

1	Laura Bobach	9	46:09											
05:08=	08:40=	10:15=	12:00=	14:37=	16:35=	19:34=	20:42=	24:21=	25:46=	28:45=	34:25=	43:23=	45:53=	46:09=
05:08=	03:32=	01:35=	01:45=	02:37=	01:58=	02:59=	01:08=	03:39=	01:25=	02:59=	05:40=	08:58=	02:30=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

05:08	03:32	01:35	01:45	02:37	01:58	02:59	01:08	03:39	01:25	02:59	05:40	08:58	02:30	00:16
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D17-20

1	Signe Veggerby Jensen	9	46:30																
04:10=	05:02=	08:08=	09:45=	12:39=	13:39=	17:05=	19:25=	20:51=	23:44=	25:52=	28:44=	32:08=	33:59=	36:37=	40:02=	41:35=	43:49=	46:15=	46:30=
04:10=	00:52=	03:06=	01:37=	02:54=	01:00=	03:26=	02:20=	01:26=	02:53=	02:08=	02:52=	03:24=	01:51=	02:38=	03:25=	01:33=	02:14=	02:26=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 strekktid for klassen

04:10	00:52	03:06	01:37	02:54	01:00	03:26	02:20	01:26	02:53	02:08	02:52	03:24	01:51	02:38	03:25	01:33	02:14	02:26	00:15
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D40

1	Hanne Veggerby	9	1:07:28																
03:36=	05:30=	07:38=	15:10=	21:42=	24:31=	26:40=	28:06=	30:42=	38:28=	42:10=	44:16=	48:09=	51:47=	54:59=	57:51=	63:17=	67:09=	67:28=	
03:36=	01:54=	02:08=	07:32=	06:32=	02:49=	02:09=	01:26=	02:36=	07:46=	03:42=	02:06=	03:53=	03:38=	03:12=	02:52=	05:26=	03:52=	00:19=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Lene Flyvbjerg	9	1:11:43															
03:36=	05:46+	08:53+	12:20-	19:07-	22:21-	24:28-	25:38-	29:03-	34:41-	45:07+	47:06+	50:04+	53:35+	59:00+	61:59+	67:25+	71:25+	71:43+
03:36=	02:10+	03:07+	03:27-	06:47+	03:14+	02:07-	01:10-	03:25+	05:38-	10:26+	01:59-	02:58-	03:31-	05:25+	02:59+	05:26=	04:00+	00:18-
00:00=	00:16#	00:59&	04:05-	00:15+	00:25#	00:02-	00:16-	00:49&	02:08-	06:44@	00:07-	00:55-	00:07-	02:13&	00:07+	00:00=	00:08+	00:01-

Beste strekktid for klassen

03:36	01:54	02:08	03:27	06:32	02:49	02:07	01:10	02:36	05:38	03:42	01:59	02:58	03:31	03:12	02:52	05:26	03:52	00:18
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D50

1	Lene Stick Nielsen	13	48:17																
04:11=	05:11=	07:47=	09:31=	13:44=	14:45=	18:16=	20:22=	21:55=	24:53=	26:30=	29:15=	32:50=	33:30=	36:22=	42:10=	43:52=	45:42=	48:00=	48:17=
04:11=	01:00=	02:36=	01:44=	04:13=	01:01=	03:31=	02:06=	01:33=	02:58=	01:37=	02:45=	03:35=	00:40=	02:52=	05:48=	01:42=	01:50=	02:18=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Gitte Isen	1	56:50																
05:06+	06:05+	08:42+	10:19+	15:23+	16:21+	20:10+	22:35+	24:04+	27:13+	28:33+	35:41+	39:53+	40:40+	44:03+	47:48+	50:58+	53:09+	56:28+	56:50+
05:06+	00:59-	02:37+	01:37-	05:04+	00:58-	03:49+	02:25+	01:29-	03:09+	01:20-	07:08+	04:12+	00:47+	03:23+	03:45-	03:10+	02:11+	03:19+	00:22+
00:55#	00:01-	00:01+	00:07-	00:51#	00:03-	00:18+	00:19#	00:04-	00:11+	00:17-	04:23@	00:37#	00:07#	00:31#	02:03-	01:28&	00:21#	01:01&	00:05&

Beste strekktid for klassen

04:11	00:59	02:36	01:37	04:13	00:58	03:31	02:06	01:29	02:58	01:20	02:45	03:35	00:40	02:52	03:45	01:42	01:50	02:18	00:17
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D60

Class	Navn	Klasse	Tid
1	Grethe Anæus	13	34:06
	03:40= 08:12= 12:48= 15:56= 19:58= 23:11= 26:57= 31:30= 33:48= 34:06=		
	03:40= 04:32= 04:36= 03:08= 04:02= 03:13= 03:46= 04:33= 02:18= 00:18=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Pia Gade	13	40:32
	04:01+ 08:00= 13:10+ 18:55+ 23:44+ 27:23+ 30:48+ 37:10+ 40:13+ 40:32+		
	04:01+ 03:59= 05:10+ 05:45+ 04:49+ 03:39+ 03:25= 06:22+ 03:03+ 00:19+		
	00:21+ 00:33= 00:34# 02:37& 00:47# 00:26# 00:21= 01:49& 00:45& 00:01+		
3	Lisbet Nielsen	7	41:46
	03:20= 07:13= 12:07= 16:16+ 20:32+ 24:06+ 28:07+ 38:40+ 41:27+ 41:46+		
	03:20= 03:53= 04:54+ 04:09+ 04:16+ 03:34+ 04:01+ 10:33+ 02:47+ 00:19+		
	00:20= 00:39= 00:18+ 01:01& 00:14+ 00:21# 00:15+ 06:00@ 00:29# 00:01+		
4	Ann Dorrit Hansen	5	42:23
	04:51+ 09:11+ 15:09+ 18:58+ 23:55+ 28:07+ 31:57+ 38:42+ 42:01+ 42:23+		
	04:51+ 04:20= 05:58+ 03:49+ 04:57+ 04:12+ 03:50+ 06:45+ 03:19+ 00:22+		
	01:11& 00:12= 01:22& 00:41# 00:55# 00:04+ 02:12& 01:01& 00:04#		

Beste strekktid for klassen

03:20 03:53 04:36 03:08 04:02 03:13 03:25 04:33 02:18 00:18

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

D70

1	Edith Sørensen	14	51:19
	05:22= 10:29= 17:26= 21:52= 27:15= 33:20= 37:50= 45:51= 50:54= 51:19=		
	05:22= 05:07= 06:57= 04:26= 05:23= 06:05= 04:30= 08:01= 05:03= 00:25=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ellen Thomsen	7	1:02:13
	05:32+ 12:30+ 20:17+ 25:22+ 30:41+ 41:08+ 47:32+ 57:12+ 61:38+ 62:13+		
	05:32+ 06:58+ 07:47+ 05:05+ 05:19= 10:27+ 06:24+ 09:40+ 04:26= 00:35+		
	00:10+ 01:51& 00:50# 00:39# 00:04= 04:22& 01:54& 01:39# 00:37= 00:10&		

Beste strekktid for klassen

05:22 05:07 06:57 04:26 05:19 06:05 04:30 08:01 04:26 00:25

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

FRI1

1	Lajla Præstgaard	3	1:28:59
	07:10= 09:07= 11:57= 14:21= 24:02= 25:15= 37:47= 40:35= 43:11= 47:47= 49:41= 54:53= 59:27= 60:33= 66:52= 74:29= 81:53= 84:16= 88:26= 88:59=		
	07:10= 01:57= 02:50= 02:24= 09:41= 01:13= 12:32= 02:48= 02:36= 04:36= 01:54= 05:12= 04:34= 01:06= 06:19= 07:37= 07:24= 02:23= 04:10= 00:33=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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 strekktid for klassen

07:10 01:57 02:50 02:24 09:41 01:13 12:32 02:48 02:36 04:36 01:54 05:12 04:34 01:06 06:19 07:37 07:24 02:23 04:10 00:33

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

FRI3

1	Inge Mogensen	14	40:16
	01:00= 03:41= 05:24= 09:27= 11:49= 16:26= 20:31= 23:34= 28:31= 31:00= 32:25= 34:44= 36:39= 39:48= 40:16=		
	01:00= 02:41= 01:43= 04:03= 02:22= 04:37= 04:05= 03:03= 04:57= 02:29= 01:25= 02:19= 01:55= 03:09= 00:28=		
	00:00= 00:00= 00:00= 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	Dorte Friis	11	43:02
	01:54+ 04:27+ 06:12+ 10:00+ 12:26+ 15:57= 20:33+ 24:15+ 29:34+ 32:06+ 33:34+ 36:02+ 38:07+ 42:25+ 43:02+		
	01:54+ 02:33= 01:45+ 03:48= 02:26+ 03:31= 04:36+ 03:42+ 05:19+ 02:32+ 01:28+ 02:28+ 02:05+ 04:18+ 00:37+		
	00:54& 00:08= 00:02+ 00:15= 00:04+ 01:06= 00:31# 00:39# 00:22+ 00:03+ 00:03+ 00:09+ 00:10+ 01:09& 00:09&		

Class	Navn	Klasse												Tid			
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Beste strekktid for klassen

01:00 02:33 01:43 03:48 02:22 03:31 04:05 03:03 04:57 02:29 01:25 02:19 01:55 03:09 00:28

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

H-14

1	Christoffer Vang Bobach	14	21:14											
00:22=	01:42=	02:34=	04:42=	05:50=	07:54=	10:03=	11:53=	14:41=	16:22=	17:08=	18:24=	19:20=	20:59=	21:14=
00:22=	01:20=	00:52=	02:08=	01:08=	02:04=	02:09=	01:50=	02:48=	01:41=	00:46=	01:16=	00:56=	01:39=	00:15=
00:00=	00:00=	00:00=	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 strekktid for klassen

00:22 01:20 00:52 02:08 01:08 02:04 02:09 01:50 02:48 01:41 00:46 01:16 00:56 01:39 00:15

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

H15-16

1	Jonathan Birk Nielsen	14	32:58											
04:48=	06:39=	08:08=	09:50=	12:41=	15:24=	17:55=	18:56=	21:19=	22:31=	24:47=	29:21=	30:48=	32:44=	32:58=
04:48=	01:51=	01:29=	01:42=	02:51=	02:43=	02:31=	01:01=	02:23=	01:12=	02:16=	04:34=	01:27=	01:56=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Mathias Veggerby Jensen	9	41:14											
03:04-	06:01-	07:51-	09:47-	12:12-	14:56-	18:43+	20:05+	23:48+	25:31+	29:41+	36:41+	38:39+	40:57+	41:14+
03:04-	02:57+	01:50+	01:56+	02:25-	02:44+	03:47+	01:22+	03:43+	01:43+	04:10+	07:00+	01:58+	02:18+	00:17+
01:44-	01:06&	00:21#	00:14#	00:26-	00:01+	01:16&	00:21&	01:20&	00:31&	01:54&	02:26&	00:31&	00:22#	00:03#

Beste strekktid for klassen

03:04 01:51 01:29 01:42 02:25 02:43 02:31 01:01 02:23 01:12 02:16 04:34 01:27 01:56 00:14

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

H17-20

1	Marko Birk Nielsen	14	41:13																		
01:55=	04:05=	04:41=	06:17=	08:32=	12:24=	14:33=	16:06=	16:48=	18:08=	22:45=	24:03=	25:39=	26:37=	29:02=	30:43=	31:36=	33:18=	36:15=	38:54=	40:57=	41:13=
01:55=	02:10=	00:36=	01:36=	02:15=	03:52=	02:09=	01:33=	00:42=	01:20=	04:37=	01:18=	01:36=	00:58=	02:25=	01:41=	00:53=	01:42=	02:57=	02:39=	02:03=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

01:55 02:10 00:36 01:36 02:15 03:52 02:09 01:33 00:42 01:20 04:37 01:18 01:36 00:58 02:25 01:41 00:53 01:42 02:57 02:39 02:03 00:16

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

H21

1	Nicolai Zaar Nielsen	3	48:52																			
02:30=	04:38=	05:11=	06:23=	11:53=	13:51=	18:41=	22:08=	24:02=	25:20=	29:29=	31:15=	34:10=	37:11=	38:36=	39:02=	40:30=	43:23=	44:59=	46:14=	47:18=	48:39=	48:52=
02:30=	02:08=	00:33=	01:12=	05:30=	01:58=	04:50=	03:27=	01:54=	01:18=	04:09=	01:46=	02:55=	03:01=	01:25=	00:26=	01:28=	02:53=	01:36=	01:15=	01:04=	01:21=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Andreas Popp	14	1:23:43																			
03:00+	05:37+	06:21+	08:06+	16:03+	19:19+	25:24+	31:22+	37:23+	39:16+	45:20+	51:02+	54:44+	61:44+	64:01+	65:57+	68:22+	75:33+	77:57+	79:29+	81:13+	83:28+	83:43+
03:00+	02:37+	00:44+	01:45+	07:57+	03:16+	06:05+	05:58+	06:01+	01:53+	06:04+	05:42+	03:42+	07:00+	02:17+	01:56+	02:25+	07:11+	02:24+	01:32+	01:44+	02:15+	00:15+
00:30#	00:29#	00:11&	00:33&	02:27&	01:18&	01:15&	02:31&	04:07@	00:35&	01:55&	03:56@	00:47&	03:59@	00:52&	01:30@	00:57&	04:18@	00:48&	00:17#	00:40&	00:54&	00:02#

Beste strekktid for klassen

02:30 02:08 00:33 01:12 05:30 01:58 04:50 03:27 01:54 01:18 04:09 01:46 02:55 03:01 01:25 00:26 01:28 02:53 01:36 01:15 01:04 01:21 00:13

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

H40

1	Claus Bobach	14	42:31																		
02:26=	03:16=	03:54=	05:36=	07:55=	11:34=	13:39=	15:29=	16:13=	17:28=	22:15=	23:50=	25:47=	26:39=	29:18=	31:04=	31:36=	33:45=	37:10=	40:08=	42:17=	42:31=
02:26=	00:50=	00:38=	01:42=	02:19=	03:39=	02:05=	01:50=	00:44=	01:15=	04:47=	01:35=	01:57=	00:52=	02:39=	01:46=	00:32=	02:09=	03:25=	02:58=	02:09=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jesper Thy	9	44:31																		
02:23-	03:14-	03:55+	06:22+	09:05+	13:25+	15:49+	17:27+	18:20+	19:56+	25:27+	26:58+	28:42+	29:41+	32:09+	33:45+	34:42+	36:23+	39:27+	42:08+	44:17+	44:31+
02:23-	00:51+	00:41+	02:27+	02:43+	04:20+	02:24+	01:38-	00:53+	01:36+	05:31+	01:31-	01:44-	00:59+	02:28-	01:36-	00:57+	01:41-	03:04-	02:41-	02:09=	00:14=
00:03-	00:01+	00:03+	00:45&	00:24#	00:41#	00:19#	00:12-	00:09#	00:21&	00:44#	00:04-	00:13-	00:07#	00:11-	00:10-	00:25&	00:28-	00:21-	00:17-	00:00=	00:00=
3	Bo Birk Nielsen	14	50:52																		
02:22-	03:18+	04:03+	06:42+	09:13+	15:23+	17:31+	19:16+	20:28+	21:57+	26:32+	28:07+	30:16+	31:10+	34:16+	36:11+	36:57+	39:29+	42:45+	48:14+	50:38+	50:52+
02:22-	00:56+	00:45+	02:39+	02:31+	06:10+	02:08+	01:45-	01:12+	01:29+	04:35-	01:35=	02:09+	00:54+	03:06+	01:55+	00:46+	02:32+	03:16-	05:29+	02:24+	00:14=
00:04-	00:06#	00:07#	00:57&	00:12+	02:31&	00:03+	00:05-	00:28&	00:14#	00:12-	00:00=	00:12#	00:02+	00:27#	00:09+	00:14&	00:23#	00:09-	02:31&	00:15#	00:00=
4	Peter Bobach	9	58:49																		
02:38+	03:56+	04:50+	06:46+	09:45+	15:25+	18:08+	19:54+	21:07+	23:15+	29:26+	31:37+	34:22+	35:30+	39:20+	42:04+	42:41+	45:42+	51:06+	55:02+	58:29+	58:49+
02:38+	01:18+	00:54+	01:56+	02:59+	05:40+	02:43+	01:46-	01:13+	02:08+	06:11+	02:11+	02:45+	01:08+	03:50+	02:44+	00:37+	03:01+	05:24+	03:56+	03:27+	00:20+
00:12+	00:28&	00:16&	00:14#	00:40&	02:01&	00:38&	00:04-	00:29&	00:53&	01:24&	00:36&	00:48&	00:16&	01:11&	00:58&	00:05#	00:52&	01:59&	00:58&	01:18&	00:06&
5	Søren Flyvbjerg	9	1:04:12																		
03:05+	04:02+	04:50+	06:29+	10:05+	14:59+	17:42+	19:43+	20:34+	22:10+	33:52+	35:38+	37:53+	39:23+	42:35+	47:54+	48:29+	54:18+	57:52+	61:27+	63:58+	64:12+
03:05+	00:57+	00:48+	01:39-	03:36+	04:54+	02:43+	02:01+	00:51+	01:36+	11:42+	01:46+	02:15+	01:30+	03:12+	05:19+	00:35+	05:49+	03:34+	03:35+	02:31+	00:14=
00:39&	00:07#	00:10&	00:03-	01:17&	01:15&	00:38&	00:11+	00:07#	00:21&	06:55@	00:11#	00:18#	00:38&	00:33#	03:33@	00:03+	03:40@	00:09+	00:37#	00:22#	00:00=
6	Mads Kappel Jensen	9	1:04:18																		
02:50+	03:49+	04:40+	06:41+	09:33+	18:32+	21:56+	23:51+	25:10+	26:43+	34:36+	36:36+	39:44+	41:01+	45:24+	48:07+	48:43+	51:33+	57:25+	61:18+	64:00+	64:18+
02:50+	00:59+	00:51+	02:01+	02:52+	08:59+	03:24+	01:55+	01:19+	01:33+	07:53+	02:00+	03:08+	01:17+	04:23+	02:43+	00:36+	02:50+	05:52+	03:53+	02:42+	00:18+
00:24#	00:09#	00:13&	00:19#	00:33#	05:20@	01:19&	00:05+	00:35&	00:18#	03:06&	00:25&	01:11&	00:25&	01:44&	00:57&	00:04#	00:41&	02:27&	00:55&	00:33&	00:04&
7	Morten Kappel Jensen	9	1:09:10																		
03:13+	06:43+	07:27+	09:42+	14:57+	23:17+	26:09+	28:14+	29:34+	31:28+	39:22+	41:29+	43:59+	45:25+	49:25+	51:30+	52:09+	55:51+	61:13+	65:58+	68:51+	69:10+
03:13+	03:30+	00:44+	02:15+	05:15+	08:20+	02:52+	02:05+	01:20+	01:54+	07:54+	02:07+	02:30+	01:26+	04:00+	02:05+	00:39+	03:42+	05:22+	04:45+	02:53+	00:19+
00:47&	02:40@	00:06#	00:33&	02:56@	04:41@	00:47&	00:15#	00:36&	00:39&	03:07&	00:32&	00:33&	00:34&	01:21&	00:19#	00:07#	01:33&	01:57&	01:47&	00:44&	00:05&

Beste strekketid for klassen

02:22	00:50	00:38	01:39	02:19	03:39	02:05	01:38	00:44	01:15	04:35	01:31	01:44	00:52	02:28	01:36	00:32	01:41	03:04	02:41	02:09	00:14
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H50

1	Jess Rasmussen	13	39:46															
02:26=	03:53=	05:33=	08:11=	12:28=	14:22=	15:42=	16:29=	17:53=	21:52=	23:47=	25:29=	27:31=	30:01=	32:05=	34:19=	37:49=	39:32=	39:46=
02:26=	01:27=	01:40=	02:38=	04:17=	01:54=	01:20=	00:47=	01:24=	03:59=	01:55=	01:42=	02:02=	02:30=	02:04=	02:14=	03:30=	01:43=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jørgen Schnack	14	40:15															
02:17-	04:02+	05:25-	07:33-	11:43-	13:21-	15:45+	16:38+	17:59+	22:21+	24:23+	26:07+	28:06+	30:43+	32:39+	34:39+	38:11+	39:59+	40:15+
02:17-	01:45+	01:23-	02:08-	04:10-	01:38-	02:24+	00:53+	01:21-	02:22+	02:02+	01:44+	01:59-	02:37+	01:56-	02:00-	03:32+	01:48+	00:16+
00:09-	00:18#	00:17-	00:30-	00:07-	00:16-	01:04&	00:06#	00:03-	00:23+	00:07+	00:02+	00:03-	00:07+	00:08-	00:14-	00:02+	00:05+	00:02#
3	Jakob Albahn	12	42:10															
02:59+	04:38+	06:27+	09:53+	14:15+	15:56+	17:21+	18:14+	19:52+	24:07+	25:56+	27:40+	30:04+	32:25+	34:25+	36:44+	39:58+	41:55+	42:10+
02:59+	01:39+	01:49+	03:26+	04:22+	01:41-	01:25+	00:53+	01:38+	04:15+	01:49-	01:44+	02:24+	02:21-	02:00-	02:19+	03:14-	01:57+	00:15+
00:33#	00:12#	00:09+	00:48&	00:05+	00:13-	00:05+	00:06#	00:14#	00:16+	00:06-	00:02+	00:22#	00:09-	00:04-	00:05+	00:16-	00:14#	00:01+
4	Kent Lodberg	OK Pan	45:08															
02:32+	04:01+	05:40+	08:30+	13:01+	14:40+	16:05+	16:55+	18:48+	26:37+	28:38+	30:24+	32:47+	35:11+	37:10+	39:29+	42:50+	44:54+	45:08+
02:32+	01:29+	01:39-	02:50+	04:31+	01:39-	01:25+	00:50+	01:53+	07:49+	02:01+	01:46+	02:23+	02:24-	01:59-	02:19+	03:21-	02:04+	00:14=
00:06+	00:02+	00:01-	00:12+	00:14+	00:15-	00:05+	00:03+	00:29&	03:50&	00:06+	00:04+	00:21#	00:06-	00:05-	00:05+	00:09-	00:21#	00:00=
5	Michael Fischer	14	46:49															
02:18-	05:33+	07:15+	10:25+	14:38+	17:31+	19:09+	20:03+	21:44+	26:13+	28:03+	29:47+	33:18+	36:07+	38:04+	41:28+	44:49+	46:33+	46:49+
02:18-	03:15+	01:42+	03:10+	04:13-	02:53+	01:38+	00:54+	01:41+	04:29+	01:50-	01:44+	03:31+	02:49+	01:57-	03:24+	03:21-	01:44+	00:16+
00:08-	01:48@	00:02+	00:32#	00:04-	00:59&	00:18#	00:07#	00:17#	00:30#	00:05-	00:02+	01:29&	00:19#	00:07-	01:10&	00:09-	00:01+	00:02#

Class Navn Klasse Tid

6 Torben Kragh OK Pan 47:59
02:36+ 04:23+ 06:11+ 09:14+ 14:22+ 16:24+ 18:02+ 19:02+ 20:58+ 27:21+ 29:52+ 32:01+ 34:21+ 36:38+ 38:58+ 41:38+ 45:22+ 47:44+ 47:59+
02:36+ 01:47+ 01:48+ 03:03+ 05:08+ 02:02+ 01:38+ 01:00+ 01:56+ 06:23+ 02:31+ 02:09+ 02:20+ 02:17- 02:20+ 02:40+ 03:44+ 02:22+ 00:15+
00:10+ 00:20# 00:08+ 00:25# 00:51# 00:08+ 00:18# 00:13& 00:32& 02:24& 00:36& 00:27& 00:18# 00:13- 00:16# 00:26# 00:14+ 00:39& 00:01+

7 Ole Jensen 3 53:47
02:38+ 04:27+ 05:58+ 09:36+ 16:47+ 18:52+ 20:05+ 25:14+ 27:04+ 36:02+ 37:41+ 39:15+ 41:25+ 43:51+ 45:45+ 48:24+ 51:44+ 53:34+ 53:47+
02:38+ 01:49+ 01:31- 03:38+ 07:11+ 02:05+ 01:13- 05:09+ 01:50+ 08:58+ 01:39- 01:34- 02:10+ 02:26- 01:54- 02:39+ 03:20- 01:50+ 00:13-
00:12+ 00:22& 00:09- 01:00& 02:54& 00:11+ 00:07- 04:22@ 00:26& 04:59@ 00:16- 00:08- 00:08+ 00:04- 00:10- 00:25# 00:10- 00:07+ 00:01-

8 Henrik Albahn 2 56:37
02:50+ 04:42+ 06:26+ 11:29+ 17:14+ 20:32+ 22:36+ 24:02+ 25:54+ 31:15+ 33:43+ 35:39+ 38:42+ 42:08+ 45:18+ 48:13+ 53:52+ 56:17+ 56:37+
02:50+ 01:52+ 01:44+ 05:03+ 05:45+ 03:18+ 02:04+ 01:26+ 01:52+ 05:21+ 02:28+ 01:56+ 03:03+ 03:26+ 03:10+ 02:55+ 05:39+ 02:25+ 00:20+
00:24# 00:25& 00:04+ 02:25& 01:28& 01:24& 00:44& 00:39& 00:28& 01:22& 00:33& 00:14# 01:01& 00:56& 01:06& 00:41& 02:09& 00:42& 00:06&

9 Thorkild Jensen 8 56:38
02:14- 03:31- 05:21- 08:11= 15:32+ 18:31+ 21:17+ 22:27+ 24:29+ 29:59+ 32:25+ 34:09+ 36:49+ 41:26+ 45:31+ 48:48+ 54:32+ 56:24+ 56:38+
02:14- 01:17- 01:50+ 02:50+ 07:21+ 02:59+ 02:46+ 01:10+ 02:02+ 05:30+ 02:26+ 01:44+ 02:40+ 04:37+ 04:05+ 03:17+ 05:44+ 01:52+ 00:14=
00:12- 00:10- 00:10+ 00:12+ 03:04& 01:05& 01:26@ 00:23& 00:38& 01:31& 00:31& 00:02+ 00:38& 02:07& 02:01& 01:03& 02:14& 00:09+ 00:00=

10 Bo L. Andersen 14 1:00:42
02:43+ 05:03+ 07:21+ 11:13+ 15:50+ 23:56+ 25:44+ 26:37+ 28:19+ 34:36+ 37:04+ 38:54+ 41:09+ 46:42+ 50:53+ 53:33+ 58:16+ 60:24+ 60:42+
02:43+ 02:20+ 02:18+ 03:52+ 04:37+ 08:06+ 01:48+ 00:53+ 01:42+ 06:17+ 02:28+ 01:50+ 02:15+ 05:33+ 04:11+ 02:40+ 04:43+ 02:08+ 00:18+
00:17# 00:53& 00:38& 01:14& 00:20+ 06:12@ 00:28& 00:06# 00:18# 02:18& 00:33& 00:08+ 00:13# 03:03@ 02:07@ 00:26# 01:13& 00:25# 00:04&

11 Ole Præstgaard 3 1:01:11
03:15+ 05:11+ 07:51+ 11:40+ 18:39+ 22:39+ 24:56+ 25:55+ 27:56+ 34:21+ 37:54+ 40:28+ 44:05+ 47:31+ 50:51+ 54:07+ 58:35+ 60:56+ 61:11+
03:15+ 01:56+ 02:40+ 03:49+ 06:59+ 04:00+ 02:17+ 00:59+ 02:01+ 06:25+ 03:33+ 02:34+ 03:37+ 03:26+ 03:20+ 03:16+ 04:28+ 02:21+ 00:15+
00:49& 00:29& 01:00& 01:11& 02:42& 02:06@ 00:57& 00:12& 00:37& 02:26& 01:38& 00:52& 01:35& 00:56& 01:16& 01:02& 00:58& 00:38& 00:01+

12 Søren Bak 14 1:07:07
03:16+ 05:18+ 07:04+ 10:17+ 20:08+ 22:13+ 28:37+ 29:58+ 32:01+ 38:37+ 43:50+ 45:52+ 48:49+ 53:00+ 56:52+ 59:51+ 64:20+ 66:46+ 67:07+
03:16+ 02:02+ 01:46+ 03:13+ 09:51+ 02:05+ 06:24+ 01:21+ 02:03+ 06:36+ 05:13+ 02:02+ 02:57+ 04:11+ 03:52+ 02:59+ 04:29+ 02:26+ 00:21+
00:50& 00:35& 00:06+ 00:35# 05:34@ 00:11+ 05:04@ 00:34& 00:39& 02:37& 03:18@ 00:20# 00:55& 01:41& 01:48& 00:45& 00:59& 00:43& 00:07&

Beste strekktid for klassen
02:14 01:17 01:23 02:08 04:10 01:38 01:13 00:47 01:21 03:59 01:39 01:34 01:59 02:17 01:54 02:00 03:14 01:43 00:13

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

H60

1 Keld Gade 13 33:16
03:26= 04:22= 05:58= 07:23= 09:32= 10:15= 13:19= 14:58= 16:01= 18:04= 19:01= 21:01= 23:03= 23:37= 25:45= 28:14= 29:22= 30:54= 33:02= 33:16=
03:26= 00:56= 01:36= 01:25= 02:09= 00:43= 03:04= 01:39= 01:03= 02:03= 00:57= 02:00= 02:02= 00:34= 02:08= 02:29= 01:08= 01:32= 02:08= 00:14=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Helge Poulsen 3 42:06
03:58+ 04:43+ 06:49+ 08:07+ 10:34+ 11:35+ 14:37+ 16:37+ 17:50+ 20:54+ 22:02+ 25:30+ 28:03+ 28:42+ 31:44+ 36:09+ 37:45+ 39:30+ 41:49+ 42:06+
03:58+ 00:45- 02:06+ 01:18- 02:27+ 01:01+ 03:02- 02:00+ 01:13+ 03:04+ 01:08+ 03:28+ 02:33+ 00:39+ 03:02+ 04:25+ 01:36+ 01:45+ 02:19+ 00:17+
00:32# 00:11- 00:30& 00:07- 00:18# 00:18& 00:02- 00:21# 00:10# 01:01& 00:11# 01:28& 00:31& 00:05# 00:54& 01:56& 00:28& 00:13# 00:11+ 00:03#

3 Per Korsbæk 11 44:55
03:39+ 04:35+ 06:29+ 07:55+ 13:11+ 14:08+ 17:39+ 19:48+ 21:07+ 24:11+ 25:23+ 28:05+ 31:46+ 32:21+ 35:18+ 39:01+ 40:31+ 42:39+ 44:37+ 44:55+
03:39+ 00:56= 01:54+ 01:26+ 05:16+ 00:57+ 03:31+ 02:09+ 01:19+ 03:04+ 01:12+ 02:42+ 03:41+ 00:35+ 02:57+ 03:43+ 01:30+ 02:08+ 01:58- 00:18+
00:13+ 00:00= 00:18# 00:01+ 03:07@ 00:14& 00:27# 00:30& 00:16& 01:01& 00:15& 00:42& 01:39& 00:01+ 00:49& 01:14& 00:22& 00:36& 00:10- 00:04&

4 Jens Christensen 3 47:09
04:35+ 05:43+ 07:53+ 09:41+ 12:48+ 13:49+ 17:43+ 20:19+ 21:47+ 25:08+ 26:44+ 29:13+ 32:29+ 33:15+ 36:18+ 40:17+ 41:52+ 44:06+ 46:50+ 47:09+
04:35+ 01:08+ 02:10+ 01:48+ 03:07+ 01:01+ 02:36+ 01:28+ 03:21+ 01:36+ 02:29+ 03:16+ 02:20+ 00:46+ 03:03+ 03:59+ 01:35+ 02:14+ 02:44+ 00:19+
01:09& 00:12# 00:34& 00:23& 00:58& 00:18& 00:50& 00:57& 00:25& 01:18& 00:39& 00:29# 01:14& 00:12& 00:55& 01:30& 00:27& 00:42& 00:36& 00:05&

5 Carl Malling 8 48:11
03:55+ 04:54+ 07:16+ 08:43+ 11:33+ 12:25+ 15:40+ 17:37+ 18:52+ 21:49+ 22:56+ 30:31+ 33:12+ 33:55+ 37:05+ 41:16+ 43:21+ 45:03+ 47:53+ 48:11+
03:55+ 00:59+ 02:22+ 01:27+ 02:50+ 00:52+ 03:15+ 01:57+ 01:15+ 02:57+ 01:07+ 07:35+ 02:41+ 00:43+ 03:10+ 04:11+ 02:05+ 01:42+ 02:50+ 00:18+
00:29# 00:03+ 00:46& 00:02+ 00:41& 00:09# 00:11+ 00:18# 00:12# 00:54& 00:10# 05:35@ 00:39& 00:09& 01:02& 01:42& 00:57& 00:10# 00:42& 00:04&

6 Keld Østergaard 3 51:26
04:36+ 05:53+ 08:56+ 11:14+ 13:50+ 14:50+ 19:42+ 22:05+ 23:52+ 26:54+ 28:25+ 31:49+ 35:19+ 35:58+ 39:43+ 44:30+ 46:25+ 48:11+ 51:04+ 51:26+
04:36+ 01:17+ 03:03+ 02:18+ 02:36+ 01:00+ 04:52+ 02:23+ 01:47+ 03:02+ 01:31+ 03:24+ 03:30+ 00:39+ 03:45+ 04:47+ 01:55+ 01:46+ 02:53+ 00:22+
01:10& 00:21& 01:27& 00:53& 00:27# 00:17& 01:48& 00:44& 00:44& 00:59& 00:34& 01:24& 01:28& 00:05# 01:37& 02:18& 00:47& 00:14# 00:45& 00:08&

Class	Navn	Klasse										Tid							
7	Ulf Mogensen	14										51:30							
04:41+	05:43+	08:10+	10:03+	13:41+	14:48+	19:00+	21:20+	22:48+	26:13+	27:34+	31:09+	35:34+	36:23+	39:19+	44:16+	46:06+	48:16+	51:15+	51:30+
04:41+	01:02+	02:27+	01:53+	03:38+	01:07+	04:12+	02:20+	01:28+	03:25+	01:21+	03:35+	04:25+	00:49+	02:56+	04:57+	01:50+	02:10+	02:59+	00:15+
01:15&	00:06#	00:51&	00:28&	01:29&	00:24&	01:08&	00:41&	00:25&	01:22&	00:24&	01:35&	02:23@	00:15&	00:48&	02:28&	00:42&	00:38&	00:51&	00:01+
8	Gert Rebsdorf	3										51:35							
04:46+	06:04+	08:46+	10:20+	13:14+	14:10+	17:43+	20:04+	21:25+	24:54+	26:24+	28:44+	33:18+	34:07+	37:15+	43:57+	46:35+	48:25+	51:12+	51:35+
04:46+	01:18+	02:42+	01:34+	02:54+	00:56+	03:33+	02:21+	01:21+	03:29+	01:30+	02:20+	04:34+	00:49+	03:08+	06:42+	02:38+	01:50+	02:47+	00:23+
01:20&	00:22&	01:06&	00:09#	00:45&	00:13&	00:29#	00:42&	00:18&	01:26&	00:33&	00:20#	02:32@	00:15&	01:00&	04:13@	01:30@	00:18#	00:39&	00:09&
9	Torben Isen	1										53:20							
05:29+	06:23+	08:51+	10:40+	17:06+	18:07+	21:39+	24:02+	25:23+	28:39+	29:56+	33:02+	36:37+	37:30+	40:54+	45:37+	47:28+	49:45+	53:00+	53:20+
05:29+	00:54-	02:28+	01:49+	06:26+	01:01+	03:32+	02:23+	01:21+	03:16+	01:17+	03:06+	03:35+	00:53+	03:24+	04:43+	01:51+	02:17+	03:15+	00:20+
02:03&	00:02-	00:52&	00:24&	04:17@	00:18&	00:28#	00:44&	00:18&	01:13&	00:20&	01:06&	01:33&	00:19&	01:16&	02:14&	00:43&	00:45&	01:07&	00:06&
10	John Dalsgaard Sørensen	11										59:29							
06:19+	07:59+	10:19+	12:06+	15:15+	16:05+	19:29+	21:42+	23:06+	26:19+	29:38+	33:06+	36:07+	37:04+	40:10+	46:48+	53:39+	55:31+	59:08+	59:29+
06:19+	01:40+	02:20+	01:47+	03:09+	00:50+	03:24+	02:13+	01:24+	03:13+	03:19+	03:28+	03:01+	00:57+	03:06+	06:38+	06:51+	01:52+	03:37+	00:21+
02:53&	00:44&	00:44&	00:22&	01:00&	00:07#	00:20#	00:34&	00:21&	01:10&	02:22@	01:28&	00:59&	00:23&	00:58&	04:09@	05:43@	00:20#	01:29&	00:07&
11	Poul Grøn	OK Pan										1:04:12							
04:25+	05:28+	08:54+	10:38+	16:00+	17:00+	20:58+	23:50+	25:49+	31:25+	33:44+	38:25+	43:47+	44:29+	48:14+	52:29+	54:54+	60:40+	63:54+	64:12+
04:25+	01:03+	03:26+	01:44+	05:22+	01:00+	03:58+	02:52+	01:59+	05:36+	02:19+	04:41+	05:22+	00:42+	03:45+	04:15+	02:25+	05:46+	03:14+	00:18+
00:59&	00:07#	01:50@	00:19#	03:13@	00:17&	00:54&	01:13&	00:56&	03:33@	01:22@	02:41@	03:20@	00:08#	01:37&	01:46&	01:17@	04:14@	01:06&	00:04&
12	Evald Christensen	11										1:05:23							
07:27+	08:43+	12:05+	16:31+	21:16+	22:54+	27:22+	30:48+	32:35+	37:01+	38:51+	41:52+	46:03+	47:16+	51:29+	56:08+	58:19+	60:53+	64:59+	65:23+
07:27+	01:16+	03:22+	04:26+	04:45+	01:38+	04:28+	03:26+	01:47+	04:26+	01:50+	03:01+	04:11+	01:13+	04:13+	04:39+	02:11+	02:34+	04:06+	00:24+
04:01@	00:20&	01:46@	03:01@	02:36@	00:55@	01:24&	01:47@	00:44&	02:23@	00:53&	01:01&	02:09@	00:39@	02:05&	02:10&	01:03&	01:02&	01:58&	00:10&
Beste strekktid for klassen																			
03:26	00:45	01:36	01:18	02:09	00:43	03:02	01:39	01:03	02:03	00:57	02:00	02:02	00:34	02:08	02:29	01:08	01:32	01:58	00:14

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

H70

1	Flemming Bindner	14										30:04							
03:25=	07:37=	11:54=	14:40=	17:02=	19:33=	22:32=	27:00=	29:46=	30:04=										
03:25=	04:12=	04:17=	02:46=	02:22=	02:31=	02:59=	04:28=	02:46=	00:18=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Poul Bobach	14										30:06							
03:17-	06:58-	11:52-	14:42+	17:43+	20:31+	23:11+	27:27+	29:50+	30:06+										
03:17-	03:41-	04:54+	02:50+	03:01+	02:48+	02:40-	04:16-	02:23-	00:16-										
00:08-	00:31-	00:37#	00:04+	00:39&	00:17#	00:19-	00:12-	00:23-	00:02-										
3	Finn Hørup Nielsen	7										31:20							
03:12-	07:53+	12:26+	15:17+	18:53+	21:28+	24:08+	28:50+	31:03+	31:20+										
03:12-	04:41+	04:33+	02:51+	03:36+	02:35+	02:40-	04:42+	02:13-	00:17-										
00:13-	00:29#	00:16+	00:05+	01:14&	00:04+	00:19-	00:14+	00:33-	00:01-										
4	Max Hansen	5										33:30							
03:28+	06:28-	11:40-	14:16-	18:05+	22:58+	25:44+	30:52+	33:11+	33:30+										
03:28+	03:00-	05:12+	02:36-	03:49+	04:53+	02:46-	05:08+	02:19-	00:19+										
00:03+	01:12-	00:55#	00:10-	01:27&	02:22&	00:13-	00:40#	00:27-	00:01+										
5	Leif B. Nielsen	1										34:24							
04:04+	07:15-	12:09+	15:07+	18:21+	22:48+	26:13+	31:37+	34:08+	34:24+										
04:04+	03:11-	04:54+	02:58+	03:14+	04:27+	03:25+	05:24+	02:31-	00:16-										
00:39#	01:01-	00:37#	00:12+	00:52&	01:56&	00:26#	00:56#	00:15-	00:02-										
6	Ole F. Thomsen	7										39:00							
03:55+	08:24+	14:18+	17:54+	22:37+	26:24+	29:33+	35:05+	38:31+	39:00+										
03:55+	04:29+	05:54+	03:36+	04:43+	03:47+	03:09+	05:32+	03:26+	00:29+										
00:30#	00:17+	01:37&	00:50&	02:21&	01:16&	00:10+	01:04#	00:40#	00:11&										
7	Bent Skjoldborg	7										43:52							
04:46+	09:26+	15:43+	19:58+	24:59+	29:32+	33:07+	39:45+	43:27+	43:52+										
04:46+	04:40+	06:17+	04:15+	05:01+	04:33+	03:35+	06:38+	03:42+	00:25+										
01:21&	00:28#	02:00&	01:29&	02:39@	02:02&	00:36#	02:10&	00:56&	00:07&										

Class	Navn	Klasse								Tid
8	Ole Jensen	9								59:59
05:31+	13:34+	21:59+	27:10+	32:22+	38:03+	42:25+	54:54+	59:30+	59:59+	
05:31+	08:03+	08:25+	05:11+	05:12+	05:41+	04:22+	12:29+	04:36+	00:29+	
02:06&	03:51&	04:08&	02:25&	02:50@	03:10@	01:23&	08:01@	01:50&	00:11&	

Beste strekktid for klassen

03:12 03:00 04:17 02:36 02:22 02:31 02:40 04:16 02:13 00:16

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

H80

1	Kai Ø. Laursen	14								40:37
03:48=	07:12=	13:15=	17:04=	23:19=	26:47=	30:36=	36:45=	40:14=	40:37=	
03:48=	03:24=	06:03=	03:49=	06:15=	03:28=	03:49=	06:09=	03:29=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Vagn Lidegaard	3								56:06
04:56+	10:23+	17:55+	23:26+	31:22+	36:49+	41:59+	50:43+	55:33+	56:06+	
04:56+	05:27+	07:32+	05:31+	07:56+	05:27+	05:10+	08:44+	04:50+	00:33+	
01:08&	02:03&	01:29#	01:42&	01:41&	01:59&	01:21&	02:35&	01:21&	00:10&	

Beste strekktid for klassen

03:48 03:24 06:03 03:49 06:15 03:28 03:49 06:09 03:29 00:23

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