

Plads Navn

Klasse

Tid

D-14

1 Signe Veggerby Jensen Rold Skov OK 21:44
 00:21= 00:41= 01:43= 02:26= 03:49= 05:02= 11:18= 12:21= 13:03= 13:38= 14:58= 15:53= 17:10= 18:09= 19:25= 20:52= 21:33= 21:44=
 00:21= 00:20= 01:02= 00:43= 01:23= 01:13= 06:16= 01:03= 00:42= 00:35= 01:20= 00:55= 01:17= 00:59= 01:16= 01:27= 00:41= 00:11=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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 Laura Dalsgaard Christensen Rold Skov OK 24:02
 00:24+ 01:05+ 02:44+ 03:58+ 05:35+ 07:19+ 09:32- 10:55- 11:46- 12:37- 14:16- 15:23- 17:58+ 19:24+ 20:56+ 22:48+ 23:48+ 24:02+
 00:24+ 00:41+ 01:39+ 01:14+ 01:37+ 01:44+ 02:13- 01:23+ 00:51+ 00:51+ 01:39+ 01:07+ 02:35+ 01:26+ 01:32+ 01:52+ 01:00+ 00:14+
 00:03# 00:21@ 00:37& 00:31& 00:14# 00:31& 04:03- 00:20& 00:09# 00:16& 00:19# 00:12# 01:18@ 00:27& 00:16# 00:25& 00:19& 00:03&

Beste stræktid for klassen

00:21 00:20 01:02 00:43 01:23 01:13 02:13 01:03 00:42 00:35 01:20 00:55 01:17 00:59 01:16 01:27 00:41 00:11

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

D17-20

1 Kristina Præstgaard Mariager Fjord OK 49:38
 02:02= 06:59= 09:57= 13:42= 15:48= 16:40= 20:40= 22:34= 27:42= 30:32= 33:06= 38:27= 40:56= 47:03= 49:26= 49:38=
 02:02= 04:57= 02:58= 03:45= 02:06= 00:52= 04:00= 01:54= 05:08= 02:50= 02:34= 05:21= 02:29= 06:07= 02:23= 00:12=
 00:00= 00:00= 00:00= 00:00= 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

02:02 04:57 02:58 03:45 02:06 00:52 04:00 01:54 05:08 02:50 02:34 05:21 02:29 06:07 02:23 00:12

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

D21-

1 Grethe Anæus Viborg OK 1:00:14
 02:22= 04:16= 05:50= 09:15= 13:40= 16:24= 19:23= 25:44= 27:56= 28:56= 33:51= 39:34= 42:49= 45:19= 50:05= 54:25= 57:02= 60:00= 60:14=
 02:22= 01:54= 01:34= 03:25= 04:25= 02:44= 02:59= 06:21= 02:12= 01:00= 04:55= 05:43= 03:15= 02:30= 04:46= 04:20= 02:37= 02:58= 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=

2 Anne Rye Madsen Rold Skov OK 1:16:53
 02:29+ 05:02+ 06:29+ 10:00+ 14:44+ 17:13+ 20:35+ 28:52+ 30:58+ 33:41+ 38:41+ 47:53+ 50:22+ 57:04+ 65:01+ 70:51+ 73:58+ 76:37+ 76:53+
 02:29+ 02:33+ 01:27- 03:31+ 04:44+ 02:29- 03:22+ 08:17+ 02:06- 02:43+ 05:00+ 09:12+ 02:29- 06:42+ 07:57+ 05:50+ 03:07+ 02:39- 00:16+
 00:07+ 00:39& 00:07- 00:06+ 00:19+ 00:15- 00:23# 01:56& 00:06- 01:43@ 00:05+ 03:29& 00:46- 04:12@ 03:11& 01:30& 00:30# 00:19- 00:02#

Beste stræktid for klassen

02:22 01:54 01:27 03:25 04:25 02:29 02:59 06:21 02:06 01:00 04:55 05:43 02:29 02:30 04:46 04:20 02:37 02:39 00:14

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

D40-

1 Lajla Præstgaard Mariager Fjord OK 52:10
 01:36= 06:56= 10:18= 14:46= 17:26= 18:37= 22:27= 24:19= 30:55= 36:04= 39:12= 43:39= 47:12= 49:46= 51:59= 52:10=
 01:36= 05:20= 03:22= 04:28= 02:40= 01:11= 03:50= 01:52= 06:36= 05:09= 03:08= 04:27= 03:33= 02:34= 02:13= 00:11=
 00:00= 00:00= 00:00= 00:00= 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 Stick Nielsen Viborg OK 52:55
 01:54+ 07:54+ 12:42+ 17:02+ 19:23+ 20:29+ 24:02+ 25:42+ 30:06- 34:23- 38:12- 45:08+ 48:11+ 50:45+ 52:41+ 52:55+
 01:54+ 06:00+ 04:48+ 04:20- 02:21- 01:06- 03:33- 01:40- 04:24- 04:17- 03:49+ 06:56+ 03:03- 02:34= 01:56- 00:14+
 00:18# 00:40# 01:26& 00:08- 00:19- 00:05- 00:17- 00:12- 02:12- 00:52- 00:41# 02:29& 00:30- 00:00= 00:17- 00:03&

3 Ann Dissing OK Vendelboerne 55:11
 02:34+ 08:30+ 12:35+ 17:01+ 20:10+ 21:13+ 25:46+ 28:02+ 32:49+ 36:48+ 41:54+ 47:10+ 50:15+ 52:58+ 54:58+ 55:11+
 02:34+ 05:56+ 04:05+ 04:26- 03:09+ 01:03- 04:33+ 02:16+ 04:47- 03:59- 05:06+ 05:16+ 03:05- 02:43+ 02:00- 00:13+
 00:58& 00:36# 00:43# 00:02- 00:29# 00:08- 00:43# 00:24# 01:49- 01:10- 01:58& 00:49# 00:28- 00:09+ 00:13- 00:02#

Class	Navn	Klasse	Tid
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4	Minna Hald Andersen	Rold Skov OK	1:04:27												
07:18+	12:49+	16:38+	21:15+	24:23+	26:02+	29:26+	30:58+	36:29+	40:44+	44:33+	55:20+	58:17+	61:11+	64:06+	64:27+
07:18+	05:31+	03:49+	04:37+	03:08+	01:39+	03:24-	01:32-	05:31-	04:15-	03:49+	10:47+	02:57-	02:54+	02:55+	00:21+
05:42@	00:11+	00:27#	00:09+	00:28#	00:28&	00:26-	00:20-	01:05-	00:54-	00:41#	06:20@	00:36-	00:20#	00:42&	00:10&
5	Susanne Nielsen	OK Vendelboerne	1:04:56												
04:20+	10:07+	16:53+	27:09+	29:45+	31:12+	36:15+	38:51+	44:06+	47:55+	52:16+	56:28+	59:35+	62:07+	64:40+	64:56+
04:20+	05:47+	06:46+	10:16+	02:36-	01:27+	05:03+	02:36+	05:15-	03:49-	04:21+	04:12-	03:07-	02:32-	02:33+	00:16+
02:44@	00:27+	03:24@	05:48@	00:04-	00:16#	01:13&	00:44&	01:21-	01:20-	01:13&	00:15-	00:26-	00:02-	00:20#	00:05&
6	Kirsten Hald Holdensen	OK Vendelboerne	1:14:55												
02:59+	12:04+	20:35+	26:58+	29:36+	30:28+	36:26+	39:53+	47:41+	55:54+	59:38+	65:10+	68:26+	72:05+	74:44+	74:55+
02:59+	09:05+	08:31+	06:23+	02:38-	00:52-	05:58+	03:27+	07:48+	08:13+	03:44+	05:32+	03:16-	03:39+	02:39+	00:11=
01:23&	03:45&	05:09@	01:55&	00:02-	00:19-	02:08&	01:35&	01:12#	03:04&	00:36#	01:05#	00:17-	01:05&	00:26#	00:00=

Beste stræktid for klassen
 01:36 05:20 03:22 04:20 02:21 00:52 03:24 01:32 04:24 03:49 03:08 04:12 02:57 02:32 01:56 00:11

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

D55-

1	Pia Gade	Viborg OK	44:50											
01:28=	03:42=	05:32=	09:04=	14:32=	19:45=	23:36=	27:34=	31:38=	32:50=	35:49=	40:15=	42:05=	44:36=	44:50=
01:28=	02:14=	01:50=	03:32=	05:28=	05:13=	03:51=	03:58=	04:04=	01:12=	02:59=	04:26=	01:50=	02:31=	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	Pia Hejlskov Mogensen	St. Binderup OK	46:37											
01:38+	05:00+	06:43+	10:23+	16:03+	21:36+	25:43+	30:30+	33:53+	34:48+	37:36+	41:51+	43:37+	46:19+	46:37+
01:38+	03:22+	01:43-	03:40+	05:40+	05:33+	04:07+	04:47+	03:23-	00:55-	02:48-	04:15-	01:46-	02:42+	00:18+
00:10#	01:08&	00:07-	00:08+	00:12+	00:20+	00:16+	00:49#	00:41-	00:17-	00:11-	00:11-	00:04-	00:11+	00:04&
3	Kirsten Bobach	Aalborg OK	51:29											
01:23-	03:34-	06:31+	11:19+	16:26+	20:52+	25:05+	32:57+	36:48+	38:06+	42:08+	46:43+	48:31+	51:13+	51:29+
01:23-	02:11-	02:57+	04:48+	05:07-	04:26-	04:13+	07:52+	03:51-	01:18+	04:02+	04:35+	01:48-	02:42+	00:16+
00:05-	00:03-	01:07&	01:16&	00:21-	00:47-	00:22+	03:54&	00:13-	00:06+	01:03&	00:09+	00:02-	00:11+	00:02#

Beste stræktid for klassen
 01:23 02:11 01:43 03:32 05:07 04:26 03:51 03:58 03:23 00:55 02:48 04:15 01:46 02:31 00:14

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

D65-

1	Ann Dorrit Hansen	OK Djurs	53:16											
01:52=	04:31=	06:27=	12:10=	18:28=	23:32=	28:28=	33:13=	37:44=	38:59=	42:09=	48:02=	50:13=	52:58=	53:16=
01:52=	02:39=	01:56=	05:43=	06:18=	05:04=	04:56=	04:45=	04:31=	01:15=	03:10=	05:53=	02:11=	02:45=	00:18=
00:00=	00:00=	00:00=	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	Ansa MacLassen	Rold Skov OK	1:01:29											
01:50-	06:11+	08:25+	12:40+	20:14+	24:09+	30:55+	42:08+	46:58+	48:32+	52:11+	57:05+	58:53+	61:12+	61:29+
01:50-	04:21+	02:14+	04:15-	07:34+	03:55-	06:46+	11:13+	04:50+	01:34+	03:39+	04:54-	01:48-	02:19-	00:17-
00:02-	01:42&	00:18#	01:28-	01:16#	01:09-	01:50&	06:28@	00:19+	00:19&	00:29#	00:59-	00:23-	00:26-	00:01-
3	Ellen Thomsen	OK Vendelboerne	1:09:56											
02:12+	07:10+	10:09+	15:14+	24:41+	30:37+	36:21+	42:21+	48:04+	50:25+	55:23+	63:26+	65:48+	69:39+	69:56+
02:12+	04:58+	02:59+	05:05-	09:27+	05:56+	05:44+	06:00+	05:43+	02:21+	04:58+	08:03+	02:22+	03:51+	00:17-
00:20#	02:19&	01:03&	00:38-	03:09&	00:52#	00:48#	01:15&	01:12&	01:06&	01:48&	02:10&	00:11+	01:06&	00:01-

Beste stræktid for klassen
 01:50 02:39 01:56 04:15 06:18 03:55 04:56 04:45 04:31 01:15 03:10 04:54 01:48 02:19 00:17

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

Fri1

Class	Navn	Klasse	Tid												
1	Simon Olsen	OK Vendelboerne	1:00:24												
	01:43= 07:05= 11:26= 20:21= 22:24= 27:48= 34:19= 37:42= 41:07= 45:11= 48:32= 51:53= 54:19= 56:31= 60:12= 60:24=														
	01:43= 05:22= 04:21= 08:55= 02:03= 06:31= 03:23= 01:25= 04:04= 03:21= 03:21= 02:26= 02:12= 03:41= 00:12=														
	00:00= 00:00= 00:00= 00:00= 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	Frode Mogensen	St. Binderup OK	1:31:56												
	08:26+ 16:27+ 38:42+ 43:31+ 47:27+ 48:45+ 54:05+ 56:22+ 63:32+ 71:38+ 75:43+ 81:45+ 85:37+ 89:00+ 91:39+ 91:56+														
	08:26+ 08:01+ 22:15+ 04:49- 03:56+ 01:18- 05:20- 02:17- 07:10+ 08:06+ 04:05+ 06:02+ 03:52+ 03:23+ 02:39- 00:17+														
	06:43@ 02:39& 17:54@ 04:06- 01:53& 04:06- 01:11- 01:06- 03:45@ 04:02& 00:44# 02:41& 01:26& 01:11& 01:02- 00:05&														
Beste stræktid for klassen															
	01:43	05:22	04:21	02:03	01:18	05:20	02:17	03:25	04:04	03:21	03:21	02:26	02:12	02:39	00:12

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

Fri2

1	Martin Skjøtt Linneberg	Aalborg Triathlon Klub	43:10														
	01:26= 05:23= 07:12= 11:11= 14:02= 17:05= 19:15= 20:55= 24:52= 28:00= 30:00= 32:20= 35:07= 40:18= 42:10= 42:59= 43:10=																
	01:26= 03:57= 01:49= 03:59= 02:51= 03:03= 02:10= 01:40= 03:57= 03:08= 02:00= 02:20= 02:47= 05:11= 01:52= 00:49= 00:11=																
	00:00= 00:00= 00:00= 00:00= 00:00= 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 Kirkegaard Pedersen	Aalborg Triathlon Klub	43:12														
	02:44+ 06:25+ 07:45+ 10:55- 12:11- 15:04- 23:23+ 24:36+ 29:12+ 32:01+ 34:05+ 35:39+ 38:00+ 40:28+ 42:25+ 43:02+ 43:12+																
	02:44+ 03:41- 01:20- 03:10- 01:16- 02:53- 08:19+ 01:13- 04:36+ 02:49- 02:04+ 01:34- 02:21- 02:28- 01:57+ 00:37- 00:10-																
	01:18& 00:16- 00:29- 00:49- 01:35- 00:10- 06:09@ 00:27- 00:39# 00:19- 00:04+ 00:46- 00:26- 02:43- 00:05+ 00:12- 00:01-																
3	Lene Flyvbjerg	Rold Skov OK	46:00														
	00:51- 03:58- 05:38- 09:09- 11:12- 14:06- 16:31- 18:54- 23:05- 26:30- 29:58- 32:06- 35:06- 38:22- 40:46- 45:49+ 46:00+																
	00:51- 03:07- 01:40- 03:31- 02:03- 02:54- 02:25+ 02:23+ 04:11+ 03:25+ 03:28+ 02:08- 03:00+ 03:16- 02:24+ 05:03+ 00:11=																
	00:35- 00:50- 00:09- 00:28- 00:48- 00:09- 00:15# 00:43& 00:14+ 00:17+ 01:28& 00:12- 00:13+ 01:55- 00:32& 04:14@ 00:00=																
4	Dorte Jenny Bak	Aalborg OK	47:07														
	00:54- 04:43- 06:23- 10:17- 13:42- 17:26+ 19:41+ 22:27+ 27:23+ 31:08+ 33:17+ 35:30+ 39:33+ 43:17+ 45:59+ 46:54+ 47:07+																
	00:54- 03:49- 01:40- 03:54- 03:25+ 03:44+ 02:15+ 02:46+ 04:56+ 03:45+ 02:09+ 02:13- 04:03+ 03:44- 02:42+ 00:55+ 00:13+																
	00:32- 00:08- 00:09- 00:05- 00:34# 00:41# 00:05+ 01:06& 00:59# 00:37# 00:09+ 00:07- 01:16& 01:27- 00:50& 00:06# 00:02#																
5	Bent Skjoldborg	OK Vendelboerne	48:48														
	01:01- 05:59+ 07:52+ 12:48+ 14:45+ 18:12+ 20:13+ 23:01+ 28:47+ 32:03+ 34:15+ 36:26+ 40:01+ 43:31+ 47:19+ 48:34+ 48:48+																
	01:01- 04:58+ 01:53+ 04:56+ 01:57- 03:27+ 02:01- 02:48+ 05:46+ 03:16+ 02:12+ 02:11- 03:35+ 03:30- 03:48+ 01:15+ 00:14+																
	00:25- 01:01& 00:04+ 00:57# 00:54- 00:24# 00:09- 01:08& 01:49& 00:08+ 00:12# 00:09- 00:48& 01:41- 01:56@ 00:26& 00:03&																
6	Lasse Bigum	Aalborg Triathlon Klub	48:56														
	03:10+ 07:57+ 09:15+ 12:36+ 14:06+ 16:51- 18:37- 23:50+ 27:54+ 30:55+ 32:24+ 34:07+ 36:44+ 39:19- 45:50+ 48:43+ 48:56+																
	03:10+ 04:47+ 01:18- 03:21- 01:30- 02:45- 01:46- 05:13+ 04:04+ 03:01- 01:29- 01:43- 02:37- 02:35- 06:31+ 02:53+ 00:13+																
	01:44@ 00:50# 00:31- 00:38- 01:21- 00:18- 00:24- 03:33@ 00:07+ 00:07- 00:31- 00:37- 00:10- 02:36- 04:39@ 02:04@ 00:02#																
7	Kim Jensen	OK Vendelboerne	52:13														
	01:24- 05:24+ 07:09- 16:12+ 17:44+ 21:23+ 24:59+ 28:24+ 32:41+ 36:21+ 39:32+ 41:50+ 44:42+ 48:03+ 49:50+ 52:02+ 52:13+																
	01:24- 04:00+ 01:45- 09:03+ 01:32- 03:39+ 03:36+ 03:25+ 04:17+ 03:40+ 03:11+ 02:18- 02:52+ 03:21- 01:47- 02:12+ 00:11=																
	00:02- 00:03+ 00:04- 05:04@ 01:19- 00:36# 01:26& 01:45@ 00:20+ 00:32# 01:11& 00:02- 00:05+ 01:50- 00:05- 01:23@ 00:00=																
8	Morten Rodkjær Søndergaard	Aalborg Triathlon Klub	52:39														
	00:55- 04:13- 05:26- 11:24+ 12:35- 17:55+ 21:23+ 23:34+ 27:59+ 30:50+ 32:47+ 34:24+ 47:07+ 49:55+ 51:43+ 52:25+ 52:39+																
	00:55- 03:18- 01:13- 05:58+ 01:11- 05:20+ 03:28+ 02:11+ 04:25+ 02:51- 01:57- 01:37- 12:43+ 02:48- 01:48- 00:42- 00:14+																
	00:31- 00:39- 00:36- 01:59& 01:40- 02:17& 01:18& 00:31& 00:28# 00:17- 00:03- 00:43- 09:56@ 02:23- 00:04- 00:07- 00:03&																
9	Hanne Mohapeloa	Aalborg OK	1:15:07														
	02:13+ 06:37+ 08:42+ 13:32+ 16:06+ 20:32+ 24:39+ 28:30+ 40:01+ 44:13+ 46:36+ 50:44+ 54:41+ 58:56+ 73:46+ 74:51+ 75:07+																
	02:13+ 04:24+ 02:05+ 04:50+ 02:34- 04:26+ 04:07+ 03:51+ 11:31+ 04:12+ 02:23+ 04:08+ 03:57+ 04:15- 14:50+ 01:05+ 00:16+																
	00:47& 00:27# 00:16# 00:51# 00:17- 01:23& 01:57& 02:11@ 07:34@ 01:04& 00:23# 01:48& 01:10& 00:56- 12:58@ 00:16& 00:05&																
Beste stræktid for klassen																	
	00:51	03:07	01:13	03:10	01:11	02:45	01:46	01:13	03:57	02:49	01:29	01:34	02:21	02:28	01:47	00:37	00:10

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

Fri3

Class Navn Klasse Tid

1	Inge Mogensen	Aalborg OK	33:33														
00:42=	01:29=	03:32=	05:11=	07:30=	09:56=	11:40=	13:34=	15:03=	16:08=	18:46=	20:13=	22:27=	24:24=	26:32=	29:13=	33:08=	33:33=
00:42=	00:47=	02:03=	01:39=	02:19=	02:26=	01:44=	01:54=	01:29=	01:05=	02:38=	01:27=	02:14=	01:57=	02:08=	02:41=	03:55=	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=

Beste stræktid for klassen
00:42 00:47 02:03 01:39 02:19 02:26 01:44 01:54 01:29 01:05 02:38 01:27 02:14 01:57 02:08 02:41 03:55 00:25

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

H-14

1	Jonathan Birk Nielsen	Aalborg OK	16:00														
00:18=	00:37=	01:30=	02:17=	03:24=	04:26=	05:09=	06:15=	06:53=	07:30=	08:47=	09:34=	10:48=	12:24=	13:41=	15:09=	15:51=	16:00=
00:18=	00:19=	00:53=	00:47=	01:07=	01:02=	00:43=	01:06=	00:38=	00:37=	01:17=	00:47=	01:14=	01:36=	01:17=	01:28=	00:42=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Rold Skov OK	36:10														
01:36+	01:58+	03:53+	05:08+	07:32+	12:29+	14:18+	16:11+	17:16+	18:29+	20:27+	21:45+	26:32+	29:54+	32:04+	34:57+	35:52+	36:10+
01:36+	00:22+	01:55+	01:15+	02:24+	04:57+	01:49+	01:53+	01:05+	01:13+	01:58+	01:18+	04:47+	03:22+	02:10+	02:53+	00:55+	00:18+
01:18@	00:03#	01:02@	00:28&	01:17@	03:55@	01:06@	00:47&	00:27&	00:36&	00:41&	00:31&	03:33@	01:46@	00:53&	01:25&	00:13&	00:09&

Beste stræktid for klassen
00:18 00:19 00:53 00:47 01:07 01:02 00:43 01:06 00:38 00:37 01:17 00:47 01:14 01:36 01:17 01:28 00:42 00:09

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

H15-16

1	Marko Birk Nielsen	Aalborg OK	25:23													
00:31=	02:55=	03:56=	06:58=	08:03=	10:17=	11:24=	12:40=	15:17=	17:00=	17:58=	19:04=	21:10=	23:16=	24:43=	25:15=	25:23=
00:31=	02:24=	01:01=	03:02=	01:05=	02:14=	01:07=	01:16=	02:37=	01:43=	00:58=	01:06=	02:06=	02:06=	01:27=	00:32=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	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
00:31 02:24 01:01 03:02 01:05 02:14 01:07 01:16 02:37 01:43 00:58 01:06 02:06 02:06 01:27 00:32 00:08

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

H21-

1	Nicolai Zaar Nielsen	Mariager Fjord OK	42:49																							
01:01=	01:54=	03:42=	05:14=	07:04=	09:30=	10:45=	13:16=	14:17=	15:32=	18:05=	20:03=	21:28=	23:28=	24:27=	26:47=	27:39=	28:41=	31:00=	31:50=	33:27=	34:31=	35:11=	36:39=	38:28=	40:01=	
01:01=	00:53=	01:48=	01:32=	01:50=	02:26=	01:15=	02:31=	01:01=	01:15=	02:33=	01:58=	01:25=	02:00=	00:59=	02:20=	00:52=	01:02=	02:19=	00:50=	01:37=	01:04=	00:40=	01:28=	01:49=	01:33=	
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

41:20= 42:41= 42:49=
01:19= 01:21= 00:08=
00:00= 00:00= 00:00=

2	Johan MacLassen	OK Pan Århus	48:46																						
00:55=	01:47=	03:49+	05:33+	07:49+	10:16+	11:45+	14:31+	15:40+	16:53+	19:44+	21:54+	23:30+	25:31+	26:40+	29:16+	30:11+	31:24+	34:34+	35:32+	37:30+	38:38+	39:19+	40:59+	43:14+	45:32+
00:55=	00:52=	02:02+	01:44+	02:16+	02:27+	01:29+	02:46+	01:09+	01:13=	02:51+	02:10+	01:36+	02:01+	01:09+	02:36+	00:55+	01:13+	03:10+	00:58+	01:58+	01:08+	00:41+	01:40+	02:15+	02:18+
00:06=	00:01=	00:14#	00:12#	00:26#	00:01+	00:14#	00:15+	00:08#	00:02=	00:18#	00:12#	00:11#	00:01+	00:10#	00:16#	00:03+	00:11#	00:51&	00:08#	00:21#	00:04+	00:01+	00:12#	00:26#	00:45&

47:00+ 48:35+ 48:46+
01:28+ 01:35+ 00:11+
00:09# 00:14# 00:03&

3	Allan Reiche	OK Vendelboerne	1:00:57																						
01:17+	02:22+	04:34+	06:41+	10:09+	13:20+	15:07+	18:46+	20:50+	22:31+	26:29+	29:42+	31:58+	34:20+	35:35+	38:35+	39:57+	41:19+	44:41+	45:46+	48:06+	49:28+	50:19+	52:23+	55:11+	57:36+
01:17+	01:05+	02:12+	02:07+	03:28+	03:11+	01:47+	03:39+	02:04+	01:41+	03:58+	03:13+	02:16+	02:22+	01:15+	03:00+	01:22+	01:22+	03:22+	01:05+	02:20+	01:22+	00:51+	02:04+	02:48+	02:25+
00:16&	00:12#	00:24#	00:35&	01:38&	00:45&	00:32&	01:08&	01:03@	00:26&	01:25&	01:15&	00:51&	00:22#	00:16&	00:40&	00:30&	00:20&	01:03&	00:15&	00:43&	00:18&	00:11&	00:36&	00:59&	00:52&

59:12+ 60:46+ 60:57+
01:36+ 01:34+ 00:11+
00:17# 00:13# 00:03&

Class Navn Klasse Tid

4 Jens Brandt Åben bane 1:01:14
01:04+ 02:07+ 04:23+ 06:16+ 08:29+ 11:15+ 12:47+ 15:49+ 17:12+ 19:00+ 23:02+ 25:50+ 27:29+ 31:14+ 33:11+ 36:23+ 37:48+ 39:45+ 42:57+ 43:52+ 48:00+ 49:25+ 50:37+ 52:40+ 55:25+ 57:22+
01:04+ 01:03+ 02:16+ 01:53+ 02:13+ 02:46+ 01:32+ 03:02+ 01:23+ 01:48+ 04:02+ 02:48+ 01:39+ 03:45+ 01:57+ 03:12+ 01:25+ 01:57+ 03:12+ 00:55+ 04:08+ 01:25+ 01:12+ 02:03+ 02:45+ 01:57+
00:03+ 00:10# 00:28& 00:21# 00:23# 00:20# 00:17# 00:31# 00:22& 00:33& 01:29& 00:50& 00:14# 01:45& 00:58& 00:52& 00:33& 00:55& 00:53& 00:05# 02:31@ 00:21& 00:32& 00:35& 00:56& 00:24&
58:49+ 61:05+ 61:14+
01:27+ 02:16+ 00:09+
00:08# 00:55& 00:01#

5 Michael Filyo Åben bane 1:22:24
01:23+ 03:03+ 06:10+ 14:18+ 16:50+ 20:20+ 24:26+ 31:42+ 34:01+ 36:19+ 41:39+ 44:32+ 48:23+ 50:53+ 52:11+ 55:24+ 57:54+ 62:12+ 65:54+ 66:56+ 69:23+ 70:45+ 71:48+ 74:04+ 76:39+ 78:43+
01:23+ 01:40+ 03:07+ 08:08+ 02:32+ 03:30+ 04:06+ 07:16+ 02:19+ 02:18+ 05:20+ 02:53+ 03:51+ 02:30+ 01:18+ 03:13+ 02:30+ 04:18+ 03:42+ 01:02+ 02:27+ 01:22+ 01:03+ 02:16+ 02:35+ 02:04+
00:22& 00:47& 01:19& 06:36@ 00:42& 01:04& 02:51@ 04:45@ 01:18@ 01:03& 02:47@ 00:55& 02:26@ 00:30# 00:19& 00:53& 01:38@ 03:16@ 01:23& 00:12# 00:50& 00:18& 00:23& 00:48& 00:46& 00:31&
80:37+ 82:11+ 82:24+
01:54+ 01:34+ 00:13+
00:35& 00:13# 00:05&

6 Andreas Popp Aalborg OK 1:25:51
01:59+ 03:22+ 06:04+ 11:13+ 13:46+ 17:12+ 19:09+ 23:44+ 27:40+ 30:48+ 38:08+ 40:58+ 43:06+ 51:23+ 52:55+ 57:19+ 58:31+ 60:24+ 64:14+ 66:30+ 69:20+ 71:03+ 72:06+ 74:41+ 78:28+ 81:24+
01:59+ 01:23+ 02:42+ 05:09+ 02:33+ 03:26+ 01:57+ 04:35+ 03:56+ 03:08+ 07:20+ 02:50+ 02:08+ 08:17+ 01:32+ 04:24+ 01:12+ 01:53+ 03:50+ 02:16+ 02:50+ 01:43+ 01:03+ 02:35+ 03:47+ 02:56+
00:58& 00:30& 00:54& 03:37@ 00:43& 01:00& 00:42& 02:04& 02:55@ 01:53@ 04:47@ 00:52& 00:43& 06:17@ 00:33& 02:04& 00:20& 00:51& 01:31& 01:26@ 01:13& 00:39& 00:23& 01:07& 01:58@ 01:23&
83:33+ 85:39+ 85:51+
02:09+ 02:06+ 00:12+
00:50& 00:45& 00:04&

7 Heins Rye Madsen Rold Skov OK 1:27:01
01:25+ 02:37+ 06:23+ 08:42+ 12:42+ 16:26+ 18:33+ 26:18+ 27:37+ 34:21+ 39:23+ 43:58+ 47:33+ 51:06+ 53:06+ 56:35+ 58:05+ 60:17+ 64:12+ 65:55+ 69:30+ 71:06+ 72:21+ 75:12+ 80:25+ 82:58+
01:25+ 01:12+ 03:46+ 02:19+ 04:00+ 03:44+ 02:07+ 07:45+ 01:19+ 06:44+ 05:02+ 04:35+ 03:35+ 03:33+ 02:00+ 03:29+ 01:30+ 02:12+ 03:55+ 01:43+ 03:35+ 01:36+ 01:15+ 02:51+ 05:13+ 02:33+
00:24& 00:19& 01:58@ 00:47& 02:10@ 01:18& 00:52& 05:14@ 00:18& 05:29@ 02:29& 02:37@ 02:10@ 01:33& 01:01@ 01:09& 00:38& 01:10@ 01:36& 00:53@ 01:58@ 00:32& 00:35& 01:23& 03:24@ 01:00&
85:07+ 86:50+ 87:01+
02:09+ 01:43+ 00:11+
00:50& 00:22& 00:03&

8 Michael Gru Aalborg OK 1:37:31
01:27+ 02:52+ 05:39+ 07:12+ 09:18+ 19:38+ 22:57+ 25:57+ 27:44+ 29:23+ 33:27+ 36:42+ 40:05+ 46:06+ 48:21+ 51:29+ 52:50+ 55:31+ 58:46+ 60:35+ 64:20+ 68:56+ 70:07+ 72:45+ 85:08+ 87:04+
01:27+ 01:25+ 02:47+ 01:33+ 02:06+ 10:20+ 03:19+ 03:00+ 01:47+ 01:39+ 04:04+ 03:15+ 03:23+ 06:01+ 02:15+ 03:08+ 01:21+ 02:41+ 03:15+ 01:49+ 03:45+ 04:36+ 01:11+ 02:38+ 12:23+ 01:56+
00:26& 00:32& 00:59& 00:01+ 00:16# 07:54@ 02:04@ 00:29# 00:46& 00:24& 01:31& 01:17& 01:58@ 04:01@ 01:16@ 00:48& 00:29& 01:39@ 00:56& 00:59@ 02:08@ 03:32@ 00:31& 01:10& 10:34@ 00:23#
88:43+ 97:20+ 97:31+
01:39+ 08:37+ 00:11+
00:20& 07:16@ 00:03&

Beste stræktid for klassen
00:55 00:52 01:48 01:32 01:50 02:26 01:15 02:31 01:01 01:13 02:33 01:58 01:25 02:00 00:59 02:20 00:52 01:02 02:19 00:50 01:37 01:04 00:40 01:28 01:49 01:33 01:19 01:00

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

H35-

1 Claus Bobach Aalborg OK 51:37
01:20= 04:05= 06:07= 09:07= 13:15= 15:42= 18:25= 22:22= 25:04= 27:24= 29:38= 30:59= 34:07= 35:42= 37:42= 40:21= 41:47= 43:22= 45:27= 48:26= 49:46= 51:26= 51:37=
01:20= 02:45= 02:02= 03:00= 04:08= 02:27= 02:43= 03:57= 02:42= 02:20= 02:14= 01:21= 03:08= 01:35= 02:00= 02:39= 01:26= 01:35= 02:05= 02:59= 01:20= 01:40= 00:11=
00:00= 00:00=

2 Morten Kappel Jensen Rold Skov OK 1:32:54
02:04+ 05:21+ 08:17+ 11:25+ 16:58+ 19:49+ 24:08+ 29:11+ 32:59+ 40:35+ 44:28+ 47:54+ 55:29+ 61:29+ 66:24+ 73:01+ 75:25+ 84:06+ 86:04+ 89:09+ 90:48+ 92:43+ 92:54+
02:04+ 03:17+ 02:56+ 03:08+ 05:33+ 02:51+ 04:19+ 05:03+ 03:48+ 07:36+ 03:53+ 03:26+ 07:35+ 06:00+ 04:55+ 06:37+ 02:24+ 08:41+ 01:58- 03:05+ 01:39+ 01:55+ 00:11=
00:44& 00:32# 00:54& 00:08+ 01:25& 00:24# 01:36& 01:06& 02:06& 05:16@ 01:39& 02:05@ 04:27@ 04:25@ 02:55@ 03:58@ 00:58& 07:06@ 00:07- 00:06+ 00:19# 00:15# 00:00=

Beste stræktid for klassen
01:20 02:45 02:02 03:00 04:08 02:27 02:43 03:57 02:42 02:20 02:14 01:21 03:08 01:35 02:00 02:39 01:26 01:35 01:58 02:59 01:20 01:40 00:11

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

H45-

1 Walther Rahbek Aalborg OK 53:01
01:24= 04:41= 06:43= 09:00= 12:37= 14:30= 17:55= 21:51= 25:57= 28:12= 30:24= 31:35= 34:42= 36:11= 37:50= 41:17= 43:00= 44:25= 46:16= 49:00= 50:07= 52:48= 53:01=
01:24= 03:17= 02:02= 02:17= 03:37= 01:53= 03:25= 03:56= 04:06= 02:15= 02:12= 01:11= 03:07= 01:29= 01:39= 03:27= 01:43= 01:25= 01:51= 02:44= 01:07= 02:41= 00:13=
00:00= 00:00=

Class Navn Klasse Tid

9 Jens Christensen	Mariager Fjord OK	1:01:11																
01:52+ 03:41+ 05:16+ 08:31+ 13:21+ 15:51+ 19:24+ 27:46+ 30:04+ 30:45+ 36:53+ 42:55+ 44:12+ 46:27+ 51:04+ 54:15+ 58:01+ 60:58+ 61:11+	01:52+ 01:49+ 01:35+ 03:15+ 04:50+ 02:30+ 03:33+ 08:22+ 02:18+ 00:41- 06:08+ 06:02+ 01:17- 02:15+ 04:37+ 03:11+ 03:46+ 02:57+ 00:13+	00:15# 00:09+ 00:21& 00:32# 01:24& 00:50& 01:26& 03:19& 00:35& 00:01- 02:01& 01:34& 00:14- 00:25# 02:03& 00:30# 01:46& 01:22& 00:01+																
10 Gert Rebsdorf	Mariager Fjord OK	1:03:17																
01:56+ 03:43+ 05:20+ 08:41+ 13:15+ 15:47+ 18:58+ 25:58+ 28:38+ 29:29+ 40:11+ 45:56+ 48:13+ 50:46+ 54:29+ 57:33+ 60:30+ 63:00+ 63:17+	01:56+ 01:47+ 01:37+ 03:21+ 04:34+ 02:32+ 03:11+ 07:00+ 02:40+ 00:51+ 10:42+ 05:45+ 02:17+ 02:33+ 03:43+ 03:04+ 02:57+ 02:30+ 00:17+	00:19# 00:07+ 00:23& 00:38# 01:08& 00:52& 01:04& 01:57& 00:57& 00:09# 06:35@ 01:17& 00:46& 00:43& 01:09& 00:23# 00:57& 00:55& 00:05&																
11 Finn Ingwersen	Horsens OK	1:08:26																
01:12- 05:02+ 08:48+ 10:56+ 14:38+ 21:23+ 23:44+ 24:23+ 28:50+ 34:53+ 36:04+ 45:22+ 59:14+ 62:46+ 65:52+ 68:11+ 68:26+	01:12- 03:50+ 03:46+ 02:08- 03:42+ 06:45+ 02:21+ 00:39- 04:27+ 06:03+ 01:11- 09:18+ 13:52+ 03:32+ 03:06+ 02:19- 00:15-	00:25- 02:10@ 02:32@ 00:35- 00:16+ 05:05@ 00:14# 04:24- 02:44@ 05:21@ 02:56- 04:50@ 12:21@ 01:42& 00:32# 00:22- 01:45-																
12 Keld Østergaard	Mariager Fjord OK	1:08:34																
02:02+ 03:59+ 05:50+ 11:35+ 15:49+ 20:27+ 24:40+ 32:57+ 35:08+ 35:47+ 40:37+ 47:35+ 49:21+ 55:51+ 59:37+ 63:12+ 66:12+ 68:20+ 68:34+	02:02+ 01:57+ 01:51+ 05:45+ 04:14+ 04:38+ 04:13+ 08:17+ 02:11+ 00:39- 04:50+ 06:58+ 01:46+ 06:30+ 03:46+ 03:35+ 03:00+ 02:08+ 00:14+	00:25& 00:17# 00:37& 03:02@ 00:48# 02:58@ 02:06& 03:14& 00:28& 00:03- 00:43# 02:30& 00:15# 04:40@ 01:12& 00:54& 01:00& 00:33& 00:02#																
13 Kai Ø. Laursen	Aalborg OK	1:14:08																
02:21+ 04:40+ 07:47+ 11:23+ 17:43+ 22:25+ 25:36+ 33:30+ 36:05+ 37:38+ 46:48+ 54:53+ 56:11+ 58:59+ 63:08+ 67:31+ 70:57+ 73:48+ 74:08+	02:21+ 02:19+ 03:07+ 03:36+ 06:20+ 04:42+ 03:11+ 07:54+ 02:35+ 01:33+ 09:10+ 08:05+ 01:18- 02:48+ 04:09+ 04:23+ 03:26+ 02:51+ 00:20+	00:44& 00:39& 01:53@ 00:53& 02:54& 03:02@ 01:04& 02:51& 00:52& 00:51@ 05:03@ 03:37& 00:13- 00:58& 01:35& 01:42& 01:26& 01:16& 00:08&																
14 Helmut Hilden	Rold Skov OK	1:23:40																
03:55+ 05:59+ 10:06+ 13:19+ 23:53+ 27:18+ 30:56+ 39:29+ 41:52+ 44:57+ 49:26+ 57:48+ 60:02+ 64:30+ 74:01+ 78:13+ 81:06+ 83:28+ 83:40+	03:55+ 02:04+ 04:07+ 03:13+ 10:34+ 03:25+ 03:38+ 08:33+ 02:23+ 03:05+ 04:29+ 08:22+ 02:14+ 04:28+ 09:31+ 04:12+ 02:53+ 02:22+ 00:12=	02:18@ 00:24# 02:53@ 00:30# 07:08@ 01:45@ 01:31& 03:30& 00:40& 02:23@ 00:22+ 03:54& 00:43& 02:38@ 06:57@ 01:31& 00:53& 00:47& 00:00=																
Beste stræktid for klassen																		
01:12	01:28	01:14	02:08	03:26	01:40	01:57	00:39	01:38	00:29	01:11	04:28	00:58	01:43	02:32	02:17	00:15	01:30	00:09

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

H65-

1 Max Hansen	OK Djurs	44:45
01:55= 08:09= 10:59= 15:16= 17:44= 18:27= 23:36= 25:05= 28:28= 31:48= 34:38= 36:47= 39:07= 42:18= 44:32= 44:45=	01:55= 06:14= 02:50= 04:17= 02:28= 00:43= 05:09= 01:29= 03:23= 03:20= 02:50= 02:09= 02:20= 03:11= 02:14= 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=
2 Poul Bobach	Aalborg OK	46:54
01:33- 06:42- 10:07- 13:47- 15:54- 16:56- 20:22- 22:21- 29:43+ 33:20+ 36:13+ 39:56+ 42:34+ 44:45+ 46:42+ 46:54+	01:33- 05:09- 03:25+ 03:40- 02:07- 01:02+ 03:26- 01:59+ 07:22+ 03:37+ 02:53+ 03:43+ 02:38+ 02:11- 01:57- 00:12-	00:22- 01:05- 00:35# 00:37- 00:21- 00:19& 01:43- 00:30& 03:59@ 00:17+ 00:03+ 01:34& 00:18# 01:00- 00:17- 00:01-
3 Helge Poulsen	Mariager Fjord OK	48:05
01:36- 06:39- 09:46- 15:14- 17:22- 18:51+ 22:19- 24:09- 27:46- 31:52+ 35:32+ 40:16+ 43:16+ 45:56+ 47:52+ 48:05+	01:36- 05:03- 03:07+ 05:28+ 02:08- 01:29+ 03:28- 01:50+ 03:37+ 04:06+ 03:40+ 04:44+ 03:00+ 02:40- 01:56- 00:13=	00:19- 01:11- 00:17# 01:11& 00:20- 00:46@ 01:41- 00:21# 00:14+ 00:46# 00:50& 02:35@ 00:40& 00:31- 00:18- 00:00=
4 Gert Odgaard	OK Vendelboerne	1:06:56
02:54+ 08:23+ 13:40+ 22:45+ 26:57+ 28:39+ 33:04+ 36:01+ 41:47+ 47:59+ 53:35+ 57:29+ 61:00+ 64:06+ 66:42+ 66:56+	02:54+ 05:29- 05:17+ 09:05+ 04:12+ 01:42+ 04:25- 02:57+ 05:46+ 06:12+ 05:36+ 03:54+ 03:31+ 03:06- 02:36+ 00:14+	00:59& 00:45- 02:27& 04:48@ 01:44& 00:59@ 00:44- 01:28& 02:23& 02:52& 02:46& 01:45& 01:11& 00:05- 00:22# 00:01+
5 Ole F. Thomsen	OK Vendelboerne	1:08:27
02:00+ 08:07- 19:03+ 25:35+ 28:44+ 29:55+ 34:22+ 36:51+ 45:03+ 51:56+ 55:57+ 59:02+ 62:43+ 65:47+ 68:12+ 68:27+	02:00+ 06:07- 10:56+ 06:32+ 03:09+ 01:11+ 04:27- 02:29+ 08:12+ 06:53+ 04:01+ 03:05+ 03:41+ 03:04- 02:25+ 00:15+	00:05+ 00:07- 08:06@ 02:15& 00:41& 00:28& 00:42- 01:00& 04:49@ 03:33@ 01:11& 00:56& 01:21& 00:07- 00:11+ 00:02#
6 Henrik Houmøller	Rold Skov OK	1:10:35
01:58+ 07:46- 20:45+ 26:12+ 29:21+ 31:01+ 35:17+ 42:32+ 47:08+ 51:55+ 57:40+ 61:11+ 64:40+ 67:53+ 70:23+ 70:35+	01:58+ 05:48- 12:59+ 05:27+ 03:09+ 01:40+ 04:16- 07:15+ 04:36+ 04:47+ 05:45+ 03:31+ 03:29+ 03:13+ 02:30+ 00:12-	00:03+ 00:26- 10:09@ 01:10& 00:41& 00:57@ 00:53- 05:46@ 01:13& 01:27& 02:55@ 01:22& 01:09& 00:02+ 00:16# 00:01-
7 Finn Hørup Nielsen	OK Vendelboerne	1:22:45
01:31- 23:12+ 26:34+ 30:14+ 32:47+ 33:39+ 38:27+ 40:42+ 44:11+ 48:21+ 67:25+ 73:24+ 76:30+ 79:00+ 82:31+ 82:45+	01:31- 21:41+ 03:22+ 03:40- 02:33+ 00:52+ 04:48- 02:15+ 03:29+ 04:10+ 19:04+ 05:59+ 03:06+ 02:30- 03:31+ 00:14+	00:24- 15:27@ 00:32# 00:37- 00:05+ 00:09# 00:21- 00:46& 00:06+ 00:50# 16:14@ 03:50@ 00:46& 00:41- 01:17& 00:01+

Class	Navn	Klasse														Tid
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8	Erling G. Jensen	Aalborg OK														1:29:42
02:19+	14:14+	19:02+	30:53+	33:50+	35:15+	40:46+	43:42+	56:20+	60:54+	67:34+	73:37+	79:04+	82:53+	89:23+	89:42+	
02:19+	11:55&	04:48+	11:51+	02:57+	01:25+	05:31+	02:56+	12:38+	04:34+	06:40+	06:03+	05:27+	03:49+	06:30+	00:19+	
00:24#	05:41&	01:58&	07:34@	00:29#	00:42&	00:22+	01:27&	09:15@	01:14&	03:50@	03:54@	03:07@	00:38#	04:16@	00:06&	

9	Terkel Arnfred	Aalborg OK														1:42:32
07:04+	13:30+	17:42+	22:27+	25:42+	39:07+	56:51+	59:22+	64:54+	79:27+	85:10+	90:18+	94:44+	98:46+	102:15+	102:32+	
07:04+	06:26+	04:12+	04:45+	03:15+	13:25+	17:44+	02:31+	05:32+	14:33+	05:43+	05:08+	04:26+	04:02+	03:29+	00:17+	
05:09@	00:12+	01:22&	00:28#	00:47&	12:42@	12:35@	01:02&	02:09&	11:13@	02:53@	02:59@	02:06&	00:51&	01:15&	00:04&	

Beste stræktid for klassen
 01:31 05:03 02:50 03:40 02:07 00:43 03:26 01:29 03:23 03:20 02:50 02:09 02:20 02:11 01:56 00:12

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

H75-

1	Ole Jensen	Rold Skov OK														1:09:33
01:32=	04:25=	06:50=	11:29=	17:53=	23:32=	40:01=	47:10=	51:04=	52:34=	57:06=	62:40=	65:57=	69:06=	69:33=		
01:32=	02:53=	02:25=	04:39=	06:24=	05:39=	16:29=	07:09=	03:54=	01:30=	04:32=	05:34=	03:17=	03:09=	00:27=		
00:00=	00:00=	00:00=	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	Vagn Lidegaard	Mariager Fjord OK														1:24:06
02:18+	05:31+	07:42+	13:22+	21:23+	28:00+	49:52+	55:27+	60:52+	62:30+	66:25+	72:24+	79:42+	83:46+	84:06+		
02:18+	03:13+	02:11-	05:40+	08:01+	06:37+	21:52+	05:35-	05:25+	01:38+	03:55-	05:59+	07:18+	04:04+	00:20-		
00:46&	00:20#	00:14-	01:01#	01:37&	00:58#	05:23&	01:34-	01:31&	00:08+	00:37-	00:25+	04:01@	00:55&	00:07-		

Beste stræktid for klassen
 01:32 02:53 02:11 04:39 06:24 05:39 16:29 05:35 03:54 01:30 03:55 05:34 03:17 03:09 00:20

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