

Resultater – VTR-løb Harrested 4/2-18

2018-02-04

Grøn-H		(2 / 2)		Tid	Efter
1.	Lucas Vishart		Herlufsholm OK	33:43	
	1:54 (1:54)	2:41 (4:35)	3:26 (8:01)	2:15 (10:16)	2:27 (12:43)
	3:39 (22:39)	6:45 (29:24)	2:41 (32:05)	1:38 (33:43)	6:17 (19:00)
2.	Noah H. Jørgensen		OK Sorø	1:12:54	+39:11
	6:04 (6:04)	7:30 (13:34)	8:21 (21:55)	8:04 (29:59)	6:18 (36:17)
	6:38 (54:37)	7:27 (1:02:04)	7:56 (1:10:00)	2:54 (1:12:54)	11:42 (47:59)
Grøn-D		(4 / 4)		Tid	Efter
1.	Camille Friis Scheby		OK Sorø	28:57	
	1:41 (1:41)	2:50 (4:31)	3:17 (7:48)	1:59 (9:47)	2:49 (12:36)
	2:44 (19:52)	4:28 (24:20)	3:08 (27:28)	1:29 (28:57)	4:32 (17:08)
2.	Jacquine Vishart		Herlufsholm OK	33:59	+5:02
	1:58 (1:58)	2:34 (4:32)	3:36 (8:08)	1:55 (10:03)	2:58 (13:01)
	3:49 (22:28)	6:53 (29:21)	3:02 (32:23)	1:36 (33:59)	5:38 (18:39)
3.	Emma Sørensen		Herlufsholm OK	34:09	+5:12
	1:33 (1:33)	2:58 (4:31)	3:49 (8:20)	2:19 (10:39)	2:37 (13:16)
	3:28 (22:07)	5:51 (27:58)	4:18 (32:16)	1:53 (34:09)	5:23 (18:39)
4.	Ellen Maghrethe Lupnav		Herlufsholm OK	41:31	+12:34
	7:03 (7:03)	3:31 (10:34)	3:26 (14:00)	3:16 (17:16)	3:09 (20:25)
	3:38 (29:53)	5:14 (35:07)	4:08 (39:15)	2:16 (41:31)	5:50 (26:15)
Hvid-H		(6 / 6)		Tid	Efter
1.	Rasmus Hjøth		OK Sorø	25:40	
	1:48 (1:48)	2:26 (4:14)	2:03 (6:17)	3:59 (10:16)	2:15 (12:31)
	2:25 (16:33)	2:33 (19:06)	3:03 (22:09)	1:35 (23:44)	1:56 (25:40)
2.	Mads Ottar Jespersen		OK Sorø	31:53	+6:13
	1:39 (1:39)	2:51 (4:30)	1:54 (6:24)	4:01 (10:25)	2:47 (13:12)
	3:59 (19:49)	3:57 (23:46)	3:42 (27:28)	2:22 (29:50)	2:03 (31:53)
3.	Mads Paarup		Herlufsholm OK	35:38	+9:58
	1:09 (1:09)	2:21 (3:30)	2:08 (5:38)	11:17 (16:55)	2:20 (19:15)
	3:29 (24:46)	2:55 (27:41)	2:49 (30:30)	2:07 (32:37)	2:02 (21:17)
4.	Viktor Koziara		Køge OK	35:57	+10:17
	7:32 (7:32)	4:04 (11:36)	2:22 (13:58)	2:10 (16:08)	2:56 (19:04)
	3:15 (25:48)	3:34 (29:22)	3:16 (32:38)	1:58 (34:36)	3:29 (22:33)
5.	Tobias Bundgaard		Herlufsholm OK	48:18	+22:38
	2:09 (2:09)	4:35 (6:44)	3:56 (10:40)	6:49 (17:29)	5:32 (23:01)
	5:07 (31:34)	6:54 (38:28)	4:20 (42:48)	3:33 (46:21)	3:26 (26:27)
6.	Christopher Søgaard		OK Roskilde	1:23:42	+58:02
	1:56 (1:56)	10:21 (12:17)	16:56 (29:13)	18:46 (47:59)	8:13 (56:12)
	6:31 (1:06:20)	8:12 (1:14:32)	4:43 (1:19:15)	3:04 (1:22:19)	3:37 (59:49)
					1:23 (1:23:42)
Hvid-D		(7 / 7)		Tid	Efter
1.	Anette Bladsen		Herlufsholm OK	29:42	
	1:19 (1:19)	3:17 (4:36)	2:32 (7:08)	2:34 (9:42)	2:53 (12:35)
	3:20 (18:05)	3:24 (21:29)	4:40 (26:09)	2:11 (28:20)	2:10 (14:45)
2.	Alma Okkels Jensen		OK Sorø	30:35	+0:53
	1:09 (1:09)	2:29 (3:38)	1:51 (5:29)	2:46 (8:15)	3:43 (11:58)
	4:20 (19:03)	3:47 (22:50)	3:24 (26:14)	2:45 (28:59)	2:45 (14:43)
3.	Eva Hønne		OK Sorø	31:45	+2:03
	1:23 (1:23)	3:12 (4:35)	1:59 (6:34)	2:46 (9:20)	3:47 (13:07)
	4:21 (20:10)	3:48 (23:58)	3:23 (27:21)	2:45 (30:06)	2:42 (15:49)
4.	Julie Lupnaav		Herlufsholm OK	39:29	+9:47
	1:22 (1:22)	3:37 (4:59)	3:10 (8:09)	5:18 (13:27)	4:19 (17:46)
	5:02 (25:48)	4:41 (30:29)	4:13 (34:42)	3:04 (37:46)	3:00 (20:46)
5.	Mathilde Pedersen		Køge OK	45:19	+15:37
	2:10 (2:10)	3:26 (5:36)	3:15 (8:51)	2:57 (11:48)	4:57 (16:45)
	7:25 (27:17)	5:36 (32:53)	7:40 (40:33)	3:32 (44:05)	3:07 (19:52)
6.	Henriette Bundgaard		Herlufsholm OK	48:12	+18:30
	2:02 (2:02)	4:38 (6:40)	3:54 (10:34)	6:54 (17:28)	5:14 (22:42)
	5:02 (31:29)	6:41 (38:10)	4:19 (42:29)	3:33 (46:02)	3:45 (26:27)
7.	Ruth Mosbæk		Holbæk OK	54:38	+24:56
	12:52 (12:52)	3:15 (16:07)	3:05 (19:12)	10:39 (29:51)	5:13 (35:04)
	4:20 (42:11)	4:23 (46:34)	3:51 (50:25)	2:35 (53:00)	2:47 (37:51)
					1:38 (54:38)
Gul-D		(8 / 8)		Tid	Efter
1.	Sofie Okkels Jensen		OK Sorø	38:35	
	1:38 (1:38)	1:52 (3:30)	2:32 (6:02)	2:42 (8:44)	4:44 (13:28)
	3:39 (20:00)	2:12 (22:12)	5:19 (27:31)	3:51 (31:22)	2:53 (16:21)
	2:54 (37:48)	0:47 (38:35)			1:34 (32:56)
2.	Clara Friis Scheby		OK Sorø	43:24	+4:49
	2:19 (2:19)	1:54 (4:13)	2:46 (6:59)	1:38 (8:37)	6:03 (14:40)
	4:05 (21:58)	2:27 (24:25)	6:00 (30:25)	5:02 (35:27)	3:13 (17:53)
	2:48 (42:38)	0:46 (43:24)			2:05 (39:50)
3.	Ida Marie Jørgensen		OK Sorø	1:15:18	+36:43
	3:47 (3:47)	2:57 (6:44)	4:22 (11:06)	2:24 (13:30)	9:38 (23:08)
	5:54 (40:35)	3:41 (44:16)	7:03 (51:19)	9:30 (1:00:49)	11:33 (34:41)
	5:01 (1:13:33)	1:45 (1:15:18)			3:18 (1:04:07)
4.	Berit N. Pedersen		Køge OK	1:17:34	+38:59
	8:37 (8:37)	3:57 (12:34)	5:01 (17:35)	2:39 (20:14)	11:16 (31:30)
	6:06 (42:25)	4:29 (46:54)	8:14 (55:08)	8:40 (1:03:48)	4:49 (36:19)
	4:53 (1:16:08)	1:26 (1:17:34)			3:31 (1:07:19)
5.	Citta Nielsen		Herlufsholm OK	1:30:05	+51:30
	4:03 (4:03)	3:34 (7:37)	4:22 (11:59)	2:35 (14:34)	11:29 (26:03)
	7:43 (39:00)	4:33 (43:33)	12:46 (56:19)	17:44 (1:14:03)	2:48 (1:16:51)
	6:21 (1:28:09)	1:56 (1:30:05)			4:57 (1:21:48)
6.	Cristina Kummil		Holbæk OK	1:49:47	+71:12
	12:05 (12:05)	3:45 (15:50)	10:31 (26:21)	4:05 (30:26)	12:03 (42:29)
	8:48 (58:47)	5:30 (1:04:17)	13:48 (1:18:05)	10:24 (1:28:29)	7:30 (49:59)
	10:09 (1:48:45)	1:02 (1:49:47)			4:51 (1:33:20)
					5:16 (1:38:36)
	Frida Svendsen		OK Roskilde	Fejlklip	

3:41 (3:41)	3:44 (7:25)	4:56 (12:21)	2:14 (14:35)	9:41 (24:16)	7:09 (31:25)
6:52 (38:17)	5:58 (44:15)	9:04 (53:19)	– (–)	– (–)	– (–)
– (–)	– (1:02:33)				
Gitte Rasmussen		Køge OK	Udgået		
8:37 (8:37)	3:49 (12:26)	10:18 (22:44)	2:40 (25:24)	9:47 (35:11)	5:53 (41:04)
6:06 (47:10)	5:25 (52:35)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)				
Gul-H		(4 / 4)	Tid	Efter	
1. Niels Albertsen		Herlufsholm OK	1:08:57		
4:10 (4:10)	2:26 (6:36)	7:42 (14:18)	2:18 (16:36)	7:28 (24:04)	4:51 (28:55)
7:20 (36:15)	4:29 (40:44)	8:10 (48:54)	6:35 (55:29)	2:10 (57:39)	4:00 (1:01:39)
6:01 (1:07:40)	1:17 (1:08:57)				
2. Benjamin Stokmand		Holbæk OK	1:10:48	+1:51	
4:02 (4:02)	1:30 (5:32)	3:50 (9:22)	1:51 (11:13)	4:48 (16:01)	2:18 (18:19)
3:26 (21:45)	2:38 (24:23)	18:44 (43:07)	19:08 (1:02:15)	1:48 (1:04:03)	2:55 (1:06:58)
3:08 (1:10:06)	0:42 (1:10:48)				
3. Jesper Carlsson		Køge OK	1:20:35	+11:38	
4:08 (4:08)	10:32 (14:40)	2:47 (17:27)	1:41 (19:08)	6:33 (25:41)	9:29 (35:10)
4:37 (39:47)	3:39 (43:26)	22:49 (1:06:15)	6:02 (1:12:17)	1:22 (1:13:39)	2:16 (1:15:55)
3:39 (1:19:34)	1:01 (1:20:35)				
Poul Staahtschmidt		Herlufsholm OK	Fejlklip		
6:25 (6:25)	9:21 (15:46)	4:48 (20:34)	2:58 (23:32)	19:59 (43:31)	8:35 (52:06)
5:09 (57:15)	4:51 (1:02:06)	11:01 (1:13:07)	14:35 (1:27:42)	2:31 (1:30:13)	– (–)
– (1:36:20)	0:54 (1:37:14)				
Blå-o.60-D		(5 / 5)	Tid	Efter	
1. Ane Veierskov		OK Roskilde	53:55		
4:27 (4:27)	3:54 (8:21)	5:43 (14:04)	4:52 (18:56)	4:45 (23:41)	6:29 (30:10)
6:22 (36:32)	3:58 (40:30)	5:19 (45:49)	6:47 (52:36)	1:19 (53:55)	
2. Birgit Berner		Køge OK	58:06	+4:11	
3:52 (3:52)	9:26 (13:18)	5:53 (19:11)	5:05 (24:16)	5:14 (29:30)	7:09 (36:39)
6:57 (43:36)	3:35 (47:11)	2:53 (50:04)	7:00 (57:04)	1:02 (58:06)	
3. Grethe Larsen		Køge OK	1:04:26	+10:31	
2:15 (2:15)	8:27 (10:42)	10:59 (21:41)	5:10 (26:51)	4:55 (31:46)	6:14 (38:00)
9:48 (47:48)	4:54 (52:42)	3:32 (56:14)	6:58 (1:03:12)	1:14 (1:04:26)	
4. Inger Jessen		Hvalsø OK	1:15:05	+21:10	
3:53 (3:53)	4:27 (8:20)	5:18 (13:38)	16:24 (30:02)	7:18 (37:20)	8:57 (46:17)
9:14 (55:31)	5:05 (1:00:36)	5:57 (1:06:33)	7:31 (1:14:04)	1:01 (1:15:05)	
5. Lena Hansen		Herlufsholm OK	1:39:41	+45:46	
6:31 (6:31)	15:18 (21:49)	12:43 (34:32)	7:35 (42:07)	8:42 (50:49)	9:50 (1:00:39)
17:13 (1:17:52)	5:23 (1:23:15)	4:41 (1:27:56)	10:10 (1:38:06)	1:35 (1:39:41)	
Blå-o.60-H		(15 / 15)	Tid	Efter	
1. Bjarne Pedersen		OK Roskilde	44:12		
1:41 (1:41)	3:13 (4:54)	5:09 (10:03)	4:03 (14:06)	3:43 (17:49)	7:04 (24:53)
4:50 (29:43)	4:08 (33:51)	2:26 (36:17)	5:26 (41:43)	2:29 (44:12)	
2. Mogens Jensen		Holbæk OK	48:07	+3:55	
1:54 (1:54)	4:10 (6:04)	5:56 (12:00)	4:19 (16:19)	4:36 (20:55)	6:44 (27:39)
5:35 (33:14)	4:04 (37:18)	2:30 (39:48)	7:16 (47:04)	1:03 (48:07)	
3. Niels-Henrik Holscher		O-63	49:25	+5:13	
1:59 (1:59)	4:36 (6:35)	5:19 (11:54)	4:11 (16:05)	5:16 (21:21)	6:52 (28:13)
7:06 (35:19)	3:43 (39:02)	2:47 (41:49)	6:37 (48:26)	0:59 (49:25)	
4. Henning Rasmussen		OK Roskilde	50:40	+6:28	
1:39 (1:39)	2:57 (4:36)	5:28 (10:04)	8:46 (18:50)	4:03 (22:53)	6:25 (29:18)
7:34 (36:52)	4:21 (41:13)	2:50 (44:03)	5:41 (49:44)	0:56 (50:40)	
5. Jørgen Larsen		Køge OK	53:04	+8:52	
1:44 (1:44)	3:31 (5:15)	5:43 (10:58)	4:32 (15:30)	4:12 (19:42)	8:27 (28:09)
5:15 (33:24)	11:12 (44:36)	2:19 (46:55)	5:02 (51:57)	1:07 (53:04)	
6. Kurt Dose		Køge OK	53:08	+8:56	
2:22 (2:22)	5:11 (7:33)	5:40 (13:13)	5:44 (18:57)	5:00 (23:57)	7:46 (31:43)
6:43 (38:26)	3:46 (42:12)	2:43 (44:55)	6:55 (51:50)	1:18 (53:08)	
7. Preben Kristensen		OK Roskilde	53:18	+9:06	
2:04 (2:04)	4:42 (6:46)	5:50 (12:36)	9:11 (21:47)	4:48 (26:35)	7:30 (34:05)
5:21 (39:26)	4:04 (43:30)	2:40 (46:10)	5:48 (51:58)	1:20 (53:18)	
8. Tage Frydendal		Holbæk OK	54:07	+9:55	
4:47 (4:47)	5:00 (9:47)	5:46 (15:33)	4:44 (20:17)	5:14 (25:31)	7:29 (33:00)
6:06 (39:06)	4:12 (43:18)	2:54 (46:12)	6:33 (52:45)	1:22 (54:07)	
9. Peter Nielsen		O-63	58:03	+13:51	
2:05 (2:05)	4:27 (6:32)	5:49 (12:21)	7:26 (19:47)	5:49 (25:36)	7:23 (32:59)
8:02 (41:01)	4:41 (45:42)	3:33 (49:15)	7:19 (56:34)	1:29 (58:03)	
10. Torben Nielsen		Køge OK	59:50	+15:38	
2:21 (2:21)	7:26 (9:47)	6:37 (16:24)	6:13 (22:37)	5:16 (27:53)	9:08 (37:01)
6:44 (43:45)	4:38 (48:23)	3:13 (51:36)	6:54 (58:30)	1:20 (59:50)	
11. Bent Børsting		Herlufsholm OK	1:00:22	+16:10	
2:26 (2:26)	4:48 (7:14)	6:37 (13:51)	4:57 (18:48)	5:44 (24:32)	8:34 (33:06)
11:13 (44:19)	4:19 (48:38)	– (–)	– (58:27)	1:55 (1:00:22)	
12. Henning Hansen		Køge OK	1:00:59	+16:47	
4:46 (4:46)	5:24 (10:10)	7:01 (17:11)	5:46 (22:57)	4:30 (27:27)	7:29 (34:56)
10:17 (45:13)	4:18 (49:31)	3:49 (53:20)	6:31 (59:51)	1:08 (1:00:59)	
13. Mogens Bruun		OK Roskilde	1:05:27	+21:15	
3:24 (3:24)	4:51 (8:15)	6:27 (14:42)	5:40 (20:22)	6:55 (27:17)	8:17 (35:34)
8:59 (44:33)	5:36 (50:09)	4:17 (54:26)	9:25 (1:03:51)	1:36 (1:05:27)	
14. Per Steen		O-63	1:13:57	+29:45	
6:00 (6:00)	9:13 (15:13)	8:56 (24:09)	7:53 (32:02)	7:11 (39:13)	9:11 (48:24)
8:56 (57:20)	5:27 (1:02:47)	3:25 (1:06:12)	6:22 (1:12:34)	1:23 (1:13:57)	
15. Birger Jarlkov		Køge OK	1:27:41	+43:29	
2:13 (2:13)	16:15 (18:28)	12:18 (30:46)	6:49 (37:35)	4:58 (42:33)	10:58 (53:31)
8:38 (1:02:09)	8:38 (1:10:47)	3:26 (1:14:13)	11:22 (1:25:35)	2:06 (1:27:41)	
Blå-u.60-D		(5 / 5)	Tid	Efter	
1. Søs Munch Hansen		OK Sorø	41:23		
1:27 (1:27)	3:48 (5:15)	3:41 (8:56)	3:02 (11:58)	8:33 (20:31)	4:53 (25:24)
4:39 (30:03)	2:58 (33:01)	2:05 (35:06)	5:17 (40:23)	1:00 (41:23)	
2. Rita Løjmand		Herlufsholm OK	51:05	+9:42	
2:09 (2:09)	4:18 (6:27)	5:43 (12:10)	5:31 (17:41)	6:07 (23:48)	6:24 (30:12)
6:35 (36:47)	3:48 (40:35)	2:57 (43:32)	6:33 (50:05)	1:00 (51:05)	

3.	Teresa Søndergaard Pohl	OK Roskilde	53:33 +12:10			
	2:27 (2:27)	3:39 (6:06)	5:49 (11:55)	4:31 (16:26)	5:00 (21:26)	7:32 (28:58)
	7:49 (36:47)	4:24 (41:11)	4:05 (45:16)	7:30 (52:46)	0:47 (53:33)	
4.	Jannie Nielsen	Holbæk OK	56:23 +15:00			
	2:25 (2:25)	4:55 (7:20)	6:32 (13:52)	4:37 (18:29)	4:33 (23:02)	11:59 (35:01)
	5:21 (40:22)	4:24 (44:46)	3:19 (48:05)	7:00 (55:05)	1:18 (56:23)	
5.	Susanne Tanderup	Herlufsholm OK	56:59 +15:36			
	5:18 (5:18)	3:54 (9:12)	6:01 (15:13)	4:22 (19:35)	4:16 (23:51)	7:31 (31:22)
	7:24 (38:46)	5:58 (44:44)	4:33 (49:17)	6:37 (55:54)	1:05 (56:59)	
Blå-u.60-H			(1 / 1)	Tid	Efter	
1.	Claus Mikkelsen	Herlufsholm OK	1:02:52			
	2:30 (2:30)	5:35 (8:05)	12:26 (20:31)	5:16 (25:47)	4:47 (30:34)	7:24 (37:58)
	6:40 (44:38)	4:17 (48:55)	3:31 (52:26)	8:47 (1:01:13)	1:39 (1:02:52)	
Sort-Kort o.60-D			(2 / 2)	Tid	Efter	
1.	Inge Jørgensen	OK Roskilde	53:17			
	4:06 (4:06)	1:55 (6:01)	1:51 (7:52)	2:33 (10:25)	6:50 (17:15)	2:19 (19:34)
	2:43 (22:17)	4:10 (26:27)	3:29 (29:56)	1:25 (31:21)	1:46 (33:07)	3:22 (36:29)
	2:09 (38:38)	4:03 (42:41)	2:44 (45:25)	2:15 (47:40)	4:48 (52:28)	0:49 (53:17)
2.	Merete Ravnshøj Andersen	Herlufsholm OK	1:08:37 +15:20			
	2:07 (2:07)	3:04 (5:11)	2:19 (7:30)	3:21 (10:51)	10:51 (21:42)	2:41 (24:23)
	3:30 (27:53)	4:04 (31:57)	3:49 (35:46)	2:04 (37:50)	2:23 (40:13)	5:39 (45:52)
	2:43 (48:35)	6:17 (54:52)	3:41 (58:33)	2:22 (1:00:55)	6:27 (1:07:22)	1:15 (1:08:37)
Sort-Kort o.60-H			(17 / 17)	Tid	Efter	
1.	Aksel Andersen	OK Roskilde	41:48			
	1:09 (1:09)	0:59 (2:08)	1:40 (3:48)	1:56 (5:44)	4:54 (10:38)	1:53 (12:31)
	2:24 (14:55)	3:12 (18:07)	2:53 (21:00)	1:13 (22:13)	1:45 (23:58)	2:26 (26:24)
	1:43 (28:07)	3:32 (31:39)	2:36 (34:15)	2:14 (36:29)	4:00 (40:29)	1:19 (41:48)
2.	John Tripax	OK Roskilde	48:00 +6:12			
	2:02 (2:02)	2:58 (5:00)	1:39 (6:39)	2:23 (9:02)	5:29 (14:31)	2:14 (16:45)
	2:28 (19:13)	2:57 (22:10)	3:10 (25:20)	1:13 (26:33)	2:05 (28:38)	3:05 (31:43)
	1:40 (33:23)	3:39 (37:02)	3:08 (40:10)	2:04 (42:14)	4:52 (47:06)	0:54 (48:00)
3.	Steen Fladberg	Køge OK	52:55 +11:07			
	1:26 (1:26)	1:49 (3:15)	1:54 (5:09)	2:27 (7:36)	6:17 (13:53)	2:40 (16:33)
	3:12 (19:45)	3:32 (23:17)	3:39 (26:56)	1:46 (28:42)	2:08 (30:50)	3:40 (34:30)
	2:14 (36:44)	4:26 (41:10)	2:39 (43:49)	2:49 (46:38)	5:03 (51:41)	1:14 (52:55)
4.	Karsten Richardt	Køge OK	53:32 +11:44			
	1:31 (1:31)	1:52 (3:23)	1:53 (5:16)	2:51 (8:07)	7:23 (15:30)	2:27 (17:57)
	3:43 (21:40)	3:42 (25:22)	3:50 (29:12)	1:22 (30:34)	2:18 (32:52)	3:04 (35:56)
	2:01 (37:57)	4:04 (42:01)	3:02 (45:03)	2:34 (47:37)	5:15 (52:52)	0:40 (53:32)
5.	Finn Petersen	OK Roskilde	55:27 +13:39			
	1:07 (1:07)	1:15 (2:22)	1:49 (4:11)	2:31 (6:42)	13:31 (20:13)	2:51 (23:04)
	2:34 (25:38)	3:37 (29:15)	3:18 (32:33)	1:28 (34:01)	1:42 (35:43)	2:55 (38:38)
	2:46 (41:24)	4:10 (45:34)	2:36 (48:10)	1:47 (49:57)	4:40 (54:37)	0:50 (55:27)
6.	Per Steen	Køge OK	1:01:11 +19:23			
	1:22 (1:22)	1:18 (2:40)	2:05 (4:45)	2:33 (7:18)	5:41 (12:59)	2:16 (15:15)
	2:38 (17:53)	3:59 (21:52)	4:17 (26:09)	1:30 (27:39)	2:02 (29:41)	5:02 (34:43)
	1:54 (36:37)	4:31 (41:08)	3:16 (44:24)	2:15 (46:39)	13:43 (1:00:22)	0:49 (1:01:11)
7.	Anders Bang	Køge OK	1:01:39 +19:51			
	2:02 (2:02)	2:14 (4:16)	2:09 (6:25)	2:30 (8:55)	6:42 (15:37)	3:51 (19:28)
	2:52 (22:20)	4:02 (26:22)	3:59 (30:21)	3:04 (33:25)	2:20 (35:45)	3:54 (39:39)
	4:49 (44:28)	5:35 (50:03)	3:50 (53:53)	2:10 (56:03)	4:36 (1:00:39)	1:00 (1:01:39)
8.	Flemming Svendsen	Køge OK	1:01:46 +19:58			
	1:28 (1:28)	2:48 (4:16)	1:46 (6:02)	2:44 (8:46)	6:55 (15:41)	2:18 (17:59)
	2:47 (20:46)	7:25 (28:11)	2:57 (31:08)	1:40 (32:48)	1:59 (34:47)	5:58 (40:45)
	3:07 (43:52)	6:17 (50:09)	2:44 (52:53)	3:14 (56:07)	4:47 (1:00:54)	0:52 (1:01:46)
9.	Frede Scheye	Herlufsholm OK	1:02:13 +20:25			
	2:31 (2:31)	2:31 (5:02)	2:29 (7:31)	3:06 (10:37)	7:41 (18:18)	2:59 (21:17)
	3:36 (24:53)	4:16 (29:09)	4:18 (33:27)	2:04 (35:31)	2:28 (37:59)	4:03 (42:02)
	2:37 (44:39)	5:02 (49:41)	4:14 (53:55)	2:30 (56:25)	4:54 (1:01:19)	0:54 (1:02:13)
10.	Tage Ebbensgaard	Køge OK	1:05:32 +23:44			
	4:43 (4:43)	3:46 (8:29)	1:44 (10:13)	2:46 (12:59)	7:03 (20:02)	3:12 (23:14)
	3:00 (26:14)	4:02 (30:16)	5:38 (35:54)	1:36 (37:30)	3:02 (40:32)	3:08 (43:40)
	2:29 (46:09)	7:10 (53:19)	2:37 (55:56)	3:08 (59:04)	5:30 (1:04:34)	0:58 (1:05:32)
11.	Erik Løvgren Jensen	Køge OK	1:07:15 +25:27			
	3:15 (3:15)	1:50 (5:05)	1:58 (7:03)	3:11 (10:14)	12:12 (22:26)	2:26 (24:52)
	3:02 (27:54)	3:51 (31:45)	7:59 (39:44)	1:21 (41:05)	2:15 (43:20)	4:06 (47:26)
	1:59 (49:25)	4:52 (54:17)	3:05 (57:22)	3:53 (1:01:15)	4:55 (1:06:10)	1:05 (1:07:15)
12.	Ole Svendsen	OK Roskilde	1:07:18 +25:30			
	1:44 (1:44)	1:39 (3:23)	2:03 (5:26)	3:01 (8:27)	7:46 (16:13)	3:05 (19:18)
	3:38 (22:56)	3:56 (26:52)	4:28 (31:20)	1:49 (33:09)	2:10 (35:19)	3:56 (39:15)
	2:40 (41:55)	10:36 (52:31)	3:48 (56:19)	3:02 (59:21)	6:33 (1:05:54)	1:24 (1:07:18)
13.	Steen Jeppesen	Holbæk OK	1:08:49 +27:01			
	2:28 (2:28)	2:33 (5:01)	2:06 (7:07)	3:00 (10:07)	7:24 (17:31)	3:59 (21:30)
	3:57 (25:27)	4:28 (29:55)	5:08 (35:03)	3:01 (38:04)	2:38 (40:42)	3:59 (44:41)
	4:36 (49:17)	5:28 (54:45)	4:28 (59:13)	2:32 (1:01:45)	5:47 (1:07:32)	1:17 (1:08:49)
14.	Børge Jensen	Herlufsholm OK	1:12:14 +30:26			
	1:51 (1:51)	4:30 (6:21)	2:06 (8:27)	2:30 (10:57)	7:42 (18:39)	2:33 (21:12)
	3:13 (24:25)	4:51 (29:16)	4:11 (33:27)	1:44 (35:11)	10:59 (46:10)	3:29 (49:39)
	4:49 (54:28)	4:37 (59:05)	4:29 (1:03:34)	2:41 (1:06:15)	5:01 (1:11:16)	0:58 (1:12:14)
15.	Poul R. Koziara	Køge OK	1:25:54 +44:06			
	2:30 (2:30)	3:02 (5:32)	3:04 (8:36)	4:07 (12:43)	8:46 (21:29)	4:03 (25:32)
	4:28 (30:00)	5:46 (35:46)	6:00 (41:46)	2:14 (44:00)	2:49 (46:49)	4:46 (51:35)
	5:18 (56:53)	7:20 (1:04:13)	6:06 (1:10:19)	3:27 (1:13:46)	10:16 (1:24:02)	1:52 (1:25:54)
16.	Jan Bigler	Herlufsholm OK	1:45:24 +63:36			
	3:43 (3:43)	7:27 (11:10)	2:56 (14:06)	4:39 (18:45)	12:37 (31:22)	8:29 (39:51)
	4:25 (44:16)	4:51 (49:07)	6:00 (55:07)	2:18 (57:25)	7:01 (1:04:26)	6:07 (1:10:33)
	3:08 (1:13:41)	14:45 (1:28:26)	4:40 (1:33:06)	3:08 (1:36:14)	8:05 (1:44:19)	1:05 (1:45:24)
	Ebbeke Kejberg	OK Sorø	Udgået			
	2:04 (2:04)	6:00 (8:04)	2:06 (10:10)	3:16 (13:26)	6:41 (20:07)	2:25 (22:32)
	3:55 (26:27)	4:21 (30:48)	4:11 (34:59)	1:26 (36:25)	1:49 (38:14)	3:45 (41:59)
	- (-)	- (1:05:54)	3:11 (1:09:05)	2:04 (1:11:09)	4:27 (1:15:36)	- (-)
Sort-Kort u.60-D			(8 / 8)	Tid	Efter	
1.	Merete Kleist	OK Sorø	56:34			

1:25 (1:25)	1:24 (2:49)	2:48 (5:37)	2:56 (8:33)	9:53 (18:26)	2:16 (20:42)
2:48 (23:30)	4:29 (27:59)	3:56 (31:55)	1:27 (33:22)	2:06 (35:28)	3:05 (38:33)
2:02 (40:35)	4:25 (45:00)	2:51 (47:51)	2:46 (50:37)	5:12 (55:49)	0:45 (56:34)
2. Tine Demandt		OK Sorø	1:04:27 +7:53		
1:46 (1:46)	6:03 (7:49)	1:48 (9:37)	3:05 (12:42)	8:39 (21:21)	2:45 (24:06)
2:45 (26:51)	3:55 (30:46)	3:33 (34:19)	1:23 (35:42)	2:11 (37:53)	4:05 (41:58)
3:20 (45:18)	4:52 (50:10)	3:37 (53:47)	3:20 (57:07)	5:42 (1:02:49)	1:38 (1:04:27)
3. Maja Maria Zwolinska		OK Sorø	1:06:58 +10:24		
1:36 (1:36)	6:59 (8:35)	2:13 (10:48)	3:24 (14:12)	10:35 (24:47)	2:23 (27:10)
3:04 (30:14)	3:59 (34:13)	4:12 (38:25)	1:44 (40:09)	2:44 (42:53)	3:54 (46:47)
2:47 (49:34)	5:46 (55:20)	3:33 (58:53)	1:50 (1:00:43)	5:19 (1:06:02)	0:56 (1:06:58)
4. Anja Rasmussen		OK Sorø	1:08:25 +11:51		
2:04 (2:04)	8:14 (10:18)	2:34 (12:52)	3:15 (16:07)	7:25 (23:32)	3:04 (26:36)
3:06 (29:42)	6:04 (35:46)	4:33 (40:19)	1:33 (41:52)	2:49 (44:41)	4:03 (48:44)
2:40 (51:24)	4:37 (56:01)	3:26 (59:27)	2:56 (1:02:23)	5:03 (1:07:26)	0:59 (1:08:25)
5. Lykke Berg Mathiesen		Herlufsholm OK	1:11:28 +14:54		
4:11 (4:11)	2:13 (6:24)	2:07 (8:31)	3:43 (12:14)	7:13 (19:27)	3:56 (23:23)
3:44 (27:07)	4:47 (31:54)	5:05 (36:59)	2:15 (39:14)	2:21 (41:35)	5:20 (46:55)
3:04 (49:59)	6:30 (56:29)	3:54 (1:00:23)	3:04 (1:03:27)	6:44 (1:10:11)	1:17 (1:11:28)
6. Hanne Grimstrup		Køge OK	1:23:57 +27:23		
1:54 (1:54)	2:28 (4:22)	2:26 (6:48)	3:22 (10:10)	11:55 (22:05)	5:24 (27:29)
4:26 (31:55)	5:26 (37:21)	7:41 (45:02)	2:26 (47:28)	2:51 (50:19)	5:25 (55:44)
3:15 (58:59)	6:26 (1:05:25)	4:43 (1:10:08)	3:59 (1:14:07)	8:16 (1:22:23)	1:34 (1:23:57)
7. Anette Thustrup Pind		OK Sorø	1:24:33 +27:59		
8:48 (8:48)	2:06 (10:54)	2:06 (13:00)	3:49 (16:49)	17:02 (33:51)	4:05 (37:56)
3:16 (41:12)	7:46 (48:58)	5:31 (54:29)	2:58 (57:27)	2:26 (59:53)	5:44 (1:05:37)
2:29 (1:08:06)	5:14 (1:13:20)	2:55 (1:16:15)	1:56 (1:18:11)	5:07 (1:23:18)	1:15 (1:24:33)
8. Helle Hansen		Herlufsholm OK	1:26:41 +30:07		
1:59 (1:59)	2:14 (4:13)	2:56 (7:09)	3:57 (11:06)	14:32 (25:38)	3:38 (29:16)
4:40 (33:56)	7:07 (41:03)	6:08 (47:11)	2:28 (49:39)	2:34 (52:13)	6:01 (58:14)
3:23 (1:01:37)	7:53 (1:09:30)	5:13 (1:14:43)	3:06 (1:17:49)	7:50 (1:25:39)	1:02 (1:26:41)
Sort-Kort u.60-H	(14 / 14)	Tid	Efter		
1. Michael Andersen		OK Roskilde	38:46		
0:53 (0:53)	1:05 (1:58)	1:21 (3:19)	2:02 (5:21)	4:56 (10:17)	1:49 (12:06)
2:05 (14:11)	2:44 (16:55)	2:51 (19:46)	1:15 (21:01)	1:31 (22:32)	3:13 (25:45)
1:31 (27:16)	2:50 (30:06)	2:21 (32:27)	1:30 (33:57)	4:00 (37:57)	0:49 (38:46)
2. Henrik Nielsen		Holbæk OK	44:38 +5:52		
1:03 (1:03)	1:43 (2:46)	1:40 (4:26)	2:19 (6:45)	5:13 (11:58)	2:31 (14:29)
2:28 (16:57)	3:01 (19:58)	3:12 (23:10)	3:12 (24:33)	1:44 (26:17)	3:00 (29:17)
1:52 (31:09)	3:25 (34:34)	2:45 (37:19)	2:01 (39:20)	4:33 (43:53)	0:45 (44:38)
3. Morten H Hansen		OK Syd	48:26 +9:40		
1:07 (1:07)	1:33 (2:40)	1:36 (4:16)	2:28 (6:44)	5:49 (12:33)	2:13 (14:46)
2:18 (17:04)	5:39 (22:43)	3:50 (26:33)	1:08 (27:41)	1:34 (29:15)	3:43 (32:58)
2:09 (35:07)	4:25 (39:32)	2:30 (42:02)	1:53 (43:55)	3:53 (47:48)	0:38 (48:26)
3. Stevan Lambert		O-63	48:26 +9:40		
1:11 (1:11)	2:01 (3:12)	1:38 (4:50)	2:05 (6:55)	5:57 (12:52)	2:13 (15:05)
2:16 (17:21)	3:06 (20:27)	3:27 (23:54)	1:12 (25:06)	2:10 (27:16)	3:01 (30:17)
1:51 (32:08)	6:51 (38:59)	2:32 (41:31)	1:39 (43:10)	4:31 (47:41)	0:45 (48:26)
5. Bjark Bo Christensen		Holbæk OK	49:34 +10:48		
1:04 (1:04)	1:36 (2:40)	1:52 (4:32)	2:16 (6:48)	6:03 (12:51)	2:19 (15:10)
2:43 (17:53)	3:43 (21:36)	3:44 (25:20)	1:32 (26:52)	2:05 (28:57)	3:17 (32:14)
2:19 (34:33)	4:14 (38:47)	3:05 (41:52)	2:17 (44:09)	4:46 (48:55)	0:39 (49:34)
6. Henrik Glimø		Holbæk OK	51:46 +13:00		
0:58 (0:58)	1:16 (2:14)	1:35 (3:49)	1:59 (5:48)	6:44 (12:32)	1:44 (14:16)
2:29 (16:45)	3:05 (19:50)	2:40 (22:30)	1:23 (23:53)	2:25 (26:18)	3:16 (29:34)
2:25 (31:59)	6:32 (38:31)	5:49 (44:20)	2:06 (46:26)	4:21 (50:47)	0:59 (51:46)
7. Jens Frandsen		OK Sorø	52:43 +13:57		
1:14 (1:14)	1:56 (3:10)	1:52 (5:02)	2:42 (7:44)	5:52 (13:36)	2:24 (16:00)
2:49 (18:49)	3:44 (22:33)	3:38 (26:11)	1:43 (27:54)	2:10 (30:04)	3:51 (33:55)
2:42 (36:37)	4:15 (40:52)	3:01 (43:53)	2:28 (46:21)	5:28 (51:49)	0:54 (52:43)
8. John Barnewitz		Køge OK	53:13 +14:27		
5:30 (5:30)	1:27 (6:57)	1:35 (8:32)	2:36 (11:08)	8:46 (19:54)	1:44 (21:38)
2:24 (24:02)	3:10 (27:12)	3:35 (30:47)	1:38 (32:25)	1:41 (34:06)	3:31 (37:37)
1:47 (39:24)	3:26 (42:50)	2:28 (45:18)	2:26 (47:44)	4:32 (52:16)	0:57 (53:13)
9. Patrik Søgaard		OK Roskilde	54:23 +15:37		
1:24 (1:24)	1:17 (2:41)	1:18 (3:59)	2:03 (6:02)	5:56 (11:58)	2:45 (14:43)
4:39 (19:22)	3:44 (23:06)	6:15 (29:21)	2:32 (31:53)	1:49 (33:42)	2:46 (36:28)
2:46 (39:14)	3:43 (42:57)	4:14 (47:11)	1:52 (49:03)	4:09 (53:12)	1:11 (54:23)
10. Tobias Høhne		OK Sorø	55:36 +16:50		
1:29 (1:29)	3:16 (4:45)	2:04 (6:49)	2:27 (9:16)	7:06 (16:22)	2:18 (18:40)
4:48 (23:28)	4:14 (27:42)	3:35 (31:17)	1:07 (32:24)	2:00 (34:24)	3:13 (37:37)
2:22 (39:59)	4:04 (44:03)	4:27 (48:30)	2:08 (50:38)	4:30 (55:08)	0:28 (55:36)
11. Mikal Scheby		OK Sorø	59:04 +20:18		
1:22 (1:22)	3:18 (4:40)	1:48 (6:28)	2:29 (8:57)	8:36 (17:33)	5:42 (23:15)
2:23 (25:38)	6:26 (32:04)	3:37 (35:41)	1:26 (37:07)	1:40 (38:47)	3:20 (42:07)
2:24 (44:31)	4:05 (48:36)	2:25 (51:01)	2:29 (53:30)	4:44 (58:14)	0:50 (59:04)
12. Anton Lauritzen		Holbæk OK	1:00:44 +21:58		
1:30 (1:30)	2:16 (3:46)	1:53 (5:39)	2:39 (8:18)	6:55 (15:13)	2:51 (18:04)
3:18 (21:22)	4:16 (25:38)	4:32 (30:10)	1:51 (32:01)	2:04 (34:05)	5:54 (39:59)
2:32 (42:31)	5:14 (47:45)	3:15 (51:00)	3:04 (54:04)	5:35 (59:39)	1:05 (1:00:44)
13. Henrik Snedker Pedersen		Holbæk OK	1:03:13 +24:27		
1:55 (1:55)	1:51 (3:46)	2:08 (5:54)	2:50 (8:44)	6:18 (15:02)	3:56 (18:58)
3:31 (22:29)	4:20 (26:49)	4:19 (31:08)	1:51 (32:59)	2:23 (35:22)	4:31 (39:53)
3:26 (43:19)	5:51 (49:10)	3:59 (53:09)	3:08 (56:17)	5:48 (1:02:05)	1:08 (1:03:13)
14. Henrik Johansen		Køge OK	1:10:42 +31:56		
1:32 (1:32)	1:36 (3:08)	2:05 (5:13)	2:39 (7:52)	10:24 (18:16)	5:57 (24:13)
3:00 (27:13)	3:50 (31:03)	4:05 (35:08)	1:45 (36:53)	7:03 (43:56)	6:08 (50:04)
2:12 (52:16)	4:33 (56:49)	2:59 (59:48)	3:26 (1:03:14)	6:38 (1:09:52)	0:50 (1:10:42)
Sort-M-D	(5 / 5)	Tid	Efter		
1. Hanne Fogh		FSK	56:40		
2:01 (2:01)	2:13 (4:14)	2:00 (6:14)	2:11 (8:25)	2:25 (10:50)	3:02 (13:52)
1:33 (15:25)	2:12 (17:37)	2:11 (19:48)	2:03 (21:51)	5:52 (27:43)	3:57 (31:40)
1:34 (33:14)	2:32 (35:46)	1:12 (36:58)	2:49 (39:47)	3:33 (43:20)	2:29 (45:49)
2:33 (48:22)	2:54 (51:16)	4:25 (55:41)	0:59 (56:40)		
2. Malene Løkke		Køge OK	58:20 +1:40		

	2:52 (2:52)	2:44 (5:36)	2:13 (7:49)	2:14 (10:03)	2:24 (12:27)	3:01 (15:28)
	1:26 (16:54)	2:05 (18:59)	2:01 (21:00)	2:17 (23:17)	5:03 (28:20)	3:33 (31:53)
	1:24 (33:17)	4:25 (37:42)	1:20 (39:02)	2:58 (42:00)	3:33 (45:33)	2:21 (47:54)
	2:34 (50:28)	2:54 (53:22)	4:17 (57:39)	0:41 (58:20)		
3.	Astrid Thomsen		Holbæk OK	58:31	+1:51	
	2:35 (2:35)	2:21 (4:56)	2:42 (7:38)	2:10 (9:48)	2:48 (12:36)	2:39 (15:15)
	1:20 (16:35)	2:01 (18:36)	1:55 (20:31)	2:07 (22:38)	6:22 (29:00)	4:02 (33:02)
	1:49 (34:51)	3:02 (37:53)	1:27 (39:20)	2:55 (42:15)	3:32 (45:47)	2:20 (48:07)
	2:32 (50:39)	2:54 (53:33)	4:16 (57:49)	0:42 (58:31)		
4.	Anne Bloch Frandsen		OK Sorø	1:00:21	+3:41	
	2:25 (2:25)	2:13 (4:38)	2:24 (7:02)	1:59 (9:01)	2:21 (11:22)	3:39 (15:01)
	1:38 (16:39)	2:39 (19:18)	2:06 (21:24)	2:40 (24:04)	5:32 (29:36)	4:31 (34:07)
	1:35 (35:42)	2:32 (38:14)	1:08 (39:22)	2:38 (42:00)	4:18 (46:18)	2:45 (49:03)
	2:52 (51:55)	3:01 (54:56)	4:40 (59:36)	0:45 (1:00:21)		
5.	Nina Okkels		OK Sorø	1:21:37	+24:57	
	3:23 (3:23)	3:00 (6:23)	4:18 (10:41)	2:59 (13:40)	2:39 (16:19)	8:23 (24:42)
	2:23 (27:05)	2:38 (29:43)	2:17 (32:00)	2:38 (34:38)	6:02 (40:40)	5:09 (45:49)
	3:12 (49:01)	4:39 (53:40)	1:45 (55:25)	3:25 (58:50)	5:27 (1:04:17)	3:28 (1:07:45)
	4:31 (1:12:16)	3:14 (1:15:30)	5:22 (1:20:52)	0:45 (1:21:37)		
Sort-M-H		(23 / 23)		Tid	Efter	
1.	Claus Rasmussen		OK Roskilde	49:03		
	2:06 (2:06)	2:09 (4:15)	1:42 (5:57)	1:50 (7:47)	2:04 (9:51)	2:23 (12:14)
	1:17 (13:31)	1:49 (15:20)	1:36 (16:56)	1:52 (18:48)	4:25 (23:13)	3:49 (27:02)
	1:18 (28:20)	3:45 (32:05)	0:57 (33:02)	2:12 (35:14)	2:41 (37:55)	2:16 (40:11)
	2:25 (42:36)	2:10 (44:46)	3:38 (48:24)	0:39 (49:03)		
2.	Jakob Søndergaard		OK Roskilde	51:17	+2:14	
	3:37 (3:37)	1:44 (5:21)	1:40 (7:01)	1:38 (8:39)	2:04 (10:43)	2:25 (13:08)
	1:25 (14:33)	1:48 (16:21)	1:33 (17:54)	1:44 (19:38)	5:56 (25:34)	3:26 (29:00)
	1:28 (30:28)	2:42 (33:10)	1:03 (34:13)	2:20 (36:33)	3:00 (39:33)	2:26 (41:59)
	2:31 (44:30)	2:10 (46:40)	3:46 (50:26)	0:51 (51:17)		
3.	Jonatan Høhne		OK Sorø	53:14	+4:11	
	2:18 (2:18)	2:27 (4:45)	2:23 (7:08)	3:35 (10:43)	2:37 (13:20)	2:11 (15:31)
	1:13 (16:44)	1:59 (18:43)	2:19 (21:02)	1:44 (22:46)	4:45 (27:31)	3:31 (31:02)
	1:22 (32:24)	3:43 (36:07)	0:48 (36:55)	2:39 (39:34)	2:52 (42:26)	2:07 (44:33)
	2:03 (46:36)	2:39 (49:15)	3:24 (52:39)	0:35 (53:14)		
4.	Peter Lauritzen		Holbæk OK	56:14	+7:11	
	2:49 (2:49)	2:37 (5:26)	2:07 (7:33)	1:58 (9:31)	2:14 (11:45)	2:35 (14:20)
	1:33 (15:53)	2:13 (18:06)	1:59 (20:05)	1:50 (22:13)	5:18 (27:31)	3:23 (30:54)
	1:37 (32:31)	2:40 (35:11)	1:14 (36:25)	2:40 (39:05)	3:47 (42:52)	3:04 (45:56)
	3:04 (49:00)	2:28 (51:28)	4:03 (55:31)	0:43 (56:14)		
5.	John Knudsen		NFR	56:38	+7:35	
	2:24 (2:24)	2:42 (5:06)	3:51 (8:57)	1:49 (10:46)	2:14 (13:00)	2:29 (15:29)
	1:58 (17:27)	2:06 (19:33)	2:05 (21:38)	2:06 (23:44)	5:09 (28:53)	3:55 (32:48)
	1:40 (34:28)	2:48 (37:16)	1:18 (38:34)	2:32 (41:06)	3:34 (44:40)	2:15 (46:55)
	2:18 (49:13)	2:23 (51:36)	4:06 (55:42)	0:56 (56:38)		
6.	Gunnar Grue-Sørensen		Køge OK	56:55	+7:52	
	2:04 (2:04)	2:51 (4:55)	2:17 (7:12)	2:15 (9:27)	2:15 (11:42)	3:07 (14:49)
	1:20 (16:09)	2:19 (18:28)	1:46 (20:14)	2:12 (22:26)	6:00 (28:26)	4:46 (33:12)
	1:26 (34:38)	2:36 (37:14)	1:08 (38:22)	2:35 (40:57)	3:26 (44:23)	2:14 (46:37)
	2:41 (49:18)	2:36 (51:54)	4:16 (56:10)	0:45 (56:55)		
7.	Jesper Munch Jespersen		OK Sorø	58:27	+9:24	
	3:20 (3:20)	2:31 (5:51)	2:39 (8:30)	2:12 (10:42)	2:23 (13:05)	2:35 (15:40)
	1:22 (17:02)	2:22 (19:24)	2:06 (21:30)	2:10 (23:40)	5:16 (28:56)	3:25 (32:21)
	1:32 (33:53)	2:48 (36:41)	1:17 (37:58)	3:03 (41:01)	3:31 (44:32)	2:32 (47:04)
	3:59 (51:03)	2:19 (53:22)	4:21 (57:43)	0:44 (58:27)		
8.	Bo Pedersen		Køge OK	1:00:02	+10:59	
	2:13 (2:13)	2:47 (5:00)	7:19 (12:19)	1:32 (13:51)	2:18 (16:09)	2:24 (18:33)
	1:44 (20:17)	1:50 (22:07)	1:59 (24:06)	2:06 (26:12)	4:47 (30:59)	5:08 (36:07)
	2:09 (38:16)	2:47 (41:03)	1:14 (42:17)	3:20 (45:37)	2:58 (48:35)	2:05 (50:40)
	2:36 (53:16)	2:43 (55:59)	3:33 (59:32)	0:30 (1:00:02)		
9.	Janus Høhne		OK Sorø	1:03:44	+14:41	
	1:57 (1:57)	2:23 (4:20)	1:45 (6:05)	1:52 (7:57)	4:29 (12:26)	2:31 (14:57)
	1:38 (16:35)	1:59 (18:34)	1:37 (20:11)	1:54 (22:05)	5:12 (27:17)	3:43 (31:00)
	1:21 (32:21)	2:06 (34:27)	1:16 (35:43)	3:55 (39:38)	6:56 (46:34)	2:59 (49:33)
	2:28 (52:01)	3:10 (55:11)	7:04 (1:02:15)	1:29 (1:03:44)		
10.	Martin Munk		OK Sorø	1:04:30	+15:27	
	3:13 (3:13)	2:20 (5:33)	2:03 (7:36)	1:49 (9:25)	2:05 (11:30)	6:44 (18:14)
	1:42 (19:56)	2:02 (21:58)	2:55 (24:53)	2:08 (27:01)	7:29 (34:30)	4:44 (39:14)
	1:44 (40:58)	2:22 (43:20)	1:03 (44:23)	3:01 (47:24)	3:20 (50:44)	2:26 (53:10)
	2:44 (55:54)	2:55 (58:49)	4:01 (1:02:50)	1:40 (1:04:30)		
11.	Hans Henrik Juda		Køge OK	1:06:26	+17:23	
	3:33 (3:33)	3:02 (6:35)	3:01 (9:36)	2:11 (11:47)	2:47 (14:34)	2:48 (17:22)
	2:19 (19:41)	2:57 (22:38)	2:19 (24:57)	2:39 (27:36)	6:08 (33:44)	4:35 (38:19)
	2:14 (40:33)	3:33 (44:06)	1:23 (45:29)	3:20 (48:49)	4:00 (52:49)	2:53 (55:42)
	2:37 (58:19)	2:54 (1:01:13)	4:25 (1:05:38)	0:48 (1:06:26)		
12.	Jan H. Jørgensen		OK Sorø	1:08:34	+19:31	
	3:14 (3:14)	3:17 (6:31)	2:24 (8:55)	2:48 (11:43)	2:11 (13:54)	7:27 (21:21)
	1:28 (22:49)	2:09 (24:58)	6:50 (31:48)	1:55 (33:43)	5:22 (39:05)	4:10 (43:15)
	1:31 (44:46)	2:41 (47:27)	1:09 (48:36)	2:42 (51:18)	3:44 (55:02)	2:56 (57:58)
	2:53 (1:00:51)	2:45 (1:03:36)	4:19 (1:07:55)	0:39 (1:08:34)		
13.	Mogens Kristensen		OK Roskilde	1:09:10	+20:07	
	2:37 (2:37)	2:40 (5:17)	2:19 (7:36)	2:08 (9:44)	2:35 (12:19)	3:09 (15:28)
	2:36 (18:04)	4:08 (22:12)	3:39 (25:51)	2:27 (28:18)	5:43 (34:01)	6:54 (40:55)
	2:59 (43:54)	3:04 (46:58)	1:10 (48:08)	3:00 (51:08)	4:44 (55:52)	2:25 (58:17)
	3:04 (1:01:21)	2:44 (1:04:05)	4:20 (1:08:25)	0:45 (1:09:10)		
14.	Anders J Thomsen		OK Roskilde	1:12:21	+23:18	
	3:15 (3:15)	4:01 (7:16)	2:23 (9:39)	3:39 (13:18)	2:21 (15:39)	2:57 (18:36)
	2:14 (20:50)	4:03 (24:53)	2:14 (27:07)	3:00 (30:07)	6:35 (36:42)	4:16 (40:58)
	2:29 (43:27)	3:11 (46:38)	1:22 (48:00)	3:24 (51:24)	4:15 (55:39)	3:02 (58:41)
	4:01 (1:02:42)	3:48 (1:06:30)	5:06 (1:11:36)	0:45 (1:12:21)		
15.	Asger Jensen		OK Roskilde	1:12:36	+23:33	
	3:41 (3:41)	4:07 (7:48)	2:58 (10:46)	3:05 (13:51)	3:05 (16:56)	3:31 (20:27)
	2:53 (23:20)	3:20 (26:40)	2:38 (29:18)	2:37 (31:55)	6:22 (38:17)	4:10 (42:27)
	1:43 (44:10)	3:56 (48:06)	1:24 (49:30)	3:33 (53:03)	4:56 (57:59)	2:40 (1:00:39)
	2:47 (1:03:26)	3:05 (1:06:31)	5:09 (1:11:40)	0:56 (1:12:36)		
16.	Morten Nissen		O-63	1:13:37	+24:34	

5:17 (5:17)	2:52 (8:09)	4:09 (12:18)	2:24 (14:42)	2:43 (17:25)	3:27 (20:52)
1:49 (22:41)	2:29 (25:10)	5:32 (30:42)	2:18 (33:00)	6:30 (39:30)	4:52 (44:22)
2:15 (46:37)	2:59 (49:36)	1:30 (51:06)	3:38 (54:44)	4:10 (58:54)	2:32 (1:01:26)
2:50 (1:04:16)	3:22 (1:07:38)	5:01 (1:12:39)	0:58 (1:13:37)		
17. Bent Jensen		Holbæk OK	1:14:54	+25:51	
3:47 (3:47)	3:31 (7:18)	2:38 (9:56)	2:15 (12:11)	3:19 (15:30)	3:16 (18:46)
2:09 (20:55)	2:34 (23:29)	2:51 (26:20)	3:04 (29:24)	10:41 (40:05)	4:53 (44:58)
1:52 (46:50)	2:51 (49:41)	1:34 (51:15)	3:53 (55:08)	5:34 (1:00:42)	2:54 (1:03:36)
3:06 (1:06:42)	2:59 (1:09:41)	4:31 (1:14:12)	0:42 (1:14:54)		
18. Jesper A Jensen		OK Roskilde	1:21:26	+32:23	
3:34 (3:34)	2:44 (6:18)	3:27 (9:45)	3:19 (13:04)	2:58 (16:02)	3:22 (19:24)
2:26 (21:50)	3:02 (24:52)	3:34 (28:26)	4:28 (32:54)	7:01 (39:55)	5:02 (44:57)
2:10 (47:07)	3:13 (50:20)	1:46 (52:06)	5:25 (57:31)	5:29 (1:03:00)	3:34 (1:06:34)
4:49 (1:11:23)	4:02 (1:15:25)	5:11 (1:20:36)	0:50 (1:21:26)		
19. Henrik Mathiesen		Herlufsholm OK	1:24:33	+35:30	
3:52 (3:52)	4:25 (8:17)	2:31 (10:48)	4:34 (15:22)	3:46 (19:08)	3:03 (22:11)
1:57 (24:08)	2:54 (27:02)	6:02 (33:04)	3:42 (36:46)	6:55 (43:41)	5:32 (49:13)
1:32 (50:45)	8:28 (59:13)	1:20 (1:00:33)	3:44 (1:04:17)	4:21 (1:08:38)	3:18 (1:11:56)
3:15 (1:15:11)	3:15 (1:18:26)	5:22 (1:23:48)	0:45 (1:24:33)		
20. Kaj Munck		Herlufsholm OK	1:25:26	+36:23	
5:15 (5:15)	3:45 (9:00)	3:35 (12:35)	2:38 (15:13)	3:06 (18:19)	3:26 (21:45)
2:03 (23:48)	4:14 (28:02)	4:12 (32:14)	2:50 (35:04)	7:38 (42:42)	5:05 (47:47)
2:19 (50:06)	3:21 (53:27)	2:49 (56:16)	4:14 (1:00:30)	7:59 (1:08:29)	3:17 (1:11:46)
2:55 (1:14:41)	3:39 (1:18:20)	5:10 (1:23:30)	1:56 (1:25:26)		
21. Helmut Hansen		Herlufsholm OK	1:32:03	+43:00	
4:38 (4:38)	3:05 (7:43)	2:23 (10:06)	3:25 (13:31)	2:20 (15:51)	3:00 (18:51)
2:04 (20:55)	2:51 (23:46)	2:26 (26:12)	3:12 (29:24)	7:11 (36:35)	7:47 (44:22)
1:51 (46:13)	3:27 (49:40)	1:22 (51:02)	3:22 (54:24)	20:05 (1:14:29)	2:48 (1:17:17)
5:35 (1:22:52)	3:46 (1:26:38)	4:47 (1:31:25)	0:38 (1:32:03)		
Karsten Hjort		OK Roskilde	Fejlkli		
3:47 (3:47)	3:10 (6:57)	3:28 (10:25)	2:58 (13:23)	3:22 (16:45)	3:35 (20:20)
3:05 (23:25)	3:32 (26:57)	2:46 (29:43)	3:32 (33:15)	7:11 (40:26)	4:47 (45:13)
2:09 (47:22)	- (-)	- (53:23)	4:43 (58:06)	6:35 (1:04:41)	3:04 (1:07:45)
3:53 (1:11:38)	4:18 (1:15:56)	5:13 (1:21:09)	1:04 (1:22:13)		
Søren Madsen		OK Sorø	Fejlkli		
2:29 (2:29)	2:57 (5:26)	2:17 (7:43)	2:16 (9:59)	2:19 (12:18)	3:04 (15:22)
2:23 (17:45)	2:38 (20:23)	2:26 (22:49)	2:29 (25:18)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (37:32)		
Sort-L-D	(2 / 2)		Tid	Efter	
1. Jette Grimstrup	Køge OK		1:33:45		
3:28 (3:28)	1:57 (5:25)	2:44 (8:09)	5:30 (13:39)	4:29 (18:08)	4:39 (22:47)
2:21 (25:08)	2:50 (27:58)	4:34 (32:32)	4:45 (37:17)	3:34 (40:51)	1:29 (42:20)
6:35 (48:55)	1:44 (50:39)	3:49 (54:28)	3:30 (57:58)	2:34 (1:00:32)	4:30 (1:05:02)
4:36 (1:09:38)	2:42 (1:12:20)	5:42 (1:18:02)	3:18 (1:21:20)	3:31 (1:24:51)	3:01 (1:27:52)
5:00 (1:32:52)	0:53 (1:33:45)				
2. Anette Christensen	Holbæk OK		1:53:35	+19:50	
3:10 (3:10)	2:14 (5:24)	3:27 (8:51)	8:08 (16:59)	5:13 (22:12)	5:12 (27:24)
2:54 (30:18)	2:48 (33:06)	5:26 (38:32)	2:48 (41:20)	3:44 (45:04)	1:48 (46:52)
7:53 (54:45)	3:30 (58:15)	3:49 (1:02:04)	3:53 (1:05:57)	2:37 (1:08:34)	6:30 (1:15:04)
9:13 (1:24:17)	2:46 (1:27:03)	7:20 (1:34:23)	4:14 (1:38:37)	3:24 (1:42:01)	4:28 (1:46:29)
6:15 (1:52:44)	0:51 (1:53:35)				
Sort-L-H	(10 / 10)		Tid	Efter	
1. Andre Gautir	OK Sorø		52:23		
1:46 (1:46)	1:14 (3:00)	1:37 (4:37)	3:50 (8:27)	2:37 (11:04)	3:43 (14:47)
1:25 (16:12)	1:40 (17:52)	2:58 (20:50)	1:09 (21:59)	2:12 (24:11)	0:53 (25:04)
3:08 (28:12)	1:17 (29:29)	2:09 (31:38)	1:46 (33:24)	1:23 (34:47)	2:21 (37:08)
1:47 (38:55)	1:17 (40:12)	2:45 (42:57)	1:55 (44:52)	2:01 (46:53)	1:51 (48:44)
3:06 (51:50)	0:33 (52:23)				
2. Allan Søgaard	OK Roskilde		57:30	+5:07	
2:03 (2:03)	1:18 (3:21)	1:38 (4:59)	4:15 (9:14)	3:08 (12:22)	3:45 (16:07)
1:47 (17:54)	1:32 (19:26)	3:09 (22:35)	1:06 (23:41)	2:28 (26:09)	0:54 (27:03)
3:36 (30:39)	1:24 (32:03)	1:52 (33:55)	2:10 (36:05)	1:56 (38:01)	2:29 (40:30)
2:01 (42:31)	1:22 (43:53)	3:40 (47:33)	1:55 (49:28)	1:55 (51:23)	2:29 (53:52)
3:08 (57:00)	0:30 (57:30)				
3. Kenneth Thomsen	OK Sorø		1:06:09	+13:46	
2:12 (2:12)	1:28 (3:40)	1:54 (5:34)	4:43 (10:17)	3:19 (13:36)	3:42 (17:18)
1:53 (19:11)	1:45 (20:56)	3:37 (24:33)	1:11 (25:44)	2:53 (28:37)	1:16 (29:53)
5:52 (35:45)	1:22 (37:07)	2:45 (39:52)	2:23 (42:15)	1:59 (44:14)	3:09 (47:23)
1:58 (49:21)	1:23 (50:44)	3:11 (53:55)	2:12 (56:07)	3:49 (59:56)	2:08 (1:02:04)
3:31 (1:05:35)	0:34 (1:06:09)				
4. Morten Hass	OK Sorø		1:08:42	+16:19	
2:28 (2:28)	1:31 (3:59)	2:06 (6:05)	4:54 (10:59)	3:24 (14:23)	3:28 (17:51)
1:53 (19:44)	1:54 (21:38)	3:43 (25:21)	1:24 (26:45)	3:15 (30:00)	1:24 (31:24)
5:26 (36:50)	1:23 (38:13)	2:48 (41:01)	2:19 (43:20)	1:39 (44:59)	3:47 (48:46)
2:30 (51:16)	1:37 (52:53)	3:32 (56:25)	2:32 (58:57)	2:14 (1:01:11)	2:42 (1:03:53)
3:58 (1:07:51)	0:51 (1:08:42)				
5. Martin Madsen	Holbæk OK		1:10:53	+18:30	
2:11 (2:11)	1:26 (3:37)	2:12 (5:49)	4:33 (10:22)	3:28 (13:50)	3:31 (17:21)
2:50 (20:11)	1:54 (22:05)	3:56 (26:01)	1:42 (27:43)	2:29 (30:12)	1:03 (31:15)
5:28 (36:43)	1:05 (37:48)	2:11 (39:59)	3:02 (43:01)	2:48 (45:49)	4:26 (50:15)
2:51 (53:06)	1:28 (54:34)	3:54 (58:28)	2:23 (1:00:51)	2:28 (1:03:19)	3:04 (1:06:23)
3:44 (1:10:07)	0:46 (1:10:53)				
6. Arne Kristensen	Herlufsholm OK		1:14:51	+22:28	
4:00 (4:00)	1:29 (5:29)	1:52 (7:21)	4:47 (12:08)	3:17 (15:25)	4:12 (19:37)
2:06 (21:43)	1:55 (23:38)	3:32 (27:10)	1:58 (29:08)	3:01 (32:09)	1:02 (33:11)
3:54 (37:05)	1:36 (38:41)	2:53 (41:34)	2:13 (43:47)	1:38 (45:25)	5:09 (50:34)
5:05 (55:39)	1:25 (57:04)	4:57 (1:02:01)	2:49 (1:04:50)	2:16 (1:07:06)	2:22 (1:09:28)
3:49 (1:13:17)	1:34 (1:14:51)				
7. Simon Jespersen	OK Sorø		1:17:26	+25:03	
3:32 (3:32)	1:24 (4:56)	2:02 (6:58)	4:33 (11:31)	3:10 (14:41)	4:24 (19:05)
8:48 (27:53)	1:58 (29:51)	4:10 (34:01)	1:32 (35:33)	2:53 (38:26)	1:09 (39:35)
6:53 (46:28)	1:25 (47:53)	2:25 (50:18)	2:29 (52:47)	1:41 (54:28)	3:03 (57:31)
2:27 (59:58)	1:33 (1:01:31)	3:38 (1:05:09)	2:40 (1:07:49)	2:49 (1:10:38)	2:20 (1:12:58)
3:49 (1:16:47)	0:39 (1:17:26)				

8.	Henrik Tølløse		Hvalsø OK	1:18:45	+26:22		
	3:15 (3:15)	1:47 (5:02)	2:14 (7:16)	5:28 (12:44)		3:49 (16:33)	3:40 (20:13)
	2:19 (22:32)	1:59 (24:31)	4:09 (28:40)	1:39 (30:19)		3:00 (33:19)	1:38 (34:57)
	4:17 (39:14)	1:34 (40:48)	2:48 (43:36)	2:50 (46:26)		2:36 (49:02)	6:33 (55:35)
	3:06 (58:41)	2:00 (1:00:41)	5:23 (1:06:04)	2:42 (1:08:46)		2:24 (1:11:10)	2:47 (1:13:57)
	4:06 (1:18:03)	0:42 (1:18:45)					
9.	Anders Knudsen		Herlufsholm OK	1:25:24	+33:01		
	5:24 (5:24)	1:40 (7:04)	2:50 (9:54)	5:02 (14:56)		5:52 (20:48)	3:45 (24:33)
	2:05 (26:38)	2:04 (28:42)	4:11 (32:53)	1:49 (34:42)		3:12 (37:54)	1:17 (39:11)
	4:46 (43:57)	2:28 (46:25)	2:42 (49:07)	2:56 (52:03)		1:55 (53:58)	5:50 (59:48)
	3:51 (1:03:39)	2:14 (1:05:53)	4:35 (1:10:28)	3:20 (1:13:48)		2:55 (1:16:43)	3:20 (1:20:03)
	4:35 (1:24:38)	0:46 (1:25:24)					
10.	Peter Karberg		Herlufsholm OK	1:25:55	+33:32		
	3:54 (3:54)	1:44 (5:38)	2:36 (8:14)	5:08 (13:22)		4:30 (17:52)	4:07 (21:59)
	3:03 (25:02)	1:56 (26:58)	4:26 (31:24)	1:34 (32:58)		3:34 (36:32)	1:48 (38:20)
	7:05 (45:25)	1:50 (47:15)	2:44 (49:59)	2:48 (52:47)		1:56 (54:43)	6:33 (1:01:16)
	3:22 (1:04:38)	2:09 (1:06:47)	5:02 (1:11:49)	3:27 (1:15:16)		2:59 (1:18:15)	3:16 (1:21:31)
	3:42 (1:25:13)	0:42 (1:25:55)					