

# NK-Vinterlang 5 2023

# Stræktider

# Rundt om Holstebro-26-02-2023

Plads Navn  
bane1 20km

Klasse

Tid

## 1 Rico Hejlskov Mogensen

5

1:46:28

02:07= 02:41= 03:22= 04:30= 05:38= 08:33= 11:40= 15:23= 17:12= 18:11= 19:45= 21:45= 25:40= 29:00= 31:52= 35:08= 38:12= 42:20= 46:03= 48:12= 53:31= 57:52= 60:01= 65:27= 73:35= 77:16=  
 02:07= 00:34= 00:41= 01:08= 01:08= 02:55= 03:07= 03:43= 01:49= 00:59= 01:34= 02:00= 03:55= 03:20= 02:52= 03:16= 03:04= 04:08= 03:43= 02:09= 05:19= 04:21= 02:09= 05:26= 08:08= 03:41=  
 00:00=  
 79:29= 83:44= 87:17= 88:55= 90:46= 94:47= 96:43= 98:49= 102:34= 105:18= 106:28=  
 02:13= 04:15= 03:33= 01:38= 01:51= 04:01= 01:56= 02:06= 03:45= 02:44= 01:10=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

## 2 Mátýás Péntek

3

1:59:08

02:11+ 02:43+ 03:16- 04:29- 05:42+ 08:38+ 11:44+ 15:28+ 17:16+ 18:17+ 19:47+ 21:42- 25:44+ 28:56- 31:56+ 35:23+ 38:33+ 43:19+ 47:23+ 49:44+ 56:11+ 61:46+ 63:14+ 70:58+ 81:00+ 85:55+  
 02:11+ 00:32- 00:33- 01:13+ 01:13+ 02:56+ 03:06- 03:44+ 01:48- 01:01+ 01:30- 01:55- 04:02+ 03:12- 03:00+ 03:27+ 03:10+ 04:46+ 04:04+ 02:21+ 06:27+ 05:35+ 01:28- 07:44+ 10:02+ 04:55+  
 00:04+ 00:02- 00:08- 00:05+ 00:05+ 00:01+ 00:01- 00:01+ 00:01- 00:02+ 00:04- 00:05- 00:07+ 00:08- 00:08+ 00:11+ 00:06+ 00:38# 00:21+ 00:12+ 01:08# 01:14& 00:41- 02:18& 01:54# 01:14&  
 88:07+ 92:37+ 97:04+ 98:49+ 100:59+ 105:41+ 108:09+ 110:34+ 114:42+ 117:51+ 119:08+  
 02:12- 04:30+ 04:27+ 01:45+ 02:10+ 04:42+ 02:28+ 02:25+ 04:08+ 03:09+ 01:17+  
 00:01- 00:15+ 00:54& 00:07+ 00:19# 00:41# 00:32& 00:19# 00:23# 00:25# 00:07+

## 3 Mikael Halberg Martinsen

10

2:34:09

02:38+ 03:12+ 03:54+ 05:39+ 07:36+ 12:29+ 16:53+ 21:23+ 24:04+ 25:22+ 27:21+ 29:54+ 34:45+ 39:24+ 43:18+ 48:42+ 53:41+ 59:33+ 66:38+ 69:37+ 79:11+ 85:54+ 87:05+ 94:06+ 105:38+ 113:43+  
 02:38+ 00:34= 00:42+ 01:45+ 01:57+ 04:53+ 04:24+ 04:30+ 02:41+ 01:18+ 01:59+ 02:33+ 04:51+ 04:39+ 03:54+ 05:24+ 04:59+ 05:52+ 07:05+ 02:59+ 09:34+ 06:43+ 01:11- 07:01+ 11:32+ 08:05+  
 00:31# 00:00= 00:01+ 00:37& 00:49& 01:58& 01:17& 00:47# 00:52& 00:19& 00:25& 00:33& 00:56# 01:19& 01:02& 02:08& 01:55& 01:44& 03:22& 00:50& 04:15& 02:22& 00:58- 01:35& 03:24& 04:24#  
 116:42+ 122:22+ 126:55+ 128:58+ 131:26+ 137:15+ 139:58+ 143:21+ 149:02+ 152:37+ 154:09+  
 02:59+ 05:40+ 04:33+ 02:03+ 02:28+ 05:49+ 02:43+ 03:23+ 05:41+ 03:35+ 01:32+  
 00:46& 01:25& 01:00& 00:25& 00:37& 01:48& 00:47& 01:17& 01:56& 00:51& 00:22&

## 4 Márton Péntek

3

2:47:50

02:32+ 03:06+ 03:44+ 05:27+ 10:22+ 14:19+ 18:46+ 24:16+ 27:18+ 28:51+ 30:49+ 34:43+ 40:28+ 45:16+ 49:23+ 53:53+ 58:20+ 64:34+ 71:02+ 74:00+ 82:14+ 88:46+ 90:56+ 99:05+ 112:24+ 117:50+  
 02:32+ 00:34= 00:38- 01:43+ 04:55+ 03:57+ 04:27+ 05:30+ 03:02+ 01:33+ 01:58+ 03:54+ 05:45+ 04:48+ 04:07+ 04:30+ 04:27+ 06:14+ 06:28+ 02:58+ 08:14+ 06:32+ 02:10+ 08:09+ 13:19+ 05:26+  
 00:25# 00:00= 00:03- 00:35& 03:47@ 01:02& 01:20& 01:47& 01:13& 00:34& 00:24& 01:54& 01:50& 01:28& 01:15& 01:14& 01:23& 02:06& 02:45& 00:49& 02:55& 02:11& 00:01+ 02:43& 05:11& 01:45&  
 121:54+ 129:17+ 136:00+ 138:28+ 141:30+ 147:39+ 150:38+ 153:45+ 161:12+ 166:12+ 167:50+  
 04:04+ 07:23+ 06:43+ 02:28+ 03:02+ 06:09+ 02:59+ 03:07+ 07:27+ 05:00+ 01:38+  
 01:51& 03:08& 03:10& 00:50& 01:11& 02:08& 01:03& 01:01& 03:42& 02:16& 00:28&

## 5 Ebbe Snerling

Ok Pan

2:53:42

02:44+ 03:27+ 04:09+ 06:19+ 08:13+ 13:14+ 17:22+ 22:30+ 26:04+ 29:06+ 30:56+ 34:36+ 40:12+ 45:21+ 49:24+ 53:59+ 58:30+ 64:55+ 71:24+ 75:17+ 83:07+ 90:35+ 94:07+ 108:42+ 120:39+ 126:50+  
 02:44+ 00:43+ 00:42+ 02:10+ 01:54+ 05:01+ 04:08+ 05:08+ 03:34+ 03:02+ 01:50+ 03:40+ 05:36+ 05:09+ 04:03+ 04:35+ 04:31+ 06:25+ 06:29+ 03:53+ 07:50+ 07:28+ 03:32+ 14:35+ 11:57+ 06:11+  
 00:37& 00:09& 00:01+ 01:02& 00:46& 02:06& 01:01& 01:25& 01:45& 02:03@ 00:16# 01:40& 01:41& 01:49& 01:11& 01:19& 01:27& 02:17& 02:46& 01:44& 02:31& 03:07& 01:23& 09:09@ 03:49& 02:30&  
 129:38+ 136:23+ 142:17+ 145:05+ 147:39+ 154:11+ 156:36+ 161:00+ 167:53+ 172:08+ 173:42+  
 02:48+ 06:45+ 05:54+ 02:48+ 02:34+ 06:32+ 02:25+ 04:24+ 06:53+ 04:15+ 01:34+  
 00:35& 02:30& 02:21& 01:10& 00:43& 02:31& 00:29# 02:18@ 03:08& 01:31& 00:24&

## Beste stræktid for klassen

02:07 00:32 00:33 01:08 01:08 02:55 03:06 03:43 01:48 00:59 01:30 01:55 03:55 03:12 02:52 03:16 03:04 04:08 03:43 02:09 05:19 04:21 01:11 05:26 08:08 03:41 02:12 04

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

## bane2 15km

## 1 Michael Filyo

10

2:03:59

02:55= 04:34= 06:33= 08:05= 09:57= 14:10= 18:21= 23:22= 26:29= 29:12= 31:18= 33:33= 39:19= 44:11= 48:50= 53:42= 58:33= 64:30= 71:02= 73:24= 82:09= 93:49= 100:01= 102:21= 104:59= 111:32=  
 02:55= 01:39= 01:59= 01:32= 01:52= 04:13= 04:11= 05:01= 03:07= 02:43= 02:06= 02:15= 05:46= 04:52= 04:39= 04:52= 04:51= 05:57= 06:32= 02:22= 08:45= 11:40= 06:12= 02:20= 02:38= 06:33=  
 00:00=  
 118:05= 122:19= 123:59=  
 06:33= 04:14= 01:40=  
 00:00= 00:00= 00:00=

Class	Navn	Klasse	Tid
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## bane2 15km

<b>2</b>	<b>Anders Lorentzen</b>	<b>10</b>	<b>2:26:25</b>																							
02:57+	04:31-	06:41+	08:07+	10:01+	14:08-	18:18-	23:19-	26:36+	29:07-	31:20+	33:27-	38:51-	44:21+	49:09+	56:15+	61:35+	70:14+	81:11+	82:35+	94:10+	108:32+	115:10+	117:39+	120:25+	127:06+	
02:57+	01:34-	02:10+	01:26-	01:54+	04:07-	04:10-	05:01=	03:17+	02:31-	02:13+	02:07-	05:24-	05:30+	04:48+	07:06+	05:20+	08:39+	10:57+	01:24-	11:35+	14:22+	06:38+	02:29+	02:46+	06:41+	
00:02+	00:05-	00:11+	00:06-	00:02+	00:06-	00:01-	00:00=	00:10+	00:12-	00:07+	00:08-	00:22-	00:38#	00:09+	02:14&	00:29+	02:42&	04:25&	00:58-	02:50&	02:42#	00:26+	00:09+	00:08+	00:08+	
137:41+	144:45+	146:25+																								
10:35+	07:04+	01:40=																								
04:02&	02:50&	00:00=																								

<b>3</b>	<b>Jørgen Østergaard</b>	<b>5</b>	<b>2:51:12</b>																							
03:21+	04:53+	05:38+	07:51+	10:58+	17:34+	23:01+	29:06+	32:11+	33:58+	36:09+	41:20+	47:41+	53:21+	61:27+	67:32+	79:46+	87:07+	102:28+	108:23+	121:29+	135:02+	141:27+	144:12+	147:44+	154:45+	
03:21+	01:32+	00:45+	02:13+	03:07+	06:36+	05:27+	06:05+	03:05+	01:47+	02:11+	05:11+	06:21+	05:40+	08:06+	06:05+	12:14+	07:21+	15:21+	05:55+	13:06+	13:33+	06:25+	02:45+	03:32+	07:01+	
03:21+	01:32+	00:45+	02:13+	03:07+	06:36+	05:27+	06:05+	03:05+	01:47+	02:11+	05:11+	06:21+	05:40+	08:06+	06:05+	12:14+	07:21+	15:21+	05:55+	13:06+	13:33+	06:25+	02:45+	03:32+	07:01+	
164:25+	169:15+	171:12+																								
09:40+	04:50+	01:57+																								
09:40+	04:50+	01:57+																								

<b>4</b>	<b>Leif Skovgaard Knudsen</b>	<b>1</b>	<b>3:17:57</b>																							
04:36+	05:34+	06:46+	09:40+	12:12+	18:58+	25:19+	33:23+	42:29+	44:44+	47:35+	51:16+	58:57+	65:36+	72:24+	84:40+	92:00+	101:18+	112:23+	114:50+	129:43+	148:13+	157:06+	161:33+	166:35+	176:37+	
04:36+	00:58+	01:12+	02:54+	02:32+	06:46+	06:21+	08:04+	09:06+	02:15+	02:51+	03:41+	07:41+	06:39+	06:48+	12:16+	07:20+	09:18+	11:05+	02:27+	14:53+	18:30+	08:53+	04:27+	05:02+	10:02+	
04:36+	00:58+	01:12+	02:54+	02:32+	06:46+	06:21+	08:04+	09:06+	02:15+	02:51+	03:41+	07:41+	06:39+	06:48+	12:16+	07:20+	09:18+	11:05+	02:27+	14:53+	18:30+	08:53+	04:27+	05:02+	10:02+	
187:32+	195:13+	197:57+																								
10:55+	07:41+	02:44+																								
10:55+	07:41+	02:44+																								

### Beste stræktid for klassen

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

## bane3 10km

<b>1</b>	<b>Jan Thomsen</b>	<b>Ok Pan</b>	<b>1:25:27</b>																							
03:01=	03:44=	05:15=	06:59=	09:19=	13:46=	18:27=	23:31=	26:57=	28:42=	30:40=	36:06=	41:28=	46:24=	51:34=	54:25=	62:32=	64:59=	67:33=	73:04=	80:06=	84:03=	85:27=				
03:01=	00:43=	01:31=	01:44=	02:20=	04:27=	04:41=	05:04=	03:26=	01:45=	01:58=	05:26=	05:22=	04:56=	05:10=	02:51=	08:07=	02:27=	02:34=	05:31=	07:02=	03:57=	01:24=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Kenn Heldgaard Kristensen</b>	<b>2</b>	<b>1:25:38</b>																						
03:17+	04:07+	05:40+	07:16+	09:16-	13:54+	18:25-	23:50+	27:15+	28:54+	30:59+	36:26+	42:10+	47:34+	53:18+	56:42+	63:13+	65:28+	68:09+	74:05+	80:09+	84:18+	85:38+			
03:17+	00:50+	01:33+	01:36-	02:00-	04:38+	04:31-	05:25+	03:25-	01:39-	02:05+	05:27+	05:44+	05:24+	05:44+	03:24+	06:31-	02:15-	02:41+	05:56+	06:04-	04:09+	01:20-			
00:16+	00:07#	00:02+	00:08-	00:20-	00:11+	00:10-	00:21+	00:01-	00:06-	00:07+	00:01+	00:22+	00:28+	00:34#	00:33#	01:36-	00:12-	00:07+	00:25+	00:58-	00:12+	00:04-			

<b>3</b>	<b>Søren Andersen</b>	<b>2</b>	<b>1:25:40</b>																						
03:01=	03:53+	05:19+	07:13+	09:12-	13:52+	18:19-	23:36+	27:00+	28:39-	30:36-	36:33+	42:25+	47:52+	53:06+	56:07+	62:48+	64:58-	67:46+	73:25+	80:04-	84:09+	85:40+			
03:01=	00:52+	01:26-	01:54+	01:59-	04:40+	04:27-	05:17+	03:24-	01:39-	01:57-	05:57+	05:52+	05:27+	05:14+	03:01+	06:41-	02:10-	02:48+	05:39+	06:39-	04:05+	01:31+			
00:00=	00:09#	00:05-	00:10+	00:21-	00:13+	00:14-	00:13+	00:02-	00:06-	00:01-	00:31+	00:30+	00:31#	00:04+	00:10+	01:26-	00:17-	00:14+	00:08+	00:23-	00:08+	00:07+			

<b>4</b>	<b>Bjørn Sommer</b>	<b>14</b>	<b>1:25:45</b>																						
03:12+	04:04+	05:36+	07:20+	09:26+	14:07+	18:30+	24:02+	27:12+	28:51+	30:53+	36:44+	42:14+	47:41+	53:02+	56:33+	63:07+	65:34+	68:15+	74:09+	80:24+	84:13+	85:45+			
03:12+	00:52+	01:32+	01:44=	02:06-	04:41+	04:23-	05:32+	03:10-	01:39-	02:02+	05:51+	05:30+	05:27+	05:21+	03:31+	06:34-	02:27=	02:41+	05:54+	06:15-	03:49-	01:32+			
00:11+	00:09#	00:01+	00:00=	00:14-	00:14+	00:18-	00:28+	00:16-	00:06-	00:04+	00:25+	00:08+	00:31#	00:11+	00:40#	01:33-	00:00=	00:07+	00:23+	00:47-	00:08-	00:08+			

<b>5</b>	<b>Steffen Alm</b>	<b>6</b>	<b>1:29:03</b>																						
03:06+	04:03+	05:24+	07:11+	09:23+	13:45-	18:45+	24:10+	27:02+	28:49+	30:56+	36:49+	42:46+	48:27+	53:48+	57:09+	63:02+	65:24+	68:18+	74:57+	82:25+	87:03+	89:03+			
03:06+	00:57+	01:21-	01:47+	02:12-	04:22-	05:00+	05:25+	02:52-	01:47+	02:07+	05:53+	05:57+	05:41+	05:21+	03:21+	05:53-	02:22-	02:54+	06:39+	07:28+	04:38+	02:00+			
00:05+	00:14&	00:10-	00:03+	00:08-	00:05-	00:19+	00:21+	00:34-	00:02+	00:09+	00:27+	00:35#	00:45#	00:11+	00:30#	02:14-	00:05-	00:20#	01:08#	00:26+	00:41#	00:36&			

### bane3 10km

<b>6</b>	<b>Susanne Kristensen</b>	<b>2</b>																			<b>1:37:11</b>	
03:25+	04:10+	05:49+	07:40+	09:48+	15:01+	20:05+	26:41+	30:58+	32:57+	35:03+	41:26+	47:32+	53:03+	58:25+	62:44+	69:13+	71:47+	74:52+	81:56+	89:40+	95:30+	97:11+
03:25+	00:45+	01:39+	01:51+	02:08-	05:13+	05:04+	06:36+	04:17+	01:59+	02:06+	06:23+	06:06+	05:31+	05:22+	04:19+	06:29-	02:34+	03:05+	07:04+	07:44+	05:50+	01:41+
00:24#	00:02+	00:08+	00:07+	00:12-	00:46#	00:23+	01:32&	00:51#	00:14#	00:08+	00:57#	00:44#	00:35#	00:12+	01:28&	01:38-	00:07+	00:31#	01:33&	00:42+	01:53&	00:17#

<b>7</b>	<b>Per Eg Pedersen</b>	<b>Kok</b>																			<b>1:39:14</b>	
02:59+	03:42+	05:11+	07:10+	09:35+	14:40+	19:58+	26:25+	29:46+	31:32+	33:50+	40:31+	47:13+	53:00+	58:39+	62:40+	69:20+	72:18+	75:55+	84:06+	91:56+	97:12+	99:14+
02:59+	00:43+	01:29+	01:59+	02:25+	05:05+	05:18+	06:27+	03:21+	01:46+	02:18+	06:41+	06:42+	05:47+	05:39+	04:01+	06:40+	02:58+	03:37+	08:11+	07:50+	05:16+	02:02+
02:59+	00:43+	01:29+	01:59+	02:25+	05:05+	05:18+	06:27+	03:21+	01:46+	02:18+	06:41+	06:42+	05:47+	05:39+	04:01+	06:40+	02:58+	03:37+	08:11+	07:50+	05:16+	02:02+

<b>8</b>	<b>Jens Ozol</b>	<b>10</b>																			<b>1:43:29</b>	
03:08+	03:58+	05:30+	07:34+	09:42+	15:18+	20:24+	26:38+	30:55+	33:06+	35:10+	42:14+	48:37+	55:48+	62:56+	66:41+	73:31+	76:31+	80:00+	87:36+	95:58+	101:34+	103:29+
03:08+	00:50+	01:32+	02:04+	02:08+	05:36+	05:06+	06:14+	04:17+	02:11+	02:04+	07:04+	06:23+	07:11+	07:08+	03:45+	06:50+	03:00+	03:29+	07:36+	08:22+	05:36+	01:55+
03:08+	00:50+	01:32+	02:04+	02:08+	05:36+	05:06+	06:14+	04:17+	02:11+	02:04+	07:04+	06:23+	07:11+	07:08+	03:45+	06:50+	03:00+	03:29+	07:36+	08:22+	05:36+	01:55+

<b>9</b>	<b>Kurt Finn Petersen</b>	<b>1</b>																			<b>2:01:18</b>	
03:18+	04:16+	05:53+	07:54+	10:15+	22:45+	28:20+	35:24+	39:51+	42:50+	45:47+	53:02+	60:35+	67:53+	75:41+	79:18+	86:50+	91:04+	94:45+	102:41+	111:48+	118:55+	121:18+
03:18+	00:58+	01:37+	02:01+	02:21+	12:30+	05:35+	07:04+	04:27+	02:59+	02:57+	07:15+	07:33+	07:18+	07:48+	03:37+	07:32+	04:14+	03:41+	07:56+	09:07+	07:07+	02:23+
03:18+	00:58+	01:37+	02:01+	02:21+	12:30+	05:35+	07:04+	04:27+	02:59+	02:57+	07:15+	07:33+	07:18+	07:48+	03:37+	07:32+	04:14+	03:41+	07:56+	09:07+	07:07+	02:23+

### Beste stræktid for klassen

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

### bane4 6km

<b>1</b>	<b>Lars Munktvad</b>	<b>15</b>																			<b>50:59</b>	
02:33=	03:08=	04:19=	06:49=	12:23=	17:20=	19:56=	22:01=	24:28=	30:03=	37:25=	40:23=	44:43=	49:11=	50:59=								
02:33=	00:35=	01:11=	02:30=	05:34=	04:57=	02:36=	02:05=	02:27=	05:35=	07:22=	02:58=	04:20=	04:28=	01:48=								
00:00=	00:00=	00:00=	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>Pernille Buch</b>	<b>8</b>																			<b>51:33</b>	
02:27-	03:10+	04:22+	06:18-	11:24-	16:30-	18:51-	21:12-	23:35-	29:00-	35:28-	38:26-	45:28+	49:42+	51:33+								
02:27-	00:43+	01:12+	01:56-	05:06-	05:06+	02:21-	02:21+	02:23-	05:25-	06:28-	02:58=	07:02+	04:14-	01:51+								
00:06-	00:08#	00:01+	00:34-	00:28-	00:09+	00:15-	00:16#	00:04-	00:10-	00:54-	00:00=	02:42&	00:14-	00:03+								

<b>3</b>	<b>Kaj Kaspersen</b>	<b>2</b>																			<b>1:05:19</b>	
03:23+	04:20+	06:09+	08:34+	15:10+	21:32+	24:56+	27:31+	31:10+	38:11+	46:01+	49:35+	56:47+	62:53+	65:19+								
03:23+	00:57+	01:49+	02:25-	06:36+	06:22+	03:24+	02:35+	03:39+	07:01+	07:50+	03:34+	07:12+	06:06+	02:26+								
00:50&	00:22&	00:38&	00:05-	01:02#	01:25&	00:48&	00:30#	01:12&	01:26&	00:28+	00:36#	02:52&	01:38&	00:38&								

<b>4</b>	<b>Pia Hejlskov Mogensen</b>	<b>5</b>																			<b>1:07:16</b>	
03:19+	04:17+	06:05+	08:29+	15:24+	22:11+	25:48+	28:46+	32:00+	38:59+	47:46+	51:14+	58:20+	64:46+	67:16+								
03:19+	00:58+	01:48+	02:24-	06:55+	06:47+	03:37+	02:58+	03:14+	06:59+	08:47+	03:28+	07:06+	06:26+	02:30+								
00:46&	00:23&	00:37&	00:06-	01:21#	01:50&	01:01&	00:53&	00:47&	01:24&	01:25#	00:30#	02:46&	01:58&	00:42&								

<b>5</b>	<b>Carsten Helligsø</b>	<b>13</b>																			<b>1:13:31</b>	
03:36+	04:37+	06:20+	09:07+	17:27+	24:30+	29:20+	32:07+	35:13+	44:08+	53:19+	57:03+	64:44+	70:47+	73:31+								
03:36+	01:01+	01:43+	02:47+	08:20+	07:03+	04:50+	02:47+	03:06+	08:55+	09:11+	03:44+	07:41+	06:03+	02:44+								
01:03&	00:26&	00:32&	00:17#	02:46&	02:06&	02:14&	00:42&	00:39&	03:20&	01:49#	00:46&	03:21&	01:35&	00:56&								

<b>6</b>	<b>Ida Østergaard</b>	<b>5</b>																			<b>1:17:03</b>	
03:35+	04:34+	06:17+	08:32+	15:30+	24:45+	29:38+	33:16+	37:14+	44:21+	54:42+	59:09+	68:07+	75:00+	77:03+								
03:35+	00:59+	01:43+	02:15-	06:58+	09:15+	04:53+	03:38+	03:58+	07:07+	10:21+	04:27+	08:58+	06:53+	02:03+								
01:02&	00:24&	00:32&	00:15-	01:24&	04:18&	02:17&	01:33&	01:31&	01:32&	02:59&	01:29&	04:38@	02:25&	00:15#								

Class	Navn	Klasse														Tid
<b>bane4 6km</b>																
<b>7</b>	<b>Lars Ozol</b>	<b>10</b>														<b>1:19:09</b>
	03:51+	04:51+	06:51+	09:31+	17:19+	25:14+	33:13+	36:42+	40:36+	49:30+	59:25+	63:21+	70:01+	76:42+	79:09+	
	03:51+	01:00+	02:00+	02:40+	07:48+	07:55+	07:59+	03:29+	03:54+	08:54+	09:55+	03:56+	06:40+	06:41+	02:27+	
	01:18&	00:25&	00:49&	00:10+	02:14&	02:58&	05:23@	01:24&	01:27&	03:19&	02:33&	00:58&	02:20&	02:13&	00:39&	
<b>8</b>	<b>Helle Nikkel</b>	<b>12</b>														<b>1:19:25</b>
	03:46+	04:46+	06:48+	09:28+	17:26+	26:27+	30:41+	34:11+	38:05+	47:59+	58:57+	63:42+	70:13+	76:53+	79:25+	
	03:46+	01:00+	02:02+	02:40+	07:58+	09:01+	04:14+	03:30+	03:54+	09:54+	10:58+	04:45+	06:31+	06:40+	02:32+	
	03:46+	01:00+	02:02+	02:40+	07:58+	09:01+	04:14+	03:30+	03:54+	09:54+	10:58+	04:45+	06:31+	06:40+	02:32+	
<b>9</b>	<b>Frode Mogensen</b>	<b>5</b>														<b>1:26:38</b>
	03:31+	04:29+	06:26+	08:54+	20:44+	31:43+	35:50+	39:41+	43:51+	52:49+	64:27+	68:48+	76:33+	84:02+	86:38+	
	03:31+	00:58+	01:57+	02:28+	11:50+	10:59+	04:07+	03:51+	04:10+	08:58+	11:38+	04:21+	07:45+	07:29+	02:36+	
	03:31+	00:58+	01:57+	02:28+	11:50+	10:59+	04:07+	03:51+	04:10+	08:58+	11:38+	04:21+	07:45+	07:29+	02:36+	
<b>10</b>	<b>Jane Thode Jensen</b>	<b>6</b>														<b>1:26:40</b>
	04:02+	05:38+	10:14+	14:33+	22:12+	30:20+	35:44+	39:28+	43:41+	52:43+	64:33+	69:04+	77:04+	84:04+	86:40+	
	04:02+	01:36+	04:36+	04:19+	07:39+	08:08+	05:24+	03:44+	04:13+	09:02+	11:50+	04:31+	08:00+	07:00+	02:36+	
	04:02+	01:36+	04:36+	04:19+	07:39+	08:08+	05:24+	03:44+	04:13+	09:02+	11:50+	04:31+	08:00+	07:00+	02:36+	
<b>11</b>	<b>Hermann P. Jensen</b>	<b>6</b>														<b>1:26:44</b>
	03:56+	05:41+	10:07+	14:32+	22:10+	30:17+	35:35+	39:24+	43:45+	52:40+	64:36+	68:55+	77:02+	83:57+	86:44+	
	03:56+	01:45+	04:26+	04:25+	07:38+	08:07+	05:18+	03:49+	04:21+	08:55+	11:56+	04:19+	08:07+	06:55+	02:47+	
	03:56+	01:45+	04:26+	04:25+	07:38+	08:07+	05:18+	03:49+	04:21+	08:55+	11:56+	04:19+	08:07+	06:55+	02:47+	
<b>12</b>	<b>Erik Anders Jensen</b>	<b>10</b>														<b>1:26:46</b>
	05:48+	07:09+	08:53+	12:15+	22:15+	30:34+	36:00+	39:50+	44:02+	52:35+	64:16+	68:58+	76:35+	84:09+	86:46+	
	05:48+	01:21+	01:44+	03:22+	10:00+	08:19+	05:26+	03:50+	04:12+	08:33+	11:41+	04:42+	07:37+	07:34+	02:37+	
	05:48+	01:21+	01:44+	03:22+	10:00+	08:19+	05:26+	03:50+	04:12+	08:33+	11:41+	04:42+	07:37+	07:34+	02:37+	
<b>13</b>	<b>Dorthe Munktvad</b>	<b>15</b>														<b>1:36:08</b>
	03:00+	03:53+	05:59+	08:28+	15:39+	23:21+	33:21+	37:07+	40:05+	47:08+	61:32+	66:20+	80:46+	93:47+	96:08+	
	03:00+	00:53+	02:06+	02:29+	07:11+	07:42+	10:00+	03:46+	02:58+	07:03+	14:24+	04:48+	14:26+	13:01+	02:21+	
	03:00+	00:53+	02:06+	02:29+	07:11+	07:42+	10:00+	03:46+	02:58+	07:03+	14:24+	04:48+	14:26+	13:01+	02:21+	
<b>14</b>	<b>Birgitte Bach</b>	<b>12</b>														<b>1:40:30</b>
	04:41+	06:39+	09:22+	14:16+	24:26+	35:41+	41:57+	45:51+	50:22+	61:01+	74:39+	80:20+	88:19+	96:39+	100:30+	
	04:41+	01:58+	02:43+	04:54+	10:10+	11:15+	06:16+	03:54+	04:31+	10:39+	13:38+	05:41+	07:59+	08:20+	03:51+	
	04:41+	01:58+	02:43+	04:54+	10:10+	11:15+	06:16+	03:54+	04:31+	10:39+	13:38+	05:41+	07:59+	08:20+	03:51+	
<b>15</b>	<b>Holger Mikkelsen</b>	<b>7</b>														<b>1:43:25</b>
	05:36+	07:00+	08:40+	12:26+	22:02+	36:15+	42:23+	46:29+	51:30+	61:14+	73:56+	79:21+	89:59+	98:32+	103:25+	
	05:36+	01:24+	01:40+	03:46+	09:36+	14:13+	06:08+	04:06+	05:01+	09:44+	12:42+	05:25+	10:38+	08:33+	04:53+	
	05:36+	01:24+	01:40+	03:46+	09:36+	14:13+	06:08+	04:06+	05:01+	09:44+	12:42+	05:25+	10:38+	08:33+	04:53+	
<b>16</b>	<b>Anette Ozol</b>	<b>10</b>														<b>1:55:12</b>
	04:47+	06:45+	09:28+	14:22+	24:43+	38:14+	43:52+	48:10+	52:46+	64:13+	78:11+	85:29+	98:11+	110:30+	115:12+	
	04:47+	01:58+	02:43+	04:54+	10:21+	13:31+	05:38+	04:18+	04:36+	11:27+	13:58+	07:18+	12:42+	12:19+	04:42+	
	04:47+	01:58+	02:43+	04:54+	10:21+	13:31+	05:38+	04:18+	04:36+	11:27+	13:58+	07:18+	12:42+	12:19+	04:42+	
<b>17</b>	<b>Palle Møller Nielsen</b>	<b>7</b>														<b>1:56:55</b>
	05:45+	06:57+	08:56+	12:32+	23:12+	34:14+	42:11+	47:00+	52:22+	64:11+	78:36+	85:38+	101:04+	112:35+	116:55+	
	05:45+	01:12+	01:59+	03:36+	10:40+	11:02+	07:57+	04:49+	05:22+	11:49+	14:25+	07:02+	15:26+	11:31+	04:20+	
	05:45+	01:12+	01:59+	03:36+	10:40+	11:02+	07:57+	04:49+	05:22+	11:49+	14:25+	07:02+	15:26+	11:31+	04:20+	
<b>18</b>	<b>Kaj Ole Jensby</b>	<b>7</b>														<b>1:57:01</b>
	05:54+	07:04+	08:48+	12:43+	22:07+	36:22+	42:51+	47:06+	52:36+	64:25+	78:14+	85:49+	101:39+	112:42+	117:01+	
	05:54+	01:10+	01:44+	03:55+	09:24+	14:15+	06:29+	04:15+	05:30+	11:49+	13:49+	07:35+	15:50+	11:03+	04:19+	
	05:54+	01:10+	01:44+	03:55+	09:24+	14:15+	06:29+	04:15+	05:30+	11:49+	13:49+	07:35+	15:50+	11:03+	04:19+	

### bane4 6km

#### Beste stræktid for klassen

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

### bane5 3,5km

<b>1</b>	<b>Lucia Aagaard</b>	<b>2</b>	<b>43:38</b>								
03:56=	04:43=	05:58=	09:02=	12:13=	16:08=	19:44=	29:55=	34:32=	37:07=	41:21=	43:38=
03:56=	00:47=	01:15=	03:04=	03:11=	03:55=	03:36=	10:11=	04:37=	02:35=	04:14=	02:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Lars-ole Kopp</b>	<b>11</b>	<b>1:07:21</b>								
04:58+	06:19+	08:20+	10:45+	13:58+	26:35+	30:17+	48:53+	54:40+	58:31+	64:07+	67:21+
04:58+	01:21+	02:01+	02:25-	03:13+	12:37+	03:42+	18:36+	05:47+	03:51+	05:36+	03:14+
01:02&	00:34&	00:46&	00:39-	00:02+	08:42@	00:06+	08:25&	01:10&	01:16&	01:22&	00:57&
<b>3</b>	<b>Marie Sørensen</b>	<b>13</b>	<b>1:12:53</b>								
05:39+	07:28+	09:49+	28:58+	33:28+	39:20+	44:31+	55:48+	60:53+	65:36+	70:31+	72:53+
05:39+	01:49+	02:21+	19:09+	04:30+	05:52+	05:11+	11:17+	05:05+	04:43+	04:55+	02:22+
01:43&	01:02@	01:06&	16:05@	01:19&	01:57&	01:35&	01:06#	00:28#	02:08&	00:41#	00:05+
<b>4</b>	<b>Lau Sørensen</b>	<b>13</b>	<b>1:12:56</b>								
05:44+	07:32+	09:52+	29:13+	33:31+	39:16+	44:34+	55:52+	60:57+	65:40+	70:28+	72:56+
05:44+	01:48+	02:20+	19:21+	04:18+	05:45+	05:18+	11:18+	05:05+	04:43+	04:48+	02:28+
01:48&	01:01@	01:05&	16:17@	01:07&	01:50&	01:42&	01:07#	00:28#	02:08&	00:34#	00:11+

#### Beste stræktid for klassen

03:56 00:47 01:15 02:25 03:11 03:55 03:36 10:11 04:37 02:35 04:14 02:17

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