

Resultater – 1-2 division match 7.maj 2023

2023-05-07

Beg	(14 / 14)	Tid	Efter	Tidstab
1. Linea Vedel Lange	Farum OK	24:03		3:09
1:03 (1:03)	1:34 (2:37)	0:51 (3:28)	0:54 (4:22)	1:14 (5:36)
1:58 (10:13)	2:56 (13:09)	1:14 (14:23)	1:54 (16:17)	1:14 (17:31)
1:15 (20:26)	1:46 (22:12)	0:40 (22:52)	0:46 (23:38)	0:25 (24:03)
2. Rikke Hartelius	FIF Hillerød	30:17	+6:14	2:33
1:26 (1:26)	2:23 (3:49)	0:59 (4:48)	1:06 (5:54)	1:54 (7:48)
2:08 (13:03)	3:01 (16:04)	1:32 (17:36)	2:12 (19:48)	1:25 (21:13)
1:56 (25:19)	2:33 (27:52)	0:59 (28:51)	0:51 (29:42)	0:35 (30:17)
3. Sara Christiansen	FIF Hillerød	30:57	+6:54	1:22
1:55 (1:55)	2:32 (4:27)	1:23 (5:50)	1:11 (7:01)	1:59 (9:00)
2:02 (14:30)	1:29 (15:59)	1:57 (17:56)	2:01 (19:57)	1:45 (21:42)
2:03 (25:39)	2:39 (28:18)	1:03 (29:21)	0:56 (30:17)	0:40 (30:57)
4. Gert Larsen	FIF Hillerød	34:31	+10:28	1:58
1:44 (1:44)	2:36 (4:20)	1:14 (5:34)	1:14 (6:48)	1:54 (8:42)
3:54 (16:18)	1:31 (17:49)	2:13 (20:02)	2:23 (22:25)	2:01 (24:26)
2:27 (28:59)	2:54 (31:53)	0:44 (32:37)	1:07 (33:44)	0:47 (34:31)
5. Gitte Svarre Jørgensen	Holbæk OK	35:13	+11:10	7:11
1:52 (1:52)	3:45 (5:37)	0:57 (6:34)	1:08 (7:42)	1:22 (9:04)
1:45 (13:50)	1:16 (15:06)	2:06 (17:12)	2:07 (19:19)	1:43 (21:02)
2:02 (24:52)	2:24 (27:16)	6:24 (33:40)	0:53 (34:33)	0:40 (35:13)
6. Margit Ulmer	Tisvilde Hegn OK	36:12	+12:09	0:00
2:00 (2:00)	2:47 (4:47)	1:22 (6:09)	1:21 (7:30)	2:14 (9:44)
2:12 (16:03)	1:42 (17:45)	2:25 (20:10)	2:39 (22:49)	2:07 (24:56)
2:27 (29:59)	3:04 (33:03)	1:04 (34:07)	1:12 (35:19)	0:53 (36:12)
7. Louise Elstorp	Holbæk OK	38:04	+14:01	6:59
1:55 (1:55)	2:29 (4:24)	1:12 (5:36)	1:14 (6:50)	1:45 (8:35)
1:52 (20:57)	1:32 (22:29)	2:14 (24:43)	2:25 (27:08)	1:57 (29:05)
2:04 (33:19)	2:16 (35:35)	0:43 (36:18)	1:03 (37:21)	0:43 (38:04)
8. Annette A. Hansen	Tisvilde Hegn OK	42:11	+18:08	5:43
2:00 (2:00)	2:53 (4:53)	1:25 (6:18)	1:24 (7:42)	2:01 (9:43)
2:16 (16:08)	1:52 (18:00)	2:27 (20:27)	2:43 (23:10)	7:25 (30:35)
2:28 (35:29)	3:18 (38:47)	1:02 (39:49)	1:22 (41:11)	1:00 (42:11)
9. Ellen Frese Søderlund	Farum OK	43:49	+19:46	4:56
1:57 (1:57)	2:57 (4:54)	1:42 (6:36)	1:31 (8:07)	2:23 (10:30)
2:47 (17:14)	2:46 (20:00)	2:40 (22:40)	3:51 (26:31)	2:42 (29:13)
3:40 (35:33)	4:19 (39:52)	1:36 (41:28)	1:42 (43:10)	0:39 (43:49)
10. Mette Vejen Eriksen	Tisvilde Hegn OK	46:04	+22:01	0:29
2:28 (2:28)	4:06 (6:34)	1:45 (8:19)	1:36 (9:55)	2:38 (12:33)
2:56 (20:17)	2:35 (22:52)	3:19 (26:11)	3:20 (29:31)	2:42 (32:13)
2:59 (38:26)	3:38 (42:04)	1:21 (43:25)	1:33 (44:58)	1:06 (46:04)
11. Evelin Jirásková	Farum OK	47:50	+23:47	11:31
1:23 (1:23)	3:10 (4:33)	1:26 (5:59)	1:20 (7:19)	1:59 (9:18)
3:22 (19:01)	1:14 (20:15)	4:32 (24:47)	2:34 (27:21)	3:33 (30:54)
4:25 (40:44)	3:49 (44:33)	1:41 (46:14)	1:05 (47:19)	0:31 (47:50)
12. Stig Knudsen	Søllerød OK	52:31	+28:28	10:08
3:17 (3:17)	3:20 (6:37)	2:35 (9:12)	4:51 (14:03)	2:48 (16:51)
2:39 (24:44)	2:29 (27:13)	6:59 (34:12)	2:51 (37:03)	2:16 (39:19)
2:41 (44:37)	4:14 (48:51)	1:07 (49:58)	1:35 (51:33)	0:58 (52:31)
13. Arne Grøndahl	Søllerød OK	52:57	+28:54	0:32
2:51 (2:51)	4:06 (6:57)	2:04 (9:01)	2:02 (11:03)	2:58 (14:01)
3:27 (23:30)	2:39 (26:09)	3:48 (29:57)	3:54 (33:51)	3:08 (36:59)
3:38 (44:03)	4:19 (48:22)	1:27 (49:49)	1:52 (51:41)	1:16 (52:57)
14. Eva Sofie Bøye	FIF Hillerød	1:53:53	+1:29:50	1:06:36
1:49 (1:49)	4:34 (6:23)	1:58 (8:21)	2:29 (10:50)	2:45 (13:35)
3:23 (24:52)	3:55 (28:47)	15:28 (44:15)	3:25 (47:40)	2:53 (50:33)
2:52 (55:55)	2:07 (58:02)	3:44 (1:01:46)	51:39 (1:53:25)	0:28 (1:53:53)

D10	(10 / 10)	Tid	Efter	Tidstab
1. Dasha Kapanadze	Farum OK	19:16		1:16
0:49 (0:49)	2:05 (2:54)	0:51 (3:45)	1:05 (4:50)	1:04 (5:54)
1:15 (9:30)	0:54 (10:24)	1:10 (11:34)	1:17 (12:51)	1:09 (14:00)
1:17 (16:31)	1:19 (17:50)	0:22 (18:12)	0:46 (18:58)	0:18 (19:16)
2. Vega Deiborg	FIF Hillerød	21:41	+2:25	2:41
1:16 (1:16)	1:20 (2:36)	0:42 (3:18)	0:47 (4:05)	1:00 (5:05)
1:36 (9:46)	0:57 (10:43)	1:50 (12:33)	1:24 (13:57)	1:05 (15:02)
1:39 (17:51)	1:31 (19:22)	1:29 (20:51)	0:31 (21:22)	0:19 (21:41)
3. Viktoria Sharpe á Argjahøvda	OK Sorø	22:36	+3:20	3:44
0:50 (0:50)	1:30 (2:20)	0:53 (3:13)	0:47 (4:00)	0:59 (4:59)
1:06 (8:34)	3:34 (12:08)	1:30 (13:38)	1:20 (14:58)	0:58 (15:56)
1:28 (18:47)	2:38 (21:25)	0:25 (21:50)	0:30 (22:20)	0:16 (22:36)
4. Kaya Justesen	Holbæk OK	24:52	+5:36	3:09
0:58 (0:58)	1:49 (2:47)	0:50 (3:37)	0:53 (4:30)	1:19 (5:49)
1:39 (10:10)	4:01 (14:11)	1:31 (15:42)	1:38 (17:20)	1:24 (18:44)
1:36 (21:40)	1:50 (23:30)	0:22 (23:52)	0:41 (24:33)	0:19 (24:52)

5.	Andrea Hershøj-Hjorth	Ballerup OK	25:23	+6:07	2:39		
	1:00 (1:00)	1:49 (2:49)	1:08 (3:57)	0:49 (4:46)		1:55 (6:41)	3:03 (9:44)
	1:38 (11:22)	1:04 (12:26)	2:04 (14:30)	2:03 (16:33)		1:22 (17:55)	1:59 (19:54)
	2:20 (22:14)	1:36 (23:50)	0:42 (24:32)	0:32 (25:04)		0:19 (25:23)	
6.	Liv Dahlia Kantsø Frost	Holbæk OK	27:24	+8:08	1:39		
	1:21 (1:21)	2:10 (3:31)	1:08 (4:39)	1:12 (5:51)		1:41 (7:32)	2:51 (10:23)
	2:03 (12:26)	1:19 (13:45)	1:48 (15:33)	2:09 (17:42)		2:06 (19:48)	1:42 (21:30)
	2:08 (23:38)	1:51 (25:29)	0:45 (26:14)	0:43 (26:57)		0:27 (27:24)	
7.	Annika Damgaard Bodilsen	Farum OK	33:02	+13:46	3:05		
	1:26 (1:26)	2:16 (3:42)	1:02 (4:44)	1:38 (6:22)		1:36 (7:58)	4:19 (12:17)
	2:46 (15:03)	1:30 (16:33)	1:57 (18:30)	2:39 (21:09)		2:13 (23:22)	1:39 (25:01)
	3:15 (28:16)	2:23 (30:39)	0:48 (31:27)	1:04 (32:31)		0:31 (33:02)	
8.	Laura Fischer Harloff-Helleberg	Søllerød OK	33:43	+14:27	4:09		
	2:54 (2:54)	3:06 (6:00)	1:26 (7:26)	1:41 (9:07)		1:36 (10:43)	4:26 (15:09)
	2:16 (17:25)	1:40 (19:05)	2:21 (21:26)	2:37 (24:03)		2:00 (26:03)	1:56 (27:59)
	2:15 (30:14)	1:55 (32:09)	0:25 (32:34)	0:48 (33:22)		0:21 (33:43)	
9.	Mynthe Konring Larsen	FIF Hillerød	46:05	+26:49	5:37		
	1:51 (1:51)	3:14 (5:05)	2:06 (7:11)	2:48 (9:59)		2:44 (12:43)	4:41 (17:24)
	2:45 (20:09)	3:07 (23:16)	4:28 (27:44)	3:27 (31:11)		2:26 (33:37)	3:17 (36:54)
	3:45 (40:39)	2:34 (43:13)	1:03 (44:16)	1:08 (45:24)		0:41 (46:05)	
10.	Marta Buchwald	Holbæk OK	50:57	+31:41	15:12		
	0:54 (0:54)	3:28 (4:22)	1:17 (5:39)	1:11 (6:50)		1:58 (8:48)	5:33 (14:21)
	2:41 (17:02)	1:43 (18:45)	3:38 (22:23)	2:51 (25:14)		2:13 (27:27)	2:08 (29:35)
	2:58 (32:33)	3:03 (35:36)	14:07 (49:43)	0:54 (50:37)		0:20 (50:57)	

D12		(7 / 7)	Tid	Efter	Tidstab		
1.	Ida Nygaard Monrad	FIF Hillerød	28:01		1:12		
	1:00 (1:00)	1:06 (2:06)	0:55 (3:01)	0:43 (3:44)		1:29 (5:13)	2:01 (7:14)
	0:57 (8:11)	1:31 (9:42)	1:06 (10:48)	1:31 (12:19)		2:44 (15:03)	2:48 (17:51)
	2:59 (20:50)	2:39 (23:29)	2:08 (25:37)	1:17 (26:54)		0:46 (27:40)	0:21 (28:01)
2.	Vigga Petersen	Holbæk OK	32:54	+4:53	3:34		
	1:01 (1:01)	1:27 (2:28)	1:13 (3:41)	0:45 (4:26)		1:25 (5:51)	3:37 (9:28)
	0:51 (10:19)	1:49 (12:08)	1:53 (14:01)	1:24 (15:25)		3:23 (18:48)	2:39 (21:27)
	2:16 (23:43)	4:40 (28:23)	1:59 (30:22)	1:26 (31:48)		0:49 (32:37)	0:17 (32:54)
3.	Silke Konring Larsen	FIF Hillerød	33:43	+5:42	4:27		
	0:49 (0:49)	1:00 (1:49)	2:26 (4:15)	0:45 (5:00)		1:28 (6:28)	4:21 (10:49)
	0:49 (11:38)	1:24 (13:02)	1:20 (14:22)	1:29 (15:51)		2:24 (18:15)	2:41 (20:56)
	2:54 (23:50)	4:58 (28:48)	2:22 (31:10)	1:12 (32:22)		1:04 (33:26)	0:17 (33:43)
4.	Annika Kalle Pedersen	Holbæk OK	36:24	+8:23	5:28		
	0:47 (0:47)	2:09 (2:56)	1:45 (4:41)	0:36 (5:17)		1:26 (6:43)	2:59 (9:42)
	1:19 (11:01)	2:27 (13:28)	1:25 (14:53)	1:26 (16:19)		2:57 (19:16)	2:44 (22:00)
	2:42 (24:42)	5:16 (29:58)	3:15 (33:13)	1:27 (34:40)		1:24 (36:04)	0:20 (36:24)
5.	Edith Gerstrøm	Tisvilde Hegn OK	39:54	+11:53	4:32		
	1:10 (1:10)	1:16 (2:26)	2:06 (4:32)	0:59 (5:31)		1:50 (7:21)	3:02 (10:23)
	1:10 (11:33)	1:30 (13:03)	2:04 (15:07)	1:41 (16:48)		3:23 (20:11)	3:17 (23:28)
	3:08 (26:36)	6:28 (33:04)	2:32 (35:36)	3:07 (38:43)		0:52 (39:35)	0:19 (39:54)
6.	Emma Bredahl Telyakevych	Farum OK	41:21	+13:20	7:04		
	2:32 (2:32)	1:17 (3:49)	1:06 (4:55)	2:39 (7:34)		2:21 (9:55)	2:31 (12:26)
	1:27 (13:53)	1:34 (15:27)	1:49 (17:16)	2:28 (19:44)		3:57 (23:41)	2:54 (26:35)
	3:33 (30:08)	4:58 (35:06)	2:41 (37:47)	2:08 (39:55)		1:06 (41:01)	0:20 (41:21)
7.	Carla Schou Christensen	OK Sorø	1:00:38	+32:37	14:18		
	1:07 (1:07)	2:00 (3:07)	2:36 (5:43)	1:14 (6:57)		3:23 (10:20)	3:43 (14:03)
	1:48 (15:51)	3:21 (19:12)	2:04 (21:16)	8:34 (29:50)		3:22 (33:12)	3:39 (36:51)
	4:05 (40:56)	9:35 (50:31)	3:38 (54:09)	3:47 (57:56)		2:26 (1:00:22)	0:16 (1:00:38)

D12B		(9 / 9)	Tid	Efter	Tidstab		
1.	Marie K. Brigsted	FIF Hillerød	19:59		0:53		
	0:48 (0:48)	1:19 (2:07)	0:53 (3:00)	0:44 (3:44)		0:57 (4:41)	2:31 (7:12)
	1:37 (8:49)	1:14 (10:03)	1:05 (11:08)	1:52 (13:00)		1:14 (14:14)	1:10 (15:24)
	1:29 (16:53)	1:29 (18:22)	0:25 (18:47)	0:45 (19:32)		0:27 (19:59)	
2.	Lisa Holzknacht Hrafnkelsdóttir	Søllerød OK	22:45	+2:46	1:16		
	0:58 (0:58)	1:44 (2:42)	0:53 (3:35)	0:48 (4:23)		1:25 (5:48)	3:01 (8:49)
	1:42 (10:31)	2:06 (12:37)	1:25 (14:02)	1:31 (15:33)		1:15 (16:48)	1:16 (18:04)
	1:33 (19:37)	1:44 (21:21)	0:24 (21:45)	0:37 (22:22)		0:23 (22:45)	
3.	Amanda Hershøj-Hjorth	Ballerup OK	25:26	+5:27	3:03		
	1:03 (1:03)	1:55 (2:58)	1:02 (4:00)	0:46 (4:46)		2:00 (6:46)	3:01 (9:47)
	1:39 (11:26)	1:04 (12:30)	2:04 (14:34)	2:06 (16:40)		1:21 (18:01)	1:58 (19:59)
	2:18 (22:17)	1:47 (24:04)	0:36 (24:40)	0:28 (25:08)		0:18 (25:26)	
4.	Lærke Bellis Kantsø Frost	Holbæk OK	25:32	+5:33	1:38		
	0:54 (0:54)	2:07 (3:01)	1:03 (4:04)	1:04 (5:08)		1:24 (6:32)	2:53 (9:25)
	2:01 (11:26)	1:12 (12:38)	1:31 (14:09)	2:00 (16:09)		1:32 (17:41)	1:35 (19:16)
	2:18 (21:34)	2:34 (24:08)	0:29 (24:37)	0:36 (25:13)		0:19 (25:32)	
5.	Sophia Fischer Harloff-Helleberg	Søllerød OK	28:30	+8:31	4:50		
	1:17 (1:17)	2:00 (3:17)	1:20 (4:37)	0:48 (5:25)		1:44 (7:09)	3:22 (10:31)
	1:31 (12:02)	5:16 (17:18)	1:00 (18:18)	1:32 (19:50)		1:31 (21:21)	1:28 (22:49)
	2:02 (24:51)	2:00 (26:51)	0:36 (27:27)	0:39 (28:06)		0:24 (28:30)	
6.	Sara Semak Jensen	Farum OK	30:04	+10:05	3:09		
	1:34 (1:34)	2:24 (3:58)	1:23 (5:21)	1:28 (6:49)		1:57 (8:46)	3:13 (11:59)
	1:58 (13:57)	1:01 (14:58)	2:00 (16:58)	2:10 (19:08)		2:00 (21:08)	1:43 (22:51)
	2:19 (25:10)	2:58 (28:08)	0:43 (28:51)	0:45 (29:36)		0:28 (30:04)	

7.	Asta Jørgensen	Holbæk OK	33:57	+13:58	7:40		
	1:43 (1:43)	2:38 (4:21)	0:59 (5:20)	1:08 (6:28)	1:20 (7:48)	3:01 (10:49)	
	1:45 (12:34)	1:14 (13:48)	2:08 (15:56)	2:09 (18:05)	1:40 (19:45)	1:47 (21:32)	
	2:04 (23:36)	2:24 (26:00)	6:25 (32:25)	0:52 (33:17)	0:40 (33:57)		
8.	Kaya Skovborg Bjødstrup	Holbæk OK	51:02	+31:03	16:05		
	0:54 (0:54)	3:35 (4:29)	1:17 (5:46)	1:10 (6:56)	1:55 (8:51)	5:34 (14:25)	
	2:42 (17:07)	1:38 (18:45)	3:37 (22:22)	2:59 (25:21)	2:07 (27:28)	2:11 (29:39)	
	3:01 (32:40)	3:06 (35:46)	13:57 (49:43)	1:00 (50:43)	0:19 (51:02)		
9.	Mille Adele Ravnsnæs Villadsen	FIF Hillerød	1:53:58	+1:33:59	1:08:06		
	1:51 (1:51)	4:33 (6:24)	1:58 (8:22)	2:33 (10:55)	2:41 (13:36)	7:54 (21:30)	
	3:24 (24:54)	3:59 (28:53)	15:23 (44:16)	3:24 (47:40)	2:55 (50:35)	2:29 (53:04)	
	2:51 (55:55)	2:14 (58:09)	3:32 (1:01:41)	51:45 (1:53:26)	0:32 (1:53:58)		

D14		(4 / 4)	Tid	Efter	Tidstab		
1.	Hanna Bæk Christiansen	Søllerød OK	33:26		2:04		
	0:56 (0:56)	2:08 (3:04)	1:02 (4:06)	3:35 (7:41)	3:32 (11:13)	1:15 (12:28)	
	1:36 (14:04)	3:46 (17:50)	5:34 (23:24)	1:22 (24:46)	2:36 (27:22)	2:35 (29:57)	
	1:31 (31:28)	0:55 (32:23)	0:51 (33:14)	0:12 (33:26)			
2.	Kaya Funder Skovlyst	FIF Hillerød	35:27	+2:01	2:49		
	0:51 (0:51)	1:01 (1:52)	2:12 (4:04)	2:33 (6:37)	3:40 (10:17)	1:11 (11:28)	
	1:59 (13:27)	4:17 (17:44)	6:38 (24:22)	1:23 (25:45)	2:54 (28:39)	2:22 (31:01)	
	1:30 (32:31)	1:36 (34:07)	1:06 (35:13)	0:14 (35:27)			
3.	Lærke Konring Larsen	FIF Hillerød	38:42	+5:16	3:41		
	0:58 (0:58)	1:39 (2:37)	1:15 (3:52)	2:59 (6:51)	4:30 (11:21)	1:24 (12:45)	
	1:45 (14:30)	5:25 (19:55)	5:11 (25:06)	1:33 (26:39)	3:42 (30:21)	3:01 (33:22)	
	1:42 (35:04)	2:15 (37:19)	1:08 (38:27)	0:15 (38:42)			
4.	Wilma Heegaard Boe-Hansen	OK Sorø	49:10	+15:44	5:05		
	1:08 (1:08)	1:09 (2:17)	1:39 (3:56)	3:22 (7:18)	6:10 (13:28)	1:51 (15:19)	
	2:12 (17:31)	6:55 (24:26)	7:14 (31:40)	1:50 (33:30)	3:50 (37:20)	5:07 (42:27)	
	2:18 (44:45)	2:27 (47:12)	1:40 (48:52)	0:18 (49:10)			

D14B		(7 / 7)	Tid	Efter	Tidstab		
1.	Dana Kapanadze	Farum OK	29:31		2:17		
	0:47 (0:47)	1:00 (1:47)	1:15 (3:02)	0:43 (3:45)	1:10 (4:55)	2:00 (6:55)	
	1:00 (7:55)	1:18 (9:13)	1:40 (10:53)	1:18 (12:11)	3:08 (15:19)	2:18 (17:37)	
	3:00 (20:37)	3:47 (24:24)	2:43 (27:07)	1:02 (28:09)	1:00 (29:09)	0:22 (29:31)	
2.	Frida Petersen	Holbæk OK	34:49	+5:18	4:43		
	0:59 (0:59)	1:08 (2:07)	4:50 (6:57)	0:49 (7:46)	1:14 (9:00)	2:26 (11:26)	
	1:06 (12:32)	1:30 (14:02)	1:23 (15:25)	1:40 (17:05)	2:55 (20:00)	2:49 (22:49)	
	2:27 (25:16)	3:43 (28:59)	2:08 (31:07)	1:56 (33:03)	1:21 (34:24)	0:25 (34:49)	
2.	Viola Xenia Randall Hansen	FIF Hillerød	34:49	+5:18	2:53		
	1:07 (1:07)	1:26 (2:33)	1:31 (4:04)	0:48 (4:52)	1:48 (6:40)	3:04 (9:44)	
	1:07 (10:51)	1:55 (12:46)	1:28 (14:14)	1:49 (16:03)	3:00 (19:03)	2:47 (21:50)	
	2:58 (24:48)	4:32 (29:20)	2:15 (31:35)	1:43 (33:18)	1:06 (34:24)	0:25 (34:49)	
4.	Nalini Kapanadze	Farum OK	40:07	+10:36	10:49		
	0:48 (0:48)	0:55 (1:43)	1:33 (3:16)	0:51 (4:07)	1:34 (5:41)	1:57 (7:38)	
	1:01 (8:39)	1:28 (10:07)	1:37 (11:44)	1:17 (13:01)	3:04 (16:05)	2:24 (18:29)	
	2:32 (21:01)	6:17 (27:18)	10:23 (37:41)	1:18 (38:59)	0:52 (39:51)	0:16 (40:07)	
5.	Isabella Høeberg	Søllerød OK	47:47	+18:16	11:46		
	1:14 (1:14)	1:18 (2:32)	1:29 (4:01)	0:46 (4:47)	2:20 (7:07)	2:20 (9:27)	
	1:30 (10:57)	1:48 (12:45)	7:37 (20:22)	2:10 (22:32)	3:16 (25:48)	3:20 (29:08)	
	4:46 (33:54)	7:39 (41:33)	2:27 (44:00)	1:55 (45:55)	1:24 (47:19)	0:28 (47:47)	
6.	Annabella Rohrberg-Thomsen	Tisvilde Hegn OK	51:43	+22:12	7:38		
	0:56 (0:56)	1:42 (2:38)	1:49 (4:27)	0:53 (5:20)	1:45 (7:05)	6:28 (13:33)	
	1:10 (14:43)	2:37 (17:20)	2:15 (19:35)	2:22 (21:57)	4:40 (26:37)	4:19 (30:56)	
	3:58 (34:54)	7:18 (42:12)	4:14 (46:26)	2:52 (49:18)	2:03 (51:21)	0:22 (51:43)	
7.	Mathilde Bøye	FIF Hillerød	58:52	+29:21	25:29		
	1:03 (1:03)	1:29 (2:32)	3:54 (6:26)	1:37 (8:03)	1:41 (9:44)	3:33 (13:17)	
	2:58 (16:15)	5:05 (21:20)	4:16 (25:36)	1:13 (26:49)	2:25 (29:14)	2:55 (32:09)	
	2:18 (34:27)	2:07 (36:34)	16:28 (53:02)	2:32 (55:34)	2:50 (58:24)	0:28 (58:52)	

D16		(4 / 4)	Tid	Efter	Tidstab		
1.	Laura-Johanne David Koue	Søllerød OK	1:02:30		0:53		
	2:24 (2:24)	2:41 (5:05)	1:34 (6:39)	1:45 (8:24)	2:32 (10:56)	2:37 (13:33)	
	3:47 (17:20)	0:52 (18:12)	3:24 (21:36)	3:57 (25:33)	4:10 (29:43)	8:55 (38:38)	
	3:09 (41:47)	5:13 (47:00)	4:20 (51:20)	4:04 (55:24)	2:16 (57:40)	3:45 (1:01:25)	
	0:48 (1:02:13)	0:17 (1:02:30)					
2.	Carla Petersen	Holbæk OK	1:06:20	+3:50	5:11		
	2:03 (2:03)	2:44 (4:47)	4:07 (8:54)	3:04 (11:58)	2:30 (14:28)	2:45 (17:13)	
	3:29 (20:42)	0:52 (21:34)	3:32 (25:06)	4:45 (29:51)	3:21 (33:12)	8:21 (41:33)	
	3:18 (44:51)	5:19 (50:10)	4:28 (54:38)	3:48 (58:26)	2:51 (1:01:17)	3:18 (1:04:35)	
	1:31 (1:06:06)	0:14 (1:06:20)					
3.	Astrid Rosa Husted Sigvardsen	Holbæk OK	2:01:28	+58:58	16:07		
	3:49 (3:49)	8:01 (11:50)	6:19 (18:09)	4:06 (22:15)	3:37 (25:52)	4:45 (30:37)	
	12:14 (42:51)	1:33 (44:24)	5:42 (50:06)	8:06 (58:12)	5:42 (1:03:54)	14:06 (1:18:00)	
	5:53 (1:23:53)	9:19 (1:33:12)	7:19 (1:40:31)	8:58 (1:49:29)	4:47 (1:54:16)	5:36 (1:59:52)	
	1:22 (2:01:14)	0:14 (2:01:28)					
	Norah Palsgaard	Søllerød OK	Fejlkli				
	8:39 (8:39)	6:55 (15:34)	2:30 (18:04)	4:08 (22:12)	4:37 (26:49)	5:12 (32:01)	
	5:14 (37:15)	1:06 (38:21)	5:22 (43:43)	8:28 (52:11)	3:14 (55:25)	— (—)	
	— (1:04:06)	— (—)	— (—)	— (—)	— (—)	— (—)	
	— (1:08:23)	0:24 (1:08:47)					

D18		(6 / 6)		Tid	Efter	Tidstab	
1.	Katrine Jentoft Fertin		Holbæk OK	1:09:30		1:46	
	3:25 (3:25)	1:40 (5:05)	2:03 (7:08)		2:07 (9:15)	3:36 (12:51)	2:10 (15:01)
	1:38 (16:39)	2:30 (19:09)	3:10 (22:19)		3:48 (26:07)	2:05 (28:12)	6:31 (34:43)
	1:49 (36:32)	4:11 (40:43)	1:52 (42:35)		4:06 (46:41)	2:59 (49:40)	4:57 (54:37)
	3:53 (58:30)	2:29 (1:00:59)	1:17 (1:02:16)		2:06 (1:04:22)	3:43 (1:08:05)	1:10 (1:09:15)
	0:15 (1:09:30)						
2.	Lucia Holck		Tisvilde Hegn OK	1:11:48	+2:18	1:48	
	2:51 (2:51)	1:13 (4:04)	2:46 (6:50)		2:02 (8:52)	4:03 (12:55)	2:16 (15:11)
	1:47 (16:58)	3:11 (20:09)	3:29 (23:38)		3:49 (27:27)	2:35 (30:02)	6:23 (36:25)
	1:38 (38:03)	5:17 (43:20)	1:48 (45:08)		3:20 (48:28)	4:02 (52:30)	4:39 (57:09)
	4:43 (1:01:52)	1:54 (1:03:46)	1:24 (1:05:10)		1:46 (1:06:56)	3:51 (1:10:47)	0:46 (1:11:33)
	0:15 (1:11:48)						
3.	Emilie Bæk Christiansen		Søllerød OK	1:13:24	+3:54	2:07	
	3:05 (3:05)	1:48 (4:53)	2:15 (7:08)		2:18 (9:26)	3:24 (12:50)	2:26 (15:16)
	1:34 (16:50)	2:53 (19:43)	3:49 (23:32)		3:52 (27:24)	2:59 (30:23)	7:20 (37:43)
	1:42 (39:25)	4:50 (44:15)	1:53 (46:08)		3:10 (49:18)	4:36 (53:54)	3:56 (57:50)
	4:02 (1:01:52)	2:23 (1:04:15)	1:29 (1:05:44)		2:08 (1:07:52)	4:08 (1:12:00)	1:02 (1:13:02)
	0:22 (1:13:24)						
	Aide Funder Skovlyst		FIF Hillerød	Ej startet			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	Augusta Thorsen		Farum OK	Ej startet			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	Ebba Graff Frederiksen		FIF Hillerød	Ej startet			
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)

D20		(5 / 5)		Tid	Efter	Tidstab	
1.	Siri Simonsen		FIF Hillerød	57:38		0:45	
	2:31 (2:31)	1:26 (3:57)	1:42 (5:39)		2:10 (7:49)	3:18 (11:07)	2:04 (13:11)
	1:21 (14:32)	1:54 (16:26)	3:00 (19:26)		2:50 (22:16)	2:02 (24:18)	5:17 (29:35)
	1:24 (30:59)	4:00 (34:59)	1:21 (36:20)		2:24 (38:44)	3:03 (41:47)	2:47 (44:34)
	2:59 (47:33)	1:43 (49:16)	1:23 (50:39)		2:35 (53:14)	3:06 (56:20)	1:02 (57:22)
	0:16 (57:38)						
2.	Ditte Højbjerg Andersen		FIF Hillerød	1:03:49	+6:11	3:56	
	2:31 (2:31)	2:16 (4:47)	1:49 (6:36)		1:53 (8:29)	4:48 (13:17)	2:01 (15:18)
	1:21 (16:39)	1:56 (18:35)	2:36 (21:11)		2:56 (24:07)	1:59 (26:06)	5:43 (31:49)
	1:47 (33:36)	4:45 (38:21)	1:33 (39:54)		3:35 (43:29)	2:57 (46:26)	3:20 (49:46)
	4:52 (54:38)	1:29 (56:07)	1:09 (57:16)		2:00 (59:16)	3:26 (1:02:42)	0:48 (1:03:30)
	0:19 (1:03:49)						
3.	Hedda Kärner Grooss		Allerød OK	1:13:29	+15:51	3:38	
	2:45 (2:45)	1:24 (4:09)	2:10 (6:19)		2:02 (8:21)	3:36 (11:57)	2:34 (14:31)
	1:44 (16:15)	2:37 (18:52)	3:42 (22:34)		4:53 (27:27)	1:54 (29:21)	6:54 (36:15)
	1:44 (37:59)	5:51 (43:50)	1:44 (45:34)		3:04 (48:38)	4:50 (53:28)	3:54 (57:22)
	4:33 (1:01:55)	2:09 (1:04:04)	2:04 (1:06:08)		1:49 (1:07:57)	4:18 (1:12:15)	0:56 (1:13:11)
	0:18 (1:13:29)						
4.	Elena Ingleby		Holbæk OK	2:03:28	+1:05:50	39:47	
	3:49 (3:49)	1:43 (5:32)	1:57 (7:29)		3:20 (10:49)	3:49 (14:38)	2:38 (17:16)
	1:49 (19:05)	4:01 (23:06)	11:58 (35:04)		5:31 (40:35)	8:12 (48:47)	6:23 (55:10)
	20:15 (1:15:25)	7:42 (1:23:07)	3:01 (1:26:08)		4:04 (1:30:12)	3:48 (1:34:00)	6:34 (1:40:34)
	5:49 (1:46:23)	2:30 (1:48:53)	4:36 (1:53:29)		4:02 (1:57:31)	4:19 (2:01:50)	1:20 (2:03:10)
	0:18 (2:03:28)						
5.	Fiona Palsgaard		Søllerød OK	2:06:06	+1:08:28	11:05	
	4:53 (4:53)	2:22 (7:15)	2:39 (9:54)		4:06 (14:00)	6:31 (20:31)	4:37 (25:08)
	3:10 (28:18)	3:39 (31:57)	5:15 (37:12)		7:45 (44:57)	4:30 (49:27)	8:54 (58:21)
	2:28 (1:00:49)	12:27 (1:13:16)	2:47 (1:16:03)		5:25 (1:21:28)	6:26 (1:27:54)	6:13 (1:34:07)
	10:01 (1:44:08)	3:59 (1:48:07)	4:39 (1:52:46)		4:23 (1:57:09)	7:10 (2:04:19)	1:31 (2:05:50)
	0:16 (2:06:06)						

D20B		(3 / 3)		Tid	Efter	Tidstab	
1.	Anna K. Brigsted		FIF Hillerød	50:22		2:45	
	1:16 (1:16)	1:08 (2:24)	1:23 (3:47)		6:34 (10:21)	5:24 (15:45)	1:38 (17:23)
	1:55 (19:18)	7:41 (26:59)	8:03 (35:02)		3:39 (38:41)	3:28 (42:09)	3:18 (45:27)
	1:36 (47:03)	1:44 (48:47)	1:14 (50:01)		0:21 (50:22)		
2.	Anna Laura Holck		Tisvilde Hegn OK	1:14:24	+24:02	24:31	
	7:44 (7:44)	4:14 (11:58)	1:20 (13:18)		5:27 (18:45)	9:49 (28:34)	4:20 (32:54)
	5:24 (38:18)	7:12 (45:30)	8:18 (53:48)		1:51 (55:39)	3:40 (59:19)	6:02 (1:05:21)
	2:32 (1:07:53)	5:01 (1:12:54)	1:15 (1:14:09)		0:15 (1:14:24)		

Emma Nygaard Monrad		FIF Hillerød		Ej startet			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
D21		(21 / 21)		Tid	Efter	Tidstab	
1. Ida Øbro		Tisvilde Hegn OK		46:56		0:00	
2:07 (2:07)	1:08 (3:15)	1:29 (4:44)		1:33 (6:17)		2:23 (8:40)	1:53 (10:33)
1:09 (11:42)	2:12 (13:54)	2:11 (16:05)		2:28 (18:33)		1:20 (19:53)	4:36 (24:29)
1:07 (25:36)	2:47 (28:23)	1:11 (29:34)		2:11 (31:45)		2:46 (34:31)	2:27 (36:58)
2:44 (39:42)	1:16 (40:58)	0:54 (41:52)		1:28 (43:20)		2:33 (45:53)	0:45 (46:38)
0:18 (46:56)							
2. Amanda Falck Weber		Tisvilde Hegn OK		48:15	+1:19	0:56	
2:21 (2:21)	1:04 (3:25)	1:32 (4:57)		2:32 (7:29)		2:18 (9:47)	1:49 (11:36)
1:06 (12:42)	1:50 (14:32)	2:24 (16:56)		2:24 (19:20)		1:34 (20:54)	4:45 (25:39)
1:09 (26:48)	3:19 (30:07)	1:11 (31:18)		2:04 (33:22)		2:32 (35:54)	2:21 (38:15)
2:37 (40:52)	1:27 (42:19)	1:05 (43:24)		1:17 (44:41)		2:37 (47:18)	0:42 (48:00)
0:15 (48:15)							
3. Maria M. Høyer Staugaard		FIF Hillerød		52:50	+5:54	1:20	
2:23 (2:23)	1:09 (3:32)	1:38 (5:10)		1:42 (6:52)		2:39 (9:31)	2:03 (11:34)
1:18 (12:52)	2:02 (14:54)	2:46 (17:40)		2:54 (19:20)		1:34 (22:08)	5:05 (27:13)
1:16 (28:29)	3:25 (31:54)	1:13 (33:07)		2:14 (35:21)		3:20 (38:41)	2:36 (41:17)
3:07 (44:24)	1:45 (46:09)	1:41 (47:50)		1:21 (49:11)		2:39 (51:50)	0:44 (52:34)
0:16 (52:50)							
4. Anne Konring Larsen		FIF Hillerød		53:30	+6:34	4:06	
2:41 (2:41)	2:31 (5:12)	1:36 (6:48)		1:34 (8:22)		2:24 (10:46)	1:54 (12:40)
1:13 (13:53)	1:55 (15:48)	2:20 (18:08)		2:30 (20:38)		1:23 (22:01)	4:53 (26:54)
3:16 (30:10)	3:05 (33:15)	1:20 (34:35)		2:22 (36:57)		2:25 (39:22)	2:51 (42:13)
2:29 (44:42)	1:47 (46:29)	1:00 (47:29)		2:05 (49:34)		2:48 (52:22)	0:49 (53:11)
0:19 (53:30)							
5. Line Frese Søderlund		Farum OK		53:44	+6:48	1:17	
2:25 (2:25)	1:15 (3:40)	1:42 (5:22)		1:42 (7:04)		2:38 (9:42)	1:54 (11:36)
1:12 (12:48)	1:42 (14:30)	3:06 (17:36)		2:47 (20:23)		1:33 (21:56)	4:52 (26:48)
1:10 (27:58)	3:35 (31:33)	1:18 (32:51)		2:47 (35:38)		3:01 (38:39)	2:40 (41:19)
4:14 (45:33)	1:41 (47:14)	1:12 (48:26)		1:29 (49:55)		2:49 (52:44)	0:43 (53:27)
0:17 (53:44)							
6. Masha Semak		Farum OK		57:50	+10:54	1:27	
2:26 (2:26)	1:26 (3:52)	1:51 (5:43)		2:02 (7:45)		3:09 (10:54)	2:15 (13:09)
1:27 (14:36)	2:02 (16:38)	2:59 (19:37)		3:06 (22:43)		1:37 (24:20)	6:50 (31:10)
1:21 (32:31)	3:21 (35:52)	1:34 (37:26)		2:40 (40:06)		2:29 (42:35)	2:58 (45:33)
3:31 (49:04)	1:32 (50:36)	1:17 (51:53)		1:30 (53:23)		3:19 (56:42)	0:51 (57:33)
0:17 (57:50)							
7. Lærke Lundedal Jensen		FIF Hillerød		59:36	+12:40	1:44	
2:40 (2:40)	1:27 (4:07)	1:51 (5:58)		1:54 (7:52)		3:45 (11:37)	2:08 (13:45)
1:27 (15:12)	2:26 (17:38)	3:03 (20:41)		3:25 (24:06)		1:43 (25:49)	5:51 (31:40)
1:33 (33:13)	4:36 (37:49)	1:34 (39:23)		2:26 (41:49)		2:43 (44:32)	3:04 (47:36)
3:11 (50:47)	1:37 (52:24)	1:07 (53:31)		1:41 (55:12)		3:13 (58:25)	0:51 (59:16)
0:20 (59:36)							
8. Vera Mullerova		Farum OK		1:01:18	+14:22	2:36	
2:40 (2:40)	1:21 (4:01)	1:53 (5:54)		1:55 (7:49)		2:51 (10:40)	2:07 (12:47)
1:20 (14:07)	2:22 (16:29)	2:59 (19:28)		3:46 (23:14)		1:43 (24:57)	5:55 (30:52)
1:25 (32:17)	5:00 (37:17)	1:24 (38:41)		2:57 (41:38)		2:45 (44:23)	2:59 (47:22)
3:44 (51:06)	1:39 (52:45)	1:59 (54:44)		1:46 (56:30)		3:33 (1:00:03)	0:52 (1:00:55)
0:23 (1:01:18)							
9. Mette Filskov		OK Sorø		1:05:19	+18:23	2:11	
2:54 (2:54)	1:41 (4:35)	2:15 (6:50)		2:50 (9:40)		3:17 (12:57)	2:33 (15:30)
1:33 (17:03)	2:18 (19:21)	2:55 (22:16)		3:56 (26:12)		1:55 (28:07)	5:58 (34:05)
1:31 (35:36)	3:53 (39:29)	2:16 (41:45)		3:12 (44:57)		2:58 (47:55)	3:49 (51:44)
3:13 (54:57)	1:59 (56:56)	1:26 (58:22)		2:01 (1:00:23)		3:41 (1:04:04)	0:53 (1:04:57)
0:22 (1:05:19)							
10. Nanna Rye Nielsen		Søllerød OK		1:05:49	+18:53	8:21	
5:49 (5:49)	1:29 (7:18)	1:54 (9:12)		5:10 (14:22)		3:05 (17:27)	2:11 (19:38)
1:28 (21:06)	1:57 (23:03)	2:49 (25:52)		3:17 (29:09)		1:49 (30:58)	4:51 (35:49)
1:28 (37:17)	3:51 (41:08)	1:36 (42:44)		2:52 (45:36)		2:21 (47:57)	2:43 (50:40)
4:36 (55:16)	2:06 (57:22)	1:58 (59:20)		1:44 (1:01:04)		3:25 (1:04:29)	1:01 (1:05:30)
0:19 (1:05:49)							
11. Sandra Damgaard Bodilsen		Farum OK		1:10:19	+23:23	1:41	
3:43 (3:43)	1:34 (5:17)	2:14 (7:31)		2:32 (10:03)		3:44 (13:47)	2:31 (16:18)
1:43 (18:01)	2:25 (20:26)	3:25 (23:51)		3:45 (27:36)		1:46 (29:22)	6:57 (36:19)
1:46 (38:05)	4:26 (42:31)	1:38 (44:09)		2:57 (47:06)		2:55 (50:01)	3:25 (53:26)
3:51 (57:17)	2:21 (59:38)	1:52 (1:01:30)		3:38 (1:05:08)		3:54 (1:09:02)	0:56 (1:09:58)
0:21 (1:10:19)							
12. Maja Mærkedahl Lilleør		Søllerød OK		1:10:52	+23:56	6:44	
2:59 (2:59)	1:32 (4:31)	2:21 (6:52)		3:38 (10:30)		3:44 (14:14)	2:24 (16:38)
1:39 (18:17)	2:26 (20:43)	3:13 (23:56)		3:32 (27:28)		1:41 (29:09)	5:28 (34:37)
4:11 (38:48)	4:16 (43:04)	1:59 (45:03)		3:35 (48:38)		4:19 (52:57)	3:36 (56:33)
3:36 (1:00:09)	2:52 (1:03:01)	1:23 (1:04:24)		1:39 (1:06:03)		3:34 (1:09:37)	0:57 (1:10:34)
0:18 (1:10:52)							
13. Alma Okkels Jensen		OK Sorø		1:16:31	+29:35	5:49	
4:42 (4:42)	1:40 (6:22)	2:34 (8:56)		2:48 (11:44)		5:29 (17:13)	2:32 (19:45)
1:48 (21:33)	2:27 (24:00)	3:14 (27:14)		4:13 (31:27)		1:48 (33:15)	7:22 (40:37)
1:39 (42:16)	6:03 (48:19)	2:46 (51:05)		3:52 (54:57)		2:52 (57:49)	3:46 (1:01:35)
4:15 (1:05:50)	2:10 (1:08:00)	1:46 (1:09:46)		1:55 (1:11:41)		3:40 (1:15:21)	0:54 (1:16:15)
0:16 (1:16:31)							

14.	Diana Cederberg	Ballerup OK	1:18:26	+31:30	6:03		
	3:09 (3:09)	1:37 (4:46)	2:12 (6:58)	2:31 (9:29)	3:55 (13:24)	3:05 (16:29)	
	1:39 (18:08)	2:36 (20:44)	3:28 (24:12)	3:54 (28:06)	2:14 (30:20)	6:56 (37:16)	
	2:15 (39:31)	4:34 (44:05)	2:00 (46:05)	4:03 (50:08)	2:57 (53:05)	4:13 (57:18)	
	8:03 (1:05:21)	2:46 (1:08:07)	1:26 (1:09:33)	3:28 (1:13:01)	4:01 (1:17:02)	1:02 (1:18:04)	
	0:22 (1:18:26)						
15.	Henriette Broman	Allerød OK	1:22:34	+35:38	4:24		
	4:36 (4:36)	2:23 (6:59)	2:55 (9:54)	3:13 (13:07)	4:50 (17:57)	2:51 (20:48)	
	1:54 (22:42)	2:42 (25:24)	3:34 (28:58)	4:16 (33:14)	2:14 (35:28)	6:40 (42:08)	
	2:12 (44:20)	5:39 (49:59)	2:04 (52:03)	3:23 (55:26)	3:14 (58:40)	4:31 (1:03:11)	
	6:46 (1:09:57)	2:35 (1:12:32)	1:52 (1:14:24)	2:02 (1:16:26)	4:44 (1:21:10)	1:00 (1:22:10)	
	0:24 (1:22:34)						
16.	Frida Hagedorn	Søllerød OK	1:27:55	+40:59	4:05		
	5:00 (5:00)	2:18 (7:18)	2:29 (9:47)	3:39 (13:26)	4:25 (17:51)	2:54 (20:45)	
	2:04 (22:49)	2:36 (25:25)	3:10 (28:35)	5:14 (33:49)	3:02 (36:51)	8:38 (45:29)	
	2:45 (48:14)	6:28 (54:42)	1:57 (56:39)	3:06 (59:45)	4:36 (1:04:21)	4:24 (1:08:45)	
	5:04 (1:13:49)	2:46 (1:16:35)	1:53 (1:18:28)	2:33 (1:21:01)	4:46 (1:25:47)	1:28 (1:27:15)	
	0:40 (1:27:55)						
17.	Pernille Buchwald	Holbæk OK	1:31:26	+44:30	10:01		
	4:33 (4:33)	1:53 (6:26)	2:21 (8:47)	3:44 (12:31)	4:32 (17:03)	2:25 (19:28)	
	2:01 (21:29)	2:59 (24:28)	6:09 (30:37)	6:54 (37:31)	2:15 (39:46)	6:42 (46:28)	
	1:48 (48:16)	5:34 (53:50)	2:37 (56:27)	3:40 (1:00:07)	3:25 (1:03:32)	5:28 (1:09:00)	
	6:29 (1:15:29)	2:52 (1:18:21)	2:30 (1:20:51)	2:36 (1:23:27)	5:40 (1:29:07)	1:57 (1:31:04)	
	0:22 (1:31:26)						
18.	Jytte Olander Rasmussen	Allerød OK	1:31:31	+44:35	13:04		
	7:32 (7:32)	1:53 (9:25)	2:32 (11:57)	4:23 (16:20)	4:32 (20:52)	2:48 (23:40)	
	1:47 (25:27)	2:46 (28:13)	4:08 (32:21)	4:17 (36:38)	5:24 (42:02)	6:46 (48:48)	
	2:06 (50:54)	5:39 (56:33)	3:20 (59:53)	3:23 (1:03:16)	4:12 (1:07:28)	4:58 (1:12:26)	
	3:46 (1:16:12)	3:43 (1:19:55)	1:34 (1:21:29)	3:31 (1:25:00)	4:59 (1:29:59)	1:12 (1:31:11)	
	0:20 (1:31:31)						
19.	Tine Demandt	OK Sorø	1:34:31	+47:35	10:21		
	4:10 (4:10)	1:57 (6:07)	3:12 (9:19)	3:28 (12:47)	6:55 (19:42)	5:37 (25:19)	
	1:36 (26:55)	3:32 (30:27)	4:59 (35:26)	4:49 (40:15)	2:08 (42:23)	6:02 (48:25)	
	2:44 (51:09)	4:58 (56:07)	2:36 (58:43)	4:50 (1:03:33)	4:22 (1:07:55)	4:27 (1:12:22)	
	6:24 (1:18:46)	2:43 (1:21:29)	1:53 (1:23:22)	2:31 (1:25:53)	7:12 (1:33:05)	1:08 (1:34:13)	
	0:18 (1:34:31)						
20.	Anette Kalle Larsen	Holbæk OK	1:46:25	+59:29	20:22		
	8:15 (8:15)	2:11 (10:26)	3:49 (14:15)	2:42 (16:57)	6:37 (23:34)	2:29 (26:03)	
	2:32 (28:35)	4:18 (32:53)	3:34 (36:27)	4:51 (41:18)	2:15 (43:33)	8:19 (51:52)	
	2:26 (54:18)	6:06 (1:00:24)	5:41 (1:06:05)	4:45 (1:10:50)	2:55 (1:13:45)	9:10 (1:22:55)	
	4:22 (1:27:17)	3:35 (1:30:52)	2:32 (1:33:24)	6:51 (1:40:15)	4:50 (1:45:05)	1:01 (1:46:06)	
	0:19 (1:46:25)						
	Jytte Jørgensen	Holbæk OK	Fejlklip				
	4:35 (4:35)	1:53 (6:28)	3:21 (9:49)	8:57 (18:46)	5:44 (24:30)	3:18 (27:48)	
	4:55 (32:43)	4:00 (36:43)	5:03 (41:46)	8:08 (49:54)	3:08 (53:02)	9:40 (1:02:42)	
	2:57 (1:05:39)	10:17 (1:15:56)	8:57 (1:24:53)	– (–)	– (1:32:42)	7:04 (1:39:46)	
	7:14 (1:47:00)	3:48 (1:50:48)	3:28 (1:54:16)	5:45 (2:00:01)	5:29 (2:05:30)	1:41 (2:07:11)	
	0:25 (2:07:36)						

D21B	(16 / 16)	Tid	Efter	Tidstab		
1.	Maj Weise Christiansen	Ballerup OK	34:54		0:51	
	1:07 (1:07)	1:24 (3:33)	2:57 (6:30)		3:41 (10:11)	1:25 (11:36)
	1:54 (13:30)	4:37 (18:07)	5:01 (23:08)	1:32 (24:40)	2:33 (27:13)	2:58 (30:11)
	1:40 (31:51)	1:39 (33:30)	1:02 (34:32)	0:22 (34:54)		
2.	Signe Thormann Vesterdal	FIF Hillerød	35:54	+1:00	1:14	
	1:06 (1:06)	0:59 (2:05)	1:07 (3:12)	2:45 (5:57)	4:32 (10:29)	1:34 (12:03)
	1:48 (13:51)	3:56 (17:47)	6:23 (24:10)	1:33 (25:43)	2:37 (28:20)	2:55 (31:15)
	1:45 (33:00)	1:33 (34:33)	0:58 (35:31)	0:23 (35:54)		
3.	Sigrid Visti Hemmingsen	FIF Hillerød	39:31	+4:37	2:01	
	1:16 (1:16)	1:33 (2:49)	1:28 (4:17)	2:53 (7:10)	4:37 (11:47)	1:44 (13:31)
	2:06 (15:37)	4:29 (20:06)	5:49 (25:55)	1:44 (27:39)	2:29 (30:08)	3:24 (33:32)
	1:59 (35:31)	2:11 (37:42)	1:29 (39:11)	0:20 (39:31)		
4.	Ida Vedel Lange	Farum OK	43:04	+8:10	6:29	
	1:14 (1:14)	1:03 (2:17)	1:27 (3:44)	3:14 (6:58)	3:54 (10:52)	1:30 (12:22)
	1:53 (14:15)	3:40 (17:55)	11:08 (29:03)	1:38 (30:41)	3:09 (33:50)	2:47 (36:37)
	1:49 (38:26)	3:06 (41:32)	1:10 (42:42)	0:22 (43:04)		
5.	Helena Isabel Mora-Jensen	Farum OK	46:30	+11:36	2:11	
	1:28 (1:28)	1:13 (2:41)	1:30 (4:11)	3:40 (7:51)	5:04 (12:55)	1:43 (14:38)
	2:50 (17:28)	5:31 (22:59)	8:06 (31:05)	2:17 (33:22)	3:46 (37:08)	3:18 (40:26)
	2:21 (42:47)	1:58 (44:45)	1:18 (46:03)	0:27 (46:30)		
6.	Kathrine Dyrsting Sandvang	FIF Hillerød	47:46	+12:52	2:25	
	1:33 (1:33)	1:10 (2:43)	1:30 (4:13)	3:48 (8:01)	5:05 (13:06)	1:46 (14:52)
	3:20 (18:12)	5:24 (23:36)	8:36 (32:12)	2:09 (34:21)	3:56 (38:17)	3:38 (41:55)
	2:16 (44:11)	1:48 (45:59)	1:20 (47:19)	0:27 (47:46)		
7.	Synnøve Røysland	Søllerød OK	48:30	+13:36	7:16	
	1:09 (1:09)	3:44 (4:53)	2:41 (7:34)	3:10 (10:44)	5:10 (15:54)	1:43 (17:37)
	1:53 (19:30)	5:24 (24:54)	9:39 (34:33)	1:44 (36:17)	3:19 (39:36)	3:26 (43:02)
	1:46 (44:48)	1:57 (46:45)	1:23 (48:08)	0:22 (48:30)		
8.	Mette Bæk Christiansen	Søllerød OK	48:58	+14:04	3:23	

	1:17 (1:17)	1:41 (2:58)	1:39 (4:37)	5:04 (9:41)	5:13 (14:54)	2:19 (17:13)
	2:20 (19:33)	5:29 (25:02)	7:03 (32:05)	2:31 (34:36)	3:15 (37:51)	4:43 (42:34)
	2:07 (44:41)	2:29 (47:10)	1:25 (48:35)	0:23 (48:58)		
9.	Dorte Munk-Petersen	Søllerød OK	51:50	+16:56	3:15	
	1:22 (1:22)	1:25 (2:47)	1:50 (4:37)	4:06 (8:43)	6:27 (15:10)	2:25 (17:35)
	2:24 (19:59)	5:08 (25:07)	9:33 (34:40)	2:12 (36:52)	4:18 (41:10)	3:36 (44:46)
	2:43 (47:29)	2:17 (49:46)	1:38 (51:24)	0:26 (51:50)		
10.	Trine Hershøj	Ballerup OK	52:15	+17:21	8:04	
	1:19 (1:19)	1:17 (2:36)	1:43 (4:19)	3:24 (7:43)	4:35 (12:18)	2:22 (14:40)
	6:00 (20:40)	5:24 (26:04)	7:33 (33:37)	1:55 (35:32)	3:02 (38:34)	4:53 (43:27)
	1:54 (45:21)	5:18 (50:39)	1:15 (51:54)	0:21 (52:15)		
11.	Bjørn Karlsrose Kliem	Farum OK	52:56	+18:02	5:22	
	1:19 (1:19)	1:08 (2:27)	1:39 (4:06)	4:36 (8:42)	5:43 (14:25)	2:22 (16:47)
	2:22 (19:09)	5:54 (25:03)	7:58 (33:01)	4:27 (37:28)	4:21 (41:49)	4:41 (46:30)
	2:23 (48:53)	2:13 (51:06)	1:30 (52:36)	0:20 (52:56)		
12.	Freja Frost	Holbæk OK	54:22	+19:28	4:50	
	1:34 (1:34)	1:40 (3:14)	1:54 (5:08)	4:41 (9:49)	5:52 (15:41)	2:02 (17:43)
	2:44 (20:27)	5:34 (26:01)	11:35 (37:36)	2:02 (39:38)	3:20 (42:58)	3:43 (46:41)
	2:12 (48:53)	3:36 (52:29)	1:28 (53:57)	0:25 (54:22)		
13.	Lene Mathiasen	Tisvilde Hegn OK	54:25	+19:31	15:43	
	2:45 (2:45)	1:08 (3:53)	3:18 (7:11)	3:06 (10:17)	3:42 (13:59)	2:08 (16:07)
	2:04 (18:11)	3:55 (22:06)	18:15 (40:21)	1:28 (41:49)	4:32 (46:21)	3:15 (49:36)
	1:37 (51:13)	1:30 (52:43)	1:22 (54:05)	0:20 (54:25)		
14.	Jannie Røhrberg-Thomsen	Tisvilde Hegn OK	57:25	+22:31	2:27	
	1:26 (1:26)	1:41 (3:07)	2:08 (5:15)	4:39 (9:54)	6:05 (15:59)	2:12 (18:11)
	3:17 (21:28)	7:36 (29:04)	9:06 (38:10)	2:26 (40:36)	4:01 (44:37)	4:21 (48:58)
	2:48 (51:46)	3:22 (55:08)	1:50 (56:58)	0:27 (57:25)		
15.	Tanja Fjelbro Klavsen	Holbæk OK	1:10:20	+35:26	10:01	
	1:41 (1:41)	2:41 (4:22)	2:08 (6:30)	5:15 (11:45)	6:53 (18:38)	2:38 (21:16)
	3:07 (24:23)	6:24 (30:47)	10:21 (41:08)	2:38 (43:46)	8:38 (52:24)	10:02 (1:02:26)
	2:39 (1:05:05)	2:53 (1:07:58)	1:39 (1:09:37)	0:43 (1:10:20)		
16.	Ellen Forsberg	OK Sorø	1:23:56	+49:02	17:06	
	2:13 (2:13)	4:21 (6:34)	2:19 (8:53)	7:13 (16:06)	14:32 (30:38)	4:46 (35:24)
	4:19 (39:43)	7:48 (47:31)	10:41 (58:12)	6:21 (1:04:33)	5:04 (1:09:37)	4:48 (1:14:25)
	2:48 (1:17:13)	4:14 (1:21:27)	2:05 (1:23:32)	0:24 (1:23:56)		

D40		(21 / 21)	Tid	Efter	Tidstab	
1.	Marianne Holm	Farum OK	45:43		0:37	
	2:48 (2:48)	0:51 (3:39)	1:16 (4:55)	2:39 (7:34)	1:43 (9:17)	1:48 (11:05)
	1:13 (12:18)	6:04 (18:22)	2:29 (20:51)	1:12 (22:03)	1:11 (23:14)	3:02 (26:16)
	1:19 (27:35)	2:11 (29:46)	4:33 (34:19)	1:54 (36:13)	1:47 (38:00)	1:12 (39:12)
	3:02 (42:14)	2:32 (44:46)	0:39 (45:25)	0:18 (45:43)		
2.	Merete Nørgaard	Allerød OK	46:16	+0:33	0:00	
	2:59 (2:59)	0:55 (3:54)	1:23 (5:17)	2:33 (7:50)	1:45 (9:35)	1:39 (11:14)
	1:07 (12:21)	5:23 (17:44)	2:22 (20:06)	1:19 (21:25)	1:11 (22:36)	3:27 (26:03)
	1:16 (27:19)	2:37 (29:56)	4:53 (34:49)	1:51 (36:40)	1:57 (38:37)	1:12 (39:49)
	2:41 (42:30)	2:48 (45:18)	0:41 (45:59)	0:17 (46:16)		
3.	Tenna Nørgaard Landsperg	Tisvilde Hegn OK	51:10	+5:27	3:13	
	3:03 (3:03)	1:37 (4:40)	1:06 (5:46)	2:28 (8:14)	1:59 (10:13)	1:48 (12:01)
	1:11 (13:12)	6:20 (19:32)	2:31 (22:03)	1:31 (23:34)	1:10 (24:44)	4:42 (29:26)
	1:40 (31:06)	2:17 (33:23)	5:10 (38:33)	1:47 (40:20)	1:53 (42:13)	1:20 (43:33)
	3:50 (47:23)	2:49 (50:12)	0:41 (50:53)	0:17 (51:10)		
4.	Dorthe Skovlyst	FIF Hillerød	52:51	+7:08	0:51	
	3:20 (3:20)	1:01 (4:21)	1:26 (5:47)	2:50 (8:37)	1:58 (10:35)	1:55 (12:30)
	1:08 (13:38)	5:54 (19:32)	2:26 (21:58)	1:34 (23:32)	2:13 (25:45)	3:36 (29:21)
	1:13 (30:34)	2:47 (33:21)	5:33 (38:54)	2:15 (41:09)	2:29 (43:38)	1:27 (45:05)
	3:20 (48:25)	3:10 (51:35)	0:55 (52:30)	0:21 (52:51)		
5.	Line Brun Stalknecht	FIF Hillerød	54:19	+8:36	2:22	
	3:29 (3:29)	1:07 (4:36)	1:25 (6:01)	3:00 (9:01)	2:58 (11:59)	1:46 (13:45)
	1:08 (14:53)	5:54 (20:47)	3:29 (24:16)	1:28 (25:44)	1:56 (27:40)	3:12 (30:52)
	1:25 (32:17)	2:56 (35:13)	5:42 (40:55)	2:08 (43:03)	1:57 (45:00)	1:15 (46:15)
	3:28 (49:43)	3:26 (53:09)	0:48 (53:57)	0:22 (54:19)		
6.	Irina Kupriyanova	Farum OK	54:25	+8:42	6:12	
	3:13 (3:13)	1:05 (4:18)	1:22 (5:40)	2:34 (8:14)	2:09 (10:23)	1:44 (12:07)
	1:10 (13:17)	5:32 (18:49)	2:30 (21:19)	1:33 (22:52)	4:20 (27:12)	4:54 (32:06)
	1:51 (33:57)	2:14 (36:11)	5:29 (41:40)	1:58 (43:38)	3:09 (46:47)	1:02 (47:49)
	2:42 (50:31)	2:47 (53:18)	0:46 (54:04)	0:21 (54:25)		
7.	Anna Telyakevych	Farum OK	1:09:44	+24:01	12:11	
	3:50 (3:50)	1:06 (4:56)	1:23 (6:19)	3:21 (9:40)	2:53 (12:33)	2:07 (14:40)
	1:12 (15:52)	13:35 (29:27)	2:58 (32:25)	1:31 (33:56)	1:29 (35:25)	3:53 (39:18)
	1:19 (40:37)	2:48 (43:25)	6:19 (49:44)	2:18 (52:02)	2:22 (54:24)	1:10 (55:34)
	8:38 (1:04:12)	4:16 (1:08:28)	0:53 (1:09:21)	0:23 (1:09:44)		
8.	Bente Madsen	Tisvilde Hegn OK	1:14:51	+29:08	5:40	
	4:55 (4:55)	1:23 (6:18)	1:59 (8:17)	3:53 (12:10)	2:55 (15:05)	2:42 (17:47)
	1:37 (19:24)	7:14 (26:38)	3:47 (30:25)	2:46 (33:11)	2:10 (35:21)	5:42 (41:03)
	2:45 (43:48)	2:58 (46:46)	6:56 (53:42)	3:32 (57:14)	4:19 (1:01:33)	2:44 (1:04:17)
	4:28 (1:08:45)	4:28 (1:13:13)	1:16 (1:14:29)	0:22 (1:14:51)		
9.	Heidi L. Holmberg	FIF Hillerød	1:14:58	+29:15	4:32	
	4:17 (4:17)	2:31 (6:48)	1:48 (8:36)	3:59 (12:35)	2:52 (15:27)	2:42 (18:09)
	1:30 (19:39)	8:12 (27:51)	3:25 (31:16)	3:48 (35:04)	1:32 (36:36)	5:19 (41:55)
	1:57 (43:52)	3:24 (47:16)	8:02 (55:18)	3:00 (58:18)	4:34 (1:02:52)	1:39 (1:04:31)
	4:54 (1:09:25)	4:15 (1:13:40)	0:55 (1:14:35)	0:23 (1:14:58)		

10.	Anne David Koue	Søllerød OK	1:17:04	+31:21	5:33		
	5:08 (5:08)	1:55 (7:03)	1:39 (8:42)	3:42 (12:24)	4:30 (16:54)	2:26 (19:20)	
	1:38 (20:58)	8:16 (29:14)	3:17 (32:31)	2:21 (34:52)	1:54 (36:46)	6:08 (42:54)	
	2:17 (45:11)	3:26 (48:37)	8:09 (56:46)	4:11 (1:00:57)	3:02 (1:03:59)	1:28 (1:05:27)	
	5:55 (1:11:22)	4:17 (1:15:39)	1:01 (1:16:40)	0:24 (1:17:04)			
11.	Nina Okkels	OK Sorø	1:17:58	+32:15	11:15		
	5:12 (5:12)	1:26 (6:38)	1:45 (8:23)	4:33 (12:56)	7:29 (20:25)	2:47 (23:12)	
	1:32 (24:44)	6:38 (31:22)	3:47 (35:09)	1:32 (36:41)	2:15 (38:56)	5:34 (44:30)	
	1:35 (46:05)	3:09 (49:14)	7:09 (56:23)	3:06 (59:29)	3:15 (1:02:44)	1:27 (1:04:11)	
	7:19 (1:11:30)	4:55 (1:16:25)	1:10 (1:17:35)	0:23 (1:17:58)			
12.	Hanne Rasmussen	Allerød OK	1:18:40	+32:57	10:43		
	4:02 (4:02)	1:21 (5:23)	1:42 (7:05)	5:44 (12:49)	3:06 (15:55)	2:18 (18:13)	
	1:32 (19:45)	7:34 (27:19)	4:08 (31:27)	1:45 (33:12)	1:40 (34:52)	6:29 (41:21)	
	1:44 (43:05)	3:27 (46:32)	8:48 (55:20)	3:57 (59:17)	3:27 (1:02:44)	1:40 (1:04:24)	
	9:08 (1:13:32)	3:53 (1:17:25)	0:55 (1:18:20)	0:20 (1:18:40)			
13.	Anja Rasmussen	OK Sorø	1:22:15	+36:32	7:46		
	6:18 (6:18)	1:28 (7:46)	2:17 (10:03)	4:14 (14:17)	3:22 (17:39)	2:38 (20:17)	
	2:21 (22:38)	8:41 (31:19)	6:43 (38:02)	2:02 (40:04)	1:57 (42:01)	4:11 (46:12)	
	2:25 (48:37)	3:09 (51:46)	8:06 (59:52)	3:17 (1:03:09)	5:08 (1:08:17)	1:51 (1:10:08)	
	5:51 (1:15:59)	4:51 (1:20:50)	1:05 (1:21:55)	0:20 (1:22:15)			
14.	Christina H. Sørensen	Tisvilde Hegn OK	1:22:51	+37:08	12:22		
	7:40 (7:40)	1:34 (9:14)	1:44 (10:58)	5:37 (16:35)	3:27 (20:02)	2:23 (22:25)	
	1:35 (24:00)	7:08 (31:08)	4:06 (35:14)	2:05 (37:19)	1:29 (38:48)	6:32 (45:20)	
	1:54 (47:14)	3:29 (50:43)	8:29 (59:12)	3:55 (1:03:07)	3:40 (1:06:47)	1:41 (1:08:28)	
	9:03 (1:17:31)	4:02 (1:21:33)	0:54 (1:22:27)	0:24 (1:22:51)			
15.	Lene Justesen	Holbæk OK	1:24:44	+39:01	10:36		
	4:31 (4:31)	1:37 (6:08)	2:02 (8:10)	3:53 (12:03)	8:47 (20:50)	2:49 (23:39)	
	1:58 (25:37)	7:55 (33:32)	3:51 (37:23)	2:14 (39:37)	1:51 (41:28)	6:00 (47:28)	
	2:38 (50:06)	4:13 (54:19)	7:29 (1:01:48)	4:03 (1:05:51)	4:48 (1:10:39)	2:20 (1:12:59)	
	4:47 (1:17:46)	5:22 (1:23:08)	1:16 (1:24:24)	0:20 (1:24:44)			
16.	Kersti Kärner	Allerød OK	1:26:18	+40:35	2:22		
	5:34 (5:34)	1:35 (7:09)	2:20 (9:29)	5:09 (14:38)	3:52 (18:30)	4:10 (22:40)	
	2:06 (24:46)	10:31 (35:17)	5:25 (40:42)	2:33 (43:15)	2:38 (45:53)	5:27 (51:20)	
	2:03 (53:23)	4:12 (57:35)	8:56 (1:06:31)	3:14 (1:09:45)	3:32 (1:13:17)	1:50 (1:15:07)	
	4:22 (1:19:29)	5:02 (1:24:31)	1:08 (1:25:39)	0:39 (1:26:18)			
17.	Karin Ingleby	Holbæk OK	1:26:34	+40:51	10:39		
	6:07 (6:07)	2:16 (8:23)	2:27 (10:50)	5:17 (16:07)	3:42 (19:49)	2:31 (22:20)	
	2:41 (25:01)	7:41 (32:42)	7:46 (40:28)	2:00 (42:28)	2:37 (45:05)	4:06 (49:11)	
	2:44 (51:55)	4:42 (56:37)	7:41 (1:04:18)	3:02 (1:07:20)	3:45 (1:11:05)	2:05 (1:13:10)	
	4:42 (1:17:52)	6:48 (1:24:40)	1:33 (1:26:13)	0:21 (1:26:34)			
18.	Anette Lindegaard Christensen	Holbæk OK	1:29:06	+43:23	0:52		
	6:02 (6:02)	1:38 (7:40)	3:11 (10:51)	5:25 (16:16)	3:45 (20:01)	3:30 (23:31)	
	2:05 (25:36)	9:35 (35:11)	4:32 (39:43)	2:33 (42:16)	2:01 (44:17)	5:21 (49:38)	
	2:38 (52:16)	4:13 (56:29)	9:38 (1:06:07)	3:22 (1:09:29)	3:54 (1:13:23)	2:45 (1:16:08)	
	6:08 (1:22:16)	5:20 (1:27:36)	1:10 (1:28:46)	0:20 (1:29:06)			
19.	Linea Frimodt Obel	Ballerup OK	1:29:57	+44:14	17:29		
	5:43 (5:43)	1:34 (7:17)	3:36 (10:53)	4:31 (15:24)	2:44 (18:08)	2:30 (20:38)	
	1:30 (22:08)	9:08 (31:16)	3:53 (35:09)	2:26 (37:35)	4:39 (42:14)	13:57 (56:11)	
	3:42 (59:53)	2:52 (1:02:45)	6:54 (1:09:39)	2:55 (1:12:34)	2:52 (1:15:26)	1:47 (1:17:13)	
	4:33 (1:21:46)	6:35 (1:28:21)	1:14 (1:29:35)	0:22 (1:29:57)			
20.	Ellen Kühn Jensen	Ballerup OK	1:39:15	+53:32	8:50		
	5:32 (5:32)	2:24 (7:56)	2:33 (10:29)	4:29 (14:58)	3:41 (18:39)	3:30 (22:09)	
	2:15 (24:24)	9:20 (33:44)	6:35 (40:19)	3:12 (43:31)	3:27 (46:58)	8:24 (55:22)	
	2:21 (57:43)	4:42 (1:02:25)	9:49 (1:12:14)	4:31 (1:16:45)	5:26 (1:22:11)	2:13 (1:24:24)	
	6:56 (1:31:20)	5:59 (1:37:19)	1:30 (1:38:49)	0:26 (1:39:15)			
21.	Kirsten Møller	Søllerød OK	1:49:24	+1:03:41	5:40		
	6:43 (6:43)	2:29 (9:12)	2:59 (12:11)	6:24 (18:35)	3:36 (22:11)	3:57 (26:08)	
	2:11 (28:19)	15:27 (43:46)	6:04 (49:50)	2:48 (52:38)	2:23 (55:01)	7:55 (1:02:56)	
	3:16 (1:06:12)	5:22 (1:11:34)	9:38 (1:21:12)	4:05 (1:25:17)	3:57 (1:29:14)	2:27 (1:31:41)	
	8:56 (1:40:37)	6:30 (1:47:07)	1:32 (1:48:39)	0:45 (1:49:24)			

D45B		(19 / 19)	Tid	Efter	Tidstab		
1.	Tine Alkjær	FIF Hillerød	41:07		3:01		
	1:12 (1:12)	1:03 (2:15)	1:16 (3:31)	3:08 (6:39)	4:32 (11:11)	1:35 (12:46)	
	1:48 (14:34)	4:37 (19:11)	8:05 (27:16)	1:39 (28:55)	2:59 (31:54)	2:45 (34:39)	
	3:18 (37:57)	1:41 (39:38)	1:07 (40:45)	0:22 (41:07)			
2.	Karin Lomholt Finnemann	Farum OK	48:02	+6:55	3:52		
	1:23 (1:23)	1:38 (3:01)	1:51 (4:52)	3:43 (8:35)	9:24 (17:59)	1:37 (19:36)	
	2:10 (21:46)	4:39 (26:25)	7:37 (34:02)	1:54 (35:56)	3:13 (39:09)	2:56 (42:05)	
	2:06 (44:11)	2:00 (46:11)	1:26 (47:37)	0:25 (48:02)			
3.	Kirsten Lange	Allerød OK	49:03	+7:56	6:44		
	1:15 (1:15)	1:33 (2:48)	2:38 (5:26)	3:11 (8:37)	5:07 (13:44)	2:35 (16:19)	
	2:52 (19:11)	5:05 (24:16)	6:07 (30:23)	2:09 (32:32)	3:18 (35:50)	5:04 (40:54)	
	2:17 (43:11)	3:37 (46:48)	1:55 (48:43)	0:20 (49:03)			
4.	Lisbeth Søgaard Jensen	Søllerød OK	52:46	+11:39	4:21		
	1:18 (1:18)	2:08 (3:26)	1:51 (5:17)	3:47 (9:04)	7:15 (16:19)	2:04 (18:23)	
	2:26 (20:49)	5:29 (26:18)	9:27 (35:45)	1:58 (37:43)	3:38 (41:21)	4:20 (45:41)	
	3:00 (48:41)	2:10 (50:51)	1:34 (52:25)	0:21 (52:46)			
5.	Lene Øbro	Tisvilde Hegn OK	55:38	+14:31	6:52		

1:39 (1:39)	1:32 (3:11)	1:53 (5:04)	3:21 (8:25)	5:32 (13:57)	2:18 (16:15)
2:24 (18:39)	7:21 (26:00)	11:05 (37:05)	1:54 (38:59)	3:50 (42:49)	5:05 (47:54)
2:40 (50:34)	3:08 (53:42)	1:34 (55:16)	0:22 (55:38)		
6. Signe Hanghøj		Ballerup OK	55:39	+14:32	18:25
1:00 (1:00)	1:19 (2:19)	1:16 (3:35)	2:59 (6:34)	11:32 (18:06)	1:16 (19:22)
2:44 (22:06)	4:09 (26:15)	5:20 (31:35)	1:48 (33:23)	14:41 (48:04)	2:27 (50:31)
1:42 (52:13)	1:55 (54:08)	1:10 (55:18)	0:21 (55:39)		
7. Pernille Kaltoft		Holbæk OK	57:50	+16:43	3:47
1:31 (1:31)	2:13 (3:44)	2:10 (5:54)	4:14 (10:08)	6:03 (16:11)	2:09 (18:20)
3:34 (21:54)	6:46 (28:40)	9:37 (38:17)	2:15 (40:32)	3:52 (44:24)	3:46 (48:10)
2:36 (50:46)	4:28 (55:14)	2:11 (57:25)	0:25 (57:50)		
8. Anne Fischer Harloff-Helleberg		Søllerød OK	58:42	+17:35	7:19
2:31 (2:31)	1:57 (4:28)	2:06 (6:34)	3:49 (10:23)	8:43 (19:06)	3:26 (22:32)
3:48 (26:20)	6:01 (32:21)	10:42 (43:03)	1:47 (44:50)	3:43 (48:33)	3:10 (51:43)
2:42 (54:25)	2:12 (56:37)	1:40 (58:17)	0:25 (58:42)		
9. Anne Sofie Gerstrøm		Tisvilde Hegn OK	59:13	+18:06	3:34
2:22 (2:22)	1:34 (3:56)	1:54 (5:50)	5:02 (10:52)	7:37 (18:29)	2:33 (21:02)
3:02 (24:04)	5:50 (29:54)	9:11 (39:05)	2:45 (41:50)	4:18 (46:08)	5:18 (51:26)
2:42 (54:08)	2:38 (56:46)	1:59 (58:45)	0:28 (59:13)		
10. Majken Maarup		Allerød OK	59:30	+18:23	7:41
1:52 (1:52)	1:44 (3:36)	2:40 (6:16)	4:07 (10:23)	5:15 (15:38)	2:11 (17:49)
4:09 (21:58)	8:22 (30:20)	10:33 (40:53)	2:13 (43:06)	3:41 (46:47)	5:05 (51:52)
2:37 (54:29)	2:14 (56:43)	2:11 (58:54)	0:36 (59:30)		
11. Liselotte Grønvald		Søllerød OK	1:02:34	+21:27	9:34
1:27 (1:27)	1:29 (2:56)	1:57 (4:53)	4:53 (9:46)	7:16 (17:02)	2:09 (19:11)
2:32 (21:43)	5:36 (27:19)	8:35 (35:54)	2:16 (38:10)	8:14 (46:24)	4:50 (51:14)
6:02 (57:16)	2:31 (59:47)	2:20 (1:02:07)	0:27 (1:02:34)		
12. Britta Frederiksen		FIF Hillerød	1:02:43	+21:36	14:40
9:18 (9:18)	1:37 (10:55)	1:34 (12:29)	3:40 (16:09)	10:32 (26:41)	2:05 (28:46)
2:31 (31:17)	4:55 (36:12)	10:02 (46:14)	2:46 (49:00)	3:52 (52:52)	3:43 (56:35)
2:01 (58:36)	2:00 (1:00:36)	1:44 (1:02:20)	0:23 (1:02:43)		
13. Christina Elstorp		Holbæk OK	1:05:33	+24:26	10:54
1:20 (1:20)	2:01 (3:21)	2:06 (5:27)	4:46 (10:13)	6:44 (16:57)	1:56 (18:53)
2:58 (21:51)	6:15 (28:06)	8:50 (36:56)	2:07 (39:03)	4:06 (43:09)	14:42 (57:51)
2:36 (1:00:27)	2:52 (1:03:19)	1:47 (1:05:06)	0:27 (1:05:33)		
14. Kamilla Jentoft Fertin		Holbæk OK	1:09:46	+28:39	18:30
1:30 (1:30)	1:17 (2:47)	1:57 (4:44)	3:52 (8:36)	15:22 (23:58)	1:44 (25:42)
2:30 (28:12)	5:17 (33:29)	8:33 (42:02)	3:55 (45:57)	7:29 (53:26)	8:15 (1:01:41)
2:43 (1:04:24)	3:22 (1:07:46)	1:32 (1:09:18)	0:28 (1:09:46)		
15. Mette Hvene Rasmussen		Ballerup OK	1:23:09	+42:02	18:13
1:35 (1:35)	2:10 (3:45)	2:31 (6:16)	4:43 (10:59)	7:26 (18:25)	2:05 (20:30)
3:51 (24:21)	8:42 (33:03)	26:04 (59:07)	2:45 (1:01:52)	4:55 (1:06:47)	7:09 (1:13:56)
2:48 (1:16:44)	3:48 (1:20:32)	2:01 (1:22:33)	0:36 (1:23:09)		
16. Anne Dorthe Hansen		Søllerød OK	1:51:25	+1:10:18	38:55
1:53 (1:53)	2:30 (4:23)	2:47 (7:10)	4:50 (12:00)	19:51 (31:51)	2:53 (34:44)
4:14 (38:58)	7:17 (46:15)	13:56 (1:00:11)	2:35 (1:02:46)	20:15 (1:23:01)	12:13 (1:35:14)
2:50 (1:38:04)	11:18 (1:49:22)	1:37 (1:50:59)	0:26 (1:51:25)		
17. Dorte Aagaard		Tisvilde Hegn OK	2:33:22	+1:52:15	1:12:57
9:10 (9:10)	2:20 (11:30)	2:35 (14:05)	5:37 (19:42)	1:02:39 (1:22:21)	4:39 (1:27:00)
5:54 (1:32:54)	8:37 (1:41:31)	29:37 (2:11:08)	3:15 (2:14:23)	4:49 (2:19:12)	5:27 (2:24:39)
3:24 (2:28:03)	2:49 (2:30:52)	2:02 (2:32:54)	0:28 (2:33:22)		
Rikke Ertmann		Allerød OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Susanne Christiansen		Farum OK	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

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		(23 / 23)	Tid	Efter	Tidstab	
1. Bodil Karlsmosse Kliem		Farum OK	58:07		2:33	
2:12 (2:12)	2:51 (5:03)	2:20 (7:23)	3:00 (10:23)	2:08 (12:31)	2:18 (14:49)	
3:11 (18:00)	0:53 (18:53)	2:54 (21:47)	3:13 (25:00)	2:37 (27:37)	7:40 (35:17)	
3:49 (39:06)	5:04 (44:10)	3:08 (47:18)	3:22 (50:40)	2:26 (53:06)	3:42 (56:48)	
0:59 (57:47)	0:20 (58:07)					
2. Anne Maarup		Allerød OK	59:30	+1:23	1:46	
2:15 (2:15)	2:55 (5:10)	1:18 (6:28)	2:02 (8:30)	2:19 (10:49)	2:35 (13:24)	
3:14 (16:38)	0:45 (17:23)	2:48 (20:11)	3:09 (23:20)	2:55 (26:15)	7:56 (34:11)	
3:21 (37:32)	5:17 (42:49)	4:19 (47:08)	3:35 (50:43)	3:27 (54:10)	3:47 (57:57)	
1:06 (59:03)	0:27 (59:30)					
3. Lise Djurhuus Ipsen		Farum OK	1:03:24	+5:17	3:34	
2:29 (2:29)	2:53 (5:22)	2:41 (8:03)	2:33 (10:36)	2:24 (13:00)	2:47 (15:47)	
3:18 (19:05)	0:56 (20:01)	3:41 (23:42)	3:37 (27:19)	3:01 (30:20)	8:57 (39:17)	
4:18 (43:35)	5:34 (49:09)	3:19 (52:28)	3:35 (56:03)	2:23 (58:26)	3:27 (1:01:53)	
1:07 (1:03:00)	0:24 (1:03:24)					
4. Sandra Simonsen		FIF Hillerød	1:04:02	+5:55	1:11	
2:21 (2:21)	2:55 (5:16)	1:20 (6:36)	2:03 (8:39)	2:39 (11:18)	2:49 (14:07)	
3:22 (17:29)	0:51 (18:20)	2:54 (21:14)	4:42 (25:56)	3:01 (28:57)	8:54 (37:51)	
3:31 (41:22)	5:59 (47:21)	4:19 (51:40)	3:50 (55:30)	2:50 (58:20)	4:08 (1:02:28)	
1:10 (1:03:38)	0:24 (1:04:02)					

5.	Bente Kjær Hemmingsen	FIF Hillerød	1:06:25	+8:18	7:21		
	2:59 (2:59)	3:01 (6:00)	2:12 (8:12)	2:09 (10:21)	2:47 (13:08)	2:30 (15:38)	
	3:17 (18:55)	0:44 (19:39)	2:47 (22:26)	3:20 (25:46)	2:51 (28:37)	7:39 (36:16)	
	3:18 (39:34)	8:44 (48:18)	6:29 (54:47)	3:23 (58:10)	2:41 (1:00:51)	3:41 (1:04:32)	
	1:35 (1:06:07)	0:18 (1:06:25)					
6.	Angélique Grønberg Rasmussen	Allerød OK	1:07:42	+9:35	3:44		
	2:39 (2:39)	3:12 (5:51)	1:50 (7:41)	2:17 (9:58)	2:26 (12:24)	2:45 (15:09)	
	4:26 (19:35)	0:52 (20:27)	3:30 (23:57)	3:53 (27:50)	3:26 (31:16)	10:14 (41:30)	
	3:56 (45:26)	5:24 (50:50)	4:58 (55:48)	4:36 (1:00:24)	2:23 (1:02:47)	3:43 (1:06:30)	
	0:54 (1:07:24)	0:18 (1:07:42)					
7.	Anne Bloch Frandsen	OK Sorø	1:09:29	+11:22	8:59		
	2:40 (2:40)	4:59 (7:39)	1:21 (9:00)	2:56 (11:56)	2:40 (14:36)	2:22 (16:58)	
	3:34 (20:32)	0:47 (21:19)	2:45 (24:04)	9:53 (33:57)	3:06 (37:03)	8:25 (45:28)	
	3:27 (48:55)	5:20 (54:15)	3:44 (57:59)	4:09 (1:02:08)	2:09 (1:04:17)	3:28 (1:07:45)	
	1:23 (1:09:08)	0:21 (1:09:29)					
8.	Anne Kaae-Nielsen	Søllerød OK	1:11:14	+13:07	9:23		
	6:27 (6:27)	2:49 (9:16)	5:58 (15:14)	2:21 (17:35)	2:18 (19:53)	2:50 (22:43)	
	3:19 (26:02)	0:44 (26:46)	3:03 (29:49)	3:22 (33:11)	3:21 (36:32)	8:44 (45:16)	
	3:09 (48:25)	5:42 (54:07)	4:48 (58:55)	4:18 (1:03:13)	2:45 (1:05:58)	3:47 (1:09:45)	
	1:06 (1:10:51)	0:23 (1:11:14)					
9.	Charlotte Bergmann	Allerød OK	1:12:28	+14:21	6:59		
	3:46 (3:46)	3:01 (6:47)	1:32 (8:19)	2:54 (11:13)	2:34 (13:47)	2:48 (16:35)	
	4:13 (20:48)	0:55 (21:43)	3:12 (24:55)	5:08 (30:03)	3:00 (33:03)	12:24 (45:27)	
	5:06 (50:33)	6:06 (56:39)	4:00 (1:00:39)	3:49 (1:04:28)	2:13 (1:06:41)	4:11 (1:10:52)	
	1:09 (1:12:01)	0:27 (1:12:28)					
10.	Annette Bonde	Ballerup OK	1:13:42	+15:35	9:06		
	2:31 (2:31)	2:55 (5:26)	1:28 (6:54)	3:09 (10:03)	2:44 (12:47)	2:41 (15:28)	
	5:27 (20:55)	0:55 (21:50)	3:03 (24:53)	8:05 (32:58)	3:16 (36:14)	11:30 (47:44)	
	3:29 (51:13)	6:11 (57:24)	4:03 (1:01:27)	4:12 (1:05:39)	2:25 (1:08:04)	4:04 (1:12:08)	
	1:07 (1:13:15)	0:27 (1:13:42)					
11.	Fiona Becker	Søllerød OK	1:14:55	+16:48	10:08		
	2:15 (2:15)	3:04 (5:19)	1:31 (6:50)	3:14 (10:04)	2:06 (12:10)	2:32 (14:42)	
	3:18 (18:00)	2:03 (20:03)	3:08 (23:11)	3:55 (27:06)	3:18 (30:24)	9:40 (40:04)	
	3:53 (43:57)	6:14 (50:11)	7:46 (57:57)	5:49 (1:03:46)	2:52 (1:06:38)	7:00 (1:13:38)	
	1:00 (1:14:38)	0:17 (1:14:55)					
12.	Mette Hørlyk Friis	Farum OK	1:19:32	+21:25	4:29		
	3:52 (3:52)	3:40 (7:32)	1:32 (9:04)	3:08 (12:12)	2:24 (14:36)	3:10 (17:46)	
	4:23 (22:09)	1:16 (23:25)	3:18 (26:43)	4:23 (31:06)	3:39 (34:45)	11:45 (46:30)	
	5:23 (51:53)	8:01 (59:54)	4:30 (1:04:24)	5:12 (1:09:36)	3:00 (1:12:36)	5:05 (1:17:41)	
	1:25 (1:19:06)	0:26 (1:19:32)					
13.	Anne Willerup	Holbæk OK	1:22:08	+24:01	3:23		
	2:52 (2:52)	4:19 (7:11)	3:17 (10:28)	3:16 (13:44)	3:03 (16:47)	4:06 (20:53)	
	4:15 (25:08)	2:11 (27:19)	4:03 (31:22)	4:34 (35:56)	3:58 (39:54)	11:09 (51:03)	
	4:36 (55:39)	7:21 (1:03:00)	5:28 (1:08:28)	4:24 (1:12:52)	2:42 (1:15:34)	4:43 (1:20:17)	
	1:26 (1:21:43)	0:25 (1:22:08)					
14.	Sanne Iversen Hansen	OK Sorø	1:24:29	+26:22	1:59		
	3:09 (3:09)	3:36 (6:45)	1:54 (8:39)	3:38 (12:17)	2:59 (15:16)	3:07 (18:23)	
	5:15 (23:38)	0:59 (24:37)	4:07 (28:44)	5:16 (34:00)	4:47 (38:47)	11:10 (49:57)	
	5:07 (55:04)	7:14 (1:02:18)	5:23 (1:07:41)	4:58 (1:12:39)	5:13 (1:17:52)	4:45 (1:22:37)	
	1:28 (1:24:05)	0:24 (1:24:29)					
15.	Susanne Rhodstrand	Tisvilde Hegn OK	1:31:20	+33:13	19:13		
	8:09 (8:09)	3:18 (11:27)	1:31 (12:58)	2:28 (15:26)	3:01 (18:27)	3:23 (21:50)	
	4:14 (26:04)	1:25 (27:29)	2:56 (30:25)	3:47 (34:12)	5:50 (40:02)	9:20 (49:22)	
	4:49 (54:11)	6:28 (1:00:39)	7:36 (1:08:15)	8:57 (1:17:12)	5:02 (1:22:14)	7:24 (1:29:38)	
	1:16 (1:30:54)	0:26 (1:31:20)					
16.	Marianne Illum	Søllerød OK	1:32:29	+34:22	11:07		
	3:10 (3:10)	4:11 (7:21)	2:01 (9:22)	10:40 (20:02)	2:53 (22:55)	3:52 (26:47)	
	5:45 (32:32)	1:00 (33:32)	6:14 (39:46)	5:04 (44:50)	4:32 (49:22)	10:57 (1:00:19)	
	4:24 (1:04:43)	7:16 (1:11:59)	4:51 (1:16:50)	4:54 (1:21:44)	2:54 (1:24:38)	5:19 (1:29:57)	
	2:04 (1:32:01)	0:28 (1:32:29)					
17.	Marianne Kirkegaard	Tisvilde Hegn OK	1:35:08	+37:01	22:13		
	2:57 (2:57)	4:06 (7:03)	2:21 (9:24)	2:27 (11:51)	2:18 (14:09)	2:53 (17:02)	
	3:53 (20:55)	6:53 (27:48)	15:04 (42:52)	5:48 (48:40)	3:52 (52:32)	10:22 (1:02:54)	
	4:23 (1:07:17)	8:13 (1:15:30)	4:22 (1:19:52)	4:15 (1:24:07)	2:36 (1:26:43)	6:43 (1:33:26)	
	1:14 (1:34:40)	0:28 (1:35:08)					
18.	Bente Frydendal Jensen	Holbæk OK	1:37:59	+39:52	6:53		
	4:07 (4:07)	3:57 (8:04)	3:30 (11:34)	3:50 (15:24)	2:46 (18:10)	4:31 (22:41)	
	6:23 (29:04)	1:19 (30:23)	6:30 (36:53)	5:34 (42:27)	4:10 (46:37)	11:32 (58:09)	
	5:04 (1:03:13)	8:43 (1:11:56)	5:53 (1:17:49)	6:34 (1:24:23)	3:52 (1:28:15)	6:44 (1:34:59)	
	2:16 (1:37:15)	0:44 (1:37:59)					
19.	Sanne Lund Kolenda	Holbæk OK	1:39:41	+41:34	12:27		
	7:45 (7:45)	3:50 (11:35)	1:56 (13:31)	3:37 (17:08)	3:09 (20:17)	4:21 (24:38)	
	5:28 (30:06)	0:53 (30:59)	4:19 (35:18)	4:39 (39:57)	4:31 (44:28)	15:00 (59:28)	
	4:26 (1:03:54)	12:43 (1:16:37)	5:12 (1:21:49)	6:21 (1:28:10)	3:23 (1:31:33)	5:57 (1:37:30)	
	1:45 (1:39:15)	0:26 (1:39:41)					
20.	Maiken Andersen	Ballerup OK	1:45:19	+47:12	15:13		
	3:55 (3:55)	10:08 (14:03)	1:49 (15:52)	3:15 (19:07)	3:26 (22:33)	3:45 (26:18)	
	4:52 (31:10)	1:21 (32:31)	7:05 (39:36)	5:08 (44:44)	4:24 (49:08)	17:31 (1:06:39)	
	4:21 (1:11:00)	10:50 (1:21:50)	5:57 (1:27:47)	5:50 (1:33:37)	3:39 (1:37:16)	5:57 (1:43:13)	
	1:33 (1:44:46)	0:33 (1:45:19)					

21.	Merete Kleist	OK Sorø	2:09:59	+1:11:52	57:06		
	8:05 (8:05)	9:51 (17:56)	1:39 (19:35)	12:58 (32:33)	2:26 (34:59)	3:49 (38:48)	
	4:34 (43:22)	30:41 (1:14:03)	3:47 (1:17:50)	4:06 (1:21:56)	5:27 (1:27:23)	9:00 (1:36:23)	
	3:18 (1:39:41)	6:11 (1:45:52)	4:08 (1:50:00)	5:21 (1:55:21)	8:30 (2:03:51)	4:17 (2:08:08)	
	1:23 (2:09:31)	0:28 (2:09:59)					
	Heidi Kristensen	Søllerød OK	Fejlklip				
	5:14 (5:14)	3:51 (9:05)	2:06 (11:11)	2:57 (14:08)	– (–)	– (20:56)	
	5:14 (26:10)	1:04 (27:14)	7:08 (34:22)	4:16 (38:38)	3:20 (41:58)	12:07 (54:05)	
	– (–)	– (1:05:39)	6:39 (1:12:18)	4:33 (1:16:51)	2:46 (1:19:37)	5:24 (1:25:01)	
	1:41 (1:26:42)	0:24 (1:27:06)					
	Maria Douglas	FIF Hillerød	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					
D60		(24 / 24)	Tid	Efter	Tidstab		
1.	Lena Wraa	Tisvilde Hegn OK	47:03		3:00		
	2:07 (2:07)	2:13 (4:20)	1:13 (5:33)	2:14 (7:47)	2:27 (10:14)	1:19 (11:33)	
	4:25 (15:58)	3:39 (19:37)	3:07 (22:44)	1:23 (24:07)	4:08 (28:15)	3:28 (31:43)	
	2:12 (33:55)	1:30 (35:25)	2:37 (38:02)	4:22 (42:24)	3:21 (45:45)	0:55 (46:40)	
	0:23 (47:03)						
2.	Birgitte Birck	Allerød OK	48:10	+1:07	2:58		
	2:20 (2:20)	2:17 (4:37)	1:35 (6:12)	2:20 (8:32)	2:28 (11:00)	1:26 (12:26)	
	3:41 (16:07)	4:07 (20:14)	5:57 (26:11)	1:12 (27:23)	3:24 (30:47)	3:22 (34:09)	
	2:21 (36:30)	1:35 (38:05)	2:58 (41:03)	2:08 (43:11)	3:33 (46:44)	1:02 (47:46)	
	0:24 (48:10)						
3.	Søs Munch Hansen	OK Sorø	51:22	+4:19	1:55		
	2:46 (2:46)	2:35 (5:21)	1:36 (6:57)	2:23 (9:20)	2:27 (11:47)	1:37 (13:24)	
	4:34 (17:58)	4:06 (22:04)	2:55 (24:59)	2:19 (27:18)	3:20 (30:38)	4:07 (34:45)	
	2:28 (37:13)	2:19 (39:32)	3:41 (43:13)	2:35 (45:48)	4:07 (49:55)	1:01 (50:56)	
	0:26 (51:22)						
4.	Lotte Friberg	FIF Hillerød	52:12	+5:09	1:14		
	2:46 (2:46)	2:20 (5:06)	1:47 (6:53)	2:21 (9:14)	2:27 (11:41)	1:34 (13:15)	
	4:24 (17:39)	4:39 (22:18)	3:39 (25:57)	1:26 (27:23)	4:24 (31:47)	4:47 (36:34)	
	2:27 (39:01)	2:02 (41:03)	3:32 (44:35)	2:15 (46:50)	3:56 (50:46)	1:02 (51:48)	
	0:24 (52:12)						
5.	Anette Holm	Farum OK	54:39	+7:36	4:37		
	2:31 (2:31)	2:19 (4:50)	1:24 (6:14)	2:29 (8:43)	2:44 (11:27)	1:43 (13:10)	
	4:41 (17:51)	5:11 (23:02)	2:58 (26:00)	1:20 (27:20)	4:53 (32:13)	5:12 (37:25)	
	3:46 (41:11)	2:37 (43:48)	3:12 (47:00)	2:19 (49:19)	3:57 (53:16)	1:01 (54:17)	
	0:22 (54:39)						
6.	Lone Karlsmose Gamble	Farum OK	1:01:14	+14:11	6:37		
	2:44 (2:44)	3:50 (6:34)	1:22 (7:56)	2:13 (10:09)	2:36 (12:45)	1:54 (14:39)	
	5:33 (20:12)	5:01 (25:13)	3:29 (28:42)	1:40 (30:22)	7:02 (37:24)	5:33 (42:57)	
	2:19 (45:16)	2:00 (47:16)	4:33 (51:49)	3:29 (55:18)	4:21 (59:39)	1:12 (1:00:51)	
	0:23 (1:01:14)						
7.	Annlou Husen	Farum OK	1:01:31	+14:28	2:12		
	3:09 (3:09)	3:04 (6:13)	2:04 (8:17)	3:04 (11:21)	3:05 (14:26)	2:04 (16:30)	
	5:09 (21:39)	4:57 (26:36)	4:54 (31:30)	1:33 (33:03)	5:28 (38:31)	5:06 (43:37)	
	2:45 (46:22)	2:42 (49:04)	3:18 (52:22)	2:46 (55:08)	4:43 (59:51)	1:13 (1:01:04)	
	0:27 (1:01:31)						
8.	Karen Wibe Enevoldsen	Allerød OK	1:02:16	+15:13	9:15		
	2:29 (2:29)	2:49 (5:18)	1:23 (6:41)	3:43 (10:24)	2:29 (12:53)	1:35 (14:28)	
	4:53 (19:21)	7:34 (26:55)	4:17 (31:12)	1:45 (32:57)	3:13 (36:10)	6:26 (42:36)	
	4:52 (47:28)	2:42 (50:10)	4:04 (54:14)	2:32 (56:46)	4:11 (1:00:57)	0:59 (1:01:56)	
	0:20 (1:02:16)						
9.	Eva Konring Olesen	FIF Hillerød	1:09:24	+22:21	9:24		
	3:11 (3:11)	3:20 (6:31)	1:54 (8:25)	2:52 (11:17)	3:00 (14:17)	3:12 (17:29)	
	5:04 (22:33)	5:28 (28:01)	6:36 (34:37)	1:38 (36:15)	4:04 (40:19)	4:38 (44:57)	
	6:22 (51:19)	4:24 (55:43)	4:15 (59:58)	3:16 (1:03:14)	4:35 (1:07:49)	1:11 (1:09:00)	
	0:24 (1:09:24)						
10.	Susanne Thrane	Søllerød OK	1:10:24	+23:21	7:46		
	3:31 (3:31)	2:57 (6:28)	2:08 (8:36)	3:52 (12:28)	3:16 (15:44)	2:02 (17:46)	
	4:34 (22:20)	5:44 (28:04)	5:45 (33:49)	1:42 (35:31)	5:49 (41:20)	5:13 (46:33)	
	3:32 (50:05)	3:51 (53:56)	7:02 (1:00:58)	2:50 (1:03:48)	4:58 (1:08:46)	1:17 (1:10:03)	
	0:21 (1:10:24)						
11.	Vibeke Sylvest	Ballerup OK	1:11:36	+24:33	4:32		
	3:49 (3:49)	5:27 (9:16)	2:28 (11:44)	3:23 (15:07)	3:38 (18:45)	2:07 (20:52)	
	6:02 (26:54)	6:38 (33:32)	4:13 (37:45)	2:19 (40:04)	4:40 (44:44)	6:22 (51:06)	
	3:39 (54:45)	2:10 (56:55)	3:51 (1:00:46)	2:58 (1:03:44)	5:53 (1:09:37)	1:30 (1:11:07)	
	0:29 (1:11:36)						
12.	Gitte Grauert	Ballerup OK	1:13:54	+26:51	5:21		
	3:14 (3:14)	3:20 (6:34)	2:07 (8:41)	4:35 (13:16)	3:31 (16:47)	2:19 (19:06)	
	6:32 (25:38)	6:27 (32:05)	3:56 (36:01)	1:50 (37:51)	4:11 (42:02)	6:51 (48:53)	
	4:56 (53:49)	3:57 (57:46)	4:38 (1:02:24)	3:53 (1:06:17)	5:51 (1:12:08)	1:16 (1:13:24)	
	0:30 (1:13:54)						
13.	Anne Skovbæk	Søllerød OK	1:16:21	+29:18	16:45		
	3:43 (3:43)	2:30 (6:13)	1:47 (8:00)	6:59 (14:59)	2:52 (17:51)	1:57 (19:48)	
	4:51 (24:39)	6:12 (30:51)	4:16 (35:07)	2:20 (37:27)	5:15 (42:42)	4:45 (47:27)	
	14:26 (1:01:53)	1:51 (1:03:44)	3:39 (1:07:23)	2:50 (1:10:13)	4:35 (1:14:48)	1:06 (1:15:54)	
	0:27 (1:16:21)						

14.	Anette Binder Larsen	Holbæk OK	1:22:55	+35:52	12:50		
	3:08 (3:08)	5:30 (8:38)	2:33 (11:11)	5:14 (16:25)	3:52 (20:17)	1:59 (22:16)	
	5:38 (27:54)	7:18 (35:12)	4:54 (40:06)	2:20 (42:26)	6:26 (48:52)	6:27 (55:19)	
	3:15 (58:34)	7:49 (1:06:23)	4:12 (1:10:35)	3:06 (1:13:41)	7:42 (1:21:23)	1:08 (1:22:31)	
	0:24 (1:22:55)						
15.	Signe Foverskov	Søllerød OK	1:28:41	+41:38	10:03		
	3:34 (3:34)	3:31 (7:05)	2:17 (9:22)	3:40 (13:02)	3:58 (17:00)	2:21 (19:21)	
	7:37 (26:58)	7:39 (34:37)	5:38 (40:15)	2:53 (43:08)	5:09 (48:17)	9:35 (57:52)	
	3:38 (1:01:30)	10:06 (1:11:36)	4:44 (1:16:20)	3:30 (1:19:50)	6:31 (1:26:21)	1:43 (1:28:04)	
	0:37 (1:28:41)						
16.	Else Neergaard	OK Sorø	1:34:09	+47:06	16:55		
	3:51 (3:51)	4:07 (7:58)	2:18 (10:16)	4:07 (14:23)	3:32 (17:55)	3:06 (21:01)	
	6:58 (27:59)	11:52 (39:51)	5:50 (45:41)	1:49 (47:30)	4:25 (51:55)	6:42 (58:37)	
	3:34 (1:02:11)	7:41 (1:09:52)	8:17 (1:18:09)	8:12 (1:26:21)	5:58 (1:32:19)	1:25 (1:33:44)	
	0:25 (1:34:09)						
17.	Birgitte Wraa	Tisvilde Hegn OK	1:34:16	+47:13	25:16		
	3:09 (3:09)	3:04 (6:13)	3:28 (9:41)	3:34 (13:15)	3:14 (16:29)	2:28 (18:57)	
	5:25 (24:22)	5:51 (30:13)	4:09 (34:22)	1:51 (36:13)	6:20 (42:33)	7:47 (50:20)	
	23:25 (1:13:45)	3:21 (1:17:06)	4:44 (1:21:50)	3:14 (1:25:04)	7:13 (1:32:17)	1:29 (1:33:46)	
	0:30 (1:34:16)						
18.	Birgit Haakan Jensen	FIF Hillerød	1:34:28	+47:25	37:37		
	5:48 (5:48)	2:47 (8:35)	2:02 (10:37)	6:46 (17:23)	3:11 (20:34)	2:21 (22:55)	
	5:14 (28:09)	7:56 (36:05)	4:59 (41:04)	1:52 (42:56)	10:05 (53:01)	6:17 (59:18)	
	10:05 (1:09:23)	4:25 (1:13:48)	4:38 (1:18:26)	8:36 (1:27:02)	5:39 (1:32:41)	– (1:16:00)	
	18:28 (1:34:28)						
19.	Hanne Frost	Ballerup OK	1:36:51	+49:48	8:01		
	4:35 (4:35)	4:05 (8:40)	2:48 (11:28)	4:00 (15:28)	5:23 (20:51)	2:46 (23:37)	
	6:42 (30:19)	8:31 (38:50)	5:45 (44:35)	3:02 (47:37)	9:44 (57:21)	9:49 (1:07:10)	
	4:08 (1:11:18)	4:16 (1:15:34)	5:39 (1:21:13)	6:01 (1:27:14)	7:19 (1:34:33)	1:45 (1:36:18)	
	0:33 (1:36:51)						
	Marianne Dahl	OK Sorø	Fejlklip				
	4:58 (4:58)	15:12 (20:10)	4:43 (24:53)	11:08 (36:01)	6:40 (42:41)	4:27 (47:08)	
	19:09 (1:06:17)	14:55 (1:21:12)	13:45 (1:34:57)	2:10 (1:37:07)	6:38 (1:43:45)	10:42 (1:54:27)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (2:29:30)	
	0:49 (2:30:19)						
	Annemette El-Azem	Holbæk OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						
	Bettina Katy Andersen	Søllerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						
	Bodil Klavsen	Holbæk OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						
	Ellen Lindmark Frier	Søllerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						

D70		(14 / 14)	Tid	Efter	Tidstab		
1.	Vibeke Bøgevig	Søllerød OK	46:57		2:19		
	1:51 (1:51)	4:30 (6:21)	4:05 (10:26)	3:01 (13:27)	3:23 (16:50)	5:50 (22:40)	
	6:07 (28:47)	2:31 (31:18)	2:40 (33:58)	2:15 (36:13)	4:04 (40:17)	4:54 (45:11)	
	1:17 (46:28)	0:29 (46:57)					
2.	Jette Stepputat	Søllerød OK	50:19	+3:22	2:56		
	1:51 (1:51)	4:43 (6:34)	4:24 (10:58)	3:36 (14:34)	2:52 (17:26)	7:09 (24:35)	
	4:32 (29:07)	2:06 (31:13)	3:23 (34:36)	3:09 (37:45)	5:39 (43:24)	5:13 (48:37)	
	1:18 (49:55)	0:24 (50:19)					
3.	Else Juul Hansen	Søllerød OK	52:58	+6:01	2:34		
	2:02 (2:02)	6:12 (8:14)	4:26 (12:40)	3:27 (16:07)	3:27 (19:34)	6:32 (26:06)	
	4:44 (30:50)	3:16 (34:06)	2:59 (37:05)	3:03 (40:08)	4:57 (45:05)	5:44 (50:49)	
	1:35 (52:24)	0:34 (52:58)					
4.	Annelise Hansen	FIF Hillerød	54:18	+7:21	5:44		
	1:59 (1:59)	6:06 (8:05)	4:35 (12:40)	3:12 (15:52)	3:29 (19:21)	6:21 (25:42)	
	4:08 (29:50)	4:13 (34:03)	3:04 (37:07)	4:14 (41:21)	3:39 (45:00)	5:57 (50:57)	
	2:54 (53:51)	0:27 (54:18)					
5.	Aase Neregaard	Tisvilde Hegn OK	1:10:02	+23:05	17:05		
	2:43 (2:43)	16:23 (19:06)	4:27 (23:33)	3:17 (26:50)	4:13 (31:03)	6:15 (37:18)	
	6:34 (43:52)	4:01 (47:53)	5:35 (53:28)	4:21 (57:49)	4:26 (1:02:15)	5:38 (1:07:53)	
	1:40 (1:09:33)	0:29 (1:10:02)					
6.	Inger Landsperg	Tisvilde Hegn OK	1:12:38	+25:41	13:09		
	3:10 (3:10)	5:35 (8:45)	4:58 (13:43)	4:04 (17:47)	13:04 (30:51)	8:11 (39:02)	
	4:58 (44:00)	3:25 (47:25)	4:28 (51:53)	3:59 (55:52)	5:17 (1:01:09)	7:15 (1:08:24)	
	3:35 (1:11:59)	0:39 (1:12:38)					

7.	Liselotte Andersen	Ballerup OK	1:13:16	+26:19	5:21		
	2:28 (2:28)	5:43 (8:11)	6:58 (15:09)	4:48 (19:57)	4:25 (24:22)	8:22 (32:44)	
	7:08 (39:52)	3:36 (43:28)	5:37 (49:05)	5:21 (54:26)	7:04 (1:01:30)	8:33 (1:10:03)	
	2:23 (1:12:26)	0:50 (1:13:16)					
8.	Bodil M. Mortensen	Ballerup OK	1:17:13	+30:16	21:55		
	1:42 (1:42)	5:23 (7:05)	4:54 (11:59)	3:34 (15:33)	4:30 (20:03)	8:02 (28:05)	
	5:33 (33:38)	4:49 (38:27)	6:20 (44:47)	3:08 (47:55)	21:58 (1:09:53)	5:39 (1:15:32)	
	1:17 (1:16:49)	0:24 (1:17:13)					
9.	Lisbeth Jensen	Ballerup OK	1:21:54	+34:57	25:50		
	4:03 (4:03)	12:45 (16:48)	4:24 (21:12)	3:58 (25:10)	16:33 (41:43)	7:10 (48:53)	
	5:45 (54:38)	2:09 (56:47)	2:44 (59:31)	8:16 (1:07:47)	6:15 (1:14:02)	5:55 (1:19:57)	
	1:29 (1:21:26)	0:28 (1:21:54)					
10.	Kirsten Truelsen	Ballerup OK	1:27:20	+40:23	15:59		
	3:27 (3:27)	18:32 (21:59)	6:01 (28:00)	4:17 (32:17)	4:00 (36:17)	12:38 (48:55)	
	5:15 (54:10)	3:27 (57:37)	4:57 (1:02:34)	6:08 (1:08:42)	6:56 (1:15:38)	8:32 (1:24:10)	
	2:16 (1:26:26)	0:54 (1:27:20)					
11.	Betty Folino	FIF Hillerød	1:36:31	+49:34	19:37		
	7:01 (7:01)	6:56 (13:57)	6:47 (20:44)	4:57 (25:41)	9:34 (35:15)	10:38 (45:53)	
	10:14 (56:07)	3:10 (59:17)	10:21 (1:09:38)	5:04 (1:14:42)	10:38 (1:25:20)	8:00 (1:33:20)	
	2:12 (1:35:32)	0:59 (1:36:31)					
12.	Lisbeth G. Larsen	FIF Hillerød	1:45:37	+58:40	18:00		
	3:25 (3:25)	9:44 (13:09)	8:48 (21:57)	5:41 (27:38)	6:00 (33:38)	10:31 (44:09)	
	11:36 (55:45)	9:45 (1:05:30)	10:08 (1:15:38)	10:18 (1:25:56)	6:29 (1:32:25)	9:48 (1:42:13)	
	2:36 (1:44:49)	0:48 (1:45:37)					
	Ellen Thisted	Søllerød OK	Fejlklip				
	12:17 (12:17)	8:36 (20:53)	22:21 (43:14)	15:19 (58:33)	5:26 (1:03:59)	12:21 (1:16:20)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (1:59:34)					
	Kirsten Olsen	Søllerød OK	Fejlklip				
	1:54 (1:54)	5:12 (7:06)	36:41 (43:47)	5:11 (48:58)	6:20 (55:18)	8:33 (1:03:51)	
	11:12 (1:15:03)	1:58 (1:17:01)	3:34 (1:20:35)	3:57 (1:24:32)	– (–)	– (–)	
	– (1:42:03)	0:46 (1:42:49)					

D-Let	(20 / 20)	Tid	Efter	Tidstab		
1.	Ann Louise Bøye	FIF Hillerød	23:15		0:31	
	0:51 (0:51)	0:49 (1:40)	0:59 (2:39)	0:44 (3:23)	1:16 (4:39)	1:37 (6:16)
	0:52 (7:08)	1:04 (8:12)	1:08 (9:20)	1:18 (10:38)	2:02 (12:40)	2:06 (14:46)
	2:09 (16:55)	1:58 (18:53)	1:48 (20:41)	1:08 (21:49)	1:06 (22:55)	0:20 (23:15)
2.	Lærke Djurhuus Ipsen	Farum OK	28:23	+5:08	0:40	
	0:57 (0:57)	0:56 (1:53)	1:18 (3:11)	0:52 (4:03)	1:20 (5:23)	1:57 (7:20)
	0:55 (8:15)	1:30 (9:45)	1:36 (11:21)	1:38 (12:59)	2:35 (15:34)	2:38 (18:12)
	2:50 (21:02)	2:30 (23:32)	2:03 (25:35)	1:30 (27:05)	0:58 (28:03)	0:20 (28:23)
3.	Rikke Nygaard Monrad	FIF Hillerød	29:45	+6:30	4:13	
	0:58 (0:58)	0:52 (1:50)	0:52 (2:42)	0:43 (3:25)	1:38 (5:03)	2:01 (7:04)
	0:52 (7:56)	1:07 (9:03)	1:10 (10:13)	1:58 (12:11)	1:44 (13:55)	2:11 (16:06)
	3:41 (19:47)	3:08 (22:55)	3:42 (26:37)	1:33 (28:10)	1:10 (29:20)	0:25 (29:45)
4.	Mette Kirkeby	FIF Hillerød	30:10	+6:55	2:01	
	1:04 (1:04)	1:10 (2:14)	1:19 (3:33)	0:52 (4:25)	1:29 (5:54)	3:45 (9:39)
	1:06 (10:45)	1:34 (12:19)	1:37 (13:56)	1:31 (15:27)	2:26 (17:53)	2:29 (20:22)
	2:41 (23:03)	2:26 (25:29)	2:07 (27:36)	1:14 (28:50)	0:59 (29:49)	0:21 (30:10)
5.	Katya Kandybei	Farum OK	31:46	+8:31	1:39	
	1:09 (1:09)	1:11 (2:20)	1:37 (3:57)	0:48 (4:45)	1:38 (6:23)	2:22 (8:45)
	1:02 (9:47)	2:49 (12:36)	1:13 (13:49)	1:37 (15:26)	2:29 (17:55)	2:39 (20:34)
	2:54 (23:28)	3:09 (26:37)	2:27 (29:04)	1:14 (30:18)	1:06 (31:24)	0:22 (31:46)
6.	Rikke Søndergaard	Farum OK	34:04	+10:49	3:09	
	0:57 (0:57)	1:01 (1:58)	1:16 (3:14)	1:00 (4:14)	1:34 (5:48)	2:15 (8:03)
	1:14 (9:17)	1:35 (10:52)	1:24 (12:16)	1:38 (13:54)	3:37 (17:31)	2:41 (20:12)
	2:52 (23:04)	5:08 (28:12)	2:45 (30:57)	1:25 (32:22)	1:20 (33:42)	0:22 (34:04)
7.	Mette Lyskjær Jensen	Farum OK	37:01	+13:46	1:32	
	1:26 (1:26)	1:18 (2:44)	1:59 (4:43)	0:58 (5:41)	2:02 (7:43)	2:26 (10:09)
	1:18 (11:27)	2:05 (13:32)	1:35 (15:07)	1:59 (17:06)	2:50 (19:56)	3:03 (22:59)
	3:23 (26:22)	3:09 (29:31)	3:24 (32:55)	2:03 (34:58)	1:27 (36:25)	0:36 (37:01)
8.	Julie Herfelt Holck	Tisvilde Hegn OK	37:43	+14:28	4:56	
	1:07 (1:07)	1:32 (2:39)	1:30 (4:09)	0:43 (4:52)	1:22 (6:14)	4:44 (10:58)
	0:57 (11:55)	1:48 (13:43)	1:30 (15:13)	1:35 (16:48)	2:58 (19:46)	3:15 (23:01)
	3:14 (26:15)	3:54 (30:09)	3:37 (33:46)	2:19 (36:05)	1:15 (37:20)	0:23 (37:43)
9.	Gitte Oscarsson	Søllerød OK	40:23	+17:08	3:14	
	1:40 (1:40)	1:26 (3:06)	2:32 (5:38)	0:58 (6:36)	2:46 (9:22)	3:14 (12:36)
	1:29 (14:05)	1:49 (15:54)	1:49 (17:43)	2:00 (19:43)	3:39 (23:22)	3:27 (26:49)
	3:32 (30:21)	3:46 (34:07)	2:58 (37:05)	1:39 (38:44)	1:06 (39:50)	0:33 (40:23)
10.	Anne Hagedorn Jensen	Søllerød OK	41:37	+18:22	5:23	
	1:24 (1:24)	1:26 (2:50)	2:06 (4:56)	0:57 (5:53)	1:56 (7:49)	2:33 (10:22)
	1:14 (11:36)	1:43 (13:19)	2:11 (15:30)	1:52 (17:22)	3:20 (20:42)	3:28 (24:10)
	3:01 (27:11)	6:22 (33:33)	3:49 (37:22)	2:33 (39:55)	1:17 (41:12)	0:25 (41:37)
11.	Margit Monrad	Søllerød OK	42:45	+19:30	5:18	
	1:19 (1:19)	2:18 (3:37)	1:44 (5:21)	0:50 (6:11)	2:12 (8:23)	5:01 (13:24)
	1:19 (14:43)	1:34 (16:17)	2:30 (18:47)	2:06 (20:53)	3:15 (24:08)	3:41 (27:49)
	3:16 (31:05)	4:08 (35:13)	2:49 (38:02)	2:40 (40:42)	1:33 (42:15)	0:30 (42:45)
12.	Liv Sharpe á Argjahøvda	OK Sorø	44:48	+21:33	10:25	

H12		(7 / 7)	Tid	Efter	Tidstab		
1.	Mads Storm Lyngsø	Allerød OK	27:44		2:46		
	0:47 (0:47)	0:49 (1:36)	0:54 (2:30)	0:44 (3:14)	1:10 (4:24)	3:19 (7:43)	
	0:46 (8:29)	1:23 (9:52)	1:15 (11:07)	1:23 (12:30)	2:04 (14:34)	2:12 (16:46)	
	2:18 (19:04)	4:47 (23:51)	1:32 (25:23)	1:06 (26:29)	0:54 (27:23)	0:21 (27:44)	
2.	Liam Sharpe á Argjahøvda	OK Sorø	29:52	+2:08	1:29		
	0:56 (0:56)	1:06 (2:02)	1:13 (3:15)	0:45 (4:00)	1:29 (5:29)	3:01 (8:30)	
	0:52 (9:22)	2:38 (12:00)	1:09 (13:09)	1:38 (14:47)	2:56 (17:43)	2:28 (20:11)	
	2:40 (22:51)	2:27 (25:18)	2:13 (27:31)	1:06 (28:37)	0:59 (29:36)	0:16 (29:52)	
3.	Noah Hjorth	Ballerup OK	32:31	+4:47	2:10		
	0:52 (0:52)	0:59 (1:51)	1:08 (2:59)	0:52 (3:51)	1:46 (5:37)	2:33 (8:10)	
	1:03 (9:13)	1:57 (11:10)	1:35 (12:45)	1:42 (14:27)	3:39 (18:06)	2:56 (21:02)	
	3:13 (24:15)	3:15 (27:30)	2:37 (30:07)	1:12 (31:19)	0:57 (32:16)	0:15 (32:31)	
4.	William Justesen	Holbæk OK	32:52	+5:08	2:05		
	1:11 (1:11)	1:07 (2:18)	1:21 (3:39)	1:45 (5:24)	1:32 (6:56)	3:06 (10:02)	
	1:07 (11:09)	1:31 (12:40)	1:14 (13:54)	1:40 (15:34)	2:45 (18:19)	2:43 (21:02)	
	2:49 (23:51)	3:36 (27:27)	2:31 (29:58)	1:38 (31:36)	1:00 (32:36)	0:16 (32:52)	
5.	Leo Hallenberg Hartelius	FIF Hillerød	34:43	+6:59	3:07		
	1:29 (1:29)	0:57 (2:26)	2:38 (5:04)	0:48 (5:52)	1:42 (7:34)	3:57 (11:31)	
	1:04 (12:35)	1:31 (14:06)	1:15 (15:21)	1:50 (17:11)	3:21 (20:32)	2:50 (23:22)	
	2:50 (26:12)	3:31 (29:43)	2:24 (32:07)	1:27 (33:34)	0:52 (34:26)	0:17 (34:43)	
6.	Hjalte Skovborg Bjødstrup	Holbæk OK	44:07	+16:23	10:26		
	0:48 (0:48)	1:07 (1:55)	1:29 (3:24)	0:38 (4:02)	1:14 (5:16)	4:19 (9:35)	
	0:45 (10:20)	2:07 (12:27)	3:11 (15:38)	2:16 (17:54)	3:13 (21:07)	5:06 (26:13)	
	5:42 (31:55)	3:06 (35:01)	2:29 (37:30)	1:05 (38:35)	5:19 (43:54)	0:13 (44:07)	
	Victor Nielsen	Tisvilde Hegn OK	Ej startet				
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	
H12B		(5 / 5)	Tid	Efter	Tidstab		
1.	Vitus Bo Søndergaard	Farum OK	19:05		1:02		
	1:04 (1:04)	1:27 (2:31)	0:49 (3:20)	0:47 (4:07)	1:02 (5:09)	2:36 (7:45)	
	1:05 (8:50)	1:24 (10:14)	1:18 (11:32)	1:32 (13:04)	0:56 (14:00)	1:02 (15:02)	
	0:57 (15:59)	1:34 (17:33)	0:33 (18:06)	0:40 (18:46)	0:19 (19:05)		
2.	Frej Engsig-Karup	Søllerød OK	20:20	+1:15	2:02		
	1:43 (1:43)	1:34 (3:17)	1:03 (4:20)	0:45 (5:05)	1:01 (6:06)	2:25 (8:31)	
	2:33 (11:04)	0:54 (11:58)	1:07 (13:05)	1:27 (14:32)	1:06 (15:38)	0:56 (16:34)	
	1:05 (17:39)	1:40 (19:19)	0:14 (19:33)	0:29 (20:02)	0:18 (20:20)		
3.	Melker Gustav Folino	FIF Hillerød	23:07	+4:02	2:24		
	1:14 (1:14)	2:04 (3:18)	1:08 (4:26)	1:20 (5:46)	1:26 (7:12)	3:50 (11:02)	
	1:28 (12:30)	1:08 (13:38)	1:17 (14:55)	1:58 (16:53)	1:05 (17:58)	1:21 (19:19)	
	1:14 (20:33)	1:19 (21:52)	0:25 (22:17)	0:29 (22:46)	0:21 (23:07)		
4.	Ilijah Ahmt Telyakevych	Farum OK	36:05	+17:00	11:20		
	1:18 (1:18)	3:11 (4:29)	1:00 (5:29)	6:58 (12:27)	1:41 (14:08)	5:45 (19:53)	
	2:23 (22:16)	0:46 (23:02)	1:34 (24:36)	2:25 (27:01)	1:14 (28:15)	3:04 (31:19)	
	1:47 (33:06)	1:42 (34:48)	0:20 (35:08)	0:37 (35:45)	0:20 (36:05)		
5.	Lauge Buchwald	Holbæk OK	51:27	+32:22	15:40		
	2:29 (2:29)	2:21 (4:50)	1:19 (6:09)	1:16 (7:25)	1:51 (9:16)	5:35 (14:51)	
	2:38 (17:29)	1:42 (19:11)	3:37 (22:48)	2:55 (25:43)	2:10 (27:53)	2:12 (30:05)	
	2:58 (33:03)	3:09 (36:12)	13:57 (50:09)	0:59 (51:08)	0:19 (51:27)		
H14		(11 / 11)	Tid	Efter	Tidstab		
1.	Anton Kupriyanov Hviid	Farum OK	36:34		1:31		
	1:57 (1:57)	0:55 (2:52)	2:10 (5:02)	1:05 (6:07)	3:11 (9:18)	2:37 (11:55)	
	3:20 (15:15)	5:47 (21:02)	1:18 (22:20)	2:09 (24:29)	2:04 (26:33)	5:00 (31:33)	
	1:00 (32:33)	0:28 (33:01)	1:25 (34:26)	1:27 (35:53)	0:27 (36:20)	0:14 (36:34)	
2.	Henrik Kärner Grooss	Allerød OK	46:29	+9:55	5:06		
	2:02 (2:02)	1:10 (3:12)	2:26 (5:38)	1:29 (7:07)	5:14 (12:21)	3:27 (15:48)	
	5:14 (21:02)	5:44 (26:46)	2:17 (29:03)	3:11 (32:14)	3:21 (35:35)	3:38 (39:13)	
	1:28 (40:41)	0:45 (41:26)	2:02 (43:28)	2:06 (45:34)	0:38 (46:12)	0:17 (46:29)	
3.	Denis Kandybei	Farum OK	50:34	+14:00	1:58		
	2:46 (2:46)	1:07 (3:53)	2:35 (6:28)	1:51 (8:19)	4:19 (12:38)	2:57 (15:35)	
	4:17 (19:52)	7:44 (27:36)	2:01 (29:37)	3:12 (32:49)	3:27 (36:16)	5:28 (41:44)	
	1:29 (43:13)	1:06 (44:19)	1:50 (46:09)	3:26 (49:35)	0:39 (50:14)	0:20 (50:34)	
4.	Noah Hallenberg Hartelius	FIF Hillerød	52:58	+16:24	7:22		
	2:07 (2:07)	1:12 (3:19)	2:16 (5:35)	1:48 (7:23)	4:23 (11:46)	3:26 (15:12)	
	4:04 (19:16)	12:22 (31:38)	1:32 (33:10)	2:48 (35:58)	3:41 (39:39)	5:56 (45:35)	
	1:59 (47:34)	0:54 (48:28)	1:31 (49:59)	2:14 (52:13)	0:30 (52:43)	0:15 (52:58)	
5.	Lasse Kalle Pedersen	Holbæk OK	58:49	+22:15	8:52		
	2:21 (2:21)	1:08 (3:29)	2:35 (6:04)	2:52 (8:56)	5:46 (14:42)	2:55 (17:37)	
	4:21 (21:58)	7:40 (29:38)	1:50 (31:28)	3:30 (34:58)	3:16 (38:14)	6:51 (45:05)	
	1:55 (47:00)	0:49 (47:49)	6:41 (54:30)	3:07 (57:37)	0:53 (58:30)	0:19 (58:49)	
6.	Anton David Koue	Søllerød OK	1:00:28	+23:54	5:58		
	3:22 (3:22)	1:14 (4:36)	3:10 (7:46)	1:45 (9:31)	4:40 (14:11)	3:55 (18:06)	
	8:27 (26:33)	7:25 (33:58)	1:58 (35:56)	3:58 (39:54)	3:38 (43:32)	7:04 (50:36)	
	2:49 (53:25)	0:52 (54:17)	2:17 (56:34)	2:59 (59:33)	0:31 (1:00:04)	0:24 (1:00:28)	
7.	Sofus Schou Christensen	OK Sorø	1:04:08	+27:34	5:44		

3:40 (3:40)	1:09 (4:49)	6:19 (11:08)	1:40 (12:48)	6:05 (18:53)	4:12 (23:05)
5:13 (28:18)	9:03 (37:21)	1:59 (39:20)	4:22 (43:42)	3:52 (47:34)	6:21 (53:55)
1:35 (55:30)	1:05 (56:35)	3:36 (1:00:11)	2:52 (1:03:03)	0:48 (1:03:51)	0:17 (1:04:08)
8. Konrad Vestergaard Karnøe	OK Sorø		1:10:03 +33:29	14:19	
2:42 (2:42)	11:55 (14:37)	3:56 (18:33)	1:15 (19:48)	5:06 (24:54)	4:10 (29:04)
5:18 (34:22)	8:59 (43:21)	1:58 (45:19)	4:26 (49:45)	3:47 (53:32)	6:17 (59:49)
1:38 (1:01:27)	0:54 (1:02:21)	3:49 (1:06:10)	2:45 (1:08:55)	0:51 (1:09:46)	0:17 (1:10:03)
9. Caspian Bo Christensen	Holbæk OK		1:36:12 +59:38	15:07	
5:24 (5:24)	1:17 (6:41)	3:12 (9:53)	2:20 (12:13)	13:18 (25:31)	6:53 (32:24)
7:22 (39:46)	16:09 (55:55)	3:32 (59:27)	5:13 (1:04:40)	5:49 (1:10:29)	10:30 (1:20:59)
4:39 (1:25:38)	1:13 (1:26:51)	3:28 (1:30:19)	4:53 (1:35:12)	0:46 (1:35:58)	0:14 (1:36:12)
Niclas Cook Simonsen	FIF Hillerød		Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
Rune Cederberg	Ballerup OK		Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

H14B	(4 / 4)	Tid	Efter	Tidstab	
1. Viktor Jørgensen	Holbæk OK	36:10		6:36	
0:51 (0:51)	1:18 (2:09)	1:36 (3:45)	0:40 (4:25)	1:29 (5:54)	3:48 (9:42)
1:26 (11:08)	1:29 (12:37)	4:43 (17:20)	1:42 (19:02)	2:18 (21:20)	2:24 (23:44)
2:23 (26:07)	2:47 (28:54)	2:12 (31:06)	1:04 (32:10)	3:42 (35:52)	0:18 (36:10)
2. Albert Tougaard Hildebrandt	Farum OK	42:59	+6:49	8:47	
1:02 (1:02)	0:55 (1:57)	1:45 (3:42)	0:41 (4:23)	1:29 (5:52)	6:09 (12:01)
1:10 (13:11)	2:43 (15:54)	1:30 (17:24)	1:42 (19:06)	3:36 (22:42)	5:07 (27:49)
4:06 (31:55)	5:37 (37:32)	2:11 (39:43)	1:55 (41:38)	0:56 (42:34)	0:25 (42:59)
3. Adam Holst Friborg	OK Sorø	58:46	+22:36	15:03	
0:54 (0:54)	1:22 (2:16)	1:10 (3:26)	0:52 (4:18)	1:56 (6:14)	3:55 (10:09)
2:20 (12:29)	2:20 (14:49)	3:37 (18:26)	3:33 (21:59)	5:23 (27:22)	5:05 (32:27)
7:07 (39:34)	8:28 (48:02)	5:17 (53:19)	3:31 (56:50)	1:41 (58:31)	0:15 (58:46)
Eigil Gerstrøm	Tisvilde Hegn OK		Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

H16	(5 / 5)	Tid	Efter	Tidstab	
1. Tore Emil Maarup	Allerød OK	48:47		0:00	
2:53 (2:53)	1:00 (3:53)	1:14 (5:07)	2:25 (7:32)	2:12 (9:44)	2:04 (11:48)
1:21 (13:09)	5:42 (18:51)	2:34 (21:25)	1:23 (22:48)	1:16 (24:04)	2:36 (26:40)
1:15 (27:55)	2:35 (30:30)	4:46 (35:16)	2:01 (37:17)	2:18 (39:35)	1:18 (40:53)
3:25 (44:18)	3:16 (47:34)	0:57 (48:31)	0:16 (48:47)		
2. Torbjørn Høyer Staugaard	FIF Hillerød	56:15	+7:28	1:36	
3:33 (3:33)	1:02 (4:35)	1:19 (5:54)	3:37 (9:31)	2:24 (11:55)	1:58 (13:53)
1:08 (15:01)	6:24 (21:25)	3:08 (24:33)	1:32 (26:05)	1:28 (27:33)	4:26 (31:59)
1:26 (33:25)	2:58 (36:23)	5:13 (41:36)	2:11 (43:47)	3:22 (47:09)	1:20 (48:29)
3:34 (52:03)	3:07 (55:10)	0:43 (55:53)	0:22 (56:15)		
3. Mads Ottar Jespersen	OK Sorø	57:50	+9:03	2:24	
3:10 (3:10)	0:56 (4:06)	1:23 (5:29)	3:02 (8:31)	2:11 (10:42)	1:55 (12:37)
1:14 (13:51)	6:49 (20:40)	2:56 (23:36)	1:25 (25:01)	1:19 (26:20)	4:27 (30:47)
1:23 (32:10)	2:50 (35:00)	5:37 (40:37)	2:47 (43:24)	3:22 (46:46)	1:13 (47:59)
5:01 (53:00)	3:50 (56:50)	0:43 (57:33)	0:17 (57:50)		
4. Gustav Holst Friborg	OK Sorø	1:07:22	+18:35	8:58	
3:58 (3:58)	1:01 (4:59)	1:40 (6:39)	3:49 (10:28)	2:19 (12:47)	1:56 (14:43)
1:29 (16:12)	6:48 (23:00)	3:45 (26:45)	4:32 (31:17)	2:36 (33:53)	6:14 (40:07)
1:37 (41:44)	2:30 (44:14)	5:33 (49:47)	2:59 (52:46)	4:32 (57:18)	1:15 (58:33)
3:09 (1:01:42)	4:37 (1:06:19)	0:48 (1:07:07)	0:15 (1:07:22)		
5. Erik Magnus Graae	Søllerød OK	1:19:06	+30:19	18:11	
3:56 (3:56)	1:19 (5:15)	1:37 (6:52)	3:36 (10:28)	3:26 (13:54)	1:35 (15:29)
1:43 (17:12)	6:31 (23:43)	4:01 (27:44)	11:01 (38:45)	1:28 (40:13)	3:59 (44:12)
3:18 (47:30)	4:04 (51:34)	9:01 (1:00:35)	4:11 (1:04:46)	3:48 (1:08:34)	2:59 (1:11:33)
3:12 (1:14:45)	3:28 (1:18:13)	0:39 (1:18:52)	0:14 (1:19:06)		

H18	(3 / 3)	Tid	Efter	Tidstab	
1. Sebastian Røysland Maltby	Søllerød OK	51:07		0:00	
0:44 (0:44)	2:00 (2:44)	1:00 (3:44)	1:31 (5:15)	3:32 (8:47)	1:36 (10:23)
1:02 (11:25)	1:06 (12:31)	0:51 (13:22)	5:48 (19:10)	1:58 (21:08)	2:45 (23:53)
3:39 (27:32)	1:11 (28:43)	2:23 (31:06)	0:58 (32:04)	4:10 (36:14)	1:57 (38:11)
2:38 (40:49)	1:27 (42:16)	2:36 (44:52)	0:48 (45:40)	1:52 (47:32)	3:03 (50:35)
0:20 (50:55)	0:12 (51:07)				
2. Asbjørn Vejen Eriksen	Tisvilde Hegn OK	1:34:57	+43:50	9:55	
1:10 (1:10)	2:22 (3:32)	1:13 (4:45)	4:16 (9:01)	4:52 (13:53)	3:08 (17:01)
2:28 (19:29)	1:47 (21:16)	1:28 (22:44)	9:11 (31:55)	4:04 (35:59)	6:21 (42:20)
5:34 (47:54)	2:26 (50:20)	5:25 (55:45)	2:22 (58:07)	7:25 (1:05:32)	3:50 (1:09:22)
3:19 (1:12:41)	2:46 (1:15:27)	5:35 (1:21:02)	2:07 (1:23:09)	3:34 (1:26:43)	7:25 (1:34:08)
0:31 (1:34:39)	0:18 (1:34:57)				
3. Jacob Lund Kolenda	Holbæk OK	2:21:06	+1:29:59	32:06	
1:47 (1:47)	3:25 (5:12)	1:55 (7:07)	4:43 (11:50)	7:59 (19:49)	9:07 (28:56)
1:29 (30:25)	2:44 (33:09)	2:00 (35:09)	10:41 (45:50)	6:01 (51:51)	10:21 (1:02:12)
10:33 (1:12:45)	4:05 (1:16:50)	4:29 (1:21:19)	6:52 (1:28:11)	11:52 (1:40:03)	3:40 (1:43:43)
10:52 (1:54:35)	4:43 (1:59:18)	5:15 (2:04:33)	2:06 (2:06:39)	5:23 (2:12:02)	8:06 (2:20:08)
0:40 (2:20:48)	0:18 (2:21:06)				

H20		(3 / 3)		Tid	Efter	Tidstab	
1.	Gustav L. Holmberg	FIF Hillerød		53:15		2:59	
	0:42 (0:42)	1:45 (2:27)	0:47 (3:14)		1:30 (4:44)	3:17 (8:01)	1:39 (9:40)
	0:55 (10:35)	0:52 (11:27)	0:45 (12:12)		5:43 (17:55)	1:57 (19:52)	4:00 (23:52)
	3:13 (27:05)	2:36 (29:41)	2:52 (32:33)		1:25 (33:58)	3:56 (37:54)	1:45 (39:39)
	3:08 (42:47)	1:31 (44:18)	2:21 (46:39)		0:53 (47:32)	1:59 (49:31)	3:08 (52:39)
	0:22 (53:01)	0:14 (53:15)					
2.	Tobias Olloz	Tisvilde Hegn OK		55:38	+2:23	3:46	
	0:53 (0:53)	1:55 (2:48)	0:46 (3:34)		1:39 (5:13)	4:15 (9:28)	1:26 (10:54)
	0:53 (11:47)	0:57 (12:44)	0:54 (13:38)		4:50 (18:28)	2:26 (20:54)	7:04 (27:58)
	3:26 (31:24)	1:12 (32:36)	2:27 (35:03)		0:54 (35:57)	4:01 (39:58)	1:53 (41:51)
	2:14 (44:05)	1:36 (45:41)	2:22 (48:03)		0:53 (48:56)	2:32 (51:28)	3:23 (54:51)
	0:27 (55:18)	0:20 (55:38)					
3.	Vincent Becker	Søllerød OK		1:06:23	+13:08	8:41	
	0:50 (0:50)	2:31 (3:21)	0:49 (4:10)		3:10 (7:20)	4:11 (11:31)	1:29 (13:00)
	0:54 (13:54)	1:18 (15:12)	0:54 (16:06)		6:35 (22:41)	4:22 (27:03)	3:52 (30:55)
	4:57 (35:52)	1:37 (37:29)	2:37 (40:06)		1:16 (41:22)	6:20 (47:42)	2:42 (50:24)
	2:23 (52:47)	1:53 (54:40)	3:06 (57:46)		1:07 (58:53)	3:42 (1:02:35)	3:09 (1:05:44)
	0:24 (1:06:08)	0:15 (1:06:23)					
H20B		(5 / 5)		Tid	Efter	Tidstab	
1.	William Nielsen	Tisvilde Hegn OK		49:17		7:42	
	2:41 (2:41)	0:55 (3:36)	3:07 (6:43)		3:29 (10:12)	5:22 (15:34)	3:43 (19:17)
	4:18 (23:35)	5:30 (29:05)	1:11 (30:16)		2:23 (32:39)	2:35 (35:14)	4:59 (40:13)
	3:10 (43:23)	0:38 (44:01)	1:41 (45:42)		2:44 (48:26)	0:33 (48:59)	0:18 (49:17)
2.	Rasmus Storm Lyngsø	Allerød OK		51:03	+1:46	7:32	
	2:34 (2:34)	1:05 (3:39)	2:13 (5:52)		1:27 (7:19)	3:32 (10:51)	3:00 (13:51)
	5:28 (19:19)	7:15 (26:34)	2:47 (29:21)		3:09 (32:30)	2:28 (34:58)	9:36 (44:34)
	1:33 (46:07)	1:41 (46:48)	1:31 (48:19)		1:53 (50:12)	0:34 (50:46)	0:17 (51:03)
3.	Sebastian Hansen Lindboe	Tisvilde Hegn OK		1:02:24	+13:07	9:42	
	2:47 (2:47)	1:25 (4:12)	2:55 (7:07)		1:48 (8:55)	4:11 (13:06)	5:19 (18:25)
	5:19 (23:44)	12:02 (35:46)	1:57 (37:43)		3:29 (41:12)	2:51 (44:03)	10:28 (54:31)
	1:48 (56:19)	0:48 (57:07)	1:38 (58:45)		2:33 (1:01:18)	0:46 (1:02:04)	0:20 (1:02:24)
	Mathias Hansen Lindboe	Tisvilde Hegn OK		Fejlklip			
	2:42 (2:42)	0:57 (3:39)	1:52 (5:31)		1:19 (6:50)	- (-)	- (-)
	- (-)	- (54:21)	1:22 (55:43)		- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)		- (1:00:32)	0:56 (1:01:28)	0:21 (1:01:49)
	Asger Lønstrup Ammitzbøll	Farum OK		Ej startet			
	- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
	- (-)	- (-)	- (-)		- (-)	- (-)	- (-)
H21		(34 / 34)		Tid	Efter	Tidstab	
1.	Emil Folino	FIF Hillerød		42:43		0:00	
	0:43 (0:43)	1:46 (2:29)	0:40 (3:09)		1:18 (4:27)	3:01 (7:28)	1:23 (8:51)
	0:52 (9:43)	0:53 (10:36)	0:56 (11:32)		4:10 (15:42)	1:41 (17:23)	2:41 (20:04)
	3:18 (23:22)	1:03 (24:25)	1:21 (25:46)		0:59 (26:45)	3:54 (30:39)	1:44 (32:23)
	1:45 (34:08)	1:26 (35:34)	1:53 (37:27)		0:41 (38:08)	1:33 (39:41)	2:26 (42:07)
	0:20 (42:27)	0:16 (42:43)					
2.	Emil Øbro	Tisvilde Hegn OK		43:17	+0:34	1:47	
	0:41 (0:41)	1:37 (2:18)	0:38 (2:56)		1:58 (4:54)	2:39 (7:33)	1:18 (8:51)
	0:44 (9:35)	0:50 (10:25)	0:40 (11:05)		4:21 (15:26)	1:33 (16:59)	2:57 (19:56)
	2:53 (22:49)	1:06 (23:55)	1:53 (25:48)		0:49 (26:37)	4:28 (31:05)	1:34 (32:39)
	1:45 (34:24)	1:28 (35:52)	2:00 (37:52)		0:40 (38:32)	1:51 (40:23)	2:22 (42:45)
	0:19 (43:04)	0:13 (43:17)					
3.	Jonas Falck Weber	Tisvilde Hegn OK		46:32	+3:49	0:00	
	0:38 (0:38)	1:49 (2:27)	0:43 (3:10)		1:25 (4:35)	3:04 (7:39)	1:28 (9:07)
	0:47 (9:54)	1:04 (10:58)	0:47 (11:45)		5:09 (16:54)	1:58 (18:52)	2:39 (21:31)
	3:30 (25:01)	1:10 (26:11)	1:59 (28:10)		1:00 (29:10)	3:58 (33:08)	1:49 (34:57)
	2:00 (36:57)	1:39 (38:36)	2:07 (40:43)		0:51 (41:34)	1:51 (43:25)	2:34 (45:59)
	0:19 (46:18)	0:14 (46:32)					
4.	Mikkel Lyskjær	Farum OK		49:31	+6:48	0:40	
	0:49 (0:49)	1:51 (2:40)	0:45 (3:25)		1:29 (4:54)	3:19 (8:13)	1:34 (9:47)
	0:52 (10:39)	0:57 (11:36)	0:45 (12:21)		5:15 (17:36)	1:55 (19:31)	3:02 (22:33)
	3:50 (26:23)	1:20 (27:43)	1:37 (29:20)		1:37 (30:57)	4:06 (35:03)	1:57 (37:00)
	1:59 (38:59)	1:55 (40:54)	2:08 (43:02)		0:50 (43:52)	1:57 (45:49)	2:49 (48:38)
	0:36 (49:14)	0:17 (49:31)					
5.	Rasmus Folino Nielsen	FIF Hillerød		49:48	+7:05	2:20	
	1:27 (1:27)	2:50 (4:17)	1:06 (5:23)		1:34 (6:57)	3:06 (10:03)	1:27 (11:30)
	0:56 (12:26)	0:59 (13:25)	0:53 (14:18)		4:31 (18:49)	1:53 (20:42)	2:33 (23:15)
	3:39 (26:54)	1:18 (28:12)	1:43 (29:55)		1:34 (31:29)	4:08 (35:37)	2:03 (37:40)
	2:05 (39:45)	1:34 (41:19)	2:15 (43:34)		0:47 (44:21)	2:09 (46:30)	2:36 (49:06)
	0:25 (49:31)	0:17 (49:48)					
6.	Thomas Steinthal	FIF Hillerød		49:59	+7:16	1:18	
	0:54 (0:54)	2:38 (3:32)	0:50 (4:22)		1:44 (6:06)	3:27 (9:33)	1:40 (11:13)
	0:52 (12:05)	0:58 (13:03)	0:59 (14:02)		5:31 (19:33)	2:30 (22:03)	2:59 (25:02)
	3:26 (28:28)	1:16 (29:44)	1:39 (31:23)		0:55 (32:18)	4:12 (36:30)	1:49 (38:19)
	2:02 (40:21)	1:40 (42:01)	2:06 (44:07)		0:48 (44:55)	1:58 (46:53)	2:28 (49:21)
	0:23 (49:44)	0:15 (49:59)					

7.	Jens Knud Maarup	Allerød OK	50:00	+7:17	1:42		
	1:00 (1:00)	1:54 (2:54)	0:49 (3:43)	1:27 (5:10)	3:35 (8:45)	1:41 (10:26)	
	0:55 (11:21)	0:59 (12:20)	0:51 (13:11)	5:04 (18:15)	2:03 (20:18)	2:46 (23:04)	
	3:27 (26:31)	1:22 (27:53)	1:35 (29:28)	0:47 (30:15)	4:13 (34:28)	1:52 (36:20)	
	2:02 (38:22)	1:45 (40:07)	2:14 (42:21)	0:48 (43:09)	3:43 (46:52)	2:30 (49:22)	
	0:21 (49:43)	0:17 (50:00)					
8.	Annika Simonsen	FIF Hillerød	51:11	+8:28	1:26		
	1:03 (1:03)	1:50 (2:53)	0:56 (3:49)	1:31 (5:20)	3:24 (8:44)	2:14 (10:58)	
	1:02 (12:00)	0:56 (12:56)	0:53 (13:49)	5:13 (19:02)	1:50 (20:52)	2:48 (23:40)	
	3:50 (27:30)	1:28 (28:58)	1:59 (30:57)	1:10 (32:07)	4:14 (36:21)	2:22 (38:43)	
	1:54 (40:37)	1:27 (42:04)	2:00 (44:04)	0:44 (44:48)	2:45 (47:33)	2:42 (50:15)	
	0:37 (50:52)	0:19 (51:11)					
9.	Casper Wraa	Tisvilde Hegn OK	51:50	+9:07	1:25		
	1:23 (1:23)	2:03 (3:26)	0:52 (4:18)	1:31 (5:49)	3:39 (9:28)	1:33 (11:01)	
	1:00 (12:01)	0:57 (12:58)	0:55 (13:53)	5:17 (19:10)	1:58 (21:08)	2:47 (23:55)	
	3:44 (27:39)	1:29 (29:08)	1:37 (30:45)	1:13 (31:58)	5:14 (39:12)	1:54 (39:06)	
	2:04 (41:10)	1:43 (42:53)	2:40 (45:33)	0:52 (46:25)	2:14 (48:39)	2:29 (51:08)	
	0:24 (51:32)	0:18 (51:50)					
9.	Jacob Seerup Kirkeby	Søllerød OK	51:50	+9:07	3:01		
	0:57 (0:57)	1:57 (2:54)	0:45 (3:39)	1:30 (5:09)	3:26 (8:35)	1:25 (10:00)	
	0:55 (10:55)	0:57 (11:52)	1:09 (13:01)	6:40 (19:41)	1:54 (21:35)	4:20 (25:55)	
	3:38 (29:33)	1:17 (30:50)	1:32 (32:22)	1:11 (33:33)	4:05 (37:38)	1:51 (39:29)	
	2:08 (41:37)	1:45 (43:22)	2:19 (45:41)	0:45 (46:26)	2:13 (48:39)	2:32 (51:11)	
	0:25 (51:36)	0:14 (51:50)					
11.	Martin Laage Kragh	FIF Hillerød	53:43	+11:00	0:40		
	1:03 (1:03)	2:16 (3:19)	0:47 (4:06)	1:59 (6:05)	3:26 (9:31)	1:39 (11:10)	
	0:53 (12:03)	1:00 (13:03)	0:59 (14:02)	5:31 (19:33)	2:16 (21:49)	3:07 (24:56)	
	3:59 (28:55)	1:21 (30:16)	2:06 (32:22)	0:55 (33:17)	4:56 (38:13)	2:17 (40:30)	
	2:03 (42:33)	1:46 (44:19)	3:00 (47:19)	0:58 (48:17)	2:17 (50:34)	2:32 (53:06)	
	0:20 (53:26)	0:17 (53:43)					
12.	Robert Kovacs	Farum OK	54:15	+11:32	1:40		
	0:40 (0:40)	2:10 (2:50)	0:47 (3:37)	1:34 (5:11)	3:49 (9:00)	1:46 (10:46)	
	0:58 (11:44)	1:01 (12:45)	1:55 (14:40)	5:54 (20:34)	2:45 (23:19)	3:11 (26:30)	
	3:42 (30:12)	1:18 (31:30)	1:41 (33:11)	1:12 (34:23)	4:45 (39:08)	2:01 (41:09)	
	1:59 (43:08)	1:41 (44:49)	2:34 (47:23)	1:00 (48:23)	2:06 (50:29)	3:02 (53:31)	
	0:29 (54:00)	0:15 (54:15)					
13.	Yevhen Kandybey	Farum OK	54:19	+11:36	0:00		
	0:54 (0:54)	2:25 (3:19)	0:49 (4:08)	1:36 (5:44)	3:41 (9:25)	1:48 (11:13)	
	1:06 (12:19)	1:06 (13:25)	0:54 (14:19)	5:41 (20:00)	2:01 (22:01)	3:02 (25:03)	
	3:54 (28:57)	1:22 (30:19)	1:52 (32:11)	1:02 (33:13)	4:45 (37:58)	2:16 (40:14)	
	2:11 (42:25)	2:15 (44:40)	2:31 (47:11)	0:57 (48:08)	2:27 (50:35)	3:02 (53:37)	
	0:24 (54:01)	0:18 (54:19)					
14.	Julius Molsen	Søllerød OK	54:52	+12:09	1:32		
	0:54 (0:54)	2:26 (3:20)	0:52 (4:12)	1:40 (5:52)	3:36 (9:28)	1:47 (11:15)	
	1:04 (12:19)	0:59 (13:18)	1:46 (15:04)	5:20 (20:24)	2:22 (22:46)	3:48 (26:34)	
	4:18 (30:52)	1:22 (32:14)	1:39 (33:53)	1:21 (35:14)	4:36 (39:50)	2:07 (41:57)	
	2:03 (44:00)	1:37 (45:37)	2:22 (47:59)	0:58 (48:57)	2:09 (51:06)	3:06 (54:12)	
	0:25 (54:37)	0:15 (54:52)					
15.	Aske Jepsen	Søllerød OK	55:58	+13:15	1:19		
	0:47 (0:47)	1:53 (2:40)	0:49 (3:29)	2:14 (5:43)	3:34 (9:17)	1:40 (10:57)	
	0:57 (11:54)	1:10 (13:04)	1:19 (14:23)	6:07 (20:30)	2:18 (22:48)	3:04 (25:52)	
	4:09 (30:01)	2:00 (32:01)	2:35 (34:36)	1:14 (35:50)	4:38 (40:28)	2:10 (42:38)	
	2:14 (44:52)	2:01 (46:53)	2:27 (49:20)	0:52 (50:12)	2:08 (52:20)	2:55 (55:15)	
	0:26 (55:41)	0:17 (55:58)					
16.	Lasse Falck Weber	Tisvilde Hegn OK	56:46	+14:03	0:00		
	0:52 (0:52)	2:14 (3:06)	0:54 (4:00)	1:45 (5:45)	3:53 (9:38)	1:42 (11:20)	
	1:00 (12:20)	1:05 (13:25)	1:04 (14:29)	5:34 (20:03)	2:19 (22:22)	3:46 (26:08)	
	4:13 (30:21)	1:28 (31:49)	2:23 (34:12)	0:53 (35:05)	4:56 (40:01)	2:31 (42:32)	
	2:28 (45:00)	1:52 (46:52)	2:36 (49:28)	1:00 (50:28)	2:05 (52:33)	3:19 (55:52)	
	0:32 (56:24)	0:22 (56:46)					
17.	Kasper Ingerslev	Ballerup OK	56:53	+14:10	1:19		
	0:59 (0:59)	2:01 (3:00)	0:47 (3:47)	1:49 (5:36)	3:36 (9:12)	1:44 (10:56)	
	0:59 (11:55)	1:06 (13:01)	1:00 (14:01)	5:48 (19:49)	2:22 (22:11)	3:25 (25:36)	
	4:02 (29:38)	1:27 (31:05)	2:40 (33:45)	1:38 (35:23)	5:03 (40:26)	2:32 (42:58)	
	2:12 (45:10)	1:52 (47:02)	2:37 (49:39)	1:00 (50:39)	2:12 (52:51)	3:18 (56:09)	
	0:30 (56:39)	0:14 (56:53)					
18.	Emil Illemann Andreasen	Allerød OK	59:41	+16:58	8:08		
	0:53 (0:53)	2:31 (3:24)	1:10 (4:34)	4:25 (8:59)	3:18 (12:17)	1:34 (13:51)	
	0:52 (14:43)	1:36 (16:19)	1:06 (17:25)	5:10 (22:35)	2:22 (24:57)	2:46 (27:43)	
	3:37 (31:20)	1:16 (32:36)	1:42 (34:18)	1:14 (35:32)	4:23 (39:55)	2:18 (42:13)	
	2:08 (44:21)	3:34 (47:55)	3:12 (51:07)	0:52 (51:59)	4:18 (56:17)	2:45 (59:02)	
	0:26 (59:28)	0:13 (59:41)					
19.	Kåre Sørensen	OK Sorø	1:02:51	+20:08	4:31		
	0:54 (0:54)	2:23 (3:17)	0:54 (4:11)	1:39 (5:50)	3:43 (9:33)	1:52 (11:25)	
	1:26 (12:51)	1:15 (14:06)	1:07 (15:13)	5:32 (20:45)	2:58 (23:43)	3:33 (27:16)	
	4:09 (31:25)	1:39 (33:04)	2:31 (35:35)	1:12 (36:47)	6:07 (42:54)	2:12 (45:06)	
	2:14 (47:20)	2:13 (49:33)	2:31 (52:04)	3:51 (55:55)	2:51 (58:46)	3:19 (1:02:05)	
	0:28 (1:02:33)	0:18 (1:02:51)					
20.	Bela Sebok	Ballerup OK	1:03:31	+20:48	5:51		

1:03 (1:03)	2:13 (3:16)	0:48 (4:04)	1:34 (5:38)	4:11 (9:49)	3:10 (12:59)
0:57 (13:56)	1:01 (14:57)	0:55 (15:52)	5:56 (21:48)	2:25 (24:13)	4:11 (28:24)
4:15 (32:39)	1:39 (34:18)	2:32 (36:50)	1:27 (38:17)	4:58 (43:15)	2:17 (45:32)
2:26 (47:58)	2:05 (50:03)	2:33 (52:36)	0:54 (53:30)	4:55 (58:25)	4:25 (1:02:50)
0:23 (1:03:13)	0:18 (1:03:31)				
21. Frederik Holm Splittorff	FIF Hillerød	1:05:59	+23:16	6:06	
0:56 (0:56)	2:14 (3:10)	0:54 (4:04)	1:43 (5:47)	4:05 (9:52)	2:02 (11:54)
1:02 (12:56)	1:06 (14:02)	0:58 (15:00)	5:51 (20:51)	2:34 (23:25)	3:34 (26:59)
4:33 (31:32)	1:27 (32:59)	2:06 (35:05)	2:27 (37:32)	5:10 (42:42)	2:41 (45:23)
3:07 (48:30)	2:12 (50:42)	5:01 (55:43)	1:07 (56:50)	4:24 (1:01:14)	3:48 (1:05:02)
0:37 (1:05:39)	0:20 (1:05:59)				
22. Jacob Kristjansen	Holbæk OK	1:06:22	+23:39	12:41	
0:50 (0:50)	3:45 (4:35)	0:51 (5:26)	1:34 (7:00)	3:44 (10:44)	1:38 (12:22)
0:55 (13:17)	1:03 (14:20)	0:59 (15:19)	5:55 (21:14)	2:12 (23:26)	4:55 (28:21)
4:06 (32:27)	5:20 (37:47)	4:43 (42:30)	1:02 (43:32)	4:42 (48:14)	3:30 (51:44)
2:00 (53:44)	1:41 (55:25)	2:46 (58:11)	0:56 (59:07)	2:01 (1:01:08)	4:32 (1:05:40)
0:27 (1:06:07)	0:15 (1:06:22)				
23. Christian Larsen	Holbæk OK	1:06:46	+24:03	1:53	
1:02 (1:02)	2:39 (3:41)	1:02 (4:43)	1:57 (6:40)	4:48 (11:28)	2:03 (13:31)
1:06 (14:37)	1:12 (15:49)	1:06 (16:55)	6:16 (23:11)	2:23 (25:34)	4:07 (29:41)
5:15 (34:56)	2:09 (37:05)	4:06 (41:11)	1:22 (42:33)	5:47 (48:20)	2:45 (51:05)
2:19 (53:24)	2:05 (55:29)	2:50 (58:19)	1:24 (59:43)	2:37 (1:02:20)	3:36 (1:05:56)
0:32 (1:06:28)	0:18 (1:06:46)				
24. Peter Hansen	OK Sorø	1:07:47	+25:04	1:26	
0:48 (0:48)	2:35 (3:23)	1:02 (4:25)	1:47 (6:12)	4:16 (10:28)	1:58 (12:26)
1:10 (13:36)	1:15 (14:51)	1:10 (16:01)	6:39 (22:40)	2:46 (25:26)	4:37 (30:03)
5:06 (35:09)	1:58 (37:07)	2:10 (39:17)	1:43 (41:00)	6:06 (47:06)	3:02 (50:08)
2:57 (53:05)	2:14 (55:19)	3:05 (58:24)	1:28 (59:52)	2:59 (1:02:51)	4:10 (1:07:01)
0:26 (1:07:27)	0:20 (1:07:47)				
25. Philip Bæk Christiansen	Søllerød OK	1:08:26	+25:43	3:56	
1:05 (1:05)	2:34 (3:39)	1:06 (4:45)	1:59 (6:44)	5:13 (11:57)	1:59 (13:56)
1:09 (15:05)	1:19 (16:24)	1:34 (17:58)	6:13 (24:11)	3:13 (27:24)	4:52 (32:16)
5:28 (37:44)	2:13 (39:57)	2:56 (42:53)	1:28 (44:21)	5:32 (49:53)	2:17 (52:10)
2:35 (54:45)	2:36 (57:21)	2:45 (1:00:06)	1:03 (1:01:09)	2:36 (1:03:45)	3:56 (1:07:41)
0:26 (1:08:07)	0:19 (1:08:26)				
26. Andreas Duc Jørgensen	Tisvilde Hegn OK	1:15:35	+32:52	7:18	
0:56 (0:56)	2:52 (3:48)	1:06 (4:54)	2:14 (7:08)	4:34 (11:42)	3:05 (14:47)
1:15 (16:02)	1:35 (17:37)	1:38 (19:15)	6:42 (25:57)	3:48 (29:45)	5:55 (35:40)
4:36 (40:16)	1:52 (42:08)	4:48 (46:56)	1:27 (48:23)	6:05 (54:28)	2:52 (57:20)
2:48 (1:00:08)	2:41 (1:02:49)	3:17 (1:06:06)	0:55 (1:07:01)	3:56 (1:10:57)	3:51 (1:14:48)
0:28 (1:15:16)	0:19 (1:15:35)				
27. Troels Christensen	Ballerup OK	1:18:17	+35:34	9:41	
1:09 (1:09)	3:24 (4:33)	1:01 (5:34)	2:05 (7:39)	4:52 (12:31)	2:04 (14:35)
1:06 (15:41)	1:37 (17:18)	0:59 (18:17)	6:25 (24:42)	3:11 (27:53)	8:31 (36:24)
4:59 (41:23)	2:15 (43:38)	3:36 (47:14)	1:31 (48:45)	5:27 (54:12)	3:51 (58:03)
2:27 (1:00:30)	2:41 (1:03:11)	5:57 (1:09:08)	1:14 (1:10:22)	3:19 (1:13:41)	3:42 (1:17:23)
0:34 (1:17:57)	0:20 (1:18:17)				
28. Henrik Vestergaard Karnøe	OK Sorø	1:22:52	+40:09	13:22	
1:06 (1:06)	2:52 (3:58)	1:48 (5:46)	2:07 (7:53)	4:35 (12:28)	4:12 (16:40)
1:02 (17:42)	1:29 (19:11)	1:05 (20:16)	11:41 (31:57)	2:29 (34:26)	4:27 (38:53)
4:48 (43:41)	1:49 (45:30)	7:56 (53:26)	1:31 (54:57)	5:44 (1:00:41)	3:10 (1:03:51)
3:00 (1:06:51)	2:24 (1:09:15)	4:03 (1:13:18)	1:03 (1:14:21)	3:04 (1:17:25)	4:40 (1:22:05)
0:30 (1:22:35)	0:17 (1:22:52)				
29. Henrik Fabricius Buchwald	Holbæk OK	1:26:24	+43:41	17:38	
1:45 (1:45)	2:44 (4:29)	0:57 (5:26)	2:01 (7:27)	7:11 (14:38)	4:41 (19:19)
0:57 (20:16)	1:50 (22:06)	1:13 (23:19)	6:32 (29:51)	3:00 (32:51)	5:32 (38:23)
4:39 (43:02)	2:39 (45:41)	2:09 (47:50)	1:46 (49:36)	6:26 (56:02)	2:33 (58:35)
2:48 (1:01:23)	1:49 (1:03:12)	5:05 (1:08:17)	1:20 (1:09:37)	11:09 (1:20:46)	4:47 (1:25:33)
0:30 (1:26:03)	0:21 (1:26:24)				
30. Michael Nygaard Møller	Ballerup OK	1:27:24	+44:41	10:32	
1:04 (1:04)	3:11 (4:15)	1:31 (5:46)	4:35 (10:21)	5:35 (15:56)	2:35 (18:31)
1:25 (19:56)	2:13 (22:09)	4:10 (26:19)	7:01 (33:20)	2:47 (36:07)	4:30 (40:37)
6:20 (46:57)	4:15 (51:12)	3:03 (54:15)	1:17 (55:32)	6:50 (1:02:22)	3:53 (1:06:15)
2:58 (1:09:13)	3:29 (1:12:42)	3:14 (1:15:56)	1:13 (1:17:09)	3:29 (1:20:38)	5:52 (1:26:30)
0:33 (1:27:03)	0:21 (1:27:24)				
31. Pierre Husted Sigvardsen	Holbæk OK	1:37:42	+54:59	17:57	
2:49 (2:49)	2:54 (5:43)	1:06 (6:49)	2:09 (8:58)	5:30 (14:28)	2:59 (17:27)
1:09 (18:36)	2:05 (20:41)	1:21 (22:02)	9:56 (31:58)	3:02 (35:00)	9:15 (44:15)
5:41 (49:56)	3:54 (53:50)	2:50 (56:40)	2:06 (58:46)	7:01 (1:05:47)	5:50 (1:11:37)
2:47 (1:14:24)	3:42 (1:18:06)	6:17 (1:24:23)	1:12 (1:25:35)	5:04 (1:30:39)	6:12 (1:36:51)
0:33 (1:37:24)	0:18 (1:37:42)				
32. Bjark Bo Christensen	Holbæk OK	1:39:53	+57:10	7:30	
1:10 (1:10)	3:32 (4:42)	1:17 (5:59)	2:42 (8:41)	5:52 (14:33)	3:05 (17:38)
1:36 (19:14)	4:19 (23:33)	1:20 (24:53)	9:31 (34:24)	3:38 (38:02)	5:45 (43:47)
7:13 (51:00)	2:51 (53:51)	2:53 (56:44)	1:51 (58:35)	8:50 (1:07:25)	6:56 (1:14:21)
3:46 (1:18:07)	3:18 (1:21:25)	4:09 (1:25:34)	1:49 (1:27:23)	5:34 (1:32:57)	5:50 (1:38:47)
0:50 (1:39:37)	0:16 (1:39:53)				
33. Sigurd Lønstrup Ammitzbøll	Farum OK	1:40:52	+58:09	12:35	
2:04 (2:04)	3:04 (5:08)	1:40 (6:48)	2:52 (9:40)	7:20 (17:00)	4:21 (21:21)
1:48 (23:09)	2:34 (25:43)	1:53 (27:36)	7:35 (35:11)	3:53 (39:04)	10:38 (49:42)
6:23 (56:05)	3:00 (59:05)	3:15 (1:02:20)	1:41 (1:04:01)	7:21 (1:11:22)	2:47 (1:14:09)
4:43 (1:18:52)	3:21 (1:22:13)	4:53 (1:27:06)	1:43 (1:28:49)	5:10 (1:33:59)	5:54 (1:39:53)
0:40 (1:40:33)	0:19 (1:40:52)				

Malthé Gaardsdal		Farum OK		Ej startet			
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
H21B		(27 / 27)		Tid	Efter	Tidstab	
1. Jes Rossen Johansen	FIF Hillerød	38:44		1:56			
1:47 (1:47)	0:54 (2:41)	2:05 (4:46)	1:13 (5:59)	3:29 (9:28)	3:10 (12:38)		
3:33 (16:11)	5:47 (21:58)	1:29 (23:27)	2:36 (26:03)	2:28 (28:31)	4:34 (33:05)		
1:08 (34:13)	0:36 (34:49)	1:36 (36:25)	1:35 (38:00)	0:28 (38:28)	0:16 (38:44)		
2. Jesper Pedersen	Allerød OK	40:47	+2:03	3:21			
2:46 (2:46)	0:50 (3:36)	2:22 (5:58)	1:12 (7:10)	4:37 (11:47)	2:47 (14:34)		
3:40 (18:14)	5:46 (24:00)	1:23 (25:23)	2:29 (27:52)	2:32 (30:24)	4:36 (35:00)		
1:04 (36:04)	0:36 (36:40)	1:49 (38:29)	1:35 (40:04)	0:27 (40:31)	0:16 (40:47)		
3. Torben Koue	Søllerød OK	41:19	+2:35	4:44			
2:22 (2:22)	1:10 (3:32)	2:05 (5:37)	1:18 (6:55)	4:07 (11:02)	3:34 (14:36)		
5:35 (20:11)	5:03 (25:14)	1:36 (26:50)	2:17 (29:07)	3:41 (32:48)	2:38 (35:26)		
1:06 (36:32)	0:39 (37:11)	1:19 (38:30)	2:00 (40:30)	0:32 (41:02)	0:17 (41:19)		
4. Aske Tandrup Nyengaard	Søllerød OK	41:25	+2:41	3:38			
1:48 (1:48)	1:05 (2:53)	2:15 (5:08)	1:17 (6:25)	3:41 (10:06)	2:53 (12:59)		
3:43 (16:42)	7:17 (23:59)	1:36 (25:35)	2:46 (28:21)	2:10 (30:31)	5:04 (35:35)		
0:59 (36:34)	0:45 (37:19)	1:41 (39:00)	1:37 (40:37)	0:31 (41:08)	0:17 (41:25)		
5. Jes William Hickman	FIF Hillerød	41:29	+2:45	4:55			
3:42 (3:42)	1:11 (4:53)	2:58 (7:51)	1:23 (9:14)	3:34 (12:48)	2:34 (15:22)		
3:30 (18:52)	5:03 (23:55)	1:36 (25:31)	3:19 (28:50)	2:25 (31:15)	4:03 (35:18)		
1:19 (36:37)	0:34 (37:11)	1:19 (38:30)	2:11 (40:41)	0:33 (41:14)	0:15 (41:29)		
6. Dennis Øbro	Tisvilde Hegn OK	42:45	+4:01	2:36			
2:18 (2:18)	1:09 (3:27)	2:18 (5:45)	1:39 (7:24)	4:02 (11:26)	4:16 (15:42)		
4:53 (20:35)	5:27 (26:02)	1:40 (27:42)	2:45 (30:27)	3:10 (33:37)	3:13 (36:50)		
0:58 (37:48)	0:43 (38:31)	1:40 (40:11)	1:42 (41:53)	0:33 (42:26)	0:19 (42:45)		
7. Andreas Oscarsson	Søllerød OK	44:04	+5:20	3:49			
1:58 (1:58)	1:41 (3:39)	2:49 (6:28)	1:27 (7:55)	4:43 (12:38)	4:21 (16:59)		
4:59 (21:58)	5:44 (27:42)	1:39 (29:21)	3:01 (32:22)	2:49 (35:11)	3:19 (38:30)		
1:01 (39:31)	0:33 (40:04)	1:28 (41:32)	1:43 (43:15)	0:30 (43:45)	0:19 (44:04)		
8. Lars Sharpe á Argjahøvda	OK Sorø	44:44	+6:00	7:03			
1:47 (1:47)	1:02 (2:49)	2:03 (4:52)	3:52 (8:44)	3:47 (12:31)	3:09 (15:40)		
3:31 (19:11)	7:15 (26:26)	1:30 (27:56)	3:22 (31:18)	2:13 (33:31)	4:49 (38:20)		
0:58 (39:18)	0:41 (39:59)	1:26 (41:25)	2:27 (43:52)	0:39 (44:31)	0:13 (44:44)		
9. Michael Splittorff	FIF Hillerød	46:45	+8:01	4:33			
3:33 (3:33)	1:05 (4:38)	2:18 (6:56)	1:35 (8:31)	4:25 (12:56)	3:30 (16:26)		
5:00 (21:26)	6:39 (28:05)	1:34 (29:39)	3:39 (33:18)	4:34 (37:52)	2:42 (40:34)		
1:10 (41:44)	0:42 (42:26)	1:38 (44:04)	1:43 (45:47)	0:37 (46:24)	0:21 (46:45)		
10. Martin Hjorth	Ballerup OK	46:57	+8:13	5:43			
1:54 (1:54)	1:08 (3:02)	2:10 (5:12)	1:33 (6:45)	4:05 (10:50)	4:58 (15:48)		
5:43 (21:31)	8:20 (29:51)	1:29 (31:20)	3:04 (34:24)	3:07 (37:31)	3:33 (41:04)		
1:09 (42:13)	0:35 (42:48)	1:42 (44:30)	1:37 (46:07)	0:29 (46:36)	0:21 (46:57)		
11. Christian Schiønning	Holbæk OK	47:57	+9:13	8:53			
3:17 (3:17)	0:58 (4:15)	2:34 (6:49)	1:21 (8:10)	3:30 (11:40)	6:57 (18:37)		
6:30 (25:07)	6:32 (31:39)	1:29 (33:08)	2:42 (35:50)	2:13 (38:03)	2:52 (40:55)		
1:27 (42:22)	0:40 (43:02)	2:30 (45:32)	1:35 (47:07)	0:33 (47:40)	0:17 (47:57)		
12. Claus Kaae-Nielsen	Søllerød OK	48:33	+9:49	7:04			
1:54 (1:54)	1:02 (2:56)	2:12 (5:08)	1:26 (6:34)	4:01 (10:35)	4:43 (15:18)		
4:12 (19:30)	6:49 (26:19)	1:44 (28:03)	2:28 (30:31)	2:34 (33:05)	8:06 (41:11)		
1:44 (42:55)	0:59 (43:54)	1:38 (45:32)	2:02 (47:34)	0:39 (48:13)	0:20 (48:33)		
13. Rudi Kjeldsen	Tisvilde Hegn OK	50:08	+11:24	11:03			
8:38 (8:38)	1:01 (9:39)	2:15 (11:54)	1:22 (13:16)	3:22 (16:38)	2:46 (19:24)		
3:51 (23:15)	6:52 (30:07)	1:30 (31:37)	3:00 (34:37)	2:16 (36:53)	5:52 (42:45)		
2:01 (44:46)	0:50 (45:36)	1:37 (47:13)	1:59 (49:12)	0:35 (49:47)	0:21 (50:08)		
14. Mads Lassen	Søllerød OK	50:41	+11:57	4:08			
1:58 (1:58)	1:05 (3:03)	3:00 (6:03)	1:54 (7:57)	5:38 (13:35)	4:45 (18:20)		
4:46 (23:06)	8:06 (31:12)	2:09 (33:21)	4:04 (37:25)	2:38 (40:03)	3:15 (43:18)		
1:05 (44:23)	0:42 (45:05)	2:09 (47:14)	2:22 (49:36)	0:40 (50:16)	0:25 (50:41)		
15. Jacob Egholm	Ballerup OK	51:57	+13:13	12:02			
6:53 (6:53)	1:28 (8:21)	2:22 (10:43)	1:19 (12:02)	3:24 (15:26)	6:13 (21:39)		
4:03 (25:42)	7:50 (33:32)	2:32 (36:04)	3:42 (39:46)	2:03 (41:49)	2:56 (44:45)		
2:07 (46:52)	0:48 (47:40)	1:29 (49:09)	1:57 (51:06)	0:36 (51:42)	0:15 (51:57)		
16. Ulrik Frederiksen	FIF Hillerød	52:44	+14:00	8:54			
3:00 (3:00)	1:03 (4:03)	2:03 (6:06)	1:20 (7:26)	5:40 (13:06)	5:30 (18:36)		
4:31 (23:07)	7:58 (31:05)	1:23 (32:28)	2:55 (35:23)	3:34 (38:57)	6:20 (45:17)		
2:12 (47:29)	0:44 (48:13)	1:45 (49:58)	1:52 (51:50)	0:34 (52:24)	0:20 (52:44)		
17. Rasmus Schou Christensen	OK Sorø	53:04	+14:20	8:11			
3:00 (3:00)	1:30 (4:30)	2:48 (7:18)	1:41 (8:59)	5:49 (14:48)	4:13 (19:01)		
4:18 (23:19)	5:33 (28:52)	5:10 (34:02)	2:45 (36:47)	2:32 (39:19)	3:57 (43:16)		
1:53 (45:09)	1:12 (46:21)	2:20 (48:41)	3:21 (52:02)	0:37 (52:39)	0:25 (53:04)		
18. Christian Bo Christiansen	Farum OK	56:17	+17:33	12:42			
2:40 (2:40)	0:56 (3:36)	2:23 (5:59)	1:25 (7:24)	4:12 (11:36)	3:04 (14:40)		
4:34 (19:14)	8:41 (27:55)	1:37 (29:32)	3:11 (32:43)	2:17 (35:00)	14:01 (49:01)		
1:32 (50:33)	0:40 (51:13)	1:41 (52:54)	2:00 (54:54)	1:05 (55:59)	0:18 (56:17)		

19.	Andreas Wiwel Budtz	Holbæk OK	57:14	+18:30	14:20		
	7:05 (7:05)	3:21 (10:26)	3:29 (13:55)	1:37 (15:32)	3:45 (19:17)	6:41 (25:58)	
	5:13 (31:11)	5:54 (37:05)	1:46 (38:51)	2:40 (41:31)	2:34 (44:05)	3:22 (47:27)	
	1:28 (48:55)	1:25 (50:20)	3:10 (53:30)	2:38 (56:08)	0:44 (56:52)	0:22 (57:14)	
20.	Niels Aabye	Ballerup OK	58:26	+19:42	5:27		
	2:24 (2:24)	1:18 (3:42)	3:47 (7:29)	1:54 (9:23)	5:27 (14:50)	5:33 (20:23)	
	4:57 (25:20)	7:54 (33:14)	2:27 (35:41)	6:16 (41:57)	4:24 (46:21)	4:23 (50:44)	
	1:16 (52:00)	0:41 (52:41)	2:06 (54:47)	2:25 (57:12)	0:48 (58:00)	0:26 (58:26)	
21.	Jens Rane Holck	Tisvilde Hegn OK	59:47	+21:03	17:35		
	2:10 (2:10)	1:23 (3:33)	9:45 (13:18)	1:42 (15:00)	4:56 (19:56)	3:05 (23:01)	
	6:08 (29:09)	4:40 (33:49)	1:22 (35:11)	3:04 (38:15)	5:30 (43:45)	6:19 (50:04)	
	1:25 (51:29)	0:40 (52:09)	1:28 (53:37)	5:01 (58:38)	0:49 (59:27)	0:20 (59:47)	
22.	Christian Kalle Pedersen	Holbæk OK	1:10:08	+31:24	12:27		
	4:48 (4:48)	1:15 (6:03)	3:22 (9:25)	1:36 (11:01)	8:44 (19:45)	4:50 (24:35)	
	5:49 (30:24)	10:58 (41:22)	1:52 (43:14)	3:29 (46:43)	3:39 (50:22)	7:59 (58:21)	
	4:22 (1:02:43)	1:01 (1:03:44)	2:35 (1:06:19)	2:32 (1:08:51)	0:54 (1:09:45)	0:23 (1:10:08)	
23.	Jesper Langholm	Farum OK	1:16:34	+37:50	20:36		
	4:01 (4:01)	1:32 (5:33)	2:43 (8:16)	1:35 (9:51)	6:42 (16:33)	3:58 (20:31)	
	6:33 (27:04)	17:38 (44:42)	2:37 (47:19)	3:04 (50:23)	2:40 (53:03)	15:06 (1:08:09)	
	1:41 (1:09:50)	0:50 (1:10:40)	2:03 (1:12:43)	2:48 (1:15:31)	0:44 (1:16:15)	0:19 (1:16:34)	
24.	Andreas Lønstrup Ammitzbøll	Farum OK	1:35:08	+56:24	30:26		
	7:37 (7:37)	1:24 (9:01)	3:03 (12:04)	1:54 (13:58)	11:22 (25:20)	7:59 (33:19)	
	5:30 (38:49)	14:05 (52:54)	2:16 (55:10)	3:54 (59:04)	14:37 (1:13:41)	4:51 (1:18:32)	
	3:08 (1:21:40)	6:35 (1:28:15)	2:27 (1:30:42)	3:31 (1:34:13)	0:37 (1:34:50)	0:18 (1:35:08)	
	Anders Bo Søndergaard	Farum OK	Udgået				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	Bo Christiansen	Farum OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	Jens K. Larsen	Søllerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
H40	(29 / 29)		Tid	Efter	Tidstab		
1.	Rune Nygaard Monrad	FIF Hillerød	42:07		0:00		
	1:51 (1:51)	1:04 (2:55)	1:24 (4:19)	1:23 (5:42)	2:15 (7:57)	1:41 (9:38)	
	0:58 (10:36)	1:37 (12:13)	2:00 (14:13)	2:13 (16:26)	1:09 (17:35)	4:06 (21:41)	
	1:05 (22:46)	2:38 (25:24)	1:10 (26:34)	1:40 (28:14)	2:14 (30:28)	2:25 (32:53)	
	2:24 (35:17)	1:28 (36:45)	0:52 (37:37)	1:10 (38:47)	2:21 (41:08)	0:43 (41:51)	
	0:16 (42:07)						
2.	Thomas Greve Jensen	Tisvilde Hegn OK	43:46	+1:39	0:00		
	2:01 (2:01)	1:05 (3:06)	1:28 (4:34)	1:26 (6:00)	2:19 (8:19)	1:37 (9:56)	
	1:05 (11:01)	1:36 (12:37)	2:12 (14:49)	2:19 (17:08)	1:12 (18:20)	4:20 (22:40)	
	1:06 (23:46)	3:06 (26:52)	1:03 (27:55)	1:49 (29:44)	2:25 (32:09)	2:12 (34:21)	
	2:21 (36:42)	1:14 (37:56)	1:16 (39:12)	1:20 (40:32)	2:17 (42:49)	0:41 (43:30)	
	0:16 (43:46)						
3.	Rasmus Holm	Farum OK	46:31	+4:24	2:24		
	2:05 (2:05)	0:59 (3:04)	1:30 (4:34)	1:27 (6:01)	2:35 (8:36)	1:42 (10:18)	
	1:04 (11:22)	1:39 (13:01)	2:54 (15:55)	2:20 (18:15)	1:07 (19:22)	4:40 (24:02)	
	2:09 (26:11)	2:46 (28:57)	1:16 (30:13)	1:46 (31:59)	2:02 (34:01)	2:10 (36:11)	
	2:27 (38:38)	1:35 (40:13)	0:54 (41:07)	1:19 (42:26)	3:05 (45:31)	0:43 (46:14)	
	0:17 (46:31)						
4.	Troels Christiansen	Søllerød OK	47:33	+5:26	0:00		
	2:22 (2:22)	1:11 (3:33)	1:39 (5:12)	1:39 (6:51)	2:38 (9:29)	1:52 (11:21)	
	1:09 (12:30)	1:52 (14:22)	2:31 (16:53)	2:40 (19:33)	1:16 (20:49)	4:42 (25:31)	
	1:09 (26:40)	3:11 (29:51)	1:11 (31:02)	1:11 (33:16)	2:10 (35:26)	2:25 (37:51)	
	2:37 (40:28)	1:42 (42:10)	0:53 (43:03)	1:07 (44:10)	2:23 (46:33)	0:40 (47:13)	
	0:20 (47:33)						
5.	Jesper Damgaard	Farum OK	50:52	+8:45	0:00		
	2:15 (2:15)	1:15 (3:30)	1:43 (5:13)	1:33 (6:46)	2:42 (9:28)	2:11 (11:39)	
	1:15 (12:54)	1:46 (14:40)	2:38 (17:18)	3:04 (20:22)	1:28 (21:50)	4:40 (26:30)	
	1:28 (27:58)	2:55 (30:53)	1:20 (32:13)	2:00 (34:13)	2:38 (36:51)	2:30 (39:21)	
	2:36 (41:57)	2:03 (44:00)	1:06 (45:06)	1:36 (46:42)	3:03 (49:45)	0:47 (50:32)	
	0:20 (50:52)						
6.	Rasmus Nielsen	Tisvilde Hegn OK	50:57	+8:50	2:50		
	2:29 (2:29)	1:14 (3:43)	1:40 (5:23)	1:40 (7:03)	4:16 (11:19)	1:52 (13:11)	
	1:11 (14:22)	2:12 (16:34)	2:15 (18:49)	2:32 (21:21)	1:22 (22:43)	4:26 (27:09)	
	1:20 (28:29)	3:24 (31:53)	1:06 (32:59)	1:59 (34:58)	2:25 (37:23)	2:27 (39:50)	
	3:51 (43:41)	1:25 (45:06)	1:02 (46:08)	1:20 (47:28)	2:27 (49:55)	0:46 (50:41)	
	0:16 (50:57)						
7.	Asger Habekost Nielsen	Allerød OK	52:17	+10:10	1:52		
	2:11 (2:11)	1:13 (3:24)	1:48 (5:12)	1:39 (6:51)	3:24 (10:15)	1:49 (12:04)	
	1:12 (13:16)	1:53 (15:09)	2:21 (17:30)	3:00 (20:30)	1:22 (21:52)	5:18 (27:10)	
	1:22 (28:32)	3:19 (31:51)	1:14 (33:05)	2:41 (35:46)	2:19 (38:05)	2:32 (40:37)	
	3:23 (44:00)	1:37 (45:37)	1:18 (46:55)	1:21 (48:16)	2:59 (51:15)	0:47 (52:02)	
	0:15 (52:17)						

8.	Jacob Hansen	FIF Hillerød	52:31	+10:24	3:15		
	4:28 (4:28)	1:23 (5:51)	1:37 (7:28)	1:40 (9:08)	2:38 (11:46)	1:55 (13:41)	
	1:17 (14:58)	1:49 (16:47)	2:25 (19:12)	3:41 (22:53)	1:25 (24:18)	4:45 (29:03)	
	1:08 (30:11)	3:02 (33:13)	1:10 (34:23)	2:20 (36:43)	2:15 (38:58)	2:35 (41:33)	
	3:01 (44:34)	1:52 (46:26)	1:04 (47:30)	1:13 (48:43)	2:50 (51:33)	0:43 (52:16)	
	0:15 (52:31)						
9.	Kristian Deiborg	FIF Hillerød	53:32	+11:25	2:37		
	2:20 (2:20)	1:30 (3:50)	1:42 (5:32)	1:36 (7:08)	2:36 (9:44)	1:54 (11:38)	
	1:16 (12:54)	1:49 (14:43)	2:54 (17:37)	3:29 (21:06)	1:25 (22:31)	4:53 (27:24)	
	1:19 (28:43)	4:32 (33:15)	1:38 (34:53)	2:18 (37:11)	2:25 (39:36)	2:21 (41:57)	
	2:54 (44:51)	1:30 (46:21)	1:41 (48:02)	1:46 (49:48)	2:37 (52:25)	0:50 (53:15)	
	0:17 (53:32)						
10.	Mads K. Larsen	FIF Hillerød	55:58	+13:51	5:26		
	2:08 (2:08)	1:22 (3:30)	1:35 (5:05)	1:32 (6:37)	2:43 (9:20)	1:57 (11:17)	
	1:11 (12:28)	1:47 (14:15)	2:21 (16:36)	3:12 (19:48)	1:26 (21:14)	4:25 (25:39)	
	1:28 (27:07)	3:15 (30:22)	1:32 (31:54)	2:48 (34:42)	4:55 (39:37)	3:48 (43:25)	
	3:00 (46:25)	1:42 (48:07)	1:03 (49:10)	1:59 (51:09)	3:12 (54:21)	1:22 (55:43)	
	0:15 (55:58)						
11.	Anders Vejgaard	Ballerup OK	56:39	+14:32	6:39		
	2:14 (2:14)	1:20 (3:34)	1:36 (5:10)	2:11 (7:21)	2:25 (9:46)	1:47 (11:33)	
	1:18 (12:51)	1:43 (14:34)	2:36 (17:10)	2:54 (20:04)	2:17 (22:21)	4:55 (27:16)	
	1:11 (28:27)	3:24 (31:51)	1:27 (33:18)	2:20 (35:38)	4:30 (40:08)	2:30 (42:38)	
	4:57 (47:35)	1:33 (49:08)	1:37 (50:45)	1:35 (52:20)	3:23 (55:43)	0:41 (56:24)	
	0:15 (56:39)						
12.	Søren Jensen	Farum OK	57:27	+15:20	1:46		
	2:27 (2:27)	1:09 (3:36)	1:37 (5:13)	1:39 (6:52)	2:50 (9:42)	2:02 (11:44)	
	1:17 (13:01)	1:49 (14:50)	2:58 (17:48)	3:02 (20:50)	1:36 (22:26)	5:49 (28:15)	
	1:31 (29:46)	3:38 (33:24)	1:27 (34:51)	2:34 (37:25)	3:54 (41:19)	3:12 (44:31)	
	3:37 (48:08)	1:46 (49:54)	1:23 (51:17)	1:38 (52:55)	3:09 (56:04)	1:02 (57:06)	
	0:21 (57:27)						
13.	Peter Østergaard	Søllerød OK	58:55	+16:48	3:23		
	2:30 (2:30)	1:28 (3:58)	1:45 (5:43)	2:54 (8:37)	3:14 (11:51)	2:01 (13:52)	
	1:42 (15:34)	1:57 (17:31)	3:02 (20:33)	2:51 (23:24)	1:22 (24:46)	5:16 (30:02)	
	1:28 (31:30)	3:36 (35:06)	1:47 (36:53)	2:27 (39:20)	3:35 (42:55)	2:55 (45:50)	
	3:42 (49:32)	1:38 (51:10)	1:10 (52:20)	1:34 (53:54)	3:50 (57:44)	0:52 (58:36)	
	0:19 (58:55)						
14.	Peter Steen Landsperg	Tisvilde Hegn OK	1:00:51	+18:44	2:58		
	2:55 (2:55)	1:18 (4:13)	1:54 (6:07)	1:47 (7:54)	3:35 (11:29)	2:06 (13:35)	
	1:31 (15:06)	2:45 (17:51)	2:50 (20:41)	2:59 (23:40)	1:39 (25:19)	6:27 (31:46)	
	1:38 (33:24)	3:56 (37:20)	3:01 (40:21)	2:28 (42:49)	3:06 (45:55)	2:56 (48:51)	
	3:04 (51:55)	1:40 (53:35)	1:17 (54:52)	2:04 (56:56)	2:50 (59:46)	0:49 (1:00:35)	
	0:16 (1:00:51)						
15.	Brian Steen Jørgensen	Holbæk OK	1:01:22	+19:15	3:05		
	2:49 (2:49)	1:25 (4:14)	2:03 (6:17)	1:56 (8:13)	4:37 (12:50)	2:04 (14:54)	
	1:08 (16:02)	2:00 (18:02)	2:54 (20:56)	3:37 (24:33)	2:08 (26:41)	5:24 (32:05)	
	1:35 (33:40)	3:51 (37:31)	1:27 (38:58)	2:46 (41:44)	2:28 (44:12)	3:57 (48:09)	
	3:48 (51:57)	1:51 (53:48)	1:25 (55:13)	1:52 (57:05)	3:02 (1:00:07)	0:59 (1:01:06)	
	0:16 (1:01:22)						
16.	Ronnie Hjorth	Ballerup OK	1:02:38	+20:31	1:51		
	2:59 (2:59)	1:29 (4:28)	2:02 (6:30)	2:25 (8:55)	3:18 (12:13)	2:15 (14:28)	
	1:32 (16:00)	3:04 (19:04)	2:47 (21:51)	2:56 (24:47)	1:36 (26:23)	6:12 (32:35)	
	1:24 (33:59)	3:34 (37:33)	1:38 (39:11)	2:50 (42:01)	3:03 (45:04)	3:18 (48:22)	
	4:19 (52:41)	2:02 (54:43)	1:26 (56:09)	2:05 (58:14)	3:23 (1:01:37)	0:46 (1:02:23)	
	0:15 (1:02:38)						
17.	Per Meyhoff-Madsen	Farum OK	1:05:13	+23:06	3:56		
	2:38 (2:38)	1:22 (4:00)	1:55 (5:55)	2:12 (8:07)	3:23 (11:30)	2:06 (13:36)	
	1:28 (15:04)	2:05 (17:09)	2:51 (20:00)	4:55 (24:55)	1:46 (26:41)	5:48 (32:29)	
	1:42 (34:11)	4:17 (38:28)	1:37 (40:05)	2:35 (42:40)	4:18 (46:58)	3:20 (50:18)	
	3:32 (53:50)	2:15 (56:05)	2:20 (58:25)	1:39 (1:00:04)	3:43 (1:03:47)	1:07 (1:04:54)	
	0:19 (1:05:13)						
18.	Henrik Seidelin Dam	Ballerup OK	1:09:57	+27:50	3:39		
	2:47 (2:47)	1:55 (4:42)	2:37 (7:19)	1:48 (9:07)	2:58 (12:05)	2:23 (14:28)	
	1:30 (15:58)	2:26 (18:24)	3:30 (21:54)	3:52 (25:46)	2:13 (27:59)	6:12 (34:11)	
	1:39 (35:50)	3:57 (39:47)	1:47 (41:34)	3:03 (44:37)	3:42 (48:19)	4:11 (52:30)	
	4:46 (57:16)	2:17 (59:33)	1:38 (1:01:11)	2:14 (1:03:25)	5:14 (1:08:39)	0:58 (1:09:37)	
	0:20 (1:09:57)						
19.	Jesper Munch Jespersen	OK Sorø	1:11:18	+29:11	6:21		
	4:28 (4:28)	1:26 (5:54)	2:25 (8:19)	2:19 (10:38)	4:57 (15:35)	2:23 (17:58)	
	1:36 (19:34)	2:36 (22:10)	3:39 (25:49)	3:46 (29:35)	4:36 (34:11)	5:43 (39:54)	
	1:40 (41:34)	4:03 (45:37)	2:06 (47:43)	3:21 (51:04)	2:55 (53:59)	3:50 (57:49)	
	3:16 (1:01:05)	1:55 (1:03:00)	1:32 (1:04:32)	1:57 (1:06:29)	3:38 (1:10:07)	0:49 (1:10:56)	
	0:22 (1:11:18)						
20.	Bo Rasmussen	Søllerød OK	1:11:52	+29:45	12:12		
	6:42 (6:42)	1:42 (8:24)	2:08 (10:32)	1:41 (12:13)	3:09 (15:22)	2:21 (17:43)	
	1:15 (18:58)	3:33 (22:31)	3:36 (26:07)	4:21 (30:28)	3:06 (33:34)	7:13 (40:47)	
	2:30 (43:17)	4:07 (47:24)	1:48 (49:12)	2:22 (51:34)	5:32 (57:06)	2:57 (1:00:03)	
	2:53 (1:02:56)	1:41 (1:04:37)	1:02 (1:05:39)	1:59 (1:07:38)	2:57 (1:10:35)	0:52 (1:11:27)	
	0:25 (1:11:52)						
21.	Magnus Oscarsson	Søllerød OK	1:12:33	+30:26	7:27		

2:57 (2:57)	1:47 (4:44)	1:56 (6:40)	2:52 (9:32)	3:27 (12:59)	3:08 (16:07)
1:24 (17:31)	2:25 (19:56)	4:44 (24:40)	3:22 (28:02)	1:53 (29:55)	6:31 (36:26)
3:02 (39:28)	3:37 (43:05)	1:39 (44:44)	2:47 (47:31)	5:56 (53:27)	3:38 (57:05)
4:02 (1:01:07)	2:01 (1:03:08)	2:37 (1:05:45)	1:41 (1:07:26)	3:40 (1:11:06)	1:04 (1:12:10)
0:23 (1:12:33)					
22. Brian Lomholt Jensen	Farum OK		1:13:22 +31:15	7:58	
3:00 (3:00)	5:30 (8:30)	2:05 (10:35)	2:08 (12:43)	3:25 (16:08)	2:26 (18:34)
1:39 (20:13)	2:32 (22:45)	2:59 (25:44)	3:44 (29:28)	2:10 (31:38)	6:21 (37:59)
1:39 (39:38)	5:40 (45:18)	1:46 (47:04)	2:49 (49:53)	4:15 (54:08)	3:38 (57:46)
4:37 (1:02:23)	1:59 (1:04:22)	1:34 (1:05:56)	2:36 (1:08:32)	3:25 (1:11:57)	1:07 (1:13:04)
0:18 (1:13:22)					
23. Lasse Harloff-Helleberg	Søllerød OK		1:15:19 +33:12	4:05	
3:37 (3:37)	1:53 (5:30)	2:44 (8:14)	2:18 (10:32)	3:51 (14:23)	2:34 (16:57)
1:32 (18:29)	2:36 (21:05)	5:07 (26:12)	4:08 (30:20)	1:57 (32:17)	6:08 (38:25)
4:15 (42:40)	4:34 (47:14)	1:39 (48:53)	2:41 (51:34)	4:01 (55:35)	4:04 (59:39)
3:54 (1:03:33)	2:42 (1:06:15)	1:31 (1:07:46)	2:22 (1:10:08)	3:37 (1:13:45)	1:19 (1:15:04)
0:15 (1:15:19)					
24. Martin Petersen	Holbæk OK		1:17:12 +35:05	15:27	
6:08 (6:08)	1:51 (7:59)	1:52 (9:51)	1:54 (11:45)	4:00 (15:45)	2:04 (17:49)
1:38 (19:27)	3:11 (22:38)	5:30 (28:08)	2:47 (30:55)	1:58 (32:53)	5:10 (38:03)
1:40 (39:43)	4:39 (44:22)	1:55 (46:17)	2:24 (48:41)	2:37 (51:18)	2:59 (54:17)
11:04 (1:05:21)	1:49 (1:07:10)	1:51 (1:09:01)	3:25 (1:12:26)	3:26 (1:15:52)	1:04 (1:16:56)
0:16 (1:17:12)					
25. Niels-Peter Vest Nielsen	Allerød OK		1:21:20 +39:13	22:54	
3:46 (3:46)	13:31 (17:17)	1:56 (19:13)	1:49 (21:02)	3:51 (24:53)	2:05 (26:58)
1:21 (28:19)	2:12 (30:31)	2:29 (33:00)	3:25 (36:25)	1:38 (38:03)	5:06 (43:09)
1:44 (44:53)	10:04 (54:57)	3:43 (58:40)	2:21 (1:01:01)	3:54 (1:04:55)	2:55 (1:07:50)
4:10 (1:12:00)	1:50 (1:13:50)	1:31 (1:15:21)	1:34 (1:16:55)	3:18 (1:20:13)	0:48 (1:21:01)
0:19 (1:21:20)					
26. Jan Koue Larsen	OK Sorø		1:22:07 +40:00	10:50	
3:39 (3:39)	1:34 (5:13)	2:51 (8:04)	2:57 (11:01)	5:22 (16:23)	2:41 (19:04)
1:37 (20:41)	2:37 (23:18)	3:27 (26:45)	3:21 (30:06)	1:58 (32:04)	6:51 (38:55)
2:21 (41:16)	5:07 (46:23)	9:33 (55:56)	2:43 (58:39)	4:25 (1:03:04)	3:36 (1:06:40)
3:50 (1:10:30)	1:57 (1:12:27)	1:35 (1:14:02)	2:47 (1:16:49)	3:32 (1:20:21)	1:29 (1:21:50)
0:17 (1:22:07)					
27. Finn Skouenborg	Holbæk OK		1:31:44 +49:37	2:07	
4:36 (4:36)	2:30 (7:06)	2:57 (10:03)	3:03 (13:06)	4:43 (17:49)	3:45 (21:34)
2:07 (23:41)	3:23 (27:04)	5:24 (32:28)	4:56 (37:24)	2:39 (40:03)	9:49 (49:52)
2:05 (51:57)	5:46 (57:43)	2:03 (59:46)	3:11 (1:02:57)	4:27 (1:07:24)	4:16 (1:11:40)
4:42 (1:16:22)	3:02 (1:19:24)	2:18 (1:21:42)	3:18 (1:25:00)	4:40 (1:29:40)	1:27 (1:31:07)
0:37 (1:31:44)					
28. Bjørn Slott Kantsø	Holbæk OK		1:43:06 +1:00:59	14:51	
11:05 (11:05)	1:56 (13:01)	2:32 (15:33)	3:06 (18:39)	7:05 (25:44)	3:04 (28:48)
2:05 (30:53)	3:48 (34:41)	4:21 (39:02)	5:10 (44:12)	2:06 (46:18)	7:29 (53:47)
2:04 (55:51)	6:27 (1:02:18)	3:50 (1:06:08)	4:47 (1:10:55)	3:53 (1:14:48)	5:26 (1:20:14)
5:41 (1:25:55)	4:38 (1:30:33)	3:03 (1:33:36)	3:00 (1:36:36)	4:52 (1:41:28)	1:15 (1:42:43)
0:23 (1:43:06)					
Kasper Levring	OK Sorø		Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
H45B	(28 / 28)		Tid	Efter	Tidstab
1. Thomas Eriksen	FIF Hillerød		33:28		0:28
1:39 (1:39)	0:53 (2:32)	1:59 (4:31)	1:11 (5:42)	2:59 (8:41)	2:46 (11:27)
2:57 (14:24)	5:01 (19:25)	1:35 (21:00)	2:21 (23:21)	1:57 (25:18)	2:28 (27:46)
0:52 (28:38)	0:36 (29:14)	1:35 (30:49)	1:39 (32:28)	0:36 (33:04)	0:24 (33:28)
2. Lars Kristensen	Søllerød OK		43:33 +10:05	4:24	
2:08 (2:08)	1:01 (3:09)	2:08 (5:17)	1:35 (6:52)	3:40 (10:32)	3:38 (14:10)
6:48 (20:58)	5:16 (26:14)	1:41 (27:55)	3:10 (31:05)	2:50 (33:55)	3:18 (37:13)
1:40 (38:53)	0:40 (39:33)	1:26 (40:59)	1:44 (42:43)	0:32 (43:15)	0:18 (43:33)
3. Peter Dyrsting	FIF Hillerød		43:55 +10:27	1:25	
1:59 (1:59)	1:06 (3:05)	2:26 (5:31)	1:35 (7:06)	4:23 (11:29)	3:25 (14:54)
4:23 (19:17)	6:19 (25:36)	1:55 (27:31)	3:26 (30:57)	2:22 (33:19)	3:47 (37:06)
1:26 (38:32)	0:36 (39:08)	1:45 (40:53)	2:03 (42:56)	0:41 (43:37)	0:18 (43:55)
4. Peter Sandvang	FIF Hillerød		44:38 +11:10	11:37	
4:04 (4:04)	0:47 (4:51)	1:45 (6:36)	1:01 (7:37)	2:54 (10:31)	2:21 (12:52)
9:58 (22:50)	4:41 (27:31)	1:14 (28:45)	2:07 (30:52)	2:02 (32:54)	4:28 (37:22)
2:38 (40:00)	0:48 (40:48)	1:20 (42:08)	1:33 (43:41)	0:40 (44:21)	0:17 (44:38)
5. Torben Christensen	Farum OK		47:05 +13:37	4:45	
2:40 (2:40)	0:59 (3:39)	2:44 (6:23)	1:24 (7:47)	4:02 (11:49)	4:50 (16:39)
3:42 (20:21)	5:21 (25:42)	1:41 (27:23)	3:30 (30:53)	2:29 (33:22)	6:59 (40:21)
1:04 (41:25)	0:45 (42:10)	1:36 (43:46)	2:20 (46:06)	0:40 (46:46)	0:19 (47:05)
6. Anders Kasper Agergaard	Søllerød OK		48:18 +14:50	6:48	
2:47 (2:47)	2:10 (4:57)	2:06 (7:03)	1:15 (8:18)	4:22 (12:40)	3:26 (16:06)
4:11 (20:17)	5:17 (25:34)	1:27 (27:01)	6:12 (33:13)	2:08 (35:21)	5:12 (40:33)
1:54 (42:27)	0:51 (43:18)	1:57 (45:15)	1:52 (47:07)	0:51 (47:58)	0:20 (48:18)

Lars Bech Jensen		Ballerup OK	Ej startet		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
Torben Schorlemmer		Ballerup OK	Ej startet		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)

H50		(33 / 33)	Tid	Efter	Tidstab	
1. Jesper Jensen		Farum OK	39:51		0:00	
2:35 (2:35)	0:51 (3:26)	1:05 (4:31)	2:21 (6:52)		1:54 (8:46)	1:35 (10:21)
0:59 (11:20)	4:44 (16:04)	2:00 (18:04)	1:05 (19:09)		0:55 (20:04)	2:34 (22:38)
1:02 (23:40)	1:54 (25:34)	4:09 (29:43)	1:34 (31:17)		1:44 (33:01)	1:11 (34:12)
2:12 (36:24)	2:33 (38:57)	0:36 (39:33)	0:18 (39:51)			
2. Torben Nørgaard		Allerød OK	45:44	+5:53	4:45	
2:25 (2:25)	0:47 (3:12)	1:02 (4:14)	2:26 (6:40)		1:22 (8:02)	1:32 (9:34)
0:55 (10:29)	5:46 (16:15)	2:16 (18:31)	1:13 (19:44)		0:55 (20:39)	3:09 (23:48)
1:01 (24:49)	2:03 (26:52)	4:08 (31:00)	3:25 (34:25)		3:53 (38:18)	0:57 (39:15)
3:15 (42:30)	2:20 (44:50)	0:39 (45:29)	0:15 (45:44)			
3. Carsten Gemmer Hanghøj		Ballerup OK	46:53	+7:02	1:27	
2:53 (2:53)	0:54 (3:47)	1:10 (4:57)	2:30 (7:27)		1:44 (9:11)	1:50 (11:01)
1:03 (12:04)	5:22 (17:26)	2:03 (19:29)	1:24 (20:53)		1:07 (22:00)	3:08 (25:08)
1:31 (26:39)	2:30 (29:09)	5:19 (34:28)	1:53 (36:21)		1:58 (38:19)	1:02 (39:21)
3:43 (43:04)	2:42 (45:46)	0:45 (46:31)	0:22 (46:53)			
4. Bo Simonsen		FIF Hillerød	47:55	+8:04	1:26	
2:45 (2:45)	1:01 (3:46)	1:12 (4:58)	2:45 (7:43)		1:39 (9:22)	1:45 (11:07)
1:05 (12:12)	6:07 (18:19)	2:10 (20:29)	1:24 (21:53)		1:12 (23:05)	3:53 (26:58)
1:23 (28:21)	2:12 (30:33)	5:00 (35:33)	2:01 (37:34)		1:53 (39:27)	1:13 (40:40)
3:33 (44:13)	2:40 (46:53)	0:43 (47:36)	0:19 (47:55)			
5. Jakob Landsperg		Tisvilde Hegn OK	48:29	+8:38	3:39	
3:21 (3:21)	1:02 (4:23)	1:33 (5:56)	3:38 (9:34)		1:36 (11:10)	2:13 (13:23)
1:08 (14:31)	5:08 (19:39)	2:14 (21:53)	1:23 (23:16)		1:57 (25:13)	2:44 (27:57)
1:47 (29:44)	2:08 (31:52)	4:58 (36:50)	1:59 (38:49)		2:10 (40:59)	0:58 (41:57)
2:52 (44:49)	2:38 (47:27)	0:42 (48:09)	0:20 (48:29)			
6. Rolf Valery		Tisvilde Hegn OK	49:08	+9:17	0:00	
3:04 (3:04)	1:12 (4:16)	1:16 (5:32)	2:52 (8:24)		1:51 (10:15)	1:53 (12:08)
1:07 (13:15)	5:53 (19:08)	2:25 (21:33)	1:41 (23:14)		1:00 (24:14)	3:33 (27:47)
1:09 (28:56)	2:38 (31:34)	5:23 (36:57)	2:05 (39:02)		2:15 (41:17)	1:09 (42:26)
2:49 (45:15)	2:53 (48:08)	0:42 (48:50)	0:18 (49:08)			
7. Ulrik Staugaard		FIF Hillerød	49:53	+10:02	1:09	
3:04 (3:04)	0:55 (3:59)	1:10 (5:09)	3:16 (8:25)		1:54 (10:19)	1:50 (12:09)
1:19 (13:28)	5:51 (19:19)	2:22 (21:41)	1:20 (23:01)		1:11 (24:12)	3:36 (27:48)
1:12 (29:00)	2:58 (31:58)	5:07 (37:05)	1:56 (39:01)		1:56 (40:57)	1:28 (42:25)
3:22 (45:47)	2:59 (48:46)	0:47 (49:33)	0:20 (49:53)			
8. Mogens Hagedorn		Søllerød OK	52:10	+12:19	3:32	
3:42 (3:42)	1:07 (4:49)	1:23 (6:12)	2:46 (8:58)		2:03 (11:01)	1:45 (12:46)
1:09 (13:55)	6:01 (19:56)	2:24 (22:20)	1:42 (24:02)		1:58 (26:00)	3:15 (29:15)
1:18 (30:33)	2:24 (32:57)	5:09 (38:06)	4:05 (42:11)		2:10 (44:21)	1:10 (45:31)
2:33 (48:04)	2:50 (50:54)	0:56 (51:50)	0:20 (52:10)			
9. Mikkel Buchgreitz		Søllerød OK	52:26	+12:35	0:00	
3:12 (3:12)	1:06 (4:18)	1:23 (5:41)	3:18 (8:59)		2:11 (11:10)	2:29 (13:39)
1:11 (14:50)	6:21 (21:11)	2:33 (23:44)	1:23 (25:07)		1:10 (26:17)	3:25 (29:42)
1:30 (31:12)	2:59 (34:11)	5:16 (39:27)	1:52 (41:19)		2:43 (44:02)	1:14 (45:16)
3:08 (48:24)	2:56 (51:20)	0:47 (52:07)	0:19 (52:26)			
10. Alex Ottesen		Ballerup OK	52:32	+12:41	6:07	
3:13 (3:13)	1:38 (4:51)	1:16 (6:07)	2:37 (8:44)		1:38 (10:22)	1:51 (12:13)
1:08 (13:21)	6:07 (19:28)	2:02 (21:30)	1:39 (23:09)		0:59 (24:08)	2:52 (27:00)
1:07 (28:07)	2:11 (30:18)	4:46 (35:04)	6:07 (41:11)		2:11 (43:22)	1:08 (44:30)
4:11 (48:41)	2:53 (51:34)	0:39 (52:13)	0:19 (52:32)			
11. Michael Graae		Søllerød OK	53:14	+13:23	4:13	
5:26 (5:26)	0:50 (6:16)	1:42 (7:58)	2:26 (10:24)		2:04 (12:28)	1:55 (14:23)
1:11 (15:34)	6:14 (21:48)	3:12 (25:00)	1:32 (26:32)		1:04 (27:36)	3:02 (30:38)
1:20 (31:58)	2:44 (34:42)	5:01 (39:43)	2:01 (41:44)		2:38 (44:22)	1:40 (46:02)
2:48 (48:50)	3:24 (52:14)	0:42 (52:56)	0:18 (53:14)			
12. Morten Ploug		Ballerup OK	53:40	+13:49	1:28	
3:26 (3:26)	0:56 (4:22)	1:25 (5:47)	3:27 (9:14)		2:23 (11:37)	2:03 (13:40)
1:14 (14:54)	6:00 (20:54)	3:23 (24:17)	1:16 (25:33)		1:19 (26:52)	3:40 (30:32)
1:18 (31:50)	2:53 (34:43)	5:50 (40:33)	2:29 (43:02)		2:10 (45:12)	1:12 (46:24)
2:56 (49:20)	3:15 (52:35)	0:46 (53:21)	0:19 (53:40)			
13. Jakob Albahn		Tisvilde Hegn OK	55:20	+15:29	2:24	
3:12 (3:12)	0:58 (4:10)	1:27 (5:37)	3:37 (9:14)		2:13 (11:27)	2:21 (13:48)
1:13 (15:01)	7:46 (22:47)	2:37 (25:24)	1:28 (26:52)		1:16 (28:08)	3:30 (31:38)
1:40 (33:18)	2:20 (35:38)	5:23 (41:01)	2:27 (43:28)		2:17 (45:45)	1:10 (46:55)
3:52 (50:47)	3:28 (54:15)	0:48 (55:03)	0:17 (55:20)			
14. Michael Ertmann		Allerød OK	56:10	+16:19	1:47	
3:11 (3:11)	1:05 (4:16)	1:31 (5:47)	3:16 (9:03)		2:26 (11:29)	2:17 (13:46)
1:23 (15:09)	7:25 (22:34)	3:40 (26:14)	1:38 (27:52)		1:22 (29:14)	3:25 (32:39)
1:27 (34:06)	2:43 (36:49)	5:13 (42:02)	1:53 (43:55)		2:47 (46:42)	1:29 (48:11)
3:28 (51:39)	3:18 (54:57)	0:49 (55:46)	0:24 (56:10)			

15.	Lars Lyngsø	Allerød OK	58:11	+18:20	6:05		
	3:16 (3:16)	1:04 (4:20)	1:21 (5:41)	2:37 (8:18)	2:01 (10:19)	1:50 (12:09)	
	1:06 (13:15)	6:15 (19:30)	2:46 (22:16)	1:24 (23:40)	1:54 (25:34)	4:11 (29:45)	
	1:53 (31:38)	2:46 (34:24)	7:25 (41:49)	2:10 (43:59)	3:45 (47:44)	1:14 (48:58)	
	4:25 (53:23)	3:33 (56:56)	0:51 (57:47)	0:24 (58:11)			
16.	Ken Willén	Søllerød OK	59:28	+19:37	2:15		
	3:54 (3:54)	1:02 (4:56)	1:26 (6:22)	3:24 (9:46)	2:27 (12:13)	1:48 (14:01)	
	1:14 (15:15)	7:18 (22:33)	3:02 (25:35)	1:31 (27:06)	1:14 (28:20)	3:25 (31:45)	
	1:31 (33:16)	3:09 (36:25)	5:50 (42:15)	2:38 (44:53)	4:50 (49:43)	1:18 (51:01)	
	3:47 (54:48)	3:18 (58:06)	0:57 (59:03)	0:25 (59:28)			
17.	Finn Bregensøe	Tisvilde Hegn OK	1:00:34	+20:43	7:02		
	3:09 (3:09)	1:02 (4:11)	1:25 (5:36)	3:16 (8:52)	4:16 (13:08)	2:07 (15:15)	
	2:53 (18:08)	6:21 (24:29)	3:06 (27:35)	1:19 (28:54)	1:42 (30:36)	5:15 (35:51)	
	1:12 (37:03)	2:38 (39:41)	5:17 (44:58)	2:35 (47:33)	2:31 (50:04)	2:49 (52:53)	
	3:10 (56:03)	3:21 (59:24)	0:48 (1:00:12)	0:22 (1:00:34)			
18.	Søren Fertin	Holbæk OK	1:01:25	+21:34	7:05		
	3:26 (3:26)	0:59 (4:25)	1:17 (5:42)	3:54 (9:36)	2:38 (12:14)	2:07 (14:21)	
	1:12 (15:33)	6:24 (21:57)	2:49 (24:46)	1:25 (26:11)	3:19 (29:30)	4:18 (33:48)	
	1:22 (35:10)	2:38 (37:48)	6:28 (44:16)	5:25 (49:41)	2:36 (52:17)	1:17 (53:34)	
	3:22 (56:56)	3:22 (1:00:18)	0:49 (1:01:07)	0:18 (1:01:25)			
19.	Søren Madsen	OK Sorø	1:03:28	+23:37	2:01		
	4:01 (4:01)	1:27 (5:28)	1:30 (6:58)	3:31 (10:29)	2:15 (12:44)	2:08 (14:52)	
	1:18 (16:10)	7:40 (23:50)	2:53 (26:43)	1:43 (28:26)	1:37 (30:03)	4:35 (34:38)	
	1:44 (36:22)	3:03 (39:25)	7:06 (46:31)	2:43 (49:14)	2:36 (51:50)	1:27 (53:17)	
	4:34 (57:51)	4:16 (1:02:07)	0:54 (1:03:01)	0:27 (1:03:28)			
20.	Peter Becker	Søllerød OK	1:04:43	+24:52	10:00		
	3:24 (3:24)	1:07 (4:31)	3:23 (7:54)	2:55 (10:49)	2:04 (12:53)	2:57 (15:50)	
	1:15 (17:05)	7:07 (24:12)	3:25 (27:37)	1:22 (28:59)	1:16 (30:15)	3:28 (33:43)	
	1:33 (35:16)	5:17 (40:33)	5:44 (46:17)	2:32 (48:49)	3:20 (52:09)	4:44 (56:53)	
	3:33 (1:00:26)	3:12 (1:03:38)	0:51 (1:04:29)	0:14 (1:04:43)			
21.	Jesper Andreasen	Farum OK	1:06:30	+26:39	10:10		
	3:49 (3:49)	0:53 (4:42)	2:02 (6:44)	3:41 (10:25)	2:17 (12:42)	2:08 (14:50)	
	1:15 (16:05)	7:06 (23:11)	8:59 (32:10)	1:33 (33:43)	2:24 (36:07)	3:16 (39:23)	
	1:46 (41:09)	2:22 (43:31)	8:13 (51:44)	2:59 (54:43)	2:38 (57:21)	1:24 (58:45)	
	3:36 (1:02:21)	3:01 (1:05:22)	0:50 (1:06:12)	0:18 (1:06:30)			
22.	John Hørlyk	Farum OK	1:09:21	+29:30	12:16		
	6:41 (6:41)	1:01 (7:42)	1:26 (9:08)	3:04 (12:12)	3:02 (15:14)	2:44 (17:58)	
	1:28 (19:26)	7:34 (27:00)	2:38 (29:38)	1:26 (31:04)	3:40 (34:44)	4:17 (39:01)	
	1:41 (40:42)	2:18 (43:00)	5:48 (48:48)	2:23 (51:11)	2:24 (53:35)	1:29 (55:04)	
	4:40 (59:44)	8:46 (1:08:30)	0:36 (1:09:06)	0:15 (1:09:21)			
23.	Stig Møller	OK Sorø	1:12:01	+32:10	6:12		
	4:17 (4:17)	1:28 (5:45)	2:08 (7:53)	4:42 (12:35)	3:42 (16:17)	2:28 (18:45)	
	1:27 (20:12)	7:22 (27:34)	4:40 (32:14)	2:00 (34:14)	1:44 (35:58)	4:05 (40:03)	
	2:21 (42:24)	3:36 (46:00)	7:06 (53:06)	2:53 (55:59)	4:12 (1:00:11)	1:59 (1:02:10)	
	3:47 (1:05:57)	4:42 (1:10:39)	1:00 (1:11:39)	0:22 (1:12:01)			
24.	Kaj Isaksen	FIF Hillerød	1:14:34	+34:43	16:25		
	3:15 (3:15)	1:06 (4:21)	1:16 (5:37)	2:55 (8:32)	2:20 (10:52)	2:08 (13:00)	
	1:12 (14:12)	12:40 (26:52)	3:35 (30:27)	1:23 (31:50)	6:17 (38:07)	4:50 (42:57)	
	1:19 (44:16)	3:33 (47:49)	5:46 (53:35)	7:32 (1:01:07)	3:05 (1:04:12)	1:56 (1:06:08)	
	3:57 (1:10:05)	3:28 (1:13:33)	0:44 (1:14:17)	0:17 (1:14:34)			
25.	Jesper Kirkeskov	Søllerød OK	1:15:37	+35:46	3:53		
	4:38 (4:38)	1:15 (5:53)	1:39 (7:32)	3:59 (11:31)	3:17 (14:48)	3:09 (17:57)	
	1:49 (19:46)	9:12 (28:58)	3:24 (32:22)	1:42 (34:04)	1:30 (35:34)	5:38 (41:12)	
	4:49 (46:01)	3:42 (49:43)	7:40 (57:23)	2:33 (59:56)	3:46 (1:03:42)	1:55 (1:05:37)	
	4:06 (1:09:43)	4:16 (1:13:59)	1:15 (1:15:14)	0:23 (1:15:37)			
26.	David Palsgaard	Søllerød OK	1:26:40	+46:49	13:40		
	8:03 (8:03)	1:15 (9:18)	1:58 (11:16)	4:32 (15:48)	3:48 (19:36)	2:33 (22:09)	
	1:49 (23:58)	8:19 (32:17)	3:49 (36:06)	2:10 (38:16)	2:42 (40:58)	5:31 (46:29)	
	2:16 (48:45)	4:58 (53:43)	7:33 (1:01:16)	2:30 (1:03:46)	10:30 (1:14:16)	2:13 (1:16:29)	
	4:05 (1:20:34)	4:25 (1:24:59)	1:22 (1:26:21)	0:19 (1:26:40)			
27.	Benny Lønstrup Ammitzbøll	Farum OK	1:33:58	+54:07	24:05		
	4:26 (4:26)	1:43 (6:09)	1:54 (8:03)	3:39 (11:42)	2:16 (13:58)	2:28 (16:26)	
	2:00 (18:26)	8:51 (27:17)	3:54 (31:11)	1:50 (33:01)	1:59 (35:00)	5:06 (40:06)	
	1:46 (41:52)	2:56 (44:48)	7:11 (51:59)	27:04 (1:19:03)	3:11 (1:22:14)	1:39 (1:23:53)	
	4:09 (1:28:02)	4:28 (1:32:30)	1:05 (1:33:35)	0:23 (1:33:58)			
28.	Jakob Døpping	Søllerød OK	2:16:00	+1:36:09	44:32		
	5:55 (5:55)	1:18 (7:13)	1:36 (8:49)	6:52 (15:41)	3:58 (19:39)	2:37 (22:16)	
	1:49 (24:05)	26:00 (50:05)	7:24 (57:29)	2:32 (1:00:01)	4:13 (1:04:14)	4:56 (1:09:10)	
	6:44 (1:15:54)	3:53 (1:19:47)	9:23 (1:29:10)	21:38 (1:50:48)	7:27 (1:58:15)	2:16 (2:00:31)	
	6:37 (2:07:08)	7:13 (2:14:21)	1:15 (2:15:36)	0:24 (2:16:00)			
	Lars Simonsen	FIF Hillerød	Fejlklip	3:41 (8:25)	– (–)	– (12:41)	
	2:45 (2:45)	0:52 (3:37)	1:07 (4:44)	2:35 (24:27)	0:59 (25:26)	3:40 (29:06)	
	1:12 (13:53)	5:35 (19:28)	2:24 (21:52)	1:43 (38:51)	3:21 (42:12)	0:58 (43:10)	
	1:07 (30:13)	2:26 (32:39)	4:29 (37:08)	0:19 (49:36)			
	2:48 (45:58)	2:39 (48:37)	0:40 (49:17)				
	Søren Klinkby	Holbæk OK	Fejlklip	3:35 (11:30)	2:46 (14:16)	2:15 (16:31)	
	4:47 (4:47)	1:09 (5:56)	1:59 (7:55)	2:00 (30:00)	2:05 (32:05)	4:04 (36:09)	
	1:28 (17:59)	6:43 (24:42)	3:18 (28:00)	3:05 (51:32)	2:48 (54:20)	1:16 (55:36)	
	1:47 (37:56)	– (–)	– (48:27)	0:23 (1:05:59)			
	5:03 (1:00:39)	3:54 (1:04:33)	1:03 (1:05:36)				

Søren Magnusson	Holbæk OK	Fejlkjip
4:54 (4:54)	1:19 (6:13)	2:16 (8:29)
1:33 (22:39)	8:44 (31:23)	4:48 (36:11)
1:57 (51:31)	2:53 (54:24)	6:18 (1:00:42)
4:58 (1:15:29)	– (–)	– (1:20:10)
Claus Rytter Larsen	Farum OK	Ej startet
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
Kristian Kærsgaard Hansen	OK Sorø	Ej startet
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)
– (–)	– (–)	– (–)

H60	(38 / 38)	Tid	Efter	Tidstab
1. Jens Jørgen Hansen	Farum OK	43:48		0:35
1:35 (1:35)	2:14 (3:49)	1:11 (5:00)	1:34 (6:34)	1:45 (8:19)
2:24 (12:49)	0:38 (13:27)	2:01 (15:28)	3:16 (18:44)	1:51 (20:35)
2:34 (29:24)	4:07 (33:31)	2:31 (36:02)	2:30 (38:32)	1:22 (39:54)
0:51 (43:28)	0:20 (43:48)			2:06 (10:25)
2. Leif E. Larsen	Tisvilde Hegn OK	49:32	+5:44	3:04
1:55 (1:55)	2:22 (4:17)	1:02 (5:19)	1:36 (6:55)	1:56 (8:51)
2:21 (13:18)	0:38 (13:56)	2:15 (16:11)	3:07 (19:18)	2:14 (21:32)
2:43 (30:47)	5:23 (36:10)	2:37 (38:47)	3:41 (42:28)	3:13 (45:41)
0:51 (49:13)	0:19 (49:32)			2:06 (10:57)
3. Helge Lang Pedersen	Farum OK	50:26	+6:38	1:25
1:47 (1:47)	2:29 (4:16)	1:16 (5:32)	1:57 (7:29)	2:11 (9:40)
3:29 (15:13)	0:41 (15:54)	2:32 (18:26)	2:53 (21:19)	2:16 (23:35)
2:42 (33:53)	4:56 (38:49)	2:44 (41:33)	2:44 (44:17)	1:44 (46:01)
0:52 (50:06)	0:20 (50:26)			2:04 (11:44)
4. Tore Hulgaard	Farum OK	51:53	+8:05	2:26
2:01 (2:01)	4:08 (6:09)	1:37 (7:46)	2:23 (10:09)	1:55 (12:04)
2:29 (16:33)	0:56 (17:29)	2:33 (20:02)	3:21 (23:23)	2:49 (26:12)
2:57 (36:25)	4:28 (40:53)	2:41 (43:34)	3:04 (46:38)	1:23 (48:01)
0:51 (51:33)	0:20 (51:53)			2:00 (14:04)
5. Søren Sloth	FIF Hillerød	54:02	+10:14	0:00
2:20 (2:20)	2:46 (5:06)	1:15 (6:21)	2:15 (8:36)	2:07 (10:43)
3:12 (16:25)	0:43 (17:08)	2:29 (19:37)	3:04 (22:41)	2:31 (25:12)
2:52 (35:32)	5:27 (40:59)	3:01 (44:00)	3:35 (47:35)	1:46 (49:21)
0:58 (53:39)	0:23 (54:02)			2:30 (13:13)
6. Henrik Nielsen	Holbæk OK	54:20	+10:32	3:30
1:59 (1:59)	2:22 (4:21)	1:10 (5:31)	1:51 (7:22)	2:05 (9:27)
2:52 (14:26)	0:47 (15:13)	4:00 (19:13)	2:57 (22:10)	3:21 (25:31)
3:07 (35:53)	4:37 (40:30)	2:56 (43:26)	3:43 (47:09)	2:59 (50:08)
0:59 (54:00)	0:20 (54:20)			2:07 (11:34)
7. Gregers Jørgensen	Ballerup OK	54:30	+10:42	2:08
1:51 (1:51)	2:46 (4:37)	1:13 (5:50)	2:16 (8:06)	2:03 (10:09)
2:55 (15:13)	0:39 (15:52)	2:25 (18:17)	3:52 (22:09)	3:27 (25:36)
3:18 (36:11)	4:59 (41:10)	2:49 (43:59)	3:42 (47:41)	2:00 (49:41)
0:52 (54:08)	0:22 (54:30)			2:09 (12:18)
8. Troels Bent Hansen	Allerød OK	56:46	+12:58	2:56
2:20 (2:20)	3:14 (5:34)	1:22 (6:56)	1:45 (8:41)	2:18 (10:59)
2:47 (15:55)	0:36 (16:31)	2:35 (19:06)	3:18 (22:24)	3:01 (25:25)
2:53 (36:03)	5:00 (41:03)	3:23 (44:26)	3:22 (47:48)	4:06 (51:54)
0:57 (56:23)	0:23 (56:46)			2:09 (13:08)
9. Lars Hanghøj Petersen	Ballerup OK	57:34	+13:46	5:45
1:53 (1:53)	2:26 (4:19)	2:19 (6:38)	1:55 (8:33)	1:48 (10:21)
3:44 (16:28)	1:04 (17:32)	2:37 (20:09)	5:06 (25:15)	3:13 (28:28)
3:00 (38:54)	5:03 (43:57)	4:15 (48:12)	3:32 (51:44)	1:41 (53:25)
1:17 (57:14)	0:20 (57:34)			2:23 (12:44)
10. Jan Thiesen	Holbæk OK	58:09	+14:21	3:16
2:28 (2:28)	2:46 (5:14)	2:18 (7:32)	2:03 (9:35)	2:18 (11:53)
2:37 (17:00)	1:01 (18:01)	2:36 (20:37)	3:16 (23:53)	2:55 (26:48)
2:41 (37:39)	5:01 (42:40)	4:32 (47:12)	4:28 (51:40)	1:40 (53:20)
0:57 (57:51)	0:18 (58:09)			2:30 (14:23)
11. Preben Klavsen	Holbæk OK	58:46	+14:58	7:43
6:16 (6:16)	2:15 (8:31)	1:06 (9:37)	1:49 (11:26)	2:06 (13:32)
2:56 (18:34)	0:43 (19:17)	4:05 (23:22)	2:54 (26:16)	3:19 (29:35)
3:05 (39:56)	4:44 (44:40)	2:53 (47:33)	3:44 (51:17)	2:56 (54:13)
1:09 (58:20)	0:26 (58:46)			2:06 (15:38)
11. Svend-Erik Jepsen	Søllerød OK	58:46	+14:58	6:25
4:22 (4:22)	2:27 (6:49)	1:16 (8:05)	1:47 (9:52)	2:05 (11:57)
3:07 (17:15)	0:44 (17:59)	3:02 (21:01)	2:53 (23:54)	2:53 (26:47)
3:12 (40:05)	4:34 (44:39)	4:01 (48:40)	3:33 (52:13)	1:43 (53:56)
0:43 (58:29)	0:17 (58:46)			2:11 (14:08)
13. Henrik Molsen	Søllerød OK	59:53	+16:05	3:12
				10:06 (36:53)
				3:50 (57:46)

	2:02 (2:02)	3:20 (5:22)	1:32 (6:54)	2:13 (9:07)	2:07 (11:14)	2:54 (14:08)
	3:07 (17:15)	0:46 (18:01)	2:30 (20:31)	3:31 (24:02)	2:49 (26:51)	7:42 (34:33)
	3:16 (37:49)	6:41 (44:30)	4:31 (49:01)	3:47 (52:48)	2:12 (55:00)	3:32 (58:32)
	1:03 (59:35)	0:18 (59:53)				
14. Søren Peter Larsen		FIF Hillerød	1:00:28	+16:40	0:00	
	2:12 (2:12)	2:58 (5:10)	1:39 (6:49)	1:55 (8:44)	2:29 (11:13)	2:32 (13:45)
	3:29 (17:14)	0:54 (18:08)	2:58 (21:06)	3:18 (24:24)	2:57 (27:21)	8:39 (36:00)
	3:42 (39:42)	5:56 (45:38)	3:31 (49:09)	4:06 (53:15)	2:02 (55:17)	3:40 (58:57)
	1:05 (1:00:02)	0:26 (1:00:28)				
15. Jens Karlsmose		Farum OK	1:01:20	+17:32	4:52	
	2:06 (2:06)	3:07 (5:13)	1:29 (6:42)	2:23 (9:05)	2:19 (11:24)	2:30 (13:54)
	3:10 (17:04)	1:03 (18:07)	2:54 (21:01)	5:02 (26:03)	5:26 (31:29)	7:28 (38:57)
	3:13 (42:10)	5:10 (47:20)	2:55 (50:15)	3:31 (53:46)	2:04 (55:50)	3:56 (59:46)
	1:06 (1:00:52)	0:28 (1:01:20)				
16. Michael Hjorth		Ballerup OK	1:04:07	+20:19	2:45	
	2:25 (2:25)	3:29 (5:54)	2:13 (8:07)	2:23 (10:30)	2:18 (12:48)	2:33 (15:21)
	3:58 (19:19)	0:49 (20:08)	3:04 (23:12)	3:57 (27:09)	3:03 (30:12)	8:56 (39:08)
	3:13 (42:21)	5:47 (48:08)	4:08 (52:16)	3:42 (55:58)	2:32 (58:30)	4:10 (1:02:40)
	1:03 (1:03:43)	0:24 (1:04:07)				
17. Henrik Kleffel		Søllerød OK	1:04:16	+20:28	7:37	
	2:04 (2:04)	2:58 (5:02)	1:54 (6:56)	4:47 (11:43)	1:54 (13:37)	3:07 (16:44)
	3:03 (19:47)	1:02 (20:49)	2:44 (23:33)	3:45 (27:18)	2:50 (30:08)	10:01 (40:09)
	3:00 (43:09)	4:59 (48:08)	2:59 (51:07)	4:26 (55:33)	2:02 (57:35)	5:23 (1:02:58)
	0:57 (1:03:55)	0:21 (1:04:16)				
18. Jens Anders Hansen		Søllerød OK	1:04:24	+20:36	6:18	
	2:01 (2:01)	2:34 (4:35)	1:21 (5:56)	2:09 (8:05)	2:02 (10:07)	2:16 (12:23)
	3:41 (16:04)	0:50 (16:54)	5:18 (22:12)	4:04 (26:16)	2:59 (29:15)	8:48 (38:03)
	2:55 (40:58)	6:13 (47:11)	3:00 (50:11)	7:13 (57:24)	2:03 (59:27)	3:32 (1:02:59)
	1:00 (1:03:59)	0:25 (1:04:24)				
19. Lars Konradsen		FIF Hillerød	1:06:10	+22:22	0:00	
	2:26 (2:26)	3:08 (5:34)	1:43 (7:17)	2:21 (9:38)	2:58 (12:36)	2:44 (15:20)
	3:25 (18:45)	1:20 (20:05)	3:33 (23:38)	3:59 (27:37)	3:18 (30:55)	9:18 (40:13)
	3:27 (43:40)	6:11 (49:51)	3:42 (53:33)	4:06 (57:39)	2:28 (1:00:07)	4:04 (1:04:11)
	1:30 (1:05:41)	0:29 (1:06:10)				
20. Klaus Nielsen		Farum OK	1:08:23	+24:35	10:37	
	2:18 (2:18)	2:53 (5:11)	1:30 (6:41)	3:22 (10:03)	1:55 (11:58)	5:12 (17:10)
	3:17 (20:27)	0:54 (21:21)	3:03 (24:24)	3:20 (27:44)	3:06 (30:50)	8:14 (39:04)
	4:03 (43:07)	4:48 (47:55)	3:12 (51:07)	8:34 (59:41)	2:37 (1:02:18)	4:12 (1:06:30)
	1:29 (1:07:59)	0:24 (1:08:23)				
21. Jens Korsholm		Farum OK	1:09:17	+25:29	7:12	
	2:29 (2:29)	2:58 (5:27)	1:29 (6:56)	2:46 (9:42)	2:28 (12:10)	2:47 (14:57)
	3:41 (18:38)	0:48 (19:26)	4:11 (23:37)	4:04 (27:41)	2:53 (30:34)	8:27 (39:01)
	3:35 (42:36)	5:58 (48:34)	4:13 (52:47)	3:47 (56:34)	6:47 (1:03:21)	4:28 (1:07:49)
	1:05 (1:08:54)	0:23 (1:09:17)				
22. Niels la Cour Bentzon		Søllerød OK	1:10:53	+27:05	7:25	
	2:27 (2:27)	2:59 (5:26)	1:32 (6:58)	2:42 (9:40)	2:32 (12:12)	2:53 (15:05)
	5:10 (20:15)	1:03 (21:18)	2:51 (24:09)	7:24 (31:33)	3:06 (34:39)	8:36 (43:15)
	3:50 (47:05)	5:51 (52:56)	4:27 (57:23)	5:39 (1:03:02)	2:10 (1:05:12)	4:16 (1:09:28)
	1:06 (1:10:34)	0:19 (1:10:53)				
23. Niels Landsperg		Tisvilde Hegn OK	1:11:34	+27:46	6:11	
	2:15 (2:15)	3:00 (5:15)	1:48 (7:03)	2:56 (9:59)	2:38 (12:37)	3:31 (16:08)
	3:31 (19:39)	0:49 (20:28)	3:33 (24:01)	4:33 (28:34)	2:57 (31:31)	9:07 (40:38)
	3:26 (44:04)	7:14 (51:18)	3:26 (54:44)	8:16 (1:03:00)	2:54 (1:05:54)	4:05 (1:09:59)
	1:12 (1:11:11)	0:23 (1:11:34)				
24. Søren Grønvald		Søllerød OK	1:13:23	+29:35	4:03	
	3:03 (3:03)	3:20 (6:23)	1:37 (8:00)	2:31 (10:31)	2:34 (13:05)	3:36 (16:41)
	3:45 (20:26)	1:19 (21:45)	3:35 (25:20)	7:33 (32:53)	3:21 (36:14)	10:10 (46:24)
	3:42 (50:06)	7:14 (57:20)	3:34 (1:00:54)	4:03 (1:04:57)	2:25 (1:07:22)	4:13 (1:11:35)
	1:26 (1:13:01)	0:22 (1:13:23)				
25. Carsten Hansen		FIF Hillerød	1:14:35	+30:47	6:36	
	2:20 (2:20)	3:13 (5:33)	4:07 (9:40)	2:33 (12:13)	3:58 (16:11)	2:38 (18:49)
	3:28 (22:17)	1:08 (23:25)	2:52 (26:17)	4:22 (30:39)	3:37 (34:16)	9:37 (43:53)
	3:54 (47:47)	6:55 (54:42)	3:57 (58:39)	5:02 (1:03:41)	4:21 (1:08:02)	4:36 (1:12:38)
	1:30 (1:14:08)	0:27 (1:14:35)				
26. Jesper Cornelius Nielsen		FIF Hillerød	1:17:14	+33:26	10:27	
	2:31 (2:31)	4:38 (7:09)	1:28 (8:37)	2:40 (11:17)	2:21 (13:38)	3:11 (16:49)
	3:59 (20:48)	0:55 (21:43)	4:06 (25:49)	12:37 (38:26)	3:10 (41:36)	9:54 (51:30)
	3:42 (55:12)	5:32 (1:00:44)	3:45 (1:04:29)	5:10 (1:09:39)	2:13 (1:11:52)	3:55 (1:15:47)
	1:07 (1:16:54)	0:20 (1:17:14)				
27. Bo Konring		Søllerød OK	1:17:27	+33:39	1:52	
	2:51 (2:51)	3:39 (6:30)	1:51 (8:21)	2:48 (11:09)	3:25 (14:34)	3:12 (17:46)
	3:53 (21:39)	1:26 (23:05)	3:50 (26:55)	5:13 (32:08)	3:20 (35:28)	11:49 (47:17)
	4:27 (51:44)	7:17 (59:01)	4:18 (1:03:19)	4:09 (1:07:28)	3:25 (1:10:53)	4:21 (1:15:14)
	1:33 (1:16:47)	0:40 (1:17:27)				
28. Nitsan Vardi		FIF Hillerød	1:18:50	+35:02	16:45	
	2:37 (2:37)	7:24 (10:01)	4:01 (14:02)	1:50 (15:52)	3:43 (19:35)	2:38 (22:13)
	5:19 (27:32)	0:32 (28:04)	3:29 (31:33)	3:56 (35:29)	2:25 (37:54)	9:03 (46:57)
	3:34 (50:31)	5:46 (56:17)	6:09 (1:02:26)	4:27 (1:06:53)	6:41 (1:13:34)	3:45 (1:17:19)
	1:09 (1:18:28)	0:22 (1:18:50)				

29.	John Pedersen	OK Sorø	1:20:12	+36:24	5:03		
	3:01 (3:01)	3:35 (6:36)	2:12 (8:48)	6:06 (14:54)	2:33 (17:27)	3:11 (20:38)	
	4:27 (25:05)	1:00 (26:05)	3:48 (29:53)	4:24 (34:17)	4:31 (38:48)	10:47 (49:35)	
	4:29 (54:04)	7:13 (1:01:17)	4:48 (1:06:05)	4:33 (1:10:38)	2:55 (1:13:33)	5:07 (1:18:40)	
	1:10 (1:19:50)	0:22 (1:20:12)					
30.	Henrik Wibe	Allerød OK	1:20:57	+37:09	8:42		
	2:53 (2:53)	3:45 (6:38)	5:26 (12:04)	2:44 (14:48)	2:56 (17:44)	3:34 (21:18)	
	4:31 (25:49)	1:17 (27:06)	5:32 (32:38)	4:07 (36:45)	3:16 (40:01)	10:23 (50:24)	
	4:03 (54:27)	6:21 (1:00:48)	4:02 (1:04:50)	6:08 (1:10:58)	2:18 (1:13:16)	6:00 (1:19:16)	
	1:18 (1:20:34)	0:23 (1:20:57)					
31.	Frede Lillelund	Søllerød OK	1:21:03	+37:15	25:13		
	2:04 (2:04)	2:27 (4:31)	1:47 (6:18)	1:48 (8:06)	1:49 (9:55)	2:22 (12:17)	
	3:27 (15:44)	0:39 (16:23)	2:32 (18:55)	3:34 (22:29)	2:53 (25:22)	7:16 (32:38)	
	20:08 (52:46)	6:36 (59:22)	9:05 (1:08:27)	3:52 (1:12:19)	2:24 (1:14:43)	4:17 (1:19:00)	
	1:39 (1:20:39)	0:24 (1:21:03)					
32.	Hans-Ole Jensen	OK Sorø	1:58:12	+1:14:24	14:53		
	3:55 (3:55)	4:45 (8:40)	2:17 (10:57)	3:29 (14:26)	3:49 (18:15)	4:42 (22:57)	
	7:52 (30:49)	1:26 (32:15)	5:12 (37:27)	8:19 (45:46)	4:30 (50:16)	13:47 (1:04:03)	
	6:52 (1:10:55)	10:02 (1:20:57)	10:57 (1:31:54)	11:37 (1:43:31)	4:24 (1:47:55)	7:09 (1:55:04)	
	2:32 (1:57:36)	0:36 (1:58:12)					
	Carsten Stenberg	FIF Hillerød	Fejlklip				
	2:06 (2:06)	2:45 (4:51)	1:52 (6:43)	2:21 (9:04)	2:06 (11:10)	2:22 (13:32)	
	3:03 (16:35)	0:44 (17:19)	2:42 (20:01)	5:59 (26:00)	3:02 (29:02)	10:28 (39:30)	
	4:00 (43:30)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (50:20)	0:55 (51:15)					
	Knud Madsen	OK Sorø	Fejlklip				
	2:48 (2:48)	3:29 (6:17)	1:36 (7:53)	2:55 (10:48)	2:51 (13:39)	3:11 (16:50)	
	– (–)	– (22:20)	3:19 (25:39)	4:57 (30:36)	3:26 (34:02)	10:23 (44:25)	
	3:59 (48:24)	7:02 (55:26)	4:10 (59:36)	4:19 (1:03:55)	2:48 (1:06:43)	4:48 (1:11:31)	
	1:34 (1:13:05)	0:36 (1:13:41)					
	Henrik Pedersen	Søllerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					
	Kristen Bonnen	Ballerup OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					
	Ole D. Jensen	Tisvilde Hegn OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					
	Per Bundgaard Larsen	Holbæk OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					

H70		(31 / 31)	Tid	Efter	Tidstab		
1.	Keld Johnsen	Tisvilde Hegn OK	56:09		14:31		
	2:15 (2:15)	1:57 (4:12)	1:16 (5:28)	1:52 (7:20)	2:00 (9:20)	1:07 (10:27)	
	3:23 (13:50)	4:00 (17:50)	3:14 (21:04)	1:53 (22:57)	2:36 (25:33)	3:44 (29:17)	
	14:25 (43:42)	2:03 (45:45)	4:06 (49:51)	1:55 (51:46)	3:08 (54:54)	0:52 (55:46)	
	0:23 (56:09)						
2.	Peter Wraa	Tisvilde Hegn OK	57:59	+1:50	4:46		
	2:36 (2:36)	2:36 (5:12)	1:28 (6:40)	3:05 (9:45)	2:43 (12:28)	1:38 (14:06)	
	4:18 (18:24)	3:48 (22:12)	3:25 (25:37)	1:54 (27:31)	4:27 (31:58)	5:29 (37:27)	
	3:19 (40:46)	3:19 (44:05)	3:45 (47:50)	2:34 (50:24)	5:56 (56:20)	1:06 (57:26)	
	0:33 (57:59)						
3.	Peter Werling	Søllerød OK	1:00:59	+4:50	4:53		
	3:34 (3:34)	2:37 (6:11)	1:44 (7:55)	2:46 (10:41)	2:47 (13:28)	1:45 (15:13)	
	4:58 (20:11)	6:10 (26:21)	4:52 (31:13)	1:50 (33:03)	3:34 (36:37)	5:19 (41:56)	
	2:43 (44:39)	2:37 (47:16)	5:15 (52:31)	2:40 (55:11)	4:19 (59:30)	1:02 (1:00:32)	
	0:27 (1:00:59)						
4.	Niels Raagaard	Søllerød OK	1:01:14	+5:05	5:31		
	2:36 (2:36)	2:32 (5:08)	1:38 (6:46)	3:37 (10:23)	2:42 (13:05)	1:52 (14:57)	
	4:29 (19:26)	4:36 (24:02)	6:56 (30:58)	1:31 (32:29)	4:43 (37:12)	4:23 (41:35)	
	3:04 (44:39)	2:49 (47:28)	3:53 (51:21)	2:45 (54:06)	4:58 (59:04)	1:38 (1:00:42)	
	0:32 (1:01:14)						
5.	Ole Berner	Søllerød OK	1:01:36	+5:27	1:56		
	3:08 (3:08)	2:42 (5:50)	1:37 (7:27)	3:00 (10:27)	3:13 (13:40)	2:00 (15:40)	
	4:57 (20:37)	6:55 (27:32)	3:58 (31:30)	2:13 (33:43)	3:39 (37:22)	5:17 (42:39)	
	3:24 (46:03)	2:38 (48:41)	3:23 (52:04)	3:18 (55:22)	4:37 (59:59)	1:11 (1:01:10)	
	0:26 (1:01:36)						
6.	Ove Jakobsen	Farum OK	1:01:48	+5:39	7:58		

3:26 (3:26)	2:13 (5:39)	1:31 (7:10)	3:12 (10:22)	3:05 (13:27)	1:57 (15:24)
4:00 (19:24)	4:48 (24:12)	3:30 (27:42)	1:43 (29:25)	3:51 (33:16)	4:07 (37:23)
2:26 (39:49)	9:19 (49:08)	3:34 (52:42)	2:46 (55:28)	4:49 (1:00:17)	1:09 (1:01:26)
0:22 (1:01:48)					
7. Anders Jonsson	Søllerød OK	1:02:05	+5:56	8:18	
2:23 (2:23)	2:37 (5:00)	1:21 (6:21)	2:35 (8:56)	2:33 (11:29)	1:52 (13:21)
4:33 (17:54)	4:17 (22:11)	7:14 (29:25)	1:55 (31:20)	4:14 (35:34)	5:56 (41:30)
5:24 (46:54)	2:51 (49:45)	4:06 (53:51)	2:27 (56:18)	4:12 (1:00:30)	1:07 (1:01:37)
0:28 (1:02:05)					
8. Ole Galle	Tisvilde Hegn OK	1:02:28	+6:19	5:52	
2:49 (2:49)	2:30 (5:19)	1:32 (6:51)	2:46 (9:37)	4:04 (13:41)	2:03 (15:44)
5:01 (20:45)	4:41 (25:26)	4:00 (29:26)	1:43 (31:09)	6:07 (37:16)	4:23 (41:39)
4:42 (46:21)	3:12 (49:33)	4:00 (53:33)	2:47 (56:20)	4:36 (1:00:56)	1:07 (1:02:03)
0:25 (1:02:28)					
9. Jimmy Hoen	Ballerup OK	1:03:27	+7:18	5:06	
3:27 (3:27)	2:42 (6:09)	1:45 (7:54)	3:02 (10:56)	3:11 (14:07)	2:07 (16:14)
4:20 (20:34)	5:11 (25:45)	4:13 (29:58)	1:31 (31:29)	3:47 (35:16)	5:08 (40:24)
8:15 (48:39)	2:00 (50:39)	4:06 (54:45)	2:33 (57:18)	4:37 (1:01:55)	1:12 (1:03:07)
0:20 (1:03:27)					
10. Steen Winkler	FIF Hillerød	1:06:42	+10:33	9:02	
2:55 (2:55)	2:54 (5:49)	1:57 (7:46)	2:40 (10:26)	3:05 (13:31)	6:10 (19:41)
5:12 (24:53)	4:43 (29:36)	4:31 (34:07)	1:36 (35:43)	6:30 (42:13)	4:10 (46:23)
4:49 (51:12)	2:16 (53:28)	4:47 (58:15)	2:42 (1:00:57)	4:12 (1:05:09)	1:09 (1:06:18)
0:24 (1:06:42)					
11. Thorkild Sørensen	FIF Hillerød	1:06:53	+10:44	4:09	
4:24 (4:24)	3:10 (7:34)	1:56 (9:30)	2:49 (12:19)	2:58 (15:17)	1:50 (17:07)
5:11 (22:18)	5:52 (28:10)	4:40 (32:50)	1:57 (34:47)	5:20 (40:07)	4:48 (44:55)
3:36 (48:31)	3:19 (51:50)	5:27 (57:17)	3:21 (1:00:38)	4:48 (1:05:26)	1:02 (1:06:28)
0:25 (1:06:53)					
12. Jørgen Chr. Nielsen	FIF Hillerød	1:08:13	+12:04	6:10	
3:08 (3:08)	3:09 (6:17)	1:58 (8:15)	3:01 (11:16)	3:14 (14:30)	1:52 (16:22)
7:13 (23:35)	7:37 (31:12)	4:15 (35:27)	2:04 (37:31)	5:15 (42:46)	4:53 (47:39)
4:09 (51:48)	2:43 (54:31)	3:49 (58:20)	2:56 (1:01:16)	5:16 (1:06:32)	1:13 (1:07:45)
0:28 (1:08:13)					
13. Flemming Olsen	OK Sorø	1:08:29	+12:20	3:29	
3:27 (3:27)	2:58 (6:25)	1:42 (8:07)	3:51 (11:58)	3:38 (15:36)	1:50 (17:26)
5:37 (23:03)	7:26 (30:29)	5:05 (35:34)	1:33 (37:07)	3:54 (41:01)	6:02 (47:03)
3:24 (50:27)	3:01 (53:28)	4:10 (57:38)	3:20 (1:00:58)	5:38 (1:06:36)	1:20 (1:07:56)
0:33 (1:08:29)					
14. Klaus Olsen	Tisvilde Hegn OK	1:08:57	+12:48	5:31	
4:36 (4:36)	3:14 (7:50)	1:54 (9:44)	3:03 (12:47)	4:04 (16:51)	2:06 (18:57)
5:16 (24:13)	6:07 (30:20)	3:56 (34:16)	2:39 (36:55)	4:42 (41:37)	6:12 (47:49)
3:08 (50:57)	3:32 (54:29)	4:07 (58:36)	3:11 (1:01:47)	5:25 (1:07:12)	1:13 (1:08:25)
0:32 (1:08:57)					
15. Bjarne Skram	FIF Hillerød	1:10:24	+14:15	12:26	
4:10 (4:10)	2:35 (6:45)	1:25 (8:10)	5:46 (13:56)	2:48 (16:44)	1:38 (18:22)
5:45 (24:07)	5:57 (30:04)	4:29 (34:33)	1:33 (36:06)	4:35 (40:41)	5:02 (45:43)
2:48 (48:31)	4:58 (53:29)	8:55 (1:02:24)	2:41 (1:05:05)	3:58 (1:09:03)	1:00 (1:10:03)
0:21 (1:10:24)					
16. Jørgen Wisbech	Søllerød OK	1:10:39	+14:30	13:22	
5:09 (5:09)	2:44 (7:53)	1:26 (9:19)	3:30 (12:49)	2:55 (15:44)	2:18 (18:02)
4:12 (22:14)	6:09 (28:23)	3:39 (32:02)	1:47 (33:49)	3:26 (37:15)	4:53 (42:08)
10:04 (52:12)	1:43 (53:55)	7:33 (1:01:28)	3:27 (1:04:55)	4:14 (1:09:09)	1:08 (1:10:17)
0:22 (1:10:39)					
17. Karsten Schultz	FIF Hillerød	1:11:53	+15:44	13:14	
4:20 (4:20)	2:56 (7:16)	1:42 (8:58)	2:53 (11:51)	6:13 (18:04)	2:08 (20:12)
6:15 (26:27)	5:00 (31:27)	5:19 (36:46)	1:51 (38:37)	5:40 (44:17)	4:14 (48:31)
2:38 (51:09)	1:58 (53:07)	6:17 (59:24)	6:28 (1:05:52)	4:26 (1:10:18)	1:04 (1:11:22)
0:31 (1:11:53)					
18. Jan Kristoffersen	Ballerup OK	1:13:19	+17:10	13:02	
2:58 (2:58)	2:56 (5:54)	1:36 (7:30)	3:00 (10:30)	4:38 (15:08)	2:14 (17:22)
4:49 (22:11)	7:45 (29:56)	5:09 (35:05)	2:38 (37:43)	4:35 (42:18)	5:28 (47:46)
11:01 (58:47)	1:55 (1:00:42)	3:57 (1:04:39)	2:33 (1:07:12)	4:38 (1:11:50)	1:10 (1:13:00)
0:19 (1:13:19)					
19. Leif Sig	FIF Hillerød	1:17:03	+20:54	12:33	
3:31 (3:31)	3:03 (6:34)	1:37 (8:11)	2:38 (10:49)	3:28 (14:17)	4:45 (19:02)
4:42 (23:44)	5:29 (29:13)	4:41 (33:54)	5:24 (39:18)	7:39 (46:57)	6:12 (53:09)
3:27 (56:36)	3:15 (59:51)	6:41 (1:06:32)	3:00 (1:09:32)	5:43 (1:15:15)	1:22 (1:16:37)
0:26 (1:17:03)					
20. Jens Aris Thisted	Søllerød OK	1:17:33	+21:24	8:16	
3:27 (3:27)	3:10 (6:37)	2:08 (8:45)	3:05 (11:50)	3:30 (15:20)	1:54 (17:14)
5:30 (22:44)	9:09 (31:53)	8:42 (40:35)	2:11 (42:46)	4:45 (47:31)	5:28 (52:59)
4:40 (57:39)	3:00 (1:00:39)	4:38 (1:05:17)	3:59 (1:09:16)	5:57 (1:15:13)	1:44 (1:16:57)
0:36 (1:17:33)					
21. Ebbe Kajberg	OK Sorø	1:21:38	+25:29	17:26	
3:01 (3:01)	7:38 (10:39)	2:27 (13:06)	8:50 (21:56)	3:01 (24:57)	2:09 (27:06)
5:43 (32:49)	8:45 (41:34)	3:53 (45:27)	2:38 (48:05)	3:55 (52:00)	5:01 (57:01)
2:53 (59:54)	2:51 (1:02:45)	6:23 (1:09:08)	3:08 (1:12:16)	6:24 (1:18:40)	2:25 (1:21:05)
0:33 (1:21:38)					

22.	Karsten Funder	FIF Hillerød	1:24:44	+28:35	11:12		
	4:52 (4:52)	4:00 (8:52)	1:57 (10:49)	3:03 (13:52)	3:14 (17:06)	1:59 (19:05)	
	7:18 (26:23)	9:18 (35:41)	6:01 (41:42)	2:19 (44:01)	5:37 (49:38)	5:32 (55:10)	
	5:38 (1:00:48)	3:55 (1:04:43)	8:17 (1:13:00)	4:10 (1:17:10)	5:44 (1:22:54)	1:21 (1:24:15)	
	0:29 (1:24:44)						
23.	Finn Hyllegaard	Holbæk OK	1:28:50	+32:41	25:39		
	6:52 (6:52)	2:47 (9:39)	3:23 (13:02)	3:05 (16:07)	2:53 (19:00)	2:34 (21:34)	
	4:12 (25:46)	14:29 (40:15)	5:41 (45:56)	1:29 (47:25)	13:49 (1:01:14)	5:23 (1:06:37)	
	3:18 (1:09:55)	4:19 (1:14:14)	4:39 (1:18:53)	3:10 (1:22:03)	4:58 (1:27:01)	1:26 (1:28:27)	
	0:23 (1:28:50)						
24.	Viggo Hansen	Ballerup OK	1:57:57	+1:01:48	42:49		
	2:49 (2:49)	3:05 (5:54)	2:43 (8:37)	16:50 (25:27)	10:01 (35:28)	2:07 (37:35)	
	5:53 (43:28)	6:53 (50:21)	7:56 (58:17)	1:28 (59:45)	4:04 (1:03:49)	8:14 (1:12:03)	
	14:51 (1:26:54)	2:55 (1:29:49)	4:31 (1:34:20)	10:50 (1:45:10)	10:19 (1:55:29)	1:51 (1:57:20)	
	0:37 (1:57:57)						
25.	Johnny Hansen Boonserm	Holbæk OK	2:20:44	+1:24:35	56:17		
	4:03 (4:03)	4:09 (8:12)	1:57 (10:09)	13:48 (23:57)	11:39 (35:36)	2:11 (37:47)	
	6:24 (44:11)	10:40 (54:51)	6:05 (1:00:56)	2:24 (1:03:20)	4:52 (1:08:12)	5:37 (1:13:49)	
	9:22 (1:23:11)	14:00 (1:37:11)	30:48 (2:07:59)	3:52 (2:11:51)	6:36 (2:18:27)	1:35 (2:20:02)	
	0:42 (2:20:44)						
	Emil Olesen	FIF Hillerød	Fejlklip				
	3:00 (3:00)	2:18 (5:18)	1:33 (6:51)	5:04 (11:55)	– (–)	– (16:22)	
	4:41 (21:03)	5:23 (26:26)	3:15 (29:41)	1:46 (31:27)	3:32 (34:59)	4:47 (39:46)	
	2:59 (42:45)	1:51 (44:36)	7:01 (51:37)	2:41 (54:18)	4:16 (58:34)	1:02 (59:36)	
	0:24 (1:00:00)						
	Kuno Rasmussen	Ballerup OK	Fejlklip				
	3:23 (3:23)	3:20 (6:43)	1:52 (8:35)	2:51 (11:26)	– (–)	– (17:37)	
	5:52 (23:29)	5:28 (28:57)	4:55 (33:52)	2:09 (36:01)	5:19 (41:20)	5:06 (46:26)	
	4:17 (50:43)	2:21 (53:04)	4:09 (57:13)	3:16 (1:00:29)	6:06 (1:06:35)	1:37 (1:08:12)	
	0:33 (1:08:45)						
	Peter Reinholdt	Farum OK	Fejlklip				
	5:51 (5:51)	3:06 (8:57)	2:11 (11:08)	3:37 (14:45)	3:17 (18:02)	2:16 (20:18)	
	5:34 (25:52)	6:13 (32:05)	7:52 (39:57)	2:24 (42:21)	4:08 (46:29)	– (–)	
	– (56:27)	2:58 (59:25)	4:01 (1:03:26)	3:05 (1:06:31)	11:35 (1:18:06)	1:45 (1:19:51)	
	0:22 (1:20:13)						
	Peter Sidenius	Farum OK	Fejlklip				
	8:44 (8:44)	3:05 (11:49)	10:25 (22:14)	2:49 (25:03)	4:12 (29:15)	2:22 (31:37)	
	7:35 (39:12)	7:37 (46:49)	17:44 (1:04:33)	2:19 (1:06:52)	4:11 (1:11:03)	6:16 (1:17:19)	
	– (–)	– (1:27:41)	– (–)	– (1:50:42)	– (–)	– (1:56:00)	
	0:34 (1:56:34)						
	Jens Høgsfeldt	FIF Hillerød	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						
	Ole Christiansen	Farum OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)						

H80		(16 / 16)	Tid	Efter	Tidstab		
1.	Kaj Rostvad	Søllerød OK	47:13		4:57		
	2:33 (2:33)	4:08 (6:41)	3:34 (10:15)	2:34 (12:49)	2:53 (15:42)	5:10 (20:52)	
	3:18 (24:10)	7:10 (31:20)	2:36 (33:56)	2:35 (36:31)	4:49 (41:20)	4:29 (45:49)	
	0:58 (46:47)	0:26 (47:13)					
2.	Jørn Wigh	Søllerød OK	50:04	+2:51	7:35		
	1:46 (1:46)	4:33 (6:19)	4:43 (11:02)	2:58 (14:00)	3:12 (17:12)	4:57 (22:09)	
	3:09 (25:18)	2:17 (27:35)	2:29 (30:04)	9:10 (39:14)	3:27 (42:41)	5:34 (48:15)	
	1:20 (49:35)	0:29 (50:04)					
3.	Henning Løwenstein	FIF Hillerød	54:14	+7:01	4:43		
	2:58 (2:58)	4:39 (7:37)	4:07 (11:44)	3:20 (15:04)	3:51 (18:55)	5:17 (24:12)	
	4:59 (29:11)	2:27 (31:38)	3:06 (34:44)	5:36 (40:20)	5:03 (45:23)	6:46 (52:09)	
	1:36 (53:45)	0:29 (54:14)					
4.	Mogens Jensen	Holbæk OK	1:04:16	+17:03	9:30		
	2:16 (2:16)	5:40 (7:56)	6:11 (14:07)	4:50 (18:57)	5:33 (24:30)	8:04 (32:34)	
	4:29 (37:03)	2:32 (39:35)	6:11 (45:46)	4:08 (49:54)	5:10 (55:04)	6:55 (1:01:59)	
	1:56 (1:03:55)	0:21 (1:04:16)					
5.	Jens Høyer Olsen	FIF Hillerød	1:05:41	+18:28	10:48		
	3:57 (3:57)	11:48 (15:45)	4:01 (19:46)	3:22 (23:08)	3:53 (27:01)	7:47 (34:48)	
	4:27 (39:15)	2:41 (41:56)	3:49 (45:45)	3:36 (49:21)	7:46 (57:07)	6:34 (1:03:41)	
	1:33 (1:05:14)	0:27 (1:05:41)					
6.	Egon Neregaard	Tisvilde Hegn OK	1:10:05	+22:52	8:57		
	7:41 (7:41)	5:35 (13:16)	4:57 (18:13)	4:14 (22:27)	4:32 (26:59)	6:33 (33:32)	
	4:54 (38:26)	3:12 (41:38)	3:41 (45:19)	5:01 (50:20)	11:02 (1:01:22)	6:22 (1:07:44)	
	1:44 (1:09:28)	0:37 (1:10:05)					
7.	Leo Mathiesen	FIF Hillerød	1:10:20	+23:07	9:27		
	2:37 (2:37)	7:12 (9:49)	5:50 (15:39)	4:18 (19:57)	3:52 (23:49)	8:04 (31:53)	
	9:59 (41:52)	3:48 (45:40)	4:13 (49:53)	4:32 (54:25)	4:49 (59:14)	8:29 (1:07:43)	
	2:01 (1:09:44)	0:36 (1:10:20)					

8.	Poul Hansen	Tisvilde Hegn OK	1:10:21	+23:08	4:41		
	3:31 (3:31)	7:08 (10:39)	5:40 (16:19)	4:09 (20:28)	4:02 (24:30)	9:41 (34:11)	
	6:05 (40:16)	4:41 (44:57)	3:58 (48:55)	3:46 (52:41)	7:05 (59:46)	7:36 (1:07:22)	
	2:15 (1:09:37)	0:44 (1:10:21)					
9.	Sven Hedegaard	Allerød OK	1:11:35	+24:22	18:16		
	8:46 (8:46)	8:42 (17:28)	4:40 (22:08)	6:19 (28:27)	4:30 (32:57)	5:32 (38:29)	
	4:30 (42:59)	2:14 (45:13)	3:07 (48:20)	4:03 (52:23)	12:18 (1:04:41)	5:09 (1:09:50)	
	1:18 (1:11:08)	0:27 (1:11:35)					
10.	Bendt Frandsen	Farum OK	1:11:54	+24:41	13:10		
	3:14 (3:14)	5:54 (9:08)	6:58 (16:06)	3:58 (20:04)	5:02 (25:06)	6:23 (31:29)	
	5:13 (36:42)	11:18 (48:00)	5:01 (53:01)	5:14 (58:15)	5:08 (1:03:23)	6:10 (1:09:33)	
	1:50 (1:11:23)	0:31 (1:11:54)					
11.	Holger Karlsmose	Farum OK	1:12:25	+25:12	11:36		
	3:05 (3:05)	6:38 (9:43)	5:04 (14:47)	3:58 (18:45)	4:26 (23:11)	8:37 (31:48)	
	10:19 (42:07)	2:34 (44:41)	5:40 (50:21)	6:31 (56:52)	5:12 (1:02:04)	7:49 (1:09:53)	
	1:51 (1:11:44)	0:41 (1:12:25)					
12.	Poul Gregersen	Ballerup OK	1:18:36	+31:23	7:38		
	3:00 (3:00)	6:35 (9:35)	6:29 (16:04)	4:52 (20:56)	5:49 (26:45)	11:30 (38:15)	
	5:37 (43:52)	3:29 (47:21)	3:33 (50:54)	5:22 (56:16)	8:56 (1:05:12)	9:50 (1:15:02)	
	2:32 (1:17:34)	1:02 (1:18:36)					
13.	Finn Hultengren	Ballerup OK	1:28:36	+41:23	10:58		
	2:27 (2:27)	7:41 (10:08)	11:10 (21:18)	5:47 (27:05)	6:05 (33:10)	8:46 (41:56)	
	8:19 (50:15)	4:47 (55:02)	6:01 (1:01:03)	7:05 (1:08:08)	9:43 (1:17:51)	7:49 (1:25:40)	
	2:22 (1:28:02)	0:34 (1:28:36)					
14.	Ole Ring	OK Sorø	1:52:00	+1:04:47	35:44		
	5:10 (5:10)	6:29 (11:39)	6:35 (18:14)	4:09 (22:23)	4:59 (27:22)	7:10 (34:32)	
	6:25 (40:57)	5:14 (46:11)	28:20 (1:14:31)	10:31 (1:25:02)	12:36 (1:37:38)	10:45 (1:48:23)	
	2:34 (1:50:57)	1:03 (1:52:00)					
	Gert Bøgevig	Søllerød OK	Fejlklip				
	2:45 (2:45)	4:39 (7:24)	3:25 (10:49)	3:11 (14:00)	2:34 (16:34)	5:46 (22:20)	
	3:26 (25:46)	3:22 (29:08)	2:31 (31:39)	– (–)	– (43:03)	4:39 (47:42)	
	1:06 (48:48)	0:25 (49:13)					
	Birger Hoff	Søllerød OK	Ej startet				
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)	
	– (–)	– (–)					

H-Let		(18 / 18)	Tid	Efter	Tidstab		
1.	Dan Eriksen	Tisvilde Hegn OK	22:57		0:00		
	1:00 (1:00)	1:00 (2:00)	0:50 (2:50)	0:43 (3:33)	1:21 (4:54)	1:43 (6:37)	
	0:53 (7:30)	1:04 (8:34)	1:08 (9:42)	1:10 (10:52)	1:53 (12:45)	2:05 (14:50)	
	2:07 (16:57)	1:57 (18:54)	1:32 (20:26)	1:25 (21:51)	0:42 (22:33)	0:24 (22:57)	
2.	David Christensen	Farum OK	25:10	+2:13	2:40		
	1:11 (1:11)	1:34 (2:45)	1:17 (4:02)	0:43 (4:45)	1:11 (5:56)	1:43 (7:39)	
	1:01 (8:40)	1:27 (10:07)	1:07 (11:14)	1:18 (12:32)	2:07 (14:39)	2:02 (16:41)	
	1:52 (18:33)	1:56 (20:29)	2:30 (22:59)	1:18 (24:17)	0:37 (24:54)	0:16 (25:10)	
3.	Kristian Ipsen	Farum OK	25:38	+2:41	1:04		
	0:58 (0:58)	0:54 (1:52)	1:07 (2:59)	0:46 (3:45)	1:29 (5:14)	1:41 (6:55)	
	0:55 (7:50)	1:10 (9:00)	1:16 (10:16)	1:25 (11:41)	2:04 (13:45)	2:21 (16:06)	
	2:06 (18:12)	2:13 (20:25)	1:39 (22:04)	2:30 (24:34)	0:44 (25:18)	0:20 (25:38)	
4.	Mads Vindegaard	FIF Hillerød	26:00	+3:03	3:10		
	0:45 (0:45)	0:45 (1:30)	0:52 (2:22)	0:41 (3:03)	1:06 (4:09)	3:28 (7:37)	
	0:55 (8:32)	1:06 (9:38)	2:37 (12:15)	1:14 (13:29)	2:05 (15:34)	2:07 (17:41)	
	2:12 (19:53)	2:01 (21:54)	1:36 (23:30)	1:20 (24:50)	0:50 (25:40)	0:20 (26:00)	
5.	Jakob Djurhuus Ipsen	Farum OK	31:18	+8:21	7:38		
	0:45 (0:45)	0:49 (1:34)	0:47 (2:21)	0:40 (3:01)	1:37 (4:38)	2:56 (7:34)	
	0:39 (8:13)	1:11 (9:24)	1:16 (10:40)	1:13 (11:53)	1:57 (13:50)	8:06 (21:56)	
	2:15 (24:11)	2:29 (26:40)	2:15 (28:55)	1:14 (30:09)	0:51 (31:00)	0:18 (31:18)	
6.	Rasmus Hallenberg Therkelsen	FIF Hillerød	34:02	+11:05	3:41		
	1:07 (1:07)	1:09 (2:16)	1:43 (3:59)	0:51 (4:50)	1:51 (6:41)	3:49 (10:30)	
	0:59 (11:29)	1:41 (13:10)	1:10 (14:20)	1:45 (16:05)	3:13 (19:18)	2:53 (22:11)	
	2:35 (24:46)	3:54 (28:40)	2:23 (31:03)	1:40 (32:43)	0:54 (33:37)	0:25 (34:02)	
7.	Morten Poulsen	Søllerød OK	36:00	+13:03	10:08		
	0:56 (0:56)	2:53 (3:49)	1:21 (5:10)	0:50 (6:00)	2:46 (8:46)	2:04 (10:50)	
	0:51 (11:41)	1:28 (13:09)	1:35 (14:44)	1:11 (15:55)	2:34 (18:29)	1:59 (20:28)	
	1:55 (22:23)	8:17 (30:40)	1:37 (32:17)	2:08 (34:25)	1:17 (35:42)	0:18 (36:00)	
8.	Chris Bagge	FIF Hillerød	36:38	+13:41	2:48		
	1:21 (1:21)	1:22 (2:43)	1:53 (4:36)	1:00 (5:36)	1:48 (7:24)	2:42 (10:06)	
	1:22 (11:28)	1:51 (13:19)	1:33 (14:52)	1:47 (16:39)	2:57 (19:36)	2:53 (22:29)	
	2:58 (25:27)	4:06 (29:33)	2:29 (32:02)	1:55 (33:57)	2:11 (36:08)	0:30 (36:38)	
9.	Gabriel Bo Christensen	Holbæk OK	38:45	+15:48	4:03		
	0:53 (0:53)	0:58 (1:51)	1:08 (2:59)	1:19 (4:18)	2:24 (6:42)	2:12 (8:54)	
	1:25 (10:19)	2:28 (12:47)	2:01 (14:48)	1:58 (16:46)	3:18 (20:04)	3:47 (23:51)	
	4:11 (28:02)	3:45 (31:47)	2:40 (34:27)	2:12 (36:39)	1:52 (38:31)	0:14 (38:45)	
10.	August Bo Christensen	Holbæk OK	38:48	+15:51	3:28		
	0:57 (0:57)	0:57 (1:54)	1:09 (3:03)	1:23 (4:26)	2:20 (6:46)	2:13 (8:59)	
	1:25 (10:24)	2:23 (12:47)	2:01 (14:48)	2:02 (16:50)	3:19 (20:09)	3:46 (23:55)	
	4:11 (28:06)	3:47 (31:53)	2:39 (34:32)	2:11 (36:43)	1:51 (38:34)	0:14 (38:48)	

11. Adam Ashtiani	Farum OK	38:54	+15:57	8:15
1:16 (1:16)	2:40 (3:56)	2:11 (6:07)	1:43 (7:50)	2:15 (10:05)
0:44 (14:19)	1:44 (16:03)	1:51 (17:54)	2:23 (20:17)	3:22 (23:39)
2:11 (28:05)	2:25 (30:30)	3:27 (33:57)	2:10 (36:07)	2:26 (38:33)
				3:30 (41:03)
				2:15 (25:54)
				0:21 (38:54)
12. Mogens Jørgensen	Søllerød OK	39:22	+16:25	2:14
1:20 (1:20)	1:18 (2:38)	1:23 (4:01)	1:01 (5:02)	1:51 (6:53)
1:47 (12:44)	1:49 (14:33)	1:40 (16:13)	2:05 (18:18)	3:18 (21:36)
3:33 (28:32)	3:35 (32:07)	3:06 (35:13)	2:18 (37:31)	1:17 (38:48)
				4:04 (40:52)
				3:23 (24:59)
				0:34 (39:22)
13. Per Christoffersen	Ballerup OK	41:43	+18:46	1:29
1:54 (1:54)	1:26 (3:20)	1:33 (4:53)	1:14 (6:07)	2:24 (8:31)
1:25 (12:59)	1:58 (14:57)	1:52 (16:49)	2:11 (19:00)	3:37 (22:37)
3:55 (30:21)	4:33 (34:54)	2:51 (37:45)	1:57 (39:42)	1:20 (41:02)
				3:03 (44:05)
				3:49 (26:26)
				0:41 (41:43)
14. Jesper Høeberg	Søllerød OK	47:43	+24:46	11:17
1:12 (1:12)	1:12 (2:24)	1:28 (3:52)	0:49 (4:41)	2:24 (7:05)
1:34 (10:55)	1:39 (12:34)	7:40 (20:14)	2:11 (22:25)	3:22 (25:47)
4:41 (33:43)	7:32 (41:15)	2:39 (43:54)	1:55 (45:49)	1:28 (47:17)
				2:16 (9:21)
				3:15 (29:02)
				0:26 (47:43)
15. Thor Hemmingsen	Holbæk OK	53:12	+30:15	7:36
1:42 (1:42)	1:47 (3:29)	2:08 (5:37)	1:08 (6:45)	2:19 (9:04)
1:53 (14:00)	2:19 (16:19)	2:05 (18:24)	2:25 (20:49)	5:12 (26:01)
5:52 (36:19)	6:49 (43:08)	5:37 (48:45)	2:10 (50:55)	1:37 (52:32)
				3:03 (12:07)
				4:26 (30:27)
				0:40 (53:12)
16. Erik Brühl	Søllerød OK	1:06:57	+44:00	5:20
2:09 (2:09)	2:22 (4:31)	2:25 (6:56)	1:49 (8:45)	3:09 (11:54)
2:23 (18:51)	3:11 (22:02)	3:12 (25:14)	3:36 (28:50)	4:50 (33:40)
5:50 (48:43)	7:11 (55:54)	4:36 (1:00:30)	3:08 (1:03:38)	2:21 (1:05:59)
				4:34 (16:28)
				9:13 (42:53)
				0:58 (1:06:57)
17. Dolfi Rotovnik	Tisvilde Hegn OK	1:35:30	+1:12:33	21:44
2:06 (2:06)	2:35 (4:41)	2:36 (7:17)	1:37 (8:54)	6:21 (15:15)
2:55 (24:38)	3:48 (28:26)	5:04 (33:30)	3:59 (37:29)	18:05 (55:34)
6:14 (1:07:34)	14:23 (1:21:57)	5:37 (1:27:34)	4:20 (1:31:54)	2:33 (1:34:27)
				6:28 (21:43)
				5:46 (1:01:20)
				1:03 (1:35:30)
Jesper Grooss	Allerød OK	Ej startet		
- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)

Åben 5	(1 / 1)	Tid	Efter	Tidstab
1. Leif Kajberg	OK73	1:06:47		0:00
10:04 (10:04)	2:01 (12:05)	2:16 (14:21)	1:19 (15:40)	2:21 (18:01)
2:19 (25:37)	2:59 (28:36)	3:12 (31:48)	3:04 (34:52)	3:33 (38:25)
3:56 (46:20)	11:38 (57:58)	4:14 (1:02:12)	2:20 (1:04:32)	1:41 (1:06:13)
				0:34 (1:06:47)

Åben 6	(1 / 1)	Tid	Efter	Tidstab
1. Marie Johansen	OK Skærmø Værløse	33:02		0:00
1:08 (1:08)	2:36 (3:44)	1:12 (4:56)	3:50 (8:46)	1:21 (10:07)
1:43 (16:32)	1:27 (17:59)	1:45 (19:44)	4:14 (23:58)	1:30 (25:28)
2:23 (29:10)	2:06 (31:16)	0:31 (31:47)	0:54 (32:41)	0:21 (33:02)
				4:42 (14:49)
				1:19 (26:47)

Åben 1	(9 / 9)	Tid	Efter	Tidstab
1. Christian Olsen	AMOK	1:09:32		5:02
2:00 (2:00)	1:23 (3:23)	1:53 (5:16)	1:58 (7:14)	4:14 (11:28)
2:28 (15:57)	5:50 (21:47)	1:26 (23:13)	6:27 (29:40)	3:38 (33:18)
4:01 (39:40)	4:11 (43:51)	1:57 (45:48)	2:58 (48:46)	2:21 (51:07)
3:11 (59:18)	1:10 (1:00:28)	1:32 (1:02:00)	3:26 (1:05:26)	3:19 (1:08:45)
0:18 (1:09:32)				0:29 (1:09:14)

2. Martin Thyme Christensen	Helsingør SOK	1:12:39	+3:07	7:37
2:26 (2:26)	2:11 (4:37)	1:28 (6:05)	1:41 (7:46)	3:50 (11:36)
2:51 (16:28)	3:22 (19:50)	2:05 (21:55)	4:38 (26:33)	3:09 (29:42)
4:30 (35:55)	3:11 (39:06)	2:19 (41:25)	3:18 (44:43)	2:48 (47:31)
2:55 (56:07)	2:08 (58:15)	2:01 (1:00:16)	4:06 (1:04:22)	7:22 (1:11:44)
0:20 (1:12:39)				0:35 (1:12:19)

3. Mindaugas Garmus	Vakant	1:13:46	+4:14	11:04
3:01 (3:01)	2:35 (5:36)	1:27 (7:03)	1:58 (9:01)	3:46 (12:47)
1:56 (16:29)	3:50 (20:19)	1:04 (21:23)	5:18 (26:41)	3:10 (29:51)
4:12 (36:15)	3:16 (39:31)	2:25 (41:56)	3:31 (45:27)	2:44 (48:11)
1:57 (54:24)	3:13 (57:37)	4:25 (1:02:02)	8:04 (1:10:06)	2:55 (1:13:01)
0:17 (1:13:46)				0:28 (1:13:29)

4. Søren Vestergaard	PI-København	1:17:27	+7:55	8:15
2:00 (2:00)	1:44 (3:44)	1:44 (5:28)	1:56 (7:24)	4:30 (11:54)
2:27 (16:47)	4:20 (21:07)	1:21 (22:28)	5:30 (27:58)	3:10 (31:08)
4:46 (38:27)	3:46 (42:13)	2:12 (44:25)	3:27 (47:52)	2:50 (50:42)
3:45 (1:01:18)	1:13 (1:02:31)	1:30 (1:04:01)	6:30 (1:10:31)	6:15 (1:16:46)
0:18 (1:17:27)				2:26 (14:20)
				2:33 (33:41)
				6:51 (57:33)
				0:23 (1:17:09)

5. Jakob Søndergaard Jensen	OK Roskilde	1:17:47	+8:15	9:11
2:28 (2:28)	1:33 (4:01)	1:49 (5:50)	5:15 (11:05)	5:31 (16:36)
2:11 (20:43)	3:53 (24:36)	1:19 (25:55)	5:16 (31:11)	3:52 (35:03)
4:10 (41:50)	5:30 (47:20)	2:56 (50:16)	3:29 (53:45)	2:58 (56:43)
2:20 (1:06:30)	2:04 (1:08:34)	1:34 (1:10:08)	3:44 (1:13:52)	2:57 (1:16:49)
0:23 (1:17:47)				1:56 (18:32)
				2:37 (37:40)
				7:27 (1:04:10)
				0:35 (1:17:24)

6. Svend Christiansen	PI-København	1:20:20	+10:48	8:58
2:06 (2:06)	1:47 (3:53)	1:54 (5:47)	2:32 (8:19)	4:42 (13:01)
2:14 (17:15)	4:33 (21:48)	3:06 (24:54)	12:02 (36:56)	4:01 (40:57)
4:46 (48:54)	3:29 (52:23)	2:52 (55:15)	3:48 (59:03)	3:09 (1:02:12)
2:40 (1:09:52)	1:12 (1:11:04)	2:13 (1:13:17)	3:45 (1:17:02)	2:29 (1:19:31)
0:20 (1:20:20)				2:00 (15:01)
				3:11 (44:08)
				5:00 (1:07:12)
				0:29 (1:20:00)

16.	Camilla Bøgevig Larkai	OK73	1:45:14	+1:03:59	17:32		
	7:22 (7:22)	2:42 (10:04)	2:20 (12:24)	6:00 (18:24)	4:15 (22:39)	2:37 (25:16)	
	2:23 (27:39)	11:19 (38:58)	4:55 (43:53)	9:11 (53:04)	7:36 (1:00:40)	1:48 (1:02:28)	
	9:33 (1:12:01)	3:51 (1:15:52)	19:35 (1:35:27)	8:22 (1:43:49)	1:00 (1:44:49)	0:25 (1:45:14)	
Åben 3		(25 / 25)	Tid	Efter	Tidstab		
1.	Lene Jensen	HSOK	33:55		0:56		
	2:07 (2:07)	2:30 (4:37)	1:08 (5:45)	1:26 (7:11)	2:59 (10:10)	2:29 (12:39)	
	1:51 (14:30)	2:20 (16:50)	2:02 (18:52)	2:05 (20:57)	1:30 (22:27)	2:11 (24:38)	
	3:17 (27:55)	4:51 (32:46)	0:50 (33:36)	0:19 (33:55)			
2.	Ulrik Nielsen	Søllerød OK	36:00	+2:05	0:50		
	2:08 (2:08)	2:29 (4:37)	1:06 (5:43)	1:40 (7:23)	3:26 (10:49)	3:11 (14:00)	
	2:23 (16:23)	2:34 (18:57)	2:14 (21:11)	1:59 (23:10)	1:46 (24:56)	1:45 (26:41)	
	3:24 (30:05)	4:31 (34:36)	0:56 (35:32)	0:28 (36:00)			
3.	Flemming Wendelboe	Helsingør SOK	40:17	+6:22	1:01		
	2:44 (2:44)	2:40 (5:24)	1:24 (6:48)	1:50 (8:38)	3:39 (12:17)	2:57 (15:14)	
	2:07 (17:21)	2:32 (19:53)	2:52 (22:45)	2:38 (25:23)	1:50 (27:13)	2:00 (29:13)	
	4:29 (33:42)	5:10 (38:52)	1:01 (39:53)	0:24 (40:17)			
4.	Jørn Mouritzen	Fredensborg OK	43:56	+10:01	5:59		
	2:23 (2:23)	2:15 (4:38)	1:43 (6:21)	1:45 (8:06)	3:39 (11:45)	4:19 (16:04)	
	2:11 (18:15)	2:54 (21:09)	2:23 (23:32)	4:28 (28:00)	2:31 (30:31)	2:13 (32:44)	
	5:31 (38:15)	4:27 (42:42)	0:54 (43:36)	0:20 (43:56)			
5.	Jens Peter Gundorf	OK Øst Birkerød	45:21	+11:26	3:14		
	2:44 (2:44)	2:33 (5:17)	1:33 (6:50)	1:53 (8:43)	4:33 (13:16)	2:56 (16:12)	
	2:05 (18:17)	2:57 (21:14)	3:03 (24:17)	2:52 (27:09)	2:23 (29:32)	2:19 (31:51)	
	6:55 (38:46)	4:54 (43:40)	1:17 (44:57)	0:24 (45:21)			
6.	Tage Ebbensgaard	Køge OK	46:20	+12:25	3:26		
	2:33 (2:33)	3:06 (5:39)	1:36 (7:15)	2:22 (9:37)	6:19 (15:56)	3:11 (19:07)	
	2:35 (21:42)	2:58 (24:40)	3:27 (28:07)	3:10 (31:17)	2:21 (33:38)	2:12 (35:50)	
	3:40 (39:30)	5:28 (44:58)	1:03 (46:01)	0:19 (46:20)			
7.	Jørgen Jensen	Helsingør SOK	46:34	+12:39	2:53		
	3:08 (3:08)	3:03 (6:11)	1:44 (7:55)	2:26 (10:21)	4:08 (14:29)	3:00 (17:29)	
	2:51 (20:20)	3:00 (23:20)	2:46 (26:06)	3:10 (29:16)	1:57 (31:13)	3:36 (34:49)	
	5:02 (39:51)	5:17 (45:08)	1:02 (46:10)	0:24 (46:34)			
8.	Inge Jørgensen	OK Roskilde	48:05	+14:10	7:50		
	3:20 (3:20)	3:21 (6:41)	1:16 (7:57)	1:42 (9:39)	6:40 (16:19)	3:31 (19:50)	
	2:01 (21:51)	2:43 (24:34)	2:29 (27:03)	6:09 (33:12)	1:50 (35:02)	1:54 (36:56)	
	4:00 (40:56)	5:49 (46:45)	0:56 (47:41)	0:24 (48:05)			
9.	Lisa Børsting	Herlufsholm OK	52:17	+18:22	7:06		
	3:30 (3:30)	2:51 (6:21)	1:40 (8:01)	1:58 (9:59)	4:30 (14:29)	4:11 (18:40)	
	2:30 (21:10)	3:54 (25:04)	2:47 (27:51)	5:18 (33:09)	3:36 (36:45)	4:13 (40:58)	
	4:30 (45:28)	5:34 (51:02)	0:58 (52:00)	0:17 (52:17)			
10.	Karsten Richardt	Køge OK	53:05	+19:10	3:15		
	3:29 (3:29)	3:49 (7:18)	1:28 (8:46)	2:11 (10:57)	4:38 (15:35)	3:30 (19:05)	
	3:06 (22:11)	3:22 (25:33)	3:21 (28:54)	2:44 (31:38)	4:45 (36:23)	2:45 (39:08)	
	5:48 (44:56)	6:05 (51:01)	1:35 (52:36)	0:29 (53:05)			
11.	Knud Lykking	OK73	54:22	+20:27	5:44		
	4:21 (4:21)	4:23 (8:44)	1:39 (10:23)	2:09 (12:32)	4:31 (17:03)	3:42 (20:45)	
	2:25 (23:10)	3:13 (26:23)	3:15 (29:38)	3:47 (33:25)	3:24 (36:49)	2:42 (39:31)	
	6:46 (46:17)	6:25 (52:42)	1:11 (53:53)	0:29 (54:22)			
12.	Ulla Hooge	OK Øst Birkerød	54:36	+20:41	7:49		
	3:12 (3:12)	2:53 (6:05)	1:21 (7:26)	1:57 (9:23)	4:46 (14:09)	3:14 (17:23)	
	2:37 (20:00)	2:53 (22:53)	3:20 (26:13)	3:54 (30:07)	4:44 (34:51)	2:46 (37:37)	
	9:16 (46:53)	6:11 (53:04)	1:07 (54:11)	0:25 (54:36)			
13.	Steffen Hoelstad	Helsingør SOK	55:15	+21:20	16:08		
	10:09 (10:09)	2:36 (12:45)	4:38 (17:23)	1:50 (19:13)	3:39 (22:52)	2:48 (25:40)	
	2:17 (27:57)	2:39 (30:36)	6:37 (37:13)	2:12 (39:25)	3:13 (42:38)	2:03 (44:41)	
	4:12 (48:53)	4:50 (53:43)	1:06 (54:49)	0:26 (55:15)			
14.	Ole Svendsen	OK Roskilde	1:00:49	+26:54	7:50		
	3:05 (3:05)	3:42 (6:47)	1:32 (8:19)	2:58 (11:17)	9:35 (20:52)	4:47 (25:39)	
	5:44 (31:23)	3:46 (35:09)	3:24 (38:33)	2:50 (41:23)	3:00 (44:23)	3:15 (47:38)	
	4:48 (52:26)	6:32 (58:58)	1:24 (1:00:22)	0:27 (1:00:49)			
15.	Allan Christiansen	Fredensborg OK	1:02:26	+28:31	9:46		
	3:54 (3:54)	3:55 (7:49)	2:16 (10:05)	7:26 (17:31)	4:49 (22:20)	3:52 (26:12)	
	2:59 (29:11)	3:09 (32:20)	3:11 (35:31)	6:32 (42:03)	3:37 (45:40)	3:24 (49:04)	
	5:08 (54:12)	6:28 (1:00:40)	1:20 (1:02:00)	0:26 (1:02:26)			
16.	Elsa Bratholm	OK73	1:05:18	+31:23	11:05		
	3:21 (3:21)	3:09 (6:30)	2:06 (8:36)	2:49 (11:25)	5:00 (16:25)	3:00 (19:25)	
	3:53 (23:18)	4:44 (28:02)	5:22 (33:24)	5:55 (39:19)	3:06 (42:25)	3:06 (45:31)	
	11:04 (56:35)	6:50 (1:03:25)	1:27 (1:04:52)	0:26 (1:05:18)			
17.	Lise Nørgaard	OK Roskilde	1:06:57	+33:02	9:11		
	3:53 (3:53)	4:03 (7:56)	2:00 (9:56)	2:59 (12:55)	5:07 (18:02)	3:17 (21:19)	
	3:53 (25:12)	4:39 (29:51)	5:16 (35:07)	5:58 (41:05)	2:55 (44:00)	3:06 (47:06)	
	11:16 (58:22)	6:52 (1:05:14)	1:21 (1:06:35)	0:22 (1:06:57)			
18.	Bent Mortensen	OK73	1:14:36	+40:41	10:19		
	5:27 (5:27)	4:04 (9:31)	2:59 (12:30)	5:09 (17:39)	7:07 (24:46)	4:17 (29:03)	
	3:09 (32:12)	6:12 (38:24)	4:28 (42:52)	5:14 (48:06)	2:51 (50:57)	4:52 (55:49)	
	7:17 (1:03:06)	8:06 (1:11:12)	2:35 (1:13:47)	0:49 (1:14:36)			

19.	Johan Frydendahl	DSRs O-sektion		1:20:19	+46:24	18:26		
	3:40 (3:40)	6:42 (10:22)	2:06 (12:28)		2:42 (15:10)		7:04 (22:14)	4:02 (26:16)
	10:47 (37:03)	3:57 (41:00)	3:44 (44:44)		10:18 (55:02)		3:33 (58:35)	3:32 (1:02:07)
	8:21 (1:10:28)	7:47 (1:18:15)	1:28 (1:19:43)		0:36 (1:20:19)			
20.	Knud Dam	Kildeholm OK		1:25:40	+51:45	10:06		
	5:50 (5:50)	5:06 (10:56)	2:49 (13:45)		3:41 (17:26)		8:27 (25:53)	5:21 (31:14)
	3:16 (34:30)	8:11 (42:41)	6:33 (49:14)		6:14 (55:28)		6:15 (1:01:43)	4:04 (1:05:47)
	7:16 (1:13:03)	10:24 (1:23:27)	1:41 (1:25:08)		0:32 (1:25:40)			
21.	Inge Madsen	OK73		1:25:49	+51:54	18:14		
	5:04 (5:04)	5:04 (10:08)	2:21 (12:29)		3:10 (15:39)		8:27 (24:06)	4:36 (28:42)
	2:41 (31:23)	8:13 (39:36)	4:02 (43:38)		9:41 (53:19)		3:58 (57:17)	3:31 (1:00:48)
	15:16 (1:16:04)	7:28 (1:23:32)	1:50 (1:25:22)		0:27 (1:25:49)			
22.	Ilsabe Børsting	Herlufsholm OK		1:32:40	+58:45	21:52		
	4:30 (4:30)	5:31 (10:01)	2:43 (12:44)		4:16 (17:00)		7:03 (24:03)	7:55 (31:58)
	3:20 (35:18)	4:41 (39:59)	3:47 (43:46)		19:34 (1:03:20)		6:06 (1:09:26)	3:37 (1:13:03)
	6:50 (1:19:53)	11:02 (1:30:55)	1:20 (1:32:15)		0:25 (1:32:40)			
23.	Marianne Lykking	OK73		1:36:21	+1:02:26	22:37		
	3:50 (3:50)	8:19 (12:09)	2:30 (14:39)		2:55 (17:34)		6:02 (23:36)	5:22 (28:58)
	5:23 (34:21)	5:36 (39:57)	6:39 (46:36)		20:34 (1:07:10)		4:55 (1:12:05)	4:22 (1:16:27)
	7:17 (1:23:44)	10:02 (1:33:46)	1:56 (1:35:42)		0:39 (1:36:21)			
	Svend Frydendahl	DSRs O-sektion		Fejlklip				
	1:08 (1:08)	1:19 (2:27)	5:00 (7:27)		3:35 (11:02)		3:31 (14:33)	4:57 (19:30)
	5:21 (24:51)	5:29 (30:20)	7:49 (38:09)		- (-)		- (42:55)	3:10 (46:05)
	2:18 (48:23)	0:45 (49:08)	3:12 (52:20)		0:53 (53:13)		0:19 (53:32)	
	Inge Christiansen	AMOK		Ej startet				
	- (-)	- (-)	- (-)		- (-)		- (-)	- (-)
	- (-)	- (-)	- (-)		- (-)		- (-)	- (-)
	- (-)	- (-)	- (-)		- (-)		- (-)	- (-)
Åben 4		(2 / 2)		Tid	Efter	Tidstab		
1.	Hans Egon Møller	Langgarverne		1:09:41		6:41		
	1:40 (1:40)	4:33 (6:13)	3:30 (9:43)		3:56 (13:39)		3:55 (17:34)	5:15 (22:49)
	4:13 (27:02)	11:32 (38:34)	7:31 (46:05)		2:23 (48:28)		2:35 (51:03)	3:17 (54:20)
	6:40 (1:01:00)	1:16 (1:02:16)	4:51 (1:07:07)		2:11 (1:09:18)		0:23 (1:09:41)	
2.	Helle Olesen	PI-København		1:14:10	+4:29	6:40		
	1:36 (1:36)	2:19 (3:55)	4:48 (8:43)		5:08 (13:51)		4:38 (18:29)	6:11 (24:40)
	5:55 (30:35)	9:06 (39:41)	10:32 (50:13)		3:56 (54:09)		2:48 (56:57)	3:32 (1:00:29)
	4:15 (1:04:44)	1:45 (1:06:29)	4:33 (1:11:02)		2:37 (1:13:39)		0:31 (1:14:10)	