold	22											47:56	
05:12+	06:58+	09:54+	12:57+	20:40+	25:40+	29:24+	31:34+	36:35+	40:23+	42:13+	44:34+	47:57+	49:14+	49:56+
05:12+	01:46+	02:56+	03:03+	07:43+	05:00+	03:44+	02:10+	05:01+	03:48+	01:50+	02:21+	03:23+	01:17+	00:42+
05:12+	01:46+	02:56+	03:03+	07:43+	05:00+	03:44+	02:10+	05:01+	03:48+	01:50+	02:21+	03:23+	01:17+	00:42+
9	Peer Straarup	5											48:31	
05:08+	07:01+	09:49+	13:03+	20:32+	25:27+	29:47+	31:22+	36:18+	40:29+	42:07+	44:21+	48:10+	49:42+	50:31+
05:08+	01:53+	02:48+	03:14+	07:29+	04:55+	04:20+	01:35+	04:56+	04:11+	01:38+	02:14+	03:49+	01:32+	00:49+
05:08+	01:53+	02:48+	03:14+	07:29+	04:55+	04:20+	01:35+	04:56+	04:11+	01:38+	02:14+	03:49+	01:32+	00:49+
10	Signe Faber	20											49:46	
04:59+	06:53+	09:55+	13:17+	21:12+	26:27+	30:31+	32:05+	37:28+	41:39+	43:22+	45:38+	49:17+	50:52+	51:46+
04:59+	01:54+	03:02+	03:22+	07:55+	05:15+	04:04+	01:34+	05:23+	04:11+	01:43+	02:16+	03:39+	01:35+	00:54+
04:59+	01:54+	03:02+	03:22+	07:55+	05:15+	04:04+	01:34+	05:23+	04:11+	01:43+	02:16+	03:39+	01:35+	00:54+
11	Rikke Rasmussen	17											49:53	
05:07+	06:59+	10:01+	13:20+	21:04+	26:27+	30:20+	31:59+	37:44+	42:07+	43:52+	46:07+	49:35+	51:08+	51:53+
05:07+	01:52+	03:02+	03:19+	07:44+	05:23+	03:53+	01:39+	05:45+	04:23+	01:45+	02:15+	03:28+	01:33+	00:45+
05:07+	01:52+	03:02+	03:19+	07:44+	05:23+	03:53+	01:39+	05:45+	04:23+	01:45+	02:15+	03:28+	01:33+	00:45+
12	Astrid Faber Fenger-Grøn	20											50:03	
05:26+	07:33+	10:49+	14:25+	23:28+	28:35+	32:10+	34:09+	39:19+	43:18+	44:43+	46:40+	50:06+	51:22+	52:03+
05:26+	02:07+	03:16+	03:36+	09:03+	05:07+	03:35+	01:59+	05:10+	03:59+	01:25+	01:57+	03:26+	01:16+	00:41+
05:26+	02:07+	03:16+	03:36+	09:03+	05:07+	03:35+	01:59+	05:10+	03:59+	01:25+	01:57+	03:26+	01:16+	00:41+
13	Henning Hansen	5											50:19	
05:16+	07:18+	10:46+	14:18+	22:26+	27:42+	31:30+	33:58+	39:10+	43:06+	44:32+	46:36+	49:59+	51:26+	52:19+
05:16+	02:02+	03:28+	03:32+	08:08+	05:16+	03:48+	02:28+	05:12+	03:56+	01:26+	02:04+	03:23+	01:27+	00:53+
05:16+	02:02+	03:28+	03:32+	08:08+	05:16+	03:48+	02:28+	05:12+	03:56+	01:26+	02:04+	03:23+	01:27+	00:53+
14	Rolf Duedahl Nielsen	12											50:28	
06:36+	08:48+	12:05+	15:22+	22:44+	27:45+	31:24+	33:39+	38:52+	42:51+	44:34+	46:43+	50:10+	51:38+	52:28+
06:36+	02:12+	03:17+	03:17+	07:22+	05:01+	03:39+	02:15+	05:13+	03:59+	01:43+	02:09+	03:27+	01:28+	00:50+
06:36+	02:12+	03:17+	03:17+	07:22+	05:01+	03:39+	02:15+	05:13+	03:59+	01:43+	02:09+	03:27+	01:28+	00:50+

Plas	Navn	Klasse												Tid
6km														
15	Lucia Aagaard	3												51:07
05:28+	07:36+	10:50+	14:27+	22:15+	28:00+	32:06+	34:15+	39:33+	43:30+	45:08+	47:17+	50:48+	52:23+	53:07+
05:28+	02:08+	03:14+	03:37+	07:48+	05:45+	04:06+	02:09+	05:18+	03:57+	01:38+	02:09+	03:31+	01:35+	00:44+
05:28+	02:08+	03:14+	03:37+	07:48+	05:45+	04:06+	02:09+	05:18+	03:57+	01:38+	02:09+	03:31+	01:35+	00:44+
16	Bodil Schulz	3												51:12
05:35+	07:34+	10:54+	14:30+	22:13+	27:57+	32:01+	34:22+	39:36+	43:30+	45:06+	47:14+	50:46+	52:24+	53:12+
05:35+	01:59+	03:20+	03:36+	07:43+	05:44+	04:04+	02:21+	05:14+	03:54+	01:36+	02:08+	03:32+	01:38+	00:48+
05:35+	01:59+	03:20+	03:36+	07:43+	05:44+	04:04+	02:21+	05:14+	03:54+	01:36+	02:08+	03:32+	01:38+	00:48+
17	Kaj Kaspersen	3												51:15
05:29+	07:37+	10:52+	14:28+	22:17+	28:01+	32:07+	34:17+	39:34+	43:26+	45:05+	47:11+	50:49+	52:26+	53:15+
05:29+	02:08+	03:15+	03:36+	07:49+	05:44+	04:06+	02:10+	05:17+	03:52+	01:39+	02:06+	03:38+	01:37+	00:49+
05:29+	02:08+	03:15+	03:36+	07:49+	05:44+	04:06+	02:10+	05:17+	03:52+	01:39+	02:06+	03:38+	01:37+	00:49+
18	Sven Madsen	14												51:30
05:14+	07:06+	10:31+	14:16+	22:48+	28:05+	31:42+	34:02+	39:29+	43:40+	45:20+	47:35+	51:05+	52:40+	53:30+
05:14+	01:52+	03:25+	03:45+	08:32+	05:17+	03:37+	02:20+	05:27+	04:11+	01:40+	02:15+	03:30+	01:35+	00:50+
05:14+	01:52+	03:25+	03:45+	08:32+	05:17+	03:37+	02:20+	05:27+	04:11+	01:40+	02:15+	03:30+	01:35+	00:50+
19	Lene Bejer Damgaard	23												51:52
04:30+	08:58+	17:07+	25:46+	30:39+	35:08+	51:52+								
04:30+	04:28+	08:09+	08:39+	04:53+	04:29+	16:44+								
04:30+	04:28+	08:09+	08:39+	04:53+	04:29+	16:44+								
20	Lone Rasmussen	17												51:59
05:34+	07:41+	11:04+	14:45+	22:40+	28:09+	32:11+	34:28+	39:50+	43:59+	45:37+	47:44+	51:27+	53:05+	53:59+
05:34+	02:07+	03:23+	03:41+	07:55+	05:29+	04:02+	02:17+	05:22+	04:09+	01:38+	02:07+	03:43+	01:38+	00:54+
05:34+	02:07+	03:23+	03:41+	07:55+	05:29+	04:02+	02:17+	05:22+	04:09+	01:38+	02:07+	03:43+	01:38+	00:54+
21	Torben Sørensen	5												53:32
06:22+	08:35+	11:54+	15:26+	23:16+	28:20+	32:21+	34:48+	41:11+	45:27+	47:13+	49:35+	53:23+	54:44+	55:32+
06:22+	02:13+	03:19+	03:32+	07:50+	05:04+	04:01+	02:27+	06:23+	04:16+	01:46+	02:22+	03:48+	01:21+	00:48+
06:22+	02:13+	03:19+	03:32+	07:50+	05:04+	04:01+	02:27+	06:23+	04:16+	01:46+	02:22+	03:48+	01:21+	00:48+
22	Per Eg Pedersen	7												53:42
05:14+	07:23+	10:46+	14:16+	22:32+	28:22+	32:19+	34:40+	40:34+	45:03+	46:56+	49:26+	53:17+	54:54+	55:42+
05:14+	02:09+	03:23+	03:30+	08:16+	05:50+	03:57+	02:21+	05:54+	04:29+	01:53+	02:30+	03:51+	01:37+	00:48+
05:14+	02:09+	03:23+	03:30+	08:16+	05:50+	03:57+	02:21+	05:54+	04:29+	01:53+	02:30+	03:51+	01:37+	00:48+
23	Lene Stick Nielsen	23												53:46
07:39+	09:49+	13:08+	16:46+	24:52+	30:24+	34:27+	37:00+	42:36+	46:58+	48:46+	51:29+	55:18+	56:51+	57:46+
07:39+	02:10+	03:19+	03:38+	08:06+	05:32+	04:03+	02:33+	05:36+	04:22+	01:48+	02:43+	03:49+	01:33+	00:55+
07:39+	02:10+	03:19+	03:38+	08:06+	05:32+	04:03+	02:33+	05:36+	04:22+	01:48+	02:43+	03:49+	01:33+	00:55+
24	Erik Krogh	7												53:57
07:31+	09:47+	13:13+	16:59+	25:11+	30:31+	34:35+	37:03+	42:46+	47:21+	49:17+	51:40+	55:37+	57:11+	57:57+
07:31+	02:16+	03:26+	03:46+	08:12+	05:20+	04:04+	02:28+	05:43+	04:35+	01:56+	02:23+	03:57+	01:34+	00:46+
07:31+	02:16+	03:26+	03:46+	08:12+	05:20+	04:04+	02:28+	05:43+	04:35+	01:56+	02:23+	03:57+	01:34+	00:46+
25	Åge Lillethorup	19												54:05
05:54+	08:04+	11:19+	15:04+	23:19+	28:49+	33:01+	35:31+	41:12+	45:41+	47:25+	49:49+	53:39+	55:08+	56:05+
05:54+	02:10+	03:15+	03:45+	08:15+	05:30+	04:12+	02:30+	05:41+	04:29+	01:44+	02:24+	03:50+	01:29+	00:57+
05:54+	02:10+	03:15+	03:45+	08:15+	05:30+	04:12+	02:30+	05:41+	04:29+	01:44+	02:24+	03:50+	01:29+	00:57+
26	Niels Møller Petersen	14												54:21
03:50+	05:53+	09:02+	12:43+	20:37+	26:14+	30:24+	33:06+	39:01+	43:39+	45:32+	47:53+	51:43+	53:23+	54:21+
03:50+	02:03+	03:09+	03:41+	07:54+	05:37+	04:10+	02:42+	05:55+	04:38+	01:53+	02:21+	03:50+	01:40+	00:58+
03:50+	02:03+	03:09+	03:41+	07:54+	05:37+	04:10+	02:42+	05:55+	04:38+	01:53+	02:21+	03:50+	01:40+	00:58+

Class	Navn	Klasse											Tid	
6km														
27	Carl Malling	19											54:24	
05:49+	08:01+	11:24+	15:08+	23:24+	29:06+	33:10+	35:45+	41:16+	45:45+	47:34+	49:57+	53:50+	55:29+	56:24+
05:49+	02:12+	03:23+	03:44+	08:16+	05:42+	04:04+	02:35+	05:31+	04:29+	01:49+	02:23+	03:53+	01:39+	00:55+
05:49+	02:12+	03:23+	03:44+	08:16+	05:42+	04:04+	02:35+	05:31+	04:29+	01:49+	02:23+	03:53+	01:39+	00:55+
28	Lone Dybdal	25											54:51	
05:47+	07:57+	11:21+	15:14+	23:25+	28:57+	33:07+	35:39+	41:19+	45:50+	47:43+	50:06+	54:03+	55:49+	56:51+
05:47+	02:10+	03:24+	03:53+	08:11+	05:32+	04:10+	02:32+	05:40+	04:31+	01:53+	02:23+	03:57+	01:46+	01:02+
05:47+	02:10+	03:24+	03:53+	08:11+	05:32+	04:10+	02:32+	05:40+	04:31+	01:53+	02:23+	03:57+	01:46+	01:02+
29	Erik Damgaard	2											54:53	
05:52+	08:02+	11:16+	14:48+	23:01+	28:40+	32:48+	35:23+	41:22+	45:59+	47:49+	50:12+	54:11+	56:01+	56:53+
05:52+	02:10+	03:14+	03:32+	08:13+	05:39+	04:08+	02:35+	05:59+	04:37+	01:50+	02:23+	03:59+	01:50+	00:52+
05:52+	02:10+	03:14+	03:32+	08:13+	05:39+	04:08+	02:35+	05:59+	04:37+	01:50+	02:23+	03:59+	01:50+	00:52+
30	Max Hansen	12											56:39	
04:34+	06:52+	10:16+	14:20+	23:26+	29:26+	33:33+	35:26+	41:36+	46:01+	47:47+	50:08+	54:12+	55:47+	56:39+
04:34+	02:18+	03:24+	04:04+	09:06+	06:00+	04:07+	01:53+	06:10+	04:25+	01:46+	02:21+	04:04+	01:35+	00:52+
04:34+	02:18+	03:24+	04:04+	09:06+	06:00+	04:07+	01:53+	06:10+	04:25+	01:46+	02:21+	04:04+	01:35+	00:52+
32	Erik Ljungdahl	2											1:00:04	
04:05+	06:12+	10:13+	14:51+	24:26+	30:13+	34:47+	36:45+	42:58+	48:12+	50:16+	53:23+	57:39+	59:07+	60:04+
04:05+	02:07+	04:01+	04:38+	09:35+	05:47+	04:34+	01:58+	06:13+	05:14+	02:04+	03:07+	04:16+	01:28+	00:57+
04:05+	02:07+	04:01+	04:38+	09:35+	05:47+	04:34+	01:58+	06:13+	05:14+	02:04+	03:07+	04:16+	01:28+	00:57+
33	Torben Hansen	14											1:00:06	
03:43+	06:07+	09:31+	13:32+	22:36+	28:52+	33:39+	35:39+	42:10+	48:41+	50:31+	53:25+	57:34+	59:03+	60:06+
03:43+	02:24+	03:24+	04:01+	09:04+	06:16+	04:47+	02:00+	06:31+	06:31+	01:50+	02:54+	04:09+	01:29+	01:03+
03:43+	02:24+	03:24+	04:01+	09:04+	06:16+	04:47+	02:00+	06:31+	06:31+	01:50+	02:54+	04:09+	01:29+	01:03+
34	Elin Jørgensen	3											1:00:07	
04:10+	06:26+	10:25+	14:52+	23:19+	29:17+	33:37+	35:29+	42:03+	49:10+	50:52+	53:30+	57:31+	59:04+	60:07+
04:10+	02:16+	03:59+	04:27+	08:27+	05:58+	04:20+	01:52+	06:34+	07:07+	01:42+	02:38+	04:01+	01:33+	01:03+
04:10+	02:16+	03:59+	04:27+	08:27+	05:58+	04:20+	01:52+	06:34+	07:07+	01:42+	02:38+	04:01+	01:33+	01:03+
35	Gitte Isen	3											1:00:17	
04:30+	06:56+	10:38+	14:58+	23:32+	29:32+	33:52+	35:48+	42:07+	48:29+	50:20+	53:16+	57:43+	59:20+	60:17+
04:30+	02:26+	03:42+	04:20+	08:34+	06:00+	04:20+	01:56+	06:19+	06:22+	01:51+	02:56+	04:27+	01:37+	00:57+
04:30+	02:26+	03:42+	04:20+	08:34+	06:00+	04:20+	01:56+	06:19+	06:22+	01:51+	02:56+	04:27+	01:37+	00:57+
36	Tove Straarup	5											1:00:40	
04:06+	06:22+	10:02+	14:22+	23:22+	29:19+	33:56+	36:34+	43:09+	48:23+	50:17+	53:19+	57:57+	59:41+	60:40+
04:06+	02:16+	03:40+	04:20+	09:00+	05:57+	04:37+	02:38+	06:35+	05:14+	01:54+	03:02+	04:38+	01:44+	00:59+
04:06+	02:16+	03:40+	04:20+	09:00+	05:57+	04:37+	02:38+	06:35+	05:14+	01:54+	03:02+	04:38+	01:44+	00:59+
37	Bjørn Hansen	3											1:00:42	
04:26+	06:28+	09:55+	13:50+	23:00+	29:12+	33:43+	35:34+	42:32+	49:00+	50:47+	53:49+	57:49+	59:45+	60:42+
04:26+	02:02+	03:27+	03:55+	09:10+	06:12+	04:31+	01:51+	06:58+	06:28+	01:47+	03:02+	04:00+	01:56+	00:57+
04:26+	02:02+	03:27+	03:55+	09:10+	06:12+	04:31+	01:51+	06:58+	06:28+	01:47+	03:02+	04:00+	01:56+	00:57+
38	Ole Christiansen	Akif											1:00:47	
04:11+	06:41+	10:19+	14:28+	23:16+	29:34+	34:03+	35:56+	42:26+	49:37+	51:28+	54:03+	58:08+	59:59+	60:47+
04:11+	02:30+	03:38+	04:09+	08:48+	06:18+	04:29+	01:53+	06:30+	07:11+	01:51+	02:35+	04:05+	01:51+	00:48+
04:11+	02:30+	03:38+	04:09+	08:48+	06:18+	04:29+	01:53+	06:30+	07:11+	01:51+	02:35+	04:05+	01:51+	00:48+
39	Torben Isen	3											1:01:41	
04:17+	06:46+	10:58+	15:14+	24:51+	31:28+	36:49+	38:48+	45:26+	50:21+	52:19+	55:02+	59:16+	60:50+	61:41+
04:17+	02:29+	04:12+	04:16+	09:37+	06:37+	05:21+	01:59+	06:38+	04:55+	01:58+	02:43+	04:14+	01:34+	00:51+
04:17+	02:29+	04:12+	04:16+	09:37+	06:37+	05:21+	01:59+	06:38+	04:55+	01:58+	02:43+	04:14+	01:34+	00:51+

Class	Navn	Klasse												Tid	
6km															
40	Frede Truelsen	4												1:02:17	
	04:01+	06:15+	09:52+	14:04+	23:06+	29:30+	34:29+	37:10+	44:00+	49:30+	51:36+	54:27+	59:21+	61:03+	62:17+
	04:01+	02:14+	03:37+	04:12+	09:02+	06:24+	04:59+	02:41+	06:50+	05:30+	02:06+	02:51+	04:54+	01:42+	01:14+
	04:01+	02:14+	03:37+	04:12+	09:02+	06:24+	04:59+	02:41+	06:50+	05:30+	02:06+	02:51+	04:54+	01:42+	01:14+
41	Bente H. Ringive	15												1:02:29	
	04:15+	06:39+	10:11+	14:14+	22:44+	28:50+	33:30+	38:30+	44:03+	51:20+	53:15+	55:56+	59:53+	61:30+	62:29+
	04:15+	02:24+	03:32+	04:03+	08:30+	06:06+	04:40+	05:00+	05:33+	07:17+	01:55+	02:41+	03:57+	01:37+	00:59+
	04:15+	02:24+	03:32+	04:03+	08:30+	06:06+	04:40+	05:00+	05:33+	07:17+	01:55+	02:41+	03:57+	01:37+	00:59+
42	Poul Nøhr	20												1:05:24	
	04:51+	07:30+	12:01+	16:51+	27:31+	34:57+	39:50+	41:53+	48:23+	53:21+	55:25+	58:11+	62:41+	64:18+	65:24+
	04:51+	02:39+	04:31+	04:50+	10:40+	07:26+	04:53+	02:03+	06:30+	04:58+	02:04+	02:46+	04:30+	01:37+	01:06+
	04:51+	02:39+	04:31+	04:50+	10:40+	07:26+	04:53+	02:03+	06:30+	04:58+	02:04+	02:46+	04:30+	01:37+	01:06+
43	Erik Anders Jensen	20												1:05:29	
	04:42+	07:06+	11:03+	15:36+	25:33+	33:12+	38:41+	41:12+	48:27+	53:34+	55:43+	58:26+	62:51+	64:33+	65:29+
	04:42+	02:24+	03:57+	04:33+	09:57+	07:39+	05:29+	02:31+	07:15+	05:07+	02:09+	02:43+	04:25+	01:42+	00:56+
	04:42+	02:24+	03:57+	04:33+	09:57+	07:39+	05:29+	02:31+	07:15+	05:07+	02:09+	02:43+	04:25+	01:42+	00:56+
44	Lars Ozol	20												1:05:35	
	04:29+	06:59+	10:58+	15:26+	25:21+	32:51+	38:44+	41:49+	48:31+	53:39+	55:35+	58:29+	62:45+	64:36+	65:35+
	04:29+	02:30+	03:59+	04:28+	09:55+	07:30+	05:53+	03:05+	06:42+	05:08+	01:56+	02:54+	04:16+	01:51+	00:59+
	04:29+	02:30+	03:59+	04:28+	09:55+	07:30+	05:53+	03:05+	06:42+	05:08+	01:56+	02:54+	04:16+	01:51+	00:59+
45	Bente Pedersen	13												1:05:42	
	04:16+	06:51+	11:06+	15:56+	27:51+	34:35+	40:00+	42:07+	48:48+	53:56+	55:56+	58:45+	63:02+	64:48+	65:42+
	04:16+	02:35+	04:15+	04:50+	11:55+	06:44+	05:25+	02:07+	06:41+	05:08+	02:00+	02:49+	04:17+	01:46+	00:54+
	04:16+	02:35+	04:15+	04:50+	11:55+	06:44+	05:25+	02:07+	06:41+	05:08+	02:00+	02:49+	04:17+	01:46+	00:54+
46	Jack Skrydstrup	7												1:05:46	
	04:40+	07:03+	11:08+	15:39+	25:30+	32:53+	38:35+	40:56+	48:33+	53:42+	55:50+	58:41+	62:56+	64:52+	65:46+
	04:40+	02:23+	04:05+	04:31+	09:51+	07:23+	05:42+	02:21+	07:37+	05:09+	02:08+	02:51+	04:15+	01:56+	00:54+
	04:40+	02:23+	04:05+	04:31+	09:51+	07:23+	05:42+	02:21+	07:37+	05:09+	02:08+	02:51+	04:15+	01:56+	00:54+
47	Louis A. Sørensen	13												1:06:07	
	04:46+	07:20+	11:21+	16:01+	27:47+	34:17+	39:14+	41:30+	48:14+	53:46+	55:52+	58:37+	63:12+	65:03+	66:07+
	04:46+	02:34+	04:01+	04:40+	11:46+	06:30+	04:57+	02:16+	06:44+	05:32+	02:06+	02:45+	04:35+	01:51+	01:04+
	04:46+	02:34+	04:01+	04:40+	11:46+	06:30+	04:57+	02:16+	06:44+	05:32+	02:06+	02:45+	04:35+	01:51+	01:04+
48	Flemming Sasser	3												1:06:48	
	04:44+	07:09+	11:20+	16:13+	26:38+	33:47+	39:10+	41:25+	48:18+	53:51+	56:07+	58:57+	63:43+	65:39+	66:48+
	04:44+	02:25+	04:11+	04:53+	10:25+	07:09+	05:23+	02:15+	06:53+	05:33+	02:16+	02:50+	04:46+	01:56+	01:09+
	04:44+	02:25+	04:11+	04:53+	10:25+	07:09+	05:23+	02:15+	06:53+	05:33+	02:16+	02:50+	04:46+	01:56+	01:09+
49	Tage Baun	5												1:08:10	
	04:08+	06:32+	10:33+	14:59+	24:53+	32:22+	41:05+	43:46+	50:25+	55:31+	57:50+	60:42+	65:12+	67:05+	68:10+
	04:08+	02:24+	04:01+	04:26+	09:54+	07:29+	08:43+	02:41+	06:39+	05:06+	02:19+	02:52+	04:30+	01:53+	01:05+
	04:08+	02:24+	04:01+	04:26+	09:54+	07:29+	08:43+	02:41+	06:39+	05:06+	02:19+	02:52+	04:30+	01:53+	01:05+
50	Frants Nielsen	3												1:08:12	
	03:57+	06:36+	10:41+	15:02+	25:11+	32:13+	41:10+	44:01+	50:29+	55:40+	57:42+	60:47+	65:22+	67:14+	68:12+
	03:57+	02:39+	04:05+	04:21+	10:09+	07:02+	08:57+	02:51+	06:28+	05:11+	02:02+	03:05+	04:35+	01:52+	00:58+
	03:57+	02:39+	04:05+	04:21+	10:09+	07:02+	08:57+	02:51+	06:28+	05:11+	02:02+	03:05+	04:35+	01:52+	00:58+
51	Solfrida Larsen	24												1:08:38	
	04:58+	07:24+	11:42+	16:04+	27:46+	34:31+	40:16+	42:26+	49:52+	56:00+	58:01+	60:52+	65:46+	67:46+	68:38+
	04:58+	02:26+	04:18+	04:22+	11:42+	06:45+	05:45+	02:10+	07:26+	06:08+	02:01+	02:51+	04:54+	02:00+	00:52+
	04:58+	02:26+	04:18+	04:22+	11:42+	06:45+	05:45+	02:10+	07:26+	06:08+	02:01+	02:51+	04:54+	02:00+	00:52+

Class	Navn	Klasse										Tid				
6km																
52	Pia Gade	23										1:10:35				
04:59+	07:33+	12:48+	17:45+	28:12+	34:50+	40:03+	42:38+	49:36+	57:37+	60:08+	63:04+	67:29+	69:45+	70:35+		
04:59+	02:34+	05:15+	04:57+	10:27+	06:38+	05:13+	02:35+	06:58+	08:01+	02:31+	02:56+	04:25+	02:16+	00:50+		
04:59+	02:34+	05:15+	04:57+	10:27+	06:38+	05:13+	02:35+	06:58+	08:01+	02:31+	02:56+	04:25+	02:16+	00:50+		
53	Helle Nikkel	23										1:10:59				
04:24+	07:00+	11:14+	15:58+	28:09+	35:18+	41:16+	44:25+	51:50+	57:44+	59:55+	63:02+	67:46+	69:51+	70:59+		
04:24+	02:36+	04:14+	04:44+	12:11+	07:09+	05:58+	03:09+	07:25+	05:54+	02:11+	03:07+	04:44+	02:05+	01:08+		
04:24+	02:36+	04:14+	04:44+	12:11+	07:09+	05:58+	03:09+	07:25+	05:54+	02:11+	03:07+	04:44+	02:05+	01:08+		
54	Gitte Kiilerich	20										1:13:12				
04:47+	07:17+	11:17+	15:43+	25:16+	32:33+	41:24+	44:41+	51:48+	60:34+	63:37+	66:27+	70:39+	72:23+	73:12+		
04:47+	02:30+	04:00+	04:26+	09:33+	07:17+	08:51+	03:17+	07:07+	08:46+	03:03+	02:50+	04:12+	01:44+	00:49+		
04:47+	02:30+	04:00+	04:26+	09:33+	07:17+	08:51+	03:17+	07:07+	08:46+	03:03+	02:50+	04:12+	01:44+	00:49+		
55	Svend Erik Skovsgaard	23										1:15:03				
04:52+	07:37+	12:09+	17:41+	29:07+	38:07+	45:12+	47:41+	54:49+	60:55+	63:34+	66:45+	71:36+	73:50+	75:03+		
04:52+	02:45+	04:32+	05:32+	11:26+	09:00+	07:05+	02:29+	07:08+	06:06+	02:39+	03:11+	04:51+	02:14+	01:13+		
04:52+	02:45+	04:32+	05:32+	11:26+	09:00+	07:05+	02:29+	07:08+	06:06+	02:39+	03:11+	04:51+	02:14+	01:13+		
56	Tommy Jakobsen	5										1:15:56				
04:19+	06:54+	11:12+	15:28+	28:04+	40:06+	45:10+	47:46+	56:49+	63:11+	65:27+	68:53+	73:38+	75:05+	75:56+		
04:19+	02:35+	04:18+	04:16+	12:36+	12:02+	05:04+	02:36+	09:03+	06:22+	02:16+	03:26+	04:45+	01:27+	00:51+		
04:19+	02:35+	04:18+	04:16+	12:36+	12:02+	05:04+	02:36+	09:03+	06:22+	02:16+	03:26+	04:45+	01:27+	00:51+		
57	Claus Clausen	4										1:16:37				
04:56+	07:16+	11:31+	16:30+	27:40+	37:19+	45:02+	47:39+	56:06+	63:49+	66:16+	69:20+	74:08+	75:50+	76:37+		
04:56+	02:20+	04:15+	04:59+	11:10+	09:39+	07:43+	02:37+	08:27+	07:43+	02:27+	03:04+	04:48+	01:42+	00:47+		
04:56+	02:20+	04:15+	04:59+	11:10+	09:39+	07:43+	02:37+	08:27+	07:43+	02:27+	03:04+	04:48+	01:42+	00:47+		
58	Lene Jacobsen	4										1:16:59				
04:54+	07:13+	11:28+	16:33+	27:37+	37:15+	45:06+	47:43+	56:00+	63:51+	66:12+	69:17+	74:06+	75:54+	76:59+		
04:54+	02:19+	04:15+	05:05+	11:04+	09:38+	07:51+	02:37+	08:17+	07:51+	02:21+	03:05+	04:49+	01:48+	01:05+		
04:54+	02:19+	04:15+	05:05+	11:04+	09:38+	07:51+	02:37+	08:17+	07:51+	02:21+	03:05+	04:49+	01:48+	01:05+		
59	Finn Søndergaard	19										1:17:22				
05:14+	08:11+	12:57+	18:48+	31:47+	39:58+	46:37+	49:55+	57:22+	63:43+	66:05+	69:12+	74:02+	76:01+	77:22+		
05:14+	02:57+	04:46+	05:51+	12:59+	08:11+	06:39+	03:18+	07:27+	06:21+	02:22+	03:07+	04:50+	01:59+	01:21+		
05:14+	02:57+	04:46+	05:51+	12:59+	08:11+	06:39+	03:18+	07:27+	06:21+	02:22+	03:07+	04:50+	01:59+	01:21+		
60	Anette Ozol	20										1:18:18				
05:22+	08:18+	13:13+	18:55+	30:50+	40:07+	46:03+	49:51+	58:06+	64:17+	66:39+	69:50+	74:54+	77:10+	78:18+		
05:22+	02:56+	04:55+	05:42+	11:55+	09:17+	05:56+	03:48+	08:15+	06:11+	02:22+	03:11+	05:04+	02:16+	01:08+		
05:22+	02:56+	04:55+	05:42+	11:55+	09:17+	05:56+	03:48+	08:15+	06:11+	02:22+	03:11+	05:04+	02:16+	01:08+		
61	Susanne Høiberg	20										1:19:07				
05:20+	08:26+	13:05+	18:29+	30:39+	39:54+	46:23+	49:28+	58:00+	64:34+	66:56+	70:22+	75:40+	78:08+	79:07+		
05:20+	03:06+	04:39+	05:24+	12:10+	09:15+	06:29+	03:05+	08:32+	06:34+	02:22+	03:26+	05:18+	02:28+	00:59+		
05:20+	03:06+	04:39+	05:24+	12:10+	09:15+	06:29+	03:05+	08:32+	06:34+	02:22+	03:26+	05:18+	02:28+	00:59+		
62	Birgitte Bach	23										1:19:28				
05:02+	08:03+	12:52+	18:14+	30:57+	40:14+	45:54+	49:31+	58:16+	64:59+	67:25+	70:45+	76:05+	78:15+	79:28+		
05:02+	03:01+	04:49+	05:22+	12:43+	09:17+	05:40+	03:37+	08:45+	06:43+	02:26+	03:20+	05:20+	02:10+	01:13+		
05:02+	03:01+	04:49+	05:22+	12:43+	09:17+	05:40+	03:37+	08:45+	06:43+	02:26+	03:20+	05:20+	02:10+	01:13+		
63	Annett Lassen	15										1:19:42				
05:18+	08:32+	13:39+	19:26+	32:19+	40:01+	46:49+	50:32+	58:54+	65:10+	67:33+	71:20+	76:20+	78:34+	79:42+		
05:18+	03:14+	05:07+	05:47+	12:53+	07:42+	06:48+	03:43+	08:22+	06:16+	02:23+	03:47+	05:00+	02:14+	01:08+		
05:18+	03:14+	05:07+	05:47+	12:53+	07:42+	06:48+	03:43+	08:22+	06:16+	02:23+	03:47+	05:00+	02:14+	01:08+		

6km

64	Palle Møller Nielsen	11	1:22:58											
05:13+	08:16+	13:03+	18:59+	32:23+	40:17+	46:54+	50:14+	59:25+	66:56+	69:47+	73:26+	79:09+	81:46+	82:58+
05:13+	03:03+	04:47+	05:56+	13:24+	07:54+	06:37+	03:20+	09:11+	07:31+	02:51+	03:39+	05:43+	02:37+	01:12+
05:13+	03:03+	04:47+	05:56+	13:24+	07:54+	06:37+	03:20+	09:11+	07:31+	02:51+	03:39+	05:43+	02:37+	01:12+
65	Frank Linde	Ok Pan	1:24:00											
10:00+	13:16+	18:31+	24:35+	37:12+	45:17+	54:06+	56:39+	63:33+	69:20+	71:39+	74:56+	80:20+	82:38+	84:00+
10:00+	03:16+	05:15+	06:04+	12:37+	08:05+	08:49+	02:33+	06:54+	05:47+	02:19+	03:17+	05:24+	02:18+	01:22+
10:00+	03:16+	05:15+	06:04+	12:37+	08:05+	08:49+	02:33+	06:54+	05:47+	02:19+	03:17+	05:24+	02:18+	01:22+
66	Keld Abrahamsen	25	1:27:46											
07:53+	11:06+	16:09+	21:51+	36:00+	45:30+	52:24+	56:00+	64:29+	71:48+	74:14+	77:55+	83:46+	86:17+	87:46+
07:53+	03:13+	05:03+	05:42+	14:09+	09:30+	06:54+	03:36+	08:29+	07:19+	02:26+	03:41+	05:51+	02:31+	01:29+
07:53+	03:13+	05:03+	05:42+	14:09+	09:30+	06:54+	03:36+	08:29+	07:19+	02:26+	03:41+	05:51+	02:31+	01:29+
67	Holger Mikkelsen	11	1:27:51											
05:46+	09:01+	14:39+	20:34+	34:08+	43:07+	51:22+	55:13+	64:08+	71:13+	74:02+	77:52+	83:53+	86:28+	87:51+
05:46+	03:15+	05:38+	05:55+	13:34+	08:59+	08:15+	03:51+	08:55+	07:05+	02:49+	03:50+	06:01+	02:35+	01:23+
05:46+	03:15+	05:38+	05:55+	13:34+	08:59+	08:15+	03:51+	08:55+	07:05+	02:49+	03:50+	06:01+	02:35+	01:23+
68	Stine Flint	20	1:28:57											
05:58+	09:30+	16:22+	22:35+	35:38+	44:43+	53:52+	56:15+	64:25+	71:00+	73:44+	77:18+	84:27+	87:38+	88:57+
05:58+	03:32+	06:52+	06:13+	13:03+	09:05+	09:09+	02:23+	08:10+	06:35+	02:44+	03:34+	07:09+	03:11+	01:19+
05:58+	03:32+	06:52+	06:13+	13:03+	09:05+	09:09+	02:23+	08:10+	06:35+	02:44+	03:34+	07:09+	03:11+	01:19+
69	Niels J. Møller Hansen	7	1:30:20											
05:29+	08:45+	13:47+	20:15+	34:32+	43:09+	51:18+	55:06+	64:11+	71:16+	74:38+	78:42+	85:28+	88:50+	90:20+
05:29+	03:16+	05:02+	06:28+	14:17+	08:37+	08:09+	03:48+	09:05+	07:05+	03:22+	04:04+	06:46+	03:22+	01:30+
05:29+	03:16+	05:02+	06:28+	14:17+	08:37+	08:09+	03:48+	09:05+	07:05+	03:22+	04:04+	06:46+	03:22+	01:30+
70	Ole Axelsen	21	1:35:17											
05:48+	09:10+	14:19+	20:05+	34:36+	45:06+	52:20+	57:08+	65:59+	74:36+	78:00+	81:49+	88:51+	93:33+	95:17+
05:48+	03:22+	05:09+	05:46+	14:31+	10:30+	07:14+	04:48+	08:51+	08:37+	03:24+	03:49+	07:02+	04:42+	01:44+
05:48+	03:22+	05:09+	05:46+	14:31+	10:30+	07:14+	04:48+	08:51+	08:37+	03:24+	03:49+	07:02+	04:42+	01:44+

Beste stræktid for klassen

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

MTBO

1	Carsten Thyssen	5	1:30:16															
02:47=	05:44=	09:08=	15:55=	23:22=	30:16=	36:58=	43:10=	49:05=	57:30=	63:58=	68:53=	71:55=	77:16=	79:26=	84:42=	87:22=	89:05=	90:16=
02:47=	02:57=	03:24=	06:47=	07:27=	06:54=	06:42=	06:12=	05:55=	08:25=	06:28=	04:55=	03:02=	05:21=	02:10=	05:16=	02:40=	01:43=	01:11=
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	Poul Erik Buch	15	1:39:38															
02:38-	05:31-	09:05-	16:17+	23:41+	29:27-	37:29+	45:06+	52:59+	62:12+	69:18+	74:27+	77:35+	81:37+	85:22+	91:14+	94:33+	97:16+	99:38+
02:38-	02:53-	03:34+	07:12+	07:24-	05:46-	08:02+	07:37+	07:53+	09:13+	07:06+	05:09+	03:08+	04:02-	03:45+	05:52+	03:19+	02:43+	02:22+
00:09-	00:04-	00:10+	00:25+	00:03-	01:08-	01:20#	01:25#	01:58&	00:48+	00:38+	00:14+	00:06+	01:19-	01:35&	00:36#	00:39#	01:00&	01:11&
3	Signe O. Jensen	NOTEAM	1:58:46															
02:44-	05:53+	09:50+	18:43+	25:52+	31:09+	38:52+	47:40+	54:23+	64:09+	72:31+	79:51+	86:49+	96:15+	99:30+	108:33+	114:58+	117:05+	118:46+
02:44-	03:09+	03:57+	08:53+	07:09-	05:17-	07:43+	08:48+	06:43+	09:46+	08:22+	07:20+	06:58+	09:26+	03:15+	09:03+	06:25+	02:07+	01:41+
00:03-	00:12+	00:33#	02:06&	00:18-	01:37-	01:01#	02:36&	00:48#	01:21#	01:54&	02:25&	03:56@	04:05&	01:05&	03:47&	03:45@	00:24#	00:30&

Class Navn

Klasse

Tid

MTBO

4 Ulrik Mathiasen

20

2:11:04

05:01+ 13:19+ 20:10+ 27:52+ 36:01+ 44:44+ 54:44+ 63:32+ 76:30+ 87:57+ 97:16+ 103:57+ 107:06+ 111:37+ 114:09+ 121:14+ 125:53+ 128:07+ 131:04+
05:01+ 08:18+ 06:51+ 07:42+ 08:09+ 08:43+ 10:00+ 08:48+ 12:58+ 11:27+ 09:19+ 06:41+ 03:09+ 04:31- 02:32+ 07:05+ 04:39+ 02:14+ 02:57+
02:14& 05:21@ 03:27@ 00:55# 00:42+ 01:49& 03:18& 02:36& 07:03@ 03:02& 02:51& 01:46& 00:07+ 00:50- 00:22# 01:49& 01:59& 00:31& 01:46@

Beste stræktid for klassen

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