

Midtjysk supervinterlang 1

Stræktider

Nordre Feldborg-Nørreskoven-10-12-2023

Plads Navn

Klasse

Tid

15km

1	Stefan Keller	6	1:51:48																
03:17=	06:55=	10:56=	17:35=	23:51=	28:04=	32:36=	39:21=	43:32=	46:44=	52:03=	56:27=	67:44=	77:29=	87:08=	90:49=	99:19=	106:14=	111:00=	111:48=
03:17=	03:38=	04:01=	06:39=	06:16=	04:13=	04:32=	06:45=	04:11=	03:12=	05:19=	04:24=	11:17=	09:45=	09:39=	03:41=	08:30=	06:55=	04:46=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Michael Filyo	17	2:00:49																
03:06-	06:52-	10:49-	17:47+	24:58+	29:13+	33:41+	42:47+	48:01+	51:51+	57:51+	62:03+	74:57+	82:43+	91:58+	95:36+	106:07+	114:24+	119:51+	120:49+
03:06-	03:46+	03:57-	06:58+	07:11+	04:15+	04:28-	09:06+	05:14+	03:50+	06:00+	04:12-	12:54+	07:46-	09:15-	03:38-	10:31+	08:17+	05:27+	00:58+
00:11-	00:08+	00:04-	00:19+	00:55#	00:02+	00:04-	02:21&	01:03&	00:38#	00:41#	00:12-	01:37#	01:59-	00:24-	00:03-	02:01#	01:22#	00:41#	00:10#
3	Kenn Heldgaard Kristensen	5	2:03:32																
03:15-	07:14+	11:22+	19:05+	26:51+	31:27+	36:27+	44:24+	48:47+	52:15+	58:21+	62:24+	75:11+	83:18+	92:28+	96:57+	107:55+	117:13+	122:33+	123:32+
03:15-	03:59+	04:08+	07:43+	07:46+	04:36+	05:00+	07:57+	04:23+	03:28+	06:06+	04:03-	12:47+	08:07-	09:10-	04:29+	10:58+	09:18+	05:20+	00:59+
00:02-	00:21+	00:07+	01:04#	01:30#	00:23+	00:28#	01:12#	00:12+	00:16+	00:47#	00:21-	01:30#	01:38-	00:29-	00:48#	02:28&	02:23&	00:34#	00:11#
4	Anders Lorentzen	17	2:03:33																
03:13-	06:53-	11:17+	19:09+	26:56+	31:20+	36:30+	44:17+	48:51+	52:18+	58:22+	62:26+	74:48+	82:45+	92:38+	96:53+	107:51+	117:10+	122:22+	123:33+
03:13-	03:40+	04:24+	07:52+	07:47+	04:24+	05:10+	07:47+	04:34+	03:27+	06:04+	04:04-	12:22+	07:57-	09:53+	04:15+	10:58+	09:19+	05:12+	01:11+
00:04-	00:02+	00:23+	01:13#	01:31#	00:11+	00:38#	01:02#	00:23+	00:15+	00:45#	00:20-	01:05+	01:48-	00:14+	00:34#	02:28&	02:24&	00:26+	00:23&
5	Søren Andersen	5	2:18:45																
03:37+	07:24+	11:49+	21:34+	29:49+	34:42+	40:22+	49:41+	55:00+	61:34+	68:06+	73:09+	87:17+	95:50+	106:56+	111:34+	123:26+	132:13+	137:46+	138:45+
03:37+	03:47+	04:25+	09:45+	08:15+	04:53+	05:40+	09:19+	05:19+	06:34+	06:32+	05:03+	14:08+	08:33-	11:06+	04:38+	11:52+	08:47+	05:33+	00:59+
00:20#	00:09+	00:24+	03:06&	01:59&	00:40#	01:08#	02:34&	01:08&	03:22@	01:13#	00:39#	02:51&	01:12-	01:27#	00:57&	03:22&	01:52&	00:47#	00:11#
6	Jan Nielsen	7	2:19:03																
03:20+	07:02+	11:28+	19:26+	27:06+	31:39+	36:48+	45:57+	50:58+	56:02+	63:31+	68:06+	84:16+	93:04+	104:19+	109:10+	123:09+	132:58+	137:56+	139:03+
03:20+	03:42+	04:26+	07:58+	07:40+	04:33+	05:09+	09:09+	05:01+	05:04+	07:29+	04:35+	16:10+	08:48-	11:15+	04:51+	13:59+	09:49+	04:58+	01:07+
00:03+	00:04+	00:25#	01:19#	01:24#	00:20+	00:37#	02:24&	00:50#	01:52&	02:10&	00:11+	04:53&	00:57-	01:36#	01:10&	05:29&	02:54&	00:12+	00:19&
7	Peter Sigvardt	10	2:25:59																
03:43+	11:12+	16:55+	24:08+	32:28+	36:27+	46:42+	57:17+	61:19+	68:21+	74:12+	79:40+	94:05+	101:20+	111:46+	115:39+	132:14+	140:21+	145:04+	145:59+
03:43+	07:29+	05:43+	07:13+	08:20+	03:59+	10:15+	10:35+	04:02-	07:02+	05:51+	05:28+	14:25+	07:15-	10:26+	03:53+	16:35+	08:07+	04:43-	00:55+
00:26#	03:51@	01:42&	00:34+	02:04&	00:14-	05:43@	03:50&	00:09-	03:50@	00:32#	01:04#	03:08&	02:30-	00:47+	00:12+	08:05&	01:12#	00:03-	00:07#
8	Flemming J. Christensen	17	2:31:46																
05:39+	10:15+	15:48+	24:07+	32:51+	38:13+	43:18+	53:42+	59:58+	67:54+	76:06+	81:32+	96:32+	106:41+	117:32+	122:29+	134:47+	144:43+	150:35+	151:46+
05:39+	04:36+	05:33+	08:19+	08:44+	05:22+	05:05+	10:24+	06:16+	07:56+	08:12+	05:26+	15:00+	10:09+	10:51+	04:57+	12:18+	09:56+	05:52+	01:11+
02:22&	00:58&	01:32&	01:40&	02:28&	01:09&	00:33#	03:39&	02:05&	04:44@	02:53&	01:02#	03:43&	00:24+	01:12#	01:16&	03:48&	03:01&	01:06#	00:23&
9	Frode Harritz	7	2:49:29																
03:58+	08:45+	13:42+	22:51+	32:11+	37:24+	43:56+	54:35+	63:29+	68:29+	77:35+	85:24+	102:27+	113:44+	126:54+	132:34+	150:00+	160:54+	168:01+	169:29+
03:58+	04:47+	04:57+	09:09+	09:20+	05:13+	06:32+	10:39+	08:54+	05:00+	09:06+	07:49+	17:03+	11:17+	13:10+	05:40+	17:26+	10:54+	07:07+	01:28+
00:41#	01:09&	00:56#	02:30&	03:04&	01:00#	02:00&	03:54&	04:43@	01:48&	03:47&	03:25&	05:46&	01:32#	03:31&	01:59&	08:56@	03:59&	02:21&	00:40&
10	Lone Fyhn Olesen	10	3:07:09																
05:12+	11:25+	18:08+	30:10+	40:35+	47:18+	54:11+	66:53+	73:43+	79:01+	88:35+	94:23+	113:21+	127:16+	143:13+	148:58+	163:45+	178:53+	185:55+	187:09+
05:12+	06:13+	06:43+	12:02+	10:25+	06:43+	06:53+	12:42+	06:50+	05:18+	09:34+	05:48+	18:58+	13:55+	15:57+	05:45+	14:47+	15:08+	07:02+	01:14+
01:55&	02:35&	02:42&	05:23&	04:09&	02:30&	02:21&	05:57&	02:39&	02:06&	04:15&	01:24&	07:41&	04:10&	06:18&	02:04&	06:17&	08:13@	02:16&	00:26&
11	Rikke Brandt Jespersen	10	3:07:16																
05:12+	11:30+	18:13+	30:09+	40:34+	47:25+	54:20+	67:00+	73:36+	79:06+	88:45+	94:31+	113:17+	127:13+	143:13+	149:04+	163:52+	179:00+	186:03+	187:16+
05:12+	06:18+	06:43+	11:56+	10:25+	06:51+	06:55+	12:40+	06:36+	05:30+	09:39+	05:46+	18:46+	13:56+	16:00+	05:51+	14:48+	15:08+	07:03+	01:13+
01:55&	02:40&	02:42&	05:17&	04:09&	02:38&	02:23&	05:55&	02:25&	02:18&	04:20&	01:22&	07:29&	04:11&	06:21&	02:10&	06:18&	08:13@	02:17&	00:25&

Beste stræktid for klassen

03:06 03:38 03:57 06:39 06:16 03:59 04:28 06:45 04:02 03:12 05:19 04:03 11:17 07:15 09:10 03:38 08:30 06:55 04:43 00:48

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

20km

1	Anders Sigvardt	10	2:48:18																				
05:52=	15:32=	21:40=	25:16=	29:00=	37:19=	40:18=	44:24=	47:47=	52:01=	58:09=	80:28=	92:24=	96:55=	101:13=	107:37=	112:37=	120:14=	132:20=	139:59=	152:33=	163:03=	167:22=	168:18=
05:52=	09:40=	06:08=	03:36=	03:44=	08:19=	02:59=	04:06=	03:23=	04:14=	06:08=	22:19=	11:56=	04:31=	04:18=	06:24=	05:00=	07:37=	12:06=	07:39=	12:34=	10:30=	04:19=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Anna Movin	17	3:24:35																				
06:56+	14:28=	22:34+	29:18+	33:49+	43:23+	46:58+	51:04+	54:16+	58:16+	64:39+	85:45+	97:13+	102:22+	107:43+	116:01+	122:37+	132:28+	149:11+	161:03+	182:02+	197:02+	203:25+	204:35+
06:56+	07:32=	08:06+	06:44+	04:31+	09:34+	03:35+	04:06=	03:12=	04:00=	06:23+	21:06=	11:28=	05:09+	05:21+	08:18+	06:36+	09:51+	16:43+	11:52+	20:59+	15:00+	06:23+	01:10+
01:04#	02:08=	01:58&	03:08&	00:47#	01:15#	00:36#	00:00=	00:11=	00:14=	00:15+	01:13=	00:28=	00:38#	01:03#	01:54&	01:36&	02:14&	04:37&	04:13&	08:25&	04:30&	02:04&	00:14#

Beste stræktid for klassen																							
05:52	07:32	06:08	03:36	03:44	08:19	02:59	04:06	03:12	04:00	06:08	21:06	11:28	04:31	04:18	06:24	05:00	07:37	12:06	07:39	12:34	10:30	04:19	00:56

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

25km

1	Bjarke Refslund	Ok Pan	3:13:37																						
03:56=	06:48=	10:26=	13:45=	17:37=	21:04=	24:29=	30:49=	35:20=	39:13=	42:59=	46:04=	49:42=	52:28=	62:26=	67:25=	73:09=	78:44=	84:24=	89:58=	95:09=	98:32=	101:06=	107:57=	116:50=	119:53=
03:56=	02:52=	03:38=	03:19=	03:52=	03:27=	03:25=	06:20=	04:31=	03:53=	03:46=	03:05=	03:38=	02:46=	09:58=	04:59=	05:44=	05:35=	05:40=	05:34=	05:11=	03:23=	02:34=	06:51=	08:53=	03:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
129:29=	138:55=	150:27=	154:07=	166:51=	171:16=	179:13=	187:46=	192:33=	193:37=																
09:36=	09:26=	11:32=	03:40=	12:44=	04:25=	07:57=	08:33=	04:47=	01:04=																
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																

2	Niels Jensen	12	4:08:37																						
05:43+	15:09+	19:58+	23:52+	28:48+	33:20+	37:54+	45:32+	52:15+	58:15+	62:51+	66:35+	71:04+	74:32+	88:29+	94:39+	102:00+	109:28+	116:52+	131:28+	137:43+	141:47+	144:59+	153:19+	164:25+	170:48+
05:43+	09:26+	04:49+	03:54+	04:56+	04:32+	04:34+	07:38+	06:43+	06:00+	04:36+	03:44+	04:29+	03:28+	13:57+	06:10+	07:21+	07:28+	07:24+	14:36+	06:15+	04:04+	03:12+	08:20+	11:06+	06:23+
01:47&	06:34@	01:11&	00:35#	01:04&	01:05&	01:09&	01:18#	02:12&	02:07&	00:50#	00:39#	00:51#	00:42&	03:59&	01:11#	01:37&	01:53&	01:44&	09:02@	01:04#	00:41#	00:38#	01:29#	02:13#	03:20@
177:12+	188:40+	202:07+	206:44+	216:34+	222:09+	231:39+	242:03+	247:27+	248:37+																
06:24=	11:28+	13:27+	04:37+	09:50=	05:35+	09:30+	10:24+	05:24+	01:10+																
03:12=	02:02#	01:55#	00:57&	02:54=	01:10&	01:33#	01:51#	00:37#	00:06+																

Beste stræktid for klassen																											
03:56	02:52	03:38	03:19	03:52	03:27	03:25	06:20	04:31	03:53	03:46	03:05	03:38	02:46	09:58	04:59	05:44	05:35	05:40	05:34	05:11	03:23	02:34	06:51	08:53	03:03	06:24	09:09

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

3,5km

1	Carsten Helligsø	7	39:12																								
04:37=	09:14=	12:00=	15:06=	18:35=	21:23=	25:05=	29:07=	31:30=	35:42=	39:12=																	
04:37=	04:37=	02:46=	03:06=	03:29=	02:48=	03:42=	04:02=	02:23=	04:12=	03:30=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	

2	Inger Johansen	7	52:12																									
05:20+	10:57+	13:58+	23:27+	28:20+	31:37+	35:43+	40:00+	42:25+	48:14+	52:12+																		
05:20+	05:37+	03:01+	09:29+	04:53+	03:17+	04:06+	04:17+	02:25+	05:49+	03:58+																		
00:43#	01:00#	00:15+	06:23@	01:24&	00:29#	00:24#	00:15+	00:02+	01:37&	00:28#																		

3	Thomas Jørgensen	7	1:11:48																									
08:28+	17:47+	21:55+	28:14+	33:43+	38:11+	44:05+	53:30+	59:57+	66:35+	71:48+																		
08:28+	09:19+	04:08+	06:19+	05:29+	04:28+	05:54+	09:25+	06:27+	06:38+	05:13+																		
03:51&	04:42@	01:22&	03:13@	02:00&	01:40&	02:12&	05:23@	04:04@	02:26&	01:43&																		

Plas	Navn	Klasse	Tid
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3,5km

Beste stræktid for klassen

04:37 04:37 02:46 03:06 03:29 02:48 03:42 04:02 02:23 04:12 03:30

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

5km

1 Mogens Vennevold 18 45:26

03:10= 07:09= 09:45= 12:29= 15:13= 23:42= 27:37= 32:21= 34:48= 37:13= 40:35= 44:36= 45:26=
 03:10= 03:59= 02:36= 02:44= 02:44= 08:29= 03:55= 04:44= 02:27= 02:25= 03:22= 04:01= 00:50=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Alberte Karoline Thyssen 6 45:36

03:17+ 07:10+ 08:40- 11:50- 15:09- 20:26- 25:12- 31:34- 34:17- 36:44- 40:37+ 44:51+ 45:36+
 03:17+ 03:53- 01:30- 03:10+ 03:19+ 05:17- 04:46+ 06:22+ 02:43+ 02:27+ 03:53+ 04:14+ 00:45-
 00:07+ 00:06- 01:06- 00:26# 00:35# 03:12- 00:51# 01:38& 00:16# 00:02+ 00:31# 00:13+ 00:05-

3 Kai Hesselberg 7 47:28

03:29+ 07:25+ 09:09- 12:31+ 15:51+ 21:19- 25:44- 31:33- 34:39- 37:09- 41:11+ 46:22+ 47:28+
 03:29+ 03:56- 01:44- 03:22+ 03:20+ 05:28- 04:25+ 05:49+ 03:06+ 02:30+ 04:02+ 05:11+ 01:06+
 00:19# 00:03- 00:52- 00:38# 00:36# 03:01- 00:30# 01:05# 00:39& 00:05+ 00:40# 01:10& 00:16&

4 Anette Lund 13 50:43

03:40+ 07:49+ 10:10+ 13:13+ 16:33+ 24:42+ 28:57+ 34:59+ 37:48+ 40:23+ 44:46+ 49:37+ 50:43+
 03:40+ 04:09+ 02:21- 03:03+ 03:20+ 08:09- 04:15+ 06:02+ 02:49+ 02:35+ 04:23+ 04:51+ 01:06+
 00:30# 00:10+ 00:15- 00:19# 00:36# 00:20- 00:20+ 01:18& 00:22# 00:10+ 01:01& 00:50# 00:16&

5 Lene Stick Nielsen 20 55:44

03:59+ 08:24+ 09:57+ 13:34+ 17:10+ 25:24+ 30:48+ 36:43+ 40:13+ 43:09+ 48:06+ 54:45+ 55:44+
 03:59+ 04:25+ 01:33- 03:37+ 03:36+ 08:14- 05:24+ 05:55+ 03:30+ 02:56+ 04:57+ 06:39+ 00:59+
 00:49& 00:26# 01:03- 00:53& 00:52& 00:15- 01:29& 01:11# 01:03& 00:31# 01:35& 02:38& 00:09#

6 Lene Bejer Damgaard 20 55:57

03:59+ 08:53+ 10:31+ 13:52+ 17:22+ 25:42+ 30:58+ 36:56+ 40:25+ 43:22+ 48:19+ 54:58+ 55:57+
 03:59+ 04:54+ 01:38- 03:21+ 03:30+ 08:20- 05:16+ 05:58+ 03:29+ 02:57+ 04:57+ 06:39+ 00:59+
 00:49& 00:55# 00:58- 00:37# 00:46& 00:09- 01:21& 01:14& 01:02& 00:32# 01:35& 02:38& 00:09#

7 Carl Malling 15 56:24

04:24+ 09:00+ 10:43+ 14:21+ 18:03+ 25:42+ 31:50+ 37:48+ 41:44+ 44:43+ 49:55+ 55:23+ 56:24+
 04:24+ 04:36+ 01:43- 03:38+ 03:42+ 07:39- 06:08+ 05:58+ 03:56+ 02:59+ 05:12+ 05:28+ 01:01+
 01:14& 00:37# 00:53- 00:54& 00:58& 00:50- 02:13& 01:14& 01:29& 00:34# 01:50& 01:27& 00:11#

8 Hans Aage Hvalsøe Hansen 3 56:30

03:43+ 09:12+ 10:48+ 14:22+ 17:56+ 25:59+ 32:05+ 38:03+ 41:47+ 44:50+ 50:01+ 55:30+ 56:30+
 03:43+ 05:29+ 01:36- 03:34+ 03:34+ 08:03- 06:06+ 05:58+ 03:44+ 03:03+ 05:11+ 05:29+ 01:00+
 00:33# 01:30& 01:00- 00:50& 00:50& 00:26- 02:11& 01:14& 01:17& 00:38& 01:49& 01:28& 00:10#

9 Susanne Baun 6 59:41

04:25+ 10:09+ 12:06+ 16:03+ 20:14+ 27:05+ 33:20+ 39:17+ 43:39+ 46:26+ 51:48+ 58:33+ 59:41+
 04:25+ 05:44+ 01:57- 03:57+ 04:11+ 06:51- 06:15+ 05:57+ 04:22+ 02:47+ 05:22+ 06:45+ 01:08+
 01:15& 01:45& 00:39- 01:13& 01:27& 01:38- 02:20& 01:13& 01:55& 00:22# 02:00& 02:44& 00:18&

10 Nina Jacobsen 17 1:00:48

04:31+ 10:11+ 12:08+ 16:28+ 20:33+ 27:11+ 34:31+ 40:44+ 43:59+ 48:02+ 53:17+ 59:34+ 60:48+
 04:31+ 05:40+ 01:57- 04:20+ 04:05+ 06:38- 07:20+ 06:13+ 03:15+ 04:03+ 05:15+ 06:17+ 01:14+
 01:21& 01:41& 00:39- 01:36& 01:21& 01:51- 03:25& 01:29& 00:48& 01:38& 01:53& 02:16& 00:24&

Class	Navn	Klasse	Tid
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5km

11 Brian Grøngård 18 1:06:08

05:01+ 09:44+ 11:27+ 15:23+ 20:15+ 31:52+ 38:51+ 46:10+ 49:55+ 52:53+ 58:25+ 65:04+ 66:08+
 05:01+ 04:43+ 01:43- 03:56+ 04:52+ 11:37+ 06:59+ 07:19+ 03:45+ 02:58+ 05:32+ 06:39+ 01:04+
 01:51& 00:44# 00:53- 01:12& 02:08& 03:08& 03:04& 02:35& 01:18& 00:33# 02:10& 02:38& 00:14&

12 Hans Christian Strib 13 1:07:39

04:18+ 09:01+ 10:57+ 14:35+ 19:22+ 26:15+ 32:28+ 43:49+ 47:08+ 51:58+ 65:49+ 67:39+
 04:18+ 04:43+ 01:56+ 03:38+ 04:47+ 06:53+ 06:13+ 11:21+ 03:19+ 04:50+ 13:51+ 01:50+
 04:18+ 04:43+ 01:56+ 03:38+ 04:47+ 06:53+ 06:13+ 11:21+ 03:19+ 04:50+ 13:51+ 01:50+

13 Ole Christiansen Akif 1:08:21

04:32+ 09:52+ 11:39+ 15:30+ 19:13+ 25:56+ 31:32+ 37:55+ 44:22+ 47:50+ 52:41+ 66:09+ 68:21+
 04:32+ 05:20+ 01:47+ 03:51+ 03:43+ 06:43+ 05:36+ 06:23+ 06:27+ 03:28+ 04:51+ 13:28+ 02:12+
 04:32+ 05:20+ 01:47+ 03:51+ 03:43+ 06:43+ 05:36+ 06:23+ 06:27+ 03:28+ 04:51+ 13:28+ 02:12+

14 Pia Gade 20 1:09:21

05:26+ 12:17+ 14:58+ 19:18+ 23:59+ 31:25+ 38:43+ 46:09+ 50:25+ 53:59+ 61:04+ 68:08+ 69:21+
 05:26+ 06:51+ 02:41+ 04:20+ 04:41+ 07:26+ 07:18+ 07:26+ 04:16+ 03:34+ 07:05+ 07:04+ 01:13+
 05:26+ 06:51+ 02:41+ 04:20+ 04:41+ 07:26+ 07:18+ 07:26+ 04:16+ 03:34+ 07:05+ 07:04+ 01:13+

15 Tage Baun 6 1:10:34

05:03+ 12:18+ 14:30+ 19:28+ 24:15+ 32:14+ 39:38+ 47:22+ 51:41+ 55:16+ 61:25+ 68:55+ 70:34+
 05:03+ 07:15+ 02:12+ 04:58+ 04:47+ 07:59+ 07:24+ 07:44+ 04:19+ 03:35+ 06:09+ 07:30+ 01:39+
 05:03+ 07:15+ 02:12+ 04:58+ 04:47+ 07:59+ 07:24+ 07:44+ 04:19+ 03:35+ 06:09+ 07:30+ 01:39+

16 Birgitte Bach 20 1:13:44

05:32+ 12:22+ 14:52+ 19:57+ 24:42+ 33:15+ 41:06+ 49:07+ 53:16+ 57:19+ 64:06+ 72:13+ 73:44+
 05:32+ 06:50+ 02:30+ 05:05+ 04:45+ 08:33+ 07:51+ 08:01+ 04:09+ 04:03+ 06:47+ 08:07+ 01:31+
 05:32+ 06:50+ 02:30+ 05:05+ 04:45+ 08:33+ 07:51+ 08:01+ 04:09+ 04:03+ 06:47+ 08:07+ 01:31+

17 Ole Thy Rsok 1:18:56

05:15+ 11:52+ 14:21+ 19:29+ 24:14+ 37:32+ 45:06+ 53:17+ 58:06+ 62:38+ 69:36+ 77:37+ 78:56+
 05:15+ 06:37+ 02:29+ 05:08+ 04:45+ 13:18+ 07:34+ 08:11+ 04:49+ 04:32+ 06:58+ 08:01+ 01:19+
 05:15+ 06:37+ 02:29+ 05:08+ 04:45+ 13:18+ 07:34+ 08:11+ 04:49+ 04:32+ 06:58+ 08:01+ 01:19+

18 Rikke Holm Simonsen 7 1:19:22

06:15+ 19:39+ 21:22+ 25:41+ 29:56+ 41:27+ 48:08+ 56:56+ 61:03+ 64:25+ 70:07+ 77:53+ 79:22+
 06:15+ 13:24+ 01:43+ 04:19+ 04:15+ 11:31+ 06:41+ 08:48+ 04:07+ 03:22+ 05:42+ 07:46+ 01:29+
 06:15+ 13:24+ 01:43+ 04:19+ 04:15+ 11:31+ 06:41+ 08:48+ 04:07+ 03:22+ 05:42+ 07:46+ 01:29+

19 Anni Sørensen 7 1:33:19

07:20+ 14:59+ 19:12+ 25:18+ 31:14+ 45:54+ 53:38+ 62:28+ 66:55+ 70:51+ 79:17+ 91:49+ 93:19+
 07:20+ 07:39+ 04:13+ 06:06+ 05:56+ 14:40+ 07:44+ 08:50+ 04:27+ 03:56+ 08:26+ 12:32+ 01:30+
 07:20+ 07:39+ 04:13+ 06:06+ 05:56+ 14:40+ 07:44+ 08:50+ 04:27+ 03:56+ 08:26+ 12:32+ 01:30+

20 Holger Mikkelsen 10 1:38:12

06:05+ 20:49+ 23:34+ 30:57+ 36:37+ 51:25+ 59:39+ 68:14+ 74:49+ 79:01+ 86:19+ 96:23+ 98:12+
 06:05+ 14:44+ 02:45+ 07:23+ 05:40+ 14:48+ 08:14+ 08:35+ 06:35+ 04:12+ 07:18+ 10:04+ 01:49+
 06:05+ 14:44+ 02:45+ 07:23+ 05:40+ 14:48+ 08:14+ 08:35+ 06:35+ 04:12+ 07:18+ 10:04+ 01:49+

Beste stræktid for klassen

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

8km

Class	Navn	Klasse											Tid				
8km																	
1	Carsten Thyssen	6											1:01:28				
	04:00=	06:04=	08:34=	11:29=	14:40=	16:02=	19:32=	21:51=	27:26=	30:45=	34:55=	39:12=	47:10=	56:39=	60:37=	61:28=	
	04:00=	02:04=	02:30=	02:55=	03:11=	01:22=	03:30=	02:19=	05:35=	03:19=	04:10=	04:17=	07:58=	09:29=	03:58=	00:51=	
	00:00=	00:00=	00:00=	00:00=	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	Jan Thomsen	Ok Pan											1:05:22				
	04:01+	06:06+	08:36+	11:35+	14:43+	16:05+	19:36+	21:57+	27:41+	31:29+	34:50+	39:14+	48:04+	59:41+	64:27+	65:22+	
	04:01+	02:05+	02:30+	02:59+	03:08+	01:22+	03:31+	02:21+	05:44+	03:48+	03:21+	04:24+	08:50+	11:37+	04:46+	00:55+	
	04:01+	02:05+	02:30+	02:59+	03:08+	01:22+	03:31+	02:21+	05:44+	03:48+	03:21+	04:24+	08:50+	11:37+	04:46+	00:55+	
3	Jess Rasmussen	20											1:08:40				
	04:10+	06:25+	09:00+	12:13+	15:33+	17:05+	20:45+	23:41+	29:50+	33:24+	37:01+	41:20+	51:21+	63:08+	67:35+	68:40+	
	04:10+	02:15+	02:35+	03:13+	03:20+	01:32+	03:40+	02:56+	06:09+	03:34+	03:37+	04:19+	10:01+	11:47+	04:27+	01:05+	
	04:10+	02:15+	02:35+	03:13+	03:20+	01:32+	03:40+	02:56+	06:09+	03:34+	03:37+	04:19+	10:01+	11:47+	04:27+	01:05+	
4	Mads Jacobsen	17											1:13:30				
	04:31+	06:39+	09:10+	12:45+	15:58+	18:05+	22:08+	24:59+	30:58+	34:38+	38:01+	43:06+	57:06+	68:15+	72:32+	73:30+	
	04:31+	02:08+	02:31+	03:35+	03:13+	02:07+	04:03+	02:51+	05:59+	03:40+	03:23+	05:05+	14:00+	11:09+	04:17+	00:58+	
	04:31+	02:08+	02:31+	03:35+	03:13+	02:07+	04:03+	02:51+	05:59+	03:40+	03:23+	05:05+	14:00+	11:09+	04:17+	00:58+	
5	Mads Schulz Bak-Jensen	19											1:14:08				
	04:26+	06:30+	09:02+	12:29+	16:13+	18:00+	21:51+	24:56+	30:51+	35:17+	38:44+	43:46+	57:05+	68:35+	73:03+	74:08+	
	04:26+	02:04+	02:32+	03:27+	03:44+	01:47+	03:51+	03:05+	05:55+	04:26+	03:27+	05:02+	13:19+	11:30+	04:28+	01:05+	
	04:26+	02:04+	02:32+	03:27+	03:44+	01:47+	03:51+	03:05+	05:55+	04:26+	03:27+	05:02+	13:19+	11:30+	04:28+	01:05+	
6	Susanne Loft Thyssen	6											1:15:58				
	04:47+	07:03+	09:54+	13:48+	18:21+	19:56+	24:02+	27:13+	33:50+	37:22+	41:11+	47:44+	57:46+	70:13+	74:55+	75:58+	
	04:47+	02:16+	02:51+	03:54+	04:33+	01:35+	04:06+	03:11+	06:37+	03:32+	03:49+	06:33+	10:02+	12:27+	04:42+	01:03+	
	04:47+	02:16+	02:51+	03:54+	04:33+	01:35+	04:06+	03:11+	06:37+	03:32+	03:49+	06:33+	10:02+	12:27+	04:42+	01:03+	
7	Keld Gade	20											1:16:04				
	04:33+	07:01+	09:46+	13:41+	17:53+	19:13+	22:58+	25:59+	34:41+	38:43+	43:02+	47:46+	58:09+	70:13+	75:03+	76:04+	
	04:33+	02:28+	02:45+	03:55+	04:12+	01:20+	03:45+	03:01+	08:42+	04:02+	04:19+	04:44+	10:23+	12:04+	04:50+	01:01+	
	04:33+	02:28+	02:45+	03:55+	04:12+	01:20+	03:45+	03:01+	08:42+	04:02+	04:19+	04:44+	10:23+	12:04+	04:50+	01:01+	
8	Thomas Ullner	11											1:24:37				
	04:36+	07:02+	09:58+	13:55+	18:33+	19:56+	24:00+	27:13+	33:53+	37:24+	41:12+	52:57+	64:40+	77:41+	83:22+	84:37+	
	04:36+	02:26+	02:56+	03:57+	04:38+	01:23+	04:04+	03:13+	06:40+	03:31+	03:48+	11:45+	11:43+	13:01+	05:41+	01:15+	
	04:36+	02:26+	02:56+	03:57+	04:38+	01:23+	04:04+	03:13+	06:40+	03:31+	03:48+	11:45+	11:43+	13:01+	05:41+	01:15+	
9	Elise Utzen Keller	6											1:32:20				
	04:51+	07:07+	10:02+	13:58+	18:31+	19:49+	24:55+	29:57+	44:44+	49:04+	54:43+	62:43+	72:38+	85:29+	91:32+	92:20+	
	04:51+	02:16+	02:55+	03:56+	04:33+	01:18+	05:06+	05:02+	14:47+	04:20+	05:39+	08:00+	09:55+	12:51+	06:03+	00:48+	
	04:51+	02:16+	02:55+	03:56+	04:33+	01:18+	05:06+	05:02+	14:47+	04:20+	05:39+	08:00+	09:55+	12:51+	06:03+	00:48+	
10	Britt Hermanrud	17											1:33:09				
	06:11+	12:22+	15:50+	20:13+	25:46+	28:04+	32:38+	36:54+	44:53+	50:20+	54:43+	60:52+	72:46+	86:04+	91:56+	93:09+	
	06:11+	06:11+	03:28+	04:23+	05:33+	02:18+	04:34+	04:16+	07:59+	05:27+	04:23+	06:09+	11:54+	13:18+	05:52+	01:13+	
	06:11+	06:11+	03:28+	04:23+	05:33+	02:18+	04:34+	04:16+	07:59+	05:27+	04:23+	06:09+	11:54+	13:18+	05:52+	01:13+	
12	Frede Rasmussen	5											1:39:31				
	06:06+	13:44+	17:06+	21:58+	26:41+	28:49+	33:25+	37:06+	44:16+	48:40+	54:24+	63:05+	76:17+	90:29+	98:07+	99:31+	
	06:06+	07:38+	03:22+	04:52+	04:43+	02:08+	04:36+	03:41+	07:10+	04:24+	05:44+	08:41+	13:12+	14:12+	07:38+	01:24+	
	06:06+	07:38+	03:22+	04:52+	04:43+	02:08+	04:36+	03:41+	07:10+	04:24+	05:44+	08:41+	13:12+	14:12+	07:38+	01:24+	
13	Gitte Isen	5											1:43:50				
	06:28+	11:02+	15:01+	20:09+	25:49+	27:47+	32:43+	36:41+	45:21+	50:55+	56:17+	63:04+	77:23+	94:28+	102:22+	103:50+	
	06:28+	04:34+	03:59+	05:08+	05:40+	01:58+	04:56+	03:58+	08:40+	05:34+	05:22+	06:47+	14:19+	17:05+	07:54+	01:28+	
	06:28+	04:34+	03:59+	05:08+	05:40+	01:58+	04:56+	03:58+	08:40+	05:34+	05:22+	06:47+	14:19+	17:05+	07:54+	01:28+	

Pluss	Navn	Klasse											Tid			
8km																
14	Kirsten Elisabet Andersen	7											1:49:21			
05:39+	14:12+	17:42+	22:38+	27:44+	29:26+	34:02+	38:19+	46:46+	53:03+	58:09+	64:10+	79:06+	97:00+	108:06+	109:21+	
05:39+	08:33+	03:30+	04:56+	05:06+	01:42+	04:36+	04:17+	08:27+	06:17+	05:06+	06:01+	14:56+	17:54+	11:06+	01:15+	
05:39+	08:33+	03:30+	04:56+	05:06+	01:42+	04:36+	04:17+	08:27+	06:17+	05:06+	06:01+	14:56+	17:54+	11:06+	01:15+	
15	Gert Bertel	7											1:49:26			
05:49+	13:58+	17:36+	22:31+	27:41+	29:21+	34:09+	38:24+	46:48+	52:59+	58:02+	64:14+	79:01+	97:11+	108:16+	109:26+	
05:49+	08:09+	03:38+	04:55+	05:10+	01:40+	04:48+	04:15+	08:24+	06:11+	05:03+	06:12+	14:47+	18:10+	11:05+	01:10+	
05:49+	08:09+	03:38+	04:55+	05:10+	01:40+	04:48+	04:15+	08:24+	06:11+	05:03+	06:12+	14:47+	18:10+	11:05+	01:10+	
16	Signe Jensen	12											1:50:16			
06:41+	11:26+	15:35+	21:00+	29:50+	32:21+	37:39+	41:56+	51:20+	57:04+	62:16+	68:31+	82:45+	101:31+	108:54+	110:16+	
06:41+	04:45+	04:09+	05:25+	08:50+	02:31+	05:18+	04:17+	09:24+	05:44+	05:12+	06:15+	14:14+	18:46+	07:23+	01:22+	
06:41+	04:45+	04:09+	05:25+	08:50+	02:31+	05:18+	04:17+	09:24+	05:44+	05:12+	06:15+	14:14+	18:46+	07:23+	01:22+	
17	Bjarne Christensen	17											1:52:15			
06:17+	12:15+	16:10+	21:16+	27:02+	30:57+	37:15+	41:31+	51:13+	56:46+	62:19+	68:45+	84:05+	103:09+	110:47+	112:15+	
06:17+	05:58+	03:55+	05:06+	05:46+	03:55+	06:18+	04:16+	09:42+	05:33+	05:33+	06:26+	15:20+	19:04+	07:38+	01:28+	
06:17+	05:58+	03:55+	05:06+	05:46+	03:55+	06:18+	04:16+	09:42+	05:33+	05:33+	06:26+	15:20+	19:04+	07:38+	01:28+	
18	Uffe Bach	11											1:57:18			
06:40+	10:11+	14:35+	20:36+	26:30+	29:10+	35:46+	40:30+	50:46+	56:46+	62:14+	70:09+	86:15+	106:40+	115:33+	117:18+	
06:40+	03:31+	04:24+	06:01+	05:54+	02:40+	06:36+	04:44+	10:16+	06:00+	05:28+	07:55+	16:06+	20:25+	08:53+	01:45+	
06:40+	03:31+	04:24+	06:01+	05:54+	02:40+	06:36+	04:44+	10:16+	06:00+	05:28+	07:55+	16:06+	20:25+	08:53+	01:45+	
19	Marie Sørensen	7											2:03:10			
07:04+	11:47+	16:34+	21:18+	27:58+	30:58+	37:30+	42:18+	54:00+	59:47+	66:02+	75:07+	92:54+	114:06+	121:58+	123:10+	
07:04+	04:43+	04:47+	04:44+	06:40+	03:00+	06:32+	04:48+	11:42+	05:47+	06:15+	09:05+	17:47+	21:12+	07:52+	01:12+	
07:04+	04:43+	04:47+	04:44+	06:40+	03:00+	06:32+	04:48+	11:42+	05:47+	06:15+	09:05+	17:47+	21:12+	07:52+	01:12+	
20	Lau Sørensen	7											2:03:14			
06:52+	11:44+	16:28+	21:22+	28:01+	30:53+	37:26+	42:20+	53:55+	59:45+	65:59+	75:00+	92:49+	114:08+	121:54+	123:14+	
06:52+	04:52+	04:44+	04:54+	06:39+	02:52+	06:33+	04:54+	11:35+	05:50+	06:14+	09:01+	17:49+	21:19+	07:46+	01:20+	
06:52+	04:52+	04:44+	04:54+	06:39+	02:52+	06:33+	04:54+	11:35+	05:50+	06:14+	09:01+	17:49+	21:19+	07:46+	01:20+	
21	Torben Isen	5											2:10:58			
06:23+	10:57+	14:58+	20:35+	26:33+	28:39+	33:56+	38:21+	48:59+	54:38+	61:12+	69:15+	100:51+	119:54+	129:29+	130:58+	
06:23+	04:34+	04:01+	05:37+	05:58+	02:06+	05:17+	04:25+	10:38+	05:39+	06:34+	08:03+	31:36+	19:03+	09:35+	01:29+	
06:23+	04:34+	04:01+	05:37+	05:58+	02:06+	05:17+	04:25+	10:38+	05:39+	06:34+	08:03+	31:36+	19:03+	09:35+	01:29+	

Beste stræktid for klassen

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