

Resultater – Vintertræningsløb 2019 Tølløseskov

2019-12-07

Blå kvinder over 60		(6 / 6)		Tid	Efter		
1.	Inge Jørgensen	OK Roskilde		38:24			
	2:27 (2:27)	2:35 (5:02)	2:45 (7:47)		2:40 (10:27)	2:55 (13:22)	2:37 (15:59)
	3:40 (19:39)	3:57 (23:36)	2:39 (26:15)		3:25 (29:40)	2:43 (32:23)	3:39 (36:02)
	2:22 (38:24)						
2.	Ane Veierskov	OK Roskilde		47:31	+9:07		
	2:24 (2:24)	2:48 (5:12)	3:43 (8:55)		3:04 (11:59)	3:28 (15:27)	2:47 (18:14)
	3:56 (22:10)	4:42 (26:52)	3:29 (30:21)		4:58 (35:19)	4:37 (39:56)	4:48 (44:44)
	2:47 (47:31)						
3.	Birgit Berner	Køge OK		52:32	+14:08		
	2:51 (2:51)	3:12 (6:03)	6:00 (12:03)		3:06 (15:09)	3:31 (18:40)	3:20 (22:00)
	4:18 (26:18)	6:54 (33:12)	3:28 (36:40)		4:43 (41:23)	4:07 (45:30)	3:48 (49:18)
	3:14 (52:32)						
4.	Marianne Dahl	OK Sorø		1:04:56	+26:32		
	4:37 (4:37)	5:40 (10:17)	4:58 (15:15)		4:00 (19:15)	4:49 (24:04)	3:46 (27:50)
	8:20 (36:10)	6:18 (42:28)	3:45 (46:13)		4:59 (51:12)	4:40 (55:52)	5:27 (1:01:19)
	3:37 (1:04:56)						
5.	Lena Hansen	Herlufsholm OK		1:08:46	+30:22		
	4:35 (4:35)	4:34 (9:09)	5:44 (14:53)		5:01 (19:54)	4:55 (24:49)	3:40 (28:29)
	5:50 (34:19)	6:31 (40:50)	5:58 (46:48)		5:27 (52:15)	6:40 (58:55)	5:50 (1:04:45)
	4:01 (1:08:46)						
6.	Tine Demandt	OK Sorø		1:12:02	+33:38		
	5:15 (5:15)	4:54 (10:09)	5:43 (15:52)		5:07 (20:59)	5:43 (26:42)	3:48 (30:30)
	6:36 (37:06)	7:16 (44:22)	5:06 (49:28)		5:48 (55:16)	5:14 (1:00:30)	6:11 (1:06:41)
	5:21 (1:12:02)						
Blå kvinder under 60		(4 / 4)		Tid	Efter		
1.	Anne Bloch Frandsen	OK Sorø		57:29			
	2:43 (2:43)	7:57 (10:40)	5:20 (16:00)		3:33 (19:33)	3:43 (23:16)	2:54 (26:10)
	4:29 (30:39)	5:06 (35:45)	3:31 (39:16)		5:24 (44:40)	3:42 (48:22)	4:50 (53:12)
	4:17 (57:29)						
2.	Fie Bressen	Køge OK		59:16	+1:47		
	2:49 (2:49)	9:22 (12:11)	8:37 (20:48)		3:17 (24:05)	3:31 (27:36)	2:35 (30:11)
	4:49 (35:00)	4:27 (39:27)	3:26 (42:53)		4:17 (47:10)	5:08 (52:18)	4:33 (56:51)
	2:25 (59:16)						
3.	Ilse Lampe Børsting	Herlufsholm OK		1:06:59	+9:30		
	4:04 (4:04)	8:15 (12:19)	5:10 (17:29)		4:29 (21:58)	7:05 (29:03)	3:09 (32:12)
	5:22 (37:34)	6:26 (44:00)	4:00 (48:00)		6:16 (54:16)	4:26 (58:42)	4:58 (1:03:40)
	3:19 (1:06:59)						
4.	Annemarie Carlsen	OK Roskilde		1:20:34	+23:05		
	4:12 (4:12)	6:49 (11:01)	5:57 (16:58)		4:37 (21:35)	5:14 (26:49)	3:56 (30:45)
	14:45 (45:30)	7:02 (52:32)	5:16 (57:48)		6:33 (1:04:21)	5:21 (1:09:42)	6:44 (1:16:26)
	4:08 (1:20:34)						
Blå mænd over 60		(12 / 12)		Tid	Efter		
1.	Steen Fladberg	Køge OK		38:23			
	2:02 (2:02)	2:35 (4:37)	3:12 (7:49)		2:33 (10:22)	3:01 (13:23)	2:07 (15:30)
	3:16 (18:46)	3:58 (22:44)	2:51 (25:35)		4:03 (29:38)	2:49 (32:27)	3:16 (35:43)
	2:40 (38:23)						
2.	Erik Løvgren Jensen	Køge OK		39:40	+1:17		
	2:03 (2:03)	2:37 (4:40)	4:00 (8:40)		2:48 (11:28)	3:10 (14:38)	2:26 (17:04)
	3:52 (20:56)	3:55 (24:51)	2:41 (27:32)		3:26 (30:58)	2:40 (33:38)	3:40 (37:18)
	2:22 (39:40)						
3.	Ole Svendsen	OK Roskilde		43:03	+4:40		
	1:58 (1:58)	2:33 (4:31)	5:24 (9:55)		2:51 (12:46)	3:17 (16:03)	2:18 (18:21)
	3:47 (22:08)	4:21 (26:29)	2:52 (29:21)		3:33 (32:54)	3:29 (36:23)	4:04 (40:27)
	2:36 (43:03)						
4.	Niels-Henrik Holscher	O-63		44:36	+6:13		
	2:10 (2:10)	2:39 (4:49)	3:50 (8:39)		3:23 (12:02)	3:18 (15:20)	2:45 (18:05)
	4:22 (22:27)	4:28 (26:55)	3:20 (30:15)		4:24 (34:39)	4:15 (38:54)	3:20 (42:14)
	2:22 (44:36)						
5.	Mogens Jensen	Holbæk OK		45:33	+7:10		
	2:05 (2:05)	2:37 (4:42)	4:06 (8:48)		3:06 (11:54)	3:19 (15:13)	2:25 (17:38)
	4:01 (21:39)	4:41 (26:20)	3:34 (29:54)		5:10 (35:04)	3:31 (38:35)	4:03 (42:38)
	2:55 (45:33)						
6.	Preben Kristensen	OK Roskilde		50:05	+11:42		
	2:55 (2:55)	3:04 (5:59)	4:14 (10:13)		3:11 (13:24)	4:00 (17:24)	2:35 (19:59)
	4:45 (24:44)	6:22 (31:06)	3:34 (34:40)		4:27 (39:07)	3:27 (42:34)	4:25 (46:59)
	3:06 (50:05)						
7.	Svend Fladberg	Køge OK		51:25	+13:02		
	3:31 (3:31)	3:35 (7:06)	4:17 (11:23)		3:22 (14:45)	3:50 (18:35)	2:49 (21:24)
	4:33 (25:57)	5:51 (31:48)	4:01 (35:49)		4:11 (40:00)	3:50 (43:50)	4:29 (48:19)
	3:06 (51:25)						
8.	Jan Bigler	Herlufsholm OK		52:09	+13:46		
	2:44 (2:44)	3:15 (5:59)	4:49 (10:48)		3:32 (14:20)	4:57 (19:17)	3:48 (23:05)
	5:07 (28:12)	4:44 (32:56)	3:06 (36:02)		3:54 (39:56)	5:08 (45:04)	4:25 (49:29)
	2:40 (52:09)						
9.	Kurt Dose	Køge OK		52:12	+13:49		
	2:49 (2:49)	4:18 (7:07)	4:53 (12:00)		3:24 (15:24)	3:42 (19:06)	2:34 (21:40)
	4:43 (26:23)	4:58 (31:21)	3:28 (34:49)		4:23 (39:12)	4:37 (43:49)	4:52 (48:41)
	3:31 (52:12)						
10.	Torben Nielsen	Køge OK		1:02:51	+24:28		
	5:39 (5:39)	6:29 (12:08)	5:08 (17:16)		3:41 (20:57)	4:14 (25:11)	3:05 (28:16)
	5:21 (33:37)	6:45 (40:22)	4:19 (44:41)		5:30 (50:11)	4:01 (54:12)	5:16 (59:28)
	3:23 (1:02:51)						
11.	Peter Leander	Køge OK		1:06:40	+28:17		
	3:09 (3:09)	4:23 (7:32)	5:59 (13:31)		4:29 (18:00)	4:37 (22:37)	3:43 (26:20)
	6:37 (32:57)	6:50 (39:47)	5:11 (44:58)		5:36 (50:34)	6:05 (56:39)	5:46 (1:02:25)
	4:15 (1:06:40)						

John Petersen	OK Sorø	Fejlklip			
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (19:25)					
Grøn kvinder	(1 / 1)	Tid	Efter		
1. Franka Søndergaard	OK Roskilde	21:42			
0:45 (0:45)	1:41 (2:26)	1:03 (3:29)	1:41 (5:10)	1:05 (6:15)	1:26 (7:41)
1:27 (9:08)	2:00 (11:08)	1:00 (12:08)	1:27 (13:35)	7:19 (20:54)	0:48 (21:42)
Grøn mænd	(3 / 3)	Tid	Efter		
1. Silas Hoffmann	OK Sorø	39:39			
1:43 (1:43)	3:59 (5:42)	3:58 (9:40)	4:14 (13:54)	1:41 (15:35)	5:29 (21:04)
3:30 (24:34)	4:04 (28:38)	2:06 (30:44)	2:42 (33:26)	4:37 (38:03)	1:36 (39:39)
2. Colin Mundus	Herlufsholm OK	41:20	+1:41		
2:18 (2:18)	4:24 (6:42)	1:54 (8:36)	3:24 (12:00)	2:16 (14:16)	2:33 (16:49)
3:33 (20:22)	6:12 (26:34)	2:23 (28:57)	3:35 (32:32)	6:56 (39:28)	1:52 (41:20)
3. Gilbert Mundus	Herlufsholm OK	41:28	+1:49		
2:24 (2:24)	4:31 (6:55)	1:46 (8:41)	3:22 (12:03)	2:08 (14:11)	3:04 (17:15)
3:09 (20:24)	6:13 (26:37)	2:22 (28:59)	3:58 (32:57)	7:01 (39:58)	1:30 (41:28)
Gul kvinder	(7 / 7)	Tid	Efter		
1. Teresa Søndergaard Pohl	OK Roskilde	33:26			
2:28 (2:28)	2:53 (5:21)	3:30 (8:51)	2:18 (11:09)	1:59 (13:08)	3:33 (16:41)
2:36 (19:17)	1:36 (20:53)	2:43 (23:36)	2:54 (26:30)	2:38 (29:08)	2:24 (31:32)
1:54 (33:26)					
2. Alma Okkels Jensen	OK Sorø	39:14	+5:48		
1:47 (1:47)	3:14 (5:01)	2:15 (7:16)	2:36 (9:52)	2:14 (12:06)	4:26 (16:32)
2:53 (19:25)	1:53 (21:18)	2:39 (23:57)	7:54 (31:51)	3:25 (35:16)	2:11 (37:27)
1:47 (39:14)					
3. Eva Høhne	OK Sorø	41:46	+8:20		
2:18 (2:18)	2:51 (5:09)	2:24 (7:33)	2:53 (10:26)	2:38 (13:04)	5:42 (18:46)
3:41 (22:27)	2:00 (24:27)	3:06 (27:33)	3:05 (30:38)	6:12 (36:50)	3:03 (39:53)
1:53 (41:46)					
4. Pia Valdau	Holbæk OK	49:44	+16:18		
3:31 (3:31)	3:21 (6:52)	2:51 (9:43)	3:26 (13:09)	9:26 (22:35)	4:15 (26:50)
3:12 (30:02)	2:10 (32:12)	3:12 (35:24)	3:28 (38:52)	4:01 (42:53)	4:39 (47:32)
2:12 (49:44)					
5. Lise Nørgaard	OK Roskilde	50:24	+16:58		
3:09 (3:09)	3:48 (6:57)	3:54 (10:51)	4:09 (15:00)	3:46 (18:46)	4:47 (23:33)
4:20 (27:53)	2:21 (30:14)	4:16 (34:30)	6:55 (41:25)	3:38 (45:03)	2:59 (48:02)
2:22 (50:24)					
6. Iris Møller	OK Sorø	58:48	+25:22		
2:35 (2:35)	3:50 (6:25)	3:29 (9:54)	3:41 (13:35)	3:16 (16:51)	6:05 (22:56)
3:49 (26:45)	2:19 (29:04)	4:00 (33:04)	15:53 (48:57)	3:45 (52:42)	3:14 (55:56)
2:52 (58:48)					
7. Malene Lysgaard-Hansen	Holbæk OK	1:02:42	+29:16		
3:22 (3:22)	4:56 (8:18)	4:24 (12:42)	7:25 (20:07)	4:38 (24:45)	7:03 (31:48)
4:54 (36:42)	3:11 (39:53)	4:42 (44:35)	5:40 (50:15)	5:17 (55:32)	4:03 (59:35)
3:07 (1:02:42)					
Gul mænd	(2 / 2)	Tid	Efter		
1. Martin Pedersen	Holbæk OK	34:34			
3:00 (3:00)	2:40 (5:40)	2:30 (8:10)	2:52 (11:02)	2:09 (13:11)	3:50 (17:01)
3:36 (20:37)	1:37 (22:14)	2:23 (24:37)	2:42 (27:19)	2:49 (30:08)	2:21 (32:29)
2:05 (34:34)					
2. Søren Staun	Køge OK	44:18	+9:44		
2:34 (2:34)	7:07 (9:41)	3:42 (13:23)	3:02 (16:25)	4:28 (20:53)	4:26 (25:19)
2:56 (28:15)	1:55 (30:10)	2:52 (33:02)	3:51 (36:53)	2:59 (39:52)	2:28 (42:20)
1:58 (44:18)					
Hvid Mænd	(3 / 3)	Tid	Efter		
1. Catalin Miclea	Uden klub	34:21			
3:06 (3:06)	0:31 (3:37)	0:58 (4:35)	2:45 (7:20)	1:56 (9:16)	3:40 (12:56)
5:19 (18:15)	4:25 (22:40)	2:42 (25:22)	3:02 (28:24)	3:32 (31:56)	2:25 (34:21)
2. Birger Jarlkov	Køge OK	1:22:43	+48:22		
3:12 (3:12)	0:44 (3:56)	1:09 (5:05)	38:43 (43:48)	2:42 (46:30)	4:27 (50:57)
6:55 (57:52)	6:25 (1:04:17)	4:30 (1:08:47)	4:21 (1:13:08)	5:54 (1:19:02)	3:41 (1:22:43)
Stian Hoffmann	OK Sorø	Fejlklip			
2:46 (2:46)	1:06 (3:52)	1:01 (4:53)	18:37 (23:30)	2:05 (25:35)	9:31 (35:06)
– (–)	– (–)	– (–)	– (–)	– (–)	– (1:28:58)
Hvid kvinder	(3 / 3)	Tid	Efter		
1. Carla Pedersen	Holbæk OK	35:12			
4:13 (4:13)	0:32 (4:45)	0:40 (5:25)	2:33 (7:58)	1:59 (9:57)	3:02 (12:59)
5:36 (18:35)	4:08 (22:43)	3:29 (26:12)	2:59 (29:11)	3:43 (32:54)	2:18 (35:12)
2. Lisa Børsting	Herlufsholm OK	47:00	+11:48		
3:22 (3:22)	0:53 (4:15)	1:16 (5:31)	4:27 (9:58)	2:50 (12:48)	4:35 (17:23)
6:21 (23:44)	6:17 (30:01)	4:11 (34:12)	5:06 (39:18)	4:54 (44:12)	2:48 (47:00)
Camilla Friis Scheby	OK Sorø	Fejlklip			
3:09 (3:09)	0:30 (3:39)	0:50 (4:29)	3:10 (7:39)	2:29 (10:08)	4:08 (14:16)
6:41 (20:57)	6:42 (27:39)	3:48 (31:27)	– (–)	– (41:50)	3:20 (45:10)
Kort sort kvinder over 60	(4 / 4)	Tid	Efter		
1. Mette Filskov	OK Sorø	40:34			
3:06 (3:06)	3:14 (6:20)	2:44 (9:04)	3:03 (12:07)	3:16 (15:23)	2:26 (17:49)
5:18 (23:07)	2:40 (25:47)	1:30 (27:17)	2:27 (29:44)	4:49 (34:33)	2:10 (36:43)
1:57 (38:40)	1:54 (40:34)				
2. Pia Kadziola	Maribo OK	46:43	+6:09		
3:06 (3:06)	4:38 (7:44)	2:46 (10:30)	3:16 (13:46)	4:26 (18:12)	3:06 (21:18)
6:59 (28:17)	3:13 (31:30)	1:56 (33:26)	2:55 (36:21)	2:54 (39:15)	2:48 (42:03)
2:32 (44:35)	2:08 (46:43)				
3. Gerda Marie Christiansen	Køge OK	49:27	+8:53		

3:15 (3:15)	4:01 (7:16)	3:05 (10:21)	3:08 (13:29)	4:34 (18:03)	3:21 (21:24)
8:29 (29:53)	3:41 (33:34)	2:12 (35:46)	3:00 (38:46)	3:21 (42:07)	2:45 (44:52)
2:22 (47:14)	2:13 (49:27)				
4. Merete Ravnshøj Andersen	Herlufsholm OK	54:40	+14:06		
5:12 (5:12)	4:52 (10:04)	3:43 (13:47)	3:28 (17:15)	4:26 (21:41)	3:46 (25:27)
8:10 (33:37)	3:22 (36:59)	2:20 (39:19)	2:58 (42:17)	3:12 (45:29)	3:19 (48:48)
2:49 (51:37)	3:03 (54:40)				

Kort sort kvinder under 60**(10 / 10)****Tid****Efter**

1. Emma Varga	Maribo OK	42:02			
3:38 (3:38)	3:46 (7:24)	2:40 (10:04)	2:34 (12:38)	3:37 (16:15)	2:35 (18:50)
5:57 (24:47)	2:45 (27:32)	1:38 (29:10)	2:32 (31:42)	3:26 (35:08)	2:36 (37:44)
2:10 (39:54)	2:08 (42:02)				
2. Birgit Børsting Petersen	Herlufsholm OK	42:34	+0:32		
3:11 (3:11)	3:05 (6:16)	2:40 (8:56)	2:56 (11:52)	3:55 (15:47)	2:47 (18:34)
6:30 (25:04)	3:14 (28:18)	1:48 (30:06)	2:40 (32:46)	2:43 (35:29)	2:38 (38:07)
2:20 (40:27)	2:07 (42:34)				
3. Sofie Okkels Jensen	OK Sorø	42:45	+0:43		
2:45 (2:45)	3:08 (5:53)	2:24 (8:17)	3:08 (11:25)	4:02 (15:27)	2:53 (18:20)
6:44 (25:04)	3:28 (28:32)	1:55 (30:27)	2:42 (33:09)	2:59 (36:08)	2:26 (38:34)
2:20 (40:54)	1:51 (42:45)				
4. Dorte Filskov	Ålborg OK	43:27	+1:25		
3:21 (3:21)	3:49 (7:10)	3:10 (10:20)	2:58 (13:18)	3:50 (17:08)	2:44 (19:52)
6:02 (25:54)	2:51 (28:45)	1:51 (30:36)	2:50 (33:26)	2:47 (36:13)	2:42 (38:55)
2:27 (41:22)	2:05 (43:27)				
5. Annette Bonde	Ballerup	47:34	+5:32		
3:09 (3:09)	3:17 (6:26)	2:42 (9:08)	3:13 (12:21)	4:34 (16:55)	3:18 (20:13)
6:39 (26:52)	3:27 (30:19)	2:05 (32:24)	3:26 (35:50)	3:22 (39:12)	3:26 (42:38)
2:33 (45:11)	2:23 (47:34)				
6. Merete Klerist	OK Sorø	50:03	+8:01		
3:26 (3:26)	4:15 (7:41)	3:15 (10:56)	3:02 (13:58)	4:16 (18:14)	2:56 (21:10)
8:19 (29:29)	3:12 (32:41)	1:51 (34:32)	2:59 (37:31)	3:35 (41:06)	3:41 (44:47)
2:56 (47:43)	2:20 (50:03)				
7. Kathrine Fertin	Holbæk OK	50:48	+8:46		
4:56 (4:56)	4:17 (9:13)	2:46 (11:59)	3:19 (15:18)	4:15 (19:33)	3:21 (22:54)
7:00 (29:54)	3:07 (33:01)	3:07 (36:08)	2:45 (38:53)	3:21 (42:14)	3:28 (45:42)
3:01 (48:43)	2:05 (50:48)				
8. Maja Maria Zwolinska	OK Sorø	52:39	+10:37		
3:43 (3:43)	3:26 (7:09)	2:44 (9:53)	4:28 (14:21)	4:39 (19:00)	3:49 (22:49)
7:51 (30:40)	3:33 (34:13)	2:39 (36:52)	2:51 (39:43)	4:28 (44:11)	3:27 (47:38)
2:26 (50:04)	2:35 (52:39)				
9. Connie Jahn	Holbæk OK	1:00:49	+18:47		
4:11 (4:11)	5:00 (9:11)	3:50 (13:01)	4:02 (17:03)	5:32 (22:35)	4:14 (26:49)
7:02 (33:51)	3:39 (37:30)	2:44 (40:14)	3:14 (43:28)	6:20 (49:48)	4:47 (54:35)
3:35 (58:10)	2:39 (1:00:49)				
10. Lykke Berg Mathisen	HG	1:00:50	+18:48		
4:08 (4:08)	4:31 (8:39)	3:45 (12:24)	4:04 (16:28)	5:36 (22:04)	3:47 (25:51)
8:15 (34:06)	3:43 (37:49)	2:34 (40:23)	3:43 (44:06)	4:22 (48:28)	5:31 (53:59)
3:55 (57:54)	2:56 (1:00:50)				

Kort sort mænd over 60**(13 / 13)****Tid****Efter**

1. Janne Brunstedt	OK Roskilde	38:10			
2:39 (2:39)	3:17 (5:56)	2:21 (8:17)	2:36 (10:53)	3:38 (14:31)	2:25 (16:56)
5:48 (22:44)	2:33 (25:17)	1:33 (26:50)	2:26 (29:16)	2:35 (31:51)	2:24 (34:15)
2:09 (36:24)	1:46 (38:10)				
2. Hans Henrik Juda	Køge OK	41:00	+2:50		
3:25 (3:25)	3:30 (6:55)	2:22 (9:17)	2:54 (12:11)	3:44 (15:55)	2:35 (18:30)
6:07 (24:37)	2:56 (27:33)	1:48 (29:21)	2:51 (32:12)	2:38 (34:50)	2:13 (37:03)
2:01 (39:04)	1:56 (41:00)				
3. Gunnar Grue-Sørensen	Køge OK	41:12	+3:02		
2:39 (2:39)	3:19 (5:58)	2:31 (8:29)	2:40 (11:09)	3:55 (15:04)	2:44 (17:48)
6:13 (24:01)	3:04 (27:05)	1:48 (28:53)	2:45 (31:38)	2:46 (34:24)	2:37 (37:01)
2:14 (39:15)	1:57 (41:12)				
4. Aksel Andersen	OK Roskilde	42:11	+4:01		
2:40 (2:40)	3:14 (5:54)	2:18 (8:12)	2:39 (10:51)	3:53 (14:44)	4:05 (18:49)
6:30 (25:19)	2:44 (28:03)	1:41 (29:44)	2:40 (32:24)	2:57 (35:21)	2:31 (37:52)
2:07 (39:59)	2:12 (42:11)				
5. Frede Scheye	Herlufsholm OK	43:22	+5:12		
3:14 (3:14)	3:17 (6:31)	2:43 (9:14)	2:58 (12:12)	3:55 (16:07)	2:51 (18:58)
6:49 (25:47)	3:06 (28:53)	1:50 (30:43)	2:44 (33:27)	2:44 (36:11)	2:41 (38:52)
2:27 (41:19)	2:03 (43:22)				
6. Tage Ebbensgaard	Køge OK	47:48	+9:38		
2:54 (2:54)	3:47 (6:41)	2:39 (9:20)	3:19 (12:39)	4:24 (17:03)	3:09 (20:12)
7:15 (27:27)	3:13 (30:40)	2:09 (32:49)	3:19 (36:08)	3:09 (39:17)	3:03 (42:20)
2:24 (44:44)	3:04 (47:48)				
7. Per Steen	Køge OK	48:55	+10:45		
5:25 (5:25)	4:08 (9:33)	2:38 (12:11)	3:04 (15:15)	4:15 (19:30)	3:21 (22:51)
7:18 (30:09)	3:07 (33:16)	1:54 (35:10)	2:49 (37:59)	3:22 (41:21)	2:49 (44:10)
2:41 (46:51)	2:04 (48:55)				
8. Helmuth Hansen	Herlufsholm OK	54:13	+16:03		
3:46 (3:46)	3:38 (7:24)	3:07 (10:31)	5:31 (16:02)	3:50 (19:52)	4:49 (24:41)
7:39 (32:20)	3:35 (35:55)	2:22 (38:17)	3:24 (41:41)	3:45 (45:26)	3:10 (48:36)
2:24 (51:00)	3:13 (54:13)				
9. Ebbe Kajberg	OK Sorø	57:32	+19:22		
4:13 (4:13)	4:52 (9:05)	2:54 (11:59)	3:23 (15:22)	4:10 (19:32)	11:27 (30:59)
8:17 (39:16)	3:18 (42:34)	2:13 (44:47)	3:08 (47:55)	2:23 (50:18)	2:36 (52:54)
2:24 (55:18)	2:14 (57:32)				
10. Carsten Richart	Køge OK	58:05	+19:55		
4:36 (4:36)	4:17 (8:53)	3:21 (12:14)	3:48 (16:02)	5:05 (21:07)	4:10 (25:17)
9:28 (34:45)	4:04 (38:49)	2:36 (41:25)	3:47 (45:12)	3:25 (48:37)	3:28 (52:05)
3:13 (55:18)	2:47 (58:05)				
11. Lars Olsen	OK Roskilde	58:07	+19:57		

	4:05 (4:05)	5:14 (9:19)	3:31 (12:50)	3:39 (16:29)	5:40 (22:09)	4:04 (26:13)
	8:43 (34:56)	4:12 (39:08)	2:29 (41:37)	3:50 (45:27)	3:29 (48:56)	3:49 (52:45)
	2:52 (55:37)	2:30 (58:07)				
12.	Steen Jeppesen	Holbæk OK	1:04:06	+25:56		
	3:45 (3:45)	11:07 (14:52)	3:11 (18:03)	3:13 (21:16)	5:00 (26:16)	3:37 (29:53)
	8:15 (38:08)	3:39 (41:47)	3:12 (44:59)	3:18 (48:17)	5:57 (54:14)	4:38 (58:52)
	3:08 (1:02:00)	2:06 (1:04:06)				
13.	Børge Jensen	Herlufsholm OK	1:09:05	+30:55		
	10:55 (10:55)	5:45 (16:40)	4:05 (20:45)	4:04 (24:49)	9:25 (34:14)	4:02 (38:16)
	7:49 (46:05)	4:00 (50:05)	2:32 (52:37)	3:27 (56:04)	4:00 (1:00:04)	3:33 (1:03:37)
	2:56 (1:06:33)	2:32 (1:09:05)				

Kort sort mænd under 60

		(8 / 8)	Tid	Efter		
1.	Tobias Høhne	OK Sorø	41:37			
	2:37 (2:37)	2:19 (4:56)	2:28 (7:24)	2:50 (10:14)	4:09 (14:23)	2:42 (17:05)
	6:19 (23:24)	3:14 (26:38)	2:26 (29:04)	2:41 (31:45)	3:18 (35:03)	2:17 (37:20)
	2:26 (39:46)	1:51 (41:37)				
2.	Martin Munk	OK Sorø	42:03	+0:26		
	2:29 (2:29)	2:59 (5:28)	2:07 (7:35)	2:41 (10:16)	4:16 (14:32)	5:04 (19:36)
	6:48 (26:24)	2:48 (29:12)	1:29 (30:41)	2:31 (33:12)	2:32 (35:44)	2:36 (38:20)
	2:13 (40:33)	1:30 (42:03)				
3.	Morten Jensen	OK Roskilde	42:52	+1:15		
	3:06 (3:06)	4:27 (7:33)	2:39 (10:12)	2:55 (13:07)	4:10 (17:17)	2:58 (20:15)
	6:10 (26:25)	2:54 (29:19)	1:45 (31:04)	2:45 (33:49)	2:24 (36:13)	2:25 (38:38)
	2:20 (40:58)	1:54 (42:52)				
4.	Anders Juhl Thomsen	OK Roskilde	48:44	+7:07		
	2:49 (2:49)	4:27 (7:16)	3:24 (10:40)	2:52 (13:32)	4:12 (17:44)	3:10 (20:54)
	6:55 (27:49)	3:22 (31:11)	2:07 (33:18)	3:10 (36:28)	3:10 (39:38)	2:50 (42:28)
	3:56 (46:24)	2:20 (48:44)				
5.	Viorel Miclea	Uden klub	50:44	+9:07		
	3:31 (3:31)	4:31 (8:02)	3:13 (11:15)	3:18 (14:33)	4:54 (19:27)	3:09 (22:36)
	6:52 (29:28)	3:19 (32:47)	2:12 (34:59)	3:23 (38:22)	3:20 (41:42)	4:12 (45:54)
	2:29 (48:23)	2:21 (50:44)				
6.	Søren Fertin	Holbæk OK	50:52	+9:15		
	4:53 (4:53)	4:24 (9:17)	2:46 (12:03)	3:19 (15:22)	4:15 (19:37)	3:17 (22:54)
	7:04 (29:58)	3:08 (33:06)	3:01 (36:07)	2:51 (38:58)	3:16 (42:14)	3:28 (45:42)
	3:01 (48:43)	2:09 (50:52)				
7.	Jens Frandsen	OK Sorø	53:16	+11:39		
	2:58 (2:58)	8:09 (11:07)	3:05 (14:12)	3:09 (17:21)	4:03 (21:24)	3:13 (24:37)
	7:02 (31:39)	3:31 (35:10)	2:02 (37:12)	3:00 (40:12)	2:47 (42:59)	3:50 (46:49)
	2:51 (49:40)	3:36 (53:16)				
8.	Jan Koue Larsen	Uden klub	55:43	+14:06		
	3:12 (3:12)	3:52 (7:04)	3:08 (10:12)	3:06 (13:18)	4:16 (17:34)	10:50 (28:24)
	7:42 (36:06)	3:43 (39:49)	2:02 (41:51)	2:52 (44:43)	3:25 (48:08)	3:39 (51:47)
	2:12 (53:59)	1:44 (55:43)				

Sort lang kvinder

		(3 / 3)	Tid	Efter		
1.	Nina Hoffmann	OK Sorø	1:18:46			
	3:05 (3:05)	5:20 (8:25)	3:03 (11:28)	3:15 (14:43)	4:26 (19:09)	4:09 (23:18)
	5:56 (29:14)	2:51 (32:05)	2:55 (35:00)	3:18 (38:18)	2:31 (40:49)	2:31 (43:20)
	2:37 (45:57)	6:04 (52:01)	5:09 (57:10)	4:49 (1:01:59)	1:41 (1:03:40)	6:39 (1:10:19)
	6:23 (1:16:42)	2:04 (1:18:46)				
2.	Christine Svendsen	OK Roskilde	1:24:30	+5:44		
	3:55 (3:55)	6:05 (10:00)	3:12 (13:12)	3:45 (16:57)	4:12 (21:09)	4:08 (25:17)
	6:21 (31:38)	3:19 (34:57)	1:44 (36:41)	2:40 (39:21)	2:33 (41:54)	2:41 (44:35)
	2:18 (46:53)	8:12 (55:05)	5:05 (1:00:10)	5:05 (1:05:15)	2:28 (1:07:43)	7:19 (1:15:02)
	7:17 (1:22:19)	2:11 (1:24:30)				
3.	Tina Meienhof	HG	1:37:57	+19:11		
	3:05 (3:05)	7:39 (10:44)	3:29 (14:13)	4:15 (18:28)	5:16 (23:44)	4:21 (28:05)
	8:12 (36:17)	3:22 (39:39)	2:07 (41:46)	3:06 (44:52)	3:23 (48:15)	3:01 (51:16)
	2:30 (53:46)	9:44 (1:03:30)	5:09 (1:08:39)	7:14 (1:15:53)	2:19 (1:18:12)	8:39 (1:26:51)
	7:45 (1:34:36)	3:21 (1:37:57)				

Sort lang mænd

		(15 / 15)	Tid	Efter		
1.	Janus Høhne	OK Sorø	56:20			
	2:10 (2:10)	3:25 (5:35)	2:13 (7:48)	2:37 (10:25)	3:02 (13:27)	2:56 (16:23)
	4:24 (20:47)	2:01 (22:48)	1:08 (23:56)	2:07 (26:03)	1:52 (27:55)	1:52 (29:47)
	1:34 (31:21)	4:22 (35:43)	3:32 (39:15)	3:55 (43:10)	2:58 (46:08)	4:41 (50:49)
	4:16 (55:05)	1:15 (56:20)				
2.	Simon Holt	Køge OK	57:56	+1:36		
	2:04 (2:04)	4:14 (6:18)	2:19 (8:37)	2:31 (11:08)	3:12 (14:20)	2:59 (17:19)
	4:35 (21:54)	2:11 (24:05)	1:35 (25:40)	2:06 (27:46)	1:48 (29:34)	2:28 (32:02)
	1:38 (33:40)	4:44 (38:24)	3:40 (42:04)	3:40 (45:44)	1:14 (46:58)	4:59 (51:57)
	4:31 (56:28)	1:28 (57:56)				
3.	Allan Søgaard	OK Roskilde	1:04:38	+8:18		
	2:15 (2:15)	4:06 (6:21)	2:36 (8:57)	2:52 (11:49)	3:41 (15:30)	3:01 (18:31)
	4:52 (23:23)	2:23 (25:46)	1:23 (27:09)	2:05 (29:14)	2:09 (31:23)	2:59 (34:22)
	1:44 (36:06)	4:38 (40:44)	3:26 (44:10)	4:17 (48:27)	4:48 (53:15)	5:13 (58:28)
	4:46 (1:03:14)	1:24 (1:04:38)				
4.	Kåre Sørensen	OK Sorø	1:06:24	+10:04		
	2:27 (2:27)	4:00 (6:27)	2:24 (8:51)	2:45 (11:36)	3:07 (14:43)	3:14 (17:57)
	4:39 (22:36)	2:16 (24:52)	1:26 (26:18)	2:16 (28:34)	2:43 (31:17)	5:12 (36:29)
	1:44 (38:13)	5:00 (43:13)	3:36 (46:49)	4:24 (51:13)	2:32 (53:45)	5:29 (59:14)
	5:29 (1:04:43)	1:41 (1:06:24)				
5.	Stig Møller	OK Sorø	1:08:13	+11:53		
	2:39 (2:39)	4:06 (6:45)	2:48 (9:33)	2:59 (12:32)	3:24 (15:56)	3:13 (19:09)
	5:09 (24:18)	2:20 (26:38)	1:21 (27:59)	2:08 (30:07)	2:08 (32:15)	2:16 (34:31)
	2:19 (36:50)	5:01 (41:51)	3:38 (45:29)	3:57 (49:26)	5:35 (55:01)	5:23 (1:00:24)
	6:00 (1:06:24)	1:49 (1:08:13)				
6.	Alex Ottesen	Ballerup	1:08:35	+12:15		
	2:39 (2:39)	4:01 (6:40)	2:38 (9:18)	4:21 (13:39)	3:37 (17:16)	3:04 (20:20)
	5:30 (25:50)	2:21 (28:11)	1:22 (29:33)	2:13 (31:46)	2:03 (33:49)	2:05 (35:54)
	1:52 (37:46)	7:24 (45:10)	3:51 (49:01)	3:54 (52:55)	1:36 (54:31)	5:53 (1:00:24)
	5:42 (1:06:06)	2:29 (1:08:35)				

6.	Arne Kristensen	Herlufsholm OK	1:08:35	+12:15		
	2:33 (2:33)	4:22 (6:55)	2:52 (9:47)	3:08 (12:55)	3:32 (16:27)	3:16 (19:43)
	4:57 (24:40)	2:33 (27:13)	1:26 (28:39)	2:19 (30:58)	2:01 (32:59)	2:02 (35:01)
	2:48 (37:49)	4:58 (42:47)	3:50 (46:37)	3:46 (50:23)	5:46 (56:09)	5:37 (1:01:46)
	5:16 (1:07:02)	1:33 (1:08:35)				
8.	Kim Hansen	Køge OK	1:08:57	+12:37		
	2:34 (2:34)	4:08 (6:42)	2:21 (9:03)	3:09 (12:12)	3:55 (16:07)	3:24 (19:31)
	6:26 (25:57)	2:27 (28:24)	1:57 (30:21)	2:14 (32:35)	2:31 (35:06)	2:45 (37:51)
	1:49 (39:40)	5:24 (45:04)	3:57 (49:01)	4:21 (53:22)	2:22 (55:44)	5:23 (1:01:07)
	6:04 (1:07:11)	1:46 (1:08:57)				
9.	Brian Jørgensen	Holbæk OK	1:11:40	+15:20		
	3:03 (3:03)	4:58 (8:01)	2:37 (10:38)	3:15 (13:53)	3:37 (17:30)	3:32 (21:02)
	5:11 (26:13)	2:35 (28:48)	1:42 (30:30)	2:13 (32:43)	2:25 (35:08)	2:14 (37:22)
	2:24 (39:46)	5:27 (45:13)	4:12 (49:25)	5:29 (54:54)	4:29 (59:23)	5:29 (1:04:52)
	5:19 (1:10:11)	1:29 (1:11:40)				
10.	Jan Frederiksen	OK Roskilde	1:12:23	+16:03		
	2:53 (2:53)	4:29 (7:22)	2:46 (10:08)	3:38 (13:46)	3:57 (17:43)	3:27 (21:10)
	5:26 (26:36)	2:40 (29:16)	1:55 (31:11)	2:14 (33:25)	2:04 (35:29)	2:23 (37:52)
	1:59 (39:51)	5:02 (44:53)	3:49 (48:42)	3:51 (52:33)	4:33 (57:06)	7:47 (1:04:53)
	5:54 (1:10:47)	1:36 (1:12:23)				
10.	Søren Madsen	OK Sorø	1:12:23	+16:03		
	2:29 (2:29)	4:14 (6:43)	2:50 (9:33)	3:21 (12:54)	3:56 (16:50)	4:04 (20:54)
	5:35 (26:29)	2:43 (29:12)	1:45 (30:57)	2:26 (33:23)	2:19 (35:42)	2:18 (38:00)
	2:12 (40:12)	5:56 (46:08)	4:10 (50:18)	3:58 (54:16)	4:49 (59:05)	6:15 (1:05:20)
	5:07 (1:10:27)	1:56 (1:12:23)				
12.	Claus Sihm	OK Roskilde	1:13:05	+16:45		
	2:37 (2:37)	4:18 (6:55)	3:01 (9:56)	2:57 (12:53)	6:51 (19:44)	3:26 (23:10)
	5:14 (28:24)	2:32 (30:56)	1:34 (32:30)	2:20 (34:50)	2:40 (37:30)	2:13 (39:43)
	2:02 (41:45)	5:20 (47:05)	3:46 (50:51)	3:57 (54:48)	5:15 (1:00:03)	5:49 (1:05:52)
	5:27 (1:11:19)	1:46 (1:13:05)				
13.	Sebastian Hansen	Herlufsholm OK	1:13:41	+17:21		
	2:46 (2:46)	5:17 (8:03)	3:02 (11:05)	3:36 (14:41)	4:44 (19:25)	3:48 (23:13)
	6:08 (29:21)	3:12 (32:33)	1:49 (34:22)	2:24 (36:46)	2:19 (39:05)	2:19 (41:24)
	2:31 (43:55)	6:37 (50:32)	4:02 (54:34)	3:59 (58:33)	1:41 (1:00:14)	6:18 (1:06:32)
	5:17 (1:11:49)	1:52 (1:13:41)				
14.	Peter Karberg	HG	1:15:05	+18:45		
	2:49 (2:49)	4:33 (7:22)	2:49 (10:11)	3:04 (13:15)	3:41 (16:56)	3:42 (20:38)
	5:12 (25:50)	2:51 (28:41)	1:59 (30:40)	2:29 (33:09)	2:42 (35:51)	2:32 (38:23)
	2:11 (40:34)	5:32 (46:06)	3:57 (50:03)	4:57 (55:00)	6:49 (1:01:49)	5:49 (1:07:38)
	5:44 (1:13:22)	1:43 (1:15:05)				
	Morten Hass	OK Sorø	Udgået			
	2:56 (2:56)	5:31 (8:27)	3:14 (11:41)	3:49 (15:30)	4:59 (20:29)	5:06 (25:35)
	6:53 (32:28)	— (—)	— (—)	— (—)	— (—)	— (—)
	— (—)	— (—)	— (—)	— (—)	— (—)	— (—)
	— (—)	— (—)				

Sort mellem Mænd		(19 / 19)	Tid	Efter		
1.	Jakob Søndergaard	OK Roskilde	51:44			
	1:18 (1:18)	2:10 (3:28)	2:45 (6:13)	1:56 (8:09)	2:22 (10:31)	1:35 (12:06)
	2:38 (14:44)	5:09 (19:53)	3:02 (22:55)	2:33 (25:28)	3:25 (28:53)	3:18 (32:11)
	1:44 (33:55)	2:32 (36:27)	4:32 (40:59)	3:15 (44:14)	1:56 (46:10)	2:58 (49:08)
	2:36 (51:44)					
2.	Kaj Isaksen	OK Snap	52:53	+1:09		
	1:24 (1:24)	1:49 (3:13)	2:05 (5:18)	1:56 (7:14)	2:14 (9:28)	1:35 (11:03)
	2:34 (13:37)	6:05 (19:42)	3:19 (23:01)	2:45 (25:46)	3:04 (28:50)	4:18 (33:08)
	1:37 (34:45)	2:13 (36:58)	3:52 (40:50)	3:26 (44:16)	1:45 (46:01)	3:57 (49:58)
	2:55 (52:53)					
3.	John Knudsen	NFR	56:02	+4:18		
	1:36 (1:36)	2:21 (3:57)	2:48 (6:45)	2:02 (8:47)	3:15 (12:02)	1:46 (13:48)
	3:08 (16:56)	5:42 (22:38)	3:31 (26:09)	3:01 (29:10)	3:40 (32:50)	3:46 (36:36)
	1:40 (38:16)	2:25 (40:41)	4:31 (45:12)	3:13 (48:25)	2:10 (50:35)	2:56 (53:31)
	2:31 (56:02)					
4.	Finn Skouenborg	Holbæk OK	56:08	+4:24		
	2:08 (2:08)	4:33 (6:41)	2:37 (9:18)	1:59 (11:17)	2:21 (13:38)	1:46 (15:24)
	2:39 (18:03)	5:07 (23:10)	3:30 (26:40)	2:47 (29:27)	3:38 (33:05)	3:20 (36:25)
	1:58 (38:23)	2:15 (40:38)	4:34 (45:12)	2:56 (48:08)	2:18 (50:26)	3:03 (53:29)
	2:39 (56:08)					
5.	Jan Thiesen	Holbæk OK	56:44	+5:00		
	1:30 (1:30)	2:05 (3:35)	3:13 (6:48)	2:03 (8:51)	2:30 (11:21)	1:46 (13:07)
	2:50 (15:57)	5:41 (21:38)	3:28 (25:06)	3:05 (28:11)	3:43 (31:54)	4:44 (36:38)
	1:42 (38:20)	2:27 (40:47)	4:43 (45:30)	3:43 (49:13)	1:59 (51:12)	2:45 (53:57)
	2:47 (56:44)					
6.	Kristian Kærsgaard Hansen	OK Sorø	57:58	+6:14		
	1:50 (1:50)	2:10 (4:00)	2:53 (6:53)	2:04 (8:57)	2:42 (11:39)	1:44 (13:23)
	3:07 (16:30)	5:56 (22:26)	4:16 (26:42)	3:10 (29:52)	3:52 (33:44)	3:21 (37:05)
	1:45 (38:50)	2:28 (41:18)	5:09 (46:27)	3:29 (49:56)	2:22 (52:18)	2:44 (55:02)
	2:56 (57:58)					
7.	Jesper Børsting	Herlufsholm OK	59:39	+7:55		
	1:48 (1:48)	2:26 (4:14)	2:40 (6:54)	2:10 (9:04)	2:43 (11:47)	1:52 (13:39)
	3:01 (16:40)	5:54 (22:34)	3:51 (26:25)	3:27 (29:52)	3:58 (33:50)	3:16 (37:06)
	2:20 (39:26)	2:41 (42:07)	5:18 (47:25)	3:19 (50:44)	2:38 (53:22)	3:20 (56:42)
	2:57 (59:39)					
8.	Jørgen Krogh	OK Roskilde	1:00:14	+8:30		
	2:15 (2:15)	6:18 (8:33)	2:50 (11:23)	2:03 (13:26)	2:23 (15:49)	1:41 (17:30)
	2:59 (20:29)	5:11 (25:40)	3:50 (29:30)	2:42 (32:12)	4:58 (37:10)	3:18 (40:28)
	1:36 (42:04)	2:21 (44:25)	3:23 (47:48)	3:22 (51:10)	1:56 (53:06)	4:14 (57:20)
	2:54 (1:00:14)					
9.	Carsten Mogensen	Køge OK	1:01:05	+9:21		
	1:38 (1:38)	1:57 (3:35)	2:59 (6:34)	2:08 (8:42)	2:30 (11:12)	1:50 (13:02)
	2:56 (15:58)	6:00 (21:58)	3:15 (25:13)	2:55 (28:08)	8:47 (36:55)	3:49 (40:44)
	1:39 (42:23)	2:32 (44:55)	5:01 (49:56)	2:51 (52:47)	2:25 (55:12)	3:03 (58:15)
	2:50 (1:01:05)					
10.	Martin Vaarbengaard	OK Roskilde	1:03:26	+11:42		

	3:00 (3:00)	1:57 (4:57)	2:32 (7:29)	1:55 (9:24)	4:38 (14:02)	3:57 (17:59)
	2:56 (20:55)	5:44 (26:39)	2:59 (29:38)	2:37 (32:15)	5:55 (38:10)	4:23 (42:33)
	2:33 (45:06)	2:04 (47:10)	5:14 (52:24)	4:04 (56:28)	1:57 (58:25)	2:40 (1:01:05)
	2:21 (1:03:26)					
11.	Jesper Munch Jespersen	OK Sorø	1:03:52	+12:08		
	1:50 (1:50)	2:04 (3:54)	2:45 (6:39)	2:03 (8:42)	2:30 (11:12)	2:04 (13:16)
	2:56 (16:12)	5:24 (21:36)	3:08 (24:44)	2:43 (27:27)	3:44 (31:11)	5:27 (36:38)
	1:45 (38:23)	3:03 (41:26)	5:32 (46:58)	8:40 (55:38)	2:39 (58:17)	3:08 (1:01:25)
	2:27 (1:03:52)					
12.	Peter Lauritzen	Holbæk OK	1:05:45	+14:01		
	2:03 (2:03)	2:08 (4:11)	2:54 (7:05)	2:16 (9:21)	2:37 (11:58)	2:16 (14:14)
	3:03 (17:17)	6:26 (23:43)	3:56 (27:39)	3:10 (30:49)	4:49 (35:38)	4:19 (39:57)
	2:48 (42:45)	3:01 (45:46)	5:54 (51:40)	4:03 (55:43)	2:26 (58:09)	4:41 (1:02:50)
	2:55 (1:05:45)					
13.	Henrik Mathiesen	HG	1:06:17	+14:33		
	1:49 (1:49)	2:24 (4:13)	3:39 (7:52)	2:31 (10:23)	2:29 (12:52)	2:35 (15:27)
	3:36 (19:03)	6:48 (25:51)	4:41 (30:32)	3:10 (33:42)	5:11 (38:53)	4:17 (43:10)
	2:12 (45:22)	2:59 (48:21)	5:31 (53:52)	3:29 (57:21)	2:19 (59:40)	3:52 (1:03:32)
	2:45 (1:06:17)					
14.	Gregers Jørgensen	Ballerup	1:09:05	+17:21		
	2:15 (2:15)	2:19 (4:34)	5:40 (10:14)	2:16 (12:30)	2:47 (15:17)	2:28 (17:45)
	3:35 (21:20)	6:18 (27:38)	3:50 (31:28)	3:27 (34:55)	8:13 (43:08)	3:21 (46:29)
	2:18 (48:47)	2:39 (51:26)	5:23 (56:49)	3:17 (1:00:06)	2:43 (1:02:49)	3:17 (1:06:06)
	2:59 (1:09:05)					
15.	Bent Jensen	Holbæk OK	1:20:58	+29:14		
	2:42 (2:42)	2:35 (5:17)	4:40 (9:57)	3:05 (13:02)	6:03 (19:05)	2:23 (21:28)
	3:46 (25:14)	7:23 (32:37)	4:47 (37:24)	3:52 (41:16)	4:50 (46:06)	4:56 (51:02)
	2:36 (53:38)	3:12 (56:50)	8:44 (1:05:34)	4:28 (1:10:02)	3:21 (1:13:23)	4:12 (1:17:35)
	3:23 (1:20:58)					
16.	Karsten Hjorth	OK Roskilde	1:23:47	+32:03		
	3:17 (3:17)	3:42 (6:59)	4:01 (11:00)	2:54 (13:54)	3:21 (17:15)	2:34 (19:49)
	4:08 (23:57)	7:40 (31:37)	5:15 (36:52)	4:50 (41:42)	7:36 (49:18)	6:05 (55:23)
	2:16 (57:39)	3:21 (1:01:00)	7:39 (1:08:39)	4:22 (1:13:01)	3:31 (1:16:32)	3:35 (1:20:07)
	3:40 (1:23:47)					
17.	Morten Nissen	O63	1:26:00	+34:16		
	1:39 (1:39)	2:16 (3:55)	3:17 (7:12)	2:24 (9:36)	2:58 (12:34)	2:07 (14:41)
	3:19 (18:00)	7:35 (25:35)	10:01 (35:36)	3:30 (39:06)	15:56 (55:02)	4:31 (59:33)
	2:05 (1:01:38)	3:02 (1:04:40)	6:30 (1:11:10)	4:54 (1:16:04)	3:15 (1:19:19)	3:32 (1:22:51)
	3:09 (1:26:00)					
	Anders Krogh	HG	Fejlkli			
	– (–)	– (5:25)	2:52 (8:17)	2:35 (10:52)	– (–)	– (15:27)
	3:30 (18:57)	6:14 (25:11)	3:40 (28:51)	– (–)	– (41:53)	4:57 (46:50)
	2:18 (49:08)	3:10 (52:18)	– (–)	– (56:57)	– (–)	– (1:03:23)
	3:43 (1:07:06)					
	Henrik Nielsen	Holbæk OK	Fejlkli			
	2:26 (2:26)	3:56 (6:22)	3:57 (10:19)	2:47 (13:06)	3:11 (16:17)	2:15 (18:32)
	3:46 (22:18)	7:11 (29:29)	4:39 (34:08)	4:28 (38:36)	5:16 (43:52)	4:40 (48:32)
	2:24 (50:56)	3:30 (54:26)	– (–)	– (–)	– (–)	– (–)
	– (1:04:40)					

Sort mellem kvinder

	(11 / 11)	Tid	Efter		
1.	Astrid Thomsen	Holbæk OK	1:02:04		
	2:00 (2:00)	2:10 (4:10)	2:25 (6:35)	3:18 (9:53)	2:30 (12:23)
	5:01 (19:08)	5:42 (24:50)	3:16 (28:06)	3:04 (31:10)	4:30 (35:40)
	1:43 (40:56)	2:44 (43:40)	5:15 (48:55)	5:18 (54:13)	2:15 (56:28)
	2:45 (1:02:04)				
2.	Lise Andersen	Herlufsholm OK	1:07:13	+5:09	
	2:13 (2:13)	2:24 (4:37)	4:25 (9:02)	2:11 (11:13)	2:44 (13:57)
	3:22 (19:21)	6:06 (25:27)	4:55 (30:22)	3:30 (33:52)	4:42 (38:34)
	2:17 (46:14)	2:52 (49:06)	6:03 (55:09)	3:15 (58:24)	2:26 (1:00:50)
	2:52 (1:07:13)				
3.	Tine Friis Scheby	OK Sorø	1:09:05	+7:01	
	3:09 (3:09)	2:18 (5:27)	4:09 (9:36)	2:14 (11:50)	2:24 (14:14)
	2:58 (19:43)	5:23 (25:06)	3:40 (28:46)	2:57 (31:43)	4:07 (35:50)
	2:24 (46:13)	2:50 (49:03)	5:28 (54:31)	5:08 (59:39)	3:10 (1:02:49)
	2:44 (1:09:05)				
4.	Runa Ullsø	OK Roskilde	1:11:47	+9:43	
	2:12 (2:12)	2:09 (4:21)	3:32 (7:53)	2:16 (10:09)	2:38 (12:47)
	3:06 (17:53)	11:20 (29:13)	4:45 (33:58)	2:58 (36:56)	4:14 (41:10)
	2:15 (47:49)	2:38 (50:27)	6:46 (57:13)	4:01 (1:01:14)	3:32 (1:04:46)
	3:05 (1:11:47)				
5.	Clara Friis Scheby	OK Sorø	1:13:13	+11:09	
	1:22 (1:22)	2:03 (3:25)	5:34 (8:59)	2:15 (11:14)	2:53 (14:07)
	5:52 (21:57)	7:32 (29:29)	4:35 (34:04)	4:00 (38:04)	6:06 (44:10)
	2:02 (50:52)	2:37 (53:29)	5:51 (59:20)	4:06 (1:03:26)	3:05 (1:06:31)
	3:07 (1:13:13)				
6.	Sanne Kolenda	Holbæk OK	1:15:17	+13:13	
	2:02 (2:02)	2:57 (4:59)	3:52 (8:51)	3:11 (12:02)	3:38 (15:40)
	3:55 (21:55)	8:04 (29:59)	4:23 (34:22)	3:53 (38:15)	4:50 (43:05)
	2:19 (50:10)	3:16 (53:26)	6:23 (59:49)	4:25 (1:04:14)	3:14 (1:07:28)
	3:25 (1:15:17)				
7.	Anne Willerup	Holbæk OK	1:19:13	+17:09	
	1:56 (1:56)	4:56 (6:52)	3:38 (10:30)	2:31 (13:01)	3:12 (16:13)
	5:22 (23:51)	7:54 (31:45)	4:35 (36:20)	4:42 (41:02)	4:42 (45:44)
	2:59 (54:42)	3:11 (57:53)	6:34 (1:04:27)	4:49 (1:09:16)	3:04 (1:12:20)
	3:23 (1:19:13)				
8.	Sandra Mundus	Herlufsholm OK	1:22:30	+20:26	
	3:14 (3:14)	3:12 (6:26)	4:14 (10:40)	2:32 (13:12)	2:58 (16:10)
	3:52 (22:42)	7:27 (30:09)	4:46 (34:55)	3:56 (38:51)	7:43 (46:34)
	3:20 (58:14)	2:51 (1:01:05)	6:45 (1:07:50)	4:16 (1:12:06)	3:04 (1:15:10)
	3:35 (1:22:30)				
9.	Helle Jønson	OK Roskilde	1:25:26	+23:22	
	6:18 (6:18)	2:27 (8:45)	3:43 (12:28)	2:30 (14:58)	3:02 (18:00)
	3:45 (23:51)	6:39 (30:30)	5:25 (35:55)	3:36 (39:31)	5:42 (45:13)
	3:04 (55:02)	3:33 (58:35)	8:00 (1:06:35)	6:53 (1:13:28)	3:16 (1:16:44)
	3:49 (1:25:26)				

Anja Rasmussen	OK Sorø		Udgået			
Nina Okkels	OK Sorø		Udgået			
1:45 (1:45)	7:20 (9:05)	6:49 (15:54)	2:23 (18:17)	2:30 (20:47)	2:00 (22:47)	
3:09 (25:56)	7:03 (32:59)	4:46 (37:45)	3:30 (41:15)	6:34 (47:49)	6:54 (54:43)	
2:15 (56:58)	3:43 (1:00:41)	- (-)	- (-)	- (-)	- (-)	
- (-)						