

Resultater – VTR Broby Vesterskov 20181202

2018-12-02

Grøn-D		(2 / 2)		Tid	Efter
1.	Camille Friis Scheby		OK Sorø	19:52	
	0:57 (0:57)	1:08 (2:05)	1:38 (3:43)	2:19 (7:02)	1:06 (8:08)
	2:14 (10:22)	1:48 (12:10)	2:10 (14:20)	1:20 (18:08)	0:44 (18:52)
	1:00 (19:52)				
2.	Ulla Larsen		Herlufsholm OK	48:56	+29:04
	3:30 (3:30)	3:29 (6:59)	3:19 (10:18)	3:23 (15:28)	5:32 (21:00)
	3:56 (24:56)	4:51 (29:47)	4:54 (34:41)	2:41 (43:19)	2:19 (45:38)
	3:18 (48:56)				
Gul-D		(5 / 5)		Tid	Efter
1.	Clara Scheby		OK Sorø	47:24	
	3:23 (3:23)	2:46 (6:09)	4:24 (10:33)	2:10 (15:56)	3:22 (19:18)
	3:35 (22:53)	2:31 (25:24)	1:47 (27:11)	2:07 (32:25)	5:53 (38:18)
	3:07 (41:25)	3:37 (45:02)	1:38 (46:40)	0:44 (47:24)	
2.	Anne-Mette Stampe Hjort		OK Sorø	59:36	+12:12
	3:37 (3:37)	4:28 (8:05)	4:19 (12:24)	9:25 (24:35)	3:12 (27:47)
	3:36 (31:23)	4:50 (36:13)	2:01 (38:14)	2:23 (44:04)	6:19 (50:23)
	2:56 (53:19)	3:46 (57:05)	1:39 (58:44)	0:52 (59:36)	
3.	Signe Dons		OK Roskilde	1:07:54	+20:30
	3:20 (3:20)	4:02 (7:22)	5:03 (12:25)	3:28 (21:13)	4:50 (26:03)
	6:07 (32:10)	3:54 (36:04)	2:29 (38:33)	3:20 (46:22)	7:57 (54:19)
	4:04 (58:23)	6:14 (1:04:37)	2:09 (1:06:46)	1:08 (1:07:54)	
4.	Susan Hansen		Køge OK	1:17:43	+30:19
	4:21 (4:21)	4:07 (8:28)	5:26 (13:54)	4:30 (23:17)	5:36 (28:53)
	6:07 (35:00)	4:42 (39:42)	3:09 (42:51)	4:51 (47:42)	9:00 (1:01:20)
	4:42 (1:06:02)	7:47 (1:13:49)	2:41 (1:16:30)	1:13 (1:17:43)	
5.	Amalie Hansen		Køge OK	1:19:17	+31:53
	4:15 (4:15)	4:21 (8:36)	5:58 (14:34)	5:16 (23:42)	5:48 (29:30)
	8:21 (37:51)	3:28 (41:19)	2:37 (43:56)	4:48 (48:44)	10:39 (1:03:13)
	5:25 (1:08:38)	6:52 (1:15:30)	2:40 (1:18:10)	1:07 (1:19:17)	
Gul-H		(13 / 13)		Tid	Efter
1.	Brian Jørgensen		Holbæk OK	39:51	
	2:10 (2:10)	1:51 (4:01)	3:14 (7:15)	2:33 (11:56)	2:43 (14:39)
	2:47 (17:26)	3:46 (21:12)	1:28 (22:40)	1:36 (26:44)	4:50 (31:34)
	2:34 (34:08)	3:40 (37:48)	1:20 (39:08)	0:43 (39:51)	
2.	Brian Stahl		Uden Klub	41:56	+2:05
	4:00 (4:00)	2:33 (6:33)	3:19 (9:52)	1:57 (11:49)	2:26 (16:10)
	2:59 (19:09)	2:11 (21:20)	1:40 (23:00)	2:42 (25:42)	5:21 (32:54)
	2:53 (35:47)	3:55 (39:42)	1:23 (41:05)	0:51 (41:56)	
3.	Martin Vaabengaard		OK Roskilde	42:18	+2:27
	2:18 (2:18)	2:06 (4:24)	3:42 (8:06)	2:09 (13:41)	2:41 (16:22)
	2:55 (19:17)	2:28 (21:45)	1:43 (23:28)	2:40 (28:28)	5:43 (34:11)
	2:39 (36:50)	3:14 (40:04)	1:34 (41:38)	0:40 (42:18)	
4.	Rasmus Stampe Hjort		OK Sorø	59:19	+19:28
	3:30 (3:30)	4:41 (8:11)	4:15 (12:26)	9:27 (24:33)	3:06 (27:39)
	3:27 (31:06)	5:18 (36:24)	1:52 (38:16)	2:05 (43:54)	6:25 (50:19)
	3:05 (53:24)	3:40 (57:04)	1:36 (58:40)	0:39 (59:19)	
5.	Sebastian Rathje		OK Sorø	59:22	+19:31
	3:37 (3:37)	4:39 (8:16)	4:10 (12:26)	8:30 (23:50)	3:54 (27:44)
	3:38 (31:22)	5:08 (36:30)	1:45 (38:15)	3:37 (41:52)	6:08 (50:13)
	3:03 (53:16)	3:47 (57:03)	1:43 (58:46)	0:36 (59:22)	
6.	Klaus Andersen		Holbæk OK	1:06:35	+26:44
	2:54 (2:54)	2:58 (5:52)	4:11 (10:03)	6:55 (25:10)	3:37 (28:47)
	7:23 (36:10)	3:11 (39:21)	2:34 (41:55)	3:03 (48:20)	8:20 (56:40)
	3:44 (1:00:24)	3:41 (1:04:05)	1:41 (1:05:46)	0:49 (1:06:35)	
7.	Klaus Dons		OK Roskilde	1:07:45	+27:54
	3:13 (3:13)	3:58 (7:11)	5:11 (12:22)	5:03 (17:25)	5:05 (26:08)
	5:53 (32:01)	4:10 (36:11)	2:19 (38:30)	4:22 (42:52)	7:59 (54:15)
	4:07 (58:22)	5:53 (1:04:15)	2:22 (1:06:37)	1:08 (1:07:45)	
8.	Jesper Carlsson		Køge OK	1:13:54	+34:03
	3:39 (3:39)	3:22 (7:01)	6:41 (13:42)	3:09 (27:37)	5:42 (33:19)
	5:35 (38:54)	5:56 (44:50)	3:05 (47:55)	4:44 (52:39)	7:40 (1:02:45)
	4:00 (1:06:45)	4:18 (1:11:03)	1:54 (1:12:57)	0:57 (1:13:54)	
9.	Tom Hansen		Køge OK	1:19:05	+39:14
	4:20 (4:20)	4:15 (8:35)	6:03 (14:38)	5:28 (23:36)	5:28 (29:04)
	8:44 (37:48)	3:30 (41:18)	2:19 (43:37)	3:43 (52:19)	10:57 (1:03:16)
	5:09 (1:08:25)	6:55 (1:15:20)	2:33 (1:17:53)	1:12 (1:19:05)	
10.	Torben Nielsen		Køge OK	1:23:57	+44:06
	4:01 (4:01)	4:08 (8:09)	5:56 (14:05)	7:02 (21:07)	7:26 (37:47)
	5:35 (43:22)	4:12 (47:34)	2:59 (50:33)	4:41 (55:14)	8:20 (1:07:22)
	4:23 (1:11:45)	8:15 (1:20:00)	2:42 (1:22:42)	1:15 (1:23:57)	
11.	Peter Leander		Køge OK	1:26:58	+47:07
	4:18 (4:18)	4:48 (9:06)	6:32 (15:38)	4:20 (19:58)	5:30 (30:27)
	7:37 (38:04)	5:49 (43:53)	3:05 (46:58)	7:57 (54:55)	10:04 (1:08:53)
	5:02 (1:13:55)	7:00 (1:20:55)	4:23 (1:25:18)	1:40 (1:26:58)	
12.	Poul Stahlschmidt		Herlufsholm OK	1:47:06	+67:15
	8:12 (8:12)	5:47 (13:59)	6:35 (20:34)	5:14 (25:48)	6:52 (45:03)
	13:30 (58:33)	6:22 (1:04:55)	3:37 (1:08:32)	7:30 (1:16:02)	9:12 (1:30:01)
	5:12 (1:35:13)	7:32 (1:42:45)	3:14 (1:45:59)	1:07 (1:47:06)	
	Jacob Grønholt		OK Sorø	Fejlklip	
	2:05 (2:05)	2:58 (5:03)	3:54 (8:57)	2:49 (11:46)	– (22:14)
	3:13 (25:27)	2:29 (27:56)	1:55 (29:51)	4:02 (33:53)	5:33 (41:58)
	3:01 (44:59)	4:01 (49:00)	1:48 (50:48)	0:53 (51:41)	

Hvid-D		(4 / 4)		Tid	Efter
1.	Alma Okkels Jensen		OK Sorø	20:44	
	0:41 (0:41)		1:13 (2:56)		1:41 (7:07)
	1:03 (11:13)		1:35 (14:27)		1:57 (19:52)
			2:30 (5:26)		3:03 (10:10)
			3:28 (17:55)		0:52 (20:44)
2.	Karina Kristensen		Uden klub	34:26	+13:42
	1:28 (1:28)		2:08 (5:13)		2:18 (11:33)
	2:03 (18:21)		2:37 (23:31)		3:28 (32:51)
			4:02 (9:15)		4:45 (16:18)
			5:52 (29:23)		1:35 (34:26)
3.	Lene Mundus		Køge OK	35:34	+14:50
	1:12 (1:12)		2:32 (5:35)		2:19 (11:46)
	2:31 (19:29)		2:38 (24:51)		3:08 (33:59)
			3:52 (9:27)		5:12 (16:58)
			6:00 (30:51)		1:35 (35:34)
	Iris Møller		OK Sorø	Fejlkli	
	0:58 (0:58)		– (–)		2:09 (10:04)
	1:55 (18:03)		2:06 (23:56)		– (–)
			3:47 (7:55)		6:04 (16:08)
			5:17 (29:13)		– (–)
Hvid-H		(2 / 2)		Tid	Efter
1.	Mads Ottar Jespersen		OK Sorø	21:36	
	0:52 (0:52)		1:11 (3:37)		1:31 (7:50)
	1:07 (11:57)		1:35 (15:34)		1:39 (20:44)
			2:42 (6:19)		3:00 (10:50)
			3:31 (19:05)		0:52 (21:36)
2.	Birger Jarlkov		Køge OK	35:14	+13:38
	1:17 (1:17)		2:15 (5:22)		2:22 (11:42)
	2:05 (18:44)		2:46 (24:23)		3:12 (33:47)
			3:58 (9:20)		4:57 (16:39)
			6:12 (30:35)		1:27 (35:14)
Kort<60-D		(10 / 10)		Tid	Efter
1.	Søs Munch Hansen		OK Sorø	40:35	
	1:42 (1:42)		3:08 (7:08)		2:00 (11:16)
	1:06 (16:24)		3:38 (21:42)		6:41 (31:35)
	3:31 (37:38)		1:30 (39:40)		0:55 (40:35)
			2:08 (9:16)		4:02 (15:18)
			3:12 (24:54)		2:32 (34:07)
2.	Emma Bloch Frandsen		OK Sorø	41:47	+1:12
	1:19 (1:19)		2:55 (7:28)		2:03 (9:31)
	0:59 (16:26)		3:13 (21:30)		3:56 (25:26)
	3:41 (38:57)		1:30 (40:59)		0:48 (41:47)
			2:03 (9:31)		1:51 (11:22)
			3:13 (21:30)		4:05 (15:27)
			3:56 (25:26)		3:09 (35:16)
3.	Birgit Børsting Petersen		Herlufsholm OK	43:00	+2:25
	1:28 (1:28)		3:10 (6:51)		2:21 (9:12)
	0:59 (17:07)		3:27 (22:38)		3:41 (26:19)
	3:14 (39:45)		1:44 (42:05)		0:55 (43:00)
			2:21 (9:12)		2:01 (11:13)
			3:41 (26:19)		7:06 (33:25)
			0:55 (43:00)		4:55 (16:08)
					3:06 (36:31)
4.	Sofie Okkels Jensen		OK Sorø	46:02	+5:27
	1:41 (1:41)		3:40 (8:15)		2:42 (10:57)
	1:09 (19:58)		3:15 (25:03)		3:10 (14:07)
	3:27 (43:10)		1:26 (45:15)		7:55 (36:56)
			2:42 (10:57)		4:42 (18:49)
			3:58 (29:01)		2:47 (39:43)
			0:47 (46:02)		
5.	Anne Bloch Frandsen		OK Sorø	47:55	+7:20
	1:30 (1:30)		3:06 (7:06)		7:07 (14:15)
	0:59 (25:09)		2:43 (29:55)		6:16 (20:31)
	3:36 (44:47)		1:39 (47:01)		5:55 (38:53)
			2:03 (9:31)		3:39 (24:10)
			3:03 (32:58)		2:18 (41:11)
			0:54 (47:55)		
6.	Merete Kleist		OK Sorø	48:43	+8:08
	1:44 (1:44)		3:18 (8:44)		2:30 (11:14)
	1:05 (21:02)		3:30 (27:14)		4:07 (31:21)
	4:12 (45:18)		1:49 (47:39)		1:04 (48:43)
			2:30 (11:14)		2:25 (13:39)
			4:07 (31:21)		6:18 (19:57)
			1:04 (48:43)		2:58 (41:06)
7.	Pia Kadziola		Maribo OK	50:27	+9:52
	1:37 (1:37)		2:55 (7:33)		2:18 (9:51)
	1:04 (17:38)		3:27 (23:01)		7:13 (30:14)
	4:12 (47:05)		1:39 (49:29)		0:58 (50:27)
			2:18 (9:51)		2:56 (12:47)
			3:27 (23:01)		8:09 (38:23)
			0:58 (50:27)		4:30 (42:53)
8.	Helle Jønsson		OK Roskilde	53:02	+12:27
	1:54 (1:54)		3:30 (8:29)		2:53 (11:22)
	1:15 (21:07)		2:45 (23:52)		3:33 (27:25)
	4:23 (49:03)		0:39 (49:42)		2:16 (51:58)
			2:53 (11:22)		3:16 (14:38)
			4:20 (31:45)		9:45 (41:30)
			1:04 (53:02)		3:10 (44:40)
9.	Amalie Snedker Mosbæk		Holbæk OK	56:06	+15:31
	2:27 (2:27)		4:41 (10:23)		3:12 (13:35)
	1:18 (24:25)		4:23 (31:20)		4:54 (18:29)
	4:17 (52:36)		1:43 (55:04)		8:33 (44:15)
			3:12 (13:35)		4:38 (23:07)
			4:22 (35:42)		4:04 (48:19)
			1:02 (56:06)		
10.	Susanne Truelsen		Herlufsholm OK	1:11:45	+31:10
	2:58 (2:58)		4:16 (11:05)		4:51 (15:56)
	1:36 (26:54)		4:57 (35:56)		3:18 (19:14)
	12:05 (1:07:30)		2:04 (1:10:31)		8:42 (49:36)
			1:14 (1:11:45)		6:04 (25:18)
					5:49 (55:25)
Kort<60-H		(12 / 12)		Tid	Efter
1.	Morten Jensen		OK Roskilde	39:44	
	1:38 (1:38)		3:08 (7:24)		2:15 (9:39)
	0:56 (16:31)		3:04 (21:15)		3:38 (24:53)
	3:00 (36:50)		1:29 (38:50)		0:54 (39:44)
			2:15 (9:39)		2:09 (11:48)
			3:38 (24:53)		6:42 (31:35)
2.	Anders Knudsen		Herlufsholm OK	40:25	+0:41
	1:43 (1:43)		3:10 (8:48)		1:59 (10:47)
	0:55 (17:03)		2:59 (21:44)		3:05 (24:49)
	3:26 (37:00)		1:52 (39:28)		0:57 (40:25)
			1:59 (10:47)		1:56 (12:43)
			3:05 (24:49)		6:35 (31:24)
			0:57 (40:25)		2:10 (33:34)
3.	Henrik Nielsen		Holbæk OK	41:25	+1:41
	1:33 (1:33)		3:05 (7:43)		2:24 (10:07)
	1:02 (17:11)		3:08 (22:06)		3:24 (25:30)
	3:38 (38:23)		1:35 (40:32)		6:53 (32:23)
			2:24 (10:07)		3:42 (16:09)
			3:24 (25:30)		2:22 (34:45)
			0:53 (41:25)		
4.	Mads Jensen		Uden klub	41:30	+1:46
	1:17 (1:17)		3:39 (7:56)		1:40 (9:36)
	0:42 (15:10)		2:34 (19:09)		6:11 (25:20)
	3:11 (39:06)		1:17 (40:48)		0:42 (41:30)
			1:40 (9:36)		1:47 (11:23)
			6:11 (25:20)		7:39 (32:59)
			0:42 (41:30)		3:05 (14:28)
					2:56 (35:55)
5.	Michael Scheby		OK Sorø	47:07	+7:23
	4:55 (4:55)		2:55 (11:38)		2:08 (13:46)
	0:59 (21:08)		3:10 (26:20)		4:13 (30:33)
	3:30 (43:51)		1:37 (46:11)		0:56 (47:07)
			2:08 (13:46)		2:30 (16:16)
			3:10 (26:20)		6:41 (37:14)
			0:56 (47:07)		3:53 (20:09)
					3:07 (40:21)
6.	Henning Jeppesen		Køge OK	49:17	+9:33
	1:27 (1:27)		2:51 (9:53)		2:18 (17:50)
	0:55 (21:49)		5:41 (30:26)		7:31 (41:09)
	3:21 (46:45)		0:30 (47:15)		1:18 (48:33)
			5:39 (15:32)		2:18 (17:50)
			3:12 (33:38)		2:15 (43:24)
			0:44 (49:17)		
7.	Helmut Hansen		Herlufsholm OK	49:36	+9:52

	1:25 (1:25)	2:45 (4:10)	3:13 (7:23)	2:29 (9:52)	3:06 (12:58)	4:35 (17:33)
	1:13 (18:46)	2:45 (21:31)	3:53 (25:24)	4:15 (29:39)	8:21 (38:00)	3:18 (41:18)
	4:20 (45:38)	1:17 (46:55)	1:50 (48:45)	0:51 (49:36)		
8.	Jan Truelsén		Herlufsholm OK		52:03	+12:19
	1:51 (1:51)	2:24 (4:15)	3:17 (7:32)	2:40 (10:12)	2:25 (12:37)	4:28 (17:05)
	1:05 (18:10)	1:49 (19:59)	6:20 (26:19)	5:38 (31:57)	7:48 (39:45)	4:25 (44:10)
	3:58 (48:08)	0:49 (48:57)	2:02 (50:59)	1:04 (52:03)		
9.	Jesper R. Mortensen		Herlufsholm OK		52:56	+13:12
	1:49 (1:49)	2:44 (4:33)	3:53 (8:26)	2:45 (11:11)	2:20 (13:31)	5:28 (18:59)
	1:16 (20:15)	2:34 (22:49)	4:11 (27:00)	4:39 (31:39)	9:30 (41:09)	3:18 (44:27)
	4:16 (48:43)	0:59 (49:42)	2:01 (51:43)	1:13 (52:56)		
10.	Anton Lauritzen		Holbæk OK		54:08	+14:24
	1:59 (1:59)	2:35 (4:34)	3:47 (8:21)	3:07 (11:28)	2:55 (14:23)	6:04 (20:27)
	1:29 (21:56)	2:26 (24:22)	4:27 (28:49)	4:26 (33:15)	9:38 (42:53)	3:11 (46:04)
	4:21 (50:25)	0:39 (51:04)	2:04 (53:08)	1:00 (54:08)		
11.	Henrik Snedker Pedersen		Holbæk OK		1:05:25	+25:41
	1:47 (1:47)	3:05 (4:52)	3:49 (8:41)	2:42 (11:23)	6:36 (17:59)	5:26 (23:25)
	1:38 (25:03)	2:53 (27:56)	4:28 (32:24)	4:35 (36:59)	15:18 (52:17)	3:15 (55:32)
	5:06 (1:00:38)	1:02 (1:01:40)	2:31 (1:04:11)	1:14 (1:05:25)		
	John Barnewitz		Køge OK		Fejlkli	
	1:19 (1:19)	3:12 (4:31)	4:54 (9:25)	2:23 (11:48)	- (-)	- (22:22)
	0:55 (23:17)	1:41 (24:58)	3:16 (28:14)	3:53 (32:07)	6:31 (38:38)	2:13 (40:51)
	3:23 (44:14)	0:37 (44:51)	1:32 (46:23)	0:53 (47:16)		
Kort>60-D			(3 / 3)		Tid	Efter
1.	Gerda Marie Christiansen		Køge OK		56:04	
	1:59 (1:59)	3:11 (5:10)	3:50 (9:00)	3:11 (12:11)	2:54 (15:05)	4:55 (20:00)
	1:21 (21:21)	2:23 (23:44)	4:08 (27:52)	4:08 (32:00)	9:10 (41:10)	3:36 (44:46)
	4:51 (49:37)	3:40 (53:17)	1:54 (55:11)	0:53 (56:04)		
2.	Merete Ravnshøj Andersen		Herlufsholm OK		58:01	+1:57
	1:54 (1:54)	4:13 (6:07)	3:35 (9:42)	3:03 (12:45)	2:43 (15:28)	4:55 (20:23)
	1:19 (21:42)	3:14 (24:56)	4:23 (29:19)	5:41 (35:00)	10:20 (45:20)	3:34 (48:54)
	5:20 (54:14)	0:48 (55:02)	2:03 (57:05)	0:56 (58:01)		
	Marianne Dahl		OK Sorø		Fejlkli	
	2:25 (2:25)	4:23 (6:48)	4:49 (11:37)	4:32 (16:09)	6:07 (22:16)	- (-)
	- (34:51)	5:31 (40:22)	6:59 (47:21)	8:46 (56:07)	16:26 (1:12:33)	8:04 (1:20:37)
	8:34 (1:29:11)	7:17 (1:36:28)	2:40 (1:39:08)	1:19 (1:40:27)		
Kort>60-H			(16 / 16)		Tid	Efter
1.	Janne Brunstedt		OK Roskilde		36:37	
	1:32 (1:32)	2:01 (3:33)	2:48 (6:21)	2:15 (8:36)	2:02 (10:38)	3:21 (13:59)
	0:53 (14:52)	1:38 (16:30)	2:42 (19:12)	2:51 (22:03)	6:16 (28:19)	2:05 (30:24)
	3:30 (33:54)	0:30 (34:24)	1:25 (35:49)	0:48 (36:37)		
2.	Aksel Andersen		OK Roskilde		43:15	+6:38
	1:19 (1:19)	1:57 (3:16)	3:02 (6:18)	1:55 (8:13)	2:09 (10:22)	3:45 (14:07)
	0:57 (15:04)	1:46 (16:50)	3:11 (20:01)	6:41 (26:42)	6:54 (33:36)	2:06 (35:42)
	3:05 (38:47)	1:54 (40:41)	1:41 (42:22)	0:53 (43:15)		
3.	Jørgen Kristensen		OK Roskilde		44:38	+8:01
	1:43 (1:43)	2:23 (4:06)	3:15 (7:21)	2:24 (9:45)	2:37 (12:22)	4:18 (16:40)
	1:07 (17:47)	1:59 (19:46)	3:36 (23:22)	4:13 (27:35)	7:34 (35:09)	2:43 (37:52)
	3:53 (41:45)	0:28 (42:13)	1:34 (43:47)	0:51 (44:38)		
4.	Karsten Richardt		Køge OK		45:03	+8:26
	1:47 (1:47)	2:45 (4:32)	3:21 (7:53)	2:34 (10:27)	2:23 (12:50)	4:04 (16:54)
	1:08 (18:02)	1:54 (19:56)	3:46 (23:42)	3:56 (27:38)	7:27 (35:05)	2:53 (37:58)
	3:37 (41:35)	0:48 (42:23)	1:43 (44:06)	0:57 (45:03)		
5.	Ole Frederiksen		OK Roskilde		45:41	+9:04
	1:40 (1:40)	2:41 (4:21)	3:23 (7:44)	2:36 (10:20)	2:28 (12:48)	4:10 (16:58)
	1:09 (18:07)	2:24 (20:31)	3:37 (24:08)	3:46 (27:54)	7:53 (35:47)	2:47 (38:34)
	3:41 (42:15)	0:42 (42:57)	1:44 (44:41)	1:00 (45:41)		
6.	Niels Aabye		Ballerup		47:35	+10:58
	1:51 (1:51)	3:20 (5:11)	3:50 (9:01)	2:32 (11:33)	2:24 (13:57)	4:29 (18:26)
	1:16 (19:42)	2:45 (22:27)	3:19 (25:46)	3:45 (29:31)	7:22 (36:53)	3:05 (39:58)
	3:58 (43:56)	0:51 (44:47)	1:47 (46:34)	1:01 (47:35)		
7.	Per Steen		Køge OK		49:22	+12:45
	1:48 (1:48)	2:36 (4:24)	3:44 (8:08)	2:26 (10:34)	2:35 (13:09)	4:46 (17:55)
	1:16 (19:11)	2:28 (21:39)	3:48 (25:27)	4:04 (29:31)	8:33 (38:04)	2:56 (41:00)
	5:05 (46:05)	0:32 (46:37)	1:45 (48:22)	1:00 (49:22)		
8.	Flemming Olsen		OK Sorø		51:34	+14:57
	2:14 (2:14)	3:24 (5:38)	3:49 (9:27)	3:15 (12:42)	2:24 (15:06)	5:14 (20:20)
	1:28 (21:48)	2:36 (24:24)	3:55 (28:19)	4:12 (32:31)	7:42 (40:13)	3:24 (43:37)
	4:11 (47:48)	0:42 (48:30)	1:58 (50:28)	1:06 (51:34)		
9.	Tage Ebbensgaard		Køge OK		51:58	+15:21
	1:38 (1:38)	3:47 (5:25)	3:54 (9:19)	2:35 (11:54)	2:59 (14:53)	4:57 (19:50)
	1:25 (21:15)	1:54 (23:09)	6:47 (29:56)	4:16 (34:12)	7:51 (42:03)	2:39 (44:42)
	3:44 (48:26)	0:34 (49:00)	1:46 (50:46)	1:12 (51:58)		
10.	Jørgen Jørgensen		OK Sorø		53:59	+17:22
	1:54 (1:54)	2:53 (4:47)	4:04 (8:51)	3:11 (12:02)	3:06 (15:08)	4:43 (19:51)
	1:16 (21:07)	2:27 (23:34)	4:15 (27:49)	3:54 (31:43)	11:00 (42:43)	3:04 (45:47)
	4:36 (50:23)	0:37 (51:00)	1:59 (52:59)	1:00 (53:59)		
11.	Ebbe Kajberg		OK Sorø		1:00:38	+24:01
	1:51 (1:51)	2:39 (4:30)	3:26 (7:56)	2:39 (10:35)	2:17 (12:52)	4:41 (17:33)
	1:14 (18:47)	2:07 (20:54)	3:19 (24:13)	4:12 (28:25)	21:13 (49:38)	2:52 (52:30)
	4:30 (57:00)	0:40 (57:40)	1:57 (59:37)	1:01 (1:00:38)		
12.	Børge Jensen		Herlufsholm OK		1:01:30	+24:53
	2:13 (2:13)	3:38 (5:51)	3:59 (9:50)	2:36 (12:26)	3:10 (15:36)	5:05 (20:41)
	1:09 (21:50)	2:33 (24:23)	4:01 (28:24)	10:31 (38:55)	10:27 (49:22)	3:11 (52:33)
	4:54 (57:27)	0:43 (58:10)	2:11 (1:00:21)	1:09 (1:01:30)		
13.	Ole Bøggild		OK Roskilde		1:07:22	+30:45
	2:21 (2:21)	3:57 (6:18)	4:35 (10:53)	4:51 (15:44)	4:22 (20:06)	6:26 (26:32)
	1:43 (28:15)	3:04 (31:19)	4:45 (36:04)	5:27 (41:31)	11:06 (52:37)	5:00 (57:37)
	5:21 (1:02:58)	0:54 (1:03:52)	2:22 (1:06:14)	1:08 (1:07:22)		

14.	Hans-Ole Jensen		OK Sorø		1:08:26	+31:49	
	1:52 (1:52)	3:11 (5:03)	4:07 (9:10)	5:04 (14:14)	3:12 (17:26)		5:19 (22:45)
	1:30 (24:15)	8:45 (33:00)	5:41 (38:41)	4:59 (43:40)	11:05 (54:45)		3:47 (58:32)
	5:42 (1:04:14)	0:49 (1:05:03)	2:14 (1:07:17)	1:09 (1:08:26)			
15.	Steen Jeppesen		Holbæk OK		1:12:24	+35:47	
	4:55 (4:55)	2:47 (7:42)	3:23 (11:05)	2:43 (13:48)	2:53 (16:41)		7:05 (23:46)
	1:31 (25:17)	3:24 (28:41)	5:02 (33:43)	6:20 (40:03)	10:16 (50:19)		5:58 (56:17)
	12:20 (1:08:37)	0:48 (1:09:25)	1:53 (1:11:18)	1:06 (1:12:24)			
	Steen Lund		OK Sorø		Fejlklip		
	1:38 (1:38)	2:36 (4:14)	3:25 (7:39)	2:36 (10:15)	2:12 (12:27)		4:22 (16:49)
	- (-)	- (18:59)	3:12 (22:11)	3:38 (25:49)	8:44 (34:33)		4:41 (39:14)
	4:03 (43:17)	0:40 (43:57)	1:47 (45:44)	0:57 (46:41)			
Lang-H			(8 / 8)		Tid	Efter	
1.	Kim Hansen		Køge OK		1:01:44		
	2:11 (2:11)	1:34 (3:45)	4:08 (7:53)	1:03 (8:56)	1:40 (10:36)		3:13 (13:49)
	4:49 (18:38)	1:53 (20:31)	2:35 (23:06)	0:50 (23:56)	4:15 (28:11)		8:16 (36:27)
	0:41 (37:08)	1:52 (39:00)	0:25 (39:25)	2:19 (41:44)	3:11 (44:55)		0:59 (45:54)
	8:08 (54:02)	3:26 (57:28)	1:46 (59:14)	0:35 (59:49)	1:14 (1:01:03)		0:41 (1:01:44)
2.	Søren Madsen		OK Sorø		1:04:28	+2:44	
	2:39 (2:39)	1:40 (4:19)	3:38 (7:57)	1:02 (8:59)	2:05 (11:04)		2:48 (13:52)
	4:15 (18:07)	2:00 (20:07)	2:29 (22:36)	0:53 (23:29)	4:22 (27:51)		8:54 (36:45)
	0:40 (37:25)	1:57 (39:22)	0:26 (39:48)	2:05 (41:53)	3:26 (45:19)		1:25 (46:44)
	9:05 (55:49)	4:11 (1:00:00)	1:39 (1:01:39)	0:31 (1:02:10)	1:24 (1:03:34)		0:54 (1:04:28)
3.	Søren Fertin		Holbæk OK		1:06:25	+4:41	
	2:11 (2:11)	1:29 (3:40)	3:38 (7:18)	0:52 (8:10)	1:36 (9:46)		3:25 (13:11)
	3:54 (17:05)	1:48 (18:53)	2:28 (21:21)	0:46 (22:07)	4:24 (26:31)		8:05 (34:36)
	0:33 (35:09)	1:41 (36:50)	0:23 (37:13)	1:58 (39:11)	4:14 (43:25)		1:21 (44:46)
	13:06 (57:52)	4:36 (1:02:28)	1:31 (1:03:59)	0:29 (1:04:28)	1:16 (1:05:44)		0:41 (1:06:25)
4.	Peter Karberg		Herlufsholm OK		1:11:32	+9:48	
	5:09 (5:09)	2:13 (7:22)	4:57 (12:19)	1:00 (13:19)	1:54 (15:13)		3:13 (18:26)
	5:49 (24:15)	2:10 (26:25)	2:43 (29:08)	1:02 (30:10)	4:06 (34:16)		9:11 (43:27)
	0:41 (44:08)	2:13 (46:21)	0:23 (46:44)	2:11 (48:55)	3:12 (52:07)		0:59 (53:06)
	9:23 (1:02:29)	3:59 (1:06:28)	1:54 (1:08:22)	0:39 (1:09:01)	1:41 (1:10:42)		0:50 (1:11:32)
5.	Svend Christiansen		Klubløs		1:13:20	+11:36	
	2:58 (2:58)	2:09 (5:07)	7:48 (12:55)	1:10 (14:05)	1:52 (15:57)		3:03 (19:00)
	5:22 (24:22)	2:17 (26:39)	4:35 (31:14)	0:54 (32:08)	4:35 (36:43)		8:36 (45:19)
	0:42 (46:01)	2:20 (48:21)	0:28 (48:49)	1:58 (50:47)	3:53 (54:40)		1:08 (55:48)
	8:43 (1:04:31)	4:07 (1:08:38)	1:53 (1:10:31)	0:41 (1:11:12)	1:24 (1:12:36)		0:44 (1:13:20)
6.	Jan Frederiksen		OK Roskilde		1:14:38	+12:54	
	2:35 (2:35)	2:10 (4:45)	4:26 (8:11)	0:58 (10:09)	1:48 (11:57)		4:37 (16:34)
	4:14 (20:48)	3:01 (23:49)	2:47 (26:36)	2:41 (29:17)	4:12 (33:29)		8:54 (42:23)
	0:33 (42:56)	2:01 (44:57)	0:30 (45:27)	2:07 (47:34)	4:12 (51:46)		1:07 (52:53)
	13:07 (1:06:00)	4:30 (1:10:30)	1:37 (1:12:07)	0:29 (1:12:36)	1:21 (1:13:57)		0:41 (1:14:38)
7.	Kim Folander		FSK		1:15:00	+13:16	
	3:17 (3:17)	2:06 (5:23)	4:38 (10:01)	1:17 (11:18)	2:22 (13:40)		3:16 (16:56)
	5:15 (22:11)	2:29 (24:40)	2:31 (27:11)	1:09 (28:20)	5:00 (33:20)		10:49 (44:09)
	0:40 (44:49)	2:12 (47:01)	0:26 (47:27)	2:31 (49:58)	3:55 (53:53)		1:02 (54:55)
	10:20 (1:05:15)	4:31 (1:09:46)	2:14 (1:12:00)	0:31 (1:12:31)	1:49 (1:14:20)		0:40 (1:15:00)
8.	Bjark Bo Christensen		Holbæk OK		1:18:51	+17:07	
	2:31 (2:31)	1:49 (4:20)	5:09 (9:29)	1:08 (10:37)	2:35 (13:12)		4:11 (17:23)
	5:30 (22:53)	2:53 (25:46)	2:47 (28:33)	1:08 (28:41)	5:13 (34:54)		11:22 (46:16)
	0:44 (47:00)	3:54 (50:54)	0:26 (51:20)	2:19 (53:39)	3:58 (57:37)		1:01 (58:38)
	10:23 (1:09:01)	4:29 (1:13:30)	2:08 (1:15:38)	0:35 (1:16:13)	1:55 (1:18:08)		0:43 (1:18:51)
Lang-D			(2 / 2)		Tid	Efter	
1.	Hanne Fogh		FSK		1:08:07		
	2:24 (2:24)	1:55 (4:19)	4:09 (8:28)	1:10 (9:38)	2:08 (11:46)		2:58 (14:44)
	4:35 (19:19)	2:06 (21:25)	2:24 (23:49)	0:55 (24:44)	4:40 (29:24)		9:58 (39:22)
	0:41 (40:03)	2:12 (42:15)	0:23 (42:38)	2:22 (45:00)	3:42 (48:42)		1:04 (49:46)
	9:58 (59:44)	3:43 (1:03:27)	1:53 (1:05:20)	0:30 (1:05:50)	1:27 (1:07:17)		0:50 (1:08:07)
2.	Jette Grimstrup		Køge OK		1:16:47	+8:40	
	3:28 (3:28)	2:05 (5:33)	4:52 (10:25)	1:22 (11:47)	2:14 (14:01)		4:05 (18:06)
	4:52 (22:58)	3:01 (25:59)	2:49 (28:48)	1:05 (29:53)	5:04 (34:57)		10:26 (45:23)
	0:45 (46:08)	2:38 (48:46)	0:30 (49:16)	2:34 (51:50)	4:07 (55:57)		1:02 (56:59)
	10:35 (1:07:34)	4:19 (1:11:53)	1:51 (1:13:44)	0:38 (1:14:22)	1:31 (1:15:53)		0:54 (1:16:47)
Mellem-D			(4 / 4)		Tid	Efter	
1.	Nina Okkels		OK Sorø		1:06:27		
	4:38 (4:38)	2:06 (6:44)	3:09 (9:53)	1:43 (11:36)	4:21 (15:57)		3:08 (19:05)
	1:19 (20:24)	2:25 (22:49)	3:26 (26:15)	9:09 (35:24)	2:18 (37:42)		0:56 (38:38)
	2:21 (40:59)	7:26 (48:25)	7:10 (55:35)	3:54 (59:29)	3:43 (1:03:12)		0:42 (1:03:54)
	1:38 (1:05:32)	0:55 (1:06:27)					
2.	Anette Christensen		Holbæk OK		1:14:19	+7:52	
	3:00 (3:00)	2:29 (5:29)	3:25 (8:54)	2:08 (11:02)	5:02 (16:04)		3:53 (19:57)
	2:06 (22:03)	2:01 (24:04)	4:14 (28:18)	9:25 (37:43)	2:22 (40:05)		0:43 (40:48)
	2:55 (43:43)	6:28 (50:11)	10:34 (1:00:45)	4:53 (1:05:38)	4:40 (1:10:18)		0:50 (1:11:08)
	2:10 (1:13:18)	1:01 (1:14:19)					
3.	Anja Rasmussen		OK Sorø		1:17:51	+11:24	
	5:56 (5:56)	2:08 (8:04)	3:24 (11:28)	1:59 (13:27)	4:23 (17:50)		4:03 (21:53)
	1:43 (23:36)	1:46 (25:22)	4:01 (29:23)	9:36 (38:59)	2:02 (41:01)		0:55 (41:56)
	2:45 (44:41)	6:36 (51:17)	14:31 (1:05:48)	4:13 (1:10:01)	4:50 (1:14:51)		0:29 (1:15:20)
	1:40 (1:17:00)	0:51 (1:17:51)					
4.	Sanne Kolenda		Holbæk OK		1:28:12	+21:45	
	4:10 (4:10)	3:11 (7:21)	4:38 (11:59)	3:20 (15:19)	5:21 (20:40)		4:25 (25:05)
	1:47 (26:52)	3:30 (30:22)	5:00 (35:22)	12:34 (47:56)	3:15 (51:11)		0:52 (52:03)
	3:05 (55:08)	8:12 (1:03:20)	12:56 (1:16:16)	3:22 (1:19:38)	4:29 (1:24:07)		0:46 (1:24:53)
	2:10 (1:27:03)	1:09 (1:28:12)					
Mellem-H			(17 / 17)		Tid	Efter	
1.	Kenneth Lund		OK Sorø		45:36		
	2:26 (2:26)	1:33 (3:59)	2:44 (6:43)	1:25 (8:08)	2:46 (10:54)		2:35 (13:29)
	1:11 (14:40)	1:33 (16:13)	2:31 (18:44)	6:11 (24:55)	1:37 (26:32)		0:39 (27:11)
	2:00 (29:11)	4:06 (33:17)	5:12 (38:29)	1:52 (40:21)	2:39 (43:00)		0:33 (43:33)
	1:19 (44:52)	0:44 (45:36)					

2.	Claus Rasmussen		OK Roskilde		47:38	+2:02	
	2:07 (2:07)	1.31 (3:38)	2:31 (6:09)	1:23 (7:32)	3:21 (10:53)		2:38 (13:31)
	1:04 (14:35)	1:29 (16:04)	2:18 (18:22)	6:15 (24:37)	2:17 (26:54)		0:34 (27:28)
	2:20 (29:48)	4:00 (33:48)	6:03 (39:51)	1:45 (41:36)	3:18 (44:54)		0:33 (45:27)
	1:25 (46:52)	0:46 (47:38)					
3.	Jakob Søndergaard		OK Roskilde		49:29	+3:53	
	2:16 (2:16)	1:38 (3:54)	2:32 (6:26)	1:27 (7:53)	3:26 (11:19)		2:34 (13:53)
	1:10 (15:03)	1:39 (16:42)	3:05 (19:47)	6:31 (26:18)	1:34 (27:52)		0:37 (28:29)
	2:12 (30:41)	4:44 (35:25)	6:25 (41:50)	2:15 (44:05)	2:51 (46:56)		0:28 (47:24)
	1:20 (48:44)	0:45 (49:29)					
4.	Arne Kristensen		HG		52:37	+7:01	
	2:21 (2:21)	1:35 (3:56)	2:34 (6:30)	1:38 (8:08)	3:19 (11:27)		3:09 (14:36)
	1:08 (15:44)	1:59 (17:43)	2:44 (20:27)	7:31 (27:58)	1:38 (29:36)		0:36 (30:12)
	2:33 (32:45)	5:41 (38:26)	6:01 (44:27)	2:05 (46:32)	3:05 (49:37)		0:49 (50:26)
	1:23 (51:49)	0:48 (52:37)					
5.	Stig Møller		OK Sorø		52:41	+7:05	
	2:41 (2:41)	1:47 (4:28)	2:35 (7:03)	1:27 (8:30)	3:14 (11:44)		2:40 (14:24)
	1:45 (16:09)	1:38 (17:47)	2:52 (20:39)	6:55 (27:34)	1:35 (29:09)		0:42 (29:51)
	2:35 (32:26)	5:18 (37:44)	6:35 (44:19)	2:14 (46:33)	3:25 (49:58)		0:35 (50:33)
	1:19 (51:52)	0:49 (52:41)					
6.	Jesper Børsting		Herlufsholm OK		54:10	+8:34	
	2:48 (2:48)	1:48 (4:36)	3:03 (7:39)	1:38 (9:17)	3:25 (12:42)		3:01 (15:43)
	1:33 (17:16)	1:43 (18:59)	2:58 (21:57)	7:39 (29:36)	1:51 (31:27)		0:46 (32:13)
	2:12 (34:25)	4:39 (39:04)	6:36 (45:40)	2:15 (47:55)	3:08 (51:03)		0:37 (51:40)
	1:41 (53:21)	0:49 (54:10)					
7.	Jesper Munch Jespersen		OK Sorø		54:47	+9:11	
	2:38 (2:38)	2:07 (4:45)	2:56 (7:41)	1:41 (9:22)	3:27 (12:49)		3:13 (16:02)
	2:16 (18:18)	1:50 (20:08)	2:39 (22:47)	7:24 (30:11)	1:45 (31:56)		0:37 (32:33)
	2:31 (35:04)	5:36 (40:40)	6:01 (46:41)	2:12 (48:53)	3:05 (51:58)		0:51 (52:49)
	1:15 (54:04)	0:43 (54:47)					
8.	Gunnar Grue-Sørensen		Køge OK		56:43	+11:07	
	2:24 (2:24)	2:00 (4:24)	2:59 (7:23)	2:36 (9:59)	3:36 (13:35)		3:00 (16:35)
	1:09 (17:44)	1:49 (19:33)	4:14 (23:47)	8:07 (31:54)	1:52 (33:46)		0:38 (34:24)
	2:39 (37:03)	4:47 (41:50)	6:44 (48:34)	2:25 (50:59)	2:55 (53:54)		0:33 (54:27)
	1:29 (55:56)	0:47 (56:43)					
9.	Jan Thiesen		Holbæk OK		57:31	+11:55	
	4:45 (4:45)	1:59 (6:44)	2:44 (9:28)	1:24 (10:52)	3:46 (14:38)		2:57 (17:35)
	1:15 (18:50)	1:33 (20:23)	2:41 (23:04)	7:53 (30:57)	1:45 (32:42)		0:41 (33:23)
	2:35 (35:58)	4:42 (40:40)	7:36 (48:16)	2:52 (51:08)	3:27 (54:35)		0:44 (55:19)
	1:30 (56:49)	0:42 (57:31)					
10.	Carsten Mogensen		Køge OK		58:29	+12:53	
	2:33 (2:33)	1:41 (4:14)	2:42 (6:56)	1:40 (8:36)	5:49 (14:25)		3:02 (17:27)
	1:18 (18:45)	3:11 (21:56)	3:31 (25:27)	8:20 (33:47)	1:49 (35:36)		0:39 (36:15)
	2:12 (38:27)	4:55 (43:22)	6:33 (49:55)	2:12 (52:07)	3:38 (55:45)		0:31 (56:16)
	1:26 (57:42)	0:47 (58:29)					
11.	Jens C Buch		OK Roskilde		58:38	+13:02	
	3:10 (3:10)	1:46 (4:56)	2:45 (7:41)	1:34 (9:15)	4:56 (14:11)		2:50 (17:01)
	1:29 (18:30)	2:07 (20:37)	3:10 (23:47)	7:48 (31:35)	1:50 (33:25)		0:44 (34:09)
	2:24 (36:33)	5:18 (41:51)	7:32 (49:23)	2:30 (51:53)	3:36 (55:29)		0:44 (56:13)
	1:34 (57:47)	0:51 (58:38)					
12.	Mogens Kristensen		OK Roskilde		1:01:48	+16:12	
	2:53 (2:53)	2:02 (4:55)	3:07 (8:02)	1:43 (9:45)	4:02 (13:47)		3:23 (17:10)
	1:43 (18:53)	2:43 (21:36)	3:14 (24:50)	8:41 (33:31)	1:54 (35:25)		0:49 (36:14)
	2:52 (39:06)	5:44 (44:50)	7:47 (52:37)	2:23 (55:00)	3:46 (58:46)		0:36 (59:22)
	1:39 (1:01:01)	0:47 (1:01:48)					
13.	Søren Kristensen		Køge OK		1:07:24	+21:48	
	2:41 (2:41)	2:05 (4:46)	3:03 (7:49)	3:10 (10:59)	4:19 (15:18)		3:15 (18:33)
	1:38 (20:11)	1:47 (21:58)	3:56 (25:54)	10:21 (36:15)	2:08 (38:23)		0:43 (39:06)
	2:29 (41:35)	5:02 (46:37)	10:34 (57:11)	2:36 (59:47)	3:54 (1:03:41)		0:40 (1:04:21)
	1:51 (1:06:12)	1:12 (1:07:24)					
14.	Anders Juhl Thomsen		OK Roskilde		1:10:32	+24:56	
	3:04 (3:04)	2:15 (5:19)	2:58 (8:17)	1:46 (10:03)	5:30 (15:33)		3:34 (19:07)
	3:45 (22:52)	1:51 (24:43)	3:45 (28:28)	9:56 (38:24)	2:40 (41:04)		0:59 (42:03)
	2:34 (44:37)	7:01 (51:38)	8:56 (1:00:34)	2:47 (1:03:21)	3:41 (1:07:02)		0:52 (1:07:54)
	1:48 (1:09:42)	0:50 (1:10:32)					
15.	Asger Jensen		OK Roskilde		1:11:07	+25:31	
	3:40 (3:40)	2:32 (6:12)	3:39 (9:51)	1:54 (11:45)	4:45 (16:30)		3:51 (20:21)
	2:49 (23:10)	2:13 (25:23)	4:03 (29:26)	9:23 (38:49)	2:13 (41:02)		0:48 (41:50)
	2:28 (44:18)	5:57 (50:15)	8:10 (58:25)	2:59 (1:01:24)	5:55 (1:07:19)		0:45 (1:08:04)
	2:02 (1:10:06)	1:01 (1:11:07)					
16.	Bent Jensen		Holbæk OK		1:17:05	+31:29	
	3:24 (3:24)	1:58 (5:22)	3:22 (8:44)	1:50 (10:34)	4:32 (15:06)		4:37 (19:43)
	2:39 (22:22)	2:32 (24:54)	4:25 (29:19)	11:53 (41:12)	2:11 (43:23)		0:46 (44:09)
	3:02 (47:11)	6:17 (53:28)	8:28 (1:01:56)	6:51 (1:08:47)	5:10 (1:13:57)		0:41 (1:14:38)
	1:32 (1:16:10)	0:55 (1:17:05)					
17.	Henrik Mathisen		Herlufsholm OK		1:20:35	+34:59	
	3:29 (3:29)	2:17 (5:46)	3:01 (8:47)	5:11 (13:58)	5:19 (19:17)		4:23 (23:40)
	2:35 (26:15)	1:59 (28:14)	6:13 (34:27)	16:25 (50:52)	1:51 (52:43)		0:41 (53:24)
	3:46 (57:10)	6:10 (1:03:20)	7:50 (1:11:10)	2:34 (1:13:44)	3:19 (1:17:03)		0:36 (1:17:39)
	1:53 (1:19:32)	1:03 (1:20:35)					
Mini<60-D			(3 / 3)		Tid	Efter	
1.	Jannie Nielsen		Holbæk OK		44:32		
	2:11 (2:11)	1:48 (3:59)	4:07 (8:06)	2:35 (10:41)	1:56 (12:37)		4:06 (16:43)
	3:56 (20:39)	2:31 (23:10)	4:34 (27:44)	7:41 (35:25)	5:04 (40:29)		0:44 (41:13)
	2:03 (43:16)	1:16 (44:32)					
2.	Rita Løjmand		Herlufsholm OK		51:04	+6:32	
	1:59 (1:59)	1:53 (3:52)	3:55 (7:47)	2:57 (10:44)	3:28 (14:12)		3:58 (18:10)
	4:19 (22:29)	2:47 (25:16)	7:26 (32:42)	8:09 (40:51)	5:44 (46:35)		0:50 (47:25)
	2:25 (49:50)	1:14 (51:04)					
3.	Susanne Tanderup		Herlufsholm OK		53:25	+8:53	

2:54 (2:54)	1:35 (4:29)	4:34 (9:03)	3:19 (12:22)	2:27 (14:49)	3:37 (18:26)
8:32 (26:58)	1:50 (28:48)	4:33 (33:21)	11:09 (44:30)	5:32 (50:02)	0:40 (50:42)
1:45 (52:27)	0:58 (53:25)				
Mini<60-H		(1 / 1)		Tid	Efter
1. Claus Mikkelsen		Herlufsholm OK		53:17	
2:49 (2:49)	2:00 (4:49)	4:32 (9:21)	2:56 (12:17)	1:49 (14:06)	4:30 (18:36)
4:54 (23:30)	3:29 (26:59)	5:04 (32:03)	10:03 (42:06)	5:18 (47:24)	1:07 (48:31)
3:03 (51:34)	1:43 (53:17)				
Mini>60-D		(2 / 2)		Tid	Efter
1. Inge Jørgensen		OK Roskilde		35:47	
1:36 (1:36)	1:21 (2:57)	3:09 (6:06)	2:26 (8:32)	1:21 (9:53)	3:09 (13:02)
3:24 (16:26)	2:12 (18:38)	3:33 (22:11)	5:56 (28:07)	4:23 (32:30)	0:36 (33:06)
1:42 (34:48)	0:59 (35:47)				
2. Lena Hansen		Herlufsholm OK		1:11:31	+35:44
3:24 (3:24)	3:07 (6:31)	5:51 (12:22)	5:22 (17:44)	2:45 (20:29)	6:01 (26:30)
7:06 (33:36)	4:23 (37:59)	7:12 (45:11)	10:59 (56:10)	8:09 (1:04:19)	1:18 (1:05:37)
4:14 (1:09:51)	1:40 (1:11:31)				
Mini>60-H		(10 / 10)		Tid	Efter
1. Ole Svendsen		OK Roskilde		39:28	
1:52 (1:52)	1:34 (3:26)	3:58 (7:24)	2:21 (9:45)	1:31 (11:16)	3:16 (14:32)
3:24 (17:56)	2:27 (20:23)	3:41 (24:04)	7:20 (31:24)	4:15 (35:39)	0:47 (36:26)
1:57 (38:23)	1:05 (39:28)				
2. Mogens Jensen		Holbæk OK		41:12	+1:44
1:36 (1:36)	2:02 (3:38)	3:06 (6:44)	2:27 (9:11)	1:57 (11:08)	2:58 (14:06)
4:19 (18:25)	3:01 (21:26)	4:13 (25:39)	7:14 (32:53)	4:39 (37:32)	0:39 (38:11)
2:12 (40:23)	0:49 (41:12)				
3. Niels-Henrik Holscher		O-63		45:22	+5:54
1:55 (1:55)	1:44 (3:39)	6:15 (9:54)	2:55 (12:49)	2:11 (15:00)	4:13 (19:13)
3:44 (22:57)	2:48 (25:45)	3:52 (29:37)	6:59 (36:36)	4:33 (41:09)	0:58 (42:07)
2:12 (44:19)	1:03 (45:22)				
4. Ole Rasmussen		Køge OK		48:12	+8:44
2:04 (2:04)	1:55 (3:59)	3:53 (7:52)	2:50 (10:42)	1:58 (12:40)	3:48 (16:28)
3:38 (20:06)	2:44 (22:50)	8:25 (31:15)	7:32 (38:47)	5:18 (44:05)	0:51 (44:56)
2:12 (47:08)	1:04 (48:12)				
5. Tage Frydendal		Holbæk OK		49:22	+9:54
2:23 (2:23)	2:08 (4:31)	5:15 (9:46)	2:44 (12:30)	2:46 (15:16)	4:11 (19:27)
4:03 (23:30)	3:03 (26:33)	4:47 (31:20)	8:39 (39:59)	4:38 (44:37)	0:51 (45:28)
2:29 (47:57)	1:25 (49:22)				
6. Kurt Dose		Køge OK		52:18	+12:50
2:32 (2:32)	2:07 (4:39)	3:48 (8:27)	3:10 (11:37)	2:43 (14:20)	4:32 (18:52)
4:31 (23:23)	2:55 (26:18)	6:21 (32:39)	9:12 (41:51)	5:20 (47:11)	0:53 (48:04)
2:45 (50:49)	1:29 (52:18)				
7. John Jensen		Holbæk OK		52:46	+13:18
2:08 (2:08)	2:12 (4:20)	4:40 (9:00)	2:48 (11:48)	2:03 (13:51)	4:01 (17:52)
4:45 (22:37)	3:31 (26:08)	5:14 (31:22)	9:38 (41:00)	5:51 (46:51)	1:02 (47:53)
3:26 (51:19)	1:27 (52:46)				
8. Svend Fladberg		Køge OK		59:03	+19:35
6:50 (6:50)	1:47 (8:37)	4:31 (13:08)	5:48 (18:56)	1:31 (20:27)	6:24 (26:51)
5:01 (31:52)	2:54 (34:46)	4:36 (39:22)	8:31 (47:53)	6:33 (54:26)	0:55 (55:21)
2:25 (57:46)	1:17 (59:03)				
9. Bent Børsting		Herlufsholm OK		1:00:14	+20:46
2:54 (2:54)	2:12 (5:06)	5:01 (10:07)	3:02 (13:09)	2:57 (16:06)	5:05 (21:11)
6:39 (27:50)	4:26 (32:16)	5:50 (38:06)	9:34 (47:40)	6:20 (54:00)	1:16 (55:16)
3:18 (58:34)	1:40 (1:00:14)				
10. Steffen Nilsson		Køge OK		1:14:39	+35:11
2:44 (2:44)	2:46 (5:30)	5:22 (10:52)	3:52 (14:44)	4:52 (19:36)	5:57 (25:33)
10:20 (35:53)	7:26 (43:19)	6:40 (49:59)	11:10 (1:01:09)	7:31 (1:08:40)	1:02 (1:09:42)
3:06 (1:12:48)	1:51 (1:14:39)				