

Resultater – Sjællandssprinten

2021-05-29

| D12 | | | (4 / 4) | Tid | Efter | | | |
|-----|-------------------------|--------------------------|---|---|------------|--|---|---|
| 1. | Camille Friis Scheby | OK Sorø | 1:22 (3:24) 0:17 (8:38) | 1:21 (4:45) 0:39 (11:51) | 13:04 | 1:49 (6:34) 0:48 (12:39) | 0:29 (7:03) 0:18 (12:57) | 1:18 (8:21) 0:07 (13:04) |
| 2. | Dagmar Marager | Allerød OK | 2:06 (3:34) 0:36 (10:57) | 1:43 (5:17) 0:31 (14:32) | 17:00 | +3:56 3:01 (8:18) 1:50 (16:22) | 0:37 (8:55) 0:30 (16:52) | 1:26 (10:21) 0:08 (17:00) |
| 3. | Lærke Konring Larsen | FIF Hillerød Orientering | 1:52 (1:52) 0:43 (12:30) | 1:03 (4:34) 0:58 (16:14) | 20:04 | +7:00 4:27 (9:01) 3:14 (19:28) | 0:58 (9:59) 0:27 (19:55) | 1:48 (11:47) 0:09 (20:04) |
| 3. | Silke Konring Larsen | FIF Hillerød Orientering | 1:52 (1:52) 0:46 (12:30) | 1:01 (4:32) 0:57 (16:13) | 20:04 | +7:00 4:25 (8:57) 3:17 (19:30) | 1:00 (9:57) 0:26 (19:56) | 1:47 (11:44) 0:08 (20:04) |
| D14 | | | (1 / 1) | Tid | Efter | | | |
| | Freja Hirsborg Pedersen | Køge OK | – (–) – (–) | – (–) – (–) | Ej startet | – (–) – (–) | – (–) – (–) | – (–) – (–) |
| D16 | | | (1 / 1) | Tid | Efter | | | |
| | Kamma Aglund Andersen | OK ØST Birkerød | – (–) – (–) – (–) | – (–) – (–) – (–) | Ej startet | – (–) – (–) – (–) | – (–) – (–) – (–) | – (–) – (–) – (–) |
| D21 | | | (3 / 3) | Tid | Efter | | | |
| 1. | Mette Stub | PI-København | 1:06 (2:23) 1:15 (7:40) 1:21 (13:34) | 1:32 (3:55) 0:33 (9:40) 1:35 (16:18) | 18:10 | 0:55 (4:50) 0:52 (10:32) 0:49 (17:07) | 1:18 (6:08) 0:59 (11:31) 0:57 (18:04) | 0:17 (6:25) 0:42 (12:13) 0:06 (18:10) |
| 2. | Mathilde Nørgård Kracht | Tisvilde Hegn OK | 1:21 (2:38) 0:58 (7:29) 1:34 (13:47) | 1:26 (4:04) 0:33 (9:30) 1:48 (16:47) | 18:55 | +0:45 0:52 (4:56) 0:52 (10:22) 0:53 (17:40) | 1:18 (6:14) 1:05 (11:27) 1:08 (18:48) | 0:17 (6:31) 0:46 (12:13) 0:07 (18:55) |
| 3. | Amalie Ertmann | Allerød OK | 0:58 (2:17) 1:14 (8:12) 1:33 (14:51) | 1:28 (3:45) 0:32 (10:32) 1:44 (17:38) | 19:32 | +1:22 0:48 (4:33) 0:55 (11:27) 0:46 (18:24) | 1:12 (5:45) 1:00 (12:27) 1:03 (19:27) | 1:13 (6:58) 0:51 (13:18) 0:05 (19:32) |
| D35 | | | (3 / 3) | Tid | Efter | | | |
| 1. | Elin Nørgård Kracht | PI-København | 0:57 (2:10) 1:39 (8:58) 1:28 (15:37) | 2:19 (4:29) 0:35 (11:03) 1:48 (18:38) | 20:45 | 1:06 (5:35) 0:53 (11:56) 0:51 (19:29) | 1:22 (6:57) 1:06 (13:02) 1:09 (20:38) | 0:22 (7:19) 1:07 (14:09) 0:07 (20:45) |
| 2. | Camilla Spile | Odense OK | 1:10 (2:34) 1:48 (10:08) 1:44 (15:46) | 1:57 (4:31) 0:39 (10:47) 2:16 (19:22) | 21:39 | +0:54 0:58 (5:29) 1:02 (11:49) 1:07 (20:29) | 1:31 (7:00) 1:13 (13:02) 1:03 (21:32) | 0:20 (7:20) 1:00 (14:02) 0:07 (21:39) |
| | Astrid Riis | Holbæk OK | – (–) – (–) – (–) | – (–) – (–) – (–) | Ej startet | – (–) – (–) – (–) | – (–) – (–) – (–) | – (–) – (–) – (–) |
| D45 | | | (8 / 8) | Tid | Efter | | | |
| 1. | Anne Marie Thommesen | Ballerup OK | 1:02 (1:44) 0:41 (7:40) 1:21 (16:18) | 1:11 (2:55) 1:03 (10:32) 0:44 (17:43) | 18:09 | 1:40 (4:35) 2:44 (13:16) 0:18 (18:01) | 1:09 (5:44) 1:01 (14:17) 0:08 (18:09) | 1:15 (6:59) 0:40 (14:57) |
| 2. | Diana Cederberg | Ballerup OK | 0:37 (1:23) 0:38 (8:10) 1:40 (17:03) | 1:00 (2:23) 1:02 (10:52) 1:01 (18:52) | 19:22 | +1:13 1:59 (4:22) 2:50 (13:42) 0:22 (19:14) | 1:07 (5:29) 0:56 (14:38) 0:08 (19:22) | 2:03 (7:32) 0:45 (15:23) |
| 3. | Christina H. Sørensen | Tisvilde Hegn OK | 0:34 (1:19) 0:44 (7:05) 1:38 (16:09) | 1:05 (2:24) 0:58 (9:59) 2:07 (19:01) | 19:30 | +1:21 1:47 (4:11) 2:46 (12:45) 0:23 (19:24) | 1:04 (5:15) 1:04 (13:49) 0:06 (19:30) | 1:06 (6:21) 0:42 (14:31) |
| 4. | Christine Svendsen | OK Roskilde | 0:50 (1:45) 0:40 (8:42) 1:26 (17:30) | 1:13 (2:58) 1:07 (11:35) 0:58 (19:11) | 19:39 | +1:30 2:09 (5:07) 2:39 (14:14) 0:21 (19:32) | 1:24 (6:31) 1:08 (15:22) 0:07 (19:39) | 1:31 (8:02) 0:42 (16:04) |
| 5. | Maria Krog Schulz | Ballerup OK | 0:36 (1:21) 0:48 (7:34) 1:35 (17:30) | 1:02 (2:23) 1:03 (10:23) 0:58 (19:14) | 19:40 | +1:31 1:58 (4:21) 2:46 (13:09) 0:19 (19:33) | 1:11 (5:32) 1:59 (15:08) 0:07 (19:40) | 1:14 (6:46) 0:47 (15:55) |

| | | | | | | |
|----|-------------------|--------------|--------------|--------------|--------------|--------------|
| 6. | Tine Friis Scheby | OK Sorø | 20:59 | +2:50 | | |
| | 1:25 (1:25) | 1:04 (2:29) | 1:09 (3:38) | 1:53 (5:31) | 1:08 (6:39) | 1:13 (7:52) |
| | 0:48 (8:40) | 1:40 (10:20) | 1:05 (11:25) | 3:22 (14:47) | 1:35 (16:22) | 0:43 (17:05) |
| | 1:35 (18:40) | 0:43 (19:23) | 1:12 (20:35) | 0:17 (20:52) | 0:07 (20:59) | |
| 7. | Marlene Marager | Allerød OK | 28:51 | +10:42 | | |
| | 1:57 (1:57) | 0:48 (2:45) | 1:39 (4:24) | 2:29 (6:53) | 1:30 (8:23) | 1:37 (10:00) |
| | 0:51 (10:51) | 2:27 (13:18) | 1:33 (14:51) | 4:17 (19:08) | 2:11 (21:19) | 1:19 (22:38) |
| | 2:33 (25:11) | 1:09 (26:20) | 1:52 (28:12) | 0:29 (28:41) | 0:10 (28:51) | |
| 8. | Helga Skøt | OK H.T.F. | 30:36 | +12:27 | | |
| | 0:57 (0:57) | 3:14 (4:11) | 3:46 (7:57) | 2:19 (10:16) | 2:06 (12:22) | 1:49 (14:11) |
| | 1:55 (16:06) | 2:50 (18:56) | 1:16 (20:12) | 3:28 (23:40) | 1:36 (25:16) | 0:55 (26:11) |
| | 1:47 (27:58) | 0:46 (28:44) | 1:17 (30:01) | 0:26 (30:27) | 0:09 (30:36) | |

| D50 | | (9 / 9) | Tid | Efter | | |
|-----|-----------------------|----------------|--------------|--------------|--------------|--------------|
| 1. | Bente Kjær Hemmingsen | FIF Hillerød | 21:58 | | | |
| | 1:12 (1:12) | 0:45 (1:57) | 1:10 (3:07) | 1:53 (5:00) | 1:12 (6:12) | 1:38 (7:50) |
| | 0:42 (8:32) | 1:52 (10:24) | 1:18 (11:42) | 2:41 (14:23) | 1:24 (15:47) | 0:52 (16:39) |
| | 1:45 (18:24) | 0:46 (19:10) | 1:31 (20:41) | 1:09 (21:50) | 0:08 (21:58) | |
| 2. | Tine Rønn Østergaard | Kildeholm OK | 22:42 | +0:44 | | |
| | 0:57 (0:57) | 1:20 (2:17) | 1:47 (4:04) | 2:03 (6:07) | 1:42 (7:49) | 1:25 (9:14) |
| | 0:58 (10:12) | 1:51 (12:03) | 1:04 (13:07) | 3:01 (16:08) | 1:25 (17:33) | 0:52 (18:25) |
| | 1:41 (20:06) | 0:45 (20:51) | 1:17 (22:08) | 0:26 (22:34) | 0:08 (22:42) | |
| 3. | Hanne N Waltenburg | Kildeholm OK | 23:21 | +1:23 | | |
| | 1:20 (1:20) | 0:38 (1:58) | 1:17 (3:15) | 2:01 (5:16) | 1:30 (6:46) | 1:33 (8:19) |
| | 1:01 (9:20) | 1:55 (11:15) | 1:14 (12:29) | 3:45 (16:14) | 1:01 (17:15) | 0:56 (18:11) |
| | 1:43 (19:54) | 0:45 (20:39) | 1:44 (22:23) | 0:49 (23:12) | 0:09 (23:21) | |
| 4. | Marianne T. Hasholt | Allerød OK | 25:10 | +3:12 | | |
| | 1:03 (1:03) | 0:58 (2:01) | 1:32 (3:33) | 2:28 (6:01) | 1:44 (7:45) | 1:40 (9:25) |
| | 1:35 (11:00) | 2:17 (13:17) | 1:19 (14:36) | 3:16 (17:52) | 1:28 (19:20) | 1:05 (20:25) |
| | 2:00 (22:25) | 0:48 (23:13) | 1:24 (24:37) | 0:25 (25:02) | 0:08 (25:10) | |
| 5. | Maiken Andersen | Ballerup OK | 27:42 | +5:44 | | |
| | 0:59 (0:59) | 0:47 (1:46) | 2:37 (4:23) | 2:16 (6:39) | 1:28 (8:07) | 1:24 (9:31) |
| | 1:29 (11:00) | 2:30 (13:30) | 1:47 (15:17) | 3:58 (19:15) | 2:12 (21:27) | 0:53 (22:20) |
| | 2:03 (24:23) | 1:04 (25:27) | 1:35 (27:02) | 0:31 (27:33) | 0:09 (27:42) | |
| 6. | Dorte Munk-Petersen | Søllerød OK | 28:03 | +6:05 | | |
| | 2:44 (2:44) | 1:10 (3:54) | 1:26 (5:20) | 2:45 (8:05) | 1:40 (9:45) | 1:55 (11:40) |
| | 0:44 (12:24) | 2:21 (14:45) | 1:13 (15:58) | 3:39 (19:37) | 1:36 (21:13) | 0:53 (22:06) |
| | 1:59 (24:05) | 1:13 (25:18) | 1:47 (27:05) | 0:49 (27:54) | 0:09 (28:03) | |
| 7. | Lone Jørgensen | Herlufsholm OK | 44:32 | +22:34 | | |
| | 2:05 (2:05) | 3:02 (5:07) | 1:47 (6:54) | 5:56 (12:50) | 2:03 (14:53) | 2:25 (17:18) |
| | 2:14 (19:32) | 3:07 (22:39) | 2:20 (24:59) | 5:56 (30:55) | 2:13 (33:08) | 1:14 (34:22) |
| | 2:38 (37:00) | 1:18 (38:18) | 5:20 (43:38) | 0:41 (44:19) | 0:13 (44:32) | |
| | Lykke Berg Matheisen | Herlufsholm OK | Ej startet | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | Ninette Juul Erichsen | OK Sorø | Ej startet | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |

| D55 | | (5 / 5) | Tid | Efter | | |
|-----|---------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Iben Maag | Søllerød OK | 18:13 | | | |
| | 0:54 (0:54) | 0:34 (1:28) | 0:57 (2:25) | 1:53 (4:18) | 1:31 (5:49) | 1:07 (6:56) |
| | 0:40 (7:36) | 1:49 (9:25) | 1:03 (10:28) | 2:25 (12:53) | 1:00 (13:53) | 0:41 (14:34) |
| | 1:32 (16:06) | 0:50 (16:56) | 0:53 (17:49) | 0:18 (18:07) | 0:06 (18:13) | |
| 2. | Anne Maarup | Allerød OK | 18:26 | +0:13 | | |
| | 0:45 (0:45) | 0:36 (1:21) | 0:59 (2:20) | 1:57 (4:17) | 1:12 (5:29) | 1:14 (6:43) |
| | 0:40 (7:23) | 1:48 (9:11) | 1:00 (10:11) | 2:50 (13:01) | 0:55 (13:56) | 0:46 (14:42) |
| | 1:31 (16:13) | 0:46 (16:59) | 0:59 (17:58) | 0:21 (18:19) | 0:07 (18:26) | |
| 3. | Maria Douglas | FIF Hillerød | 19:08 | +0:55 | | |
| | 0:46 (0:46) | 0:41 (1:27) | 0:59 (2:26) | 1:58 (4:24) | 1:44 (6:08) | 1:14 (7:22) |
| | 0:36 (7:58) | 1:43 (9:41) | 1:14 (10:55) | 2:43 (13:38) | 1:09 (14:47) | 0:45 (15:32) |
| | 1:33 (17:05) | 0:44 (17:49) | 0:55 (18:44) | 0:18 (19:02) | 0:06 (19:08) | |
| 4. | Annette Bonde | Ballerup OK | 19:52 | +1:39 | | |
| | 0:50 (0:50) | 0:42 (1:32) | 1:11 (2:43) | 2:04 (4:47) | 1:22 (6:09) | 1:13 (7:22) |
| | 0:49 (8:11) | 2:01 (10:12) | 1:01 (11:13) | 2:53 (14:06) | 0:58 (15:04) | 0:45 (15:49) |
| | 1:41 (17:30) | 0:50 (18:20) | 1:05 (19:25) | 0:20 (19:45) | 0:07 (19:52) | |
| 5. | Bente Pihl | OK Roskilde | 29:38 | +11:25 | | |
| | 1:09 (1:09) | 0:45 (1:54) | 2:32 (4:26) | 2:49 (7:15) | 2:01 (9:16) | 1:35 (10:51) |
| | 2:01 (12:52) | 2:30 (15:22) | 1:38 (17:00) | 4:16 (21:16) | 1:29 (22:45) | 1:14 (23:59) |
| | 2:24 (26:23) | 0:59 (27:22) | 1:25 (28:47) | 0:39 (29:26) | 0:12 (29:38) | |

| D60 | | (9 / 9) | Tid | Efter | | |
|-----|----------------|--------------|-------------|--------------|--------------|--------------|
| 1. | Birgitte Birck | Allerød OK | 15:08 | | | |
| | 1:01 (1:01) | 0:24 (1:25) | 1:00 (2:25) | 2:05 (4:30) | 0:17 (4:47) | 1:05 (5:52) |
| | 1:25 (7:17) | 0:42 (7:59) | 1:29 (9:28) | 1:17 (10:45) | 2:20 (13:05) | 1:15 (14:20) |
| | 0:40 (15:00) | 0:08 (15:08) | | | | |

| | | | | | | |
|----|-------------------------|------------------|--------------|--------------|--------------|--------------|
| 2. | Pia Kadziola | Maribo OK | 17:27 | +2:19 | | |
| | 1:06 (1:06) | 1:17 (2:23) | 1:11 (3:34) | 2:00 (5:34) | 0:32 (6:06) | 1:04 (7:10) |
| | 1:37 (8:47) | 0:53 (9:40) | 1:37 (11:17) | 1:18 (12:35) | 2:10 (14:45) | 1:46 (16:31) |
| | 0:42 (17:13) | 0:14 (17:27) | | | | |
| 3. | Birgitte Krüger | Helsingør SOK | 17:50 | +2:42 | | |
| | 1:07 (1:07) | 0:46 (1:53) | 1:10 (3:03) | 2:26 (5:29) | 0:16 (5:45) | 1:09 (6:54) |
| | 1:48 (8:42) | 0:40 (9:22) | 2:13 (11:35) | 1:24 (12:59) | 2:36 (15:35) | 1:20 (16:55) |
| | 0:47 (17:42) | 0:08 (17:50) | | | | |
| 4. | Birgitte Erskov Halland | OK ØST Birkerød | 18:48 | +3:40 | | |
| | 1:05 (1:05) | 0:19 (1:24) | 1:33 (2:57) | 2:32 (5:29) | 0:18 (5:47) | 1:09 (6:56) |
| | 2:40 (9:36) | 0:33 (10:09) | 1:29 (11:38) | 2:00 (13:38) | 2:28 (16:06) | 1:22 (17:28) |
| | 1:12 (18:40) | 0:08 (18:48) | | | | |
| 5. | Hanne Frost | Ballerup OK | 21:27 | +6:19 | | |
| | 1:32 (1:32) | 0:27 (1:59) | 2:06 (4:05) | 2:33 (6:38) | 0:21 (6:59) | 1:27 (8:26) |
| | 1:41 (10:07) | 0:48 (10:55) | 2:19 (13:14) | 1:38 (14:52) | 3:27 (18:19) | 2:06 (20:25) |
| | 0:53 (21:18) | 0:09 (21:27) | | | | |
| 6. | Susan Houmark Stub | PI-København | 21:30 | +6:22 | | |
| | 1:31 (1:31) | 0:25 (1:56) | 1:33 (3:29) | 2:36 (6:05) | 0:25 (6:30) | 1:14 (7:44) |
| | 1:50 (9:34) | 1:09 (10:43) | 2:38 (13:21) | 1:40 (15:01) | 3:13 (18:14) | 2:10 (20:24) |
| | 0:58 (21:22) | 0:08 (21:30) | | | | |
| 7. | Anni Lind | PI-København | 21:53 | +6:45 | | |
| | 1:50 (1:50) | 0:39 (2:29) | 2:35 (5:04) | 2:31 (7:35) | 0:20 (7:55) | 1:16 (9:11) |
| | 2:26 (11:37) | 0:51 (12:28) | 1:37 (14:05) | 1:54 (15:59) | 2:28 (18:27) | 1:59 (20:26) |
| | 1:20 (21:46) | 0:07 (21:53) | | | | |
| 8. | Jette Kreiberg | OK Roskilde | 22:34 | +7:26 | | |
| | 1:21 (1:21) | 1:13 (2:34) | 2:29 (5:03) | 2:21 (7:24) | 0:31 (7:55) | 1:19 (9:14) |
| | 1:52 (11:06) | 0:59 (12:05) | 1:38 (13:43) | 1:57 (15:40) | 3:35 (19:15) | 1:42 (20:57) |
| | 1:28 (22:25) | 0:09 (22:34) | | | | |
| | Bente Madsen | Tisvilde Hegn OK | Fejlklip | | | |
| | 1:37 (1:37) | 1:01 (2:38) | – (–) | – (5:47) | 0:14 (6:01) | 0:56 (6:57) |
| | 1:15 (8:12) | 0:31 (8:43) | 1:35 (10:18) | 1:12 (11:30) | 1:50 (13:20) | 1:07 (14:27) |
| | 0:36 (15:03) | 0:08 (15:11) | | | | |

D65

| | | (9 / 9) | Tid | Efter | | |
|----|----------------------|-----------------|--------------|--------------|--------------|--------------|
| 1. | Grethe Anæus | Viborg OK | 17:21 | | | |
| | 1:10 (1:10) | 0:25 (1:35) | 2:27 (4:02) | 2:08 (6:10) | 0:16 (6:26) | 1:12 (7:38) |
| | 1:26 (9:04) | 0:38 (9:42) | 1:12 (10:54) | 1:26 (12:20) | 2:35 (14:55) | 1:40 (16:35) |
| | 0:39 (17:14) | 0:07 (17:21) | | | | |
| 2. | Eva Konring Olesen | FIF Hillerød | 17:59 | +0:38 | | |
| | 1:13 (1:13) | 0:28 (1:41) | 1:37 (3:18) | 2:31 (5:49) | 0:20 (6:09) | 1:19 (7:28) |
| | 1:57 (9:25) | 0:44 (10:09) | 1:35 (11:44) | 1:25 (13:09) | 2:33 (15:42) | 1:23 (17:05) |
| | 0:45 (17:50) | 0:09 (17:59) | | | | |
| 3. | Ulla Engelby | OK Pan | 18:54 | +1:33 | | |
| | 1:51 (1:51) | 0:38 (2:29) | 1:51 (4:20) | 2:07 (6:27) | 0:16 (6:43) | 1:08 (7:51) |
| | 1:29 (9:20) | 0:46 (10:06) | 1:48 (11:54) | 1:23 (13:17) | 2:52 (16:09) | 1:49 (17:58) |
| | 0:48 (18:46) | 0:08 (18:54) | | | | |
| 4. | Gunnel Månsson | OK Vilse 87 | 19:37 | +2:16 | | |
| | 1:16 (1:16) | 0:45 (2:01) | 2:10 (4:11) | 2:23 (6:34) | 0:21 (6:55) | 1:19 (8:14) |
| | 1:50 (10:04) | 0:46 (10:50) | 1:52 (12:42) | 1:35 (14:17) | 2:36 (16:53) | 1:41 (18:34) |
| | 0:53 (19:27) | 0:10 (19:37) | | | | |
| 5. | Annette Petersen | OK Roskilde | 19:38 | +2:17 | | |
| | 2:34 (2:34) | 0:37 (3:11) | 1:13 (4:24) | 2:26 (6:50) | 0:21 (7:11) | 1:19 (8:30) |
| | 2:07 (10:37) | 0:49 (11:26) | 1:30 (12:56) | 1:22 (14:18) | 2:52 (17:10) | 1:31 (18:41) |
| | 0:48 (19:29) | 0:09 (19:38) | | | | |
| 6. | Lisbet Hansen | FSK Orientering | 23:59 | +6:38 | | |
| | 2:05 (2:05) | 0:29 (2:34) | 2:01 (4:35) | 2:43 (7:18) | 0:21 (7:39) | 1:33 (9:12) |
| | 3:13 (12:25) | 0:53 (13:18) | 1:54 (15:12) | 2:06 (17:18) | 3:02 (20:20) | 2:03 (22:23) |
| | 1:28 (23:51) | 0:08 (23:59) | | | | |
| 7. | Inger Jessen | OK Roskilde | 26:19 | +8:58 | | |
| | 1:33 (1:33) | 0:44 (2:17) | 1:33 (3:50) | 2:07 (5:57) | 1:22 (7:19) | 1:16 (8:35) |
| | 3:44 (12:19) | 1:11 (13:30) | 1:58 (15:28) | 1:53 (17:21) | 2:19 (19:40) | 5:32 (25:12) |
| | 0:59 (26:11) | 0:08 (26:19) | | | | |
| 8. | Johanne Lind | Ballerup OK | 29:20 | +11:59 | | |
| | 1:48 (1:48) | 0:57 (2:45) | 7:00 (9:45) | 4:49 (14:34) | 0:23 (14:57) | 1:42 (16:39) |
| | 1:51 (18:30) | 0:48 (19:18) | 1:41 (20:59) | 1:42 (22:41) | 2:56 (25:37) | 2:27 (28:04) |
| | 1:05 (29:09) | 0:11 (29:20) | | | | |
| 9. | Birgit Haakan Jensen | FIF Hillerød | 36:25 | +19:04 | | |
| | 4:48 (4:48) | 0:23 (5:11) | 2:23 (7:34) | 2:35 (10:09) | 0:24 (10:33) | 6:45 (17:18) |
| | 2:08 (19:26) | 1:13 (20:39) | 6:12 (26:51) | 1:51 (28:42) | 3:53 (32:35) | 2:13 (34:48) |
| | 1:27 (36:15) | 0:10 (36:25) | | | | |

D70

| | | (6 / 6) | Tid | Efter | | |
|----|-------------------|------------------|--------------|--------------|--------------|--------------|
| 1. | Inger Kirkegaard | Tisvilde Hegn OK | 12:10 | | | |
| | 1:30 (1:30) | 1:32 (3:02) | 0:52 (3:54) | 2:02 (5:56) | 0:36 (6:32) | 1:15 (7:47) |
| | 0:19 (8:06) | 1:49 (9:55) | 0:36 (10:31) | 1:08 (11:39) | 0:23 (12:02) | 0:08 (12:10) |
| 2. | Kirsten Ellekilde | Helsingør SOK | 12:48 | +0:38 | | |
| | 1:32 (1:32) | 1:38 (3:10) | 0:36 (3:46) | 2:05 (5:51) | 0:35 (6:26) | 1:14 (7:40) |
| | 0:30 (8:10) | 1:27 (9:37) | 0:53 (10:30) | 1:49 (12:19) | 0:22 (12:41) | 0:07 (12:48) |

| | | | | | | | |
|------------|---------------------------|------------------|--------------|--------------|--------------|--------------|--|
| 3. | Merete Ravnshøj Andersen | Herlufsholm OK | 13:18 | +1:08 | | | |
| | 1:34 (1:34) | 1:29 (3:03) | 1:31 (4:34) | 1:39 (6:13) | 0:32 (6:45) | 1:02 (7:47) | |
| | 0:18 (8:05) | 1:15 (9:20) | 0:41 (10:01) | 2:46 (12:47) | 0:23 (13:10) | 0:08 (13:18) | |
| 4. | Alice Bech | OK73 | 15:05 | +2:55 | | | |
| | 2:43 (2:43) | 1:35 (4:18) | 1:01 (5:19) | 2:18 (7:37) | 0:37 (8:14) | 1:37 (9:51) | |
| | 0:20 (10:11) | 1:34 (11:45) | 0:44 (12:29) | 1:53 (14:22) | 0:25 (14:47) | 0:18 (15:05) | |
| 5. | Grethe Larsen | Køge OK | 33:04 | +20:54 | | | |
| | 9:44 (9:44) | 5:58 (15:42) | 1:20 (17:02) | 3:02 (20:04) | 0:39 (20:43) | 1:36 (22:19) | |
| | 1:12 (23:31) | 2:06 (25:37) | 0:48 (26:25) | 5:51 (32:16) | 0:37 (32:53) | 0:11 (33:04) | |
| | Ulla Hooge | OK ØST Birkerød | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| D75 | | (1 / 1) | Tid | Efter | | | |
| 1. | Aase Neregaard | Tisvilde Hegn OK | 18:58 | | | | |
| | 1:25 (1:25) | 1:58 (3:23) | 1:18 (4:41) | 4:30 (9:11) | 0:43 (9:54) | 1:33 (11:27) | |
| | 0:29 (11:56) | 1:46 (13:42) | 0:56 (14:38) | 3:40 (18:18) | 0:31 (18:49) | 0:09 (18:58) | |
| H14 | | (1 / 1) | Tid | Efter | | | |
| 1. | Anton Spile Andersen | Odense OK | 9:53 | | | | |
| | 1:18 (1:18) | 1:09 (2:27) | 0:43 (3:10) | 1:51 (5:01) | 0:34 (5:35) | 0:49 (6:24) | |
| | 0:17 (6:41) | 1:09 (7:50) | 0:33 (8:23) | 1:09 (9:32) | 0:15 (9:47) | 0:06 (9:53) | |
| H16 | | (2 / 2) | Tid | Efter | | | |
| 1. | Johannes Marager | Allerød OK | 13:58 | | | | |
| | 0:35 (0:35) | 0:27 (1:02) | 0:45 (1:47) | 1:23 (3:10) | 0:52 (4:02) | 0:48 (4:50) | |
| | 0:27 (5:17) | 1:07 (6:24) | 0:52 (7:16) | 2:33 (9:49) | 0:44 (10:33) | 0:33 (11:06) | |
| | 1:12 (12:18) | 0:36 (12:54) | 0:44 (13:38) | 0:15 (13:53) | 0:05 (13:58) | | |
| 2. | Mads Christian Maarup | Allerød OK | 14:02 | +0:04 | | | |
| | 0:39 (0:39) | 0:28 (1:07) | 0:41 (1:48) | 1:24 (3:12) | 0:48 (4:00) | 1:17 (5:17) | |
| | 0:29 (5:46) | 1:15 (7:01) | 0:43 (7:44) | 2:15 (9:59) | 0:45 (10:44) | 0:36 (11:20) | |
| | 1:06 (12:26) | 0:34 (13:00) | 0:42 (13:42) | 0:15 (13:57) | 0:05 (14:02) | | |
| H18 | | (4 / 4) | Tid | Efter | | | |
| 1. | Tobias Olloz | Tisvilde Hegn OK | 14:42 | | | | |
| | 0:49 (0:49) | 0:47 (1:36) | 0:42 (2:18) | 1:27 (3:45) | 0:51 (4:36) | 1:06 (5:42) | |
| | 0:30 (6:12) | 1:15 (7:27) | 0:51 (8:18) | 2:08 (10:26) | 0:43 (11:09) | 0:33 (11:42) | |
| | 1:14 (12:56) | 0:34 (13:30) | 0:51 (14:21) | 0:16 (14:37) | 0:05 (14:42) | | |
| 2. | Magnus Andersen | Ballerup OK | 14:46 | +0:04 | | | |
| | 0:43 (0:43) | 0:33 (1:16) | 0:46 (2:02) | 1:34 (3:36) | 0:51 (4:27) | 1:02 (5:29) | |
| | 0:31 (6:00) | 1:20 (7:20) | 0:46 (8:06) | 2:08 (10:14) | 0:43 (10:57) | 0:43 (11:40) | |
| | 1:14 (12:54) | 0:37 (13:31) | 0:45 (14:16) | 0:24 (14:40) | 0:06 (14:46) | | |
| 3. | Valdemar Marager | Allerød OK | 16:10 | +1:28 | | | |
| | 0:51 (0:51) | 0:29 (1:20) | 1:01 (2:21) | 1:41 (4:02) | 0:42 (4:44) | 1:03 (5:47) | |
| | 1:30 (7:17) | 1:19 (8:36) | 0:53 (9:29) | 2:24 (11:53) | 0:38 (12:31) | 0:39 (13:10) | |
| | 1:21 (14:31) | 0:37 (15:08) | 0:42 (15:50) | 0:15 (16:05) | 0:05 (16:10) | | |
| 4. | Jens Tange Hasholt | Allerød OK | 17:46 | +3:04 | | | |
| | 1:09 (1:09) | 0:39 (1:48) | 0:53 (2:41) | 1:48 (4:29) | 1:08 (5:37) | 1:28 (7:05) | |
| | 0:41 (7:46) | 1:38 (9:24) | 0:54 (10:18) | 2:29 (12:47) | 0:46 (13:33) | 0:46 (14:19) | |
| | 1:29 (15:48) | 0:41 (16:29) | 0:58 (17:27) | 0:14 (17:41) | 0:05 (17:46) | | |
| H20 | | (3 / 3) | Tid | Efter | | | |
| 1. | Lukas Kjær Hemmingsen | FIF Hillerød | 15:17 | | | | |
| | 0:38 (0:38) | 0:31 (1:09) | 0:50 (1:59) | 1:38 (3:37) | 1:00 (4:37) | 1:10 (5:47) | |
| | 0:29 (6:16) | 1:31 (7:47) | 0:48 (8:35) | 2:06 (10:41) | 0:50 (11:31) | 0:41 (12:12) | |
| | 1:20 (13:32) | 0:38 (14:10) | 0:44 (14:54) | 0:17 (15:11) | 0:06 (15:17) | | |
| | Morten Rønn Østergaard | Kildeholm OK | Fejlklip | | | | |
| | 0:44 (0:44) | 0:37 (1:21) | 1:36 (2:57) | 1:31 (4:28) | – (–) | – (6:29) | |
| | 2:29 (8:58) | 1:30 (10:28) | 1:08 (11:36) | 2:54 (14:30) | 0:59 (15:29) | 0:37 (16:06) | |
| | 1:20 (17:26) | 0:41 (18:07) | 1:01 (19:08) | 0:21 (19:29) | 0:06 (19:35) | | |
| | Roald Waltenburg | Kildeholm OK | Fejlklip | | | | |
| | 2:12 (2:12) | 0:52 (3:04) | 2:19 (5:23) | 2:01 (7:24) | 1:29 (8:53) | 1:50 (10:43) | |
| | 0:52 (11:35) | 3:06 (14:41) | 1:16 (15:57) | 3:56 (19:53) | 1:18 (21:11) | 1:03 (22:14) | |
| | 1:46 (24:00) | 0:48 (24:48) | – (–) | – (28:33) | 0:07 (28:40) | | |
| H21 | | (6 / 6) | Tid | Efter | | | |
| 1. | Oscar David Broman Jensen | Allerød OK | 15:14 | | | | |
| | 0:55 (0:55) | 1:06 (2:01) | 0:25 (2:26) | 0:25 (2:51) | 0:46 (3:37) | 1:07 (4:44) | |
| | 1:03 (5:47) | 0:23 (6:10) | 1:24 (7:34) | 0:45 (8:19) | 0:43 (9:02) | 0:32 (9:34) | |
| | 0:47 (10:21) | 1:49 (12:10) | 0:32 (12:42) | 0:29 (13:11) | 0:40 (13:51) | 0:56 (14:47) | |
| | 0:23 (15:10) | 0:04 (15:14) | | | | | |
| 2. | Jesper David Jensen | Tisvilde Hegn OK | 18:27 | +3:13 | | | |
| | 1:00 (1:00) | 1:08 (2:08) | 0:30 (2:38) | 0:32 (3:10) | 0:47 (3:57) | 1:20 (5:17) | |
| | 1:04 (6:21) | 0:16 (6:37) | 1:30 (8:07) | 0:51 (8:58) | 0:46 (9:44) | 1:24 (11:08) | |
| | 1:17 (12:25) | 2:24 (14:49) | 0:42 (15:31) | 0:32 (16:03) | 0:48 (16:51) | 1:02 (17:53) | |
| | 0:27 (18:20) | 0:07 (18:27) | | | | | |
| 3. | Bela Sebok | Ballerup OK | 19:23 | +4:09 | | | |
| | 1:23 (1:23) | 1:10 (2:33) | 0:30 (3:03) | 0:38 (3:41) | 0:51 (4:32) | 1:32 (6:04) | |
| | 1:12 (7:16) | 0:19 (7:35) | 1:29 (9:04) | 0:57 (10:01) | 0:51 (10:52) | 1:24 (11:16) | |
| | 1:10 (13:26) | 2:05 (15:31) | 0:51 (16:22) | 0:36 (16:58) | 0:49 (17:47) | 1:01 (18:48) | |
| | 0:30 (19:18) | 0:05 (19:23) | | | | | |

| | | | | | | | |
|------------|-------------------------------|-------------------------|-------------------|---------------|--------------|--------------|--|
| 4. | Philip Knak | PI-København | 19:49 | +4:35 | | | |
| | 1:18 (1:18) | 1:16 (2:34) | 0:34 (3:08) | 0:51 (3:59) | 0:52 (4:51) | 1:30 (6:21) | |
| | 1:18 (7:39) | 0:21 (8:00) | 1:42 (9:42) | 1:03 (10:45) | 0:54 (11:39) | 0:43 (12:22) | |
| | 0:57 (13:19) | 2:21 (15:40) | 0:54 (16:34) | 0:36 (17:10) | 0:52 (18:02) | 1:08 (19:10) | |
| | 0:33 (19:43) | 0:06 (19:49) | | | | | |
| 5. | Andreas Duc Jørgensen | Tisvilde Hegn OK | 19:52 | +4:38 | | | |
| | 0:59 (0:59) | 1:04 (2:03) | 0:30 (2:33) | 0:40 (3:13) | 0:51 (4:04) | 1:37 (5:41) | |
| | 1:15 (6:56) | 0:20 (7:16) | 1:43 (8:59) | 0:58 (9:57) | 0:56 (10:53) | 1:06 (11:59) | |
| | 0:59 (12:58) | 2:49 (15:47) | 0:55 (16:42) | 0:40 (17:22) | 0:59 (18:21) | 0:58 (19:19) | |
| | 0:27 (19:46) | 0:06 (19:52) | | | | | |
| 6. | Catalin Miclea | OK Sorø | 30:51 | +15:37 | | | |
| | 1:20 (1:20) | 1:13 (2:33) | 1:21 (3:54) | 0:45 (4:39) | 1:15 (5:54) | 3:04 (8:58) | |
| | 3:03 (12:01) | 0:20 (12:21) | 2:33 (14:54) | 1:19 (16:13) | 1:05 (17:18) | 3:11 (20:29) | |
| | 1:55 (22:24) | 2:48 (25:12) | 1:06 (26:18) | 0:44 (27:02) | 1:05 (28:07) | 1:29 (29:36) | |
| | 1:07 (30:43) | 0:08 (30:51) | | | | | |
| H35 | (1 / 1) | | Tid | Efter | | | |
| 1. | Robert Kovacs | Farum OK | 18:02 | | | | |
| | 1:07 (1:07) | 1:03 (2:10) | 0:33 (2:43) | 0:39 (3:22) | 0:53 (4:15) | 1:30 (5:45) | |
| | 1:09 (6:54) | 0:17 (7:11) | 1:40 (8:51) | 0:52 (9:43) | 0:48 (10:31) | 0:40 (11:11) | |
| | 0:57 (12:08) | 2:09 (14:17) | 0:47 (15:04) | 0:35 (15:39) | 0:47 (16:26) | 1:01 (17:27) | |
| | 0:29 (17:56) | 0:06 (18:02) | | | | | |
| H40 | (1 / 1) | | Tid | Efter | | | |
| 1. | Anders Christensen | O-63 | 25:50 | | | | |
| | 1:32 (1:32) | 1:15 (2:47) | 2:16 (5:03) | 1:06 (6:09) | 1:44 (7:53) | 0:25 (8:18) | |
| | 1:19 (9:37) | 1:58 (11:35) | 1:03 (12:38) | 1:10 (13:48) | 1:15 (15:03) | 2:16 (17:19) | |
| | 1:52 (19:11) | 1:22 (20:33) | 2:28 (23:01) | 1:09 (24:10) | 1:32 (25:42) | 0:08 (25:50) | |
| H45 | (5 / 5) | | Tid | Efter | | | |
| 1. | Allan Søgaard | OK Roskilde | 18:09 | | | | |
| | 1:07 (1:07) | 1:21 (2:28) | 1:44 (4:12) | 0:44 (4:56) | 1:18 (6:14) | 0:16 (6:30) | |
| | 1:35 (8:05) | 1:28 (9:33) | 0:30 (10:03) | 0:47 (10:50) | 0:52 (11:42) | 0:41 (12:23) | |
| | 1:08 (13:31) | 0:58 (14:29) | 1:25 (15:54) | 0:48 (16:42) | 1:21 (18:03) | 0:06 (18:09) | |
| 2. | Morten Ploug | Ballerup OK | 21:14 | +3:05 | | | |
| | 1:25 (1:25) | 1:08 (2:33) | 1:40 (4:13) | 1:00 (5:13) | 1:29 (6:42) | 0:21 (7:03) | |
| | 1:35 (8:38) | 1:36 (10:14) | 0:37 (10:51) | 1:02 (11:53) | 1:15 (13:08) | 0:53 (14:01) | |
| | 1:45 (15:46) | 1:13 (16:59) | 1:52 (18:51) | 0:57 (19:48) | 1:18 (21:06) | 0:08 (21:14) | |
| 3. | Lars Sørensen | OK ØST Birkerød | 26:10 | +8:01 | | | |
| | 1:29 (1:29) | 1:23 (2:52) | 2:30 (5:22) | 1:14 (6:36) | 1:40 (8:16) | 0:33 (8:49) | |
| | 1:18 (10:07) | 2:06 (12:13) | 0:46 (12:59) | 1:15 (14:14) | 1:20 (15:34) | 1:52 (17:26) | |
| | 2:02 (19:28) | 1:21 (20:49) | 2:30 (23:19) | 1:12 (24:31) | 1:30 (26:01) | 0:09 (26:10) | |
| | Henrik Seidelin Dam | Ballerup OK | Fejlkli | | | | |
| | 1:28 (1:28) | 0:57 (2:25) | 1:52 (4:17) | 0:48 (5:05) | 1:18 (6:23) | – (–) | |
| | – (8:24) | 1:26 (9:50) | 0:32 (10:22) | 0:49 (11:11) | 1:02 (12:13) | 0:54 (13:07) | |
| | 2:15 (15:22) | 1:09 (16:31) | 1:35 (18:06) | 1:21 (19:27) | 1:05 (20:32) | 0:06 (20:38) | |
| | Roland Dumong | OK ØST Birkerød | Ej startet | | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| H50 | (14 / 14) | | Tid | Efter | | | |
| 1. | Jens Knud Maarup | Allerød OK | 15:57 | | | | |
| | 1:13 (1:13) | 0:57 (2:10) | 1:21 (3:31) | 0:39 (4:10) | 1:09 (5:19) | 0:15 (5:34) | |
| | 0:49 (6:23) | 1:13 (7:36) | 0:29 (8:05) | 0:46 (8:51) | 0:59 (9:50) | 0:41 (10:31) | |
| | 1:12 (11:43) | 0:53 (12:36) | 1:41 (14:17) | 0:45 (15:02) | 0:50 (15:52) | 0:05 (15:57) | |
| 2. | Jesper Jensen | Farum OK | 16:27 | +0:30 | | | |
| | 1:07 (1:07) | 0:53 (2:00) | 1:37 (3:37) | 0:44 (4:21) | 1:14 (5:35) | 0:17 (5:52) | |
| | 0:57 (6:49) | 1:20 (8:09) | 0:29 (8:38) | 0:49 (9:27) | 0:54 (10:21) | 0:50 (11:11) | |
| | 1:17 (12:28) | 0:56 (13:24) | 1:26 (14:50) | 0:44 (15:34) | 0:47 (16:21) | 0:06 (16:27) | |
| 3. | Anders Marager | Allerød OK | 17:45 | +1:48 | | | |
| | 1:09 (1:09) | 0:58 (2:07) | 1:29 (3:36) | 0:49 (4:25) | 1:15 (5:40) | 0:18 (5:58) | |
| | 0:55 (6:53) | 1:27 (8:20) | 0:31 (8:51) | 0:53 (9:44) | 1:00 (10:44) | 0:48 (11:32) | |
| | 1:23 (12:55) | 1:01 (13:56) | 1:45 (15:41) | 0:48 (16:29) | 1:10 (17:39) | 0:06 (17:45) | |
| 4. | Carsten Gemmer Hanghøj | Ballerup OK | 18:08 | +2:11 | | | |
| | 1:25 (1:25) | 0:57 (2:22) | 1:38 (4:00) | 0:57 (4:57) | 1:13 (6:10) | 0:16 (6:26) | |
| | 1:02 (7:28) | 1:21 (8:49) | 0:31 (9:20) | 0:50 (10:10) | 1:08 (11:18) | 0:50 (12:08) | |
| | 1:26 (13:34) | 1:03 (14:37) | 1:36 (16:13) | 0:46 (16:59) | 1:02 (18:01) | 0:07 (18:08) | |
| 5. | Claus Cederberg | Ballerup OK | 18:17 | +2:20 | | | |
| | 1:15 (1:15) | 1:17 (2:32) | 1:23 (3:55) | 0:49 (4:44) | 1:16 (6:00) | 0:15 (6:15) | |
| | 1:07 (7:22) | 1:25 (8:47) | 0:34 (9:21) | 0:54 (10:15) | 1:06 (11:21) | 1:01 (12:22) | |
| | 1:29 (13:51) | 0:55 (14:46) | 1:38 (16:24) | 0:49 (17:13) | 0:58 (18:11) | 0:06 (18:17) | |
| 6. | Erik Melbye | Søllerød OK | 19:01 | +3:04 | | | |
| | 1:12 (1:12) | 0:58 (2:10) | 1:39 (3:49) | 0:55 (4:44) | 1:13 (5:57) | 0:38 (6:35) | |
| | 1:10 (7:45) | 1:24 (9:09) | 0:31 (9:40) | 0:53 (10:33) | 1:04 (11:37) | 0:50 (12:27) | |
| | 1:41 (14:08) | 1:03 (15:11) | 1:50 (17:01) | 0:59 (18:00) | 0:55 (18:55) | 0:06 (19:01) | |
| 7. | Bo Pedersen | Køge OK | 19:13 | +3:16 | | | |
| | 1:33 (1:33) | 0:56 (2:29) | 1:54 (4:23) | 0:54 (5:17) | 1:16 (6:33) | 0:19 (6:52) | |
| | 1:08 (8:00) | 1:30 (9:30) | 0:33 (10:03) | 0:58 (11:01) | 1:04 (12:05) | 1:05 (13:10) | |
| | 1:34 (14:44) | 1:06 (15:50) | 1:38 (17:28) | 0:45 (18:13) | 0:54 (19:07) | 0:06 (19:13) | |

| | | | | | | |
|-----|---------------------|--------------|--------------|--------------|--------------|--------------|
| 8. | Christian Olsen | AMOK | 19:53 | +3:56 | | |
| | 1:18 (1:18) | 0:55 (2:13) | 1:40 (3:53) | 0:54 (4:47) | 1:14 (6:01) | 0:16 (6:17) |
| | 2:54 (9:11) | 1:15 (10:26) | 0:32 (10:58) | 0:49 (11:47) | 1:02 (12:49) | 0:48 (13:37) |
| | 1:25 (15:02) | 1:09 (16:11) | 1:44 (17:55) | 0:47 (18:42) | 1:05 (19:47) | 0:06 (19:53) |
| 9. | Steen T. Hasholt | Allerød OK | 20:08 | +4:11 | | |
| | 1:24 (1:24) | 1:09 (2:33) | 1:42 (4:15) | 0:55 (5:10) | 1:26 (6:36) | 0:19 (6:55) |
| | 1:04 (7:59) | 1:37 (9:36) | 0:38 (10:14) | 1:07 (11:21) | 1:16 (12:37) | 0:56 (13:33) |
| | 1:36 (15:09) | 1:10 (16:19) | 1:48 (18:07) | 0:54 (19:01) | 1:02 (20:03) | 0:05 (20:08) |
| 10. | Michael Ertmann | Allerød OK | 20:27 | +4:30 | | |
| | 1:27 (1:27) | 1:01 (2:28) | 1:39 (4:07) | 0:45 (4:52) | 1:17 (6:09) | 0:17 (6:26) |
| | 1:23 (7:49) | 1:26 (9:15) | 0:35 (9:50) | 0:54 (10:44) | 1:14 (11:58) | 2:04 (14:02) |
| | 1:28 (15:30) | 1:06 (16:36) | 1:41 (18:17) | 0:49 (19:06) | 1:13 (20:19) | 0:08 (20:27) |
| 11. | Kåre Sørensen | OK Sorø | 20:38 | +4:41 | | |
| | 1:35 (1:35) | 1:02 (2:37) | 1:54 (4:31) | 0:55 (5:26) | 1:16 (6:42) | 0:21 (7:03) |
| | 1:14 (8:17) | 1:48 (10:05) | 0:33 (10:38) | 1:46 (12:24) | 1:07 (13:31) | 0:54 (14:25) |
| | 1:22 (15:47) | 1:03 (16:50) | 1:49 (18:39) | 0:48 (19:27) | 1:05 (20:32) | 0:06 (20:38) |
| 12. | Jesper Kracht | PI-København | 26:53 | +10:56 | | |
| | 1:44 (1:44) | 1:32 (3:16) | 2:40 (5:56) | 1:22 (7:18) | 1:41 (8:59) | 0:24 (9:23) |
| | 1:38 (11:01) | 1:59 (13:00) | 0:44 (13:44) | 1:15 (14:59) | 1:26 (16:25) | 1:47 (18:12) |
| | 2:00 (20:12) | 1:24 (21:36) | 2:24 (24:00) | 1:10 (25:10) | 1:36 (26:46) | 0:07 (26:53) |
| 13. | Viorel Miclea | OK Sorø | 27:23 | +11:26 | | |
| | 1:48 (1:48) | 1:08 (2:56) | 1:55 (4:51) | 1:11 (6:02) | 1:51 (7:53) | 0:43 (8:36) |
| | 1:20 (9:56) | 1:40 (11:36) | 0:37 (12:13) | 1:45 (13:58) | 1:13 (15:11) | 2:21 (17:32) |
| | 2:43 (20:15) | 2:20 (22:35) | 2:08 (24:43) | 1:09 (25:52) | 1:23 (27:15) | 0:08 (27:23) |
| 14. | Jesper Allan Jensen | OK Roskilde | 28:47 | +12:50 | | |
| | 1:38 (1:38) | 1:24 (3:02) | 2:57 (5:59) | 1:23 (7:22) | 2:12 (9:34) | 0:26 (10:00) |
| | 1:26 (11:26) | 2:14 (13:40) | 0:44 (14:24) | 1:21 (15:45) | 1:46 (17:31) | 1:04 (18:35) |
| | 2:18 (20:53) | 1:32 (22:25) | 2:54 (25:19) | 1:20 (26:39) | 2:00 (28:39) | 0:08 (28:47) |

| H55 | | (10 / 10) | Tid | Efter | | |
|-----|---------------------|------------------|--------------|--------------|--------------|--------------|
| 1. | Tim Falck Weber | Tisvilde Hegn OK | 17:12 | | | |
| | 1:09 (1:09) | 0:56 (2:05) | 1:26 (3:31) | 0:49 (4:20) | 1:14 (5:34) | 0:19 (5:53) |
| | 0:54 (6:47) | 1:26 (8:13) | 0:30 (8:43) | 0:49 (9:32) | 1:03 (10:35) | 0:50 (11:25) |
| | 1:23 (12:48) | 1:02 (13:50) | 1:40 (15:30) | 0:46 (16:16) | 0:51 (17:07) | 0:05 (17:12) |
| 2. | Steen Olsen | Søllerød OK | 17:43 | +0:31 | | |
| | 1:07 (1:07) | 0:53 (2:00) | 1:50 (3:50) | 0:42 (4:32) | 1:12 (5:44) | 0:17 (6:01) |
| | 1:04 (7:05) | 1:23 (8:28) | 0:35 (9:03) | 0:50 (9:53) | 0:59 (10:52) | 0:46 (11:38) |
| | 1:36 (13:14) | 1:02 (14:16) | 1:33 (15:49) | 0:45 (16:34) | 1:02 (17:36) | 0:07 (17:43) |
| 3. | Helge Tillingsøe | DSRs O-sektion | 17:45 | +0:33 | | |
| | 1:05 (1:05) | 0:57 (2:02) | 1:43 (3:45) | 0:48 (4:33) | 1:17 (5:50) | 0:15 (6:05) |
| | 0:59 (7:04) | 1:29 (8:33) | 0:32 (9:05) | 0:53 (9:58) | 1:02 (11:00) | 0:41 (11:41) |
| | 1:27 (13:08) | 1:00 (14:08) | 1:48 (15:56) | 0:44 (16:40) | 0:59 (17:39) | 0:06 (17:45) |
| 4. | Michael Graae | Søllerød OK | 18:29 | +1:17 | | |
| | 1:30 (1:30) | 1:02 (2:32) | 1:30 (4:02) | 0:50 (4:52) | 1:17 (6:09) | 0:19 (6:28) |
| | 0:58 (7:26) | 1:31 (8:57) | 0:33 (9:30) | 0:51 (10:21) | 1:05 (11:26) | 0:56 (12:22) |
| | 1:29 (13:51) | 1:01 (14:52) | 1:42 (16:34) | 0:46 (17:20) | 1:02 (18:22) | 0:07 (18:29) |
| 5. | Kent Pihl | OK Roskilde | 19:49 | +2:37 | | |
| | 1:23 (1:23) | 1:07 (2:30) | 1:29 (3:59) | 0:49 (4:48) | 1:19 (6:07) | 0:19 (6:26) |
| | 0:59 (7:25) | 1:35 (9:00) | 0:37 (9:37) | 0:58 (10:35) | 1:02 (11:37) | 0:57 (12:34) |
| | 1:41 (14:15) | 1:08 (15:23) | 2:00 (17:23) | 1:04 (18:27) | 1:15 (19:42) | 0:07 (19:49) |
| 6. | Stephen Hall Reusch | OK ØST Birkerød | 20:09 | +2:57 | | |
| | 1:14 (1:14) | 1:25 (2:39) | 1:49 (4:28) | 0:54 (5:22) | 1:19 (6:41) | 0:21 (7:02) |
| | 1:09 (8:11) | 1:30 (9:41) | 0:33 (10:14) | 1:11 (11:25) | 1:03 (12:28) | 0:57 (13:25) |
| | 1:56 (15:21) | 1:03 (16:24) | 1:44 (18:08) | 0:49 (18:57) | 1:04 (20:01) | 0:08 (20:09) |
| 7. | Jørn Lind | PI-København | 24:06 | +6:54 | | |
| | 2:15 (2:15) | 1:14 (3:29) | 2:18 (5:47) | 1:11 (6:58) | 1:38 (8:36) | 0:21 (8:57) |
| | 1:06 (10:03) | 1:38 (11:41) | 0:35 (12:16) | 1:06 (13:22) | 1:09 (14:31) | 1:47 (16:18) |
| | 1:48 (18:06) | 1:11 (19:17) | 1:57 (21:14) | 1:41 (22:55) | 1:04 (23:59) | 0:07 (24:06) |
| 8. | Claus Mikkelsen | Herlufsholm OK | 35:56 | +18:44 | | |
| | 2:16 (2:16) | 1:57 (4:13) | 3:34 (7:47) | 1:28 (9:15) | 2:25 (11:40) | 0:30 (12:10) |
| | 1:58 (14:08) | 2:51 (16:59) | 0:57 (17:56) | 1:34 (19:30) | 1:45 (21:15) | 1:26 (22:41) |
| | 2:56 (25:37) | 1:48 (27:25) | 3:26 (30:51) | 2:30 (33:21) | 2:25 (35:46) | 0:10 (35:56) |
| 9. | Henrik Waltenburg | Kildeholm OK | 54:31 | +37:19 | | |
| | 7:29 (7:29) | 3:07 (10:36) | 3:35 (14:11) | 7:57 (22:08) | 2:00 (24:08) | 0:28 (24:36) |
| | 3:43 (28:19) | 5:30 (33:49) | 0:51 (34:40) | 1:57 (36:37) | 2:13 (38:50) | 2:31 (41:21) |
| | 2:38 (43:59) | 1:58 (45:57) | 4:00 (49:57) | 2:13 (52:10) | 2:13 (54:23) | 0:08 (54:31) |
| | Jakob Albahn | Tisvilde Hegn OK | Ej startet | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

| H60 | | (10 / 10) | Tid | Efter | | |
|-----|----------------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Peter Østergaard | Søllerød OK | 15:03 | | | |
| | 0:47 (0:47) | 0:30 (1:17) | 1:00 (2:17) | 1:32 (3:49) | 0:56 (4:45) | 1:00 (5:45) |
| | 0:33 (6:18) | 1:22 (7:40) | 0:51 (8:31) | 2:04 (10:35) | 0:41 (11:16) | 0:38 (11:54) |
| | 1:14 (13:08) | 0:38 (13:46) | 0:49 (14:35) | 0:21 (14:56) | 0:07 (15:03) | |
| 2. | Jens Viktor Nørgaard | FIF Hillerød | 16:04 | +1:01 | | |
| | 0:41 (0:41) | 0:31 (1:12) | 0:52 (2:04) | 1:39 (3:43) | 1:00 (4:43) | 1:00 (5:43) |
| | 0:35 (6:18) | 1:30 (7:48) | 0:58 (8:46) | 2:21 (11:07) | 0:55 (12:02) | 0:37 (12:39) |
| | 1:28 (14:07) | 0:42 (14:49) | 0:49 (15:38) | 0:19 (15:57) | 0:07 (16:04) | |

| | | | | | | |
|-----|-------------------|-----------------|--------------|--------------|--------------|--------------|
| 3. | Henrik Albahn | Lyngby OK | 17:10 | +2:07 | | |
| | 0:45 (0:45) | 0:36 (1:21) | 1:06 (2:27) | 1:41 (4:08) | 1:17 (5:25) | 1:08 (6:33) |
| | 0:53 (7:26) | 1:45 (9:11) | 1:01 (10:12) | 2:13 (12:25) | 0:53 (13:18) | 0:40 (13:58) |
| | 1:18 (15:16) | 0:40 (15:56) | 0:48 (16:44) | 0:19 (17:03) | 0:07 (17:10) | |
| 4. | Lars Bech Jensen | Ballerup OK | 18:03 | +3:00 | | |
| | 0:50 (0:50) | 0:38 (1:28) | 1:00 (2:28) | 1:51 (4:19) | 1:15 (5:34) | 1:09 (6:43) |
| | 0:43 (7:26) | 1:40 (9:06) | 1:02 (10:08) | 2:38 (12:46) | 0:50 (13:36) | 0:38 (14:14) |
| | 1:23 (15:37) | 0:44 (16:21) | 1:06 (17:27) | 0:30 (17:57) | 0:06 (18:03) | |
| 5. | Jørgen Pedersen | Ballerup OK | 18:20 | +3:17 | | |
| | 0:42 (0:42) | 0:44 (1:26) | 1:49 (3:15) | 1:42 (4:57) | 1:13 (6:10) | 1:06 (7:16) |
| | 0:32 (7:48) | 1:39 (9:27) | 1:07 (10:34) | 2:29 (13:03) | 0:55 (13:58) | 0:39 (14:37) |
| | 1:30 (16:07) | 0:46 (16:53) | 1:00 (17:53) | 0:20 (18:13) | 0:07 (18:20) | |
| 6. | Gregers Jørgensen | Ballerup OK | 20:24 | +5:21 | | |
| | 0:48 (0:48) | 0:44 (1:32) | 1:01 (2:33) | 2:00 (4:33) | 1:21 (5:54) | 1:35 (7:29) |
| | 0:39 (8:08) | 1:51 (9:59) | 1:23 (11:22) | 3:32 (14:54) | 1:12 (16:06) | 0:43 (16:49) |
| | 1:25 (18:14) | 0:41 (18:55) | 0:58 (19:53) | 0:23 (20:16) | 0:08 (20:24) | |
| 7. | Jens Bentsen | OK ØST Birkerød | 21:12 | +6:09 | | |
| | 2:04 (2:04) | 0:40 (2:44) | 1:04 (3:48) | 1:58 (5:46) | 1:32 (7:18) | 1:11 (8:29) |
| | 0:47 (9:16) | 2:06 (11:22) | 1:05 (12:27) | 2:49 (15:16) | 1:07 (16:23) | 0:42 (17:05) |
| | 1:37 (18:42) | 0:43 (19:25) | 1:13 (20:38) | 0:24 (21:02) | 0:10 (21:12) | |
| 8. | Torben Kristensen | Herlufsholm OK | 22:22 | +7:19 | | |
| | 0:55 (0:55) | 0:46 (1:41) | 1:17 (2:58) | 2:17 (5:15) | 1:45 (7:00) | 1:24 (8:24) |
| | 0:58 (9:22) | 1:59 (11:21) | 1:12 (12:33) | 3:16 (15:49) | 1:03 (16:52) | 0:53 (17:45) |
| | 2:02 (19:47) | 0:47 (20:34) | 1:16 (21:50) | 0:23 (22:13) | 0:09 (22:22) | |
| 9. | Bruno Stub | PI-København | 22:44 | +7:41 | | |
| | 0:47 (0:47) | 1:16 (2:03) | 1:47 (3:50) | 2:13 (6:03) | 1:17 (7:20) | 1:14 (8:34) |
| | 1:10 (9:44) | 1:45 (11:29) | 1:30 (12:59) | 3:27 (16:26) | 1:11 (17:37) | 0:48 (18:25) |
| | 1:44 (20:09) | 0:47 (20:56) | 1:13 (22:09) | 0:26 (22:35) | 0:09 (22:44) | |
| 10. | Niels Aabye | Ballerup OK | 25:13 | +10:10 | | |
| | 1:02 (1:02) | 0:56 (1:58) | 3:18 (5:16) | 2:14 (7:30) | 1:31 (9:01) | 1:21 (10:22) |
| | 0:53 (11:15) | 2:03 (13:18) | 1:20 (14:38) | 3:28 (18:06) | 1:15 (19:21) | 0:56 (20:17) |
| | 2:02 (22:19) | 0:52 (23:11) | 1:27 (24:38) | 0:26 (25:04) | 0:09 (25:13) | |

H65

| | | (8 / 8) | Tid | Efter | | |
|----|-----------------------|------------------|--------------|--------------|--------------|--------------|
| 1. | Lars Hanghøj Petersen | Ballerup OK | 17:03 | | | |
| | 0:40 (0:40) | 0:47 (1:27) | 0:48 (2:15) | 1:42 (3:57) | 1:02 (4:59) | 1:16 (6:15) |
| | 0:51 (7:06) | 1:41 (8:47) | 0:53 (9:40) | 2:32 (12:12) | 0:58 (13:10) | 0:41 (13:51) |
| | 1:18 (15:09) | 0:41 (15:50) | 0:48 (16:38) | 0:18 (16:56) | 0:07 (17:03) | |
| 2. | Leif E. Larsen | Tisvilde Hegn OK | 17:41 | +0:38 | | |
| | 0:42 (0:42) | 0:50 (1:32) | 0:51 (2:23) | 1:49 (4:12) | 0:58 (5:10) | 0:59 (6:09) |
| | 0:59 (7:08) | 1:44 (8:52) | 0:55 (9:47) | 3:09 (12:56) | 0:54 (13:50) | 0:42 (14:32) |
| | 1:23 (15:55) | 0:39 (16:34) | 0:44 (17:18) | 0:17 (17:35) | 0:06 (17:41) | |
| 3. | Finn Petersen | OK Roskilde | 20:34 | +3:31 | | |
| | 1:00 (1:00) | 0:52 (1:52) | 1:13 (3:05) | 1:52 (4:57) | 1:13 (6:10) | 1:31 (7:41) |
| | 0:42 (8:23) | 1:47 (10:10) | 1:05 (11:15) | 2:50 (14:05) | 1:07 (15:12) | 0:42 (15:54) |
| | 2:03 (17:57) | 0:50 (18:47) | 1:16 (20:03) | 0:23 (20:26) | 0:08 (20:34) | |
| 4. | Ole Galle | Tisvilde Hegn OK | 21:38 | +4:35 | | |
| | 0:59 (0:59) | 0:53 (1:52) | 1:00 (2:52) | 2:10 (5:02) | 1:32 (6:34) | 1:22 (7:56) |
| | 0:50 (8:46) | 1:53 (10:39) | 1:10 (11:49) | 2:58 (14:47) | 1:19 (16:06) | 0:53 (16:59) |
| | 1:53 (18:52) | 0:52 (19:44) | 1:19 (21:03) | 0:27 (21:30) | 0:08 (21:38) | |
| 5. | Ole D. Jensen | Tisvilde Hegn OK | 22:32 | +5:29 | | |
| | 0:55 (0:55) | 0:58 (1:53) | 1:32 (3:25) | 2:11 (5:36) | 1:27 (7:03) | 1:20 (8:23) |
| | 0:53 (9:16) | 2:06 (11:22) | 1:20 (12:42) | 2:59 (15:41) | 1:45 (17:26) | 0:50 (18:16) |
| | 1:46 (20:02) | 0:48 (20:50) | 1:14 (22:04) | 0:21 (22:25) | 0:07 (22:32) | |
| 6. | Max Prang | Fredensborg OK | 23:42 | +6:39 | | |
| | 0:48 (0:48) | 0:37 (1:25) | 1:08 (2:33) | 1:50 (4:23) | 1:26 (5:49) | 1:28 (7:17) |
| | 1:00 (8:17) | 2:04 (10:21) | 1:13 (11:34) | 3:32 (15:06) | 1:24 (16:30) | 0:54 (17:24) |
| | 1:32 (18:56) | 0:46 (19:42) | 3:30 (23:12) | 0:22 (23:34) | 0:08 (23:42) | |
| 7. | Bjarne Skram | FIF Hillerød | 27:21 | +10:18 | | |
| | 1:33 (1:33) | 0:51 (2:24) | 2:02 (4:26) | 2:17 (6:43) | 1:28 (8:11) | 2:01 (10:12) |
| | 2:52 (13:04) | 1:56 (15:00) | 1:12 (16:12) | 3:41 (19:53) | 1:22 (21:15) | 1:02 (22:17) |
| | 1:51 (24:08) | 0:56 (25:04) | 1:47 (26:51) | 0:23 (27:14) | 0:07 (27:21) | |
| 8. | Jørgen Larsen | Køge OK | 27:25 | +10:22 | | |
| | 1:12 (1:12) | 1:10 (2:22) | 2:07 (4:29) | 2:26 (6:55) | 1:59 (8:54) | 1:27 (10:21) |
| | 1:05 (11:26) | 2:41 (14:07) | 1:10 (15:17) | 3:38 (18:55) | 1:44 (20:39) | 0:41 (21:20) |
| | 1:57 (23:17) | 0:51 (24:08) | 2:17 (26:25) | 0:53 (27:18) | 0:07 (27:25) | |

H70

| | | (10 / 10) | Tid | Efter | | |
|----|----------------------|------------------|-------------|--------------|--------------|--------------|
| 1. | Keld Johnsen | Tisvilde Hegn OK | 12:21 | | | |
| | 0:54 (0:54) | 0:19 (1:13) | 0:56 (2:09) | 1:47 (3:56) | 0:12 (4:08) | 0:53 (5:01) |
| | 1:08 (6:09) | 0:29 (6:38) | 1:13 (7:51) | 1:06 (8:57) | 1:47 (10:44) | 0:59 (11:43) |
| | 0:31 (12:14) | 0:07 (12:21) | | | | |
| 2. | Erik Ljungdahl | Faaborg OK | 14:32 | +2:11 | | |
| | 1:08 (1:08) | 0:33 (1:41) | 1:04 (2:45) | 2:01 (4:46) | 0:15 (5:01) | 1:10 (6:11) |
| | 1:21 (7:32) | 0:36 (8:08) | 1:03 (9:11) | 1:12 (10:23) | 2:12 (12:35) | 1:06 (13:41) |
| | 0:44 (14:25) | 0:07 (14:32) | | | | |
| 3. | Hans Christian Strib | OK GORM | 14:53 | +2:32 | | |
| | 0:58 (0:58) | 0:28 (1:26) | 0:59 (2:25) | 1:59 (4:24) | 0:20 (4:44) | 1:03 (5:47) |
| | 1:44 (7:31) | 0:36 (8:07) | 1:28 (9:35) | 1:14 (10:49) | 2:09 (12:58) | 1:09 (14:07) |
| | 0:38 (14:45) | 0:08 (14:53) | | | | |

| | | | | | | |
|----|--------------------|-------------------|--------------|--------------|--------------|--------------|
| 4. | John Knudsen | O-63 | 15:54 | +3:33 | | |
| | 1:07 (1:07) | 0:23 (1:30) | 2:07 (3:37) | 1:44 (5:21) | 0:16 (5:37) | 1:05 (6:42) |
| | 1:20 (8:02) | 1:02 (9:04) | 1:40 (10:44) | 1:14 (11:58) | 2:02 (14:00) | 1:13 (15:13) |
| | 0:35 (15:48) | 0:06 (15:54) | | | | |
| 5. | Karsten Richardt | Køge OK | 16:53 | +4:32 | | |
| | 1:01 (1:01) | 0:19 (1:20) | 1:12 (2:32) | 2:14 (4:46) | 0:21 (5:07) | 1:20 (6:27) |
| | 1:34 (8:01) | 0:44 (8:45) | 1:46 (10:31) | 1:34 (12:05) | 2:37 (14:42) | 1:23 (16:05) |
| | 0:42 (16:47) | 0:06 (16:53) | | | | |
| 6. | Janne Brunstedt | OK Roskilde | 18:15 | +5:54 | | |
| | 1:04 (1:04) | 0:24 (1:28) | 1:09 (2:37) | 1:48 (4:25) | 0:15 (4:40) | 0:57 (5:37) |
| | 1:17 (6:54) | 0:59 (7:53) | 1:30 (9:23) | 1:09 (10:32) | 1:48 (12:20) | 5:15 (17:35) |
| | 0:33 (18:08) | 0:07 (18:15) | | | | |
| 7. | Klaus Olsen | Tisvilde Hegn OK | 19:25 | +7:04 | | |
| | 1:14 (1:14) | 0:55 (2:09) | 1:18 (3:27) | 2:34 (6:01) | 0:22 (6:23) | 1:24 (7:47) |
| | 2:01 (9:48) | 0:52 (10:40) | 2:08 (12:48) | 1:29 (14:17) | 2:51 (17:08) | 1:25 (18:33) |
| | 0:43 (19:16) | 0:09 (19:25) | | | | |
| 8. | Emil Olesen | FIF Hillerød | 19:27 | +7:06 | | |
| | 1:08 (1:08) | 0:33 (1:41) | 1:26 (3:07) | 2:08 (5:15) | 0:19 (5:34) | 1:16 (6:50) |
| | 2:36 (9:26) | 2:15 (11:41) | 1:36 (13:17) | 1:17 (14:34) | 2:31 (17:05) | 1:32 (18:37) |
| | 0:42 (19:19) | 0:08 (19:27) | | | | |
| 9. | Søren Christensen | OK Skærmø Værløse | 22:33 | +10:12 | | |
| | 1:48 (1:48) | 0:37 (2:25) | 1:42 (4:07) | 2:01 (6:08) | 0:19 (6:27) | 1:18 (7:45) |
| | 1:48 (9:33) | 0:32 (10:05) | 1:42 (11:47) | 1:15 (13:02) | 2:22 (15:24) | 6:15 (21:39) |
| | 0:46 (22:25) | 0:08 (22:33) | | | | |
| | Flemming Wendelboe | Helsingør SOK | Ej startet | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

| H75 | | (4 / 4) | Tid | Efter | | |
|-----|----------------------|-----------------|--------------|--------------|--------------|--------------|
| 1. | Finn Hørup Nielsen | OK Vendelboerne | 17:20 | | | |
| | 1:19 (1:19) | 0:37 (1:56) | 1:29 (3:25) | 2:02 (5:27) | 0:22 (5:49) | 1:15 (7:04) |
| | 1:55 (8:59) | 0:46 (9:45) | 1:32 (11:17) | 1:20 (12:37) | 2:19 (14:56) | 1:36 (16:32) |
| | 0:40 (17:12) | 0:08 (17:20) | | | | |
| 2. | Arne Bech | OK73 | 19:25 | +2:05 | | |
| | 1:17 (1:17) | 0:38 (1:55) | 1:11 (3:06) | 2:06 (5:12) | 0:16 (5:28) | 2:03 (7:31) |
| | 1:22 (8:53) | 0:54 (9:47) | 2:30 (12:17) | 1:55 (14:12) | 2:24 (16:36) | 1:39 (18:15) |
| | 1:01 (19:16) | 0:09 (19:25) | | | | |
| 3. | Karsten Funder | FIF Hillerød | 19:53 | +2:33 | | |
| | 1:04 (1:04) | 0:32 (1:36) | 1:44 (3:20) | 2:12 (5:32) | 0:23 (5:55) | 1:20 (7:15) |
| | 1:40 (8:55) | 0:48 (9:43) | 1:34 (11:17) | 1:49 (13:06) | 4:07 (17:13) | 1:40 (18:53) |
| | 0:50 (19:43) | 0:10 (19:53) | | | | |
| 4. | Palle Møller Nielsen | Odense OK | 24:29 | +7:09 | | |
| | 1:24 (1:24) | 0:29 (1:53) | 3:36 (5:29) | 2:56 (8:25) | 0:25 (8:50) | 1:31 (10:21) |
| | 2:21 (12:42) | 1:02 (13:44) | 2:01 (15:45) | 1:46 (17:31) | 3:26 (20:57) | 2:21 (23:18) |
| | 1:01 (24:19) | 0:10 (24:29) | | | | |

| H80 | | (4 / 4) | Tid | Efter | | |
|-----|----------------|------------------|--------------|--------------|--------------|--------------|
| 1. | Jørgen Jensen | Helsingør SOK | 17:57 | | | |
| | 1:15 (1:15) | 1:50 (3:05) | 1:12 (4:17) | 2:04 (6:21) | 0:32 (6:53) | 1:19 (8:12) |
| | 6:33 (14:45) | 1:12 (15:57) | 0:41 (16:38) | 0:48 (17:26) | 0:23 (17:49) | 0:08 (17:57) |
| 2. | Kurt Valery | Tisvilde Hegn OK | 18:19 | +0:22 | | |
| | 1:36 (1:36) | 3:29 (5:05) | 1:18 (6:23) | 2:39 (9:02) | 0:46 (9:48) | 1:36 (11:24) |
| | 0:29 (11:53) | 2:30 (14:23) | 1:01 (15:24) | 2:09 (17:33) | 0:35 (18:08) | 0:11 (18:19) |
| 3. | Egon Neregaard | Tisvilde Hegn OK | 19:01 | +1:04 | | |
| | 1:29 (1:29) | 1:43 (3:12) | 0:35 (3:47) | 2:51 (6:38) | 0:37 (7:15) | 1:35 (8:50) |
| | 0:21 (9:11) | 1:58 (11:09) | 0:54 (12:03) | 6:13 (18:16) | 0:35 (18:51) | 0:10 (19:01) |
| 4. | Herluf Jensen | Svendborg OK | 20:54 | +2:57 | | |
| | 2:19 (2:19) | 1:39 (3:58) | 0:36 (4:34) | 2:27 (7:01) | 0:45 (7:46) | 1:28 (9:14) |
| | 0:45 (9:59) | 1:48 (11:47) | 0:57 (12:44) | 7:31 (20:15) | 0:27 (20:42) | 0:12 (20:54) |

| Åben 1 (2,5 km) | | (1 / 1) | Tid | Efter | | |
|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Uffe Nielsen | Svendborg OK | 34:37 | | | |
| | 1:55 (1:55) | 1:38 (3:33) | 1:16 (4:49) | 1:01 (5:50) | 1:14 (7:04) | 3:39 (10:43) |
| | 1:44 (12:27) | 1:36 (14:03) | 3:16 (17:19) | 1:41 (19:00) | 1:17 (20:17) | 1:46 (22:03) |
| | 1:33 (23:36) | 4:31 (28:07) | 1:18 (29:25) | 1:07 (30:32) | 1:21 (31:53) | 1:42 (33:35) |
| | 0:54 (34:29) | 0:08 (34:37) | | | | |

| Åben 2 (2,0 km) | | (2 / 2) | Tid | Efter | | |
|-----------------|---------------------|----------------|--------------|--------------|---------------|--------------|
| 1. | Cornelius Tybjerg | Herlufsholm OK | 49:20 | | | |
| | 4:43 (4:43) | 1:41 (6:24) | 3:28 (9:52) | 5:04 (14:56) | 3:13 (18:09) | 4:15 (22:24) |
| | 1:10 (23:34) | 4:15 (27:49) | 2:07 (29:56) | 7:12 (37:08) | 3:37 (40:45) | 1:35 (42:20) |
| | 3:33 (45:53) | 0:49 (46:42) | 2:06 (48:48) | 0:22 (49:10) | 0:10 (49:20) | |
| 2. | Birgitte Rosenkilde | Herlufsholm OK | 53:43 | +4:23 | | |
| | 4:48 (4:48) | 1:32 (6:20) | 3:27 (9:47) | 5:06 (14:53) | 2:38 (17:31) | 4:40 (22:11) |
| | 1:09 (23:20) | 3:50 (27:10) | 1:27 (28:37) | 5:27 (34:04) | 12:25 (46:29) | 1:07 (47:36) |
| | 2:06 (49:42) | 1:00 (50:42) | 2:26 (53:08) | 0:21 (53:29) | 0:14 (53:43) | |

| Åben 3 (1 km) | | (2 / 2) | Tid | Efter |
|---------------|---------------|-------------|-------|-------|
| 1. | Angela Bourne | OK Roskilde | 23:54 | |

| | | | | | |
|--------------|--------------|--------------|--------------|--------------|--------------|
| 3:17 (3:17) | 2:12 (5:29) | 0:54 (6:23) | 3:37 (10:00) | 0:43 (10:43) | 2:01 (12:44) |
| 4:20 (17:04) | 2:08 (19:12) | 1:09 (20:21) | 2:33 (22:54) | 0:50 (23:44) | 0:10 (23:54) |
| 2. Eva Sebok | Farum OK | | 38:37 | +14:43 | |
| 3:32 (3:32) | 4:24 (7:56) | 1:31 (9:27) | 8:29 (17:56) | 1:28 (19:24) | 3:41 (23:05) |
| 0:50 (23:55) | 5:20 (29:15) | 2:09 (31:24) | 5:24 (36:48) | 1:25 (38:13) | 0:24 (38:37) |