

Resultater – DM MTBO 2026 Lang

2026-06-20

D/H12			(2 / 2)	Tid	Efter	
1.	Viggo Klüver Holm Jensen	Karup OK		54:45		
	0:40 (0:40)	2:18 (2:58)	1:18 (4:16)		1:27 (5:43)	2:02 (7:45)
	4:43 (12:28)	1:46 (14:14)	26:36 (40:50)		3:18 (44:08)	3:48 (47:56)
	4:26 (52:22)	2:10 (54:32)	0:13 (54:45)			
	Theo Brandstrup Fegar	Kolding OK		Udgået		
	1:17 (1:17)	8:27 (9:44)	2:11 (11:55)		2:37 (14:32)	3:44 (18:16)
	15:12 (33:28)	11:12 (44:40)	– (–)		– (–)	– (–)
	– (–)	– (–)	– (1:07:11)			
D14			(1 / 1)	Tid	Efter	
	Rebecca Koch Sørensen	Navet		(47:37)		
	1:13 (1:13)	3:43 (4:56)	3:46 (8:42)		3:27 (12:09)	3:09 (15:18)
	4:20 (19:38)	2:50 (22:28)	1:40 (24:08)		2:23 (26:31)	4:20 (30:51)
	5:14 (36:05)	2:43 (38:48)	2:49 (41:37)		3:04 (44:41)	2:43 (47:24)
	0:13 (47:37)					
D17			(2 / 2)	Tid	Efter	
1.	Melanie Koch Sørensen	Navet		1:33:30		
	1:06 (1:06)	5:26 (6:32)	5:09 (11:41)		4:29 (16:10)	2:44 (18:54)
	2:30 (21:24)	4:32 (25:56)	1:18 (27:14)		1:48 (29:02)	5:41 (34:43)
	3:54 (38:37)	2:10 (40:47)	4:01 (44:48)		7:03 (51:51)	2:03 (53:54)
	3:05 (56:59)	7:05 (1:04:04)	1:54 (1:05:58)		1:59 (1:07:57)	2:04 (1:10:01)
	4:39 (1:14:40)	3:37 (1:18:17)	4:48 (1:23:05)		5:06 (1:28:11)	2:41 (1:30:52)
	2:24 (1:33:16)	0:14 (1:33:30)				
2.	Martha Klüver Holm Jensen	Karup OK		1:51:19	+17:49	
	1:20 (1:20)	6:18 (7:38)	5:46 (13:24)		7:23 (20:47)	3:35 (24:22)
	3:16 (27:38)	5:49 (33:27)	2:39 (36:06)		3:12 (39:18)	6:19 (45:37)
	4:22 (49:59)	2:17 (52:16)	4:24 (56:40)		8:08 (1:04:48)	2:04 (1:06:52)
	2:47 (1:09:39)	8:44 (1:18:23)	2:12 (1:20:35)		1:50 (1:22:25)	3:47 (1:26:12)
	4:50 (1:31:02)	4:07 (1:35:09)	5:24 (1:40:33)		4:23 (1:44:56)	3:18 (1:48:14)
	2:51 (1:51:05)	0:14 (1:51:19)				
D21			(3 / 3)	Tid	Efter	
1.	Cæcilie Rueløkke Christoffersen	OK ØST Birkerød		1:39:12		
	2:23 (2:23)	1:48 (4:11)	4:35 (8:46)		3:27 (12:13)	2:18 (14:31)
	1:58 (16:29)	3:58 (20:27)	1:19 (21:46)		1:52 (23:38)	4:00 (27:38)
	2:55 (30:33)	1:44 (32:17)	2:27 (34:44)		6:15 (40:59)	4:25 (45:24)
	3:32 (48:56)	3:38 (52:34)	1:57 (54:31)		6:09 (1:00:40)	1:41 (1:02:21)
	1:23 (1:03:44)	1:28 (1:05:12)	5:15 (1:10:27)		3:02 (1:13:29)	4:16 (1:17:45)
	2:54 (1:20:39)	3:48 (1:24:27)	3:33 (1:28:00)		6:22 (1:34:22)	4:38 (1:39:00)
	0:12 (1:39:12)					
2.	Nikoline Holm Splittorff	FIF Hillerød		1:46:26	+7:14	
	1:53 (1:53)	1:42 (3:35)	3:57 (7:32)		3:57 (11:29)	2:18 (13:47)
	2:02 (15:49)	4:53 (20:42)	5:16 (25:58)		1:33 (27:31)	4:15 (31:46)
	3:38 (35:24)	1:45 (37:09)	2:26 (39:35)		6:40 (46:15)	4:46 (51:01)
	3:21 (54:22)	3:41 (58:03)	1:51 (59:54)		6:18 (1:06:12)	1:35 (1:07:47)
	1:47 (1:09:34)	1:33 (1:11:07)	5:13 (1:16:20)		3:19 (1:19:39)	4:15 (1:23:54)
	2:51 (1:26:45)	3:34 (1:30:19)	3:36 (1:33:55)		6:50 (1:40:45)	5:27 (1:46:12)
	0:14 (1:46:26)					
3.	Randi Sønderby Petersen	OK Pan		2:24:41	+45:29	
	1:50 (1:50)	10:04 (11:54)	5:21 (17:15)		4:05 (21:20)	4:06 (25:26)
	3:07 (28:33)	5:16 (33:49)	1:45 (35:34)		2:08 (37:42)	5:40 (43:22)
	3:38 (47:00)	3:14 (50:14)	4:20 (54:34)		11:51 (1:06:25)	5:38 (1:12:03)
	5:09 (1:17:12)	4:24 (1:21:36)	2:18 (1:23:54)		8:21 (1:32:15)	2:22 (1:34:37)
	1:53 (1:36:30)	2:29 (1:38:59)	6:42 (1:45:41)		4:25 (1:50:06)	5:11 (1:55:17)
	3:50 (1:59:07)	5:46 (2:04:53)	5:07 (2:10:00)		7:59 (2:17:59)	5:52 (2:23:51)
	0:50 (2:24:41)					

D40**(1 / 1)****Tid****Efter**

1.	Pernille Sommer	OK ØST Birkerød	1:50:18	
	2:10 (2:10)	2:07 (4:17)	5:21 (9:38)	3:06 (12:44)
	1:31 (18:06)	1:55 (20:01)	4:43 (24:44)	3:50 (28:34)
	3:47 (35:48)	8:32 (44:20)	2:05 (46:25)	2:52 (49:17)
	2:00 (1:00:11)	1:42 (1:01:53)	2:12 (1:04:05)	6:55 (1:11:00)
	5:59 (1:21:23)	3:46 (1:25:09)	4:45 (1:29:54)	4:56 (1:34:50)
	6:01 (1:50:03)	0:15 (1:50:18)		9:12 (1:44:02)

D50**(7 / 7)****Tid****Efter**

1.	Nina Hoffmann	OK Sorø	1:48:48	
	1:39 (1:39)	2:20 (3:59)	4:44 (8:43)	2:49 (11:32)
	2:23 (17:39)	1:54 (19:33)	4:45 (24:18)	3:45 (28:03)
	3:59 (34:13)	8:16 (42:29)	1:57 (44:26)	2:56 (47:22)
	2:35 (58:58)	2:06 (1:01:04)	2:11 (1:03:15)	6:09 (1:09:24)
	5:32 (1:18:55)	4:11 (1:23:06)	4:52 (1:27:58)	5:04 (1:33:02)
	6:23 (1:48:33)	0:15 (1:48:48)		9:08 (1:42:10)
2.	Runa Iversen	Horsens OK	2:00:04	+11:16
	1:36 (1:36)	2:14 (3:50)	5:57 (9:47)	3:12 (12:59)
	1:34 (18:45)	2:24 (21:09)	8:04 (29:13)	4:17 (33:30)
	3:19 (40:31)	9:06 (49:37)	2:11 (51:48)	3:17 (55:05)
	2:13 (1:06:10)	2:01 (1:08:11)	2:13 (1:10:24)	7:24 (1:17:48)
	7:28 (1:29:38)	3:55 (1:33:33)	4:52 (1:38:25)	5:27 (1:43:52)
	6:34 (1:59:51)	0:13 (2:00:04)		9:25 (1:53:17)
3.	Katja Brunstedt	OK ØST Birkerød	2:03:16	+14:28
	2:09 (2:09)	2:23 (4:32)	7:15 (11:47)	3:22 (15:09)
	1:53 (22:20)	3:03 (25:23)	5:46 (31:09)	4:58 (36:07)
	4:56 (43:31)	8:52 (52:23)	2:11 (54:34)	3:13 (57:47)
	2:59 (1:09:52)	1:59 (1:11:51)	2:37 (1:14:28)	7:27 (1:21:55)
	5:59 (1:32:24)	3:59 (1:36:23)	5:38 (1:42:01)	5:25 (1:47:26)
	6:34 (2:02:59)	0:17 (2:03:16)		8:59 (1:56:25)
4.	Ulrika Örnhausen Jørgensen	OK Snab	2:26:09	+37:21
	11:15 (11:15)	2:38 (13:53)	6:42 (20:35)	3:34 (24:09)
	4:06 (32:22)	2:59 (35:21)	6:30 (41:51)	4:40 (46:31)
	4:00 (54:51)	9:42 (1:04:33)	2:31 (1:07:04)	3:32 (1:10:36)
	2:41 (1:23:04)	1:57 (1:25:01)	2:11 (1:27:12)	13:02 (1:40:14)
	6:07 (1:53:09)	4:22 (1:57:31)	5:06 (2:02:37)	4:52 (2:07:29)
	8:22 (2:25:48)	0:21 (2:26:09)		9:57 (2:17:26)
5.	Marianne Kjeldsen	Navet	2:36:59	+48:11
	5:15 (5:15)	2:35 (7:50)	7:09 (14:59)	3:19 (18:18)
	2:13 (25:12)	4:13 (29:25)	6:28 (35:53)	4:54 (40:47)
	5:21 (49:35)	8:49 (58:24)	2:30 (1:00:54)	3:26 (1:04:20)
	2:13 (1:16:49)	1:53 (1:18:42)	2:39 (1:21:21)	23:15 (1:44:36)
	7:32 (1:57:18)	4:23 (2:01:41)	12:15 (2:13:56)	6:14 (2:20:10)
	6:45 (2:36:40)	0:19 (2:36:59)		9:45 (2:29:55)
	Anne R. Boye-Møller	Horsens OK	Fejlkli	
	3:58 (3:58)	2:21 (6:19)	5:26 (11:45)	2:56 (14:41)
	4:26 (23:02)	2:16 (25:18)	7:30 (32:48)	4:24 (37:12)
	4:13 (44:56)	11:07 (56:03)	2:14 (58:17)	3:10 (1:01:27)
	2:19 (1:13:43)	1:53 (1:15:36)	2:30 (1:18:06)	23:46 (1:41:52)
	– (–)	– (1:54:01)	5:55 (1:59:56)	7:18 (2:07:14)
	7:21 (2:25:13)	0:17 (2:25:30)		10:38 (2:17:52)
	Katja Reibert Hansen	Allerød OK	Fejlkli	
	12:24 (12:24)	2:08 (14:32)	8:07 (22:39)	– (–)
	– (–)	– (43:57)	6:09 (50:06)	5:37 (55:43)
	3:58 (1:01:59)	8:25 (1:10:24)	2:15 (1:12:39)	3:06 (1:15:45)
	2:31 (1:26:52)	2:38 (1:29:30)	2:32 (1:32:02)	9:06 (1:41:08)
	7:34 (1:56:07)	4:21 (2:00:28)	5:21 (2:05:49)	6:23 (2:12:12)
	10:20 (2:31:21)	0:17 (2:31:38)		8:49 (2:21:01)

D60**(5 / 5)****Tid****Efter**

1.	Tove Sonne Andersen	OK ØST Birkerød	1:50:00	
	1:10 (1:10)	3:26 (4:36)	7:51 (12:27)	4:44 (17:11)
	4:50 (25:18)	7:22 (32:40)	1:31 (34:11)	1:45 (35:56)
	3:46 (46:18)	2:25 (48:43)	4:11 (52:54)	8:47 (1:01:41)
				3:17 (20:28)
				6:36 (42:32)
				2:08 (1:03:49)

	3:02 (1:06:51)	8:59 (1:15:50)	2:49 (1:18:39)	1:42 (1:20:21)	2:00 (1:22:21)
	5:30 (1:27:51)	4:03 (1:31:54)	4:53 (1:36:47)	5:31 (1:42:18)	4:02 (1:46:20)
	3:24 (1:49:44)	0:16 (1:50:00)			
2.	Charlotte Bergmann	Allerød OK	2:00:20	+10:20	
	1:13 (1:13)	3:52 (5:05)	13:38 (18:43)	4:34 (23:17)	3:09 (26:26)
	2:45 (29:11)	5:27 (34:38)	1:40 (36:18)	2:22 (38:40)	5:16 (43:56)
	4:47 (48:43)	2:10 (50:53)	5:19 (56:12)	9:19 (1:05:31)	2:10 (1:07:41)
	3:22 (1:11:03)	9:25 (1:20:28)	2:12 (1:22:40)	2:09 (1:24:49)	2:50 (1:27:39)
	5:35 (1:33:14)	4:54 (1:38:08)	6:00 (1:44:08)	7:56 (1:52:04)	4:22 (1:56:26)
	3:38 (2:00:04)	0:16 (2:00:20)			
3.	Marianne Lynge Krogh	Kolding OK	2:10:41	+20:41	
	1:52 (1:52)	3:48 (5:40)	8:21 (14:01)	5:15 (19:16)	4:21 (23:37)
	2:54 (26:31)	6:45 (33:16)	2:30 (35:46)	3:56 (39:42)	9:42 (49:24)
	5:20 (54:44)	2:52 (57:36)	5:25 (1:03:01)	10:45 (1:13:46)	2:33 (1:16:19)
	3:38 (1:19:57)	11:27 (1:31:24)	3:06 (1:34:30)	2:13 (1:36:43)	2:29 (1:39:12)
	5:31 (1:44:43)	5:09 (1:49:52)	5:15 (1:55:07)	6:09 (2:01:16)	4:45 (2:06:01)
	4:18 (2:10:19)	0:22 (2:10:41)			
4.	Lone Rasmussen	OK Snab	2:27:16	+37:16	
	1:28 (1:28)	6:00 (7:28)	6:14 (13:42)	7:21 (21:03)	5:37 (26:40)
	25:32 (52:12)	6:35 (58:47)	2:10 (1:00:57)	2:12 (1:03:09)	7:18 (1:10:27)
	4:21 (1:14:48)	3:04 (1:17:52)	5:17 (1:23:09)	9:28 (1:32:37)	2:21 (1:34:58)
	3:39 (1:38:37)	9:50 (1:48:27)	2:48 (1:51:15)	2:09 (1:53:24)	2:54 (1:56:18)
	5:11 (2:01:29)	4:39 (2:06:08)	6:58 (2:13:06)	5:47 (2:18:53)	4:08 (2:23:01)
	3:56 (2:26:57)	0:19 (2:27:16)			
5.	Gigi Sucksdorff	Allerød OK	2:30:56	+40:56	
	1:27 (1:27)	6:35 (8:02)	7:53 (15:55)	5:48 (21:43)	5:03 (26:46)
	6:58 (33:44)	6:24 (40:08)	1:52 (42:00)	3:00 (45:00)	8:37 (53:37)
	6:15 (59:52)	2:31 (1:02:23)	10:18 (1:12:41)	13:32 (1:26:13)	2:42 (1:28:55)
	4:01 (1:32:56)	12:34 (1:45:30)	4:03 (1:49:33)	3:16 (1:52:49)	2:49 (1:55:38)
	8:44 (2:04:22)	4:48 (2:09:10)	5:51 (2:15:01)	6:57 (2:21:58)	4:54 (2:26:52)
	3:43 (2:30:35)	0:21 (2:30:56)			
D70		(1 / 1)	Tid	Efter	
	Hanne Birke	Kolding OK	Fejlklip		
	2:51 (2:51)	6:04 (8:55)		11:19 (31:27)	5:18 (36:45)
	2:37 (39:22)	– (–)		8:35 (53:26)	2:53 (56:19)
	4:09 (1:00:28)	4:06 (1:04:34)		7:56 (1:21:09)	4:30 (1:25:39)
	4:14 (1:29:53)	4:58 (1:34:51)		6:24 (1:47:31)	0:19 (1:47:50)
D75		(2 / 2)	Tid	Efter	
1.	Vibeke Vogelius	Silkeborg OK	2:20:15		
	5:04 (5:04)	7:21 (12:25)		8:33 (30:53)	8:12 (39:05)
	4:59 (44:04)	7:02 (51:06)		10:40 (1:05:43)	4:45 (1:10:28)
	6:39 (1:17:07)	5:10 (1:22:17)		9:20 (1:46:27)	6:20 (1:52:47)
	7:45 (2:00:32)	6:12 (2:06:44)		6:55 (2:19:57)	0:18 (2:20:15)
2.	Birgit Hausner	OK S.G.	2:21:49	+1:34	
	8:05 (8:05)	7:04 (15:09)		9:08 (34:03)	7:32 (41:35)
	17:54 (59:29)	7:40 (1:07:09)		9:45 (1:20:33)	3:18 (1:23:51)
	7:13 (1:31:04)	5:04 (1:36:08)		6:59 (1:53:32)	6:18 (1:59:50)
	4:47 (2:04:37)	4:51 (2:09:28)		6:44 (2:21:30)	0:19 (2:21:49)
D80		(1 / 1)	Tid	Efter	
	Ellis Byrgiel Sommer	OK ØST Birkerød	Udgået		
	15:53 (15:53)	13:07 (29:00)		26:25 (1:20:31)	20:38 (1:41:09)
	– (–)	– (–)		– (–)	– (–)
	– (2:18:07)	– (–)		– (–)	– (–)
	– (2:28:35)	0:41 (2:29:16)			
H17		(1 / 1)	Tid	Efter	
1.	Oliver Koch Sørensen	Navet	2:02:50		
	1:36 (1:36)	4:11 (5:47)		2:54 (15:17)	9:55 (25:12)
	1:31 (26:43)	1:39 (28:22)		3:39 (46:57)	2:28 (49:25)
	2:55 (52:20)	6:19 (58:39)		2:32 (1:03:02)	9:59 (1:13:01)
	1:36 (1:14:37)	1:57 (1:16:34)		5:37 (1:24:04)	9:21 (1:33:25)
	4:47 (1:38:12)	4:16 (1:42:28)		4:06 (1:51:05)	6:37 (1:57:42)
	4:55 (2:02:37)	0:13 (2:02:50)			

H20	(1 / 1)			Tid	Efter
1.	Kristoffer Sundstrup Markussen	OK ØST Birkerød		1:43:36	
	1:36 (1:36)	2:07 (3:43)	4:21 (8:04)	3:53 (11:57)	3:00 (14:57)
	3:22 (18:19)	4:08 (22:27)	3:22 (25:49)	1:37 (27:26)	4:36 (32:02)
	3:09 (35:11)	1:40 (36:51)	3:25 (40:16)	6:34 (46:50)	1:43 (48:33)
	2:32 (51:05)	6:10 (57:15)	2:16 (59:31)	1:45 (1:01:16)	1:38 (1:02:54)
	5:53 (1:08:47)	4:31 (1:13:18)	5:04 (1:18:22)	2:57 (1:21:19)	3:43 (1:25:02)
	4:14 (1:29:16)	7:13 (1:36:29)	6:52 (1:43:21)	0:15 (1:43:36)	

H21	(5 / 5)			Tid	Efter
1.	Oliver Friis	Navet		1:50:23	
	1:09 (1:09)	1:55 (3:04)	4:18 (7:22)	3:29 (10:51)	2:03 (12:54)
	1:10 (14:04)	1:22 (15:26)	3:48 (19:14)	4:18 (23:32)	4:09 (27:41)
	3:48 (31:29)	2:05 (33:34)	2:32 (36:06)	5:56 (42:02)	4:21 (46:23)
	3:09 (49:32)	3:21 (52:53)	1:46 (54:39)	5:48 (1:00:27)	1:37 (1:02:04)
	1:36 (1:03:40)	1:35 (1:05:15)	4:59 (1:10:14)	3:09 (1:13:23)	5:19 (1:18:42)
	2:49 (1:21:31)	5:56 (1:27:27)	1:50 (1:29:17)	5:36 (1:34:53)	3:28 (1:38:21)
	6:36 (1:44:57)	5:07 (1:50:04)	0:19 (1:50:23)		

2.	Jørn Svensen	Navet		2:06:23	+16:00
	1:15 (1:15)	2:05 (3:20)	4:15 (7:35)	3:46 (11:21)	3:37 (14:58)
	1:22 (16:20)	1:37 (17:57)	4:21 (22:18)	5:04 (27:22)	4:44 (32:06)
	5:07 (37:13)	1:56 (39:09)	2:46 (41:55)	7:07 (49:02)	5:12 (54:14)
	3:52 (58:06)	3:40 (1:01:46)	1:53 (1:03:39)	7:17 (1:10:56)	1:54 (1:12:50)
	1:43 (1:14:33)	2:03 (1:16:36)	6:23 (1:22:59)	3:46 (1:26:45)	4:45 (1:31:30)
	3:18 (1:34:48)	4:13 (1:39:01)	2:07 (1:41:08)	7:29 (1:48:37)	4:28 (1:53:05)
	7:34 (2:00:39)	5:29 (2:06:08)	0:15 (2:06:23)		

3.	Jacob Skovsgaard	Navet		2:19:28	+29:05
	1:26 (1:26)	4:55 (6:21)	5:12 (11:33)	3:52 (15:25)	2:20 (17:45)
	2:17 (20:02)	1:51 (21:53)	6:20 (28:13)	5:14 (33:27)	4:53 (38:20)
	4:19 (42:39)	1:52 (44:31)	2:52 (47:23)	8:25 (55:48)	5:04 (1:00:52)
	4:23 (1:05:15)	4:11 (1:09:26)	2:06 (1:11:32)	8:31 (1:20:03)	1:46 (1:21:49)
	1:57 (1:23:46)	1:44 (1:25:30)	6:47 (1:32:17)	3:33 (1:35:50)	4:58 (1:40:48)
	3:23 (1:44:11)	4:07 (1:48:18)	2:44 (1:51:02)	8:03 (1:59:05)	6:45 (2:05:50)
	7:36 (2:13:26)	5:47 (2:19:13)	0:15 (2:19:28)		

4.	Lukas Wilms	Kieler RV		2:30:37	+40:14
	8:41 (8:41)	3:43 (12:24)	4:41 (17:05)	4:28 (21:33)	7:33 (29:06)
	1:51 (30:57)	2:03 (33:00)	6:40 (39:40)	5:16 (44:56)	4:28 (49:24)
	4:08 (53:32)	1:41 (55:13)	8:07 (1:03:20)	7:06 (1:10:26)	4:47 (1:15:13)
	3:32 (1:18:45)	3:38 (1:22:23)	1:58 (1:24:21)	7:19 (1:31:40)	2:11 (1:33:51)
	1:35 (1:35:26)	3:30 (1:38:56)	5:45 (1:44:41)	3:19 (1:48:00)	4:30 (1:52:30)
	4:35 (1:57:05)	7:44 (2:04:49)	3:07 (2:07:56)	6:41 (2:14:37)	4:19 (2:18:56)
	6:36 (2:25:32)	4:53 (2:30:25)	0:12 (2:30:37)		

	Mads Ellegaard Juhl	OK H.T.F.		Udgået	
	3:42 (3:42)	5:02 (8:44)	10:54 (19:38)	6:31 (26:09)	4:46 (30:55)
	4:51 (35:46)	3:58 (39:44)	6:32 (46:16)	7:19 (53:35)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (1:32:54)		

	Bjarne Hoffmann	Navet		Ej startet	
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)

H40	(4 / 4)			Tid	Efter
1.	Thomas Hjort	Silkeborg OK		1:46:29	
	1:22 (1:22)	1:50 (3:12)	5:07 (8:19)	3:57 (12:16)	2:12 (14:28)
	1:50 (16:18)	3:59 (20:17)	1:03 (21:20)	1:12 (22:32)	5:27 (27:59)
	4:16 (32:15)	1:51 (34:06)	2:55 (37:01)	6:24 (43:25)	4:41 (48:06)
	3:11 (51:17)	3:22 (54:39)	1:46 (56:25)	9:45 (1:06:10)	1:24 (1:07:34)

	1:47 (1:09:21)	1:26 (1:10:47)	5:28 (1:16:15)	3:16 (1:19:31)	4:17 (1:23:48)
	2:49 (1:26:37)	3:29 (1:30:06)	5:21 (1:35:27)	6:19 (1:41:46)	4:30 (1:46:16)
	0:13 (1:46:29)				
2.	Martin Havreballe Hansen	OK FROS	2:24:00	+37:31	
	1:54 (1:54)	2:22 (4:16)	5:23 (9:39)	4:54 (14:33)	2:50 (17:23)
	3:10 (20:33)	5:12 (25:45)	1:33 (27:18)	2:07 (29:25)	5:25 (34:50)
	6:18 (41:08)	2:15 (43:23)	3:02 (46:25)	9:00 (55:25)	6:11 (1:01:36)
	5:35 (1:07:11)	4:31 (1:11:42)	2:20 (1:14:02)	9:08 (1:23:10)	2:02 (1:25:12)
	2:03 (1:27:15)	2:04 (1:29:19)	10:21 (1:39:40)	4:40 (1:44:20)	7:50 (1:52:10)
	4:25 (1:56:35)	5:30 (2:02:05)	5:07 (2:07:12)	9:43 (2:16:55)	6:48 (2:23:43)
	0:17 (2:24:00)				
3.	Rasmus Klüver Jensen	Karup OK	2:30:23	+43:54	
	1:48 (1:48)	2:02 (3:50)	5:35 (9:25)	4:20 (13:45)	3:32 (17:17)
	3:01 (20:18)	4:08 (24:26)	1:08 (25:34)	1:38 (27:12)	5:43 (32:55)
	6:47 (39:42)	2:26 (42:08)	30:13 (1:12:21)	9:14 (1:21:35)	5:09 (1:26:44)
	4:08 (1:30:52)	3:41 (1:34:33)	2:02 (1:36:35)	7:14 (1:43:49)	1:48 (1:45:37)
	1:31 (1:47:08)	1:54 (1:49:02)	7:03 (1:56:05)	3:54 (1:59:59)	4:50 (2:04:49)
	4:53 (2:09:42)	4:00 (2:13:42)	4:32 (2:18:14)	7:01 (2:25:15)	4:53 (2:30:08)
	0:15 (2:30:23)				
4.	Daniel Øland Vonboe	(ingen klub)	2:58:23	+1:11:54	
	2:29 (2:29)	2:18 (4:47)	5:16 (10:03)	4:22 (14:25)	2:40 (17:05)
	3:11 (20:16)	6:07 (26:23)	1:29 (27:52)	2:11 (30:03)	5:59 (36:02)
	3:30 (39:32)	2:13 (41:45)	29:10 (1:10:55)	7:56 (1:18:51)	7:07 (1:25:58)
	6:13 (1:32:11)	5:15 (1:37:26)	2:18 (1:39:44)	14:01 (1:53:45)	2:37 (1:56:22)
	1:51 (1:58:13)	1:59 (2:00:12)	15:23 (2:15:35)	4:04 (2:19:39)	5:34 (2:25:13)
	6:19 (2:31:32)	5:21 (2:36:53)	5:30 (2:42:23)	8:36 (2:50:59)	7:06 (2:58:05)
	0:18 (2:58:23)				
H50		(5 / 5)	Tid	Efter	
1.	Peter Reibert Hansen	Allerød OK	1:36:10		
	1:35 (1:35)	1:38 (3:13)	4:05 (7:18)	3:21 (10:39)	2:17 (12:56)
	1:54 (14:50)	3:55 (18:45)	2:38 (21:23)	1:18 (22:41)	4:06 (26:47)
	2:42 (29:29)	1:33 (31:02)	2:12 (33:14)	6:16 (39:30)	4:26 (43:56)
	3:07 (47:03)	3:20 (50:23)	1:39 (52:02)	5:58 (58:00)	1:22 (59:22)
	1:17 (1:00:39)	1:23 (1:02:02)	5:19 (1:07:21)	3:46 (1:11:07)	4:11 (1:15:18)
	2:41 (1:17:59)	3:18 (1:21:17)	4:08 (1:25:25)	6:08 (1:31:33)	4:24 (1:35:57)
	0:13 (1:36:10)				
2.	Claus Rasmussen	OK Roskilde	1:44:23	+8:13	
	1:18 (1:18)	1:54 (3:12)	4:22 (7:34)	3:39 (11:13)	2:37 (13:50)
	1:46 (15:36)	3:37 (19:13)	2:08 (21:21)	1:28 (22:49)	3:50 (26:39)
	2:54 (29:33)	1:40 (31:13)	2:16 (33:29)	6:20 (39:49)	4:33 (44:22)
	3:35 (47:57)	3:32 (51:29)	1:57 (53:26)	6:35 (1:00:01)	1:38 (1:01:39)
	1:17 (1:02:56)	1:26 (1:04:22)	5:15 (1:09:37)	3:27 (1:13:04)	6:09 (1:19:13)
	3:08 (1:22:21)	4:35 (1:26:56)	4:45 (1:31:41)	7:15 (1:38:56)	5:11 (1:44:07)
	0:16 (1:44:23)				
3.	Ulrich Ghisler	Allerød OK	1:54:57	+18:47	
	1:34 (1:34)	2:09 (3:43)	5:36 (9:19)	3:19 (12:38)	4:12 (16:50)
	7:09 (23:59)	3:53 (27:52)	2:34 (30:26)	1:35 (32:01)	3:44 (35:45)
	3:43 (39:28)	1:32 (41:00)	2:53 (43:53)	6:04 (49:57)	4:34 (54:31)
	3:12 (57:43)	2:58 (1:00:41)	8:48 (1:09:29)	6:06 (1:15:35)	1:44 (1:17:19)
	1:30 (1:18:49)	1:34 (1:20:23)	5:31 (1:25:54)	3:04 (1:28:58)	4:03 (1:33:01)
	2:59 (1:36:00)	4:05 (1:40:05)	4:29 (1:44:34)	5:57 (1:50:31)	4:05 (1:54:36)
	0:21 (1:54:57)				
4.	Morten Bang Nørgaard	OK ØST Birkerød	2:04:04	+27:54	
	1:17 (1:17)	2:15 (3:32)	4:24 (7:56)	3:35 (11:31)	2:58 (14:29)
	2:30 (16:59)	4:11 (21:10)	1:27 (22:37)	1:30 (24:07)	5:13 (29:20)
	3:53 (33:13)	1:45 (34:58)	2:43 (37:41)	6:52 (44:33)	5:01 (49:34)
	4:09 (53:43)	3:54 (57:37)	2:15 (59:52)	7:18 (1:07:10)	1:35 (1:08:45)
	1:25 (1:10:10)	1:45 (1:11:55)	6:53 (1:18:48)	6:39 (1:25:27)	4:50 (1:30:17)
	3:24 (1:33:41)	4:21 (1:38:02)	10:37 (1:48:39)	10:16 (1:58:55)	4:55 (2:03:50)
	0:14 (2:04:04)				
5.	Poul Mouritsen	Silkeborg OK	2:06:47	+30:37	
	2:03 (2:03)	4:13 (6:16)	5:01 (11:17)	4:33 (15:50)	3:14 (19:04)
	2:02 (21:06)	4:50 (25:56)	1:33 (27:29)	1:34 (29:03)	4:43 (33:46)
	3:49 (37:35)	1:43 (39:18)	5:03 (44:21)	9:37 (53:58)	6:24 (1:00:22)
	4:43 (1:05:05)	3:56 (1:09:01)	2:12 (1:11:13)	7:20 (1:18:33)	1:41 (1:20:14)

1:33 (1:21:47)	1:43 (1:23:30)	6:11 (1:29:41)	5:35 (1:35:16)	5:58 (1:41:14)
3:23 (1:44:37)	4:10 (1:48:47)	4:05 (1:52:52)	7:59 (2:00:51)	5:40 (2:06:31)
0:16 (2:06:47)				
Michael Lindholm	Navet	Ej startet		
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)

H60	(13 / 13)	Tid	Efter
1. Jan Møller	Navet	1:37:02	
1:32 (1:32)	1:47 (3:19)	4:33 (7:52)	3:41 (11:33)
2:04 (16:06)	4:23 (20:29)	1:10 (21:39)	1:34 (23:13)
3:07 (30:32)	1:49 (32:21)	2:40 (35:01)	6:58 (41:59)
2:44 (46:26)	7:05 (53:31)	1:52 (55:23)	1:34 (56:57)
5:54 (1:04:27)	3:38 (1:08:05)	4:58 (1:13:03)	3:22 (1:16:25)
3:58 (1:24:51)	7:07 (1:31:58)	4:52 (1:36:50)	0:12 (1:37:02)
2. Bjarke Sucksdorff	Allerød OK	1:44:09	+7:07
1:44 (1:44)	1:39 (3:23)	7:16 (10:39)	3:49 (14:28)
3:00 (20:20)	4:09 (24:29)	1:12 (25:41)	1:43 (27:24)
3:08 (35:05)	1:46 (36:51)	2:47 (39:38)	7:02 (46:40)
2:49 (51:25)	7:14 (58:39)	1:52 (1:00:31)	1:38 (1:02:09)
5:49 (1:09:36)	4:17 (1:13:53)	5:37 (1:19:30)	3:23 (1:22:53)
4:06 (1:31:22)	7:08 (1:38:30)	5:24 (1:43:54)	0:15 (1:44:09)
3. Troels Bent Hansen	Allerød OK	1:47:26	+10:24
1:29 (1:29)	3:23 (4:52)	4:53 (9:45)	3:28 (13:13)
2:05 (18:13)	4:07 (22:20)	1:07 (23:27)	1:52 (25:19)
3:36 (33:41)	1:52 (35:33)	2:57 (38:30)	6:42 (45:12)
2:32 (49:33)	6:58 (56:31)	1:42 (58:13)	1:25 (59:38)
7:31 (1:09:37)	8:20 (1:17:57)	5:03 (1:23:00)	3:12 (1:26:12)
4:53 (1:35:12)	6:59 (1:42:11)	5:01 (1:47:12)	0:14 (1:47:26)
4. Bjørn Sommer	1900 Orientering	1:57:23	+20:21
3:18 (3:18)	1:47 (5:05)	7:14 (12:19)	3:56 (16:15)
3:16 (22:01)	4:38 (26:39)	2:03 (28:42)	1:42 (30:24)
3:51 (39:34)	2:21 (41:55)	4:21 (46:16)	7:26 (53:42)
2:53 (58:40)	8:33 (1:07:13)	2:15 (1:09:28)	1:43 (1:11:11)
8:03 (1:21:01)	3:54 (1:24:55)	5:10 (1:30:05)	3:36 (1:33:41)
5:06 (1:43:24)	8:04 (1:51:28)	5:41 (1:57:09)	0:14 (1:57:23)
5. Jens Bentsen	OK ØST Birkerød	2:15:48	+38:46
2:15 (2:15)	2:50 (5:05)	5:54 (10:59)	4:41 (15:40)
3:39 (22:52)	5:59 (28:51)	2:09 (31:00)	2:40 (33:40)
5:30 (44:38)	2:40 (47:18)	3:56 (51:14)	8:28 (59:42)
3:39 (1:05:26)	10:04 (1:15:30)	2:39 (1:18:09)	2:07 (1:20:16)
9:15 (1:32:23)	4:38 (1:37:01)	6:08 (1:43:09)	4:10 (1:47:19)
5:16 (1:58:22)	9:55 (2:08:17)	7:11 (2:15:28)	0:20 (2:15:48)
6. Steen Leisner Larsen	Allerød OK	2:23:18	+46:16
2:33 (2:33)	2:27 (5:00)	6:08 (11:08)	6:22 (17:30)
3:14 (24:34)	6:03 (30:37)	1:37 (32:14)	2:27 (34:41)
5:17 (46:20)	2:24 (48:44)	3:53 (52:37)	9:33 (1:02:10)
3:17 (1:07:46)	10:44 (1:18:30)	2:16 (1:20:46)	2:11 (1:22:57)
9:04 (1:34:49)	4:57 (1:39:46)	7:30 (1:47:16)	5:36 (1:52:52)
6:03 (2:05:42)	10:23 (2:16:05)	6:55 (2:23:00)	0:18 (2:23:18)
7. Niels Nygaard Jensen	OK Snab	2:24:19	+47:17
3:05 (3:05)	2:50 (5:55)	5:52 (11:47)	4:49 (16:36)
2:40 (22:27)	5:30 (27:57)	1:55 (29:52)	2:10 (32:02)
4:03 (42:09)	3:02 (45:11)	3:21 (48:32)	8:54 (57:26)
3:29 (1:03:12)	9:53 (1:13:05)	2:31 (1:15:36)	2:03 (1:17:39)
10:13 (1:30:23)	4:50 (1:35:13)	7:41 (1:42:54)	5:37 (1:48:31)
8:20 (2:04:03)	12:20 (2:16:23)	7:35 (2:23:58)	0:21 (2:24:19)
Jens Jørgen Hansen	HAGI	Fejlklip	
6:19 (6:19)	2:27 (8:46)	4:37 (13:23)	4:14 (17:37)
2:16 (22:38)	4:21 (26:59)	– (–)	– (29:46)
3:46 (37:52)	2:22 (40:14)	2:38 (42:52)	8:02 (50:54)

2:24 (54:58)	6:55 (1:01:53)	1:49 (1:03:42)	1:24 (1:05:06)	1:37 (1:06:43)
5:31 (1:12:14)	3:13 (1:15:27)	4:37 (1:20:04)	3:45 (1:23:49)	3:38 (1:27:27)
3:45 (1:31:12)	6:58 (1:38:10)	5:00 (1:43:10)	0:13 (1:43:23)	
Anker Møller	Silkeborg OK		Udgået	
15:10 (15:10)	4:29 (19:39)	5:28 (25:07)	4:22 (29:29)	3:42 (33:11)
4:43 (37:54)	5:15 (43:09)	1:49 (44:58)	2:35 (47:33)	6:51 (54:24)
5:02 (59:26)	2:11 (1:01:37)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (1:21:14)	0:18 (1:21:32)	
Jørgen Schnack	Aalborg OK		Udgået	
1:19 (1:19)	1:29 (2:48)	4:15 (7:03)	3:20 (10:23)	14:14 (24:37)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (51:20)	
Kim Rud	Kolding OK		Udgået	
2:19 (2:19)	3:02 (5:21)	6:19 (11:40)	5:02 (16:42)	3:28 (20:10)
14:40 (34:50)	5:30 (40:20)	1:40 (42:00)	2:11 (44:11)	6:27 (50:38)
5:15 (55:53)	2:18 (58:11)	3:26 (1:01:37)	9:34 (1:11:11)	2:25 (1:13:36)
4:17 (1:17:53)	11:44 (1:29:37)	3:02 (1:32:39)	2:10 (1:34:49)	2:33 (1:37:22)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (1:45:26)	0:19 (1:45:45)	
Søren Tarp	OK Pan		Udgået	
2:19 (2:19)	2:50 (5:09)	5:37 (10:46)	4:27 (15:13)	4:09 (19:22)
4:43 (24:05)	5:11 (29:16)	1:32 (30:48)	5:46 (36:34)	6:02 (42:36)
4:38 (47:14)	2:28 (49:42)	– (–)	– (1:15:31)	2:19 (1:17:50)
3:14 (1:21:04)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (1:28:37)	0:33 (1:29:10)	
Uffe Spanner	OK Pan		Udgået	
2:42 (2:42)	4:12 (6:54)	6:41 (13:35)	4:44 (18:19)	4:42 (23:01)
3:11 (26:12)	6:34 (32:46)	3:05 (35:51)	2:42 (38:33)	8:20 (46:53)
5:58 (52:51)	2:39 (55:30)	10:23 (1:05:53)	9:13 (1:15:06)	2:22 (1:17:28)
3:42 (1:21:10)	10:41 (1:31:51)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (1:40:22)	1:13 (1:41:35)	
Michael Jonsen	Allerød OK		Ej startet	
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)

H70

	(5 / 5)		Tid	Efter
1. Jens Kristian Kjærgaard	OK Pan		1:49:12	
1:50 (1:50)	2:08 (3:58)	5:01 (8:59)		2:54 (11:53)
1:26 (17:18)	1:45 (19:03)	5:00 (24:03)		3:30 (27:33)
4:47 (34:19)	7:38 (41:57)	1:59 (43:56)		3:06 (47:02)
1:58 (56:55)	2:00 (58:55)	2:05 (1:01:00)		7:45 (1:08:45)
5:35 (1:18:19)	3:57 (1:22:16)	5:45 (1:28:01)		6:55 (1:34:56)
5:53 (1:48:56)	0:16 (1:49:12)			8:07 (1:43:03)
2. Knud Jespersen	OK Snab		2:07:14	+18:02
2:38 (2:38)	2:19 (4:57)	8:37 (13:34)		3:12 (16:46)
1:40 (23:54)	2:06 (26:00)	7:09 (33:09)		4:23 (37:32)
4:02 (44:33)	7:55 (52:28)	2:43 (55:11)		3:04 (58:15)
2:49 (1:11:13)	2:07 (1:13:20)	2:36 (1:15:56)		8:37 (1:24:33)
6:03 (1:36:14)	4:08 (1:40:22)	5:50 (1:46:12)		5:14 (1:51:26)
6:22 (2:06:56)	0:18 (2:07:14)			9:08 (2:00:34)
3. Per Seidelin	Lyngby OK		2:29:42	+40:30
2:01 (2:01)	2:01 (4:02)	7:46 (11:48)		3:55 (15:43)
3:24 (25:07)	2:15 (27:22)	6:04 (33:26)		6:12 (39:38)
10:08 (53:37)	10:14 (1:03:51)	2:59 (1:06:50)		3:42 (1:10:32)
2:30 (1:23:34)	2:12 (1:25:46)	3:04 (1:28:50)		16:39 (1:45:29)
				4:33 (1:50:02)

	6:34 (1:56:36)	4:25 (2:01:01)	5:00 (2:06:01)	6:05 (2:12:06)	9:56 (2:22:02)
	7:23 (2:29:25)	0:17 (2:29:42)			
4.	Jørgen Nielsen	Allerød OK	2:33:26	+44:14	
	12:33 (12:33)	1:44 (14:17)	9:53 (24:10)	5:45 (29:55)	4:40 (34:35)
	5:31 (40:06)	2:17 (42:23)	5:58 (48:21)	4:59 (53:20)	2:22 (55:42)
	5:03 (1:00:45)	9:13 (1:09:58)	2:46 (1:12:44)	3:41 (1:16:25)	10:12 (1:26:37)
	2:20 (1:28:57)	3:01 (1:31:58)	2:48 (1:34:46)	8:02 (1:42:48)	6:52 (1:49:40)
	6:47 (1:56:27)	4:11 (2:00:38)	5:05 (2:05:43)	5:11 (2:10:54)	10:02 (2:20:56)
	12:03 (2:32:59)	0:27 (2:33:26)			
	Torben Hansen	OK FROS	Udgået		
	2:53 (2:53)	2:40 (5:33)	6:29 (12:02)	4:54 (16:56)	5:16 (22:12)
	2:04 (24:16)	3:18 (27:34)	10:22 (37:56)	5:28 (43:24)	2:38 (46:02)
	4:45 (50:47)	13:27 (1:04:14)	2:20 (1:06:34)	3:58 (1:10:32)	13:45 (1:24:17)
	4:06 (1:28:23)	3:42 (1:32:05)	4:16 (1:36:21)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (1:58:52)	0:20 (1:59:12)			

H75		(7 / 7)	Tid	Efter	
1.	Niels Duedahl	OK ØST Birkerød	1:40:52		
	1:05 (1:05)	3:05 (4:10)	4:59 (9:09)	5:29 (14:38)	2:43 (17:21)
	2:32 (19:53)	4:35 (24:28)	2:40 (27:08)	1:58 (29:06)	4:55 (34:01)
	4:00 (38:01)	3:00 (41:01)	3:43 (44:44)	7:17 (52:01)	2:07 (54:08)
	2:40 (56:48)	7:34 (1:04:22)	1:45 (1:06:07)	1:51 (1:07:58)	2:14 (1:10:12)
	4:22 (1:14:34)	3:35 (1:18:09)	10:18 (1:28:27)	5:44 (1:34:11)	3:31 (1:37:42)
	2:56 (1:40:38)	0:14 (1:40:52)			
2.	Kurt Finn Petersen	Fyns PI	1:52:02	+11:10	
	1:15 (1:15)	3:22 (4:37)	6:22 (10:59)	4:33 (15:32)	3:27 (18:59)
	3:33 (22:32)	5:11 (27:43)	1:28 (29:11)	2:10 (31:21)	5:39 (37:00)
	4:30 (41:30)	4:27 (45:57)	5:15 (51:12)	8:16 (59:28)	2:17 (1:01:45)
	3:28 (1:05:13)	8:25 (1:13:38)	2:31 (1:16:09)	2:14 (1:18:23)	2:28 (1:20:51)
	7:11 (1:28:02)	4:24 (1:32:26)	6:12 (1:38:38)	5:34 (1:44:12)	3:34 (1:47:46)
	3:55 (1:51:41)	0:21 (1:52:02)			
3.	Klaus Olsen	THOK	2:07:02	+26:10	
	1:27 (1:27)	4:04 (5:31)	6:52 (12:23)	5:32 (17:55)	5:02 (22:57)
	3:14 (26:11)	6:30 (32:41)	2:05 (34:46)	2:54 (37:40)	7:01 (44:41)
	5:18 (49:59)	2:38 (52:37)	4:54 (57:31)	10:18 (1:07:49)	2:40 (1:10:29)
	3:50 (1:14:19)	10:19 (1:24:38)	3:08 (1:27:46)	2:52 (1:30:38)	2:38 (1:33:16)
	6:57 (1:40:13)	4:51 (1:45:04)	5:55 (1:50:59)	7:25 (1:58:24)	4:31 (2:02:55)
	3:50 (2:06:45)	0:17 (2:07:02)			
4.	Palle Sørensen	Navet	2:13:06	+32:14	
	1:16 (1:16)	3:07 (4:23)	5:30 (9:53)	5:00 (14:53)	3:47 (18:40)
	7:15 (25:55)	5:36 (31:31)	1:57 (33:28)	6:26 (39:54)	7:42 (47:36)
	4:29 (52:05)	2:35 (54:40)	4:39 (59:19)	9:55 (1:09:14)	2:26 (1:11:40)
	3:32 (1:15:12)	10:45 (1:25:57)	5:32 (1:31:29)	2:41 (1:34:10)	2:38 (1:36:48)
	7:29 (1:44:17)	6:37 (1:50:54)	7:19 (1:58:13)	7:00 (2:05:13)	4:01 (2:09:14)
	3:33 (2:12:47)	0:19 (2:13:06)			
5.	Christian Strandgaard	Allerød OK	2:14:42	+33:50	
	1:19 (1:19)	3:14 (4:33)	6:37 (11:10)	5:24 (16:34)	4:25 (20:59)
	6:41 (27:40)	6:19 (33:59)	1:55 (35:54)	2:51 (38:45)	8:15 (47:00)
	8:18 (55:18)	2:37 (57:55)	4:28 (1:02:23)	10:05 (1:12:28)	2:33 (1:15:01)
	4:22 (1:19:23)	10:07 (1:29:30)	3:07 (1:32:37)	2:12 (1:34:49)	2:25 (1:37:14)
	7:07 (1:44:21)	5:02 (1:49:23)	5:39 (1:55:02)	10:21 (2:05:23)	4:47 (2:10:10)
	4:11 (2:14:21)	0:21 (2:14:42)			
6.	Erik Damgaard	Fyns PI	2:17:43	+36:51	
	1:24 (1:24)	3:37 (5:01)	8:42 (13:43)	4:52 (18:35)	3:25 (22:00)
	2:59 (24:59)	5:40 (30:39)	3:05 (33:44)	2:49 (36:33)	12:16 (48:49)
	7:37 (56:26)	3:39 (1:00:05)	8:15 (1:08:20)	13:26 (1:21:46)	2:36 (1:24:22)
	3:35 (1:27:57)	10:26 (1:38:23)	3:42 (1:42:05)	2:34 (1:44:39)	2:37 (1:47:16)
	5:41 (1:52:57)	5:35 (1:58:32)	5:44 (2:04:16)	5:18 (2:09:34)	4:10 (2:13:44)
	3:41 (2:17:25)	0:18 (2:17:43)			
	Jes Henrik Steen	OK ØST Birkerød	Udgået		
	1:18 (1:18)	3:45 (5:03)	9:12 (14:15)	5:25 (19:40)	6:23 (26:03)
	3:28 (29:31)	6:46 (36:17)	13:21 (49:38)	4:04 (53:42)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (1:05:03)	0:35 (1:05:38)			

H80		(5 / 5)		Tid	Efter
1.	Per Allan Pedersen	OK FROS		1:55:29	
	5:53 (5:53)	5:27 (11:20)	9:17 (20:37)	6:40 (27:17)	7:45 (35:02)
	4:40 (39:42)	5:50 (45:32)	3:27 (48:59)	8:21 (57:20)	2:32 (59:52)
	4:03 (1:03:55)	4:28 (1:08:23)	8:18 (1:16:41)	7:16 (1:23:57)	5:29 (1:29:26)
	4:31 (1:33:57)	5:43 (1:39:40)	8:06 (1:47:46)	7:20 (1:55:06)	0:23 (1:55:29)
2.	Ole Hoffmann	OK FROS		2:25:46	+30:17
	4:43 (4:43)	7:11 (11:54)	13:09 (25:03)	7:46 (32:49)	5:36 (38:25)
	18:18 (56:43)	8:05 (1:04:48)	4:11 (1:08:59)	11:16 (1:20:15)	3:43 (1:23:58)
	6:01 (1:29:59)	4:15 (1:34:14)	10:17 (1:44:31)	7:41 (1:52:12)	5:21 (1:57:33)
	6:04 (2:03:37)	6:52 (2:10:29)	7:06 (2:17:35)	7:51 (2:25:26)	0:20 (2:25:46)
	Jan Hausner	OK S.G.		Udgået	
	– (–)	– (14:37)	15:32 (30:09)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (41:50)	0:30 (42:20)
	John Rasmussen	Navet		Udgået	
	2:59 (2:59)	5:37 (8:36)	12:34 (21:10)	10:40 (31:50)	7:47 (39:37)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (1:18:05)	0:22 (1:18:27)
	Poul Nøhr	Silkeborg OK		Udgået	
	3:01 (3:01)	9:25 (12:26)	9:04 (21:30)	9:01 (30:31)	8:56 (39:27)
	3:51 (43:18)	6:59 (50:17)	4:33 (54:50)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (1:20:13)

Motion Kort		(2 / 2)		Tid	Efter
1.	Carl Peter Noe	Silkeborg OK		1:41:07	
	4:46 (4:46)	4:51 (9:37)	8:44 (18:21)	7:06 (25:27)	5:34 (31:01)
	2:11 (33:12)	6:03 (39:15)	3:36 (42:51)	8:30 (51:21)	3:19 (54:40)
	4:32 (59:12)	3:51 (1:03:03)	7:38 (1:10:41)	6:28 (1:17:09)	4:51 (1:22:00)
	4:06 (1:26:06)	4:31 (1:30:37)	4:35 (1:35:12)	5:37 (1:40:49)	0:18 (1:41:07)
	Sanne Fisker	Lyngby OK		Udgået	
	6:20 (6:20)	8:04 (14:24)	13:31 (27:55)	14:43 (42:38)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (1:04:56)	0:22 (1:05:18)

Motion Lang		(1 / 1)		Tid	Efter
1.	Flemming Jørgensen	OK Snab		1:37:55	
	1:56 (1:56)	2:00 (3:56)	4:42 (8:38)	2:47 (11:25)	4:20 (15:45)
	1:15 (17:00)	– (–)	– (23:24)	3:38 (27:02)	1:59 (29:01)
	3:11 (32:12)	7:14 (39:26)	1:54 (41:20)	3:28 (44:48)	6:50 (51:38)
	2:21 (53:59)	1:36 (55:35)	2:10 (57:45)	5:52 (1:03:37)	3:16 (1:06:53)
	4:46 (1:11:39)	3:10 (1:14:49)	3:49 (1:18:38)	5:28 (1:24:06)	7:57 (1:32:03)
	5:38 (1:37:41)	0:14 (1:37:55)			