

MTBO langdistance Trimtex cup

Stræktider

Rold Nørreskov-24-09-2016

Plads Navn Klasse

Tid

D-16

1 Annika Henriksen 21 1:05:22
 04:14= 06:05= 08:19= 12:45= 16:10= 18:28= 23:08= 26:00= 30:59= 33:16= 36:57= 40:50= 45:55= 49:32= 55:14= 57:48= 60:47= 62:44= 64:57= 65:22=
 04:14= 01:51= 02:14= 04:26= 03:25= 02:18= 04:40= 02:52= 04:59= 02:17= 03:41= 03:53= 05:05= 03:37= 05:42= 02:34= 02:59= 01:57= 02:13= 00:25=
 00:00=

2 Marta Kliem 4 1:17:00
 04:27+ 06:09+ 07:46- 12:25- 17:25+ 19:59+ 27:29+ 32:02+ 36:51+ 42:42+ 47:23+ 53:48+ 59:35+ 64:03+ 67:35+ 71:31+ 73:51+ 76:30+ 77:00+
 04:27+ 01:42- 01:37- 04:39+ 05:00+ 02:34+ 07:30+ 04:33+ 04:49- 05:51+ 04:41+ 06:25+ 05:47+ 04:28+ 03:32- 03:56+ 02:20- 02:39+ 00:30-
 00:13+ 00:09- 00:37- 00:13+ 01:35& 00:16# 02:50& 01:41& 00:10- 03:34@ 01:00& 02:32& 00:42# 00:51# 02:10- 01:22& 00:39- 00:42& 01:43-

3 Sara Lykke Brinch 5 1:41:14
 04:18+ 07:07+ 09:09+ 15:12+ 20:19+ 23:39+ 32:51+ 36:17+ 43:16+ 46:03+ 52:48+ 59:22+ 68:02+ 74:06+ 79:49+ 89:04+ 93:31+ 97:21+ 100:43+ 101:14+
 04:18+ 02:49+ 02:02- 06:03+ 05:07+ 03:20+ 09:12+ 03:26+ 06:59+ 02:47+ 06:45+ 06:34+ 08:40+ 06:04+ 05:43+ 09:15+ 04:27+ 03:50+ 03:22+ 00:31+
 00:04+ 00:58& 00:12- 01:37& 01:42& 01:02& 04:32& 00:34# 02:00& 00:30# 03:04& 02:41& 03:35& 02:27& 00:01+ 06:41@ 01:28& 01:53& 01:09& 00:06#

Beste stræktid for klassen

04:14 01:42 01:37 04:26 03:25 02:18 04:40 02:52 04:49 02:17 03:41 03:53 05:05 03:37 03:32 02:34 02:20 01:57 00:30 00:25

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

D21-

1 Cæcilie Rueløkke Christoffersen 16 1:38:35
 05:52= 10:16= 14:26= 20:24= 22:16= 25:25= 30:19= 32:20= 38:10= 42:57= 49:07= 54:48= 60:17= 67:31= 70:01= 73:21= 75:47= 77:49= 80:31= 85:09= 86:22= 89:09= 92:30= 96:03= 98:02= 98:35=
 05:52= 04:24= 04:10= 05:58= 01:52= 03:09= 04:54= 02:01= 05:50= 04:47= 06:10= 05:41= 05:29= 07:14= 02:30= 03:20= 02:26= 02:02= 02:42= 04:38= 01:13= 02:47= 03:21= 03:33= 01:59= 00:33=
 00:00=

2 Anke Dannowski 16 1:48:41
 06:00+ 09:54- 14:57+ 20:39+ 22:34+ 26:06+ 31:08+ 33:05+ 39:02+ 49:35+ 56:14+ 61:54+ 68:23+ 76:09+ 79:33+ 83:19+ 85:57+ 87:47+ 90:37+ 95:00+ 96:10+ 98:33+ 102:40+ 106:25+ 108:20+ 108:41+
 06:00+ 03:54- 05:03+ 05:42- 01:55+ 03:32+ 05:02+ 01:57- 05:57+ 10:33+ 06:39+ 05:40- 06:29+ 07:46+ 03:24+ 03:46+ 02:38+ 01:50- 02:50+ 04:23- 01:10- 02:23- 04:07+ 03:45+ 01:55- 00:21-
 00:08+ 00:30- 00:53# 00:16- 00:03+ 00:23# 00:08+ 00:04- 00:07+ 05:46@ 00:29+ 00:01- 01:00# 00:32+ 00:54& 00:26# 00:12+ 00:12- 00:08+ 00:15- 00:03- 00:24- 00:46# 00:12+ 00:04- 00:12-

3 Nikoline Holm Splittorff 5 2:04:42
 06:00+ 09:50- 13:48- 20:59+ 23:00+ 27:03+ 32:48+ 35:12+ 42:33+ 50:08+ 59:27+ 66:33+ 74:10+ 84:43+ 88:33+ 92:08+ 95:34+ 98:49+ 102:19+ 108:29+ 110:04+ 112:51+ 117:34+ 121:49+ 124:15+ 124:42+
 06:00+ 03:50- 03:58- 07:11+ 02:01+ 04:03+ 05:45+ 02:24+ 07:21+ 07:35+ 09:19+ 07:06+ 07:37+ 10:33+ 03:50+ 03:35+ 03:26+ 03:15+ 03:30+ 06:10+ 01:35+ 02:47= 04:43+ 04:15+ 02:26+ 00:27-
 00:08+ 00:34- 00:12- 01:13# 00:09+ 00:54& 00:51# 00:23# 01:31& 02:48& 03:09& 01:25# 02:08& 03:19& 01:20& 00:15+ 01:00& 01:13& 00:48& 01:32& 00:22& 00:00= 01:22& 00:42# 00:27# 00:06-

4 Didde Scheurer Jacobsen 13 2:46:46
 11:40+ 18:27+ 25:24+ 33:32+ 36:17+ 40:45+ 47:00+ 49:20+ 58:54+ 67:10+ 78:36+ 86:31+ 97:34+ 112:41+ 122:15+ 129:08+ 133:41+ 136:45+ 140:21+ 146:51+ 148:12+ 152:29+ 159:15+ 163:43+ 166:08+ 166:46+
 11:40+ 06:47+ 06:57+ 08:08+ 02:45+ 04:28+ 06:15+ 02:20+ 09:34+ 08:16+ 11:26+ 07:55+ 11:03+ 15:07+ 09:34+ 06:53+ 04:33+ 03:04+ 03:36+ 06:30+ 01:21+ 04:17+ 06:46+ 04:28+ 02:25+ 00:38+
 05:48& 02:23& 02:47& 02:10& 00:53& 01:19& 01:21& 00:19# 03:44& 03:29& 05:16& 02:14& 05:34@ 07:53@ 07:04@ 03:33@ 02:07& 01:02& 00:54& 01:52& 00:08# 01:30& 03:25@ 00:55& 00:26# 00:05#

Beste stræktid for klassen

05:52 03:50 03:58 05:42 01:52 03:09 04:54 01:57 05:50 04:47 06:10 05:40 05:29 07:14 02:30 03:20 02:26 01:50 02:42 04:23 01:10 02:23 03:21 03:33 01:55 00:21

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

D40-

1 Henriette Klostergaard Rokkjær 14 1:18:50
 04:55= 08:18= 14:39= 20:12= 22:25= 26:34= 32:00= 35:16= 41:26= 43:28= 47:50= 52:28= 54:22= 55:58= 57:47= 60:31= 63:19= 65:07= 69:34= 74:25= 77:40= 78:28= 78:50=
 04:55= 03:23= 06:21= 05:33= 02:13= 04:09= 05:26= 03:16= 06:10= 02:02= 04:22= 04:38= 01:54= 01:36= 01:49= 02:44= 02:48= 01:48= 04:27= 04:51= 03:15= 00:48= 00:22=
 00:00=

2 Cecilia Rønnefærd 10 1:32:44
 06:59+ 12:01+ 19:12+ 24:49+ 27:01+ 31:41+ 36:48+ 40:25+ 47:52+ 50:35+ 54:57+ 59:57+ 62:06+ 63:45+ 65:33+ 68:14+ 70:56+ 74:02+ 80:38+ 86:49+ 90:30+ 91:33+ 91:53+ 92:44+
 06:59+ 05:02+ 07:11+ 05:37+ 02:12- 04:40+ 05:07- 03:37+ 07:27+ 02:43+ 04:22= 05:00+ 02:09+ 01:39+ 01:48- 02:41- 02:42- 03:06+ 06:36+ 06:11+ 03:41+ 01:03+ 00:20- 00:51+
 02:04& 01:39& 00:50# 00:04+ 00:01- 00:31# 00:19- 00:21# 01:17# 00:41& 00:00= 00:22+ 00:15# 00:03+ 00:01- 00:03- 00:06- 01:18& 02:09& 01:20& 00:26# 00:15& 00:02- 00:51+

3 Jane Tange Mathiasen 18 1:33:16
 06:21+ 09:10+ 12:32- 26:37+ 32:41+ 35:13+ 39:38+ 44:33+ 48:25+ 54:08+ 56:09+ 60:21+ 65:18+ 67:21+ 69:25+ 70:57+ 74:14+ 76:43+ 78:45+ 83:35+ 87:51+ 91:12+ 92:28+ 93:16+
 06:21+ 02:49- 03:22- 14:05+ 06:04+ 02:32- 04:25- 04:55+ 03:52- 05:43+ 02:01- 04:12- 04:57+ 02:03+ 02:04+ 01:32- 03:17+ 02:29+ 02:02- 04:50- 04:16+ 03:21+ 01:16+ 00:48+
 01:26& 00:34- 02:59- 08:32@ 03:51@ 01:37- 01:01- 01:39& 02:18- 03:41@ 02:21- 00:26- 03:03@ 00:27& 00:15# 01:12- 00:29# 00:41& 02:25- 00:01- 01:01& 02:33@ 00:54@ 00:48+

Class	Navn	Klasse																Tid			
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Beste stræktid for klassen

04:55 02:49 03:22 05:33 02:12 02:32 04:25 03:16 03:52 02:02 02:01 04:12 01:54 01:36 01:48 01:32 02:42 01:48 02:02 04:50 03:15 00:48 00:20

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

D50-

1 Lucia Aagaard

7

1:28:17

06:45= 09:20= 18:05= 20:11= 25:59= 30:39= 36:15= 40:00= 44:45= 49:23= 53:43= 55:46= 59:45= 62:33= 67:14= 69:36= 78:26= 83:50= 87:08= 87:54= 88:17=

2 Tove Sonne Andersen

16

1:29:20

05:54- 08:29- 15:08- 17:20- 23:34- 29:18- 34:50- 39:48- 43:34- 47:58- 53:08- 55:06- 60:38+ 63:47+ 68:34+ 71:03+ 77:31- 84:41+ 88:03+ 88:51+ 89:20+

Beste stræktid for klassen

05:54 02:35 06:39 02:06 05:48 04:40 05:32 03:45 03:46 04:24 04:20 01:58 03:59 02:48 04:41 02:22 06:28 05:24 03:18 00:46 00:23

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

D60-

1 Ansa Maclassen

18

1:19:29

04:36= 06:51= 08:49= 13:45= 18:55= 21:38= 29:23= 32:57= 39:34= 44:25= 49:52= 55:46= 61:42= 66:37= 70:43= 74:16= 76:43= 79:02= 79:29=

2 Ingrid Johannsen

19

1:20:03

04:49+ 06:55+ 08:45- 15:47+ 19:56+ 23:19+ 28:55- 32:19- 38:20- 43:15- 48:26- 54:42- 59:04- 64:26- 67:55- 72:24- 75:03- 79:09+ 80:03+

3 Birgit Hausner

15

1:22:55

75:15+ 77:59+ 82:06+ 82:55+

Beste stræktid for klassen

04:36 02:06 01:50 00:49 04:09 02:43 05:36 03:24 06:01 04:51 05:11 05:54 04:22 04:55 03:29 03:33 02:27 02:19 00:27

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

H-12

1 Mikkel Stilling Pedersen

20

21:06

01:56= 03:15= 04:03= 06:00= 07:08= 08:06= 10:39= 12:25= 13:23= 14:19= 15:32= 16:43= 18:00= 19:22= 20:36= 21:06=

2 Jonathan Birk Nielsen

25

25:54

02:29+ 04:04+ 05:03+ 07:07+ 08:27+ 09:41+ 14:12+ 16:33+ 17:28+ 18:31+ 19:49+ 21:01+ 22:29+ 23:56+ 25:20+ 25:54+

Beste stræktid for klassen

01:56 01:19 00:48 01:57 01:08 00:58 02:33 01:46 00:55 00:56 01:13 01:11 01:17 01:22 01:14 00:30

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

H-14

Class	Navn	Klasse	Tid
1	Noah Tristan Hoffmann	14	24:50
04:14=	07:08= 09:07= 10:49= 12:01= 15:56= 17:56= 20:20= 23:50= 24:30= 24:50=		
04:14=	02:54= 01:59= 01:42= 01:12= 03:55= 02:00= 02:24= 03:30= 00:40= 00:20=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Malte Kliem	4	48:34
03:58-	07:55+ 11:49+ 16:20+ 21:41+ 24:35+ 28:02+ 31:10+ 35:05+ 37:08+ 41:23+ 47:21+ 48:08+ 48:34+		
03:58-	03:57+ 03:54+ 04:31+ 05:21+ 02:54- 03:27+ 03:08+ 03:55+ 02:03+ 04:15+ 05:58+ 00:47+ 00:26+		
00:16-	01:03& 01:55& 02:49@ 04:09@ 01:01- 01:27& 00:44& 00:25# 01:23@ 03:55@ 05:58+ 00:47+ 00:26+		
Beste stræktid for klassen			
03:58	02:54 01:59 01:42 01:12 02:54 02:00 02:24 03:30 00:40 00:20		

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

H-16

1	Marko Birk Nielsen	25	1:37:30
09:52=	13:46= 21:46= 23:57= 29:35= 35:17= 41:46= 46:00= 50:02= 54:51= 60:00= 62:23= 68:55= 73:29= 77:28= 79:36= 86:29= 91:40= 95:59= 97:00= 97:30=		
09:52=	03:54= 08:00= 02:11= 05:38= 05:42= 06:29= 04:14= 04:02= 04:49= 05:09= 02:23= 06:32= 04:34= 03:59= 02:08= 06:53= 05:11= 04:19= 01:01= 00:30=		
00:00=	00:00= 00:00=		
Beste stræktid for klassen			
09:52	03:54 08:00 02:11 05:38 05:42 06:29 04:14 04:02 04:49 05:09 02:23 06:32 04:34 03:59 02:08 06:53 05:11 04:19 01:01 00:30		

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

H21-

1	Rasmus Søgaard	8	1:36:51
03:56=	05:04= 08:12= 09:54= 12:41= 15:25= 18:38= 20:56= 25:57= 27:18= 31:39= 37:36= 39:50= 43:15= 46:32= 49:34= 54:04= 58:13= 63:39= 65:13= 70:23= 74:48= 76:43= 79:56= 81:50= 85:11=		
03:56=	01:08= 03:08= 01:42= 02:47= 02:44= 03:13= 02:18= 05:01= 01:21= 04:21= 05:57= 02:14= 03:25= 03:17= 03:02= 04:30= 04:09= 05:26= 01:34= 05:10= 04:25= 01:55= 03:13= 01:54= 03:21=		
00:00=	00:00= 00:00=		
86:41=	90:44= 94:05= 96:32= 96:51=		
01:30=	04:03= 03:21= 02:27= 00:19=		
00:00=	00:00= 00:00= 00:00= 00:00=		
2	Bjarne Hoffmann	14	1:37:16
04:19+	07:44+ 09:37+ 12:35+ 15:25+ 18:51+ 21:05+ 26:06+ 27:31+ 32:02+ 36:50+ 39:19+ 42:34+ 46:20+ 49:23+ 54:32+ 58:53+ 63:49+ 65:15+ 70:51+ 75:19+ 77:03+ 80:43+ 82:39+ 86:11+ 87:55+		
04:19+	03:25+ 01:53- 02:58+ 02:50+ 03:26+ 02:14- 05:01+ 01:25- 04:31+ 04:48+ 02:29- 03:15+ 03:46+ 03:03- 05:09+ 04:21- 04:56+ 01:26- 05:36+ 04:28- 01:44- 03:40+ 01:56- 03:32+ 01:44-		
00:23+	02:17@ 01:15- 01:16& 00:03+ 00:42& 00:59- 02:43@ 03:36- 03:10@ 00:27# 03:28- 01:01& 00:21# 00:14- 02:07& 00:09- 00:47# 04:00- 04:02@ 00:42- 02:41- 01:45& 01:17- 01:38& 01:37-		
92:02+	95:10+ 96:59+ 97:16+		
04:07+	03:08- 01:49- 00:17-		
02:37@	00:55- 01:32- 02:10-		
3	Johan Maclassen	18	1:40:34
03:08-	04:16- 07:24- 09:23- 12:10- 14:56- 18:23- 20:36- 26:14+ 27:42+ 32:07+ 37:19- 39:41- 43:02- 46:28- 49:36+ 54:38+ 59:06+ 64:37+ 66:08+ 71:40+ 76:43+ 78:35+ 82:40+ 84:40+ 88:29+		
03:08-	01:08= 03:08= 01:59+ 02:47= 02:46+ 03:27+ 02:13- 05:38+ 01:28+ 04:25+ 05:12- 02:22+ 03:21- 03:26+ 03:08+ 05:02+ 04:28+ 05:31+ 01:31- 05:32+ 05:03+ 01:52- 04:05+ 02:00+ 03:49+		
00:48-	00:00= 00:00= 00:17# 00:00= 00:02+ 00:14+ 00:05- 00:37# 00:07+ 00:04+ 00:45- 00:08+ 00:04- 00:09+ 00:06+ 00:32# 00:19+ 00:05+ 00:03- 00:22+ 00:38# 00:03- 00:52& 00:06+ 00:28#		
89:51+	94:15+ 97:44+ 100:13+ 100:34+		
01:22-	04:24+ 03:29+ 02:29+ 00:21+		
00:08-	00:21+ 00:08+ 00:02+ 00:02#		
4	Thomas Steinthal	5	1:52:00
03:33-	05:20+ 08:38+ 10:31+ 13:21+ 16:02+ 19:32+ 21:48+ 26:48+ 28:21+ 33:12+ 38:08+ 40:38+ 43:49+ 47:24+ 50:24+ 55:36+ 69:33+ 75:45+ 77:17+ 85:04+ 89:44+ 91:42+ 95:02+ 96:53+ 100:15+		
03:33-	01:47+ 03:18+ 01:53+ 02:50+ 02:41- 03:30+ 02:16- 05:00- 01:33+ 04:51+ 04:56- 02:30+ 03:11- 03:35+ 03:00- 05:12+ 13:57+ 06:12+ 01:32- 07:47+ 04:40+ 01:58+ 03:20+ 01:51- 03:22+		
00:23-	00:39& 00:10+ 00:11# 00:03+ 00:03- 00:17+ 00:02- 00:01- 00:12# 00:30# 01:01- 00:16# 00:14- 00:18+ 00:02- 00:42# 09:48@ 00:46# 00:02- 02:37& 00:15+ 00:03+ 00:07+ 00:03- 00:01+		
101:32+	106:12+ 109:49+ 111:43+ 112:00+		
01:17-	04:40+ 03:37+ 01:54- 00:17-		
00:13-	00:37# 00:16+ 00:33- 00:02-		
5	Jørgen Schnack	25	1:53:04
04:10+	05:28+ 09:23+ 11:45+ 15:02+ 17:48+ 21:22+ 23:38+ 29:17+ 30:49+ 35:42+ 40:34+ 42:55+ 46:15+ 49:45+ 52:53+ 58:52+ 63:14+ 68:26+ 69:50+ 76:14+ 78:23+ 80:14+ 82:09+ 87:58+ 91:21+		
04:10+	01:18+ 03:55+ 02:22+ 03:17+ 02:46+ 03:34+ 02:16- 05:39+ 01:32+ 04:53+ 04:52- 02:21+ 03:20- 03:30+ 03:08+ 05:59+ 04:22+ 05:12- 01:24- 06:24+ 02:09- 01:51- 01:55- 05:49+ 03:23+		
00:14+	00:10# 00:47# 00:40& 00:30# 00:02+ 00:21# 00:02- 00:38# 00:11# 00:32# 01:05- 00:07+ 00:05- 00:13+ 00:06+ 01:29& 00:13+ 00:14- 00:10- 01:14# 02:16- 00:04- 01:18- 03:55@ 00:02+		
94:45+	96:45+ 100:32+ 101:57+ 106:49+ 110:26+ 112:42+ 113:04+		
03:24+	02:00- 03:47+ 01:25- 04:52+ 03:37+ 02:16+ 00:22+		
01:54@	02:03- 00:26# 01:02- 04:33@ 03:37+ 02:16+ 00:22+		

Class	Navn	Klasse	Tid																								
6	Erik Frost	9	2:02:12																								
04:08+	05:21+	09:07+	11:10+	14:13+	17:24+	21:02+	23:22+	29:31+	32:18+	42:34+	48:35+	51:19+	54:47+	61:19+	64:44+	69:59+	76:33+	82:43+	84:36+	91:16+	96:32+	98:57+	102:42+	105:07+	108:50+		
04:08+	01:13+	03:46+	02:03+	03:03+	03:11+	03:38+	02:20+	06:09+	02:47+	10:16+	06:01+	02:44+	03:28+	06:32+	03:25+	05:15+	06:34+	06:10+	01:53+	06:40+	05:16+	02:25+	03:45+	02:25+	03:43+		
00:12+	00:05+	00:38#	00:21#	00:16+	00:27#	00:25#	00:02+	01:08#	01:26@	05:55@	00:04+	00:30#	00:03+	03:15&	00:23#	00:45#	02:25&	00:44#	00:19#	01:30&	00:51#	00:30&	00:32#	00:31&	00:22#		
110:57+	116:16+	120:17+	122:12+																								
02:07+	05:19+	04:01+	01:55-																								
00:37&	01:16&	00:40#	00:32-																								

7	Troels Bitz Trabjerg	12	2:51:01																								
05:58+	07:52+	13:25+	16:27+	20:39+	24:18+	29:15+	32:47+	40:31+	43:02+	51:37+	60:48+	65:27+	70:29+	77:29+	82:25+	91:03+	97:32+	108:45+	112:39+	121:20+	130:13+	134:29+	139:18+	142:54+	148:25+		
05:58+	01:54+	05:33+	03:02+	04:12+	03:39+	04:57+	03:32+	07:44+	02:31+	08:35+	09:11+	04:39+	05:02+	07:00+	04:56+	08:38+	06:29+	11:13+	03:54+	08:41+	08:53+	04:16+	04:49+	03:36+	05:31+		
02:02&	00:46&	02:25&	01:20&	01:25&	00:55&	01:44&	01:14&	02:43&	01:10&	04:14&	03:14&	02:25@	01:37&	03:43@	01:54&	04:08&	02:20&	05:47@	02:20@	03:31&	04:28@	02:21@	01:36&	01:42&	02:10&		
151:11+	162:43+	166:32+	171:01+																								
02:46+	11:32+	03:49+	04:29+																								
01:16&	07:29@	00:28#	02:02&																								

Beste stræktid for klassen

03:08	01:08	01:53	01:42	02:47	02:41	02:14	02:13	01:25	01:21	04:21	02:29	02:14	03:11	03:03	03:00	04:21	04:09	01:26	01:24	04:28	01:44	01:51	01:55	01:51	01:44	01:17	02
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= Som klassevinner , - raskere , + senere , # 10% tab , & 25% tab , @ 100% tab.

H40-

1	Nicolai Kliem	4	1:48:49																						
05:19=	08:36=	12:33=	18:59=	20:52=	24:15=	29:31=	32:05=	39:24=	45:37=	52:04=	57:46=	63:45=	72:30=	75:58=	79:24=	82:11=	84:24=	87:51=	93:26=	94:54=	97:50=	101:44=	106:12=	108:26=	108:49=
05:19=	03:17=	03:57=	06:26=	01:53=	03:23=	05:16=	02:34=	07:19=	06:13=	06:27=	05:42=	05:59=	08:45=	03:28=	03:26=	02:47=	02:13=	03:27=	05:35=	01:28=	02:56=	03:54=	04:28=	02:14=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Martin Andersonn	10	2:40:15																						
06:16+	29:17+	33:38+	43:53+	47:09+	50:44+	56:27+	59:17+	68:10+	74:50+	85:02+	93:18+	102:38+	117:55+	121:13+	125:07+	129:07+	131:32+	134:57+	140:56+	142:47+	145:47+	151:28+	157:33+	159:45+	160:15+
06:16+	23:01+	04:21+	10:15+	03:16+	03:35+	05:43+	02:50+	08:53+	06:40+	10:12+	08:16+	09:20+	15:17+	03:18-	03:54+	04:00+	02:25+	03:25-	05:59+	01:51+	03:00+	05:41+	06:05+	02:12-	00:30+
00:57#	19:44@	00:24#	03:49&	01:23&	00:12+	00:27+	00:16#	01:34#	00:27+	03:45&	02:34&	03:21&	06:32&	00:10-	00:28#	01:13&	00:12+	00:02-	00:24+	00:23&	00:04+	01:47&	01:37&	00:02-	00:07&

Beste stræktid for klassen

05:19	03:17	03:57	06:26	01:53	03:23	05:16	02:34	07:19	06:13	06:27	05:42	05:59	08:45	03:18	03:26	02:47	02:13	03:25	05:35	01:28	02:56	03:54	04:28	02:12	00:23
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= Som klassevinner , - raskere , + senere , # 10% tab , & 25% tab , @ 100% tab.

H50-

2	Allan Topp	16	1:27:26																						
03:30+	08:48+	14:07+	16:51+	19:02+	22:10+	26:51+	30:45+	33:17+	40:40+	42:33+	48:28+	56:30+	60:53+	62:59+	64:34+	66:08+	70:32+	74:12+	76:18+	77:41+	79:38+	83:32+	86:30+	87:06+	87:26+
03:30+	05:18+	05:19+	02:44+	02:11+	03:08+	04:41+	03:54+	02:32+	07:23+	01:53+	05:55+	08:02+	04:23+	02:06+	01:35+	01:34+	04:24+	03:40+	02:06+	01:23+	01:57+	03:54+	02:58+	00:36+	00:20+
03:30+	05:18+	05:19+	02:44+	02:11+	03:08+	04:41+	03:54+	02:32+	07:23+	01:53+	05:55+	08:02+	04:23+	02:06+	01:35+	01:34+	04:24+	03:40+	02:06+	01:23+	01:57+	03:54+	02:58+	00:36+	00:20+

3	Bjarne Topp	16	1:32:19																						
03:24+	09:22+	15:54+	18:45+	20:51+	24:19+	29:25+	33:18+	36:01+	43:50+	46:03+	53:35+	62:26+	66:43+	68:32+	70:16+	72:27+	76:37+	79:01+	80:35+	82:17+	84:15+	88:21+	91:10+	91:50+	92:19+
03:24+	05:58+	06:32+	02:51+	02:06+	03:28+	05:06+	03:53+	02:43+	07:49+	02:13+	07:32+	08:51+	04:17+	01:49+	01:44+	02:11+	04:10+	02:24+	01:34+	01:42+	01:58+	04:06+	02:49+	00:40+	00:29+
03:24+	05:58+	06:32+	02:51+	02:06+	03:28+	05:06+	03:53+	02:43+	07:49+	02:13+	07:32+	08:51+	04:17+	01:49+	01:44+	02:11+	04:10+	02:24+	01:34+	01:42+	01:58+	04:06+	02:49+	00:40+	00:29+

4	Bjørn Sommer	26	1:37:15																						
03:12+	09:49+	16:33+	19:18+	21:26+	24:27+	28:21+	33:44+	37:32+	44:47+	46:53+	53:16+	62:47+	67:07+	69:23+	71:27+	73:26+	78:06+	82:02+	83:29+	85:47+	87:53+	92:48+	96:03+	96:43+	97:15+
03:12+	06:37+	06:44+	02:45+	02:08+	03:01+	03:54+	05:23+	03:48+	07:15+	02:06+	06:23+	09:31+	04:20+	02:16+	02:04+	01:59+	04:40+	03:56+	01:27+	02:18+	02:06+	04:55+	03:15+	00:40+	00:32+
03:12+	06:37+	06:44+	02:45+	02:08+	03:01+	03:54+	05:23+	03:48+	07:15+	02:06+	06:23+	09:31+	04:20+	02:16+	02:04+	01:59+	04:40+	03:56+	01:27+	02:18+	02:06+	04:55+	03:15+	00:40+	00:32+

5	Hans Kööhler	23	1:41:30																						
03:08+	09:32+	15:51+	18:46+	21:17+	24:46+	29:37+	34:07+	37:04+	46:24+	48:40+	55:31+	64:30+	69:47+	71:45+	74:02+	76:04+	82:21+	86:15+	88:04+	89:45+	92:13+	96:47+	100:07+	101:03+	101:30+
03:08+	06:24+	06:19+	02:55+	02:31+	03:29+	04:51+	04:30+	02:57+	09:20+	02:16+	06:51+	08:59+	05:17+	01:58+	02:17+	02:02+	06:17+	03:54+	01:49+	01:41+	02:28+	04:34+	03:20+	00:56+	00:27+
03:08+	06:24+	06:19+	02:55+	02:31+	03:29+	04:51+	04:30+	02:57+	09:20+	02:16+	06:51+	08:59+	05:17+	01:58+	02:17+	02:02+	06:17+	03:54+	01:49+	01:41+	02:28+	04:34+	03:20+	00:56+	00:27+

6	Poul Henning Poulsen	22	1:46:26																						
03:46+	09:47+	16:32+	19:34+	21:48+	25:02+	30:14+	34:28+	38:53+	48:22+	50:44+	58:32+	67:30+	72:10+	75:43+	77:36+	79:36+	86:51+	91:18+	92:38+	94:31+	96:52+	101:52+	105:24+	106:05+	106:26+
03:46+	06:01+	06:45+	03:02+	02:14+	03:14+	05:12+	04:14+	04:25+	09:29+	02:22+	07:48+	08:58+	04:40+	03:33+	01:53+	02:00+	07:15+	04:27+	01:20+	01:53+	02:21+	05:00+	03:32+	00:41+	00:21+
03:46+	06:01+	06:45+	03:02+	02:14+	03:14+	05:12+	04:14+	04:25+	09:29+	02:22+	07:48+	08:58+	04:40+	03:33+	01:53+	02:00+	07:15+	04:27+	01:20+	01:53+	02:21+	05:00+	03:32+	00:41+	00:21+

7	Henrik Lisby	19	1:51:46																						
03:42+	10:07+	17:41+	20:45+	23:13+	27:01+	32:16+	36:10+	41:56+	53:30+	56:10+	63:49+	73:31+	78:51+	82:47+	84:48+	86:40+	90:50+	94:37+	96:24+	98:37+	100:58+	106:40+	110:25+	111:20+	111:46+
03:42+	06:25+	07:34+	03:04+	02:28+	03:48+	05:15+	03:54+	05:46+	11:34+	02:40+	07:39+	09:42+	05:20+	03:56+	02:01+	01:52+	04:10+	03:47+	01:47+	02:13+	02:21+	05:42+	03:45+	00:55+	00:26+
03:42+	06:25+	07:34+	03:04+	02:28+	03:48+	05:15+	03:54+	05:46+	11:34+	02:40+	07:39+	09:42+	05:20+	03:56+	02:01+	01:52+	04:10+	03:47+	01:47+	02:13+	02:21+	05:42+	03:45+	00:55+	00:26+

Class	Navn	Klasse	Tid																						
8	Ole Jensen	3	1:52:18																						
03:05+	13:55+	22:09+	25:30+	27:48+	31:31+	40:49+	44:57+	48:18+	58:26+	60:56+	69:27+	78:18+	83:32+	85:42+	87:33+	89:35+	94:39+	97:47+	99:43+	101:25+	103:37+	107:52+	111:07+	111:51+	112:18+
03:05+	10:50+	08:14+	03:21+	02:18+	03:43+	09:18+	04:08+	03:21+	10:08+	02:30+	08:31+	08:51+	05:14+	02:10+	01:51+	02:02+	05:04+	03:08+	01:56+	01:42+	02:12+	04:15+	03:15+	00:44+	00:27+
03:05+	10:50+	08:14+	03:21+	02:18+	03:43+	09:18+	04:08+	03:21+	10:08+	02:30+	08:31+	08:51+	05:14+	02:10+	01:51+	02:02+	05:04+	03:08+	01:56+	01:42+	02:12+	04:15+	03:15+	00:44+	00:27+
9	Søren Tarp	14	1:54:31																						
04:39+	11:24+	18:11+	21:23+	23:45+	27:43+	32:41+	39:00+	42:51+	55:14+	57:45+	64:42+	74:36+	80:12+	83:16+	85:16+	87:52+	94:10+	97:44+	100:03+	101:58+	104:37+	109:51+	113:12+	114:05+	114:31+
04:39+	06:45+	06:47+	03:12+	02:22+	03:58+	04:58+	06:19+	03:51+	12:23+	02:31+	06:57+	09:54+	05:36+	03:04+	02:00+	02:36+	06:18+	03:34+	02:19+	01:55+	02:39+	05:14+	03:21+	00:53+	00:26+
04:39+	06:45+	06:47+	03:12+	02:22+	03:58+	04:58+	06:19+	03:51+	12:23+	02:31+	06:57+	09:54+	05:36+	03:04+	02:00+	02:36+	06:18+	03:34+	02:19+	01:55+	02:39+	05:14+	03:21+	00:53+	00:26+
10	Jens Poulsen	3	2:26:00																						
08:59+	15:28+	22:18+	26:59+	30:08+	34:44+	39:44+	45:12+	49:33+	60:15+	63:00+	78:25+	90:15+	98:18+	102:24+	107:47+	110:29+	117:21+	128:11+	130:25+	132:31+	136:29+	141:18+	144:20+	145:17+	146:00+
08:59+	06:29+	06:50+	04:41+	03:09+	04:36+	05:00+	05:28+	04:21+	10:42+	02:45+	15:25+	11:50+	08:03+	04:06+	05:23+	02:42+	06:52+	10:50+	02:14+	02:06+	03:58+	04:49+	03:02+	00:57+	00:43+
08:59+	06:29+	06:50+	04:41+	03:09+	04:36+	05:00+	05:28+	04:21+	10:42+	02:45+	15:25+	11:50+	08:03+	04:06+	05:23+	02:42+	06:52+	10:50+	02:14+	02:06+	03:58+	04:49+	03:02+	00:57+	00:43+
11	Finn Runge Andri'es	3	2:40:35																						
06:37+	14:31+	21:18+	25:00+	27:53+	32:28+	37:28+	44:55+	48:45+	73:27+	76:14+	85:37+	95:12+	102:25+	106:09+	110:06+	112:43+	135:52+	139:35+	141:59+	145:27+	149:29+	154:19+	158:05+	159:01+	160:35+
06:37+	07:54+	06:47+	03:42+	02:53+	04:35+	05:00+	07:27+	03:50+	24:42+	02:47+	09:23+	09:35+	07:13+	03:44+	03:57+	02:37+	23:09+	03:43+	02:24+	03:28+	04:02+	04:50+	03:46+	00:56+	01:34+
06:37+	07:54+	06:47+	03:42+	02:53+	04:35+	05:00+	07:27+	03:50+	24:42+	02:47+	09:23+	09:35+	07:13+	03:44+	03:57+	02:37+	23:09+	03:43+	02:24+	03:28+	04:02+	04:50+	03:46+	00:56+	01:34+

Beste stræktil for klassen

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

H60-

1	Jørgen Nielsen	1	1:17:45																			
05:17=	10:47=	17:46=	24:20=	27:55=	32:05=	36:31=	39:34=	44:27=	46:25=	49:56=	54:02=	55:54=	57:19=	58:53=	61:31=	63:53=	65:28=	69:20=	73:36=	76:38=	77:21=	77:45=
05:17=	05:30=	06:59=	06:34=	03:35=	04:10=	04:26=	03:03=	04:53=	01:58=	03:31=	04:06=	01:52=	01:25=	01:34=	02:38=	02:22=	01:35=	03:52=	04:16=	03:02=	00:43=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jens Peter Gundorf	16	1:18:34																			
06:35+	10:36-	16:04-	21:30-	23:30-	28:02-	32:47-	35:54-	41:29-	43:34-	47:57-	51:45-	53:37-	55:36-	57:14-	60:02-	62:21-	64:02-	68:50-	73:50+	77:21+	78:14+	78:34+
06:35+	04:01-	05:28-	05:34-	02:00-	04:32+	04:45+	03:07+	05:35+	02:05+	04:23+	03:48-	01:52=	01:59+	01:38+	02:48+	02:19-	01:41+	04:48+	05:00+	03:31+	00:53+	00:20-
01:18#	01:29-	01:31-	01:08-	01:35-	00:22+	00:19+	00:04+	00:42#	00:07+	00:52#	00:18-	00:00=	00:34&	00:04+	00:10+	00:03-	00:06+	00:56#	00:44#	00:29#	00:10#	00:04-
3	Jes Henrik Steen	16	1:24:12																			
05:32+	09:11-	16:15-	23:52-	26:14-	30:36-	36:26-	39:21-	45:44+	48:00+	52:48+	57:39+	60:47+	62:40+	64:41+	67:38+	70:01+	72:16+	75:55+	80:10+	83:02+	83:51+	84:12+
05:32+	03:39-	07:04+	07:37+	02:22-	04:22+	05:50+	02:55-	06:23+	02:16+	04:48+	04:51+	03:08+	01:53+	02:01+	02:57+	02:23+	02:15+	03:39-	04:15-	02:52-	00:49+	00:21-
00:15+	01:51-	00:05+	01:03#	01:13-	00:12+	01:24&	00:08-	01:30&	00:18#	01:17&	00:45#	01:16&	00:28&	00:27&	00:19#	00:01+	00:40&	00:13-	00:01-	00:10-	00:06#	00:03-
4	Flemming Johannsen	19	1:24:21																			
06:30+	10:39-	16:58-	22:18-	25:32-	30:24-	35:39-	39:00-	45:33+	47:47+	52:18+	57:23+	59:16+	60:55+	62:30+	66:36+	69:34+	71:19+	75:08+	79:28+	82:54+	83:38+	84:21+
06:30+	04:09-	06:19-	05:20-	03:14-	04:52+	05:15+	03:21+	06:33+	02:14+	04:31+	05:05+	01:53+	01:39+	01:35+	04:06+	02:58+	01:45+	03:49-	04:20+	03:26+	00:44+	00:43+
01:13#	01:21-	00:40-	01:14-	00:21-	00:42#	00:49#	00:18+	01:40&	00:16#	01:00&	00:59#	00:01+	00:14#	00:01+	01:28&	00:36&	00:10#	00:03-	00:04+	00:24#	00:01+	00:19&
5	Niels Møller Petersen	13	1:26:12																			
06:15+	10:30-	16:55-	22:36-	25:09-	30:43-	35:41-	39:38+	45:04+	47:15+	52:11+	56:24+	59:08+	60:58+	62:38+	65:40+	68:29+	70:26+	75:00+	81:49+	84:52+	85:46+	86:12+
06:15+	04:15-	06:25-	05:41-	02:33-	05:34+	04:58+	03:57+	05:26+	02:11+	04:56+	04:13+	02:44+	01:50+	01:40+	03:02+	02:49+	01:57+	04:34+	06:49+	03:03+	00:54+	00:26+
00:58#	01:15-	00:34-	00:53-	01:02-	01:24&	00:32#	00:54&	00:33#	00:13#	01:25&	00:07+	00:52&	00:25&	00:06+	00:24#	00:27#	00:22#	00:42#	02:33&	00:01+	00:11&	00:02+
6	Kurt Petersen	6	1:39:32																			
05:58+	11:02+	19:57+	28:12+	31:42+	42:24+	48:08+	51:47+	58:31+	60:47+	64:43+	68:52+	71:12+	72:59+	75:08+	79:03+	82:22+	84:15+	88:11+	93:48+	97:13+	99:05+	99:32+
05:58+	05:04-	08:55+	08:15+	03:30-	10:42+	05:44+	03:39+	06:44+	02:16+	03:56+	04:09+	02:20+	01:47+	02:09+	03:55+	03:19+	01:53+	03:56+	05:37+	03:25+	01:52+	00:27+
00:41#	00:26-	01:56&	01:41&	00:05-	06:32@	01:18&	00:36#	01:51&	00:18#	00:25#	00:03+	00:28#	00:25&	00:35&	01:17&	00:57&	00:18#	00:04+	01:21&	00:23#	01:09@	00:03#
7	Kaj Kaspersen	7	1:47:30																			
07:59+	16:21+	25:29+	32:46+	36:12+	44:51+	51:13+	56:09+	62:08+	64:58+	70:59+	75:31+	77:45+	79:33+	82:30+	85:51+	88:33+	91:01+	95:15+	102:32+	106:02+	106:53+	107:30+
07:59+	08:22+	09:08+	07:17+	03:26-	06:22+	04:56+	05:59+	02:50+	06:01+	04:32+	04:09+	02:20+	01:48+	02:57+	03:21+	02:28+	04:14+	07:17+	03:30+	00:51+	00:37+	
02:42&	02:52&	02:09&	00:43#	00:09-	04:29@	01:56&	01:53&	01:06#	00:52&	02:30&	00:26#	00:22#	00:23&	01:23&	00:43&	00:20#	00:53&	00:22+	03:01&	00:28#	00:08#	00:13&
8	Wilbert Lyngsø	24	1:53:47																			
06:22+	11:21+	18:19+	24:56+	29:04+	36:19+	42:34+	49:34+	60:21+	63:39+	68:56+	74:44+	77:02+	78:55+	81:19+	86:50+	90:09+	92:28+	99:11+	108:13+	112:50+	113:47+	
06:22+	04:59-	06:58-	06:37+	04:08+	07:15+	06:15+	07:00+	10:47+	03:18+	05:17+	05:48+	02:18+	01:53+	02:24+	05:31+	03:19+	02:19+	06:43+	09:02+	04:37+	00:57+	
01:05#	00:31-	00:01-	00:03+	00:33#	03:05&	01:49&	03:57@	05:54@	01:20&	01:46&	01:42&	00:26#	00:28&	00:50&	02:53@	00:57&	00:44&	02:51&	04:46@	01:35&	00:14&	
9	Jean-Peirre Kellens	2	1:54:55																			
08:31+	14:30+	23:38+	32:51+	37:18+	43:01+	49:19+	54:07+	61:22+	64:52+	71:10+	77:10+	79:14+	81:18+	83:45+	86:58+	90:12+	93:59+	101:27+	108:26+	113:14+	114:21+	114:55+
08:31+	05:59+	09:08+	09:13+	04:27+	05:43+	06:18+	04:48+	07:15+	03:30+	06:18+	06:00+	02:04+	02:04+	02:27+	03:13+	03:14+	03:47+	07:28+	06:59+	04:48+	01:07+	00:34+
03:14&	00:29+	02:09&	02:39&	00:52#	01:33&	01:52&	01:45&	02:22&	01:32&	02:47&	01:54&	00:12#	00:39&	00:53&	00:35#	00:52&	02:12@	03:36&	02:43&	01:46&	00:24&	00:10&

Class	Navn	Klasse																		Tid																	
10	Carl Malling	17																		1:56:55																	
08:08+	11:06+	15:26-	31:44+	38:34+	41:37+	47:48+	57:40+	62:11+	70:48+	73:41+	78:27+	84:20+	86:53+	89:17+	91:33+	95:47+	98:52+	101:16+	106:05+	111:06+	114:39+	116:55+															
08:08+	02:58-	04:20-	16:18+	06:50+	03:03-	06:11+	09:52+	04:31-	08:37+	02:53-	04:46+	05:53+	02:33+	02:24+	02:16-	04:14+	03:05+	02:24-	04:49+	05:01+	03:33+	02:16+															
02:51&	02:32-	02:39-	09:44@	03:15&	01:07-	01:45&	06:49@	00:22-	06:39@	00:38-	00:40#	04:01@	01:08&	00:50&	00:22-	01:52&	01:30&	01:28-	00:33#	01:59&	02:50@	01:52@															
11	Evald Christensen	20																		2:18:16																	
09:03+	14:57+	25:21+	34:11+	38:25+	45:02+	57:22+	63:54+	76:24+	80:47+	86:35+	93:15+	96:11+	98:29+	102:12+	106:14+	112:42+	115:00+	125:03+	131:45+	136:32+	137:35+	138:16+															
09:03+	05:54+	10:24+	08:50+	04:14+	06:37+	12:20+	06:32+	12:30+	04:23+	05:48+	06:40+	02:56+	02:18+	03:43+	04:02+	06:28+	02:18+	10:03+	06:42+	04:47+	01:03+	00:41+															
03:46&	00:24+	03:25&	02:16&	00:39#	02:27&	07:54@	03:29@	07:37@	02:25@	02:17&	02:34&	01:04&	00:53&	02:09@	01:24&	04:06@	00:43&	06:11@	02:26&	01:45&	00:20&	00:17&															
Beste stræktid for klassen																																					
05:17	02:58	04:20	05:20	02:00	03:03	04:26	02:55	04:31	01:58	02:53	03:48	01:52	01:25	01:34	02:16	02:19	01:35	02:24	04:15	02:52	00:43	00:20															

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

H70-

1	John Rasmussen	19																		1:31:20																	
06:17=	09:28=	15:38=	17:59=	24:38=	31:41=	38:51=	42:41=	47:19=	51:55=	56:16=	58:20=	62:08=	65:01=	68:28=	70:39=	78:38=	85:50=	89:53=	90:49=	91:20=																	
06:17=	03:11=	06:10=	02:21=	06:39=	07:03=	07:10=	03:50=	04:38=	04:36=	04:21=	02:04=	03:48=	02:53=	03:27=	02:11=	07:59=	07:12=	04:03=	00:56=	00:31=																	
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
2	Jan Hausner	15																		1:44:38																	
06:45+	20:01+	27:22+	30:05+	36:45+	40:50+	47:48+	52:45+	55:56+	60:14+	64:36+	67:07+	71:08+	74:24+	79:09+	81:05+	93:39+	99:25+	103:17+	104:10+	104:38+																	
06:45+	13:16+	07:21+	02:43+	06:40+	04:05-	06:58-	04:57+	03:11-	04:18-	04:22+	02:31+	04:01+	03:16+	04:45+	01:56-	12:34+	05:46-	03:52-	00:53-	00:28-																	
00:28+	10:05@	01:11#	00:22#	00:01+	02:58-	00:12-	01:07&	01:27-	00:18-	00:01+	00:27#	00:13+	00:23#	01:18&	00:15-	04:35&	01:26-	00:11-	00:03-	00:03-																	
3	Tage V. Andersen	16																		2:01:42																	
07:13+	11:54+	22:07+	25:04+	33:19+	38:46+	50:56+	56:03+	61:30+	67:47+	75:05+	78:10+	84:58+	88:55+	93:46+	96:20+	106:43+	114:52+	119:57+	121:08+	121:42+																	
07:13+	04:41+	10:13+	02:57+	08:15+	05:27-	12:10+	05:07+	05:27+	06:17+	07:18+	03:05+	06:48+	03:57+	04:51+	02:34+	10:23+	08:09+	05:05+	01:11+	00:34+																	
00:56#	01:30&	04:03&	00:36&	01:36#	01:36-	05:00&	01:17&	00:49#	01:41&	02:57&	01:01&	03:00&	01:04&	01:24&	00:23#	02:24&	00:57#	01:02&	00:15&	00:03+																	
4	Arne Steen Sørensen	16																		2:25:29																	
10:56+	15:45+	25:35+	29:05+	38:09+	46:13+	58:12+	63:08+	69:56+	75:30+	81:34+	84:10+	90:53+	101:07+	112:27+	117:04+	131:38+	139:09+	143:47+	144:59+	145:29+																	
10:56+	04:49+	09:50+	03:30+	09:04+	08:04+	11:59+	04:56+	06:48+	05:34+	06:04+	02:36+	06:43+	10:14+	11:20+	04:37+	14:34+	07:31+	04:38+	01:12+	00:30-																	
04:39&	01:38&	03:40&	01:09&	02:25&	01:01#	04:49&	01:06&	02:10&	00:58#	01:43&	00:32&	02:55&	07:21@	07:53@	02:26@	06:35&	00:19+	00:35#	00:16&	00:01-																	
Beste stræktid for klassen																																					
06:17	03:11	06:10	02:21	06:39	04:05	06:58	03:50	03:11	04:18	04:21	02:04	03:48	02:53	03:27	01:56	07:59	05:46	03:52	00:53	00:28																	

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

Åben 4 H60, D40-

1	Trine Friedrich	18																		1:24:50																	
04:55=	10:56=	17:47=	24:00=	26:17=	30:46=	36:08=	39:17=	45:28=	48:05=	52:36=	56:47=	58:32=	60:15=	62:34=	65:36=	68:21=	70:14=	74:51=	79:39=	83:27=	84:13=	84:50=															
04:55=	06:01=	06:51=	06:13=	02:17=	04:29=	05:22=	03:09=	06:11=	02:37=	04:31=	04:11=	01:45=	01:43=	02:19=	03:02=	02:45=	01:53=	04:37=	04:48=	03:48=	00:46=	00:37=															
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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																																					
04:55	06:01	06:51	06:13	02:17	04:29	05:22	03:09	06:11	02:37	04:31	04:11	01:45	01:43	02:19	03:02	02:45	01:53	04:37	04:48	03:48	00:46	00:37															

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