

Plads Navn

Klasse

Tid

10km

1 Jess Rasmussen**18****1:28:11**

06:49= 13:16= 18:30= 21:55= 28:47= 33:28= 37:56= 43:42= 50:23= 53:37= 59:59= 62:15= 67:27= 72:31= 77:31= 81:21= 84:20= 88:11=
 06:49= 06:27= 05:14= 03:25= 06:52= 04:41= 04:28= 05:46= 06:41= 03:14= 06:22= 02:16= 05:12= 05:04= 05:00= 03:50= 02:59= 03:51=
 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 Jakob Gade**18****1:37:10**

07:13+ 13:41+ 18:32+ 22:03+ 29:02+ 33:48+ 44:06+ 50:19+ 53:23+ 66:46+ 69:15+ 74:52+ 80:38+ 84:59+ 90:01+ 92:53+ 97:10+
 07:13+ 06:28+ 04:51- 03:31+ 06:59+ 04:46+ 10:18+ 06:13+ 03:04- 13:23+ 02:29- 05:37+ 05:46+ 04:21- 05:02+ 02:52- 04:17+
 00:24+ 00:01+ 00:23- 00:06+ 00:07+ 00:05+ 05:50@ 00:27+ 03:37- 10:09@ 03:53- 03:21@ 00:34# 00:43- 00:02+ 00:58- 01:18&

3 Stefan Abel**NOTEAM****1:37:16**

07:11+ 13:42+ 18:30= 21:51- 29:03+ 33:42+ 39:17+ 43:51+ 50:24+ 53:33- 66:58+ 69:33+ 75:08+ 80:49+ 85:11+ 90:12+ 93:07+ 97:16+
 07:11+ 06:31+ 04:48- 03:21- 07:12+ 04:39- 05:35+ 04:34- 06:33- 03:09- 13:25+ 02:35+ 05:35+ 05:41+ 04:22- 05:01+ 02:55- 04:09+
 00:22+ 00:04+ 00:26- 00:04- 00:20+ 00:02- 01:07# 01:12- 00:08- 00:05- 07:03@ 00:19# 00:23+ 00:37# 00:38- 01:11& 00:04- 00:18+

4 Varny Vestergaard**17****1:39:59**

08:08+ 15:15+ 20:09+ 24:20+ 31:54+ 36:58+ 41:23+ 47:29+ 53:37+ 56:46+ 71:07+ 73:23+ 79:58+ 85:14+ 88:10+ 92:51+ 95:28+ 99:59+
 08:08+ 07:07+ 04:54- 04:11+ 07:34+ 05:04+ 04:25- 06:06+ 06:08- 03:09- 14:21+ 02:16= 06:35+ 05:16+ 02:56- 04:41+ 02:37+ 04:31+
 01:19# 00:40# 00:20- 00:46# 00:42# 00:23+ 00:03- 00:20+ 00:33- 00:05- 07:59@ 00:00= 01:23& 00:12+ 02:04- 00:51# 00:22- 00:40#

5 Thorkild Jensen**14****1:40:14**

06:59+ 13:25+ 17:18- 21:15- 28:44- 33:29+ 38:04+ 43:53+ 50:26+ 53:37= 67:10+ 69:22+ 74:58+ 80:54+ 84:47+ 92:20+ 95:33+ 100:14+
 06:59+ 06:26- 03:53- 03:57+ 07:29+ 04:45+ 04:35+ 05:49+ 06:33- 03:11- 13:33+ 02:12- 05:36+ 05:56+ 03:53- 07:33+ 03:13+ 04:41+
 00:10+ 00:01- 01:21- 00:32# 00:37+ 00:04+ 00:07+ 00:03+ 00:08- 00:03- 07:11@ 00:04- 00:24+ 00:52# 01:07- 03:43& 00:14+ 00:50#

6 Peter Kilden Jensen**Ok Pan****1:40:51**

08:02+ 15:26+ 20:16+ 24:32+ 32:30+ 37:30+ 42:50+ 47:05+ 53:47+ 57:22+ 66:00+ 69:00+ 75:43+ 81:00+ 88:06+ 93:33+ 96:29+ 100:51+
 08:02+ 07:24+ 04:50- 04:16+ 07:58+ 05:00+ 05:20+ 04:15- 06:42+ 03:35+ 08:38+ 03:00+ 06:43+ 05:17+ 07:06+ 05:27+ 02:56- 04:22+
 01:13# 00:57# 00:24- 00:51# 01:06# 00:19+ 00:52# 01:31- 00:01+ 00:21# 02:16& 00:44& 01:31& 00:13+ 02:06& 01:37& 00:03- 00:31#

7 Mikkel Hansen**18****1:41:51**

07:31+ 14:41+ 20:47+ 24:40+ 32:58+ 39:21+ 45:03+ 53:47+ 62:14+ 65:40+ 72:44+ 75:21+ 81:37+ 87:26+ 90:52+ 94:30+ 97:28+ 101:51+
 07:31+ 07:10+ 06:06+ 03:53+ 08:18+ 06:23+ 05:42+ 08:44+ 08:27+ 03:26+ 07:04+ 02:37+ 06:16+ 05:49+ 03:26- 03:38- 02:58- 04:23+
 00:42# 00:43# 00:52# 00:28# 01:26# 01:42& 01:14& 02:58& 01:46& 00:12+ 00:42# 00:21# 01:04# 00:45# 01:34- 00:12- 00:01- 00:32#

8 Keld Gade**18****1:43:19**

07:40+ 14:43+ 19:46+ 23:47+ 32:19+ 38:38+ 44:41+ 53:03+ 61:46+ 65:01+ 72:11+ 75:02+ 81:20+ 87:02+ 90:54+ 95:31+ 98:45+ 103:19+
 07:40+ 07:03+ 05:03- 04:01+ 08:32+ 06:19+ 06:03+ 08:22+ 08:43+ 03:15+ 07:10+ 02:51+ 06:18+ 05:42+ 03:52- 04:37+ 03:14+ 04:34+
 00:51# 00:36+ 00:11- 00:36# 01:40# 01:38& 01:35& 02:36& 02:02& 00:01+ 00:48# 00:35& 01:06# 00:38# 01:08- 00:47# 00:15+ 00:43#

9 Marianne Lyngre Krogh**11****1:45:52**

07:30+ 14:43+ 19:30+ 23:19+ 31:55+ 37:35+ 43:11+ 53:06+ 62:10+ 65:49+ 75:16+ 78:24+ 84:47+ 90:27+ 94:24+ 97:58+ 100:59+ 105:52+
 07:30+ 07:13+ 04:47- 03:49+ 08:36+ 05:40+ 05:36+ 09:55+ 09:04+ 03:39+ 09:27+ 03:08+ 06:23+ 05:40+ 03:57- 03:34- 03:01+ 04:53+
 00:41# 00:46# 00:27- 00:24# 01:44& 00:59# 01:08& 04:09& 02:23& 00:25# 03:05& 00:52& 01:11# 00:36# 01:03- 00:16- 00:02+ 01:02&

10 Kent René Simonsen**18****1:46:59**

08:00+ 15:13+ 20:05+ 23:38+ 30:52+ 35:42+ 40:53+ 45:26+ 52:15+ 55:31+ 72:52+ 75:14+ 81:32+ 90:46+ 96:21+ 100:09+ 102:55+ 106:59+
 08:00+ 07:13+ 04:52- 03:33+ 07:14+ 04:50+ 05:11+ 04:33- 06:49+ 03:16+ 17:21+ 02:22+ 06:18+ 09:14+ 05:35+ 03:48- 02:46- 04:04+
 01:11# 00:46# 00:22- 00:08+ 00:22+ 00:09+ 00:43# 01:13- 00:08+ 00:02+ 10:59@ 00:06+ 01:06# 04:10& 00:35# 00:02- 00:13- 00:13+

11 Henrik Overgaard**7****1:48:40**

07:59+ 15:31+ 23:26+ 27:44+ 36:59+ 45:32+ 51:40+ 56:43+ 64:14+ 68:42+ 76:37+ 79:10+ 85:26+ 91:37+ 95:16+ 99:14+ 103:38+ 108:40+
 07:59+ 07:32+ 07:55+ 04:18+ 09:15+ 08:33+ 06:08+ 05:03- 07:31+ 04:28+ 07:55+ 02:33+ 06:16+ 06:11+ 03:39- 03:58+ 04:24+ 05:02+
 01:10# 01:05# 02:41& 00:53& 02:23& 03:52& 01:40& 00:43- 00:50# 01:14& 01:33# 00:17# 01:04# 01:07# 01:21- 00:08+ 01:25& 01:11&

12 Jens Ozol**15****1:50:55**

09:40+ 18:55+ 29:44+ 34:02+ 43:13+ 49:26+ 55:01+ 59:54+ 67:21+ 71:41+ 79:22+ 81:58+ 88:25+ 94:42+ 98:34+ 102:27+ 105:55+ 110:55+
 09:40+ 09:15+ 10:49+ 04:18+ 09:11+ 06:13+ 05:35+ 04:53- 07:27+ 04:20+ 07:41+ 02:36+ 06:27+ 06:17+ 03:52- 03:53+ 03:28+ 05:00+
 02:51& 02:48& 05:35@ 00:53& 02:19& 01:32& 01:07# 00:53- 00:46# 01:06& 01:19# 00:20# 01:15# 01:13# 01:08- 00:03+ 00:29# 01:09&

13 Stig Barrett**18****1:50:57**

08:46+ 16:51+ 21:57+ 26:16+ 35:18+ 42:06+ 48:26+ 56:33+ 65:37+ 69:59+ 79:15+ 82:43+ 88:52+ 94:50+ 99:01+ 102:40+ 105:59+ 110:57+
 08:46+ 08:05+ 05:06- 04:19+ 09:02+ 06:48+ 06:20+ 08:07+ 09:04+ 04:22+ 09:16+ 03:28+ 06:09+ 05:58+ 04:11- 03:39- 03:19+ 04:58+
 01:57& 01:38& 00:08- 00:54& 02:10& 02:07& 01:52& 02:21& 02:23& 01:08& 02:54& 01:12& 00:57# 00:54# 00:49- 00:11- 00:20# 01:07&

14 Jan Kølback**20****1:51:12**

08:16+ 15:57+ 21:28+ 25:57+ 35:29+ 42:18+ 49:25+ 55:31+ 66:36+ 70:53+ 79:07+ 82:23+ 88:46+ 94:59+ 98:48+ 102:35+ 106:01+ 111:12+
 08:16+ 07:41+ 05:31+ 04:29+ 09:32+ 06:49+ 07:07+ 06:06+ 11:05+ 04:17+ 08:14+ 03:16+ 06:23+ 06:13+ 03:49- 03:47- 03:26+ 05:11+
 01:27# 01:14# 00:17+ 01:04& 02:40& 02:08& 02:39& 00:20+ 04:24& 01:03& 01:52& 01:00& 01:11# 01:09# 01:11- 00:03- 00:27# 01:20&

Class	Navn	Klasse										Tid					
15	Dorte Filskov	19										1:51:49					
08:54+	16:40+	22:02+	26:42+	39:24+	46:08+	52:32+	57:28+	65:31+	69:37+	77:19+	80:08+	86:45+	92:25+	96:52+	103:59+	106:56+	111:49+
08:54+	07:46+	05:22+	04:40+	12:42+	06:44+	06:24+	04:56-	08:03+	04:06+	07:42+	02:49+	06:37+	05:40+	04:27-	07:07+	02:57-	04:53+
02:05&	01:19#	00:08+	01:15&	05:50&	02:03&	01:56&	00:50-	01:22#	00:52&	01:20#	00:33#	01:25&	00:36#	00:33-	03:17&	00:02-	01:02&
16	Christian L Rasmussen	6										1:53:44					
08:20+	16:13+	26:28+	31:30+	40:30+	46:35+	52:37+	57:19+	65:29+	69:31+	77:54+	80:27+	87:00+	93:25+	97:40+	103:54+	108:31+	113:44+
08:20+	07:53+	10:15+	05:02+	09:00+	06:05+	06:02+	04:42-	08:10+	04:02+	08:23+	02:33+	06:33+	06:25+	04:15-	06:14+	04:37+	05:13+
01:31#	01:26#	05:01&	01:37&	02:08&	01:24&	01:34&	01:04-	01:29#	00:48#	02:01&	00:17#	01:21&	01:21&	00:45-	02:24&	01:38&	01:22&
17	Leif Rønn Olsen	3										1:54:33					
08:56+	16:56+	22:42+	27:19+	39:28+	46:09+	52:43+	57:57+	66:04+	70:43+	79:07+	81:38+	88:24+	95:17+	100:36+	104:50+	108:51+	114:33+
08:56+	08:00+	05:46+	04:37+	12:09+	06:41+	06:34+	05:14-	08:07+	04:39+	08:24+	02:31+	06:46+	06:53+	05:19+	04:14+	04:01+	05:42+
02:07&	01:33#	00:32#	01:12&	05:17&	02:00&	02:06&	00:32-	01:26#	01:25&	02:02&	00:15#	01:34&	01:49&	00:19+	00:24#	01:02&	01:51&
18	Susanne Kristensen	3										1:54:37					
09:02+	17:00+	22:53+	27:29+	39:50+	46:26+	53:01+	58:06+	66:19+	70:49+	79:19+	81:51+	88:34+	95:15+	100:44+	104:59+	108:50+	114:37+
09:02+	07:58+	05:53+	04:36+	12:21+	06:36+	06:35+	05:05-	08:13+	04:30+	08:30+	02:32+	06:43+	06:41+	05:29+	04:15+	03:51+	05:47+
02:13&	01:31#	00:39#	01:11&	05:29&	01:55&	02:07&	00:41-	01:32#	01:16&	02:08&	00:16#	01:31&	01:37&	00:29+	00:25#	00:52&	01:56&
19	Knud Fjordvald	15										1:55:36					
08:28+	15:48+	22:27+	26:59+	39:47+	45:40+	51:41+	57:18+	65:44+	70:04+	77:49+	81:05+	87:23+	93:21+	97:30+	105:48+	110:29+	115:36+
08:28+	07:20+	06:39+	04:32+	12:48+	05:53+	06:01+	05:37-	08:26+	04:20+	07:45+	03:16+	06:18+	05:58+	04:09-	08:18+	04:41+	05:07+
01:39#	00:53#	01:25&	01:07&	05:56&	01:12&	01:33&	00:09-	01:45&	01:06&	01:23#	01:00&	01:06#	00:54#	00:51-	04:28@	01:42&	01:16&
20	Finn Rosenqvist	19										1:55:52					
09:05+	18:49+	24:50+	31:35+	40:46+	46:55+	52:56+	57:59+	66:10+	70:16+	78:11+	80:55+	87:50+	96:46+	100:53+	106:30+	109:42+	115:52+
09:05+	09:44+	06:01+	06:45+	09:11+	06:09+	06:01+	05:03-	08:11+	04:06+	07:55+	02:44+	06:55+	08:56+	04:07-	05:37+	03:12+	06:10+
02:16&	03:17&	00:47#	03:20&	02:19&	01:28&	01:33&	00:43-	01:30#	00:52&	01:33#	00:28#	01:43&	03:52&	00:53-	01:47&	00:13+	02:19&
21	Inga Jager	15										1:57:25					
08:10+	15:53+	21:31+	26:11+	40:53+	47:57+	53:52+	58:55+	67:08+	71:15+	79:00+	82:17+	88:38+	94:49+	98:25+	107:08+	112:10+	117:25+
08:10+	07:43+	05:38+	04:40+	14:42+	07:04+	05:55+	05:03-	08:13+	04:07+	07:45+	03:17+	06:21+	06:11+	03:36-	08:43+	05:02+	05:15+
01:21#	01:16#	00:24+	01:15&	07:50@	02:23&	01:27&	00:43-	01:32#	00:53&	01:23#	01:01&	01:09#	01:07#	01:24-	04:53@	02:03&	01:24&
22	Anette Pind	15										1:59:01					
09:04+	17:44+	27:26+	34:36+	43:43+	49:41+	56:08+	60:51+	68:46+	72:59+	80:58+	83:51+	90:17+	96:59+	103:09+	107:26+	112:44+	119:01+
09:04+	08:40+	09:42+	07:10+	09:07+	05:58+	06:27+	04:43-	07:55+	04:13+	07:59+	02:53+	06:26+	06:42+	06:10+	04:17+	05:18+	06:17+
02:15&	02:13&	04:28&	03:45@	02:15&	01:17&	01:59&	01:03-	01:14#	00:59&	01:37&	00:37&	01:14#	01:38&	01:10#	00:27#	02:19&	02:26&
23	Erik Krogh	11										2:00:41					
08:44+	16:51+	23:22+	27:56+	37:35+	44:27+	51:06+	56:26+	65:47+	70:35+	80:13+	83:06+	91:44+	100:20+	105:28+	110:06+	113:59+	120:41+
08:44+	08:07+	06:31+	04:34+	09:39+	06:52+	06:39+	05:20-	09:21+	04:48+	09:38+	02:53+	08:38+	08:36+	05:08+	04:38+	03:53+	06:42+
01:55&	01:40&	01:17#	01:09&	02:47&	02:11&	02:11&	00:26-	02:40&	01:34&	03:16&	00:37&	03:26&	03:32&	00:08+	00:48#	00:54&	02:51&
24	Mette Edsen	7										2:21:05					
09:37+	18:24+	25:01+	30:40+	44:23+	51:23+	59:45+	65:35+	75:32+	81:34+	101:48+	105:14+	114:28+	122:26+	126:59+	131:33+	135:30+	141:05+
09:37+	08:47+	06:37+	05:39+	13:43+	07:00+	08:22+	05:50+	09:57+	06:02+	20:14+	03:26+	09:14+	07:58+	04:33-	04:34+	03:57+	05:35+
02:48&	02:20&	01:23&	02:14&	06:51&	02:19&	03:54&	00:04+	03:16&	02:48&	13:52@	01:10&	04:02&	02:54&	00:27-	00:44#	00:58&	01:44&
25	Susanne Karlshøj	7										2:21:51					
09:38+	18:25+	25:06+	30:41+	44:16+	51:25+	59:31+	65:37+	75:33+	81:43+	101:37+	105:21+	114:24+	122:29+	127:01+	131:35+	135:35+	141:51+
09:38+	08:47+	06:41+	05:35+	13:35+	07:09+	08:06+	06:06+	09:56+	06:10+	19:54+	03:44+	09:03+	08:05+	04:32-	04:34+	04:00+	06:16+
02:49&	02:20&	01:27&	02:10&	06:43&	02:28&	03:38&	00:20+	03:15&	02:56&	13:32@	01:28&	03:51&	03:01&	00:28-	00:44#	01:01&	02:25&
26	Carl Malling	14										2:23:09					
09:16+	17:36+	25:26+	30:40+	41:29+	48:14+	55:03+	60:34+	69:51+	76:23+	91:15+	94:32+	103:14+	110:53+	128:25+	133:22+	136:55+	143:09+
09:16+	08:20+	07:50+	05:14+	10:49+	06:45+	06:49+	05:31-	09:17+	06:32+	14:52+	03:17+	08:42+	07:39+	17:32+	04:57+	03:33+	06:14+
02:27&	01:53&	02:36&	01:49&	03:57&	02:04&	02:21&	00:15-	02:36&	03:18@	08:30@	01:01&	03:30&	02:35&	12:32@	01:07&	00:34#	02:23&
27	Erik Anders Jensen	15										2:23:16					
09:24+	17:54+	25:26+	30:52+	41:40+	48:10+	55:01+	60:46+	70:06+	76:36+	91:22+	94:52+	103:24+	111:02+	128:33+	133:20+	137:05+	143:16+
09:24+	08:30+	07:32+	05:26+	10:48+	06:30+	06:51+	05:45-	09:20+	06:30+	14:46+	03:30+	08:32+	07:38+	17:31+	04:47+	03:45+	06:11+
02:35&	02:03&	02:18&	02:01&	03:56&	01:49&	02:23&	00:01-	02:39&	03:16@	08:24@	01:14&	03:20&	02:34&	12:31@	00:57#	00:46&	02:20&
28	Henning Hansen	5										2:23:36					
09:13+	17:28+	28:44+	34:49+	44:30+	52:01+	58:45+	71:05+	86:54+	90:53+	101:07+	104:27+	112:11+	119:29+	126:36+	135:04+	138:31+	143:36+
09:13+	08:15+	11:16+	06:05+	09:41+	07:31+	06:44+	12:20+	15:49+	03:59+	10:14+	03:20+	07:44+	07:18+	07:07+	08:28+	03:27+	05:05+
02:24&	01:48&	06:02@	02:40&	02:49&	02:50&	02:16&	06:34@	09:08@	00:45#	03:52&	01:04&	02:32&	02:14&	02:07&	04:38@	00:28#	01:14&
29	Henning Mindstruplund	5										2:23:39					
09:19+	17:22+	28:47+	34:55+	44:35+	51:58+	58:31+	71:09+	86:58+	90:57+	101:12+	104:24+	112:16+	119:35+	126:31+	134:46+	138:28+	143:39+
09:19+	08:03+	11:25+	06:08+	09:40+	07:23+	06:33+	12:38+	15:49+	03:59+	10:15+	03:12+	07:52+	07:19+	06:56+	08:15+	03:42+	05:11+
02:30&	01:36#	06:11@	02:43&	02:48&	02:42&	02:05&	06:52@	09:08@	00:45#	03:53&	00:56&	02:40&	02:15&	01:56&	04:25@	00:43#	01:20&

Class	Navn	Klasse																		Tid
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Beste stræktid for klassen

06:49 06:26 03:53 03:21 06:52 04:39 04:25 04:15 03:04 03:09 02:29 02:12 05:12 04:21 02:56 02:52 02:37 03:51

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

16km

1	Sara Lysemose Poulsen	15	2:37:57																						
07:32=	16:59=	20:50=	24:52=	29:22=	33:55=	37:46=	46:46=	53:19=	59:14=	68:21=	70:44=	77:57=	85:00=	91:48=	101:34=	107:29=	116:51=	121:31=	129:03=	138:50=	144:28=	146:51=	148:48=	152:14=	157:57=
07:32=	09:27=	03:51=	04:02=	04:30=	04:33=	03:51=	09:00=	06:33=	05:55=	09:07=	02:23=	07:13=	07:03=	06:48=	09:46=	05:55=	09:22=	04:40=	07:32=	09:47=	05:38=	02:23=	01:57=	03:26=	05:43=
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	Michael Filyo	15	2:45:00																						
07:00-	14:49-	18:20-	23:42-	28:11-	33:56+	37:54+	45:09-	50:50-	55:26-	66:53-	69:15-	76:28-	83:35-	90:12-	101:49+	108:53+	118:13+	122:45+	132:21+	143:11+	149:00+	152:13+	157:31+	160:03+	165:00+
07:00-	07:49-	03:31-	05:22+	04:29-	05:45+	03:58+	07:15-	05:41-	04:36-	11:27+	02:22-	07:13=	07:07+	06:37-	11:37+	07:04+	09:20-	04:32-	09:36+	10:50+	05:49+	03:13+	05:18+	02:32-	04:57-
00:32-	01:38-	00:20-	01:20&	00:01-	01:12&	00:07+	01:45-	00:52-	01:19-	02:20&	00:01-	00:00=	00:04+	00:11-	01:51#	01:09#	00:02-	00:08-	02:04&	01:03#	00:11+	00:50&	03:21@	00:54-	00:46-
3	Niels Jensen	10	3:28:43																						
08:05+	16:30-	20:48-	26:32+	32:15+	39:43+	47:09+	55:16+	62:55+	68:56+	87:28+	90:36+	100:08+	109:38+	116:57+	128:15+	135:39+	144:36+	150:43+	165:05+	179:10+	186:36+	191:08+	196:36+	202:12+	208:43+
08:05+	08:25-	04:18+	05:44+	05:43+	07:28+	07:26+	08:07-	07:39+	06:01+	18:32+	03:08+	09:32+	09:30+	07:19+	11:18+	07:24+	08:57-	06:07+	14:22+	14:05+	07:26+	04:32+	05:28+	05:36+	06:31+
00:33+	01:02-	00:27#	01:42&	01:13&	02:55&	03:35&	00:53-	01:06#	00:06+	09:25@	00:45&	02:19&	02:27&	00:31+	01:32#	01:29&	00:25-	01:27&	06:50&	04:18&	01:48&	02:09&	03:31@	02:10&	00:48#
4	Jeppe Hust	15	3:39:44																						
07:54+	19:10+	30:06+	34:26+	39:48+	46:14+	51:19+	58:54+	72:18+	77:36+	94:56+	97:12+	105:29+	113:06+	130:28+	155:05+	160:34+	169:06+	174:09+	182:18+	193:43+	199:14+	202:24+	212:31+	215:16+	219:44+
07:54+	11:16+	10:56+	04:20+	05:22+	06:26+	05:05+	07:35-	13:24+	05:18-	17:20+	02:16-	08:17+	07:37+	17:22+	24:37+	05:29-	08:32-	05:03+	08:09+	11:25+	05:31-	03:10+	10:07+	02:45-	04:28-
00:22+	01:49#	07:05@	00:18+	00:52#	01:53&	01:14&	01:25-	06:51@	00:37-	08:13&	00:07-	01:04#	00:34+	10:34@	14:51@	00:26-	00:50-	00:23+	00:37+	01:38#	00:07-	00:47&	08:10@	00:41-	01:15-
5	Jens Isaksen	15	3:45:01																						
07:49+	16:51-	24:31+	30:05+	35:50+	42:45+	48:24+	57:48+	66:49+	73:20+	92:44+	95:45+	105:37+	114:41+	133:07+	146:10+	158:12+	167:31+	174:24+	184:59+	198:24+	206:03+	210:15+	214:00+	218:07+	225:01+
07:49+	09:02-	07:40+	05:34+	05:45+	06:55+	05:39+	09:24+	09:01+	06:31+	19:24+	03:01+	09:52+	09:04+	18:26+	13:03+	12:02+	09:19-	06:53+	10:35+	13:25+	07:39+	04:12+	03:45+	04:07+	06:54+
00:17+	00:25-	03:49&	01:32&	01:15&	02:22&	01:48&	00:24+	02:28&	00:36#	10:17@	00:38&	02:39&	02:01&	11:38@	03:17&	06:07@	00:03-	02:13&	03:03&	03:38&	02:01&	01:49&	01:48&	00:41#	01:11#
6	Svend-Erik Munck	2	4:21:26																						
10:42+	21:33+	28:39+	36:24+	43:06+	50:40+	57:16+	67:32+	77:27+	87:20+	102:58+	107:24+	120:33+	134:11+	144:21+	164:02+	173:43+	187:37+	195:14+	208:59+	225:54+	241:01+	244:59+	248:19+	253:18+	261:26+
10:42+	10:51+	07:06+	07:45+	06:42+	07:34+	06:36+	10:16+	09:55+	09:53+	15:38+	04:26+	13:09+	13:38+	10:10+	19:41+	09:41+	13:54+	07:37+	13:45+	16:55+	15:07+	03:58+	03:20+	04:59+	08:08+
03:10&	01:24#	03:15&	03:43&	02:12&	03:01&	02:45&	01:16#	03:22&	03:58&	06:31&	02:03&	05:56&	06:35&	03:22&	09:55@	03:46&	04:32&	02:57&	06:13&	07:08&	09:29@	01:35&	01:23&	01:33&	02:25&
7	Tine Meyhoff Petersen	2	4:21:28																						
07:38+	18:35+	29:25+	36:09+	42:33+	50:58+	57:09+	68:30+	78:56+	88:04+	104:44+	110:15+	123:02+	136:53+	147:04+	164:44+	173:56+	187:34+	196:58+	212:49+	229:22+	239:42+	245:04+	248:47+	253:26+	261:28+
07:38+	10:57+	10:50+	06:44+	06:24+	08:25+	06:11+	11:21+	10:26+	09:08+	16:40+	05:31+	12:47+	13:51+	10:11+	17:40+	09:12+	13:38+	09:24+	15:51+	16:33+	10:20+	05:22+	03:43+	04:39+	08:02+
00:06+	01:30#	06:59@	02:42&	01:54&	03:52&	02:20&	02:21&	03:53&	03:13&	07:33&	03:08@	05:34&	06:48&	03:23&	07:54&	03:17&	04:16&	04:44@	08:19@	06:46&	04:42&	02:59@	01:46&	01:13&	02:19&
8	Anne-Mette Jansen	12	4:21:29																						
10:32+	21:07+	28:42+	35:29+	42:03+	50:05+	57:29+	68:17+	79:02+	88:14+	104:46+	110:19+	122:52+	136:55+	147:30+	164:35+	173:46+	187:44+	196:50+	213:43+	229:31+	239:32+	245:07+	248:34+	253:23+	261:29+
10:32+	10:35+	07:35+	06:47+	06:34+	08:02+	07:24+	10:48+	10:45+	09:12+	16:32+	05:33+	12:33+	14:03+	10:35+	17:05+	09:11+	13:58+	09:06+	16:53+	15:48+	10:01+	05:35+	03:27+	04:49+	08:06+
03:00&	01:08#	03:44&	02:45&	02:04&	03:29&	03:33&	01:48#	04:12&	03:17&	07:25&	03:10@	05:20&	07:00&	03:47&	07:19&	03:16&	04:36&	04:26&	09:21@	06:01&	04:23&	03:12@	01:30&	01:23&	02:23&
9	Ebbe Kajberg	13	4:59:17																						
09:11+	20:27+	30:31+	38:59+	52:16+	59:28+	66:33+	81:08+	105:17+	116:41+	142:45+	145:52+	157:16+	168:29+	178:10+	194:55+	223:03+	232:19+	244:18+	259:03+	284:58+	289:01+	294:19+	299:17+		
09:11+	11:16+	10:04+	08:28+	13:17+	07:12+	07:05+	14:35+	24:09+	11:24+	26:04+	03:07+	11:24+	11:13+	09:41+	16:45+	28:08+	09:16-	11:59+	14:45+	25:55+	04:03-	05:18+	04:58+		
01:39#	01:49#	06:13@	04:26@	08:47@	02:39&	03:14&	05:35&	17:36@	05:29&	16:57@	00:44&	04:11&	04:10&	02:53&	06:59&	22:13@	00:06-	07:19@	07:13&	16:08@	01:35-	02:55@	03:01@		

Beste stræktid for klassen

07:00 07:49 03:31 04:02 04:29 04:33 03:51 07:15 05:41 04:36 09:07 02:16 07:13 07:03 06:37 09:46 05:29 08:32 04:32 07:32 09:47 04:03 02:23 01:57 02:32 04:28

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

20km

1	Rico Hejlskov Mogensen	16	2:18:12																						
04:08=	06:20=	08:33=	14:36=	17:19=	20:36=	24:46=	29:01=	33:12=	39:01=	43:33=	48:41=	55:45=	64:00=	67:14=	69:44=	74:50=	76:32=	77:38=	80:42=	87:15=	93:18=	101:43=	105:23=	114:50=	122:38=
04:08=	02:12=	02:13=	06:03=	02:43=	03:17=	04:10=	04:15=	04:11=	05:49=	04:32=	05:08=	07:04=	08:15=	03:14=	02:30=	05:06=	01:42=	01:06=	03:04=	06:33=	06:03=	08:25=	03:40=	09:27=	07:48=
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=
127:45=	130:38=	132:20=	134:38=	138:12=																					
05:07=	02:53=	01:42=	02:18=	03:34=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

Class	Navn	Klasse	Tid																							
2	Simon Grimstrup	15	2:47:02																							
04:49+	09:54+	12:18+	19:09+	23:15+	27:02+	34:49+	41:45+	48:03+	56:34+	62:09+	69:04+	78:01+	88:07+	92:14+	95:50+	102:25+	104:29+	105:43+	109:32+	115:19+	119:16+	129:40+	133:53+	141:24+	150:07+	
04:49+	05:05+	02:24+	06:51+	04:06+	03:47+	07:47+	06:56+	06:18+	08:31+	05:35+	06:55+	08:57+	10:06+	04:07+	03:36+	06:35+	02:04+	01:14+	03:49+	05:47-	03:57-	10:24+	04:13+	07:31-	08:43+	
00:41#	02:53@	00:11+	00:48#	01:23&	00:30#	03:37&	02:41&	02:07&	02:42&	01:03#	01:47&	01:53&	01:51#	00:53&	01:06&	01:29&	00:22#	00:08#	00:45#	00:46-	02:06-	01:59#	00:33#	01:56-	00:55#	
155:35+	158:01+	159:43+	163:22+	167:02+																						
05:28+	02:26-	01:42=	03:39+	03:40+																						
00:21+	00:27-	00:00=	01:21&	00:06+																						
3	Anders Bank	Ok Pan	2:47:12																							
05:34+	09:32+	12:14+	19:06+	23:11+	27:06+	31:59+	37:53+	43:07+	51:48+	58:59+	66:03+	77:04+	87:55+	92:03+	95:56+	102:19+	104:33+	105:53+	109:50+	115:16+	119:09+	129:42+	134:10+	141:18+	150:17+	
05:34+	03:58+	02:42+	06:52+	04:05+	03:55+	04:53+	05:54+	05:14+	08:41+	07:11+	07:04+	11:01+	10:51+	04:08+	03:53+	06:23+	02:14+	01:20+	03:57+	05:26-	03:53-	10:33+	04:28+	07:08-	08:59+	
01:26&	01:46&	00:29#	00:49#	01:22&	00:38#	00:43#	01:39&	01:03&	02:52&	02:39&	01:56&	03:57&	02:36&	00:54&	01:23&	01:17&	00:32&	00:14#	00:53&	01:07-	02:10-	02:08&	00:48#	02:19-	01:11#	
155:12+	157:25+	159:15+	162:37+	167:12+																						
04:55-	02:13-	01:50+	03:22+	04:35+																						
00:12-	00:40-	00:08+	01:04&	01:01&																						
4	Andreas Lyngaa	Ok Pan	3:00:48																							
05:10+	13:11+	16:41+	24:00+	30:58+	35:13+	39:22+	45:34+	49:46+	57:15+	63:30+	70:23+	79:21+	91:29+	97:29+	101:48+	108:35+	110:56+	112:12+	116:11+	122:11+	126:53+	137:55+	143:51+	152:22+	162:43+	
05:10+	08:01+	03:30+	07:19+	06:58+	04:15+	04:09-	06:12+	04:12+	07:29+	06:15+	06:53+	08:58+	12:08+	06:00+	04:19+	06:47+	02:21+	01:16+	03:59+	06:00-	04:42-	11:02+	05:56+	08:31-	10:21+	
01:02#	05:49@	01:17&	01:16#	04:15@	00:58&	00:01-	01:57&	00:01+	01:40&	01:43&	01:45&	01:54&	03:53&	02:46&	01:49&	01:41&	00:39&	00:10#	00:55&	00:33-	01:21-	02:37&	02:16&	00:56-	02:33&	
168:05+	170:52+	173:00+	176:27+	180:48+																						
05:22+	02:47-	02:08+	03:27+	04:21+																						
00:15+	00:06-	00:26&	01:09&	00:47#																						
5	Jens Christoffersen	Ok Pan	3:00:50																							
05:13+	13:14+	16:39+	24:02+	30:55+	35:10+	39:28+	45:36+	49:49+	57:20+	63:34+	70:22+	79:19+	91:33+	97:19+	101:45+	108:38+	110:58+	112:16+	116:13+	122:20+	126:56+	137:47+	143:53+	152:33+	162:44+	
05:13+	08:01+	03:25+	07:23+	06:53+	04:15+	04:18+	06:08+	04:13+	07:31+	06:14+	06:48+	08:57+	12:14+	05:46+	04:26+	06:53+	02:20+	01:18+	03:57+	06:07-	04:36-	10:51+	06:06+	08:40-	10:11+	
01:05&	05:49@	01:12&	01:20#	04:10@	00:58&	00:08+	01:53&	00:02+	01:42&	01:42&	01:40&	01:53&	03:59&	02:32&	01:56&	01:47&	00:38&	00:12#	00:53&	00:26-	01:27-	02:26&	02:26&	00:47-	02:23&	
168:11+	170:48+	173:02+	176:34+	180:50+																						
05:27+	02:37-	02:14+	03:32+	04:16+																						
00:20+	00:16-	00:32&	01:14&	00:42#																						
6	Lars Mikkelsen	3	3:43:49																							
05:59+	08:42+	12:13+	21:14+	26:05+	31:09+	37:04+	42:53+	48:54+	58:53+	66:38+	74:52+	86:57+	101:22+	107:12+	112:43+	125:09+	128:27+	129:58+	135:54+	144:21+	155:53+	169:58+	175:58+	185:49+	199:32+	
05:59+	02:43+	03:31+	09:01+	04:51+	05:04+	05:55+	05:49+	06:01+	09:59+	07:45+	08:14+	12:05+	14:25+	05:50+	05:31+	12:26+	03:18+	01:31+	05:56+	08:27+	11:32+	14:05+	06:00+	09:51+	13:43+	
01:51&	00:31#	01:18&	02:58&	02:08&	01:47&	01:45&	01:34&	01:50&	04:10&	03:13&	03:06&	05:01&	06:10&	02:36&	03:01@	07:20@	01:36&	00:25&	02:52&	01:54&	05:29&	05:40&	02:20&	00:24+	05:55&	
206:31+	210:45+	213:29+	218:13+	223:49+																						
06:59+	04:14+	02:44+	04:44+	05:36+																						
01:52&	01:21&	01:02&	02:26@	02:02&																						
7	Kenn Heldgaard Kristensen	3	3:43:50																							
160:00+	165:00+	170:24+	216:44+	223:50+																						
160:00+	05:00+	05:24+	46:20+	07:06+																						
155:52@	02:48@	03:11@	40:17@	04:23@																						
8	Søren Andersen	3	3:57:39																							
06:50+	10:04+	13:35+	24:58+	31:51+	36:55+	51:12+	57:54+	64:24+	74:06+	82:03+	89:54+	106:52+	123:01+	128:46+	137:21+	146:28+	149:28+	150:58+	157:09+	165:11+	171:01+	185:43+	191:30+	202:52+	215:35+	
06:50+	03:14+	03:31+	11:23+	06:53+	05:04+	14:17+	06:42+	06:30+	09:42+	07:57+	07:51+	16:58+	16:09+	05:45+	08:35+	09:07+	03:00+	01:30+	06:11+	08:02+	05:50-	14:42+	05:47+	11:22+	12:43+	
02:42&	01:02&	01:18&	05:20&	04:10@	01:47&	10:07@	02:27&	02:19&	03:53&	03:25&	02:43&	09:54@	07:54&	02:31&	06:05@	04:01&	01:18&	00:24&	03:07@	01:29#	00:13-	06:17&	02:07&	01:55#	04:55&	
223:10+	227:49+	232:24+	237:39+																							
07:35+	04:39+	04:35+	05:15+																							
02:28&	01:46&	02:53@	02:57@																							
Beste stræktid for klassen																										
04:08	02:12	02:13	06:03	02:43	03:17	04:09	04:15	04:11	05:49	04:32	05:08	07:04	08:15	03:14	02:30	05:06	01:42	01:06	03:04	05:26	03:53	08:25	03:40	07:08	07:48	04:55

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

3,5km

1 **Helle Truelsen** **4** **59:48**

03:32= 08:38= 17:46= 28:28= 31:44= 36:22= 42:44= 48:59= 57:18= 59:48=
03:32= 05:06= 09:08= 10:42= 03:16= 04:38= 06:22= 06:15= 08:19= 02:30=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 **Claus Clausen** **4** **59:50**

03:34+ 08:39+ 10:58- 28:32- 31:51- 36:24- 42:47- 49:04- 57:19- 59:50+
03:34+ 05:05- 02:19- 06:49- 10:45+ 03:19- 04:33- 06:23+ 06:17- 08:15+ 02:31+
00:02+ 00:01- 06:49- 03:53- 07:29@ 01:19- 01:49- 00:08+ 02:02- 05:45@ 02:31+

Class	Navn	Klasse	Tid
3	Anna Bo Kølbæk	20	1:13:07
	02:19- 07:07- 09:01- 14:53- 23:47- 28:02- 32:16- 39:09- 58:38+ 71:00+ 73:07+		
	02:19- 04:48- 01:54- 05:52- 08:54+ 04:15- 04:14- 06:53+ 19:29+ 12:22+ 02:07+		
	01:13- 00:18- 07:14- 04:50- 05:38@ 00:23- 02:08- 00:38# 11:10@ 09:52@ 02:07+		
4	Jens Lautrup	7	1:23:30
	03:23- 08:54+ 11:05- 20:30- 31:29- 36:34+ 57:27+ 63:30+ 72:17+ 81:12+ 83:30+		
	03:23- 05:31+ 02:11- 09:25- 10:59+ 05:05+ 20:53+ 06:03- 08:47+ 08:55+ 02:18+		
	00:09- 00:25+ 06:57- 01:17- 07:43@ 00:27+ 14:31@ 00:12- 00:28+ 06:25@ 02:18+		
5	Lene Thorup	7	1:24:08
	03:26- 08:51+ 11:15- 20:45- 31:56+ 37:09+ 57:42+ 63:58+ 72:14+ 81:51+ 84:08+		
	03:26- 05:25+ 02:24- 09:30- 11:11+ 05:13+ 20:33+ 06:16+ 08:16- 09:37+ 02:17+		
	00:06- 00:19+ 06:44- 01:12- 07:55@ 00:35# 14:11@ 00:01+ 00:03- 07:07@ 02:17+		
6	Else Rosgaard	7	1:24:41
	04:10+ 10:26+ 13:13- 24:52- 38:05+ 45:37+ 54:55+ 63:16+ 72:08+ 81:40+ 84:41+		
	04:10+ 06:16+ 02:47- 11:39+ 13:13+ 07:32+ 09:18+ 08:21+ 08:52+ 09:32+ 03:01+		
	00:38# 01:10# 06:21- 00:57+ 09:57@ 02:54& 02:56& 00:03+ 02:06& 00:33+ 07:02@ 03:01+		
7	Jytte Larsen	15	1:27:44
	04:08+ 10:46+ 13:35- 24:57- 38:14+ 47:15+ 55:12+ 66:30+ 75:41+ 84:41+ 87:44+		
	04:08+ 06:38+ 02:49- 11:22+ 13:17+ 09:01+ 07:57+ 11:18+ 09:11+ 09:00+ 03:03+		
	00:36# 01:32& 06:19- 00:40+ 10:01@ 04:23& 01:35# 05:03& 00:52# 06:30@ 03:03+		
8	Bitten Nielsen	3	1:38:31
	03:04- 09:08+ 11:07- 17:17- 31:34- 37:39+ 57:46+ 63:37+ 95:57+ 98:31+		
	03:04- 06:04+ 01:59- 06:10- 14:17+ 06:05+ 20:07+ 05:51- 32:20+ 02:34+		
	00:28- 00:58# 07:09- 04:32- 11:01@ 01:27& 13:45@ 00:24- 24:01@ 00:04+		
9	Erik H Jakobsen	7	1:52:31
	03:46+ 09:23+ 11:42- 21:42- 49:56+ 57:29+ 76:38+ 85:31+ 93:35+ 109:27+ 112:31+		
	03:46+ 05:37+ 02:19- 10:00- 28:14+ 07:33+ 19:09+ 08:53+ 08:04- 15:52+ 03:04+		
	00:14+ 00:31# 06:49- 00:42- 24:58@ 02:55& 12:47@ 02:38& 00:15- 13:22@ 03:04+		
Beste stræktid for klassen			
	02:19 04:48 01:54 05:52 03:16 03:19 04:14 05:51 06:17 02:30		
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.			
6km			
1	Lucia Aagaard	3	1:10:01
	07:08= 10:58= 16:21= 23:47= 27:09= 30:43= 35:00= 39:37= 48:23= 54:03= 57:42= 60:00= 63:51= 68:23= 70:01=		
	07:08= 03:50= 05:23= 07:26= 03:22= 03:34= 04:17= 04:37= 08:46= 05:40= 03:39= 02:18= 03:51= 04:32= 01:38=		
	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	Kaj Kaspersen	3	1:10:02
	07:10+ 11:00+ 16:23+ 23:43- 27:17+ 30:39- 35:11+ 39:42+ 48:31+ 54:05+ 57:39- 60:04+ 63:56+ 68:12- 70:02+		
	07:10+ 03:50= 05:23= 07:20- 03:34+ 03:22- 04:32+ 04:31- 08:49+ 05:34- 03:34- 02:25+ 03:52+ 04:16- 01:50+		
	00:02+ 00:00= 00:00= 00:06- 00:12+ 00:12- 00:15+ 00:06- 00:03+ 00:06- 00:05- 00:07+ 00:01+ 00:16- 00:12#		
3	Severin Kilden	Ok Pan	1:12:36
	07:10+ 10:53- 16:06- 23:48+ 27:29+ 30:53+ 37:05+ 42:07+ 51:14+ 57:25+ 61:05+ 63:29+ 66:44+ 71:04+ 72:36+		
	07:10+ 03:43- 05:13- 07:42+ 03:41+ 03:24- 06:12+ 05:02+ 09:07+ 06:11+ 03:40+ 02:24+ 03:15- 04:20- 01:32-		
	00:02+ 00:07- 00:10- 00:16+ 00:19+ 00:10- 01:55& 00:25+ 00:21+ 00:31+ 00:01+ 00:06+ 00:36- 00:12- 00:06-		
4	Tommy Jakobsen	5	1:13:35
	08:55+ 12:52+ 18:07+ 25:25+ 28:30+ 32:11+ 36:10+ 40:47+ 51:26+ 57:34+ 61:01+ 63:16+ 66:49+ 71:41+ 73:35+		
	08:55+ 03:57+ 05:15- 07:18- 03:05- 03:41+ 04:37= 10:39+ 04:27- 11:34+ 05:31- 03:27- 02:15- 03:33- 04:52+ 01:54+		
	01:47# 00:07+ 00:08- 00:08- 00:17- 00:07+ 00:18- 00:00= 01:53# 00:28+ 00:12- 00:03- 00:18- 00:20+ 00:16#		
5	Brian Grøngård	17	1:13:43
	09:20+ 13:00+ 17:54+ 25:03+ 28:52+ 32:05+ 36:44+ 41:11+ 52:45+ 58:16+ 62:07+ 64:26+ 67:31+ 72:04+ 73:43+		
	09:20+ 03:40- 04:54- 07:09- 03:49+ 03:13- 04:39+ 04:27- 11:34+ 05:31- 03:51+ 02:19+ 03:05- 04:33+ 01:39+		
	02:12& 00:10- 00:29- 00:17- 00:27# 00:21- 00:22+ 00:10- 02:48& 00:09- 00:12+ 00:01+ 00:46- 00:01+ 00:01+		
6	Lene Bejer	18	1:13:48
	07:53+ 12:06+ 17:34+ 24:58+ 28:41+ 32:04+ 36:44+ 41:04+ 53:21+ 58:44+ 62:14+ 64:24+ 67:45+ 72:12+ 73:48+		
	07:53+ 04:13+ 05:28+ 07:24- 03:43+ 03:23- 04:40+ 04:20- 12:17+ 05:23- 03:30- 02:10- 03:21- 04:27- 01:36-		
	00:45# 00:23# 00:05+ 00:02- 00:21# 00:11- 00:23+ 00:17- 03:31& 00:17- 00:09- 00:08- 00:30- 00:05- 00:02-		

Class	Navn	Klasse												Tid
7	Gert Kristensen	14												1:14:49
09:32+	13:55+	19:15+	26:42+	29:44+	33:30+	38:15+	43:09+	52:34+	58:32+	61:50+	64:16+	67:36+	73:03+	74:49+
09:32+	04:23+	05:20-	07:27+	03:02-	03:46+	04:45+	04:54+	09:25+	05:58+	03:18-	02:26+	03:20-	05:27+	01:46+
02:24&	00:33#	00:03-	00:01+	00:20-	00:12+	00:28#	00:17+	00:39+	00:18+	00:21-	00:08+	00:31-	00:55#	00:08+
8	Ole Christiansen	Akif												1:18:37
07:57+	12:07+	17:31+	25:12+	28:19+	31:56+	35:57+	40:33+	56:12+	62:22+	66:20+	69:00+	72:27+	76:54+	78:37+
07:57+	04:10+	05:24+	07:41+	03:07-	03:37+	04:01-	04:36-	15:39+	06:10+	03:58+	02:40+	03:27-	04:27-	01:43+
00:49#	00:20+	00:01+	00:15+	00:15-	00:03+	00:16-	00:01-	06:53&	00:30+	00:19+	00:22#	00:24-	00:05-	00:05+
9	Torben Isen	3												1:18:45
08:08+	12:25+	18:01+	25:43+	29:54+	34:14+	38:52+	43:47+	53:53+	60:14+	64:12+	67:05+	71:24+	76:52+	78:45+
08:08+	04:17+	05:36+	07:42+	04:11+	04:20+	04:38+	04:55+	10:06+	06:21+	03:58+	02:53+	04:19+	05:28+	01:53+
01:00#	00:27#	00:13+	00:16+	00:49#	00:46#	00:21+	00:18+	01:20#	00:41#	00:19+	00:35&	00:28#	00:56#	00:15#
10	Frants Nielsen	3												1:19:12
09:20+	13:43+	19:22+	27:23+	31:14+	35:21+	40:01+	45:00+	54:59+	61:17+	65:14+	67:42+	71:42+	77:09+	79:12+
09:20+	04:23+	05:39+	08:01+	03:51+	04:07+	04:40+	04:59+	09:59+	06:18+	03:57+	02:28+	04:00+	05:27+	02:03+
02:12&	00:33#	00:16+	00:35+	00:29#	00:33#	00:23+	00:22+	01:13#	00:38#	00:18+	00:10+	00:09+	00:55#	00:25&
11	Max Hansen	9												1:19:46
08:25+	12:24+	17:37+	25:03+	28:37+	32:07+	36:47+	41:07+	53:30+	60:13+	64:14+	66:49+	72:00+	77:49+	79:46+
08:25+	03:59+	05:13-	07:26-	03:34+	03:30-	04:40+	04:20-	12:23+	06:43+	04:01+	02:35+	05:11+	05:49+	01:57+
01:17#	00:09+	00:10-	00:00-	00:12+	00:04-	00:23+	00:17-	03:37&	01:03#	00:22#	00:17#	01:20&	01:17&	00:19#
12	Gitte Isen	3												1:20:29
08:38+	13:08+	19:07+	26:45+	30:19+	34:22+	39:07+	44:26+	54:15+	62:13+	67:14+	69:56+	73:47+	78:24+	80:29+
08:38+	04:30+	05:59+	07:38+	03:34+	04:03+	04:45+	05:19+	09:49+	07:58+	05:01+	02:42+	03:51-	04:37+	02:05+
01:30#	00:40#	00:36#	00:12+	00:12+	00:29#	00:28#	00:42#	01:03#	02:18&	01:22&	00:24#	00:00-	00:05+	00:27&
13	Lene Stick Nielsen	18												1:20:55
10:26+	15:36+	21:50+	30:00+	34:02+	38:29+	43:11+	47:30+	56:46+	63:05+	67:03+	69:21+	73:02+	79:14+	80:55+
10:26+	05:10+	06:14+	08:10+	04:02+	04:27+	04:42+	04:19-	09:16+	06:19+	03:58+	02:18-	03:41-	06:12+	01:41+
03:18&	01:20&	00:51#	00:44+	00:40#	00:53#	00:25+	00:18-	00:30+	00:39#	00:19+	00:00-	00:10-	01:40&	00:03+
14	Søren Søgaard Nielsen	3												1:21:42
11:06+	15:10+	20:53+	28:40+	31:56+	36:01+	40:55+	46:06+	55:36+	62:11+	65:57+	68:45+	73:44+	79:45+	81:42+
11:06+	04:04+	05:43+	07:47+	03:16-	04:05+	04:54+	05:11+	09:30+	06:35+	03:46+	02:48+	04:59+	06:01+	01:57+
03:58&	00:14+	00:20+	00:21+	00:06-	00:31#	00:37#	00:34#	00:44+	00:55#	00:07+	00:30#	01:08&	01:29&	00:19#
15	Lene Jacobsen	4												1:24:14
08:51+	13:19+	18:58+	27:21+	31:10+	35:50+	41:14+	46:29+	58:48+	65:37+	69:31+	72:24+	76:15+	82:16+	84:14+
08:51+	04:28+	05:39+	08:23+	03:49+	04:40+	05:24+	05:15+	12:19+	06:49+	03:54+	02:53+	03:51-	06:01+	01:58+
01:43#	00:38#	00:16+	00:57#	00:27#	01:06&	01:07&	00:38#	03:33&	01:09#	00:15+	00:35&	00:00-	01:29&	00:20#
16	Jørgen Jørgensen	15												1:24:52
10:05+	14:20+	19:42+	31:18+	34:34+	39:58+	44:28+	49:16+	58:42+	66:21+	70:24+	73:04+	76:32+	82:51+	84:52+
10:05+	04:15+	05:22-	11:36+	03:16-	05:24+	04:30+	04:48+	09:26+	07:39+	04:03+	02:40+	03:28-	06:19+	02:01+
02:57&	00:25#	00:01-	04:10&	00:06-	01:50&	00:13+	00:11+	00:40+	01:59&	00:24#	00:22#	00:23-	01:47&	00:23#
17	Finn Søndergaard	14												1:25:34
08:38+	13:15+	19:07+	27:22+	31:48+	36:54+	42:50+	48:32+	59:52+	67:01+	70:58+	73:32+	77:36+	83:19+	85:34+
08:38+	04:37+	05:52+	08:15+	04:26+	05:06+	05:56+	05:42+	11:20+	07:09+	03:57+	02:34+	04:04+	05:43+	02:15+
01:30#	00:47#	00:29+	00:49#	01:04&	01:32&	01:39&	01:05#	02:34&	01:29&	00:18+	00:16#	00:13+	01:11&	00:37&
18	Helle Nikkel	18												1:26:11
11:20+	16:13+	22:02+	30:31+	33:59+	38:47+	43:58+	49:18+	61:37+	68:42+	72:25+	74:59+	78:32+	83:58+	86:11+
11:20+	04:53+	05:49+	08:29+	03:28+	04:48+	05:11+	05:20+	12:19+	07:05+	03:43+	02:34+	03:33-	05:26+	02:13+
04:12&	01:03&	00:26+	01:03#	00:06+	01:14&	00:54#	00:43#	03:33&	01:25#	00:04+	00:16#	00:18-	00:54#	00:35&
19	Åge Lillethorup	14												1:26:21
08:50+	12:49+	18:01+	25:27+	29:07+	32:51+	37:08+	41:41+	55:44+	61:53+	65:36+	75:42+	79:26+	84:23+	86:21+
08:50+	03:59+	05:12-	07:26-	03:40+	03:44+	04:17=	04:33-	14:03+	06:09+	03:43+	10:06+	03:44-	04:57+	01:58+
01:42#	00:09+	00:11-	00:00-	00:18+	00:10+	00:00-	00:04-	05:17&	00:29+	00:04+	07:48@	00:07-	00:25+	00:20#
20	Ole Bernth Jensen	7												1:26:31
08:42+	12:57+	18:25+	26:12+	29:18+	33:19+	37:56+	42:39+	55:40+	61:48+	65:33+	75:40+	79:34+	84:19+	86:31+
08:42+	04:15+	05:28+	07:47+	03:06-	04:01+	04:37+	04:43+	13:01+	06:08+	03:45+	10:07+	03:54+	04:45+	02:12+
01:34#	00:25#	00:05+	00:21+	00:16-	00:27#	00:20+	00:06+	04:15&	00:28+	00:06+	07:49@	00:03+	00:13+	00:34&
21	Pia Gade	18												1:26:50
10:21+	15:33+	21:52+	30:01+	33:57+	38:51+	44:29+	50:26+	61:30+	68:58+	72:46+	75:23+	79:32+	84:53+	86:50+
10:21+	05:12+	06:19+	08:09+	03:56+	04:54+	05:38+	05:57+	11:04+	07:28+	03:48+	02:37+	04:09+	05:21+	01:57+
03:13&	01:22&	00:56#	00:43+	00:34#	01:20&	01:21&	01:20&	02:18&	01:48&	00:09+	00:19#	00:18+	00:49#	00:19#

Class	Navn	Klasse												Tid
22	Torben Sørensen	5												1:29:09
07:28+	10:56-	15:50-	29:04+	32:48+	40:33+	46:14+	52:25+	62:38+	68:36+	72:24+	77:22+	80:46+	87:20+	89:09+
07:28+	03:28-	04:54-	13:14+	03:44+	07:45+	05:41+	06:11+	10:13+	05:58+	03:48+	04:58+	03:24-	06:34+	01:49+
00:20+	00:22-	00:29-	05:48&	00:22#	04:11@	01:24&	01:34&	01:27#	00:18+	00:09+	02:40@	00:27-	02:02&	00:11#
23	Frede Truelsen	4												1:30:23
09:05+	13:10+	18:32+	26:09+	29:09+	33:00+	37:39+	43:03+	56:33+	68:33+	75:39+	78:24+	82:26+	88:00+	90:23+
09:05+	04:05+	05:22-	07:37+	03:00-	03:51+	04:39+	05:24+	13:30+	12:00+	07:06+	02:45+	04:02+	05:34+	02:23+
01:57&	00:15+	00:01-	00:11+	00:22-	00:17+	00:22+	00:47#	04:44&	06:20@	03:27&	00:27#	00:11+	01:02#	00:45&
24	Lars Ozol	15												1:32:21
11:16+	15:44+	21:19+	29:28+	33:39+	39:17+	44:47+	50:17+	61:43+	70:50+	75:23+	79:26+	84:13+	90:11+	92:21+
11:16+	04:28+	05:35+	08:09+	04:11+	05:38+	05:30+	05:30+	11:26+	09:07+	04:33+	04:03+	04:47+	05:58+	02:10+
04:08&	00:38#	00:12+	00:43+	00:49#	02:04&	01:13&	00:53#	02:40&	03:27&	00:54#	01:45&	00:56#	01:26&	00:32&
25	Lone Marianne Jensen	7												1:32:25
09:58+	14:45+	21:01+	29:33+	33:44+	38:19+	44:41+	50:51+	62:42+	72:58+	77:35+	80:48+	85:01+	90:12+	92:25+
09:58+	04:47+	06:16+	08:32+	04:11+	04:35+	06:22+	06:10+	11:51+	10:16+	04:37+	03:13+	04:13+	05:11+	02:13+
02:50&	00:57#	00:53#	01:06#	00:49#	01:01&	02:05&	01:33&	03:05&	04:36&	00:58&	00:55&	00:22+	00:39#	00:35&
26	Jane Thode Jensen	7												1:32:28
10:03+	14:50+	21:04+	29:40+	33:50+	38:24+	44:40+	51:00+	62:52+	73:05+	77:41+	80:53+	85:07+	90:19+	92:28+
10:03+	04:47+	06:14+	08:36+	04:10+	04:34+	06:16+	06:20+	11:52+	10:13+	04:36+	03:12+	04:14+	05:12+	02:09+
02:55&	00:57#	00:51#	01:10#	00:48#	01:00&	01:59&	01:43&	03:06&	04:33&	00:57&	00:54&	00:23+	00:40#	00:31&
27	Dagmar Tange	7												1:43:34
10:36+	15:57+	22:33+	33:15+	37:14+	42:28+	48:27+	54:11+	66:22+	76:07+	84:06+	89:28+	94:13+	101:00+	103:34+
10:36+	05:21+	06:36+	10:42+	03:59+	05:14+	05:59+	05:44+	12:11+	09:45+	07:59+	05:22+	04:45+	06:47+	02:34+
03:28&	01:31&	01:13#	03:16&	00:37#	01:40&	01:42&	01:07#	03:25&	04:05&	04:20@	03:04@	00:54#	02:15&	00:56&
28	Birthe Møller	7												1:43:44
10:29+	15:52+	22:34+	33:04+	36:58+	42:11+	48:13+	54:18+	65:53+	75:55+	83:39+	88:56+	94:21+	101:01+	103:44+
10:29+	05:23+	06:42+	10:30+	03:54+	05:13+	06:02+	06:05+	11:35+	10:02+	07:44+	05:17+	05:25+	06:40+	02:43+
03:21&	01:33&	01:19#	03:04&	00:32#	01:39&	01:45&	01:28&	02:49&	04:22&	04:05@	02:59@	01:34&	02:08&	01:05&
29	Asger Kristensen	3												1:43:57
07:41+	12:59+	19:40+	30:22+	34:41+	39:22+	45:42+	52:26+	65:53+	74:40+	79:50+	85:39+	92:59+	101:18+	103:57+
07:41+	05:18+	06:41+	10:42+	04:19+	04:41+	06:20+	06:44+	13:27+	08:47+	05:10+	05:49+	07:20+	08:19+	02:39+
00:33+	01:28&	01:18#	03:16&	00:57&	01:07&	02:03&	02:07&	04:41&	03:07&	01:31&	03:31@	03:29&	03:47&	01:01&
30	Hans Møller	7												1:47:08
09:08+	14:19+	21:00+	30:49+	34:40+	40:15+	47:04+	52:38+	64:36+	73:25+	82:22+	85:49+	94:13+	104:44+	107:08+
09:08+	05:11+	06:41+	09:49+	03:51+	05:35+	06:49+	05:34+	11:58+	08:49+	08:57+	03:27+	08:24+	10:31+	02:24+
02:00&	01:21&	01:18#	02:23&	00:29#	02:01&	02:32&	00:57#	03:12&	03:09&	05:18@	01:09&	04:33@	05:59@	00:46&
31	Anette Ozol	15												1:56:56
10:20+	15:29+	22:06+	33:17+	37:16+	42:22+	49:56+	58:08+	78:23+	87:44+	93:36+	97:23+	101:59+	114:29+	116:56+
10:20+	05:09+	06:37+	11:11+	03:59+	05:06+	07:34+	08:12+	20:15+	09:21+	05:52+	03:47+	04:36+	12:30+	02:27+
03:12&	01:19&	01:14#	03:45&	00:37#	01:32&	03:17&	03:35&	11:29@	03:41&	02:13&	01:29&	00:45#	07:58@	00:49&

Beste stræktid for klassen

07:08 03:28 04:54 07:09 03:00 03:13 03:59 04:19 08:46 05:23 03:18 02:10 03:05 04:16 01:32

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

mtbo10km

1	Jørn Svensen	18												1:41:36
07:10=	17:18=	23:00=	38:05=	45:04=	49:08=	56:27=	64:55=	74:53=	81:21=	90:56=	99:34=	101:36=		
07:10=	10:08=	05:42=	15:05=	06:59=	04:04=	07:19=	08:28=	09:58=	06:28=	09:35=	08:38=	02:02=		
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2	Lars Forsberg	18												1:42:58
08:56+	18:49+	24:44+	37:20-	46:46+	50:57+	58:10+	66:33+	75:49+	82:52+	91:38+	101:10+	102:58+		
08:56+	09:53-	05:55+	12:36-	09:26+	04:11+	07:13-	08:23-	09:16-	07:03+	08:46-	09:32+	01:48-		
01:46#	00:15-	00:13+	02:29-	02:27&	00:07+	00:06-	00:05-	00:42-	00:35+	00:49-	00:54#	00:14-		

Beste stræktid for klassen

07:10 09:53 05:42 12:36 06:59 04:04 07:13 08:23 09:16 06:28 08:46 08:38 01:48

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