

Plads Navn
2,5kmbegynder

Klasse

Tid

1	Emil Skouenborg	27	17:19											
00:23=	01:21=	02:49=	04:01=	05:17=	06:06=	07:39=	09:04=	11:38=	13:09=	13:55=	15:28=	16:26=	17:09=	17:19=
00:23=	00:58=	01:28=	01:12=	01:16=	00:49=	01:33=	01:25=	02:34=	01:31=	00:46=	01:33=	00:58=	00:43=	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=
2	Alfred Damkjær Thorsen	27	20:39											
00:30+	01:35+	03:14+	04:29+	05:54+	06:35+	08:31+	10:11+	13:17+	15:13+	16:04+	18:39+	19:44+	20:24+	20:39+
00:30+	01:05+	01:39+	01:15+	01:25+	00:41-	01:56+	01:40+	03:06+	01:56+	00:51+	02:35+	01:05+	00:40-	00:15+
00:07&	00:07#	00:11#	00:03+	00:09#	00:08-	00:23#	00:15#	00:32#	00:25&	00:05#	01:02&	00:07#	00:03-	00:05&
3	Artisha Wongdee Lind	3	24:45											
00:23=	01:38+	03:15+	04:16+	05:50+	06:28+	09:05+	11:03+	14:59+	17:04+	19:39+	22:06+	23:25+	24:26+	24:45+
00:23=	01:15+	01:37+	01:01-	01:34+	00:38-	02:37+	01:58+	03:56+	02:05+	02:35+	02:27+	01:19+	01:01+	00:19+
00:00=	00:17&	00:09#	00:11-	00:18#	00:11-	01:04&	00:33&	01:22&	00:34&	01:49@	00:54&	00:21&	00:18&	00:09&
4	Victoria Olesen Hinge	Ok Pan	25:04											
00:37+	02:13+	04:38+	05:52+	07:51+	08:35+	10:58+	13:01+	17:06+	19:16+	20:36+	22:55+	24:14+	24:53+	25:04+
00:37+	01:36+	02:25+	01:14+	01:59+	00:44-	02:23+	02:03+	04:05+	02:10+	01:20+	02:19+	01:19+	00:39-	00:11+
00:14&	00:38&	00:57&	00:02+	00:43&	00:05-	00:50&	00:38&	01:31&	00:39&	00:34&	00:46&	00:21&	00:04-	00:01+
5	Ida Damkjær Thossen	27	29:01											
00:36+	02:35+	05:40+	07:46+	09:38+	10:54+	13:39+	15:31+	20:02+	22:39+	23:48+	26:21+	27:51+	28:49+	29:01+
00:36+	01:59+	03:05+	02:06+	01:52+	01:16+	02:45+	01:52+	04:31+	02:37+	01:09+	02:33+	01:30+	00:58+	00:12+
00:13&	01:01@	01:37@	00:54&	00:36&	00:27&	01:12&	00:27&	01:57&	01:06&	00:23&	01:00&	00:32&	00:15&	00:02#
6	Karoline Grønbjerg Gebka	21	30:28											
00:36+	02:45+	05:38+	07:05+	09:07+	10:02+	13:10+	16:00+	21:43+	24:08+	25:10+	27:41+	29:08+	30:15+	30:28+
00:36+	02:09+	02:53+	01:27+	02:02+	00:55+	03:08+	02:50+	05:43+	02:25+	01:02+	02:31+	01:27+	01:07+	00:13+
00:13&	01:11@	01:25&	00:15#	00:46&	00:06#	01:35@	01:25&	03:09@	00:54&	00:16&	00:58&	00:29&	00:24&	00:03&
7	Karla Kjems Stamp	NOTEAM	33:13											
00:37+	02:08+	04:31+	05:51+	07:28+	08:49+	11:36+	13:27+	18:06+	20:45+	24:33+	28:49+	30:53+	32:54+	33:13+
00:37+	01:31+	02:23+	01:20+	01:37+	01:21+	02:47+	01:51+	04:39+	02:39+	03:48+	04:16+	02:04+	02:01+	00:19+
00:14&	00:33&	00:55&	00:08#	00:21&	00:32&	01:14&	00:26&	02:05&	01:08&	03:02@	02:43@	01:06@	01:18@	00:09&
8	Rungtawan Wongdee	3	42:00											
01:28+	06:05+	09:38+	11:28+	13:52+	14:59+	18:39+	21:45+	28:14+	32:15+	33:45+	37:24+	39:22+	41:26+	42:00+
01:28+	04:37+	03:33+	01:50+	02:24+	01:07+	03:40+	03:06+	06:29+	04:01+	01:30+	03:39+	01:58+	02:04+	00:34+
01:05@	03:39@	02:05@	00:38&	01:08&	00:18&	02:07@	01:41@	03:55@	02:30@	00:44&	02:06@	01:00@	01:21@	00:24@
9	Mikkel Popp Bobach	39	43:04											
00:38+	02:19+	05:00+	06:23+	08:45+	09:41+	13:50+	17:37+	24:43+	28:32+	34:37+	38:42+	40:47+	42:48+	43:04+
00:38+	01:41+	02:41+	01:23+	02:22+	00:56+	04:09+	03:47+	07:06+	03:49+	06:05+	04:05+	02:05+	02:01+	00:16+
00:15&	00:43&	01:13&	00:11#	01:06&	00:07#	02:36@	02:22@	04:32@	02:18@	05:19@	02:32@	01:07@	01:18@	00:06&

Beste stræktid for klassen

00:23 00:58 01:28 01:01 01:16 00:38 01:33 01:25 02:34 01:31 00:46 01:33 00:58 00:39 00:10

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

3,5kmllet

1	Ida Marie M. Sigvardt	18	25:43									
01:18=	02:48=	05:49=	07:26=	08:55=	12:47=	14:13=	15:47=	17:28=	19:45=	23:53=	25:33=	25:43=
01:18=	01:30=	03:01=	01:37=	01:29=	03:52=	01:26=	01:34=	01:41=	02:17=	04:08=	01:40=	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=

3,5kmlet

2	Malene Kjems	NOTEAM	29:32
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01:42+	03:19+	09:39+	11:29+	12:57+	15:52+	17:56+	19:31+	21:02+	23:10+	27:21+	29:23+	29:32+
01:42+	01:37+	06:20+	01:50+	01:28-	02:55-	02:04+	01:35+	01:31-	02:08-	04:11+	02:02+	00:09-
00:24&	00:07+	03:19@	00:13#	00:01-	00:57-	00:38&	00:01+	00:10-	00:09-	00:03+	00:22#	00:01-

3	Lærke Konring Larsen	4	31:07
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01:25+	03:17+	08:19+	10:27+	11:59+	15:32+	17:07+	19:13+	21:08+	24:38+	29:18+	30:57+	31:07+
01:25+	01:52+	05:02+	02:08+	01:32+	03:33+	01:35+	02:06+	01:55+	03:30+	04:40+	01:39+	00:10+
01:25+	01:52+	05:02+	02:08+	01:32+	03:33+	01:35+	02:06+	01:55+	03:30+	04:40+	01:39+	00:10+

4	Mathilde Grønberg Gebka	21	34:24
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01:44+	04:08+	07:40+	10:10+	11:49+	16:22+	18:55+	20:50+	22:58+	25:57+	32:10+	34:11+	34:24+
01:44+	02:24+	03:32+	02:30+	01:39+	04:33+	02:33+	01:55+	02:08+	02:59+	06:13+	02:01+	00:13+
01:44+	02:24+	03:32+	02:30+	01:39+	04:33+	02:33+	01:55+	02:08+	02:59+	06:13+	02:01+	00:13+

5	Sarah Toft Kalms	12	54:49
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03:01+	05:51+	11:51+	15:24+	18:37+	25:03+	28:58+	32:30+	35:57+	41:13+	50:27+	54:21+	54:49+
03:01+	02:50+	06:00+	03:33+	03:13+	06:26+	03:55+	03:32+	03:27+	05:16+	09:14+	03:54+	00:28+
03:01+	02:50+	06:00+	03:33+	03:13+	06:26+	03:55+	03:32+	03:27+	05:16+	09:14+	03:54+	00:28+

6	Bodil Thy	Rsok	1:02:23
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03:14+	06:19+	12:35+	15:30+	17:57+	34:47+	38:08+	41:06+	44:25+	50:28+	58:45+	61:58+	62:23+
03:14+	03:05+	06:16+	02:55+	02:27+	16:50+	03:21+	02:58+	03:19+	06:03+	08:17+	03:13+	00:25+
03:14+	03:05+	06:16+	02:55+	02:27+	16:50+	03:21+	02:58+	03:19+	06:03+	08:17+	03:13+	00:25+

7	Inger Munck	22	1:02:24
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03:52+	07:11+	13:16+	17:04+	19:37+	28:47+	32:38+	40:35+	44:06+	48:28+	58:42+	61:53+	62:24+
03:52+	03:19+	06:05+	03:48+	02:33+	09:10+	03:51+	07:57+	03:31+	04:22+	10:14+	03:11+	00:31+
03:52+	03:19+	06:05+	03:48+	02:33+	09:10+	03:51+	07:57+	03:31+	04:22+	10:14+	03:11+	00:31+

Beste stræktid for klassen

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

3kmsvær

1	Guri Alm	22	45:53
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03:29=	05:49=	13:01=	19:11=	24:26=	35:53=	39:04=	44:53=	45:39=	45:53=
03:29=	02:20=	07:12=	06:10=	05:15=	11:27=	03:11=	05:49=	00:46=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Torben Jørgensen	Sok	45:54
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04:25+	06:31+	13:38+	18:51-	23:45-	35:27-	38:47-	44:43-	45:41+	45:54+
04:25+	02:06-	07:07-	05:13-	04:54-	11:42+	03:20+	05:56+	00:58+	00:13-
00:56&	00:14-	00:05-	00:57-	00:21-	00:15+	00:09+	00:07+	00:12&	00:01-

3	Flemming Nørgaard	Ok Pan	46:57
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05:14+	07:53+	14:41+	20:05+	24:38+	36:36+	39:42+	45:55+	46:43+	46:57+
05:14+	02:39+	06:48-	05:24-	04:33-	11:58+	03:06-	06:13+	00:48+	00:14=
01:45&	00:19#	00:24-	00:46-	00:42-	00:31+	00:05-	00:24+	00:02+	00:00=

4	Helle Brøchner Jønson	25	56:01
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03:22-	06:23+	14:41+	21:51+	28:33+	40:34+	43:55+	55:00+	55:46+	56:01+
03:22-	03:01+	08:18+	07:10+	06:42+	12:01+	03:21+	11:05+	00:46=	00:15+
00:07-	00:41&	01:06#	01:00#	01:27&	00:34+	00:10+	05:16&	00:00=	00:01+

Class	Navn	Klasse	Tid
3kmsvær			
5	Mona Nørgaard	Ok Pan	57:06
03:50+	06:32+	17:55+	24:36+
03:50+	02:42+	11:23+	06:41+
00:21#	00:22#	04:11&	00:31+
29:59+	43:50+	47:51+	55:54+
05:23+	13:51+	04:01+	08:03+
00:08+	02:24#	00:50&	02:14&
56:52+	57:06+	00:12&	00:00=
00:14=			
00:00=			
6	Jørgen Stamp	18	57:40
06:05+	09:42+	19:05+	25:30+
06:05+	03:37+	09:23+	06:25+
06:05+	03:37+	09:23+	06:25+
31:33+	44:45+	48:44+	56:07+
13:12+	03:59+	07:23+	01:33+
06:03+	13:12+	03:59+	07:23+
06:03+	13:12+	03:59+	07:23+
57:40+			
01:33+			
01:33+			
7	Inger Marie Haahr	22	1:00:25
04:18+	07:38+	16:14+	22:56+
04:18+	03:20+	08:36+	06:42+
04:18+	03:20+	08:36+	06:42+
30:42+	46:20+	52:00+	58:50+
15:38+	05:40+	06:50+	01:04+
07:46+	15:38+	05:40+	06:50+
07:46+	15:38+	05:40+	06:50+
59:54+	60:25+	01:04+	00:31+
01:04+	00:31+		
00:31+			
8	Poul Grøn	Ok Pan	1:03:07
03:49+	12:27+	21:45+	29:44+
03:49+	08:38+	09:18+	07:59+
03:49+	08:38+	09:18+	07:59+
35:31+	49:13+	53:14+	61:37+
13:42+	04:01+	08:23+	01:15+
13:42+	04:01+	08:23+	01:15+
13:42+	04:01+	08:23+	01:15+
62:52+	63:07+	01:15+	00:15+
01:15+	00:15+		
00:15+			
9	Kirsten Bobach	39	1:06:18
04:18+	07:07+	17:04+	24:40+
04:18+	02:49+	09:57+	07:36+
04:18+	02:49+	09:57+	07:36+
31:03+	50:45+	57:03+	65:03+
19:42+	06:18+	08:00+	00:58+
06:23+	19:42+	06:18+	08:00+
06:23+	19:42+	06:18+	08:00+
66:01+	66:18+	00:58+	00:17+
00:58+	00:17+		
00:17+			
10	Hans Nielsen	22	1:07:26
04:18+	07:04+	18:39+	26:45+
04:18+	02:46+	11:35+	08:06+
04:18+	02:46+	11:35+	08:06+
33:46+	47:49+	54:51+	66:04+
14:03+	07:02+	11:13+	01:05+
07:01+	14:03+	07:02+	11:13+
07:01+	14:03+	07:02+	11:13+
67:09+	67:26+	01:05+	00:17+
01:05+	00:17+		
00:17+			
11	Ole F. Thomsen	29	1:09:22
14:17+	18:18+	27:45+	35:04+
14:17+	04:01+	09:27+	07:19+
14:17+	04:01+	09:27+	07:19+
43:40+	56:52+	60:39+	67:58+
13:12+	03:47+	07:19+	01:07+
08:36+	13:12+	03:47+	07:19+
08:36+	13:12+	03:47+	07:19+
69:05+	69:22+	01:07+	00:17+
01:07+	00:17+		
00:17+			
12	Ole Rasmussen	14	1:12:52
04:43+	08:35+	21:17+	28:34+
04:43+	03:52+	12:42+	07:17+
04:43+	03:52+	12:42+	07:17+
34:49+	51:42+	56:15+	71:35+
16:53+	04:33+	15:20+	01:02+
06:15+	16:53+	04:33+	15:20+
06:15+	16:53+	04:33+	15:20+
72:37+	72:52+	01:02+	00:15+
01:02+	00:15+		
00:15+			
13	Asger Kristensen	9	1:13:26
06:51+	10:00+	19:07+	27:02+
06:51+	03:09+	09:07+	07:55+
06:51+	03:09+	09:07+	07:55+
34:46+	48:58+	54:24+	71:51+
14:12+	05:26+	17:27+	01:11+
14:12+	05:26+	17:27+	01:11+
14:12+	05:26+	17:27+	01:11+
73:02+	73:26+	01:11+	00:24+
01:11+	00:24+		
00:24+			
14	Herluf Jensen	36	1:15:40
06:33+	11:10+	22:45+	32:01+
06:33+	04:37+	11:35+	09:16+
06:33+	04:37+	11:35+	09:16+
42:29+	58:34+	62:58+	74:04+
10:28+	16:05+	04:24+	11:06+
10:28+	16:05+	04:24+	11:06+
10:28+	16:05+	04:24+	11:06+
75:19+	75:40+	01:15+	00:21+
01:15+	00:21+		
00:21+			
15	Ann Dorrit Hansen	19	1:16:25
08:01+	12:12+	21:48+	29:18+
08:01+	04:11+	09:36+	07:30+
08:01+	04:11+	09:36+	07:30+
40:46+	58:25+	66:10+	74:20+
11:28+	17:39+	07:45+	08:10+
11:28+	17:39+	07:45+	08:10+
11:28+	17:39+	07:45+	08:10+
76:08+	76:25+	01:48+	00:17+
01:48+	00:17+		
00:17+			
16	Pia Grønbjerg Hansen	21	1:16:28
05:30+	09:14+	21:06+	29:48+
05:30+	03:44+	11:52+	08:42+
05:30+	03:44+	11:52+	08:42+
39:01+	58:37+	63:34+	74:40+
09:13+	19:36+	04:57+	11:06+
09:13+	19:36+	04:57+	11:06+
09:13+	19:36+	04:57+	11:06+
75:58+	76:28+	01:18+	00:30+
01:18+	00:30+		
00:30+			

Pluss	Navn	Klasse								Tid
3kmsvør										
17	Palle Møller Nielsen	18								1:16:30
04:38+	10:09+	21:07+	30:52+	39:17+	56:54+	65:04+	74:06+	76:05+	76:30+	
04:38+	05:31+	10:58+	09:45+	08:25+	17:37+	08:10+	09:02+	01:59+	00:25+	
04:38+	05:31+	10:58+	09:45+	08:25+	17:37+	08:10+	09:02+	01:59+	00:25+	
18	Lilli Hansen	21								1:17:30
06:48+	10:11+	22:04+	30:53+	40:04+	59:28+	64:25+	75:32+	77:01+	77:30+	
06:48+	03:23+	11:53+	08:49+	09:11+	19:24+	04:57+	11:07+	01:29+	00:29+	
06:48+	03:23+	11:53+	08:49+	09:11+	19:24+	04:57+	11:07+	01:29+	00:29+	
19	Annette Færing	36								1:17:58
04:25+	11:25+	20:57+	28:05+	42:00+	62:18+	66:27+	76:16+	77:38+	77:58+	
04:25+	07:00+	09:32+	07:08+	13:55+	20:18+	04:09+	09:49+	01:22+	00:20+	
04:25+	07:00+	09:32+	07:08+	13:55+	20:18+	04:09+	09:49+	01:22+	00:20+	
20	Tove Jakobsen	Sok								1:21:02
22:39+	25:07+	33:18+	41:40+	51:52+	65:20+	72:30+	79:43+	80:45+	81:02+	
22:39+	02:28+	08:11+	08:22+	10:12+	13:28+	07:10+	07:13+	01:02+	00:17+	
22:39+	02:28+	08:11+	08:22+	10:12+	13:28+	07:10+	07:13+	01:02+	00:17+	
21	Mette Voldum Jørgensen	Sok								1:22:06
10:51+	14:18+	24:12+	36:22+	44:53+	65:26+	70:18+	80:22+	81:45+	82:06+	
10:51+	03:27+	09:54+	12:10+	08:31+	20:33+	04:52+	10:04+	01:23+	00:21+	
10:51+	03:27+	09:54+	12:10+	08:31+	20:33+	04:52+	10:04+	01:23+	00:21+	
22	Per F. Henriksen	22								1:24:24
04:44+	13:29+	24:31+	32:22+	45:32+	64:31+	68:09+	82:45+	83:59+	84:24+	
04:44+	08:45+	11:02+	07:51+	13:10+	18:59+	03:38+	14:36+	01:14+	00:25+	
04:44+	08:45+	11:02+	07:51+	13:10+	18:59+	03:38+	14:36+	01:14+	00:25+	
23	Randi Splittorff	36								1:25:37
17:07+	20:29+	30:32+	39:28+	48:20+	64:47+	70:10+	83:38+	85:22+	85:37+	
17:07+	03:22+	10:03+	08:56+	08:52+	16:27+	05:23+	13:28+	01:44+	00:15+	
17:07+	03:22+	10:03+	08:56+	08:52+	16:27+	05:23+	13:28+	01:44+	00:15+	
24	Inge Thorsen	18								1:25:44
05:45+	16:54+	26:41+	34:58+	48:36+	66:47+	72:52+	84:11+	85:30+	85:44+	
05:45+	11:09+	09:47+	08:17+	13:38+	18:11+	06:05+	11:19+	01:19+	00:14+	
05:45+	11:09+	09:47+	08:17+	13:38+	18:11+	06:05+	11:19+	01:19+	00:14+	
25	Holger Mikkelsen	18								1:31:27
05:31+	09:15+	20:12+	28:34+	55:12+	69:38+	74:59+	90:06+	91:13+	91:27+	
05:31+	03:44+	10:57+	08:22+	26:38+	14:26+	05:21+	15:07+	01:07+	00:14+	
05:31+	03:44+	10:57+	08:22+	26:38+	14:26+	05:21+	15:07+	01:07+	00:14+	
26	Grethe Larsen	27								1:32:36
06:36+	10:18+	25:29+	36:15+	44:02+	71:03+	78:44+	90:01+	92:04+	92:36+	
06:36+	03:42+	15:11+	10:46+	07:47+	27:01+	07:41+	11:17+	02:03+	00:32+	
06:36+	03:42+	15:11+	10:46+	07:47+	27:01+	07:41+	11:17+	02:03+	00:32+	
27	Ellen Thomsen	29								1:32:36
10:29+	14:12+	25:32+	37:25+	45:13+	69:50+	78:11+	90:41+	92:11+	92:36+	
10:29+	03:43+	11:20+	11:53+	07:48+	24:37+	08:21+	12:30+	01:30+	00:25+	
10:29+	03:43+	11:20+	11:53+	07:48+	24:37+	08:21+	12:30+	01:30+	00:25+	
28	Bitten Nielsen	9								1:53:38
08:28+	13:50+	22:29+	75:16+	81:53+	99:02+	104:45+	111:36+	113:15+	113:38+	
08:28+	05:22+	08:39+	52:47+	06:37+	17:09+	05:43+	06:51+	01:39+	00:23+	
08:28+	05:22+	08:39+	52:47+	06:37+	17:09+	05:43+	06:51+	01:39+	00:23+	

3kmsvær

29 Lone Christensen 40 1:54:54

06:33+ 11:13+ 25:46+ 39:48+ 64:29+ 92:17+ 98:24+ 112:33+ 114:20+ 114:54+
 06:33+ 04:40+ 14:33+ 14:02+ 24:41+ 27:48+ 06:07+ 14:09+ 01:47+ 00:34+
 06:33+ 04:40+ 14:33+ 14:02+ 24:41+ 27:48+ 06:07+ 14:09+ 01:47+ 00:34+

30 Olaf Christensen 40 1:56:50

09:13+ 13:18+ 27:36+ 41:36+ 66:13+ 94:12+ 100:22+ 114:25+ 116:18+ 116:50+
 09:13+ 04:05+ 14:18+ 14:00+ 24:37+ 27:59+ 06:10+ 14:03+ 01:53+ 00:32+
 09:13+ 04:05+ 14:18+ 14:00+ 24:37+ 27:59+ 06:10+ 14:03+ 01:53+ 00:32+

Beste stræktid for klassen

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

4,2km mmsvær

1 Anders Sigvardt 18 39:21

04:19= 05:31= 06:59= 10:27= 13:21= 18:18= 21:03= 24:57= 26:03= 30:34= 35:01= 37:17= 39:10= 39:21=
 04:19= 01:12= 01:28= 03:28= 02:54= 04:57= 02:45= 03:54= 01:06= 04:31= 04:27= 02:16= 01:53= 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=

2 Steffen Damkjær Hansen 27 47:57

04:16- 05:44+ 08:03+ 11:29+ 14:17+ 19:17+ 22:05+ 30:37+ 33:44+ 39:12+ 43:51+ 46:31+ 47:49+ 47:57+
 04:16- 01:28+ 02:19+ 03:26- 02:48- 05:00+ 02:48+ 08:32+ 03:07+ 05:28+ 04:39+ 02:40+ 01:18- 00:08-
 00:03- 00:16# 00:51& 00:02- 00:06- 00:03+ 00:03+ 04:38@ 02:01@ 00:57# 00:12+ 00:24# 00:35- 00:03-

3 Kurt-Anders Løken 17 48:02

04:17- 05:48+ 07:30+ 12:52+ 15:14+ 20:20+ 23:40+ 29:12+ 32:23+ 37:51+ 42:42+ 46:01+ 47:50+ 48:02+
 04:17- 01:31+ 01:42+ 05:22+ 02:22- 05:06+ 03:20+ 05:32+ 03:11+ 05:28+ 04:51+ 03:19+ 01:49- 00:12+
 00:02- 00:19& 00:14# 01:54& 00:32- 00:09+ 00:35# 01:38& 02:05@ 00:57# 00:24+ 01:03& 00:04- 00:01+

4 Sejer Bloch Rosenvinge 27 49:47

05:02+ 06:34+ 08:30+ 12:24+ 18:08+ 23:17+ 27:21+ 33:07+ 34:47+ 39:42+ 45:26+ 48:11+ 49:38+ 49:47+
 05:02+ 01:32+ 01:56+ 03:54+ 05:44+ 05:09+ 04:04+ 05:46+ 01:40+ 04:55+ 05:44+ 02:45+ 01:27- 00:09-
 00:43# 00:20& 00:28& 00:26# 02:50& 00:12+ 01:19& 01:52& 00:34& 00:24+ 01:17& 00:29# 00:26- 00:02-

5 Olivia Olesen Hinge Ok Pan 1:03:08

06:38+ 08:32+ 12:01+ 18:15+ 22:15+ 29:49+ 33:33+ 40:04+ 42:28+ 50:55+ 57:25+ 60:49+ 62:56+ 63:08+
 06:38+ 01:54+ 03:29+ 06:14+ 04:00+ 07:34+ 03:44+ 06:31+ 02:24+ 08:27+ 06:30+ 03:24+ 02:07+ 00:12+
 02:19& 00:42& 02:01@ 02:46& 01:06& 02:37& 00:59& 02:37& 01:18@ 03:56& 02:03& 01:08& 00:14# 00:01+

6 Troels Munthe 15 1:08:34

05:57+ 07:50+ 11:19+ 17:09+ 22:53+ 29:19+ 33:20+ 39:09+ 41:20+ 48:24+ 57:21+ 66:17+ 68:16+ 68:34+
 05:57+ 01:53+ 03:29+ 05:50+ 05:44+ 06:26+ 04:01+ 05:49+ 02:11+ 07:04+ 08:57+ 08:56+ 01:59+ 00:18+
 01:38& 00:41& 02:01@ 02:22& 02:50& 01:29& 01:16& 01:55& 01:05& 02:33& 04:30@ 06:40@ 00:06+ 00:07&

7 Mette Grønberg Gebka 21 1:12:00

07:03+ 09:52+ 12:27+ 16:55+ 20:17+ 29:03+ 34:00+ 42:42+ 44:57+ 55:26+ 64:51+ 69:10+ 71:43+ 72:00+
 07:03+ 02:49+ 02:35+ 04:28+ 03:22+ 08:46+ 04:57+ 08:42+ 02:15+ 10:29+ 09:25+ 04:19+ 02:33+ 00:17+
 02:44& 01:37@ 01:07& 01:00& 00:28# 03:49& 02:12& 04:48@ 01:09@ 05:58@ 04:58@ 02:03& 00:40& 00:06&

8 Alice Sigvardt 18 1:27:09

07:23+ 09:45+ 13:59+ 19:32+ 23:17+ 29:55+ 34:19+ 45:46+ 53:00+ 61:42+ 69:27+ 83:18+ 86:54+ 87:09+
 07:23+ 02:22+ 04:14+ 05:33+ 03:45+ 06:38+ 04:24+ 11:27+ 07:14+ 08:42+ 07:45+ 13:51+ 03:36+ 00:15+
 03:04& 01:10& 02:46@ 02:05& 00:51& 01:41& 01:39& 07:33@ 06:08@ 04:11& 03:18& 11:35@ 01:43& 00:04&

4,2km mmsvær

9 Claudia Nissen 20 1:31:04

07:36+	09:55+	13:04+	18:51+	22:25+	29:49+	34:27+	44:24+	54:43+	67:44+	77:31+	87:36+	90:48+	91:04+
07:36+	02:19+	03:09+	05:47+	03:34+	07:24+	04:38+	09:57+	10:19+	13:01+	09:47+	10:05+	03:12+	00:16+
03:17&	01:07&	01:41@	02:19&	00:40#	02:27&	01:53&	06:03@	09:13@	08:30@	05:20@	07:49@	01:19&	00:05&

Beste stræktid for klassen

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

4kmsvær

1 Jens Jørgen Jensen 9 44:28

02:50=	07:49=	09:58=	14:15=	20:45=	22:34=	27:21=	31:19=	34:31=	39:18=	42:15=	44:17=	44:28=
02:50=	04:59=	02:09=	04:17=	06:30=	01:49=	04:47=	03:58=	03:12=	04:47=	02:57=	02:02=	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=

2 Karina Boen Skouenborg 27 48:06

02:50=	09:04+	10:57+	13:53-	20:03-	21:23-	25:33-	30:02-	33:54-	42:13+	46:23+	47:53+	48:06+
02:50=	06:14+	01:53-	02:56-	06:10-	01:20-	04:10-	04:29+	03:52+	08:19+	04:10+	01:30-	00:13+
00:00=	01:15&	00:16-	01:21-	00:20-	00:29-	00:37-	00:31#	00:40#	03:32&	01:13&	00:32-	00:02#

3 Franki Vilstrup 24 49:46

04:44+	09:58+	11:50+	16:25+	23:05+	24:27+	29:56+	34:45+	37:55+	44:07+	47:11+	49:35+	49:46+
04:44+	05:14+	01:52-	04:35+	06:40+	01:22-	05:29+	04:49+	03:10-	06:12+	03:04+	02:24+	00:11=
01:54&	00:15+	00:17-	00:18+	00:10+	00:27-	00:42#	00:51#	00:02-	01:25&	00:07+	00:22#	00:00=

4 Jørgen Münster-Swendsen Sok 52:56

03:16+	09:12+	11:51+	16:26+	23:18+	25:05+	30:10+	35:25+	39:01+	47:41+	51:01+	52:44+	52:56+
03:16+	05:56+	02:39+	04:35+	06:52+	01:47-	05:05+	05:15+	03:36+	08:40+	03:20+	01:43-	00:12+
00:26#	00:57#	00:30#	00:18+	00:22+	00:02-	00:18+	01:17&	00:24#	03:53&	00:23#	00:19-	00:01+

5 Stig Barrett 38 53:58

03:58+	10:06+	12:14+	17:34+	25:02+	26:50+	31:49+	37:03+	41:07+	47:48+	51:51+	53:45+	53:58+
03:58+	06:08+	02:08-	05:20+	07:28+	01:48-	04:59+	05:14+	04:04+	06:41+	04:03+	01:54-	00:13+
01:08&	01:09#	00:01-	01:03#	00:58#	00:01-	00:12+	01:16&	00:52&	01:54&	01:06&	00:08-	00:02#

6 Uwe Dresel 11 1:00:28

03:27+	09:04+	10:52+	15:43+	23:00+	30:19+	36:11+	41:46+	47:23+	54:55+	58:23+	60:17+	60:28+
03:27+	05:37+	01:48-	04:51+	07:17+	07:19+	05:52+	05:35+	05:37+	07:32+	03:28+	01:54-	00:11=
00:37#	00:38#	00:21-	00:34#	00:47#	05:30@	01:05#	01:37&	02:25&	02:45&	00:31#	00:08-	00:00=

7 Jack Skrydstrup 13 1:01:13

03:43+	12:43+	14:44+	19:59+	28:04+	29:47+	36:01+	41:16+	48:17+	55:01+	58:44+	60:58+	61:13+
03:43+	09:00+	02:01-	05:15+	08:05+	01:43-	06:14+	05:15+	07:01+	06:44+	03:43+	02:14+	00:15+
00:53&	04:01&	00:08-	00:58#	01:35#	00:06-	01:27&	01:17&	03:49@	01:57&	00:46&	00:12+	00:04&

8 Anette Pind Sok 1:01:58

04:24+	12:47+	15:21+	20:17+	27:52+	31:37+	37:12+	43:53+	49:14+	55:58+	59:34+	61:44+	61:58+
04:24+	08:23+	02:34+	04:56+	07:35+	03:45+	05:35+	06:41+	05:21+	06:44+	03:36+	02:10+	00:14+
01:34&	03:24&	00:25#	00:39#	01:05#	01:56@	00:48#	02:43&	02:09&	01:57&	00:39#	00:08+	00:03&

9 Lene Nygaard 9 1:02:34

05:38+	12:38+	16:50+	21:35+	28:49+	30:34+	35:49+	42:14+	47:31+	55:12+	59:59+	62:21+	62:34+
05:38+	07:00+	04:12+	04:45+	07:14+	01:45-	05:15+	06:25+	05:17+	07:41+	04:47+	02:22+	00:13+
02:48&	02:01&	02:03&	00:28#	00:44#	00:04-	00:28+	02:27&	02:05&	02:54&	01:50&	00:20#	00:02#

Class	Navn	Klasse											Tid	
4kmsvær														
10	Hans Aage Hvalsøe Hansen	28											1:02:51	
03:12+	14:36+	16:42+	21:20+	28:56+	31:04+	36:12+	42:58+	49:52+	56:51+	60:37+	62:37+	62:51+		
03:12+	11:24+	02:06-	04:38+	07:36+	02:08+	05:08+	06:46+	06:54+	06:59+	03:46+	02:00-	00:14+		
00:22#	06:25@	00:03-	00:21+	01:06#	00:19#	00:21+	02:48&	03:42@	02:12&	00:49&	00:02-	00:03&		
11	Lene Flyvbjerg	NOTEAM											1:04:30	
03:58+	11:29+	17:46+	22:32+	29:34+	31:37+	36:39+	43:08+	48:12+	56:05+	62:34+	64:18+	64:30+		
03:58+	07:31+	06:17+	04:46+	07:02+	02:03+	05:02+	06:29+	05:04+	07:53+	06:29+	01:44+	00:12+		
03:58+	07:31+	06:17+	04:46+	07:02+	02:03+	05:02+	06:29+	05:04+	07:53+	06:29+	01:44+	00:12+		
12	Rikke Stamp	27											1:05:18	
65:04+	65:18+	67:43+	73:42+	75:22+	80:13+	87:18+	89:00+	94:11+	99:01+	103:16+	110:11+	112:52+	114:38+	114:46+
65:04+	00:14+	02:25+	05:59+	01:40+	04:51+	07:05+	01:42+	05:11+	04:50+	04:15+	06:55+	02:41+	01:46+	00:08+
65:04+	00:14+	02:25+	05:59+	01:40+	04:51+	07:05+	01:42+	05:11+	04:50+	04:15+	06:55+	02:41+	01:46+	00:08+
13	Mette Møller Nielsen	Akif											1:06:30	
04:14+	13:23+	15:46+	22:57+	31:16+	33:09+	38:50+	46:06+	50:49+	59:25+	62:55+	66:13+	66:30+		
04:14+	09:09+	02:23+	07:11+	08:19+	01:53+	05:41+	07:16+	04:43+	08:36+	03:30+	03:18+	00:17+		
04:14+	09:09+	02:23+	07:11+	08:19+	01:53+	05:41+	07:16+	04:43+	08:36+	03:30+	03:18+	00:17+		
14	Susanne Baun	10											1:06:39	
04:52+	12:37+	15:01+	20:06+	27:39+	30:33+	36:56+	43:26+	51:02+	59:03+	63:45+	66:25+	66:39+		
04:52+	07:45+	02:24+	05:05+	07:33+	02:54+	06:23+	06:30+	07:36+	08:01+	04:42+	02:40+	00:14+		
04:52+	07:45+	02:24+	05:05+	07:33+	02:54+	06:23+	06:30+	07:36+	08:01+	04:42+	02:40+	00:14+		
15	Erik Damgaard	7											1:06:52	
03:31+	09:42+	11:54+	17:56+	25:24+	26:59+	34:38+	39:32+	43:19+	57:23+	64:50+	66:39+	66:52+		
03:31+	06:11+	02:12+	06:02+	07:28+	01:35+	07:39+	04:54+	03:47+	14:04+	07:27+	01:49+	00:13+		
03:31+	06:11+	02:12+	06:02+	07:28+	01:35+	07:39+	04:54+	03:47+	14:04+	07:27+	01:49+	00:13+		
16	Flemming Sasser	9											1:07:44	
09:26+	11:46+	18:00+	30:42+	32:46+	39:21+	47:24+	52:14+	60:20+	64:19+	67:26+	67:44+			
09:26+	02:20+	06:14+	12:42+	02:04+	06:35+	08:03+	04:50+	08:06+	03:59+	03:07+	00:18+			
09:26+	02:20+	06:14+	12:42+	02:04+	06:35+	08:03+	04:50+	08:06+	03:59+	03:07+	00:18+			
17	Poul Bobach	39											1:07:55	
10:09+	17:04+	19:02+	23:18+	34:07+	35:40+	41:20+	46:23+	50:00+	61:41+	65:52+	67:43+	67:55+		
10:09+	06:55+	01:58+	04:16+	10:49+	01:33+	05:40+	05:03+	03:37+	11:41+	04:11+	01:51+	00:12+		
10:09+	06:55+	01:58+	04:16+	10:49+	01:33+	05:40+	05:03+	03:37+	11:41+	04:11+	01:51+	00:12+		
18	Louis A. Sørensen	20											1:10:22	
05:39+	13:14+	15:42+	22:22+	33:35+	37:33+	43:32+	50:39+	57:08+	63:52+	67:40+	70:06+	70:22+		
05:39+	07:35+	02:28+	06:40+	11:13+	03:58+	05:59+	07:07+	06:29+	06:44+	03:48+	02:26+	00:16+		
05:39+	07:35+	02:28+	06:40+	11:13+	03:58+	05:59+	07:07+	06:29+	06:44+	03:48+	02:26+	00:16+		
19	Barbara Dresel	11											1:12:36	
04:54+	12:28+	16:39+	22:59+	33:02+	35:22+	42:18+	49:54+	55:57+	65:33+	69:46+	72:17+	72:36+		
04:54+	07:34+	04:11+	06:20+	10:03+	02:20+	06:56+	07:36+	06:03+	09:36+	04:13+	02:31+	00:19+		
04:54+	07:34+	04:11+	06:20+	10:03+	02:20+	06:56+	07:36+	06:03+	09:36+	04:13+	02:31+	00:19+		
20	Ingelise Baden	22											1:12:44	
04:31+	13:00+	15:38+	24:24+	33:13+	35:19+	41:14+	48:28+	56:34+	65:24+	69:51+	72:25+	72:44+		
04:31+	08:29+	02:38+	08:46+	08:49+	02:06+	05:55+	07:14+	08:06+	08:50+	04:27+	02:34+	00:19+		
04:31+	08:29+	02:38+	08:46+	08:49+	02:06+	05:55+	07:14+	08:06+	08:50+	04:27+	02:34+	00:19+		
21	Kurt Petersen	7											1:13:15	
04:15+	13:13+	17:09+	22:41+	30:39+	33:14+	40:43+	46:05+	49:29+	62:36+	70:46+	73:00+	73:15+		
04:15+	08:58+	03:56+	05:32+	07:58+	02:35+	07:29+	05:22+	03:24+	13:07+	08:10+	02:14+	00:15+		
04:15+	08:58+	03:56+	05:32+	07:58+	02:35+	07:29+	05:22+	03:24+	13:07+	08:10+	02:14+	00:15+		

Class	Navn	Klasse											Tid
4kmsvær													
22	Henrik Hansen	20											1:14:13
04:21+	11:47+	14:38+	21:13+	30:46+	32:50+	39:35+	46:03+	51:46+	65:12+	71:30+	73:56+	74:13+	
04:21+	07:26+	02:51+	06:35+	09:33+	02:04+	06:45+	06:28+	05:43+	13:26+	06:18+	02:26+	00:17+	
04:21+	07:26+	02:51+	06:35+	09:33+	02:04+	06:45+	06:28+	05:43+	13:26+	06:18+	02:26+	00:17+	
23	Jørgen Jørgensen	Sok											1:17:20
04:09+	12:26+	14:40+	25:40+	35:42+	37:47+	44:11+	51:11+	63:18+	70:08+	74:21+	77:01+	77:20+	
04:09+	08:17+	02:14+	11:00+	10:02+	02:05+	06:24+	07:00+	12:07+	06:50+	04:13+	02:40+	00:19+	
04:09+	08:17+	02:14+	11:00+	10:02+	02:05+	06:24+	07:00+	12:07+	06:50+	04:13+	02:40+	00:19+	
24	Gitte Isen	9											1:19:36
03:58+	10:43+	12:53+	17:33+	28:07+	30:10+	35:35+	41:19+	45:58+	70:41+	77:12+	79:19+	79:36+	
03:58+	06:45+	02:10+	04:40+	10:34+	02:03+	05:25+	05:44+	04:39+	24:43+	06:31+	02:07+	00:17+	
03:58+	06:45+	02:10+	04:40+	10:34+	02:03+	05:25+	05:44+	04:39+	24:43+	06:31+	02:07+	00:17+	
25	Niels Hamborg Jensen	26											1:19:37
04:15+	11:20+	13:33+	18:01+	25:49+	28:18+	33:23+	39:59+	46:01+	71:48+	77:10+	79:22+	79:37+	
04:15+	07:05+	02:13+	04:28+	07:48+	02:29+	05:05+	06:36+	06:02+	25:47+	05:22+	02:12+	00:15+	
04:15+	07:05+	02:13+	04:28+	07:48+	02:29+	05:05+	06:36+	06:02+	25:47+	05:22+	02:12+	00:15+	
26	Emil Olesen	4											1:20:07
09:17+	18:02+	20:40+	26:12+	41:19+	43:58+	50:31+	56:37+	62:53+	72:18+	76:34+	79:41+	80:07+	
09:17+	08:45+	02:38+	05:32+	15:07+	02:39+	06:33+	06:06+	06:16+	09:25+	04:16+	03:07+	00:26+	
09:17+	08:45+	02:38+	05:32+	15:07+	02:39+	06:33+	06:06+	06:16+	09:25+	04:16+	03:07+	00:26+	
27	Torben Isen	9											1:21:55
08:53+	17:35+	24:20+	36:31+	46:15+	48:25+	54:23+	59:52+	65:56+	72:56+	76:49+	81:40+	81:55+	
08:53+	08:42+	06:45+	12:11+	09:44+	02:10+	05:58+	05:29+	06:04+	07:00+	03:53+	04:51+	00:15+	
08:53+	08:42+	06:45+	12:11+	09:44+	02:10+	05:58+	05:29+	06:04+	07:00+	03:53+	04:51+	00:15+	
28	Laurits Bernitt	24											1:24:12
17:05+	26:07+	31:11+	39:24+	46:25+	51:13+	56:19+	62:33+	66:59+	76:27+	81:11+	83:03+	84:12+	
17:05+	09:02+	05:04+	08:13+	07:01+	04:48+	05:06+	06:14+	04:26+	09:28+	04:44+	01:52+	01:09+	
17:05+	09:02+	05:04+	08:13+	07:01+	04:48+	05:06+	06:14+	04:26+	09:28+	04:44+	01:52+	01:09+	
29	Ove Splittorff	36											1:27:27
04:18+	11:36+	14:03+	21:14+	36:33+	38:34+	44:36+	50:13+	54:27+	74:42+	84:34+	87:10+	87:27+	
04:18+	07:18+	02:27+	07:11+	15:19+	02:01+	06:02+	05:37+	04:14+	20:15+	09:52+	02:36+	00:17+	
04:18+	07:18+	02:27+	07:11+	15:19+	02:01+	06:02+	05:37+	04:14+	20:15+	09:52+	02:36+	00:17+	
30	Tage Baun	10											1:30:08
04:24+	14:34+	18:55+	27:14+	35:58+	37:44+	43:50+	50:58+	59:55+	80:56+	87:17+	89:49+	90:08+	
04:24+	10:10+	04:21+	08:19+	08:44+	01:46+	06:06+	07:08+	08:57+	21:01+	06:21+	02:32+	00:19+	
04:24+	10:10+	04:21+	08:19+	08:44+	01:46+	06:06+	07:08+	08:57+	21:01+	06:21+	02:32+	00:19+	
31	Hugo Federiksen	Ok73											1:33:25
06:03+	15:42+	18:13+	25:42+	34:38+	36:45+	43:36+	51:05+	56:45+	80:01+	91:18+	93:08+	93:25+	
06:03+	09:39+	02:31+	07:29+	08:56+	02:07+	06:51+	07:29+	05:40+	23:16+	11:17+	01:50+	00:17+	
06:03+	09:39+	02:31+	07:29+	08:56+	02:07+	06:51+	07:29+	05:40+	23:16+	11:17+	01:50+	00:17+	
32	Bente Pedersen	20											1:55:21
06:04+	20:40+	23:29+	30:57+	41:53+	45:28+	62:03+	70:48+	83:23+	97:06+	113:17+	115:08+	115:21+	
06:04+	14:36+	02:49+	07:28+	10:56+	03:35+	16:35+	08:45+	12:35+	13:43+	16:11+	01:51+	00:13+	
06:04+	14:36+	02:49+	07:28+	10:56+	03:35+	16:35+	08:45+	12:35+	13:43+	16:11+	01:51+	00:13+	

Beste stræktid for klassen

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

Class	Navn	Klasse												Tid
5kmsvær														
1	Jens Jørgen Hansen	Jdri												46:40
02:00=	05:21=	07:53=	08:57=	12:02=	20:42=	24:05=	27:35=	31:54=	35:31=	41:08=	45:16=	46:30=	46:40=	
02:00=	03:21=	02:32=	01:04=	03:05=	08:40=	03:23=	03:30=	04:19=	03:37=	05:37=	04:08=	01:14=	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=	
2	Pernille Buch	21												48:55
03:57+	07:20+	09:58+	11:01+	14:07+	21:19+	25:17+	29:13+	34:06+	37:42+	43:18+	47:22+	48:44+	48:55+	
03:57+	03:23+	02:38+	01:03-	03:06+	07:12-	03:58+	03:56+	04:53+	03:36-	05:36-	04:04-	01:22+	00:11+	
01:57&	00:02+	00:06+	00:01-	00:01+	01:28-	00:35#	00:26#	00:34#	00:01-	00:01-	00:04-	00:08#	00:01+	
3	Keld Hinge Krogsgaard	Sok												48:56
02:10+	05:28+	10:00+	11:20+	14:32+	21:14+	24:44+	28:32+	32:46+	36:53+	43:20+	47:33+	48:43+	48:56+	
02:10+	03:18-	04:32+	01:20+	03:12+	06:42-	03:30+	03:48+	04:14-	04:07+	06:27+	04:13+	01:10-	00:13+	
00:10+	00:03-	02:00&	00:16#	00:07+	01:58-	00:07+	00:18+	00:05-	00:30#	00:50#	00:05+	00:04-	00:03&	
4	Jesper Stamp	23												50:57
02:00=	05:00-	07:39-	08:52-	13:49+	22:49+	26:50+	30:33+	34:46+	38:57+	45:28+	49:43+	50:50+	50:57+	
02:00=	03:00-	02:39+	01:13+	04:57+	09:00+	04:01+	03:43+	04:13-	04:11+	06:31+	04:15+	01:07-	00:07-	
00:00=	00:21-	00:07+	00:09#	01:52&	00:20+	00:38#	00:13+	00:06-	00:34#	00:54#	00:07+	00:07-	00:03-	
5	Søren Flyvbjerg	NOTEAM												1:00:24
02:36+	06:45+	10:06+	11:29+	16:26+	24:21+	28:48+	32:42+	38:03+	44:57+	52:58+	58:40+	60:13+	60:24+	
02:36+	04:09+	03:21+	01:23+	04:57+	07:55-	04:27+	03:54+	05:21+	06:54+	08:01+	05:42+	01:33+	00:11+	
00:36&	00:48#	00:49&	00:19&	01:52&	00:45-	01:04&	00:24#	01:02#	03:17&	02:24&	01:34&	00:19&	00:01+	
6	Claus Bobach	39												1:01:48
03:24+	07:23+	10:46+	12:01+	18:05+	26:53+	31:31+	37:07+	42:38+	47:08+	55:12+	60:04+	61:36+	61:48+	
03:24+	03:59+	03:23+	01:15+	06:04+	08:48+	04:38+	05:36+	05:31+	04:30+	08:04+	04:52+	01:32+	00:12+	
01:24&	00:38#	00:51&	00:11#	02:59&	00:08+	01:15&	02:06&	01:12&	00:53#	02:27&	00:44#	00:18#	00:02#	
7	Astrid Fenger-Grøn	Sok												1:03:14
02:52+	06:19+	09:50+	15:40+	20:01+	28:02+	32:32+	36:04+	41:24+	47:05+	55:18+	61:59+	63:05+	63:14+	
02:52+	03:27+	03:31+	05:50+	04:21+	08:01-	04:30+	03:32+	05:20+	05:41+	08:13+	06:41+	01:06-	00:09-	
00:52&	00:06+	00:59&	04:46@	01:16&	00:39-	01:07&	00:02+	01:01#	02:04&	02:36&	02:33&	00:08-	00:01-	
8	Per Eg Pedersen	13												1:05:30
03:24+	07:46+	12:27+	13:57+	18:50+	28:08+	33:05+	37:56+	43:30+	49:17+	57:52+	63:12+	65:16+	65:30+	
03:24+	04:22+	04:41+	01:30+	04:53+	09:18+	04:57+	04:51+	05:34+	05:47+	08:35+	05:20+	02:04+	00:14+	
01:24&	01:01&	02:09&	00:26&	01:48&	00:38+	01:34&	01:21&	01:15&	02:10&	02:58&	01:12&	00:50&	00:04&	
9	Per Storm Hansen	36												1:08:53
03:56+	08:44+	12:14+	14:11+	21:05+	29:01+	33:42+	38:15+	42:50+	48:54+	62:00+	67:34+	68:43+	68:53+	
03:56+	04:48+	03:30+	01:57+	06:54+	07:56-	04:41+	04:33+	04:35+	06:04+	13:06+	05:34+	01:09-	00:10=	
01:56&	01:27&	00:58&	00:53&	03:49@	00:44-	01:18&	01:03&	00:16+	02:27&	07:29@	01:26&	00:05-	00:00=	
10	Ethna Cavanagh	7												1:09:48
03:04+	07:27+	11:23+	12:43+	20:52+	30:05+	34:44+	39:38+	46:35+	53:43+	63:10+	68:09+	69:34+	69:48+	
03:04+	04:23+	03:56+	01:20+	08:09+	09:13+	04:39+	04:54+	06:57+	07:08+	09:27+	04:59+	01:25+	00:14+	
01:04&	01:02&	01:24&	00:16#	05:04@	00:33+	01:16&	01:24&	02:38&	03:31&	03:50&	00:51#	00:11#	00:04&	
11	Søren Munthe	15												1:10:29
03:36+	07:59+	11:09+	13:18+	19:58+	32:04+	37:12+	41:40+	47:17+	53:27+	62:27+	68:50+	70:16+	70:29+	
03:36+	04:23+	03:10+	02:09+	06:40+	12:06+	05:08+	04:28+	05:37+	06:10+	09:00+	06:23+	01:26+	00:13+	
01:36&	01:02&	00:38#	01:05@	03:35@	03:26&	01:45&	00:58&	01:18&	02:33&	03:23&	02:15&	00:12#	00:03&	
12	Niels Rabølle	18												1:11:49
02:50+	06:52+	10:00+	11:21+	17:12+	26:14+	31:28+	36:57+	42:52+	53:00+	63:54+	69:57+	71:34+	71:49+	
02:50+	04:02+	03:08+	01:21+	05:51+	09:02+	05:14+	05:29+	05:55+	10:08+	10:54+	06:03+	01:37+	00:15+	
00:50&	00:41#	00:36#	00:17&	02:46&	00:22+	01:51&	01:59&	01:36&	06:31@	05:17&	01:55&	00:23&	00:05&	

Class	Navn	Klasse												Tid
5kmsvær														
13	Mette Loik	20												1:12:45
03:12+	08:26+	13:52+	15:43+	21:11+	30:53+	36:43+	42:10+	48:20+	54:12+	63:09+	70:09+	72:31+	72:45+	
03:12+	05:14+	05:26+	01:51+	05:28+	09:42+	05:50+	05:27+	06:10+	05:52+	08:57+	07:00+	02:22+	00:14+	
01:12&	01:53&	02:54@	00:47&	02:23&	01:02#	02:27&	01:57&	01:51&	02:15&	03:20&	02:52&	01:08&	00:04&	
14	Erik Krogh	13												1:13:50
03:30+	09:25+	13:13+	15:06+	21:29+	31:05+	35:58+	41:22+	47:52+	54:44+	65:04+	71:06+	73:35+	73:50+	
03:30+	05:55+	03:48+	01:53+	06:23+	09:36+	04:53+	05:24+	06:30+	06:52+	10:20+	06:02+	02:29+	00:15+	
03:30+	05:55+	03:48+	01:53+	06:23+	09:36+	04:53+	05:24+	06:30+	06:52+	10:20+	06:02+	02:29+	00:15+	
15	Susanne Gjedsig Thomsen	Thok												1:14:54
03:00+	07:47+	12:18+	14:10+	21:27+	30:33+	35:44+	40:22+	45:58+	52:58+	62:00+	72:31+	74:39+	74:54+	
03:00+	04:47+	04:31+	01:52+	07:17+	09:06+	05:11+	04:38+	05:36+	07:00+	09:02+	10:31+	02:08+	00:15+	
03:00+	04:47+	04:31+	01:52+	07:17+	09:06+	05:11+	04:38+	05:36+	07:00+	09:02+	10:31+	02:08+	00:15+	
16	Peter H Juhl	22												1:16:46
07:21+	11:53+	15:44+	19:46+	23:37+	32:36+	37:29+	43:10+	50:02+	59:08+	67:56+	74:51+	76:34+	76:46+	
07:21+	04:32+	03:51+	04:02+	03:51+	08:59+	04:53+	05:41+	06:52+	09:06+	08:48+	06:55+	01:43+	00:12+	
07:21+	04:32+	03:51+	04:02+	03:51+	08:59+	04:53+	05:41+	06:52+	09:06+	08:48+	06:55+	01:43+	00:12+	
17	Rasmus Christensen	22												1:17:01
03:04+	08:59+	14:54+	17:00+	23:14+	32:47+	37:50+	42:08+	47:12+	55:32+	64:46+	75:25+	76:47+	77:01+	
03:04+	05:55+	05:55+	02:06+	06:14+	09:33+	05:03+	04:18+	05:04+	08:20+	09:14+	10:39+	01:22+	00:14+	
03:04+	05:55+	05:55+	02:06+	06:14+	09:33+	05:03+	04:18+	05:04+	08:20+	09:14+	10:39+	01:22+	00:14+	
18	Naja Knudsen	27												1:17:04
02:58+	07:48+	12:17+	13:56+	19:44+	28:11+	34:05+	39:00+	44:04+	55:52+	66:54+	75:27+	76:52+	77:04+	
02:58+	04:50+	04:29+	01:39+	05:48+	08:27+	05:54+	04:55+	05:04+	11:48+	11:02+	08:33+	01:25+	00:12+	
02:58+	04:50+	04:29+	01:39+	05:48+	08:27+	05:54+	04:55+	05:04+	11:48+	11:02+	08:33+	01:25+	00:12+	
19	Carl Malling	33												1:17:18
03:01+	07:40+	10:59+	13:58+	19:42+	29:28+	41:41+	46:22+	51:57+	57:48+	67:45+	75:14+	77:01+	77:18+	
03:01+	04:39+	03:19+	02:59+	05:44+	09:46+	12:13+	04:41+	05:35+	05:51+	09:57+	07:29+	01:47+	00:17+	
03:01+	04:39+	03:19+	02:59+	05:44+	09:46+	12:13+	04:41+	05:35+	05:51+	09:57+	07:29+	01:47+	00:17+	
20	Bjarne Christensen	Sok												1:17:25
02:51+	07:24+	11:00+	13:22+	23:32+	35:03+	39:45+	45:43+	51:21+	56:07+	63:56+	75:38+	77:12+	77:25+	
02:51+	04:33+	03:36+	02:22+	10:10+	11:31+	04:42+	05:58+	05:38+	04:46+	07:49+	11:42+	01:34+	00:13+	
02:51+	04:33+	03:36+	02:22+	10:10+	11:31+	04:42+	05:58+	05:38+	04:46+	07:49+	11:42+	01:34+	00:13+	
21	Arne Bertelsen	22												1:18:26
03:15+	08:14+	11:32+	17:16+	22:43+	31:35+	36:17+	43:00+	47:58+	53:41+	72:18+	76:57+	78:15+	78:26+	
03:15+	04:59+	03:18+	05:44+	05:27+	08:52+	04:42+	06:43+	04:58+	05:43+	18:37+	04:39+	01:18+	00:11+	
03:15+	04:59+	03:18+	05:44+	05:27+	08:52+	04:42+	06:43+	04:58+	05:43+	18:37+	04:39+	01:18+	00:11+	
22	Carsten Helligsø	12												1:24:59
03:24+	13:08+	16:55+	18:45+	24:30+	34:03+	39:33+	45:05+	51:42+	59:15+	69:35+	83:07+	84:45+	84:59+	
03:24+	09:44+	03:47+	01:50+	05:45+	09:33+	05:30+	05:32+	06:37+	07:33+	10:20+	13:32+	01:38+	00:14+	
03:24+	09:44+	03:47+	01:50+	05:45+	09:33+	05:30+	05:32+	06:37+	07:33+	10:20+	13:32+	01:38+	00:14+	
23	Jesper R Mortensen	8												1:26:10
03:28+	08:36+	15:10+	16:37+	24:10+	36:06+	41:35+	46:30+	52:26+	64:41+	75:26+	83:29+	85:55+	86:10+	
03:28+	05:08+	06:34+	01:27+	07:33+	11:56+	05:29+	04:55+	05:56+	12:15+	10:45+	08:03+	02:26+	00:15+	
03:28+	05:08+	06:34+	01:27+	07:33+	11:56+	05:29+	04:55+	05:56+	12:15+	10:45+	08:03+	02:26+	00:15+	
24	Helle Nikkel	38												1:26:44
03:49+	11:20+	15:58+	17:52+	24:29+	35:30+	42:27+	52:28+	60:33+	66:47+	77:40+	84:35+	86:28+	86:44+	
03:49+	07:31+	04:38+	01:54+	06:37+	11:01+	06:57+	10:01+	08:05+	06:14+	10:53+	06:55+	01:53+	00:16+	
03:49+	07:31+	04:38+	01:54+	06:37+	11:01+	06:57+	10:01+	08:05+	06:14+	10:53+	06:55+	01:53+	00:16+	

Class	Navn	Klasse												Tid
5kmsvær														
25	Gerhard Jensen	18												1:29:54
04:44+	09:54+	14:18+	16:05+	27:00+	41:09+	46:37+	52:02+	59:20+	65:58+	77:18+	86:54+	89:30+	89:54+	
04:44+	05:10+	04:24+	01:47+	10:55+	14:09+	05:28+	05:25+	07:18+	06:38+	11:20+	09:36+	02:36+	00:24+	
04:44+	05:10+	04:24+	01:47+	10:55+	14:09+	05:28+	05:25+	07:18+	06:38+	11:20+	09:36+	02:36+	00:24+	
26	Lone Knudsen	27												1:31:21
02:18+	06:15+	09:45+	11:17+	16:18+	25:35+	32:04+	46:05+	51:34+	62:30+	78:55+	89:00+	91:07+	91:21+	
02:18+	03:57+	03:30+	01:32+	05:01+	09:17+	06:29+	14:01+	05:29+	10:56+	16:25+	10:05+	02:07+	00:14+	
02:18+	03:57+	03:30+	01:32+	05:01+	09:17+	06:29+	14:01+	05:29+	10:56+	16:25+	10:05+	02:07+	00:14+	
27	Kim Folander	5												1:33:01
04:19+	11:50+	18:18+	20:30+	26:13+	39:16+	46:07+	52:22+	59:28+	69:18+	83:23+	90:47+	92:41+	93:01+	
04:19+	07:31+	06:28+	02:12+	05:43+	13:03+	06:51+	06:15+	07:06+	09:50+	14:05+	07:24+	01:54+	00:20+	
04:19+	07:31+	06:28+	02:12+	05:43+	13:03+	06:51+	06:15+	07:06+	09:50+	14:05+	07:24+	01:54+	00:20+	
28	Heidi Hinge Krogsgaard	Sok												1:33:25
02:48+	09:19+	19:33+	21:49+	27:58+	37:42+	42:56+	48:06+	53:40+	60:19+	70:49+	91:45+	93:11+	93:25+	
02:48+	06:31+	10:14+	02:16+	06:09+	09:44+	05:14+	05:10+	05:34+	06:39+	10:30+	20:56+	01:26+	00:14+	
02:48+	06:31+	10:14+	02:16+	06:09+	09:44+	05:14+	05:10+	05:34+	06:39+	10:30+	20:56+	01:26+	00:14+	
29	Knud Jespersen	27												1:33:48
03:18+	09:58+	15:27+	17:59+	28:17+	38:43+	44:41+	49:48+	55:03+	63:38+	79:26+	91:20+	93:32+	93:48+	
03:18+	06:40+	05:29+	02:32+	10:18+	10:26+	05:58+	05:07+	05:15+	08:35+	15:48+	11:54+	02:12+	00:16+	
03:18+	06:40+	05:29+	02:32+	10:18+	10:26+	05:58+	05:07+	05:15+	08:35+	15:48+	11:54+	02:12+	00:16+	
30	Signe Faber	Sok												1:35:01
10:29+	15:24+	19:25+	21:04+	29:26+	39:28+	44:39+	49:40+	56:05+	62:15+	73:59+	92:58+	94:46+	95:01+	
10:29+	04:55+	04:01+	01:39+	08:22+	10:02+	05:11+	05:01+	06:25+	06:10+	11:44+	18:59+	01:48+	00:15+	
10:29+	04:55+	04:01+	01:39+	08:22+	10:02+	05:11+	05:01+	06:25+	06:10+	11:44+	18:59+	01:48+	00:15+	
31	Steen Vestergaard	18												1:35:47
04:34+	13:43+	20:28+	22:14+	30:42+	40:54+	46:30+	50:58+	56:20+	64:51+	86:31+	93:28+	95:32+	95:47+	
04:34+	09:09+	06:45+	01:46+	08:28+	10:12+	05:36+	04:28+	05:22+	08:31+	21:40+	06:57+	02:04+	00:15+	
04:34+	09:09+	06:45+	01:46+	08:28+	10:12+	05:36+	04:28+	05:22+	08:31+	21:40+	06:57+	02:04+	00:15+	
32	Søren Dall	22												1:38:33
03:17+	07:23+	12:02+	13:42+	19:08+	28:00+	35:54+	42:06+	47:03+	53:10+	90:16+	96:55+	98:19+	98:33+	
03:17+	04:06+	04:39+	01:40+	05:26+	08:52+	07:54+	06:12+	04:57+	06:07+	37:06+	06:39+	01:24+	00:14+	
03:17+	04:06+	04:39+	01:40+	05:26+	08:52+	07:54+	06:12+	04:57+	06:07+	37:06+	06:39+	01:24+	00:14+	
33	Britt Hermanrud	Sok												1:38:37
15:00+	20:29+	24:21+	26:21+	35:54+	45:11+	53:36+	64:47+	70:27+	77:57+	90:13+	96:28+	98:24+	98:37+	
15:00+	05:29+	03:52+	02:00+	09:33+	09:17+	08:25+	11:11+	05:40+	07:30+	12:16+	06:15+	01:56+	00:13+	
15:00+	05:29+	03:52+	02:00+	09:33+	09:17+	08:25+	11:11+	05:40+	07:30+	12:16+	06:15+	01:56+	00:13+	
34	Jørn H. Klausen	Ok Syd												1:42:31
07:27+	12:51+	17:17+	23:12+	30:20+	41:03+	47:27+	53:31+	59:53+	70:23+	82:30+	99:55+	102:14+	102:31+	
07:27+	05:24+	04:26+	05:55+	07:08+	10:43+	06:24+	06:04+	06:22+	10:30+	12:07+	17:25+	02:19+	00:17+	
07:27+	05:24+	04:26+	05:55+	07:08+	10:43+	06:24+	06:04+	06:22+	10:30+	12:07+	17:25+	02:19+	00:17+	
35	Frede Scheye	8												1:48:44
12:52+	18:59+	24:54+	27:41+	36:14+	47:52+	54:03+	60:15+	74:04+	82:16+	92:56+	106:29+	108:32+	108:44+	
12:52+	06:07+	05:55+	02:47+	08:33+	11:38+	06:11+	06:12+	13:49+	08:12+	10:40+	13:33+	02:03+	00:12+	
12:52+	06:07+	05:55+	02:47+	08:33+	11:38+	06:11+	06:12+	13:49+	08:12+	10:40+	13:33+	02:03+	00:12+	
36	Jesper Christiansen	18												1:52:21
13:12+	19:34+	23:37+	28:27+	35:14+	43:45+	48:51+	52:42+	58:07+	64:20+	88:37+	110:48+	112:06+	112:21+	
13:12+	06:22+	04:03+	04:50+	06:47+	08:31+	05:06+	03:51+	05:25+	06:13+	24:17+	22:11+	01:18+	00:15+	
13:12+	06:22+	04:03+	04:50+	06:47+	08:31+	05:06+	03:51+	05:25+	06:13+	24:17+	22:11+	01:18+	00:15+	

5kmsvær

37 Janni Fischer 3 2:01:22

03:56+	09:00+	13:42+	15:31+	24:37+	35:28+	40:24+	45:12+	51:21+	74:53+	112:04+	118:54+	120:57+	121:22+
03:56+	05:04+	04:42+	01:49+	09:06+	10:51+	04:56+	04:48+	06:09+	23:32+	37:11+	06:50+	02:03+	00:25+
03:56+	05:04+	04:42+	01:49+	09:06+	10:51+	04:56+	04:48+	06:09+	23:32+	37:11+	06:50+	02:03+	00:25+

38 Hans Jørgen Vad 10 2:05:15

05:48+	14:09+	20:21+	22:48+	35:43+	53:36+	62:03+	70:27+	80:34+	91:18+	106:50+	121:32+	124:49+	125:15+
05:48+	08:21+	06:12+	02:27+	12:55+	17:53+	08:27+	08:24+	10:07+	10:44+	15:32+	14:42+	03:17+	00:26+
05:48+	08:21+	06:12+	02:27+	12:55+	17:53+	08:27+	08:24+	10:07+	10:44+	15:32+	14:42+	03:17+	00:26+

39 Torben Rasmussen 18 2:09:43

04:12+	11:56+	19:43+	22:39+	38:19+	52:36+	68:04+	77:27+	85:35+	93:24+	110:24+	125:03+	129:18+	129:43+
04:12+	07:44+	07:47+	02:56+	15:40+	14:17+	15:28+	09:23+	08:08+	07:49+	17:00+	14:39+	04:15+	00:25+
04:12+	07:44+	07:47+	02:56+	15:40+	14:17+	15:28+	09:23+	08:08+	07:49+	17:00+	14:39+	04:15+	00:25+

Beste stræktid for klassen

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

6kmsvær

1 Thomas Skouenborg 27 55:53

55:45=	55:53=	56:59=	61:26=	62:51=	67:27=	73:00=	74:39=	76:36=	79:28=	81:42=	86:37=	90:25=	93:25=	98:32=	101:19=	104:38=	108:04=	109:07=	109:17=
55:45=	00:08=	01:06=	04:27=	01:25=	04:36=	05:33=	01:39=	01:57=	02:52=	02:14=	04:55=	03:48=	03:00=	05:07=	02:47=	03:19=	03:26=	01:03=	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=

2 Merete Nørgaard 2 1:06:55

02:20-	06:05-	07:53-	13:50-	20:59-	22:52-	24:47-	28:17-	29:43-	34:55-	38:00-	42:00-	49:29-	53:17-	59:27-	65:02-	66:46-	66:55-		
02:20-	03:45+	01:48+	05:57+	07:09+	01:53-	01:55-	03:30+	01:26-	05:12+	03:05+	04:00-	07:29+	03:48+	06:10+	05:35+	01:44-	00:09-		
53:25-	03:37@	00:42&	01:30&	05:44@	02:43-	03:38-	01:51@	00:31-	02:20&	00:51&	00:55-	03:41&	00:48&	01:03#	02:48@	01:35-	03:17-		

3 Henrik Bomm Hinge Ok Pan 1:11:48

04:04-	08:30-	10:09-	15:44-	21:51-	23:50-	25:23-	28:49-	30:35-	35:56-	38:50-	44:39-	50:59-	54:05-	59:17-	70:08-	71:35-	71:48-		
04:04-	04:26+	01:39+	05:35+	06:07+	01:59-	01:33-	03:26+	01:46-	05:21+	02:54+	05:49+	06:20+	03:06+	05:12+	10:51+	01:27-	00:13-		
51:41-	04:18@	00:33&	01:08&	04:42@	02:37-	04:00-	01:47@	00:11-	02:29&	00:40&	00:54#	02:32&	00:06+	00:05+	08:04@	01:52-	03:13-		

4 Jørgen Pedersen 3 1:14:30

02:55-	07:04-	09:11-	15:42-	22:34-	24:50-	27:01-	32:30-	34:29-	40:47-	44:33-	48:51-	55:03-	59:22-	65:04-	72:38-	74:16-	74:30-		
02:55-	04:09+	02:07+	06:31+	06:52+	02:16-	02:11-	05:29+	01:59+	06:18+	03:46+	04:18-	06:12+	04:19+	05:42+	07:34+	01:38-	00:14-		
52:50-	04:01@	01:01&	02:04&	05:27@	02:20-	03:22-	03:50@	00:02+	03:26@	01:32&	00:37-	02:24&	01:19&	00:35#	04:47@	01:41-	03:12-		

5 Ivan Christensen Ok Pan 1:14:44

02:57-	06:53-	08:54-	14:30-	21:59-	24:47-	27:08-	31:10-	32:42-	38:45-	42:02-	45:54-	51:24-	55:08-	61:06-	72:55-	74:28-	74:44-		
02:57-	03:56+	02:01+	05:36+	07:29+	02:48-	02:21-	04:02+	01:32-	06:03+	03:17+	03:52-	05:30+	03:44+	05:58+	11:49+	01:33-	00:16-		
52:48-	03:48@	00:55&	01:09&	06:04@	01:48-	03:12-	02:23@	00:25-	03:11@	01:03&	01:03-	01:42&	00:44#	00:51#	09:02@	01:46-	03:10-		

6 Marianne Lyng Krogh 13 1:18:39

02:28-	06:06-	08:13-	15:04-	21:45-	23:56-	25:43-	29:13-	30:36-	35:38-	38:29-	55:36-	62:23-	66:55-	70:47-	76:59-	78:26-	78:39-		
02:28-	03:38+	02:07+	06:51+	06:41+	02:11-	01:47-	03:30+	01:23-	05:02+	02:51+	17:07+	06:47+	04:32+	03:52-	06:12+	01:27-	00:13-		
53:17-	03:30@	01:01&	02:24&	05:16@	02:25-	03:46-	01:51@	00:34-	02:10&	00:37&	12:12@	02:59&	01:32&	01:15-	03:25@	01:52-	03:13-		

7 Lennart Bo Kristiansen 38 1:19:16

03:14-	07:09-	09:18-	16:02-	23:38-	26:13-	28:13-	32:23-	34:17-	40:40-	45:02-	53:24-	61:32-	65:42-	71:00-	77:13-	79:04-	79:16-		
03:14-	03:55+	02:09+	06:44+	07:36+	02:35-	02:00-	04:10+	01:54-	06:23+	04:22+	08:22+	08:08+	04:10+	05:18+	06:13+	01:51-	00:12-		
52:31-	03:47@	01:03&	02:17&	06:11@	02:01-	03:33-	02:31@	00:03-	03:31@	02:08&	03:27&	04:20@	01:10&	00:11+	03:26@	01:28-	03:14-		

Class	Navn	Klasse	Tid														
6kmsvæer																	
8	Lene Bejer Damgaard	38	1:19:40														
04:14-	09:28-	11:32-	17:53-	26:32-	29:03-	31:02-	35:03-	37:06-	43:52-	48:12-	52:14-	58:50-	63:03-	69:32-	77:07-	79:27-	79:40-
04:14-	05:14+	02:04+	06:21+	08:39+	02:31-	01:59-	04:01+	02:03+	06:46+	04:20+	04:02-	06:36+	04:13+	06:29+	07:35+	02:20-	00:13-
51:31-	05:06@	00:58&	01:54&	07:14@	02:05-	03:34-	02:22@	00:06+	03:54@	02:06&	00:53-	02:48&	01:13&	01:22&	04:48@	00:59-	03:13-
9	Jens Ozol	SOK	1:22:17														
03:27+	08:17+	12:07+	19:08+	27:51+	30:54+	33:02+	37:33+	39:21+	45:44+	50:01+	56:54+	66:03+	70:10+	75:21+	80:13+	82:03+	82:17+
03:27+	04:50+	03:50+	07:01+	08:43+	03:03+	02:08+	04:31+	01:48+	06:23+	04:17+	06:53+	09:09+	04:07+	05:11+	04:52+	01:50+	00:14+
03:27+	04:50+	03:50+	07:01+	08:43+	03:03+	02:08+	04:31+	01:48+	06:23+	04:17+	06:53+	09:09+	04:07+	05:11+	04:52+	01:50+	00:14+
10	Steffen Alm	16	1:23:12														
02:53+	14:45+	16:55+	21:49+	29:29+	31:38+	40:57+	44:41+	46:17+	51:47+	55:25+	59:34+	66:19+	69:44+	73:35+	81:21+	83:00+	83:12+
02:53+	11:52+	02:10+	04:54+	07:40+	02:09+	09:19+	03:44+	01:36+	05:30+	03:38+	04:09+	06:45+	03:25+	03:51+	07:46+	01:39+	00:12+
02:53+	11:52+	02:10+	04:54+	07:40+	02:09+	09:19+	03:44+	01:36+	05:30+	03:38+	04:09+	06:45+	03:25+	03:51+	07:46+	01:39+	00:12+
11	Jan Kølback	40	1:23:44														
03:34+	08:58+	11:32+	18:45+	27:20+	30:29+	32:42+	37:47+	39:36+	47:00+	51:29+	57:08+	64:47+	68:57+	73:29+	81:30+	83:31+	83:44+
03:34+	05:24+	02:34+	07:13+	08:35+	03:09+	02:13+	05:05+	01:49+	07:24+	04:29+	05:39+	07:39+	04:10+	04:32+	08:01+	02:01+	00:13+
03:34+	05:24+	02:34+	07:13+	08:35+	03:09+	02:13+	05:05+	01:49+	07:24+	04:29+	05:39+	07:39+	04:10+	04:32+	08:01+	02:01+	00:13+
12	Ulrikh Revsbech	20	1:25:13														
02:51+	07:26+	09:28+	16:37+	24:31+	26:55+	32:52+	37:00+	38:42+	46:02+	51:26+	55:40+	62:57+	66:42+	71:22+	83:05+	84:58+	85:13+
02:51+	04:35+	02:02+	07:09+	07:54+	02:24+	05:57+	04:08+	01:42+	07:20+	05:24+	04:14+	07:17+	03:45+	04:40+	11:43+	01:53+	00:15+
02:51+	04:35+	02:02+	07:09+	07:54+	02:24+	05:57+	04:08+	01:42+	07:20+	05:24+	04:14+	07:17+	03:45+	04:40+	11:43+	01:53+	00:15+
13	Bjørn Sommer	40	1:25:25														
03:20+	07:49+	09:54+	16:31+	23:22+	25:31+	27:57+	32:48+	38:12+	43:33+	47:48+	54:34+	62:22+	70:38+	76:56+	83:40+	85:12+	85:25+
03:20+	04:29+	02:05+	06:37+	06:51+	02:09+	02:26+	04:51+	05:24+	05:21+	04:15+	06:46+	07:48+	08:16+	06:18+	06:44+	01:32+	00:13+
03:20+	04:29+	02:05+	06:37+	06:51+	02:09+	02:26+	04:51+	05:24+	05:21+	04:15+	06:46+	07:48+	08:16+	06:18+	06:44+	01:32+	00:13+
14	Marie B. Bertelsen	22	1:30:01														
02:41+	06:43+	08:45+	14:21+	22:35+	25:04+	26:54+	30:52+	34:13+	40:13+	43:56+	55:40+	63:02+	69:16+	73:58+	88:25+	89:50+	90:01+
02:41+	04:02+	02:02+	05:36+	08:14+	02:29+	01:50+	03:58+	03:21+	06:00+	03:43+	11:44+	07:22+	06:14+	04:42+	14:27+	01:25+	00:11+
02:41+	04:02+	02:02+	05:36+	08:14+	02:29+	01:50+	03:58+	03:21+	06:00+	03:43+	11:44+	07:22+	06:14+	04:42+	14:27+	01:25+	00:11+
15	Svend-Erik Munck	8	1:30:02														
04:58+	10:42+	13:30+	20:15+	28:55+	32:35+	35:25+	40:32+	44:04+	51:28+	56:34+	61:53+	70:12+	75:02+	81:35+	87:50+	89:46+	90:02+
04:58+	05:44+	02:48+	06:45+	08:40+	03:40+	02:50+	05:07+	03:32+	07:24+	05:06+	05:19+	08:19+	04:50+	06:33+	06:15+	01:56+	00:16+
04:58+	05:44+	02:48+	06:45+	08:40+	03:40+	02:50+	05:07+	03:32+	07:24+	05:06+	05:19+	08:19+	04:50+	06:33+	06:15+	01:56+	00:16+
16	Søren Klingenberg	7	1:33:27														
03:51+	22:46+	25:05+	32:01+	40:17+	43:08+	45:46+	50:24+	52:00+	58:45+	62:25+	67:18+	75:53+	79:50+	84:48+	91:48+	93:15+	93:27+
03:51+	18:55+	02:19+	06:56+	08:16+	02:51+	02:38+	04:38+	01:36+	06:45+	03:40+	04:53+	08:35+	03:57+	04:58+	07:00+	01:27+	00:12+
03:51+	18:55+	02:19+	06:56+	08:16+	02:51+	02:38+	04:38+	01:36+	06:45+	03:40+	04:53+	08:35+	03:57+	04:58+	07:00+	01:27+	00:12+
17	Lars Nissen	20	1:37:24														
04:23+	10:27+	13:26+	22:55+	32:25+	35:14+	37:55+	43:04+	44:49+	52:27+	56:42+	62:05+	71:03+	76:11+	85:39+	95:40+	97:12+	97:24+
04:23+	06:04+	02:59+	09:29+	09:30+	02:49+	02:41+	05:09+	01:45+	07:38+	04:15+	05:23+	08:58+	05:08+	09:28+	10:01+	01:32+	00:12+
04:23+	06:04+	02:59+	09:29+	09:30+	02:49+	02:41+	05:09+	01:45+	07:38+	04:15+	05:23+	08:58+	05:08+	09:28+	10:01+	01:32+	00:12+
18	Britta Ank Pedersen	10	1:41:33														
04:01+	09:53+	18:26+	27:31+	35:57+	39:01+	41:42+	46:17+	47:58+	53:41+	63:43+	71:58+	80:16+	84:16+	91:16+	98:57+	101:20+	101:33+
04:01+	05:52+	08:33+	09:05+	08:26+	03:04+	02:41+	04:35+	01:41+	05:43+	10:02+	08:15+	08:18+	04:00+	07:00+	07:41+	02:23+	00:13+
04:01+	05:52+	08:33+	09:05+	08:26+	03:04+	02:41+	04:35+	01:41+	05:43+	10:02+	08:15+	08:18+	04:00+	07:00+	07:41+	02:23+	00:13+
19	Susanne Kristensen	9	1:42:02														
04:25+	12:00+	15:20+	24:55+	35:53+	38:34+	40:12+	44:44+	46:35+	53:14+	57:16+	69:42+	80:13+	84:22+	90:45+	99:40+	101:48+	102:02+
04:25+	07:35+	03:20+	09:35+	10:58+	02:41+	01:38+	04:32+	01:51+	06:39+	04:02+	12:26+	10:31+	04:09+	06:23+	08:55+	02:08+	00:14+
04:25+	07:35+	03:20+	09:35+	10:58+	02:41+	01:38+	04:32+	01:51+	06:39+	04:02+	12:26+	10:31+	04:09+	06:23+	08:55+	02:08+	00:14+

6kmsvær

20	Peter Sigvardt	18										1:43:20					
03:37+	09:32+	11:42+	16:57+	25:10+	27:43+	29:40+	33:32+	41:00+	46:19+	49:47+	61:45+	69:08+	82:23+	89:47+	101:57+	103:10+	103:20+
03:37+	05:55+	02:10+	05:15+	08:13+	02:33+	01:57+	03:52+	07:28+	05:19+	03:28+	11:58+	07:23+	13:15+	07:24+	12:10+	01:13+	00:10+
03:37+	05:55+	02:10+	05:15+	08:13+	02:33+	01:57+	03:52+	07:28+	05:19+	03:28+	11:58+	07:23+	13:15+	07:24+	12:10+	01:13+	00:10+

21	Jens Bentsen	30										1:51:15					
04:11+	12:19+	15:05+	24:16+	37:02+	39:56+	43:12+	49:18+	52:10+	59:23+	68:07+	74:30+	83:23+	88:48+	99:02+	108:00+	110:57+	111:15+
04:11+	08:08+	02:46+	09:11+	12:46+	02:54+	03:16+	06:06+	02:52+	07:13+	08:44+	06:23+	08:53+	05:25+	10:14+	08:58+	02:57+	00:18+
04:11+	08:08+	02:46+	09:11+	12:46+	02:54+	03:16+	06:06+	02:52+	07:13+	08:44+	06:23+	08:53+	05:25+	10:14+	08:58+	02:57+	00:18+

22	Maria Bo Kølbæk	40										2:13:54					
04:04+	11:48+	15:21+	24:43+	35:42+	42:44+	47:17+	53:13+	56:13+	67:07+	73:24+	81:12+	96:13+	106:49+	117:21+	129:22+	133:38+	133:54+
04:04+	07:44+	03:33+	09:22+	10:59+	07:02+	04:33+	05:56+	03:00+	10:54+	06:17+	07:48+	15:01+	10:36+	10:32+	12:01+	04:16+	00:16+
04:04+	07:44+	03:33+	09:22+	10:59+	07:02+	04:33+	05:56+	03:00+	10:54+	06:17+	07:48+	15:01+	10:36+	10:32+	12:01+	04:16+	00:16+

Beste stræktid for klassen

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

7kmsvær

1	Torben Nørgaard	2										1:19:19								
03:45=	08:49=	12:52=	15:54=	17:42=	25:20=	27:14=	31:12=	34:24=	38:22=	42:09=	45:01=	50:48=	53:30=	58:02=	60:56=	68:22=	73:54=	78:04=	79:07=	79:19=
03:45=	05:04=	04:03=	03:02=	01:48=	07:38=	01:54=	03:58=	03:12=	03:58=	03:47=	02:52=	05:47=	02:42=	04:32=	02:54=	07:26=	05:32=	04:10=	01:03=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Hanne Fogh	5										1:27:01								
02:48-	09:02+	16:04+	19:53+	22:18+	30:32+	32:35+	37:22+	41:48+	46:44+	52:10+	54:09+	60:05+	62:34+	66:23+	69:13+	76:38+	81:19+	85:19+	86:52+	87:01+
02:48-	06:14+	07:02+	03:49+	02:25+	08:14+	02:03+	04:47+	04:26+	04:56+	05:26+	01:59-	05:56+	02:29-	03:49-	02:50-	07:25-	04:41-	04:00-	01:33+	00:09-
00:57-	01:10#	02:59&	00:47&	00:37&	00:36+	00:09+	00:49#	01:14&	00:58#	01:39&	00:53-	00:09+	00:13-	00:43-	00:04-	00:01-	00:51-	00:10-	00:30&	00:03-

3	Christen K. Laursen	13										1:30:02								
02:39-	07:19-	12:30-	16:33+	18:54+	25:53+	28:05+	32:36+	36:15+	40:49+	46:10+	47:51+	53:07+	56:00+	58:19+	65:44+	76:56+	85:41+	88:41+	89:51+	90:02+
02:39-	04:40-	05:11+	04:03+	02:21+	06:59-	02:12+	04:31+	03:39+	04:34+	05:21+	01:41-	05:16-	02:53+	02:19-	07:25+	11:12+	08:45+	03:00-	01:10+	00:11-
01:06-	00:24-	01:08&	01:01&	00:33&	00:39-	00:18#	00:33#	00:27#	00:36#	01:34&	01:11-	00:31-	00:11+	02:13-	04:31@	03:46&	03:13&	01:10-	00:07#	00:01-

4	Patrisk Dresel	11										1:32:18								
02:51-	07:44-	11:52-	16:21+	25:52+	33:05+	35:00+	39:50+	44:24+	49:02+	53:02+	56:21+	61:16+	66:29+	68:23+	71:07+	83:15+	87:31+	90:45+	92:06+	92:18+
02:51-	04:53-	04:08+	04:29+	09:31+	07:13-	01:55+	04:50+	04:34+	04:38+	04:00+	03:19+	04:55-	05:13+	01:54-	02:44-	12:08+	04:16-	03:14-	01:21+	00:12=
00:54-	00:11-	00:05+	01:27&	07:43@	00:25-	00:01+	00:52#	01:22&	00:40#	00:13+	00:27#	00:52-	02:31&	02:38-	00:10-	04:42&	01:16-	00:56-	00:18&	00:00=

5	Ole Lind	3										1:35:09								
02:26-	07:20-	13:34+	18:40+	20:56+	28:46+	30:52+	35:36+	39:50+	44:29+	49:44+	52:03+	58:37+	61:38+	64:35+	68:03+	78:44+	90:16+	93:28+	94:53+	95:09+
02:26-	04:54-	06:14+	05:06+	02:16+	07:50+	02:06+	04:44+	04:14+	04:39+	05:15+	02:19-	06:34+	03:01+	02:57-	03:28+	10:41+	11:32+	03:12-	01:25+	00:16+
01:19-	00:10-	02:11&	02:04&	00:28&	00:12+	00:12#	00:46#	01:02&	00:41#	01:28&	00:33-	00:47#	01:35-	00:34#	03:15&	06:00@	00:58-	00:22&	00:04&	

6	Kent Kristensen	9										1:38:20								
03:20-	16:07+	20:25+	24:20+	27:20+	36:00+	38:28+	43:04+	47:42+	53:10+	58:26+	60:20+	67:54+	70:53+	74:58+	79:50+	88:32+	92:59+	96:52+	98:07+	98:20+
03:20-	12:47+	04:18+	03:55+	03:00+	08:40+	02:28+	04:36+	04:38+	05:28+	05:16+	01:54-	07:34+	02:59+	04:05-	04:52+	08:42+	04:27-	03:53-	01:15+	00:13+
00:25-	07:43@	00:15+	00:53&	01:12&	01:02#	00:34&	00:38#	01:26&	01:30&	01:29&	00:58-	01:47&	00:17#	00:27-	01:58&	01:16#	01:05-	00:17-	00:12#	00:01+

7	Markus Dresel	11										1:45:10								
02:59-	09:55+	14:50+	18:41+	21:28+	30:17+	32:13+	37:25+	42:18+	47:28+	52:16+	54:58+	60:46+	63:50+	69:31+	75:14+	82:53+	100:11+	103:44+	104:59+	105:10+
02:59-	06:56+	04:55+	03:51+	02:47+	08:49+	01:56+	05:12+	04:53+	05:10+	04:48+	02:42-	05:48+	03:04+	05:41+	05:43+	07:39+	17:18+	03:33-	01:15+	00:11-
00:46-	01:52&	00:52#	00:49&	00:59&	01:11#	00:02+	01:14&	01:41&	01:12&	01:01&	00:10-	00:01+	00:22#	01:09&	02:49&	00:13+	11:46@	00:37-	00:12#	00:01-

Pluss	Navn	Klasse	Tid
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7kmsv r

Beste str ktid for klassen

02:26 04:40 04:03 03:02 01:48 06:59 01:54 03:58 03:12 03:58 03:47 01:41 04:55 02:29 01:54 02:44 07:25 04:16 03:00 01:03 00:09

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

9kmsv r

1	Asbj�rn Fenger-Gr�n	Sok	1:14:43																						
02:33=	05:22=	07:20=	11:28=	14:13=	15:53=	21:29=	23:30=	28:08=	29:49=	35:37=	39:41=	41:03=	42:49=	46:51=	50:33=	52:28=	58:22=	60:01=	61:57=	66:14=	68:42=	71:37=	73:35=	74:34=	74:43=
02:33=	02:49=	01:58=	04:08=	02:45=	01:40=	05:36=	02:01=	04:38=	01:41=	05:48=	04:04=	01:22=	01:46=	04:02=	03:42=	01:55=	05:54=	01:39=	01:56=	04:17=	02:28=	02:55=	01:58=	00:59=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Thomas Blok	27	1:22:33																						
02:41+	05:50+	08:22+	11:52+	16:40+	18:20+	24:02+	26:42+	31:09+	32:53+	40:25+	42:39+	43:36+	45:32+	49:16+	53:37+	55:15+	63:12+	65:02+	67:07+	71:29+	73:56+	78:18+	81:20+	82:23+	82:33+
02:41+	03:09+	02:32+	03:30+	04:48+	01:40=	05:42+	02:40+	04:27-	01:44+	07:32+	02:14-	00:57-	01:56+	03:44-	04:21+	01:38-	07:57+	01:50+	02:05+	04:22+	02:27-	04:22+	03:02+	01:03+	00:10+
00:08+	00:20#	00:34&	00:38-	02:03&	00:00=	00:06+	00:39&	00:11-	00:03+	01:44&	01:50-	00:25-	00:10+	00:18-	00:39#	00:17-	02:03&	00:11#	00:09+	00:05+	00:01-	01:27&	01:04&	00:04+	00:01#

3	Kristian Blok	27	1:30:14																						
03:25+	07:12+	09:13+	14:21+	17:23+	19:32+	26:00+	28:18+	32:18+	34:05+	40:43+	43:04+	44:04+	46:59+	50:53+	54:27+	55:45+	64:06+	66:09+	70:55+	75:55+	78:16+	85:53+	88:34+	90:00+	90:14+
03:25+	03:47+	02:01+	05:08+	03:02+	02:09+	06:28+	02:18+	04:00-	01:47+	06:38+	02:21-	01:00-	02:55+	03:54-	03:34-	01:18-	08:21+	02:03+	04:46+	05:00+	02:21-	07:37+	02:41+	01:26+	00:14+
00:52&	00:58&	00:03+	01:00#	00:17#	00:29&	00:52#	00:17#	00:38-	00:06+	00:50#	01:43-	00:22-	01:09&	00:08-	00:08-	00:37-	02:27&	00:24#	02:50@	00:43#	00:07-	04:42@	00:43&	00:27&	00:05&

4	Jes Mose Jensen	Akif	2:02:33																						
05:31+	11:07+	13:56+	22:38+	27:57+	30:46+	42:06+	45:36+	52:30+	55:36+	65:06+	70:16+	71:44+	75:15+	81:05+	86:00+	88:07+	97:34+	99:37+	103:25+	109:38+	111:35+	117:57+	120:38+	122:19+	122:33+
05:31+	05:36+	02:49+	08:42+	05:19+	02:49+	11:20+	03:30+	06:54+	03:06+	09:30+	05:10+	01:28+	03:31+	05:50+	04:55+	02:07+	09:27+	02:03+	03:48+	06:13+	01:57-	06:22+	02:41+	01:41+	00:14+
02:58@	02:47&	00:51&	04:34@	02:34&	01:09&	05:44@	01:29&	02:16&	01:25&	03:42&	01:06&	00:06+	01:45&	01:48&	01:13&	00:12#	03:33&	00:24#	01:52&	01:56&	00:31-	03:27@	00:43&	00:42&	00:05&

5	Svend Christiansen	32	2:24:44																						
04:19+	10:29+	17:47+	22:51+	26:34+	29:55+	38:38+	43:08+	49:34+	52:31+	59:44+	66:18+	67:53+	71:22+	76:11+	81:33+	84:01+	100:25+	109:44+	113:48+	119:36+	121:55+	137:52+	142:27+	144:30+	144:44+
04:19+	06:10+	07:18+	05:04+	03:43+	03:21+	08:43+	04:30+	06:26+	02:57+	07:13+	06:34+	01:35+	03:29+	04:49+	05:22+	02:28+	16:24+	09:19+	04:04+	05:48+	02:19-	15:57+	04:35+	02:03+	00:14+
01:46&	03:21@	05:20@	00:56#	00:58&	01:41@	03:07&	02:29@	01:48&	01:16&	01:25#	02:30&	00:13#	01:43&	00:47#	01:40&	00:33&	10:30@	07:40@	02:08@	01:31&	00:09-	13:02@	02:37@	01:04@	00:05&

6	Karina Mejnborg	32	2:34:50																						
05:27+	12:17+	15:51+	24:11+	29:50+	33:46+	43:35+	47:13+	56:33+	59:52+	70:04+	73:58+	75:36+	79:35+	85:21+	96:11+	105:00+	123:02+	126:49+	131:49+	138:21+	141:33+	147:07+	152:43+	154:31+	154:50+
05:27+	06:50+	03:34+	08:20+	05:39+	03:56+	09:49+	03:38+	09:20+	03:19+	10:12+	03:54-	01:38+	03:59+	05:46+	10:50+	08:49+	18:02+	03:47+	05:00+	06:32+	03:12+	05:34+	05:36+	01:48+	00:19+
02:54@	04:01@	01:36&	04:12@	02:54@	02:16@	04:13&	01:37&	04:42@	01:38&	04:24&	00:10-	00:16#	02:13@	01:44&	07:08@	06:54@	12:08@	02:08@	03:04@	02:15&	00:44&	02:39&	03:38@	00:49&	00:10@

7	Niels Stadel	Sok	2:36:01																						
04:22+	08:55+	19:53+	25:28+	29:04+	40:21+	49:34+	53:41+	64:31+	67:14+	75:54+	79:24+	82:03+	85:38+	90:59+	97:15+	101:39+	112:39+	117:55+	121:59+	127:54+	145:10+	149:52+	153:49+	155:48+	156:01+
04:22+	04:33+	10:58+	05:35+	03:36+	11:17+	09:13+	04:07+	10:50+	02:43+	08:40+	03:30-	02:39+	03:35+	05:21+	06:16+	04:24+	11:00+	05:16+	04:04+	05:55+	17:16+	04:42+	03:57+	01:59+	00:13+
01:49&	01:44&	09:00@	01:27&	00:51&	09:37@	03:37&	02:06@	06:12@	01:02&	02:52&	00:34-	01:17&	01:49@	01:19&	02:34&	02:29@	05:06&	03:37@	02:08@	01:38&	14:48@	01:47&	01:59@	01:00@	00:04&

Beste str ktid for klassen

02:33 02:49 01:58 03:30 02:45 01:40 05:36 02:01 04:00 01:41 05:48 02:14 00:57 01:46 03:44 03:34 01:18 05:54 01:39 01:56 04:17 01:57 02:55 01:58 00:59 00:09

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