

Resultater – Efterårsløbet 5. okt 2025

2025-10-05

Bane 1 sort

| Bane 1 sort |                     | (5 / 5)        | Tid            | Efter          | Tidstab        |                |
|-------------|---------------------|----------------|----------------|----------------|----------------|----------------|
| 1.          | Magnus Ager-Woxholt | Ballerup OK    | 1:29:21        |                | 4:44           |                |
|             | 2:38 (2:38)         | 2:37 (5:15)    | 1:24 (6:39)    | 1:31 (8:10)    | 3:28 (11:38)   | 4:42 (16:20)   |
|             | 2:32 (18:52)        | 2:21 (21:13)   | 2:05 (23:18)   | 1:28 (24:46)   | 3:41 (28:27)   | 3:20 (31:47)   |
|             | 7:08 (38:55)        | 1:07 (40:02)   | 4:53 (44:55)   | 3:10 (48:05)   | 1:24 (49:29)   | 3:26 (52:55)   |
|             | 4:42 (57:37)        | 3:43 (1:01:20) | 4:54 (1:06:14) | 1:41 (1:07:55) | 2:56 (1:10:51) | 1:02 (1:11:53) |
|             | 3:42 (1:15:35)      | 4:44 (1:20:19) | 3:02 (1:23:21) | 2:17 (1:25:38) | 3:24 (1:29:02) | 0:19 (1:29:21) |
| 2.          | Søren Vestergaard   | PI-København   | 1:34:09        | +4:48          | 3:44           |                |
|             | 2:36 (2:36)         | 2:11 (4:47)    | 1:05 (5:52)    | 1:49 (7:41)    | 2:29 (10:10)   | 5:42 (15:52)   |
|             | 2:59 (18:51)        | 3:02 (21:53)   | 2:10 (24:03)   | 2:14 (26:17)   | 2:35 (28:52)   | 3:12 (32:04)   |
|             | 8:45 (40:49)        | 1:06 (41:55)   | 5:34 (47:29)   | 4:45 (52:14)   | 1:53 (54:07)   | 3:12 (57:19)   |
|             | 3:19 (1:00:38)      | 4:17 (1:04:55) | 4:10 (1:09:05) | 1:51 (1:10:56) | 2:57 (1:13:53) | 1:07 (1:15:00) |
|             | 3:18 (1:18:18)      | 5:30 (1:23:48) | 4:09 (1:27:57) | 1:46 (1:29:43) | 4:04 (1:33:47) | 0:22 (1:34:09) |
| 3.          | Svend Christiansen  | PI-København   | 1:37:41        | +8:20          | 5:26           |                |
|             | 3:11 (3:11)         | 2:34 (5:45)    | 1:07 (6:52)    | 5:06 (11:58)   | 3:20 (15:18)   | 5:23 (20:41)   |
|             | 2:56 (23:37)        | 2:37 (26:14)   | 2:03 (28:17)   | 1:55 (30:12)   | 2:27 (32:39)   | 3:40 (36:19)   |
|             | 7:44 (44:03)        | 1:41 (45:44)   | 5:03 (50:47)   | 2:54 (53:41)   | 1:46 (55:27)   | 5:33 (1:01:00) |
|             | 3:25 (1:04:25)      | 4:42 (1:09:07) | 3:55 (1:13:02) | 2:02 (1:15:04) | 3:22 (1:18:26) | 1:20 (1:19:46) |
|             | 3:36 (1:23:22)      | 5:12 (1:28:34) | 3:12 (1:31:46) | 2:07 (1:33:53) | 3:28 (1:37:21) | 0:20 (1:37:41) |
| 4.          | Morten Ploug        | Ballerup OK    | 1:41:27        | +12:06         | 2:18           |                |
|             | 2:46 (2:46)         | 2:28 (5:14)    | 1:14 (6:28)    | 1:48 (8:16)    | 2:31 (10:47)   | 6:02 (16:49)   |
|             | 3:03 (19:52)        | 2:45 (22:37)   | 1:41 (24:18)   | 2:38 (26:56)   | 3:29 (30:25)   | 3:05 (33:30)   |
|             | 8:31 (42:01)        | 1:23 (43:24)   | 6:13 (49:37)   | 3:36 (53:13)   | 2:27 (55:40)   | 4:05 (59:45)   |
|             | 3:17 (1:03:02)      | 4:00 (1:07:02) | 5:26 (1:12:28) | 2:18 (1:14:46) | 3:42 (1:18:28) | 1:35 (1:20:03) |
|             | 4:07 (1:24:10)      | 6:24 (1:30:34) | 3:22 (1:33:56) | 2:28 (1:36:24) | 4:33 (1:40:57) | 0:30 (1:41:27) |
|             | Carsten Mortensen   | PI-København   | Fejlklip       |                |                |                |
|             | 3:00 (3:00)         | 3:57 (6:57)    | 4:48 (11:45)   | 2:07 (13:52)   | 2:42 (16:34)   | 6:14 (22:48)   |
|             | 3:06 (25:54)        | 5:20 (31:14)   | 3:33 (34:47)   | 1:49 (36:36)   | 2:41 (39:17)   | 5:07 (44:24)   |
|             | 7:34 (51:58)        | 1:26 (53:24)   | 7:55 (1:01:19) | 3:26 (1:04:45) | 2:15 (1:07:00) | 6:34 (1:13:34) |
|             | – (–)               | – (–)          | – (–)          | – (–)          | – (–)          | – (–)          |
|             | – (–)               | – (–)          | – (–)          | – (–)          | – (–)          | – (1:21:59)    |

Bane 10 gul

| Bane 10 gul |                      | (8 / 8)        | Tid           | Efter          | Tidstab        |                |
|-------------|----------------------|----------------|---------------|----------------|----------------|----------------|
| 1.          | Kasper Thode Schiøtt | Ballerup OK    | 34:28         |                | 3:00           |                |
|             | 2:39 (2:39)          | 1:40 (4:19)    | 1:52 (6:11)   | 1:29 (7:40)    | 4:15 (11:55)   | 2:06 (14:01)   |
|             | 7:23 (21:24)         | 3:07 (24:31)   | 2:59 (27:30)  | 3:08 (30:38)   | 1:27 (32:05)   | 2:07 (34:12)   |
|             | 0:16 (34:28)         |                |               |                |                |                |
| 2.          | Nina Munkholm        | Køge OK        | 52:27         | +17:59         | 15:18          |                |
|             | 1:39 (1:39)          | 2:45 (4:24)    | 2:24 (6:48)   | 3:11 (9:59)    | 5:05 (15:04)   | 6:54 (21:58)   |
|             | 6:03 (28:01)         | 3:20 (31:21)   | 4:27 (35:48)  | 11:05 (46:53)  | 3:01 (49:54)   | 2:08 (52:02)   |
|             | 0:25 (52:27)         |                |               |                |                |                |
| 3.          | Adam Ashtiani        | Farum OK       | 59:31         | +25:03         | 15:08          |                |
|             | 2:16 (2:16)          | 2:25 (4:41)    | 3:18 (7:59)   | 5:46 (13:45)   | 7:41 (21:26)   | 2:54 (24:20)   |
|             | 17:33 (41:53)        | 3:23 (45:16)   | 4:11 (49:27)  | 5:54 (55:21)   | 1:47 (57:08)   | 1:52 (59:00)   |
|             | 0:31 (59:31)         |                |               |                |                |                |
| 4.          | Christina Staalgaard | OK73           | 1:02:36       | +28:08         | 8:16           |                |
|             | 2:32 (2:32)          | 4:44 (7:16)    | 4:34 (11:50)  | 2:11 (14:01)   | 8:47 (22:48)   | 3:55 (26:43)   |
|             | 10:20 (37:03)        | 4:17 (41:20)   | 6:43 (48:03)  | 7:01 (55:04)   | 3:09 (58:13)   | 3:27 (1:01:40) |
|             | 0:56 (1:02:36)       |                |               |                |                |                |
| 5.          | Robin Larsen         | OK73           | 1:02:38       | +28:10         | 8:15           |                |
|             | 2:31 (2:31)          | 4:45 (7:16)    | 4:36 (11:52)  | 2:13 (14:05)   | 8:43 (22:48)   | 3:54 (26:42)   |
|             | 10:25 (37:07)        | 4:16 (41:23)   | 6:47 (48:10)  | 6:56 (55:06)   | 3:05 (58:11)   | 3:28 (1:01:39) |
|             | 0:59 (1:02:38)       |                |               |                |                |                |
| 6.          | Marianne Krowicki    |                | 1:03:36       | +29:08         | 10:02          |                |
|             | 2:43 (2:43)          | 4:55 (7:38)    | 4:10 (11:48)  | 2:25 (14:13)   | 7:39 (21:52)   | 4:19 (26:11)   |
|             | 13:51 (40:02)        | 4:05 (44:07)   | 6:43 (50:50)  | 6:08 (56:58)   | 3:33 (1:00:31) | 2:17 (1:02:48) |
|             | 0:48 (1:03:36)       |                |               |                |                |                |
| 7.          | Hanne Bech           | OK73           | 1:15:44       | +41:16         | 17:23          |                |
|             | 2:53 (2:53)          | 7:36 (10:29)   | 3:46 (14:15)  | 2:45 (17:00)   | 6:45 (23:45)   | 10:08 (33:53)  |
|             | 11:37 (45:30)        | 8:49 (54:19)   | 4:47 (59:06)  | 7:56 (1:07:02) | 2:39 (1:09:41) | 5:23 (1:15:04) |
|             | 0:40 (1:15:44)       |                |               |                |                |                |
|             | Alexander Lerche     | Farum OK       | Fejlklip      |                |                |                |
|             | 2:01 (2:01)          | 8:46 (10:47)   | 15:42 (26:29) | 1:40 (28:09)   | 5:18 (33:27)   | 2:09 (35:36)   |
|             | 10:01 (45:37)        | 4:18 (49:55)   | – (–)         | – (1:17:49)    | 2:48 (1:20:37) | 1:18 (1:21:55) |
|             | 0:27 (1:22:22)       |                |               |                |                |                |
|             | Gert Krowicki        | Jernbanefritid | Ej startet    |                |                |                |
|             | – (–)                | – (–)          | – (–)         | – (–)          | – (–)          | – (–)          |
|             | – (–)                | – (–)          | – (–)         | – (–)          | – (–)          | – (–)          |
|             | – (–)                |                |               |                |                |                |

Bane 11 hvid

| Bane 11 hvid |                      | ( 8 / 8 )    | Tid          | Efter        | Tidstab      |              |
|--------------|----------------------|--------------|--------------|--------------|--------------|--------------|
| 1.           | Malthe Thode Schiøtt | Ballerup OK  | 20:47        |              | 0:00         |              |
|              | 0:54 (0:54)          | 1:10 (2:04)  | 1:34 (3:38)  | 2:05 (5:43)  | 1:45 (7:28)  | 1:01 (8:29)  |
|              | 1:10 (9:39)          | 2:07 (11:46) | 1:48 (13:34) | 1:00 (14:34) | 3:11 (17:45) | 0:30 (18:15) |
|              | 2:14 (20:29)         | 0:18 (20:47) |              |              |              |              |

|    |                  |                 |              |              |       |              |              |
|----|------------------|-----------------|--------------|--------------|-------|--------------|--------------|
| 2. | Mira Kosure      | OK ØST Birkerød | 29:42        | +8:55        | 0:31  |              |              |
|    | 1:08 (1:08)      | 2:15 (3:23)     | 1:48 (5:11)  | 3:01 (8:12)  |       | 2:32 (10:44) | 1:36 (12:20) |
|    | 1:51 (14:11)     | 2:40 (16:51)    | 2:41 (19:32) | 1:41 (21:13) |       | 3:47 (25:00) | 0:45 (25:45) |
|    | 3:27 (29:12)     | 0:30 (29:42)    |              |              |       |              |              |
| 3. | Ines Frøhoke     | OK73            | 39:07        | +18:20       | 5:44  |              |              |
|    | 1:32 (1:32)      | 1:54 (3:26)     | 3:16 (6:42)  | 3:19 (10:01) |       | 3:47 (13:48) | 1:50 (15:38) |
|    | 2:14 (17:52)     | 3:52 (21:44)    | 2:49 (24:33) | 1:57 (26:30) |       | 7:15 (33:45) | 0:42 (34:27) |
|    | 3:28 (37:55)     | 1:12 (39:07)    |              |              |       |              |              |
| 4. | Alice Brødsgaard | Ballerup OK     | 46:07        | +25:20       | 1:24  |              |              |
|    | 2:00 (2:00)      | 2:40 (4:40)     | 3:00 (7:40)  | 4:33 (12:13) |       | 4:02 (16:15) | 2:30 (18:45) |
|    | 2:51 (21:36)     | 4:51 (26:27)    | 3:29 (29:56) | 2:09 (32:05) |       | 6:46 (38:51) | 1:01 (39:52) |
|    | 5:11 (45:03)     | 1:04 (46:07)    |              |              |       |              |              |
| 5. | Niels Lund       | Søllerød OK     | 46:41        | +25:54       | 2:24  |              |              |
|    | 1:56 (1:56)      | 2:34 (4:30)     | 2:59 (7:29)  | 4:38 (12:07) |       | 4:12 (16:19) | 2:32 (18:51) |
|    | 2:37 (21:28)     | 6:07 (27:35)    | 3:28 (31:03) | 2:20 (33:23) |       | 6:11 (39:34) | 1:06 (40:40) |
|    | 5:00 (45:40)     | 1:01 (46:41)    |              |              |       |              |              |
| 6. | Anna Kosure      | OK ØST Birkerød | 49:16        | +28:29       | 11:15 |              |              |
|    | 1:35 (1:35)      | 4:33 (6:08)     | 3:14 (9:22)  | 8:58 (18:20) |       | 2:59 (21:19) | 2:04 (23:23) |
|    | 2:29 (25:52)     | 4:05 (29:57)    | 5:25 (35:22) | 2:04 (37:26) |       | 6:56 (44:22) | 0:51 (45:13) |
|    | 3:20 (48:33)     | 0:43 (49:16)    |              |              |       |              |              |
| 7. | Leela Kosure     | OK ØST Birkerød | 50:11        | +29:24       | 11:32 |              |              |
|    | 1:12 (1:12)      | 4:31 (5:43)     | 2:29 (8:12)  | 8:27 (16:39) |       | 2:42 (19:21) | 2:22 (21:43) |
|    | 3:10 (24:53)     | 4:05 (28:58)    | 5:10 (34:08) | 2:09 (36:17) |       | 8:04 (44:21) | 1:04 (45:25) |
|    | 4:16 (49:41)     | 0:30 (50:11)    |              |              |       |              |              |
|    | Arthur Frøhoke   | OK73            | Udgået       |              |       |              |              |
|    | 1:51 (1:51)      | 3:29 (5:20)     | 3:58 (9:18)  | 4:40 (13:58) |       | 5:06 (19:04) | 3:12 (22:16) |
|    | 5:12 (27:28)     | – (–)           | – (–)        | – (–)        |       | – (–)        | – (–)        |
|    | – (–)            | – (–)           |              |              |       |              |              |

| Bane 2 sort | (8 / 8)                | Tid            | Efter          | Tidstab        |                 |                |
|-------------|------------------------|----------------|----------------|----------------|-----------------|----------------|
| 1.          | Andreas Toft Mikkelsen | Søllerød OK    | 55:23          |                | 0:35            |                |
|             | 2:29 (2:29)            | 4:17 (6:46)    | 1:31 (8:17)    | 2:09 (10:26)   | 3:13 (13:39)    | 1:47 (15:26)   |
|             | 3:19 (18:45)           | 2:03 (20:48)   | 0:47 (21:35)   | 1:07 (22:42)   | 2:11 (24:53)    | 1:40 (26:33)   |
|             | 1:24 (27:57)           | 4:15 (32:12)   | 3:20 (35:32)   | 1:17 (36:49)   | 3:10 (39:59)    | 1:21 (41:20)   |
|             | 2:10 (43:30)           | 1:02 (44:32)   | 1:57 (46:29)   | 2:43 (49:12)   | 3:55 (53:07)    | 1:59 (55:06)   |
|             | 0:17 (55:23)           |                |                |                |                 |                |
| 2.          | Lars Lyngsø            | Allerød OK     | 1:04:57        | +9:34          | 0:39            |                |
|             | 3:36 (3:36)            | 5:35 (9:11)    | 1:51 (11:02)   | 2:39 (13:41)   | 2:44 (16:25)    | 2:03 (18:28)   |
|             | 4:23 (22:51)           | 2:04 (24:55)   | 0:57 (25:52)   | 1:20 (27:12)   | 2:30 (29:42)    | 2:02 (31:44)   |
|             | 1:43 (33:27)           | 4:31 (37:58)   | 4:17 (42:15)   | 1:20 (43:35)   | 4:02 (47:37)    | 1:34 (49:11)   |
|             | 2:36 (51:47)           | 1:20 (53:07)   | 1:56 (55:03)   | 3:33 (58:36)   | 4:00 (1:02:36)  | 2:00 (1:04:36) |
|             | 0:21 (1:04:57)         |                |                |                |                 |                |
| 3.          | Alex Ottesen           | Ballerup OK    | 1:12:53        | +17:30         | 10:02           |                |
|             | 3:59 (3:59)            | 8:16 (12:15)   | 2:00 (14:15)   | 2:28 (16:43)   | 2:50 (19:33)    | 2:02 (21:35)   |
|             | 5:07 (26:42)           | 2:10 (28:52)   | 0:54 (29:46)   | 1:50 (31:36)   | 2:36 (34:12)    | 1:51 (36:03)   |
|             | 3:48 (39:51)           | 4:39 (44:30)   | 3:57 (48:27)   | 1:21 (49:48)   | 4:44 (54:32)    | 2:36 (57:08)   |
|             | 2:42 (59:50)           | 1:15 (1:01:05) | 1:47 (1:02:52) | 3:49 (1:06:41) | 3:44 (1:10:25)  | 2:03 (1:12:28) |
|             | 0:25 (1:12:53)         |                |                |                |                 |                |
| 4.          | Jacob Kristjansen      | Holbæk OK      | 1:17:45        | +22:22         | 12:51           |                |
|             | 3:14 (3:14)            | 5:04 (8:18)    | 1:59 (10:17)   | 2:25 (12:42)   | 8:04 (20:46)    | 2:20 (23:06)   |
|             | 4:12 (27:18)           | 2:01 (29:19)   | 0:41 (30:00)   | 1:48 (31:48)   | 2:38 (34:26)    | 2:23 (36:49)   |
|             | 1:32 (38:21)           | 4:31 (42:52)   | 3:54 (46:46)   | 1:46 (48:32)   | 4:10 (52:42)    | 1:34 (54:16)   |
|             | 2:27 (56:43)           | 1:12 (57:55)   | 7:34 (1:05:29) | 2:58 (1:08:27) | 6:28 (1:14:55)  | 2:29 (1:17:24) |
|             | 0:21 (1:17:45)         |                |                |                |                 |                |
| 5.          | Camilla Rath Nielsen   | PI-København   | 1:20:11        | +24:48         | 5:06            |                |
|             | 3:57 (3:57)            | 5:28 (9:25)    | 2:06 (11:31)   | 3:00 (14:31)   | 5:44 (20:15)    | 3:18 (23:33)   |
|             | 4:58 (28:31)           | 2:14 (30:45)   | 0:43 (31:28)   | 1:41 (33:09)   | 3:07 (36:16)    | 2:44 (39:00)   |
|             | 2:13 (41:13)           | 5:52 (47:05)   | 4:11 (51:16)   | 1:53 (53:09)   | 5:21 (58:30)    | 1:55 (1:00:25) |
|             | 3:22 (1:03:47)         | 1:23 (1:05:10) | 2:18 (1:07:28) | 4:01 (1:11:29) | 5:52 (1:17:21)  | 2:29 (1:19:50) |
|             | 0:21 (1:20:11)         |                |                |                |                 |                |
| 6.          | Anne Marie Thommesen   | Ballerup OK    | 1:24:09        | +28:46         | 10:07           |                |
|             | 4:46 (4:46)            | 5:42 (10:28)   | 2:24 (12:52)   | 5:30 (18:22)   | 3:19 (21:41)    | 2:39 (24:20)   |
|             | 5:17 (29:37)           | 2:26 (32:03)   | 0:50 (32:53)   | 1:27 (34:20)   | 2:55 (37:15)    | 2:12 (39:27)   |
|             | 1:52 (41:19)           | 6:03 (47:22)   | 6:22 (53:44)   | 1:48 (55:32)   | 4:10 (59:42)    | 2:46 (1:02:28) |
|             | 2:53 (1:05:21)         | 1:19 (1:06:40) | 2:17 (1:08:57) | 4:00 (1:12:57) | 8:25 (1:21:22)  | 2:21 (1:23:43) |
|             | 0:26 (1:24:09)         |                |                |                |                 |                |
| 7.          | Joakim Ilsing Sørensen | Ballerup OK    | 1:40:27        | +45:04         | 17:58           |                |
|             | 3:52 (3:52)            | 10:09 (14:01)  | 2:23 (16:24)   | 3:45 (20:09)   | 3:41 (23:50)    | 2:27 (26:17)   |
|             | 5:42 (31:59)           | 4:04 (36:03)   | 2:14 (38:17)   | 2:57 (41:14)   | 3:05 (44:19)    | 2:24 (46:43)   |
|             | 2:58 (49:41)           | 5:54 (55:35)   | 4:59 (1:00:34) | 4:33 (1:05:07) | 4:58 (1:10:05)  | 2:25 (1:12:30) |
|             | 3:18 (1:15:48)         | 2:00 (1:17:48) | 4:25 (1:22:13) | 4:11 (1:26:24) | 10:54 (1:37:18) | 2:42 (1:40:00) |
|             | 0:27 (1:40:27)         |                |                |                |                 |                |
|             | Karina Mejnborg        | PI-København   | Fejlklip       |                |                 |                |
|             | 4:16 (4:16)            | 9:51 (14:07)   | 2:18 (16:25)   | 5:25 (21:50)   | 3:11 (25:01)    | 2:51 (27:52)   |
|             | 5:37 (33:29)           | 8:20 (41:49)   | – (–)          | – (44:53)      | 4:01 (48:54)    | 2:43 (51:37)   |
|             | 2:12 (53:49)           | 6:08 (59:57)   | 4:56 (1:04:53) | 1:57 (1:06:50) | 7:41 (1:14:31)  | 2:07 (1:16:38) |
|             | 7:39 (1:24:17)         | 1:54 (1:26:11) | 2:32 (1:28:43) | 5:07 (1:33:50) | 6:11 (1:40:01)  | 2:30 (1:42:31) |
|             | 0:22 (1:42:53)         |                |                |                |                 |                |



| Bane 4 sort |                               | (15 / 15)       |                | Tid        | Efter           | Tidstab        |                |
|-------------|-------------------------------|-----------------|----------------|------------|-----------------|----------------|----------------|
| 1.          | Philip Knak                   | OKR             |                | 49:23      |                 | 1:56           |                |
|             | 3:17 (3:17)                   | 1:21 (4:38)     | 2:03 (6:41)    |            | 2:21 (9:02)     | 2:51 (11:53)   | 2:12 (14:05)   |
|             | 4:27 (18:32)                  | 2:23 (20:55)    | 2:34 (23:29)   |            | 5:30 (28:59)    | 4:18 (33:17)   | 1:39 (34:56)   |
|             | 3:52 (38:48)                  | 2:22 (41:10)    | 3:54 (45:04)   |            | 2:09 (47:13)    | 1:53 (49:06)   | 0:17 (49:23)   |
| 2.          | Marianne Holm                 | Farum OK        |                | 52:13      | +2:50           | 4:58           |                |
|             | 3:04 (3:04)                   | 1:13 (4:17)     | 2:11 (6:28)    |            | 2:30 (8:58)     | 2:58 (11:56)   | 1:57 (13:53)   |
|             | 4:14 (18:07)                  | 2:38 (20:45)    | 1:59 (22:44)   |            | 5:37 (28:21)    | 4:16 (32:37)   | 1:29 (34:06)   |
|             | 1:58 (36:04)                  | 2:23 (38:27)    | 6:43 (45:10)   |            | 4:30 (49:40)    | 2:10 (51:50)   | 0:23 (52:13)   |
| 3.          | Carsten Elhøj                 | AS Feltsport    |                | 54:13      | +4:50           | 1:30           |                |
|             | 4:04 (4:04)                   | 1:18 (5:22)     | 2:15 (7:37)    |            | 2:59 (10:36)    | 4:04 (14:40)   | 2:51 (17:31)   |
|             | 4:56 (22:27)                  | 2:54 (25:21)    | 2:37 (27:58)   |            | 6:10 (34:08)    | 4:33 (38:41)   | 2:09 (40:50)   |
|             | 2:03 (42:53)                  | 2:14 (45:07)    | 4:22 (49:29)   |            | 2:14 (51:43)    | 2:06 (53:49)   | 0:24 (54:13)   |
| 4.          | Leif E Larsen                 | THOK            |                | 1:01:31    | +12:08          | 3:40           |                |
|             | 3:39 (3:39)                   | 1:28 (5:07)     | 3:04 (8:11)    |            | 3:04 (11:15)    | 4:05 (15:20)   | 4:04 (19:24)   |
|             | 5:49 (25:13)                  | 3:04 (28:17)    | 2:48 (31:05)   |            | 7:14 (38:19)    | 4:02 (42:21)   | 2:27 (44:48)   |
|             | 2:59 (47:47)                  | 2:46 (50:33)    | 5:15 (55:48)   |            | 2:28 (58:16)    | 2:46 (1:01:02) | 0:29 (1:01:31) |
| 5.          | Christian Vindegaard Grønberg | Farum OK        |                | 1:05:31    | +16:08          | 12:57          |                |
|             | 3:46 (3:46)                   | 1:25 (5:11)     | 2:49 (8:00)    |            | 2:49 (10:49)    | 3:15 (14:04)   | 2:30 (16:34)   |
|             | 5:07 (21:41)                  | 14:24 (36:05)   | 2:22 (38:27)   |            | 6:03 (44:30)    | 4:21 (48:51)   | 1:42 (50:33)   |
|             | 1:51 (52:24)                  | 3:45 (56:09)    | 4:23 (1:00:32) |            | 2:11 (1:02:43)  | 2:25 (1:05:08) | 0:23 (1:05:31) |
| 6.          | Morten Schiøtt                | Ballerup OK     |                | 1:09:41    | +20:18          | 10:42          |                |
|             | 4:24 (4:24)                   | 1:29 (5:53)     | 4:17 (10:10)   |            | 2:56 (13:06)    | 3:27 (16:33)   | 2:41 (19:14)   |
|             | 4:38 (23:52)                  | 4:33 (28:25)    | 2:46 (31:11)   |            | 12:08 (43:19)   | 6:44 (50:03)   | 2:08 (52:11)   |
|             | 2:32 (54:43)                  | 2:51 (57:34)    | 6:04 (1:03:38) |            | 3:10 (1:06:48)  | 2:31 (1:09:19) | 0:22 (1:09:41) |
| 7.          | Mikael Lühje                  | Søllerød OK     |                | 1:14:13    | +24:50          | 17:31          |                |
|             | 3:45 (3:45)                   | 1:42 (5:27)     | 2:31 (7:58)    |            | 3:02 (11:00)    | 4:02 (15:02)   | 2:04 (17:06)   |
|             | 5:37 (22:43)                  | 4:23 (27:06)    | 2:27 (29:33)   |            | 13:38 (43:11)   | 7:37 (50:48)   | 2:00 (52:48)   |
|             | 5:51 (58:39)                  | 2:24 (1:01:03)  | 4:16 (1:05:19) |            | 2:42 (1:08:01)  | 5:44 (1:13:45) | 0:28 (1:14:13) |
| 8.          | Lasse Lybek Jensen            | Ballerup OK     |                | 1:16:56    | +27:33          | 8:18           |                |
|             | 4:33 (4:33)                   | 1:52 (6:25)     | 3:57 (10:22)   |            | 4:08 (14:30)    | 5:44 (20:14)   | 3:24 (23:38)   |
|             | 6:59 (30:37)                  | 3:46 (34:23)    | 2:45 (37:08)   |            | 10:30 (47:38)   | 5:15 (52:53)   | 2:27 (55:20)   |
|             | 4:07 (59:27)                  | 3:55 (1:03:22)  | 6:00 (1:09:22) |            | 3:23 (1:12:45)  | 3:48 (1:16:33) | 0:23 (1:16:56) |
| 9.          | Fiona Becker                  | Søllerød OK     |                | 1:18:53    | +29:30          | 12:33          |                |
|             | 14:27 (14:27)                 | 2:56 (17:23)    | 3:43 (21:06)   |            | 3:35 (24:41)    | 3:40 (28:21)   | 2:50 (31:11)   |
|             | 6:08 (37:19)                  | 3:29 (40:48)    | 3:09 (43:57)   |            | 7:59 (51:56)    | 6:05 (58:01)   | 2:06 (1:00:07) |
|             | 2:35 (1:02:42)                | 3:38 (1:06:20)  | 6:26 (1:12:46) |            | 3:15 (1:16:01)  | 2:34 (1:18:35) | 0:18 (1:18:53) |
| 10.         | Klaus Nielsen                 | Farum OK        |                | 1:20:23    | +31:00          | 8:57           |                |
|             | 6:10 (6:10)                   | 2:22 (8:32)     | 3:35 (12:07)   |            | 3:29 (15:36)    | 3:54 (19:30)   | 4:14 (23:44)   |
|             | 6:29 (30:13)                  | 3:31 (33:44)    | 3:16 (37:00)   |            | 8:59 (45:59)    | 8:53 (54:52)   | 2:27 (57:19)   |
|             | 6:41 (1:04:00)                | 3:15 (1:07:15)  | 5:40 (1:12:55) |            | 3:17 (1:16:12)  | 3:39 (1:19:51) | 0:32 (1:20:23) |
| 11.         | Karin Hulgaard                | OK73            |                | 1:20:30    | +31:07          | 5:24           |                |
|             | 5:36 (5:36)                   | 1:55 (7:31)     | 3:06 (10:37)   |            | 4:09 (14:46)    | 4:49 (19:35)   | 3:44 (23:19)   |
|             | 6:44 (30:03)                  | 3:30 (33:33)    | 3:16 (36:49)   |            | 8:23 (45:12)    | 6:12 (51:24)   | 3:00 (54:24)   |
|             | 4:02 (58:26)                  | 4:07 (1:02:33)  | 8:55 (1:11:28) |            | 5:02 (1:16:30)  | 3:29 (1:19:59) | 0:31 (1:20:30) |
| 12.         | Henning Drejer Olsen          | OK73            |                | 1:38:38    | +49:15          | 29:04          |                |
|             | 6:35 (6:35)                   | 13:00 (19:35)   | 12:20 (31:55)  |            | 3:40 (35:35)    | 3:59 (39:34)   | 3:00 (42:34)   |
|             | 6:19 (48:53)                  | 3:36 (52:29)    | 3:25 (55:54)   |            | 12:13 (1:08:07) | 7:15 (1:15:22) | 3:49 (1:19:11) |
|             | 2:50 (1:22:01)                | 2:56 (1:24:57)  | 5:46 (1:30:43) |            | 4:09 (1:34:52)  | 3:23 (1:38:15) | 0:23 (1:38:38) |
| 13.         | Jakob Døpping                 | Søllerød OK     |                | 1:48:44    | +59:21          | 30:53          |                |
|             | 5:31 (5:31)                   | 3:47 (9:18)     | 8:33 (17:51)   |            | 6:54 (24:45)    | 3:52 (28:37)   | 8:09 (36:46)   |
|             | 6:57 (43:43)                  | 3:57 (47:40)    | 6:28 (54:08)   |            | 9:46 (1:03:54)  | 6:24 (1:10:18) | 3:36 (1:13:54) |
|             | 5:43 (1:19:37)                | 4:01 (1:23:38)  | 7:14 (1:30:52) |            | 14:12 (1:45:04) | 3:06 (1:48:10) | 0:34 (1:48:44) |
| 14.         | Jan Frank Nielsen             | FSK Orientering |                | 1:56:46    | +1:07:23        | 24:52          |                |
|             | 7:03 (7:03)                   | 8:12 (15:15)    | 10:12 (25:27)  |            | 3:49 (29:16)    | 9:47 (39:03)   | 4:19 (43:22)   |
|             | 8:56 (52:18)                  | 4:50 (57:08)    | 4:01 (1:01:09) |            | 9:54 (1:11:03)  | 8:21 (1:19:24) | 3:06 (1:22:30) |
|             | 11:00 (1:33:30)               | 5:14 (1:38:44)  | 7:16 (1:46:00) |            | 4:49 (1:50:49)  | 5:30 (1:56:19) | 0:27 (1:56:46) |
|             | Jonas Isaksen                 | FIF Hillerød    |                | Udgået     |                 |                |                |
|             | 4:19 (4:19)                   | 1:46 (6:05)     | 2:17 (8:22)    |            | 2:23 (10:45)    | 3:20 (14:05)   | 2:21 (16:26)   |
|             | 4:29 (20:55)                  | 2:32 (23:27)    | 2:21 (25:48)   |            | 6:59 (32:47)    | 4:50 (37:37)   | 1:45 (39:22)   |
|             | 2:07 (41:29)                  | 3:06 (44:35)    | 4:17 (48:52)   |            | – (–)           | – (–)          | – (–)          |
|             | Vera Mullerova                | Farum OK        |                | Ej startet |                 |                |                |
|             | – (–)                         | – (–)           | – (–)          |            | – (–)           | – (–)          | – (–)          |
|             | – (–)                         | – (–)           | – (–)          |            | – (–)           | – (–)          | – (–)          |
|             | – (–)                         | – (–)           | – (–)          |            | – (–)           | – (–)          | – (–)          |

| Bane 5 sort |                        | (21 / 21)    |              | Tid   | Efter        | Tidstab      |              |
|-------------|------------------------|--------------|--------------|-------|--------------|--------------|--------------|
| 1.          | Rolf Lund              | HSOK         |              | 44:51 |              | 1:22         |              |
|             | 2:44 (2:44)            | 1:50 (4:34)  | 3:36 (8:10)  |       | 4:01 (12:11) | 2:06 (14:17) | 2:28 (16:45) |
|             | 2:45 (19:30)           | 3:30 (23:00) | 2:17 (25:17) |       | 1:50 (27:07) | 2:07 (29:14) | 1:25 (30:39) |
|             | 3:24 (34:03)           | 2:40 (36:43) | 2:51 (39:34) |       | 3:00 (42:34) | 1:54 (44:28) | 0:23 (44:51) |
| 2.          | Carsten Gemmer Hanghøj | Ballerup OK  |              | 49:26 | +4:35        | 2:28         |              |
|             | 3:15 (3:15)            | 2:12 (5:27)  | 5:10 (10:37) |       | 3:44 (14:21) | 2:09 (16:30) | 1:50 (18:20) |
|             | 4:03 (22:23)           | 3:19 (25:42) | 2:52 (28:34) |       | 2:08 (30:42) | 2:02 (32:44) | 1:50 (34:34) |
|             | 3:38 (38:12)           | 2:43 (40:55) | 3:05 (44:00) |       | 2:47 (46:47) | 2:09 (48:56) | 0:30 (49:26) |
| 3.          | Sten Skytte Kirkegaard | THOK         |              | 55:55 | +11:04       | 2:50         |              |
|             | 3:11 (3:11)            | 2:19 (5:30)  | 4:32 (10:02) |       | 5:01 (15:03) | 3:03 (18:06) | 2:14 (20:20) |
|             | 3:25 (23:45)           | 4:04 (27:49) | 2:58 (30:47) |       | 2:28 (33:15) | 2:24 (35:39) | 1:51 (37:30) |
|             | 4:01 (41:31)           | 3:01 (44:32) | 3:37 (48:09) |       | 5:08 (53:17) | 2:12 (55:29) | 0:26 (55:55) |

|     |                         |                 |                 |                 |       |                 |                 |
|-----|-------------------------|-----------------|-----------------|-----------------|-------|-----------------|-----------------|
| 4.  | Bruno Stub              | PI-København    | 57:18           | +12:27          | 5:35  |                 |                 |
|     | 3:02 (3:02)             | 2:20 (5:22)     | 4:32 (9:54)     | 3:52 (13:46)    |       | 2:51 (16:37)    | 1:27 (18:04)    |
|     | 3:27 (21:31)            | 3:23 (24:54)    | 3:35 (28:29)    | 2:43 (31:12)    |       | 2:18 (33:30)    | 2:03 (35:33)    |
|     | 8:13 (43:46)            | 3:24 (47:10)    | 3:48 (50:58)    | 3:25 (54:23)    |       | 2:26 (56:49)    | 0:29 (57:18)    |
| 5.  | Claus Cederberg         | Ballerup OK     | 57:37           | +12:46          | 8:44  |                 |                 |
|     | 2:36 (2:36)             | 2:07 (4:43)     | 4:13 (8:56)     | 4:36 (13:32)    |       | 2:12 (15:44)    | 1:59 (17:43)    |
|     | 3:08 (20:51)            | 3:30 (24:21)    | 2:19 (26:40)    | 2:20 (29:00)    |       | 2:11 (31:11)    | 1:46 (32:57)    |
|     | 3:38 (36:35)            | 4:27 (41:02)    | 9:07 (50:09)    | 4:24 (54:33)    |       | 2:34 (57:07)    | 0:30 (57:37)    |
| 6.  | Lars Sørensen           | Jernbanefritid  | 1:00:40         | +15:49          | 2:16  |                 |                 |
|     | 3:26 (3:26)             | 3:01 (6:27)     | 5:06 (11:33)    | 4:49 (16:22)    |       | 3:33 (19:55)    | 2:08 (22:03)    |
|     | 4:26 (26:29)            | 4:23 (30:52)    | 2:54 (33:46)    | 2:48 (36:34)    |       | 2:36 (39:10)    | 2:07 (41:17)    |
|     | 3:58 (45:15)            | 3:35 (48:50)    | 4:40 (53:30)    | 3:57 (57:27)    |       | 2:44 (1:00:11)  | 0:29 (1:00:40)  |
| 7.  | Kurt Thuesen            | FSK Orientering | 1:00:48         | +15:57          | 3:52  |                 |                 |
|     | 3:22 (3:22)             | 2:23 (5:45)     | 4:48 (10:33)    | 4:37 (15:10)    |       | 2:39 (17:49)    | 2:25 (20:14)    |
|     | 3:23 (23:37)            | 3:53 (27:30)    | 3:37 (31:07)    | 2:42 (33:49)    |       | 2:47 (36:36)    | 2:03 (38:39)    |
|     | 4:35 (43:14)            | 4:08 (47:22)    | 3:56 (51:18)    | 6:23 (57:41)    |       | 2:34 (1:00:15)  | 0:33 (1:00:48)  |
| 8.  | Søren Sloth             | FIF Hillerød    | 1:03:16         | +18:25          | 7:16  |                 |                 |
|     | 3:08 (3:08)             | 2:30 (5:38)     | 4:37 (10:15)    | 6:23 (16:38)    |       | 2:40 (19:18)    | 2:07 (21:25)    |
|     | 3:33 (24:58)            | 6:16 (31:14)    | 3:01 (34:15)    | 2:57 (37:12)    |       | 2:38 (39:50)    | 3:20 (43:10)    |
|     | 3:59 (47:09)            | 3:40 (50:49)    | 3:43 (54:32)    | 5:46 (1:00:18)  |       | 2:31 (1:02:49)  | 0:27 (1:03:16)  |
| 9.  | Erik Ellegaard Simonsen | OK ØST Birkerød | 1:04:27         | +19:36          | 4:08  |                 |                 |
|     | 3:19 (3:19)             | 2:38 (5:57)     | 5:25 (11:22)    | 4:45 (16:07)    |       | 3:09 (19:16)    | 1:53 (21:09)    |
|     | 4:07 (25:16)            | 4:31 (29:47)    | 3:02 (32:49)    | 2:37 (35:26)    |       | 2:55 (38:21)    | 2:19 (40:40)    |
|     | 4:35 (45:15)            | 7:49 (53:04)    | 4:22 (57:26)    | 4:21 (1:01:47)  |       | 2:13 (1:04:00)  | 0:27 (1:04:27)  |
| 10. | Rikke Zethner-Møller    | Farum OK        | 1:05:41         | +20:50          | 15:23 |                 |                 |
|     | 3:00 (3:00)             | 2:12 (5:12)     | 4:50 (10:02)    | 7:19 (17:21)    |       | 3:45 (21:06)    | 1:43 (22:49)    |
|     | 2:54 (25:43)            | 3:36 (29:19)    | 2:22 (31:41)    | 2:13 (33:54)    |       | 2:23 (36:17)    | 1:51 (38:08)    |
|     | 3:21 (41:29)            | 6:56 (48:25)    | 4:17 (52:42)    | 10:01 (1:02:43) |       | 2:39 (1:05:22)  | 0:19 (1:05:41)  |
| 11. | Per Windfeld-Hansen     | OK ØST Birkerød | 1:07:23         | +22:32          | 16:26 |                 |                 |
|     | 3:03 (3:03)             | 4:06 (7:09)     | 4:52 (12:01)    | 3:58 (15:59)    |       | 2:36 (18:35)    | 1:35 (20:10)    |
|     | 3:21 (23:31)            | 3:29 (27:00)    | 2:43 (29:43)    | 12:54 (42:37)   |       | 2:12 (44:49)    | 1:58 (46:47)    |
|     | 3:37 (50:24)            | 6:14 (56:38)    | 3:29 (1:00:07)  | 4:37 (1:04:44)  |       | 2:11 (1:06:55)  | 0:28 (1:07:23)  |
| 12. | Amanda Isaksen          | FIF Hillerød    | 1:08:18         | +23:27          | 10:09 |                 |                 |
|     | 4:19 (4:19)             | 2:37 (6:56)     | 5:06 (12:02)    | 4:38 (16:40)    |       | 4:14 (20:54)    | 2:59 (23:53)    |
|     | 3:38 (27:31)            | 5:55 (33:26)    | 2:46 (36:12)    | 2:28 (38:40)    |       | 3:14 (41:54)    | 1:59 (43:53)    |
|     | 4:34 (48:27)            | 5:07 (53:34)    | 4:21 (57:55)    | 7:21 (1:05:16)  |       | 2:37 (1:07:53)  | 0:25 (1:08:18)  |
| 13. | Diana Cederberg         | Ballerup OK     | 1:08:49         | +23:58          | 6:26  |                 |                 |
|     | 3:39 (3:39)             | 2:39 (6:18)     | 5:05 (11:23)    | 6:34 (17:57)    |       | 3:46 (21:43)    | 2:09 (23:52)    |
|     | 4:01 (27:53)            | 4:13 (32:06)    | 7:02 (39:08)    | 2:39 (41:47)    |       | 2:50 (44:37)    | 2:47 (47:24)    |
|     | 4:43 (52:07)            | 3:46 (55:53)    | 4:43 (1:00:36)  | 4:49 (1:05:25)  |       | 2:55 (1:08:20)  | 0:29 (1:08:49)  |
| 14. | Thomas Østergaard       | OK ØST Birkerød | 1:16:53         | +32:02          | 12:50 |                 |                 |
|     | 3:24 (3:24)             | 2:36 (6:00)     | 5:37 (11:37)    | 5:14 (16:51)    |       | 3:13 (20:04)    | 3:02 (23:06)    |
|     | 4:12 (27:18)            | 4:45 (32:03)    | 3:03 (35:06)    | 6:37 (41:43)    |       | 2:49 (44:32)    | 2:33 (47:05)    |
|     | 4:27 (51:32)            | 4:37 (56:09)    | 9:21 (1:05:30)  | 6:52 (1:12:22)  |       | 3:58 (1:16:20)  | 0:33 (1:16:53)  |
| 15. | Jens Bentsen            | OK ØST Birkerød | 1:17:28         | +32:37          | 10:20 |                 |                 |
|     | 3:55 (3:55)             | 2:45 (6:40)     | 5:21 (12:01)    | 5:48 (17:49)    |       | 4:02 (21:51)    | 3:14 (25:05)    |
|     | 7:20 (32:25)            | 4:56 (37:21)    | 3:11 (40:32)    | 2:54 (43:26)    |       | 2:43 (46:09)    | 2:28 (48:37)    |
|     | 5:13 (53:50)            | 5:16 (59:06)    | 5:18 (1:04:24)  | 9:08 (1:13:32)  |       | 3:21 (1:16:53)  | 0:35 (1:17:28)  |
| 16. | Jesper R Mortensen      |                 | 1:20:02         | +35:11          | 16:02 |                 |                 |
|     | 3:31 (3:31)             | 2:28 (5:59)     | 5:17 (11:16)    | 7:00 (18:16)    |       | 3:28 (21:44)    | 3:50 (25:34)    |
|     | 4:15 (29:49)            | 12:01 (41:50)   | 3:14 (45:04)    | 2:31 (47:35)    |       | 2:51 (50:26)    | 2:44 (53:10)    |
|     | 4:47 (57:57)            | 4:47 (1:02:44)  | 8:12 (1:10:56)  | 5:22 (1:16:18)  |       | 3:17 (1:19:35)  | 0:27 (1:20:02)  |
| 17. | Camilla Bøgevig Larkai  | OK73            | 1:26:03         | +41:12          | 10:41 |                 |                 |
|     | 4:06 (4:06)             | 3:11 (7:17)     | 7:11 (14:28)    | 8:32 (23:00)    |       | 5:25 (28:25)    | 4:23 (32:48)    |
|     | 5:18 (38:06)            | 6:40 (44:46)    | 3:47 (48:33)    | 3:45 (52:18)    |       | 3:48 (56:06)    | 5:53 (1:01:59)  |
|     | 4:51 (1:06:50)          | 5:00 (1:11:50)  | 4:56 (1:16:46)  | 4:54 (1:21:40)  |       | 3:51 (1:25:31)  | 0:32 (1:26:03)  |
| 18. | Christina Bøje          | DSR             | 1:43:02         | +58:11          | 26:53 |                 |                 |
|     | 5:38 (5:38)             | 3:28 (9:06)     | 6:48 (15:54)    | 6:14 (22:08)    |       | 4:01 (26:09)    | 2:38 (28:47)    |
|     | 4:40 (33:27)            | 4:29 (37:56)    | 3:39 (41:35)    | 3:21 (44:56)    |       | 3:26 (48:22)    | 11:11 (59:33)   |
|     | 6:31 (1:06:04)          | 10:18 (1:16:22) | 6:07 (1:22:29)  | 10:05 (1:32:34) |       | 10:01 (1:42:35) | 0:27 (1:43:02)  |
| 19. | Bent Lishmann Nielsen   | Ballerup OK     | 1:59:55         | +1:15:04        | 53:37 |                 |                 |
|     | 5:58 (5:58)             | 2:53 (8:51)     | 5:03 (13:54)    | 8:53 (22:47)    |       | 4:52 (27:39)    | 4:59 (32:38)    |
|     | 3:49 (36:27)            | 8:39 (45:06)    | 2:49 (47:55)    | 2:42 (50:37)    |       | 2:32 (53:09)    | 32:08 (1:25:17) |
|     | 4:12 (1:29:29)          | 5:39 (1:35:08)  | 6:05 (1:41:13)  | 13:34 (1:54:47) |       | 4:49 (1:59:36)  | 0:19 (1:59:55)  |
| 20. | Rune Larsen             | AMOK            | 2:15:46         | +1:30:55        | 58:36 |                 |                 |
|     | 3:27 (3:27)             | 6:09 (9:36)     | 6:08 (15:44)    | 5:51 (21:35)    |       | 5:06 (26:41)    | 8:25 (35:06)    |
|     | 5:42 (40:48)            | 4:44 (45:32)    | 21:34 (1:07:06) | 3:07 (1:10:13)  |       | 8:34 (1:18:47)  | 4:46 (1:23:33)  |
|     | 17:26 (1:40:59)         | 16:23 (1:57:22) | 6:36 (2:03:58)  | 7:52 (2:11:50)  |       | 3:24 (2:15:14)  | 0:32 (2:15:46)  |
|     | Ea Wennerberg           | Ballerup OK     | Fejlklip        |                 |       |                 |                 |
|     | 4:21 (4:21)             | — (—)           | — (20:12)       | 6:48 (27:00)    |       | 5:02 (32:02)    | 3:37 (35:39)    |
|     | 7:02 (42:41)            | 7:59 (50:40)    | 7:53 (58:33)    | 3:43 (1:02:16)  |       | 4:55 (1:07:11)  | 9:36 (1:16:47)  |
|     | 5:26 (1:22:13)          | 6:06 (1:28:19)  | 7:14 (1:35:33)  | 8:41 (1:44:14)  |       | 5:22 (1:49:36)  | 0:27 (1:50:03)  |
|     | Martin Hjorth           | OK73            | Ej startet      |                 |       |                 |                 |
|     | — (—)                   | — (—)           | — (—)           | — (—)           |       | — (—)           | — (—)           |
|     | — (—)                   | — (—)           | — (—)           | — (—)           |       | — (—)           | — (—)           |
|     | — (—)                   | — (—)           | — (—)           | — (—)           |       | — (—)           | — (—)           |
|     | Michael Hjorth          | OK73            | Ej startet      |                 |       |                 |                 |
|     | — (—)                   | — (—)           | — (—)           | — (—)           |       | — (—)           | — (—)           |
|     | — (—)                   | — (—)           | — (—)           | — (—)           |       | — (—)           | — (—)           |
|     | — (—)                   | — (—)           | — (—)           | — (—)           |       | — (—)           | — (—)           |

| Bane 6 sort |                     | (17 / 17)       | Tid      | Efter          | Tidstab         |
|-------------|---------------------|-----------------|----------|----------------|-----------------|
| 1.          | Mette Filskov       | Sorø OK         | 47:09    |                | 0:00            |
|             | 3:42 (3:42)         | 0:57 (4:39)     |          | 2:12 (9:23)    | 2:18 (11:41)    |
|             | 2:55 (18:09)        | 7:04 (25:13)    |          | 1:36 (29:19)   | 3:44 (33:03)    |
|             | 3:37 (42:50)        | 1:42 (44:32)    |          | 0:23 (47:09)   | 6:10 (39:13)    |
| 2.          | Martin Schwartz     | Jernbanefritid  | 52:05    | +4:56          | 7:46            |
|             | 3:32 (3:32)         | 1:30 (5:02)     |          | 2:41 (10:49)   | 2:00 (12:49)    |
|             | 2:45 (18:50)        | 9:11 (28:01)    |          | 1:30 (31:57)   | 3:16 (16:05)    |
|             | 3:36 (47:42)        | 2:11 (49:53)    |          | 0:19 (52:05)   | 5:06 (44:06)    |
| 3.          | Annette Bonde       | Ballerup OK     | 55:41    | +8:32          | 2:42            |
|             | 4:31 (4:31)         | 1:04 (5:35)     |          | 3:14 (11:14)   | 2:44 (13:58)    |
|             | 3:41 (22:09)        | 7:29 (29:38)    |          | 1:44 (34:34)   | 4:17 (38:51)    |
|             | 3:52 (50:11)        | 2:22 (52:33)    |          | 0:34 (55:41)   | 4:30 (18:28)    |
| 4.          | Morten Jensen       | OKR             | 56:28    | +9:19          | 5:18            |
|             | 4:02 (4:02)         | 2:05 (6:07)     |          | 3:18 (11:51)   | 2:22 (14:13)    |
|             | 3:02 (20:57)        | 7:06 (28:03)    |          | 1:47 (35:26)   | 4:21 (39:47)    |
|             | 4:13 (50:44)        | 2:39 (53:23)    |          | 0:30 (56:28)   | 3:42 (17:55)    |
| 5.          | Arne Thell          | Esløv FK        | 56:56    | +9:47          | 4:40            |
|             | 4:15 (4:15)         | 1:15 (5:30)     |          | 2:44 (10:35)   | 2:38 (13:13)    |
|             | 4:54 (22:07)        | 7:17 (29:24)    |          | 1:47 (36:18)   | 4:19 (40:37)    |
|             | 3:48 (51:07)        | 2:11 (53:18)    |          | 0:28 (56:56)   | 6:42 (47:19)    |
| 6.          | Malene Løkke        | Jernbanefritid  | 57:33    | +10:24         | 7:06            |
|             | 3:40 (3:40)         | 0:55 (4:35)     |          | 2:20 (11:37)   | 2:23 (14:00)    |
|             | 4:29 (22:02)        | 10:40 (32:42)   |          | 1:49 (37:32)   | 3:33 (17:33)    |
|             | 3:24 (52:05)        | 2:20 (54:25)    |          | 0:29 (57:33)   | 6:37 (48:41)    |
| 7.          | Leif Sudergaard     | Kildeholm OK    | 58:39    | +11:30         | 1:06            |
|             | 4:20 (4:20)         | 1:05 (5:25)     |          | 2:40 (10:43)   | 2:33 (13:16)    |
|             | 3:49 (22:21)        | 8:29 (30:50)    |          | 1:55 (36:12)   | 5:16 (18:32)    |
|             | 4:24 (52:44)        | 2:14 (54:58)    |          | 0:33 (58:39)   | 7:43 (48:20)    |
| 8.          | Anne Skovbæk        | Søllerød OK     | 59:30    | +12:21         | 5:32            |
|             | 4:19 (4:19)         | 1:20 (5:39)     |          | 2:44 (10:32)   | 3:05 (13:37)    |
|             | 3:15 (21:07)        | 10:47 (31:54)   |          | 1:52 (36:59)   | 4:15 (17:52)    |
|             | 4:13 (54:13)        | 2:00 (56:13)    |          | 0:28 (59:30)   | 8:54 (50:00)    |
| 9.          | Lise Thode Schiøtt  | Ballerup OK     | 1:01:46  | +14:37         | 5:17            |
|             | 4:51 (4:51)         | 2:00 (6:51)     |          | 2:56 (12:40)   | 3:26 (16:06)    |
|             | 4:07 (24:15)        | 8:15 (32:30)    |          | 1:42 (36:52)   | 4:02 (20:08)    |
|             | 5:19 (55:43)        | 2:29 (58:12)    |          | 0:26 (1:01:46) | 4:31 (41:23)    |
| 10.         | Anette Holm         | Ballerup OK     | 1:04:14  | +17:05         | 8:13            |
|             | 4:21 (4:21)         | 1:11 (5:32)     |          | 5:33 (13:30)   | 2:32 (16:02)    |
|             | 3:05 (25:10)        | 9:41 (34:51)    |          | 2:26 (40:45)   | 6:03 (22:05)    |
|             | 4:46 (58:26)        | 2:38 (1:01:04)  |          | 0:30 (1:04:14) | 8:29 (53:40)    |
| 11.         | Allan Grundsøe      | Jernbanefritid  | 1:05:17  | +18:08         | 11:49           |
|             | 5:26 (5:26)         | 1:12 (6:38)     |          | 2:21 (13:19)   | 2:32 (15:51)    |
|             | 3:40 (23:35)        | 6:48 (30:23)    |          | 2:25 (36:01)   | 4:04 (19:55)    |
|             | 4:48 (59:09)        | 2:56 (1:02:05)  |          | 0:37 (1:05:17) | 9:54 (54:21)    |
| 12.         | Jesper Allan Jensen | Roskilde OK     | 1:07:26  | +20:17         | 4:05            |
|             | 5:14 (5:14)         | 1:15 (6:29)     |          | 2:57 (12:21)   | 2:53 (15:14)    |
|             | 3:36 (23:22)        | 10:19 (33:41)   |          | 2:17 (39:48)   | 4:32 (19:46)    |
|             | 5:25 (58:35)        | 3:49 (1:02:24)  |          | 0:55 (1:07:26) | 8:35 (53:10)    |
| 13.         | Niels Aabye         | Jernbanefritid  | 1:23:18  | +36:09         | 17:10           |
|             | 11:09 (11:09)       | 1:42 (12:51)    |          | 9:03 (26:02)   | 2:47 (28:49)    |
|             | 5:36 (42:19)        | 9:02 (51:21)    |          | 2:12 (57:41)   | 7:54 (36:43)    |
|             | 4:19 (1:16:25)      | 2:35 (1:19:00)  |          | 0:37 (1:23:18) | 9:04 (1:12:06)  |
| 14.         | Maiken Andersen     | Ballerup OK     | 1:25:48  | +38:39         | 9:42            |
|             | 5:54 (5:54)         | 1:33 (7:27)     |          | 5:55 (17:22)   | 4:04 (21:26)    |
|             | 6:58 (34:55)        | 10:08 (45:03)   |          | 2:20 (52:41)   | 6:31 (27:57)    |
|             | 5:30 (1:15:38)      | 3:41 (1:19:19)  |          | 0:38 (1:25:48) | 10:45 (1:10:08) |
|             | Hugo Frederiksen    | OK73            | Fejlklip |                |                 |
|             | 9:34 (9:34)         | 2:34 (12:08)    |          | 5:21 (22:00)   | 5:02 (27:02)    |
|             | 9:52 (44:00)        | 14:22 (58:22)   |          | 3:18 (1:06:25) | 7:06 (34:08)    |
|             | 10:23 (1:44:04)     | 4:57 (1:49:01)  |          | 0:40 (1:54:20) | — (1:33:41)     |
|             | Lars Bech Jensen    | Ballerup OK     | Fejlklip |                |                 |
|             | 4:57 (4:57)         | 1:14 (6:11)     |          | — (18:10)      | 2:42 (20:52)    |
|             | 6:54 (31:25)        | 7:25 (38:50)    |          | 1:31 (43:40)   | 3:39 (24:31)    |
|             | 4:06 (58:07)        | 2:18 (1:00:25)  |          | 0:30 (1:05:41) | 6:19 (54:01)    |
|             | Morten Ebbengaard   | OK ØST Birkerød | Fejlklip |                |                 |
|             | — (—)               | — (—)           |          | — (9:08)       | 2:04 (11:12)    |
|             | 2:34 (17:21)        | 6:25 (23:46)    |          | 1:29 (27:48)   | 3:35 (14:47)    |
|             | 3:45 (41:00)        | 1:48 (42:48)    |          | 0:31 (46:00)   | 5:49 (37:15)    |

| Bane 7 blå |                | (30 / 30)      | Tid   | Efter        | Tidstab      |
|------------|----------------|----------------|-------|--------------|--------------|
| 1.         | Claus Børsting | Herlufsholm OK | 39:18 |              | 1:51         |
|            | 3:10 (3:10)    | 2:57 (6:07)    |       | 6:55 (14:07) | 2:59 (17:06) |
|            | 3:35 (23:55)   | 3:23 (27:18)   |       | 2:03 (32:44) | 3:14 (20:20) |
|            | 1:10 (38:50)   | 0:28 (39:18)   |       |              | 2:08 (37:40) |
| 2.         | Line Stub      | PI-København   | 39:59 | +0:41        | 3:17         |
|            | 2:20 (2:20)    | 3:12 (5:32)    |       | 5:03 (13:43) | 2:27 (16:10) |
|            | 3:55 (23:26)   | 3:17 (26:43)   |       | 2:09 (33:13) | 3:21 (19:31) |
|            | 1:11 (39:34)   | 0:25 (39:59)   |       |              | 2:21 (38:23) |

|     |                    |                |               |                |                |                |  |
|-----|--------------------|----------------|---------------|----------------|----------------|----------------|--|
| 3.  | Lene Jensen        | HSOK           | 42:24         | +3:06          | 2:48           |                |  |
|     | 2:31 (2:31)        | 3:32 (6:03)    | 1:10 (7:13)   | 9:07 (16:20)   | 2:51 (19:11)   | 3:13 (22:24)   |  |
|     | 3:58 (26:22)       | 3:12 (29:34)   | 3:26 (33:00)  | 2:28 (35:28)   | 3:17 (38:45)   | 2:06 (40:51)   |  |
|     | 1:07 (41:58)       | 0:26 (42:24)   |               |                |                |                |  |
| 4.  | Henrik Nielsen     | Holbæk OK      | 44:01         | +4:43          | 2:50           |                |  |
|     | 3:19 (3:19)        | 3:26 (6:45)    | 1:01 (7:46)   | 6:05 (13:51)   | 3:03 (16:54)   | 2:49 (19:43)   |  |
|     | 4:22 (24:05)       | 3:47 (27:52)   | 4:22 (32:14)  | 2:20 (34:34)   | 4:35 (39:09)   | 2:44 (41:53)   |  |
|     | 1:38 (43:31)       | 0:30 (44:01)   |               |                |                |                |  |
| 5.  | Jens Korsholm      | Farum OK       | 47:31         | +8:13          | 2:04           |                |  |
|     | 2:51 (2:51)        | 4:00 (6:51)    | 1:22 (8:13)   | 7:06 (15:19)   | 3:03 (18:22)   | 3:08 (21:30)   |  |
|     | 5:37 (27:07)       | 4:32 (31:39)   | 4:43 (36:22)  | 2:46 (39:08)   | 3:37 (42:45)   | 2:54 (45:39)   |  |
|     | 1:20 (46:59)       | 0:32 (47:31)   |               |                |                |                |  |
| 6.  | Emil Olesen        | FIF Hillerød   | 49:20         | +10:02         | 4:08           |                |  |
|     | 2:46 (2:46)        | 4:03 (6:49)    | 1:29 (8:18)   | 6:36 (14:54)   | 3:56 (18:50)   | 3:10 (22:00)   |  |
|     | 6:38 (28:38)       | 3:50 (32:28)   | 4:58 (37:26)  | 3:02 (40:28)   | 3:55 (44:23)   | 2:55 (47:18)   |  |
|     | 1:30 (48:48)       | 0:32 (49:20)   |               |                |                |                |  |
| 7.  | Jens Høgsfeldt     | FIF Hillerød   | 49:22         | +10:04         | 4:23           |                |  |
|     | 2:39 (2:39)        | 4:13 (6:52)    | 1:13 (8:05)   | 6:58 (15:03)   | 3:49 (18:52)   | 3:03 (21:55)   |  |
|     | 5:55 (27:50)       | 4:25 (32:15)   | 5:13 (37:28)  | 2:54 (40:22)   | 3:46 (44:08)   | 3:10 (47:18)   |  |
|     | 1:29 (48:47)       | 0:35 (49:22)   |               |                |                |                |  |
| 8.  | Ole Berner         | Søllerød OK    | 50:24         | +11:06         | 5:54           |                |  |
|     | 2:57 (2:57)        | 3:52 (6:49)    | 1:41 (8:30)   | 6:29 (14:59)   | 4:25 (19:24)   | 3:31 (22:55)   |  |
|     | 3:59 (26:54)       | 4:08 (31:02)   | 4:26 (35:28)  | 3:33 (39:01)   | 5:41 (44:42)   | 3:37 (48:19)   |  |
|     | 1:35 (49:54)       | 0:30 (50:24)   |               |                |                |                |  |
| 9.  | Inge Jørgensen     | Roskilde       | 50:32         | +11:14         | 6:12           |                |  |
|     | 3:11 (3:11)        | 4:25 (7:36)    | 2:01 (9:37)   | 6:51 (16:28)   | 5:17 (21:45)   | 2:57 (24:42)   |  |
|     | 4:04 (28:46)       | 3:46 (32:32)   | 6:57 (39:29)  | 2:29 (41:58)   | 3:51 (45:49)   | 2:51 (48:40)   |  |
|     | 1:24 (50:04)       | 0:28 (50:32)   |               |                |                |                |  |
| 10. | Karsten Schultz    | FIF Hillerød   | 50:55         | +11:37         | 3:25           |                |  |
|     | 3:15 (3:15)        | 4:47 (8:02)    | 2:14 (10:16)  | 7:35 (17:51)   | 2:54 (20:45)   | 3:08 (23:53)   |  |
|     | 5:36 (29:29)       | 4:05 (33:34)   | 5:02 (38:36)  | 2:49 (41:25)   | 4:14 (45:39)   | 3:13 (48:52)   |  |
|     | 1:32 (50:24)       | 0:31 (50:55)   |               |                |                |                |  |
| 11. | Ole Galle          | THOK           | 51:51         | +12:33         | 5:02           |                |  |
|     | 3:07 (3:07)        | 3:40 (6:47)    | 1:09 (7:56)   | 6:57 (14:53)   | 3:32 (18:25)   | 4:47 (23:12)   |  |
|     | 5:55 (29:07)       | 4:31 (33:38)   | 5:51 (39:29)  | 2:51 (42:20)   | 3:53 (46:13)   | 3:25 (49:38)   |  |
|     | 1:37 (51:15)       | 0:36 (51:51)   |               |                |                |                |  |
| 12. | Tage Ebbensgaard   | Køge OK        | 52:13         | +12:55         | 4:34           |                |  |
|     | 3:47 (3:47)        | 4:51 (8:38)    | 1:11 (9:49)   | 7:14 (17:03)   | 3:11 (20:14)   | 3:59 (24:13)   |  |
|     | 5:00 (29:13)       | 4:04 (33:17)   | 5:42 (38:59)  | 2:46 (41:45)   | 3:41 (45:26)   | 4:56 (50:22)   |  |
|     | 1:25 (51:47)       | 0:26 (52:13)   |               |                |                |                |  |
| 13. | Kai Beck-Andersen  | Farum OK       | 52:45         | +13:27         | 3:47           |                |  |
|     | 3:06 (3:06)        | 4:47 (7:53)    | 1:17 (9:10)   | 7:29 (16:39)   | 3:30 (20:09)   | 3:26 (23:35)   |  |
|     | 5:59 (29:34)       | 4:48 (34:22)   | 5:28 (39:50)  | 3:03 (42:53)   | 4:10 (47:03)   | 3:30 (50:33)   |  |
|     | 1:34 (52:07)       | 0:38 (52:45)   |               |                |                |                |  |
| 14. | Susan Houmark Stub | PI-København   | 52:48         | +13:30         | 4:13           |                |  |
|     | 2:57 (2:57)        | 4:09 (7:06)    | 1:34 (8:40)   | 6:53 (15:33)   | 3:34 (19:07)   | 4:02 (23:09)   |  |
|     | 4:55 (28:04)       | 4:48 (32:52)   | 6:06 (38:58)  | 3:37 (42:35)   | 4:26 (47:01)   | 3:41 (50:42)   |  |
|     | 1:36 (52:18)       | 0:30 (52:48)   |               |                |                |                |  |
| 15. | Charlotte Grauert  | Ballerup OK    | 53:06         | +13:48         | 2:45           |                |  |
|     | 3:40 (3:40)        | 3:49 (7:29)    | 1:12 (8:41)   | 8:11 (16:52)   | 3:12 (20:04)   | 4:37 (24:41)   |  |
|     | 5:08 (29:49)       | 4:44 (34:33)   | 4:48 (39:21)  | 3:06 (42:27)   | 4:16 (46:43)   | 3:38 (50:21)   |  |
|     | 2:01 (52:22)       | 0:44 (53:06)   |               |                |                |                |  |
| 16. | Siri Klausen       | Ballerup OK    | 55:14         | +15:56         | 1:51           |                |  |
|     | 4:33 (4:33)        | 4:15 (8:48)    | 1:34 (10:22)  | 8:08 (18:30)   | 4:12 (22:42)   | 3:52 (26:34)   |  |
|     | 5:13 (31:47)       | 5:07 (36:54)   | 4:58 (41:52)  | 3:17 (45:09)   | 4:14 (49:23)   | 3:13 (52:36)   |  |
|     | 1:49 (54:25)       | 0:49 (55:14)   |               |                |                |                |  |
| 17. | Karsten Richardt   | Køge OK        | 57:57         | +18:39         | 7:26           |                |  |
|     | 3:54 (3:54)        | 4:04 (7:58)    | 1:55 (9:53)   | 7:45 (17:38)   | 5:35 (23:13)   | 3:51 (27:04)   |  |
|     | 4:53 (31:57)       | 6:47 (38:44)   | 5:01 (43:45)  | 3:02 (46:47)   | 5:21 (52:08)   | 3:45 (55:53)   |  |
|     | 1:35 (57:28)       | 0:29 (57:57)   |               |                |                |                |  |
| 18. | Nils Sættem        | Kildeholm OK   | 58:18         | +19:00         | 14:33          |                |  |
|     | 2:50 (2:50)        | 4:22 (7:12)    | 12:21 (19:33) | 7:56 (27:29)   | 4:13 (31:42)   | 3:09 (34:51)   |  |
|     | 4:04 (38:55)       | 3:36 (42:31)   | 5:08 (47:39)  | 2:24 (50:03)   | 3:32 (53:35)   | 3:04 (56:39)   |  |
|     | 1:15 (57:54)       | 0:24 (58:18)   |               |                |                |                |  |
| 19. | Thorkild Sørensen  | FIF Hillerød   | 59:41         | +20:23         | 4:08           |                |  |
|     | 5:10 (5:10)        | 4:21 (9:31)    | 1:37 (11:08)  | 8:20 (19:28)   | 4:24 (23:52)   | 3:57 (27:49)   |  |
|     | 6:27 (34:16)       | 5:16 (39:32)   | 5:29 (45:01)  | 3:24 (48:25)   | 4:36 (53:01)   | 3:48 (56:49)   |  |
|     | 2:21 (59:10)       | 0:31 (59:41)   |               |                |                |                |  |
| 20. | Ellen Kühn Jensen  | Ballerup OK    | 1:05:26       | +26:08         | 13:05          |                |  |
|     | 4:32 (4:32)        | 4:32 (9:04)    | 11:27 (20:31) | 8:00 (28:31)   | 4:59 (33:30)   | 4:13 (37:43)   |  |
|     | 4:34 (42:17)       | 5:05 (47:22)   | 5:21 (52:43)  | 3:07 (55:50)   | 4:11 (1:00:01) | 3:00 (1:03:01) |  |
|     | 1:52 (1:04:53)     | 0:33 (1:05:26) |               |                |                |                |  |
| 21. | Jimmy Hoen         | Ballerup OK    | 1:09:24       | +30:06         | 19:04          |                |  |
|     | 4:21 (4:21)        | 4:04 (8:25)    | 1:44 (10:09)  | 7:52 (18:01)   | 11:19 (29:20)  | 11:48 (41:08)  |  |
|     | 4:47 (45:55)       | 4:10 (50:05)   | 6:53 (56:58)  | 3:34 (1:00:32) | 4:03 (1:04:35) | 2:44 (1:07:19) |  |
|     | 1:36 (1:08:55)     | 0:29 (1:09:24) |               |                |                |                |  |
| 22. | Jan Kristoffersen  | Ballerup OK    | 1:16:41       | +37:23         | 19:01          |                |  |
|     | 5:15 (5:15)        | 4:40 (9:55)    | 1:43 (11:38)  | 8:58 (20:36)   | 16:39 (37:15)  | 4:34 (41:49)   |  |
|     | 4:55 (46:44)       | 5:50 (52:34)   | 6:44 (59:18)  | 3:20 (1:02:38) | 4:44 (1:07:22) | 7:02 (1:14:24) |  |
|     | 1:48 (1:16:12)     | 0:29 (1:16:41) |               |                |                |                |  |

|     |                        |                 |                 |                 |       |                |                 |
|-----|------------------------|-----------------|-----------------|-----------------|-------|----------------|-----------------|
| 23. | Birte Langkilde        | Ballerup OK     | 1:19:34         | +40:16          | 9:13  |                |                 |
|     | 7:00 (7:00)            | 8:10 (15:10)    | 1:57 (17:07)    | 12:47 (29:54)   |       | 5:05 (34:59)   | 5:50 (40:49)    |
|     | 6:35 (47:24)           | 6:15 (53:39)    | 9:18 (1:02:57)  | 4:33 (1:07:30)  |       | 4:38 (1:12:08) | 4:03 (1:16:11)  |
|     | 2:51 (1:19:02)         | 0:32 (1:19:34)  |                 |                 |       |                |                 |
| 24. | Lisbet Hansen          | FSK Orientering | 1:27:51         | +48:33          | 23:45 |                |                 |
|     | 16:11 (16:11)          | 4:49 (21:00)    | 1:42 (22:42)    | 9:13 (31:55)    |       | 5:20 (37:15)   | 5:51 (43:06)    |
|     | 5:57 (49:03)           | 6:39 (55:42)    | 10:04 (1:05:46) | 4:27 (1:10:13)  |       | 9:37 (1:19:50) | 5:21 (1:25:11)  |
|     | 2:09 (1:27:20)         | 0:31 (1:27:51)  |                 |                 |       |                |                 |
| 25. | Anja Andersson         | OKR             | 1:32:13         | +52:55          | 26:00 |                |                 |
|     | 6:26 (6:26)            | 22:31 (28:57)   | 2:41 (31:38)    | 9:09 (40:47)    |       | 4:13 (45:00)   | 5:51 (50:51)    |
|     | 8:54 (59:45)           | 6:39 (1:06:24)  | 7:57 (1:14:21)  | 4:03 (1:18:24)  |       | 7:05 (1:25:29) | 3:57 (1:29:26)  |
|     | 2:12 (1:31:38)         | 0:35 (1:32:13)  |                 |                 |       |                |                 |
| 26. | Niels Raagaard         | Søllerød OK     | 1:40:05         | +1:00:47        | 32:26 |                |                 |
|     | 3:36 (3:36)            | 33:12 (36:48)   | 1:49 (38:37)    | 10:26 (49:03)   |       | 5:17 (54:20)   | 4:41 (59:01)    |
|     | 7:54 (1:06:55)         | 5:39 (1:12:34)  | 9:16 (1:21:50)  | 4:55 (1:26:45)  |       | 5:20 (1:32:05) | 4:42 (1:36:47)  |
|     | 2:26 (1:39:13)         | 0:52 (1:40:05)  |                 |                 |       |                |                 |
| 27. | Hanne Frost            | Ballerup OK     | 1:52:57         | +1:13:39        | 25:01 |                |                 |
|     | 8:08 (8:08)            | 6:42 (14:50)    | 11:59 (26:49)   | 17:05 (43:54)   |       | 7:49 (51:43)   | 14:23 (1:06:06) |
|     | 8:53 (1:14:59)         | 7:33 (1:22:32)  | 8:06 (1:30:38)  | 6:16 (1:36:54)  |       | 6:40 (1:43:34) | 5:08 (1:48:42)  |
|     | 3:09 (1:51:51)         | 1:06 (1:52:57)  |                 |                 |       |                |                 |
| 28. | Dorrit Nielsen         |                 | 1:59:59         | +1:20:41        | 55:06 |                |                 |
|     | 4:31 (4:31)            | 27:54 (32:25)   | 0:58 (33:23)    | 36:41 (1:10:04) |       | 3:51 (1:13:55) | 8:56 (1:22:51)  |
|     | 6:59 (1:29:50)         | 6:17 (1:36:07)  | 6:21 (1:42:28)  | 3:21 (1:45:49)  |       | 4:46 (1:50:35) | 7:16 (1:57:51)  |
|     | 1:45 (1:59:36)         | 0:23 (1:59:59)  |                 |                 |       |                |                 |
|     | Bodil M. Mortensen     | Ballerup OK     | Fejlklip        |                 |       |                |                 |
|     | 5:35 (5:35)            | – (–)           | – (31:56)       | 10:30 (42:26)   |       | 7:48 (50:14)   | 14:21 (1:04:35) |
|     | 8:53 (1:13:28)         | 7:41 (1:21:09)  | 8:01 (1:29:10)  | 6:17 (1:35:27)  |       | 6:35 (1:42:02) | 5:20 (1:47:22)  |
|     | 3:10 (1:50:32)         | 1:01 (1:51:33)  |                 |                 |       |                |                 |
|     | Eva Konring Olesen     | FIF Hillerød    | Udgået          |                 |       |                |                 |
|     | 7:06 (7:06)            | 7:53 (14:59)    | 2:48 (17:47)    | 14:21 (32:08)   |       | – (–)          | – (–)           |
|     | – (42:05)              | – (–)           | – (–)           | – (–)           |       | – (–)          | – (–)           |
|     | – (–)                  | – (–)           |                 |                 |       |                |                 |
|     | Johnny Hansen Boonserm | Holbæk OK       | Ej startet      |                 |       |                |                 |
|     | – (–)                  | – (–)           | – (–)           | – (–)           |       | – (–)          | – (–)           |
|     | – (–)                  | – (–)           | – (–)           | – (–)           |       | – (–)          | – (–)           |
|     | – (–)                  | – (–)           |                 |                 |       |                |                 |

| Bane 8 blå |                        | (16 / 16)       | Tid     | Efter          | Tidstab |                |                |
|------------|------------------------|-----------------|---------|----------------|---------|----------------|----------------|
| 1.         | Ulla Hooge             | OK ØST Birkerød | 42:55   |                | 5:47    |                |                |
|            | 1:51 (1:51)            | 4:58 (6:49)     |         | 3:41 (19:30)   |         | 1:35 (21:05)   | 3:35 (24:40)   |
|            | 3:27 (28:07)           | 2:00 (30:07)    |         | 4:32 (38:07)   |         | 2:47 (40:54)   | 1:35 (42:29)   |
|            | 0:26 (42:55)           |                 |         |                |         |                |                |
| 2.         | Annlou Husen           | Farum OK        | 45:44   | +2:49          | 5:01    |                |                |
|            | 2:11 (2:11)            | 6:00 (8:11)     |         | 2:31 (17:04)   |         | 1:30 (18:34)   | 4:17 (22:51)   |
|            | 4:11 (27:02)           | 2:15 (29:17)    |         | 4:28 (40:35)   |         | 3:01 (43:36)   | 1:33 (45:09)   |
|            | 0:35 (45:44)           |                 |         |                |         |                |                |
| 3.         | OLe Svendsen           | Roskilde OK     | 48:29   | +5:34          | 2:29    |                |                |
|            | 3:03 (3:03)            | 6:45 (9:48)     |         | 3:29 (18:18)   |         | 2:00 (20:18)   | 4:18 (24:36)   |
|            | 5:10 (29:46)           | 2:19 (32:05)    |         | 5:47 (41:49)   |         | 3:33 (45:22)   | 2:26 (47:48)   |
|            | 0:41 (48:29)           |                 |         |                |         |                |                |
| 4.         | Karl Aage Hald         | FSK Orientering | 50:20   | +7:25          | 6:07    |                |                |
|            | 2:36 (2:36)            | 5:55 (8:31)     |         | 3:47 (16:37)   |         | 1:43 (18:20)   | 5:09 (23:29)   |
|            | 4:36 (28:05)           | 3:45 (31:50)    |         | 7:05 (43:32)   |         | 3:54 (47:26)   | 2:14 (49:40)   |
|            | 0:40 (50:20)           |                 |         |                |         |                |                |
| 5.         | Andreas Toft Mikkelsen | Søllerød OK     | 53:05   | +10:10         | 9:12    |                |                |
|            | 2:01 (2:01)            | 6:04 (8:05)     |         | 2:25 (20:34)   |         | 2:01 (22:35)   | 6:17 (28:52)   |
|            | 5:07 (33:59)           | 3:07 (37:06)    |         | 4:55 (46:17)   |         | 4:07 (50:24)   | 2:07 (52:31)   |
|            | 0:34 (53:05)           |                 |         |                |         |                |                |
| 6.         | Jørgen Luxhøj          | Søllerød OK     | 53:25   | +10:30         | 9:22    |                |                |
|            | 2:14 (2:14)            | 5:49 (8:03)     |         | 3:56 (17:43)   |         | 2:21 (20:04)   | 11:45 (31:49)  |
|            | 4:24 (36:13)           | 2:25 (38:38)    |         | 5:23 (47:30)   |         | 3:16 (50:46)   | 1:56 (52:42)   |
|            | 0:43 (53:25)           |                 |         |                |         |                |                |
| 7.         | Inge Madsen            | OK73            | 57:40   | +14:45         | 5:16    |                |                |
|            | 2:48 (2:48)            | 8:16 (11:04)    |         | 4:45 (21:28)   |         | 3:30 (24:58)   | 7:11 (32:09)   |
|            | 5:45 (37:54)           | 3:05 (40:59)    |         | 6:00 (51:05)   |         | 3:44 (54:49)   | 2:14 (57:03)   |
|            | 0:37 (57:40)           |                 |         |                |         |                |                |
| 8.         | Kirsten Truelsen       | Ballerup OK     | 1:02:56 | +20:01         | 5:32    |                |                |
|            | 3:13 (3:13)            | 11:08 (14:21)   |         | 4:37 (24:58)   |         | 2:29 (27:27)   | 5:39 (33:06)   |
|            | 5:52 (38:58)           | 2:43 (41:41)    |         | 8:09 (55:19)   |         | 4:04 (59:23)   | 2:29 (1:01:52) |
|            | 1:04 (1:02:56)         |                 |         |                |         |                |                |
| 9.         | Ilsabe Børsting        | Herlufsholm OK  | 1:09:57 | +27:02         | 10:54   |                |                |
|            | 3:53 (3:53)            | 10:39 (14:32)   |         | 4:31 (27:21)   |         | 7:28 (34:49)   | 5:56 (40:45)   |
|            | 5:46 (46:31)           | 2:41 (49:12)    |         | 6:42 (1:02:28) |         | 4:41 (1:07:09) | 1:59 (1:09:08) |
|            | 0:49 (1:09:57)         |                 |         |                |         |                |                |
| 10.        | Frank Sandgreen        | Jernbanefritid  | 1:12:27 | +29:32         | 6:53    |                |                |
|            | 4:32 (4:32)            | 8:55 (13:27)    |         | 4:49 (28:21)   |         | 2:31 (30:52)   | 7:03 (37:55)   |
|            | 6:36 (44:31)           | 3:09 (47:40)    |         | 8:21 (1:03:10) |         | 4:42 (1:07:52) | 3:29 (1:11:21) |
|            | 1:06 (1:12:27)         |                 |         |                |         |                |                |



|     |                          |                 |                 |                |                |                 |  |
|-----|--------------------------|-----------------|-----------------|----------------|----------------|-----------------|--|
| 11. | Johanne Lind             | Ballerup OK     | 1:14:52         | +31:57         | 19:53          |                 |  |
|     | 2:34 (2:34)              | 7:47 (10:21)    | 5:25 (15:46)    | 10:53 (26:39)  | 5:54 (32:33)   | 8:35 (41:08)    |  |
|     | 5:50 (46:58)             | 2:31 (49:29)    | 9:02 (58:31)    | 6:51 (1:05:22) | 6:31 (1:11:53) | 2:15 (1:14:08)  |  |
|     | 0:44 (1:14:52)           |                 |                 |                |                |                 |  |
| 12. | Betty Folino             | FIF Hillerød    | 1:18:47         | +35:52         | 21:54          |                 |  |
|     | 3:06 (3:06)              | 6:38 (9:44)     | 6:41 (16:25)    | 4:15 (20:40)   | 2:25 (23:05)   | 19:19 (42:24)   |  |
|     | 5:20 (47:44)             | 3:38 (51:22)    | 9:25 (1:00:47)  | 8:40 (1:09:27) | 5:49 (1:15:16) | 2:39 (1:17:55)  |  |
|     | 0:52 (1:18:47)           |                 |                 |                |                |                 |  |
| 13. | Lise Kolte               | FSK Orientering | 1:19:11         | +36:16         | 23:17          |                 |  |
|     | 2:49 (2:49)              | 7:57 (10:46)    | 5:12 (15:58)    | 3:15 (19:13)   | 3:09 (22:22)   | 5:28 (27:50)    |  |
|     | 6:24 (34:14)             | 3:12 (37:26)    | 5:37 (43:03)    | 13:44 (56:47)  | 6:01 (1:02:48) | 15:38 (1:18:26) |  |
|     | 0:45 (1:19:11)           |                 |                 |                |                |                 |  |
| 14. | Michael Galthen Ibsen    | OK73            | 1:20:33         | +37:38         | 37:06          |                 |  |
|     | 2:21 (2:21)              | 8:52 (11:13)    | 3:41 (14:54)    | 4:37 (19:31)   | 2:05 (21:36)   | 35:31 (57:07)   |  |
|     | 4:18 (1:01:25)           | 2:00 (1:03:25)  | 6:34 (1:09:59)  | 4:55 (1:14:54) | 3:09 (1:18:03) | 1:59 (1:20:02)  |  |
|     | 0:31 (1:20:33)           |                 |                 |                |                |                 |  |
|     | Annelise Hansen          | FIF Hillerød    | Fejlklip        |                |                |                 |  |
|     | 2:10 (2:10)              | – (–)           | – (13:03)       | 4:15 (17:18)   | 3:09 (20:27)   | 4:23 (24:50)    |  |
|     | 8:15 (33:05)             | 2:10 (35:15)    | 9:57 (45:12)    | 4:48 (50:00)   | 3:11 (53:11)   | 2:06 (55:17)    |  |
|     | 0:36 (55:53)             |                 |                 |                |                |                 |  |
|     | Jørn Andreasen           | OK73            | Udgået          |                |                |                 |  |
|     | 11:32 (11:32)            | 8:13 (19:45)    | 5:43 (25:28)    | 4:00 (29:28)   | 11:02 (40:30)  | 6:51 (47:21)    |  |
|     | 6:56 (54:17)             | 3:10 (57:27)    | 18:05 (1:15:32) | 5:40 (1:21:12) | – (–)          | – (–)           |  |
|     | – (–)                    |                 |                 |                |                |                 |  |
|     | Anja Mikkelsen           | Søllerød OK     | Ej startet      |                |                |                 |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    |                 |                 |                |                |                 |  |
|     | Inger Jensen             | FSK Orientering | Ej startet      |                |                |                 |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    |                 |                 |                |                |                 |  |
|     | Poul Gregersen           | Ballerup OK     | Ej startet      |                |                |                 |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    |                 |                 |                |                |                 |  |
|     | Rasmus Blomqvist         | AMOK            | Ej startet      |                |                |                 |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    |                 |                 |                |                |                 |  |
|     | Ulrik Danneskiold-Samsøe | Farum OK        | Ej startet      |                |                |                 |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    | – (–)           | – (–)           | – (–)          | – (–)          | – (–)           |  |
|     | – (–)                    |                 |                 |                |                |                 |  |

|                   |                   |                |                |                |                |                |  |
|-------------------|-------------------|----------------|----------------|----------------|----------------|----------------|--|
| <b>Bane 9 gul</b> |                   | <b>(1 / 1)</b> | <b>Tid</b>     | <b>Efter</b>   | <b>Tidstab</b> |                |  |
| 1.                | Jessica Bengtsson | Farum OK       | 1:37:32        |                | 0:00           |                |  |
|                   | 1:48 (1:48)       | 4:10 (5:58)    | 0:57 (6:55)    | 6:22 (13:17)   | 2:05 (15:22)   | 28:27 (43:49)  |  |
|                   | 3:58 (47:47)      | 5:59 (53:46)   | 4:34 (58:20)   | 7:20 (1:05:40) | 5:03 (1:10:43) | 5:41 (1:16:24) |  |
|                   | 4:16 (1:20:40)    | 4:17 (1:24:57) | 6:30 (1:31:27) | 3:11 (1:34:38) | 2:31 (1:37:09) | 0:23 (1:37:32) |  |

|                     |               |                |              |              |                |              |  |
|---------------------|---------------|----------------|--------------|--------------|----------------|--------------|--|
| <b>Bane 12 grøn</b> |               | <b>(2 / 2)</b> | <b>Tid</b>   | <b>Efter</b> | <b>Tidstab</b> |              |  |
| 1.                  | Sara Jensen   | Farum OK       | 28:07        |              | 3:35           |              |  |
|                     | 3:26 (3:26)   | 1:58 (5:24)    | 2:24 (7:48)  | 0:59 (8:47)  | 1:08 (9:55)    | 2:22 (12:17) |  |
|                     | 1:03 (13:20)  | 0:37 (13:57)   | 1:23 (15:20) | 1:01 (16:21) | 2:09 (18:30)   | 1:48 (20:18) |  |
|                     | 2:05 (22:23)  | 0:52 (23:15)   | 1:13 (24:28) | 0:35 (25:03) | 1:06 (26:09)   | 1:25 (27:34) |  |
|                     | 0:33 (28:07)  |                |              |              |                |              |  |
| 2.                  | Max Mandolini |                | 30:38        | +2:31        | 4:29           |              |  |
|                     | 0:52 (0:52)   | 1:26 (2:18)    | 2:07 (4:25)  | 1:21 (5:46)  | 1:59 (7:45)    | 1:51 (9:36)  |  |
|                     | 1:24 (11:00)  | 0:39 (11:39)   | 1:05 (12:44) | 1:29 (14:13) | 2:44 (16:57)   | 2:57 (19:54) |  |
|                     | 2:54 (22:48)  | 1:08 (23:56)   | 1:20 (25:16) | 0:38 (25:54) | 1:47 (27:41)   | 2:20 (30:01) |  |
|                     | 0:37 (30:38)  |                |              |              |                |              |  |