

4

4	Christian L Rasmussen	Karok 8km	1:00:37																		
01:39	08:31	11:10	14:39	15:42	16:32	18:16	20:38	24:10	27:43	29:08	31:09	32:19	34:19	38:39	40:06	42:42	47:23	51:45	55:46	59:24	60:37
01:39	06:52	02:39	03:29	01:03	00:50	01:44	02:22	03:32	03:33	01:25	02:01	01:10	02:00	04:20	01:27	02:36	04:41	04:22	04:01	03:38	01:13
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

6	Kim Gottlieb	4 8km	1:07:28																		
02:03	09:43	12:24	16:10	17:08	18:09	20:17	22:41	26:44	30:52	34:14	36:23	37:32	39:42	44:40	46:07	48:48	53:35	59:22	63:07	66:04	67:28
02:03	07:40	02:41	03:46	00:58	01:01	02:08	02:24	04:03	04:08	03:22	02:09	01:09	02:10	04:58	01:27	02:41	04:47	05:47	03:45	02:57	01:24
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

7	Sven Madsen	14 8km	1:07:39																		
02:01	09:18	12:14	16:09	17:09	18:06	20:15	22:52	27:06	32:18	34:16	36:29	37:38	40:02	44:45	46:23	49:26	54:37	59:10	63:04	66:12	67:39
02:01	07:17	02:56	03:55	01:00	00:57	02:09	02:37	04:14	05:12	01:58	02:13	01:09	02:24	04:43	01:38	03:03	05:11	04:33	03:54	03:08	01:27
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

8	Rasmus Møller	15 8km	1:07:55																		
01:54	09:45	12:35	16:34	17:26	18:26	20:32	23:09	27:30	32:44	34:41	37:04	38:21	40:27	45:10	46:52	49:47	54:44	59:54	63:27	66:27	67:55
01:54	07:51	02:50	03:59	00:52	01:00	02:06	02:37	04:21	05:14	01:57	02:23	01:17	02:06	04:43	01:42	02:55	04:57	05:10	03:33	03:00	01:28
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

10	Jens Ozol	17 8km	1:14:07																		
01:56	10:32	13:26	17:49	18:44	19:43	22:11	25:10	29:41	35:05	37:02	39:30	40:48	43:11	47:43	49:31	52:35	58:31	64:22	69:15	72:39	74:07
01:56	08:36	02:54	04:23	00:55	00:59	02:28	02:59	04:31	05:24	01:57	02:28	01:18	02:23	04:32	01:48	03:04	05:56	05:51	04:53	03:24	01:28
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

11	Elise Utzen Keller	5 8km	1:20:19																		
02:03	10:54	13:46	18:33	19:32	20:30	22:30	25:04	29:09	34:12	43:58	47:00	48:44	50:59	56:08	58:13	61:18	66:53	72:02	76:17	79:07	80:19
02:03	08:51	02:52	04:47	00:59	00:58	02:00	02:34	04:05	05:03	09:46	03:02	01:44	02:15	05:09	02:05	03:05	05:35	05:09	04:15	02:50	01:12
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

12	Lau Sørensen	Karok 8km	1:20:25																		
01:52	09:21	13:51	18:21	19:19	20:24	22:25	25:42	29:44	35:38	40:15	42:50	44:03	46:22	50:44	52:41	55:57	61:56	70:53	76:21	79:06	80:25
01:52	07:29	04:30	04:30	00:58	01:05	02:01	03:17	04:02	05:54	04:37	02:35	01:13	02:19	04:22	01:57	03:16	05:59	08:57	05:28	02:45	01:19
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

13	Susanne Kristensen	4 8km	1:21:03																		
02:02	10:09	13:20	18:33	19:37	20:43	23:31	27:01	31:40	36:18	42:49	45:23	47:10	49:24	53:21	55:11	59:08	67:34	71:28	76:44	79:44	81:03
02:02	08:07	03:11	05:13	01:04	01:06	02:48	03:30	04:39	04:38	06:31	02:34	01:47	02:14	03:57	01:50	03:57	08:26	03:54	05:16	03:00	01:19
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

14	Kirsten Elisabet Andersen	Karok 8km	1:21:40																		
02:06	11:12	15:02	20:11	21:24	22:43	25:29	28:50	33:55	39:12	41:51	44:54	46:17	49:04	54:00	55:45	59:16	66:19	71:26	76:48	80:08	81:40
02:06	09:06	03:50	05:09	01:13	01:19	02:46	03:21	05:05	05:17	02:39	03:03	01:23	02:47	04:56	01:45	03:31	07:03	05:07	05:22	03:20	01:32
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

15	Gert Bertel	Karok 8km	1:21:42																		
02:01	11:16	14:56	20:13	21:28	22:47	25:26	28:45	34:04	39:08	42:02	44:49	46:27	49:02	53:56	55:44	59:10	66:01	71:39	76:30	80:05	81:42
02:01	09:15	03:40	05:17	01:15	01:19	02:39	03:19	05:19	05:04	02:54	02:47	01:38	02:35	04:54	01:48	03:26	06:51	05:38	04:51	03:35	01:37
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

16	Jesper Dalby Sønderup	13 8km	1:24:44																		
02:02	10:10	13:06	17:32	19:33	20:33	22:30	25:50	30:20	35:18	42:40	45:18	47:22	49:35	54:14	56:03	59:47	66:49	75:08	79:49	83:08	84:44
02:02	08:08	02:56	04:26	02:01	01:00	01:57	03:20	04:30	04:58	07:22	02:38	02:04	02:13	04:39	01:49	03:44	07:02	08:19	04:41	03:19	01:36
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

17	Erik Ljungdahl	3 8km	1:28:35																		
02:18	10:54	15:07	20:00	21:07	22:12	24:47	27:43	32:47	37:31	39:26	42:22	43:55	46:33	51:47	53:32	56:38	62:42	71:21	76:06	86:57	88:35
02:18	08:36	04:13	04:53	01:07	01:05	02:35	02:56	05:04	04:44	01:55	02:56	01:33	02:38	05:14	01:45	03:06	06:04	08:39	04:45	10:51	01:38
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

Class	Navn	Klub Klasse															Tid
5																	
1	Karsten Kristiansen	17 5km															41:26
	01:52	04:37	06:29	08:17	12:56	15:19	17:19	18:15	19:08	22:31	25:21	26:59	32:04	34:50	38:14	39:43	41:26
	01:52	02:45	01:52	01:48	04:39	02:23	02:00	00:56	00:53	03:23	02:50	01:38	05:05	02:46	03:24	01:29	01:43
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
2	Keld Gade	19 5km															41:35
	01:47	04:24	06:15	08:09	12:12	15:52	18:05	18:50	19:46	23:13	26:02	27:35	33:00	35:32	38:39	40:07	41:35
	01:47	02:37	01:51	01:54	04:03	03:40	02:13	00:45	00:56	03:27	02:49	01:33	05:25	02:32	03:07	01:28	01:28
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
3	Søren Elkjær	19 5km															44:00
	02:01	04:42	06:28	08:20	13:14	15:33	17:36	18:23	19:15	23:19	26:15	28:16	34:01	37:17	40:48	42:22	44:00
	02:01	02:41	01:46	01:52	04:54	02:19	02:03	00:47	00:52	04:04	02:56	02:01	05:45	03:16	03:31	01:34	01:38
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
4	Kai Hesselberg	Karok 5km															46:02
	04:37	07:30	09:29	11:52	16:54	19:29	21:42	22:41	23:36	27:14	30:04	31:51	36:45	39:30	42:45	44:14	46:02
	04:37	02:53	01:59	02:23	05:02	02:35	02:13	00:59	00:55	03:38	02:50	01:47	04:54	02:45	03:15	01:29	01:48
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
5	Lene Bejer Damgaard	19 5km															47:05
	02:11	05:08	07:02	08:53	13:50	16:25	19:06	20:00	21:01	25:13	28:17	30:08	36:29	39:35	43:35	45:16	47:05
	02:11	02:57	01:54	01:51	04:57	02:35	02:41	00:54	01:01	04:12	03:04	01:51	06:21	03:06	04:00	01:41	01:49
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
6	Britt Hermanrud	17 5km															48:09
	02:18	05:26	07:34	09:39	15:08	18:00	20:28	21:28	22:25	26:23	30:30	32:44	38:49	41:31	44:43	46:18	48:09
	02:18	03:08	02:08	02:05	05:29	02:52	02:28	01:00	00:57	03:58	04:07	02:14	06:05	02:42	03:12	01:35	01:51
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
7	Poul Erik Buch	12 5km															48:09
	02:06	05:07	07:12	09:23	14:16	16:58	19:29	20:24	21:23	25:50	29:57	31:44	37:46	40:49	44:39	46:19	48:09
	02:06	03:01	02:05	02:11	04:53	02:42	02:31	00:55	00:59	04:27	04:07	01:47	06:02	03:03	03:50	01:40	01:50
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
8	Lene Stick Nielsen	19 5km															50:10
	05:13	08:02	10:48	11:47	12:46	17:04	20:50	22:50	29:22	32:33	37:01	38:59	40:44				
	05:13	02:49	02:46	00:59	00:59	04:18	03:46	02:00	06:32	03:11	04:28	01:58	01:45				
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+				
9	Bettina Gjedde	7 5km															50:12
	02:12	05:20	07:23	09:20	14:21	16:59	19:33	20:30	21:34	26:15	30:24	32:13	38:51	41:52	46:27	48:25	50:12
	02:12	03:08	02:03	01:57	05:01	02:38	02:34	00:57	01:04	04:41	04:09	01:49	06:38	03:01	04:35	01:58	01:47
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
10	Stig Barrett	19 5km															51:53
	02:12	05:11	07:11	09:02	14:23	17:59	21:02	22:03	23:11	27:54	32:02	34:03	42:10	45:15	48:46	50:16	51:53
	02:12	02:59	02:00	01:51	05:21	03:36	03:03	01:01	01:08	04:43	04:08	02:01	08:07	03:05	03:31	01:30	01:37
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
11	Hans Aage Hvalsøe Hansen	2 5km															52:10
	02:03	05:10	07:11	09:23	14:58	18:23	21:13	22:20	23:26	28:12	31:59	34:04	40:37	44:09	48:30	50:25	52:10
	02:03	03:07	02:01	02:12	05:35	03:25	02:50	01:07	01:06	04:46	03:47	02:05	06:33	03:32	04:21	01:55	01:45
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
12	Kurt Finn Petersen	2 5km															52:39
	02:39	06:04	08:23	10:19	15:48	19:13	22:00	23:06	24:13	28:58	34:52	41:10	44:46	48:55	50:45	52:39	
	02:39	03:25	02:19	01:56	05:29	03:25	02:47	01:06	01:07	04:45	05:54	06:18	03:36	04:09	01:50	01:54	
	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	

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13	Carl Malling	15 5km														54:08
02:16	05:35	07:40	09:47	15:17	18:54	21:44	22:44	23:49	28:51	32:42	34:48	41:46	45:11	49:49	51:57	54:08
02:16	03:19	02:05	02:07	05:30	03:37	02:50	01:00	01:05	05:02	03:51	02:06	06:58	03:25	04:38	02:08	02:11
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

14	Marie Sørensen	Karok 5km														55:34
02:18	05:21	07:31	09:43	16:28	19:43	22:37	23:42	24:34	29:31	34:35	36:47	43:43	47:28	51:46	53:54	55:34
02:18	03:03	02:10	02:12	06:45	03:15	02:54	01:05	00:52	04:57	05:04	02:12	06:56	03:45	04:18	02:08	01:40
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

15	Søren Søgaard Nielsen	4 5km														56:07
02:18	05:40	07:54	10:35	17:19	20:18	23:12	24:17	25:32	30:54	35:12	37:42	44:58	48:26	52:30	54:18	56:07
02:18	03:22	02:14	02:41	06:44	02:59	02:54	01:05	01:15	05:22	04:18	02:30	07:16	03:28	04:04	01:48	01:49
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

16	Kaj Kaspersen	4 5km														56:15
02:39	06:32	08:56	11:13	18:19	20:51	23:36	24:56	26:09	30:35	35:48	37:55	44:37	47:57	52:23	54:09	56:15
02:39	03:53	02:24	02:17	07:06	02:32	02:45	01:20	01:13	04:26	05:13	02:07	06:42	03:20	04:26	01:46	02:06
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

17	Lucia Aagaard	4 5km														56:19
02:37	06:31	09:01	11:12	18:19	20:50	23:36	24:55	26:09	30:34	35:25	37:55	44:36	48:03	52:22	54:14	56:19
02:37	03:54	02:30	02:11	07:07	02:31	02:46	01:19	01:14	04:25	04:51	02:30	06:41	03:27	04:19	01:52	02:05
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

18	Gitte Isen	4 5km														56:35
02:31	05:59	08:23	11:02	17:32	20:47	23:47	24:47	26:00	31:05	35:46	38:05	45:00	48:23	52:40	54:35	56:35
02:31	03:28	02:24	02:39	06:30	03:15	03:00	01:00	01:13	05:05	04:41	02:19	06:55	03:23	04:17	01:55	02:00
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

19	Torben Hansen	11 5km														56:44
02:13	05:40	07:55	10:26	16:42	19:46	22:59	23:54	25:06	30:11	35:25	37:48	44:34	48:07	52:39	54:45	56:44
02:13	03:27	02:15	02:31	06:16	03:04	03:13	00:55	01:12	05:05	05:14	02:23	06:46	03:33	04:32	02:06	01:59
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

20	Nina Jacobsen	17 5km														1:02:38
02:11	05:21	08:28	11:05	16:59	19:38	22:19	23:13	24:16	28:59	33:50	35:48	41:54	45:06	59:15	60:58	62:38
02:11	03:10	03:07	02:37	05:54	02:39	02:41	00:54	01:03	04:43	04:51	01:58	06:06	03:12	14:09	01:43	01:40
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

21	Niels Møller Petersen	11 5km														1:04:13
02:25	05:59	08:22	11:28	18:00	20:44	23:37	24:51	26:14	31:48	35:36	38:06	45:58	49:50	59:43	62:03	64:13
02:25	03:34	02:23	03:06	06:32	02:44	02:53	01:14	01:23	05:34	03:48	02:30	07:52	03:52	09:53	02:20	02:10
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

22	Helle Nikkel	19 5km														1:05:00
02:26	06:02	08:29	11:17	18:18	21:13	24:16	25:22	26:42	33:04	37:23	40:21	48:30	55:05	60:31	62:53	65:00
02:26	03:36	02:27	02:48	07:01	02:55	03:03	01:06	01:20	06:22	04:19	02:58	08:09	06:35	05:26	02:22	02:07
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

23	Susanne Høiberg	17 5km														1:09:43
02:52	06:50	10:21	13:48	21:50	25:08	28:39	29:55	31:25	37:50	42:32	45:49	54:33	59:15	64:35	67:11	69:43
02:52	03:58	03:31	03:27	08:02	03:18	03:31	01:16	01:30	06:25	04:42	03:17	08:44	04:42	05:20	02:36	02:32
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

24	Birgitte Bach	19 5km														1:16:04
02:59	06:57	10:00	13:13	20:56	25:55	29:41	31:09	32:41	39:20	45:25	51:50	61:17	65:51	71:08	73:45	76:04
02:59	03:58	03:03	03:13	07:43	04:59	03:46	01:28	01:32	06:39	06:05	06:25	09:27	04:34	05:17	02:37	02:19
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+

Class	Navn	Klub Klasse	Tid													
5																
25	Anni Sørensen	Karok 5km	1:16:24													
02:53	06:53	09:35	13:10	20:47	24:26	28:13	29:28	30:56	37:10	43:37	50:36	60:27	65:38	71:37	73:58	76:24
02:53	04:00	02:42	03:35	07:37	03:39	03:47	01:15	01:28	06:14	06:27	06:59	09:51	05:11	05:59	02:21	02:26
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
26	Ole Thy	Rsok 5km	1:16:39													
02:50	07:02	10:09	13:00	20:29	25:50	29:37	31:07	32:42	39:19	45:05	50:24	60:07	65:16	71:13	74:05	76:39
02:50	04:12	03:07	02:51	07:29	05:21	03:47	01:30	01:35	06:37	05:46	05:19	09:43	05:09	05:57	02:52	02:34
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
27	Holger Mikkelsen	9 5km	1:35:52													
03:06	07:26	10:31	14:06	22:50	30:10	35:20	37:13	39:11	46:25	51:22	60:03	72:24	77:56	89:54	92:43	95:52
03:06	04:20	03:05	03:35	08:44	07:20	05:10	01:53	01:58	07:14	04:57	08:41	12:21	05:32	11:58	02:49	03:09
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+
6																
1	Jørgen Münster-Swendsen	17 3,5km	34:59													
01:42	05:40	07:43	11:33	13:38	17:47	23:05	25:33	27:59	33:18	34:59						
01:42	03:58	02:03	03:50	02:05	04:09	05:18	02:28	02:26	05:19	01:41						
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+						
2	Carsten Helligsø	Karok 3,5km	36:39													
01:37	05:45	07:59	12:47	15:02	19:52	24:14	26:27	29:33	34:51	36:39						
01:37	04:08	02:14	04:48	02:15	04:50	04:22	02:13	03:06	05:18	01:48						
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+						
3	Max Hansen	10 3,5km	40:10													
01:47	06:17	09:15	14:25	16:59	22:24	26:51	29:16	32:07	37:54	40:10						
01:47	04:30	02:58	05:10	02:34	05:25	04:27	02:25	02:51	05:47	02:16						
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+						
4	Pia Gade	19 3,5km	43:57													
01:49	06:23	09:21	14:38	17:31	23:39	29:12	32:43	36:09	42:02	43:57						
01:49	04:34	02:58	05:17	02:53	06:08	05:33	03:31	03:26	05:53	01:55						
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+						
6	Svend Erik Skovsgaard	19 3,5km	52:08													
02:08	07:20	11:31	20:30	23:51	30:35	36:41	39:50	43:47	49:54	52:08						
02:08	05:12	04:11	08:59	03:21	06:44	06:06	03:09	03:57	06:07	02:14						
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+						
7	Frank Linde	Ok Pan 3,5km	57:11													
02:56	09:44	13:45	20:06	23:59	31:20	39:00	42:37	46:47	53:51	57:11						
02:56	06:48	04:01	06:21	03:53	07:21	07:40	03:37	04:10	07:04	03:20						
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+						
8	Palle Møller Nielsen	9 3,5km	1:25:34													
02:56	09:37	14:52	23:04	27:16	36:28	58:16	66:27	71:45	81:50	85:34						
02:56	06:41	05:15	08:12	04:12	09:12	21:48	08:11	05:18	10:05	03:44						
01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+	01:38+						