

Plads Navn

Klasse

Tid

B1-7km

1 Jess Rasmussen

9

59:02

02:29= 05:51= 07:51= 09:30= 11:41= 15:00= 18:34= 22:51= 25:28= 29:17= 32:38= 34:53= 38:33= 39:47= 41:16= 46:17= 51:22= 53:51= 55:44= 56:52= 59:02=
 02:29= 03:22= 02:00= 01:39= 02:11= 03:19= 03:34= 04:17= 02:37= 03:49= 03:21= 02:15= 03:40= 01:14= 01:29= 05:01= 05:05= 02:29= 01:53= 01:08= 02:10=
 00:00=

2 Mads Kruse Juhl

1

59:53

01:58- 05:01- 06:37- 08:23- 09:59- 12:39- 15:39- 19:17- 22:21- 26:00- 28:18- 37:12+ 39:44+ 40:58+ 42:16+ 47:47+ 53:18+ 55:34+ 57:24+ 58:14+ 59:53+
 01:58- 03:03- 01:36- 01:46+ 01:36- 02:40- 03:00- 03:38- 03:04+ 03:39- 02:18- 08:54+ 02:32- 01:14= 01:18- 05:31+ 05:31+ 02:16- 01:50- 00:50- 01:39-
 00:31- 00:19- 00:24- 00:07+ 00:35- 00:39- 00:34- 00:39- 00:27# 00:10- 01:03- 06:39@ 01:08- 00:00= 00:11- 00:30+ 00:26+ 00:13- 00:03- 00:18- 00:31-

3 Michael Filyo

8

1:01:55

02:33+ 07:54+ 10:14+ 11:51+ 13:51+ 17:03+ 20:37+ 24:53+ 27:27+ 31:13+ 34:21+ 36:31+ 40:06+ 41:57+ 43:19+ 48:28+ 53:57+ 56:34+ 58:43+ 59:50+ 61:55+
 02:33+ 05:21+ 02:20+ 01:37- 02:00- 03:12- 03:34= 04:16- 02:34- 03:46- 03:08- 02:10- 03:35- 01:51+ 01:22- 05:09+ 05:29+ 02:37+ 02:09+ 01:07- 02:05-
 00:04+ 01:59& 00:20# 00:02- 00:11- 00:07- 00:00= 00:01- 00:03- 00:03- 00:13- 00:05- 00:05- 00:37& 00:07- 00:08+ 00:24+ 00:08+ 00:16# 00:01- 00:05-

4 Kenn Heldgaard Kristensen

1

1:04:37

02:53+ 08:06+ 10:23+ 12:27+ 15:16+ 18:49+ 23:37+ 28:18+ 30:57+ 34:56+ 37:55+ 40:12+ 43:32+ 45:38+ 46:58+ 51:53+ 56:51+ 59:26+ 61:18+ 62:26+ 64:37+
 02:53+ 05:13+ 02:17+ 02:04+ 02:49+ 03:33+ 04:48+ 04:41+ 02:39+ 03:59+ 02:59- 02:17+ 03:20- 02:06+ 01:20- 04:55- 04:58- 02:35+ 01:52- 01:08= 02:11+
 00:24# 01:51& 00:17# 00:25& 00:38& 00:14+ 01:14& 00:24+ 00:02+ 00:10+ 00:22- 00:02+ 00:20- 00:52& 00:09- 00:06- 00:07- 00:06+ 00:01- 00:00= 00:01+

5 Søren Andersen

1

1:12:08

02:48+ 07:32+ 09:41+ 12:28+ 15:29+ 18:54+ 22:38+ 26:45+ 30:05+ 36:17+ 39:30+ 42:03+ 46:29+ 48:02+ 49:57+ 56:50+ 63:13+ 66:10+ 68:10+ 69:45+ 72:08+
 02:48+ 04:44+ 02:09+ 02:47+ 03:01+ 03:25+ 04:48+ 04:07- 03:20+ 06:12+ 03:13- 02:33+ 04:26+ 01:33+ 01:55+ 06:53+ 06:23+ 02:57+ 02:00+ 01:35+ 02:23+
 00:19# 01:22& 00:09+ 01:08& 00:50& 00:06+ 00:10+ 00:10- 00:43& 02:23& 00:08- 00:18# 00:46# 00:19& 00:26& 01:52& 01:18& 00:28# 00:07+ 00:27& 00:13+

6 Lars Mikkelsen

1

1:24:18

02:31+ 09:57+ 13:27+ 15:26+ 17:31+ 21:09+ 32:44+ 37:26+ 41:34+ 45:36+ 48:58+ 51:33+ 55:45+ 57:09+ 59:10+ 66:00+ 71:44+ 78:06+ 80:27+ 81:48+ 84:18+
 02:31+ 07:26+ 03:30+ 01:59+ 02:05- 03:38+ 11:35+ 04:42+ 04:08+ 04:02+ 03:22+ 02:35+ 04:12+ 01:24+ 02:01+ 06:50+ 05:44+ 06:22+ 02:21+ 01:21+ 02:30+
 00:02+ 04:04@ 01:30& 00:20# 00:06- 00:19+ 08:01@ 00:25+ 01:31& 00:13+ 00:01+ 00:20# 00:32# 00:10# 00:32& 01:49& 00:39# 03:53@ 00:28# 00:13# 00:20#

Beste stræktid for klassen

01:58 03:03 01:36 01:37 01:36 02:40 03:00 03:38 02:34 03:39 02:18 02:10 02:32 01:14 01:18 04:55 04:58 02:16 01:50 00:50 01:39

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

B2-5,5km

1 Keld Gade

9

53:43

02:34= 04:14= 09:31= 11:34= 13:37= 15:49= 19:56= 23:46= 25:48= 28:40= 32:42= 38:52= 44:37= 47:58= 50:12= 51:36= 53:43=
 02:34= 01:40= 05:17= 02:03= 02:03= 02:12= 04:07= 03:50= 02:02= 02:52= 04:02= 06:10= 05:45= 03:21= 02:14= 01:24= 02:07=
 00:00=

2 Anders Gammelvind

1

1:13:28

04:16+ 06:06+ 11:13+ 13:38+ 16:01+ 18:45+ 22:44+ 28:36+ 30:33+ 40:11+ 49:38+ 57:25+ 63:19+ 66:45+ 69:07+ 70:34+ 73:28+
 04:16+ 01:50+ 05:07- 02:25+ 02:23+ 02:44+ 03:59- 05:52+ 01:57- 09:38+ 09:27+ 07:47+ 05:54+ 03:26+ 02:22+ 01:27+ 02:54+
 01:42& 00:10+ 00:10- 00:22# 00:20# 00:32# 00:08- 02:02& 00:05- 06:46@ 05:25@ 01:37& 00:09+ 00:05+ 00:08+ 00:03+ 00:47&

3 Erling Trankjær

2

1:24:34

03:50+ 06:03+ 11:11+ 13:29+ 17:18+ 20:23+ 25:15+ 40:45+ 44:21+ 49:08+ 59:06+ 65:20+ 73:23+ 78:22+ 80:28+ 82:03+ 84:34+
 03:50+ 02:13+ 05:08- 02:18+ 03:49+ 03:05+ 04:52+ 15:30+ 03:36+ 04:47+ 09:58+ 06:14+ 08:03+ 04:59+ 02:06- 01:35+ 02:31+
 01:16& 00:33& 00:09- 00:15# 01:46& 00:53& 00:45# 11:40@ 01:34& 01:55& 05:56@ 00:04+ 02:18& 01:38& 00:08- 00:11# 00:24#

Beste stræktid for klassen

02:34 01:40 05:07 02:03 02:03 02:12 03:59 03:50 01:57 02:52 04:02 06:10 05:45 03:21 02:06 01:24 02:07

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

B3-4,5km

1 Marianne Lyng Krogh

4

46:38

02:24= 06:52= 08:58= 11:09= 14:13= 18:27= 21:11= 31:40= 34:45= 38:00= 40:27= 43:01= 44:16= 46:38=
 02:24= 04:28= 02:06= 02:11= 03:04= 04:14= 02:44= 10:29= 03:05= 03:15= 02:27= 02:34= 01:15= 02:22=
 00:00= 00:00= 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
2	Rolf Duedahl Nielsen	5	46:47
02:34+	06:30- 08:51- 11:28+ 14:10-	19:01+ 22:38+	29:17- 33:31- 37:45- 40:36+
02:34+	03:56- 02:21+ 02:37+ 02:42-	04:51+ 03:37+	06:39- 04:14+ 04:14+ 02:51+
00:10+	00:32- 00:15# 00:26# 00:22-	00:37# 00:53&	03:50- 01:09& 00:59& 00:24#
			00:09+ 00:04+ 00:13-
3	Jan Lauge Kristensen	3	51:14
02:45+	07:17+ 10:15+ 12:39+ 15:48+	21:13+ 24:44+	30:44- 35:56+ 40:12+ 44:10+
02:45+	04:32+ 02:58+ 02:24+ 03:09+	05:25+ 03:31+	06:00- 05:12+ 04:16+ 03:58+
00:21#	00:04+ 00:52& 00:13+ 00:05+	01:11& 00:47&	04:29- 02:07& 01:01& 01:31&
			00:12+ 00:16# 00:25#
4	Carl Malling	7	51:40
02:37+	10:07+ 12:30+ 15:12+ 17:55+	23:25+ 26:51+	32:54+ 37:37+ 41:47+ 44:52+
02:37+	07:30+ 02:23+ 02:42+ 02:43-	05:30+ 03:26+	06:03- 04:43+ 04:10+ 03:05+
00:13+	03:02& 00:17# 00:31# 00:21-	01:16& 00:42&	04:26- 01:38& 00:55& 00:38&
			00:19# 00:19& 00:01-
5	Max Hansen	5	52:55
04:09+	08:31+ 12:35+ 15:23+ 18:33+	23:55+ 27:35+	32:34+ 36:18+ 40:22+ 44:24+
04:09+	04:22- 04:04+ 02:48+ 03:10+	05:22+ 03:40+	04:59- 03:44+ 04:04+ 04:02+
01:45&	00:06- 01:58& 00:37& 00:06+	01:08& 00:56&	05:30- 00:39# 00:49& 01:35&
			01:20& 00:40& 00:20#
6	Poul Erik Buch	6	57:27
02:40+	06:44- 09:02+ 11:33+ 15:23+	20:05+ 24:50+	41:07+ 44:37+ 47:46+ 50:58+
02:40+	04:04- 02:18+ 02:31+ 03:50+	04:42+ 04:45+	16:17+ 03:30+ 03:09- 03:12+
00:16#	00:24- 00:12+ 00:20# 00:46#	00:28# 02:01&	05:48& 00:25# 00:06- 00:45&
			00:36- 00:10# 00:44&
7	Mogen Vennevold	10	57:35
03:00+	07:15+ 09:23+ 12:19+ 16:20+	21:43+ 29:12+	38:30+ 42:00+ 45:58+ 50:03+
03:00+	04:15- 02:08+ 02:56+ 04:01+	05:23+ 07:29+	09:18- 03:30+ 03:58+ 04:05+
00:36#	00:13- 00:02+ 00:45& 00:57&	01:09& 04:45@	01:11- 00:25# 00:43# 01:38&
			00:39& 00:05+ 00:37&
8	Gert Bertel	3	59:27
03:04+	10:45+ 13:48+ 17:22+ 22:23+	28:04+ 31:53+	39:06+ 42:59+ 47:12+ 50:57+
03:04+	07:41+ 03:03+ 03:34+ 05:01+	05:41+ 03:49+	07:13- 03:53+ 04:13+ 03:45+
00:40&	03:13& 00:57& 01:23& 01:57&	01:27& 01:05&	03:16- 00:48& 00:58& 01:18&
			00:47& 00:29& 01:03&
9	Erik Krogh	4	1:01:10
02:51+	10:12+ 12:37+ 15:08+ 18:40+	24:11+ 28:36+	41:17+ 45:20+ 49:43+ 53:23+
02:51+	07:21+ 02:25+ 02:31+ 03:32+	05:31+ 04:25+	12:41+ 04:03+ 04:23+ 03:40+
00:27#	02:53& 00:19# 00:20# 00:28#	01:17& 01:41&	02:12# 00:58& 01:08& 01:13&
			00:50& 00:22& 00:24#
10	Lene Stick Nielsen	9	1:02:51
02:57+	07:23+ 10:11+ 13:33+ 18:04+	24:02+ 28:02+	35:52+ 41:04+ 47:25+ 53:39+
02:57+	04:26- 02:48+ 03:22+ 04:31+	05:58+ 04:00+	07:50- 05:12+ 06:21+ 06:14+
00:33#	00:02- 00:42& 01:11& 01:27&	01:44& 01:16&	02:39- 02:07& 03:06& 03:47@
			00:12+ 00:54& 01:55&
11	Gitte Isen	1	1:03:04
03:45+	08:54+ 11:46+ 14:45+ 17:58+	24:56+ 31:46+	41:03+ 45:45+ 50:53+ 55:14+
03:45+	05:09+ 02:52+ 02:59+ 03:13+	06:58+ 06:50+	09:17- 04:42+ 05:08+ 04:21+
01:21&	00:41# 00:46& 00:48& 00:09+	02:44& 04:06@	01:12- 01:37& 01:53& 01:54&
			00:01- 00:46& 00:54&
12	Torben Isen	1	1:06:37
03:28+	12:31+ 15:39+ 19:00+ 22:50+	30:11+ 35:31+	41:36+ 47:07+ 52:58+ 57:19+
03:28+	09:03+ 03:08+ 03:21+ 03:50+	07:21+ 05:20+	06:05- 05:31+ 05:51+ 04:21+
01:04&	04:35@ 01:02& 01:10& 00:46#	03:07& 02:36&	04:24- 02:26& 02:36& 01:54&
			00:16# 00:57& 01:54&
13	Hans Christian Strib	6	1:06:49
02:29+	07:09+ 18:39+ 31:02+ 35:05+	46:44+ 52:24+	57:21+ 60:40+ 62:40+ 64:14+
02:29+	04:40+ 11:30+ 12:23+ 04:03+	11:39+ 05:40+	04:57- 03:19+ 02:00- 01:34-
00:05+	00:12+ 09:24@ 10:12@ 00:59&	07:25@ 02:56@	05:32- 00:14+ 01:15- 00:53-
			00:01+
14	Ann Vibeke Mose	10	1:15:40
07:15+	11:34+ 14:04+ 17:05+ 21:04+	26:49+ 32:07+	53:43+ 57:55+ 62:06+ 67:58+
07:15+	04:19- 02:30+ 03:01+ 03:59+	05:45+ 02:18+	21:36+ 04:12+ 04:11+ 05:52+
04:51@	00:09- 00:24# 00:50& 00:55&	01:31& 02:34&	11:07@ 01:07& 00:56& 03:25@
			00:03- 00:52& 00:42&
15	Flemming Sasser	1	1:19:10
03:08+	08:51+ 12:05+ 15:29+ 19:05+	26:23+ 31:11+	49:51+ 55:57+ 61:39+ 67:12+
03:08+	05:43+ 03:14+ 03:24+ 03:36+	07:18+ 04:48+	18:40+ 06:06+ 05:42+ 05:33+
00:44&	01:15& 01:08& 01:13& 00:32#	03:04& 02:04&	08:11& 03:01& 02:27& 03:06@
			01:53& 01:06& 02:48@
16	Claus Madsen	3	1:22:48
05:13+	10:34+ 14:10+ 17:12+ 20:54+	28:08+ 43:24+	56:28+ 62:13+ 67:21+ 72:32+
05:13+	05:21+ 03:36+ 03:02+ 03:42+	07:14+ 15:16+	13:04+ 05:45+ 05:08+ 05:11+
02:49@	00:53# 01:30& 00:51& 00:38#	03:00& 12:32@	02:35# 02:40& 01:53& 02:44@
			01:50& 00:55& 01:20&

Class	Navn	Klasse	Tid
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Beste stræktid for klassen

02:24 03:56 02:06 02:11 02:42 04:14 02:44 04:57 03:05 02:00 01:34 01:58 01:15 02:09

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

B4-3,5km

1	Frede Truelsen	2	48:19
01:25=	03:43= 05:48= 07:06= 10:26= 13:19= 20:59=	23:21= 27:43= 31:27= 36:53= 40:06= 43:02= 45:16= 48:19=	
01:25=	02:18= 02:05= 01:18= 03:20= 02:53= 07:40=	02:22= 04:22= 03:44= 05:26= 03:13= 02:56= 02:14= 03:03=	
00:00=	00:00= 00:00= 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	Charlotte Vibeke Olesen	3	59:26
01:33+	04:50+ 07:47+ 09:36+ 16:21+ 19:29+ 26:05+ 29:24+ 33:50+ 38:41+ 44:11+ 49:12+ 53:01+ 56:00+ 59:26+		
01:33+	03:17+ 02:57+ 01:49+ 06:45+ 03:08+ 06:36- 03:19+ 04:26+ 04:51+ 05:30+ 05:01+ 03:49+ 02:59+ 03:26+		
00:08+	00:59& 00:52& 00:31& 03:25@ 00:15+ 01:04- 00:57& 00:04+ 01:07& 00:04+ 01:48& 00:53& 00:45& 00:23#		

3	Thomas Jørgensen	3	1:01:29
01:52+	05:15+ 08:10+ 10:15+ 16:47+ 20:29+ 26:56+ 29:39+ 35:13+ 40:18+ 45:33+ 51:08+ 54:58+ 57:58+ 61:29+		
01:52+	03:23+ 02:55+ 02:05+ 06:32+ 03:42+ 06:27- 02:43+ 05:34+ 05:05+ 05:15- 05:35+ 03:50+ 03:00+ 03:31+		
00:27&	01:05& 00:50& 00:47& 03:12& 00:49& 01:13- 00:21# 01:12& 01:21& 00:11- 02:22& 00:54& 00:46& 00:28#		

4	Pia Gade	9	1:01:46
01:30+	04:34+ 07:09+ 09:41+ 14:21+ 17:25+ 23:00+ 25:40+ 34:48+ 39:59+ 46:22+ 52:34+ 55:25+ 57:30+ 61:46+		
01:30+	03:04+ 02:35+ 02:32+ 04:40+ 03:04+ 05:35- 02:40+ 09:08+ 05:11+ 06:23+ 06:12+ 02:51- 02:05- 04:16+		
00:05+	00:46& 00:30# 01:14& 01:20& 00:11+ 02:05- 00:18# 04:46@ 01:27& 00:57# 02:59& 00:05- 00:09- 01:13&		

5	Leif B. Nielsen	1	1:03:33
01:27+	03:55+ 06:10+ 07:50+ 11:19+ 14:15+ 20:07- 22:38- 43:06+ 47:39+ 51:58+ 55:37+ 58:21+ 60:22+ 63:33+		
01:27+	02:28+ 02:15+ 01:40+ 03:29+ 02:56+ 05:52- 02:31+ 20:28+ 04:33+ 04:19- 03:39+ 02:44- 02:01- 03:11+		
00:02+	00:10+ 00:10+ 00:22& 00:09+ 00:03+ 01:48- 00:09+ 16:06@ 00:49# 01:07- 00:26# 00:12- 00:13- 00:08+		

6	Poul Nøhr	8	1:04:24
01:11-	04:06+ 06:41+ 08:34+ 16:17+ 19:32+ 26:54+ 29:40+ 42:59+ 47:53+ 52:44+ 56:06+ 59:30+ 61:07+ 64:24+		
01:11-	02:55+ 02:35+ 01:53+ 07:43+ 03:15+ 07:22- 02:46+ 13:19+ 04:54+ 04:51- 03:22+ 03:24+ 01:37- 03:17+		
00:14-	00:37& 00:30# 00:35& 04:23@ 00:22# 00:18- 00:24# 08:57@ 01:10& 00:35- 00:09+ 00:28# 00:37- 00:14+		

7	Asger Kristenen	1	1:06:50
01:26+	04:09+ 07:01+ 08:39+ 12:39+ 16:16+ 23:01+ 26:03+ 38:39+ 45:46+ 51:49+ 57:15+ 61:35+ 63:37+ 66:50+		
01:26+	02:43+ 02:52+ 01:38+ 04:00+ 03:37+ 06:45- 03:02+ 12:36+ 07:07+ 06:03+ 05:26+ 04:20+ 02:02- 03:13+		
00:01+	00:25# 00:47& 00:20& 00:40# 00:44& 00:55- 00:40& 08:14@ 03:23& 00:37# 02:13& 01:24& 00:12- 00:10+		

8	Ann Dorrit Hansen	5	1:11:08
01:29+	05:04+ 07:56+ 10:00+ 14:57+ 18:35+ 27:18+ 30:36+ 47:15+ 51:58+ 57:25+ 61:57+ 64:51+ 66:59+ 71:08+		
01:29+	03:35+ 02:52+ 02:04+ 04:57+ 03:38+ 08:43+ 03:18+ 16:39+ 04:43+ 05:27+ 04:32+ 02:54- 02:08- 04:09+		
00:04+	01:17& 00:47& 00:46& 01:37& 00:45& 01:03# 00:56& 12:17@ 00:59& 00:01+ 01:19& 00:02- 00:06- 01:06&		

9	Erik Libak Hansen	3	1:17:41
01:58+	05:50+ 08:21+ 10:31+ 15:11+ 19:00+ 27:58+ 30:47+ 51:28+ 57:15+ 62:23+ 67:25+ 71:55+ 74:09+ 77:41+		
01:58+	03:52+ 02:31+ 02:10+ 04:40+ 03:49+ 08:58+ 02:49+ 20:41+ 05:47+ 05:08- 05:02+ 04:30+ 02:14= 03:32+		
00:33&	01:34& 00:26# 00:52& 01:20& 00:56& 01:18# 00:27# 16:19@ 02:03& 00:18- 01:49& 01:34& 00:00= 00:29#		

10	Kaj Ole Jensby	12	1:48:02
02:34+	14:56+ 19:35+ 22:37+ 33:21+ 38:08+ 46:11+ 51:40+ 69:57+ 77:13+ 84:56+ 97:34+ 101:33+ 104:05+ 108:02+		
02:34+	12:22+ 04:39+ 03:02+ 10:44+ 04:47+ 08:03+ 05:29+ 18:17+ 07:16+ 07:43+ 12:38+ 03:59+ 02:32+ 03:57+		
01:09&	10:04@ 02:34@ 01:44@ 07:24@ 01:54& 00:23+ 03:07@ 13:55@ 03:32& 02:17& 09:25@ 01:03& 00:18# 00:54&		

Beste stræktid for klassen

01:11 02:18 02:05 01:18 03:20 02:53 05:35 02:22 04:22 03:44 04:19 03:13 02:44 01:37 03:03

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

B5-4km

1	Lilli Hansen	6	1:13:59
01:28=	04:47= 11:26= 15:32= 20:09= 26:43= 34:41= 41:07= 48:09= 62:20= 66:59= 69:14= 73:59=		
01:28=	03:19= 06:39= 04:06= 04:37= 06:34= 07:58= 06:26= 07:02= 14:11= 04:39= 02:15= 04:45=		
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=		

Class	Navn	Klasse												Tid
2	Pia Grønberg Hansen	4												1:14:09
01:28=	05:00+	11:36+	15:33+	20:10+	26:49+	34:40-	41:14+	48:17+	62:28+	67:07+	69:32+	74:09+		
01:28=	03:32+	06:36-	03:57-	04:37=	06:39+	07:51-	06:34+	07:03+	14:11=	04:39=	02:25+	04:37-		
00:00=	00:13+	00:03-	00:09-	00:00=	00:05+	00:07-	00:08+	00:01+	00:00=	00:00=	00:10+	00:08-		

Beste stræktid for klassen

01:28 03:19 06:36 03:57 04:37 06:34 07:51 06:26 07:02 14:11 04:39 02:15 04:37

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