

Resultater – VTR-løb Glumsø Østerskov 20/02-22

2022-02-20

Grøn D		(5 / 5)	Tid	Efter		
1.	Ingrid Baun Gautier	OK Sorø	35:40			
	3:20 (3:20)	5:32 (8:52)		2:36 (13:19)	7:36 (20:55)	3:29 (24:24)
	4:59 (29:23)	2:49 (32:12)		0:39 (35:40)		
2.	Viktorija Sharpe	OK Sorø	38:50	+3:10		
	3:38 (3:38)	5:40 (9:18)		2:57 (14:04)	9:32 (23:36)	5:26 (29:02)
	3:08 (32:10)	3:08 (35:18)		0:57 (38:50)		
3.	Ellen-Maghrete Lupnaav	Herlufsholm OK	48:03	+12:23		
	4:12 (4:12)	7:07 (11:19)		3:13 (16:36)	9:54 (26:30)	6:56 (33:26)
	4:27 (37:53)	4:31 (42:24)		1:29 (48:03)		
4.	Asta Jørgensen	Herlufsholm OK	1:05:01	+29:21		
	4:27 (4:27)	8:52 (13:19)		4:18 (19:51)	21:31 (41:22)	8:09 (49:31)
	4:38 (54:09)	4:56 (59:05)		1:15 (1:05:01)		
5.	Ulla Larsen	Herlufsholm OK	1:12:18	+36:38		
	10:57 (10:57)	10:46 (21:43)		5:46 (30:19)	14:40 (44:59)	8:35 (53:34)
	5:58 (59:32)	5:06 (1:04:38)		1:52 (1:12:18)		
Grøn H		(4 / 4)	Tid	Efter		
1.	Viktor Jørgensen	Holbæk OK	31:32			
	1:58 (1:58)	4:45 (6:43)		2:21 (10:44)	9:08 (19:52)	3:07 (22:59)
	2:40 (25:39)	2:20 (27:59)		0:31 (31:32)		
2.	Otto Baun Gautier	OK Sorø	46:39	+15:07		
	3:37 (3:37)	10:06 (13:43)		3:24 (18:37)	9:17 (27:54)	6:01 (33:55)
	3:33 (37:28)	3:50 (41:18)		1:25 (46:39)		
3.	Magnus Jørgensen	OK Sorø	53:25	+21:53		
	4:54 (4:54)	8:24 (13:18)		3:42 (19:15)	11:51 (31:06)	7:07 (38:13)
	5:00 (43:13)	4:12 (47:25)		1:24 (53:25)		
4.	Hassan al haydar	Uden klub	1:16:33	+45:01		
	4:08 (4:08)	8:36 (12:44)		5:06 (18:57)	18:51 (37:48)	8:52 (46:40)
	23:16 (1:09:56)	2:24 (1:12:20)		1:28 (1:16:33)		
Hvid D		(7 / 7)	Tid	Efter		
1.	Hanne Øxenhave	Herlufsholm OK	34:41			
	3:44 (3:44)	4:44 (8:28)		6:42 (18:04)	2:14 (20:18)	4:11 (24:29)
	3:27 (27:56)	1:13 (29:09)		2:31 (34:03)	0:38 (34:41)	
2.	Ruth Maris Mosbæk	Holbæk OK	37:04	+2:23		
	2:24 (2:24)	5:06 (7:30)		6:58 (18:01)	2:28 (20:29)	6:29 (26:58)
	3:37 (30:35)	1:16 (31:51)		2:22 (36:22)	0:42 (37:04)	
3.	Lone Hansen	Holbæk OK	46:14	+11:33		
	3:47 (3:47)	5:37 (9:24)		7:05 (20:28)	4:23 (24:51)	8:35 (33:26)
	4:25 (37:51)	1:33 (39:24)		3:16 (45:19)	0:55 (46:14)	
4.	Lena Hansen	Herlufsholm OK	48:41	+14:00		
	4:27 (4:27)	6:47 (11:14)		8:46 (24:37)	3:49 (28:26)	5:57 (34:23)
	4:55 (39:18)	1:49 (41:07)		3:17 (47:32)	1:09 (48:41)	
5.	Anni Lauritsen	Holbæk OK	54:32	+19:51		
	5:14 (5:14)	7:56 (13:10)		9:45 (28:54)	3:39 (32:33)	7:19 (39:52)
	4:55 (44:47)	1:42 (46:29)		3:49 (53:17)	1:15 (54:32)	
6.	Inge K. Kristoffersen	Ballerup	1:06:02	+31:21		
	6:12 (6:12)	9:03 (15:15)		12:30 (33:24)	5:01 (38:25)	9:10 (47:35)
	5:31 (53:06)	2:09 (55:15)		4:52 (1:04:18)	1:44 (1:06:02)	
6.	Siff Krog Hansen	Ballerup	1:06:02	+31:21		
	6:13 (6:13)	9:03 (15:16)		12:35 (33:25)	4:55 (38:20)	9:09 (47:29)
	5:31 (53:00)	2:16 (55:16)		4:57 (1:04:22)	1:40 (1:06:02)	
Hvid H		(1 / 1)	Tid	Efter		
1.	Liam Sharpe	OK Sorø	29:53			
	1:50 (1:50)	4:27 (6:17)		5:29 (15:54)	1:52 (17:46)	3:40 (21:26)
	2:54 (24:20)	0:48 (25:08)		1:51 (29:24)	0:29 (29:53)	
Gul H		(3 / 3)	Tid	Efter		
1.	Søren Magnusson	Holbæk OK	46:42			
	6:20 (6:20)	3:40 (10:00)		6:16 (24:13)	8:15 (32:28)	4:37 (37:05)
	3:20 (40:25)	2:30 (42:55)		1:22 (46:12)	0:30 (46:42)	
2.	Jens Petersen	Herlufsholm OK	57:41	+10:59		
	10:08 (10:08)	4:29 (14:37)		9:48 (24:25)	7:21 (31:46)	8:51 (40:37)
	4:09 (50:50)	3:06 (53:56)		1:38 (55:34)	1:27 (57:01)	0:40 (57:41)
	Stian Hoffmann	OK Sorø	Fejlklipt			
	6:16 (6:16)	3:51 (10:07)		8:43 (18:50)	11:25 (30:15)	– (–)
	3:49 (46:10)	3:42 (49:52)		7:27 (57:19)	1:25 (58:44)	0:26 (59:10)
Blå D		(4 / 4)	Tid	Efter		
1.	Anja Rasmussen	OK Sorø	40:33			
	5:06 (5:06)	1:40 (6:46)		3:41 (14:01)	6:32 (20:33)	7:00 (27:33)
	3:43 (31:16)	3:38 (34:54)		3:00 (39:59)	0:34 (40:33)	

2.	Lise Ravnshøj Andersen	Herlufsholm OK	47:03	+6:30		
	4:17 (4:17)	1:50 (6:07)	3:06 (9:13)	3:28 (12:41)	9:44 (22:25)	7:54 (30:19)
	3:44 (34:03)	4:11 (38:14)	3:09 (41:23)	4:30 (45:53)	1:10 (47:03)	
3.	Susanne Tanderup	Herlufsholm OK	51:57	+11:24		
	18:39 (18:39)	1:49 (20:28)	3:28 (23:56)	3:49 (27:45)	5:31 (33:16)	5:21 (38:37)
	3:41 (42:18)	3:44 (46:02)	2:32 (48:34)	2:54 (51:28)	0:29 (51:57)	
4.	Jannie Nielsen	Holbæk OK	52:38	+12:05		
	8:52 (8:52)	1:45 (10:37)	4:21 (14:58)	4:50 (19:48)	7:42 (27:30)	6:37 (34:07)
	4:47 (38:54)	4:23 (43:17)	4:44 (48:01)	4:01 (52:02)	0:36 (52:38)	

Blå H**(3 / 3)****Tid Efter**

1.	Claus Mikkelsen	Herlufsholm OK	1:07:17			
	9:58 (9:58)	2:18 (12:16)	4:46 (17:02)	5:50 (22:52)	12:13 (35:05)	8:16 (43:21)
	6:57 (50:18)	5:45 (56:03)	3:43 (59:46)	6:09 (1:05:55)	1:22 (1:07:17)	
2.	Silas Hoffmann	OK Sorø	1:24:08	+16:51		
	12:20 (12:20)	2:19 (14:39)	6:33 (21:12)	8:41 (29:53)	14:20 (44:13)	11:54 (56:07)
	6:39 (1:02:46)	9:33 (1:12:19)	4:34 (1:16:53)	6:40 (1:23:33)	0:35 (1:24:08)	
3.	Adam Friborg	OK Sorø	1:24:42	+17:25		
	12:37 (12:37)	2:00 (14:37)	6:54 (21:31)	8:37 (30:08)	14:24 (44:32)	11:48 (56:20)
	6:53 (1:03:13)	9:17 (1:12:30)	4:41 (1:17:11)	6:37 (1:23:48)	0:54 (1:24:42)	

Blå D O 60**(5 / 5)****Tid Efter**

1.	Søs Munch Hansen	OK Sorø	33:26			
	3:45 (3:45)	1:20 (5:05)	3:51 (8:56)	3:09 (12:05)	4:31 (16:36)	5:09 (21:45)
	3:20 (25:05)	2:50 (27:55)	2:06 (30:01)	2:49 (32:50)	0:36 (33:26)	
2.	Inge Jørgensen	OK Roskilde	39:06	+5:40		
	7:23 (7:23)	1:27 (8:50)	2:53 (11:43)	3:11 (14:54)	5:54 (20:48)	4:40 (25:28)
	3:44 (29:12)	3:20 (32:32)	2:27 (34:59)	3:35 (38:34)	0:32 (39:06)	
3.	Rita Løjmand	Herlufsholm OK	46:26	+13:00		
	5:54 (5:54)	1:40 (7:34)	4:14 (11:48)	3:59 (15:47)	8:15 (24:02)	6:01 (30:03)
	4:19 (34:22)	4:31 (38:53)	3:30 (42:23)	3:27 (45:50)	0:36 (46:26)	
4.	Merete Ravnshøj Andersen	Herlufsholm OK	52:28	+19:02		
	6:45 (6:45)	2:32 (9:17)	4:26 (13:43)	4:15 (17:58)	9:50 (27:48)	6:21 (34:09)
	5:53 (40:02)	3:57 (43:59)	3:01 (47:00)	4:49 (51:49)	0:39 (52:28)	
5.	Hanne Pedersen	OK Roskilde	59:56	+26:30		
	9:36 (9:36)	2:03 (11:39)	4:37 (16:16)	4:57 (21:13)	8:55 (30:08)	8:27 (38:35)
	6:17 (44:52)	5:08 (50:00)	5:01 (55:01)	4:00 (59:01)	0:55 (59:56)	

Blå H O 60**(13 / 13)****Tid Efter**

1.	Ole Svendsen	OK Roskilde	40:35			
	4:31 (4:31)	1:35 (6:06)	3:11 (9:17)	3:38 (12:55)	8:08 (21:03)	4:50 (25:53)
	4:03 (29:56)	3:36 (33:32)	2:53 (36:25)	3:36 (40:01)	0:34 (40:35)	
2.	Morten Løjmand	Herlufsholm OK	41:23	+0:48		
	4:20 (4:20)	1:33 (5:53)	3:33 (9:26)	3:30 (12:56)	6:07 (19:03)	6:17 (25:20)
	4:07 (29:27)	4:56 (34:23)	3:40 (38:03)	2:43 (40:46)	0:37 (41:23)	
3.	Jesper R. Mortensen	Herlufsholm OK	43:05	+2:30		
	8:05 (8:05)	1:40 (9:45)	2:54 (12:39)	3:16 (15:55)	6:51 (22:46)	6:07 (28:53)
	3:30 (32:23)	3:55 (36:18)	2:24 (38:42)	3:43 (42:25)	0:40 (43:05)	
4.	Mogens Jensen	Holbæk OK	46:53	+6:18		
	5:11 (5:11)	1:41 (6:52)	3:30 (10:22)	3:45 (14:07)	7:13 (21:20)	6:45 (28:05)
	4:49 (32:54)	4:49 (37:43)	4:36 (42:19)	4:04 (46:23)	0:30 (46:53)	
5.	Knud Madsen	OK Sorø	48:52	+8:17		
	4:03 (4:03)	1:38 (5:41)	3:05 (8:46)	3:08 (11:54)	4:52 (16:46)	4:22 (21:08)
	3:21 (24:29)	3:05 (27:34)	2:11 (29:45)	2:57 (32:42)	16:10 (48:52)	
6.	Lars Olsen	OK Roskilde	51:28	+10:53		
	6:33 (6:33)	1:51 (8:24)	3:45 (12:09)	4:26 (16:35)	7:58 (24:33)	6:46 (31:19)
	5:54 (37:13)	4:40 (41:53)	4:06 (45:59)	4:37 (50:36)	0:52 (51:28)	
7.	Niels-Henrik Holscher	O-63	52:18	+11:43		
	4:56 (4:56)	2:03 (6:59)	4:17 (11:16)	4:48 (16:04)	9:18 (25:22)	7:57 (33:19)
	5:46 (39:05)	4:24 (43:29)	4:20 (47:49)	3:59 (51:48)	0:30 (52:18)	
8.	Steen Jeppesen	Holbæk OK	53:38	+13:03		
	7:49 (7:49)	1:45 (9:34)	3:18 (12:52)	3:49 (16:41)	12:06 (28:47)	5:54 (34:41)
	7:09 (41:50)	4:16 (46:06)	2:51 (48:57)	4:04 (53:01)	0:37 (53:38)	
9.	Preben Kristensen	OK Roskilde	1:00:46	+20:11		
	13:04 (13:04)	1:46 (14:50)	4:57 (19:47)	5:02 (24:49)	8:26 (33:15)	8:08 (41:23)
	6:15 (47:38)	5:04 (52:42)	3:44 (56:26)	3:38 (1:00:04)	0:42 (1:00:46)	
10.	Jan Bigler	Herlufsholm OK	1:01:34	+20:59		
	8:00 (8:00)	2:17 (10:17)	4:44 (15:01)	5:54 (20:55)	9:19 (30:14)	8:04 (38:18)
	7:28 (45:46)	6:35 (52:21)	3:20 (55:41)	4:53 (1:00:34)	1:00 (1:01:34)	
11.	Ole Bøggild	OK Roskilde	1:05:55	+25:20		
	8:29 (8:29)	2:02 (10:31)	4:28 (14:59)	5:07 (20:06)	16:10 (36:16)	6:51 (43:07)
	6:58 (50:05)	5:29 (55:34)	4:18 (59:52)	5:17 (1:05:09)	0:46 (1:05:55)	
12.	Svend Fladberg	Køge OK	1:13:11	+32:36		
	11:21 (11:21)	2:25 (13:46)	7:28 (21:14)	11:48 (33:02)	9:21 (42:23)	8:54 (51:17)
	6:20 (57:37)	5:51 (1:03:28)	3:46 (1:07:14)	5:04 (1:12:18)	0:53 (1:13:11)	
13.	Sune Frederiksen	Hvalsø OK	1:17:53	+37:18		
	7:51 (7:51)	2:27 (10:18)	5:22 (15:40)	6:01 (21:41)	14:56 (36:37)	11:07 (47:44)
	9:52 (57:36)	6:58 (1:04:34)	5:08 (1:09:42)	7:13 (1:16:55)	0:58 (1:17:53)	

Sort Kort D		(7 / 7)	Tid	Efter		
1.	Henriette Baun Gautier	OK Sorø	46:05			
	2:15 (2:15)	6:02 (8:17)		4:12 (14:40)	4:35 (19:15)	1:40 (20:55)
	7:12 (28:07)	2:27 (30:34)		1:01 (36:09)	2:54 (39:03)	2:14 (41:17)
	1:47 (43:04)	2:27 (45:31)				
2.	Eva Hønne	OK Sorø	49:21	+3:16		
	1:39 (1:39)	5:22 (7:01)		3:03 (12:34)	5:04 (17:38)	2:42 (20:20)
	10:03 (30:23)	3:36 (33:59)		0:53 (39:32)	2:52 (42:24)	1:59 (44:23)
	1:37 (46:00)	2:55 (48:55)				
3.	Janni Fischer	Ballerup	54:58	+8:53		
	3:08 (3:08)	5:29 (8:37)		3:42 (14:51)	5:55 (20:46)	2:38 (23:24)
	7:59 (31:23)	5:08 (36:31)		1:24 (43:11)	3:43 (46:54)	2:47 (49:41)
	2:09 (51:50)	2:37 (54:27)				
4.	Maja Maria Zwolinska	OK Sorø	1:08:36	+22:31		
	3:07 (3:07)	7:27 (10:34)		4:08 (20:42)	6:35 (27:17)	2:45 (30:02)
	9:16 (39:18)	3:59 (43:17)		5:34 (54:45)	5:03 (59:48)	2:42 (1:02:30)
	1:59 (1:04:29)	3:28 (1:07:57)				
5.	Lykke Berg	Herlufsholm OK	1:13:50	+27:45		
	5:13 (5:13)	8:11 (13:24)		6:21 (23:44)	8:52 (32:36)	2:51 (35:27)
	9:28 (44:55)	4:18 (49:13)		1:35 (58:14)	4:27 (1:02:41)	3:34 (1:06:15)
	2:43 (1:08:58)	4:08 (1:13:06)				
6.	Sanne Hansen	OK Sorø	1:15:43	+29:38		
	3:22 (3:22)	7:21 (10:43)		5:04 (19:28)	7:26 (26:54)	2:57 (29:51)
	11:06 (40:57)	4:07 (45:04)		2:21 (54:31)	6:48 (1:01:19)	5:12 (1:06:31)
	4:17 (1:10:48)	4:10 (1:14:58)				
	Malene Løkke	Køge OK	Fejlklip			
	2:10 (2:10)	8:11 (10:21)		3:48 (16:34)	4:59 (21:33)	2:08 (23:41)
	8:06 (31:47)	– (–)		– (–)	– (–)	– (–)
	– (–)	– (36:03)				

Sort Kort H		(7 / 7)	Tid	Efter		
1.	Tobias Høhne	OK Sorø	39:35			
	1:46 (1:46)	3:56 (5:42)		2:52 (10:31)	3:52 (14:23)	1:17 (15:40)
	6:59 (22:39)	2:29 (25:08)		0:57 (30:38)	2:59 (33:37)	2:10 (35:47)
	1:20 (37:07)	1:57 (39:04)				
2.	Claus Odgaard	OK 73	42:58	+3:23		
	1:54 (1:54)	4:57 (6:51)		2:55 (11:54)	4:16 (16:10)	1:23 (17:33)
	8:02 (25:35)	2:23 (27:58)		0:58 (33:23)	2:54 (36:17)	2:09 (38:26)
	1:22 (39:48)	2:30 (42:18)				
3.	Christian Schiønning	Holbæk OK	51:27	+11:52		
	2:18 (2:18)	5:23 (7:41)		4:21 (14:29)	4:47 (19:16)	3:28 (22:44)
	7:40 (30:24)	2:28 (32:52)		0:59 (39:35)	4:59 (44:34)	2:16 (46:50)
	1:33 (48:23)	2:37 (51:00)				
4.	Søren Sønberg Kristensen	Køge OK	57:35	+18:00		
	2:14 (2:14)	5:52 (8:06)		4:50 (16:40)	5:33 (22:13)	3:18 (25:31)
	8:18 (33:49)	3:14 (37:03)		1:12 (44:19)	4:06 (48:25)	2:55 (51:20)
	2:22 (53:42)	3:11 (56:53)				
5.	Carsten Sveding	AS	1:00:06	+20:31		
	2:37 (2:37)	6:18 (8:55)		4:13 (16:07)	6:36 (22:43)	2:39 (25:22)
	8:36 (33:58)	4:04 (38:02)		5:48 (43:50)	4:24 (49:49)	3:31 (53:20)
	3:03 (56:23)	3:04 (59:27)				
6.	Gustav Friberg	OK Sorø	1:02:38	+23:03		
	3:51 (3:51)	7:18 (11:09)		4:48 (20:16)	7:03 (27:19)	3:17 (30:36)
	9:58 (40:34)	3:13 (43:47)		1:04 (51:17)	3:33 (54:50)	2:44 (57:34)
	1:44 (59:18)	2:53 (1:02:11)				
7.	Anton Lauritzen	Holbæk OK	1:10:03	+30:28		
	2:51 (2:51)	10:35 (13:26)		5:02 (21:43)	7:11 (28:54)	2:48 (31:42)
	10:24 (42:06)	3:55 (46:01)		1:40 (54:30)	4:31 (59:01)	4:06 (1:03:07)
	2:52 (1:05:59)	3:29 (1:09:28)				

Sort Kort D O 60		(3 / 3)	Tid	Efter		
1.	Pia Kadziola	Maribo OK	1:03:32			
	2:50 (2:50)	11:04 (13:54)		4:55 (21:59)	6:41 (28:40)	2:06 (30:46)
	9:28 (40:14)	3:24 (43:38)		1:08 (50:21)	3:39 (54:00)	2:59 (56:59)
	2:47 (59:46)	3:10 (1:02:56)				
2.	Inger Jessen	OK Roskilde	1:10:45	+7:13		
	3:22 (3:22)	7:17 (10:39)		4:55 (18:58)	6:41 (25:39)	2:26 (28:05)
	11:46 (39:51)	4:44 (44:35)		1:57 (53:36)	6:41 (1:00:17)	3:24 (1:03:41)
	2:12 (1:05:53)	4:15 (1:10:08)				
3.	Jennatte Bjerreborg	Køge OK	1:45:48	+42:16		
	4:01 (4:01)	8:21 (12:22)		11:22 (28:13)	11:19 (39:32)	3:19 (42:51)
	13:43 (56:34)	6:46 (1:03:20)		2:37 (1:15:02)	12:33 (1:27:35)	4:50 (1:32:25)
	6:47 (1:39:12)	5:38 (1:44:50)				

Sort Kort H O 60		(13 / 13)	Tid	Efter		
1.	Henrik Nielsen	Holbæk OK	54:26			
	2:27 (2:27)	5:44 (8:11)		4:31 (15:07)	5:24 (20:31)	1:53 (22:24)
	8:43 (31:07)	3:02 (34:09)		1:48 (42:13)	3:25 (45:38)	2:54 (48:32)
	2:10 (50:42)	3:07 (53:49)				

2.	Mogens Kristensen	OK Roskilde	55:17	+0:51			
	1:51 (1:51)	6:28 (8:19)	2:21 (10:40)	3:50 (14:30)	9:41 (24:11)	2:25 (26:36)	
	7:13 (33:49)	3:06 (36:55)	5:24 (42:19)	1:16 (43:35)	3:34 (47:09)	2:51 (50:00)	
	1:51 (51:51)	2:52 (54:43)	0:34 (55:17)				
3.	Karsten Richardt	Køge OK	56:44	+2:18			
	2:14 (2:14)	6:47 (9:01)	2:43 (11:44)	5:21 (17:05)	5:56 (23:01)	1:55 (24:56)	
	9:08 (34:04)	3:25 (37:29)	5:55 (43:24)	1:08 (44:32)	3:53 (48:25)	2:39 (51:04)	
	1:53 (52:57)	3:16 (56:13)	0:31 (56:44)				
4.	Steen Fladberg	Køge OK	56:46	+2:20			
	2:57 (2:57)	6:30 (9:27)	2:52 (12:19)	3:50 (16:09)	5:23 (21:32)	2:40 (24:12)	
	9:13 (33:25)	3:09 (36:34)	5:26 (42:00)	1:48 (43:48)	4:26 (48:14)	2:49 (51:03)	
	2:16 (53:19)	2:54 (56:13)	0:33 (56:46)				
5.	Morten Jensen	OK Roskilde	57:07	+2:41			
	2:21 (2:21)	12:08 (14:29)	2:40 (17:09)	3:43 (20:52)	5:14 (26:06)	2:14 (28:20)	
	7:33 (35:53)	3:04 (38:57)	5:14 (44:11)	1:15 (45:26)	3:38 (49:04)	2:24 (51:28)	
	2:09 (53:37)	2:53 (56:30)	0:37 (57:07)				
6.	Frede Scheye	Herlufsholm OK	59:48	+5:22			
	3:03 (3:03)	6:02 (9:05)	2:49 (11:54)	3:49 (15:43)	9:01 (24:44)	2:06 (26:50)	
	8:13 (35:03)	5:16 (40:19)	6:35 (46:54)	1:13 (48:07)	3:29 (51:36)	2:40 (54:16)	
	2:02 (56:18)	3:05 (59:23)	0:25 (59:48)				
7.	Tage Ebbensgaard	Køge OK	1:00:11	+5:45			
	2:53 (2:53)	7:34 (10:27)	3:51 (14:18)	5:18 (19:36)	6:18 (25:54)	2:00 (27:54)	
	9:42 (37:36)	3:04 (40:40)	6:12 (46:52)	1:11 (48:03)	4:05 (52:08)	2:48 (54:56)	
	1:49 (56:45)	2:47 (59:32)	0:39 (1:00:11)				
8.	John Tripax	OK Roskilde	1:00:16	+5:50			
	2:23 (2:23)	7:13 (9:36)	2:35 (12:11)	3:56 (16:07)	9:43 (25:50)	2:00 (27:50)	
	9:56 (37:46)	3:17 (41:03)	5:42 (46:45)	1:14 (47:59)	3:44 (51:43)	2:47 (54:30)	
	1:55 (56:25)	3:15 (59:40)	0:36 (1:00:16)				
9.	Jan Kristoffersen	Ballerup	1:01:34	+7:08			
	2:56 (2:56)	6:48 (9:44)	3:14 (12:58)	4:06 (17:04)	6:58 (24:02)	2:47 (26:49)	
	9:24 (36:13)	3:53 (40:06)	7:16 (47:22)	1:16 (48:38)	3:48 (52:26)	3:00 (55:26)	
	2:46 (58:12)	2:49 (1:01:01)	0:33 (1:01:34)				
10.	Anders Bang	Køge OK	1:05:32	+11:06			
	5:03 (5:03)	7:07 (12:10)	4:24 (16:34)	4:47 (21:21)	7:02 (28:23)	2:21 (30:44)	
	9:45 (40:29)	4:01 (44:30)	6:57 (51:27)	1:26 (52:53)	3:47 (56:40)	3:27 (1:00:07)	
	1:58 (1:02:05)	2:44 (1:04:49)	0:43 (1:05:32)				
11.	Helmuth Hansen	Herlufsholm OK	1:06:23	+11:57			
	2:04 (2:04)	6:43 (8:47)	3:12 (11:59)	4:10 (16:09)	6:08 (22:17)	2:30 (24:47)	
	11:09 (35:56)	4:05 (40:01)	7:11 (47:12)	4:13 (51:25)	4:36 (56:01)	3:00 (59:01)	
	2:48 (1:01:49)	3:58 (1:05:47)	0:36 (1:06:23)				
12.	Henrik Snedker Pedersen	Holbæk OK	1:18:21	+23:55			
	3:16 (3:16)	10:14 (13:30)	3:45 (17:15)	5:42 (22:57)	8:49 (31:46)	2:24 (34:10)	
	10:38 (44:48)	4:52 (49:40)	8:30 (58:10)	1:30 (59:40)	7:27 (1:07:07)	3:56 (1:11:03)	
	2:46 (1:13:49)	3:46 (1:17:35)	0:46 (1:18:21)				
13.	Kim Møller	Køge OK	1:45:46	+51:20			
	3:49 (3:49)	8:26 (12:15)	4:37 (16:52)	11:13 (28:05)	11:25 (39:30)	3:20 (42:50)	
	13:43 (56:33)	6:46 (1:03:19)	9:01 (1:12:20)	2:41 (1:15:01)	12:24 (1:27:25)	4:59 (1:32:24)	
	6:42 (1:39:06)	5:50 (1:44:56)	0:50 (1:45:46)				

Sort Mellem D**(4 / 4)****Tid Efter**

1.	Hanne Fogh	FSK Orientering	55:37				
	2:12 (2:12)	4:41 (6:53)	2:29 (9:22)	3:36 (12:58)	4:18 (17:16)	4:14 (21:30)	
	3:09 (24:39)	2:23 (27:02)	2:06 (29:08)	6:16 (35:24)	7:06 (42:30)	2:46 (45:16)	
	2:40 (47:56)	2:20 (50:16)	0:56 (51:12)	3:05 (54:17)	0:55 (55:12)	0:25 (55:37)	
2.	Jette Grimstrup	Køge OK	1:08:05	+12:28			
	3:36 (3:36)	4:56 (8:32)	2:53 (11:25)	4:34 (15:59)	5:50 (21:49)	5:21 (27:10)	
	3:34 (30:44)	2:45 (33:29)	2:43 (36:12)	7:31 (43:43)	6:52 (50:35)	3:40 (54:15)	
	3:58 (58:13)	3:15 (1:01:28)	1:10 (1:02:38)	3:42 (1:06:20)	1:12 (1:07:32)	0:33 (1:08:05)	
3.	Runa Ulsøe	OK Roskilde	1:09:30	+13:53			
	3:09 (3:09)	5:37 (8:46)	2:40 (11:26)	4:12 (15:38)	5:39 (21:17)	5:34 (26:51)	
	3:52 (30:43)	3:21 (34:04)	2:50 (36:54)	8:37 (45:31)	7:30 (53:01)	2:44 (55:45)	
	5:08 (1:00:53)	2:37 (1:03:30)	1:08 (1:04:38)	3:15 (1:07:53)	1:06 (1:08:59)	0:31 (1:09:30)	
4.	Merete Kleist	OK Sorø	1:23:24	+27:47			
	4:59 (4:59)	5:51 (10:50)	2:43 (13:33)	4:18 (17:51)	6:34 (24:25)	5:38 (30:03)	
	4:14 (34:17)	3:11 (37:28)	2:50 (40:18)	9:57 (50:15)	13:21 (1:03:36)	4:43 (1:08:19)	
	4:55 (1:13:14)	3:15 (1:16:29)	1:21 (1:17:50)	3:52 (1:21:42)	1:10 (1:22:52)	0:32 (1:23:24)	

Sort Mellem H**(13 / 13)****Tid Efter**

1.	Jan Holdensgaard Jørgensen	OK Sorø	53:17				
	2:59 (2:59)	4:06 (7:05)	2:15 (9:20)	3:45 (13:05)	4:10 (17:15)	3:57 (21:12)	
	3:17 (24:29)	2:34 (27:03)	2:06 (29:09)	5:34 (34:43)	5:35 (40:18)	2:18 (42:36)	
	3:07 (45:43)	2:09 (47:52)	0:58 (48:50)	3:13 (52:03)	0:43 (52:46)	0:31 (53:17)	
2.	Jørgen Pedersen	Ballerup	54:45	+1:28			
	3:07 (3:07)	4:37 (7:44)	2:02 (9:46)	3:08 (12:54)	4:40 (17:34)	3:58 (21:32)	
	2:46 (24:18)	2:26 (26:44)	2:28 (29:12)	6:15 (35:27)	6:01 (41:28)	2:26 (43:54)	
	3:24 (47:18)	2:13 (49:31)	1:04 (50:35)	2:49 (53:24)	0:50 (54:14)	0:31 (54:45)	
3.	Torkil Hansen	PI-København	55:37	+2:20			
	2:55 (2:55)	4:37 (7:32)	2:06 (9:38)	2:50 (12:28)	4:05 (16:33)	4:18 (20:51)	
	2:58 (23:49)	2:31 (26:20)	2:20 (28:40)	6:44 (35:24)	5:45 (41:09)	2:44 (43:53)	
	3:20 (47:13)	2:28 (49:41)	1:23 (51:04)	3:03 (54:07)	1:04 (55:11)	0:26 (55:37)	

4.	Claus Børsting	Herlufsholm OK	57:30	+4:13		
	2:34 (2:34)	4:01 (6:35)	2:17 (8:52)	3:10 (12:02)	5:32 (17:34)	4:17 (21:51)
	3:08 (24:59)	2:59 (27:58)	2:15 (30:13)	7:29 (37:42)	6:18 (44:00)	2:33 (46:33)
	2:56 (49:29)	2:18 (51:47)	1:05 (52:52)	2:38 (55:30)	0:52 (56:22)	1:08 (57:30)
5.	Jørgen Krogh	OK Roskilde	57:36	+4:19		
	3:04 (3:04)	4:15 (7:19)	2:00 (9:19)	3:03 (12:22)	4:21 (16:43)	4:52 (21:35)
	3:41 (25:16)	2:33 (27:49)	3:39 (31:28)	6:20 (37:48)	6:21 (44:09)	2:34 (46:43)
	3:27 (50:10)	2:38 (52:48)	0:55 (53:43)	2:39 (56:22)	0:50 (57:12)	0:24 (57:36)
6.	Jakob Søndergaard	OK Roskilde	59:33	+6:16		
	2:56 (2:56)	3:42 (6:38)	2:04 (8:42)	3:50 (12:32)	4:06 (16:38)	4:46 (21:24)
	2:55 (24:19)	2:33 (26:52)	2:06 (28:58)	5:37 (34:35)	5:45 (40:20)	4:52 (45:12)
	3:44 (48:56)	5:45 (54:41)	0:55 (55:36)	2:30 (58:06)	0:59 (59:05)	0:28 (59:33)
7.	Helge Lang Pedersen	Farum OK	1:00:37	+7:20		
	2:32 (2:32)	4:38 (7:10)	2:27 (9:37)	3:21 (12:58)	5:11 (18:09)	4:54 (23:03)
	3:26 (26:29)	2:29 (28:58)	2:43 (31:41)	7:21 (39:02)	6:21 (45:23)	3:10 (48:33)
	3:39 (52:12)	2:34 (54:46)	1:01 (55:47)	3:26 (59:13)	0:49 (1:00:02)	0:35 (1:00:37)
8.	Henrik Plenge Jensen	O-63	1:02:26	+9:09		
	4:05 (4:05)	4:48 (8:53)	2:38 (11:31)	3:24 (14:55)	4:34 (19:29)	4:13 (23:42)
	3:14 (26:56)	3:28 (30:24)	2:36 (33:00)	6:58 (39:58)	6:26 (46:24)	3:09 (49:33)
	5:05 (54:38)	2:28 (57:06)	0:59 (58:05)	3:03 (1:01:08)	0:47 (1:01:55)	0:31 (1:02:26)
9.	Christian Saxe	AS	1:03:24	+10:07		
	3:40 (3:40)	4:46 (8:26)	2:30 (10:56)	3:29 (14:25)	6:44 (21:09)	6:17 (27:26)
	3:14 (30:40)	2:44 (33:24)	2:17 (35:41)	6:39 (42:20)	6:24 (48:44)	2:46 (51:30)
	3:29 (54:59)	2:36 (57:35)	1:05 (58:40)	3:11 (1:01:51)	0:57 (1:02:48)	0:36 (1:03:24)
10.	Tomas Grabauskas	Holbæk OK	1:03:27	+10:10		
	2:36 (2:36)	7:13 (9:49)	1:55 (11:44)	4:03 (15:47)	4:26 (20:13)	5:46 (25:59)
	3:26 (29:25)	2:16 (31:41)	2:07 (33:48)	7:13 (41:01)	7:17 (48:18)	3:04 (51:22)
	4:56 (56:18)	2:19 (58:37)	0:56 (59:33)	2:41 (1:02:14)	0:45 (1:02:59)	0:28 (1:03:27)
11.	Jonas Nordstrøm	OK Roskilde	1:04:17	+11:00		
	3:37 (3:37)	7:49 (11:26)	2:44 (14:10)	4:06 (18:16)	4:08 (22:24)	4:27 (26:51)
	3:19 (30:10)	2:42 (32:52)	2:09 (35:01)	8:19 (43:20)	6:21 (49:41)	2:39 (52:20)
	3:10 (55:30)	2:28 (57:58)	1:53 (59:51)	2:56 (1:02:47)	1:03 (1:03:50)	0:27 (1:04:17)
12.	Stig Møller	OK Sorø	1:11:00	+17:43		
	4:11 (4:11)	4:21 (8:32)	2:18 (10:50)	3:33 (14:23)	5:31 (19:54)	5:23 (25:17)
	3:25 (28:42)	4:16 (32:58)	2:43 (35:41)	8:09 (43:50)	7:10 (51:00)	2:39 (53:39)
	7:16 (1:00:55)	3:09 (1:04:04)	1:11 (1:05:15)	4:04 (1:09:19)	1:09 (1:10:28)	0:32 (1:11:00)
13.	Morten Nissen	O-63	1:21:34	+28:17		
	3:52 (3:52)	5:56 (9:48)	3:23 (13:11)	9:58 (23:09)	6:27 (29:36)	5:53 (35:29)
	4:36 (40:05)	4:13 (44:18)	3:07 (47:25)	8:03 (55:28)	8:34 (1:04:02)	3:22 (1:07:24)
	4:11 (1:11:35)	3:22 (1:14:57)	1:13 (1:16:10)	3:33 (1:19:43)	1:20 (1:21:03)	0:31 (1:21:34)

Sort Lang D**(1 / 1)****Tid Efter**

1.	Tine Demandt	OK Sorø	1:42:46			
	4:49 (4:49)	7:06 (11:55)	3:01 (14:56)	6:22 (21:18)	6:13 (27:31)	3:44 (31:15)
	5:32 (36:47)	5:23 (42:10)	5:25 (47:35)	4:22 (51:57)	3:53 (55:50)	3:05 (58:55)
	7:16 (1:06:11)	6:02 (1:12:13)	4:00 (1:16:13)	9:17 (1:25:30)	3:56 (1:29:26)	1:17 (1:30:43)
	6:58 (1:37:41)	2:04 (1:39:45)	2:28 (1:42:13)	0:33 (1:42:46)		

Sort Lang H**(7 / 7)****Tid Efter**

1.	Janus Høhne	OK Sorø	52:24			
	2:28 (2:28)	2:49 (5:17)	2:08 (7:25)	2:23 (9:48)	3:13 (13:01)	1:53 (14:54)
	2:01 (16:55)	2:42 (19:37)	3:11 (22:48)	2:22 (25:10)	2:02 (27:12)	1:45 (28:57)
	4:31 (33:28)	2:31 (35:59)	2:09 (38:08)	5:06 (43:14)	1:49 (45:03)	0:47 (45:50)
	3:26 (49:16)	1:14 (50:30)	1:32 (52:02)	0:22 (52:24)		
2.	Andre Gautier	OK Sorø	55:55	+3:31		
	1:54 (1:54)	3:16 (5:10)	1:44 (6:54)	2:27 (9:21)	3:32 (12:53)	1:32 (14:25)
	4:15 (18:40)	2:48 (21:28)	3:31 (24:59)	2:20 (27:19)	1:57 (29:16)	1:38 (30:54)
	5:02 (35:56)	2:37 (38:33)	2:09 (40:42)	4:29 (45:11)	2:03 (47:14)	1:29 (48:43)
	3:42 (52:25)	1:13 (53:38)	1:49 (55:27)	0:28 (55:55)		
3.	Kåre Sørensen	OK Sorø	59:29	+7:05		
	1:54 (1:54)	3:43 (5:37)	2:36 (8:13)	2:59 (11:12)	3:58 (15:10)	1:54 (17:04)
	2:04 (19:08)	3:15 (22:23)	3:37 (26:00)	2:39 (28:39)	2:04 (30:43)	2:05 (32:48)
	5:08 (37:56)	3:10 (41:06)	2:23 (43:29)	4:35 (48:04)	2:01 (50:05)	0:50 (50:55)
	4:23 (55:18)	1:42 (57:00)	2:02 (59:02)	0:27 (59:29)		
4.	Brian Jørgensen	Holbæk OK	1:07:37	+15:13		
	2:37 (2:37)	4:02 (6:39)	2:18 (8:57)	3:34 (12:31)	3:33 (16:04)	1:53 (17:57)
	2:27 (20:24)	3:55 (24:19)	4:00 (28:19)	2:50 (31:09)	2:15 (33:24)	2:09 (35:33)
	6:16 (41:49)	3:25 (45:14)	3:26 (48:40)	5:41 (54:21)	2:25 (56:46)	1:23 (58:09)
	5:24 (1:03:33)	1:37 (1:05:10)	2:04 (1:07:14)	0:23 (1:07:37)		
5.	Henrik Juul Hansen	OK Roskilde	1:09:44	+17:20		
	2:25 (2:25)	5:52 (8:17)	2:17 (10:34)	3:05 (13:39)	4:20 (17:59)	1:46 (19:45)
	5:53 (25:38)	3:12 (28:50)	3:56 (32:46)	3:05 (35:51)	2:22 (38:13)	2:09 (40:22)
	5:37 (45:59)	3:12 (49:11)	2:39 (51:50)	5:31 (57:21)	2:10 (59:31)	1:00 (1:00:31)
	4:55 (1:05:26)	1:45 (1:07:11)	2:02 (1:09:13)	0:31 (1:09:44)		
6.	Søren Madsen	OK Sorø	1:16:21	+23:57		
	4:01 (4:01)	4:35 (8:36)	2:34 (11:10)	3:56 (15:06)	4:56 (20:02)	2:22 (22:24)
	2:46 (25:10)	4:47 (29:57)	4:41 (34:38)	3:18 (37:56)	2:41 (40:37)	2:13 (42:50)
	7:10 (50:00)	3:51 (53:51)	2:58 (56:49)	5:59 (1:02:48)	2:30 (1:05:18)	1:03 (1:06:21)
	5:25 (1:11:46)	1:39 (1:13:25)	2:18 (1:15:43)	0:38 (1:16:21)		

7.	Henrik Mathiesen	Herlufsholm OK	1:34:27	+42:03		
	5:14 (5:14)	4:58 (10:12)	9:00 (19:12)	3:47 (22:59)	4:58 (27:57)	3:38 (31:35)
	3:38 (35:13)	4:52 (40:05)	5:30 (45:35)	3:27 (49:02)	6:53 (55:55)	2:37 (58:32)
	6:47 (1:05:19)	6:04 (1:11:23)	4:04 (1:15:27)	6:31 (1:21:58)	2:16 (1:24:14)	1:01 (1:25:15)
	4:54 (1:30:09)	1:22 (1:31:31)	2:24 (1:33:55)	0:32 (1:34:27)		