

# Natteravn 3 2024

# Stræktider

# Sjørup Plantage-23-10-2024

Plads Navn

Klasse

Tid

## Bane 1 7,2km

### 1 Kristensen Kenn Heldgaard 1

1:10:28

02:19= 04:39= 06:14= 08:13= 13:20= 16:33= 19:14= 23:24= 25:28= 27:06= 28:23= 32:10= 34:38= 36:36= 39:37= 44:03= 47:19= 48:53= 51:02= 55:44= 60:42= 62:18= 65:36= 67:46= 69:32= 70:28=

02:19= 02:20= 01:35= 01:59= 05:07= 03:13= 02:41= 04:10= 02:04= 01:38= 01:17= 03:47= 02:28= 01:58= 03:01= 04:26= 03:16= 01:34= 02:09= 04:42= 04:58= 01:36= 03:18= 02:10= 01:46= 00:56=

00:00= 00:00=

### 2 Filyo Michael 8

1:16:33

02:10- 05:03+ 06:34+ 08:14+ 12:46- 14:51- 17:46- 21:20- 23:30- 25:36- 26:54- 36:29+ 38:43+ 40:18+ 43:18+ 49:16+ 52:56+ 54:30+ 58:03+ 62:02+ 65:49+ 67:06+ 71:17+ 73:30+ 75:23+ 76:33+

02:10- 02:53+ 01:31- 01:40- 04:32- 02:05- 02:55+ 03:34- 02:10+ 02:06+ 01:18+ 09:35+ 02:14- 01:35- 03:00- 05:58+ 03:40+ 01:34= 03:33+ 03:59- 03:47- 01:17- 04:11+ 02:13+ 01:53+ 01:10+

00:09- 00:33# 00:04- 00:19- 00:35- 01:08- 00:14+ 00:36- 00:06+ 00:28& 00:01+ 05:48@ 00:14- 00:23- 00:01- 01:32& 00:24# 00:00= 01:24& 00:43- 01:11- 00:19- 00:53& 00:03+ 00:07+ 00:14#

### 3 Andersen Søren 1

1:18:38

02:21+ 11:37+ 13:11+ 14:53+ 20:10+ 22:21+ 25:06+ 27:40+ 29:44+ 31:44+ 33:02+ 37:13+ 41:18+ 43:41+ 46:47+ 50:44+ 54:03+ 55:53+ 58:54+ 64:00+ 70:02+ 71:34+ 73:49+ 75:45+ 77:41+ 78:38+

02:21+ 09:16+ 01:34- 01:42- 05:17+ 02:11- 02:45+ 02:34- 02:04= 02:00+ 01:18+ 04:11+ 04:05+ 02:23+ 03:06+ 03:57- 03:19+ 01:50+ 03:01+ 05:06+ 06:02+ 01:32- 02:15- 01:56- 01:56+ 00:57+

00:02+ 06:56@ 00:01- 00:17- 00:10+ 01:02- 00:04+ 01:36- 00:00= 00:22# 00:01+ 00:24# 01:37& 00:25# 00:05+ 00:29- 00:03+ 00:16# 00:52& 00:24+ 01:04# 00:04- 01:03- 00:14- 00:10+ 00:01+

### 4 Lars Mikkelsen 1

1:19:29

02:27+ 04:49+ 06:33+ 08:27+ 13:21+ 18:44+ 22:53+ 27:36+ 29:38+ 31:59+ 33:30+ 38:27+ 41:26+ 43:24+ 47:01+ 50:24+ 54:52+ 57:31+ 60:05+ 64:22+ 69:47+ 71:24+ 74:02+ 75:58+ 78:03+ 79:29+

02:27+ 02:22+ 02:42+ 01:44+ 01:54- 04:54- 05:23+ 04:09+ 04:43+ 02:02- 02:21+ 01:31+ 04:57+ 02:59+ 01:58= 03:37+ 03:23- 04:28+ 02:39+ 02:34+ 04:17- 05:25+ 01:37+ 02:38- 01:56- 02:05+ 01:26+

00:08+ 00:02+ 00:09+ 00:05- 00:13- 02:10& 01:28& 00:33# 00:02- 00:43& 00:14# 01:10& 00:31# 00:00= 00:36# 01:03- 01:12& 01:05& 00:25# 00:25- 00:27+ 00:01+ 00:40- 00:14- 00:19# 00:30&

### 5 Gammelvind Anders 1

1:27:18

03:01+ 05:48+ 07:48+ 10:58+ 16:41+ 23:00+ 26:11+ 31:50+ 34:39+ 36:53+ 38:41+ 43:20+ 47:45+ 52:20+ 55:22+ 58:50+ 63:02+ 65:06+ 67:52+ 72:35+ 77:00+ 78:54+ 81:37+ 83:54+ 85:52+ 87:18+

03:01+ 02:47+ 02:00+ 03:10+ 05:43+ 06:19+ 03:11+ 05:39+ 02:49+ 02:14+ 01:48+ 04:39+ 04:25+ 04:35+ 03:02+ 03:28- 04:12+ 02:04+ 02:46+ 04:43+ 04:25- 01:54+ 02:43- 02:17+ 01:58+ 01:26+

00:42& 00:27# 00:25& 01:11& 00:36# 03:06& 00:30# 01:29& 00:45& 00:36& 00:31& 00:52# 01:57& 02:37@ 00:01+ 00:58- 00:56& 00:30& 00:37& 00:01+ 00:33- 00:18# 00:35- 00:07+ 00:12# 00:30&

### Beste stræktid for klassen

02:10 02:20 01:31 01:40 04:32 02:05 02:41 02:34 02:02 01:38 01:17 03:47 02:14 01:35 03:00 03:23 03:16 01:34 02:09 03:59 03:47 01:17 02:15 01:56 01:46 00:56

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

## Bane 2 5,7km

### 1 Kjær Morten 8

56:20

04:18= 06:22= 08:14= 09:31= 11:32= 13:25= 15:05= 16:14= 21:07= 23:37= 25:59= 28:55= 33:08= 35:23= 38:25= 41:34= 45:47= 49:52= 51:20= 53:16= 54:53= 56:20=

04:18= 02:04= 01:52= 01:17= 02:01= 01:53= 01:40= 01:09= 04:53= 02:30= 02:22= 02:56= 04:13= 02:15= 03:02= 03:09= 04:13= 04:05= 01:28= 01:56= 01:37= 01:27=

00:00= 00:00=

### 2 Rasmussen Christian L 2

1:01:38

04:01- 06:48+ 08:25+ 09:48+ 12:12+ 14:46+ 16:38+ 18:17+ 22:43+ 25:19+ 27:24+ 30:49+ 35:07+ 37:21+ 40:52+ 43:36+ 48:43+ 54:19+ 56:05+ 58:48+ 60:40+ 61:38+

04:01- 02:47+ 01:37- 01:23+ 02:24+ 02:34+ 01:52+ 01:39+ 04:26- 02:36+ 02:05- 03:25+ 04:18+ 02:14- 03:31+ 02:44- 05:07+ 05:36+ 01:46+ 02:43+ 01:52+ 00:58-

00:17- 00:43& 00:15- 00:06+ 00:23# 00:41& 00:12# 00:30& 00:27- 00:06+ 00:17- 00:29# 00:05+ 00:01- 00:29# 00:25- 00:54# 01:31& 00:18# 00:47& 00:15# 00:29-

### 3 Laursen Ricki 11

1:08:27

05:50+ 08:27+ 12:21+ 13:26+ 17:32+ 19:22+ 21:29+ 23:21+ 27:59+ 31:11+ 33:57+ 36:57+ 41:48+ 44:05+ 48:07+ 50:59+ 56:16+ 61:31+ 62:58+ 65:40+ 67:23+ 68:27+

05:50+ 02:37+ 03:54+ 01:05- 04:06+ 01:50- 02:07+ 01:52+ 04:38- 03:12+ 02:46+ 03:00+ 04:51+ 02:17+ 04:02+ 02:52- 05:17+ 05:15+ 01:27- 02:42+ 01:43+ 01:04-

01:32& 00:33& 02:02@ 00:12- 02:05@ 00:03- 00:27& 00:43& 00:15- 00:42& 00:24# 00:04+ 00:38# 00:02+ 01:00& 00:17- 01:04& 01:10& 00:01- 00:46& 00:06+ 00:23-

### 4 Ozol Jens 8

1:15:04

04:50+ 07:15+ 09:07+ 10:09+ 19:29+ 25:27+ 27:38+ 29:15+ 34:23+ 38:39+ 41:16+ 45:15+ 49:22+ 51:42+ 55:11+ 57:40+ 62:39+ 67:32+ 69:20+ 72:03+ 73:43+ 75:04+

04:50+ 02:25+ 01:52= 01:02- 09:20+ 05:58+ 02:11+ 01:37+ 05:08+ 04:16+ 02:37+ 03:59+ 04:07- 02:20+ 03:29+ 02:29- 04:59+ 04:53+ 01:48+ 02:43+ 01:40+ 01:21-

00:32# 00:21# 00:00= 00:15- 07:19@ 04:05@ 00:31& 00:28& 00:15+ 01:46& 00:15# 01:03& 00:06- 00:05+ 00:27# 00:40- 00:46# 00:48# 00:20# 00:47& 00:03+ 00:06-

### 5 Thomas Eriksen

NOTEAM

1:31:06

04:43+ 07:24+ 09:05+ 10:20+ 13:11+ 15:55+ 18:35+ 20:32+ 39:43+ 45:13+ 47:09+ 50:55+ 56:45+ 59:37+ 63:46+ 67:18+ 73:31+ 84:01+ 85:40+ 88:15+ 90:03+ 91:06+

04:43+ 02:41+ 01:41- 01:15- 02:51+ 02:44+ 02:40+ 01:57+ 19:11+ 05:30+ 01:56- 03:46+ 05:50+ 02:52+ 04:09+ 03:32+ 06:13+ 10:30+ 01:39+ 02:35+ 01:48+ 01:03-

00:25+ 00:37& 00:11- 00:02- 00:50& 00:51& 01:00& 00:48& 14:18@ 03:00@ 00:26- 00:50& 01:37& 00:37& 01:07& 00:23# 02:00& 06:25@ 00:11# 00:39& 00:11# 00:24-

### Bane 2 5,7km

#### Beste stræktid for klassen

04:01 02:04 01:37 01:02 02:01 01:50 01:40 01:09 04:26 02:30 01:56 02:56 04:07 02:14 03:02 02:29 04:13 04:05 01:27 01:56 01:37 00:58

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

### Bane 3 4,7km

<b>1</b>	<b>Krogh Marianne Lyngre</b>	<b>3</b>	<b>46:55</b>														
03:34=	05:31=	06:54=	09:05=	10:04=	17:16=	19:14=	21:35=	22:45=	25:35=	29:09=	30:59=	33:59=	36:06=	39:44=	44:42=	45:54=	46:55=
03:34=	01:57=	01:23=	02:11=	00:59=	07:12=	01:58=	02:21=	01:10=	02:50=	03:34=	01:50=	03:00=	02:07=	03:38=	04:58=	01:12=	01:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Vennevold Mogens</b>	<b>10</b>	<b>47:37</b>														
03:47+	07:23+	08:53+	11:10+	12:18+	15:44-	17:37-	19:39-	21:06-	23:48-	27:57-	29:47-	32:58-	36:00-	40:30+	45:00+	46:36+	47:37+
03:47+	03:36+	01:30+	02:17+	01:08+	03:26-	01:53-	02:02-	01:27+	02:42-	04:09+	01:50=	03:11+	03:02+	04:30+	04:30-	01:36+	01:01=
00:13+	01:39&	00:07+	00:06+	00:09#	03:46-	00:05-	00:19-	00:17#	00:08-	00:35#	00:00=	00:11+	00:55&	00:52#	00:28-	00:24&	00:00=

<b>3</b>	<b>Gade Keld</b>	<b>11</b>	<b>53:43</b>														
03:45+	05:46+	07:44+	10:30+	11:28+	14:51-	17:52-	20:01-	21:21-	23:42-	30:33+	32:57+	35:53+	41:00+	46:42+	51:27+	52:43+	53:43+
03:45+	02:01+	01:58+	02:46+	00:58-	03:23-	03:01+	02:09-	01:20+	02:21-	06:51+	02:24+	02:56-	05:07+	05:42+	04:45-	01:16+	01:00-
00:11+	00:04+	00:35&	00:35&	00:01-	03:49-	01:03&	00:12-	00:10#	00:29-	03:17&	00:34&	00:04-	03:00@	02:04&	00:13-	00:04+	00:01-

<b>4</b>	<b>Jensen Per Dahl</b>	<b>Ok Pan</b>	<b>55:58</b>														
02:33-	07:04+	12:38+	16:00+	18:25+	23:42+	28:37+	31:21+	32:56+									
02:33-	04:31+	05:34+	03:22+	02:25+	05:17-	04:55+	02:44+	01:35+									
01:01-	02:34@	04:11@	01:11&	01:26@	01:55-	02:57@	00:23#	00:25&									

<b>5</b>	<b>Krogh Erik</b>	<b>3</b>	<b>58:48</b>														
04:46+	07:30+	10:25+	13:46+	15:09+	17:42+	20:53+	23:13+	25:05+	28:22+	33:01+	35:28+	39:25+	42:17+	48:48+	54:36+	57:06+	58:48+
04:46+	02:44+	02:55+	03:21+	01:23+	02:33-	03:11+	02:20-	01:52+	03:17+	04:39+	02:27+	03:57+	02:52+	06:31+	05:48+	02:30+	01:42+
01:12&	00:47&	01:32@	01:10&	00:24&	04:39-	01:13&	00:01-	00:42&	00:27#	01:05&	00:37&	00:57&	00:45&	02:53&	00:50#	01:18@	00:41&

<b>7</b>	<b>Christensen Morten</b>	<b>1</b>	<b>1:00:20</b>														
04:29+	07:15+	08:52+	11:28+	12:51+	16:25-	19:28+	22:48+	24:25+	27:23+	32:09+	40:00+	44:00+	46:40+	52:37+	57:35+	59:04+	60:20+
04:29+	02:46+	01:37+	02:36+	01:23+	03:34-	03:03+	03:20+	01:37+	02:58+	04:46+	07:51+	04:00+	02:40+	05:57+	04:58=	01:29+	01:16+
00:55&	00:49&	00:14#	00:25#	00:24&	03:38-	01:05&	00:59&	00:27&	00:08+	01:12&	06:01@	01:00&	00:33&	02:19&	00:00=	00:17#	00:15#

<b>8</b>	<b>Germann Søren</b>	<b>5</b>	<b>1:04:43</b>														
03:48+	06:02+	08:08+	10:41+	11:42+	17:23+	20:26+	22:36+	24:17+	26:57+	40:17+	42:53+	46:38+	49:34+	55:33+	61:44+	63:24+	64:43+
03:48+	02:14+	02:06+	02:33+	01:01+	05:41-	03:03+	02:10-	01:41+	02:40-	13:20+	02:36+	03:45+	02:56+	05:59+	06:11+	01:40+	01:19+
00:14+	00:17#	00:43&	00:22#	00:02+	01:31-	01:05&	00:11-	00:31&	00:10-	09:46@	00:46&	00:45#	00:49&	02:21&	01:13#	00:28&	00:18&

<b>9</b>	<b>Nielsen Lene Stick</b>	<b>11</b>	<b>1:04:59</b>														
04:56+	07:43+	10:21+	13:59+	15:23+	19:50+	23:29+	26:20+	28:15+	31:27+	36:37+	42:31+	46:50+	49:26+	56:19+	61:49+	63:41+	64:59+
04:56+	02:47+	02:38+	03:38+	01:24+	04:27-	03:39+	02:51+	01:55+	03:12+	05:10+	05:54+	04:19+	02:36+	06:53+	05:30+	01:52+	01:18+
01:22&	00:50&	01:15&	01:27&	00:25&	02:45-	01:41&	00:30#	00:45&	00:22#	01:36&	04:04@	01:19&	00:29#	03:15&	00:32#	00:40&	00:17&

<b>10</b>	<b>Olsen Leif Rønn</b>	<b>1</b>	<b>1:09:11</b>															
04:35+	09:20+	17:41+	19:34+	22:38+	23:57+	27:07+	30:11+	32:47+	34:36+	37:57+	42:21+	45:22+	49:25+	52:26+	58:00+	64:17+	67:29+	69:11+
04:35+	04:45+	08:21+	01:53-	03:04+	01:19-	03:10+	03:04+	02:36+	01:49-	03:21-	04:24+	03:01+	04:03+	03:01-	05:34+	06:17+	03:12+	01:42+
01:01&	02:48@	06:58@	00:18-	02:05@	05:53-	01:12&	00:43&	01:26@	01:01-	00:13-	02:34@	00:01+	01:56&	00:37-	00:36#	05:05@	02:11@	01:42+

#### Beste stræktid for klassen

02:33 01:57 01:23 01:53 00:58 01:19 01:53 02:02 01:10 01:49 03:21 01:50 02:56 02:07 03:01 04:30 01:12 01:00

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

### Bane 4 3,7km

<b>1</b>	<b>Münster-Swendsen Jørgen</b>	<b>8</b>	<b>37:41</b>
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02:43=	05:33=	07:22=	09:47=	12:13=	14:30=	20:23=	24:20=	26:43=	32:36=	34:57=	36:35=	37:41=
02:43=	02:50=	01:49=	02:25=	02:26=	02:17=	05:53=	03:57=	02:23=	05:53=	02:21=	01:38=	01:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Nielsen Rolf Duedahl</b>	<b>4</b>	<b>41:58</b>
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03:01+	05:39+	07:29+	09:41-	12:28+	17:55+	24:59+	28:24+	30:58+	36:58+	39:08+	40:34+	41:58+
03:01+	02:38-	01:50+	02:12-	02:47+	05:27+	07:04+	03:25-	02:34+	06:00+	02:10-	01:26-	01:24+
00:18#	00:12-	00:01+	00:13-	00:21#	03:10@	01:11#	00:32-	00:11+	00:07+	00:11-	00:12-	00:18&

<b>3</b>	<b>Damgaard Lene Bejer</b>	<b>11</b>	<b>43:09</b>
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03:16+	06:11+	08:11+	10:52+	13:13+	16:04+	23:06+	27:22+	30:15+	36:17+	40:00+	41:46+	43:09+
03:16+	02:55+	02:00+	02:41+	02:21-	02:51+	07:02+	04:16+	02:53+	06:02+	03:43+	01:46+	01:23+
00:33#	00:05+	00:11#	00:16#	00:05-	00:34#	01:09#	00:19+	00:30#	00:09+	01:22&	00:08+	00:17&

<b>4</b>	<b>Aagaard Lucia</b>	<b>1</b>	<b>43:56</b>
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03:02+	06:07+	08:08+	10:44+	13:10+	18:59+	24:30+	28:12+	31:17+	37:20+	39:45+	42:10+	43:56+
03:02+	03:05+	02:01+	02:36+	02:26=	05:49+	05:31-	03:42-	03:05+	06:03+	02:25+	02:25+	01:46+
00:19#	00:15+	00:12#	00:11+	00:00=	03:32@	00:22-	00:15-	00:42&	00:10+	00:04+	00:47&	00:40&

<b>5</b>	<b>Fjordvald Knud</b>	<b>8</b>	<b>44:20</b>
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02:35-	05:30-	07:20-	10:07+	12:24+	17:17+	24:18+	27:43+	31:06+	38:41+	41:02+	43:00+	44:20+
02:35-	02:55+	01:50+	02:47+	02:17-	04:53+	07:01+	03:25-	03:23+	07:35+	02:21=	01:58+	01:20+
00:08-	00:05+	00:01+	00:22#	00:09-	02:36@	01:08#	00:32-	01:00&	01:42&	00:00=	00:20#	00:14#

<b>6</b>	<b>Hesselberg Kai</b>	<b>2</b>	<b>46:03</b>
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04:17+	07:26+	09:29+	12:04+	14:33+	19:48+	24:52+	29:04+	34:13+	40:14+	42:59+	44:47+	46:03+
04:17+	03:09+	02:03+	02:35+	02:29+	05:15+	05:04-	04:12+	05:09+	06:01+	02:45+	01:48+	01:16+
01:34&	00:19#	00:14#	00:10+	00:03+	02:58@	00:49-	00:15+	02:46@	00:08+	00:24#	00:10#	00:10#

<b>7</b>	<b>Anæus Grethe</b>	<b>11</b>	<b>48:15</b>
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03:07+	06:15+	08:25+	12:39+	15:27+	22:15+	29:04+	32:54+	35:44+	42:20+	44:49+	46:38+	48:15+
03:07+	03:08+	02:10+	04:14+	02:48+	06:48+	06:49+	03:50-	02:50+	06:36+	02:29+	01:49+	01:37+
00:24#	00:18#	00:21#	01:49&	00:22#	04:31@	00:56#	00:07-	00:27#	00:43#	00:08+	00:11#	00:31&

<b>8</b>	<b>Kristensen Jan Lauge</b>	<b>2</b>	<b>48:50</b>
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03:02+	06:22+	08:23+	15:35+	18:12+	21:22+	27:16+	31:18+	35:19+	42:05+	44:55+	47:00+	48:50+
03:02+	03:20+	02:01+	07:12+	02:37+	03:10+	05:54+	04:02+	04:01+	06:46+	02:50+	02:05+	01:50+
00:19#	00:30#	00:12#	04:47@	00:11+	00:53&	00:01+	00:05+	01:38&	00:53#	00:29#	00:27&	00:44&

<b>9</b>	<b>Hansen Max</b>	<b>4</b>	<b>49:13</b>
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03:26+	06:55+	09:02+	12:03+	14:45+	17:59+	23:47+	27:23+	29:54+	37:13+	40:40+	47:45+	49:13+
03:26+	03:29+	02:07+	03:01+	02:42+	03:14+	05:48-	03:36-	02:31+	07:19+	03:27+	07:05+	01:28+
00:43&	00:39#	00:18#	00:36#	00:16#	00:57&	00:05-	00:21-	00:08+	01:26#	01:06&	05:27@	00:22&

<b>10</b>	<b>Isen Torben</b>	<b>1</b>	<b>49:18</b>
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03:30+	06:58+	09:19+	12:24+	15:48+	19:18+	24:37+	30:01+	33:09+	40:16+	45:35+	47:41+	49:18+
03:30+	03:28+	02:21+	03:05+	03:24+	03:30+	05:19-	05:24+	03:08+	07:07+	05:19+	02:06+	01:37+
00:47&	00:38#	00:32&	00:40&	00:58&	01:13&	00:34-	01:27&	00:45&	01:14#	02:58@	00:28&	00:31&

<b>11</b>	<b>Laursen Johnnie Bøtke</b>	<b>11</b>	<b>49:26</b>
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03:06+	06:28+	08:29+	14:36+	17:18+	23:53+	30:28+	34:18+	37:08+	43:25+	46:20+	48:00+	49:26+
03:06+	03:22+	02:01+	06:07+	02:42+	06:35+	06:35+	03:50-	02:50+	06:17+	02:55+	01:40+	01:26+
00:23#	00:32#	00:12#	03:42@	00:16#	04:18@	00:42#	00:07-	00:27#	00:24+	00:34#	00:02+	00:20&

<b>12</b>	<b>Ann-Vibeke Mose</b>	<b>10</b>	<b>52:42</b>
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07:26+	10:41+	12:41+	19:54+	22:36+	26:01+	32:54+	37:03+	39:56+	46:20+	48:49+	50:33+	52:42+
07:26+	03:15+	02:00+	07:13+	02:42+	03:25+	06:53+	04:09+	02:53+	06:24+	02:29+	01:44+	02:09+
04:43@	00:25#	00:11#	04:48@	00:16#	01:08&	01:00#	00:12+	00:30#	00:31+	00:08+	00:06+	01:03&

Class	Navn	Klasse											Tid
<b>Bane 4 3,7km</b>													
<b>13</b>	<b>Kaspersen Kaj</b>	<b>1</b>											<b>53:45</b>
	03:39+	08:08+	10:24+	13:35+	16:37+	22:27+	28:23+	33:18+	36:56+	42:49+	49:47+	51:47+	53:45+
	03:39+	04:29+	02:16+	03:11+	03:02+	05:50+	05:56+	04:55+	03:38+	05:53=	06:58+	02:00+	01:58+
	00:56&	01:39&	00:27#	00:46&	00:36#	03:33@	00:03+	00:58#	01:15&	00:00=	04:37@	00:22#	00:52&
<b>14</b>	<b>Frode Harritz</b>	<b>2</b>											<b>54:31</b>
	03:49+	07:49+	11:23+	15:12+	17:59+	22:23+	34:40+	38:44+	41:42+	48:21+	51:15+	53:18+	54:31+
	03:49+	04:00+	03:34+	03:49+	02:47+	04:24+	12:17+	04:04+	02:58+	06:39+	02:54+	02:03+	01:13+
	03:49+	04:00+	03:34+	03:49+	02:47+	04:24+	12:17+	04:04+	02:58+	06:39+	02:54+	02:03+	01:13+
<b>15</b>	<b>Isen Gitte</b>	<b>1</b>											<b>56:22</b>
	03:34+	07:16+	10:03+	13:33+	17:58+	26:05+	31:51+	36:14+	40:53+	48:21+	51:51+	53:53+	56:22+
	03:34+	03:42+	02:47+	03:30+	04:25+	08:07+	05:46+	04:23+	04:39+	07:28+	03:30+	02:02+	02:29+
	03:34+	03:42+	02:47+	03:30+	04:25+	08:07+	05:46+	04:23+	04:39+	07:28+	03:30+	02:02+	02:29+
<b>16</b>	<b>Bertel Gert</b>	<b>2</b>											<b>57:10</b>
	08:27+	10:53+	12:37+	19:23+	21:49+	24:56+	31:55+	35:27+	41:48+	48:09+	50:32+	55:33+	57:10+
	08:27+	02:26+	01:44+	06:46+	02:26+	03:07+	06:59+	03:32+	06:21+	06:21+	02:23+	05:01+	01:37+
	08:27+	02:26+	01:44+	06:46+	02:26+	03:07+	06:59+	03:32+	06:21+	06:21+	02:23+	05:01+	01:37+
<b>17</b>	<b>Hansen Ann Dorrit</b>	<b>4</b>											<b>57:24</b>
	03:58+	07:47+	10:13+	13:52+	17:39+	21:14+	33:34+	38:57+	42:14+	49:36+	53:04+	55:35+	57:24+
	03:58+	03:49+	02:26+	03:39+	03:47+	03:35+	12:20+	05:23+	03:17+	07:22+	03:28+	02:31+	01:49+
	03:58+	03:49+	02:26+	03:39+	03:47+	03:35+	12:20+	05:23+	03:17+	07:22+	03:28+	02:31+	01:49+
<b>18</b>	<b>Gade Pia</b>	<b>11</b>											<b>1:01:57</b>
	03:59+	10:24+	13:11+	17:09+	20:15+	27:38+	35:13+	41:14+	45:26+	53:55+	57:09+	59:36+	61:57+
	03:59+	06:25+	02:47+	03:58+	03:06+	07:23+	07:35+	06:01+	04:12+	08:29+	03:14+	02:27+	02:21+
	03:59+	06:25+	02:47+	03:58+	03:06+	07:23+	07:35+	06:01+	04:12+	08:29+	03:14+	02:27+	02:21+
<b>19</b>	<b>Madsen Claus</b>	<b>2</b>											<b>1:04:55</b>
	04:08+	08:06+	10:37+	14:05+	17:22+	20:57+	38:08+	43:16+	47:05+	55:47+	60:32+	63:01+	64:55+
	04:08+	03:58+	02:31+	03:28+	03:17+	03:35+	17:11+	05:08+	03:49+	08:42+	04:45+	02:29+	01:54+
	04:08+	03:58+	02:31+	03:28+	03:17+	03:35+	17:11+	05:08+	03:49+	08:42+	04:45+	02:29+	01:54+
<b>20</b>	<b>Rasmussen Frede</b>	<b>1</b>											<b>1:10:08</b>
	03:35+	08:00+	10:23+	13:22+	16:01+	22:43+	44:45+	49:33+	53:36+	62:15+	65:14+	67:19+	70:08+
	03:35+	04:25+	02:23+	02:59+	02:39+	06:42+	22:02+	04:48+	04:03+	08:39+	02:59+	02:05+	02:49+
	03:35+	04:25+	02:23+	02:59+	02:39+	06:42+	22:02+	04:48+	04:03+	08:39+	02:59+	02:05+	02:49+
<b>21</b>	<b>Jørgensen Thomas</b>	<b>2</b>											<b>1:12:53</b>
	04:46+	09:29+	12:51+	17:28+	21:43+	26:09+	37:17+	43:49+	50:26+	62:34+	67:25+	70:03+	72:53+
	04:46+	04:43+	03:22+	04:37+	04:15+	04:26+	11:08+	06:32+	06:37+	12:08+	04:51+	02:38+	02:50+
	04:46+	04:43+	03:22+	04:37+	04:15+	04:26+	11:08+	06:32+	06:37+	12:08+	04:51+	02:38+	02:50+
<b>22</b>	<b>Kristensen Asger</b>	<b>1</b>											<b>1:30:46</b>
	18:42+	23:35+	26:54+	31:39+	35:26+	39:42+	51:23+	59:33+	65:23+	77:58+	82:57+	86:48+	90:46+
	18:42+	04:53+	03:19+	04:45+	03:47+	04:16+	11:41+	08:10+	05:50+	12:35+	04:59+	03:51+	03:58+
	18:42+	04:53+	03:19+	04:45+	03:47+	04:16+	11:41+	08:10+	05:50+	12:35+	04:59+	03:51+	03:58+

### Beste stræktid for klassen

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

### Bane 5 3,8kmms

### Bane 5 3,8kmms

<b>1</b>	<b>Johansen Inger</b>														<b>2</b>	<b>1:00:52</b>																													
03:34=	05:30=	08:11=	10:09=	15:11=	22:51=	26:32=	29:36=	33:55=	42:06=	44:58=	50:54=	55:58=	58:50=	60:52=	03:34=	01:56=	02:41=	01:58=	05:02=	07:40=	03:41=	03:04=	04:19=	08:11=	02:52=	05:56=	05:04=	02:52=	02:02=	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=

<b>2</b>	<b>Olesen Charlotte Vibeke</b>														<b>2</b>	<b>1:00:59</b>																												
03:38+	05:33+	08:15+	10:14+	15:17+	22:48+	26:27+	29:40+	34:02+	42:02+	44:47+	51:00+	55:52+	58:48+	60:59+	03:38+	01:55+	02:42+	01:59+	05:03+	07:31+	03:39+	03:13+	04:22+	08:00+	02:45+	06:13+	04:52+	02:56+	02:11+	03:38+	01:55+	02:42+	01:59+	05:03+	07:31+	03:39+	03:13+	04:22+	08:00+	02:45+	06:13+	04:52+	02:56+	02:11+

<b>3</b>	<b>Najbjerg Anna-Grethe</b>														<b>5</b>	<b>1:14:25</b>																												
03:38+	05:25+	14:54+	16:23+	20:50+	28:24+	40:41+	42:58+	49:32+	57:21+	60:08+	65:07+	69:29+	72:19+	74:25+	03:38+	01:47+	09:29+	01:29+	04:27+	07:34+	12:17+	02:17+	06:34+	07:49+	02:47+	04:59+	04:22+	02:50+	02:06+	03:38+	01:47+	09:29+	01:29+	04:27+	07:34+	12:17+	02:17+	06:34+	07:49+	02:47+	04:59+	04:22+	02:50+	02:06+

<b>4</b>	<b>Hansen Pia Grønbjerg</b>														<b>5</b>	<b>1:15:26</b>																												
05:06+	07:38+	11:20+	13:39+	20:07+	28:28+	33:17+	36:27+	40:46+	51:46+	54:55+	61:37+	68:40+	72:54+	75:26+	05:06+	02:32+	03:42+	02:19+	06:28+	08:21+	04:49+	03:10+	04:19+	11:00+	03:09+	06:42+	07:03+	04:14+	02:32+	05:06+	02:32+	03:42+	02:19+	06:28+	08:21+	04:49+	03:10+	04:19+	11:00+	03:09+	06:42+	07:03+	04:14+	02:32+

<b>5</b>	<b>Hansen Lilli</b>														<b>5</b>	<b>1:15:29</b>																												
05:03+	07:40+	11:24+	13:45+	20:13+	28:32+	33:20+	36:33+	40:49+	51:42+	54:53+	61:41+	68:44+	72:57+	75:29+	05:03+	02:37+	03:44+	02:21+	06:28+	08:19+	04:48+	03:13+	04:16+	10:53+	03:11+	06:48+	07:03+	04:13+	02:32+	05:03+	02:37+	03:44+	02:21+	06:28+	08:19+	04:48+	03:13+	04:16+	10:53+	03:11+	06:48+	07:03+	04:13+	02:32+

#### Beste stræktid for klassen

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