

# Resultater – VTR-løb Harrested 18/02-24

2024-02-18

Grøn D		(4 / 4)	Tid	Efter
1.	Viktoria Sharpe á Argjahøvda	OK Sorø	24:45	
	1:20 (1:20)	2:15 (3:35)		2:41 (8:42)
	2:11 (13:09)	3:20 (16:29)		2:16 (10:58)
	1:38 (24:45)	2:26 (6:01)		2:32 (23:07)
		2:42 (19:11)		
2.	Ingrid Gautier	OK Sorø	29:00	+4:15
	1:39 (1:39)	3:22 (5:01)		3:08 (11:08)
	2:35 (16:34)	3:45 (20:19)		2:51 (13:59)
	1:32 (29:00)	2:59 (8:00)		2:39 (27:28)
		2:36 (22:55)		
3.	Carla Schou Christensen	OK Sorø	43:18	+18:33
	2:42 (2:42)	5:17 (7:59)		4:13 (16:14)
	4:21 (25:50)	7:36 (33:26)		5:15 (21:29)
	1:06 (43:18)	4:02 (12:01)		1:41 (40:13)
		5:06 (38:32)		1:59 (42:12)
4.	Marie Snedker Lauritzen	Holbæk OK	53:22	+28:37
	3:16 (3:16)	5:37 (8:53)		9:30 (23:07)
	4:13 (32:02)	6:24 (38:26)		4:42 (27:49)
	2:51 (53:22)	4:44 (13:37)		4:47 (50:31)
		4:24 (42:50)		
Grøn H		(6 / 6)	Tid	Efter
1.	Caspian Bo Christensen	Holbæk OK	34:48	
	3:13 (3:13)	3:10 (6:23)		3:25 (12:52)
	2:40 (18:35)	4:48 (23:23)		3:03 (15:55)
	2:03 (34:48)	3:04 (9:27)		2:47 (32:45)
		3:23 (26:46)		
2.	Magnus Jørgensen	OK Sorø	36:32	+1:44
	1:56 (1:56)	4:19 (6:15)		3:51 (13:31)
	3:13 (20:20)	4:04 (24:24)		3:36 (17:07)
	2:06 (36:32)	3:25 (9:40)		3:17 (34:26)
		3:46 (28:10)		
3.	Otto Baun Gautier	OK Sorø	40:50	+6:02
	2:08 (2:08)	4:25 (6:33)		4:49 (15:16)
	4:52 (23:51)	4:50 (28:41)		3:43 (18:59)
	2:14 (40:50)	3:17 (31:58)		4:02 (38:36)
4.	Holger Baun Gautier	OK Sorø	41:25	+6:37
	2:22 (2:22)	4:10 (6:32)		4:46 (15:24)
	6:04 (25:14)	3:46 (29:00)		3:46 (19:10)
	2:30 (41:25)	4:06 (10:38)		3:56 (38:55)
		3:29 (32:29)		
5.	Christian Mortensen	O-63	57:48	+23:00
	2:12 (2:12)	3:00 (5:12)		2:53 (10:46)
	2:17 (15:26)	33:12 (48:38)		2:23 (13:09)
	1:52 (57:48)	2:41 (7:53)		2:33 (55:56)
		2:57 (51:35)		
6.	Berthil Schou Christensen	OK Sorø	1:02:09	+27:21
	6:25 (6:25)	7:48 (14:13)		6:57 (26:40)
	5:26 (36:42)	8:13 (44:55)		4:36 (31:16)
	3:41 (1:02:09)	5:30 (19:43)		4:58 (58:28)
		5:08 (50:03)		
Hvid D		(5 / 5)	Tid	Efter
1.	Ruth Mosbæk	Holbæk OK	42:36	
	1:58 (1:58)	3:18 (5:16)		4:28 (12:32)
	4:06 (22:51)	7:52 (30:43)		6:13 (18:45)
	1:54 (42:36)	2:48 (8:04)		2:37 (40:42)
		5:16 (35:59)		
2.	Freja Kjeldgaard	Holbæk OK	50:53	+8:17
	– (–)	– (4:38)		2:44 (10:43)
	4:11 (23:52)	15:04 (38:56)		8:58 (19:41)
	1:12 (50:53)	3:21 (7:59)		2:55 (49:41)
		5:20 (44:16)		
3.	Tilde Kjeldgaard	Holbæk OK	52:59	+10:23
	1:58 (1:58)	3:23 (5:21)		2:37 (11:05)
	5:13 (25:12)	13:57 (39:09)		8:54 (19:59)
	2:32 (52:59)	3:07 (8:28)		3:04 (50:27)
		5:44 (44:53)		
4.	Maiken Andersen	Ballerup	55:23	+12:47
	4:19 (4:19)	5:22 (9:41)		3:23 (19:04)
	5:39 (31:06)	4:03 (35:09)		6:23 (25:27)
	3:33 (55:23)	6:00 (15:41)		5:04 (51:50)
		7:37 (42:46)		
5.	Lena Hansen	Herlufsholm OK	2:46:26	+2:03:50
	– (1:56:47)	4:14 (2:01:01)		8:18 (2:13:11)
	5:44 (2:25:44)	5:25 (2:31:09)		6:49 (2:20:00)
	2:48 (2:46:26)	3:52 (2:04:53)		3:47 (2:43:38)
		6:15 (2:37:24)		

<b>Hvid H</b>		<b>(6 / 6)</b>		<b>Tid</b>	<b>Efter</b>
1.	Claus Børsting		Herlufsholm OK	24:27	
	1:48 (1:48)	2:29 (4:17)	2:09 (6:26)	1:58 (8:24)	3:38 (12:02)
	2:47 (14:49)	1:51 (16:40)	3:16 (19:56)	1:15 (21:11)	1:54 (23:05)
	1:22 (24:27)				
2.	Stig Christensen		Holbæk OK	25:42	+1:15
	1:33 (1:33)	2:34 (4:07)	2:18 (6:25)	2:19 (8:44)	3:54 (12:38)
	2:57 (15:35)	2:22 (17:57)	3:22 (21:19)	1:29 (22:48)	1:45 (24:33)
	1:09 (25:42)				
3.	Niels-Henrik Holscher		O-63	36:47	+12:20
	1:50 (1:50)	3:12 (5:02)	2:57 (7:59)	2:55 (10:54)	5:58 (16:52)
	4:29 (21:21)	3:13 (24:34)	5:04 (29:38)	1:56 (31:34)	2:55 (34:29)
	2:18 (36:47)				
4.	Peter Bjørn Jensen		O-63	41:08	+16:41
	2:29 (2:29)	3:49 (6:18)	3:14 (9:32)	3:16 (12:48)	6:04 (18:52)
	4:26 (23:18)	3:05 (26:23)	6:52 (33:15)	2:05 (35:20)	3:25 (38:45)
	2:23 (41:08)				
5.	Oskar Kjeldgaard		Holbæk OK	50:53	+26:26
	1:34 (1:34)	2:38 (4:12)	2:24 (6:36)	2:20 (8:56)	10:19 (19:15)
	4:32 (23:47)	14:59 (38:46)	5:30 (44:16)	2:11 (46:27)	3:11 (49:38)
	1:15 (50:53)				
6.	Anton Kjeldgaard		Holbæk OK	51:51	+27:24
	1:46 (1:46)	3:03 (4:49)	3:28 (8:17)	2:38 (10:55)	8:57 (19:52)
	4:40 (24:32)	14:41 (39:13)	5:21 (44:34)	2:39 (47:13)	2:46 (49:59)
	1:52 (51:51)				
<b>Gul D</b>		<b>(5 / 5)</b>		<b>Tid</b>	<b>Efter</b>
1.	Birgitte Maribo Larsen		Holbæk OK	1:10:28	
	3:02 (3:02)	4:03 (7:05)	2:41 (9:46)	6:50 (16:36)	7:16 (23:52)
	12:05 (35:57)	5:07 (41:04)	2:04 (43:08)	5:25 (48:33)	4:48 (53:21)
	5:31 (58:52)	5:03 (1:03:55)	5:07 (1:09:02)	1:26 (1:10:28)	
2.	Sofie Madsen		OK Sorø	1:26:53	+16:25
	7:41 (7:41)	3:46 (11:27)	3:57 (15:24)	6:14 (21:38)	9:45 (31:23)
	11:49 (43:12)	17:35 (1:00:47)	3:28 (1:04:15)	4:31 (1:08:46)	3:26 (1:12:12)
	3:53 (1:16:05)	3:50 (1:19:55)	5:42 (1:25:37)	1:16 (1:26:53)	
3.	Louise Bjerre Engtorp		Herlufsholm OK	1:36:10	+25:42
	2:56 (2:56)	6:34 (9:30)	4:13 (13:43)	10:04 (23:47)	12:02 (35:49)
	14:04 (49:53)	10:15 (1:00:08)	1:59 (1:02:07)	6:12 (1:08:19)	4:44 (1:13:03)
	5:54 (1:18:57)	5:44 (1:24:41)	8:02 (1:32:43)	3:27 (1:36:10)	
4.	Charlotte Stahl		Køge OK	1:44:46	+34:18
	3:45 (3:45)	19:40 (23:25)	3:21 (26:46)	8:44 (35:30)	8:14 (43:44)
	9:58 (53:42)	14:02 (1:07:44)	2:23 (1:10:07)	7:48 (1:17:55)	5:23 (1:23:18)
	5:31 (1:28:49)	6:16 (1:35:05)	7:52 (1:42:57)	1:49 (1:44:46)	
5.	Jette Berthelsen		OK Sorø	1:57:17	+46:49
	10:38 (10:38)	4:32 (15:10)	2:49 (17:59)	7:03 (25:02)	11:51 (36:53)
	21:19 (58:12)	5:20 (1:03:32)	3:08 (1:06:40)	8:47 (1:15:27)	5:46 (1:21:13)
	20:46 (1:41:59)	7:05 (1:49:04)	6:13 (1:55:17)	2:00 (1:57:17)	
<b>Gul H</b>		<b>(4 / 4)</b>		<b>Tid</b>	<b>Efter</b>
1.	Emil Kaiser		Køge OK	1:03:50	
	3:40 (3:40)	5:05 (8:45)	2:41 (11:26)	7:19 (18:45)	7:21 (26:06)
	7:35 (33:41)	5:55 (39:36)	1:39 (41:15)	4:20 (45:35)	3:49 (49:24)
	3:54 (53:18)	4:27 (57:45)	4:45 (1:02:30)	1:20 (1:03:50)	
2.	Anders Kjeldgaard		Holbæk OK	1:23:02	+19:12
	2:52 (2:52)	12:39 (15:31)	2:47 (18:18)	7:13 (25:31)	8:22 (33:53)
	8:21 (42:14)	4:50 (47:04)	2:36 (49:40)	10:30 (1:00:10)	4:41 (1:04:51)
	6:46 (1:11:37)	5:39 (1:17:16)	4:21 (1:21:37)	1:25 (1:23:02)	
3.	Malthe Kure		OK Sorø	1:27:02	+23:12
	7:55 (7:55)	3:41 (11:36)	3:56 (15:32)	6:14 (21:46)	10:04 (31:50)
	12:43 (44:33)	16:24 (1:00:57)	3:30 (1:04:27)	4:37 (1:09:04)	3:19 (1:12:23)
	3:50 (1:16:13)	3:52 (1:20:05)	5:43 (1:25:48)	1:14 (1:27:02)	
	Poul Stahlschmidt		Herlufsholm OK	Fejlkli	
	- (-)	- (10:30)	3:00 (13:30)	9:38 (23:08)	8:18 (31:26)
	9:13 (40:39)	5:54 (46:33)	3:38 (50:11)	9:58 (1:00:09)	5:55 (1:06:04)
	7:37 (1:13:41)	6:38 (1:20:19)	6:26 (1:26:45)	4:04 (1:30:49)	
<b>Blå D</b>		<b>(3 / 3)</b>		<b>Tid</b>	<b>Efter</b>
1.	Amalie Snedker Mosbæk		Holbæk OK	47:32	

2:09 (2:09)	6:36 (8:45)	2:07 (10:52)	3:53 (14:45)	4:31 (19:16)
6:17 (25:33)	1:32 (27:05)	4:45 (31:50)	5:43 (37:33)	4:39 (42:12)
3:40 (45:52)	1:40 (47:32)			
<b>2. Iisabe Børsting</b>	<b>Herlufsholm OK</b>	<b>1:10:55</b>	<b>+23:23</b>	
7:47 (7:47)	6:52 (14:39)	2:25 (17:04)	5:23 (22:27)	6:11 (28:38)
7:09 (35:47)	2:19 (38:06)	8:21 (46:27)	8:43 (55:10)	8:26 (1:03:36)
5:59 (1:09:35)	1:20 (1:10:55)			
<b>Silje Nymoen Karlsen</b>	<b>OK Sorø</b>	<b>Udgået</b>		
4:33 (4:33)	9:15 (13:48)	5:19 (19:07)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)			

<b>Blå H</b>	<b>(2 / 2)</b>	<b>Tid</b>	<b>Efter</b>	
<b>1. Lars Carstensen</b>	<b>Køge OK</b>	<b>44:42</b>		
2:11 (2:11)	7:29 (9:40)	1:47 (11:27)	3:01 (14:28)	3:34 (18:02)
3:34 (21:36)	2:57 (24:33)	5:51 (30:24)	5:10 (35:34)	4:40 (40:14)
3:12 (43:26)	1:16 (44:42)			
<b>Alexander Nymoen Nielsen</b>	<b>OK Sorø</b>	<b>Fejlklip</b>		
4:30 (4:30)	9:43 (14:13)	5:02 (19:15)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (33:52)			

<b>Blå D O.60</b>	<b>(7 / 7)</b>	<b>Tid</b>	<b>Efter</b>	
<b>1. Inge Jørgensen</b>	<b>OK Roskilde</b>	<b>37:21</b>		
1:43 (1:43)	3:50 (5:33)	1:27 (7:00)	3:12 (10:12)	3:25 (13:37)
3:28 (17:05)	1:05 (18:10)	6:15 (24:25)	4:55 (29:20)	3:41 (33:01)
3:08 (36:09)	1:12 (37:21)			
<b>2. Søs Munch Hansen</b>	<b>OK Sorø</b>	<b>40:46</b>	<b>+3:25</b>	
1:58 (1:58)	7:41 (9:39)	1:45 (11:24)	3:23 (14:47)	3:26 (18:13)
4:12 (22:25)	1:22 (23:47)	3:28 (27:15)	4:45 (32:00)	3:44 (35:44)
3:18 (39:02)	1:44 (40:46)			
<b>3. Lotte Lei</b>	<b>Køge OK</b>	<b>45:01</b>	<b>+7:40</b>	
2:58 (2:58)	5:06 (8:04)	2:15 (10:19)	3:38 (13:57)	4:10 (18:07)
3:47 (21:54)	1:30 (23:24)	5:14 (28:38)	6:01 (34:39)	4:38 (39:17)
4:04 (43:21)	1:40 (45:01)			
<b>4. Jette Karlsen</b>	<b>Hvalsø OK</b>	<b>51:16</b>	<b>+13:55</b>	
2:18 (2:18)	6:35 (8:53)	2:40 (11:33)	4:39 (16:12)	6:08 (22:20)
6:42 (29:02)	1:31 (30:33)	4:53 (35:26)	5:47 (41:13)	4:49 (46:02)
3:39 (49:41)	1:35 (51:16)			
<b>5. Hanne Pedersen</b>	<b>OK Roskilde</b>	<b>57:45</b>	<b>+20:24</b>	
3:05 (3:05)	8:07 (11:12)	2:35 (13:47)	4:55 (18:42)	5:09 (23:51)
7:03 (30:54)	1:51 (32:45)	5:10 (37:55)	6:45 (44:40)	6:08 (50:48)
4:35 (55:23)	2:22 (57:45)			
<b>6. Rita Løjmand</b>	<b>Herlufsholm OK</b>	<b>1:01:21</b>	<b>+24:00</b>	
4:57 (4:57)	11:03 (16:00)	2:15 (18:15)	4:03 (22:18)	6:08 (28:26)
4:23 (32:49)	1:54 (34:43)	7:08 (41:51)	5:50 (47:41)	4:47 (52:28)
5:50 (58:18)	3:03 (1:01:21)			
<b>7. Susanne Truelson</b>	<b>Herlufsholm OK</b>	<b>1:29:05</b>	<b>+51:44</b>	
15:42 (15:42)	7:12 (22:54)	3:24 (26:18)	5:00 (31:18)	12:00 (43:18)
6:45 (50:03)	1:50 (51:53)	10:54 (1:02:47)	9:49 (1:12:36)	6:13 (1:18:49)
7:42 (1:26:31)	2:34 (1:29:05)			

<b>Blå H O.60</b>	<b>(21 / 21)</b>	<b>Tid</b>	<b>Efter</b>	
<b>1. Hans Chr Strib</b>	<b>OK Roskilde</b>	<b>38:21</b>		
1:54 (1:54)	4:26 (6:20)	1:36 (7:56)	3:29 (11:25)	4:35 (16:00)
3:31 (19:31)	1:06 (20:37)	4:13 (24:50)	4:40 (29:30)	4:06 (33:36)
3:13 (36:49)	1:32 (38:21)			
<b>2. Karsten Richard</b>	<b>Køge OK</b>	<b>40:21</b>	<b>+2:00</b>	
1:56 (1:56)	5:03 (6:59)	1:32 (8:31)	3:38 (12:09)	3:55 (16:04)
4:37 (20:41)	1:28 (22:09)	3:54 (26:03)	5:06 (31:09)	4:33 (35:42)
3:18 (39:00)	1:21 (40:21)			
<b>3. Tage Ebbensgaard</b>	<b>Køge OK</b>	<b>41:38</b>	<b>+3:17</b>	
2:23 (2:23)	4:33 (6:56)	1:51 (8:47)	3:41 (12:28)	4:37 (17:05)
3:37 (20:42)	1:28 (22:10)	4:20 (26:30)	5:25 (31:55)	4:25 (36:20)
3:31 (39:51)	1:47 (41:38)			
<b>4. Claus Skovsø Petersen</b>	<b>Hvalsø OK</b>	<b>42:47</b>	<b>+4:26</b>	
2:01 (2:01)	4:10 (6:11)	2:02 (8:13)	3:46 (11:59)	4:01 (16:00)
6:56 (22:56)	1:30 (24:26)	4:06 (28:32)	5:03 (33:35)	3:59 (37:34)
3:44 (41:18)	1:29 (42:47)			

5.	Jan Kristoffersen	Ballerup	45:07	+6:46	
	2:04 (2:04)	5:41 (7:45)	1:30 (9:15)	3:46 (13:01)	5:39 (18:40)
	6:35 (25:15)	1:27 (26:42)	4:33 (31:15)	4:53 (36:08)	3:55 (40:03)
	3:19 (43:22)	1:45 (45:07)			
6.	Jørgen Jørgensen	OK Sorø	45:20	+6:59	
	2:23 (2:23)	4:58 (7:21)	1:58 (9:19)	4:29 (13:48)	5:05 (18:53)
	3:58 (22:51)	1:42 (24:33)	4:22 (28:55)	5:59 (34:54)	4:24 (39:18)
	4:10 (43:28)	1:52 (45:20)			
7.	Johnny Hansen Boonserm	Holbæk OK	50:57	+12:36	
	2:36 (2:36)	5:16 (7:52)	1:42 (9:34)	3:59 (13:33)	5:35 (19:08)
	4:13 (23:21)	2:56 (26:17)	4:53 (31:10)	9:54 (41:04)	4:20 (45:24)
	4:01 (49:25)	1:32 (50:57)			
8.	John Tripax	OK Roskilde	51:30	+13:09	
	1:49 (1:49)	6:05 (7:54)	1:26 (9:20)	3:39 (12:59)	3:37 (16:36)
	12:34 (29:10)	1:41 (30:51)	4:30 (35:21)	5:21 (40:42)	4:10 (44:52)
	3:30 (48:22)	3:08 (51:30)			
9.	Henning Jeppesen	Køge OK	51:53	+13:32	
	3:27 (3:27)	12:57 (16:24)	1:16 (17:40)	2:39 (20:19)	4:53 (25:12)
	2:22 (27:34)	1:37 (29:11)	10:15 (39:26)	4:32 (43:58)	3:16 (47:14)
	3:30 (50:44)	1:09 (51:53)			
10.	Henrik Snedker Pedersen	Holbæk OK	53:55	+15:34	
	3:28 (3:28)	6:50 (10:18)	2:10 (12:28)	4:28 (16:56)	5:10 (22:06)
	4:34 (26:40)	1:46 (28:26)	5:22 (33:48)	6:57 (40:45)	5:50 (46:35)
	4:44 (51:19)	2:36 (53:55)			
11.	Stig Andersen	Herlufsholm OK	55:14	+16:53	
	4:51 (4:51)	7:37 (12:28)	2:54 (15:22)	4:22 (19:44)	6:33 (26:17)
	4:52 (31:09)	1:43 (32:52)	4:20 (37:12)	7:00 (44:12)	4:45 (48:57)
	4:24 (53:21)	1:53 (55:14)			
12.	Erik Løvgren Jensen	Køge OK	56:08	+17:47	
	8:41 (8:41)	5:11 (13:52)	2:03 (15:55)	4:40 (20:35)	6:34 (27:09)
	4:32 (31:41)	1:27 (33:08)	4:46 (37:54)	7:03 (44:57)	4:26 (49:23)
	4:44 (54:07)	2:01 (56:08)			
13.	Ole Svendsen	OK Roskilde	56:23	+18:02	
	3:18 (3:18)	5:36 (8:54)	2:26 (11:20)	4:38 (15:58)	9:05 (25:03)
	4:31 (29:34)	1:33 (31:07)	5:03 (36:10)	7:17 (43:27)	5:11 (48:38)
	4:53 (53:31)	2:52 (56:23)			
14.	Morten Løjmand	Herlufsholm OK	59:17	+20:56	
	6:52 (6:52)	5:22 (12:14)	4:29 (16:43)	4:19 (21:02)	9:33 (30:35)
	3:52 (34:27)	2:09 (36:36)	5:28 (42:04)	6:17 (48:21)	4:47 (53:08)
	4:36 (57:44)	1:33 (59:17)			
15.	Mogens Jensen	Holbæk OK	1:00:41	+22:20	
	2:54 (2:54)	6:04 (8:58)	2:27 (11:25)	4:32 (15:57)	4:54 (20:51)
	7:34 (28:25)	1:55 (30:20)	5:48 (36:08)	9:03 (45:11)	7:39 (52:50)
	5:08 (57:58)	2:43 (1:00:41)			
16.	Claus Mikkelsen	Herlufsholm OK	1:01:46	+23:25	
	3:41 (3:41)	6:34 (10:15)	2:38 (12:53)	5:08 (18:01)	6:16 (24:17)
	6:43 (31:00)	2:25 (33:25)	6:01 (39:26)	8:38 (48:04)	6:09 (54:13)
	4:54 (59:07)	2:39 (1:01:46)			
17.	Preben Kristensen	OK Roskilde	1:01:47	+23:26	
	3:15 (3:15)	5:33 (8:48)	5:06 (13:54)	4:50 (18:44)	5:36 (24:20)
	4:50 (29:10)	2:30 (31:40)	7:21 (39:01)	6:25 (45:26)	5:06 (50:32)
	3:56 (54:28)	7:19 (1:01:47)			
18.	Lars Olsen	OK Roskilde	1:14:41	+36:20	
	3:31 (3:31)	10:01 (13:32)	4:10 (17:42)	5:52 (23:34)	6:25 (29:59)
	8:30 (38:29)	4:00 (42:29)	7:11 (49:40)	8:49 (58:29)	6:36 (1:05:05)
	5:52 (1:10:57)	3:44 (1:14:41)			
19.	Ole Rasmussen	Køge OK	1:15:48	+37:27	
	4:44 (4:44)	8:18 (13:02)	3:06 (16:08)	5:23 (21:31)	10:49 (32:20)
	6:42 (39:02)	2:37 (41:39)	4:47 (46:26)	7:46 (54:12)	5:55 (1:00:07)
	5:04 (1:05:11)	10:37 (1:15:48)			
20.	Jan Bigler	Herlufsholm OK	1:29:16	+50:55	
	4:13 (4:13)	15:23 (19:36)	3:01 (22:37)	6:55 (29:32)	13:16 (42:48)
	7:05 (49:53)	2:33 (52:26)	6:50 (59:16)	8:32 (1:07:48)	10:22 (1:18:10)
	7:49 (1:25:59)	3:17 (1:29:16)			
21.	Svend Fladberg	Køge OK	1:41:16	+1:02:55	
	8:17 (8:17)	8:18 (16:35)	2:20 (18:55)	5:32 (24:27)	15:18 (39:45)
	9:11 (48:56)	8:15 (57:11)	6:46 (1:03:57)	8:10 (1:12:07)	14:04 (1:26:11)
	5:34 (1:31:45)	9:31 (1:41:16)			

Sort Kort D		(7 / 7)	Tid	Efter
1.	Henriette Baun Gautier	OK Sorø	43:05	
	2:07 (2:07)	2:34 (4:41)	2:23 (7:04)	2:32 (9:36)
	2:16 (15:02)	3:12 (18:14)	1:29 (19:43)	3:20 (23:03)
	4:39 (30:01)	3:16 (33:17)	2:31 (35:48)	2:51 (38:39)
	1:49 (43:05)			3:10 (12:46)
				2:19 (25:22)
				2:37 (41:16)
2.	Malene Løkke	Køge OK	43:56	+0:51
	1:46 (1:46)	5:44 (7:30)	2:16 (9:46)	1:51 (11:37)
	2:17 (16:53)	3:05 (19:58)	1:31 (21:29)	2:58 (24:27)
	4:14 (31:03)	3:15 (34:18)	2:43 (37:01)	2:55 (39:56)
	1:40 (43:56)			2:29 (14:36)
				2:22 (26:49)
				2:20 (42:16)
3.	Birgit Børsting Petersen	Herlufsholm OK	45:52	+2:47
	1:46 (1:46)	3:28 (5:14)	2:56 (8:10)	2:06 (10:16)
	3:19 (16:55)	4:21 (21:16)	1:46 (23:02)	3:18 (26:20)
	3:18 (32:02)	3:32 (35:34)	2:41 (38:15)	3:27 (41:42)
	1:36 (45:52)			3:20 (13:36)
				2:24 (28:44)
				2:34 (44:16)
4.	Jane Gotfredsen	Hvalsø OK	51:27	+8:22
	2:06 (2:06)	2:35 (4:41)	3:15 (7:56)	3:39 (11:35)
	3:14 (18:25)	3:38 (22:03)	1:49 (23:52)	3:59 (27:51)
	3:53 (34:47)	5:35 (40:22)	2:33 (42:55)	2:49 (45:44)
	1:53 (51:27)			3:36 (15:11)
				3:03 (30:54)
				3:50 (49:34)
5.	Janni Fischer	Ballerup	53:02	+9:57
	2:44 (2:44)	3:30 (6:14)	2:58 (9:12)	2:13 (11:25)
	3:08 (18:11)	3:50 (22:01)	1:56 (23:57)	3:48 (27:45)
	3:35 (34:17)	3:59 (38:16)	2:52 (41:08)	5:26 (46:34)
	2:05 (53:02)			3:38 (15:03)
				2:57 (30:42)
				4:23 (50:57)
6.	Lisa Børsting	Herlufsholm OK	1:06:37	+23:32
	2:42 (2:42)	5:59 (8:41)	3:25 (12:06)	3:00 (15:06)
	3:14 (22:18)	4:52 (27:10)	2:35 (29:45)	4:44 (34:29)
	9:41 (49:05)	4:30 (53:35)	3:15 (56:50)	3:33 (1:00:23)
	2:34 (1:06:37)			3:58 (19:04)
				4:55 (39:24)
				3:40 (1:04:03)
7.	Anette Lindegaard Christensen	Holbæk OK	1:18:57	+35:52
	3:05 (3:05)	6:24 (9:29)	3:57 (13:26)	2:49 (16:15)
	3:21 (25:04)	6:08 (31:12)	5:31 (36:43)	4:51 (41:34)
	10:50 (56:10)	6:44 (1:02:54)	4:19 (1:07:13)	4:18 (1:11:31)
	2:33 (1:18:57)			5:28 (21:43)
				3:46 (45:20)
				4:53 (1:16:24)

Sort Kort H		(7 / 7)	Tid	Efter
1.	Mads Ottar Jespersen	OK Sorø	33:46	
	1:39 (1:39)	1:39 (3:18)	2:09 (5:27)	1:38 (7:05)
	2:39 (12:05)	2:36 (14:41)	2:00 (16:41)	2:26 (19:07)
	2:23 (23:18)	2:56 (26:14)	2:03 (28:17)	2:08 (30:25)
	1:22 (33:46)			2:21 (9:26)
				1:48 (20:55)
				1:59 (32:24)
2.	Brian Stahl	Køge OK	46:35	+12:49
	1:38 (1:38)	1:32 (3:10)	2:24 (5:34)	2:32 (8:06)
	3:36 (14:36)	10:27 (25:03)	2:00 (27:03)	2:37 (29:40)
	4:11 (35:44)	3:11 (38:55)	1:57 (40:52)	2:17 (43:09)
	1:13 (46:35)			2:54 (11:00)
				1:53 (31:33)
				2:13 (45:22)
3.	Viorel Miclea	OK Sorø	51:05	+17:19
	4:39 (4:39)	4:16 (8:55)	2:58 (11:53)	2:01 (13:54)
	2:38 (19:29)	3:46 (23:15)	1:49 (25:04)	3:31 (28:35)
	3:43 (35:06)	5:00 (40:06)	3:06 (43:12)	2:49 (46:01)
	2:10 (51:05)			2:57 (16:51)
				2:48 (31:23)
				2:54 (48:55)
4.	Jonathan Skovsø Andersen	O-63	52:47	+19:01
	2:02 (2:02)	3:14 (5:16)	3:47 (9:03)	2:25 (11:28)
	3:51 (19:36)	4:05 (23:41)	2:03 (25:44)	3:54 (29:38)
	3:42 (36:11)	5:30 (41:41)	3:17 (44:58)	3:13 (48:11)
	1:38 (52:47)			4:17 (15:45)
				2:51 (32:29)
				2:58 (51:09)
5.	Jonas Miclea	OK Sorø	1:01:06	+27:20
	2:57 (2:57)	4:37 (7:34)	5:03 (12:37)	2:57 (15:34)
	3:25 (23:28)	4:26 (27:54)	2:22 (30:16)	4:52 (35:08)
	4:31 (43:01)	4:25 (47:26)	2:58 (50:24)	3:45 (54:09)
	2:54 (1:01:06)			4:29 (20:03)
				3:22 (38:30)
				4:03 (58:12)
	Sofus Schou Christensen	OK Sorø	Fejlklip	
	3:37 (3:37)	4:10 (7:47)	3:39 (11:26)	3:06 (14:32)
	5:36 (26:54)	- (-)	- (35:04)	6:08 (41:12)
	- (-)	- (-)	- (50:44)	- (-)
	2:35 (59:53)			6:46 (21:18)
				4:23 (45:35)
				- (57:18)

Stig Møller	OK Sorø	Fejlkli	
2:12 (2:12)	3:00 (5:12)	2:20 (10:07)	– (–)
– (32:52)	3:34 (36:26)	3:21 (43:05)	2:48 (45:53)
3:54 (49:47)	3:59 (53:46)	3:11 (59:39)	3:01 (1:02:40)
1:32 (1:04:12)			

**Sort Kort D O.60****(3 / 3)****Tid****Efter**

1. Pia Kadziola	Hvalsø OK	56:30	
2:45 (2:45)	3:18 (6:03)	2:35 (11:33)	4:23 (15:56)
3:48 (19:44)	4:37 (24:21)	3:53 (30:53)	3:27 (34:20)
4:47 (39:07)	4:21 (43:28)	3:44 (50:09)	4:06 (54:15)
2:15 (56:30)			
2. Susanne Tanderup	Herlufsholm OK	56:52	+0:22
4:43 (4:43)	4:40 (9:23)	2:13 (14:28)	3:10 (17:38)
2:38 (20:16)	4:59 (25:15)	3:34 (30:57)	2:37 (33:34)
4:42 (38:16)	4:35 (42:51)	5:43 (51:48)	3:14 (55:02)
1:50 (56:52)			
3. Merete Ravnsbjerg Andersen	Herlufsholm OK	1:16:52	+20:22
3:19 (3:19)	7:05 (10:24)	3:08 (18:19)	5:59 (24:18)
4:27 (28:45)	4:47 (33:32)	5:41 (43:42)	3:43 (47:25)
4:47 (52:12)	8:12 (1:00:24)	6:06 (1:10:21)	3:53 (1:14:14)
2:38 (1:16:52)			

**Sort Kort H O.60****(14 / 14)****Tid****Efter**

1. Henrik Nielsen	Holbæk OK	40:31	
1:40 (1:40)	1:58 (3:38)	2:33 (8:31)	2:52 (11:23)
2:08 (13:31)	2:53 (16:24)	3:03 (21:04)	2:08 (23:12)
3:00 (26:12)	3:31 (29:43)	3:59 (36:11)	2:41 (38:52)
1:39 (40:31)			
2. Morten Jensen	OK Roskilde	42:44	+2:13
1:59 (1:59)	2:23 (4:22)	1:59 (9:22)	3:06 (12:28)
2:44 (15:12)	3:10 (18:22)	3:17 (23:15)	2:20 (25:35)
4:16 (29:51)	3:17 (33:08)	2:56 (38:44)	2:21 (41:05)
1:39 (42:44)			
3. Torben Hviid	O-63/Maribo	46:29	+5:58
4:16 (4:16)	5:27 (9:43)	1:49 (13:53)	2:42 (16:35)
2:59 (19:34)	2:50 (22:24)	3:12 (27:02)	2:05 (29:07)
4:45 (33:52)	3:03 (36:55)	2:59 (42:26)	2:20 (44:46)
1:43 (46:29)			
4. Gunnar Grue-Sørensen	Køge OK	49:05	+8:34
2:04 (2:04)	2:20 (4:24)	2:14 (9:05)	3:37 (12:42)
2:34 (15:16)	3:36 (18:52)	4:27 (28:54)	2:29 (31:23)
4:15 (35:38)	3:24 (39:02)	3:09 (45:03)	2:28 (47:31)
1:34 (49:05)			
5. Asger Jensen	OK Roskilde	55:25	+14:54
2:54 (2:54)	4:12 (7:06)	5:05 (14:51)	3:57 (18:48)
3:27 (22:15)	3:40 (25:55)	4:27 (32:23)	2:59 (35:22)
4:18 (39:40)	4:04 (43:44)	3:22 (50:02)	3:20 (53:22)
2:03 (55:25)			
6. Steen Fladberg	Køge OK	56:40	+16:09
5:50 (5:50)	3:27 (9:17)	2:25 (16:30)	3:40 (20:10)
2:30 (22:40)	3:57 (26:37)	3:49 (32:07)	2:30 (34:37)
3:32 (38:09)	6:26 (44:35)	3:13 (50:48)	4:09 (54:57)
1:43 (56:40)			
7. Jesper R Mortensen	Herlufsholm OK	57:05	+16:34
3:03 (3:03)	3:57 (7:00)	2:35 (12:18)	3:16 (15:34)
2:37 (18:11)	3:43 (21:54)	4:43 (34:24)	2:57 (37:21)
3:48 (41:09)	3:38 (44:47)	3:21 (51:16)	3:35 (54:51)
2:14 (57:05)			
8. Kaj Munck	Herlufsholm OK	58:55	+18:24
3:18 (3:18)	3:25 (6:43)	2:20 (12:05)	3:54 (15:59)
3:24 (19:23)	4:53 (24:16)	4:19 (30:40)	2:59 (33:39)
5:05 (38:44)	4:53 (43:37)	4:13 (51:30)	4:28 (55:58)
2:57 (58:55)			
9. Anders Bang	Køge OK	1:00:31	+20:00
3:31 (3:31)	3:18 (6:49)	2:18 (12:47)	3:58 (16:45)
3:15 (20:00)	6:53 (26:53)	4:28 (34:17)	3:37 (37:54)
5:23 (43:17)	4:11 (47:28)	3:54 (54:49)	3:49 (58:38)
1:53 (1:00:31)			

10.	<b>Eskil Gotfredsen</b>	<b>OK Roskilde</b>	<b>1:02:57</b>	<b>+22:26</b>	
	2:28 (2:28)	5:17 (7:45)	3:40 (11:25)	2:30 (13:55)	4:01 (17:56)
	2:55 (20:51)	4:29 (25:20)	2:49 (28:09)	10:22 (38:31)	3:24 (41:55)
	3:57 (45:52)	4:20 (50:12)	3:19 (53:31)	3:30 (57:01)	3:29 (1:00:30)
	2:27 (1:02:57)				
11.	<b>Helmuth Hansen</b>	<b>Herlufsholm OK</b>	<b>1:06:10</b>	<b>+25:39</b>	
	4:24 (4:24)	4:13 (8:37)	8:53 (17:30)	2:34 (20:04)	4:14 (24:18)
	2:47 (27:05)	4:15 (31:20)	2:21 (33:41)	4:02 (37:43)	3:00 (40:43)
	5:34 (46:17)	4:28 (50:45)	3:18 (54:03)	6:11 (1:00:14)	3:43 (1:03:57)
	2:13 (1:06:10)				
12.	<b>Frede Scheye</b>	<b>Herlufsholm OK</b>	<b>1:07:39</b>	<b>+27:08</b>	
	2:26 (2:26)	3:22 (5:48)	2:38 (8:26)	5:09 (13:35)	3:57 (17:32)
	3:14 (20:46)	15:48 (36:34)	2:01 (38:35)	4:06 (42:41)	3:57 (46:38)
	3:45 (50:23)	3:55 (54:18)	3:20 (57:38)	5:23 (1:03:01)	2:57 (1:05:58)
	1:41 (1:07:39)				
	<b>Finn Stausgaard</b>	<b>AMOK</b>	<b>Fejlklip</b>		
	3:43 (3:43)	4:52 (8:35)	4:11 (12:46)	3:24 (16:10)	– (–)
	– (38:32)	4:43 (43:15)	3:40 (46:55)	4:40 (51:35)	3:43 (55:18)
	5:37 (1:00:55)	5:12 (1:06:07)	3:26 (1:09:33)	3:19 (1:12:52)	3:58 (1:16:50)
	2:46 (1:19:36)				
	<b>Ib Larsen</b>	<b>Hvalsø OK</b>	<b>Fejlklip</b>		
	2:50 (2:50)	– (–)	– (13:50)	3:32 (17:22)	4:34 (21:56)
	4:26 (26:22)	5:32 (31:54)	3:48 (35:42)	5:13 (40:55)	4:18 (45:13)
	4:47 (50:00)	5:50 (55:50)	4:35 (1:00:25)	4:14 (1:04:39)	4:58 (1:09:37)
	3:03 (1:12:40)				

**Sort Mellem D****(5 / 5)****Tid****Efter**

1.	<b>Karina Mejnberg</b>	<b>PI-København</b>	<b>1:10:42</b>		
	2:28 (2:28)	3:48 (6:16)	6:04 (12:20)	2:09 (14:29)	2:01 (16:30)
	3:14 (19:44)	3:23 (23:07)	2:56 (26:03)	2:42 (28:45)	3:41 (32:26)
	6:33 (38:59)	3:17 (42:16)	2:20 (44:36)	5:07 (49:43)	4:10 (53:53)
	4:33 (58:26)	5:06 (1:03:32)	3:32 (1:07:04)	2:50 (1:09:54)	0:48 (1:10:42)
2.	<b>Rita Breum</b>	<b>PI-København</b>	<b>1:13:09</b>	<b>+2:27</b>	
	5:58 (5:58)	5:11 (11:09)	6:44 (17:53)	2:40 (20:33)	2:03 (22:36)
	3:07 (25:43)	2:52 (28:35)	3:18 (31:53)	2:49 (34:42)	3:47 (38:29)
	3:41 (42:10)	3:08 (45:18)	2:17 (47:35)	3:45 (51:20)	4:00 (55:20)
	3:03 (58:23)	3:46 (1:02:09)	6:35 (1:08:44)	3:12 (1:11:56)	1:13 (1:13:09)
3.	<b>Jane Sørensen</b>	<b>PI-København</b>	<b>1:18:38</b>	<b>+7:56</b>	
	2:52 (2:52)	4:17 (7:09)	5:55 (13:04)	3:15 (16:19)	2:39 (18:58)
	3:51 (22:49)	3:52 (26:41)	4:29 (31:10)	3:48 (34:58)	4:22 (39:20)
	5:34 (44:54)	3:45 (48:39)	2:50 (51:29)	3:50 (55:19)	4:37 (59:56)
	3:31 (1:03:27)	4:41 (1:08:08)	5:41 (1:13:49)	3:10 (1:16:59)	1:39 (1:18:38)
4.	<b>Jette Grimstrup</b>	<b>Køge OK</b>	<b>1:41:19</b>	<b>+30:37</b>	
	3:47 (3:47)	4:50 (8:37)	7:39 (16:16)	4:25 (20:41)	3:05 (23:46)
	7:21 (31:07)	4:34 (35:41)	5:25 (41:06)	5:00 (46:06)	6:42 (52:48)
	5:38 (58:26)	5:15 (1:03:41)	4:33 (1:08:14)	5:14 (1:13:28)	5:23 (1:18:51)
	4:24 (1:23:15)	6:09 (1:29:24)	5:40 (1:35:04)	4:12 (1:39:16)	2:03 (1:41:19)
	<b>Choi Bonfils Johansen</b>	<b>Herlufsholm OK</b>	<b>Fejlklip</b>		
	5:23 (5:23)	6:58 (12:21)	7:26 (19:47)	8:16 (28:03)	4:47 (32:50)
	6:41 (39:31)	7:27 (46:58)	5:29 (52:27)	7:11 (59:38)	9:16 (1:08:54)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (1:13:03)	8:25 (1:21:28)	7:53 (1:29:21)	6:15 (1:35:36)	3:08 (1:38:44)

**Sort Mellem H****(14 / 14)****Tid****Efter**

1.	<b>Michael Grue</b>	<b>Uden klub</b>	<b>51:38</b>		
	1:51 (1:51)	3:22 (5:13)	3:27 (8:40)	6:20 (15:00)	1:35 (16:35)
	2:24 (18:59)	2:49 (21:48)	2:07 (23:55)	2:08 (26:03)	2:48 (28:51)
	2:41 (31:32)	2:37 (34:09)	1:42 (35:51)	2:20 (38:11)	3:06 (41:17)
	2:12 (43:29)	2:53 (46:22)	2:33 (48:55)	2:01 (50:56)	0:42 (51:38)
2.	<b>Jan Holdensgaard Jørgensen</b>	<b>OK Sorø</b>	<b>54:16</b>	<b>+2:38</b>	
	2:03 (2:03)	3:05 (5:08)	4:34 (9:42)	2:11 (11:53)	1:46 (13:39)
	2:50 (16:29)	2:29 (18:58)	3:05 (22:03)	2:23 (24:26)	3:06 (27:32)
	3:27 (30:59)	3:03 (34:02)	1:57 (35:59)	2:41 (38:40)	3:01 (41:41)
	2:43 (44:24)	3:29 (47:53)	2:47 (50:40)	2:36 (53:16)	1:00 (54:16)
3.	<b>Henrik Plenge Jensen</b>	<b>O-63/Maribo</b>	<b>54:51</b>	<b>+3:13</b>	
	2:35 (2:35)	3:48 (6:23)	4:38 (11:01)	2:26 (13:27)	1:56 (15:23)
	2:39 (18:02)	2:31 (20:33)	2:21 (22:54)	2:45 (25:39)	3:19 (28:58)
	2:59 (31:57)	2:47 (34:44)	2:00 (36:44)	2:41 (39:25)	3:15 (42:40)
	2:42 (45:22)	3:27 (48:49)	2:47 (51:36)	2:21 (53:57)	0:54 (54:51)

4.	Martin Petersen	Holbæk OK	56:33	+4:55	
	1:51 (1:51)	3:02 (4:53)	4:30 (9:23)	1:49 (11:12)	1:46 (12:58)
	2:38 (15:36)	5:21 (20:57)	2:38 (23:35)	2:30 (26:05)	3:04 (29:09)
	3:48 (32:57)	2:41 (35:38)	2:00 (37:38)	2:57 (40:35)	3:14 (43:49)
	2:49 (46:38)	3:24 (50:02)	3:03 (53:05)	2:42 (55:47)	0:46 (56:33)
5.	Carsten Mogensen	Køge OK	59:25	+7:47	
	1:43 (1:43)	3:20 (5:03)	5:45 (10:48)	2:06 (12:54)	1:45 (14:39)
	3:24 (18:03)	3:22 (21:25)	2:46 (24:11)	2:30 (26:41)	3:45 (30:26)
	3:27 (33:53)	3:05 (36:58)	2:09 (39:07)	2:45 (41:52)	3:21 (45:13)
	3:13 (48:26)	4:27 (52:53)	3:01 (55:54)	2:31 (58:25)	1:00 (59:25)
6.	Søren Madsen	OK Sorø	1:02:11	+10:33	
	2:16 (2:16)	3:35 (5:51)	5:08 (10:59)	2:31 (13:30)	1:57 (15:27)
	3:02 (18:29)	3:22 (21:51)	2:49 (24:40)	2:44 (27:24)	3:27 (30:51)
	4:04 (34:55)	3:26 (38:21)	2:17 (40:38)	3:16 (43:54)	3:51 (47:45)
	3:08 (50:53)	3:40 (54:33)	3:24 (57:57)	2:54 (1:00:51)	1:20 (1:02:11)
7.	Asger Christensen	Holbæk OK	1:03:25	+11:47	
	2:07 (2:07)	4:45 (6:52)	4:31 (11:23)	2:00 (13:23)	1:50 (15:13)
	6:21 (21:34)	2:35 (24:09)	2:15 (26:24)	2:22 (28:46)	2:56 (31:42)
	3:41 (35:23)	2:34 (37:57)	1:58 (39:55)	3:51 (43:46)	3:11 (46:57)
	3:02 (49:59)	3:24 (53:23)	2:41 (56:04)	6:39 (1:02:43)	0:42 (1:03:25)
8.	Jørgen Krogh	OK Roskilde	1:03:31	+11:53	
	2:38 (2:38)	4:03 (6:41)	6:33 (13:14)	2:41 (15:55)	2:11 (18:06)
	2:58 (21:04)	3:36 (24:40)	2:37 (27:17)	2:42 (29:59)	3:14 (33:13)
	3:47 (37:00)	3:07 (40:07)	2:34 (42:41)	2:45 (45:26)	3:04 (48:30)
	4:48 (53:18)	3:47 (57:05)	2:59 (1:00:04)	2:35 (1:02:39)	0:52 (1:03:31)
9.	Helge Lang Pedersen	Farum OK	1:04:28	+12:50	
	1:57 (1:57)	3:40 (5:37)	5:43 (11:20)	3:06 (14:26)	2:14 (16:40)
	3:11 (19:51)	3:04 (22:55)	3:02 (25:57)	2:53 (28:50)	3:16 (32:06)
	3:45 (35:51)	3:05 (38:56)	2:17 (41:13)	3:22 (44:35)	4:00 (48:35)
	3:17 (51:52)	4:00 (55:52)	4:00 (59:52)	3:14 (1:03:06)	1:22 (1:04:28)
10.	Peter Karberg	Herlufsholm OK	1:07:33	+15:55	
	1:59 (1:59)	3:19 (5:18)	8:40 (13:58)	1:51 (15:49)	1:58 (17:47)
	2:45 (20:32)	2:55 (23:27)	7:13 (30:40)	2:49 (33:29)	3:19 (36:48)
	3:38 (40:26)	2:51 (43:17)	2:18 (45:35)	3:15 (48:50)	3:26 (52:16)
	3:28 (55:44)	4:06 (59:50)	3:34 (1:03:24)	3:13 (1:06:37)	0:56 (1:07:33)
11.	Kristian K. Hansen	OK Sorø	1:09:20	+17:42	
	2:04 (2:04)	3:30 (5:34)	7:39 (13:13)	3:16 (16:29)	2:00 (18:29)
	3:16 (21:45)	3:34 (25:19)	3:27 (28:46)	3:29 (32:15)	4:05 (36:20)
	4:15 (40:35)	3:57 (44:32)	2:44 (47:16)	3:42 (50:58)	3:51 (54:49)
	3:07 (57:56)	3:57 (1:01:53)	3:47 (1:05:40)	2:36 (1:08:16)	1:04 (1:09:20)
12.	Jesper Munch Jespersen	OK Sorø	1:13:04	+21:26	
	3:17 (3:17)	3:41 (6:58)	10:03 (17:01)	2:34 (19:35)	2:10 (21:45)
	2:57 (24:42)	4:26 (29:08)	3:23 (32:31)	3:12 (35:43)	3:55 (39:38)
	4:38 (44:16)	3:48 (48:04)	2:40 (50:44)	3:24 (54:08)	4:07 (58:15)
	3:22 (1:01:37)	4:01 (1:05:38)	3:37 (1:09:15)	2:44 (1:11:59)	1:05 (1:13:04)
	Niels Thulin Johansen	Herlufsholm OK	Fejlkli		
	5:18 (5:18)	7:07 (12:25)	7:26 (19:51)	8:10 (28:01)	4:41 (32:42)
	6:55 (39:37)	7:19 (46:56)	5:32 (52:28)	7:06 (59:34)	9:15 (1:08:49)
	– (–)	– (–)	– (–)	– (–)	– (–)
	– (1:13:04)	8:27 (1:21:31)	7:29 (1:29:00)	6:38 (1:35:38)	3:01 (1:38:39)
	Rasmus Schou Christensen	OK Sorø	Fejlkli		
	4:13 (4:13)	5:16 (9:29)	6:05 (15:34)	2:51 (18:25)	2:31 (20:56)
	4:58 (25:54)	3:35 (29:29)	5:09 (34:38)	3:43 (38:21)	4:48 (43:09)
	4:52 (48:01)	3:44 (51:45)	3:04 (54:49)	4:04 (58:53)	4:54 (1:03:47)
	5:44 (1:09:31)	4:48 (1:14:19)	– (–)	– (1:33:40)	1:16 (1:34:56)

**Sort Lang D****(3 / 3)****Tid****Efter**

1.	Hanne Fogh	FSK Orientering	59:14		
	1:42 (1:42)	3:10 (4:52)	2:47 (7:39)	2:29 (10:08)	2:01 (12:09)
	1:44 (13:53)	4:10 (18:03)	2:47 (20:50)	2:23 (23:13)	3:00 (26:13)
	3:25 (29:38)	2:58 (32:36)	1:57 (34:33)	3:18 (37:51)	3:08 (40:59)
	2:57 (43:56)	3:46 (47:42)	3:06 (50:48)	2:18 (53:06)	2:28 (55:34)
	2:12 (57:46)	1:28 (59:14)			
2.	Diana Cederberg	Ballerup	1:15:11	+15:57	
	2:30 (2:30)	3:39 (6:09)	3:13 (9:22)	3:13 (12:35)	3:12 (15:47)
	1:56 (17:43)	5:26 (23:09)	3:23 (26:32)	3:07 (29:39)	4:11 (33:50)
	6:22 (40:12)	3:24 (43:36)	2:16 (45:52)	4:27 (50:19)	3:33 (53:52)
	3:23 (57:15)	4:10 (1:01:25)	3:17 (1:04:42)	2:56 (1:07:38)	3:00 (1:10:38)
	2:36 (1:13:14)	1:57 (1:15:11)			



3.	<b>Tine Demandt</b>	<b>OK Sorø</b>	<b>1:33:49</b>	<b>+34:35</b>	
	6:53 (6:53)	3:54 (10:47)	4:25 (15:12)	4:31 (19:43)	3:24 (23:07)
	2:59 (26:06)	6:06 (32:12)	3:50 (36:02)	3:34 (39:36)	4:39 (44:15)
	5:33 (49:48)	4:50 (54:38)	3:34 (58:12)	6:55 (1:05:07)	4:36 (1:09:43)
	3:54 (1:13:37)	4:07 (1:17:44)	4:12 (1:21:56)	2:53 (1:24:49)	3:58 (1:28:47)
	3:15 (1:32:02)	1:47 (1:33:49)			

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

1.	<b>Jesper Jensen</b>	<b>Farum OK</b>	<b>43:24</b>		
	1:25 (1:25)	2:14 (3:39)	2:16 (5:55)	1:56 (7:51)	1:41 (9:32)
	1:18 (10:50)	3:11 (14:01)	2:10 (16:11)	2:11 (18:22)	2:08 (20:30)
	2:24 (22:54)	2:10 (25:04)	1:21 (26:25)	1:57 (28:22)	2:16 (30:38)
	2:03 (32:41)	2:38 (35:19)	2:01 (37:20)	1:46 (39:06)	1:56 (41:02)
	1:28 (42:30)	0:54 (43:24)			
2.	<b>Emil Gutfelt Overgaard</b>	<b>Køge OK</b>	<b>51:05</b>	<b>+7:41</b>	
	1:25 (1:25)	2:59 (4:24)	2:33 (6:57)	2:30 (9:27)	2:17 (11:44)
	1:23 (13:07)	3:25 (16:32)	2:23 (18:55)	2:21 (21:16)	3:19 (24:35)
	3:24 (27:59)	2:19 (30:18)	1:42 (32:00)	2:15 (34:15)	2:46 (37:01)
	2:10 (39:11)	2:45 (41:56)	2:19 (44:15)	2:07 (46:22)	2:00 (48:22)
	1:46 (50:08)	0:57 (51:05)			
3.	<b>Brian Steen Jørgensen</b>	<b>Holbæk OK</b>	<b>55:46</b>	<b>+12:22</b>	
	1:34 (1:34)	2:55 (4:29)	2:35 (7:04)	2:33 (9:37)	2:00 (11:37)
	1:44 (13:21)	3:49 (17:10)	2:38 (19:48)	2:27 (22:15)	2:52 (25:07)
	3:25 (28:32)	2:36 (31:08)	1:54 (33:02)	2:17 (35:19)	3:09 (38:28)
	2:47 (41:15)	3:17 (44:32)	3:08 (47:40)	2:07 (49:47)	2:31 (52:18)
	2:23 (54:41)	1:05 (55:46)			
4.	<b>Claus Cederberg</b>	<b>Ballerup</b>	<b>56:03</b>	<b>+12:39</b>	
	1:50 (1:50)	2:53 (4:43)	2:42 (7:25)	2:21 (9:46)	2:11 (11:57)
	1:37 (13:34)	3:53 (17:27)	2:29 (19:56)	3:04 (23:00)	2:52 (25:52)
	3:10 (29:02)	2:43 (31:45)	1:47 (33:32)	2:32 (36:04)	3:43 (39:47)
	2:33 (42:20)	3:20 (45:40)	2:39 (48:19)	2:11 (50:30)	2:23 (52:53)
	1:48 (54:41)	1:22 (56:03)			
4.	<b>Jens Jørgen Hansen</b>	<b>HAGI</b>	<b>56:03</b>	<b>+12:39</b>	
	1:34 (1:34)	2:55 (4:29)	2:56 (7:25)	3:18 (10:43)	2:12 (12:55)
	1:39 (14:34)	4:12 (18:46)	3:56 (22:42)	2:38 (25:20)	2:40 (28:00)
	2:49 (30:49)	2:31 (33:20)	1:50 (35:10)	2:26 (37:36)	2:41 (40:17)
	2:28 (42:45)	3:11 (45:56)	2:33 (48:29)	2:05 (50:34)	2:23 (52:57)
	2:03 (55:00)	1:03 (56:03)			
6.	<b>Jørgen Pedersen</b>	<b>AS</b>	<b>1:03:34</b>	<b>+20:10</b>	
	1:31 (1:31)	3:40 (5:11)	2:59 (8:10)	3:09 (11:19)	2:04 (13:23)
	1:40 (15:03)	4:39 (19:42)	2:58 (22:40)	3:12 (25:52)	3:31 (29:23)
	3:31 (32:54)	2:59 (35:53)	2:12 (38:05)	3:04 (41:09)	3:24 (44:33)
	2:47 (47:20)	3:49 (51:09)	3:19 (54:28)	2:28 (56:56)	2:39 (59:35)
	2:38 (1:02:13)	1:21 (1:03:34)			
7.	<b>Christian Olsen</b>	<b>OK Roskilde</b>	<b>1:05:54</b>	<b>+22:30</b>	
	1:41 (1:41)	3:43 (5:24)	2:41 (8:05)	2:41 (10:46)	2:05 (12:51)
	1:44 (14:35)	5:44 (20:19)	3:05 (23:24)	3:08 (26:32)	3:12 (29:44)
	3:00 (32:44)	2:45 (35:29)	2:31 (38:00)	7:16 (45:16)	2:46 (48:02)
	2:54 (50:56)	4:06 (55:02)	2:46 (57:48)	2:28 (1:00:16)	2:19 (1:02:35)
	2:00 (1:04:35)	1:19 (1:05:54)			
8.	<b>Morten Hass</b>	<b>OK Sorø</b>	<b>1:10:46</b>	<b>+27:22</b>	
	2:40 (2:40)	3:48 (6:28)	3:43 (10:11)	3:31 (13:42)	2:42 (16:24)
	2:06 (18:30)	5:18 (23:48)	3:42 (27:30)	2:34 (30:04)	3:42 (33:46)
	3:52 (37:38)	3:01 (40:39)	2:23 (43:02)	3:34 (46:36)	3:51 (50:27)
	3:08 (53:35)	3:56 (57:31)	2:56 (1:00:27)	2:24 (1:02:51)	3:47 (1:06:38)
	2:20 (1:08:58)	1:48 (1:10:46)			
9.	<b>Rune Cederberg</b>	<b>Ballerup</b>	<b>1:14:13</b>	<b>+30:49</b>	
	2:39 (2:39)	4:36 (7:15)	4:21 (11:36)	3:22 (14:58)	2:28 (17:26)
	2:06 (19:32)	5:53 (25:25)	3:02 (28:27)	3:35 (32:02)	3:28 (35:30)
	3:54 (39:24)	3:09 (42:33)	2:05 (44:38)	3:15 (47:53)	3:51 (51:44)
	3:36 (55:20)	4:11 (59:31)	3:35 (1:03:06)	3:12 (1:06:18)	3:37 (1:09:55)
	2:32 (1:12:27)	1:46 (1:14:13)			
10.	<b>Morten Ploug</b>	<b>Ballerup</b>	<b>1:15:27</b>	<b>+32:03</b>	
	1:40 (1:40)	3:06 (4:46)	2:52 (7:38)	2:48 (10:26)	2:15 (12:41)
	1:54 (14:35)	4:52 (19:27)	6:55 (26:22)	7:20 (33:42)	3:41 (37:23)
	3:39 (41:02)	2:59 (44:01)	1:59 (46:00)	3:32 (49:32)	3:21 (52:53)
	2:47 (55:40)	4:09 (59:49)	3:13 (1:03:02)	4:23 (1:07:25)	3:17 (1:10:42)
	2:48 (1:13:30)	1:57 (1:15:27)			
11.	<b>Bjark Bo Christensen</b>	<b>Holbæk OK</b>	<b>1:20:43</b>	<b>+37:19</b>	

6:31 (6:31)	3:28 (9:59)	3:21 (13:20)	3:14 (16:34)	5:05 (21:39)
2:20 (23:59)	4:36 (28:35)	3:15 (31:50)	2:59 (34:49)	3:44 (38:33)
6:14 (44:47)	3:15 (48:02)	2:29 (50:31)	3:03 (53:34)	3:50 (57:24)
3:36 (1:01:00)	4:23 (1:05:23)	3:27 (1:08:50)	2:32 (1:11:22)	4:48 (1:16:10)
2:50 (1:19:00)	1:43 (1:20:43)			

## 12. Johan Söderlund

O-63

1:43:43 +1:00:19

2:13 (2:13)	6:17 (8:30)	3:15 (11:45)	7:32 (19:17)	5:28 (24:45)
2:27 (27:12)	26:10 (53:22)	4:06 (57:28)	3:00 (1:00:28)	4:05 (1:04:33)
4:02 (1:08:35)	2:52 (1:11:27)	2:26 (1:13:53)	3:15 (1:17:08)	4:15 (1:21:23)
3:15 (1:24:38)	5:36 (1:30:14)	3:25 (1:33:39)	2:52 (1:36:31)	3:01 (1:39:32)
2:41 (1:42:13)	1:30 (1:43:43)			

## Lars Sharpe á Argjahøvda

OK Sorø

Fejlkliip

2:15 (2:15)	3:44 (5:59)	2:41 (8:40)	2:44 (11:24)	2:23 (13:47)
2:17 (16:04)	5:00 (21:04)	3:15 (24:19)	3:11 (27:30)	4:02 (31:32)
3:38 (35:10)	3:03 (38:13)	1:49 (40:02)	3:55 (43:57)	– (–)
– (49:14)	2:58 (52:12)	2:45 (54:57)	2:16 (57:13)	2:43 (59:56)
2:08 (1:02:04)	1:13 (1:03:17)			