

# MJ-Supervinterlang 2

# Stræktider

# Ådalen-Donsø-m.m.-01-01-2024

Plads Navn Klasse

Tid

15km

## 1 flemming Jørgensen

12

1:52:31

05:53= 06:51= 09:37= 12:23= 15:16= 18:46= 21:22= 23:32= 26:11= 30:10= 34:06= 36:46= 42:36= 49:38= 52:26= 56:07= 58:42= 62:20= 70:05= 79:37= 84:14= 89:28= 92:26= 95:48= 104:43= 108:27=  
 05:53= 00:58= 02:46= 02:46= 02:53= 03:30= 02:36= 02:10= 02:39= 03:59= 03:56= 02:40= 05:50= 07:02= 02:48= 03:41= 02:35= 03:38= 07:45= 09:32= 04:37= 05:14= 02:58= 03:22= 08:55= 03:44=  
 00:00=

## 2 Jimmi Olsen

11

2:01:49

05:46- 06:55+ 09:47+ 12:43+ 16:02+ 19:41+ 22:11+ 24:38+ 28:38+ 33:01+ 37:23+ 40:18+ 46:53+ 53:25+ 56:29+ 60:41+ 63:23+ 67:33+ 75:52+ 86:29+ 91:35+ 97:42+ 100:52+ 104:39+ 114:01+ 118:24+  
 05:46- 01:09+ 02:52+ 02:56+ 03:19+ 03:39+ 02:30- 02:27+ 04:00+ 04:23+ 04:22+ 02:55+ 06:35+ 06:32- 03:04+ 04:12+ 02:42+ 04:10+ 08:19+ 10:37+ 05:06+ 06:07+ 03:10+ 03:47+ 09:22+ 04:23+  
 00:07- 00:11# 00:06+ 00:10+ 00:26# 00:09+ 00:06- 00:17# 01:21& 00:24# 00:26# 00:15+ 00:45# 00:30- 00:16+ 00:31# 00:07+ 00:32# 00:34+ 01:05# 00:29# 00:53# 00:12+ 00:25# 00:27+ 00:39#  
 120:19+ 121:49+  
 01:55- 01:30-  
 00:01- 00:38-

## 3 Peter Villadsen

9

2:06:12

05:35- 06:32- 09:15- 12:06- 15:00- 18:27- 20:50- 23:28- 26:25+ 30:38+ 34:59+ 37:38+ 45:02+ 51:11+ 53:58+ 58:10+ 60:53+ 65:16+ 74:20+ 85:00+ 90:03+ 95:50+ 98:43+ 101:55+ 118:20+ 122:42+  
 05:35- 00:57- 02:43- 02:51+ 02:54+ 03:27- 02:23- 02:38+ 02:57+ 04:13+ 04:21+ 02:39- 07:24+ 06:09- 02:47- 04:12+ 02:43+ 04:23+ 09:04+ 10:40+ 05:03+ 05:47+ 02:53- 03:12- 16:25+ 04:22+  
 00:18- 00:01- 00:03- 00:05+ 00:01+ 00:03- 00:13- 00:28# 00:18# 00:14+ 00:25# 00:01- 01:34& 00:53- 00:01- 00:31# 00:08+ 00:45# 01:19# 01:08# 00:26+ 00:33# 00:05- 00:10- 07:30& 00:38#  
 124:36+ 126:12+  
 01:54- 01:36-  
 00:02- 00:32-

## 4 Michael Filyo

9

2:07:24

06:18+ 07:30+ 10:16+ 13:22+ 16:38+ 21:12+ 23:33+ 28:00+ 31:13+ 37:14+ 41:52+ 44:57+ 50:58+ 57:15+ 60:17+ 63:35+ 66:18+ 70:17+ 78:34+ 87:59+ 95:00+ 102:12+ 105:14+ 108:50+ 120:01+ 123:56+  
 06:18+ 01:12+ 02:46= 03:06+ 03:16+ 04:34+ 02:21- 04:27+ 03:13+ 06:01+ 04:38+ 03:05+ 06:01+ 06:17- 03:02+ 03:18- 02:43+ 03:59+ 08:17+ 09:25- 07:01+ 07:12+ 03:02+ 03:36+ 11:11+ 03:55+  
 00:25+ 00:14# 00:00= 00:20# 00:23# 01:04& 00:15- 02:17@ 00:34# 02:02& 00:42# 00:25# 00:11+ 00:45- 00:14+ 00:23- 00:08+ 00:21+ 00:32+ 00:07- 02:24& 01:58& 00:04+ 00:14+ 02:16& 00:11+  
 125:52+ 127:24+  
 01:56= 01:32-  
 00:00= 00:36-

## 5 Kenn Heldgaard Kristensen

3

2:13:23

07:29+ 08:43+ 12:10+ 15:42+ 19:29+ 24:37+ 27:12+ 29:57+ 33:34+ 38:33+ 44:02+ 47:27+ 54:38+ 61:49+ 65:20+ 69:10+ 72:09+ 76:32+ 85:46+ 97:26+ 102:41+ 109:08+ 112:25+ 116:18+ 125:45+ 129:51+  
 07:29+ 01:14+ 03:27+ 03:32+ 03:47+ 05:08+ 02:35- 02:45+ 03:37+ 04:59+ 05:29+ 03:25+ 07:11+ 07:11+ 03:31+ 03:50+ 02:59+ 04:23+ 09:14+ 11:40+ 05:15+ 06:27+ 03:17+ 03:53+ 09:27+ 04:06+  
 01:36& 00:16& 00:41# 00:46& 00:54& 01:38& 00:01- 00:35& 00:58& 01:00& 01:33& 00:45& 01:21# 00:09+ 00:43& 00:09+ 00:24# 00:45# 01:29# 02:08# 00:38# 01:13# 00:19# 00:31# 00:32+ 00:22+  
 131:53+ 133:23+  
 02:02+ 01:30-  
 00:06+ 00:38-

## 6 Søren Andersen

3

2:30:30

07:40+ 08:50+ 12:01+ 15:46+ 19:57+ 24:38+ 27:25+ 30:23+ 33:34+ 38:43+ 43:36+ 46:53+ 54:33+ 61:55+ 65:32+ 69:38+ 72:56+ 77:41+ 87:21+ 98:31+ 109:33+ 116:48+ 120:14+ 125:18+ 142:08+ 146:23+  
 07:40+ 01:10+ 03:11+ 03:45+ 04:11+ 04:41+ 02:47+ 02:58+ 03:11+ 05:09+ 04:53+ 03:17+ 07:40+ 07:22+ 03:37+ 04:06+ 03:18+ 04:45+ 09:40+ 11:10+ 11:02+ 07:15+ 03:26+ 05:04+ 16:50+ 04:15+  
 01:47& 00:12# 00:25# 00:59& 01:18& 01:11& 00:11+ 00:48& 00:32# 01:10& 00:57# 00:37# 01:50& 00:20+ 00:49& 00:25# 00:43& 01:07& 01:55# 01:38# 06:25@ 02:01& 00:28# 01:42& 07:55& 00:31#  
 148:45+ 150:30+  
 02:22+ 01:45-  
 00:26# 00:23-

## 7 Jørgen Pedersen

1

2:32:07

06:59+ 14:00+ 17:27+ 20:47+ 25:01+ 27:56+ 33:02+ 37:01+ 41:59+ 46:40+ 49:45+ 58:08+ 64:50+ 68:14+ 72:38+ 75:42+ 80:29+ 90:04+ 102:57+ 108:57+ 115:56+ 119:39+ 123:44+ 139:50+ 146:18+ 149:26+  
 06:59+ 07:01+ 03:27+ 03:20+ 04:14+ 02:55- 05:06+ 03:59+ 04:58+ 04:41+ 03:05- 08:23+ 06:42+ 03:24- 04:24+ 03:04- 04:47+ 09:35+ 12:53+ 06:00- 06:59+ 03:43- 04:05+ 16:06+ 06:28- 03:08-  
 01:06# 06:03@ 00:41# 00:34# 01:21& 00:35- 02:30& 01:49& 02:19& 00:42# 00:51- 05:43@ 00:52# 03:38- 01:36& 00:37- 02:12& 05:57@ 05:08& 03:32- 02:22& 01:31- 01:07& 12:44@ 02:27- 00:36-  
 152:07+  
 02:41+  
 00:45&

### 15km

<b>8</b>	<b>Johan Nielsen</b>	<b>NOTEAM</b>	<b>2:34:07</b>																						
06:34+	07:47+	14:48+	18:18+	22:59+	27:27+	30:53+	33:50+	36:53+	42:07+	46:48+	49:51+	61:03+	67:46+	71:13+	77:29+	80:34+	84:51+	95:30+	108:46+	116:15+	122:27+	125:39+	129:26+	145:39+	150:19+
06:34+	01:13+	07:01+	03:30+	04:41+	04:28+	03:26+	02:57+	03:03+	05:14+	04:41+	03:03+	11:12+	06:43-	03:27+	06:16+	03:05+	04:17+	10:39+	13:16+	07:29+	06:12+	03:12+	03:47+	16:13+	04:40+
00:41#	00:15&	04:15@	00:44&	01:48&	00:58&	00:50&	00:47&	00:24#	01:15&	00:45#	00:23#	05:22&	00:19-	00:39#	02:35&	00:30#	00:39#	02:54&	03:44&	02:52&	00:58#	00:14+	00:25#	07:18&	00:56#
152:24+	154:07+																								
02:05+	01:43-																								
00:09+	00:25-																								

<b>9</b>	<b>Peter Jensen</b>	<b>11</b>	<b>2:39:47</b>																						
06:38+	07:54+	11:19+	14:52+	18:26+	22:45+	26:01+	29:01+	32:07+	37:50+	43:06+	46:56+	55:13+	62:09+	66:08+	71:09+	74:49+	79:39+	90:09+	114:43+	122:49+	130:03+	134:23+	139:23+	150:29+	155:06+
06:38+	01:16+	03:25+	03:33+	03:34+	04:19+	03:16+	03:00+	03:06+	05:43+	05:16+	03:50+	08:17+	06:56+	03:59+	05:01+	03:40+	04:50+	10:30+	24:34+	08:06+	07:14+	04:20+	05:00+	11:06+	04:37+
06:38+	01:16+	03:25+	03:33+	03:34+	04:19+	03:16+	03:00+	03:06+	05:43+	05:16+	03:50+	08:17+	06:56+	03:59+	05:01+	03:40+	04:50+	10:30+	24:34+	08:06+	07:14+	04:20+	05:00+	11:06+	04:37+
157:32+	159:47+																								
02:26+	02:15+																								
02:26+	02:15+																								

<b>11</b>	<b>Flemming Kristensen</b>	<b>9</b>	<b>2:43:31</b>																						
08:49+	12:55+	17:01+	21:01+	25:12+	33:13+	37:18+	41:19+	45:37+	52:22+	59:04+	64:04+	77:22+	86:56+	91:14+	101:32+	105:26+	111:35+	126:34+	147:29+	163:31+					
08:49+	04:06+	04:06+	04:06+	04:11+	08:01+	04:05+	04:01+	04:18+	06:45+	06:42+	05:00+	13:18+	09:34+	04:18+	10:18+	03:54+	06:09+	14:59+	20:55+	16:02+					
08:49+	04:06+	04:06+	04:06+	04:11+	08:01+	04:05+	04:01+	04:18+	06:45+	06:42+	05:00+	13:18+	09:34+	04:18+	10:18+	03:54+	06:09+	14:59+	20:55+	16:02+					

<b>12</b>	<b>Peter Sigvardt</b>	<b>7</b>	<b>2:45:35</b>																						
08:36+	09:36+	13:25+	16:23+	19:46+	24:29+	27:23+	33:03+	36:04+	41:46+	46:15+	49:16+	57:29+	66:10+	69:10+	73:28+	76:54+	81:13+	89:31+	108:53+	113:48+	120:30+	123:34+	155:26+	160:47+	163:58+
08:36+	01:00+	03:49+	02:58+	03:23+	04:43+	02:54+	05:40+	03:01+	05:42+	04:29+	03:01+	08:13+	08:41+	03:00+	04:18+	03:26+	04:19+	08:18+	19:22+	04:55+	06:42+	03:04+	31:52+	05:21+	03:11+
08:36+	01:00+	03:49+	02:58+	03:23+	04:43+	02:54+	05:40+	03:01+	05:42+	04:29+	03:01+	08:13+	08:41+	03:00+	04:18+	03:26+	04:19+	08:18+	19:22+	04:55+	06:42+	03:04+	31:52+	05:21+	03:11+
165:35+																									
01:37+																									
01:37+																									

<b>13</b>	<b>Søren Meldgaard</b>	<b>11</b>	<b>2:55:26</b>																					
06:35+	08:55+	12:32+	15:54+	19:30+	24:30+	28:03+	34:19+	38:01+	43:34+	49:44+	53:56+	62:19+	69:05+	72:15+	77:37+	80:55+	85:55+	94:48+	110:21+	123:04+	165:10+	170:54+	173:41+	175:26+
06:35+	02:20+	03:37+	03:22+	03:36+	05:00+	03:33+	06:16+	03:42+	05:33+	06:10+	04:12+	08:23+	06:46+	03:10+	05:22+	03:18+	05:00+	08:53+	15:33+	12:43+	42:06+	05:44+	02:47+	01:45+
06:35+	02:20+	03:37+	03:22+	03:36+	05:00+	03:33+	06:16+	03:42+	05:33+	06:10+	04:12+	08:23+	06:46+	03:10+	05:22+	03:18+	05:00+	08:53+	15:33+	12:43+	42:06+	05:44+	02:47+	01:45+

<b>14</b>	<b>Frode Harritz</b>	<b>5</b>	<b>3:13:45</b>																						
07:53+	10:35+	15:33+	19:27+	23:28+	28:42+	32:36+	36:13+	40:58+	48:24+	54:38+	58:45+	68:32+	76:53+	81:27+	87:28+	91:16+	97:04+	108:43+	131:20+	139:25+	147:07+	153:16+	159:39+	182:14+	188:29+
07:53+	02:42+	04:58+	03:54+	04:01+	05:14+	03:54+	03:37+	04:45+	07:26+	06:14+	04:07+	09:47+	08:21+	04:34+	06:01+	03:48+	05:48+	11:39+	22:37+	08:05+	07:42+	06:09+	06:23+	22:35+	06:15+
07:53+	02:42+	04:58+	03:54+	04:01+	05:14+	03:54+	03:37+	04:45+	07:26+	06:14+	04:07+	09:47+	08:21+	04:34+	06:01+	03:48+	05:48+	11:39+	22:37+	08:05+	07:42+	06:09+	06:23+	22:35+	06:15+
191:42+	193:45+																								
03:13+	02:03+																								
03:13+	02:03+																								

### Beste stræktid for klassen

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

### 20km

<b>1</b>	<b>Mikael Halberg Martinsen</b>	<b>9</b>	<b>2:57:42</b>																						
03:22=	08:15=	11:07=	15:01=	18:08=	25:24=	28:30=	30:04=	32:49=	37:30=	41:27=	46:24=	50:28=	53:57=	59:41=	67:21=	73:22=	76:09=	79:22=	81:46=	85:02=	91:09=	95:12=	104:12=	111:45=	116:24=
03:22=	04:53=	02:52=	03:54=	03:07=	07:16=	03:06=	01:34=	02:45=	04:41=	03:57=	04:57=	04:04=	03:29=	05:44=	07:40=	06:01=	02:47=	03:13=	02:24=	03:16=	06:07=	04:03=	09:00=	07:33=	04:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
124:47=	128:57=	136:35=	144:27=	174:50=	177:42=																				
08:23=	04:10=	07:38=	07:52=	30:23=	02:52=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

Pluss	Navn	Klasse	Tid
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## 20km

2	Anders Sigvardt	7	3:05:31																						
03:25+	07:41-	11:02-	16:09+	19:29+	22:03-	25:02-	26:47-	29:09-	31:52-	35:57-	41:33-	45:57-	49:33-	54:10-	60:16-	66:15-	69:03-	72:43-	75:29-	79:01-	89:06-	94:32-	104:12=	111:08-	118:28+
03:25+	04:16-	03:21+	05:07+	03:20+	02:34-	02:59-	01:45+	02:22-	02:43-	04:05+	05:36+	04:24+	03:36+	04:37-	06:06-	05:59-	02:48+	03:40+	02:46+	03:32+	10:05+	05:26+	09:40+	06:56-	07:20+
00:03+	00:37-	00:29#	01:13&	00:13+	04:42-	00:07-	00:11#	00:23-	01:58-	00:08+	00:39#	00:20+	00:07+	01:07-	01:34-	00:02-	00:01+	00:27#	00:22#	00:16+	03:58&	01:23&	00:40+	00:37-	02:41&
123:46-	129:45+	135:33-	144:03-	188:26+	190:49+	193:50+	195:31+																		
05:18-	05:59+	05:48-	08:30+	44:23+	02:23-	03:01+	01:41+																		
03:05-	01:49&	01:50-	00:38+	14:00&	00:29-	03:01+	01:41+																		

### Beste stræktid for klassen

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

## 3,5km

1	Carsten Helligsø	5	46:09										
02:44=	07:19=	14:03=	15:42=	19:48=	22:13=	24:23=	26:16=	29:38=	33:30=	38:42=	41:19=	44:00=	46:09=
02:44=	04:35=	06:44=	01:39=	04:06=	02:25=	02:10=	01:53=	03:22=	03:52=	05:12=	02:37=	02:41=	02:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Inger Johansen	5	48:34										
03:03+	07:39+	15:04+	16:33+	20:19+	22:05-	26:25+	28:25+	31:48+	36:03+	40:57+	43:40+	46:20+	48:34+
03:03+	04:36+	07:25+	01:29-	03:46-	01:46-	04:20+	02:00+	03:23+	04:15+	04:54-	02:43+	02:40-	02:14+
00:19#	00:01+	00:41#	00:10-	00:20-	00:39-	02:10&	00:07+	00:01+	00:23+	00:18-	00:06+	00:01-	00:05+

3	Palle Møller Nielsen	7	51:18					
02:54+	05:56-	09:36-	17:23+	26:17+	33:22+	41:00+	46:25+	51:18+
02:54+	03:02-	03:40-	07:47+	08:54+	07:05+	07:38+	05:25+	04:53+
00:10+	01:33-	03:04-	06:08@	04:48@	04:40@	05:28@	03:32@	01:31&

4	Svend Erik Skovsgaard	11	1:02:44										
04:26+	10:34+	20:05+	22:00+	26:55+	29:15+	31:46+	34:45+	40:13+	45:34+	51:17+	55:09+	58:57+	62:44+
04:26+	06:08+	09:31+	01:55+	04:55+	02:20-	02:31+	02:59+	05:28+	05:21+	05:43+	03:52+	03:48+	03:47+
01:42&	01:33&	02:47&	00:16#	00:49#	00:05-	00:21#	01:06&	02:06&	01:29&	00:31+	01:15&	01:07&	01:38&

5	Anders Braaten	13	1:28:18										
04:46+	12:15+	24:15+	27:42+	35:52+	40:42+	43:08+	47:40+	54:02+	63:24+	72:18+	80:59+	86:18+	88:18+
04:46+	07:29+	12:00+	03:27+	08:10+	04:50+	02:26+	04:32+	06:22+	09:22+	08:54+	08:41+	05:19+	02:00-
02:02&	02:54&	05:16&	01:48@	04:04&	02:25&	00:16#	02:39@	03:00&	05:30@	03:42&	06:04@	02:38&	00:09-

6	Thea Martinsen	13	1:28:35										
04:47+	12:09+	24:18+	27:44+	35:47+	40:46+	43:03+	47:46+	54:07+	63:27+	72:22+	81:04+	86:22+	88:35+
04:47+	07:22+	12:09+	03:26+	08:03+	04:59+	02:17+	04:43+	06:21+	09:20+	08:55+	08:42+	05:18+	02:13+
02:03&	02:47&	05:25&	01:47@	03:57&	02:34@	00:07+	02:50@	02:59&	05:28@	03:43&	06:05@	02:37&	00:04+

### Beste stræktid for klassen

02:44 03:02 03:40 01:29 03:46 01:46 02:10 01:53 03:22 03:52 04:54 02:37 02:40 02:00

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

## 5km

1	Mogens Vennevold	10	51:32											
03:54=	09:34=	12:49=	13:42=	17:59=	19:21=	22:50=	25:57=	29:23=	34:01=	41:57=	46:09=	47:58=	50:03=	51:32=
03:54=	05:40=	03:15=	00:53=	04:17=	01:22=	03:29=	03:07=	03:26=	04:38=	07:56=	04:12=	01:49=	02:05=	01:29=
00:00=	00:00=	00:00=	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	
<b>5km</b>															
<b>2</b>	<b>Kai Hesselberg</b>	<b>5</b>												<b>52:18</b>	
04:16+	10:09+	14:22+	15:24+	19:05+	20:57+	22:37-	26:15+	29:15-	32:58-	37:55-	42:15-	46:01-	48:14-	52:18+	
04:16+	05:53+	04:13+	01:02+	03:41-	01:52+	01:40-	03:38+	03:00-	03:43-	04:57-	04:20+	03:46+	02:13+	04:04+	
00:22+	00:13+	00:58&	00:09#	00:36-	00:30&	01:49-	00:31#	00:26-	00:55-	02:59-	00:08+	01:57@	00:08+	02:35@	
<b>3</b>	<b>Jørgen Münster-Swendsen</b>	<b>9</b>												<b>53:02</b>	
04:17+	09:46+	12:39+	13:37+	16:55+	18:25+	20:03+	24:13+	27:44+	32:00+	37:13+	41:40+	45:57+	47:49+	50:40+	53:02+
04:17+	05:29+	02:53+	00:58+	03:18+	01:30+	01:38+	04:10+	03:31+	04:16+	05:13+	04:27+	04:17+	01:52+	02:51+	02:22+
04:17+	05:29+	02:53+	00:58+	03:18+	01:30+	01:38+	04:10+	03:31+	04:16+	05:13+	04:27+	04:17+	01:52+	02:51+	02:22+
<b>4</b>	<b>Varny Vestergaard</b>	<b>10</b>												<b>54:24</b>	
03:13+	09:53+	13:37+	15:02+	19:09+	20:51+	22:41+	26:55+	30:08+	33:32+	39:27+	43:44+	47:50+	49:56+	52:22+	54:24+
03:13+	06:40+	03:44+	01:25+	04:07+	01:42+	01:50+	04:14+	03:13+	03:24+	05:55+	04:17+	04:06+	02:06+	02:26+	02:02+
03:13+	06:40+	03:44+	01:25+	04:07+	01:42+	01:50+	04:14+	03:13+	03:24+	05:55+	04:17+	04:06+	02:06+	02:26+	02:02+
<b>5</b>	<b>Poul Erik Buch</b>	<b>8</b>												<b>54:42</b>	
04:34+	10:44+	14:03+	15:06+	18:11+	19:47+	21:24+	26:58+	30:25+	34:08+	39:07+	43:42+	47:35+	49:40+	52:16+	54:42+
04:34+	06:10+	03:19+	01:03+	03:05+	01:36+	01:37+	05:34+	03:27+	03:43+	04:59+	04:35+	03:53+	02:05+	02:36+	02:26+
04:34+	06:10+	03:19+	01:03+	03:05+	01:36+	01:37+	05:34+	03:27+	03:43+	04:59+	04:35+	03:53+	02:05+	02:36+	02:26+
<b>6</b>	<b>Søren Elkjær</b>	<b>11</b>												<b>55:06</b>	
04:13+	10:20+	13:11+	14:27+	18:07+	19:43+	21:27+	26:14+	30:28+	35:06+	39:51+	44:10+	49:00+	51:12+	53:33+	55:06+
04:13+	06:07+	02:51+	01:16+	03:40+	01:36+	01:44+	04:47+	04:14+	04:38+	04:45+	04:19+	04:50+	02:12+	02:21+	01:33+
04:13+	06:07+	02:51+	01:16+	03:40+	01:36+	01:44+	04:47+	04:14+	04:38+	04:45+	04:19+	04:50+	02:12+	02:21+	01:33+
<b>7</b>	<b>Lene Bejer Damgaard</b>	<b>11</b>												<b>55:24</b>	
03:52+	09:30+	14:16+	15:16+	18:33+	20:01+	22:31+	26:14+	30:00+	34:20+	39:31+	44:32+	48:48+	50:44+	53:35+	55:24+
03:52+	05:38+	04:46+	01:00+	03:17+	01:28+	02:30+	03:43+	03:46+	04:20+	05:11+	05:01+	04:16+	01:56+	02:51+	01:49+
03:52+	05:38+	04:46+	01:00+	03:17+	01:28+	02:30+	03:43+	03:46+	04:20+	05:11+	05:01+	04:16+	01:56+	02:51+	01:49+
<b>8</b>	<b>Nina Jacobsen</b>	<b>9</b>												<b>1:00:10</b>	
04:28+	13:16+	16:49+	18:07+	21:45+	23:12+	25:03+	30:04+	33:56+	37:55+	43:02+	48:14+	53:30+	55:50+	58:27+	60:10+
04:28+	08:48+	03:33+	01:18+	03:38+	01:27+	01:51+	05:01+	03:52+	03:59+	05:07+	05:12+	05:16+	02:20+	02:37+	01:43+
04:28+	08:48+	03:33+	01:18+	03:38+	01:27+	01:51+	05:01+	03:52+	03:59+	05:07+	05:12+	05:16+	02:20+	02:37+	01:43+
<b>9</b>	<b>Janni Fischer</b>	<b>1</b>												<b>1:02:10</b>	
05:11+	12:07+	16:20+	17:35+	21:30+	23:08+	25:01+	30:16+	33:41+	38:22+	44:15+	49:07+	54:17+	56:22+	59:14+	62:10+
05:11+	06:56+	04:13+	01:15+	03:55+	01:38+	01:53+	05:15+	03:25+	04:41+	05:53+	04:52+	05:10+	02:05+	02:52+	02:56+
05:11+	06:56+	04:13+	01:15+	03:55+	01:38+	01:53+	05:15+	03:25+	04:41+	05:53+	04:52+	05:10+	02:05+	02:52+	02:56+
<b>10</b>	<b>Gitte Isen</b>	<b>3</b>												<b>1:03:42</b>	
05:57+	13:06+	17:13+	18:42+	22:25+	24:18+	26:30+	31:34+	35:45+	40:07+	45:45+	50:58+	55:38+	58:02+	61:06+	63:42+
05:57+	07:09+	04:07+	01:29+	03:43+	01:53+	02:12+	05:04+	04:11+	04:22+	05:38+	05:13+	04:40+	02:24+	03:04+	02:36+
05:57+	07:09+	04:07+	01:29+	03:43+	01:53+	02:12+	05:04+	04:11+	04:22+	05:38+	05:13+	04:40+	02:24+	03:04+	02:36+
<b>11</b>	<b>Lennart Bo Kristiansen</b>	<b>11</b>												<b>1:04:02</b>	
04:12+	09:50+	14:12+	17:12+	20:44+	22:38+	24:37+	29:01+	33:12+	37:35+	43:12+	49:22+	54:55+	57:02+	60:15+	64:02+
04:12+	05:38+	04:22+	03:00+	03:32+	01:54+	01:59+	04:24+	04:11+	04:23+	05:37+	06:10+	05:33+	02:07+	03:13+	03:47+
04:12+	05:38+	04:22+	03:00+	03:32+	01:54+	01:59+	04:24+	04:11+	04:23+	05:37+	06:10+	05:33+	02:07+	03:13+	03:47+
<b>12</b>	<b>Anette Lund</b>	<b>8</b>												<b>1:07:51</b>	
03:23+	17:19+	18:32+	21:34+	22:59+	24:54+	29:09+	32:59+	36:22+	41:18+	54:27+	58:38+	60:53+	63:52+	67:51+	
03:23+	13:56+	01:13+	03:02+	01:25+	01:55+	04:15+	03:50+	03:23+	04:56+	13:09+	04:11+	02:15+	02:59+	03:59+	
03:23+	13:56+	01:13+	03:02+	01:25+	01:55+	04:15+	03:50+	03:23+	04:56+	13:09+	04:11+	02:15+	02:59+	03:59+	
<b>14</b>	<b>Hans Christian Strib</b>	<b>8</b>												<b>1:13:41</b>	
06:51+	13:51+	17:15+	18:27+	22:29+	24:06+	26:06+	31:28+	35:53+	40:15+	47:55+	60:45+	65:48+	68:09+	71:10+	73:41+
06:51+	07:00+	03:24+	01:12+	04:02+	01:37+	02:00+	05:22+	04:25+	04:22+	07:40+	12:50+	05:03+	02:21+	03:01+	02:31+
06:51+	07:00+	03:24+	01:12+	04:02+	01:37+	02:00+	05:22+	04:25+	04:22+	07:40+	12:50+	05:03+	02:21+	03:01+	02:31+

### 5km

<b>15</b>	<b>Torben Isen</b>	<b>3</b>	<b>1:14:42</b>
06:30+	13:36+ 17:21+ 18:47+ 22:41+ 25:03+ 27:10+	33:05+ 38:22+ 43:25+ 50:15+ 56:34+ 63:30+	67:10+ 71:48+ 74:42+
06:30+	07:06+ 03:45+ 01:26+ 03:54+ 02:22+ 02:07+	05:55+ 05:17+ 05:03+ 06:50+ 06:19+ 06:56+	03:40+ 04:38+ 02:54+
06:30+	07:06+ 03:45+ 01:26+ 03:54+ 02:22+ 02:07+	05:55+ 05:17+ 05:03+ 06:50+ 06:19+ 06:56+	03:40+ 04:38+ 02:54+

<b>16</b>	<b>Tage Baun</b>	<b>4</b>	<b>1:15:39</b>
06:39+	15:35+ 19:49+ 21:27+ 26:16+ 28:29+ 31:37+	37:02+ 42:12+ 47:57+ 54:45+ 60:43+ 66:02+	69:10+ 72:44+ 75:39+
06:39+	08:56+ 04:14+ 01:38+ 04:49+ 02:13+ 03:08+	05:25+ 05:10+ 05:45+ 06:48+ 05:58+ 05:19+	03:08+ 03:34+ 02:55+
06:39+	08:56+ 04:14+ 01:38+ 04:49+ 02:13+ 03:08+	05:25+ 05:10+ 05:45+ 06:48+ 05:58+ 05:19+	03:08+ 03:34+ 02:55+

<b>17</b>	<b>Rikke Holm Simonsen</b>	<b>5</b>	<b>1:15:49</b>
10:43+	18:10+ 20:01+ 23:50+ 25:33+ 28:05+ 36:59+	41:42+ 46:27+ 52:55+ 60:09+ 67:32+	70:42+ 73:55+ 75:49+
10:43+	07:27+ 01:51+ 03:49+ 01:43+ 02:32+ 08:54+	04:43+ 04:45+ 06:28+ 07:14+ 07:23+	03:10+ 03:13+ 01:54+
10:43+	07:27+ 01:51+ 03:49+ 01:43+ 02:32+ 08:54+	04:43+ 04:45+ 06:28+ 07:14+ 07:23+	03:10+ 03:13+ 01:54+

<b>18</b>	<b>Susanne Baun</b>	<b>4</b>	<b>1:21:19</b>
07:58+	16:24+ 21:01+ 22:46+ 25:56+ 27:57+ 34:20+	39:47+ 43:59+ 49:28+ 54:44+ 67:47+	72:55+ 76:04+ 79:01+ 81:19+
07:58+	08:26+ 04:37+ 01:45+ 03:10+ 02:01+ 06:23+	05:27+ 04:12+ 05:29+ 05:16+ 13:03+	05:08+ 03:09+ 02:57+ 02:18+
07:58+	08:26+ 04:37+ 01:45+ 03:10+ 02:01+ 06:23+	05:27+ 04:12+ 05:29+ 05:16+ 13:03+	05:08+ 03:09+ 02:57+ 02:18+

<b>19</b>	<b>Pia Gade</b>	<b>11</b>	<b>1:22:35</b>
08:12+	16:14+ 21:14+ 22:55+ 27:49+ 30:45+ 37:19+	43:07+ 48:11+ 53:39+ 60:05+ 66:08+	72:53+ 76:06+ 79:27+ 82:35+
08:12+	08:02+ 05:00+ 01:41+ 04:54+ 02:56+ 06:34+	05:48+ 05:04+ 05:28+ 06:26+ 06:03+	06:45+ 03:13+ 03:21+ 03:08+
08:12+	08:02+ 05:00+ 01:41+ 04:54+ 02:56+ 06:34+	05:48+ 05:04+ 05:28+ 06:26+ 06:03+	06:45+ 03:13+ 03:21+ 03:08+

<b>20</b>	<b>Ingvar Braaten</b>	<b>13</b>	<b>1:27:19</b>
07:09+	15:14+ 18:57+ 25:40+ 28:42+ 31:17+ 37:23+	43:26+ 50:16+ 62:30+ 68:27+ 75:53+	79:17+ 83:54+ 87:19+
07:09+	08:05+ 03:43+ 06:43+ 03:02+ 02:35+ 06:06+	06:03+ 06:50+ 12:14+ 05:57+ 07:26+	03:24+ 04:37+ 03:25+
07:09+	08:05+ 03:43+ 06:43+ 03:02+ 02:35+ 06:06+	06:03+ 06:50+ 12:14+ 05:57+ 07:26+	03:24+ 04:37+ 03:25+

<b>21</b>	<b>Holger Mikkelsen</b>	<b>7</b>	<b>1:46:57</b>
07:51+	17:56+ 22:14+ 29:14+ 34:15+ 36:36+ 39:17+	51:26+ 57:00+ 63:59+ 72:56+ 84:12+	92:16+ 96:00+ 103:41+ 106:57+
07:51+	10:05+ 04:18+ 07:00+ 05:01+ 02:21+ 02:41+	12:09+ 05:34+ 06:59+ 08:57+ 11:16+	08:04+ 03:44+ 07:41+ 03:16+
07:51+	10:05+ 04:18+ 07:00+ 05:01+ 02:21+ 02:41+	12:09+ 05:34+ 06:59+ 08:57+ 11:16+	08:04+ 03:44+ 07:41+ 03:16+

### Beste stræktid for klassen

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

### 8km

<b>1</b>	<b>Mads Schulz Bak-Jensen</b>	<b>10</b>	<b>1:15:34</b>
02:23=	08:36= 12:29= 13:50= 16:01= 17:58= 21:05=	25:49= 29:09= 33:51= 38:08= 41:56= 49:51=	54:11= 58:20= 67:06= 71:59= 74:10= 75:34=
02:23=	06:13= 03:53= 01:21= 02:11= 01:57= 03:07=	04:44= 03:20= 04:42= 04:17= 03:48= 07:55=	04:20= 04:09= 08:46= 04:53= 02:11= 01:24=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	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>Mads Jacobsen</b>	<b>9</b>	<b>1:16:59</b>
02:44+	08:33- 12:15- 13:18- 15:09- 16:33- 19:32-	24:45- 28:03- 33:38- 38:52+ 42:01+	49:42- 52:58- 56:55- 68:28+ 73:20+ 75:27+ 76:59+
02:44+	05:49- 03:42- 01:03- 01:51- 01:24- 02:59-	05:13+ 03:18- 05:35+ 05:14+ 03:09-	07:41- 03:16- 03:57- 11:33+ 04:52- 02:07- 01:32+
00:21#	00:24- 00:11- 00:18- 00:20- 00:33- 00:08-	00:29# 00:02- 00:53# 00:57# 00:39-	00:14- 01:04- 00:12- 02:47& 00:01- 00:04- 00:08+

<b>3</b>	<b>Jess Rasmussen</b>	<b>11</b>	<b>1:19:05</b>
02:04-	07:45- 10:24- 11:25- 13:21- 14:36-	17:46- 23:29- 28:19- 33:24-	38:26+ 41:57+ 49:23-
02:04-	05:41- 02:39- 01:01- 01:56-	01:15- 03:10+ 05:43+ 04:50+	05:05+ 05:02+ 03:31-
00:19-	00:32- 01:14- 00:20- 00:15-	00:42- 00:03+ 00:59# 01:30&	00:23+ 00:45# 00:17-

### 8km

<b>4</b>	<b>Kim Gottlieb</b>	<b>3</b>	<b>1:25:13</b>
02:49+	09:35+ 13:16+ 15:31+ 17:33+ 19:22+ 22:51+ 28:22+ 31:37+ 37:23+ 42:37+ 46:33+ 56:25+ 59:51+ 64:36+ 75:48+ 80:42+ 83:23+ 85:13+		
02:49+	06:46+ 03:41- 02:15+ 02:02- 01:49- 03:29+ 05:31+ 03:15- 05:46+ 05:14+ 03:56+ 09:52+ 03:26- 04:45+ 11:12+ 04:54+ 02:41+ 01:50+		
00:26#	00:33+ 00:12- 00:54& 00:09- 00:08- 00:22# 00:47# 00:05- 01:04# 00:57# 00:08+ 01:57# 00:54- 00:36# 02:26& 00:01+ 00:30# 00:26&		

<b>5</b>	<b>Britt Hermanrud</b>	<b>9</b>	<b>1:47:46</b>
02:45+	10:44+ 17:19+ 18:44+ 21:50+ 23:22+ 27:22+ 39:21+ 43:46+ 51:01+ 57:17+ 61:32+ 69:32+ 74:11+ 80:55+ 97:36+ 102:48+ 105:41+ 107:46+		
02:45+	07:59+ 06:35+ 01:25+ 03:06+ 01:32+ 04:00+ 11:59+ 04:25+ 07:15+ 06:16+ 04:15+ 08:00+ 04:39+ 06:44+ 16:41+ 05:12+ 02:53+ 02:05+		
02:45+	07:59+ 06:35+ 01:25+ 03:06+ 01:32+ 04:00+ 11:59+ 04:25+ 07:15+ 06:16+ 04:15+ 08:00+ 04:39+ 06:44+ 16:41+ 05:12+ 02:53+ 02:05+		

<b>6</b>	<b>Erik Ljungdahl</b>	<b>2</b>	<b>1:55:30</b>
02:37+	10:47+ 15:24+ 17:10+ 19:46+ 22:02+ 26:19+ 33:41+ 38:18+ 45:05+ 52:31+ 57:44+ 67:56+ 75:37+ 82:12+ 101:56+ 108:06+ 111:47+ 115:30+		
02:37+	08:10+ 04:37+ 01:46+ 02:36+ 02:16+ 04:17+ 07:22+ 04:37+ 06:47+ 07:26+ 05:13+ 10:12+ 07:41+ 06:35+ 19:44+ 06:10+ 03:41+ 03:43+		
02:37+	08:10+ 04:37+ 01:46+ 02:36+ 02:16+ 04:17+ 07:22+ 04:37+ 06:47+ 07:26+ 05:13+ 10:12+ 07:41+ 06:35+ 19:44+ 06:10+ 03:41+ 03:43+		

### Beste stræktid for klassen

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

### MTBO10km

<b>1</b>	<b>Ulrikke Ørnhagen</b>	<b>12</b>	<b>1:11:36</b>
01:58=	08:02= 13:12= 16:11= 20:55= 26:18= 33:29= 53:02= 66:56= 69:38= 71:36=		
01:58=	06:04= 05:10= 02:59= 04:44= 05:23= 07:11= 19:33= 13:54= 02:42= 01:58=		
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>Viggo Klüver Jensen</b>	<b>5</b>	<b>1:47:56</b>
01:48-	15:48+ 23:55+ 30:03+ 41:17+ 55:59+ 65:07+ 80:42+ 102:20+ 106:18+ 107:56+		
01:48-	14:00+ 08:07+ 06:08+ 11:14+ 14:42+ 09:08+ 15:35- 21:38+ 03:58+ 01:38-		
00:10-	07:56@ 02:57& 03:09@ 06:30@ 09:19@ 01:57& 03:58- 07:44& 01:16& 00:20-		

### Beste stræktid for klassen

01:48 06:04 05:10 02:59 04:44 05:23 07:11 15:35 13:54 02:42 01:38

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

### MTBO20km

<b>1</b>	<b>Jacob Skovsgaard</b>	<b>Navet</b>	<b>2:23:25</b>
01:15=	11:18= 16:25= 22:02= 24:23= 26:49= 29:28= 36:56= 40:38= 48:48= 53:18= 58:24= 61:41= 68:39= 90:37= 98:44= 106:07= 128:34= 139:12= 141:39= 143:25=		
01:15=	10:03= 05:07= 05:37= 02:21= 02:26= 02:39= 07:28= 03:42= 08:10= 04:30= 05:06= 03:17= 06:58= 21:58= 08:07= 07:23= 22:27= 10:38= 02:27= 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= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

### Beste stræktid for klassen

01:15 10:03 05:07 05:37 02:21 02:26 02:39 07:28 03:42 08:10 04:30 05:06 03:17 06:58 21:58 08:07 07:23 22:27 10:38 02:27 01:46

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