

1	Camilla Søgaard	3	1:58:40																						
02:54=	05:59=	11:18=	13:47=	16:15=	19:13=	23:58=	31:46=	36:05=	39:37=	42:05=	54:48=	57:29=	63:23=	68:40=	71:05=	74:04=	76:26=	81:38=	86:08=	89:36=	95:05=	98:03=	101:36=	106:24=	108:30=
02:54=	03:05=	05:19=	02:29=	02:28=	02:58=	04:45=	07:48=	04:19=	03:32=	02:28=	12:43=	02:41=	05:54=	05:17=	02:25=	02:59=	02:22=	05:12=	04:30=	03:28=	05:29=	02:58=	03:33=	04:48=	02:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
113:23=	115:12=	117:51=	118:40=																						
04:53=	01:49=	02:39=	00:49=																						
00:00=	00:00=	00:00=	00:00=																						

2	Cæcilie Christoffersen	9	2:05:00																						
01:11-	04:08-	10:41-	15:52+	18:32+	21:43+	24:09+	29:45-	34:29-	38:00-	41:06-	44:03-	47:53-	54:08-	56:25-	62:03-	63:57-	66:55-	68:11-							
01:11-	02:57-	06:33+	05:11+	02:40+	03:11+	02:26-	05:36-	04:44+	03:31-	03:06+	02:57-	03:50+	06:15+	02:17-	05:38+	01:54-	02:58+	01:16-							
01:43-	00:08-	01:14#	02:42@	00:12+	00:13+	02:19-	02:12-	00:25+	00:01-	00:38&	09:46-	01:09&	00:21+	03:00-	03:13@	01:05-	00:36&	03:56-							

3	Nikoline Splittorff	2	2:11:10																						
03:30+	06:37+	14:19+	18:06+	20:52+	25:08+	30:28+	35:01+	39:19+	44:04+	48:03+	50:42-	56:56-	64:36+	67:28-	74:02+	79:52+	82:28+	85:17+	87:58+	93:31+	98:48+	102:28+	105:45+	108:37+	112:09+
03:30+	03:07+	07:42+	03:47+	02:46+	04:16+	05:20+	04:33-	04:18-	04:45+	03:59+	02:39-	06:14+	07:40+	02:52-	06:34+	05:50+	02:36+	02:49-	02:41-	05:33+	05:17-	03:40+	03:17-	02:52-	03:32+
00:36#	00:02+	02:23&	01:18&	00:18#	01:18&	00:35#	03:15-	00:01-	01:13&	01:31&	10:04-	03:33@	01:46&	02:25-	04:09@	02:51&	00:14+	02:23-	01:49-	02:05&	00:12-	00:42#	00:16-	01:56-	01:26&
117:55+	120:13+	125:30+	127:21+	130:16+	131:10+																				
05:46+	02:18+	05:17+	01:51+	02:55+	00:54+																				
00:53#	00:29&	02:38&	01:02@	02:55+	00:54+																				

4	Anne Loftager	18	2:38:26																						
02:20-	07:10+	13:23+	17:00+	20:12+	23:59+	32:43+	38:11+	42:53+	48:44+	54:38+	57:53+	65:39+	75:18+	78:44+	87:12+	93:53+	96:51+	100:43+	103:45+	111:16+	117:12+	121:26+	125:08+	129:45+	134:16+
02:20-	04:50+	06:13+	03:37+	03:12+	03:47+	08:44+	05:28-	04:42+	05:51+	05:54+	03:15-	07:46+	09:39+	03:26-	08:28+	06:41+	02:58+	03:52-	03:02-	07:31+	05:56+	04:14+	03:42+	04:37-	04:31+
00:34-	01:45&	00:54#	01:08&	00:44&	00:49&	03:59&	02:20-	00:23+	02:19&	03:26@	09:28-	05:05@	03:45&	01:51-	06:03@	03:42@	00:36&	01:20-	01:28-	04:03@	00:27+	01:16&	00:09+	00:11-	02:25@
141:43+	144:19+	151:06+	154:11+	157:27+	158:26+																				
07:27+	02:36+	06:47+	03:05+	03:16+	00:59+																				
02:34&	00:47&	04:08@	02:16@	03:16+	00:59+																				

5	Ea Lykke Otte	21	2:48:49																						
02:12-	06:45+	17:22+	20:56+	24:01+	27:47+	35:18+	40:58+	45:41+	53:30+	58:46+	61:51+	69:35+	76:26+	79:48+	87:15+	94:24+	97:26+	101:42+	106:40+	113:25+	119:05+	127:03+	130:42+	134:49+	139:35+
02:12-	04:33+	10:37+	03:34+	03:05+	03:46+	07:31+	05:40-	04:43+	07:49+	05:16+	03:05-	07:44+	06:51+	03:22-	07:27+	07:09+	03:02+	04:16-	04:58+	06:45+	05:40+	07:58+	03:39+	04:07-	04:46+
00:42-	01:28&	05:18&	01:05&	00:37#	00:48&	02:46&	02:08-	00:24+	04:17@	02:48@	09:38-	05:03@	00:57#	01:55-	05:02@	04:10@	00:40&	00:56-	00:28#	03:17&	00:11+	05:00@	00:06+	00:41-	02:40@
146:45+	150:11+	156:56+	163:59+	167:42+	168:49+																				
07:10+	03:26+	06:45+	07:03+	03:43+	01:07+																				
02:17&	01:37&	04:06@	06:14@	03:43+	0																				

Beste stræktid for klassen

01:11 02:57 05:19 02:29 02:28 02:58 02:26 04:33 04:18 03:31 02:28 02:39 02:41 05:54 02:17 02:25 01:54 02:22 01:16 02:41 03:28 05:17 02:58 03:17 02:52 02:06 04:53 01:01

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

D2

1	Gertrud Riis Madsen	11	2:01:36																						
01:24=	04:37=	08:58=	13:07=	21:27=	26:52=	31:49=	43:01=	47:02=	55:21=	59:22=	62:35=	66:14=	68:48=	73:45=	80:04=	82:43=	87:51=	93:14=	97:05=	104:32=	108:02=	114:22=	116:54=	120:25=	121:36=
01:24=	03:13=	04:21=	04:09=	08:20=	05:25=	04:57=	11:12=	04:01=	08:19=	04:01=	03:13=	03:39=	02:34=	04:57=	06:19=	02:39=	05:08=	05:23=	03:51=	07:27=	03:30=	06:20=	02:32=	03:31=	01:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ida Riis Madsen	11	2:07:56																						
02:15+	06:49+	12:30+	17:05+	26:19+	30:22+	35:12+	42:06-	45:56-	55:59+	60:33+	64:57+	69:20+	72:51+	76:06+	83:44+	86:32+	91:26+	97:56+	102:42+	111:19+	114:03+	120:00+	122:54+	126:43+	127:56+
02:15+	04:34+	05:41+	04:35+	09:14+	04:03-	04:50-	06:54-	03:50-	10:03+	04:34+	04:24+	04:23+	03:31+	03:15-	07:38+	02:48+	04:54-	06:30+	04:46+	08:37+	02:44-	05:57-	02:54+	03:49+	01:13+
00:51&	01:21&	01:20&	00:26#	00:54#	01:22-	00:07-	04:18-	00:11-	01:44#	00:33#	01:11&	00:44#	00:57&	01:42-	01:19#	00:09+	00:14-	01:07#	00:55#	01:10#	00:46-	00:23-	00:22#	00:18+	00:02+

Plass	Navn	Klasse	Tid
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D2

3	Anne Movin												13	2:08:08											
01:31+	05:10+	10:47+	15:33+	24:05+	29:15+	35:32+	45:14+	51:07+	60:47+	64:54+	68:35+	72:08+	74:56+	77:56+	85:09+	88:03+	93:31+	99:16+	103:58+	111:31+	114:20+	121:07+	123:35+	127:04+	128:08+
01:31+	03:39+	05:37+	04:46+	08:32+	05:10-	06:17+	09:42-	05:53+	09:40+	04:07+	03:41+	03:33-	02:48+	03:00-	07:13+	02:54+	05:28+	05:45+	04:42+	07:33+	02:49-	06:47+	02:28-	03:29-	01:04-
00:07+	00:26#	01:16&	00:37#	00:12+	00:15-	01:20&	01:30-	01:52&	01:21#	00:06+	00:28#	00:06-	00:14+	01:57-	00:54#	00:15+	00:20+	00:22+	00:51#	00:06+	00:41-	00:27+	00:04-	00:02-	00:07-

4	Marianne Kjeldsen												21												2:34:42											
	02:56+	07:29+	13:57+	20:13+	29:09+	34:07+	39:15+	45:59+	52:04+	61:18+	66:52+	70:31+	75:28+	84:42+	88:22+	95:54+	101:11+	110:19+	113:19+	119:35+	124:01+	132:41+	135:50+	144:14+	149:46+	153:36+										
	02:56+	04:33+	06:28+	06:16+	08:56+	04:58+	05:08+	06:44+	06:05+	09:14+	05:34+	03:39+	04:57+	09:14+	03:40+	07:32+	05:17+	09:08+	03:00+	06:16+	04:26+	08:40+	03:09+	08:24+	05:32+	03:50+										
	02:56+	04:33+	06:28+	06:16+	08:56+	04:58+	05:08+	06:44+	06:05+	09:14+	05:34+	03:39+	04:57+	09:14+	03:40+	07:32+	05:17+	09:08+	03:00+	06:16+	04:26+	08:40+	03:09+	08:24+	05:32+	03:50+										
	154:42+	01:06+	01:06+																																	

5	Theresa Skouboe											3	2:43:17													
02:08+	18:48+	26:42+	32:00+	42:16+	46:26+	61:39+	70:43+	75:05+	84:51+	89:28+	93:36+	97:33+	100:39+	104:01+	111:52+	115:05+	120:08+	125:23+	130:39+	140:18+	145:32+	153:34+	156:48+	161:38+	163:17+	
02:08+	16:40+	07:54+	05:18+	10:16+	04:10+	15:13+	09:04+	04:22+	09:46+	04:37+	04:08+	03:57+	03:06+	03:22+	07:51+	03:13+	05:03+	05:15+	05:16+	09:39+	05:14+	08:02+	03:14+	04:50+	01:39+	
02:08+	16:40+	07:54+	05:18+	10:16+	04:10+	15:13+	09:04+	04:22+	09:46+	04:37+	04:08+	03:57+	03:06+	03:22+	07:51+	03:13+	05:03+	05:15+	05:16+	09:39+	05:14+	08:02+	03:14+	04:50+	01:39+	

Beste stræktid for klassen

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

D3

1	Anne Boye-Møller										3	2:15:41													
02:29=	05:04=	14:24=	20:33=	26:51=	30:26=	33:46=	40:32=	49:36=	53:59=	58:25=	62:29=	65:19=	71:39=	74:25=	81:52=	89:48=	100:01=	104:51=	112:33=	116:58=	128:37=	130:16=	134:08=	135:41=	
02:29=	02:35=	09:20=	06:09=	06:18=	03:35=	03:20=	06:46=	09:04=	04:23=	04:26=	04:04=	02:50=	06:20=	02:46=	07:27=	07:56=	10:13=	04:50=	07:42=	04:25=	11:39=	01:39=	03:52=	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=	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	Annelise Maclassen										11	2:49:32													
02:21-	05:58+	19:15+	28:38+	36:05+	41:13+	47:41+	56:53+	68:16+	73:53+	80:44+	85:35+	89:02+	96:14+	100:53+	110:36+	119:11+	127:32+	134:49+	144:31+	150:15+	160:12+	162:40+	167:39+	169:32+	
02:21-	03:37+	13:17+	09:23+	07:27+	05:08+	06:28+	09:12+	11:23+	05:37+	06:51+	04:51+	03:27+	07:12+	04:39+	09:43+	08:35+	08:21-	07:17+	09:42+	05:44+	09:57-	02:28+	04:59+	01:53+	
00:08-	01:02&	03:57&	03:14&	01:09#	01:33&	03:08&	02:26&	02:19&	01:14&	02:25&	00:47#	00:37#	00:52#	01:53&	02:16&	00:39+	01:52-	02:27&	02:00&	01:19&	01:42-	00:49&	01:07&	00:20#	

Beste stræktid for klassen

02:21	02:35	09:20	06:09	06:18	03:35	03:20	06:46	09:04	04:23	04:26	04:04	02:50	06:20	02:46	07:27	07:56	08:21	04:50	07:42	04:25	09:57	01:39	03:52	01:33
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D4

1	Lene Bejer Damgaard										V0										1:30:28									
03:32=	08:53=	13:17=	19:08=	25:01=	33:36=	38:05=	44:26=	47:11=	52:28=	60:27=	66:06=	69:16=	75:35=	80:00=	85:19=	89:11=	90:28=													
03:32=	05:21=	04:24=	05:51=	05:53=	08:35=	04:29=	06:21=	02:45=	05:17=	07:59=	05:39=	03:10=	06:19=	04:25=	05:19=	03:52=	01:17=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Johanne Skouboe																3	1:34:36									
01:49-	11:29+	15:18+	20:35+	30:24+	38:55+	42:26+	47:47+	50:29+	57:41+	65:37+	70:24+	72:41+	79:23+	83:52+	88:25+	92:40+	94:36+										
01:49-	09:40+	03:49-	05:17-	09:49+	08:31-	03:31-	05:21-	02:42-	07:12+	07:56-	04:47-	02:17-	06:42+	04:29+	04:33-	04:15+	01:56+										
01:43-	04:19&	00:35-	00:34-	03:56&	00:04-	00:58-	01:00-	00:03-	01:55&	00:03-	00:52-	00:53-	00:23+	00:04+	00:46-	00:23+	00:39&										

Beste stræktid for klassen

01:49	05:21	03:49	05:17	05:53	08:31	03:31	05:21	02:42	05:17	07:56	04:47	02:17	06:19	04:25	04:33	03:52	01:17							
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

1

Anne-Mette Kirkegaard

13

1:07:34

00:54=

06:50=

13:10=

18:15=

22:47=

32:33=

36:26=

48:27=

54:47=

61:10=

65:48=

67:34=

00:54=

05:56=

06:20=

05:05=

04:32=

09:46=

03:53=

12:01=

06:20=

06:23=

04:38=

01:46=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

Beste stræktid for klassen

00:54

05:56

06:20

05:05

04:32

09:46

03:53

12:01

06:20

06:23

04:38

01:46

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

H1

1

Thomas Steinthal

1:49:39

01:25=

04:53=

09:34=

12:04=

14:18=

17:05=

21:40=

25:48=

29:57=

33:51=

37:37=

40:04=

45:35=

51:15=

53:38=

60:01=

66:00=

68:16=

70:53=

73:00=

78:07=

82:16=

85:32=

88:33=

90:51=

93:51=

01:25=

03:28=

04:41=

02:30=

02:14=

02:47=

04:35=

04:08=

04:09=

03:54=

03:46=

02:27=

05:31=

05:40=

02:23=

06:23=

05:59=

02:16=

02:37=

02:07=

05:07=

04:09=

03:16=

03:01=

02:18=

03:00=

00:00=

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00:00=

00:00=

00:00=

98:49=

100:33=

104:45=

106:22=

108:59=

109:39=

04:58=

01:44=

04:12=

01:37=

02:37=

00:40=

00:00=

00:00=

00:00=

00:00=

00:00=

00:00=

2

Bjarne Hoffmann

OK PAN

1:54:56

01:06-

03:29-

08:42-

11:38-

14:02-

17:11+

22:18+

26:43+

31:27+

35:36+

39:08+

41:41+

47:34+

53:27+

56:10+

61:59+

67:08+

69:25+

72:01+

74:48+

79:55+

84:35+

87:50+

91:01+

93:52+

97:38+

01:06-

02:23-

05:13+

02:56+

02:24+

03:09+

05:07+

04:25+

04:44+

04:09+

03:32-

02:33+

05:53+

05:53+

02:43+

05:49-

05:09-

02:17+

02:36-

02:47+

05:07=

04:40+

03:15-

03:11+

02:51+

03:46+

00:19-

01:05-

00:32#

00:26#

00:10+

00:22#

00:32#

00:17+

00:35#

00:15+

00:14-

00:06+

00:22+

00:13+

00:20#

00:34-

00:50-

00:01+

00:01-

00:40&

00:00=

00:31#

00:01-

00:10+

00:33#

00:46&

102:24+

104:27+

109:27+

111:25+

114:03+

114:56+

04:46-

02:03+

05:00+

01:58+

02:38+

00:53+

00:12-

00:19#

00:48#

00:21#

00:01+

00:13&

3

Johan Maclassen

11

1:56:54

01:07-

04:25-

09:54+

12:31+

14:54+

17:49+

22:53+

27:25+

31:25+

35:41+

39:50+

42:14+

48:08+

54:05+

56:50+

63:04+

67:54+

70:31+

73:27+

75:43+

80:52+

85:41+

89:02+

92:02+

94:37+

98:00+

01:07-

03:18-

05:29+

02:37+

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Michael Lindholm

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Plass	Navn	Klasse										Tid													
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3	Louis Steinthal										1	2:24:39													
02:27+	14:50+	22:22+	29:05+	37:32+	43:48+	48:46+	57:03+	61:08+	70:07+	74:40+	78:59+	83:53+	88:55+	92:01+	99:21+	102:30+	107:14+	113:03+	119:05+	126:47+	129:30+	136:57+	140:00+	143:38+	144:39+
02:27+	12:23+	07:32+	06:43+	08:27+	06:16+	04:58+	08:17-	04:05+	08:59+	04:33+	04:19-	04:54+	05:02+	03:06+	07:20+	03:09+	04:44+	05:49+	06:02+	07:42+	02:43-	07:27-	03:03-	03:38+	01:01+
00:47&	08:02@	02:23&	01:09#	00:23+	00:07+	00:25+	00:52-	00:30#	00:33+	00:31#	00:09-	00:56#	02:16&	00:22#	00:14+	00:19#	00:17+	00:36#	01:39&	00:36+	01:36-	01:31-	00:22-	02:37@	01:01+
4	Michael Schmidt										Vok	2:43:00													
02:47+	07:19+	12:47+	19:13+	28:10+	33:24+	39:26+	46:03+	49:47+	58:48+	64:30+	70:24+	76:01+	80:52+	84:06+	98:05+	104:12+	112:23+	121:38+	127:10+	135:54+	141:59+	151:39+	157:34+	161:46+	163:00+
02:47+	04:32+	05:28+	06:26+	08:57+	05:14+	06:02+	06:37+	03:44+	09:01+	05:42+	05:54+	05:37+	04:51+	03:14+	13:59+	06:07+	08:11+	09:15+	05:32+	08:44+	06:05+	09:40+	05:55+	04:12+	01:14+
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Beste stræktid for klassen

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

H3

1	Lennart Bo Kristiansen										Vo										1:45:54									
01:38=	05:54=	09:38=	14:27=	19:19=	22:49=	26:50=	31:16=	38:41=	41:45=	47:28=	50:57=	53:50=	58:06=	60:57=	67:03=	73:15=	78:16=	82:55=	89:46=	92:42=	99:51=	101:30=	104:59=	105:54=						
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2	Flemming Johannsen										SOK										1:59:40									
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01:46+	02:37-	04:07+	04:49=	04:55+	03:26-	03:57-	05:15+	08:15+	04:06+	04:16-	03:47+	02:36-	04:48+	02:52+	07:59+	05:18-	06:34+	09:53+	07:48+	03:57+	09:37+	01:41+	03:59+	01:22+						
00:08+	01:39-	00:23#	00:00=	00:03+	00:04-	00:04-	00:49#	00:50#	01:02&	01:27-	00:18+	00:17-	00:32#	00:01+	01:53&	00:54-	01:33&	05:14@	00:57#	01:01&	02:28&	00:02+	00:30#	00:27&						
3	Poul Erik Buch										4										2:11:16									
01:55+	05:22-	10:51+	19:16+	27:34+	32:03+	36:06+	41:57+	48:54+	54:23+	59:01+	66:10+	68:37+	73:35+	76:58+	83:46+	90:04+	98:07+	103:24+	112:17+	115:17+	124:35+	126:18+	130:11+	131:16+						
01:55+	03:27-	05:29+	08:25+	08:18+	04:29+	04:03+	05:51+	06:57-	05:29+	04:38-	07:09+	02:27-	04:58+	03:23+	06:48+	06:18+	08:03+	05:17+	08:53+	03:00+	09:18+	01:43+	03:53+	01:05+						
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4	Carl Peter Noe										13										2:13:13									
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5	John Rasmussen										13										2:38:19									
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Beste stræktid for klassen

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