

Mini supevinterlang

Stræktider

Bøllingsø/Engesvang-26-12-2022

Plads Navn

Klasse

Tid

10km

1 Thomas Blok

8

59:36

02:31= 06:31= 10:22= 12:08= 13:57= 15:56= 17:56= 21:41= 29:30= 31:29= 32:04= 33:25= 36:10= 37:51= 39:29= 40:42= 42:13= 43:48= 45:56= 46:40= 48:57= 52:02= 53:41= 54:47= 56:31= 57:29=
 02:31= 04:00= 03:51= 01:46= 01:49= 01:59= 02:00= 03:45= 07:49= 01:59= 00:35= 01:21= 02:45= 01:41= 01:38= 01:13= 01:31= 01:35= 02:08= 00:44= 02:17= 03:05= 01:39= 01:06= 01:44= 00:58=
 00:00=

2 Kristian Blok

8

1:03:54

02:32+ 06:30- 10:24+ 12:13+ 13:54- 15:56= 17:50- 21:41= 30:07+ 31:56+ 32:32+ 34:19+ 36:30+ 38:07+ 39:59+ 42:05+ 43:53+ 45:43+ 48:10+ 48:58+ 51:19+ 54:36+ 57:19+ 58:24+ 60:35+ 61:48+
 02:32+ 03:58- 03:54+ 01:49+ 01:41- 02:02+ 01:54- 03:51+ 08:26+ 01:49- 00:36+ 01:47+ 02:11- 01:37- 01:52+ 02:06+ 01:48+ 01:50+ 02:27+ 00:48+ 02:21+ 03:17+ 02:43+ 01:05- 02:11+ 01:13+
 00:01+ 00:02- 00:03+ 00:03+ 00:08- 00:03+ 00:06- 00:06+ 00:37+ 00:10- 00:01+ 00:26& 00:34- 00:04- 00:14# 00:53& 00:17# 00:15# 00:19# 00:04+ 00:04+ 00:12+ 01:04& 00:01- 00:27& 00:15&
 62:59+ 63:54+
 01:11- 00:55+
 00:08- 00:07#

4 Peter Villadsen

11

1:08:03

02:46+ 07:11+ 11:17+ 13:12+ 14:56+ 17:04+ 19:17+ 23:24+ 32:03+ 35:39+ 36:22+ 38:00+ 40:50+ 43:00+ 44:57+ 46:23+ 48:17+ 50:12+ 52:37+ 53:26+ 56:01+ 59:23+ 61:57+ 62:59+ 64:47+ 65:49+
 02:46+ 04:25+ 04:06+ 01:55+ 01:44- 02:08+ 02:13+ 04:07+ 08:39+ 03:36+ 00:43+ 01:38+ 02:50+ 02:10+ 01:57+ 01:26+ 01:54+ 01:55+ 02:25+ 00:49+ 02:35+ 03:22+ 02:34+ 01:02- 01:48+ 01:02+
 00:15+ 00:25# 00:15+ 00:09+ 00:05- 00:09+ 00:13# 00:22+ 00:50# 01:37& 00:08# 00:17# 00:05+ 00:29& 00:19# 00:13# 00:23& 00:20# 00:17# 00:05# 00:18# 00:17+ 00:55& 00:04- 00:04+ 00:04+
 67:10+ 68:03+
 01:21+ 00:53+
 00:02+ 00:05#

5 Flemming Jørgensen

15

1:08:54

02:52+ 07:25+ 11:50+ 14:31+ 16:12+ 18:15+ 20:25+ 24:38+ 34:42+ 35:24+ 38:29+ 40:54+ 42:39+ 45:04+ 46:36+ 48:43+ 50:49+ 53:20+ 54:15+ 56:50+ 60:25+ 62:35+ 63:42+ 65:37+ 66:39+ 67:55+
 02:52+ 04:33+ 04:25+ 02:41+ 01:41- 02:03+ 02:10+ 04:13+ 10:04+ 00:42- 03:05+ 02:25+ 01:45- 02:25+ 01:32- 02:07+ 02:06+ 02:31+ 00:55- 02:35+ 03:35+ 02:10- 01:07- 01:55+ 01:02- 01:16+
 00:21# 00:33# 00:34# 00:55& 00:08- 00:04+ 00:10+ 00:28# 02:15& 01:17- 02:30@ 01:04& 01:00- 00:44& 00:06- 00:54& 00:35& 00:56& 01:13- 01:51@ 01:18& 00:55- 00:32- 00:49& 00:42- 00:18&
 68:54+
 00:59-
 00:20-

6 Mads Mikkelsen

3

1:17:28

03:03+ 08:11+ 12:54+ 15:12+ 17:38+ 20:00+ 22:39+ 27:18+ 36:11+ 39:37+ 40:21+ 42:04+ 46:41+ 48:54+ 51:22+ 53:45+ 55:49+ 57:58+ 60:35+ 61:29+ 64:29+ 68:23+ 70:42+ 72:06+ 74:01+ 75:09+
 03:03+ 05:08+ 04:43+ 02:18+ 02:26+ 02:22+ 02:39+ 04:39+ 08:53+ 03:26+ 00:44+ 01:43+ 04:37+ 02:13+ 02:28+ 02:23+ 02:04+ 02:09+ 02:37+ 00:54+ 03:00+ 03:54+ 02:19+ 01:24+ 01:55+ 01:08+
 00:32# 01:08& 00:52# 00:32& 00:37& 00:23# 00:39& 00:54# 01:04# 01:27& 00:09& 00:22& 01:52& 00:32& 00:50& 01:10& 00:33& 00:34& 00:29# 00:10# 00:43& 00:49& 00:40& 00:18& 00:11# 00:10#
 76:28+ 77:28+
 01:19= 01:00+
 00:00= 00:12#

7 Michael Filyo

11

1:19:30

03:19+ 08:27+ 13:00+ 15:06+ 17:24+ 19:51+ 22:32+ 27:04+ 33:32+ 39:31+ 40:11+ 44:29+ 47:13+ 51:23+ 53:37+ 55:22+ 57:32+ 59:44+ 62:32+ 63:32+ 66:23+ 70:07+ 72:22+ 73:16+ 75:25+ 76:52+
 03:19+ 05:08+ 04:33+ 02:06+ 02:18+ 02:27+ 02:41+ 04:32+ 06:28- 05:59+ 00:40+ 04:18+ 02:44- 04:10+ 02:14+ 01:45+ 02:10+ 02:12+ 02:48+ 01:00+ 02:51+ 03:44+ 02:15+ 00:54- 02:09+ 01:27+
 00:48& 01:08& 00:42# 00:20# 00:29& 00:28# 00:41& 00:47# 01:21- 04:00@ 00:05# 02:57@ 00:01- 02:29@ 00:36& 00:32& 00:39& 00:37& 00:40& 00:16& 00:34# 00:39# 00:36& 00:12- 00:25# 00:29&
 78:13+ 79:30+
 01:21+ 01:17+
 00:02+ 00:29&

8 Jakob Q Christensen

6

1:20:21

03:12+ 08:06+ 13:10+ 15:44+ 18:08+ 21:58+ 24:49+ 29:52+ 38:59+ 42:00+ 42:53+ 44:41+ 50:17+ 52:34+ 54:35+ 56:39+ 58:44+ 60:53+ 63:33+ 64:27+ 67:12+ 70:57+ 73:18+ 74:41+ 76:53+ 78:01+
 03:12+ 04:54+ 05:04+ 02:34+ 02:24+ 03:50+ 02:51+ 05:03+ 09:07+ 03:01+ 00:53+ 01:48+ 05:36+ 02:17+ 02:01+ 02:04+ 02:05+ 02:09+ 02:40+ 00:54+ 02:45+ 03:45+ 02:21+ 01:23+ 02:12+ 01:08+
 00:41& 00:54# 01:13& 00:48& 00:35& 01:51& 00:51& 01:18& 01:18# 01:02& 00:18& 00:27& 02:51@ 00:36& 00:23# 00:51& 00:34& 00:34& 00:32# 00:10# 00:28# 00:40# 00:42& 00:17& 00:28& 00:10#
 79:20+ 80:21+
 01:19= 01:01+
 00:00= 00:13&

Plas	Navn	Klasse	Tid
------	------	--------	-----

10km

9	Johan Nielsen	NOTEAM	1:20:36																						
03:43+	08:42+	13:53+	16:21+	19:08+	21:28+	24:21+	29:18+	35:28+	38:13+	39:04+	42:44+	45:59+	48:01+	50:43+	52:25+	54:43+	57:13+	60:17+	61:14+	64:11+	68:03+	70:54+	72:17+	77:03+	78:13+
03:43+	04:59+	05:11+	02:28+	02:47+	02:20+	02:53+	04:57+	06:10-	02:45+	00:51+	03:40+	03:15+	02:02+	02:42+	01:42+	02:18+	02:30+	03:04+	00:57+	02:57+	03:52+	02:51+	01:23+	04:46+	01:10+
01:12&	00:59#	01:20&	00:42&	00:58&	00:21#	00:53&	01:12&	01:39-	00:46&	00:16&	02:19@	00:30#	00:21#	01:04&	00:29&	00:47&	00:55&	00:56&	00:13&	00:40&	00:47&	01:12&	00:17&	03:02@	00:12#
79:37+	80:36+																								
01:24+	00:59+																								
00:05+	00:11#																								

10	Anders Gammelvind	2	1:24:17																						
03:31+	08:46+	14:04+	16:25+	18:56+	21:56+	24:56+	30:20+	38:42+	42:04+	43:00+	45:06+	48:34+	50:59+	53:39+	55:20+	58:02+	60:44+	64:05+	65:12+	68:28+	72:50+	75:52+	77:43+	80:27+	81:43+
03:31+	05:15+	05:18+	02:21+	02:31+	03:00+	03:00+	05:24+	08:22+	03:22+	00:56+	02:06+	03:28+	02:25+	02:40+	01:41+	02:42+	02:42+	03:21+	01:07+	03:16+	04:22+	03:02+	01:51+	02:44+	01:16+
03:31+	05:15+	05:18+	02:21+	02:31+	03:00+	03:00+	05:24+	08:22+	03:22+	00:56+	02:06+	03:28+	02:25+	02:40+	01:41+	02:42+	02:42+	03:21+	01:07+	03:16+	04:22+	03:02+	01:51+	02:44+	01:16+
83:15+	84:17+																								
01:32+	01:02+																								
01:32+	01:02+																								

11	Jan Sommerlund	11	1:33:28																						
04:23+	10:10+	15:34+	18:10+	20:59+	24:05+	27:32+	33:21+	43:07+	47:53+	48:56+	51:29+	55:18+	58:25+	61:08+	64:01+	66:11+	68:27+	71:32+	72:26+	75:59+	80:15+	84:04+	85:20+	89:35+	90:52+
04:23+	05:47+	05:24+	02:36+	02:49+	03:06+	03:27+	05:49+	09:46+	04:46+	01:03+	02:33+	03:49+	03:07+	02:43+	02:53+	02:10+	02:16+	03:05+	00:54+	03:33+	04:16+	03:49+	01:16+	04:15+	01:17+
04:23+	05:47+	05:24+	02:36+	02:49+	03:06+	03:27+	05:49+	09:46+	04:46+	01:03+	02:33+	03:49+	03:07+	02:43+	02:53+	02:10+	02:16+	03:05+	00:54+	03:33+	04:16+	03:49+	01:16+	04:15+	01:17+
92:24+	93:28+																								
01:32+	01:04+																								
01:32+	01:04+																								

12	Michael Halberg	11	1:33:35																						
04:25+	10:18+	15:38+	18:15+	21:15+	24:09+	27:36+	33:34+	43:22+	48:04+	49:02+	51:43+	55:44+	58:31+	61:25+	63:59+	66:10+	68:30+	71:22+	72:39+	76:13+	80:30+	84:39+	85:45+	90:01+	91:07+
04:25+	05:53+	05:20+	02:37+	03:00+	02:54+	03:27+	05:58+	09:48+	04:42+	00:58+	02:41+	04:01+	02:47+	02:54+	02:34+	02:11+	02:20+	02:52+	01:17+	03:34+	04:17+	04:09+	01:06+	04:16+	01:06+
04:25+	05:53+	05:20+	02:37+	03:00+	02:54+	03:27+	05:58+	09:48+	04:42+	00:58+	02:41+	04:01+	02:47+	02:54+	02:34+	02:11+	02:20+	02:52+	01:17+	03:34+	04:17+	04:09+	01:06+	04:16+	01:06+
92:31+	93:35+																								
01:24+	01:04+																								
01:24+	01:04+																								

13	Lone Fyhn Olesen	6	1:38:39																						
04:30+	10:25+	16:23+	19:18+	22:33+	27:33+	31:33+	37:53+	46:19+	49:32+	50:33+	53:11+	57:06+	60:12+	63:37+	66:45+	69:37+	72:54+	77:02+	78:25+	81:56+	86:57+	90:11+	92:07+	95:03+	96:32+
04:30+	05:55+	05:58+	02:55+	03:15+	05:00+	04:00+	06:20+	08:26+	03:13+	01:01+	02:38+	03:55+	03:06+	03:25+	03:08+	02:52+	03:17+	04:08+	01:23+	03:31+	05:01+	03:14+	01:56+	02:56+	01:29+
04:30+	05:55+	05:58+	02:55+	03:15+	05:00+	04:00+	06:20+	08:26+	03:13+	01:01+	02:38+	03:55+	03:06+	03:25+	03:08+	02:52+	03:17+	04:08+	01:23+	03:31+	05:01+	03:14+	01:56+	02:56+	01:29+
97:48+	98:39+																								
01:16+	00:51+																								
01:16+	00:51+																								

14	Mette Marie Lungholt	6	1:39:24																						
04:26+	10:27+	16:27+	19:23+	22:37+	27:31+	31:41+	37:49+	46:22+	49:37+	50:35+	53:14+	57:12+	60:19+	63:46+	66:51+	69:47+	72:59+	77:05+	78:34+	81:59+	87:00+	90:22+	92:16+	95:08+	96:37+
04:26+	06:01+	06:00+	02:56+	03:14+	04:54+	04:10+	06:08+	08:33+	03:15+	00:58+	02:39+	03:58+	03:07+	03:27+	03:05+	02:56+	03:12+	04:06+	01:29+	03:25+	05:01+	03:22+	01:54+	02:52+	01:29+
04:26+	06:01+	06:00+	02:56+	03:14+	04:54+	04:10+	06:08+	08:33+	03:15+	00:58+	02:39+	03:58+	03:07+	03:27+	03:05+	02:56+	03:12+	04:06+	01:29+	03:25+	05:01+	03:22+	01:54+	02:52+	01:29+
98:12+	99:24+																								
01:35+	01:12+																								
01:35+	01:12+																								

Beste stræktid for klassen

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

4km

Pluss	Navn	Klasse	Tid													
4km																
1	Søren Elkjær	13	38:27													
02:04=	03:24=	06:16=	10:39=	12:50=	13:29=	15:34=	17:54=	18:54=	20:40=	23:06=	26:53=	28:14=	34:40=	35:58=	37:25=	38:27=
02:04=	01:20=	02:52=	04:23=	02:11=	00:39=	02:05=	02:20=	01:00=	01:46=	02:26=	03:47=	01:21=	06:26=	01:18=	01:27=	01:02=
00:00=	00:00=	00:00=	00:00=	00:00=	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	Leif Rønn Olsen	2	48:21													
02:33+	04:40+	07:53+	13:05+	16:00+	17:00+	19:49+	23:26+	25:06+	27:13+	29:36+	34:21+	35:38+	43:14+	45:06+	46:56+	48:21+
02:33+	02:07+	03:13+	05:12+	02:55+	01:00+	02:49+	03:37+	01:40+	02:07+	02:23+	04:45+	01:17+	07:36+	01:52+	01:50+	01:25+
02:33+	02:07+	03:13+	05:12+	02:55+	01:00+	02:49+	03:37+	01:40+	02:07+	02:23+	04:45+	01:17+	07:36+	01:52+	01:50+	01:25+
3	Susanne Baun	3	49:10													
02:40+	04:37+	07:32+	12:10+	15:08+	16:06+	19:48+	25:11+	26:35+	28:49+	31:01+	35:00+	36:06+	43:23+	45:51+	47:50+	49:10+
02:40+	01:57+	02:55+	04:38+	02:58+	00:58+	03:42+	05:23+	01:24+	02:14+	02:12+	03:59+	01:06+	07:17+	02:28+	01:59+	01:20+
02:40+	01:57+	02:55+	04:38+	02:58+	00:58+	03:42+	05:23+	01:24+	02:14+	02:12+	03:59+	01:06+	07:17+	02:28+	01:59+	01:20+
4	Poul Nøhr	11	50:22													
02:45+	04:42+	07:26+	12:50+	15:56+	17:24+	20:13+	22:55+	24:38+	27:19+	29:52+	34:29+	36:45+	45:16+	47:17+	49:05+	50:22+
02:45+	01:57+	02:44+	05:24+	03:06+	01:28+	02:49+	02:42+	01:43+	02:41+	02:33+	04:37+	02:16+	08:31+	02:01+	01:48+	01:17+
02:45+	01:57+	02:44+	05:24+	03:06+	01:28+	02:49+	02:42+	01:43+	02:41+	02:33+	04:37+	02:16+	08:31+	02:01+	01:48+	01:17+
5	Frants Nielsen	2	50:33													
02:36+	04:29+	07:53+	12:47+	15:52+	16:56+	19:33+	24:19+	25:39+	27:55+	30:48+	35:39+	36:57+	45:16+	47:08+	49:02+	50:33+
02:36+	01:53+	03:24+	04:54+	03:05+	01:04+	02:37+	04:46+	01:20+	02:16+	02:53+	04:51+	01:18+	08:19+	01:52+	01:54+	01:31+
02:36+	01:53+	03:24+	04:54+	03:05+	01:04+	02:37+	04:46+	01:20+	02:16+	02:53+	04:51+	01:18+	08:19+	01:52+	01:54+	01:31+
6	Erik Ljungdahl	1	53:43													
02:45+	05:25+	07:51+	12:58+	15:39+	16:27+	19:19+	29:06+	30:38+	33:03+	35:06+	39:30+	40:38+	48:44+	50:37+	52:26+	53:43+
02:45+	02:40+	02:26+	05:07+	02:41+	00:48+	02:52+	09:47+	01:32+	02:25+	02:03+	04:24+	01:08+	08:06+	01:53+	01:49+	01:17+
02:45+	02:40+	02:26+	05:07+	02:41+	00:48+	02:52+	09:47+	01:32+	02:25+	02:03+	04:24+	01:08+	08:06+	01:53+	01:49+	01:17+
7	Tage Baun	3	54:35													
02:35+	04:31+	07:17+	12:54+	17:00+	18:04+	20:49+	27:28+	29:34+	32:01+	34:36+	39:21+	40:40+	48:15+	50:08+	53:00+	54:35+
02:35+	01:56+	02:46+	05:37+	04:06+	01:04+	02:45+	06:39+	02:06+	02:27+	02:35+	04:45+	01:19+	07:35+	01:53+	02:52+	01:35+
02:35+	01:56+	02:46+	05:37+	04:06+	01:04+	02:45+	06:39+	02:06+	02:27+	02:35+	04:45+	01:19+	07:35+	01:53+	02:52+	01:35+
8	Carsten Helligsø	4	54:54													
02:35+	04:50+	06:58+	12:16+	15:01+	15:58+	18:31+	26:36+	28:07+	31:56+	34:16+	39:48+	41:17+	48:33+	51:40+	53:30+	54:54+
02:35+	02:15+	02:08+	05:18+	02:45+	00:57+	02:33+	08:05+	01:31+	03:49+	02:20+	05:32+	01:29+	07:16+	03:07+	01:50+	01:24+
02:35+	02:15+	02:08+	05:18+	02:45+	00:57+	02:33+	08:05+	01:31+	03:49+	02:20+	05:32+	01:29+	07:16+	03:07+	01:50+	01:24+
9	Jørgen Jørgensen	11	55:41													
02:30+	04:24+	07:27+	12:49+	16:04+	17:07+	20:17+	27:07+	29:55+	34:21+	39:40+	41:18+	49:37+	51:51+	53:59+	55:41+	
02:30+	01:54+	03:03+	05:22+	03:15+	01:03+	03:10+	06:50+	02:48+	04:26+	05:19+	01:38+	08:19+	02:14+	02:08+	01:42+	
02:30+	01:54+	03:03+	05:22+	03:15+	01:03+	03:10+	06:50+	02:48+	04:26+	05:19+	01:38+	08:19+	02:14+	02:08+	01:42+	
10	Pia Gade	13	57:03													
02:47+	07:53+	11:18+	16:20+	19:37+	20:50+	25:36+	28:30+	30:58+	33:14+	36:32+	41:49+	43:13+	50:53+	53:31+	55:36+	57:03+
02:47+	05:06+	03:25+	05:02+	03:17+	01:13+	04:46+	02:54+	02:28+	02:16+	03:18+	05:17+	01:24+	07:40+	02:38+	02:05+	01:27+
02:47+	05:06+	03:25+	05:02+	03:17+	01:13+	04:46+	02:54+	02:28+	02:16+	03:18+	05:17+	01:24+	07:40+	02:38+	02:05+	01:27+
11	Marie Sørensen	4	57:29													
02:30+	04:11+	07:00+	12:37+	16:21+	17:31+	21:50+	33:36+	35:24+	37:14+	39:15+	43:48+	45:23+	52:57+	54:29+	56:17+	57:29+
02:30+	01:41+	02:49+	05:37+	03:44+	01:10+	04:19+	11:46+	01:48+	01:50+	02:01+	04:33+	01:35+	07:34+	01:32+	01:48+	01:12+
02:30+	01:41+	02:49+	05:37+	03:44+	01:10+	04:19+	11:46+	01:48+	01:50+	02:01+	04:33+	01:35+	07:34+	01:32+	01:48+	01:12+
12	Anni Sørensen	4	1:04:31													
03:08+	05:16+	08:55+	14:57+	18:41+	19:56+	24:47+	36:09+	38:17+	40:33+	43:27+	48:43+	50:10+	58:38+	60:47+	63:17+	64:31+
03:08+	02:08+	03:39+	06:02+	03:44+	01:15+	04:51+	11:22+	02:08+	02:16+	02:54+	05:16+	01:27+	08:28+	02:09+	02:30+	01:14+
03:08+	02:08+	03:39+	06:02+	03:44+	01:15+	04:51+	11:22+	02:08+	02:16+	02:54+	05:16+	01:27+	08:28+	02:09+	02:30+	01:14+

4km

13	Asger Kristensen	2														1:08:45	
03:19+	05:27+	08:43+	15:11+	18:35+	19:49+	23:32+	29:41+	35:50+	39:30+	43:10+	48:56+	51:04+	61:11+	64:22+	66:52+	68:45+	
03:19+	02:08+	03:16+	06:28+	03:24+	01:14+	03:43+	06:09+	06:09+	03:40+	03:40+	05:46+	02:08+	10:07+	03:11+	02:30+	01:53+	
03:19+	02:08+	03:16+	06:28+	03:24+	01:14+	03:43+	06:09+	06:09+	03:40+	03:40+	05:46+	02:08+	10:07+	03:11+	02:30+	01:53+	
14	Herluf Jensen	12														1:11:27	
03:22+	06:12+	09:41+	15:57+	19:48+	21:02+	25:52+	28:11+	31:02+	33:51+	38:23+	44:22+	46:22+	64:06+	66:48+	69:18+	71:27+	
03:22+	02:50+	03:29+	06:16+	03:51+	01:14+	04:50+	02:19+	02:51+	02:49+	04:32+	05:59+	02:00+	17:44+	02:42+	02:30+	02:09+	
03:22+	02:50+	03:29+	06:16+	03:51+	01:14+	04:50+	02:19+	02:51+	02:49+	04:32+	05:59+	02:00+	17:44+	02:42+	02:30+	02:09+	
15	Holger Mikkelsen	6														1:19:26	
03:35+	06:21+	09:31+	16:25+	20:24+	22:51+	26:38+	30:16+	48:10+	51:12+	55:09+	61:08+	62:47+	72:30+	74:52+	77:21+	79:26+	
03:35+	02:46+	03:10+	06:54+	03:59+	02:27+	03:47+	03:38+	17:54+	03:02+	03:57+	05:59+	01:39+	09:43+	02:22+	02:29+	02:05+	
03:35+	02:46+	03:10+	06:54+	03:59+	02:27+	03:47+	03:38+	17:54+	03:02+	03:57+	05:59+	01:39+	09:43+	02:22+	02:29+	02:05+	
16	Palle Møller Nielsen	6														1:25:40	
04:47+	09:04+	13:05+	20:11+	24:11+	25:38+	30:44+	40:41+	50:00+	53:59+	57:59+	64:52+	66:52+	77:42+	80:36+	83:30+	85:40+	
04:47+	04:17+	04:01+	07:06+	04:00+	01:27+	05:06+	09:57+	09:19+	03:59+	04:00+	06:53+	02:00+	10:50+	02:54+	02:54+	02:10+	
04:47+	04:17+	04:01+	07:06+	04:00+	01:27+	05:06+	09:57+	09:19+	03:59+	04:00+	06:53+	02:00+	10:50+	02:54+	02:54+	02:10+	
17	Kaj Ole Jensby	6														1:39:42	
03:23+	05:55+	10:16+	31:40+	34:52+	35:57+	39:15+	46:01+	66:11+	69:57+	79:07+	80:35+	92:23+	98:17+	99:42+			
03:23+	02:32+	04:21+	21:24+	03:12+	01:05+	03:18+	06:46+	20:10+	03:46+	09:10+	01:28+	11:48+	05:54+	01:25+			
03:23+	02:32+	04:21+	21:24+	03:12+	01:05+	03:18+	06:46+	20:10+	03:46+	09:10+	01:28+	11:48+	05:54+	01:25+			
18	Bitten Nielsen	2														1:53:35	
02:51+	04:55+	18:27+	25:04+	28:47+	29:56+	41:01+	50:38+	58:18+	60:51+	63:20+	82:48+	85:10+	93:32+	96:08+	99:33+	103:18+	113:35+
02:51+	02:04+	13:32+	06:37+	03:43+	01:09+	11:05+	09:37+	07:40+	02:33+	02:29+	19:28+	02:22+	08:22+	02:36+	03:25+	03:45+	10:17+
02:51+	02:04+	13:32+	06:37+	03:43+	01:09+	11:05+	09:37+	07:40+	02:33+	02:29+	19:28+	02:22+	08:22+	02:36+	03:25+	03:45+	10:17+

Beste stræktid for klassen

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

6km

1	Jørgen Schnack	14														49:01				
02:03=	03:24=	05:26=	10:00=	14:23=	19:26=	21:19=	22:02=	25:30=	28:14=	29:50=	31:28=	33:30=	35:28=	37:26=	38:16=	40:39=	45:50=	46:51=	48:05=	49:01=
02:03=	01:21=	02:02=	04:34=	04:23=	05:03=	01:53=	00:43=	03:28=	02:44=	01:36=	01:38=	02:02=	01:58=	01:58=	00:50=	02:23=	05:11=	01:01=	01:14=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Michael Fischer	14														49:40				
02:19+	03:46+	05:36+	10:35+	14:45+	20:00+	21:53+	22:36+	24:39+	27:01+	28:32+	30:16+	31:55+	34:00+	36:12+	37:12+	40:10+	46:02+	47:17+	48:36+	49:40+
02:19+	01:27+	01:50+	04:59+	04:10+	05:15+	01:53+	00:43+	02:03+	02:22+	01:31+	01:44+	01:39+	02:05+	02:12+	01:00+	02:58+	05:52+	01:15+	01:19+	01:04+
00:16#	00:06+	00:12-	00:25+	00:13-	00:12+	00:00=	00:00=	01:25-	00:22-	00:05-	00:06+	00:23-	00:07+	00:14#	00:10#	00:35#	00:41#	00:14#	00:05+	00:08#
3	Anne Q Frederiksen	6														55:52				
01:48-	03:34+	05:26=	10:24+	15:30+	21:29+	24:05+	24:48+	27:33+	30:39+	32:35+	34:09+	36:17+	39:01+	40:58+	42:04+	45:05+	51:57+	53:23+	54:41+	55:52+
01:48-	01:46+	01:52-	04:58+	05:06+	05:59+	02:36+	00:43=	02:45-	03:06+	01:56+	01:34-	02:08+	02:44+	01:57-	01:06+	03:01+	06:52+	01:26+	01:18+	01:11+
00:15-	00:25&	00:10-	00:24+	00:43#	00:56#	00:43&	00:00=	00:43-	00:22#	00:20#	00:04-	00:06+	00:46&	00:01-	00:16&	00:38&	01:41&	00:25&	00:04+	00:15&
4	Keld Gade	13														56:15				
02:08+	03:53+	05:59+	11:13+	15:51+	22:14+	24:38+	25:54+	28:11+	31:04+	32:45+	34:28+	36:39+	39:10+	41:43+	42:56+	45:55+	52:24+	53:43+	55:09+	56:15+
02:08+	01:45+	02:06+	05:14+	04:38+	06:23+	02:24+	01:16+	02:17-	02:53+	01:41+	01:43+	02:11+	02:31+	02:33+	01:13+	02:59+	06:29+	01:19+	01:26+	01:06+
00:05+	00:24&	00:04+	00:40#	00:15+	01:20&	00:31&	00:33&	01:11-	00:09+	00:05+	00:05+	00:09+	00:33&	00:35&	00:23&	00:36&	01:18&	00:18&	00:12#	00:10#

Class	Navn	Klasse	Tid
6km			
5	Karsten Blok	8	57:00
02:22+	03:42+	05:49+	11:25+
02:22+	01:20-	02:07+	05:36+
00:19#	00:01-	00:05+	01:02#
17:45+	23:53+	26:23+	27:12+
29:07+	32:01+	33:46+	35:47+
38:24+	40:44+	44:01+	45:00+
48:00+	52:50+	54:10+	55:40+
57:00+	01:20+	01:30+	01:20+
00:19#	00:01-	00:05+	01:02#
01:57&	01:05#	00:37&	00:06#
01:33-	00:10+	00:09+	00:23#
00:35&	00:22#	01:19&	00:09#
00:37&	00:21-	00:19&	00:16#
00:24&			
6	Astrid Lykke Nielsen	3	57:45
02:05+	03:19+	05:32+	10:26+
02:05+	01:14+	02:13+	04:54+
02:05+	01:14+	02:13+	04:54+
15:58+	22:03+	25:06+	26:13+
28:28+	32:16+	34:29+	36:42+
39:12+	41:22+	43:46+	45:07+
48:53+	54:26+	55:36+	56:54+
57:45+	01:18+	00:51+	
02:05+	01:14+	02:13+	04:54+
02:05+	01:14+	02:13+	04:54+
06:05+	03:03+	01:07+	02:15+
03:48+	02:13+	02:13+	02:30+
02:10+	02:24+	01:21+	03:46+
05:33+	01:10+	01:18+	00:51+
02:05+	01:14+	02:13+	04:54+
06:05+	03:03+	01:07+	02:15+
03:48+	02:13+	02:13+	02:30+
02:10+	02:24+	01:21+	03:46+
05:33+	01:10+	01:18+	00:51+
02:05+	01:14+	02:13+	04:54+
06:05+	03:03+	01:07+	02:15+
03:48+	02:13+	02:13+	02:30+
02:10+	02:24+	01:21+	03:46+
05:33+	01:10+	01:18+	00:51+
7	Allan Gundsøe	6	1:01:35
02:13+	03:53+	05:58+	11:42+
02:13+	01:40+	02:05+	05:44+
02:13+	01:40+	02:05+	05:44+
16:58+	23:32+	26:09+	27:31+
30:37+	33:18+	34:52+	36:49+
38:54+	41:44+	45:16+	46:24+
49:58+	56:51+	58:22+	59:57+
61:35+	01:38+	01:38+	
02:13+	01:40+	02:05+	05:44+
02:13+	01:40+	02:05+	05:44+
06:34+	02:37+	01:22+	03:06+
02:41+	01:34+	01:57+	02:05+
02:50+	03:32+	01:08+	03:34+
06:53+	01:31+	01:35+	01:38+
02:13+	01:40+	02:05+	05:44+
02:13+	01:40+	02:05+	05:44+
06:34+	02:37+	01:22+	03:06+
02:41+	01:34+	01:57+	02:05+
02:50+	03:32+	01:08+	03:34+
06:53+	01:31+	01:35+	01:38+
8	Hanne Borup Fredberg	11	1:03:43
02:13+	04:00+	08:50+	13:59+
02:13+	01:47+	04:50+	05:09+
02:13+	01:47+	04:50+	05:09+
20:42+	26:39+	29:02+	29:54+
32:33+	37:58+	40:52+	43:00+
45:24+	49:00+	50:11+	53:36+
58:36+	60:03+	62:35+	63:43+
02:13+	01:47+	04:50+	05:09+
02:13+	01:47+	04:50+	05:09+
06:43+	05:57+	02:23+	00:52+
02:39+	05:25+	02:54+	02:08+
02:24+	03:36+	01:11+	03:25+
05:00+	01:27+	02:32+	01:08+
02:13+	01:47+	04:50+	05:09+
02:13+	01:47+	04:50+	05:09+
06:43+	05:57+	02:23+	00:52+
02:39+	05:25+	02:54+	02:08+
02:24+	03:36+	01:11+	03:25+
05:00+	01:27+	02:32+	01:08+
9	Carl Malling	10	1:04:28
02:28+	04:12+	06:27+	12:11+
02:28+	01:44+	02:15+	05:44+
02:28+	01:44+	02:15+	05:44+
18:18+	24:47+	27:20+	29:38+
31:57+	34:51+	36:31+	42:50+
45:19+	48:27+	49:43+	53:49+
60:07+	61:35+	63:10+	64:28+
02:28+	01:44+	02:15+	05:44+
02:28+	01:44+	02:15+	05:44+
06:07+	06:29+	02:33+	02:18+
02:19+	02:54+	01:40+	06:19+
02:29+	03:08+	01:16+	04:06+
06:18+	01:28+	01:35+	01:18+
02:28+	01:44+	02:15+	05:44+
02:28+	01:44+	02:15+	05:44+
06:07+	06:29+	02:33+	02:18+
02:19+	02:54+	01:40+	06:19+
02:29+	03:08+	01:16+	04:06+
06:18+	01:28+	01:35+	01:18+
10	Henriette Klostergaard Rokkjær	11	1:04:52
02:21+	04:28+	07:07+	12:42+
02:21+	02:07+	02:39+	05:35+
02:21+	02:07+	02:39+	05:35+
18:23+	25:09+	27:50+	28:42+
30:59+	34:30+	37:00+	40:14+
42:48+	45:30+	48:17+	49:23+
53:07+	60:13+	61:50+	63:32+
64:52+	01:20+	01:20+	
02:21+	02:07+	02:39+	05:35+
02:21+	02:07+	02:39+	05:35+
06:46+	02:41+	00:52+	02:17+
03:31+	02:30+	03:14+	02:34+
02:42+	02:47+	01:06+	03:44+
07:06+	01:37+	01:42+	01:20+
02:21+	02:07+	02:39+	05:35+
02:21+	02:07+	02:39+	05:35+
06:46+	02:41+	00:52+	02:17+
03:31+	02:30+	03:14+	02:34+
02:42+	02:47+	01:06+	03:44+
07:06+	01:37+	01:42+	01:20+
11	Flemming Futtrup	13	1:07:18
01:53+	04:27+	06:48+	12:39+
01:53+	02:34+	02:21+	05:51+
01:53+	02:34+	02:21+	05:51+
17:53+	24:14+	26:53+	27:44+
35:58+	39:14+	41:31+	43:30+
45:50+	48:59+	51:25+	52:22+
56:07+	63:34+	64:41+	66:08+
67:18+	01:10+	01:10+	
01:53+	02:34+	02:21+	05:51+
01:53+	02:34+	02:21+	05:51+
06:21+	02:39+	00:51+	08:14+
03:16+	02:17+	01:59+	02:20+
03:09+	02:26+	00:57+	03:45+
07:27+	01:07+	01:27+	01:10+
01:53+	02:34+	02:21+	05:51+
01:53+	02:34+	02:21+	05:51+
06:21+	02:39+	00:51+	08:14+
03:16+	02:17+	01:59+	02:20+
03:09+	02:26+	00:57+	03:45+
07:27+	01:07+	01:27+	01:10+
12	Erik Damgaard	1	1:12:56
02:23+	04:09+	06:45+	12:53+
02:23+	01:46+	02:36+	06:08+
02:23+	01:46+	02:36+	06:08+
18:49+	25:57+	29:08+	30:20+
33:13+	37:27+	39:43+	41:57+
45:25+	48:25+	51:18+	54:52+
59:18+	67:57+	69:39+	71:24+
72:56+	01:32+	01:32+	
02:23+	01:46+	02:36+	06:08+
02:23+	01:46+	02:36+	06:08+
05:56+	07:08+	03:11+	01:12+
02:53+	04:14+	02:16+	02:14+
03:28+	03:00+	02:53+	03:34+
04:26+	08:39+	01:42+	01:45+
02:23+	01:46+	02:36+	06:08+
02:23+	01:46+	02:36+	06:08+
05:56+	07:08+	03:11+	01:12+
02:53+	04:14+	02:16+	02:14+
03:28+	03:00+	02:53+	03:34+
04:26+	08:39+	01:42+	01:45+
13	Max Hansen	7	1:13:32
03:41+	05:40+	09:08+	16:04+
03:41+	01:59+	03:28+	06:56+
03:41+	01:59+	03:28+	06:56+
22:16+	30:59+	33:53+	34:49+
38:13+	41:45+	43:26+	45:32+
48:08+	50:43+	53:36+	54:40+
58:16+	67:42+	69:46+	72:03+
73:32+	01:29+	01:29+	
03:41+	01:59+	03:28+	06:56+
03:41+	01:59+	03:28+	06:56+
06:12+	08:43+	02:54+	00:56+
03:24+	03:32+	01:41+	02:06+
02:36+	02:35+	02:53+	01:04+
03:36+	09:26+	02:04+	02:17+
03:41+	01:59+	03:28+	06:56+
03:41+	01:59+	03:28+	06:56+
06:12+	08:43+	02:54+	00:56+
03:24+	03:32+	01:41+	02:06+
02:36+	02:35+	02:53+	01:04+
03:36+	09:26+	02:04+	02:17+
14	Eigil Nielsen	3	1:20:35
01:27+	03:05+	04:32+	13:37+
01:27+	01:38+	01:27+	09:05+
01:27+	01:38+	01:27+	09:05+
15:51+	18:07+	20:59+	24:13+
25:33+	29:36+	36:34+	
01:27+	01:38+	01:27+	09:05+
01:27+	01:38+	01:27+	09:05+
02:14+	02:16+	02:52+	03:14+
01:20+	04:03+	06:58+	
01:27+	01:38+	01:27+	09:05+
01:27+	01:38+	01:27+	09:05+
02:14+	02:16+	02:52+	03:14+
01:20+	04:03+	06:58+	
15	Rikke Sommerlund	11	1:34:48
03:04+	05:45+	09:07+	15:51+
03:04+	02:41+	03:22+	06:44+
03:04+	02:41+	03:22+	06:44+
22:52+	34:53+	39:45+	41:55+
47:50+	52:36+	56:56+	60:19+
64:02+	67:50+	71:24+	74:39+
79:42+	88:47+	91:08+	93:18+
94:48+	01:30+	01:30+	
03:04+	02:41+	03:22+	06:44+
03:04+	02:41+	03:22+	06:44+
07:01+	12:01+	04:52+	02:10+
05:55+	04:46+	04:20+	03:23+
03:43+	03:48+	03:34+	03:15+
05:03+	09:05+	02:21+	02:10+
03:04+	02:41+	03:22+	06:44+
03:04+	02:41+	03:22+	06:44+
07:01+	12:01+	04:52+	02:10+
05:55+	04:46+	04:20+	03:23+
03:43+	03:48+	03:34+	03:15+
05:03+	09:05+	02:21+	02:10+

Beste stræktid for klassen

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

8km

1	Mattias Klostergaard Rokkjær	11	1:03:53																						
01:22=	03:06=	07:57=	13:02=	16:15=	18:58=	20:16=	22:36=	26:14=	31:17=	34:16=	37:31=	38:16=	42:12=	43:15=	44:33=	46:13=	48:06=	50:08=	52:09=	53:04=	55:38=	60:32=	61:50=	63:03=	63:53=
01:22=	01:44=	04:51=	05:05=	03:13=	02:43=	01:18=	02:20=	03:38=	05:03=	02:59=	03:15=	00:45=	03:56=	01:03=	01:18=	01:40=	01:53=	02:02=	02:01=	00:55=	02:34=	04:54=	01:18=	01:13=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	René Rokkjær	11	1:03:58																						
01:28+	03:07+	08:02+	13:09+	16:24+	19:04+	20:22+	22:42+	26:19+	31:24+	34:21+	37:36+	38:20+	42:18+	43:20+	44:43+	46:18+	48:12+	50:14+	52:15+	53:09+	55:43+	60:25-	61:55+	63:05+	63:58+
01:28+	01:39-	04:55+	05:07+	03:15+	02:40-	01:18=	02:20=	03:37-	05:05+	02:57-	03:15=	00:44-	03:58+	01:02-	01:23+	01:35-	01:54+	02:02=	02:01=	00:54-	02:34=	04:42-	01:30+	01:10-	00:53+
00:06+	00:05-	00:04+	00:02+	00:02+	00:03-	00:00=	00:00=	00:01-	00:02+	00:02-	00:00=	00:01-	00:02+	00:01-	00:05+	00:05-	00:01+	00:00=	00:00=	00:01-	00:00=	00:12-	00:12#	00:03-	00:03+

3	Emil Borup Fredberg	11	1:07:08																						
01:21-	04:08+	09:00+	14:38+	18:07+	20:19+	21:22+	24:27+	27:54+	33:07+	36:48+	39:01+	39:49+	42:23+	47:03+	48:15+	49:49+	51:56+	53:42+	55:33+	56:22+	58:48+	63:37+	65:04+	66:16+	67:08+
01:21-	02:47+	04:52+	05:38+	03:29+	02:12-	01:03-	03:05+	03:27-	05:13+	03:41+	02:13-	00:48+	02:34-	04:40+	01:12-	01:34-	02:07+	01:46-	01:51-	00:49-	02:26-	04:49-	01:27+	01:12-	00:52+
00:01-	01:03&	00:01+	00:33#	00:16+	00:31-	00:15-	00:45&	00:11-	00:10+	00:42#	01:02-	00:03+	01:22-	03:37@	00:06-	00:06-	00:14#	00:16-	00:10-	00:06-	00:08-	00:05-	00:09#	00:01-	00:02+

4	Andreas Jørgensen	10	1:08:11																					
01:34+	03:52+	09:17+	14:32+	21:23+	23:58+	24:57+	27:16+	30:16+	35:03+	39:31+	41:51+	42:37+	47:13+	48:07+	49:21+	50:53+	53:00+	54:47+	57:28+	60:07+	64:43+	66:10+	68:11+	
01:34+	02:18+	05:25+	05:15+	06:51+	02:35-	00:59-	02:19-	03:00-	04:47-	04:28+	02:20-	00:46+	04:36+	00:54-	01:14-	01:32-	02:07+	01:47-	02:41+	02:39+	04:36+	01:27-	02:01+	
00:12#	00:34&	00:34#	00:10+	03:38@	00:08-	00:19-	00:01-	00:38-	00:16-	01:29&	00:55-	00:01+	00:40#	00:09-	00:04-	00:08-	00:14#	00:15-	00:40&	01:44@	02:02&	03:27-	00:43&	

5	Eskild Nielsen	3	1:18:24																						
01:17-	03:03-	07:50-	14:03+	17:35+	19:43+	21:06+	23:31+	27:18+	32:21+	38:46+	41:27+	42:06+	53:50+	54:41+	56:29+	58:17+	60:03+	62:20+	64:31+	65:32+	68:40+	74:45+	76:07+	77:33+	78:24+
01:17-	01:46+	04:47-	06:13+	03:32+	02:08-	01:23+	02:25+	03:47+	05:03=	06:25+	02:41-	00:39-	11:44+	00:51-	01:48+	01:48+	01:46-	02:17+	02:11+	01:01+	03:08+	06:05+	01:22+	01:26+	00:51+
00:05-	00:02+	00:04-	01:08#	00:19+	00:35-	00:05+	00:05+	00:09+	00:00=	03:26@	00:34-	00:06-	07:48@	00:12-	00:30&	00:08+	00:07-	00:15#	00:10+	00:06#	00:34#	01:11#	00:04+	00:13#	00:01+

6	Lau Sørensen	4	1:26:39																						
02:09+	04:15+	09:52+	16:01+	20:14+	23:20+	24:32+	27:52+	31:27+	37:43+	41:23+	45:25+	48:11+	48:50+	60:06+	61:06+	63:17+	65:11+	67:51+	70:26+	72:55+	74:14+	77:35+	82:55+	84:10+	85:35+
02:09+	02:06+	05:37+	06:09+	04:13+	03:06+	01:12-	03:20+	03:35-	06:16+	03:40+	04:02+	02:46+	00:39-	11:16+	01:00-	02:11+	01:54+	02:40+	02:35+	02:29+	01:19-	03:21-	05:20+	01:15+	01:25+
00:47&	00:22#	00:46#	01:04#	01:00&	00:23#	00:06-	01:00&	00:03-	01:13#	00:41#	00:47#	02:01@	03:17-	10:13@	00:18-	00:31&	00:01+	00:38&	00:34&	01:34@	01:15-	01:33-	04:02@	00:02+	00:35&
86:39+																									
01:04+																									
01:04+																									

Beste stræktid for klassen

01:17	01:39	04:47	05:05	03:13	02:08	00:59	02:19	03:00	04:47	02:57	02:13	00:39	00:39	00:51	01:00	01:32	01:46	01:46	01:51	00:49	01:19	01:27	01:18	01:10	00:50
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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