

Nytårs O-træningsløb

Stræktider

Engesvang/Moselundgaard-28-12-2019

Plads Navn

Klasse

Tid

Bane 1

1 Jacob Mikkelsen HOR 1:05:40
 00:48= 01:21= 02:50= 04:36= 08:03= 09:11= 11:06= 12:53= 17:17= 21:33= 24:23= 27:18= 28:53= 30:52= 33:42= 37:04= 42:14= 45:19= 47:50= 52:03= 54:50= 59:00= 60:29= 61:32= 63:20= 65:04=
 00:48= 00:33= 01:29= 01:46= 03:27= 01:08= 01:55= 01:47= 04:24= 04:16= 02:50= 02:55= 01:35= 01:59= 02:50= 03:22= 05:10= 03:05= 02:31= 04:13= 02:47= 04:10= 01:29= 01:03= 01:48= 01:44=
 00:00=

2 Morten Finger Grøn SOK 1:10:13
 01:48+ 02:22+ 03:51+ 05:37+ 08:54+ 10:00+ 12:06+ 13:57+ 18:25+ 22:45+ 27:25+ 29:36+ 31:16+ 33:22+ 36:32+ 39:29+ 45:36+ 48:59+ 51:25+ 54:55+ 58:05+ 62:32+ 63:59+ 65:15+ 67:30+ 69:36+
 01:48+ 00:34+ 01:29= 01:46= 03:17- 01:06- 02:06+ 01:51+ 04:28+ 04:20+ 04:40+ 02:11- 01:40+ 02:06+ 03:10+ 02:57- 06:07+ 03:23+ 02:26- 03:30- 03:10+ 04:27+ 01:27- 01:16+ 02:15+ 02:06+
 01:00@ 00:01+ 00:00= 00:00= 00:10- 00:02- 00:11+ 00:04+ 00:04+ 00:04+ 01:50& 00:44- 00:05+ 00:07+ 00:20# 00:25- 00:57# 00:18+ 00:05- 00:43- 00:23# 00:17+ 00:02- 00:13# 00:27# 00:22#
 70:13+
 00:37+
 00:01+

3 Elias Krogsgaard SOK 1:11:12
 00:46- 01:18- 02:41- 04:15- 07:23- 08:22- 10:07- 11:38- 15:55- 20:01- 22:59- 25:09- 26:48- 28:48- 34:52+ 37:41+ 46:01+ 50:19+ 52:26+ 55:56+ 59:08+ 63:41+ 65:01+ 66:32+ 68:38+ 70:34+
 00:46- 00:32- 01:23- 01:34- 03:08- 00:59- 01:45- 01:31- 04:17- 04:06- 02:58+ 02:10- 01:39+ 02:00+ 06:04+ 02:49- 08:20+ 04:18+ 02:07- 03:30- 03:12+ 04:33+ 01:20- 01:31+ 02:06+ 01:56+
 00:02- 00:01- 00:06- 00:12- 00:19- 00:09- 00:10- 00:16- 00:07- 00:10- 00:08+ 00:45- 00:04+ 00:01+ 03:14@ 00:33- 03:10& 01:13& 00:24- 00:43- 00:25# 00:23+ 00:09- 00:28& 00:18# 00:12#
 71:12+
 00:38+
 00:02+

4 Jimmy Olsen VOK 1:15:35
 00:53+ 01:30+ 03:05+ 04:55+ 10:27+ 11:35+ 13:45+ 15:34+ 20:25+ 25:55+ 28:36+ 30:50+ 32:35+ 34:39+ 37:38+ 41:22+ 47:42+ 51:22+ 54:24+ 58:17+ 61:50+ 67:03+ 69:02+ 70:37+ 72:57+ 74:56+
 00:53+ 00:37+ 01:35+ 01:50+ 05:32+ 01:08= 02:10+ 01:49+ 04:51+ 05:30+ 02:41- 02:14- 01:45+ 02:04+ 02:59+ 03:44+ 06:20+ 03:40+ 03:02+ 03:53- 03:33+ 05:13+ 01:59+ 01:35+ 02:20+ 01:59+
 00:05# 00:04# 00:06+ 00:04+ 02:05& 00:00= 00:15# 00:02+ 00:27# 01:14& 00:09- 00:41- 00:10# 00:05+ 00:09+ 00:22# 01:10# 00:35# 00:31# 00:20- 00:46& 01:03& 00:30& 00:32& 00:32& 00:15#
 75:35+
 00:39+
 00:03+

5 keld Krogsgaard SOK 1:17:27
 00:56+ 01:36+ 03:42+ 05:41+ 08:50+ 09:59+ 12:26+ 14:32+ 19:39+ 24:44+ 26:59+ 29:36+ 31:38+ 33:52+ 37:10+ 41:06+ 47:01+ 51:10+ 53:34+ 57:54+ 61:57+ 67:55+ 70:02+ 71:27+ 74:04+ 76:43+
 00:56+ 00:40+ 02:06+ 01:59+ 03:09- 01:09+ 02:27+ 02:06+ 05:07+ 05:05+ 02:15- 02:37- 02:02+ 02:14+ 03:18+ 03:56+ 05:55+ 04:09+ 02:24- 04:20+ 04:03+ 05:58+ 02:07+ 01:25+ 02:37+ 02:39+
 00:08# 00:07# 00:37& 00:13# 00:18- 00:01+ 00:32& 00:19# 00:43# 00:49# 00:35- 00:18- 00:27& 00:15# 00:28# 00:34# 00:45# 01:04& 00:07- 00:07+ 01:16& 01:48& 00:38& 00:22& 00:49& 00:55&
 77:27+
 00:44+
 00:08#

6 Flemming J.christensen SOK 1:18:01
 01:05+ 01:45+ 03:32+ 05:27+ 08:39+ 11:19+ 14:05+ 16:18+ 21:29+ 26:46+ 29:35+ 31:51+ 33:43+ 36:05+ 40:08+ 43:47+ 50:15+ 54:34+ 56:38+ 60:46+ 64:07+ 69:24+ 71:33+ 72:53+ 75:15+ 77:21+
 01:05+ 00:40+ 01:47+ 01:55+ 03:12- 02:40+ 02:46+ 02:13+ 05:11+ 05:17+ 02:49- 02:16- 01:52+ 02:22+ 04:03+ 03:39+ 06:28+ 04:19+ 02:04- 04:08- 03:21+ 05:17+ 02:09+ 01:20+ 02:22+ 02:06+
 00:17& 00:07# 00:18# 00:09+ 00:15- 01:32@ 00:51& 00:26# 00:47# 01:01# 00:01- 00:39- 00:17# 00:23# 01:13& 00:17+ 01:18& 01:14& 00:27- 00:05- 00:34# 01:07& 00:40& 00:17& 00:34& 00:22#
 78:01+
 00:40+
 00:04#

7 Jens Kristensen SOK 1:18:58
 00:48= 01:25+ 02:56+ 04:59+ 10:15+ 11:24+ 13:34+ 16:22+ 21:20+ 26:38+ 29:31+ 32:02+ 33:52+ 36:11+ 39:44+ 43:30+ 50:15+ 54:37+ 56:53+ 60:54+ 65:17+ 70:38+ 72:23+ 73:38+ 76:24+ 78:24+
 00:48= 00:37+ 01:31+ 02:03+ 05:16+ 01:09+ 02:10+ 02:48+ 04:58+ 05:18+ 02:53+ 02:31- 01:50+ 02:19+ 03:33+ 03:46+ 06:45+ 04:22+ 02:16- 04:01- 04:23+ 05:21+ 01:45+ 01:15+ 02:46+ 02:00+
 00:00= 00:04# 00:02+ 00:17# 01:49& 00:01+ 00:15# 01:01& 00:34# 01:02# 00:03+ 00:24- 00:15# 00:20# 00:43& 00:24# 01:35& 01:17& 00:15- 00:12- 01:36& 01:11& 00:16# 00:12# 00:58& 00:16#
 78:58+
 00:34-
 00:02-

Bane 1

8	Michael Filyo	SOK										1:20:33													
00:55+	01:42+	03:20+	05:48+	09:30+	10:51+	13:39+	16:07+	20:59+	25:49+	28:10+	30:25+	32:18+	34:45+	38:11+	41:54+	47:55+	53:21+	55:34+	61:32+	66:32+	71:36+	74:02+	75:20+	77:53+	79:55+
00:55+	00:47+	01:38+	02:28+	03:42+	01:21+	02:48+	02:28+	04:52+	04:50+	02:21-	02:15-	01:53+	02:27+	03:26+	03:43+	06:01+	05:26+	02:13-	05:58+	05:00+	05:04+	02:26+	01:18+	02:33+	02:02+
00:07#	00:14&	00:09#	00:42&	00:15+	00:13#	00:53&	00:41&	00:28#	00:34#	00:29-	00:40-	00:18#	00:28#	00:36#	00:21#	00:51#	02:21&	00:18-	01:45&	02:13&	00:54#	00:57&	00:15#	00:45&	00:18#
80:33+																									
00:38+																									
00:02+																									

10	Mads Mikkelsen	HOR										1:24:03													
00:55+	01:34+	03:16+	05:37+	12:47+	15:37+	17:32+	23:06+	28:02+	31:13+	34:09+	36:22+	38:45+	42:37+	46:56+	53:21+	57:36+	59:56+	64:23+	68:12+	73:54+	76:10+	77:36+	80:21+	83:31+	84:03+
00:55+	00:39+	01:42+	02:21+	07:10+	02:50+	01:55+	05:34+	04:56+	03:11+	02:56+	02:13+	02:23+	03:52+	04:19+	06:25+	04:15+	02:20+	04:27+	03:49+	05:42+	02:16+	01:26+	02:45+	03:10+	00:32+
00:55+	00:39+	01:42+	02:21+	07:10+	02:50+	01:55+	05:34+	04:56+	03:11+	02:56+	02:13+	02:23+	03:52+	04:19+	06:25+	04:15+	02:20+	04:27+	03:49+	05:42+	02:16+	01:26+	02:45+	03:10+	00:32+

11	Søren Andersen	1001										1:24:26													
00:55+	01:37+	03:28+	05:30+	09:02+	10:32+	13:08+	15:13+	21:04+	26:28+	29:34+	32:08+	34:16+	37:06+	41:02+	45:16+	51:51+	56:07+	59:36+	65:27+	69:21+	75:02+	77:15+	78:39+	81:37+	83:50+
00:55+	00:42+	01:51+	02:02+	03:32+	01:30+	02:36+	02:05+	05:51+	05:24+	03:06+	02:34+	02:08+	02:50+	03:56+	04:14+	06:35+	04:16+	03:29+	05:51+	03:54+	05:41+	02:13+	01:24+	02:58+	02:13+
00:55+	00:42+	01:51+	02:02+	03:32+	01:30+	02:36+	02:05+	05:51+	05:24+	03:06+	02:34+	02:08+	02:50+	03:56+	04:14+	06:35+	04:16+	03:29+	05:51+	03:54+	05:41+	02:13+	01:24+	02:58+	02:13+
84:26+																									
00:36+																									
00:36+																									

12	Jan Nielsen	KAR										1:24:31													
00:47+	01:23+	03:04+	05:15+	08:50+	10:19+	13:04+	15:15+	20:45+	26:08+	30:19+	33:47+	35:45+	38:29+	42:19+	46:31+	53:56+	58:17+	61:06+	65:35+	69:28+	75:24+	77:30+	79:02+	81:37+	83:52+
00:47+	00:36+	01:41+	02:11+	03:35+	01:29+	02:45+	02:11+	05:30+	05:23+	04:11+	03:28+	01:58+	02:44+	03:50+	04:12+	07:25+	04:21+	02:49+	04:29+	03:53+	05:56+	02:06+	01:32+	02:35+	02:15+
00:47+	00:36+	01:41+	02:11+	03:35+	01:29+	02:45+	02:11+	05:30+	05:23+	04:11+	03:28+	01:58+	02:44+	03:50+	04:12+	07:25+	04:21+	02:49+	04:29+	03:53+	05:56+	02:06+	01:32+	02:35+	02:15+
84:31+																									
00:39+																									
00:39+																									

13	Lennart Christiansen	VOK										1:25:16													
01:30+	02:17+	04:16+	06:27+	09:37+	11:01+	13:35+	15:44+	22:11+	27:41+	30:58+	33:17+	35:19+	37:57+	41:54+	45:45+	53:37+	57:55+	61:02+	65:44+	69:41+	75:58+	78:20+	79:52+	82:24+	84:35+
01:30+	00:47+	01:59+	02:11+	03:10+	01:24+	02:34+	02:09+	06:27+	05:30+	03:17+	02:19+	02:02+	02:38+	03:57+	03:51+	07:52+	04:18+	03:07+	04:42+	03:57+	06:17+	02:22+	01:32+	02:32+	02:11+
01:30+	00:47+	01:59+	02:11+	03:10+	01:24+	02:34+	02:09+	06:27+	05:30+	03:17+	02:19+	02:02+	02:38+	03:57+	03:51+	07:52+	04:18+	03:07+	04:42+	03:57+	06:17+	02:22+	01:32+	02:32+	02:11+
85:16+																									
00:41+																									
00:41+																									

14	Mogens Vennevold	1000										1:27:46													
00:59+	01:34+	03:24+	05:25+	09:20+	10:47+	13:38+	16:26+	22:03+	27:36+	30:49+	33:35+	35:37+	38:13+	44:43+	48:51+	57:08+	60:59+	63:59+	68:25+	72:19+	78:17+	80:14+	81:42+	84:51+	87:08+
00:59+	00:35+	01:50+	02:01+	03:55+	01:27+	02:51+	02:48+	05:37+	05:33+	03:13+	02:46+	02:02+	02:36+	06:30+	04:08+	08:17+	03:51+	03:00+	04:26+	03:54+	05:58+	01:57+	01:28+	03:09+	02:17+
00:59+	00:35+	01:50+	02:01+	03:55+	01:27+	02:51+	02:48+	05:37+	05:33+	03:13+	02:46+	02:02+	02:36+	06:30+	04:08+	08:17+	03:51+	03:00+	04:26+	03:54+	05:58+	01:57+	01:28+	03:09+	02:17+
87:46+																									
00:38+																									
00:38+																									

15	Kent Simonsen	VOK										1:41:30													
01:02+	01:51+	03:36+	05:43+	09:19+	10:35+	13:09+	14:52+	26:02+	31:10+	34:10+	40:26+	42:33+	45:15+	48:38+	52:38+	60:42+	68:27+	70:48+	79:07+	82:45+	88:34+	94:12+	95:47+	98:56+	100:54+
01:02+	00:49+	01:45+	02:07+	03:36+	01:16+	02:34+	01:43+	11:10+	05:08+	03:00+	06:16+	02:07+	02:42+	03:23+	04:00+	08:04+	07:45+	02:21+	08:19+	03:38+	05:49+	05:38+	01:35+	03:09+	01:58+
01:02+	00:49+	01:45+	02:07+	03:36+	01:16+	02:34+	01:43+	11:10+	05:08+	03:00+	06:16+	02:07+	02:42+	03:23+	04:00+	08:04+	07:45+	02:21+	08:19+	03:38+	05:49+	05:38+	01:35+	03:09+	01:58+
101:30+																									
00:36+																									
00:36+																									

Bane 1

16	Erling Trankjær										1003										1:48:38									
01:11+	01:57+	04:13+	06:28+	12:14+	13:48+	17:56+	20:22+	27:00+	33:20+	42:38+	46:15+	48:25+	51:29+	56:28+	61:35+	70:12+	75:48+	79:53+	85:42+	90:41+	97:01+	100:31+	102:18+	105:52+	107:59+					
01:11+	00:46+	02:16+	02:15+	05:46+	01:34+	04:08+	02:26+	06:38+	06:20+	09:18+	03:37+	02:10+	03:04+	04:59+	05:07+	08:37+	05:36+	04:05+	05:49+	04:59+	06:20+	03:30+	01:47+	03:34+	02:07+					
01:11+	00:46+	02:16+	02:15+	05:46+	01:34+	04:08+	02:26+	06:38+	06:20+	09:18+	03:37+	02:10+	03:04+	04:59+	05:07+	08:37+	05:36+	04:05+	05:49+	04:59+	06:20+	03:30+	01:47+	03:34+	02:07+					
108:38+																														
00:39+																														
00:39+																														

Beste stræktid for klassen

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

Bane 2

1	Søren Elkjær										VOK										54:10									
01:28=	03:29=	06:04=	09:21=	11:36=	13:25=	15:54=	20:51=	26:54=	29:29=	31:13=	33:27=	39:05=	44:23=	47:01=	48:30=	51:10=	53:30=	54:10=												
01:28=	02:01=	02:35=	03:17=	02:15=	01:49=	02:29=	04:57=	06:03=	02:35=	01:44=	02:14=	05:38=	05:18=	02:38=	01:29=	02:40=	02:20=	00:40=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Stig Barret										VOK										55:15									
01:53+	04:09+	06:21+	09:15-	10:50-	12:13-	14:54-	19:54-	27:06+	29:47+	31:31+	34:09+	39:54+	44:50+	46:51-	48:45+	52:04+	54:36+	55:15+												
01:53+	02:16+	02:12-	02:54-	01:35-	01:23-	02:41+	05:00+	07:12+	02:41+	01:44=	02:38+	05:45+	04:56-	02:01-	01:54+	03:19+	02:32+	00:39-												
00:25&	00:15#	00:23-	00:23-	00:40-	00:26-	00:12+	00:03+	01:09#	00:06+	00:00=	00:24#	00:07+	00:22-	00:37-	00:25&	00:39#	00:12+	00:01-												
3	Lucia Aagaard										1001										55:32									
01:51+	03:54+	06:04=	09:55+	11:44+	13:00-	15:43-	21:22+	27:38+	29:53+	31:47+	34:31+	40:24+	46:01+	48:01+	49:43+	52:41+	54:50+	55:32+												
01:51+	02:03+	02:10-	03:51+	01:49-	01:16-	02:43+	05:39+	06:16+	02:15-	01:54+	02:44+	05:53+	05:37+	02:00-	01:42+	02:58+	02:09-	00:42+												
00:23&	00:02+	00:25-	00:34#	00:26-	00:33-	00:14+	00:42#	00:13+	00:20-	00:10+	00:30#	00:15+	00:19+	00:38-	00:13#	00:18#	00:11-	00:02+												
4	Leif Rønn Olsen										1001										57:16									
02:11+	04:23+	06:46+	10:24+	12:38+	15:45+	21:27+	28:04+	30:47+	32:44+	35:23+	41:34+	47:19+	49:13+	50:52+	53:44+	56:27+	57:16+													
02:11+	02:12+	02:23-	03:38+	02:14-	03:07+	05:42+	06:37+	02:43-	01:57-	02:39+	06:11+	05:45+	01:54-	01:39-	02:52+	02:43+	00:49-													
00:43&	00:11+	00:12-	00:21#	00:01-	01:18&	03:13@	01:40&	03:20-	00:38-	00:55&	03:57@	00:07+	03:24-	00:59-	01:23&	00:03+	01:31-													
5	Irene Mikkelsen										HOR										57:16									
01:35+	03:25-	06:06+	09:25+	11:15-	12:39-	15:45-	21:10+	27:24+	30:42+	32:37+	35:05+	41:12+	47:14+	49:38+	51:12+	53:59+	56:28+	57:16+												
01:35+	01:50-	02:41+	03:19+	01:50-	01:24-	03:06+	05:25+	06:14+	03:18+	01:55+	02:28+	06:07+	06:02+	02:24-	01:34+	02:47+	02:29+	00:48+												
00:07+	00:11-	00:06+	00:02+	00:25-	00:25-	00:37#	00:28+	00:11+	00:43&	00:11#	00:14#	00:29+	00:44#	00:14-	00:05+	00:07+	00:09+	00:08#												
6	Kaj Kaspersen										1001										57:19									
01:37+	04:42+	06:47+	09:41+	11:33-	13:27+	16:26+	22:33+	29:02+	32:03+	34:00+	36:39+	42:37+	48:22+	50:38+	52:07+	54:35+	57:19+													
01:37+	03:05+	02:05-	02:54-	01:52-	01:54+	02:59+	06:07+	06:29+	03:01+	01:57+	02:39+	05:58+	05:45+	02:16-	01:29=	02:28-	02:44+													
00:09#	01:04&	00:30-	00:23-	00:23-	00:05+	00:30#	01:10#	00:26+	00:26#	00:13#	00:25#	00:20+	00:27+	00:22-	00:00=	00:12-	00:24#													
7	Marianne Lyngø										KOK										58:12									
01:43+	03:37+	05:56-	08:59-	10:29-	11:50-	14:32-	19:49-	28:13+	30:49+	32:45+	34:57+	41:32+	47:36+	50:03+	51:50+	54:29+	57:26+	58:12+												
01:43+	01:54-	02:19-	03:03-	01:30-	01:21-	02:42+	05:17+	08:24+	02:36+	01:56+	02:12-	06:35+	06:04+	02:27-	01:47+	02:39-	02:57+	00:46+												
00:15#	00:07-	00:16-	00:14-	00:45-	00:28-	00:13+	00:20+	02:21&	00:01+	00:12#	00:02-	00:57#	00:46#	00:11-	00:18#	00:01-	00:37&	00:06#												
8	Rasmus Andersen										1001										58:33									
01:43+	03:57+	08:29+	11:14+	12:54+	14:13+	16:54+	22:28+	29:04+	32:38+	35:10+	38:00+	43:44+	50:40+	52:37+	53:59+	56:10+	58:05+	58:33+												
01:43+	02:14+	04:32+	02:45-	01:40-	01:19-	02:41+	05:34+	06:36+	03:34+	02:32+	02:50+	05:44+	06:56+	01:57-	01:22-	02:11-	01:55-	00:28-												
00:15#	00:13#	01:57&	00:32-	00:35-	00:30-	00:12+	00:37#	00:33+	00:59&	00:48&	00:36&	00:06+	01:38&	00:41-	00:07-	00:29-	00:25-	00:12-												
9	Anders Gammelvind										1001										58:48									
01:29+	03:25-	05:42-	09:06-	11:11-	12:31-	15:15-	20:32-	27:33+	34:06+	35:44+	38:03+	44:01+	48:59+	51:09+	53:12+	55:55+	58:14+	58:48+												
01:29+	01:56-	02:17-	03:24+	02:05-	01:20-	02:44+	05:17+	07:01+	06:33+	01:38-	02:19+	05:58+	04:58-	02:10-	02:03+	02:43+	02:19-	00:34-												
00:01+	00:05-	00:18-	00:07+	00:10-	00:29-	00:15#	00:20+	00:58#	03:58@	00:06-	00:05+	00:20+	00:20-	00:28-	00:34&	00:03+	00:01-	00:06-												

Class	Navn	Klasse	Tid															
Bane 2																		
10	Karl Gammelmark	1001	1:00:55															
01:32+	03:50+	06:13+	09:46+	11:08-	12:29-	15:22-	20:32-	31:55+	35:23+	37:08+	39:24+	44:48+	50:21+	52:29+	54:18+	58:01+	60:21+	60:55+
01:32+	02:18+	02:23-	03:33+	01:22-	01:21-	02:53+	05:10+	11:23+	03:28+	01:45+	02:16+	05:24-	05:33+	02:08-	01:49+	03:43+	02:20=	00:34-
00:04+	00:17#	00:12-	00:16+	00:53-	00:28-	00:24#	00:13+	05:20&	00:53&	00:01+	00:02+	00:14-	00:15+	00:30-	00:20#	01:03&	00:00=	00:06-
11	Poul Erik Christensen	HOR	1:00:55															
02:25+	04:49+	08:12+	11:49+	14:48+	17:01+	19:51+	25:22+	31:54+	34:35+	36:27+	38:47+	44:57+	50:31+	52:52+	54:31+	57:46+	60:13+	60:55+
02:25+	02:24+	03:23+	03:37+	02:59+	02:13+	02:50+	05:31+	06:32+	02:41+	01:52+	02:20+	06:10+	05:34+	02:21+	01:39+	03:15+	02:27+	00:42+
02:25+	02:24+	03:23+	03:37+	02:59+	02:13+	02:50+	05:31+	06:32+	02:41+	01:52+	02:20+	06:10+	05:34+	02:21+	01:39+	03:15+	02:27+	00:42+
12	Lene Bejer	VOK	1:02:18															
01:53+	05:06+	07:38+	12:12+	14:01+	15:29+	18:24+	24:30+	31:24+	34:27+	36:24+	38:51+	45:18+	50:49+	53:15+	55:02+	58:46+	61:30+	62:18+
01:53+	03:13+	02:32+	04:34+	01:49+	01:28+	02:55+	06:06+	06:54+	03:03+	01:57+	02:27+	06:27+	05:31+	02:26+	01:47+	03:44+	02:44+	00:48+
01:53+	03:13+	02:32+	04:34+	01:49+	01:28+	02:55+	06:06+	06:54+	03:03+	01:57+	02:27+	06:27+	05:31+	02:26+	01:47+	03:44+	02:44+	00:48+
13	Tove Jakobsen	SOK	1:05:58															
02:09+	05:11+	08:17+	12:04+	15:19+	17:11+	20:18+	26:25+	33:24+	35:55+	37:46+	40:36+	47:49+	54:43+	57:49+	59:35+	62:27+	65:09+	65:58+
02:09+	03:02+	03:06+	03:47+	03:15+	01:52+	03:07+	06:07+	06:59+	02:31+	01:51+	02:50+	07:13+	06:54+	03:06+	01:46+	02:52+	02:42+	00:49+
02:09+	03:02+	03:06+	03:47+	03:15+	01:52+	03:07+	06:07+	06:59+	02:31+	01:51+	02:50+	07:13+	06:54+	03:06+	01:46+	02:52+	02:42+	00:49+
14	Thomas Nielsen	SOK	1:07:20															
01:42+	03:37+	06:36+	12:10+	15:26+	16:46+	19:00+	23:50+	29:11+	38:20+	39:52+	41:58+	48:51+	55:58+	58:19+	60:32+	64:16+	66:15+	67:20+
01:42+	01:55+	02:59+	05:34+	03:16+	01:20+	02:14+	04:50+	05:21+	09:09+	01:32+	02:06+	06:53+	07:07+	02:21+	02:13+	03:44+	01:59+	01:05+
01:42+	01:55+	02:59+	05:34+	03:16+	01:20+	02:14+	04:50+	05:21+	09:09+	01:32+	02:06+	06:53+	07:07+	02:21+	02:13+	03:44+	01:59+	01:05+
15	Susanne Baun	HOR	1:10:02															
02:13+	04:24+	07:18+	11:19+	15:08+	16:47+	20:04+	26:48+	35:51+	39:23+	42:05+	45:26+	52:04+	58:41+	61:39+	63:27+	66:48+	69:16+	70:02+
02:13+	02:11+	02:54+	04:01+	03:49+	01:39+	03:17+	06:44+	09:03+	03:32+	02:42+	03:21+	06:38+	06:37+	02:58+	01:48+	03:21+	02:28+	00:46+
02:13+	02:11+	02:54+	04:01+	03:49+	01:39+	03:17+	06:44+	09:03+	03:32+	02:42+	03:21+	06:38+	06:37+	02:58+	01:48+	03:21+	02:28+	00:46+
16	Torben Sørensen	HOR	1:11:37															
01:40+	03:39+	06:53+	11:17+	13:47+	15:18+	18:23+	24:59+	30:50+	37:32+	39:42+	42:05+	47:36+	54:54+	63:42+	65:29+	68:33+	71:04+	71:37+
01:40+	01:59+	03:14+	04:24+	02:30+	01:31+	03:05+	06:36+	05:51+	06:42+	02:10+	02:23+	05:31+	07:18+	08:48+	01:47+	03:04+	02:31+	00:33+
01:40+	01:59+	03:14+	04:24+	02:30+	01:31+	03:05+	06:36+	05:51+	06:42+	02:10+	02:23+	05:31+	07:18+	08:48+	01:47+	03:04+	02:31+	00:33+
17	Helle Nikkel	VOK	1:11:39															
02:13+	05:36+	08:17+	12:04+	13:49+	15:48+	20:15+	27:01+	34:44+	38:48+	41:39+	44:39+	51:49+	58:22+	61:23+	63:21+	67:17+	70:47+	71:39+
02:13+	03:23+	02:41+	03:47+	01:45+	01:59+	04:27+	06:46+	07:43+	04:04+	02:51+	03:00+	07:10+	06:33+	03:01+	01:58+	03:56+	03:30+	00:52+
02:13+	03:23+	02:41+	03:47+	01:45+	01:59+	04:27+	06:46+	07:43+	04:04+	02:51+	03:00+	07:10+	06:33+	03:01+	01:58+	03:56+	03:30+	00:52+
18	Britta Ankersen	HOR	1:11:56															
02:11+	04:12+	07:11+	10:46+	12:45+	15:39+	19:11+	25:05+	33:10+	41:22+	44:10+	47:41+	53:32+	59:47+	63:08+	65:03+	68:18+	71:12+	71:56+
02:11+	02:01+	02:59+	03:35+	01:59+	02:54+	03:32+	05:54+	08:05+	08:12+	02:48+	03:31+	05:51+	06:15+	03:21+	01:55+	03:15+	02:54+	00:44+
02:11+	02:01+	02:59+	03:35+	01:59+	02:54+	03:32+	05:54+	08:05+	08:12+	02:48+	03:31+	05:51+	06:15+	03:21+	01:55+	03:15+	02:54+	00:44+
19	Marie Bonne	NOTEAM	1:12:41															
03:22+	05:54+	08:30+	12:19+	13:46+	15:25+	19:16+	26:33+	33:25+	38:35+	41:55+	45:14+	52:12+	59:07+	61:52+	65:27+	69:26+	71:57+	72:41+
03:22+	02:32+	02:36+	03:49+	01:27+	01:39+	03:51+	07:17+	06:52+	05:10+	03:20+	03:19+	06:58+	06:55+	02:45+	03:35+	03:59+	02:31+	00:44+
03:22+	02:32+	02:36+	03:49+	01:27+	01:39+	03:51+	07:17+	06:52+	05:10+	03:20+	03:19+	06:58+	06:55+	02:45+	03:35+	03:59+	02:31+	00:44+
20	Henning Hansen	1002	1:15:14															
02:07+	05:08+	07:55+	11:52+	14:30+	16:09+	19:32+	27:21+	35:42+	39:30+	42:29+	46:05+	53:41+	60:30+	63:56+	66:04+	70:52+	74:21+	75:14+
02:07+	03:01+	02:47+	03:57+	02:38+	01:39+	03:23+	07:49+	08:21+	03:48+	02:59+	03:36+	07:36+	06:49+	03:26+	02:08+	04:48+	03:29+	00:53+
02:07+	03:01+	02:47+	03:57+	02:38+	01:39+	03:23+	07:49+	08:21+	03:48+	02:59+	03:36+	07:36+	06:49+	03:26+	02:08+	04:48+	03:29+	00:53+
21	Søren Søgaard	1001	1:15:43															
02:09+	04:52+	07:23+	12:42+	14:10+	16:11+	20:11+	27:13+	34:35+	42:55+	46:53+	50:16+	57:35+	64:46+	66:59+	68:47+	72:08+	74:57+	75:43+
02:09+	02:43+	02:31+	05:19+	01:28+	02:01+	04:00+	07:02+	07:22+	08:20+	03:58+	03:23+	07:19+	07:11+	02:13+	01:48+	03:21+	02:49+	00:46+
02:09+	02:43+	02:31+	05:19+	01:28+	02:01+	04:00+	07:02+	07:22+	08:20+	03:58+	03:23+	07:19+	07:11+	02:13+	01:48+	03:21+	02:49+	00:46+

Bane 2

22 Tage Baun

HOR

1:18:26

02:12+	04:32+	07:17+	11:24+	13:59+	15:44+	19:27+	26:47+	38:06+	45:11+	48:43+	52:15+	58:59+	65:38+	68:16+	70:15+	74:25+	77:29+	78:26+
02:12+	02:20+	02:45+	04:07+	02:35+	01:45+	03:43+	07:20+	11:19+	07:05+	03:32+	03:32+	06:44+	06:39+	02:38+	01:59+	04:10+	03:04+	00:57+
02:12+	02:20+	02:45+	04:07+	02:35+	01:45+	03:43+	07:20+	11:19+	07:05+	03:32+	03:32+	06:44+	06:39+	02:38+	01:59+	04:10+	03:04+	00:57+

23 Poul Nøhr

SOK

1:20:47

02:12+	05:27+	08:49+	12:55+	14:38+	16:17+	20:02+	27:15+	39:40+	45:34+	48:16+	51:26+	58:23+	65:58+	69:48+	73:07+	76:40+	79:54+	80:47+
02:12+	03:15+	03:22+	04:06+	01:43+	01:39+	03:45+	07:13+	12:25+	05:54+	02:42+	03:10+	06:57+	07:35+	03:50+	03:19+	03:33+	03:14+	00:53+
02:12+	03:15+	03:22+	04:06+	01:43+	01:39+	03:45+	07:13+	12:25+	05:54+	02:42+	03:10+	06:57+	07:35+	03:50+	03:19+	03:33+	03:14+	00:53+

24 Frants Nielsen

1001

1:20:50

02:21+	04:45+	07:50+	12:27+	15:21+	17:39+	21:44+	30:01+	38:31+	44:45+	47:06+	50:30+	60:10+	67:50+	70:37+	72:44+	76:37+	79:57+	80:50+
02:21+	02:24+	03:05+	04:37+	02:54+	02:18+	04:05+	08:17+	08:30+	06:14+	02:21+	03:24+	09:40+	07:40+	02:47+	02:07+	03:53+	03:20+	00:53+
02:21+	02:24+	03:05+	04:37+	02:54+	02:18+	04:05+	08:17+	08:30+	06:14+	02:21+	03:24+	09:40+	07:40+	02:47+	02:07+	03:53+	03:20+	00:53+

25 Bitten Nielsen

1001

1:21:29

02:33+	04:55+	08:04+	12:38+	15:37+	17:49+	22:09+	30:17+	38:46+	44:59+	47:26+	50:48+	60:24+	68:13+	71:01+	72:58+	77:00+	80:30+	81:29+
02:33+	02:22+	03:09+	04:34+	02:59+	02:12+	04:20+	08:08+	08:29+	06:13+	02:27+	03:22+	09:36+	07:49+	02:48+	01:57+	04:02+	03:30+	00:59+
02:33+	02:22+	03:09+	04:34+	02:59+	02:12+	04:20+	08:08+	08:29+	06:13+	02:27+	03:22+	09:36+	07:49+	02:48+	01:57+	04:02+	03:30+	00:59+

26 Torben Isen

1001

1:21:48

02:31+	05:02+	08:02+	12:53+	14:54+	17:17+	20:59+	30:13+	38:14+	44:54+	47:36+	51:28+	59:03+	65:55+	70:00+	72:26+	77:29+	81:00+	81:48+
02:31+	02:31+	03:00+	04:51+	02:01+	02:23+	03:42+	09:14+	08:01+	06:40+	02:42+	03:52+	07:35+	06:52+	04:05+	02:26+	05:03+	03:31+	00:48+
02:31+	02:31+	03:00+	04:51+	02:01+	02:23+	03:42+	09:14+	08:01+	06:40+	02:42+	03:52+	07:35+	06:52+	04:05+	02:26+	05:03+	03:31+	00:48+

Beste stræktid for klassen

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

Bane 3

2 Hans Jørgen Vad

HOR

38:21

01:16+	02:09+	04:24+	06:51+	11:00+	12:59+	18:47+	21:37+	27:21+	30:27+	32:04+	34:57+	37:35+	38:21+
01:16+	00:53+	02:15+	02:27+	04:09+	01:59+	05:48+	02:50+	05:44+	03:06+	01:37+	02:53+	02:38+	00:46+
01:16+	00:53+	02:15+	02:27+	04:09+	01:59+	05:48+	02:50+	05:44+	03:06+	01:37+	02:53+	02:38+	00:46+

3 Ella Mikkelsen

HOR

40:05

00:59+	01:47+	04:05+	06:47+	10:46+	12:35+	17:22+	20:18+	27:19+	31:52+	33:55+	37:08+	39:32+	40:05+
00:59+	00:48+	02:18+	02:42+	03:59+	01:49+	04:47+	02:56+	07:01+	04:33+	02:03+	03:13+	02:24+	00:33+
00:59+	00:48+	02:18+	02:42+	03:59+	01:49+	04:47+	02:56+	07:01+	04:33+	02:03+	03:13+	02:24+	00:33+

4 Gitte Isen

1001

40:41

01:33+	02:33+	04:58+	07:50+	12:14+	14:26+	19:01+	21:49+	27:56+	30:57+	32:53+	36:46+	39:49+	40:41+
01:33+	01:00+	02:25+	02:52+	04:24+	02:12+	04:35+	02:48+	06:07+	03:01+	01:56+	03:53+	03:03+	00:52+
01:33+	01:00+	02:25+	02:52+	04:24+	02:12+	04:35+	02:48+	06:07+	03:01+	01:56+	03:53+	03:03+	00:52+

5 Claus Madsen

KAR

41:29

01:02+	01:56+	04:13+	06:52+	12:45+	15:03+	19:45+	22:39+	28:29+	31:47+	34:07+	37:47+	40:42+	41:29+
01:02+	00:54+	02:17+	02:39+	05:53+	02:18+	04:42+	02:54+	05:50+	03:18+	02:20+	03:40+	02:55+	00:47+
01:02+	00:54+	02:17+	02:39+	05:53+	02:18+	04:42+	02:54+	05:50+	03:18+	02:20+	03:40+	02:55+	00:47+

6 Svend Erik Skovsgaard

VOK

44:30

01:11+	02:15+	04:39+	07:43+	13:43+	15:51+	20:35+	23:26+	31:54+	34:47+	36:35+	40:33+	43:42+	44:30+
01:11+	01:04+	02:24+	03:04+	06:00+	02:08+	04:44+	02:51+	08:28+	02:53+	01:48+	03:58+	03:09+	00:48+
01:11+	01:04+	02:24+	03:04+	06:00+	02:08+	04:44+	02:51+	08:28+	02:53+	01:48+	03:58+	03:09+	00:48+

Class	Navn	Klasse												Tid	
Bane 3															
7	Tommy Jakobsen	HOR												45:18	
	01:47+	02:42+	04:46+	07:24+	12:46+	14:44+	19:11+	22:11+	30:26+	33:27+	35:29+	41:26+	44:37+	45:18+	
	01:47+	00:55+	02:04+	02:38+	05:22+	01:58+	04:27+	03:00+	08:15+	03:01+	02:02+	05:57+	03:11+	00:41+	
	01:47+	00:55+	02:04+	02:38+	05:22+	01:58+	04:27+	03:00+	08:15+	03:01+	02:02+	05:57+	03:11+	00:41+	
8	Birgitte Bach	VOK												48:30	
	01:21+	02:24+	05:16+	08:52+	13:32+	16:15+	24:00+	27:12+	34:15+	37:36+	39:50+	44:08+	47:38+	48:30+	
	01:21+	01:03+	02:52+	03:36+	04:40+	02:43+	07:45+	03:12+	07:03+	03:21+	02:14+	04:18+	03:30+	00:52+	
	01:21+	01:03+	02:52+	03:36+	04:40+	02:43+	07:45+	03:12+	07:03+	03:21+	02:14+	04:18+	03:30+	00:52+	
9	Thomas Jørgensen	KAR												48:35	
	01:27+	02:34+	05:43+	08:50+	13:48+	16:47+	22:24+	26:03+	33:27+	36:33+	39:07+	43:33+	47:33+	48:35+	
	01:27+	01:07+	03:09+	03:07+	04:58+	02:59+	05:37+	03:39+	07:24+	03:06+	02:34+	04:26+	04:00+	01:02+	
	01:27+	01:07+	03:09+	03:07+	04:58+	02:59+	05:37+	03:39+	07:24+	03:06+	02:34+	04:26+	04:00+	01:02+	
10	Knud Vogelius	SOK												51:56	
	01:36+	02:23+	04:43+	08:57+	15:11+	17:36+	23:18+	26:40+	37:30+	40:49+	43:10+	47:15+	51:13+	51:56+	
	01:36+	00:47+	02:20+	04:14+	06:14+	02:25+	05:42+	03:22+	10:50+	03:19+	02:21+	04:05+	03:58+	00:43+	
	01:36+	00:47+	02:20+	04:14+	06:14+	02:25+	05:42+	03:22+	10:50+	03:19+	02:21+	04:05+	03:58+	00:43+	
11	Leo Jespersen	KAR												53:00	
	01:21+	02:23+	05:03+	07:57+	12:05+	21:32+	23:27+	29:46+	32:44+	39:45+	42:10+	45:04+	48:51+	52:13+	53:00+
	01:21+	01:02+	02:40+	02:54+	04:08+	09:27+	01:55+	06:19+	02:58+	07:01+	02:25+	02:54+	03:47+	03:22+	00:47+
	01:21+	01:02+	02:40+	02:54+	04:08+	09:27+	01:55+	06:19+	02:58+	07:01+	02:25+	02:54+	03:47+	03:22+	00:47+
12	Lars Ole Larsen	SOK												53:05	
	01:21+	02:27+	06:07+	09:13+	16:52+	20:03+	25:54+	29:32+	39:00+	42:14+	44:22+	48:25+	52:03+	53:05+	
	01:21+	01:06+	03:40+	03:06+	07:39+	03:11+	05:51+	03:38+	09:28+	03:14+	02:08+	04:03+	03:38+	01:02+	
	01:21+	01:06+	03:40+	03:06+	07:39+	03:11+	05:51+	03:38+	09:28+	03:14+	02:08+	04:03+	03:38+	01:02+	
13	Jørgen Krog	SOK												55:23	
	02:43+	03:42+	07:45+	10:49+	18:39+	21:00+	25:54+	29:13+	40:14+	44:10+	45:53+	50:55+	54:21+	55:23+	
	02:43+	00:59+	04:03+	03:04+	07:50+	02:21+	04:54+	03:19+	11:01+	03:56+	01:43+	05:02+	03:26+	01:02+	
	02:43+	00:59+	04:03+	03:04+	07:50+	02:21+	04:54+	03:19+	11:01+	03:56+	01:43+	05:02+	03:26+	01:02+	
14	Preben Munk	VOK												55:50	
	01:49+	03:20+	06:41+	10:18+	16:10+	19:07+	25:12+	29:09+	37:34+	41:17+	44:35+	49:53+	54:40+	55:50+	
	01:49+	01:31+	03:21+	03:37+	05:52+	02:57+	06:05+	03:57+	08:25+	03:43+	03:18+	05:18+	04:47+	01:10+	
	01:49+	01:31+	03:21+	03:37+	05:52+	02:57+	06:05+	03:57+	08:25+	03:43+	03:18+	05:18+	04:47+	01:10+	
15	Vibeke Vogelius	SOK												1:02:19	
	01:57+	03:40+	08:52+	12:48+	18:54+	22:08+	29:30+	34:05+	44:22+	48:44+	51:42+	57:14+	61:19+	62:19+	
	01:57+	01:43+	05:12+	03:56+	06:06+	03:14+	07:22+	04:35+	10:17+	04:22+	02:58+	05:32+	04:05+	01:00+	
	01:57+	01:43+	05:12+	03:56+	06:06+	03:14+	07:22+	04:35+	10:17+	04:22+	02:58+	05:32+	04:05+	01:00+	
16	Erna Germann	HOR												1:16:31	
	02:03+	03:35+	09:31+	14:29+	27:13+	34:57+	40:41+	44:13+	56:38+	61:19+	66:21+	71:12+	75:14+	76:31+	
	02:03+	01:32+	05:56+	04:58+	12:44+	07:44+	05:44+	03:32+	12:25+	04:41+	05:02+	04:51+	04:02+	01:17+	
	02:03+	01:32+	05:56+	04:58+	12:44+	07:44+	05:44+	03:32+	12:25+	04:41+	05:02+	04:51+	04:02+	01:17+	
17	Silas Jørgensen	1001												1:24:24	
	03:32+	05:10+	10:43+	16:56+	28:20+	31:34+	40:31+	46:10+	58:41+	67:47+	72:09+	78:47+	83:34+	84:24+	
	03:32+	01:38+	05:33+	06:13+	11:24+	03:14+	08:57+	05:39+	12:31+	09:06+	04:22+	06:38+	04:47+	00:50+	
	03:32+	01:38+	05:33+	06:13+	11:24+	03:14+	08:57+	05:39+	12:31+	09:06+	04:22+	06:38+	04:47+	00:50+	

Beste stræktid for klassen

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