

Plads Navn
bane1

Klasse

Tid

1	Peter Villadsen	SOK	54:07																						
00:58=	02:18=	04:04=	05:23=	06:52=	07:59=	09:55=	11:17=	15:57=	16:40=	17:23=	18:35=	19:57=	20:47=	22:21=	26:21=	28:08=	31:31=	34:42=	38:14=	39:18=	41:23=	42:51=	43:47=	45:37=	47:12=
00:58=	01:20=	01:46=	01:19=	01:29=	01:07=	01:56=	01:22=	04:40=	00:43=	00:43=	01:12=	01:22=	00:50=	01:34=	04:00=	01:47=	03:23=	03:11=	03:32=	01:04=	02:05=	01:28=	00:56=	01:50=	01:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
48:11=	50:15=	51:08=	52:54=	53:39=	54:07=																				
00:59=	02:04=	00:53=	01:46=	00:45=	00:28=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

2	Thorkild Jensen	9	55:53																						
00:32-	01:36-	03:14-	04:30-	09:59+	10:51+	12:58+	14:35+	18:27+	19:09+	20:22+	21:55+	22:42+	24:34+	30:02+	31:47+	34:58+	38:56+	41:17+	42:07+	44:02+	45:41+	46:34+	48:18+	49:59+	50:51+
00:32-	01:04-	01:38-	01:16-	05:29+	00:52-	02:07+	01:37+	03:52-	00:42-	01:13+	01:33+	00:47-	01:52+	05:28+	01:45-	03:11+	03:58+	02:21-	00:50-	01:55+	01:39-	00:53-	01:44+	01:41-	00:52-
00:26-	00:16-	00:08-	00:03-	04:00@	00:15-	00:11+	00:15#	00:48-	00:01-	00:30&	00:21&	00:35-	01:02@	03:54@	02:15-	01:24&	00:35#	00:50-	02:42-	00:51&	00:26-	00:35-	00:48&	00:09-	00:43-
52:44+	53:35+	54:42+	55:20+	55:53+																					
01:53+	00:51-	01:07+	00:38-	00:33-																					
00:54&	01:13-	00:14&	01:08-	00:12-																					

3	Kenn Heldgaard Kristensen	2	56:25																						
01:55+	03:12+	05:12+	06:40+	08:21+	09:28+	11:35+	13:41+	14:43-	15:35-	17:06-	18:45+	19:25-	21:26+	27:02+	29:29+	31:36+	35:03+	37:24+	38:07-	40:42+	42:07+	43:02+	45:18+	47:15+	48:25+
01:55+	01:17-	02:00+	01:28+	01:41+	01:07=	02:07+	02:06+	01:02-	00:52+	01:31+	01:39+	00:40-	02:01+	05:36+	02:27-	02:07+	03:27+	02:21-	00:43-	02:35+	01:25-	00:55-	02:16+	01:57+	01:10-
00:57&	00:03-	00:14#	00:09#	00:12#	00:00=	00:11+	00:44&	03:38-	00:09#	00:48@	00:27&	00:42-	01:11@	04:02@	01:33-	00:20#	00:04+	00:50-	02:49-	01:31@	00:40-	00:33-	01:20@	00:07+	00:25-
50:50+	53:52+	55:11+	55:52+	56:25+																					
02:25+	03:02+	01:19+	00:41-	00:33-																					
01:26@	00:58&	00:26&	01:05-	00:12-																					

4	Anders Gammelvind	2	1:06:36																						
01:04+	02:50+	05:18+	07:16+	09:13+	10:58+	12:31+	14:05+	15:43-	19:43+	20:48+	22:42+	23:47+	25:22+	26:54+	27:45+	30:09+	34:39+	36:51+	41:05+	44:59+	47:27+	48:14+	50:43+	52:08+	52:58+
01:04+	01:46+	02:28+	01:58+	01:57+	01:45+	01:33-	01:34+	01:38-	04:00+	01:05+	01:54+	01:05-	01:35+	01:32-	00:51-	02:24+	04:30+	02:12-	04:14+	03:54+	02:28+	00:47-	02:29+	01:25-	00:50-
00:06#	00:26&	00:42&	00:39&	00:28&	00:38&	00:23-	00:12#	03:02-	03:17@	00:22&	00:42&	00:17-	00:45&	00:02-	03:09-	00:37&	01:07&	00:59-	00:42#	02:50@	00:23#	00:41-	01:33@	00:25-	00:45-
55:02+	57:04+	58:10+	60:56+	64:09+	65:26+	66:04+	66:36+																		
02:04+	02:02-	01:06+	02:46+	03:13+	01:17+	00:38+	00:32+																		
01:05@	00:02-	00:13#	01:00&	02:28@	00:49@	00:38+	00:32+																		

5	Michael Filyo	Sok	1:11:16																						
01:13+	03:58+	05:51+	07:05+	10:22+	12:39+	16:20+	22:52+	23:59+	25:00+	26:54+	30:05+	30:55+	33:00+	41:32+	43:54+	45:37+	49:55+	52:07+	53:24+	56:17+	58:49+	60:02+	62:15+	64:09+	65:11+
01:13+	02:45+	01:53+	01:14-	03:17+	02:17+	03:41+	06:32+	01:07-	01:01+	01:54+	03:11+	00:50-	02:05+	08:32+	02:22-	01:43-	04:18+	02:12-	01:17-	02:53+	02:32+	01:13-	02:13+	01:54+	01:02-
00:15&	01:25@	00:07+	00:05-	01:48@	01:10@	01:45&	05:10@	03:33-	00:18&	01:11@	01:59@	00:32-	01:15@	06:58@	01:38-	00:04-	00:55&	00:59-	02:15-	01:49@	00:27#	00:15-	01:17@	00:04+	00:33-
67:29+	68:28+	69:47+	70:38+	71:16+																					
02:18+	00:59-	01:19+	00:51-	00:38-																					
01:19@	01:05-	00:26&	00:55-	00:07-																					

6	Anna Movin	Sok	1:18:08																						
02:06+	03:22+	06:01+	07:31+	14:22+	15:27+	18:27+	20:56+	21:57+	23:02+	24:34+	27:16+	28:10+	30:26+	43:44+	46:13+	50:35+	54:28+	57:27+	58:38+	61:29+	63:53+	65:04+	67:20+	69:40+	70:48+
02:06+	01:16-	02:39+	01:30+	06:51+	01:05-	03:00+	02:29+	01:01-	01:05+	01:32+	02:42+	00:54-	02:16+	13:18+	02:29-	04:22+	03:53+	02:59-	01:11-	02:51+	02:24+	01:11-	02:16+	02:20+	01:08-
01:08@	00:04-	00:53&	00:11#	05:22@	00:02-	01:04&	01:07&	03:39-	00:22&	00:49@	01:30@	00:28-	01:26@	11:44@	01:31-	02:35@	00:30#	00:12-	02:21-	01:47@	00:19#	00:17-	01:20@	00:30&	00:27-
73:47+	74:51+	76:31+	77:34+	78:08+																					
02:59+	01:04-	01:40+	01:03-	00:34-																					
02:00@	01:00-	00:47&	00:43-	00:11-																					

Beste stræktid for klassen

00:32 01:04 01:38 01:14 01:29 00:52 01:33 01:22 01:01 00:42 00:43 01:12 00:40 00:50 01:32 00:51 01:43 03:23 02:12 00:43 01:04 01:25 00:47 00:56 01:25 00:50 00:59 00:33

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

bane2

bane2

1	Jens Gammelvind	2	50:13																						
01:53=	04:10=	05:24=	06:24=	07:42=	08:23=	09:23=	10:22=	11:12=	12:20=	13:11=	15:27=	16:17=	17:58=	19:23=	20:38=	22:17=	24:51=	27:48=	29:18=	33:49=	37:27=	38:47=	41:31=	42:56=	43:50=
01:53=	02:17=	01:14=	01:00=	01:18=	00:41=	01:00=	00:59=	00:50=	01:08=	00:51=	02:16=	00:50=	01:41=	01:25=	01:15=	01:39=	02:34=	02:57=	01:30=	04:31=	03:38=	01:20=	02:44=	01:25=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
47:10=	48:30=	49:18=	49:51=	50:13=																					
03:20=	01:20=	00:48=	00:33=	00:22=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					

2	Jens Ozol	Sok	58:24																						
01:10+	04:08+	05:28+	08:48+	10:10+	11:29+	12:05+	13:34+	15:54+	17:15+	18:55+	20:01+	22:39+	24:13+	26:31+	28:07+	29:41+	32:11+	34:25+	36:51+	38:16+	40:59+	43:16+	45:06+	48:35+	50:33+
01:10+	02:58+	01:20+	03:20+	01:22+	01:19+	00:36+	01:29+	02:20+	01:21+	01:40+	01:06+	02:38+	01:34+	02:18+	01:36+	01:34+	02:30+	02:14+	02:26+	01:25+	02:43+	02:17+	01:50+	03:29+	01:58+
01:10+	02:58+	01:20+	03:20+	01:22+	01:19+	00:36+	01:29+	02:20+	01:21+	01:40+	01:06+	02:38+	01:34+	02:18+	01:36+	01:34+	02:30+	02:14+	02:26+	01:25+	02:43+	02:17+	01:50+	03:29+	01:58+
51:26+	55:10+	56:32+	57:32+	58:02+	58:24+																				
00:53+	03:44+	01:22+	01:00+	00:30+	00:22+																				
00:53+	03:44+	01:22+	01:00+	00:30+	00:22+																				

3	Jørgen Schnack	13	58:33																						
00:39+	02:43+	03:38+	04:38+	06:37+	07:17+	08:11+	08:53+	11:37+	12:30+	13:46+	14:51+	16:08+	18:23+	19:08+	20:01+	22:01+	23:01+	24:59+	26:38+	28:10+	31:05+	32:16+	36:35+	40:30+	46:39+
00:39+	02:04+	00:55+	01:00+	01:59+	00:40+	00:54+	00:42+	02:44+	00:53+	01:16+	01:05+	01:17+	02:15+	00:45+	00:53+	02:00+	01:00+	01:58+	01:39+	01:32+	02:55+	01:11+	04:19+	03:55+	06:09+
00:39+	02:04+	00:55+	01:00+	01:59+	00:40+	00:54+	00:42+	02:44+	00:53+	01:16+	01:05+	01:17+	02:15+	00:45+	00:53+	02:00+	01:00+	01:58+	01:39+	01:32+	02:55+	01:11+	04:19+	03:55+	06:09+
49:19+	50:59+	51:33+	55:45+	56:55+	57:45+	58:09+	58:33+																		
02:40+	01:40+	00:34+	04:12+	01:10+	00:50+	00:24+	00:24+																		
02:40+	01:40+	00:34+	04:12+	01:10+	00:50+	00:24+	00:24+																		

Beste stræktid for klassen

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

bane3

1	Rolf Duedahl Nielsen	7	48:19																						
00:41=	02:33=	03:27=	04:32=	06:03=	06:50=	07:52=	08:57=	09:55=	12:25=	14:02=	15:39=	16:38=	18:18=	20:43=	26:31=	30:22=	33:22=	35:17=	39:00=	41:09=	43:04=	44:37=	46:00=	47:17=	47:47=
00:41=	01:52=	00:54=	01:05=	01:31=	00:47=	01:02=	01:05=	00:58=	02:30=	01:37=	01:37=	00:59=	01:40=	02:25=	05:48=	03:51=	03:00=	01:55=	03:43=	02:09=	01:55=	01:33=	01:23=	01:17=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
48:19=																									
00:32=																									
00:00=																									

2	Keld Gade	12	49:51																						
00:54+	03:11+	04:12+	06:09+	07:41+	08:31+	09:25+	10:27+	12:01+	15:06+	16:12+	18:00+	18:50+	20:22+	23:02+	26:08-	32:05+	35:09+	37:08+	39:25+	42:08+	44:38+	46:07+	47:25+	48:57+	49:23+
00:54+	02:17+	01:01+	01:57+	01:32+	00:50+	00:54-	01:02-	01:34+	03:05+	01:06-	01:48+	00:50-	01:32-	02:40+	03:06-	05:57+	03:04+	01:59+	02:17-	02:43+	02:30+	01:29-	01:18-	01:32+	00:26-
00:13&	00:25#	00:07#	00:52&	00:01+	00:03+	00:08-	00:03-	00:36&	00:35#	00:31-	00:11#	00:09-	00:08-	00:15#	02:42-	02:06&	00:04+	00:04+	01:26-	00:34&	00:35&	00:04-	00:05-	00:15#	00:04-
49:51+																									
00:28-																									
00:04-																									

3	Steffen Alm	6	52:25																						
01:58+	03:16+	04:17+	05:17+	06:44+	07:28+	08:20+	09:19+	12:25+	16:14+	17:16+	18:45+	19:39+	21:45+	23:55+	30:59+	35:07+	37:37+	39:44+	43:36+	45:55+	47:50+	49:20+	50:43+	51:36+	52:01+
01:58+	01:18-	01:01+	01:00-	01:27-	00:44-	00:52-	00:59-	03:06+	03:49+	01:02-	01:29-	00:54-	02:06+	02:10-	07:04+	04:08+	02:30-	02:07+	03:52+	02:19+	01:55=	01:30-	01:23=	00:53-	00:25-
01:17@	00:34-	00:07#	00:05-	00:04-	00:03-	00:10-	00:06-	02:08@	01:19&	00:35-	00:08-	00:05-	00:26&	00:15-	01:16#	00:17+	00:30-	00:12#	00:09+	00:10+	00:00=	00:03-	00:00=	00:24-	00:05-
52:25+																									
00:24-																									
00:08-																									

bane3

4	Michael Fischer	13	54:14																						
00:37-	01:58-	02:54-	03:54-	05:17-	06:41-	07:44-	08:35-	09:35-	11:16-	13:07-	14:17-	22:31+	25:43+	27:32+	29:51+	32:11+	36:06+	39:51+	41:45+	46:03+	47:56+	49:48+	51:16+	52:31+	53:24+
00:37-	01:21-	00:56+	01:00-	01:23-	01:24+	01:03+	00:51-	01:00+	01:41-	01:51+	01:10-	08:14+	03:12+	01:49-	02:19-	02:20-	03:55+	03:45+	01:54-	04:18+	01:53-	01:52+	01:28+	01:15-	00:53+
00:04+	00:31-	00:02+	00:05-	00:08-	00:37&	00:01+	00:14-	00:02+	00:49-	00:14#	00:27-	07:15@	01:32&	00:36-	03:29-	01:31-	00:55&	01:50&	01:49-	02:09&	00:02-	00:19#	00:05+	00:02-	00:23&
53:49+	54:14+																								
00:25-	00:25+																								
00:07-	00:25+																								

5	Mogens Vennevold	11	56:01																						
00:59+	03:48+	05:01+	06:21+	07:54+	08:39+	09:38+	10:36+	11:39+	14:57+	16:29+	18:22+	19:08+	20:51+	23:24+	26:18+	35:57+	39:33+	41:40+	45:43+	48:16+	51:00+	52:41+	54:09+	55:11+	55:33+
00:59+	02:49+	01:13+	01:20+	01:33+	00:45+	00:59+	00:58+	01:03+	03:18+	01:32+	01:53+	00:46+	01:43+	02:33+	02:54+	09:39+	03:36+	02:07+	04:03+	02:33+	02:44+	01:41+	01:28+	01:02+	00:22+
00:59+	02:49+	01:13+	01:20+	01:33+	00:45+	00:59+	00:58+	01:03+	03:18+	01:32+	01:53+	00:46+	01:43+	02:33+	02:54+	09:39+	03:36+	02:07+	04:03+	02:33+	02:44+	01:41+	01:28+	01:02+	00:22+
56:01+																									
00:28+																									
00:28+																									

6	Max Hansen	7	57:38																						
00:44+	02:18+	03:46+	05:12+	07:10+	08:10+	09:19+	10:39+	11:58+	14:25+	17:29+	18:50+	19:51+	21:36+	24:16+	27:24+	33:13+	37:51+	40:57+	46:54+	49:27+	51:59+	53:42+	55:22+	56:23+	57:08+
00:44+	01:34+	01:28+	01:26+	01:58+	01:00+	01:09+	01:20+	01:19+	02:27+	03:04+	01:21+	01:01+	01:45+	02:40+	03:08+	05:49+	04:38+	03:06+	05:57+	02:33+	02:32+	01:43+	01:40+	01:01+	00:45+
00:44+	01:34+	01:28+	01:26+	01:58+	01:00+	01:09+	01:20+	01:19+	02:27+	03:04+	01:21+	01:01+	01:45+	02:40+	03:08+	05:49+	04:38+	03:06+	05:57+	02:33+	02:32+	01:43+	01:40+	01:01+	00:45+
57:38+																									
00:30+																									
00:30+																									

7	Chr. L. Rasmussen	4	59:06																						
00:37+	02:06+	03:14+	04:46+	06:40+	07:30+	08:47+	10:10+	11:15+	14:54+	18:46+	20:25+	21:36+	23:40+	26:43+	30:09+	36:57+	40:53+	43:42+	49:03+	51:32+	53:50+	55:41+	57:15+	58:18+	58:46+
00:37+	01:29+	01:08+	01:32+	01:54+	00:50+	01:17+	01:23+	01:05+	03:39+	03:52+	01:39+	01:11+	02:04+	03:03+	03:26+	06:48+	03:56+	02:49+	05:21+	02:29+	02:18+	01:51+	01:34+	01:03+	00:28+
00:37+	01:29+	01:08+	01:32+	01:54+	00:50+	01:17+	01:23+	01:05+	03:39+	03:52+	01:39+	01:11+	02:04+	03:03+	03:26+	06:48+	03:56+	02:49+	05:21+	02:29+	02:18+	01:51+	01:34+	01:03+	00:28+
59:06+																									
00:20+																									
00:20+																									

8	Hans Christian Strib	8	1:00:32																						
00:43+	02:28+	03:57+	05:19+	07:16+	08:16+	09:33+	10:56+	12:07+	15:09+	16:59+	20:20+	21:51+	24:16+	27:40+	31:14+	36:23+	40:17+	43:05+	48:46+	51:19+	53:49+	55:51+	57:46+	59:09+	59:57+
00:43+	01:45+	01:29+	01:22+	01:57+	01:00+	01:17+	01:23+	01:11+	03:02+	01:50+	03:21+	01:31+	02:25+	03:24+	03:34+	05:09+	03:54+	02:48+	05:41+	02:33+	02:30+	02:02+	01:55+	01:23+	00:48+
00:43+	01:45+	01:29+	01:22+	01:57+	01:00+	01:17+	01:23+	01:11+	03:02+	01:50+	03:21+	01:31+	02:25+	03:24+	03:34+	05:09+	03:54+	02:48+	05:41+	02:33+	02:30+	02:02+	01:55+	01:23+	00:48+
60:32+																									
00:35+																									
00:35+																									

9	Leif Skovgaard Knudsen	1	1:06:05																						
01:06+	03:31+	04:52+	06:22+	08:22+	09:22+	10:56+	12:32+	14:14+	16:52+	18:40+	20:31+	21:45+	24:14+	27:34+	28:22+	34:46+	38:52+	42:35+	45:06+	53:47+	55:57+	59:08+	61:04+	63:07+	64:20+
01:06+	02:25+	01:21+	01:30+	02:00+	01:00+	01:34+	01:36+	01:42+	02:38+	01:48+	01:51+	01:14+	02:29+	03:20+	00:48+	06:24+	04:06+	03:43+	02:31+	08:41+	02:10+	03:11+	01:56+	02:03+	01:13+
01:06+	02:25+	01:21+	01:30+	02:00+	01:00+	01:34+	01:36+	01:42+	02:38+	01:48+	01:51+	01:14+	02:29+	03:20+	00:48+	06:24+	04:06+	03:43+	02:31+	08:41+	02:10+	03:11+	01:56+	02:03+	01:13+
64:52+	66:05+																								
00:32+	01:13+																								
00:32+	01:13+																								

10	Britta Ank Pedersen	3	1:07:39																						
00:40+	02:14+	03:37+	06:39+	12:35+	13:20+	14:21+	16:04+	18:01+	20:52+	22:36+	24:21+	25:19+	27:05+	30:42+	40:05+	46:03+	50:20+	53:00+	57:02+	59:24+	61:56+	64:01+	65:35+	66:40+	67:11+
00:40+	01:34+	01:23+	03:02+	05:56+	00:45+	01:01+	01:43+	01:57+	02:51+	01:44+	01:45+	00:58+	01:46+	03:37+	09:23+	05:58+	04:17+	02:40+	04:02+	02:22+	02:32+	02:05+	01:34+	01:05+	00:31+
00:40+	01:34+	01:23+	03:02+	05:56+	00:45+	01:01+	01:43+	01:57+	02:51+	01:44+	01:45+	00:58+	01:46+	03:37+	09:23+	05:58+	04:17+	02:40+	04:02+	02:22+	02:32+	02:05+	01:34+	01:05+	00:31+
67:39+																									
00:28+																									
00:28+																									

bane3

11	Carsten Helligsø	4																				1:10:14			
02:12+	03:56+	05:10+	06:57+	09:05+	10:06+	11:24+	12:56+	14:18+	17:38+	19:55+	28:46+	30:21+	32:22+	35:36+	38:46+	45:12+	50:42+	53:00+	57:05+	60:13+	64:13+	66:10+	67:52+	68:59+	69:32+
02:12+	01:44+	01:14+	01:47+	02:08+	01:01+	01:18+	01:32+	01:22+	03:20+	02:17+	08:51+	01:35+	02:01+	03:14+	03:10+	06:26+	05:30+	02:18+	04:05+	03:08+	04:00+	01:57+	01:42+	01:07+	00:33+
02:12+	01:44+	01:14+	01:47+	02:08+	01:01+	01:18+	01:32+	01:22+	03:20+	02:17+	08:51+	01:35+	02:01+	03:14+	03:10+	06:26+	05:30+	02:18+	04:05+	03:08+	04:00+	01:57+	01:42+	01:07+	00:33+
70:14+																									
00:42+																									
00:42+																									

12	Carl Malling	9																				1:19:09		
06:33+	08:14+	09:25+	11:02+	12:52+	13:58+	15:10+	16:11+	20:36+	21:46+	24:04+	25:09+	27:54+	33:09+	47:34+	52:55+	58:36+	61:10+	65:14+	70:56+	73:46+	75:30+	76:39+	77:19+	79:09+
06:33+	01:41+	01:11+	01:37+	01:50+	01:06+	01:12+	01:01+	04:25+	01:10+	02:18+	01:05+	02:45+	05:15+	14:25+	05:21+	05:41+	02:34+	04:04+	05:42+	02:50+	01:44+	01:09+	00:40+	01:50+
06:33+	01:41+	01:11+	01:37+	01:50+	01:06+	01:12+	01:01+	04:25+	01:10+	02:18+	01:05+	02:45+	05:15+	14:25+	05:21+	05:41+	02:34+	04:04+	05:42+	02:50+	01:44+	01:09+	00:40+	01:50+

Beste stræktid for klassen

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

bane4

1	Jørgen Münster-Swendsen	Sok																				41:52
00:53=	03:22=	04:29=	06:29=	07:56=	08:59=	10:43=	12:52=	14:42=	16:12=	18:08=	24:49=	27:41=	29:17=	34:22=	36:47=	38:15=	39:49=	40:46=	41:17=	41:52=		
00:53=	02:29=	01:07=	02:00=	01:27=	01:03=	01:44=	02:09=	01:50=	01:30=	01:56=	06:41=	02:52=	01:36=	05:05=	02:25=	01:28=	01:34=	00:57=	00:31=	00:35=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Lene Bejer Damgaard	12																				44:54
01:25+	03:56+	05:03+	06:48+	08:19+	09:23+	11:34+	13:36+	15:30+	16:52+	18:50+	25:56+	29:29+	34:41+	37:06+	39:42+	41:15+	42:49+	43:50+	44:25+	44:54+		
01:25+	02:31+	01:07=	01:45-	01:31+	01:04+	02:11+	02:02-	01:54+	01:22-	01:58+	07:06+	03:33+	05:12+	02:25-	02:36+	01:33+	01:34=	01:01+	00:35+	00:29-		
00:32&	00:02+	00:00=	00:15-	00:04+	00:01+	00:27&	00:07-	00:04+	00:08-	00:02+	00:25+	00:41#	03:36@	02:40-	00:11+	00:05+	00:00=	00:04+	00:04#	00:06-		

3	Gitte Isen	2																				50:34
01:00+	03:58+	05:28+	07:01+	09:00+	10:10+	12:47+	16:20+	18:28+	19:58+	22:20+	28:34+	33:25+	35:40+	40:19+	43:24+	45:11+	47:19+	48:44+	49:25+	50:34+		
01:00+	02:58+	01:30+	01:33-	01:59+	01:10+	02:37+	03:33+	02:08+	01:30=	02:22+	06:14-	04:51+	02:15+	04:39-	03:05+	01:47+	02:08+	01:25+	00:41+	01:09+		
00:07#	00:29#	00:23&	00:27-	00:32&	00:07#	00:53&	01:24&	00:18#	00:00=	00:26#	00:27-	01:59&	00:39&	00:26-	00:40&	00:19#	00:34&	00:28&	00:10&	00:34&		

4	Gert Bertel	4																				52:58
02:18+	05:40+	07:27+	08:32+	10:11+	12:00+	14:26+	16:52+	21:27+	22:59+	25:09+	31:28+	34:39+	37:30+	44:56+	47:27+	49:06+	50:52+	51:56+	52:31+	52:58+		
02:18+	03:22+	01:47+	01:05-	01:39+	01:49+	02:26+	02:26+	04:35+	01:32+	02:10+	06:19-	03:11+	02:51+	07:26+	02:31+	01:39+	01:46+	01:04+	00:35+	00:27-		
01:25@	00:53&	00:40&	00:55-	00:12#	00:46&	00:42&	00:17#	02:45@	00:02+	00:14#	00:22-	00:19#	01:15&	02:21&	00:06+	00:11#	00:12#	00:07#	00:04#	00:08-		

5	Claus Madsen	4																				53:06
01:58+	06:02+	07:32+	09:11+	11:12+	12:28+	15:05+	18:18+	20:35+	22:08+	24:35+	30:47+	35:22+	37:38+	42:30+	45:51+	47:43+	50:06+	51:38+	52:20+	53:06+		
01:58+	04:04+	01:30+	01:39-	02:01+	01:16+	02:37+	03:13+	02:17+	01:33+	02:27+	06:12-	04:35+	02:16+	04:52-	03:21+	01:52+	02:23+	01:32+	00:42+	00:46+		
01:05@	01:35&	00:23&	00:21-	00:34&	00:13#	00:53&	01:04&	00:27#	00:03+	00:31&	00:29-	01:43&	00:40&	00:13-	00:56&	00:24&	00:49&	00:35&	00:11&	00:11&		

6	Bjarne Christensen	Sok																				54:24
03:44+	05:52+	12:08+	14:53+	16:35+	18:18+	19:28+	20:04+	21:20+	22:38+	25:21+	31:14+											
03:44+	02:08-	06:16+	02:45+	01:42+	01:43+	01:10-	00:36-	01:16-	01:18-	02:43+	05:53-											
02:51@	00:21-	05:09@	00:45&	00:15#	00:40&	00:34-	01:33-	00:34-	00:12-	00:47&	00:48-											

7	Torben Isen	2																				58:59
00:47-	04:51+	06:26+	08:23+	12:13+	13:35+	15:55+	18:42+	21:42+	23:38+	25:42+	31:45+	39:59+	42:30+	46:12+	50:01+	51:59+	56:41+	57:44+	58:25+	58:59+		
00:47-	04:04+	01:35+	01:57-	03:50+	01:22+	02:20+	02:47+	03:00+	01:56+	02:04+	06:03-	08:14+	02:31+	03:42-	03:49+	01:58+	04:42+	01:03+	00:41+	00:34-		
00:06-	01:35&	00:28&	00:03-	02:23@	00:19&	00:36&	00:38&	01:10&	00:26&	00:08+	00:38-	05:22@	00:55&	01:23-	01:24&	00:30&	03:08@	00:06#	00:10&	00:01-		

8	Susanne Gasbjerg	Sok																				1:07:10
03:25+	09:02+	11:39+	15:08+	17:08+	18:25+	20:59+	24:34+	26:49+	28:27+	30:39+	40:37+	45:09+	47:56+	56:01+	59:32+	61:49+	64:19+	65:48+	66:28+	67:10+		
03:25+	05:37+	02:37+	03:29+	02:00+	01:17+	02:34+	03:35+	02:15+	01:38+	02:12+	09:58+	04:32+	02:47+	08:05+	03:31+	02:17+	02:30+	01:29+	00:40+	00:42+		
02:32@	03:08@	01:30@	01:29&	00:33&	00:14#	00:50&	01:26&	00:25#	00:08+	00:16#	03:17&	01:40&	01:11&	03:00&	01:06&	00:49&	00:56&	00:32&	00:09&	00:07#		

bane4

9	Flemming Bindner	13	1:07:44																	
01:01+	05:21+	06:40+	10:56+	12:40+	13:55+	16:07+	26:27+	29:53+	31:59+	34:17+	42:51+	48:39+	50:31+	57:18+	61:07+	62:59+	64:51+	66:12+	66:53+	67:44+
01:01+	04:20+	01:19+	04:16+	01:44+	01:15+	02:12+	10:20+	03:26+	02:06+	02:18+	08:34+	05:48+	01:52+	06:47+	03:49+	01:52+	01:52+	01:21+	00:41+	00:51+
00:08#	01:51&	00:12#	02:16@	00:17#	00:12#	00:28&	08:11@	01:36&	00:36&	00:22#	01:53&	02:56@	00:16#	01:42&	01:24&	00:24&	00:18#	00:24&	00:10&	00:16&

10	Ann Dorrit Hansen	7	1:07:52																	
01:04+	05:35+	07:08+	09:00+	10:42+	14:47+	19:25+	22:10+	25:19+	27:22+	38:15+	49:53+	52:17+	56:55+	60:48+	63:12+	65:13+	66:39+	67:16+	67:52+	
01:04+	04:31+	01:33+	01:52+	01:42+	01:19+	02:46+	04:38+	02:45+	03:09+	02:03+	10:53+	11:38+	02:24+	04:38+	03:53+	02:24+	02:01+	01:26+	00:37+	00:36+
01:04+	04:31+	01:33+	01:52+	01:42+	01:19+	02:46+	04:38+	02:45+	03:09+	02:03+	10:53+	11:38+	02:24+	04:38+	03:53+	02:24+	02:01+	01:26+	00:37+	00:36+

11	Pia Gade	12	1:11:44																	
01:09+	04:37+	07:24+	09:45+	12:03+	15:12+	17:44+	21:34+	24:42+	26:55+	28:55+	44:54+	54:45+	57:16+	60:51+	64:21+	66:27+	68:36+	70:15+	71:03+	71:44+
01:09+	03:28+	02:47+	02:21+	02:18+	03:09+	02:32+	03:50+	03:08+	02:13+	02:00+	15:59+	09:51+	02:31+	03:35+	03:30+	02:06+	02:09+	01:39+	00:48+	00:41+
01:09+	03:28+	02:47+	02:21+	02:18+	03:09+	02:32+	03:50+	03:08+	02:13+	02:00+	15:59+	09:51+	02:31+	03:35+	03:30+	02:06+	02:09+	01:39+	00:48+	00:41+

12	Poul Nørh	Sok	1:12:45																	
00:51+	04:17+	05:57+	07:51+	10:40+	11:56+	14:25+	19:46+	31:47+	33:34+	36:15+	46:29+	51:04+	53:46+	61:48+	65:28+	67:37+	69:59+	71:28+	72:07+	72:45+
00:51+	03:26+	01:40+	01:54+	02:49+	01:16+	02:29+	05:21+	12:01+	01:47+	02:41+	10:14+	04:35+	02:42+	08:02+	03:40+	02:09+	02:22+	01:29+	00:39+	00:38+
00:51+	03:26+	01:40+	01:54+	02:49+	01:16+	02:29+	05:21+	12:01+	01:47+	02:41+	10:14+	04:35+	02:42+	08:02+	03:40+	02:09+	02:22+	01:29+	00:39+	00:38+

13	Britt Hermanrud	Sok	1:18:33																	
01:48+	07:32+	09:15+	12:56+	16:00+	17:25+	20:07+	23:24+	27:46+	29:50+	31:57+	55:20+	61:34+	64:30+	68:36+	71:33+	73:18+	75:25+	76:38+	77:29+	78:33+
01:48+	05:44+	01:43+	03:41+	03:04+	01:25+	02:42+	03:17+	04:22+	02:04+	02:07+	23:23+	06:14+	02:56+	04:06+	02:57+	01:45+	02:07+	01:13+	00:51+	01:04+
01:48+	05:44+	01:43+	03:41+	03:04+	01:25+	02:42+	03:17+	04:22+	02:04+	02:07+	23:23+	06:14+	02:56+	04:06+	02:57+	01:45+	02:07+	01:13+	00:51+	01:04+

14	Erik Libak Hansen	4	1:27:40																	
01:27+	05:44+	08:58+	11:19+	16:58+	18:35+	21:33+	25:12+	28:31+	31:11+	33:36+	49:18+	53:51+	57:21+	74:12+	77:57+	80:31+	83:46+	85:30+	86:31+	87:40+
01:27+	04:17+	03:14+	02:21+	05:39+	01:37+	02:58+	03:39+	03:19+	02:40+	02:25+	15:42+	04:33+	03:30+	16:51+	03:45+	02:34+	03:15+	01:44+	01:01+	01:09+
01:27+	04:17+	03:14+	02:21+	05:39+	01:37+	02:58+	03:39+	03:19+	02:40+	02:25+	15:42+	04:33+	03:30+	16:51+	03:45+	02:34+	03:15+	01:44+	01:01+	01:09+

15	Asger Kristensen	2	1:38:51																	
01:10+	07:02+	08:46+	10:17+	12:29+	14:07+	20:00+	23:44+	27:11+	30:25+	33:08+	42:28+	58:49+	67:32+	83:55+	88:11+	91:21+	94:33+	96:54+	97:47+	98:51+
01:10+	05:52+	01:44+	01:31+	02:12+	01:38+	05:53+	03:44+	03:27+	03:14+	02:43+	09:20+	16:21+	08:43+	16:23+	04:16+	03:10+	03:12+	02:21+	00:53+	01:04+
01:10+	05:52+	01:44+	01:31+	02:12+	01:38+	05:53+	03:44+	03:27+	03:14+	02:43+	09:20+	16:21+	08:43+	16:23+	04:16+	03:10+	03:12+	02:21+	00:53+	01:04+

16	Jørgen Krogh	SOK	1:47:55																
01:33+	05:37+	09:08+	11:35+	14:23+	15:52+	19:26+	23:36+	27:21+	33:03+	62:25+	73:44+	85:38+	91:54+	96:11+	99:18+	101:41+	106:19+	107:04+	107:55+
01:33+	04:04+	03:31+	02:27+	02:48+	01:29+	03:34+	04:10+	03:45+	05:42+	29:22+	11:19+	11:54+	06:16+	04:17+	03:07+	02:23+	04:38+	00:45+	00:51+
01:33+	04:04+	03:31+	02:27+	02:48+	01:29+	03:34+	04:10+	03:45+	05:42+	29:22+	11:19+	11:54+	06:16+	04:17+	03:07+	02:23+	04:38+	00:45+	00:51+

Beste stræktid for klassen

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

bane5

1	Hans Jørgen Vad	3	54:59																					
01:23=	02:31=	06:16=	08:17=	10:02=	12:41=	14:02=	15:54=	18:23=	20:03=	25:10=	29:35=	32:11=	35:18=	38:09=	40:12=	42:23=	44:59=	46:23=	49:04=	50:16=	51:38=	53:19=	54:07=	54:59=
01:23=	01:08=	03:45=	02:01=	01:45=	02:39=	01:21=	01:52=	02:29=	01:40=	05:07=	04:25=	02:36=	03:07=	02:51=	02:03=	02:11=	02:36=	01:24=	02:41=	01:12=	01:22=	01:41=	00:48=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Inger Johansen	4	1:02:01																						
01:18-	03:24+	06:42+	08:39+	11:58+	17:38+	19:20+	21:36+	25:43+	28:01+	29:57+	32:59+	34:56+	36:45+	39:02+	40:59+	44:04+	46:14+	49:22+	51:17+	53:44+	54:56+	56:21+	59:52+	60:57+	62:01+
01:18-	02:06+	03:18-	01:57-	03:19+	05:40+	01:42+	02:16+	04:07+	02:18+	01:56-	03:02-	01:57-	01:49-	02:17-	01:57-	03:05+	02:10-	03:08+	01:55-	02:27+	01:12-	01:25-	03:31+	01:05+	01:04+
00:05-	00:58&	00:27-	00:04-	01:34&	03:01@	00:21&	00:24#	01:38&	00:38&	03:11-	01:23-	00:39-	01:18-	00:34-	00:06-	00:54&	00:26-	01:44@	00:46-	01:15@	00:10-	00:16-	02:43@	00:13#	01:04+

Class	Navn	Klasse	Tid
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bane5

3	Maria Aasholm	10	1:13:21																						
00:44-	01:34-	05:35-	07:19-	10:12+	11:55-	12:53-	14:35-	27:48+	30:45+	34:17+	36:37+	39:49+	42:35+	48:30+	52:14+	62:00+	64:03+	65:36+	67:27+	68:39+	69:58+	70:54+	71:56+	72:28+	73:21+
00:44-	00:50-	04:01+	01:44-	02:53+	01:43-	00:58-	01:42-	13:13+	02:57+	03:32-	02:20-	03:12+	02:46-	05:55+	03:44+	09:46+	02:03-	01:33+	01:51-	01:12=	01:19-	00:56-	01:02+	00:32-	00:53+
00:39-	00:18-	00:16+	00:17-	01:08&	00:56-	00:23-	00:10-	10:44@	01:17&	01:35-	02:05-	00:36#	00:21-	03:04@	01:41&	07:35@	00:33-	00:09#	00:50-	00:00=	00:03-	00:45-	00:14&	00:20-	00:53+

Beste stræktid for klassen

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