

Plads Navn

Klasse

Tid

D16

1 Anna Spanner OK Pan Århus 1:02:53
 05:03= 07:35= 10:13= 12:29= 16:06= 17:31= 23:20= 26:41= 37:26= 42:55= 45:48= 50:05= 52:46= 55:58= 61:06= 62:33= 62:53=
 05:03= 02:32= 02:38= 02:16= 03:37= 01:25= 05:49= 03:21= 10:45= 05:29= 02:53= 04:17= 02:41= 03:12= 05:08= 01:27= 00:20=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Katrine Spanner OK Pan Århus 1:17:39
 10:36+ 14:23+ 19:06+ 22:11+ 25:40+ 27:27+ 35:35+ 39:03+ 46:32+ 52:19+ 58:42+ 63:31+ 66:31+ 71:15+ 75:33+ 77:12+ 77:39+
 10:36+ 03:47+ 04:43+ 03:05+ 03:29- 01:47+ 08:08+ 03:28+ 07:29- 05:47+ 06:23+ 04:49+ 03:00+ 04:44+ 04:18- 01:39+ 00:27+
 05:33@ 01:15& 02:05& 00:49& 00:08- 00:22& 02:19& 00:07+ 03:16- 00:18+ 03:30@ 00:32# 00:19# 01:32& 00:50- 00:12# 00:07&

Beste stræktid for klassen

05:03 02:32 02:38 02:16 03:29 01:25 05:49 03:21 07:29 05:29 02:53 04:17 02:41 03:12 04:18 01:27 00:20

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

D21

1 Nina Hoffmann OK FROS 1:06:10
 02:16= 04:25= 06:35= 09:03= 11:12= 14:27= 15:48= 18:48= 22:50= 24:33= 26:52= 34:25= 38:01= 43:34= 47:18= 49:34= 53:00= 57:46= 60:23= 61:52= 65:56= 66:10=
 02:16= 02:09= 02:10= 02:28= 02:09= 03:15= 01:21= 03:00= 04:02= 01:43= 02:19= 07:33= 03:36= 05:33= 03:44= 02:16= 03:26= 04:46= 02:37= 01:29= 04:04= 00:14=
 00:00=

2 Camilla Søgaard Horsens OK 1:08:28
 02:33+ 04:49+ 08:08+ 10:38+ 12:36+ 15:43+ 16:56+ 20:18+ 24:09+ 25:52+ 28:11+ 35:45+ 39:38+ 45:53+ 49:29+ 51:44+ 55:40+ 60:15+ 62:17+ 64:25+ 68:13+ 68:28+
 02:33+ 02:16+ 03:19+ 02:30+ 01:58- 03:07- 01:13- 03:22+ 03:51- 01:43= 02:19= 07:34+ 03:53+ 06:15+ 03:36- 02:15- 03:56+ 04:35- 02:02- 02:08+ 03:48- 00:15+
 00:17# 00:07+ 01:09& 00:02+ 00:11- 00:08- 00:08- 00:22# 00:11- 00:00= 00:00= 00:01+ 00:17+ 00:42# 00:08- 00:01- 00:30# 00:11- 00:35- 00:39& 00:16- 00:01+

3 Cæcilie Christoffersen OK Snab 1:17:32
 03:26+ 05:54+ 08:30+ 11:10+ 13:28+ 16:52+ 18:35+ 22:10+ 26:53+ 29:00+ 34:01+ 40:32+ 45:42+ 52:29+ 57:16+ 60:16+ 64:07+ 69:06+ 71:03+ 72:38+ 77:12+ 77:32+
 03:26+ 02:28+ 02:36+ 02:40+ 02:18+ 03:24+ 01:43+ 03:35+ 04:43+ 02:07+ 05:01+ 06:31- 05:10+ 06:47+ 04:47+ 03:00+ 03:51+ 04:59+ 01:57- 01:35+ 04:34+ 00:20+
 01:10& 00:19# 00:26# 00:12+ 00:09+ 00:09+ 00:22& 00:35# 00:41# 00:24# 02:42@ 01:02- 01:34& 01:14# 01:03& 00:44& 00:25# 00:13+ 00:40- 00:06+ 00:30# 00:06&

Beste stræktid for klassen

02:16 02:09 02:10 02:28 01:58 03:07 01:13 03:00 03:51 01:43 02:19 06:31 03:36 05:33 03:36 02:15 03:26 04:35 01:57 01:29 03:48 00:14

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

D40

1 Marianne Lynge Krogh Kolding OK 58:17
 02:41= 05:09= 07:48= 09:32= 13:37= 17:29= 24:04= 26:32= 30:01= 38:06= 43:13= 47:25= 49:35= 51:36= 54:25= 57:55= 58:17=
 02:41= 02:28= 02:39= 01:44= 04:05= 03:52= 06:35= 02:28= 03:29= 08:05= 05:07= 04:12= 02:10= 02:01= 02:49= 03:30= 00:22=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Anette Lund OK GORM 1:06:14
 02:52+ 08:30+ 12:48+ 14:36+ 18:00+ 25:20+ 31:15+ 33:55+ 37:56+ 45:35+ 50:43+ 55:04+ 57:59+ 60:11+ 62:38+ 65:52+ 66:14+
 02:52+ 05:38+ 04:18+ 01:48+ 03:24- 07:20+ 05:55- 02:40+ 04:01+ 07:39- 05:08+ 04:21+ 02:55+ 02:12+ 02:27- 03:14- 00:22=
 00:11+ 03:10@ 01:39& 00:04+ 00:41- 03:28& 00:40- 00:12+ 00:32# 00:26- 00:01+ 00:09+ 00:45& 00:11+ 00:22- 00:16- 00:00=

3 Minna Hald Andersen Rold Skov OK 1:20:32
 05:10+ 09:40+ 14:00+ 16:48+ 22:09+ 28:11+ 35:52+ 38:48+ 42:52+ 56:11+ 63:31+ 68:31+ 71:13+ 73:35+ 76:18+ 80:04+ 80:32+
 05:10+ 04:30+ 04:20+ 02:48+ 05:21+ 06:02+ 07:41+ 02:56+ 04:04+ 13:19+ 07:20+ 05:00+ 02:42+ 02:22+ 02:43- 03:46+ 00:28+
 02:29& 02:02& 01:41& 01:04& 01:16& 02:10& 01:06# 00:28# 00:35# 05:14& 02:13& 00:48# 00:32# 00:21# 00:06- 00:16+ 00:06&

4 Rikke Aarup-Jensen Rold Skov OK 2:01:35
 14:36+ 16:52+ 20:30+ 22:20+ 27:30+ 33:44+ 41:32+ 68:51+ 82:37+ 94:47+ 102:33+ 108:22+ 110:39+ 113:05+ 117:15+ 121:10+ 121:35+
 14:36+ 02:16- 03:38+ 01:50+ 05:10+ 06:14+ 07:48+ 27:19+ 13:46+ 12:10+ 07:46+ 05:49+ 02:17+ 02:26+ 04:10+ 03:55+ 00:25+
 11:55@ 00:12- 00:59& 00:06+ 01:05& 02:22& 01:13# 24:51@ 10:17@ 04:05& 02:39& 01:37& 00:07+ 00:25# 01:21& 00:25# 00:03#

Beste stræktid for klassen

02:41 02:16 02:39 01:44 03:24 03:52 05:55 02:28 03:29 07:39 05:07 04:12 02:10 02:01 02:27 03:14 00:22

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

Class Navn Klasse Tid

D50

1 Søs Munch Hansen OK Sorø 56:36
04:20= 06:55= 09:59= 12:19= 14:13= 16:55= 20:33= 26:24= 28:46= 35:49= 38:42= 46:18= 49:47= 54:35= 56:16= 56:36=
04:20= 02:35= 03:04= 02:20= 01:54= 02:42= 03:38= 05:51= 02:22= 07:03= 02:53= 07:36= 03:29= 04:48= 01:41= 00:20=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Tove Sonne Andersen OK Øst Birkerød 58:40
04:02- 06:21- 11:54+ 15:07+ 17:30+ 20:25+ 23:17+ 29:44+ 33:46+ 38:59+ 43:55+ 49:11+ 52:13+ 56:29+ 58:22+ 58:40+
04:02- 02:19- 05:33+ 03:13+ 02:23+ 02:55+ 02:52- 06:27+ 04:02+ 05:13- 04:56+ 05:16- 03:02- 04:16- 01:53+ 00:18-
00:18- 00:16- 02:29& 00:53& 00:29& 00:13+ 00:46- 00:36# 01:40& 01:50- 02:03& 02:20- 00:27- 00:32- 00:12# 00:02-

3 Anette Leisner Odense Politis Idrætsforening 1:15:28
55:10+ 57:32+ 58:40+ 75:28+
55:10+ 02:22- 01:08- 16:48+
50:50@ 00:13- 01:56- 14:28@

Beste stræktid for klassen
04:02 02:19 01:08 02:20 01:54 02:42 02:52 05:51 02:22 05:13 02:53 05:16 03:02 04:16 01:41 00:18

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

D60

1 Ellen Brun Pedersen OK FROS 50:54
05:12= 07:33= 10:19= 13:37= 20:24= 23:46= 30:36= 33:41= 37:44= 41:38= 46:36= 50:35= 50:54=
05:12= 02:21= 02:46= 03:18= 06:47= 03:22= 06:50= 03:05= 04:03= 03:54= 04:58= 03:59= 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=

2 Birgit Hausner OK S.G. 52:48
05:04- 07:11- 09:16- 12:27- 19:16- 22:04- 24:55- 30:32- 33:45- 38:59- 42:37- 48:42- 52:30+ 52:48+
05:04- 02:07- 02:05- 03:11- 06:49+ 02:48- 02:51- 05:37+ 03:13- 05:14+ 03:38- 06:05+ 03:48+ 00:18+
00:08- 00:14- 00:41- 00:07- 00:02+ 00:34- 03:59- 02:32& 00:50- 01:20& 01:20- 02:06& 03:29@ 00:18+

3 Ansa MacLassen AKIF 54:49
05:51+ 08:17+ 10:23+ 14:40+ 23:00+ 26:42+ 32:23+ 35:38+ 40:25+ 44:53+ 51:06+ 54:20+ 54:49+
05:51+ 02:26+ 02:06- 04:17+ 08:20+ 03:42+ 05:41- 03:15+ 04:47+ 04:28+ 06:13+ 03:14- 00:29+
00:39# 00:05+ 00:40- 00:59& 01:33# 00:20+ 01:09- 00:10+ 00:44# 00:34# 01:15& 00:45- 00:10&

Beste stræktid for klassen
05:04 02:07 02:05 03:11 06:47 02:48 02:51 03:05 03:13 03:54 03:38 03:14 00:19

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

H16

1 Rasmus Nygaard Rasmussen OK Snab 1:29:08
07:23= 14:59= 17:16= 20:31= 30:55= 33:23= 38:52= 41:37= 50:58= 55:26= 64:20= 72:18= 75:50= 78:07= 80:54= 83:54= 86:25= 88:43= 89:08=
07:23= 07:36= 02:17= 03:15= 10:24= 02:28= 05:29= 02:45= 09:21= 04:28= 08:54= 07:58= 03:32= 02:17= 02:47= 03:00= 02:31= 02:18= 00:25=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste stræktid for klassen
07:23 07:36 02:17 03:15 10:24 02:28 05:29 02:45 09:21 04:28 08:54 07:58 03:32 02:17 02:47 03:00 02:31 02:18 00:25

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

H20

1 Conor Klingenberg Faaborg OK 1:05:21
02:00= 04:14= 06:49= 09:53= 11:42= 14:57= 16:10= 19:09= 24:06= 25:49= 28:20= 35:20= 38:44= 41:03= 43:24= 46:59= 49:23= 52:46= 57:21= 59:38= 61:20= 65:05= 65:21=
02:00= 02:14= 02:35= 03:04= 01:49= 03:15= 01:13= 02:59= 04:57= 01:43= 02:31= 07:00= 03:24= 02:19= 02:21= 03:35= 02:24= 03:23= 04:35= 02:17= 01:42= 03:45= 00:16=
00:00= 00:00=

Class	Navn	Klasse	Tid
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Beste stræktid for klassen

02:00 02:14 02:35 03:04 01:49 03:15 01:13 02:59 04:57 01:43 02:31 07:00 03:24 02:19 02:21 03:35 02:24 03:23 04:35 02:17 01:42 03:45 00:16

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

H21

1	Jan Møller	Aalborg OK	1:09:49																						
02:38=	03:51=	05:49=	08:52=	10:11=	12:33=	15:08=	18:40=	20:07=	25:15=	28:54=	30:34=	35:29=	37:04=	41:24=	43:09=	47:40=	51:08=	54:19=	57:12=	60:43=	62:44=	64:33=	65:32=	68:41=	69:34=
02:38=	01:13=	01:58=	03:03=	01:19=	02:22=	02:35=	03:32=	01:27=	05:08=	03:39=	01:40=	04:55=	01:35=	04:20=	01:45=	04:31=	03:28=	03:11=	02:53=	03:31=	02:01=	01:49=	00:59=	03:09=	00:53=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
69:49=																									
00:15=																									
00:00=																									

2	Michael Hoffmann	OK FROS	1:09:51																						
01:49-	04:07+	06:12+	09:04+	10:30+	13:07+	15:45+	19:28+	20:57+	26:41+	30:26+	31:59+	37:29+	38:48+	43:36+	44:23+	48:25+	51:26+	54:46+	57:45+	60:41-	62:51+	64:43+	65:45+	68:49+	69:37+
01:49-	02:18+	02:05+	02:52-	01:26+	02:37+	02:38+	03:43+	01:29+	05:44+	03:45+	01:33-	05:30+	01:19-	04:48+	00:47-	04:02-	03:01-	03:20+	02:59+	02:56-	02:10+	01:52+	01:02+	03:04-	00:48-
00:49-	01:05&	00:07+	00:11-	00:07+	00:15#	00:03+	00:11+	00:02+	00:36#	00:06+	00:07-	00:35#	00:16-	00:28#	00:58-	00:29-	00:27-	00:09+	00:06+	00:35-	00:09+	00:03+	00:03+	00:05-	00:05-
69:51+																									
00:14-																									
00:01-																									

3	Sam Deferme	BORASCA (Bel)	1:14:38																						
02:59+	04:20+	06:27+	09:56+	11:08+	13:48+	16:23+	20:18+	21:49+	26:58+	31:12+	32:30+	37:42+	39:03+	43:56+	45:27+	52:33+	55:46+	58:51+	61:33+	65:13+	67:21+	69:16+	70:21+	73:23+	74:16+
02:59+	01:21+	02:07+	03:29+	01:12-	02:40+	02:35=	03:55+	01:31+	05:09+	04:14+	01:18-	05:12+	01:21-	04:53+	01:31-	07:06+	03:13-	03:05-	02:42-	03:40+	02:08+	01:55+	01:05+	03:02-	00:53=
00:21#	00:08#	00:09+	00:26#	00:07-	00:18#	00:00=	00:23#	00:04+	00:01+	00:35#	00:22-	00:17+	00:14-	00:33#	00:14-	02:35&	00:15-	00:06-	00:11-	00:09+	00:07+	00:06+	00:06#	00:07-	00:00=
74:38+																									
00:22+																									
00:07&																									

Beste stræktid for klassen

01:49 01:13 01:58 02:52 01:12 02:22 02:35 03:32 01:27 05:08 03:39 01:18 04:55 01:19 04:20 00:47 04:02 03:01 03:05 02:42 02:56 02:01 01:49 00:59 03:02 00:48 00:14

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

H40

1	Brian Breumlund	Silkeborg OK	55:03																	
03:39=	05:12=	07:08=	10:28=	12:36=	15:13=	19:43=	25:03=	28:26=	31:03=	35:15=	37:00=	40:19=	42:39=	44:33=	47:04=	48:52=	50:25=	53:49=	54:47=	55:03=
03:39=	01:33=	01:56=	03:20=	02:08=	02:37=	04:30=	05:20=	03:23=	02:37=	04:12=	01:45=	03:19=	02:20=	01:54=	02:31=	01:48=	01:33=	03:24=	00:58=	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=

2	Jørn Riis	OK Pan Århus	58:16																	
04:06+	05:36+	07:30+	10:39+	12:20-	15:00-	20:54+	27:18+	30:58+	33:08+	36:38+	38:05+	41:18+	43:49+	45:57+	48:47+	49:55+	53:03+	56:58+	57:59+	58:16+
04:06+	01:30-	01:54-	03:09-	01:41-	02:40+	05:54+	06:24+	03:40+	02:10-	03:30-	01:27-	03:13-	02:31+	02:08+	02:50+	01:08-	03:08+	03:55+	01:01+	00:17+
00:27#	00:03-	00:02-	00:11-	00:27-	00:03+	01:24&	01:04#	00:17+	00:27-	00:42-	00:18-	00:06-	00:11+	00:14#	00:19#	00:40-	01:35@	00:31#	00:03+	00:01+

3	Søren Theilgaard	Aalborg OK	59:22																	
03:18-	04:51-	06:52-	10:43+	14:40+	17:06+	22:07+	27:58+	31:37+	33:46+	37:54+	40:16+	43:39+	45:46+	47:43+	50:22+	52:57+	54:38+	58:09+	59:05+	59:22+
03:18-	01:33=	02:01+	03:51+	03:57+	02:26-	05:01+	05:51+	03:39+	02:09-	04:08-	02:22+	03:23+	02:07-	01:57+	02:39+	02:35+	01:41+	03:31+	00:56-	00:17+
00:21-	00:00=	00:05+	00:31#	01:49&	00:11-	00:31#	00:31+	00:16+	00:28-	00:04-	00:37&	00:04+	00:13-	00:03+	00:08+	00:47&	00:08+	00:07+	00:02-	00:01+

4	Bjørn Sommer	Aarhus 1900 Orientering	1:02:41																	
04:18+	05:55+	09:09+	12:40+	14:17+	16:51+	22:51+	29:56+	33:12+	35:00+	38:58+	40:41+	43:56+	46:52+	48:55+	51:40+	56:03+	57:42+	61:23+	62:20+	62:41+
04:18+	01:37+	03:14+	03:31+	01:37-	02:34-	06:00+	07:05+	03:16-	01:48-	03:58-	01:43-	03:15-	02:56+	02:03+	02:45+	04:23+	01:39+	03:41+	00:57-	00:21+
00:39#	00:04+	01:18&	00:11+	00:31-	00:03-	01:30&	01:45&	00:07-	00:49-	00:14-	00:02-	00:04-	00:09+	00:14+	02:35@	00:06+	00:17+	00:01-	00:05&	

5	Steen Leisner Larsen	Allerød OK	1:05:13																
00:34-	04:55-	06:39-	09:47-	15:23+	22:17+	26:21+	29:13+	33:27+	35:46+	42:57+	48:43+	50:59+	53:06+	56:19+	57:41+	59:36+	63:32+	64:53+	65:13+
00:34-	04:21+	01:44-	03:08-	05:36+	06:54+	04:04-	02:52-	04:14+	02:19-	07:11+	05:46+	02:16-	02:07-	03:13+	01:22-	01:55+	03:56+	01:21-	00:20-
03:05-	02:48@	00:12-	00:12-	03:28@	04:17@	00:26-	02:28-	00:51&	00:18-	02:59&	04:01@	01:03-	00:13-	01:19&	01:09-	00:07+	02:23@	02:03-	00:38-

6	Thomas Sørensen	OK Melfar	1:18:29																		
04:29+	06:41+	09:03+	13:08+	15:06+	18:33+	25:18+	33:39+	37:52+	41:34+	46:01+	48:03+	55:08+	60:55+	63:14+	65:27+	68:38+	70:03+	71:56+	76:53+	78:09+	78:29+
04:29+	02:12+	02:22+	04:05+	01:58-	03:27+	06:45+	08:21+	04:13+	03:42+	04:27+	02:02+	07:05+	05:47+	02:19+	02:13-	03:11+	01:25-	01:53-	04:57+	01:16+	00:20+
00:50#	00:39&	00:26#	00:45#	00:10-	00:50&	02:15&	03:01&	00:50#	01:05&	00:15+	00:17#	03:46@	03:27@	00:25#	00:18-	01:23&	00:08-	01:31-	03:59@	01:00@	00:20+

Class	Navn	Klasse														Tid			
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Beste stræktid for klassen

00:34 01:30 01:44 03:08 01:37 02:26 04:04 02:52 03:16 01:48 03:30 01:27 02:16 02:07 01:54 01:22 01:08 01:25 01:21 00:20 00:16

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

H50

1	Troels Bent Hansen	Allerød OK														1:00:07			
02:38=	09:41=	11:26=	13:26=	18:04=	20:01=	22:32=	24:27=	32:53=	34:30=	41:23=	47:58=	50:04=	52:02=	54:11=	56:00=	58:18=	59:46=	60:07=	
02:38=	07:03=	01:45=	02:00=	04:38=	01:57=	02:31=	01:55=	08:26=	01:37=	06:53=	06:35=	02:06=	01:58=	02:09=	01:49=	02:18=	01:28=	00:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kent Lodberg	OK Pan Århus														1:01:14			
04:13+	09:38-	11:33+	14:17+	19:33+	21:27+	24:21+	26:34+	32:27-	34:12-	41:04-	47:46-	50:16+	52:20+	54:34+	56:42+	59:20+	60:53+	61:14+	
04:13+	05:25-	01:55+	02:44+	05:16+	01:54-	02:54+	02:13+	05:53-	01:45+	06:52-	06:42+	02:30+	02:04+	02:14+	02:08+	02:38+	01:33+	00:21=	
01:35&	01:38-	00:10+	00:44&	00:38#	00:03-	00:23#	00:18#	02:33-	00:08+	00:01-	00:07+	00:24#	00:06+	00:05+	00:19#	00:20#	00:05+	00:00=	
3	John Skovbjerg	OK Pan Århus														1:01:52			
03:11+	10:50+	12:46+	16:00+	20:47+	22:37+	25:26+	27:27+	33:25+	36:10+	43:43+	50:09+	52:21+	54:17+	56:18+	58:32+	60:07+	61:33+	61:52+	
03:11+	07:39+	01:56+	03:14+	04:47+	01:50-	02:49+	02:01+	05:58-	02:45+	07:33+	06:26-	02:12+	01:56-	02:01-	02:14+	01:35-	01:26-	00:19-	
00:33#	00:36+	00:11#	00:09+	00:07-	00:18#	00:06+	02:28-	01:08&	00:40+	00:09-	00:06+	00:02-	00:02-	00:08-	00:25#	00:43-	00:02-	00:02-	
4	Jens Peter Gundorf	OK Øst Birkerød														1:03:22			
05:01+	10:44+	12:24+	14:28+	19:06+	20:47+	23:22+	26:17+	32:30-	34:16-	44:00+	50:39+	52:43+	54:31+	57:06+	59:14+	61:34+	63:04+	63:22+	
05:01+	05:43-	01:40-	02:04+	04:38=	01:41-	02:35+	02:55+	06:13-	01:46+	09:44+	06:39+	02:04-	01:48-	02:35+	02:08+	02:20+	01:30+	00:18-	
02:23&	01:20-	00:05-	00:04+	00:00=	00:16-	00:04+	01:00&	02:13-	00:09+	02:51&	00:04+	00:02-	00:10-	00:26#	00:19#	00:02+	00:02+	00:03-	
5	Kim Rud	Kolding OK														1:04:57			
05:21+	10:10+	11:59+	14:27+	21:17+	23:03+	26:20+	28:19+	34:15+	36:32+	44:55+	50:49+	53:14+	55:24+	57:38+	60:10+	62:59+	64:34+	64:57+	
05:21+	04:49-	01:49+	02:28+	06:50+	01:46-	03:17+	01:59+	05:56-	02:17+	08:23+	05:54-	02:25+	02:10+	02:14+	02:32+	02:49+	01:35+	00:23+	
02:43@	02:14-	00:04+	00:28#	02:12&	00:11-	00:46&	00:04+	02:30-	00:40&	01:30#	00:41-	00:19#	00:12#	00:05+	00:43&	00:31#	00:07+	00:02+	
6	Peer Leisner	Odense Politis Idrætsforening														1:05:50			
05:39+	10:21+	12:14+	14:43+	20:37+	22:15+	25:10+	27:04+	33:57+	35:57+	42:02+	52:58+	55:04+	56:57+	59:12+	61:44+	64:08+	65:34+	65:50+	
05:39+	04:42-	01:53+	02:29+	05:54+	01:38-	02:55+	01:54-	06:53-	02:00+	06:05-	10:56+	02:06=	01:53-	02:15+	02:32+	02:24+	01:26-	00:16-	
03:01@	02:21-	00:08+	00:29#	01:16&	00:19-	00:24#	00:01-	01:33-	00:23#	00:48-	04:21&	00:00=	00:05-	00:06+	00:43&	00:06+	00:02-	00:05-	
7	Jørgen Bruun	Aalborg OK														1:06:04			
05:39+	10:03+	11:59+	14:08+	23:58+	26:32+	29:07+	31:22+	38:40+	41:06+	48:34+	54:03+	56:09+	58:11+	60:23+	62:25+	64:11+	65:37+	66:04+	
05:39+	04:24-	01:56+	02:09+	09:50+	02:34+	02:35+	02:15+	07:18-	02:26+	07:28+	05:29-	02:06=	02:02+	02:12+	02:02+	01:46-	01:26-	00:27+	
03:01@	02:39-	00:11#	00:09+	05:12@	00:37&	00:04+	00:20#	01:08-	00:49&	00:35+	01:06-	00:00=	00:04+	00:03+	00:13#	00:32-	00:02-	00:06&	
8	Lars Otte	Rold Skov OK														1:06:11			
05:19+	10:41+	13:01+	15:37+	21:32+	24:12+	27:33+	29:50+	36:08+	37:57+	45:34+	51:12+	53:58+	57:04+	60:04+	62:20+	64:10+	65:48+	66:11+	
05:19+	05:22-	02:20+	02:36&	05:55+	02:40+	03:21+	02:17+	06:18-	01:49+	07:37+	05:38-	02:46+	03:06+	03:00+	02:16+	01:50-	01:38+	00:23+	
02:41@	01:41-	00:35&	00:36&	01:17&	00:43&	00:50&	00:22#	02:08-	00:12#	00:44#	00:57-	00:40&	01:08&	00:51&	00:27#	00:28-	00:10#	00:02+	
9	Ingvar Braaten	Modum OL (Nor)														1:06:58			
04:53+	09:57+	11:57+	14:19+	19:19+	21:14+	24:16+	26:57+	35:07+	37:07+	45:08+	50:49+	53:56+	56:09+	58:54+	61:51+	64:57+	66:36+	66:58+	
04:53+	05:04-	02:00+	02:22+	05:00+	01:55-	03:02+	02:41+	08:10-	02:00+	08:01+	05:41-	03:07+	02:13+	02:45+	02:57+	03:06+	01:39+	00:22+	
02:15&	01:59-	00:15#	00:22#	00:02-	00:31#	00:31#	00:46&	00:16-	00:23#	01:08#	00:54-	01:01&	00:15#	00:36&	01:08&	00:48&	00:11#	00:01+	
10	Jens Kristian Kjærgaard	OK Pan Århus														1:10:18			
04:05+	11:23+	14:00+	16:19+	20:47+	23:09+	25:52+	27:56+	33:25+	39:47+	48:59+	56:24+	59:16+	61:16+	63:35+	65:46+	68:15+	69:55+	70:18+	
04:05+	07:18+	02:37+	02:19+	04:28-	02:22+	02:43+	02:04+	05:29-	06:22+	09:12+	07:25+	02:52+	02:00+	02:19+	02:11+	02:29+	01:40+	00:23+	
01:27&	00:15+	00:52&	00:19#	00:10-	00:25#	00:12+	00:09+	02:57-	04:45@	02:19&	00:50#	00:46&	00:02+	00:10+	00:22#	00:11+	00:12#	00:02+	
11	Erik Krogh	Kolding OK														1:15:35			
03:13+	13:07+	14:57+	17:32+	23:24+	25:24+	28:32+	30:55+	40:48+	43:44+	52:54+	59:34+	62:18+	64:41+	67:04+	69:56+	73:19+	75:13+	75:35+	
03:13+	09:54+	01:50+	02:35+	05:52+	02:00+	03:08+	02:23+	09:53+	02:56+	09:10+	06:40+	02:44+	02:23+	02:23+	02:52+	03:23+	01:54+	00:22+	
00:35#	02:51&	00:05+	00:35&	01:14&	00:03+	00:37#	00:28#	01:27#	01:19&	02:17&	00:05+	00:38&	00:25#	00:14#	01:03&	01:05&	00:26&	00:01+	
12	Hans R. Vendelbjerg	OK Pan Århus														1:17:06			
04:07+	09:30-	11:46+	16:41+	23:24+	25:19+	28:21+	32:45+	41:59+	46:18+	53:35+	61:45+	64:25+	66:53+	69:27+	72:11+	75:02+	76:47+	77:06+	
04:07+	05:23-	02:16+	04:55+	06:43+	01:55-	03:02+	04:24+	09:14+	04:19+	07:17+	08:10+	02:40+	02:28+	02:34+	02:44+	02:51+	01:45+	00:19-	
01:29&	01:40-	00:31&	02:55@	02:05&	00:02-	00:31#	02:29@	00:48+	02:42@	00:24+	01:35#	00:34&	00:30&	00:25#	00:55&	00:33#	00:17#	00:02-	
13	Knud Jespersen	OK Snab														1:22:26			
05:41+	15:03+	17:18+	20:36+	26:56+	29:12+	33:32+	36:06+	44:38+	47:03+	56:20+	65:38+	68:31+	71:46+	75:08+	78:05+	80:19+	82:04+	82:26+	
05:41+	09:22+	02:15+	03:18+	06:20+	02:16+	04:20+	02:34+	08:32+	02:25+	09:17+	09:18+	02:53+	03:15+	03:22+	02:57+	02:14-	01:45+	00:22+	
03:03@	02:19&	00:30&	01:18&	01:42&	00:19#	01:49&	00:39&	00:06+	00:48&	02:24&	02:43&	00:47&	01:17&	01:13&	01:08&	00:04-	00:17#	00:01+	

Class	Navn	Klasse	Tid
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14	Peter Brown	OK Øst Birkerød	1:25:40															
07:15+	20:25+	22:29+	24:40+	30:31+	33:43+	37:38+	39:51+	47:24+	50:22+	58:51+	69:29+	72:21+	74:39+	77:46+	80:21+	83:32+	85:19+	85:40+
07:15+	13:10+	02:04+	02:11+	05:51+	03:12+	03:55+	02:13+	07:33-	02:58+	08:29+	10:38+	02:52+	02:18+	03:07+	02:35+	03:11+	01:47+	00:21=
04:37@	06:07&	00:19#	00:11+	01:13&	01:15&	01:24&	00:18#	00:53-	01:21&	01:36#	04:03&	00:46&	00:20#	00:58&	00:46&	00:53&	00:19#	00:00=

15	Jakob Holm	OK Pan Århus	1:29:05															
04:39+	10:31+	13:28+	18:52+	29:51+	32:16+	36:20+	38:58+	54:01+	58:11+	66:00+	72:07+	75:12+	77:45+	80:56+	83:47+	86:40+	88:38+	89:05+
04:39+	05:52-	02:57+	05:24+	10:59+	02:25+	04:04+	02:38+	15:03+	04:10+	07:49+	06:07-	03:05+	02:33+	03:11+	02:51+	02:53+	01:58+	00:27+
02:01&	01:11-	01:12&	03:24@	06:21@	00:28#	01:33&	00:43&	06:37&	02:33@	00:56#	00:28-	00:59&	00:35&	01:02&	01:02&	00:35&	00:30&	00:06&

16	Jens Bentsen	OK Øst Birkerød	1:33:04															
03:47+	11:10+	13:50+	19:24+	44:39+	47:18+	51:02+	53:25+	59:59+	62:00+	70:57+	77:14+	80:20+	83:01+	85:35+	88:04+	90:45+	92:44+	93:04+
03:47+	07:23+	02:40+	05:34+	25:15+	02:39+	03:44+	02:23+	06:34-	02:01+	08:57+	06:17-	03:06+	02:41+	02:34+	02:29+	02:41+	01:59+	00:20-
01:09&	00:20+	00:55&	03:34@	20:37@	00:42&	01:13&	00:28#	01:52-	00:24#	02:04&	00:18-	01:00&	00:43&	00:25#	00:40&	00:23#	00:31&	00:01-

17	Ole Nielsen	Aalborg OK	1:52:29															
04:44+	13:35+	18:12+	24:52+	33:21+	36:07+	42:15+	46:00+	55:31+	58:33+	74:49+	88:11+	92:49+	95:53+	99:52+	103:34+	109:36+	111:59+	112:29+
04:44+	08:51+	04:37+	06:40+	08:29+	02:46+	06:08+	03:45+	09:31+	03:02+	16:16+	13:22+	04:38+	03:04+	03:59+	03:42+	06:02+	02:23+	00:30+
02:06&	01:48&	02:52@	04:40@	03:51&	00:49&	03:37@	01:50&	01:05#	01:25&	09:23@	06:47@	02:32@	01:06&	01:50&	01:53@	03:44@	00:55&	00:09&

18	Peter Skov Nielsen	OK Snab	2:06:14															
05:12+	22:32+	26:25+	33:19+	42:19+	45:39+	51:19+	59:37+	75:42+	79:20+	94:57+	103:53+	108:04+	112:32+	116:26+	120:20+	123:21+	125:43+	126:14+
05:12+	17:20+	03:53+	06:54+	09:00+	03:20+	05:40+	08:18+	16:05+	03:38+	15:37+	08:56+	04:11+	04:28+	03:54+	03:54+	03:01+	02:22+	00:31+
02:34&	10:17@	02:08@	04:54@	04:22&	01:23&	03:09@	06:23@	07:39&	02:01@	08:44@	02:21&	02:05&	02:30@	01:45&	02:05@	00:43&	00:54&	00:10&

Beste stræktid for klassen																		
02:38	04:24	01:40	02:00	04:28	01:38	02:31	01:54	05:29	01:37	06:05	05:29	02:04	01:48	02:01	01:49	01:35	01:26	00:16

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

H60

1	Jørgen Nielsen	OK S.G.	45:16													
02:01=	05:00=	07:12=	08:29=	11:29=	14:58=	19:32=	21:15=	23:52=	29:49=	34:11=	37:28=	38:49=	40:33=	42:23=	44:57=	45:16=
02:01=	02:59=	02:12=	01:17=	03:00=	03:29=	04:34=	01:43=	02:37=	05:57=	04:22=	03:17=	01:21=	01:44=	01:50=	02:34=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Per Allan Pedersen	OK FROS	55:46													
02:46+	04:44-	07:05-	08:26-	12:00+	16:07+	21:12+	23:07+	25:45+	37:28+	42:55+	46:12+	48:22+	50:23+	52:35+	55:31+	55:46+
02:46+	01:58-	02:12=	01:17=	03:34+	04:07+	05:05+	01:55+	02:38+	11:43+	05:27+	03:17=	02:10+	02:01+	02:12+	02:56+	00:15-
00:45&	01:01-	00:09+	00:04+	00:34#	00:38#	00:31#	00:12#	00:01+	05:46&	01:05#	00:00=	00:49&	00:17#	00:22#	00:22#	00:04-

3	Jes Steen	OK Øst Birkerød	56:35													
02:14+	04:32-	06:44-	08:23-	12:07+	15:18+	20:57+	22:39+	25:37+	33:25+	37:42+	45:27+	48:50+	51:20+	53:19+	56:11+	56:35+
02:14+	02:18-	02:12=	01:39+	03:44+	03:11-	05:39+	01:42-	02:58+	07:48+	04:17-	07:45+	03:23+	02:30+	01:59+	02:52+	00:24+
00:13#	00:41-	00:00=	00:22&	00:44#	00:18-	01:05#	00:01-	00:21#	01:51&	00:05-	04:28@	02:02@	00:46&	00:09+	00:18#	00:05&

4	Jan Hausner	OK S.G.	57:27													
02:27+	05:11+	08:00+	09:43+	13:21+	17:12+	22:52+	25:18+	28:01+	38:05+	43:13+	47:37+	49:17+	51:34+	53:57+	57:02+	57:27+
02:27+	02:44-	02:49+	01:43+	03:38+	03:51+	05:40+	02:26+	02:43+	10:04+	05:08+	04:24+	01:40+	02:17+	02:23+	03:05+	00:25+
00:26#	00:15-	00:37&	00:26&	00:38#	00:22#	01:06#	00:43&	00:06+	04:07&	00:46#	01:07&	00:19#	00:33&	00:33&	00:31#	00:06&

5	Ole Hoffmann	OK FROS	1:04:05													
02:25+	06:43+	09:07+	11:09+	14:55+	19:05+	24:31+	26:56+	29:52+	45:00+	50:09+	54:09+	55:58+	58:04+	60:32+	63:47+	64:05+
02:25+	04:18+	02:24+	02:02+	03:46+	04:10+	05:26+	02:25+	02:56+	15:08+	05:09+	04:00+	01:49+	02:06+	02:28+	03:15+	00:18-
00:24#	01:19&	00:12+	00:45&	00:46&	00:41#	00:52#	00:42&	00:19#	09:11@	00:47#	00:43#	00:28&	00:22#	00:38&	00:41&	00:01-

6	Tage V. Andersen	OK Øst Birkerød	1:10:35													
03:12+	05:42+	08:49+	10:42+	14:55+	20:30+	28:44+	31:37+	35:09+	44:26+	50:28+	55:11+	59:39+	62:47+	65:59+	70:08+	70:35+
03:12+	02:30-	03:07+	01:53+	05:35+	04:13+	08:14+	02:53+	03:22+	09:17+	06:02+	04:43+	04:28+	03:08+	03:12+	04:09+	00:27+
01:11&	00:29-	00:55&	00:36&	01:13&	02:06&	03:40&	01:10&	00:55&	03:20&	01:40&	01:26&	03:07@	01:24&	01:22&	01:35&	00:08&

7	Jack Skrydstrup	Kolding OK	1:12:25													
02:59+	04:58-	07:48+	09:33+	13:27+	18:18+	23:49+	26:34+	33:58+	46:17+	56:53+	61:24+	63:25+	65:50+	68:42+	72:02+	72:25+
02:59+	01:59-	02:50+	01:45+	03:54+	04:51+	05:31+	02:45+	07:24+	12:19+	10:36+	04:31+	02:01+	02:25+	02:52+	03:20+	00:23+
00:58&	01:00-	00:38&	00:28&	00:54&	01:22&	00:57#	01:02&	04:47@	06:22@	06:14@	01:14&	00:40&	00:41&	01:02&	00:46&	00:04#

8	Knud Erik Thomsen	Svendborg OK	1:16:17													
03:43+	07:45+	11:42+	14:01+	19:00+	25:53+	34:14+	37:06+	41:18+	52:22+	58:43+	63:24+	66:34+	69:24+	72:20+	75:54+	76:17+
03:43+	04:02+	03:57+	02:19+	04:59+	06:53+	08:21+	02:52+	04:12+	11:04+	06:21+	04:41+	03:10+	02:50+	02:56+	03:34+	00:23+
01:42&	01:03&	01:45&	01:02&	01:59&	03:24&	03:47&	01:09&	01:35&	05:07&	01:59&	01:24&	01:49@	01:06&	01:06&	01:00&	00:04#

