

Resultater – R3D 1. etape

2018-08-09

D1	(2 / 2)	Tid	Efter		
1. Jette Grimstrup	Køge OK	1:26:50			
5:43 (5:43)	2:30 (8:13)	4:32 (12:45)	3:58 (16:43)	1:35 (18:18)	1:49 (20:07)
7:20 (27:27)	3:50 (31:17)	6:19 (37:36)	4:17 (41:53)	3:01 (44:54)	7:49 (52:43)
2:44 (55:27)	2:41 (58:08)	7:18 (1:05:26)	4:31 (1:09:57)	3:23 (1:13:20)	2:50 (1:16:10)
2:46 (1:18:56)	7:00 (1:25:56)	0:54 (1:26:50)			
2. Anette Lindegaard	Holbæk OK	1:43:18	+16:28		
5:42 (5:42)	3:44 (9:26)	4:30 (13:56)	3:46 (17:42)	2:00 (19:42)	2:18 (22:00)
9:14 (31:14)	3:12 (34:26)	7:14 (41:40)	8:44 (50:24)	4:26 (54:50)	8:51 (1:03:41)
2:09 (1:05:50)	3:45 (1:09:35)	8:56 (1:18:31)	5:00 (1:23:31)	4:36 (1:28:07)	2:48 (1:30:55)
3:14 (1:34:09)	8:09 (1:42:18)	1:00 (1:43:18)			
H1	(14 / 14)	Tid	Efter		
1. Allan Søgaard	OK Roskilde	55:44			
3:53 (3:53)	2:01 (5:54)	3:13 (9:07)	2:14 (11:21)	1:05 (12:26)	1:06 (13:32)
4:51 (18:23)	1:57 (20:20)	3:12 (23:32)	3:01 (26:33)	2:24 (28:57)	4:37 (33:34)
1:15 (34:49)	1:35 (36:24)	4:44 (41:08)	3:16 (44:24)	2:32 (46:56)	1:46 (48:42)
1:46 (50:28)	4:33 (55:01)	0:43 (55:44)			
2. Simon Rosell Holt	Køge OK	56:55	+1:11		
4:03 (4:03)	2:00 (6:03)	4:48 (10:51)	1:50 (12:41)	0:47 (13:28)	1:06 (14:34)
3:23 (17:57)	1:27 (19:24)	2:35 (21:59)	3:03 (25:02)	2:19 (27:21)	4:55 (32:16)
2:55 (35:11)	2:02 (37:13)	6:41 (43:54)	2:51 (46:45)	2:24 (49:09)	1:38 (50:47)
1:28 (52:15)	4:05 (56:20)	0:35 (56:55)			
3. Michael Kreiberg	OK Roskilde	58:13	+2:29		
4:15 (4:15)	1:43 (5:58)	3:10 (9:08)	1:52 (11:00)	1:00 (12:00)	1:21 (13:21)
3:23 (16:44)	1:33 (18:17)	3:40 (21:57)	3:23 (25:20)	2:23 (27:43)	5:27 (33:10)
1:31 (34:41)	1:57 (36:38)	5:36 (42:14)	3:34 (45:48)	2:32 (48:20)	1:59 (50:19)
1:47 (52:06)	5:19 (57:25)	0:48 (58:13)			
4. Peter Sørensen	PI-København	1:10:23	+14:39		
5:06 (5:06)	2:15 (7:21)	4:40 (12:01)	2:14 (14:15)	1:15 (15:30)	2:08 (17:38)
4:28 (22:06)	1:54 (24:00)	3:34 (27:34)	3:57 (31:31)	3:37 (35:08)	6:13 (41:21)
2:58 (44:19)	2:10 (46:29)	5:57 (52:26)	3:47 (56:13)	2:53 (59:06)	2:39 (1:01:45)
2:04 (1:03:49)	5:41 (1:09:30)	0:53 (1:10:23)			
5. Frederik Grue-Sørensen	OK Roskilde	1:13:13	+17:29		
4:58 (4:58)	2:05 (7:03)	2:59 (10:02)	8:28 (18:30)	1:52 (20:22)	2:33 (22:55)
4:47 (27:42)	1:50 (29:32)	3:42 (33:14)	3:46 (37:00)	2:40 (39:40)	5:57 (45:37)
1:34 (47:11)	2:09 (49:20)	7:11 (56:31)	3:10 (59:41)	2:55 (1:02:36)	1:57 (1:04:33)
2:02 (1:06:35)	6:01 (1:12:36)	0:37 (1:13:13)			
6. Finn Skouenborg	Holbæk OK	1:14:18	+18:34		
4:20 (4:20)	3:12 (7:32)	3:29 (11:01)	2:31 (13:32)	1:16 (14:48)	3:19 (18:07)
6:11 (24:18)	1:51 (26:09)	3:33 (29:42)	5:01 (34:43)	3:11 (37:54)	6:36 (44:30)
2:16 (46:46)	2:30 (49:16)	6:09 (55:25)	4:40 (1:00:05)	2:47 (1:02:52)	2:24 (1:05:16)
2:17 (1:07:33)	5:54 (1:13:27)	0:51 (1:14:18)			
7. Leif E. Larsen	Tisvilde Hegn OK	1:14:49	+19:05		
4:22 (4:22)	1:53 (6:15)	3:12 (9:27)	1:44 (11:11)	1:18 (12:29)	1:27 (13:56)
4:52 (18:48)	8:17 (27:05)	5:20 (32:25)	4:00 (36:25)	2:59 (39:24)	6:50 (46:14)
1:58 (48:12)	2:16 (50:28)	5:01 (55:29)	3:30 (58:59)	3:07 (1:02:06)	2:19 (1:04:25)
2:10 (1:06:35)	7:20 (1:13:55)	0:54 (1:14:49)			
8. Søren Fertin	Holbæk OK	1:22:03	+26:19		
5:16 (5:16)	1:37 (6:53)	6:24 (13:17)	5:35 (18:52)	0:49 (19:41)	1:48 (21:29)
12:24 (33:53)	2:04 (35:57)	3:13 (39:10)	4:48 (43:58)	2:43 (46:41)	5:53 (52:34)
1:38 (54:12)	2:05 (56:17)	5:12 (1:01:29)	2:51 (1:04:20)	3:00 (1:07:20)	2:19 (1:09:39)
2:10 (1:11:49)	9:28 (1:21:17)	0:46 (1:22:03)			
9. Jan Thiesen	Holbæk OK	1:22:21	+26:37		
4:49 (4:49)	1:50 (6:39)	4:01 (10:40)	5:50 (16:30)	2:55 (19:25)	1:14 (20:39)
10:35 (31:14)	2:00 (33:14)	3:59 (37:13)	4:28 (41:41)	2:51 (44:32)	7:49 (52:21)
2:04 (54:25)	2:19 (56:44)	7:05 (1:03:49)	3:29 (1:07:18)	2:43 (1:10:01)	2:17 (1:12:18)
2:29 (1:14:47)	6:25 (1:21:12)	1:09 (1:22:21)			
10. Bjark Christensen	Holbæk OK	1:23:15	+27:31		
4:37 (4:37)	2:36 (7:13)	5:58 (13:11)	2:28 (15:39)	1:55 (17:34)	1:34 (19:08)
4:39 (23:47)	2:09 (25:56)	4:34 (30:30)	5:34 (36:04)	3:26 (39:30)	8:16 (47:46)
1:52 (49:38)	2:43 (52:21)	8:10 (1:00:31)	4:33 (1:05:04)	3:28 (1:08:32)	2:36 (1:11:08)
3:01 (1:14:09)	8:15 (1:22:24)	0:51 (1:23:15)			
11. Henrik Tølløse	Hvalsø OK	1:29:27	+33:43		

4:58 (4:58)	2:51 (7:49)	4:03 (11:52)	4:18 (16:10)	4:08 (20:18)	6:18 (26:36)
5:23 (31:59)	2:12 (34:11)	4:06 (38:17)	4:04 (42:21)	2:58 (45:19)	7:29 (52:48)
3:17 (56:05)	2:30 (58:35)	8:12 (1:06:47)	4:36 (1:11:23)	3:14 (1:14:37)	2:32 (1:17:09)
4:19 (1:21:28)	7:01 (1:28:29)	0:58 (1:29:27)			
12. Bo Pedersen	Køge OK	1:44:36	+48:52		
6:01 (6:01)	2:25 (8:26)	4:35 (13:01)	12:48 (25:49)	2:11 (28:00)	7:09 (35:09)
4:37 (39:46)	2:46 (42:32)	5:30 (48:02)	4:40 (52:42)	3:47 (56:29)	11:37 (1:08:06)
1:32 (1:09:38)	1:21 (1:11:59)	9:32 (1:21:31)	4:09 (1:25:40)	2:56 (1:28:36)	2:17 (1:30:53)
3:33 (1:34:26)	9:25 (1:43:51)	0:45 (1:44:36)			
Bjørn Axelsen	THOK	Ej startet			
Carsten Mogensen	Køge OK	Ej startet			
D2	(8 / 8)	Tid	Efter		
1. Mette Filskov	OK Sorø	53:17			
3:58 (3:58)	1:28 (5:26)	2:58 (8:24)	4:08 (12:32)	2:34 (15:06)	1:19 (16:25)
1:59 (18:24)	3:03 (21:27)	2:16 (23:43)	9:26 (33:09)	2:25 (35:34)	1:34 (37:08)
1:22 (38:30)	3:09 (41:39)	3:55 (45:34)	3:09 (48:43)	3:46 (52:29)	0:48 (53:17)
2. Anne Frandsen	OK Sorø	57:12	+3:55		
4:24 (4:24)	1:20 (5:44)	2:16 (8:00)	4:27 (12:27)	2:38 (15:05)	1:27 (16:32)
1:55 (18:27)	3:13 (21:40)	2:31 (24:11)	8:32 (32:43)	3:32 (36:15)	1:49 (38:04)
4:01 (42:05)	3:29 (45:34)	3:48 (49:22)	3:17 (52:39)	3:39 (56:18)	0:54 (57:12)
3. Jane Gotfredriksen	Hvalsø OK	1:14:21	+21:04		
7:09 (7:09)	1:25 (8:34)	2:45 (11:19)	6:04 (17:23)	3:43 (21:06)	1:44 (22:50)
2:57 (25:47)	4:55 (30:42)	2:59 (33:41)	13:33 (47:14)	3:20 (50:34)	2:12 (52:46)
2:21 (55:07)	4:19 (59:26)	4:53 (1:04:19)	4:44 (1:09:03)	4:28 (1:13:31)	0:50 (1:14:21)
4. Jytte Jørgensen	Holbæk OK	1:15:41	+22:24		
8:24 (8:24)	1:20 (9:44)	2:19 (12:03)	5:16 (17:19)	4:57 (22:16)	3:53 (26:09)
3:13 (29:22)	4:51 (34:13)	4:05 (38:18)	9:26 (47:44)	3:27 (51:11)	2:01 (53:12)
1:58 (55:10)	5:17 (1:00:27)	5:04 (1:05:31)	4:54 (1:10:25)	4:28 (1:14:53)	0:48 (1:15:41)
5. Merete Kleist	OK Sorø	1:21:08	+27:51		
5:23 (5:23)	1:32 (6:55)	3:41 (10:36)	4:16 (14:52)	7:45 (22:37)	2:46 (25:23)
3:54 (29:17)	9:14 (38:31)	2:36 (41:07)	11:00 (52:07)	4:09 (56:16)	2:05 (58:21)
2:12 (1:00:33)	5:53 (1:06:26)	4:42 (1:11:08)	4:50 (1:15:58)	4:20 (1:20:18)	0:50 (1:21:08)
6. Jette Karlsen	Hvalsø OK	1:21:59	+28:42		
6:20 (6:20)	1:34 (7:54)	4:15 (12:09)	11:24 (23:33)	3:13 (26:46)	2:30 (29:16)
3:37 (32:53)	4:10 (37:03)	2:47 (39:50)	11:05 (50:55)	2:55 (53:50)	3:08 (56:58)
4:01 (1:00:59)	4:59 (1:05:58)	5:03 (1:11:01)	4:40 (1:15:41)	5:13 (1:20:54)	1:05 (1:21:59)
7. Hanne Møller Jensen	OK Roskilde	1:31:20	+38:03		
6:04 (6:04)	2:09 (8:13)	2:30 (10:43)	4:52 (15:35)	4:07 (19:42)	2:38 (22:20)
4:42 (27:02)	6:23 (33:25)	2:51 (36:16)	13:05 (49:21)	4:48 (54:09)	4:05 (58:14)
2:27 (1:00:41)	6:05 (1:06:46)	7:04 (1:13:50)	5:11 (1:19:01)	11:08 (1:30:09)	1:11 (1:31:20)
Tine Demandt	OK Sorø	Udgået			
39:47 (39:47)	1:24 (41:11)	3:36 (44:47)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
H2	(26 / 26)	Tid	Efter		
1. Christian Olsen	Amager OK	47:44			
4:01 (4:01)	1:00 (5:01)	2:11 (7:12)	3:14 (10:26)	6:09 (16:35)	1:19 (17:54)
1:33 (19:27)	2:42 (22:09)	2:06 (24:15)	6:07 (30:22)	1:55 (32:17)	1:38 (33:55)
1:18 (35:13)	2:43 (37:56)	3:05 (41:01)	2:58 (43:59)	3:02 (47:01)	0:43 (47:44)
2. Aksel Andersen	OK Roskilde	51:08	+3:24		
3:49 (3:49)	1:07 (4:56)	2:06 (7:02)	4:11 (11:13)	2:35 (13:48)	1:35 (15:23)
1:44 (17:07)	3:04 (20:11)	2:13 (22:24)	7:34 (29:58)	2:33 (32:31)	1:30 (34:01)
2:32 (36:33)	2:56 (39:29)	3:28 (42:57)	3:16 (46:13)	3:57 (50:10)	0:58 (51:08)
3. Gunnar Grue-Sørensen	Køge OK	54:46	+7:02		
4:02 (4:02)	1:33 (5:35)	2:13 (7:48)	4:03 (11:51)	2:07 (13:58)	1:19 (15:17)
2:02 (17:19)	4:53 (22:12)	2:46 (24:58)	7:56 (32:54)	2:39 (35:33)	2:22 (37:55)
1:19 (39:14)	3:15 (42:29)	3:43 (46:12)	3:44 (49:56)	3:54 (53:50)	0:56 (54:46)
4. Janne Brunstedt	OK Roskilde	58:33	+10:49		
4:21 (4:21)	1:15 (5:36)	2:01 (7:37)	3:27 (11:04)	2:51 (13:55)	1:22 (15:17)
3:04 (18:21)	3:25 (21:46)	2:56 (24:42)	8:32 (33:14)	2:52 (36:06)	4:40 (40:46)
1:55 (42:41)	3:56 (46:37)	3:46 (50:23)	3:58 (54:21)	3:22 (57:43)	0:50 (58:33)
5. Jakob Søndergaard	OK Roskilde	1:01:49	+14:05		
11:34 (11:34)	1:10 (12:44)	1:57 (14:41)	5:15 (19:56)	3:25 (23:21)	1:42 (25:03)
1:41 (26:44)	2:58 (29:42)	2:05 (31:47)	6:22 (38:09)	2:35 (40:44)	5:38 (46:22)
1:34 (47:56)	2:34 (50:30)	3:15 (53:45)	4:02 (57:47)	3:11 (1:00:58)	0:51 (1:01:49)
6. Morten Jensen	OK Roskilde	1:03:59	+16:15		
5:31 (5:31)	1:16 (6:47)	2:16 (9:03)	4:17 (13:20)	2:36 (15:56)	1:34 (17:30)
3:01 (20:31)	5:10 (25:41)	3:39 (29:20)	8:58 (38:18)	3:20 (41:38)	1:52 (43:30)
2:12 (45:42)	3:43 (49:25)	4:17 (53:42)	4:55 (58:37)	4:19 (1:02:56)	1:03 (1:03:59)

7.	Rasmus Klaris Jensen	Køge OK	1:04:44	+17:00		
	5:25 (5:25)	0:53 (6:18)	2:36 (8:54)	5:52 (14:46)	2:49 (17:35)	2:41 (20:16)
	7:36 (27:52)	4:11 (32:03)	3:05 (35:08)	7:55 (43:03)	2:58 (46:01)	1:27 (47:28)
	1:40 (49:08)	3:21 (52:29)	3:42 (56:11)	3:48 (59:59)	3:47 (1:03:46)	0:58 (1:04:44)
8.	Michael Leth Jess	OK Roskilde	1:05:02	+17:18		
	5:15 (5:15)	1:07 (6:22)	3:23 (9:45)	4:19 (14:04)	2:32 (16:36)	1:38 (18:14)
	2:39 (20:53)	3:56 (24:49)	2:35 (27:24)	9:53 (37:17)	4:14 (41:31)	2:16 (43:47)
	1:46 (45:33)	7:16 (52:49)	4:00 (56:49)	3:43 (1:00:32)	3:45 (1:04:17)	0:45 (1:05:02)
9.	Finn Petersen	OK Roskilde	1:05:04	+17:20		
	5:07 (5:07)	1:23 (6:30)	3:25 (9:55)	4:06 (14:01)	7:00 (21:01)	2:11 (23:12)
	2:17 (25:29)	3:42 (29:11)	2:32 (31:43)	8:31 (40:14)	3:35 (43:49)	2:16 (46:05)
	1:51 (47:56)	4:15 (52:11)	4:14 (56:25)	3:20 (59:45)	4:18 (1:04:03)	1:01 (1:05:04)
10.	Søren Kristensen	Køge OK	1:06:53	+19:09		
	4:45 (4:45)	1:07 (5:52)	2:04 (7:56)	5:11 (13:07)	2:20 (15:27)	1:26 (16:53)
	4:17 (21:10)	2:59 (24:09)	2:27 (26:36)	8:52 (35:28)	3:00 (38:28)	2:15 (40:43)
	3:25 (44:08)	4:13 (48:21)	7:49 (56:10)	4:18 (1:00:28)	5:25 (1:05:53)	1:00 (1:06:53)
11.	Mogens Kristensen	OK Roskilde	1:09:28	+21:44		
	6:45 (6:45)	2:08 (8:53)	2:44 (11:37)	5:44 (17:21)	2:56 (20:17)	3:50 (24:07)
	3:39 (27:46)	4:04 (31:50)	2:18 (34:08)	9:31 (43:39)	3:10 (46:49)	1:48 (48:37)
	1:43 (50:20)	3:22 (53:42)	4:00 (57:42)	4:18 (1:02:00)	6:34 (1:08:34)	0:54 (1:09:28)
12.	Kim Hansen	Køge OK	1:14:59	+27:15		
	4:19 (4:19)	0:59 (5:18)	2:36 (7:54)	3:44 (11:38)	2:49 (14:27)	7:22 (21:49)
	11:30 (33:19)	4:14 (37:33)	1:53 (39:26)	6:49 (46:15)	2:16 (48:31)	1:47 (50:18)
	4:04 (54:22)	3:46 (58:08)	6:18 (1:04:26)	4:09 (1:08:35)	5:30 (1:14:05)	0:54 (1:14:59)
13.	Hans Christian Strib	OK Roskilde	1:15:49	+28:05		
	4:55 (4:55)	1:26 (6:21)	2:24 (8:45)	4:16 (13:01)	9:35 (22:36)	1:37 (24:13)
	2:28 (26:41)	3:42 (30:23)	8:44 (39:07)	10:22 (49:29)	3:24 (52:53)	1:41 (54:34)
	1:56 (56:30)	4:23 (1:00:53)	4:51 (1:05:44)	4:17 (1:10:01)	4:50 (1:14:51)	0:58 (1:15:49)
14.	Steen Fladberg	Køge OK	1:17:50	+30:06		
	6:32 (6:32)	1:26 (7:58)	9:09 (17:07)	5:25 (22:32)	4:33 (27:05)	2:02 (29:07)
	2:39 (31:46)	4:03 (35:49)	3:16 (39:05)	9:35 (48:40)	3:05 (51:45)	2:58 (54:43)
	3:16 (57:59)	4:23 (1:02:22)	4:30 (1:06:52)	5:21 (1:12:13)	4:35 (1:16:48)	1:02 (1:17:50)
15.	Eskil Gotfredsen	Hvalsø OK	1:18:00	+30:16		
	6:14 (6:14)	2:05 (8:19)	2:50 (11:09)	6:55 (18:04)	6:15 (24:19)	2:06 (26:25)
	2:44 (29:09)	4:15 (33:24)	3:10 (36:34)	13:02 (49:36)	3:06 (52:42)	2:50 (55:32)
	2:14 (57:46)	4:15 (1:02:01)	4:48 (1:06:49)	5:05 (1:11:54)	4:50 (1:16:44)	1:16 (1:18:00)
16.	Jonathan Skovsø Andersen	Hvalsø OK	1:18:24	+30:40		
	5:01 (5:01)	1:33 (6:34)	2:28 (9:02)	7:03 (16:05)	6:12 (22:17)	2:23 (24:40)
	4:27 (29:07)	4:51 (33:58)	3:03 (37:01)	11:12 (48:13)	3:49 (52:02)	2:00 (54:02)
	2:32 (56:34)	6:09 (1:02:43)	4:59 (1:07:42)	4:53 (1:12:35)	4:58 (1:17:33)	0:51 (1:18:24)
17.	Anton Lauritzen	Holbæk OK	1:24:15	+36:31		
	6:05 (6:05)	1:26 (7:31)	2:56 (10:27)	6:10 (16:37)	8:26 (25:03)	1:49 (26:52)
	2:39 (29:31)	6:56 (36:27)	3:16 (39:43)	11:53 (51:36)	3:49 (55:25)	2:24 (57:49)
	2:27 (1:00:16)	6:11 (1:06:27)	6:17 (1:12:44)	4:40 (1:17:24)	6:02 (1:23:26)	0:49 (1:24:15)
18.	Niels Thingvad	Køge OK	1:27:56	+40:12		
	11:59 (11:59)	1:46 (13:45)	3:08 (16:53)	5:01 (21:54)	3:34 (25:28)	3:37 (29:05)
	4:02 (33:07)	5:56 (39:03)	2:35 (41:38)	10:14 (51:52)	3:47 (55:39)	3:56 (59:35)
	2:26 (1:02:01)	7:01 (1:09:02)	5:46 (1:14:48)	5:19 (1:20:07)	6:24 (1:26:31)	1:25 (1:27:56)
19.	Karsten Hjorth	OK Roskilde	1:31:10	+43:26		
	11:25 (11:25)	2:06 (13:31)	3:20 (16:51)	6:38 (23:29)	5:00 (28:29)	2:18 (30:47)
	6:33 (37:20)	6:39 (43:59)	3:05 (47:04)	10:13 (57:17)	4:02 (1:01:19)	2:22 (1:03:41)
	3:12 (1:06:53)	6:14 (1:13:07)	6:19 (1:19:26)	5:11 (1:24:37)	5:24 (1:30:01)	1:09 (1:31:10)
20.	Anders Bang	Køge OK	1:33:13	+45:29		
	6:36 (6:36)	1:39 (8:15)	3:24 (11:39)	9:02 (20:41)	4:44 (25:25)	3:44 (29:09)
	4:17 (33:26)	4:54 (38:20)	4:18 (42:38)	13:25 (56:03)	4:05 (1:00:08)	2:18 (1:02:26)
	2:12 (1:04:38)	5:05 (1:09:43)	9:37 (1:19:20)	6:34 (1:25:54)	6:11 (1:32:05)	1:08 (1:33:13)
21.	Jens Riis	Køge OK	2:04:44	+77:00		
	33:13 (33:13)	1:38 (34:51)	3:01 (37:52)	13:38 (51:30)	5:23 (56:53)	4:09 (1:01:02)
	4:56 (1:05:58)	6:31 (1:12:29)	3:27 (1:15:56)	16:23 (1:32:19)	4:15 (1:36:34)	2:32 (1:39:06)
	2:13 (1:41:19)	5:58 (1:47:17)	4:30 (1:51:47)	6:59 (1:58:46)	5:05 (2:03:51)	0:53 (2:04:44)
	Anders Juhl Thomsen	OK Roskilde	Fejlklip			
	– (–)	– (–)	– (26:52)	5:28 (32:20)	3:12 (35:32)	3:25 (38:57)
	3:47 (42:44)	5:19 (48:03)	4:00 (52:03)	12:34 (1:04:37)	2:46 (1:07:23)	1:49 (1:09:12)
	1:58 (1:11:10)	3:53 (1:15:03)	5:58 (1:21:01)	6:41 (1:27:42)	5:33 (1:33:15)	0:55 (1:34:10)
	John Barnewitz	Køge OK	Fejlklip			
	4:54 (4:54)	1:11 (6:05)	2:20 (8:25)	4:15 (12:40)	2:07 (14:47)	1:54 (16:41)
	3:53 (20:34)	8:52 (29:26)	2:21 (31:47)	– (–)	– (–)	– (43:31)
	1:57 (45:28)	3:27 (48:55)	3:52 (52:47)	6:26 (59:13)	3:46 (1:02:59)	0:50 (1:03:49)
	Kaj Munck	Herlufsholm OK	Fejlklip			

7:10 (7:10)	1:22 (8:32)	2:40 (11:12)	5:28 (16:40)	3:09 (19:49)	2:10 (21:59)
3:50 (25:49)	6:09 (31:58)	3:33 (35:31)	11:56 (47:27)	3:07 (50:34)	2:31 (53:05)
1:31 (54:36)	– (–)	– (–)	– (1:05:53)	4:45 (1:10:38)	1:09 (1:11:47)
Lars Carstensen	Køge OK		Fejlklip		
10:39 (10:39)	1:39 (12:18)	3:15 (15:33)	4:11 (19:44)	3:12 (22:56)	1:53 (24:49)
5:34 (30:23)	8:15 (38:38)	4:19 (42:57)	9:48 (52:45)	3:31 (56:16)	2:21 (58:37)
3:46 (1:02:23)	6:51 (1:09:14)	6:08 (1:15:22)	– (–)	– (–)	– (1:34:15)
Henrik Johansen	Køge OK		Udgået		
6:50 (6:50)	1:29 (8:19)	2:53 (11:12)	5:15 (16:27)	3:27 (19:54)	5:46 (25:40)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)	– (–)	– (–)	– (–)	– (–)

D3	(12 / 12)	Tid	Efter		
1. Tine Rasmussen	Klublø	49:48			
5:10 (5:10)	2:09 (7:19)	6:17 (13:36)	2:47 (16:23)	1:40 (18:03)	8:00 (26:03)
2:15 (28:18)	3:21 (31:39)	2:52 (34:31)	5:49 (40:20)	2:33 (42:53)	1:11 (44:04)
4:41 (48:45)	1:03 (49:48)				
2. Inge Jørgensen	OK Roskilde	53:49	+4:01		
9:57 (9:57)	2:56 (12:53)	2:19 (15:12)	2:50 (18:02)	1:58 (20:00)	6:49 (26:49)
2:13 (29:02)	5:18 (34:20)	3:46 (38:06)	5:11 (43:17)	3:08 (46:25)	1:28 (47:53)
4:58 (52:51)	0:58 (53:49)				
3. Annelise Hansen	FIF Hillerød	59:39	+9:51		
8:12 (8:12)	2:24 (10:36)	3:20 (13:56)	4:40 (18:36)	3:14 (21:50)	5:08 (26:58)
2:19 (29:17)	9:24 (38:41)	3:32 (42:13)	5:13 (47:26)	3:36 (51:02)	1:49 (52:51)
5:40 (58:31)	1:08 (59:39)				
4. Gerda Marie Christiansen	Køge OK	1:00:13	+10:25		
9:24 (9:24)	2:43 (12:07)	2:50 (14:57)	4:40 (19:37)	3:24 (23:01)	4:52 (27:53)
8:20 (36:13)	4:01 (40:14)	3:18 (43:32)	4:39 (48:11)	2:56 (51:07)	2:11 (53:18)
6:02 (59:20)	0:53 (1:00:13)				
5. Annette Petersen	OK Roskilde	1:02:03	+12:15		
6:43 (6:43)	3:56 (10:39)	4:17 (14:56)	4:04 (19:00)	5:10 (24:10)	6:23 (30:33)
2:25 (32:58)	5:00 (37:58)	3:57 (41:55)	5:31 (47:26)	3:20 (50:46)	1:48 (52:34)
8:25 (1:00:59)	1:04 (1:02:03)				
6. Lidy Grange	Køge OK	1:06:57	+17:09		
8:54 (8:54)	7:26 (16:20)	3:51 (20:11)	3:36 (23:47)	3:54 (27:41)	6:02 (33:43)
2:48 (36:31)	5:19 (41:50)	3:50 (45:40)	6:11 (51:51)	4:12 (56:03)	1:26 (57:29)
8:04 (1:05:33)	1:24 (1:06:57)				
7. Jette Kreiberg	OK Roskilde	1:17:51	+28:03		
8:25 (8:25)	8:08 (16:33)	4:10 (20:43)	4:01 (24:44)	3:58 (28:42)	7:25 (36:07)
5:00 (41:07)	8:03 (49:10)	5:52 (55:02)	8:39 (1:03:41)	3:45 (1:07:26)	1:35 (1:09:01)
7:32 (1:16:33)	1:18 (1:17:51)				
8. Birgit Berner	Køge OK	1:19:38	+29:50		
11:02 (11:02)	7:12 (18:14)	4:01 (22:15)	11:26 (33:41)	4:11 (37:52)	7:56 (45:48)
3:08 (48:56)	5:23 (54:19)	5:12 (59:31)	6:16 (1:05:47)	3:20 (1:09:07)	2:06 (1:11:13)
7:26 (1:18:39)	0:59 (1:19:38)				
9. Grethe Larsen	Køge OK	1:23:59	+34:11		
8:43 (8:43)	4:38 (13:21)	4:56 (18:17)	11:02 (29:19)	8:20 (37:39)	5:46 (43:25)
7:09 (50:34)	8:31 (59:05)	4:12 (1:03:17)	6:50 (1:10:07)	3:02 (1:13:09)	1:59 (1:15:08)
7:11 (1:22:19)	1:40 (1:23:59)				
Jannie Sørensen	Køge OK		Fejlklip		
11:01 (11:01)	2:24 (13:25)	2:46 (16:11)	10:39 (26:50)	16:58 (43:48)	10:54 (54:42)
3:42 (58:24)	6:43 (1:05:07)	– (–)	– (–)	– (–)	– (–)
– (1:12:41)	1:14 (1:13:55)				
Karina Nielsen	Holbæk OK		Fejlklip		
6:39 (6:39)	3:47 (10:26)	7:27 (17:53)	3:46 (21:39)	– (–)	– (39:12)
2:38 (41:50)	6:25 (48:15)	6:35 (54:50)	5:05 (59:55)	5:24 (1:05:19)	2:02 (1:07:21)
6:32 (1:13:53)	0:48 (1:14:41)				
Susanne Jensen	OK Roskilde		Udgået		

H3	(20 / 20)	Tid	Efter		
1. Claus Skovsø Petersen	Hvalsø OK	50:55			
6:20 (6:20)	2:20 (8:40)	2:13 (10:53)	3:03 (13:56)	4:27 (18:23)	7:51 (26:14)
2:02 (28:16)	3:43 (31:59)	3:14 (35:13)	5:29 (40:42)	3:03 (43:45)	1:16 (45:01)
4:54 (49:55)	1:00 (50:55)				
2. Torsten Grange	Køge OK	55:55	+5:00		
7:16 (7:16)	2:51 (10:07)	3:08 (13:15)	3:24 (16:39)	2:42 (19:21)	5:45 (25:06)
2:31 (27:37)	4:04 (31:41)	3:26 (35:07)	6:39 (41:46)	3:50 (45:36)	1:59 (47:35)
6:52 (54:27)	1:28 (55:55)				
3. Henning Rasmussen	OK Roskilde	1:02:00	+11:05		

6:17 (6:17)	2:23 (8:40)	3:08 (11:48)	4:06 (15:54)	3:15 (19:09)	10:02 (29:11)
3:43 (32:54)	3:26 (36:20)	3:18 (39:38)	5:43 (45:21)	3:59 (49:20)	1:29 (50:49)
9:55 (1:00:44)	1:16 (1:02:00)				
4. Bjarne Pedersen	OK Roskilde	1:03:12	+12:17		
8:48 (8:48)	4:02 (12:50)	2:20 (15:10)	4:14 (19:24)	2:58 (22:22)	4:54 (27:16)
12:09 (39:25)	3:56 (43:21)	2:56 (46:17)	4:33 (50:50)	2:40 (53:30)	3:10 (56:40)
5:20 (1:02:00)	1:12 (1:03:12)				
5. Tage Frydendal	Holbæk OK	1:06:51	+15:56		
7:22 (7:22)	2:56 (10:18)	3:26 (13:44)	3:49 (17:33)	3:06 (20:39)	7:39 (28:18)
6:08 (34:26)	5:00 (39:26)	4:27 (43:53)	8:19 (52:12)	4:00 (56:12)	2:00 (58:12)
7:05 (1:05:17)	1:34 (1:06:51)				
6. Claus Mikkelsen	Herlufsholm OK	1:07:55	+17:00		
8:03 (8:03)	4:10 (12:13)	4:33 (16:46)	4:25 (21:11)	4:43 (25:54)	6:05 (31:59)
2:41 (34:40)	4:35 (39:15)	5:34 (44:49)	7:54 (52:43)	4:07 (56:50)	2:16 (59:06)
7:03 (1:06:09)	1:46 (1:07:55)				
7. John Jensen	Holbæk OK	1:12:03	+21:08		
12:46 (12:46)	3:05 (15:51)	3:11 (19:02)	3:33 (22:35)	2:18 (24:53)	6:55 (31:48)
6:56 (38:44)	7:06 (45:50)	3:18 (49:08)	7:35 (56:43)	3:39 (1:00:22)	1:50 (1:02:12)
8:31 (1:10:43)	1:20 (1:12:03)				
8. Jørgen Larsen	Køge OK	1:12:48	+21:53		
14:27 (14:27)	5:07 (19:34)	5:10 (24:44)	4:37 (29:21)	3:01 (32:22)	6:34 (38:56)
2:59 (41:55)	5:25 (47:20)	5:25 (52:45)	6:03 (58:48)	3:03 (1:01:51)	2:22 (1:04:13)
7:29 (1:11:42)	1:06 (1:12:48)				
9. Mogens Jensen	Holbæk OK	1:17:31	+26:36		
6:43 (6:43)	2:48 (9:31)	2:44 (12:15)	22:09 (34:24)	2:51 (37:15)	6:18 (43:33)
4:33 (48:06)	4:56 (53:02)	4:01 (57:03)	5:35 (1:02:38)	3:11 (1:05:49)	4:03 (1:09:52)
6:43 (1:16:35)	0:56 (1:17:31)				
10. Erich Petersen	OK Roskilde	1:22:16	+31:21		
7:32 (7:32)	7:20 (14:52)	4:14 (19:06)	4:34 (23:40)	4:49 (28:29)	6:46 (35:15)
7:42 (42:57)	6:40 (49:37)	5:40 (55:17)	9:41 (1:04:58)	4:57 (1:09:55)	3:25 (1:13:20)
7:34 (1:20:54)	1:22 (1:22:16)				
11. Poul R. Koziara	Køge OK	1:24:40	+33:45		
9:54 (9:54)	7:00 (16:54)	4:38 (21:32)	4:37 (26:09)	3:58 (30:07)	12:30 (42:37)
2:05 (44:42)	9:13 (53:55)	6:05 (1:00:00)	7:33 (1:07:33)	5:35 (1:13:08)	2:02 (1:15:10)
8:06 (1:23:16)	1:24 (1:24:40)				
12. Svend Fladberg	Køge OK	1:27:32	+36:37		
13:21 (13:21)	4:24 (17:45)	4:23 (22:08)	13:38 (35:46)	3:15 (39:01)	7:43 (46:44)
7:17 (54:01)	7:47 (1:01:48)	5:03 (1:06:51)	6:23 (1:13:14)	3:11 (1:16:25)	2:26 (1:18:51)
7:01 (1:25:52)	1:40 (1:27:32)				
13. Sune Frederiksen	Hvalsø OK	1:47:16	+56:21		
10:04 (10:04)	3:16 (13:20)	3:02 (16:22)	4:09 (20:31)	3:26 (23:57)	7:58 (31:55)
7:09 (39:04)	25:29 (1:04:33)	11:03 (1:15:36)	9:39 (1:25:15)	7:21 (1:32:36)	2:29 (1:35:05)
10:21 (1:45:26)	1:50 (1:47:16)				
Finn Olsen	OK Roskilde	Fejlklip			
11:30 (11:30)	4:47 (16:17)	3:37 (19:54)	5:45 (25:39)	5:12 (30:51)	7:26 (38:17)
3:44 (42:01)	6:37 (48:38)	6:37 (55:15)	7:07 (1:02:22)	– (–)	– (–)
– (–)	– (1:19:35)				
Mogens Bruun	OK Roskilde	Fejlklip			
9:30 (9:30)	5:33 (15:03)	4:56 (19:59)	13:49 (33:48)	4:58 (38:46)	18:26 (57:12)
3:50 (1:01:02)	13:31 (1:14:33)	6:36 (1:21:09)	– (–)	– (–)	– (–)
– (1:29:26)	2:31 (1:31:57)				
Ole Svendsen	OK Roskilde	Fejlklip			
5:27 (5:27)	2:36 (8:03)	2:41 (10:44)	3:37 (14:21)	2:30 (16:51)	– (–)
– (–)	– (20:52)	3:09 (24:01)	5:05 (29:06)	2:55 (32:01)	1:48 (33:49)
5:35 (39:24)	1:10 (40:34)				
Peter Leander	Køge OK	Fejlklip			
12:31 (12:31)	11:19 (23:50)	4:20 (28:10)	3:52 (32:02)	14:25 (46:27)	13:36 (1:00:03)
6:08 (1:06:11)	– (–)	– (–)	– (–)	– (–)	– (–)
– (1:24:36)	1:59 (1:26:35)				
Jan Lindemann	OK Roskilde	Udgået			
7:42 (7:42)	18:38 (26:20)	10:37 (36:57)	4:00 (40:57)	7:06 (48:03)	6:52 (54:55)
2:24 (57:19)	– (–)	– (–)	– (–)	– (–)	– (–)
– (–)	– (–)				
Kim Sekkelund	Køge OK	Ej startet			
Tom Hansen	Køge OK	Ej startet			

D4	(6 / 6)	Tid	Efter
1. Christine Svendsen	OK Roskilde	55:21	
1:13 (1:13)	3:21 (4:34)	2:54 (7:28)	2:46 (10:14)
4:12 (25:43)	2:34 (28:17)	4:10 (32:27)	4:15 (36:42)
1:26 (47:45)	1:30 (49:15)	5:11 (54:26)	0:55 (55:21)
			6:01 (16:15)
			5:16 (21:31)
			4:09 (40:51)
			5:28 (46:19)

2.	Elise Hess	OK Roskilde	1:08:12	+12:51		
	1:12 (1:12)	4:11 (5:23)	4:03 (9:26)	3:11 (12:37)	4:50 (17:27)	4:50 (22:17)
	3:41 (25:58)	3:03 (29:01)	8:20 (37:21)	5:27 (42:48)	7:59 (50:47)	5:13 (56:00)
	1:35 (57:35)	2:29 (1:00:04)	6:53 (1:06:57)	1:15 (1:08:12)		
3.	Teresa Søndergaard	OK Roskilde	1:14:47	+19:26		
	0:50 (0:50)	4:05 (4:55)	3:48 (8:43)	6:05 (14:48)	4:33 (19:21)	5:46 (25:07)
	5:41 (30:48)	5:54 (36:42)	5:11 (41:53)	10:23 (52:16)	5:23 (57:39)	5:29 (1:03:08)
	2:43 (1:05:51)	1:42 (1:07:33)	6:29 (1:14:02)	0:45 (1:14:47)		
4.	Kirsten Lindeman	OK Roskilde	1:29:09	+33:48		
	1:47 (1:47)	8:52 (10:39)	5:18 (15:57)	4:09 (20:06)	10:05 (30:11)	5:16 (35:27)
	4:33 (40:00)	4:34 (44:34)	6:27 (51:01)	7:35 (58:36)	5:33 (1:04:09)	7:29 (1:11:38)
	4:10 (1:15:48)	3:42 (1:19:30)	8:24 (1:27:54)	1:15 (1:29:09)		
	Gitte Rasmussen	Køge OK	Fejlklip			
	2:18 (2:18)	13:55 (16:13)	7:30 (23:43)	6:26 (30:09)	5:55 (36:04)	10:07 (46:11)
	6:31 (52:42)	8:02 (1:00:44)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (1:29:32)	2:06 (1:31:38)		
	Susan Hansen	Køge OK	Udgået			
	2:20 (2:20)	8:11 (10:31)	4:42 (15:13)	4:11 (19:24)	3:58 (23:22)	34:45 (58:07)
	3:58 (1:02:05)	5:22 (1:07:27)	14:37 (1:22:04)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (–)		
H4	(5 / 5)		Tid	Efter		
1.	Benjamin Stokmann	Holbæk OK	1:01:27			
	0:47 (0:47)	3:23 (4:10)	3:19 (7:29)	2:49 (10:18)	9:47 (20:05)	3:29 (23:34)
	4:24 (27:58)	6:47 (34:45)	4:38 (39:23)	3:57 (43:20)	4:44 (48:04)	4:10 (52:14)
	1:42 (53:56)	1:12 (55:08)	5:31 (1:00:39)	0:48 (1:01:27)		
2.	Birger Jensen	Holbæk OK	3:18:43	+137:16		
	– (2:10:41)	3:22 (2:14:03)	3:24 (2:17:27)	2:54 (2:20:21)	3:08 (2:23:29)	2:51 (2:26:20)
	2:48 (2:29:08)	3:57 (2:33:05)	15:51 (2:48:56)	5:04 (2:54:00)	9:20 (3:03:20)	4:47 (3:08:07)
	1:50 (3:09:57)	1:53 (3:11:50)	5:54 (3:17:44)	0:59 (3:18:43)		
	Christopher Søgaard	OK Roskilde	Fejlklip			
	1:12 (1:12)	7:51 (9:03)	10:57 (20:00)	17:29 (37:29)	13:37 (51:06)	16:47 (1:07:53)
	– (–)	– (–)	– (–)	– (–)	– (–)	– (–)
	– (–)	– (–)	– (–)	– (1:46:33)		
	Johnny German	Køge OK	Fejlklip			
	– (–)	– (4:54)	3:38 (8:32)	6:08 (14:40)	– (–)	– (37:18)
	2:27 (39:45)	6:25 (46:10)	13:20 (59:30)	4:41 (1:04:11)	8:46 (1:12:57)	11:49 (1:24:46)
	– (–)	– (–)	– (–)	– (1:46:25)		
	Klaus Koziara	Køge OK	Ej startet			
D5	(7 / 7)		Tid	Efter		
1.	Bente Kjer	OK Roskilde	36:55			
	1:37 (1:37)	1:46 (3:23)	1:52 (5:15)	4:22 (9:37)	3:00 (12:37)	6:27 (19:04)
	3:55 (22:59)	1:25 (24:24)	2:56 (27:20)	4:19 (31:39)	2:19 (33:58)	1:47 (35:45)
	1:10 (36:55)					
2.	Birthe Christiansen	OK Roskilde	45:15	+8:20		
	1:37 (1:37)	2:23 (4:00)	2:01 (6:01)	5:36 (11:37)	3:22 (14:59)	6:32 (21:31)
	4:42 (26:13)	1:34 (27:47)	6:25 (34:12)	4:51 (39:03)	2:08 (41:11)	2:41 (43:52)
	1:23 (45:15)					
3.	Anja Andersson	OK Roskilde	48:49	+11:54		
	1:11 (1:11)	1:49 (3:00)	7:41 (10:41)	4:38 (15:19)	6:47 (22:06)	7:03 (29:09)
	4:18 (33:27)	1:50 (35:17)	3:54 (39:11)	4:40 (43:51)	2:19 (46:10)	1:29 (47:39)
	1:10 (48:49)					
4.	Amaile Hansen	Køge OK	58:37	+21:42		
	1:04 (1:04)	2:18 (3:22)	4:05 (7:27)	5:25 (12:52)	6:07 (18:59)	11:15 (30:14)
	8:09 (38:23)	2:20 (40:43)	5:17 (46:00)	6:14 (52:14)	3:00 (55:14)	2:18 (57:32)
	1:05 (58:37)					
5.	Emilia Finck	Køge OK	59:35	+22:40		
	1:06 (1:06)	2:15 (3:21)	3:55 (7:16)	6:03 (13:19)	5:45 (19:04)	11:48 (30:52)
	8:10 (39:02)	2:18 (41:20)	5:27 (46:47)	6:23 (53:10)	2:39 (55:49)	2:24 (58:13)
	1:22 (59:35)					
6.	Stine Finck	Køge OK	1:00:37	+23:42		
	1:13 (1:13)	2:08 (3:21)	4:26 (7:47)	5:35 (13:22)	5:52 (19:14)	13:57 (33:11)
	5:43 (38:54)	2:24 (41:18)	4:57 (46:15)	6:47 (53:02)	2:37 (55:39)	2:54 (58:33)
	2:04 (1:00:37)					
7.	Karen Christiansen	OK Roskilde	3:04:20	+147:25		
	– (2:14:59)	1:46 (2:16:45)	1:54 (2:18:39)	4:49 (2:23:28)	14:03 (2:37:31)	7:04 (2:44:35)
	4:34 (2:49:09)	1:46 (2:50:55)	3:19 (2:54:14)	4:39 (2:58:53)	2:21 (3:01:14)	1:49 (3:03:03)
	1:17 (3:04:20)					

H5	(1 / 1)	Tid	Efter		
1. Teddy Skriver	Køge OK	31:04			
0:52 (0:52)	1:22 (2:14)	1:36 (3:50)	7:46 (11:36)	2:33 (14:09)	3:34 (17:43)
3:04 (20:47)	0:54 (21:41)	1:53 (23:34)	3:33 (27:07)	1:41 (28:48)	1:23 (30:11)
0:53 (31:04)					
D6	(1 / 1)	Tid	Efter		
1. Franka Søndergaard	OK Roskilde	24:34			
0:56 (0:56)	1:58 (2:54)	6:38 (9:32)	1:40 (11:12)	2:34 (13:46)	4:28 (18:14)
2:24 (20:38)	2:29 (23:07)	1:27 (24:34)			
H6	(1 / 1)	Tid	Efter		
1. Philip Sejer	OK Roskilde	25:02			
1:04 (1:04)	1:54 (2:58)	5:42 (8:40)	3:06 (11:46)	2:32 (14:18)	3:47 (18:05)
3:44 (21:49)	2:15 (24:04)	0:58 (25:02)			