

# Divisionsmatch

# Stræktider

-10/04/2016

Plads	Navn	Klasse	Tid
<b>1</b>	<b>Asger Østergaard Kristensen</b>	<b>4</b>	<b>20:07</b>
00:14=	01:45=	03:41=	05:26=
00:14=	01:31=	01:56=	01:45=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Sabrina B. Tjørnelund</b>	<b>4</b>	<b>21:58</b>
00:27+	02:34+	04:53+	06:30+
00:27+	02:07+	02:19+	01:37-
00:13&	00:36&	00:23#	00:08-
<b>3</b>	<b>Liv Bloch Holm</b>	<b>4</b>	<b>22:37</b>
00:15+	01:54+	04:24+	06:14+
00:15+	01:39+	02:30+	01:50+
00:01+	00:08+	00:34&	00:05+
<b>4</b>	<b>Klara Zaar Nielsen</b>	<b>4</b>	<b>22:44</b>
00:19+	01:58+	04:21+	06:21+
00:19+	01:39+	02:23+	02:00+
00:05&	00:08+	00:27#	00:15#
<b>5</b>	<b>Henrik Runholt</b>	<b>4</b>	<b>23:45</b>
00:22+	02:22+	04:59+	07:09+
00:22+	02:00+	02:37+	02:10+
00:08&	00:29&	00:41&	00:25#
<b>6</b>	<b>Theis Olsen</b>	<b>4</b>	<b>24:24</b>
00:14=	01:51+	04:28+	06:24+
00:14=	01:37+	02:37+	01:56+
00:00=	00:06+	00:41&	00:11#
<b>7</b>	<b>Vilma Bejer Kristiansen</b>	<b>10</b>	<b>26:59</b>
00:25+	02:09+	04:50+	07:09+
00:25+	01:44+	02:41+	02:19+
00:11&	00:13#	00:45&	00:34&
<b>8</b>	<b>Bente Kjærsgaard Christensen</b>	<b>6</b>	<b>27:10</b>
00:16+	02:14+	04:53+	07:00+
00:16+	01:58+	02:39+	02:07+
00:02#	00:27&	00:43&	00:22#
<b>9</b>	<b>Christina Hald Holdensen</b>	<b>6</b>	<b>29:35</b>
00:26+	02:49+	05:29+	07:55+
00:26+	02:23+	02:40+	02:26+
00:12&	00:52&	00:44&	00:41&
<b>10</b>	<b>Marianne Pedersen</b>	<b>1</b>	<b>33:29</b>
00:30+	03:27+	06:58+	09:47+
00:30+	02:57+	03:31+	02:49+
00:16@	01:26&	01:35&	01:04&
<b>11</b>	<b>Jonas Klærke Mikkelsen</b>	<b>14</b>	<b>36:38</b>
00:21+	02:48+	06:39+	09:49+
00:21+	02:27+	03:51+	03:10+
00:07&	00:56&	01:55&	01:25&
<b>12</b>	<b>Jens Jørgen Madsen</b>	<b>6</b>	<b>37:18</b>
00:31+	11:53+	14:17+	16:19+
00:31+	11:22+	02:24+	02:02+
00:17@	09:51@	00:28#	00:17#
<b>13</b>	<b>Anders Haugsted</b>	<b>6</b>	<b>38:20</b>
00:25+	11:49+	14:14+	16:15+
00:25+	11:24+	02:25+	02:01+
00:11&	09:53@	00:29#	00:16#
<b>Beste stræktid for klassen</b>			
00:14	01:31	01:56	01:37

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

### D-10

<b>1</b>	<b>Ella Klærke Mikkelsen</b>	<b>14</b>	<b>20:37</b>													
00:12=	01:40=	03:53=	05:34=	07:16=	08:08=	09:33=	10:36=	11:09=	12:35=	13:52=	14:21=	15:04=	16:04=	17:37=	19:50=	20:37=
00:12=	01:28=	02:13=	01:41=	01:42=	00:52=	01:25=	01:03=	00:33=	01:26=	01:17=	00:29=	00:43=	01:00=	01:33=	02:13=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Astrid Faber Fønger-Grøn</b>	<b>8</b>	<b>22:41</b>													
00:17+	02:19+	05:05+	07:10+	09:12+	10:07+	11:09+	12:16+	12:50+	14:39+	16:07+	16:49+	17:45+	18:50+	20:05+	21:42+	22:41+
00:17+	02:02+	02:46+	02:05+	02:02+	00:55+	01:02-	01:07+	00:34+	01:49+	01:28+	00:42+	00:56+	01:05+	01:15-	01:37-	00:59+
00:05&	00:34&	00:33#	00:24#	00:20#	00:03+	00:23-	00:04+	00:01+	00:23&	00:11#	00:13&	00:13&	00:05+	00:18-	00:36-	00:12&
<b>3</b>	<b>Josephine Friis Gade</b>	<b>10</b>	<b>22:42</b>													
00:13+	01:56+	04:23+	06:15+	08:11+	09:13+	10:24+	11:37+	12:08+	13:56+	15:24+	16:10+	17:15+	18:25+	19:57+	21:48+	22:42+
00:13+	01:43+	02:27+	01:52+	01:56+	01:02+	01:11-	01:13+	00:31-	01:48+	01:28+	00:46+	01:05+	01:10+	01:32-	01:51-	00:54+
00:01+	00:15#	00:14#	00:11#	00:14#	00:10#	00:14-	00:10#	00:02-	00:22&	00:11#	00:17&	00:22&	00:10#	00:01-	00:22-	00:07#
<b>4</b>	<b>Freya Friis Gade</b>	<b>10</b>	<b>26:27</b>													
00:22+	02:17+	04:51+	07:15+	09:19+	10:40+	12:16+	13:33+	14:08+	16:05+	17:45+	18:54+	20:05+	21:34+	23:10+	25:24+	26:27+
00:22+	01:55+	02:34+	02:24+	02:04+	01:21+	01:36+	01:17+	00:35+	01:57+	01:40+	01:09+	01:11+	01:29+	01:36+	02:14+	01:03+
00:10&	00:27&	00:21#	00:43&	00:22#	00:29&	00:11#	00:14#	00:02+	00:31&	00:23&	00:40@	00:28&	00:29&	00:03+	00:01+	00:16&
<b>5</b>	<b>Sofie Flyvbjerg</b>	<b>16</b>	<b>27:27</b>													
00:14+	01:47+	04:13+	06:10+	08:53+	10:14+	11:44+	13:38+	14:04+	16:30+	18:19+	19:22+	20:31+	22:34+	24:34+	26:31+	27:27+
00:14+	01:33+	02:26+	01:57+	02:43+	01:21+	01:30+	01:54+	00:26-	02:26+	01:49+	01:03+	01:09+	02:03+	02:00+	01:57-	00:56+
00:02#	00:05+	00:13+	00:16#	01:01&	00:29&	00:05+	00:51&	00:07-	01:00&	00:32&	00:34@	00:26&	01:03@	00:27&	00:16-	00:09#

#### Beste stræktid for klassen

00:12 01:28 02:13 01:41 01:42 00:52 01:02 01:03 00:26 01:26 01:17 00:29 00:43 01:00 01:15 01:37 00:47

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

### D-12

<b>1</b>	<b>Johanne Skouboe</b>	<b>14</b>	<b>21:49</b>													
00:10=	01:34=	02:42=	03:36=	04:18=	06:00=	07:20=	08:01=	10:12=	10:52=	12:47=	15:29=	16:57=	18:31=	19:34=	21:06=	21:49=
00:10=	01:24=	01:08=	00:54=	00:42=	01:42=	01:20=	00:41=	02:11=	00:40=	01:55=	02:42=	01:28=	01:34=	01:03=	01:32=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Gertrud Riis Madsen</b>	<b>16</b>	<b>22:31</b>													
00:11+	01:39+	02:48+	03:46+	04:32+	06:17+	07:47+	08:22+	09:10-	09:59-	12:12-	14:38-	16:14-	19:01+	20:07+	21:38+	22:31+
00:11+	01:28+	01:09+	00:58+	00:46+	01:45+	01:30+	00:35-	00:48-	00:49+	02:13+	02:26-	01:36+	02:47+	01:06+	01:31-	00:53+
00:01#	00:04+	00:01+	00:04+	00:04+	00:03+	00:10#	00:06-	01:23-	00:09#	00:18#	00:16-	00:08+	01:13&	00:03+	00:01-	00:10#
<b>3</b>	<b>Camilla Flyvbjerg</b>	<b>16</b>	<b>23:08</b>													
00:12+	01:42+	02:50+	03:52+	04:40+	06:30+	08:02+	08:37+	09:28-	10:30-	12:34-	15:07-	17:13+	19:34+	20:42+	22:16+	23:08+
00:12+	01:30+	01:08=	01:02+	00:48+	01:50+	01:32+	00:35-	00:51-	01:02+	02:04+	02:33-	02:06+	02:21+	01:08+	01:34+	00:52+
00:02#	00:06+	00:00=	00:08#	00:06#	00:08#	00:12#	00:06-	01:20-	00:22&	00:09+	00:09-	00:38&	00:47&	00:05+	00:02+	00:09#
<b>4</b>	<b>Matilde Andersen-Otte</b>	<b>16</b>	<b>29:01</b>													
00:15+	02:14+	03:52+	05:26+	06:36+	09:25+	11:41+	12:31+	13:42+	14:47+	17:17+	20:14+	22:17+	24:28+	26:03+	28:01+	29:01+
00:15+	01:59+	01:38+	01:34+	01:10+	02:49+	02:16+	00:50+	01:11-	01:05+	02:30+	02:57+	02:03+	02:11+	01:35+	01:58+	01:00+
00:05&	00:35&	00:30&	00:40&	00:28&	01:07&	00:56&	00:09#	01:00-	00:25&	00:35&	00:15+	00:35&	00:37&	00:32&	00:26&	00:17&
<b>5</b>	<b>Sara Clausen</b>	<b>6</b>	<b>30:14</b>													
00:15+	02:14+	03:46+	04:49+	05:41+	07:32+	09:06+	09:48+	10:53+	12:01+	14:33+	18:15+	23:58+	26:16+	27:35+	29:26+	30:14+
00:15+	01:59+	01:32+	01:03+	00:52+	01:51+	01:34+	00:42+	01:05-	01:08+	02:32+	03:42+	05:43+	02:18+	01:19+	01:51+	00:48+
00:05&	00:35&	00:24&	00:09#	00:10#	00:09+	00:14#	00:01+	01:06-	00:28&	00:37&	01:00&	04:15@	00:44&	00:16&	00:19#	00:05#
<b>6</b>	<b>Anna Bo Kølbæk</b>	<b>2</b>	<b>31:17</b>													
00:11+	01:50+	03:28+	04:46+	06:05+	08:51+	10:48+	11:40+	12:41+	13:50+	18:18+	21:07+	23:32+	26:03+	28:10+	30:31+	31:17+
00:11+	01:39+	01:38+	01:18+	01:19+	02:46+	01:57+	00:52+	01:01-	01:09+	04:28+	02:49+	02:25+	02:31+	02:07+	02:21+	00:46+
00:01#	00:15#	00:30&	00:24&	00:37&	01:04&	00:37&	00:11&	01:10-	00:29&	02:33@	00:07+	00:57&	00:57&	01:04@	00:49&	00:03+
<b>7</b>	<b>Anna Harbo Flyvbjerg</b>	<b>16</b>	<b>31:26</b>													
00:17+	02:14+	03:44+	05:04+	06:01+	08:21+	10:53+	11:58+	13:17+	14:29+	17:18+	21:16+	24:13+	26:34+	28:20+	30:26+	31:26+
00:17+	01:57+	01:30+	01:20+	00:57+	02:20+	02:32+	01:05+	01:19-	01:12+	02:49+	03:58+	02:57+	02:21+	01:46+	02:06+	01:00+
00:07&	00:33&	00:22&	00:26&	00:15&	00:38&	01:12&	00:24&	00:52-	00:32&	00:54&	01:16&	01:29@	00:47&	00:43&	00:34&	00:17&

Pluss	Navn	Klasse	Tid
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**Beste stræktid for klassen**

00:10 01:24 01:08 00:54 00:42 01:42 01:20 00:35 00:48 00:40 01:55 02:26 01:28 01:34 01:03 01:31 00:43

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

**D-14**

**1 Laura Holm Nielsen 14 31:37**  
 02:47= 04:55= 07:35= 10:00= 12:24= 14:39= 15:29= 17:47= 18:49= 21:09= 24:15= 26:36= 28:34= 30:54= 31:37=  
 02:47= 02:08= 02:40= 02:25= 02:24= 02:15= 00:50= 02:18= 01:02= 02:20= 03:06= 02:21= 01:58= 02:20= 00:43=  
 00:00= 00:00= 00:00= 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 Signe Veggerby Jensen 16 37:32**  
 02:41- 04:44- 07:54+ 10:22+ 13:22+ 15:56+ 17:16+ 20:26+ 22:04+ 24:24+ 28:41+ 31:13+ 33:14+ 36:39+ 37:32+  
 02:41- 02:03- 03:10+ 02:28+ 03:00+ 02:34+ 01:20+ 03:10+ 01:38+ 02:20= 04:17+ 02:32+ 02:01+ 03:25+ 00:53+  
 00:06- 00:05- 00:30# 00:03+ 00:36# 00:19# 00:30& 00:52& 00:36& 00:00= 01:11& 00:11+ 00:03+ 01:05& 00:10#

**3 Astrid Gylling Hougaard 2 39:05**  
 03:13+ 05:54+ 09:38+ 12:28+ 15:55+ 18:59+ 19:54+ 22:56+ 24:09+ 27:16+ 30:52+ 33:09+ 35:18+ 38:27+ 39:05+  
 03:13+ 02:41+ 03:44+ 02:50+ 03:27+ 03:04+ 00:55+ 03:02+ 01:13+ 03:07+ 03:36+ 02:17- 02:09+ 03:09+ 00:38-  
 00:26# 00:33& 01:04& 00:25# 01:03& 00:49& 00:05# 00:44& 00:11# 00:47& 00:30# 00:04- 00:11+ 00:49& 00:05-

**4 Laura Dalsgaard Christensen 16 43:27**  
 03:02+ 05:35+ 08:47+ 11:26+ 14:21+ 16:49+ 19:39+ 22:15+ 25:03+ 29:10+ 32:46+ 35:14+ 37:21+ 42:32+ 43:27+  
 03:02+ 02:33+ 03:12+ 02:39+ 02:55+ 02:28+ 02:50+ 02:36+ 02:48+ 04:07+ 03:36+ 02:28+ 02:07+ 05:11+ 00:55+  
 00:15+ 00:25# 00:32# 00:14+ 00:31# 00:13+ 02:00@ 00:18# 01:46@ 01:47& 00:30# 00:07+ 00:09+ 02:51@ 00:12&

**Beste stræktid for klassen**

02:41 02:03 02:40 02:25 02:24 02:15 00:50 02:18 01:02 02:20 03:06 02:17 01:58 02:20 00:38

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

**D-16**

**1 Ida Riis Madsen 16 42:27**  
 03:26= 04:47= 05:59= 08:20= 10:03= 13:18= 17:20= 19:09= 23:41= 26:37= 33:38= 35:36= 36:49= 39:12= 41:39= 42:27=  
 03:26= 01:21= 01:12= 02:21= 01:43= 03:15= 04:02= 01:49= 04:32= 02:56= 07:01= 01:58= 01:13= 02:23= 02:27= 00:48=  
 00:00= 00:00= 00:00= 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**

03:26 01:21 01:12 02:21 01:43 03:15 04:02 01:49 04:32 02:56 07:01 01:58 01:13 02:23 02:27 00:48

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

**D-16B**

**1 Karoline Beuchert Thomsen 14 41:51**  
 03:33= 05:53= 09:40= 12:50= 16:18= 19:25= 21:02= 23:48= 25:19= 28:26= 31:54= 34:38= 37:08= 41:10= 41:51=  
 03:33= 02:20= 03:47= 03:10= 03:28= 03:07= 01:37= 02:46= 01:31= 03:07= 03:28= 02:44= 02:30= 04:02= 00:41=  
 00:00= 00:00= 00:00= 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 Lea Ellegård Kokholm 14 46:54**  
 03:13- 06:07+ 09:26- 11:48- 15:58- 18:23- 19:52- 22:57- 24:21- 26:50- 30:25- 33:06- 35:16- 46:08+ 46:54+  
 03:13- 02:54+ 03:19- 02:22- 04:10+ 02:25- 01:29- 03:05+ 01:24- 02:29- 03:35+ 02:41- 02:10- 10:52+ 00:46+  
 00:20- 00:34# 00:28- 00:48- 00:42# 00:08- 00:19# 00:07- 00:38- 00:07+ 00:03- 00:20- 06:50@ 00:05#

**Beste stræktid for klassen**

03:13 02:20 03:19 02:22 03:28 02:25 01:29 02:46 01:24 02:29 03:28 02:41 02:10 04:02 00:41

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

**D-20**

Class	Navn	Klasse	Tid																
<b>1</b>	<b>Anne Beukel Bak</b>	<b>1</b>	<b>1:04:58</b>																
03:07=	04:34=	09:28=	14:48=	20:04=	26:49=	29:31=	32:47=	36:13=	39:12=	41:13=	43:26=	46:13=	47:31=	49:46=	58:15=	59:27=	61:32=	64:13=	64:58=
03:07=	01:27=	04:54=	05:20=	05:16=	06:45=	02:42=	03:16=	03:26=	02:59=	02:01=	02:13=	02:47=	01:18=	02:15=	08:29=	01:12=	02:05=	02:41=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anne Benedikte Vindum Larsen</b>	<b>1</b>	<b>1:06:14</b>																
03:12+	04:11-	09:20-	13:51-	18:09-	24:11-	26:49-	30:06-	34:22-	39:08-	41:30+	43:42+	46:35+	48:19+	50:33+	59:22+	60:47+	63:11+	65:21+	66:14+
03:12+	00:59-	05:09+	04:31-	04:18-	06:02-	02:38-	03:17+	04:16+	04:46+	02:22+	02:12-	02:53+	01:44+	02:14-	08:49+	01:25+	02:24+	02:10-	00:53+
00:05+	00:28-	00:15+	00:49-	00:58-	00:43-	00:04-	00:01+	00:50#	01:47&	00:21#	00:01-	00:06+	00:26&	00:01-	00:20+	00:13#	00:19#	00:31-	00:08#
<b>3</b>	<b>Pernille Bøch Gylling</b>	<b>2</b>	<b>1:08:26</b>																
03:14+	04:16-	10:51+	16:08+	20:53+	27:56+	30:46+	33:57+	38:16+	41:21+	43:20+	45:45+	48:50+	50:29+	52:35+	62:02+	63:18+	65:20+	67:34+	68:26+
03:14+	01:02-	06:35+	05:17-	04:45-	07:03+	02:50+	03:11-	04:19+	03:05+	01:59-	02:25+	03:05+	01:39+	02:06-	09:27+	01:16+	02:02-	02:14-	00:52+
00:07+	00:25-	01:41&	00:03-	00:31-	00:18+	00:08+	00:05-	00:53&	00:06+	00:02-	00:12+	00:18#	00:21&	00:09-	00:58#	00:04+	00:03-	00:27-	00:07#
<b>Beste stræktid for klassen</b>																			
03:07	00:59	04:54	04:31	04:18	06:02	02:38	03:11	03:26	02:59	01:59	02:12	02:47	01:18	02:06	08:29	01:12	02:02	02:10	00:45

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

## D-20B

<b>1</b>	<b>Laura Lyngby</b>	<b>1</b>	<b>34:26</b>											
03:10=	05:02=	08:01=	10:25=	13:14=	15:40=	16:37=	19:06=	20:30=	22:47=	25:42=	27:51=	29:57=	33:44=	34:26=
03:10=	01:52=	02:59=	02:24=	02:49=	02:26=	00:57=	02:29=	01:24=	02:17=	02:55=	02:09=	02:06=	03:47=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kirstine Lyngby</b>	<b>1</b>	<b>40:41</b>											
03:14+	05:21+	08:43+	11:29+	14:51+	17:44+	19:19+	22:22+	24:12+	26:50+	31:09+	33:53+	36:37+	39:55+	40:41+
03:14+	02:07+	03:22+	02:46+	03:22+	02:53+	01:35+	03:03+	01:50+	02:38+	04:19+	02:44+	02:44+	03:18-	00:46+
00:04+	00:15#	00:23#	00:22#	00:33#	00:27#	00:38&	00:34#	00:26&	00:21#	01:24&	00:35&	00:38&	00:29-	00:04+
<b>Beste stræktid for klassen</b>														
03:10	01:52	02:59	02:24	02:49	02:26	00:57	02:29	01:24	02:17	02:55	02:09	02:06	03:18	00:42

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

## D-20C

<b>1</b>	<b>Lone Mølle</b>	<b>4</b>	<b>30:41</b>													
00:16=	02:18=	04:07=	05:35=	06:42=	09:07=	11:11=	12:04=	13:20=	14:29=	17:30=	20:55=	23:16=	25:39=	27:17=	29:25=	30:41=
00:16=	02:02=	01:49=	01:28=	01:07=	02:25=	02:04=	00:53=	01:16=	01:09=	03:01=	03:25=	02:21=	02:23=	01:38=	02:08=	01:16=
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=
<b>Beste stræktid for klassen</b>																
00:16	02:02	01:49	01:28	01:07	02:25	02:04	00:53	01:16	01:09	03:01	03:25	02:21	02:23	01:38	02:08	01:16

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

## D21-

<b>1</b>	<b>Signe Just Olsen</b>	<b>6</b>	<b>56:59</b>																
02:51=	03:49=	07:53=	11:58=	17:30=	23:12=	25:58=	28:33=	31:43=	34:03=	35:57=	37:38=	39:58=	41:22=	43:24=	50:43=	51:49=	53:43=	56:15=	56:59=
02:51=	00:58=	04:04=	04:05=	05:32=	05:42=	02:46=	02:35=	03:10=	02:20=	01:54=	01:41=	02:20=	01:24=	02:02=	07:19=	01:06=	01:54=	02:32=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Helle Bobach</b>	<b>1</b>	<b>1:01:24</b>																
02:49-	03:49=	08:17+	12:55+	17:51+	24:24+	26:52+	29:45+	33:07+	36:02+	38:17+	40:31+	43:14+	45:05+	47:21+	55:28+	56:32+	58:29+	60:33+	61:24+
02:49-	01:00+	04:28+	04:38+	04:56-	06:33+	02:28-	02:53+	03:22+	02:55+	02:15+	02:14+	02:43+	01:51+	02:16+	08:07+	01:04-	01:57+	02:04-	00:51+
00:02-	00:02+	00:24+	00:33#	00:36-	00:51#	00:18-	00:18#	00:12+	00:35#	00:21#	00:33&	00:23#	00:27&	00:14#	00:48#	00:02-	00:03+	00:28-	00:07#
<b>3</b>	<b>Marie-Louise Møller</b>	<b>1</b>	<b>1:04:26</b>																
02:43-	03:58+	10:30+	15:05+	20:27+	27:17+	30:05+	32:33+	36:29+	39:22+	41:28+	43:34+	46:15+	47:53+	50:04+	58:31+	59:41+	61:29+	63:37+	64:26+
02:43-	01:15+	06:32+	04:35+	05:22-	06:50+	02:48+	02:28-	03:56+	02:53+	02:06+	02:06+	02:41+	01:38+	02:11+	08:27+	01:10+	01:48-	02:08-	00:49+
00:08-	00:17&	02:28&	00:30#	00:10-	01:08#	00:02+	00:07-	00:46#	00:33#	00:12#	00:25#	00:21#	00:14#	00:09+	01:08#	00:04+	00:06-	00:24-	00:05#

Class	Navn	Klasse															Tid			
<b>4</b>	<b>Kristine Baagø</b>	<b>10</b>															<b>1:05:24</b>			
03:15+	04:28+	09:31+	15:22+	20:25+	26:39+	29:14+	32:49+	36:13+	39:09+	41:28+	44:36+	47:22+	48:44+	51:08+	59:25+	60:33+	62:13+	64:37+	65:24+	
03:15+	01:13+	05:03+	05:51+	05:03-	06:14+	02:35-	03:35+	03:24+	02:56+	02:19+	03:08+	02:46+	01:22-	02:24+	08:17+	01:08+	01:40-	02:24-	00:47+	
00:24#	00:15&	00:59#	01:46&	00:29-	00:32+	00:11-	01:00&	00:14+	00:36&	00:25#	01:27&	00:26#	00:02-	00:22#	00:58#	00:02+	00:14-	00:08-	00:03+	
<b>5</b>	<b>Anne Blom</b>	<b>4</b>															<b>1:09:51</b>			
03:10+	04:42+	09:37+	15:03+	21:27+	28:37+	31:36+	34:53+	38:35+	41:24+	44:06+	47:05+	50:10+	51:39+	53:48+	62:49+	64:18+	66:19+	68:57+	69:51+	
03:10+	01:32+	04:55+	05:26+	06:24+	07:10+	02:59+	03:17+	03:42+	02:49+	02:42+	02:59+	03:05+	01:29+	02:09+	09:01+	01:29+	02:01+	02:38+	00:54+	
00:19#	00:34&	00:51#	01:21&	00:52#	01:28&	00:13+	00:42&	00:32#	00:29#	00:48&	01:18&	00:45&	00:05+	00:07+	01:42#	00:23&	00:07+	00:06+	00:10#	
<b>6</b>	<b>Camilla Bertel Andersen</b>	<b>3</b>															<b>1:10:19</b>			
03:13+	04:38+	09:45+	14:34+	19:46+	26:08+	28:35+	32:46+	36:34+	39:26+	43:44+	45:56+	48:51+	50:07+	52:21+	61:18+	62:39+	67:27+	69:27+	70:19+	
03:13+	01:25+	05:07+	04:49+	05:12-	06:22+	02:27-	04:11+	03:48+	02:52+	04:18+	02:12+	02:55+	01:16-	02:14+	08:57+	01:21+	04:48+	02:00-	00:52+	
00:22#	00:27&	01:03&	00:44#	00:20-	00:40#	00:19-	01:36&	00:38#	00:32#	02:24@	00:31&	00:35#	00:08-	00:12+	01:38#	00:15#	02:54@	00:32-	00:08#	
<b>7</b>	<b>Lise J. Pedersen</b>	<b>8</b>															<b>1:18:06</b>			
03:38+	05:00+	11:33+	22:30+	27:06+	33:24+	37:02+	39:58+	43:14+	47:13+	49:00+	51:18+	53:40+	55:16+	61:09+	68:16+	69:32+	71:24+	77:20+	78:06+	
03:38+	01:22+	06:33+	10:57+	04:36-	06:18+	03:38+	02:56+	03:16+	03:59+	01:47-	02:18+	02:22+	01:36+	05:53+	07:07-	01:16+	01:52-	05:56+	00:46+	
00:47&	00:24&	02:29&	06:52@	00:56-	00:36#	00:52&	00:21#	00:06+	01:39&	00:07-	00:37&	00:02+	00:12#	03:51@	00:12-	00:10#	00:02-	03:24@	00:02+	
<b>8</b>	<b>Line B. Nielsen</b>	<b>4</b>															<b>1:23:02</b>			
04:00+	05:30+	10:37+	16:34+	23:34+	31:01+	34:29+	38:32+	42:38+	47:02+	49:49+	51:53+	56:11+	59:12+	62:12+	72:29+	74:12+	78:57+	82:09+	83:02+	
04:00+	01:30+	05:07+	05:57+	07:00+	07:27+	03:28+	04:03+	04:06+	04:24+	02:47+	02:04+	04:18+	03:01+	03:00+	10:17+	01:43+	04:45+	03:12+	00:53+	
01:09&	00:32&	01:03&	01:52&	01:28&	01:45&	00:42&	01:28&	00:56&	02:04&	00:53&	00:23#	01:58&	00:58&	00:35&	01:49#	00:29&	02:58&	00:37&	02:51@	
<b>9</b>	<b>Tine Juul Gade</b>	<b>10</b>															<b>1:26:08</b>			
03:50+	05:14+	11:53+	18:47+	25:53+	34:18+	38:12+	42:51+	48:14+	54:19+	57:10+	59:44+	63:02+	64:54+	67:31+	76:39+	78:14+	82:33+	85:23+	86:08+	
03:50+	01:24+	06:39+	06:54+	07:06+	08:25+	03:54+	04:39+	05:23+	06:05+	02:51+	02:34+	03:18+	01:52+	02:37+	09:08+	01:35+	04:19+	02:50+	00:45+	
00:59&	00:26&	02:35&	02:49&	01:34&	02:43&	01:08&	02:04&	02:13&	03:45@	00:57&	00:53&	00:58&	00:28&	00:35&	01:49#	00:29&	02:25@	00:18#	00:01+	
<b>Beste stræktid for klassen</b>																				
02:43	00:58	04:04	04:05	04:36	05:42	02:27	02:28	03:10	02:20	01:47	01:41	02:20	01:16	02:02	07:07	01:04	01:40	02:00	00:44	

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

## D21-B

<b>1</b>	<b>Betina Gram Johansen</b>	<b>4</b>															<b>35:20</b>		
02:45=	04:44=	07:51=	10:33=	13:40=	15:57=	17:24=	19:55=	21:05=	23:08=	26:18=	28:24=	30:28=	34:36=	35:20=					
02:45=	01:59=	03:07=	02:42=	03:07=	02:17=	01:27=	02:31=	01:10=	02:03=	03:10=	02:06=	02:04=	04:08=	00:44=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Marie Dybdal</b>	<b>2</b>															<b>36:09</b>		
03:08+	05:00+	08:17+	10:46+	14:05+	16:43+	18:43+	21:24+	22:34+	24:55+	28:36+	31:00+	32:55+	35:17+	36:09+					
03:08+	01:52-	03:17+	02:29-	03:19+	02:38+	02:00+	02:41+	01:10=	02:21+	03:41+	02:24+	01:55-	02:22-	00:52+					
00:23#	00:07-	00:10+	00:13-	00:12+	00:21#	00:33&	00:10+	00:00=	00:18#	00:31#	00:18#	00:09-	01:46-	00:08#					
<b>3</b>	<b>Maren Kragh-Thomsen</b>	<b>4</b>															<b>37:27</b>		
03:09+	05:25+	09:09+	11:33+	14:34+	17:10+	18:26+	21:12+	22:20+	25:00+	28:43+	30:53+	32:51+	36:40+	37:27+					
03:09+	02:16+	03:44+	02:24-	03:01-	02:36+	01:16-	02:46+	01:08-	02:40+	03:43+	02:10+	01:58-	03:49-	00:47+					
00:24#	00:17#	00:37#	00:18-	00:06-	00:19#	00:11-	00:15+	00:02-	00:37&	00:33#	00:04+	00:06-	00:19-	00:03+					
<b>4</b>	<b>Thea Lillethorup</b>	<b>7</b>															<b>42:05</b>		
03:02+	05:44+	09:34+	12:19+	15:06+	17:51+	19:12+	21:59+	23:38+	28:07+	31:53+	34:29+	37:04+	41:15+	42:05+					
03:02+	02:42+	03:50+	02:45+	02:47-	02:45+	01:21-	02:47+	01:39+	04:29+	03:46+	02:36+	02:35+	04:11+	00:50+					
00:17#	00:43&	00:43#	00:03+	00:20-	00:28#	00:06-	00:16#	00:29&	02:26@	00:36#	00:30#	00:31#	00:03+	00:06#					

### Beste stræktid for klassen

02:45 01:52 03:07 02:24 02:47 02:17 01:16 02:31 01:08 02:03 03:10 02:06 01:55 02:22 00:44

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

## D21-C

<b>1</b>	<b>Ulla Hvid Steffensen</b>	<b>6</b>															<b>31:13</b>			
00:28=	02:34=	04:22=	05:48=	06:48=	09:12=	11:24=	12:35=	13:39=	14:59=	17:33=	20:41=	22:34=	24:51=	26:26=	29:58=	31:13=				
00:28=	02:06=	01:48=	01:26=	01:00=	02:24=	02:12=	01:11=	01:04=	01:20=	02:34=	03:08=	01:53=	02:17=	01:35=	03:32=	01:15=				
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=				

Class	Navn	Klasse											Tid				
<b>2</b>	<b>Helle Sjørup Nielsen</b>	<b>1</b>											<b>35:54</b>				
00:21-	02:27-	04:26+	05:49+	07:03+	09:43+	12:07+	13:04+	14:43+	16:15+	18:58+	24:33+	27:15+	30:15+	32:07+	34:39+	35:54+	
00:21-	02:06-	01:59+	01:23-	01:14+	02:24+	00:57-	01:39+	01:32+	02:43+	05:35+	02:42+	03:00+	01:52+	02:32-	01:15=		
00:07-	00:00=	00:11#	00:03-	00:14#	00:16#	00:12+	00:14-	00:35&	00:12#	00:09+	02:27&	00:49&	00:43&	00:17#	01:00-	00:00=	
<b>3</b>	<b>Karen Daugaard</b>	<b>3</b>											<b>36:24</b>				
02:20+	04:24+	06:13+	07:37+	08:41+	12:56+	15:10+	16:18+	17:40+	18:57+	21:51+	25:45+	28:18+	30:59+	32:40+	35:05+	36:24+	
02:20+	02:04-	01:49+	01:24-	01:04+	04:15+	02:14+	01:08-	01:22+	01:17-	02:54+	03:54+	02:33+	02:41+	01:41+	02:25-	01:19+	
01:52@	00:02-	00:01+	00:02-	00:04+	01:51&	00:02+	00:03-	00:18&	00:03-	00:20#	00:46#	00:40&	00:24#	00:06+	01:07-	00:04+	
<b>4</b>	<b>Malene Stensgaard Pedersen</b>	<b>1</b>											<b>48:13</b>				
02:26+	05:38+	07:44+	09:59+	11:33+	15:22+	18:37+	20:00+	21:35+	23:50+	27:39+	33:18+	36:50+	40:27+	42:35+	46:05+	48:13+	
02:26+	03:12+	02:06+	02:15+	01:34+	03:49+	03:15+	01:23+	01:35+	02:15+	03:49+	05:39+	03:32+	03:37+	02:08+	03:30-	02:08+	
01:58@	01:06&	00:18#	00:49&	00:34&	01:25&	01:03&	00:12#	00:31&	00:55&	01:15&	02:31&	01:39&	01:20&	00:33&	00:02-	00:53&	
<b>5</b>	<b>Elly Blom</b>	<b>4</b>											<b>48:29</b>				
02:23+	05:13+	07:32+	09:55+	11:37+	14:55+	17:46+	18:59+	20:53+	22:27+	25:50+	32:53+	36:25+	40:03+	42:17+	46:27+	48:29+	
02:23+	02:50+	02:19+	02:23+	01:42+	03:18+	02:51+	01:13+	01:54+	01:34+	03:23+	07:03+	03:32+	03:38+	02:14+	04:10+	02:02+	
01:55@	00:44&	00:31&	00:57&	00:42&	00:54&	00:39&	00:02+	00:50&	00:14#	00:49&	03:55@	01:39&	01:21&	00:39&	00:38#	00:47&	

### Beste stræktid for klassen

00:21 02:04 01:48 01:23 01:00 02:24 02:12 00:57 01:04 01:17 02:34 03:08 01:53 02:17 01:35 02:25 01:15

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

### D35-

<b>1</b>	<b>Birgitte Halle</b>	<b>2</b>											<b>1:06:28</b>						
03:08=	04:38=	13:22=	17:46=	23:07=	29:20=	31:52=	34:25=	37:53=	42:20=	44:28=	46:25=	49:02=	50:50=	53:04=	60:47=	61:55=	63:42=	65:41=	66:28=
03:08=	01:30=	08:44=	04:24=	05:21=	06:13=	02:32=	02:33=	03:28=	04:27=	02:08=	01:57=	02:37=	01:48=	02:14=	07:43=	01:08=	01:47=	01:59=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anna Bobach</b>	<b>1</b>											<b>1:10:02</b>						
03:10+	04:21-	08:59-	14:16-	20:43-	27:36-	30:35-	33:16-	37:30-	41:11-	44:00-	46:08-	50:22+	51:55+	54:10+	63:00+	64:15+	66:15+	69:01+	70:02+
03:10+	01:11-	04:38-	05:17+	06:27+	06:53+	02:59+	02:41+	04:14+	03:41-	02:49+	02:08+	04:14+	01:33-	02:15+	08:50+	01:15+	02:00+	02:46+	01:01+
00:02+	00:19-	04:06-	00:53#	01:06#	00:40#	00:27#	00:08+	00:46#	00:46-	00:41&	00:11+	01:37&	00:15-	00:01+	01:07#	00:07#	00:13#	00:47&	00:14&
<b>3</b>	<b>Line Kobberup</b>	<b>6</b>											<b>1:16:51</b>						
03:39+	05:14+	10:43-	16:18-	22:51-	30:14+	34:08+	37:58+	41:51+	45:19+	48:00+	50:13+	53:30+	55:19+	57:52+	67:16+	69:00+	73:28+	75:48+	76:51+
03:39+	01:35+	05:29-	05:35+	06:33+	07:23+	03:54+	03:50+	03:53+	03:28-	02:41+	02:13+	03:17+	01:49+	02:33+	09:24+	01:44+	04:28+	02:20+	01:03+
00:31#	00:05+	03:15-	01:11&	01:12#	01:10#	01:22&	01:17&	00:25#	00:59-	00:33&	00:16#	00:40&	00:01+	00:19#	01:41#	00:36&	02:41@	00:21#	00:16&
<b>4</b>	<b>Anne Ellekrog</b>	<b>2</b>											<b>1:27:24</b>						
03:31+	05:10+	10:41-	16:15-	22:15-	29:29+	33:10+	36:34+	43:40+	55:41+	58:10+	60:30+	64:04+	65:53+	68:39+	79:42+	80:58+	83:09+	86:26+	87:24+
03:31+	01:39+	05:31-	05:34+	06:00+	07:14+	03:41+	03:24+	07:06+	12:01+	02:29+	02:20+	03:34+	01:49+	02:46+	11:03+	01:16+	02:11+	03:17+	00:58+
00:23#	00:09#	03:13-	01:10&	00:39#	01:01#	01:09&	00:51&	03:38@	07:34@	00:21#	00:23#	00:57&	00:01+	00:32#	03:20&	00:08#	00:24#	01:18&	00:11#
<b>5</b>	<b>Mette Reiche Sørensen</b>	<b>6</b>											<b>1:34:59</b>						
04:06+	05:58+	13:19-	19:30+	25:42+	33:40+	38:00+	43:12+	48:16+	55:18+	58:36+	60:59+	65:28+	67:32+	70:58+	84:11+	85:47+	89:22+	94:05+	94:59+
04:06+	01:52+	07:21-	06:11+	06:12+	07:58+	04:20+	05:12+	05:04+	07:02+	03:18+	02:23+	04:29+	02:04+	03:26+	13:13+	01:36+	03:35+	04:43+	00:54+
00:58&	00:22#	01:23-	01:47&	00:51#	01:45&	01:48&	02:39@	01:36&	02:35&	01:10&	00:26#	01:52&	00:16#	01:12&	05:30&	00:28&	01:48@	02:44@	00:07#

### Beste stræktid for klassen

03:08 01:11 04:38 04:24 05:21 06:13 02:32 02:33 03:28 03:28 02:08 01:57 02:37 01:33 02:14 07:43 01:08 01:47 01:59 00:47

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

### D35-B

<b>1</b>	<b>Ninna Dalsgaard Christensen</b>	<b>16</b>											<b>40:43</b>							
03:13=	05:30=	08:24=	11:04=	18:26=	20:46=	22:07=	24:28=	26:39=	29:03=	31:52=	34:18=	37:18=	40:00=	40:43=						
03:13=	02:17=	02:54=	02:40=	07:22=	02:20=	01:21=	02:21=	02:11=	02:24=	02:49=	02:26=	03:00=	02:42=	00:43=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
<b>2</b>	<b>Jane Clausen</b>	<b>6</b>											<b>41:25</b>							
03:22+	06:03+	09:41+	12:27+	15:04-	17:38-	19:05-	23:21-	24:59-	27:46-	31:36-	34:58+	37:33+	40:29+	41:25+						
03:22+	02:41+	03:38+	02:46+	02:37-	02:34+	01:27+	04:16+	01:38-	02:47+	03:50+	03:22+	02:35-	02:56+	00:56+						
00:09+	00:24#	00:44&	00:06+	04:45-	00:14#	00:06+	01:55&	00:33-	00:23#	01:01&	00:56&	00:25-	00:14+	00:13&						

Class	Navn	Klasse											Tid	
<b>3</b>	<b>Dorte Bruun</b>	<b>1</b>											<b>44:18</b>	
06:56+	09:57+	13:31+	16:09+	18:51+	21:22+	22:59+	25:31+	26:58+	30:33+	34:58+	37:19+	39:52+	43:30+	44:18+
06:56+	03:01+	03:34+	02:38-	02:42-	02:31+	01:37+	02:32+	01:27-	03:35+	04:25+	02:21-	02:33-	03:38+	00:48+
03:43@	00:44&	00:40#	00:02-	04:40-	00:11+	00:16#	00:11+	00:44-	01:11&	01:36&	00:05-	00:27-	00:56&	00:05#
<b>4</b>	<b>Birgitte Bach</b>	<b>10</b>											<b>46:14</b>	
04:03+	06:43+	10:14+	13:26+	17:22-	20:42-	22:29+	26:24+	28:23+	31:42+	35:32+	38:38+	41:29+	45:09+	46:14+
04:03+	02:40+	03:31+	03:12+	03:56-	03:20+	01:47+	03:55+	01:59-	03:19+	03:50+	03:06+	02:51-	03:40+	01:05+
00:50&	00:23#	00:37#	00:32#	03:26-	01:00&	00:26&	01:34&	00:12-	00:55&	01:01&	00:40&	00:09-	00:58&	00:22&
<b>5</b>	<b>Ran Rebsdorf</b>	<b>4</b>											<b>50:54</b>	
03:57+	07:08+	11:49+	16:13+	20:22+	23:50+	25:23+	28:59+	30:53+	34:49+	39:06+	42:05+	45:02+	49:51+	50:54+
03:57+	03:11+	04:41+	04:24+	04:09-	03:28+	01:33+	03:36+	01:54-	03:56+	04:17+	02:59+	02:57-	04:49+	01:03+
00:44#	00:54&	01:47&	01:44&	03:13-	01:08&	00:12#	01:15&	00:17-	01:32&	01:28&	00:33#	00:03-	02:07&	00:20&
<b>6</b>	<b>Dorte Ehlers</b>	<b>9</b>											<b>52:48</b>	
04:21+	07:09+	11:30+	15:11+	19:54+	23:59+	26:00+	30:03+	32:12+	35:56+	40:25+	44:10+	47:12+	51:16+	52:48+
04:21+	02:48+	04:21+	03:41+	04:43-	04:05+	02:01+	04:03+	02:09-	03:44+	04:29+	03:45+	03:02+	04:04+	01:32+
01:08&	00:31#	01:27&	01:01&	02:39-	01:45&	00:40&	01:42&	00:02-	01:20&	01:40&	01:19&	00:02+	01:22&	00:49@
<b>7</b>	<b>Ellen Kjaergaard Brydsø</b>	<b>3</b>											<b>55:55</b>	
04:14+	07:31+	11:46+	15:36+	19:47+	23:23+	26:58+	30:46+	33:27+	36:58+	41:36+	44:55+	50:26+	54:35+	55:55+
04:14+	03:17+	04:15+	03:50+	04:11-	03:36+	03:35+	03:48+	02:41+	03:31+	04:38+	03:19+	05:31+	04:09+	01:20+
01:01&	01:00&	01:21&	01:10&	03:11-	01:16&	02:14@	01:27&	00:30#	01:07&	01:49&	00:53&	02:31&	01:27&	00:37&
<b>8</b>	<b>Inge løvig Pedersen</b>	<b>3</b>											<b>57:55</b>	
04:01+	07:09+	11:58+	14:55+	26:20+	29:22+	31:01+	36:56+	38:39+	41:53+	45:58+	49:39+	52:55+	56:41+	57:55+
04:01+	03:08+	04:49+	02:57+	11:25+	03:02+	01:39+	05:55+	01:43-	03:14+	04:05+	03:41+	03:16+	03:46+	01:14+
00:48#	00:51&	01:55&	00:17#	04:03&	00:42&	00:18#	03:34@	00:28-	00:50&	01:16&	01:15&	00:16+	01:04&	00:31&
<b>9</b>	<b>Inge Mogensen</b>	<b>1</b>											<b>1:07:05</b>	
05:13+	09:21+	15:39+	20:24+	25:18+	30:21+	32:41+	37:13+	39:34+	46:05+	51:40+	56:32+	60:23+	65:23+	67:05+
05:13+	04:08+	06:18+	04:45+	04:54-	05:03+	02:20+	04:32+	02:21+	06:31+	05:35+	04:52+	03:51+	05:00+	01:42+
02:00&	01:51&	03:24@	02:05&	02:28-	02:43@	00:59&	02:11&	00:10+	04:07@	02:46&	02:26&	00:51&	02:18&	00:59@
<b>10</b>	<b>Randi Jensen</b>	<b>2</b>											<b>1:11:37</b>	
03:42+	06:29+	10:27+	15:26+	36:05+	39:17+	40:57+	44:20+	50:10+	53:56+	59:04+	62:37+	66:40+	70:29+	71:37+
03:42+	02:47+	03:58+	04:59+	20:39+	03:12+	01:40+	03:23+	05:50+	03:46+	05:08+	03:33+	04:03+	03:49+	01:08+
00:29#	00:30#	01:04&	02:19&	13:17@	00:52&	00:19#	01:02&	03:39@	01:22&	02:19&	01:07&	01:03&	01:07&	00:25&
<b>11</b>	<b>Gro Glans</b>	<b>6</b>											<b>1:11:56</b>	
05:20+	08:59+	14:57+	19:55+	25:25+	29:41+	32:19+	37:55+	41:28+	45:53+	51:47+	57:12+	64:56+	70:12+	71:56+
05:20+	03:39+	05:58+	04:58+	05:30-	04:16+	02:38+	05:36+	03:33+	04:25+	05:54+	05:25+	07:44+	05:16+	01:44+
02:07&	01:22&	03:04@	02:18&	01:52-	01:56&	01:17&	03:15@	01:22&	02:01&	03:05@	02:59@	04:44@	02:34&	01:01@
<b>12</b>	<b>Vibeke Hansen</b>	<b>10</b>											<b>1:24:30</b>	
05:37+	09:35+	15:46+	20:33+	25:54+	30:50+	33:40+	41:02+	43:55+	49:42+	56:20+	67:38+	74:52+	82:07+	84:30+
05:37+	03:58+	06:11+	04:47+	05:21-	04:56+	02:50+	07:22+	02:53+	05:47+	06:38+	11:18+	07:14+	07:15+	02:23+
02:24&	01:41&	03:17@	02:07&	02:01-	02:36@	01:29@	05:01@	00:42&	03:23@	03:49@	08:52@	04:14@	04:33@	01:40@
<b>13</b>	<b>Helle Bach</b>	<b>7</b>											<b>1:41:30</b>	
12:28+	18:04+	30:02+	37:39+	43:32+	49:25+	54:00+	60:22+	64:40+	72:12+	80:49+	87:33+	93:07+	99:36+	101:30+
12:28+	05:36+	11:58+	07:37+	05:53-	05:53+	04:35+	06:22+	04:18+	07:32+	08:37+	06:44+	05:34+	06:29+	01:54+
09:15@	03:19@	09:04@	04:57@	01:29-	03:33@	03:14@	04:01@	02:07&	05:08@	05:48@	04:18@	02:34&	03:47@	01:11@

### Beste stræktid for klassen

03:13 02:17 02:54 02:38 02:37 02:20 01:21 02:21 01:27 02:24 02:49 02:21 02:33 02:42 00:43

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

### D40-

<b>1</b>	<b>Irene K. Mikkelsen</b>	<b>14</b>											<b>54:02</b>					
02:47=	04:34=	05:56=	06:58=	09:15=	12:08=	16:23=	18:23=	24:55=	27:35=	31:04=	32:57=	36:51=	38:46=	45:31=	47:25=	50:30=	53:16=	54:02=
02:47=	01:47=	01:22=	01:02=	02:17=	02:53=	04:15=	02:00=	06:32=	02:40=	03:29=	01:53=	03:54=	01:55=	06:45=	01:54=	03:05=	02:46=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Mette Ellegaard Kokholm</b>	<b>14</b>											<b>1:06:36</b>					
02:15-	03:57-	05:49-	07:00+	10:02+	13:01+	17:22+	19:51+	27:39+	33:41+	37:41+	40:02+	44:13+	46:49+	55:41+	57:54+	62:01+	65:36+	66:36+
02:15-	01:42-	01:52+	01:11+	03:02+	02:59+	04:21+	02:29+	07:48+	06:02+	04:00+	02:21+	04:11+	02:36+	08:52+	02:13+	04:07+	03:35+	01:00+
00:32-	00:05-	00:30&	00:09#	00:45&	00:06+	00:06+	00:29#	01:16#	03:22@	00:31#	00:28#	00:17+	00:41&	02:07&	00:19#	01:02&	00:49&	00:14&

Class	Navn	Klasse	Tid
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<b>3</b>	<b>Mette Møller Nielsen</b>	<b>12</b>	<b>1:06:42</b>															
02:54+	04:40+	06:24+	07:35+	10:37+	13:38+	18:36+	21:18+	29:10+	33:41+	37:21+	39:58+	45:19+	48:08+	56:35+	58:48+	62:37+	65:38+	66:42+
02:54+	01:46-	01:44+	01:11+	03:02+	03:01+	04:58+	02:42+	07:52+	04:31+	03:40+	02:37+	05:21+	02:49+	08:27+	02:13+	03:49+	03:01+	01:04+
00:07+	00:01-	00:22&	00:09#	00:45&	00:08+	00:43#	00:42&	01:20#	01:51&	00:11+	00:44&	01:27&	00:54&	01:42&	00:19#	00:44#	00:15+	00:18&
<b>4</b>	<b>Ann Dissing</b>	<b>6</b>	<b>1:08:39</b>															
02:51+	05:02+	06:45+	07:59+	10:36+	15:35+	20:56+	23:29+	31:46+	35:46+	39:46+	42:03+	46:35+	49:10+	57:34+	60:00+	64:48+	67:39+	68:39+
02:51+	02:11+	01:43+	01:14+	02:37+	04:59+	05:21+	02:33+	08:17+	04:00+	04:00+	02:17+	04:32+	02:35+	08:24+	02:26+	04:48+	02:51+	01:00+
00:04+	00:24#	00:21&	00:12#	00:20#	02:06&	01:06&	00:33&	01:45&	01:20&	00:31#	00:24#	00:38#	00:40&	01:39#	00:32&	01:43&	00:05+	00:14&
<b>5</b>	<b>Mette Harbo Flyvbjerg</b>	<b>16</b>	<b>1:10:29</b>															
02:29-	05:18+	07:01+	08:37+	11:41+	15:03+	21:04+	23:32+	31:40+	35:43+	40:14+	42:50+	47:32+	50:26+	59:10+	61:44+	66:36+	69:34+	70:29+
02:29-	02:49+	01:43+	01:36+	03:04+	03:22+	06:01+	02:28+	08:08+	04:03+	04:31+	02:36+	04:42+	02:54+	08:44+	02:34+	04:52+	02:58+	00:55+
00:18-	01:02&	00:21&	00:34&	00:47&	00:29#	01:46&	00:28#	01:36#	01:23&	01:02&	00:43&	00:48#	00:59&	01:59&	00:40&	01:47&	00:12+	00:09#
<b>6</b>	<b>Anne Riis</b>	<b>16</b>	<b>1:20:15</b>															
03:30+	05:31+	07:21+	08:47+	11:18+	14:30+	19:45+	22:37+	40:51+	45:04+	49:04+	51:23+	56:24+	59:26+	68:38+	70:58+	75:51+	79:14+	80:15+
03:30+	02:01+	01:50+	01:26+	02:31+	03:12+	05:15+	02:52+	18:14+	04:13+	04:00+	02:19+	05:01+	03:02+	09:12+	02:20+	04:53+	03:23+	01:01+
00:43&	00:14#	00:28&	00:24&	00:14#	00:19#	01:00#	00:52&	11:42@	01:33&	00:31#	00:26#	01:07&	01:07&	02:27&	00:26#	01:48&	00:37#	00:15&
<b>7</b>	<b>Susanne Nielsen</b>	<b>6</b>	<b>1:22:20</b>															
02:27-	05:07+	08:05+	09:55+	13:10+	17:51+	22:47+	26:02+	34:12+	38:19+	47:24+	50:07+	57:54+	60:54+	69:49+	71:50+	76:52+	81:22+	82:20+
02:27-	02:40+	02:58+	01:50+	03:15+	04:41+	04:56+	03:15+	08:10+	04:07+	09:05+	02:43+	07:47+	03:00+	08:55+	02:01+	05:02+	04:30+	00:58+
00:20-	00:53&	01:36@	00:48&	00:58&	01:48&	00:41#	01:15&	01:38#	01:27&	05:36@	00:50&	03:53&	01:05&	02:10&	00:07+	01:57&	01:44&	00:12&

**Beste stræktid for klassen**

02:15	01:42	01:22	01:02	02:17	02:53	04:15	02:00	06:32	02:40	03:29	01:53	03:54	01:55	06:45	01:54	03:05	02:46	00:46
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

**D45-**

<b>1</b>	<b>Bettina Gjedde</b>	<b>4</b>	<b>57:55</b>															
02:06=	03:57=	05:25=	06:30=	08:38=	11:21=	15:53=	18:12=	25:00=	28:08=	32:07=	34:11=	37:44=	40:22=	48:22=	50:24=	53:49=	56:55=	57:55=
02:06=	01:51=	01:28=	01:05=	02:08=	02:43=	04:32=	02:19=	06:48=	03:08=	03:59=	02:04=	03:33=	02:38=	08:00=	02:02=	03:25=	03:06=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Britta Ank Pedersen</b>	<b>14</b>	<b>59:18</b>															
02:20+	04:17+	05:49+	07:09+	09:50+	12:36+	17:01+	19:36+	26:00+	29:44+	33:32+	36:04+	39:48+	42:08+	49:43+	51:58+	55:53+	58:21+	59:18+
02:20+	01:57+	01:32+	01:20+	02:41+	02:46+	04:25-	02:35+	06:24-	03:44+	03:48-	02:32+	03:44+	02:20-	07:35-	02:15+	03:55+	02:28-	00:57-
00:14#	00:06+	00:04+	00:15#	00:33&	00:03+	00:07-	00:16#	00:24-	00:36#	00:11-	00:28#	00:11+	00:18-	00:25-	00:13#	00:30#	00:38-	00:03-
<b>3</b>	<b>Mette Edsen</b>	<b>5</b>	<b>59:50</b>															
02:05-	03:53-	05:22-	06:59+	09:41+	12:18+	16:31+	18:43+	25:02+	28:09+	31:47-	33:57-	39:46+	42:08+	49:14+	51:03+	55:56+	58:57+	59:50+
02:05-	01:48-	01:29+	01:37+	02:42+	02:37-	04:13-	02:12-	06:19-	03:07-	03:38-	02:10+	05:49+	02:22-	07:06-	01:49-	04:53+	03:01-	00:53-
00:01-	00:03-	00:01+	00:32&	00:34&	00:06-	00:19-	00:07-	00:29-	00:01-	00:21-	00:06+	02:16&	00:16-	00:54-	00:13-	01:28&	00:05-	00:07-
<b>4</b>	<b>Lene Bejer Damgaard</b>	<b>10</b>	<b>1:00:54</b>															
02:02-	04:05+	06:03+	07:10+	09:16+	12:00+	15:58+	18:07-	24:49-	28:10+	31:33-	33:47-	37:55+	40:12-	47:38-	49:25-	56:08+	60:07+	60:54+
02:02-	02:03+	01:58+	01:07+	02:06-	02:44+	03:58-	02:09-	06:42-	03:21+	03:23-	02:14+	04:08+	02:17-	07:26-	01:47-	06:43+	03:59+	00:47-
00:04-	00:12#	00:30&	00:02+	00:02-	00:01+	00:34-	00:10-	00:06-	00:13+	00:36-	00:10+	00:35#	00:21-	00:34-	00:15-	03:18&	00:53&	00:13-
<b>5</b>	<b>Lone Dybdal</b>	<b>2</b>	<b>1:04:27</b>															
04:02+	06:06+	07:39+	09:05+	11:58+	14:57+	19:18+	21:42+	28:36+	32:07+	36:01+	38:15+	42:31+	45:35+	53:41+	55:47+	60:35+	63:25+	64:27+
04:02+	02:04+	01:33+	01:26+	02:53+	02:59+	04:21-	02:24+	06:54+	03:31+	03:54-	02:14+	04:16+	03:04+	08:06+	02:06+	04:48+	02:50-	01:02+
01:56&	00:13#	00:05+	00:21&	00:45&	00:16+	00:11-	00:05+	00:06+	00:23#	00:05-	00:10+	00:43#	00:26#	00:06+	00:04+	01:23&	00:16-	00:02+
<b>6</b>	<b>Lene Stick Nielsen</b>	<b>10</b>	<b>1:04:45</b>															
03:18+	05:52+	07:53+	09:10+	11:50+	14:56+	19:20+	21:36+	29:13+	32:36+	36:26+	38:30+	43:43+	46:16+	55:49+	58:03+	61:22+	63:52+	64:45+
03:18+	02:34+	02:01+	01:17+	02:40+	03:06+	04:24-	03:06+	07:37+	03:23+	03:50+	02:04=	05:13+	02:33-	09:33+	02:14+	03:19-	02:30-	00:53-
01:12&	00:43&	00:33&	00:12#	00:32#	00:23#	00:08-	00:03-	00:49#	00:15+	00:09-	00:00=	01:40&	00:05-	01:33#	00:12+	00:06-	00:36-	00:07-
<b>7</b>	<b>Dorte Jenny Bak</b>	<b>1</b>	<b>1:08:35</b>															
02:56+	04:59+	06:48+	08:21+	11:08+	14:09+	18:51+	21:09+	28:59+	32:34+	37:03+	39:37+	44:01+	46:50+	55:24+	57:18+	64:42+	67:40+	68:35+
02:56+	02:03+	01:49+	01:33+	02:47+	03:01+	04:42+	02:18-	07:50+	03:35+	04:29+	02:34+	04:24+	02:49+	08:34+	01:54-	07:24+	02:58-	00:55-
00:50&	00:12#	00:21#	00:28&	00:39&	00:18#	00:10+	00:01-	01:02#	00:27#	00:30#	00:30#	00:51#	00:11+	00:34+	00:08-	03:59@	00:08-	00:05-
<b>8</b>	<b>Lajla Præstgaard</b>	<b>4</b>	<b>1:13:43</b>															
02:16+	04:07+	05:56+	07:20+	10:14+	12:59+	26:57+	29:52+	39:40+	44:33+	48:01+	50:00+	53:43+	56:05+	65:10+	67:06+	70:26+	72:50+	73:43+
02:16+	01:51=	01:49+	01:24+	02:54+	02:45+	13:58+	02:55+	09:48+	04:53+	03:28-	01:59-	03:43+	02:22-	09:05+	01:56-	03:20-	02:24-	00:53-
00:10+	00:00=	00:21#	00:19&	00:46&	00:02+	09:26@	00:36&	03:00&	01:45&	00:31-	00:05-	00:10+	00:16-	01:05#	00:06-	00:05-	00:42-	00:07-



Class	Navn	Klasse	Tid															
<b>9</b>	<b>Hanne Mohapeloa</b>	<b>1</b>	<b>1:17:42</b>															
02:36+	05:27+	07:11+	08:55+	12:26+	16:28+	22:43+	26:14+	35:27+	39:55+	44:45+	47:48+	52:56+	56:19+	66:04+	68:31+	73:25+	76:42+	77:42+
02:36+	02:51+	01:44+	01:44+	03:31+	04:02+	06:15+	03:31+	09:13+	04:28+	04:50+	03:03+	05:08+	03:23+	09:45+	02:27+	04:54+	03:17+	01:00=
00:30#	01:00&	00:16#	00:39&	01:23&	01:19&	01:43&	01:12&	02:25&	01:20&	00:51#	00:59&	01:35&	00:45&	01:45#	00:25#	01:29&	00:11+	00:00=
<b>10</b>	<b>Kirsten Hald Holdensen</b>	<b>6</b>	<b>1:22:03</b>															
08:10+	09:46+	11:11+	12:10+	23:29+	26:02+	30:52+	33:14+	40:38+	43:57+	48:19+	50:30+	54:59+	57:51+	68:35+	73:51+	78:57+	81:13+	82:03+
08:10+	01:36-	01:25-	00:59-	11:19+	02:33-	04:50+	02:22+	07:24+	03:19+	04:22+	02:11+	04:29+	02:52+	10:44+	05:16+	05:06+	02:16-	00:50-
06:04@	00:15-	00:03-	00:06-	09:11@	00:10-	00:18+	00:03+	00:36+	00:11+	00:23+	00:07+	00:56&	00:14+	02:44&	03:14@	01:41&	00:50-	00:10-
<b>11</b>	<b>Anette Hebsgaard</b>	<b>9</b>	<b>1:24:02</b>															
11:39+	14:01+	16:01+	17:42+	20:35+	23:38+	28:15+	30:49+	37:11+	40:58+	45:34+	47:58+	57:05+	60:11+	71:17+	73:15+	78:35+	83:08+	84:02+
11:39+	02:22+	02:00+	01:41+	02:53+	03:03+	04:37+	02:34+	06:22-	03:47+	04:36+	02:24+	09:07+	03:06+	11:06+	01:58-	05:20+	04:33+	00:54-
09:33@	00:31&	00:32&	00:36&	00:45&	00:20#	00:05+	00:15#	00:26-	00:39#	00:37#	00:20#	05:34@	00:28#	03:06&	00:04-	01:55&	01:27&	00:06-
<b>12</b>	<b>Gerda Henriksen</b>	<b>2</b>	<b>1:25:21</b>															
05:45+	09:22+	11:24+	12:45+	16:23+	19:59+	25:25+	27:53+	36:13+	45:33+	51:03+	54:00+	61:00+	64:00+	73:00+	75:01+	80:24+	84:26+	85:21+
05:45+	03:37+	02:02+	01:21+	03:38+	03:36+	05:26+	02:28+	08:20+	09:20+	05:30+	02:57+	07:00+	03:00+	09:00+	02:01-	05:23+	04:02+	00:55-
03:39@	01:46&	00:34&	00:16#	01:30&	00:53&	00:54#	00:09+	01:32#	06:12@	01:31&	00:53&	03:27&	00:22#	01:00#	00:01-	01:58&	00:56&	00:05-
<b>Beste stræk tid for klassen</b>																		
02:02	01:36	01:25	00:59	02:06	02:33	03:58	02:09	06:19	03:07	03:23	01:59	03:33	02:17	07:06	01:47	03:19	02:16	00:47

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

## D50-

<b>1</b>	<b>Karin Wæhrens</b>	<b>6</b>	<b>47:42</b>												
03:50=	05:28=	06:45=	09:53=	11:51=	14:16=	20:37=	22:31=	27:03=	30:52=	37:28=	40:33=	42:03=	44:04=	46:59=	47:42=
03:50=	01:38=	01:17=	03:08=	01:58=	02:25=	06:21=	01:54=	04:32=	03:49=	08:36=	03:05=	01:30=	02:01=	02:55=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Hanne Gylling</b>	<b>2</b>	<b>54:27</b>												
04:02+	06:22+	07:58+	13:23+	15:21+	18:28+	22:59+	25:26+	32:01+	36:00+	44:45+	46:48+	48:21+	50:43+	53:27+	54:27+
04:02+	02:20+	01:36+	05:25+	01:58=	03:07+	04:31-	02:27+	06:35+	03:59+	08:45+	02:03-	01:33+	02:22+	02:44-	01:00+
00:12+	00:42&	00:19#	02:17&	00:00=	00:42&	01:50-	00:33&	02:03&	00:10+	02:09&	01:02-	00:03+	00:21#	00:11-	00:17&
<b>3</b>	<b>Tina Udholm</b>	<b>1</b>	<b>55:11</b>												
04:10+	06:01+	07:30+	10:18+	12:45+	16:08+	20:47+	23:35+	30:16+	34:15+	44:48+	47:01+	48:48+	51:13+	54:06+	55:11+
04:10+	01:51+	01:29+	02:48-	02:27+	03:23+	04:39-	02:48+	06:41+	03:59+	10:33+	02:13-	01:47+	02:25+	02:53-	01:05+
00:20+	00:13#	00:12#	00:20-	00:29#	00:58&	01:42-	00:54&	02:09&	00:10+	03:57&	00:52-	00:17#	00:24#	00:02-	00:22&
<b>4</b>	<b>Helle Nikkel</b>	<b>10</b>	<b>55:54</b>												
03:59+	05:52+	07:13+	09:52-	12:20+	15:26+	19:32-	22:18-	29:00+	36:25+	45:17+	47:21+	48:44+	51:11+	54:51+	55:54+
03:59+	01:53+	01:21+	02:39-	02:28+	03:06+	04:06-	02:46+	06:42+	07:25+	08:52+	02:04-	01:23-	02:27+	03:40+	01:03+
00:09+	00:15#	00:04+	00:29-	00:30&	00:41&	02:15-	00:52&	02:10&	03:36&	02:16&	01:01-	00:07-	00:26#	00:45&	00:20&
<b>5</b>	<b>Gitte Fallesen</b>	<b>10</b>	<b>58:47</b>												
04:20+	06:23+	08:14+	11:33+	14:00+	18:15+	22:57+	25:07+	31:21+	35:37+	43:38+	45:32+	50:31+	53:13+	58:03+	58:47+
04:20+	02:03+	01:51+	03:19+	02:27+	04:15+	04:42-	02:10+	06:14+	04:16+	08:01+	01:54-	04:59+	02:42+	04:50+	00:44+
00:30#	00:25&	00:34&	00:11+	00:29#	01:50&	01:39-	00:16#	01:42&	00:27#	01:25#	01:11-	03:29@	00:41&	01:55&	00:01+
<b>6</b>	<b>Gitte Frandsen</b>	<b>2</b>	<b>1:06:40</b>												
04:37+	07:32+	09:12+	12:47+	16:04+	22:00+	26:49+	30:22+	38:10+	43:05+	54:30+	56:58+	58:54+	62:13+	65:02+	66:40+
04:37+	02:55+	01:40+	03:35+	03:17+	05:56+	04:49-	03:33+	07:48+	04:55+	11:25+	02:28-	01:56+	03:19+	02:49-	01:38+
00:47#	01:17&	00:23&	00:27#	01:19&	03:31@	01:32-	01:39&	03:16&	01:06&	04:49&	00:37-	00:26&	01:18&	00:06-	00:55@
<b>7</b>	<b>Solveig Topp</b>	<b>7</b>	<b>1:11:52</b>												
05:47+	08:08+	09:59+	13:29+	16:40+	22:04+	28:06+	31:40+	40:04+	45:27+	58:06+	61:00+	63:06+	66:40+	69:52+	71:52+
05:47+	02:21+	01:51+	03:30+	03:11+	05:24+	06:02-	03:34+	08:24+	05:23+	12:39+	02:54-	02:06+	03:34+	03:12+	02:00+
01:57&	00:43&	00:34&	00:22#	01:13&	02:59@	00:19-	01:40&	03:52&	01:34&	06:03&	00:11-	00:36&	01:33&	00:17+	01:17@
<b>8</b>	<b>Anna Marie Søborg</b>	<b>6</b>	<b>1:16:45</b>												
06:49+	11:40+	13:20+	17:08+	19:28+	22:17+	32:38+	36:01+	41:54+	47:01+	66:20+	69:02+	71:13+	73:47+	75:58+	76:45+
06:49+	04:51+	01:40+	03:48+	02:20+	02:49+	10:21+	03:23+	05:53+	05:07+	19:19+	02:42-	02:11+	02:34+	02:11-	00:47+
02:59&	03:13@	00:23&	00:40#	00:22#	00:24#	04:00&	01:29&	01:21&	01:18&	12:43@	00:23-	00:41&	00:33&	00:44-	00:04+
<b>9</b>	<b>Signe Hachenberger Thomsen</b>	<b>7</b>	<b>1:18:38</b>												
04:58+	11:43+	13:45+	17:42+	22:05+	25:46+	31:02+	34:51+	43:46+	49:25+	59:58+	68:07+	70:21+	74:36+	77:29+	78:38+
04:58+	06:45+	02:02+	03:57+	04:23+	03:41+	05:16-	03:49+	08:55+	05:39+	10:33+	08:09+	02:14+	04:15+	02:53-	01:09+
01:08&	05:07@	00:45&	00:49&	02:25@	01:16&	01:05-	01:55@	04:23&	01:50&	03:57&	05:04@	00:44&	02:14@	00:02-	00:26&

Plas	Navn	Klasse	Tid
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**Beste stræktid for klassen**

03:50 01:38 01:17 02:39 01:58 02:25 04:06 01:54 04:32 03:49 06:36 01:54 01:23 02:01 02:11 00:43

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

**D55-**

<b>1</b>	<b>Dorte Filskov</b>	<b>1</b>	<b>40:42</b>												
03:18=	04:47=	05:54=	08:11=	10:03=	12:32=	15:50=	17:50=	22:20=	25:21=	32:27=	34:07=	35:26=	37:43=	39:47=	40:42=
03:18=	01:29=	01:07=	02:17=	01:52=	02:29=	03:18=	02:00=	04:30=	03:01=	07:06=	01:40=	01:19=	02:17=	02:04=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Gitte Isen</b>	<b>13</b>	<b>49:27</b>												
04:21+	06:04+	07:24+	10:03+	12:13+	15:41+	19:44+	22:20+	28:06+	31:30+	39:35+	41:35+	43:11+	45:37+	48:23+	49:27+
04:21+	01:43+	01:20+	02:39+	02:10+	03:28+	04:03+	02:36+	05:46+	03:24+	08:05+	02:00+	01:36+	02:26+	02:46+	01:04+
01:03&	00:14#	00:13#	00:22#	00:18#	00:59#	00:45#	00:36&	01:16&	00:23#	00:59#	00:20#	00:17#	00:09+	00:42&	00:09#

<b>3</b>	<b>Kirsten Elisabet Andersen</b>	<b>3</b>	<b>53:57</b>												
07:09+	08:43+	09:46+	12:44+	14:43+	17:53+	21:30+	23:47+	29:13+	32:46+	43:32+	46:45+	48:01+	50:12+	53:07+	53:57+
07:09+	01:34+	01:03-	02:58+	01:59+	03:10+	03:37+	02:17+	05:26+	03:33+	10:46+	03:13+	01:16-	02:11-	02:55+	00:50-
03:51@	00:05+	00:04-	00:41&	00:07+	00:41&	00:19+	00:17#	00:56#	00:32#	03:40&	01:33&	00:03-	00:06-	00:51&	00:05-

<b>4</b>	<b>Pia Hejlskov Mogensen</b>	<b>18</b>	<b>54:33</b>												
04:04+	05:50+	07:12+	10:11+	12:42+	15:52+	19:50+	22:22+	28:33+	32:23+	43:48+	45:56+	47:23+	49:41+	53:12+	54:33+
04:04+	01:46+	01:22+	02:59+	02:31+	03:10+	03:58+	02:32+	06:11+	03:50+	11:25+	02:08+	01:27+	02:18+	03:31+	01:21+
00:46#	00:17#	00:15#	00:42&	00:39&	00:41&	00:40#	00:32&	01:41&	00:49&	04:19&	00:28&	00:08#	00:01+	01:27&	00:26&

<b>5</b>	<b>Trine Ravn</b>	<b>14</b>	<b>55:26</b>												
04:12+	06:15+	07:40+	11:13+	13:35+	17:04+	21:47+	24:44+	31:21+	35:22+	44:58+	47:10+	48:51+	51:42+	54:19+	55:26+
04:12+	02:03+	01:25+	03:33+	02:22+	03:29+	04:43+	02:57+	06:37+	04:01+	09:36+	02:12+	01:41+	02:51+	02:37+	01:07+
00:54&	00:34&	00:18&	01:16&	00:30&	01:00&	01:25&	00:57&	02:07&	01:00&	02:30&	00:32&	00:22&	00:34#	00:33&	00:12#

<b>6</b>	<b>Betty Lison</b>	<b>4</b>	<b>56:03</b>												
04:58+	07:24+	09:08+	14:26+	16:29+	19:32+	23:56+	26:33+	33:07+	36:55+	45:49+	48:04+	49:27+	51:46+	54:57+	56:03+
04:58+	02:26+	01:44+	05:18+	02:03+	03:03+	04:24+	02:37+	06:34+	03:48+	08:54+	02:15+	01:23+	02:19+	03:11+	01:06+
01:40&	00:57&	00:37&	03:01@	00:11+	00:34#	01:06&	00:37&	02:04&	00:47&	01:48&	00:35&	00:04+	00:02+	01:07&	00:11#

<b>7</b>	<b>Claudia Schmidt Thomsen</b>	<b>14</b>	<b>56:34</b>												
04:20+	06:17+	07:54+	12:06+	14:25+	18:02+	24:01+	26:34+	32:57+	36:51+	47:07+	49:12+	50:33+	52:50+	55:30+	56:34+
04:20+	01:57+	01:37+	04:12+	02:19+	03:37+	05:59+	02:33+	06:23+	03:54+	10:16+	02:05+	01:21+	02:17+	02:40+	01:04+
01:02&	00:28&	00:30&	01:55&	00:27#	01:08&	02:41&	00:33&	01:53&	00:53&	03:10&	00:25#	00:02+	00:00=	00:36&	00:09#

<b>8</b>	<b>Ann-Vibeke Mose</b>	<b>9</b>	<b>59:01</b>												
04:24+	06:37+	08:15+	10:46+	15:51+	23:08+	25:38+	30:52+	34:41+	43:31+	51:54+	53:15+	55:42+	58:12+	59:01+	
04:24+	02:13+	01:38+	02:31+	02:14+	02:51+	07:17+	02:30+	05:14+	03:49+	08:50+	08:23+	01:21+	02:27+	02:30+	00:49-
01:06&	00:44&	00:31&	00:14#	00:22#	00:22#	03:59@	00:30#	00:44#	00:48&	01:44#	06:43@	00:02+	00:10+	00:26#	00:06-

<b>9</b>	<b>Hanne Bak-Mikkelsen</b>	<b>6</b>	<b>1:00:22</b>												
03:50+	05:50+	07:19+	10:27+	12:35+	16:01+	19:39+	22:24+	28:33+	32:31+	49:09+	51:27+	53:08+	57:02+	59:22+	60:22+
03:50+	02:00+	01:29+	03:08+	02:08+	03:26+	03:38+	02:45+	06:09+	03:58+	16:38+	02:18+	01:41+	03:54+	02:20+	01:00+
00:32#	00:31&	00:22&	00:51&	00:16#	00:57&	00:20#	00:45&	01:39&	00:57&	09:32@	00:38&	00:22&	01:37&	00:16#	00:05+

<b>10</b>	<b>Annette Møller</b>	<b>5</b>	<b>1:03:23</b>												
04:39+	06:48+	08:26+	11:53+	18:25+	21:43+	27:08+	29:38+	35:49+	40:25+	50:21+	54:16+	55:51+	58:12+	62:20+	63:23+
04:39+	02:09+	01:38+	03:27+	06:32+	03:18+	05:25+	02:30+	06:11+	04:36+	09:56+	03:55+	01:35+	02:21+	04:08+	01:03+
01:21&	00:40&	00:31&	01:10&	04:40@	00:49&	02:07&	00:30#	01:41&	01:35&	02:50&	02:15@	00:16#	00:04+	02:04&	00:08#

**Beste stræktid for klassen**

03:18 01:29 01:03 02:17 01:52 02:29 03:18 02:00 04:30 03:01 07:06 01:40 01:16 02:11 02:04 00:49

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

**D60-**

<b>1</b>	<b>Pia Gade</b>	<b>10</b>	<b>49:08</b>											
02:23=	05:41=	10:03=	15:03=	17:47=	21:56=	25:12=	31:53=	33:31=	35:38=	39:22=	41:49=	45:13=	48:12=	49:08=
02:23=	03:18=	04:22=	05:00=	02:44=	04:09=	05:12=	06:41=	01:38=	02:07=	03:44=	02:27=	03:24=	02:59=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid			
<b>2</b>	<b>Kirsten Bobach</b>	<b>1</b>										<b>49:19</b>			
02:21-	05:42+	09:12-	12:30-	15:25-	19:23-	22:04-	30:11-	31:54-	33:32-	38:04-	40:36-	44:56-	48:16+	49:19+	
02:21-	03:21+	03:30-	03:18-	02:55+	03:58-	02:41-	08:07+	01:43+	01:38-	04:32+	02:32+	04:20+	03:20+	01:03+	
00:02-	00:03+	00:52-	01:42-	00:11+	00:11-	00:35-	01:26#	00:05+	00:29-	00:48#	00:05+	00:56&	00:21#	00:07#	
<b>3</b>	<b>Birte Sivebæk</b>	<b>2</b>										<b>57:10</b>			
03:14+	06:14+	10:18+	13:52-	18:53+	24:16+	27:22+	35:28+	37:19+	40:28+	44:32+	47:17+	51:52+	55:56+	57:10+	
03:14+	03:00-	04:04-	03:34-	05:01+	05:23+	03:06-	08:06+	01:51+	03:09+	04:04+	02:45+	04:35+	04:04+	01:14+	
00:51&	00:18-	00:18-	01:26-	02:17&	01:14&	00:10-	01:25#	00:13#	01:02&	00:20+	00:18#	01:11&	01:05&	00:18&	
<b>4</b>	<b>Lisbet Nielsen</b>	<b>6</b>										<b>57:42</b>			
03:54+	12:21+	16:53+	20:11+	22:54+	27:06+	31:36+	40:59+	42:41+	44:15+	47:33+	49:51+	53:48+	56:39+	57:42+	
03:54+	08:27+	04:32+	03:18-	02:43-	04:12+	04:30+	09:23+	01:42+	01:34-	03:18-	02:18-	03:57+	02:51-	01:03+	
01:31&	05:09@	00:10+	01:42-	00:01-	00:03+	01:14&	02:42&	00:04+	00:33-	00:26-	00:09-	00:33#	00:08-	00:07#	
<b>5</b>	<b>Anette Bernth Hansen</b>	<b>5</b>										<b>59:19</b>			
03:16+	06:17+	12:03+	15:31+	18:51+	24:51+	28:28+	36:58+	39:10+	43:30+	47:49+	50:39+	55:02+	58:04+	59:19+	
03:16+	03:01-	05:46+	03:28-	03:20+	06:00+	03:37+	08:30+	02:12+	04:20+	04:19+	02:50+	04:23+	03:02+	01:15+	
00:53&	00:17-	01:24&	01:32-	00:36#	01:51&	00:21#	01:49&	00:34&	02:13@	00:35#	00:23#	00:59&	00:03+	00:19&	
<b>6</b>	<b>Hanne H. Poulsen</b>	<b>4</b>										<b>1:01:32</b>			
02:58+	05:46+	09:36-	12:48-	16:15-	21:20-	24:21-	34:00+	36:06+	37:35+	41:41+	44:51+	57:51+	60:34+	61:32+	
02:58+	02:48-	03:50-	03:12-	03:27+	05:05+	03:01-	09:39+	02:06+	01:29-	04:06+	03:10+	13:00+	02:43-	00:58+	
00:35#	00:30-	00:32-	01:48-	00:43&	00:56#	00:15-	02:58&	00:28&	00:38-	00:22+	00:43&	09:36@	00:16-	00:02+	
<b>7</b>	<b>Birthe Møller</b>	<b>5</b>										<b>1:02:34</b>			
02:50+	05:37-	09:47-	13:19-	16:43-	22:05+	28:10+	37:55+	40:41+	44:04+	48:13+	51:07+	57:59+	61:14+	62:34+	
02:50+	02:47-	04:10-	03:32-	03:24+	05:22+	06:05+	09:45+	02:46+	03:23+	04:09+	02:54+	06:52+	03:15+	01:20+	
00:27#	00:31-	00:12-	01:28-	00:40#	01:13&	02:49&	03:04&	01:08&	01:16&	00:25#	00:27#	03:28@	00:16+	00:24&	
<b>8</b>	<b>Bente Østergaard</b>	<b>4</b>										<b>1:07:36</b>			
02:53+	07:09+	11:25+	15:11+	19:03+	24:56+	29:13+	41:17+	44:25+	46:21+	52:15+	55:16+	62:31+	66:20+	67:36+	
02:53+	04:16+	04:16-	03:46-	03:52+	05:53+	04:17+	12:04+	03:08+	01:56-	05:54+	03:01+	07:15+	03:49+	01:16+	
00:30#	00:58&	00:06-	01:14-	01:08&	01:44&	01:01&	05:23&	01:30&	00:11-	02:10&	00:34#	03:51@	00:50&	00:20&	
<b>9</b>	<b>Inge Iversen</b>	<b>4</b>										<b>1:12:08</b>			
03:54+	07:39+	13:22+	18:02+	22:10+	28:21+	32:27+	43:56+	46:13+	48:44+	54:05+	57:51+	66:04+	70:18+	72:08+	
03:54+	03:45+	05:43+	04:40-	04:08+	06:11+	04:06+	11:29+	02:17+	02:31+	05:21+	03:46+	08:13+	04:14+	01:50+	
01:31&	00:27#	01:21&	00:20-	01:24&	02:02&	00:50&	04:48&	00:39&	00:24#	01:37&	01:19&	04:49@	01:15&	00:54&	
<b>10</b>	<b>Lone Christensen</b>	<b>2</b>										<b>1:13:17</b>			
07:02+	10:46+	15:33+	19:46+	26:30+	33:28+	37:08+	46:42+	49:31+	51:29+	56:21+	59:37+	67:52+	71:40+	73:17+	
07:02+	03:44+	04:47+	04:13-	06:44+	06:58+	03:40+	09:34+	02:49+	01:58-	04:52+	03:16+	08:15+	03:48+	01:37+	
04:39@	00:26#	00:25+	00:47-	04:00@	02:49&	00:24#	02:53&	01:11&	00:09-	01:08&	00:49&	04:51@	00:49&	00:41&	

### Beste stræktid for klassen

02:21 02:47 03:30 03:12 02:43 03:58 02:41 06:41 01:38 01:29 03:18 02:18 03:24 02:43 00:56

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

## D65-

<b>1</b>	<b>Jane Thode Jensen</b>	<b>5</b>										<b>50:42</b>			
02:36=	05:13=	10:36=	13:39=	16:22=	20:33=	23:13=	31:01=	32:43=	34:24=	40:06=	42:31=	46:29=	49:54=	50:42=	
02:36=	02:37=	05:23=	03:03=	02:43=	04:11=	02:40=	07:48=	01:42=	01:41=	05:42=	02:25=	03:58=	03:25=	00:48=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Else Hass</b>	<b>15</b>										<b>54:03</b>			
04:18+	07:48+	11:36+	15:11+	18:21+	22:42+	25:41+	33:53+	35:45+	37:10+	41:17+	43:56+	49:00+	52:53+	54:03+	
04:18+	03:30+	03:48-	03:48-	03:35+	04:21+	02:59+	08:12+	01:52+	01:25-	04:07-	02:39+	05:04+	03:53+	01:10+	
01:42&	00:53&	01:35-	00:32#	00:27#	00:10+	00:19#	00:24+	00:10+	00:16-	01:35-	00:14+	01:06&	00:28#	00:22&	
<b>3</b>	<b>Elizabeth Borchorst</b>	<b>15</b>										<b>55:16</b>			
03:20+	06:06+	10:24-	15:20+	19:13+	24:02+	27:13+	36:05+	37:39+	39:14+	43:34+	46:16+	50:25+	53:39+	55:16+	
03:20+	02:46+	04:18-	04:56+	03:53+	04:49+	03:11+	08:52+	01:34-	01:35-	04:20-	02:42+	04:09+	03:14-	01:37+	
00:44&	00:09+	01:05-	01:53&	01:10&	00:38#	00:31#	01:04#	00:08-	00:06-	01:22-	00:17#	00:11+	00:11-	00:49@	
<b>4</b>	<b>Ann Dorrit Hansen</b>	<b>7</b>										<b>56:12</b>			
04:32+	06:51+	11:34+	15:18+	18:22+	23:27+	26:30+	35:14+	36:52+	38:30+	42:57+	45:28+	49:40+	55:01+	56:12+	
04:32+	02:19-	04:43-	03:44+	03:04+	05:05+	03:03+	08:44+	01:38-	01:38-	04:27-	02:31+	04:12+	05:21+	01:11+	
01:56&	00:18-	00:40-	00:41#	00:21#	00:54#	00:23#	00:56#	00:04-	00:03-	01:15-	00:06+	00:14+	01:56&	00:23&	

Class	Navn	Klasse										Tid			
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<b>5</b>	<b>Dagmar Tange</b>	<b>5</b>											<b>1:02:51</b>	
06:29+	09:17+	13:14+	16:50+	19:47+	24:20+	27:45+	44:52+	46:26+	48:18+	52:11+	54:34+	58:39+	61:46+	62:51+
06:29+	02:48+	03:57-	03:36+	02:57+	04:33+	03:25+	17:07+	01:34-	01:52+	03:53-	02:23-	04:05+	03:07-	01:05+
03:53@	00:11+	01:26-	00:33#	00:14+	00:22+	00:45&	09:19@	00:08-	00:11#	01:49-	00:02-	00:07+	00:18-	00:17&
<b>6</b>	<b>Edith Sørensen</b>	<b>1</b>											<b>1:05:46</b>	
03:15+	06:40+	11:37+	15:35+	18:58+	28:42+	32:51+	41:46+	43:41+	45:38+	50:45+	54:09+	59:49+	64:30+	65:46+
03:15+	03:25+	04:57-	03:58+	03:52+	09:44+	04:09+	08:55+	01:55+	01:57+	05:07-	03:24+	05:40+	04:41+	01:16+
00:39#	00:48&	00:26-	00:55&	00:40#	05:33@	01:29&	01:07#	00:13#	00:16#	00:35-	00:59&	01:42&	01:16&	00:28&
<b>7</b>	<b>Britta Bobach</b>	<b>1</b>											<b>1:08:54</b>	
03:15+	06:22+	11:53+	16:24+	20:41+	26:14+	30:15+	41:36+	44:00+	46:17+	53:00+	56:06+	63:48+	67:19+	68:54+
03:15+	03:07+	05:31+	04:31+	04:17+	05:33+	04:01+	11:21+	02:24+	02:17+	06:43+	03:06+	07:42+	03:31+	01:35+
00:39#	00:30#	00:08+	01:28&	01:34&	01:22&	01:21&	03:33&	00:42&	00:36&	01:01#	00:41&	03:44&	00:06+	00:47&
<b>8</b>	<b>Lene Bank Hansen</b>	<b>6</b>											<b>1:09:25</b>	
02:51+	06:37+	11:31+	15:56+	19:51+	32:22+	35:59+	45:02+	47:10+	49:04+	55:11+	58:44+	64:17+	68:07+	69:25+
02:51+	03:46+	04:54-	04:25+	03:55+	12:31+	03:37+	09:03+	02:08+	01:54+	06:07+	03:33+	05:33+	03:50+	01:18+
00:15+	01:09&	00:29-	01:22&	01:12&	08:20@	00:57&	01:15#	00:26&	00:13#	00:25+	01:08&	01:35&	00:25#	00:30&

**Beste stræktid for klassen**

02:36	02:19	03:48	03:03	02:43	04:11	02:40	07:48	01:34	01:25	03:53	02:23	03:58	03:07	00:48
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

**D70-**

<b>1</b>	<b>Rigmor Schou</b>	<b>4</b>											<b>44:29</b>	
04:15=	05:50=	09:01=	13:33=	16:24=	25:45=	26:58=	30:17=	34:20=	35:59=	40:26=	43:29=	44:29=		
04:15=	01:35=	03:11=	04:32=	02:51=	09:21=	01:13=	03:19=	04:03=	01:39=	04:27=	03:03=	01:00=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>3</b>	<b>Vivi Arildsen</b>	<b>6</b>											<b>49:22</b>	
05:34+	07:44+	12:28+	16:02+	19:16+	28:09+	30:05+	31:33+	36:31+	38:43+	44:00+	48:00+	49:22+		
05:34+	02:10+	04:44+	03:34-	03:14+	08:53-	01:56+	01:28-	04:58+	02:12+	05:17+	04:00+	01:22+		
01:19&	00:35&	01:33&	00:58-	00:23#	00:28-	00:43&	01:51-	00:55#	00:33&	00:50#	00:57&	00:22&		
<b>4</b>	<b>Lilian Netteberg</b>	<b>1</b>											<b>54:44</b>	
05:03+	06:58+	13:05+	18:19+	23:04+	30:59+	32:50+	35:41+	41:50+	43:58+	48:58+	53:36+	54:44+		
05:03+	01:55+	06:07+	05:14+	04:45+	07:55-	01:51+	02:51-	06:09+	02:08+	05:00+	04:38+	01:08+		
00:48#	00:20#	02:56&	00:42#	01:54&	01:26-	00:38&	00:28-	02:06&	00:29&	00:33#	01:35&	00:08#		

**Beste stræktid for klassen**

04:15	01:35	03:11	03:34	02:51	07:55	01:13	01:28	04:03	01:39	04:27	03:03	01:00		
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

**H-10**

<b>1</b>	<b>Asbjørn Faber Fenger-Grøn</b>	<b>8</b>											<b>17:36</b>			
00:11=	01:38=	03:35=	05:01=	06:26=	07:13=	08:12=	08:59=	09:24=	10:54=	12:05=	12:37=	13:25=	14:31=	15:37=	16:52=	17:36=
00:11=	01:27=	01:57=	01:26=	01:25=	00:47=	00:59=	00:47=	00:25=	01:30=	01:11=	00:32=	00:48=	01:06=	01:06=	01:15=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>William Dalsgaard Christensen</b>	<b>16</b>											<b>20:44</b>			
00:17+	01:47+	03:52+	05:34+	07:14+	08:16+	09:36+	11:01+	11:28+	13:03+	14:12+	14:46+	15:45+	16:54+	18:08+	19:47+	20:44+
00:17+	01:30+	02:05+	01:42+	01:40+	01:02+	01:20+	01:25+	00:27+	01:35+	01:09-	00:34+	00:59+	01:09+	01:14+	01:39+	00:57+
00:06&	00:03+	00:08+	00:16#	00:15#	00:21&	00:38&	00:02+	00:05+	00:02-	00:02+	00:11#	00:03+	00:08#	00:24&	00:13&	
<b>3</b>	<b>Karl Gammelvind</b>	<b>9</b>											<b>25:26</b>			
00:16+	02:21+	05:04+	07:06+	09:16+	10:35+	11:54+	13:20+	14:00+	16:03+	17:30+	18:20+	19:36+	20:53+	22:27+	24:32+	25:26+
00:16+	02:05+	02:43+	02:02+	02:10+	01:19+	01:19+	01:26+	00:40+	02:03+	01:27+	00:50+	01:16+	01:17+	01:34+	02:05+	00:54+
00:05&	00:38&	00:46&	00:36&	00:45&	00:32&	00:20&	00:39&	00:15&	00:33&	00:16#	00:18&	00:28&	00:11#	00:28&	00:50&	00:10#
<b>4</b>	<b>Marius Vang Bobach</b>	<b>1</b>											<b>42:08</b>			
00:30+	04:01+	08:46+	12:20+	15:14+	17:28+	20:17+	23:23+	24:50+	28:18+	31:23+	32:29+	33:51+	35:39+	38:18+	41:13+	42:08+
00:30+	03:31+	04:45+	03:34+	02:54+	02:14+	02:49+	03:06+	01:27+	03:28+	03:05+	01:06+	01:22+	01:48+	02:39+	02:55+	00:55+
00:19@	02:04@	02:48@	02:08@	01:29@	01:27@	01:50@	02:19@	01:02@	01:58@	01:54@	00:34@	00:34&	00:42&	01:33@	01:40@	00:11#

Class	Navn	Klasse	Tid
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### Beste stræktid for klassen

00:11 01:27 01:57 01:26 01:25 00:47 00:59 00:47 00:25 01:30 01:09 00:32 00:48 01:06 01:06 01:15 00:44

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

## H-12

<b>1</b>	<b>Jonathan Birk Nielsen</b>	<b>1</b>	<b>20:49</b>													
00:11=	01:33=	02:43=	03:39=	04:29=	06:18=	07:39=	08:13=	09:03=	09:51=	11:25=	14:14=	15:44=	17:25=	18:33=	20:03=	20:49=
00:11=	01:22=	01:10=	00:56=	00:50=	01:49=	01:21=	00:34=	00:50=	00:48=	01:34=	02:49=	01:30=	01:41=	01:08=	01:30=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Christoffer Vang Bobach</b>	<b>1</b>	<b>22:13</b>													
00:10-	01:33=	02:44+	03:44+	04:28-	06:11-	07:34-	08:15+	09:03=	09:49-	12:30+	14:52+	16:24+	18:31+	19:42+	21:26+	22:13+
00:10-	01:23+	01:11+	01:00+	00:44-	01:43-	01:23+	00:41+	00:48-	00:46-	02:41+	02:22-	01:32+	02:07+	01:11+	01:44+	00:47+
00:01-	00:01+	00:01+	00:04+	00:06-	00:06-	00:02+	00:07#	00:02-	00:02-	01:07&	00:27-	00:02+	00:26&	00:03+	00:14#	00:01+

<b>3</b>	<b>Rasmus Meldgaard Jensen</b>	<b>10</b>	<b>26:55</b>													
00:11=	01:40+	02:51+	03:52+	04:44+	06:50+	08:17+	08:59+	09:47+	10:32+	14:02+	16:48+	18:19+	19:49+	22:16+	25:55+	26:55+
00:11=	01:29+	01:11+	01:01+	00:52+	02:06+	01:27+	00:42+	00:48-	00:45-	03:30+	02:46-	01:31+	01:30-	02:27+	03:39+	01:00+
00:00=	00:07+	00:01+	00:05+	00:02+	00:17#	00:06+	00:08#	00:02-	00:03-	01:56@	00:03-	00:01+	00:11-	01:19@	02:09@	00:14&

<b>4</b>	<b>Jonas Ellegård Kokholm</b>	<b>14</b>	<b>29:33</b>														
00:11=	01:39+	04:50+	05:49+	06:30+	08:15+	09:37+	10:13+	10:57+	11:45+	14:09+	16:34+	18:07+	19:58+	25:49+	27:07+	28:46+	29:33+
00:11=	01:28+	03:11+	00:59+	00:41-	01:45-	01:22+	00:36+	00:44-	00:48=	02:24+	02:25-	01:33+	01:51+	05:51+	01:18-	01:39+	00:47+
00:00=	00:06+	02:01@	00:03+	00:09-	00:04-	00:01+	00:02+	00:06-	00:00=	00:50&	00:24-	00:03+	00:10+	04:43@	00:12-	00:53@	00:47+

<b>5</b>	<b>Mathias Veggerby Jensen</b>	<b>16</b>	<b>33:01</b>													
00:12+	02:05+	03:38+	04:46+	05:47+	08:14+	10:33+	11:15+	12:30+	13:42+	16:13+	22:24+	25:05+	27:41+	29:35+	32:04+	33:01+
00:12+	01:53+	01:33+	01:08+	01:01+	02:27+	02:19+	00:42+	01:15+	01:12+	02:31+	06:11+	02:41+	02:36+	01:54+	02:29+	00:57+
00:01+	00:31&	00:23&	00:12#	00:11#	00:38&	00:58&	00:08#	00:25&	00:24&	00:57&	03:22@	01:11&	00:55&	00:46&	00:59&	00:11#

### Beste stræktid for klassen

00:10 01:22 01:10 00:56 00:41 01:43 01:21 00:34 00:44 00:45 01:34 02:22 01:30 01:30 01:08 01:18 00:46

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

## H-14

<b>1</b>	<b>Jacob Klærke Mikkelsen</b>	<b>14</b>	<b>30:18</b>																	
01:48=	03:08=	04:21=	06:22=	08:49=	10:55=	12:44=	14:39=	15:45=	16:25=	18:02=	18:36=	19:24=	21:06=	21:51=	23:00=	24:38=	26:24=	27:45=	29:37=	30:18=
01:48=	01:20=	01:13=	02:01=	02:27=	02:06=	01:49=	01:55=	01:06=	00:40=	01:37=	00:34=	00:48=	01:42=	00:45=	01:09=	01:38=	01:46=	01:21=	01:52=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Mikkel Bo Kølbæk</b>	<b>2</b>	<b>54:47</b>																	
02:31+	04:38+	06:37+	09:46+	14:40+	18:44+	22:11+	26:53+	29:20+	30:41+	33:42+	35:16+	36:50+	39:35+	40:52+	43:07+	45:56+	48:45+	50:54+	54:04+	54:47+
02:31+	02:07+	01:59+	03:09+	04:54+	04:04+	03:27+	04:42+	02:27+	01:21+	03:01+	01:34+	01:34+	02:45+	01:17+	02:15+	02:49+	02:49+	02:09+	03:10+	00:43+
00:43&	00:47&	00:46&	01:08&	02:27&	01:58&	01:38&	02:47@	01:21@	00:41@	01:24&	01:00@	00:46&	01:03&	00:32&	01:06&	01:11&	01:03&	00:48&	01:18&	00:02+

### Beste stræktid for klassen

01:48 01:20 01:13 02:01 02:27 02:06 01:49 01:55 01:06 00:40 01:37 00:34 00:48 01:42 00:45 01:09 01:38 01:46 01:21 01:52 00:41

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

## H-16

<b>1</b>	<b>Marko Birk Nielsen</b>	<b>1</b>	<b>40:06</b>															
01:24=	02:33=	03:26=	04:16=	06:02=	08:16=	11:05=	12:38=	17:14=	20:07=	22:17=	23:44=	26:29=	28:01=	33:24=	34:41=	37:05=	39:16=	40:06=
01:24=	01:09=	00:53=	00:50=	01:46=	02:14=	02:49=	01:33=	04:36=	02:53=	02:10=	01:27=	02:45=	01:32=	05:23=	01:17=	02:24=	02:11=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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

01:24 01:09 00:53 00:50 01:46 02:14 02:49 01:33 04:36 02:53 02:10 01:27 02:45 01:32 05:23 01:17 02:24 02:11 00:50

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

## H-16B

1	Tobias Halle	2	44:54																	
01:45=	03:19=	04:43=	07:14=	10:00=	12:43=	18:31=	21:09=	22:53=	24:01=	26:14=	27:15=	28:21=	32:45=	33:56=	35:51=	37:57=	39:56=	41:31=	44:10=	44:54=
01:45=	01:34=	01:24=	02:31=	02:46=	02:43=	05:48=	02:38=	01:44=	01:08=	02:13=	01:01=	01:06=	04:24=	01:11=	01:55=	02:06=	01:59=	01:35=	02:39=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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

01:45	01:34	01:24	02:31	02:46	02:43	05:48	02:38	01:44	01:08	02:13	01:01	01:06	04:24	01:11	01:55	02:06	01:59	01:35	02:39	00:44
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H-20

1	Christian Møller	1	1:02:49																						
02:13=	03:13=	04:10=	07:39=	10:56=	17:04=	21:35=	23:49=	25:48=	28:29=	30:45=	32:35=	33:21=	35:40=	36:40=	39:50=	43:19=	44:43=	46:19=	49:43=	51:09=	57:04=	58:14=	60:02=	62:07=	62:49=
02:13=	01:00=	00:57=	03:29=	03:17=	06:08=	04:31=	02:14=	01:59=	02:41=	02:16=	01:50=	00:46=	02:19=	01:00=	03:10=	03:29=	01:24=	01:36=	03:24=	01:26=	05:55=	01:10=	01:48=	02:05=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Jens Kobæk Edsen	5	1:05:24																						
02:44+	03:49+	04:38+	08:13+	11:57+	15:50-	21:45+	23:54+	26:03+	28:51+	31:17+	33:49+	34:41+	37:07+	38:35+	42:06+	47:17+	48:26+	49:59+	52:43+	54:09+	59:44+	60:57+	63:00+	64:45+	65:24+
02:44+	01:05+	00:49-	03:35+	03:44+	03:53-	05:55+	02:09-	02:09+	02:48+	02:26+	02:32+	00:52+	02:26+	01:28+	03:31+	05:11+	01:09-	01:33-	02:44-	01:26+	05:35-	01:13+	02:03+	01:45-	00:39-
00:31#	00:05+	00:08-	00:06+	00:27#	02:15-	01:24&	00:05-	00:10+	00:07+	00:10+	00:42&	00:06#	00:07+	00:28&	00:21#	01:42&	00:15-	00:03-	00:40-	00:00=	00:20-	00:03+	00:15#	00:20-	00:03-

3	Simon Reimers	1	1:07:47																						
02:13=	06:31+	07:20+	11:10+	14:46+	18:42+	23:19+	25:35+	27:36+	30:21+	33:54+	35:50+	36:35+	38:50+	39:54+	43:17+	46:47+	48:12+	50:28+	53:41+	55:20+	61:45+	63:19+	65:28+	67:14+	67:47+
02:13=	04:18+	00:49-	03:50+	03:36+	03:56-	04:37+	02:16+	02:01+	02:45+	03:33+	01:56+	00:45-	02:15-	01:04+	03:23+	03:30+	01:25+	02:16+	03:13-	01:39+	06:25+	01:34+	02:09+	01:46-	00:33-
00:00=	03:18@	00:08-	00:21#	00:19+	02:12-	00:06+	00:02+	00:02+	00:04+	01:17&	00:06+	00:01-	00:04-	00:04+	00:13+	00:01+	00:01+	00:40&	00:11-	00:13#	00:30+	00:24&	00:21#	00:19-	00:09-

4	Jonas Abildgård Poulsen	2	1:36:16																						
02:57+	04:22+	05:30+	14:14+	19:27+	25:23+	31:42+	34:42+	37:27+	41:09+	45:01+	48:19+	49:21+	53:23+	54:47+	59:06+	66:11+	68:07+	71:28+	76:11+	78:29+	88:12+	90:29+	93:23+	95:38+	96:16+
02:57+	01:25+	01:08+	08:44+	05:13+	05:56-	06:19+	03:00+	02:45+	03:42+	03:52+	03:18+	01:02+	04:02+	01:24+	04:19+	07:05+	01:56+	03:21+	04:43+	02:18+	09:43+	02:17+	02:54+	02:15+	00:38-
00:44&	00:25&	00:11#	05:15@	01:56&	00:12-	01:48&	00:46&	00:46&	01:01&	01:36&	01:28&	00:16&	01:43&	00:24&	01:09&	03:36@	00:32&	01:45@	01:19&	00:52&	03:48&	01:07&	01:06&	00:10+	00:04-

### Beste stræktid for klassen

02:13	01:00	00:49	03:29	03:17	03:53	04:31	02:09	01:59	02:41	02:16	01:50	00:45	02:15	01:00	03:10	03:29	01:09	01:33	02:44	01:26	05:35	01:10	01:48	01:45	00:33
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H-20B

1	Lasse Djernæs	7	42:02																	
01:52=	03:24=	04:55=	07:23=	09:57=	13:25=	15:34=	19:29=	21:04=	22:00=	24:36=	25:59=	27:00=	29:44=	30:53=	32:53=	35:10=	37:25=	38:42=	41:14=	42:02=
01:52=	01:32=	01:31=	02:28=	02:34=	03:28=	02:09=	03:55=	01:35=	00:56=	02:36=	01:23=	01:01=	02:44=	01:09=	02:00=	02:17=	02:15=	01:17=	02:32=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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

01:52	01:32	01:31	02:28	02:34	03:28	02:09	03:55	01:35	00:56	02:36	01:23	01:01	02:44	01:09	02:00	02:17	02:15	01:17	02:32	00:48
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

## H21-

1	Rico Hejlskov Mogensen	18	52:34																						
01:53=	02:44=	03:25=	06:18=	09:27=	12:26=	16:12=	18:07=	19:45=	22:07=	24:04=	25:46=	26:30=	28:34=	29:34=	32:16=	35:32=	36:47=	38:10=	40:58=	42:21=	47:27=	48:34=	50:13=	51:53=	52:34=
01:53=	00:51=	00:41=	02:53=	03:09=	02:59=	03:46=	01:55=	01:38=	02:22=	01:57=	01:42=	00:44=	02:04=	01:00=	02:42=	03:16=	01:15=	01:23=	02:48=	01:23=	05:06=	01:07=	01:39=	01:40=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Anton Rasmussen	2	1:05:03																						
02:30+	03:40+	04:29+	08:04+	11:40+	15:12+	19:51+	22:03+	24:10+	26:56+	29:26+	31:18+	32:05+	34:22+	35:31+	39:16+	42:50+	44:12+	45:44+	48:52+	50:43+	57:14+	58:41+	62:27+	64:18+	65:03+
02:30+	01:10+	00:49+	03:35+	03:36+	03:32+	04:39+	02:12+	02:07+	02:46+	02:30+	01:52+	00:47+	02:17+	01:09+	03:45+	03:34+	01:22+	01:32+	03:08+	01:51+	06:31+	01:27+	03:46+	01:51+	00:45+
00:37&	00:19&	00:08#	00:42#	00:27#	00:33#	00:53#	00:17#	00:29&	00:24#	00:33&	00:10+	00:03+	00:13#	00:09#	01:03&	00:18+	00:07+	00:09#	00:20#	00:28&	01:25&	00:20&	02:07@	00:11#	00:04+

Class	Navn	Klasse	Tid
<b>3</b>	<b>Søren Vestergaard Christensen</b>	<b>2</b>	<b>1:05:48</b>
08:58+	10:02+	11:03+	14:29+
08:58+	01:04+	01:01+	03:36+
07:05@	00:13&	00:20&	00:33#
02:38+	03:41+	04:42+	08:18+
02:38+	01:03+	01:01+	03:36+
00:45&	00:12#	00:20&	00:43#
<b>4</b>	<b>Morten Schou</b>	<b>1</b>	<b>1:07:15</b>
02:38+	03:41+	04:42+	08:18+
02:38+	01:03+	01:01+	03:36+
00:45&	00:12#	00:20&	00:43#
<b>5</b>	<b>Lennart Rebsdorf</b>	<b>4</b>	<b>1:08:16</b>
02:03+	03:34+	04:20+	07:53+
02:03+	01:31+	00:46+	03:33+
00:10+	00:40&	00:05#	00:40#
<b>6</b>	<b>Jes Mose Jensen</b>	<b>12</b>	<b>1:10:30</b>
02:39+	03:49+	04:39+	08:25+
02:39+	01:10+	00:50+	03:46+
00:46&	00:19&	00:09#	00:53#
<b>7</b>	<b>Kristoffer Sloth</b>	<b>1</b>	<b>1:11:16</b>
02:23+	03:31+	04:26+	09:43+
02:23+	01:08+	00:55+	05:17+
00:30&	00:17&	00:14&	00:24&
<b>8</b>	<b>Rene Korsgaard Brund</b>	<b>1</b>	<b>1:11:42</b>
04:00+	04:57+	05:47+	11:11+
04:00+	00:57+	00:50+	05:24+
02:07@	00:06#	00:09#	00:31&
<b>9</b>	<b>Lajos Török</b>	<b>1</b>	<b>1:26:36</b>
02:48+	04:11+	05:19+	10:05+
02:48+	01:23+	01:08+	04:46+
00:55&	00:32&	00:27&	01:53&
<b>10</b>	<b>Peter Friis Østergaard</b>	<b>2</b>	<b>1:27:58</b>
03:18+	04:39+	05:53+	11:22+
03:18+	01:21+	01:14+	05:29+
01:25&	00:30&	00:33&	02:36&
<b>11</b>	<b>Simon Bisgaard Olsen</b>	<b>6</b>	<b>1:35:42</b>
05:15+	06:54+	08:08+	13:59+
05:15+	01:39+	01:14+	05:51+
03:22@	00:48&	00:33&	02:58@
<b>12</b>	<b>Stefan Olsen</b>	<b>10</b>	<b>1:40:11</b>
12:14+	13:35+	14:49+	20:04+
12:14+	01:21+	01:14+	05:15+
10:21@	00:30&	00:33&	02:22&
<b>13</b>	<b>Kjeld Arildsen</b>	<b>6</b>	<b>1:49:32</b>
04:21+	06:16+	07:40+	13:17+
04:21+	01:55+	01:24+	05:37+
02:28@	01:04@	00:43@	03:16@
<b>Beste stræktid for klassen</b>			
01:53	00:51	00:41	02:53
03:08	02:59	03:46	01:55
01:38	02:22	01:57	01:42
00:42	02:04	01:00	02:42
03:16	01:13	01:22	02:48
01:21	05:06	01:05	01:39
01:34	00:36	01:39	01:34
00:36			

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

## H21-B

<b>1</b>	<b>Michael Gru</b>	<b>1</b>	<b>32:16</b>
01:27=	02:42=	03:50=	05:34=
01:27=	01:15=	01:08=	01:44=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kim Jensen</b>	<b>6</b>	<b>41:52</b>
02:03+	03:49+	05:23+	08:00+
02:03+	01:46+	01:34+	02:37+
00:36&	00:31&	00:26&	00:53&

Class	Navn	Klasse	Tid																	
<b>3</b>	<b>Zijad Cosic</b>	<b>1</b>	<b>51:42</b>																	
01:55+	03:44+	04:56+	07:28+	10:14+	13:15+	17:40+	24:37+	25:54+	28:12+	30:03+	30:55+	32:11+	34:25+	38:16+	41:47+	43:33+	46:39+	48:27+	50:59+	51:42+
01:55+	01:49+	01:12+	02:32+	02:46+	03:01-	04:25+	06:57+	01:17-	02:18+	01:51+	00:52+	01:16+	02:14+	03:51+	03:31+	01:46+	03:06+	01:48+	02:32+	00:43+
00:28&	00:34&	00:04+	00:48&	00:14+	00:02-	01:59&	05:03@	00:06-	01:34@	00:13#	00:06#	00:31&	00:31&	03:02@	01:59@	00:05+	01:17&	00:32&	00:31&	00:03+
<b>4</b>	<b>Lars Bach</b>	<b>7</b>	<b>1:10:56</b>																	
03:19+	06:52+	09:22+	13:20+	18:33+	23:45+	28:01+	32:29+	35:04+	36:26+	40:01+	41:19+	44:02+	48:15+	50:16+	53:48+	57:37+	63:17+	65:57+	69:44+	70:56+
03:19+	03:33+	02:30+	03:58+	05:13+	05:12+	04:16+	04:28+	02:35+	01:22+	03:35+	01:18+	02:43+	04:13+	02:01+	03:32+	03:49+	05:40+	02:40+	03:47+	01:12+
01:52@	02:18@	01:22@	02:14@	02:41@	02:09&	01:50&	02:34@	01:12&	00:38&	01:57@	00:32&	01:58@	02:30@	01:12@	02:00@	02:08@	03:51@	01:24@	01:46&	00:32&
<b>5</b>	<b>Jens Rasmussen</b>	<b>6</b>	<b>1:30:21</b>																	
03:56+	07:40+	11:38+	17:59+	24:54+	32:08+	36:27+	41:20+	44:32+	46:40+	51:37+	53:40+	56:53+	63:02+	66:21+	70:22+	76:19+	80:32+	83:32+	88:36+	90:21+
03:56+	03:44+	03:58+	06:21+	06:55+	07:14+	04:19+	04:53+	03:12+	02:08+	04:57+	02:03+	03:13+	06:09+	03:19+	04:01+	05:57+	04:13+	03:00+	05:04+	01:45+
02:29@	02:29@	02:50@	04:37@	04:23@	04:11@	01:53&	02:59@	01:49@	01:24@	03:19@	01:17@	02:28@	04:26@	02:30@	02:29@	04:16@	02:24@	01:44@	03:03@	01:05@
<b>Beste stræktid for klassen</b>																				
01:27	01:15	01:08	01:44	02:32	03:01	02:17	01:54	01:17	00:44	01:38	00:46	00:45	01:43	00:49	01:32	01:41	01:43	01:16	02:01	00:40

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

## H21-C

<b>1</b>	<b>Anders B. Nielsen</b>	<b>4</b>	<b>22:14</b>													
00:15=	01:40=	02:52=	03:54=	04:42=	06:33=	08:01=	08:41=	09:36=	10:25=	12:14=	15:08=	16:46=	18:36=	19:45=	21:20=	22:14=
00:15=	01:25=	01:12=	01:02=	00:48=	01:51=	01:28=	00:40=	00:55=	00:49=	01:49=	02:54=	01:38=	01:50=	01:09=	01:35=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jørn Blom</b>	<b>4</b>	<b>31:01</b>													
00:15=	02:09+	04:10+	05:26+	06:34+	08:54+	10:52+	11:42+	13:22+	14:27+	16:40+	20:59+	23:38+	26:02+	27:56+	30:03+	31:01+
00:15=	01:54+	02:01+	01:16+	01:08+	02:20+	01:58+	00:40+	01:40+	01:05+	02:13+	04:19+	02:39+	02:24+	01:54+	02:07+	00:58+
00:00=	00:29&	00:49&	00:14#	00:20&	00:29&	00:30&	00:10#	00:45&	00:16&	00:24#	01:25&	01:01&	00:34&	00:45&	00:32&	00:04+
<b>3</b>	<b>Per Hauge</b>	<b>6</b>	<b>32:56</b>													
00:27+	02:46+	04:26+	05:58+	07:00+	09:46+	11:59+	12:47+	14:07+	15:20+	18:03+	22:39+	25:21+	27:57+	29:35+	31:53+	32:56+
00:27+	02:19+	01:40+	01:32+	01:02+	02:46+	02:13+	00:48+	01:20+	01:13+	02:43+	04:36+	02:42+	02:36+	01:38+	02:18+	01:03+
00:12&	00:54&	00:28&	00:30&	00:14&	00:55&	00:45&	00:08#	00:25&	00:24&	00:54&	01:42&	01:04&	00:46&	00:29&	00:43&	00:09#
<b>4</b>	<b>Hans Chr. Sønderriis</b>	<b>10</b>	<b>33:09</b>													
00:15=	02:14+	04:10+	05:31+	06:36+	09:14+	11:10+	12:14+	13:40+	14:59+	17:30+	21:50+	25:13+	27:43+	29:29+	31:56+	33:09+
00:15=	01:59+	01:56+	01:21+	01:05+	02:38+	01:56+	01:04+	01:26+	01:19+	02:31+	04:20+	03:23+	02:30+	01:46+	02:27+	01:13+
00:00=	00:34&	00:44&	00:19&	00:17&	00:47&	00:28&	00:24&	00:31&	00:30&	00:42&	01:26&	01:45@	00:40&	00:37&	00:52&	00:19&
<b>Beste stræktid for klassen</b>																
00:15	01:25	01:12	01:02	00:48	01:51	01:28	00:40	00:55	00:49	01:49	02:54	01:38	01:50	01:09	01:35	00:54

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

## H35-

<b>1</b>	<b>Thorkild Jensen</b>	<b>7</b>	<b>1:09:48</b>																							
02:35=	03:49=	04:40=	08:14=	12:02=	17:02=	23:09=	28:22=	30:52=	34:01=	36:11=	38:03=	38:50=	41:29=	42:37=	45:53=	49:49=	51:09=	53:05=	56:02=	57:52=	64:12=	65:29=	67:24=	69:09=	69:48=	
02:35=	01:14=	00:51=	03:34=	03:48=	05:00=	06:07=	05:13=	02:30=	03:09=	02:10=	01:52=	00:47=	02:39=	01:08=	03:16=	03:56=	01:20=	01:56=	02:57=	01:50=	06:20=	01:17=	01:55=	01:45=	00:39=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Brian V. Brøgger</b>	<b>10</b>	<b>1:11:16</b>																							
02:26-	03:36-	04:40=	08:29+	12:20+	16:22-	21:03-	23:15-	25:35-	28:41-	30:55-	33:09-	34:04-	36:45-	37:58-	41:56-	46:45-	48:36-	50:24-	53:32-	55:32-	64:24+	65:49+	68:33+	70:39+	71:16+	
02:26-	01:10-	01:04+	03:49+	03:51+	04:02-	04:41-	02:12-	02:20-	03:06-	02:14+	02:14+	00:55+	02:41+	01:13+	03:58+	04:49+	01:51+	01:48-	03:08+	02:00+	08:52+	01:25+	02:44+	02:06+	00:37-	
00:09-	00:04-	00:13&	00:00=	00:03+	00:58-	01:26-	03:01-	00:10-	00:03-	00:15+	00:04+	00:22#	00:08#	00:02+	00:05+	00:42#	00:53#	00:31&	00:08-	00:11+	00:10+	02:32&	00:08#	00:49&	00:21#	00:02-
<b>3</b>	<b>Bo Birk Nielsen</b>	<b>1</b>	<b>1:11:54</b>																							
05:34+	06:41+	07:36+	14:52+	18:53+	22:38+	28:12+	30:23+	32:56+	35:33+	37:49+	39:43+	40:32+	42:46+	43:56+	47:19+	50:50+	52:15+	54:25+	57:45+	59:16+	65:42+	67:20+	69:32+	71:14+	71:54+	
05:34+	01:07-	00:55+	07:16+	04:01+	03:45-	05:34-	02:11-	02:33+	02:37-	02:16+	01:54+	00:49+	02:14-	01:10+	03:23+	03:31-	01:25+	02:10+	03:20+	01:31-	06:26+	01:38+	02:12+	01:42-	00:40+	
02:59@	00:07-	00:04+	03:42@	00:13+	01:15-	00:33-	03:02-	00:03+	00:32-	00:06+	00:02+	00:02+	00:25-	00:02+	00:07+	00:25-	00:05+	00:14#	00:23#	00:19-	00:06+	00:21&	00:17#	00:03-	00:01+	
<b>4</b>	<b>Jakob Gade</b>	<b>10</b>	<b>1:12:35</b>																							
02:40+	03:54+	04:52+	08:47+	13:26+	17:42+	23:24+	25:55-	28:26-	31:26-	34:15-	36:22-	37:10-	39:41-	41:02-	44:17-	48:55-	50:26-	52:18-	55:41-	58:02+	64:59+	66:30+	70:05+	71:57+	72:35+	
02:40+	01:14=	00:58+	03:55+	04:39+	04:16-	05:42-	02:31-	02:31+	03:00-	02:49+	02:07+	00:48+	02:31-	01:21+	03:15-	04:38+	01:31+	01:52-	03:23+	02:21+	06:57+	01:31+	03:35+	01:52+	00:38-	
00:05+	00:00=	00:07#	00:21+	00:51#	00:44-	00:25-	02:42-	00:01+	00:09-	00:39&	00:15#	00:01+	00:08-	00:13#	00:01-	00:42#	00:11#	00:04-	00:26#	00:31&	00:37+	00:14#	01:40&	00:07+	00:01-	



Class	Navn	Klasse														Tid													
<b>5</b>	<b>Jess Rasmussen</b>	<b>10</b>														<b>1:14:41</b>													
	02:37+	03:50+	04:42+	08:30+	12:20+	16:17-	21:33-	26:43-	28:45-	31:35-	34:03-	36:24-	40:53+	43:27+	44:49+	48:34+	52:04+	54:04+	55:37+	59:12+	60:57+	67:36+	69:20+	71:39+	73:57+	74:41+			
	02:37+	01:13-	00:52+	03:48+	03:50+	03:57-	05:16-	05:10-	02:02-	02:50-	02:28+	02:21+	04:29+	02:34-	01:22+	03:45+	03:30-	02:00+	01:33-	03:35+	01:45-	06:39+	01:44+	02:19+	02:18+	00:44+			
	00:02+	00:01-	00:01+	00:14+	00:02+	01:03-	00:51-	00:03-	00:28-	00:19-	00:18#	00:29&	03:42@	00:05-	00:14#	00:29#	00:26-	00:40&	00:23-	00:38#	00:05-	00:19+	00:27&	00:24#	00:33&	00:05#			
<b>6</b>	<b>Henrik Bach</b>	<b>4</b>														<b>1:15:01</b>													
	02:53+	04:09+	05:09+	09:13+	15:37+	19:59+	25:40+	28:25+	30:53+	33:46-	36:34+	38:58+	39:46+	42:37+	43:43+	47:33+	51:40+	53:29+	55:17+	59:19+	61:23+	68:14+	69:38+	72:06+	74:20+	75:01+			
	02:53+	01:16+	01:00+	04:04+	06:24+	04:22-	05:41-	02:45-	02:28-	02:53-	02:48+	02:24+	00:48+	02:51+	01:06-	03:50+	04:07+	01:49+	01:48-	04:02+	02:04+	06:51+	01:24+	02:28+	02:14+	00:41+			
	00:18#	00:02+	00:09#	00:30#	02:36&	00:38-	00:26-	02:28-	00:02-	00:16-	00:38&	00:32&	00:01+	00:12+	00:02-	00:34#	00:11+	00:29&	00:08-	01:05&	00:14#	00:31+	00:07+	00:33&	00:29&	00:02+			
<b>7</b>	<b>Thomas Ullner</b>	<b>7</b>														<b>1:16:12</b>													
	03:36+	04:52+	06:01+	10:03+	14:53+	20:37+	26:03+	28:51+	31:07+	34:38+	37:14+	40:24+	41:18+	43:59+	45:14+	49:02+	52:59+	54:39+	56:18+	60:11+	62:12+	69:01+	70:33+	73:21+	75:21+	76:12+			
	03:36+	01:16+	01:09+	04:02+	04:50+	05:44+	05:26-	02:48-	02:16-	03:31+	02:36+	03:10+	00:54+	02:41+	01:15+	03:48+	03:57+	01:40+	01:39-	03:53+	02:01+	06:49+	01:32+	02:48+	02:00+	00:51+			
	01:01&	00:02+	00:18&	00:28#	01:02&	00:44#	00:41-	02:25-	00:14-	00:22#	00:26#	01:18&	00:07#	00:02+	00:07#	00:32#	00:01+	00:20#	00:17-	00:56&	00:11#	00:29+	00:15#	00:53&	00:15#	00:12&			
<b>8</b>	<b>Erik Nysom</b>	<b>8</b>														<b>1:20:40</b>													
	03:10+	04:24+	05:17+	11:03+	15:17+	20:29+	26:05+	28:53+	31:07+	34:50+	37:44+	40:16+	41:19+	44:28+	45:53+	49:54+	56:29+	58:16+	60:08+	64:18+	66:17+	73:46+	75:13+	77:50+	79:53+	80:40+			
	03:10+	01:14-	00:53+	05:46+	04:14+	05:12+	05:36-	02:48-	02:14-	03:43+	02:54+	02:32+	01:03+	03:09+	01:25+	04:01+	06:35+	01:47+	01:52-	04:10+	01:59+	07:29+	01:27+	02:37+	02:03+	00:47+			
	00:35#	00:00-	00:02+	02:12&	00:26#	00:12+	00:31-	02:25-	00:16-	00:34#	00:44&	00:40&	00:16&	00:30#	00:17#	00:45#	02:39&	00:27&	00:04-	01:13&	00:09+	01:09#	00:10#	00:42&	00:18#	00:08#			
<b>9</b>	<b>Andreas Popp</b>	<b>1</b>														<b>1:21:18</b>													
	04:03+	05:13+	06:26+	11:08+	15:29+	20:34+	25:50+	29:03+	31:45+	35:42+	38:27+	41:02+	42:08+	45:23+	46:44+	51:31+	56:09+	57:56+	60:05+	64:27+	66:46+	74:05+	75:53+	78:21+	80:37+	81:18+			
	04:03+	01:10-	01:13+	04:42+	04:21+	05:05+	05:16-	03:13-	02:42+	03:57+	02:45+	02:35+	01:06+	03:15+	01:21+	04:47+	04:38+	01:47+	02:09+	04:22+	02:19+	07:19+	01:48+	02:28+	02:16+	00:41+			
	01:28&	00:04-	00:22&	01:08&	00:33#	00:05+	00:51-	02:00-	00:12+	00:48&	00:35&	00:43&	00:19&	00:36#	00:13#	01:31&	00:42#	00:27&	00:13#	01:25&	00:29&	00:59#	00:31&	00:33&	00:31&	00:02+			
<b>10</b>	<b>Anders Byrdal</b>	<b>10</b>														<b>1:22:47</b>													
	02:46+	04:08+	05:10+	09:19+	14:18+	18:49+	24:33+	27:36-	30:30-	34:03+	36:50+	39:02+	40:06+	42:57+	44:32+	48:38+	53:39+	55:29+	57:42+	65:25+	67:34+	75:11+	76:48+	79:42+	81:58+	82:47+			
	02:46+	01:22+	01:02+	04:09+	04:59+	04:31-	05:44-	03:03-	02:54+	03:33+	02:47+	02:12+	01:04+	02:51+	01:35+	04:06+	05:01+	01:50+	02:13+	07:43+	02:09+	07:37+	01:37+	02:54+	02:16+	00:49+			
	00:11+	00:08#	00:11#	00:35#	01:11&	00:29-	00:23-	02:10-	00:24#	00:24#	00:37&	00:20#	00:17&	00:12+	00:27&	00:50&	01:05&	00:30&	00:17#	04:46@	00:19#	01:17#	00:20&	00:59&	00:31&	00:10&			
<b>11</b>	<b>Kim Poulsen</b>	<b>2</b>														<b>1:24:35</b>													
	02:29-	03:34-	04:42+	09:14+	13:34+	26:49+	32:21+	34:53+	37:21+	40:20+	43:08+	46:39+	47:28+	50:42+	51:58+	56:59+	60:51+	62:27+	64:05+	68:07+	70:04+	77:58+	79:35+	81:55+	83:55+	84:35+			
	02:29-	01:05-	01:08+	04:32+	04:20+	13:15+	05:32-	02:32-	02:32-	02:59-	02:48+	03:31+	00:49+	03:14+	01:16+	05:01+	03:52-	01:36+	01:38-	04:02+	01:57+	07:54+	01:37+	02:20+	02:00+	00:40+			
	00:06-	00:09-	00:17&	00:58&	00:32#	08:15@	00:35-	02:41-	00:02-	00:10-	00:38&	01:39&	00:02+	00:35#	00:08#	01:45&	00:04-	00:16#	00:18-	01:05&	00:07+	01:34#	00:20&	00:25#	00:15#	00:01+			
<b>12</b>	<b>Claus Bobach</b>	<b>1</b>														<b>1:25:37</b>													
	02:34-	03:55+	04:50+	08:57+	14:02+	19:15+	25:32+	28:49+	31:38+	35:23+	38:33+	41:39+	42:38+	45:57+	47:23+	52:15+	57:37+	59:51+	62:03+	66:49+	69:06+	77:03+	78:45+	82:06+	84:45+	85:37+			
	02:34-	01:21+	00:55+	04:07+	05:05+	05:13+	06:17+	03:17-	02:49+	03:45+	03:10+	03:06+	00:59+	03:19+	01:26+	04:52+	05:22+	02:14+	02:12+	04:46+	02:17+	07:57+	01:42+	03:21+	02:39+	00:52+			
	00:01-	00:07+	00:04+	00:33#	01:17&	00:13+	00:10+	01:56-	00:19#	00:36#	01:00&	01:14&	00:12&	00:40&	00:18&	01:36&	01:26&	00:54&	00:16#	01:49&	00:27#	01:37&	00:25&	01:26&	00:54&	00:13&			
<b>13</b>	<b>Anders Tversted</b>	<b>2</b>														<b>1:32:42</b>													
	11:49+	13:11+	14:13+	23:16+	28:18+	33:54+	36:24+	39:30+	44:52+	47:32+	50:55+	51:53+	54:08+	56:38+	59:45+	65:54+	67:14+	69:56+	73:21+	74:57+	81:40+	87:14+	89:33+	92:06+	92:42+				
	11:49+	01:22+	01:02+	04:02+	05:01+	05:02+	05:36-	02:30-	03:06+	05:22+	02:40+	03:23+	00:58+	02:15-	02:30+	03:07-	06:09+	01:20+	02:42+	03:25+	01:36-	06:43+	05:34+	02:19+	02:33+	00:36-			
	09:14@	00:08#	00:11#	00:28#	01:13&	00:02+	00:31-	02:43-	00:36#	02:13&	00:30#	01:31&	00:11#	00:24-	01:22@	00:09-	02:13&	00:00-	00:46&	00:28#	00:14-	00:23+	04:17@	00:24#	00:48&	00:03-			
<b>14</b>	<b>Jens B Christensen</b>	<b>6</b>														<b>1:35:30</b>													
	03:36+	05:01+	06:06+	10:33+	15:47+	21:38+	28:09+	30:56+	34:21+	37:58+	41:10+	44:16+	45:24+	49:21+	51:07+	55:29+	62:49+	64:44+	67:30+	72:31+	74:54+	84:30+	86:53+	90:37+	94:36+	95:30+			
	03:36+	01:25+	01:05+	04:27+	05:14+	05:51+	06:31+	02:47-	03:25+	03:37+	03:12+	03:06+	01:08+	03:57+	01:46+	04:22+	07:20+	01:55+	02:46+	05:01+	02:23+	09:36+	02:23+	03:44+	03:59+	00:54+			
	01:01&	00:11#	00:14&	00:53#	01:26&	00:51#	00:24+	02:26-	00:55&	00:28#	01:02&	01:14&	00:21&	01:18&	00:38&	01:06&	03:24&	00:35&	00:50&	02:04&	00:33&	03:16&	01:06&	01:49&	02:14@	00:15&			

**Beste strøktid for klassen**

02:26	01:05	00:51	03:34	03:48	03:45	04:41	02:11	02:02	02:37	02:10	01:52	00:47	02:14	01:06	03:07	03:30	01:20	01:33	02:57	01:31	06:20	01:17	01:55	01:42	00:36
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= Som klassevinner , - raskere , + senere , # 10% tab , & 25% tab , @ 100% tab.

**H35-B**

<b>1</b>	<b>Søren Bak</b>	<b>1</b>														<b>41:17</b>													
	01:57+	03:48+	05:19+	08:28+	11:14+	13:57+	16:12+	18:44+	20:21+	21:28+	24:33+	25:15+	26:28+	28:53+	30:02+	31:48+	34:05+	36:10+	37:52+	40:23+	41:17+								
	01:57+	01:51+	01:31+	03:09+	02:46+	02:53+	02:15+	02:32+	01:37+	01:07+	03:05+	00:42+	01:13+	02:25+	01:09+	01:46+	02:17+	02:05+	01:42+	02:31+	00:54+								
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Erik Søgaard</b>	<b>2</b>														<b>45:55</b>													
	03:04+	04:51+	06:15+	08:55+	11:47+	14:37+	20:59+	24:01+	25:28+	26:21+	28:32+	29:37+	30:35+	33:04+	34:10+	36:51+	38:48+	40:48+	42:20+	45:10+	45:55+								
	03:04+	01:47-	01:24-	02:40-	02:52+	02:50+	06:22+	03:02+	01:27-	00:53-	02:11-	01:05+	00:58-	02:29+	01:06-	02:41+	01:57-	02:00-	01:32-	02:50+	00:45-								
	01:07&	00:04-	00:07-	00:29-	00:06+	00:07+	04:07@	00:30#	00:10-	00:14-	00:54-	00:23&	00:15-	00:04+	00:03-	00:55&	00:20-	00:05-	00:10-	00:19#	00:09-								
<b>3</b>	<b>Morten Frederiksen</b>	<b>3</b>														<b>47:01</b>													
	02:02+	04:12+	06:22+	09:05+	12:06+	16:27+	19:05+	21:24+	23:25+	24:25+</																			

Class	Navn	Klasse										Tid										
<b>4</b>	<b>Ole Præstgaard</b>	<b>4</b>	<b>47:08</b>																			
02:10+	04:05+	05:51+	08:54+	12:07+	15:02+	17:34+	20:37+	22:15+	23:22+	25:43+	26:49+	27:49+	30:36+	32:10+	34:46+	37:15+	40:40+	43:06+	46:25+	47:08+		
02:10+	01:55+	01:46+	03:03-	03:13+	02:55+	02:32+	03:03+	01:38+	01:07=	02:21-	01:06+	01:00-	02:47+	01:34+	02:36+	02:29+	03:25+	02:26+	03:19+	00:43-		
00:13#	00:04+	00:15#	00:06-	00:27#	00:12+	00:17#	00:31#	00:01+	00:00=	00:44-	00:24#	00:13-	00:22#	00:25#	00:50&	00:12+	01:20&	00:44&	00:48&	00:11-		
<b>5</b>	<b>René Bitsch</b>	<b>9</b>	<b>52:10</b>																			
01:52-	03:30-	05:05-	08:24-	13:00+	20:38+	22:56+	25:20+	27:12+	28:11+	30:56+	32:44+	34:05+	36:36+	38:12+	40:10+	42:30+	46:28+	48:19+	51:26+	52:10+		
01:52-	01:38-	01:35+	03:19+	04:36+	07:38+	02:18+	02:24-	01:52+	00:59-	02:45-	01:48+	01:21+	02:31+	01:36+	01:58+	02:20+	03:58+	01:51+	03:07+	00:44-		
00:05-	00:13-	00:04+	00:10+	01:50&	04:55@	00:03+	00:08-	00:15#	00:08-	00:20-	01:06@	00:08#	00:06+	00:27#	00:12#	00:03+	01:53&	00:09+	00:36#	00:10-		
<b>6</b>	<b>Carl Henrik Pedersen</b>	<b>4</b>	<b>56:21</b>																			
02:24+	04:26+	06:08+	08:54+	12:32+	24:28+	26:52+	29:31+	31:39+	32:50+	37:06+	38:01+	39:25+	41:51+	43:18+	45:14+	47:21+	50:35+	52:29+	55:36+	56:21+		
02:24+	02:02+	01:42+	02:46-	03:38+	11:56+	02:24+	02:39+	02:08+	01:11+	04:16+	00:55+	01:24+	02:26+	01:27+	01:56+	02:07-	03:14+	01:54+	03:07+	00:45-		
00:27#	00:11+	00:11#	00:23-	00:52&	09:13@	00:09+	00:07+	00:31&	00:04+	01:11&	00:13&	00:11#	00:01+	00:18&	00:10+	00:10-	01:09&	00:12#	00:36#	00:09-		
<b>7</b>	<b>Niels Jørgen Iversen</b>	<b>4</b>	<b>59:58</b>																			
02:44+	04:59+	07:32+	10:58+	15:31+	20:20+	23:28+	28:03+	30:38+	31:56+	35:04+	36:24+	38:11+	41:55+	43:44+	46:25+	49:11+	52:10+	54:41+	58:52+	59:58+		
02:44+	02:15+	02:33+	03:26+	04:33+	04:49+	03:08+	04:35+	02:35+	01:18+	03:08+	01:20+	01:47+	03:44+	01:49+	02:41+	02:46+	02:59+	02:31+	04:11+	01:06+		
00:47&	00:24#	01:02&	00:17+	01:47&	02:06&	00:53&	02:03&	00:58&	00:11#	00:03+	00:38&	00:34&	01:19&	00:40&	00:55&	00:29#	00:54&	00:49&	01:40&	00:12#		
<b>8</b>	<b>Øjvind Brøgger</b>	<b>2</b>	<b>1:00:07</b>																			
02:54+	05:37+	08:15+	13:12+	17:42+	21:54+	28:19+	32:09+	34:38+	36:01+	39:37+	40:47+	42:09+	45:15+	46:33+	49:00+	51:27+	53:59+	56:03+	59:05+	60:07+		
02:54+	02:43+	02:38+	04:57+	04:30+	04:12+	06:25+	03:50+	02:29+	01:23+	03:36+	01:10+	01:22+	03:06+	01:18+	02:27+	02:27+	02:32+	02:04+	03:02+	01:02+		
00:57&	00:52&	01:07&	01:48&	01:44&	01:29&	04:10@	01:18&	00:52&	00:16#	00:31#	00:28&	00:09#	00:41&	00:09#	00:41&	00:10+	00:27#	00:22#	00:31#	00:08#		
<b>9</b>	<b>Bent Hansen</b>	<b>10</b>	<b>1:01:12</b>																			
03:26+	05:41+	07:50+	11:17+	15:05+	19:31+	25:17+	29:10+	31:41+	33:00+	36:00+	37:09+	39:07+	42:38+	44:09+	46:29+	49:18+	52:50+	55:31+	59:36+	61:12+		
03:26+	02:15+	02:09+	03:27+	03:48+	04:26+	05:46+	03:53+	02:31+	01:19+	03:00-	01:09+	01:58+	03:31+	01:31+	02:20+	02:49+	03:32+	02:41+	04:05+	01:36+		
01:29&	00:24#	00:38&	00:18+	01:02&	01:43&	03:31@	01:21&	00:54&	00:12#	00:05-	00:27&	00:45&	01:06&	00:22&	00:34&	00:32#	01:27&	00:59&	01:34&	00:42&		
<b>10</b>	<b>Olaf Christensen</b>	<b>2</b>	<b>1:06:07</b>																			
02:54+	05:39+	07:33+	11:10+	15:40+	19:59+	26:18+	30:22+	32:55+	34:15+	37:42+	38:52+	41:36+	45:42+	47:39+	50:36+	54:26+	58:08+	60:59+	65:03+	66:07+		
02:54+	02:45+	01:54+	03:37+	04:30+	04:19+	06:19+	04:04+	02:33+	01:20+	03:27+	01:10+	02:44+	04:06+	01:57+	02:57+	03:50+	03:42+	02:51+	04:04+	01:04+		
00:57&	00:54&	00:23&	00:28#	01:44&	01:36&	04:04@	01:32&	00:56&	00:13#	00:22#	00:28&	01:31@	01:41&	00:48&	01:11&	01:33&	01:37&	01:09&	01:33&	00:10#		
<b>11</b>	<b>Asbjørn Maintz Andersen</b>	<b>2</b>	<b>1:12:40</b>																			
03:13+	06:15+	08:38+	12:43+	17:35+	22:14+	29:50+	33:57+	36:35+	38:07+	44:51+	45:56+	47:45+	51:51+	53:45+	56:39+	60:39+	64:10+	67:05+	71:11+	72:40+		
03:13+	03:02+	02:23+	04:05+	04:52+	04:39+	07:36+	04:07+	02:38+	01:32+	06:44+	01:05+	01:49+	04:06+	01:54+	02:54+	04:00+	03:31+	02:55+	04:06+	01:29+		
01:16&	01:11&	00:52&	00:56&	02:06&	01:56&	05:21@	01:35&	01:01&	00:25&	03:39@	00:23&	00:36&	01:41&	00:45&	01:08&	01:43&	01:26&	01:13&	01:35&	00:35&		
<b>12</b>	<b>Torben Aakjær Jensen</b>	<b>3</b>	<b>1:14:43</b>																			
03:34+	07:08+	10:13+	14:35+	23:07+	28:46+	32:24+	36:39+	39:19+	41:07+	45:07+	46:55+	50:04+	54:14+	57:17+	60:12+	63:42+	66:57+	69:21+	73:22+	74:43+		
03:34+	03:34+	03:05+	04:22+	08:32+	05:39+	03:38+	04:15+	02:40+	01:48+	04:00+	01:48+	03:09+	04:10+	03:03+	02:55+	03:30+	03:15+	02:24+	04:01+	01:21+		
01:37&	01:43&	01:34@	01:13&	05:46@	02:56@	01:23&	01:43&	01:03&	00:41&	00:55&	01:06@	01:56@	01:45&	01:54@	01:09&	01:13&	01:10&	00:42&	01:30&	00:27&		
<b>13</b>	<b>Kim Dalsgaard Christensen</b>	<b>16</b>	<b>1:17:08</b>																			
02:20+	04:51+	07:41+	15:52+	23:32+	28:17+	31:22+	34:24+	37:14+	38:53+	43:59+	50:03+	54:32+	58:19+	61:54+	65:45+	68:23+	71:15+	73:22+	76:22+	77:08+		
02:20+	02:31+	02:50+	08:11+	07:40+	04:45+	03:05+	03:02+	02:50+	01:39+	05:06+	06:04+	04:29+	03:47+	03:35+	03:51+	02:38+	02:52+	02:07+	03:00+	00:46-		
00:23#	00:40&	01:19&	05:02@	04:54@	02:02&	00:50&	00:30#	01:13&	00:32&	02:01&	05:22@	03:16@	01:22&	02:26@	02:05@	00:21#	00:47&	00:25#	00:29#	00:08-		
<b>14</b>	<b>Leo Jespersen</b>	<b>3</b>	<b>1:20:02</b>																			
07:13+	10:33+	12:59+	17:23+	22:39+	27:51+	34:15+	38:44+	40:52+	42:33+	46:22+	47:58+	49:47+	54:30+	56:51+	59:40+	63:14+	69:49+	73:16+	78:01+	80:02+		
07:13+	03:20+	02:26+	04:24+	05:16+	05:12+	06:24+	04:29+	02:08+	01:41+	03:49+	01:36+	01:49+	04:43+	02:21+	02:49+	03:34+	06:35+	03:27+	04:45+	02:01+		
05:16@	01:29&	00:55&	01:15&	02:30&	02:29&	04:09@	01:57&	00:31&	00:34&	00:44#	00:54@	00:36&	02:18&	01:12@	01:03&	01:17&	04:30@	01:45@	02:14&	01:07@		
<b>Beste stræktid for klassen</b>																						
01:52	01:38	01:24	02:40	02:46	02:43	02:15	02:19	01:27	00:53	02:11	00:42	00:58	02:25	01:06	01:46	01:57	02:00	01:32	02:31	00:43		

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

## H40-

<b>1</b>	<b>Peter Villadsen</b>	<b>1</b>	<b>46:04</b>																	
02:15=	02:57=	06:13=	09:58=	14:19=	18:39=	20:41=	22:48=	25:21=	27:27=	29:03=	30:27=	32:22=	33:36=	35:07=	41:02=	41:51=	43:26=	45:26=	46:04=	
02:15=	00:42=	03:16=	03:45=	04:20=	02:02=	02:07=	02:33=	02:06=	01:36=	01:24=	01:55=	01:14=	01:31=	05:55=	00:49=	01:35=	02:00=	00:38=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Claus S. Pedersen</b>	<b>1</b>	<b>47:21</b>																	
02:28+	03:15+	07:04+	10:31+	13:55-	18:27-	20:41=	23:18+	25:49+	27:52+	29:28+	31:00+	33:07+	34:38+	36:11+	41:59+	42:48+	44:09+	46:40+	47:21+	
02:28+	00:47+	03:49+	03:27-	03:24-	04:32+	02:14+	02:37+	02:31-	02:03-	01:36=	01:32+	02:07+	01:31+	01:33+	05:48-	00:49=	01:21-	02:31+	00:41+	
00:13+	00:05#	00:33#	00:18-	00:57-	00:12+	00:12+	00:30#	00:02-	00:03-	00:00=	00:08+	00:12#	00:17#	00:02+	00:07-	00:00=	00:14-	00:31&	00:03+	

Class	Navn	Klasse										Tid									
<b>3</b>	<b>Ole Jensen</b>	<b>4</b>										<b>53:01</b>									
02:26+	03:27+	08:28+	12:24+	17:06+	22:20+	24:33+	26:34+	29:16+	31:27+	32:58+	34:36+	38:12+	40:02+	41:43+	48:34+	49:26+	50:49+	52:22+	53:01+		
02:26+	01:01+	05:01+	03:56+	04:42+	05:14+	02:13+	02:01-	02:42+	02:11+	01:31-	01:38+	03:36+	01:50+	01:41+	06:51+	00:52+	01:23-	01:33-	00:39+		
00:11+	00:19&	01:45&	00:11+	00:21+	00:54#	00:11+	00:06-	00:09+	00:05+	00:05-	00:14#	01:41&	00:36&	00:10#	00:56#	00:03+	00:12-	00:27-	00:01+		
<b>4</b>	<b>Egon Sloth</b>	<b>11</b>										<b>53:52</b>									
02:51+	04:23+	08:27+	12:44+	16:49+	22:35+	25:09+	27:50+	30:49+	33:06+	35:01+	36:37+	38:47+	40:10+	41:55+	48:40+	49:37+	51:10+	53:01+	53:52+		
02:51+	01:32+	04:04+	04:17+	04:05-	05:46+	02:34+	02:41+	02:59+	02:17+	01:55+	01:36+	02:10+	01:23+	01:45+	06:45+	00:57+	01:33-	01:51-	00:51+		
00:36&	00:50@	00:48#	00:32#	00:16-	01:26&	00:32&	00:34&	00:26#	00:11+	00:19#	00:12#	00:15#	00:09#	00:14#	00:50#	00:08#	00:02-	00:09-	00:13&		
<b>5</b>	<b>Mads Kappel Jensen</b>	<b>16</b>										<b>59:10</b>									
02:41+	03:37+	07:26+	11:36+	16:35+	21:35+	24:04+	26:30+	30:29+	33:04+	36:35+	38:33+	41:04+	42:45+	45:11+	52:19+	54:39+	56:35+	58:19+	59:10+		
02:41+	00:56+	03:49+	04:10+	04:59+	05:00+	02:29+	02:26+	03:59+	02:35+	03:31+	01:58+	02:31+	01:41+	02:26+	07:08+	02:20+	01:56+	01:44-	00:51+		
00:26#	00:14&	00:33#	00:25#	00:38#	00:40#	00:27#	00:19#	01:26&	00:29#	01:55@	00:34&	00:36&	00:27&	00:55&	01:13#	01:31@	00:21#	00:16-	00:13&		
<b>7</b>	<b>Anders Gammelvind</b>	<b>9</b>										<b>1:06:49</b>									
02:53+	04:09+	09:24+	14:06+	19:13+	26:17+	29:03+	31:56+	35:46+	39:14+	41:25+	43:27+	46:20+	47:56+	50:16+	59:06+	60:27+	64:01+	65:58+	66:49+		
02:53+	01:16+	05:15+	04:42+	05:07+	07:04+	02:46+	02:53+	03:50+	03:28+	02:11+	02:02+	02:53+	01:36+	02:20+	08:50+	01:21+	03:34+	01:57-	00:51+		
00:38&	00:34&	01:59&	00:57&	00:46#	02:44&	00:44&	00:46&	01:17&	01:22&	00:35&	00:38&	00:58&	00:22&	00:49&	02:55&	00:32&	01:59@	00:03-	00:13&		
<b>8</b>	<b>Bjarke Rasmussen</b>	<b>4</b>										<b>1:29:59</b>									
04:55+	06:18+	13:43+	21:01+	30:22+	38:30+	42:21+	45:36+	50:37+	56:04+	58:49+	61:08+	64:03+	65:52+	68:49+	80:56+	82:31+	84:53+	88:19+	89:59+		
04:55+	01:23+	07:25+	07:18+	09:21+	08:08+	03:51+	03:15+	05:01+	05:27+	02:45+	02:19+	02:55+	01:49+	02:57+	12:07+	01:35+	02:22+	03:26+	01:40+		
02:40@	00:41&	04:09@	03:33&	05:00@	03:48&	01:49&	01:08&	02:28&	03:21@	01:09&	00:55&	01:00&	00:35&	01:26&	06:12@	00:46&	00:47&	01:26&	01:02@		
<b>Beste stræktid for klassen</b>																					
02:15	00:42	03:16	03:27	03:24	04:20	02:02	02:01	02:31	02:03	01:31	01:24	01:55	01:14	01:31	05:48	00:49	01:21	01:33	00:38		

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

## H45-

<b>1</b>	<b>Søren Mikkelsen</b>	<b>3</b>										<b>47:03</b>									
02:31=	03:19=	06:49=	10:39=	15:16=	19:43=	21:44=	23:50=	26:26=	28:22=	29:58=	31:23=	33:26=	34:39=	36:14=	42:05=	42:55=	44:22=	46:25=	47:03=		
02:31=	00:48=	03:30=	03:50=	04:37=	04:27=	02:01=	02:06=	02:36=	01:56=	01:36=	01:25=	02:03=	01:13=	01:35=	05:51=	00:50=	01:27=	02:03=	00:38=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Michael Fischer</b>	<b>1</b>										<b>48:39</b>									
02:21-	03:05-	06:59+	10:44+	15:05-	19:37-	21:45+	23:43-	26:47+	28:50+	30:34+	32:04+	33:56+	35:01+	36:42+	43:30+	44:28+	45:56+	48:00+	48:39+		
02:21-	00:44-	03:54+	03:45-	04:21-	04:32+	02:08+	01:58-	03:04+	02:03+	01:44+	01:30+	01:52-	01:05-	01:41+	06:48+	00:58+	01:28+	02:04+	00:39+		
00:10-	00:04-	00:24#	00:05-	00:16-	00:05+	00:07+	00:08-	00:28#	00:07+	00:08+	00:05+	00:11-	00:08-	00:06+	00:57#	00:08#	00:01+	00:01+	00:01+		
<b>3</b>	<b>Christian L Rasmussen</b>	<b>3</b>										<b>52:12</b>									
02:40+	03:47+	08:44+	12:32+	17:26+	22:13+	24:22+	26:47+	29:47+	32:16+	33:53+	35:26+	37:35+	38:51+	40:44+	47:28+	48:27+	49:54+	51:26+	52:12+		
02:40+	01:07+	04:57+	03:48-	04:54+	04:47+	02:09+	02:25+	03:00+	02:29+	01:37+	01:33+	02:09+	01:16+	01:53+	06:44+	00:59+	01:27=	01:32-	00:46+		
00:09+	00:19&	01:27&	00:02-	00:17+	00:20+	00:08+	00:19#	00:24#	00:33&	00:01+	00:08+	00:06+	00:03+	00:18#	00:53#	00:09#	00:00=	00:31-	00:08#		
<b>4</b>	<b>Steffen Alm</b>	<b>5</b>										<b>52:34</b>									
02:36+	03:29+	07:16+	11:10+	15:32+	20:41+	23:15+	25:41+	28:34+	30:52+	32:36+	34:16+	36:36+	37:43+	39:47+	46:07+	47:14+	49:13+	51:44+	52:34+		
02:36+	00:53+	03:47+	03:54+	04:22-	05:09+	02:34+	02:26+	02:53+	02:18+	01:44+	01:40+	02:20+	01:07-	02:04+	06:20+	01:07+	01:59+	02:31+	00:50+		
00:05+	00:05#	00:17+	00:04+	00:15-	00:42#	00:33&	00:20#	00:17#	00:22#	00:08+	00:15#	00:17#	00:06-	00:29&	00:29+	00:17&	00:32&	00:28#	00:12&		
<b>5</b>	<b>Søren Flytkjær</b>	<b>1</b>										<b>54:14</b>									
02:39+	03:29+	07:36+	11:48+	16:40+	22:44+	24:52+	26:54+	29:54+	32:03+	33:49+	35:31+	37:47+	38:55+	41:09+	48:38+	49:39+	51:21+	53:33+	54:14+		
02:39+	00:50+	04:07+	04:12+	04:52+	06:04+	02:08+	02:02-	03:00+	02:09+	01:46+	01:42+	02:16+	01:08-	02:14+	07:29+	01:01+	01:42+	02:12+	00:41+		
00:08+	00:02+	00:37#	00:22+	00:15+	01:37&	00:07+	00:04-	00:24#	00:13#	00:10#	00:17#	00:13#	00:05-	00:39&	01:38&	00:11#	00:15#	00:09+	00:03+		
<b>6</b>	<b>Tommy Damsgaard</b>	<b>10</b>										<b>54:35</b>									
02:42+	03:43+	07:13+	12:05+	16:28+	22:02+	25:01+	27:23+	30:18+	32:23+	34:00+	35:32+	38:55+	40:47+	43:04+	49:46+	50:42+	52:12+	53:56+	54:35+		
02:42+	01:01+	03:30=	04:52+	04:23-	05:34+	02:59+	02:22+	02:55+	02:05+	01:37+	01:32+	03:23+	01:52+	02:17+	06:42+	00:56+	01:30+	01:44-	00:39+		
00:11+	00:13&	00:00=	01:02&	00:14-	01:07&	00:58&	00:16#	00:19#	00:09+	00:01+	00:07+	01:20&	00:39&	00:42&	00:51#	00:06#	00:03+	00:19-	00:01+		
<b>7</b>	<b>Anders Edsen</b>	<b>2</b>										<b>54:49</b>									
02:41+	03:38+	07:55+	12:08+	17:02+	23:09+	25:39+	27:55+	31:13+	34:03+	36:03+	37:39+	39:53+	41:06+	42:53+	49:43+	50:40+	52:06+	53:57+	54:49+		
02:41+	00:57+	04:17+	04:13+	04:54+	06:07+	02:30+	02:16+	03:18+	02:50+	02:00+	01:36+	02:14+	01:13+	01:47+	06:50+	00:57+	01:26-	01:51-	00:52+		
00:10+	00:09#	00:47#	00:23#	00:17+	01:40&	00:29#	00:10+	00:42&	00:54&	00:24#	00:11#	00:11+	00:00=	00:12#	00:59#	00:07#	00:01-	00:12-	00:14&		
<b>8</b>	<b>Kell Sønnichsen</b>	<b>15</b>										<b>55:06</b>									
02:37+	03:38+	07:26+	11:38+	16:02+	21:54+	24:21+	26:48+	30:10+	32:58+	36:24+	38:01+	40:16+	41:33+	43:09+	49:55+	50:49+	52:21+	54:22+	55:06+		
02:37+	01:01+	03:48+	04:12+	04:24-	05:52+	02:27+	02:27+	03:22+	02:48+	03:26+	01:37+	02:15+	01:17+	01:36+	06:46+	00:54+	01:32+	02:01-	00:44+		
00:06+	00:13&	00:18+	00:22+	00:13-	01:25&	00:26#	00:21#	00:46&	00:52&	01:50@	00:12#	00:12+	00:04+	00:01+	00:55#	00:04+	00:05+	00:02-	00:06#		

Class	Navn	Klasse	Tid
<b>9</b>	<b>Mads Mikkelsen</b>	<b>14</b>	<b>55:41</b>
02:44+	03:35+	07:32+	11:34+
02:44+	00:51+	03:57+	04:02+
00:13+	00:03+	00:27#	00:12+
00:03-	01:42&	00:31&	00:25#
00:53&	01:31&	00:14#	00:08+
00:11+	00:05+	00:28&	01:19#
00:11#	00:08+	00:10-	00:10&
<b>10</b>	<b>Keld Gade</b>	<b>10</b>	<b>56:31</b>
02:33+	03:30+	07:13+	11:11+
02:33+	00:57+	03:43+	03:58+
00:02+	00:09#	00:13+	00:08+
00:47#	00:47#	00:28#	00:25#
02:45@	00:25#	00:20#	00:07+
00:41&	01:00&	00:24&	00:56#
00:09#	00:00=	00:18-	00:00=
<b>11</b>	<b>Søren Meldgaard Jensen</b>	<b>10</b>	<b>57:16</b>
02:39+	03:44+	07:35+	12:04+
02:39+	01:05+	03:51+	04:29+
00:08+	00:17&	00:21#	00:39#
00:50#	01:21&	00:23#	00:43&
00:38#	01:48&	00:10#	00:30&
00:35&	00:04+	00:12#	00:50#
00:14&	00:05+	00:19#	00:06#
<b>12</b>	<b>Allan Baagø</b>	<b>10</b>	<b>58:17</b>
03:14+	04:26+	08:43+	14:32+
03:14+	01:12+	04:17+	05:49+
00:43&	00:24&	00:47#	01:59&
00:14+	01:57&	00:43&	00:44&
00:40&	00:40&	00:28&	00:37&
00:23#	00:05+	00:12#	00:53#
00:09#	00:03-	00:28-	00:07#
<b>13</b>	<b>Kristian Edsen</b>	<b>5</b>	<b>58:42</b>
02:48+	03:51+	08:15+	13:03+
02:48+	01:03+	04:24+	04:48+
00:17#	00:15&	00:54&	00:58&
00:04-	00:39#	00:14#	00:07+
00:33#	03:44@	00:26&	00:20#
00:28#	00:14#	00:39&	00:39&
<b>14</b>	<b>Frank Dabelstein</b>	<b>2</b>	<b>58:57</b>
02:49+	04:02+	08:06+	12:30+
02:49+	01:13+	04:04+	04:24+
00:18#	00:25&	00:34#	00:34#
00:07+	00:57#	00:42&	00:26#
00:31#	02:12@	00:34&	00:21#
00:39&	00:08#	00:15#	01:33&
00:09#	00:51&	00:12&	00:12&
<b>15</b>	<b>Poul Henning Pedersen</b>	<b>6</b>	<b>1:01:18</b>
03:07+	04:34+	08:46+	13:34+
03:07+	01:27+	04:12+	04:48+
00:36#	00:39&	00:42#	00:58&
00:17+	01:20&	00:36&	00:36&
01:16&	00:51&	00:19#	00:15#
00:23#	00:24&	00:42&	02:30&
00:27&	00:35&	00:35&	00:14&
<b>16</b>	<b>Jan Kølbbæk</b>	<b>2</b>	<b>1:02:20</b>
02:52+	04:07+	08:52+	13:22+
02:52+	01:15+	04:45+	04:30+
00:21#	00:27&	01:15&	00:40#
00:25-	03:31&	00:55&	00:54&
01:09&	02:12@	00:41&	00:17#
00:22#	00:04+	00:47&	01:27#
00:17&	00:09#	00:03+	00:11&
<b>17</b>	<b>Flemming Adamsson</b>	<b>8</b>	<b>1:03:02</b>
04:06+	05:13+	09:20+	14:23+
04:06+	01:07+	04:07+	05:03+
01:35&	00:19&	00:37#	01:13&
00:17+	02:26&	00:54&	00:55&
00:56&	00:53&	00:24#	00:50&
00:40&	00:37&	01:05&	02:03&
00:10#	00:04+	00:15-	00:16&
<b>18</b>	<b>Henning Bak-Mikkelsen</b>	<b>6</b>	<b>1:08:24</b>
03:12+	04:19+	10:22+	15:40+
03:12+	01:07+	06:03+	05:18+
00:41&	00:19&	02:33&	01:28&
00:06+	03:38&	00:43&	01:22&
01:03&	02:02@	00:54&	00:24&
00:43&	00:20&	00:43&	02:34&
00:25&	00:32&	00:32&	00:19&
<b>19</b>	<b>Kristian Arnborg Nielsen</b>	<b>7</b>	<b>1:09:04</b>
02:55+	04:25+	08:46+	13:57+
02:55+	01:30+	04:21+	05:11+
00:24#	00:42&	00:51#	01:21&
00:30#	02:22&	00:38&	01:41&
03:44@	01:46&	00:40&	00:26&
00:29#	00:29&	00:52&	02:32&
01:04@	01:09&	00:11+	00:10&
<b>20</b>	<b>Lars Ole Kopp</b>	<b>3</b>	<b>1:09:33</b>
03:20+	04:40+	09:27+	14:30+
03:20+	01:20+	04:47+	05:03+
00:49&	00:32&	01:17&	01:13&
01:06&	01:14&	01:57@	01:02&
00:32&	01:37&	00:59&	00:25&
00:35&	00:35&	03:24&	00:25&
00:22&	00:05-	00:11&	00:11&
<b>21</b>	<b>Franz Thomsen</b>	<b>7</b>	<b>1:13:00</b>
03:20+	04:23+	10:08+	15:45+
03:20+	01:03+	05:45+	05:37+
00:49&	00:15&	02:15&	01:47&
01:38&	01:24&	01:37&	06:43@
00:56&	00:50&	00:48&	00:39&
00:59&	00:25&	00:35&	03:24&
00:25&	00:25&	00:22&	00:05-
<b>22</b>	<b>Ricki Laursen</b>	<b>4</b>	<b>1:16:04</b>
02:49+	04:00+	08:26+	16:13+
02:49+	01:11+	04:26+	07:47+
00:18#	00:23&	00:56&	03:57@
00:35#	01:37&	10:08@	01:06&
00:36#	01:50&	00:20#	02:39@
00:07+	00:30&	00:30&	01:52&
00:29&	00:25&	00:38&	00:05#
<b>23</b>	<b>Uffe Bach</b>	<b>7</b>	<b>1:27:20</b>
03:24+	04:33+	10:44+	17:30+
03:24+	01:09+	06:11+	06:46+
00:53&	00:21&	02:41&	02:56&
01:52&	06:04@	01:42&	01:41&
02:25&	03:45@	01:49@	01:20&
01:28&	01:02&	01:25&	04:38&
01:17@	01:46@	00:48&	00:24&

Class	Navn	Klasse										Tid									
<b>24</b>	<b>Kim Topp</b>	<b>7</b>										<b>1:36:27</b>									
04:13+	05:24+	15:29+	23:02+	31:28+	39:17+	48:49+	53:26+	58:44+	62:21+	65:21+	68:10+	71:27+	74:28+	77:07+	87:56+	89:39+	92:52+	95:29+	96:27+		
04:13+	01:11+	10:05+	07:33+	08:26+	07:49+	09:32+	04:37+	05:18+	03:37+	03:00+	02:49+	03:17+	03:01+	02:39+	10:49+	01:43+	03:13+	02:37+	00:58+		
01:42&	00:23&	06:35@	03:43&	03:49&	03:22&	07:31@	02:31@	02:42@	01:41&	01:24&	01:24&	01:14&	01:48@	01:04&	04:58&	00:53@	01:46@	00:34&	00:20&		

### Beste stræktid for klassen

02:21 00:44 03:30 03:45 04:12 04:27 02:01 01:58 02:36 01:56 01:36 01:25 01:52 01:05 01:35 05:51 00:50 01:24 01:32 00:38

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

## H50-

<b>1</b>	<b>Jan Møller</b>	<b>1</b>										<b>39:58</b>									
02:44=	03:55=	04:42=	07:13=	09:17=	12:19=	13:44=	18:12=	20:10=	22:27=	23:53=	27:18=	28:57=	33:51=	35:03=	37:07=	39:14=	39:58=				
02:44=	01:11=	01:03=	00:44=	01:31=	02:04=	03:02=	01:25=	04:28=	01:58=	02:17=	01:26=	03:25=	01:39=	04:54=	01:12=	02:04=	02:07=	00:44=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

<b>2</b>	<b>Bo L. Andersen</b>	<b>1</b>										<b>43:15</b>									
01:23-	02:49-	03:57-	04:57-	06:50-	09:04-	12:36+	14:26+	19:15+	21:38+	24:05+	25:32+	28:55+	31:01+	36:27+	37:47+	40:31+	42:28+	43:15+			
01:23-	01:26+	01:08+	01:00+	01:53+	02:14+	03:32+	01:50+	04:49+	02:23+	02:27+	01:27+	03:23-	02:06+	05:26+	01:20+	02:44+	01:57-	00:47+			
01:21-	00:15#	00:05+	00:16&	00:22#	00:10+	00:30#	00:25&	00:21+	00:25#	00:10+	00:01+	00:02-	00:27&	00:32#	00:08#	00:40&	00:10-	00:03+			

<b>3</b>	<b>Allan Hougaard</b>	<b>2</b>										<b>43:34</b>									
02:15-	03:49-	04:57-	05:50+	07:45+	09:35+	12:47+	14:18+	18:55+	21:14+	23:39+	24:59+	28:02+	29:46+	35:26+	36:52+	40:36+	42:59+	43:34+			
02:15-	01:34+	01:08+	00:53+	01:55+	01:50-	03:12+	01:31+	04:37+	02:19+	02:25+	01:20-	03:03-	01:44+	05:40+	01:26+	03:44+	02:23+	00:35-			
00:29-	00:23&	00:05+	00:09#	00:24&	00:14-	00:10+	00:06+	00:09+	00:21#	00:08+	00:06-	00:22-	00:05+	00:46#	00:14#	01:40&	00:16#	00:09-			

<b>4</b>	<b>Jan Thomsen</b>	<b>15</b>										<b>43:51</b>									
01:43-	03:11-	04:33-	05:26-	07:26+	09:58+	13:24+	15:17+	20:14+	22:26+	24:59+	26:30+	29:31+	31:45+	37:24+	38:41+	41:17+	43:09+	43:51+			
01:43-	01:28+	01:22+	00:53+	02:00+	02:32+	03:26+	01:53+	04:57+	02:12+	02:33+	01:31+	03:01-	02:14+	05:39+	01:17+	02:36+	01:52-	00:42-			
01:01-	00:17#	00:19&	00:09#	00:29&	00:28#	00:24#	00:28&	00:29#	00:14#	00:16#	00:05+	00:24-	00:35&	00:45#	00:05+	00:32&	00:15-	00:02-			

<b>5</b>	<b>Lennart Bo Kristiansen</b>	<b>10</b>										<b>50:04</b>									
04:24+	05:47+	06:58+	07:48+	09:56+	12:02+	15:36+	17:22+	22:54+	25:36+	28:11+	29:54+	33:50+	36:24+	42:46+	44:22+	47:26+	49:23+	50:04+			
04:24+	01:23+	01:11+	00:50+	02:08+	02:06+	03:34+	01:46+	05:32+	02:42+	02:35+	01:43+	03:56+	02:34+	06:22+	01:36+	03:04+	01:57-	00:41-			
01:40&	00:12#	00:08#	00:06#	00:37&	00:02+	00:32#	00:21#	01:04#	00:44&	00:18#	00:17#	00:31#	00:55&	01:28&	00:24&	01:00&	00:10-	00:03-			

<b>6</b>	<b>Thomas Lindschow</b>	<b>1</b>										<b>56:07</b>									
03:04+	04:43+	06:05+	07:29+	09:51+	12:30+	16:30+	18:38+	24:57+	27:54+	31:00+	33:05+	37:10+	39:26+	46:44+	48:34+	51:42+	55:04+	56:07+			
03:04+	01:39+	01:22+	01:24+	02:22+	02:39+	04:00+	02:08+	06:19+	02:57+	03:06+	02:05+	04:05+	02:16+	07:18+	01:50+	03:08+	03:22+	01:03+			
00:20#	00:28&	00:19&	00:40&	00:51&	00:35&	00:58&	00:43&	01:51&	00:59&	00:49&	00:39&	00:40#	00:37&	02:24&	00:38&	01:04&	01:15&	00:19&			

<b>7</b>	<b>Allan Lauridsen</b>	<b>4</b>										<b>1:09:11</b>									
10:05+	11:53+	13:15+	14:31+	16:41+	19:17+	24:25+	26:36+	35:03+	38:26+	41:51+	44:25+	48:06+	51:11+	59:17+	61:09+	65:42+	68:23+	69:11+			
10:05+	01:48+	01:22+	01:16+	02:10+	02:36+	05:08+	02:11+	08:27+	03:23+	03:25+	02:34+	03:41+	03:05+	08:06+	01:52+	04:33+	02:41+	00:48+			
07:21@	00:37&	00:19&	00:32&	00:39&	00:32&	02:06&	00:46&	03:59&	01:25&	01:08&	01:08&	00:16+	01:26&	03:12&	00:40&	02:29@	00:34&	00:04+			

<b>8</b>	<b>Peter Fallesen</b>	<b>10</b>										<b>1:10:28</b>									
03:00+	07:06+	08:48+	10:09+	12:51+	15:42+	21:32+	23:49+	31:40+	35:55+	39:54+	41:59+	46:46+	49:17+	58:48+	60:42+	66:38+	69:31+	70:28+			
03:00+	04:06+	01:42+	01:21+	02:42+	02:51+	05:50+	02:17+	07:51+	04:15+	03:59+	02:05+	04:47+	02:31+	09:31+	01:54+	05:56+	02:53+	00:57+			
00:16+	02:55@	00:39&	00:37&	01:11&	00:47&	02:48&	00:52&	03:23&	02:17@	01:42&	00:39&	01:22&	00:52&	04:37&	00:42&	03:52@	00:46&	00:13&			

### Beste stræktid for klassen

01:23 01:11 01:03 00:44 01:31 01:50 03:02 01:25 04:28 01:58 02:17 01:20 03:01 01:39 04:54 01:12 02:04 01:52 00:35

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

## H55-

<b>1</b>	<b>Walther Rahbek</b>	<b>1</b>										<b>42:41</b>									
01:24=	02:40=	03:42=	04:29=	06:00=	08:04=	11:14=	12:47=	18:06=	20:42=	23:14=	25:08=	28:14=	29:50=	36:08=	37:18=	40:03=	41:56=	42:41=			
01:24=	01:16=	01:02=	00:47=	01:31=	02:04=	03:10=	01:33=	05:19=	02:36=	02:32=	01:54=	03:06=	01:36=	06:18=	01:10=	02:45=	01:53=	00:45=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

<b>2</b>	<b>Lars Jensen</b>	<b>4</b>										<b>48:52</b>									
05:44+	07:48+	08:54+	09:46+	12:01+	14:49+	18:30+	20:22+	25:20+	27:30+	30:03+	31:28+	34:37+	36:38+	42:26+	43:44+	46:20+	48:10+	48:52+			
05:44+	02:04+	01:06+	00:52+	02:15+	02:48+	03:41+	01:52+	04:58-	02:10-	02:33+	01:25-	03:09+	02:01+	05:48-	01:18+	02:36-	01:50-	00:42-			
04:20@	00:48&	00:04+	00:05#	00:44&	00:44&	00:31#	00:19#	00:21-	00:26-	00:01+	00:29-	00:03+	00:25&	00:30-	00:08#	00:09-	00:03-	00:03-			

Class	Navn	Klasse	Tid															
<b>3</b>	<b>Stig Barrett</b>	<b>10</b>	<b>50:00</b>															
02:00+	03:52+	05:39+	06:39+	08:22+	10:36+	17:32+	19:26+	24:42+	27:19+	30:08+	31:44+	34:54+	36:51+	42:30+	44:15+	47:13+	49:19+	50:00+
02:00+	01:52+	01:47+	01:00+	01:43+	02:14+	06:56+	01:54+	05:16-	02:37+	02:49+	01:36-	03:10+	01:57+	05:39-	01:45+	02:58+	02:06+	00:41-
00:36&	00:36&	00:45&	00:13&	00:12#	00:10+	03:46@	00:21#	00:03-	00:01+	00:17#	00:18-	00:04+	00:21#	00:39-	00:35&	00:13+	00:13#	00:04-
<b>4</b>	<b>Klaus Wolsing</b>	<b>4</b>	<b>51:28</b>															
01:39+	03:07+	04:25+	05:28+	07:28+	10:39+	14:36+	16:47+	22:58+	25:37+	29:09+	31:14+	34:45+	37:02+	43:52+	45:23+	48:30+	50:40+	51:28+
01:39+	01:28+	01:18+	01:03+	02:00+	03:11+	03:57+	02:11+	06:11+	02:39+	03:32+	02:05+	03:31+	02:17+	06:50+	01:31+	03:07+	02:10+	00:48+
00:15#	00:12#	00:16&	00:16&	00:29&	01:07&	00:47#	00:38&	00:52#	00:03+	01:00&	00:11+	00:25#	00:41&	00:32+	00:21&	00:22#	00:17#	00:03+
<b>5</b>	<b>Poul Poulsen</b>	<b>5</b>	<b>51:52</b>															
01:51+	04:14+	05:31+	06:54+	08:55+	11:28+	15:13+	17:08+	23:35+	26:07+	29:34+	31:13+	35:36+	37:18+	45:00+	46:21+	49:10+	51:05+	51:52+
01:51+	02:23+	01:17+	01:23+	02:01+	02:33+	03:45+	01:55+	06:27+	02:32-	03:27+	01:39-	04:23+	01:42+	07:42+	01:21+	02:49+	01:55+	00:47+
00:27&	01:07&	00:15#	00:36&	00:30&	00:29#	00:35#	00:22#	01:08#	00:04-	00:55&	00:15-	01:17&	00:06+	01:24#	00:11#	00:04+	00:02+	00:02+
<b>6</b>	<b>Mogens Vennevoed</b>	<b>9</b>	<b>53:10</b>															
01:59+	03:36+	05:06+	06:01+	08:11+	12:34+	16:18+	17:56+	23:44+	26:14+	28:47+	30:47+	33:51+	35:27+	42:12+	43:34+	49:40+	52:29+	53:10+
01:59+	01:37+	01:30+	00:55+	02:10+	04:23+	03:44+	01:38+	05:48+	02:30-	02:33+	02:00+	03:04-	01:36=	06:45+	01:22+	06:06+	02:49+	00:41-
00:35&	00:21&	00:28&	00:08#	00:39&	02:19@	00:34#	00:05+	00:29+	00:06-	00:01+	00:06+	00:02-	00:00=	00:27+	00:12#	03:21@	00:56&	00:04-
<b>7</b>	<b>Hans Jørgen Vad</b>	<b>14</b>	<b>53:16</b>															
01:52+	03:19+	04:46+	05:39+	07:40+	10:22+	15:11+	17:02+	24:47+	27:22+	30:26+	32:15+	35:42+	37:43+	44:13+	45:57+	49:35+	52:25+	53:16+
01:52+	01:27+	01:27+	00:53+	02:01+	02:42+	04:49+	01:51+	07:45+	02:35-	03:04+	01:49-	03:27+	02:01+	06:30+	01:44+	03:38+	02:50+	00:51+
00:28&	00:11#	00:25&	00:06#	00:30&	00:38&	01:39&	00:18#	02:26&	00:01-	00:32#	00:05-	00:21#	00:25&	00:12+	00:34&	00:53&	00:57&	00:06#
<b>8</b>	<b>Finn Boserup</b>	<b>1</b>	<b>56:50</b>															
02:09+	04:11+	05:38+	06:51+	09:14+	11:51+	16:03+	18:42+	25:04+	27:59+	31:20+	33:26+	37:20+	39:47+	47:25+	49:04+	53:19+	55:51+	56:50+
02:09+	02:02+	01:27+	01:13+	02:23+	02:37+	04:12+	02:39+	06:22+	02:55+	03:21+	02:06+	03:54+	02:27+	07:38+	01:39+	04:15+	02:32+	00:59+
00:45&	00:46&	00:25&	00:26&	00:52&	00:33&	01:02&	01:06&	01:03#	00:19#	00:49&	00:12#	00:48&	00:51&	01:20#	00:29&	01:30&	00:39&	00:14&
<b>9</b>	<b>Mogens Christensen</b>	<b>6</b>	<b>57:59</b>															
03:05+	05:18+	06:51+	08:01+	10:19+	13:01+	17:13+	19:47+	26:16+	29:08+	32:16+	34:18+	38:08+	40:50+	48:29+	50:14+	54:25+	56:57+	57:59+
03:05+	02:13+	01:33+	01:10+	02:18+	02:42+	04:12+	02:34+	06:29+	02:52+	03:08+	02:02+	03:50+	02:42+	07:39+	01:45+	04:11+	02:32+	01:02+
01:41@	00:57&	00:31&	00:23&	00:47&	00:38&	01:02&	01:01&	01:10#	00:16#	00:36#	00:08+	00:44#	01:06&	01:21#	00:35&	01:26&	00:39&	00:17&
<b>10</b>	<b>Finn Hørup Nielsen</b>	<b>6</b>	<b>1:00:16</b>															
01:57+	03:59+	05:37+	06:48+	09:14+	12:32+	17:01+	19:36+	26:18+	29:36+	33:21+	35:31+	40:05+	42:41+	50:35+	52:35+	56:49+	59:22+	60:16+
01:57+	02:02+	01:38+	01:11+	02:26+	03:18+	04:29+	02:35+	06:42+	03:18+	03:45+	02:10+	04:34+	02:36+	07:54+	02:00+	04:14+	02:33+	00:54+
00:33&	00:46&	00:36&	00:24&	00:55&	01:14&	01:19&	01:02&	01:23&	00:42&	01:13&	00:16#	01:28&	01:00&	01:36&	00:50&	01:29&	00:40&	00:09#
<b>11</b>	<b>Åge Lillethorup</b>	<b>7</b>	<b>1:01:34</b>															
03:04+	04:54+	06:33+	07:38+	10:04+	13:17+	17:53+	21:31+	27:30+	30:43+	34:16+	36:25+	41:23+	43:47+	51:57+	53:42+	58:00+	60:32+	61:34+
03:04+	01:50+	01:39+	01:05+	02:26+	03:13+	04:36+	03:38+	05:59+	03:13+	03:33+	02:09+	04:58+	02:24+	08:10+	01:45+	04:18+	02:32+	01:02+
01:40@	00:34&	00:37&	00:18&	00:55&	01:09&	01:26&	02:05@	00:40#	00:37#	01:01&	00:15#	01:52&	00:48&	01:52&	00:35&	01:33&	00:39&	00:17&
<b>12</b>	<b>Gert Bertel</b>	<b>3</b>	<b>1:05:43</b>															
03:04+	04:57+	06:31+	07:35+	09:39+	12:20+	17:17+	19:57+	27:05+	30:36+	34:09+	36:21+	42:22+	44:58+	53:40+	55:24+	61:40+	64:35+	65:43+
03:04+	01:53+	01:34+	01:04+	02:04+	02:41+	04:57+	02:40+	07:08+	03:31+	03:33+	02:12+	06:01+	02:36+	08:42+	01:44+	06:16+	02:55+	01:08+
01:40@	00:37&	00:32&	00:17&	00:33&	00:37&	01:47&	01:07&	01:49&	00:55&	01:01&	00:18#	02:55&	01:00&	02:24&	00:34&	03:31@	01:02&	00:23&
<b>13</b>	<b>Claus Madsen</b>	<b>3</b>	<b>1:11:09</b>															
02:12+	04:04+	06:05+	07:11+	09:50+	12:49+	18:06+	20:19+	32:55+	36:28+	41:33+	43:49+	48:00+	50:27+	58:21+	60:46+	65:29+	69:56+	71:09+
02:12+	01:52+	02:01+	01:06+	02:39+	02:59+	05:17+	02:13+	12:36+	03:33+	05:05+	02:16+	04:11+	02:27+	07:54+	02:25+	04:43+	04:27+	01:13+
00:48&	00:36&	00:59&	00:19&	00:08&	00:55&	02:07&	00:40&	07:17@	00:57&	02:33@	00:22#	01:05&	00:51&	01:36&	01:15@	01:58&	02:34@	00:28&
<b>14</b>	<b>Hermann P. Jensen</b>	<b>5</b>	<b>1:11:39</b>															
02:34+	04:40+	10:59+	12:03+	15:17+	17:55+	25:36+	27:57+	35:24+	39:30+	43:07+	45:30+	49:56+	52:24+	61:17+	63:31+	68:15+	70:49+	71:39+
02:34+	02:06+	06:19+	01:04+	03:14+	02:38+	07:41+	02:21+	07:27+	04:06+	03:37+	02:23+	04:26+	02:28+	08:53+	02:14+	04:44+	02:34+	00:50+
01:10&	00:50&	05:17@	00:17&	01:43@	00:34&	04:31@	00:48&	02:08&	01:30&	01:05&	00:29&	01:20&	00:52&	02:35&	01:04&	01:59&	00:41&	00:05#
<b>15</b>	<b>Kaj Skov</b>	<b>3</b>	<b>1:13:41</b>															
02:23+	06:47+	08:20+	09:37+	12:30+	15:14+	28:45+	30:58+	37:51+	41:31+	45:53+	48:07+	52:39+	55:29+	62:46+	64:52+	68:56+	72:59+	73:41+
02:23+	04:24+	01:33+	01:17+	02:53+	13:31+	13:31+	06:53+	03:40+	04:22+	02:14+	04:32+	02:14+	02:50+	07:17+	02:06+	04:04+	02:03+	00:42-
00:59&	03:08@	00:31&	00:30&	01:22&	00:40&	10:21@	00:40&	01:34&	01:04&	01:50&	00:20#	01:26&	01:14&	00:59#	00:56&	01:19&	02:10@	00:03-
<b>16</b>	<b>Svend Erik Skovsgaard</b>	<b>10</b>	<b>1:13:58</b>															
04:14+	06:14+	07:52+	09:30+	12:47+	15:51+	22:20+	25:02+	33:36+	37:24+	42:20+	44:45+	50:40+	53:33+	61:22+	63:42+	68:54+	73:06+	73:58+
04:14+	02:00+	01:38+	01:38+	03:17+	03:04+	06:29+	02:42+	08:34+	03:48+	04:56+	02:25+	05:55+	02:53+	07:49+	02:20+	05:12+	04:12+	00:52+
02:50@	00:44&	00:36&	00:51@	01:46@	01:00&	03:19@	01:09&	03:15&	01:12&	02:24&	00:31&	02:49&	01:17&	01:31#	01:10&	02:27&	02:19@	00:07#
<b>17</b>	<b>Kaj Jansson</b>	<b>7</b>	<b>1:17:54</b>															
02:19+	04:57+	06:55+	08:30+	11:36+	14:55+	20:19+	23:09+	31:32+	38:38+	44:05+	47:00+	51:45+	55:11+	64:49+	67:28+	73:13+	76:37+	77:54+
02:19+	02:38+	01:58+	01:35+	03:06+	03:19+	05:24+	02:50+	08:23+	07:06+	05:27+	02:55+	04:45+	03:26+	09:38+	02:39+	05:45+	03:24+	01:17+
00:55&	01:22@	00:56&	00:48@	01:35@	01:15&	02:14&	01:17&	03:04&	04:30@	02:55@	01:01&	01:39&	01:50@	03:20&	01:29@	03:00@	01:31&	00:32&

Class	Navn	Klasse										Tid									
<b>18</b>	<b>Bjarne Nyberg</b>	<b>3</b>										<b>1:24:30</b>									
02:49+	05:09+	07:33+	09:08+	12:20+	15:58+	22:10+	25:07+	36:06+	40:37+	45:31+	48:36+	54:12+	58:13+	70:16+	72:52+	79:27+	83:05+	84:30+			
02:49+	02:20+	02:24+	01:35+	03:12+	03:38+	06:12+	02:57+	10:59+	04:31+	04:54+	03:05+	05:36+	04:01+	02:03+	02:36+	06:35+	03:38+	01:25+			
01:25@	01:04&	01:22@	00:48@	01:41@	01:34&	03:02&	01:24&	05:40@	01:55&	02:22&	01:11&	02:30&	02:25@	05:45&	01:26@	03:50@	01:45&	00:40&			
<b>Beste stræktid for klassen</b>																					
01:24	01:16	01:02	00:47	01:31	02:04	03:10	01:33	04:58	02:10	02:32	01:25	03:04	01:36	05:39	01:10	02:36	01:50	00:41			
= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.																					
<b>H60-</b>																					
<b>1</b>	<b>Lars Tinsfeldt</b>	<b>2</b>										<b>41:13</b>									
02:55=	04:33=	06:02=	11:40=	13:32=	15:45=	18:44=	20:54=	25:13=	28:26=	34:11=	36:04=	37:07=	39:03=	40:33=	41:13=						
02:55=	01:38=	01:29=	05:38=	01:52=	02:13=	02:59=	02:10=	04:19=	03:13=	05:45=	01:53=	01:03=	01:56=	01:30=	00:40=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
<b>2</b>	<b>Kai Hesselberg</b>	<b>3</b>										<b>43:05</b>									
03:38+	05:25+	06:32+	09:10-	11:17-	13:40-	16:45-	18:52-	23:51-	27:13-	34:32+	36:09+	37:24+	39:23+	42:17+	43:05+						
03:38+	01:47+	01:07-	02:38-	02:07+	02:23+	03:05+	02:07-	04:59+	03:22+	07:19+	01:37-	01:15+	01:59+	02:54+	00:48+						
00:43#	00:09+	00:22-	03:00-	00:15#	00:10+	00:06+	00:03-	00:40#	00:09+	01:34&	00:16-	00:12#	00:03+	01:24&	00:08#						
<b>3</b>	<b>John Dalsgaard Sørensen</b>	<b>18</b>										<b>43:20</b>									
03:26+	04:55+	06:07+	08:16-	10:06-	12:22-	16:05-	18:16-	23:38-	26:59-	34:18+	36:03-	37:24+	39:34+	42:26+	43:20+						
03:26+	01:29-	01:12-	02:09-	01:50-	02:16+	03:43+	02:11+	05:22+	03:21+	07:19+	01:45-	01:21+	02:10+	02:52+	00:54+						
00:31#	00:09-	00:17-	03:29-	00:02-	00:03+	00:44#	00:01+	01:03#	00:08+	01:34&	00:08-	00:18&	00:14#	01:22&	00:14&						
<b>5</b>	<b>Gert Rebsdorf</b>	<b>4</b>										<b>45:15</b>									
03:44+	05:22+	06:37+	09:10-	11:14-	13:52-	17:25-	19:40-	25:27+	28:50+	36:45+	38:36+	39:52+	41:50+	44:17+	45:15+						
03:44+	01:38=	01:15-	02:33-	02:04+	02:38+	03:33+	02:15+	05:47+	03:23+	07:55+	01:51-	01:16+	01:58+	02:27+	00:58+						
00:49&	00:00=	00:14-	03:05-	00:12#	00:25#	00:34#	00:05+	01:28&	00:10+	02:10&	00:02-	00:13#	00:02+	00:57&	00:18&						
<b>6</b>	<b>Thorkild Holm Pedersen</b>	<b>6</b>										<b>46:57</b>									
04:27+	05:59+	07:00+	09:21-	12:19-	14:58-	18:28-	20:32-	26:04+	30:17+	38:05+	39:56+	41:30+	43:50+	46:05+	46:57+						
04:27+	01:32-	01:01-	02:21-	02:58+	02:39+	03:30+	02:04-	05:32+	04:13+	07:48+	01:51-	01:34+	02:20+	02:15+	00:52+						
01:32&	00:06-	00:28-	03:17-	01:06&	00:26#	00:31#	00:06-	01:13&	01:00&	02:03&	00:02-	00:31&	00:24#	00:45&	00:12&						
<b>7</b>	<b>Henrik Dagsberg</b>	<b>15</b>										<b>47:04</b>									
03:34+	05:01+	06:12+	08:52-	11:05-	13:44-	17:22-	21:04+	26:37+	30:04+	38:21+	40:16+	41:39+	43:46+	46:03+	47:04+						
03:34+	01:27-	01:11-	02:40-	02:13+	02:39+	03:38+	03:42+	05:33+	03:27+	08:17+	01:55+	01:23+	02:07+	02:17+	01:01+						
00:39#	00:11-	00:18-	02:58-	00:21#	00:26#	00:39#	01:32&	01:14&	00:14+	02:32&	00:02+	00:20&	00:11+	00:47&	00:21&						
<b>8</b>	<b>Torben Pedersen</b>	<b>10</b>										<b>47:23</b>									
03:35+	05:31+	06:51+	09:34+	12:04-	14:33-	18:15-	20:43-	26:33+	30:14+	38:03+	39:56+	41:19+	43:46+	46:20+	47:23+						
03:35+	01:56+	01:20-	02:43-	02:30+	02:29+	03:42+	02:28+	05:50+	03:41+	07:49+	01:53=	01:23+	02:27+	02:34+	01:03+						
00:40#	00:18#	00:09-	02:55-	00:38&	00:16#	00:43#	00:18#	01:31&	00:28#	02:04&	00:00=	00:20&	00:31&	01:04&	00:23&						
<b>9</b>	<b>Frode Mogensen</b>	<b>18</b>										<b>48:20</b>									
04:11+	06:30+	07:39+	10:07-	12:07-	15:26-	19:13+	21:40+	28:00+	31:36+	39:10+	41:08+	42:44+	44:59+	47:21+	48:20+						
04:11+	02:19+	01:09-	02:28-	02:00+	03:19+	03:47+	02:27+	06:20+	03:36+	07:34+	01:58+	01:36+	02:15+	02:22+	00:59+						
01:16&	00:41&	00:20-	03:10-	00:08+	01:06&	00:48&	00:17#	02:01&	00:23#	01:49&	00:05+	00:33&	00:19#	00:52&	00:19&						
<b>10</b>	<b>Keld Østergaard</b>	<b>4</b>										<b>48:46</b>									
03:54+	06:04+	07:17+	10:35-	12:34-	15:13-	19:03+	21:36+	27:26+	31:01+	39:17+	41:11+	42:36+	44:56+	47:49+	48:46+						
03:54+	02:10+	01:13-	03:18-	01:59+	02:39+	03:50+	02:33+	05:50+	03:35+	08:16+	01:54+	01:25+	02:20+	02:53+	00:57+						
00:59&	00:32&	00:16-	02:20-	00:07+	00:26#	00:51&	00:23#	01:31&	00:22#	02:31&	00:01+	00:22&	00:24#	01:23&	00:17&						
<b>11</b>	<b>Bjarne Krogh</b>	<b>5</b>										<b>51:07</b>									
03:46+	05:24+	06:50+	09:33+	11:56-	16:30+	20:44+	23:02+	29:28+	33:03+	41:06+	43:17+	44:45+	47:15+	50:12+	51:07+						
03:46+	01:38=	01:26-	02:43-	02:23+	04:34+	04:14+	02:18+	06:26+	03:35+	08:03+	02:11+	01:28+	02:30+	02:57+	00:55+						
00:51&	00:00=	00:03-	02:55-	00:31&	02:21@	01:15&	00:08+	02:07&	00:22#	02:18&	00:18#	00:25&	00:34&	01:27&	00:15&						
<b>12</b>	<b>Ole Nielsen</b>	<b>1</b>										<b>53:08</b>									
04:25+	05:59+	07:11+	09:53-	11:59-	14:53-	24:12+	26:41+	32:27+	36:09+	44:22+	46:30+	47:56+	49:53+	52:06+	53:08+						
04:25+	01:34-	01:12-	02:42-	02:06+	02:54+	09:19+	02:29+	05:46+	03:42+	08:13+	02:08+	01:26+	01:57+	02:13+	01:02+						
01:30&	00:04-	00:17-	02:56-	00:14#	00:41&	06:20@	00:19#	01:27&	00:29#	02:28&	00:15#	00:23&	00:01+	00:43&	00:22&						
<b>13</b>	<b>Hans Møller</b>	<b>5</b>										<b>54:40</b>									
04:35+	06:21+	07:53+	11:10-	13:36+	17:18+	21:36+	24:20+	30:35+	35:22+	43:54+	46:18+	47:54+	50:33+	53:31+	54:40+						
04:35+	01:46+	01:32+	03:17-	02:26+	03:42+	04:18+	02:44+	06:15+	04:47+	08:32+	02:24+	01:36+	02:39+	02:58+	01:09+						
01:40&	00:08+	00:03+	02:21-	00:34&	01:29&	01:19&	00:34&	01:56&	01:34&	02:47&	00:31&	00:33&	00:43&	01:28&	00:29&						

Class	Navn	Klasse														Tid
<b>14</b>	<b>Benny Johansen</b>	<b>3</b>														<b>1:06:43</b>
05:24+	08:07+	10:28+	14:06+	16:41+	22:02+	26:34+	31:53+	39:00+	43:51+	55:16+	58:01+	59:45+	63:04+	65:40+	66:43+	
05:24+	02:43+	02:21+	03:38-	02:35+	05:21+	04:32+	05:19+	07:07+	04:51+	11:25+	02:45+	01:44+	03:19+	02:36+	01:03+	
02:29&	01:05&	00:52&	02:00-	00:43&	03:08@	01:33&	03:09@	02:48&	01:38&	05:40&	00:52&	00:41&	01:23&	01:06&	00:23&	

### Beste stræktid for klassen

02:55 01:27 01:01 02:09 01:50 02:13 02:59 02:04 04:19 03:13 05:45 01:37 01:03 01:56 01:30 00:40

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

## H65-

<b>1</b>	<b>Søren Elkjær</b>	<b>10</b>														<b>36:13</b>
02:42=	04:01=	05:15=	07:05=	08:43=	10:59=	13:46=	15:37=	19:42=	22:48=	28:53=	30:19=	31:43=	33:47=	35:25=	36:13=	
02:42=	01:19=	01:14=	01:50=	01:38=	02:16=	02:47=	01:51=	04:05=	03:06=	06:05=	01:26=	01:24=	02:04=	01:38=	00:48=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

<b>2</b>	<b>Carl Malling</b>	<b>7</b>														<b>38:46</b>
02:45+	04:01=	05:01-	07:02-	08:43=	10:51-	13:48+	15:44+	20:57+	23:56+	30:56+	32:38+	33:44+	35:30+	37:51+	38:46+	
02:45+	01:16-	01:00-	02:01+	01:41+	02:08-	02:57+	01:56+	05:13+	02:59-	07:00+	01:42+	01:06-	01:46-	02:21+	00:55+	
00:03+	00:03-	00:14-	00:03+	00:08-	00:10+	00:05+	01:08&	00:07-	00:55#	00:16#	00:18-	00:18-	00:43&	00:07#		

<b>3</b>	<b>Flemming Bindner</b>	<b>1</b>														<b>39:10</b>
03:15+	05:11+	06:20+	09:24+	11:12+	13:36+	16:38+	18:24+	22:53+	25:53+	32:06+	33:49+	34:49+	36:41+	38:27+	39:10+	
03:15+	01:56+	01:09-	03:04+	01:48+	02:24+	03:02+	01:46-	04:29+	03:00-	06:13+	01:43+	01:00-	01:52-	01:46+	00:43-	
00:33#	00:37&	00:05-	01:14&	00:10#	00:08+	00:15+	00:05-	00:24+	00:06-	00:08+	00:17#	00:24-	00:12-	00:08+	00:05-	

<b>4</b>	<b>Torben Isen</b>	<b>13</b>														<b>41:47</b>
03:20+	04:55+	05:57+	08:11+	10:01+	12:31+	15:56+	18:17+	23:48+	26:42+	33:53+	35:28+	36:35+	38:30+	40:53+	41:47+	
03:20+	01:35+	01:02-	02:14+	01:50+	02:30+	03:22+	02:09+	05:31+	02:54-	07:11+	01:35+	01:07-	01:55-	02:23+	00:54+	
00:38#	00:16#	00:12-	00:24#	00:12#	00:14#	00:38#	00:30&	01:26&	00:12-	01:06#	00:09#	00:17-	00:09-	00:45&	00:06#	

<b>5</b>	<b>Keld Abrahamsen</b>	<b>2</b>														<b>42:04</b>
03:16+	04:46+	05:57+	08:20+	10:15+	12:35+	15:57+	18:06+	23:29+	26:54+	33:44+	35:31+	36:50+	39:03+	41:06+	42:04+	
03:16+	01:30+	01:11-	02:23+	01:55+	02:20+	03:22+	02:09+	05:23+	03:25+	06:50+	01:47+	01:19-	02:13+	02:03+	00:58+	
00:34#	00:11#	00:03-	00:33&	00:17#	00:04+	00:35#	00:18#	01:18&	00:19#	00:45#	00:21#	00:05-	00:09+	00:25&	00:10#	

<b>6</b>	<b>Steen Frandsen</b>	<b>10</b>														<b>42:25</b>
03:45+	05:22+	06:31+	08:51+	10:43+	13:43+	16:51+	19:02+	24:03+	27:08+	34:19+	36:04+	37:16+	39:13+	41:28+	42:25+	
03:45+	01:37+	01:09-	02:20+	01:52+	03:00+	03:08+	02:11+	05:01+	03:05-	07:11+	01:45+	01:12-	01:57-	02:15+	00:57+	
01:03&	00:18#	00:05-	00:30&	00:14#	00:44&	00:21#	00:20#	00:56#	00:01-	01:06#	00:19#	00:12-	00:07-	00:37&	00:09#	

<b>7</b>	<b>Frode Harritz</b>	<b>3</b>														<b>42:51</b>
04:35+	05:59+	07:13+	09:26+	11:08+	13:30+	16:35+	19:00+	25:04+	27:58+	34:52+	36:35+	37:52+	39:58+	42:04+	42:51+	
04:35+	01:24+	01:14=	02:13+	01:42+	02:22+	03:05+	02:25+	06:04+	02:54-	06:54+	01:43+	01:17-	02:06+	02:06+	00:47-	
01:53&	00:05+	00:00=	00:23#	00:04+	00:06+	00:18#	00:34&	01:59&	00:12-	00:49#	00:17#	00:07-	00:02+	00:28&	00:01-	

<b>8</b>	<b>Niels Bobach</b>	<b>1</b>														<b>43:31</b>
03:24+	05:00+	06:16+	08:21+	10:15+	12:40+	16:04+	18:08+	23:33+	27:05+	34:50+	36:45+	38:02+	40:09+	42:32+	43:31+	
03:24+	01:36+	01:16+	02:05+	01:54+	02:25+	03:24+	02:04+	05:25+	03:32+	07:45+	01:55+	01:17-	02:07+	02:23+	00:59+	
00:42&	00:17#	00:02+	00:15#	00:16#	00:09+	00:37#	00:13#	01:20&	00:26#	01:40&	00:29&	00:07-	00:03+	00:45&	00:11#	

<b>9</b>	<b>Poul Bobach</b>	<b>1</b>														<b>43:48</b>
03:12+	04:40+	05:39+	07:52+	09:41+	12:14+	17:04+	19:10+	24:18+	27:22+	35:30+	37:24+	38:36+	40:51+	42:57+	43:48+	
03:12+	01:28+	00:59-	02:13+	01:49+	02:33+	04:50+	02:06+	05:08+	03:04-	08:08+	01:54+	01:12-	02:15+	02:06+	00:51+	
00:30#	00:09#	00:15-	00:23#	00:11#	00:17#	02:03&	00:15#	01:03&	00:02-	02:03&	00:28&	00:12-	00:11+	00:28&	00:03+	

<b>10</b>	<b>Gert Kristensen</b>	<b>7</b>														<b>44:05</b>
03:05+	04:36+	05:40+	08:17+	10:14+	12:47+	16:17+	18:37+	24:04+	27:27+	35:06+	36:53+	38:09+	40:34+	43:11+	44:05+	
03:05+	01:31+	01:04-	02:37+	01:57+	02:33+	03:30+	02:20+	05:27+	03:23+	07:39+	01:47+	01:16-	02:25+	02:37+	00:54+	
00:23#	00:12#	00:10-	00:47&	00:19#	00:17#	00:43&	00:29&	01:22&	00:17+	01:34&	00:21#	00:08-	00:21#	00:59&	00:06#	

<b>11</b>	<b>Helge Poulsen</b>	<b>4</b>														<b>45:14</b>
07:30+	09:02+	10:00+	12:51+	14:43+	17:00+	19:38+	21:47+	26:44+	29:49+	36:19+	37:53+	39:23+	41:53+	44:28+	45:14+	
07:30+	01:32+	00:58-	02:51+	01:52+	02:17+	02:38-	02:09+	04:57+	03:05-	06:30+	01:34+	01:30+	02:30+	02:35+	00:46-	
04:48@	00:13#	00:16-	01:01&	00:14#	00:01+	00:09-	00:18#	00:52#	00:01-	00:25+	00:08+	00:06+	00:26#	00:57&	00:02-	

<b>12</b>	<b>Kjell Walter Sørensen</b>	<b>1000</b>														<b>45:54</b>
03:27+	04:50+	06:00+	08:08+	09:56+	12:31+	19:42+	21:49+	27:28+	30:51+	38:05+	39:30+	40:43+	42:31+	45:05+	45:54+	
03:27+	01:23+	01:10-	02:08+	01:48+	02:35+	07:11+	02:07+	05:39+	03:23+	07:14+	01:25-	01:13-	01:48-	02:34+	00:49+	
00:45&	00:04+	00:04-	00:18#	00:10#	00:19#	04:24@	00:16#	01:34&	00:17+	01:09#	00:01-	00:11-	00:16-	00:56&	00:01+	



Class	Navn	Klasse	Tid
<b>13</b>	<b>Ulf Mogensen</b>	<b>1</b>	<b>46:08</b>
03:32+	04:56+	06:05+	08:33+
03:32+	01:24+	01:09-	02:28+
00:50&	00:05+	00:05-	00:38&
<b>14</b>	<b>Poul Grøn</b>	<b>15</b>	<b>49:19</b>
04:13+	07:06+	08:13+	10:46+
04:13+	02:53+	01:07-	02:33+
01:31&	01:34@	00:07-	00:43&
<b>15</b>	<b>Bjarne Olsen</b>	<b>9</b>	<b>50:25</b>
04:22+	05:56+	07:21+	10:25+
04:22+	01:34+	01:25+	03:04+
01:40&	00:15#	00:11#	01:14&
<b>16</b>	<b>Niels Henrik Olesen</b>	<b>9</b>	<b>52:09</b>
05:51+	08:57+	10:07+	13:02+
05:51+	03:06+	01:10-	02:55+
03:09@	01:47@	00:04-	01:05&
<b>17</b>	<b>Bent Skjoldborg</b>	<b>6</b>	<b>54:32</b>
04:21+	05:59+	07:21+	10:25+
04:21+	01:38+	01:22+	03:04+
01:39&	00:19#	00:08#	01:14&
<b>18</b>	<b>Jens Jørgen Jensen</b>	<b>7</b>	<b>54:37</b>
04:50+	06:37+	07:47+	10:51+
04:50+	01:47+	01:10-	03:04+
02:08&	00:28&	00:04-	01:14&
<b>19</b>	<b>Chris Krogh</b>	<b>2</b>	<b>55:32</b>
06:10+	08:00+	09:49+	12:39+
06:10+	01:50+	01:49+	02:50+
03:28@	00:31&	00:35&	01:00&
<b>20</b>	<b>Erik Libak Hansen</b>	<b>3</b>	<b>57:26</b>
05:59+	07:50+	09:00+	11:59+
05:59+	01:51+	01:10-	02:59+
03:17@	00:32&	00:04-	01:09&
<b>21</b>	<b>Henning Olesen</b>	<b>5</b>	<b>1:10:06</b>
04:56+	07:04+	08:39+	12:09+
04:56+	02:08+	01:35+	03:30+
02:14&	00:49&	00:21&	01:40&
<b>22</b>	<b>Poul Larsen</b>	<b>1</b>	<b>1:27:55</b>
21:23+	23:47+	25:29+	31:48+
21:23+	02:24+	01:42+	06:19+
18:41@	01:05&	00:28&	04:29@

### Beste stræktid for klassen

02:42 01:16 00:58 01:50 01:38 02:08 02:38 01:46 04:05 02:54 06:05 01:25 01:00 01:46 01:38 00:43

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

### H70-

<b>1</b>	<b>Leif Hansen</b>	<b>5</b>	<b>32:26</b>
03:27=	04:37=	07:08=	08:37=
03:27=	01:10=	02:31=	01:29=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Knud Christensen</b>	<b>3</b>	<b>32:43</b>
03:00-	04:14-	06:21-	08:12-
03:00-	01:14+	02:07-	01:51+
00:27-	00:04+	00:24-	00:22#
<b>3</b>	<b>Finn Hother Madsen</b>	<b>15</b>	<b>34:06</b>
04:16+	05:32+	08:05+	09:34+
04:16+	01:16+	02:33+	01:29=
00:49#	00:06+	00:02+	00:00=

Class	Navn	Klasse										Tid
<b>4</b>	<b>Kai Ø. Laursen</b>	<b>1</b>										<b>34:19</b>
03:31+	05:04+	07:48+	09:24+	12:01+	14:29+	20:14+	25:32+	26:52+	27:34+	30:42+	33:21+	34:19+
03:31+	01:33+	02:44+	01:36+	02:37+	02:28+	05:45-	05:18+	01:20+	00:42-	03:08-	02:39+	00:58+
00:04+	00:23&	00:13+	00:07+	00:29#	00:26#	00:48-	00:50#	00:08#	00:06-	00:24-	00:23#	00:08#
<b>5</b>	<b>Max Hansen</b>	<b>7</b>										<b>35:44</b>
03:41+	05:03+	07:54+	09:25+	12:03+	14:06+	20:13+	24:33+	25:59+	26:50+	29:43+	34:51+	35:44+
03:41+	01:22+	02:51+	01:31+	02:38+	02:03+	06:07-	04:20-	01:26+	00:51+	02:53-	05:08+	00:53+
00:14+	00:12#	00:20#	00:02+	00:30#	00:01+	00:26-	00:08-	00:14#	00:03+	00:39-	02:52@	00:03+
<b>6</b>	<b>Per Jessen-Klixbüll</b>	<b>15</b>										<b>36:28</b>
03:38+	04:53+	07:20+	09:02+	11:21+	16:07+	22:18+	27:38+	29:02+	29:48+	32:47+	35:32+	36:28+
03:38+	01:15+	02:27-	01:42+	02:19+	04:46+	06:11-	05:20+	01:24+	00:46-	02:59-	02:45+	00:56+
00:11+	00:05+	00:04-	00:13#	00:11+	02:44@	00:22-	00:52#	00:12#	00:02-	00:33-	00:29#	00:06#
<b>7</b>	<b>Ole F. Thomsen</b>	<b>6</b>										<b>36:33</b>
03:43+	04:49+	07:13+	08:53+	11:17+	13:44+	20:07+	25:45+	27:46+	29:36+	32:58+	35:34+	36:33+
03:43+	01:06-	02:24-	01:40+	02:24+	02:27+	06:23-	05:38+	02:01+	01:50+	03:22-	02:36+	00:59+
00:16+	00:04-	00:07-	00:11#	00:16#	00:25#	00:10-	01:10&	00:49&	01:02@	00:10-	00:20#	00:09#
<b>8</b>	<b>Finn Søndergaard</b>	<b>7</b>										<b>38:29</b>
03:59+	05:21+	08:05+	10:35+	13:16+	17:54+	24:26+	29:44+	31:05+	31:51+	34:52+	37:36+	38:29+
03:59+	01:22+	02:44+	02:30+	02:41+	04:38+	06:32-	05:18+	01:21+	00:46-	03:01-	02:44+	00:53+
00:32#	00:12#	00:13+	01:01&	00:33&	02:36@	00:01-	00:50#	00:09#	00:02-	00:31-	00:28#	00:03+
<b>9</b>	<b>Arne Pedersen</b>	<b>4</b>										<b>41:00</b>
04:07+	05:34+	08:34+	11:00+	13:51+	16:40+	24:04+	29:31+	31:16+	32:19+	35:48+	39:46+	41:00+
04:07+	01:27+	03:00+	02:26+	02:51+	02:49+	07:24+	05:27+	01:45+	01:03+	03:29-	03:58+	01:14+
00:40#	00:17#	00:29#	00:57&	00:43&	00:47&	00:51#	00:59#	00:33&	00:15&	00:03-	01:42&	00:24&
<b>10</b>	<b>Christian Als</b>	<b>10</b>										<b>44:24</b>
04:15+	06:20+	09:44+	11:43+	14:47+	17:56+	25:19+	31:09+	33:04+	34:36+	39:31+	43:13+	44:24+
04:15+	02:05+	03:24+	01:59+	03:04+	03:09+	07:23+	05:50+	01:55+	01:32+	04:55+	03:42+	01:11+
00:48#	00:55&	00:53&	00:30&	00:56&	01:07&	00:50#	01:22&	00:43&	00:44&	01:23&	01:26&	00:21&
<b>11</b>	<b>Tage Arent Jensen</b>	<b>10</b>										<b>45:45</b>
04:17+	06:02+	09:34+	12:54+	18:11+	21:11+	28:16+	34:16+	36:03+	37:05+	41:22+	44:31+	45:45+
04:17+	01:45+	03:32+	03:20+	05:17+	03:00+	07:05+	06:00+	01:47+	01:02+	04:17+	03:09+	01:14+
00:50#	00:35&	01:01&	01:51@	03:09@	00:58&	00:32+	01:32&	00:35&	00:14&	00:45#	00:53&	00:24&
<b>12</b>	<b>Vagn Lidegaard</b>	<b>4</b>										<b>46:17</b>
04:38+	06:14+	09:34+	12:21+	15:16+	18:22+	26:51+	32:46+	34:46+	36:01+	41:39+	45:06+	46:17+
04:38+	01:36+	03:20+	02:47+	02:55+	03:06+	08:29+	05:55+	02:00+	01:15+	05:38+	03:27+	01:11+
01:11&	00:26&	00:49&	01:18&	00:47&	01:04&	01:56&	01:27&	00:48&	00:27&	02:06&	01:11&	00:21&
<b>13</b>	<b>Bent Nielsen</b>	<b>15</b>										<b>46:41</b>
03:56+	05:33+	08:41+	10:27+	13:34+	16:38+	26:22+	33:51+	35:33+	36:37+	41:41+	45:31+	46:41+
03:56+	01:37+	03:08+	01:46+	03:07+	03:04+	09:44+	07:29+	01:42+	01:04+	05:04+	03:50+	01:10+
00:29#	00:27&	00:37#	00:17#	00:59&	01:02&	03:11&	03:01&	00:30&	00:16&	01:32&	01:34&	00:20&
<b>14</b>	<b>Erling G. Jensen</b>	<b>1</b>										<b>48:03</b>
04:21+	05:56+	09:18+	10:58+	14:11+	17:25+	27:29+	34:56+	36:42+	37:46+	42:58+	46:38+	48:03+
04:21+	01:35+	03:22+	01:40+	03:13+	03:14+	10:04+	07:27+	01:46+	01:04+	05:12+	03:40+	01:25+
00:54&	00:25&	00:51&	00:11#	01:05&	01:12&	03:31&	02:59&	00:34&	00:16&	01:40&	01:24&	00:35&
<b>15</b>	<b>Hans Jørgen Simonsen</b>	<b>15</b>										<b>48:35</b>
05:12+	06:47+	09:59+	12:40+	16:15+	19:26+	28:22+	35:11+	37:08+	38:12+	42:31+	46:58+	48:35+
05:12+	01:35+	03:12+	02:41+	03:35+	03:11+	08:56+	06:49+	01:57+	01:04+	04:19+	04:27+	01:37+
01:45&	00:25&	00:41&	01:12&	01:27&	01:09&	02:23&	02:21&	00:45&	00:16&	00:47#	02:11&	00:47&
<b>16</b>	<b>Preben Munk</b>	<b>10</b>										<b>48:43</b>
05:22+	06:56+	10:10+	12:32+	15:59+	19:21+	27:47+	35:35+	37:36+	39:19+	43:35+	47:14+	48:43+
05:22+	01:34+	03:14+	02:22+	03:27+	03:22+	08:26+	07:48+	02:01+	01:43+	04:16+	03:39+	01:29+
01:55&	00:24&	00:43&	00:53&	01:19&	01:20&	01:53&	03:20&	00:49&	00:55@	00:44#	01:23&	00:39&
<b>17</b>	<b>Jens Roesgaard</b>	<b>5</b>										<b>49:15</b>
05:44+	07:40+	11:16+	13:15+	16:59+	20:14+	29:09+	36:06+	37:59+	39:08+	43:27+	47:46+	49:15+
05:44+	01:56+	03:36+	01:59+	03:44+	03:15+	08:55+	06:57+	01:53+	01:09+	04:19+	04:19+	01:29+
02:17&	00:46&	01:05&	00:30&	01:36&	01:13&	02:22&	02:29&	00:41&	00:21&	00:47#	02:03&	00:39&
<b>18</b>	<b>Erik Netteberg Jørgensen</b>	<b>1</b>										<b>50:42</b>
04:18+	06:43+	09:32+	11:44+	14:46+	21:41+	29:42+	36:19+	39:31+	40:36+	45:05+	49:23+	50:42+
04:18+	02:25+	02:49+	02:12+	03:02+	06:55+	08:01+	06:37+	03:12+	01:05+	04:29+	04:18+	01:19+
00:51#	01:15@	00:18#	00:43&	00:54&	04:53@	01:28#	02:09&	02:00@	00:17&	00:57&	02:02&	00:29&

Class	Navn	Klasse	Tid
<b>19</b>	<b>Erik Hedegaard Jakobsen</b>	<b>5</b>	<b>52:09</b>
04:43+	06:43+ 10:15+ 12:04+ 15:18+ 20:37+	31:13+ 38:15+ 40:08+ 41:16+ 46:31+	50:52+ 52:09+
04:43+	02:00+ 03:32+ 01:49+ 03:14+ 05:19+	10:36+ 07:02+ 01:53+ 01:08+ 05:15+	04:21+ 01:17+
01:16&	00:50& 01:01& 00:20# 01:06& 03:17@	04:03& 02:34& 00:41& 00:20& 01:43&	02:05& 00:27&
<b>20</b>	<b>Svend Brøns Petersen</b>	<b>6</b>	<b>52:17</b>
04:41+	06:38+ 10:18+ 12:26+ 16:04+ 19:13+	27:54+ 39:29+ 41:05+ 42:33+ 47:12+	50:58+ 52:17+
04:41+	01:57+ 03:40+ 02:08+ 03:38+ 03:09+	08:41+ 11:35+ 01:36+ 01:28+ 04:39+	03:46+ 01:19+
01:14&	00:47& 01:09& 00:39& 01:30& 01:07&	02:08& 07:07@ 00:24& 00:40& 01:07&	01:30& 00:29&
<b>21</b>	<b>Terkel Arnfred</b>	<b>1</b>	<b>53:45</b>
04:38+	06:08+ 09:00+ 11:09+ 14:16+ 17:45+	25:18+ 42:04+ 43:58+ 45:04+ 48:59+	52:42+ 53:45+
04:38+	01:30+ 02:52+ 02:09+ 03:07+ 03:29+	07:33+ 16:46+ 01:54+ 01:06+ 03:55+	03:43+ 01:03+
01:11&	00:20& 00:21# 00:40& 00:59& 01:27&	01:00# 12:18@ 00:42& 00:18& 00:23#	01:27& 00:13&
<b>22</b>	<b>Henning Jørgensen</b>	<b>5</b>	<b>55:03</b>
05:16+	07:08+ 11:05+ 13:13+ 17:50+ 22:35+	32:23+ 39:35+ 41:51+ 43:12+ 49:37+	53:38+ 55:03+
05:16+	01:52+ 03:57+ 02:08+ 04:37+ 04:45+	09:48+ 07:12+ 02:16+ 01:21+ 06:25+	04:01+ 01:25+
01:49&	00:42& 01:26& 00:39& 02:29@ 02:43@	03:15& 02:44& 01:04& 00:33& 02:53&	01:45& 00:35&
<b>23</b>	<b>Peter Arildsen</b>	<b>6</b>	<b>55:52</b>
06:04+	08:07+ 12:05+ 15:47+ 20:07+ 23:48+	33:41+ 41:01+ 43:32+ 44:52+ 50:05+	54:05+ 55:52+
06:04+	02:03+ 03:58+ 03:42+ 04:20+ 03:41+	09:53+ 07:20+ 02:31+ 01:20+ 05:13+	04:00+ 01:47+
02:37&	00:53& 01:27& 02:13@ 01:39& 03:20&	02:52& 01:19@ 00:32& 01:41& 01:44&	00:57@
<b>Beste stræktid for klassen</b>			
03:00	01:06	02:07	01:29
02:08	01:53	04:35	04:20
01:07	00:42	02:51	02:16
00:47			

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

## NOCLAS

<b>1</b>	<b>Silja Svenningsen</b>	<b>16</b>	<b>25:04</b>
00:16=	01:46= 03:05= 04:13= 05:09= 07:16=	08:50= 09:31= 10:29= 11:28= 13:46=	16:49= 18:52= 20:55= 22:13= 24:12= 25:04=
00:16=	01:30= 01:19= 01:08= 00:56= 02:07=	01:34= 00:41= 00:58= 00:59= 02:18=	03:03= 02:03= 02:03= 01:18= 01:59= 00:52=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Claus Faber</b>	<b>8</b>	<b>33:05</b>
03:25+	04:40+ 07:42+ 09:12+ 11:19+ 13:34+	19:19+ 23:27+ 24:57+ 26:27+ 29:29+	32:08+ 33:05+
03:25+	01:15- 03:02+ 01:30+ 02:07+ 02:15+	05:45+ 04:08+ 01:30+ 01:30+ 03:02+	02:39- 00:57-
03:09@	00:15- 01:43@ 00:22& 01:11@ 00:08+	04:11@ 03:27@ 00:32& 00:31& 00:44&	00:24- 01:06-
<b>3</b>	<b>Aksel Kappel</b>	<b>16</b>	<b>34:17</b>
12:20+	14:11+ 16:48+ 18:39+ 20:29+ 21:35+	23:00+ 24:04+ 24:30+ 26:12+ 27:29+	28:07+ 29:09+ 30:22+ 31:51+ 33:24+ 34:17+
12:20+	01:51+ 02:37+ 01:51+ 01:50+ 01:06-	01:25- 01:04+ 00:26- 01:42+ 01:17-	00:38- 01:02- 01:13- 01:29+ 01:33- 00:53+
12:04@	00:21# 01:18& 00:43& 00:54& 01:01-	00:09- 00:23& 00:32- 00:43& 01:01-	02:25- 01:01- 00:50- 00:11# 00:26- 00:01+
<b>4</b>	<b>Mathilde Krog Hansen</b>	<b>16</b>	<b>46:29</b>
03:18+	06:15+ 10:54+ 13:40+ 17:15+ 20:34+	21:59+ 25:48+ 27:22+ 31:24+ 35:40+	38:34+ 41:56+ 45:37+ 46:29+
03:18+	02:57+ 04:39+ 02:46+ 03:35+ 03:19+	01:25- 03:49+ 01:34+ 04:02+ 04:16+	02:54- 03:22+ 03:41+ 00:52-
03:02@	01:27& 03:20@ 01:38@ 02:39@ 01:12&	00:09- 03:08@ 00:36& 03:03@ 01:58&	00:09- 01:19& 01:38& 00:26-
<b>5</b>	<b>Peter Præstgaard</b>	<b>NOTEAM</b>	<b>49:03</b>
02:07+	04:00+ 05:55+ 08:30+ 11:42+ 21:50+	24:14+ 26:44+ 28:39+ 29:39+ 32:36+	33:34+ 34:53+ 37:01+ 38:16+ 39:52+ 42:00+ 44:04+ 45:42+ 48:16+ 49:03+
02:07+	01:53+ 01:55+ 02:35+ 03:12+ 10:08+	02:24+ 02:30+ 01:55+ 01:00+ 02:57+	00:58- 01:19- 02:08+ 01:15- 01:36- 02:08+ 02:04+ 01:38+ 02:34+ 00:47+
01:51@	00:23& 00:36& 01:27@ 02:16@ 08:01@	00:50& 01:49@ 00:57& 00:01+	00:39& 02:05- 00:44- 00:05+ 00:03- 00:23- 01:16@ 02:04+ 01:38+ 02:34+ 00:47+
<b>6</b>	<b>Ronnie McGreil</b>	<b>NOTEAM</b>	<b>56:07</b>
01:59+	03:48+ 05:06+ 06:23+ 08:37+ 11:32+	15:28+ 17:34+ 23:47+ 26:43+ 29:58+	32:02+ 35:57+ 38:25+ 45:54+ 47:45+ 52:23+ 55:04+ 56:07+
01:59+	01:49+ 01:18- 01:17+ 02:14+ 02:55+	03:56+ 02:06+ 06:13+ 03:15+ 02:04-	03:55+ 02:28+ 07:29+ 01:51- 04:38+ 02:41+ 01:03+
01:43@	00:19# 00:01- 00:09# 01:18@ 00:48&	02:22@ 01:25@ 05:15@ 01:57@ 00:57&	00:59- 01:52& 00:25# 06:11@ 00:08- 03:46@ 02:41+ 01:03+
<b>7</b>	<b>Hans Pedersen</b>	<b>11</b>	<b>57:15</b>
01:41+	03:38+ 05:05+ 06:20+ 08:38+ 11:48+	16:05+ 18:01+ 24:11+ 27:15+ 33:08+	35:04+ 38:27+ 40:43+ 47:28+ 49:11+ 53:07+ 56:27+ 57:15+
01:41+	01:57+ 01:27+ 01:15+ 02:18+ 03:10+	04:17+ 01:56+ 06:10+ 03:04+ 05:53+	01:56- 03:23+ 02:16+ 06:45+ 01:43- 03:56+ 03:20+ 00:48+
01:25@	00:27& 00:08# 00:07# 01:22@ 01:03&	02:43@ 01:15@ 05:12@ 02:05@ 03:35@	01:07- 01:20& 00:13# 05:27@ 00:16- 03:04@ 03:20+ 00:48+
<b>8</b>	<b>Mikkel Holm</b>	<b>15</b>	<b>59:05</b>
02:25+	03:26+ 04:06+ 07:27+ 10:54+ 14:08+	18:23+ 20:43+ 22:57+ 25:30+ 28:30+	30:09+ 30:54+ 33:31+ 34:36+ 37:30+ 41:12+ 42:21+ 43:52+ 46:38+ 48:04+ 53:32+ 54:40+ 56:33+ 58:27+ 59:05+
02:25+	01:01- 00:40- 03:21+ 03:27+ 03:14+	04:15+ 02:20+ 02:14+ 02:33+ 03:00+	01:39- 00:45- 02:37+ 01:05- 02:54+ 03:42+ 01:09+ 01:31+ 02:46+ 01:26+ 05:28+ 01:08+ 01:53+ 01:54+ 00:38+
02:09@	00:29- 00:39- 02:13@ 02:31@ 01:07&	02:41@ 01:39@ 01:16@ 01:34@ 00:42&	01:24- 01:18- 00:34& 00:13- 00:55& 02:50@ 01:09+ 01:31+ 02:46+ 01:26+ 05:28+ 01:08+ 01:53+ 01:54+ 00:38+

Class	Navn	Klasse														Tid																																			
<b>9</b>	<b>Mariann Kejser</b>	<b>15</b>														<b>1:05:04</b>																																			
07:14+	09:03+	10:42+	13:18+	15:31+	20:15+	24:36+	27:25+	34:09+	40:55+	51:55+	54:08+	55:29+	60:01+	64:02+	65:04+	07:14+	01:49+	01:39+	02:36+	02:13+	04:44+	04:21+	02:49+	06:44+	06:46+	11:00+	02:13-	01:21-	04:32+	04:01+	01:02-																				
06:58@	00:19#	00:20&	01:28@	01:17@	02:37@	02:47@	02:08@	05:46@	05:47@	08:42@	00:50-	00:42-	02:29@	02:43@	00:57-																																				
<b>10</b>	<b>Susanne Højberg</b>	<b>8</b>														<b>1:06:44</b>																																			
04:46+	07:36+	09:04+	12:16+	14:51+	18:23+	27:09+	30:03+	37:02+	41:56+	54:02+	56:59+	58:57+	62:00+	65:54+	66:44+	04:46+	02:50+	01:28+	03:12+	02:35+	03:32+	08:46+	02:54+	06:59+	04:54+	12:06+	02:57-	01:58-	03:03+	03:54+	00:50-																				
04:30@	01:20&	00:09#	02:04@	01:39@	01:25&	07:12@	02:13@	06:01@	03:55@	09:48@	00:06-	00:05-	01:00&	02:36@	01:09-																																				
<b>11</b>	<b>Mette Ozol</b>	<b>8</b>														<b>1:09:03</b>																																			
02:55+	03:51+	09:13+	14:00+	20:57+	27:35+	30:46+	33:58+	37:43+	41:22+	43:36+	46:07+	49:10+	50:50+	53:17+	62:31+	63:54+	66:10+	68:21+	69:03+	02:55+	00:56-	05:22+	04:47+	06:57+	06:38+	03:11+	03:12+	03:45+	03:39+	02:14-	02:31-	03:03+	01:40-	02:27+	09:14+	01:23+	02:16+	02:11+	00:42+												
02:39@	00:34-	04:03@	03:39@	06:01@	04:31@	01:37@	02:31@	02:47@	02:40@	00:04-	00:32-	01:00&	00:23-	01:09&	07:15@	00:31&	02:16+	02:11+	00:42+																																
<b>12</b>	<b>Jens Ozol</b>	<b>8</b>														<b>1:09:38</b>																																			
03:10+	04:33+	09:32+	14:55+	21:18+	28:13+	31:31+	34:40+	38:31+	42:12+	44:31+	46:39+	50:51+	52:39+	55:01+	63:21+	64:35+	66:44+	68:43+	69:38+	03:10+	01:23-	04:59+	05:23+	06:23+	06:55+	03:18+	03:09+	03:51+	03:41+	02:19+	02:08-	04:12+	01:48-	02:22+	08:20+	01:14+	02:09+	01:59+	00:55+												
02:54@	00:07-	03:40@	04:15@	05:27@	04:48@	01:44@	02:28@	02:53@	02:42@	00:01+	00:55-	02:09@	00:15-	01:04&	06:21@	00:22&	02:09+	01:59+	00:55+																																
<b>13</b>	<b>Mads Juhl</b>	<b>NOTEAM</b>														<b>1:11:15</b>																																			
02:36+	03:41+	04:25+	08:04+	11:46+	15:52+	20:52+	25:02+	27:04+	30:10+	32:28+	35:26+	36:17+	38:56+	41:36+	44:47+	48:18+	49:44+	51:46+	55:28+	57:17+	63:49+	65:30+	68:42+	70:36+	71:15+	02:36+	01:05-	00:44-	03:39+	03:42+	04:06+	05:00+	04:10+	02:02+	03:06+	02:18+	02:58-	00:51-	02:39+	02:40+	03:11+	03:31+	01:26+	02:02+	03:42+	01:49+	06:32+	01:41+	03:12+	01:54+	00:39+
02:20@	00:25-	00:35-	02:31@	02:46@	01:59&	03:26@	03:29@	01:04@	02:07@	00:00=	00:05-	01:12-	00:36&	01:22@	01:12&	02:39@	01:26+	02:02+	03:42+	01:49+	06:32+	01:41+	03:12+	01:54+	00:39+																										
<b>15</b>	<b>Carsten Johansen</b>	<b>16</b>														<b>1:21:06</b>																																			
03:29+	05:28+	10:50+	16:26+	24:14+	31:53+	35:30+	39:28+	43:25+	47:30+	49:49+	52:13+	55:33+	59:38+	63:07+	72:12+	73:41+	75:52+	80:08+	81:06+	03:29+	01:59+	05:22+	05:36+	07:48+	07:39+	03:37+	03:58+	03:57+	04:05+	02:19+	02:24-	03:20+	04:05+	03:29+	09:05+	01:29+	02:11+	04:16+	00:58+												
03:13@	00:29&	04:03@	04:28@	06:52@	05:32@	02:03@	03:17@	02:59@	03:06@	00:01+	00:39-	01:17&	02:02&	02:11@	07:06@	00:37&	02:11+	04:16+	00:58+																																
<b>16</b>	<b>Lesya Parolina</b>	<b>8</b>														<b>1:40:58</b>																																			
07:09+	08:43+	09:48+	15:42+	20:49+	25:24+	32:29+	35:27+	38:23+	44:27+	47:43+	51:03+	52:09+	56:20+	57:59+	62:51+	68:26+	70:42+	72:56+	77:56+	80:16+	90:21+	92:20+	96:46+	99:57+	100:58+	07:09+	01:34+	01:05-	05:54+	05:07+	04:35+	07:05+	02:58+	02:56+	06:04+	03:16+	03:20+	01:06-	04:11+	01:39+	04:52+	05:35+	02:16+	02:14+	05:00+	02:20+	10:05+	01:59+	04:26+	03:11+	01:01+
06:53@	00:04+	00:14-	04:46@	04:11@	02:28@	05:31@	02:17@	01:58@	05:05@	00:58&	00:17+	00:57-	02:08@	00:21&	02:53@	04:43@	02:16+	02:14+	05:00+	02:20+	10:05+	01:59+	04:26+	03:11+	01:01+																										
<b>Beste stræktid for klassen</b>		00:16	00:56	00:40	01:08	00:56	01:06	01:25	00:41	00:26	00:59	01:17	00:38	00:45	01:13	00:52	00:50	00:52																																	

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