

Midtjysk supervinterlang 4

Stræktider

Fejsø-09-02-2025

Plads Navn

Klasse

Tid

B1 25km

1	Bjørn Thune Lindorf Lund	14	3:09:48																						
02:38=	04:35=	08:21=	13:24=	17:48=	20:00=	27:20=	33:33=	35:57=	40:10=	47:30=	49:18=	55:44=	61:26=	64:15=	70:21=	75:57=	81:05=	86:14=	92:35=	96:08=	99:03=	104:05=	108:41=	120:59=	123:13=
02:38=	01:57=	03:46=	05:03=	04:24=	02:12=	07:20=	06:13=	02:24=	04:13=	07:20=	01:48=	06:26=	05:42=	02:49=	06:06=	05:36=	05:08=	05:09=	06:21=	03:33=	02:55=	05:02=	04:36=	12:18=	02:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
130:16=	138:25=	146:56=	149:03=	151:37=	156:57=	177:52=	182:10=	185:17=	187:47=	189:48=															
07:03=	08:09=	08:31=	02:07=	02:34=	05:20=	20:55=	04:18=	03:07=	02:30=	02:01=															
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															

2	Mikael Halberg Martinsen	19	3:28:02																						
02:26-	04:41+	09:20+	15:01+	20:02+	22:28+	32:18+	37:49+	40:03+	43:11+	48:31+	50:47+	57:36+	65:36+	68:42+	73:08+	78:00+	83:23+	88:49+	96:39+	100:41+	103:41+	109:43+	114:21+	127:54+	130:25+
02:26-	02:15+	04:39+	05:41+	05:01+	02:26+	09:50+	05:31-	02:14-	03:08-	05:20-	02:16+	06:49+	08:00+	03:06+	04:26-	04:52-	05:23+	05:26+	07:50+	04:02+	03:00+	06:02+	04:38+	13:33+	02:31+
00:12-	00:18#	00:53#	00:38#	00:37#	00:14#	02:30&	00:42-	00:10-	01:05-	02:00-	00:28&	00:23+	02:18&	00:17#	01:40-	00:44-	00:15+	00:17+	01:29#	00:29#	00:05+	01:00#	00:02+	01:15#	00:17#
135:36+	145:26+	155:19+	157:20+	159:55+	164:57+	191:43+	199:39+	203:18+	205:53+	208:02+															
05:11-	09:50+	09:53+	02:01-	02:35+	05:02-	26:46+	07:56+	03:39+	02:35+	02:09+															
01:52-	01:41#	01:22#	00:06-	00:01+	00:18-	05:51&	03:38&	00:32#	00:05+	00:08+															

Beste stræktid for klassen

02:26 01:57 03:46 05:03 04:24 02:12 07:20 05:31 02:14 03:08 05:20 01:48 06:26 05:42 02:49 04:26 04:52 05:08 05:09 06:21 03:33 02:55 05:02 04:36 12:18 02:14 05:11 08:04

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

B2 20km

1	Jesper Madsen	13	2:50:26																						
05:57=	07:59=	10:22=	13:22=	16:11=	17:46=	23:42=	27:57=	30:05=	34:25=	42:00=	45:05=	51:17=	58:56=	62:35=	73:52=	77:31=	81:56=	91:13=	98:49=	105:05=	109:54=	112:53=	126:13=	127:58=	130:33=
05:57=	02:02=	02:23=	03:00=	02:49=	01:35=	05:56=	04:15=	02:08=	04:20=	07:35=	03:05=	06:12=	07:39=	03:39=	11:17=	03:39=	04:25=	09:17=	07:36=	06:16=	04:49=	02:59=	13:20=	01:45=	02:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
136:37=	148:25=	156:43=	158:23=	160:57=	164:47=	168:20=	170:26=																		
06:04=	11:48=	08:18=	01:40=	02:34=	03:50=	03:33=	02:06=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																		

2	Peter Lindberg Thomadsen	5	2:53:23																						
06:54+	09:47+	12:30+	15:04+	18:41+	20:51+	27:01+	32:26+	34:51+	46:08+	53:54+	56:29+	61:36+	67:48+	70:37+	79:17+	82:20+	87:29+	96:04+	100:20+	105:55+	111:14+	114:06+	128:06+	129:57+	131:51+
06:54+	02:53+	02:43+	02:34-	03:37+	02:10+	06:10+	05:25+	02:25+	11:17+	07:46+	02:35-	05:07-	06:12-	02:49-	08:40-	03:03-	05:09+	08:35-	04:16-	05:35-	05:19+	02:52-	14:00+	01:51+	01:54-
00:57#	00:51&	00:20#	00:26-	00:48&	00:35&	00:14+	01:10&	00:17#	06:57@	00:11+	00:30-	01:05-	01:27-	00:50-	02:37-	00:36-	00:44#	00:42-	03:20-	00:41-	00:30#	00:07-	00:40+	00:06+	00:41-
138:05+	153:40+	159:33+	161:24+	164:35+	168:40+	171:33+	173:23+																		
06:14+	15:35+	05:53-	01:51+	03:11+	04:05+	02:53-	01:50-																		
00:10+	03:47&	02:25-	00:11#	00:37#	00:15+	00:40-	00:16-																		

Beste stræktid for klassen

05:57 02:02 02:23 02:34 02:49 01:35 05:56 04:15 02:08 04:20 07:35 02:35 05:07 06:12 02:49 08:40 03:03 04:25 08:35 04:16 05:35 04:49 02:52 13:20 01:45 01:54 06:04 11:11

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

B3 15km

1	Alex Kristensen	4	1:52:40																						
02:35=	05:09=	08:01=	09:29=	14:10=	19:18=	23:53=	26:01=	30:09=	33:33=	37:12=	41:59=	47:54=	50:42=	54:29=	60:04=	64:26=	71:40=	76:30=	77:54=	79:15=	83:16=	89:46=	95:28=	101:53=	103:02=
02:35=	02:34=	02:52=	01:28=	04:41=	05:08=	04:35=	02:08=	04:08=	03:24=	03:39=	04:47=	05:55=	02:48=	03:47=	05:35=	04:22=	07:14=	04:50=	01:24=	01:21=	04:01=	06:30=	05:42=	06:25=	01:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
103:51=	105:54=	108:54=	111:02=	112:40=																					
00:49=	02:03=	03:00=	02:08=	01:38=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

B3 15km

2	Jens Liengård	14	1:56:38																						
02:27-	04:23-	06:57-	08:37-	12:51-	17:54-	22:22-	24:10-	28:57-	32:14-	35:46-	40:32-	46:03-	48:55-	52:45-	58:41-	63:38-	70:45-	75:56-	77:34-	79:18+	83:35+	91:12+	96:06+	103:18+	104:40+
02:27-	01:56-	02:34-	01:40+	04:14-	05:03-	04:28-	01:48-	04:47+	03:17-	03:32-	04:46-	05:31-	02:52+	03:50+	05:56+	04:57+	07:07-	05:11+	01:38+	01:44+	04:17+	07:37+	04:54-	07:12+	01:22+
00:08-	00:38-	00:18-	00:12#	00:27-	00:05-	00:07-	00:20-	00:39#	00:07-	00:07-	00:01-	00:24-	00:04+	00:03+	00:21+	00:35#	00:07-	00:21+	00:14#	00:23&	00:16+	01:07#	00:48-	00:47#	00:13#
105:42+	108:11+	111:05+	114:56+	116:38+																					
01:02+	02:29+	02:54-	03:51+	01:42+																					
00:13&	00:26#	00:06-	01:43&	00:04+																					

3	Tobias Bartholdy	NOTEAM	1:59:53																						
04:04+	05:59+	08:50+	15:28+	22:19+	27:44+	31:08+	33:11+	37:13+	40:33+	44:05+	48:50+	54:55+	57:43+	61:11+	66:58+	71:16+	78:34+	83:30+	84:53+	86:16+	90:16+	96:45+	102:21+	108:54+	110:02+
04:04+	01:55+	02:51+	06:38+	06:51+	05:25+	03:24+	02:03+	04:02+	03:20+	03:32+	04:45+	06:05+	02:48+	03:28+	05:47+	04:18+	07:18+	04:56+	01:23+	01:23+	04:00+	06:29+	05:36+	06:33+	01:08+
04:04+	01:55+	02:51+	06:38+	06:51+	05:25+	03:24+	02:03+	04:02+	03:20+	03:32+	04:45+	06:05+	02:48+	03:28+	05:47+	04:18+	07:18+	04:56+	01:23+	01:23+	04:00+	06:29+	05:36+	06:33+	01:08+
110:51+	112:53+	115:59+	118:01+	119:53+																					
00:49+	02:02+	03:06+	02:02+	01:52+																					
00:49+	02:02+	03:06+	02:02+	01:52+																					

4	Peter Villadsen	19	2:07:30																						
02:29+	04:38+	07:55+	09:50+	14:16+	20:01+	23:48+	26:25+	30:04+	33:53+	37:31+	44:09+	50:40+	53:45+	57:56+	64:00+	69:35+	77:49+	82:50+	84:23+	85:59+	90:39+	100:07+	105:32+	113:07+	114:41+
02:29+	02:09+	03:17+	01:55+	04:26+	05:45+	03:47+	02:37+	03:39+	03:49+	03:38+	06:38+	06:31+	03:05+	04:11+	06:04+	05:35+	08:14+	05:01+	01:33+	01:36+	04:40+	09:28+	05:25+	07:35+	01:34+
02:29+	02:09+	03:17+	01:55+	04:26+	05:45+	03:47+	02:37+	03:39+	03:49+	03:38+	06:38+	06:31+	03:05+	04:11+	06:04+	05:35+	08:14+	05:01+	01:33+	01:36+	04:40+	09:28+	05:25+	07:35+	01:34+
115:39+	118:04+	121:45+	125:19+	127:30+																					
00:58+	02:25+	03:41+	03:34+	02:11+																					
00:58+	02:25+	03:41+	03:34+	02:11+																					

5	Morten Kjær	19	2:08:30																						
02:36+	04:47+	07:50+	10:07+	14:30+	21:23+	25:43+	28:58+	33:18+	37:16+	41:10+	47:40+	53:39+	56:41+	60:31+	66:26+	72:55+	80:46+	86:37+	88:24+	90:13+	95:01+	101:53+	107:28+	114:54+	116:38+
02:36+	02:11+	03:03+	02:17+	04:23+	06:53+	04:20+	03:15+	04:20+	03:58+	03:54+	06:30+	05:59+	03:02+	03:50+	05:55+	06:29+	07:51+	05:51+	01:47+	01:49+	04:48+	06:52+	05:35+	07:26+	01:44+
02:36+	02:11+	03:03+	02:17+	04:23+	06:53+	04:20+	03:15+	04:20+	03:58+	03:54+	06:30+	05:59+	03:02+	03:50+	05:55+	06:29+	07:51+	05:51+	01:47+	01:49+	04:48+	06:52+	05:35+	07:26+	01:44+
117:47+	120:15+	123:49+	126:29+	128:30+																					
01:09+	02:28+	03:34+	02:40+	02:01+																					
01:09+	02:28+	03:34+	02:40+	02:01+																					

6	Michael Filyo	19	2:09:49																						
02:25+	05:30+	08:37+	10:41+	14:53+	20:46+	24:33+	26:53+	30:55+	34:52+	39:00+	44:27+	51:05+	54:38+	58:46+	65:01+	70:26+	78:34+	84:25+	86:10+	87:41+	92:36+	101:53+	108:14+	116:00+	118:47+
02:25+	03:05+	03:07+	02:04+	04:12+	05:53+	03:47+	02:20+	04:02+	03:57+	04:08+	05:27+	06:38+	03:33+	04:08+	06:15+	05:25+	08:08+	05:51+	01:45+	01:31+	04:55+	09:17+	06:21+	07:46+	02:47+
02:25+	03:05+	03:07+	02:04+	04:12+	05:53+	03:47+	02:20+	04:02+	03:57+	04:08+	05:27+	06:38+	03:33+	04:08+	06:15+	05:25+	08:08+	05:51+	01:45+	01:31+	04:55+	09:17+	06:21+	07:46+	02:47+
119:38+	122:05+	125:29+	127:48+	129:49+																					
00:51+	02:27+	03:24+	02:19+	02:01+																					
00:51+	02:27+	03:24+	02:19+	02:01+																					

7	Jakob Q Christensen	8	2:18:19																						
02:19+	04:44+	09:37+	11:51+	15:54+	21:41+	25:39+	27:58+	35:19+	39:13+	43:28+	48:56+	55:32+	59:01+	64:40+	71:07+	76:31+	84:40+	90:17+	93:33+	96:58+	102:00+	110:01+	115:38+	125:08+	126:35+
02:19+	02:25+	04:53+	02:14+	04:03+	05:47+	03:58+	02:19+	07:21+	03:54+	04:15+	05:28+	06:36+	03:29+	05:39+	06:27+	05:24+	08:09+	05:37+	03:16+	03:25+	05:02+	08:01+	05:37+	09:30+	01:27+
02:19+	02:25+	04:53+	02:14+	04:03+	05:47+	03:58+	02:19+	07:21+	03:54+	04:15+	05:28+	06:36+	03:29+	05:39+	06:27+	05:24+	08:09+	05:37+	03:16+	03:25+	05:02+	08:01+	05:37+	09:30+	01:27+
127:29+	129:47+	133:16+	135:45+	138:19+																					
00:54+	02:18+	03:29+	02:29+	02:34+																					
00:54+	02:18+	03:29+	02:29+	02:34+																					

8	Lars Mikkelsen	4	2:19:46																						
02:20+	04:31+	07:54+	10:13+	15:10+	21:36+	25:53+	28:16+	32:54+	37:17+	41:43+	49:03+	56:10+	60:27+	65:22+	72:35+	78:15+	87:09+	94:27+	96:32+	98:09+	103:28+	111:20+	117:08+	126:18+	127:54+
02:20+	02:11+	03:23+	02:19+	04:57+	06:26+	04:17+	02:23+	04:38+	04:23+	04:26+	07:20+	07:07+	04:17+	04:55+	07:13+	05:40+	08:54+	07:18+	02:05+	01:37+	05:19+	07:52+	05:48+	09:10+	01:36+
02:20+	02:11+	03:23+	02:19+	04:57+	06:26+	04:17+	02:23+	04:38+	04:23+	04:26+	07:20+	07:07+	04:17+	04:55+	07:13+	05:40+	08:54+	07:18+	02:05+	01:37+	05:19+	07:52+	05:48+	09:10+	01:36+
128:56+	131:20+	134:56+	137:45+	139:46+																					
01:02+	02:24+	03:36+	02:49+	02:01+																					
01:02+	02:24+	03:36+	02:49+	02:01+																					

B3 15km

9	Carsten Lind	11	2:23:53																						
02:32+	04:46+	07:56+	09:59+	14:16+	20:26+	24:31+	27:07+	32:52+	36:58+	41:01+	47:20+	54:16+	57:50+	63:26+	70:44+	76:48+	85:29+	92:16+	94:24+	96:16+	102:09+	112:43+	118:59+	128:53+	130:51+
02:32+	02:14+	03:10+	02:03+	04:17+	06:10+	04:05+	02:36+	05:45+	04:06+	04:03+	06:19+	06:56+	03:34+	05:36+	07:18+	06:04+	08:41+	06:47+	02:08+	01:52+	05:53+	10:34+	06:16+	09:54+	01:58+
02:32+	02:14+	03:10+	02:03+	04:17+	06:10+	04:05+	02:36+	05:45+	04:06+	04:03+	06:19+	06:56+	03:34+	05:36+	07:18+	06:04+	08:41+	06:47+	02:08+	01:52+	05:53+	10:34+	06:16+	09:54+	01:58+
132:04+	134:53+	138:39+	141:28+	143:53+																					
01:13+	02:49+	03:46+	02:49+	02:25+																					
01:13+	02:49+	03:46+	02:49+	02:25+																					

10	Søren Andersen	4	2:26:56																						
03:16+	05:44+	08:44+	10:54+	16:10+	22:37+	27:05+	29:49+	35:00+	39:43+	44:19+	50:49+	58:45+	62:35+	67:45+	74:56+	81:03+	91:43+	99:01+	101:31+	103:21+	109:13+	117:05+	123:38+	132:16+	134:04+
03:16+	02:28+	03:00+	02:10+	05:16+	06:27+	04:28+	02:44+	05:11+	04:43+	04:36+	06:30+	07:56+	03:50+	05:10+	07:11+	06:07+	10:40+	07:18+	02:30+	01:50+	05:52+	07:52+	06:33+	08:38+	01:48+
03:16+	02:28+	03:00+	02:10+	05:16+	06:27+	04:28+	02:44+	05:11+	04:43+	04:36+	06:30+	07:56+	03:50+	05:10+	07:11+	06:07+	10:40+	07:18+	02:30+	01:50+	05:52+	07:52+	06:33+	08:38+	01:48+
135:12+	138:01+	142:04+	144:38+	146:56+																					
01:08+	02:49+	04:03+	02:34+	02:18+																					
01:08+	02:49+	04:03+	02:34+	02:18+																					

11	Kenn Heldgaard Kristensen	4	2:33:45																						
02:52+	05:19+	08:45+	11:15+	16:16+	22:41+	27:05+	29:48+	34:34+	38:54+	43:22+	49:35+	57:08+	60:54+	66:50+	74:54+	81:47+	91:33+	98:31+	100:40+	102:34+	108:41+	117:50+	124:31+	137:10+	140:34+
02:52+	02:27+	03:26+	02:30+	05:01+	06:25+	04:24+	02:43+	04:46+	04:20+	04:28+	06:13+	07:33+	03:46+	05:56+	08:04+	06:53+	09:46+	06:58+	02:09+	01:54+	06:07+	09:09+	06:41+	12:39+	03:24+
02:52+	02:27+	03:26+	02:30+	05:01+	06:25+	04:24+	02:43+	04:46+	04:20+	04:28+	06:13+	07:33+	03:46+	05:56+	08:04+	06:53+	09:46+	06:58+	02:09+	01:54+	06:07+	09:09+	06:41+	12:39+	03:24+
141:47+	144:39+	149:02+	151:30+	153:45+																					
01:13+	02:52+	04:23+	02:28+	02:15+																					
01:13+	02:52+	04:23+	02:28+	02:15+																					

12	Alexander Pedersen	20	2:40:40																						
05:10+	07:28+	10:34+	12:50+	18:07+	25:13+	29:33+	32:46+	55:51+	60:17+	64:21+	78:44+	86:40+	90:38+	98:59+	106:42+	112:56+	132:43+	160:40+							
05:10+	02:18+	03:06+	02:16+	05:17+	07:06+	04:20+	03:13+	23:05+	04:26+	04:04+	14:23+	07:56+	03:58+	08:21+	07:43+	06:14+	19:47+	27:57+							
05:10+	02:18+	03:06+	02:16+	05:17+	07:06+	04:20+	03:13+	23:05+	04:26+	04:04+	14:23+	07:56+	03:58+	08:21+	07:43+	06:14+	19:47+	27:57+							

Beste stræktid for klassen

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

B4 8km

1	Axel Örnhagen Jørgensen	14	1:02:26																						
04:12=	07:24=	10:16=	15:07=	19:58=	25:07=	30:28=	35:16=	39:06=	41:10=	45:36=	48:08=	52:02=	55:57=	56:51=	60:17=	62:26=									
04:12=	03:12=	02:52=	04:51=	04:51=	05:09=	05:21=	04:48=	03:50=	02:04=	04:26=	02:32=	03:54=	03:55=	00:54=	03:26=	02:09=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									

2	Anders Sigvardt	8	1:06:53																						
04:49+	08:39+	11:22+	14:52+	20:21+	25:33+	31:30+	36:47+	40:51+	43:13+	48:19+	51:03+	55:17+	59:28+	60:27+	64:49+	66:53+									
04:49+	03:50+	02:43+	03:30+	05:29+	05:12+	05:57+	05:17+	04:04+	02:22+	05:06+	02:44+	04:14+	04:11+	00:59+	04:22+	02:04+									
00:37#	00:38#	00:09-	01:21-	00:38#	00:03+	00:36#	00:29#	00:14+	00:18#	00:40#	00:12+	00:20+	00:16+	00:05+	00:56&	00:05-									

3	Mads Mikkelsen	5	1:10:21																						
04:20+	07:39+	10:53+	16:14+	22:17+	28:26+	34:43+	40:01+	44:15+	47:14+	53:24+	56:21+	59:48+	64:13+	65:11+	68:22+	70:21+									
04:20+	03:19+	03:14+	05:21+	06:03+	06:09+	06:17+	05:18+	04:14+	02:59+	06:10+	02:57+	03:27-	04:25+	00:58+	03:11-	01:59-									
00:08+	00:07+	00:22#	00:30#	01:12#	01:00#	00:56#	00:30#	00:24#	00:55&	01:44&	00:25#	00:27-	00:30#	00:04+	00:15-	00:10-									

4	Christian L Rasmussen	6	1:12:35																						
04:32+	08:13+	11:36+	15:39+	21:27+	27:37+	34:20+	40:02+	44:31+	47:15+	53:07+	56:23+	60:32+	65:35+	66:41+	70:40+	72:35+									
04:32+	03:41+	03:23+	04:03-	05:48+	06:10+	06:43+	05:42+	04:29+	02:44+	05:52+	03:16+	04:09+	05:03+	01:06+	03:59+	01:55-									
00:20+	00:29#	00:31#	00:48-	00:57#	01:01#	01:22&	00:54#	00:39#	00:40&	01:26&	00:44&	00:15+	01:08&	00:12#	00:33#	00:14-									

B4 8km

5	Ole Lind	2															1:15:26
04:22+	08:12+	11:09+	15:13+	20:48+	26:42+	33:59+	39:47+	45:39+	50:30+	55:42+	58:36+	64:48+	69:21+	73:32+	75:26+		
04:22+	03:50+	02:57+	04:04-	05:35+	05:54+	07:17+	05:48+	05:52+	04:51+	05:12+	02:54+	06:12+	04:33+	04:11+	01:54-		
00:10+	00:38#	00:05+	00:47-	00:44#	00:45#	01:56&	01:00#	02:02&	02:47@	00:46#	00:22#	02:18&	00:38#	03:17@	01:32-		
6	Lars Munktvad	1															1:16:00
10:09+	13:17+	17:06+	23:23+	29:38+	37:39+	43:28+	47:49+	50:24+	55:38+	58:33+	64:28+	69:07+	70:11+	73:44+	76:00+		
10:09+	03:08+	03:49+	06:17+	06:15+	08:01+	05:49+	04:21+	02:35+	05:14+	02:55+	05:55+	04:39+	01:04+	03:33+	02:16+		
10:09+	03:08+	03:49+	06:17+	06:15+	08:01+	05:49+	04:21+	02:35+	05:14+	02:55+	05:55+	04:39+	01:04+	03:33+	02:16+		
7	Michael Thygesen	14															1:16:11
04:31+	08:03+	11:14+	15:08+	20:56+	26:45+	33:46+	39:42+	46:20+	50:25+	55:56+	59:18+	64:56+	69:25+	70:41+	74:16+	76:11+	
04:31+	03:32+	03:11+	03:54+	05:48+	05:49+	07:01+	05:56+	06:38+	04:05+	05:31+	03:22+	05:38+	04:29+	01:16+	03:35+	01:55+	
04:31+	03:32+	03:11+	03:54+	05:48+	05:49+	07:01+	05:56+	06:38+	04:05+	05:31+	03:22+	05:38+	04:29+	01:16+	03:35+	01:55+	
8	Per Filskov	14															1:18:13
09:44+	13:10+	17:29+	24:34+	31:18+	38:31+	44:41+	49:42+	52:43+	58:18+	61:26+	65:39+	71:05+	72:10+	75:58+	78:13+		
09:44+	03:26+	04:19+	07:05+	06:44+	07:13+	06:10+	05:01+	03:01+	05:35+	03:08+	04:13+	05:26+	01:05+	03:48+	02:15+		
09:44+	03:26+	04:19+	07:05+	06:44+	07:13+	06:10+	05:01+	03:01+	05:35+	03:08+	04:13+	05:26+	01:05+	03:48+	02:15+		
9	Mads Jacobsen	19															1:18:23
07:21+	11:06+	14:07+	17:53+	23:26+	29:16+	36:29+	42:27+	46:47+	50:53+	58:14+	61:58+	66:03+	70:47+	72:05+	76:20+	78:23+	
07:21+	03:45+	03:01+	03:46+	05:33+	05:50+	07:13+	05:58+	04:20+	04:06+	07:21+	03:44+	04:05+	04:44+	01:18+	04:15+	02:03+	
07:21+	03:45+	03:01+	03:46+	05:33+	05:50+	07:13+	05:58+	04:20+	04:06+	07:21+	03:44+	04:05+	04:44+	01:18+	04:15+	02:03+	
10	Mette Filskov	15															1:22:07
06:22+	10:47+	14:16+	19:06+	25:50+	32:38+	39:56+	46:06+	50:56+	53:51+	59:38+	63:29+	68:24+	74:24+	75:32+	79:52+	82:07+	
06:22+	04:25+	03:29+	04:50+	06:44+	06:48+	07:18+	06:10+	04:50+	02:55+	05:47+	03:51+	04:55+	06:00+	01:08+	04:20+	02:15+	
06:22+	04:25+	03:29+	04:50+	06:44+	06:48+	07:18+	06:10+	04:50+	02:55+	05:47+	03:51+	04:55+	06:00+	01:08+	04:20+	02:15+	
11	Dorte Filskov	22															1:25:36
10:40+	14:20+	19:14+	26:53+	33:49+	41:23+	47:32+	52:44+	56:29+	62:34+	66:03+	71:18+	77:20+	78:33+	83:10+	85:36+		
10:40+	03:40+	04:54+	07:39+	06:56+	07:34+	06:09+	05:12+	03:45+	06:05+	03:29+	05:15+	06:02+	01:13+	04:37+	02:26+		
10:40+	03:40+	04:54+	07:39+	06:56+	07:34+	06:09+	05:12+	03:45+	06:05+	03:29+	05:15+	06:02+	01:13+	04:37+	02:26+		
12	Steffen Alm	7															1:29:02
05:30+	09:39+	13:12+	18:05+	24:26+	31:22+	38:47+	45:08+	50:25+	55:19+	62:51+	67:12+	73:14+	78:46+	81:14+	85:56+	89:02+	
05:30+	04:09+	03:33+	04:53+	06:21+	06:56+	07:25+	06:21+	05:17+	04:54+	07:32+	04:21+	06:02+	05:32+	02:28+	04:42+	03:06+	
05:30+	04:09+	03:33+	04:53+	06:21+	06:56+	07:25+	06:21+	05:17+	04:54+	07:32+	04:21+	06:02+	05:32+	02:28+	04:42+	03:06+	
13	Jakob Vemmelund	20															1:29:40
06:37+	11:28+	15:55+	20:12+	27:19+	33:33+	39:45+	46:25+	50:41+	55:26+	67:45+	70:35+	74:23+	78:51+	80:17+	87:45+	89:40+	
06:37+	04:51+	04:27+	04:17+	07:07+	06:14+	06:12+	06:40+	04:16+	04:45+	12:19+	02:50+	03:48+	04:28+	01:26+	07:28+	01:55+	
06:37+	04:51+	04:27+	04:17+	07:07+	06:14+	06:12+	06:40+	04:16+	04:45+	12:19+	02:50+	03:48+	04:28+	01:26+	07:28+	01:55+	
14	Kim Gottlieb	4															1:32:33
05:17+	09:26+	12:53+	17:30+	24:53+	31:29+	39:37+	45:45+	50:43+	54:33+	62:15+	66:34+	72:37+	78:26+	79:46+	90:32+	92:33+	
05:17+	04:09+	03:27+	04:37+	07:23+	06:36+	08:08+	06:08+	04:58+	03:50+	07:42+	04:19+	06:03+	05:49+	01:20+	10:46+	02:01+	
05:17+	04:09+	03:27+	04:37+	07:23+	06:36+	08:08+	06:08+	04:58+	03:50+	07:42+	04:19+	06:03+	05:49+	01:20+	10:46+	02:01+	
15	Per Eg Pedersen	16															1:32:37
05:17+	09:43+	13:20+	17:59+	25:33+	32:59+	42:10+	49:31+	55:28+	60:11+	68:13+	72:01+	77:21+	83:48+	85:10+	89:53+	92:37+	
05:17+	04:26+	03:37+	04:39+	07:34+	07:26+	09:11+	07:21+	05:57+	04:43+	08:02+	03:48+	05:20+	06:27+	01:22+	04:43+	02:44+	
05:17+	04:26+	03:37+	04:39+	07:34+	07:26+	09:11+	07:21+	05:57+	04:43+	08:02+	03:48+	05:20+	06:27+	01:22+	04:43+	02:44+	
16	Jens Børsting	19															1:32:48
05:49+	10:50+	15:11+	20:32+	28:10+	35:50+	44:40+	51:36+	57:32+	60:53+	67:39+	71:20+	78:38+	84:18+	85:35+	90:18+	92:48+	
05:49+	05:01+	04:21+	05:21+	07:38+	07:40+	08:50+	06:56+	05:56+	03:21+	06:46+	03:41+	07:18+	05:40+	01:17+	04:43+	02:30+	
05:49+	05:01+	04:21+	05:21+	07:38+	07:40+	08:50+	06:56+	05:56+	03:21+	06:46+	03:41+	07:18+	05:40+	01:17+	04:43+	02:30+	

B4 8km

17	Susanne Kristensen	4														1:33:45
06:14+	11:09+	14:55+	19:35+	27:50+	35:30+	43:04+	49:21+	54:37+	61:23+	67:54+	71:39+	76:57+	84:31+	85:44+	90:37+	93:45+
06:14+	04:55+	03:46+	04:40+	08:15+	07:40+	07:34+	06:17+	05:16+	06:46+	06:31+	03:45+	05:18+	07:34+	01:13+	04:53+	03:08+
06:14+	04:55+	03:46+	04:40+	08:15+	07:40+	07:34+	06:17+	05:16+	06:46+	06:31+	03:45+	05:18+	07:34+	01:13+	04:53+	03:08+
18	Poul schøler	20														1:35:41
06:24+	12:01+	15:57+	20:43+	27:53+	34:39+	44:07+	52:09+	57:36+	60:49+	67:59+	72:45+	77:42+	83:22+	84:50+	91:16+	95:41+
06:24+	05:37+	03:56+	04:46+	07:10+	06:46+	09:28+	08:02+	05:27+	03:13+	07:10+	04:46+	04:57+	05:40+	01:28+	06:26+	04:25+
06:24+	05:37+	03:56+	04:46+	07:10+	06:46+	09:28+	08:02+	05:27+	03:13+	07:10+	04:46+	04:57+	05:40+	01:28+	06:26+	04:25+
19	Morten Christensen	4														1:40:04
05:36+	10:07+	14:25+	19:31+	27:34+	35:46+	44:08+	51:50+	57:19+	60:43+	74:26+	79:18+	84:24+	90:41+	92:09+	97:20+	100:04+
05:36+	04:31+	04:18+	05:06+	08:03+	08:12+	08:22+	07:42+	05:29+	03:24+	13:43+	04:52+	05:06+	06:17+	01:28+	05:11+	02:44+
05:36+	04:31+	04:18+	05:06+	08:03+	08:12+	08:22+	07:42+	05:29+	03:24+	13:43+	04:52+	05:06+	06:17+	01:28+	05:11+	02:44+
20	Ann-Vibeke Mose	20														1:40:42
06:23+	12:06+	16:19+	21:24+	30:30+	38:36+	49:15+	57:07+	62:51+	66:38+	74:33+	78:23+	83:59+	91:08+	92:41+	98:19+	100:42+
06:23+	05:43+	04:13+	05:05+	09:06+	08:06+	10:39+	07:52+	05:44+	03:47+	07:55+	03:50+	05:36+	07:09+	01:33+	05:38+	02:23+
06:23+	05:43+	04:13+	05:05+	09:06+	08:06+	10:39+	07:52+	05:44+	03:47+	07:55+	03:50+	05:36+	07:09+	01:33+	05:38+	02:23+
21	Inger Lise Simonsen	19														1:43:31
06:12+	12:49+	17:11+	24:16+	35:33+	43:20+	52:07+	59:40+	65:09+	68:38+	75:39+	80:10+	85:32+	91:55+	93:36+	101:10+	103:31+
06:12+	06:37+	04:22+	07:05+	11:17+	07:47+	08:47+	07:33+	05:29+	03:29+	07:01+	04:31+	05:22+	06:23+	01:41+	07:34+	02:21+
06:12+	06:37+	04:22+	07:05+	11:17+	07:47+	08:47+	07:33+	05:29+	03:29+	07:01+	04:31+	05:22+	06:23+	01:41+	07:34+	02:21+
22	Mette klenum	19														1:47:16
06:09+	15:41+	19:19+	23:32+	35:22+	43:25+	50:25+	56:29+	61:44+	64:48+	72:35+	85:04+	92:28+	99:25+	100:52+	105:16+	107:16+
06:09+	09:32+	03:38+	04:13+	11:50+	08:03+	07:00+	06:04+	05:15+	03:04+	07:47+	12:29+	07:24+	06:57+	01:27+	04:24+	02:00+
06:09+	09:32+	03:38+	04:13+	11:50+	08:03+	07:00+	06:04+	05:15+	03:04+	07:47+	12:29+	07:24+	06:57+	01:27+	04:24+	02:00+
23	Leif Skovgaard Knudsen	18														2:04:20
07:24+	14:55+	19:59+	26:06+	35:13+	45:15+	55:26+	65:15+	72:35+	81:00+	90:36+	98:39+	105:00+	113:02+	114:38+	121:10+	124:20+
07:24+	07:31+	05:04+	06:07+	09:07+	10:02+	10:11+	09:49+	07:20+	08:25+	09:36+	08:03+	06:21+	08:02+	01:36+	06:32+	03:10+
07:24+	07:31+	05:04+	06:07+	09:07+	10:02+	10:11+	09:49+	07:20+	08:25+	09:36+	08:03+	06:21+	08:02+	01:36+	06:32+	03:10+

Beste stræktid for klassen

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

B5 5km

1	Mogens Vennevold	20														45:21
02:55=	07:17=	08:40=	12:08=	16:08=	21:08=	24:11=	26:39=	30:54=	35:05=	35:48=	39:52=	43:24=	45:21=			
02:55=	04:22=	01:23=	03:28=	04:00=	05:00=	03:03=	02:28=	04:15=	04:11=	00:43=	04:04=	03:32=	01:57=			
00:00=	00:00=	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	Ulrika Örnham Jørgensen	14														46:57
03:50+	04:36-	08:44+	11:03-	13:16-												
03:50+	00:46-	04:08+	02:19-	02:13-												
00:55&	03:36-	02:45@	01:09-	01:47-												
3	Ida Marie Sigvardt	8														48:53
02:25-	06:57-	09:21+	12:49+	17:38+	22:50+	26:27+	29:38+	34:20+	38:33+	39:29+	44:03+	47:01+	48:53+			
02:25-	04:32+	02:24+	03:28=	04:49+	05:12+	03:37+	03:11+	04:42+	04:13+	00:56+	04:34+	02:58-	01:52-			
00:30-	00:10+	01:01&	00:00=	00:49#	00:12+	00:34#	00:43&	00:27#	00:02+	00:13&	00:30#	00:34-	00:05-			

B5 5km

5 Lennart Bo Kristiansen 21 49:45
 02:42- 07:29+ 09:23+ 13:20+ 18:13+ 23:43+ 27:10+ 30:38+ 35:28+ 39:57+ 41:00+ 45:19+ 47:48+ 49:45+
 02:42- 04:47+ 01:54+ 03:57+ 04:53+ 05:30+ 03:27+ 03:28+ 04:50+ 04:29+ 01:03+ 04:19+ 02:29- 01:57=
 00:13- 00:25+ 00:31& 00:29# 00:53# 00:30# 00:24# 01:00& 00:35# 00:18+ 00:20& 00:15+ 01:03- 00:00=

6 Keld Gade 21 50:38
 02:43+ 07:21+ 09:09+ 13:37+ 17:52+ 24:05+ 27:26+ 30:14+ 35:19+ 40:24+ 41:20+ 45:43+ 48:36+ 50:38+
 02:43+ 04:38+ 01:48+ 04:28+ 04:15+ 06:13+ 03:21+ 02:48+ 05:05+ 05:05+ 00:56+ 04:23+ 02:53+ 02:02+
 02:43+ 04:38+ 01:48+ 04:28+ 04:15+ 06:13+ 03:21+ 02:48+ 05:05+ 05:05+ 00:56+ 04:23+ 02:53+ 02:02+

7 Kai Hesselberg 6 51:16
 02:39+ 07:39+ 09:19+ 13:23+ 18:11+ 24:11+ 28:09+ 31:00+ 35:49+ 39:59+ 40:50+ 45:26+ 49:09+ 51:16+
 02:39+ 05:00+ 01:40+ 04:04+ 04:48+ 06:00+ 03:58+ 02:51+ 04:49+ 04:10+ 00:51+ 04:36+ 03:43+ 02:07+
 02:39+ 05:00+ 01:40+ 04:04+ 04:48+ 06:00+ 03:58+ 02:51+ 04:49+ 04:10+ 00:51+ 04:36+ 03:43+ 02:07+

8 Varny Vestergaard 20 51:28
 02:37+ 06:37+ 08:34+ 12:50+ 16:54+ 21:47+ 25:22+ 28:14+ 32:57+ 37:07+ 38:12+ 42:09+ 49:10+ 51:28+
 02:37+ 04:00+ 01:57+ 04:16+ 04:04+ 04:53+ 03:35+ 02:52+ 04:43+ 04:10+ 01:05+ 03:57+ 07:01+ 02:18+
 02:37+ 04:00+ 01:57+ 04:16+ 04:04+ 04:53+ 03:35+ 02:52+ 04:43+ 04:10+ 01:05+ 03:57+ 07:01+ 02:18+

9 Peer Straarup 5 53:15
 02:52+ 07:14+ 09:20+ 13:38+ 18:43+ 24:57+ 28:52+ 31:59+ 37:53+ 42:51+ 43:50+ 48:19+ 50:54+ 53:15+
 02:52+ 04:22+ 02:06+ 04:18+ 05:05+ 06:14+ 03:55+ 03:07+ 05:54+ 04:58+ 00:59+ 04:29+ 02:35+ 02:21+
 02:52+ 04:22+ 02:06+ 04:18+ 05:05+ 06:14+ 03:55+ 03:07+ 05:54+ 04:58+ 00:59+ 04:29+ 02:35+ 02:21+

10 Lene Bejer Damgaard 21 54:11
 02:56+ 07:20+ 09:07+ 13:18+ 18:19+ 25:41+ 29:24+ 32:34+ 37:40+ 42:29+ 43:24+ 49:23+ 51:52+ 54:11+
 02:56+ 04:24+ 01:47+ 04:11+ 05:01+ 07:22+ 03:43+ 03:10+ 05:06+ 04:49+ 00:55+ 05:59+ 02:29+ 02:19+
 02:56+ 04:24+ 01:47+ 04:11+ 05:01+ 07:22+ 03:43+ 03:10+ 05:06+ 04:49+ 00:55+ 05:59+ 02:29+ 02:19+

11 Stig Barrett 21 54:53
 02:57+ 07:58+ 09:48+ 14:07+ 19:30+ 25:24+ 29:00+ 31:54+ 37:22+ 43:10+ 44:14+ 50:10+ 52:41+ 54:53+
 02:57+ 05:01+ 01:50+ 04:19+ 05:23+ 05:54+ 03:36+ 02:54+ 05:48+ 01:04+ 05:56+ 02:31+ 02:12+
 02:57+ 05:01+ 01:50+ 04:19+ 05:23+ 05:54+ 03:36+ 02:54+ 05:28+ 05:48+ 01:04+ 05:56+ 02:31+ 02:12+

12 Britta Ank Pedersen 5 55:00
 02:51+ 07:40+ 09:55+ 14:06+ 19:34+ 26:16+ 30:11+ 33:17+ 38:23+ 43:43+ 44:52+ 49:56+ 52:49+ 55:00+
 02:51+ 04:49+ 02:15+ 04:11+ 05:28+ 06:42+ 03:55+ 03:06+ 05:06+ 05:20+ 01:09+ 05:04+ 02:53+ 02:11+
 02:51+ 04:49+ 02:15+ 04:11+ 05:28+ 06:42+ 03:55+ 03:06+ 05:06+ 05:20+ 01:09+ 05:04+ 02:53+ 02:11+

13 Lene Stick Nielsen 21 55:06
 02:38+ 07:17+ 09:24+ 13:43+ 18:40+ 25:17+ 29:16+ 32:53+ 38:40+ 44:14+ 45:26+ 50:06+ 52:53+ 55:06+
 02:38+ 04:39+ 02:07+ 04:19+ 04:57+ 06:37+ 03:59+ 03:37+ 05:47+ 05:34+ 01:12+ 04:40+ 02:47+ 02:13+
 02:38+ 04:39+ 02:07+ 04:19+ 04:57+ 06:37+ 03:59+ 03:37+ 05:47+ 05:34+ 01:12+ 04:40+ 02:47+ 02:13+

14 Poul Erik Buch 12 55:39
 02:43+ 07:45+ 09:44+ 13:37+ 18:11+ 23:52+ 28:07+ 31:19+ 36:17+ 41:04+ 42:05+ 46:41+ 53:34+ 55:39+
 02:43+ 05:02+ 01:59+ 03:53+ 04:34+ 05:41+ 04:15+ 03:12+ 04:58+ 04:47+ 01:01+ 04:36+ 06:53+ 02:05+
 02:43+ 05:02+ 01:59+ 03:53+ 04:34+ 05:41+ 04:15+ 03:12+ 04:58+ 04:47+ 01:01+ 04:36+ 06:53+ 02:05+

15 Jørgen Münster-Swendsen 19 57:20
 03:10+ 08:09+ 11:44+ 15:57+ 20:47+ 27:20+ 31:42+ 35:50+ 41:01+ 46:52+ 48:04+ 52:23+ 55:01+ 57:20+
 03:10+ 04:59+ 03:35+ 04:13+ 04:50+ 06:33+ 04:22+ 04:08+ 05:11+ 05:51+ 01:12+ 04:19+ 02:38+ 02:19+
 03:10+ 04:59+ 03:35+ 04:13+ 04:50+ 06:33+ 04:22+ 04:08+ 05:11+ 05:51+ 01:12+ 04:19+ 02:38+ 02:19+

16 Kirsten Andersen 6 1:01:23
 03:58+ 10:33+ 12:41+ 17:16+ 22:35+ 29:16+ 33:31+ 36:58+ 42:25+ 48:27+ 49:46+ 55:40+ 58:59+ 61:23+
 03:58+ 06:35+ 02:08+ 04:35+ 05:19+ 06:41+ 04:15+ 03:27+ 05:27+ 06:02+ 01:19+ 05:54+ 03:19+ 02:24+
 03:58+ 06:35+ 02:08+ 04:35+ 05:19+ 06:41+ 04:15+ 03:27+ 05:27+ 06:02+ 01:19+ 05:54+ 03:19+ 02:24+

B5 5km

17	Gert Bertel	6	1:01:24
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03:56+	10:36+	12:44+	17:12+	22:37+	29:19+	33:37+	37:01+	42:28+	48:29+	49:44+	55:37+	58:58+	61:24+
03:56+	06:40+	02:08+	04:28+	05:25+	06:42+	04:18+	03:24+	05:27+	06:01+	01:15+	05:53+	03:21+	02:26+
03:56+	06:40+	02:08+	04:28+	05:25+	06:42+	04:18+	03:24+	05:27+	06:01+	01:15+	05:53+	03:21+	02:26+

18	Hans Christian Strib	12	1:03:31
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03:06+	08:25+	10:15+	15:06+	20:38+	27:50+	32:20+	37:58+	43:52+	49:31+	50:45+	56:26+	60:44+	63:31+
03:06+	05:19+	01:50+	04:51+	05:32+	07:12+	04:30+	05:38+	05:54+	05:39+	01:14+	05:41+	04:18+	02:47+
03:06+	05:19+	01:50+	04:51+	05:32+	07:12+	04:30+	05:38+	05:54+	05:39+	01:14+	05:41+	04:18+	02:47+

19	Gitte Isen	4	1:04:18
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03:44+	09:25+	11:44+	16:51+	22:55+	30:49+	36:07+	39:41+	45:49+	51:39+	52:51+	58:24+	61:27+	64:18+
03:44+	05:41+	02:19+	05:07+	06:04+	07:54+	05:18+	03:34+	06:08+	05:50+	01:12+	05:33+	03:03+	02:51+
03:44+	05:41+	02:19+	05:07+	06:04+	07:54+	05:18+	03:34+	06:08+	05:50+	01:12+	05:33+	03:03+	02:51+

20	Søren Søgaard Nielsen	4	1:04:34
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07:13+	13:35+	16:10+	20:55+	26:48+	34:43+	38:29+	41:33+	47:12+	52:15+	53:21+	58:38+	61:57+	64:34+
07:13+	06:22+	02:35+	04:45+	05:53+	07:55+	03:46+	03:04+	05:39+	05:03+	01:06+	05:17+	03:19+	02:37+
07:13+	06:22+	02:35+	04:45+	05:53+	07:55+	03:46+	03:04+	05:39+	05:03+	01:06+	05:17+	03:19+	02:37+

21	Helle Nikkel	21	1:06:42
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03:27+	09:11+	11:32+	16:42+	22:53+	32:32+	37:54+	41:39+	47:53+	54:11+	55:20+	61:00+	63:55+	66:42+
03:27+	05:44+	02:21+	05:10+	06:11+	09:39+	05:22+	03:45+	06:14+	06:18+	01:09+	05:40+	02:55+	02:47+
03:27+	05:44+	02:21+	05:10+	06:11+	09:39+	05:22+	03:45+	06:14+	06:18+	01:09+	05:40+	02:55+	02:47+

22	Hans Aage Hvalsøe Hansen	3	1:07:17
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03:40+	09:38+	12:28+	17:46+	25:41+	33:55+	38:41+	42:22+	48:25+	54:20+	55:30+	61:09+	64:27+	67:17+
03:40+	05:58+	02:50+	05:18+	07:55+	08:14+	04:46+	03:41+	06:03+	05:55+	01:10+	05:39+	03:18+	02:50+
03:40+	05:58+	02:50+	05:18+	07:55+	08:14+	04:46+	03:41+	06:03+	05:55+	01:10+	05:39+	03:18+	02:50+

23	Carl Malling	17	1:09:24
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03:22+	08:54+	11:04+	15:37+	21:11+	28:42+	33:35+	37:46+	43:55+	53:05+	54:13+	60:46+	66:43+	69:24+
03:22+	05:32+	02:10+	04:33+	05:34+	07:31+	04:53+	04:11+	06:09+	09:10+	01:08+	06:33+	05:57+	02:41+
03:22+	05:32+	02:10+	04:33+	05:34+	07:31+	04:53+	04:11+	06:09+	09:10+	01:08+	06:33+	05:57+	02:41+

24	Torben Isen	4	1:13:10
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04:39+	10:35+	12:30+	17:54+	24:34+	32:35+	37:58+	41:42+	48:21+	54:18+	55:44+	61:58+	70:21+	73:10+
04:39+	05:56+	01:55+	05:24+	06:40+	08:01+	05:23+	03:44+	06:39+	05:57+	01:26+	06:14+	08:23+	02:49+
04:39+	05:56+	01:55+	05:24+	06:40+	08:01+	05:23+	03:44+	06:39+	05:57+	01:26+	06:14+	08:23+	02:49+

25	Jørgen Jørgensen	19	1:14:49
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03:18+	14:33+	16:52+	22:28+	29:07+	37:44+	43:11+	47:11+	54:14+	60:49+	62:13+	68:12+	71:27+	74:49+
03:18+	11:15+	02:19+	05:36+	06:39+	08:37+	05:27+	04:00+	07:03+	06:35+	01:24+	05:59+	03:15+	03:22+
03:18+	11:15+	02:19+	05:36+	06:39+	08:37+	05:27+	04:00+	07:03+	06:35+	01:24+	05:59+	03:15+	03:22+

26	Dorthe Munktvad	1	1:23:13
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05:40+	11:16+	13:29+	30:49+	36:06+	44:32+	53:27+	56:52+	63:13+	69:04+	70:02+	75:00+	80:23+	83:13+
05:40+	05:36+	02:13+	17:20+	05:17+	08:26+	08:55+	03:25+	06:21+	05:51+	00:58+	04:58+	05:23+	02:50+
05:40+	05:36+	02:13+	17:20+	05:17+	08:26+	08:55+	03:25+	06:21+	05:51+	00:58+	04:58+	05:23+	02:50+

27	Bente Pedersen	10	1:27:59
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04:09+	10:51+	14:16+	20:38+	27:54+	37:25+	43:28+	49:07+	56:50+	64:25+	66:12+	75:57+	84:36+	87:59+
04:09+	06:42+	03:25+	06:22+	07:16+	09:31+	06:03+	05:39+	07:43+	07:35+	01:47+	09:45+	08:39+	03:23+
04:09+	06:42+	03:25+	06:22+	07:16+	09:31+	06:03+	05:39+	07:43+	07:35+	01:47+	09:45+	08:39+	03:23+

28	Holger Mikkelsen	8	1:33:52
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05:05+	12:19+	15:55+	22:57+	30:46+	42:22+	48:24+	53:11+	61:14+	68:53+	73:09+	82:13+	89:35+	93:52+
05:05+	07:14+	03:36+	07:02+	07:49+	11:36+	06:02+	04:47+	08:03+	07:39+	04:16+	09:04+	07:22+	04:17+
05:05+	07:14+	03:36+	07:02+	07:49+	11:36+	06:02+	04:47+	08:03+	07:39+	04:16+	09:04+	07:22+	04:17+

B5 5km

29 Ole Thy RSOK 1:45:36

03:42+	11:26+	14:35+	35:55+	43:11+	54:16+	61:08+	68:36+	77:05+	85:44+	87:49+	96:19+	100:45+	105:36+
03:42+	07:44+	03:09+	21:20+	07:16+	11:05+	06:52+	07:28+	08:29+	08:39+	02:05+	08:30+	04:26+	04:51+
03:42+	07:44+	03:09+	21:20+	07:16+	11:05+	06:52+	07:28+	08:29+	08:39+	02:05+	08:30+	04:26+	04:51+

30 Rikke Agerskov 6 1:47:30

03:18+	10:05+	12:45+	18:19+	23:40+	48:23+	53:09+	56:47+	67:34+	88:05+	89:26+	95:42+	104:46+	107:30+
03:18+	06:47+	02:40+	05:34+	05:21+	24:43+	04:46+	03:38+	10:47+	20:31+	01:21+	06:16+	09:04+	02:44+
03:18+	06:47+	02:40+	05:34+	05:21+	24:43+	04:46+	03:38+	10:47+	20:31+	01:21+	06:16+	09:04+	02:44+

Beste stræktid for klassen

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

B6 3,5km

1 Susanne Baun 5 45:02

03:01=	08:01=	12:18=	14:56=	21:08=	27:26=	28:18=	30:23=	31:48=	35:05=	39:43=	42:43=	45:02=
03:01=	05:00=	04:17=	02:38=	06:12=	06:18=	00:52=	02:05=	01:25=	03:17=	04:38=	03:00=	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=	00:00=

2 Max Hansen 9 47:04

02:41-	07:18-	11:18-	13:26-	21:23+	25:04-	26:27-	28:20-	30:22-	34:38-	39:47+	43:31+	47:04+
02:41-	04:37-	04:00-	02:08-	07:57+	03:41-	01:23+	01:53-	02:02+	04:16+	05:09+	03:44+	03:33+
00:20-	00:23-	00:17-	00:30-	01:45&	02:37-	00:31&	00:12-	00:37&	00:59&	00:31#	00:44#	01:14&

3 Tove Straarup 5 48:08

02:28-	07:18-	11:31-	13:39-	21:22+	24:55-	28:56+	34:38+	35:59+	39:13+	43:06+	45:49+	48:08+
02:28-	04:50-	04:13-	02:08-	07:43+	03:33-	04:01+	05:42+	01:21-	03:14-	03:53-	02:43-	02:19=
00:33-	00:10-	00:04-	00:30-	01:31#	02:45-	03:09@	03:37@	00:04-	00:03-	00:45-	00:17-	00:00=

4 Charlotte Vibeke Olesen 6 49:10

03:34+	11:45+	16:01+	18:41+	25:29+	29:52+	31:04+	33:35+	35:08+	38:43+	43:16+	46:34+	49:10+
03:34+	08:11+	04:16-	02:40+	06:48+	04:23-	01:12+	02:31+	01:33+	03:35+	04:33-	03:18+	02:36+
00:33#	03:11&	00:01-	00:02+	00:36+	01:55-	00:20&	00:26#	00:08+	00:18+	00:05-	00:18#	00:17#

5 Pia Gade 21 49:52

02:56-	09:10+	14:02+	16:54+	23:58+	27:54+	29:57+	32:43+	34:26+	37:49+	43:38+	47:17+	49:52+
02:56-	06:14+	04:52+	02:52+	07:04+	03:56-	02:03+	02:46+	01:43+	03:23+	05:49+	03:39+	02:35+
00:05-	01:14#	00:35#	00:14+	00:52#	02:22-	01:11@	00:41&	00:18#	00:06+	01:11&	00:39#	00:16#

6 Gunnar Gjermandsen 5 50:22

03:23+	08:56+	13:41+	16:02+	25:35+	29:08+	30:22+	32:35+	34:21+	38:41+	44:09+	47:02+	50:22+
03:23+	05:33+	04:45+	02:21-	09:33+	03:33-	01:14+	02:13+	01:46+	04:20+	05:28+	02:53-	03:20+
00:22#	00:33#	00:28#	00:17-	03:21&	02:45-	00:22&	00:08+	00:21#	01:03&	00:50#	00:07-	01:01&

7 Flemming Sasser 4 54:52

03:32+	09:31+	16:26+	18:59+	28:20+	32:30+	33:58+	36:25+	38:14+	42:31+	47:57+	51:25+	54:52+
03:32+	05:59+	06:55+	02:33-	09:21+	04:10-	01:28+	02:27+	01:49+	04:17+	05:26+	03:28+	03:27+
00:31#	00:59#	02:38&	00:05-	03:09&	02:08-	00:36&	00:22#	00:24&	01:00&	00:48#	00:28#	01:08&

8 Tage Baun 5 55:20

05:43+	11:27+	16:10+	19:11+	28:35+	33:14+	34:39+	37:00+	38:38+	42:50+	48:14+	52:09+	55:20+
05:43+	05:44+	04:43+	03:01+	09:24+	04:39-	01:25+	02:21+	01:38+	04:12+	05:24+	03:55+	03:11+
02:42&	00:44#	00:26#	00:23#	03:12&	01:39-	00:33&	00:16#	00:13#	00:55&	00:46#	00:55&	00:52&

B6 3,5km

9 Nina Jacobsen 19 56:15

04:38+	10:42+	15:09+	17:18+	25:46+	29:04+	33:43+	35:48+	38:07+	44:00+	48:03+	53:35+	56:15+
04:38+	06:04+	04:27+	02:09-	08:28+	03:18-	04:39+	02:05-	02:19+	05:53+	04:03-	05:32+	02:40+
01:37&	01:04#	00:10+	00:29-	02:16&	03:00-	03:47@	00:00=	00:54&	02:36&	00:35-	02:32&	00:21#

10 Asger Kristensen 4 1:01:13

07:06+	14:30+	20:57+	24:40+	34:43+	39:05+	40:31+	43:00+	44:51+	49:11+	54:39+	58:01+	61:13+
07:06+	07:24+	06:27+	03:43+	10:03+	04:22+	01:26+	02:29+	01:51+	04:20+	05:28+	03:22+	03:12+
07:06+	07:24+	06:27+	03:43+	10:03+	04:22+	01:26+	02:29+	01:51+	04:20+	05:28+	03:22+	03:12+

11 Ann Dorrit Hansen 9 1:02:00

03:05+	11:13+	16:54+	19:43+	28:53+	36:36+	39:07+	40:25+	43:05+	44:47+	48:46+	54:19+	58:52+	62:00+
03:05+	08:08+	05:41+	02:49+	09:10+	07:43+	02:31+	01:18+	02:40+	01:42+	03:59+	05:33+	04:33+	03:08+
03:05+	08:08+	05:41+	02:49+	09:10+	07:43+	02:31+	01:18+	02:40+	01:42+	03:59+	05:33+	04:33+	03:08+

12 Palle Møller Nielsen 8 1:05:32

03:52+	11:28+	17:59+	20:58+	31:42+	36:48+	39:00+	42:18+	44:43+	49:53+	56:41+	61:12+	65:32+
03:52+	07:36+	06:31+	02:59+	10:44+	05:06+	02:12+	03:18+	02:25+	05:10+	06:48+	04:31+	04:20+
03:52+	07:36+	06:31+	02:59+	10:44+	05:06+	02:12+	03:18+	02:25+	05:10+	06:48+	04:31+	04:20+

13 Jørgen Bang 10 2:09:27

07:25+	16:19+	31:17+	39:30+	55:15+	61:56+	65:18+	82:50+	86:00+	93:58+	116:53+	123:53+	129:27+
07:25+	08:54+	14:58+	08:13+	15:45+	06:41+	03:22+	17:32+	03:10+	07:58+	22:55+	07:00+	05:34+
07:25+	08:54+	14:58+	08:13+	15:45+	06:41+	03:22+	17:32+	03:10+	07:58+	22:55+	07:00+	05:34+

Beste stræktid for klassen

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

MTBO20km

1 Bjørn Sommer NOTEAM 1:38:23

10:24=	17:18=	24:48=	30:12=	38:23=	47:10=	51:25=	56:32=	61:01=	64:49=	71:08=	74:06=	80:28=	86:22=	90:17=	97:02=	98:23=
10:24=	06:54=	07:30=	05:24=	08:11=	08:47=	04:15=	05:07=	04:29=	03:48=	06:19=	02:58=	06:22=	05:54=	03:55=	06:45=	01:21=
00:00=	00:00=	00:00=	00:00=	00:00=	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 Kurt Finn Petersen 3 2:19:51

15:38+	23:40+	32:27+	41:27+	50:22+	62:38+	69:12+	74:54+	85:11+	93:19+	98:10+	102:48+	104:58+	118:04+	183:57+	195:51+
15:38+	08:02+	08:47+	09:00+	08:55+	12:16+	06:34+	05:42+	10:17+	08:08+	04:51-	04:38+	02:10-	13:06+	65:53+	11:54+
05:14&	01:08#	01:17#	03:36&	00:44+	03:29&	02:19&	00:35#	05:48@	04:20@	01:28-	01:40&	04:12-	07:12@	61:58@	05:09&

Beste stræktid for klassen

10:24	06:54	07:30	05:24	08:11	08:47	04:15	05:07	04:29	03:48	04:51	02:58	02:10	05:54	03:55	06:45	01:21
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.