

Resultater – Vintertræningsløb 2014 Fruens Plantage

2014-11-01

Klasse 1		(5 / 5)	Tid	After		
1.	Simon Holt	Køge OK	59:17			
	1:47 (1:47)	2:36 (4:23)	2:04 (6:27)	1:30 (7:57)	1:22 (9:19)	2:08 (11:27)
	1:50 (13:17)	3:36 (16:53)	1:42 (18:35)	1:20 (19:55)	2:30 (22:25)	1:58 (24:23)
	1:52 (26:15)	2:39 (28:54)	1:48 (30:42)	2:29 (33:11)	2:46 (35:57)	2:11 (38:08)
	2:50 (40:58)	3:40 (44:38)	3:38 (48:16)	1:29 (49:45)	1:40 (51:25)	1:42 (53:07)
	2:41 (55:48)	1:27 (57:15)	2:02 (59:17)			
2.	Martin Hansen	Herlufsholm OK	1:04:47	+5:30		
	2:39 (2:39)	3:00 (5:39)	2:03 (7:42)	1:47 (9:29)	1:25 (10:54)	2:07 (13:01)
	2:11 (15:12)	3:40 (18:52)	1:34 (20:26)	1:23 (21:49)	2:55 (24:44)	2:15 (26:59)
	1:55 (28:54)	2:18 (31:12)	2:11 (33:23)	2:24 (35:47)	2:55 (38:42)	2:27 (41:09)
	4:09 (45:18)	2:43 (48:01)	4:43 (52:44)	1:46 (54:30)	1:54 (56:24)	1:53 (58:17)
	3:14 (1:01:31)	2:19 (1:03:50)	0:57 (1:04:47)			
3.	Kim Baunehøj Pedersen	OK Roskilde	1:07:42	+8:25		
	2:54 (2:54)	3:26 (6:20)	1:42 (8:02)	1:42 (9:44)	1:36 (11:20)	2:32 (13:52)
	2:12 (16:04)	3:26 (19:30)	1:30 (21:00)	1:31 (22:31)	3:08 (25:39)	2:19 (27:58)
	1:53 (29:51)	2:28 (32:19)	2:19 (34:38)	3:06 (37:44)	3:24 (41:08)	2:32 (43:40)
	5:22 (49:02)	3:00 (52:02)	4:06 (56:08)	2:07 (58:15)	2:02 (1:00:17)	1:49 (1:02:06)
	2:23 (1:04:29)	2:01 (1:06:30)	1:12 (1:07:42)			
4.	Peter Karberg	Herlufsholm OK	1:13:01	+13:44		
	3:19 (3:19)	3:33 (6:52)	2:00 (8:52)	1:59 (10:51)	1:45 (12:36)	2:29 (15:05)
	2:31 (17:36)	4:56 (22:32)	2:08 (24:40)	1:48 (26:28)	2:55 (29:23)	2:07 (31:30)
	1:58 (33:28)	2:34 (36:02)	2:29 (38:31)	2:34 (41:05)	3:28 (44:33)	2:46 (47:19)
	4:36 (51:55)	3:14 (55:09)	5:06 (1:00:15)	2:04 (1:02:19)	2:23 (1:04:42)	1:59 (1:06:41)
	2:49 (1:09:30)	2:01 (1:11:31)	1:30 (1:13:01)			
5.	Jesper Børsting	Herlufsholm OK	1:14:11	+14:54		
	3:35 (3:35)	3:48 (7:23)	2:11 (9:34)	2:00 (11:34)	1:50 (13:24)	2:40 (16:04)
	2:31 (18:35)	4:11 (22:46)	2:08 (24:54)	1:47 (26:41)	3:05 (29:46)	2:25 (32:11)
	2:02 (34:13)	2:23 (36:36)	2:36 (39:12)	2:58 (42:10)	3:28 (45:38)	2:50 (48:28)
	4:05 (52:33)	3:14 (55:47)	4:42 (1:00:29)	2:19 (1:02:48)	2:23 (1:05:11)	2:15 (1:07:26)
	2:46 (1:10:12)	2:22 (1:12:34)	1:37 (1:14:11)			
Klasse 2		(15 / 15)	Tid	After		
1.	Arne Heydon	OK Roskilde	48:32			
	2:26 (2:26)	1:52 (4:18)	2:08 (6:26)	1:52 (8:18)	1:34 (9:52)	0:57 (10:49)
	1:05 (11:54)	4:17 (16:11)	2:44 (18:55)	2:23 (21:18)	2:03 (23:21)	1:51 (25:12)
	2:23 (27:35)	1:56 (29:31)	1:43 (31:14)	2:11 (33:25)	3:04 (36:29)	2:22 (38:51)
	4:05 (42:56)	2:56 (45:52)	1:33 (47:25)	1:07 (48:32)		
2.	Mathias Klinkeby	Holbæk OK	50:44	+2:12		
	2:26 (2:26)	1:34 (4:00)	1:44 (5:44)	1:37 (7:21)	2:52 (10:13)	0:56 (11:09)
	1:10 (12:19)	4:19 (16:38)	2:43 (19:21)	2:27 (21:48)	2:03 (23:51)	1:40 (25:31)
	2:55 (28:26)	2:06 (30:32)	1:59 (32:31)	2:48 (35:19)	2:59 (38:18)	2:28 (40:46)
	4:24 (45:10)	3:08 (48:18)	1:37 (49:55)	0:49 (50:44)		
3.	Casper Lindemann	OK Roskilde	54:14	+5:42		
	2:31 (2:31)	1:44 (4:15)	2:32 (6:47)	1:56 (8:43)	1:36 (10:19)	0:55 (11:14)
	1:10 (12:24)	4:12 (16:36)	3:40 (20:16)	2:46 (23:02)	2:13 (25:15)	1:43 (26:58)
	2:20 (29:18)	2:11 (31:29)	2:15 (33:44)	2:45 (36:29)	3:21 (39:50)	4:20 (44:10)
	4:21 (48:31)	3:08 (51:39)	1:39 (53:18)	0:56 (54:14)		
4.	Rasmus Krogh Madsen	OK Roskilde	58:36	+10:04		
	2:16 (2:16)	1:35 (3:51)	1:49 (5:40)	1:43 (7:23)	1:39 (9:02)	1:03 (10:05)
	1:20 (11:25)	5:00 (16:25)	4:15 (20:40)	3:01 (23:41)	2:16 (25:57)	2:58 (28:55)
	2:32 (31:27)	2:06 (33:33)	1:57 (35:30)	2:52 (38:22)	3:59 (42:21)	5:22 (47:43)
	4:34 (52:17)	3:26 (55:43)	2:03 (57:46)	0:50 (58:36)		
5.	Jan Thiesen	Holbæk OK	1:01:45	+13:13		
	2:49 (2:49)	1:40 (4:29)	2:38 (7:07)	2:11 (9:18)	1:43 (11:01)	1:08 (12:09)
	1:25 (13:34)	4:29 (18:03)	4:20 (22:23)	3:10 (25:33)	2:31 (28:04)	2:38 (30:42)
	2:37 (33:19)	2:38 (35:57)	2:19 (38:16)	3:36 (41:52)	4:33 (46:25)	3:13 (49:38)
	5:10 (54:48)	3:53 (58:41)	1:59 (1:00:40)	1:05 (1:01:45)		
6.	Birgit Børsting	Herlufsholm OK	1:04:17	+15:45		
	4:05 (4:05)	1:58 (6:03)	2:10 (8:13)	2:27 (10:40)	1:56 (12:36)	0:56 (13:32)
	1:29 (15:01)	5:21 (20:22)	4:39 (25:01)	3:20 (28:21)	2:36 (30:57)	2:17 (33:14)
	2:31 (35:45)	2:30 (38:15)	2:31 (40:46)	3:00 (43:46)	4:56 (48:42)	3:20 (52:02)
	5:11 (57:13)	3:58 (1:01:11)	1:52 (1:03:03)	1:14 (1:04:17)		
7.	Søren Klintby	Holbæk OK	1:04:23	+15:51		
	2:49 (2:49)	2:05 (4:54)	2:11 (7:05)	2:07 (9:12)	1:54 (11:06)	1:10 (12:16)
	1:38 (13:54)	5:17 (19:11)	3:45 (22:56)	3:19 (26:15)	2:33 (28:48)	2:12 (31:00)
	3:02 (34:02)	2:44 (36:46)	2:47 (39:33)	3:21 (42:54)	3:55 (46:49)	4:14 (51:03)
	6:11 (57:14)	4:01 (1:01:15)	1:59 (1:03:14)	1:09 (1:04:23)		
8.	Peter Lauritzen	Holbæk OK	1:06:29	+17:57		
	– (–)	– (4:57)	2:00 (6:57)	2:16 (9:13)	1:48 (11:01)	– (–)
	– (13:44)	4:56 (18:40)	4:15 (22:55)	3:20 (26:15)	3:15 (29:30)	2:33 (32:03)
	3:45 (35:48)	2:43 (38:31)	3:12 (41:43)	3:03 (44:46)	4:15 (49:01)	3:46 (52:47)
	5:08 (57:55)	5:20 (1:03:15)	1:53 (1:05:08)	1:21 (1:06:29)		
9.	Bjark Christensen	Holbæk OK	1:15:56	+27:24		
	4:08 (4:08)	2:11 (6:19)	3:36 (9:55)	2:22 (12:17)	2:07 (14:24)	1:28 (15:52)
	1:42 (17:34)	6:11 (23:45)	4:48 (28:33)	3:44 (32:17)	2:56 (35:13)	2:58 (38:11)
	3:04 (41:15)	3:04 (44:19)	3:06 (47:25)	4:17 (51:42)	6:00 (57:42)	3:46 (1:01:28)
	6:13 (1:07:41)	4:20 (1:12:01)	2:27 (1:14:28)	1:28 (1:15:56)		

10.	Allan Palskov	Holbæk OK	1:17:31 +28:59			
	2:46 (2:46)	2:16 (5:02)	2:20 (7:22)	2:10 (9:32)	5:10 (14:42)	1:31 (16:13)
	1:26 (17:39)	4:36 (22:15)	3:36 (25:51)	3:13 (29:04)	2:25 (31:29)	2:28 (33:57)
	2:48 (36:45)	2:37 (39:22)	5:55 (45:17)	3:54 (49:11)	13:13 (1:02:24)	3:02 (1:05:26)
	4:30 (1:09:56)	3:30 (1:13:26)	2:54 (1:16:20)	1:11 (1:17:31)		
11.	Morten Løjmand	Herlufsholm OK	1:18:48 +30:16			
	4:09 (4:09)	2:14 (6:23)	2:23 (8:46)	2:27 (11:13)	2:12 (13:25)	1:07 (14:32)
	1:52 (16:24)	6:41 (23:05)	4:59 (28:04)	7:08 (35:12)	3:02 (38:14)	2:33 (40:47)
	3:13 (44:00)	3:01 (47:01)	2:57 (49:58)	4:30 (54:28)	4:51 (59:19)	4:13 (1:03:32)
	6:19 (1:09:51)	4:31 (1:14:22)	2:41 (1:17:03)	1:45 (1:18:48)		
12.	Bent Jensen	Holbæk OK	1:21:42 +33:10			
	3:44 (3:44)	2:32 (6:16)	3:43 (9:59)	2:49 (12:48)	2:59 (15:47)	1:08 (16:55)
	2:08 (19:03)	6:35 (25:38)	5:20 (30:58)	4:27 (35:25)	2:57 (38:22)	3:40 (42:02)
	3:38 (45:40)	3:03 (48:43)	3:03 (51:46)	4:54 (56:40)	5:28 (1:02:08)	4:42 (1:06:50)
	6:18 (1:13:08)	4:24 (1:17:32)	2:29 (1:20:01)	1:41 (1:21:42)		
13.	Henriette Hansen	Herlufsholm OK	1:22:53 +34:21			
	4:11 (4:11)	2:28 (6:39)	2:46 (9:25)	2:49 (12:14)	2:13 (14:27)	1:28 (15:55)
	2:02 (17:57)	7:32 (25:29)	6:16 (31:45)	3:52 (35:37)	3:37 (39:14)	2:26 (41:40)
	4:01 (45:41)	3:29 (49:10)	3:19 (52:29)	3:52 (56:21)	6:12 (1:02:33)	3:59 (1:06:32)
	6:45 (1:13:17)	5:13 (1:18:30)	2:34 (1:21:04)	1:49 (1:22:53)		
	Claus Børsting	Herlufsholm OK	Fejlst.			
	3:28 (3:28)	2:04 (5:32)	2:33 (8:05)	2:34 (10:39)	2:05 (12:44)	2:23 (15:07)
	1:30 (16:37)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (29:52)		
	Kristian K. Jensen	Holbæk OK	Ikke startet			

Klasse 3		(5 / 5)	Tid	After		
1.	Martin Østberg	OK Roskilde	44:38			
	1:51 (1:51)	0:38 (2:29)	2:46 (5:15)	2:36 (7:51)	2:10 (10:01)	2:32 (12:33)
	1:45 (14:18)	5:22 (19:40)	1:51 (21:31)	2:28 (23:59)	2:46 (26:45)	1:43 (28:28)
	1:02 (29:30)	1:53 (31:23)	2:28 (33:51)	3:29 (37:20)	1:15 (38:35)	3:21 (41:56)
	1:42 (43:38)	1:00 (44:38)				
2.	Amalie Tripax	OK Roskilde	48:11	+3:33		
	2:23 (2:23)	0:40 (3:03)	2:40 (5:43)	2:12 (7:55)	3:03 (10:58)	2:25 (13:23)
	1:34 (14:57)	5:59 (20:56)	1:06 (22:02)	2:53 (24:55)	2:55 (27:50)	1:45 (29:35)
	1:02 (30:37)	3:26 (34:03)	2:48 (36:51)	3:19 (40:10)	2:09 (42:19)	3:10 (45:29)
	1:42 (47:11)	1:00 (48:11)				
3.	Michael Leth Jess	OK Roskilde	54:52	+10:14		
	3:32 (3:32)	1:45 (5:17)	2:37 (7:54)	2:12 (10:06)	2:47 (12:53)	2:33 (15:26)
	1:54 (17:20)	6:28 (23:48)	1:21 (25:09)	2:56 (28:05)	5:16 (33:21)	2:13 (35:34)
	1:23 (36:57)	3:02 (39:59)	2:40 (42:39)	3:53 (46:32)	1:36 (48:08)	3:25 (51:33)
	2:12 (53:45)	1:07 (54:52)				
4.	Volker Naulin	OK Roskilde	59:25	+14:47		
	2:52 (2:52)	1:25 (4:17)	5:46 (10:03)	2:33 (12:36)	2:58 (15:34)	2:37 (18:11)
	2:52 (21:03)	4:53 (25:56)	1:35 (27:31)	4:18 (31:49)	4:03 (35:52)	2:03 (37:55)
	1:29 (39:24)	2:55 (42:19)	2:22 (44:41)	4:58 (49:39)	1:19 (50:58)	4:57 (55:55)
	2:15 (58:10)	1:15 (59:25)				
5.	Max Munsberg	OK Roskilde	1:06:11	+21:33		
	2:45 (2:45)	1:19 (4:04)	3:18 (7:22)	2:43 (10:05)	3:06 (13:11)	3:03 (16:14)
	2:10 (18:24)	4:59 (23:23)	1:50 (25:13)	3:09 (28:22)	3:56 (32:18)	7:22 (39:40)
	1:25 (41:05)	3:04 (44:09)	2:50 (46:59)	8:07 (55:06)	1:57 (57:03)	5:07 (1:02:10)
	2:31 (1:04:41)	1:30 (1:06:11)				

Klasse 4			(29 / 29)	Tid	After	
1.	Gunnar Grue-Sørensen	OK Roskilde		39:35		
	1:18 (1:18)	2:18 (3:36)	3:34 (7:10)	0:46 (7:56)	3:00 (10:56)	2:22 (13:18)
	3:19 (16:37)	3:27 (20:04)	2:06 (22:10)	1:52 (24:02)	1:52 (25:54)	3:35 (29:29)
	3:32 (33:01)	1:08 (34:09)	2:48 (36:57)	1:20 (38:17)	1:18 (39:35)	
2.	Frede Scheye	Herlufsholm OK		40:30	+0:55	
	1:36 (1:36)	1:20 (2:56)	3:11 (6:07)	0:53 (7:00)	3:09 (10:09)	2:15 (12:24)
	3:46 (16:10)	3:32 (19:42)	2:05 (21:47)	2:32 (24:19)	2:22 (26:41)	3:35 (30:16)
	3:52 (34:08)	1:05 (35:13)	2:38 (37:51)	1:23 (39:14)	1:16 (40:30)	
3.	Kaare Børsting	Herlufsholm OK		40:44	+1:09	
	1:12 (1:12)	1:17 (2:29)	3:08 (5:37)	1:40 (7:17)	3:08 (10:25)	2:16 (12:41)
	3:22 (16:03)	3:22 (19:25)	2:23 (21:48)	2:42 (24:30)	1:58 (26:28)	3:44 (30:12)
	3:32 (33:44)	1:44 (35:28)	2:48 (38:16)	1:21 (39:37)	1:07 (40:44)	
4.	Frans Andersen	Herlufsholm OK		42:35	+3:00	
	1:36 (1:36)	1:34 (3:10)	3:22 (6:32)	0:55 (7:27)	3:17 (10:44)	2:40 (13:24)
	3:45 (17:09)	3:36 (20:45)	2:31 (23:16)	2:59 (26:15)	2:01 (28:16)	3:58 (32:14)
	3:51 (36:05)	1:23 (37:28)	2:29 (39:57)	1:20 (41:17)	1:18 (42:35)	
5.	Aksel Andersen	OK Roskilde		43:06	+3:31	
	1:27 (1:27)	2:12 (3:39)	5:02 (8:41)	0:48 (9:29)	3:25 (12:54)	2:09 (15:03)
	3:42 (18:45)	3:40 (22:25)	2:06 (24:31)	2:08 (26:39)	2:01 (28:40)	3:42 (32:22)
	3:56 (36:18)	1:33 (37:51)	2:25 (40:16)	1:21 (41:37)	1:29 (43:06)	
6.	Astrid Thomsen	Holbæk OK		45:03	+5:28	
	1:30 (1:30)	1:21 (2:51)	4:48 (7:39)	0:45 (8:24)	3:23 (11:47)	3:17 (15:04)
	3:57 (19:01)	3:52 (22:53)	3:35 (26:28)	2:26 (28:54)	1:51 (30:45)	4:06 (34:51)
	3:33 (38:24)	1:29 (39:53)	2:32 (42:25)	1:19 (43:44)	1:19 (45:03)	

7.	Svend Erik Munk	Herlufsholm OK	46:48	+7:13		
	1:34 (1:34)	1:57 (3:31)	3:45 (7:16)	0:52 (8:08)	3:56 (12:04)	2:33 (14:37)
	4:08 (18:45)	4:45 (23:30)	2:14 (25:44)	2:29 (28:13)	2:42 (30:55)	4:05 (35:00)
	4:18 (39:18)	1:31 (40:49)	2:46 (43:35)	1:31 (45:06)	1:42 (46:48)	
8.	Sebastian Hansen	Herlufsholm OK	47:07	+7:32		
	1:20 (1:20)	1:39 (2:59)	4:12 (7:11)	0:56 (8:07)	3:30 (11:37)	3:34 (15:11)
	3:57 (19:08)	3:54 (23:02)	2:10 (25:12)	3:00 (28:12)	2:56 (31:08)	4:42 (35:50)
	4:12 (40:02)	1:22 (41:24)	3:12 (44:36)	1:17 (45:53)	1:14 (47:07)	
9.	Finn Pedersen	OK Roskilde	48:22	+8:47		
	1:52 (1:52)	1:54 (3:46)	4:19 (8:05)	2:00 (10:05)	3:23 (13:28)	2:52 (16:20)
	3:51 (20:11)	4:06 (24:17)	2:48 (27:05)	3:43 (30:48)	1:50 (32:38)	3:37 (36:15)
	4:18 (40:33)	1:31 (42:04)	3:25 (45:29)	1:33 (47:02)	1:20 (48:22)	
10.	Kristine Børsting	Herlufsholm OK	51:52	+12:17		
	1:26 (1:26)	2:49 (4:15)	4:16 (8:31)	1:05 (9:36)	3:29 (13:05)	3:09 (16:14)
	4:15 (20:29)	4:23 (24:52)	2:22 (27:14)	3:00 (30:14)	2:15 (32:29)	6:47 (39:16)
	4:25 (43:41)	1:20 (45:01)	3:39 (48:40)	1:45 (50:25)	1:27 (51:52)	
11.	Inge Meidahl	OK Roskilde	54:17	+14:42		
	1:53 (1:53)	1:53 (3:46)	5:03 (8:49)	1:33 (10:22)	4:03 (14:25)	2:38 (17:03)
	4:33 (21:36)	4:21 (25:57)	2:35 (28:32)	3:19 (31:51)	1:59 (33:50)	8:33 (42:23)
	3:50 (46:13)	1:28 (47:41)	3:34 (51:15)	1:39 (52:54)	1:23 (54:17)	
12.	Peter B. Jensen	O-63	55:18	+15:43		
	2:47 (2:47)	2:03 (4:50)	4:08 (8:58)	1:25 (10:23)	4:23 (14:46)	3:05 (17:51)
	4:47 (22:38)	4:42 (27:20)	2:58 (30:18)	3:11 (33:29)	3:42 (37:11)	4:33 (41:44)
	4:41 (46:25)	1:22 (47:47)	3:55 (51:42)	1:53 (53:35)	1:43 (55:18)	
13.	Susanne Tanderup	Herlufsholm OK	58:43	+19:08		
	2:15 (2:15)	5:43 (7:58)	4:30 (12:28)	0:53 (13:21)	3:37 (16:58)	4:02 (21:00)
	4:06 (25:06)	5:04 (30:10)	2:58 (33:08)	3:03 (36:11)	3:21 (39:32)	6:17 (45:49)
	4:32 (50:21)	1:40 (52:01)	3:57 (55:58)	1:31 (57:29)	1:14 (58:43)	
14.	Lars Olsen	OK Roskilde	59:31	+19:56		
	2:17 (2:17)	4:52 (7:09)	3:34 (10:43)	1:14 (11:57)	3:52 (15:49)	4:00 (19:49)
	4:39 (24:28)	4:36 (29:04)	2:37 (31:41)	2:25 (34:06)	2:51 (36:57)	8:36 (45:33)
	5:02 (50:35)	1:42 (52:17)	4:08 (56:25)	1:39 (58:04)	1:27 (59:31)	
15.	Ditte Andersen	Holbæk OK	1:00:38	+21:03		
	2:27 (2:27)	2:13 (4:40)	6:28 (11:08)	1:11 (12:19)	3:39 (15:58)	3:19 (19:17)
	4:45 (24:02)	4:32 (28:34)	4:43 (33:17)	3:34 (36:51)	2:47 (39:38)	5:41 (45:19)
	5:46 (51:05)	2:02 (53:07)	3:57 (57:04)	1:56 (59:00)	1:38 (1:00:38)	
16.	Erik Løvgren Jensen	Køge OK	1:04:54	+25:19		
	2:25 (2:25)	5:52 (8:17)	7:02 (15:19)	0:58 (16:17)	4:39 (20:56)	3:56 (24:52)
	4:57 (29:49)	4:47 (34:36)	4:32 (39:08)	2:46 (41:54)	2:29 (44:23)	6:39 (51:02)
	4:54 (55:56)	1:28 (57:24)	4:13 (1:01:37)	1:46 (1:03:23)	1:31 (1:04:54)	
17.	Anette Christensen	Holbæk OK	1:06:14	+26:39		
	2:22 (2:22)	3:54 (6:16)	4:48 (11:04)	1:38 (12:42)	4:50 (17:32)	3:47 (21:19)
	6:36 (27:55)	6:05 (34:00)	3:07 (37:07)	3:11 (40:18)	2:46 (43:04)	6:11 (49:15)
	5:37 (54:52)	2:03 (56:55)	5:04 (1:01:59)	2:30 (1:04:29)	1:45 (1:06:14)	
18.	Ebbe Kajberg	Slagelse	1:08:45	+29:10		
	1:46 (1:46)	7:06 (8:52)	9:18 (18:10)	2:17 (20:27)	3:58 (24:25)	3:28 (27:53)
	4:49 (32:42)	4:57 (37:39)	2:59 (40:38)	2:39 (43:17)	2:26 (45:43)	3:58 (49:41)
	10:39 (1:00:20)	1:35 (1:01:55)	3:12 (1:05:07)	1:55 (1:07:02)	1:43 (1:08:45)	
19.	Bent Børsting	Herlufsholm OK	1:08:49	+29:14		
	2:18 (2:18)	2:33 (4:51)	5:47 (10:38)	1:33 (12:11)	4:49 (17:00)	3:49 (20:49)
	8:46 (29:35)	5:10 (34:45)	3:12 (37:57)	3:19 (41:16)	2:47 (44:03)	7:23 (51:26)
	5:44 (57:10)	2:16 (59:26)	5:06 (1:04:32)	2:13 (1:06:45)	2:04 (1:08:49)	
20.	Linda Østberg	OK Roskilde	1:09:15	+29:40		
	1:45 (1:45)	2:48 (4:33)	10:45 (15:18)	2:12 (17:30)	3:19 (20:49)	4:01 (24:50)
	5:52 (30:42)	4:27 (35:09)	6:03 (41:12)	3:27 (44:39)	1:56 (46:35)	4:38 (51:13)
	8:00 (59:13)	1:34 (1:00:47)	5:09 (1:05:56)	1:52 (1:07:48)	1:27 (1:09:15)	
21.	Jens Asserbo	Herlufsholm OK	1:09:38	+30:03		
	2:07 (2:07)	2:43 (4:50)	4:46 (9:36)	1:25 (11:01)	5:08 (16:09)	4:17 (20:26)
	5:43 (26:09)	6:47 (32:56)	3:49 (36:45)	3:53 (40:38)	3:04 (43:42)	7:22 (51:04)
	6:10 (57:14)	2:04 (59:18)	5:14 (1:04:32)	2:33 (1:07:05)	2:33 (1:09:38)	
22.	Rita Løjmand	Herlufsholm OK	1:19:11	+39:36		
	2:50 (2:50)	3:21 (6:11)	8:15 (14:26)	1:13 (15:39)	4:56 (20:35)	5:44 (26:19)
	6:36 (32:55)	6:30 (39:25)	3:13 (42:38)	3:48 (46:26)	3:23 (49:49)	5:55 (55:44)
	10:38 (1:06:22)	2:42 (1:09:04)	6:01 (1:15:05)	2:08 (1:17:13)	1:58 (1:19:11)	
23.	Niels Rørbech	Herlufsholm OK	1:22:27	+42:52		
	3:00 (3:00)	3:26 (6:26)	7:09 (13:35)	2:08 (15:43)	5:33 (21:16)	4:43 (25:59)
	9:29 (35:28)	7:15 (42:43)	3:57 (46:40)	3:52 (50:32)	3:38 (54:10)	6:51 (1:01:01)
	7:15 (1:08:16)	2:11 (1:10:27)	7:23 (1:17:50)	2:24 (1:20:14)	2:13 (1:22:27)	
24.	Preben Kristensen	OK Roskilde	1:23:04	+43:29		
	1:54 (1:54)	2:21 (4:15)	4:35 (8:50)	5:12 (14:02)	4:55 (18:57)	3:34 (22:31)
	5:41 (28:12)	5:44 (33:56)	4:35 (38:31)	4:38 (43:09)	3:11 (46:20)	13:20 (59:40)
	5:58 (1:05:38)	1:49 (1:07:27)	5:06 (1:12:33)	8:46 (1:21:19)	1:45 (1:23:04)	
25.	Caroline Van Bronswijk	OK Roskilde	1:25:08	+45:33		
	2:20 (2:20)	4:18 (6:38)	9:48 (16:26)	1:54 (18:20)	5:17 (23:37)	6:50 (30:27)
	6:56 (37:23)	6:55 (44:18)	5:22 (49:40)	5:00 (54:40)	3:37 (58:17)	6:41 (1:04:58)
	5:55 (1:10:53)	2:07 (1:13:00)	7:03 (1:20:03)	3:05 (1:23:08)	2:00 (1:25:08)	
26.	Niels Albertsen	HG	1:30:11	+50:36		
	4:39 (4:39)	2:48 (7:27)	15:04 (22:31)	1:33 (24:04)	4:45 (28:49)	4:32 (33:21)
	6:50 (40:11)	6:40 (46:51)	4:47 (51:38)	3:36 (55:14)	3:20 (58:34)	11:23 (1:09:57)
	8:06 (1:18:03)	2:21 (1:20:24)	5:46 (1:26:10)	2:01 (1:28:11)	2:00 (1:30:11)	

27. Susanne Jensen	OK Roskilde	1:31:53 +52:18		
2:30 (2:30)	3:04 (5:34)	7:43 (13:17)	1:37 (14:54)	5:08 (20:02)
9:20 (45:00)	6:13 (51:13)	4:13 (55:26)	4:12 (59:38)	2:38 (1:02:16)
5:44 (1:18:18)	2:26 (1:20:44)	7:00 (1:27:44)	2:17 (1:30:01)	1:52 (1:31:53)
28. Benny Clausen	Herlufsholm OK	1:36:00 +56:25		
2:50 (2:50)	2:33 (5:23)	27:16 (32:39)	1:31 (34:10)	4:46 (38:56)
5:55 (48:58)	6:00 (54:58)	3:59 (58:57)	4:34 (1:03:31)	4:03 (1:07:34)
6:29 (1:20:21)	2:48 (1:23:09)	7:33 (1:30:42)	2:06 (1:32:48)	3:12 (1:36:00)
Birthe Nielsen	OK Roskilde	Fejlst.		
5:39 (5:39)	7:57 (13:36)	6:17 (19:53)	6:47 (26:40)	5:48 (32:28)
7:12 (57:17)	– (–)	– (–)	– (–)	17:37 (50:05)
– (–)	– (1:13:06)			– (–)

Klasse 5	(13 / 13)	Tid	After	
1. John Tripax	OK Roskilde	45:46		
3:34 (3:34)	3:07 (6:41)	0:57 (7:38)	2:44 (10:22)	2:45 (13:07)
2:30 (19:08)	2:55 (22:03)	1:03 (23:06)	1:52 (24:58)	5:52 (30:50)
2:07 (44:32)	1:14 (45:46)			3:31 (16:38)
2. Gerda Marie Christiansen	OK Roskilde	48:55 +3:09		
3:30 (3:30)	5:24 (8:54)	0:53 (9:47)	3:20 (13:07)	2:29 (15:36)
2:35 (23:19)	3:05 (26:24)	2:03 (28:27)	2:09 (30:36)	5:01 (35:37)
2:37 (47:30)	1:25 (48:55)			5:08 (20:44)
3. Ane Veierskov	OK Roskilde	52:22 +6:36		
3:18 (3:18)	5:22 (8:40)	1:12 (9:52)	3:14 (13:06)	2:37 (15:43)
4:21 (25:56)	3:42 (29:38)	1:40 (31:18)	2:44 (34:02)	5:55 (39:57)
2:51 (50:31)	1:51 (52:22)			5:52 (21:35)
4. Tage Frydendal	Holbæk OK	54:53 +9:07		
4:00 (4:00)	4:19 (8:19)	1:09 (9:28)	3:57 (13:25)	3:28 (16:53)
3:53 (27:06)	3:59 (31:05)	1:42 (32:47)	3:14 (36:01)	4:50 (40:51)
2:59 (53:15)	1:38 (54:53)			6:20 (23:13)
5. Steen Baunehøj	OK Roskilde	56:19 +10:33		
3:49 (3:49)	3:50 (7:39)	1:26 (9:05)	3:41 (12:46)	3:24 (16:10)
4:30 (25:54)	4:00 (29:54)	1:40 (31:34)	2:51 (34:25)	6:02 (40:27)
3:12 (54:14)	2:05 (56:19)			5:14 (21:24)
6. Jytte Haugaard	OK Roskilde	1:00:24 +14:38		
3:09 (3:09)	4:39 (7:48)	1:10 (8:58)	11:41 (20:39)	3:07 (23:46)
3:26 (32:09)	3:30 (35:39)	3:47 (39:26)	2:45 (42:11)	6:18 (48:29)
2:47 (58:36)	1:48 (1:00:24)			4:57 (28:43)
7. Mogens Bruun	OK Roskilde	1:11:45 +25:59		
4:31 (4:31)	6:07 (10:38)	1:54 (12:32)	3:55 (16:27)	3:30 (19:57)
4:46 (35:35)	4:39 (40:14)	2:13 (42:27)	3:31 (45:58)	8:43 (54:41)
4:02 (1:09:01)	2:44 (1:11:45)			10:52 (30:49)
8. Mogens Jensen	Holbæk OK	1:20:31 +34:45		
3:17 (3:17)	4:33 (7:50)	1:22 (9:12)	3:48 (13:00)	3:20 (16:20)
4:48 (48:58)	3:43 (52:41)	3:10 (55:51)	3:07 (58:58)	6:22 (1:05:20)
3:36 (1:18:48)	1:43 (1:20:31)			27:50 (44:10)
9. Birgit Berner	Køge OK	1:21:11 +35:25		
11:23 (11:23)	4:49 (16:12)	2:01 (18:13)	3:45 (21:58)	7:12 (29:10)
7:17 (42:32)	3:48 (46:20)	6:27 (52:47)	3:13 (56:00)	5:55 (1:01:55)
3:09 (1:19:21)	1:50 (1:21:11)			6:05 (35:15)
10. Biger Jarlkov	Køge OK	2:08:38 +82:52		
0:09 (0:09)	4:30 (4:39)	1:58 (6:37)	6:18 (12:55)	4:55 (17:50)
20:14 (48:51)	5:17 (54:08)	4:50 (58:58)	5:00 (1:03:58)	8:53 (1:12:51)
20:16 (1:52:14)	16:24 (2:08:38)			10:47 (28:37)
Finn Olsen	OK Roskilde	Fejlst.		
4:20 (4:20)	5:39 (9:59)	3:54 (13:53)	4:33 (18:26)	5:09 (23:35)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (56:13)			– (–)
Lene Hansen	Herlufsholm OK	Fejlst.		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (50:49)			– (–)
Ilisabe Lampe	Herlufsholm OK	Ikke startet		

Klasse 6	(3 / 3)	Tid	After	
1. Tage Ebbensgård	Køge OK	1:14:16		
1:04 (1:04)	0:34 (1:38)	0:10 (1:48)	0:05 (1:53)	1:17 (3:10)
2:18 (8:48)	1:48 (10:36)	4:52 (15:28)	4:10 (19:38)	2:16 (21:54)
3:25 (26:56)	3:26 (30:22)	1:33 (31:55)	7:13 (39:08)	5:23 (44:31)
3:02 (51:18)	1:28 (52:46)	3:17 (56:03)	3:55 (59:58)	2:25 (1:02:23)
2. Peter Leander	Køge OK	1:45:25 +31:09		
0:54 (0:54)	0:27 (1:21)	2:50 (4:11)	3:35 (7:46)	1:35 (9:21)
4:17 (18:09)	2:05 (20:14)	5:02 (25:16)	5:25 (30:41)	7:49 (38:30)
4:43 (45:33)	3:58 (49:31)	5:06 (54:37)	8:35 (1:03:12)	11:49 (1:15:01)
3:23 (1:23:27)	1:47 (1:25:14)	3:54 (1:29:08)	4:14 (1:33:22)	4:38 (1:38:00)
3. Carmen Christensen	Holbæk OK	2:17:54 +63:38		
1:48 (1:48)	3:32 (5:20)	20:25 (25:45)	3:54 (29:39)	1:57 (31:36)
3:00 (46:25)	3:50 (50:15)	5:08 (55:23)	7:15 (1:02:38)	3:11 (1:05:49)
6:30 (1:14:31)	5:02 (1:19:33)	5:35 (1:25:08)	15:33 (1:40:41)	6:28 (1:47:09)
4:11 (1:57:04)	2:05 (1:59:09)	6:13 (2:05:22)	4:24 (2:09:46)	6:58 (2:16:44)

Klasse 7			(1 / 1)	Tid	After		
1.	Anders Krogh Madsen	OK Roskilde		50:02			
	0:58 (0:58)	1:24 (2:22)	4:36 (6:58)	2:21 (9:19)	1:29 (10:48)	3:09 (13:57)	
	3:38 (17:35)	2:03 (19:38)	1:17 (20:55)	3:02 (23:57)	2:37 (26:34)	3:37 (30:11)	
	3:06 (33:17)	3:08 (36:25)	2:16 (38:41)	2:22 (41:03)	3:26 (44:29)	1:49 (46:18)	
	2:27 (48:45)	1:17 (50:02)					
Klasse 8			(13 / 13)	Tid	After		
1.	Liva Heydorn Andersen	OK Roskilde		35:27			
	0:28 (0:28)	2:18 (2:46)	4:15 (7:01)	3:46 (10:47)	3:23 (14:10)	9:16 (23:26)	
	1:50 (25:16)	2:33 (27:49)	4:39 (32:28)	1:45 (34:13)	1:14 (35:27)		
2.	Poul Schmidt	Herlufsholm OK		38:36	+3:09		
	0:48 (0:48)	2:25 (3:13)	4:03 (7:16)	2:17 (9:33)	2:40 (12:13)	15:10 (27:23)	
	1:38 (29:01)	2:31 (31:32)	4:11 (35:43)	1:37 (37:20)	1:16 (38:36)		
3.	Katrine Krogh Madsen	OK Roskilde		39:32	+4:05		
	0:32 (0:32)	2:07 (2:39)	7:35 (10:14)	4:37 (14:51)	3:17 (18:08)	9:23 (27:31)	
	1:45 (29:16)	2:36 (31:52)	4:35 (36:27)	1:45 (38:12)	1:20 (39:32)		
4.	Kevin Jacobsen	Herlufsholm OK		42:09	+6:42		
	1:18 (1:18)	2:05 (3:23)	8:38 (12:01)	7:24 (19:25)	3:01 (22:26)	5:51 (28:17)	
	1:20 (29:37)	3:19 (32:56)	5:14 (38:10)	3:00 (41:10)	0:59 (42:09)		
5.	Markus Thomsen	Holbæk OK		48:56	+13:29		
	1:12 (1:12)	2:31 (3:43)	6:07 (9:50)	2:44 (12:34)	6:30 (19:04)	12:07 (31:11)	
	3:43 (34:54)	3:32 (38:26)	6:14 (44:40)	2:23 (47:03)	1:53 (48:56)		
6.	Gabriel Christensen	Holbæk OK		53:41	+18:14		
	0:45 (0:45)	3:33 (4:18)	9:33 (13:51)	2:36 (16:27)	6:00 (22:27)	11:43 (34:10)	
	2:33 (36:43)	5:00 (41:43)	8:09 (49:52)	2:33 (52:25)	1:16 (53:41)		
7.	August Christensen	Holbæk OK		1:07:19	+31:52		
	1:31 (1:31)	4:30 (6:01)	13:49 (19:50)	6:09 (25:59)	11:33 (37:32)	10:18 (47:50)	
	3:05 (50:55)	4:56 (55:51)	7:46 (1:03:37)	2:04 (1:05:41)	1:38 (1:07:19)		
8.	Lisa Børsting	Herlufsholm OK		1:16:15	+40:48		
	1:35 (1:35)	7:02 (8:37)	12:19 (20:56)	9:19 (30:15)	9:18 (39:33)	9:08 (48:41)	
	3:46 (52:27)	5:50 (58:17)	10:15 (1:08:32)	4:11 (1:12:43)	3:32 (1:16:15)		
9.	Ruth Børsting	Herlufsholm OK		1:16:57	+41:30		
	1:41 (1:41)	6:48 (8:29)	12:32 (21:01)	9:05 (30:06)	8:42 (38:48)	9:53 (48:41)	
	3:57 (52:38)	6:07 (58:45)	9:33 (1:08:18)	5:02 (1:13:20)	3:37 (1:16:57)		
10.	Aia Holt	Køge OK		1:19:12	+43:45		
	0:33 (0:33)	8:32 (9:05)	13:34 (22:39)	5:03 (27:42)	10:07 (37:49)	10:55 (48:44)	
	3:27 (52:11)	8:32 (1:00:43)	11:16 (1:11:59)	3:43 (1:15:42)	3:30 (1:19:12)		
	Jens-Christian Jespersen	OK Roskilde		Fejlst.			
	0:57 (0:57)	3:31 (4:28)	7:06 (11:34)	3:27 (15:01)	10:27 (25:28)	– (–)	
	– (38:20)	2:46 (41:06)	5:13 (46:19)	3:05 (49:24)	1:55 (51:19)		
	Katrine Hansen	Herlufsholm OK		Fejlst.			
	0:42 (0:42)	3:47 (4:29)	8:51 (13:20)	4:18 (17:38)	5:19 (22:57)	– (–)	
	– (48:24)	5:15 (53:39)	16:52 (1:10:31)	2:20 (1:12:51)	1:16 (1:14:07)		
	Simon Klinkby	Holbæk OK		Ikke startet			