

Plads Navn Klasse

Tid

B1 24km

1 Rico Hejlskov Mogensen 8 2:20:43

01:39=	03:28=	05:21=	06:57=	12:19=	17:47=	23:25=	31:20=	35:05=	39:48=	43:41=	47:58=	50:16=	51:57=	53:24=	56:40=	60:34=	71:31=	76:17=	82:02=	87:37=	91:16=	95:40=	101:11=	110:33=	112:44=
01:39=	01:49=	01:53=	01:36=	05:22=	05:28=	05:38=	07:55=	03:45=	04:43=	03:53=	04:17=	02:18=	01:41=	01:27=	03:16=	03:54=	10:57=	04:46=	05:45=	05:35=	03:39=	04:24=	05:31=	09:22=	02:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
115:09=	117:28=	121:24=	125:50=	131:26=	136:01=	138:12=	139:45=	140:43=																	
02:25=	02:19=	03:56=	04:26=	05:36=	04:35=	02:11=	01:33=	00:58=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	

2 Michael Halberg 24 3:31:14

04:06+	08:20+	11:04+	13:52+	20:21+	28:36+	35:27+	46:35+	61:03+	66:30+	71:43+	74:54+	77:10+	79:25+	83:46+	88:53+	110:04+	115:21+	121:09+	129:04+	133:41+	139:52+	168:28+	171:16+	174:36+	177:54+
04:06+	04:14+	02:44+	02:48+	06:29+	08:15+	06:51+	11:08+	14:28+	05:27+	05:13+	03:11-	02:16-	02:15+	04:21+	05:07+	21:11+	05:17-	05:48+	07:55+	04:37-	06:11+	28:36+	02:48-	03:20-	03:18+
02:27@	02:25@	00:51&	01:12&	01:07#	02:47&	01:13#	03:13&	10:43@	00:44#	01:20&	01:06-	00:02-	00:34&	02:54@	01:51&	17:17@	05:40-	01:02#	02:10&	00:58-	02:32&	24:12@	02:43-	06:02-	01:07&
183:33+	189:23+	197:11+	204:08+	207:25+	209:40+	211:14+																			
05:39+	05:50+	07:48+	06:57+	03:17-	02:15-	01:34-																			
03:14@	03:31@	03:52&	02:31&	02:19-	02:20-	00:37-																			

3 Flemming J. Christensen 24 4:12:02

02:30+	07:12+	11:56+	14:59+	23:38+	31:03+	42:22+	56:00+	62:20+	69:43+	77:33+	84:15+	89:04+	93:08+	96:55+	104:43+	111:02+	132:06+	139:03+	146:45+	156:47+	163:10+	170:21+	182:28+	199:46+	203:28+
02:30+	04:42+	04:44+	03:03+	08:39+	07:25+	11:19+	13:38+	06:20+	07:23+	07:50+	06:42+	04:49+	04:04+	03:47+	07:48+	06:19+	21:04+	06:57+	07:42+	10:02+	06:23+	07:11+	12:07+	17:18+	03:42+
00:51&	02:53@	02:51@	01:27&	03:17&	01:57&	05:41@	05:43&	02:35&	02:40&	03:57@	02:25&	02:31@	02:23@	02:20@	04:32@	02:25&	10:07&	02:11&	01:57&	04:27&	02:44&	02:47&	06:36@	07:56&	01:31&
208:07+	212:13+	219:32+	226:38+	235:35+	244:33+	248:40+	250:46+	252:02+																	
04:39+	04:06+	07:19+	07:06+	08:57+	08:58+	04:07+	02:06+	01:16+																	
02:14&	01:47&	03:23&	02:40&	03:21&	04:23&	01:56&	00:33&	00:18&																	

4 Niels Jensen 14 4:54:18

03:00+	05:54+	09:06+	11:39+	15:37+	20:38+	28:27+	38:12+	52:29+	60:12+	68:58+	76:42+	83:38+	88:00+	91:06+	94:36+	103:26+	110:56+	139:49+	147:35+	157:33+	172:18+	181:48+	191:39+	212:18+	230:55+
03:00+	02:54+	03:12+	02:33+	03:58-	05:01-	07:49+	09:45+	14:17+	07:43+	08:46+	07:44+	06:56+	04:22+	03:06+	03:30+	08:50+	07:30-	28:53+	07:46+	09:58+	14:45+	09:30+	09:51+	20:39+	18:37+
01:21&	01:05&	01:19&	00:57&	01:24-	00:27-	02:11&	01:50#	10:32@	03:00&	04:53@	03:27&	04:38@	02:41@	01:39@	00:14+	04:56@	03:27-	24:07@	02:01&	04:23&	11:06@	05:06@	04:20&	11:17@	16:26@
235:29+	240:40+	245:30+	254:06+	262:42+	275:43+	285:30+	290:07+	292:51+	294:18+																
04:34+	05:11+	04:50+	08:36+	08:36+	13:01+	09:47+	04:37+	02:44+	01:27+																
02:09&	02:52@	00:54#	04:10&	03:00&	08:26@	07:36@	03:04@	01:46@	01:27+																

Beste stræktid for klassen

01:39 01:49 01:53 01:36 03:58 05:01 05:38 07:55 03:45 04:43 03:53 03:11 02:16 01:41 01:27 03:16 03:54 05:17 04:46 05:45 04:37 03:39 04:24 02:48 03:20 02:11 02:25 02:02

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

B2 19km

1 Bjarke Refslund Ok Pan 2:26:25

03:54=	07:52=	15:00=	16:53=	18:01=																						
03:54=	03:58=	07:08=	01:53=	01:08=																						
00:00=	00:00=	00:00=	00:00=	00:00=																						

2 Mathias Nyvang 26 2:37:17

04:16+	06:24+	08:43-	12:02-	17:28-	26:26+	39:54+	44:20+	48:58+	50:49+	53:04+	59:28+	66:53+	81:01+	86:25+	92:27+	99:51+	102:33+	106:18+	109:24+	114:42+	120:45+	129:44+	136:00+	140:22+	144:57+	
04:16+	02:08-	02:19-	03:19+	05:26+	08:58+	13:28+	04:26+	04:38+	01:51+	02:15+	06:24+	07:25+	14:08+	05:24+	06:02+	07:24+	02:42+	03:45+	03:06+	05:18+	06:03+	08:59+	06:16+	04:22+	04:35+	
00:22+	01:50-	04:49-	01:26&	04:18@	08:58+	13:28+	04:26+	04:38+	01:51+	02:15+	06:24+	07:25+	14:08+	05:24+	06:02+	07:24+	02:42+	03:45+	03:06+	05:18+	06:03+	08:59+	06:16+	04:22+	04:35+	
154:10+	156:09+	157:17+																								
09:13+	01:59+	01:08+																								
09:13+	01:59+	01:08+																								

Class	Navn	Klasse	Tid
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B2 19km

3	Caroline Gjøtterup	2	2:44:30																						
04:01+	07:28-	09:30-	15:33-	20:16+	26:01+	42:46+	50:05+	55:27+	57:18+	59:39+	66:08+	83:19+	94:01+	99:16+	106:03+	113:13+	116:14+	119:33+	122:43+	128:02+	133:23+	139:47+	146:00+	150:17+	154:20+
04:01+	03:27-	02:02-	06:03+	04:43+	05:45+	16:45+	07:19+	05:22+	01:51+	02:21+	06:29+	17:11+	10:42+	05:15+	06:47+	07:10+	03:01+	03:19+	03:10+	05:19+	05:21+	06:24+	06:13+	04:17+	04:03+
00:07+	00:31-	05:06-	04:10@	03:35@	05:45+	16:45+	07:19+	05:22+	01:51+	02:21+	06:29+	17:11+	10:42+	05:15+	06:47+	07:10+	03:01+	03:19+	03:10+	05:19+	05:21+	06:24+	06:13+	04:17+	04:03+
161:31+	163:23+	164:30+																							
07:11+	01:52+	01:07+																							
07:11+	01:52+	01:07+																							

4	Thorkild Jensen	22	2:58:28																						
02:47+	06:54+	09:13+	12:22+	17:24+	23:58+	44:19+	48:24+	53:50+	56:10+	58:49+	67:01+	74:49+	88:18+	96:34+	103:02+	112:49+	116:40+	120:29+	124:21+	130:34+	137:05+	145:08+	152:46+	166:40+	175:22+
02:47+	04:07+	02:19+	03:09+	05:02+	06:34+	20:21+	04:05+	05:26+	02:20+	02:39+	08:12+	07:48+	13:29+	08:16+	06:28+	09:47+	03:51+	03:49+	03:52+	06:13+	06:31+	08:03+	07:38+	13:54+	08:42+
02:47+	04:07+	02:19+	03:09+	05:02+	06:34+	20:21+	04:05+	05:26+	02:20+	02:39+	08:12+	07:48+	13:29+	08:16+	06:28+	09:47+	03:51+	03:49+	03:52+	06:13+	06:31+	08:03+	07:38+	13:54+	08:42+
177:23+	178:28+																								
02:01+	01:05+																								
02:01+	01:05+																								

5	Johnny Skovsgaard	19	3:23:50																						
04:02+	07:50+	11:26+	15:29+	20:06+	27:46+	46:40+	51:35+	56:55+	60:01+	63:31+	70:49+	78:49+	90:59+	97:18+	105:33+	120:26+	123:20+	128:49+	132:34+	140:55+	148:59+	160:51+	172:14+	191:05+	200:47+
04:02+	03:48+	03:36+	04:03+	04:37+	07:40+	18:54+	04:55+	05:20+	03:06+	03:30+	07:18+	08:00+	12:10+	06:19+	08:15+	14:53+	02:54+	05:29+	03:45+	08:21+	08:04+	11:52+	11:23+	18:51+	09:42+
04:02+	03:48+	03:36+	04:03+	04:37+	07:40+	18:54+	04:55+	05:20+	03:06+	03:30+	07:18+	08:00+	12:10+	06:19+	08:15+	14:53+	02:54+	05:29+	03:45+	08:21+	08:04+	11:52+	11:23+	18:51+	09:42+
202:43+	203:50+																								
01:56+	01:07+																								
01:56+	01:07+																								

6	Jonas Lassen	18	3:38:36																						
06:24+	09:55+	12:48+	16:25+	22:10+	29:59+	53:48+	59:28+	67:17+	70:11+	73:10+	82:01+	93:33+	110:35+	116:42+	124:54+	135:09+	138:31+	144:05+	147:55+	154:54+	161:42+	171:49+	181:11+	206:21+	215:46+
06:24+	03:31+	02:53+	03:37+	05:45+	07:49+	23:49+	05:40+	07:49+	02:54+	02:59+	08:51+	11:32+	17:02+	06:07+	08:12+	10:15+	03:22+	05:34+	03:50+	06:59+	06:48+	10:07+	09:22+	25:10+	09:25+
06:24+	03:31+	02:53+	03:37+	05:45+	07:49+	23:49+	05:40+	07:49+	02:54+	02:59+	08:51+	11:32+	17:02+	06:07+	08:12+	10:15+	03:22+	05:34+	03:50+	06:59+	06:48+	10:07+	09:22+	25:10+	09:25+
217:38+	218:36+																								
01:52+	00:58+																								
01:52+	00:58+																								

7	Johan Nielsen	NOTEAM	3:57:32																						
04:12+	07:31+	14:09+	18:49+	24:56+	33:58+	54:38+	60:47+	68:00+	70:39+	73:30+	81:32+	88:43+	116:49+	123:56+	132:01+	143:36+	148:11+	158:39+	163:11+	170:58+	178:38+	188:51+	199:49+	233:10+	235:58+
04:12+	03:19+	06:38+	04:40+	06:07+	09:02+	20:40+	06:09+	07:13+	02:39+	02:51+	08:02+	07:11+	28:06+	07:07+	08:05+	11:35+	04:35+	10:28+	04:32+	07:47+	07:40+	10:13+	10:58+	33:21+	02:48+
04:12+	03:19+	06:38+	04:40+	06:07+	09:02+	20:40+	06:09+	07:13+	02:39+	02:51+	08:02+	07:11+	28:06+	07:07+	08:05+	11:35+	04:35+	10:28+	04:32+	07:47+	07:40+	10:13+	10:58+	33:21+	02:48+
237:32+																									
01:34+																									
01:34+																									

Beste stræktid for klassen

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

B3 14km

1	Giacomo Schmidt	24	1:24:21																						
05:13=	08:56=	12:27=	18:36=	24:25=	31:12=	33:32=	35:34=	39:11=	42:38=	47:03=	51:47=	60:19=	64:39=	69:05=	74:13=	80:05=	82:11=	83:35=	84:21=						
05:13=	03:43=	03:31=	06:09=	05:49=	06:47=	02:20=	02:02=	03:37=	03:27=	04:25=	04:44=	08:32=	04:20=	04:26=	05:08=	05:52=	02:06=	01:24=	00:46=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Thomas Blok	19	1:27:43																						
04:50-	08:44-	12:15-	18:48+	24:36+	31:55+	34:19+	36:27+	40:05+	43:48+	48:56+	53:22+	62:28+	67:01+	71:26+	77:39+	82:48+	85:04+	86:44+	87:43+						
04:50-	03:54+	03:31=	06:33+	05:48-	07:19+	02:24+	02:08+	03:38+	03:43+	05:08+	04:26-	09:06+	04:33+	04:25-	06:13+	05:09-	02:16+	01:40+	00:59+						
00:23-	00:11+	00:00=	00:24+	00:01-	00:32+	00:04+	00:06+	00:01+	00:16+	00:43#	00:18-	00:34+	00:13+	00:01-	01:05#	00:43-	00:10+	00:16#	00:13&						

Class Navn Klasse Tid

B3 14km

3 Kristian Blok 19 1:30:37
05:43+ 09:42+ 13:22+ 18:32- 24:37+ 33:34+ 36:14+ 38:40+ 42:43+ 46:37+ 51:38+ 56:23+ 65:11+ 69:41+ 74:21+ 80:29+ 85:31+ 87:47+ 89:39+ 90:37+
05:43+ 03:59+ 03:40+ 05:10- 06:05+ 08:57+ 02:40+ 02:26+ 04:03+ 03:54+ 05:01+ 04:45+ 08:48+ 04:30+ 04:40+ 06:08+ 05:02- 02:16+ 01:52+ 00:58+
00:30+ 00:16+ 00:09+ 00:59- 00:16+ 02:10& 00:20# 00:24# 00:26# 00:27# 00:36# 00:01+ 00:16+ 00:10+ 00:14+ 01:00# 00:50- 00:10+ 00:28& 00:12&

4 Asbjørn Finger-Grøn 24 1:37:07
05:24+ 09:39+ 13:26+ 18:49+ 25:54+ 34:39+ 37:50+ 40:10+ 44:18+ 49:28+ 55:24+ 61:01+ 70:16+ 75:10+ 80:22+ 86:17+ 91:36+ 94:12+ 96:06+ 97:07+
05:24+ 04:15+ 03:47+ 05:23+ 07:05+ 08:45+ 03:11+ 02:20+ 04:08+ 05:10+ 05:56+ 05:37+ 09:15+ 04:54+ 05:12+ 05:55+ 05:19+ 02:36+ 01:54+ 01:01+
05:24+ 04:15+ 03:47+ 05:23+ 07:05+ 08:45+ 03:11+ 02:20+ 04:08+ 05:10+ 05:56+ 05:37+ 09:15+ 04:54+ 05:12+ 05:55+ 05:19+ 02:36+ 01:54+ 01:01+

5 Morten Finger-Grøn 24 1:37:13
05:27+ 09:49+ 13:33+ 19:08+ 25:57+ 34:47+ 37:59+ 40:16+ 44:20+ 49:52+ 55:31+ 61:08+ 70:30+ 75:26+ 80:33+ 86:25+ 91:51+ 94:23+ 96:12+ 97:13+
05:27+ 04:22+ 03:44+ 05:35+ 06:49+ 08:50+ 03:12+ 02:17+ 04:04+ 05:32+ 05:39+ 05:37+ 09:22+ 04:56+ 05:07+ 05:52+ 05:26+ 02:32+ 01:49+ 01:01+
05:27+ 04:22+ 03:44+ 05:35+ 06:49+ 08:50+ 03:12+ 02:17+ 04:04+ 05:32+ 05:39+ 05:37+ 09:22+ 04:56+ 05:07+ 05:52+ 05:26+ 02:32+ 01:49+ 01:01+

6 Kent Kragh Ok Pan 1:40:40
06:40+ 11:18+ 15:36+ 20:57+ 28:07+ 36:51+ 39:33+ 41:53+ 47:50+ 51:23+ 57:19+ 63:37+ 73:19+ 78:31+ 83:47+ 89:47+ 95:24+ 97:52+ 99:36+ 100:40+
06:40+ 04:38+ 04:18+ 05:21+ 07:10+ 08:44+ 02:42+ 02:20+ 05:57+ 03:33+ 05:56+ 06:18+ 09:42+ 05:12+ 05:16+ 06:00+ 05:37+ 02:28+ 01:44+ 01:04+
06:40+ 04:38+ 04:18+ 05:21+ 07:10+ 08:44+ 02:42+ 02:20+ 05:57+ 03:33+ 05:56+ 06:18+ 09:42+ 05:12+ 05:16+ 06:00+ 05:37+ 02:28+ 01:44+ 01:04+

7 Christian Valbak 24 1:43:47
06:30+ 11:26+ 15:39+ 22:53+ 30:17+ 39:25+ 41:55+ 44:42+ 49:06+ 53:41+ 59:36+ 65:53+ 75:00+ 80:13+ 85:27+ 91:51+ 98:10+ 101:04+ 102:50+ 103:47+
06:30+ 04:56+ 04:13+ 07:14+ 07:24+ 09:08+ 02:30+ 02:47+ 04:24+ 04:35+ 05:55+ 06:17+ 09:07+ 05:13+ 05:14+ 06:24+ 06:19+ 02:54+ 01:46+ 00:57+
06:30+ 04:56+ 04:13+ 07:14+ 07:24+ 09:08+ 02:30+ 02:47+ 04:24+ 04:35+ 05:55+ 06:17+ 09:07+ 05:13+ 05:14+ 06:24+ 06:19+ 02:54+ 01:46+ 00:57+

8 Anders Byrdal 26 1:50:55
06:53+ 12:05+ 16:49+ 23:16+ 31:01+ 40:32+ 43:30+ 46:11+ 50:58+ 56:01+ 62:26+ 68:46+ 79:46+ 85:34+ 90:54+ 98:16+ 104:46+ 107:52+ 109:48+ 110:55+
06:53+ 05:12+ 04:44+ 06:27+ 07:45+ 09:31+ 02:58+ 02:41+ 04:47+ 05:03+ 06:25+ 06:20+ 11:00+ 05:48+ 05:20+ 07:22+ 06:30+ 03:06+ 01:56+ 01:07+
06:53+ 05:12+ 04:44+ 06:27+ 07:45+ 09:31+ 02:58+ 02:41+ 04:47+ 05:03+ 06:25+ 06:20+ 11:00+ 05:48+ 05:20+ 07:22+ 06:30+ 03:06+ 01:56+ 01:07+

9 Michael Filyo 24 1:55:17
06:40+ 12:26+ 18:03+ 24:13+ 32:08+ 42:19+ 45:59+ 48:38+ 55:12+ 59:59+ 66:22+ 71:57+ 83:00+ 89:10+ 95:18+ 102:33+ 109:06+ 112:07+ 114:04+ 115:17+
06:40+ 05:46+ 05:37+ 06:10+ 07:55+ 10:11+ 03:40+ 02:39+ 06:34+ 04:47+ 06:23+ 05:35+ 11:03+ 06:10+ 06:08+ 07:15+ 06:33+ 03:01+ 01:57+ 01:13+
06:40+ 05:46+ 05:37+ 06:10+ 07:55+ 10:11+ 03:40+ 02:39+ 06:34+ 04:47+ 06:23+ 05:35+ 11:03+ 06:10+ 06:08+ 07:15+ 06:33+ 03:01+ 01:57+ 01:13+

10 Anton Hansen 24 2:10:08
06:09+ 11:50+ 17:13+ 25:12+ 33:40+ 45:06+ 49:01+ 52:52+ 58:30+ 64:03+ 71:10+ 78:42+ 90:39+ 97:37+ 105:43+ 113:58+ 122:26+ 125:58+ 128:42+ 130:08+
06:09+ 05:41+ 05:23+ 07:59+ 08:28+ 11:26+ 03:55+ 03:51+ 05:38+ 05:33+ 07:07+ 07:32+ 11:57+ 06:58+ 08:06+ 08:15+ 08:28+ 03:32+ 02:44+ 01:26+
06:09+ 05:41+ 05:23+ 07:59+ 08:28+ 11:26+ 03:55+ 03:51+ 05:38+ 05:33+ 07:07+ 07:32+ 11:57+ 06:58+ 08:06+ 08:15+ 08:28+ 03:32+ 02:44+ 01:26+

11 Søren Andersen 4 2:18:22
07:34+ 13:31+ 19:05+ 27:48+ 37:07+ 52:30+ 56:23+ 59:49+ 66:42+ 71:58+ 80:54+ 87:07+ 100:11+ 107:09+ 113:48+ 122:55+ 131:14+ 134:54+ 137:08+ 138:22+
07:34+ 05:57+ 05:34+ 08:43+ 09:19+ 15:23+ 03:53+ 03:26+ 06:53+ 05:16+ 08:56+ 06:13+ 13:04+ 06:58+ 06:39+ 09:07+ 08:19+ 03:40+ 02:14+ 01:14+
07:34+ 05:57+ 05:34+ 08:43+ 09:19+ 15:23+ 03:53+ 03:26+ 06:53+ 05:16+ 08:56+ 06:13+ 13:04+ 06:58+ 06:39+ 09:07+ 08:19+ 03:40+ 02:14+ 01:14+

12 Jan Thomsen Ok Pan 2:20:31
07:30+ 14:56+ 21:30+ 29:50+ 39:27+ 52:56+ 56:20+ 59:29+ 65:51+ 71:11+ 80:36+ 90:08+ 103:09+ 110:20+ 117:38+ 125:52+ 133:52+ 137:00+ 139:12+ 140:31+
07:30+ 07:26+ 06:34+ 08:20+ 09:37+ 13:29+ 03:24+ 03:09+ 06:22+ 05:20+ 09:25+ 09:32+ 13:01+ 07:11+ 07:18+ 08:14+ 08:00+ 03:08+ 02:12+ 01:19+
07:30+ 07:26+ 06:34+ 08:20+ 09:37+ 13:29+ 03:24+ 03:09+ 06:22+ 05:20+ 09:25+ 09:32+ 13:01+ 07:11+ 07:18+ 08:14+ 08:00+ 03:08+ 02:12+ 01:19+

13 Svend-Erik Munck 3 3:03:14
09:18+ 17:02+ 24:07+ 37:35+ 49:20+ 65:49+ 71:13+ 75:04+ 82:51+ 91:44+ 101:13+ 111:04+ 129:03+ 139:42+ 148:43+ 160:27+ 172:29+ 178:10+ 181:17+ 183:14+
09:18+ 07:44+ 07:05+ 13:28+ 11:45+ 16:29+ 05:24+ 03:51+ 07:47+ 08:53+ 09:29+ 09:51+ 17:59+ 10:39+ 09:01+ 11:44+ 12:02+ 05:41+ 03:07+ 01:57+
09:18+ 07:44+ 07:05+ 13:28+ 11:45+ 16:29+ 05:24+ 03:51+ 07:47+ 08:53+ 09:29+ 09:51+ 17:59+ 10:39+ 09:01+ 11:44+ 12:02+ 05:41+ 03:07+ 01:57+

14 Klaus Lønborg 21 3:17:02
11:22+ 19:19+ 26:58+ 37:55+ 50:10+ 69:01+ 76:25+ 80:44+ 92:58+ 100:47+ 111:23+ 121:01+ 138:52+ 149:36+ 160:23+ 174:51+ 189:32+ 194:19+ 197:02+
11:22+ 07:57+ 07:39+ 10:57+ 12:15+ 18:51+ 07:24+ 04:19+ 12:14+ 07:49+ 10:36+ 09:38+ 17:51+ 10:44+ 10:47+ 14:28+ 14:41+ 04:47+ 02:43+
11:22+ 07:57+ 07:39+ 10:57+ 12:15+ 18:51+ 07:24+ 04:19+ 12:14+ 07:49+ 10:36+ 09:38+ 17:51+ 10:44+ 10:47+ 14:28+ 14:41+ 04:47+ 02:43+

B3 14km

15	Leif Skovgaard Knudsen	2	3:17:22																
10:39+	19:27+	26:39+	46:36+	58:16+	75:02+	80:03+	84:41+	94:48+	103:39+	112:55+	126:10+	144:45+	154:01+	163:19+	175:32+	186:56+	192:17+	195:24+	197:22+
10:39+	08:48+	07:12+	19:57+	11:40+	16:46+	05:01+	04:38+	10:07+	08:51+	09:16+	13:15+	18:35+	09:16+	09:18+	12:13+	11:24+	05:21+	03:07+	01:58+
10:39+	08:48+	07:12+	19:57+	11:40+	16:46+	05:01+	04:38+	10:07+	08:51+	09:16+	13:15+	18:35+	09:16+	09:18+	12:13+	11:24+	05:21+	03:07+	01:58+

16	Hans Støjberg	16	3:18:28																
11:16+	19:07+	26:44+	37:43+	49:53+	68:48+	76:10+	80:17+	93:34+	100:42+	110:49+	120:55+	138:49+	149:15+	160:06+	174:36+	189:17+	194:13+	196:50+	198:28+
11:16+	07:51+	07:37+	10:59+	12:10+	18:55+	07:22+	04:07+	13:17+	07:08+	10:07+	10:06+	17:54+	10:26+	10:51+	14:30+	14:41+	04:56+	02:37+	01:38+
11:16+	07:51+	07:37+	10:59+	12:10+	18:55+	07:22+	04:07+	13:17+	07:08+	10:07+	10:06+	17:54+	10:26+	10:51+	14:30+	14:41+	04:56+	02:37+	01:38+

17	Helle Brøchner Jønson	18	3:42:31																
10:26+	19:23+	27:16+	38:13+	53:32+	69:53+	75:10+	79:28+	105:35+	114:55+	124:44+	135:10+	156:06+	167:28+	179:50+	196:03+	209:50+	216:21+	220:16+	222:31+
10:26+	08:57+	07:53+	10:57+	15:19+	16:21+	05:17+	04:18+	26:07+	09:20+	09:49+	10:26+	20:56+	11:22+	12:22+	16:13+	13:47+	06:31+	03:55+	02:15+
10:26+	08:57+	07:53+	10:57+	15:19+	16:21+	05:17+	04:18+	26:07+	09:20+	09:49+	10:26+	20:56+	11:22+	12:22+	16:13+	13:47+	06:31+	03:55+	02:15+

Beste stræktid for klassen

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

B4 9km

1	Torben Kristensen	19	1:08:01											
01:52=	06:30=	10:47=	15:52=	21:25=	27:29=	34:14=	37:42=	43:17=	47:12=	54:14=	60:47=	65:06=	66:57=	68:01=
01:52=	04:38=	04:17=	05:05=	05:33=	06:04=	06:45=	03:28=	05:35=	03:55=	07:02=	06:33=	04:19=	01:51=	01:04=
00:00=	00:00=	00:00=	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	Thomas Nielsen	24	1:10:39											
01:44-	06:40+	10:56+	15:42-	22:01+	28:41+	35:34+	42:23+	44:56+	48:00+	55:20+	64:22+	68:12+	69:42+	70:39+
01:44-	04:56+	04:16-	04:46-	06:19+	06:40+	06:53+	06:49+	02:33-	03:04-	07:20+	09:02+	03:50-	01:30-	00:57-
00:08-	00:18+	00:01-	00:19-	00:46#	00:36+	00:08+	03:21&	03:02-	00:51-	00:18+	02:29&	00:29-	00:21-	00:07-

3	Mads Mikkelsen	5	1:10:49											
02:02+	07:04+	11:21+	17:06+	23:29+	30:07+	38:08+	40:57+	43:44+	47:16+	55:29+	62:53+	67:42+	69:43+	70:49+
02:02+	05:02+	04:17=	05:45+	06:23+	06:38+	08:01+	02:49-	02:47-	03:32-	08:13+	07:24+	04:49+	02:01+	01:06+
00:10+	00:24+	00:00=	00:40#	00:50#	00:34+	01:16#	00:39-	02:48-	00:23-	01:11#	00:51#	00:30#	00:10+	00:02+

4	Per Filskov	19	1:12:21											
02:13+	07:05+	10:59+	16:38+	23:54+	29:36+	37:20+	40:20+	43:14-	47:13+	55:36+	63:45+	68:55+	71:04+	72:21+
02:13+	04:52+	03:54-	05:39+	07:16+	05:42-	07:44+	03:00-	02:54-	03:59+	08:23+	08:09+	05:10+	02:09+	01:17+
00:21#	00:14+	00:23-	00:34#	01:43&	00:22-	00:59#	00:28-	02:41-	00:04+	01:21#	01:36#	00:51#	00:18#	00:13#

5	Mattias Klostergaard Røkkjær	24	1:14:22											
01:50-	09:09+	13:38+	18:28+	24:30+	30:33+	37:17+	41:07+	43:59+	48:09+	56:47+	66:24+	71:14+	73:10+	74:22+
01:50-	07:19+	04:29+	04:50-	06:02+	06:03-	06:44-	03:50+	02:52-	04:10+	08:38+	09:37+	04:50+	01:56+	01:12+
00:02-	02:41&	00:12+	00:15-	00:29+	00:01-	00:01-	00:22#	02:43-	00:15+	01:36#	03:04&	00:31#	00:05+	00:08#

6	Vilhelm Røkkjær Andreasen	Ok Pan	1:17:38											
01:53+	09:11+	13:27+	18:17+	24:39+	31:19+	38:43+	41:44+	44:51+	50:00+	59:54+	69:15+	74:36+	76:32+	77:38+
01:53+	07:18+	04:16-	04:50-	06:22+	06:40+	07:24+	03:01-	03:07-	05:09+	09:54+	09:21+	05:21+	01:56+	01:06+
00:01+	02:40&	00:01-	00:15-	00:49#	00:36+	00:39+	00:27-	02:28-	01:14&	02:52&	02:48&	01:02#	00:05+	00:02+

8	Johnni Perscke	11	1:18:19											
02:22+	08:24+	13:56+	19:44+	27:35+	34:12+	42:03+	45:08+	48:30+	53:10+	61:37+	70:11+	75:16+	77:09+	78:19+
02:22+	06:02+	05:32+	05:48+	07:51+	06:37+	07:51+	03:05-	03:22-	04:40+	08:27+	08:34+	05:05+	01:53+	01:10+
00:30&	01:24&	01:15&	00:43#	02:18&	00:33+	01:06#	00:23-	02:13-	00:45#	01:25#	02:01&	00:46#	00:02+	00:06+

B4 9km

9	Morten Pedersen							Ok Pan							1:18:41
02:13+	12:04+	16:36+	22:11+	29:30+	35:29+	43:44+	46:16+	50:29+	54:38+	62:57+	70:19+	75:26+	77:26+	78:41+	
02:13+	09:51+	04:32+	05:35+	07:19+	05:59+	08:15+	02:32-	04:13-	04:09+	08:19+	07:22+	05:07+	02:00+	01:15+	
00:21#	05:13@	00:15+	00:30+	01:46&	00:05-	01:30#	00:56-	01:22-	00:14+	01:17#	00:49#	00:48#	00:09+	00:11#	

10	Andreas Flint							24							1:20:59
02:30+	10:58+	17:23+	23:01+	29:55+	36:13+	45:11+	48:09+	51:12+	55:58+	64:36+	73:08+	77:50+	79:47+	80:59+	
02:30+	08:28+	06:25+	05:38+	06:54+	06:18+	08:58+	02:58+	03:03+	04:46+	08:38+	08:32+	04:42+	01:57+	01:12+	
02:30+	08:28+	06:25+	05:38+	06:54+	06:18+	08:58+	02:58+	03:03+	04:46+	08:38+	08:32+	04:42+	01:57+	01:12+	

11	Marianne Lynge Krogh							Kok							1:21:09
02:09+	08:28+	12:44+	18:37+	25:57+	32:15+	40:45+	43:23+	51:28+	55:23+	63:54+	72:21+	77:54+	79:58+	81:09+	
02:09+	06:19+	04:16+	05:53+	07:20+	06:18+	08:30+	02:38+	08:05+	03:55+	08:31+	08:27+	05:33+	02:04+	01:11+	
02:09+	06:19+	04:16+	05:53+	07:20+	06:18+	08:30+	02:38+	08:05+	03:55+	08:31+	08:27+	05:33+	02:04+	01:11+	

12	Poul Schøler							25							1:26:00
02:26+	09:03+	14:11+	20:46+	30:45+	37:50+	47:02+	50:03+	53:36+	58:39+	68:08+	76:28+	82:18+	84:41+	86:00+	
02:26+	06:37+	05:08+	06:35+	09:59+	07:05+	09:12+	03:01+	03:33+	05:03+	09:29+	08:20+	05:50+	02:23+	01:19+	
02:26+	06:37+	05:08+	06:35+	09:59+	07:05+	09:12+	03:01+	03:33+	05:03+	09:29+	08:20+	05:50+	02:23+	01:19+	

13	Jens Isaksen							24							1:27:32
02:39+	09:41+	16:13+	23:28+	30:36+	38:03+	47:32+	52:05+	55:15+	59:55+	69:29+	79:03+	84:27+	86:25+	87:32+	
02:39+	07:02+	06:32+	07:15+	07:08+	07:27+	09:29+	04:33+	03:10+	04:40+	09:34+	09:34+	05:24+	01:58+	01:07+	
02:39+	07:02+	06:32+	07:15+	07:08+	07:27+	09:29+	04:33+	03:10+	04:40+	09:34+	09:34+	05:24+	01:58+	01:07+	

14	Astrid Faber Fenger-Grøn							24							1:28:56
02:13+	07:45+	12:09+	18:47+	27:50+	37:39+	47:20+	50:28+	54:43+	61:03+	71:05+	79:40+	85:16+	87:35+	88:56+	
02:13+	05:32+	04:24+	06:38+	09:03+	09:49+	09:41+	03:08+	04:15+	06:20+	10:02+	08:35+	05:36+	02:19+	01:21+	
02:13+	05:32+	04:24+	06:38+	09:03+	09:49+	09:41+	03:08+	04:15+	06:20+	10:02+	08:35+	05:36+	02:19+	01:21+	

15	Ragnhild Øhlenschläger Nielsen							24							1:28:57
02:19+	07:45+	12:10+	18:47+	27:53+	37:44+	47:23+	50:31+	54:44+	61:05+	71:06+	79:41+	85:18+	87:35+	88:57+	
02:19+	05:26+	04:25+	06:37+	09:06+	09:51+	09:39+	03:08+	04:13+	06:21+	10:01+	08:35+	05:37+	02:17+	01:22+	
02:19+	05:26+	04:25+	06:37+	09:06+	09:51+	09:39+	03:08+	04:13+	06:21+	10:01+	08:35+	05:37+	02:17+	01:22+	

16	Søren Klingenberg							2							1:30:29
02:43+	09:35+	15:06+	21:58+	30:48+	38:51+	47:41+	50:42+	53:52+	58:33+	68:47+	78:15+	86:51+	89:10+	90:29+	
02:43+	06:52+	05:31+	06:52+	08:50+	08:03+	08:50+	03:01+	03:10+	04:41+	10:14+	09:28+	08:36+	02:19+	01:19+	
02:43+	06:52+	05:31+	06:52+	08:50+	08:03+	08:50+	03:01+	03:10+	04:41+	10:14+	09:28+	08:36+	02:19+	01:19+	

17	Britt Hermanrud							24							1:31:16
02:50+	08:56+	15:13+	22:45+	32:25+	41:47+	51:00+	54:21+	57:47+	62:30+	72:03+	81:49+	87:34+	89:55+	91:16+	
02:50+	06:06+	06:17+	07:32+	09:40+	09:22+	09:13+	03:21+	03:26+	04:43+	09:33+	09:46+	05:45+	02:21+	01:21+	
02:50+	06:06+	06:17+	07:32+	09:40+	09:22+	09:13+	03:21+	03:26+	04:43+	09:33+	09:46+	05:45+	02:21+	01:21+	

18	Bjarne Christensen							24							1:32:02
03:04+	08:58+	15:26+	22:44+	32:32+	40:57+	50:27+	54:19+	57:53+	62:45+	71:47+	82:03+	88:17+	90:31+	92:02+	
03:04+	05:54+	06:28+	07:18+	09:48+	08:25+	09:30+	03:52+	03:34+	04:52+	09:02+	10:16+	06:14+	02:14+	01:31+	
03:04+	05:54+	06:28+	07:18+	09:48+	08:25+	09:30+	03:52+	03:34+	04:52+	09:02+	10:16+	06:14+	02:14+	01:31+	

19	Henrik Henriksen							5							1:32:06
01:57+	07:26+	16:16+	22:10+	28:13+	35:09+	42:31+	53:48+	58:42+	64:53+	74:49+	83:53+	88:57+	90:56+	92:06+	
01:57+	05:29+	08:50+	05:54+	06:03+	06:56+	07:22+	11:17+	04:54+	06:11+	09:56+	09:04+	05:04+	01:59+	01:10+	
01:57+	05:29+	08:50+	05:54+	06:03+	06:56+	07:22+	11:17+	04:54+	06:11+	09:56+	09:04+	05:04+	01:59+	01:10+	

20	Frank Vilstrup							25							1:42:23
02:22+	07:57+	17:10+	26:26+	34:42+	42:37+	52:48+	63:17+	68:52+	74:04+	83:56+	92:39+	98:44+	101:07+	102:23+	
02:22+	05:35+	09:13+	09:16+	08:16+	07:55+	10:11+	10:29+	05:35+	05:12+	09:52+	08:43+	06:05+	02:23+	01:16+	
02:22+	05:35+	09:13+	09:16+	08:16+	07:55+	10:11+	10:29+	05:35+	05:12+	09:52+	08:43+	06:05+	02:23+	01:16+	

B4 9km

21	Søren Meldgaard Jensen	26															1:42:29
02:11+	09:56+	16:50+	23:19+	32:33+	40:16+	52:41+	56:44+	60:43+	73:50+	82:23+	92:47+	98:28+	101:17+	102:29+			
02:11+	07:45+	06:54+	06:29+	09:14+	07:43+	12:25+	04:03+	03:59+	13:07+	08:33+	10:24+	05:41+	02:49+	01:12+			
02:11+	07:45+	06:54+	06:29+	09:14+	07:43+	12:25+	04:03+	03:59+	13:07+	08:33+	10:24+	05:41+	02:49+	01:12+			

22	Erik Damgaard	2															1:43:37
02:40+	13:12+	18:11+	25:37+	34:19+	42:27+	51:47+	56:12+	65:42+	70:57+	81:37+	92:45+	99:36+	102:13+	103:37+			
02:40+	10:32+	04:59+	07:26+	08:42+	08:08+	09:20+	04:25+	09:30+	05:15+	10:40+	11:08+	06:51+	02:37+	01:24+			
02:40+	10:32+	04:59+	07:26+	08:42+	08:08+	09:20+	04:25+	09:30+	05:15+	10:40+	11:08+	06:51+	02:37+	01:24+			

23	Erik Ljungdahl	2															1:45:17
03:13+	09:30+	15:50+	24:22+	35:25+	45:50+	56:14+	60:06+	64:23+	70:09+	82:16+	93:41+	101:03+	103:45+	105:17+			
03:13+	06:17+	06:20+	08:32+	11:03+	10:25+	10:24+	03:52+	04:17+	05:46+	12:07+	11:25+	07:22+	02:42+	01:32+			
03:13+	06:17+	06:20+	08:32+	11:03+	10:25+	10:24+	03:52+	04:17+	05:46+	12:07+	11:25+	07:22+	02:42+	01:32+			

24	Susanne Tanderup	3															2:23:18
03:06+	15:34+	33:16+	42:08+	53:01+	63:34+	74:34+	91:47+	95:58+	105:49+	117:33+	132:58+	139:45+	141:58+	143:18+			
03:06+	12:28+	17:42+	08:52+	10:53+	10:33+	11:00+	17:13+	04:11+	09:51+	11:44+	15:25+	06:47+	02:13+	01:20+			
03:06+	12:28+	17:42+	08:52+	10:53+	10:33+	11:00+	17:13+	04:11+	09:51+	11:44+	15:25+	06:47+	02:13+	01:20+			

Beste stræktid for klassen

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

B5 7km

2	Mads Bak-Jensen	25															1:04:31
03:22+	07:50+	11:35+	15:27+	22:27+	33:11+	40:01+	44:38+	52:10+	58:47+	61:42+	63:24+	64:31+					
03:22+	04:28+	03:45+	03:52+	07:00+	10:44+	06:50+	04:37+	07:32+	06:37+	02:55+	01:42+	01:07+					
03:22+	04:28+	03:45+	03:52+	07:00+	10:44+	06:50+	04:37+	07:32+	06:37+	02:55+	01:42+	01:07+					

4	Sven Madsen	15															1:11:12
04:04+	07:28+	10:32+	14:45+	19:58+	32:48+	40:28+	46:08+	56:41+	64:05+	67:42+	69:53+	71:12+					
04:04+	03:24+	03:04+	04:13+	05:13+	12:50+	07:40+	05:40+	10:33+	07:24+	03:37+	02:11+	01:19+					
04:04+	03:24+	03:04+	04:13+	05:13+	12:50+	07:40+	05:40+	10:33+	07:24+	03:37+	02:11+	01:19+					

5	Jens Ozol	24															1:14:14
03:35+	07:12+	10:04+	14:21+	20:56+	33:38+	41:00+	47:21+	59:04+	67:21+	71:09+	73:12+	74:14+					
03:35+	03:37+	02:52+	04:17+	06:35+	12:42+	07:22+	06:21+	11:43+	08:17+	03:48+	02:03+	01:02+					
03:35+	03:37+	02:52+	04:17+	06:35+	12:42+	07:22+	06:21+	11:43+	08:17+	03:48+	02:03+	01:02+					

6	Lau Sørensen	6															1:16:46
03:19+	07:24+	11:17+	15:24+	22:39+	34:58+	45:55+	51:17+	60:34+	69:26+	73:37+	75:38+	76:46+					
03:19+	04:05+	03:53+	04:07+	07:15+	12:19+	10:57+	05:22+	09:17+	08:52+	04:11+	02:01+	01:08+					
03:19+	04:05+	03:53+	04:07+	07:15+	12:19+	10:57+	05:22+	09:17+	08:52+	04:11+	02:01+	01:08+					

7	Keld Gade	26															1:16:59
02:56+	06:57+	09:12+	13:47+	19:23+	31:12+	40:55+	48:14+	58:48+	68:22+	72:58+	75:35+	76:59+					
02:56+	04:01+	02:15+	04:35+	05:36+	11:49+	09:43+	07:19+	10:34+	09:34+	04:36+	02:37+	01:24+					
02:56+	04:01+	02:15+	04:35+	05:36+	11:49+	09:43+	07:19+	10:34+	09:34+	04:36+	02:37+	01:24+					

8	Karsten Blok	19															1:18:09
12:16+	15:51+	19:42+	25:09+	38:13+	46:38+	52:54+	62:32+	70:28+	74:07+	76:37+	78:09+						
12:16+	03:35+	03:51+	05:27+	13:04+	08:25+	06:16+	09:38+	07:56+	03:39+	02:30+	01:32+						
12:16+	03:35+	03:51+	05:27+	13:04+	08:25+	06:16+	09:38+	07:56+	03:39+	02:30+	01:32+						

B5 7km

9 Mikkel Stilling Pedersen Rsok 1:22:02

07:34+	11:23+	15:29+	21:08+	27:00+	41:40+	50:31+	56:02+	65:38+	74:15+	78:32+	80:41+	82:02+
07:34+	03:49+	04:06+	05:39+	05:52+	14:40+	08:51+	05:31+	09:36+	08:37+	04:17+	02:09+	01:21+
07:34+	03:49+	04:06+	05:39+	05:52+	14:40+	08:51+	05:31+	09:36+	08:37+	04:17+	02:09+	01:21+

10 Ethna Cavanagh 2 1:24:50

05:39+	11:58+	15:04+	19:27+	25:47+	41:05+	50:33+	56:21+	65:18+	76:08+	81:06+	83:30+	84:50+
05:39+	06:19+	03:06+	04:23+	06:20+	15:18+	09:28+	05:48+	08:57+	10:50+	04:58+	02:24+	01:20+
05:39+	06:19+	03:06+	04:23+	06:20+	15:18+	09:28+	05:48+	08:57+	10:50+	04:58+	02:24+	01:20+

11 Johann Bladt 10 1:24:53

03:30+	09:01+	13:14+	17:32+	22:39+	33:48+	40:17+	60:18+	70:35+	77:47+	81:43+	83:43+	84:53+
03:30+	05:31+	04:13+	04:18+	05:07+	11:09+	06:29+	20:01+	10:17+	07:12+	03:56+	02:00+	01:10+
03:30+	05:31+	04:13+	04:18+	05:07+	11:09+	06:29+	20:01+	10:17+	07:12+	03:56+	02:00+	01:10+

12 Gitte Isen 4 1:27:34

04:32+	09:32+	13:24+	18:16+	24:42+	40:13+	49:50+	57:24+	68:29+	78:17+	83:13+	85:58+	87:34+
04:32+	05:00+	03:52+	04:52+	06:26+	15:31+	09:37+	07:34+	11:05+	09:48+	04:56+	02:45+	01:36+
04:32+	05:00+	03:52+	04:52+	06:26+	15:31+	09:37+	07:34+	11:05+	09:48+	04:56+	02:45+	01:36+

13 Ole Christiansen Akif 1:28:32

06:40+	10:21+	13:33+	18:45+	26:05+	41:50+	50:33+	57:50+	69:57+	80:01+	84:11+	87:02+	88:32+
06:40+	03:41+	03:12+	05:12+	07:20+	15:45+	08:43+	07:17+	12:07+	10:04+	04:10+	02:51+	01:30+
06:40+	03:41+	03:12+	05:12+	07:20+	15:45+	08:43+	07:17+	12:07+	10:04+	04:10+	02:51+	01:30+

14 Carl Malling 22 1:33:19

06:29+	12:33+	23:55+	28:45+	35:07+	49:32+	58:04+	65:34+	75:06+	85:21+	89:26+	91:49+	93:19+
06:29+	06:04+	11:22+	04:50+	06:22+	14:25+	08:32+	07:30+	09:32+	10:15+	04:05+	02:23+	01:30+
06:29+	06:04+	11:22+	04:50+	06:22+	14:25+	08:32+	07:30+	09:32+	10:15+	04:05+	02:23+	01:30+

15 Finn Rosenqvist 27 1:33:28

10:25+	13:28+	28:37+	35:07+	49:15+	60:37+	66:34+	75:42+	84:05+	89:46+	92:05+	93:28+
10:25+	03:03+	15:09+	06:30+	14:08+	11:22+	05:57+	09:08+	08:23+	05:41+	02:19+	01:23+
10:25+	03:03+	15:09+	06:30+	14:08+	11:22+	05:57+	09:08+	08:23+	05:41+	02:19+	01:23+

16 Henning Mindstruplund 5 1:39:28

04:06+	15:42+	18:43+	23:39+	30:46+	46:09+	54:44+	71:05+	81:04+	90:57+	95:10+	97:52+	99:28+
04:06+	11:36+	03:01+	04:56+	07:07+	15:23+	08:35+	16:21+	09:59+	09:53+	04:13+	02:42+	01:36+
04:06+	11:36+	03:01+	04:56+	07:07+	15:23+	08:35+	16:21+	09:59+	09:53+	04:13+	02:42+	01:36+

17 Uffe Bach 13 2:48:21

168:21+	169:21+	187:50+
168:21+	01:00+	18:29+
168:21+	01:00+	18:29+

Beste stræktid for klassen

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

B6 5km

1 Søren Elkjær 26 43:28

04:11=	06:29=	08:17=	11:26=	16:03=	22:01=	27:24=	35:12=	40:14=	42:15=	43:28=
04:11=	02:18=	01:48=	03:09=	04:37=	05:58=	05:23=	07:48=	05:02=	02:01=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
B6 5km			
2	Varny Vestergaard	25	44:40
	06:36+ 08:28+ 10:18+ 14:07+ 18:26+ 24:02+ 28:37+ 36:01+ 41:17+ 43:25+ 44:40+		
	06:36+ 01:52- 01:50+ 03:49+ 04:19- 05:36- 04:35- 07:24- 05:16+ 02:08+ 01:15+		
	02:25& 00:26- 00:02+ 00:40# 00:18- 00:22- 00:48- 00:24- 00:14+ 00:07+ 00:02+		
3	Stig Barrett	26	51:35
	05:14+ 07:33+ 09:59+ 14:02+ 19:47+ 26:14+ 32:27+ 42:08+ 48:05+ 50:17+ 51:35+		
	05:14+ 02:19+ 02:26+ 04:03+ 05:45+ 06:27+ 06:13+ 09:41+ 05:57+ 02:12+ 01:18+		
	05:14+ 02:19+ 02:26+ 04:03+ 05:45+ 06:27+ 06:13+ 09:41+ 05:57+ 02:12+ 01:18+		
4	Jørgen Münster-Swendsen	24	52:34
	04:00+ 06:38+ 08:31+ 12:55+ 18:51+ 25:24+ 31:42+ 41:03+ 48:33+ 51:09+ 52:34+		
	04:00+ 02:38+ 01:53+ 04:24+ 05:56+ 06:33+ 06:18+ 09:21+ 07:30+ 02:36+ 01:25+		
	04:00+ 02:38+ 01:53+ 04:24+ 05:56+ 06:33+ 06:18+ 09:21+ 07:30+ 02:36+ 01:25+		
5	Lene Bejer Damgaard	26	52:56
	06:04+ 10:42+ 12:42+ 16:25+ 21:50+ 28:41+ 34:26+ 43:13+ 49:23+ 51:37+ 52:56+		
	06:04+ 04:38+ 02:00+ 03:43+ 05:25+ 06:51+ 05:45+ 08:47+ 06:10+ 02:14+ 01:19+		
	06:04+ 04:38+ 02:00+ 03:43+ 05:25+ 06:51+ 05:45+ 08:47+ 06:10+ 02:14+ 01:19+		
6	Max Hansen	13	53:16
	04:45+ 07:16+ 10:40+ 14:52+ 20:36+ 27:22+ 33:10+ 43:07+ 49:18+ 51:46+ 53:16+		
	04:45+ 02:31+ 03:24+ 04:12+ 05:44+ 06:46+ 05:48+ 09:57+ 06:11+ 02:28+ 01:30+		
	04:45+ 02:31+ 03:24+ 04:12+ 05:44+ 06:46+ 05:48+ 09:57+ 06:11+ 02:28+ 01:30+		
7	Torben Hansen	15	53:54
	04:21+ 06:57+ 09:01+ 13:57+ 19:54+ 26:50+ 33:12+ 43:14+ 49:36+ 52:20+ 53:54+		
	04:21+ 02:36+ 02:04+ 04:56+ 05:57+ 06:56+ 06:22+ 10:02+ 06:22+ 02:44+ 01:34+		
	04:21+ 02:36+ 02:04+ 04:56+ 05:57+ 06:56+ 06:22+ 10:02+ 06:22+ 02:44+ 01:34+		
8	Carsten Helligsø	6	56:30
	03:36+ 06:04+ 08:46+ 13:26+ 19:24+ 30:01+ 36:17+ 45:39+ 52:36+ 55:04+ 56:30+		
	03:36+ 02:28+ 02:42+ 04:40+ 05:58+ 10:37+ 06:16+ 09:22+ 06:57+ 02:28+ 01:26+		
	03:36+ 02:28+ 02:42+ 04:40+ 05:58+ 10:37+ 06:16+ 09:22+ 06:57+ 02:28+ 01:26+		
9	Tove Straarup	5	57:52
	04:03+ 06:37+ 09:08+ 14:45+ 23:09+ 30:11+ 37:27+ 47:38+ 54:02+ 56:29+ 57:52+		
	04:03+ 02:34+ 02:31+ 05:37+ 08:24+ 07:02+ 07:16+ 10:11+ 06:24+ 02:27+ 01:23+		
	04:03+ 02:34+ 02:31+ 05:37+ 08:24+ 07:02+ 07:16+ 10:11+ 06:24+ 02:27+ 01:23+		
10	Jørgen Jørgensen	24	1:00:57
	04:10+ 09:28+ 12:48+ 17:29+ 23:54+ 31:08+ 38:01+ 49:13+ 56:30+ 59:23+ 60:57+		
	04:10+ 05:18+ 03:20+ 04:41+ 06:25+ 07:14+ 06:53+ 11:12+ 07:17+ 02:53+ 01:34+		
	04:10+ 05:18+ 03:20+ 04:41+ 06:25+ 07:14+ 06:53+ 11:12+ 07:17+ 02:53+ 01:34+		
11	Susanne Høiberg	24	1:04:48
	04:39+ 08:04+ 10:58+ 15:45+ 23:13+ 32:11+ 39:50+ 52:03+ 60:06+ 63:12+ 64:48+		
	04:39+ 03:25+ 02:54+ 04:47+ 07:28+ 08:58+ 07:39+ 12:13+ 08:03+ 03:06+ 01:36+		
	04:39+ 03:25+ 02:54+ 04:47+ 07:28+ 08:58+ 07:39+ 12:13+ 08:03+ 03:06+ 01:36+		
12	Helle Nikkel	26	1:04:55
	04:45+ 07:26+ 10:13+ 15:11+ 25:02+ 33:17+ 41:09+ 53:03+ 60:17+ 63:12+ 64:55+		
	04:45+ 02:41+ 02:47+ 04:58+ 09:51+ 08:15+ 07:52+ 11:54+ 07:14+ 02:55+ 01:43+		
	04:45+ 02:41+ 02:47+ 04:58+ 09:51+ 08:15+ 07:52+ 11:54+ 07:14+ 02:55+ 01:43+		
13	Inger Johansen	6	1:05:41
	03:58+ 06:38+ 12:32+ 21:01+ 27:48+ 35:23+ 43:30+ 53:45+ 61:15+ 64:02+ 65:41+		
	03:58+ 02:40+ 05:54+ 05:54+ 08:29+ 06:47+ 07:35+ 08:07+ 10:15+ 07:30+ 02:47+ 01:39+		
	03:58+ 02:40+ 05:54+ 08:29+ 06:47+ 07:35+ 08:07+ 10:15+ 07:30+ 02:47+ 01:39+		

Class	Navn	Klasse										Tid
B6 5km												
14	Signe Jensen	14										1:06:01
	05:51+	08:28+	10:58+	16:30+	23:44+	32:09+	40:56+	53:36+	61:48+	64:30+	66:01+	
	05:51+	02:37+	02:30+	05:32+	07:14+	08:25+	08:47+	12:40+	08:12+	02:42+	01:31+	
	05:51+	02:37+	02:30+	05:32+	07:14+	08:25+	08:47+	12:40+	08:12+	02:42+	01:31+	
15	Vibeke Jørgensen	Ok Pan										1:06:10
	06:03+	09:11+	12:14+	18:50+	26:53+	34:40+	42:53+	53:58+	61:39+	64:29+	66:10+	
	06:03+	03:08+	03:03+	06:36+	08:03+	07:47+	08:13+	11:05+	07:41+	02:50+	01:41+	
	06:03+	03:08+	03:03+	06:36+	08:03+	07:47+	08:13+	11:05+	07:41+	02:50+	01:41+	
16	Peer Straarup	5										1:07:13
	04:47+	07:43+	12:03+	17:08+	24:37+	32:38+	40:02+	52:13+	60:49+	64:51+	67:13+	
	04:47+	02:56+	04:20+	05:05+	07:29+	08:01+	07:24+	12:11+	08:36+	04:02+	02:22+	
	04:47+	02:56+	04:20+	05:05+	07:29+	08:01+	07:24+	12:11+	08:36+	04:02+	02:22+	
17	Lucia Aagaard	4										1:10:35
	04:28+	07:20+	09:46+	15:18+	22:59+	31:12+	38:29+	51:56+	63:15+	67:54+	70:35+	
	04:28+	02:52+	02:26+	05:32+	07:41+	08:13+	07:17+	13:27+	11:19+	04:39+	02:41+	
	04:28+	02:52+	02:26+	05:32+	07:41+	08:13+	07:17+	13:27+	11:19+	04:39+	02:41+	
18	Kaj Kaspersen	4										1:10:37
	04:26+	07:18+	09:50+	15:15+	23:00+	31:13+	38:22+	51:51+	63:10+	67:52+	70:37+	
	04:26+	02:52+	02:32+	05:25+	07:45+	08:13+	07:09+	13:29+	11:19+	04:42+	02:45+	
	04:26+	02:52+	02:32+	05:25+	07:45+	08:13+	07:09+	13:29+	11:19+	04:42+	02:45+	
19	William Stenhøj Baun Mcgrail	24										1:11:23
	04:47+	07:20+	10:49+	17:28+	26:13+	35:36+	43:58+	56:47+	66:41+	69:33+	71:23+	
	04:47+	02:33+	03:29+	06:39+	08:45+	09:23+	08:22+	12:49+	09:54+	02:52+	01:50+	
	04:47+	02:33+	03:29+	06:39+	08:45+	09:23+	08:22+	12:49+	09:54+	02:52+	01:50+	
20	Rie Stenhøj Baun Mcgrail	24										1:11:27
	04:51+	07:25+	10:56+	17:33+	26:18+	35:40+	44:06+	56:52+	66:45+	69:38+	71:27+	
	04:51+	02:34+	03:31+	06:37+	08:45+	09:22+	08:26+	12:46+	09:53+	02:53+	01:49+	
	04:51+	02:34+	03:31+	06:37+	08:45+	09:22+	08:26+	12:46+	09:53+	02:53+	01:49+	
21	Birgitte Bach	26										1:15:37
	06:39+	10:17+	14:55+	21:11+	29:24+	38:06+	47:35+	61:42+	70:06+	73:16+	75:37+	
	06:39+	03:38+	04:38+	06:16+	08:13+	08:42+	09:29+	14:07+	08:24+	03:10+	02:21+	
	06:39+	03:38+	04:38+	06:16+	08:13+	08:42+	09:29+	14:07+	08:24+	03:10+	02:21+	
22	Holger Mikkelsen	12										1:19:49
	05:56+	09:27+	12:52+	19:54+	29:31+	39:25+	48:35+	65:44+	74:18+	77:48+	79:49+	
	05:56+	03:31+	03:25+	07:02+	09:37+	09:54+	09:10+	17:09+	08:34+	03:30+	02:01+	
	05:56+	03:31+	03:25+	07:02+	09:37+	09:54+	09:10+	17:09+	08:34+	03:30+	02:01+	
23	Anni Sørensen	6										1:20:44
	12:40+	15:24+	20:25+	26:38+	34:50+	43:45+	52:41+	68:26+	76:06+	79:15+	80:44+	
	12:40+	02:44+	05:01+	06:13+	08:12+	08:55+	08:56+	15:45+	07:40+	03:09+	01:29+	
	12:40+	02:44+	05:01+	06:13+	08:12+	08:55+	08:56+	15:45+	07:40+	03:09+	01:29+	
24	Frants Nielsen	4										1:23:17
	07:05+	09:40+	12:59+	17:59+	25:13+	33:16+	40:54+	71:17+	78:45+	81:38+	83:17+	
	07:05+	02:35+	03:19+	05:00+	07:14+	08:03+	07:38+	30:23+	07:28+	02:53+	01:39+	
	07:05+	02:35+	03:19+	05:00+	07:14+	08:03+	07:38+	30:23+	07:28+	02:53+	01:39+	
25	Ole Thy	Rsok										1:23:37
	05:13+	09:18+	20:55+	27:23+	35:18+	44:16+	54:58+	69:27+	78:04+	81:33+	83:37+	
	05:13+	04:05+	11:37+	06:28+	07:55+	08:58+	10:42+	14:29+	08:37+	03:29+	02:04+	
	05:13+	04:05+	11:37+	06:28+	07:55+	08:58+	10:42+	14:29+	08:37+	03:29+	02:04+	

B6 5km

26 **Palle Møller Nielsen** **12** **1:24:03**

06:06+ 10:16+ 13:27+ 20:01+ 29:10+ 41:04+ 51:45+ 67:17+ 77:50+ 81:43+ 84:03+
 06:06+ 04:10+ 03:11+ 06:34+ 09:09+ 11:54+ 10:41+ 15:32+ 10:33+ 03:53+ 02:20+
 06:06+ 04:10+ 03:11+ 06:34+ 09:09+ 11:54+ 10:41+ 15:32+ 10:33+ 03:53+ 02:20+

27 **Jørgen Bang** **14** **1:51:12**

09:01+ 14:30+ 19:30+ 28:06+ 40:18+ 52:34+ 66:19+ 92:45+ 104:00+ 108:39+ 111:12+
 09:01+ 05:29+ 05:00+ 08:36+ 12:12+ 12:16+ 13:45+ 26:26+ 11:15+ 04:39+ 02:33+
 09:01+ 05:29+ 05:00+ 08:36+ 12:12+ 12:16+ 13:45+ 26:26+ 11:15+ 04:39+ 02:33+

28 **Bente Pedersen** **14** **1:51:15**

09:04+ 14:28+ 19:19+ 28:03+ 40:10+ 52:26+ 66:16+ 92:40+ 103:56+ 108:35+ 111:15+
 09:04+ 05:24+ 04:51+ 08:44+ 12:07+ 12:16+ 13:50+ 26:24+ 11:16+ 04:39+ 02:40+
 09:04+ 05:24+ 04:51+ 08:44+ 12:07+ 12:16+ 13:50+ 26:24+ 11:16+ 04:39+ 02:40+

Beste stræktid for klassen

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

B7 3km

1 **Ann-Vibeke Mose** **25** **39:58**

03:01= 10:10= 15:00= 17:36= 20:18= 24:48= 30:53= 35:53= 38:38= 39:58=
 03:01= 07:09= 04:50= 02:36= 02:42= 04:30= 06:05= 05:00= 02:45= 01:20=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 **Torben Isen** **4** **45:28**

03:55+ 09:36- 15:55+ 19:18+ 21:45+ 27:41+ 36:14+ 40:54+ 43:48+ 45:28+
 03:55+ 05:41- 06:19+ 03:23+ 02:27- 05:56+ 08:33+ 04:40- 02:54+ 01:40+
 00:54& 01:28- 01:29& 00:47& 00:15- 01:26& 02:28& 00:20- 00:09+ 00:20#

3 **Ann Dorrit Hansen** **13** **47:29**

04:26+ 10:12+ 15:33+ 18:52+ 22:03+ 27:54+ 36:14+ 42:39+ 45:44+ 47:29+
 04:26+ 05:46- 05:21+ 03:19+ 03:11+ 05:51+ 08:20+ 06:25+ 03:05+ 01:45+
 01:25& 01:23- 00:31# 00:43& 00:29# 01:21& 02:15& 01:25& 00:20# 00:25&

4 **Svend Erik Skovsgaard** **26** **54:11**

07:29+ 13:07+ 21:00+ 24:11+ 27:46+ 34:34+ 42:27+ 48:09+ 52:00+ 54:11+
 07:29+ 05:38- 07:53+ 03:11+ 03:35+ 06:48+ 07:53+ 05:42+ 03:51+ 02:11+
 04:28@ 01:31- 03:03& 00:35# 00:53& 02:18& 01:48& 00:42# 01:06& 00:51&

5 **Frank Linde** **Ok Pan** **56:33**

04:52+ 10:24+ 17:30+ 21:32+ 25:23+ 32:57+ 42:24+ 49:19+ 53:55+ 56:33+
 04:52+ 05:32- 07:06+ 04:02+ 03:51+ 07:34+ 09:27+ 06:55+ 04:36+ 02:38+
 01:51& 01:37- 02:16& 01:26& 01:09& 03:04& 03:22& 01:55& 01:51& 01:18&

6 **Kaj Ole Jensby** **12** **1:14:01**

05:12+ 29:09+ 36:20+ 40:19+ 45:21+ 52:20+ 61:21+ 68:01+ 72:05+ 74:01+
 05:12+ 23:57+ 07:11+ 03:59+ 05:02+ 06:59+ 09:01+ 06:40+ 04:04+ 01:56+
 02:11& 16:48@ 02:21& 01:23& 02:20& 02:29& 02:56& 01:40& 01:19& 00:36&

Beste stræktid for klassen

03:01 05:32 04:50 02:36 02:27 04:30 06:05 04:40 02:45 01:20

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

MTBO10km

2 Niels Møller Petersen 15 1:38:49

08:16+	14:42+	28:28+	37:29+	43:45+	57:40+	69:57+	83:28+	95:36+	97:44+	98:49+
08:16+	06:26+	13:46+	09:01+	06:16+	13:55+	12:17+	13:31+	12:08+	02:08+	01:05+
08:16+	06:26+	13:46+	09:01+	06:16+	13:55+	12:17+	13:31+	12:08+	02:08+	01:05+

3 Finn Møller Petersen 15 1:39:08

08:29+	14:57+	28:38+	37:50+	43:54+	57:54+	70:17+	83:57+	95:50+	98:02+	99:08+
08:29+	06:28+	13:41+	09:12+	06:04+	14:00+	12:23+	13:40+	11:53+	02:12+	01:06+
08:29+	06:28+	13:41+	09:12+	06:04+	14:00+	12:23+	13:40+	11:53+	02:12+	01:06+

4 Jørgen Krog 24 2:21:07

12:16+	21:43+	44:09+	54:07+	66:17+	84:18+	101:21+	121:16+	137:49+	139:55+	141:07+
12:16+	09:27+	22:26+	09:58+	12:10+	18:01+	17:03+	19:55+	16:33+	02:06+	01:12+
12:16+	09:27+	22:26+	09:58+	12:10+	18:01+	17:03+	19:55+	16:33+	02:06+	01:12+

Beste stræktid for klassen

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

MTBO20km

1 Jacob Skovsgaard Navet 2:58:32

04:47=	08:54=	14:55=	19:25=	47:28=	54:30=	63:32=	99:16=	108:47=	117:45=	124:08=	131:06=	137:07=	147:20=	154:21=	164:10=	171:42=	176:07=	177:47=	178:32=
04:47=	04:07=	06:01=	04:30=	28:03=	07:02=	09:02=	35:44=	09:31=	08:58=	06:23=	06:58=	06:01=	10:13=	07:01=	09:49=	07:32=	04:25=	01:40=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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

04:47	04:07	06:01	04:30	28:03	07:02	09:02	35:44	09:31	08:58	06:23	06:58	06:01	10:13	07:01	09:49	07:32	04:25	01:40	00:45
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.