

**Startliste – Op/ned 24/09-23**

2023-09-24

<b>Beg</b>		<b>2725 meter</b>	<b>Start 2</b>
–	Andreas Bergmann	Allerød OK	990822
–	Bertram Beck Vitoft	Farum OK	241918
–	Dorte Aagaard	THOK	437088
–	Ellen Frese Søderlund	Farum OK	600014
–	Erik Lohse	OK ØST Birkerød	2128798
–	Evelin Jirásková	Farum OK	515442
–	Harald Andersen	THOK	331610
–	Inge K. Kristoffersen	Ballerup OK	440894
–	Jesper Grooss	Allerød OK	8038239
–	Linda Østberg	OK Roskilde	250079
–	Liv Dahlia Kantsø Frost	Holbæk OK	2127798
–	Nina Valery	THOK	2136658
–	Nønne Schou Christensen	OK Sorø	7171066
–	Peter Sønderbo	OK ØST Birkerød	234448
–	Søren Bjørnøen	OK ØST Birkerød	8120444
–	Søren Saxtorph	Ballerup OK	246247
–	Tanja Fjelbro Klavsén	Holbæk OK	1417320
<b>D10</b>		<b>2725 meter</b>	<b>Start 2</b>
–	Dasha Kapanadze	Farum OK	1411135
–	Elisabeth Lohfert Boas	OK ØST Birkerød	302108
–	Freja Beck Staugaard	Farum OK	245022
–	Karla Gerstrøm	THOK	2136652
–	Lærke Bellis Kantsø Frost	Holbæk OK	2127796
–	Sara Semak Jensen	Farum OK	887602
–	Tilde Kjeldgaard	Holbæk OK	2127795
–	Viktoria Sharpe á Argjahøvda	OK Sorø	2442589
<b>D12</b>		<b>3200 meter</b>	<b>Start 2</b>
–	Agnes Dyrland Pedersen	OK Roskilde	1110910
–	Agnes Habekost Nielsen	Allerød OK	504433
–	Andrea Hershøj-Hjorth	Ballerup OK	302136
–	Annika Kalle Pedersen	Holbæk OK	2127794
–	Carla Schou Christensen	OK Sorø	8640262
–	Dagmar Marager	Allerød OK	8033360
–	Edith Gerstrøm	THOK	2136657
–	Ellen Dyrland Pedersen	OK Roskilde	1202009
–	Emma Bredahl Telyakevych	Farum OK	1411137
–	Ingrid Baun Gautier	OK Sorø	415566
–	Linea Vedel Lange	Farum OK	202012
–	Vigga Petersen	Holbæk OK	2127792
<b>D12B</b>		<b>2725 meter</b>	<b>Start 2</b>
–	Alice Lugia	OK Roskilde	7010348
–	Ella Lutterodt	Farum OK	241921
–	Freja Kjeldgaard	Holbæk OK	2127791
–	Ida Beck Staugaard	Farum OK	302120
–	Lily Fich	Farum OK	241922
–	Maja Thorslund Pedersen	OK ØST Birkerød	2086067
–	Marta Buchwald	Holbæk OK	2127788

<b>D14</b>		<b>3875 meter</b>	<b>Start 1</b>
10:01	Dana Kapanadze	Farum OK	1411131
10:05	Nalini Kapanadze	Farum OK	1411134
11:30	Wilma Heegaard Boe-Hansen	OK Sorø	8631590
<b>D14B</b>		<b>3200 meter</b>	<b>Start 2</b>
–	Amanda Hershøj-Hjorth	Ballerup OK	302137
–	Annabella Rohrberg-Thomsen	THOK	2105170
–	Helene Christiansen	OK Roskilde	355560
–	Kaya Justesen	Holbæk OK	2127787
–	Kirstine Christiansen	OK Roskilde	355561
<b>D16</b>		<b>5225 meter</b>	<b>Start 1</b>
10:01	Astrid Rosa Husted Sigvardsen	Holbæk OK	202017
11:31	Nora Sophie Graasbøl Ødum	OK ØST Birkerød	249642
<b>D18</b>		<b>7150 meter</b>	<b>Start 1</b>
10:19	Katrine Jentoft Fertin	Holbæk OK	1419980
<b>D20</b>		<b>7150 meter</b>	<b>Start 1</b>
10:21	Man Wing	Allerød OK	8667718
10:23	Elena Ingleby	Holbæk OK	1110274
11:30	Clara Friis Scheby	OK Sorø	8515237
11:32	Sofie Fakir Olsen	Ballerup OK	249412
<b>D20B</b>		<b>3875 meter</b>	<b>Start 1</b>
10:07	Anna Habekost Nielsen	Allerød OK	8333309
11:34	Sofie Okkels Jensen	OK Sorø	8625627
11:36	Teresa Søndergaard Pohl	OK Roskilde	8050706
11:38	Iris Møller	OK Sorø	2061213
<b>D21</b>		<b>7150 meter</b>	<b>Start 1</b>
10:25	Erin Nielsen	THOK	8635864
10:27	Anne Maarup	Allerød OK	8201951
10:29	Pernille Buchwald	Holbæk OK	2127785
10:31	Vera Mullerova	Farum OK	8016642
10:33	Mathilde Nørgård Kracht	THOK	8081996
10:35	Jytte Jørgensen	Holbæk OK	8657119
10:37	Line Frese Søderlund	Farum OK	8505719
10:39	Tenna Nørgaard Landsperg	THOK	9200542
10:41	Anette Kalle Larsen	Holbæk OK	8621025
10:43	Freja Karlsmose Kliem	Farum OK	331255
10:45	Angélique Grønborg Rasmussen	Allerød OK	8005182
10:47	Line Cederberg	THOK	971212
10:49	Masha Semak	Farum OK	1410792
10:51	Lene Justesen	Holbæk OK	2127786
11:34	Mette Riis Jensen	OK Sorø	1416975
11:36	Marie Erskov Krogh	OK ØST Birkerød	1401717
11:38	Bodil Pallisgaard	OK Roskilde	7202760
11:40	Anne Marie Thommesen	Ballerup OK	7201389
11:42	Henriette Baun Gautier	OK Sorø	8210885
11:44	Pernille Sommer	OK ØST Birkerød	8645165
11:46	Karoline Fonager Ulsøe	OK Roskilde	445013
11:48	Lærke Vejsnæs	OK Sorø	8635835
11:50	Annette Bonde	Ballerup OK	8667751
11:52	Emma Bloch Frandsen	OK Sorø	9160301

11:54	Tonje Pihl	OK Roskilde	1422372
11:56	Karo Saxtorph Schulz	Ballerup OK	1081100

<b>D21B</b>		<b>3875 meter</b>	<b>Start 1</b>
10:09	Mette Vejen Eriksen	THOK	8667861
10:11	Susanne Vedel Hjuler	Farum OK	202014
10:13	Ann-Sofie Jentoft Fertin	Holbæk OK	681842
10:15	Lærke Djurhuus Ipsen	Farum OK	431016
10:17	Jannie Rohrberg-Thomsen	THOK	2137251
10:19	Kirsten Lange	Allerød OK	1402990
10:21	Sebrina Fredslund Mejlkjær	Holbæk OK	2127783
10:23	Ida Vedel Lange	Farum OK	202015
10:25	Amalie Wraa	THOK	1402964
10:27	Anja Niehues Birch	Allerød OK	1428672
10:29	Helena Isabel Mora-Jensen	Farum OK	241927
10:31	Marie Habekost Nielsen	Allerød OK	302114
10:33	Freja Frost	Holbæk OK	435348
11:40	Laura Saxtorph Schulz	Ballerup OK	1071002
11:42	Alice Ørum Bertelsen	OK Roskilde	343399
11:44	Trine Hershøj	Ballerup OK	681773
11:46	Annette Petersen	OK Roskilde	8130654
11:48	Signe Tanja Vejgaard Andersen	Ballerup OK	8640555
11:50	Signe Elin Gram	OK ØST Birkerød	2216183
11:52	Line Bisgaard	Ballerup OK	8008513
11:54	Silje Nymoen Karlsen	OK Sorø	2213982

<b>D40</b>		<b>6500 meter</b>	<b>Start 1</b>
10:06	Irina Kupriyanova	Farum OK	8635827
10:08	Anette Lindegaard Christensen	Holbæk OK	8519488
10:10	Christina H. Sørensen	THOK	2065758
10:12	Karin Ingleby	Holbæk OK	8217699
10:14	Marianne Holm	Farum OK	8640269
10:16	Astrid Riis	Holbæk OK	8003750
10:18	Hanne Rasmussen	Allerød OK	8633626
10:20	Anna Telyakevych	Farum OK	8657165
11:47	Ida Mosbech Smith	OK ØST Birkerød	2074609
11:49	Maja Maria Zwolinska	OK Sorø	2049208
11:51	Ellen Kühn Jensen	Ballerup OK	202087
11:53	Sanne Ifversen Hansen	OK Sorø	8001713
11:55	Helle Holm Clausen	OK ØST Birkerød	9005161
11:57	Anja Rasmussen	OK Sorø	1110916
11:59	Diana Cederberg	Ballerup OK	8009298

<b>D45B</b>		<b>3875 meter</b>	<b>Start 1</b>
10:35	Katja Reibert Hansen	Allerød OK	8662159
10:37	Lene Mathiasen	THOK	2136650
10:39	Susanne Christiansen	Farum OK	1401489
10:41	Lene Øbro	THOK	2058312
10:43	Marlene Marager	Allerød OK	2086053
10:45	Karin Lomholt Finnemann	Farum OK	1421726
10:47	Christina Lyng Andersen	THOK	1408235
10:49	Majken Maarup	Allerød OK	213967
10:51	Malene Lysgaard-Hansen	Holbæk OK	8002541
11:56	Birte Langkilde	Ballerup OK	420163
11:58	Birthe Nielsen	OK Roskilde	2213990
12:00	Marianne Dahl	OK Sorø	430048

12:02	Kirsten Lindemann	OK Roskilde	440195
12:04	Tina Ottesen	Ballerup OK	344160
<b>D50</b>		<b>5225 meter</b>	<b>Start 1</b>
10:03	Dorthe Munktvad	Allerød OK	8033373
10:05	Pernille Kaltoft	Holbæk OK	2127782
10:07	Lise Djurhuus Ipsen	Farum OK	8130868
10:09	Bente Madsen	THOK	8250259
10:11	Charlotte Bergmann	Allerød OK	8009101
10:13	Bodil Karlsrose Kliem	Farum OK	348377
10:15	Marianne Kirkegaard	THOK	899045
10:17	Marianne T. Hasholt	Allerød OK	1402035
10:19	Mette Hørlyk Friis	Farum OK	1421712
10:21	Bente Frydendal Jensen	Holbæk OK	302107
11:33	Nina Okkels	OK Sorø	1410795
11:35	Maria Krog Schulz	Ballerup OK	8002525
11:37	Birgitte Erskov Halland	OK ØST Birkerød	1413373
11:39	Anne Bloch Frandsen	OK Sorø	8180268
11:41	Maiken Andersen	Ballerup OK	8009114
11:43	Jytte Hougaard	OK Roskilde	421553
11:45	Merete Kleist	OK Sorø	2119728
11:47	Gitte Grauert	Ballerup OK	8500989
11:49	Runa Ulsøe	OK Roskilde	421564
<b>D60</b>		<b>4400 meter</b>	<b>Start 1</b>
10:01	Birgitte Wraa	THOK	302080
10:03	Birgitte Birck	Allerød OK	8626197
10:05	Kit Lang Jørgensen	Farum OK	8002542
10:07	Lena Wraa	THOK	8143245
10:09	Maria Iben Sell-Petersen	Allerød OK	681760
10:11	Annlou Husen	Farum OK	8645157
10:13	Annemette El-Azem	Holbæk OK	888491
10:15	Inger Kirkegaard	THOK	8201928
10:17	Anette Holm	Farum OK	8657114
10:19	Karen Wibe Enevoldsen	Allerød OK	8626187
10:21	Bodil Klavsén	Holbæk OK	239932
11:30	Tine Demandt	OK Sorø	7160259
11:32	Jette Kreiberg	OK Roskilde	8130457
11:34	Kirsten Nymann Petersen	OK ØST Birkerød	8009139
11:36	Hanne Pedersen	OK Roskilde	202064
11:38	Siri Klausen	Ballerup OK	601221
11:40	Inger Jessen	OK Roskilde	8501709
11:42	Søs Munch Hansen	OK Sorø	2083201
11:44	Lisa Tantholdt	OK ØST Birkerød	1402987
11:46	Leni Møllsøe	OK Roskilde	202034
11:48	Charlotte Grauert	Ballerup OK	8009115
11:50	Karen Jensen	OK ØST Birkerød	263572
11:52	Mette Filskov	OK Sorø	8658641
11:54	Hanne Frost	Ballerup OK	1428720
<b>D70</b>		<b>3600 meter</b>	<b>Start 1</b>
10:00	Aase Neregaard	THOK	202018
10:04	Inger Landsperg	THOK	8023807
10:08	Margit Ulmer	THOK	8030953
11:30	Ane Veierskov	OK Roskilde	1106041
11:32	Liselotte Andersen	Ballerup OK	682126

11:34	Ulla Hooge	OK ØST Birkerød	1403124
11:36	Lisbeth Jensen	Ballerup OK	302175
11:38	Inge Jørgensen	OK Roskilde	8089676
11:40	Kirsten Truelsen	Ballerup OK	1406263
11:42	Janet Bentzen	OK ØST Birkerød	500180
11:44	Bodil M. Mortensen	Ballerup OK	1071096

**D-Let****3200 meter****Start 2**

–	Angela Bourne	OK Roskilde	8010904
–	Anne Grete Swainson	THOK	239757
–	Annette Petersen	Ballerup OK	2083205
–	Anni Lauritzen	Holbæk OK	778809
–	Bente Pihl	OK Roskilde	302043
–	Camilla Staugaard	Farum OK	241916
–	Cecilie Vitoft	Farum OK	241915
–	Frida Petersen	Holbæk OK	2127781
–	Hanne Svensson	THOK	2136648
–	Inge Josiasen	OK ØST Birkerød	245032
–	Jette Lønstrup Ammitzbøll	Farum OK	2213063
–	Johanne Lind	Ballerup OK	8645166
–	Katya Kandybei	Farum OK	241912
–	Kirsten Brunstedt	OK ØST Birkerød	8130748
–	Liv Sharpe á Argjahøvda	OK Sorø	2442580
–	Lotte Thiesen	OK Roskilde	2216179
–	Maria Weber	THOK	2137256
–	Natalia Kandybei	Farum OK	1411148
–	Nina Sommer	THOK	2137255
–	Pernille Brunstedt Jacobsen	OK ØST Birkerød	8281277
–	Rikke Søndergaard	Farum OK	1411138
–	Sara Faxøe Larsen	Holbæk OK	421774
–	Sidsel Rønnegaard Revsbech	Allerød OK	1502328
–	Sine Dyrlynd Pedersen	OK Roskilde	421775
–	Ulla Place Petersen	Allerød OK	620803

**H10****2725 meter****Start 2**

–	Alexander Nymoen Nielsen	OK Sorø	2153442
–	Anton Kjeldgaard	Holbæk OK	2127820
–	Holger Baun Gautier	OK Sorø	8100983
–	Ilijah Ahmt Telyakevych	Farum OK	1411136
–	Lau Lindemann	OK Roskilde	2216180
–	Malthe Dalgaard Kristensen	Ballerup OK	212232
–	Moritz Søndergaard Pohl	OK Roskilde	4660068
–	Noah kniesek	Holbæk OK	2127819
–	Oscar Holm	Farum OK	40499
–	Oskar Kjeldgaard	Holbæk OK	2127818
–	Otto Baun Gautier	OK Sorø	250036
–	Sirius Aabye	Ballerup OK	443129
–	Theis Nielsen	THOK	2137258
–	Viktor Tougaard Hildebrandt	Farum OK	1411144
–	Vitus Bo Søndergaard	Farum OK	1411139

**H12****3200 meter****Start 2**

–	Anton Vejgaard Andersen	Ballerup OK	249416
–	Isak Graasbøl Ødum	OK ØST Birkerød	500178
–	Lasse Brunstedt Jacobsen	OK ØST Birkerød	8210812
–	Lauge Vogelius	Farum OK	308113

–	Liam Sharpe á Argjahøvda	OK Sorø	8180811
–	Mads Storm Lyngsø	Allerød OK	308107
–	Max-Emil Kupriyanov Hviid	Farum OK	1411145
–	Noah Hjorth	Ballerup OK	302188
–	Sebastian Revsbech	Allerød OK	7040520
–	Sigurd Nielsen	THOK	1013322
–	Victor Nielsen	THOK	250074
–	William Justesen	Holbæk OK	2127816

<b>H12B</b>		<b>2725 meter</b>	<b>Start 2</b>
–	Adrian Kuprianov Hviid	Farum OK	1411140
–	Alexander Juul Paustian	Allerød OK	981612
–	Alexander Saraz	Holbæk OK	2127810
–	August Niehues Birch	Allerød OK	1428708
–	Emil Fredslund Mejlkjær	Holbæk OK	2127808
–	Lauge Buchwald	Holbæk OK	2127807
–	Luca Sommer	THOK	2137254
–	Theodor Vedel Lange	Farum OK	202016
–	Vilfred Beck Vitoft	Farum OK	241914

<b>H14</b>		<b>4775 meter</b>	<b>Start 1</b>
10:00	Denys Kandybei	Farum OK	1411132
10:02	Henrik Kärner Grooss	Allerød OK	2049221
10:04	Lasse Kalle Pedersen	Holbæk OK	8645144
10:06	Oscar Niehues Birch	Allerød OK	8008527
10:08	Asger Sohl Eriksen	Holbæk OK	2127801
11:31	Konrad Vestergaard Karnøe	OK Sorø	446261
11:33	Rune Cederberg	Ballerup OK	202090
11:35	Adam Holst Friborg	OK Sorø	8237684
11:37	Alexander Johannes Mosbech Smith	OK ØST Birkerød	2134103

<b>H14B</b>		<b>3200 meter</b>	<b>Start 2</b>
–	Albert Tougaard Hildebrandt	Farum OK	1411143
–	Caspian Bo Christensen	Holbæk OK	9101045
–	Eigil Gerstrøm	THOK	2137262
–	Silas Thomsen	Holbæk OK	2127804

<b>H16</b>		<b>6500 meter</b>	<b>Start 1</b>
10:00	Anton Kupriyanov Hviid	Farum OK	8662160
10:02	William Nielsen	THOK	441833
10:04	Tore Emil Maarup	Allerød OK	8089688
11:45	Gustav Holst Friborg	OK Sorø	8666082

<b>H18</b>		<b>9075 meter</b>	<b>Start 1</b>
10:28	Johannes Marager	Allerød OK	8626191
10:30	Asbjørn Vejen Eriksen	THOK	8667871
10:32	Erik Grønberg Nielsen	Allerød OK	8505433

<b>H20</b>		<b>9075 meter</b>	<b>Start 1</b>
10:34	Viktor Pedersen	Holbæk OK	2127803
10:36	Valdemar Marager	Allerød OK	8621059
10:38	Malte Karlsmose Kliem	Farum OK	1416416
10:40	Hans Grønberg Nielsen	Allerød OK	8664243
10:42	Tobias Olloz	THOK	8061104
11:56	Tobias Høhne	OK Sorø	1413387

<b>H20B</b>		<b>4775 meter</b>	<b>Start 1</b>
10:10	Mathias Hansen Lindboe	THOK	2137268
10:12	Asger Lønstrup Ammitzbøll	Farum OK	2213065
10:14	Sebastian Hansen Lindboe	THOK	2137266
10:16	Rasmus Storm Lyngsø	Allerød OK	8646091
10:18	Albert Nørgaard Landsperg	THOK	899039
11:39	Sofus Schou Christensen	OK Sorø	8631602
<b>H21</b>		<b>9075 meter</b>	<b>Start 1</b>
10:44	Henrik Fabricius Buchwald	Holbæk OK	2127802
10:46	Lasse Falck Weber	THOK	8046100
10:48	Robert Kovacs	Farum OK	8400098
10:50	Emil Olander Lorenz	Allerød OK	9005162
10:52	Björn Cederberg	THOK	950722
10:54	Jørgen Rolighed Thyme	Allerød OK	7640220
10:56	Malthe Gaarsdal	Farum OK	8654958
10:58	Christian Larsen	Holbæk OK	422485
11:00	Jonas Falck Weber	THOK	8143244
11:02	Martin Petersen	Holbæk OK	8003265
11:04	Yevhen Kandybey	Farum OK	1411133
11:06	George Mavchun	THOK	8303044
11:08	Theis Munktvød	Allerød OK	8255014
11:10	Casper Wraa	THOK	899997
11:12	Steen Stausholm	Farum OK	8628467
11:14	Steen T. Hasholt	Allerød OK	681772
11:16	Emil Øbro	THOK	8002538
11:18	Mikkel Lyskjær	Farum OK	8640529
11:20	Bjørn Slott Kantsø	Holbæk OK	435349
11:58	Bela Sebok	Ballerup OK	8008519
12:00	Thomas Vejsnæs	OK Sorø	804244
12:02	Emil Mejlhede Kinslev	OK ØST Birkerød	7500274
12:04	Søren Jessen	OK Roskilde	8501990
12:06	Peter Hansen	OK Sorø	500644
12:08	Claus Cederberg	Ballerup OK	8505432
12:10	Hubert Schibsbye Møller	OK Sorø	8008533
12:12	Kasper Ingerslev	Ballerup OK	8626195
12:14	Michael Sørensen	OK ØST Birkerød	8180977
12:16	Søren Juhlin	OK Roskilde	2159195
12:18	Gustav Moll	OK Sorø	2065735
12:20	Kristian Jager Nykrog	OK Roskilde	355564
12:22	Rune Aagaard Lohfert Boas	OK ØST Birkerød	8646073
12:24	Lars Sharpe á Argjahøvda	OK Sorø	7700330
12:26	Frederik Grue-Sørensen	OK Roskilde	8130876
12:28	Janus Storland Høhne	OK Sorø	8625624
12:30	Troels Christensen	Ballerup OK	501268
<b>H21B</b>		<b>4775 meter</b>	<b>Start 1</b>
10:20	Mads Anders Bergmann	Allerød OK	8143222
10:22	Anders Bo Søndergaard	Farum OK	241920
10:24	Pierre Husted Sigvardsen	Holbæk OK	239235
10:26	Mikkel Frese Søderlund	Farum OK	1012449
10:28	Andreas Duc Jørgensen	THOK	8627649
10:30	Jesper Langholm	Farum OK	1411146
10:32	Andreas Wiwel Budtz	Holbæk OK	1393181
10:34	Erik Pilemand	THOK	2105154

10:36	Frederik Beck-Andersen	Farum OK	241917
10:38	Jesper Pedersen	Allerød OK	1070762
10:40	Anton Lauritzen	Holbæk OK	778808
10:42	Jesper Tidsvilde Hildebrandt	Farum OK	241929
10:44	Rudi Kjeldsen	THOK	2105164
10:46	Sigurd Lønstrup Ammitzbøll	Farum OK	2213064
10:48	Niels-Peter Vest Nielsen	Allerød OK	8619433
11:41	Ul Christensen	OK ØST Birkerød	408939
11:43	Lasse Lybek Jensen	Ballerup OK	8667876
11:45	Rasmus Schou Christensen	OK Sorø	8631617
11:47	Jens Bentsen	OK ØST Birkerød	8009124
11:49	Niels Aabye	Ballerup OK	8002523
11:51	Thorkild Franck	OK Roskilde	1502333
11:53	Rasmus Lund	OK Sorø	7202756
11:55	Jan Steen Jensen	Ballerup OK	2083204
11:57	Anders Laage Kragh	OK Roskilde	7620623
11:59	Jacob Egholm	Ballerup OK	442567
12:01	Martin Vaabengaard	OK Roskilde	7209259

**H40**

10:53	Ivan Vogelius	Farum OK	308114
10:55	Thomas Greve Jensen	THOK	8572019
10:57	Steen Gregers Ellebæk Donovan	Holbæk OK	1393186
10:59	Anders Marager	Allerød OK	8033382
11:01	Peter Steen Landsperg	THOK	8500979
11:03	Michael Ertmann	Allerød OK	8667118
11:05	Brian Steen Jørgensen	Holbæk OK	8670534
11:07	Jakob Landsperg	THOK	9200543
11:09	Asger Habekost Nielsen	Allerød OK	8016663
11:11	Brian Lomholt Jensen	Farum OK	681769
11:13	Rasmus Nielsen	THOK	8645451
11:15	Lars Lyngsø	Allerød OK	1406279
11:17	Rasmus Holm	Farum OK	8620944
11:19	Finn Skouenborg	Holbæk OK	1416979
11:58	Casper Lindemann	OK Roskilde	434108
12:00	Jan Koue Larsen	OK Sorø	7040513
12:02	Anders Vejgaard	Ballerup OK	8640533
12:04	Kenneth Thomsen	OK Sorø	8640530
12:06	Peter Mørup Jansen	OK Roskilde	407750
12:08	Jan Jakobsen	OK ØST Birkerød	202007
12:10	Kasper Levring	OK Sorø	2061673
12:12	Lars Sørensen	OK ØST Birkerød	1402998
12:14	Mads Pedersen	OK Roskilde	553549
12:16	Henrik Seidelin Dam	Ballerup OK	8657154
12:18	Roland Dumong	OK ØST Birkerød	8512039
12:20	Henrik Vestergaard Karnøe	OK Sorø	9820121
12:22	Ronnie Hjorth	Ballerup OK	7000607

**7150 meter****Start 1****H45B**

10:50	Jens Behrend	Farum OK	500443
10:52	Louise Wraa-Hansen	THOK	249658
10:54	Christian Schiønning	Holbæk OK	1393187
10:56	Dennis Øbro	THOK	8500976
10:58	Ole Gold	Farum OK	308062
11:00	René Niehues Birch	Allerød OK	1428681
11:02	Anders Kjeldgaard	Holbæk OK	8510911

**4775 meter****Start 1**



11:04	Torben Christensen	Farum OK	241923
11:06	Jan-Erik Revsbech	Allerød OK	2000324
11:08	Erik Vedel Lange	Farum OK	1502325
11:10	Rune Faxøe Larsen	Holbæk OK	2117592
11:12	Peter Hilbert	Allerød OK	9101041
11:14	Jens Korsholm	Farum OK	8667872
11:16	Ulrik Pilemand	THOK	2105165
12:03	Pierre Skipper	Ballerup OK	2134118
12:05	Jesper Allan Jensen	OK Roskilde	8657115
12:07	Stig Møller	OK Sorø	1410794
12:09	Sten Vesterli	Ballerup OK	341274
12:11	Olav M.J. Christiansen	OK Roskilde	355572
12:13	Per Windfeld-Hansen	OK ØST Birkerød	8631626
12:15	Jens Frandsen	OK Sorø	1110664
12:17	Karsten Hjorth	OK Roskilde	2128805
12:19	Lars Bech Jensen	Ballerup OK	440295
12:21	Ole R Frederiksen	OK Roskilde	1428682
12:23	Jens Lerche Mortensen	OK Sorø	216728
12:25	Thomas Østergaard	OK ØST Birkerød	8640545

**H50**

10:22	Lars Munktvad	Allerød OK	8033363
10:24	Thomas Thilo	Farum OK	8143223
10:26	Rolf Valery	THOK	8033390
10:28	Peter Reibert Hansen	Allerød OK	8290171
10:30	Benny Lønstrup Ammitzbøll	Farum OK	2213062
10:32	Søren Fertin	Holbæk OK	922013
10:34	Tim Falck Weber	THOK	8143233
10:36	John Hørlyk	Farum OK	1421713
10:38	Søren Klinkby	Holbæk OK	896951
10:40	Jesper Jensen	Farum OK	8009137
10:42	Jakob Albahn	THOK	8506685
10:44	Jens Knud Maarup	Allerød OK	8016664
10:46	Tore Hulgaard	Farum OK	8657146
10:48	Bjark Bo Christensen	Holbæk OK	8003965
10:50	Sten Skytte Kirkegaard	THOK	8635894
10:52	Jørgen Finnemann	Farum OK	1421725
10:54	Lars Jensen	Allerød OK	981603
10:56	René E. Viem	Farum OK	241930
10:58	Jesper David Jensen	THOK	8482019
11:00	Jens Kristian Sørensen	Allerød OK	2086040
12:01	Jørgen Krogh	OK Roskilde	967703
12:03	Michael Nygaard Møller	Ballerup OK	435303
12:05	Jesper Munch Jespersen	OK Sorø	8620952
12:07	Morten Ploug	Ballerup OK	8505714
12:09	Martin Østberg	OK Roskilde	250078
12:11	Kristian Kærsgaard Hansen	OK Sorø	8190346
12:13	Lars Thorslund	OK ØST Birkerød	8143221
12:15	Morten Hass	OK Sorø	504395
12:17	Bjarne Topp	OK ØST Birkerød	8646095
12:19	Kåre Sørensen	OK Sorø	1406280
12:21	Jakob Søndergaard Jensen	OK Roskilde	8220476
12:23	Jakob Ødum	OK ØST Birkerød	8201941
12:25	Søren Madsen	OK Sorø	1421506
12:27	Allan Søgaard	OK Roskilde	8051073
12:29	Alex Ottesen	Ballerup OK	8089685

**6500 meter****Start 1**

**H60**

10:23	Helge Lang Pedersen
10:25	Troels Bent Hansen
10:27	Henrik Nielsen
10:29	Ole Jensen
10:31	Klaus Nielsen
10:33	Jan Thiesen
10:35	Henrik Wibe
10:37	Pablo Jensen
10:39	Bent Jensen
10:41	Peter Wraa
10:43	Lars Vedel Jørgensen
10:45	Poul Henning Poulsen
10:47	Preben Klavsén
10:49	Jens Jørgen Hansen
10:51	Dan Nielsen
11:51	Lars Hanghøj Petersen
11:53	Kent Pihl
11:55	Stephen Hall Reusch
11:57	Asger Jensen
11:59	Knud Madsen
12:01	Gregers Jørgensen
12:03	Peter Krogh
12:05	Morten Jensen
12:07	Jan Sørensen
12:09	Flemming Vejen
12:11	Michael Leth Jess
12:13	Michael Hjorth
12:15	Thomas Henmyr
12:17	Jens Peter Gundorf
12:19	Kristen Bonnen
12:21	Henrik Skovmark Hansen
12:23	Erik Ellegaard Simonsen
12:25	Hans-Ole Jensen

**5225 meter**

Farum OK	8033357
Allerød OK	8664222
Holbæk OK	8022398
THOK	8657158
Farum OK	1408242
Holbæk OK	8009306
Allerød OK	1406290
Farum OK	8008521
Holbæk OK	8631598
THOK	8664225
Farum OK	1450238
THOK	8633609
Holbæk OK	8640541
Farum OK	8307008
Allerød OK	682240
Ballerup OK	1290555
OK Roskilde	1422371
OK ØST Birkerød	1421523
OK Roskilde	302055
OK Sorø	308188
Ballerup OK	8620940
OK ØST Birkerød	1401719
OK Roskilde	8506678
OK Sorø	9102278
Ballerup OK	420167
OK Roskilde	1241908
Ballerup OK	1170297
OK Sorø	600812
OK ØST Birkerød	8631614
Ballerup OK	1210290
OK Roskilde	246470
OK ØST Birkerød	8512017
OK Sorø	308187

**Start 1****H70**

10:23	Erik Sørensen
10:25	Keld Johnsen
10:27	Peter Reinholdt
10:29	Ole Galle
10:31	Johnny Hansen Boonserm
10:33	Peter Sidenius
10:35	Klaus Olsen
10:37	Ole Christiansen
10:39	Finn Hyllegaard
10:41	Niels Landsperg
10:43	Kai Beck-Andersen
11:56	Janne Brunstedt
11:58	Steen Lund
12:00	Jan Kristoffersen
12:02	John Tripax
12:04	Ebbe Kajberg
12:06	Lars Olsen
12:08	Peter Nørgaard
12:10	Flemming Olsen

**4400 meter**

Allerød OK	887865
THOK	8201150
Farum OK	239213
THOK	8509013
Holbæk OK	2153445
Farum OK	362425
THOK	8638413
Farum OK	8180700
Holbæk OK	344835
THOK	8111644
Farum OK	2119100
OK Roskilde	8230548
OK Sorø	1021012
Ballerup OK	8633623
OK Roskilde	8016644
OK Sorø	8515243
OK Roskilde	202045
Ballerup OK	8050005
OK Sorø	7300389

**Start 1**

12:12	Ole Bøggild	OK Roskilde	7194612
12:14	Per Mogens Petersen	OK ØST Birkerød	682235
12:16	Jimmy Hoen	Ballerup OK	2086036
12:18	Mogens Bruun	OK Roskilde	2221997
12:20	Svend Tantholdt	OK ØST Birkerød	1401724
12:22	Finn Petersen	OK Roskilde	8021053
12:24	Tage V. Andersen	OK ØST Birkerød	8664231

**H80**

		<b>3600 meter</b>	<b>Start 1</b>
10:10	Jørgen Lund-Hansen	Farum OK	216722
10:12	Egon Neregaard	THOK	551438
10:14	Mogens Jensen	Holbæk OK	8667790
10:16	Kurt Valery	THOK	8201926
10:18	Holger Karlsrose	Farum OK	8620687
10:20	Holger Hansen	THOK	501132
10:22	Sven Hedegaard	Allerød OK	682125
10:24	Poul Hansen	THOK	2105166
10:26	Bendt Frandsen	Farum OK	8009296
11:46	Ellis Byrgiel Sommer	OK ØST Birkerød	8033386
11:48	Poul Gregersen	Ballerup OK	1411619
11:50	Ole Svendsen	OK Roskilde	501138
11:52	Finn Hultengren	Ballerup OK	308067
11:54	Ole Ring	OK Sorø	501133

**H-Let**

		<b>3200 meter</b>	<b>Start 2</b>
–	August Bo Christensen	Holbæk OK	1393188
–	Christian Juul Paustian	Allerød OK	2000327
–	Dan Eriksen	THOK	8667858
–	Dolfi Rotovnik	THOK	8243148
–	Gabriel Bo Christensen	Holbæk OK	1393189
–	Henrik Boesen	OK Roskilde	421555
–	Jacob Fredslund Mejlkjær	Holbæk OK	1393190
–	Jakob Djurhuus Ipsen	Farum OK	241919
–	Jan Lindemann	OK Roskilde	444570
–	Johan Holkmann Jacobsen	OK ØST Birkerød	500194
–	Jørgen Møller Nielsen	Ballerup OK	2086066
–	Keld S. Mortensen	OK Roskilde	443308
–	Kristian Ipsen	Farum OK	431192
–	Lasse Schnack	OK ØST Birkerød	1410800
–	Lisa Kjer Andersen	THOK	2105167
–	Lisbeth Reindel	Allerød OK	630611
–	Niels Pilemand	THOK	2105168
–	Per Christoffersen	Ballerup OK	1060586

**Åben 1**

		<b>6250 meter</b>	<b>Start 1</b>
–	Anders Jonsson	Søllerød OK	7003435
–	Carsten Thye Agger	Helsingør SOK	8510335
–	Frede Lillelund	Søllerød OK	8664232
–	Frederik Holm Splittorff	FIF Hillerød	2213992
–	Henrik Albahn	Lyngby OK	888950
–	Kurt Thuesen	FSK Orientering	2049952
–	Lars Basballe	FSK Orientering	501140
–	Leif Pedersen	FSK Orientering	2112887
–	Max Prang	Fredensborg OK	8620730
–	Michael Splittorff	FIF Hillerød	2213991
–	Rasmus Skovhede Hviid	Lyngby OK	9005294
–	Søren Sloth	FIF Hillerød	8500981

<b>Åben 2</b>		<b>3900 meter</b>	<b>Start 1</b>
–	Annelise Hansen	FIF Hillerød	9201766
–	Bent Johansen	OK73	439759
–	Betty Folino	FIF Hillerød	2065734
–	Camilla Bøgevig Larkai	OK73	1402038
–	Emil Olesen	FIF Hillerød	8505430
–	Eva Konring Olesen	FIF Hillerød	8505429
–	Finn Stausgaard	AMOK	1162008
–	Henning Løwenstein	FIF Hillerød	202355
–	Henrik Kleffel	Søllerød OK	9111254
–	Iben Maag	Søllerød OK	8719060
–	Jens Høgsfeldt	FIF Hillerød	8033388
–	Jørgen Jensen	Helsingør SOK	8016657
–	Jørn Mouritzen	Fredensborg OK	1402981
–	Kaj Rostvad	Søllerød OK	8631595
–	Mette Seir Hansen	Helsingør SOK	8645172
–	Niels Raagaard	Søllerød OK	1407799
–	Ole Berner	Søllerød OK	889253
–	Ulla Valnert	OK73	302193
<b>Åben 3</b>		<b>3800 meter</b>	<b>Start 1</b>
–	Emil Kaiser	Køge OK	344955
–	Mads Vindegaard	FIF Hillerød	202067
<b>Åben 5</b>		<b>3525 meter</b>	<b>Start 1</b>
–	Bent Mortensen	OK73	2221994
–	Jette Stepputat	Søllerød OK	250039