

Plads Navn

Klasse

Tid

D12

1 Dagmar Marager

2

16:00

00:40=	01:30=	02:09=	02:55=	03:16=	03:54=	05:05=	06:10=	08:05=	08:40=	09:41=	10:25=	11:07=	11:52=	12:42=	13:05=	13:23=	14:06=	14:59=	15:50=	16:00=
00:40=	00:50=	00:39=	00:46=	00:21=	00:38=	01:11=	01:05=	01:55=	00:35=	01:01=	00:44=	00:42=	00:45=	00:50=	00:23=	00:18=	00:43=	00:53=	00:51=	00:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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

00:40	00:50	00:39	00:46	00:21	00:38	01:11	01:05	01:55	00:35	01:01	00:44	00:42	00:45	00:50	00:23	00:18	00:43	00:53	00:51	00:10
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

D14

1 Marie Sørensen

6

19:51

01:30=	02:10=	03:36=	04:19=	06:57=	09:37=	12:11=	13:01=	13:48=	14:35=	16:16=	18:13=	19:04=	19:41=	19:51=
01:30=	00:40=	01:26=	00:43=	02:38=	02:40=	02:34=	00:50=	00:47=	00:47=	01:41=	01:57=	00:51=	00:37=	00:10=
00:00=	00:00=	00:00=	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

01:30	00:40	01:26	00:43	02:38	02:40	02:34	00:50	00:47	00:47	01:41	01:57	00:51	00:37	00:10
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

D16

1 Astrid Faber Fenger-Grøn

16

20:06

00:33=	01:34=	02:54=	06:07=	08:01=	10:24=	11:11=	12:14=	12:42=	15:34=	18:16=	18:37=	19:26=	19:56=	20:06=
00:33=	01:01=	01:20=	03:13=	01:54=	02:23=	00:47=	01:03=	00:28=	02:52=	02:42=	00:21=	00:49=	00:30=	00:10=
00:00=	00:00=	00:00=	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

00:33	01:01	01:20	03:13	01:54	02:23	00:47	01:03	00:28	02:52	02:42	00:21	00:49	00:30	00:10
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

D35

1 Tine Juul Gade

17

23:20

00:35=	01:51=	03:31=	07:12=	08:59=	11:35=	12:38=	13:59=	14:26=	17:17=	20:41=	21:09=	22:14=	23:05=	23:20=
00:35=	01:16=	01:40=	03:41=	01:47=	02:36=	01:03=	01:21=	00:27=	02:51=	03:24=	00:28=	01:05=	00:51=	00:15=
00:00=	00:00=	00:00=	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

00:35	01:16	01:40	03:41	01:47	02:36	01:03	01:21	00:27	02:51	03:24	00:28	01:05	00:51	00:15
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

D45

1 Lene Flyvbjerg

Rsok

28:10

00:41=	01:54=	03:31=	06:40=	08:09=	13:26=	14:32=	15:58=	16:33=	20:23=	24:13=	24:42=	27:13=	27:57=	28:10=
00:41=	01:13=	01:37=	03:09=	01:29=	05:17=	01:06=	01:26=	00:35=	03:50=	03:50=	00:29=	02:31=	00:44=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## D45

<b>2</b>	<b>Anni Sørensen</b>	<b>6</b>	<b>29:34</b>
00:53+	02:35+ 05:03+ 09:07+	11:36+ 14:48+ 16:13+ 18:04+	18:47+ 22:31+ 26:40+ 27:14+
00:53+	01:42+ 02:28+ 04:04+	02:29+ 03:12- 01:25+ 01:51+	00:43+ 03:44- 04:09+ 00:34+
00:12&	00:29& 00:51& 00:55&	01:00& 02:05- 00:19& 00:25&	00:08# 00:06- 00:19+ 00:05#
		01:19-	00:07# 00:04&

<b>3</b>	<b>Mette Berggren</b>	<b>Kok</b>	<b>30:36</b>
00:53+	02:21+ 04:14+ 08:57+	11:49+ 15:07+ 16:26+ 18:12+	18:59+ 23:32+ 27:32+
00:53+	01:28+ 01:53+ 04:43+	02:52+ 03:18+ 01:19+ 01:46+	00:47+ 04:33+ 04:00+
00:53+	01:28+ 01:53+ 04:43+	02:52+ 03:18+ 01:19+ 01:46+	00:47+ 04:33+ 04:00+
		00:30+	01:18+ 01:04+ 00:12+
		01:18+	01:04+ 00:12+

### Beste stræktid for klassen

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

## D50

<b>1</b>	<b>Mette Møller Nielsen</b>	<b>Akif</b>	<b>20:11</b>
01:51=	02:18= 03:14= 04:34=	06:11= 09:17= 10:43= 13:14=	13:54= 15:00= 18:33= 19:25=
01:51=	00:27= 00:56= 01:20=	01:37= 03:06= 01:26= 02:31=	00:40= 01:06= 03:33= 00:52=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=

<b>2</b>	<b>Solfrida Larsen</b>	<b>18</b>	<b>22:15</b>
02:17+	02:56+ 03:53+ 05:13+	06:50+ 09:48+ 12:52+ 15:28+	16:13+ 17:07+ 20:17+ 21:19+
02:17+	00:39+ 00:57+ 01:20=	01:37= 02:58- 03:04+ 02:36+	00:45+ 00:54- 03:10- 01:02+
00:26#	00:12& 00:01+ 00:00=	00:00= 00:08- 01:38@ 00:05+	00:05# 00:12- 00:23- 00:10#
		00:09&	00:01+

<b>3</b>	<b>Lise Nørgaard</b>	<b>11</b>	<b>24:32</b>
02:28+	03:03+ 04:01+ 05:25+	07:23+ 10:41+ 13:56+ 16:50+	17:35+ 18:46+ 22:14+ 23:33+
02:28+	00:35+ 00:58+ 01:24+	01:58+ 03:18+ 03:15+ 02:54+	00:45+ 01:11+ 03:28- 01:19+
00:37&	00:08& 00:02+ 00:04+	00:21# 00:12+ 01:49@ 00:23#	00:05# 00:05+ 00:05- 00:27&
		00:12&	00:01+

### Beste stræktid for klassen

01:51 00:27 00:56 01:20 01:37 02:58 01:26 02:31 00:40 00:54 03:10 00:52 00:34 00:12

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

## D55

<b>1</b>	<b>Anne Maarup</b>	<b>2</b>	<b>18:34</b>
01:48=	02:13= 03:05= 04:20=	05:59= 08:38= 10:01= 12:24=	13:06= 14:02= 16:54= 17:47=
01:48=	00:25= 00:52= 01:15=	01:39= 02:39= 01:23= 02:23=	00:42= 00:56= 02:52= 00:53=
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>Lene Bejer Damgaard</b>	<b>17</b>	<b>18:56</b>
01:52+	02:20+ 03:13+ 04:30+	06:06+ 08:55+ 10:21+ 12:50+	13:30+ 14:21+ 17:16+ 18:12+
01:52+	00:28+ 00:53+ 01:17+	01:36- 02:49+ 01:26+ 02:29+	00:40- 00:51- 02:55+ 00:56+
00:04+	00:03# 00:01+ 00:02+	00:03- 00:10+ 00:03+ 00:06+	00:02- 00:05- 00:03+ 00:03+
		00:02-	00:02- 00:01-

<b>3</b>	<b>Maria Douglas</b>	<b>3</b>	<b>21:00</b>
02:13+	02:48+ 03:44+ 05:03+	06:59+ 09:40+ 11:38+ 14:06+	14:45+ 16:00+ 19:13+ 20:08+
02:13+	00:35+ 00:56+ 01:19+	01:56+ 02:41+ 01:58+ 02:28+	00:39- 01:15+ 03:13+ 00:55+
00:25#	00:10& 00:04+ 00:04+	00:17# 00:02+ 00:35& 00:05+	00:03- 00:19& 00:21# 00:02+
		00:02+	00:03+ 00:02#

### D55

<b>4</b>	<b>Helle Nikkel</b>		<b>17</b>		<b>25:45</b>								
03:40+	04:07+	05:07+	06:35+	08:28+	12:23+	14:02+	17:07+	17:56+	19:15+	23:39+	24:49+	25:30+	25:45+
03:40+	00:27+	01:00+	01:28+	01:53+	03:55+	01:39+	03:05+	00:49+	01:19+	04:24+	01:10+	00:41+	00:15+
01:52@	00:02+	00:08#	00:13#	00:14#	01:16&	00:16#	00:42&	00:07#	00:23&	01:32&	00:17&	00:07#	00:02#

<b>5</b>	<b>Hanne Staugaard</b>		<b>Kok</b>		<b>25:54</b>								
02:17+	02:51+	03:56+	05:33+	07:36+	11:20+	13:37+	17:03+	18:05+	19:40+	23:41+	24:49+	25:36+	25:54+
02:17+	00:34+	01:05+	01:37+	02:03+	03:44+	02:17+	03:26+	01:02+	01:35+	04:01+	01:08+	00:47+	00:18+
02:17+	00:34+	01:05+	01:37+	02:03+	03:44+	02:17+	03:26+	01:02+	01:35+	04:01+	01:08+	00:47+	00:18+

<b>6</b>	<b>Ninette Juul Erichsen</b>		<b>12</b>		<b>37:48</b>								
04:54+	05:43+	07:33+	09:36+	12:32+	17:39+	20:19+	25:27+	26:39+	29:03+	34:54+	36:34+	37:31+	37:48+
04:54+	00:49+	01:50+	02:03+	02:56+	05:07+	02:40+	05:08+	01:12+	02:24+	05:51+	01:40+	00:57+	00:17+
04:54+	00:49+	01:50+	02:03+	02:56+	05:07+	02:40+	05:08+	01:12+	02:24+	05:51+	01:40+	00:57+	00:17+

#### Beste stræktid for klassen

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

### D60

<b>1</b>	<b>Birgitte Birck</b>		<b>2</b>		<b>20:09</b>								
02:19=	02:51=	03:44=	05:04=	06:39=	09:34=	11:01=	13:29=	14:14=	15:10=	18:18=	19:16=	19:54=	20:09=
02:19=	00:32=	00:53=	01:20=	01:35=	02:55=	01:27=	02:28=	00:45=	00:56=	03:08=	00:58=	00:38=	00:15=
00:00=	00:00=	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>Gitte Isen</b>		<b>5</b>		<b>22:33</b>								
02:08-	02:44-	03:45+	05:12+	07:01+	10:08+	12:28+	15:14+	15:58+	17:17+	20:32+	21:35+	22:17+	22:33+
02:08-	00:36+	01:01+	01:27+	01:49+	03:07+	02:20+	02:46+	00:44-	01:19+	03:15+	01:03+	00:42+	00:16+
00:11-	00:04#	00:08#	00:07+	00:14#	00:12+	00:53&	00:18#	00:01-	00:23&	00:07+	00:05+	00:04#	00:01+

<b>3</b>	<b>Birgitte Bach</b>		<b>17</b>		<b>28:21</b>								
03:08+	03:48+	05:03+	06:40+	09:09+	13:00+	15:17+	18:43+	19:56+	21:19+	25:55+	27:13+	28:03+	28:21+
03:08+	00:40+	01:15+	01:37+	02:29+	03:51+	02:17+	03:26+	01:13+	01:23+	04:36+	01:18+	00:50+	00:18+
00:49&	00:08#	00:22&	00:17#	00:54&	00:56&	00:50&	00:58&	00:28&	00:27&	01:28&	00:20&	00:12&	00:03#

<b>4</b>	<b>Dorthe Lind</b>		<b>9</b>		<b>40:34</b>								
03:34+	04:41+	06:22+	08:15+	11:26+	17:22+	20:34+	25:25+	26:39+	29:36+	36:45+	38:49+	40:03+	40:34+
03:34+	01:07+	01:41+	01:53+	03:11+	05:56+	03:12+	04:51+	01:14+	02:57+	07:09+	02:04+	01:14+	00:31+
01:15&	00:35@	00:48&	00:33&	01:36@	03:01@	01:45@	02:23&	00:29&	02:01@	04:01@	01:06@	00:36&	00:16@

#### Beste stræktid for klassen

02:08 00:32 00:53 01:20 01:35 02:55 01:27 02:28 00:44 00:56 03:08 00:58 00:38 00:15

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

### D65

<b>1</b>	<b>Hanne Birke</b>		<b>Kok</b>		<b>18:04</b>								
01:51=	02:14=	03:00=	04:06=	05:40=	08:00=	09:23=	11:47=	12:23=	13:28=	16:23=	17:11=	17:53=	18:04=
01:51=	00:23=	00:46=	01:06=	01:34=	02:20=	01:23=	02:24=	00:36=	01:05=	02:55=	00:48=	00:42=	00:11=
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=

Class	Navn	Klasse	Tid
-------	------	--------	-----

## D65

<b>2</b>	<b>Grethe Anæus</b>	<b>17</b>	<b>21:42</b>										
01:55+	02:23+	03:19+	04:39+	06:30+	09:21+	11:21+	14:53+	15:46+	16:47+	19:53+	20:52+	21:28+	21:42+
01:55+	00:28+	00:56+	01:20+	01:51+	02:51+	02:00+	03:32+	00:53+	01:01-	03:06+	00:59+	00:36-	00:14+
00:04+	00:05#	00:10#	00:14#	00:17#	00:31#	00:37&	01:08&	00:17&	00:04-	00:11+	00:11#	00:06-	00:03&

### Beste stræktid for klassen

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

## D75

<b>1</b>	<b>Bitten Nielsen</b>	<b>5</b>	<b>32:42</b>										
00:49=	02:30=	04:29=	05:32=	13:12=	13:52=	16:58=	19:09=	24:46=	27:41=	28:32=	31:24=	32:26=	32:42=
00:49=	01:41=	01:59=	01:03=	07:40=	00:40=	03:06=	02:11=	05:37=	02:55=	00:51=	02:52=	01:02=	00:16=
00:00=	00:00=	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>Karen-Lisbeth Fredberg</b>	<b>16</b>	<b>34:55</b>											
00:52+	02:16-	05:13+	06:33+	14:42+	15:39+	18:31+	24:04+	27:18+	29:41+	30:49+	31:35+	33:50+	34:40+	34:55+
00:52+	01:24-	02:57+	01:20+	08:09+	00:57+	02:52-	05:33+	03:14-	02:23-	01:08+	00:46-	02:15+	00:50+	00:15+
00:03+	00:17-	00:58&	00:17&	00:29+	00:17&	00:14-	03:22@	02:23-	00:32-	00:17&	02:06-	01:13@	00:34@	00:15+

### Beste stræktid for klassen

00:49 01:24 01:59 01:03 07:40 00:40 02:52 02:11 03:14 02:23 00:51 00:46 01:02 00:16

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

## H12

<b>1</b>	<b>Sander Popp Bobach</b>	<b>18</b>	<b>24:07</b>																	
00:54=	01:56=	03:10=	04:37=	06:14=	07:14=	09:00=	10:28=	12:21=	13:24=	14:44=	15:59=	17:12=	18:08=	19:51=	20:33=	21:03=	22:16=	23:09=	23:56=	24:07=
00:54=	01:02=	01:14=	01:27=	01:37=	01:00=	01:46=	01:28=	01:53=	01:03=	01:20=	01:15=	01:13=	00:56=	01:43=	00:42=	00:30=	01:13=	00:53=	00:47=	00:11=
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=

### Beste stræktid for klassen

00:54 01:02 01:14 01:27 01:37 01:00 01:46 01:28 01:53 01:03 01:20 01:15 01:13 00:56 01:43 00:42 00:30 01:13 00:53 00:47 00:11

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

## H16

<b>1</b>	<b>Emil Borup Fredberg</b>	<b>16</b>	<b>14:35</b>											
00:25=	01:15=	02:23=	04:12=	05:10=	07:00=	07:41=	08:32=	08:52=	10:44=	12:53=	13:14=	13:59=	14:27=	14:35=
00:25=	00:50=	01:08=	01:49=	00:58=	01:50=	00:41=	00:51=	00:20=	01:52=	02:09=	00:21=	00:45=	00:28=	00:08=
00:00=	00:00=	00:00=	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>Mattias Klostergaard Rokkjær</b>	<b>16</b>	<b>16:10</b>											
00:31+	01:23+	02:34+	04:34+	05:58+	07:59+	08:41+	09:48+	10:07+	12:10+	14:25+	14:48+	15:33+	16:00+	16:10+
00:31+	00:52+	01:11+	02:00+	01:24+	02:01+	00:42+	01:07+	00:19-	02:03+	02:15+	00:23+	00:45=	00:27-	00:10+
00:06#	00:02+	00:03+	00:11#	00:26&	00:11+	00:01+	00:16&	00:01-	00:11+	00:06+	00:02+	00:00=	00:01-	00:02#

### Beste stræktid for klassen

00:25 00:50 01:08 01:49 00:58 01:50 00:41 00:51 00:19 01:52 02:09 00:21 00:45 00:27 00:08

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

## H20

<b>1</b>	<b>Erik Grønberg Nielsen</b>	<b>2</b>	<b>15:42</b>														
00:39=	01:17=	01:46=	02:43=	03:09=	03:36=	05:21=	05:47=	06:39=	08:40=	09:14=	10:01=	10:19=	12:26=	14:19=	15:08=	15:33=	15:42=
00:39=	00:38=	00:29=	00:57=	00:26=	00:27=	01:45=	00:26=	00:52=	02:01=	00:34=	00:47=	00:18=	02:07=	01:53=	00:49=	00:25=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Hans Grønberg Nielsen</b>	<b>2</b>	<b>16:05</b>														
00:43+	01:19+	01:52+	02:47+	03:17+	03:47+	05:36+	06:05+	07:04+	08:38-	09:15+	10:01=	10:19=	12:02-	14:12-	15:04-	15:56+	16:05+
00:43+	00:36-	00:33+	00:55-	00:30+	00:30+	01:49+	00:29+	00:59+	01:34-	00:37+	00:46-	00:18=	01:43-	02:10+	00:52+	00:52+	00:09=
00:04#	00:02-	00:04#	00:02-	00:04#	00:03#	00:04+	00:03#	00:07#	00:27-	00:03+	00:01-	00:00=	00:24-	00:17#	00:03+	00:27@	00:00=

<b>3</b>	<b>Johannes Marager</b>	<b>2</b>	<b>16:29</b>														
00:49+	01:27+	01:58+	02:58+	03:23+	03:52+	05:47+	06:19+	07:14+	08:54+	09:33+	10:29+	10:47+	12:53+	14:57+	15:51+	16:19+	16:29+
00:49+	00:38=	00:31+	01:00+	00:25-	00:29+	01:55+	00:32+	00:55+	01:40-	00:39+	00:56+	00:18=	02:06-	02:04+	00:54+	00:28+	00:10+
00:10&	00:00=	00:02+	00:03+	00:01-	00:02+	00:10+	00:06#	00:03+	00:21-	00:05#	00:09#	00:00=	00:01-	00:11+	00:05#	00:03#	00:01#

<b>4</b>	<b>Valdemar Marager</b>	<b>2</b>	<b>18:58</b>														
00:58+	01:45+	02:27+	03:37+	04:08+	04:57+	07:47+	08:21+	09:30+	11:17+	11:57+	12:44+	13:08+	15:16+	17:24+	18:16+	18:46+	18:58+
00:58+	00:47+	00:42+	01:10+	00:31+	00:49+	02:50+	00:34+	01:09+	01:47-	00:40+	00:47=	00:24+	02:08+	02:08+	00:52+	00:30+	00:12+
00:19&	00:09#	00:13&	00:13#	00:05#	00:22&	01:05&	00:08&	00:17&	00:14-	00:06#	00:00=	00:06&	00:01+	00:15#	00:03+	00:05#	00:03&

<b>5</b>	<b>Hjalte Laurits Frederiksen</b>	<b>Riok</b>	<b>25:34</b>														
01:13+	02:10+	02:50+	05:40+	06:24+	07:05+	10:20+	10:56+	12:36+	14:56+	15:49+	17:01+	17:30+	20:05+	23:18+	24:45+	25:23+	25:34+
01:13+	00:57+	00:40+	02:50+	00:44+	00:41+	03:15+	00:36+	01:40+	02:20+	00:53+	01:12+	00:29+	02:35+	03:13+	01:27+	00:38+	00:11+
00:34&	00:19&	00:11&	01:53@	00:18&	00:14&	01:30&	00:10&	00:48&	00:19#	00:19&	00:25&	00:11&	00:28#	01:20&	00:38&	00:13&	00:02#

### Beste stræktid for klassen

00:39 00:36 00:29 00:55 00:25 00:27 01:45 00:26 00:52 01:34 00:34 00:46 00:18 01:43 01:53 00:49 00:25 00:09

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

## H40

<b>1</b>	<b>Jakob Gade</b>	<b>17</b>	<b>17:50</b>											
00:34=	01:36=	02:56=	05:30=	07:03=	09:05=	09:53=	10:52=	11:14=	13:24=	15:52=	16:17=	17:05=	17:38=	17:50=
00:34=	01:02=	01:20=	02:34=	01:33=	02:02=	00:48=	00:59=	00:22=	02:10=	02:28=	00:25=	00:48=	00:33=	00:12=
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=

### Beste stræktid for klassen

00:34 01:02 01:20 02:34 01:33 02:02 00:48 00:59 00:22 02:10 02:28 00:25 00:48 00:33 00:12

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

## H45

<b>1</b>	<b>Mads K. Larsen</b>	<b>3</b>	<b>13:56</b>											
00:23=	01:15=	02:22=	04:01=	05:03=	06:44=	07:26=	08:14=	08:34=	10:24=	12:23=	12:42=	13:23=	13:47=	13:56=
00:23=	00:52=	01:07=	01:39=	01:02=	01:41=	00:42=	00:48=	00:20=	01:50=	01:59=	00:19=	00:41=	00:24=	00:09=
00:00=	00:00=	00:00=	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>Rene Rokkjær</b>	<b>16</b>	<b>14:38</b>											
00:24+	01:14-	02:19-	04:13+	05:23+	07:13+	07:52+	08:39+	08:58+	10:46+	13:00+	13:19+	14:03+	14:28+	14:38+
00:24+	00:50-	01:05-	01:54+	01:10+	01:50+	00:39-	00:47-	00:19-	01:48-	02:14+	00:19=	00:44+	00:25+	00:10+
00:01+	00:02-	00:02-	00:15#	00:08#	00:09+	00:03-	00:01-	00:01-	00:02-	00:15#	00:00=	00:03+	00:01+	00:01#

### H45

<b>3</b>	<b>Morten Fenger-Grøn</b>	<b>16</b>	<b>16:27</b>											
00:24+	01:14-	02:27+	04:13+	05:25+	07:16+	07:57+	08:45+	09:05+	12:49+	14:46+	15:07+	15:49+	16:16+	16:27+
00:24+	00:50-	01:13+	01:46+	01:12+	01:51+	00:41-	00:48=	00:20=	03:44+	01:57-	00:21+	00:42+	00:27+	00:11+
00:01+	00:02-	00:06+	00:07+	00:10#	00:10+	00:01-	00:00=	00:00=	01:54@	00:02-	00:02#	00:01+	00:03#	00:02#

<b>4</b>	<b>Søren Flyvbjerg</b>	<b>Rsok</b>	<b>18:41</b>											
00:36+	01:41+	03:02+	05:18+	06:26+	08:48+	09:46+	10:54+	11:17+	13:40+	16:46+	17:09+	18:01+	18:31+	18:41+
00:36+	01:05+	01:21+	02:16+	01:08+	02:22+	00:58+	01:08+	00:23+	02:23+	03:06+	00:23+	00:52+	00:30+	00:10+
00:36+	01:05+	01:21+	02:16+	01:08+	02:22+	00:58+	01:08+	00:23+	02:23+	03:06+	00:23+	00:52+	00:30+	00:10+

<b>5</b>	<b>Claus Bobach</b>	<b>18</b>	<b>19:36</b>											
00:29+	01:36+	03:07+	05:53+	07:22+	09:37+	10:32+	11:46+	12:13+	14:58+	17:40+	18:06+	18:58+	19:27+	19:36+
00:29+	01:07+	01:31+	02:46+	01:29+	02:15+	00:55+	01:14+	00:27+	02:45+	02:42+	00:26+	00:52+	00:29+	00:09+
00:29+	01:07+	01:31+	02:46+	01:29+	02:15+	00:55+	01:14+	00:27+	02:45+	02:42+	00:26+	00:52+	00:29+	00:09+

<b>6</b>	<b>Anders Marager</b>	<b>2</b>	<b>21:09</b>											
00:31+	01:29+	02:48+	04:50+	06:05+	07:57+	08:42+	09:40+	10:02+	14:03+	16:37+	19:08+	19:34+	20:21+	21:09+
00:31+	00:58+	01:19+	02:02+	01:15+	01:52+	00:45+	00:58+	00:22+	04:01+	02:34+	02:31+	00:26+	00:47+	00:35+
00:31+	00:58+	01:19+	02:02+	01:15+	01:52+	00:45+	00:58+	00:22+	04:01+	02:34+	02:31+	00:26+	00:47+	00:35+

#### Beste stræktid for klassen

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

### H55

<b>1</b>	<b>Kent Kragh</b>	<b>Ok Pan</b>	<b>14:26</b>										
01:24=	01:49=	02:29=	03:26=	04:42=	06:44=	07:45=	09:36=	10:10=	10:57=	13:09=	13:48=	14:16=	14:26=
01:24=	00:25=	00:40=	00:57=	01:16=	01:01=	01:01=	01:51=	00:34=	00:47=	02:12=	00:39=	00:28=	00:10=
00:00=	00:00=	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>Kaj Isaksen</b>	<b>3</b>	<b>15:03</b>										
01:24=	01:50+	02:27-	03:26=	04:44+	06:48+	07:52+	09:50+	10:21+	11:04+	13:43+	14:27+	14:54+	15:03+
01:24=	00:26+	00:37-	00:59+	01:18+	02:04+	01:04+	01:58+	00:31-	00:43-	02:39+	00:44+	00:27-	00:09-
00:00=	00:01+	00:03-	00:02+	00:02+	00:02+	00:03+	00:07+	00:03-	00:04-	00:27#	00:05#	00:01-	00:01-

<b>3</b>	<b>Esben Fyhn Nilsen</b>	<b>14</b>	<b>18:18</b>										
01:44+	02:11+	03:00+	04:12+	05:51+	08:27+	09:48+	12:00+	12:41+	13:40+	16:40+	17:34+	18:06+	18:18+
01:44+	00:27+	00:49+	01:12+	01:39+	02:36+	01:21+	02:12+	00:41+	00:59+	03:00+	00:54+	00:32+	00:12+
00:20#	00:02+	00:09#	00:15&	00:23&	00:34&	00:20&	00:21#	00:07#	00:12&	00:48&	00:15&	00:04#	00:02#

#### Beste stræktid for klassen

01:24 00:25 00:37 00:57 01:16 02:02 01:01 01:51 00:31 00:43 02:12 00:39 00:27 00:09

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

### H60

<b>1</b>	<b>Jes Mose Jensen</b>	<b>Akif</b>	<b>16:03</b>										
01:33=	01:54=	02:38=	03:42=	05:02=	07:08=	08:14=	10:24=	10:56=	12:06=	14:39=	15:23=	15:52=	16:03=
01:33=	00:21=	00:44=	01:04=	01:20=	02:06=	01:06=	02:10=	00:32=	01:10=	02:33=	00:44=	00:29=	00:11=
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=

## H60

<b>2</b>	<b>Jens Viktor Nørgaard</b>	<b>3</b>	<b>16:29</b>										
01:35+	02:01+	02:43+	03:49+	05:13+	07:35+	08:46+	10:44+	11:21+	12:27+	14:52+	15:43+	16:16+	16:29+
01:35+	00:26+	00:42-	01:06+	01:24+	02:22+	01:11+	01:58-	00:37+	01:06-	02:25-	00:51+	00:33+	00:13+
00:02+	00:05#	00:02-	00:02+	00:04+	00:16#	00:05+	00:12-	00:05#	00:04-	00:08-	00:07#	00:04#	00:02#

<b>3</b>	<b>Carsten Lind</b>	<b>9</b>	<b>17:04</b>										
01:39+	02:09+	02:55+	04:02+	05:30+	07:45+	09:04+	11:17+	11:58+	12:45+	15:37+	16:22+	16:53+	17:04+
01:39+	00:30+	00:46+	01:07+	01:28+	02:15+	01:19+	02:13+	00:41+	00:47+	02:52+	00:45+	00:31+	00:11+
01:39+	00:30+	00:46+	01:07+	01:28+	02:15+	01:19+	02:13+	00:41+	00:47+	02:52+	00:45+	00:31+	00:11+

<b>4</b>	<b>Lennart Bo Kristiansen</b>	<b>17</b>	<b>17:40</b>										
01:42+	02:08+	02:54+	04:01+	05:26+	08:22+	09:47+	11:58+	12:32+	13:22+	15:59+	16:57+	17:31+	17:40+
01:42+	00:26+	00:46+	01:07+	01:25+	02:56+	01:25+	02:11+	00:34+	00:50+	02:37+	00:58+	00:34+	00:09+
01:42+	00:26+	00:46+	01:07+	01:25+	02:56+	01:25+	02:11+	00:34+	00:50+	02:37+	00:58+	00:34+	00:09+

<b>5</b>	<b>Claus Mikkelsen</b>	<b>4</b>	<b>30:41</b>										
04:23+	05:06+	06:21+	08:08+	10:30+	14:43+	16:59+	20:44+	21:56+	23:39+	28:04+	29:28+	30:21+	30:41+
04:23+	00:43+	01:15+	01:47+	02:22+	04:13+	02:16+	03:45+	01:12+	01:43+	04:25+	01:24+	00:53+	00:20+
04:23+	00:43+	01:15+	01:47+	02:22+	04:13+	02:16+	03:45+	01:12+	01:43+	04:25+	01:24+	00:53+	00:20+

### Beste stræktid for klassen

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

## H65

<b>1</b>	<b>Ole Gadsbølle</b>	<b>10</b>	<b>16:21</b>										
01:37=	02:03=	02:46=	03:47=	05:06=	07:32=	08:46=	10:51=	11:26=	12:13=	14:41=	15:34=	16:11=	16:21=
01:37=	00:26=	00:43=	01:01=	01:19=	02:26=	01:14=	02:05=	00:35=	00:47=	02:28=	00:53=	00:37=	00:10=
00:00=	00:00=	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>Stig Barrett</b>	<b>17</b>	<b>18:15</b>										
01:54+	02:21+	03:10+	04:18+	05:46+	08:19+	09:47+	12:10+	12:50+	13:40+	16:32+	17:31+	18:03+	18:15+
01:54+	00:27+	00:49+	01:08+	01:28+	02:33+	01:28+	02:23+	00:40+	00:50+	02:52+	00:59+	00:32-	00:12+
00:17#	00:01+	00:06#	00:07#	00:09#	00:07+	00:14#	00:18#	00:05#	00:03+	00:24#	00:06#	00:05-	00:02#

<b>3</b>	<b>Svend Erik Skovsgaard</b>	<b>17</b>	<b>29:21</b>										
02:45+	03:31+	04:51+	06:44+	09:17+	13:45+	15:52+	19:33+	20:34+	21:59+	26:26+	27:55+	28:59+	29:21+
02:45+	00:46+	01:20+	01:53+	02:33+	04:28+	02:07+	03:41+	01:01+	01:25+	04:27+	01:29+	01:04+	00:22+
01:08&	00:20&	00:37&	00:52&	01:14&	02:02&	00:53&	01:36&	00:26&	00:38&	01:59&	00:36&	00:27&	00:12@

### Beste stræktid for klassen

01:37 00:26 00:43 01:01 01:19 02:26 01:14 02:05 00:35 00:47 02:28 00:53 00:32 00:10

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

## H70

<b>1</b>	<b>Keld Gade</b>	<b>17</b>	<b>21:08</b>										
02:16=	02:49=	03:46=	05:05=	06:43=	09:00=	11:02=	14:07=	14:55=	15:56=	19:09=	20:04=	20:52=	21:08=
02:16=	00:33=	00:57=	01:19=	01:38=	02:17=	02:02=	03:05=	00:48=	01:01=	03:13=	00:55=	00:48=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

## H70

2	Torben Isen	5	22:13
01:52-	02:34-	03:39-	05:01-
07:00+	10:22+	12:16+	14:49+
15:30+	16:41+	20:29+	21:22+
21:58+	22:13+		
01:52-	00:42+	01:05+	01:22+
01:59+	03:22+	01:54-	02:33-
00:41-	01:11+	03:48+	00:53-
00:36-	00:15-		
00:24-	00:09&	00:08#	00:03+
00:21#	01:05&	00:08-	00:32-
00:07-	00:10#	00:35#	00:02-
00:12-	00:01-		

### Beste stræktid for klassen

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

## H75

1	Frants Nielsen	5	21:12
00:40=	02:04=	03:40=	04:17=
07:42=	08:34=	10:46=	12:38=
15:10=	17:11=	18:02=	19:36=
20:59=	21:12=		
00:40=	01:24=	01:36=	00:37=
03:25=	00:52=	02:12=	01:52=
02:32=	02:01=	00:51=	01:34=
01:23=	00:13=		
00:00=	00:00=	00:00=	00:00=
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	Torben Jørgensen	Riok	22:17
00:43+	02:14+	03:53+	04:43+
07:54+	08:51+	11:20+	12:41+
15:23+	18:23+	19:11+	19:48+
21:16+	22:05+	22:17+	
00:43+	01:31+	01:39+	00:50+
03:11-	00:57+	02:29+	01:21-
02:42+	03:00+	00:48-	00:37-
01:28+	00:49+	00:12+	
00:03+	00:07+	00:03+	00:13&
00:14-	00:05+	00:17#	00:31-
00:10+	00:59&	00:03-	00:57-
00:05+	00:36@	00:12+	

3	Finn Hørup Nielsen	13	23:37
00:40=	02:03-	03:58+	04:45+
07:45+	09:05+	11:30+	13:03+
15:54+	17:57+	20:34+	21:12+
22:36+	23:23+	23:37+	
00:40=	01:23-	01:55+	00:47+
03:00-	01:20+	02:25+	01:33-
02:51+	02:03+	02:37+	00:38-
01:24+	00:47+	00:14+	
00:00=	00:01-	00:19#	00:10&
00:25-	00:28&	00:13+	00:19-
00:19#	00:02+	01:46@	00:56-
00:01+	00:34@	00:14+	

### Beste stræktid for klassen

00:40 01:23 01:36 00:37 03:00 00:52 02:12 01:21 02:32 02:01 00:48 00:37 01:23 00:13

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

## H80

1	Palle Møller Nielsen	8	29:58
01:07=	03:12=	05:36=	06:51=
11:09=	12:17=	15:28=	17:53=
21:26=	24:02=	24:59=	28:20=
29:32=	29:58=		
01:07=	02:05=	02:24=	01:15=
04:18=	01:08=	03:11=	02:25=
03:33=	02:36=	00:57=	03:21=
01:12=	00:26=		
00:00=	00:00=	00:00=	00:00=
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

01:07 02:05 02:24 01:15 04:18 01:08 03:11 02:25 03:33 02:36 00:57 03:21 01:12 00:26

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

## Åben 5

1	Gert Larsen	3	27:05
02:17=	03:32=	05:32=	06:58=
09:38=	12:01=	15:55=	17:05=
17:57=	19:07=	21:26=	24:40=
25:43=	26:48=	27:05=	
02:17=	01:15=	02:00=	01:26=
02:40=	02:23=	03:54=	01:10=
00:52=	01:10=	02:19=	03:14=
01:03=	01:05=	00:17=	
00:00=	00:00=	00:00=	00:00=
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

02:17 01:15 02:00 01:26 02:40 02:23 03:54 01:10 00:52 01:10 02:19 03:14 01:03 01:05 00:17

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