

# Resultater – VTR-løb Møns Klint 13/11-22

2022-11-13

Grøn D		(2 / 2)		Tid	Efter
1.	Lilje Ditlevsen		OK Sorø	39:36	
	4:24 (4:24)	3:01 (7:25)	3:25 (10:50)	1:58 (12:48)	4:05 (20:27)
	1:45 (22:12)	1:20 (23:32)	2:01 (25:33)	1:12 (26:45)	2:43 (32:21)
	1:18 (33:39)	3:32 (37:11)	2:25 (39:36)	2:53 (29:38)	
2.	Asta Jørgensen		Holbæk OK	39:56	+0:20
	2:56 (2:56)	4:04 (7:00)	4:14 (11:14)	1:52 (13:06)	4:05 (20:10)
	1:56 (22:06)	1:15 (23:21)	2:02 (25:23)	1:17 (26:40)	2:43 (33:03)
	0:53 (33:56)	3:58 (37:54)	2:02 (39:56)	3:40 (30:20)	
Grøn H		(1 / 1)		Tid	Efter
1.	Viktor Jørgensen		Holbæk OK	37:34	
	7:10 (7:10)	3:11 (10:21)	1:52 (12:13)	1:49 (14:02)	4:28 (21:33)
	1:20 (22:53)	0:56 (23:49)	2:05 (25:54)	1:09 (27:03)	2:50 (32:32)
	0:44 (33:16)	3:10 (36:26)	1:08 (37:34)	2:39 (29:42)	
Hvid D		(2 / 2)		Tid	Efter
1.	Gitte Rasmussen		Køge OK	1:20:56	
	4:07 (4:07)	3:30 (7:37)	10:20 (17:57)	10:50 (33:01)	13:05 (46:06)
	13:29 (59:35)	2:35 (1:02:10)	5:46 (1:07:56)	4:30 (1:18:21)	2:35 (1:20:56)
	Inge K. Kristoffersen		Køge OK	Fejlkli	
	5:07 (5:07)	5:28 (10:35)	– (–)	– (–)	– (35:28)
	– (–)	– (–)	– (–)	6:56 (59:44)	3:52 (1:03:36)
Hvid H		(3 / 3)		Tid	Efter
1.	Benni Sørensen		Herlufsholm OK	1:18:30	
	4:42 (4:42)	2:39 (7:21)	10:33 (17:54)	4:49 (28:07)	5:19 (33:26)
	27:15 (1:00:41)	2:17 (1:02:58)	4:48 (1:07:46)	4:47 (1:12:33)	1:41 (1:18:30)
2.	Villas Leonhardsen		Herlufsholm OK	1:18:42	+0:12
	4:26 (4:26)	2:52 (7:18)	10:26 (17:44)	4:50 (28:08)	5:20 (33:28)
	27:06 (1:00:34)	2:32 (1:03:06)	4:51 (1:07:57)	4:30 (1:16:58)	1:44 (1:18:42)
3.	Per Steen		O-63	1:43:27	+24:57
	5:19 (5:19)	4:17 (9:36)	13:33 (23:09)	6:44 (35:21)	6:35 (41:56)
	35:58 (1:17:54)	2:35 (1:20:29)	6:37 (1:27:06)	5:14 (1:40:15)	3:12 (1:43:27)
Gul D		(1 / 1)		Tid	Efter
1.	Jeanette Bjerborg		Køge OK	2:13:16	
	3:53 (3:53)	4:12 (8:05)	16:57 (25:02)	9:23 (34:25)	4:37 (50:22)
	8:04 (58:26)	19:30 (1:17:56)	10:09 (1:28:05)	16:50 (1:44:55)	5:12 (1:55:21)
	13:10 (2:08:31)	4:45 (2:13:16)		5:14 (1:50:09)	
Blå H		(1 / 1)		Tid	Efter
1.	Claus Mikkelsen		Herlufsholm OK	1:04:35	
	3:18 (3:18)	4:04 (7:22)	5:08 (12:30)	3:47 (19:23)	1:38 (21:01)
	12:37 (33:38)	9:59 (43:37)	6:22 (49:59)	3:12 (1:01:29)	3:06 (1:04:35)
Blå D O.60		(4 / 4)		Tid	Efter
1.	Lena Hansen		Herlufsholm OK	1:35:30	
	5:57 (5:57)	5:28 (11:25)	9:11 (20:36)	4:27 (25:03)	4:50 (45:22)
	10:28 (55:50)	12:12 (1:08:02)	8:15 (1:16:17)	8:49 (1:25:06)	3:58 (1:35:30)
2.	Gerda Marie Christiansen		Køge OK	1:43:11	+7:41
	3:10 (3:10)	3:20 (6:30)	4:10 (10:40)	2:30 (13:10)	16:15 (29:25)
	11:55 (43:13)	39:45 (1:22:58)	5:40 (1:28:38)	7:09 (1:35:47)	3:55 (1:39:42)
3.	Birgit Berner		Køge OK	1:45:45	+10:15
	5:43 (5:43)	3:26 (9:09)	4:08 (13:17)	2:40 (15:57)	16:05 (32:02)
	12:00 (45:51)	39:46 (1:25:37)	5:35 (1:31:12)	7:10 (1:38:22)	3:58 (1:42:20)
	Rita Løjmand		Herlufsholm OK	Fejlkli	
	4:00 (4:00)	4:24 (8:24)	17:00 (25:24)	2:54 (28:18)	5:02 (33:20)
	– (–)	– (–)	– (–)	– (–)	1:42 (35:02)
					– (1:07:41)
Blå H O.60		(11 / 11)		Tid	Efter
1.	Carl-Aage Hansen		O-63/Maribo	46:20	
	2:21 (2:21)	2:46 (5:07)	4:07 (9:14)	2:16 (11:30)	7:00 (18:30)
	4:31 (25:46)	6:28 (32:14)	5:15 (37:29)	4:54 (42:23)	2:17 (44:40)
2.	Knud Madsen		OK Sorø	47:23	+1:03
	2:57 (2:57)	3:04 (6:01)	4:01 (10:02)	2:11 (12:13)	2:34 (14:47)
	5:26 (21:17)	6:09 (27:26)	8:28 (35:54)	6:17 (42:11)	2:37 (44:48)
3.	John Pedersen		OK Sorø	51:14	+4:54
	2:50 (2:50)	2:49 (5:39)	4:24 (10:03)	4:11 (16:45)	1:39 (18:24)
	6:26 (24:50)	7:59 (32:49)	5:51 (38:40)	6:22 (45:02)	3:45 (48:47)
4.	Erik Løvgren Jensen		Køge OK	59:02	+12:42
	3:11 (3:11)	3:30 (6:41)	6:22 (13:03)	2:44 (15:47)	3:52 (19:39)
	7:37 (28:50)	13:16 (42:06)	5:46 (47:52)	6:17 (54:09)	2:37 (56:46)
					2:16 (59:02)

5.	John Tripax		OK Roskilde		59:23	+13:03
	2:36 (2:36)	2:51 (5:27)	4:00 (9:27)	2:02 (11:29)	16:13 (27:42)	1:22 (29:04)
	7:34 (36:38)	6:07 (42:45)	5:58 (48:43)	5:44 (54:27)	2:34 (57:01)	2:22 (59:23)
6.	Stig Andersen		Herlufsholm OK		1:06:36	+20:16
	3:19 (3:19)	3:13 (6:32)	6:07 (12:39)	2:20 (14:59)	3:30 (18:29)	2:24 (20:53)
	9:11 (30:04)	17:30 (47:34)	5:17 (52:51)	6:38 (59:29)	4:34 (1:04:03)	2:33 (1:06:36)
7.	Niels-Henrik Holscher		O-63/Maribo		1:08:09	+21:49
	3:35 (3:35)	4:10 (7:45)	6:24 (14:09)	2:29 (16:38)	3:32 (20:10)	2:23 (22:33)
	9:10 (31:43)	17:28 (49:11)	5:20 (54:31)	6:47 (1:01:18)	4:18 (1:05:36)	2:33 (1:08:09)
8.	Morten Løjmand		Herlufsholm OK		1:22:52	+36:32
	2:38 (2:38)	17:53 (20:31)	4:13 (24:44)	2:32 (27:16)	3:11 (30:27)	1:33 (32:00)
	25:59 (57:59)	6:27 (1:04:26)	4:44 (1:09:10)	5:54 (1:15:04)	5:19 (1:20:23)	2:29 (1:22:52)
9.	Mogens Jensen		Holbæk OK		1:33:41	+47:21
	3:08 (3:08)	3:41 (6:49)	5:12 (12:01)	2:52 (14:53)	20:46 (35:39)	1:10 (36:49)
	14:35 (51:24)	9:39 (1:01:03)	8:15 (1:09:18)	17:56 (1:27:14)	2:48 (1:30:02)	3:39 (1:33:41)
	Lars Olsen		OK Roskilde		Fejlklip	
	3:28 (3:28)	3:53 (7:21)	5:19 (12:40)	7:07 (19:47)	5:18 (25:05)	2:00 (27:05)
	22:09 (49:14)	– (–)	– (–)	– (1:25:37)	3:21 (1:28:58)	4:09 (1:33:07)
	Svend Fladberg		Køge OK		Fejlklip	
	10:35 (10:35)	4:07 (14:42)	5:42 (20:24)	3:41 (24:05)	12:14 (36:19)	29:53 (1:06:12)
	7:42 (1:13:54)	– (–)	– (–)	– (–)	– (–)	– (2:09:04)

**Sort Kort D**

			(7 / 7)		Tid	Efter
1.	Birgit Børsting		Herlufsholm OK		55:58	
	2:17 (2:17)	2:01 (4:18)	1:43 (6:01)	3:05 (9:06)	2:42 (11:48)	4:10 (15:58)
	4:12 (20:10)	1:00 (21:10)	3:33 (24:43)	10:47 (35:30)	5:51 (41:21)	1:14 (42:35)
	5:24 (47:59)	3:09 (51:08)	0:42 (51:50)	2:23 (54:13)	1:45 (55:58)	
2.	Lene Justesen		Holbæk OK		1:02:09	+6:11
	2:47 (2:47)	1:50 (4:37)	1:43 (6:20)	2:36 (8:56)	3:00 (11:56)	3:53 (15:49)
	5:21 (21:10)	0:52 (22:02)	4:10 (26:12)	14:52 (41:04)	6:06 (47:10)	2:05 (49:15)
	5:21 (54:36)	2:49 (57:25)	0:45 (58:10)	1:52 (1:00:02)	2:07 (1:02:09)	
3.	Nina Okkels		OK Sorø		1:02:38	+6:40
	3:13 (3:13)	1:33 (4:46)	1:52 (6:38)	3:02 (9:40)	2:59 (12:39)	3:45 (16:24)
	7:00 (23:24)	1:16 (24:40)	4:37 (29:17)	10:03 (39:20)	5:58 (45:18)	1:18 (46:36)
	5:55 (52:31)	3:12 (55:43)	0:40 (56:23)	3:53 (1:00:16)	2:22 (1:02:38)	
4.	Tine Alkjær		FIF Hillerød Orientering		1:04:32	+8:34
	2:21 (2:21)	1:30 (3:51)	1:51 (5:42)	6:01 (11:43)	2:33 (14:16)	3:16 (17:32)
	3:14 (20:46)	1:14 (22:00)	3:24 (25:24)	17:50 (43:14)	6:57 (50:11)	1:06 (51:17)
	5:55 (57:12)	2:49 (1:00:01)	0:41 (1:00:42)	1:54 (1:02:36)	1:56 (1:04:32)	
5.	Eva Høhne		OK Sorø		1:07:54	+11:56
	1:58 (1:58)	1:06 (3:04)	1:29 (4:33)	2:03 (6:36)	3:01 (9:37)	3:03 (12:40)
	5:59 (18:39)	0:48 (19:27)	2:59 (22:26)	14:25 (36:51)	13:40 (50:31)	2:12 (52:43)
	5:53 (58:36)	3:14 (1:01:50)	0:47 (1:02:37)	3:02 (1:05:39)	2:15 (1:07:54)	
6.	Janni Fischer		Ballerup		1:29:27	+33:29
	2:49 (2:49)	1:41 (4:30)	2:50 (7:20)	3:03 (10:23)	3:01 (13:24)	3:35 (16:59)
	22:43 (39:42)	1:12 (40:54)	7:00 (47:54)	12:07 (1:00:01)	8:18 (1:08:19)	2:14 (1:10:33)
	7:05 (1:17:38)	3:41 (1:21:19)	1:03 (1:22:22)	4:07 (1:26:29)	2:58 (1:29:27)	
7.	Maja Maria Zwolinska		OK Sorø		1:33:15	+37:17
	2:59 (2:59)	2:45 (5:44)	1:49 (7:33)	10:32 (18:05)	4:28 (22:33)	8:05 (30:38)
	6:01 (36:39)	1:46 (38:25)	9:48 (48:13)	14:47 (1:03:00)	8:52 (1:11:52)	1:40 (1:13:32)
	6:00 (1:19:32)	6:11 (1:25:43)	0:50 (1:26:33)	4:42 (1:31:15)	2:00 (1:33:15)	

**Sort Kort H**

			(10 / 10)		Tid	Efter
1.	Mads Ottar Jespersen		OK Sorø		44:46	
	1:48 (1:48)	1:07 (2:55)	1:09 (4:04)	2:00 (6:04)	2:22 (8:26)	3:36 (12:02)
	2:40 (14:42)	1:29 (16:11)	3:21 (19:32)	7:18 (26:50)	5:32 (32:22)	1:10 (33:32)
	4:41 (38:13)	2:47 (41:00)	0:30 (41:30)	1:48 (43:18)	1:28 (44:46)	
2.	Tobias Høhne		OK Sorø		47:06	+2:20
	1:24 (1:24)	0:53 (2:17)	0:59 (3:16)	1:36 (4:52)	2:17 (7:09)	2:23 (9:32)
	2:26 (11:58)	1:28 (13:26)	7:23 (20:49)	10:46 (31:35)	4:37 (36:12)	1:32 (37:44)
	3:42 (41:26)	2:09 (43:35)	0:32 (44:07)	1:29 (45:36)	1:30 (47:06)	
3.	Henrik Plenge Jensen		O-63/Maribo		50:42	+5:56
	1:55 (1:55)	1:18 (3:13)	2:50 (6:03)	2:07 (8:10)	2:51 (11:01)	2:46 (13:47)
	2:51 (16:38)	0:58 (17:36)	3:23 (20:59)	12:43 (33:42)	4:22 (38:04)	1:06 (39:10)
	4:44 (43:54)	2:34 (46:28)	0:48 (47:16)	2:03 (49:19)	1:23 (50:42)	
4.	Clemen Christopher Ditlevsen		OK Sorø		58:26	+13:40
	2:16 (2:16)	1:18 (3:34)	1:22 (4:56)	3:48 (8:44)	2:42 (11:26)	3:17 (14:43)
	4:10 (18:53)	0:52 (19:45)	3:59 (23:44)	9:43 (33:27)	5:59 (39:26)	1:18 (40:44)
	10:20 (51:04)	2:31 (53:35)	0:49 (54:24)	2:28 (56:52)	1:34 (58:26)	
5.	Bjark Bo Christensen		Holbæk OK		59:04	+14:18
	2:16 (2:16)	1:26 (3:42)	1:32 (5:14)	2:40 (7:54)	2:50 (10:44)	3:52 (14:36)
	3:29 (18:05)	1:08 (19:13)	4:10 (23:23)	14:28 (37:51)	6:00 (43:51)	1:32 (45:23)
	5:41 (51:04)	3:13 (54:17)	0:45 (55:02)	2:12 (57:14)	1:50 (59:04)	
6.	Jens Fradsen		OK Sorø		1:09:40	+24:54
	2:41 (2:41)	1:30 (4:11)	1:47 (5:58)	2:59 (8:57)	2:58 (11:55)	4:00 (15:55)
	5:19 (21:14)	1:06 (22:20)	4:08 (26:28)	21:14 (47:42)	6:00 (53:42)	1:26 (55:08)
	5:57 (1:01:05)	3:20 (1:04:25)	0:49 (1:05:14)	2:25 (1:07:39)	2:01 (1:09:40)	

7.	Anders Christensen		O-63/Maribo		1:14:39	+29:53
	2:34 (2:34)	1:42 (4:16)	1:49 (6:05)	5:01 (11:06)	3:40 (14:46)	5:13 (19:59)
	9:12 (29:11)	1:23 (30:34)	5:20 (35:54)	11:16 (47:10)	6:58 (54:08)	1:25 (55:33)
	10:10 (1:05:43)	2:55 (1:08:38)	0:44 (1:09:22)	3:13 (1:12:35)	2:04 (1:14:39)	
8.	Morten Nissen		O-63		1:34:40	+49:54
	2:51 (2:51)	2:34 (5:25)	1:22 (6:47)	2:23 (9:10)	3:22 (12:32)	4:30 (17:02)
	3:20 (20:22)	1:23 (21:45)	36:46 (58:31)	10:44 (1:09:15)	7:48 (1:17:03)	1:26 (1:18:29)
	6:12 (1:24:41)	4:05 (1:28:46)	0:47 (1:29:33)	2:42 (1:32:15)	2:25 (1:34:40)	
	Mads Madsen		O-63		Fejlklip	
	2:46 (2:46)	6:30 (9:16)	1:16 (10:32)	2:32 (13:04)	6:53 (19:57)	3:14 (23:11)
	4:20 (27:31)	1:10 (28:41)	3:05 (31:46)	9:26 (41:12)	22:03 (1:03:15)	1:55 (1:05:10)
	– (–)	– (1:13:56)	0:32 (1:14:28)	1:52 (1:16:20)	2:08 (1:18:28)	
	Stig Møller		OK Sorø		Fejlklip	
	2:10 (2:10)	2:52 (5:02)	1:51 (6:53)	5:47 (12:40)	– (–)	– (19:32)
	5:45 (25:17)	1:20 (26:37)	4:04 (30:41)	14:20 (45:01)	6:06 (51:07)	2:01 (53:08)
	4:48 (57:56)	3:09 (1:01:05)	0:39 (1:01:44)	2:08 (1:03:52)	1:57 (1:05:49)	

**Sort Kort D O.60**

			(3 / 3)		Tid	Efter
1.	Mette Filskov		OK Sorø		49:01	
	2:24 (2:24)	1:32 (3:56)	1:43 (5:39)	2:33 (8:12)	2:32 (10:44)	3:34 (14:18)
	3:21 (17:39)	1:08 (18:47)	3:10 (21:57)	7:30 (29:27)	4:56 (34:23)	1:38 (36:01)
	5:58 (41:59)	2:28 (44:27)	0:40 (45:07)	1:51 (46:58)	2:03 (49:01)	
2.	Pia Kadziola		Maribo OK		1:06:46	+17:45
	2:42 (2:42)	2:37 (5:19)	1:48 (7:07)	7:16 (14:23)	2:38 (17:01)	3:58 (20:59)
	6:29 (27:28)	1:25 (28:53)	3:51 (32:44)	11:16 (44:00)	5:33 (49:33)	1:28 (51:01)
	5:57 (56:58)	3:00 (59:58)	0:50 (1:00:48)	3:02 (1:03:50)	2:56 (1:06:46)	
3.	Merete Ravnhøj Andersen		Herlufsholm OK		1:40:02	+51:01
	3:21 (3:21)	2:07 (5:28)	2:31 (7:59)	7:36 (15:35)	3:43 (19:18)	4:03 (23:21)
	15:35 (38:56)	5:57 (44:53)	8:47 (53:40)	21:58 (1:15:38)	7:14 (1:22:52)	1:42 (1:24:34)
	6:30 (1:31:04)	3:11 (1:34:15)	1:00 (1:35:15)	2:22 (1:37:37)	2:25 (1:40:02)	

**Sort Kort H O.60**

			(15 / 15)		Tid	Efter
1.	Hans Henrik Juda		Køge OK		48:24	
	1:53 (1:53)	1:25 (3:18)	1:40 (4:58)	2:21 (7:19)	2:24 (9:43)	3:10 (12:53)
	3:04 (15:57)	1:08 (17:05)	3:22 (20:27)	8:56 (29:23)	5:19 (34:42)	1:19 (36:01)
	4:17 (40:18)	2:46 (43:04)	0:39 (43:43)	2:33 (46:16)	2:08 (48:24)	
2.	Morten Jensen		OK Roskilde		57:13	+8:49
	2:05 (2:05)	1:26 (3:31)	1:41 (5:12)	2:54 (8:06)	2:28 (10:34)	4:08 (14:42)
	3:41 (18:23)	0:58 (19:21)	3:45 (23:06)	13:08 (36:14)	6:10 (42:24)	1:41 (44:05)
	5:06 (49:11)	2:54 (52:05)	0:43 (52:48)	2:06 (54:54)	2:19 (57:13)	
3.	Steen Fladberg		Køge OK		58:29	+10:05
	2:26 (2:26)	1:33 (3:59)	2:00 (5:59)	3:25 (9:24)	2:49 (12:13)	3:59 (16:12)
	3:02 (19:14)	1:20 (20:34)	3:44 (24:18)	12:59 (37:17)	6:04 (43:21)	1:24 (44:45)
	5:25 (50:10)	2:55 (53:05)	0:43 (53:48)	2:28 (56:16)	2:13 (58:29)	
4.	Gunnar Grue-Sørensen		Køge OK		59:51	+11:27
	2:05 (2:05)	1:41 (3:46)	1:29 (5:15)	2:21 (7:36)	2:38 (10:14)	3:27 (13:41)
	6:17 (19:58)	1:01 (20:59)	6:50 (27:49)	11:10 (38:59)	5:56 (44:55)	1:45 (46:40)
	5:08 (51:48)	2:53 (54:41)	0:45 (55:26)	2:27 (57:53)	1:58 (59:51)	
5.	Helmuth Hansen		Herlufsholm OK		1:02:10	+13:46
	2:12 (2:12)	1:18 (3:30)	1:36 (5:06)	3:05 (8:11)	3:02 (11:13)	4:51 (16:04)
	3:55 (19:59)	1:31 (21:30)	4:35 (26:05)	12:05 (38:10)	7:09 (45:19)	1:22 (46:41)
	6:21 (53:02)	4:14 (57:16)	0:51 (58:07)	2:20 (1:00:27)	1:43 (1:02:10)	
6.	Jørgen Mondrup Kristensen		OK Roskilde		1:04:32	+16:08
	2:22 (2:22)	1:24 (3:46)	1:30 (5:16)	5:50 (11:06)	4:02 (15:08)	3:42 (18:50)
	3:57 (22:47)	0:58 (23:45)	6:25 (30:10)	11:09 (41:19)	8:06 (49:25)	1:22 (50:47)
	6:08 (56:55)	2:57 (59:52)	0:47 (1:00:39)	2:06 (1:02:45)	1:47 (1:04:32)	
7.	Tage Ebbensgaard		Køge OK		1:06:00	+17:36
	4:24 (4:24)	1:49 (6:13)	1:49 (8:02)	4:17 (12:19)	3:17 (15:36)	4:17 (19:53)
	3:43 (23:36)	1:13 (24:49)	4:55 (29:44)	11:24 (41:08)	6:22 (47:30)	2:20 (49:50)
	6:04 (55:54)	3:58 (59:52)	0:52 (1:00:44)	3:18 (1:04:02)	1:58 (1:06:00)	
8.	Flemming Olsen		OK Sorø		1:06:18	+17:54
	2:32 (2:32)	1:48 (4:20)	1:55 (6:15)	4:39 (10:54)	3:50 (14:44)	4:49 (19:33)
	3:51 (23:24)	2:12 (25:36)	4:39 (30:15)	13:01 (43:16)	5:56 (49:12)	1:38 (50:50)
	5:55 (56:45)	3:26 (1:00:11)	0:53 (1:01:04)	2:41 (1:03:45)	2:33 (1:06:18)	
9.	Jesper R Mortensen		Herlufsholm OK		1:09:53	+21:29
	2:37 (2:37)	1:45 (4:22)	1:41 (6:03)	7:49 (13:52)	3:18 (17:10)	5:12 (22:22)
	4:35 (26:57)	1:46 (28:43)	5:17 (34:00)	12:42 (46:42)	6:21 (53:03)	1:23 (54:26)
	6:21 (1:00:47)	3:43 (1:04:30)	0:53 (1:05:23)	2:31 (1:07:54)	1:59 (1:09:53)	
10.	Jan Kristoffersen		Køge OK		1:14:05	+25:41
	2:40 (2:40)	1:23 (4:03)	1:33 (5:36)	2:42 (8:18)	3:58 (12:16)	4:21 (16:37)
	5:59 (22:36)	1:30 (24:06)	4:33 (28:39)	16:42 (45:21)	9:10 (54:31)	1:30 (56:01)
	6:57 (1:02:58)	3:44 (1:06:42)	0:55 (1:07:37)	3:29 (1:11:06)	2:59 (1:14:05)	
11.	Torben Hviid		O-63/Maribo		1:15:15	+26:51
	2:03 (2:03)	1:20 (3:23)	1:22 (4:45)	6:45 (11:30)	2:16 (13:46)	2:55 (16:41)
	3:34 (20:15)	5:46 (26:01)	4:38 (30:39)	25:48 (56:27)	4:38 (1:01:05)	1:13 (1:02:18)
	6:36 (1:08:54)	2:14 (1:11:08)	0:35 (1:11:43)	1:39 (1:13:22)	1:53 (1:15:15)	
12.	John Knudsen		O-63		1:18:09	+29:45

1:41 (1:41)	1:23 (3:04)	1:07 (4:11)	4:16 (8:27)	2:06 (10:33)	3:30 (14:03)
3:21 (17:24)	1:12 (18:36)	3:01 (21:37)	10:53 (32:30)	31:30 (1:04:00)	1:17 (1:05:17)
4:25 (1:09:42)	2:37 (1:12:19)	0:40 (1:12:59)	3:29 (1:16:28)	1:41 (1:18:09)	
13. Kim Møller		Køge OK		1:24:58	+36:34
3:05 (3:05)	3:52 (6:57)	2:11 (9:08)	4:28 (13:36)	5:49 (19:25)	6:33 (25:58)
6:06 (32:04)	1:27 (33:31)	4:45 (38:16)	16:27 (54:43)	8:42 (1:03:25)	2:11 (1:05:36)
8:02 (1:13:38)	4:58 (1:18:36)	0:58 (1:19:34)	2:48 (1:22:22)	2:36 (1:24:58)	
14. Karsten Richardt		Køge OK		1:27:41	+39:17
2:58 (2:58)	3:16 (6:14)	2:25 (8:39)	3:10 (11:49)	4:03 (15:52)	5:25 (21:17)
4:49 (26:06)	1:19 (27:25)	4:58 (32:23)	27:38 (1:00:01)	7:22 (1:07:23)	2:18 (1:09:41)
6:59 (1:16:40)	3:44 (1:20:24)	0:56 (1:21:20)	3:39 (1:24:59)	2:42 (1:27:41)	
15. Poul R. Koziara		Køge OK		2:00:13	+71:49
5:35 (5:35)	3:35 (9:10)	3:36 (12:46)	6:19 (19:05)	5:50 (24:55)	7:27 (32:22)
6:39 (39:01)	6:02 (45:03)	7:42 (52:45)	23:12 (1:15:57)	13:32 (1:29:29)	3:51 (1:33:20)
12:04 (1:45:24)	– (1:23:00)	– (1:23:00)	– (1:23:00)	37:13 (2:00:13)	

**Sort Mellem D**

		(3 / 3)		Tid	Efter
1. Astrid Riis		Holbæk OK		1:07:11	
2:37 (2:37)	1:07 (3:44)	1:28 (5:12)	3:32 (8:44)	2:31 (11:15)	1:34 (12:49)
1:19 (14:08)	2:48 (16:56)	2:35 (19:31)	1:07 (20:38)	3:07 (23:45)	7:50 (31:35)
5:13 (36:48)	4:25 (41:13)	5:01 (46:14)	1:53 (48:07)	4:47 (52:54)	6:12 (59:06)
4:03 (1:03:09)	2:03 (1:05:12)	1:59 (1:07:11)			
2. Anne Bloch Frandsen		OK Sorø		1:30:35	+23:24
5:26 (5:26)	1:05 (6:31)	1:26 (7:57)	3:45 (11:42)	3:37 (15:19)	2:03 (17:22)
2:26 (19:48)	2:42 (22:30)	9:23 (31:53)	1:07 (33:00)	4:01 (37:01)	9:12 (46:13)
5:23 (51:36)	5:45 (57:21)	4:33 (1:01:54)	1:49 (1:03:43)	4:59 (1:08:42)	12:36 (1:21:18)
3:47 (1:25:05)	3:24 (1:28:29)	2:06 (1:30:35)			
3. Henriette Hansen		Herlufsholm OK		1:49:01	+41:50
7:32 (7:32)	1:10 (8:42)	1:46 (10:28)	17:09 (27:37)	2:56 (30:33)	1:46 (32:19)
2:17 (34:36)	3:16 (37:52)	6:20 (44:12)	1:15 (45:27)	4:51 (50:18)	18:17 (1:08:35)
5:17 (1:13:52)	5:04 (1:18:56)	5:29 (1:24:25)	2:19 (1:26:44)	5:45 (1:32:29)	7:14 (1:39:43)
4:37 (1:44:20)	2:35 (1:46:55)	2:06 (1:49:01)			

**Sort Mellem H**

		(12 / 12)		Tid	Efter
1. Jens Jørgen Hansen		Farum OK		54:26	
2:33 (2:33)	1:04 (3:37)	1:22 (4:59)	2:59 (7:58)	2:13 (10:11)	1:28 (11:39)
1:24 (13:03)	2:21 (15:24)	2:06 (17:30)	0:43 (18:13)	2:40 (20:53)	6:46 (27:39)
4:04 (31:43)	3:30 (35:13)	3:38 (38:51)	1:07 (39:58)	3:45 (43:43)	5:08 (48:51)
2:42 (51:33)	1:30 (53:03)	1:23 (54:26)			
2. Jakob Søndergaard Jensen		OK Roskilde		1:03:18	+8:52
2:29 (2:29)	0:44 (3:13)	1:11 (4:24)	7:13 (11:37)	2:12 (13:49)	1:14 (15:03)
2:37 (17:40)	2:34 (20:14)	3:39 (23:53)	0:52 (24:45)	2:39 (27:24)	7:10 (34:34)
3:45 (38:19)	3:30 (41:49)	3:24 (45:13)	1:37 (46:50)	4:02 (50:52)	5:21 (56:13)
2:50 (59:03)	1:39 (1:00:42)	2:36 (1:03:18)			
3. Jan Thiesen		Holbæk OK		1:11:45	+17:19
2:45 (2:45)	4:40 (7:25)	1:20 (8:45)	3:00 (11:45)	2:29 (14:14)	1:29 (15:43)
1:30 (17:13)	2:29 (19:42)	2:42 (22:24)	1:06 (23:30)	3:04 (26:34)	9:42 (36:16)
4:59 (41:15)	3:57 (45:12)	4:16 (49:28)	1:27 (50:55)	4:23 (55:18)	9:08 (1:04:26)
3:40 (1:08:06)	1:56 (1:10:02)	1:43 (1:11:45)			
4. Jens Chr. Buch		Hvalsø OK		1:15:06	+20:40
3:41 (3:41)	0:55 (4:36)	1:19 (5:55)	7:03 (12:58)	2:48 (15:46)	1:20 (17:06)
1:43 (18:49)	2:43 (21:32)	3:17 (24:49)	1:06 (25:55)	3:02 (28:57)	7:57 (36:54)
5:16 (42:10)	4:02 (46:12)	4:45 (50:57)	1:37 (52:34)	4:36 (57:10)	10:53 (1:08:03)
3:27 (1:11:30)	1:48 (1:13:18)	1:48 (1:15:06)			
5. Carsten Mogensen		Køge OK		1:22:27	+28:01
3:24 (3:24)	1:00 (4:24)	6:27 (10:51)	3:42 (14:33)	2:36 (17:09)	1:33 (18:42)
1:29 (20:11)	3:55 (24:06)	5:24 (29:30)	1:11 (30:41)	3:21 (34:02)	10:40 (44:42)
5:16 (49:58)	4:04 (54:02)	4:08 (58:10)	1:52 (1:00:02)	4:55 (1:04:57)	8:13 (1:13:10)
3:41 (1:16:51)	3:25 (1:20:16)	2:11 (1:22:27)			
6. Asger Jensen		OK Roskilde		1:27:51	+33:25
3:43 (3:43)	6:30 (10:13)	1:43 (11:56)	3:43 (15:39)	3:32 (19:11)	2:07 (21:18)
2:09 (23:27)	3:24 (26:51)	5:51 (32:42)	1:23 (34:05)	3:40 (37:45)	9:56 (47:41)
6:28 (54:09)	4:47 (58:56)	5:29 (1:04:25)	1:59 (1:06:24)	5:56 (1:12:20)	6:21 (1:18:41)
4:34 (1:23:15)	2:22 (1:25:37)	2:14 (1:27:51)			
7. Mogens Hald Kristensen		OK Roskilde		1:31:34	+37:08
10:28 (10:28)	1:38 (12:06)	1:33 (13:39)	3:26 (17:05)	4:01 (21:06)	1:43 (22:49)
3:25 (26:14)	4:03 (30:17)	3:11 (33:28)	1:10 (34:38)	3:39 (38:17)	8:54 (47:11)
8:30 (55:41)	4:36 (1:00:17)	4:39 (1:04:56)	1:46 (1:06:42)	4:55 (1:11:37)	11:15 (1:22:52)
4:39 (1:27:31)	2:17 (1:29:48)	1:46 (1:31:34)			
8. Karsten Hjorth		OK Roskilde		1:54:27	+60:01
3:55 (3:55)	2:42 (6:37)	2:34 (9:11)	5:12 (14:23)	15:31 (29:54)	2:10 (32:04)
4:41 (36:45)	4:29 (41:14)	4:02 (45:16)	1:21 (46:37)	5:22 (51:59)	12:29 (1:04:28)
6:44 (1:11:12)	5:28 (1:16:40)	6:28 (1:23:08)	2:26 (1:25:34)	6:43 (1:32:17)	9:17 (1:41:34)
6:29 (1:48:03)	3:49 (1:51:52)	2:35 (1:54:27)			
9. Niels Tullin		Herlufsholm OK		2:10:50	+76:24
4:20 (4:20)	2:25 (6:45)	1:45 (8:30)	4:22 (12:52)	4:17 (17:09)	2:19 (19:28)
2:41 (22:09)	3:38 (25:47)	8:12 (33:59)	1:21 (35:20)	4:36 (39:56)	30:53 (1:10:49)
7:47 (1:18:36)	6:23 (1:24:59)	8:36 (1:33:35)	4:15 (1:37:50)	7:34 (1:45:24)	12:27 (1:57:51)
7:31 (2:05:22)	2:45 (2:08:07)	2:43 (2:10:50)			

**Jan Koue Larsen**

3:07 (3:07) 0:54 (4:01)  
 1:34 (38:06) 2:47 (40:53)  
 5:11 (1:16:41) 3:57 (1:20:38)  
 – (–) – (2:04:47)

**Jens Riis**

3:02 (3:02) 1:16 (4:18)  
 4:35 (21:45) 5:17 (27:02)  
 – (–) – (–)  
 – (–) – (–)

**Jesper Munch Jespersen**

3:24 (3:24) 1:01 (4:25)  
 2:27 (17:51) 5:34 (23:25)  
 6:31 (1:00:35) 4:34 (1:05:09)  
 – (1:29:42) 6:27 (1:36:09)

**OK Sorø**

1:13 (5:14) 18:53 (24:07)  
 4:31 (45:24) 0:43 (46:07)  
 5:31 (1:26:09) 6:34 (1:32:43)  
 1:37 (2:06:24)

**Køge OK**

1:42 (6:00) 5:19 (11:19)  
 10:24 (37:26) 0:58 (38:24)  
 – (–) – (–)  
 – (1:16:27)

**OK Sorø**

1:31 (5:56) 3:06 (9:02)  
 3:24 (26:49) 1:08 (27:57)  
 7:55 (1:13:04) 1:15 (1:14:19)  
 2:13 (1:38:22)

**Fejlklip**

7:52 (31:59) 4:33 (36:32)  
 4:24 (50:31) 20:59 (1:11:30)  
 4:19 (1:37:02) 13:59 (1:51:01)

**Fejlklip**

3:34 (14:53) 2:17 (17:10)  
 5:22 (43:46) – (–)  
 – (–) – (–)

**Fejlklip**

4:57 (13:59) 1:25 (15:24)  
 4:30 (32:27) 21:37 (54:04)  
 5:27 (1:19:46) – (–)

**Sort Lang H****1. Thomas Eriksen**

2:13 (2:13) 1:22 (3:35)  
 2:59 (15:35) 2:03 (17:38)  
 3:22 (33:50) 0:54 (34:44)  
 1:54 (51:24) 2:39 (54:03)

**2. Henrik Juul Hansen**

3:41 (3:41) 1:38 (5:19)  
 3:24 (17:43) 2:17 (20:00)  
 3:12 (36:46) 1:12 (37:58)  
 2:52 (55:43) 1:59 (57:42)

**3. Søren Madsen**

2:38 (2:38) 1:57 (4:35)  
 2:27 (17:00) 2:59 (19:59)  
 3:17 (39:16) 1:11 (40:27)  
 2:26 (1:00:31) 2:44 (1:03:15)

**4. Kåre Sørensen**

8:35 (8:35) 1:39 (10:14)  
 2:55 (25:15) 2:39 (27:54)  
 2:51 (43:18) 1:17 (44:35)  
 2:40 (1:01:27) 6:29 (1:07:56)

**5. Brian Steen Jørgensen**

2:50 (2:50) 1:57 (4:47)  
 2:17 (21:17) 6:17 (27:34)  
 4:34 (46:25) 1:36 (48:01)  
 2:25 (1:06:56) 2:18 (1:09:14)

**6. Janus Storland Høhne**

2:26 (2:26) 2:12 (4:38)  
 2:05 (32:16) 2:33 (34:49)  
 2:42 (52:20) 1:05 (53:25)  
 2:09 (1:10:19) 2:00 (1:12:19)

**7. Jørgen Pedersen**

2:31 (2:31) 6:54 (9:25)  
 2:07 (24:55) 2:19 (27:14)  
 4:49 (47:46) 1:24 (49:10)  
 2:33 (1:10:23) 2:37 (1:13:00)

**Morten Hass**

3:08 (3:08) 2:25 (5:33)  
 3:46 (21:38) – (–)  
 4:36 (45:26) 1:26 (46:52)  
 2:53 (1:07:43) 2:15 (1:09:58)

**(8 / 8)****FIF Hillerød Orientering**

2:04 (5:39) 3:08 (8:47)  
 0:43 (18:21) 2:40 (21:01)  
 3:50 (38:34) 3:33 (42:07)  
 3:07 (57:10) 2:20 (59:30)

**OK Roskilde**

2:10 (7:29) 2:56 (10:25)  
 1:01 (21:01) 2:25 (23:26)  
 3:36 (41:34) 3:27 (45:01)  
 3:00 (1:00:42) 1:57 (1:02:39)

**OK Sorø**

2:12 (6:47) 3:14 (10:01)  
 0:57 (20:56) 2:47 (23:43)  
 3:55 (44:22) 4:08 (48:30)  
 3:33 (1:06:48) 2:26 (1:09:14)

**OK Sorø**

2:57 (13:11) 2:41 (15:52)  
 1:02 (28:56) 2:25 (31:21)  
 3:27 (48:02) 3:10 (51:12)  
 3:13 (1:11:09) 3:10 (1:14:19)

**Holbæk OK**

4:08 (8:55) 4:07 (13:02)  
 1:06 (28:40) 3:19 (31:59)  
 3:25 (51:26) 3:51 (55:17)  
 3:00 (1:12:14) 3:18 (1:15:32)

**OK Sorø**

1:43 (6:21) 15:03 (21:24)  
 0:51 (35:40) 2:26 (38:06)  
 3:33 (56:58) 3:30 (1:00:28)  
 2:45 (1:15:04) 1:48 (1:16:52)

**Ballerup**

2:09 (11:34) 4:38 (16:12)  
 0:59 (28:13) 3:11 (31:24)  
 4:18 (53:28) 4:37 (58:05)  
 3:34 (1:16:34) 2:50 (1:19:24)

**OK Sorø**

2:33 (8:06) 3:47 (11:53)  
 – (25:58) 2:52 (28:50)  
 3:58 (50:50) 4:13 (55:03)  
 3:43 (1:13:41) 2:21 (1:16:02)

**Tid**

1:00:56

2:26 (11:13)  
 5:36 (26:37)  
 6:16 (48:23)  
 1:26 (1:00:56)

1:04:07

2:24 (12:49)  
 6:08 (29:34)  
 6:47 (51:48)  
 1:28 (1:04:07)

1:10:41

2:56 (12:57)  
 7:49 (31:32)  
 8:06 (56:36)  
 1:27 (1:10:41)

1:15:50

4:39 (20:31)  
 5:11 (36:32)  
 6:28 (57:40)  
 1:31 (1:15:50)

1:17:00

3:57 (16:59)  
 5:19 (37:18)  
 8:11 (1:03:28)  
 1:28 (1:17:00)

1:18:01

6:28 (27:52)  
 8:20 (46:26)  
 6:39 (1:07:07)  
 1:09 (1:18:01)

1:21:02

4:45 (20:57)  
 7:11 (38:35)  
 8:32 (1:06:37)  
 1:38 (1:21:02)

**Fejlklip**

3:59 (15:52)  
 6:39 (35:29)  
 8:31 (1:03:34)  
 1:58 (1:18:00)

**Efter**

1:23 (12:36)  
 3:51 (30:28)  
 1:07 (49:30)

+3:11

1:30 (14:19)  
 4:00 (33:34)  
 1:03 (52:51)

+9:45

1:36 (14:33)  
 4:27 (35:59)  
 1:29 (58:05)

+14:54

1:49 (22:20)  
 3:55 (40:27)  
 1:07 (58:47)

+16:04

2:01 (19:00)  
 4:33 (41:51)  
 1:03 (1:04:31)

+17:05

2:19 (30:11)  
 3:12 (49:38)  
 1:03 (1:08:10)

+20:06

1:51 (22:48)  
 4:22 (42:57)  
 1:13 (1:07:50)

2:00 (17:52)  
 5:21 (40:50)  
 1:16 (1:04:50)