

Plads Navn Klasse Tid

1 Kirk Beuchert Jensen OK Pan 25:25
 02:06= 03:32= 05:04= 06:06= 08:03= 09:44= 11:10= 13:25= 16:29= 17:27= 21:47= 23:30= 25:02= 25:25=
 02:06= 01:26= 01:32= 01:02= 01:57= 01:41= 01:26= 02:15= 03:04= 00:58= 04:20= 01:43= 01:32= 00:23=
 00:00= 00:00= 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 Eva Hammervig 2 32:55
 01:57- 04:10+ 05:53+ 07:24+ 10:43+ 12:28+ 14:05+ 16:50+ 21:01+ 22:19+ 28:15+ 29:26+ 32:17+ 32:55+
 01:57- 02:13+ 01:43+ 01:31+ 03:19+ 01:45+ 01:37+ 02:45+ 04:11+ 01:18+ 05:56+ 01:11- 02:51+ 00:38+
 00:09- 00:47& 00:11# 00:29& 01:22& 00:04+ 00:11# 00:30# 01:07& 00:20& 01:36& 00:32- 01:19& 00:15&

3 Alberte Kjeldsen 2 46:28
 02:17+ 04:44+ 06:46+ 09:26+ 12:09+ 15:37+ 18:33+ 22:51+ 30:23+ 32:22+ 39:43+ 41:58+ 45:26+ 46:28+
 02:17+ 02:27+ 02:02+ 02:40+ 02:43+ 03:28+ 02:56+ 04:18+ 07:32+ 01:59+ 07:21+ 02:15+ 03:28+ 01:02+
 00:11+ 01:01& 00:30& 01:38@ 00:46& 01:47@ 01:30@ 02:03& 04:28@ 01:01@ 03:01& 00:32& 01:56@ 00:39@

Beste stræktid for klassen
 01:57 01:26 01:32 01:02 01:57 01:41 01:26 02:15 03:04 00:58 04:20 01:11 01:32 00:23

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

D10

1 Matilde Lund-Filtensborg 10 18:51
 00:52= 01:46= 02:52= 03:40= 05:12= 06:04= 07:07= 08:53= 11:46= 12:26= 16:24= 17:08= 18:35= 18:51=
 00:52= 00:54= 01:06= 00:48= 01:32= 00:52= 01:03= 01:46= 02:53= 00:40= 03:58= 00:44= 01:27= 00:16=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Selma Gammelmark RSOK 20:59
 01:40+ 02:36+ 03:44+ 04:51+ 06:18+ 07:17+ 08:21+ 10:30+ 13:33+ 14:14+ 18:06+ 18:50+ 20:43+ 20:59+
 01:40+ 00:56+ 01:08+ 01:07+ 01:27- 00:59+ 01:04+ 02:09+ 03:03+ 00:41+ 03:52- 00:44= 01:53+ 00:16=
 00:48& 00:02+ 00:02+ 00:19& 00:05- 00:07# 00:01+ 00:23# 00:10+ 00:01+ 00:06- 00:00= 00:26& 00:00=

3 Clara R. Christensen 10 25:09
 01:07+ 02:23+ 04:28+ 05:53+ 07:51+ 09:17+ 10:26+ 12:30+ 15:39+ 16:42+ 21:21+ 22:55+ 24:49+ 25:09+
 01:07+ 01:16+ 02:05+ 01:25+ 01:58+ 01:26+ 01:09+ 02:04+ 03:09+ 01:03+ 04:39+ 01:34+ 01:54+ 00:20+
 00:15& 00:22& 00:59& 00:37& 00:26& 00:34& 00:06+ 00:18# 00:16+ 00:23& 00:41# 00:50@ 00:27& 00:04#

4 Liv Gammelmark RSOK 25:48
 01:49+ 03:17+ 04:48+ 06:02+ 07:57+ 09:27+ 10:52+ 13:05+ 16:44+ 17:41+ 22:15+ 23:13+ 25:24+ 25:48+
 01:49+ 01:28+ 01:31+ 01:14+ 01:55+ 01:30+ 01:25+ 02:13+ 03:39+ 00:57+ 04:34+ 00:58+ 02:11+ 00:24+
 00:57@ 00:34& 00:25& 00:26& 00:23# 00:38& 00:22& 00:27& 00:46& 00:17& 00:36# 00:14& 00:44& 00:08&

5 Thora Toft Møller Mikkelsen 2 25:51
 01:15+ 02:24+ 03:57+ 04:53+ 06:55+ 08:04+ 09:23+ 12:29+ 15:59+ 16:54+ 22:37+ 23:31+ 25:30+ 25:51+
 01:15+ 01:09+ 01:33+ 00:56+ 02:02+ 01:09+ 01:19+ 03:06+ 03:30+ 00:55+ 05:43+ 00:54+ 01:59+ 00:21+
 00:23& 00:15& 00:27& 00:08# 00:30& 00:17& 00:16& 01:20& 00:37# 00:15& 01:45& 00:10# 00:32& 00:05&

6 Merle Lund-Filtensborg 10 28:08
 01:28+ 02:45+ 04:17+ 05:57+ 08:08+ 09:29+ 11:13+ 13:50+ 16:49+ 17:54+ 24:27+ 25:42+ 27:43+ 28:08+
 01:28+ 01:17+ 01:32+ 01:40+ 02:11+ 01:21+ 01:44+ 02:37+ 02:59+ 01:05+ 06:33+ 01:15+ 02:01+ 00:25+
 00:36& 00:23& 00:26& 00:52@ 00:39& 00:29& 00:41& 00:51& 00:06+ 00:25& 02:35& 00:31& 00:34& 00:09&

7 Karen Andersen 10 30:15
 01:44+ 03:10+ 05:16+ 06:38+ 08:58+ 10:44+ 12:23+ 15:16+ 20:01+ 21:06+ 26:49+ 28:07+ 29:47+ 30:15+
 01:44+ 01:26+ 02:06+ 01:22+ 02:20+ 01:46+ 01:39+ 02:53+ 04:45+ 01:05+ 05:43+ 01:18+ 01:40+ 00:28+
 00:52& 00:32& 01:00& 00:34& 00:48& 00:54@ 00:36& 01:07& 01:52& 00:25& 01:45& 00:34& 00:13# 00:12&

D10

8	Freja Toft Møller Mikkelsen	2	33:25										
01:35+	03:17+	05:02+	06:02+	08:14+	10:06+	11:46+	14:35+	19:41+	21:11+	29:37+	30:27+	33:04+	33:25+
01:35+	01:42+	01:45+	01:00+	02:12+	01:52+	01:40+	02:49+	05:06+	01:30+	08:26+	00:50+	02:37+	00:21+
00:43&	00:48&	00:39&	00:12#	00:40&	01:00@	00:37&	01:03&	02:13&	00:50@	04:28@	00:06#	01:10&	00:05&

9	Ellen Andersen	10	36:39										
05:57+	07:12+	08:59+	10:12+	12:00+	13:05+	14:26+	16:43+	21:43+	22:49+	27:41+	34:38+	36:19+	36:39+
05:57+	01:15+	01:47+	01:13+	01:48+	01:05+	01:21+	02:17+	05:00+	01:06+	04:52+	06:57+	01:41+	00:20+
05:57+	01:15+	01:47+	01:13+	01:48+	01:05+	01:21+	02:17+	05:00+	01:06+	04:52+	06:57+	01:41+	00:20+

Beste stræktid for klassen

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

D12

1	Ragnhild Øhlenschlæger Nielsen	10	21:14													
00:53=	03:06=	05:32=	06:17=	07:30=	08:48=	10:11=	12:17=	12:48=	13:51=	15:29=	17:20=	18:02=	19:03=	19:34=	20:55=	21:14=
00:53=	02:13=	02:26=	00:45=	01:13=	01:18=	01:23=	02:06=	00:31=	01:03=	01:38=	01:51=	00:42=	01:01=	00:31=	01:21=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	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	Carla Brahe Bohnsen	OK Pan	23:31													
00:56+	03:20+	06:20+	07:07+	08:23+	09:53+	11:30+	13:47+	14:17+	15:36+	17:20+	19:19+	20:08+	21:12+	21:44+	23:15+	23:31+
00:56+	02:24+	03:00+	00:47+	01:16+	01:30+	01:37+	02:17+	00:30-	01:19+	01:44+	01:59+	00:49+	01:04+	00:32+	01:31+	00:16-
00:03+	00:11+	00:34#	00:02+	00:03+	00:12#	00:14#	00:11+	00:01-	00:16&	00:06+	00:08+	00:07#	00:03+	00:01+	00:10#	00:03-

3	Astrid Lykke Nielsen	2	23:49													
00:53=	03:12+	05:50+	07:10+	08:43+	10:26+	12:09+	14:15+	14:47+	15:48+	17:32+	19:26+	20:11+	21:21+	21:59+	23:31+	23:49+
00:53=	02:19+	02:38+	01:20+	01:33+	01:43+	01:43+	02:06=	00:32+	01:01-	01:44+	01:54+	00:45+	01:10+	00:38+	01:32+	00:18-
00:00=	00:06+	00:12+	00:35&	00:20&	00:25&	00:20#	00:00=	00:01+	00:02-	00:06+	00:03+	00:03+	00:09#	00:07#	00:11#	00:01-

4	Katharina Rokkjær	OK Pan	25:31													
01:05+	03:50+	06:39+	07:34+	09:15+	10:55+	12:44+	15:22+	16:01+	17:22+	19:04+	21:03+	22:00+	23:08+	23:52+	25:13+	25:31+
01:05+	02:45+	02:49+	00:55+	01:41+	01:40+	01:49+	02:38+	00:39+	01:21+	01:42+	01:59+	00:57+	01:08+	00:44+	01:21=	00:18-
00:12#	00:32#	00:23#	00:10#	00:28&	00:22&	00:26&	00:32&	00:08&	00:18&	00:04+	00:08+	00:15&	00:07#	00:13&	00:00=	00:01-

5	Olivia Olesen Hinge	OK Pan	28:33													
00:55+	03:35+	06:58+	07:55+	10:16+	11:56+	13:58+	16:42+	17:20+	18:51+	21:02+	23:31+	24:24+	25:44+	26:39+	28:19+	28:33+
00:55+	02:40+	03:23+	00:57+	02:21+	01:40+	02:02+	02:44+	00:38+	01:31+	02:11+	02:29+	00:53+	01:20+	00:55+	01:40+	00:14-
00:02+	00:27#	00:57&	00:12&	01:08&	00:22&	00:39&	00:38&	00:07#	00:28&	00:33&	00:38&	00:11&	00:19&	00:24&	00:19#	00:05-

6	Kristine Skouboe	2	30:54													
01:02+	03:51+	07:34+	08:42+	10:25+	12:10+	13:58+	17:22+	18:08+	19:57+	22:16+	24:52+	26:01+	27:24+	28:42+	30:33+	30:54+
01:02+	02:49+	03:43+	01:08+	01:43+	01:45+	01:48+	03:24+	00:46+	01:49+	02:19+	02:36+	01:09+	01:23+	01:18+	01:51+	00:21+
00:09#	00:36&	01:17&	00:23&	00:30&	00:27&	00:25&	01:18&	00:15&	00:46&	00:41&	00:45&	00:27&	00:22&	00:47@	00:30&	00:02#

7	Kille Beuchert Jensen	OK Pan	32:55													
00:55+	03:54+	07:17+	08:19+	09:51+	11:24+	12:56+	15:47+	16:31+	18:19+	20:31+	23:17+	29:25+	30:24+	31:04+	32:39+	32:55+
00:55+	02:59+	03:23+	01:02+	01:32+	01:33+	01:32+	02:51+	00:44+	01:48+	02:12+	02:46+	06:08+	00:59-	00:40+	01:35+	00:16-
00:02+	00:46&	00:57&	00:17&	00:19&	00:15#	00:09#	00:45&	00:13&	00:45&	00:34&	00:55&	05:26@	00:02-	00:09&	00:14#	00:03-

Beste stræktid for klassen

00:53 02:13 02:26 00:45 01:13 01:18 01:23 02:06 00:30 01:01 01:38 01:51 00:42 00:59 00:31 01:21 00:14

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

D12B

1	Mai Nicholson	OK Pan	34:13										
01:15=	02:50=	04:31=	06:11=	08:21=	09:46=	11:15=	14:00=	18:34=	19:26=	27:09=	28:51=	33:47=	34:13=
01:15=	01:35=	01:41=	01:40=	02:10=	01:25=	01:29=	02:45=	04:34=	00:52=	07:43=	01:42=	04:56=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

01:15	01:35	01:41	01:40	02:10	01:25	01:29	02:45	04:34	00:52	07:43	01:42	04:56	00:26
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D14

1	Andrea Ebert Svenningsen	RSOK	35:50										
01:35=	04:43=	07:14=	08:32=	09:17=	11:48=	14:13=	18:27=	22:02=	26:56=	29:31=	34:11=	35:33=	35:50=
01:35=	03:08=	02:31=	01:18=	00:45=	02:31=	02:25=	04:14=	03:35=	04:54=	02:35=	04:40=	01:22=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ida Søre Christensen	RSOK	41:47										
02:22+	06:22+	09:24+	11:15+	12:21+	15:34+	17:47+	22:05+	29:38+	34:48+	37:37+	40:23+	41:29+	41:47+
02:22+	04:00+	03:02+	01:51+	01:06+	03:13+	02:13-	04:18+	07:33+	05:10+	02:49+	02:46-	01:06-	00:18+
00:47&	00:52&	00:31#	00:33&	00:21&	00:42&	00:12-	00:04+	03:58@	00:16+	00:14+	01:54-	00:16-	00:01+

3	Siv Kusk Berglund	OK Pan	55:19										
06:47+	10:42+	14:26+	15:52+	16:58+	20:15+	22:31+	27:08+	30:54+	35:44+	38:27+	53:59+	54:59+	55:19+
06:47+	03:55+	03:44+	01:26+	01:06+	03:17+	02:16-	04:37+	03:46+	04:50-	02:43+	15:32+	01:00-	00:20+
05:12@	00:47#	01:13&	00:08#	00:21&	00:46&	00:09-	00:23+	00:11+	00:04-	00:08+	10:52@	00:22-	00:03#

4	Anna Kaldahl Hornbæk	OK Pan	1:02:45										
02:53+	07:23+	10:50+	13:06+	14:11+	18:28+	21:42+	36:47+	42:23+	49:10+	55:01+	61:11+	62:24+	62:45+
02:53+	04:30+	03:27+	02:16+	01:05+	04:17+	03:14+	15:05+	05:36+	06:47+	05:51+	06:10+	01:13-	00:21+
01:18&	01:22&	00:56&	00:58&	00:20&	01:46&	00:49&	10:51@	02:01&	01:53&	03:16@	01:30&	00:09-	00:04#

Beste stræktid for klassen

01:35	03:08	02:31	01:18	00:45	02:31	02:13	04:14	03:35	04:50	02:35	02:46	01:00	00:17
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D14B

1	Krista Lervad Lundø	2	40:25												
01:07=	03:43=	07:13=	08:10=	09:51=	11:35=	19:44=	22:40=	23:26=	27:16=	29:45=	32:13=	33:52=	37:45=	38:54=	40:25=
01:07=	02:36=	03:30=	00:57=	01:41=	01:44=	08:09=	02:56=	00:46=	03:50=	02:29=	02:28=	01:39=	03:53=	01:09=	01:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

01:07	02:36	03:30	00:57	01:41	01:44	08:09	02:56	00:46	03:50	02:29	02:28	01:39	03:53	01:09	01:31
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D16

1	Laura Kaldahl Hornbæk	OK Pan	52:52													
01:54=	07:03=	09:46=	12:23=	22:15=	25:06=	27:27=	30:10=	32:27=	35:01=	40:11=	43:07=	46:59=	48:28=	50:47=	52:32=	52:52=
01:54=	05:09=	02:43=	02:37=	09:52=	02:51=	02:21=	02:43=	02:17=	02:34=	05:10=	02:56=	03:52=	01:29=	02:19=	01:45=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

D16

3	Ella Klærke Mikkelsen	2	1:37:42													
03:07+	10:09+	16:56+	21:56+	38:09+	42:14+	46:54+	51:41+	55:05+	62:29+	71:02+	77:30+	85:27+	88:34+	93:26+	97:24+	97:42+
03:07+	07:02+	06:47+	05:00+	16:13+	04:05+	04:40+	04:47+	03:24+	07:24+	08:33+	06:28+	07:57+	03:07+	04:52+	03:58+	00:18-
01:13&	01:53&	04:04@	02:23&	06:21&	01:14&	02:19&	02:04&	01:07&	04:50@	03:23&	03:32@	04:05@	01:38@	02:33@	02:13@	00:02-

Beste stræktid for klassen

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

D18

1	Sofie Ulrich	OK Pan	1:10:08																
02:02=	03:54=	05:58=	10:06=	11:35=	14:07=	21:50=	23:40=	28:19=	38:54=	41:48=	43:34=	47:21=	51:18=	59:44=	63:38=	65:32=	67:54=	69:51=	70:08=
02:02=	01:52=	02:04=	04:08=	01:29=	02:32=	07:43=	01:50=	04:39=	10:35=	02:54=	01:46=	03:47=	03:57=	08:26=	03:54=	01:54=	02:22=	01:57=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Elanor Henriksen	2	1:14:18																
01:47-	03:34-	05:29-	09:54-	11:43+	14:20+	23:55+	26:44+	30:55+	41:18+	44:31+	46:30+	50:43+	54:07+	63:04+	67:37+	69:15+	72:07+	73:57+	74:18+
01:47-	01:47-	01:55-	04:25+	01:49+	02:37+	09:35+	02:49+	04:11-	10:23-	03:13+	01:59+	04:13+	03:24-	08:57+	04:33+	01:38-	02:52+	01:50-	00:21+
00:15-	00:05-	00:09-	00:17+	00:20#	00:05+	01:52#	00:59&	00:28-	00:12-	00:19#	00:13#	00:26#	00:33-	00:31+	00:39#	00:16-	00:30#	00:07-	00:04#

3	Ella Hedegaard Richardson	OK Pan	1:23:01																
01:33-	03:57+	05:46-	10:38+	13:16+	15:44+	25:19+	28:32+	34:28+	45:39+	49:08+	50:58+	56:47+	62:29+	72:06+	76:23+	78:16+	80:44+	82:45+	83:01+
01:33-	02:24+	01:49-	04:52+	02:38+	02:28-	09:35+	03:13+	05:56+	11:11+	03:29+	01:50+	05:49+	05:42+	09:37+	04:17+	01:53-	02:28+	02:01+	00:16-
00:29-	00:32&	00:15-	00:44#	01:09&	00:04-	01:52#	01:23&	01:17&	00:36+	00:35#	00:04+	02:02&	01:45&	01:11#	00:23+	00:01-	00:06+	00:04+	00:01-

Beste stræktid for klassen

01:33	01:47	01:49	04:08	01:29	02:28	07:43	01:50	04:11	10:23	02:54	01:46	03:47	03:24	08:26	03:54	01:38	02:22	01:50	00:16
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D20

1	Marie Møller Nielsen	OK Pan	1:02:39																
01:29=	03:20=	05:11=	09:38=	11:03=	13:09=	19:34=	21:14=	25:30=	34:32=	37:26=	39:26=	42:59=	46:31=	53:57=	57:23=	58:46=	60:52=	62:23=	62:39=
01:29=	01:51=	01:51=	04:27=	01:25=	02:06=	06:25=	01:40=	04:16=	09:02=	02:54=	02:00=	03:33=	03:32=	07:26=	03:26=	01:23=	02:06=	01:31=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Theresa Skouboe	2	1:08:54																
01:36+	03:05-	04:53-	08:53-	10:31-	12:58-	20:36+	22:22+	27:11+	37:37+	40:35+	42:14+	46:11+	50:04+	58:30+	62:25+	64:07+	66:33+	68:31+	68:54+
01:36+	01:29-	01:48-	04:00-	01:38+	02:27+	07:38+	01:46+	04:49+	10:26+	02:58+	01:39-	03:57+	03:53+	08:26+	03:55+	01:42+	02:26+	01:58+	00:23+
00:07+	00:22-	00:03-	00:27-	00:13#	00:21#	01:13#	00:06+	00:33#	01:24#	00:04+	00:21-	00:24#	00:21+	01:00#	00:29#	00:19#	00:20#	00:27&	00:07&

Beste stræktid for klassen

01:29	01:29	01:48	04:00	01:25	02:06	06:25	01:40	04:16	09:02	02:54	01:39	03:33	03:32	07:26	03:26	01:23	02:06	01:31	00:16
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D20B

1	Line Møller Nielsen	OK Pan	1:05:03										
08:52=	12:55=	16:05=	18:15=	19:17=	22:39=	26:39=	31:59=	37:44=	43:01=	48:42=	63:12=	64:16=	64:40=
08:52=	04:03=	03:10=	02:10=	01:02=	03:22=	04:00=	05:20=	05:45=	05:17=	05:41=	14:30=	01:04=	00:24=
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=

D20B

2 Asta Hermansen OK Pan 1:06:30

07:37-	11:14-	15:50-	17:31-	19:33+	22:20-	26:46+	30:43-	45:28+	49:29+	53:09+	64:54+	66:09+	66:30+
07:37-	03:37-	04:36+	01:41-	02:02+	02:47-	04:26+	03:57-	14:45+	04:01-	03:40-	11:45-	01:15+	00:21-
01:15-	00:26-	01:26&	00:29-	01:00&	00:35-	00:26#	01:23-	09:00@	01:16-	02:01-	02:45-	00:11#	00:03-

3 Inge Schou-Hansen OK Pan 1:18:41

04:02+	10:44+	16:35+	19:05+	20:54+	25:11+	35:45+	51:45+	58:16+	65:45+	70:16+	76:15+	78:13+	78:41+
04:02+	06:42+	05:51+	02:30+	01:49+	04:17+	10:34+	16:00+	06:31+	07:29+	04:31+	05:59+	01:58+	00:28+
04:02+	06:42+	05:51+	02:30+	01:49+	04:17+	10:34+	16:00+	06:31+	07:29+	04:31+	05:59+	01:58+	00:28+

Beste stræktid for klassen

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

D21

1 Signe Søes 10 55:58

01:14=	02:32=	04:00=	07:54=	09:10=	10:58=	16:44=	18:13=	22:29=	31:12=	33:34=	34:59=	37:58=	40:58=	47:08=	50:18=	51:39=	53:50=	55:39=	55:58=
01:14=	01:18=	01:28=	03:54=	01:16=	01:48=	05:46=	01:29=	04:16=	08:43=	02:22=	01:25=	02:59=	03:00=	06:10=	03:10=	01:21=	02:11=	01:49=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Lotte Jauhojärvi Markussen OK Pan 57:32

01:28+	03:07+	04:49+	08:37+	09:58+	11:53+	18:06+	19:45+	23:53+	31:25+	33:46+	35:14+	39:50+	42:37+	49:03+	52:20+	53:36+	55:37+	57:13+	57:32+
01:28+	01:39+	01:42+	03:48-	01:21+	01:55+	06:13+	01:39+	04:08-	07:32-	02:21-	01:28+	04:36+	02:47-	06:26+	03:17+	01:16-	02:01-	01:36-	00:19=
00:14#	00:21&	00:14#	00:06-	00:05+	00:07+	00:27+	00:10#	00:08-	01:11-	00:01-	00:03+	01:37&	00:13-	00:16+	00:07+	00:05-	00:10-	00:13-	00:00=

3 Ane Linde 10 1:05:41

01:30+	02:57+	04:34+	08:10+	09:40+	11:43+	18:49+	20:43+	25:27+	34:13+	39:41+	41:22+	45:41+	49:10+	56:14+	60:10+	61:36+	63:39+	65:19+	65:41+
01:30+	01:27+	01:37+	03:36-	01:30+	02:03+	07:06+	01:54+	04:44+	08:46+	05:28+	01:41+	04:19+	03:29+	07:04+	03:56+	01:26+	02:03-	01:40-	00:22+
00:16#	00:09#	00:09#	00:18-	00:14#	00:15#	01:20#	00:25&	00:28#	00:03+	03:06@	00:16#	01:20&	00:29#	00:54#	00:46#	00:05+	00:08-	00:09-	00:03#

4 Linnea Myrskog OK Pan 1:08:57

01:31+	02:49+	04:43+	08:34+	09:55+	12:23+	21:02+	22:59+	27:17+	36:32+	40:03+	41:38+	45:00+	50:32+	59:01+	63:04+	64:30+	66:50+	68:37+	68:57+
01:31+	01:18=	01:54+	03:51-	01:21+	02:28+	08:39+	01:57+	04:18+	09:15+	03:31+	01:35+	03:22+	05:32+	08:29+	04:03+	01:26+	02:20+	01:47-	00:20+
00:17#	00:00=	00:26&	00:03-	00:05+	00:40&	02:53&	00:28&	00:02+	00:32+	01:09&	00:10#	00:23#	02:32&	02:19&	00:53&	00:05+	00:09+	00:02-	00:01+

5 Henriette Nygaard Skjørback 1 1:11:46

02:29+	04:04+	07:08+	10:52+	12:32+	14:56+	24:54+	26:50+	31:23+	39:19+	41:54+	43:20+	48:38+	54:01+	60:53+	65:29+	66:57+	69:49+	71:26+	71:46+
02:29+	01:35+	03:04+	03:44-	01:40+	02:24+	09:58+	01:56+	04:33+	07:56-	02:35+	01:26+	05:18+	05:23+	06:52+	04:36+	01:28+	02:52+	01:37-	00:20+
01:15@	00:17#	01:36@	00:10-	00:24&	00:36&	04:12&	00:27&	00:17+	00:47-	00:13+	00:01+	02:19&	02:23&	00:42#	01:26&	00:07+	00:41&	00:12-	00:01+

6 Helle Popp Bobach 14 1:13:07

01:43+	03:21+	05:28+	09:53+	11:54+	14:30+	23:33+	25:34+	30:35+	40:06+	43:40+	45:43+	50:07+	54:12+	62:29+	66:49+	68:28+	70:59+	72:44+	73:07+
01:43+	01:38+	02:07+	04:25+	02:01+	02:36+	09:03+	02:01+	05:01+	09:31+	03:34+	02:03+	04:24+	04:05+	08:17+	04:20+	01:39+	02:31+	01:45-	00:23+
00:29&	00:20&	00:39&	00:31#	00:45&	00:48&	03:17&	00:32&	00:45#	00:48+	01:12&	00:38&	01:25&	01:05&	02:07&	01:10&	00:18#	00:20#	00:04-	00:04#

7 Gry R Christensen 10 1:15:03

01:43+	03:21+	05:17+	09:59+	11:58+	14:49+	22:58+	25:10+	30:18+	41:36+	44:58+	46:50+	50:47+	54:57+	63:34+	68:10+	70:04+	72:23+	74:42+	75:03+
01:43+	01:38+	01:56+	04:42+	01:59+	02:51+	08:09+	02:12+	05:08+	11:18+	03:22+	01:52+	03:57+	04:10+	08:37+	04:36+	01:54+	02:19+	02:19+	00:21+
00:29&	00:20&	00:28&	00:48#	00:43&	01:03&	02:23&	00:43&	00:52#	02:35&	01:00&	00:27&	00:58&	01:10&	02:27&	01:26&	00:33&	00:08+	00:30&	00:02#

8 Rebeka Vincze 2 1:16:40

01:52+	03:34+	05:15+	10:14+	11:48+	14:13+	28:05+	29:53+	34:28+	42:23+	45:10+	46:41+	51:40+	57:58+	67:07+	71:18+	72:45+	74:50+	76:20+	76:40+
01:52+	01:42+	01:41+	04:59+	01:34+	02:25+	13:52+	01:48+	04:35+	07:55-	02:47+	01:31+	04:59+	06:18+	09:09+	04:11+	01:27+	02:05-	01:30-	00:20+
00:38&	00:24&	00:13#	01:05&	00:18#	00:37&	08:06@	00:19#	00:19+	00:48-	00:25#	00:06+	02:00&	03:18@	02:59&	01:01&	00:06+	00:06-	00:19-	00:01+

D21

9	Sofie Secher Thomsen	OK Pan	1:23:41																
01:46+	03:58+	05:54+	11:13+	13:11+	16:05+	25:07+	27:30+	34:31+	45:56+	49:41+	51:48+	56:52+	60:54+	71:02+	75:40+	77:48+	80:54+	83:21+	83:41+
01:46+	02:12+	01:56+	05:19+	01:58+	02:54+	09:02+	02:23+	07:01+	11:25+	03:45+	02:07+	05:04+	04:02+	10:08+	04:38+	02:08+	03:06+	02:27+	00:20+
00:32&	00:54&	00:28&	01:25&	00:42&	01:06&	03:16&	00:54&	02:45&	02:42&	01:23&	00:42&	02:05&	01:02&	03:58&	01:28&	00:47&	00:55&	00:38&	00:01+

10	Sarah Kathrine Nissen Pedersen	OK Pan	1:25:57																
01:34+	03:17+	06:11+	11:13+	12:57+	16:01+	26:23+	28:17+	34:36+	46:27+	50:21+	52:17+	57:10+	62:16+	72:11+	77:51+	79:53+	83:09+	85:35+	85:57+
01:34+	01:43+	02:54+	05:02+	01:44+	03:04+	10:22+	01:54+	06:19+	11:51+	03:54+	01:56+	04:53+	05:06+	09:55+	05:40+	02:02+	03:16+	02:26+	00:24+
01:34+	01:43+	02:54+	05:02+	01:44+	03:04+	10:22+	01:54+	06:19+	11:51+	03:54+	01:56+	04:53+	05:06+	09:55+	05:40+	02:02+	03:16+	02:26+	00:22+

11	Marie Filtenborg	10	1:33:17																
01:59+	03:59+	06:13+	11:17+	14:13+	16:59+	29:27+	32:21+	38:49+	51:00+	55:13+	57:39+	63:12+	68:48+	79:04+	84:02+	86:26+	90:22+	92:53+	93:17+
01:59+	02:00+	02:14+	05:04+	02:56+	02:46+	12:28+	02:54+	06:28+	12:11+	04:13+	02:26+	05:33+	05:36+	10:16+	04:58+	02:24+	03:56+	02:31+	00:24+
01:59+	02:00+	02:14+	05:04+	02:56+	02:46+	12:28+	02:54+	06:28+	12:11+	04:13+	02:26+	05:33+	05:36+	10:16+	04:58+	02:24+	03:56+	02:31+	00:24+

12	Britta Ank Pedersen	2	1:36:45																
02:58+	06:08+	09:50+	14:51+	18:24+	22:14+	32:54+	35:50+	42:09+	53:42+	58:48+	61:29+	66:54+	71:41+	80:55+	88:17+	90:23+	93:41+	96:26+	96:45+
02:58+	03:10+	03:42+	05:01+	03:33+	03:50+	10:40+	02:56+	06:19+	11:33+	05:06+	02:41+	05:25+	04:47+	09:14+	07:22+	02:06+	03:18+	02:45+	00:19+
02:58+	03:10+	03:42+	05:01+	03:33+	03:50+	10:40+	02:56+	06:19+	11:33+	05:06+	02:41+	05:25+	04:47+	09:14+	07:22+	02:06+	03:18+	02:45+	00:19+

Beste stræktid for klassen

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

D21B

1	Caroline Andreasen	OK Pan	47:33										
02:31=	06:47=	10:41=	12:29=	14:17=	17:18=	21:48=	29:06=	34:01=	39:36=	42:35=	46:13=	47:16=	47:33=
02:31=	04:16=	03:54=	01:48=	01:48=	03:01=	04:30=	04:55=	05:35=	02:59=	03:38=	01:03=	00:17=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Anne R. Boye-Møller	2	49:25										
03:09+	08:09+	11:18+	13:21+	14:34+	17:57+	21:29+	28:03-	33:58-	40:17+	43:49+	47:36+	48:51+	49:25+
03:09+	05:00+	03:09-	02:03+	01:13-	03:23+	03:32-	06:34-	05:55+	06:19+	03:32+	03:47+	01:15+	00:34+
00:38&	00:44#	00:45-	00:15#	00:35-	00:22#	00:58-	00:44-	01:00#	00:44#	00:33#	00:09+	00:12#	00:17&

3	Karina Lerdrup Spørring	10	53:01										
04:07+	08:26+	12:09+	13:58+	15:06+	18:52+	21:43-	30:44+	35:03+	40:56+	45:41+	51:32+	52:40+	53:01+
04:07+	04:19+	03:43-	01:49+	01:08-	03:46+	02:51-	09:01+	04:19-	05:53+	04:45+	05:51+	01:08+	00:21+
01:36&	00:03+	00:11-	00:01+	00:40-	00:45#	01:39-	01:43#	00:36-	00:18+	01:46&	02:13&	00:05+	00:04#

4	Louise Kolind	2	1:02:07										
03:55+	09:27+	14:17+	16:25+	17:27+	21:22+	26:15+	33:46+	40:28+	48:07+	54:57+	60:06+	61:43+	62:07+
03:55+	05:32+	04:50+	02:08+	01:02-	03:55+	04:53+	07:31+	06:42+	07:39+	06:50+	05:09+	01:37+	00:24+
01:24&	01:16&	00:56#	00:20#	00:46-	00:54&	00:23+	00:13+	01:47&	02:04&	03:51@	01:31&	00:34&	00:07&

5	Tine Kristensen	OK Pan	1:06:43										
06:40+	11:58+	16:00+	17:57+	19:04+	23:11+	28:19+	44:33+	49:26+	56:10+	59:57+	64:52+	66:16+	66:43+
06:40+	05:18+	04:02+	01:57+	01:07-	04:07+	05:08+	16:14+	04:53-	06:44+	03:47+	04:55+	01:24+	00:27+
04:09@	01:02#	00:08+	00:09+	00:41-	01:06&	00:38#	08:56@	00:02-	01:09#	00:48&	01:17&	00:21&	00:10&

6	Anne Sofie Bohnsen	OK Pan	1:12:25										
17:38+	21:51+	25:13+	27:13+	28:28+	34:53+	37:56+	42:18+	51:19+	56:38+	64:54+	70:39+	72:05+	72:25+
17:38+	04:13-	03:22-	02:00+	01:15-	06:25+	03:03-	04:22-	09:01+	05:19-	08:16+	05:45+	01:26+	00:20+
15:07@	00:03-	00:32-	00:12#	00:33-	03:24@	01:27-	02:56-	04:06&	00:16-	05:17@	02:07&	00:23&	00:03#

D21B

7 Annette Kjeldsen 2 1:21:54

07:58+	13:40+	17:51+	22:19+	26:41+	33:29+	42:12+	49:10+	54:23+	69:51+	75:01+	80:08+	81:32+	81:54+
07:58+	05:42+	04:11+	04:28+	04:22+	06:48+	08:43+	06:58-	05:13+	15:28+	05:10+	05:07+	01:24+	00:22+
05:27@	01:26&	00:17+	02:40@	02:34@	03:47@	04:13&	00:20-	00:18+	09:53@	02:11&	01:29&	00:21&	00:05&

8 Gitte Kiilerich Pedersen 10 1:32:10

07:07+	12:58+	18:02+	20:25+	21:36+	25:15+	29:10+	55:05+	64:08+	71:42+	77:44+	90:17+	91:39+	92:10+
07:07+	05:51+	05:04+	02:23+	01:11+	03:39+	03:55+	25:55+	09:03+	07:34+	06:02+	12:33+	01:22+	00:31+
07:07+	05:51+	05:04+	02:23+	01:11+	03:39+	03:55+	25:55+	09:03+	07:34+	06:02+	12:33+	01:22+	00:31+

Beste stræktid for klassen

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

D40

1 Rie Stenhøj Baun McGrail OK Pan 1:01:59

01:34=	05:10=	07:51=	10:02=	14:08=	20:49=	25:32=	27:03=	30:42=	35:07=	40:05=	45:04=	51:53=	54:22=	57:13=	59:54=	61:41=	61:59=
01:34=	03:36=	02:41=	02:11=	04:06=	06:41=	04:43=	01:31=	03:39=	04:25=	04:58=	04:59=	06:49=	02:29=	02:51=	02:41=	01:47=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Vanessa McGrail 10 1:02:08

01:33-	07:21+	09:30+	12:29+	16:20+	23:47+	26:49+	28:21+	31:41+	36:41+	41:30+	45:33+	52:27+	54:53+	57:20+	60:06+	61:49+	62:08+
01:33-	05:48+	02:09-	02:59+	03:51-	07:27+	03:02-	01:32+	03:20-	05:00+	04:49-	04:03-	06:54+	02:26-	02:27-	02:46+	01:43-	00:19+
00:01-	02:12&	00:32-	00:48&	00:15-	00:46#	01:41-	00:01+	00:19-	00:35#	00:09-	00:56-	00:05+	00:03-	00:24-	00:05+	00:04-	00:01+

3 Stinne Skammelsen OK Pan 1:06:34

01:35+	07:31+	11:07+	13:39+	17:02+	24:55+	27:59+	29:48+	34:03+	39:00+	44:52+	48:58+	56:36+	59:06+	61:52+	64:19+	66:13+	66:34+
01:35+	05:56+	03:36+	02:32+	03:23-	07:53+	03:04-	01:49+	04:15+	04:57+	05:52+	04:06-	07:38+	02:30+	02:46-	02:27-	01:54+	00:21+
00:01+	02:20&	00:55&	00:21#	00:43-	01:12#	01:39-	00:18#	00:36#	00:32#	00:54#	00:53-	00:49#	00:01+	00:05-	00:14-	00:07+	00:03#

4 Anne Møller Skaug OK Pan 1:10:18

02:36+	06:26+	09:33+	12:09+	15:56+	24:26+	29:12+	31:12+	35:03+	39:49+	44:57+	51:12+	58:36+	60:52+	63:12+	68:11+	69:59+	70:18+
02:36+	03:50+	03:07+	02:36+	03:47-	08:30+	04:46+	02:00+	03:51+	04:46+	05:08+	06:15+	07:24+	02:16-	02:20-	04:59+	01:48+	00:19+
01:02&	00:14+	00:26#	00:25#	00:19-	01:49&	00:03+	00:29&	00:12+	00:21+	00:10+	01:16&	00:35+	00:13-	00:31-	02:18&	00:01+	00:01+

5 Irene K. Mikkelsen 2 1:13:52

01:49+	06:18+	08:56+	12:14+	16:25+	25:02+	28:25+	30:38+	35:40+	40:50+	48:06+	52:35+	61:28+	63:39+	66:24+	71:20+	73:31+	73:52+
01:49+	04:29+	02:38-	03:18+	04:11+	08:37+	03:23-	02:13+	05:02+	05:10+	07:16+	04:29-	08:53+	02:11-	02:45-	04:56+	02:11+	00:21+
00:15#	00:53#	00:03-	01:07&	00:05+	01:56&	01:20-	00:42&	01:23&	00:45#	02:18&	00:30-	02:04&	00:18-	00:06-	02:15&	00:24#	00:03#

6 Anna Vang Bobach 14 1:18:39

01:59+	07:06+	10:28+	14:15+	19:46+	29:23+	33:31+	35:57+	40:24+	45:45+	52:33+	57:06+	65:58+	68:30+	72:41+	76:07+	78:14+	78:39+
01:59+	05:07+	03:22+	03:47+	05:31+	09:37+	04:08-	02:26+	04:27+	05:21+	06:48+	04:33-	08:52+	02:32+	04:11+	03:26+	02:07+	00:25+
00:25&	01:31&	00:41&	01:36&	01:25&	02:56&	00:35-	00:55&	00:48#	00:56#	01:50&	00:26-	02:03&	00:03+	01:20&	00:45&	00:20#	00:07&

7 Katrine Olesen Hinge OK Pan 1:20:00

02:09+	08:25+	11:12+	14:10+	19:01+	27:34+	32:09+	34:19+	39:39+	45:28+	55:10+	60:58+	69:27+	71:36+	74:42+	77:33+	79:38+	80:00+
02:09+	06:16+	02:47+	02:58+	04:51+	08:33+	04:35-	02:10+	05:20+	05:49+	09:42+	05:48+	08:29+	02:09-	03:06+	02:51+	02:05+	00:22+
00:35&	02:40&	00:06+	00:47&	00:45#	01:52&	00:08-	00:39&	01:41&	01:24&	04:44&	00:49#	01:40#	00:20-	00:15+	00:10+	00:18#	00:04#

8 Signe Faber 10 1:25:04

02:51+	07:59+	11:10+	14:44+	20:00+	30:17+	34:23+	36:51+	41:38+	47:59+	54:39+	60:18+	71:28+	74:18+	77:45+	82:10+	84:41+	85:04+
02:51+	05:08+	03:11+	03:34+	05:16+	10:17+	04:06-	02:28+	04:47+	06:21+	06:40+	05:39+	11:10+	02:50+	03:27+	04:25+	02:31+	00:23+
01:17&	01:32&	00:30#	01:23&	01:10&	03:36&	00:37-	00:57&	01:08&	01:56&	01:42&	00:40#	04:21&	00:21#	00:36#	01:44&	00:44&	00:05&

D40

9	Rikke Lysemose Poulsen	10	1:31:03														
02:16+	06:56+	10:29+	13:52+	19:25+	33:54+	37:43+	41:22+	50:49+	56:00+	66:53+	73:49+	81:32+	83:24+	85:57+	88:52+	90:43+	91:03+
02:16+	04:40+	03:33+	03:23+	05:33+	14:29+	03:49-	03:39+	09:27+	05:11+	10:53+	06:56+	07:43+	01:52-	02:33-	02:55+	01:51+	00:20+
00:42&	01:04&	00:52&	01:12&	01:27&	07:48@	00:54-	02:08@	05:48@	00:46#	05:55@	01:57&	00:54#	00:37-	00:18-	00:14+	00:04+	00:02#
10	Susanne Kristensen	1	1:41:45														
02:02+	07:46+	12:24+	15:14+	28:15+	39:17+	43:17+	46:25+	56:40+	62:12+	74:09+	79:21+	88:51+	92:24+	95:37+	99:12+	101:24+	101:45+
02:02+	05:44+	04:38+	02:50+	13:01+	11:02+	04:00+	03:08+	10:15+	05:32+	11:57+	05:12+	09:30+	03:33+	03:13+	03:35+	02:12+	00:21+
02:02+	05:44+	04:38+	02:50+	13:01+	11:02+	04:00+	03:08+	10:15+	05:32+	11:57+	05:12+	09:30+	03:33+	03:13+	03:35+	02:12+	00:21+
11	Hanne Borup Fredberg	10	1:43:11														
03:48+	08:55+	13:27+	16:17+	29:18+	40:12+	44:20+	47:19+	57:46+	63:10+	75:12+	80:47+	90:19+	93:31+	96:51+	100:29+	102:46+	103:11+
03:48+	05:07+	04:32+	02:50+	13:01+	10:54+	04:08+	02:59+	10:27+	05:24+	12:02+	05:35+	09:32+	03:12+	03:20+	03:38+	02:17+	00:25+
03:48+	05:07+	04:32+	02:50+	13:01+	10:54+	04:08+	02:59+	10:27+	05:24+	12:02+	05:35+	09:32+	03:12+	03:20+	03:38+	02:17+	00:25+
12	Bettina Toft Møller Mikkelsen	2	2:07:27														
03:29+	08:49+	12:46+	17:07+	23:21+	34:39+	39:30+	43:03+	54:22+	61:57+	70:54+	84:54+	98:36+	113:37+	118:11+	123:34+	126:58+	127:27+
03:29+	05:20+	03:57+	04:21+	06:14+	11:18+	04:51+	03:33+	11:19+	07:35+	08:57+	14:00+	13:42+	15:01+	04:34+	05:23+	03:24+	00:29+
03:29+	05:20+	03:57+	04:21+	06:14+	11:18+	04:51+	03:33+	11:19+	07:35+	08:57+	14:00+	13:42+	15:01+	04:34+	05:23+	03:24+	00:29+

Beste stræktid for klassen

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

D45B

1	Mariann Kejser	OK Pan	1:07:13										
04:22=	09:41=	13:39=	15:54=	17:00=	20:46=	25:07=	34:32=	40:13=	48:09=	53:23=	65:21=	66:46=	67:13=
04:22=	05:19=	03:58=	02:15=	01:06=	03:46=	04:21=	09:25=	05:41=	07:56=	05:14=	11:58=	01:25=	00:27=
00:00=	00:00=	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	Trine Kristensen	OK Pan	1:12:51										
06:43+	13:22+	17:08+	19:38+	21:00+	24:15+	28:16+	37:30+	43:12+	51:07+	56:22+	69:11+	72:07+	72:51+
06:43+	06:39+	03:46-	02:30+	01:22+	03:15-	04:01-	09:14-	05:42+	07:55-	05:15+	12:49+	02:56+	00:44+
02:21&	01:20&	00:12-	00:15#	00:16#	00:31-	00:20-	00:11-	00:01+	00:01-	00:01+	00:51+	01:31@	00:17&
3	Tove Hedegaard Jorgensen	OK Pan	1:14:59										
02:40-	07:10-	10:41-	13:54-	15:08-	19:55-	24:49-	38:00+	53:51+	60:31+	69:06+	72:50+	74:34+	74:59+
02:40-	04:30-	03:31-	03:13+	01:14+	04:47+	04:54+	13:11+	15:51+	06:40-	08:35+	03:44-	01:44+	00:25-
01:42-	00:49-	00:27-	00:58&	00:08#	01:01&	00:33#	03:46&	10:10@	01:16-	03:21&	08:14-	00:19#	00:02-
4	Vibeke Gottlieb	1	1:15:47										
07:07+	14:28+	19:16+	22:36+	25:03+	29:51+	35:53+	45:58+	51:58+	60:33+	66:17+	73:12+	75:17+	75:47+
07:07+	07:21+	04:48+	03:20+	02:27+	04:48+	06:02+	10:05+	06:00+	08:35+	05:44+	06:55-	02:05+	00:30+
02:45&	02:02&	00:50#	01:05&	01:21@	01:02&	01:41&	00:40+	00:19+	00:39+	00:30+	05:03-	00:40&	00:03#
5	Tove Jessen	1	1:16:22										
13:06+	19:12+	23:56+	26:12+	27:45+	32:26+	38:47+	47:44+	55:01+	62:36+	69:03+	74:05+	75:52+	76:22+
13:06+	06:06+	04:44+	02:16+	01:33+	04:41+	06:21+	08:57-	07:17+	07:35-	06:27+	05:02-	01:47+	00:30+
08:44@	00:47#	00:46#	00:01+	00:27&	00:55#	02:00&	00:28-	01:36&	00:21-	01:13#	06:56-	00:22&	00:03#
6	Charlotte Wilsky	2	1:19:45										
24:08+	29:32+	34:07+	36:27+	37:35+	41:58+	50:41+	56:17+	61:11+	67:24+	73:07+	78:01+	79:19+	79:45+
24:08+	05:24+	04:35+	02:20+	01:08+	04:23+	08:43+	05:36-	04:54-	06:13-	05:43+	04:54-	01:18-	00:26-
19:46@	00:05+	00:37#	00:05+	00:02+	00:37#	04:22@	03:49-	00:47-	01:43-	00:29+	07:04-	00:07-	00:01-

D45B

7 Anette Ozol 10 1:35:04

07:02+	14:40+	20:18+	23:28+	25:10+	30:37+	37:36+	64:33+	73:04+	81:31+	87:14+	92:48+	94:32+	95:04+
07:02+	07:38+	05:38+	03:10+	01:42+	05:27+	06:59+	26:57+	08:31+	08:27+	05:43+	05:34-	01:44+	00:32+
02:40&	02:19&	01:40&	00:55&	00:36&	01:41&	02:38&	17:32@	02:50&	00:31+	00:29+	06:24-	00:19#	00:05#

8 Erna Germann 2 1:43:46

37:03+	42:54+	49:34+	52:03+	53:29+	57:33+	66:00+	73:17+	78:46+	86:53+	92:22+	101:20+	103:05+	103:46+
37:03+	05:51+	06:40+	02:29+	01:26+	04:04+	08:27+	07:17+	05:29+	08:07+	05:29+	08:58+	01:45+	00:41+
37:03+	05:51+	06:40+	02:29+	01:26+	04:04+	08:27+	07:17+	05:29+	08:07+	05:29+	08:58+	01:45+	00:41+

9 Lone Secher Andersen OK Pan 1:45:21

18:19+	25:49+	35:35+	37:48+	38:50+	45:16+	63:48+	78:25+	84:16+	92:13+	97:59+	103:05+	104:55+	105:21+
18:19+	07:30+	09:46+	02:13+	01:02+	06:26+	18:32+	14:37+	05:51+	07:57+	05:46+	05:06+	01:50+	00:26+
18:19+	07:30+	09:46+	02:13+	01:02+	06:26+	18:32+	14:37+	05:51+	07:57+	05:46+	05:06+	01:50+	00:26+

10 Katrine Ellemann Nielsen 2 1:45:26

05:13+	16:39+	25:34+	32:22+	37:06+	73:27+	75:33+	76:01+
05:13+	11:26+	08:55+	06:48+	04:44+	36:21+	02:06+	00:28+
05:13+	11:26+	08:55+	06:48+	04:44+	36:21+	02:06+	00:28+

11 Lise Lotte Westad 10 2:28:43

23:26+	30:57+	37:25+	40:28+	43:57+	54:15+	89:00+	100:43+	109:10+	117:37+	122:35+	145:14+	147:56+	148:43+
23:26+	07:31+	06:28+	03:03+	03:29+	10:18+	34:45+	11:43+	08:27+	08:27+	04:58+	22:39+	02:42+	00:47+
23:26+	07:31+	06:28+	03:03+	03:29+	10:18+	34:45+	11:43+	08:27+	08:27+	04:58+	22:39+	02:42+	00:47+

Beste stræktid for klassen

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

D50

1 Anelli Sandbæk 10 1:06:48

03:18=	08:43=	12:10=	14:31=	26:21=	30:18=	33:32=	36:57=	39:32=	44:10=	50:26=	53:49=	58:40=	60:53=	64:01=	66:22=	66:48=
03:18=	05:25=	03:27=	02:21=	11:50=	03:57=	03:14=	03:25=	02:35=	04:38=	06:16=	03:23=	04:51=	02:13=	03:08=	02:21=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Mette Ellegaard Kokholm 2 1:11:00

03:16-	08:35-	12:56+	16:27+	28:13+	33:32+	37:35+	41:04+	43:27+	46:23+	53:14+	56:41+	61:50+	64:17+	68:12+	70:37+	71:00+
03:16-	05:19-	04:21+	03:31+	11:46-	05:19+	04:03+	03:29+	02:23-	02:56-	06:51+	03:27+	05:09+	02:27+	03:55+	02:25+	00:23-
00:02-	00:06-	00:54&	01:10&	00:04-	01:22&	00:49&	00:04+	00:12-	01:42-	00:35+	00:04+	00:18+	00:14#	00:47#	00:04+	00:03-

3 Claudia Greiner OK Pan 1:12:23

02:20-	07:45-	11:41-	17:08+	29:02+	33:01+	36:52+	41:11+	43:34+	46:16+	53:20+	57:00+	62:27+	64:41+	68:34+	71:59+	72:23+
02:20-	05:25-	03:56+	05:27+	11:54+	03:59+	03:51+	04:19+	02:23-	02:42-	07:04+	03:40+	05:27+	02:14+	03:53+	03:25+	00:24-
00:58-	00:00=	00:29#	03:06@	00:04+	00:02+	00:37#	00:54&	00:12-	01:56-	00:48#	00:17+	00:36#	00:01+	00:45#	01:04&	00:02-

4 Susanne Loft Thyssen 2 1:13:11

05:40+	13:17+	18:13+	20:42+	32:34+	35:59+	39:26+	43:18+	45:42+	48:30+	54:56+	58:59+	64:39+	66:58+	70:11+	72:44+	73:11+
05:40+	07:37+	04:56+	02:29+	11:52+	03:25-	03:27+	03:52+	02:24-	02:48-	06:26+	04:03+	05:40+	02:19+	03:13+	02:33+	00:27+
02:22&	02:12&	01:29&	00:08+	00:02+	00:32-	00:13+	00:27#	00:11-	01:50-	00:10+	00:40#	00:49#	00:06+	00:05+	00:12+	00:01+

5 Heidi Hinge Krogsgaard 10 1:14:37

03:05-	08:23-	12:01-	17:44+	32:03+	36:41+	41:16+	44:54+	47:47+	50:50+	57:52+	61:12+	65:53+	67:59+	71:56+	74:09+	74:37+
03:05-	05:18-	03:38+	05:43+	14:19+	04:38+	04:35+	03:38+	02:53+	03:03-	07:02+	03:20-	04:41-	02:06-	03:57+	02:13-	00:28+
00:13-	00:07-	00:11+	03:22@	02:29#	00:41#	01:21&	00:13+	00:18#	01:35-	00:46#	00:03-	00:10-	00:07-	00:49&	00:08-	00:02+

D50

6	Anette Pind	10	1:15:40													
05:21+	11:57+	16:30+	21:06+	33:50+	38:35+	42:00+	45:09+	47:51+	51:44+	58:37+	61:54+	66:44+	69:15+	73:06+	75:16+	75:40+
05:21+	06:36+	04:33+	04:36+	12:44+	04:45+	03:25+	03:09-	02:42+	03:53-	06:53+	03:17-	04:50-	02:31+	03:51+	02:10-	00:24-
02:03&	01:11#	01:06&	02:15&	00:54+	00:48#	00:11+	00:16-	00:07+	00:45-	00:37+	00:06-	00:01-	00:18#	00:43#	00:11-	00:02-

7	Lene Stick Nielsen	13	1:26:38													
04:09+	09:48+	15:15+	17:51+	33:09+	36:55+	41:08+	45:11+	53:28+	57:33+	64:47+	70:25+	76:46+	79:22+	83:00+	86:15+	86:38+
04:09+	05:39+	05:27+	02:36+	15:18+	03:46+	04:13+	04:03+	08:17+	04:05+	07:14+	05:38+	06:21+	02:36+	03:38+	03:15+	00:23+
04:09+	05:39+	05:27+	02:36+	15:18+	03:46+	04:13+	04:03+	08:17+	04:05+	07:14+	05:38+	06:21+	02:36+	03:38+	03:15+	00:23+

8	Anne Birgitte Als	OK Pan	1:28:00													
03:22+	08:57+	13:39+	17:13+	32:15+	35:51+	39:48+	43:58+	51:04+	54:44+	61:54+	67:14+	73:57+	76:40+	83:24+	87:35+	88:00+
03:22+	05:35+	04:42+	03:34+	15:02+	03:36+	03:57+	04:10+	07:06+	03:40+	07:10+	05:20+	06:43+	02:43+	06:44+	04:11+	00:25+
03:22+	05:35+	04:42+	03:34+	15:02+	03:36+	03:57+	04:10+	07:06+	03:40+	07:10+	05:20+	06:43+	02:43+	06:44+	04:11+	00:25+

9	Lene Nygaard	1	1:31:16													
04:26+	09:53+	18:33+	20:48+	35:36+	39:08+	42:52+	52:07+	55:19+	59:32+	66:31+	73:52+	83:09+	85:20+	88:52+	90:56+	91:16+
04:26+	05:27+	08:40+	02:15+	14:48+	03:32+	03:44+	09:15+	03:12+	04:13+	06:59+	07:21+	09:17+	02:11+	03:32+	02:04+	00:20+
04:26+	05:27+	08:40+	02:15+	14:48+	03:32+	03:44+	09:15+	03:12+	04:13+	06:59+	07:21+	09:17+	02:11+	03:32+	02:04+	00:20+

10	Helle Petersen	1	1:34:43													
04:16+	10:22+	20:39+	22:54+	37:34+	41:18+	45:00+	54:15+	57:22+	61:26+	68:48+	76:04+	84:08+	87:29+	90:59+	94:18+	94:43+
04:16+	06:06+	10:17+	02:15+	14:40+	03:44+	03:42+	09:15+	03:07+	04:04+	07:22+	07:16+	08:04+	03:21+	03:30+	03:19+	00:25+
04:16+	06:06+	10:17+	02:15+	14:40+	03:44+	03:42+	09:15+	03:07+	04:04+	07:22+	07:16+	08:04+	03:21+	03:30+	03:19+	00:25+

11	Lajla Præstgaard	4	1:34:44													
04:26+	11:20+	17:03+	19:10+	36:53+	42:22+	46:47+	53:02+	56:38+	59:59+	68:17+	77:09+	83:27+	86:21+	90:58+	94:15+	94:44+
04:26+	06:54+	05:43+	02:07+	17:43+	05:29+	04:25+	06:15+	03:36+	03:21+	08:18+	08:52+	06:18+	02:54+	04:37+	03:17+	00:29+
04:26+	06:54+	05:43+	02:07+	17:43+	05:29+	04:25+	06:15+	03:36+	03:21+	08:18+	08:52+	06:18+	02:54+	04:37+	03:17+	00:29+

12	Andrea Höhnke	2	1:38:36													
05:24+	12:04+	17:37+	21:25+	40:31+	44:56+	50:20+	56:06+	59:47+	63:16+	71:02+	76:17+	83:48+	87:14+	93:14+	98:14+	98:36+
05:24+	06:40+	05:33+	03:48+	19:06+	04:25+	05:24+	05:46+	03:41+	03:29+	07:46+	05:15+	07:31+	03:26+	06:00+	05:00+	00:22+
05:24+	06:40+	05:33+	03:48+	19:06+	04:25+	05:24+	05:46+	03:41+	03:29+	07:46+	05:15+	07:31+	03:26+	06:00+	05:00+	00:22+

13	Susanne Høiberg	10	1:44:59													
04:21+	11:40+	17:39+	20:22+	37:07+	41:40+	47:03+	52:45+	57:40+	61:04+	72:42+	79:22+	89:30+	93:01+	100:05+	104:42+	104:59+
04:21+	07:19+	05:59+	02:43+	16:45+	04:33+	05:23+	05:42+	04:55+	03:24+	11:38+	06:40+	10:08+	03:31+	07:04+	04:37+	00:17+
04:21+	07:19+	05:59+	02:43+	16:45+	04:33+	05:23+	05:42+	04:55+	03:24+	11:38+	06:40+	10:08+	03:31+	07:04+	04:37+	00:17+

14	Solveig Topp	8	1:46:05													
04:47+	13:56+	20:07+	23:52+	43:12+	48:54+	54:11+	59:06+	62:42+	66:37+	76:24+	82:46+	90:19+	94:00+	101:57+	105:41+	106:05+
04:47+	09:09+	06:11+	03:45+	19:20+	05:42+	05:17+	04:55+	03:36+	03:55+	09:47+	06:22+	07:33+	03:41+	07:57+	03:44+	00:24+
04:47+	09:09+	06:11+	03:45+	19:20+	05:42+	05:17+	04:55+	03:36+	03:55+	09:47+	06:22+	07:33+	03:41+	07:57+	03:44+	00:24+

Beste stræktid for klassen

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

D60

1	Gitte Isen	1	46:43											
02:07=	09:20=	11:43=	14:43=	19:18=	22:44=	26:38=	28:29=	33:21=	36:46=	39:44=	43:06=	44:56=	46:19=	46:43=
02:07=	07:13=	02:23=	03:00=	04:35=	03:26=	03:54=	01:51=	04:52=	03:25=	02:58=	03:22=	01:50=	01:23=	00:24=
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=

Class	Navn	Klasse														Tid
D60																
2	Tove Jakobsen	10														47:53
	03:15+	08:07-	10:22-	14:44+	19:18=	24:00+	27:14+	29:04+	34:29+	38:24+	41:12+	44:32+	46:20+	47:30+	47:53+	
	03:15+	04:52-	02:15-	04:22+	04:34-	04:42+	03:14-	01:50-	05:25+	03:55+	02:48-	03:20-	01:48-	01:10-	00:23-	
	01:08&	02:21-	00:08-	01:22&	00:01-	01:16&	00:40-	00:01-	00:33#	00:30#	00:10-	00:02-	00:02-	00:13-	00:01-	
3	Dorthe Hansen	10														49:48
	01:44+	06:32+	09:40+	23:16+	26:56+	29:54+	32:07+	34:15+	38:19+	41:23+	43:48+	46:26+	48:07+	49:22+	49:48+	
	01:44+	04:48+	03:08+	13:36+	03:40+	02:58+	02:13+	02:08+	04:04+	03:04+	02:25+	02:38+	01:41+	01:15+	00:26+	
	01:44+	04:48+	03:08+	13:36+	03:40+	02:58+	02:13+	02:08+	04:04+	03:04+	02:25+	02:38+	01:41+	01:15+	00:26+	
4	Hanne Møller Andersen	OK Pan														51:52
	05:16+	11:09+	14:58+	18:41+	23:07+	29:00+	31:59+	35:05+	39:54+	42:44+	45:22+	48:27+	50:10+	51:22+	51:52+	
	05:16+	05:53+	03:49+	03:43+	04:26+	05:53+	02:59+	03:06+	04:49+	02:50+	02:38+	03:05+	01:43+	01:12+	00:30+	
	05:16+	05:53+	03:49+	03:43+	04:26+	05:53+	02:59+	03:06+	04:49+	02:50+	02:38+	03:05+	01:43+	01:12+	00:30+	
5	Lene Kofoed Petersen	2														56:45
	02:22+	08:39+	11:38+	15:37+	21:04+	24:58+	28:14+	30:50+	36:59+	43:31+	47:39+	52:07+	54:31+	56:17+	56:45+	
	02:22+	06:17+	02:59+	03:59+	05:27+	03:54+	03:16+	02:36+	06:09+	06:32+	04:08+	04:28+	02:24+	01:46+	00:28+	
	02:22+	06:17+	02:59+	03:59+	05:27+	03:54+	03:16+	02:36+	06:09+	06:32+	04:08+	04:28+	02:24+	01:46+	00:28+	
6	Kirsten Bobach	14														57:04
	02:23+	09:12+	12:44+	16:34+	22:08+	26:17+	29:32+	32:52+	40:15+	44:18+	47:40+	52:53+	55:09+	56:40+	57:04+	
	02:23+	06:49+	03:32+	03:50+	05:34+	04:09+	03:15+	03:20+	07:23+	04:03+	03:22+	05:13+	02:16+	01:31+	00:24+	
	02:23+	06:49+	03:32+	03:50+	05:34+	04:09+	03:15+	03:20+	07:23+	04:03+	03:22+	05:13+	02:16+	01:31+	00:24+	
7	Vibeke Jørgensen	OK Pan														58:02
	03:13+	09:46+	13:30+	17:51+	22:59+	26:53+	30:52+	33:45+	41:10+	45:24+	49:00+	53:46+	55:57+	57:36+	58:02+	
	03:13+	06:33+	03:44+	04:21+	05:08+	03:54+	03:59+	02:53+	07:25+	04:14+	03:36+	04:46+	02:11+	01:39+	00:26+	
	03:13+	06:33+	03:44+	04:21+	05:08+	03:54+	03:59+	02:53+	07:25+	04:14+	03:36+	04:46+	02:11+	01:39+	00:26+	
8	Anni Jensen	1														59:05
	03:05+	09:18+	13:59+	19:28+	25:16+	32:45+	37:11+	40:09+	45:33+	48:52+	51:56+	55:12+	57:01+	58:28+	59:05+	
	03:05+	06:13+	04:41+	05:29+	05:48+	07:29+	04:26+	02:58+	05:24+	03:19+	03:04+	03:16+	01:49+	01:27+	00:37+	
	03:05+	06:13+	04:41+	05:29+	05:48+	07:29+	04:26+	02:58+	05:24+	03:19+	03:04+	03:16+	01:49+	01:27+	00:37+	
9	Inga Jager	10														59:19
	06:17+	11:43+	14:03+	17:17+	21:31+	31:57+	35:34+	37:42+	42:30+	45:21+	48:11+	55:44+	57:40+	58:55+	59:19+	
	06:17+	05:26+	02:20+	03:14+	04:14+	10:26+	03:37+	02:08+	04:48+	02:51+	02:50+	07:33+	01:56+	01:15+	00:24+	
	06:17+	05:26+	02:20+	03:14+	04:14+	10:26+	03:37+	02:08+	04:48+	02:51+	02:50+	07:33+	01:56+	01:15+	00:24+	
11	Pia Gade	13														1:01:51
	02:35+	10:13+	13:44+	18:30+	24:05+	32:16+	35:42+	39:07+	45:04+	49:06+	52:20+	56:42+	59:16+	61:26+	61:51+	
	02:35+	07:38+	03:31+	04:46+	05:35+	08:11+	03:26+	03:25+	05:57+	04:02+	03:14+	04:22+	02:34+	02:10+	00:25+	
	02:35+	07:38+	03:31+	04:46+	05:35+	08:11+	03:26+	03:25+	05:57+	04:02+	03:14+	04:22+	02:34+	02:10+	00:25+	
12	Inger Lise Simonsen	10														1:01:52
	02:18+	07:14+	10:18+	14:17+	20:02+	23:49+	27:37+	32:39+	44:04+	52:57+	55:59+	58:52+	60:23+	61:30+	61:52+	
	02:18+	04:56+	03:04+	03:59+	05:45+	03:47+	03:48+	05:02+	11:25+	08:53+	03:02+	02:53+	01:31+	01:07+	00:22+	
	02:18+	04:56+	03:04+	03:59+	05:45+	03:47+	03:48+	05:02+	11:25+	08:53+	03:02+	02:53+	01:31+	01:07+	00:22+	
13	Karen Sieg	2														1:02:34
	02:12+	08:57+	11:33+	21:27+	25:55+	30:40+	34:56+	40:01+	49:23+	53:18+	56:23+	59:37+	61:17+	62:14+	62:34+	
	02:12+	06:45+	02:36+	09:54+	04:28+	04:45+	04:16+	05:05+	09:22+	03:55+	03:05+	03:14+	01:40+	00:57+	00:20+	
	02:12+	06:45+	02:36+	09:54+	04:28+	04:45+	04:16+	05:05+	09:22+	03:55+	03:05+	03:14+	01:40+	00:57+	00:20+	
14	Karin Wæhrens	7														1:10:43
	02:33+	08:28+	11:00+	14:26+	18:36+	40:29+	44:41+	49:04+	55:06+	58:47+	61:31+	67:27+	69:26+	70:24+	70:43+	
	02:33+	05:55+	02:32+	03:26+	04:10+	21:53+	04:12+	04:23+	06:02+	03:41+	02:44+	05:56+	01:59+	00:58+	00:19+	
	02:33+	05:55+	02:32+	03:26+	04:10+	21:53+	04:12+	04:23+	06:02+	03:41+	02:44+	05:56+	01:59+	00:58+	00:19+	

D60

15	Annette Færing	11	1:14:50
03:10+	10:15+ 14:50+ 20:25+ 27:44+ 33:59+ 38:24+ 43:38+ 50:59+ 59:15+ 62:40+ 68:01+ 72:53+ 74:14+ 74:50+		
03:10+	07:05+ 04:35+ 05:35+ 07:19+ 06:15+ 04:25+ 05:14+ 07:21+ 08:16+ 03:25+ 05:21+ 04:52+ 01:21+ 00:36+		
03:10+	07:05+ 04:35+ 05:35+ 07:19+ 06:15+ 04:25+ 05:14+ 07:21+ 08:16+ 03:25+ 05:21+ 04:52+ 01:21+ 00:36+		

16	Berit M. Vendelbjerg	OK Pan	1:24:34
04:01+	10:16+ 13:07+ 18:43+ 25:08+ 42:26+ 46:46+ 51:01+ 58:09+ 68:01+ 71:32+ 77:25+ 82:21+ 83:53+ 84:34+		
04:01+	06:15+ 02:51+ 05:36+ 06:25+ 17:18+ 04:20+ 04:15+ 07:08+ 09:52+ 03:31+ 05:53+ 04:56+ 01:32+ 00:41+		
04:01+	06:15+ 02:51+ 05:36+ 06:25+ 17:18+ 04:20+ 04:15+ 07:08+ 09:52+ 03:31+ 05:53+ 04:56+ 01:32+ 00:41+		

17	Anne-Mette Kirkegaard	10	1:31:16
04:21+	15:58+ 19:45+ 26:28+ 34:09+ 39:52+ 46:55+ 50:35+ 61:47+ 69:41+ 73:03+ 82:02+ 87:57+ 90:41+ 91:16+		
04:21+	11:37+ 03:47+ 06:43+ 07:41+ 05:43+ 07:03+ 03:40+ 11:12+ 07:54+ 03:22+ 08:59+ 05:55+ 02:44+ 00:35+		
04:21+	11:37+ 03:47+ 06:43+ 07:41+ 05:43+ 07:03+ 03:40+ 11:12+ 07:54+ 03:22+ 08:59+ 05:55+ 02:44+ 00:35+		

Beste stræktid for klassen

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

D70

1	Mona Nørgaard	OK Pan	39:38
08:06=	12:34= 15:09= 17:08= 22:36= 26:00= 29:10= 33:17= 36:50= 39:15= 39:38=		
08:06=	04:28= 02:35= 01:59= 05:28= 03:24= 03:10= 04:07= 03:33= 02:25= 00:23=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Else Hass	OK Pan	40:42
04:38-	09:32- 12:49- 15:53- 22:14- 25:57- 30:10+ 33:58+ 37:14+ 40:15+ 40:42+		
04:38-	04:54+ 03:17+ 03:04+ 06:21+ 03:43+ 04:13+ 03:48- 03:16- 03:01+ 00:27+		
03:28-	00:26+ 00:42& 01:05& 00:53# 00:19+ 01:03& 00:19- 00:17- 00:36# 00:04#		

3	Elizabeth Borchorst	RSOK	41:05
05:08-	09:34- 12:41- 15:11- 21:39- 26:21+ 30:04+ 33:59+ 37:35+ 40:38+ 41:05+		
05:08-	04:26- 03:07+ 02:30+ 06:28+ 04:42+ 03:43+ 03:55- 03:36+ 03:03+ 00:27+		
02:58-	00:02- 00:32# 00:31& 01:00# 01:18& 00:33# 00:12- 00:03+ 00:38& 00:04#		

4	Elin Holm Jensen	2	42:58
05:20-	10:14- 13:06- 16:05- 22:35- 27:46+ 32:06+ 36:03+ 39:22+ 42:26+ 42:58+		
05:20-	04:54+ 02:52+ 02:59+ 06:30+ 05:11+ 04:20+ 03:57- 03:19- 03:04+ 00:32+		
02:46-	00:26+ 00:17# 01:00& 01:02# 01:47& 01:10& 00:10- 00:14- 00:39& 00:09&		

5	Susanne Gasbjerg	10	45:00
04:39-	09:15- 12:32- 14:59- 20:55- 24:37- 32:01+ 35:36+ 41:53+ 44:32+ 45:00+		
04:39-	04:36+ 03:17+ 02:27+ 05:56+ 03:42+ 07:24+ 03:35- 06:17+ 02:39+ 00:28+		
03:27-	00:08+ 00:42& 00:28# 00:28# 00:18+ 04:14@ 00:32- 02:44& 00:14+ 00:05#		

6	Edith Sørensen	14	46:33
05:41-	10:58- 14:25- 18:38+ 25:08+ 29:33+ 33:42+ 37:50+ 42:21+ 46:04+ 46:33+		
05:41-	05:17+ 03:27+ 04:13+ 06:30+ 04:25+ 04:09+ 04:08+ 04:31+ 03:43+ 00:29+		
02:25-	00:49# 00:52& 02:14@ 01:02# 01:01& 00:59& 00:01+ 00:58& 01:18& 00:06&		

7	Birthe Helms	10	46:49
06:53-	12:05- 16:15+ 20:16+ 26:52+ 30:58+ 35:02+ 39:31+ 43:36+ 46:29+ 46:49+		
06:53-	05:12+ 04:10+ 04:01+ 06:36+ 04:06+ 04:04+ 04:29+ 04:05+ 02:53+ 00:20-		
01:13-	00:44# 01:35& 02:02@ 01:08# 00:42# 00:54& 00:22+ 00:32# 00:28# 00:03-		

Class	Navn	Klasse										Tid
D70												
8	Bitten Nielsen	1										49:55
	10:50+	16:51+	20:30+	23:13+	30:21+	34:35+	39:24+	43:23+	46:28+	49:28+	49:55+	
	10:50+	06:01+	03:39+	02:43+	07:08+	04:14+	04:49+	03:59-	03:05-	03:00+	00:27+	
	02:44&	01:33&	01:04&	00:44&	01:40&	00:50#	01:39&	00:08-	00:28-	00:35#	00:04#	
9	Lilian Sørensen	OK Pan										52:59
	13:41+	20:38+	23:18+	26:02+	33:25+	37:40+	42:15+	46:06+	49:30+	52:30+	52:59+	
	13:41+	06:57+	02:40+	02:44+	07:23+	04:15+	04:35+	03:51+	03:24+	03:00+	00:29+	
	13:41+	06:57+	02:40+	02:44+	07:23+	04:15+	04:35+	03:51+	03:24+	03:00+	00:29+	
10	Ann Dorrit Hansen	5										58:29
	05:02+	10:09+	13:18+	28:45+	35:08+	39:40+	46:54+	50:40+	54:26+	58:00+	58:29+	
	05:02+	05:07+	03:09+	15:27+	06:23+	04:32+	07:14+	03:46+	03:46+	03:34+	00:29+	
	05:02+	05:07+	03:09+	15:27+	06:23+	04:32+	07:14+	03:46+	03:46+	03:34+	00:29+	
11	Ellen Thomsen	7										58:34
	13:01+	18:52+	22:40+	26:48+	34:42+	39:34+	43:32+	49:49+	54:33+	57:48+	58:34+	
	13:01+	05:51+	03:48+	04:08+	07:54+	04:52+	03:58+	06:17+	04:44+	03:15+	00:46+	
	13:01+	05:51+	03:48+	04:08+	07:54+	04:52+	03:58+	06:17+	04:44+	03:15+	00:46+	
12	Karen-Lisbeth Fredberg	10										1:00:22
	05:23+	10:53+	14:26+	21:37+	29:43+	33:17+	38:14+	50:21+	57:08+	59:53+	60:22+	
	05:23+	05:30+	03:33+	07:11+	08:06+	03:34+	04:57+	12:07+	06:47+	02:45+	00:29+	
	05:23+	05:30+	03:33+	07:11+	08:06+	03:34+	04:57+	12:07+	06:47+	02:45+	00:29+	
13	Jytte Larsen	10										1:01:30
	10:13+	16:27+	20:45+	24:14+	32:17+	40:35+	45:25+	52:08+	57:04+	60:58+	61:30+	
	10:13+	06:14+	04:18+	03:29+	08:03+	08:18+	04:50+	06:43+	04:56+	03:54+	00:32+	
	10:13+	06:14+	04:18+	03:29+	08:03+	08:18+	04:50+	06:43+	04:56+	03:54+	00:32+	
14	Aase Thyssen	2										1:01:47
	06:38+	15:58+	21:16+	27:37+	34:54+	42:53+	47:12+	52:32+	57:50+	61:13+	61:47+	
	06:38+	09:20+	05:18+	06:21+	07:17+	07:59+	04:19+	05:20+	05:18+	03:23+	00:34+	
	06:38+	09:20+	05:18+	06:21+	07:17+	07:59+	04:19+	05:20+	05:18+	03:23+	00:34+	
15	Lisbeth Møller Nielsen	OK Pan										1:15:18
	08:23+	15:38+	20:41+	24:44+	36:51+	46:51+	52:17+	61:34+	67:59+	74:44+	75:18+	
	08:23+	07:15+	05:03+	04:03+	12:07+	10:00+	05:26+	09:17+	06:25+	06:45+	00:34+	
	08:23+	07:15+	05:03+	04:03+	12:07+	10:00+	05:26+	09:17+	06:25+	06:45+	00:34+	

Beste stræktid for klassen

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

D-Let

1	Line Hansen	10										33:33					
	01:27=	04:32=	08:02=	09:28=	11:49=	13:56=	16:25=	19:24=	20:19=	22:00=	24:22=	27:07=	28:21=	30:06=	31:13=	33:03=	33:33=
	01:27=	03:05=	03:30=	01:26=	02:21=	02:07=	02:29=	02:59=	00:55=	01:41=	02:22=	02:45=	01:14=	01:45=	01:07=	01:50=	00:30=
	00:00=	00:00=	00:00=	00:00=	00:00=	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	Runa Iversen	2										34:24					
	01:25-	04:47+	08:45+	09:48+	11:59+	14:22+	16:57+	20:12+	21:06+	22:49+	25:27+	28:25+	29:29+	31:05+	31:59+	33:57+	34:24+
	01:25-	03:22+	03:58+	01:03-	02:11-	02:23+	02:35+	03:15+	00:54-	01:43+	02:38+	02:58+	01:04-	01:36-	00:54-	01:58+	00:27-
	00:02-	00:17+	00:28#	00:23-	00:10-	00:16#	00:06+	00:16+	00:01-	00:02+	00:16#	00:13+	00:10-	00:09-	00:13-	00:08+	00:03-

D-Let

3	Stine Leander Lunder	2	36:09													
01:27=	04:33+	08:22+	09:25-	16:50+	18:41+	20:31+	23:15+	23:56+	25:28+	27:37+	30:12+	31:27+	33:16+	34:00+	35:37+	36:09+
01:27=	03:06+	03:49+	01:03-	07:25+	01:51-	01:50-	02:44-	00:41-	01:32-	02:09-	02:35-	01:15+	01:49+	00:44-	01:37-	00:32+
00:00=	00:01+	00:19+	00:23-	05:04@	00:16-	00:39-	00:15-	00:14-	00:09-	00:13-	00:10-	00:01+	00:04+	00:23-	00:13-	00:02+

5	Lene Nedergaard Petersen	OK Pan	37:44													
01:54+	05:17+	09:19+	11:34+	13:55+	16:06+	18:16+	21:33+	22:23+	24:15+	26:48+	29:43+	31:15+	34:15+	35:13+	37:18+	37:44+
01:54+	03:23+	04:02+	02:15+	02:21+	02:11+	02:10+	03:17+	00:50+	01:52+	02:33+	02:55+	01:32+	03:00+	00:58+	02:05+	00:26+
01:54+	03:23+	04:02+	02:15+	02:21+	02:11+	02:10+	03:17+	00:50+	01:52+	02:33+	02:55+	01:32+	03:00+	00:58+	02:05+	00:26+

6	Kirstine Madsen Ladekarl	OK Pan	38:14													
01:37+	04:58+	08:53+	10:22+	12:15+	14:12+	16:42+	20:23+	21:12+	23:01+	25:48+	28:59+	32:20+	34:20+	35:33+	37:41+	38:14+
01:37+	03:21+	03:55+	01:29+	01:53+	01:57+	02:30+	03:41+	00:49+	01:49+	02:47+	03:11+	03:21+	02:00+	01:13+	02:08+	00:33+
01:37+	03:21+	03:55+	01:29+	01:53+	01:57+	02:30+	03:41+	00:49+	01:49+	02:47+	03:11+	03:21+	02:00+	01:13+	02:08+	00:33+

7	Mildred Hansen	1	38:46													
01:56+	05:48+	09:44+	11:43+	14:33+	16:48+	19:03+	22:37+	23:45+	25:33+	28:02+	30:48+	32:11+	34:44+	36:02+	38:17+	38:46+
01:56+	03:52+	03:56+	01:59+	02:50+	02:15+	02:15+	03:34+	01:08+	01:48+	02:29+	02:46+	01:23+	02:33+	01:18+	02:15+	00:29+
01:56+	03:52+	03:56+	01:59+	02:50+	02:15+	02:15+	03:34+	01:08+	01:48+	02:29+	02:46+	01:23+	02:33+	01:18+	02:15+	00:29+

8	Stine Secher Thomsen	OK Pan	43:37													
04:54+	08:56+	13:26+	14:43+	17:01+	19:12+	22:16+	26:03+	26:53+	29:44+	32:54+	36:33+	37:50+	39:03+	40:31+	43:14+	43:37+
04:54+	04:02+	04:30+	01:17+	02:18+	02:11+	03:04+	03:47+	00:50+	02:51+	03:10+	03:39+	01:17+	01:13+	01:28+	02:43+	00:23+
04:54+	04:02+	04:30+	01:17+	02:18+	02:11+	03:04+	03:47+	00:50+	02:51+	03:10+	03:39+	01:17+	01:13+	01:28+	02:43+	00:23+

9	Claudia Schmidt Thomsen	OK Pan	57:14													
02:01+	05:43+	10:04+	11:30+	13:32+	15:52+	18:31+	22:18+	23:18+	25:25+	28:21+	31:43+	32:53+	34:36+	54:18+	56:39+	57:14+
02:01+	03:42+	04:21+	01:26+	02:02+	02:20+	02:39+	03:47+	01:00+	02:07+	02:56+	03:22+	01:10+	01:43+	19:42+	02:21+	00:35+
02:01+	03:42+	04:21+	01:26+	02:02+	02:20+	02:39+	03:47+	01:00+	02:07+	02:56+	03:22+	01:10+	01:43+	19:42+	02:21+	00:35+

10	Grete Eriksen	10	58:29													
03:59+	09:42+	14:43+	16:46+	20:45+	24:45+	28:19+	33:19+	34:41+	38:02+	41:24+	45:13+	47:12+	49:54+	55:07+	57:42+	58:29+
03:59+	05:43+	05:01+	02:03+	03:59+	04:00+	03:34+	05:00+	01:22+	03:21+	03:22+	03:49+	01:59+	02:42+	05:13+	02:35+	00:47+
03:59+	05:43+	05:01+	02:03+	03:59+	04:00+	03:34+	05:00+	01:22+	03:21+	03:22+	03:49+	01:59+	02:42+	05:13+	02:35+	00:47+

11	Inger Kongsgaard Jakobsen	10	1:18:07													
08:31+	14:27+	21:20+	30:01+	35:43+	40:41+	44:13+	50:28+	51:57+	55:48+	60:02+	64:51+	67:32+	71:23+	72:57+	77:31+	78:07+
08:31+	05:56+	06:53+	08:41+	05:42+	04:58+	03:32+	06:15+	01:29+	03:51+	04:14+	04:49+	02:41+	03:51+	01:34+	04:34+	00:36+
08:31+	05:56+	06:53+	08:41+	05:42+	04:58+	03:32+	06:15+	01:29+	03:51+	04:14+	04:49+	02:41+	03:51+	01:34+	04:34+	00:36+

Beste stræktid for klassen

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

H10

1	Emil Klostergaard Rokkjær	OK Pan	17:29										
00:50=	01:41=	02:40=	03:29=	04:46=	05:34=	06:34=	08:19=	10:48=	11:32=	15:04=	15:56=	17:13=	17:29=
00:50=	00:51=	00:59=	00:49=	01:17=	00:48=	01:00=	01:45=	02:29=	00:44=	03:32=	00:52=	01:17=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Magnus Oscar Søs	10	20:31										
01:08+	02:04+	03:20+	04:33+	05:58+	07:02+	08:12+	10:17+	13:29+	14:15+	17:53+	18:39+	20:13+	20:31+
01:08+	00:56+	01:16+	01:13+	01:25+	01:04+	01:10+	02:05+	03:12+	00:46+	03:38+	00:46-	01:34+	00:18+
00:18&	00:05+	00:17&	00:24&	00:08#	00:16&	00:10#	00:20#	00:43&	00:02+	00:06+	00:06-	00:17#	00:02#

Class	Navn	Klasse										Tid			
H10															
3	Lucas Stenhøj Baun McGrail	OK Pan										23:00			
	01:09+	02:19+	03:53+	05:04+	06:59+	08:17+	09:39+	11:50+	14:51+	15:42+	20:00+	21:06+	22:44+	23:00+	
	01:09+	01:10+	01:34+	01:11+	01:55+	01:18+	01:22+	02:11+	03:01+	00:51+	04:18+	01:06+	01:38+	00:16=	
	00:19&	00:19&	00:35&	00:22&	00:38&	00:30&	00:22&	00:26#	00:32#	00:07#	00:46#	00:14&	00:21&	00:00=	
4	Bertil Rahbek Sørensen	10										25:55			
	01:21+	03:05+	04:41+	06:03+	08:10+	09:23+	10:48+	13:14+	16:43+	17:28+	22:04+	23:45+	25:30+	25:55+	
	01:21+	01:44+	01:36+	01:22+	02:07+	01:13+	01:25+	02:26+	03:29+	00:45+	04:36+	01:41+	01:45+	00:25+	
	01:21+	01:44+	01:36+	01:22+	02:07+	01:13+	01:25+	02:26+	03:29+	00:45+	04:36+	01:41+	01:45+	00:25+	
5	Holger Bjerg Randorff	10										26:45			
	05:05+	06:38+	08:03+	09:04+	10:43+	11:48+	13:02+	15:00+	18:11+	18:57+	23:26+	24:30+	26:18+	26:45+	
	05:05+	01:33+	01:25+	01:01+	01:39+	01:05+	01:14+	01:58+	03:11+	00:46+	04:29+	01:04+	01:48+	00:27+	
	05:05+	01:33+	01:25+	01:01+	01:39+	01:05+	01:14+	01:58+	03:11+	00:46+	04:29+	01:04+	01:48+	00:27+	
6	Esben Christensen	10										27:21			
	01:09+	02:25+	04:02+	05:16+	07:01+	08:16+	09:39+	11:42+	15:01+	15:57+	24:07+	25:36+	27:03+	27:21+	
	01:09+	01:16+	01:37+	01:14+	01:45+	01:15+	01:23+	02:03+	03:19+	00:56+	08:10+	01:29+	01:27+	00:18+	
	01:09+	01:16+	01:37+	01:14+	01:45+	01:15+	01:23+	02:03+	03:19+	00:56+	08:10+	01:29+	01:27+	00:18+	
7	Mikkel Popp Bobach	14										27:23			
	01:20+	02:44+	04:14+	05:26+	07:14+	08:17+	09:30+	12:05+	15:01+	15:49+	21:57+	23:29+	26:59+	27:23+	
	01:20+	01:24+	01:30+	01:12+	01:48+	01:03+	01:13+	02:35+	02:56+	00:48+	06:08+	01:32+	03:30+	00:24+	
	01:20+	01:24+	01:30+	01:12+	01:48+	01:03+	01:13+	02:35+	02:56+	00:48+	06:08+	01:32+	03:30+	00:24+	
8	Asbjørn Ask Østergaard	2										30:07			
	01:32+	02:36+	04:03+	05:35+	09:01+	10:20+	12:10+	14:36+	19:27+	20:46+	26:35+	27:40+	29:37+	30:07+	
	01:32+	01:04+	01:27+	01:32+	03:26+	01:19+	01:50+	02:26+	04:51+	01:19+	05:49+	01:05+	01:57+	00:30+	
	01:32+	01:04+	01:27+	01:32+	03:26+	01:19+	01:50+	02:26+	04:51+	01:19+	05:49+	01:05+	01:57+	00:30+	
9	Magnus Lyhne Kristiansen	7										33:55			
	05:00+	06:15+	07:45+	09:01+	11:13+	12:16+	13:46+	16:38+	22:29+	23:23+	29:34+	30:50+	33:31+	33:55+	
	05:00+	01:15+	01:30+	01:16+	02:12+	01:03+	01:30+	02:52+	05:51+	00:54+	06:11+	01:16+	02:41+	00:24+	
	05:00+	01:15+	01:30+	01:16+	02:12+	01:03+	01:30+	02:52+	05:51+	00:54+	06:11+	01:16+	02:41+	00:24+	
10	Erik Aagaard Nielsen	2										35:26			
	01:07+	02:27+	03:58+	05:08+	06:59+	08:23+	11:09+	16:23+	22:55+	24:02+	31:48+	32:48+	35:04+	35:26+	
	01:07+	01:20+	01:31+	01:10+	01:51+	01:24+	02:46+	05:14+	06:32+	01:07+	07:46+	01:00+	02:16+	00:22+	
	01:07+	01:20+	01:31+	01:10+	01:51+	01:24+	02:46+	05:14+	06:32+	01:07+	07:46+	01:00+	02:16+	00:22+	
11	Sander Popp Bobach	14										35:59			
	01:19+	03:16+	05:00+	06:16+	08:04+	09:57+	11:21+	16:18+	23:41+	25:09+	32:14+	33:33+	35:32+	35:59+	
	01:19+	01:57+	01:44+	01:16+	01:48+	01:53+	01:24+	04:57+	07:23+	01:28+	07:05+	01:19+	01:59+	00:27+	
	01:19+	01:57+	01:44+	01:16+	01:48+	01:53+	01:24+	04:57+	07:23+	01:28+	07:05+	01:19+	01:59+	00:27+	
12	Sylvester Leander Lund	2										45:50			
	01:43+	03:38+	06:35+	08:22+	11:49+	14:22+	19:47+	24:42+	30:34+	32:06+	39:57+	41:37+	44:49+	45:50+	
	01:43+	01:55+	02:57+	01:47+	03:27+	02:33+	05:25+	04:55+	05:52+	01:32+	07:51+	01:40+	03:12+	01:01+	
	01:43+	01:55+	02:57+	01:47+	03:27+	02:33+	05:25+	04:55+	05:52+	01:32+	07:51+	01:40+	03:12+	01:01+	

Beste stræktid for klassen

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

H12

H12

1	Esben Johan Obel	OK Pan	28:23													
00:54=	03:16=	06:05=	07:01=	08:17=	09:50=	11:24=	13:36=	14:15=	15:28=	17:22=	19:24=	25:13=	26:10=	26:50=	28:04=	28:23=
00:54=	02:22=	02:49=	00:56=	01:16=	01:33=	01:34=	02:12=	00:39=	01:13=	01:54=	02:02=	05:49=	00:57=	00:40=	01:14=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	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	Vilhelm Rokkjær Andreassen	OK Pan	29:26													
00:54+	03:17+	05:47+	06:43+	08:01+	09:26+	10:50+	13:18+	13:46+	14:51+	16:30+	18:17+	19:11+	20:08+	28:00+	29:08+	29:26+
00:54+	02:23+	02:30+	00:56+	01:18+	01:25+	01:24+	02:28+	00:28+	01:05+	01:39+	01:47+	00:54+	00:57+	07:52+	01:08+	00:18+
00:54+	02:23+	02:30+	00:56+	01:18+	01:25+	01:24+	02:28+	00:28+	01:05+	01:39+	01:47+	00:54+	00:57+	07:52+	01:08+	00:18+
3	Eskild Stig Nielsen	2	48:20													
02:24+	07:57+	12:59+	14:54+	18:15+	22:06+	25:35+	30:05+	31:14+	33:17+	36:08+	39:25+	41:30+	44:06+	45:31+	47:33+	48:20+
02:24+	05:33+	05:02+	01:55+	03:21+	03:51+	03:29+	04:30+	01:09+	02:03+	02:51+	03:17+	02:05+	02:36+	01:25+	02:02+	00:47+
02:24+	05:33+	05:02+	01:55+	03:21+	03:51+	03:29+	04:30+	01:09+	02:03+	02:51+	03:17+	02:05+	02:36+	01:25+	02:02+	00:47+
4	Jonas Klærke Mikkelsen	2	56:02													
01:44+	09:25+	16:55+	18:37+	22:19+	25:27+	29:38+	34:21+	35:50+	38:20+	42:38+	47:41+	49:04+	51:31+	53:02+	55:40+	56:02+
01:44+	07:41+	07:30+	01:42+	03:42+	03:08+	04:11+	04:43+	01:29+	02:30+	04:18+	05:03+	01:23+	02:27+	01:31+	02:38+	00:22+
01:44+	07:41+	07:30+	01:42+	03:42+	03:08+	04:11+	04:43+	01:29+	02:30+	04:18+	05:03+	01:23+	02:27+	01:31+	02:38+	00:22+

Beste stræktid for klassen

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

H12B

1	Thor Skammelsen Gilleladen	OK Pan	19:19										
01:11=	02:15=	03:27=	04:28=	06:00=	07:04=	08:04=	09:42=	12:21=	13:12=	16:37=	17:23=	19:03=	19:19=
01:11=	01:04=	01:12=	01:01=	01:32=	01:04=	01:00=	01:38=	02:39=	00:51=	03:25=	00:46=	01:40=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jonathan Rokkjær Andreassen	OK Pan	20:32										
00:59-	02:02-	03:11-	04:13-	05:53-	07:12+	08:27+	10:16+	13:32+	14:24+	18:06+	18:58+	20:16+	20:32+
00:59-	01:03-	01:09-	01:02+	01:40+	01:19+	01:15+	01:49+	03:16+	00:52+	03:42+	00:52+	01:18-	00:16=
00:12-	00:01-	00:03-	00:01+	00:08+	00:15#	00:15#	00:11#	00:37#	00:01+	00:17+	00:06#	00:22-	00:00=

Beste stræktid for klassen

00:59 01:03 01:09 01:01 01:32 01:04 01:00 01:38 02:39 00:51 03:25 00:46 01:18 00:16

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

H14

1	Emil Borup Fredberg	10	42:01											
02:09=	04:18=	07:19=	10:31=	15:27=	18:36=	21:37=	23:28=	27:05=	31:02=	35:26=	37:55=	40:49=	41:40=	42:01=
02:09=	02:09=	03:01=	03:12=	04:56=	03:09=	03:01=	01:51=	03:37=	03:57=	04:24=	02:29=	02:54=	00:51=	00:21=
00:00=	00:00=	00:00=	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	Mattias Klostergaard Rokkjær	10	50:37											
03:43+	06:30+	09:41+	13:04+	17:18+	20:23+	23:48+	28:21+	32:58+	39:37+	43:36+	46:08+	49:35+	50:19+	50:37+
03:43+	02:47+	03:11+	03:23+	04:14-	03:05-	03:25+	04:33+	04:37+	06:39+	03:59-	02:32+	03:27+	00:44-	00:18-
01:34&	00:38&	00:10+	00:11+	00:42-	00:04-	00:24#	02:42@	01:00&	02:42&	00:25-	00:03+	00:33#	00:07-	00:03-

Class	Navn	Klasse	Tid
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H14

3	Lukas Bergmann Verhelst	2	52:26											
01:36-	03:58-	06:57-	09:55-	14:01-	20:17+	23:15+	27:43+	36:12+	39:32+	43:45+	46:18+	51:21+	52:07+	52:26+
01:36-	02:22+	02:59-	02:58-	04:06-	06:16+	02:58-	04:28+	08:29+	03:20-	04:13-	02:33+	05:03+	00:46-	00:19-
00:33-	00:13#	00:02-	00:14-	00:50-	03:07&	00:03-	02:37@	04:52@	00:37-	00:11-	00:04+	02:09&	00:05-	00:02-

4	Klement Hjuler Hjerrild	OK Pan	53:24											
03:39+	06:51+	10:13+	13:31+	18:00+	21:18+	24:10+	26:41+	31:48+	36:18+	44:16+	46:40+	52:24+	53:07+	53:24+
03:39+	03:12+	03:22+	03:18+	04:29+	03:18+	02:52+	02:31+	05:07+	04:30+	07:58+	02:24+	05:44+	00:43+	00:17+
03:39+	03:12+	03:22+	03:18+	04:29+	03:18+	02:52+	02:31+	05:07+	04:30+	07:58+	02:24+	05:44+	00:43+	00:17+

5	Anton Boye Ebbesen	OK Pan	58:21											
04:12+	07:04+	12:19+	16:06+	22:05+	25:30+	31:04+	34:45+	39:18+	43:57+	49:27+	52:40+	57:09+	58:07+	58:21+
04:12+	02:52+	05:15+	03:47+	05:59+	03:25+	05:34+	03:41+	04:33+	04:39+	05:30+	03:13+	04:29+	00:58+	00:14+
04:12+	02:52+	05:15+	03:47+	05:59+	03:25+	05:34+	03:41+	04:33+	04:39+	05:30+	03:13+	04:29+	00:58+	00:14+

6	Alexander Kjærsgård	OK Pan	1:11:20											
07:32+	12:37+	17:05+	21:47+	27:50+	37:38+	42:10+	49:57+	54:50+	60:45+	64:11+	70:03+	71:00+	71:20+	
07:32+	05:05+	04:28+	04:42+	06:03+	04:25+	05:23+	04:32+	07:47+	04:53+	05:55+	03:26+	05:52+	00:57+	00:20+
07:32+	05:05+	04:28+	04:42+	06:03+	04:25+	05:23+	04:32+	07:47+	04:53+	05:55+	03:26+	05:52+	00:57+	00:20+

7	Hjalmer Emil Obel	OK Pan	1:12:29											
05:09+	15:59+	19:20+	23:10+	29:54+	34:19+	39:23+	44:17+	51:54+	56:30+	62:13+	65:31+	71:12+	72:11+	72:29+
05:09+	10:50+	03:21+	03:50+	06:44+	04:25+	05:04+	04:54+	07:37+	04:36+	05:43+	03:18+	05:41+	00:59+	00:18+
05:09+	10:50+	03:21+	03:50+	06:44+	04:25+	05:04+	04:54+	07:37+	04:36+	05:43+	03:18+	05:41+	00:59+	00:18+

Beste stræktid for klassen

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

H16

1	Asbjørn Faber Fenger-Grøn	10	53:58														
01:17=	04:05=	05:53=	07:40=	13:04=	18:25=	24:27=	25:55=	29:21=	32:44=	37:03=	40:17=	46:55=	48:33=	50:14=	52:20=	53:42=	53:58=
01:17=	02:48=	01:48=	01:47=	05:24=	05:21=	06:02=	01:28=	03:26=	03:23=	04:19=	03:14=	06:38=	01:38=	01:41=	02:06=	01:22=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Frederik Brynning Bøje	2	1:22:39														
01:24+	05:08+	07:43+	11:06+	17:12+	29:02+	33:22+	36:08+	42:13+	47:33+	54:03+	61:01+	69:27+	72:54+	77:04+	80:42+	82:22+	82:39+
01:24+	03:44+	02:35+	03:23+	06:06+	11:50+	04:20-	02:46+	06:05+	05:20+	06:30+	06:58+	08:26+	03:27+	04:10+	03:38+	01:40+	00:17+
00:07+	00:56&	00:47&	01:36&	00:42#	06:29@	01:42-	01:18&	02:39&	01:57&	02:11&	03:44@	01:48&	01:49@	02:29@	01:32&	00:18#	00:01+

Beste stræktid for klassen

01:17 02:48 01:48 01:47 05:24 05:21 04:20 01:28 03:26 03:23 04:19 03:14 06:38 01:38 01:41 02:06 01:22 00:16

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

H18

1	Jonas Damm Als	OK Pan	57:32																			
01:17=	01:56=	03:35=	04:58=	07:05=	10:18=	13:21=	15:34=	21:24=	22:46=	25:06=	29:06=	30:45=	32:30=	35:33=	39:13=	43:46=	44:56=	49:40=	53:54=	55:46=	57:19=	57:32=
01:17=	00:39=	01:39=	01:23=	02:07=	03:13=	03:03=	02:13=	05:50=	01:22=	02:20=	04:00=	01:39=	01:45=	03:03=	03:40=	04:33=	01:10=	04:44=	04:14=	01:52=	01:33=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

H18

2	Jacob Klærke Mikkelsen	2	59:43																			
01:14-	01:54-	03:41+	05:06+	07:20+	10:48+	14:15+	16:39+	23:06+	24:33+	26:59+	31:27+	33:00+	34:35+	37:18+	40:54+	45:41+	46:52+	52:02+	56:04+	58:01+	59:25+	59:43+
01:14-	00:40+	01:47+	01:25+	02:14+	03:28+	03:27+	02:24+	06:27+	01:27+	02:26+	04:28+	01:33-	01:35-	02:43-	03:36-	04:47+	01:11+	05:10+	04:02-	01:57+	01:24-	00:18+
00:03-	00:01+	00:08+	00:02+	00:07+	00:15+	00:24#	00:11+	00:37#	00:05+	00:06+	00:28#	00:06-	00:10-	00:20-	00:04-	00:14+	00:01+	00:26+	00:12-	00:05+	00:09-	00:05&

3	Anders Secher Thomsen	OK Pan	1:04:02																			
01:16+	01:53+	04:02+	05:33+	08:03+	11:00+	14:26+	17:04+	24:15+	25:46+	28:09+	32:24+	34:21+	35:59+	38:22+	41:51+	49:28+	50:45+	56:49+	60:34+	62:15+	63:47+	64:02+
01:16+	00:37+	02:09+	01:31+	02:30+	02:57+	03:26+	02:38+	07:11+	01:31+	02:23+	04:15+	01:57+	01:38+	02:23+	03:29+	07:37+	01:17+	06:04+	03:45+	01:41+	01:32+	00:15+
01:16+	00:37+	02:09+	01:31+	02:30+	02:57+	03:26+	02:38+	07:11+	01:31+	02:23+	04:15+	01:57+	01:38+	02:23+	03:29+	07:37+	01:17+	06:04+	03:45+	01:41+	01:32+	00:15+

Beste stræktid for klassen

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

H20

1	Søren Møller Skaug	OK Pan	1:08:12																			
01:24=	02:16=	04:17=	05:45=	08:47=	12:06=	16:07=	19:18=	25:41=	27:12=	30:04=	34:42=	37:02=	38:54=	42:19=	46:28=	52:06=	53:27=	59:15=	63:57=	66:10=	67:56=	68:12=
01:24=	00:52=	02:01=	01:28=	03:02=	03:19=	04:01=	03:11=	06:23=	01:31=	02:52=	04:38=	02:20=	01:52=	03:25=	04:09=	05:38=	01:21=	05:48=	04:42=	02:13=	01:46=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Asbjørn Kaltoft	OK Pan	1:21:36																			
01:22-	02:10-	04:29+	06:20+	08:59+	12:58+	18:05+	21:21+	30:07+	31:54+	35:26+	41:40+	44:24+	47:02+	50:38+	57:40+	63:08+	64:47+	71:42+	77:13+	79:28+	81:15+	81:36+
01:22-	00:48-	02:19+	01:51+	02:39-	03:59+	05:07+	03:16+	08:46+	01:47+	03:32+	06:14+	02:44+	02:38+	03:36+	07:02+	05:28-	01:39+	06:55+	05:31+	02:15+	01:47+	00:21+
00:02-	00:04-	00:18#	00:23&	00:23-	00:40#	01:06&	00:05+	02:23&	00:16#	00:40#	01:36&	00:24#	00:46&	00:11+	02:53&	00:10-	00:18#	01:07#	00:49#	00:02+	00:01+	00:05&

Beste stræktid for klassen

01:22	00:48	02:01	01:28	02:39	03:19	04:01	03:11	06:23	01:31	02:52	04:38	02:20	01:52	03:25	04:09	05:28	01:21	05:48	04:42	02:13	01:46	00:16
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H20B

1	András Kovács	2	1:32:35											
17:18=	20:16=	25:03=	28:52=	42:18=	53:45=	59:36=	62:49=	71:36=	76:50=	82:16=	85:07=	91:32=	92:13=	92:35=
17:18=	02:58=	04:47=	03:49=	13:26=	11:27=	05:51=	03:13=	08:47=	05:14=	05:26=	02:51=	06:25=	00:41=	00:22=
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=	00:00=

Beste stræktid for klassen

17:18	02:58	04:47	03:49	13:26	11:27	05:51	03:13	08:47	05:14	05:26	02:51	06:25	00:41	00:22
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H21

1	Andreas Bock Bjørnsen	OK Pan	50:49																			
01:14=	01:50=	03:30=	04:42=	06:36=	09:18=	12:08=	14:12=	19:24=	20:41=	23:01=	26:41=	28:16=	29:49=	32:04=	34:54=	38:46=	39:34=	44:03=	47:09=	49:10=	50:35=	50:49=
01:14=	00:36=	01:40=	01:12=	01:54=	02:42=	02:50=	02:04=	05:12=	01:17=	02:20=	03:40=	01:35=	01:33=	02:15=	02:50=	03:52=	00:48=	04:29=	03:06=	02:01=	01:25=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Laurits Bidstrup Møller	10	53:22																			
01:11-	01:49-	03:33+	04:45+	06:34-	09:38+	12:53+	15:06+	20:53+	22:08+	24:19+	28:21+	29:51+	31:24+	33:30+	36:37+	40:41+	41:42+	46:43+	50:06+	51:39+	53:04+	53:22+
01:11-	00:38+	01:44+	01:12=	01:49-	03:04+	03:15+	02:13+	05:47+	01:15-	02:11-	04:02+	01:30-	01:33=	02:06-	03:07+	04:04+	01:01+	05:01+	03:23+	01:33-	01:25=	00:18+
00:03-	00:02+	00:04+	00:00=	00:05-	00:22#	00:25#	00:09+	00:35#	00:02-	00:09-	00:22#	00:05-	00:00=	00:09-	00:17#	00:12+	00:13&	00:32#	00:17+	00:28-	00:00=	00:04&

Class	Navn	Klasse	Tid
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H21

15	Mathias Mønster Jørgensen	2	1:53:09																			
01:43+	02:34+	05:32+	08:07+	18:29+	24:10+	29:10+	34:54+	45:43+	48:38+	53:28+	64:24+	69:16+	72:12+	76:18+	80:53+	88:17+	90:26+	101:03+	107:08+	110:49+	112:50+	113:09+
01:43+	00:51+	02:58+	02:35+	10:22+	05:41+	05:00+	05:44+	10:49+	02:55+	04:50+	10:56+	04:52+	02:56+	04:06+	04:35+	07:24+	02:09+	10:37+	06:05+	03:41+	02:01+	00:19+
01:43+	00:51+	02:58+	02:35+	10:22+	05:41+	05:00+	05:44+	10:49+	02:55+	04:50+	10:56+	04:52+	02:56+	04:06+	04:35+	07:24+	02:09+	10:37+	06:05+	03:41+	02:01+	00:19+
16	Brian Aagaard Nielsen	2	1:55:42																			
02:34+	03:42+	06:23+	08:19+	11:40+	15:47+	20:20+	24:52+	34:10+	36:32+	42:11+	64:19+	66:55+	69:31+	72:28+	77:11+	84:23+	86:54+	95:52+	109:53+	112:44+	115:21+	115:42+
02:34+	01:08+	02:41+	01:56+	03:21+	04:07+	04:33+	04:32+	09:18+	02:22+	05:39+	22:08+	02:36+	02:36+	02:57+	04:43+	07:12+	02:31+	08:58+	14:01+	02:51+	02:37+	00:21+
02:34+	01:08+	02:41+	01:56+	03:21+	04:07+	04:33+	04:32+	09:18+	02:22+	05:39+	22:08+	02:36+	02:36+	02:57+	04:43+	07:12+	02:31+	08:58+	14:01+	02:51+	02:37+	00:21+
17	Simon Bisgaard Olsen	7	1:57:48																			
03:53+	04:52+	07:51+	10:46+	15:01+	19:59+	25:03+	28:36+	45:22+	48:02+	54:29+	63:11+	65:42+	69:01+	75:43+	81:06+	91:26+	93:27+	102:35+	111:22+	115:22+	117:29+	117:48+
03:53+	00:59+	02:59+	02:55+	04:15+	04:58+	05:04+	03:33+	16:46+	02:40+	06:27+	08:42+	02:31+	03:19+	06:42+	05:23+	10:20+	02:01+	09:08+	08:47+	04:00+	02:07+	00:19+
03:53+	00:59+	02:59+	02:55+	04:15+	04:58+	05:04+	03:33+	16:46+	02:40+	06:27+	08:42+	02:31+	03:19+	06:42+	05:23+	10:20+	02:01+	09:08+	08:47+	04:00+	02:07+	00:19+
18	Rasmus Thyssen Harfot	2	2:08:56																			
01:58+	02:55+	07:12+	10:05+	16:53+	23:09+	29:13+	34:25+	45:27+	48:23+	54:04+	63:58+	68:25+	72:40+	79:12+	85:25+	95:32+	100:14+	113:25+	121:59+	126:04+	128:30+	128:56+
01:58+	00:57+	04:17+	02:53+	06:48+	06:16+	06:04+	05:12+	11:02+	02:56+	05:41+	09:54+	04:27+	04:15+	06:32+	06:13+	10:07+	04:42+	13:11+	08:34+	04:05+	02:26+	00:26+
01:58+	00:57+	04:17+	02:53+	06:48+	06:16+	06:04+	05:12+	11:02+	02:56+	05:41+	09:54+	04:27+	04:15+	06:32+	06:13+	10:07+	04:42+	13:11+	08:34+	04:05+	02:26+	00:26+

Beste stræktid for klassen

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

H21B

1	Mads Godvin Jensen	10	49:05											
05:32=	08:53=	11:48=	15:00=	21:04=	24:00=	26:57=	29:42=	33:26=	37:04=	41:29=	45:27=	47:49=	48:49=	49:05=
05:32=	03:21=	02:55=	03:12=	06:04=	02:56=	02:57=	02:45=	03:44=	03:38=	04:25=	03:58=	02:22=	01:00=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
3	Lasse Lykkegaard	1	1:01:59											
04:21-	06:32-	12:32+	16:02+	22:10+	24:20+	26:45-	29:32-	42:42+	45:39+	49:13+	51:19+	61:00+	61:43+	61:59+
04:21-	02:11-	06:00+	03:30+	06:08+	02:10-	02:25-	02:47+	13:10+	02:57-	03:34-	02:06-	09:41+	00:43-	00:16=
01:11-	01:10-	03:05@	00:18+	00:04+	00:46-	00:32-	00:02+	09:26@	00:41-	00:51-	01:52-	07:19@	00:17-	00:00=
4	Benjamin Bjerg Pedersen	10	1:02:01											
04:24-	07:12-	10:23-	13:56-	18:17-	22:08-	27:29+	30:20+	44:43+	48:53+	53:47+	57:02+	60:50+	61:38+	62:01+
04:24-	02:48-	03:11+	03:33+	04:21-	03:51+	05:21+	02:51+	14:23+	04:10+	04:54+	03:15-	03:48+	00:48-	00:23+
01:08-	00:33-	00:16+	00:21#	01:43-	00:55&	02:24&	00:06+	10:39@	00:32#	00:29#	00:43-	01:26&	00:12-	00:07&
5	Martin Lundø	2	1:13:10											
03:54-	06:47-	15:00+	18:36+	24:17+	29:07+	34:17+	50:46+	55:26+	60:14+	64:36+	67:26+	72:04+	72:50+	73:10+
03:54-	02:53-	08:13+	03:36+	05:41-	04:50+	05:10+	16:29+	04:40+	04:48+	04:22-	02:50-	04:38+	00:46-	00:20+
01:38-	00:28-	05:18@	00:24#	00:23-	01:54&	02:13&	13:44@	00:56#	01:10&	00:03-	01:08-	02:16&	00:14-	00:04#
7	Jesper Toft Møller Mikkelsen	2	1:24:53											
07:12+	10:42+	14:46+	21:39+	32:27+	37:05+	45:09+	48:37+	61:49+	67:32+	74:09+	77:54+	82:09+	84:36+	84:53+
07:12+	03:30+	04:04+	06:53+	10:48+	04:38+	08:04+	03:28+	13:12+	05:43+	06:37+	03:45-	04:15+	02:27+	00:17+
01:40&	00:09+	01:09&	03:41@	04:44&	01:42&	05:07@	00:43&	09:28@	02:05&	02:12&	00:13-	01:53&	01:27@	00:01+
8	Jesper Leander Lund	2	1:27:13											
03:01-	05:51-	09:58-	14:02-	19:04-	22:46-	27:57+	32:49+	39:41+	60:23+	66:48+	69:40+	84:45+	86:53+	87:13+
03:01-	02:50-	04:07+	04:04+	05:02-	03:42+	05:11+	04:52+	06:52+	20:42+	06:25+	02:52-	15:05+	02:08+	00:20+
02:31-	00:31-	01:12&	00:52&	01:02-	00:46&	02:14&	02:07&	03:08&	17:04@	02:00&	01:06-	12:43@	01:08@	00:04#

H21B

9	Jan Overgaard	OK Pan	1:35:20											
06:54+	11:42+	17:05+	22:39+	39:20+	45:21+	52:49+	56:22+	70:19+	75:51+	82:56+	87:47+	93:17+	94:53+	95:20+
06:54+	04:48+	05:23+	05:34+	16:41+	06:01+	07:28+	03:33+	13:57+	05:32+	07:05+	04:51+	05:30+	01:36+	00:27+
01:22#	01:27&	02:28&	02:22&	10:37@	03:05@	04:31@	00:48&	10:13@	01:54&	02:40&	00:53#	03:08@	00:36&	00:11&

Beste stræktid for klassen

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

H40

1	René Rokkjær	OK Pan	52:35																
01:11=	02:20=	03:46=	06:48=	08:01=	09:42=	15:36=	17:03=	22:05=	28:48=	31:27=	32:48=	35:29=	38:54=	44:54=	47:51=	49:00=	50:46=	52:17=	52:35=
01:08-	01:14+	01:21-	03:30+	01:21+	01:41+	05:54=	01:27=	05:02=	06:43=	02:39=	01:21=	02:41=	03:25=	06:00=	02:57=	01:09=	01:46=	01:31=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Oscar	10	54:02																
01:08-	02:22+	03:43-	07:13+	08:34+	10:19+	16:44+	18:20+	22:41+	30:08+	32:37+	34:05+	37:09+	39:55+	46:09+	49:15+	50:34+	52:29+	53:49+	54:02+
01:08-	01:14+	01:21-	03:30+	01:21+	01:45+	06:25+	01:36+	04:21-	07:27+	02:29-	01:28+	03:04+	02:46-	06:14+	03:06+	01:19+	01:55+	01:20-	00:13-
00:03-	00:05+	00:05-	00:28#	00:08#	00:04+	00:31+	00:09#	00:41-	00:44#	00:10-	00:07+	00:23#	00:39-	00:14+	00:09+	00:10#	00:09+	00:11-	00:05-

3	Mikkel Lund	10	56:01																
01:24+	02:42+	03:59+	07:33+	08:51+	10:54+	17:25+	18:58+	22:48+	30:14+	32:50+	34:13+	38:08+	40:49+	47:28+	51:01+	52:27+	54:28+	55:48+	56:01+
01:24+	01:18+	01:17-	03:34+	01:18+	02:03+	06:31+	01:33+	03:50-	07:26+	02:36-	01:23+	03:55+	02:41-	06:39+	03:33+	01:26+	02:01+	01:20-	00:13-
00:13#	00:09#	00:09-	00:32#	00:05+	00:22#	00:37#	00:06+	01:12-	00:43#	00:03-	00:02+	01:14&	00:44-	00:39#	00:36#	00:17#	00:15#	00:11-	00:05-

4	Troels Nielsen	2	56:35																
01:22+	02:43+	04:11+	07:33+	08:51+	10:45+	16:56+	18:20+	21:56-	30:09+	33:30+	34:56+	38:47+	41:31+	47:36+	50:57+	52:23+	54:43+	56:15+	56:35+
01:22+	01:21+	01:28+	03:22+	01:18+	01:54+	06:11+	01:24-	03:36-	08:13+	03:21+	01:26+	03:51+	02:44-	06:05+	03:21+	01:26+	02:20+	01:32+	00:20+
00:11#	00:12#	00:02+	00:20#	00:05+	00:13#	00:17+	00:03-	01:26-	01:30#	00:42&	00:05+	01:10&	00:41-	00:05+	00:24#	00:17#	00:34&	00:01+	00:02#

5	Patrick McGrail	OK Pan	56:38																
01:20+	02:41+	04:17+	08:10+	09:29+	11:37+	17:34+	19:02+	23:27+	30:17+	32:37+	34:03+	37:31+	41:28+	48:25+	51:36+	53:00+	54:52+	56:20+	56:38+
01:20+	01:21+	01:36+	03:53+	01:19+	02:08+	05:57+	01:28+	04:25-	06:50+	02:20-	01:26+	03:28+	03:57+	06:57+	03:11+	01:24+	01:52+	01:28-	00:18=
00:09#	00:12#	00:10#	00:51&	00:06+	00:27&	00:03+	00:01+	00:37-	00:07+	00:19-	00:05+	00:47&	00:32#	00:57#	00:14+	00:15#	00:06+	00:03-	00:00=

6	Morten Fenger-Grøn	10	1:01:07																
02:01+	03:20+	04:59+	08:46+	10:36+	12:27+	20:03+	21:35+	26:03+	33:33+	36:31+	37:52+	40:33+	45:41+	52:05+	55:34+	57:03+	59:19+	60:47+	61:07+
02:01+	01:19+	01:39+	03:47+	01:50+	01:51+	07:36+	01:32+	04:28-	07:30+	02:58+	01:21=	02:41=	05:08+	06:24+	03:29+	01:29+	02:16+	01:28-	00:20+
00:50&	00:10#	00:13#	00:45#	00:37&	00:10+	01:42&	00:05+	00:34-	00:47#	00:19#	00:00=	00:00=	01:43&	00:24+	00:32#	00:20&	00:30&	00:03-	00:02#

7	Martin Hastrup Dyrland	2	1:17:04																
02:14+	03:48+	05:42+	09:59+	11:43+	14:10+	27:30+	29:24+	35:47+	45:08+	48:17+	49:54+	53:48+	57:17+	65:32+	69:39+	71:37+	74:53+	76:39+	77:04+
02:14+	01:34+	01:54+	04:17+	01:44+	02:27+	13:20+	01:54+	06:23+	09:21+	03:09+	01:37+	03:54+	03:29+	08:15+	04:07+	01:58+	03:16+	01:46+	00:25+
01:03&	00:25&	00:28&	01:15&	00:31&	00:46&	07:26@	00:27&	01:21&	02:38&	00:30#	00:16#	01:13&	00:04+	02:15&	01:10&	00:49&	01:30&	00:15#	00:07&

8	Claus Bobach	14	1:19:13																
01:33+	03:10+	04:48+	09:33+	11:31+	14:13+	22:42+	25:09+	30:29+	40:11+	46:37+	48:41+	52:55+	57:13+	66:56+	71:56+	74:01+	76:48+	78:53+	79:13+
01:33+	01:37+	01:38+	04:45+	01:58+	02:42+	08:29+	02:27+	05:20+	09:42+	06:26+	02:04+	04:14+	04:18+	09:43+	05:00+	02:05+	02:47+	02:05+	00:20+
00:22&	00:28&	00:12#	01:43&	00:45&	01:01&	02:35&	01:00&	00:18+	02:59&	03:47@	00:43&	01:33&	00:53&	03:43&	02:03&	00:56&	01:01&	00:34&	00:02#

9	Morten Kusk	OK Pan	1:19:55																
02:47+	04:12+	06:04+	10:17+	11:57+	14:21+	24:06+	25:57+	31:31+	41:13+	44:36+	46:54+	51:42+	58:27+	67:35+	71:43+	74:11+	76:45+	79:34+	79:55+
02:47+	01:25+	01:52+	04:13+	01:40+	02:24+	09:45+	01:51+	05:34+	09:42+	03:23+	02:18+	04:48+	06:45+	09:08+	04:08+	02:28+	02:34+	02:49+	00:21+
01:36@	00:16#	00:26&	01:11&	00:27&	00:43&	03:51&	00:24&	00:32#	02:59&	00:44&	00:57&	02:07&	03:20&	03:08&	01:11&	01:19@	00:48&	01:18&	00:03#

H40

10	Andreas Popp	14	1:23:48																
02:25+	04:09+	06:40+	11:52+	13:38+	17:18+	25:58+	28:16+	34:38+	46:13+	51:29+	53:45+	57:30+	65:42+	73:27+	76:50+	78:57+	81:43+	83:27+	83:48+
02:25+	01:44+	02:31+	05:12+	01:46+	03:40+	08:40+	02:18+	06:22+	11:35+	05:16+	02:16+	03:45+	08:12+	07:45+	03:23+	02:07+	02:46+	01:44+	00:21+
01:14@	00:35&	01:05&	02:10&	00:33&	01:59@	02:46&	00:51&	01:20&	04:52&	02:37&	00:55&	01:04&	04:47@	01:45&	00:26#	00:58&	01:00&	00:13#	00:03#
11	Filip Bergmann Verhelst	2	1:32:18																
03:11+	04:50+	07:01+	10:43+	12:26+	22:48+	31:43+	34:30+	40:13+	49:17+	58:16+	60:04+	66:19+	70:51+	77:59+	81:45+	87:33+	90:19+	91:56+	92:18+
03:11+	01:39+	02:11+	03:42+	01:43+	10:22+	08:55+	02:47+	05:43+	09:04+	08:59+	01:48+	06:15+	04:32+	07:08+	03:46+	05:48+	02:46+	01:37+	00:22+
03:11+	01:39+	02:11+	03:42+	01:43+	10:22+	08:55+	02:47+	05:43+	09:04+	08:59+	01:48+	06:15+	04:32+	07:08+	03:46+	05:48+	02:46+	01:37+	00:22+
12	Jens Lyhne Kristiansen	7	1:37:27																
02:50+	04:28+	06:25+	11:15+	16:13+	19:59+	30:09+	32:22+	39:33+	52:00+	59:21+	61:50+	67:00+	71:43+	81:42+	87:02+	89:38+	94:19+	97:01+	97:27+
02:50+	01:38+	01:57+	04:50+	04:58+	03:46+	10:10+	02:13+	07:11+	12:27+	07:21+	02:29+	05:10+	04:43+	09:59+	05:20+	02:36+	04:41+	02:42+	00:26+
02:50+	01:38+	01:57+	04:50+	04:58+	03:46+	10:10+	02:13+	07:11+	12:27+	07:21+	02:29+	05:10+	04:43+	09:59+	05:20+	02:36+	04:41+	02:42+	00:26+
13	Thomas Herbert Kokholm	2	1:46:29																
03:38+	05:06+	06:58+	11:46+	15:34+	21:08+	29:54+	31:55+	40:58+	50:24+	55:36+	64:07+	68:16+	82:51+	93:12+	98:09+	100:09+	103:25+	106:05+	106:29+
03:38+	01:28+	01:52+	04:48+	03:48+	05:34+	08:46+	02:01+	09:03+	09:26+	05:12+	08:31+	04:09+	14:35+	10:21+	04:57+	02:00+	03:16+	02:40+	00:24+
03:38+	01:28+	01:52+	04:48+	03:48+	05:34+	08:46+	02:01+	09:03+	09:26+	05:12+	08:31+	04:09+	14:35+	10:21+	04:57+	02:00+	03:16+	02:40+	00:24+
14	Allan Skouboe	2	1:49:27																
02:54+	05:09+	07:31+	15:04+	17:28+	21:28+	33:07+	35:47+	44:31+	57:21+	63:15+	65:56+	72:16+	78:30+	92:29+	100:24+	102:43+	106:30+	109:04+	109:27+
02:54+	02:15+	02:22+	07:33+	02:24+	04:00+	11:39+	02:40+	08:44+	12:50+	05:54+	02:41+	06:20+	06:14+	13:59+	07:55+	02:19+	03:47+	02:34+	00:23+
02:54+	02:15+	02:22+	07:33+	02:24+	04:00+	11:39+	02:40+	08:44+	12:50+	05:54+	02:41+	06:20+	06:14+	13:59+	07:55+	02:19+	03:47+	02:34+	00:23+
15	Thomas Hornbæk	OK Pan	1:51:37																
02:05+	04:11+	07:21+	12:07+	16:00+	18:52+	27:49+	29:49+	36:18+	47:34+	51:53+	54:54+	71:25+	89:14+	98:35+	103:26+	105:34+	109:00+	111:15+	111:37+
02:05+	02:06+	03:10+	04:46+	03:53+	02:52+	08:57+	02:00+	06:29+	11:16+	04:19+	03:01+	16:31+	17:49+	09:21+	04:51+	02:08+	03:26+	02:15+	00:22+
02:05+	02:06+	03:10+	04:46+	03:53+	02:52+	08:57+	02:00+	06:29+	11:16+	04:19+	03:01+	16:31+	17:49+	09:21+	04:51+	02:08+	03:26+	02:15+	00:22+
16	Steen Larsen-Ledet	OK Pan	2:07:50																
03:49+	11:09+	17:42+	22:52+	27:35+	32:22+	46:30+	49:36+	58:45+	71:33+	78:20+	81:19+	88:56+	96:55+	108:15+	116:47+	119:48+	125:13+	127:22+	127:50+
03:49+	07:20+	06:33+	05:10+	04:43+	04:47+	14:08+	03:06+	09:09+	12:48+	06:47+	02:59+	07:37+	07:59+	11:20+	08:32+	03:01+	05:25+	02:09+	00:28+
03:49+	07:20+	06:33+	05:10+	04:43+	04:47+	14:08+	03:06+	09:09+	12:48+	06:47+	02:59+	07:37+	07:59+	11:20+	08:32+	03:01+	05:25+	02:09+	00:28+

Beste stræktid for klassen

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

H45B

1	Peter Kilden Jensen	OK Pan	50:20											
02:09=	05:11=	08:38=	13:10=	17:53=	20:53=	24:13=	27:09=	32:29=	36:25=	41:43=	44:41=	48:46=	49:57=	50:20=
02:09=	03:02=	03:27=	04:32=	04:43=	03:00=	03:20=	02:56=	05:20=	03:56=	05:18=	02:58=	04:05=	01:11=	00:23=
00:00=	00:00=	00:00=	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	Christian Bøje	2	1:01:12											
03:43+	06:30+	09:52+	13:27+	19:43+	24:43+	28:25+	35:38+	39:53+	44:36+	52:20+	55:41+	59:50+	60:48+	61:12+
03:43+	02:47-	03:22-	03:35-	06:16+	05:00+	03:42+	07:13+	04:15-	04:43+	07:44+	03:21+	04:09+	00:58-	00:24+
01:34&	00:15-	00:05-	00:57-	01:33&	02:00&	00:22#	04:17@	01:05-	00:47#	02:26&	00:23#	00:04+	00:13-	00:01+
3	Tommy Jakobsen	2	1:04:45											
04:26+	08:00+	12:32+	17:22+	22:48+	27:50+	32:36+	36:42+	43:07+	47:57+	54:12+	58:48+	63:00+	64:24+	64:45+
04:26+	03:34+	04:32+	04:50+	05:26+	05:02+	04:46+	04:06+	06:25+	04:50+	06:15+	04:36+	04:12+	01:24+	00:21-
02:17@	00:32#	01:05&	00:18+	00:43#	02:02&	01:26&	01:10&	01:05#	00:54#	00:57#	01:38&	00:07+	00:13#	00:02-

H45B

4	Morten Terp Sørensen	10	1:05:41											
02:50+	05:37+	09:29+	12:46-	17:21-	20:55+	24:22+	27:34+	35:29+	39:10+	43:41+	46:11+	64:16+	65:20+	65:41+
02:50+	02:47-	03:52+	03:17-	04:35-	03:34+	03:27+	03:12+	07:55+	03:41-	04:31-	02:30-	18:05+	01:04-	00:21-
00:41&	00:15-	00:25#	01:15-	00:08-	00:34#	00:07+	00:16+	02:35&	00:15-	00:47-	00:28-	14:00@	00:07-	00:02-

5	Erik Odgaard	10	1:07:53											
04:19+	08:15+	12:58+	18:30+	25:18+	29:23+	34:25+	38:42+	44:05+	49:33+	56:03+	60:11+	65:29+	67:22+	67:53+
04:19+	03:56+	04:43+	05:32+	06:48+	04:05+	05:02+	04:17+	05:23+	05:28+	06:30+	04:08+	05:18+	01:53+	00:31+
04:19+	03:56+	04:43+	05:32+	06:48+	04:05+	05:02+	04:17+	05:23+	05:28+	06:30+	04:08+	05:18+	01:53+	00:31+

6	Mogens Henriksen	10	1:12:23											
04:48+	08:36+	12:30+	17:16+	22:24+	25:58+	36:08+	48:44+	53:24+	57:55+	63:32+	66:24+	71:00+	72:06+	72:23+
04:48+	03:48+	03:54+	04:46+	05:08+	03:34+	10:10+	12:36+	04:40+	04:31+	05:37+	02:52+	04:36+	01:06+	00:17+
04:48+	03:48+	03:54+	04:46+	05:08+	03:34+	10:10+	12:36+	04:40+	04:31+	05:37+	02:52+	04:36+	01:06+	00:17+

7	Lars Ozol	10	1:14:07											
01:58+	06:24+	10:54+	16:52+	24:50+	31:40+	36:22+	39:31+	44:26+	53:51+	60:34+	64:57+	72:19+	73:44+	74:07+
01:58+	04:26+	04:30+	05:58+	07:58+	06:50+	04:42+	03:09+	04:55+	09:25+	06:43+	04:23+	07:22+	01:25+	00:23+
01:58+	04:26+	04:30+	05:58+	07:58+	06:50+	04:42+	03:09+	04:55+	09:25+	06:43+	04:23+	07:22+	01:25+	00:23+

8	Niels Dupont	OK Pan	1:17:18											
09:32+	12:48+	19:33+	24:19+	29:59+	40:58+	47:27+	50:21+	54:49+	58:34+	63:34+	66:38+	76:14+	76:58+	77:18+
09:32+	03:16+	06:45+	04:46+	05:40+	10:59+	06:29+	02:54+	04:28+	03:45+	05:00+	03:04+	09:36+	00:44+	00:20+
09:32+	03:16+	06:45+	04:46+	05:40+	10:59+	06:29+	02:54+	04:28+	03:45+	05:00+	03:04+	09:36+	00:44+	00:20+

9	Mogens Finderup	OK Pan	1:20:46											
06:34+	10:53+	15:47+	20:32+	26:31+	30:18+	35:22+	51:05+	56:23+	61:23+	67:24+	71:18+	79:16+	80:21+	80:46+
06:34+	04:19+	04:54+	04:45+	05:59+	03:47+	05:04+	15:43+	05:18+	05:00+	06:01+	03:54+	07:58+	01:05+	00:25+
06:34+	04:19+	04:54+	04:45+	05:59+	03:47+	05:04+	15:43+	05:18+	05:00+	06:01+	03:54+	07:58+	01:05+	00:25+

10	Karsten Ulrik Niss	14	1:34:31											
05:39+	10:45+	17:21+	24:04+	33:29+	44:34+	51:01+	57:12+	67:31+	73:37+	81:12+	86:57+	92:14+	94:03+	94:31+
05:39+	05:06+	06:36+	06:43+	09:25+	11:05+	06:27+	06:11+	10:19+	06:06+	07:35+	05:45+	05:17+	01:49+	00:28+
05:39+	05:06+	06:36+	06:43+	09:25+	11:05+	06:27+	06:11+	10:19+	06:06+	07:35+	05:45+	05:17+	01:49+	00:28+

11	Erik Brixen	1	1:42:38											
27:02+	30:24+	34:09+	38:23+	43:26+	46:47+	51:06+	55:18+	73:32+	80:45+	86:44+	89:58+	100:47+	102:10+	102:38+
27:02+	03:22+	03:45+	04:14+	05:03+	03:21+	04:19+	04:12+	18:14+	07:13+	05:59+	03:14+	10:49+	01:23+	00:28+
27:02+	03:22+	03:45+	04:14+	05:03+	03:21+	04:19+	04:12+	18:14+	07:13+	05:59+	03:14+	10:49+	01:23+	00:28+

12	Bjørn Hansen	1	2:50:48											
27:17+	30:58+	35:54+	42:53+	58:28+	66:31+	82:56+	86:33+	133:09+	137:57+	144:38+	154:17+	168:41+	170:20+	170:48+
27:17+	03:41+	04:56+	06:59+	15:35+	08:03+	16:25+	03:37+	46:36+	04:48+	06:41+	09:39+	14:24+	01:39+	00:28+
27:17+	03:41+	04:56+	06:59+	15:35+	08:03+	16:25+	03:37+	46:36+	04:48+	06:41+	09:39+	14:24+	01:39+	00:28+

Beste stræktid for klassen

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

H50

1	Kent Kragh	2	47:08														
01:58=	04:51=	06:39=	08:40=	12:51=	17:47=	20:16=	21:31=	23:58=	27:09=	31:15=	34:12=	39:50=	41:32=	43:17=	45:32=	46:54=	47:08=
01:58=	02:53=	01:48=	02:01=	04:11=	04:56=	02:29=	01:15=	02:27=	03:11=	04:06=	02:57=	05:38=	01:42=	01:45=	02:15=	01:22=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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
H50																		
2	Ebbe Møller Nielsen	OK Pan																48:12
	01:25-	04:16-	06:09-	08:03-	11:21-	16:40-	19:45-	21:14-	24:54+	28:07+	32:06+	35:07+	40:57+	42:36+	44:19+	46:29+	47:55+	48:12+
	01:25-	02:51-	01:53+	01:54-	03:18-	05:19+	03:05+	01:29+	03:40+	03:13+	03:59-	03:01+	05:50+	01:39-	01:43-	02:10-	01:26+	00:17+
	00:33-	00:02-	00:05+	00:07-	00:53-	00:23+	00:36#	00:14#	01:13&	00:02+	00:07-	00:04+	00:12+	00:03-	00:02-	00:05-	00:04+	00:03#
3	Thomas Hjerrild	OK Pan																50:39
	01:30+	04:25+	06:11+	08:10+	11:22+	17:07+	19:28+	20:38+	23:33+	26:52+	34:14+	37:12+	42:59+	44:43+	46:37+	48:46+	50:20+	50:39+
	01:30+	02:55+	01:46+	01:59+	03:12+	05:45+	02:21+	01:10+	02:55+	03:19+	07:22+	02:58+	05:47+	01:44+	01:54+	02:09+	01:34+	00:19+
	01:30+	02:55+	01:46+	01:59+	03:12+	05:45+	02:21+	01:10+	02:55+	03:19+	07:22+	02:58+	05:47+	01:44+	01:54+	02:09+	01:34+	00:19+
4	Keld Hinge Krogsgaard	10																55:23
	01:33+	04:42+	06:52+	09:19+	12:47+	19:16+	21:43+	23:10+	26:22+	30:09+	34:55+	38:38+	45:44+	48:01+	50:28+	53:06+	55:02+	55:23+
	01:33+	03:09+	02:10+	02:27+	03:28+	06:29+	02:27+	01:27+	03:12+	03:47+	04:46+	03:43+	07:06+	02:17+	02:27+	02:38+	01:56+	00:21+
	01:33+	03:09+	02:10+	02:27+	03:28+	06:29+	02:27+	01:27+	03:12+	03:47+	04:46+	03:43+	07:06+	02:17+	02:27+	02:38+	01:56+	00:21+
5	Kim Rokkjær	OK Pan																56:52
	01:39+	05:00+	06:58+	09:14+	13:39+	19:52+	22:22+	23:39+	27:15+	30:48+	35:41+	40:48+	47:39+	49:47+	52:04+	54:42+	56:35+	56:52+
	01:39+	03:21+	01:58+	02:16+	04:25+	06:13+	02:30+	01:17+	03:36+	03:33+	04:53+	05:07+	06:51+	02:08+	02:17+	02:38+	01:53+	00:17+
	01:39+	03:21+	01:58+	02:16+	04:25+	06:13+	02:30+	01:17+	03:36+	03:33+	04:53+	05:07+	06:51+	02:08+	02:17+	02:38+	01:53+	00:17+
6	Michael Fischer	14																1:03:30
	02:27+	06:00+	08:45+	11:57+	15:36+	23:53+	27:55+	29:49+	33:36+	37:28+	43:07+	47:06+	54:13+	56:04+	58:53+	61:28+	63:13+	63:30+
	02:27+	03:33+	02:45+	03:12+	03:39+	08:17+	04:02+	01:54+	03:47+	03:52+	05:39+	03:59+	07:07+	01:51+	02:49+	02:35+	01:45+	00:17+
	02:27+	03:33+	02:45+	03:12+	03:39+	08:17+	04:02+	01:54+	03:47+	03:52+	05:39+	03:59+	07:07+	01:51+	02:49+	02:35+	01:45+	00:17+
7	Kent Lodberg	OK Pan																1:04:06
	01:40+	04:55+	07:31+	10:07+	13:55+	21:26+	24:42+	27:01+	30:51+	36:56+	42:42+	46:40+	54:14+	56:22+	58:55+	62:00+	63:51+	64:06+
	01:40+	03:15+	02:36+	02:36+	03:48+	07:31+	03:16+	02:19+	03:50+	06:05+	05:46+	03:58+	07:34+	02:08+	02:33+	03:05+	01:51+	00:15+
	01:40+	03:15+	02:36+	02:36+	03:48+	07:31+	03:16+	02:19+	03:50+	06:05+	05:46+	03:58+	07:34+	02:08+	02:33+	03:05+	01:51+	00:15+
8	Kell Sønnichsen	OK Pan																1:04:58
	02:42+	06:43+	10:00+	12:15+	16:28+	23:43+	26:36+	28:35+	32:43+	36:45+	43:04+	47:32+	55:29+	57:52+	60:17+	62:46+	64:36+	64:58+
	02:42+	04:01+	03:17+	02:15+	04:13+	07:15+	02:53+	01:59+	04:08+	04:02+	06:19+	04:28+	07:57+	02:23+	02:25+	02:29+	01:50+	00:22+
	02:42+	04:01+	03:17+	02:15+	04:13+	07:15+	02:53+	01:59+	04:08+	04:02+	06:19+	04:28+	07:57+	02:23+	02:25+	02:29+	01:50+	00:22+
9	Mads Mikkelsen	2																1:05:29
	02:16+	05:54+	08:10+	10:27+	14:25+	21:21+	25:11+	26:58+	31:36+	36:13+	41:36+	46:57+	54:56+	57:29+	60:06+	63:18+	65:10+	65:29+
	02:16+	03:38+	02:16+	02:17+	03:58+	06:56+	03:50+	01:47+	04:38+	04:37+	05:23+	05:21+	07:59+	02:33+	02:37+	03:12+	01:52+	00:19+
	02:16+	03:38+	02:16+	02:17+	03:58+	06:56+	03:50+	01:47+	04:38+	04:37+	05:23+	05:21+	07:59+	02:33+	02:37+	03:12+	01:52+	00:19+
10	Søren Flytkjær	14																1:05:55
	02:23+	06:11+	08:42+	11:36+	16:39+	24:01+	28:27+	30:29+	34:24+	39:02+	45:03+	49:12+	56:21+	58:21+	60:59+	63:40+	65:34+	65:55+
	02:23+	03:48+	02:31+	02:54+	05:03+	07:22+	04:26+	02:02+	03:55+	04:38+	06:01+	04:09+	07:09+	02:00+	02:38+	02:41+	01:54+	00:21+
	02:23+	03:48+	02:31+	02:54+	05:03+	07:22+	04:26+	02:02+	03:55+	04:38+	06:01+	04:09+	07:09+	02:00+	02:38+	02:41+	01:54+	00:21+
11	Jan Thomsen	OK Pan																1:09:11
	01:58+	05:47+	08:48+	11:31+	15:26+	24:45+	28:30+	30:41+	35:13+	40:48+	47:09+	51:36+	59:26+	61:44+	64:23+	66:51+	68:47+	69:11+
	01:58+	03:49+	03:01+	02:43+	03:55+	09:19+	03:45+	02:11+	04:32+	05:35+	06:21+	04:27+	07:50+	02:18+	02:39+	02:28+	01:56+	00:24+
	01:58+	03:49+	03:01+	02:43+	03:55+	09:19+	03:45+	02:11+	04:32+	05:35+	06:21+	04:27+	07:50+	02:18+	02:39+	02:28+	01:56+	00:24+
12	Martin Greiner	OK Pan																1:15:39
	02:26+	06:51+	09:52+	13:04+	18:24+	26:46+	30:07+	32:22+	36:48+	44:14+	50:46+	55:32+	64:29+	66:56+	69:51+	73:04+	75:13+	75:39+
	02:26+	04:25+	03:01+	03:12+	05:20+	08:22+	03:21+	02:15+	04:26+	07:26+	06:32+	04:46+	08:57+	02:27+	02:55+	03:13+	02:09+	00:26+
	02:26+	04:25+	03:01+	03:12+	05:20+	08:22+	03:21+	02:15+	04:26+	07:26+	06:32+	04:46+	08:57+	02:27+	02:55+	03:13+	02:09+	00:26+
13	Kenn Heldgaard Kristensen	1																1:17:51
	02:42+	06:56+	09:48+	12:46+	28:01+	35:57+	39:19+	41:43+	45:28+	49:44+	56:33+	60:24+	68:25+	70:22+	73:12+	75:54+	77:32+	77:51+
	02:42+	04:14+	02:52+	02:58+	15:15+	07:56+	03:22+	02:24+	03:45+	04:16+	06:49+	03:51+	08:01+	01:57+	02:50+	02:42+	01:38+	00:19+
	02:42+	04:14+	02:52+	02:58+	15:15+	07:56+	03:22+	02:24+	03:45+	04:16+	06:49+	03:51+	08:01+	01:57+	02:50+	02:42+	01:38+	00:19+

Class	Navn	Klasse															Tid
H50																	
14	Thomas Lindschouw	14															1:18:00
02:30+	07:16+	10:11+	13:05+	17:43+	26:03+	29:54+	32:19+	37:02+	42:27+	50:12+	55:44+	65:42+	68:18+	71:20+	74:58+	77:30+	78:00+
02:30+	04:46+	02:55+	02:54+	04:38+	08:20+	03:51+	02:25+	04:43+	05:25+	07:45+	05:32+	09:58+	02:36+	03:02+	03:38+	02:32+	00:30+
02:30+	04:46+	02:55+	02:54+	04:38+	08:20+	03:51+	02:25+	04:43+	05:25+	07:45+	05:32+	09:58+	02:36+	03:02+	03:38+	02:32+	00:30+
15	Jens Ozol	10															1:18:14
02:06+	06:26+	09:30+	13:45+	19:11+	29:16+	32:52+	35:03+	40:21+	45:37+	52:05+	57:00+	66:18+	69:04+	72:17+	75:55+	77:59+	78:14+
02:06+	04:20+	03:04+	04:15+	05:26+	10:05+	03:36+	02:11+	05:18+	05:16+	06:28+	04:55+	09:18+	02:46+	03:13+	03:38+	02:04+	00:15+
02:06+	04:20+	03:04+	04:15+	05:26+	10:05+	03:36+	02:11+	05:18+	05:16+	06:28+	04:55+	09:18+	02:46+	03:13+	03:38+	02:04+	00:15+
16	Ulrik Johansen	OK Pan															1:18:32
02:31+	08:22+	11:26+	14:38+	20:29+	29:32+	33:33+	35:53+	40:01+	45:01+	51:43+	57:40+	66:38+	69:15+	72:15+	75:46+	78:05+	78:32+
02:31+	05:51+	03:04+	03:12+	05:51+	09:03+	04:01+	02:20+	04:08+	05:00+	06:42+	05:57+	08:58+	02:37+	03:00+	03:31+	02:19+	00:27+
02:31+	05:51+	03:04+	03:12+	05:51+	09:03+	04:01+	02:20+	04:08+	05:00+	06:42+	05:57+	08:58+	02:37+	03:00+	03:31+	02:19+	00:27+
17	Bo L. Andersen	14															1:22:31
02:26+	07:15+	10:03+	12:42+	16:37+	28:55+	32:12+	34:10+	38:26+	43:32+	54:33+	60:14+	69:03+	73:01+	77:08+	80:03+	82:07+	82:31+
02:26+	04:49+	02:48+	02:39+	03:55+	12:18+	03:17+	01:58+	04:16+	05:06+	11:01+	05:41+	08:49+	03:58+	04:07+	02:55+	02:04+	00:24+
02:26+	04:49+	02:48+	02:39+	03:55+	12:18+	03:17+	01:58+	04:16+	05:06+	11:01+	05:41+	08:49+	03:58+	04:07+	02:55+	02:04+	00:24+
18	Jan Hauerslev	OK Pan															1:22:48
02:01+	06:19+	09:15+	14:57+	20:39+	32:52+	36:28+	38:47+	44:59+	50:02+	56:49+	63:09+	71:11+	73:28+	76:29+	80:16+	82:25+	82:48+
02:01+	04:18+	02:56+	05:42+	05:42+	12:13+	03:36+	02:19+	06:12+	05:03+	06:47+	06:20+	08:02+	02:17+	03:01+	03:47+	02:09+	00:23+
02:01+	04:18+	02:56+	05:42+	05:42+	12:13+	03:36+	02:19+	06:12+	05:03+	06:47+	06:20+	08:02+	02:17+	03:01+	03:47+	02:09+	00:23+
19	Per Mønster Jørgensen	2															1:23:59
01:43+	07:50+	10:38+	13:51+	19:12+	31:27+	35:18+	37:28+	41:42+	49:48+	57:13+	63:42+	72:11+	74:43+	77:31+	81:24+	83:35+	83:59+
01:43+	06:07+	02:48+	03:13+	05:21+	12:15+	03:51+	02:10+	04:14+	08:06+	07:25+	06:29+	08:29+	02:32+	02:48+	03:53+	02:11+	00:24+
01:43+	06:07+	02:48+	03:13+	05:21+	12:15+	03:51+	02:10+	04:14+	08:06+	07:25+	06:29+	08:29+	02:32+	02:48+	03:53+	02:11+	00:24+
20	Karsten Kristiansen	10															1:25:29
04:01+	07:44+	10:13+	12:34+	17:49+	26:03+	29:51+	32:53+	37:05+	42:35+	50:07+	63:08+	72:28+	74:54+	79:17+	82:53+	85:05+	85:29+
04:01+	03:43+	02:29+	02:21+	05:15+	08:14+	03:48+	03:02+	04:12+	05:30+	07:32+	13:01+	09:20+	02:26+	04:23+	03:36+	02:12+	00:24+
04:01+	03:43+	02:29+	02:21+	05:15+	08:14+	03:48+	03:02+	04:12+	05:30+	07:32+	13:01+	09:20+	02:26+	04:23+	03:36+	02:12+	00:24+
21	Torben Kragh	OK Pan															1:31:54
01:54+	06:17+	09:40+	12:02+	20:31+	30:57+	40:24+	42:27+	47:08+	51:27+	58:15+	74:02+	81:46+	84:13+	86:54+	89:27+	91:32+	91:54+
01:54+	04:23+	03:23+	02:22+	08:29+	10:26+	09:27+	02:03+	04:41+	04:19+	06:48+	15:47+	07:44+	02:27+	02:41+	02:33+	02:05+	00:22+
01:54+	04:23+	03:23+	02:22+	08:29+	10:26+	09:27+	02:03+	04:41+	04:19+	06:48+	15:47+	07:44+	02:27+	02:41+	02:33+	02:05+	00:22+
22	Per Dahl Jensen	OK Pan															1:32:20
02:24+	06:12+	08:47+	11:34+	16:58+	25:38+	28:56+	36:08+	41:52+	46:54+	64:31+	70:44+	79:23+	82:20+	85:17+	89:27+	91:55+	92:20+
02:24+	03:48+	02:35+	02:47+	05:24+	08:40+	03:18+	07:12+	05:44+	05:02+	17:37+	06:13+	08:39+	02:57+	02:57+	04:10+	02:28+	00:25+
02:24+	03:48+	02:35+	02:47+	05:24+	08:40+	03:18+	07:12+	05:44+	05:02+	17:37+	06:13+	08:39+	02:57+	02:57+	04:10+	02:28+	00:25+
23	Henning Mindstruplund	2															1:35:03
03:36+	08:21+	13:53+	16:49+	21:48+	29:25+	33:52+	36:24+	41:20+	46:32+	54:52+	68:57+	79:50+	82:45+	88:15+	92:31+	94:38+	95:03+
03:36+	04:45+	05:32+	02:56+	04:59+	07:37+	04:27+	02:32+	04:56+	05:12+	08:20+	14:05+	10:53+	02:55+	05:30+	04:16+	02:07+	00:25+
03:36+	04:45+	05:32+	02:56+	04:59+	07:37+	04:27+	02:32+	04:56+	05:12+	08:20+	14:05+	10:53+	02:55+	05:30+	04:16+	02:07+	00:25+
24	Søren Bak	14															1:48:05
01:59+	06:24+	09:27+	12:46+	27:01+	42:17+	55:20+	58:59+	65:03+	70:43+	77:37+	83:28+	94:26+	97:41+	101:01+	105:17+	107:42+	108:05+
01:59+	04:25+	03:03+	03:19+	14:15+	15:16+	13:03+	03:39+	06:04+	05:40+	06:54+	05:51+	10:58+	03:15+	03:20+	04:16+	02:25+	00:23+
01:59+	04:25+	03:03+	03:19+	14:15+	15:16+	13:03+	03:39+	06:04+	05:40+	06:54+	05:51+	10:58+	03:15+	03:20+	04:16+	02:25+	00:23+
25	Kent Uhre Knudsen	10															1:57:49
02:11+	06:35+	09:29+	12:47+	19:27+	29:46+	35:17+	37:36+	49:55+	54:23+	61:51+	87:35+	99:23+	102:44+	109:39+	113:31+	117:29+	117:49+
02:11+	04:24+	02:54+	03:18+	06:40+	10:19+	05:31+	02:19+	12:19+	04:28+	07:28+	25:44+	11:48+	03:21+	06:55+	03:52+	03:58+	00:20+
02:11+	04:24+	02:54+	03:18+	06:40+	10:19+	05:31+	02:19+	12:19+	04:28+	07:28+	25:44+	11:48+	03:21+	06:55+	03:52+	03:58+	00:20+

H50

Beste stræktid for klassen

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

H60

1	Morten Kjær	10	48:18													
02:06=	06:24=	08:54=	10:09=	17:51=	21:17=	23:32=	25:55=	28:00=	29:52=	34:47=	37:30=	41:17=	43:07=	45:44=	47:52=	48:18=
02:06=	04:18=	02:30=	01:15=	07:42=	03:26=	02:15=	02:23=	02:05=	01:52=	04:55=	02:43=	03:47=	01:50=	02:37=	02:08=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Erik Bobach	10	53:00													
04:37+																
04:37+																
02:31@																
3	Orest Kotylo	10	55:29													
01:59-	05:50-	08:50-	10:24+	18:56+	21:37+	24:16+	28:20+	30:22+	33:49+	39:21+	42:28+	46:59+	49:00+	52:55+	55:03+	55:29+
01:59-	03:51-	03:00+	01:34+	08:32+	02:41-	02:39+	04:04+	02:02-	03:27+	05:32+	03:07+	04:31+	02:01+	03:55+	02:08=	00:26=
00:07-	00:27-	00:30#	00:19&	00:50#	00:45-	00:24#	01:41&	00:03-	01:35&	00:37#	00:24#	00:44#	00:11#	01:18&	00:00=	00:00=
4	Ivan Christensen	OK Pan	56:16													
02:37+	07:21+	10:33+	13:32+	22:53+	25:21+	27:39+	30:56+	33:27+	35:59+	41:36+	44:42+	49:09+	51:01+	53:35+	55:53+	56:16+
02:37+	04:44+	03:12+	02:59+	09:21+	02:28-	02:18+	03:17+	02:31+	02:32+	05:37+	03:06+	04:27+	01:52+	02:34-	02:18+	00:23-
00:31#	00:26#	00:42&	01:44@	01:39#	00:58-	00:03+	00:54&	00:26#	00:40&	00:42#	00:23#	00:40#	00:02+	00:03-	00:10+	00:03-
5	Kim Gottlieb	1	59:38													
02:36+	07:25+	10:48+	12:52+	22:23+	24:57+	27:58+	30:49+	33:05+	35:35+	42:44+	46:42+	51:17+	53:23+	56:50+	59:13+	59:38+
02:36+	04:49+	03:23+	02:04+	09:31+	02:34-	03:01+	02:51+	02:16+	02:30+	07:09+	03:58+	04:35+	02:06+	03:27+	02:23+	00:25-
00:30#	00:31#	00:53&	00:49&	01:49#	00:52-	00:46&	00:28#	00:11+	00:38&	02:14&	01:15&	00:48#	00:16#	00:50&	00:15#	00:01-
6	Keld Gade	13	1:00:40													
02:41+	07:15+	10:44+	12:24+	22:14+	25:14+	28:14+	31:21+	35:16+	39:12+	44:33+	47:31+	52:01+	54:33+	58:27+	60:17+	60:40+
02:41+	04:34+	03:29+	01:40+	09:50+	03:00-	03:00+	03:07+	03:55+	03:56+	05:21+	02:58+	04:30+	02:32+	03:54+	01:50-	00:23-
00:35&	00:16+	00:59&	00:25&	02:08&	00:26-	00:45&	00:44&	01:50&	02:04@	00:26+	00:15+	00:43#	00:42&	01:17&	00:18-	00:03-
7	Hans Jørgen Vad	2	1:04:41													
03:06+	08:26+	11:54+	13:39+	25:54+	28:57+	32:19+	35:25+	38:05+	40:47+	47:27+	51:13+	56:29+	58:20+	61:59+	64:21+	64:41+
03:06+	05:20+	03:28+	01:45+	12:15+	03:03-	03:22+	03:06+	02:40+	02:42+	06:40+	03:46+	05:16+	01:51+	03:39+	02:22+	00:20-
01:00&	01:02#	00:58&	00:30&	04:33&	00:23-	01:07&	00:43&	00:35&	00:50&	01:45&	01:03&	01:29&	00:01+	01:02&	00:14#	00:06-
8	Jens Børsting	10	1:05:18													
01:31-	13:14+	16:08+	19:11+	22:20+	24:46+	27:15+	33:45+	38:08+	43:50+	46:08+	50:00+	52:40+	53:04+			
01:31-	11:43+	02:54+	03:03+	03:09-	02:26-	02:29+	06:30+	04:23+	05:42+	02:18-	03:52+	02:40-	00:24-			
00:35-	07:25@	00:24#	01:48@	04:33-	01:00-	00:14#	04:07@	02:18@	03:50@	02:37-	01:09&	01:07-	01:26-			
9	Hans R. Vendelbjerg	OK Pan	1:06:49													
03:08+	08:16+	11:33+	13:11+	24:40+	28:48+	32:18+	35:46+	38:40+	41:44+	48:49+	54:05+	58:33+	60:50+	63:52+	66:27+	66:49+
03:08+	05:08+	03:17+	01:38+	11:29+	04:08+	03:30+	03:28+	02:54+	03:04+	07:05+	05:16+	04:28+	02:17+	03:02+	02:35+	00:22-
01:02&	00:50#	00:47&	00:23&	03:47&	00:42#	01:15&	01:05&	00:49&	01:12&	02:10&	02:33&	00:41#	00:27#	00:25#	00:27#	00:04-
10	Niels Stadel	10	1:07:39													
02:32+	07:05+	10:18+	11:55+	29:45+	32:57+	35:40+	39:15+	41:54+	44:26+	50:06+	52:58+	57:00+	58:49+	63:55+	67:21+	67:39+
02:32+	04:33+	03:13+	01:37+	17:50+	03:12-	02:43+	03:35+	02:39+	02:32+	05:40+	02:52+	04:02+	01:49-	05:06+	03:26+	00:18-
00:26#	00:15+	00:43&	00:22&	10:08@	00:14-	00:28#	01:12&	00:34&	00:40&	00:45#	00:09+	00:15+	00:01-	02:29&	01:18&	00:08-

Class	Navn	Klasse	Tid													
H60																
11	Søren Munthe	4	1:09:39													
02:39+	07:53+	11:58+	13:46+	26:10+	28:56+	31:52+	38:29+	40:50+	43:24+	50:18+	54:17+	59:59+	62:26+	66:33+	69:09+	69:39+
02:39+	05:14+	04:05+	01:48+	12:24+	02:46-	02:56+	06:37+	02:21+	02:34+	06:54+	03:59+	05:42+	02:27+	04:07+	02:36+	00:30+
00:33&	00:56#	01:35&	00:33&	04:42&	00:40-	00:41&	04:14@	00:16#	00:42&	01:59&	01:16&	01:55&	00:37&	01:30&	00:28#	00:04#
12	Kjeld Arildsen	7	1:12:20													
02:54+	08:25+	12:22+	14:11+	26:34+	30:06+	33:16+	36:40+	39:11+	42:46+	49:40+	54:58+	61:47+	64:26+	68:31+	71:44+	72:20+
02:54+	05:31+	03:57+	01:49+	12:23+	03:32+	03:10+	03:24+	02:31+	03:35+	06:54+	05:18+	06:49+	02:39+	04:05+	03:13+	00:36+
02:54+	05:31+	03:57+	01:49+	12:23+	03:32+	03:10+	03:24+	02:31+	03:35+	06:54+	05:18+	06:49+	02:39+	04:05+	03:13+	00:36+
13	Michael Straube	2	1:12:44													
03:40+	09:03+	12:30+	14:30+	25:25+	32:09+	36:24+	39:38+	42:21+	45:29+	51:52+	56:00+	62:18+	65:13+	69:19+	72:26+	72:44+
03:40+	05:23+	03:27+	02:00+	10:55+	06:44+	04:15+	03:14+	02:43+	03:08+	06:23+	04:08+	06:18+	02:55+	04:06+	03:07+	00:18+
03:40+	05:23+	03:27+	02:00+	10:55+	06:44+	04:15+	03:14+	02:43+	03:08+	06:23+	04:08+	06:18+	02:55+	04:06+	03:07+	00:18+
14	Frank Krog Jensen	2	1:13:08													
05:57+	12:45+	18:58+	29:42+	32:58+	36:19+	40:06+	42:52+	46:09+	53:03+	56:32+	61:14+	63:21+	69:57+	72:57+	73:18+	
05:57+	06:48+	06:13+	10:44+	03:16+	03:21+	03:47+	02:46+	03:17+	06:54+	03:29+	04:42+	02:07+	06:36+	03:00+	00:21+	
05:57+	06:48+	06:13+	10:44+	03:16+	03:21+	03:47+	02:46+	03:17+	06:54+	03:29+	04:42+	02:07+	06:36+	03:00+	00:21+	
15	Carl Henrik Pedersen	4	1:16:27													
04:11+	09:56+	13:53+	16:58+	28:22+	31:32+	34:51+	38:15+	46:58+	49:24+	56:17+	61:34+	66:49+	68:56+	73:10+	76:02+	76:27+
04:11+	05:45+	03:57+	03:05+	11:24+	03:10+	03:19+	03:24+	08:43+	02:26+	06:53+	05:17+	05:15+	02:07+	04:14+	02:52+	00:25+
04:11+	05:45+	03:57+	03:05+	11:24+	03:10+	03:19+	03:24+	08:43+	02:26+	06:53+	05:17+	05:15+	02:07+	04:14+	02:52+	00:25+
16	Henning Hansen	2	1:18:03													
03:05+	09:17+	13:07+	17:31+	29:43+	34:33+	38:39+	42:12+	45:11+	48:14+	55:42+	60:51+	67:01+	69:32+	74:12+	77:33+	78:03+
03:05+	06:12+	03:50+	04:24+	12:12+	04:50+	04:06+	03:33+	02:59+	03:03+	07:28+	05:09+	06:10+	02:31+	04:40+	03:21+	00:30+
03:05+	06:12+	03:50+	04:24+	12:12+	04:50+	04:06+	03:33+	02:59+	03:03+	07:28+	05:09+	06:10+	02:31+	04:40+	03:21+	00:30+
17	Torben Sørensen	2	1:19:13													
03:55+	10:11+	14:36+	16:35+	27:30+	34:12+	38:16+	42:45+	45:52+	48:48+	55:36+	60:03+	69:23+	72:18+	76:40+	78:52+	79:13+
03:55+	06:16+	04:25+	01:59+	10:55+	06:42+	04:04+	04:29+	03:07+	02:56+	06:48+	04:27+	09:20+	02:55+	04:22+	02:12+	00:21+
03:55+	06:16+	04:25+	01:59+	10:55+	06:42+	04:04+	04:29+	03:07+	02:56+	06:48+	04:27+	09:20+	02:55+	04:22+	02:12+	00:21+
18	Leif Rønn Olsen	1	1:20:40													
03:24+	09:35+	13:43+	16:53+	31:21+	34:34+	38:03+	41:11+	44:09+	47:12+	54:12+	59:34+	64:59+	68:27+	77:24+	80:08+	80:40+
03:24+	06:11+	04:08+	03:10+	14:28+	03:13+	03:29+	03:08+	02:58+	03:03+	07:00+	05:22+	05:25+	03:28+	08:57+	02:44+	00:32+
03:24+	06:11+	04:08+	03:10+	14:28+	03:13+	03:29+	03:08+	02:58+	03:03+	07:00+	05:22+	05:25+	03:28+	08:57+	02:44+	00:32+
19	Henrik Dagsberg	OK Pan	1:23:39													
03:19+	09:55+	15:53+	18:19+	34:26+	37:44+	41:08+	44:58+	47:39+	50:59+	60:46+	65:17+	73:04+	75:47+	79:46+	83:15+	83:39+
03:19+	06:36+	05:58+	02:26+	16:07+	03:18+	03:24+	03:50+	02:41+	03:20+	09:47+	04:31+	07:47+	02:43+	03:59+	03:29+	00:24+
03:19+	06:36+	05:58+	02:26+	16:07+	03:18+	03:24+	03:50+	02:41+	03:20+	09:47+	04:31+	07:47+	02:43+	03:59+	03:29+	00:24+
20	Poul Erik Christensen	2	1:25:22													
09:18+	14:42+	18:38+	24:29+	38:25+	45:47+	48:38+	51:57+	55:16+	57:58+	65:35+	69:38+	75:57+	78:37+	82:17+	84:51+	85:22+
09:18+	05:24+	03:56+	05:51+	13:56+	07:22+	02:51+	03:19+	03:19+	02:42+	07:37+	04:03+	06:19+	02:40+	03:40+	02:34+	00:31+
09:18+	05:24+	03:56+	05:51+	13:56+	07:22+	02:51+	03:19+	03:19+	02:42+	07:37+	04:03+	06:19+	02:40+	03:40+	02:34+	00:31+
21	Søren Søgaard Nielsen	1	1:27:26													
04:08+	11:57+	16:47+	19:22+	31:32+	35:21+	41:24+	45:03+	51:52+	55:08+	62:53+	67:22+	77:20+	80:11+	84:27+	87:05+	87:26+
04:08+	07:49+	04:50+	02:35+	12:10+	03:49+	06:03+	03:39+	06:49+	03:16+	07:45+	04:29+	09:58+	02:51+	04:16+	02:38+	00:21+
04:08+	07:49+	04:50+	02:35+	12:10+	03:49+	06:03+	03:39+	06:49+	03:16+	07:45+	04:29+	09:58+	02:51+	04:16+	02:38+	00:21+
22	Ulrik Mathiasen	10	1:31:47													
04:12+	12:14+	17:26+	20:35+	35:54+	45:53+	49:44+	53:20+	57:17+	61:27+	71:17+	75:18+	81:32+	84:16+	88:22+	91:11+	91:47+
04:12+	08:02+	05:12+	03:09+	15:19+	09:59+	03:51+	03:36+	03:57+	04:10+	09:50+	04:01+	06:14+	02:44+	04:06+	02:49+	00:36+
04:12+	08:02+	05:12+	03:09+	15:19+	09:59+	03:51+	03:36+	03:57+	04:10+	09:50+	04:01+	06:14+	02:44+	04:06+	02:49+	00:36+

H60

23	Kim Topp	8	1:48:52													
03:27+	10:40+	15:42+	17:57+	37:08+	41:58+	48:39+	56:27+	60:29+	66:14+	74:53+	82:11+	94:12+	97:39+	104:09+	108:15+	108:52+
03:27+	07:13+	05:02+	02:15+	19:11+	04:50+	06:41+	07:48+	04:02+	05:45+	08:39+	07:18+	12:01+	03:27+	06:30+	04:06+	00:37+
03:27+	07:13+	05:02+	02:15+	19:11+	04:50+	06:41+	07:48+	04:02+	05:45+	08:39+	07:18+	12:01+	03:27+	06:30+	04:06+	00:37+

Beste stræktid for klassen

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

H70

1	Jørgen Münster-Swendsen	10	38:45												
03:19=	07:50=	09:48=	12:32=	16:07=	19:40=	21:41=	23:14=	27:26=	30:09=	32:46=	35:22=	37:12=	38:26=	38:45=	
03:19=	04:31=	01:58=	02:44=	03:35=	03:33=	02:01=	01:33=	04:12=	02:43=	02:37=	02:36=	01:50=	01:14=	00:19=	
00:00=	00:00=	00:00=	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	Jens Jørgen Jensen	1	39:19												
02:52-	07:38-	09:30-	12:35+	15:50-	18:48-	20:59-	22:54-	27:09-	29:29-	33:24+	36:09+	37:43+	38:59+	39:19+	
02:52-	04:46+	01:52-	03:05+	03:15-	02:58-	02:11+	01:55+	04:15+	02:20-	03:55+	02:45+	01:34-	01:16+	00:20+	
00:27-	00:15+	00:06-	00:21#	00:20-	00:35-	00:10+	00:22#	00:03+	00:23-	01:18&	00:09+	00:16-	00:02+	00:01+	
3	Poul Bobach	14	40:06												
01:47-	06:28-	08:40-	11:22-	15:18-	18:32-	20:28-	23:09-	27:30+	30:13+	33:03+	36:18+	38:16+	39:42+	40:06+	
01:47-	04:41+	02:12+	02:42-	03:56+	03:14-	01:56-	02:41+	04:21+	02:43=	02:50+	03:15+	01:58+	01:26+	00:24+	
01:32-	00:10+	00:14#	00:02-	00:21+	00:19-	00:05-	01:08&	00:09+	00:00=	00:13+	00:39#	00:08+	00:12#	00:05&	
4	Max Hansen	5	43:11												
02:18-	07:18-	10:00+	13:36+	17:14+	21:05+	23:43+	25:41+	30:08+	33:31+	35:45+	39:32+	41:32+	42:46+	43:11+	
02:18-	05:00+	02:42+	03:36+	03:38+	03:51+	02:38+	01:58+	04:27+	03:23+	02:14-	03:47+	02:00+	01:14=	00:25+	
01:01-	00:29#	00:44&	00:52&	00:03+	00:18+	00:37&	00:25&	00:15+	00:40#	00:23-	01:11&	00:10+	00:00=	00:06&	
5	Eigil Nielsen	2	44:27												
01:39-	06:47-	09:20-	12:19-	16:39+	20:13+	22:56+	25:58+	27:41+	32:33+	35:09+	37:51+	41:13+	42:49+	44:01+	44:27+
01:39-	05:08+	02:33+	02:59+	04:20+	03:34+	02:43+	03:02+	01:43-	04:52+	02:36-	02:42+	03:22+	01:36+	01:12+	00:26+
01:40-	00:37#	00:35&	00:15+	00:45#	00:01+	00:42&	01:29&	02:29-	02:09&	00:01-	00:06+	01:32&	00:22&	00:53@	00:26+
6	Claus Faber	10	45:37												
01:56-	07:39-	11:58+	15:07+	19:36+	22:58+	25:27+	27:28+	32:38+	36:07+	38:46+	41:47+	43:42+	45:08+	45:37+	
01:56-	05:43+	04:19+	03:09+	04:29+	03:22-	02:29+	02:01+	05:10+	03:29+	02:39+	03:01+	01:55+	01:26+	00:29+	
01:23-	01:12&	02:21@	00:25#	00:54&	00:11-	00:28#	00:28&	00:58#	00:46&	00:02+	00:25#	00:05+	00:12#	00:10&	
7	Flemming Nørgaard	OK Pan	46:43												
02:00-	07:49-	10:16+	13:39+	18:24+	23:06+	25:41+	27:52+	32:59+	36:53+	39:34+	43:04+	44:56+	46:18+	46:43+	
02:00-	05:49+	02:27+	03:23+	04:45+	04:42+	02:35+	02:11+	05:07+	03:54+	02:41+	03:30+	01:52+	01:22+	00:25+	
01:19-	01:18&	00:29#	00:39#	01:10&	01:09&	00:34&	00:38&	00:55#	01:11&	00:04+	00:54&	00:02+	00:08#	00:06&	
8	Knud Fjordvald	10	47:11												
01:47-	06:23-	08:36-	11:09-	15:50-	23:30+	28:00+	29:45+	34:07+	37:37+	40:29+	43:34+	45:20+	46:43+	47:11+	
01:47-	04:36+	02:13+	02:33-	04:41+	07:40+	04:30+	01:45+	04:22+	03:30+	02:52+	03:05+	01:46-	01:23+	00:28+	
01:32-	00:05+	00:15#	00:11-	01:06&	04:07@	02:29@	00:12#	00:10+	00:47&	00:15+	00:29#	00:04-	00:09#	00:09&	
9	John Holm	OK Pan	48:45												
02:55-	09:26+	11:38+	14:25+	20:44+	25:37+	29:45+	31:30+	36:00+	39:10+	42:05+	45:15+	47:18+	48:20+	48:45+	
02:55-	06:31+	02:12+	02:47+	06:19+	04:53+	04:08+	01:45+	04:30+	03:10+	02:55+	03:10+	02:03+	01:02-	00:25+	
00:24-	02:00&	00:14#	00:03+	02:44&	01:20&	02:07@	00:12#	00:18+	00:27#	00:18#	00:34#	00:13#	00:12-	00:06&	

H70

10	Helge Poulsen	4											49:30		
02:28-	07:26-	09:38-	13:39+	17:44+	20:56+	27:14+	28:59+	33:46+	37:45+	41:42+	45:14+	47:48+	49:05+	49:30+	
02:28-	04:58+	02:12+	04:01+	04:05+	03:12-	06:18+	01:45+	04:47+	03:59+	03:57+	03:32+	02:34+	01:17+	00:25+	
00:51-	00:27+	00:14#	01:17&	00:30#	00:21-	04:17@	00:12#	00:35#	01:16&	01:20&	00:56&	00:44&	00:03+	00:06&	

11	Jørgen Jørgensen	10											51:11		
02:41+	08:31+	11:05+	14:31+	19:29+	23:49+	27:02+	29:38+	35:19+	40:43+	43:29+	47:03+	49:13+	50:39+	51:11+	
02:41+	05:50+	02:34+	03:26+	04:58+	04:20+	03:13+	02:36+	05:41+	05:24+	02:46+	03:34+	02:10+	01:26+	00:32+	
02:41+	05:50+	02:34+	03:26+	04:58+	04:20+	03:13+	02:36+	05:41+	05:24+	02:46+	03:34+	02:10+	01:26+	00:32+	

12	Niels Bobach	14											51:36		
02:08+	08:17+	10:55+	14:10+	18:56+	22:34+	27:55+	30:11+	35:52+	40:10+	43:21+	47:05+	49:30+	51:08+	51:36+	
02:08+	06:09+	02:38+	03:15+	04:46+	03:38+	05:21+	02:16+	05:41+	04:18+	03:11+	03:44+	02:25+	01:38+	00:28+	
02:08+	06:09+	02:38+	03:15+	04:46+	03:38+	05:21+	02:16+	05:41+	04:18+	03:11+	03:44+	02:25+	01:38+	00:28+	

13	Carl Malling	8											51:59		
02:21+	07:22+	09:44+	12:28+	16:45+	26:34+	31:51+	33:31+	38:28+	41:23+	44:26+	48:04+	50:08+	51:33+	51:59+	
02:21+	05:01+	02:22+	02:44+	04:17+	09:49+	05:17+	01:40+	04:57+	02:55+	03:03+	03:38+	02:04+	01:25+	00:26+	
02:21+	05:01+	02:22+	02:44+	04:17+	09:49+	05:17+	01:40+	04:57+	02:55+	03:03+	03:38+	02:04+	01:25+	00:26+	

14	Frede Rasmussen	1											52:40		
03:30+	08:57+	12:28+	15:47+	21:04+	24:53+	26:57+	29:39+	34:30+	38:07+	46:57+	49:27+	51:04+	52:19+	52:40+	
03:30+	05:27+	03:31+	03:19+	05:17+	03:49+	02:04+	02:42+	04:51+	03:37+	08:50+	02:30+	01:37+	01:15+	00:21+	
03:30+	05:27+	03:31+	03:19+	05:17+	03:49+	02:04+	02:42+	04:51+	03:37+	08:50+	02:30+	01:37+	01:15+	00:21+	

15	Torben Jørgensen	10											52:42		
03:26+	08:34+	11:03+	13:59+	19:11+	26:38+	29:10+	31:32+	37:14+	40:44+	43:36+	46:39+	50:56+	52:15+	52:42+	
03:26+	05:08+	02:29+	02:56+	05:12+	07:27+	02:32+	02:22+	05:42+	03:30+	02:52+	03:03+	04:17+	01:19+	00:27+	
03:26+	05:08+	02:29+	02:56+	05:12+	07:27+	02:32+	02:22+	05:42+	03:30+	02:52+	03:03+	04:17+	01:19+	00:27+	

16	Poul Grøn	OK Pan											53:05		
02:34+	08:32+	12:11+	16:31+	21:28+	25:38+	27:52+	29:42+	36:40+	41:02+	44:46+	48:48+	50:49+	52:41+	53:05+	
02:34+	05:58+	03:39+	04:20+	04:57+	04:10+	02:14+	01:50+	06:58+	04:22+	03:44+	04:02+	02:01+	01:52+	00:24+	
02:34+	05:58+	03:39+	04:20+	04:57+	04:10+	02:14+	01:50+	06:58+	04:22+	03:44+	04:02+	02:01+	01:52+	00:24+	

17	Clive Allen	10											53:07		
02:47+	08:40+	11:13+	14:46+	19:21+	26:14+	28:51+	30:47+	36:36+	41:15+	44:28+	48:56+	51:05+	52:44+	53:07+	
02:47+	05:53+	02:33+	03:33+	04:35+	06:53+	02:37+	01:56+	05:49+	04:39+	03:13+	04:28+	02:09+	01:39+	00:23+	
02:47+	05:53+	02:33+	03:33+	04:35+	06:53+	02:37+	01:56+	05:49+	04:39+	03:13+	04:28+	02:09+	01:39+	00:23+	

18	Erik Anders Jensen	10											54:03		
02:26+	10:29+	14:00+	17:37+	22:25+	26:59+	30:09+	32:43+	38:11+	43:39+	46:43+	50:14+	52:21+	53:41+	54:03+	
02:26+	08:03+	03:31+	03:37+	04:48+	04:34+	03:10+	02:34+	05:28+	05:28+	03:04+	03:31+	02:07+	01:20+	00:22+	
02:26+	08:03+	03:31+	03:37+	04:48+	04:34+	03:10+	02:34+	05:28+	05:28+	03:04+	03:31+	02:07+	01:20+	00:22+	

19	Jack Skrydstrup	3											55:52		
07:58+	10:44+	13:27+	18:20+	22:39+	25:53+	29:58+	31:44+	33:09+	33:34+						
07:58+	02:46+	02:43+	04:53+	04:19+	03:14+	04:05+	01:46+	01:25+	00:25+						
07:58+	02:46+	02:43+	04:53+	04:19+	03:14+	04:05+	01:46+	01:25+	00:25+						

20	Per Jessen-Klixbüll	OK Pan											55:53		
02:49+	11:09+	14:21+	18:01+	22:54+	29:31+	32:19+	34:09+	40:17+	44:49+	47:52+	52:01+	54:00+	55:25+	55:53+	
02:49+	08:20+	03:12+	03:40+	04:53+	06:37+	02:48+	01:50+	06:08+	04:32+	03:03+	04:09+	01:59+	01:25+	00:28+	
02:49+	08:20+	03:12+	03:40+	04:53+	06:37+	02:48+	01:50+	06:08+	04:32+	03:03+	04:09+	01:59+	01:25+	00:28+	

21	Kai Ø. Laursen	14											56:16		
02:12+	08:10+	11:21+	14:44+	20:23+	25:39+	30:29+	32:16+	38:20+	42:57+	46:53+	50:53+	53:43+	55:44+	56:16+	
02:12+	05:58+	03:11+	03:23+	05:39+	05:16+	04:50+	01:47+	06:04+	04:37+	03:56+	04:00+	02:50+	02:01+	00:32+	
02:12+	05:58+	03:11+	03:23+	05:39+	05:16+	04:50+	01:47+	06:04+	04:37+	03:56+	04:00+	02:50+	02:01+	00:32+	

Class	Navn	Klasse												Tid	
H70															
22	Poul Nøhr	10												59:36	
	02:41+	08:39+	11:37+	15:22+	23:52+	28:53+	36:35+	39:01+	44:50+	48:10+	51:18+	55:10+	57:26+	59:03+	59:36+
	02:41+	05:58+	02:58+	03:45+	08:30+	05:01+	07:42+	02:26+	05:49+	03:20+	03:08+	03:52+	02:16+	01:37+	00:33+
	02:41+	05:58+	02:58+	03:45+	08:30+	05:01+	07:42+	02:26+	05:49+	03:20+	03:08+	03:52+	02:16+	01:37+	00:33+
23	Frants Nielsen	1												59:44	
	05:26+	13:35+	16:24+	19:58+	25:24+	30:15+	34:36+	36:36+	42:07+	46:17+	51:30+	55:52+	57:43+	59:17+	59:44+
	05:26+	08:09+	02:49+	03:34+	05:26+	04:51+	04:21+	02:00+	05:31+	04:10+	05:13+	04:22+	01:51+	01:34+	00:27+
	05:26+	08:09+	02:49+	03:34+	05:26+	04:51+	04:21+	02:00+	05:31+	04:10+	05:13+	04:22+	01:51+	01:34+	00:27+
24	Tage Baun	2												1:01:06	
	03:00+	09:24+	12:26+	16:14+	21:47+	26:50+	30:11+	33:47+	39:16+	43:17+	48:29+	52:13+	59:09+	60:35+	61:06+
	03:00+	06:24+	03:02+	03:48+	05:33+	05:03+	03:21+	03:36+	05:29+	04:01+	05:12+	03:44+	06:56+	01:26+	00:31+
	03:00+	06:24+	03:02+	03:48+	05:33+	05:03+	03:21+	03:36+	05:29+	04:01+	05:12+	03:44+	06:56+	01:26+	00:31+
25	Frank Linde	OK Pan												1:01:22	
	02:12+	08:41+	12:05+	16:47+	22:37+	27:59+	31:51+	34:55+	41:52+	47:21+	51:17+	55:47+	58:39+	60:49+	61:22+
	02:12+	06:29+	03:24+	04:42+	05:50+	05:22+	03:52+	03:04+	06:57+	05:29+	03:56+	04:30+	02:52+	02:10+	00:33+
	02:12+	06:29+	03:24+	04:42+	05:50+	05:22+	03:52+	03:04+	06:57+	05:29+	03:56+	04:30+	02:52+	02:10+	00:33+
26	Troels Munthe	4												1:03:40	
	03:18+	09:36+	13:12+	18:01+	24:36+	30:27+	33:10+	36:07+	46:50+	52:20+	55:26+	59:14+	61:26+	63:01+	63:40+
	03:18+	06:18+	03:36+	04:49+	06:35+	05:51+	02:43+	02:57+	10:43+	05:30+	03:06+	03:48+	02:12+	01:35+	00:39+
	03:18+	06:18+	03:36+	04:49+	06:35+	05:51+	02:43+	02:57+	10:43+	05:30+	03:06+	03:48+	02:12+	01:35+	00:39+
27	Troels Jensen	2												1:04:00	
	02:02+	08:00+	21:11+	26:06+	30:44+	35:08+	40:11+	43:55+	49:22+	53:08+	55:57+	60:08+	62:07+	63:32+	64:00+
	02:02+	05:58+	13:11+	04:55+	04:38+	04:24+	05:03+	03:44+	05:27+	03:46+	02:49+	04:11+	01:59+	01:25+	00:28+
	02:02+	05:58+	13:11+	04:55+	04:38+	04:24+	05:03+	03:44+	05:27+	03:46+	02:49+	04:11+	01:59+	01:25+	00:28+
28	Asmus Wonsyld	10												1:04:50	
	03:14+	10:29+	20:29+	24:29+	30:08+	35:21+	38:07+	40:38+	47:24+	52:17+	56:03+	60:14+	62:11+	64:12+	64:50+
	03:14+	07:15+	10:00+	04:00+	05:39+	05:13+	02:46+	02:31+	06:46+	04:53+	03:46+	04:11+	01:57+	02:01+	00:38+
	03:14+	07:15+	10:00+	04:00+	05:39+	05:13+	02:46+	02:31+	06:46+	04:53+	03:46+	04:11+	01:57+	02:01+	00:38+
29	Torben Isen	1												1:05:19	
	02:30+	10:07+	12:13+	15:34+	19:41+	26:28+	34:03+	38:57+	50:05+	54:48+	58:05+	61:22+	63:13+	64:53+	65:19+
	02:30+	07:37+	02:06+	03:21+	04:07+	06:47+	07:35+	04:54+	11:08+	04:43+	03:17+	03:17+	01:51+	01:40+	00:26+
	02:30+	07:37+	02:06+	03:21+	04:07+	06:47+	07:35+	04:54+	11:08+	04:43+	03:17+	03:17+	01:51+	01:40+	00:26+
30	Jørgen Thyssen	2												1:09:12	
	03:45+	15:09+	18:21+	22:05+	27:27+	33:37+	37:29+	40:32+	49:27+	54:57+	58:58+	64:22+	66:46+	68:44+	69:12+
	03:45+	11:24+	03:12+	03:44+	05:22+	06:10+	03:52+	03:03+	08:55+	05:30+	04:01+	05:24+	02:24+	01:58+	00:28+
	03:45+	11:24+	03:12+	03:44+	05:22+	06:10+	03:52+	03:03+	08:55+	05:30+	04:01+	05:24+	02:24+	01:58+	00:28+
31	Finn Hother Madsen	OK Pan												1:11:38	
	05:17+	13:17+	16:46+	21:46+	29:15+	34:51+	38:22+	43:02+	49:49+	56:03+	60:36+	64:59+	68:43+	70:48+	71:38+
	05:17+	08:00+	03:29+	05:00+	07:29+	05:36+	03:31+	04:40+	06:47+	06:14+	04:33+	04:23+	03:44+	02:05+	00:50+
	05:17+	08:00+	03:29+	05:00+	07:29+	05:36+	03:31+	04:40+	06:47+	06:14+	04:33+	04:23+	03:44+	02:05+	00:50+
32	Lars Ole Larsen	10												1:12:01	
	03:20+	09:55+	12:51+	16:43+	28:45+	34:49+	38:32+	43:43+	51:11+	56:05+	61:14+	65:48+	68:04+	71:09+	72:01+
	03:20+	06:35+	02:56+	03:52+	12:02+	06:04+	03:43+	05:11+	07:28+	04:54+	05:09+	04:34+	02:16+	03:05+	00:52+
	03:20+	06:35+	02:56+	03:52+	12:02+	06:04+	03:43+	05:11+	07:28+	04:54+	05:09+	04:34+	02:16+	03:05+	00:52+
33	Villy Sørensen	8												1:17:43	
	03:37+	12:03+	16:25+	23:38+	30:37+	37:38+	42:35+	45:39+	53:00+	58:38+	63:06+	72:01+	75:06+	77:08+	77:43+
	03:37+	08:26+	04:22+	07:13+	06:59+	07:01+	04:57+	03:04+	07:21+	05:38+	04:28+	08:55+	03:05+	02:02+	00:35+
	03:37+	08:26+	04:22+	07:13+	06:59+	07:01+	04:57+	03:04+	07:21+	05:38+	04:28+	08:55+	03:05+	02:02+	00:35+

H70

34	Ole Thy	RSOK										1:25:13		
03:36+	12:25+	18:53+	24:23+	30:25+	35:59+	46:44+	51:26+	60:58+	69:24+	75:22+	79:53+	82:34+	84:37+	85:13+
03:36+	08:49+	06:28+	05:30+	06:02+	05:34+	10:45+	04:42+	09:32+	08:26+	05:58+	04:31+	02:41+	02:03+	00:36+
03:36+	08:49+	06:28+	05:30+	06:02+	05:34+	10:45+	04:42+	09:32+	08:26+	05:58+	04:31+	02:41+	02:03+	00:36+

35	Henning Fr. Larsen	2										1:28:34		
03:36+	14:02+	18:23+	24:36+	33:17+	42:34+	47:01+	50:16+	59:28+	68:37+	73:59+	80:07+	84:23+	87:52+	88:34+
03:36+	10:26+	04:21+	06:13+	08:41+	09:17+	04:27+	03:15+	09:12+	09:09+	05:22+	06:08+	04:16+	03:29+	00:42+
03:36+	10:26+	04:21+	06:13+	08:41+	09:17+	04:27+	03:15+	09:12+	09:09+	05:22+	06:08+	04:16+	03:29+	00:42+

36	Hans Jørgen Simonsen	OK Pan										1:47:00		
04:37+	25:54+	31:10+	36:28+	45:17+	52:17+	56:16+	64:29+	75:24+	84:43+	89:48+	96:44+	101:07+	106:04+	107:00+
04:37+	21:17+	05:16+	05:18+	08:49+	07:00+	03:59+	08:13+	10:55+	09:19+	05:05+	06:56+	04:23+	04:57+	00:56+
04:37+	21:17+	05:16+	05:18+	08:49+	07:00+	03:59+	08:13+	10:55+	09:19+	05:05+	06:56+	04:23+	04:57+	00:56+

37	Harvy Ilsøe	2										2:11:16		
11:13+	22:24+	42:09+	49:25+	63:30+	72:39+	77:07+	80:23+	90:19+	98:55+	104:36+	118:22+	125:47+	130:36+	131:16+
11:13+	11:11+	19:45+	07:16+	14:05+	09:09+	04:28+	03:16+	09:56+	08:36+	05:41+	13:46+	07:25+	04:49+	00:40+
11:13+	11:11+	19:45+	07:16+	14:05+	09:09+	04:28+	03:16+	09:56+	08:36+	05:41+	13:46+	07:25+	04:49+	00:40+

Beste stræktid for klassen

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

H80

1	Knud Sørensen	OK Pan										34:11		
03:22=	07:15=	09:26=	12:36=	16:46=	19:53=	24:13=	27:39=	31:05=	33:44=	34:11=				
03:22=	03:53=	02:11=	03:10=	04:10=	03:07=	04:20=	03:26=	03:26=	02:39=	00:27=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

2	Ole F. Thomsen	7										36:30		
03:51+	08:14+	11:03+	13:27+	18:59+	22:11+	26:01+	29:44+	33:11+	36:03+	36:30+				
03:51+	04:23+	02:49+	02:24+	05:32+	03:12+	03:50+	03:43+	03:27+	02:52+	00:27+				
00:29#	00:30#	00:38&	00:46-	01:22&	00:05+	00:30-	00:17+	00:01+	00:13+	00:00=				

3	Asger Kristensen	1										55:39		
04:54+	10:49+	19:31+	21:49+	28:15+	36:21+	40:33+	46:28+	51:57+	55:04+	55:39+				
04:54+	05:55+	08:42+	02:18-	06:26+	08:06+	04:12-	05:55+	05:29+	03:07+	00:35+				
01:32&	02:02&	06:31@	00:52-	02:16&	04:59@	00:08-	02:29&	02:03&	00:28#	00:08&				

4	Jørgen Jensen	2										56:35		
05:07+	11:34+	16:09+	22:15+	29:40+	36:40+	41:21+	48:03+	52:29+	55:50+	56:35+				
05:07+	06:27+	04:35+	06:06+	07:25+	07:00+	04:41+	06:42+	04:26+	03:21+	00:45+				
01:45&	02:34&	02:24@	02:56&	03:15&	03:53@	00:21+	03:16&	01:00&	00:42&	00:18&				

5	Karsten Hinge	OK Pan										1:01:09		
04:36+	11:02+	16:38+	20:02+	28:03+	40:10+	43:57+	53:08+	57:04+	60:30+	61:09+				
04:36+	06:26+	05:36+	03:24+	08:01+	12:07+	03:47-	09:11+	03:56+	03:26+	00:39+				
01:14&	02:33&	03:25@	00:14+	03:51&	09:00@	00:33-	05:45@	00:30#	00:47&	00:12&				

6	Finn Grynderup	2										1:26:22		
07:30+	16:15+	21:30+	24:44+	32:40+	41:16+	54:08+	65:57+	81:15+	85:30+	86:22+				
07:30+	08:45+	05:15+	03:14+	07:56+	08:36+	12:52+	11:49+	15:18+	04:15+	00:52+				
04:08@	04:52@	03:04@	00:04+	03:46&	05:29@	08:32@	08:23@	11:52@	01:36&	00:25&				

H80

7 Hanne Agnethe Schultz 2 2:13:52

18:10+ 29:27+ 38:22+ 44:12+ 75:13+ 90:43+ 99:09+ 120:03+ 126:58+ 132:44+ 133:52+
 18:10+ 11:17+ 08:55+ 05:50+ 31:01+ 15:30+ 08:26+ 20:54+ 06:55+ 05:46+ 01:08+
 14:48@ 07:24@ 06:44@ 02:40& 26:51@ 12:23@ 04:06& 17:28@ 03:29@ 03:07@ 00:41@

Beste stræktid for klassen

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

H-Let

1 Thomas Damm Als OK Pan 27:35

01:18= 03:44= 06:53= 07:53= 09:25= 11:01= 12:45= 15:13= 15:55= 17:44= 20:07= 22:46= 23:36= 24:55= 25:47= 27:17= 27:35=
 01:18= 02:26= 03:09= 01:00= 01:32= 01:36= 01:44= 02:28= 00:42= 01:49= 02:23= 02:39= 00:50= 01:19= 00:52= 01:30= 00:18=
 00:00= 00:00= 00:00= 00:00= 00:00= 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 Michael Astrup Petersen OK Pan 34:00

09:39+ 11:50+ 14:14+ 15:49+ 19:00+
 09:39+ 02:11- 02:24- 01:35+ 03:11+
 08:21@ 00:15- 00:45- 00:35& 01:39@

3 Leif Udengaard Andersen 10 40:04

02:07+ 04:50+ 07:56+ 09:06+ 10:38+ 12:18+ 14:04+ 16:39+ 17:37+ 26:53+ 29:07+ 33:56+ 35:07+ 36:56+ 37:39+ 39:43+ 40:04+
 02:07+ 02:43+ 03:06- 01:10+ 01:32= 01:40+ 01:46+ 02:35+ 00:58+ 09:16+ 02:14- 04:49+ 01:11+ 01:49+ 00:43- 02:04+ 00:21+
 00:49& 00:17# 00:03- 00:10# 00:00= 00:04+ 00:02+ 00:07+ 00:16& 07:27@ 00:09- 02:10& 00:21& 00:30& 00:09- 00:34& 00:03#

Beste stræktid for klassen

01:18 02:11 02:24 01:00 01:32 01:36 01:44 02:28 00:42 01:49 02:14 02:39 00:50 01:19 00:43 01:30 00:18

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

Åben10

1 Anna Skou-Hansen OK Pan 28:54

02:12= 03:32= 05:34= 06:54= 09:15= 10:43= 12:31= 15:01= 18:40= 19:41= 25:05= 26:24= 28:22= 28:54=
 02:12= 01:20= 02:02= 01:20= 02:21= 01:28= 01:48= 02:30= 03:39= 01:01= 05:24= 01:19= 01:58= 00:32=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste stræktid for klassen

02:12 01:20 02:02 01:20 02:21 01:28 01:48 02:30 03:39 01:01 05:24 01:19 01:58 00:32

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

Åben2

1 Ole Pedersen NOTEAM 2:18:26

02:40= 05:23= 08:21= 13:56= 17:31= 22:28= 36:19= 40:23= 48:22= 61:49= 68:49= 72:13= 96:22= 103:14= 115:54= 127:01= 130:16= 134:44= 138:00= 138:26=
 02:40= 02:43= 02:58= 05:35= 03:35= 04:57= 13:51= 04:04= 07:59= 13:27= 07:00= 03:24= 24:09= 06:52= 12:40= 11:07= 03:15= 04:28= 03:16= 00:26=
 00:00=

Beste stræktid for klassen

02:40 02:43 02:58 05:35 03:35 04:57 13:51 04:04 07:59 13:27 07:00 03:24 24:09 06:52 12:40 11:07 03:15 04:28 03:16 00:26

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

Åben3

1	Jørgen Schnack	14	1:01:41														
01:36=	05:46=	07:56=	10:22=	13:44=	20:58=	27:36=	29:39=	33:10=	37:20=	43:02=	46:57=	53:39=	55:16=	57:30=	59:51=	61:22=	61:41=
01:36=	04:10=	02:10=	02:26=	03:22=	07:14=	06:38=	02:03=	03:31=	04:10=	05:42=	03:55=	06:42=	01:37=	02:14=	02:21=	01:31=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Pedersen	NOTEAM	1:53:55														
04:32+	11:33+	15:44+	19:58+	26:36+	38:30+	46:15+	51:55+	59:26+	69:08+	77:44+	84:54+	96:12+	101:19+	106:00+	110:34+	113:29+	113:55+
04:32+	07:01+	04:11+	04:14+	06:38+	11:54+	07:45+	05:40+	07:31+	09:42+	08:36+	07:10+	11:18+	05:07+	04:41+	04:34+	02:55+	00:26+
02:56@	02:51&	02:01&	01:48&	03:16&	04:40&	01:07#	03:37@	04:00@	05:32@	02:54&	03:15&	04:36&	03:30@	02:27@	02:13&	01:24&	00:07&

Beste stræktid for klassen

01:36	04:10	02:10	02:26	03:22	07:14	06:38	02:03	03:31	04:10	05:42	03:55	06:42	01:37	02:14	02:21	01:31	00:19
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Åben5

1	Anette Egander	NOTEAM	1:08:44											
02:52=	13:14=	17:06=	22:36=	29:12=	34:05=	41:54=	45:13=	51:35=	56:18=	59:50=	64:09=	66:39=	68:17=	68:44=
02:52=	10:22=	03:52=	05:30=	06:36=	04:53=	07:49=	03:19=	06:22=	04:43=	03:32=	04:19=	02:30=	01:38=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

02:52	10:22	03:52	05:30	06:36	04:53	07:49	03:19	06:22	04:43	03:32	04:19	02:30	01:38	00:27
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Åben9

1	Silke Pedersen	NOTEAM	2:42:57										
15:14=	25:34=	36:52=	43:07=	47:30=	58:40=	70:38=	84:07=	96:30=	114:37=	144:17=	160:02=	162:22=	162:57=
15:14=	10:20=	11:18=	06:15=	04:23=	11:10=	11:58=	13:29=	12:23=	18:07=	29:40=	15:45=	02:20=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste stræktid for klassen

15:14	10:20	11:18	06:15	04:23	11:10	11:58	13:29	12:23	18:07	29:40	15:45	02:20	00:35
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.