

Plads Navn

Klasse

Tid

10km

1	Jess Rasmussen	18	1:28:00																
04:33=	10:28=	20:00=	21:49=	24:33=	26:45=	30:14=	34:08=	37:29=	45:49=	51:23=	55:08=	63:57=	69:08=	71:34=	76:54=	78:17=	82:07=	86:27=	88:00=
04:33=	05:55=	09:32=	01:49=	02:44=	02:12=	03:29=	03:54=	03:21=	08:20=	05:34=	03:45=	08:49=	05:11=	02:26=	05:20=	01:23=	03:50=	04:20=	01:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marianne Lyngre Krogh	7	1:43:23																
04:40+	10:51+	24:22+	27:21+	33:44+	35:43+	39:25+	43:51+	47:31+	53:37+	60:21+	64:46+	71:56+	76:32+	78:54+	84:15+	92:23+	97:00+	101:55+	103:23+
04:40+	06:11+	13:31+	02:59+	06:23+	01:59-	03:42+	04:26+	03:40+	06:06-	06:44+	04:25+	07:10-	04:36-	02:22-	05:21+	08:08+	04:37+	04:55+	01:28-
00:07+	00:16+	03:59&	01:10&	03:39@	00:13-	00:13+	00:32#	00:19+	02:14-	01:10#	00:40#	01:39-	00:35-	00:04-	00:01+	06:45@	00:47#	00:35#	00:05-
3	Jens Ozol	16	1:43:26																
05:16+	11:48+	23:59+	26:14+	29:43+	31:52+	35:53+	42:00+	46:38+	53:14+	59:43+	65:00+	75:29+	80:09+	83:26+	89:48+	92:11+	97:25+	102:18+	103:26+
05:16+	06:32+	12:11+	02:15+	03:29+	02:09-	04:01+	06:07+	04:38+	06:36-	06:29+	05:17+	10:29+	04:40-	03:17+	06:22+	02:23+	05:14+	04:53+	01:08-
00:43#	00:37#	02:39&	00:26#	00:45&	00:03-	00:32#	02:13&	01:17&	01:44-	00:55#	01:32&	01:40#	00:31-	00:51&	01:02#	01:00&	01:24&	00:33#	00:25-
4	Jens Peter Christensen	3	1:43:28																
04:49+	10:40+	20:40+	23:09+	26:13+	28:35+	34:56+	38:55+	42:13+	50:18+	60:28+	64:42+	71:03+	75:40+	78:52+	83:56+	86:03+	95:11+	102:24+	103:28+
04:49+	05:51-	10:00+	02:29+	03:04+	02:22+	06:21+	03:59+	03:18-	08:05-	10:10+	04:14+	06:21-	04:37-	03:12+	05:04-	02:07+	09:08+	07:13+	01:04-
00:16+	00:04-	00:28+	00:40&	00:20#	00:10+	02:52&	00:05+	00:03-	00:15-	04:36&	00:29#	02:28-	00:34-	00:46&	00:16-	00:44&	05:18@	02:53&	00:29-
5	Thomas Lindschouw	20	1:43:39																
05:05+	12:28+	23:14+	25:37+	29:02+	31:20+	35:35+	41:00+	45:15+	51:38+	58:03+	63:41+	72:11+	77:02+	79:30+	84:28+	86:13+	95:21+	102:08+	103:39+
05:05+	07:23+	10:46+	02:23+	03:04+	02:22+	04:15+	05:25+	04:15+	06:23-	06:25+	05:38+	08:30-	04:51-	02:28+	04:58-	01:45+	09:08+	06:47+	01:31-
00:32#	01:28#	01:14#	00:34&	00:41#	00:06+	00:46#	01:31&	00:54&	01:57-	00:51#	01:53&	00:19-	00:20-	00:02+	00:22-	00:22&	05:18@	02:27&	00:02-
6	Erik Krogh	7	1:43:46																
05:13+	12:00+	22:49+	25:35+	29:14+	31:22+	35:48+	41:35+	45:56+	53:27+	60:51+	65:19+	75:19+	80:03+	83:39+	89:42+	92:21+	97:32+	102:16+	103:46+
05:13+	06:47+	10:49+	02:46+	03:39+	02:08-	04:26+	05:47+	04:21+	07:31-	07:24+	04:28+	10:00+	04:44-	03:36+	06:03+	02:39+	05:11+	04:44+	01:30-
00:40#	00:52#	01:17#	00:57&	00:55&	00:04-	00:57&	01:53&	01:00&	00:49-	01:50&	00:43#	01:11#	00:27-	01:10&	00:43#	01:16&	01:21&	00:24+	00:03-
7	Peter Damgaard Frandsen	7	1:43:50																
04:37+	10:17-	20:27+	22:15+	24:44+	26:23-	30:17+	34:05-	37:32+	46:03+	54:22+	62:39+	70:52+	75:21+	78:43+	84:02+	88:00+	94:53+	102:36+	103:50+
04:37+	05:40-	10:10+	01:48-	02:29-	01:39-	03:54+	03:48-	03:27+	08:31+	08:19+	08:17+	08:13-	04:29-	03:22+	05:19-	03:58+	06:53+	07:43+	01:14-
00:04+	00:15-	00:38+	00:01-	00:15-	00:33-	00:25#	00:06-	00:06+	00:11+	02:45&	04:32@	00:36-	00:42-	00:56&	00:01-	02:35@	03:03&	03:23&	00:19-
8	Peer Straarup	5	1:43:53																
05:07+	11:22+	21:16+	23:29+	26:54+	29:07+	35:19+	40:24+	44:49+	51:14+	57:49+	62:29+	71:00+	75:34+	80:21+	84:56+	87:41+	96:00+	102:27+	103:53+
05:07+	06:15+	09:54+	02:13+	03:25+	02:13+	06:12+	05:05+	04:25+	06:25-	06:35+	04:40+	08:31-	04:34-	04:47+	04:35-	02:45+	08:19+	06:27+	01:26-
00:34#	00:20+	00:22+	00:24#	00:41#	00:01+	02:43&	01:11&	01:04&	01:55-	01:01#	00:55#	00:18-	00:37-	02:21&	00:45-	01:22&	04:29@	02:07&	00:07-
9	Per Eg Pedersen	7	1:44:08																
04:42+	11:08+	21:10+	23:14+	26:21+	28:32+	34:25+	38:48+	42:48+	51:07+	57:33+	62:45+	70:57+	75:31+	78:47+	84:13+	87:57+	95:07+	102:37+	104:08+
04:42+	06:26+	10:02+	02:04+	03:07+	02:11-	05:53+	04:23+	04:00+	08:19-	06:26+	05:12+	08:12-	04:34-	03:16+	05:26+	03:44+	07:10+	07:30+	01:31-
00:09+	00:31+	00:30+	00:15#	00:23#	00:01-	02:24&	00:29#	00:39#	00:01-	00:52#	01:27&	00:37-	00:37-	00:50&	00:06+	02:21@	03:20&	03:10&	00:02-
10	Carsten Helligsø	6	1:44:11																
05:10+	11:56+	23:06+	25:32+	29:19+	31:55+	36:08+	41:20+	46:16+	53:43+	60:58+	65:24+	75:20+	79:52+	83:40+	89:30+	92:17+	97:36+	102:33+	104:11+
05:10+	06:46+	11:10+	02:26+	03:47+	02:36+	04:13+	05:12+	04:56+	07:27-	07:15+	04:26+	09:56+	04:32-	03:48+	05:50+	02:47+	05:19+	04:57+	01:38+
00:37#	00:51#	01:38#	00:37&	01:03&	00:24#	00:44#	01:18&	01:35&	00:53-	01:41&	00:41#	01:07#	00:39-	01:22&	00:30+	01:24@	01:29&	00:37#	00:05+
11	Leif Rønn Olsen	3	1:45:15																
05:14+	12:36+	22:59+	25:39+	29:05+	31:07+	34:51+	40:21+	44:54+	51:19+	58:08+	62:58+	71:03+	76:17+	78:35+	84:25+	85:57+	98:55+	103:33+	105:15+
05:14+	07:22+	10:23+	02:40+	03:26+	02:02-	03:44+	05:30+	04:33+	06:25-	06:49+	04:50+	08:05-	05:14+	02:18-	05:50+	01:32+	12:58+	04:38+	01:42+
00:41#	01:27#	00:51+	00:51&	00:42&	00:10-	00:15+	01:36&	01:12&	01:55-	01:15#	01:05&	00:44-	00:03+	00:08-	00:30+	00:09#	09:08@	00:18+	00:09+
12	Susanne Kristensen	3	1:45:18																
05:02+	12:44+	23:09+	25:43+	29:10+	31:13+	35:07+	40:25+	45:04+	51:23+	58:16+	71:01+	76:19+	78:38+	84:22+	85:59+	98:59+	103:40+	105:18+	
05:02+	07:42+	10:25+	02:34+	03:27+	02:03-	03:54+	05:18+	04:39+	06:19-	06:53+	12:45+	05:18-	02:19-	05:44+	01:37-	13:00+	04:41+	01:38-	
00:29#	01:47&	00:53+	00:45&	00:43&	00:09-	00:25#	01:24&	01:18&	02:01-	01:19#	09:00@	03:31-	02:52-	03:18@	03:43-	11:37@	00:51#	02:42-	
13	Steen Sig Andersen	7	1:45:22																
04:44+	10:55+	24:25+	27:28+	33:47+	35:45+	39:28+	43:53+	47:33+	53:40+	60:18+	64:52+	71:57+	76:24+	78:44+	84:10+	88:14+	99:03+	103:49+	105:22+
04:44+	06:11+	13:30+	03:03+	06:19+	01:58-	03:43+	04:25+	03:40+	06:07-	06:38+	04:34+	07:05-	04:27-	02:20-	05:26+	04:04+	10:49+	04:46+	01:33=
00:11+	00:16+	03:58&	01:14&	03:35@	00:14-	00:14+	00:31#	00:19+	02:13-	01:04#	00:49#	01:44-	00:44-	00:06-	00:06+	02:41@	06:59@	00:26+	00:00=
14	Kim Gottlieb	3	1:45:44																
04:57+	11:24+	21:42+	23:43+	26:51+	29:18+	34:00+	38:39+	42:26+	50:59+	58:14+	65:07+	71:51+	76:27+	78:41+	84:21+	86:02+	99:40+	104:25+	105:44+
04:57+	06:27+	10:18+	02:01+	03:08+	02:27+	04:42+	04:39+	03:47+	08:33+	07:15+	06:53+	06:44-	04:36-	02:14-	05:40+	01:41+	13:38+	04:45+	01:19-
00:24+	00:32+	00:46+	00:12#	00:24#	00:15#	01:13&	00:45#	00:26#	00:13+	01:41&	03:08&	02:05-	00:35-	00:12-	00:20+	00:18#	09:48@	00:25+	00:14-

Class	Navn	Klasse										Tid									
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15	Kristian M. Øilgaard	12										1:46:15									
05:09+	12:19+	23:03+	25:48+	29:07+	31:03+	35:05+	39:46+	44:37+	51:27+	57:42+	63:26+	71:22+	76:31+	78:57+	85:03+	86:30+	99:48+	104:20+	106:15+		
05:09+	07:10+	10:35+	02:45+	03:19+	01:56-	04:02+	04:41+	04:51+	06:50-	06:15+	05:44+	07:56-	05:09-	02:26+	06:06+	01:27+	13:18+	04:32+	01:55+		
00:36#	01:15#	01:12#	00:56&	00:35#	00:16-	00:33#	00:47#	01:30&	01:30-	00:41#	01:59&	00:53-	00:02-	00:00-	00:46#	00:04+	09:28@	00:12+	00:22#		
16	Niels Stadel	16										2:10:10									
04:46+	11:00+	21:35+	23:38+	26:56+	29:11+	34:05+	38:37+	42:40+	49:58+	57:24+	62:56+	71:31+	76:55+	80:15+	85:00+	87:48+	111:36+	128:23+	130:10+		
04:46+	06:14+	10:35+	02:03+	03:18+	02:15+	04:54+	04:32+	04:03+	07:18-	07:26+	05:32+	08:35-	05:24+	03:20+	04:45-	02:48+	23:48+	16:47+	01:47+		
00:13+	00:19+	01:03#	00:14#	00:34#	00:03+	01:25&	00:38#	00:42#	01:02-	01:52&	01:47&	00:14-	00:13+	00:54&	00:35-	01:25@	19:58@	12:27@	00:14#		
17	Ole Andersen	3										2:15:28									
04:55+	13:07+	25:08+	27:29+	31:07+	33:30+	38:13+	43:46+	48:13+	57:16+	70:50+	78:24+	92:25+	99:28+	103:47+	113:22+	118:52+	126:20+	133:14+	135:28+		
04:55+	08:12+	12:01+	02:21+	03:38+	02:23+	04:43+	05:33+	04:27+	09:03+	13:34+	07:34+	14:01+	07:03+	04:19+	09:35+	05:30+	07:28+	06:54+	02:14+		
00:22+	02:17&	02:29&	00:32&	00:54&	00:11+	01:14&	01:39&	01:06&	00:43+	08:00@	03:49@	05:12&	01:52&	01:53&	04:15&	04:07@	03:38&	02:34&	00:41&		
18	Preben Lupnaav	2										4:02:18									
06:12+	15:32+	54:38+	57:16+	67:08+	70:43+	84:32+	90:52+	98:02+	109:11+	118:42+	159:43+	168:30+	179:33+	225:29+	232:02+	239:39+	242:18+				
06:12+	09:20+	39:06+	02:38+	09:52+	03:35+	13:49+	06:20+	07:10+	11:09+	09:31+	41:01+	08:47-	11:03+	45:56+	06:33+	07:37+	02:39-				
01:39&	03:25&	29:34@	00:49&	07:08@	01:23&	10:20@	02:26&	03:49@	02:49&	03:57&	37:16@	00:02-	05:52@	43:30@	01:13#	06:14@	01:11-				

Beste stræktid for klassen

04:33 05:40 09:32 01:48 02:29 01:39 03:29 03:48 03:18 06:06 05:34 03:45 05:18 02:19 02:14 01:37 01:23 02:39 01:38 01:04

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

16km

1	Michael Filyo	16										2:19:08										
03:50+	10:19+	15:54+	24:11+	29:20+	34:33+	39:03+	54:12+	61:33+	66:28+	80:14+	83:08+	96:32+	98:40+	101:27+	106:54+	117:43+	121:23+	123:46+	129:01+	133:05+	137:57+	139:08+
03:50+	06:29+	05:35+	08:17+	05:09+	05:13+	04:30+	15:09+	05:13+	04:55+	02:54+	13:24+	02:08+	02:47+	05:27+	10:49+	03:40+	02:29+	05:15+	04:04+	04:52+	01:11+	
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	Carsten Thygesen	Ok Pan										2:19:11										
03:55+	10:26+	18:30+	27:34+	36:07+	43:40+	48:45+	54:03-	61:42+	66:36+	80:27+	83:15+	96:41+	98:47+	101:32+	106:50-	117:42-	121:22-	123:51+	128:56-	133:04-	138:00+	139:11+
03:55+	06:31+	08:04+	09:04+	08:33+	07:33+	05:05+	05:18-	07:39+	04:54-	13:51+	02:48-	13:26+	02:06-	02:45-	05:18-	10:52+	03:40+	02:29+	05:05-	04:08+	04:56+	01:11+
00:05+	00:02+	02:29&	00:47+	03:24&	02:20&	00:35#	09:51-	00:18+	00:01-	00:05+	00:06-	00:02+	00:02-	00:02-	00:09-	00:03+	00:00=	00:06+	00:10-	00:04+	00:04+	00:00=
3	Kenn Heldgaard Kristensen	3										2:33:23										
03:49-	11:47+	18:39+	28:30+	36:17+	41:33+	46:30+	53:02-	61:39+	67:31+	84:47+	89:05+	102:16+	104:10+	107:54+	115:25+	121:28+	127:48+	139:13+	142:30+	147:35+	152:14+	153:23+
03:49-	07:58+	06:52+	09:51+	07:47+	05:16+	04:57+	06:32-	08:37+	05:52+	17:16+	04:18+	13:11-	01:54-	03:44+	07:31+	06:03-	06:20+	11:25+	03:17-	05:05+	04:39-	01:09-
00:01-	01:29#	01:17#	01:34#	02:38&	00:03+	00:27+	08:37-	01:16#	00:57#	03:30&	01:24&	00:13-	00:14-	00:57&	02:04&	04:46-	02:40&	09:02@	01:58-	01:01#	00:13-	00:02-
4	Anders Lorentzen	16										2:33:33										
04:14+	11:55+	17:33+	27:42+	36:19+	41:44+	46:53+	54:00-	62:22+	68:50+	84:50+	89:12+	102:09+	104:13+	107:58+	115:17+	121:31+	127:42+	139:17+	142:31+	147:49+	152:18+	153:33+
04:14+	07:41+	05:38+	10:09+	08:37+	05:25+	05:09+	07:07-	08:22+	06:28+	16:00+	04:22+	12:57-	02:04-	03:45+	07:19+	06:14-	06:11+	11:35+	03:14-	05:18+	04:29-	01:15+
00:24#	01:12#	00:03+	01:52#	03:28&	00:12+	00:39#	08:02-	01:01#	01:33&	02:14#	01:28&	00:27-	00:04-	00:58&	01:52&	04:35-	02:31&	09:12@	02:01-	01:14&	00:23-	00:04+
5	Lars Mikkelsen	3										2:34:53										
03:58+	11:51+	17:29+	25:57+	31:38+	48:01+	53:57+	59:25+	73:01+	78:53+	93:14+	99:48+	111:37+	113:28+	117:21+	124:11+	129:41+	135:04+	136:53+	144:50+	148:44+	153:40+	154:53+
03:58+	07:53+	05:38+	08:28+	05:41+	16:23+	05:56+	05:28-	13:36+	05:52+	14:21+	06:34+	11:49-	01:51-	03:53+	06:50+	05:30-	05:23+	01:49-	07:57+	03:54-	04:56+	01:13+
00:08+	01:24#	00:03+	00:11+	00:32#	11:10@	01:26&	09:41-	06:15&	00:57#	00:35+	03:40@	01:35-	00:17-	01:06&	01:23&	05:19-	01:43&	00:34-	02:42&	00:10-	00:04+	00:02+
6	Henrik Juhl	3										3:18:15										
04:02+	11:58+	17:27+	46:16+	51:49+	58:06+	63:36+	70:02+	78:21+	83:31+	98:13+	112:35+	126:52+	128:30+	131:46+	136:34+	144:41+	150:01+	180:51+	185:50+	192:43+	196:58+	198:15+
04:02+	07:56+	05:29-	28:49+	05:33+	06:17+	05:30+	06:26-	08:19+	05:10+	14:42+	14:22+	14:17+	01:38-	03:16+	04:48-	08:07-	05:20+	30:50+	04:59-	06:53+	04:15-	01:17+
00:12+	01:27#	00:06-	20:32@	00:24+	01:04#	01:00#	08:43-	00:58#	00:15+	00:56+	11:28@	00:53+	00:30-	00:29#	00:39-	02:42-	01:40&	28:27@	00:16-	02:49&	00:37-	00:06+
7	Poul Henning Poulsen	17										3:18:21										
04:31+	12:02+	18:13+	41:51+	48:18+	55:17+	61:07+	71:38+	81:40+	88:30+	112:45+	128:23+	130:18+	135:12+	149:41+	156:38+	163:19+	166:16+	177:30+	191:10+	197:03+	198:21+	
04:31+	07:31+	06:11+	23:38+	06:27+	06:59+	05:50+	10:31+	10:02+	06:50+	24:15+	15:38+	01:55-	04:42-	14:08+	18:57+	09:34+	04:40-	20:12+	06:42+	12:48+	01:18-	
00:41#	01:02#	00:36#	15:21@	01:18&	01:46&	01:20&	04:38-	02:41&	01:55&	10:29&	12:44@	11:29-	02:46@	11:42@	01:30&	04:08-	00:43-	08:51@	08:25@	01:49&	03:34-	
8	Anne Movin	16										4:04:14										
04:12+	11:11+	18:50+	28:50+	42:13+	53:44+	60:35+	70:30+	90:47+	134:07+	149:18+	151:15+	155:57+	170:05+	189:02+	198:36+	203:16+	223:28+	230:10+	242:58+	244:14+		
04:12+	06:59+	07:39+	10:00+	13:23+	11:31+	06:51+	09:55-	20:17+	43:20+	15:11+	01:57-	04:42-	14:08+	18:57+	09:34+	04:40-	20:12+	06:42+	12:48+	01:16-		
00:22+	00:30+	02:04&	01:43#	08:14@	06:18@	02:21&	05:14-	12:56@	38:25@	01:25#	00:57-	08:42-	12:00@	16:10@	04:07&	06:09-	16:32@	04:19@	07:33@	02:48-		

Beste stræktid for klassen

03:49 06:29 05:29 08:17 05:09 05:13 04:30 05:18 07:21 04:54 13:46 01:57 01:55 01:38 02:45 04:48 04:40 02:57 01:49 03:14 01:16 01:18 01:09

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

20km

1	Bjarke Refslund	Ok Pan	3:15:22																						
03:46=	06:33=	12:25=	24:16=	41:03=	52:50=	58:02=	63:02=	70:24=	73:53=	76:34=	80:04=	83:10=	87:24=	89:12=	102:03=	105:43=	112:04=	118:19=	119:49=	123:37=	134:50=	139:20=	146:18=	171:20=	179:35=
03:46=	02:47=	05:52=	11:51=	16:47=	11:47=	05:12=	05:00=	07:22=	03:29=	02:41=	03:30=	03:06=	04:14=	01:48=	12:51=	03:40=	06:21=	06:15=	01:30=	03:48=	11:13=	04:30=	06:58=	25:02=	08:15=
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=
183:48=	189:47=	194:07=	195:22=																						
04:13=	05:59=	04:20=	01:15=																						
00:00=	00:00=	00:00=	00:00=																						

2	Lasse Holch Nielsen	16	3:47:04																						
03:36-	06:12-	11:57-	23:03-	41:25+	53:07+	57:52-	63:09+	70:22-	76:11+	78:51+	82:15+	88:33+	93:14+	94:45+	127:02+	134:51+	141:03+	142:55+	146:44+	151:22+	155:51+	163:12+	169:20+	186:55+	188:13+
03:36-	02:36-	05:45-	11:06-	18:22+	11:42-	04:45-	05:17+	07:13-	05:49+	02:40-	03:24-	06:18+	04:41+	01:31-	32:17+	07:49+	06:12-	01:52-	03:49+	04:38+	04:29-	07:21+	06:08-	17:35-	01:18-
00:10-	00:11-	00:07-	00:45-	01:35+	00:05-	00:27-	00:17+	00:09-	02:20&	00:01-	00:06-	03:12@	00:27#	00:17-	19:26@	04:09@	00:09-	04:23-	02:19@	00:50#	06:44-	02:51&	00:50-	07:27-	06:57-
219:54+	225:55+	227:04+																							
31:41+	06:01+	01:09-																							
27:28@	00:02+	03:11-																							

3	Thorkild Jensen	15	4:24:39																						
03:38-	06:20-	12:05-	23:04-	45:58+	55:04+	60:06+	86:10+	95:27+	100:37+	103:26+	106:47+	110:40+	114:06+	116:27+	151:40+	159:34+	167:33+	172:14+	177:58+	184:14+	191:32+	199:57+	203:23+	222:04+	224:04+
03:38-	02:42-	05:45-	10:59-	22:54+	09:06-	05:02-	26:04+	09:17+	05:10+	02:49+	03:21-	03:53+	03:26-	02:21+	35:13+	07:54+	07:59+	04:41-	05:44+	06:16+	07:18-	08:25+	03:26-	18:41-	02:00-
00:08-	00:05-	00:07-	00:52-	06:07&	02:41-	00:10-	21:04@	01:55&	01:41&	00:08+	00:09-	00:47&	00:48-	00:33&	22:22@	04:14@	01:38&	01:34-	04:14@	02:28&	03:55-	03:55&	03:32-	06:21-	06:15-
258:23+	263:31+	264:39+																							
34:19+	05:08-	01:08-																							
30:06@	00:51-	03:12-																							

Beste stræktid for klassen

03:36	02:36	05:45	10:59	16:47	09:06	04:45	05:00	07:13	03:29	02:40	03:21	03:06	03:26	01:31	12:51	03:40	06:12	01:52	01:30	03:48	04:29	04:30	03:26	17:35	01:18	04:13	05
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

3,4km

1	Flemming Jensen	3	1:13:10																							
03:41=	23:21=	39:33=	49:23=	55:41=	62:42=	66:53=	72:14=	73:10=																		
03:41=	19:40=	16:12=	09:50=	06:18=	07:01=	04:11=	05:21=	00:56=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																		

Beste stræktid for klassen

03:41	19:40	16:12	09:50	06:18	07:01	04:11	05:21	00:56
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

6km

1	Frede Rasmussen	3	1:08:49																						
05:04=	09:05=	14:43=	16:44=	18:37=	21:59=	28:32=	36:40=	42:54=	49:01=	52:08=	56:06=	60:39=	67:06=	68:49=											
05:04=	04:01=	05:38=	02:01=	01:53=	03:22=	06:33=	08:08=	06:14=	06:07=	03:07=	03:58=	04:33=	06:27=	01:43=											
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=											

2	Søren Søgaard	3	1:08:58																						
04:54-	08:40-	13:07-	15:04-	20:11-	28:45+	36:43+	42:55+	49:11+	52:18+	56:10+	60:44+	67:15+	68:58+												
04:54-	03:46-	04:27-	01:57-	01:41-	03:26+	08:34+	07:58-	06:12-	06:16+	03:07=	03:52-	04:34+	06:31+	01:43=											
00:10-	00:15-	01:11-	00:04-	00:12-	00:04+	02:01&	00:10-	00:02-	00:09+	00:00=	00:06-	00:01+	00:04+	00:00=											

3	Mads Kruse Juhl	VJOK	1:10:10																						
03:53-	08:19-	11:25-	13:38-	15:08-	17:20-	22:51-	26:11-	30:27-	35:48-	38:50-	56:41+	63:37+	68:47+	70:10+											
03:53-	04:26+	03:06-	02:13+	01:30-	02:12-	05:31-	03:20-	04:16-	05:21-	03:02-	17:51+	06:56+	05:10-	01:23-											
01:11-	00:25#	02:32-	00:12+	00:23-	01:10-	01:02-	04:48-	01:58-	00:46-	00:05-	13:53@	02:23&	01:17-	00:20-											

4	Lucia Aagaard	3	1:10:22																						
04:46-	08:23-	12:33-	14:37-	16:29-	19:34-	25:17-	28:50-	34:49-	39:26-	43:37-	50:48-	64:48+	69:02+	70:22+											
04:46-	03:37-	04:10-	02:04+	01:52-	03:05-	05:43-	03:33-	05:59-	04:37-	04:11+	07:11+	14:00+	04:14-	01:20-											
00:18-	00:24-	01:28-	00:03+	00:01-	00:17-	00:50-	04:35-	00:15-	01:30-	01:04&	03:13&	09:27@	02:13-	00:23-											

Class	Navn	Klasse										Tid		
5	Kaj Kaspersen	3										1:10:25		
04:48-	08:26-	12:35-	14:39-	16:32-	19:37-	25:18-	28:52-	34:53-	39:21-	43:35-	50:51-	64:52+	69:05+	70:25+
04:48-	03:38-	04:09-	02:04+	01:53=	03:05-	05:41-	03:34-	06:01-	04:28-	04:14+	07:16+	14:01+	04:13-	01:20-
00:16-	00:23-	01:29-	00:03+	00:00=	00:17-	00:52-	04:34-	00:13-	01:39-	01:07&	03:18&	09:28@	02:14-	00:23-
6	Torben Isen	3										1:11:47		
21:43+	27:15+	30:15+	36:12+	41:12+										
21:43+	05:32+	03:00-	05:57+	05:00+										
16:39@	01:31&	02:38-	03:56@	03:07@										
7	Pernille Buch	12										1:13:48		
04:11-	08:23-	12:52-	14:45-	16:32-	19:23-	24:50-	28:44-	34:36-	39:26-	43:06-	52:27-	69:10+	72:42+	73:48+
04:11-	04:12+	04:29-	01:53-	01:47-	02:51-	05:27-	03:54-	05:52-	04:50-	03:40+	09:21+	16:43+	03:32-	01:06-
00:53-	00:11+	01:09-	00:08-	00:06-	00:31-	01:06-	04:14-	00:22-	01:17-	00:33#	05:23@	12:10@	02:55-	00:37-
8	Poul A. Christensen	14										1:13:51		
04:44-	08:57-	14:27-	16:52+	18:50+	22:19+	29:56+	35:08-	43:03+	47:42-	50:51-	63:25+	68:00+	72:36+	73:51+
04:44-	04:13+	05:30-	02:25+	01:58+	03:29+	07:37+	05:12-	07:55+	04:39-	03:09+	12:34+	04:35+	04:36-	01:15-
00:20-	00:12+	00:08-	00:24#	00:05+	00:07+	01:04#	02:56-	01:41&	01:28-	00:02+	08:36@	00:02+	01:51-	00:28-
9	Mogens Vennevold	VJOK										1:13:53		
07:02+	14:21+	19:23+	21:37+	23:10+	26:27+	32:00+	35:15-	45:25+	49:22+	53:08+	61:54+	69:07+	72:41+	73:53+
07:02+	07:19+	05:02-	02:14+	01:33-	03:17-	05:33-	03:15-	10:10+	03:57-	03:46+	08:46+	07:13+	03:34-	01:12-
01:58&	03:18&	00:36-	00:13#	00:20-	00:05-	01:00-	04:53-	03:56&	02:10-	00:39#	04:48@	02:40&	02:53-	00:31-
10	Poul Erik Buch	12										1:14:00		
04:16-	08:25-	12:56-	14:49-	16:35-	19:45-	24:59-	28:48-	34:37-	39:31-	43:31-	52:35-	69:16+	72:50+	74:00+
04:16-	04:09+	04:31-	01:53-	01:46-	03:10-	05:14-	03:49-	05:49-	04:54-	04:00+	09:04+	16:41+	03:34-	01:10-
00:48-	00:08+	01:07-	00:08-	00:07-	00:12-	01:19-	04:19-	00:25-	01:13-	00:53&	05:06@	12:08@	02:53-	00:33-
11	Lene Stick Nielsen	18										1:14:15		
05:00-	08:52-	14:51+	17:02+	18:56+	22:31+	32:57+	38:22+	45:22+	50:13+	53:20+	63:11+	68:06+	72:54+	74:15+
05:00-	03:52-	05:59+	02:11+	01:54+	03:35+	10:26+	05:25-	07:00+	04:51-	03:07=	09:51+	04:55+	04:48-	01:21-
00:04-	00:09-	00:21+	00:10+	00:01+	00:13+	03:53&	02:43-	00:46#	01:16-	00:00=	05:53@	00:22+	01:39-	00:22-
12	Jens Larsen	16										1:14:25		
09:31+	13:19+	19:07+	21:46+	23:29+	27:14+	34:02+	38:35+	45:36+	50:19+	53:18+	63:15+	68:09+	72:57+	74:25+
09:31+	03:48-	05:48+	02:39+	01:43-	03:45+	06:48+	04:33-	07:01+	04:43-	02:59-	09:57+	04:54+	04:48-	01:28-
04:27&	00:13-	00:10+	00:38&	00:10-	00:23#	00:15+	03:35-	00:47#	01:24-	00:08-	05:59@	00:21+	01:39-	00:15-
13	Tommy Jakobsen	5										1:14:31		
04:32-	08:33-	14:48+	17:05+	18:59+	22:41+	33:20+	38:26+	45:27+	50:20+	53:22+	62:12+	69:12+	73:03+	74:31+
04:32-	04:01=	06:15+	02:17+	01:54+	03:42+	10:39+	05:06-	07:01+	04:53-	03:02-	08:50+	07:00+	03:51-	01:28-
00:32-	00:00=	00:37#	00:16#	00:01+	00:20+	04:06&	03:02-	00:47#	01:14-	00:05-	04:52@	02:27&	02:36-	00:15-
14	Gitte Isen	3										1:14:38		
05:47+	11:16+	16:23+	18:59+	21:46+	26:17+	32:54+	38:20+	45:20+	50:10+	53:13+	63:09+	68:04+	72:59+	74:38+
05:47+	05:29+	05:07-	02:36+	02:47+	04:31+	06:37+	05:26-	07:00+	04:50-	03:03-	09:56+	04:55+	04:55-	01:39-
00:43#	01:28&	00:31-	00:35&	00:54&	01:09&	00:04+	02:42-	00:46#	01:17-	00:04-	05:58@	00:22+	01:32-	00:04-
15	Mogens Hald	3										1:28:10		
06:34+	14:24+	19:31+	21:35+	23:24+	26:59+	32:42+	37:31+	46:53+	51:31+	58:50+	65:28+	78:31+	86:21+	88:10+
06:34+	07:50+	05:07-	02:04+	01:49-	03:35+	05:43-	04:49-	09:22+	04:38-	07:19+	06:38+	13:03+	07:50+	01:49+
01:30&	03:49&	00:31-	00:03+	00:04-	00:13+	00:50-	03:19-	03:08&	01:29-	04:12@	02:40&	08:30@	01:23#	00:06+
16	Ole Christiansen	Akif										1:28:14		
04:29-	08:59-	15:01+	17:21+	19:11+	22:38+	33:12+	38:14+	45:17+	50:15+	57:53+	70:14+	78:36+	86:14+	88:14+
04:29-	04:30+	06:02+	02:20+	01:50-	03:27+	10:34+	05:02-	07:03+	04:58-	07:38+	12:21+	08:22+	07:38+	02:00+
00:35-	00:29#	00:24+	00:19#	00:03-	00:05+	04:01&	03:06-	00:49#	01:09-	04:31@	08:23@	03:49&	01:11#	00:17#
17	Frants Nielsen	3										1:28:27		
05:09+	09:26+	15:29+	18:01+	20:10+	24:07+	30:28+	35:46-	43:05+	49:05+	58:47+	66:03+	78:21+	86:35+	88:27+
05:09+	04:17+	06:03+	02:32+	02:09+	03:57+	06:21-	05:18-	07:19+	06:00-	09:42+	07:16+	12:18+	08:14+	01:52+
00:05+	00:16+	00:25+	00:31&	00:16#	00:35#	00:12-	02:50-	01:05#	00:07-	06:35@	03:18&	07:45@	01:47&	00:09+
18	Lars Ozol	16										1:47:19		
05:41+	14:49+	21:35+	24:19+	27:07+	31:13+	40:47+	45:58+	53:06+	60:37+	68:33+	86:04+	99:04+	105:10+	107:19+
05:41+	09:08+	06:46+	02:44+	02:48+	04:06+	09:34+	05:11-	07:08+	07:31+	07:56+	17:31+	13:00+	06:06-	02:09+
00:37#	05:07@	01:08#	00:43&	00:55&	00:44#	03:01&	02:57-	00:54#	01:24#	04:49@	13:33@	08:27@	00:21-	00:26&
19	Bente Pedersen	11										1:47:23		
06:18+	11:54+	19:00+	22:18+	25:17+	32:05+	40:54+	46:16+	53:39+	60:52+	69:28+	86:44+	99:20+	105:06+	107:23+
06:18+	05:36+	07:06+	03:18+	02:59+	06:48+	08:49+	05:22-	07:23+	07:13+	08:36+	17:16+	12:36+	05:46-	02:17+
01:14#	01:35&	01:28&	01:17&	01:06&	03:26@	02:16&	02:46-	01:09#	01:06#	05:29@	13:18@	08:03@	00:41-	00:34&

Class	Navn	Klasse												Tid
20	Susanne Høiberg	16												1:47:32
06:37+	11:48+	18:17+	21:41+	24:06+	29:22+	39:02+	46:00+	53:27+	60:44+	68:10+	82:36+	99:22+	105:44+	107:32+
06:37+	05:11+	06:29+	03:24+	02:25+	05:16+	09:40+	06:58-	07:27+	07:17+	07:26+	14:26+	16:46+	06:22-	01:48+
01:33&	01:10&	00:51#	01:23&	00:32&	01:54&	03:07&	01:10-	01:13#	01:10#	04:19@	10:28@	12:13@	00:05-	00:05+
21	Lene Jacobsen	4												1:47:44
05:59+	14:42+	21:48+	24:39+	27:28+	31:53+	41:04+	46:19+	53:35+	60:57+	69:25+	86:50+	99:11+	105:47+	107:44+
05:59+	08:43+	07:06+	02:51+	02:49+	04:25+	09:11+	05:15-	07:16+	07:22+	08:28+	17:25+	12:21+	06:36+	01:57+
00:55#	04:42@	01:28&	00:50&	00:56&	01:03&	02:38&	02:53-	01:02#	01:15#	05:21@	13:27@	07:48@	00:09+	00:14#
22	Palle Møller Nielsen	9												1:58:32
12:16+	17:51+	24:54+	28:39+	35:47+	40:46+	48:52+	56:06+	75:36+	81:02+	84:58+	92:46+	104:47+	116:17+	118:32+
12:16+	05:35+	07:03+	03:45+	07:08+	04:59+	08:06+	07:14-	19:30+	05:26-	03:56+	07:48+	12:01+	11:30+	02:15+
07:12@	01:34&	01:25&	01:44&	05:15@	01:37&	01:33#	00:54-	13:16@	00:41-	00:49&	03:50&	07:28@	05:03&	00:32&
23	Torben Hansen	3												2:13:21
05:50+	14:38+	21:39+	24:14+	27:22+	31:25+	40:39+	46:10+	53:17+	61:01+	69:23+	86:42+	112:33+	131:28+	133:21+
05:50+	08:48+	07:01+	02:35+	03:08+	04:03+	09:14+	05:31-	07:07+	07:44+	08:22+	17:19+	25:51+	18:55+	01:53+
00:46#	04:47@	01:23#	00:34&	01:15&	00:41#	02:41&	02:37-	00:53#	01:37&	05:15@	13:21@	21:18@	12:28@	00:10+
Beste stræktid for klassen														
03:53	03:37	03:00	01:53	01:30	02:12	05:14	03:15	04:16	03:57	02:59	03:52	04:33	03:32	01:06

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

6km/ms

1	Mikkel Rabjerg	3												59:57
06:14=	12:00=	15:43=	22:12=	26:11=	30:21=	34:31=	38:39=	42:49=	46:24=	51:16=	53:04=	56:10=	58:23=	59:57=
06:14=	05:46=	03:43=	06:29=	03:59=	04:10=	04:10=	04:08=	04:10=	03:35=	04:52=	01:48=	03:06=	02:13=	01:34=
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	Tove Straarup	5												1:15:14
10:56+	16:27+	21:51+	26:29+	30:42+	37:08+	40:44+	46:06+	51:06+	55:15+	62:58+	65:37+	69:57+	73:27+	75:14+
10:56+	05:31-	05:24+	04:38-	04:13+	06:26+	03:36-	05:22+	05:00+	04:09+	07:43+	02:39+	04:20+	03:30+	01:47+
04:42&	00:15-	01:41&	01:51-	00:14+	02:16&	00:34-	01:14&	00:50#	00:34#	02:51&	00:51&	01:14&	01:17&	00:13#
3	Kristian Jacobsen	4												1:21:49
11:23+	20:32+	26:19+	30:23+	35:15+	42:18+	47:06+	53:18+	59:00+	64:09+	71:26+	74:08+	77:08+	80:12+	81:49+
11:23+	09:09+	05:47+	04:04-	04:52+	07:03+	04:48+	06:12+	05:42+	05:09+	07:17+	02:42+	03:00-	03:04+	01:37+
05:09&	03:23&	02:04&	02:25-	00:53#	02:53&	00:38#	02:04&	01:32&	01:34&	02:25&	00:54&	00:06-	00:51&	00:03+
4	Claus Clausen	4												1:22:03
11:26+	20:24+	26:23+	30:25+	35:21+	42:50+	47:12+	53:32+	58:57+	64:12+	71:43+	74:06+	77:28+	80:14+	82:03+
11:26+	08:58+	05:59+	04:02-	04:56+	07:29+	04:22+	06:20+	05:25+	05:15+	07:31+	02:23+	03:22+	02:46+	01:49+
05:12&	03:12&	02:16&	02:27-	00:57#	03:19&	00:12+	02:12&	01:15&	01:40&	02:39&	00:35&	00:16+	00:33#	00:15#
5	Steffen Møller	NOTEAM												1:24:20
11:38+	19:58+	26:13+	30:08+	37:04+	43:44+	47:59+	53:49+	58:22+	63:45+	70:24+	73:55+	77:35+	81:19+	84:20+
11:38+	08:20+	06:15+	03:55-	06:56+	06:40+	04:15+	05:50+	04:33+	05:23+	06:39+	03:31+	03:40+	03:44+	03:01+
05:24&	02:34&	02:32&	02:34-	02:57&	02:30&	00:05+	01:42&	00:23+	01:48&	01:47&	01:43&	00:34#	01:31&	01:27&
6	Anne Sofie Motzkus	7												1:37:12
06:06-	12:51+	18:04+	32:11+	41:33+	49:18+	55:18+	62:00+	67:26+	72:07+	79:56+	82:16+	87:05+	95:23+	97:12+
06:06-	06:45+	05:13+	14:07+	09:22+	07:45+	06:00+	06:42+	05:26+	04:41+	07:49+	02:20+	04:49+	08:18+	01:49+
00:08-	00:59#	01:30&	07:38@	05:23@	03:35&	01:50&	02:34&	01:16&	01:06&	02:57&	00:32&	01:43&	06:05@	00:15#
Beste stræktid for klassen														
06:06	05:31	03:43	03:55	03:59	04:10	03:36	04:08	04:10	03:35	04:52	01:48	03:00	02:13	01:34

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