

# Midtjysk supervinterlang 4

# Stræktider

# Over Harrild Hede retur-18-02-2024

Plads Navn Klasse

Tid

15km

|          |                        |           |                |         |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------|-----------|----------------|---------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Peter Villadsen</b> | <b>24</b> | <b>1:53:24</b> |         |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:44=   | 03:26=                 | 06:26=    | 08:50=         | 12:42=  | 15:24=  | 22:31=  | 23:40= | 28:59= | 30:29= | 31:20= | 34:10= | 41:51= | 45:03= | 47:21= | 51:18= | 53:50= | 56:14= | 62:05= | 67:22= | 70:51= | 74:53= | 76:23= | 80:21= | 82:56= | 88:55= |
| 01:44=   | 01:42=                 | 03:00=    | 02:24=         | 03:52=  | 02:42=  | 07:07=  | 01:09= | 05:19= | 01:30= | 00:51= | 02:50= | 07:41= | 03:12= | 02:18= | 03:57= | 02:32= | 02:24= | 05:51= | 05:17= | 03:29= | 04:02= | 01:30= | 03:58= | 02:35= | 05:59= |
| 00:00=   | 00:00=                 | 00:00=    | 00:00=         | 00:00=  | 00:00=  | 00:00=  | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 91:40=   | 98:22=                 | 100:39=   | 105:58=        | 108:35= | 111:39= | 113:24= |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:45=   | 06:42=                 | 02:17=    | 05:19=         | 02:37=  | 03:04=  | 01:45=  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 00:00=   | 00:00=                 | 00:00=    | 00:00=         | 00:00=  | 00:00=  | 00:00=  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>2</b> | <b>Stefan Keller</b> | <b>6</b> | <b>1:56:52</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:42-   | 03:36+               | 06:04-   | 08:15-         | 11:44-  | 14:08-  | 20:59- | 21:57- | 27:19- | 28:24- | 30:18- | 37:17+ | 40:18- | 44:13- | 47:30+ | 49:55- | 51:41- | 57:11+ | 61:45- | 64:43- | 67:53- | 70:22- | 73:49- | 76:39- | 94:52+ | 97:02+ |
| 01:42-   | 01:54+               | 02:28-   | 02:11-         | 03:29-  | 02:24-  | 06:51- | 00:58- | 05:22+ | 01:05- | 01:54+ | 06:59+ | 03:01- | 03:55+ | 03:17+ | 02:25- | 01:46- | 05:30+ | 04:34- | 02:58- | 03:10- | 02:29- | 03:27+ | 02:50- | 18:13+ | 02:10- |
| 00:02-   | 00:12#               | 00:32-   | 00:13-         | 00:23-  | 00:18-  | 00:16- | 00:11- | 00:03+ | 00:25- | 01:03@ | 04:09@ | 04:40- | 00:43# | 00:59& | 01:32- | 00:46- | 03:06@ | 01:17- | 02:19- | 00:19- | 01:33- | 01:57@ | 01:08- | 15:38@ | 03:49- |
| 103:41+  | 105:21+              | 110:40+  | 112:37+        | 115:27+ | 116:52+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:39+   | 01:40-               | 05:19+   | 01:57-         | 02:50+  | 01:25-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:54@   | 05:02-               | 03:02@   | 03:22-         | 00:13+  | 01:39-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>3</b> | <b>Christian Valbak</b> | <b>24</b> | <b>1:56:58</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:45+   | 03:42+                  | 06:28+    | 08:38-         | 12:09-  | 14:44-  | 21:03- | 22:12- | 27:09- | 28:02- | 30:06- | 37:20+ | 40:25- | 43:27- | 47:02- | 49:24- | 51:24- | 57:00+ | 61:48- | 64:42- | 68:24- | 69:55- | 73:44- | 78:02- | 94:44+ | 96:51+ |
| 01:45+   | 01:57+                  | 02:46-    | 02:10-         | 03:31-  | 02:35-  | 06:19- | 01:09= | 04:57- | 00:53- | 02:04+ | 07:14+ | 03:05- | 03:02- | 03:35+ | 02:22- | 02:00- | 05:36+ | 04:48- | 02:54- | 03:42+ | 01:31- | 03:49+ | 04:18+ | 16:42+ | 02:07- |
| 00:01+   | 00:15#                  | 00:14-    | 00:14-         | 00:21-  | 00:07-  | 00:48- | 00:00= | 00:22- | 00:37- | 01:13@ | 04:24@ | 04:36- | 00:10- | 01:17& | 01:35- | 00:32- | 03:12@ | 01:03- | 02:23- | 00:13+ | 02:31- | 02:19@ | 00:20+ | 14:07@ | 03:52- |
| 103:12+  | 105:00+                 | 110:11+   | 112:27+        | 115:26+ | 116:58+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:21+   | 01:48-                  | 05:11+    | 02:16-         | 02:59+  | 01:32-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:36@   | 04:54-                  | 02:54@    | 03:03-         | 00:22#  | 01:32-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>4</b> | <b>Peter Thomadsen</b> | <b>6</b> | <b>1:57:05</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:40-   | 03:13-                 | 06:03-   | 08:23-         | 11:52-  | 14:16-  | 21:11- | 22:19- | 27:32- | 28:30- | 31:03- | 37:54+ | 40:59- | 43:36- | 47:10- | 49:50- | 51:49- | 57:22+ | 61:51- | 64:52- | 68:01- | 70:34- | 74:34- | 78:12- | 95:08+ | 97:14+ |
| 01:40-   | 01:33-                 | 02:50-   | 02:20-         | 03:29-  | 02:24-  | 06:55- | 01:08- | 05:13- | 00:58- | 02:33+ | 06:51+ | 03:05- | 02:37- | 03:34+ | 02:40- | 01:59- | 05:33+ | 04:29- | 03:01- | 03:09- | 02:33- | 04:00+ | 03:38- | 16:56+ | 02:06- |
| 00:04-   | 00:09-                 | 00:10-   | 00:04-         | 00:23-  | 00:18-  | 00:12- | 00:01- | 00:06- | 00:32- | 01:42@ | 04:01@ | 04:36- | 00:35- | 01:16& | 01:17- | 00:33- | 03:09@ | 01:22- | 02:16- | 00:20- | 01:29- | 02:30@ | 00:20- | 14:21@ | 03:53- |
| 103:42+  | 105:29+                | 110:24+  | 112:41+        | 115:40+ | 117:05+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:28+   | 01:47-                 | 04:55+   | 02:17-         | 02:59+  | 01:25-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:43@   | 04:55-                 | 02:38@   | 03:02-         | 00:22#  | 01:39-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>5</b> | <b>Christian Bertel Andersen</b> | <b>Akif</b> | <b>1:58:01</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:34-   | 03:33+                           | 06:15-      | 08:29-         | 11:56-  | 14:29-  | 21:02- | 22:01- | 27:31- | 28:21- | 30:39- | 37:38+ | 40:51- | 43:33- | 47:22+ | 49:51- | 51:54- | 57:44+ | 63:56+ | 67:21- | 71:07+ | 73:13- | 77:01+ | 81:49+ | 94:48+ | 97:12+ |
| 01:34-   | 01:59+                           | 02:42-      | 02:14-         | 03:27-  | 02:33-  | 06:33- | 00:59- | 05:30+ | 00:50- | 02:18+ | 06:59+ | 03:13- | 02:42- | 03:49+ | 02:29- | 02:03- | 05:50+ | 06:12+ | 03:25- | 03:46+ | 02:06- | 03:48+ | 04:48+ | 12:59+ | 02:24- |
| 00:10-   | 00:17#                           | 00:18-      | 00:10-         | 00:25-  | 00:09-  | 00:34- | 00:10- | 00:11+ | 00:40- | 01:27@ | 04:09@ | 04:28- | 00:30- | 01:31& | 01:28- | 00:29- | 03:26@ | 00:21+ | 01:52- | 00:17+ | 01:56- | 02:18@ | 00:50# | 10:24@ | 03:35- |
| 103:46+  | 105:43+                          | 111:10+     | 113:23+        | 116:29+ | 118:01+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:34+   | 01:57-                           | 05:27+      | 02:13-         | 03:06+  | 01:32-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:49@   | 04:45-                           | 03:10@      | 03:06-         | 00:29#  | 01:32-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>6</b> | <b>Jens Liengård</b> | <b>19</b> | <b>1:58:22</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:44=   | 03:22-               | 06:11-    | 08:32-         | 12:02-  | 14:38-  | 21:34- | 22:36- | 27:35- | 28:37- | 30:42- | 37:57+ | 41:12- | 43:53- | 47:33+ | 51:35+ | 53:30- | 59:02+ | 64:38+ | 67:36+ | 71:17+ | 73:10- | 77:16+ | 82:28+ | 95:44+ | 97:59+ |
| 01:44=   | 01:38-               | 02:49-    | 02:21-         | 03:30-  | 02:36-  | 06:56- | 01:02- | 04:59- | 01:02- | 02:05+ | 07:15+ | 03:15- | 02:41- | 03:40+ | 04:02+ | 01:55- | 05:32+ | 05:36- | 02:58- | 03:41+ | 01:53- | 04:06+ | 05:12+ | 13:16+ | 02:15- |
| 00:00=   | 00:04-               | 00:11-    | 00:03-         | 00:22-  | 00:06-  | 00:11- | 00:07- | 00:20- | 00:28- | 01:14@ | 04:25@ | 04:26- | 00:31- | 01:22& | 00:05+ | 00:37- | 03:08@ | 00:15- | 02:19- | 00:12+ | 02:09- | 02:36@ | 01:14& | 10:41@ | 03:44- |
| 104:15+  | 106:02+              | 111:35+   | 113:51+        | 117:00+ | 118:22+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:16+   | 01:47-               | 05:33+    | 02:16-         | 03:09+  | 01:22-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:31@   | 04:55-               | 03:16@    | 03:03-         | 00:32#  | 01:42-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>7</b> | <b>Torben Kristensen</b> | <b>19</b> | <b>1:58:36</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:46+   | 03:26=                   | 06:21-    | 08:46-         | 12:26-  | 14:59-  | 21:34- | 22:45- | 27:43- | 28:36- | 31:07- | 38:07+ | 41:13- | 43:57- | 47:44+ | 50:22- | 52:20- | 58:01+ | 64:29+ | 67:40+ | 71:35+ | 73:18- | 77:31+ | 82:18+ | 95:25+ | 97:54+ |
| 01:46+   | 01:40-                   | 02:55-    | 02:25+         | 03:40-  | 02:33-  | 06:35- | 01:11+ | 04:58- | 00:53- | 02:31+ | 07:00+ | 03:06- | 02:44- | 03:47+ | 02:38- | 01:58- | 05:41+ | 06:28+ | 03:11- | 03:55+ | 01:43- | 04:13+ | 04:47+ | 13:07+ | 02:29- |
| 00:02+   | 00:02-                   | 00:05-    | 00:01+         | 00:12-  | 00:09-  | 00:32- | 00:02+ | 00:21- | 00:37- | 01:40@ | 04:10@ | 04:35- | 00:28- | 01:29& | 01:19- | 00:34- | 03:17@ | 00:37# | 02:06- | 00:26# | 02:19- | 02:43@ | 00:49# | 10:32@ | 03:30- |
| 104:10+  | 106:11+                  | 111:28+   | 113:40+        | 116:59+ | 118:36+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:16+   | 02:01-                   | 05:17+    | 02:12-         | 03:19+  | 01:37-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:31@   | 04:41-                   | 03:00@    | 03:07-         | 00:42&  | 01:27-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>8</b> | <b>Peter D. Frandsen</b> | <b>8</b> | <b>1:59:16</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:49+   | 03:44+                   | 06:42+   | 09:05+         | 12:57+  | 15:54+  | 22:59+ | 24:32+ | 29:16+ | 30:25- | 34:02+ | 41:49+ | 45:34+ | 47:44+ | 51:53+ | 54:25+ | 56:32+ | 62:51+ | 68:53+ | 72:15+ | 76:37+ | 78:26+ | 82:51+ | 87:25+ | 94:25+ | 97:13+ |
| 01:49+   | 01:55+                   | 02:58-   | 02:23-         | 03:52=  | 02:57+  | 07:05- | 01:33+ | 04:44- | 01:09- | 03:37+ | 07:47+ | 03:45- | 02:10- | 04:09+ | 02:32- | 02:07- | 06:19+ | 06:02+ | 03:22- | 04:22+ | 01:49- | 04:25+ | 04:34+ | 07:00+ | 02:48- |
| 00:05+   | 00:13#                   | 00:02-   | 00:01-         | 00:00=  | 00:15+  | 00:02- | 00:24# | 00:35- | 00:21- | 02:46@ | 04:57@ | 03:56- | 01:02- | 01:51# | 01:25- | 00:25- | 03:55@ | 00:11+ | 01:55- | 00:53# | 02:13- | 02:55@ | 00:36# | 04:25@ | 03:11- |
| 103:11+  | 105:22+                  | 111:30+  | 113:58+        | 117:03+ | 119:16+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 05:58+   | 02:11-                   | 06:08+   | 02:28-         | 03:05+  | 02:13-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:13@   | 04:31-                   | 03:51@   | 02:51-         | 00:28#  | 00:51-  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>9</b> | <b>Johan Brandstrup Fegar</b> | <b>8</b> | <b>1:59:21</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:51+   | 03:52+                        | 06:54+   | 09:13+         | 13:04+  | 16:00+  | 23:04+ | 24:31+ | 29:21+ | 30:24+ | 34:05+ | 41:52+ | 45:28+ | 47:48+ | 51:58+ | 54:23+ | 56:38+ | 62:58+ | 68:57+ | 72:13+ | 76:41+ | 78:29+ | 82:54+ | 87:31+ | 94:29+ | 97:16+ |
| 01:51+   | 02:01+                        | 03:02+   | 02:19+         | 03:51+  | 02:56+  | 07:04+ | 01:27+ | 04:50+ | 01:03+ | 03:41+ | 07:47+ | 03:36+ | 02:20+ | 04:10+ | 02:25+ | 02:15+ | 06:20+ | 05:59+ | 03:16+ | 04:28+ | 01:48+ | 04:25+ | 04:37+ | 06:58+ | 02:47+ |
| 01:51+   | 02:01+                        | 03:02+   | 02:19+         | 03:51+  | 02:56+  | 07:04+ | 01:27+ | 04:50+ | 01:03+ | 03:41+ | 07:47+ | 03:36+ | 02:20+ | 04:10+ | 02:25+ | 02:15+ | 06:20+ | 05:59+ | 03:16+ | 04:28+ | 01:48+ | 04:25+ | 04:37+ | 06:58+ | 02:47+ |
| 103:21+  | 105:41+                       | 111:36+  | 114:01+        | 117:09+ | 119:21+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:05+   | 02:20+                        | 05:55+   | 02:25+         | 03:08+  | 02:12+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:05+   | 02:20+                        | 05:55+   | 02:25+         | 03:08+  | 02:12+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>10</b> | <b>Thorkild Jensen</b> | <b>22</b> | <b>1:59:24</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:47+    | 03:42+                 | 06:34+    | 08:55+         | 12:39+  | 15:06+  | 21:53+ | 22:57+ | 28:20+ | 29:21+ | 35:38+ | 42:49+ | 45:59+ | 48:08+ | 51:36+ | 54:18+ | 56:44+ | 62:12+ | 67:09+ | 70:08+ | 73:37+ | 75:18+ | 79:20+ | 82:03+ | 94:40+ | 97:06+ |
| 01:47+    | 01:55+                 | 02:52+    | 02:21+         | 03:44+  | 02:27+  | 06:47+ | 01:04+ | 05:23+ | 01:01+ | 06:17+ | 07:11+ | 03:10+ | 02:09+ | 03:28+ | 02:42+ | 02:26+ | 05:28+ | 04:57+ | 02:59+ | 03:29+ | 01:41+ | 04:02+ | 02:43+ | 12:37+ | 02:26+ |
| 01:47+    | 01:55+                 | 02:52+    | 02:21+         | 03:44+  | 02:27+  | 06:47+ | 01:04+ | 05:23+ | 01:01+ | 06:17+ | 07:11+ | 03:10+ | 02:09+ | 03:28+ | 02:42+ | 02:26+ | 05:28+ | 04:57+ | 02:59+ | 03:29+ | 01:41+ | 04:02+ | 02:43+ | 12:37+ | 02:26+ |
| 103:27+   | 105:38+                | 111:23+   | 113:34+        | 116:53+ | 119:24+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:21+    | 02:11+                 | 05:45+    | 02:11+         | 03:19+  | 02:31+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:21+    | 02:11+                 | 05:45+    | 02:11+         | 03:19+  | 02:31+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>11</b> | <b>Michael Filyo</b> | <b>24</b> | <b>2:00:19</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 01:52+    | 03:55+               | 06:51+    | 09:12+         | 13:06+  | 15:46+  | 22:54+ | 24:03+ | 28:58+ | 29:48+ | 35:29+ | 42:25+ | 45:45+ | 47:58+ | 51:52+ | 54:13+ | 56:13+ | 62:05+ | 67:36+ | 70:30+ | 74:38+ | 76:10+ | 79:53+ | 82:28+ | 95:07+ | 97:40+ |
| 01:52+    | 02:03+               | 02:56+    | 02:21+         | 03:54+  | 02:40+  | 07:08+ | 01:09+ | 04:55+ | 00:50+ | 05:41+ | 06:56+ | 03:20+ | 02:13+ | 03:54+ | 02:21+ | 02:00+ | 05:52+ | 05:31+ | 02:54+ | 04:08+ | 01:32+ | 03:43+ | 02:35+ | 12:39+ | 02:33+ |
| 01:52+    | 02:03+               | 02:56+    | 02:21+         | 03:54+  | 02:40+  | 07:08+ | 01:09+ | 04:55+ | 00:50+ | 05:41+ | 06:56+ | 03:20+ | 02:13+ | 03:54+ | 02:21+ | 02:00+ | 05:52+ | 05:31+ | 02:54+ | 04:08+ | 01:32+ | 03:43+ | 02:35+ | 12:39+ | 02:33+ |
| 104:02+   | 106:12+              | 111:57+   | 114:18+        | 117:50+ | 120:19+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:22+    | 02:10+               | 05:45+    | 02:21+         | 03:32+  | 02:29+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 06:22+    | 02:10+               | 05:45+    | 02:21+         | 03:32+  | 02:29+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>12</b> | <b>Morten Kjær</b> | <b>24</b> | <b>2:12:50</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:06+    | 03:55+             | 06:57+    | 09:22+         | 13:20+  | 16:01+  | 23:16+ | 24:21+ | 29:43+ | 30:36+ | 33:27+ | 41:05+ | 44:19+ | 46:49+ | 50:43+ | 53:57+ | 55:56+ | 62:15+ | 67:40+ | 72:20+ | 76:25+ | 78:28+ | 82:58+ | 87:30+ | 97:05+ | 99:57+ |
| 02:06+    | 01:49+             | 03:02+    | 02:25+         | 03:58+  | 02:41+  | 07:15+ | 01:05+ | 05:22+ | 00:53+ | 02:51+ | 07:38+ | 03:14+ | 02:30+ | 03:54+ | 03:14+ | 01:59+ | 06:19+ | 05:25+ | 04:40+ | 04:05+ | 02:03+ | 04:30+ | 04:32+ | 09:35+ | 02:52+ |
| 02:06+    | 01:49+             | 03:02+    | 02:25+         | 03:58+  | 02:41+  | 07:15+ | 01:05+ | 05:22+ | 00:53+ | 02:51+ | 07:38+ | 03:14+ | 02:30+ | 03:54+ | 03:14+ | 01:59+ | 06:19+ | 05:25+ | 04:40+ | 04:05+ | 02:03+ | 04:30+ | 04:32+ | 09:35+ | 02:52+ |
| 115:00+   | 117:35+            | 124:20+   | 126:51+        | 130:31+ | 132:50+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 15:03+    | 02:35+             | 06:45+    | 02:31+         | 03:40+  | 02:19+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 15:03+    | 02:35+             | 06:45+    | 02:31+         | 03:40+  | 02:19+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |

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| <b>13</b> | <b>Kenn Heldgaard Kristensen</b> | <b>5</b> | <b>2:15:31</b> |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:04+    | 04:21+                           | 07:52+   | 10:42+         | 15:14+  | 18:18+ | 26:39+ | 27:56+ | 34:30+ | 39:04+ | 41:08+ | 49:22+ | 53:14+ | 55:43+ | 60:15+ | 63:10+ | 66:24+ | 73:03+ | 80:11+ | 89:30+ | 91:26+ | 95:42+ | 99:37+ | 107:35+ | 110:52+ | 118:12+ |
| 02:04+    | 02:17+                           | 03:31+   | 02:50+         | 04:32+  | 03:04+ | 08:21+ | 01:17+ | 06:34+ | 04:34+ | 02:04+ | 08:14+ | 03:52+ | 02:29+ | 04:32+ | 02:55+ | 03:14+ | 06:39+ | 07:08+ | 09:19+ | 01:56+ | 04:16+ | 03:55+ | 07:58+  | 03:17+  | 07:20+  |
| 02:04+    | 02:17+                           | 03:31+   | 02:50+         | 04:32+  | 03:04+ | 08:21+ | 01:17+ | 06:34+ | 04:34+ | 02:04+ | 08:14+ | 03:52+ | 02:29+ | 04:32+ | 02:55+ | 03:14+ | 06:39+ | 07:08+ | 09:19+ | 01:56+ | 04:16+ | 03:55+ | 07:58+  | 03:17+  | 07:20+  |
| 120:45+   | 127:30+                          | 129:50+  | 133:24+        | 135:31+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:33+    | 06:45+                           | 02:20+   | 03:34+         | 02:07+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:33+    | 06:45+                           | 02:20+   | 03:34+         | 02:07+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |

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|-----------|---------------------------|----------|----------------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| <b>14</b> | <b>Troels Christensen</b> | <b>2</b> | <b>2:20:49</b> |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 01:59+    | 03:58+                    | 06:54+   | 09:24+         | 13:22+  | 16:07+ | 23:19+ | 24:40+ | 30:32+ | 31:47+ | 34:11+ | 41:39+ | 45:06+ | 47:30+ | 51:36+ | 54:32+ | 56:54+ | 63:03+ | 69:25+ | 81:50+ | 83:37+ | 88:43+ | 94:29+ | 103:08+ | 106:13+ | 115:24+ |
| 01:59+    | 01:59+                    | 02:56+   | 02:30+         | 03:58+  | 02:45+ | 07:12+ | 01:21+ | 05:52+ | 01:15+ | 02:24+ | 07:28+ | 03:27+ | 02:24+ | 04:06+ | 02:56+ | 02:22+ | 06:09+ | 06:22+ | 12:25+ | 01:47+ | 05:06+ | 05:46+ | 08:39+  | 03:05+  | 09:11+  |
| 01:59+    | 01:59+                    | 02:56+   | 02:30+         | 03:58+  | 02:45+ | 07:12+ | 01:21+ | 05:52+ | 01:15+ | 02:24+ | 07:28+ | 03:27+ | 02:24+ | 04:06+ | 02:56+ | 02:22+ | 06:09+ | 06:22+ | 12:25+ | 01:47+ | 05:06+ | 05:46+ | 08:39+  | 03:05+  | 09:11+  |
| 117:46+   | 132:21+                   | 135:05+  | 138:50+        | 140:49+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:22+    | 14:35+                    | 02:44+   | 03:45+         | 01:59+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:22+    | 14:35+                    | 02:44+   | 03:45+         | 01:59+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |

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|-----------|-------------------|----------|----------------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|
| <b>15</b> | <b>Ole Jensen</b> | <b>9</b> | <b>2:20:58</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |
| 01:46+    | 03:56+            | 06:52+   | 09:22+         | 13:19+  | 16:06+  | 23:11+ | 24:23+ | 29:43+ | 30:41+ | 33:23+ | 41:21+ | 44:47+ | 47:09+ | 51:05+ | 53:46+ | 55:56+ | 62:10+ | 67:38+ | 70:54+ | 75:02+ | 76:46+ | 81:10+ | 84:08+ | 103:13+ | 106:03+ |
| 01:46+    | 02:10+            | 02:56+   | 02:30+         | 03:57+  | 02:47+  | 07:05+ | 01:12+ | 05:20+ | 00:58+ | 02:42+ | 07:58+ | 03:26+ | 02:22+ | 03:56+ | 02:41+ | 02:10+ | 06:14+ | 05:28+ | 03:16+ | 04:08+ | 01:44+ | 04:24+ | 02:58+ | 19:05+  | 02:50+  |
| 01:46+    | 02:10+            | 02:56+   | 02:30+         | 03:57+  | 02:47+  | 07:05+ | 01:12+ | 05:20+ | 00:58+ | 02:42+ | 07:58+ | 03:26+ | 02:22+ | 03:56+ | 02:41+ | 02:10+ | 06:14+ | 05:28+ | 03:16+ | 04:08+ | 01:44+ | 04:24+ | 02:58+ | 19:05+  | 02:50+  |
| 115:42+   | 117:50+           | 132:23+  | 135:00+        | 138:35+ | 140:58+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |
| 09:39+    | 02:08+            | 14:33+   | 02:37+         | 03:35+  | 02:23+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |
| 09:39+    | 02:08+            | 14:33+   | 02:37+         | 03:35+  | 02:23+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |

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| <b>16</b> | <b>Jesper Madsen</b> | <b>17</b> | <b>2:24:39</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |
| 02:03+    | 04:27+               | 07:31+    | 10:03+         | 14:36+  | 17:41+  | 25:49+ | 27:05+ | 32:11+ | 33:14+ | 35:34+ | 44:01+ | 47:33+ | 50:32+ | 54:57+ | 58:40+ | 61:17+ | 69:53+ | 76:56+ | 84:19+ | 88:43+ | 90:46+ | 95:21+ | 98:56+ | 113:48+ | 116:49+ |
| 02:03+    | 02:24+               | 03:04+    | 02:32+         | 04:33+  | 03:05+  | 08:08+ | 01:16+ | 05:06+ | 01:03+ | 02:20+ | 08:27+ | 03:32+ | 02:59+ | 04:25+ | 03:43+ | 02:37+ | 08:36+ | 07:03+ | 07:23+ | 04:24+ | 02:03+ | 04:35+ | 03:35+ | 14:52+  | 03:01+  |
| 02:03+    | 02:24+               | 03:04+    | 02:32+         | 04:33+  | 03:05+  | 08:08+ | 01:16+ | 05:06+ | 01:03+ | 02:20+ | 08:27+ | 03:32+ | 02:59+ | 04:25+ | 03:43+ | 02:37+ | 08:36+ | 07:03+ | 07:23+ | 04:24+ | 02:03+ | 04:35+ | 03:35+ | 14:52+  | 03:01+  |
| 127:13+   | 129:17+              | 136:50+   | 139:23+        | 142:58+ | 144:39+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |
| 10:24+    | 02:04+               | 07:33+    | 02:33+         | 03:35+  | 01:41+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |
| 10:24+    | 02:04+               | 07:33+    | 02:33+         | 03:35+  | 01:41+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |

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| <b>17</b> | <b>Peter Sigvardt</b> | <b>12</b> | <b>2:24:46</b> |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:12+    | 04:06+                | 07:09+    | 09:39+         | 13:48+  | 16:30+ | 25:10+ | 26:20+ | 32:15+ | 33:09+ | 35:39+ | 44:17+ | 47:37+ | 50:20+ | 54:19+ | 57:36+ | 60:08+ | 69:38+ | 79:33+ | 89:33+ | 91:07+ | 95:14+ | 99:14+ | 113:46+ | 116:41+ | 127:09+ |
| 02:12+    | 01:54+                | 03:03+    | 02:30+         | 04:09+  | 02:42+ | 08:40+ | 01:10+ | 05:55+ | 00:54+ | 02:30+ | 08:38+ | 03:20+ | 02:43+ | 03:59+ | 03:17+ | 02:32+ | 09:30+ | 09:55+ | 10:00+ | 01:34+ | 04:07+ | 04:00+ | 14:32+  | 02:55+  | 10:28+  |
| 02:12+    | 01:54+                | 03:03+    | 02:30+         | 04:09+  | 02:42+ | 08:40+ | 01:10+ | 05:55+ | 00:54+ | 02:30+ | 08:38+ | 03:20+ | 02:43+ | 03:59+ | 03:17+ | 02:32+ | 09:30+ | 09:55+ | 10:00+ | 01:34+ | 04:07+ | 04:00+ | 14:32+  | 02:55+  | 10:28+  |
| 129:13+   | 137:00+               | 139:35+   | 143:01+        | 144:46+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:04+    | 07:47+                | 02:35+    | 03:26+         | 01:45+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:04+    | 07:47+                | 02:35+    | 03:26+         | 01:45+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |

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| <b>18</b> | <b>Jørgen Østergaard</b> | <b>9</b> | <b>2:25:17</b> |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:17+    | 04:20+                   | 07:48+   | 10:47+         | 15:05+  | 18:17+ | 26:28+ | 27:46+ | 33:56+ | 38:31+ | 40:31+ | 48:53+ | 52:36+ | 55:20+ | 59:39+ | 62:51+ | 65:31+ | 72:04+ | 79:53+ | 89:51+ | 91:28+ | 95:53+ | 99:46+ | 113:49+ | 116:45+ | 126:26+ |
| 02:17+    | 02:03+                   | 03:28+   | 02:59+         | 04:18+  | 03:12+ | 08:11+ | 01:18+ | 06:10+ | 04:35+ | 02:00+ | 08:22+ | 03:43+ | 02:44+ | 04:19+ | 03:12+ | 02:40+ | 06:33+ | 07:49+ | 09:58+ | 01:37+ | 04:25+ | 03:53+ | 14:03+  | 02:56+  | 09:41+  |
| 02:17+    | 02:03+                   | 03:28+   | 02:59+         | 04:18+  | 03:12+ | 08:11+ | 01:18+ | 06:10+ | 04:35+ | 02:00+ | 08:22+ | 03:43+ | 02:44+ | 04:19+ | 03:12+ | 02:40+ | 06:33+ | 07:49+ | 09:58+ | 01:37+ | 04:25+ | 03:53+ | 14:03+  | 02:56+  | 09:41+  |
| 128:34+   | 134:44+                  | 140:34+  | 143:31+        | 145:17+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:08+    | 06:10+                   | 05:50+   | 02:57+         | 01:46+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:08+    | 06:10+                   | 05:50+   | 02:57+         | 01:46+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |

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| <b>19</b> | <b>Johan Guldmann</b> | <b>NOTEAM</b> | <b>2:25:27</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 01:57+    | 04:03+                | 07:10+        | 09:48+         | 14:11+  | 17:11+  | 25:51+ | 27:11+ | 41:54+ | 43:04+ | 45:14+ | 53:34+ | 57:07+ | 60:58+ | 65:17+ | 68:02+ | 71:12+ | 81:33+ | 89:07+ | 97:22+ | 101:50+ | 103:30+ | 107:35+ | 110:36+ | 117:39+ | 120:29+ |
| 01:57+    | 02:06+                | 03:07+        | 02:38+         | 04:23+  | 03:00+  | 08:40+ | 01:20+ | 14:43+ | 01:10+ | 02:10+ | 08:20+ | 03:33+ | 03:51+ | 04:19+ | 02:45+ | 03:10+ | 10:21+ | 07:34+ | 08:15+ | 04:28+  | 01:40+  | 04:05+  | 03:01+  | 07:03+  | 02:50+  |
| 01:57+    | 02:06+                | 03:07+        | 02:38+         | 04:23+  | 03:00+  | 08:40+ | 01:20+ | 14:43+ | 01:10+ | 02:10+ | 08:20+ | 03:33+ | 03:51+ | 04:19+ | 02:45+ | 03:10+ | 10:21+ | 07:34+ | 08:15+ | 04:28+  | 01:40+  | 04:05+  | 03:01+  | 07:03+  | 02:50+  |
| 127:22+   | 129:25+               | 137:55+       | 140:28+        | 143:42+ | 145:27+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 06:53+    | 02:03+                | 08:30+        | 02:33+         | 03:14+  | 01:45+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 06:53+    | 02:03+                | 08:30+        | 02:33+         | 03:14+  | 01:45+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |

|           |                   |           |                |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |
|-----------|-------------------|-----------|----------------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|
| <b>20</b> | <b>Anne Movin</b> | <b>24</b> | <b>2:25:31</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 02:08+    | 04:14+            | 07:27+    | 09:59+         | 14:31+  | 17:37+  | 28:31+ | 31:07+ | 39:59+ | 41:15+ | 45:07+ | 53:36+ | 57:26+ | 60:06+ | 64:56+ | 70:40+ | 73:15+ | 80:02+ | 86:11+ | 90:42+ | 95:37+ | 99:51+ | 104:25+ | 108:37+ | 117:06+ | 119:59+ |
| 02:08+    | 02:06+            | 03:13+    | 02:32+         | 04:32+  | 03:06+  | 10:54+ | 02:36+ | 08:52+ | 01:16+ | 03:52+ | 08:29+ | 03:50+ | 02:40+ | 04:50+ | 05:44+ | 02:35+ | 06:47+ | 06:09+ | 04:31+ | 04:55+ | 04:14+ | 04:34+  | 04:12+  | 08:29+  | 02:53+  |
| 02:08+    | 02:06+            | 03:13+    | 02:32+         | 04:32+  | 03:06+  | 10:54+ | 02:36+ | 08:52+ | 01:16+ | 03:52+ | 08:29+ | 03:50+ | 02:40+ | 04:50+ | 05:44+ | 02:35+ | 06:47+ | 06:09+ | 04:31+ | 04:55+ | 04:14+ | 04:34+  | 04:12+  | 08:29+  | 02:53+  |
| 127:26+   | 129:35+           | 137:27+   | 140:10+        | 143:36+ | 145:31+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 07:27+    | 02:09+            | 07:52+    | 02:43+         | 03:26+  | 01:55+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 07:27+    | 02:09+            | 07:52+    | 02:43+         | 03:26+  | 01:55+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |

|           |                        |               |                |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
|-----------|------------------------|---------------|----------------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| <b>21</b> | <b>Thomas Guldmann</b> | <b>NOTEAM</b> | <b>2:26:10</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:11+    | 04:23+                 | 07:22+        | 09:51+         | 14:06+  | 16:55+  | 25:28+ | 26:55+ | 32:44+ | 33:52+ | 38:50+ | 47:48+ | 51:44+ | 54:14+ | 58:45+ | 62:00+ | 64:37+ | 71:50+ | 78:48+ | 86:01+ | 90:44+ | 92:28+ | 96:49+ | 100:43+ | 108:22+ | 111:32+ |
| 02:11+    | 02:12+                 | 02:59+        | 02:29+         | 04:15+  | 02:49+  | 08:33+ | 01:27+ | 05:49+ | 01:08+ | 04:58+ | 08:58+ | 03:56+ | 02:30+ | 04:31+ | 03:15+ | 02:37+ | 07:13+ | 06:58+ | 07:13+ | 04:43+ | 01:44+ | 04:21+ | 03:54+  | 07:39+  | 03:10+  |
| 02:11+    | 02:12+                 | 02:59+        | 02:29+         | 04:15+  | 02:49+  | 08:33+ | 01:27+ | 05:49+ | 01:08+ | 04:58+ | 08:58+ | 03:56+ | 02:30+ | 04:31+ | 03:15+ | 02:37+ | 07:13+ | 06:58+ | 07:13+ | 04:43+ | 01:44+ | 04:21+ | 03:54+  | 07:39+  | 03:10+  |
| 121:16+   | 123:50+                | 134:55+       | 140:05+        | 144:15+ | 146:10+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 09:44+    | 02:34+                 | 11:05+        | 05:10+         | 04:10+  | 01:55+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 09:44+    | 02:34+                 | 11:05+        | 05:10+         | 04:10+  | 01:55+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |

### 15km

|           |                        |          |                |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
|-----------|------------------------|----------|----------------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|
| <b>22</b> | <b>Per Eg Pedersen</b> | <b>8</b> | <b>2:36:33</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 02:06+    | 04:30+                 | 08:18+   | 11:32+         | 16:27+  | 20:16+  | 30:16+ | 32:09+ | 40:05+ | 41:12+ | 43:41+ | 54:04+ | 58:08+ | 61:15+ | 66:26+ | 69:40+ | 73:09+ | 81:35+ | 89:44+ | 95:13+ | 100:20+ | 102:28+ | 107:58+ | 111:34+ | 120:28+ | 125:09+ |
| 02:06+    | 02:24+                 | 03:48+   | 03:14+         | 04:55+  | 03:49+  | 10:00+ | 01:53+ | 07:56+ | 01:07+ | 02:29+ | 10:23+ | 04:04+ | 03:07+ | 05:11+ | 03:14+ | 03:29+ | 08:26+ | 08:09+ | 05:29+ | 05:07+  | 02:08+  | 05:30+  | 03:36+  | 08:54+  | 04:41+  |
| 02:06+    | 02:24+                 | 03:48+   | 03:14+         | 04:55+  | 03:49+  | 10:00+ | 01:53+ | 07:56+ | 01:07+ | 02:29+ | 10:23+ | 04:04+ | 03:07+ | 05:11+ | 03:14+ | 03:29+ | 08:26+ | 08:09+ | 05:29+ | 05:07+  | 02:08+  | 05:30+  | 03:36+  | 08:54+  | 04:41+  |
| 135:05+   | 138:08+                | 145:47+  | 149:45+        | 153:57+ | 156:33+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 09:56+    | 03:03+                 | 07:39+   | 03:58+         | 04:12+  | 02:36+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 09:56+    | 03:03+                 | 07:39+   | 03:58+         | 04:12+  | 02:36+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |

|           |                         |          |                |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
|-----------|-------------------------|----------|----------------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|
| <b>23</b> | <b>Michael Sønderup</b> | <b>8</b> | <b>2:36:39</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 02:09+    | 04:43+                  | 08:23+   | 11:37+         | 16:46+  | 20:29+  | 30:33+ | 32:21+ | 40:10+ | 41:27+ | 44:00+ | 54:07+ | 58:33+ | 61:33+ | 66:46+ | 69:52+ | 73:27+ | 81:55+ | 90:04+ | 95:14+ | 100:36+ | 102:42+ | 108:01+ | 111:47+ | 120:43+ | 125:32+ |
| 02:09+    | 02:34+                  | 03:40+   | 03:14+         | 05:09+  | 03:43+  | 10:04+ | 01:48+ | 07:49+ | 01:17+ | 02:33+ | 10:07+ | 04:26+ | 03:00+ | 05:13+ | 03:06+ | 03:35+ | 08:28+ | 08:09+ | 05:10+ | 05:22+  | 02:06+  | 05:19+  | 03:46+  | 08:56+  | 04:49+  |
| 02:09+    | 02:34+                  | 03:40+   | 03:14+         | 05:09+  | 03:43+  | 10:04+ | 01:48+ | 07:49+ | 01:17+ | 02:33+ | 10:07+ | 04:26+ | 03:00+ | 05:13+ | 03:06+ | 03:35+ | 08:28+ | 08:09+ | 05:10+ | 05:22+  | 02:06+  | 05:19+  | 03:46+  | 08:56+  | 04:49+  |
| 135:07+   | 138:31+                 | 146:01+  | 149:57+        | 154:14+ | 156:39+ |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 09:35+    | 03:24+                  | 07:30+   | 03:56+         | 04:17+  | 02:25+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 09:35+    | 03:24+                  | 07:30+   | 03:56+         | 04:17+  | 02:25+  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |

|           |                             |          |                |         |         |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |
|-----------|-----------------------------|----------|----------------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| <b>24</b> | <b>Flemming Roel Jensen</b> | <b>8</b> | <b>3:27:43</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |
| 02:18+    | 04:45+                      | 08:39+   | 11:50+         | 17:14+  | 20:53+  | 32:18+ | 34:18+ | 46:32+ | 52:52+ | 56:11+ | 69:51+ | 75:28+ | 79:16+ | 85:36+ | 89:54+ | 93:55+ | 104:18+ | 112:38+ | 118:03+ | 125:24+ | 127:44+ | 133:46+ | 138:28+ | 165:44+ | 170:06+ |
| 02:18+    | 02:27+                      | 03:54+   | 03:11+         | 05:24+  | 03:39+  | 11:25+ | 02:00+ | 12:14+ | 06:20+ | 03:19+ | 13:40+ | 05:37+ | 03:48+ | 06:20+ | 04:18+ | 04:01+ | 10:23+  | 08:20+  | 05:25+  | 07:21+  | 02:20+  | 06:02+  | 04:42+  | 27:16+  | 04:22+  |
| 02:18+    | 02:27+                      | 03:54+   | 03:11+         | 05:24+  | 03:39+  | 11:25+ | 02:00+ | 12:14+ | 06:20+ | 03:19+ | 13:40+ | 05:37+ | 03:48+ | 06:20+ | 04:18+ | 04:01+ | 10:23+  | 08:20+  | 05:25+  | 07:21+  | 02:20+  | 06:02+  | 04:42+  | 27:16+  | 04:22+  |
| 179:39+   | 182:59+                     | 192:26+  | 196:53+        | 202:32+ | 207:43+ |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |
| 09:33+    | 03:20+                      | 09:27+   | 04:27+         | 05:39+  | 05:11+  |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |
| 09:33+    | 03:20+                      | 09:27+   | 04:27+         | 05:39+  | 05:11+  |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |

|           |                               |          |                |         |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |
|-----------|-------------------------------|----------|----------------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| <b>25</b> | <b>Leif Skovgaard Knudsen</b> | <b>4</b> | <b>3:51:08</b> |         |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |
| 03:08+    | 05:53+                        | 12:20+   | 16:51+         | 24:18+  | 30:37+ | 43:45+ | 46:58+ | 56:03+ | 57:57+ | 61:44+ | 75:30+ | 82:48+ | 87:21+ | 93:42+ | 98:24+ | 103:10+ | 114:04+ | 124:02+ | 137:33+ | 140:20+ | 147:20+ | 152:49+ | 175:27+ | 180:41+ | 194:30+ |
| 03:08+    | 02:45+                        | 06:27+   | 04:31+         | 07:27+  | 06:19+ | 13:08+ | 03:13+ | 09:05+ | 01:54+ | 03:47+ | 13:46+ | 07:18+ | 04:33+ | 06:21+ | 04:42+ | 04:46+  | 10:54+  | 09:58+  | 13:31+  | 02:47+  | 07:00+  | 05:29+  | 22:38+  | 05:14+  | 13:49+  |
| 03:08+    | 02:45+                        | 06:27+   | 04:31+         | 07:27+  | 06:19+ | 13:08+ | 03:13+ | 09:05+ | 01:54+ | 03:47+ | 13:46+ | 07:18+ | 04:33+ | 06:21+ | 04:42+ | 04:46+  | 10:54+  | 09:58+  | 13:31+  | 02:47+  | 07:00+  | 05:29+  | 22:38+  | 05:14+  | 13:49+  |
| 198:03+   | 208:59+                       | 220:07+  | 226:48+        | 231:08+ |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |
| 03:33+    | 10:56+                        | 11:08+   | 06:41+         | 04:20+  |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |
| 03:33+    | 10:56+                        | 11:08+   | 06:41+         | 04:20+  |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |         |         |

|           |                          |           |                |         |         |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |
|-----------|--------------------------|-----------|----------------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| <b>26</b> | <b>Anne-Mette Jansen</b> | <b>Ok</b> | <b>3:52:22</b> |         |         |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |
| 02:39+    | 05:28+                   | 09:15+    | 12:24+         | 17:39+  | 21:16+  | 32:02+ | 33:57+ | 42:33+ | 44:16+ | 48:33+ | 62:47+ | 68:19+ | 72:35+ | 77:56+ | 82:02+ | 85:01+ | 94:06+ | 102:47+ | 114:18+ | 120:26+ | 125:27+ | 131:50+ | 143:26+ | 176:51+ | 181:45+ |
| 02:39+    | 02:49+                   | 03:47+    | 03:09+         | 05:15+  | 03:37+  | 10:46+ | 01:55+ | 08:36+ | 01:43+ | 04:17+ | 14:14+ | 05:32+ | 04:16+ | 05:21+ | 04:06+ | 02:59+ | 09:05+ | 08:41+  | 11:31+  | 06:08+  | 05:01+  | 06:23+  | 11:36+  | 33:25+  | 04:54+  |
| 02:39+    | 02:49+                   | 03:47+    | 03:09+         | 05:15+  | 03:37+  | 10:46+ | 01:55+ | 08:36+ | 01:43+ | 04:17+ | 14:14+ | 05:32+ | 04:16+ | 05:21+ | 04:06+ | 02:59+ | 09:05+ | 08:41+  | 11:31+  | 06:08+  | 05:01+  | 06:23+  | 11:36+  | 33:25+  | 04:54+  |
| 196:00+   | 199:24+                  | 210:19+   | 221:27+        | 228:01+ | 232:22+ |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |
| 14:15+    | 03:24+                   | 10:55+    | 11:08+         | 06:34+  | 04:21+  |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |
| 14:15+    | 03:24+                   | 10:55+    | 11:08+         | 06:34+  | 04:21+  |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |

### Beste stræktid for klassen

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

### 20km

|          |                         |          |                |         |         |         |         |         |         |         |         |         |        |        |        |        |        |        |        |        |        |        |         |         |         |
|----------|-------------------------|----------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| <b>1</b> | <b>Lasse Lykkegaard</b> | <b>5</b> | <b>3:10:31</b> |         |         |         |         |         |         |         |         |         |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 02:17=   | 03:56=                  | 08:56=   | 12:16=         | 15:46=  | 19:43=  | 24:17=  | 30:22=  | 34:49=  | 42:50=  | 46:39=  | 49:56=  | 58:55=  | 66:42= | 69:02= | 72:32= | 75:32= | 78:09= | 83:40= | 89:27= | 93:50= | 97:01= | 98:16= | 102:59= | 109:55= | 117:22= |
| 02:17=   | 01:39=                  | 05:00=   | 03:20=         | 03:30=  | 03:57=  | 04:34=  | 06:05=  | 04:27=  | 08:01=  | 03:49=  | 03:17=  | 08:59=  | 07:47= | 02:20= | 03:30= | 03:00= | 02:37= | 05:31= | 05:47= | 04:23= | 03:11= | 01:15= | 04:43=  | 06:56=  | 07:27=  |
| 00:00=   | 00:00=                  | 00:00=   | 00:00=         | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=  | 00:00=  | 00:00=  |
| 121:46=  | 133:32=                 | 135:35=  | 150:34=        | 154:18= | 164:08= | 165:36= | 172:20= | 174:19= | 183:02= | 186:14= | 188:58= | 190:31= |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 04:24=   | 11:46=                  | 02:03=   | 14:59=         | 03:44=  | 09:50=  | 01:28=  | 06:44=  | 01:59=  | 08:43=  | 03:12=  | 02:44=  | 01:33=  |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 00:00=   | 00:00=                  | 00:00=   | 00:00=         | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  |        |        |        |        |        |        |        |        |        |        |         |         |         |

| Class | Navn | Klasse | Tid |
|-------|------|--------|-----|
|-------|------|--------|-----|

## 20km

| 2       | Søren Andersen | 5       | 3:20:50 |         |         |         |         |         |         |         |         |         |        |        |        |        |        |        |         |         |         |         |         |         |         |
|---------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|
| 04:16+  | 05:29+         | 11:45+  | 15:50+  | 20:29+  | 24:23+  | 29:20+  | 35:46+  | 40:47+  | 51:52+  | 55:15+  | 58:01+  | 63:01+  | 71:45+ | 74:27+ | 78:58+ | 82:53+ | 85:49+ | 92:56+ | 101:03+ | 104:53+ | 109:35+ | 111:38+ | 116:09+ | 119:30+ | 125:57+ |
| 04:16+  | 01:13-         | 06:16+  | 04:05+  | 04:39+  | 03:54-  | 04:57+  | 06:26+  | 05:01+  | 11:05+  | 03:23-  | 02:46-  | 05:00-  | 08:44+ | 02:42+ | 04:31+ | 03:55+ | 02:56+ | 07:07+ | 08:07+  | 03:50-  | 04:42+  | 02:03+  | 04:31-  | 03:21-  | 06:27-  |
| 01:59&  | 00:26-         | 01:16&  | 00:45#  | 01:09&  | 00:03-  | 00:23+  | 00:21+  | 00:34#  | 03:04&  | 00:26-  | 00:31-  | 03:59-  | 00:57# | 00:22# | 01:01& | 00:55& | 00:19# | 01:36& | 02:20&  | 00:33-  | 01:31&  | 00:48&  | 00:12-  | 03:35-  | 01:00-  |
| 131:37+ | 133:38+        | 135:49+ | 150:37+ | 154:42+ | 174:56+ | 177:01+ | 183:31+ | 186:18+ | 192:28+ | 195:11+ | 198:48+ | 200:50+ |        |        |        |        |        |        |         |         |         |         |         |         |         |
| 05:40+  | 02:01-         | 02:11+  | 14:48-  | 04:05+  | 20:14+  | 02:05+  | 06:30-  | 02:47+  | 06:10-  | 02:43-  | 03:37+  | 02:02+  |        |        |        |        |        |        |         |         |         |         |         |         |         |
| 01:16&  | 09:45-         | 00:08+  | 00:11-  | 00:21+  | 10:24@  | 00:37&  | 00:14-  | 00:48&  | 02:33-  | 00:29-  | 00:53&  | 00:29&  |        |        |        |        |        |        |         |         |         |         |         |         |         |

| 3       | Jonas Lassen | Ok      | 3:51:58 |         |         |         |         |         |         |         |         |         |        |        |        |        |        |         |         |         |         |         |         |         |         |
|---------|--------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| 05:18+  | 06:31+       | 12:06+  | 15:58+  | 20:24+  | 27:49+  | 35:30+  | 42:25+  | 47:28+  | 56:45+  | 60:17+  | 64:30+  | 70:30+  | 79:13+ | 82:03+ | 86:02+ | 89:25+ | 92:42+ | 101:12+ | 112:06+ | 128:09+ | 132:28+ | 134:22+ | 138:02+ | 145:08+ | 154:28+ |
| 05:18+  | 01:13+       | 05:35+  | 03:52+  | 04:26+  | 07:25+  | 07:41+  | 06:55+  | 05:03+  | 09:17+  | 03:32+  | 04:13+  | 06:00+  | 08:43+ | 02:50+ | 03:59+ | 03:23+ | 03:17+ | 08:30+  | 10:54+  | 16:03+  | 04:19+  | 01:54+  | 03:40+  | 07:06+  | 09:20+  |
| 05:18+  | 01:13+       | 05:35+  | 03:52+  | 04:26+  | 07:25+  | 07:41+  | 06:55+  | 05:03+  | 09:17+  | 03:32+  | 04:13+  | 06:00+  | 08:43+ | 02:50+ | 03:59+ | 03:23+ | 03:17+ | 08:30+  | 10:54+  | 16:03+  | 04:19+  | 01:54+  | 03:40+  | 07:06+  | 09:20+  |
| 161:01+ | 164:07+      | 167:16+ | 186:02+ | 189:29+ | 198:44+ | 203:28+ | 214:25+ | 216:57+ | 223:28+ | 226:02+ | 228:50+ | 231:58+ |        |        |        |        |        |         |         |         |         |         |         |         |         |
| 06:33+  | 03:06+       | 03:09+  | 03:27+  | 09:15+  | 04:44+  | 10:57+  | 02:32+  | 06:31+  | 02:34+  | 02:48+  | 03:08+  |         |        |        |        |        |        |         |         |         |         |         |         |         |         |
| 06:33+  | 03:06+       | 03:09+  | 18:46+  | 03:27+  | 09:15+  | 04:44+  | 10:57+  | 02:32+  | 06:31+  | 02:34+  | 02:48+  | 03:08+  |        |        |        |        |        |         |         |         |         |         |         |         |         |

### Beste stræktid for klassen

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

## 25km

| 1       | Micahel Halberg | 24      | 3:14:33 |         |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
|---------|-----------------|---------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|
| 01:37=  | 09:09=          | 11:58=  | 18:16=  | 19:59=  | 25:21= | 28:05= | 31:09= | 33:33= | 51:36= | 55:35= | 56:26= | 63:51= | 69:32= | 71:28= | 75:17= | 78:18= | 79:49= | 83:18= | 94:00= | 102:38= | 110:08= | 111:37= | 115:17= | 118:11= | 123:30= |
| 01:37=  | 07:32=          | 02:49=  | 06:18=  | 01:43=  | 05:22= | 02:44= | 03:04= | 02:24= | 18:03= | 03:59= | 00:51= | 07:25= | 05:41= | 01:56= | 03:49= | 03:01= | 01:31= | 03:29= | 10:42= | 08:38=  | 07:30=  | 01:29=  | 03:40=  | 02:54=  | 05:19=  |
| 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= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  | 00:00=  |
| 137:52= | 143:07=         | 144:42= | 147:39= | 161:19= |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 14:22=  | 05:15=          | 01:35=  | 02:57=  | 13:40=  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |
| 00:00=  | 00:00=          | 00:00=  | 00:00=  | 00:00=  |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |         |         |

| 2       | Bjørn Thune Lindorf Lund | 19      | 3:14:49 |         |         |         |         |         |         |         |         |         |         |         |        |        |        |        |        |        |        |        |        |         |         |
|---------|--------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|
| 03:37+  | 05:20-                   | 09:36-  | 17:07-  | 20:39+  | 30:28+  | 37:13+  | 40:55+  | 46:36+  | 47:34-  | 52:46-  | 53:56-  | 60:07-  | 66:16-  | 68:20-  | 71:36- | 73:57- | 75:19- | 77:42- | 82:51- | 88:11- | 91:13- | 95:35- | 97:07- | 100:35- | 103:15- |
| 03:37+  | 01:43-                   | 04:16+  | 07:31+  | 03:32+  | 09:49+  | 06:45+  | 03:42+  | 05:41+  | 00:58-  | 05:12+  | 01:10+  | 06:11-  | 06:09+  | 02:04+  | 03:16- | 02:21- | 01:22- | 02:23- | 05:09- | 05:20- | 03:02- | 04:22+ | 01:32- | 03:28+  | 02:40-  |
| 02:00@  | 05:49-                   | 01:27&  | 01:13#  | 01:49@  | 04:27&  | 04:01@  | 00:38#  | 03:17@  | 17:05-  | 01:13&  | 00:19&  | 01:14-  | 00:28+  | 00:08+  | 00:33- | 00:40- | 00:09- | 01:06- | 05:33- | 03:18- | 04:28- | 02:53@ | 02:08- | 00:34#  | 02:39-  |
| 109:59- | 138:03-                  | 143:02- | 145:05- | 148:03- | 161:25+ | 163:10+ | 170:43+ | 173:38+ | 179:47+ | 181:40+ | 186:56+ | 189:31+ | 192:41+ | 194:49+ |        |        |        |        |        |        |        |        |        |         |         |
| 06:44-  | 28:04+                   | 04:59+  | 02:03-  | 02:58-  | 13:22+  | 01:45+  | 07:33+  | 02:55+  | 06:09+  | 01:53+  | 05:16+  | 02:35+  | 03:10+  | 02:08+  |        |        |        |        |        |        |        |        |        |         |         |
| 07:38-  | 22:49@                   | 03:24@  | 00:54-  | 10:42-  | 13:22+  | 01:45+  | 07:33+  | 02:55+  | 06:09+  | 01:53+  | 05:16+  | 02:35+  | 03:10+  | 02:08+  |        |        |        |        |        |        |        |        |        |         |         |

| 3       | Márton Péntek | 6       | 3:18:50 |         |         |         |         |         |         |         |         |         |         |         |        |        |        |        |        |        |         |         |         |         |         |
|---------|---------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|
| 02:26+  | 04:33-        | 08:58-  | 16:42-  | 20:29+  | 29:17+  | 37:41+  | 41:02+  | 47:16+  | 48:16-  | 54:23-  | 55:12-  | 62:08-  | 68:16-  | 70:14-  | 74:06- | 76:20- | 77:46- | 80:09- | 89:23- | 95:50- | 100:14- | 104:09- | 106:06- | 109:46- | 112:48- |
| 02:26+  | 02:07-        | 04:25+  | 07:44+  | 03:47+  | 08:48+  | 08:24+  | 03:21+  | 06:14+  | 01:00-  | 06:07+  | 00:49-  | 06:56-  | 06:08+  | 01:58+  | 03:52+ | 02:14- | 01:26- | 02:23- | 09:14- | 06:27- | 04:24-  | 03:55+  | 01:57-  | 03:40+  | 03:02-  |
| 00:49&  | 05:25-        | 01:36&  | 01:26#  | 02:04@  | 03:26&  | 05:40@  | 00:17+  | 03:50@  | 17:03-  | 02:08&  | 00:02-  | 00:29-  | 00:27+  | 00:02+  | 00:03+ | 00:47- | 00:05- | 01:06- | 01:28- | 02:11- | 03:06-  | 02:26@  | 01:43-  | 00:46&  | 02:17-  |
| 118:33- | 139:05-       | 143:49- | 145:51- | 148:52- | 158:58+ | 161:00+ | 171:36+ | 174:20+ | 181:46+ | 183:59+ | 189:59+ | 193:08+ | 196:45+ | 198:50+ |        |        |        |        |        |        |         |         |         |         |         |
| 05:45-  | 20:32+        | 04:44+  | 02:02-  | 03:01-  | 10:06+  | 02:02+  | 10:36+  | 02:44+  | 07:26+  | 02:13+  | 06:00+  | 03:09+  | 03:37+  | 02:05+  |        |        |        |        |        |        |         |         |         |         |         |
| 08:37-  | 15:17@        | 03:09@  | 00:55-  | 10:39-  | 10:06+  | 02:02+  | 10:36+  | 02:44+  | 07:26+  | 02:13+  | 06:00+  | 03:09+  | 03:37+  | 02:05+  |        |        |        |        |        |        |         |         |         |         |         |

### Beste stræktid for klassen

01:37 01:43 02:49 06:18 01:43 05:22 02:44 03:04 02:24 00:58 03:59 00:49 06:11 05:41 01:56 03:16 02:14 01:22 02:23 05:09 05:20 03:02 01:29 01:32 02:54 02:40 05:45 05

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

## 3,5km

### 3,5km

**1 Ann-Vibeke Mose 26 49:09**

05:48= 06:41= 08:18= 12:57= 17:02= 29:59= 34:15= 39:23= 46:05= 48:09= 49:09=  
 05:48= 00:53= 01:37= 04:39= 04:05= 12:57= 04:16= 05:08= 06:42= 02:04= 01:00=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Pia Gade 27 49:29**

03:50+ 06:26+ 09:03+ 14:14+ 18:37+ 29:57+ 34:23+ 41:31+ 45:57+ 48:20+ 49:29+  
 03:50+ 02:36+ 02:37+ 05:11+ 04:23+ 11:20+ 04:26+ 07:08+ 04:26+ 02:23+ 01:09+  
 03:50+ 02:36+ 02:37+ 05:11+ 04:23+ 11:20+ 04:26+ 07:08+ 04:26+ 02:23+ 01:09+

**3 Annett Lassen 16 49:48**

03:32+ 04:59+ 07:06+ 13:14+ 17:48+ 28:39+ 34:44+ 41:17+ 46:09+ 48:24+ 49:48+  
 03:32+ 01:27+ 02:07+ 06:08+ 04:34+ 10:51+ 06:05+ 06:33+ 04:52+ 02:15+ 01:24+  
 03:32+ 01:27+ 02:07+ 06:08+ 04:34+ 10:51+ 06:05+ 06:33+ 04:52+ 02:15+ 01:24+

**4 Asger Kristensen 5 50:14**

02:59+ 04:14+ 06:45+ 12:25+ 16:59+ 29:24+ 34:27+ 41:34+ 46:24+ 48:59+ 50:14+  
 02:59+ 01:15+ 02:31+ 05:40+ 04:34+ 12:25+ 05:03+ 07:07+ 04:50+ 02:35+ 01:15+  
 02:59+ 01:15+ 02:31+ 05:40+ 04:34+ 12:25+ 05:03+ 07:07+ 04:50+ 02:35+ 01:15+

**5 Ann Dorrit Hansen 13 50:32**

04:05+ 05:28+ 07:37+ 13:25+ 18:40+ 30:42+ 35:10+ 42:01+ 46:52+ 49:21+ 50:32+  
 04:05+ 01:23+ 02:09+ 05:48+ 05:15+ 12:02+ 04:28+ 06:51+ 04:51+ 02:29+ 01:11+  
 04:05+ 01:23+ 02:09+ 05:48+ 05:15+ 12:02+ 04:28+ 06:51+ 04:51+ 02:29+ 01:11+

**6 Svend Erik Skovsgaard 27 50:45**

03:32+ 05:58+ 08:04+ 13:56+ 18:27+ 29:25+ 34:39+ 41:07+ 46:59+ 49:31+ 50:45+  
 03:32+ 02:26+ 02:06+ 05:52+ 04:31+ 10:58+ 05:14+ 06:28+ 05:52+ 02:32+ 01:14+  
 03:32+ 02:26+ 02:06+ 05:52+ 04:31+ 10:58+ 05:14+ 06:28+ 05:52+ 02:32+ 01:14+

**7 Herluf Jensen 25 1:04:20**

04:26+ 08:39+ 11:34+ 20:24+ 26:41+ 41:42+ 46:46+ 54:26+ 59:11+ 62:44+ 64:20+  
 04:26+ 04:13+ 02:55+ 08:50+ 06:17+ 15:01+ 05:04+ 07:40+ 04:45+ 03:33+ 01:36+  
 04:26+ 04:13+ 02:55+ 08:50+ 06:17+ 15:01+ 05:04+ 07:40+ 04:45+ 03:33+ 01:36+

### Beste stræktid for klassen

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

### 5km

**1 Mogens Vennevold 26 46:47**

04:20= 05:38= 08:46= 11:00= 15:01= 20:21= 23:40= 29:09= 32:29= 34:48= 38:40= 41:30= 43:47= 46:01= 46:47=  
 04:20= 01:18= 03:08= 02:14= 04:01= 05:20= 03:19= 05:29= 03:20= 02:19= 03:52= 02:17= 02:14= 00:46=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Keld Gade 27 49:09**

04:43+ 05:55+ 09:25+ 11:36+ 15:20+ 20:17- 23:39- 30:15+ 34:26+ 36:59+ 41:08+ 43:50+ 46:21+ 48:25+ 49:09+  
 04:43+ 01:12- 03:30+ 02:11- 03:44- 04:57- 03:22+ 06:36+ 04:11+ 02:33+ 04:09+ 02:42- 02:31+ 02:04- 00:44-  
 00:23+ 00:06- 00:22# 00:03- 00:17- 00:23- 00:03+ 01:07# 00:51# 00:14# 00:17+ 00:08- 00:14# 00:10- 00:02-

**3 Jakob Vemmelund 26 51:40**

03:45- 04:57- 08:15- 10:27- 14:28- 22:35+ 26:30+ 32:50+ 36:26+ 38:53+ 42:57+ 46:11+ 48:28+ 50:44+ 51:40+  
 03:45- 01:12- 03:18+ 02:12- 04:01= 08:07+ 03:55+ 06:20+ 03:36+ 02:27+ 04:04+ 03:14+ 02:17= 02:16+ 00:56+  
 00:35- 00:06- 00:10+ 00:02- 00:00= 02:47& 00:36# 00:51# 00:16+ 00:08+ 00:12+ 00:24# 00:00= 00:02+ 00:10#



| Class      | Navn                        | Klasse        |        |        |        |        |        |        |        |        |        |        | Tid            |        |
|------------|-----------------------------|---------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|
| <b>5km</b> |                             |               |        |        |        |        |        |        |        |        |        |        |                |        |
| <b>16</b>  | <b>Lucia Aagaard</b>        | <b>5</b>      |        |        |        |        |        |        |        |        |        |        | <b>1:04:32</b> |        |
| 03:19+     | 04:55+                      | 09:43+        | 12:44+ | 17:44+ | 25:00+ | 30:11+ | 39:29+ | 44:56+ | 48:31+ | 54:30+ | 57:45+ | 60:59+ | 63:35+         | 64:32+ |
| 03:19+     | 01:36+                      | 04:48+        | 03:01+ | 05:00+ | 07:16+ | 05:11+ | 09:18+ | 05:27+ | 03:35+ | 05:59+ | 03:15+ | 03:14+ | 02:36+         | 00:57+ |
| 03:19+     | 01:36+                      | 04:48+        | 03:01+ | 05:00+ | 07:16+ | 05:11+ | 09:18+ | 05:27+ | 03:35+ | 05:59+ | 03:15+ | 03:14+ | 02:36+         | 00:57+ |
| <b>17</b>  | <b>Kaj Kaspersen</b>        | <b>5</b>      |        |        |        |        |        |        |        |        |        |        | <b>1:04:34</b> |        |
| 03:21+     | 04:57+                      | 09:45+        | 12:46+ | 17:46+ | 24:56+ | 30:06+ | 39:31+ | 44:52+ | 48:33+ | 54:28+ | 57:49+ | 60:56+ | 63:38+         | 64:34+ |
| 03:21+     | 01:36+                      | 04:48+        | 03:01+ | 05:00+ | 07:10+ | 05:10+ | 09:25+ | 05:21+ | 03:41+ | 05:55+ | 03:21+ | 03:07+ | 02:42+         | 00:56+ |
| 03:21+     | 01:36+                      | 04:48+        | 03:01+ | 05:00+ | 07:10+ | 05:10+ | 09:25+ | 05:21+ | 03:41+ | 05:55+ | 03:21+ | 03:07+ | 02:42+         | 00:56+ |
| <b>18</b>  | <b>Susanne Baun</b>         | <b>6</b>      |        |        |        |        |        |        |        |        |        |        | <b>1:04:53</b> |        |
| 05:36+     | 07:50+                      | 12:34+        | 15:34+ | 20:45+ | 27:16+ | 32:58+ | 41:11+ | 46:28+ | 49:57+ | 55:07+ | 58:26+ | 61:22+ | 63:50+         | 64:53+ |
| 05:36+     | 02:14+                      | 04:44+        | 03:00+ | 05:11+ | 06:31+ | 05:42+ | 08:13+ | 05:17+ | 03:29+ | 05:10+ | 03:19+ | 02:56+ | 02:28+         | 01:03+ |
| 05:36+     | 02:14+                      | 04:44+        | 03:00+ | 05:11+ | 06:31+ | 05:42+ | 08:13+ | 05:17+ | 03:29+ | 05:10+ | 03:19+ | 02:56+ | 02:28+         | 01:03+ |
| <b>19</b>  | <b>Stig Barrett</b>         | <b>27</b>     |        |        |        |        |        |        |        |        |        |        | <b>1:05:35</b> |        |
| 04:44+     | 06:20+                      | 10:54+        | 14:00+ | 18:58+ | 28:58+ | 34:01+ | 41:40+ | 46:23+ | 49:41+ | 55:12+ | 58:35+ | 61:55+ | 64:37+         | 65:35+ |
| 04:44+     | 01:36+                      | 04:34+        | 03:06+ | 04:58+ | 10:00+ | 05:03+ | 07:39+ | 04:43+ | 03:18+ | 05:31+ | 03:23+ | 03:20+ | 02:42+         | 00:58+ |
| 04:44+     | 01:36+                      | 04:34+        | 03:06+ | 04:58+ | 10:00+ | 05:03+ | 07:39+ | 04:43+ | 03:18+ | 05:31+ | 03:23+ | 03:20+ | 02:42+         | 00:58+ |
| <b>20</b>  | <b>Max Hansen</b>           | <b>13</b>     |        |        |        |        |        |        |        |        |        |        | <b>1:05:38</b> |        |
| 04:45+     | 06:21+                      | 10:53+        | 13:45+ | 18:51+ | 26:37+ | 32:06+ | 40:46+ | 45:31+ | 49:11+ | 54:33+ | 58:22+ | 61:39+ | 64:33+         | 65:38+ |
| 04:45+     | 01:36+                      | 04:32+        | 02:52+ | 05:06+ | 07:46+ | 05:29+ | 08:40+ | 04:45+ | 03:40+ | 05:22+ | 03:49+ | 03:17+ | 02:54+         | 01:05+ |
| 04:45+     | 01:36+                      | 04:32+        | 02:52+ | 05:06+ | 07:46+ | 05:29+ | 08:40+ | 04:45+ | 03:40+ | 05:22+ | 03:49+ | 03:17+ | 02:54+         | 01:05+ |
| <b>21</b>  | <b>Frank Vilstrup</b>       | <b>26</b>     |        |        |        |        |        |        |        |        |        |        | <b>1:06:05</b> |        |
| 06:43+     | 08:15+                      | 12:05+        | 14:38+ | 19:31+ | 24:36+ | 28:54+ | 44:13+ | 48:39+ | 51:49+ | 56:50+ | 60:18+ | 63:00+ | 65:20+         | 66:05+ |
| 06:43+     | 01:32+                      | 03:50+        | 02:33+ | 04:53+ | 05:05+ | 04:18+ | 15:19+ | 04:26+ | 03:10+ | 05:01+ | 03:28+ | 02:42+ | 02:20+         | 00:45+ |
| 06:43+     | 01:32+                      | 03:50+        | 02:33+ | 04:53+ | 05:05+ | 04:18+ | 15:19+ | 04:26+ | 03:10+ | 05:01+ | 03:28+ | 02:42+ | 02:20+         | 00:45+ |
| <b>22</b>  | <b>Agnethe Bang Hauberg</b> | <b>NOTEAM</b> |        |        |        |        |        |        |        |        |        |        | <b>1:06:36</b> |        |
| 05:32+     | 07:45+                      | 12:39+        | 15:51+ | 20:59+ | 27:13+ | 32:33+ | 41:17+ | 46:14+ | 49:51+ | 55:15+ | 58:55+ | 62:34+ | 65:26+         | 66:36+ |
| 05:32+     | 02:13+                      | 04:54+        | 03:12+ | 05:08+ | 06:14+ | 05:20+ | 08:44+ | 04:57+ | 03:37+ | 05:24+ | 03:40+ | 03:39+ | 02:52+         | 01:10+ |
| 05:32+     | 02:13+                      | 04:54+        | 03:12+ | 05:08+ | 06:14+ | 05:20+ | 08:44+ | 04:57+ | 03:37+ | 05:24+ | 03:40+ | 03:39+ | 02:52+         | 01:10+ |
| <b>23</b>  | <b>Helle Nikkel</b>         | <b>27</b>     |        |        |        |        |        |        |        |        |        |        | <b>1:11:47</b> |        |
| 05:08+     | 06:54+                      | 11:49+        | 15:11+ | 20:29+ | 27:34+ | 33:14+ | 41:46+ | 47:12+ | 50:54+ | 56:59+ | 64:04+ | 67:46+ | 70:35+         | 71:47+ |
| 05:08+     | 01:46+                      | 04:55+        | 03:22+ | 05:18+ | 07:05+ | 05:40+ | 08:32+ | 05:26+ | 03:42+ | 06:05+ | 07:05+ | 03:42+ | 02:49+         | 01:12+ |
| 05:08+     | 01:46+                      | 04:55+        | 03:22+ | 05:18+ | 07:05+ | 05:40+ | 08:32+ | 05:26+ | 03:42+ | 06:05+ | 07:05+ | 03:42+ | 02:49+         | 01:12+ |
| <b>24</b>  | <b>Jørgen Jørgensen</b>     | <b>24</b>     |        |        |        |        |        |        |        |        |        |        | <b>1:12:47</b> |        |
| 05:41+     | 07:28+                      | 12:46+        | 16:22+ | 22:39+ | 29:37+ | 35:14+ | 43:53+ | 49:11+ | 53:09+ | 59:30+ | 64:22+ | 67:42+ | 71:08+         | 72:47+ |
| 05:41+     | 01:47+                      | 05:18+        | 03:36+ | 06:17+ | 06:58+ | 05:37+ | 08:39+ | 05:18+ | 03:58+ | 06:21+ | 04:52+ | 03:20+ | 03:26+         | 01:39+ |
| 05:41+     | 01:47+                      | 05:18+        | 03:36+ | 06:17+ | 06:58+ | 05:37+ | 08:39+ | 05:18+ | 03:58+ | 06:21+ | 04:52+ | 03:20+ | 03:26+         | 01:39+ |
| <b>25</b>  | <b>Tage Baun</b>            | <b>6</b>      |        |        |        |        |        |        |        |        |        |        | <b>1:18:11</b> |        |
| 05:28+     | 07:49+                      | 13:29+        | 17:23+ | 23:29+ | 31:18+ | 37:48+ | 47:44+ | 53:45+ | 57:42+ | 64:14+ | 69:08+ | 73:21+ | 76:52+         | 78:11+ |
| 05:28+     | 02:21+                      | 05:40+        | 03:54+ | 06:06+ | 07:49+ | 06:30+ | 09:56+ | 06:01+ | 03:57+ | 06:32+ | 04:54+ | 04:13+ | 03:31+         | 01:19+ |
| 05:28+     | 02:21+                      | 05:40+        | 03:54+ | 06:06+ | 07:49+ | 06:30+ | 09:56+ | 06:01+ | 03:57+ | 06:32+ | 04:54+ | 04:13+ | 03:31+         | 01:19+ |
| <b>26</b>  | <b>Susanne Høiberg</b>      | <b>24</b>     |        |        |        |        |        |        |        |        |        |        | <b>1:28:03</b> |        |
| 06:14+     | 08:16+                      | 13:55+        | 17:46+ | 23:55+ | 31:29+ | 38:23+ | 57:12+ | 63:09+ | 67:13+ | 73:58+ | 79:06+ | 83:03+ | 86:47+         | 88:03+ |
| 06:14+     | 02:02+                      | 05:39+        | 03:51+ | 06:09+ | 07:34+ | 06:54+ | 18:49+ | 05:57+ | 04:04+ | 06:45+ | 05:08+ | 03:57+ | 03:44+         | 01:16+ |
| 06:14+     | 02:02+                      | 05:39+        | 03:51+ | 06:09+ | 07:34+ | 06:54+ | 18:49+ | 05:57+ | 04:04+ | 06:45+ | 05:08+ | 03:57+ | 03:44+         | 01:16+ |
| <b>27</b>  | <b>Birgitte Bach</b>        | <b>27</b>     |        |        |        |        |        |        |        |        |        |        | <b>1:32:46</b> |        |
| 05:15+     | 07:24+                      | 13:39+        | 18:06+ | 25:38+ | 34:13+ | 45:02+ | 57:15+ | 63:55+ | 68:18+ | 75:40+ | 82:12+ | 87:27+ | 91:03+         | 92:46+ |
| 05:15+     | 02:09+                      | 06:15+        | 04:27+ | 07:32+ | 08:35+ | 10:49+ | 12:13+ | 06:40+ | 04:23+ | 07:22+ | 06:32+ | 05:15+ | 03:36+         | 01:43+ |
| 05:15+     | 02:09+                      | 06:15+        | 04:27+ | 07:32+ | 08:35+ | 10:49+ | 12:13+ | 06:40+ | 04:23+ | 07:22+ | 06:32+ | 05:15+ | 03:36+         | 01:43+ |



### 5km

|           |                         |           |                |        |        |        |        |        |        |        |        |         |         |         |
|-----------|-------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| <b>28</b> | <b>Holger Mikkelsen</b> | <b>12</b> | <b>1:49:21</b> |        |        |        |        |        |        |        |        |         |         |         |
| 09:09+    | 11:20+                  | 19:21+    | 23:53+         | 31:35+ | 44:52+ | 52:49+ | 66:33+ | 74:06+ | 78:25+ | 93:17+ | 99:19+ | 103:24+ | 107:49+ | 109:21+ |
| 09:09+    | 02:11+                  | 08:01+    | 04:32+         | 07:42+ | 13:17+ | 07:57+ | 13:44+ | 07:33+ | 04:19+ | 14:52+ | 06:02+ | 04:05+  | 04:25+  | 01:32+  |
| 09:09+    | 02:11+                  | 08:01+    | 04:32+         | 07:42+ | 13:17+ | 07:57+ | 13:44+ | 07:33+ | 04:19+ | 14:52+ | 06:02+ | 04:05+  | 04:25+  | 01:32+  |

### Beste stræktid for klassen

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

### 8km

|          |                    |           |              |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|--------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Thomas Blok</b> | <b>19</b> | <b>51:52</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:47=   | 04:29=             | 07:04=    | 08:50=       | 11:07= | 18:34= | 23:26= | 28:02= | 29:34= | 31:13= | 34:08= | 39:25= | 41:45= | 43:44= | 45:54= | 47:47= | 49:31= | 51:11= | 51:52= |
| 02:47=   | 01:42=             | 02:35=    | 01:46=       | 02:17= | 07:27= | 04:52= | 04:36= | 01:32= | 01:39= | 02:55= | 05:17= | 02:20= | 01:59= | 02:10= | 01:53= | 01:44= | 01:40= | 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= | 00:00= | 00:00= | 00:00= |

|          |                      |           |              |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|----------------------|-----------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>2</b> | <b>Kristian Blok</b> | <b>19</b> | <b>52:15</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:43-   | 04:25-               | 06:55-    | 08:39-       | 11:03- | 18:48+ | 23:44+ | 27:50- | 29:23- | 31:04- | 34:10+ | 39:41+ | 41:43- | 43:36- | 45:58+ | 47:59+ | 49:42+ | 51:27+ | 52:15+ |
| 02:43-   | 01:42=               | 02:30-    | 01:44-       | 02:24+ | 07:45+ | 04:56+ | 04:06- | 01:33+ | 01:41+ | 03:06+ | 05:31+ | 02:02- | 01:53- | 02:22+ | 02:01+ | 01:43- | 01:45+ | 00:48+ |
| 00:04-   | 00:00=               | 00:05-    | 00:02-       | 00:07+ | 00:18+ | 00:04+ | 00:30- | 00:01+ | 00:02+ | 00:11+ | 00:14+ | 00:18- | 00:06- | 00:12+ | 00:08+ | 00:01- | 00:05+ | 00:07# |

|          |                               |           |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|-------------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>3</b> | <b>Mads Schulz Bak-Jensen</b> | <b>26</b> | <b>1:05:07</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:48+   | 05:46+                        | 08:58+    | 11:05+         | 13:59+ | 23:17+ | 28:28+ | 34:46+ | 35:41+ | 38:10+ | 43:06+ | 49:31+ | 51:54+ | 54:01+ | 56:49+ | 59:51+ | 62:23+ | 64:18+ | 65:07+ |
| 03:48+   | 01:58+                        | 03:12+    | 02:07+         | 02:54+ | 09:18+ | 05:11+ | 06:18+ | 00:55- | 02:29+ | 04:56+ | 06:25+ | 02:23+ | 02:07+ | 02:48+ | 03:02+ | 02:32+ | 01:55+ | 00:49+ |
| 01:01&   | 00:16#                        | 00:37#    | 00:21#         | 00:37& | 01:51# | 00:19+ | 01:42& | 00:37- | 00:50& | 02:01& | 01:08# | 00:03+ | 00:08+ | 00:38& | 01:09& | 00:48& | 00:15# | 00:08# |

|          |                           |           |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|---------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>4</b> | <b>Casper F. Petersen</b> | <b>27</b> | <b>1:06:04</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:38+   | 06:40+                    | 09:35+    | 11:30+         | 14:13+ | 22:59+ | 27:55+ | 37:37+ | 38:18+ | 40:46+ | 45:24+ | 51:00+ | 53:01+ | 55:45+ | 58:12+ | 60:38+ | 63:29+ | 65:22+ | 66:04+ |
| 03:38+   | 03:02+                    | 02:55+    | 01:55+         | 02:43+ | 08:46+ | 04:56+ | 09:42+ | 00:41- | 02:28+ | 04:38+ | 05:36+ | 02:01- | 02:44+ | 02:27+ | 02:26+ | 02:51+ | 01:53+ | 00:42+ |
| 00:51&   | 01:20&                    | 00:20#    | 00:09+         | 00:26# | 01:19# | 00:04+ | 05:06@ | 00:51- | 00:49& | 01:43& | 00:19+ | 00:19- | 00:45& | 00:17# | 00:33& | 01:07& | 00:13# | 00:01+ |

|          |                        |               |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------|---------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>5</b> | <b>Kell Sønnichsen</b> | <b>Ok Pan</b> | <b>1:06:51</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:06+   | 05:15+                 | 08:30+        | 10:46+         | 13:52+ | 23:34+ | 29:52+ | 36:51+ | 39:29+ | 41:23+ | 45:15+ | 52:00+ | 54:34+ | 57:06+ | 59:45+ | 62:02+ | 64:10+ | 66:09+ | 66:51+ |
| 03:06+   | 02:09+                 | 03:15+        | 02:16+         | 03:06+ | 09:42+ | 06:18+ | 06:59+ | 02:38+ | 01:54+ | 03:52+ | 06:45+ | 02:34+ | 02:32+ | 02:39+ | 02:17+ | 02:08+ | 01:59+ | 00:42+ |
| 00:19#   | 00:27&                 | 00:40&        | 00:30&         | 00:49& | 02:15& | 01:26& | 02:23& | 01:06& | 00:15# | 00:57& | 01:28& | 00:14+ | 00:33& | 00:29# | 00:24# | 00:24# | 00:19# | 00:01+ |

|          |                    |           |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|--------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>6</b> | <b>Per Filskov</b> | <b>19</b> | <b>1:07:01</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 02:41-   | 04:49+             | 08:04+    | 10:12+         | 13:32+ | 23:50+ | 29:37+ | 35:18+ | 36:37+ | 38:42+ | 42:52+ | 50:15+ | 52:51+ | 55:57+ | 58:47+ | 61:36+ | 64:11+ | 66:14+ | 67:01+ |
| 02:41-   | 02:08+             | 03:15+    | 02:08+         | 03:20+ | 10:18+ | 05:47+ | 05:41+ | 01:19- | 02:05+ | 04:10+ | 07:23+ | 02:36+ | 03:06+ | 02:50+ | 02:49+ | 02:35+ | 02:03+ | 00:47+ |
| 00:06-   | 00:26&             | 00:40&    | 00:22#         | 01:03& | 02:51& | 00:55# | 01:05# | 00:13- | 00:26& | 01:15& | 02:06& | 00:16# | 01:07& | 00:40& | 00:56& | 00:51& | 00:23# | 00:06# |

|          |                    |          |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|--------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>7</b> | <b>Lars Jensen</b> | <b>9</b> | <b>1:07:10</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:29+   | 05:56+             | 09:17+   | 11:36+         | 14:35+ | 24:16+ | 29:55+ | 38:07+ | 38:55+ | 41:27+ | 45:25+ | 52:05+ | 54:43+ | 57:11+ | 59:51+ | 62:11+ | 64:21+ | 66:19+ | 67:10+ |
| 03:29+   | 02:27+             | 03:21+   | 02:19+         | 02:59+ | 09:41+ | 05:39+ | 08:12+ | 00:48- | 02:32+ | 03:58+ | 06:40+ | 02:38+ | 02:28+ | 02:40+ | 02:20+ | 02:10+ | 01:58+ | 00:51+ |
| 00:42&   | 00:45&             | 00:46&   | 00:33&         | 00:42& | 02:14& | 00:47# | 03:36& | 00:44- | 00:53& | 01:03& | 01:23& | 00:18# | 00:29# | 00:30# | 00:27# | 00:26# | 00:18# | 00:10# |

|          |                              |              |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|------------------------------|--------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>8</b> | <b>Christian L Rasmussen</b> | <b>Karok</b> | <b>1:08:02</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 04:05+   | 06:07+                       | 09:18+       | 11:40+         | 14:52+ | 24:19+ | 30:23+ | 36:09+ | 39:05+ | 41:03+ | 45:40+ | 52:12+ | 54:42+ | 57:40+ | 60:27+ | 63:12+ | 65:26+ | 67:25+ | 68:02+ |
| 04:05+   | 02:02+                       | 03:11+       | 02:22+         | 03:12+ | 09:27+ | 06:04+ | 05:46+ | 02:56+ | 01:58+ | 04:37+ | 06:32+ | 02:30+ | 02:58+ | 02:47+ | 02:45+ | 02:14+ | 01:59+ | 00:37- |
| 01:18&   | 00:20#                       | 00:36#       | 00:36&         | 00:55& | 02:00& | 01:12# | 01:10& | 01:24& | 00:19# | 01:42& | 01:15# | 00:10+ | 00:59& | 00:37& | 00:52& | 00:30& | 00:19# | 00:04- |

|          |                       |           |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|----------|-----------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>9</b> | <b>Jess Rasmussen</b> | <b>27</b> | <b>1:09:27</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:32+   | 05:44+                | 09:08+    | 11:28+         | 14:27+ | 24:27+ | 30:13+ | 35:22+ | 39:08+ | 41:12+ | 45:55+ | 53:07+ | 55:33+ | 58:09+ | 60:58+ | 64:03+ | 66:34+ | 68:42+ | 69:27+ |
| 03:32+   | 02:12+                | 03:24+    | 02:20+         | 02:59+ | 10:00+ | 05:46+ | 05:09+ | 03:46+ | 02:04+ | 04:43+ | 07:12+ | 02:26+ | 02:36+ | 02:49+ | 03:05+ | 02:31+ | 02:08+ | 00:45+ |
| 00:45&   | 00:30&                | 00:49&    | 00:34&         | 00:42& | 02:33& | 00:54# | 00:33# | 02:14@ | 00:25& | 01:48& | 01:55& | 00:06+ | 00:37& | 00:39& | 01:12& | 00:47& | 00:28& | 00:04+ |

| Class      | Navn                      | Klasse    |        |        |        |        |        |        |        |        |        | Tid            |        |        |        |        |        |        |        |  |  |
|------------|---------------------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--|--|
| <b>8km</b> |                           |           |        |        |        |        |        |        |        |        |        |                |        |        |        |        |        |        |        |  |  |
| <b>10</b>  | <b>Lone Fyhn Olesen</b>   | <b>12</b> |        |        |        |        |        |        |        |        |        | <b>1:13:51</b> |        |        |        |        |        |        |        |  |  |
| 04:16+     | 06:42+                    | 10:20+    | 12:50+ | 16:08+ | 26:51+ | 32:41+ | 39:46+ | 41:03+ | 43:27+ | 48:44+ | 56:09+ | 58:59+         | 61:48+ | 64:49+ | 67:36+ | 70:36+ | 72:54+ | 73:51+ |        |  |  |
| 04:16+     | 02:26+                    | 03:38+    | 02:30+ | 03:18+ | 10:43+ | 05:50+ | 07:05+ | 01:17- | 02:24+ | 05:17+ | 07:25+ | 02:50+         | 02:49+ | 03:01+ | 02:47+ | 03:00+ | 02:18+ | 00:57+ |        |  |  |
| 01:29&     | 00:44&                    | 01:03&    | 00:44& | 01:01& | 03:16& | 00:58# | 02:29& | 00:15- | 00:45& | 02:22& | 02:08& | 00:30#         | 00:50& | 00:51& | 00:54& | 01:16& | 00:38& | 00:16& |        |  |  |
| <b>11</b>  | <b>Kim Gottlieb</b>       | <b>5</b>  |        |        |        |        |        |        |        |        |        | <b>1:14:18</b> |        |        |        |        |        |        |        |  |  |
| 03:32+     | 06:02+                    | 09:49+    | 12:17+ | 15:33+ | 26:36+ | 32:48+ | 39:36+ | 40:50+ | 42:58+ | 48:19+ | 56:10+ | 59:04+         | 62:01+ | 65:25+ | 68:30+ | 71:07+ | 73:28+ | 74:18+ |        |  |  |
| 03:32+     | 02:30+                    | 03:47+    | 02:28+ | 03:16+ | 11:03+ | 06:12+ | 06:48+ | 01:14+ | 02:08+ | 05:21+ | 07:51+ | 02:54+         | 02:57+ | 03:24+ | 03:05+ | 02:37+ | 02:21+ | 00:50+ |        |  |  |
| 03:32+     | 02:30+                    | 03:47+    | 02:28+ | 03:16+ | 11:03+ | 06:12+ | 06:48+ | 01:14+ | 02:08+ | 05:21+ | 07:51+ | 02:54+         | 02:57+ | 03:24+ | 03:05+ | 02:37+ | 02:21+ | 00:50+ |        |  |  |
| <b>12</b>  | <b>Niels Stadel</b>       | <b>24</b> |        |        |        |        |        |        |        |        |        | <b>1:14:34</b> |        |        |        |        |        |        |        |  |  |
| 04:05+     | 06:18+                    | 09:46+    | 12:11+ | 15:23+ | 25:44+ | 32:19+ | 39:02+ | 40:19+ | 41:12+ | 43:27+ | 48:04+ | 55:50+         | 58:44+ | 61:22+ | 64:58+ | 68:21+ | 71:20+ | 73:38+ | 74:34+ |  |  |
| 04:05+     | 02:13+                    | 03:28+    | 02:25+ | 03:12+ | 10:21+ | 06:35+ | 06:43+ | 01:17+ | 00:53+ | 02:15+ | 04:37+ | 07:46+         | 02:54+ | 02:38+ | 03:36+ | 03:23+ | 02:59+ | 02:18+ | 00:56+ |  |  |
| 04:05+     | 02:13+                    | 03:28+    | 02:25+ | 03:12+ | 10:21+ | 06:35+ | 06:43+ | 01:17+ | 00:53+ | 02:15+ | 04:37+ | 07:46+         | 02:54+ | 02:38+ | 03:36+ | 03:23+ | 02:59+ | 02:18+ | 00:56+ |  |  |
| <b>13</b>  | <b>Lene Nygaard</b>       | <b>5</b>  |        |        |        |        |        |        |        |        |        | <b>1:14:35</b> |        |        |        |        |        |        |        |  |  |
| 03:30+     | 06:01+                    | 09:29+    | 12:11+ | 15:31+ | 27:29+ | 33:03+ | 39:56+ | 41:08+ | 43:34+ | 48:09+ | 55:44+ | 58:39+         | 61:16+ | 64:40+ | 68:56+ | 71:21+ | 73:38+ | 74:35+ |        |  |  |
| 03:30+     | 02:31+                    | 03:28+    | 02:42+ | 03:20+ | 11:58+ | 05:34+ | 06:53+ | 01:12+ | 02:26+ | 04:35+ | 07:35+ | 02:55+         | 02:37+ | 03:24+ | 04:16+ | 02:25+ | 02:17+ | 00:57+ |        |  |  |
| 03:30+     | 02:31+                    | 03:28+    | 02:42+ | 03:20+ | 11:58+ | 05:34+ | 06:53+ | 01:12+ | 02:26+ | 04:35+ | 07:35+ | 02:55+         | 02:37+ | 03:24+ | 04:16+ | 02:25+ | 02:17+ | 00:57+ |        |  |  |
| <b>14</b>  | <b>Thomas Ullner</b>      | <b>13</b> |        |        |        |        |        |        |        |        |        | <b>1:14:49</b> |        |        |        |        |        |        |        |  |  |
| 04:02+     | 06:30+                    | 10:03+    | 12:30+ | 15:46+ | 27:40+ | 33:26+ | 40:11+ | 41:18+ | 43:49+ | 48:41+ | 56:26+ | 59:21+         | 62:17+ | 65:43+ | 68:47+ | 71:25+ | 73:49+ | 74:49+ |        |  |  |
| 04:02+     | 02:28+                    | 03:33+    | 02:27+ | 03:16+ | 11:54+ | 05:46+ | 06:45+ | 01:07+ | 02:31+ | 04:52+ | 07:45+ | 02:55+         | 02:56+ | 03:26+ | 03:04+ | 02:38+ | 02:24+ | 01:00+ |        |  |  |
| 04:02+     | 02:28+                    | 03:33+    | 02:27+ | 03:16+ | 11:54+ | 05:46+ | 06:45+ | 01:07+ | 02:31+ | 04:52+ | 07:45+ | 02:55+         | 02:56+ | 03:26+ | 03:04+ | 02:38+ | 02:24+ | 01:00+ |        |  |  |
| <b>15</b>  | <b>Mads Jacobsen</b>      | <b>24</b> |        |        |        |        |        |        |        |        |        | <b>1:23:23</b> |        |        |        |        |        |        |        |  |  |
| 03:12+     | 05:23+                    | 08:56+    | 11:16+ | 14:29+ | 24:21+ | 31:23+ | 37:38+ | 38:35+ | 41:30+ | 55:04+ | 62:44+ | 65:05+         | 68:39+ | 71:36+ | 77:32+ | 80:08+ | 82:29+ | 83:23+ |        |  |  |
| 03:12+     | 02:11+                    | 03:33+    | 02:20+ | 03:13+ | 09:52+ | 07:02+ | 06:15+ | 00:57+ | 02:55+ | 13:34+ | 07:40+ | 02:21+         | 03:34+ | 02:57+ | 05:56+ | 02:36+ | 02:21+ | 00:54+ |        |  |  |
| 03:12+     | 02:11+                    | 03:33+    | 02:20+ | 03:13+ | 09:52+ | 07:02+ | 06:15+ | 00:57+ | 02:55+ | 13:34+ | 07:40+ | 02:21+         | 03:34+ | 02:57+ | 05:56+ | 02:36+ | 02:21+ | 00:54+ |        |  |  |
| <b>16</b>  | <b>Mette Filskov</b>      | <b>20</b> |        |        |        |        |        |        |        |        |        | <b>1:24:52</b> |        |        |        |        |        |        |        |  |  |
| 03:49+     | 06:23+                    | 10:20+    | 12:54+ | 16:19+ | 27:44+ | 34:10+ | 45:17+ | 50:29+ | 53:08+ | 58:46+ | 66:55+ | 69:48+         | 72:34+ | 75:43+ | 78:48+ | 81:36+ | 83:54+ | 84:52+ |        |  |  |
| 03:49+     | 02:34+                    | 03:57+    | 02:34+ | 03:25+ | 11:25+ | 06:26+ | 11:07+ | 05:12+ | 02:39+ | 05:38+ | 08:09+ | 02:53+         | 02:46+ | 03:09+ | 03:05+ | 02:48+ | 02:18+ | 00:58+ |        |  |  |
| 03:49+     | 02:34+                    | 03:57+    | 02:34+ | 03:25+ | 11:25+ | 06:26+ | 11:07+ | 05:12+ | 02:39+ | 05:38+ | 08:09+ | 02:53+         | 02:46+ | 03:09+ | 03:05+ | 02:48+ | 02:18+ | 00:58+ |        |  |  |
| <b>17</b>  | <b>Dorte Filskov</b>      | <b>28</b> |        |        |        |        |        |        |        |        |        | <b>1:24:57</b> |        |        |        |        |        |        |        |  |  |
| 03:54+     | 06:29+                    | 10:20+    | 12:53+ | 16:18+ | 27:43+ | 34:09+ | 45:23+ | 50:30+ | 53:05+ | 58:53+ | 66:47+ | 69:49+         | 72:40+ | 75:40+ | 79:09+ | 81:37+ | 83:54+ | 84:57+ |        |  |  |
| 03:54+     | 02:35+                    | 03:51+    | 02:33+ | 03:25+ | 11:25+ | 06:26+ | 11:14+ | 05:07+ | 02:35+ | 05:48+ | 07:54+ | 03:02+         | 02:51+ | 03:00+ | 03:29+ | 02:28+ | 02:17+ | 01:03+ |        |  |  |
| 03:54+     | 02:35+                    | 03:51+    | 02:33+ | 03:25+ | 11:25+ | 06:26+ | 11:14+ | 05:07+ | 02:35+ | 05:48+ | 07:54+ | 03:02+         | 02:51+ | 03:00+ | 03:29+ | 02:28+ | 02:17+ | 01:03+ |        |  |  |
| <b>18</b>  | <b>Jens Ozol</b>          | <b>24</b> |        |        |        |        |        |        |        |        |        | <b>1:25:07</b> |        |        |        |        |        |        |        |  |  |
| 03:52+     | 06:41+                    | 10:41+    | 13:15+ | 16:44+ | 29:01+ | 36:57+ | 44:53+ | 49:09+ | 52:02+ | 58:14+ | 66:44+ | 69:54+         | 72:51+ | 76:08+ | 79:11+ | 81:58+ | 84:14+ | 85:07+ |        |  |  |
| 03:52+     | 02:49+                    | 04:00+    | 02:34+ | 03:29+ | 12:17+ | 07:56+ | 07:56+ | 04:16+ | 02:53+ | 06:12+ | 08:30+ | 03:10+         | 02:57+ | 03:17+ | 03:03+ | 02:47+ | 02:16+ | 00:53+ |        |  |  |
| 03:52+     | 02:49+                    | 04:00+    | 02:34+ | 03:29+ | 12:17+ | 07:56+ | 07:56+ | 04:16+ | 02:53+ | 06:12+ | 08:30+ | 03:10+         | 02:57+ | 03:17+ | 03:03+ | 02:47+ | 02:16+ | 00:53+ |        |  |  |
| <b>19</b>  | <b>Henrik Bach</b>        | <b>9</b>  |        |        |        |        |        |        |        |        |        | <b>1:25:22</b> |        |        |        |        |        |        |        |  |  |
| 03:31+     | 05:56+                    | 09:19+    | 11:41+ | 15:00+ | 25:29+ | 40:42+ | 51:03+ | 52:09+ | 54:37+ | 60:29+ | 67:44+ | 70:17+         | 73:06+ | 76:03+ | 79:13+ | 82:16+ | 84:31+ | 85:22+ |        |  |  |
| 03:31+     | 02:25+                    | 03:23+    | 02:22+ | 03:19+ | 10:29+ | 15:13+ | 10:21+ | 01:06+ | 02:28+ | 05:52+ | 07:15+ | 02:33+         | 02:49+ | 02:57+ | 03:10+ | 03:03+ | 02:15+ | 00:51+ |        |  |  |
| 03:31+     | 02:25+                    | 03:23+    | 02:22+ | 03:19+ | 10:29+ | 15:13+ | 10:21+ | 01:06+ | 02:28+ | 05:52+ | 07:15+ | 02:33+         | 02:49+ | 02:57+ | 03:10+ | 03:03+ | 02:15+ | 00:51+ |        |  |  |
| <b>20</b>  | <b>Morten Christensen</b> | <b>5</b>  |        |        |        |        |        |        |        |        |        | <b>1:29:40</b> |        |        |        |        |        |        |        |  |  |
| 04:00+     | 06:40+                    | 11:03+    | 13:40+ | 17:30+ | 30:50+ | 38:47+ | 51:07+ | 52:21+ | 55:10+ | 60:24+ | 69:15+ | 72:17+         | 75:18+ | 79:00+ | 83:00+ | 86:16+ | 88:52+ | 89:40+ |        |  |  |
| 04:00+     | 02:40+                    | 04:23+    | 02:37+ | 03:50+ | 13:20+ | 07:57+ | 12:20+ | 01:14+ | 02:49+ | 05:14+ | 08:51+ | 03:02+         | 03:01+ | 03:42+ | 04:00+ | 03:16+ | 02:36+ | 00:48+ |        |  |  |
| 04:00+     | 02:40+                    | 04:23+    | 02:37+ | 03:50+ | 13:20+ | 07:57+ | 12:20+ | 01:14+ | 02:49+ | 05:14+ | 08:51+ | 03:02+         | 03:01+ | 03:42+ | 04:00+ | 03:16+ | 02:36+ | 00:48+ |        |  |  |
| <b>21</b>  | <b>Elise Utzen Keller</b> | <b>6</b>  |        |        |        |        |        |        |        |        |        | <b>1:30:11</b> |        |        |        |        |        |        |        |  |  |
| 04:08+     | 07:03+                    | 11:25+    | 13:55+ | 17:23+ | 30:44+ | 37:49+ | 50:55+ | 52:09+ | 55:02+ | 61:58+ | 70:14+ | 73:06+         | 76:04+ | 79:43+ | 83:29+ | 86:43+ | 89:13+ | 90:11+ |        |  |  |
| 04:08+     | 02:55+                    | 04:22+    | 02:30+ | 03:28+ | 13:21+ | 07:05+ | 13:06+ | 01:14+ | 02:53+ | 06:56+ | 08:16+ | 02:52+         | 02:58+ | 03:39+ | 03:46+ | 03:14+ | 02:30+ | 00:58+ |        |  |  |
| 04:08+     | 02:55+                    | 04:22+    | 02:30+ | 03:28+ | 13:21+ | 07:05+ | 13:06+ | 01:14+ | 02:53+ | 06:56+ | 08:16+ | 02:52+         | 02:58+ | 03:39+ | 03:46+ | 03:14+ | 02:30+ | 00:58+ |        |  |  |

| Class | Navn | Klasse | Tid |
|-------|------|--------|-----|
|-------|------|--------|-----|

### 8km

|           |                          |           |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|-----------|--------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>22</b> | <b>Henrik B. Thomsen</b> | <b>14</b> | <b>1:30:12</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 03:46+    | 06:48+                   | 11:04+    | 14:03+         | 18:01+ | 30:44+ | 38:12+ | 47:21+ | 48:47+ | 52:09+ | 58:38+ | 68:24+ | 71:53+ | 75:28+ | 79:30+ | 83:14+ | 86:39+ | 89:28+ | 90:12+ |
| 03:46+    | 03:02+                   | 04:16+    | 02:59+         | 03:58+ | 12:43+ | 07:28+ | 09:09+ | 01:26+ | 03:22+ | 06:29+ | 09:46+ | 03:29+ | 03:35+ | 04:02+ | 03:44+ | 03:25+ | 02:49+ | 00:44+ |
| 03:46+    | 03:02+                   | 04:16+    | 02:59+         | 03:58+ | 12:43+ | 07:28+ | 09:09+ | 01:26+ | 03:22+ | 06:29+ | 09:46+ | 03:29+ | 03:35+ | 04:02+ | 03:44+ | 03:25+ | 02:49+ | 00:44+ |

|           |                        |           |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|-----------|------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>23</b> | <b>Britt Hermanrud</b> | <b>24</b> | <b>1:32:08</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 05:17+    | 08:07+                 | 12:34+    | 15:36+         | 19:30+ | 31:26+ | 42:56+ | 52:24+ | 53:47+ | 56:42+ | 63:37+ | 72:14+ | 76:00+ | 78:46+ | 81:52+ | 85:24+ | 88:28+ | 91:03+ | 92:08+ |
| 05:17+    | 02:50+                 | 04:27+    | 03:02+         | 03:54+ | 11:56+ | 11:30+ | 09:28+ | 01:23+ | 02:55+ | 06:55+ | 08:37+ | 03:46+ | 02:46+ | 03:06+ | 03:32+ | 03:04+ | 02:35+ | 01:05+ |
| 05:17+    | 02:50+                 | 04:27+    | 03:02+         | 03:54+ | 11:56+ | 11:30+ | 09:28+ | 01:23+ | 02:55+ | 06:55+ | 08:37+ | 03:46+ | 02:46+ | 03:06+ | 03:32+ | 03:04+ | 02:35+ | 01:05+ |

|           |                     |           |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|-----------|---------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>24</b> | <b>Renè Skaarup</b> | <b>12</b> | <b>1:38:23</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 04:18+    | 07:20+              | 11:23+    | 14:20+         | 18:59+ | 32:24+ | 40:14+ | 50:29+ | 52:08+ | 55:17+ | 63:01+ | 72:20+ | 77:00+ | 83:41+ | 87:13+ | 91:14+ | 95:22+ | 97:42+ | 98:23+ |
| 04:18+    | 03:02+              | 04:03+    | 02:57+         | 04:39+ | 13:25+ | 07:50+ | 10:15+ | 01:39+ | 03:09+ | 07:44+ | 09:19+ | 04:40+ | 06:41+ | 03:32+ | 04:01+ | 04:08+ | 02:20+ | 00:41+ |
| 04:18+    | 03:02+              | 04:03+    | 02:57+         | 04:39+ | 13:25+ | 07:50+ | 10:15+ | 01:39+ | 03:09+ | 07:44+ | 09:19+ | 04:40+ | 06:41+ | 03:32+ | 04:01+ | 04:08+ | 02:20+ | 00:41+ |

|           |                             |           |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|-----------|-----------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>25</b> | <b>Mette Marie Lungholt</b> | <b>12</b> | <b>1:38:44</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 04:16+    | 07:25+                      | 11:21+    | 14:33+         | 19:08+ | 32:33+ | 40:13+ | 50:29+ | 52:07+ | 55:29+ | 63:00+ | 72:31+ | 77:08+ | 83:54+ | 87:12+ | 91:22+ | 95:27+ | 97:50+ | 98:44+ |
| 04:16+    | 03:09+                      | 03:56+    | 03:12+         | 04:35+ | 13:25+ | 07:40+ | 10:16+ | 01:38+ | 03:22+ | 07:31+ | 09:31+ | 04:37+ | 06:46+ | 03:18+ | 04:10+ | 04:05+ | 02:23+ | 00:54+ |
| 04:16+    | 03:09+                      | 03:56+    | 03:12+         | 04:35+ | 13:25+ | 07:40+ | 10:16+ | 01:38+ | 03:22+ | 07:31+ | 09:31+ | 04:37+ | 06:46+ | 03:18+ | 04:10+ | 04:05+ | 02:23+ | 00:54+ |

|           |                      |              |                |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
|-----------|----------------------|--------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| <b>26</b> | <b>Frode Harritz</b> | <b>Karok</b> | <b>1:39:18</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |
| 04:41+    | 08:02+               | 17:33+       | 20:24+         | 26:00+ | 38:48+ | 46:10+ | 54:08+ | 56:00+ | 60:00+ | 67:39+ | 76:47+ | 80:07+ | 83:11+ | 87:00+ | 91:38+ | 95:36+ | 98:14+ | 99:18+ |
| 04:41+    | 03:21+               | 09:31+       | 02:51+         | 05:36+ | 12:48+ | 07:22+ | 07:58+ | 01:52+ | 04:00+ | 07:39+ | 09:08+ | 03:20+ | 03:04+ | 03:49+ | 04:38+ | 03:58+ | 02:38+ | 01:04+ |
| 04:41+    | 03:21+               | 09:31+       | 02:51+         | 05:36+ | 12:48+ | 07:22+ | 07:58+ | 01:52+ | 04:00+ | 07:39+ | 09:08+ | 03:20+ | 03:04+ | 03:49+ | 04:38+ | 03:58+ | 02:38+ | 01:04+ |

|           |                      |          |                |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |
|-----------|----------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|
| <b>27</b> | <b>Gunnar Hansen</b> | <b>8</b> | <b>1:43:13</b> |        |        |        |        |        |        |        |        |        |        |        |        |        |         |         |
| 04:24+    | 07:19+               | 11:49+   | 14:51+         | 18:48+ | 33:56+ | 44:20+ | 54:13+ | 55:58+ | 60:11+ | 67:10+ | 76:41+ | 80:43+ | 84:34+ | 88:40+ | 93:33+ | 98:49+ | 102:05+ | 103:13+ |
| 04:24+    | 02:55+               | 04:30+   | 03:02+         | 03:57+ | 15:08+ | 10:24+ | 09:53+ | 01:45+ | 04:13+ | 06:59+ | 09:31+ | 04:02+ | 03:51+ | 04:06+ | 04:53+ | 05:16+ | 03:16+  | 01:08+  |
| 04:24+    | 02:55+               | 04:30+   | 03:02+         | 03:57+ | 15:08+ | 10:24+ | 09:53+ | 01:45+ | 04:13+ | 06:59+ | 09:31+ | 04:02+ | 03:51+ | 04:06+ | 04:53+ | 05:16+ | 03:16+  | 01:08+  |

|           |                  |           |                |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
|-----------|------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| <b>28</b> | <b>Uffe Bach</b> | <b>13</b> | <b>1:45:36</b> |        |        |        |        |        |        |        |        |        |        |        |        |         |         |         |
| 04:27+    | 07:41+           | 13:58+    | 17:16+         | 22:07+ | 37:21+ | 46:09+ | 54:47+ | 56:33+ | 60:27+ | 67:16+ | 78:18+ | 82:40+ | 86:33+ | 91:09+ | 97:04+ | 101:06+ | 104:25+ | 105:36+ |
| 04:27+    | 03:14+           | 06:17+    | 03:18+         | 04:51+ | 15:14+ | 08:48+ | 08:38+ | 01:46+ | 03:54+ | 06:49+ | 11:02+ | 04:22+ | 03:53+ | 04:36+ | 05:55+ | 04:02+  | 03:19+  | 01:11+  |
| 04:27+    | 03:14+           | 06:17+    | 03:18+         | 04:51+ | 15:14+ | 08:48+ | 08:38+ | 01:46+ | 03:54+ | 06:49+ | 11:02+ | 04:22+ | 03:53+ | 04:36+ | 05:55+ | 04:02+  | 03:19+  | 01:11+  |

|           |                              |           |                |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |
|-----------|------------------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|
| <b>29</b> | <b>Jesper Dalby Sønderup</b> | <b>17</b> | <b>1:50:32</b> |        |        |        |        |        |        |        |        |        |        |        |         |         |         |         |
| 04:07+    | 07:02+                       | 11:01+    | 13:29+         | 17:01+ | 30:35+ | 40:01+ | 47:21+ | 49:09+ | 59:55+ | 72:36+ | 81:52+ | 84:55+ | 91:24+ | 95:06+ | 102:30+ | 106:33+ | 109:37+ | 110:32+ |
| 04:07+    | 02:55+                       | 03:59+    | 02:28+         | 03:32+ | 13:34+ | 09:26+ | 07:20+ | 01:48+ | 10:46+ | 12:41+ | 09:16+ | 03:03+ | 06:29+ | 03:42+ | 07:24+  | 04:03+  | 03:04+  | 00:55+  |
| 04:07+    | 02:55+                       | 03:59+    | 02:28+         | 03:32+ | 13:34+ | 09:26+ | 07:20+ | 01:48+ | 10:46+ | 12:41+ | 09:16+ | 03:03+ | 06:29+ | 03:42+ | 07:24+  | 04:03+  | 03:04+  | 00:55+  |

|           |                       |          |                |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |
|-----------|-----------------------|----------|----------------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| <b>30</b> | <b>Erik Ljungdahl</b> | <b>4</b> | <b>2:12:43</b> |        |        |        |        |        |        |        |         |         |         |         |         |         |         |         |
| 04:11+    | 07:17+                | 12:48+   | 16:02+         | 20:06+ | 36:35+ | 46:22+ | 63:02+ | 83:05+ | 86:47+ | 93:52+ | 106:13+ | 110:02+ | 114:41+ | 118:58+ | 124:06+ | 128:23+ | 131:35+ | 132:43+ |
| 04:11+    | 03:06+                | 05:31+   | 03:14+         | 04:04+ | 16:29+ | 09:47+ | 16:40+ | 20:03+ | 03:42+ | 07:05+ | 12:21+  | 03:49+  | 04:39+  | 04:17+  | 05:08+  | 04:17+  | 03:12+  | 01:08+  |
| 04:11+    | 03:06+                | 05:31+   | 03:14+         | 04:04+ | 16:29+ | 09:47+ | 16:40+ | 20:03+ | 03:42+ | 07:05+ | 12:21+  | 03:49+  | 04:39+  | 04:17+  | 05:08+  | 04:17+  | 03:12+  | 01:08+  |

### Beste stræktid for klassen

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

### MTBO10km

|          |                       |           |                |        |        |        |        |        |        |        |
|----------|-----------------------|-----------|----------------|--------|--------|--------|--------|--------|--------|--------|
| <b>1</b> | <b>Poul Erik Buch</b> | <b>16</b> | <b>1:25:50</b> |        |        |        |        |        |        |        |
| 02:39=   | 09:08=                | 18:31=    | 24:09=         | 33:43= | 40:20= | 52:31= | 64:44= | 79:02= | 84:21= | 85:50= |
| 02:39=   | 06:29=                | 09:23=    | 05:38=         | 09:34= | 06:37= | 12:11= | 12:13= | 14:18= | 05:19= | 01:29= |
| 00:00=   | 00:00=                | 00:00=    | 00:00=         | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |

## MTBO10km

**2**      **Niels Møller Petersen**      **15**      **1:35:07**

02:52+ 10:19+ 20:17+ 27:34+ 39:34+ 50:19+ 63:08+ 72:45+ 88:02+ 93:38+ 95:07+  
02:52+ 07:27+ 09:58+ 07:17+ 12:00+ 10:45+ 12:49+ 09:37- 15:17+ 05:36+ 01:29=  
00:13+ 00:58# 00:35+ 01:39& 02:26& 04:08& 00:38+ 02:36- 00:59+ 00:17+ 00:00=

### Beste stræktid for klassen

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

## MTBO20km

**1**      **Jacob Skovsgaard**      **Navet**      **1:45:28**

05:57= 12:43= 17:29= 21:03= 26:32= 33:06= 38:01= 49:16= 56:19= 60:20= 64:25= 69:57= 81:27= 91:40= 95:42= 99:12= 101:54= 104:20= 105:28=  
05:57= 06:46= 04:46= 03:34= 05:29= 06:34= 04:55= 11:15= 07:03= 04:01= 04:05= 05:32= 11:30= 10:13= 04:02= 03:30= 02:42= 02:26= 01:08=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### Beste stræktid for klassen

05:57 06:46 04:46 03:34 05:29 06:34 04:55 11:15 07:03 04:01 04:05 05:32 11:30 10:13 04:02 03:30 02:42 02:26 01:08

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