

1	Carsten Helligsø	4	45:47											
03:30=	05:47=	08:23=	11:41=	14:35=	23:17=	28:08=	30:27=	34:07=	36:06=	37:32=	39:33=	41:43=	43:48=	45:47=
03:30=	02:17=	02:36=	03:18=	02:54=	08:42=	04:51=	02:19=	03:40=	01:59=	01:26=	02:01=	02:10=	02:05=	01:59=
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=
2	Tage Baun	3	47:53											
03:40+	06:29+	08:49+	12:29+	15:39+	20:20-	25:10-	30:21-	33:11-	36:08+	37:50+	40:56+	43:42+	45:43+	47:53+
03:40+	02:49+	02:20-	03:40+	03:10+	04:41-	04:50-	05:11+	02:50-	02:57+	01:42+	03:06+	02:46+	02:01-	02:10+
00:10+	00:32#	00:16-	00:22#	00:16+	04:01-	00:01-	02:52@	00:50-	00:58&	00:16#	01:05&	00:36&	00:04-	00:11+
3	Lars Klode	1	48:40											
04:48+	08:16+	10:47+	14:59+	19:00+	23:32+	26:44-	29:12-	33:03-	35:49-	37:37+	40:25+	43:27+	47:03+	48:40+
04:48+	03:28+	02:31-	04:12+	04:01+	04:32-	03:12-	02:28+	03:51+	02:46+	01:48+	02:48+	03:02+	03:36+	01:37-
01:18&	01:11&	00:05-	00:54&	01:07&	04:10-	01:39-	00:09+	00:11+	00:47&	00:22&	00:47&	00:52&	01:31&	00:22-
4	Poul Nøhr	11	51:07											
04:14+	06:56+	09:31+	13:13+	16:23+	22:20-	28:11+	30:41+	34:32+	38:01+	42:53+	45:12+	47:31+	49:22+	51:07+
04:14+	02:42+	02:35-	03:42+	03:10+	05:57-	05:51+	02:30+	03:51+	03:29+	04:52+	02:19+	02:19+	01:51-	01:45-
00:44#	00:25#	00:01-	00:24#	00:16+	02:45-	01:00#	00:11+	00:11+	01:30&	03:26@	00:18#	00:09+	00:14-	00:14-
5	Claus Madsen	4	51:38											
03:34+	06:37+	08:44+	13:24+	16:44+	23:38+	27:55-	30:42+	34:01-	37:10+	38:59+	42:01+	45:53+	49:35+	51:38+
03:34+	03:03+	02:07-	04:40+	03:20+	06:54-	04:17-	02:47+	03:19-	03:09+	01:49+	03:02+	03:52+	03:42+	02:03+
00:04+	00:46&	00:29-	01:22&	00:26#	01:48-	00:34-	00:28#	00:21-	01:10&	00:23&	01:01&	01:42&	01:37&	00:04+
6	Ann Dorrit Hansen	7	53:06											
04:59+	08:01+	10:36+	14:41+	18:11+	23:25+	27:46-	32:48+	36:13+	39:31+	41:58+	44:18+	48:42+	50:53+	53:06+
04:59+	03:02+	02:35-	04:05+	03:30+	05:14-	04:21-	05:02+	03:25-	03:18+	02:27+	02:20+	04:24+	02:11+	02:13+
01:29&	00:45&	00:01-	00:47#	00:36#	03:28-	00:30-	02:43@	00:15-	01:19&	01:01&	00:19#	02:14@	00:06+	00:14#
7	Jørgen Krog	11	53:32											
05:02+	07:43+	10:01+	15:15+	18:24+	24:21+	28:03-	30:46+	34:22+	37:24+	39:45+	43:36+	47:51+	51:30+	53:32+
05:02+	02:41+	02:18-	05:14+	03:09+	05:57-	03:42-	02:43+	03:36-	03:02+	02:21+	03:51+	04:15+	03:39+	02:02+
01:32&	00:24#	00:18-	01:56&	00:15+	02:45-	01:09-	00:24#	00:04-	01:03&	00:55&	01:50&	02:05&	01:34&	00:03+
8	Thomas Jørgensen	4	53:49											
04:08+	07:09+	09:33+	14:22+	17:49+	23:23+	27:17-	31:16+	34:54+	38:16+	40:05+	43:10+	47:39+	50:57+	53:49+
04:08+	03:01+	02:24-	04:49+	03:27+	05:34-	03:54-	03:59+	03:38-	03:22+	01:49+	03:05+	04:29+	03:18+	02:52+
00:38#	00:44&	00:12-	01:31&	00:33#	03:08-	00:57-	01:40&	00:02-	01:23&	00:23&	01:04&	02:19@	01:13&	00:53&
9	Pia Gade	12	54:39											
04:05+	06:47+	09:48+	15:54+	20:10+	26:01+	31:15+	34:24+	38:12+	41:23+	45:42+	48:21+	50:54+	52:53+	54:39+
04:05+	02:42+	03:01+	06:06+	04:16+	05:51-	05:14+	03:09+	03:48+	03:11+	04:19+	02:39+	02:33+	01:59-	01:46-
00:35#	00:25#	00:25#	02:48&	01:22&	02:51-	00:23+	00:50&	00:08+	01:12&	02:53@	00:38&	00:23#	00:06-	00:13-
10	Susanne Gasbjerg	11	57:29											
07:04+	09:54+	13:10+	16:57+	21:28+	25:54+	29:38+	32:55+	36:17+	41:12+	46:50+	49:17+	53:13+	55:10+	57:29+
07:04+	02:50+	03:16+	03:47+	04:31+	04:26-	03:44-	03:17+	03:22-	04:55+	05:38+	02:27+	03:56+	01:57-	02:19+
03:34@	00:33#	00:40&	00:29#	01:37&	04:16-	01:07-	00:58&	00:18-	02:56@	04:12@	00:26#	01:46&	00:08-	00:20#
11	Erik Balle	4	58:18											
05:43+	09:12+	11:51+	16:59+	20:24+	26:40+	33:31+	36:17+	39:59+	43:25+	46:00+	49:05+	53:33+	55:55+	58:18+
05:43+	03:29+	02:39+	05:08+	03:25+	06:16-	06:51+	02:46+	03:42+	03:26+	02:35+	03:05+	04:28+	02:22+	02:23+
02:13&	01:12&	00:03+	01:50&	00:31#	02:26-	02:00&	00:27#	00:02+	01:27&	01:09&	01:04&	02:18@	00:17#	00:24#
12	Susanne Baun	3	1:00:29											
05:10+	08:31+	11:38+	16:41+	20:21+	25:43+	30:17+	33:43+	37:50+	41:27+	43:12+	51:57+	54:35+	57:52+	60:29+
05:10+	03:21+	03:07+	05:03+	03:40+	05:22-	04:34-	03:26+	04:07+	03:37+	01:45+	08:45+	02:38+	03:17+	02:37+
01:40&	01:04&	00:31#	01:45&	00:46&	03:20-	00:17-	01:07&	00:27#	01:38&	00:19#	06:44@	00:28#	01:12&	00:38&
13	Frants Nielsen	1	1:08:03											
06:41+	09:22+	14:17+	17:53+	25:20+	37:44+	43:12+	47:01+	50:01+	53:02+	54:27+	57:20+	59:56+	66:14+	68:03+
06:41+	02:41+	04:55+	03:36+	07:27+	12:24+	05:28+	03:49+	03:00-	03:01+	01:25-	02:53+	02:36+	06:18+	01:49-
03:11&	00:24#	02:19&	00:18+	04:33@	03:42&	00:37#	01:30&	00:40-	01:02&	00:01-	00:52&	00:26#	04:13@	00:10-
14	Erik Libak Hansen	4	1:09:41											
06:30+	10:46+	13:59+	18:49+	23:17+	34:39+	42:20+	45:50+	49:37+	52:48+	55:07+	58:24+	64:22+	66:51+	69:41+
06:30+	04:16+	03:13+	04:50+	04:28+	11:22+	07:41+	03:30+	03:47+	03:11+	02:19+	03:17+	05:58+	02:29+	02:50+
03:00&	01:59&	00:37#	01:32&	01:34&	02:40&	02:50&	01:11&	00:07+	01:12&	00:53&	01:16&	03:48@	00:24#	00:51&

Class	Navn	Klasse												Tid
15	Hartvig Mathiasen	12												1:14:50
05:52+	09:38+	13:38+	19:21+	24:33+	33:50+	41:31+	45:12+	50:03+	54:21+	56:33+	61:15+	68:23+	72:02+	74:50+
05:52+	03:46+	04:00+	05:43+	05:12+	09:17+	07:41+	03:41+	04:51+	04:18+	02:12+	04:42+	07:08+	03:39+	02:48+
02:22&	01:29&	01:24&	02:25&	02:18&	00:35+	02:50&	01:22&	01:11&	02:19@	00:46&	02:41@	04:58@	01:34&	00:49&
16	Birgitte Jørgensen	12												1:14:55
05:43+	09:35+	13:29+	19:04+	24:42+	33:48+	41:38+	45:17+	50:07+	54:17+	57:00+	61:14+	68:29+	72:12+	74:55+
05:43+	03:52+	03:54+	05:35+	05:38+	09:06+	07:50+	03:39+	04:50+	04:10+	02:43+	04:14+	07:15+	03:43+	02:43+
02:13&	01:35&	01:18&	02:17&	02:44&	00:24+	02:59&	01:20&	01:10&	02:11@	01:17&	02:13@	05:05@	01:38&	00:44&
Beste stræktid for klassen														
03:30	02:17	02:07	03:18	02:54	04:26	03:12	02:19	02:50	01:59	01:25	02:01	02:10	01:51	01:37

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

4,5km

1	Marianne Lyngø	5												39:36			
01:06=	03:20=	06:02=	07:44=	10:14=	13:23=	15:39=	19:46=	23:07=	24:29=	26:35=	28:52=	30:19=	31:33=	33:24=	36:15=	38:03=	39:36=
01:06=	02:14=	02:42=	01:42=	02:30=	03:09=	02:16=	04:07=	03:21=	01:22=	02:06=	02:17=	01:27=	01:14=	01:51=	02:51=	01:48=	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=
2	Varny Vestergaard	1												46:58			
03:09+	05:43+	08:45+	10:41+	14:00+	17:11+	19:32+	23:36+	28:47+	30:56+	33:20+	35:38+	37:12+	38:35+	41:54+	44:01+	45:20+	46:58+
03:09+	02:34+	03:02+	01:56+	03:19+	03:11+	02:21+	04:04-	05:11+	02:09+	02:24+	02:18+	01:34+	01:23+	03:19+	02:07-	01:19-	01:38+
02:03@	00:20#	00:20#	00:14#	00:49&	00:02+	00:05+	00:03-	01:50&	00:47&	00:18#	00:01+	00:07+	00:09#	01:28&	00:44-	00:29-	00:05+
3	Max Hansen	7												47:55			
01:20+	04:11+	07:34+	09:25+	12:27+	16:46+	19:12+	24:28+	28:19+	30:43+	33:47+	36:01+	37:43+	39:47+	41:40+	44:47+	46:22+	47:55+
01:20+	02:51+	03:23+	01:51+	03:02+	04:19+	02:37+	05:16+	01:09&	00:30#	01:02&	00:58&	00:03-	00:15#	00:50&	00:02+	00:16+	00:00=
00:14#	00:37&	00:41&	00:09+	00:32#	01:10&	00:10+	01:09&	00:30#	01:02&	00:58&	00:03-	00:15#	00:50&	00:02+	00:16+	00:13-	00:00=
4	Erik Krogh	5												48:55			
01:25+	04:51+	08:05+	09:54+	13:01+	17:14+	19:51+	25:54+	30:18+	32:11+	34:57+	37:19+	39:04+	40:28+	42:34+	44:53+	47:03+	48:55+
01:25+	03:26+	03:14+	01:49+	03:07+	04:13+	02:37+	06:03+	04:24+	01:53+	02:46+	02:22+	01:45+	01:24+	02:06+	02:19-	02:10+	01:52+
00:19&	01:12&	00:32#	00:07+	00:37#	01:04&	00:21#	01:56&	01:03&	00:31&	00:40&	00:05+	00:18#	00:10#	00:15#	00:32-	00:22#	00:19#
5	Hans Jørgen Vad	3												49:03			
01:25+	04:08+	07:52+	09:54+	12:44+	16:25+	19:50+	24:57+	28:30+	29:53+	36:03+	38:30+	39:52+	41:43+	43:37+	45:49+	47:26+	49:03+
01:25+	02:43+	03:44+	02:02+	02:50+	03:41+	03:25+	05:07+	03:33+	01:23+	06:10+	02:27+	01:22-	01:51+	01:54+	02:12-	01:37-	01:37+
00:19&	00:29#	01:02&	00:20#	00:20#	00:32#	01:09&	01:00#	00:12+	00:01+	04:04@	00:10+	00:05-	00:37&	00:03+	00:39-	00:11-	00:04+
6	Leif Rønn Olsen	1												49:06			
01:10+	03:44+	06:55+	08:46+	11:34+	18:52+	21:00+	25:40+	29:22+	30:28+	33:19+	36:04+	37:29+	40:52+	42:55+	46:03+	47:31+	49:06+
01:10+	02:34+	03:11+	01:51+	02:48+	07:18+	02:08-	04:40+	03:42+	01:06-	02:51+	02:45+	01:25-	03:23+	02:03+	03:08+	01:28-	01:35+
00:04+	00:20#	00:29#	00:09+	00:18#	04:09@	00:08-	00:33#	00:21#	00:16-	00:45&	00:28#	00:02-	02:09@	00:12#	00:17+	00:20-	00:02+
7	Carl Malling	10												49:38			
01:15+	06:38+	10:11+	11:51+	14:46+	18:36+	21:00+	26:39+	30:36+	31:37+	34:39+	36:57+	39:10+	40:29+	42:42+	46:29+	48:04+	49:38+
01:15+	05:23+	03:33+	01:40-	02:55+	03:50+	02:24+	05:39+	03:57+	01:01-	03:02+	02:18+	02:13+	01:19+	02:13+	03:47+	01:35-	01:34+
00:09#	03:09@	00:51&	00:02-	00:25#	00:41#	00:08+	01:32&	00:36#	00:21-	00:56&	00:01+	00:46&	00:05+	00:22#	00:56&	00:13-	00:01+
8	Ole Andersen	1												49:58			
01:10+	03:50+	06:59+	08:43+	11:44+	15:38+	18:17+	23:47+	27:39+	28:50+	35:29+	38:17+	39:55+	41:11+	43:39+	46:01+	47:57+	49:58+
01:10+	02:40+	03:09+	01:44+	03:01+	03:54+	02:39+	05:30+	03:52+	01:11-	06:39+	02:48+	01:38+	01:16+	02:28+	02:22-	01:56+	02:01+
00:04+	00:26#	00:27#	00:02+	00:31#	00:45#	00:23#	01:23&	00:31#	00:11-	04:33@	00:31#	00:11#	00:02+	00:37&	00:29-	00:08+	00:28&
9	Grethe Anæus	12												54:13			
02:22+	06:00+	09:46+	11:54+	15:20+	19:32+	22:03+	27:57+	33:52+	35:31+	38:58+	41:20+	43:13+	44:44+	47:17+	50:01+	52:30+	54:13+
02:22+	03:38+	03:46+	02:08+	03:26+	04:12+	02:31+	05:54+	05:55+	01:39+	03:27+	02:22+	01:53+	01:31+	02:33+	02:44-	02:29+	01:43+
01:16@	01:24&	01:04&	00:26&	00:56&	01:03&	00:15#	01:47&	02:34&	00:17#	01:21&	00:05+	00:26&	00:17#	00:42&	00:07-	00:41&	00:10#
10	Lene Stick Nielsen	12												54:56			
02:59+	05:59+	09:29+	11:38+	14:59+	19:19+	21:59+	28:41+	32:28+	33:52+	37:43+	40:21+	43:20+	44:53+	46:54+	50:07+	52:55+	54:56+
02:59+	03:00+	03:30+	02:09+	03:21+	04:20+	02:40+	06:42+	03:47+	01:24+	03:51+	02:38+	02:59+	01:33+	02:01+	03:13+	02:48+	02:01+
01:53@	00:46&	00:48&	00:27&	00:51&	01:11&	00:24#	02:35&	00:26#	00:02+	01:45&	00:21#	01:32@	00:19&	00:10+	00:22#	01:00&	00:28&
11	Lene Bejer Damgaard	12												55:43			
01:27+	05:05+	08:26+	11:00+	14:37+	20:08+	24:02+	29:36+	34:02+	35:43+	39:51+	42:23+	44:07+	45:43+	49:41+	52:00+	54:00+	55:43+
01:27+	03:38+	03:21+	02:34+	03:37+	05:31+	03:54+	05:34+	04:26+	01:41+	04:08+	02:32+	01:44+	01:36+	03:58+	02:19-	02:00+	01:43+
00:21&	01:24&	00:39#	00:52&	01:07&	02:22&	01:38&	01:27&	01:05&	00:19#	02:02&	00:15#	00:17#	00:22&	02:07@	00:32-	00:12#	00:10#

Class	Navn	Klasse	Tid														
12	Rolf Duedahl Nielsen	7	56:44														
01:25+	03:53+	07:57+	09:58+	13:07+	16:26+	18:37+	23:34+	27:29+	28:39+	39:19+	43:02+	44:38+	47:17+	51:03+	53:29+	55:10+	56:44+
01:25+	02:28+	04:04+	02:01+	03:09+	03:19+	02:11-	04:57+	03:55+	01:10-	10:40+	03:43+	01:36+	02:39+	03:46+	02:26-	01:41-	01:34+
00:19&	00:14#	01:22&	00:19#	00:39&	00:10+	00:05-	00:50#	00:34#	00:12-	08:34@	01:26&	00:09#	01:25@	01:55@	00:25-	00:07-	00:01+
13	Kai Hesselberg	4	57:03														
01:34+	04:43+	08:05+	10:00+	13:31+	17:07+	19:24+	26:09+	30:20+	31:41+	39:05+	42:05+	45:05+	46:31+	48:50+	53:56+	55:21+	57:03+
01:34+	03:09+	03:22+	01:55+	03:31+	03:36+	02:17+	06:45+	04:11+	01:21-	07:24+	03:00+	03:00+	01:26+	02:19+	05:06+	01:25-	01:42+
00:28&	00:55&	00:40#	00:13#	01:01&	00:27#	00:01+	02:38&	00:50#	00:01-	05:18@	00:43&	01:33@	00:12#	00:28&	02:15&	00:23-	00:09+
14	Torben Isen	1	57:22														
01:31+	04:36+	08:21+	10:52+	14:08+	18:28+	21:20+	27:11+	31:45+	34:21+	40:55+	43:51+	45:40+	47:08+	49:19+	53:09+	55:08+	57:22+
01:31+	03:05+	03:45+	02:31+	03:16+	04:20+	02:52+	05:51+	04:34+	02:36+	06:34+	02:56+	01:49+	01:28+	02:11+	03:50+	01:59+	02:14+
00:25&	00:51&	01:03&	00:49&	00:46&	01:11&	00:36&	01:44&	01:13&	01:14&	04:28@	00:39&	00:22&	00:14#	00:20#	00:59&	00:11#	00:41&
15	Gitte Isen	1	57:54														
01:44+	06:02+	09:50+	13:45+	17:24+	25:53+	28:37+	34:20+	38:22+	39:57+	43:00+	45:47+	47:38+	49:11+	51:18+	53:50+	55:48+	57:54+
01:44+	04:18+	03:48+	03:55+	03:39+	08:29+	02:44+	05:43+	04:02+	01:35+	03:03+	02:47+	01:51+	01:33+	02:07+	02:32-	01:58+	02:06+
00:38&	02:04&	01:06&	02:13@	01:09&	05:20@	00:28#	01:36&	00:41#	00:13#	00:57&	00:30#	00:24&	00:19&	00:16#	00:19-	00:10+	00:33&
16	Jan Lauge Kristensen	4	58:47														
01:17+	04:42+	08:44+	10:49+	14:23+	18:36+	21:06+	28:19+	32:13+	33:45+	38:08+	40:36+	42:18+	43:49+	46:52+	51:16+	57:12+	58:47+
01:17+	03:25+	04:02+	02:05+	03:34+	04:13+	02:30+	07:13+	03:54+	01:32+	04:23+	02:28+	01:42+	01:31+	03:03+	04:24+	05:56+	01:35+
00:11#	01:11&	01:20&	00:23#	01:04&	01:04&	00:14#	03:06&	00:33#	00:10#	02:17@	00:11+	00:15#	00:17#	01:12&	01:33&	04:08@	00:02+
17	Flemming Sasser	1	59:14														
03:21+	06:41+	11:09+	13:43+	17:54+	22:31+	25:36+	31:46+	36:17+	37:57+	42:17+	45:57+	47:46+	49:08+	51:13+	54:45+	56:54+	59:14+
03:21+	03:20+	04:28+	02:34+	04:11+	04:37+	03:05+	06:10+	04:31+	01:40+	04:20+	03:40+	01:49+	01:22+	02:05+	03:32+	02:09+	02:20+
02:15@	01:06&	01:46&	00:52&	01:41&	01:28&	00:49&	02:03&	01:10&	00:18#	02:14@	01:23&	00:22&	00:08#	00:14#	00:41#	00:21#	00:47&
18	Flemming Bindner	13	1:05:45														
01:50+	04:34+	08:35+	10:30+	13:31+	17:17+	19:59+	25:25+	30:04+	36:40+	47:28+	51:13+	54:11+	56:13+	58:06+	62:32+	63:58+	65:45+
01:50+	02:44+	04:01+	01:55+	03:01+	03:46+	02:42+	05:26+	04:39+	06:36+	10:48+	03:45+	02:58+	02:02+	01:53+	04:26+	01:26-	01:47+
00:44&	00:30#	01:19&	00:13#	00:31#	00:37#	00:26#	01:19&	01:18&	05:14@	08:42@	01:28&	01:31@	00:48&	00:02+	01:35&	00:22-	00:14#
19	Finn Ingwersen	3	1:11:53														
01:34+	05:00+	09:43+	12:31+	16:35+	21:01+	24:19+	30:52+	39:12+	40:30+	54:23+	57:24+	59:36+	61:17+	63:54+	66:59+	69:40+	71:53+
01:34+	03:26+	04:43+	02:48+	04:04+	04:26+	03:18+	06:33+	08:20+	01:18-	13:53+	03:01+	02:12+	01:41+	02:37+	03:05+	02:41+	02:13+
00:28&	01:12&	02:01&	01:06&	01:34&	01:17&	01:02&	02:26&	04:59@	00:04-	11:47@	00:44&	00:45&	00:27&	00:46&	00:14+	00:53&	00:40&
20	Knud Jespersen	9	1:21:00														
02:24+	05:36+	09:27+	11:48+	15:54+	20:17+	23:48+	30:00+	37:33+	41:23+	48:10+	50:37+	52:21+	70:34+	73:33+	76:25+	78:32+	81:00+
02:24+	03:12+	03:51+	02:21+	04:06+	04:23+	03:31+	06:12+	07:33+	03:50+	06:47+	02:27+	01:44+	18:13+	02:59+	02:52+	02:07+	02:28+
01:18@	00:58&	01:09&	00:39&	01:36&	01:14&	01:15&	02:05&	04:12@	02:28@	04:41@	00:10+	00:17#	16:59@	01:08&	00:01+	00:19#	00:55&
Beste stræktid for klassen																	
01:06	02:14	02:42	01:40	02:30	03:09	02:08	04:04	03:21	01:01	02:06	02:14	01:22	01:14	01:51	02:07	01:19	01:33

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

4kmlet

1	Ragnar Buus	1	38:58									
01:37=	08:20=	12:28=	15:00=	19:05=	21:43=	23:46=	26:15=	28:51=	30:47=	33:36=	36:48=	38:58=
01:37=	06:43=	04:08=	02:32=	04:05=	02:38=	02:03=	02:29=	02:36=	01:56=	02:49=	03:12=	02:10=
00:00=	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												
01:37	06:43	04:08	02:32	04:05	02:38	02:03	02:29	02:36	01:56	02:49	03:12	02:10

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

5,5km

1	Jørn Svensen	12	51:00															
02:44=	04:23=	06:46=	08:06=	10:27=	13:20=	17:27=	20:35=	23:35=	26:23=	32:46=	34:46=	37:48=	39:51=	41:41=	46:08=	48:21=	49:29=	51:00=
02:44=	01:39=	02:23=	01:20=	02:21=	02:53=	04:07=	03:08=	03:00=	02:48=	06:23=	02:00=	03:02=	02:03=	01:50=	04:27=	02:13=	01:08=	01:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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
2	Kell Sønnichsen	Ok Pan	51:13
03:25+	05:10+	06:19-	10:32+
03:25+	01:45+	01:09-	04:13+
00:41#	00:06+	01:14-	02:53@
11:56+	14:15+	17:25-	19:39-
10:32+	11:56+	14:15+	17:25-
04:13+	01:24-	02:19-	03:10-
02:54-	03:23+	04:19-	04:41+
02:09-	02:49+	01:38-	01:43-
02:58+	01:46+	01:59+	01:15+
00:46#	00:12-	02:44-	00:45#
00:38&	00:28&	01:15+	
3	Keld Gade	12	56:56
02:53+	05:37+	09:02+	10:35+
02:53+	02:44+	03:25+	01:33+
00:09+	01:05&	01:02&	00:13#
13:37+	16:39+	19:06+	23:00+
03:02+	03:02+	02:27-	03:54+
03:02+	02:27-	03:08+	02:52+
01:40-	00:46#	00:08+	00:04+
03:34&	01:26&	00:28-	00:25-
00:04+	00:43-	00:07-	00:13#
00:15-			
4	Steffen Alm	6	58:26
03:42+	06:51+	09:37+	11:10+
03:42+	03:09+	02:46+	01:33+
00:58&	01:30&	00:23#	00:13#
14:20+	17:23+	19:40+	24:34+
03:10+	03:03+	02:17-	04:54+
03:03+	02:17-	03:14+	04:03+
00:10+	01:50-	01:46&	00:14+
01:15&	01:29-	01:30&	00:11+
00:13#	00:10+	00:40&	00:05+
00:04-	00:30&	00:22#	00:30&
5	Lennart Bo Kristiansen	12	1:05:29
04:33+	06:26+	10:20+	12:19+
04:33+	01:53+	03:54+	01:59+
01:49&	00:14#	01:31&	00:39&
15:03+	19:42+	24:04+	27:24+
03:47+	02:42-	08:32+	03:43+
03:22+	02:07+	02:09+	04:35+
02:44+	02:53+	01:31=	00:00=
00:07+	00:08+	00:31#	01:45@
00:08+	00:31#	01:45@	00:00=
6	Erling Trankjær	2	1:12:05
06:48+	09:10+	12:30+	14:27+
06:48+	02:22+	03:20+	01:57+
04:04@	00:43&	00:57&	00:37&
17:30+	25:56+	28:31+	32:53+
03:03+	08:26+	02:35-	04:22+
02:35-	04:22+	05:00+	03:04+
05:57-	05:39+	03:54+	02:14+
02:46+	04:09-	02:44+	01:47+
01:58+	00:11+	00:56&	00:18-
00:31#	00:39&	00:27&	
7	Poul Erik Bertelsen	1	1:19:46
04:33+	08:19+	11:17+	13:19+
04:33+	03:46+	02:58+	02:02+
01:49&	02:07@	00:35#	00:42&
16:16+	21:17+	23:40+	27:45+
05:01+	02:23-	04:05+	04:33+
06:12+	10:13+	03:57+	06:01+
05:39+	02:59&	03:36@	00:33&
00:36&	02:08&	01:44-	00:57&
01:33&	03:24@	03:50&	01:57&
02:59&	03:36@	00:33&	00:36-
04:01@	00:22&	00:03-	
Beste stræktid for klassen	02:44	01:39	01:09
	01:20	01:24	02:19
	02:17	02:14	02:54
	02:42	04:19	02:00
	02:09	01:38	01:38
	01:43	02:06	01:08
	01:16		

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

7km

1	Jacob A. Daugaard	5	53:18
02:21=	04:16=	05:35=	07:45=
02:21=	01:55=	01:19=	02:10=
00:00=	00:00=	00:00=	00:00=
12:25=	15:44=	18:30=	20:18=
23:53=	27:36=	28:55=	31:40=
37:33=	39:22=	41:15=	42:53=
44:25=	47:11=	48:41=	51:02=
52:04=	53:18=	01:14=	01:02=
01:02=	01:14=	00:00=	00:00=
2	Jess Rasmussen	12	59:09
03:13+	05:41+	07:11+	09:40+
03:13+	02:28+	01:30+	02:29+
00:52&	00:33&	00:11#	00:19#
13:00+	14:24+	18:24+	21:16+
23:06+	26:53+	31:16+	32:43+
38:18+	43:44+	45:14+	47:26+
49:16+	50:42+	52:54+	54:41+
56:30+	57:45+	59:09+	00:10#
00:06+	00:02+	00:12+	00:40#
00:08#	02:50@	00:27-	00:19-
00:19#	00:12#	00:06-	00:34-
00:17#	00:32-	00:13#	00:10#
3	Kenn Heldgaard Kristensen	1	1:02:12
02:55+	05:37+	07:05+	09:47+
02:55+	02:42+	01:28+	02:42+
00:34#	00:47&	00:09#	00:32#
19:48+	24:35+	26:24+	30:17+
35:01+	36:20+	40:41+	46:27+
47:26+	49:44+	51:33+	53:10+
55:41+	57:26+	59:15+	60:43+
62:12+	62:12+	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
4	Michael Filyo	11	1:02:38
05:56+	08:22+	09:43+	12:05+
05:56+	02:26+	01:21+	02:22+
03:35@	00:31&	00:02+	00:12#
20:04+	23:04+	24:46+	28:46+
34:18+	35:50+	39:19+	44:55+
46:01+	48:04+	49:56+	51:44+
54:15+	55:59+	59:48+	61:21+
62:38+	62:38+	01:17+	00:03+
00:30+	03:00+	01:42-	04:00+
05:32+	01:32+	03:29+	05:36-
01:06-	02:03+	01:52+	01:48+
02:31-	01:44+	03:49+	01:33+
01:17+	00:14#	00:15#	00:14#
00:15-	00:15#	00:32-	00:26&
00:15#	00:31&	00:03+	
5	Søren Mikkelsen	4	1:03:15
03:43+	06:16+	07:37+	10:21+
03:43+	02:33+	01:21+	02:44+
01:22&	00:38&	00:02+	00:34&
13:45+	16:06+	19:52+	23:03+
25:23+	29:18+	33:14+	34:34+
38:57+	44:49+	45:38+	48:36+
50:37+	52:50+	55:54+	58:06+
60:41+	62:01+	63:15+	63:15+
02:12+	03:04+	02:13+	03:04+
00:01+	00:13+	00:01+	01:38&
00:01-	01:00-	01:05&	00:23#
00:41&	00:18#	00:42&	00:14+
00:18&	00:42&	00:14+	00:18&
6	Christian Valbak	11	1:05:46
03:25+	06:00+	07:20+	10:02+
03:25+	02:35+	01:20+	02:42+
01:04&	00:40&	00:01+	00:32#
14:36+	18:25+	22:25+	25:46+
30:03+	34:14+	35:42+	40:53+
46:26+	47:56+	52:25+	54:13+
57:06+	59:14+	61:05+	63:01+
64:20+	65:46+	01:51+	01:56-
01:19+	01:26+	00:20-	00:19-
02:36@	00:10#	01:21&	00:38-
00:21#	00:25-	00:17&	00:12#
7	Søren Andersen	1	1:17:00
04:04+	06:32+	08:00+	12:09+
04:04+	02:28+	01:28+	04:09+
01:43&	00:33&	00:09#	01:59&
16:24+	18:01+	22:15+	25:39+
31:05+	35:58+	40:30+	42:21+
46:29+	53:02+	54:12+	57:41+
59:42+	62:10+	68:43+	71:25+
73:39+	75:23+	77:00+	00:23&
04:15+	01:37-	04:14+	03:24+
05:26+	04:53+	04:32+	01:51+
04:08+	06:33+	01:10-	03:29+
02:01+	02:28+	06:33+	02:42+
02:14-	01:44+	01:37-	00:55&
00:38#	03:38@	01:18&	00:49#
00:32&	01:23&	00:40#	00:39-
01:36&	00:23#	00:56&	03:47@
01:12&	00:07-	00:42&	00:23&

Class	Navn	Klasse										Tid										
8	Anker Møller	11										1:22:08										
03:16+	06:33+	08:12+	11:06+	16:19+	17:51+	22:17+	25:19+	30:38+	35:53+	40:05+	42:18+	49:21+	57:10+	59:32+	62:36+	64:45+	66:19+	68:38+	70:56+	74:19+	80:29+	82:08+
03:16+	03:17+	01:39+	02:54+	05:13+	01:32-	04:26+	03:02+	05:19+	05:15+	04:12+	02:13+	07:03+	07:49+	02:22+	03:04+	02:09+	01:34+	02:19-	02:18+	03:23+	06:10+	01:39+
00:55&	01:22&	00:20&	00:44&	02:21&	00:16-	01:07&	00:16+	03:31@	01:40&	00:29#	00:54&	04:18@	01:56&	00:33&	01:11&	00:31&	00:02+	00:27-	00:48&	01:02&	05:08@	00:25&
9	Poul Schøler	14										1:32:47										
04:06+	08:11+	10:47+	14:25+	19:54+	22:20+	27:01+	31:03+	34:08+	39:26+	45:02+	51:53+	57:06+	66:57+	68:35+	74:00+	78:09+	80:35+	83:35+	86:17+	88:47+	90:56+	92:47+
04:06+	04:05+	02:36+	03:38+	05:29+	02:26+	04:41+	04:02+	03:05+	05:18+	05:36+	06:51+	05:13+	09:51+	01:38-	05:25+	04:09+	02:26+	03:00+	02:42+	02:30+	02:09+	01:51+
01:45&	02:10@	01:17&	01:28&	02:37&	00:38&	01:22&	01:16&	01:17&	01:43&	01:53&	05:32@	02:28&	03:58&	00:11-	03:32@	02:31@	00:54&	00:14+	01:12&	00:09+	01:07@	00:37&
Beste stræktid for klassen																						
02:21	01:55	01:19	02:10	02:52	01:10	03:19	02:46	01:42	03:35	03:43	01:19	02:45	05:26	00:49	01:53	01:38	01:26	02:08	01:30	01:49	01:02	01:14

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

beg.bane

1	Anders Olesen	4										42:02										
05:58=	07:37=	17:17=	24:00=	27:52=	31:23=	34:28=	40:42=	42:02=														
05:58=	01:39=	09:40=	06:43=	03:52=	03:31=	03:05=	06:14=	01:20=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
2	Mia Olesen	4										42:11										
05:58=	07:43+	17:27+	24:09+	27:47-	31:34+	34:50+	40:54+	42:11+														
05:58=	01:45+	09:44+	06:42-	03:38-	03:47+	03:16+	06:04-	01:17-														
00:00=	00:06+	00:04+	00:01-	00:14-	00:16+	00:11+	00:10-	00:03-														
Beste stræktid for klassen																						
05:58	01:39	09:40	06:42	03:38	03:31	03:05	06:04	01:17														

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