

15km

13	Jørgen Østergaard	7	2:17:25																						
07:46+	16:50+	20:46+	24:17+	29:52+	35:46+	41:38+	46:56+	60:24+	64:27+	68:00+	74:40+	78:19+	86:14+	96:21+	99:41+	107:57+	114:15+	116:28+	119:51+	121:45+	125:46+	129:39+	133:28+	136:35+	137:25+
07:46+	09:04-	03:56-	03:31+	05:35-	05:54+	05:52+	05:18+	13:28+	04:03+	03:33+	06:40+	03:39+	07:55+	10:07+	03:20+	08:16+	06:18+	02:13+	03:23+	01:54+	04:01+	03:53+	03:49+	03:07+	00:50+
01:15#	00:17-	00:47-	00:48&	00:08-	00:28+	00:57#	01:31&	06:31&	00:57&	01:36&	01:29&	01:03&	03:15&	06:00@	01:21&	00:54#	01:00#	00:23#	00:48&	00:05+	00:35#	00:18+	01:33&	00:36#	00:11&

14	Leif E. Larsen	Thok	2:21:50																						
07:52+	17:51+	21:41+	25:15+	30:18+	36:35+	42:36+	47:44+	56:10+	60:45+	65:18+	73:16+	77:22+	84:04+	90:33+	96:54+	106:41+	113:41+	116:15+	120:20+	122:21+	126:57+	132:14+	136:55+	140:47+	141:50+
07:52+	09:59+	03:50+	03:34+	05:03+	06:17+	06:01+	05:08+	08:26+	04:35+	04:33+	07:58+	04:06+	06:42+	06:29+	06:21+	09:47+	07:00+	02:34+	04:05+	02:01+	04:36+	05:17+	04:41+	03:52+	01:03+
07:52+	09:59+	03:50+	03:34+	05:03+	06:17+	06:01+	05:08+	08:26+	04:35+	04:33+	07:58+	04:06+	06:42+	06:29+	06:21+	09:47+	07:00+	02:34+	04:05+	02:01+	04:36+	05:17+	04:41+	03:52+	01:03+

15	Kenn Helgaard Kristensen	3	2:25:35																						
09:12+	20:39+	24:35+	28:13+	35:51+	43:20+	49:59+	54:48+	61:39+	65:58+	69:01+	77:06+	81:06+	89:55+	97:44+	101:09+	112:07+	119:30+	121:46+	125:28+	128:04+	132:42+	136:46+	141:20+	144:43+	145:35+
09:12+	11:27+	03:56+	03:38+	07:38+	07:29+	06:39+	04:49+	06:51+	04:19+	03:03+	08:05+	04:00+	08:49+	07:49+	03:25+	10:58+	07:23+	02:16+	03:42+	02:36+	04:38+	04:04+	04:34+	03:23+	00:52+
09:12+	11:27+	03:56+	03:38+	07:38+	07:29+	06:39+	04:49+	06:51+	04:19+	03:03+	08:05+	04:00+	08:49+	07:49+	03:25+	10:58+	07:23+	02:16+	03:42+	02:36+	04:38+	04:04+	04:34+	03:23+	00:52+

16	Anders Gammelvind	3	2:25:54																						
09:09+	19:47+	23:55+	27:48+	35:30+	43:21+	50:05+	55:01+	61:44+	66:01+	68:51+	77:03+	81:10+	90:00+	98:00+	101:17+	112:01+	119:20+	121:52+	125:33+	128:34+	132:53+	136:49+	141:27+	144:58+	145:54+
09:09+	10:38+	04:08+	03:53+	07:42+	07:51+	06:44+	04:56+	06:43+	04:17+	02:50+	08:12+	04:07+	08:50+	08:00+	03:17+	10:44+	07:19+	02:32+	03:41+	03:01+	04:19+	03:56+	04:38+	03:31+	00:56+
09:09+	10:38+	04:08+	03:53+	07:42+	07:51+	06:44+	04:56+	06:43+	04:17+	02:50+	08:12+	04:07+	08:50+	08:00+	03:17+	10:44+	07:19+	02:32+	03:41+	03:01+	04:19+	03:56+	04:38+	03:31+	00:56+

17	Henrik Mathiesen	2	4:21:57																						
24:25+	45:35+	53:09+	60:21+	67:48+	80:50+	90:47+	99:44+	119:02+	125:36+	131:09+	144:18+	152:02+	166:28+	183:52+	189:34+	205:35+	217:55+	222:24+	228:18+	231:47+	240:40+	247:48+	255:21+	260:46+	261:57+
24:25+	21:10+	07:34+	07:12+	07:27+	13:02+	09:57+	08:57+	19:18+	06:34+	05:33+	13:09+	07:44+	14:26+	17:24+	05:42+	16:01+	12:20+	04:29+	05:54+	03:29+	08:53+	07:08+	07:33+	05:25+	01:11+
24:25+	21:10+	07:34+	07:12+	07:27+	13:02+	09:57+	08:57+	19:18+	06:34+	05:33+	13:09+	07:44+	14:26+	17:24+	05:42+	16:01+	12:20+	04:29+	05:54+	03:29+	08:53+	07:08+	07:33+	05:25+	01:11+

18	Lykke Berg Mathiesen	2	4:23:05																						
24:22+	46:07+	53:17+	60:34+	67:35+	80:33+	90:52+	99:55+	119:09+	126:00+	131:00+	144:06+	152:11+	166:07+	184:09+	190:43+	205:58+	217:48+	222:30+	228:24+	232:04+	241:39+	248:09+	256:13+	261:22+	263:05+
24:22+	21:45+	07:10+	07:17+	07:01+	12:58+	10:19+	09:03+	19:14+	06:51+	05:00+	13:06+	08:05+	13:56+	18:02+	06:34+	15:15+	11:50+	04:42+	05:54+	03:40+	09:35+	06:30+	08:04+	05:09+	01:43+
24:22+	21:45+	07:10+	07:17+	07:01+	12:58+	10:19+	09:03+	19:14+	06:51+	05:00+	13:06+	08:05+	13:56+	18:02+	06:34+	15:15+	11:50+	04:42+	05:54+	03:40+	09:35+	06:30+	08:04+	05:09+	01:43+

Beste stræktid for klassen

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

20km

1	Jens Christoffersen	Ok Pan	2:15:16																						
04:56=	07:57=	12:10=	15:58=	19:01=	22:04=	26:56=	34:18=	37:47=	40:07=	44:02=	47:55=	54:43=	60:18=	62:52=	75:53=	82:26=	86:50=	89:41=	93:38=	98:15=	101:48=	109:37=	115:24=	119:02=	122:19=
04:56=	03:01=	04:13=	03:48=	03:03=	03:03=	04:52=	07:22=	03:29=	02:20=	03:55=	03:53=	06:48=	05:35=	02:34=	13:01=	06:33=	04:24=	02:51=	03:57=	04:37=	03:33=	07:49=	05:47=	03:38=	03:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
125:05=	130:42=	134:25=	135:16=																						
02:46=	05:37=	03:43=	00:51=																						
00:00=	00:00=	00:00=	00:00=																						

2	Henrik Markvardsen	Thok	2:15:17																						
04:53-	07:57=	12:07-	15:56-	19:01=	22:03-	27:01+	34:21+	37:50+	40:11+	44:06+	48:00+	54:42-	60:14-	62:51-	75:53=	82:25-	86:49-	89:41=	93:38=	98:15=	101:53+	109:36-	115:28+	119:05+	122:24+
04:53-	03:04+	04:10-	03:49+	03:05+	03:02-	04:58+	07:20-	03:29=	02:21+	03:55=	03:54+	06:42-	05:32-	02:37+	13:02+	06:32-	04:24=	02:52+	03:57=	04:37=	03:38+	07:43-	05:52+	03:37-	03:19+
00:03-	00:03+	00:03-	00:01+	00:02+	00:01-	00:06+	00:02-	00:00=	00:01+	00:00=	00:01+	00:06-	00:03-	00:03+	00:01+	00:01-	00:00=	00:01+	00:00=	00:00=	00:05+	00:06-	00:05+	00:01-	00:02+
125:04-	130:38-	134:27+	135:17+																						
02:40-	05:34-	03:49+	00:50-																						
00:06-	00:03-	00:06+	00:01-																						

Pluss	Navn	Klasse	Tid
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20km

3	Bjarke Refslund	Ok Pan	2:18:30																						
04:48-	07:53-	12:07-	16:01+	18:53-	21:56-	28:51+	35:42+	39:01+	41:11+	44:56+	48:46+	55:28+	61:32+	64:04+	76:56+	83:27+	87:52+	90:33+	93:50+	98:15=	101:43-	110:29+	115:56+	120:04+	123:42+
04:48-	03:05+	04:14+	03:54+	02:52-	03:03=	06:55+	06:51-	03:19-	02:10-	03:45-	03:50-	06:42-	06:04+	02:32-	12:52-	06:31-	04:25+	02:41-	03:17-	04:25-	03:28-	08:46+	05:27-	04:08+	03:38+
00:08-	00:04+	00:01+	00:06+	00:11-	00:00=	02:03&	00:31-	00:10-	00:10-	00:10-	00:03-	00:06-	00:29+	00:02-	00:09-	00:02-	00:01+	00:10-	00:40-	00:12-	00:05-	00:57#	00:20-	00:30#	00:21#
126:18+	133:38+	137:43+	138:30+																						
02:36-	07:20+	04:05+	00:47-																						
00:10-	01:43&	00:22+	00:04-																						

4	Karl Gammelvind	3	2:29:58																						
04:46+	07:53+	11:54+	15:43+	18:31+	21:46+	27:57+	35:14+	38:24+	40:31+	44:35+	48:23+	55:24+	63:47+	67:14+	82:35+	91:01+	95:50+	99:24+	104:30+	110:21+	113:58+	122:14+	127:46+	131:53+	135:23+
04:46+	03:07+	04:01+	03:49+	02:48+	03:15+	06:11+	07:17+	03:10+	02:07+	04:04+	03:48+	07:01+	08:23+	03:27+	15:21+	08:26+	04:49+	03:34+	05:06+	05:51+	03:37+	08:16+	05:32+	04:07+	03:30+
04:46+	03:07+	04:01+	03:49+	02:48+	03:15+	06:11+	07:17+	03:10+	02:07+	04:04+	03:48+	07:01+	08:23+	03:27+	15:21+	08:26+	04:49+	03:34+	05:06+	05:51+	03:37+	08:16+	05:32+	04:07+	03:30+
138:15+	145:24+	149:19+	149:58+																						
02:52+	07:09+	03:55+	00:39+																						
02:52+	07:09+	03:55+	00:39+																						

5	Anna Movin	17	4:03:06																						
06:00+	10:06+	20:51+	27:27+	32:25+	36:50+	43:18+	55:21+	60:45+	64:25+	75:48+	82:08+	93:59+	102:54+	107:03+	131:00+	142:53+	153:39+	160:55+	167:59+	177:43+	185:24+	198:32+	207:47+	215:13+	221:30+
06:00+	04:06+	10:45+	06:36+	04:58+	04:25+	06:28+	12:03+	05:24+	03:40+	11:23+	06:20+	11:51+	08:55+	04:09+	23:57+	11:53+	10:46+	07:16+	07:04+	09:44+	07:41+	13:08+	09:15+	07:26+	06:17+
06:00+	04:06+	10:45+	06:36+	04:58+	04:25+	06:28+	12:03+	05:24+	03:40+	11:23+	06:20+	11:51+	08:55+	04:09+	23:57+	11:53+	10:46+	07:16+	07:04+	09:44+	07:41+	13:08+	09:15+	07:26+	06:17+
226:44+	236:25+	241:58+	243:06+																						
05:14+	09:41+	05:33+	01:08+																						
05:14+	09:41+	05:33+	01:08+																						

Beste stræktid for klassen

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

25km

1	Niels Jensen	11	4:17:42																						
06:04=	11:31=	16:19=	22:08=	27:40=	31:18=	36:37=	46:11=	59:58=	63:26=	77:41=	84:21=	89:40=	99:01=	106:29=	111:14=	114:24=	133:29=	142:59=	148:02=	154:28=	157:55=	162:45=	174:43=	179:54=	190:23=
06:04=	05:27=	04:48=	05:49=	05:32=	03:38=	05:19=	09:34=	13:47=	03:28=	14:15=	06:40=	05:19=	09:21=	07:28=	04:45=	03:10=	19:05=	09:30=	05:03=	06:26=	03:27=	04:50=	11:58=	05:11=	10:29=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
198:13=	203:34=	210:10=	213:49=	220:02=	223:15=	250:02=	254:28=	256:43=	257:42=																
07:50=	05:21=	06:36=	03:39=	06:13=	03:13=	26:47=	04:26=	02:15=	00:59=																
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																

Beste stræktid for klassen

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

3,5km

1	Carsten Helligsø	KAROK	49:40																						
03:42=	06:00=	08:34=	20:20=	28:55=	34:23=	36:33=	39:39=	42:00=	45:08=	48:09=	49:40=														
03:42=	02:18=	02:34=	11:46=	08:35=	05:28=	02:10=	03:06=	02:21=	03:08=	03:01=	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=														

2	Pia Gade	20	56:29																						
04:01+	06:44+	09:59+	18:22-	29:43+	34:24+	41:00+	45:09+	48:03+	51:54+	55:28+	56:29+														
04:01+	02:43+	03:15+	08:23-	11:21+	04:41-	06:36+	04:09+	02:54+	03:51+	03:34+	01:01-														
00:19+	00:25#	00:41&	03:23-	02:46&	00:47-	04:26@	01:03&	00:33#	00:43#	00:33#	00:30-														

3,5km

3 Asger Kristensen 3 56:32

03:52+ 06:47+ 09:45+ 19:04- 31:13+ 41:44+ 45:18+ 48:09+ 51:51+ 55:23+ 56:32+
 03:52+ 02:55+ 02:58+ 09:19- 12:09+ 10:31+ 03:34+ 02:51- 03:42+ 03:32+ 01:09-
 00:10+ 00:37& 00:24# 02:27- 03:34& 05:03& 01:24& 00:15- 01:21& 00:24# 01:52-

4 Ann Dorrit Hansen 10 57:05

04:24+ 07:12+ 10:17+ 17:02+ 26:56+ 32:20+ 41:16+ 45:28+ 48:19+ 52:12+ 55:53+ 57:05+
 04:24+ 02:48+ 03:05+ 06:45+ 09:54+ 05:24+ 08:56+ 04:12+ 02:51+ 03:53+ 03:41+ 01:12+
 04:24+ 02:48+ 03:05+ 06:45+ 09:54+ 05:24+ 08:56+ 04:12+ 02:51+ 03:53+ 03:41+ 01:12+

5 Benny Johansen Karok 57:15

03:57+ 06:21+ 09:46+ 18:51+ 30:12+ 35:05+ 38:18+ 45:31+ 48:37+ 52:35+ 56:00+ 57:15+
 03:57+ 02:24+ 03:25+ 09:05+ 11:21+ 04:53+ 03:13+ 07:13+ 03:06+ 03:58+ 03:25+ 01:15+
 03:57+ 02:24+ 03:25+ 09:05+ 11:21+ 04:53+ 03:13+ 07:13+ 03:06+ 03:58+ 03:25+ 01:15+

6 Claus Clausen 16 57:32

04:02+ 06:48+ 09:53+ 20:08+ 30:36+ 36:01+ 38:40+ 45:17+ 48:14+ 52:34+ 56:09+ 57:32+
 04:02+ 02:46+ 03:05+ 10:15+ 10:28+ 05:25+ 02:39+ 06:37+ 02:57+ 04:20+ 03:35+ 01:23+
 04:02+ 02:46+ 03:05+ 10:15+ 10:28+ 05:25+ 02:39+ 06:37+ 02:57+ 04:20+ 03:35+ 01:23+

7 Lene Jacobsen 16 57:40

02:39+ 05:43+ 15:47+ 26:27+ 32:06+ 34:29+ 41:05+ 44:11+ 48:24+ 52:01+ 53:24+
 02:39+ 03:04+ 10:04+ 10:40+ 05:39+ 02:23+ 06:36+ 03:06+ 04:13+ 03:37+ 01:23+
 02:39+ 03:04+ 10:04+ 10:40+ 05:39+ 02:23+ 06:36+ 03:06+ 04:13+ 03:37+ 01:23+

8 Svend Erik Skovsgaard 20 1:08:09

09:39+ 11:52+ 20:10+ 27:47+ 38:59+ 43:56+ 51:02+ 55:40+ 58:26+ 62:58+ 66:53+ 68:09+
 09:39+ 02:13+ 08:18+ 07:37+ 11:12+ 04:57+ 07:06+ 04:38+ 02:46+ 04:32+ 03:55+ 01:16+
 09:39+ 02:13+ 08:18+ 07:37+ 11:12+ 04:57+ 07:06+ 04:38+ 02:46+ 04:32+ 03:55+ 01:16+

Beste stræktid for klassen

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

5km

1 Mogens Vennevold 19 42:59

03:39= 08:20= 14:45= 16:49= 20:47= 24:56= 27:32= 29:06= 32:30= 35:49= 39:02= 42:14= 42:59=
 03:39= 04:41= 06:25= 02:04= 03:58= 04:09= 02:36= 01:34= 03:24= 03:19= 03:13= 03:12= 00:45=
 00:00= 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 Keld Gade 20 48:54

03:50+ 09:04+ 14:44- 17:53+ 21:25+ 25:51+ 29:12+ 31:11+ 34:59+ 38:41+ 44:55+ 48:08+ 48:54+
 03:50+ 05:14+ 05:40- 03:09+ 03:32- 04:26+ 03:21+ 01:59+ 03:48+ 03:42+ 06:14+ 03:13+ 00:46+
 00:11+ 00:33# 00:45- 01:05& 00:26- 00:17+ 00:45& 00:25& 00:24# 00:23# 03:01& 00:01+ 00:01+

3 Frede Rasmussen 3 54:40

04:57+ 10:14+ 17:11+ 20:37+ 25:31+ 30:22+ 33:34+ 36:58+ 42:05+ 45:43+ 50:08+ 53:53+ 54:40+
 04:57+ 05:17+ 06:57+ 03:26+ 04:54+ 04:51+ 03:12+ 03:24+ 05:07+ 03:38+ 04:25+ 03:45+ 00:47+
 01:18& 00:36# 00:32+ 01:22& 00:56# 00:42# 00:36# 01:50@ 01:43& 00:19+ 01:12& 00:33# 00:02+

4 Jørgen Münster-Swendsen 17 54:52

04:16+ 11:21+ 17:31+ 20:52+ 25:14+ 30:07+ 33:20+ 37:33+ 42:45+ 46:27+ 50:34+ 53:58+ 54:52+
 04:16+ 07:05+ 06:10- 03:21+ 04:22+ 04:53+ 03:13+ 04:13+ 05:12+ 03:42+ 04:07+ 03:24+ 00:54+
 00:37# 02:24& 00:15- 01:17& 00:24# 00:44# 00:37# 02:39@ 01:48& 00:23# 00:54& 00:12+ 00:09#

Class	Navn	Klasse											Tid
5km													
5	Bettina Gjedde	7											55:24
05:02+	10:59+	18:17+	21:52+	25:54+	30:57+	34:04+	36:14+	41:54+	46:04+	50:30+	54:24+	55:24+	
05:02+	05:57+	07:18+	03:35+	04:02+	05:03+	03:07+	02:10+	05:40+	04:10+	04:26+	03:54+	01:00+	
01:23&	01:16&	00:53#	01:31&	00:04+	00:54#	00:31#	00:36&	02:16&	00:51&	01:13&	00:42#	00:15&	
6	Kai Hesselberg	Karok											1:00:07
04:35+	11:47+	19:27+	26:54+	31:51+	36:23+	39:21+	41:20+	45:39+	49:48+	55:46+	59:16+	60:07+	
04:35+	07:12+	07:40+	07:27+	04:57+	04:32+	02:58+	01:59+	04:19+	04:09+	05:58+	03:30+	00:51+	
04:35+	07:12+	07:40+	07:27+	04:57+	04:32+	02:58+	01:59+	04:19+	04:09+	05:58+	03:30+	00:51+	
7	Frank Vilstrup	19											1:01:01
03:57+	10:02+	16:29+	20:37+	24:18+	29:10+	32:07+	37:37+	42:36+	48:16+	56:30+	60:09+	61:01+	
03:57+	06:05+	06:27+	04:08+	03:41+	04:52+	02:57+	05:30+	04:59+	05:40+	08:14+	03:39+	00:52+	
03:57+	06:05+	06:27+	04:08+	03:41+	04:52+	02:57+	05:30+	04:59+	05:40+	08:14+	03:39+	00:52+	
8	Max Hansen	10											1:01:27
05:10+	11:07+	17:49+	21:28+	25:32+	31:35+	34:54+	37:48+	43:18+	48:04+	56:30+	60:29+	61:27+	
05:10+	05:57+	06:42+	03:39+	04:04+	06:03+	03:19+	02:54+	05:30+	04:46+	08:26+	03:59+	00:58+	
05:10+	05:57+	06:42+	03:39+	04:04+	06:03+	03:19+	02:54+	05:30+	04:46+	08:26+	03:59+	00:58+	
9	Carl Malling	15											1:01:32
04:33+	11:11+	18:16+	21:49+	25:54+	31:09+	34:51+	37:51+	43:21+	48:09+	56:29+	60:31+	61:32+	
04:33+	06:38+	07:05+	03:33+	04:05+	05:15+	03:42+	03:00+	05:30+	04:48+	08:20+	04:02+	01:01+	
04:33+	06:38+	07:05+	03:33+	04:05+	05:15+	03:42+	03:00+	05:30+	04:48+	08:20+	04:02+	01:01+	
10	Nina Jacobsen	17											1:05:39
04:00+	09:51+	19:41+	24:31+	29:48+	35:07+	38:56+	47:19+	52:01+	56:07+	60:33+	64:35+	65:39+	
04:00+	05:51+	09:50+	04:50+	05:17+	05:19+	03:49+	08:23+	04:42+	04:06+	04:26+	04:02+	01:04+	
04:00+	05:51+	09:50+	04:50+	05:17+	05:19+	03:49+	08:23+	04:42+	04:06+	04:26+	04:02+	01:04+	
11	Leif Rønn Olsen	3											1:08:13
04:50+	10:26+	17:00+	20:35+	24:47+	34:06+	38:59+	42:16+	48:03+	53:22+	57:21+	62:37+	67:08+	
04:50+	05:36+	06:34+	03:35+	04:12+	09:19+	04:53+	03:17+	05:47+	05:19+	03:59+	05:16+	04:31+	
04:50+	05:36+	06:34+	03:35+	04:12+	09:19+	04:53+	03:17+	05:47+	05:19+	03:59+	05:16+	04:31+	
04:50+	05:36+	06:34+	03:35+	04:12+	09:19+	04:53+	03:17+	05:47+	05:19+	03:59+	05:16+	04:31+	
12	Lene Stick Nielsen	20											1:10:25
05:00+	11:05+	17:38+	21:43+	25:57+	35:20+	39:32+	48:43+	54:17+	59:03+	64:41+	69:08+	70:25+	
05:00+	06:05+	06:33+	04:05+	04:14+	09:23+	04:12+	09:11+	05:34+	04:46+	05:38+	04:27+	01:17+	
05:00+	06:05+	06:33+	04:05+	04:14+	09:23+	04:12+	09:11+	05:34+	04:46+	05:38+	04:27+	01:17+	
13	Jørgen Jørgensen	17											1:12:47
72:47+													
72:47+													
72:47+													
14	Gitte Isen	3											1:16:06
05:49+	20:27+	30:06+	34:42+	40:51+	46:53+	50:46+	53:31+	59:01+	65:11+	69:52+	74:45+	76:06+	
05:49+	14:38+	09:39+	04:36+	06:09+	06:02+	03:53+	02:45+	05:30+	06:10+	04:41+	04:53+	01:21+	
05:49+	14:38+	09:39+	04:36+	06:09+	06:02+	03:53+	02:45+	05:30+	06:10+	04:41+	04:53+	01:21+	
15	Torben Isen	3											1:23:59
05:58+	20:13+	29:45+	34:09+	39:11+	45:33+	49:31+	55:01+	62:18+	67:40+	75:09+	81:21+	83:59+	
05:58+	14:15+	09:32+	04:24+	05:02+	06:22+	03:58+	05:30+	07:17+	05:22+	07:29+	06:12+	02:38+	
05:58+	14:15+	09:32+	04:24+	05:02+	06:22+	03:58+	05:30+	07:17+	05:22+	07:29+	06:12+	02:38+	
16	Signe Jensen	11											1:25:51
07:11+	20:10+	29:54+	35:02+	42:41+	50:30+	55:46+	59:32+	66:35+	73:06+	79:52+	84:39+	85:51+	
07:11+	12:59+	09:44+	05:08+	07:39+	07:49+	05:16+	03:46+	07:03+	06:31+	06:46+	04:47+	01:12+	
07:11+	12:59+	09:44+	05:08+	07:39+	07:49+	05:16+	03:46+	07:03+	06:31+	06:46+	04:47+	01:12+	

5km

17 Ole Thy Rsok 1:27:17

07:37+	15:59+	26:49+	35:44+	42:40+	50:46+	56:54+	60:12+	67:19+	73:27+	80:02+	85:36+	87:17+
07:37+	08:22+	10:50+	08:55+	06:56+	08:06+	06:08+	03:18+	07:07+	06:08+	06:35+	05:34+	01:41+
07:37+	08:22+	10:50+	08:55+	06:56+	08:06+	06:08+	03:18+	07:07+	06:08+	06:35+	05:34+	01:41+

18 Anders Ingvarlsen Hok 1:30:19

05:57+	22:19+	32:48+	38:00+	49:53+	56:57+	60:53+	64:21+	71:51+	77:49+	83:20+	88:52+	90:19+
05:57+	16:22+	10:29+	05:12+	11:53+	07:04+	03:56+	03:28+	07:30+	05:58+	05:31+	05:32+	01:27+
05:57+	16:22+	10:29+	05:12+	11:53+	07:04+	03:56+	03:28+	07:30+	05:58+	05:31+	05:32+	01:27+

19 Birgitte Bach 20 1:32:08

07:57+	19:12+	30:23+	35:19+	43:27+	50:58+	56:52+	61:59+	69:24+	76:11+	84:42+	90:43+	92:08+
07:57+	11:15+	11:11+	04:56+	08:08+	07:31+	05:54+	05:07+	07:25+	06:47+	08:31+	06:01+	01:25+
07:57+	11:15+	11:11+	04:56+	08:08+	07:31+	05:54+	05:07+	07:25+	06:47+	08:31+	06:01+	01:25+

20 Holger Mikkelsen 9 2:07:58

08:31+	30:23+	44:28+	53:21+	60:00+	87:21+	92:43+	96:13+	103:32+	110:22+	116:30+	125:59+	127:58+
08:31+	21:52+	14:05+	08:53+	06:39+	27:21+	05:22+	03:30+	07:19+	06:50+	06:08+	09:29+	01:59+
08:31+	21:52+	14:05+	08:53+	06:39+	27:21+	05:22+	03:30+	07:19+	06:50+	06:08+	09:29+	01:59+

Beste stræktid for klassen

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

8km

1 Mads Schulz Bak-Jensen 19 1:22:02

04:57=	09:45=	14:09=	16:47=	25:05=	28:02=	34:25=	41:33=	43:47=	48:58=	56:30=	58:19=	62:00=	67:04=	78:03=	81:22=	82:02=
04:57=	04:48=	04:24=	02:38=	08:18=	02:57=	06:23=	07:08=	02:14=	05:11=	07:32=	01:49=	03:41=	05:04=	10:59=	03:19=	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=

2 Mads Jacobsen 17 1:22:08

05:24+	09:35-	13:54-	16:23-	24:29-	27:44-	34:08-	41:17-	43:25-	48:41-	56:02-	58:03-	61:35-	66:41-	77:40-	81:19-	82:08+
05:24+	04:11-	04:19-	02:29-	08:06-	03:15+	06:24+	07:09+	02:08-	05:16+	07:21-	02:01+	03:32-	05:06+	10:59=	03:39+	00:49+
00:27+	00:37-	00:05-	00:09-	00:12-	00:18#	00:01+	00:06-	00:05+	00:11-	00:12#	00:09-	00:02+	00:00=	00:20#	00:09#	

3 Susanne Kristensen 3 1:23:35

04:17-	07:05-	20:55+	25:00+	38:48+	45:53+	49:05+	53:30+	61:30+	66:57+	70:38+	75:16+	78:54+	82:41+	83:35+		
04:17-	02:48-	13:50+	04:05+	13:48+	07:05+	03:12-	04:25-	08:00+	05:27+	03:41-	04:38+	03:38-	03:47-	00:54-		
00:40-	02:00-	09:26@	01:27&	05:30&	04:08@	03:11-	02:43-	05:46@	00:16+	03:51-	02:49@	00:03-	01:17-	10:05-		

4 Jens Ozol 17 1:27:33

06:26+	11:21+	16:26+	19:22+	28:26+	32:33+	43:34+	50:43+	54:24+	59:12+	67:57+	70:05+	73:31+	78:30+	82:50+	86:38+	87:33+
06:26+	04:55+	05:05+	02:56+	09:04+	04:07+	11:01+	07:09+	03:41+	04:48-	08:45+	02:08+	03:26-	04:59-	04:20-	03:48+	00:55+
01:29&	00:07+	00:41#	00:18#	00:46+	01:10&	04:38&	00:01+	01:27&	00:23-	01:13#	00:19#	00:15-	00:05-	06:39-	00:29#	00:15&

5 Elise Utzen Keller 5 1:35:34

06:24+	11:19+	16:04+	18:56+	32:52+	37:31+	49:54+	58:10+	61:00+	65:35+	73:32+	79:02+	82:35+	87:18+	90:56+	94:43+	95:34+
06:24+	04:55+	04:45+	02:52+	13:56+	04:39+	12:23+	08:16+	02:50+	04:35-	07:57+	05:30+	03:33-	04:43-	03:38-	03:47+	00:51+
01:27&	00:07+	00:21+	00:14+	05:38&	01:42&	06:00&	01:08#	00:36&	00:36-	00:25+	03:41@	00:08-	00:21-	07:21-	00:28#	00:11&

6 Lene Nygaard 3 1:36:19

05:51+	10:15+	14:39+	19:36+	33:44+	37:42+	51:43+	58:55+	61:47+	66:12+	74:27+	79:42+	83:11+	88:05+	91:42+	95:24+	96:19+
05:51+	04:24-	04:24=	04:57+	14:08+	03:58+	14:01+	07:12+	02:52+	04:25-	08:15+	05:15+	03:29-	04:54-	03:37-	03:42+	00:55+
00:54#	00:24-	00:00=	02:19&	05:50&	01:01&	07:38@	00:04+	00:38&	00:46-	00:43+	03:26@	00:12-	00:10-	07:22-	00:23#	00:15&

8km

7	Per Henriksen	19	1:40:01													
07:55+	13:56+	21:07+	25:09+	34:02+	40:42+	49:36+	59:13+	64:01+	67:58+	76:31+	79:18+	84:03+	89:59+	95:27+	98:58+	100:01+
07:55+	06:01+	07:11+	04:02+	08:53+	06:40+	08:54+	09:37+	04:48+	03:57-	08:33+	02:47+	04:45+	05:56+	05:28-	03:31+	01:03+
02:58&	01:13&	02:47&	01:24&	00:35+	03:43@	02:31&	02:29&	02:34@	01:14-	01:01#	00:58&	01:04&	00:52#	05:31-	00:12+	00:23&

8	Poul Schøler	19	1:42:54													
06:36+	11:35+	16:14+	19:06+	33:29+	37:46+	46:27+	54:38+	58:30+	64:18+	72:14+	74:43+	82:18+	92:15+	97:57+	101:57+	102:54+
06:36+	04:59+	04:39+	02:52+	14:23+	04:17+	08:41+	08:11+	03:52+	05:48+	07:56+	02:29+	07:35+	09:57+	05:42+	04:00+	00:57+
06:36+	04:59+	04:39+	02:52+	14:23+	04:17+	08:41+	08:11+	03:52+	05:48+	07:56+	02:29+	07:35+	09:57+	05:42+	04:00+	00:57+

9	Erik Ljungdahl	1	1:45:53													
08:12+	14:44+	20:58+	24:30+	34:03+	39:31+	49:44+	59:14+	65:19+	70:42+	79:52+	83:41+	88:04+	94:22+	99:49+	104:51+	105:53+
08:12+	06:32+	06:14+	03:32+	09:33+	05:28+	10:13+	09:30+	06:05+	05:23+	09:10+	03:49+	04:23+	06:18+	05:27+	05:02+	01:02+
08:12+	06:32+	06:14+	03:32+	09:33+	05:28+	10:13+	09:30+	06:05+	05:23+	09:10+	03:49+	04:23+	06:18+	05:27+	05:02+	01:02+

10	Rasmus Møller	15	1:49:48													
06:09+	11:21+	16:28+	19:26+	29:51+	36:52+	51:18+	58:09+	61:27+	65:52+	87:35+	90:05+	96:24+	102:09+	106:02+	109:08+	109:48+
06:09+	05:12+	05:07+	02:58+	10:25+	07:01+	14:26+	06:51+	03:18+	04:25+	21:43+	02:30+	06:19+	05:45+	03:53+	03:06+	00:40+
06:09+	05:12+	05:07+	02:58+	10:25+	07:01+	14:26+	06:51+	03:18+	04:25+	21:43+	02:30+	06:19+	05:45+	03:53+	03:06+	00:40+

11	Brian Grøngård	19	2:01:35													
07:33+	12:52+	19:13+	26:33+	36:01+	41:28+	50:45+	63:10+	68:01+	73:37+	83:51+	90:08+	97:25+	103:29+	114:14+	120:26+	121:35+
07:33+	05:19+	06:21+	07:20+	09:28+	05:27+	09:17+	12:25+	04:51+	05:36+	10:14+	06:17+	07:17+	06:04+	10:45+	06:12+	01:09+
07:33+	05:19+	06:21+	07:20+	09:28+	05:27+	09:17+	12:25+	04:51+	05:36+	10:14+	06:17+	07:17+	06:04+	10:45+	06:12+	01:09+

Beste stræktid for klassen

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

MTBO10km

2	Niels Møller Petersen	12	1:53:35							
06:16+	19:44+	27:22+	33:24+	45:25+	55:07+	64:09+	75:46+	103:55+	109:32+	113:35+
06:16+	13:28+	07:38+	06:02+	12:01+	09:42+	09:02+	11:37+	28:09+	05:37+	04:03+
06:16+	13:28+	07:38+	06:02+	12:01+	09:42+	09:02+	11:37+	28:09+	05:37+	04:03+

Beste stræktid for klassen

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

MTBO20km

1	Bjørn Sommer	22	2:18:13												
06:15=	32:21=	42:08=	46:19=	53:12=	59:18=	68:15=	78:52=	83:34=	94:07=	102:31=	106:26=	114:05=	123:07=	129:56=	138:13=
06:15=	26:06=	09:47=	04:11=	06:53=	06:06=	08:57=	10:37=	04:42=	10:33=	08:24=	03:55=	07:39=	09:02=	06:49=	08:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

06:15	26:06	09:47	04:11	06:53	06:06	08:57	10:37	04:42	10:33	08:24	03:55	07:39	09:02	06:49	08:17
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.