

Plads Navn

Klasse

Tid

10km

1 Asbjørn Faber Fenger-Grøn 24**1:12:29**

02:10= 04:23= 06:52= 08:21= 09:41= 15:03= 16:57= 19:32= 24:10= 29:44= 34:56= 38:52= 45:11= 49:10= 51:10= 57:07= 58:34= 64:46= 70:27= 71:54= 72:29=
 02:10= 02:13= 02:29= 01:29= 01:20= 05:22= 01:54= 02:35= 04:38= 05:34= 05:12= 03:56= 06:19= 03:59= 02:00= 05:57= 01:27= 06:12= 05:41= 01:27= 00:35=
 00:00=

2 Morten Fenger-Grøn 24**1:12:31**

01:59- 04:11- 06:43- 08:13- 09:30- 15:04+ 16:44- 19:23- 24:02- 29:30- 34:47- 38:39- 45:03- 48:57- 50:57- 56:51- 58:21- 64:32- 70:20- 71:49- 72:31+
 01:59- 02:12- 02:32+ 01:30+ 01:17- 05:34+ 01:40- 02:39+ 04:39+ 05:28- 05:17+ 03:52- 06:24+ 03:54- 02:00= 05:54- 01:30+ 06:11- 05:48+ 01:29+ 00:42+
 00:11- 00:01- 00:03+ 00:01+ 00:03- 00:12+ 00:14- 00:04+ 00:01+ 00:06- 00:05+ 00:04- 00:05+ 00:05- 00:00= 00:03- 00:03+ 00:01- 00:07+ 00:02+ 00:07#

3 Jess Rasmussen 27**1:14:46**

02:01- 04:16- 07:05+ 08:34+ 09:49+ 14:07- 15:57- 19:28- 24:20+ 29:55+ 34:42- 38:40- 45:08- 48:57- 51:00- 58:03+ 59:53+ 66:18+ 72:20+ 74:00+ 74:46+
 02:01- 02:15+ 02:49+ 01:29= 01:15- 04:18- 01:50- 03:31+ 04:52+ 05:35+ 04:47- 03:58+ 06:28+ 03:49- 02:03+ 07:03+ 01:50+ 06:25+ 06:02+ 01:40+ 00:46+
 00:09- 00:02+ 00:20# 00:00= 00:05- 01:04- 00:04- 00:56& 00:14+ 00:01+ 00:25- 00:02+ 00:09+ 00:10- 00:03+ 01:06# 00:23& 00:13+ 00:21+ 00:13# 00:11&

4 Peter Frandsen 9**1:15:38**

01:55- 04:03- 06:55+ 08:18- 09:33- 14:35- 16:23- 19:04- 24:03- 29:54+ 34:40- 38:40- 45:12+ 49:30+ 51:44+ 58:40+ 60:07+ 67:12+ 73:19+ 74:51+ 75:38+
 01:55- 02:08- 02:08- 02:52+ 01:23- 01:15- 05:02- 01:48- 02:41+ 04:59+ 05:51+ 04:46- 04:00+ 06:32+ 04:18+ 02:14+ 06:56+ 01:27= 07:05+ 06:07+ 01:32+ 00:47+
 00:15- 00:05- 00:23# 00:06- 00:05- 00:20- 00:06- 00:06+ 00:21+ 00:17+ 00:26- 00:04+ 00:13+ 00:19+ 00:14# 00:59# 00:00= 00:53# 00:26+ 00:05+ 00:12&

5 Thorkild Jensen 23**1:17:07**

03:04+ 04:57+ 07:35+ 09:16+ 10:45+ 14:44- 17:15+ 20:02+ 24:39+ 30:11+ 34:37- 40:43+ 46:47+ 51:32+ 53:45+ 61:05+ 63:23+ 69:35+ 75:04+ 76:32+ 77:07+
 03:04+ 01:53- 02:38+ 01:41+ 01:29+ 03:59- 02:31+ 02:47+ 04:37- 05:32- 04:26- 06:06+ 06:04- 04:45+ 02:13+ 07:20+ 02:18+ 06:12= 05:29- 01:28+ 00:35=
 00:54& 00:20- 00:09+ 00:12# 00:09# 01:23- 00:37& 00:12+ 00:01- 00:02- 00:46- 02:10& 00:15- 00:46# 00:13# 01:23# 00:51& 00:00= 00:12- 00:01+ 00:00=

6 Torben Kristensen 21**1:18:23**

02:11+ 04:43+ 07:36+ 09:04+ 10:24+ 14:55- 16:55- 19:53+ 24:38+ 30:22+ 35:06+ 38:55+ 45:23+ 50:09+ 52:06+ 60:13+ 62:05+ 69:51+ 75:52+ 77:37+ 78:23+
 02:11+ 02:32+ 02:53+ 01:28- 01:20= 04:31- 02:00+ 02:58+ 04:45+ 05:44+ 04:44- 03:49- 06:28+ 04:46+ 01:57- 08:07+ 01:52+ 07:46+ 06:01+ 01:45+ 00:46+
 00:01+ 00:19# 00:24# 00:01- 00:00= 00:51- 00:06+ 00:23# 00:07+ 00:10+ 00:28- 00:07- 00:09+ 00:47# 00:03- 02:10& 00:25& 01:34& 00:20+ 00:18# 00:11&

7 Ole Jensen 10**1:20:00**

04:06+ 06:18+ 09:26+ 11:23+ 12:42+ 17:22+ 19:09+ 22:20+ 27:37+ 33:10+ 37:57+ 41:56+ 48:40+ 52:55+ 55:02+ 61:55+ 63:14+ 70:33+ 76:43+ 79:20+ 80:00+
 04:06+ 02:12- 03:08+ 01:57+ 01:19- 04:40- 01:47- 03:11+ 05:17+ 05:33- 04:47- 03:59+ 06:44+ 04:15+ 02:07+ 06:53+ 01:19- 07:19+ 06:10+ 02:37+ 00:40+
 01:56& 00:01- 00:39& 00:28& 00:01- 00:42- 00:07- 00:36# 00:39# 00:01- 00:25- 00:03+ 00:25+ 00:16+ 00:07+ 00:56# 00:08- 01:07# 00:29+ 01:10& 00:05#

8 Steffen Alm 11**1:24:49**

02:32+ 04:54+ 07:56+ 10:05+ 11:36+ 16:39+ 18:45+ 23:19+ 29:34+ 36:18+ 41:54+ 46:36+ 54:02+ 58:41+ 60:49+ 67:09+ 68:52+ 74:58+ 81:55+ 83:57+ 84:49+
 02:32+ 02:22+ 03:02+ 02:09+ 01:31+ 05:03- 02:06+ 04:34+ 06:15+ 06:44+ 05:36+ 04:42+ 07:26+ 04:39+ 02:08+ 06:20+ 01:43+ 06:06- 06:57+ 02:02+ 00:52+
 00:22# 00:09+ 00:33# 00:40& 00:11# 00:19- 00:12# 01:59& 01:37& 01:10# 00:24+ 00:46# 01:07# 00:40# 00:08+ 00:23+ 00:16# 00:06- 01:16# 00:35& 00:17&

9 Martin Ringive 16**1:25:31**

02:27+ 04:41+ 08:21+ 10:07+ 11:52+ 16:45+ 19:09+ 23:01+ 28:41+ 34:59+ 40:28+ 44:59+ 52:32+ 56:53+ 59:01+ 64:49+ 67:37+ 76:29+ 83:05+ 84:48+ 85:31+
 02:27+ 02:14+ 03:40+ 01:46+ 01:45+ 04:53- 02:24+ 03:52+ 05:40+ 06:18+ 05:29+ 04:31+ 07:33+ 04:21+ 02:08+ 05:48- 02:48+ 08:52+ 06:36+ 01:43+ 00:43+
 00:17# 00:01+ 01:11& 00:17# 00:25& 00:29- 00:30& 01:17& 01:02# 00:44# 00:17+ 00:35# 01:14# 00:22+ 00:08+ 00:09- 01:21& 02:40& 00:55# 00:16# 00:08#

10 Jakob Gade 27**1:25:36**

02:35+ 05:04+ 08:36+ 10:24+ 11:54+ 19:32+ 21:31+ 25:11+ 31:16+ 37:50+ 42:53+ 46:52+ 53:18+ 57:28+ 59:25+ 64:42+ 68:57+ 77:12+ 83:11+ 84:50+ 85:36+
 02:35+ 02:29+ 03:32+ 01:48+ 01:30+ 07:38+ 01:59+ 03:40+ 06:05+ 06:34+ 05:03- 03:59+ 06:26+ 04:10+ 01:57- 05:17- 04:15+ 08:15+ 05:59+ 01:39+ 00:46+
 00:25# 00:16# 01:03& 00:19# 00:10# 02:16& 00:05+ 01:05& 01:27& 01:00# 00:09- 00:03+ 00:07+ 00:11+ 00:03- 00:40- 02:48@ 02:03& 00:18+ 00:12# 00:11&

11 Jacob Bang 16**1:26:07**

02:18+ 04:43+ 08:02+ 09:43+ 11:16+ 16:19+ 18:17+ 21:50+ 27:08+ 33:30+ 39:11+ 43:55+ 51:28+ 56:18+ 58:35+ 64:30+ 67:13+ 75:58+ 83:08+ 85:13+ 86:07+
 02:18+ 02:25+ 03:19+ 01:41+ 01:33+ 05:03- 01:58+ 03:33+ 05:18+ 06:22+ 05:41+ 04:44+ 07:33+ 04:50+ 02:17+ 05:55- 02:43+ 08:45+ 07:10+ 02:05+ 00:54+
 00:08+ 00:12+ 00:50& 00:12# 00:13# 00:19- 00:04+ 00:58& 00:40# 00:48# 00:29+ 00:48# 01:14# 00:51# 00:17# 00:02- 01:16& 02:33& 01:29& 00:38& 00:19&

12 Kent René Simonsen 27**1:26:09**

02:32+ 04:51+ 08:07+ 09:53+ 11:18+ 16:12+ 18:40+ 22:26+ 29:28+ 36:06+ 41:11+ 45:34+ 52:27+ 56:43+ 58:41+ 64:05+ 68:38+ 76:57+ 83:29+ 85:22+ 86:09+
 02:32+ 02:19+ 03:16+ 01:46+ 01:25+ 04:54- 02:28+ 03:46+ 07:02+ 06:38+ 05:05- 04:23+ 06:53+ 04:16+ 01:58- 05:24- 04:33+ 08:19+ 06:32+ 01:53+ 00:47+
 00:22# 00:06+ 00:47& 00:17# 00:05+ 00:28- 00:34& 01:11& 02:24& 01:04# 00:07- 00:27# 00:34+ 00:17+ 00:02- 00:33- 03:06@ 02:07& 00:51# 00:26& 00:12&

Class	Navn	Klasse	Tid																	
10km																				
13	Josephine Dewett	22	1:27:01																	
02:44+	05:20+	08:26+	10:10+	11:35+	17:02+	19:19+	23:53+	29:14+	35:35+	40:50+	45:12+	52:38+	57:19+	59:31+	66:13+	68:14+	77:35+	84:11+	86:13+	87:01+
02:44+	02:36+	03:06+	01:44+	01:25+	05:27+	02:17+	04:34+	05:21+	06:21+	05:15+	04:22+	07:26+	04:41+	02:12+	06:42+	02:01+	09:21+	06:36+	02:02+	00:48+
00:34&	00:23#	00:37#	00:15#	00:05+	00:05+	00:23#	01:59&	00:43#	00:47#	00:03+	00:26#	01:07#	00:42#	00:12#	00:45#	00:34&	03:09&	00:55#	00:35&	00:13&
14	Henrik Bach	10	1:27:54																	
03:48+	06:11+	09:26+	11:11+	12:38+	17:29+	19:12+	22:29+	28:01+	34:35+	40:03+	44:15+	51:37+	55:56+	60:14+	67:02+	69:42+	79:24+	85:28+	87:13+	87:54+
03:48+	02:23+	03:15+	01:45+	01:27+	04:51+	01:43+	03:17+	05:32+	06:34+	05:28+	04:12+	07:22+	04:19+	04:18+	06:48+	02:40+	09:42+	06:04+	01:45+	00:41+
03:48+	02:23+	03:15+	01:45+	01:27+	04:51+	01:43+	03:17+	05:32+	06:34+	05:28+	04:12+	07:22+	04:19+	04:18+	06:48+	02:40+	09:42+	06:04+	01:45+	00:41+
15	Henrik Juhl	5	1:29:38																	
03:00+	05:23+	08:35+	10:32+	11:57+	16:49+	18:39+	23:02+	35:29+	42:04+	47:53+	52:25+	59:43+	64:25+	66:28+	72:32+	74:13+	80:10+	87:03+	88:53+	89:38+
03:00+	02:23+	03:12+	01:57+	01:25+	04:52+	01:50+	04:23+	12:27+	06:35+	05:49+	04:32+	07:18+	04:42+	02:03+	06:04+	01:41+	05:57+	06:53+	01:50+	00:45+
03:00+	02:23+	03:12+	01:57+	01:25+	04:52+	01:50+	04:23+	12:27+	06:35+	05:49+	04:32+	07:18+	04:42+	02:03+	06:04+	01:41+	05:57+	06:53+	01:50+	00:45+
16	Keld Gade	27	1:30:10																	
02:35+	05:09+	08:48+	10:42+	12:19+	18:37+	20:37+	24:57+	30:56+	38:14+	43:39+	48:29+	56:13+	61:01+	63:17+	70:03+	72:59+	80:35+	87:24+	89:22+	90:10+
02:35+	02:34+	03:39+	01:54+	01:37+	06:18+	02:00+	04:20+	05:59+	07:18+	05:25+	04:50+	07:44+	04:48+	02:16+	06:46+	02:56+	07:36+	06:49+	01:58+	00:48+
02:35+	02:34+	03:39+	01:54+	01:37+	06:18+	02:00+	04:20+	05:59+	07:18+	05:25+	04:50+	07:44+	04:48+	02:16+	06:46+	02:56+	07:36+	06:49+	01:58+	00:48+
17	Lennart Bo Kristiansen	27	1:30:41																	
02:47+	05:42+	08:51+	10:36+	12:22+	17:54+	19:57+	23:44+	29:55+	36:56+	42:39+	47:31+	55:02+	59:45+	62:06+	69:00+	71:12+	81:01+	88:09+	90:04+	90:41+
02:47+	02:55+	03:09+	01:45+	01:46+	05:32+	02:03+	03:47+	06:11+	07:01+	05:43+	04:52+	07:31+	04:43+	02:21+	06:54+	02:12+	09:49+	07:08+	01:55+	00:37+
02:47+	02:55+	03:09+	01:45+	01:46+	05:32+	02:03+	03:47+	06:11+	07:01+	05:43+	04:52+	07:31+	04:43+	02:21+	06:54+	02:12+	09:49+	07:08+	01:55+	00:37+
18	Susanne Loft Thyssen	7	1:33:35																	
03:22+	05:54+	09:30+	11:24+	12:51+	21:12+	23:03+	27:13+	33:02+	39:42+	45:14+	49:40+	57:01+	61:50+	63:55+	76:15+	78:12+	84:04+	90:45+	92:47+	93:35+
03:22+	02:32+	03:36+	01:54+	01:27+	08:21+	01:51+	04:10+	05:49+	06:40+	05:32+	04:26+	07:21+	04:49+	02:05+	12:20+	01:57+	05:52+	06:41+	02:02+	00:48+
03:22+	02:32+	03:36+	01:54+	01:27+	08:21+	01:51+	04:10+	05:49+	06:40+	05:32+	04:26+	07:21+	04:49+	02:05+	12:20+	01:57+	05:52+	06:41+	02:02+	00:48+
19	Stig Barrett	27	1:33:56																	
03:16+	05:47+	09:31+	11:26+	13:01+	18:41+	21:40+	26:45+	36:28+	43:29+	49:53+	54:55+	63:12+	67:53+	69:59+	76:19+	78:20+	84:17+	91:06+	93:06+	93:56+
03:16+	02:31+	03:44+	01:55+	01:35+	05:40+	02:59+	05:05+	09:43+	07:01+	06:24+	05:02+	08:17+	04:41+	02:06+	06:20+	02:01+	05:57+	06:49+	02:00+	00:50+
03:16+	02:31+	03:44+	01:55+	01:35+	05:40+	02:59+	05:05+	09:43+	07:01+	06:24+	05:02+	08:17+	04:41+	02:06+	06:20+	02:01+	05:57+	06:49+	02:00+	00:50+
20	Jens Ozol	24	1:36:28																	
02:25+	04:59+	08:37+	10:47+	12:32+	17:57+	20:07+	24:34+	33:42+	41:03+	46:48+	51:28+	59:36+	64:39+	67:59+	76:12+	78:35+	86:02+	93:41+	95:38+	96:28+
02:25+	02:34+	03:38+	02:10+	01:45+	05:25+	02:10+	04:27+	09:08+	07:21+	05:45+	04:40+	08:08+	05:03+	03:20+	08:13+	02:23+	07:27+	07:39+	01:57+	00:50+
02:25+	02:34+	03:38+	02:10+	01:45+	05:25+	02:10+	04:27+	09:08+	07:21+	05:45+	04:40+	08:08+	05:03+	03:20+	08:13+	02:23+	07:27+	07:39+	01:57+	00:50+
21	Christian Colding	26	1:47:53																	
03:51+	06:19+	09:17+	10:49+	12:15+	17:41+	20:06+	24:17+	42:47+	51:07+	57:04+	61:24+	68:16+	73:48+	76:19+	85:36+	87:43+	98:35+	105:23+	107:17+	107:53+
03:51+	02:28+	02:58+	01:32+	01:26+	05:26+	02:25+	04:11+	18:30+	08:20+	05:57+	04:20+	06:52+	05:32+	02:31+	09:17+	02:07+	10:52+	06:48+	01:54+	00:36+
03:51+	02:28+	02:58+	01:32+	01:26+	05:26+	02:25+	04:11+	18:30+	08:20+	05:57+	04:20+	06:52+	05:32+	02:31+	09:17+	02:07+	10:52+	06:48+	01:54+	00:36+
22	Erik Krogh	9	1:50:25																	
02:30+	05:24+	09:11+	11:28+	13:20+	19:34+	22:01+	26:56+	34:06+	42:44+	50:17+	56:43+	66:01+	72:21+	75:24+	86:04+	88:38+	97:00+	106:31+	109:19+	110:25+
02:30+	02:54+	03:47+	02:17+	01:52+	06:14+	02:27+	04:55+	07:10+	08:38+	07:33+	06:26+	09:18+	06:20+	03:03+	10:40+	02:34+	08:22+	09:31+	02:48+	01:06+
02:30+	02:54+	03:47+	02:17+	01:52+	06:14+	02:27+	04:55+	07:10+	08:38+	07:33+	06:26+	09:18+	06:20+	03:03+	10:40+	02:34+	08:22+	09:31+	02:48+	01:06+
23	Erik Ljungdahl	3	1:52:09																	
03:10+	06:16+	10:08+	12:15+	13:53+	20:37+	23:09+	27:30+	34:59+	43:22+	50:48+	56:07+	65:20+	71:10+	74:13+	90:47+	92:54+	100:36+	109:03+	111:19+	112:09+
03:10+	03:06+	03:52+	02:07+	01:38+	06:44+	02:32+	04:21+	07:29+	08:23+	07:26+	05:19+	09:13+	05:50+	03:03+	16:34+	02:07+	07:42+	08:27+	02:16+	00:50+
03:10+	03:06+	03:52+	02:07+	01:38+	06:44+	02:32+	04:21+	07:29+	08:23+	07:26+	05:19+	09:13+	05:50+	03:03+	16:34+	02:07+	07:42+	08:27+	02:16+	00:50+
24	Erik Damgaard	3	1:52:46																	
02:42+	05:45+	09:38+	12:27+	14:16+	20:13+	23:09+	28:47+	40:56+	48:35+	55:35+	61:07+	70:07+	75:33+	78:32+	87:29+	90:00+	100:23+	109:33+	111:45+	112:46+
02:42+	03:03+	03:53+	02:49+	01:49+	05:57+	02:56+	05:38+	12:09+	07:39+	07:00+	05:32+	09:00+	05:26+	02:59+	08:57+	02:31+	10:23+	09:10+	02:12+	01:01+
02:42+	03:03+	03:53+	02:49+	01:49+	05:57+	02:56+	05:38+	12:09+	07:39+	07:00+	05:32+	09:00+	05:26+	02:59+	08:57+	02:31+	10:23+	09:10+	02:12+	01:01+

10km

25	Uffe Bach	14	1:59:18																	
03:26+	06:46+	11:13+	13:26+	15:43+	22:54+	25:36+	30:13+	37:42+	46:57+	55:17+	61:47+	71:48+	78:27+	82:32+	92:57+	96:11+	105:29+	115:24+	118:06+	119:18+
03:26+	03:20+	04:27+	02:13+	02:17+	07:11+	02:42+	04:37+	07:29+	09:15+	08:20+	06:30+	10:01+	06:39+	04:05+	10:25+	03:14+	09:18+	09:55+	02:42+	01:12+
03:26+	03:20+	04:27+	02:13+	02:17+	07:11+	02:42+	04:37+	07:29+	09:15+	08:20+	06:30+	10:01+	06:39+	04:05+	10:25+	03:14+	09:18+	09:55+	02:42+	01:12+

26	Nina Jacobsen	24	2:03:18																	
03:14+	05:50+	09:40+	11:52+	13:34+	19:15+	22:07+	26:10+	37:04+	45:05+	51:26+	56:37+	64:59+	73:14+	75:41+	85:17+	93:52+	112:04+	120:12+	122:31+	123:18+
03:14+	02:36+	03:50+	02:12+	01:42+	05:41+	02:52+	04:03+	10:54+	08:01+	06:21+	05:11+	08:22+	08:15+	02:27+	09:36+	08:35+	18:12+	08:08+	02:19+	00:47+
03:14+	02:36+	03:50+	02:12+	01:42+	05:41+	02:52+	04:03+	10:54+	08:01+	06:21+	05:11+	08:22+	08:15+	02:27+	09:36+	08:35+	18:12+	08:08+	02:19+	00:47+

27	Gitte Kiilerich Pedersen	24	2:45:46																	
11:18+	14:56+	19:18+	23:32+	25:29+	32:44+	35:15+	40:47+	51:24+	67:05+	74:28+	80:37+	90:34+	108:02+	111:53+	127:49+	137:22+	149:30+	160:59+	164:34+	165:46+
11:18+	03:38+	04:22+	04:14+	01:57+	07:15+	02:31+	05:32+	10:37+	15:41+	07:23+	06:09+	09:57+	17:28+	03:51+	15:56+	09:33+	12:08+	11:29+	03:35+	01:12+
11:18+	03:38+	04:22+	04:14+	01:57+	07:15+	02:31+	05:32+	10:37+	15:41+	07:23+	06:09+	09:57+	17:28+	03:51+	15:56+	09:33+	12:08+	11:29+	03:35+	01:12+

Beste stræktid for klassen

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

16km

1	Martin Busch	21	2:01:00																						
02:47=	08:43=	10:36=	13:54=	16:37=	20:47=	24:18=	31:18=	38:11=	46:52=	55:26=	60:21=	64:11=	70:04=	73:52=	77:37=	79:52=	84:16=	86:53=	93:07=	95:27=	101:11=	103:31=	106:26=	112:20=	118:25=
02:47=	05:56=	01:53=	03:18=	02:43=	04:10=	03:31=	07:00=	06:53=	08:41=	08:34=	04:55=	03:50=	05:53=	03:48=	03:45=	02:15=	04:24=	02:37=	06:14=	02:20=	05:44=	02:20=	02:55=	05:54=	06:05=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
120:18=	121:00=																								
01:53=	00:42=																								
00:00=	00:00=																								

2	Michael Filyo	24	2:09:04																						
03:47+	10:55+	12:42+	16:34+	19:53+	24:07+	28:35+	33:28+	42:24+	50:13+	57:43+	63:13+	67:33+	74:45+	78:54+	82:56+	85:18+	90:29+	93:07+	98:56+	101:32+	107:55+	110:41+	113:56+	119:50+	126:27+
03:47+	07:08+	01:47-	03:52+	03:19+	04:14+	04:28+	04:53-	08:56+	07:49-	07:30-	05:30+	04:20+	07:12+	04:09+	04:02+	02:22+	05:11+	02:38+	05:49-	02:36+	06:23+	02:46+	03:15+	05:54=	06:37+
01:00&	01:12#	00:06-	00:34#	00:36#	00:04+	00:57&	02:07-	02:03&	00:52-	01:04-	00:35#	00:30#	01:19#	00:21+	00:17+	00:07+	00:47#	00:01+	00:25-	00:16#	00:39#	00:26#	00:20#	00:00=	00:32+
128:15+	129:04+																								
01:48-	00:49+																								
00:05-	00:07#																								

3	Leif E. Larsen	25	2:12:38																						
03:22+	10:44+	13:01+	16:42+	20:54+	24:58+	29:43+	35:45+	44:02+	53:56+	61:34+	67:00+	71:25+	78:29+	82:40+	86:40+	89:04+	94:11+	97:01+	103:17+	105:48+	111:43+	114:02+	117:32+	123:27+	130:09+
03:22+	07:22+	02:17+	03:41+	04:12+	04:04-	04:45+	06:02-	08:17+	09:54+	07:38-	05:26+	04:25+	07:04+	04:11+	04:00+	02:24+	05:07+	02:50+	06:16+	02:31+	05:55+	02:19-	03:30+	05:55+	06:42+
00:35#	01:26#	00:24#	00:23#	01:29&	00:06-	01:14&	00:58-	01:24#	01:13#	00:56-	00:31#	00:35#	01:11#	00:23#	00:15+	00:09+	00:43#	00:13+	00:02+	00:11+	00:11+	00:01-	00:35#	00:01+	00:37#
131:52+	132:38+																								
01:43-	00:46+																								
00:10-	00:04+																								

4	Arne Kristensen	4	2:12:44																						
03:07+	10:29+	12:45+	16:28+	20:42+	24:46+	29:28+	35:21+	46:00+	53:50+	61:23+	66:46+	71:12+	78:15+	82:23+	86:26+	88:47+	93:57+	96:45+	103:14+	105:38+	111:35+	113:51+	117:19+	123:24+	129:52+
03:07+	07:22+	02:16+	03:43+	04:14+	04:04-	04:42+	05:53-	10:39+	07:50-	07:33-	05:23+	04:26+	07:03+	04:08+	04:03+	02:21+	05:10+	02:48+	06:29+	02:24+	05:57+	02:16-	03:28+	06:05+	06:28+
00:20#	01:26#	00:23#	00:25#	01:31&	00:06-	01:11&	01:07-	03:46&	00:51-	01:01-	00:28+	00:36#	01:10#	00:20+	00:18+	00:06+	00:46#	00:11+	00:15+	00:04+	00:13+	00:04-	00:33#	00:11+	00:23+
131:45+	132:44+																								
01:53=	00:59+																								
00:00=	00:17&																								

16km

5 Kenn Heldgaard Kristensen 5

2:20:02

03:41+	11:54+	14:16+	17:54+	21:39+	26:09+	30:17+	36:01+	46:30+	54:54+	62:41+	69:04+	73:29+	80:53+	85:26+	89:27+	91:49+	97:10+	100:07+	107:41+	110:14+	116:40+	119:11+	122:42+	129:19+	136:58+		
03:41+	08:13+	02:22+	03:38+	03:45+	04:30+	04:08+	05:44-	10:29+	08:24-	07:47-	06:23+	04:25+	07:24+	04:33+	04:01+	02:22+	05:21+	02:57+	07:34+	02:33+	06:26+	02:31+	03:31+	06:37+	07:39+		
00:54&	02:17&	00:29&	00:20#	01:02&	00:20+	00:37#	01:16-	03:36&	00:17-	00:47-	01:28&	00:35#	01:31&	00:45#	00:16+	00:07+	00:57#	00:20#	01:20#	00:13+	00:42#	00:11+	00:36#	00:43#	01:34&		
139:04+	140:02+																										
02:06+	00:58+																										
00:13#	00:16&																										

6 Allan Thesbjerg 7

2:21:34

03:32+	11:08+	13:37+	17:35+	21:42+	26:42+	31:59+	39:09+	49:51+	59:49+	67:14+	72:47+	77:12+	84:23+	88:35+	92:37+	94:58+	100:03+	102:37+	109:23+	111:54+	117:48+	120:09+	123:34+	129:31+	138:13+
03:32+	07:36+	02:29+	03:58+	04:07+	05:00+	05:17+	07:10+	10:42+	09:58+	07:25+	05:33+	04:25+	07:11+	04:12+	04:02+	02:21+	05:05+	02:34+	06:46+	02:31+	05:54+	02:21+	03:25+	05:57+	08:42+
03:32+	07:36+	02:29+	03:58+	04:07+	05:00+	05:17+	07:10+	10:42+	09:58+	07:25+	05:33+	04:25+	07:11+	04:12+	04:02+	02:21+	05:05+	02:34+	06:46+	02:31+	05:54+	02:21+	03:25+	05:57+	08:42+
140:32+	141:34+																								
02:19+	01:02+																								
02:19+	01:02+																								

7 Lars Mikkelsen 5

2:29:47

03:38+	10:42+	12:38+	16:52+	21:26+	27:28+	33:46+	39:50+	51:16+	60:45+	69:59+	75:53+	80:38+	88:32+	93:25+	97:43+	100:24+	105:42+	108:33+	116:42+	119:24+	125:59+	130:09+	133:48+	140:09+	147:07+
03:38+	07:04+	01:56+	04:14+	04:34+	06:02+	06:18+	06:04+	11:26+	09:29+	09:14+	05:54+	04:45+	07:54+	04:53+	04:18+	02:41+	05:18+	02:51+	08:09+	02:42+	06:35+	04:10+	03:39+	06:21+	06:58+
03:38+	07:04+	01:56+	04:14+	04:34+	06:02+	06:18+	06:04+	11:26+	09:29+	09:14+	05:54+	04:45+	07:54+	04:53+	04:18+	02:41+	05:18+	02:51+	08:09+	02:42+	06:35+	04:10+	03:39+	06:21+	06:58+
148:58+	149:47+																								
01:51+	00:49+																								
01:51+	00:49+																								

8 Carsten Lind 15

2:36:21

04:02+	11:39+	13:38+	16:49+	23:30+	28:06+	31:51+	38:29+	48:58+	57:04+	64:49+	70:58+	75:43+	83:02+	87:36+	91:36+	94:04+	99:43+	102:41+	113:39+	116:31+	123:18+	126:03+	134:15+	141:04+	153:21+
04:02+	07:37+	01:59+	03:11+	06:41+	04:36+	03:45+	06:38+	10:29+	08:06+	07:45+	06:09+	04:45+	07:19+	04:34+	04:00+	02:28+	05:39+	02:58+	10:58+	02:52+	06:47+	02:45+	08:12+	06:49+	12:17+
04:02+	07:37+	01:59+	03:11+	06:41+	04:36+	03:45+	06:38+	10:29+	08:06+	07:45+	06:09+	04:45+	07:19+	04:34+	04:00+	02:28+	05:39+	02:58+	10:58+	02:52+	06:47+	02:45+	08:12+	06:49+	12:17+
155:25+	156:21+																								
02:04+	00:56+																								
02:04+	00:56+																								

9 Ane Gade 19

2:38:55

03:59+	12:22+	15:31+	19:08+	23:31+	29:36+	33:58+	45:11+	55:05+	65:16+	76:50+	83:17+	87:56+	95:38+	100:30+	105:32+	108:39+	113:58+	116:53+	123:28+	126:05+	132:02+	135:07+	139:21+	149:10+	156:08+
03:59+	08:23+	03:09+	03:37+	04:23+	06:05+	04:22+	11:13+	09:54+	10:11+	11:34+	06:27+	04:39+	07:42+	04:52+	05:02+	03:07+	05:19+	02:55+	06:35+	02:37+	05:57+	03:05+	04:14+	09:49+	06:58+
03:59+	08:23+	03:09+	03:37+	04:23+	06:05+	04:22+	11:13+	09:54+	10:11+	11:34+	06:27+	04:39+	07:42+	04:52+	05:02+	03:07+	05:19+	02:55+	06:35+	02:37+	05:57+	03:05+	04:14+	09:49+	06:58+
157:59+	158:55+																								
01:51+	00:56+																								
01:51+	00:56+																								

10 Søren Andersen 5

2:45:40

04:24+	11:42+	14:10+	17:30+	21:22+	26:00+	31:02+	39:50+	50:45+	59:10+	68:12+	74:06+	78:44+	86:46+	92:27+	96:44+	99:28+	105:24+	108:22+	124:17+	127:09+	134:10+	137:07+	141:58+	154:30+	162:31+
04:24+	07:18+	02:28+	03:20+	03:52+	04:38+	05:02+	08:48+	10:55+	08:25+	09:02+	05:54+	04:38+	08:02+	05:41+	04:17+	02:44+	05:56+	02:58+	15:55+	02:52+	07:01+	02:57+	04:51+	12:32+	08:01+
04:24+	07:18+	02:28+	03:20+	03:52+	04:38+	05:02+	08:48+	10:55+	08:25+	09:02+	05:54+	04:38+	08:02+	05:41+	04:17+	02:44+	05:56+	02:58+	15:55+	02:52+	07:01+	02:57+	04:51+	12:32+	08:01+
164:51+	165:40+																								
02:20+	00:49+																								
02:20+	00:49+																								

11 Thomas Ullner 14

2:47:17

04:51+	13:10+	15:15+	19:16+	23:58+	28:35+	33:04+	43:10+	52:11+	60:20+	71:28+	77:50+	82:45+	90:36+	95:37+	100:23+	103:38+	109:32+	112:54+	125:13+	128:08+	134:54+	137:47+	142:58+	155:15+	163:15+
04:51+	08:19+	02:05+	04:01+	04:42+	04:37+	04:29+	10:06+	09:01+	08:09+	11:08+	06:22+	04:55+	07:51+	05:01+	04:46+	03:15+	05:54+	03:22+	12:19+	02:55+	06:46+	02:53+	05:11+	12:17+	08:00+
04:51+	08:19+	02:05+	04:01+	04:42+	04:37+	04:29+	10:06+	09:01+	08:09+	11:08+	06:22+	04:55+	07:51+	05:01+	04:46+	03:15+	05:54+	03:22+	12:19+	02:55+	06:46+	02:53+	05:11+	12:17+	08:00+
165:51+	167:17+																								
02:36+	01:26+																								
02:36+	01:26+																								

16km

12	Runa Ulsøe	20	3:02:17																						
03:47+	12:12+	14:52+	19:01+	23:39+	28:36+	32:58+	40:50+	51:22+	60:06+	71:13+	78:04+	83:04+	92:17+	98:42+	104:29+	107:43+	114:45+	118:21+	126:35+	131:51+	141:29+	145:23+	150:56+	165:07+	177:05+
03:47+	08:25+	02:40+	04:09+	04:38+	04:57+	04:22+	07:52+	10:32+	08:44+	11:07+	06:51+	05:00+	09:13+	06:25+	05:47+	03:14+	07:02+	03:36+	08:14+	05:16+	09:38+	03:54+	05:33+	14:11+	11:58+
03:47+	08:25+	02:40+	04:09+	04:38+	04:57+	04:22+	07:52+	10:32+	08:44+	11:07+	06:51+	05:00+	09:13+	06:25+	05:47+	03:14+	07:02+	03:36+	08:14+	05:16+	09:38+	03:54+	05:33+	14:11+	11:58+
180:47+	182:17+																								
03:42+	01:30+																								
03:42+	01:30+																								

13	Jan Sommerlund	24	3:09:48																						
04:49+	12:54+	15:33+	19:21+	23:50+	38:49+	43:50+	51:59+	61:15+	72:07+	79:02+	97:46+	104:46+	111:54+	119:12+	123:13+	126:18+	133:00+	136:28+	144:53+	147:03+	154:17+	159:31+	164:48+	176:23+	188:59+
04:49+	08:05+	02:39+	03:48+	04:29+	14:59+	05:01+	08:09+	09:16+	10:52+	06:55+	18:44+	07:00+	07:08+	07:18+	04:01+	03:05+	06:42+	03:28+	08:25+	02:10+	07:14+	05:14+	05:17+	11:35+	12:36+
04:49+	08:05+	02:39+	03:48+	04:29+	14:59+	05:01+	08:09+	09:16+	10:52+	06:55+	18:44+	07:00+	07:08+	07:18+	04:01+	03:05+	06:42+	03:28+	08:25+	02:10+	07:14+	05:14+	05:17+	11:35+	12:36+
189:48+																									
00:49+																									
00:49+																									

14	Svend-Erik Munck	4	3:17:50																						
04:15+	14:09+	16:41+	21:47+	26:35+	33:49+	38:25+	46:16+	56:06+	66:58+	78:33+	85:48+	92:04+	102:05+	108:18+	113:34+	120:14+	127:44+	131:57+	142:14+	146:18+	156:01+	164:53+	169:59+	181:47+	192:58+
04:15+	09:54+	02:32+	05:06+	04:48+	07:14+	04:36+	07:51+	09:50+	10:52+	11:35+	07:15+	06:16+	10:01+	06:13+	05:16+	06:40+	07:30+	04:13+	10:17+	04:04+	09:43+	08:52+	05:06+	11:48+	11:11+
04:15+	09:54+	02:32+	05:06+	04:48+	07:14+	04:36+	07:51+	09:50+	10:52+	11:35+	07:15+	06:16+	10:01+	06:13+	05:16+	06:40+	07:30+	04:13+	10:17+	04:04+	09:43+	08:52+	05:06+	11:48+	11:11+
195:56+	197:50+																								
02:58+	01:54+																								
02:58+	01:54+																								

15	Helle Brøchner Jønson	20	3:37:15																						
05:23+	16:07+	19:25+	25:05+	30:56+	36:54+	44:50+	53:06+	62:37+	74:20+	84:17+	92:29+	98:37+	109:47+	116:40+	122:54+	126:36+	135:06+	139:11+	149:05+	152:54+	162:16+	165:55+	178:35+	201:05+	212:40+
05:23+	10:44+	03:18+	05:40+	05:51+	05:58+	07:56+	08:16+	09:31+	11:43+	09:57+	08:12+	06:08+	11:10+	06:53+	06:14+	03:42+	08:30+	04:05+	09:54+	03:49+	09:22+	03:39+	12:40+	22:30+	11:35+
05:23+	10:44+	03:18+	05:40+	05:51+	05:58+	07:56+	08:16+	09:31+	11:43+	09:57+	08:12+	06:08+	11:10+	06:53+	06:14+	03:42+	08:30+	04:05+	09:54+	03:49+	09:22+	03:39+	12:40+	22:30+	11:35+
216:08+	217:15+																								
03:28+	01:07+																								
03:28+	01:07+																								

Beste stræktid for klassen

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

20km

1	Henrik Rindom Knudsen	18	1:49:58																						
02:34=	06:59=	10:38=	15:33=	17:15=	21:43=	23:05=	25:30=	28:12=	31:12=	34:53=	39:28=	45:03=	51:11=	57:06=	61:26=	64:55=	70:21=	73:41=	76:40=	78:39=	82:26=	84:33=	88:11=	89:58=	94:23=
02:34=	04:25=	03:39=	04:55=	01:42=	04:28=	01:22=	02:25=	02:42=	03:00=	03:41=	04:35=	05:35=	06:08=	05:55=	04:20=	03:29=	05:26=	03:20=	02:59=	01:59=	03:47=	02:07=	03:38=	01:47=	04:25=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
96:09=	98:49=	103:09=	108:03=	109:20=	109:58=																				
01:46=	02:40=	04:20=	04:54=	01:17=	00:38=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

2	Lasse Holch Nielsen	19	1:51:51																						
02:28-	06:42-	11:28+	17:09+	19:00+	23:33+	24:59+	27:24+	30:01+	33:09+	36:04+	40:16+	47:24+	53:23+	59:50+	64:56+	68:21+	73:18+	76:29+	79:15+	81:09+	84:56+	86:59+	90:20+	92:07+	96:27+
02:28-	04:14-	04:46+	05:41+	01:51+	04:33+	01:26+	02:25=	02:37-	03:08+	02:55-	04:12-	07:08+	05:59-	06:27+	05:06+	03:25-	04:57-	03:11-	02:46-	01:54-	03:47=	02:03-	03:21-	01:47=	04:20-
00:06-	00:11-	01:07&	00:46#	00:09+	00:05+	00:04+	00:00=	00:05-	00:08+	00:46-	00:23-	01:33&	00:09-	00:32+	00:46#	00:04-	00:29-	00:09-	00:13-	00:05-	00:00=	00:04-	00:17-	00:00=	00:05-
98:25+	100:57+	105:16+	110:05+	111:15+	111:51+																				
01:58+	02:32-	04:19-	04:49-	01:10-	00:36-																				
00:12#	00:08-	00:01-	00:05-	00:07-	00:02-																				

20km

3	Mads Kruse Juhl	5	1:54:53																						
03:13+	07:26+	12:37+	17:46+	19:24+	23:53+	25:18+	27:44+	30:36+	33:36+	36:31+	40:14+	45:37+	51:36+	57:26+	61:36+	65:00+	70:05-	73:12-	76:08-	78:03-	81:53-	83:52-	88:44+	90:29+	94:42+
03:13+	04:13-	05:11+	05:09+	01:38-	04:29+	01:25+	02:26+	02:52+	03:00+	02:55-	03:43-	05:23-	05:59-	05:50-	04:10-	03:24-	05:05-	03:07-	02:56-	01:55-	03:50+	01:59-	04:52+	01:45-	04:13-
00:39&	00:12-	01:32&	00:14+	00:04-	00:01+	00:03+	00:01+	00:10+	00:00+	00:46-	00:52-	00:12-	00:09-	00:05-	00:10-	00:05-	00:21-	00:13-	00:03-	00:04-	00:03+	00:08-	01:14&	00:02-	00:12-
01:49+	05:54+	05:37+	04:53-	01:19+	00:39+	00:03+	03:14@	01:17&	00:01-	00:02+	00:01+														

4	Christian Valbak	24	2:09:42																						
02:37+	06:54+	12:06+	17:29+	19:18+	24:05+	25:51+	29:25+	32:42+	36:24+	40:26+	46:27+	53:36+	61:28+	68:27+	73:03+	76:48+	82:24+	86:11+	89:36+	91:34+	96:05+	98:26+	103:11+	105:12+	110:36+
02:37+	04:17+	05:12+	05:23+	01:49+	04:47+	01:46+	03:34+	03:17+	03:42+	04:02+	06:01+	07:09+	07:52+	06:59+	04:36+	03:45+	05:36+	03:47+	03:25+	01:58+	04:31+	02:21+	04:45+	02:01+	05:24+
02:37+	04:17+	05:12+	05:23+	01:49+	04:47+	01:46+	03:34+	03:17+	03:42+	04:02+	06:01+	07:09+	07:52+	06:59+	04:36+	03:45+	05:36+	03:47+	03:25+	01:58+	04:31+	02:21+	04:45+	02:01+	05:24+
112:47+	115:49+	122:03+	127:33+	129:03+	129:42+	02:11+	03:02+	06:14+	05:30+	01:30+	00:39+	02:11+	03:02+	06:14+	05:30+	01:30+	00:39+								

5	Lasse Skare Therkildsen	17	2:10:10																						
02:41+	07:02+	10:43+	15:40+	17:23+	21:57+	23:30+	26:21+	29:26+	33:06+	36:13+	40:58+	46:57+	53:34+	60:27+	65:14+	69:02+	74:45+	78:32+	82:00+	84:00+	88:12+	90:49+	96:54+	99:41+	105:00+
02:41+	04:21+	03:41+	04:57+	01:43+	04:34+	01:33+	02:51+	03:05+	03:40+	03:07+	04:45+	05:59+	06:37+	06:53+	04:47+	03:48+	05:43+	03:47+	03:28+	02:00+	04:12+	02:37+	06:05+	02:47+	05:19+
02:41+	04:21+	03:41+	04:57+	01:43+	04:34+	01:33+	02:51+	03:05+	03:40+	03:07+	04:45+	05:59+	06:37+	06:53+	04:47+	03:48+	05:43+	03:47+	03:28+	02:00+	04:12+	02:37+	06:05+	02:47+	05:19+
107:01+	118:00+	122:32+	127:56+	129:26+	130:10+	02:01+	10:59+	04:32+	05:24+	01:30+	00:44+	02:01+	10:59+	04:32+	05:24+	01:30+	00:44+								

6	Mikael Halberg Martinsen	NOTEAM	2:10:55																						
03:03+	07:36+	11:23+	16:51+	18:40+	23:25+	25:09+	29:00+	32:21+	35:51+	39:51+	45:04+	50:59+	57:38+	64:15+	69:32+	73:13+	78:55+	82:52+	86:33+	88:43+	92:54+	95:10+	100:53+	104:14+	109:35+
03:03+	04:33+	03:47+	05:28+	01:49+	04:45+	01:44+	03:51+	03:21+	03:30+	04:00+	05:13+	05:55+	06:39+	06:37+	05:17+	03:41+	05:42+	03:57+	03:41+	02:10+	04:11+	02:16+	05:43+	03:21+	05:21+
03:03+	04:33+	03:47+	05:28+	01:49+	04:45+	01:44+	03:51+	03:21+	03:30+	04:00+	05:13+	05:55+	06:39+	06:37+	05:17+	03:41+	05:42+	03:57+	03:41+	02:10+	04:11+	02:16+	05:43+	03:21+	05:21+
112:02+	115:49+	121:09+	127:00+	129:16+	130:55+	02:27+	03:47+	05:20+	05:51+	02:16+	00:59+	00:40+	02:27+	03:47+	05:20+	05:51+	02:16+	00:59+	00:40+						

7	Simon Møller Grimstrup	24	2:12:21																						
03:04+	07:17+	10:48+	15:55+	17:34+	22:15+	23:49+	26:24+	29:45+	41:41+	44:50+	50:09+	56:39+	64:28+	70:24+	74:58+	78:35+	84:14+	87:36+	90:49+	93:06+	97:23+	99:24+	104:36+	107:23+	114:04+
03:04+	04:13+	03:31+	05:07+	01:39+	04:41+	01:34+	02:35+	03:21+	11:56+	03:09+	05:19+	06:30+	07:49+	05:56+	04:34+	03:37+	05:39+	03:22+	03:13+	02:17+	04:17+	02:01+	05:12+	02:47+	06:41+
03:04+	04:13+	03:31+	05:07+	01:39+	04:41+	01:34+	02:35+	03:21+	11:56+	03:09+	05:19+	06:30+	07:49+	05:56+	04:34+	03:37+	05:39+	03:22+	03:13+	02:17+	04:17+	02:01+	05:12+	02:47+	06:41+
116:13+	118:57+	125:11+	130:17+	131:40+	132:21+	02:09+	02:44+	06:14+	05:06+	01:23+	00:41+	02:09+	02:44+	06:14+	05:06+	01:23+	00:41+								

8	Peter Villadsen	24	2:16:12																						
02:47+	07:32+	11:34+	17:19+	19:13+	26:54+	28:43+	32:18+	35:26+	39:15+	43:37+	49:03+	55:28+	63:46+	70:16+	75:10+	79:20+	85:29+	89:20+	93:09+	95:41+	100:15+	102:48+	108:42+	110:56+	116:15+
02:47+	04:45+	04:02+	05:45+	01:54+	07:41+	01:49+	03:35+	03:08+	03:49+	04:22+	05:26+	06:25+	08:18+	06:30+	04:54+	04:10+	06:09+	03:51+	03:49+	02:32+	04:34+	02:33+	05:54+	02:14+	05:19+
02:47+	04:45+	04:02+	05:45+	01:54+	07:41+	01:49+	03:35+	03:08+	03:49+	04:22+	05:26+	06:25+	08:18+	06:30+	04:54+	04:10+	06:09+	03:51+	03:49+	02:32+	04:34+	02:33+	05:54+	02:14+	05:19+
118:29+	122:05+	127:32+	133:48+	135:26+	136:12+	02:14+	03:36+	05:27+	06:16+	01:38+	00:46+	02:14+	03:36+	05:27+	06:16+	01:38+	00:46+								

9	Anton Hansen	24	2:17:00																						
02:41+	07:15+	11:36+	17:30+	19:16+	24:23+	26:00+	28:44+	32:16+	38:16+	41:16+	45:47+	54:47+	61:48+	68:37+	73:32+	77:35+	83:49+	88:06+	92:09+	94:50+	99:37+	102:10+	106:30+	108:37+	115:10+
02:41+	04:34+	04:21+	05:54+	01:46+	05:07+	01:37+	02:44+	03:32+	06:00+	03:00+	04:31+	09:00+	07:01+	06:49+	04:55+	04:03+	06:14+	04:17+	04:03+	02:41+	04:47+	02:33+	04:20+	02:07+	06:33+
02:41+	04:34+	04:21+	05:54+	01:46+	05:07+	01:37+	02:44+	03:32+	06:00+	03:00+	04:31+	09:00+	07:01+	06:49+	04:55+	04:03+	06:14+	04:17+	04:03+	02:41+	04:47+	02:33+	04:20+	02:07+	06:33+
117:31+	120:51+	128:41+	134:41+	136:15+	137:00+	02:21+	03:20+	07:50+	06:00+	01:34+	00:45+	02:21+	03:20+	07:50+	06:00+	01:34+	00:45+								

Plas	Navn	Klasse	Tid
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20km

10 Flemming Johannes Christensen24

2:37:19

03:26+	10:30+	15:52+	21:32+	23:36+	29:07+	30:55+	34:45+	38:30+	43:44+	48:17+	55:16+	62:30+	70:26+	77:24+	82:34+	86:53+	93:49+	98:05+	102:39+	105:03+	110:15+	112:56+	119:53+	125:19+	131:19+
03:26+	07:04+	05:22+	05:40+	02:04+	05:31+	01:48+	03:50+	03:45+	05:14+	04:33+	06:59+	07:14+	07:56+	06:58+	05:10+	04:19+	06:56+	04:16+	04:34+	02:24+	05:12+	02:41+	06:57+	05:26+	06:00+
03:26+	07:04+	05:22+	05:40+	02:04+	05:31+	01:48+	03:50+	03:45+	05:14+	04:33+	06:59+	07:14+	07:56+	06:58+	05:10+	04:19+	06:56+	04:16+	04:34+	02:24+	05:12+	02:41+	06:57+	05:26+	06:00+
135:11+	139:57+	145:53+	152:42+	156:34+	157:19+																				
03:52+	04:46+	05:56+	06:49+	03:52+	00:45+																				
03:52+	04:46+	05:56+	06:49+	03:52+	00:45+																				

11 Jonas Lassen

20

2:43:04

03:32+	08:48+	14:50+	21:24+	23:43+	29:27+	31:39+	37:04+	41:41+	46:29+	50:23+	56:19+	63:53+	74:21+	81:18+	87:57+	92:19+	100:00+	104:48+	110:37+	113:01+	118:03+	120:57+	127:47+	130:28+	136:23+
03:32+	05:16+	06:02+	06:34+	02:19+	05:44+	02:12+	05:25+	04:37+	04:48+	03:54+	05:56+	07:34+	10:28+	06:57+	06:39+	04:22+	07:41+	04:48+	05:49+	02:24+	05:02+	02:54+	06:50+	02:41+	05:55+
03:32+	05:16+	06:02+	06:34+	02:19+	05:44+	02:12+	05:25+	04:37+	04:48+	03:54+	05:56+	07:34+	10:28+	06:57+	06:39+	04:22+	07:41+	04:48+	05:49+	02:24+	05:02+	02:54+	06:50+	02:41+	05:55+
139:32+	143:40+	153:32+	160:14+	162:11+	163:04+																				
03:09+	04:08+	09:52+	06:42+	01:57+	00:53+																				
03:09+	04:08+	09:52+	06:42+	01:57+	00:53+																				

12 Troels Christensen

2

2:58:06

03:24+	08:40+	13:19+	19:45+	21:50+	27:27+	29:39+	33:37+	37:16+	42:04+	46:49+	53:19+	64:45+	73:26+	83:07+	89:16+	93:57+	101:49+	107:55+	111:59+	114:39+	122:09+	125:20+	134:31+	138:57+	147:16+
03:24+	05:16+	04:39+	06:26+	02:05+	05:37+	02:12+	03:58+	03:39+	04:48+	04:45+	06:30+	11:26+	08:41+	09:41+	06:09+	04:41+	07:52+	06:06+	04:04+	02:40+	07:30+	03:11+	09:11+	04:26+	08:19+
03:24+	05:16+	04:39+	06:26+	02:05+	05:37+	02:12+	03:58+	03:39+	04:48+	04:45+	06:30+	11:26+	08:41+	09:41+	06:09+	04:41+	07:52+	06:06+	04:04+	02:40+	07:30+	03:11+	09:11+	04:26+	08:19+
150:30+	155:22+	167:04+	175:09+	177:12+	178:06+																				
03:14+	04:52+	11:42+	08:05+	02:03+	00:54+																				
03:14+	04:52+	11:42+	08:05+	02:03+	00:54+																				

Beste stræktid for klassen

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

3,5km

1 Tove Straarup

7

41:34

01:56=	09:42=	12:26=	15:35=	18:30=	24:21=	26:34=	29:39=	33:03=	36:17=	39:15=	41:34=														
01:56=	07:46=	02:44=	03:09=	02:55=	05:51=	02:13=	03:05=	03:24=	03:14=	02:58=	02:19=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														

2 Lars Wulff Sørensen

7

48:16

02:08+	11:27+	14:23+	18:24+	21:52+	29:17+	31:48+	34:50+	38:54+	42:36+	45:31+	48:16+														
02:08+	09:19+	02:56+	04:01+	03:28+	07:25+	02:31+	03:02-	04:04+	03:42+	02:55-	02:45+														
00:12#	01:33#	00:12+	00:52&	00:33#	01:34&	00:18#	00:03-	00:40#	00:28#	00:03-	00:26#														

3 Bitten Nielsen

5

51:29

01:57+	11:13+	14:54+	18:24+	21:56+	30:04+	33:25+	37:03+	40:39+	44:54+	49:00+	51:29+														
01:57+	09:16+	03:41+	03:30+	03:32+	08:08+	03:21+	03:38+	03:36+	04:15+	04:06+	02:29+														
00:01+	01:30#	00:57&	00:21#	00:37#	02:17&	01:08&	00:33#	00:12+	01:01&	01:08&	00:10+														

4 Ann Dorrit Hansen

14

51:58

02:25+	12:08+	15:47+	19:32+	22:50+	31:06+	34:00+	37:33+	42:07+	46:12+	49:23+	51:58+														
02:25+	09:43+	03:39+	03:45+	03:18+	08:16+	02:54+	03:33+	04:34+	04:05+	03:11+	02:35+														
00:29#	01:57&	00:55&	00:36#	00:23#	02:25&	00:41&	00:28#	01:10&	00:51&	00:13+	00:16#														

5 Susanne Gasbjerg

24

52:15

02:55+	11:56+	15:09+	18:50+	22:13+	30:28+	33:46+	37:17+	41:10+	45:27+	49:34+	52:15+														
02:55+	09:01+	03:13+	03:41+	03:23+	08:15+	03:18+	03:31+	03:53+	04:17+	04:07+	02:41+														
00:59&	01:15#	00:29#	00:32#	00:28#	02:24&	01:05&	00:26#	00:29#	01:03&	01:09&	00:22#														

3,5km

6 Charlotte Vibeke Olesen 8 55:00

02:21+ 12:10+ 15:52+ 19:47+ 23:52+ 32:58+ 36:23+ 39:50+ 43:58+ 48:41+ 52:04+ 55:00+
 02:21+ 09:49+ 03:42+ 03:55+ 04:05+ 09:06+ 03:25+ 03:27+ 04:08+ 04:43+ 03:23+ 02:56+
 00:25# 02:03& 00:58& 00:46# 01:10& 03:15& 01:12& 00:22# 00:44# 01:29& 00:25# 00:37&

7 Jannick Wienike 8 55:05

02:27+ 12:15+ 15:43+ 19:50+ 23:51+ 33:02+ 36:28+ 39:52+ 44:00+ 48:47+ 51:50+ 55:05+
 02:27+ 09:48+ 03:28+ 04:07+ 04:01+ 09:11+ 03:26+ 03:24+ 04:08+ 04:47+ 03:03+ 03:15+
 02:27+ 09:48+ 03:28+ 04:07+ 04:01+ 09:11+ 03:26+ 03:24+ 04:08+ 04:47+ 03:03+ 03:15+

8 Asger Kristensen 5 1:06:23

02:18+ 12:19+ 15:33+ 19:40+ 24:14+ 32:26+ 36:24+ 40:36+ 45:00+ 49:51+ 62:32+ 66:23+
 02:18+ 10:01+ 03:14+ 04:07+ 04:34+ 08:12+ 03:58+ 04:12+ 04:24+ 04:51+ 12:41+ 03:51+
 02:18+ 10:01+ 03:14+ 04:07+ 04:34+ 08:12+ 03:58+ 04:12+ 04:24+ 04:51+ 12:41+ 03:51+

Beste stræktid for klassen

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

6km

1 Teresa Skouboe NOTEAM 45:55

03:26= 06:22= 08:11= 10:10= 11:22= 15:45= 17:38= 22:10= 24:59= 26:43= 30:36= 34:02= 37:32= 43:39= 45:14= 45:55=
 03:26= 02:56= 01:49= 01:59= 01:12= 04:23= 01:53= 04:32= 02:49= 01:44= 03:53= 03:26= 03:30= 06:07= 01:35= 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= 00:00=

2 Alberte Loft Thyssen 7 50:52

03:46+ 07:07+ 09:10+ 11:07+ 12:28+ 18:00+ 20:01+ 23:27+ 27:18+ 29:08+ 33:33+ 37:24+ 40:11+ 48:34+ 50:12+ 50:52+
 03:46+ 03:21+ 02:03+ 01:57- 01:21+ 05:32+ 02:01+ 03:26- 03:51+ 01:50+ 04:25+ 03:51+ 02:47- 08:23+ 01:38+ 00:40-
 00:20+ 00:25# 00:14# 00:02- 00:09# 01:09& 00:08+ 01:06- 01:02& 00:06+ 00:32# 00:25# 00:43- 02:16& 00:03+ 00:01-

3 Carsten Thyssen NOTEAM 51:09

03:55+ 07:16+ 09:19+ 11:16+ 12:40+ 18:03+ 20:02+ 23:31+ 27:30+ 29:19+ 33:43+ 37:29+ 40:20+ 48:37+ 50:20+ 51:09+
 03:55+ 03:21+ 02:03+ 01:57- 01:24+ 05:23+ 01:59+ 03:29- 03:59+ 01:49+ 04:24+ 03:46+ 02:51- 08:17+ 01:43+ 00:49+
 00:29# 00:25# 00:14# 00:02- 00:12# 01:00# 00:06+ 01:03- 01:10& 00:05+ 00:31# 00:20+ 00:39- 02:10& 00:08+ 00:08#

4 Henrik Henriksen 29 51:20

03:37+ 06:47+ 08:52+ 10:44+ 12:05+ 17:37+ 19:42+ 23:16+ 26:58+ 28:50+ 33:07+ 37:11+ 39:49+ 49:04+ 50:37+ 51:20+
 03:37+ 03:10+ 02:05+ 01:52- 01:21+ 05:32+ 02:05+ 03:34- 03:42+ 01:52+ 04:17+ 04:04+ 02:38- 09:15+ 01:33- 00:43+
 00:11+ 00:14+ 00:16# 00:07- 00:09# 01:09& 00:12# 00:58- 00:53& 00:08+ 00:24# 00:38# 00:52- 03:08& 00:02- 00:02+

5 Søren Elkjær 27 53:01

04:07+ 07:38+ 09:41+ 11:42+ 13:03+ 18:30+ 20:38+ 24:24+ 27:53+ 29:50+ 36:15+ 40:14+ 43:29+ 50:23+ 53:01+
 04:07+ 03:31+ 02:03+ 02:01+ 01:21+ 05:27+ 02:08+ 03:46- 03:29+ 01:57+ 06:25+ 03:59+ 03:15- 06:54+ 02:38+
 00:41# 00:35# 00:14# 00:02+ 00:09# 01:04# 00:15# 00:46- 00:40# 00:13# 02:32& 00:33# 00:15- 00:47# 01:03&

6 Marianne Lyng Krogh 9 53:18

03:54+ 07:42+ 09:49+ 11:56+ 13:29+ 18:36+ 20:49+ 26:02+ 28:34+ 30:49+ 35:24+ 39:23+ 42:56+ 50:15+ 52:26+ 53:18+
 03:54+ 03:48+ 02:07+ 02:07+ 01:33+ 05:07+ 02:13+ 05:13+ 02:32- 02:15+ 04:35+ 03:59+ 03:33+ 07:19+ 02:11+ 00:52+
 00:28# 00:52& 00:18# 00:08+ 00:21& 00:44# 00:20# 00:41# 00:17- 00:31& 00:42# 00:33# 00:03+ 01:12# 00:36& 00:11&

7 Peer Straarup 7 53:24

04:07+ 08:33+ 10:43+ 13:03+ 14:29+ 19:54+ 22:08+ 26:13+ 29:28+ 31:24+ 35:40+ 39:52+ 42:51+ 50:35+ 52:33+ 53:24+
 04:07+ 04:26+ 02:10+ 02:20+ 01:26+ 05:25+ 02:14+ 04:05- 03:15+ 01:56+ 04:16+ 04:12+ 02:59- 07:44+ 01:58+ 00:51+
 00:41# 01:30& 00:21# 00:21# 00:14# 01:02# 00:21# 00:27- 00:26# 00:12# 00:23+ 00:46# 00:31- 01:37& 00:23# 00:10#

Class	Navn	Klasse											Tid			
6km																
8	Lene Bejer Damgaard	27											56:58			
	04:29+	08:27+	10:54+	13:13+	14:50+	20:29+	22:52+	26:38+	30:18+	32:22+	37:44+	42:20+	46:19+	54:07+	56:09+	56:58+
	04:29+	03:58+	02:27+	02:19+	01:37+	05:39+	02:23+	03:46-	03:40+	02:04+	05:22+	04:36+	03:59+	07:48+	02:02+	00:49+
	01:03&	01:02&	00:38&	00:20#	00:25&	01:16&	00:30&	00:46-	00:51&	00:20#	01:29&	01:10&	00:29#	01:41&	00:27&	00:08#
9	Bodil Schulz	5											58:18			
	05:10+	08:58+	11:06+	13:25+	14:59+	20:30+	23:32+	28:48+	32:23+	35:29+	40:14+	44:35+	48:31+	55:14+	57:33+	58:18+
	05:10+	03:48+	02:08+	02:19+	01:34+	05:31+	03:02+	05:16+	03:35+	03:06+	04:45+	04:21+	03:56+	06:43+	02:19+	00:45+
	05:10+	03:48+	02:08+	02:19+	01:34+	05:31+	03:02+	05:16+	03:35+	03:06+	04:45+	04:21+	03:56+	06:43+	02:19+	00:45+
10	Allan Skouboe	NOTEAM											58:39			
	04:39+	09:10+	11:37+	13:55+	15:34+	21:31+	23:40+	29:17+	32:18+	34:11+	39:17+	44:06+	48:01+	56:04+	57:54+	58:39+
	04:39+	04:31+	02:27+	02:18+	01:39+	05:57+	02:09+	05:37+	03:01+	01:53+	05:06+	04:49+	03:55+	08:03+	01:50+	00:45+
	04:39+	04:31+	02:27+	02:18+	01:39+	05:57+	02:09+	05:37+	03:01+	01:53+	05:06+	04:49+	03:55+	08:03+	01:50+	00:45+
11	Glenn Wiggers	NOTEAM											58:40			
	05:15+	09:21+	11:48+	13:58+	15:35+	21:15+	23:25+	29:10+	32:47+	35:24+	40:02+	44:25+	48:26+	55:45+	57:53+	58:40+
	05:15+	04:06+	02:27+	02:10+	01:37+	05:40+	02:10+	05:45+	03:37+	02:37+	04:38+	04:23+	04:01+	07:19+	02:08+	00:47+
	05:15+	04:06+	02:27+	02:10+	01:37+	05:40+	02:10+	05:45+	03:37+	02:37+	04:38+	04:23+	04:01+	07:19+	02:08+	00:47+
12	Astrid Faber Fenger-Grøn	24											1:01:47			
	04:39+	08:57+	11:21+	13:38+	15:39+	21:44+	24:04+	29:52+	33:33+	35:47+	40:56+	46:10+	50:59+	58:54+	61:07+	61:47+
	04:39+	04:18+	02:24+	02:17+	02:01+	06:05+	02:20+	05:48+	03:41+	02:14+	05:09+	05:14+	04:49+	07:55+	02:13+	00:40+
	04:39+	04:18+	02:24+	02:17+	02:01+	06:05+	02:20+	05:48+	03:41+	02:14+	05:09+	05:14+	04:49+	07:55+	02:13+	00:40+
13	Mette Høiberg Ozol	28											1:01:50			
	04:12+	08:08+	10:36+	13:20+	14:48+	20:36+	23:16+	31:00+	34:28+	36:30+	42:19+	47:06+	51:23+	58:51+	61:07+	61:50+
	04:12+	03:56+	02:28+	02:44+	01:28+	05:48+	02:40+	07:44+	03:28+	02:02+	05:49+	04:47+	04:17+	07:28+	02:16+	00:43+
	04:12+	03:56+	02:28+	02:44+	01:28+	05:48+	02:40+	07:44+	03:28+	02:02+	05:49+	04:47+	04:17+	07:28+	02:16+	00:43+
14	Lene Stick Nielsen	27											1:02:03			
	04:34+	08:49+	11:17+	14:21+	16:02+	22:46+	25:52+	31:33+	34:45+	37:00+	42:25+	46:55+	50:56+	58:53+	61:09+	62:03+
	04:34+	04:15+	02:28+	03:04+	01:41+	06:44+	03:06+	05:41+	03:12+	02:15+	05:25+	04:30+	04:01+	07:57+	02:16+	00:54+
	04:34+	04:15+	02:28+	03:04+	01:41+	06:44+	03:06+	05:41+	03:12+	02:15+	05:25+	04:30+	04:01+	07:57+	02:16+	00:54+
15	Signe Faber	24											1:02:04			
	04:35+	08:52+	11:18+	13:37+	15:33+	21:30+	24:01+	29:51+	33:29+	35:47+	40:52+	46:06+	50:45+	58:52+	61:10+	62:04+
	04:35+	04:17+	02:26+	02:19+	01:56+	05:57+	02:31+	05:50+	03:38+	02:18+	05:05+	05:14+	04:39+	08:07+	02:18+	00:54+
	04:35+	04:17+	02:26+	02:19+	01:56+	05:57+	02:31+	05:50+	03:38+	02:18+	05:05+	05:14+	04:39+	08:07+	02:18+	00:54+
16	Ole Christiansen	Akif											1:02:30			
	04:50+	09:21+	11:45+	14:18+	16:02+	22:16+	24:54+	30:08+	33:25+	35:40+	40:48+	45:40+	50:20+	59:19+	61:41+	62:30+
	04:50+	04:31+	02:24+	02:33+	01:44+	06:14+	02:38+	05:14+	03:17+	02:15+	05:08+	04:52+	04:40+	08:59+	02:22+	00:49+
	04:50+	04:31+	02:24+	02:33+	01:44+	06:14+	02:38+	05:14+	03:17+	02:15+	05:08+	04:52+	04:40+	08:59+	02:22+	00:49+
17	Max Hansen	14											1:03:20			
	05:10+	09:59+	12:42+	16:11+	17:53+	24:47+	27:19+	31:58+	35:20+	39:17+	44:14+	48:36+	52:32+	60:22+	62:32+	63:20+
	05:10+	04:49+	02:43+	03:29+	01:42+	06:54+	02:32+	04:39+	03:22+	03:57+	04:57+	04:22+	03:56+	07:50+	02:10+	00:48+
	05:10+	04:49+	02:43+	03:29+	01:42+	06:54+	02:32+	04:39+	03:22+	03:57+	04:57+	04:22+	03:56+	07:50+	02:10+	00:48+
18	Bente H. Ringive	16											1:03:28			
	04:43+	08:50+	11:27+	14:32+	16:18+	22:19+	25:19+	32:16+	35:41+	37:57+	42:57+	48:23+	52:19+	60:18+	62:37+	63:28+
	04:43+	04:07+	02:37+	03:05+	01:46+	06:01+	03:00+	06:57+	03:25+	02:16+	05:00+	05:26+	03:56+	07:59+	02:19+	00:51+
	04:43+	04:07+	02:37+	03:05+	01:46+	06:01+	03:00+	06:57+	03:25+	02:16+	05:00+	05:26+	03:56+	07:59+	02:19+	00:51+
19	Henrik Dagsberg	Ok Pan											1:03:33			
	05:55+	10:20+	12:44+	15:18+	17:04+	23:23+	26:01+	30:34+	34:11+	36:21+	41:39+	46:39+	51:40+	60:22+	62:41+	63:33+
	05:55+	04:25+	02:24+	02:34+	01:46+	06:19+	02:38+	04:33+	03:37+	02:10+	05:18+	05:00+	05:01+	08:42+	02:19+	00:52+
	05:55+	04:25+	02:24+	02:34+	01:46+	06:19+	02:38+	04:33+	03:37+	02:10+	05:18+	05:00+	05:01+	08:42+	02:19+	00:52+

6km

20	Grethe Anæus	27															1:04:31
04:42+	08:41+	11:02+	13:46+	15:26+	21:35+	24:15+	29:13+	32:48+	35:06+	40:09+	45:40+	50:16+	57:58+	60:56+	63:34+	64:31+	
04:42+	03:59+	02:21+	02:44+	01:40+	06:09+	02:40+	04:58+	03:35+	02:18+	05:03+	05:31+	04:36+	07:42+	02:58+	02:38+	00:57+	
04:42+	03:59+	02:21+	02:44+	01:40+	06:09+	02:40+	04:58+	03:35+	02:18+	05:03+	05:31+	04:36+	07:42+	02:58+	02:38+	00:57+	

21	Gitte Isen	5															1:05:22
04:57+	09:39+	12:07+	14:37+	16:22+	22:48+	25:34+	30:43+	33:57+	36:29+	42:19+	48:16+	53:20+	61:48+	64:23+	65:22+		
04:57+	04:42+	02:28+	02:30+	01:45+	06:26+	02:46+	05:09+	03:14+	02:32+	05:50+	05:57+	05:04+	08:28+	02:35+	00:59+		
04:57+	04:42+	02:28+	02:30+	01:45+	06:26+	02:46+	05:09+	03:14+	02:32+	05:50+	05:57+	05:04+	08:28+	02:35+	00:59+		

22	Frede Truelsen	6															1:05:23
04:46+	09:02+	11:33+	14:01+	15:42+	22:26+	25:39+	31:31+	35:04+	37:25+	42:59+	48:33+	53:02+	62:03+	65:23+			
04:46+	04:16+	02:31+	02:28+	01:41+	06:44+	03:13+	05:52+	03:33+	02:21+	05:34+	05:34+	04:29+	09:01+	03:20+			
04:46+	04:16+	02:31+	02:28+	01:41+	06:44+	03:13+	05:52+	03:33+	02:21+	05:34+	05:34+	04:29+	09:01+	03:20+			

23	Gert Bertel	8															1:05:51
05:15+	10:19+	12:55+	15:45+	17:39+	23:50+	26:49+	31:50+	35:05+	37:24+	43:38+	48:52+	53:32+	62:26+	65:01+	65:51+		
05:15+	05:04+	02:36+	02:50+	01:54+	06:11+	02:59+	05:01+	03:15+	02:19+	06:14+	05:14+	04:40+	08:54+	02:35+	00:50+		
05:15+	05:04+	02:36+	02:50+	01:54+	06:11+	02:59+	05:01+	03:15+	02:19+	06:14+	05:14+	04:40+	08:54+	02:35+	00:50+		

24	Kirsten Elisabet Andersen	8															1:06:09
05:32+	10:33+	13:04+	16:07+	17:51+	24:11+	27:11+	32:06+	35:23+	37:43+	43:48+	49:09+	53:59+	62:47+	65:14+	66:09+		
05:32+	05:01+	02:31+	03:03+	01:44+	06:20+	03:00+	04:55+	03:17+	02:20+	06:05+	05:21+	04:50+	08:48+	02:27+	00:55+		
05:32+	05:01+	02:31+	03:03+	01:44+	06:20+	03:00+	04:55+	03:17+	02:20+	06:05+	05:21+	04:50+	08:48+	02:27+	00:55+		

25	Åge Lillethorup	23															1:06:27
05:44+	10:52+	13:36+	16:31+	18:28+	24:36+	27:20+	32:50+	35:58+	38:15+	44:20+	49:43+	54:33+	63:10+	65:29+	66:27+		
05:44+	05:08+	02:44+	02:55+	01:57+	06:08+	02:44+	05:30+	03:08+	02:17+	06:05+	05:23+	04:50+	08:37+	02:19+	00:58+		
05:44+	05:08+	02:44+	02:55+	01:57+	06:08+	02:44+	05:30+	03:08+	02:17+	06:05+	05:23+	04:50+	08:37+	02:19+	00:58+		

26	Søren Søgaard Nielsen	5															1:06:43
04:56+	10:00+	12:45+	16:45+	18:39+	25:09+	28:15+	35:13+	38:14+	40:30+	45:59+	51:01+	54:45+	63:40+	65:52+	66:43+		
04:56+	05:04+	02:45+	04:00+	01:54+	06:30+	03:06+	06:58+	03:01+	02:16+	05:29+	05:02+	03:44+	08:55+	02:12+	00:51+		
04:56+	05:04+	02:45+	04:00+	01:54+	06:30+	03:06+	06:58+	03:01+	02:16+	05:29+	05:02+	03:44+	08:55+	02:12+	00:51+		

27	Frants Nielsen	5															1:07:11
05:22+	10:35+	13:23+	16:16+	18:09+	25:12+	28:05+	33:28+	37:10+	39:33+	44:59+	50:23+	54:53+	63:39+	66:16+	67:11+		
05:22+	05:13+	02:48+	02:53+	01:53+	07:03+	02:53+	05:23+	03:42+	02:23+	05:26+	05:24+	04:30+	08:46+	02:37+	00:55+		
05:22+	05:13+	02:48+	02:53+	01:53+	07:03+	02:53+	05:23+	03:42+	02:23+	05:26+	05:24+	04:30+	08:46+	02:37+	00:55+		

28	Helle Nikkel	27															1:09:18
05:11+	10:09+	12:52+	16:30+	18:24+	25:12+	27:52+	35:09+	38:21+	40:50+	46:11+	52:12+	57:21+	65:53+	68:19+	69:18+		
05:11+	04:58+	02:43+	03:38+	01:54+	06:48+	02:40+	07:17+	03:12+	02:29+	05:21+	06:01+	05:09+	08:32+	02:26+	00:59+		
05:11+	04:58+	02:43+	03:38+	01:54+	06:48+	02:40+	07:17+	03:12+	02:29+	05:21+	06:01+	05:09+	08:32+	02:26+	00:59+		

29	Susanne Tanderup	4															1:10:13
05:16+	11:52+	14:01+	16:59+	20:06+	27:04+	30:45+	35:38+	39:05+	41:28+	47:56+	53:23+	58:12+	66:00+	69:03+	70:13+		
05:16+	06:36+	02:09+	02:58+	03:07+	06:58+	03:41+	04:53+	03:27+	02:23+	06:28+	05:27+	04:49+	07:48+	03:03+	01:10+		
05:16+	06:36+	02:09+	02:58+	03:07+	06:58+	03:41+	04:53+	03:27+	02:23+	06:28+	05:27+	04:49+	07:48+	03:03+	01:10+		

30	Torben Isen	5															1:10:29
04:51+	09:47+	12:22+	15:48+	18:14+	25:15+	28:22+	33:44+	37:47+	40:34+	46:19+	52:35+	57:24+	66:48+	69:31+	70:29+		
04:51+	04:56+	02:35+	03:26+	02:26+	07:01+	03:07+	05:22+	04:03+	02:47+	05:45+	06:16+	04:49+	09:24+	02:43+	00:58+		
04:51+	04:56+	02:35+	03:26+	02:26+	07:01+	03:07+	05:22+	04:03+	02:47+	05:45+	06:16+	04:49+	09:24+	02:43+	00:58+		

31	Pia Gade	27															1:12:02
05:05+	10:10+	12:43+	16:22+	18:20+	25:08+	28:39+	35:25+	39:17+	42:04+	48:50+	54:10+	58:26+	66:47+	71:06+	72:02+		
05:05+	05:05+	02:33+	03:39+	01:58+	06:48+	03:31+	06:46+	03:52+	02:47+	06:46+	05:20+	04:16+	08:21+	04:19+	00:56+		
05:05+	05:05+	02:33+	03:39+	01:58+	06:48+	03:31+	06:46+	03:52+	02:47+	06:46+	05:20+	04:16+	08:21+	04:19+	00:56+		

Class	Navn	Klasse											Tid			
6km																
32	Svend Erik Skovsgaard	27											1:14:53			
05:12+	09:58+	12:50+	16:03+	18:16+	25:22+	28:25+	37:58+	41:58+	44:54+	51:34+	57:15+	62:11+	71:30+	73:58+	74:53+	
05:12+	04:46+	02:52+	03:13+	02:13+	07:06+	03:03+	09:33+	04:00+	02:56+	06:40+	05:41+	04:56+	09:19+	02:28+	00:55+	
05:12+	04:46+	02:52+	03:13+	02:13+	07:06+	03:03+	09:33+	04:00+	02:56+	06:40+	05:41+	04:56+	09:19+	02:28+	00:55+	
33	Lone Dybdal	28											1:15:03			
05:04+	10:01+	12:34+	15:19+	17:15+	24:09+	27:23+	33:15+	36:58+	39:33+	45:51+	51:52+	57:47+	71:21+	74:00+	75:03+	
05:04+	04:57+	02:33+	02:45+	01:56+	06:54+	03:14+	05:52+	03:43+	02:35+	06:18+	06:01+	05:55+	13:34+	02:39+	01:03+	
05:04+	04:57+	02:33+	02:45+	01:56+	06:54+	03:14+	05:52+	03:43+	02:35+	06:18+	06:01+	05:55+	13:34+	02:39+	01:03+	
34	Poul Nøhr	24											1:15:26			
05:28+	10:47+	13:41+	17:10+	19:09+	26:16+	29:21+	35:31+	39:55+	42:58+	48:47+	54:34+	62:14+	71:47+	74:26+	75:26+	
05:28+	05:19+	02:54+	03:29+	01:59+	07:07+	03:05+	06:10+	04:24+	03:03+	05:49+	05:47+	07:40+	09:33+	02:39+	01:00+	
05:28+	05:19+	02:54+	03:29+	01:59+	07:07+	03:05+	06:10+	04:24+	03:03+	05:49+	05:47+	07:40+	09:33+	02:39+	01:00+	
35	Lene Jacobsen	6											1:24:14			
05:54+	11:16+	14:23+	17:19+	19:23+	27:02+	30:27+	37:12+	40:51+	43:29+	49:41+	56:36+	69:28+	80:07+	83:09+	84:14+	
05:54+	05:22+	03:07+	02:56+	02:04+	07:39+	03:25+	06:45+	03:39+	02:38+	06:12+	06:55+	12:52+	10:39+	03:02+	01:05+	
05:54+	05:22+	03:07+	02:56+	02:04+	07:39+	03:25+	06:45+	03:39+	02:38+	06:12+	06:55+	12:52+	10:39+	03:02+	01:05+	
36	Claus Clausen	6											1:24:28			
06:00+	11:29+	14:33+	17:32+	19:38+	27:16+	30:41+	37:07+	41:05+	43:43+	49:49+	56:50+	69:30+	80:23+	83:22+	84:28+	
06:00+	05:29+	03:04+	02:59+	02:06+	07:38+	03:25+	06:26+	03:58+	02:38+	06:06+	07:01+	12:40+	10:53+	02:59+	01:06+	
06:00+	05:29+	03:04+	02:59+	02:06+	07:38+	03:25+	06:26+	03:58+	02:38+	06:06+	07:01+	12:40+	10:53+	02:59+	01:06+	
37	Finn Søndergaard	23											1:25:22			
07:10+	13:18+	16:56+	20:42+	23:06+	31:09+	35:11+	41:50+	46:25+	49:21+	56:56+	63:22+	70:14+	80:48+	84:07+	85:22+	
07:10+	06:08+	03:38+	03:46+	02:24+	08:03+	04:02+	06:39+	04:35+	02:56+	07:35+	06:26+	06:52+	10:34+	03:19+	01:15+	
07:10+	06:08+	03:38+	03:46+	02:24+	08:03+	04:02+	06:39+	04:35+	02:56+	07:35+	06:26+	06:52+	10:34+	03:19+	01:15+	
38	Keld Abrahamsen	28											1:28:26			
02:03+	05:55+	11:33+	14:48+	18:09+	21:22+	30:35+	34:14+	41:13+	45:53+	48:59+	58:39+	65:55+	71:07+	83:50+	87:02+	88:26+
02:03+	03:52+	05:38+	03:15+	03:21+	03:13+	09:13+	03:39+	06:59+	04:40+	03:06+	09:40+	07:16+	05:12+	12:43+	03:12+	01:24+
02:03+	03:52+	05:38+	03:15+	03:21+	03:13+	09:13+	03:39+	06:59+	04:40+	03:06+	09:40+	07:16+	05:12+	12:43+	03:12+	01:24+
39	Susanne Høiberg	24											1:29:38			
07:16+	12:45+	16:03+	19:34+	21:46+	30:39+	34:27+	42:49+	47:42+	51:53+	59:41+	68:00+	73:27+	85:35+	88:39+	89:38+	
07:16+	05:29+	03:18+	03:31+	02:12+	08:53+	03:48+	08:22+	04:53+	04:11+	07:48+	08:19+	05:27+	12:08+	03:04+	00:59+	
07:16+	05:29+	03:18+	03:31+	02:12+	08:53+	03:48+	08:22+	04:53+	04:11+	07:48+	08:19+	05:27+	12:08+	03:04+	00:59+	
40	Annett Lassen	16											1:30:15			
08:15+	14:45+	17:50+	21:22+	23:36+	32:00+	35:40+	43:34+	49:18+	52:26+	60:23+	69:09+	76:05+	86:23+	89:09+	90:15+	
08:15+	06:30+	03:05+	03:32+	02:14+	08:24+	03:40+	07:54+	05:44+	03:08+	07:57+	08:46+	06:56+	10:18+	02:46+	01:06+	
08:15+	06:30+	03:05+	03:32+	02:14+	08:24+	03:40+	07:54+	05:44+	03:08+	07:57+	08:46+	06:56+	10:18+	02:46+	01:06+	
41	Palle Møller Nielsen	13											1:33:39			
07:57+	13:48+	17:02+	20:26+	22:43+	31:10+	34:41+	42:35+	49:02+	51:57+	59:35+	72:43+	78:31+	89:23+	92:21+	93:39+	
07:57+	05:51+	03:14+	03:24+	02:17+	08:27+	03:31+	07:54+	06:27+	02:55+	07:38+	13:08+	05:48+	10:52+	02:58+	01:18+	
07:57+	05:51+	03:14+	03:24+	02:17+	08:27+	03:31+	07:54+	06:27+	02:55+	07:38+	13:08+	05:48+	10:52+	02:58+	01:18+	
42	Holger Mikkelsen	13											1:35:01			
08:00+	14:17+	17:48+	21:33+	23:56+	33:08+	37:19+	45:58+	51:14+	54:48+	63:20+	71:46+	77:58+	90:23+	93:56+	95:01+	
08:00+	06:17+	03:31+	03:45+	02:23+	09:12+	04:11+	08:39+	05:16+	03:34+	08:32+	08:26+	06:12+	12:25+	03:33+	01:05+	
08:00+	06:17+	03:31+	03:45+	02:23+	09:12+	04:11+	08:39+	05:16+	03:34+	08:32+	08:26+	06:12+	12:25+	03:33+	01:05+	

Beste stræktid for klassen

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

MTBO10km

1	Poul Erik Buch	16	59:16								
04:07=	07:11=	12:34=	20:55=	24:53=	32:45=	41:39=	47:41=	49:59=	54:42=	57:10=	59:16=
04:07=	03:04=	05:23=	08:21=	03:58=	07:52=	08:54=	06:02=	02:18=	04:43=	02:28=	02:06=
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	Per Allan Pedersen	15	1:00:01								
04:32+	06:51-	12:32-	21:22+	25:37+	33:35+	43:21+	49:42+	52:06+	56:40+	58:09+	60:01+
04:32+	02:19-	05:41+	08:50+	04:15+	07:58+	09:46+	06:21+	02:24+	04:34-	01:29-	01:52-
00:25#	00:45-	00:18+	00:29+	00:17+	00:06+	00:52+	00:19+	00:06+	00:09-	00:59-	00:14-
3	Anne Overgaard	19	1:02:12								
05:47+	08:11+	14:56+	23:12+	27:25+	35:00+	44:15+	50:22+	52:42+	57:59+	60:10+	62:12+
05:47+	02:24-	06:45+	08:16-	04:13+	07:35-	09:15+	06:07+	02:20+	05:17+	02:11-	02:02-
01:40&	00:40-	01:22&	00:05-	00:15+	00:17-	00:21+	00:05+	00:02+	00:34#	00:17-	00:04-
4	Ole Hoffmann	15	1:04:32								
04:44+	11:36+	17:13+	25:32+	29:34+	37:28+	46:40+	53:26+	55:41+	60:19+	62:36+	64:32+
04:44+	06:52+	05:37+	08:19-	04:02+	07:54+	09:12+	06:46+	02:15-	04:38-	02:17-	01:56-
00:37#	03:48@	00:14+	00:02-	00:04+	00:02+	00:18+	00:44#	00:03-	00:05-	00:11-	00:10-
5	Birgitte Bach	27	1:23:15								
10:58+	13:59+	21:53+	33:06+	38:04+	48:29+	61:32+	69:38+	72:31+	78:46+	80:49+	83:15+
10:58+	03:01-	07:54+	11:13+	04:58+	10:25+	13:03+	08:06+	02:53+	06:15+	02:03-	02:26+
06:51@	00:03-	02:31&	02:52&	01:00&	02:33&	04:09&	02:04&	00:35&	01:32&	00:25-	00:20#

Beste stræktid for klassen

04:07 02:19 05:23 08:16 03:58 07:35 08:54 06:02 02:15 04:34 01:29 01:52

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

MTBO20km

1	Peter Hedegaard	19	1:26:39														
03:34=	06:15=	10:17=	11:49=	13:53=	20:18=	25:20=	33:33=	40:54=	48:00=	52:46=	59:04=	63:45=	71:17=	79:26=	82:51=	84:59=	86:39=
03:34=	02:41=	04:02=	01:32=	02:04=	06:25=	05:02=	08:13=	07:21=	07:06=	04:46=	06:18=	04:41=	07:32=	08:09=	03:25=	02:08=	01:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Signe Overgaard	19	1:41:14														
04:00+	07:44+	12:57+	14:42+	17:16+	23:17+	29:46+	37:57+	50:22+	58:39+	64:05+	69:36+	75:59+	84:03+	92:01+	96:37+	98:59+	101:14+
04:00+	03:44+	05:13+	01:45+	02:34+	06:01-	06:29+	08:11-	12:25+	08:17+	05:26+	05:31-	06:23+	08:04+	07:58-	04:36+	02:22+	02:15+
00:26#	01:03&	01:11&	00:13#	00:30#	00:24-	01:27&	00:02-	05:04&	01:11#	00:40#	00:47-	01:42&	00:32+	00:11-	01:11&	00:14#	00:35&
3	Mads Jacobsen	24	1:50:06														
05:40+	10:54+	16:48+	18:32+	21:27+	28:37+	34:36+	42:22+	50:07+	60:56+	66:51+	73:10+	79:30+	88:01+	97:49+	102:39+	107:34+	110:06+
05:40+	05:14+	05:54+	01:44+	02:55+	07:10+	05:59+	07:46-	07:45+	10:49+	05:55+	06:19+	06:20+	08:31+	09:48+	04:50+	04:55+	02:32+
02:06&	02:33&	01:52&	00:12#	00:51&	00:45#	00:57#	00:27-	00:24+	03:43&	01:09#	00:01+	01:39&	00:59#	01:39#	01:25&	02:47@	00:52&

Beste stræktid for klassen

03:34 02:41 04:02 01:32 02:04 06:01 05:02 07:46 07:21 07:06 04:46 05:31 04:41 07:32 07:58 03:25 02:08 01:40

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