

Pl	nr.	Navn	Tid													
H-10 (1)					2,6 km 0 Hm		14 K									
				1(117) Mål	2(118)	3(119)	4(120)	5(121)	6(127)	7(128)	8(122)	9(116)	10(95)	11(123)	12(124)	13(129) 14(100)
1	51	Johannes Marager Allerød OK	14:25	0:56 0:56 14:25 0:16	2:10 1:14	2:55 0:45	3:26 0:31	4:08 0:42	4:57 0:49	5:22 0:25	6:46 1:24	7:26 0:40	8:51 1:25	10:45 1:54	12:07 1:22	12:57 0:50 14:09 1:12
H-12 (1)					3,1 km 0 Hm		14 K									
				1(73) Mål	2(77)	3(108)	4(109)	5(110)	6(112)	7(113)	8(114)	9(115)	10(126)	11(122)	12(116)	13(111) 14(100)
1	53	Markus Emil Thoms Holbæk OK	35:14	0:40 0:40 35:14 0:21	1:23 0:43	4:29 3:06	10:59 6:30	12:58 1:59	14:39 1:41	16:23 1:44	20:16 3:53	22:16 2:00	23:28 1:12	29:49 6:21	30:54 1:05	32:26 1:32 34:53 2:27
H-14 (1)					5,1 km 0 Hm		14 K									
				1(32) Mål	2(34)	3(63)	4(36)	5(38)	6(78)	7(40)	8(41)	9(116)	10(55)	11(69)	12(59)	13(105) 14(100)
1	55	Valdemar Marager Allerød OK	45:52	3:29 3:29 45:52 0:17	6:26 2:57	9:19 2:53	12:37 3:18	16:29 3:52	17:32 1:03	21:55 4:23	25:12 3:17	27:45 2:33	31:17 3:32	36:40 5:23	41:08 4:28	44:48 3:40 45:35 0:47
H-16 (3)					7,2 km 0 Hm		23 K									
				1(31) 15(46)	2(102) 16(47)	3(33) 17(84)	4(34) 18(48)	5(35) 19(49)	6(37) 20(52)	7(38) 21(53)	8(67) 22(54)	9(41) 23(100)	10(42) Mål	11(43)	12(44)	13(45) 14(56)
1	57	Bjørn Raaby Lause Allerød OK	1:18:09	2:22 2:22 56:28 4:37	5:49 3:27 58:09 1:41	8:57 3:08 1:00:17 2:08	11:46 2:49 1:03:34 3:17	14:38 2:52 1:07:13 3:39	19:58 5:20 1:13:09 5:56	23:09 3:11 1:14:44 1:35	31:27 8:18 1:15:22 0:38	32:41 1:14 1:17:55 2:33	36:42 4:01 1:18:09 0:14	41:34 4:52	44:11 2:37	46:22 2:11 51:51 5:29
	58	Rasmus Krogh Mad OK Roskilde	Udgået	1:37 1:37 -----	4:11 2:34 -----	7:17 3:06 -----	9:10 1:53 -----	12:03 2:53 -----	16:26 4:23 -----	19:34 3:08 -----	25:57 6:23 -----	----- ----- 31:12 5:15	----- ----- 31:29 0:17	----- -----	----- -----	----- -----
	56	Anders Krogh Mads OK Roskilde	e startet													
H21- (6)					12,0 km 0 Hm		29 K									
				1(33) 15(91) 29(100)	2(35) 16(125) Mål	3(60) 17(82)	4(39) 18(42)	5(64) 19(55)	6(78) 20(46)	7(94) 21(47)	8(103) 22(84)	9(104) 23(48)	10(92) 24(49)	11(81) 25(96)	12(87) 26(51)	13(101) 27(53) 14(80) 28(85)
1	62	Mikkel Skaarup Ballerup OK	1:24:07	4:53 4:53 48:00 4:02 1:23:52	7:12 2:19 49:33 1:33 1:24:07	9:42 2:30 52:03 2:30	12:09 2:27 55:44 3:41 3:12	13:41 1:32 58:56 3:12	16:11 2:30 1:05:56 7:00	21:21 5:10 1:07:31 1:35	24:07 2:46 1:08:54 1:23	27:04 2:57 1:11:37 2:43	30:58 3:54 1:14:26 2:49	33:20 2:22 1:16:47 2:21	38:45 5:25 1:19:56 3:09	40:45 2:00 1:21:33 1:37 43:58 3:13
2	63	Steen Piil Søllerød OK	1:24:24	1:00 3:36 3:36 48:20 3:59	0:15 6:00 2:24 50:09 1:49	8:00 2:00 52:53 2:44	10:33 2:33 56:16 3:23	12:03 1:30 59:43 3:27	13:39 1:36 1:05:39 5:56	19:19 5:40 1:06:58 1:19	22:10 2:51 1:08:13 1:15	25:16 3:06 1:10:26 2:13	29:23 4:07 1:13:06 2:40	32:44 3:21 1:16:01 2:55	38:13 5:29 1:19:27 3:26	40:05 1:52 1:21:16 1:49 44:21 4:16
3	61	Jesper Kristiansen OK Melfar	1:28:33	3:38 3:38 51:46 4:35 1:28:13 1:01	6:32 2:54 54:03 2:17 1:28:33 0:20	9:35 3:03 56:47 2:44	11:59 2:24 1:00:13 3:26	13:37 1:38 1:03:50 3:37	15:41 2:04 1:09:42 5:52	22:14 6:33 1:11:02 1:20	25:42 3:28 1:12:19 1:17	28:51 3:09 1:14:23 2:04	33:17 4:26 1:17:16 2:53	36:46 3:29 1:20:09 2:53	42:18 5:32 1:23:45 3:36	44:14 1:56 1:25:40 1:55 47:11 2:57
4	60	Hans Martin Kjer Lyngby OK	1:42:34	5:18 5:18 1:00:25 4:32 1:42:19 1:11	8:25 3:07 1:02:20 1:55 1:42:34 0:15	11:44 3:19 1:05:14 2:54	14:46 3:02 1:10:41 5:27	17:56 3:10 1:14:03 3:22	19:44 1:48 1:20:19 6:16	25:58 6:14 1:22:23 2:04	30:55 4:57 1:24:11 1:48	34:40 3:45 1:26:18 2:07	39:08 4:28 1:29:33 3:15	41:40 2:32 1:32:06 2:33	49:03 7:23 1:36:29 4:23	51:35 2:32 1:38:38 2:09 55:53 4:18
5	64	Alex Ottesen Ballerup OK	1:50:54	6:20 6:20 58:53 4:26 1:50:36 1:20	8:51 2:31 1:00:34 1:41 1:50:54 0:18	11:21 2:30 1:03:49 3:15	13:59 2:38 1:11:01 7:12	16:14 2:15 1:18:09 7:08	17:54 1:40 1:24:30 6:21	24:55 7:01 1:26:31 2:01	28:06 3:11 1:28:27 1:56	32:11 4:05 1:31:55 3:28	36:54 4:43 1:35:25 3:30	41:27 4:33 1:38:22 2:57	48:00 6:33 1:45:49 7:27	50:46 2:46 1:47:44 1:55 54:27 3:41
6	59	Peter Lauritzen Holbæk OK	1:51:58	3:57 3:57 1:01:24 5:29 1:51:44 1:05	7:10 3:13 1:06:45 2:07 1:51:58 0:14	9:35 2:25 1:11:19 3:14	13:03 3:28 1:15:16 4:34	15:06 2:03 1:22:24 3:57	16:52 1:46 1:24:12 7:08	24:06 7:14 1:26:23 1:48	28:46 4:40 1:35:52 2:11	32:44 3:58 1:39:25 9:29	37:41 4:57 1:42:35 3:10	41:38 3:57 1:46:37 4:02	48:40 7:02 1:49:05 2:28	51:22 2:42 1:50:39 1:34 55:55 4:33

Pl	nr.	Navn	Tid														
H35- (4)				10,8 km 0 Hm			26 K										
				1(62) 15(82)	2(61) 16(42)	3(93) 17(55)	4(63) 18(57)	5(76) 19(58)	6(78) 20(47)	7(94) 21(59)	8(103) 22(49)	9(104) 23(96)	10(92) 24(51)	11(81) 25(54)	12(90) 26(100)	13(91) Mål	14(125)
1	66	Christian Olsen Amager OK	1:45:49	4:41 4:41 59:36	9:11 4:30	12:15 3:04	15:06 2:51	18:31 3:25	22:00 3:29	27:49 5:49	32:40 4:51	36:13 3:33	45:31 9:18	48:49 3:18	52:18 3:29	54:11 1:53	56:32 2:21
				59:36 3:04	1:06:08 6:32	1:09:48 3:40	1:16:57 7:09	1:19:02 2:05	1:21:27 2:25	1:28:59 7:32	1:31:43 2:44	1:37:44 6:01	1:41:13 3:29	1:43:37 2:24	1:45:35 1:58	1:45:49 0:14	
2	67	Jan Frederiksen OK Roskilde	1:53:42	2:46 2:46 57:44	6:48 4:02	10:16 3:28	12:56 2:40	16:39 3:43	20:04 3:25	29:18 9:14	33:06 3:48	38:17 5:11	43:26 5:09	46:52 3:26	50:27 3:35	52:22 1:55	54:39 2:17
				57:44 3:05 1:29:26	1:04:12 6:28	1:07:52 3:40	1:15:05 7:13	1:17:06 2:01	1:19:34 2:28	1:27:13 7:39	1:33:37 6:24	1:36:09 2:32	1:48:24 12:15	1:51:07 2:43	1:53:26 2:19	1:53:42 0:16	
				*96													
3	65	Martin Bjørling Tho Holbæk OK	2:19:24	2:35 2:35 1:17:12	7:22 4:47	11:25 4:03	14:32 3:07	18:45 4:13	25:45 7:00	35:43 9:58	39:53 4:10	44:16 4:23	50:52 6:36	54:25 3:33	58:54 4:29	1:01:52 2:58	1:04:03 2:11
				1:17:12 13:09	1:27:21 10:09	1:32:05 4:44	1:38:19 6:14	1:40:28 2:09	1:47:58 7:30	1:54:36 6:38	2:00:32 5:56	2:04:12 3:40	2:10:14 6:02	2:13:29 3:15	2:19:08 5:39	2:19:24 0:16	
	68	Thomas Brinck Amager OK	e startet														
H40- (6)				10,0 km 0 Hm			27 K										
				1(62) 15(125)	2(61) 16(82)	3(75) 17(42)	4(63) 18(107)	5(76) 19(56)	6(78) 20(46)	7(94) 21(47)	8(88) 22(84)	9(79) 23(48)	10(80) 24(49)	11(92) 25(52)	12(81) 26(85)	13(90) 27(100)	14(91) Mål
1	70	Søren Albæk Jensen Amager OK	1:40:45	2:17 2:17 1:00:00	6:13 3:56	9:15 3:02	10:14 0:59	13:36 3:22	16:15 2:39	23:38 7:23	26:00 2:22	42:07 16:07	44:33 2:26	48:03 3:30	50:58 2:55	54:23 3:25	58:07 3:44
				1:00:00 1:53	1:04:25 4:25	1:08:08 3:43	1:09:33 1:25	1:17:36 8:03	1:22:18 4:42	1:24:17 1:59	1:25:38 1:21	1:29:18 3:40	1:32:02 2:44	1:38:02 6:00	1:39:26 1:24	1:40:30 1:04	1:40:45 0:15
2	71	Jacob Spange Mort PI-København	1:50:04	2:32 2:32 1:04:48	10:27 7:55	16:52 6:25	18:38 1:46	22:45 4:07	25:39 2:54	32:36 6:57	37:02 4:26	43:50 6:48	48:03 4:13	50:14 2:11	55:02 4:48	59:02 4:00	1:02:37 3:35
				1:04:48 2:11	1:08:12 3:24	1:16:06 7:54	1:17:37 1:31	1:26:39 9:02	1:29:27 2:48	1:31:22 1:55	1:32:47 1:25	1:35:45 2:58	1:39:54 4:09	1:46:20 6:26	1:48:44 2:24	1:49:49 1:05	1:50:04 0:15
3	73	Bjark Bo Christens Holbæk OK	1:51:45	2:13 2:13 1:12:30	21:37 19:24	25:30 3:53	27:00 1:30	31:16 4:16	34:33 3:17	42:38 8:05	46:46 4:08	52:36 5:50	56:14 3:38	58:17 2:03	1:03:53 5:36	1:07:55 4:02	1:10:18 2:23
				1:12:30 2:12	1:16:18 3:48	1:20:12 3:54	1:21:40 1:28	1:30:57 9:17	1:33:21 2:24	1:35:08 1:47	1:36:38 1:30	1:39:15 2:37	1:42:36 3:21	1:48:42 6:06	1:50:14 1:32	1:51:28 1:14	1:51:45 0:17
4	72	Lars Sørensen OK Øst Birkerød	1:55:54	2:37 2:37 1:01:18	7:18 4:41	10:52 3:34	12:38 1:46	16:49 4:11	21:51 5:02	30:42 8:51	34:59 4:17	41:14 6:15	44:40 3:26	46:42 2:02	52:06 5:24	56:14 4:08	58:57 2:43
				1:01:18 2:21	1:07:33 6:15	1:13:12 5:39	1:14:58 1:46	1:26:52 11:54	1:30:16 3:24	1:32:49 2:33	1:34:46 1:57	1:39:24 4:38	1:43:17 3:53	1:51:26 8:09	1:54:08 2:42	1:55:33 1:25	1:55:54 0:21
5	69	Jacob Petersen Ballerup OK	2:17:55	5:31 5:31 1:20:20	13:49 8:18	18:11 4:22	21:22 3:11	25:54 4:32	29:51 3:57	36:44 6:53	41:31 4:47	49:08 7:37	57:47 8:39	1:00:12 2:25	1:08:54 8:42	1:14:25 5:31	1:17:43 3:18
				1:20:20 2:37	1:24:55 4:35	1:28:19 3:24	1:31:37 3:18	1:40:59 9:22	1:48:05 7:06	1:50:22 2:17	1:54:37 4:15	1:59:30 4:53	2:04:28 4:58	2:11:27 6:59	2:16:50 5:23	2:17:38 0:48	2:17:55 0:17
	74	Roland Dumong OK Øst Birkerød	e startet														
H45- (4)				9,5 km 0 Hm			26 K										
				1(31) 15(125)	2(102) 16(82)	3(93) 17(42)	4(63) 18(43)	5(36) 19(58)	6(78) 20(70)	7(87) 21(71)	8(88) 22(59)	9(103) 23(96)	10(80) 24(51)	11(92) 25(54)	12(81) 26(100)	13(90) Mål	14(91)
1	76	Lars Lyngsø Lyngby OK	1:16:34	3:01 3:01 41:50	5:15 2:14	8:06 2:51	10:54 2:48	13:31 2:37	16:36 3:05	20:25 3:49	23:48 3:23	25:16 1:28	30:20 5:04	32:01 1:41	34:48 2:47	37:52 3:04	40:00 2:08
				41:50 1:50	44:50 3:00	50:31 5:41	53:35 3:04	1:00:02 6:27	1:01:45 1:43	1:04:15 2:30	1:05:44 1:29	1:08:06 2:22	1:11:33 3:27	1:14:15 2:42	1:16:19 2:04	1:16:34 0:15	
2	77	Anders Marager Allerød OK	1:16:58	1:31 1:31 41:35	3:45 2:14	6:43 2:58	9:10 2:27	11:32 2:22	14:43 3:11	18:22 3:39	21:57 3:35	23:20 1:23	28:12 4:52	29:55 1:43	33:58 4:03	37:18 3:20	39:45 2:27
				41:35 1:50	45:07 3:32	49:07 4:00	52:44 3:37	59:10 6:26	1:00:52 1:42	1:03:33 2:41	1:05:16 1:43	1:07:23 2:07	1:11:40 4:17	1:14:37 2:57	1:16:47 2:10	1:16:58 0:11	
3	78	Ola Toven Stora Tuna OK	1:30:37	1:50 1:50 51:57	4:43 2:53	7:56 3:13	11:26 3:30	14:16 2:50	17:45 3:29	22:12 4:27	26:09 3:57	27:44 1:35	33:35 5:51	35:32 1:57	38:53 3:21	47:24 8:31	49:54 2:30
				51:57 2:03	55:31 3:34	1:00:03 4:32	1:03:53 3:50	1:11:28 7:35	1:13:24 1:56	1:16:11 2:47	1:17:53 1:42	1:20:40 2:47	1:25:14 4:34	1:27:55 2:41	1:30:18 2:23	1:30:37 0:19	
	75	Jesper Allan Jensen OK Roskilde	Udgået	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
H50- (13)				7,2 km 0 Hm			23 K										
				1(31) 15(46)	2(102) 16(47)	3(33) 17(84)	4(34) 18(48)	5(35) 19(49)	6(37) 20(52)	7(38) 21(53)	8(67) 22(54)	9(41) 23(100)	10(42) Mål	11(43)	12(44)	13(45)	14(56)
1	84	Sverre Thune Farum OK	1:01:34	1:59 1:59 41:45	4:22 2:23	6:56 2:34	8:33 1:37	11:13 2:40	15:08 3:55	17:41 2:33	23:27 5:46	24:42 1:15	28:13 3:31	31:58 3:45	34:01 2:03	35:36 1:35	39:38 4:02
				41:45 2:07	43:24 1:39	45:13 1:49	48:02 2:49	51:13 3:11	57:15 6:02	58:37 1:22	59:19 0:42	1:01:20 2:01	1:01:34 0:14				
2	90	Michael Graae Søllerød OK	1:07:11	3:56 3:56 44:05	6:18 2:22	8:58 2:40	10:23 1:25	12:47 2:24	17:05 4:18	19:34 2:29	24:57 5:23	26:17 1:20	28:21 2:04	33:05 4:44	35:22 2:17	37:00 1:38	41:12 4:12
				44:05 2:53	46:00 1:55	47:45 1:45	50:38 2:53	54:05 3:27	1:02:24 8:19	1:04:13 1:49	1:04:55 0:42	1:06:55 2:00	1:07:11 0:16				

Pl	nr.	Navn	Tid															
H50- (13)				7,2 km 0 Hm			23 K		(skrifttyper)									
				1(31) 15(46)	2(102) 16(47)	3(33) 17(84)	4(34) 18(48)	5(35) 19(49)	6(37) 20(52)	7(38) 21(53)	8(67) 22(54)	9(41) 23(100)	10(42) Mål	11(43)	12(44)	13(45)	14(56)	
3	81	Claus Kaae-Nielsen Søllerød OK	1:07:55	2:48 2:48 46:17	5:25 2:37 49:20	8:03 2:38 50:57	10:32 2:29 54:04	14:02 3:30 57:46	18:03 4:01 1:03:07	20:42 2:39 1:04:35	26:10 5:28 1:05:21	27:24 1:14 1:07:38	30:39 3:15 1:07:55	34:21 3:42	36:45 2:24	39:32 2:47	43:52 4:20	
4	80	Johnny Nimvik Lunds OK	1:10:06	2:25 1:28 47:33	3:03 3:27 49:30	1:37 5:53 51:08	3:07 8:57 56:18	3:42 13:56 59:22	5:21 18:19 1:05:02	1:28 21:51 1:06:31	0:46 27:48 1:07:10	2:17 28:58 1:09:46	0:17 32:36 1:10:06	37:40 5:04	39:59 2:19	41:44 1:45	45:42 3:58	
5	87	Erik Ellegaard Simo OK Øst Birkerød	1:10:28	1:51 1:53 48:14	1:57 4:31 50:05	1:38 7:48 51:34	5:10 9:40 54:30	3:04 12:24 57:56	5:40 17:15 1:04:26	1:29 20:00 1:06:08	0:39 26:38 1:06:55	2:36 28:02 1:10:09	0:20 30:23 1:10:28	34:45 4:22	37:22 2:37	39:23 2:01	45:42 6:19	
6	83	Frank Rasmussen Ballerup OK	1:10:30	2:32 1:37 1:37 50:12	1:51 3:54 2:17 52:46	1:29 6:38 2:44 54:34	2:56 9:29 2:51 56:50	3:26 11:56 2:27 59:56	6:30 16:27 4:31 1:05:14	1:42 19:05 2:38 1:06:51	0:47 24:30 5:25 1:07:32	3:14 25:42 1:12 1:10:13	0:19 34:23 8:41 1:10:30	37:56 4:00	40:30 2:34	43:13 2:43	47:39 4:26	
7	91	Jan Thiesen Holbæk OK	1:11:18	2:33 1:37 1:37 44:14	2:34 4:10 2:33 46:08	1:48 6:51 2:41 47:45	2:16 8:26 1:35 53:44	3:06 10:51 2:25 59:42	5:18 15:02 4:11 1:05:12	1:37 17:28 2:26 1:06:49	0:41 23:26 5:58 1:07:53	2:41 24:39 1:13 1:11:06	0:17 27:30 2:51 1:11:18	31:31 4:01	33:44 2:13	35:36 1:52	41:24 5:48	
8	85	Jørgen Krogh OK Roskilde	1:13:22	2:50 2:56 52:05	1:54 3:41 53:58	1:37 3:13 55:37	5:59 2:04 58:36	5:58 3:21 1:02:55	5:30 5:21 1:08:14	1:37 3:43 1:10:01	1:04 7:07 1:10:39	3:13 1:23 1:13:08	0:12 3:03 1:13:22	40:30 4:38	42:46 2:16	44:42 1:56	49:34 4:52	
9	88	Max Prang Fredensborg OK	1:14:57	2:31 2:03 2:03 51:05	1:53 4:45 2:42 53:33	1:39 7:45 3:00 55:21	2:59 9:37 1:52 58:10	4:19 12:14 2:37 1:01:49	5:19 16:45 4:31 1:08:14	1:47 20:02 3:17 1:11:11	0:38 27:24 7:22 1:12:00	2:29 29:07 1:43 1:14:39	0:14 32:19 3:12 1:14:57	37:02 4:43	39:38 2:36	41:50 2:12	48:30 6:40	
10	82	Peter Dyrsting FIF Hillerød Oriente	1:16:48	2:35 1:44 1:44 53:05	2:28 4:43 2:59 54:51	1:48 9:13 4:30 56:26	2:49 14:42 5:29 59:13	3:39 17:42 3:00 1:02:57	6:25 22:22 4:40 1:09:33	2:57 25:21 2:59 1:12:39	0:49 31:54 6:33 1:13:26	2:39 33:08 1:14 1:16:34	0:18 36:30 3:22 1:16:48	40:36 4:06	42:50 2:14	45:09 2:19	50:47 5:38	
11	86	Jesper Kirkeskov Søllerød OK	1:28:05	2:18 2:32 2:32 58:45	1:46 8:11 5:39 1:01:13	1:35 11:16 3:05 1:02:44	2:47 13:27 2:11 1:05:48	3:44 19:17 5:50 1:10:30	6:36 24:20 5:03 1:22:23	3:06 27:52 3:32 1:24:05	0:47 35:13 7:21 1:25:01	3:08 36:38 1:25 1:27:46	0:14 39:27 2:49 1:28:05	44:09 4:42	46:46 2:37	49:11 2:25	55:56 6:45	
	89	Lasse Lybek Jensen Ballerup OK	e startet															
	79	Frede Lillelund Søllerød OK	e startet															
H55- (6)				7,2 km 0 Hm			23 K											
				1(31) 15(46)	2(102) 16(47)	3(33) 17(84)	4(34) 18(48)	5(35) 19(49)	6(37) 20(52)	7(38) 21(53)	8(67) 22(54)	9(41) 23(100)	10(42) Mål	11(43)	12(44)	13(45)	14(56)	
1	93	Søren Sloth FIF Hillerød Oriente	1:02:40	1:24 1:24 43:17	3:44 2:20 44:38	6:54 3:10 46:01	9:29 2:35 48:12	11:41 2:12 51:38	15:29 3:48 57:15	18:43 3:14 58:59	24:46 6:03 59:50	25:56 1:10 1:02:22	28:32 2:36 1:02:40	32:26 3:54	34:41 2:15	36:34 1:53	41:18 4:44	
2	97	Carsten Stenberg FIF Hillerød Oriente	1:03:06	3:03 3:03 43:01	5:15 2:12 44:46	7:54 2:39 46:23	9:40 1:46 48:59	12:09 2:29 52:14	16:34 4:25 57:56	19:03 2:29 59:17	25:10 6:07 59:59	26:38 1:28 1:02:46	29:30 2:52 1:03:06	32:50 3:20	34:57 2:07	36:44 1:47	40:49 4:05	
3	94	Gregers Jørgensen Ballerup OK	1:03:16	2:12 1:59 41:23	1:45 4:33 2:34	1:37 7:02 2:29	2:36 8:56 1:54	3:15 11:15 2:19	5:42 15:15 4:00	1:21 18:00 2:45	0:42 23:38 5:38	0:42 24:59 1:21	2:47 26:59 2:00	0:20 31:01 4:02	0:20 32:58 1:57	0:20 34:53 1:55	0:20 39:22 4:29	
4	95	Per Rasmussen Amager OK	1:22:02	2:01 2:26 2:26 56:21	1:19 4:56 2:30 58:40	1:22 8:01 3:05 1:00:48	2:14 10:04 2:03 1:04:49	3:17 12:42 2:38 1:08:34	5:11 17:40 4:58 1:14:49	5:00 21:10 3:30 1:18:21	0:38 29:14 8:04 1:19:16	2:34 30:46 1:32 1:21:45	0:18 34:13 3:27 1:22:02	10:27 44:40	10:27 47:01	2:21 49:06	2:05 54:12	5:06
	96	Niels Aabye Ballerup OK	e startet															
	92	Ib Rasmussen OK S.G.	e startet															
H60- (11)				6,6 km 0 Hm			23 K											
				1(61) 15(45)	2(83) 16(56)	3(33) 17(70)	4(34) 18(72)	5(63) 19(105)	6(36) 20(51)	7(39) 21(53)	8(38) 22(54)	9(65) 23(100)	10(74) Mål	11(41)	12(42)	13(107)	14(44)	
1	98	Jens Korsholm Farum OK	1:09:03	3:39 3:39 41:42	6:01 2:22 46:31	7:51 1:50 49:59	9:50 1:59 55:44	12:05 2:15 1:00:39	15:42 3:37 1:02:59	18:46 3:04 1:05:20	20:29 1:43 1:06:04	24:12 3:43 1:08:45	26:00 1:48 1:09:03	29:33 3:33	32:23 2:50	34:22 1:59	39:30 5:08	
2	106	Bent Johansen OK73	1:12:44	2:12 4:00 4:00 43:41	4:49 6:44 2:44 48:52	3:28 8:32 1:48 52:33	5:45 10:33 2:01 58:40	4:55 13:37 3:04 1:03:24	2:20 18:09 4:32 1:06:20	2:21 20:38 2:29 1:09:04	0:44 22:02 1:24 1:09:52	2:41 25:31 3:29 1:12:25	0:18 27:36 2:05 1:12:44	30:52 3:16	34:54 4:02	36:32 1:38	41:32 5:00	

Pl	nr.	Navn	Tid															
H60- (11)				6,6 km 0 Hm			23 K		(skrifttyper)									
				1(61) 15(45)	2(83) 16(56)	3(33) 17(70)	4(34) 18(72)	5(63) 19(105)	6(36) 20(51)	7(39) 21(53)	8(38) 22(54)	9(65) 23(100)	10(74) Mål	11(41)	12(42)	13(107)	14(44)	
3	99	Jørn Mouritzen Fredensborg OK	1:14:59	5:44 5:44 46:09	8:48 3:04 51:17	10:50 2:02 56:21	12:56 2:06 1:02:29	14:52 1:56 1:06:35	19:26 4:34 1:08:51	22:43 3:17 1:11:15	24:12 1:29 1:12:08	27:25 3:13 1:14:43	29:10 1:45 1:14:59	32:23 3:13	36:40 4:17 34:26	39:37 2:57	44:13 4:36	
4	104	Lars Hanghøj Peter Ballerup OK	1:17:28	1:56 6:04 6:04 46:37	5:08 12:35 6:31	5:04 14:10 1:35	6:08 16:33 2:23	4:06 18:48 2:15	2:16 22:10 3:22	2:24 24:30 2:20	0:53 25:56 1:26	2:35 31:56 6:00	0:16 33:29 1:33		*106 39:02 2:40	40:37 2:53	44:50 4:13	
5	107	Thomas Østergaard OK Øst Birkerød	1:22:59	4:09 4:09 53:00	7:30 3:21 59:12	9:42 2:12 1:02:50	13:44 4:02 1:09:07	19:56 6:12 1:13:23	24:19 4:23 1:16:07	27:16 2:57 1:19:01	29:02 1:46 1:19:48	33:01 3:59 1:22:38	34:57 1:56 1:22:59	38:28 3:31	43:27 4:59 16:07	45:21 1:54	50:36 5:15	
6	105	Mogens Hald Kriste OK Roskilde	1:28:47	2:24 4:16 4:16 52:27	6:12 7:04 2:48	3:38 9:06 2:02	6:17 11:15 2:09	4:16 13:46 2:31	2:44 25:28 11:42	2:54 28:33 3:05	0:47 30:20 1:47	2:50 33:51 3:31	0:21 35:46 1:55		59:16 3:46	45:18 3:59	50:15 4:57	
7	101	Niels Raagaard Søllerød OK	1:33:21	2:12 8:24 8:24 58:28	9:10 11:14 2:50	6:08 13:26 2:12	6:51 15:54 2:28	4:18 18:19 2:25	2:22 23:08 4:49	3:05 27:45 4:37	1:13 31:57 4:12	2:53 36:41 4:44	0:20 38:36 1:55		*58 45:28 4:03	48:33 3:05	55:30 6:57	
8	108	Jens Erik Larsen OK73	1:34:11	2:58 4:40 4:40 1:03:13	5:47 9:56 5:16	3:23 12:01 2:05	7:24 14:17 2:16	6:05 26:45 12:28	2:49 31:32 4:47	4:05 35:23 3:51	1:02 38:04 2:41	3:53 41:50 3:46	0:25 44:42 2:52		*78 51:48 3:37	54:11 2:23	59:38 5:27	
9	102	Kristen Bonnen Ballerup OK	1:43:14	3:35 14:41 14:41 1:05:58	5:44 17:22 2:41	3:59 19:59 2:37	5:32 24:41 4:42	5:11 27:23 2:42	2:45 31:31 4:08	3:03 34:59 3:28	1:03 36:46 1:47	3:24 41:53 5:07	0:17 44:03 2:10		48:21 4:18	52:16 3:55	55:58 3:42	1:02:29 6:31
	100	Jørgen Skaarup Ballerup OK	Fejlkl.	2:47 2:47 39:10	4:30 1:43 43:04	6:53 2:23 45:33	11:47 4:54 50:22	----- 53:42	18:22 6:35 56:17	20:34 2:12 58:25	22:00 1:26 59:03	25:03 3:03 1:01:04	26:35 1:32 1:01:21	29:26 2:51	31:15 1:49 13:30	32:50 1:35	37:24 4:34	
	103	Claus Rohr Lyngby OK	e startet	1:46	3:54	2:29	4:49	3:20	2:35	2:08	0:38	2:01	0:17		*75			
H65- (15)				6,2 km 0 Hm			21 K											
				1(61) 15(69)	2(83) 16(56)	3(33) 17(70)	4(34) 18(71)	5(35) 19(50)	6(60) 20(52)	7(37) 21(100)	8(38) Mål	9(40)	10(106)	11(116)	12(107)	13(43)	14(97)	
1	121	Gunnar Grue-Søren Køge OK	52:42	4:25 4:25 37:32	6:12 1:47 38:47	7:56 1:44 41:20	9:39 1:43 44:08	11:52 2:13 47:28	14:37 2:45 51:10	17:01 2:24 52:27	19:36 2:35 52:42	23:38 4:02	27:02 3:24	28:28 1:26	29:37 1:09	31:40 2:03	35:24 3:44	
2	113	Janne Brunstedt OK Roskilde	54:22	3:24 3:24 38:34	5:48 2:24 39:56	7:15 1:27 42:26	10:03 2:48 44:56	12:41 2:38 48:38	15:39 2:58 52:43	18:04 2:25 54:05	20:47 2:43 54:22	24:48 4:01	28:05 3:17	29:42 1:37	31:22 1:40	33:18 1:56	36:20 3:02	
3	122	Jørgen Münster-Swe Søllerød OK	56:44	2:14 3:18 38:50	1:22 6:09 40:25	2:30 7:37 43:39	2:30 9:28 46:18	3:42 11:40 50:17	4:05 14:10 55:02	1:22 16:38 56:26	0:17 19:42 56:44		24:16 27:33	28:59 3:17	30:07 1:26	33:19 1:08	36:40 3:21	
4	109	Flemming Wendelb Helsingør SOK	58:55	2:10 4:10 41:27	1:35 6:13 42:57	3:14 8:03 45:39	2:39 9:59 48:56	3:59 13:01 52:48	4:45 15:36 57:02	1:24 18:44 58:36	0:18 21:21 58:55		26:09 29:54	31:35 3:45	33:02 1:41	35:15 2:13	38:58 3:43	
5	114	Karsten Richardt Køge OK	1:04:12	2:29 3:46 44:43	1:30 5:38 46:20	2:42 7:05 50:07	3:17 9:11 53:18	3:52 12:35 58:06	4:14 16:20 1:02:18	1:34 19:21 1:03:59	0:19 22:18 1:04:12		27:27 31:58	4:31 33:47	4:31 34:53	1:06 38:05	4:22	
6	111	Karsten Schultz FIF Hillerød Oriente	1:06:09	2:16 3:53 43:35	1:37 6:20 45:34	3:47 7:39 48:54	3:11 10:07 52:08	4:48 12:47 55:53	4:12 15:50 1:04:03	1:41 19:21 1:05:49	0:13 22:09 1:06:09		26:51 31:04	32:45 4:13	34:14 1:41	36:39 2:25	40:38 3:59	
7	115	Ole Berner Søllerød OK	1:11:54	2:57 4:59 49:43	1:59 7:54 51:22	3:20 9:55 57:06	3:14 12:14 1:00:49	3:45 15:28 1:05:05	8:10 19:33 1:09:49	1:46 22:48 1:11:34	0:20 25:57 1:11:54		31:17 36:24	38:02 5:20	39:38 5:07	42:31 1:38	46:45 2:53	
8	119	Emil Olesen FIF Hillerød Oriente	1:16:23	2:58 3:43 54:48	1:39 10:21 57:18	5:44 12:28 1:00:52	3:43 14:32 1:05:02	4:16 17:02 1:09:30	4:44 23:25 1:13:56	1:45 26:11 1:16:05	1:45 29:59 1:16:23		34:25 39:45	41:19 5:20	43:09 1:34	45:46 1:50	51:09 2:37	
9	112	Kim Folander OK Sorø	1:17:35	3:39 5:10 55:00	2:30 8:09 56:54	3:34 10:13 1:00:06	4:10 12:45 1:03:51	4:28 17:02 1:09:25	4:26 20:48 1:15:06	2:09 24:37 1:17:05	0:18 28:33 1:17:35		34:29 39:23	41:46 4:54	43:42 2:23	46:45 1:56	51:35 3:03	

Pl	nr.	Navn	Tid														
H65- (15)				6,2 km 0 Hm			21 K	(skrifttyper)									
				1(61) 15(69)	2(83) 16(56)	3(33) 17(70)	4(34) 18(71)	5(35) 19(50)	6(60) 20(52)	7(37) 21(100)	8(38) Mål	9(40)	10(106)	11(116)	12(107)	13(43)	14(97)
10	110	Tage Ebbensgaard Køge OK	1:24:39	7:29 7:29 1:03:03	10:35 3:06 1:04:58	12:23 1:48 1:08:57	17:37 5:14 1:12:07	23:51 6:14 1:16:54	30:54 7:03 1:22:43	33:53 2:59 1:24:18	37:09 3:16 1:24:39	45:32 8:23	49:17 3:45	51:18 2:01	53:00 1:42	55:42 2:42	1:00:23 4:41
11	120	Jan Kristoffersen Ballerup OK	1:29:43	2:40 9:44 1:06:21	1:55 12:17 1:08:35	3:59 2:13 1:13:23	3:10 4:24 1:17:16	4:47 6:04 1:21:58	5:49 3:35 1:27:30	1:35 3:07 1:29:28	0:21 4:00 1:29:43	41:43 6:03	45:59 4:16	50:29 4:30	52:58 2:29	56:05 3:07	1:02:29 6:24
12	117	Henrik Weirauch Kr OK73	1:48:58	3:52 6:29 1:10:29	2:14 9:48 1:12:46	4:48 12:08 1:21:19	3:53 15:00 1:25:32	4:42 18:56 1:40:00	5:32 25:34 1:46:22	1:58 28:58 1:48:29	0:15 36:08 1:48:58	47:32 11:24	51:47 4:15	53:41 1:54	56:16 2:35	1:00:43 4:27	1:05:33 4:50
	116	Niels Landsperg Tisvilde Hegn OK	e startet														
	123	Bjarne Sørensen Amager OK	e startet														
	118	Torben Jørgensen Ribe OK	e startet														
H70- (17)				5,1 km 0 Hm			17 K										
				1(62) 15(96)	2(32) 16(105)	3(75) 17(100)	4(65) Mål	5(67)	6(106)	7(42)	8(107)	9(44)	10(45)	11(56)	12(58)	13(71)	14(59)
1	126	Jørgen Jensen Helsingør SOK	1:00:33	2:21 2:21 55:46	8:01 5:40 59:20	13:15 5:14 1:00:17	17:00 3:45 1:00:33	21:09 4:09	24:13 3:04	25:52 1:39	28:23 2:31	33:49 5:26	35:47 1:58	43:38 7:51	45:08 1:30	50:36 5:28	52:45 2:09
2	132	Per Aaes Christoffer Ballerup OK	1:00:58	3:01 2:37 2:37 56:30	3:34 7:59 5:22 59:26	0:57 12:24 4:25 1:00:36	0:16 16:09 3:45 1:00:58	19:57 22:39	25:23 2:42	27:19 2:44	27:19 1:56	34:36 7:17	37:29 2:53	42:57 5:28	44:37 1:40	50:06 5:29	53:12 3:06
3	131	Allan Christiansen Fredensborg OK	1:01:17	3:18 3:15 3:15 55:39	2:56 8:20 5:05 59:51	1:10 12:52 4:32 1:00:57	0:22 16:16 3:24 1:01:17	19:41 21:55	21:55 2:14	28:16 6:21	30:44 2:28	35:29 4:45	37:27 1:58	42:38 5:11	44:18 1:40	48:21 4:03	51:51 3:30
4	130	Kaj Rostvad Søllerød OK	1:05:30	3:48 7:04 7:04 59:58	4:12 13:36 6:32 1:04:03	1:06 19:16 5:40 1:05:09	0:20 23:17 4:01 1:05:30	27:49 30:08	4:32 2:19	1:51	33:41 1:42	38:48 5:07	42:12 3:24	47:29 5:17	48:49 1:20	54:25 5:36	57:03 2:38
5	129	Ole Rasmussen Køge OK	1:06:50	5:09 3:00 3:00 1:02:54	2:35 8:52 5:52 1:05:29	1:02 14:39 5:47 1:06:31	0:19 19:05 4:26 1:06:50	23:46 26:38	4:41 2:52	2:36	32:40 3:26	38:25 5:45	40:53 2:28	46:31 5:38	47:56 1:25	55:05 7:09	57:45 2:40
6	135	Ole Svendsen OK Roskilde	1:07:20	5:09 2:53 1:03:13	2:35 9:18 1:05:57	1:02 15:13 1:07:00	0:19 19:36 1:07:20	23:32 26:07	2:35 1:43	1:43	30:20 2:30	35:53 5:33	38:38 2:45	47:22 8:44	48:40 1:18	55:12 6:32	1:00:01 4:49
7	137	Erik Løvgren Jense Køge OK	1:08:31	3:12 2:38 1:03:50	2:44 7:26 1:07:19	1:03 11:59 1:08:15	0:20 15:39 1:08:31	19:12 21:53	2:41 1:46	1:46	23:39 26:45	31:58 5:13	34:43 2:45	42:42 7:59	44:25 1:43	49:15 4:50	56:55 7:40
8	133	Ole Christiansen Farum OK	1:08:43	6:55 2:50 1:03:55	3:29 8:36 1:07:05	0:56 13:33 1:08:24	0:16 17:51 1:08:43	21:57 4:06	24:55 2:58	27:35 2:40	30:58 3:23	36:38 5:40	41:41 5:03	48:46 7:05	50:24 1:38	56:00 5:36	59:52 3:52
9	128	Kaare Vindfeld OK S.G.	1:08:52	4:03 3:11 3:11 1:04:25	3:10 11:01 7:50 1:07:10	1:19 16:45 5:44 1:08:33	0:19 21:19 4:34 1:08:52	25:29 28:18	4:10 2:49	2:41	34:48 3:49	40:30 5:42	42:49 2:19	51:57 9:08	53:07 1:10	58:09 5:02	1:01:17 3:08
10	136	Mogens Jensen Holbæk OK	1:09:55	3:08 3:25 3:25 1:04:28	2:45 9:31 6:06 1:08:31	1:23 14:59 5:28 1:09:34	0:19 18:59 4:00 1:09:55	23:31 26:51	4:32 3:20	2:32	31:37 2:14	37:23 5:46	40:00 2:37	46:09 6:09	47:34 1:25	54:05 6:31	1:00:35 6:30
11	124	Jim Chalmers Lyngby OK	1:16:30	3:53 2:30 1:12:21	4:03 16:30 1:15:04	1:03 24:47 1:16:09	0:21 29:10 1:16:30	32:43 38:29	5:46 4:26	4:26	44:49 1:54	49:56 5:07	52:26 2:30	57:56 5:30	59:08 1:12	1:05:59 6:51	1:09:24 3:25
12	139	Bo Bülow Malmö OK	1:23:21	2:57 2:48 1:17:14	2:43 8:56 1:21:43	1:05 23:48 1:23:05	0:21 28:21 1:23:21	33:17 4:56	35:57 2:40	38:07 2:10	42:26 4:19	48:41 6:15	51:31 2:50	59:05 7:34	1:00:29 1:24	1:07:08 6:39	1:13:30 6:22
13	134	Poul Gregersen Ballerup OK	1:24:02	3:44 3:53 1:16:33	4:29 11:22 1:21:41	1:22 17:31 1:23:29	0:16 23:04 1:24:02	28:21 5:17	31:54 3:33	34:28 2:34	39:07 4:39	47:11 8:04	50:21 3:10	58:44 8:23	1:00:34 1:50	1:08:23 7:49	1:11:55 3:32

Pl	nr.	Navn	Tid														
<i>H70- (17)</i>				<i>5,1 km 0 Hm</i>				<i>17 K</i>		<i>(skrifttyper)</i>							
				1(62) 15(96)	2(32) 16(105)	3(75) 17(100)	4(65) Mål	5(67)	6(106)	7(42)	8(107)	9(44)	10(45)	11(56)	12(58)	13(71)	14(59)
14	127	Otto Kristensen Køge OK	1:27:56	2:59 1:24:35	12:46 1:26:41	17:49 1:27:40	35:34 1:27:56	41:24 5:50	43:51 2:27	49:13 5:22	54:56 5:43	1:01:13 6:17	1:03:18 2:05	1:10:14 6:56	1:11:39 1:25	1:17:16 5:37	1:21:16 4:00
15	125	Dan Haagerup Tisvilde Hegn OK	1:28:04	3:19 4:42	2:06 13:59	0:59 27:31	0:16 32:54	37:46 4:52	41:31 3:45	43:44 2:13	46:31 2:47	53:25 6:54	56:42 3:17	1:04:28 7:46	1:06:18 1:50	1:13:32 7:14	1:16:32 3:00
16	138	Knud Lykking OK73	1:34:51	4:50 7:24	4:26 7:27	1:46 15:25	0:30 6:32	42:40 5:52	45:50 3:10	51:43 5:53	54:20 2:37	1:00:59 6:39	1:04:21 3:22	1:12:34 8:13	1:14:11 1:37	1:21:17 7:06	1:24:31 3:14
17	140	Ulrik Danneskiold-S Farum OK	1:36:52	4:45 2:42	3:31 21:59	1:32 34:03	0:32 38:05	47:52 9:47	50:23 2:31	55:17 4:54	1:00:35 5:18	1:08:12 7:37	1:10:31 2:19	1:17:31 7:00	1:18:35 1:04	1:26:55 8:20	1:30:04 3:09
				1:33:04 3:00	1:35:19 2:15	1:36:34 1:15	1:36:52 0:18		1:16:16 *58								
<i>H75- (3)</i>				<i>3,8 km 0 Hm</i>				<i>15 K</i>									
				1(61) 15(100)	2(41) Mål	3(106)	4(42)	5(43)	6(55)	7(45)	8(97)	9(57)	10(71)	11(72)	12(96)	13(52)	14(85)
1	142	Henning Løwenstei FIF Hillerød Oriente	1:01:46	6:53 6:53 1:01:24	15:17 8:24 1:01:46	18:16 2:59	20:56 2:40	25:44 4:48	26:57 1:13	30:14 3:17	32:36 2:22	36:19 3:43	45:28 9:09	49:55 4:27	52:29 2:34	57:08 4:39	59:42 2:34
2	141	Bendt Frandsen Farum OK	1:20:09	13:48 13:48 1:19:46	21:23 7:35 0:23	23:36 2:13	29:51 6:15	35:11 5:20	36:24 1:13	40:05 3:41	42:15 2:10	48:16 6:01	54:34 6:18	1:03:56 9:22	1:07:10 3:14	1:15:33 8:23	1:18:04 2:31
3	143	John Jensen Holbæk OK	1:23:27	7:43 7:43 1:23:03	20:19 12:36 1:23:27	22:26 2:07	31:08 8:42	48:59 17:51	50:00 1:01	53:27 3:27	55:32 2:05	59:28 3:56	1:03:54 4:26	1:08:28 4:34	1:11:16 2:48	1:17:45 6:29	1:20:06 2:21
<i>H80- (1)</i>				<i>3,5 km 0 Hm</i>				<i>11 K</i>									
				1(62)	2(83)	3(42)	4(43)	5(44)	6(45)	7(57)	8(48)	9(50)	10(105)	11(100)	Mål		
1	144	Bent Mortensen OK73	53:32	3:19 3:19	12:22 9:03	16:34 4:12	22:52 6:18	26:44 3:52	29:46 3:02	35:44 5:58	41:46 6:02	47:02 5:16	51:23 4:21	52:54 1:31	53:32 0:38		
<i>H85- (2)</i>				<i>3,5 km 0 Hm</i>				<i>11 K</i>									
				1(62)	2(83)	3(42)	4(43)	5(44)	6(45)	7(57)	8(48)	9(50)	10(105)	11(100)	Mål		
1	145	Peter Larsen Helsingør SOK	1:04:41	5:09 5:09	14:19 9:10	21:44 7:25	28:30 6:46	32:51 4:21	37:14 4:23	45:19 8:05	51:05 5:46	57:36 6:31	1:02:30 4:54	1:04:07 1:37	1:04:41 0:34		
	146	Jørgen Poulsen OK73	e startet														