

# Midtjysk Supervinterlang 5

# Stræktider

# Gedhus-Myremalm plantager-16-02-2025

Plads Navn

Klasse

Tid

## B1 25km

### 1 Bjørn Thune Lindorf Lund 17

3:21:13

01:04= 02:55= 04:29= 06:09= 08:40= 12:21= 15:43= 17:17= 19:53= 26:58= 36:58= 48:15= 52:17= 58:02= 65:40= 76:16= 80:13= 88:51= 92:15= 100:21= 110:29= 125:30= 129:40= 133:55= 136:20= 138:07=  
 01:04= 01:51= 01:34= 01:40= 02:31= 03:41= 03:22= 01:34= 02:36= 07:05= 10:00= 11:17= 04:02= 05:45= 07:38= 10:36= 03:57= 08:38= 03:24= 08:06= 10:08= 15:01= 04:10= 04:15= 02:25= 01:47=  
 00:00=  
 144:01= 146:45= 153:18= 164:58= 171:44= 178:28= 185:15= 188:30= 193:23= 198:11= 201:13=  
 05:54= 02:44= 06:33= 11:40= 06:46= 06:44= 06:47= 03:15= 04:53= 04:48= 03:02=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### Beste stræktid for klassen

01:04 01:51 01:34 01:40 02:31 03:41 03:22 01:34 02:36 07:05 10:00 11:17 04:02 05:45 07:38 10:36 03:57 08:38 03:24 08:06 10:08 15:01 04:10 04:15 02:25 01:47 05:54 02

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

## B2 20km

### 1 Peter Lindberg Thomadsen 7

3:19:39

01:41= 03:56= 05:29= 10:07= 13:33= 18:48= 21:56= 25:03= 30:04= 34:18= 39:59= 50:18= 57:19= 73:40= 78:43= 90:33= 98:43= 101:15= 108:28= 115:48= 123:07= 127:44= 133:03= 140:19= 143:29= 147:22=  
 01:41= 02:15= 01:33= 04:38= 03:26= 05:15= 03:08= 03:07= 05:01= 04:14= 05:41= 10:19= 07:01= 16:21= 05:03= 11:50= 08:10= 02:32= 07:13= 07:20= 07:19= 04:37= 05:19= 07:16= 03:10= 03:53=  
 00:00=  
 151:30= 155:53= 164:37= 168:40= 178:40= 185:04= 191:21= 195:01= 196:58= 198:29= 199:39=  
 04:08= 04:23= 08:44= 04:03= 10:00= 06:24= 06:17= 03:40= 01:57= 01:31= 01:10=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 Lasse Asmussen

NOTEAM

3:20:12

01:37- 04:19+ 06:08+ 18:41+ 22:16+ 24:42+ 26:56+ 29:28+ 31:48+ 37:02+ 42:30+ 52:10+ 60:36+ 63:45- 69:44- 86:30- 97:19- 101:28+ 107:40- 114:14- 121:01- 126:29- 132:09- 140:15- 143:30+ 147:52+  
 01:37- 02:42+ 01:49+ 12:33+ 03:35+ 02:26- 02:14- 02:32- 02:20- 05:14+ 05:28- 09:40- 08:26+ 03:09- 05:59+ 16:46+ 10:49+ 04:09+ 06:12- 06:34- 06:47- 05:28+ 05:40+ 08:06+ 03:15+ 04:22+  
 00:04- 00:27# 00:16# 07:55@ 00:09+ 02:49- 00:54- 00:35- 02:41- 01:00# 00:13- 00:39- 01:25# 13:12- 00:56# 04:56& 02:39& 01:37& 01:01- 00:46- 00:32- 00:51# 00:21+ 00:50# 00:05+ 00:29#  
 152:45+ 157:01+ 166:48+ 172:27+ 179:25+ 184:58- 192:26+ 195:33+ 197:29+ 199:03+ 200:12+  
 04:53+ 04:16- 09:47+ 05:39+ 06:58- 05:33- 07:28+ 03:07- 01:56- 01:34+ 01:09-  
 00:45# 00:07- 01:03# 01:36& 03:02- 00:51- 01:11# 00:33- 00:01- 00:03+ 00:01-

### 3 Ruff Simon

12

3:46:37

03:30+ 05:40+ 07:29+ 24:02+ 27:47+ 31:54+ 35:48+ 38:36+ 46:39+ 53:28+ 62:02+ 72:26+ 80:17+ 86:17+ 94:12+ 109:41+ 118:01+ 124:11+ 133:30+ 140:12+ 146:41+ 152:02+ 157:21+ 165:45+ 168:22+ 172:16+  
 03:30+ 02:10- 01:49+ 16:33+ 03:45+ 04:07- 03:54+ 02:48- 08:03+ 06:49+ 08:34+ 10:24+ 07:51+ 06:00- 07:55+ 15:29+ 08:20+ 06:10+ 09:19+ 06:42- 06:29- 05:21+ 05:19= 08:24+ 02:37- 03:54+  
 01:49@ 00:05- 00:16# 11:55@ 00:19+ 01:08- 00:46# 00:19- 03:02& 02:35& 02:53&  
 176:41+ 183:15+ 191:35+ 195:57+ 199:49+ 205:48+ 213:56+ 218:45+ 223:32+ 225:16+ 226:37+  
 04:25+ 06:34+ 08:20- 04:22+ 03:52- 05:59- 08:08+ 04:49+ 04:47+ 01:44+ 01:21+  
 00:17+ 02:11& 00:24- 00:19+ 06:08- 00:25- 01:51& 01:09& 02:50@ 00:13# 00:11#

### 4 Lassen Jonas

Ok

3:51:25

00:06-  
 00:06-  
 01:35-

### 5 Henrik Bo Bjerre-Andersen

NOTEAM

3:55:13

01:46+ 04:40+ 06:34+ 13:44+ 17:15+ 20:09+ 22:45+ 26:48+ 29:47- 37:43+ 44:42+ 54:38+ 63:59+ 69:25- 75:41- 87:09- 97:44- 102:01+ 111:22+ 120:44+ 128:48+ 135:55+ 144:40+ 153:09+ 157:19+ 163:21+  
 01:46+ 02:54+ 01:54+ 07:10+ 03:31+ 02:54- 02:36- 04:03+ 02:59- 07:56+ 06:59+ 09:56- 09:21+ 05:26- 06:16+ 11:28- 10:35+ 04:17+ 09:21+ 09:22+ 08:04+ 07:07+ 08:45+ 08:29+ 04:10+ 06:02+  
 00:05+ 00:39& 00:21# 02:32& 00:05+ 02:21- 00:32- 00:56& 02:02- 03:42& 01:18# 00:23- 02:20& 10:55- 01:13# 00:22- 02:25& 01:45& 02:08& 02:02& 00:45# 02:30& 03:26& 01:13# 01:00& 02:09&  
 167:55+ 174:17+ 195:37+ 202:39+ 210:06+ 216:33+ 225:10+ 229:32+ 231:36+ 233:38+ 235:13+  
 04:34+ 06:22+ 21:20+ 07:02+ 07:27- 06:27+ 08:37+ 04:22+ 02:04+ 02:02+ 01:35+  
 00:26# 01:59& 12:36@ 02:59& 02:33- 00:03+ 02:20& 00:42# 00:07+ 00:31& 00:25&

### Beste stræktid for klassen

00:06 02:10 01:33 04:38 03:26 02:26 02:14 02:32 02:20 04:14 05:28 09:40 07:01 03:09 05:03 11:28 08:10 02:32 06:12 06:34 06:29 04:37 05:19 07:16 02:37 03:53 04:08 04

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

## B3 15km

**1 Andersen Christian Bertel Akif 2:11:43**

00:56=	02:27=	06:08=	08:35=	10:11=	13:02=	18:56=	23:39=	26:42=	32:14=	37:47=	44:02=	46:53=	50:47=	63:52=	66:02=	70:17=	76:00=	80:52=	88:05=	90:59=	99:35=	106:54=	110:03=	113:39=	115:51=
00:56=	01:31=	03:41=	02:27=	01:36=	02:51=	05:54=	04:43=	03:03=	05:32=	05:33=	06:15=	02:51=	03:54=	13:05=	02:10=	04:15=	05:43=	04:52=	07:13=	02:54=	08:36=	07:19=	03:09=	03:36=	02:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

117:59= 125:02= 126:53= 129:04= 131:43=

02:08= 07:03= 01:51= 02:11= 02:39=

00:00= 00:00= 00:00= 00:00= 00:00=

**2 Jimmi Olsen 25 2:14:36**

01:07+	02:58+	06:54+	09:50+	11:42+	14:28+	22:21+	27:31+	30:12+	36:07+	41:06+	49:08+	51:57+	55:52+	66:17+	68:45+	73:04+	79:19+	84:28+	91:32+	94:44+	103:15+	110:46+	114:14+	117:59+	120:42+
01:07+	01:51+	03:56+	02:56+	01:52+	02:46-	07:53+	05:10+	02:41-	05:55+	04:59-	08:02+	02:49-	03:55+	10:25-	02:28+	04:19+	06:15+	05:09+	07:04-	03:12+	08:31-	07:31+	03:28+	03:45+	02:43+
00:11#	00:20#	00:15+	00:29#	00:16#	00:05-	01:59#	00:27+	00:22-	00:23+	00:34-	01:47&	00:02-	00:01+	02:40-	00:18#	00:04+	00:32+	00:17+	00:09-	00:18#	00:05-	00:12+	00:19#	00:09+	00:31#

124:19+ 128:13+ 130:05+ 131:52+ 134:36+

03:37+ 03:54- 01:52+ 01:47- 02:44+

01:29& 03:09- 00:01+ 00:24- 00:05+

**3 Peter Villadsen 23 2:16:58**

01:01+	02:43+	06:30+	08:48+	10:38+	13:28+	20:33+	26:05+	29:06+	35:28+	40:12+	47:49+	51:18+	56:18+	67:14+	70:06+	74:10+	80:39+	85:52+	93:30+	96:18+	105:12+	113:11+	116:21+	120:32+	122:52+
01:01+	01:42+	03:47+	02:18-	01:50+	02:50-	07:05+	05:32+	03:01-	06:22+	04:44-	07:37+	03:29+	05:00+	10:56-	02:52+	04:04-	06:29+	05:13+	07:38+	02:48-	08:54+	07:59+	03:10+	04:11+	02:20+
00:05+	00:11#	00:06+	00:09-	00:14#	00:01-	01:11#	00:49#	00:02-	00:50#	00:49-	01:22#	00:38#	01:06&	02:09-	00:42&	00:11-	00:46#	00:21+	00:25+	00:06-	00:18+	00:40+	00:01+	00:35#	00:08+

125:03+ 129:28+ 131:43+ 133:59+ 136:58+

02:11+ 04:25- 02:15+ 02:16+ 02:59+

00:03+ 02:38- 00:24# 00:05+ 00:20#

**4 Thorkild Jensen 21 2:21:15**

00:59+	02:34+	06:25+	09:06+	10:52+	13:35+	20:24+	25:29+	28:09+	34:08+	38:25+	50:35+	54:02+	57:56+	67:40+	70:00+	73:34+	79:36+	84:28+	90:57+	93:45+	102:57+	110:20+	113:35+	117:22+	119:40+
00:59+	01:35+	03:51+	02:41+	01:46+	02:43-	06:49+	05:05+	02:40-	05:59+	04:17-	12:10+	03:27+	03:54=	09:44-	02:20+	03:34-	06:02+	04:52=	06:29-	02:48-	09:12+	07:23+	03:15+	03:47+	02:18+
00:03+	00:04+	00:10+	00:14+	00:10#	00:08-	00:55#	00:22+	00:23-	00:27+	01:16-	05:55&	00:36#	00:00=	03:21-	00:10+	00:41-	00:19+	00:00=	00:44-	00:06-	00:36+	00:04+	00:06+	00:11+	00:06+

121:54+ 134:13+ 136:19+ 138:35+ 141:15+

02:14+ 12:19+ 02:06+ 02:16+ 02:40+

00:06+ 05:16& 00:15# 00:05+ 00:01+

**5 Filyo Michael 23 2:28:02**

01:07+	02:58+	07:15+	09:42+	12:55+	15:29+	21:57+	27:30+	30:23+	36:31+	41:04+	50:02+	53:42+	57:26+	70:08+	72:50+	76:42+	84:28+	89:17+	96:23+	99:05+	108:23+	118:08+	122:57+	126:31+	129:15+
01:07+	01:51+	04:17+	02:27=	03:13+	02:34-	06:28+	05:33+	02:53-	06:08+	04:33-	08:58+	03:40+	03:44-	12:42-	02:42+	03:52-	07:46+	04:49-	07:06-	02:42-	09:18+	09:45+	04:49+	03:34-	02:44+
00:11#	00:20#	00:36#	00:00=	01:37@	00:17-	00:34+	00:50#	00:10-	00:36#	01:00-	02:43&	00:49&	00:10-	00:23-	00:32#	00:23-	02:03&	00:03-	00:07-	00:12-	00:42+	02:26&	01:40&	00:02-	00:32#

133:32+ 141:26+ 143:09+ 145:28+ 148:02+

04:17+ 07:54+ 01:43- 02:19+ 02:34-

02:09@ 00:51# 00:08- 00:08+ 00:05-

**6 Brøns Andreas 24 2:28:02**

01:05+	02:56+	06:46+	09:52+	11:23+	14:15+	21:37+	26:25+	28:55+	34:27+	46:44+	59:49+	63:22+	67:03+	79:34+	82:03+	86:35+	93:03+	98:09+	105:04+	107:48+	117:19+	124:56+	128:10+	132:30+	134:52+
01:05+	01:51+	03:50+	03:06+	01:31-	02:52+	07:22+	04:48+	02:30-	05:32=	12:17+	13:05+	03:33+	03:41-	12:31-	02:29+	04:32+	06:28+	05:06+	06:55-	02:44-	09:31+	07:37+	03:14+	04:20+	02:22+
00:09#	00:20#	00:09+	00:39&	00:05-	00:01+	01:28#	00:05+	00:33-	00:00=	06:44@	06:50@	00:42#	00:13-	00:34-	00:19#	00:17+	00:45#	00:14+	00:18-	00:10-	00:55#	00:18+	00:05+	00:44#	00:10+

137:39+ 141:14+ 143:31+ 145:30+ 148:02+

02:47+ 03:35- 02:17+ 01:59- 02:32-

00:39& 03:28- 00:26# 00:12- 00:07-

**7 Jakob Q Christensen 12 2:28:03**

01:05+	02:48+	07:22+	10:19+	12:13+	15:01+	22:07+	28:50+	31:40+	38:37+	43:37+	55:33+	58:52+	63:06+	74:28+	77:51+	81:46+	88:54+	94:48+	104:16+	107:20+	116:52+	124:47+	128:06+	131:49+	134:29+
01:05+	01:43+	04:34+	02:57+	01:54+	02:48-	07:06+	06:43+	02:50-	06:57+	05:00-	11:56+	03:19+	04:14+	11:22-	03:23+	03:55-	07:08+	05:54+	09:28+	03:04+	09:32+	07:55+	03:19+	03:43+	02:40+
00:09#	00:12#	00:53#	00:30#	00:18#	00:03-	01:12#	02:00&	00:13-	01:25&	00:33-	05:41&	00:28#	00:20+	01:43-	01:13&	00:20-	01:25#	01:02#	02:15&	00:10+	00:56#	00:36+	00:10+	00:07+	00:28#

137:01+ 140:59+ 142:59+ 145:30+ 148:03+

02:32+ 03:58- 02:00+ 02:31+ 02:33-

00:24# 03:05- 00:09+ 00:20# 00:06-

**Class Navn Klasse Tid**

## B3 15km

**8 Mads Schulz Bak-Jensen 24 2:32:11**

01:19+	03:08+	07:55+	10:45+	12:45+	15:50+	23:03+	28:46+	31:33+	38:16+	43:40+	52:41+	55:36+	60:47+	71:45+	75:10+	81:46+	88:05+	94:27+	107:20+	112:19+	121:00+	128:57+	132:15+	136:26+	139:10+
01:19+	01:49+	04:47+	02:50+	02:00+	03:05+	07:13+	05:43+	02:47-	06:43+	05:24-	09:01+	02:55+	05:11+	10:58-	03:25+	06:36+	06:19+	06:22+	12:53+	04:59+	08:41+	07:57+	03:18+	04:11+	02:44+
00:23&	00:18#	01:06&	00:23#	00:24#	00:14+	01:19#	01:00#	00:16-	01:11#	00:09-	02:46&	00:04+	01:17&	02:07-	01:15&	02:21&	00:36#	01:30&	05:40&	02:05&	00:05+	00:38+	00:09+	00:35#	00:32#
141:27+	145:18+	147:17+	149:27+	152:11+																					
02:17+	03:51-	01:59+	02:10-	02:44+																					
00:09+	03:12-	00:08+	00:01-	00:05+																					

**9 Østergaard Jørgen 9 2:36:41**

01:25+	03:20+	07:52+	10:37+	12:34+	15:35+	23:07+	28:09+	30:56+	37:32+	42:58+	53:12+	56:35+	60:52+	72:18+	77:19+	86:45+	93:21+	98:47+	107:14+	110:11+	120:55+	129:30+	133:05+	137:24+	139:57+
01:25+	01:55+	04:32+	02:45+	01:57+	03:01+	07:32+	05:02+	02:47+	06:36+	05:26+	10:14+	03:23+	04:17+	11:26+	05:01+	09:26+	06:36+	05:26+	08:27+	02:57+	10:44+	08:35+	03:35+	04:19+	02:33+
01:25+	01:55+	04:32+	02:45+	01:57+	03:01+	07:32+	05:02+	02:47+	06:36+	05:26+	10:14+	03:23+	04:17+	11:26+	05:01+	09:26+	06:36+	05:26+	08:27+	02:57+	10:44+	08:35+	03:35+	04:19+	02:33+
142:28+	146:49+	149:22+	153:42+	156:41+																					
02:31+	04:21+	02:33+	04:20+	02:59+																					
02:31+	04:21+	02:33+	04:20+	02:59+																					

**10 Jens Kristian Laursen 15 2:50:34**

01:19+	03:02+	06:52+	13:35+	15:43+	18:44+	25:14+	30:01+	32:43+	38:38+	43:18+	50:57+	54:14+	58:26+	69:40+	77:28+	85:48+	92:05+	97:04+	104:12+	106:58+	116:52+	126:33+	130:19+	134:19+	136:46+
01:19+	01:43+	03:50+	06:43+	02:08+	03:01+	06:30+	04:47+	02:42+	05:55+	04:40+	07:39+	03:17+	04:12+	11:14+	07:48+	08:20+	06:17+	04:59+	07:08+	02:46+	09:54+	09:41+	03:46+	04:00+	02:27+
01:19+	01:43+	03:50+	06:43+	02:08+	03:01+	06:30+	04:47+	02:42+	05:55+	04:40+	07:39+	03:17+	04:12+	11:14+	07:48+	08:20+	06:17+	04:59+	07:08+	02:46+	09:54+	09:41+	03:46+	04:00+	02:27+
142:14+	147:18+	156:48+	167:47+	170:34+																					
05:28+	05:04+	09:30+	10:59+	02:47+																					
05:28+	05:04+	09:30+	10:59+	02:47+																					

**11 Gammelvind Jens 6 2:52:26**

01:10+	03:08+	07:19+	10:22+	12:45+	15:35+	23:43+	30:22+	34:17+	40:48+	45:54+	56:50+	60:23+	65:53+	79:21+	82:51+	88:52+	95:50+	103:12+	112:57+	116:44+	130:37+	141:42+	145:51+	150:14+	153:06+
01:10+	01:58+	04:11+	03:03+	02:23+	02:50+	08:08+	06:39+	03:55+	06:31+	05:06+	10:56+	03:33+	05:30+	13:28+	03:30+	06:01+	06:58+	07:22+	09:45+	03:47+	13:53+	11:05+	04:09+	04:23+	02:52+
01:10+	01:58+	04:11+	03:03+	02:23+	02:50+	08:08+	06:39+	03:55+	06:31+	05:06+	10:56+	03:33+	05:30+	13:28+	03:30+	06:01+	06:58+	07:22+	09:45+	03:47+	13:53+	11:05+	04:09+	04:23+	02:52+
159:20+	163:40+	166:13+	169:46+	172:26+																					
06:14+	04:20+	02:33+	03:33+	02:40+																					
06:14+	04:20+	02:33+	03:33+	02:40+																					

**12 Edsen Anders 1 2:56:45**

01:13+	03:29+	08:20+	14:46+	16:39+	19:47+	26:56+	33:03+	36:22+	43:15+	53:15+	62:10+	66:25+	71:26+	84:19+	94:32+	99:11+	107:32+	113:50+	122:55+	126:55+	138:14+	147:33+	151:37+	157:05+	160:16+
01:13+	02:16+	04:51+	06:26+	01:53+	03:08+	07:09+	06:07+	03:19+	06:53+	10:00+	08:55+	04:15+	05:01+	12:53+	10:13+	04:39+	08:21+	06:18+	09:05+	04:00+	11:19+	09:19+	04:04+	05:28+	03:11+
01:13+	02:16+	04:51+	06:26+	01:53+	03:08+	07:09+	06:07+	03:19+	06:53+	10:00+	08:55+	04:15+	05:01+	12:53+	10:13+	04:39+	08:21+	06:18+	09:05+	04:00+	11:19+	09:19+	04:04+	05:28+	03:11+
163:30+	168:33+	171:05+	173:38+	176:45+																					
03:14+	05:03+	02:32+	02:33+	03:07+																					
03:14+	05:03+	02:32+	02:33+	03:07+																					

**13 Munch Kaj 10 4:10:03**

01:28+	04:31+	12:21+	17:01+	19:48+	24:59+	39:35+	50:07+	56:40+	67:38+	78:17+	92:54+	99:40+	108:50+	128:41+	135:51+	146:12+	158:22+	174:02+	187:37+	194:06+	211:50+	226:29+	233:36+	240:26+	245:38+
01:28+	03:03+	07:50+	04:40+	02:47+	05:11+	14:36+	10:32+	06:33+	10:58+	10:39+	14:37+	06:46+	09:10+	19:51+	07:10+	10:21+	12:10+	15:40+	13:35+	06:29+	17:44+	14:39+	07:07+	06:50+	05:12+
01:28+	03:03+	07:50+	04:40+	02:47+	05:11+	14:36+	10:32+	06:33+	10:58+	10:39+	14:37+	06:46+	09:10+	19:51+	07:10+	10:21+	12:10+	15:40+	13:35+	06:29+	17:44+	14:39+	07:07+	06:50+	05:12+
250:03+																									
04:25+																									
04:25+																									

**Beste stræktid for klassen**

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

## B4 8km

### B4 8km

<b>1</b>	<b>Lukas Bergmann Verhelst</b>	<b>7</b>	<b>1:12:32</b>																		
01:10=	03:11=	04:37=	07:21=	12:48=	14:40=	17:16=	19:27=	21:06=	30:12=	33:32=	36:18=	39:20=	44:27=	49:20=	55:52=	60:35=	66:23=	68:09=	70:08=	71:30=	72:32=
01:10=	02:01=	01:26=	02:44=	05:27=	01:52=	02:36=	02:11=	01:39=	09:06=	03:20=	02:46=	03:02=	05:07=	04:53=	06:32=	04:43=	05:48=	01:46=	01:59=	01:22=	01:02=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jacobsen Mads</b>	<b>23</b>	<b>1:22:37</b>																		
01:18+	03:52+	05:35+	09:01+	10:58+	13:28+	16:43+	19:10+	20:53+	28:08+	32:53+	36:06+	41:02+	45:17+	52:42+	61:24+	67:06+	75:24+	76:59+	79:51+	81:26+	82:37+
01:18+	02:34+	01:43+	03:26+	01:57+	02:30+	03:15+	02:27+	01:43+	07:15+	04:45+	03:13+	04:56+	04:15+	07:25+	08:42+	05:42+	08:18+	01:35+	02:52+	01:35+	01:11+
01:18+	02:34+	01:43+	03:26+	01:57+	02:30+	03:15+	02:27+	01:43+	07:15+	04:45+	03:13+	04:56+	04:15+	07:25+	08:42+	05:42+	08:18+	01:35+	02:52+	01:35+	01:11+
<b>3</b>	<b>Chr. L. Rasmussen</b>	<b>8</b>	<b>1:22:59</b>																		
01:14+	03:44+	05:28+	09:53+	12:02+	14:23+	17:34+	20:52+	22:37+	32:30+	36:47+	40:08+	44:40+	49:16+	55:19+	63:08+	69:14+	76:21+	78:11+	80:13+	81:56+	82:59+
01:14+	02:30+	01:44+	04:25+	02:09+	02:21+	03:11+	03:18+	01:45+	09:53+	04:17+	03:21+	04:32+	04:36+	06:03+	07:49+	06:06+	07:07+	01:50+	02:02+	01:43+	01:03+
01:14+	02:30+	01:44+	04:25+	02:09+	02:21+	03:11+	03:18+	01:45+	09:53+	04:17+	03:21+	04:32+	04:36+	06:03+	07:49+	06:06+	07:07+	01:50+	02:02+	01:43+	01:03+
<b>4</b>	<b>Anders Lorenzen</b>	<b>23</b>	<b>1:28:10</b>																		
01:23+	03:48+	05:44+	10:06+	12:20+	15:01+	18:54+	21:47+	24:14+	32:16+	36:59+	40:51+	44:56+	49:04+	55:53+	65:45+	72:00+	79:46+	82:09+	84:53+	87:02+	88:10+
01:23+	02:25+	01:56+	04:22+	02:14+	02:41+	03:53+	02:53+	02:27+	08:02+	04:43+	03:52+	04:05+	04:08+	06:49+	09:52+	06:15+	07:46+	02:23+	02:44+	02:09+	01:08+
01:23+	02:25+	01:56+	04:22+	02:14+	02:41+	03:53+	02:53+	02:27+	08:02+	04:43+	03:52+	04:05+	04:08+	06:49+	09:52+	06:15+	07:46+	02:23+	02:44+	02:09+	01:08+
<b>5</b>	<b>Ole Jensen</b>	<b>9</b>	<b>1:28:57</b>																		
01:20+	03:47+	05:24+	10:12+	16:35+	18:42+	21:47+	24:42+	26:23+	33:53+	37:56+	45:56+	49:46+	53:43+	59:41+	68:13+	74:21+	82:08+	84:06+	85:51+	87:47+	88:57+
01:20+	02:27+	01:37+	04:48+	06:23+	02:07+	03:05+	02:55+	01:41+	07:30+	04:03+	08:00+	03:50+	03:57+	05:58+	08:32+	06:08+	07:47+	01:58+	01:45+	01:56+	01:10+
01:20+	02:27+	01:37+	04:48+	06:23+	02:07+	03:05+	02:55+	01:41+	07:30+	04:03+	08:00+	03:50+	03:57+	05:58+	08:32+	06:08+	07:47+	01:58+	01:45+	01:56+	01:10+
<b>6</b>	<b>Kenn Heldgaard Kristensen</b>	<b>6</b>	<b>1:29:25</b>																		
01:41+	04:34+	06:42+	10:41+	16:34+	18:53+	22:12+	25:03+	26:51+	34:26+	40:17+	43:47+	48:11+	52:36+	59:12+	68:36+	75:10+	82:29+	84:22+	86:22+	88:12+	89:25+
01:41+	02:53+	02:08+	03:59+	05:53+	02:19+	03:19+	02:51+	01:48+	07:35+	05:51+	03:30+	04:24+	04:25+	06:36+	09:24+	06:34+	07:19+	01:53+	02:00+	01:50+	01:13+
01:41+	02:53+	02:08+	03:59+	05:53+	02:19+	03:19+	02:51+	01:48+	07:35+	05:51+	03:30+	04:24+	04:25+	06:36+	09:24+	06:34+	07:19+	01:53+	02:00+	01:50+	01:13+
<b>7</b>	<b>Jan Sommerlund</b>	<b>23</b>	<b>1:31:08</b>																		
01:49+	04:16+	05:59+	10:33+	12:32+	14:53+	20:14+	23:26+	25:47+	33:58+	38:44+	42:46+	47:32+	52:38+	60:08+	68:50+	75:04+	84:10+	85:44+	88:38+	90:01+	91:08+
01:49+	02:27+	01:43+	04:34+	01:59+	02:21+	05:21+	03:12+	02:21+	08:11+	04:46+	04:02+	04:46+	05:06+	07:30+	08:42+	06:14+	09:06+	01:34+	02:54+	01:23+	01:07+
01:49+	02:27+	01:43+	04:34+	01:59+	02:21+	05:21+	03:12+	02:21+	08:11+	04:46+	04:02+	04:46+	05:06+	07:30+	08:42+	06:14+	09:06+	01:34+	02:54+	01:23+	01:07+
<b>8</b>	<b>Christensen Troels</b>	<b>3</b>	<b>1:31:42</b>																		
01:33+	03:58+	05:48+	10:40+	13:02+	15:38+	19:18+	22:32+	24:34+	33:47+	38:51+	43:04+	47:31+	51:38+	60:42+	69:24+	75:42+	84:36+	86:32+	89:00+	90:33+	91:42+
01:33+	02:25+	01:50+	04:52+	02:22+	02:36+	03:40+	03:14+	02:02+	09:13+	05:04+	04:13+	04:27+	04:07+	09:04+	08:42+	06:18+	08:54+	01:56+	02:28+	01:33+	01:09+
01:33+	02:25+	01:50+	04:52+	02:22+	02:36+	03:40+	03:14+	02:02+	09:13+	05:04+	04:13+	04:27+	04:07+	09:04+	08:42+	06:18+	08:54+	01:56+	02:28+	01:33+	01:09+
<b>9</b>	<b>Claus Christensen</b>	<b>14</b>	<b>1:33:05</b>																		
01:23+	03:48+	05:28+	09:07+	11:11+	13:40+	16:52+	20:45+	22:44+	36:34+	40:37+	44:23+	48:11+	52:12+	58:43+	67:53+	75:49+	84:33+	86:43+	90:17+	91:54+	93:05+
01:23+	02:25+	01:40+	03:39+	02:04+	02:29+	03:12+	03:53+	01:59+	13:50+	04:03+	03:46+	03:48+	04:01+	06:31+	09:10+	07:56+	08:44+	02:10+	03:34+	01:37+	01:11+
01:23+	02:25+	01:40+	03:39+	02:04+	02:29+	03:12+	03:53+	01:59+	13:50+	04:03+	03:46+	03:48+	04:01+	06:31+	09:10+	07:56+	08:44+	02:10+	03:34+	01:37+	01:11+
<b>10</b>	<b>Thomsen Jan</b>	<b>Ok Pan</b>	<b>1:35:50</b>																		
01:20+	03:38+	05:13+	11:19+	17:14+	21:06+	25:14+	27:51+	30:18+	38:16+	42:46+	46:54+	51:39+	55:56+	64:41+	73:31+	79:50+	88:40+	90:39+	93:05+	94:39+	95:50+
01:20+	02:18+	01:35+	06:06+	05:55+	03:52+	04:08+	02:37+	02:27+	07:58+	04:30+	04:08+	04:45+	04:17+	08:45+	08:50+	06:19+	08:50+	01:59+	02:26+	01:34+	01:11+
01:20+	02:18+	01:35+	06:06+	05:55+	03:52+	04:08+	02:37+	02:27+	07:58+	04:30+	04:08+	04:45+	04:17+	08:45+	08:50+	06:19+	08:50+	01:59+	02:26+	01:34+	01:11+
<b>11</b>	<b>Steffen Alm</b>	<b>11</b>	<b>1:40:47</b>																		
01:38+	04:27+	06:14+	10:06+	12:27+	15:25+	18:59+	22:43+	25:10+	36:48+	42:15+	46:37+	51:08+	55:50+	65:50+	74:57+	81:49+	91:52+	94:34+	97:43+	99:37+	100:47+
01:38+	02:49+	01:47+	03:52+	02:21+	02:58+	03:34+	03:44+	02:27+	11:38+	05:27+	04:22+	04:31+	04:42+	10:00+	09:07+	06:52+	10:03+	02:42+	03:09+	01:54+	01:10+
01:38+	02:49+	01:47+	03:52+	02:21+	02:58+	03:34+	03:44+	02:27+	11:38+	05:27+	04:22+	04:31+	04:42+	10:00+	09:07+	06:52+	10:03+	02:42+	03:09+	01:54+	01:10+
<b>12</b>	<b>Anders Gammelvind</b>	<b>6</b>	<b>1:40:51</b>																		
01:33+	04:17+	06:05+	10:34+	16:40+	19:21+	23:04+	26:14+	28:12+	37:00+	42:31+	47:00+	51:48+	57:26+	65:19+	75:04+	82:37+	91:43+	94:06+	97:49+	99:28+	100:51+
01:33+	02:44+	01:48+	04:29+	06:06+	02:41+	03:43+	03:10+	01:58+	08:48+	05:31+	04:29+	04:48+	05:38+	07:53+	09:45+	07:33+	09:06+	02:23+	03:43+	01:39+	01:23+
01:33+	02:44+	01:48+	04:29+	06:06+	02:41+	03:43+	03:10+	01:58+	08:48+	05:31+	04:29+	04:48+	05:38+	07:53+	09:45+	07:33+	09:06+	02:23+	03:43+	01:39+	01:23+

### B4 8km

<b>13</b>	<b>Nygaard Lene</b>	<b>6</b>	<b>1:41:04</b>																		
02:00+	04:39+	06:30+	10:32+	12:49+	15:40+	19:20+	23:10+	25:25+	38:31+	43:27+	47:35+	52:04+	58:49+	66:05+	75:41+	82:11+	92:16+	94:46+	97:51+	99:50+	101:04+
02:00+	02:39+	01:51+	04:02+	02:17+	02:51+	03:40+	03:50+	02:15+	13:06+	04:56+	04:08+	04:29+	06:45+	07:16+	09:36+	06:30+	10:05+	02:30+	03:05+	01:59+	01:14+
02:00+	02:39+	01:51+	04:02+	02:17+	02:51+	03:40+	03:50+	02:15+	13:06+	04:56+	04:08+	04:29+	06:45+	07:16+	09:36+	06:30+	10:05+	02:30+	03:05+	01:59+	01:14+
<b>14</b>	<b>Susanne Kristensen</b>	<b>6</b>	<b>1:51:39</b>																		
01:32+	04:34+	06:28+	11:55+	17:59+	20:56+	24:51+	28:00+	30:10+	38:08+	43:45+	48:27+	53:28+	58:10+	66:42+	76:24+	83:51+	100:48+	103:28+	107:39+	109:44+	111:39+
01:32+	03:02+	01:54+	05:27+	06:04+	02:57+	03:55+	03:09+	02:10+	07:58+	05:37+	04:42+	05:01+	04:42+	08:32+	09:42+	07:27+	16:57+	02:40+	04:11+	02:05+	01:55+
01:32+	03:02+	01:54+	05:27+	06:04+	02:57+	03:55+	03:09+	02:10+	07:58+	05:37+	04:42+	05:01+	04:42+	08:32+	09:42+	07:27+	16:57+	02:40+	04:11+	02:05+	01:55+
<b>15</b>	<b>Mose Ann-Vibeke</b>	<b>24</b>	<b>1:56:17</b>																		
01:40+	04:35+	06:46+	10:59+	13:43+	17:04+	21:25+	24:54+	27:09+	36:56+	43:43+	49:27+	57:27+	63:49+	73:29+	86:32+	95:34+	105:39+	108:51+	111:58+	114:31+	116:17+
01:40+	02:55+	02:11+	04:13+	02:44+	03:21+	04:21+	03:29+	02:15+	09:47+	06:47+	05:44+	08:00+	06:22+	09:40+	13:03+	09:02+	10:05+	03:12+	03:07+	02:33+	01:46+
01:40+	02:55+	02:11+	04:13+	02:44+	03:21+	04:21+	03:29+	02:15+	09:47+	06:47+	05:44+	08:00+	06:22+	09:40+	13:03+	09:02+	10:05+	03:12+	03:07+	02:33+	01:46+
<b>17</b>	<b>Erik Ljungdahl</b>	<b>5</b>	<b>2:06:38</b>																		
01:45+	05:07+	07:35+	12:22+	16:03+	19:56+	25:39+	30:28+	33:24+	46:51+	53:17+	58:18+	64:40+	71:04+	81:13+	94:37+	103:24+	114:51+	118:29+	122:39+	125:03+	126:38+
01:45+	03:22+	02:28+	04:47+	03:41+	03:53+	05:43+	04:49+	02:56+	13:27+	06:26+	05:01+	06:22+	06:24+	10:09+	13:24+	08:47+	11:27+	03:38+	04:10+	02:24+	01:35+
01:45+	03:22+	02:28+	04:47+	03:41+	03:53+	05:43+	04:49+	02:56+	13:27+	06:26+	05:01+	06:22+	06:24+	10:09+	13:24+	08:47+	11:27+	03:38+	04:10+	02:24+	01:35+
<b>18</b>	<b>Hermanrud Britt</b>	<b>23</b>	<b>2:07:58</b>																		
01:52+	05:07+	07:40+	13:58+	21:01+	24:39+	31:10+	35:03+	37:29+	47:31+	54:06+	59:29+	65:56+	73:50+	83:43+	94:56+	107:18+	117:21+	120:30+	123:49+	126:09+	127:58+
01:52+	03:15+	02:33+	06:18+	07:03+	03:38+	06:31+	03:53+	02:26+	10:02+	06:35+	05:23+	06:27+	07:54+	09:53+	11:13+	12:22+	10:03+	03:09+	03:19+	02:20+	01:49+
01:52+	03:15+	02:33+	06:18+	07:03+	03:38+	06:31+	03:53+	02:26+	10:02+	06:35+	05:23+	06:27+	07:54+	09:53+	11:13+	12:22+	10:03+	03:09+	03:19+	02:20+	01:49+
<b>19</b>	<b>Bjarne Christensen</b>	<b>23</b>	<b>2:13:02</b>																		
01:57+	05:39+	08:13+	14:17+	17:39+	21:23+	27:23+	32:02+	34:53+	48:14+	55:11+	60:13+	67:28+	73:45+	85:18+	99:36+	109:25+	120:20+	124:06+	127:53+	131:04+	133:02+
01:57+	03:42+	02:34+	06:04+	03:22+	03:44+	06:00+	04:39+	02:51+	13:21+	06:57+	05:02+	07:15+	06:17+	11:33+	14:18+	09:49+	10:55+	03:46+	03:47+	03:11+	01:58+
01:57+	03:42+	02:34+	06:04+	03:22+	03:44+	06:00+	04:39+	02:51+	13:21+	06:57+	05:02+	07:15+	06:17+	11:33+	14:18+	09:49+	10:55+	03:46+	03:47+	03:11+	01:58+
<b>20</b>	<b>Bach Uffe</b>	<b>13</b>	<b>2:36:18</b>																		
01:58+	05:55+	09:03+	14:28+	18:05+	22:06+	29:49+	34:30+	37:30+	50:57+	60:06+	66:42+	77:51+	85:45+	99:50+	115:09+	129:41+	141:44+	145:50+	150:16+	153:54+	156:18+
01:58+	03:57+	03:08+	05:25+	03:37+	04:01+	07:43+	04:41+	03:00+	13:27+	09:09+	06:36+	11:09+	07:54+	14:05+	15:19+	14:32+	12:03+	04:06+	04:26+	03:38+	02:24+
01:58+	03:57+	03:08+	05:25+	03:37+	04:01+	07:43+	04:41+	03:00+	13:27+	09:09+	06:36+	11:09+	07:54+	14:05+	15:19+	14:32+	12:03+	04:06+	04:26+	03:38+	02:24+
<b>21</b>	<b>Ebbe Kajberg</b>	<b>18</b>	<b>2:49:36</b>																		
02:11+	06:03+	08:39+	13:52+	19:00+	24:17+	29:51+	35:44+	38:53+	51:36+	64:52+	73:06+	79:35+	86:47+	106:49+	121:03+	131:40+	146:30+	150:16+	163:34+	167:44+	169:36+
02:11+	03:52+	02:36+	05:13+	05:08+	05:17+	05:34+	05:53+	03:09+	12:43+	13:16+	08:14+	06:29+	07:12+	20:02+	14:14+	10:37+	14:50+	03:46+	13:18+	04:10+	01:52+
02:11+	03:52+	02:36+	05:13+	05:08+	05:17+	05:34+	05:53+	03:09+	12:43+	13:16+	08:14+	06:29+	07:12+	20:02+	14:14+	10:37+	14:50+	03:46+	13:18+	04:10+	01:52+
<b>22</b>	<b>Adamsson Lise J.</b>	<b>23</b>	<b>3:09:50</b>																		
03:45+	09:29+	13:24+	21:39+	26:27+	32:32+	45:19+	52:03+	56:23+	73:36+	83:43+	91:37+	101:26+	110:56+	126:12+	145:34+	158:33+	174:06+	177:35+	183:18+	187:11+	189:50+
03:45+	05:44+	03:55+	08:15+	04:48+	06:05+	12:47+	06:44+	04:20+	17:13+	10:07+	07:54+	09:49+	09:30+	15:16+	19:22+	12:59+	15:33+	03:29+	05:43+	03:53+	02:39+
03:45+	05:44+	03:55+	08:15+	04:48+	06:05+	12:47+	06:44+	04:20+	17:13+	10:07+	07:54+	09:49+	09:30+	15:16+	19:22+	12:59+	15:33+	03:29+	05:43+	03:53+	02:39+

### Beste stræktid for klassen

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

### B5 5km

<b>1</b>	<b>Kristiansen Lennart Bo</b>	<b>25</b>	<b>54:25</b>													
01:07=	03:02=	04:51=	07:06=	11:29=	13:57=	16:44=	19:25=	21:43=	26:02=	34:03=	40:56=	45:41=	49:56=	51:27=	53:05=	54:25=
01:07=	01:55=	01:49=	02:15=	04:23=	02:47=	02:41=	02:18=	04:19=	08:01=	06:53=	04:45=	04:15=	01:31=	01:38=	01:20=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

### B5 5km

<b>2</b>	<b>Barret Stig</b>	<b>25</b>	<b>1:00:14</b>													
01:29+	03:50+	06:11+	09:40+	14:32+	17:34+	20:42+	23:47+	26:23+	30:42+	38:43+	45:54+	50:58+	55:14+	57:07+	58:55+	60:14+
01:29+	02:21+	02:21+	03:29+	04:52+	03:02+	03:08+	03:05+	02:36+	04:19+	08:01+	07:11+	05:04+	04:16+	01:53+	01:48+	01:19-
00:22&	00:26#	00:32&	01:14&	00:29#	00:34#	00:21#	00:24#	00:18#	00:00=	00:00=	00:18+	00:19+	00:01+	00:22#	00:10#	00:01-

<b>3</b>	<b>Lene Bejer Damgaard</b>	<b>25</b>	<b>1:01:15</b>													
01:17+	03:31+	05:31+	07:53+	12:51+	15:52+	18:49+	21:45+	24:12+	28:19+	39:07+	46:21+	51:17+	55:30+	57:53+	59:55+	61:15+
01:17+	02:14+	02:00+	02:22+	04:58+	03:01+	02:57+	02:56+	02:27+	04:07+	10:48+	07:14+	04:56+	04:13+	02:23+	02:02+	01:20+
01:17+	02:14+	02:00+	02:22+	04:58+	03:01+	02:57+	02:56+	02:27+	04:07+	10:48+	07:14+	04:56+	04:13+	02:23+	02:02+	01:20+

<b>4</b>	<b>Hesselberg Kai</b>	<b>8</b>	<b>1:01:16</b>													
01:27+	03:58+	06:18+	09:13+	14:23+	17:26+	21:00+	24:19+	26:46+	31:31+	38:29+	45:46+	50:25+	55:28+	57:52+	59:56+	61:16+
01:27+	02:31+	02:20+	02:55+	05:10+	03:03+	03:34+	03:19+	02:27+	04:45+	06:58+	07:17+	04:39+	05:03+	02:24+	02:04+	01:20+
01:27+	02:31+	02:20+	02:55+	05:10+	03:03+	03:34+	03:19+	02:27+	04:45+	06:58+	07:17+	04:39+	05:03+	02:24+	02:04+	01:20+

<b>5</b>	<b>Aagaard Lucia</b>	<b>6</b>	<b>1:01:58</b>													
01:28+	03:51+	06:57+	09:31+	14:57+	18:16+	21:37+	24:45+	27:04+	31:46+	38:49+	46:39+	51:55+	56:46+	58:25+	60:21+	61:58+
01:28+	02:23+	03:06+	02:34+	05:26+	03:19+	03:21+	03:08+	02:19+	04:42+	07:03+	07:50+	05:16+	04:51+	01:39+	01:56+	01:37+
01:28+	02:23+	03:06+	02:34+	05:26+	03:19+	03:21+	03:08+	02:19+	04:42+	07:03+	07:50+	05:16+	04:51+	01:39+	01:56+	01:37+

<b>6</b>	<b>Kaj Kaspersen</b>	<b>6</b>	<b>1:02:04</b>													
01:29+	03:57+	07:01+	09:28+	15:03+	18:16+	21:43+	24:51+	27:04+	31:54+	38:49+	46:48+	52:01+	56:46+	58:26+	60:22+	62:04+
01:29+	02:28+	03:04+	02:27+	05:35+	03:13+	03:27+	03:08+	02:13+	04:50+	06:55+	07:59+	05:13+	04:45+	01:40+	01:56+	01:42+
01:29+	02:28+	03:04+	02:27+	05:35+	03:13+	03:27+	03:08+	02:13+	04:50+	06:55+	07:59+	05:13+	04:45+	01:40+	01:56+	01:42+

<b>7</b>	<b>Lene Stick Nielsen</b>	<b>25</b>	<b>1:02:10</b>													
01:30+	03:52+	05:58+	08:51+	14:28+	17:29+	20:52+	23:59+	26:22+	30:59+	39:20+	46:58+	52:11+	56:54+	58:36+	60:38+	62:10+
01:30+	02:22+	02:06+	02:53+	05:37+	03:01+	03:23+	03:07+	02:23+	04:37+	08:21+	07:38+	05:13+	04:43+	01:42+	02:02+	01:32+
01:30+	02:22+	02:06+	02:53+	05:37+	03:01+	03:23+	03:07+	02:23+	04:37+	08:21+	07:38+	05:13+	04:43+	01:42+	02:02+	01:32+

<b>8</b>	<b>Gert Krstensen</b>	<b>21</b>	<b>1:03:56</b>													
01:28+	03:56+	06:10+	08:47+	14:02+	17:11+	21:18+	24:44+	27:10+	31:56+	40:04+	47:56+	53:32+	57:58+	60:20+	62:31+	63:56+
01:28+	02:28+	02:14+	02:37+	05:15+	03:09+	04:07+	03:26+	02:26+	04:46+	08:08+	07:52+	05:36+	04:26+	02:22+	02:11+	01:25+
01:28+	02:28+	02:14+	02:37+	05:15+	03:09+	04:07+	03:26+	02:26+	04:46+	08:08+	07:52+	05:36+	04:26+	02:22+	02:11+	01:25+

<b>9</b>	<b>Ivan Christensen</b>	<b>Ok Pan</b>	<b>1:04:14</b>													
01:46+	04:23+	06:33+	09:09+	14:14+	17:22+	20:40+	23:33+	25:54+	30:20+	39:11+	48:12+	53:46+	58:36+	60:28+	62:35+	64:14+
01:46+	02:37+	02:10+	02:36+	05:05+	03:08+	03:18+	02:53+	02:21+	04:26+	08:51+	09:01+	05:34+	04:50+	01:52+	02:07+	01:39+
01:46+	02:37+	02:10+	02:36+	05:05+	03:08+	03:18+	02:53+	02:21+	04:26+	08:51+	09:01+	05:34+	04:50+	01:52+	02:07+	01:39+

<b>10</b>	<b>Thomas Ullner</b>	<b>13</b>	<b>1:05:01</b>													
01:38+	04:01+	06:12+	09:00+	14:23+	17:33+	20:36+	23:38+	26:11+	30:47+	40:05+	48:42+	54:20+	59:06+	61:08+	63:30+	65:01+
01:38+	02:23+	02:11+	02:48+	05:23+	03:10+	03:03+	03:02+	02:33+	04:36+	09:18+	08:37+	05:38+	04:46+	02:02+	02:22+	01:31+
01:38+	02:23+	02:11+	02:48+	05:23+	03:10+	03:03+	03:02+	02:33+	04:36+	09:18+	08:37+	05:38+	04:46+	02:02+	02:22+	01:31+

<b>11</b>	<b>Buch Poul Erik</b>	<b>15</b>	<b>1:05:17</b>													
01:13+	03:11+	05:37+	08:55+	16:02+	18:47+	21:53+	24:50+	27:12+	31:39+	43:19+	50:10+	55:03+	59:20+	61:56+	63:48+	65:17+
01:13+	01:58+	02:26+	03:18+	07:07+	02:45+	03:06+	02:57+	02:22+	04:27+	11:40+	06:51+	04:53+	04:17+	02:36+	01:52+	01:29+
01:13+	01:58+	02:26+	03:18+	07:07+	02:45+	03:06+	02:57+	02:22+	04:27+	11:40+	06:51+	04:53+	04:17+	02:36+	01:52+	01:29+

<b>12</b>	<b>Andersen Kirsten Elisabet</b>	<b>8</b>	<b>1:06:14</b>													
01:27+	03:34+	05:48+	08:29+	13:52+	16:50+	23:24+	26:58+	29:48+	34:07+	42:51+	50:30+	56:05+	60:31+	62:39+	64:51+	66:14+
01:27+	02:07+	02:14+	02:41+	05:23+	02:58+	06:34+	03:34+	02:50+	04:19+	08:44+	07:39+	05:35+	04:26+	02:08+	02:12+	01:23+
01:27+	02:07+	02:14+	02:41+	05:23+	02:58+	06:34+	03:34+	02:50+	04:19+	08:44+	07:39+	05:35+	04:26+	02:08+	02:12+	01:23+

<b>13</b>	<b>Bertel Gert</b>	<b>8</b>	<b>1:06:17</b>													
01:25+	03:37+	05:47+	08:32+	13:50+	16:52+	23:30+	27:03+	29:51+	34:03+	42:54+	50:16+	56:09+	60:24+	62:29+	64:46+	66:17+
01:25+	02:12+	02:10+	02:45+	05:18+	03:02+	06:38+	03:33+	02:48+	04:12+	08:51+	07:22+	05:53+	04:15+	02:05+	02:17+	01:31+
01:25+	02:12+	02:10+	02:45+	05:18+	03:02+	06:38+	03:33+	02:48+	04:12+	08:51+	07:22+	05:53+	04:15+	02:05+	02:17+	01:31+

## B5 5km

<b>14</b>	<b>Helligsø Carsten</b>	<b>8</b>												<b>1:07:54</b>				
01:50+	04:25+	06:46+	09:45+	15:16+	18:37+	22:10+	25:02+	31:10+	35:28+	43:52+	51:27+	57:24+	62:18+	64:16+	66:18+	67:54+		
01:50+	02:35+	02:21+	02:59+	05:31+	03:21+	03:33+	02:52+	06:08+	04:18+	08:24+	07:35+	05:57+	04:54+	01:58+	02:02+	01:36+		
01:50+	02:35+	02:21+	02:59+	05:31+	03:21+	03:33+	02:52+	06:08+	04:18+	08:24+	07:35+	05:57+	04:54+	01:58+	02:02+	01:36+		
<b>15</b>	<b>Hans Aage Hvalsøe Hansen</b>	<b>4</b>												<b>1:08:22</b>				
01:25+	04:00+	06:35+	10:04+	15:51+	19:36+	23:38+	27:12+	29:42+	34:17+	41:28+	49:28+	56:59+	62:30+	64:49+	66:51+	68:22+		
01:25+	02:35+	02:35+	03:29+	05:47+	03:45+	04:02+	03:34+	02:30+	04:35+	07:11+	08:00+	07:31+	05:31+	02:19+	02:02+	01:31+		
01:25+	02:35+	02:35+	03:29+	05:47+	03:45+	04:02+	03:34+	02:30+	04:35+	07:11+	08:00+	07:31+	05:31+	02:19+	02:02+	01:31+		
<b>16</b>	<b>Nina Jacobsen</b>	<b>23</b>												<b>1:09:29</b>				
01:27+	03:46+	05:52+	09:22+	14:51+	17:45+	23:02+	26:37+	28:51+	33:20+	44:20+	52:18+	58:29+	64:03+	65:57+	68:05+	69:29+		
01:27+	02:19+	02:06+	03:30+	05:29+	02:54+	05:17+	03:35+	02:14+	04:29+	11:00+	07:58+	06:11+	05:34+	01:54+	02:08+	01:24+		
01:27+	02:19+	02:06+	03:30+	05:29+	02:54+	05:17+	03:35+	02:14+	04:29+	11:00+	07:58+	06:11+	05:34+	01:54+	02:08+	01:24+		
<b>17</b>	<b>Gitte Isen</b>	<b>6</b>												<b>1:09:54</b>				
01:36+	04:07+	06:42+	09:46+	15:58+	19:59+	23:27+	26:45+	29:26+	34:31+	42:45+	51:40+	57:59+	63:43+	65:45+	68:14+	69:54+		
01:36+	02:31+	02:35+	03:04+	06:12+	04:01+	03:28+	03:18+	02:41+	05:05+	08:14+	08:55+	06:19+	05:44+	02:02+	02:29+	01:40+		
01:36+	02:31+	02:35+	03:04+	06:12+	04:01+	03:28+	03:18+	02:41+	05:05+	08:14+	08:55+	06:19+	05:44+	02:02+	02:29+	01:40+		
<b>18</b>	<b>Kurt Finn Petersen</b>	<b>4</b>												<b>1:10:08</b>				
01:50+	04:17+	06:33+	09:27+	14:54+	18:27+	23:48+	28:07+	30:51+	35:50+	46:52+	54:33+	59:43+	64:29+	66:11+	68:18+	70:08+		
01:50+	02:27+	02:16+	02:54+	05:27+	03:33+	05:21+	04:19+	02:44+	04:59+	11:02+	07:41+	05:10+	04:46+	01:42+	02:07+	01:50+		
01:50+	02:27+	02:16+	02:54+	05:27+	03:33+	05:21+	04:19+	02:44+	04:59+	11:02+	07:41+	05:10+	04:46+	01:42+	02:07+	01:50+		
<b>19</b>	<b>Nikkel Helle</b>	<b>25</b>												<b>1:13:31</b>				
01:34+	04:03+	06:32+	09:58+	16:46+	20:48+	24:44+	28:10+	31:34+	36:40+	46:48+	55:50+	62:08+	67:56+	69:36+	71:59+	73:31+		
01:34+	02:29+	02:29+	03:26+	06:48+	04:02+	03:56+	03:26+	03:24+	05:06+	10:08+	09:02+	06:18+	05:48+	01:40+	02:23+	01:32+		
01:34+	02:29+	02:29+	03:26+	06:48+	04:02+	03:56+	03:26+	03:24+	05:06+	10:08+	09:02+	06:18+	05:48+	01:40+	02:23+	01:32+		
<b>20</b>	<b>Jørgensen Jørgen</b>	<b>23</b>												<b>1:17:05</b>				
01:41+	04:28+	07:02+	10:10+	16:31+	20:33+	24:29+	28:55+	32:04+	37:40+	46:32+	56:27+	62:28+	69:28+	72:09+	74:54+	77:05+		
01:41+	02:47+	02:34+	03:08+	06:21+	04:02+	03:56+	04:26+	03:09+	05:36+	08:52+	09:55+	06:01+	07:00+	02:41+	02:45+	02:11+		
01:41+	02:47+	02:34+	03:08+	06:21+	04:02+	03:56+	04:26+	03:09+	05:36+	08:52+	09:55+	06:01+	07:00+	02:41+	02:45+	02:11+		
<b>21</b>	<b>Isen Torben</b>	<b>6</b>												<b>1:17:22</b>				
01:36+	04:27+	06:57+	10:52+	17:12+	20:54+	24:45+	28:35+	31:38+	36:47+	46:22+	56:30+	64:08+	69:34+	73:24+	75:55+	77:22+		
01:36+	02:51+	02:30+	03:55+	06:20+	03:42+	03:51+	03:50+	03:03+	05:09+	09:35+	10:08+	07:38+	05:26+	03:50+	02:31+	01:27+		
01:36+	02:51+	02:30+	03:55+	06:20+	03:42+	03:51+	03:50+	03:03+	05:09+	09:35+	10:08+	07:38+	05:26+	03:50+	02:31+	01:27+		
<b>22</b>	<b>Niels Møller Petersen</b>	<b>14</b>												<b>1:32:13</b>				
01:33+	04:19+	06:46+	10:35+	18:12+	25:53+	33:55+	37:54+	40:23+	45:30+	54:27+	69:18+	76:25+	82:36+	87:03+	89:54+	92:13+		
01:33+	02:46+	02:27+	03:49+	07:37+	07:41+	08:02+	03:59+	02:29+	05:07+	08:57+	14:51+	07:07+	06:11+	04:27+	02:51+	02:19+		
01:33+	02:46+	02:27+	03:49+	07:37+	07:41+	08:02+	03:59+	02:29+	05:07+	08:57+	14:51+	07:07+	06:11+	04:27+	02:51+	02:19+		
<b>23</b>	<b>Sommerlund Rikke</b>	<b>23</b>												<b>1:35:57</b>				
01:57+	04:59+	07:56+	11:33+	20:20+	25:22+	30:16+	35:17+	38:43+	45:30+	56:23+	68:20+	76:12+	85:34+	90:59+	93:57+	95:57+		
01:57+	03:02+	02:57+	03:37+	08:47+	05:02+	04:54+	05:01+	03:26+	06:47+	10:53+	11:57+	07:52+	09:22+	05:25+	02:58+	02:00+		
01:57+	03:02+	02:57+	03:37+	08:47+	05:02+	04:54+	05:01+	03:26+	06:47+	10:53+	11:57+	07:52+	09:22+	05:25+	02:58+	02:00+		
<b>24</b>	<b>Vistisen Gitte</b>	<b>23</b>												<b>1:36:07</b>				
02:00+	05:02+	08:00+	11:36+	20:29+	25:36+	30:15+	35:22+	38:53+	45:35+	56:21+	68:27+	76:41+	85:51+	90:38+	93:53+	96:07+		
02:00+	03:02+	02:58+	03:36+	08:53+	05:07+	04:39+	05:07+	03:31+	06:42+	10:46+	12:06+	08:14+	09:10+	04:47+	03:15+	02:14+		
02:00+	03:02+	02:58+	03:36+	08:53+	05:07+	04:39+	05:07+	03:31+	06:42+	10:46+	12:06+	08:14+	09:10+	04:47+	03:15+	02:14+		
<b>25</b>	<b>Holger Mikkelsen</b>	<b>12</b>												<b>1:37:47</b>				
02:11+	05:44+	08:55+	12:55+	21:22+	25:50+	30:56+	35:31+	39:19+	46:05+	60:41+	74:08+	81:58+	89:08+	92:29+	95:42+	97:47+		
02:11+	03:33+	03:11+	04:00+	08:27+	04:28+	05:06+	04:35+	03:48+	06:46+	14:36+	13:27+	07:50+	07:10+	03:21+	03:13+	02:05+		
02:11+	03:33+	03:11+	04:00+	08:27+	04:28+	05:06+	04:35+	03:48+	06:46+	14:36+	13:27+	07:50+	07:10+	03:21+	03:13+	02:05+		

## B5 5km

<b>26</b>	<b>Agerskov Rikke</b>	<b>8</b>	<b>1:47:59</b>													
01:37+	04:03+	07:04+	09:58+	16:07+	19:39+	39:22+	44:25+	47:26+	54:08+	78:09+	87:41+	95:27+	101:04+	103:57+	106:20+	107:59+
01:37+	02:26+	03:01+	02:54+	06:09+	03:32+	19:43+	05:03+	03:01+	06:42+	24:01+	09:32+	07:46+	05:37+	02:53+	02:23+	01:39+
01:37+	02:26+	03:01+	02:54+	06:09+	03:32+	19:43+	05:03+	03:01+	06:42+	24:01+	09:32+	07:46+	05:37+	02:53+	02:23+	01:39+

### Beste stræktid for klassen

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

## B6 3,5km

<b>1</b>	<b>Münster-Swendsen Jørgen</b>	<b>23</b>	<b>38:55</b>									
01:46=	04:31=	06:30=	09:34=	12:21=	16:05=	18:16=	22:33=	27:03=	30:30=	35:18=	37:35=	38:55=
01:46=	02:45=	01:59=	03:04=	02:47=	03:44=	02:11=	04:17=	04:30=	03:27=	04:48=	02:17=	01:20=
00:00=	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>Elkjær Søren</b>	<b>25</b>	<b>40:08</b>									
01:37-	04:16-	06:12-	09:08-	12:19-	14:57-	17:02-	21:09-	25:00-	27:24-	36:06+	38:37+	40:08+
01:37-	02:39-	01:56-	02:56-	03:11+	02:38-	02:05-	04:07-	03:51-	02:24-	08:42+	02:31+	01:31+
00:09-	00:06-	00:03-	00:08-	00:24#	01:06-	00:06-	00:10-	00:39-	01:03-	03:54&	00:14#	00:11#

<b>3</b>	<b>Max Hansen</b>	<b>13</b>	<b>45:30</b>									
01:52+	05:26+	07:51+	11:40+	15:06+	20:08+	22:31+	27:26+	33:10+	36:19+	41:16+	43:51+	45:30+
01:52+	03:34+	02:25+	03:49+	03:26+	05:02+	02:23+	04:55+	05:44+	03:09-	04:57+	02:35+	01:39+
00:06+	00:49&	00:26#	00:45#	00:39#	01:18&	00:12+	00:38#	01:14&	00:18-	00:09+	00:18#	00:19#

<b>4</b>	<b>Susanne Baun</b>	<b>7</b>	<b>49:12</b>									
01:54+	05:04+	07:19+	12:37+	16:57+	22:04+	25:10+	30:57+	36:43+	40:04+	45:06+	47:30+	49:12+
01:54+	03:10+	02:15+	05:18+	04:20+	05:07+	04:20+	03:06+	05:47+	05:46+	03:21-	05:02+	02:24+
00:08+	00:25#	00:16#	02:14&	01:33&	01:23&	00:55&	01:30&	01:16&	00:06-	00:14+	00:07+	00:22&

<b>5</b>	<b>Pia Gade</b>	<b>25</b>	<b>50:16</b>									
02:11+	05:35+	08:07+	12:10+	16:15+	20:32+	23:46+	28:58+	35:16+	39:33+	45:57+	48:49+	50:16+
02:11+	03:24+	02:32+	04:03+	04:05+	04:17+	03:14+	05:12+	06:18+	04:17+	06:24+	02:52+	01:27+
00:25#	00:39#	00:33&	00:59&	01:18&	00:33#	01:03&	00:55#	01:48&	00:50#	01:36&	00:35&	00:07+

<b>6</b>	<b>Charlotte Vibeke Olesen</b>	<b>8</b>	<b>51:53</b>									
02:06+	05:11+	07:38+	11:47+	16:04+	19:50+	22:52+	30:09+	37:04+	41:01+	46:53+	50:09+	51:53+
02:06+	03:05+	02:27+	04:09+	04:17+	03:46+	03:02+	07:17+	06:55+	03:57+	05:52+	03:16+	01:44+
00:20#	00:20#	00:28#	01:05&	01:30&	00:02+	00:51&	03:00&	02:25&	00:30#	01:04#	00:59&	00:24&

<b>7</b>	<b>Ann Dorrit Hansen</b>	<b>13</b>	<b>52:27</b>									
02:04+	06:11+	08:56+	13:34+	17:32+	21:40+	24:40+	30:28+	36:42+	41:32+	47:51+	50:42+	52:27+
02:04+	04:07+	02:45+	04:38+	03:58+	04:08+	03:00+	05:48+	06:14+	04:50+	06:19+	02:51+	01:45+
00:18#	01:22&	00:46&	01:34&	01:11&	00:24#	00:49&	01:31&	01:44&	01:23&	01:31&	00:34#	00:25&

<b>8</b>	<b>Gjermansen Gunner</b>	<b>7</b>	<b>1:01:31</b>									
02:13+	06:26+	09:25+	13:40+	17:03+	20:51+	23:32+	32:48+	45:45+	49:15+	55:44+	59:31+	61:31+
02:13+	04:13+	02:59+	04:15+	03:23+	03:48+	02:41+	09:16+	12:57+	03:30+	06:29+	03:47+	02:00+
00:27&	01:28&	01:00&	01:11&	00:36#	00:04+	00:30#	04:59@	08:27@	00:03+	01:41&	01:30&	00:40&

<b>9</b>	<b>Kristensen Asger</b>	<b>6</b>	<b>1:02:38</b>										
02:38+	07:06+	10:10+	12:28+	16:07+	19:14+	23:28+	26:30+	33:50+	41:36+	46:39+	55:48+	60:08+	62:38+
02:38+	04:28+	03:04+	02:18-	03:39+	03:07-	04:14+	03:02-	07:20+	07:46+	05:03+	09:09+	04:20+	02:30+
00:52&	01:43&	01:05&	00:46-	00:52&	00:37-	02:03&	01:15-	02:50&	04:19@	00:15+	06:52@	03:00@	02:30+



### B6 3,5km

**10 Baun Tage 7 1:04:59**

02:00+	06:05+	09:27+	13:57+	17:07+	21:44+	24:43+	31:59+	39:45+	47:51+	56:54+	61:32+	64:59+
02:00+	04:05+	03:22+	04:30+	03:10+	04:37+	02:59+	07:16+	07:46+	08:06+	09:03+	04:38+	03:27+
00:14#	01:20&	01:23&	01:26&	00:23#	00:53#	00:48&	02:59&	03:16&	04:39@	04:15&	02:21@	02:07@

**11 Nielsen Palle Møller 12 1:11:37**

02:53+	07:34+	11:05+	16:23+	22:19+	27:50+	31:51+	39:15+	48:39+	55:47+	64:06+	68:50+	71:37+
02:53+	04:41+	03:31+	05:18+	05:56+	05:31+	04:01+	07:24+	09:24+	07:08+	08:19+	04:44+	02:47+
02:53+	04:41+	03:31+	05:18+	05:56+	05:31+	04:01+	07:24+	09:24+	07:08+	08:19+	04:44+	02:47+

#### Beste stræktid for klassen

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

### MTBO20km

**1 Skovsgaard Jacob Navet 1:44:08**

01:04=	02:41=	05:49=	08:43=	14:08=	18:02=	24:41=	29:34=	36:51=	45:28=	48:46=	52:19=	59:33=	69:44=	76:02=	82:18=	89:38=	100:07=	104:08=
01:04=	01:37=	03:08=	02:54=	05:25=	03:54=	06:39=	04:53=	07:17=	08:37=	03:18=	03:33=	07:14=	10:11=	06:18=	06:16=	07:20=	10:29=	04:01=
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=	00:00=

**2 Jakob Holm OK PAN 1:51:38**

01:20+	03:26+	08:15+	12:24+	17:54+	23:03+	29:19+	34:27+	42:29+	52:11+	56:02+	59:13+	65:56+	75:58+	83:17+	88:09+	96:26+	108:21+	111:38+
01:20+	02:06+	04:49+	04:09+	05:30+	05:09+	06:16-	05:08+	08:02+	09:42+	03:51+	03:11-	06:43-	10:02-	07:19+	04:52-	08:17+	11:55+	03:17-
00:16#	00:29&	01:41&	01:15&	00:05+	01:15&	00:23-	00:15+	00:45#	01:05#	00:33#	00:22-	00:31-	00:09-	01:01#	01:24-	00:57#	01:26#	00:44-

#### Beste stræktid for klassen

01:04	01:37	03:08	02:54	05:25	03:54	06:16	04:53	07:17	08:37	03:18	03:11	06:43	10:02	06:18	04:52	07:20	10:29	03:17
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.