

Plads Navn
Grøn2,5km

Klasse

Tid

1 Noah Klogborg 10år 20 16:5301:18= 03:21= 05:03= 07:56= 10:10= 11:19= 12:42= 14:13= 14:54= 16:15= 16:53=
01:18= 02:03= 01:42= 02:53= 02:14= 01:09= 01:23= 01:31= 00:41= 01:21= 00:38=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=**2 Rasmus Dalgaard 8år 11 17:56**01:03- 04:10+ 05:04+ 07:54- 10:38+ 11:42+ 13:39+ 15:08+ 15:54+ 17:08+ 17:56+
01:03- 03:07+ 00:54- 02:50- 02:44+ 01:04- 01:57+ 01:29- 00:46+ 01:14- 00:48+
00:15- 01:04& 00:48- 00:03- 00:30# 00:05- 00:34& 00:02- 00:05# 00:07- 00:10&**3 Benjamin Birk Nielsen 8år 34 18:54**01:09- 03:25+ 04:17- 07:35- 10:33+ 12:23+ 14:09+ 16:04+ 16:48+ 18:01+ 18:54+
01:09- 02:16+ 00:52- 03:18+ 02:58+ 01:50+ 01:46+ 01:55+ 00:44+ 01:13- 00:53+
00:09- 00:13# 00:50- 00:25# 00:44& 00:41& 00:23& 00:24& 00:03+ 00:08- 00:15&**4 Matilde Riis Madsen 9år 29 20:46**01:18= 03:38+ 04:45- 07:42- 11:00+ 12:59+ 14:57+ 16:59+ 18:02+ 19:46+ 20:46+
01:18= 02:20+ 01:07- 02:57+ 03:18+ 01:59+ 01:58+ 02:02+ 01:03+ 01:44+ 01:00+
00:00= 00:17# 00:35- 00:04+ 01:04& 00:50& 00:35& 00:31& 00:22& 00:23& 00:22&**5 Emil Klostergaard Rokkjær 7år Ok Pan 29:41**01:10- 08:39+ 09:50+ 12:59+ 17:13+ 21:03+ 23:46+ 26:12+ 27:18+ 28:49+ 29:41+
01:10- 07:29+ 01:11- 03:09+ 04:14+ 03:50+ 02:43+ 02:26+ 01:06+ 01:31+ 00:52+
00:08- 05:26@ 00:31- 00:16+ 02:00& 02:41@ 01:20& 00:55& 00:25& 00:10# 00:14&**6 Mikkel Popp Bobach 6år 34 32:29**01:32+ 06:14+ 08:26+ 12:31+ 17:19+ 22:54+ 26:07+ 28:05+ 30:57+ 32:29+
01:32+ 04:42+ 02:12+ 04:05+ 04:48+ 02:32+ 03:03+ 03:13+ 01:58+ 02:52+ 01:32+
00:14# 02:39@ 00:30& 01:12& 02:34@ 01:23@ 01:40@ 01:42@ 01:17@ 01:31@ 00:54@**Beste stræktid for klassen**

01:03 02:03 00:52 02:14 01:04 01:23 01:29 00:41 01:13 00:38

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

Gul4km**1 August Gabs 13år 21 27:45**01:16= 02:30= 04:57= 08:07= 11:44= 14:28= 16:18= 18:20= 21:59= 24:31= 25:44= 27:05= 27:45=
01:16= 01:14= 02:27= 03:10= 03:37= 02:44= 01:50= 02:02= 03:39= 02:32= 01:13= 01:21= 00:40=
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 Christoffer Vang Bobach 12år 34 35:17**01:24+ 02:24- 05:03+ 10:25+ 15:03+ 17:52+ 20:31+ 22:36+ 27:21+ 31:15+ 33:01+ 34:25+ 35:17+
01:24+ 01:00- 02:39+ 05:22+ 04:38+ 02:49+ 02:39+ 02:05+ 04:45+ 03:54+ 01:46+ 01:24+ 00:52+
00:08# 00:14- 00:12+ 02:12& 01:01& 00:05+ 00:49& 00:03+ 01:06& 01:22& 00:33& 00:03+ 00:12&**3 Maiken Kjærulff 25 40:18**01:32+ 02:57+ 06:29+ 11:18+ 17:52+ 20:52+ 23:17+ 25:31+ 30:37+ 34:50+ 36:51+ 39:23+ 40:18+
01:32+ 01:25+ 03:32+ 04:49+ 06:34+ 03:00+ 02:25+ 02:14+ 05:06+ 04:13+ 02:01+ 02:32+ 00:55+
00:16# 00:11# 01:05& 01:39& 02:57& 00:16+ 00:35& 00:12+ 01:27& 01:41& 00:48& 01:11& 00:15&**4 Claus Clausen 9 41:56**01:54+ 03:15+ 09:16+ 13:32+ 19:25+ 22:30+ 25:29+ 27:37+ 32:43+ 35:49+ 39:28+ 40:57+ 41:56+
01:54+ 01:21+ 06:01+ 04:16+ 05:53+ 03:05+ 02:59+ 02:08+ 05:06+ 03:06+ 03:39+ 01:29+ 00:59+
00:38& 00:07+ 03:34@ 01:06& 02:16& 00:21# 01:09& 00:06+ 01:27& 00:34# 02:26@ 00:08+ 00:19&**5 Tina Slot NOTEAM 54:00**01:44+ 03:07+ 19:18+ 23:58+ 28:30+ 31:42+ 36:19+ 38:16+ 44:41+ 48:21+ 51:05+ 53:04+ 54:00+
01:44+ 01:23+ 16:11+ 04:40+ 04:32+ 03:12+ 04:37+ 01:57- 06:25+ 03:40+ 02:44+ 01:59+ 00:56+
00:28& 00:09# 13:44@ 01:30& 00:55& 00:28# 02:47@ 00:05- 02:46& 01:08& 01:31@ 00:38& 00:16&**6 Helle Sjørup Nielsen 34 1:02:11**02:12+ 04:15+ 09:38+ 16:45+ 24:48+ 30:18+ 36:07+ 40:21+ 49:12+ 54:39+ 57:50+ 60:39+ 62:11+
02:12+ 02:03+ 05:23+ 07:07+ 08:03+ 05:30+ 05:49+ 04:14+ 08:51+ 05:27+ 03:11+ 02:49+ 01:32+
00:56& 00:49& 02:56@ 03:57@ 04:26@ 02:46@ 03:59@ 02:12@ 05:12@ 02:55@ 01:58@ 01:28@ 00:52@

Class	Navn	Klasse											Tid
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Beste stræktid for klassen

01:16 01:00 02:27 03:10 03:37 02:44 01:50 01:57 03:39 02:32 01:13 01:21 00:40

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

Hvid3,5km

1 Axel Örnhagen Jørgensen 11år 24 20:47

00:54= 02:10= 04:27= 05:48= 07:17= 08:59= 10:50= 12:48= 15:44= 17:41= 18:31= 20:03= 20:47=
 00:54= 01:16= 02:17= 01:21= 01:29= 01:42= 01:51= 01:58= 02:56= 01:57= 00:50= 01:32= 00:44=
 00:00= 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 Rasmus Edvardsen 11år 24 24:38

00:55+ 02:29+ 04:58+ 06:48+ 08:38+ 11:04+ 12:58+ 15:19+ 18:48+ 21:11+ 22:10+ 23:57+ 24:38+
 00:55+ 01:34+ 02:29+ 01:50+ 01:50+ 02:26+ 01:54+ 02:21+ 03:29+ 02:23+ 00:59+ 01:47+ 00:41-
 00:01+ 00:18# 00:12+ 00:29& 00:21# 00:44& 00:03+ 00:23# 00:33# 00:26# 00:09# 00:15# 00:03-

3 Emil Dalgaard 10år 11 24:40

00:52- 02:14+ 04:40+ 07:13+ 08:53+ 11:15+ 13:18+ 15:20+ 18:56+ 21:22+ 22:10+ 24:00+ 24:40+
 00:52- 01:22+ 02:26+ 02:33+ 01:40+ 02:22+ 02:03+ 02:02+ 03:36+ 02:26+ 00:48- 01:50+ 00:40-
 00:02- 00:06+ 00:09+ 01:12& 00:11# 00:40& 00:12# 00:04+ 00:40# 00:29# 00:02- 00:18# 00:04-

4 Solveig B. Nielsen 20 30:34

01:14+ 03:06+ 06:19+ 08:14+ 10:19+ 12:50+ 15:19+ 18:17+ 22:25+ 25:37+ 27:04+ 29:22+ 30:34+
 01:14+ 01:52+ 03:13+ 01:55+ 02:05+ 02:31+ 02:29+ 02:58+ 04:08+ 03:12+ 01:27+ 02:18+ 01:12+
 00:20& 00:36& 00:56& 00:34& 00:36& 00:38& 01:00& 01:12& 01:15& 00:37& 00:46& 00:28&

5 Johan Dalgaard 10år 11 31:15

00:59+ 02:24+ 04:53+ 06:33+ 08:36+ 11:14+ 13:48+ 16:08+ 21:41+ 27:38+ 28:27+ 30:32+ 31:15+
 00:59+ 01:25+ 02:29+ 01:40+ 02:03+ 02:38+ 02:34+ 02:20+ 05:33+ 05:57+ 00:49- 02:05+ 00:43-
 00:05+ 00:09# 00:12+ 00:19# 00:34& 00:56& 00:43& 00:22# 02:37& 04:00@ 00:01- 00:33& 00:01-

6 Sofie Flyvbjerg 11år 29 32:00

00:51- 02:32+ 05:23+ 09:40+ 12:46+ 16:03+ 18:07+ 20:40+ 24:37+ 27:36+ 28:50+ 31:21+ 32:00+
 00:51- 01:41+ 02:51+ 04:17+ 03:06+ 03:17+ 02:04+ 02:33+ 03:57+ 02:59+ 01:14+ 02:31+ 00:39-
 00:03- 00:25& 00:34# 02:56@ 01:37@ 01:35& 00:13# 00:35& 01:01& 01:02& 00:24& 00:59& 00:05-

7 Lasse Klogborg 12år 20 32:05

01:00+ 02:39+ 06:55+ 08:45+ 11:01+ 13:42+ 16:12+ 18:36+ 22:51+ 26:42+ 28:20+ 31:12+ 32:05+
 01:00+ 01:39+ 04:16+ 01:50+ 02:16+ 02:41+ 02:30+ 02:24+ 04:15+ 03:51+ 01:38+ 02:52+ 00:53+
 00:06# 00:23& 01:59& 00:29& 00:47& 00:59& 00:39& 00:26# 01:19& 01:54& 00:48& 01:20& 00:09#

8 Mattias Klostergaard Rokkjær 10år 20 32:23

01:05+ 02:57+ 06:46+ 09:15+ 11:24+ 14:39+ 17:36+ 20:04+ 24:34+ 27:59+ 29:29+ 31:36+ 32:23+
 01:05+ 01:52+ 03:49+ 02:29+ 02:09+ 03:15+ 02:57+ 02:28+ 04:30+ 03:25+ 01:30+ 02:07+ 00:47+
 00:11# 00:36& 01:32& 01:08& 00:40& 01:33& 01:06& 00:30& 01:34& 01:28& 00:40& 00:35& 00:03+

9 Ingerlise F. Andersen 20 46:42

01:29+ 04:06+ 08:14+ 10:58+ 14:03+ 17:49+ 22:06+ 26:09+ 32:33+ 39:35+ 41:34+ 44:58+ 46:42+
 01:29+ 02:37+ 04:08+ 02:44+ 03:05+ 03:46+ 04:17+ 04:03+ 06:24+ 07:02+ 01:59+ 03:24+ 01:44+
 00:35& 01:21@ 01:51& 01:23@ 01:36@ 02:04@ 02:26@ 02:05@ 03:28@ 05:05@ 01:09@ 01:52@ 01:00@

10 Elliot Francis 12år 20 47:35

01:59+ 06:52+ 11:09+ 14:24+ 17:31+ 27:07+ 29:57+ 32:32+ 37:46+ 40:51+ 42:06+ 46:57+ 47:35+
 01:59+ 04:53+ 04:17+ 03:15+ 03:07+ 09:36+ 02:50+ 02:35+ 05:14+ 03:05+ 01:15+ 04:51+ 00:38-
 01:05@ 03:37@ 02:00& 01:54@ 01:38@ 07:54@ 00:59& 00:37& 02:18& 01:08& 00:25& 03:19@ 00:06-

11 Inger Munck 20 1:31:54

02:32+ 06:51+ 13:20+ 18:10+ 22:42+ 36:59+ 43:34+ 48:59+ 58:22+ 71:22+ 77:27+ 89:43+ 91:54+
 02:32+ 04:19+ 06:29+ 04:50+ 04:32+ 14:17+ 06:35+ 05:25+ 09:23+ 13:00+ 06:05+ 12:16+ 02:11+
 01:38@ 03:03@ 04:12@ 03:29@ 03:03@ 12:35@ 04:44@ 03:27@ 06:27@ 11:03@ 05:15@ 10:44@ 01:27@

Beste stræktid for klassen

00:51 01:16 02:17 01:21 01:29 01:42 01:51 01:58 02:56 01:57 00:48 01:32 00:38

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

Sort3km

Class	Navn	Klasse	Tid
1	Poul Erik Buch	19	32:26
02:20=	04:39= 07:47= 10:51= 12:46= 17:02=	22:12= 26:28= 27:22= 29:15= 31:26= 32:26=	
02:20=	02:19= 03:08= 03:04= 01:55= 04:16=	05:10= 04:16= 00:54= 01:53= 02:11= 01:00=	
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	Elizabeth Borchorst	29	36:59
03:02+	06:38+ 11:51+ 15:43+ 18:18+ 21:54+	24:43+ 30:04+ 31:35+ 33:48+ 35:47+ 36:59+	
03:02+	03:36+ 05:13+ 03:52+ 02:35+ 03:36-	02:49- 05:21+ 01:31+ 02:13+ 01:59- 01:12+	
00:42&	01:17& 02:05& 00:48& 00:40& 00:40-	02:21- 01:05& 00:37& 00:20# 00:12- 00:12#	
3	Ann Dorrit Hansen	17	42:15
03:14+	06:21+ 11:40+ 16:43+ 19:20+ 24:02+	28:22+ 35:20+ 36:28+ 39:07+ 41:12+ 42:15+	
03:14+	03:07+ 05:19+ 05:03+ 02:37+ 04:42+	04:20- 06:58+ 01:08+ 02:39+ 02:05- 01:03+	
00:54&	00:48& 02:11& 01:59& 00:42& 00:26#	00:50- 02:42& 00:14& 00:46& 00:06- 00:03+	
4	Erik Andersen	16	42:20
04:15+	07:40+ 12:05+ 16:47+ 19:29+ 24:07+	28:37+ 34:05+ 35:58+ 38:47+ 41:01+ 42:20+	
04:15+	03:25+ 04:25+ 04:42+ 02:42+ 04:38+	04:30- 05:28+ 01:53+ 02:49+ 02:14+ 01:19+	
01:55&	01:06& 01:17& 01:38& 00:47& 00:22+	00:40- 01:12& 00:59@ 00:56& 00:03+ 00:19&	
5	Lisbeth Jensen	2	42:34
03:43+	06:32+ 10:43+ 16:06+ 19:59+ 24:25+	29:48+ 35:10+ 36:33+ 39:40+ 41:28+ 42:34+	
03:43+	02:49+ 04:11+ 05:23+ 03:53+ 04:26+	05:23+ 05:22+ 01:23+ 03:07+ 01:48- 01:06+	
01:23&	00:30# 01:03& 02:19& 01:58@	00:10+ 00:13+ 01:06& 00:29& 01:14& 00:23-	00:06+
6	Ole F. Thomsen	27	48:31
04:01+	07:23+ 13:17+ 22:29+ 25:49+ 30:19+	33:50+ 40:41+ 42:07+ 44:46+ 47:03+ 48:31+	
04:01+	03:22+ 05:54+ 09:12+ 03:20+ 04:30+	03:31- 06:51+ 01:26+ 02:39+ 02:17+ 01:28+	
01:41&	01:03& 02:46& 06:08@	01:25& 00:14+ 01:39- 02:35& 00:32& 00:46& 00:06+ 00:28&	
7	Ellen Thomsen	27	49:35
03:30+	08:04+ 12:26+ 17:56+ 22:26+ 26:27+	34:03+ 41:23+ 43:14+ 45:54+ 48:09+ 49:35+	
03:30+	04:34+ 04:22+ 05:30+ 04:30+ 04:01-	07:36+ 07:20+ 01:51+ 02:40+ 02:15+ 01:26+	
01:10&	02:15& 01:14& 02:26& 02:35@	00:15- 02:26& 03:04& 00:57@ 00:47& 00:04+ 00:26&	
8	Vivi Arildsen	27	49:52
04:17+	08:51+ 13:11+ 18:44+ 21:27+ 25:35+	33:26+ 40:29+ 42:16+ 45:40+ 48:20+ 49:52+	
04:17+	04:34+ 04:20+ 05:33+ 02:43+ 04:08-	07:51+ 07:03+ 01:47+ 03:24+ 02:40+ 01:32+	
01:57&	02:15& 01:12& 02:29& 00:48& 00:08-	02:41& 02:47& 00:53& 01:31& 00:29# 00:32&	
9	Lene Flyvbjerg	29	51:30
02:24+	04:34- 15:35+ 26:39+	28:35+ 33:03+ 35:23+ 46:50+ 47:41+ 49:18+ 50:43+ 51:30+	
02:24+	02:10- 11:01+ 11:04+ 01:56+	04:28+ 02:20- 11:27+ 00:51- 01:37- 01:25- 00:47-	
00:04+	00:09- 07:53@ 08:00@	00:01+ 00:12+ 02:50- 07:11@ 00:03- 00:16- 00:46- 00:13-	
10	Birthe Helms	30	51:32
05:05+	09:37+ 13:42+ 21:01+ 25:19+ 30:27+	37:14+ 42:36+ 44:21+ 47:25+ 50:23+ 51:32+	
05:05+	04:32+ 04:05+ 07:19+ 04:18+ 05:08+	06:47+ 05:22+ 01:45+ 03:04+ 02:58+ 01:09+	
02:45@	02:13& 00:57& 04:15@	02:23@ 00:52# 01:37& 01:06& 00:51& 01:11& 00:47& 00:09#	
11	Peter Arildsen	27	52:17
04:15+	08:50+ 13:50+ 20:56+ 24:26+ 29:19+	33:16+ 40:13+ 43:39+ 47:20+ 50:44+ 52:17+	
04:15+	04:35+ 05:00+ 07:06+ 03:30+ 04:53+	03:57- 06:57+ 03:26+ 03:41+ 03:24+ 01:33+	
01:55&	02:16& 01:52& 04:02@	01:35& 00:37# 01:13- 02:41& 02:32@ 01:48& 01:13& 00:33&	
12	Bernt O. Myrvald	15	53:40
03:58+	08:28+ 14:30+ 20:25+ 23:48+ 29:05+	36:07+ 43:23+ 45:33+ 49:13+ 52:01+ 53:40+	
03:58+	04:30+ 06:02+ 05:55+ 03:23+ 05:17+	07:02+ 07:16+ 02:10+ 03:40+ 02:48+ 01:39+	
01:38&	02:11& 02:54& 02:51& 01:28& 01:01#	01:52& 03:00& 01:16@ 01:47& 00:37& 00:39&	
13	Helge Søgaard	29	53:45
04:36+	08:40+ 13:49+ 20:33+ 24:39+ 29:59+	34:00+ 42:58+ 45:06+ 49:12+ 51:56+ 53:45+	
04:36+	04:04+ 05:09+ 06:44+ 04:06+ 05:20+	04:01- 08:58+ 02:08+ 04:06+ 02:44+ 01:49+	
02:16&	01:45& 02:01& 03:40@	02:11@ 01:04# 01:09- 04:42@ 01:14@ 02:13@ 00:33& 00:49&	
14	Keld B. Nielsen	20	55:42
06:50+	11:59+ 16:27+ 23:07+ 28:40+ 34:17+	41:33+ 46:52+ 48:22+ 51:44+ 54:16+ 55:42+	
06:50+	05:09+ 04:28+ 06:40+ 05:33+ 05:37+	07:16+ 05:19+ 01:30+ 03:22+ 02:32+ 01:26+	
04:30@	02:50@ 01:20& 03:36@	03:38@ 01:21& 02:06& 01:03# 00:36& 01:29& 00:21# 00:26&	
15	Lone Christensen	35	57:04
06:25+	11:29+ 16:38+ 24:18+ 27:19+ 34:29+	41:42+ 47:51+ 49:38+ 53:07+ 55:40+ 57:04+	
06:25+	05:04+ 05:09+ 07:40+ 03:01+ 07:10+	07:13+ 06:09+ 01:47+ 03:29+ 02:33+ 01:24+	
04:05@	02:45@ 02:01& 04:36@	01:06& 02:54& 02:03& 01:53& 00:53& 01:36& 00:22# 00:24&	

Class	Navn	Klasse										Tid
16	Palle Bay	12										1:06:32
06:48+	11:31+	16:15+	23:59+	27:37+	32:31+	39:29+	50:14+	52:18+	55:39+	64:40+	66:32+	
06:48+	04:43+	04:44+	07:44+	03:38+	04:54+	06:58+	10:45+	02:04+	03:21+	09:01+	01:52+	
04:28@	02:24@	01:36&	04:40@	01:43&	00:38#	01:48&	06:29@	01:10@	01:28&	06:50@	00:52&	
17	Inger Andersen	5										1:10:14
04:53+	09:28+	15:21+	30:44+	35:09+	40:36+	47:14+	55:01+	61:04+	65:10+	68:29+	70:14+	
04:53+	04:35+	05:53+	15:23+	04:25+	05:27+	06:38+	07:47+	06:03+	04:06+	03:19+	01:45+	
02:33@	02:16&	02:45&	12:19@	02:30@	01:11&	01:28&	03:31&	05:09@	02:13@	01:08&	00:45&	
18	Bitten Nielsen	7										1:10:37
06:26+	11:13+	18:17+	23:48+	30:34+	34:34+	50:37+	61:45+	63:08+	65:57+	69:35+	70:37+	
06:26+	04:47+	07:04+	05:31+	06:46+	04:00-	16:03+	11:08+	01:23+	02:49+	03:38+	01:02+	
04:06@	02:28@	03:56@	02:27&	04:51@	00:16-	10:53@	06:52@	00:29&	00:56&	01:27&	00:02+	
19	Gretha Villadsen	20										1:11:29
05:22+	11:48+	18:36+	31:41+	36:56+	42:41+	47:06+	58:18+	63:26+	67:14+	69:57+	71:29+	
05:22+	06:26+	06:48+	13:05+	05:15+	05:45+	04:25-	11:12+	05:08+	03:48+	02:43+	01:32+	
03:02@	04:07@	03:40@	10:01@	03:20@	01:29&	00:45-	06:56@	04:14@	01:55@	00:32#	00:32&	
20	Harvy Ilsøe	10										1:13:08
05:17+	18:50+	24:23+	32:36+	37:15+	51:13+	56:20+	63:41+	65:49+	68:58+	71:33+	73:08+	
05:17+	13:33+	05:33+	08:13+	04:39+	13:58+	05:07-	07:21+	02:08+	03:09+	02:35+	01:35+	
02:57@	11:14@	02:25&	05:09@	02:44@	09:42@	00:03-	03:05&	01:14@	01:16&	00:24#	00:35&	
21	Edit Thomsen	Ok Syd										1:16:26
04:44+	19:54+	25:00+	36:38+	41:52+	47:19+	51:46+	63:12+	68:15+	71:57+	74:50+	76:26+	
04:44+	15:10+	05:06+	11:38+	05:14+	05:27+	04:27-	11:26+	05:03+	03:42+	02:53+	01:36+	
02:24@	12:51@	01:58&	08:34@	03:19@	01:11&	00:43-	07:10@	04:09@	01:49&	00:42&	00:36&	
22	Bent Jacobsen	11										1:24:43
04:24+	09:10+	13:58+	51:21+	55:51+	61:29+	67:06+	74:30+	76:31+	80:32+	83:10+	84:43+	
04:24+	04:46+	04:48+	37:23+	04:30+	05:38+	05:37+	07:24+	02:01+	04:01+	02:38+	01:33+	
02:04&	02:27@	01:40&	34:19@	02:35@	01:22&	00:27+	03:08&	01:07@	02:08@	00:27#	00:33&	

Beste stræktid for klassen

02:20 02:10 03:08 03:04 01:55 03:36 02:20 04:16 00:51 01:37 01:25 00:47

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

Sort4km

1	Ayoe Berg	16										34:53
03:35=	05:46=	11:12=	14:41=	17:58=	20:35=	23:20=	25:14=	29:06=	31:32=	32:57=	34:12=	34:53=
03:35=	02:11=	05:26=	03:29=	03:17=	02:37=	02:45=	01:54=	03:52=	02:26=	01:25=	01:15=	00:41=
00:00=	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	Mette Filskov	25										36:12
03:43+	05:47+	11:38+	14:46+	18:31+	20:26-	23:29+	25:30+	29:30+	32:03+	33:19+	35:28+	36:12+
03:43+	02:04-	05:51+	03:08-	03:45+	01:55-	03:03+	02:01+	04:00+	02:33+	01:16-	02:09+	00:44+
00:08+	00:07-	00:25+	00:21-	00:28#	00:42-	00:18#	00:07+	00:08+	00:07+	00:09-	00:54&	00:03+
3	Knud Madsen	25										38:15
03:58+	06:22+	12:33+	15:48+	20:26+	22:20+	24:46+	27:15+	31:13+	33:55+	35:23+	37:14+	38:15+
03:58+	02:24+	06:11+	03:15-	04:38+	01:54-	02:26-	02:29+	03:58+	02:42+	01:28+	01:51+	01:01+
00:23#	00:13+	00:45#	00:14-	01:21&	00:43-	00:19-	00:35&	00:06+	00:16#	00:03+	00:36&	00:20&
4	Kim Kristensen	20										38:36
03:55+	06:47+	13:08+	17:35+	21:11+	23:01+	26:23+	28:22+	32:29+	35:10+	36:30+	37:55+	38:36+
03:55+	02:52+	06:21+	04:27+	03:36+	01:50-	03:22+	01:59+	04:07+	02:41+	01:20-	01:25+	00:41=
00:20+	00:41&	00:55#	00:58&	00:19+	00:47-	00:37#	00:05+	00:15+	00:15#	00:05-	00:10#	00:00=
5	Maja B. Kristensen	20										38:40
03:51+	06:42+	13:00+	17:26+	21:02+	22:59+	26:14+	28:18+	32:26+	35:06+	36:29+	37:53+	38:40+
03:51+	02:51+	06:18+	04:26+	03:36+	01:57-	03:15+	02:04+	04:08+	02:40+	01:23-	01:24+	00:47+
00:16+	00:40&	00:52#	00:57&	00:19+	00:40-	00:30#	00:10+	00:16+	00:14+	00:02-	00:09#	00:06#
6	Søren Flyvbjerg	29										38:51
03:21-	07:52+	13:19+	16:33+	21:41+	24:37+	27:25+	29:34+	33:01+	35:35+	37:07+	38:15+	38:51+
03:21-	04:31+	05:27+	03:14-	05:08+	02:56+	02:48+	02:09+	03:27-	02:34+	01:32+	01:08-	00:36-
00:14-	02:20@	00:01+	00:15-	01:51&	00:19#	00:03+	00:15#	00:25-	00:08+	00:07+	00:07-	00:05-

Class	Navn	Klasse										Tid
7	Lucia Aagaard	7										40:19
04:32+	06:59+	13:12+	16:57+	20:40+	22:33+	25:04+	28:15+	33:40+	36:19+	37:46+	39:22+	40:19+
04:32+	02:27+	06:13+	03:45+	03:43+	01:53-	02:31-	03:11+	05:25+	02:39+	01:27+	01:36+	00:57+
00:57&	00:16#	00:47#	00:16+	00:26#	00:44-	00:14-	01:17&	01:33&	00:13+	00:02+	00:21&	00:16&
8	Claus Faber	30										40:24
04:25+	06:53+	13:14+	16:55+	21:38+	23:51+	26:44+	29:05+	33:21+	36:32+	38:04+	39:28+	40:24+
04:25+	02:28+	06:21+	03:41+	04:43+	02:13-	02:53+	02:21+	04:16+	03:11+	01:32+	01:24+	00:56+
00:50#	00:17#	00:55#	00:12+	01:26&	00:24-	00:08+	00:27#	00:24#	00:45&	00:07+	00:09#	00:15&
9	Kaj Kaspersen	7										41:06
04:17+	06:50+	13:04+	16:40+	21:05+	25:04+	28:02+	30:10+	33:52+	37:25+	38:51+	40:19+	41:06+
04:17+	02:33+	06:14+	03:36+	04:25+	03:59+	02:58+	02:08+	03:42-	03:33+	01:26+	01:28+	00:47+
00:42#	00:22#	00:48#	00:07+	01:08&	01:22&	00:13+	00:14#	00:10-	01:07&	00:01+	00:13#	00:06#
10	Guri Alm	20										43:08
04:02+	07:14+	13:40+	17:54+	22:48+	25:27+	28:29+	31:02+	36:04+	39:06+	40:27+	42:09+	43:08+
04:02+	03:12+	06:26+	04:14+	04:54+	02:39+	03:02+	02:33+	05:02+	03:02+	01:21-	01:42+	00:59+
00:27#	01:01&	01:00#	00:45#	00:02+	00:17#	00:39&	01:10&	00:36#	00:04-	00:27&	00:18&	
11	Hans Aage Hvalsøe Hansen	4										43:53
03:57+	07:32+	13:49+	17:26+	24:05+	26:13+	28:53+	31:28+	37:09+	40:01+	41:28+	43:03+	43:53+
03:57+	03:35+	06:17+	03:37+	06:39+	02:08-	02:40-	02:35+	05:41+	02:52+	01:27+	01:35+	00:50+
00:22#	01:24&	00:51#	00:08+	03:22@	00:29-	00:05-	00:41&	01:49&	00:26#	00:02+	00:20&	00:09#
12	Anne Riis	29										45:23
04:11+	06:41+	12:58+	18:28+	21:50+	24:39+	27:46+	30:23+	38:03+	40:59+	42:33+	44:35+	45:23+
04:11+	02:30+	06:17+	05:30+	03:22+	02:49+	03:07+	02:37+	07:40+	02:56+	01:34+	02:02+	00:48+
00:36#	00:19#	00:51#	02:01&	00:05+	00:12+	00:22#	00:43&	03:48&	00:30#	00:09#	00:47&	00:07#
13	Gitte Isen	7										45:33
05:00+	08:09+	15:45+	19:56+	24:28+	26:34+	29:44+	32:08+	37:02+	40:27+	42:03+	44:28+	45:33+
05:00+	03:09+	07:36+	04:11+	04:32+	02:06-	03:10+	02:24+	04:54+	03:25+	01:36+	02:25+	01:05+
01:25&	00:58&	02:10&	00:42#	01:15&	00:31-	00:25#	00:30&	01:02&	00:59&	00:11#	01:10&	00:24&
14	Max Hansen	17										46:16
06:14+	08:34+	15:19+	19:03+	26:58+	29:16+	32:15+	34:39+	39:21+	42:27+	43:59+	45:24+	46:16+
06:14+	02:20+	06:45+	03:44+	07:55+	02:18-	02:59+	02:24+	04:42+	03:06+	01:32+	01:25+	00:52+
02:39&	00:09+	01:19#	00:15+	04:38@	00:19-	00:14+	00:30&	00:50#	00:40&	00:07+	00:10#	00:11&
15	Henrik Dagsberg	Ok Pan										46:36
04:33+	07:15+	16:04+	19:54+	25:34+	27:36+	30:30+	33:11+	37:50+	41:44+	43:25+	45:48+	46:36+
04:33+	02:42+	08:49+	03:50+	05:40+	02:02-	02:54+	02:41+	04:39+	03:54+	01:41+	02:23+	00:48+
00:58&	00:31#	03:23&	00:21#	02:23&	00:35-	00:09+	00:47&	00:47#	01:28&	00:16#	01:08&	00:07#
16	Camilla Dalgaard	11										47:28
04:37+	07:49+	15:58+	20:27+	24:23+	27:42+	31:49+	35:22+	40:02+	43:07+	44:30+	46:35+	47:28+
04:37+	03:12+	08:09+	04:29+	03:56+	03:19+	04:07+	03:33+	04:40+	03:05+	01:23-	02:05+	00:53+
01:02&	01:01&	02:43&	01:00&	00:39#	00:42&	01:22&	01:39&	00:48#	00:39&	00:02-	00:50&	00:12&
17	Lars Tykær Jensen	20										47:48
03:50+	06:43+	13:03+	16:45+	26:36+	29:04+	31:48+	36:35+	40:30+	43:37+	45:15+	46:43+	47:48+
03:50+	02:53+	06:20+	03:42+	09:51+	02:28-	02:44-	04:47+	03:55+	03:07+	01:38+	01:28+	01:05+
00:15+	00:42&	00:54#	00:13+	06:34@	00:09-	00:01-	02:53@	00:03+	00:41&	00:13#	00:13#	00:24&
18	Jan Sørensen	25										49:17
05:03+	08:10+	15:41+	20:39+	24:38+	28:15+	32:34+	35:21+	42:45+	45:40+	47:05+	48:21+	49:17+
05:03+	03:07+	07:31+	04:58+	03:59+	03:37+	04:19+	02:47+	07:24+	02:55+	01:25=	01:16+	00:56+
01:28&	00:56&	02:05&	01:29&	00:42#	01:00&	01:34&	00:53&	03:32&	00:29#	00:00=	00:01+	00:15&
19	Hans Nielsen	20										49:40
04:35+	07:27+	14:23+	18:26+	24:54+	29:19+	32:55+	36:00+	41:17+	45:14+	47:05+	48:49+	49:40+
04:35+	02:52+	06:56+	04:03+	06:28+	04:25+	03:36+	03:05+	05:17+	03:57+	01:51+	01:44+	00:51+
01:00&	00:41&	01:30&	00:34#	03:11&	01:48&	00:51&	01:11&	01:25&	01:31&	00:26&	00:29&	00:10#
20	Clive Allen	30										49:56
04:44+	08:46+	15:52+	19:50+	25:16+	27:32+	32:13+	36:22+	41:53+	45:07+	46:49+	48:50+	49:56+
04:44+	04:02+	07:06+	03:58+	05:26+	02:16-	04:41+	04:09+	05:31+	03:14+	01:42+	02:01+	01:06+
01:09&	01:51&	01:40&	00:29#	02:09&	00:21-	01:56&	02:15@	01:39&	00:48&	00:17#	00:46&	00:25&
21	Kirsten Bobach	34										52:00
05:22+	08:52+	17:26+	21:50+	28:49+	31:20+	34:55+	37:53+	43:05+	46:49+	48:46+	50:52+	52:00+
05:22+	03:30+	08:34+	04:24+	06:59+	02:31-	03:35+	02:58+	05:12+	03:44+	01:57+	02:06+	01:08+
01:47&	01:19&	03:08&	00:55&	03:42@	00:06-	00:50&	01:04&	01:20&	01:18&	00:32&	00:51&	00:27&

Class	Navn	Klasse										Tid
23	Frants Nielsen	7										53:34
04:50+	07:19+	18:33+	22:41+	27:29+	32:20+	36:35+	39:29+	44:31+	48:39+	50:14+	52:45+	53:34+
04:50+	02:29+	11:14+	04:08+	04:48+	04:51+	04:15+	02:54+	05:02+	04:08+	01:35+	02:31+	00:49+
01:15&	00:18#	05:48@	00:39#	01:31&	02:14&	01:30&	01:00&	01:10&	01:42&	00:10#	01:16@	00:08#
24	Michael Leth Jess	36										54:30
05:13+	08:16+	16:28+	20:15+	29:10+	32:22+	36:08+	42:17+	46:44+	49:50+	51:23+	53:42+	54:30+
05:13+	03:03+	08:12+	03:47+	08:55+	03:12+	03:46+	06:09+	04:27+	03:06+	01:33+	02:19+	00:48+
01:38&	00:52&	02:46&	00:18+	05:38@	00:35#	01:01&	04:15@	00:35#	00:40&	00:08+	01:04&	00:07#
25	Merete Kleist	25										55:26
05:10+	08:07+	17:25+	21:34+	30:47+	33:32+	38:33+	42:50+	47:52+	51:25+	53:05+	54:36+	55:26+
05:10+	02:57+	09:18+	04:09+	09:13+	02:45+	05:01+	04:17+	05:02+	03:33+	01:40+	01:31+	00:50+
01:35&	00:46&	03:52&	00:40#	05:56@	00:08+	02:16&	02:23@	01:10&	01:07&	00:15#	00:16#	00:09#
26	Hanne Møller Jensen	36										56:11
05:06+	09:11+	16:03+	19:49+	23:43+	27:18+	31:14+	36:37+	45:08+	51:33+	53:14+	54:59+	56:11+
05:06+	04:05+	06:52+	03:46+	03:54+	03:35+	03:56+	05:23+	08:31+	06:25+	01:41+	01:45+	01:12+
01:31&	01:54&	01:26&	00:17+	00:37#	00:58&	01:11&	03:29@	04:39@	03:59@	00:16#	00:30&	00:31&
27	Jørn Thomsen	24										56:20
05:10+	09:20+	17:34+	22:36+	27:07+	29:30+	33:45+	41:10+	47:12+	50:58+	52:55+	54:57+	56:20+
05:10+	04:10+	08:14+	05:02+	04:31+	02:23-	04:15+	07:25+	06:02+	03:46+	01:57+	02:02+	01:23+
01:35&	01:59&	02:48&	01:33&	01:14&	00:14-	01:30&	05:31@	02:10&	01:20&	00:32&	00:47&	00:42@
28	Torben Isen	7										56:27
05:06+	12:34+	20:01+	24:02+	32:14+	35:23+	39:25+	43:29+	49:06+	52:16+	53:51+	55:29+	56:27+
05:06+	07:28+	07:27+	04:01+	08:12+	03:09+	04:02+	04:04+	05:37+	03:10+	01:35+	01:38+	00:58+
01:31&	05:17@	02:01&	00:32#	04:55@	00:32#	01:17&	02:10@	01:45&	00:44&	00:10#	00:23&	00:17&
29	Kurt Petersen	5										57:06
06:19+	10:49+	19:41+	24:47+	31:15+	34:06+	37:53+	44:22+	50:07+	53:05+	54:32+	56:09+	57:06+
06:19+	04:30+	08:52+	05:06+	06:28+	02:51+	03:47+	06:29+	05:45+	02:58+	01:27+	01:37+	00:57+
02:44&	02:19@	03:26&	01:37&	03:11&	00:14+	01:02&	04:35@	01:53&	00:32#	00:02+	00:22&	00:16&
30	Ingelise Baden	20										59:18
05:51+	10:14+	19:28+	24:13+	32:26+	34:55+	39:00+	44:30+	50:17+	53:54+	55:57+	57:58+	59:18+
05:51+	04:23+	09:14+	04:45+	08:13+	02:29-	04:05+	05:30+	05:47+	03:37+	02:03+	02:01+	01:20+
02:16&	02:12@	03:48&	01:16&	04:56@	00:08-	01:20&	03:36@	01:55&	01:11&	00:38&	00:46&	00:39&
31	Vagn Hansen	20										59:34
06:22+	10:11+	18:55+	23:04+	28:53+	31:54+	35:27+	39:11+	51:25+	54:53+	56:39+	58:37+	59:34+
06:22+	03:49+	08:44+	04:09+	05:49+	03:01+	03:33+	03:44+	12:14+	03:28+	01:46+	01:58+	00:57+
02:47&	01:38&	03:18&	00:40#	02:32&	00:24#	00:48&	01:50&	08:22@	01:02&	00:21#	00:43&	00:16&
32	Lise Nielsen	20										59:37
05:09+	08:08+	18:55+	23:52+	32:22+	36:19+	40:30+	44:06+	50:26+	53:46+	55:59+	58:13+	59:37+
05:09+	02:59+	10:47+	04:57+	08:30+	03:57+	04:11+	03:36+	06:20+	03:20+	02:13+	02:14+	01:24+
01:34&	00:48&	05:21&	01:28&	05:13@	01:20&	01:26&	01:42&	02:28&	00:54&	00:48&	00:59&	00:43@
33	Pia Gade	33										1:00:33
06:17+	12:31+	22:53+	27:45+	31:49+	35:17+	41:13+	45:04+	50:28+	54:55+	57:10+	59:34+	60:33+
06:17+	06:14+	10:22+	04:52+	04:04+	03:28+	05:56+	03:51+	05:24+	04:27+	02:15+	02:24+	00:59+
02:42&	04:03@	04:56&	01:23&	00:47#	00:51&	03:11@	01:57@	01:32&	02:01&	00:50&	01:09&	00:18&
34	Aksel Skovlyst	5										1:01:14
06:24+	12:42+	22:04+	27:06+	35:04+	38:58+	44:35+	47:36+	52:47+	56:36+	58:30+	60:29+	61:14+
06:24+	06:18+	09:22+	05:02+	07:58+	03:54+	05:37+	03:01+	05:11+	03:49+	01:54+	01:59+	00:45+
02:49&	04:07@	03:56&	01:33&	04:41@	01:17&	02:52@	01:07&	01:19&	01:23&	00:29&	00:44&	00:04+
35	Hans Larsen	5										1:02:09
06:18+	10:43+	19:30+	25:51+	32:18+	36:43+	43:04+	48:21+	53:41+	57:08+	59:01+	61:06+	62:09+
06:18+	04:25+	08:47+	06:21+	06:27+	04:25+	06:21+	05:17+	05:20+	03:27+	01:53+	02:05+	01:03+
02:43&	02:14@	03:21&	02:52&	03:10&	01:48&	03:36@	03:23@	01:28&	01:01&	00:28&	00:50&	00:22&
36	Per F. Henriksen	20										1:02:22
05:50+	11:24+	20:49+	25:28+	34:23+	38:01+	43:18+	46:39+	52:38+	56:47+	58:45+	60:59+	62:22+
05:50+	05:34+	09:25+	04:39+	08:55+	03:38+	05:17+	03:21+	05:59+	04:09+	01:58+	02:14+	01:23+
02:15&	03:23@	03:59&	01:10&	05:38@	01:01&	02:32&	01:27&	02:07&	01:43&	00:33&	00:59&	00:42@
37	Palle Møller Nielsen	16										1:02:56
05:47+	09:49+	19:10+	24:51+	32:49+	35:43+	40:22+	43:55+	50:16+	55:27+	58:11+	61:26+	62:56+
05:47+	04:02+	09:21+	05:41+	07:58+	02:54+	04:39+	03:33+	06:21+	05:11+	02:44+	03:15+	01:30+
02:12&	01:51&	03:55&	02:12&	04:41@	00:17#	01:54&	01:39&	02:29&	02:45@	01:19&	02:00@	00:49@

Class	Navn		Klasse		Tid									
38	Frede Jacobsen		Ok Syd		1:03:40									
06:22+	11:02+	21:49+	27:25+	35:28+	38:13+	42:50+	46:21+	52:53+	57:34+	59:58+	62:13+	63:40+		
06:22+	04:40+	10:47+	05:36+	08:03+	02:45+	04:37+	03:31+	06:32+	04:41+	02:24+	02:15+	01:27+		
02:47&	02:29@	05:21&	02:07&	04:46@	00:08+	01:52&	01:37&	02:40&	02:15&	00:59&	01:00&	00:46@		
39	Mogens Bøgh		5		1:04:30									
07:48+	14:32+	23:46+	28:14+	32:59+	35:41+	40:01+	48:39+	54:28+	58:43+	60:51+	63:21+	64:30+		
07:48+	06:44+	09:14+	04:28+	04:45+	02:42+	04:20+	08:38+	05:49+	04:15+	02:08+	02:30+	01:09+		
04:13@	04:33@	03:48&	00:59&	01:28&	00:05+	01:35&	06:44@	01:57&	01:49&	00:43&	01:15&	00:28&		
40	Palle Wind		11		1:04:50									
05:11+	08:35+	19:16+	24:02+	34:56+	42:43+	47:04+	51:15+	56:28+	59:48+	61:52+	63:40+	64:50+		
05:11+	03:24+	10:41+	04:46+	10:54+	07:47+	04:21+	04:11+	05:13+	03:20+	02:04+	01:48+	01:10+		
01:36&	01:13&	05:15&	01:17&	07:37@	05:10@	01:36&	02:17@	01:21&	00:54&	00:39&	00:33&	00:29&		
41	Jørn F. Andersen		20		1:06:06									
06:35+	11:19+	22:02+	27:58+	35:42+	38:54+	44:04+	48:13+	55:18+	60:05+	62:27+	64:43+	66:06+		
06:35+	04:44+	10:43+	05:56+	07:44+	03:12+	05:10+	04:09+	07:05+	04:47+	02:22+	02:16+	01:23+		
03:00&	02:33@	05:17&	02:27&	04:27@	00:35#	02:25&	02:15@	03:13&	02:21&	00:57&	01:01&	00:42@		
42	Niels J. Møller Hansen		11		1:06:46									
06:58+	10:28+	19:42+	29:02+	35:59+	45:15+	48:53+	51:58+	57:20+	61:13+	63:14+	65:24+	66:46+		
06:58+	03:30+	09:14+	09:20+	06:57+	09:16+	03:38+	03:05+	05:22+	03:53+	02:01+	02:10+	01:22+		
03:23&	01:19&	03:48&	05:51@	03:40@	06:39@	00:53&	01:11&	01:30&	01:27&	00:36&	00:55&	00:41&		
43	Jannie Nielsen		8		1:07:48									
07:46+	12:25+	23:02+	28:49+	35:09+	39:22+	44:42+	48:29+	56:26+	61:16+	63:57+	66:33+	67:48+		
07:46+	04:39+	10:37+	05:47+	06:20+	04:13+	05:20+	03:47+	07:57+	04:50+	02:41+	02:36+	01:15+		
04:11@	02:28@	05:11&	02:18&	03:03&	01:36&	02:35&	01:53&	04:05@	02:24&	01:16&	01:21@	00:34&		
44	Karen Lise Bøgh		5		1:07:56									
05:58+	10:01+	18:22+	23:49+	31:52+	36:54+	40:24+	49:57+	55:16+	59:24+	64:09+	66:48+	67:56+		
05:58+	04:03+	08:21+	05:27+	08:03+	05:02+	03:30+	09:33+	05:19+	04:08+	04:45+	02:39+	01:08+		
02:23&	01:52&	02:55&	01:58&	04:46@	02:25&	00:45&	07:39@	01:27&	01:42&	03:20@	01:24@	00:27&		
45	Kai Hansen		17		1:08:50									
04:47+	09:14+	23:56+	31:21+	38:18+	44:28+	48:20+	52:09+	58:19+	63:50+	65:47+	67:39+	68:50+		
04:47+	04:27+	14:42+	07:25+	06:57+	06:10+	03:52+	03:49+	06:10+	05:31+	01:57+	01:52+	01:11+		
01:12&	02:16@	09:16@	03:56@	03:40@	03:33@	01:07&	01:55@	02:18&	03:05@	00:32&	00:37&	00:30&		
46	Hanne Frost		2		1:08:55									
05:23+	10:46+	19:02+	24:44+	32:26+	41:30+	45:57+	49:25+	55:55+	62:50+	65:14+	67:33+	68:55+		
05:23+	05:23+	08:16+	05:42+	07:42+	09:04+	04:27+	03:28+	06:30+	06:55+	02:24+	02:19+	01:22+		
01:48&	03:12@	02:50&	02:13&	04:25@	06:27@	01:42&	01:34&	02:38&	04:29@	00:59&	01:04&	00:41&		
47	Mogens E. Thomsen		Ok Syd		1:09:54									
05:28+	10:13+	32:32+	37:01+	44:10+	46:43+	50:57+	54:36+	60:38+	64:31+	66:31+	68:47+	69:54+		
05:28+	04:45+	22:19+	04:29+	07:09+	02:33-	04:14+	03:39+	06:02+	03:53+	02:00+	02:16+	01:07+		
01:53&	02:34@	16:53@	01:00&	03:52@	00:04-	01:29&	01:45&	02:10&	01:27&	00:35&	01:01&	00:26&		
48	Gitte Kiilerich Pedersen		30		1:12:13									
12:44+	18:51+	27:47+	34:18+	38:44+	42:28+	48:06+	55:05+	62:29+	66:38+	68:32+	71:17+	72:13+		
12:44+	06:07+	08:56+	06:31+	04:26+	03:44+	05:38+	06:59+	07:24+	04:09+	01:54+	02:45+	00:56+		
09:09@	03:56@	03:30&	03:02&	01:09&	01:07&	02:53@	05:05@	03:32&	01:43&	00:29&	01:30@	00:15&		
49	Erland Skøt		20		1:12:49									
05:50+	10:07+	30:23+	36:36+	45:21+	48:41+	52:56+	58:23+	63:25+	67:20+	69:22+	71:33+	72:49+		
05:50+	04:17+	20:16+	06:13+	08:45+	03:20+	04:15+	05:27+	05:02+	03:55+	02:02+	02:11+	01:16+		
02:15&	02:06&	14:50@	02:44&	05:28@	00:43&	01:30&	03:33@	01:10&	01:29&	00:37&	00:56&	00:35&		
50	Poul Grøn		Ok Pan		1:13:48									
14:27+	17:55+	28:08+	32:39+	41:59+	44:30+	48:14+	52:20+	62:22+	69:22+	71:16+	72:47+	73:48+		
14:27+	03:28+	10:13+	04:31+	09:20+	02:31-	03:44+	04:06+	10:02+	07:00+	01:54+	01:31+	01:01+		
10:52@	01:17&	04:47&	01:02&	06:03@	00:06-	00:59&	02:12@	06:10@	04:34@	00:29&	00:16#	00:20&		
51	Leif Møller		11		1:17:42									
09:07+	14:35+	28:17+	33:40+	41:58+	48:20+	53:18+	57:30+	66:56+	72:01+	74:20+	76:28+	77:42+		
09:07+	05:28+	13:42+	05:23+	08:18+	06:22+	04:58+	04:12+	09:26+	05:05+	02:19+	02:08+	01:14+		
05:32@	03:17@	08:16@	01:54&	05:01@	03:45@	02:13&	02:18@	05:34@	02:39@	00:54&	00:53&	00:33&		
52	Marie Hoffmann Hansen		11		1:18:15									
09:12+	14:32+	27:25+	33:45+	42:57+	48:25+	53:24+	57:34+	67:10+	72:14+	74:39+	76:52+	78:15+		
09:12+	05:20+	12:53+	06:20+	09:12+	05:28+	04:59+	04:10+	09:36+	05:04+	02:25+	02:13+	01:23+		
05:37@	03:09@	07:27@	02:51&	05:55@	02:51@	02:14&	02:16@	05:44@	02:38@	01:00&	00:58&	00:42@		

Class	Navn	Klasse											Tid
53	Anette Hansen	18											1:25:42
07:45+	15:36+	31:30+	37:23+	46:44+	53:04+	58:38+	66:16+	73:47+	79:09+	81:43+	84:29+	85:42+	
07:45+	07:51+	15:54+	05:53+	09:21+	05:34+	07:38+	07:31+	05:22+	02:34+	02:46+	01:13+		
04:10@	05:40@	10:28@	02:24&	06:04@	03:43@	02:49@	05:44@	03:39&	02:56@	01:09&	01:31@	00:32&	
54	Svend Erik Jensen	23											1:27:18
10:38+	15:15+	26:27+	32:07+	47:00+	52:56+	58:03+	61:29+	71:05+	76:42+	79:11+	86:01+	87:18+	
10:38+	04:37+	11:12+	05:40+	14:53+	05:56+	05:07+	03:26+	09:36+	05:37+	02:29+	06:50+	01:17+	
07:03@	02:26@	05:46@	02:11&	11:36@	03:19@	02:22&	01:32&	05:44@	03:11@	01:04&	05:35@	00:36&	
55	Holger Mikkelsen	16											1:27:49
07:26+	12:31+	26:17+	34:31+	49:28+	52:48+	58:14+	64:12+	73:31+	79:22+	82:36+	86:11+	87:49+	
07:26+	05:05+	13:46+	08:14+	14:57+	03:20+	05:26+	05:58+	09:19+	05:51+	03:14+	03:35+	01:38+	
03:51@	02:54@	08:20@	04:45@	11:40@	00:43&	02:41&	04:04@	05:27@	03:25@	01:49@	02:20@	00:57@	
Beste stræktid for klassen													
03:21	02:04	05:26	03:08	03:17	01:50	02:26	01:54	03:27	02:26	01:16	01:08	00:36	

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

Sort5km

1	Anders Dalgaard	11											35:05
01:57=	03:56=	10:19=	13:43=	16:48=	20:52=	22:00=	24:14=	25:42=	29:53=	31:45=	33:48=	35:05=	
01:57=	01:59=	06:23=	03:24=	03:05=	04:04=	01:08=	02:14=	01:28=	04:11=	01:52=	02:03=	01:17=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Niels Dalgaard	11											37:37
01:47-	04:10+	07:17-	12:23-	15:51-	20:18-	21:41-	24:17+	27:56+	31:39+	34:12+	36:17+	37:37+	
01:47-	02:23+	03:07-	05:06+	03:28+	04:27+	01:23+	02:36+	03:39+	03:43-	02:33+	02:05+	01:20+	
00:10-	00:24#	03:16-	01:42&	00:23#	00:23+	00:15#	00:22#	02:11@	00:28-	00:41&	00:02+	00:03+	
3	Marianne Lyng	11											38:47
02:05+	04:42+	08:02-	12:31-	16:28-	21:17+	22:49+	26:17+	28:14+	32:15+	34:46+	37:03+	38:47+	
02:05+	02:37+	03:20-	04:29+	03:57+	04:49+	01:32+	03:28+	01:57+	04:01-	02:31+	02:17+	01:44+	
00:08+	00:38&	03:03-	01:05&	00:52&	00:45#	00:24&	01:14&	00:29&	00:10-	00:39&	00:14#	00:27&	
4	Claus Bobach	34											43:18
02:14+	06:32+	10:26+	15:46+	19:33+	25:39+	27:13+	30:54+	32:43+	37:03+	39:30+	41:47+	43:18+	
02:14+	04:18+	03:54-	05:20+	03:47+	06:06+	01:34+	03:41+	01:49+	04:20+	02:27+	02:17+	01:31+	
00:17#	02:19@	02:29-	01:56&	00:42#	02:02&	00:26&	01:27&	00:21#	00:09+	00:35&	00:14#	00:14#	
5	Jette Klogborg	20											45:28
02:18+	04:45+	08:28-	15:20+	19:22+	24:59+	26:39+	30:06+	32:41+	37:56+	40:41+	43:37+	45:28+	
02:18+	02:27+	03:43-	06:52+	04:02+	05:37+	01:40+	03:27+	02:35+	05:15+	02:45+	02:56+	01:51+	
00:21#	00:28#	02:40-	03:28@	00:57&	01:33&	00:32&	01:13&	01:07&	01:04&	00:53&	00:53&	00:34&	
6	Thomas Edvardsen	24											46:11
02:25+	04:34+	10:51+	15:37+	20:12+	26:00+	27:30+	32:20+	34:52+	39:06+	41:40+	44:38+	46:11+	
02:25+	02:09+	06:17-	04:46+	04:35+	05:48+	01:30+	04:50+	02:32+	04:14+	02:34+	02:58+	01:33+	
00:28#	00:10+	00:06-	01:22&	01:30&	01:44&	00:22&	02:36@	01:04&	00:03+	00:42&	00:55&	00:16#	
7	Lars Klogborg	20											47:00
02:36+	05:26+	09:37-	15:32+	20:05+	26:08+	28:10+	31:16+	33:33+	39:04+	41:57+	45:00+	47:00+	
02:36+	02:50+	04:11-	05:55+	04:33+	06:03+	02:02+	03:06+	02:17+	05:31+	02:53+	03:03+	02:00+	
00:39&	00:51&	02:12-	02:31&	01:28&	01:59&	00:54&	00:52&	00:49&	01:20&	01:01&	01:00&	00:43&	
8	Anne Maarup	1											47:42
03:13+	06:30+	10:22+	15:46+	20:11+	26:15+	27:59+	31:19+	33:47+	39:06+	42:08+	45:12+	47:42+	
03:13+	03:17+	03:52-	05:24+	06:04+	04:25+	01:44+	03:20+	02:28+	05:19+	03:02+	03:04+	02:30+	
01:16&	01:18&	02:31-	02:00&	01:20&	02:00&	00:36&	01:06&	01:00&	01:08&	01:10&	01:01&	01:13&	
9	Erik Krogh	11											48:25
02:32+	05:04+	08:51-	14:12+	18:14+	25:06+	26:55+	30:24+	33:07+	39:19+	42:59+	46:10+	48:25+	
02:32+	02:32+	03:47-	05:21+	04:02+	06:52+	01:49+	03:29+	02:43+	06:12+	03:40+	03:11+	02:15+	
00:35&	00:33&	02:36-	01:57&	00:57&	02:48&	00:41&	01:15&	01:15&	02:01&	01:48&	01:08&	00:58&	
10	Ditte Busch	24											50:17
02:48+	05:43+	10:30+	16:55+	21:15+	29:22+	31:14+	34:38+	36:46+	41:56+	44:43+	48:16+	50:17+	
02:48+	02:55+	04:47-	06:25+	04:20+	08:07+	01:52+	03:24+	02:08+	05:10+	02:47+	03:33+	02:01+	
00:51&	00:56&	01:36-	03:01&	01:15&	04:03&	00:44&	01:10&	00:40&	00:59#	00:55&	01:30&	00:44&	

Class	Navn	Klasse										Tid	
11	Ole Andersen	7										52:43	
03:11+	06:54+	11:56+	17:37+	22:22+	29:57+	31:50+	35:27+	38:06+	43:41+	46:59+	50:33+	52:43+	
03:11+	03:43+	05:02-	05:41+	04:45+	07:35+	01:53+	03:37+	02:39+	05:35+	03:18+	03:34+	02:10+	
01:14&	01:44&	01:21-	02:17&	01:40&	03:31&	00:45&	01:23&	01:11&	01:24&	01:26&	01:31&	00:53&	
12	Jørn H. Klausen	Ok Syd										53:33	
03:05+	06:01+	11:14+	17:21+	22:28+	29:36+	31:25+	35:22+	38:39+	44:23+	48:14+	51:16+	53:33+	
03:05+	02:56+	05:13-	06:07+	05:07+	07:08+	01:49+	03:57+	03:17+	05:44+	03:51+	03:02+	02:17+	
01:08&	00:57&	01:10-	02:43&	02:02&	03:04&	00:41&	01:43&	01:49@	01:33&	01:59@	00:59&	01:00&	
13	Annette Bonde	2										53:45	
03:05+	05:53+	10:19=	16:34+	21:23+	32:19+	34:26+	37:44+	40:12+	45:58+	48:44+	51:42+	53:45+	
03:05+	02:48+	04:26-	06:15+	04:49+	10:56+	02:07+	03:18+	02:28+	05:46+	02:46+	02:58+	02:03+	
01:08&	00:49&	01:57-	02:51&	01:44&	06:52@	00:59&	01:04&	01:00&	01:35&	00:54&	00:55&	00:46&	
14	Britta Ank Pedersen	10										54:12	
02:52+	05:46+	10:31+	17:11+	21:35+	33:06+	34:55+	38:12+	40:25+	45:35+	49:34+	52:25+	54:12+	
02:52+	02:54+	04:45-	06:40+	04:24+	11:31+	01:49+	03:17+	02:13+	05:10+	03:59+	02:51+	01:47+	
00:55&	00:55&	01:38-	03:16&	01:19&	07:27@	00:41&	01:03&	00:45&	00:59#	02:07@	00:48&	00:30&	
15	Gregers Jørgensen	2										54:44	
02:45+	05:28+	10:33+	15:39+	20:50+	32:15+	33:57+	37:06+	40:08+	43:43+	46:22+	49:50+	52:32+	54:44+
02:45+	02:43+	05:05-	05:06+	05:11+	11:25+	01:42+	03:09+	03:02+	03:35-	02:39+	03:28+	02:42+	02:12+
00:48&	00:44&	01:18-	01:42&	02:06&	07:21@	00:34&	00:55&	01:34@	00:36-	00:47&	01:25&	01:25@	02:12+
16	Birgitte Birck	1										55:15	
02:45+	05:50+	12:52+	18:56+	24:12+	31:57+	34:15+	37:41+	41:32+	47:09+	50:06+	53:06+	55:15+	
02:45+	03:05+	07:02+	06:04+	05:16+	07:45+	02:18+	03:26+	03:51+	05:37+	02:57+	03:00+	02:09+	
00:48&	01:06&	00:39#	02:40&	02:11&	03:41&	01:10@	01:12&	02:23@	01:26&	01:05&	00:57&	00:52&	
17	Charlotte Bergmann	1										55:23	
03:16+	06:42+	12:07+	18:23+	23:45+	32:43+	34:59+	38:08+	41:07+	47:04+	50:02+	53:15+	55:23+	
03:16+	03:26+	05:25-	06:16+	05:22+	08:58+	02:16+	03:09+	02:59+	05:57+	02:58+	03:13+	02:08+	
01:19&	01:27&	00:58-	02:52&	02:17&	04:54@	01:08&	00:55&	01:31@	01:46&	01:06&	01:10&	00:51&	
18	Frede Rasmussen	7										55:46	
02:57+	06:05+	10:20+	17:10+	23:46+	32:49+	34:49+	38:32+	41:34+	47:28+	50:59+	53:54+	55:46+	
02:57+	03:08+	04:15-	06:50+	06:36+	09:03+	02:00+	03:43+	03:02+	05:54+	03:31+	02:55+	01:52+	
01:00&	01:09&	02:08-	03:26@	03:31@	04:59@	00:52&	01:29&	01:34@	01:43&	01:39&	00:52&	00:35&	
19	Søren Dall	20										56:51	
02:55+	05:45+	13:32+	18:38+	23:04+	35:41+	37:26+	40:58+	43:21+	48:43+	51:32+	54:21+	56:51+	
02:55+	02:50+	07:47+	05:06+	04:26+	12:37+	01:45+	03:32+	02:23+	05:22+	02:49+	02:49+	02:30+	
00:58&	00:51&	01:24#	01:42&	01:21&	08:33@	00:37&	01:18&	00:55&	01:11&	00:57&	00:46&	01:13&	
20	Villy Møller Hansen	18										57:48	
02:58+	06:30+	14:05+	20:37+	26:51+	33:35+	35:17+	38:42+	41:40+	48:09+	52:33+	55:40+	57:48+	
02:58+	03:32+	07:35+	06:32+	06:14+	06:44+	01:42+	03:25+	02:58+	06:29+	04:24+	03:07+	02:08+	
01:01&	01:33&	01:12#	03:08&	03:09@	02:40&	00:34&	01:11&	01:30@	02:18&	02:32@	01:04&	00:51&	
21	Flemming Sasser	7										59:09	
03:07+	07:09+	12:29+	19:37+	25:14+	32:42+	34:56+	39:45+	42:51+	49:16+	53:27+	56:47+	59:09+	
03:07+	04:02+	05:20-	07:08+	05:37+	07:28+	02:14+	04:49+	03:06+	06:25+	04:11+	03:20+	02:22+	
01:10&	02:03@	01:03-	03:44@	02:32&	03:24&	01:06&	02:35@	01:38@	02:14&	02:19@	01:17&	01:05&	
22	Gitte Leth	26										1:02:46	
02:31+	05:37+	10:54+	17:15+	22:25+	38:31+	40:31+	44:28+	47:23+	53:14+	57:00+	60:30+	62:46+	
02:31+	03:06+	05:17-	06:21+	05:10+	16:06+	02:00+	03:57+	02:55+	05:51+	03:46+	03:30+	02:16+	
00:34&	01:07&	01:06-	02:57&	02:05&	12:02@	00:52&	01:43&	01:27&	01:40&	01:54@	01:27&	00:59&	
23	Poul Bobach	34										1:03:04	
02:57+	06:22+	11:27+	18:25+	23:08+	40:03+	42:27+	45:56+	48:49+	54:31+	57:59+	60:58+	63:04+	
02:57+	03:25+	05:05-	06:58+	04:43+	16:55+	02:24+	03:29+	02:53+	05:42+	03:28+	02:59+	02:06+	
01:00&	01:26&	01:18-	03:34@	01:38&	12:51@	01:16@	01:15&	01:25&	01:31&	01:36&	00:56&	00:49&	
24	morten Bruhn	34										1:06:18	
03:41+	06:43+	14:16+	20:06+	24:39+	41:26+	42:58+	46:11+	48:54+	54:34+	62:00+	64:33+	66:18+	
03:41+	03:02+	07:33+	05:50+	04:33+	16:47+	01:32+	03:13+	02:43+	05:40+	07:26+	02:33+	01:45+	
01:44&	01:03&	01:10#	02:26&	01:28&	12:43@	00:24&	00:59&	01:15&	01:29&	05:34@	00:30#	00:28&	
25	Karl Teubl	22										1:07:11	
03:09+	05:48+	18:35+	28:07+	32:21+	38:20+	40:28+	44:12+	50:11+	55:54+	60:14+	63:13+	67:11+	
03:09+	02:39+	12:47+	09:32+	04:14+	05:59+	02:08+	03:44+	05:59+	05:43+	04:20+	02:59+	03:58+	
01:12&	00:40&	06:24@	06:08@	01:09&	01:55&	01:00&	01:30&	04:31@	01:32&	02:28@	00:56&	02:41@	

Class	Navn	Klasse										Tid
26	Gerhard Koiser	22										1:09:26
03:12+	06:26+	11:28+	22:43+	27:43+	38:55+	41:02+	45:01+	51:58+	58:44+	62:55+	66:53+	69:26+
03:12+	03:14+	05:02-	11:15+	05:00+	11:12+	02:07+	03:59+	06:57+	06:46+	04:11+	03:58+	02:33+
01:15&	01:15&	01:21-	07:51@	01:55&	07:08@	00:59&	01:45&	05:29@	02:35&	02:19@	01:55&	01:16&
27	Mia S. Skov-Madsen	NOTEAM										1:09:32
06:35+	09:13+	15:48+	21:41+	26:34+	44:02+	45:29+	49:29+	53:21+	61:08+	64:33+	67:36+	69:32+
06:35+	02:38+	06:35+	05:53+	04:53+	17:28+	01:27+	04:00+	03:52+	07:47+	03:25+	03:03+	01:56+
04:38@	00:39&	00:12+	02:29&	01:48&	13:24@	00:19&	01:46&	02:24@	03:36&	01:33&	01:00&	00:39&
28	Tine Demant	25										1:12:26
03:02+	05:55+	17:49+	28:32+	33:07+	40:05+	42:04+	45:53+	54:39+	61:26+	66:21+	69:50+	72:26+
03:02+	02:53+	11:54+	10:43+	04:35+	06:58+	01:59+	03:49+	08:46+	06:47+	04:55+	03:29+	02:36+
01:05&	00:54&	05:31&	07:19@	01:30&	02:54&	00:51&	01:35&	07:18@	02:36&	03:03@	01:26&	01:19@
29	Lene Jacobsen	9										1:14:19
03:11+	06:50+	14:36+	26:22+	32:28+	46:34+	48:51+	52:33+	56:31+	63:25+	67:51+	71:52+	74:19+
03:11+	03:39+	07:46+	11:46+	06:06+	14:06+	02:17+	03:42+	03:58+	06:54+	04:26+	04:01+	02:27+
01:14&	01:40&	01:23#	08:22@	03:01&	10:02@	01:09@	01:28&	02:30@	02:43&	02:34@	01:58&	01:10&
30	Hugo Frederiksen	Ok73										1:15:39
03:19+	07:45+	16:17+	31:03+	36:56+	44:54+	47:15+	51:48+	55:25+	63:49+	67:53+	72:26+	75:39+
03:19+	04:26+	08:32+	14:46+	05:53+	07:58+	02:21+	04:33+	03:37+	08:24+	04:04+	04:33+	03:13+
01:22&	02:27@	02:09&	11:22@	02:48&	03:54&	01:13@	02:19@	02:09@	04:13@	02:12@	02:30@	01:56@
31	Anne-Marie Jensen	Ok Syd										1:16:47
04:58+	10:33+	18:10+	27:08+	33:32+	44:19+	46:58+	52:01+	55:35+	64:53+	69:50+	73:55+	76:47+
04:58+	05:35+	07:37+	08:58+	06:24+	10:47+	02:39+	05:03+	03:34+	09:18+	04:57+	04:05+	02:52+
03:01@	03:36@	01:14#	05:34@	03:19@	06:43@	01:31@	02:49@	02:06@	05:07@	03:05@	02:02&	01:35@
32	Annette Færing	31										1:36:12
12:45+	17:42+	27:45+	40:58+	47:55+	58:21+	62:06+	67:27+	71:25+	80:58+	88:02+	92:18+	96:12+
12:45+	04:57+	10:03+	13:13+	06:57+	10:26+	03:45+	05:21+	03:58+	09:33+	07:04+	04:16+	03:54+
10:48@	02:58@	03:40&	09:49@	03:52@	06:22@	02:37@	03:07@	02:30@	05:22@	05:12@	02:13@	02:37@
Beste stræktid for klassen												
01:47	01:59	03:07	03:24	03:05	04:04	01:08	02:14	01:28	03:35	01:52	02:03	01:17
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.												
Sort6km												
1	Rasmus Ejlersen	Ok Syd										54:58
05:08=	08:06=	15:06=	19:26=	25:10=	29:27=	33:54=	38:27=	42:14=	45:09=	46:20=	49:49=	51:50=
05:08=	02:58=	07:00=	04:20=	05:44=	04:17=	04:27=	04:33=	03:47=	02:55=	01:11=	03:29=	02:01=
00:00=	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	19										56:20
05:07-	08:09+	15:08+	20:44+	26:32+	30:25+	34:35+	38:24-	42:36+	45:50+	46:40+	50:37+	53:01+
05:07-	03:02+	06:59-	05:36+	05:48+	03:53-	04:10-	03:49-	04:12+	03:14+	00:50-	03:57+	02:24+
00:01-	00:04+	00:01-	01:16&	00:04+	00:24-	00:17-	00:44-	00:25#	00:19#	00:21-	00:28#	00:23#
3	Lars Eeg Højholt	11										56:48
05:11+	08:30+	15:48+	21:33+	26:53+	30:24+	35:07+	38:25-	43:49+	47:09+	48:21+	51:06+	53:42+
05:11+	03:19+	07:18+	05:45+	05:20-	03:31-	04:43+	03:18-	05:24+	03:20+	01:12+	02:45-	02:36+
00:03+	00:21#	00:18+	01:25&	00:24-	00:46-	00:16+	01:15-	01:37&	00:25#	00:01+	00:44-	00:35&
4	Knud Fjordvald	30										57:18
04:29-	08:08+	15:34+	20:03+	25:45+	29:51+	33:44-	37:34-	41:43-	45:30+	46:54+	50:57+	54:01+
04:29-	03:39+	07:26+	04:29+	05:42-	04:06-	03:53-	04:22-	04:09+	03:47+	01:24+	04:03+	03:04+
00:39-	00:41#	00:26+	00:09+	00:02-	00:11-	00:34-	00:43-	00:22+	00:52&	00:13#	00:34#	01:03&
5	Jesper Jønsson	Ok Pan										57:59
06:24+	15:52+	22:05+	25:43+	30:37+	34:00+	37:05+	41:27+	45:06+	48:01+	50:04+	53:16+	55:11+
06:24+	09:28+	06:13-	03:38-	04:54-	03:23-	03:05-	04:22-	03:39-	02:55=	02:03+	03:12-	01:55-
01:16#	06:30@	00:47-	00:42-	00:50-	00:54-	01:22-	00:11-	00:08-	00:00=	00:52&	00:17-	00:06-
6	Lars Munktvad	1										59:37
05:09+	08:15+	15:10+	19:19-	24:31-	28:13-	31:19-	37:29-	44:30+	47:40+	49:07+	52:09+	55:00+
05:09+	03:06+	06:55-	04:09-	05:12-	03:42-	03:06-	06:10+	07:01+	03:10+	01:27+	03:02-	02:51+
00:01+	00:08+	00:05-	00:11-	00:32-	00:35-	01:21-	01:37&	03:14&	00:15+	00:16#	00:27-	00:50&

Class	Navn	Klasse										Tid				
7	Kristina Lorentzon	13										1:01:22				
06:33+	10:07+	18:21+	23:15+	29:05+	33:21+	37:54+	41:46+	45:59+	50:54+	51:54+	55:07+	57:39+	60:35+	61:22+		
06:33+	03:34+	08:14+	04:54+	05:50+	04:16-	04:33+	03:52-	04:13+	04:55+	01:00-	03:13-	02:32+	02:56+	00:47+		
01:25&	00:36#	01:14#	00:34#	00:06+	00:01-	00:06+	00:41-	00:26#	02:00&	00:11-	00:16-	00:31&	00:30#	00:05#		
8	Arne Bertelsen	20										1:02:25				
04:53-	08:14+	16:34+	21:25+	25:59+	31:23+	35:17+	38:51+	42:44+	45:38+	48:35+	51:57+	53:01+	56:17+	59:02+		
04:53-	03:21+	08:20+	04:51+	04:34-	05:24+	03:54-	03:34-	03:53+	02:54-	02:57+	03:22-	01:04-	03:16+	02:45+		
00:15-	00:23#	01:20#	00:31#	01:10-	01:07&	00:33-	00:59-	00:06+	00:01-	01:46@	00:07-	00:57-	00:50&	02:03@		
02:42+	00:41+															
9	Peter Gammeljord	24										1:03:10				
05:12+	09:09+	17:09+	23:23+	29:35+	34:12+	38:23+	43:13+	47:39+	51:34+	52:30+	55:38+	59:09+	62:24+	63:10+		
05:12+	03:57+	08:00+	06:14+	06:12+	04:37+	04:11-	04:50+	04:26+	03:55+	00:56-	03:08-	03:31+	03:15+	00:46+		
00:04+	00:59&	01:00#	01:54&	00:28+	00:20+	00:16-	00:17+	00:39#	01:00&	00:15-	00:21-	01:30&	00:49&	00:04+		
10	Susanne Højholt	11										1:03:19				
05:29+	08:21+	17:07+	21:44+	28:47+	32:44+	37:25+	42:30+	46:52+	50:24+	51:28+	57:15+	59:32+	62:21+	63:19+		
05:29+	02:52-	08:46+	04:37+	07:03+	03:57-	04:41+	05:05+	04:22+	03:32+	01:04-	05:47+	02:17+	02:49+	00:58+		
00:21+	00:06-	01:46&	00:17+	01:19#	00:20-	00:14+	00:32#	00:35#	00:37#	00:07-	02:18&	00:16#	00:23#	00:16&		
11	Henrik Nielsen	8										1:04:03				
05:17+	08:47+	17:13+	22:53+	29:36+	34:33+	39:04+	42:45+	47:33+	51:38+	52:38+	56:42+	59:10+	63:09+	64:03+		
05:17+	03:30+	08:26+	05:40+	06:43+	04:57+	04:31+	03:41-	04:48+	04:05+	01:00-	04:04+	02:28+	03:59+	00:54+		
00:09+	00:32#	01:26#	01:20&	00:59#	00:40#	00:04+	00:52-	01:01&	01:10&	00:11-	00:35#	00:27#	01:33&	00:12&		
12	Per Eg Pedersen	11										1:06:00				
05:34+	08:47+	16:53+	21:53+	28:32+	34:01+	40:09+	45:00+	49:33+	53:40+	54:56+	58:22+	61:26+	64:45+	66:00+		
05:34+	03:13+	08:06+	05:00+	06:39+	05:29+	06:08+	04:51+	04:33+	04:07+	01:16+	03:26-	03:04+	03:19+	01:15+		
00:26+	00:15+	01:06#	00:40#	00:55#	01:12&	01:41&	00:18+	00:46#	01:12&	00:05+	00:03-	01:03&	00:53&	00:33&		
13	Erling Trankjær	9										1:08:42				
05:27+	08:09+	16:55+	22:33+	29:29+	34:12+	38:15+	44:20+	53:59+	58:01+	59:18+	62:55+	65:28+	68:01+	68:42+		
05:27+	02:42-	08:46+	05:38+	06:56+	04:43+	04:03-	06:05+	09:39+	04:02+	01:17+	03:37+	02:33+	02:33+	00:41-		
00:19+	00:16-	01:46&	01:18&	01:12#	00:26#	00:24-	01:32&	05:52@	01:07&	00:06+	00:08+	00:32&	00:07+	00:01-		
14	Peder Stephansen	18										1:09:39				
05:38+	09:10+	16:46+	21:41+	28:36+	32:56+	37:14+	49:02+	54:10+	58:01+	59:20+	62:39+	65:39+	68:46+	69:39+		
05:38+	03:32+	07:36+	04:55+	06:55+	04:20+	04:18-	11:48+	05:08+	03:51+	01:19+	03:19-	03:00+	03:07+	00:53+		
00:30+	00:34#	00:36+	00:35#	01:11#	00:03+	00:09-	07:15@	01:21&	00:56&	00:08#	00:10-	00:59&	00:41&	00:11&		
15	Susanne Gjedsig Thomsen	32										1:11:35				
07:27+	11:45+	22:07+	28:10+	36:49+	41:32+	46:44+	51:34+	56:13+	60:14+	61:15+	64:31+	67:29+	70:37+	71:35+		
07:27+	04:18+	10:22+	06:03+	08:39+	04:43+	05:12+	04:50+	04:39+	04:01+	01:01-	03:16-	02:58+	03:08+	00:58+		
02:19&	01:20&	03:22&	01:43&	02:55&	00:26#	00:45#	00:17+	00:52#	01:06&	00:10-	00:13-	00:57&	00:42&	00:16&		
16	Dorthe Munktvad	1										1:18:06				
05:38+	09:16+	17:44+	22:06+	33:10+	38:35+	42:49+	50:40+	55:38+	61:57+	63:00+	69:48+	73:21+	77:22+	78:06+		
05:38+	03:38+	08:28+	04:22+	11:04+	05:25+	04:14-	07:51+	04:58+	06:19+	01:03-	06:48+	03:33+	04:01+	00:44+		
00:30+	00:40#	01:28#	00:02+	05:20&	01:08&	00:13-	03:18&	01:11&	03:24@	00:08-	03:19&	01:32&	01:35&	00:02+		
17	Hans Jørgen Vad	10										1:35:39				
10:18+	16:36+	29:30+	37:34+	47:06+	53:55+	60:16+	65:34+	72:48+	78:44+	80:41+	85:16+	89:43+	94:14+	95:39+		
10:18+	06:18+	12:54+	08:04+	09:32+	06:49+	06:21+	05:18+	07:14+	05:56+	01:57+	04:35+	04:27+	04:31+	01:25+		
05:10@	03:20@	05:54&	03:44&	03:48&	02:32&	01:54&	00:45#	03:27&	03:01@	00:46&	01:06&	02:26@	02:05&	00:43@		
Beste stræktid for klassen	04:29	02:42	06:13	03:38	04:34	03:23	03:05	03:18	03:39	02:54	00:50	02:45	01:04	02:17	00:31	

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

Sort7km

1	Rasmus Møller Jess	36										52:16				
01:31=	02:55=	05:17=	07:07=	09:32=	12:55=	16:25=	18:33=	22:59=	25:25=	29:57=	33:25=	34:31=	35:40=	37:47=		
01:31=	01:24=	02:22=	01:50=	02:25=	03:23=	03:30=	02:08=	04:26=	02:26=	04:32=	03:28=	01:06=	01:09=	02:07=		
00:00=	00:00=	00:00=	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	Hedvig Valbjørn Gydesen	21										55:32				
01:43+	03:47+	06:20+	08:40+	11:29+	15:56+	20:03+	22:36+	27:56+	31:17+	36:00+	39:07+	40:33+	41:49+	43:59+		
01:43+	02:04+	02:33+	02:20+	02:49+	04:27+	04:07+	02:33+	05:20+	03:21+	04:43+	03:07-	01:26+	01:16+	02:10+		
00:12#	00:40&	00:11+	00:30&	00:24#	01:04&	00:37#	00:25#	00:54#	00:55&	00:11+	00:21-	00:20&	00:07#	00:03+		
01:45-	00:02-	01:29-	00:00=	00:09#	00:11#	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Class	Navn	Klasse	Tid
3	Jess Rasmussen	33	58:26
01:33+	05:15+	08:02+	10:10+
01:33+	03:42+	02:47+	02:08+
00:02+	02:18@	00:25#	00:18#
	00:41&	00:17+	00:50#
	00:19#	01:00#	00:44&
	00:44#	00:19+	00:05+
	00:14#	00:08+	01:33-
	00:10+	01:14-	00:05-
	00:12#	00:15&	00:12#
	00:15&	00:01+	00:37+
	00:01+		
4	Jens Hansen	NOTEAM	59:11
01:34+	03:26+	06:25+	08:26+
01:34+	01:52+	02:59+	02:01+
00:03+	00:28&	00:37&	00:11+
	00:18#	00:28#	03:30&
	00:22#	00:19-	00:36#
	00:47#	00:25#	00:09#
	00:11#	00:27#	01:33-
	00:34#	01:13-	00:10+
	00:09#	00:21&	00:14&
	00:14&		
5	Ulrika Örnhagen Jørgensen	24	1:02:44
01:26-	03:28+	06:49+	08:46+
01:26-	02:02+	03:21+	01:57+
00:05-	00:38&	00:59&	00:07+
	00:54&	00:10+	01:17&
	00:29#	01:37&	00:03-
	00:02+	00:55&	00:18#
	00:39-	00:34#	01:11-
	00:01+	00:18&	00:18&
	00:06#		
6	Henrik Uhlemann	11	1:05:15
02:42+	07:25+	09:50+	11:54+
02:42+	04:43+	02:25+	02:04+
01:11&	03:19@	00:03+	00:14#
	00:41&	00:20+	01:56&
	00:15#	00:41#	01:33&
	01:25&	01:26&	00:00-
	01:22@	00:21#	01:30-
	00:20#	01:34-	00:25#
	00:11#	00:17&	00:03+
	00:03+		
7	Michael Thygesen	24	1:05:27
01:41+	04:19+	07:23+	09:22+
01:41+	02:38+	03:04+	01:59+
00:10#	01:14&	00:42&	00:09+
	00:36#	01:37&	01:06&
	00:38&	00:49#	01:27&
	02:03&	00:32#	00:21&
	00:16#	01:31&	01:30-
	01:04&	00:45-	00:08+
	00:26&	00:25&	00:12&
	00:12&		
8	Casper Thygesen	24	1:06:02
01:10-	05:07+	07:33+	12:19+
01:10-	03:57+	02:26+	04:46+
00:21-	02:33@	00:04+	02:56@
	01:13&	00:31#	00:30#
	00:28#	00:57#	01:32&
	04:43@	00:22#	00:11#
	00:48&	01:36-	00:03+
	01:38-	00:01+	00:13#
	00:00-		
9	Keld Gade	33	1:06:35
01:39+	03:55+	06:43+	09:10+
01:39+	02:16+	02:48+	02:27+
00:08+	00:52&	00:26#	00:37&
	00:37&	00:49#	01:44&
	01:04&	03:53&	00:54&
	01:34&	00:19+	00:24&
	00:21&	00:57&	00:04-
	00:09+	01:13-	00:09+
	00:22&	00:12#	00:05#
	00:05#		
10	Peter Frandsen	11	1:06:49
02:35+	06:08+	09:27+	15:07+
02:35+	03:33+	03:19+	05:40+
01:04&	02:09@	00:57&	03:50@
	00:24#	00:28#	00:50#
	00:14#	00:45#	01:24&
	01:07#	01:18&	00:16#
	00:14#	00:15#	01:05-
	00:29#	01:17-	00:13#
	00:26&	00:19&	00:13&
	00:13&		
11	Arne Kristensen	6	1:13:41
02:08+	05:01+	08:12+	11:06+
02:08+	02:53+	03:11+	02:54+
00:37&	01:29@	00:49&	01:04&
	00:13+	00:54&	03:06&
	02:16@	00:29#	01:26&
	02:53&	00:51#	00:36&
	01:17&	00:14+	00:44&
	00:35-	00:29#	00:24&
	00:28&	00:28&	00:15&
	00:15&		
12	Anders Knudsen	6	1:15:38
02:08+	05:51+	09:09+	11:45+
02:08+	03:43+	03:18+	02:36+
00:37&	02:19@	00:56&	00:46&
	00:32#	01:05&	01:42+
	01:42+	00:44&	02:28&
	02:36@	02:44&	01:34&
	00:43&	01:31&	00:22-
	00:21#	01:05-	00:21#
	00:26&	00:47&	00:09#
	00:09#		
13	Bjørn Sommer	35	1:16:15
01:52+	04:17+	08:00+	11:40+
01:52+	02:25+	03:43+	03:40+
00:21#	01:01&	01:21&	01:50&
	01:20&	01:03&	00:49&
	01:06#	01:14&	05:01@
	02:29&	00:07#	00:45&
	01:42&	00:45&	01:42&
	00:45&	01:07&	00:56-
	01:07&	00:56-	00:22#
	01:38&	00:51&	00:07#
	00:12#	00:05#	
14	Simon Fjordvald	30	1:18:17
03:18+	05:42+	09:01+	11:55+
03:18+	02:24+	03:19+	02:54+
01:47@	01:00&	00:57&	01:04&
	00:34#	01:16&	02:40&
	00:57&	00:29#	01:58&
	02:23&	01:42&	01:42&
	00:45&	01:07&	00:56-
	01:07&	00:56-	00:22#
	01:38&	00:51&	00:07#
	00:12#	00:05#	
15	Frede Scheye	6	1:33:52
04:38+	07:08+	12:06+	15:18+
04:38+	02:30+	04:58+	03:12+
03:07@	01:06&	02:36@	01:22&
	02:11&	03:39@	02:18&
	01:03&	05:02@	02:27@
	05:00@	02:45&	00:23&
	03:38@	01:33&	00:05+
	00:48&	00:11+	01:04&
	00:28&	00:37&	00:13&
	00:13&		
16	Tine Meyhoff Petersen	6	1:51:59
03:09+	08:08+	13:07+	17:26+
03:09+	04:59+	04:59+	04:19+
01:38@	03:35@	02:37@	02:29@
	01:48&	04:01@	05:55@
	02:42@	02:11&	02:34@
	04:21&	04:16@	00:51&
	01:27@	03:00@	06:38@
	03:02@	00:08+	02:07@
	01:25@	02:27@	00:31&
	00:31&		
Beste stræktid for klassen			
01:10	01:24	02:22	01:50
	02:25	03:23	03:30
	02:08	04:07	02:26
	04:32	03:07	01:06
	01:09	02:07	01:46
	02:44	02:04	01:57
	01:00	00:52	00:36

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

Class	Navn	Klasse																		Tid					
15	Anker Møller	30																		1:45:32					
03:16+	11:19+	17:52+	21:18+	24:18+	29:02+	39:01+	44:42+	48:17+	61:39+	65:18+	69:01+	73:37+	77:24+	82:16+	92:00+	95:38+	98:25+	101:29+	103:20+	104:41+	105:32+				
03:16+	08:03+	06:33+	03:26+	03:00+	04:44+	09:59+	05:41+	03:35+	13:22+	03:39+	03:43+	04:36+	03:47+	04:52+	09:44+	03:38+	02:47+	03:04+	01:51+	01:21-	00:51+				
01:36&	04:47@	03:12&	01:36&	01:29&	01:50&	04:25&	00:46#	01:20&	09:38@	01:14&	01:29&	01:48&	01:45&	03:33@	04:14&	01:13&	00:54&	01:16&	00:47&	00:34-	00:17&				
Beste stræktid for klassen																									
01:30	03:16	03:21	01:50	01:31	02:08	05:34	03:25	02:15	03:44	02:06	02:12	02:48	02:02	01:19	05:30	02:25	01:50	01:48	01:04	00:59	00:33				

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