

Resultater – DM hold divisionsfinale

2021-10-03

| Beg | (10 / 10) | Tid | Efter |
|----------------------------|------------------|--------------|--------------|
| 1. Jesper Kirkeby Brigsted | FIF Hillerød | 20:15 | |
| 0:30 (0:30) | 1:33 (2:03) | 0:50 (3:35) | 0:49 (4:24) |
| 1:53 (9:00) | 1:08 (10:08) | 1:09 (13:14) | 1:43 (14:57) |
| 3:02 (19:43) | 0:32 (20:15) | | 2:43 (7:07) |
| | | | 1:44 (16:41) |
| 2. Stine Leander Lunder | Horsens OK | 20:22 | +0:07 |
| 0:36 (0:36) | 1:49 (2:25) | 1:34 (4:28) | 0:44 (5:12) |
| 1:52 (9:45) | 1:07 (10:52) | 1:08 (12:56) | 1:56 (14:52) |
| 2:43 (19:43) | 0:39 (20:22) | | 2:41 (7:53) |
| | | | 2:08 (17:00) |
| 3. Andrea Wilsky | Horsens OK | 22:35 | +2:20 |
| 0:28 (0:28) | 1:57 (2:25) | 1:01 (4:02) | 1:03 (5:05) |
| 2:20 (10:22) | 1:31 (11:53) | 1:29 (14:04) | 2:17 (16:21) |
| 3:11 (22:05) | 0:30 (22:35) | | 2:57 (8:02) |
| | | | 2:33 (18:54) |
| 4. Marcus Lyders Gade | OK Snab | 23:56 | +3:41 |
| 0:25 (0:25) | 1:41 (2:06) | 1:09 (4:01) | 0:56 (4:57) |
| 1:59 (10:28) | 1:35 (12:03) | 1:50 (14:47) | 2:03 (16:50) |
| 3:19 (23:23) | 0:33 (23:56) | | 3:32 (8:29) |
| | | | 3:14 (20:04) |
| 5. Gert Larsen | FIF Hillerød | 28:26 | +8:11 |
| 0:47 (0:47) | 2:45 (3:32) | 1:13 (5:31) | 1:07 (6:38) |
| 3:18 (13:44) | 1:28 (15:12) | 2:06 (18:12) | 3:10 (21:22) |
| 3:33 (27:42) | 0:44 (28:26) | | 3:48 (10:26) |
| | | | 2:47 (24:09) |
| 6. Magnus Lindorf | OK Snab | 29:13 | +8:58 |
| 0:28 (0:28) | 2:42 (3:10) | 1:06 (5:06) | 1:02 (6:08) |
| 2:48 (12:49) | 2:18 (15:07) | 2:04 (17:52) | 3:15 (21:07) |
| 4:00 (28:35) | 0:38 (29:13) | | 3:53 (10:01) |
| | | | 3:28 (24:35) |
| 7. Eva Hammervig | Horsens OK | 33:30 | +13:15 |
| 0:55 (0:55) | 2:42 (3:37) | 1:22 (5:44) | 1:20 (7:04) |
| 3:11 (15:20) | 1:48 (17:08) | 2:11 (20:34) | 3:42 (24:16) |
| 4:43 (32:25) | 1:05 (33:30) | | 5:05 (12:09) |
| | | | 3:26 (27:42) |
| 8. Rikke Hartelius | FIF Hillerød | 38:35 | +18:20 |
| 1:00 (1:00) | 3:21 (4:21) | 1:38 (6:59) | 2:00 (8:59) |
| 4:27 (18:18) | 2:28 (20:46) | 3:08 (25:03) | 4:38 (29:41) |
| 4:01 (37:16) | 1:19 (38:35) | | 4:52 (13:51) |
| | | | 3:34 (33:15) |
| Steen Marcus | Søllerød OK | Fejlkli | |
| 0:39 (0:39) | – (–) | 0:55 (27:21) | 0:44 (28:05) |
| 1:40 (34:47) | 1:20 (36:07) | 1:18 (38:00) | 1:37 (39:37) |
| 2:17 (43:38) | 0:37 (44:15) | | 5:02 (33:07) |
| | | | 1:44 (41:21) |
| Stig Knudsen | Søllerød OK | Fejlkli | |
| – (–) | – (5:09) | 2:50 (9:11) | 2:33 (11:44) |
| 5:25 (23:23) | 2:47 (26:10) | 3:55 (31:46) | 5:36 (37:22) |
| 5:44 (49:53) | 1:43 (51:36) | | 6:14 (17:58) |
| | | | 6:47 (44:09) |
| D-Let | (13 / 13) | Tid | Efter |
| 1. Mette Kirkeby | FIF Hillerød | 36:45 | |
| 0:36 (0:36) | 2:13 (2:49) | 0:58 (5:49) | 2:04 (7:53) |
| 1:17 (12:12) | 3:29 (15:41) | 3:14 (20:55) | 1:40 (22:35) |
| 2:54 (28:13) | 5:08 (33:21) | 0:41 (36:45) | 2:44 (25:19) |
| 2. Ann Louise Bøye | FIF Hillerød | 37:47 | +1:02 |
| 0:38 (0:38) | 2:17 (2:55) | 1:41 (6:08) | 1:32 (7:40) |
| 1:04 (11:12) | 9:44 (20:56) | 2:12 (24:36) | 1:12 (25:48) |
| 2:34 (30:26) | 4:20 (34:46) | 0:32 (37:47) | 2:28 (10:08) |
| | | | 2:04 (27:52) |
| 3. Runa Iversen | Horsens OK | 38:24 | +1:39 |
| 0:36 (0:36) | 2:20 (2:56) | 0:48 (5:26) | 2:36 (8:02) |
| 1:08 (12:24) | 3:18 (15:42) | 3:11 (20:45) | 1:51 (22:36) |
| 2:54 (28:51) | 5:37 (34:28) | 0:45 (38:24) | 3:14 (11:16) |
| | | | 3:21 (25:57) |
| 4. Christine Borup Gad | FIF Hillerød | 41:08 | +4:23 |
| 0:38 (0:38) | 2:23 (3:01) | 0:49 (5:43) | 1:53 (7:36) |
| 0:55 (12:22) | 3:06 (15:28) | 3:10 (23:55) | 1:28 (25:23) |
| 3:10 (31:38) | 5:38 (37:16) | 0:39 (41:08) | 3:05 (28:28) |
| 5. Anne Møller Skaug | OK Pan | 42:10 | +5:25 |
| 0:53 (0:53) | 4:44 (5:37) | 1:05 (8:33) | 2:46 (11:19) |
| 1:16 (15:29) | 3:19 (18:48) | 3:40 (24:43) | 2:03 (26:46) |
| 2:23 (32:37) | 5:30 (38:07) | 1:02 (42:10) | 3:28 (30:14) |
| 6. Anne Lyders Gade | OK Snab | 46:20 | +9:35 |
| 0:38 (0:38) | 2:16 (2:54) | 1:07 (6:15) | 1:58 (8:13) |
| 1:16 (13:51) | 7:14 (21:05) | 3:27 (26:26) | 1:52 (28:18) |
| 3:47 (36:06) | 6:00 (42:06) | 0:45 (46:20) | 4:22 (12:35) |
| | | | 4:01 (32:19) |
| 7. Ella Clausen | Søllerød OK | 51:33 | +14:48 |
| 5:41 (5:41) | 1:59 (7:40) | 1:14 (10:40) | 6:35 (17:15) |
| 1:22 (23:03) | 4:08 (27:11) | 4:12 (33:33) | 1:39 (35:12) |
| 3:15 (41:13) | 7:15 (48:28) | 0:39 (51:33) | 4:26 (21:41) |
| | | | 2:46 (37:58) |
| 8. Mette Klinge Cornelius | Horsens OK | 56:14 | +19:29 |

| D12 | | (10 / 10) | | Tid | Efter | | |
|------------|-----------------------------|------------------|--------------|--------------|--------------|--------------|--|
| 1. | Astrid Lykke Nielsen | | Horsens OK | 30:58 | | | |
| | 0:25 (0:25) | 1:56 (2:21) | 1:17 (3:38) | 1:00 (4:38) | 2:01 (6:39) | 2:34 (9:13) | |
| | 1:15 (10:28) | 3:02 (13:30) | 1:30 (15:00) | 2:30 (17:30) | 1:18 (18:48) | 2:35 (21:23) | |
| | 2:21 (23:44) | 4:37 (28:21) | 2:12 (30:33) | 0:25 (30:58) | | | |
| 2. | Carla Brahe Bohnsen | | OK Pan | 31:16 | +0:18 | | |
| | 0:22 (0:22) | 1:41 (2:03) | 1:09 (3:12) | 0:39 (3:51) | 1:19 (5:10) | 2:20 (7:30) | |
| | 0:56 (8:26) | 2:22 (10:48) | 6:57 (17:45) | 2:00 (19:45) | 1:06 (20:51) | 2:10 (23:01) | |
| | 2:14 (25:15) | 3:11 (28:26) | 2:21 (30:47) | 0:29 (31:16) | | | |
| 3. | Kristine Skouboe | | Horsens OK | 31:30 | +0:32 | | |
| | 0:31 (0:31) | 2:00 (2:31) | 1:20 (3:51) | 0:47 (4:38) | 1:35 (6:13) | 2:35 (8:48) | |
| | 0:38 (9:26) | 3:03 (12:29) | 1:37 (14:06) | 2:07 (16:13) | 1:22 (17:35) | 2:58 (20:33) | |
| | 2:36 (23:09) | 5:08 (28:17) | 2:45 (31:02) | 0:28 (31:30) | | | |
| 4. | Hanna Bæk Christiansen | | Søllerød OK | 32:26 | +1:28 | | |
| | 0:30 (0:30) | 2:19 (2:49) | 2:17 (5:06) | 0:51 (5:57) | 1:42 (7:39) | 2:42 (10:21) | |
| | 1:00 (11:21) | 2:52 (14:13) | 1:44 (15:57) | 2:08 (18:05) | 1:28 (19:33) | 2:42 (22:15) | |
| | 2:35 (24:50) | 4:52 (29:42) | 2:18 (32:00) | 0:26 (32:26) | | | |
| 5. | Lærke Konring Larsen | | FIF Hillerød | 32:47 | +1:49 | | |
| | 0:28 (0:28) | 2:16 (2:44) | 1:23 (4:07) | 1:20 (5:27) | 2:42 (8:09) | 2:33 (10:42) | |
| | 1:05 (11:47) | 4:51 (16:38) | 1:26 (18:04) | 2:15 (20:19) | 1:11 (21:30) | 2:33 (24:03) | |
| | 2:21 (26:24) | 3:48 (30:12) | 2:06 (32:18) | 0:29 (32:47) | | | |
| 6. | Olivia Olesen Hinge | | OK Pan | 34:09 | +3:11 | | |
| | 0:27 (0:27) | 2:05 (2:32) | 1:35 (4:07) | 1:09 (5:16) | 1:34 (6:50) | 3:16 (10:06) | |
| | 1:16 (11:22) | 3:04 (14:26) | 2:02 (16:28) | 2:26 (18:54) | 1:28 (20:22) | 2:59 (23:21) | |
| | 2:43 (26:04) | 4:56 (31:00) | 2:43 (33:43) | 0:26 (34:09) | | | |
| 7. | Maja Lyders Gade | | OK Snab | 35:41 | +4:43 | | |
| | 0:30 (0:30) | 2:07 (2:37) | 1:50 (4:27) | 1:00 (5:27) | 1:57 (7:24) | 3:08 (10:32) | |
| | 1:00 (11:32) | 3:14 (14:46) | 2:06 (16:52) | 3:37 (20:29) | 1:32 (22:01) | 2:33 (24:34) | |
| | 3:01 (27:35) | 4:39 (32:14) | 2:55 (35:09) | 0:32 (35:41) | | | |
| 8. | Carla Holm Eiberg | | Søllerød OK | 36:49 | +5:51 | | |
| | 0:29 (0:29) | 2:23 (2:52) | 1:44 (4:36) | 2:44 (7:20) | 1:40 (9:00) | 3:16 (12:16) | |
| | 1:07 (13:23) | 3:55 (17:18) | 1:56 (19:14) | 2:39 (21:53) | 1:11 (23:04) | 2:28 (25:32) | |
| | 3:51 (29:23) | 4:35 (33:58) | 2:21 (36:19) | 0:30 (36:49) | | | |
| 9. | Kaya Funder Skovlyst | | FIF Hillerød | 44:15 | +13:17 | | |
| | 0:27 (0:27) | 1:53 (2:20) | 1:44 (4:04) | 1:03 (5:07) | 2:14 (7:21) | 3:18 (10:39) | |
| | 3:45 (14:24) | 4:20 (18:44) | 4:03 (22:47) | 2:45 (25:32) | 1:24 (26:56) | 2:52 (29:48) | |
| | 6:50 (36:38) | 4:30 (41:08) | 2:36 (43:44) | 0:31 (44:15) | | | |
| 10. | Norah Leivsgard Christensen | | Søllerød OK | 44:54 | +13:56 | | |
| | 0:36 (0:36) | 2:19 (2:55) | 2:07 (5:02) | 1:04 (6:06) | 2:12 (8:18) | 3:37 (11:55) | |
| | 1:08 (13:03) | 4:33 (17:36) | 3:32 (21:08) | 2:43 (23:51) | 2:04 (25:55) | 3:22 (29:17) | |
| | 3:41 (32:58) | 6:24 (39:22) | 5:00 (44:22) | 0:32 (44:54) | | | |

| D12B | | (6 / 6) | | Tid | Efter | | |
|-------------|-----------------------------|----------------|--------------|--------------|--------------|--------------|--|
| 1. | Anna Kjær Ingvarsdén | | FIF Hillerød | 20:33 | | | |
| | 0:28 (0:28) | 1:32 (2:00) | 0:28 (2:28) | 0:54 (3:22) | 1:23 (4:45) | 2:49 (7:34) | |
| | 2:07 (9:41) | 1:06 (10:47) | 0:42 (11:29) | 1:30 (12:59) | 1:56 (14:55) | 2:21 (17:16) | |
| | 2:45 (20:01) | 0:32 (20:33) | | | | | |
| 2. | Marie K. Brigsted | | FIF Hillerød | 24:45 | +4:12 | | |
| | 0:26 (0:26) | 2:02 (2:28) | 0:31 (2:59) | 1:09 (4:08) | 0:45 (4:53) | 3:36 (8:29) | |
| | 3:06 (11:35) | 1:21 (12:56) | 0:42 (13:38) | 1:55 (15:33) | 2:33 (18:06) | 3:01 (21:07) | |
| | 3:08 (24:15) | 0:30 (24:45) | | | | | |
| 3. | Tilde Bie Thomadsen | | Horsens OK | 28:38 | +8:05 | | |
| | 0:32 (0:32) | 2:26 (2:58) | 0:44 (3:42) | 1:11 (4:53) | 1:02 (5:55) | 3:43 (9:38) | |
| | 2:36 (12:14) | 1:57 (14:11) | 0:42 (14:53) | 1:58 (16:51) | 3:28 (20:19) | 4:04 (24:23) | |
| | 3:44 (28:07) | 0:31 (28:38) | | | | | |
| 4. | Eva Sofie Bøye | | FIF Hillerød | 32:20 | +11:47 | | |
| | 0:43 (0:43) | 2:12 (2:55) | 0:50 (3:45) | 1:26 (5:11) | 1:06 (6:17) | 5:02 (11:19) | |
| | 3:17 (14:36) | 2:02 (16:38) | 1:03 (17:41) | 1:45 (19:26) | 2:52 (22:18) | 5:36 (27:54) | |
| | 3:51 (31:45) | 0:35 (32:20) | | | | | |
| | Mai Nicholson | | OK Pan | Fejlkli | | | |
| | 6:23 (6:23) | – (–) | – (–) | – (11:19) | 1:01 (12:20) | 5:31 (17:51) | |
| | 3:13 (21:04) | 1:44 (22:48) | 1:20 (24:08) | 2:58 (27:06) | 2:45 (29:51) | 4:55 (34:46) | |
| | 4:57 (39:43) | 0:41 (40:24) | | | | | |
| | Alma Nivi Svinth Kongsgaard | | OK Snab | Ej startet | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| | – (–) | – (–) | | | | | |

| D14 | | (9 / 9) | | Tid | Efter | | |
|------------|--------------------------|----------------|--------------|--------------|--------------|--------------|--|
| 1. | Ingrid Due Nygaard | | Søllerød OK | 40:46 | | | |
| | 1:05 (1:05) | 2:20 (3:25) | 2:16 (5:41) | 1:34 (7:15) | 4:05 (11:20) | 5:37 (16:57) | |
| | 1:14 (18:11) | 2:58 (21:09) | 1:44 (22:53) | 2:21 (25:14) | 2:55 (28:09) | 2:15 (30:24) | |
| | 3:10 (33:34) | 2:44 (36:18) | 1:06 (37:24) | 0:47 (38:11) | 1:43 (39:54) | 0:26 (40:20) | |
| | 0:26 (40:46) | | | | | | |
| 2. | Laura-Johanne David Koue | | Søllerød OK | 51:05 | +10:19 | | |
| | 1:08 (1:08) | 1:20 (2:28) | 3:05 (5:33) | 1:28 (7:01) | 4:41 (11:42) | 7:24 (19:06) | |
| | 1:12 (20:18) | 3:26 (23:44) | 2:05 (25:49) | 2:22 (28:11) | 2:52 (31:03) | 6:11 (37:14) | |
| | 4:05 (41:19) | 3:01 (44:20) | 1:22 (45:42) | 0:51 (46:33) | 3:30 (50:03) | 0:32 (50:35) | |
| | 0:30 (51:05) | | | | | | |

| | | | | | | |
|-------------|---|---|--|---|--|---|
| 3. | Ella Reker Hadrup 0:50 (0:50) 1:48 (20:33) 4:38 (40:34) 0:22 (52:24) | 2:05 (2:55) 3:08 (23:41) 6:33 (47:07) | Søllerød OK 2:39 (5:34) 1:56 (25:37) 1:27 (48:34) | 52:24 +11:38 1:30 (7:04) 2:14 (27:51) 0:54 (49:28) | 5:26 (12:30) 3:14 (31:05) 2:10 (51:38) | 6:15 (18:45) 4:51 (35:56) 0:24 (52:02) |
| 4. | Anna Kaldahl Hornbæk 0:59 (0:59) 1:46 (22:10) 5:01 (43:16) 0:32 (53:50) | 1:39 (2:38) 3:51 (26:01) 3:50 (47:06) | OK Pan 2:48 (5:26) 2:01 (28:02) 1:53 (48:59) | 53:50 +13:04 1:57 (7:23) 3:02 (31:04) 1:03 (50:02) | 5:54 (13:17) 3:54 (34:58) 2:37 (52:39) | 7:07 (20:24) 3:17 (38:15) 0:39 (53:18) |
| 5. | Norah Palsgaard 1:15 (1:15) 1:36 (23:05) 6:06 (48:20) 0:30 (57:10) | 1:35 (2:50) 4:08 (27:13) 3:27 (51:47) | Søllerød OK 4:00 (6:50) 3:26 (30:39) 1:38 (53:25) | 57:10 +16:24 2:10 (9:00) 2:41 (33:20) 0:55 (54:20) | 6:07 (15:07) 3:32 (36:52) 1:53 (56:13) | 6:22 (21:29) 5:22 (42:14) 0:27 (56:40) |
| 6. | Agnes Fjordside Pagh 1:09 (1:09) 2:03 (23:31) 5:51 (49:56) 0:40 (1:01:43) | 1:50 (2:59) 4:31 (28:02) 3:54 (53:50) | OK Snab 3:30 (6:29) 5:54 (33:56) 1:16 (55:06) | 1:01:43 +20:57 3:19 (9:48) 2:24 (36:20) 0:58 (56:04) | 4:54 (14:42) 5:17 (41:37) 4:17 (1:00:21) | 6:46 (21:28) 2:28 (44:05) 0:42 (1:01:03) |
| 7. | Emma Nygaard Monrad 2:50 (2:50) 2:52 (29:55) 7:35 (1:00:37) 0:29 (1:12:37) | 2:56 (5:46) 4:47 (34:42) 4:04 (1:04:41) | FIF Hillerød 3:41 (9:27) 3:09 (37:51) 2:02 (1:06:43) | 1:12:37 +31:51 2:07 (11:34) 3:35 (41:26) 1:22 (1:08:05) | 8:00 (19:34) 3:33 (44:59) 3:23 (1:11:28) | 7:29 (27:03) 8:03 (53:02) 0:40 (1:12:08) |
| | Sofie Henningsen 1:09 (1:09) 2:48 (29:32) – (–) 0:34 (1:06:00) | 2:05 (3:14) 5:04 (34:36) – (59:54) | OK Snab 4:50 (8:04) 2:36 (37:12) 0:57 (1:00:51) | Fejlklip 2:22 (10:26) 2:16 (39:28) 1:06 (1:01:57) | 5:53 (16:19) 3:15 (42:43) 3:04 (1:05:01) | 10:25 (26:44) 3:21 (46:04) 0:25 (1:05:26) |
| | Esther Henriksen – (–) – (–) – (–) – (–) | – (–) – (–) – (–) | Horsens OK – (–) – (–) – (–) | Ej startet – (–) – (–) – (–) | – (–) – (–) – (–) | – (–) – (–) – (–) |
| D14B | | | (3 / 3) | Tid Efter | | |
| 1. | Signe Møller Skaug 0:28 (0:28) 1:08 (10:58) 2:57 (24:52) | 1:53 (2:21) 2:43 (13:41) 5:05 (29:57) | OK Pan 1:35 (3:56) 1:37 (15:18) 2:41 (32:38) | 33:06 1:09 (5:05) 2:20 (17:38) 0:28 (33:06) | 1:44 (6:49) 1:14 (18:52) | 3:01 (9:50) 3:03 (21:55) |
| 2. | Anna K. Brigsted 0:27 (0:27) 3:30 (12:24) 2:19 (27:48) | 1:55 (2:22) 4:00 (16:24) 4:17 (32:05) | FIF Hillerød 1:33 (3:55) 2:03 (18:27) 2:12 (34:17) | 34:46 +1:40 0:49 (4:44) 3:02 (21:29) 0:29 (34:46) | 1:38 (6:22) 1:20 (22:49) | 2:32 (8:54) 2:40 (25:29) |
| 3. | Krista Lervad Lundø 0:32 (0:32) 0:59 (10:43) 2:00 (32:18) | 3:14 (3:46) 12:43 (23:26) 4:03 (36:21) | Horsens OK 1:23 (5:09) 1:31 (24:57) 2:00 (38:21) | 38:43 +5:37 0:49 (5:58) 2:01 (26:58) 0:22 (38:43) | 1:32 (7:30) 1:20 (28:18) | 2:14 (9:44) 2:00 (30:18) |
| D16 | | | (10 / 10) | Tid Efter | | |
| 1. | Ebba Graff Frederiksen 1:35 (1:35) 0:58 (11:55) 1:38 (31:58) | 0:43 (2:18) 4:01 (15:56) 1:30 (33:28) | FIF Hillerød 1:34 (3:52) 4:22 (20:18) 1:03 (34:31) | 43:19 3:19 (7:11) 2:05 (22:23) 5:14 (39:45) | 1:41 (8:52) 3:34 (25:57) 3:04 (42:49) | 2:05 (10:57) 4:23 (30:20) 0:30 (43:19) |
| 2. | Emilie Skov Dalgaard 1:11 (1:11) 1:17 (13:55) 1:44 (33:23) | 0:38 (1:49) 4:53 (18:48) 2:32 (35:55) | OK Pan 3:13 (5:02) 3:57 (22:45) 1:06 (37:01) | 43:26 +0:07 3:25 (8:27) 2:04 (24:49) 3:27 (40:28) | 2:04 (10:31) 2:05 (26:54) 2:28 (42:56) | 2:07 (12:38) 4:45 (31:39) 0:30 (43:26) |
| 3. | Laura Kaldahl Hornbæk 1:14 (1:14) 0:56 (13:51) 1:47 (34:41) | 0:52 (2:06) 5:41 (19:32) 1:31 (36:12) | OK Pan 1:44 (3:50) 3:38 (23:10) 1:09 (37:21) | 44:10 +0:51 2:43 (6:33) 2:17 (25:27) 3:34 (40:55) | 1:44 (8:17) 3:10 (28:37) 2:48 (43:43) | 4:38 (12:55) 4:17 (32:54) 0:27 (44:10) |
| 4. | Ellen K. Larsen 1:21 (1:21) 1:19 (16:30) 2:32 (39:52) | 0:43 (2:04) 6:38 (23:08) 1:42 (41:34) | Søllerød OK 1:50 (3:54) 4:55 (28:03) 1:23 (42:57) | 51:46 +8:27 3:28 (7:22) 2:56 (30:59) 5:25 (48:22) | 3:36 (10:58) 1:45 (32:44) 2:46 (51:08) | 4:13 (15:11) 4:36 (37:20) 0:38 (51:46) |
| 5. | Iris Skammelsen Gilleladen 2:05 (2:05) 1:08 (18:56) 2:39 (41:49) | 0:43 (2:48) 5:59 (24:55) 1:42 (43:31) | OK Pan 3:33 (6:21) 5:01 (29:56) 1:27 (44:58) | 52:22 +9:03 4:09 (10:30) 3:01 (32:57) 4:00 (48:58) | 2:31 (13:01) 1:48 (34:45) 2:52 (51:50) | 4:47 (17:48) 4:25 (39:10) 0:32 (52:22) |
| 6. | Camilla Rimmer Eskildsen 1:48 (1:48) 1:07 (23:03) 1:56 (46:49) | 0:44 (2:32) 5:44 (28:47) 2:17 (49:06) | OK Snab 2:03 (4:35) 4:26 (33:13) 1:38 (50:44) | 59:29 +16:10 3:34 (8:09) 4:49 (38:02) 5:09 (55:53) | 1:48 (9:57) 1:58 (40:00) 3:11 (59:04) | 11:59 (21:56) 4:53 (44:53) 0:25 (59:29) |
| 7. | Sofie Halkjær Dupont 1:50 (1:50) 1:03 (26:50) 2:26 (49:25) | 0:53 (2:43) 5:47 (32:37) 2:20 (51:45) | OK Pan 2:19 (5:02) 4:24 (37:01) 1:31 (53:16) | 1:01:12 +17:53 3:47 (8:49) 2:34 (39:35) 3:37 (56:53) | 4:49 (13:38) 2:43 (42:18) 3:43 (1:00:36) | 12:09 (25:47) 4:41 (46:59) 0:36 (1:01:12) |

| | | | | | | |
|-----------|------------------------------|----------------|--------------------|-----------------------|----------------|----------------|
| 8. | Frida Hagedorn | | Søllerød OK | 1:05:08 +21:49 | | |
| | 2:28 (2:28) | 1:19 (3:47) | 3:41 (7:28) | 5:45 (13:13) | 3:19 (16:32) | 3:34 (20:06) |
| | 1:56 (22:02) | 7:02 (29:04) | 7:02 (36:06) | 3:06 (39:12) | 2:55 (42:07) | 5:49 (47:56) |
| | 2:30 (50:26) | 2:32 (52:58) | 1:38 (54:36) | 5:55 (1:00:31) | 3:31 (1:04:02) | 1:06 (1:05:08) |
| 9. | Ella Klærke Mikkelsen | | Horsens OK | 1:18:22 +35:03 | | |
| | 2:54 (2:54) | 0:58 (3:52) | 3:15 (7:07) | 5:46 (12:53) | 2:33 (15:26) | 9:29 (24:55) |
| | 1:54 (26:49) | 7:46 (34:35) | 11:00 (45:35) | 4:21 (49:56) | 2:22 (52:18) | 7:39 (59:57) |
| | 3:26 (1:03:23) | 2:30 (1:05:53) | 1:58 (1:07:51) | 6:06 (1:13:57) | 3:54 (1:17:51) | 0:31 (1:18:22) |
| | Louisa Oscarsson | | Søllerød OK | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

D18

| | | | (7 / 7) | Tid | Efter | |
|-----------|----------------------------------|----------------|---------------------|-----------------------|----------------|----------------|
| 1. | Sigrid Høyer Staugaard | | FIF Hillerød | 49:31 | | |
| | 1:25 (1:25) | 0:48 (2:13) | 2:20 (4:33) | 1:27 (6:00) | 2:12 (8:12) | 1:25 (9:37) |
| | 3:34 (13:11) | 0:34 (13:45) | 3:00 (16:45) | 8:48 (25:33) | 3:01 (28:34) | 2:42 (31:16) |
| | 3:02 (34:18) | 2:11 (36:29) | 1:37 (38:06) | 0:52 (38:58) | 2:24 (41:22) | 1:21 (42:43) |
| | 1:21 (44:04) | 3:18 (47:22) | 0:54 (48:16) | 0:53 (49:09) | 0:22 (49:31) | |
| 2. | Elanor Henriksen | | Horsens OK | 57:51 +8:20 | | |
| | 1:40 (1:40) | 0:43 (2:23) | 3:11 (5:34) | 1:48 (7:22) | 2:45 (10:07) | 1:33 (11:40) |
| | 4:05 (15:45) | 0:33 (16:18) | 3:40 (19:58) | 10:02 (30:00) | 3:15 (33:15) | 3:16 (36:31) |
| | 3:16 (39:47) | 2:32 (42:19) | 1:38 (43:57) | 0:49 (44:46) | 2:49 (47:35) | 1:26 (49:01) |
| | 1:35 (50:36) | 4:20 (54:56) | 1:18 (56:14) | 1:06 (57:20) | 0:31 (57:51) | |
| 3. | Siri Simonsen | | FIF Hillerød | 58:49 +9:18 | | |
| | 1:49 (1:49) | 0:48 (2:37) | 2:50 (5:27) | 1:45 (7:12) | 2:39 (9:51) | 1:36 (11:27) |
| | 4:04 (15:31) | 0:38 (16:09) | 3:45 (19:54) | 10:43 (30:37) | 3:35 (34:12) | 3:43 (37:55) |
| | 3:16 (41:11) | 2:37 (43:48) | 1:47 (45:35) | 0:49 (46:24) | 2:47 (49:11) | 1:25 (50:36) |
| | 1:30 (52:06) | 3:56 (56:02) | 1:13 (57:15) | 1:11 (58:26) | 0:23 (58:49) | |
| 4. | Emilie Bæk Christiansen | | Søllerød OK | 1:07:32 +18:01 | | |
| | 1:48 (1:48) | 0:56 (2:44) | 3:19 (6:03) | 2:02 (8:05) | 3:21 (11:26) | 1:54 (13:20) |
| | 4:38 (17:58) | 0:40 (18:38) | 4:07 (22:45) | 11:56 (34:41) | 3:36 (38:17) | 3:05 (41:22) |
| | 3:58 (45:20) | 2:56 (48:16) | 1:57 (50:13) | 0:53 (51:06) | 3:28 (54:34) | 1:49 (56:23) |
| | 2:17 (58:40) | 5:48 (1:04:28) | 1:22 (1:05:50) | 1:15 (1:07:05) | 0:27 (1:07:32) | |
| 5. | Sofie Ulrich | | OK Pan | 1:07:44 +18:13 | | |
| | 3:48 (3:48) | 0:43 (4:31) | 2:56 (7:27) | 2:07 (9:34) | 3:36 (13:10) | 1:46 (14:56) |
| | 4:22 (19:18) | 0:31 (19:49) | 3:56 (23:45) | 11:08 (34:53) | 4:25 (39:18) | 3:19 (42:37) |
| | 3:58 (46:35) | 2:55 (49:30) | 2:13 (51:43) | 1:35 (53:18) | 2:43 (56:01) | 1:30 (57:31) |
| | 2:11 (59:42) | 4:48 (1:04:30) | 1:18 (1:05:48) | 1:22 (1:07:10) | 0:34 (1:07:44) | |
| 6. | Ella Hedegaard Richardson | | OK Pan | 1:10:28 +20:57 | | |
| | 1:54 (1:54) | 1:05 (2:59) | 3:01 (6:00) | 1:50 (7:50) | 2:43 (10:33) | 7:48 (18:21) |
| | 4:22 (22:43) | 0:39 (23:22) | 3:57 (27:19) | 11:30 (38:49) | 4:23 (43:12) | 3:22 (46:34) |
| | 3:27 (50:01) | 2:28 (52:29) | 2:39 (55:08) | 1:54 (57:02) | 2:54 (59:56) | 1:37 (1:01:33) |
| | 1:56 (1:03:29) | 4:00 (1:07:29) | 1:19 (1:08:48) | 1:13 (1:10:01) | 0:27 (1:10:28) | |
| 7. | Agnes Due Nygaard | | Søllerød OK | 1:44:40 +55:09 | | |
| | 3:03 (3:03) | 1:23 (4:26) | 5:15 (9:41) | 3:10 (12:51) | 4:52 (17:43) | 4:45 (22:28) |
| | 7:31 (29:59) | 0:47 (30:46) | 5:20 (36:06) | 14:47 (50:53) | 8:27 (59:20) | 4:48 (1:04:08) |
| | 6:24 (1:10:32) | 5:43 (1:16:15) | 3:16 (1:19:31) | 2:14 (1:21:45) | 3:31 (1:25:16) | 2:30 (1:27:46) |
| | 6:27 (1:34:13) | 5:50 (1:40:03) | 1:55 (1:41:58) | 1:57 (1:43:55) | 0:45 (1:44:40) | |

D20

| | | | (8 / 8) | Tid | Efter | |
|-----------|-----------------------------------|----------------|--------------------|-----------------------|----------------|----------------|
| 1. | Alberte Kaae-Nielsen | | Søllerød OK | 52:58 | | |
| | 1:40 (1:40) | 0:42 (2:22) | 2:41 (5:03) | 1:43 (6:46) | 2:23 (9:09) | 1:25 (10:34) |
| | 3:33 (14:07) | 0:32 (14:39) | 3:19 (17:58) | 9:32 (27:30) | 3:10 (30:40) | 2:58 (33:38) |
| | 2:51 (36:29) | 2:12 (38:41) | 1:37 (40:18) | 0:44 (41:02) | 2:16 (43:18) | 1:32 (44:50) |
| | 1:32 (46:22) | 3:45 (50:07) | 1:08 (51:15) | 1:10 (52:25) | 0:33 (52:58) | |
| 2. | Marie Møller Nielsen | | OK Pan | 57:12 +4:14 | | |
| | 1:38 (1:38) | 0:41 (2:19) | 2:31 (4:50) | 2:49 (7:39) | 2:29 (10:08) | 1:37 (11:45) |
| | 4:01 (15:46) | 0:33 (16:19) | 3:01 (19:20) | 9:05 (28:25) | 2:59 (31:24) | 2:47 (34:11) |
| | 3:02 (37:13) | 2:18 (39:31) | 1:19 (40:50) | 0:49 (41:39) | 2:28 (44:07) | 1:16 (45:23) |
| | 1:25 (46:48) | 7:53 (54:41) | 0:59 (55:40) | 1:11 (56:51) | 0:21 (57:12) | |
| 3. | Theresa Skouboe | | Horsens OK | 57:48 +4:50 | | |
| | 1:48 (1:48) | 0:40 (2:28) | 2:30 (4:58) | 1:39 (6:37) | 2:26 (9:03) | 1:30 (10:33) |
| | 3:33 (14:06) | 0:30 (14:36) | 3:20 (17:56) | 10:06 (28:02) | 4:01 (32:03) | 5:47 (37:50) |
| | 3:01 (40:51) | 2:11 (43:02) | 1:27 (44:29) | 1:02 (45:31) | 2:38 (48:09) | 1:25 (49:34) |
| | 1:30 (51:04) | 4:02 (55:06) | 1:03 (56:09) | 1:12 (57:21) | 0:27 (57:48) | |
| 4. | Rikke Rasmussen | | OK Snab | 1:04:46 +11:48 | | |
| | 1:58 (1:58) | 1:09 (3:07) | 2:59 (6:06) | 2:06 (8:12) | 3:08 (11:20) | 1:45 (13:05) |
| | 5:02 (18:07) | 0:37 (18:44) | 3:17 (22:01) | 11:26 (33:27) | 3:33 (37:00) | 3:41 (40:41) |
| | 3:38 (44:19) | 2:49 (47:08) | 2:17 (49:25) | 0:54 (50:19) | 3:26 (53:45) | 1:33 (55:18) |
| | 1:38 (56:56) | 4:52 (1:01:48) | 1:14 (1:03:02) | 1:15 (1:04:17) | 0:29 (1:04:46) | |
| 5. | Camille Marie Næstoft Juhl | | Søllerød OK | 1:08:52 +15:54 | | |
| | 1:42 (1:42) | 0:50 (2:32) | 3:17 (5:49) | 2:18 (8:07) | 3:46 (11:53) | 1:53 (13:46) |
| | 4:21 (18:07) | 0:36 (18:43) | 3:41 (22:24) | 12:33 (34:57) | 4:05 (39:02) | 4:01 (43:03) |
| | 3:38 (46:41) | 2:41 (49:22) | 2:23 (51:45) | 1:44 (53:29) | 3:10 (56:39) | 1:58 (58:37) |
| | 2:12 (1:00:49) | 4:57 (1:05:46) | 1:19 (1:07:05) | 1:16 (1:08:21) | 0:31 (1:08:52) | |
| 6. | Marie Louise Henning | | Kolding OK | 1:29:30 +36:32 | | |
| | 2:00 (2:00) | 1:58 (3:58) | 5:55 (9:53) | 2:18 (12:11) | 3:58 (16:09) | 2:46 (18:55) |
| | 5:44 (24:39) | 0:52 (25:31) | 4:51 (30:22) | 15:00 (45:22) | 5:29 (50:51) | 4:16 (55:07) |
| | 5:08 (1:00:15) | 4:21 (1:04:36) | 2:31 (1:07:07) | 1:12 (1:08:19) | 3:33 (1:11:52) | 1:58 (1:13:50) |
| | 5:25 (1:19:15) | 6:06 (1:25:21) | 1:46 (1:27:07) | 1:43 (1:28:50) | 0:40 (1:29:30) | |

| | | | | | | |
|----|------------------------|----------------|----------------|----------------|----------------|----------------|
| 7. | Johanne Kaysen Thomsen | OK Snab | 1:33:24 | +40:26 | | |
| | 2:17 (2:17) | 0:59 (3:16) | 3:35 (6:51) | 2:34 (9:25) | 5:40 (15:05) | 2:06 (17:11) |
| | 6:13 (23:24) | 0:41 (24:05) | 4:00 (28:05) | 17:10 (45:15) | 5:40 (50:55) | 4:38 (55:33) |
| | 4:43 (1:00:16) | 8:10 (1:08:26) | 2:38 (1:11:04) | 3:00 (1:14:04) | 3:46 (1:17:50) | 1:50 (1:19:40) |
| | 2:56 (1:22:36) | 6:44 (1:29:20) | 1:54 (1:31:14) | 1:33 (1:32:47) | 0:37 (1:33:24) | |
| 8. | Esther Møller Nyborg | FIF Hillerød | 1:45:54 | +52:56 | | |
| | 4:45 (4:45) | 1:00 (5:45) | 5:32 (11:17) | 2:10 (13:27) | 4:14 (17:41) | 2:12 (19:53) |
| | 6:59 (26:52) | 0:37 (27:29) | 7:19 (34:48) | 18:07 (52:55) | 5:49 (58:44) | 5:00 (1:03:44) |
| | 13:47 (1:17:31) | 3:21 (1:20:52) | 3:02 (1:23:54) | 2:02 (1:25:56) | 4:02 (1:29:58) | 2:00 (1:31:58) |
| | 4:19 (1:36:17) | 6:05 (1:42:22) | 1:39 (1:44:01) | 1:24 (1:45:25) | 0:29 (1:45:54) | |

D20B

| | | (8 / 8) | Tid | Efter | | |
|----|---------------------------|----------------|----------------|----------------|-----------------|----------------|
| 1. | Selma Schytte Olsen | Søllerød OK | 52:17 | | | |
| | 1:05 (1:05) | 1:52 (2:57) | 4:36 (7:33) | 2:03 (9:36) | 5:35 (15:11) | 5:47 (20:58) |
| | 2:06 (23:04) | 3:26 (26:30) | 1:53 (28:23) | 2:21 (30:44) | 3:37 (34:21) | 2:30 (36:51) |
| | 6:00 (42:51) | 3:11 (46:02) | 1:30 (47:32) | 0:59 (48:31) | 2:18 (50:49) | 0:59 (51:48) |
| | 0:29 (52:17) | | | | | |
| 2. | Asta Hermansen | OK Pan | 53:43 | +1:26 | | |
| | 1:29 (1:29) | 2:37 (4:06) | 3:57 (8:03) | 2:07 (10:10) | 3:45 (13:55) | 6:37 (20:32) |
| | 1:45 (22:17) | 3:34 (25:51) | 3:25 (29:16) | 2:47 (32:03) | 3:25 (35:28) | 3:00 (38:28) |
| | 5:00 (43:28) | 3:06 (46:34) | 1:17 (47:51) | 0:48 (48:39) | 3:44 (52:23) | 0:53 (53:16) |
| | 0:27 (53:43) | | | | | |
| 3. | Maria Grauengård Hallberg | Horsens OK | 54:20 | +2:03 | | |
| | 1:15 (1:15) | 2:01 (3:16) | 3:31 (6:47) | 2:06 (8:53) | 4:04 (12:57) | 8:06 (21:03) |
| | 2:04 (23:07) | 4:38 (27:45) | 1:42 (29:27) | 4:47 (34:14) | 3:11 (37:25) | 2:56 (40:21) |
| | 4:46 (45:07) | 3:04 (48:11) | 1:11 (49:22) | 0:52 (50:14) | 3:12 (53:26) | 0:25 (53:51) |
| | 0:29 (54:20) | | | | | |
| 4. | Laura Holm Nielsen | Horsens OK | 1:06:11 | +13:54 | | |
| | 1:10 (1:10) | 1:44 (2:54) | 3:53 (6:47) | 1:59 (8:46) | 6:30 (15:16) | 7:53 (23:09) |
| | 1:32 (24:41) | 4:39 (29:20) | 2:17 (31:37) | 3:22 (34:59) | 4:21 (39:20) | 3:41 (43:01) |
| | 10:56 (53:57) | 4:22 (58:19) | 2:03 (1:00:22) | 1:30 (1:01:52) | 2:49 (1:04:41) | 0:43 (1:05:24) |
| | 0:47 (1:06:11) | | | | | |
| 5. | Signe Thormann Vesterdal | FIF Hillerød | 1:11:37 | +19:20 | | |
| | 1:32 (1:32) | 1:58 (3:30) | 3:34 (7:04) | 1:59 (9:03) | 10:01 (19:04) | 8:05 (27:09) |
| | 1:57 (29:06) | 5:59 (35:05) | 3:03 (38:08) | 4:26 (42:34) | 3:05 (45:39) | 2:28 (48:07) |
| | 4:43 (52:50) | 4:06 (56:56) | 2:13 (59:09) | 1:26 (1:00:35) | 10:01 (1:10:36) | 0:30 (1:11:06) |
| | 0:31 (1:11:37) | | | | | |
| 6. | Sigrid Visti Hemmingsen | FIF Hillerød | 1:27:53 | +35:36 | | |
| | 1:49 (1:49) | 2:09 (3:58) | 5:52 (9:50) | 2:11 (12:01) | 17:06 (29:07) | 12:01 (41:08) |
| | 1:52 (43:00) | 4:05 (47:05) | 2:41 (49:46) | 4:06 (53:52) | 3:42 (57:34) | 4:48 (1:02:22) |
| | 10:30 (1:12:52) | 5:17 (1:18:09) | 2:34 (1:20:43) | 1:45 (1:22:28) | 3:45 (1:26:13) | 1:10 (1:27:23) |
| | 0:30 (1:27:53) | | | | | |
| 7. | Inge Schou-Hansen | OK Pan | 1:30:08 | +37:51 | | |
| | 1:12 (1:12) | 2:46 (3:58) | 5:50 (9:48) | 3:03 (12:51) | 6:28 (19:19) | 14:02 (33:21) |
| | 2:59 (36:20) | 5:31 (41:51) | 2:46 (44:37) | 10:17 (54:54) | 4:37 (59:31) | 3:46 (1:03:17) |
| | 7:36 (1:10:53) | 5:37 (1:16:30) | 3:18 (1:19:48) | 1:47 (1:21:35) | 6:48 (1:28:23) | 1:01 (1:29:24) |
| | 0:44 (1:30:08) | | | | | |
| 8. | Lea Lyders Gade | OK Snab | 1:33:46 | +41:29 | | |
| | 1:15 (1:15) | 2:01 (3:16) | 3:28 (6:44) | 2:23 (9:07) | 7:29 (16:36) | 7:42 (24:18) |
| | 1:44 (26:02) | 5:31 (31:33) | 19:26 (50:59) | 2:47 (53:46) | 3:31 (57:17) | 4:04 (1:01:21) |
| | 14:13 (1:15:34) | 3:56 (1:19:30) | 8:07 (1:27:37) | 0:59 (1:28:36) | 3:57 (1:32:33) | 0:36 (1:33:09) |
| | 0:37 (1:33:46) | | | | | |

D21

| | | (16 / 16) | Tid | Efter | | |
|----|--------------------------|----------------|----------------|----------------|----------------|--------------|
| 1. | Anne Konring Larsen | FIF Hillerød | 51:35 | | | |
| | 1:53 (1:53) | 0:51 (2:44) | 2:45 (5:29) | 1:55 (7:24) | 2:28 (9:52) | 1:28 (11:20) |
| | 4:05 (15:25) | 0:32 (15:57) | 2:46 (18:43) | 9:00 (27:43) | 2:44 (30:27) | 2:50 (33:17) |
| | 2:39 (35:56) | 2:19 (38:15) | 1:27 (39:42) | 0:41 (40:23) | 2:12 (42:35) | 1:13 (43:48) |
| | 1:30 (45:18) | 3:20 (48:38) | 1:25 (50:03) | 1:04 (51:07) | 0:28 (51:35) | |
| 2. | Camilla Bevensee | OK Pan | 54:58 | +3:23 | | |
| | 1:49 (1:49) | 0:43 (2:32) | 2:36 (5:08) | 1:34 (6:42) | 2:32 (9:14) | 1:32 (10:46) |
| | 3:31 (14:17) | 0:34 (14:51) | 3:56 (18:47) | 9:39 (28:26) | 3:51 (32:17) | 2:59 (35:16) |
| | 2:55 (38:11) | 2:12 (40:23) | 1:29 (41:52) | 0:50 (42:42) | 2:18 (45:00) | 1:19 (46:19) |
| | 1:40 (47:59) | 4:30 (52:29) | 1:04 (53:33) | 0:59 (54:32) | 0:26 (54:58) | |
| 3. | Caroline Finderup | OK Pan | 1:02:12 | +10:37 | | |
| | 5:52 (5:52) | 0:46 (6:38) | 3:00 (9:38) | 1:46 (11:24) | 2:31 (13:55) | 2:08 (16:03) |
| | 3:45 (19:48) | 0:32 (20:20) | 3:14 (23:34) | 9:17 (32:51) | 4:42 (37:33) | 2:51 (40:24) |
| | 2:55 (43:19) | 2:25 (45:44) | 1:58 (47:42) | 0:44 (48:26) | 2:39 (51:05) | 1:28 (52:33) |
| | 1:38 (54:11) | 5:40 (59:51) | 0:57 (1:00:48) | 0:59 (1:01:47) | 0:25 (1:02:12) | |
| 4. | Lærke Lundedal Jensen | FIF Hillerød | 1:04:38 | +13:03 | | |
| | 1:53 (1:53) | 0:44 (2:37) | 2:48 (5:25) | 2:05 (7:30) | 2:31 (10:01) | 2:44 (12:45) |
| | 4:38 (17:23) | 0:36 (17:59) | 3:06 (21:05) | 11:22 (32:27) | 3:46 (36:13) | 3:06 (39:19) |
| | 3:10 (42:29) | 2:41 (45:10) | 4:28 (49:38) | 0:53 (50:31) | 2:55 (53:26) | 1:30 (54:56) |
| | 1:37 (56:33) | 4:40 (1:01:13) | 1:44 (1:02:57) | 1:12 (1:04:09) | 0:29 (1:04:38) | |
| 5. | Alberte Karoline Thyssen | Horsens OK | 1:08:49 | +17:14 | | |
| | 2:11 (2:11) | 0:54 (3:05) | 3:19 (6:24) | 1:56 (8:20) | 2:50 (11:10) | 4:55 (16:05) |
| | 4:47 (20:52) | 0:37 (21:29) | 4:24 (25:53) | 10:55 (36:48) | 3:55 (40:43) | 3:22 (44:05) |
| | 4:08 (48:13) | 3:13 (51:26) | 1:42 (53:08) | 0:49 (53:57) | 3:02 (56:59) | 1:33 (58:32) |
| | 1:45 (1:00:17) | 5:24 (1:05:41) | 1:16 (1:06:57) | 1:22 (1:08:19) | 0:30 (1:08:49) | |

| | | | | | | |
|-----|-----------------------------------|----------------|---------------------|-----------------------|-----------------|-----------------|
| 6. | Amanda Isaksen | | OK Snab | 1:10:39 +19:04 | | |
| | 1:59 (1:59) | 0:59 (2:58) | 3:00 (5:58) | 2:24 (8:22) | 3:22 (11:44) | 1:47 (13:31) |
| | 5:09 (18:40) | 0:41 (19:21) | 4:05 (23:26) | 12:47 (36:13) | 4:04 (40:17) | 4:10 (44:27) |
| | 3:51 (48:18) | 2:46 (51:04) | 1:53 (52:57) | 1:08 (54:05) | 2:47 (56:52) | 1:36 (58:28) |
| | 2:30 (1:00:58) | 5:36 (1:06:34) | 2:01 (1:08:35) | 1:31 (1:10:06) | 0:33 (1:10:39) | |
| 7. | Maja Mærkedahl Lilleør | | Søllerød OK | 1:10:46 +19:11 | | |
| | 2:11 (2:11) | 1:15 (3:26) | 4:12 (7:38) | 2:50 (10:28) | 3:25 (13:53) | 2:54 (16:47) |
| | 5:09 (21:56) | 0:39 (22:35) | 4:28 (27:03) | 10:26 (37:29) | 5:05 (42:34) | 4:06 (46:40) |
| | 3:44 (50:24) | 2:50 (53:14) | 1:56 (55:10) | 0:58 (56:08) | 2:49 (58:57) | 1:37 (1:00:34) |
| | 2:21 (1:02:55) | 4:59 (1:07:54) | 1:15 (1:09:09) | 1:08 (1:10:17) | 0:29 (1:10:46) | |
| 8. | Sofie Secher Thomsen | | OK Pan | 1:11:17 +19:42 | | |
| | 2:02 (2:02) | 1:07 (3:09) | 3:24 (6:33) | 2:09 (8:42) | 3:14 (11:56) | 1:54 (13:50) |
| | 4:39 (18:29) | 0:42 (19:11) | 4:14 (23:25) | 12:41 (36:06) | 4:27 (40:33) | 5:59 (46:32) |
| | 3:32 (50:04) | 3:05 (53:09) | 1:52 (55:01) | 1:03 (56:04) | 2:53 (58:57) | 1:45 (1:00:42) |
| | 1:46 (1:02:28) | 5:32 (1:08:00) | 1:19 (1:09:19) | 1:28 (1:10:47) | 0:30 (1:11:17) | |
| 9. | Rebeka Vincze | | Horsens OK | 1:12:29 +20:54 | | |
| | 1:50 (1:50) | 0:54 (2:44) | 3:13 (5:57) | 2:18 (8:15) | 2:55 (11:10) | 3:38 (14:48) |
| | 4:16 (19:04) | 0:39 (19:43) | 6:09 (25:52) | 10:16 (36:08) | 6:55 (43:03) | 2:57 (46:00) |
| | 3:19 (49:19) | 4:27 (53:46) | 1:49 (55:35) | 1:45 (57:20) | 2:52 (1:00:12) | 1:28 (1:01:40) |
| | 1:41 (1:03:21) | 6:09 (1:09:30) | 1:23 (1:10:53) | 1:10 (1:12:03) | 0:26 (1:12:29) | |
| 10. | Kathrine Dyrsting Sandvang | | FIF Hillerød | 1:23:01 +31:26 | | |
| | 1:54 (1:54) | 1:01 (2:55) | 3:29 (6:24) | 3:23 (9:47) | 3:30 (13:17) | 2:52 (16:09) |
| | 5:23 (21:32) | 0:38 (22:10) | 4:42 (26:52) | 13:46 (40:38) | 5:28 (46:06) | 4:53 (50:59) |
| | 5:32 (56:31) | 4:02 (1:00:33) | 2:25 (1:02:58) | 1:03 (1:04:01) | 3:34 (1:07:35) | 1:48 (1:09:23) |
| | 3:44 (1:13:07) | 6:34 (1:19:41) | 1:29 (1:21:10) | 1:20 (1:22:30) | 0:31 (1:23:01) | |
| 11. | Fiona Becker | | Søllerød OK | 1:31:55 +40:20 | | |
| | 2:12 (2:12) | 1:03 (3:15) | 3:56 (7:11) | 3:49 (11:00) | 4:09 (15:09) | 2:48 (17:57) |
| | 5:33 (23:30) | 0:37 (24:07) | 4:37 (28:44) | 18:24 (47:08) | 10:13 (57:21) | 4:30 (1:01:51) |
| | 4:24 (1:06:15) | 3:07 (1:09:22) | 2:20 (1:11:42) | 1:13 (1:12:55) | 3:29 (1:16:24) | 1:49 (1:18:13) |
| | 2:26 (1:20:39) | 6:02 (1:26:41) | 3:26 (1:30:07) | 1:23 (1:31:30) | 0:25 (1:31:55) | |
| 12. | Naja Knudsen | | OK Snab | 1:32:12 +40:37 | | |
| | 3:15 (3:15) | 1:07 (4:22) | 3:41 (8:03) | 5:09 (13:12) | 3:57 (17:09) | 4:44 (21:53) |
| | 5:46 (27:39) | 0:39 (28:18) | 5:26 (33:44) | 12:05 (45:49) | 5:53 (51:42) | 9:22 (1:01:04) |
| | 4:43 (1:05:47) | 3:21 (1:09:08) | 2:36 (1:11:44) | 2:18 (1:14:02) | 3:29 (1:17:31) | 1:35 (1:19:06) |
| | 3:32 (1:22:38) | 6:07 (1:28:45) | 1:33 (1:30:18) | 1:23 (1:31:41) | 0:31 (1:32:12) | |
| 13. | Kirsten Møller | | Søllerød OK | 1:40:03 +48:28 | | |
| | 3:09 (3:09) | 1:08 (4:17) | 5:09 (9:26) | 4:15 (13:41) | 5:08 (18:49) | 2:23 (21:12) |
| | 5:49 (27:01) | 0:48 (27:49) | 8:36 (36:25) | 15:37 (52:02) | 6:01 (58:03) | 5:52 (1:03:55) |
| | 5:15 (1:09:10) | 4:06 (1:13:16) | 2:37 (1:15:53) | 1:41 (1:17:34) | 4:55 (1:22:29) | 2:29 (1:24:58) |
| | 2:44 (1:27:42) | 8:11 (1:35:53) | 1:50 (1:37:43) | 1:39 (1:39:22) | 0:41 (1:40:03) | |
| 14. | Anne Skovbaek | | Søllerød OK | 1:58:16 +66:41 | | |
| | 4:22 (4:22) | 1:19 (5:41) | 4:55 (10:36) | 3:44 (14:20) | 11:13 (25:33) | 3:36 (29:09) |
| | 6:13 (35:22) | 0:50 (36:12) | 4:55 (41:07) | 18:10 (59:17) | 15:21 (1:14:38) | 10:03 (1:24:41) |
| | 5:46 (1:30:27) | 3:02 (1:33:29) | 3:11 (1:36:40) | 2:30 (1:39:10) | 3:46 (1:42:56) | 1:55 (1:44:51) |
| | 2:29 (1:47:20) | 6:42 (1:54:02) | 1:47 (1:55:49) | 1:44 (1:57:33) | 0:43 (1:58:16) | |
| | Astrid Ank Jørgensen | | Horsens OK | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Nevena Simeonova | | FIF Hillerød | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

D21B

| | | | | Tid | Efter | |
|----|--------------------------------------|----------------|---------------------|-----------------------|----------------|----------------|
| 1. | Rikke Nygaard Monrad | | FIF Hillerød | 36:59 | | |
| | 1:08 (1:08) | 1:18 (2:26) | 2:19 (4:45) | 1:22 (6:07) | 3:48 (9:55) | 4:50 (14:45) |
| | 1:02 (15:47) | 2:41 (18:28) | 1:42 (20:10) | 1:50 (22:00) | 2:29 (24:29) | 2:03 (26:32) |
| | 3:22 (29:54) | 2:26 (32:20) | 1:08 (33:28) | 0:50 (34:18) | 1:40 (35:58) | 0:28 (36:26) |
| | 0:33 (36:59) | | | | | |
| 2. | Kathrine Emilie Amby | | OK Pan | 51:32 +14:33 | | |
| | 0:57 (0:57) | 2:46 (3:43) | 2:34 (6:17) | 2:01 (8:18) | 4:58 (13:16) | 10:49 (24:05) |
| | 1:00 (25:05) | 3:40 (28:45) | 1:46 (30:31) | 2:28 (32:59) | 2:40 (35:39) | 2:34 (38:13) |
| | 3:48 (42:01) | 2:59 (45:00) | 2:35 (47:35) | 0:49 (48:24) | 2:06 (50:30) | 0:30 (51:00) |
| | 0:32 (51:32) | | | | | |
| 3. | Julie Ingvarsdn | | FIF Hillerød | 59:39 +22:40 | | |
| | 1:04 (1:04) | 1:55 (2:59) | 4:17 (7:16) | 3:10 (10:26) | 5:46 (16:12) | 8:34 (24:46) |
| | 1:18 (26:04) | 3:55 (29:59) | 2:44 (32:43) | 3:26 (36:09) | 4:05 (40:14) | 2:40 (42:54) |
| | 6:05 (48:59) | 3:36 (52:35) | 1:49 (54:24) | 1:01 (55:25) | 2:54 (58:19) | 0:44 (59:03) |
| | 0:36 (59:39) | | | | | |
| 4. | Caroline Andreasen | | OK Pan | 1:09:08 +32:09 | | |
| | 1:03 (1:03) | 2:01 (3:04) | 2:55 (5:59) | 1:57 (7:56) | 7:50 (15:46) | 7:41 (23:27) |
| | 1:20 (24:47) | 6:45 (31:32) | 2:02 (33:34) | 3:49 (37:23) | 3:22 (40:45) | 10:32 (51:17) |
| | 5:34 (56:51) | 4:01 (1:00:52) | 4:02 (1:04:54) | 1:01 (1:05:55) | 2:14 (1:08:09) | 0:30 (1:08:39) |
| | 0:29 (1:09:08) | | | | | |
| 5. | Bettina Toft Møller Mikkelsen | | Horsens OK | 1:14:13 +37:14 | | |
| | 1:42 (1:42) | 2:06 (3:48) | 4:29 (8:17) | 3:10 (11:27) | 5:29 (16:56) | 8:17 (25:13) |
| | 1:26 (26:39) | 5:26 (32:05) | 7:12 (39:17) | 4:22 (43:39) | 3:41 (47:20) | 3:03 (50:23) |
| | 12:59 (1:03:22) | 3:45 (1:07:07) | 2:22 (1:09:29) | 1:01 (1:10:30) | 2:32 (1:13:02) | 0:36 (1:13:38) |
| | 0:35 (1:14:13) | | | | | |

| | | | | | | |
|-----|-------------------------|----------------|----------------|-----------------|----------------|----------------|
| 6. | Trine Næstoft | Søllerød OK | 1:20:09 | +43:10 | | |
| | 1:32 (1:32) | 4:46 (6:18) | 5:02 (11:20) | 2:52 (14:12) | 8:34 (22:46) | 9:44 (32:30) |
| | 6:15 (38:45) | 4:58 (43:43) | 2:49 (46:32) | 4:28 (51:00) | 4:38 (55:38) | 3:48 (59:26) |
| | 7:15 (1:06:41) | 4:29 (1:11:10) | 2:08 (1:13:18) | 1:38 (1:14:56) | 3:45 (1:18:41) | 0:45 (1:19:26) |
| | 0:43 (1:20:09) | | | | | |
| 7. | Camilla Orry Bachhausen | FIF Hillerød | 1:20:40 | +43:41 | | |
| | 1:55 (1:55) | 2:44 (4:39) | 5:17 (9:56) | 2:28 (12:24) | 6:28 (18:52) | 12:12 (31:04) |
| | 1:54 (32:58) | 7:55 (40:53) | 2:39 (43:32) | 4:44 (48:16) | 5:40 (53:56) | 4:12 (58:08) |
| | 7:08 (1:05:16) | 4:46 (1:10:02) | 2:05 (1:12:07) | 1:25 (1:13:32) | 5:17 (1:18:49) | 0:59 (1:19:48) |
| | 0:52 (1:20:40) | | | | | |
| 8. | Signe Foverskov | Søllerød OK | 1:22:59 | +46:00 | | |
| | 1:49 (1:49) | 2:46 (4:35) | 4:12 (8:47) | 2:59 (11:46) | 7:41 (19:27) | 14:25 (33:52) |
| | 2:00 (35:52) | 6:06 (41:58) | 2:48 (44:46) | 4:12 (48:58) | 5:54 (54:52) | 4:39 (59:31) |
| | 6:59 (1:06:30) | 5:59 (1:12:29) | 2:35 (1:15:04) | 1:31 (1:16:35) | 4:36 (1:21:11) | 0:53 (1:22:04) |
| | 0:55 (1:22:59) | | | | | |
| 9. | Katrine Jakobsen | OK Snab | 1:23:01 | +46:02 | | |
| | 1:43 (1:43) | 3:17 (5:00) | 3:52 (8:52) | 3:37 (12:29) | 6:20 (18:49) | 11:48 (30:37) |
| | 2:35 (33:12) | 5:42 (38:54) | 2:48 (41:42) | 4:41 (46:23) | 4:21 (50:44) | 3:20 (54:04) |
| | 7:59 (1:02:03) | 6:53 (1:08:56) | 4:15 (1:13:11) | 1:35 (1:14:46) | 6:56 (1:21:42) | 0:44 (1:22:26) |
| | 0:35 (1:23:01) | | | | | |
| 10. | Ida Hedver Thesbjerg | Horsens OK | 1:26:11 | +49:12 | | |
| | 1:19 (1:19) | 2:32 (3:51) | 4:08 (7:59) | 16:26 (24:25) | 6:17 (30:42) | 9:08 (39:50) |
| | 1:44 (41:34) | 5:25 (46:59) | 2:48 (49:47) | 5:35 (55:22) | 5:53 (1:01:15) | 3:57 (1:05:12) |
| | 7:05 (1:12:17) | 5:04 (1:17:21) | 2:10 (1:19:31) | 1:31 (1:21:02) | 3:28 (1:24:30) | 0:58 (1:25:28) |
| | 0:43 (1:26:11) | | | | | |
| 11. | Anja Toft Mikkelsen | Søllerød OK | 1:27:34 | +50:35 | | |
| | 1:31 (1:31) | 2:33 (4:04) | 5:52 (9:56) | 3:43 (13:39) | 7:33 (21:12) | 14:44 (35:56) |
| | 2:27 (38:23) | 5:25 (43:48) | 2:33 (46:21) | 3:49 (50:10) | 5:06 (55:16) | 3:25 (58:41) |
| | 11:56 (1:10:37) | 4:37 (1:15:14) | 5:52 (1:21:06) | 1:30 (1:22:36) | 3:31 (1:26:07) | 0:50 (1:26:57) |
| | 0:37 (1:27:34) | | | | | |
| 12. | Pia Nilsson | Kolding OK | 1:31:02 | +54:03 | | |
| | 2:12 (2:12) | 2:42 (4:54) | 4:07 (9:01) | 12:29 (21:30) | 8:01 (29:31) | 13:40 (43:11) |
| | 3:53 (47:04) | 5:19 (52:23) | 3:32 (55:55) | 4:06 (1:00:01) | 4:19 (1:04:20) | 3:32 (1:07:52) |
| | 8:41 (1:16:33) | 4:55 (1:21:28) | 2:21 (1:23:49) | 1:35 (1:25:24) | 4:21 (1:29:45) | 0:38 (1:30:23) |
| | 0:39 (1:31:02) | | | | | |
| 13. | Synnøve Røysland | Søllerød OK | 1:35:35 | +58:36 | | |
| | 2:17 (2:17) | 4:27 (6:44) | 4:29 (11:13) | 3:19 (14:32) | 36:55 (51:27) | 7:03 (58:30) |
| | 1:23 (59:53) | 3:48 (1:03:41) | 1:47 (1:05:28) | 3:42 (1:09:10) | 4:06 (1:13:16) | 4:31 (1:17:47) |
| | 6:42 (1:24:29) | 3:28 (1:27:57) | 1:53 (1:29:50) | 1:00 (1:30:50) | 3:25 (1:34:15) | 0:45 (1:35:00) |
| | 0:35 (1:35:35) | | | | | |
| 14. | Agnes Navtoft | Søllerød OK | 1:42:25 | +65:26 | | |
| | 2:03 (2:03) | 3:36 (5:39) | 4:55 (10:34) | 2:57 (13:31) | 7:04 (20:35) | 9:22 (29:57) |
| | 18:30 (48:27) | 6:15 (54:42) | 2:27 (57:09) | 10:19 (1:07:28) | 3:45 (1:11:13) | 3:08 (1:14:21) |
| | 11:38 (1:25:59) | 6:57 (1:32:56) | 2:17 (1:35:13) | 1:10 (1:36:23) | 4:01 (1:40:24) | 1:22 (1:41:46) |
| | 0:39 (1:42:25) | | | | | |
| 15. | Annette Kjeldsen | Horsens OK | 1:47:49 | +70:50 | | |
| | 1:27 (1:27) | 3:49 (5:16) | 9:24 (14:40) | 2:47 (17:27) | 11:57 (29:24) | 22:08 (51:32) |
| | 1:20 (52:52) | 5:37 (58:29) | 9:52 (1:08:21) | 6:35 (1:14:56) | 4:23 (1:19:19) | 3:02 (1:22:21) |
| | 11:00 (1:33:21) | 4:27 (1:37:48) | 2:55 (1:40:43) | 1:35 (1:42:18) | 3:48 (1:46:06) | 1:07 (1:47:13) |
| | 0:36 (1:47:49) | | | | | |
| 16. | Pia Bjerg Petersen | Søllerød OK | 2:10:14 | +93:15 | | |
| | 1:06:23 (1:06:23) | 1:54 (1:08:17) | 4:35 (1:12:52) | 2:39 (1:15:31) | 9:14 (1:24:45) | 8:31 (1:33:16) |
| | 2:17 (1:35:33) | 4:37 (1:40:10) | 2:27 (1:42:37) | 3:11 (1:45:48) | 4:23 (1:50:11) | 4:16 (1:54:27) |
| | 5:43 (2:00:10) | 3:36 (2:03:46) | 1:27 (2:05:13) | 1:07 (2:06:20) | 2:46 (2:09:06) | 0:38 (2:09:44) |
| | 0:30 (2:10:14) | | | | | |

| D40 | | (18 / 18) | Tid | Efter | | |
|------------|--------------------------|------------------|--------------|--------------|--------------|--------------|
| 1. | Stinne Skammelsen | OK Pan | 44:34 | | | |
| | 1:25 (1:25) | 1:32 (2:57) | 2:14 (5:11) | 3:55 (9:06) | 2:55 (12:01) | 1:17 (13:18) |
| | 6:55 (20:13) | 1:47 (22:00) | 4:48 (26:48) | 5:23 (32:11) | 2:01 (34:12) | 1:10 (35:22) |
| | 6:38 (42:00) | 1:04 (43:04) | 1:00 (44:04) | 0:30 (44:34) | | |
| 2. | Line Brun Stallknecht | FIF Hillerød | 46:16 | +1:42 | | |
| | 2:18 (2:18) | 1:27 (3:45) | 2:43 (6:28) | 3:51 (10:19) | 2:45 (13:04) | 1:08 (14:12) |
| | 6:01 (20:13) | 2:11 (22:24) | 5:17 (27:41) | 5:12 (32:53) | 2:08 (35:01) | 1:51 (36:52) |
| | 7:01 (43:53) | 0:54 (44:47) | 0:57 (45:44) | 0:32 (46:16) | | |
| 3. | Marianne Lynge Krogh | Kolding OK | 46:26 | +1:52 | | |
| | 1:31 (1:31) | 1:43 (3:14) | 2:23 (5:37) | 4:15 (9:52) | 3:06 (12:58) | 1:08 (14:06) |
| | 6:43 (20:49) | 1:45 (22:34) | 5:18 (27:52) | 5:34 (33:26) | 2:15 (35:41) | 1:20 (37:01) |
| | 6:52 (43:53) | 1:02 (44:55) | 1:03 (45:58) | 0:28 (46:26) | | |
| 4. | Maria M. Høyer Staugaard | FIF Hillerød | 52:33 | +7:59 | | |
| | 1:23 (1:23) | 1:25 (2:48) | 2:17 (5:05) | 3:41 (8:46) | 3:26 (12:12) | 4:42 (16:54) |
| | 4:57 (21:51) | 4:55 (26:46) | 5:42 (32:28) | 5:19 (37:47) | 3:44 (41:31) | 1:19 (42:50) |
| | 7:16 (50:06) | 1:07 (51:13) | 0:53 (52:06) | 0:27 (52:33) | | |
| 5. | Irene K. Mikkelsen | Horsens OK | 53:56 | +9:22 | | |
| | 1:41 (1:41) | 1:38 (3:19) | 2:56 (6:15) | 4:38 (10:53) | 4:35 (15:28) | 1:43 (17:11) |
| | 7:02 (24:13) | 3:30 (27:43) | 6:06 (33:49) | 5:42 (39:31) | 2:37 (42:08) | 1:21 (43:29) |
| | 7:57 (51:26) | 0:58 (52:24) | 1:06 (53:30) | 0:26 (53:56) | | |
| 6. | Dorthe Skovlyst | FIF Hillerød | 59:30 | +14:56 | | |

| | | | | | | |
|-------------|-----------------------------------|----------------|---------------------|-----------------------|-----------------|----------------|
| | 4:37 (4:37) | 8:36 (13:13) | 2:25 (15:38) | 4:36 (20:14) | 3:14 (23:28) | 1:10 (24:38) |
| | 6:12 (30:50) | 4:08 (34:58) | 4:57 (39:55) | 5:54 (45:49) | 2:13 (48:02) | 1:23 (49:25) |
| | 7:32 (56:57) | 0:52 (57:49) | 1:08 (58:57) | 0:33 (59:30) | | |
| 7. | Mette Monique Pilemand | | Søllerød OK | 1:07:54 +23:20 | | |
| | 1:52 (1:52) | 2:15 (4:07) | 3:12 (7:19) | 7:28 (14:47) | 3:50 (18:37) | 2:08 (20:45) |
| | 14:08 (34:53) | 1:54 (36:47) | 6:43 (43:30) | 6:50 (50:20) | 3:04 (53:24) | 1:58 (55:22) |
| | 9:35 (1:04:57) | 1:10 (1:06:07) | 1:12 (1:07:19) | 0:35 (1:07:54) | | |
| 8. | Anne David Koue | | Søllerød OK | 1:08:36 +24:02 | | |
| | 1:50 (1:50) | 2:19 (4:09) | 2:55 (7:04) | 11:29 (18:33) | 3:43 (22:16) | 1:30 (23:46) |
| | 7:19 (31:05) | 2:03 (33:08) | 7:24 (40:32) | 8:20 (48:52) | 3:48 (52:40) | 3:54 (56:34) |
| | 9:09 (1:05:43) | 1:10 (1:06:53) | 1:07 (1:08:00) | 0:36 (1:08:36) | | |
| 9. | Aline Harmand | | Søllerød OK | 1:09:30 +24:56 | | |
| | 2:07 (2:07) | 2:11 (4:18) | 2:56 (7:14) | 5:46 (13:00) | 5:10 (18:10) | 1:57 (20:07) |
| | 8:55 (29:02) | 1:40 (30:42) | 6:56 (37:38) | 10:02 (47:40) | 6:25 (54:05) | 2:16 (56:21) |
| | 9:45 (1:06:06) | 1:08 (1:07:14) | 1:49 (1:09:03) | 0:27 (1:09:30) | | |
| 10. | Lotta Lütthje | | Søllerød OK | 1:14:09 +29:35 | | |
| | 1:59 (1:59) | 2:31 (4:30) | 3:56 (8:26) | 9:33 (17:59) | 5:06 (23:05) | 2:51 (25:56) |
| | 9:40 (35:36) | 2:14 (37:50) | 9:46 (47:36) | 7:15 (54:51) | 3:44 (58:35) | 1:45 (1:00:20) |
| | 9:34 (1:09:54) | 2:18 (1:12:12) | 1:18 (1:13:30) | 0:39 (1:14:09) | | |
| 11. | Camilla Dalgaard | | Kolding OK | 1:17:53 +33:19 | | |
| | 4:06 (4:06) | 2:30 (6:36) | 4:15 (10:51) | 6:59 (17:50) | 6:01 (23:51) | 3:12 (27:03) |
| | 9:44 (36:47) | 2:55 (39:42) | 8:38 (48:20) | 9:40 (58:00) | 3:19 (1:01:19) | 2:21 (1:03:40) |
| | 10:38 (1:14:18) | 1:27 (1:15:45) | 1:25 (1:17:10) | 0:43 (1:17:53) | | |
| 12. | Lola Rimmer Eskildsen | | OK Snab | 1:21:02 +36:28 | | |
| | 2:12 (2:12) | 2:10 (4:22) | 3:25 (7:47) | 10:00 (17:47) | 5:07 (22:54) | 3:25 (26:19) |
| | 7:43 (34:02) | 2:51 (36:53) | 10:35 (47:28) | 12:13 (59:41) | 4:46 (1:04:27) | 2:27 (1:06:54) |
| | 10:56 (1:17:50) | 1:18 (1:19:08) | 1:17 (1:20:25) | 0:37 (1:21:02) | | |
| 13. | Irene Gammeljord | | OK Snab | 1:21:20 +36:46 | | |
| | 1:43 (1:43) | 2:37 (4:20) | 2:36 (6:56) | 5:57 (12:53) | 2:59 (15:52) | 2:08 (18:00) |
| | 7:40 (25:40) | 2:51 (28:31) | 25:09 (53:40) | 5:56 (59:36) | 2:52 (1:02:28) | 1:26 (1:03:54) |
| | 9:01 (1:12:55) | 6:49 (1:19:44) | 0:59 (1:20:43) | 0:37 (1:21:20) | | |
| 14. | Karen Sieg | | Horsens OK | 1:25:54 +41:20 | | |
| | 2:58 (2:58) | 2:15 (5:13) | 3:10 (8:23) | 10:03 (18:26) | 4:34 (23:00) | 2:05 (25:05) |
| | 10:45 (35:50) | 2:35 (38:25) | 10:51 (49:16) | 9:29 (58:45) | 3:27 (1:02:12) | 2:20 (1:04:32) |
| | 16:37 (1:21:09) | 2:54 (1:24:03) | 1:20 (1:25:23) | 0:31 (1:25:54) | | |
| 15. | Andrea Höhnke | | Horsens OK | 1:34:24 +49:50 | | |
| | 2:49 (2:49) | 3:23 (6:12) | 3:58 (10:10) | 7:53 (18:03) | 7:00 (25:03) | 2:03 (27:06) |
| | 18:11 (45:17) | 2:16 (47:33) | 10:59 (58:32) | 8:48 (1:07:20) | 7:08 (1:14:28) | 4:06 (1:18:34) |
| | 11:53 (1:30:27) | 1:57 (1:32:24) | 1:25 (1:33:49) | 0:35 (1:34:24) | | |
| 16. | Mette Bæk Christiansen | | Søllerød OK | 1:36:51 +52:17 | | |
| | 1:57 (1:57) | 3:04 (5:01) | 4:38 (9:39) | 6:24 (16:03) | 5:46 (21:49) | 2:24 (24:13) |
| | 10:28 (34:41) | 2:33 (37:14) | 17:16 (54:30) | 8:18 (1:02:48) | 10:40 (1:13:28) | 3:24 (1:16:52) |
| | 13:59 (1:30:51) | 3:23 (1:34:14) | 1:58 (1:36:12) | 0:39 (1:36:51) | | |
| | Rie Stenhøj Baun McGrail | | OK Pan | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Ulrika Örnhausen Jørgensen | | OK Snab | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| D45B | | | (21 / 21) | Tid Efter | | |
| 1. | Bente Kjær Hemmingsen | | FIF Hillerød | 56:16 | | |
| | 1:01 (1:01) | 2:10 (3:11) | 3:37 (6:48) | 2:25 (9:13) | 9:46 (18:59) | 6:46 (25:45) |
| | 1:25 (27:10) | 3:22 (30:32) | 1:42 (32:14) | 2:35 (34:49) | 3:02 (37:51) | 3:15 (41:06) |
| | 5:09 (46:15) | 3:28 (49:43) | 1:52 (51:35) | 1:05 (52:40) | 2:34 (55:14) | 0:33 (55:47) |
| | 0:29 (56:16) | | | | | |
| 2. | Dorthe Bloch Rosenvinge | | OK Snab | 57:18 +1:02 | | |
| | 1:02 (1:02) | 2:49 (3:51) | 3:28 (7:19) | 2:11 (9:30) | 6:03 (15:33) | 6:45 (22:18) |
| | 1:39 (23:57) | 3:18 (27:15) | 2:01 (29:16) | 4:54 (34:10) | 3:27 (37:37) | 3:55 (41:32) |
| | 6:45 (48:17) | 3:09 (51:26) | 1:32 (52:58) | 1:03 (54:01) | 2:06 (56:07) | 0:35 (56:42) |
| | 0:36 (57:18) | | | | | |
| 3. | Tine Alkjær | | FIF Hillerød | 57:35 +1:19 | | |
| | 1:18 (1:18) | 1:58 (3:16) | 3:05 (6:21) | 2:18 (8:39) | 7:05 (15:44) | 7:37 (23:21) |
| | 2:47 (26:08) | 3:53 (30:01) | 2:07 (32:08) | 2:46 (34:54) | 3:32 (38:26) | 3:16 (41:42) |
| | 5:06 (46:48) | 4:11 (50:59) | 1:34 (52:33) | 0:57 (53:30) | 2:59 (56:29) | 0:34 (57:03) |
| | 0:32 (57:35) | | | | | |
| 4. | Sine Reker Hadrup | | Søllerød OK | 1:02:06 +5:50 | | |
| | 1:53 (1:53) | 1:29 (3:22) | 6:36 (9:58) | 2:15 (12:13) | 5:32 (17:45) | 10:15 (28:00) |
| | 1:14 (29:14) | 5:06 (34:20) | 2:24 (36:44) | 2:12 (38:56) | 3:08 (42:04) | 2:53 (44:57) |
| | 5:32 (50:29) | 4:20 (54:49) | 3:11 (58:00) | 0:54 (58:54) | 2:05 (1:00:59) | 0:34 (1:01:33) |
| | 0:33 (1:02:06) | | | | | |
| 5. | Trine Kristensen | | OK Pan | 1:05:45 +9:29 | | |
| | 1:36 (1:36) | 3:03 (4:39) | 3:38 (8:17) | 2:39 (10:56) | 7:05 (18:01) | 9:08 (27:09) |
| | 1:41 (28:50) | 4:02 (32:52) | 2:16 (35:08) | 4:24 (39:32) | 3:38 (43:10) | 2:55 (46:05) |
| | 5:57 (52:02) | 6:52 (58:54) | 1:54 (1:00:48) | 0:57 (1:01:45) | 2:52 (1:04:37) | 0:28 (1:05:05) |
| | 0:40 (1:05:45) | | | | | |

| | | | | | | |
|-----|--------------------------|-----------------|----------------|-----------------|-----------------|-----------------|
| 6. | Jette Nygaard Jensen | Søllerød OK | 1:06:26 | +10:10 | | |
| | 1:51 (1:51) | 2:24 (4:15) | 3:18 (7:33) | 2:07 (9:40) | 4:32 (14:12) | 11:38 (25:50) |
| | 2:06 (27:56) | 3:52 (31:48) | 1:57 (33:45) | 6:17 (40:02) | 3:32 (43:34) | 2:13 (45:47) |
| | 6:13 (52:00) | 4:22 (56:22) | 3:12 (59:34) | 2:48 (1:02:22) | 3:05 (1:05:27) | 0:32 (1:05:59) |
| | 0:27 (1:06:26) | | | | | |
| 7. | Tove Hedegaard Jorgensen | OK Pan | 1:07:15 | +10:59 | | |
| | 1:12 (1:12) | 3:52 (5:04) | 3:52 (8:56) | 2:23 (11:19) | 5:17 (16:36) | 9:48 (26:24) |
| | 2:23 (28:47) | 3:58 (32:45) | 3:04 (35:49) | 3:11 (39:00) | 3:50 (42:50) | 2:56 (45:46) |
| | 5:32 (51:18) | 6:48 (58:06) | 2:01 (1:00:07) | 1:02 (1:01:09) | 4:54 (1:06:03) | 0:35 (1:06:38) |
| | 0:37 (1:07:15) | | | | | |
| 8. | Malene Kaysen Thomsen | OK Snab | 1:18:23 | +22:07 | | |
| | 1:25 (1:25) | 3:14 (4:39) | 5:34 (10:13) | 2:39 (12:52) | 5:16 (18:08) | 13:05 (31:13) |
| | 6:13 (37:26) | 4:27 (41:53) | 2:45 (44:38) | 3:52 (48:30) | 4:04 (52:34) | 4:13 (56:47) |
| | 6:36 (1:03:23) | 4:39 (1:08:02) | 2:32 (1:10:34) | 1:47 (1:12:21) | 4:23 (1:16:44) | 0:54 (1:17:38) |
| | 0:45 (1:18:23) | | | | | |
| 9. | Bettina Katy Andersen | Søllerød OK | 1:20:01 | +23:45 | | |
| | 1:36 (1:36) | 2:34 (4:10) | 4:23 (8:33) | 3:02 (11:35) | 8:43 (20:18) | 13:22 (33:40) |
| | 1:52 (35:32) | 5:15 (40:47) | 2:34 (43:21) | 4:02 (47:23) | 4:02 (51:25) | 4:35 (56:00) |
| | 11:42 (1:07:42) | 4:04 (1:11:46) | 2:14 (1:14:00) | 1:37 (1:15:37) | 3:09 (1:18:46) | 0:37 (1:19:23) |
| | 0:38 (1:20:01) | | | | | |
| 10. | Charlotte Wilsky | Horsens OK | 1:21:24 | +25:08 | | |
| | 1:15 (1:15) | 2:58 (4:13) | 4:06 (8:19) | 2:57 (11:16) | 15:11 (26:27) | 12:37 (39:04) |
| | 1:44 (40:48) | 6:23 (47:11) | 2:56 (50:07) | 4:37 (54:44) | 4:31 (59:15) | 3:07 (1:02:22) |
| | 6:05 (1:08:27) | 4:26 (1:12:53) | 1:54 (1:14:47) | 1:10 (1:15:57) | 4:00 (1:19:57) | 0:52 (1:20:49) |
| | 0:35 (1:21:24) | | | | | |
| 11. | Susanne Thrane | Søllerød OK | 1:21:29 | +25:13 | | |
| | 1:45 (1:45) | 3:11 (4:56) | 5:07 (10:03) | 2:59 (13:02) | 10:29 (23:31) | 13:49 (37:20) |
| | 2:15 (39:35) | 5:51 (45:26) | 2:20 (47:46) | 4:00 (51:46) | 3:44 (55:30) | 3:08 (58:38) |
| | 7:19 (1:05:57) | 4:43 (1:10:40) | 3:03 (1:13:43) | 1:33 (1:15:16) | 4:17 (1:19:33) | 1:12 (1:20:45) |
| | 0:44 (1:21:29) | | | | | |
| 12. | Britta Frederiksen | FIF Hillerød | 1:21:34 | +25:18 | | |
| | 1:19 (1:19) | 3:27 (4:46) | 3:41 (8:27) | 2:26 (10:53) | 6:13 (17:06) | 22:59 (40:05) |
| | 2:44 (42:49) | 5:00 (47:49) | 4:13 (52:02) | 3:33 (55:35) | 5:06 (1:00:41) | 3:28 (1:04:09) |
| | 5:18 (1:09:27) | 3:48 (1:13:15) | 2:23 (1:15:38) | 1:15 (1:16:53) | 3:28 (1:20:21) | 0:38 (1:20:59) |
| | 0:35 (1:21:34) | | | | | |
| 13. | Marianne Illum | Søllerød OK | 1:27:30 | +31:14 | | |
| | 1:20 (1:20) | 2:15 (3:35) | 3:31 (7:06) | 2:37 (9:43) | 6:01 (15:44) | 11:06 (26:50) |
| | 20:30 (47:20) | 6:03 (53:23) | 4:26 (57:49) | 3:11 (1:01:00) | 4:34 (1:05:34) | 4:07 (1:09:41) |
| | 5:59 (1:15:40) | 4:46 (1:20:26) | 1:42 (1:22:08) | 1:10 (1:23:18) | 2:45 (1:26:03) | 0:41 (1:26:44) |
| | 0:46 (1:27:30) | | | | | |
| 14. | Erna Germann | Horsens OK | 1:28:03 | +31:47 | | |
| | 1:42 (1:42) | 2:45 (4:27) | 4:53 (9:20) | 3:23 (12:43) | 6:59 (19:42) | 12:38 (32:20) |
| | 6:15 (38:35) | 7:18 (45:53) | 2:31 (48:24) | 4:39 (53:03) | 6:30 (59:33) | 3:49 (1:03:22) |
| | 7:58 (1:11:20) | 5:51 (1:17:11) | 2:35 (1:19:46) | 1:26 (1:21:12) | 5:22 (1:26:34) | 0:51 (1:27:25) |
| | 0:38 (1:28:03) | | | | | |
| 15. | Katrine Ellemann Nielsen | Horsens OK | 1:30:31 | +34:15 | | |
| | 1:42 (1:42) | 3:04 (4:46) | 5:20 (10:06) | 3:00 (13:06) | 6:18 (19:24) | 12:26 (31:50) |
| | 2:15 (34:05) | 6:42 (40:47) | 2:42 (43:29) | 5:40 (49:09) | 4:15 (53:24) | 3:38 (57:02) |
| | 16:49 (1:13:51) | 7:46 (1:21:37) | 2:21 (1:23:58) | 1:34 (1:25:32) | 3:37 (1:29:09) | 0:46 (1:29:55) |
| | 0:36 (1:30:31) | | | | | |
| 16. | Lene Koch Foster | Kolding OK | 1:42:48 | +46:32 | | |
| | 2:20 (2:20) | 2:52 (5:12) | 13:27 (18:39) | 3:33 (22:12) | 7:44 (29:56) | 16:39 (46:35) |
| | 3:03 (49:38) | 6:57 (56:35) | 5:28 (1:02:03) | 4:19 (1:06:22) | 4:47 (1:11:09) | 5:32 (1:16:41) |
| | 11:59 (1:28:40) | 4:35 (1:33:15) | 2:35 (1:35:50) | 1:26 (1:37:16) | 3:44 (1:41:00) | 0:51 (1:41:51) |
| | 0:57 (1:42:48) | | | | | |
| 17. | Gitte Oscarsson | Søllerød OK | 1:46:40 | +50:24 | | |
| | 1:49 (1:49) | 2:50 (4:39) | 9:23 (14:02) | 3:28 (17:30) | 7:32 (25:02) | 19:39 (44:41) |
| | 7:16 (51:57) | 8:57 (1:00:54) | 4:53 (1:05:47) | 5:39 (1:11:26) | 6:30 (1:17:56) | 5:38 (1:23:34) |
| | 8:01 (1:31:35) | 5:24 (1:36:59) | 2:44 (1:39:43) | 1:47 (1:41:30) | 3:19 (1:44:49) | 1:05 (1:45:54) |
| | 0:46 (1:46:40) | | | | | |
| 18. | Linda Rotovnik | Søllerød OK | 1:50:35 | +54:19 | | |
| | 1:46 (1:46) | 3:26 (5:12) | 5:51 (11:03) | 3:29 (14:32) | 8:33 (23:05) | 10:29 (33:34) |
| | 4:09 (37:43) | 10:16 (47:59) | 11:09 (59:08) | 7:08 (1:06:16) | 4:32 (1:10:48) | 3:46 (1:14:34) |
| | 7:39 (1:22:13) | 5:23 (1:27:36) | 2:51 (1:30:27) | 1:25 (1:31:52) | 17:08 (1:49:00) | 0:49 (1:49:49) |
| | 0:46 (1:50:35) | | | | | |
| 19. | Lone Secher Andersen | OK Pan | 2:00:39 | +64:23 | | |
| | 4:39 (4:39) | 2:46 (7:25) | 5:42 (13:07) | 3:03 (16:10) | 19:04 (35:14) | 10:25 (45:39) |
| | 2:19 (47:58) | 11:59 (59:57) | 2:57 (1:02:54) | 11:06 (1:14:00) | 4:57 (1:18:57) | 3:36 (1:22:33) |
| | 7:48 (1:30:21) | 18:07 (1:48:28) | 3:11 (1:51:39) | 1:23 (1:53:02) | 5:49 (1:58:51) | 1:03 (1:59:54) |
| | 0:45 (2:00:39) | | | | | |
| | Mariann Kejser | OK Pan | Fejlkliip | | | |
| | 1:57 (1:57) | 3:38 (5:35) | 4:44 (10:19) | 2:42 (13:01) | 7:14 (20:15) | 11:27 (31:42) |
| | 2:06 (33:48) | 5:10 (38:58) | 2:46 (41:44) | 4:32 (46:16) | 4:05 (50:21) | 10:38 (1:00:59) |
| | – (–) | – (1:27:02) | 2:56 (1:29:58) | 1:04 (1:31:02) | 3:05 (1:34:07) | 0:44 (1:34:51) |
| | 0:47 (1:35:38) | | | | | |
| | Pia Paarup Krebs | Søllerød OK | Fejlkliip | | | |
| | 1:30 (1:30) | 2:26 (3:56) | 7:41 (11:37) | 7:57 (19:34) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (30:14) | 5:15 (35:29) | 12:23 (47:52) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (53:42) |
| | 1:01 (54:43) | | | | | |

| D50 | | (20 / 20) | | Tid | Efter | | |
|-----|-------------------------|----------------|----------------|----------------|----------------|-----------------|--|
| 1. | Rikke Holm | | Horsens OK | 44:50 | | | |
| | 1:22 (1:22) | 0:58 (2:20) | 2:05 (4:25) | 3:23 (7:48) | 2:11 (9:59) | 2:28 (12:27) | |
| | 1:26 (13:53) | 5:08 (19:01) | 4:23 (23:24) | 2:15 (25:39) | 1:58 (27:37) | 4:14 (31:51) | |
| | 2:22 (34:13) | 1:34 (35:47) | 1:18 (37:05) | 4:19 (41:24) | 2:53 (44:17) | 0:33 (44:50) | |
| 2. | Helene Nissen | | OK Snab | 49:09 | +4:19 | | |
| | 1:13 (1:13) | 0:59 (2:12) | 1:51 (4:03) | 3:30 (7:33) | 3:09 (10:42) | 3:53 (14:35) | |
| | 1:18 (15:53) | 6:37 (22:30) | 4:18 (26:48) | 2:23 (29:11) | 2:34 (31:45) | 5:09 (36:54) | |
| | 2:11 (39:05) | 1:21 (40:26) | 0:57 (41:23) | 4:31 (45:54) | 2:42 (48:36) | 0:33 (49:09) | |
| 3. | Iben Maag | | Søllerød OK | 49:49 | +4:59 | | |
| | 1:19 (1:19) | 0:50 (2:09) | 2:05 (4:14) | 3:46 (8:00) | 2:37 (10:37) | 2:52 (13:29) | |
| | 1:14 (14:43) | 6:43 (21:26) | 5:05 (26:31) | 3:58 (30:29) | 2:01 (32:30) | 4:44 (37:14) | |
| | 2:11 (39:25) | 1:38 (41:03) | 1:15 (42:18) | 4:24 (46:42) | 2:38 (49:20) | 0:29 (49:49) | |
| 4. | Maria Douglas | | FIF Hillerød | 50:22 | +5:32 | | |
| | 2:01 (2:01) | 1:09 (3:10) | 2:13 (5:23) | 3:52 (9:15) | 2:18 (11:33) | 2:56 (14:29) | |
| | 1:36 (16:05) | 6:10 (22:15) | 5:38 (27:53) | 2:53 (30:46) | 2:03 (32:49) | 4:53 (37:42) | |
| | 1:48 (39:30) | 2:25 (41:55) | 1:27 (43:22) | 3:32 (46:54) | 2:57 (49:51) | 0:31 (50:22) | |
| 5. | Sandra Simonsen | | FIF Hillerød | 54:23 | +9:33 | | |
| | 1:35 (1:35) | 0:54 (2:29) | 2:15 (4:44) | 3:49 (8:33) | 3:11 (11:44) | 3:13 (14:57) | |
| | 1:27 (16:24) | 6:05 (22:29) | 5:00 (27:29) | 3:24 (30:53) | 2:23 (33:16) | 5:53 (39:09) | |
| | 2:18 (41:27) | 2:19 (43:46) | 1:41 (45:27) | 4:53 (50:20) | 3:24 (53:44) | 0:39 (54:23) | |
| 6. | Eva Smedegaard Eland | | Søllerød OK | 56:30 | +11:40 | | |
| | 2:06 (2:06) | 1:02 (3:08) | 2:22 (5:30) | 3:46 (9:16) | 2:09 (11:25) | 2:59 (14:24) | |
| | 1:45 (16:09) | 5:53 (22:02) | 5:11 (27:13) | 3:06 (30:19) | 7:02 (37:21) | 6:15 (43:36) | |
| | 2:00 (45:36) | 2:15 (47:51) | 1:18 (49:09) | 3:53 (53:02) | 2:51 (55:53) | 0:37 (56:30) | |
| 7. | Susanne Loft Thyssen | | Horsens OK | 56:53 | +12:03 | | |
| | 2:15 (2:15) | 0:45 (3:00) | 2:01 (5:01) | 3:12 (8:13) | 2:05 (10:18) | 4:00 (14:18) | |
| | 1:07 (15:25) | 7:55 (23:20) | 4:32 (27:52) | 2:43 (30:35) | 5:28 (36:03) | 7:01 (43:04) | |
| | 2:13 (45:17) | 1:25 (46:42) | 1:32 (48:14) | 4:31 (52:45) | 3:34 (56:19) | 0:34 (56:53) | |
| 8. | Susanne Højholt | | Kolding OK | 57:46 | +12:56 | | |
| | 1:30 (1:30) | 0:50 (2:20) | 2:05 (4:25) | 3:31 (7:56) | 2:12 (10:08) | 3:15 (13:23) | |
| | 1:30 (14:53) | 6:03 (20:56) | 4:41 (25:37) | 2:51 (28:28) | 6:59 (35:27) | 6:16 (41:43) | |
| | 2:23 (44:06) | 1:51 (45:57) | 1:23 (47:20) | 5:34 (52:54) | 4:14 (57:08) | 0:38 (57:46) | |
| 9. | Lotte Friberg | | FIF Hillerød | 58:52 | +14:02 | | |
| | 1:57 (1:57) | 0:58 (2:55) | 2:22 (5:17) | 3:35 (8:52) | 2:07 (10:59) | 2:54 (13:53) | |
| | 1:45 (15:38) | 5:39 (21:17) | 5:17 (26:34) | 6:09 (32:43) | 4:51 (37:34) | 6:09 (43:43) | |
| | 2:23 (46:06) | 2:08 (48:14) | 1:39 (49:53) | 5:25 (55:18) | 2:59 (58:17) | 0:35 (58:52) | |
| 10. | Mette Ellegaard Kokholm | | Horsens OK | 58:59 | +14:09 | | |
| | 1:48 (1:48) | 1:20 (3:08) | 2:27 (5:35) | 3:56 (9:31) | 2:56 (12:27) | 3:07 (15:34) | |
| | 1:18 (16:52) | 5:46 (22:38) | 6:27 (29:05) | 2:56 (32:01) | 2:19 (34:20) | 5:54 (40:14) | |
| | 6:13 (46:27) | 1:52 (48:19) | 1:40 (49:59) | 4:27 (54:26) | 3:56 (58:22) | 0:37 (58:59) | |
| 11. | Lone Knudsen | | OK Snab | 1:00:24 | +15:34 | | |
| | 1:44 (1:44) | 0:54 (2:38) | 2:29 (5:07) | 3:40 (8:47) | 2:45 (11:32) | 3:08 (14:40) | |
| | 3:11 (17:51) | 6:00 (23:51) | 5:29 (29:20) | 2:55 (32:15) | 1:53 (34:08) | 5:38 (39:46) | |
| | 3:39 (43:25) | 6:11 (49:36) | 1:20 (50:56) | 6:00 (56:56) | 2:53 (59:49) | 0:35 (1:00:24) | |
| 12. | Lone Rasmussen | | OK Snab | 1:01:29 | +16:39 | | |
| | 1:37 (1:37) | 1:03 (2:40) | 2:28 (5:08) | 4:12 (9:20) | 2:49 (12:09) | 6:19 (18:28) | |
| | 1:50 (20:18) | 6:28 (26:46) | 5:02 (31:48) | 2:54 (34:42) | 5:15 (39:57) | 5:31 (45:28) | |
| | 2:04 (47:32) | 3:16 (50:48) | 1:47 (52:35) | 5:04 (57:39) | 3:10 (1:00:49) | 0:40 (1:01:29) | |
| 13. | Jeanette Finderup | | OK Pan | 1:03:34 | +18:44 | | |
| | 1:37 (1:37) | 0:57 (2:34) | 2:35 (5:09) | 10:46 (15:55) | 2:31 (18:26) | 3:25 (21:51) | |
| | 1:26 (23:17) | 6:32 (29:49) | 7:25 (37:14) | 2:53 (40:07) | 2:19 (42:26) | 6:54 (49:20) | |
| | 2:16 (51:36) | 2:01 (53:37) | 1:30 (55:07) | 4:16 (59:23) | 3:34 (1:02:57) | 0:37 (1:03:34) | |
| 14. | Tina Blach | | Kolding OK | 1:03:46 | +18:56 | | |
| | 2:26 (2:26) | 1:12 (3:38) | 3:41 (7:19) | 4:09 (11:28) | 2:38 (14:06) | 6:32 (20:38) | |
| | 1:28 (22:06) | 6:46 (28:52) | 5:17 (34:09) | 2:50 (36:59) | 4:23 (41:22) | 6:22 (47:44) | |
| | 2:18 (50:02) | 2:04 (52:06) | 1:40 (53:46) | 6:00 (59:46) | 3:22 (1:03:08) | 0:38 (1:03:46) | |
| 15. | Heidi Kristensen | | Søllerød OK | 1:13:12 | +28:22 | | |
| | 2:17 (2:17) | 1:26 (3:43) | 3:26 (7:09) | 4:36 (11:45) | 3:12 (14:57) | 4:29 (19:26) | |
| | 3:50 (23:16) | 7:58 (31:14) | 6:29 (37:43) | 3:46 (41:29) | 2:35 (44:04) | 6:11 (50:15) | |
| | 2:20 (52:35) | 5:20 (57:55) | 2:14 (1:00:09) | 7:29 (1:07:38) | 4:53 (1:12:31) | 0:41 (1:13:12) | |
| 16. | Heidi L. Holmberg | | FIF Hillerød | 1:14:18 | +29:28 | | |
| | 1:37 (1:37) | 1:00 (2:37) | 2:11 (4:48) | 9:06 (13:54) | 2:29 (16:23) | 3:20 (19:43) | |
| | 1:38 (21:21) | 9:07 (30:28) | 8:29 (38:57) | 4:14 (43:11) | 4:40 (47:51) | 5:44 (53:35) | |
| | 6:21 (59:56) | 2:39 (1:02:35) | 1:38 (1:04:13) | 5:56 (1:10:09) | 3:30 (1:13:39) | 0:39 (1:14:18) | |
| 17. | Anne Birgitte Als | | OK Pan | 1:16:12 | +31:22 | | |
| | 2:18 (2:18) | 1:21 (3:39) | 3:07 (6:46) | 3:54 (10:40) | 2:50 (13:30) | 10:30 (24:00) | |
| | 1:05 (25:05) | 7:02 (32:07) | 8:00 (40:07) | 3:12 (43:19) | 5:49 (49:08) | 7:46 (56:54) | |
| | 3:11 (1:00:05) | 3:55 (1:04:00) | 2:19 (1:06:19) | 5:40 (1:11:59) | 3:38 (1:15:37) | 0:35 (1:16:12) | |
| 18. | Dorte Munk-Petersen | | Søllerød OK | 1:37:46 | +52:56 | | |
| | 2:19 (2:19) | 1:26 (3:45) | 2:49 (6:34) | 5:27 (12:01) | 4:19 (16:20) | 3:53 (20:13) | |
| | 2:14 (22:27) | 12:54 (35:21) | 14:38 (49:59) | 8:48 (58:47) | 3:34 (1:02:21) | 10:17 (1:12:38) | |
| | 3:33 (1:16:11) | 3:51 (1:20:02) | 3:04 (1:23:06) | 7:17 (1:30:23) | 6:40 (1:37:03) | 0:43 (1:37:46) | |
| | Anne Kaae-Nielsen | | Søllerød OK | Fejlklipt | | | |
| | 1:52 (1:52) | 1:00 (2:52) | 2:35 (5:27) | 3:35 (9:02) | 2:38 (11:40) | - (-) | |
| | - (19:10) | 5:05 (24:15) | 5:02 (29:17) | 5:14 (34:31) | 2:23 (36:54) | 7:21 (44:15) | |
| | 2:18 (46:33) | 2:17 (48:50) | 1:57 (50:47) | 4:41 (55:28) | 3:32 (59:00) | 0:39 (59:39) | |

| | | | | | | |
|-----------------------------|---------------|------------------|-----------------|----------------|----------------|--|
| Claudia Greiner | | OK Pan | Fejlklip | | | |
| 1:42 (1:42) | 0:49 (2:31) | 2:31 (5:02) | 3:38 (8:40) | 2:29 (11:09) | 2:59 (14:08) | |
| 1:20 (15:28) | 5:56 (21:24) | 5:07 (26:31) | 2:50 (29:21) | 1:54 (31:15) | 4:43 (35:58) | |
| 4:49 (40:47) | – (–) | – (45:27) | 4:48 (50:15) | 3:03 (53:18) | 0:38 (53:56) | |
| D60 | | (17 / 17) | Tid | Efter | | |
| 1. Britta Ank Pedersen | | Horsens OK | 37:54 | | | |
| 2:38 (2:38) | 3:34 (6:12) | 1:44 (7:56) | 2:06 (10:02) | 6:04 (16:06) | 5:16 (21:22) | |
| 1:47 (23:09) | 3:28 (26:37) | 1:48 (28:25) | 5:58 (34:23) | 2:53 (37:16) | 0:38 (37:54) | |
| 2. Vivi Andreassen | | Kolding OK | 42:13 | +4:19 | | |
| 2:34 (2:34) | 5:40 (8:14) | 1:37 (9:51) | 2:07 (11:58) | 6:45 (18:43) | 6:44 (25:27) | |
| 1:45 (27:12) | 4:52 (32:04) | 2:03 (34:07) | 5:22 (39:29) | 2:07 (41:36) | 0:37 (42:13) | |
| 3. Elsebeth Troelsgård Fock | | Søllerød OK | 43:27 | +5:33 | | |
| 3:33 (3:33) | 4:13 (7:46) | 2:05 (9:51) | 2:02 (11:53) | 6:45 (18:38) | 6:16 (24:54) | |
| 2:13 (27:07) | 3:54 (31:01) | 2:18 (33:19) | 6:24 (39:43) | 2:56 (42:39) | 0:48 (43:27) | |
| 4. Susanne Baun | | Horsens OK | 46:01 | +8:07 | | |
| 4:02 (4:02) | 3:55 (7:57) | 2:04 (10:01) | 2:07 (12:08) | 7:21 (19:29) | 7:28 (26:57) | |
| 2:03 (29:00) | 4:04 (33:04) | 2:11 (35:15) | 7:29 (42:44) | 2:40 (45:24) | 0:37 (46:01) | |
| 5. Anne Mette Abplanalp | | Kolding OK | 46:03 | +8:09 | | |
| 3:06 (3:06) | 4:05 (7:11) | 2:02 (9:13) | 2:48 (12:01) | 6:00 (18:01) | 6:27 (24:28) | |
| 2:14 (26:42) | 6:41 (33:23) | 1:50 (35:13) | 7:04 (42:17) | 2:57 (45:14) | 0:49 (46:03) | |
| 6. Tove Straarup | | Horsens OK | 46:05 | +8:11 | | |
| 3:10 (3:10) | 3:54 (7:04) | 1:58 (9:02) | 2:34 (11:36) | 6:36 (18:12) | 6:27 (24:39) | |
| 2:12 (26:51) | 4:10 (31:01) | 2:20 (33:21) | 8:40 (42:01) | 3:22 (45:23) | 0:42 (46:05) | |
| 7. Helle Schou | | OK Snab | 46:19 | +8:25 | | |
| 3:19 (3:19) | 4:16 (7:35) | 2:06 (9:41) | 2:51 (12:32) | 5:54 (18:26) | 7:16 (25:42) | |
| 2:17 (27:59) | 4:36 (32:35) | 1:56 (34:31) | 7:53 (42:24) | 3:10 (45:34) | 0:45 (46:19) | |
| 8. Vibeke Jørgensen | | OK Pan | 46:59 | +9:05 | | |
| 2:53 (2:53) | 3:49 (6:42) | 2:12 (8:54) | 2:53 (11:47) | 6:24 (18:11) | 7:05 (25:16) | |
| 2:24 (27:40) | 4:23 (32:03) | 2:07 (34:10) | 8:27 (42:37) | 3:37 (46:14) | 0:45 (46:59) | |
| 9. Ida Hansen | | Kolding OK | 52:13 | +14:19 | | |
| 3:05 (3:05) | 3:46 (6:51) | 4:01 (10:52) | 4:06 (14:58) | 9:05 (24:03) | 7:38 (31:41) | |
| 2:02 (33:43) | 5:20 (39:03) | 2:04 (41:07) | 7:38 (48:45) | 2:48 (51:33) | 0:40 (52:13) | |
| 10. Eva Konring Olesen | | FIF Hillerød | 53:28 | +15:34 | | |
| 4:06 (4:06) | 4:49 (8:55) | 2:32 (11:27) | 2:55 (14:22) | 7:46 (22:08) | 9:27 (31:35) | |
| 2:20 (33:55) | 4:06 (38:01) | 2:38 (40:39) | 8:26 (49:05) | 3:25 (52:30) | 0:58 (53:28) | |
| 11. Betty Folino | | FIF Hillerød | 57:28 | +19:34 | | |
| 3:53 (3:53) | 4:37 (8:30) | 3:04 (11:34) | 3:25 (14:59) | 10:59 (25:58) | 7:35 (33:33) | |
| 2:40 (36:13) | 5:24 (41:37) | 2:30 (44:07) | 9:13 (53:20) | 3:24 (56:44) | 0:44 (57:28) | |
| 12. Lene Kofoed Petersen | | Horsens OK | 1:00:04 | +22:10 | | |
| 3:05 (3:05) | 4:11 (7:16) | 2:09 (9:25) | 2:36 (12:01) | 8:37 (20:38) | 8:47 (29:25) | |
| 2:24 (31:49) | 11:35 (43:24) | 2:04 (45:28) | 9:47 (55:15) | 4:00 (59:15) | 0:49 (1:00:04) | |
| 13. Ann Rasmussen | | Søllerød OK | 1:03:17 | +25:23 | | |
| 3:52 (3:52) | 4:55 (8:47) | 2:52 (11:39) | 2:58 (14:37) | 9:35 (24:12) | 8:01 (32:13) | |
| 3:01 (35:14) | 8:02 (43:16) | 3:28 (46:44) | 11:59 (58:43) | 3:41 (1:02:24) | 0:53 (1:03:17) | |
| 14. Birgit Haakan Jensen | | FIF Hillerød | 1:05:01 | +27:07 | | |
| 4:08 (4:08) | 5:07 (9:15) | 3:15 (12:30) | 2:56 (15:26) | 11:05 (26:31) | 14:20 (40:51) | |
| 2:27 (43:18) | 5:49 (49:07) | 2:24 (51:31) | 9:20 (1:00:51) | 3:25 (1:04:16) | 0:45 (1:05:01) | |
| 15. Lisbeth Søgaard Jensen | | Søllerød OK | 1:05:16 | +27:22 | | |
| 3:33 (3:33) | 4:20 (7:53) | 11:57 (19:50) | 2:39 (22:29) | 7:47 (30:16) | 8:57 (39:13) | |
| 2:38 (41:51) | 5:55 (47:46) | 2:53 (50:39) | 10:11 (1:00:50) | 3:43 (1:04:33) | 0:43 (1:05:16) | |
| Liselotte Grønvald | | Søllerød OK | Fejlklip | | | |
| 4:13 (4:13) | 4:19 (8:32) | 10:53 (19:25) | 3:11 (22:36) | 8:06 (30:42) | – (–) | |
| – (40:50) | 5:17 (46:07) | 2:26 (48:33) | 9:16 (57:49) | 3:23 (1:01:12) | 0:49 (1:02:01) | |
| Ellen Lindmark Frier | | Søllerød OK | Ej startet | | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) | |
| D70 | | (12 / 12) | Tid | Efter | | |
| 1. Lisbeth Damsgaard | | Søllerød OK | 35:19 | | | |
| 1:25 (1:25) | 4:09 (5:34) | 5:20 (10:54) | 3:56 (14:50) | 5:30 (20:20) | 1:51 (22:11) | |
| 1:28 (23:39) | 2:18 (25:57) | 2:19 (28:16) | 2:47 (31:03) | 2:04 (33:07) | 1:29 (34:36) | |
| 0:43 (35:19) | | | | | | |
| 2. Mona Nørgaard | | OK Pan | 37:24 | +2:05 | | |
| 1:29 (1:29) | 4:41 (6:10) | 2:56 (9:06) | 6:50 (15:56) | 4:40 (20:36) | 1:49 (22:25) | |
| 1:28 (23:53) | 2:21 (26:14) | 3:57 (30:11) | 2:47 (32:58) | 2:22 (35:20) | 1:18 (36:38) | |
| 0:46 (37:24) | | | | | | |
| 3. Elin Holm Jensen | | Horsens OK | 37:31 | +2:12 | | |
| 1:36 (1:36) | 5:27 (7:03) | 2:59 (10:02) | 4:24 (14:26) | 5:02 (19:28) | 1:52 (21:20) | |
| 1:38 (22:58) | 2:19 (25:17) | 3:01 (28:18) | 3:05 (31:23) | 3:39 (35:02) | 1:31 (36:33) | |
| 0:58 (37:31) | | | | | | |
| 4. Jette Stepputat | | Søllerød OK | 39:27 | +4:08 | | |
| 1:42 (1:42) | 4:47 (6:29) | 8:08 (14:37) | 4:27 (19:04) | 5:26 (24:30) | 1:57 (26:27) | |
| 1:27 (27:54) | 2:17 (30:11) | 2:19 (32:30) | 2:51 (35:21) | 2:01 (37:22) | 1:19 (38:41) | |
| 0:46 (39:27) | | | | | | |
| 5. Vibeke Bøgevig | | Søllerød OK | 41:39 | +6:20 | | |
| 1:48 (1:48) | 7:28 (9:16) | 3:37 (12:53) | 4:27 (17:20) | 6:14 (23:34) | 2:16 (25:50) | |
| 1:51 (27:41) | 2:30 (30:11) | 3:24 (33:35) | 3:00 (36:35) | 2:23 (38:58) | 1:51 (40:49) | |
| 0:50 (41:39) | | | | | | |

| | | | | | | | |
|-----|------------------|---------------|--------------|---------------|--------|----------------|----------------|
| 6. | Else Hass | | OK Pan | 43:28 | +8:09 | | |
| | 1:33 (1:33) | 5:15 (6:48) | 3:43 (10:31) | 4:58 (15:29) | | 6:40 (22:09) | 2:50 (24:59) |
| | 2:05 (27:04) | 3:10 (30:14) | 3:35 (33:49) | 3:24 (37:13) | | 4:03 (41:16) | 1:25 (42:41) |
| | 0:47 (43:28) | | | | | | |
| 7. | Else Juul Hansen | | Søllerød OK | 44:52 | +9:33 | | |
| | 1:42 (1:42) | 7:13 (8:55) | 3:31 (12:26) | 5:26 (17:52) | | 7:20 (25:12) | 2:15 (27:27) |
| | 2:10 (29:37) | 2:55 (32:32) | 3:55 (36:27) | 3:26 (39:53) | | 2:02 (41:55) | 1:58 (43:53) |
| | 0:59 (44:52) | | | | | | |
| 8. | Grethe Larsen | | OK Snab | 45:31 | +10:12 | | |
| | 9:52 (9:52) | 3:54 (13:46) | 3:54 (17:40) | 7:29 (25:09) | | 5:52 (31:01) | 1:40 (32:41) |
| | 1:32 (34:13) | 2:03 (36:16) | 2:28 (38:44) | 2:27 (41:11) | | 1:59 (43:10) | 1:36 (44:46) |
| | 0:45 (45:31) | | | | | | |
| 9. | Annelise Hansen | | FIF Hillerød | 52:24 | +17:05 | | |
| | 2:07 (2:07) | 7:54 (10:01) | 9:16 (19:17) | 6:31 (25:48) | | 6:55 (32:43) | 2:39 (35:22) |
| | 1:59 (37:21) | 2:34 (39:55) | 3:45 (43:40) | 3:30 (47:10) | | 2:28 (49:38) | 1:55 (51:33) |
| | 0:51 (52:24) | | | | | | |
| 10. | Kirsten Olsen | | Søllerød OK | 57:51 | +22:32 | | |
| | 5:39 (5:39) | 11:32 (17:11) | 4:39 (21:50) | 9:42 (31:32) | | 5:58 (37:30) | 2:02 (39:32) |
| | 1:51 (41:23) | 3:13 (44:36) | 3:49 (48:25) | 3:56 (52:21) | | 2:19 (54:40) | 2:24 (57:04) |
| | 0:47 (57:51) | | | | | | |
| 11. | Jette Bachhausen | | FIF Hillerød | 1:05:02 | +29:43 | | |
| | 2:23 (2:23) | 8:56 (11:19) | 6:31 (17:50) | 7:23 (25:13) | | 9:23 (34:36) | 6:10 (40:46) |
| | 2:51 (43:37) | 3:19 (46:56) | 4:37 (51:33) | 4:47 (56:20) | | 3:50 (1:00:10) | 3:32 (1:03:42) |
| | 1:20 (1:05:02) | | | | | | |
| 12. | Lilian Sørensen | | OK Pan | 1:07:41 | +32:22 | | |
| | 4:32 (4:32) | 8:51 (13:23) | 4:18 (17:41) | 14:57 (32:38) | | 9:40 (42:18) | 3:44 (46:02) |
| | 2:37 (48:39) | 3:16 (51:55) | 3:22 (55:17) | 4:06 (59:23) | | 5:20 (1:04:43) | 2:05 (1:06:48) |
| | 0:53 (1:07:41) | | | | | | |

H-Let

| | | | (10 / 10) | Tid | Efter | | |
|----|------------------------------|-----------------|----------------|----------------|--------|--------------|--------------|
| 1. | Søren Tøstesen | | Søllerød OK | 36:12 | | | |
| | 0:34 (0:34) | 2:01 (2:35) | 2:25 (5:00) | 1:08 (6:08) | | 3:30 (9:38) | 3:21 (12:59) |
| | 0:52 (13:51) | 4:14 (18:05) | 1:40 (19:45) | 2:32 (22:17) | | 1:15 (23:32) | 2:40 (26:12) |
| | 2:23 (28:35) | 4:16 (32:51) | 2:43 (35:34) | 0:38 (36:12) | | | |
| 2. | Mikael Monrad Brodersen | | Kolding OK | 42:41 | +6:29 | | |
| | 0:37 (0:37) | 2:20 (2:57) | 1:33 (4:30) | 0:55 (5:25) | | 2:18 (7:43) | 3:27 (11:10) |
| | 0:53 (12:03) | 5:11 (17:14) | 2:09 (19:23) | 2:52 (22:15) | | 1:37 (23:52) | 2:44 (26:36) |
| | 3:43 (30:19) | 8:53 (39:12) | 2:41 (41:53) | 0:48 (42:41) | | | |
| 3. | Carsten Thyssen | | Horsens OK | 42:46 | +6:34 | | |
| | 1:01 (1:01) | 3:44 (4:45) | 2:02 (6:47) | 1:06 (7:53) | | 2:30 (10:23) | 3:08 (13:31) |
| | 1:04 (14:35) | 2:52 (17:27) | 2:25 (19:52) | 4:09 (24:01) | | 2:47 (26:48) | 3:52 (30:40) |
| | 2:47 (33:27) | 4:51 (38:18) | 3:08 (41:26) | 1:20 (42:46) | | | |
| 4. | Chris Bagge | | FIF Hillerød | 43:03 | +6:51 | | |
| | 0:35 (0:35) | 2:24 (2:59) | 1:51 (4:50) | 0:59 (5:49) | | 2:11 (8:00) | 3:37 (11:37) |
| | 1:11 (12:48) | 5:37 (18:25) | 1:53 (20:18) | 3:09 (23:27) | | 1:47 (25:14) | 2:48 (28:02) |
| | 3:09 (31:11) | 7:50 (39:01) | 3:24 (42:25) | 0:38 (43:03) | | | |
| 5. | Rasmus Hallenberg Therkelsen | | FIF Hillerød | 44:05 | +7:53 | | |
| | 0:38 (0:38) | 2:00 (2:38) | 1:26 (4:04) | 0:56 (5:00) | | 1:55 (6:55) | 2:30 (9:25) |
| | 1:11 (10:36) | 14:19 (24:55) | 2:56 (27:51) | 2:42 (30:33) | | 1:40 (32:13) | 2:29 (34:42) |
| | 2:18 (37:00) | 4:12 (41:12) | 2:15 (43:27) | 0:38 (44:05) | | | |
| 6. | René Tabanera | | Søllerød OK | 44:16 | +8:04 | | |
| | 0:33 (0:33) | 1:55 (2:28) | 2:08 (4:36) | 8:14 (12:50) | | 1:38 (14:28) | 4:05 (18:33) |
| | 1:14 (19:47) | 4:12 (23:59) | 1:53 (25:52) | 2:32 (28:24) | | 1:15 (29:39) | 2:26 (32:05) |
| | 2:40 (34:45) | 6:15 (41:00) | 2:39 (43:39) | 0:37 (44:16) | | | |
| 7. | Niels Lund | | Søllerød OK | 1:02:03 | +25:51 | | |
| | 0:59 (0:59) | 3:35 (4:34) | 3:27 (8:01) | 1:40 (9:41) | | 5:01 (14:42) | 5:28 (20:10) |
| | 3:01 (23:11) | 6:27 (29:38) | 3:04 (32:42) | 4:45 (37:27) | | 2:38 (40:05) | 4:32 (44:37) |
| | 4:37 (49:14) | 7:44 (56:58) | 4:02 (1:01:00) | 1:03 (1:02:03) | | | |
| 8. | Gunnar Gjermandsen | | Horsens OK | 1:06:58 | +30:46 | | |
| | 8:50 (8:50) | 4:12 (13:02) | 3:24 (16:26) | 1:41 (18:07) | | 3:14 (21:21) | 4:22 (25:43) |
| | 2:35 (28:18) | 5:04 (33:22) | 3:09 (36:31) | 4:38 (41:09) | | 2:30 (43:39) | 4:28 (48:07) |
| | 4:28 (52:35) | 8:17 (1:00:52) | 4:45 (1:05:37) | 1:21 (1:06:58) | | | |
| 9. | Henning Vide Petersen | | Horsens OK | 1:18:26 | +42:14 | | |
| | 1:07 (1:07) | 3:49 (4:56) | 2:28 (7:24) | 1:22 (8:46) | | 3:27 (12:13) | 4:24 (16:37) |
| | 1:34 (18:11) | 15:19 (33:30) | 3:59 (37:29) | 6:44 (44:13) | | 3:44 (47:57) | 6:30 (54:27) |
| | 5:15 (59:42) | 11:03 (1:10:45) | 5:47 (1:16:32) | 1:54 (1:18:26) | | | |
| | Lars Simonsen | | FIF Hillerød | Ej startet | | | |
| | - (-) | - (-) | - (-) | - (-) | | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | | - (-) | - (-) |

H10

| | | | (9 / 9) | Tid | Efter | | |
|----|----------------------|--------------|--------------|--------------|-------|--------------|--------------|
| 1. | Emil Kjær Ingvarsdén | | FIF Hillerød | 19:55 | | | |
| | 0:37 (0:37) | 1:50 (2:27) | 0:30 (2:57) | 0:57 (3:54) | | 0:43 (4:37) | 2:53 (7:30) |
| | 1:46 (9:16) | 1:05 (10:21) | 0:46 (11:07) | 1:31 (12:38) | | 1:52 (14:30) | 2:11 (16:41) |
| | 2:48 (19:29) | 0:26 (19:55) | | | | | |
| 2. | Frederik Andersen | | Horsens OK | 21:03 | +1:08 | | |
| | 0:33 (0:33) | 1:43 (2:16) | 0:36 (2:52) | 0:57 (3:49) | | 1:04 (4:53) | 3:11 (8:04) |
| | 2:16 (10:20) | 1:15 (11:35) | 0:37 (12:12) | 1:28 (13:40) | | 2:00 (15:40) | 2:11 (17:51) |
| | 2:44 (20:35) | 0:28 (21:03) | | | | | |

| | | | | | | |
|----|----------------------------|--------------|--------------|--------------|--------------|--------------|
| 3. | Malthe Christiansen | Søllerød OK | 26:34 | +6:39 | | |
| | 0:28 (0:28) | 1:58 (2:26) | 0:35 (3:01) | 1:13 (4:14) | 1:38 (5:52) | 3:39 (9:31) |
| | 2:46 (12:17) | 1:32 (13:49) | 0:51 (14:40) | 1:57 (16:37) | 2:20 (18:57) | 3:24 (22:21) |
| | 3:39 (26:00) | 0:34 (26:34) | | | | |
| 4. | Asbjørn Ask Østergaard | Horsens OK | 29:50 | +9:55 | | |
| | 0:27 (0:27) | 1:55 (2:22) | 0:34 (2:56) | 0:55 (3:51) | 1:04 (4:55) | 3:18 (8:13) |
| | 4:25 (12:38) | 7:07 (19:45) | 0:43 (20:28) | 1:17 (21:45) | 2:07 (23:52) | 2:55 (26:47) |
| | 2:33 (29:20) | 0:30 (29:50) | | | | |
| 5. | Daniel K. Brigsted | FIF Hillerød | 37:32 | +17:37 | | |
| | 0:46 (0:46) | 2:54 (3:40) | 0:47 (4:27) | 1:48 (6:15) | 1:46 (8:01) | 5:40 (13:41) |
| | 4:27 (18:08) | 2:10 (20:18) | 1:18 (21:36) | 2:46 (24:22) | 3:45 (28:07) | 3:59 (32:06) |
| | 4:32 (36:38) | 0:54 (37:32) | | | | |
| 6. | Leo Hallenberg Hartelius | FIF Hillerød | 37:37 | +17:42 | | |
| | 1:00 (1:00) | 3:19 (4:19) | 1:04 (5:23) | 1:36 (6:59) | 1:59 (8:58) | 4:52 (13:50) |
| | 4:31 (18:21) | 2:17 (20:38) | 1:05 (21:43) | 3:18 (25:01) | 4:37 (29:38) | 3:35 (33:13) |
| | 3:54 (37:07) | 0:30 (37:37) | | | | |
| 7. | Sylvester Leander Lund | Horsens OK | 40:53 | +20:58 | | |
| | 1:12 (1:12) | 3:28 (4:40) | 0:54 (5:34) | 0:51 (6:25) | 1:56 (8:21) | 5:53 (14:14) |
| | 3:57 (18:11) | 2:49 (21:00) | 1:25 (22:25) | 3:04 (25:29) | 3:49 (29:18) | 5:18 (34:36) |
| | 5:43 (40:19) | 0:34 (40:53) | | | | |
| | Emil Klostergaard Rokkjær | OK Pan | Ej startet | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | | | |
| | Lucas Stenhøj Baun McGrail | OK Pan | Ej startet | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | | | |

| H12 | | (11 / 11) | Tid | Efter | | |
|-----|----------------------------|--------------|----------------|----------------|--------------|--------------|
| 1. | Vilhelm Rokkjær Andreasen | OK Pan | 26:39 | | | |
| | 0:27 (0:27) | 1:53 (2:20) | 0:46 (4:31) | 1:19 (5:50) | 2:13 (8:03) | |
| | 0:45 (8:48) | 1:56 (10:44) | 2:15 (12:59) | 2:18 (15:17) | 1:45 (17:02) | 2:08 (19:10) |
| | 1:44 (20:54) | 3:04 (23:58) | 2:13 (26:11) | 0:28 (26:39) | | |
| 2. | Esben Johan Obel | OK Pan | 27:25 | +0:46 | | |
| | 0:29 (0:29) | 1:53 (2:22) | 1:25 (3:47) | 0:41 (4:28) | 1:36 (6:04) | 2:18 (8:22) |
| | 0:42 (9:04) | 2:46 (11:50) | 1:21 (13:11) | 1:57 (15:08) | 1:06 (16:14) | 2:19 (18:33) |
| | 2:13 (20:46) | 3:43 (24:29) | 2:25 (26:54) | 0:31 (27:25) | | |
| 3. | Noah Hallenberg Hartelius | FIF Hillerød | 30:41 | +4:02 | | |
| | 0:26 (0:26) | 2:16 (2:42) | 2:07 (4:49) | 0:37 (5:26) | 2:28 (7:54) | 2:27 (10:21) |
| | 0:47 (11:08) | 2:49 (13:57) | 1:18 (15:15) | 2:01 (17:16) | 1:09 (18:25) | 2:20 (20:45) |
| | 2:45 (23:30) | 4:38 (28:08) | 2:03 (30:11) | 0:30 (30:41) | | |
| 4. | Thor Skammelsen Gilleladen | OK Pan | 32:19 | +5:40 | | |
| | 0:33 (0:33) | 1:54 (2:27) | 2:22 (4:49) | 0:45 (5:34) | 1:36 (7:10) | 2:20 (9:30) |
| | 0:49 (10:19) | 3:30 (13:49) | 1:37 (15:26) | 2:39 (18:05) | 1:22 (19:27) | 3:21 (22:48) |
| | 2:39 (25:27) | 4:18 (29:45) | 2:11 (31:56) | 0:23 (32:19) | | |
| 5. | David Lüthje | Søllerød OK | 34:03 | +7:24 | | |
| | 0:27 (0:27) | 1:59 (2:26) | 1:17 (3:43) | 0:45 (4:28) | 1:53 (6:21) | 2:52 (9:13) |
| | 0:45 (9:58) | 4:44 (14:42) | 1:47 (16:29) | 2:52 (19:21) | 1:24 (20:45) | 2:49 (23:34) |
| | 2:34 (26:08) | 4:43 (30:51) | 2:35 (33:26) | 0:37 (34:03) | | |
| 6. | Samuel Næstoft Tabanera | Søllerød OK | 45:32 | +18:53 | | |
| | 0:29 (0:29) | 2:34 (3:03) | 1:58 (5:01) | 0:57 (5:58) | 1:56 (7:54) | 8:11 (16:05) |
| | 1:34 (17:39) | 3:29 (21:08) | 2:12 (23:20) | 3:19 (26:39) | 1:49 (28:28) | 3:35 (32:03) |
| | 4:07 (36:10) | 5:44 (41:54) | 3:04 (44:58) | 0:34 (45:32) | | |
| 7. | Rasmus Dalgaard | Kolding OK | 46:48 | +20:09 | | |
| | 0:30 (0:30) | 1:59 (2:29) | 2:46 (5:15) | 4:02 (9:17) | 1:36 (10:53) | 4:43 (15:36) |
| | 0:58 (16:34) | 8:37 (25:11) | 1:39 (26:50) | 2:20 (29:10) | 1:32 (30:42) | 2:30 (33:12) |
| | 3:18 (36:30) | 7:28 (43:58) | 2:21 (46:19) | 0:29 (46:48) | | |
| 8. | Eskild Stig Nielsen | Horsens OK | 53:09 | +26:30 | | |
| | 1:01 (1:01) | 4:21 (5:22) | 2:29 (7:51) | 1:28 (9:19) | 3:14 (12:33) | 3:54 (16:27) |
| | 1:38 (18:05) | 5:12 (23:17) | 3:04 (26:21) | 4:26 (30:47) | 2:40 (33:27) | 4:23 (37:50) |
| | 3:25 (41:15) | 7:08 (48:23) | 3:43 (52:06) | 1:03 (53:09) | | |
| 9. | Rasmus Andersen | Horsens OK | 1:02:42 | +36:03 | | |
| | 0:39 (0:39) | 2:44 (3:23) | 1:47 (5:10) | 1:57 (7:07) | 8:36 (15:43) | 5:28 (21:11) |
| | 6:05 (27:16) | 5:20 (32:36) | 3:02 (35:38) | 3:22 (39:00) | 1:47 (40:47) | 3:35 (44:22) |
| | 6:26 (50:48) | 7:38 (58:26) | 3:45 (1:02:11) | 0:31 (1:02:42) | | |
| | Rasmus Lüthje | Søllerød OK | Fejlklip | | | |
| | 0:46 (0:46) | 3:24 (4:10) | – (–) | – (11:32) | 2:13 (13:45) | 5:24 (19:09) |
| | 1:27 (20:36) | 5:09 (25:45) | 3:04 (28:49) | 3:18 (32:07) | 2:34 (34:41) | 5:39 (40:20) |
| | 4:20 (44:40) | 5:23 (50:03) | 3:30 (53:33) | 0:39 (54:12) | | |
| | Niclas Cook Simonsen | FIF Hillerød | Ej startet | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | |

| H12B | | (7 / 7) | Tid | Efter | | |
|------|----------------------|--------------|-------------|--------------|--------------|--------------|
| 1. | Oskar Rix Berthelsen | OK Pan | 15:55 | | | |
| | 0:29 (0:29) | 1:34 (2:03) | 0:24 (2:27) | 0:40 (3:07) | 0:39 (3:46) | 2:14 (6:00) |
| | 1:34 (7:34) | 1:04 (8:38) | 0:33 (9:11) | 1:06 (10:17) | 1:25 (11:42) | 1:34 (13:16) |
| | 2:11 (15:27) | 0:28 (15:55) | | | | |

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|----|----------------------------|--------------|--------------|--------------|--------------|--------------|
| 2. | Jonathan Rokkjær Andreasen | OK Pan | 18:18 | +2:23 | | |
| | 0:25 (0:25) | 1:29 (1:54) | 0:26 (2:20) | 0:46 (3:06) | 0:56 (4:02) | 2:43 (6:45) |
| | 1:49 (8:34) | 1:04 (9:38) | 0:47 (10:25) | 1:29 (11:54) | 1:46 (13:40) | 1:57 (15:37) |
| | 2:17 (17:54) | 0:24 (18:18) | | | | |
| 3. | Jacob Borup Gad | FIF Hillerød | 19:30 | +3:35 | | |
| | 0:26 (0:26) | 1:32 (1:58) | 0:31 (2:29) | 0:42 (3:11) | 0:52 (4:03) | 3:07 (7:10) |
| | 1:45 (8:55) | 1:14 (10:09) | 0:49 (10:58) | 1:18 (12:16) | 1:44 (14:00) | 2:18 (16:18) |
| | 2:47 (19:05) | 0:25 (19:30) | | | | |
| 4. | Erik Høj Hansen | Horsens OK | 20:44 | +4:49 | | |
| | 0:21 (0:21) | 1:23 (1:44) | 0:22 (2:06) | 0:45 (2:51) | 1:39 (4:30) | 2:46 (7:16) |
| | 4:15 (11:31) | 1:15 (12:46) | 0:35 (13:21) | 1:05 (14:26) | 1:44 (16:10) | 1:54 (18:04) |
| | 2:17 (20:21) | 0:23 (20:44) | | | | |
| 5. | Anton David Koue | Søllerød OK | 24:34 | +8:39 | | |
| | 0:29 (0:29) | 1:48 (2:17) | 0:28 (2:45) | 0:52 (3:37) | 0:46 (4:23) | 2:35 (6:58) |
| | 5:34 (12:32) | 1:18 (13:50) | 0:41 (14:31) | 1:33 (16:04) | 2:04 (18:08) | 3:13 (21:21) |
| | 2:38 (23:59) | 0:35 (24:34) | | | | |
| 6. | Silke Konring Larsen | FIF Hillerød | 26:45 | +10:50 | | |
| | 0:27 (0:27) | 1:36 (2:03) | 0:33 (2:36) | 0:59 (3:35) | 0:49 (4:24) | 3:41 (8:05) |
| | 6:35 (14:40) | 1:29 (16:09) | 0:51 (17:00) | 1:45 (18:45) | 2:28 (21:13) | 2:36 (23:49) |
| | 2:26 (26:15) | 0:30 (26:45) | | | | |
| | Ida Nygaard Monrad | FIF Hillerød | Ej startet | | | |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| | – (–) | – (–) | | | | |

H14

| | | (12 / 12) | Tid | Efter | | |
|-----|--------------------------|-----------------|-----------------|----------------|----------------|-----------------|
| 1. | Oscar Bæk Christiansen | Søllerød OK | 37:12 | | | |
| | 2:04 (2:04) | 1:49 (3:53) | 3:15 (7:08) | 1:01 (8:09) | 4:26 (12:35) | 1:29 (14:04) |
| | 2:13 (16:17) | 2:41 (18:58) | 2:58 (21:56) | 2:15 (24:11) | 2:14 (26:25) | 1:45 (28:10) |
| | 0:49 (28:59) | 1:38 (30:37) | 1:32 (32:09) | 3:14 (35:23) | 1:28 (36:51) | 0:21 (37:12) |
| 2. | Lukas Bergmann Verhelst | Horsens OK | 40:45 | +3:33 | | |
| | 2:09 (2:09) | 1:42 (3:51) | 3:26 (7:17) | 0:46 (8:03) | 4:59 (13:02) | 1:17 (14:19) |
| | 1:53 (16:12) | 2:48 (19:00) | 3:15 (22:15) | 2:10 (24:25) | 2:21 (26:46) | 4:10 (30:56) |
| | 0:53 (31:49) | 1:54 (33:43) | 1:28 (35:11) | 3:39 (38:50) | 1:29 (40:19) | 0:26 (40:45) |
| 3. | Niels Elton Jokumsen | FIF Hillerød | 41:03 | +3:51 | | |
| | 1:59 (1:59) | 1:31 (3:30) | 2:58 (6:28) | 1:01 (7:29) | 5:50 (13:19) | 1:10 (14:29) |
| | 1:54 (16:23) | 6:17 (22:40) | 2:11 (24:51) | 2:15 (27:06) | 2:04 (29:10) | 2:41 (31:51) |
| | 0:47 (32:38) | 1:33 (34:11) | 1:26 (35:37) | 3:30 (39:07) | 1:30 (40:37) | 0:26 (41:03) |
| 4. | Emil Dalgaard | Kolding OK | 43:56 | +6:44 | | |
| | 1:51 (1:51) | 1:44 (3:35) | 5:08 (8:43) | 0:52 (9:35) | 4:11 (13:46) | 1:27 (15:13) |
| | 1:51 (17:04) | 3:41 (20:45) | 2:36 (23:21) | 2:57 (26:18) | 2:49 (29:07) | 4:31 (33:38) |
| | 0:45 (34:23) | 2:05 (36:28) | 1:39 (38:07) | 3:49 (41:56) | 1:32 (43:28) | 0:28 (43:56) |
| 5. | Torbjørn Høyer Staugaard | FIF Hillerød | 44:59 | +7:47 | | |
| | 2:04 (2:04) | 2:32 (4:36) | 5:20 (9:56) | 1:00 (10:56) | 8:04 (19:00) | 2:18 (21:18) |
| | 1:50 (23:08) | 2:44 (25:52) | 2:30 (28:22) | 2:17 (30:39) | 2:16 (32:55) | 2:06 (35:01) |
| | 0:56 (35:57) | 1:38 (37:35) | 1:29 (39:04) | 4:05 (43:09) | 1:24 (44:33) | 0:26 (44:59) |
| 6. | Alexander Kjærsgård | OK Pan | 51:45 | +14:33 | | |
| | 2:55 (2:55) | 2:27 (5:22) | 4:04 (9:26) | 1:08 (10:34) | 6:37 (17:11) | 2:11 (19:22) |
| | 2:43 (22:05) | 4:11 (26:16) | 3:20 (29:36) | 3:00 (32:36) | 3:03 (35:39) | 2:46 (38:25) |
| | 1:20 (39:45) | 2:27 (42:12) | 1:56 (44:08) | 5:34 (49:42) | 1:40 (51:22) | 0:23 (51:45) |
| 7. | Anton Boye Ebbesen | OK Pan | 55:53 | +18:41 | | |
| | 2:56 (2:56) | 2:39 (5:35) | 4:06 (9:41) | 2:17 (11:58) | 7:37 (19:35) | 2:32 (22:07) |
| | 2:26 (24:33) | 5:12 (29:45) | 3:23 (33:08) | 2:55 (36:03) | 2:49 (38:52) | 3:09 (42:01) |
| | 1:20 (43:21) | 2:38 (45:59) | 2:03 (48:02) | 5:29 (53:31) | 1:54 (55:25) | 0:28 (55:53) |
| 8. | Hjalmer Emil Obel | OK Pan | 1:05:45 | +28:33 | | |
| | 3:18 (3:18) | 3:10 (6:28) | 10:14 (16:42) | 1:15 (17:57) | 8:49 (26:46) | 2:11 (28:57) |
| | 2:33 (31:30) | 5:10 (36:40) | 6:42 (43:22) | 3:40 (47:02) | 3:48 (50:50) | 2:52 (53:42) |
| | 1:11 (54:53) | 2:12 (57:05) | 2:35 (59:40) | 4:04 (1:03:44) | 1:34 (1:05:18) | 0:27 (1:05:45) |
| 9. | Gustav Rix Berthelsen | OK Pan | 1:11:59 | +34:47 | | |
| | 2:34 (2:34) | 2:25 (4:59) | 16:24 (21:23) | 1:34 (22:57) | 6:16 (29:13) | 2:28 (31:41) |
| | 2:53 (34:34) | 5:57 (40:31) | 5:45 (46:16) | 2:53 (49:09) | 4:22 (53:31) | 3:07 (56:38) |
| | 1:55 (58:33) | 3:52 (1:02:25) | 2:23 (1:04:48) | 5:04 (1:09:52) | 1:39 (1:11:31) | 0:28 (1:11:59) |
| 10. | Marin Philibert | Søllerød OK | 1:30:04 | +52:52 | | |
| | 5:16 (5:16) | 2:52 (8:08) | 10:31 (18:39) | 2:31 (21:10) | 7:29 (28:39) | 10:29 (39:08) |
| | 3:05 (42:13) | 5:47 (48:00) | 3:21 (51:21) | 3:31 (54:52) | 4:14 (59:06) | 4:51 (1:03:57) |
| | 6:26 (1:10:23) | 9:32 (1:19:55) | 2:27 (1:22:22) | 5:47 (1:28:09) | 1:27 (1:29:36) | 0:28 (1:30:04) |
| 11. | Johan Dalgaard | Kolding OK | 2:02:24 | +85:12 | | |
| | 4:28 (4:28) | 2:59 (7:27) | 6:56 (14:23) | 1:21 (15:44) | 10:07 (25:51) | 3:02 (28:53) |
| | 4:02 (32:55) | 32:55 (1:05:50) | 11:49 (1:17:39) | 6:14 (1:23:53) | 4:49 (1:28:42) | 13:01 (1:41:43) |
| | 2:07 (1:43:50) | 4:34 (1:48:24) | 3:28 (1:51:52) | 7:33 (1:59:25) | 2:21 (2:01:46) | 0:38 (2:02:24) |
| | Sejer Bloch Rosenvinge | OK Snab | Fejlkli | | | |
| | – (–) | – (5:39) | 6:05 (11:44) | 1:40 (13:24) | 5:16 (18:40) | 6:13 (24:53) |
| | 2:52 (27:45) | 4:23 (32:08) | 3:35 (35:43) | 3:17 (39:00) | 3:57 (42:57) | 3:20 (46:17) |
| | 1:45 (48:02) | 3:41 (51:43) | 2:48 (54:31) | 6:31 (1:01:02) | 1:55 (1:02:57) | 0:24 (1:03:21) |

H14B

| | | (8 / 8) | Tid | Efter | | |
|----|------------------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Sebastian Leander Lund | Horsens OK | 31:15 | | | |
| | 0:32 (0:32) | 2:00 (2:32) | 1:24 (3:56) | 0:45 (4:41) | 1:32 (6:13) | 3:09 (9:22) |
| | 1:08 (10:30) | 2:41 (13:11) | 1:55 (15:06) | 2:47 (17:53) | 1:15 (19:08) | 2:38 (21:46) |
| | 2:05 (23:51) | 3:38 (27:29) | 3:17 (30:46) | 0:29 (31:15) | | |

| | | | | | | |
|----|--------------------------------|--------------|--------------|--------------|--------------|--------------|
| 2. | Magne Funder Skovlyst | FIF Hillerød | 34:53 | +3:38 | | |
| | 0:21 (0:21) | 2:21 (2:42) | 1:21 (4:03) | 0:47 (4:50) | 1:51 (6:41) | 2:39 (9:20) |
| | 0:36 (9:56) | 2:38 (12:34) | 1:51 (14:25) | 4:59 (19:24) | 2:32 (21:56) | 2:40 (24:36) |
| | 3:04 (27:40) | 4:29 (32:09) | 2:20 (34:29) | 0:24 (34:53) | | |
| 3. | Benjamin Næstoft Tabanera | Søllerød OK | 38:30 | +7:15 | | |
| | 0:27 (0:27) | 2:11 (2:38) | 1:35 (4:13) | 1:06 (5:19) | 4:19 (9:38) | 4:17 (13:55) |
| | 1:06 (15:01) | 5:26 (20:27) | 2:09 (22:36) | 2:19 (24:55) | 1:19 (26:14) | 2:48 (29:02) |
| | 3:01 (32:03) | 3:51 (35:54) | 2:14 (38:08) | 0:22 (38:30) | | |
| 4. | Jonas Klærke Mikkelsen | Horsens OK | 47:25 | +16:10 | | |
| | 0:34 (0:34) | 3:01 (3:35) | 2:44 (6:19) | 1:07 (7:26) | 2:30 (9:56) | 4:43 (14:39) |
| | 2:13 (16:52) | 3:38 (20:30) | 2:40 (23:10) | 2:52 (26:02) | 3:02 (29:04) | 4:31 (33:35) |
| | 3:16 (36:51) | 6:17 (43:08) | 3:44 (46:52) | 0:33 (47:25) | | |
| 5. | Oscar Jacob Morris Tøstesen | Søllerød OK | 47:34 | +16:19 | | |
| | 0:30 (0:30) | 2:15 (2:45) | 1:58 (4:43) | 1:20 (6:03) | 2:56 (8:59) | 4:12 (13:11) |
| | 2:23 (15:34) | 4:13 (19:47) | 2:27 (22:14) | 3:41 (25:55) | 2:18 (28:13) | 4:26 (32:39) |
| | 4:17 (36:56) | 6:37 (43:33) | 3:33 (47:06) | 0:28 (47:34) | | |
| | Malthe Malik Svinth Kongsgaard | OK Snab | Ej startet | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Tobias Egekvist | FIF Hillerød | Ej startet | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | William Stenhøj Baun McGrail | OK Pan | Ej startet | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

H16

| | | (7 / 7) | Tid | Efter | | |
|----|----------------------------|----------------|----------------|----------------|----------------|----------------|
| 1. | Casper Staehelin Blakskjær | OK Pan | 30:25 | | | |
| | 0:54 (0:54) | 1:01 (1:55) | 1:39 (3:34) | 2:42 (6:16) | 1:52 (8:08) | 0:49 (8:57) |
| | 3:48 (12:45) | 1:05 (13:50) | 3:24 (17:14) | 3:31 (20:45) | 1:38 (22:23) | 0:47 (23:10) |
| | 4:42 (27:52) | 1:24 (29:16) | 0:45 (30:01) | 0:24 (30:25) | | |
| 2. | Nathan Philibert | Søllerød OK | 38:39 | +8:14 | | |
| | 1:23 (1:23) | 1:30 (2:53) | 1:53 (4:46) | 2:56 (7:42) | 1:58 (9:40) | 1:02 (10:42) |
| | 4:15 (14:57) | 1:09 (16:06) | 6:41 (22:47) | 3:50 (26:37) | 1:55 (28:32) | 2:21 (30:53) |
| | 5:43 (36:36) | 0:45 (37:21) | 0:56 (38:17) | 0:22 (38:39) | | |
| 3. | Vincent Becker | Søllerød OK | 46:52 | +16:27 | | |
| | 1:06 (1:06) | 1:07 (2:13) | 1:50 (4:03) | 3:18 (7:21) | 2:11 (9:32) | 0:50 (10:22) |
| | 5:01 (15:23) | 5:32 (20:55) | 4:54 (25:49) | 4:43 (30:32) | 2:01 (32:33) | 1:42 (34:15) |
| | 10:05 (44:20) | 1:21 (45:41) | 0:51 (46:32) | 0:20 (46:52) | | |
| 4. | Jonas Monrad Brodersen | Kolding OK | 47:44 | +17:19 | | |
| | 1:23 (1:23) | 1:38 (3:01) | 2:15 (5:16) | 3:50 (9:06) | 2:31 (11:37) | 1:18 (12:55) |
| | 5:42 (18:37) | 1:19 (19:56) | 4:45 (24:41) | 5:34 (30:15) | 2:33 (32:48) | 2:12 (35:00) |
| | 9:06 (44:06) | 2:21 (46:27) | 0:53 (47:20) | 0:24 (47:44) | | |
| 5. | Erik Magnus Graae | Søllerød OK | 1:05:53 | +35:28 | | |
| | 1:50 (1:50) | 2:05 (3:55) | 2:24 (6:19) | 6:25 (12:44) | 13:06 (25:50) | 4:54 (30:44) |
| | 6:31 (37:15) | 1:33 (38:48) | 5:03 (43:51) | 5:23 (49:14) | 3:27 (52:41) | 1:52 (54:33) |
| | 7:10 (1:01:43) | 2:52 (1:04:35) | 0:55 (1:05:30) | 0:23 (1:05:53) | | |
| 6. | Sebastian Holm Meyer | Søllerød OK | 1:26:09 | +55:44 | | |
| | 5:11 (5:11) | 1:57 (7:08) | 3:02 (10:10) | 5:16 (15:26) | 11:26 (26:52) | 1:44 (28:36) |
| | 8:24 (37:00) | 3:04 (40:04) | 18:47 (58:51) | 8:42 (1:07:33) | 2:45 (1:10:18) | 2:52 (1:13:10) |
| | 9:38 (1:22:48) | 1:28 (1:24:16) | 1:32 (1:25:48) | 0:21 (1:26:09) | | |
| | Marius Møller Nyborg | FIF Hillerød | Ej startet | | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

H18

| | | (8 / 8) | Tid | Efter | | |
|----|--------------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Jonas Damm Als | OK Pan | 46:59 | | | |
| | 2:52 (2:52) | 2:12 (5:04) | 0:45 (5:49) | 1:33 (7:22) | 0:57 (8:19) | 2:27 (10:46) |
| | 0:28 (11:14) | 1:43 (12:57) | 1:07 (14:04) | 1:18 (15:22) | 1:07 (16:29) | 1:37 (18:06) |
| | 4:33 (22:39) | 5:45 (28:24) | 1:51 (30:15) | 1:49 (32:04) | 1:04 (33:08) | 0:35 (34:43) |
| | 1:43 (35:26) | 1:26 (36:52) | 2:26 (39:18) | 2:11 (41:29) | 0:52 (42:21) | 3:36 (45:57) |
| | 0:40 (46:37) | 0:22 (46:59) | | | | |
| 2. | Mathias Buchgreitz | Søllerød OK | 47:27 | +0:28 | | |
| | 1:02 (1:02) | 2:20 (3:22) | 0:56 (4:18) | 1:39 (5:57) | 0:55 (6:52) | 2:25 (9:17) |
| | 0:25 (9:42) | 1:53 (11:35) | 2:55 (14:30) | 1:18 (15:48) | 1:14 (17:02) | 1:40 (18:42) |
| | 4:22 (23:04) | 6:02 (29:06) | 2:16 (31:22) | 1:38 (33:00) | 1:09 (34:09) | 0:34 (34:43) |
| | 1:39 (36:22) | 1:08 (37:30) | 2:16 (39:46) | 2:08 (41:54) | 0:55 (42:49) | 3:34 (46:23) |
| | 0:42 (47:05) | 0:22 (47:27) | | | | |
| 3. | Niels Dalgaard | Kolding OK | 50:07 | +3:08 | | |
| | 1:07 (1:07) | 2:27 (3:34) | 1:11 (4:45) | 1:47 (6:32) | 0:54 (7:26) | 2:34 (10:00) |
| | 0:28 (10:28) | 1:53 (12:21) | 1:16 (13:37) | 1:20 (14:57) | 1:14 (16:11) | 1:55 (18:06) |
| | 4:38 (22:44) | 6:24 (29:08) | 2:07 (31:15) | 1:44 (32:59) | 1:11 (34:10) | 0:41 (34:51) |
| | 1:58 (36:49) | 1:46 (38:35) | 3:14 (41:49) | 2:17 (44:06) | 0:56 (45:02) | 3:47 (48:49) |
| | 0:53 (49:42) | 0:25 (50:07) | | | | |

| | | | | | | |
|----|---------------------------|----------------|----------------|----------------|----------------|----------------|
| 4. | Jacob Klærke Mikkelsen | Horsens OK | 50:53 | +3:54 | | |
| | 1:02 (1:02) | 2:12 (3:14) | 0:43 (3:57) | 1:37 (5:34) | 0:57 (6:31) | 2:50 (9:21) |
| | 0:27 (9:48) | 1:54 (11:42) | 1:11 (12:53) | 1:25 (14:18) | 1:19 (15:37) | 1:43 (17:20) |
| | 5:29 (22:49) | 6:04 (28:53) | 1:59 (30:52) | 1:53 (32:45) | 1:03 (33:48) | 0:36 (34:24) |
| | 1:54 (36:18) | 3:14 (39:32) | 2:28 (42:00) | 2:19 (44:19) | 0:57 (45:16) | 4:23 (49:39) |
| | 0:50 (50:29) | 0:24 (50:53) | | | | |
| 5. | Villads Skovbjerg | OK Pan | 53:18 | +6:19 | | |
| | 1:35 (1:35) | 2:33 (4:08) | 0:49 (4:57) | 1:57 (6:54) | 1:09 (8:03) | 2:53 (10:56) |
| | 0:29 (11:25) | 2:05 (13:30) | 3:04 (16:34) | 1:16 (17:50) | 1:17 (19:07) | 1:45 (20:52) |
| | 4:14 (25:06) | 6:11 (31:17) | 2:14 (33:31) | 1:42 (35:13) | 1:06 (36:19) | 0:33 (36:52) |
| | 1:54 (38:46) | 1:49 (40:35) | 2:46 (43:21) | 2:53 (46:14) | 1:14 (47:28) | 4:21 (51:49) |
| | 0:55 (52:44) | 0:34 (53:18) | | | | |
| 6. | Gustav L. Holmberg | FIF Hillerød | 1:02:22 | +15:23 | | |
| | 1:12 (1:12) | 4:59 (6:11) | 0:56 (7:07) | 2:27 (9:34) | 1:26 (11:00) | 3:19 (14:19) |
| | 0:30 (14:49) | 2:23 (17:12) | 3:05 (20:17) | 3:17 (23:34) | 1:06 (24:40) | 1:53 (26:33) |
| | 4:15 (30:48) | 6:42 (37:30) | 2:12 (39:42) | 2:01 (41:43) | 1:48 (43:31) | 0:46 (44:17) |
| | 2:08 (46:25) | 3:09 (49:34) | 3:30 (53:04) | 2:44 (55:48) | 1:11 (56:59) | 3:53 (1:00:52) |
| | 1:01 (1:01:53) | 0:29 (1:02:22) | | | | |
| 7. | Anders Secher Thomsen | OK Pan | 1:05:47 | +18:48 | | |
| | 1:47 (1:47) | 4:45 (6:32) | 1:04 (7:36) | 2:00 (9:36) | 1:44 (11:20) | 3:05 (14:25) |
| | 0:27 (14:52) | 2:02 (16:54) | 2:31 (19:25) | 2:02 (21:27) | 1:09 (22:36) | 2:21 (24:57) |
| | 4:26 (29:23) | 8:41 (38:04) | 4:25 (42:29) | 3:08 (45:37) | 2:06 (47:43) | 0:51 (48:34) |
| | 2:10 (50:44) | 2:12 (52:56) | 3:06 (56:02) | 2:52 (58:54) | 1:00 (59:54) | 4:28 (1:04:22) |
| | 1:06 (1:05:28) | 0:19 (1:05:47) | | | | |
| 8. | Sebastian Røysland Maltby | Søllerød OK | 1:10:46 | +23:47 | | |
| | 2:31 (2:31) | 3:46 (6:17) | 1:15 (7:32) | 2:27 (9:59) | 1:09 (11:08) | 3:30 (14:38) |
| | 0:31 (15:09) | 2:27 (17:36) | 1:53 (19:29) | 1:40 (21:09) | 1:24 (22:33) | 3:52 (26:25) |
| | 5:22 (31:47) | 8:07 (39:54) | 3:13 (43:07) | 1:59 (45:06) | 1:56 (47:02) | 0:48 (47:50) |
| | 3:23 (51:13) | 3:47 (55:00) | 5:57 (1:00:57) | 2:51 (1:03:48) | 1:11 (1:04:59) | 4:33 (1:09:32) |
| | 0:50 (1:10:22) | 0:24 (1:10:46) | | | | |

H20

| | | (6 / 6) | Tid | Efter | | |
|----|-----------------------|-----------------|----------------|----------------|----------------|----------------|
| 1. | Jeppe Edvardsen | OK Snab | 46:14 | | | |
| | 1:14 (1:14) | 2:29 (3:43) | 0:46 (4:29) | 2:00 (6:29) | 1:10 (7:39) | 2:30 (10:09) |
| | 0:26 (10:35) | 1:45 (12:20) | 1:11 (13:31) | 1:31 (15:02) | 1:14 (16:16) | 1:38 (17:54) |
| | 3:52 (21:46) | 5:58 (27:44) | 1:51 (29:35) | 1:41 (31:16) | 1:06 (32:22) | 0:36 (32:58) |
| | 1:52 (34:50) | 1:08 (35:58) | 2:46 (38:44) | 2:08 (40:52) | 0:46 (41:38) | 3:28 (45:06) |
| | 0:44 (45:50) | 0:24 (46:14) | | | | |
| 2. | Søren Møller Skaug | OK Pan | 53:13 | +6:59 | | |
| | 1:08 (1:08) | 2:40 (3:48) | 0:45 (4:33) | 2:05 (6:38) | 1:07 (7:45) | 2:45 (10:30) |
| | 0:27 (10:57) | 2:18 (13:15) | 1:13 (14:28) | 1:26 (15:54) | 1:14 (17:08) | 1:48 (18:56) |
| | 4:26 (23:22) | 6:02 (29:24) | 2:34 (31:58) | 1:57 (33:55) | 1:22 (35:17) | 0:42 (35:59) |
| | 2:07 (38:06) | 2:03 (40:09) | 4:24 (44:33) | 2:49 (47:22) | 1:01 (48:23) | 3:43 (52:06) |
| | 0:46 (52:52) | 0:21 (53:13) | | | | |
| 3. | Asbjørn Kaltoft | OK Pan | 54:44 | +8:30 | | |
| | 1:11 (1:11) | 2:34 (3:45) | 0:51 (4:36) | 1:56 (6:32) | 1:10 (7:42) | 2:59 (10:41) |
| | 0:31 (11:12) | 2:04 (13:16) | 1:28 (14:44) | 1:28 (16:12) | 1:30 (17:42) | 1:59 (19:41) |
| | 5:07 (24:48) | 7:04 (31:52) | 2:23 (34:15) | 2:08 (36:23) | 1:13 (37:36) | 0:44 (38:20) |
| | 2:00 (40:20) | 1:42 (42:02) | 3:17 (45:19) | 2:22 (47:41) | 0:59 (48:40) | 4:43 (53:23) |
| | 0:57 (54:20) | 0:24 (54:44) | | | | |
| 4. | Nikola Ivanov | Horsens OK | 1:01:44 | +15:30 | | |
| | 1:38 (1:38) | 3:16 (4:54) | 0:50 (5:44) | 2:39 (8:23) | 1:07 (9:30) | 3:11 (12:41) |
| | 0:32 (13:13) | 3:23 (16:36) | 1:16 (17:52) | 1:34 (19:26) | 1:16 (20:42) | 3:17 (23:59) |
| | 5:01 (29:00) | 8:47 (37:47) | 2:26 (40:13) | 2:42 (42:55) | 2:40 (45:35) | 0:58 (46:33) |
| | 1:53 (48:26) | 1:07 (49:33) | 2:39 (52:12) | 2:51 (55:03) | 1:00 (56:03) | 4:25 (1:00:28) |
| | 0:51 (1:01:19) | 0:25 (1:01:44) | | | | |
| 5. | Lukas Kjær Hemmingsen | FIF Hillerød | 1:07:06 | +20:52 | | |
| | 1:14 (1:14) | 3:04 (4:18) | 1:07 (5:25) | 3:18 (8:43) | 1:08 (9:51) | 3:33 (13:24) |
| | 0:31 (13:55) | 2:49 (16:44) | 1:49 (18:33) | 1:49 (20:22) | 1:38 (22:00) | 2:32 (24:32) |
| | 6:00 (30:32) | 8:08 (38:40) | 2:52 (41:32) | 2:46 (44:18) | 1:30 (45:48) | 0:47 (46:35) |
| | 2:32 (49:07) | 1:38 (50:45) | 4:00 (54:45) | 3:42 (58:27) | 1:15 (59:42) | 5:49 (1:05:31) |
| | 1:03 (1:06:34) | 0:32 (1:07:06) | | | | |
| 6. | Asger L. Holmberg | FIF Hillerød | 1:45:09 | +58:55 | | |
| | 1:36 (1:36) | 4:17 (5:53) | 1:53 (7:46) | 2:21 (10:07) | 1:26 (11:33) | 14:26 (25:59) |
| | 0:42 (26:41) | 3:10 (29:51) | 4:22 (34:13) | 2:55 (37:08) | 1:52 (39:00) | 14:59 (53:59) |
| | 6:10 (1:00:09) | 11:03 (1:11:12) | 3:36 (1:14:48) | 2:50 (1:17:38) | 2:17 (1:19:55) | 1:33 (1:21:28) |
| | 3:08 (1:24:36) | 3:44 (1:28:20) | 4:33 (1:32:53) | 4:16 (1:37:09) | 1:23 (1:38:32) | 5:11 (1:43:43) |
| | 0:58 (1:44:41) | 0:28 (1:45:09) | | | | |

H20B

| | | (6 / 6) | Tid | Efter | | |
|----|---------------------------------|--------------|--------------|--------------|----------------|----------------|
| 1. | Andreas Oscarsson | Søllerød OK | 53:35 | | | |
| | 3:46 (3:46) | 2:15 (6:01) | 5:44 (11:45) | 1:10 (12:55) | 6:36 (19:31) | 2:19 (21:50) |
| | 2:38 (24:28) | 3:28 (27:56) | 3:19 (31:15) | 3:19 (34:34) | 3:48 (38:22) | 2:59 (41:21) |
| | 0:56 (42:17) | 1:59 (44:16) | 1:59 (46:15) | 5:05 (51:20) | 1:51 (53:11) | 0:24 (53:35) |
| 2. | Marinus Næstoft Juhl | Søllerød OK | 1:00:45 | +7:10 | | |
| | 2:36 (2:36) | 2:11 (4:47) | 8:57 (13:44) | 1:15 (14:59) | 6:07 (21:06) | 2:11 (23:17) |
| | 2:57 (26:14) | 4:47 (31:01) | 3:31 (34:32) | 3:57 (38:29) | 4:32 (43:01) | 3:11 (46:12) |
| | 1:05 (47:17) | 2:56 (50:13) | 2:24 (52:37) | 5:50 (58:27) | 1:46 (1:00:13) | 0:32 (1:00:45) |
| 3. | Jannik Cornelius Lendal Nielsen | FIF Hillerød | 1:00:55 | +7:20 | | |

| | | | | | |
|-----------------------------------|----------------|---------------------|-----------------------|----------------|----------------|
| 2:41 (2:41) | 2:14 (4:55) | 11:19 (16:14) | 1:18 (17:32) | 7:41 (25:13) | 1:47 (27:00) |
| 2:59 (29:59) | 4:40 (34:39) | 3:19 (37:58) | 3:26 (41:24) | 3:45 (45:09) | 2:49 (47:58) |
| 1:34 (49:32) | 2:29 (52:01) | 2:11 (54:12) | 4:32 (58:44) | 1:45 (1:00:29) | 0:26 (1:00:55) |
| 4. Benjamin Søltøft | | Horsens OK | 1:11:03 +17:28 | | |
| 3:19 (3:19) | 3:06 (6:25) | 8:29 (14:54) | 1:32 (16:26) | 8:37 (25:03) | 4:01 (29:04) |
| 2:53 (31:57) | 5:50 (37:47) | 4:18 (42:05) | 3:56 (46:01) | 3:47 (49:48) | 5:01 (54:49) |
| 1:31 (56:20) | 2:50 (59:10) | 2:41 (1:01:51) | 6:38 (1:08:29) | 2:08 (1:10:37) | 0:26 (1:11:03) |
| 5. Frederik L. Holmberg | | FIF Hillerød | 1:12:17 +18:42 | | |
| 2:41 (2:41) | 3:25 (6:06) | 11:24 (17:30) | 0:56 (18:26) | 7:22 (25:48) | 1:55 (27:43) |
| 2:13 (29:56) | 13:31 (43:27) | 4:02 (47:29) | 3:01 (50:30) | 3:53 (54:23) | 2:50 (57:13) |
| 2:09 (59:22) | 3:04 (1:02:26) | 2:16 (1:04:42) | 4:58 (1:09:40) | 2:08 (1:11:48) | 0:29 (1:12:17) |
| 6. András Kovács | | Horsens OK | 1:13:30 +19:55 | | |
| 2:25 (2:25) | 15:41 (18:06) | 4:29 (22:35) | 1:26 (24:01) | 10:52 (34:53) | 2:42 (37:35) |
| 2:11 (39:46) | 4:09 (43:55) | 3:09 (47:04) | 2:30 (49:34) | 10:24 (59:58) | 2:18 (1:02:16) |
| 1:00 (1:03:16) | 1:50 (1:05:06) | 1:41 (1:06:47) | 4:31 (1:11:18) | 1:41 (1:12:59) | 0:31 (1:13:30) |
| H21 | | (29 / 29) | Tid Efter | | |
| 1. Andreas Bock Bjørnsen | | OK Pan | 43:19 | | |
| 1:02 (1:02) | 2:23 (3:25) | 0:44 (4:09) | 1:36 (5:45) | 0:51 (6:36) | 2:17 (8:53) |
| 0:25 (9:18) | 1:42 (11:00) | 1:03 (12:03) | 1:13 (13:16) | 1:09 (14:25) | 1:31 (15:56) |
| 4:00 (19:56) | 5:15 (25:11) | 1:42 (26:53) | 1:32 (28:25) | 1:04 (29:29) | 0:35 (30:04) |
| 1:43 (31:47) | 1:35 (33:22) | 2:35 (35:57) | 2:08 (38:05) | 0:45 (38:50) | 3:22 (42:12) |
| 0:44 (42:56) | 0:23 (43:19) | | | | |
| 2. Jacob Steinthal | | FIF Hillerød | 44:55 +1:36 | | |
| 1:03 (1:03) | 2:29 (3:32) | 0:47 (4:19) | 1:34 (5:53) | 0:52 (6:45) | 2:08 (8:53) |
| 0:24 (9:17) | 1:48 (11:05) | 1:03 (12:08) | 2:39 (14:47) | 1:00 (15:47) | 3:07 (18:54) |
| 3:50 (22:44) | 5:00 (27:44) | 1:50 (29:34) | 1:40 (31:14) | 0:59 (32:13) | 0:33 (32:46) |
| 1:32 (34:18) | 0:59 (35:17) | 2:23 (37:40) | 1:55 (39:35) | 0:47 (40:22) | 3:30 (43:52) |
| 0:43 (44:35) | 0:20 (44:55) | | | | |
| 3. Rasmus Djurhuus | | OK Pan | 47:19 +4:00 | | |
| 1:02 (1:02) | 2:22 (3:24) | 0:41 (4:05) | 1:39 (5:44) | 0:54 (6:38) | 2:57 (9:35) |
| 0:24 (9:59) | 1:58 (11:57) | 1:05 (13:02) | 1:30 (14:32) | 1:11 (15:43) | 1:33 (17:16) |
| 4:12 (21:28) | 5:34 (27:02) | 2:01 (29:03) | 3:29 (32:32) | 0:57 (33:29) | 0:39 (34:08) |
| 1:52 (36:00) | 1:03 (37:03) | 2:27 (39:30) | 2:13 (41:43) | 0:48 (42:31) | 3:39 (46:10) |
| 0:43 (46:53) | 0:26 (47:19) | | | | |
| 4. Magnus Maag | | Søllerød OK | 48:18 +4:59 | | |
| 1:05 (1:05) | 2:40 (3:45) | 0:42 (4:27) | 1:39 (6:06) | 1:04 (7:10) | 2:22 (9:32) |
| 0:30 (10:02) | 1:45 (11:47) | 1:15 (13:02) | 1:18 (14:20) | 1:18 (15:38) | 1:40 (17:18) |
| 4:23 (21:41) | 5:34 (27:15) | 2:34 (29:49) | 1:47 (31:36) | 1:11 (32:47) | 0:37 (33:24) |
| 1:43 (35:07) | 1:13 (36:20) | 2:56 (39:16) | 3:05 (42:21) | 0:51 (43:12) | 4:04 (47:16) |
| 0:39 (47:55) | 0:23 (48:18) | | | | |
| 5. Stefan Frands Petersen | | OK Pan | 49:59 +6:40 | | |
| 1:06 (1:06) | 2:27 (3:33) | 0:47 (4:20) | 1:52 (6:12) | 1:02 (7:14) | 2:45 (9:59) |
| 0:25 (10:24) | 1:56 (12:20) | 1:28 (13:48) | 1:30 (15:18) | 1:24 (16:42) | 1:40 (18:22) |
| 4:32 (22:54) | 6:26 (29:20) | 2:15 (31:35) | 1:44 (33:19) | 1:17 (34:36) | 0:44 (35:20) |
| 2:04 (37:24) | 1:32 (38:56) | 2:56 (41:52) | 2:14 (44:06) | 0:55 (45:01) | 3:48 (48:49) |
| 0:48 (49:37) | 0:22 (49:59) | | | | |
| 6. Rasmus Folino Nielsen | | FIF Hillerød | 50:19 +7:00 | | |
| 1:04 (1:04) | 2:35 (3:39) | 0:49 (4:28) | 1:52 (6:20) | 1:03 (7:23) | 2:29 (9:52) |
| 0:26 (10:18) | 1:56 (12:14) | 1:13 (13:27) | 3:35 (17:02) | 1:06 (18:08) | 1:38 (19:46) |
| 4:32 (24:18) | 5:45 (30:03) | 2:02 (32:05) | 1:48 (33:53) | 1:11 (35:04) | 0:38 (35:42) |
| 2:02 (37:44) | 1:37 (39:21) | 2:48 (42:09) | 2:21 (44:30) | 0:50 (45:20) | 3:50 (49:10) |
| 0:45 (49:55) | 0:24 (50:19) | | | | |
| 7. Tobias Karlsmose Svarer | | OK Pan | 50:56 +7:37 | | |
| 1:09 (1:09) | 3:06 (4:15) | 0:52 (5:07) | 2:06 (7:13) | 1:00 (8:13) | 2:29 (10:42) |
| 0:28 (11:10) | 1:48 (12:58) | 1:17 (14:15) | 1:37 (15:52) | 1:15 (17:07) | 1:36 (18:43) |
| 4:07 (22:50) | 6:09 (28:59) | 2:06 (31:05) | 1:42 (32:47) | 1:20 (34:07) | 1:58 (36:05) |
| 1:48 (37:53) | 1:27 (39:20) | 2:52 (42:12) | 2:34 (44:46) | 1:01 (45:47) | 4:01 (49:48) |
| 0:45 (50:33) | 0:23 (50:56) | | | | |
| 8. Mátyás Péntek | | Horsens OK | 52:42 +9:23 | | |
| 1:12 (1:12) | 2:57 (4:09) | 0:49 (4:58) | 1:59 (6:57) | 1:46 (8:43) | 3:04 (11:47) |
| 0:28 (12:15) | 1:52 (14:07) | 1:18 (15:25) | 1:20 (16:45) | 1:21 (18:06) | 2:09 (20:15) |
| 4:40 (24:55) | 6:18 (31:13) | 2:11 (33:24) | 1:55 (35:19) | 1:25 (36:44) | 0:41 (37:25) |
| 2:07 (39:32) | 1:20 (40:52) | 3:03 (43:55) | 2:32 (46:27) | 1:06 (47:33) | 4:04 (51:37) |
| 0:43 (52:20) | 0:22 (52:42) | | | | |
| 9. Johan Halkjær Dupont | | OK Pan | 54:05 +10:46 | | |
| 1:07 (1:07) | 2:58 (4:05) | 0:49 (4:54) | 2:11 (7:05) | 0:57 (8:02) | 3:08 (11:10) |
| 0:24 (11:34) | 1:51 (13:25) | 1:18 (14:43) | 1:35 (16:18) | 1:16 (17:34) | 1:51 (19:25) |
| 4:34 (23:59) | 6:30 (30:29) | 1:59 (32:28) | 2:01 (34:29) | 1:48 (36:17) | 0:41 (36:58) |
| 1:58 (38:56) | 1:57 (40:53) | 2:57 (43:50) | 2:20 (46:10) | 1:02 (47:12) | 5:45 (52:57) |
| 0:47 (53:44) | 0:21 (54:05) | | | | |
| 10. Andreas Toft Mikkelsen | | Søllerød OK | 56:07 +12:48 | | |
| 1:21 (1:21) | 2:56 (4:17) | 0:57 (5:14) | 3:00 (8:14) | 1:27 (9:41) | 3:06 (12:47) |
| 0:29 (13:16) | 1:57 (15:13) | 1:28 (16:41) | 3:26 (20:07) | 1:19 (21:26) | 1:51 (23:17) |
| 4:34 (27:51) | 6:34 (34:25) | 2:16 (36:41) | 1:53 (38:34) | 1:17 (39:51) | 0:41 (40:32) |
| 2:14 (42:46) | 1:30 (44:16) | 2:39 (46:55) | 2:45 (49:40) | 0:59 (50:39) | 4:01 (54:40) |
| 0:56 (55:36) | 0:31 (56:07) | | | | |
| 11. Mikkel Kaae-Nielsen | | Søllerød OK | 57:17 +13:58 | | |
| 1:32 (1:32) | 3:00 (4:32) | 0:49 (5:21) | 2:00 (7:21) | 1:03 (8:24) | 2:55 (11:19) |
| 0:30 (11:49) | 2:09 (13:58) | 1:41 (15:39) | 1:42 (17:21) | 1:27 (18:48) | 1:58 (20:46) |
| 5:12 (25:58) | 7:00 (32:58) | 3:02 (36:00) | 2:01 (38:01) | 1:35 (39:36) | 0:47 (40:23) |
| 2:19 (42:42) | 1:44 (44:26) | 3:20 (47:46) | 2:42 (50:28) | 1:05 (51:33) | 4:18 (55:51) |
| 0:55 (56:46) | 0:31 (57:17) | | | | |

| | | | | | | |
|-----|---------------------|----------------|--------------|--------------|----------------|----------------|
| 12. | Julius Molsen | Søllerød OK | 58:33 | +15:14 | | |
| | 1:23 (1:23) | 5:21 (6:44) | 1:19 (8:03) | 2:01 (10:04) | 1:09 (11:13) | 3:07 (14:20) |
| | 0:31 (14:51) | 2:17 (17:08) | 1:25 (18:33) | 1:48 (20:21) | 1:36 (21:57) | 1:50 (23:47) |
| | 5:07 (28:54) | 7:30 (36:24) | 2:21 (38:45) | 1:55 (40:40) | 1:13 (41:53) | 1:56 (43:49) |
| | 1:51 (45:40) | 1:38 (47:18) | 2:41 (49:59) | 2:23 (52:22) | 1:01 (53:23) | 3:55 (57:18) |
| | 0:49 (58:07) | 0:26 (58:33) | | | | |
| 13. | Jacob Hansen | FIF Hillerød | 58:35 | +15:16 | | |
| | 1:12 (1:12) | 4:05 (5:17) | 1:01 (6:18) | 2:41 (8:59) | 1:21 (10:20) | 3:15 (13:35) |
| | 0:33 (14:08) | 2:13 (16:21) | 1:18 (17:39) | 1:40 (19:19) | 1:28 (20:47) | 1:53 (22:40) |
| | 4:53 (27:33) | 6:27 (34:00) | 2:38 (36:38) | 1:49 (38:27) | 1:46 (40:13) | 0:51 (41:04) |
| | 2:10 (43:14) | 3:06 (46:20) | 3:12 (49:32) | 2:41 (52:13) | 1:02 (53:15) | 4:06 (57:21) |
| | 0:52 (58:13) | 0:22 (58:35) | | | | |
| 14. | Benjamin Andersson | OK Pan | 58:47 | +15:28 | | |
| | 1:36 (1:36) | 3:04 (4:40) | 1:07 (5:47) | 2:35 (8:22) | 1:01 (9:23) | 3:15 (12:38) |
| | 0:34 (13:12) | 2:06 (15:18) | 1:29 (16:47) | 1:43 (18:30) | 1:32 (20:02) | 2:01 (22:03) |
| | 5:00 (27:03) | 6:54 (33:57) | 2:16 (36:13) | 2:27 (38:40) | 1:15 (39:55) | 1:01 (40:56) |
| | 2:15 (43:11) | 2:25 (45:36) | 3:25 (49:01) | 3:17 (52:18) | 1:05 (53:23) | 4:12 (57:35) |
| | 0:47 (58:22) | 0:25 (58:47) | | | | |
| 15. | Oscar Sig Tranberg | OK Pan | 1:00:28 | +17:09 | | |
| | 1:14 (1:14) | 6:08 (7:22) | 0:58 (8:20) | 2:12 (10:32) | 1:09 (11:41) | 3:10 (14:51) |
| | 0:32 (15:23) | 2:05 (17:28) | 1:21 (18:49) | 2:59 (21:48) | 1:19 (23:07) | 1:49 (24:56) |
| | 4:52 (29:48) | 8:51 (38:39) | 2:16 (40:55) | 1:53 (42:48) | 1:14 (44:02) | 1:43 (45:45) |
| | 1:59 (47:44) | 1:16 (49:00) | 2:49 (51:49) | 2:33 (54:22) | 0:59 (55:21) | 3:55 (59:16) |
| | 0:50 (1:00:06) | 0:22 (1:00:28) | | | | |
| 16. | Kristian Vad | Horsens OK | 1:00:29 | +17:10 | | |
| | 1:23 (1:23) | 2:56 (4:19) | 0:58 (5:17) | 2:10 (7:27) | 1:15 (8:42) | 3:09 (11:51) |
| | 0:36 (12:27) | 2:29 (14:56) | 1:38 (16:34) | 3:00 (19:34) | 1:41 (21:15) | 2:05 (23:20) |
| | 5:40 (29:00) | 7:07 (36:07) | 2:35 (38:42) | 2:13 (40:55) | 1:52 (42:47) | 0:45 (43:32) |
| | 2:37 (46:09) | 1:16 (47:25) | 3:06 (50:31) | 2:44 (53:15) | 1:01 (54:16) | 4:46 (59:02) |
| | 0:55 (59:57) | 0:32 (1:00:29) | | | | |
| 17. | Aske Jepsen | Søllerød OK | 1:00:31 | +17:12 | | |
| | 1:29 (1:29) | 3:04 (4:33) | 0:52 (5:25) | 2:04 (7:29) | 1:06 (8:35) | 3:28 (12:03) |
| | 0:30 (12:33) | 2:20 (14:53) | 1:55 (16:48) | 1:29 (18:17) | 1:29 (19:46) | 2:12 (21:58) |
| | 5:16 (27:14) | 7:43 (34:57) | 2:20 (37:17) | 2:06 (39:23) | 1:36 (40:59) | 0:50 (41:49) |
| | 2:07 (43:56) | 1:57 (45:53) | 3:26 (49:19) | 4:13 (53:32) | 1:03 (54:35) | 4:40 (59:15) |
| | 0:50 (1:00:05) | 0:26 (1:00:31) | | | | |
| 18. | Pablo Barahona | Kolding OK | 1:01:08 | +17:49 | | |
| | 1:38 (1:38) | 3:43 (5:21) | 1:10 (6:31) | 1:59 (8:30) | 1:21 (9:51) | 3:10 (13:01) |
| | 0:36 (13:37) | 2:54 (16:31) | 1:39 (18:10) | 2:03 (20:13) | 1:35 (21:48) | 3:34 (25:22) |
| | 5:46 (31:08) | 7:02 (38:10) | 2:41 (40:51) | 2:17 (43:08) | 1:12 (44:20) | 0:37 (44:57) |
| | 2:16 (47:13) | 1:35 (48:48) | 3:13 (52:01) | 2:30 (54:31) | 1:01 (55:32) | 4:21 (59:53) |
| | 0:50 (1:00:43) | 0:25 (1:01:08) | | | | |
| 19. | Márton Péntek | Horsens OK | 1:02:31 | +19:12 | | |
| | 1:21 (1:21) | 3:02 (4:23) | 1:08 (5:31) | 2:39 (8:10) | 1:12 (9:22) | 3:25 (12:47) |
| | 0:34 (13:21) | 2:22 (15:43) | 1:22 (17:05) | 1:36 (18:41) | 1:33 (20:14) | 1:59 (22:13) |
| | 5:14 (27:27) | 7:21 (34:48) | 2:38 (37:26) | 2:15 (39:41) | 1:41 (41:22) | 0:55 (42:17) |
| | 2:29 (44:46) | 1:55 (46:41) | 3:31 (50:12) | 3:15 (53:27) | 3:07 (56:34) | 4:34 (1:01:08) |
| | 0:57 (1:02:05) | 0:26 (1:02:31) | | | | |
| 20. | Rune Østergaard | Søllerød OK | 1:03:31 | +20:12 | | |
| | 1:06 (1:06) | 2:36 (3:42) | 0:51 (4:33) | 1:51 (6:24) | 1:05 (7:29) | 2:56 (10:25) |
| | 0:34 (10:59) | 2:51 (13:50) | 1:29 (15:19) | 3:12 (18:31) | 1:24 (19:55) | 2:00 (21:55) |
| | 5:25 (27:20) | 8:39 (35:59) | 2:51 (38:50) | 2:30 (41:20) | 1:23 (42:43) | 0:50 (43:33) |
| | 2:54 (46:27) | 1:27 (47:54) | 4:06 (52:00) | 3:34 (55:34) | 1:20 (56:54) | 5:09 (1:02:03) |
| | 1:00 (1:03:03) | 0:28 (1:03:31) | | | | |
| 21. | Lars Pagh | OK Snab | 1:04:28 | +21:09 | | |
| | 1:30 (1:30) | 3:56 (5:26) | 0:48 (6:14) | 1:56 (8:10) | 1:05 (9:15) | 3:26 (12:41) |
| | 0:31 (13:12) | 2:36 (15:48) | 1:48 (17:36) | 2:11 (19:47) | 1:38 (21:25) | 2:32 (23:57) |
| | 6:22 (30:19) | 8:06 (38:25) | 2:30 (40:55) | 2:21 (43:16) | 2:17 (45:33) | 1:14 (46:47) |
| | 2:37 (49:24) | 2:05 (51:29) | 3:14 (54:43) | 2:56 (57:39) | 0:53 (58:32) | 4:38 (1:03:10) |
| | 0:55 (1:04:05) | 0:23 (1:04:28) | | | | |
| 22. | Jonas Lindorf | OK Snab | 1:05:24 | +22:05 | | |
| | 3:38 (3:38) | 3:46 (7:24) | 1:11 (8:35) | 2:26 (11:01) | 1:12 (12:13) | 4:07 (16:20) |
| | 0:28 (16:48) | 2:16 (19:04) | 1:33 (20:37) | 1:48 (22:25) | 1:39 (24:04) | 2:08 (26:12) |
| | 5:30 (31:42) | 7:45 (39:27) | 3:19 (42:46) | 1:58 (44:44) | 1:44 (46:28) | 0:49 (47:17) |
| | 2:41 (49:58) | 1:40 (51:38) | 3:33 (55:11) | 2:59 (58:10) | 1:05 (59:15) | 4:45 (1:04:00) |
| | 0:54 (1:04:54) | 0:30 (1:05:24) | | | | |
| 23. | Mikkel Holm Nielsen | OK Pan | 1:06:17 | +22:58 | | |
| | 1:11 (1:11) | 3:15 (4:26) | 1:07 (5:33) | 2:29 (8:02) | 1:23 (9:25) | 4:20 (13:45) |
| | 0:34 (14:19) | 2:35 (16:54) | 1:50 (18:44) | 1:55 (20:39) | 1:48 (22:27) | 2:13 (24:40) |
| | 5:57 (30:37) | 8:15 (38:52) | 2:59 (41:51) | 2:36 (44:27) | 1:28 (45:55) | 0:57 (46:52) |
| | 2:38 (49:30) | 1:36 (51:06) | 3:58 (55:04) | 3:03 (58:07) | 1:09 (59:16) | 5:25 (1:04:41) |
| | 1:06 (1:05:47) | 0:30 (1:06:17) | | | | |
| 24. | Kasper Fjellerup | FIF Hillerød | 1:07:22 | +24:03 | | |
| | 1:27 (1:27) | 3:36 (5:03) | 1:04 (6:07) | 2:27 (8:34) | 1:20 (9:54) | 3:38 (13:32) |
| | 0:37 (14:09) | 2:40 (16:49) | 1:43 (18:32) | 1:45 (20:17) | 1:50 (22:07) | 2:14 (24:21) |
| | 6:00 (30:21) | 8:02 (38:23) | 2:58 (41:21) | 2:34 (43:55) | 1:44 (45:39) | 0:51 (46:30) |
| | 2:54 (49:24) | 2:31 (51:55) | 4:07 (56:02) | 3:12 (59:14) | 1:12 (1:00:26) | 5:15 (1:05:41) |
| | 1:08 (1:06:49) | 0:33 (1:07:22) | | | | |
| 25. | Thomas Emil Jensen | Horsens OK | 1:14:26 | +31:07 | | |

| | | | | | |
|-------------------------------------|----------------|---------------------|-----------------------|-----------------|----------------|
| 1:15 (1:15) | 3:25 (4:40) | 3:03 (7:43) | 2:44 (10:27) | 1:23 (11:50) | 4:01 (15:51) |
| 0:32 (16:23) | 3:01 (19:24) | 2:39 (22:03) | 2:21 (24:24) | 1:56 (26:20) | 2:31 (28:51) |
| 6:53 (35:44) | 10:47 (46:31) | 2:58 (49:29) | 2:38 (52:07) | 1:35 (53:42) | 0:55 (54:37) |
| 2:31 (57:08) | 2:01 (59:09) | 4:13 (1:03:22) | 3:21 (1:06:43) | 1:13 (1:07:56) | 5:18 (1:13:14) |
| 0:49 (1:14:03) | 0:23 (1:14:26) | | | | |
| 26. Thomas Herbert Kokholm | | Horsens OK | 1:30:06 +46:47 | | |
| 1:32 (1:32) | 3:48 (5:20) | 1:33 (6:53) | 2:59 (9:52) | 3:14 (13:06) | 4:29 (17:35) |
| 0:33 (18:08) | 3:31 (21:39) | 2:02 (23:41) | 4:04 (27:45) | 2:08 (29:53) | 3:35 (33:28) |
| 5:59 (39:27) | 13:36 (53:03) | 4:01 (57:04) | 2:09 (59:13) | 4:10 (1:03:23) | 1:29 (1:04:52) |
| 3:04 (1:07:56) | 2:50 (1:10:46) | 4:19 (1:15:05) | 5:31 (1:20:36) | 2:04 (1:22:40) | 5:50 (1:28:30) |
| 1:03 (1:29:33) | 0:33 (1:30:06) | | | | |
| Philip Bæk Christiansen | | Søllerød OK | Fejlklip | | |
| 1:37 (1:37) | 3:43 (5:20) | 3:01 (8:21) | 2:27 (10:48) | – (–) | – (13:53) |
| 0:33 (14:26) | 2:35 (17:01) | 1:49 (18:50) | 2:19 (21:09) | 1:57 (23:06) | 2:45 (25:51) |
| 7:02 (32:53) | 8:06 (40:59) | 2:54 (43:53) | 5:17 (49:10) | 1:34 (50:44) | 1:12 (51:56) |
| 3:44 (55:40) | 2:14 (57:54) | 4:29 (1:02:23) | 3:11 (1:05:34) | 1:05 (1:06:39) | 5:26 (1:12:05) |
| 1:05 (1:13:10) | 0:24 (1:13:34) | | | | |
| Mads Møller Skaug | | OK Pan | Ej startet | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| Niels Nygaard Jensen | | OK Snab | Ej startet | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| H21B | | (19 / 19) | Tid Efter | | |
| 1. Jacob Ingerslev Overvad | | OK Pan | 41:57 | | |
| 1:48 (1:48) | 3:08 (4:56) | 3:55 (8:51) | 1:03 (9:54) | 4:54 (14:48) | 1:24 (16:12) |
| 1:57 (18:09) | 3:07 (21:16) | 2:05 (23:21) | 3:08 (26:29) | 2:46 (29:15) | 2:07 (31:22) |
| 1:06 (32:28) | 1:38 (34:06) | 1:43 (35:49) | 4:04 (39:53) | 1:31 (41:24) | 0:33 (41:57) |
| 2. Jeppe Kejser Dahl Jensen | | OK Pan | 42:58 +1:01 | | |
| 1:45 (1:45) | 2:11 (3:56) | 3:40 (7:36) | 1:09 (8:45) | 4:44 (13:29) | 1:28 (14:57) |
| 2:03 (17:00) | 5:01 (22:01) | 2:09 (24:10) | 3:41 (27:51) | 1:55 (29:46) | 2:08 (31:54) |
| 1:21 (33:15) | 2:18 (35:33) | 1:37 (37:10) | 4:13 (41:23) | 1:13 (42:36) | 0:22 (42:58) |
| 3. Jes William Hickman | | FIF Hillerød | 50:58 +9:01 | | |
| 2:14 (2:14) | 2:00 (4:14) | 5:15 (9:29) | 0:51 (10:20) | 8:06 (18:26) | 1:46 (20:12) |
| 1:53 (22:05) | 5:39 (27:44) | 2:35 (30:19) | 2:54 (33:13) | 3:42 (36:55) | 1:55 (38:50) |
| 1:17 (40:07) | 2:12 (42:19) | 2:12 (44:31) | 4:27 (48:58) | 1:35 (50:33) | 0:25 (50:58) |
| 4. Jes Rossen Johansen | | FIF Hillerød | 59:36 +17:39 | | |
| 2:44 (2:44) | 2:07 (4:51) | 12:00 (16:51) | 0:58 (17:49) | 8:19 (26:08) | 1:51 (27:59) |
| 2:32 (30:31) | 3:45 (34:16) | 3:31 (37:47) | 3:05 (40:52) | 3:35 (44:27) | 2:21 (46:48) |
| 1:22 (48:10) | 2:14 (50:24) | 2:27 (52:51) | 4:42 (57:33) | 1:33 (59:06) | 0:30 (59:36) |
| 5. Niels Røungkvist Uhlemann | | Kolding OK | 1:02:29 +20:32 | | |
| 4:17 (4:17) | 1:49 (6:06) | 5:21 (11:27) | 1:03 (12:30) | 7:49 (20:19) | 1:43 (22:02) |
| 2:33 (24:35) | 3:46 (28:21) | 2:25 (30:46) | 2:52 (33:38) | 3:03 (36:41) | 2:57 (39:38) |
| 8:32 (48:10) | 2:25 (50:35) | 2:34 (53:09) | 7:11 (1:00:20) | 1:45 (1:02:05) | 0:24 (1:02:29) |
| 6. Mads Lassen | | Søllerød OK | 1:07:32 +25:35 | | |
| 3:21 (3:21) | 2:52 (6:13) | 5:25 (11:38) | 1:49 (13:27) | 6:27 (19:54) | 2:45 (22:39) |
| 3:23 (26:02) | 5:15 (31:17) | 5:06 (36:23) | 4:21 (40:44) | 5:10 (45:54) | 3:13 (49:07) |
| 1:29 (50:36) | 3:11 (53:47) | 3:08 (56:55) | 6:41 (1:03:36) | 3:18 (1:06:54) | 0:38 (1:07:32) |
| 7. Ulrik Frederiksen | | FIF Hillerød | 1:09:44 +27:47 | | |
| 2:50 (2:50) | 2:19 (5:09) | 6:43 (11:52) | 1:28 (13:20) | 7:29 (20:49) | 9:00 (29:49) |
| 2:45 (32:34) | 4:57 (37:31) | 2:49 (40:20) | 7:49 (48:09) | 3:58 (52:07) | 3:26 (55:33) |
| 1:20 (56:53) | 2:52 (59:45) | 2:08 (1:01:53) | 5:23 (1:07:16) | 1:49 (1:09:05) | 0:39 (1:09:44) |
| 8. Torben Koue | | Søllerød OK | 1:10:07 +28:10 | | |
| 2:16 (2:16) | 2:34 (4:50) | 15:18 (20:08) | 1:26 (21:34) | 8:52 (30:26) | 4:35 (35:01) |
| 3:06 (38:07) | 3:31 (41:38) | 7:10 (48:48) | 3:22 (52:10) | 3:08 (55:18) | 2:13 (57:31) |
| 1:31 (59:02) | 2:41 (1:01:43) | 1:47 (1:03:30) | 4:40 (1:08:10) | 1:33 (1:09:43) | 0:24 (1:10:07) |
| 9. Bjarne Skram | | FIF Hillerød | 1:13:03 +31:06 | | |
| 3:17 (3:17) | 3:01 (6:18) | 8:34 (14:52) | 2:17 (17:09) | 8:44 (25:53) | 3:41 (29:34) |
| 2:59 (32:33) | 6:45 (39:18) | 4:13 (43:31) | 4:27 (47:58) | 3:54 (51:52) | 3:07 (54:59) |
| 2:08 (57:07) | 4:13 (1:01:20) | 2:14 (1:03:34) | 7:08 (1:10:42) | 1:48 (1:12:30) | 0:33 (1:13:03) |
| 10. Martin Lundø | | Horsens OK | 1:19:29 +37:32 | | |
| 3:40 (3:40) | 2:50 (6:30) | 7:37 (14:07) | 1:33 (15:40) | 9:18 (24:58) | 2:31 (27:29) |
| 2:33 (30:02) | 4:07 (34:09) | 3:53 (38:02) | 17:00 (55:02) | 2:49 (57:51) | 2:35 (1:00:26) |
| 4:34 (1:05:00) | 3:27 (1:08:27) | 2:22 (1:10:49) | 6:04 (1:16:53) | 2:02 (1:18:55) | 0:34 (1:19:29) |
| 11. Filip Bergmann Verhelst | | Horsens OK | 1:24:25 +42:28 | | |
| 3:46 (3:46) | 4:00 (7:46) | 15:33 (23:19) | 1:54 (25:13) | 6:07 (31:20) | 10:12 (41:32) |
| 3:12 (44:44) | 5:42 (50:26) | 5:40 (56:06) | 4:12 (1:00:18) | 3:48 (1:04:06) | 2:45 (1:06:51) |
| 1:58 (1:08:49) | 3:21 (1:12:10) | 2:28 (1:14:38) | 7:00 (1:21:38) | 1:59 (1:23:37) | 0:48 (1:24:25) |
| 12. Jesper Leander Lund | | Horsens OK | 1:26:58 +45:01 | | |
| 2:28 (2:28) | 2:18 (4:46) | 20:24 (25:10) | 2:34 (27:44) | 6:58 (34:42) | 2:34 (37:16) |
| 2:20 (39:36) | 3:03 (42:39) | 3:45 (46:24) | 2:46 (49:10) | 20:58 (1:10:08) | 3:44 (1:13:52) |
| 1:33 (1:15:25) | 3:41 (1:19:06) | 2:00 (1:21:06) | 4:03 (1:25:09) | 1:22 (1:26:31) | 0:27 (1:26:58) |

| | | | | | | |
|------------|---------------------|----------------|------------------|------------------|----------------|----------------|
| 13. | Morten Frederiksen | | Søllerød OK | 1:37:26 +55:29 | | |
| | 4:20 (4:20) | 17:24 (21:44) | 6:31 (28:15) | 1:37 (29:52) | 7:21 (37:13) | 3:53 (41:06) |
| | 4:11 (45:17) | 6:35 (51:52) | 4:55 (56:47) | 5:18 (1:02:05) | 6:29 (1:08:34) | 4:27 (1:13:01) |
| | 5:50 (1:18:51) | 3:52 (1:22:43) | 3:02 (1:25:45) | 8:44 (1:34:29) | 2:21 (1:36:50) | 0:36 (1:37:26) |
| 14. | Jens Rose-Møller | | Søllerød OK | 1:48:56 +66:59 | | |
| | 3:26 (3:26) | 3:15 (6:41) | 35:34 (42:15) | 1:54 (44:09) | 9:55 (54:04) | 9:35 (1:03:39) |
| | 2:40 (1:06:19) | 5:29 (1:11:48) | 5:35 (1:17:23) | 4:39 (1:22:02) | 4:13 (1:26:15) | 4:56 (1:31:11) |
| | 1:46 (1:32:57) | 3:06 (1:36:03) | 3:14 (1:39:17) | 6:18 (1:45:35) | 2:51 (1:48:26) | 0:30 (1:48:56) |
| | Anders Boysen | | OK Snab | Fejlkli | | |
| | 4:51 (4:51) | 6:05 (10:56) | 13:43 (24:39) | 2:50 (27:29) | 16:50 (44:19) | 4:01 (48:20) |
| | 5:02 (53:22) | 8:48 (1:02:10) | 7:28 (1:09:38) | 6:37 (1:16:15) | 7:52 (1:24:07) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (1:30:29) | 1:24 (1:31:53) |
| | Mikael Andersen | | Horsens OK | Fejlkli | | |
| | 2:15 (2:15) | 1:44 (3:59) | 3:20 (7:19) | 1:38 (8:57) | 4:19 (13:16) | 1:33 (14:49) |
| | 1:56 (16:45) | 2:44 (19:29) | 2:19 (21:48) | 2:19 (24:07) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (41:00) |
| | Jan Overgaard | | OK Pan | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Jens K. Larsen | | Søllerød OK | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Lars Svinth Nielsen | | OK Snab | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| H40 | | | (26 / 26) | Tid Efter | | |
| 1. | Rune Nygaard Monrad | | FIF Hillerød | 42:04 | | |
| | 1:18 (1:18) | 0:35 (1:53) | 1:57 (3:50) | 1:16 (5:06) | 1:59 (7:05) | 1:17 (8:22) |
| | 2:56 (11:18) | 0:30 (11:48) | 2:28 (14:16) | 7:14 (21:30) | 2:28 (23:58) | 2:29 (26:27) |
| | 2:22 (28:49) | 1:45 (30:34) | 1:20 (31:54) | 0:50 (32:44) | 1:53 (34:37) | 1:08 (35:45) |
| | 1:08 (36:53) | 3:03 (39:56) | 0:49 (40:45) | 0:54 (41:39) | 0:25 (42:04) | |
| 2. | Mads Ingvarsen | | FIF Hillerød | 46:27 +4:23 | | |
| | 1:27 (1:27) | 0:38 (2:05) | 2:20 (4:25) | 1:21 (5:46) | 2:25 (8:11) | 1:24 (9:35) |
| | 3:01 (12:36) | 0:29 (13:05) | 2:49 (15:54) | 7:52 (23:46) | 2:29 (26:15) | 2:38 (28:53) |
| | 2:47 (31:40) | 2:07 (33:47) | 1:20 (35:07) | 0:44 (35:51) | 2:03 (37:54) | 1:16 (39:10) |
| | 1:17 (40:27) | 3:49 (44:16) | 0:48 (45:04) | 0:56 (46:00) | 0:27 (46:27) | |
| 3. | Peter Horstmann | | Søllerød OK | 48:22 +6:18 | | |
| | 1:29 (1:29) | 0:38 (2:07) | 2:02 (4:09) | 1:20 (5:29) | 2:13 (7:42) | 1:24 (9:06) |
| | 3:12 (12:18) | 0:33 (12:51) | 2:47 (15:38) | 8:28 (24:06) | 2:48 (26:54) | 3:09 (30:03) |
| | 2:43 (32:46) | 2:10 (34:56) | 1:18 (36:14) | 1:15 (37:29) | 2:28 (39:57) | 1:19 (41:16) |
| | 1:17 (42:33) | 3:36 (46:09) | 0:50 (46:59) | 0:55 (47:54) | 0:28 (48:22) | |
| 4. | Troels Nielsen | | Horsens OK | 51:29 +9:25 | | |
| | 1:22 (1:22) | 0:40 (2:02) | 2:46 (4:48) | 1:33 (6:21) | 2:09 (8:30) | 1:49 (10:19) |
| | 3:43 (14:02) | 0:31 (14:33) | 4:30 (19:03) | 8:37 (27:40) | 2:42 (30:22) | 2:31 (32:53) |
| | 2:45 (35:38) | 2:07 (37:45) | 1:31 (39:16) | 0:57 (40:13) | 2:19 (42:32) | 1:17 (43:49) |
| | 1:28 (45:17) | 3:50 (49:07) | 0:53 (50:00) | 1:00 (51:00) | 0:29 (51:29) | |
| 5. | Mads K. Larsen | | FIF Hillerød | 54:24 +12:20 | | |
| | 2:34 (2:34) | 0:38 (3:12) | 2:37 (5:49) | 1:43 (7:32) | 2:23 (9:55) | 1:38 (11:33) |
| | 3:29 (15:02) | 0:31 (15:33) | 2:57 (18:30) | 8:46 (27:16) | 4:45 (32:01) | 5:39 (37:40) |
| | 2:24 (40:04) | 2:16 (42:20) | 1:37 (43:57) | 0:50 (44:47) | 1:55 (46:42) | 1:07 (47:49) |
| | 1:09 (48:58) | 3:08 (52:06) | 0:52 (52:58) | 1:01 (53:59) | 0:25 (54:24) | |
| 6. | Tore Linde | | Søllerød OK | 55:18 +13:14 | | |
| | 1:37 (1:37) | 0:44 (2:21) | 2:49 (5:10) | 1:38 (6:48) | 2:25 (9:13) | 1:28 (10:41) |
| | 4:08 (14:49) | 0:37 (15:26) | 3:08 (18:34) | 9:25 (27:59) | 3:43 (31:42) | 3:17 (34:59) |
| | 3:24 (38:23) | 2:13 (40:36) | 1:24 (42:00) | 0:53 (42:53) | 2:29 (45:22) | 1:24 (46:46) |
| | 1:27 (48:13) | 4:15 (52:28) | 1:09 (53:37) | 1:11 (54:48) | 0:30 (55:18) | |
| 7. | Henrik Bomm Hinge | | OK Pan | 58:46 +16:42 | | |
| | 1:34 (1:34) | 0:44 (2:18) | 2:55 (5:13) | 1:39 (6:52) | 2:27 (9:19) | 1:34 (10:53) |
| | 3:59 (14:52) | 0:31 (15:23) | 3:07 (18:30) | 13:13 (31:43) | 3:02 (34:45) | 2:58 (37:43) |
| | 3:01 (40:44) | 4:06 (44:50) | 1:20 (46:10) | 0:45 (46:55) | 2:27 (49:22) | 1:19 (50:41) |
| | 1:34 (52:15) | 3:55 (56:10) | 1:03 (57:13) | 1:05 (58:18) | 0:28 (58:46) | |
| 8. | Rune Funder | | FIF Hillerød | 59:30 +17:26 | | |
| | 2:07 (2:07) | 0:48 (2:55) | 2:44 (5:39) | 1:51 (7:30) | 2:26 (9:56) | 4:22 (14:18) |
| | 3:54 (18:12) | 0:31 (18:43) | 2:51 (21:34) | 8:47 (30:21) | 3:40 (34:01) | 3:17 (37:18) |
| | 3:16 (40:34) | 3:09 (43:43) | 2:04 (45:47) | 1:02 (46:49) | 3:45 (50:34) | 1:12 (51:46) |
| | 1:31 (53:17) | 3:17 (56:34) | 1:32 (58:06) | 1:02 (59:08) | 0:22 (59:30) | |
| 9. | Anders Dalgaard | | Kolding OK | 1:00:52 +18:48 | | |
| | 1:34 (1:34) | 0:41 (2:15) | 2:28 (4:43) | 3:14 (7:57) | 2:20 (10:17) | 1:29 (11:46) |
| | 4:01 (15:47) | 0:30 (16:17) | 3:23 (19:40) | 8:59 (28:39) | 2:59 (31:38) | 2:44 (34:22) |
| | 2:54 (37:16) | 2:08 (39:24) | 1:26 (40:50) | 0:49 (41:39) | 2:18 (43:57) | 1:15 (45:12) |
| | 1:24 (46:36) | 11:54 (58:30) | 0:54 (59:24) | 1:00 (1:00:24) | 0:28 (1:00:52) | |
| 10. | Nicolaj Nielsen | | Horsens OK | 1:03:31 +21:27 | | |
| | 1:40 (1:40) | 0:48 (2:28) | 2:46 (5:14) | 1:48 (7:02) | 3:02 (10:04) | 1:41 (11:45) |
| | 4:25 (16:10) | 0:37 (16:47) | 3:17 (20:04) | 13:34 (33:38) | 3:49 (37:27) | 3:03 (40:30) |
| | 3:24 (43:54) | 2:36 (46:30) | 1:37 (48:07) | 1:38 (49:45) | 2:50 (52:35) | 1:28 (54:03) |
| | 1:38 (55:41) | 4:54 (1:00:35) | 1:17 (1:01:52) | 1:08 (1:03:00) | 0:31 (1:03:31) | |

| H45B | | (19 / 19) | Tid | Efter | | |
|------|-----------------------|----------------|----------------|-----------------|----------------|----------------|
| 1. | Troels Juhl | | Søllerød OK | 45:19 | | |
| | 2:31 (2:31) | 1:58 (4:29) | 5:58 (10:27) | 1:23 (11:50) | 4:57 (16:47) | 2:23 (19:10) |
| | 2:00 (21:10) | 2:52 (24:02) | 2:44 (26:46) | 2:30 (29:16) | 2:51 (32:07) | 1:58 (34:05) |
| | 0:58 (35:03) | 1:50 (36:53) | 1:49 (38:42) | 4:42 (43:24) | 1:28 (44:52) | 0:27 (45:19) |
| 2. | Steen Knuhtsen | | Søllerød OK | 48:10 | +2:51 | |
| | 2:44 (2:44) | 1:59 (4:43) | 4:35 (9:18) | 1:28 (10:46) | 6:54 (17:40) | 1:54 (19:34) |
| | 2:24 (21:58) | 2:59 (24:57) | 3:07 (28:04) | 3:02 (31:06) | 2:48 (33:54) | 2:18 (36:12) |
| | 1:15 (37:27) | 2:21 (39:48) | 2:03 (41:51) | 4:13 (46:04) | 1:36 (47:40) | 0:30 (48:10) |
| 3. | Thomas Damm Als | | OK Pan | 51:25 | +6:06 | |
| | 2:49 (2:49) | 2:43 (5:32) | 5:06 (10:38) | 1:23 (12:01) | 5:36 (17:37) | 1:44 (19:21) |
| | 2:49 (22:10) | 3:23 (25:33) | 3:49 (29:22) | 3:47 (33:09) | 3:20 (36:29) | 2:18 (38:47) |
| | 0:59 (39:46) | 2:09 (41:55) | 2:09 (44:04) | 5:06 (49:10) | 1:43 (50:53) | 0:32 (51:25) |
| 4. | Peter Kilden Jensen | | OK Pan | 54:26 | +9:07 | |
| | 2:23 (2:23) | 2:37 (5:00) | 5:31 (10:31) | 1:30 (12:01) | 6:40 (18:41) | 1:46 (20:27) |
| | 2:25 (22:52) | 3:30 (26:22) | 3:06 (29:28) | 2:55 (32:23) | 3:04 (35:27) | 2:16 (37:43) |
| | 4:45 (42:28) | 2:36 (45:04) | 2:10 (47:14) | 4:58 (52:12) | 1:42 (53:54) | 0:32 (54:26) |
| 5. | Louis Steinthal | | FIF Hillerød | 54:50 | +9:31 | |
| | 3:44 (3:44) | 2:42 (6:26) | 4:47 (11:13) | 1:19 (12:32) | 6:43 (19:15) | 1:52 (21:07) |
| | 2:45 (23:52) | 3:52 (23:52) | 3:18 (31:02) | 3:13 (34:15) | 3:34 (37:49) | 3:10 (40:59) |
| | 1:24 (42:23) | 2:23 (44:46) | 2:20 (47:06) | 5:22 (52:28) | 1:50 (54:18) | 0:32 (54:50) |
| 6. | Henning Mindstruplund | | Horsens OK | 55:45 | +10:26 | |
| | 3:25 (3:25) | 2:37 (6:02) | 6:37 (12:39) | 2:09 (14:48) | 5:52 (20:40) | 1:59 (22:39) |
| | 2:42 (25:21) | 4:28 (29:49) | 3:23 (33:12) | 3:13 (36:25) | 3:53 (40:18) | 2:33 (42:51) |
| | 1:05 (43:56) | 2:18 (46:14) | 2:01 (48:15) | 4:51 (53:06) | 1:56 (55:02) | 0:43 (55:45) |
| 7. | Peter Sandvang | | FIF Hillerød | 56:07 | +10:48 | |
| | 2:56 (2:56) | 2:02 (4:58) | 11:36 (16:34) | 1:27 (18:01) | 6:24 (24:25) | 1:42 (26:07) |
| | 2:26 (28:33) | 3:19 (31:52) | 3:02 (34:54) | 2:28 (37:22) | 3:11 (40:33) | 3:15 (43:48) |
| | 3:23 (47:11) | 1:41 (48:52) | 1:40 (50:32) | 3:53 (54:25) | 1:17 (55:42) | 0:25 (56:07) |
| 8. | Peter Dyrsting | | FIF Hillerød | 57:11 | +11:52 | |
| | 3:17 (3:17) | 2:35 (5:52) | 5:12 (11:04) | 1:46 (12:50) | 6:13 (19:03) | 2:11 (21:14) |
| | 2:50 (24:04) | 4:03 (28:07) | 3:40 (31:47) | 3:35 (35:22) | 3:25 (38:47) | 3:22 (42:09) |
| | 1:33 (43:42) | 2:32 (46:14) | 2:26 (48:40) | 5:43 (54:23) | 2:16 (56:39) | 0:32 (57:11) |
| 9. | Jan Lottenburger | | Kolding OK | 1:00:07 | +14:48 | |
| | 2:38 (2:38) | 2:24 (5:02) | 4:50 (9:52) | 1:25 (11:17) | 6:57 (18:14) | 4:53 (23:07) |
| | 2:26 (25:33) | 3:37 (29:10) | 4:48 (33:58) | 3:56 (37:54) | 3:19 (41:13) | 2:33 (43:46) |
| | 2:19 (46:05) | 3:11 (49:16) | 2:07 (51:23) | 6:31 (57:54) | 1:40 (59:34) | 0:33 (1:00:07) |
| 10. | Henrik Eiberg | | Søllerød OK | 1:03:59 | +18:40 | |
| | 3:23 (3:23) | 3:21 (6:44) | 5:45 (12:29) | 1:27 (13:56) | 10:13 (24:09) | 2:49 (26:58) |
| | 2:39 (29:37) | 3:37 (33:14) | 3:30 (36:44) | 3:08 (39:52) | 5:05 (44:57) | 3:26 (48:23) |
| | 1:31 (49:54) | 3:14 (53:08) | 2:41 (55:49) | 6:09 (1:01:58) | 1:26 (1:03:24) | 0:35 (1:03:59) |
| 11. | Henrik Hauge Thomsen | | OK Snab | 1:05:46 | +20:27 | |
| | 2:36 (2:36) | 2:46 (5:22) | 5:22 (10:44) | 1:57 (12:41) | 6:24 (19:05) | 2:32 (21:37) |
| | 3:09 (24:46) | 3:59 (28:45) | 4:11 (32:56) | 5:58 (38:54) | 3:45 (42:39) | 3:50 (46:29) |
| | 4:43 (51:12) | 2:41 (53:53) | 2:42 (56:35) | 6:47 (1:03:22) | 1:52 (1:05:14) | 0:32 (1:05:46) |
| 12. | Thomas Hornbæk | | OK Pan | 1:06:08 | +20:49 | |
| | 2:48 (2:48) | 2:31 (5:19) | 17:33 (22:52) | 0:55 (23:47) | 8:01 (31:48) | 1:39 (33:27) |
| | 2:20 (35:47) | 5:59 (41:46) | 2:47 (44:33) | 2:54 (47:27) | 3:08 (50:35) | 2:46 (53:21) |
| | 1:02 (54:23) | 2:07 (56:30) | 2:01 (58:31) | 4:54 (1:03:25) | 2:14 (1:05:39) | 0:29 (1:06:08) |
| 13. | David Palsgaard | | Søllerød OK | 1:07:09 | +21:50 | |
| | 3:48 (3:48) | 3:09 (6:57) | 5:54 (12:51) | 1:39 (14:30) | 8:28 (22:58) | 2:30 (25:28) |
| | 2:59 (28:27) | 4:50 (33:17) | 4:22 (37:39) | 4:34 (42:13) | 4:20 (46:33) | 3:51 (50:24) |
| | 1:46 (52:10) | 3:11 (55:21) | 2:36 (57:57) | 6:14 (1:04:11) | 2:17 (1:06:28) | 0:41 (1:07:09) |
| 14. | Henning Hansen | | Horsens OK | 1:12:33 | +27:14 | |
| | 3:12 (3:12) | 3:02 (6:14) | 8:11 (14:25) | 1:46 (16:11) | 6:36 (22:47) | 11:05 (33:52) |
| | 2:44 (36:36) | 4:32 (41:08) | 4:01 (45:09) | 3:16 (48:25) | 3:28 (51:53) | 3:34 (55:27) |
| | 1:44 (57:11) | 3:42 (1:00:53) | 2:20 (1:03:13) | 6:51 (1:10:04) | 1:50 (1:11:54) | 0:39 (1:12:33) |
| 15. | Jørgen Luxhøj | | Søllerød OK | 1:22:55 | +37:36 | |
| | 3:47 (3:47) | 3:06 (6:53) | 6:48 (13:41) | 2:10 (15:51) | 8:38 (24:29) | 3:12 (27:41) |
| | 3:24 (31:05) | 11:24 (42:29) | 4:48 (47:17) | 4:01 (51:18) | 4:10 (55:28) | 6:21 (1:01:49) |
| | 1:31 (1:03:20) | 3:31 (1:06:51) | 3:25 (1:10:16) | 8:35 (1:18:51) | 3:14 (1:22:05) | 0:50 (1:22:55) |
| 16. | Morten Gade | | OK Snab | 1:29:40 | +44:21 | |
| | 4:02 (4:02) | 3:09 (7:11) | 30:40 (37:51) | 2:35 (40:26) | 7:02 (47:28) | 2:13 (49:41) |
| | 3:18 (52:59) | 5:03 (58:02) | 3:34 (1:01:36) | 4:09 (1:05:45) | 4:11 (1:09:56) | 3:50 (1:13:46) |
| | 1:19 (1:15:05) | 3:55 (1:19:00) | 1:56 (1:20:56) | 6:12 (1:27:08) | 1:54 (1:29:02) | 0:38 (1:29:40) |
| 17. | Thomas Nikolajsen | | Horsens OK | 2:03:15 | +77:56 | |
| | 5:19 (5:19) | 4:50 (10:09) | 19:22 (29:31) | 4:27 (33:58) | 15:20 (49:18) | 3:39 (52:57) |
| | 4:50 (57:47) | 8:33 (1:06:20) | 8:44 (1:15:04) | 7:09 (1:22:13) | 6:51 (1:29:04) | 6:01 (1:35:05) |
| | 2:48 (1:37:53) | 6:53 (1:44:46) | 3:45 (1:48:31) | 10:27 (1:58:58) | 3:17 (2:02:15) | 1:00 (2:03:15) |
| | Carsten Jokumsen | | FIF Hillerød | Fejlklip | | |
| | 2:24 (2:24) | 8:07 (10:31) | 24:25 (34:56) | 7:09 (42:05) | - (-) | - (-) |
| | - (-) | - (1:08:38) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (1:14:45) | 1:23 (1:16:08) |
| | Tommy Jakobsen | | Horsens OK | Fejlklip | | |
| | 3:16 (3:16) | 2:50 (6:06) | 5:33 (11:39) | 1:54 (13:33) | 7:51 (21:24) | 2:15 (23:39) |
| | 3:27 (27:06) | 4:31 (31:37) | 3:56 (35:33) | 9:34 (45:07) | 4:29 (49:36) | 2:39 (52:15) |
| | 4:19 (56:34) | 3:03 (59:37) | - (-) | - (1:13:43) | 1:57 (1:15:40) | 0:36 (1:16:16) |

| H50 | | (33 / 33) | Tid | Efter | | |
|-----|----------------------------|----------------|----------------|----------------|--------------|--------------|
| 1. | Thomas Hjerrild | OK Pan | 35:05 | | | |
| | 1:11 (1:11) | 1:09 (2:20) | 1:59 (4:19) | 3:13 (7:32) | 2:01 (9:33) | 0:55 (10:28) |
| | 4:52 (15:20) | 1:15 (16:35) | 4:02 (20:37) | 4:06 (24:43) | 1:54 (26:37) | 0:53 (27:30) |
| | 5:28 (32:58) | 0:54 (33:52) | 0:48 (34:40) | 0:25 (35:05) | | |
| 2. | Ebbe Møller Nielsen | OK Pan | 39:32 | +4:27 | | |
| | 1:31 (1:31) | 1:12 (2:43) | 2:06 (4:49) | 3:31 (8:20) | 2:35 (10:55) | 1:01 (11:56) |
| | 4:42 (16:38) | 1:15 (17:53) | 4:29 (22:22) | 4:33 (26:55) | 2:14 (29:09) | 1:05 (30:14) |
| | 6:42 (36:56) | 1:15 (38:11) | 0:54 (39:05) | 0:27 (39:32) | | |
| 3. | Ulrik Staugaard | FIF Hillerød | 40:00 | +4:55 | | |
| | 1:31 (1:31) | 1:21 (2:52) | 2:21 (5:13) | 3:34 (8:47) | 2:32 (11:19) | 1:14 (12:33) |
| | 5:23 (17:56) | 1:38 (19:34) | 4:18 (23:52) | 4:53 (28:45) | 2:04 (30:49) | 1:07 (31:56) |
| | 5:54 (37:50) | 0:48 (38:38) | 0:54 (39:32) | 0:28 (40:00) | | |
| 4. | Bo Simonsen | FIF Hillerød | 40:18 | +5:13 | | |
| | 1:11 (1:11) | 1:16 (2:27) | 2:00 (4:27) | 3:15 (7:42) | 2:51 (10:33) | 3:43 (14:16) |
| | 4:36 (18:52) | 1:15 (20:07) | 3:55 (24:02) | 4:06 (28:08) | 2:02 (30:10) | 1:24 (31:34) |
| | 5:42 (37:16) | 1:47 (39:03) | 0:48 (39:51) | 0:27 (40:18) | | |
| 5. | Steen Olsen | Søllerød OK | 41:48 | +6:43 | | |
| | 1:20 (1:20) | 1:29 (2:49) | 2:05 (4:54) | 3:37 (8:31) | 2:24 (10:55) | 1:02 (11:57) |
| | 5:05 (17:02) | 1:20 (18:22) | 4:50 (23:12) | 5:21 (28:33) | 2:10 (30:43) | 1:12 (31:55) |
| | 7:06 (39:01) | 1:26 (40:27) | 0:53 (41:20) | 0:28 (41:48) | | |
| 6. | Mogens Hagedorn | Søllerød OK | 42:12 | +7:07 | | |
| | 1:23 (1:23) | 1:45 (3:08) | 2:20 (5:28) | 3:53 (9:21) | 2:51 (12:12) | 1:25 (13:37) |
| | 5:24 (19:01) | 1:40 (20:41) | 4:35 (25:16) | 5:17 (30:33) | 2:07 (32:40) | 1:15 (33:55) |
| | 6:01 (39:56) | 0:57 (40:53) | 0:52 (41:45) | 0:27 (42:12) | | |
| 7. | Thomas Eriksen | FIF Hillerød | 43:45 | +8:40 | | |
| | 1:14 (1:14) | 1:19 (2:33) | 1:59 (4:32) | 3:25 (7:57) | 3:19 (11:16) | 1:16 (12:32) |
| | 5:20 (17:52) | 1:18 (19:10) | 4:21 (23:31) | 4:42 (28:13) | 1:59 (30:12) | 2:15 (32:27) |
| | 9:14 (41:41) | 0:42 (42:23) | 0:54 (43:17) | 0:28 (43:45) | | |
| 8. | Mads Mikkelsen | Horsens OK | 48:06 | +13:01 | | |
| | 1:28 (1:28) | 1:30 (2:58) | 2:27 (5:25) | 8:17 (13:42) | 2:35 (16:17) | 1:26 (17:43) |
| | 5:40 (23:23) | 1:22 (24:45) | 5:01 (29:46) | 4:46 (34:32) | 2:42 (37:14) | 1:32 (38:46) |
| | 6:57 (45:43) | 0:56 (46:39) | 0:57 (47:36) | 0:30 (48:06) | | |
| 9. | Allan Thesbjerg | Horsens OK | 50:12 | +15:07 | | |
| | 1:31 (1:31) | 1:38 (3:09) | 2:20 (5:29) | 4:10 (9:39) | 3:24 (13:03) | 1:29 (14:32) |
| | 6:22 (20:54) | 1:48 (22:42) | 5:11 (27:53) | 6:11 (34:04) | 2:34 (36:38) | 1:23 (38:01) |
| | 8:20 (46:21) | 2:17 (48:38) | 1:04 (49:42) | 0:30 (50:12) | | |
| 10. | Frede Lillelund | Søllerød OK | 50:28 | +15:23 | | |
| | 1:53 (1:53) | 1:51 (3:44) | 2:46 (6:30) | 4:20 (10:50) | 2:56 (13:46) | 1:17 (15:03) |
| | 6:07 (21:10) | 2:01 (23:11) | 5:09 (28:20) | 6:26 (34:46) | 3:15 (38:01) | 1:39 (39:40) |
| | 7:34 (47:14) | 1:46 (49:00) | 0:56 (49:56) | 0:32 (50:28) | | |
| 11. | Per Eg Pedersen | Kolding OK | 51:37 | +16:32 | | |
| | 1:45 (1:45) | 1:34 (3:19) | 2:57 (6:16) | 4:52 (11:08) | 3:52 (15:00) | 1:46 (16:46) |
| | 6:55 (23:41) | 1:44 (25:25) | 5:18 (30:43) | 6:00 (36:43) | 2:25 (39:08) | 1:48 (40:56) |
| | 7:49 (48:45) | 1:01 (49:46) | 1:13 (50:59) | 0:38 (51:37) | | |
| 12. | Henrik Henriksen | Horsens OK | 51:54 | +16:49 | | |
| | 1:58 (1:58) | 1:34 (3:32) | 2:43 (6:15) | 5:28 (11:43) | 2:54 (14:37) | 1:16 (15:53) |
| | 6:18 (22:11) | 1:22 (23:33) | 7:29 (31:02) | 5:13 (36:15) | 3:20 (39:35) | 2:07 (41:42) |
| | 7:45 (49:27) | 0:58 (50:25) | 0:57 (51:22) | 0:32 (51:54) | | |
| 13. | Kent Lodberg | OK Pan | 51:55 | +16:50 | | |
| | 1:33 (1:33) | 1:36 (3:09) | 2:16 (5:25) | 4:26 (9:51) | 2:44 (12:35) | 1:29 (14:04) |
| | 6:40 (20:44) | 5:14 (25:58) | 5:17 (31:15) | 6:45 (38:00) | 2:23 (40:23) | 1:47 (42:10) |
| | 7:19 (49:29) | 0:52 (50:21) | 1:07 (51:28) | 0:27 (51:55) | | |
| 14. | Morten Hultberg Buchgreitz | Søllerød OK | 52:59 | +17:54 | | |
| | 1:41 (1:41) | 1:38 (3:19) | 2:21 (5:40) | 11:44 (17:24) | 3:03 (20:27) | 1:48 (22:15) |
| | 5:57 (28:12) | 1:38 (29:50) | 5:06 (34:56) | 4:59 (39:55) | 2:08 (42:03) | 1:09 (43:12) |
| | 7:08 (50:20) | 1:20 (51:40) | 0:54 (52:34) | 0:25 (52:59) | | |
| 15. | Magnus Oscarsson | Søllerød OK | 53:44 | +18:39 | | |
| | 1:35 (1:35) | 1:28 (3:03) | 2:19 (5:22) | 4:38 (10:00) | 2:50 (12:50) | 1:16 (14:06) |
| | 6:56 (21:02) | 1:32 (22:34) | 5:36 (28:10) | 11:05 (39:15) | 2:29 (41:44) | 1:38 (43:22) |
| | 8:08 (51:30) | 0:52 (52:22) | 0:53 (53:15) | 0:29 (53:44) | | |
| 16. | Kell Sønnichsen | OK Pan | 54:09 | +19:04 | | |
| | 1:44 (1:44) | 2:03 (3:47) | 3:07 (6:54) | 4:49 (11:43) | 3:36 (15:19) | 1:42 (17:01) |
| | 7:02 (24:03) | 2:05 (26:08) | 6:26 (32:34) | 5:50 (38:24) | 2:37 (41:01) | 1:40 (42:41) |
| | 8:34 (51:15) | 1:07 (52:22) | 1:12 (53:34) | 0:35 (54:09) | | |
| 17. | Martin Greiner | OK Pan | 56:23 | +21:18 | | |
| | 2:04 (2:04) | 2:20 (4:24) | 3:08 (7:32) | 5:13 (12:45) | 3:58 (16:43) | 1:26 (18:09) |
| | 7:11 (25:20) | 2:04 (27:24) | 6:14 (33:38) | 6:30 (40:08) | 2:53 (43:01) | 1:42 (44:43) |
| | 8:35 (53:18) | 1:12 (54:30) | 1:16 (55:46) | 0:37 (56:23) | | |
| 18. | Thomas Uhlemann | Kolding OK | 56:42 | +21:37 | | |
| | 2:21 (2:21) | 1:41 (4:02) | 2:44 (6:46) | 4:05 (10:51) | 2:55 (13:46) | 1:28 (15:14) |
| | 6:34 (21:48) | 1:50 (23:38) | 9:55 (33:33) | 6:11 (39:44) | 3:35 (43:19) | 1:53 (45:12) |
| | 8:13 (53:25) | 1:36 (55:01) | 1:07 (56:08) | 0:34 (56:42) | | |
| 19. | Peter Gammeljord | OK Snab | 1:01:55 | +26:50 | | |
| | 1:54 (1:54) | 1:56 (3:50) | 3:09 (6:59) | 4:58 (11:57) | 3:37 (15:34) | 1:41 (17:15) |
| | 7:12 (24:27) | 2:00 (26:27) | 10:36 (37:03) | 6:56 (43:59) | 3:08 (47:07) | 2:04 (49:11) |
| | 9:50 (59:01) | 1:16 (1:00:17) | 1:04 (1:01:21) | 0:34 (1:01:55) | | |

| | | | | | | |
|-----|-----------------------|----------------|----------------|-----------------|----------------|----------------|
| 20. | Per Dahl Jensen | | OK Pan | 1:02:50 +27:45 | | |
| | 4:02 (4:02) | 1:30 (5:32) | 2:26 (7:58) | 4:33 (12:31) | 5:39 (18:10) | 1:13 (19:23) |
| | 6:47 (26:10) | 1:41 (27:51) | 12:13 (40:04) | 6:52 (46:56) | 2:35 (49:31) | 1:41 (51:12) |
| | 8:55 (1:00:07) | 0:57 (1:01:04) | 1:11 (1:02:15) | 0:35 (1:02:50) | | |
| 21. | Jes Aage Henning | | Kolding OK | 1:04:00 +28:55 | | |
| | 3:52 (3:52) | 1:46 (5:38) | 2:43 (8:21) | 10:01 (18:22) | 4:33 (22:55) | 1:44 (24:39) |
| | 7:02 (31:41) | 1:44 (33:25) | 5:31 (38:56) | 6:53 (45:49) | 2:39 (48:28) | 1:57 (50:25) |
| | 9:49 (1:00:14) | 1:55 (1:02:09) | 1:16 (1:03:25) | 0:35 (1:04:00) | | |
| 22. | Frank Holmberg | | FIF Hillerød | 1:08:21 +33:16 | | |
| | 2:49 (2:49) | 3:05 (5:54) | 4:28 (10:22) | 5:02 (15:24) | 2:53 (18:17) | 1:27 (19:44) |
| | 6:15 (25:59) | 2:32 (28:31) | 8:25 (36:56) | 12:28 (49:24) | 3:59 (53:23) | 2:11 (55:34) |
| | 9:04 (1:04:38) | 2:25 (1:07:03) | 0:50 (1:07:53) | 0:28 (1:08:21) | | |
| 23. | Henning Schou | | OK Snab | 1:11:05 +36:00 | | |
| | 1:57 (1:57) | 2:00 (3:57) | 3:11 (7:08) | 5:30 (12:38) | 3:21 (15:59) | 3:57 (19:56) |
| | 8:30 (28:26) | 1:58 (30:24) | 6:31 (36:55) | 6:19 (43:14) | 9:02 (52:16) | 2:05 (54:21) |
| | 12:48 (1:07:09) | 2:01 (1:09:10) | 1:18 (1:10:28) | 0:37 (1:11:05) | | |
| 24. | Claus Kaae-Nielsen | | Søllerød OK | 1:12:19 +37:14 | | |
| | 1:58 (1:58) | 2:02 (4:00) | 4:12 (8:12) | 9:08 (17:20) | 3:21 (20:41) | 1:33 (22:14) |
| | 7:02 (29:16) | 1:53 (31:09) | 10:18 (41:27) | 5:47 (47:14) | 3:42 (50:56) | 3:10 (54:06) |
| | 8:59 (1:03:05) | 7:24 (1:10:29) | 1:11 (1:11:40) | 0:39 (1:12:19) | | |
| 25. | Lars Thaaсти | | OK Snab | 1:24:43 +49:38 | | |
| | 1:38 (1:38) | 2:10 (3:48) | 2:52 (6:40) | 23:14 (29:54) | 4:45 (34:39) | 2:05 (36:44) |
| | 8:41 (45:25) | 2:01 (47:26) | 8:36 (56:02) | 7:59 (1:04:01) | 2:20 (1:06:21) | 2:14 (1:08:35) |
| | 13:28 (1:22:03) | 1:04 (1:23:07) | 1:07 (1:24:14) | 0:29 (1:24:43) | | |
| 26. | Jens Herman Krebs | | Søllerød OK | 1:33:59 +58:54 | | |
| | 2:39 (2:39) | 2:40 (5:19) | 3:29 (8:48) | 10:42 (19:30) | 6:28 (25:58) | 4:11 (30:09) |
| | 9:45 (39:54) | 3:31 (43:25) | 8:38 (52:03) | 18:27 (1:10:30) | 3:48 (1:14:18) | 3:36 (1:17:54) |
| | 11:32 (1:29:26) | 1:43 (1:31:09) | 2:05 (1:33:14) | 0:45 (1:33:59) | | |
| 27. | Michael Graae | | Søllerød OK | 1:51:57 +76:52 | | |
| | 1:00:34 (1:00:34) | 1:34 (1:02:08) | 2:18 (1:04:26) | 4:10 (1:08:36) | 2:47 (1:11:23) | 5:15 (1:16:38) |
| | 6:34 (1:23:12) | 1:31 (1:24:43) | 5:04 (1:29:47) | 5:22 (1:35:09) | 3:26 (1:38:35) | 1:51 (1:40:26) |
| | 7:12 (1:47:38) | 2:55 (1:50:33) | 0:55 (1:51:28) | 0:29 (1:51:57) | | |
| | Kent Østermark Jensen | | Kolding OK | Fejlklip | | |
| | 2:00 (2:00) | 2:21 (4:21) | 3:35 (7:56) | 4:58 (12:54) | 5:17 (18:11) | 4:31 (22:42) |
| | 14:00 (36:42) | 8:33 (45:15) | 6:56 (52:11) | 7:09 (59:20) | - (-) | - (1:04:26) |
| | 10:02 (1:14:28) | 2:00 (1:16:28) | 1:01 (1:17:29) | 0:31 (1:18:00) | | |
| | Per Mønster Jørgensen | | Horsens OK | Fejlklip | | |
| | 4:10 (4:10) | 1:43 (5:53) | 2:26 (8:19) | - (-) | - (16:21) | 2:00 (18:21) |
| | 6:08 (24:29) | 1:44 (26:13) | 6:38 (32:51) | 12:34 (45:25) | 3:06 (48:31) | 1:29 (50:00) |
| | 8:02 (58:02) | 0:51 (58:53) | 1:03 (59:56) | 0:36 (1:00:32) | | |
| | Peter Becker | | Søllerød OK | Fejlklip | | |
| | 2:21 (2:21) | 1:51 (4:12) | 2:26 (6:38) | 4:06 (10:44) | 3:13 (13:57) | 2:40 (16:37) |
| | 6:22 (22:59) | - (-) | - (30:51) | 9:10 (40:01) | 2:26 (42:27) | 2:09 (44:36) |
| | 9:23 (53:59) | 0:51 (54:50) | 0:58 (55:48) | 0:30 (56:18) | | |
| | Jan Thomsen | | OK Pan | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Jesper Kirkeskov | | Søllerød OK | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | Lars Eeg Højholt | | Kolding OK | Ej startet | | |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

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| | | | (29 / 29) | Tid | Efter | |
|----|-------------------|--------------|--------------|--------------|--------------|--------------|
| 1. | Per Filskov | | OK Snab | 45:25 | | |
| | 1:38 (1:38) | 0:39 (2:17) | 1:38 (3:55) | 3:05 (7:00) | 1:41 (8:41) | 2:29 (11:10) |
| | 2:37 (13:47) | 4:47 (18:34) | 4:12 (22:46) | 2:23 (25:09) | 1:32 (26:41) | 6:00 (32:41) |
| | 1:51 (34:32) | 1:31 (36:03) | 1:18 (37:21) | 4:00 (41:21) | 3:23 (44:44) | 0:41 (45:25) |
| 2. | Søren Sloth | | FIF Hillerød | 45:47 +0:22 | | |
| | 1:37 (1:37) | 0:49 (2:26) | 1:54 (4:20) | 3:16 (7:36) | 2:11 (9:47) | 3:18 (13:05) |
| | 1:21 (14:26) | 5:42 (20:08) | 4:20 (24:28) | 3:25 (27:53) | 1:50 (29:43) | 4:24 (34:07) |
| | 1:43 (35:50) | 1:24 (37:14) | 1:24 (38:38) | 3:46 (42:24) | 2:48 (45:12) | 0:35 (45:47) |
| 3. | Hans Jørgen Vad | | Horsens OK | 48:22 +2:57 | | |
| | 1:53 (1:53) | 0:46 (2:39) | 2:04 (4:43) | 3:29 (8:12) | 1:59 (10:11) | 3:35 (13:46) |
| | 1:16 (15:02) | 6:18 (21:20) | 4:43 (26:03) | 2:45 (28:48) | 2:05 (30:53) | 5:13 (36:06) |
| | 1:58 (38:04) | 1:24 (39:28) | 1:20 (40:48) | 4:00 (44:48) | 2:54 (47:42) | 0:40 (48:22) |
| 4. | Svend-Erik Jepsen | | Søllerød OK | 48:44 +3:19 | | |
| | 1:26 (1:26) | 0:48 (2:14) | 2:10 (4:24) | 3:16 (7:40) | 1:53 (9:33) | 3:05 (12:38) |
| | 3:16 (15:54) | 4:47 (20:41) | 4:18 (24:59) | 2:51 (27:50) | 2:58 (30:48) | 4:30 (35:18) |
| | 2:47 (38:05) | 1:46 (39:51) | 1:13 (41:04) | 4:23 (45:27) | 2:50 (48:17) | 0:27 (48:44) |
| 5. | Frank Krog Jensen | | Horsens OK | 50:15 +4:50 | | |
| | 1:33 (1:33) | 0:47 (2:20) | 2:59 (5:19) | 3:35 (8:54) | 2:20 (11:14) | 2:48 (14:02) |
| | 1:11 (15:13) | 5:58 (21:11) | 4:43 (25:54) | 2:59 (28:53) | 3:10 (32:03) | 4:32 (36:35) |
| | 2:38 (39:13) | 1:54 (41:07) | 1:35 (42:42) | 4:09 (46:51) | 2:49 (49:40) | 0:35 (50:15) |

| | | | | | | | |
|-----|--------------------------|----------------|----------------|----------------|----------------|----------------|--|
| 5. | Ivan Christensen | | OK Pan | 50:15 | +4:50 | | |
| | 1:24 (1:24) | 0:45 (2:09) | 1:55 (4:04) | 6:02 (10:06) | 1:56 (12:02) | 3:43 (15:45) | |
| | 1:19 (17:04) | 6:41 (23:45) | 4:14 (27:59) | 2:39 (30:38) | 2:17 (32:55) | 5:00 (37:55) | |
| | 2:07 (40:02) | 1:28 (41:30) | 1:21 (42:51) | 3:53 (46:44) | 2:54 (49:38) | 0:37 (50:15) | |
| 7. | Anders Jonsson | | Søllerød OK | 51:23 | +5:58 | | |
| | 1:46 (1:46) | 0:51 (2:37) | 1:59 (4:36) | 3:56 (8:32) | 3:08 (11:40) | 3:45 (15:25) | |
| | 1:29 (16:54) | 7:06 (24:00) | 5:30 (29:30) | 2:45 (32:15) | 1:56 (34:11) | 4:46 (38:57) | |
| | 2:23 (41:20) | 1:21 (42:41) | 1:25 (44:06) | 4:00 (48:06) | 2:41 (50:47) | 0:36 (51:23) | |
| 8. | Søren Peter Larsen | | FIF Hillerød | 51:24 | +5:59 | | |
| | 1:29 (1:29) | 0:50 (2:19) | 2:14 (4:33) | 3:43 (8:16) | 2:18 (10:34) | 4:09 (14:43) | |
| | 1:13 (15:56) | 6:05 (22:01) | 5:07 (27:08) | 2:45 (29:53) | 2:19 (32:12) | 5:10 (37:22) | |
| | 2:58 (40:20) | 1:38 (41:58) | 1:18 (43:16) | 4:16 (47:32) | 3:11 (50:43) | 0:41 (51:24) | |
| 9. | Niels la Cour Bentzon | | Søllerød OK | 52:47 | +7:22 | | |
| | 1:46 (1:46) | 0:52 (2:38) | 2:06 (4:44) | 3:32 (8:16) | 2:16 (10:32) | 3:52 (14:24) | |
| | 1:36 (16:00) | 5:46 (21:46) | 4:39 (26:25) | 2:32 (28:57) | 4:43 (33:40) | 4:53 (38:33) | |
| | 2:12 (40:45) | 1:49 (42:34) | 1:26 (44:00) | 5:21 (49:21) | 2:59 (52:20) | 0:27 (52:47) | |
| 10. | Henrik Kleffel | | Søllerød OK | 53:45 | +8:20 | | |
| | 3:19 (3:19) | 0:37 (3:56) | 2:23 (6:19) | 3:46 (10:05) | 2:14 (12:19) | 3:29 (15:48) | |
| | 1:10 (16:58) | 6:16 (23:14) | 5:15 (28:29) | 3:17 (31:46) | 2:32 (34:18) | 4:29 (38:47) | |
| | 2:08 (40:55) | 1:55 (42:50) | 1:22 (44:12) | 6:11 (50:23) | 2:48 (53:11) | 0:34 (53:45) | |
| 11. | Lars Konradsen | | FIF Hillerød | 53:52 | +8:27 | | |
| | 1:34 (1:34) | 0:55 (2:29) | 2:12 (4:41) | 4:06 (8:47) | 3:08 (11:55) | 3:11 (15:06) | |
| | 1:32 (16:38) | 5:53 (22:31) | 5:18 (27:49) | 2:52 (30:41) | 2:11 (32:52) | 5:29 (38:21) | |
| | 2:24 (40:45) | 2:49 (43:34) | 1:33 (45:07) | 4:38 (49:45) | 3:23 (53:08) | 0:44 (53:52) | |
| 12. | Niels Raagaard | | Søllerød OK | 55:16 | +9:51 | | |
| | 1:26 (1:26) | 0:48 (2:14) | 2:20 (4:34) | 4:22 (8:56) | 2:33 (11:29) | 2:51 (14:20) | |
| | 1:46 (16:06) | 8:13 (24:19) | 5:40 (29:59) | 2:40 (32:39) | 2:10 (34:49) | 5:30 (40:19) | |
| | 2:12 (42:31) | 1:52 (44:23) | 1:32 (45:55) | 5:37 (51:32) | 3:12 (54:44) | 0:32 (55:16) | |
| 13. | Bo Konring | | Søllerød OK | 56:13 | +10:48 | | |
| | 2:06 (2:06) | 1:04 (3:10) | 2:25 (5:35) | 4:23 (9:58) | 2:26 (12:24) | 3:09 (15:33) | |
| | 1:39 (17:12) | 6:32 (23:44) | 6:05 (29:49) | 2:58 (32:47) | 2:19 (35:06) | 5:53 (40:59) | |
| | 2:21 (43:20) | 1:54 (45:14) | 1:33 (46:47) | 4:52 (51:39) | 3:26 (55:05) | 1:08 (56:13) | |
| 14. | Lars T. Munch | | OK Snab | 56:37 | +11:12 | | |
| | 2:18 (2:18) | 0:56 (3:14) | 2:36 (5:50) | 4:13 (10:03) | 2:30 (12:33) | 3:19 (15:52) | |
| | 1:50 (17:42) | 6:45 (24:27) | 5:28 (29:55) | 3:15 (33:10) | 2:47 (35:57) | 5:30 (41:27) | |
| | 2:28 (43:55) | 1:52 (45:47) | 1:37 (47:24) | 4:51 (52:15) | 3:45 (56:00) | 0:37 (56:37) | |
| 15. | Jens Anders Hansen | | Søllerød OK | 57:10 | +11:45 | | |
| | 1:36 (1:36) | 0:54 (2:30) | 2:10 (4:40) | 4:01 (8:41) | 2:06 (10:47) | 6:02 (16:49) | |
| | 1:23 (18:12) | 6:23 (24:35) | 5:40 (30:15) | 3:19 (33:34) | 2:30 (36:04) | 5:21 (41:25) | |
| | 3:09 (44:34) | 1:53 (46:27) | 1:30 (47:57) | 5:28 (53:25) | 3:11 (56:36) | 0:34 (57:10) | |
| 16. | Michael Straube | | Horsens OK | 57:35 | +12:10 | | |
| | 1:43 (1:43) | 1:09 (2:52) | 2:55 (5:47) | 5:51 (11:38) | 2:35 (14:13) | 3:04 (17:17) | |
| | 1:30 (18:47) | 5:30 (24:17) | 5:49 (30:06) | 2:50 (32:56) | 2:13 (35:09) | 5:13 (40:22) | |
| | 3:22 (43:44) | 1:53 (45:37) | 3:43 (49:20) | 4:31 (53:51) | 3:10 (57:01) | 0:34 (57:35) | |
| 17. | Lars Fock | | Søllerød OK | 1:00:33 | +15:08 | | |
| | 1:57 (1:57) | 1:00 (2:57) | 2:25 (5:22) | 4:07 (9:29) | 2:23 (11:52) | 3:00 (14:52) | |
| | 1:31 (16:23) | 9:55 (26:18) | 5:23 (31:41) | 2:40 (34:21) | 4:27 (38:48) | 6:29 (45:17) | |
| | 3:14 (48:31) | 1:52 (50:23) | 1:36 (51:59) | 4:25 (56:24) | 3:27 (59:51) | 0:42 (1:00:33) | |
| 18. | Steen Sig Andersen | | Kolding OK | 1:02:03 | +16:38 | | |
| | 1:25 (1:25) | 0:56 (2:21) | 2:08 (4:29) | 3:30 (7:59) | 2:19 (10:18) | 3:19 (13:37) | |
| | 1:47 (15:24) | 5:39 (21:03) | 8:22 (29:25) | 2:51 (32:16) | 5:19 (37:35) | 6:02 (43:37) | |
| | 2:48 (46:25) | 2:42 (49:07) | 1:49 (50:56) | 7:18 (58:14) | 3:12 (1:01:26) | 0:37 (1:02:03) | |
| 19. | Knud Jespersen | | OK Snab | 1:02:09 | +16:44 | | |
| | 1:58 (1:58) | 2:44 (4:42) | 2:36 (7:18) | 4:21 (11:39) | 2:27 (14:06) | 4:24 (18:30) | |
| | 1:36 (20:06) | 7:19 (27:25) | 6:22 (33:47) | 2:55 (36:42) | 2:37 (39:19) | 5:22 (44:41) | |
| | 2:40 (47:21) | 2:28 (49:49) | 2:09 (51:58) | 6:06 (58:04) | 3:28 (1:01:32) | 0:37 (1:02:09) | |
| 20. | Poul Erik Christensen | | Horsens OK | 1:02:18 | +16:53 | | |
| | 1:45 (1:45) | 0:57 (2:42) | 2:39 (5:21) | 4:19 (9:40) | 2:30 (12:10) | 8:15 (20:25) | |
| | 1:49 (22:14) | 7:09 (29:23) | 6:13 (35:36) | 3:18 (38:54) | 2:35 (41:29) | 6:23 (47:52) | |
| | 2:23 (50:15) | 1:32 (51:47) | 1:13 (53:00) | 4:22 (57:22) | 4:14 (1:01:36) | 0:42 (1:02:18) | |
| 21. | Erik Warncke | | Horsens OK | 1:04:52 | +19:27 | | |
| | 2:22 (2:22) | 0:51 (3:13) | 2:21 (5:34) | 3:54 (9:28) | 3:09 (12:37) | 3:42 (16:19) | |
| | 1:40 (17:59) | 9:58 (27:57) | 5:42 (33:39) | 3:19 (36:58) | 6:00 (42:58) | 6:38 (49:36) | |
| | 2:40 (52:16) | 1:54 (54:10) | 1:23 (55:33) | 4:22 (59:55) | 4:16 (1:04:11) | 0:41 (1:04:52) | |
| 22. | Søren Grønvald | | Søllerød OK | 1:06:09 | +20:44 | | |
| | 3:28 (3:28) | 0:53 (4:21) | 2:32 (6:53) | 4:04 (10:57) | 2:40 (13:37) | 4:08 (17:45) | |
| | 1:53 (19:38) | 6:58 (26:36) | 9:12 (35:48) | 3:27 (39:15) | 4:00 (43:15) | 6:02 (49:17) | |
| | 2:41 (51:58) | 2:58 (54:56) | 2:03 (56:59) | 5:02 (1:02:01) | 3:20 (1:05:21) | 0:48 (1:06:09) | |
| 23. | Carsten Stenberg | | FIF Hillerød | 1:06:10 | +20:45 | | |
| | 8:05 (8:05) | 0:42 (8:47) | 1:49 (10:36) | 3:23 (13:59) | 2:08 (16:07) | 2:53 (19:00) | |
| | 1:27 (20:27) | 7:08 (27:35) | 9:54 (37:29) | 2:52 (40:21) | 5:05 (45:26) | 5:19 (50:45) | |
| | 2:15 (53:00) | 2:04 (55:04) | 1:23 (56:27) | 4:52 (1:01:19) | 4:09 (1:05:28) | 0:42 (1:06:10) | |
| 24. | Jesper Cornelius Nielsen | | FIF Hillerød | 1:12:11 | +26:46 | | |
| | 2:10 (2:10) | 1:08 (3:18) | 2:12 (5:30) | 3:57 (9:27) | 2:19 (11:46) | 5:09 (16:55) | |
| | 1:37 (18:32) | 8:50 (27:22) | 5:25 (32:47) | 3:37 (36:24) | 9:54 (46:18) | 7:23 (53:41) | |
| | 2:52 (56:33) | 2:33 (59:06) | 1:30 (1:00:36) | 7:06 (1:07:42) | 3:49 (1:11:31) | 0:40 (1:12:11) | |
| 25. | Peter Trier | | OK Pan | 1:31:34 | +46:09 | | |
| | 3:36 (3:36) | 0:56 (4:32) | 3:23 (7:55) | 4:37 (12:32) | 2:53 (15:25) | 4:00 (19:25) | |
| | 2:51 (22:16) | 12:31 (34:47) | 7:57 (42:44) | 4:18 (47:02) | 12:01 (59:03) | 9:00 (1:08:03) | |
| | 3:03 (1:11:06) | 3:34 (1:14:40) | 2:50 (1:17:30) | 7:04 (1:24:34) | 6:14 (1:30:48) | 0:46 (1:31:34) | |

| | | | | | | | |
|------------|-----------------------------|----------------|---------------------|-------------------|--------------|----------------|----------------|
| 26. | Torben Sørensen | | Horsens OK | 1:49:28 | +64:03 | | |
| | 2:35 (2:35) | 1:15 (3:50) | 3:56 (7:46) | 3:48 (11:34) | | 2:47 (14:21) | 6:00 (20:21) |
| | 1:08 (21:29) | 10:28 (31:57) | 5:00 (36:57) | 43:50 (1:20:47) | | 3:23 (1:24:10) | 6:59 (1:31:09) |
| | 2:21 (1:33:30) | 4:17 (1:37:47) | 2:57 (1:40:44) | 5:03 (1:45:47) | | 3:11 (1:48:58) | 0:30 (1:49:28) |
| | Henrik Dagsberg | | OK Pan | Fejlklip | | | |
| | 1:35 (1:35) | 0:53 (2:28) | 2:34 (5:02) | 3:59 (9:01) | | 2:41 (11:42) | 5:16 (16:58) |
| | 1:41 (18:39) | 9:43 (28:22) | 5:55 (34:17) | – (–) | | – (41:10) | 5:52 (47:02) |
| | 2:27 (49:29) | 1:50 (51:19) | 1:45 (53:04) | 4:39 (57:43) | | 3:26 (1:01:09) | 0:45 (1:01:54) |
| | Jørgen Wisbech | | Søllerød OK | Udgået | | | |
| | 2:09 (2:09) | 6:52 (9:01) | 2:00 (11:01) | 4:49 (15:50) | | 4:37 (20:27) | 7:00 (27:27) |
| | 1:22 (28:49) | 8:51 (37:40) | – (–) | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| | Peter Østergaard | | Søllerød OK | Ej startet | | | |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| | – (–) | – (–) | – (–) | – (–) | | – (–) | – (–) |
| H70 | | | (27 / 27) | Tid | Efter | | |
| 1. | Peer Straarup | | Horsens OK | 31:03 | | | |
| | 2:58 (2:58) | 2:57 (5:55) | 1:27 (7:22) | 1:42 (9:04) | | 4:30 (13:34) | 4:31 (18:05) |
| | 1:34 (19:39) | 2:30 (22:09) | 1:27 (23:36) | 4:50 (28:26) | | 2:00 (30:26) | 0:37 (31:03) |
| 2. | Ronnie McGrail | | Søllerød OK | 36:21 | +5:18 | | |
| | 2:46 (2:46) | 3:20 (6:06) | 2:00 (8:06) | 2:11 (10:17) | | 4:59 (15:16) | 5:35 (20:51) |
| | 1:51 (22:42) | 3:14 (25:56) | 1:37 (27:33) | 5:46 (33:19) | | 2:23 (35:42) | 0:39 (36:21) |
| 3. | Leif Sig | | FIF Hillerød | 39:40 | +8:37 | | |
| | 2:57 (2:57) | 3:53 (6:50) | 2:02 (8:52) | 2:26 (11:18) | | 6:12 (17:30) | 5:31 (23:01) |
| | 2:03 (25:04) | 3:06 (28:10) | 1:46 (29:56) | 6:18 (36:14) | | 2:40 (38:54) | 0:46 (39:40) |
| 4. | John Holm | | OK Pan | 39:49 | +8:46 | | |
| | 2:16 (2:16) | 3:11 (5:27) | 1:20 (6:47) | 2:08 (8:55) | | 8:41 (17:36) | 5:02 (22:38) |
| | 1:46 (24:24) | 4:37 (29:01) | 1:53 (30:54) | 5:40 (36:34) | | 2:36 (39:10) | 0:39 (39:49) |
| 5. | Emil Olesen | | FIF Hillerød | 39:53 | +8:50 | | |
| | 3:06 (3:06) | 4:05 (7:11) | 1:33 (8:44) | 1:55 (10:39) | | 5:15 (15:54) | 6:27 (22:21) |
| | 1:58 (24:19) | 3:18 (27:37) | 1:47 (29:24) | 6:56 (36:20) | | 2:53 (39:13) | 0:40 (39:53) |
| 6. | Eigil Nielsen | | Horsens OK | 39:54 | +8:51 | | |
| | 2:36 (2:36) | 3:17 (5:53) | 1:43 (7:36) | 2:10 (9:46) | | 6:04 (15:50) | 4:57 (20:47) |
| | 1:41 (22:28) | 7:11 (29:39) | 1:58 (31:37) | 5:17 (36:54) | | 2:16 (39:10) | 0:44 (39:54) |
| 7. | Flemming Nørgaard | | OK Pan | 40:00 | +8:57 | | |
| | 2:41 (2:41) | 3:26 (6:07) | 1:48 (7:55) | 2:11 (10:06) | | 5:19 (15:25) | 5:51 (21:16) |
| | 2:15 (23:31) | 3:23 (26:54) | 1:46 (28:40) | 7:48 (36:28) | | 2:54 (39:22) | 0:38 (40:00) |
| 8. | Christian B. Hansen | | Kolding OK | 40:12 | +9:09 | | |
| | 2:42 (2:42) | 3:30 (6:12) | 3:23 (9:35) | 2:10 (11:45) | | 5:00 (16:45) | 5:34 (22:19) |
| | 1:51 (24:10) | 4:01 (28:11) | 2:05 (30:16) | 6:51 (37:07) | | 2:27 (39:34) | 0:38 (40:12) |
| 9. | Carl-Johan Rosenberg | | FIF Hillerød | 40:29 | +9:26 | | |
| | 2:52 (2:52) | 3:44 (6:36) | 1:37 (8:13) | 2:05 (10:18) | | 5:10 (15:28) | 5:35 (21:03) |
| | 2:16 (23:19) | 4:03 (27:22) | 1:37 (28:59) | 7:52 (36:51) | | 2:50 (39:41) | 0:48 (40:29) |
| 10. | Tage Baun | | Horsens OK | 41:29 | +10:26 | | |
| | 3:01 (3:01) | 4:16 (7:17) | 1:52 (9:09) | 2:25 (11:34) | | 5:59 (17:33) | 7:09 (24:42) |
| | 2:02 (26:44) | 3:20 (30:04) | 1:46 (31:50) | 6:08 (37:58) | | 2:45 (40:43) | 0:46 (41:29) |
| 11. | Jens Høgsfeldt | | FIF Hillerød | 44:21 | +13:18 | | |
| | 2:35 (2:35) | 3:44 (6:19) | 1:39 (7:58) | 2:10 (10:08) | | 8:02 (18:10) | 6:55 (25:05) |
| | 2:13 (27:18) | 3:19 (30:37) | 1:45 (32:22) | 8:35 (40:57) | | 2:47 (43:44) | 0:37 (44:21) |
| 12. | Peter Werling | | Søllerød OK | 44:34 | +13:31 | | |
| | 2:50 (2:50) | 3:51 (6:41) | 1:50 (8:31) | 2:29 (11:00) | | 6:14 (17:14) | 6:53 (24:07) |
| | 2:23 (26:30) | 3:56 (30:26) | 1:54 (32:20) | 7:40 (40:00) | | 3:55 (43:55) | 0:39 (44:34) |
| 13. | Ole Berner | | Søllerød OK | 45:27 | +14:24 | | |
| | 2:41 (2:41) | 3:20 (6:01) | 1:57 (7:58) | 2:06 (10:04) | | 8:02 (18:06) | 8:24 (26:30) |
| | 2:12 (28:42) | 4:01 (32:43) | 1:58 (34:41) | 6:40 (41:21) | | 3:23 (44:44) | 0:43 (45:27) |
| 14. | Troels Jensen | | Horsens OK | 46:02 | +14:59 | | |
| | 3:08 (3:08) | 5:32 (8:40) | 1:53 (10:33) | 2:03 (12:36) | | 6:48 (19:24) | 7:34 (26:58) |
| | 2:09 (29:07) | 3:25 (32:32) | 1:52 (34:24) | 7:54 (42:18) | | 3:02 (45:20) | 0:42 (46:02) |
| 15. | Gert Bøgevig | | Søllerød OK | 46:07 | +15:04 | | |
| | 3:23 (3:23) | 4:06 (7:29) | 2:11 (9:40) | 2:27 (12:07) | | 6:27 (18:34) | 7:35 (26:09) |
| | 2:23 (28:32) | 4:53 (33:25) | 1:49 (35:14) | 7:17 (42:31) | | 2:54 (45:25) | 0:42 (46:07) |
| 16. | Steen Winkler | | FIF Hillerød | 46:22 | +15:19 | | |
| | 2:49 (2:49) | 3:36 (6:25) | 1:45 (8:10) | 2:06 (10:16) | | 5:43 (15:59) | 10:34 (26:33) |
| | 1:59 (28:32) | 3:55 (32:27) | 1:42 (34:09) | 8:30 (42:39) | | 3:02 (45:41) | 0:41 (46:22) |
| 17. | Mogens Jørgensen | | Søllerød OK | 49:52 | +18:49 | | |
| | 3:27 (3:27) | 4:09 (7:36) | 2:18 (9:54) | 2:53 (12:47) | | 6:51 (19:38) | 8:44 (28:22) |
| | 2:38 (31:00) | 4:54 (35:54) | 2:13 (38:07) | 7:08 (45:15) | | 3:44 (48:59) | 0:53 (49:52) |
| 18. | Karsten Funder | | FIF Hillerød | 50:45 | +19:42 | | |
| | 2:35 (2:35) | 3:28 (6:03) | 2:15 (8:18) | 7:06 (15:24) | | 7:09 (22:33) | 6:40 (29:13) |
| | 2:21 (31:34) | 5:37 (37:11) | 2:46 (39:57) | 6:55 (46:52) | | 3:08 (50:00) | 0:45 (50:45) |
| 19. | Per Jessen-Klixbüll | | OK Pan | 52:56 | +21:53 | | |
| | 3:19 (3:19) | 4:18 (7:37) | 2:44 (10:21) | 2:12 (12:33) | | 8:18 (20:51) | 9:09 (30:00) |
| | 2:18 (32:18) | 3:48 (36:06) | 2:13 (38:19) | 10:52 (49:11) | | 2:56 (52:07) | 0:49 (52:56) |
| 20. | Frank Linde | | OK Pan | 53:39 | +22:36 | | |
| | 3:07 (3:07) | 4:13 (7:20) | 2:12 (9:32) | 2:41 (12:13) | | 10:08 (22:21) | 8:00 (30:21) |
| | 2:26 (32:47) | 4:26 (37:13) | 2:23 (39:36) | 8:24 (48:00) | | 4:48 (52:48) | 0:51 (53:39) |

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|-----|---|------------------------------|--|---|---------------------------------|---------------------------------|
| 21. | Jørgen Thyssen 3:45 (3:45) 2:25 (40:55) | 4:10 (7:55) 4:55 (45:50) | Horsens OK 2:16 (10:11) 2:13 (48:03) | 1:03:56 +32:53 5:58 (16:09) 9:48 (57:51) | 12:37 (28:46) 5:19 (1:03:10) | 9:44 (38:30) 0:46 (1:03:56) |
| 22. | Jørn Thomsen 4:31 (4:31) 2:49 (41:00) | 5:12 (9:43) 3:56 (44:56) | Kolding OK 3:03 (12:46) 2:52 (47:48) | 1:04:54 +33:51 2:23 (15:09) 9:53 (57:41) | 7:54 (23:03) 5:52 (1:03:33) | 15:08 (38:11) 1:21 (1:04:54) |
| 23. | Henning Fr. Larsen 4:22 (4:22) 3:20 (40:43) | 5:17 (9:39) 7:07 (47:50) | Horsens OK 3:01 (12:40) 3:04 (50:54) | 1:07:44 +36:41 3:25 (16:05) 10:41 (1:01:35) | 9:14 (25:19) 5:02 (1:06:37) | 12:04 (37:23) 1:07 (1:07:44) |
| 24. | Kaj Rostvad 2:48 (2:48) 2:07 (43:01) | 4:33 (7:21) 4:02 (47:03) | Søllerød OK 1:45 (9:06) 1:55 (48:58) | 1:07:49 +36:46 2:39 (11:45) 15:23 (1:04:21) | 6:21 (18:06) 2:47 (1:07:08) | 22:48 (40:54) 0:41 (1:07:49) |
| 25. | Hans Jørgen Simonsen 5:09 (5:09) 3:34 (42:50) | 6:24 (11:33) 7:06 (49:56) | OK Pan 2:44 (14:17) 2:50 (52:46) | 1:09:41 +38:38 3:35 (17:52) 10:56 (1:03:42) | 10:27 (28:19) 4:34 (1:08:16) | 10:57 (39:16) 1:25 (1:09:41) |
| | Flemming Roel Jensen – (–) – (–) | – (–) – (–) | Kolding OK – (–) – (–) | Ej startet – (–) – (–) | – (–) – (–) | – (–) – (–) |
| | Poul Grøn – (–) – (–) | – (–) – (–) | OK Pan – (–) – (–) | Ej startet – (–) – (–) | – (–) – (–) | – (–) – (–) |

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| | | | (10 / 10) | Tid | Efter | | |
|----|---|--------------------------------|--|---|----------------------------------|---------------------------------|--|
| 1. | Jack Skrydstrup 1:31 (1:31) 1:23 (22:24) 0:43 (34:40) | 3:22 (4:53) 2:17 (24:41) | Kolding OK 2:52 (7:45) 2:17 (26:58) | 34:40 6:32 (14:17) 2:43 (29:41) | 4:57 (19:14) 2:51 (32:32) | 1:47 (21:01) 1:25 (33:57) | |
| 2. | Knud Sørensen 1:12 (1:12) 1:25 (24:04) 0:42 (35:18) | 3:38 (4:50) 2:01 (26:05) | OK Pan 2:12 (7:02) 2:15 (28:20) | 35:18 +0:38 4:50 (11:52) 2:46 (31:06) | 4:14 (16:06) 1:55 (33:01) | 6:33 (22:39) 1:35 (34:36) | |
| 3. | Aase Thyssen 2:18 (2:18) 2:41 (33:04) 0:57 (50:52) | 7:32 (9:50) 3:38 (36:42) | Horsens OK 4:08 (13:58) 4:00 (40:42) | 50:52 +16:12 5:36 (19:34) 4:14 (44:56) | 8:23 (27:57) 2:35 (47:31) | 2:26 (30:23) 2:24 (49:55) | |
| 4. | Jørn Wigh 1:34 (1:34) 1:45 (37:31) 1:06 (50:54) | 5:17 (6:51) 2:48 (40:19) | Søllerød OK 15:16 (22:07) 2:23 (42:42) | 50:54 +16:14 4:37 (26:44) 2:45 (45:27) | 6:05 (32:49) 1:57 (47:24) | 2:57 (35:46) 2:24 (49:48) | |
| 5. | Henning Løwenstein 1:39 (1:39) 1:59 (36:50) 0:52 (55:07) | 8:47 (10:26) 3:23 (40:13) | FIF Hillerød 5:44 (16:10) 3:01 (43:14) | 55:07 +20:27 5:18 (21:28) 3:07 (46:21) | 5:37 (27:05) 6:10 (52:31) | 7:46 (34:51) 1:44 (54:15) | |
| 6. | Niels Erik Uhlemann 2:02 (2:02) 2:09 (40:00) 1:05 (1:00:18) | 7:46 (9:48) 6:09 (46:09) | Kolding OK 9:06 (18:54) 4:00 (50:09) | 1:00:18 +25:38 6:43 (25:37) 4:12 (54:21) | 8:08 (33:45) 2:43 (57:04) | 4:06 (37:51) 2:09 (59:13) | |
| 7. | Leo Mathiesen 2:51 (2:51) 2:13 (52:33) 1:12 (1:10:44) | 5:58 (8:49) 3:07 (55:40) | FIF Hillerød 7:44 (16:33) 4:01 (59:41) | 1:10:44 +36:04 12:11 (28:44) 3:44 (1:03:25) | 6:47 (35:31) 4:01 (1:07:26) | 14:49 (50:20) 2:06 (1:09:32) | |
| 8. | Niels J. Møller Hansen 2:31 (2:31) 3:19 (34:11) 1:41 (1:10:58) | 5:33 (8:04) 5:11 (39:22) | Kolding OK 3:38 (11:42) 4:22 (43:44) | 1:10:58 +36:18 5:44 (17:26) 8:50 (52:34) | 10:03 (27:29) 13:32 (1:06:06) | 3:23 (30:52) 3:11 (1:09:17) | |
| 9. | Bent Jacobsen 3:31 (3:31) 4:32 (1:02:32) 2:01 (1:42:07) | 8:45 (12:16) 6:12 (1:08:44) | Kolding OK 5:58 (18:14) 9:12 (1:17:56) | 1:42:07 +67:27 9:42 (27:56) 5:16 (1:23:12) | 13:11 (41:07) 12:18 (1:35:30) | 16:53 (58:00) 4:36 (1:40:06) | |
| | Lisbeth Møller Nielsen 3:04 (3:04) 2:49 (35:35) 1:13 (54:06) | 8:47 (11:51) – (–) | OK Pan 4:26 (16:17) – (43:02) | Fejlklip 5:38 (21:55) 4:27 (47:29) | 8:17 (30:12) 2:38 (50:07) | 2:34 (32:46) 2:46 (52:53) | |

Åben 1

| | | | (8 / 8) | Tid | Efter | | |
|----|--|---|--|--|---|--|--|
| 1. | Troels Christiansen 1:19 (1:19) 0:28 (11:04) 4:50 (23:53) 2:08 (38:13) 0:51 (50:31) | 2:33 (3:52) 2:15 (13:19) 6:03 (29:56) 1:20 (39:33) 0:25 (50:56) | Søllerød OK 0:52 (4:44) 1:12 (14:31) 2:11 (32:07) 2:59 (42:32) | 50:56 2:03 (6:47) 1:27 (15:58) 1:54 (34:01) 2:13 (44:45) | 1:01 (7:48) 1:18 (17:16) 1:16 (35:17) 1:04 (45:49) | 2:48 (10:36) 1:47 (19:03) 0:48 (36:05) 3:51 (49:40) | |
| 2. | Josefine Lind 1:58 (1:58) 0:30 (12:57) 5:33 (27:06) 2:05 (42:43) 0:56 (56:25) | 2:58 (4:56) 2:17 (15:14) 6:35 (33:41) 1:34 (44:17) 0:30 (56:55) | OK GORM 0:57 (5:53) 1:22 (16:36) 2:23 (36:04) 2:54 (47:11) | 56:55 +5:59 2:11 (8:04) 1:40 (18:16) 2:15 (38:19) 2:52 (50:03) | 1:14 (9:18) 1:21 (19:37) 1:32 (39:51) 1:20 (51:23) | 3:09 (12:27) 1:56 (21:33) 0:47 (40:38) 4:06 (55:29) | |
| 3. | Henrik Albahn | | Lyngby OK | 1:24:18 +33:22 | | | |

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|---------------------------------|----------------|-------------------------|-----------------------|----------------|----------------|
| 2:05 (2:05) | 4:05 (6:10) | 3:11 (9:21) | 4:11 (13:32) | 1:32 (15:04) | 4:18 (19:22) |
| 0:41 (20:03) | 2:50 (22:53) | 2:59 (25:52) | 3:40 (29:32) | 2:04 (31:36) | 2:44 (34:20) |
| 6:32 (40:52) | 8:29 (49:21) | 3:27 (52:48) | 2:41 (55:29) | 1:55 (57:24) | 1:09 (58:33) |
| 3:13 (1:01:46) | 2:23 (1:04:09) | 4:17 (1:08:26) | 6:39 (1:15:05) | 1:53 (1:16:58) | 5:38 (1:22:36) |
| 1:10 (1:23:46) | 0:32 (1:24:18) | | | | |
| 4. Henrik Nielsen | | Holbæk OK | 1:35:59 +45:03 | | |
| 1:50 (1:50) | 4:24 (6:14) | 3:40 (9:54) | 3:26 (13:20) | 1:36 (14:56) | 5:24 (20:20) |
| 0:38 (20:58) | 3:07 (24:05) | 1:56 (26:01) | 2:17 (28:18) | 2:17 (30:35) | 2:55 (33:30) |
| 7:31 (41:01) | 10:36 (51:37) | 4:07 (55:44) | 3:46 (59:30) | 4:09 (1:03:39) | 3:05 (1:06:44) |
| 4:09 (1:10:53) | 3:58 (1:14:51) | 5:23 (1:20:14) | 4:43 (1:24:57) | 1:25 (1:26:22) | 7:36 (1:33:58) |
| 1:23 (1:35:21) | 0:38 (1:35:59) | | | | |
| 5. Jan Frank Nielsen | | FSK Orientering | 1:38:07 +47:11 | | |
| 2:38 (2:38) | 4:43 (7:21) | 1:58 (9:19) | 3:22 (12:41) | 1:57 (14:38) | 5:03 (19:41) |
| 0:55 (20:36) | 3:20 (23:56) | 2:36 (26:32) | 2:54 (29:26) | 2:02 (31:28) | 3:24 (34:52) |
| 7:45 (42:37) | 16:00 (58:37) | 3:14 (1:01:51) | 3:16 (1:05:07) | 3:32 (1:08:39) | 1:15 (1:09:54) |
| 3:32 (1:13:26) | 2:35 (1:16:01) | 8:18 (1:24:19) | 4:01 (1:28:20) | 1:46 (1:30:06) | 6:18 (1:36:24) |
| 1:10 (1:37:34) | 0:33 (1:38:07) | | | | |
| John Knudsen | | O-63 | Fejlkli | | |
| 4:19 (4:19) | 13:51 (18:10) | 4:14 (22:24) | 3:43 (26:07) | 4:43 (30:50) | 4:41 (35:31) |
| 0:35 (36:06) | 2:52 (38:58) | 1:50 (40:48) | 4:39 (45:27) | 1:49 (47:16) | 2:31 (49:47) |
| 9:24 (59:11) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (1:15:29) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (1:20:57) | 0:49 (1:21:46) | | | | |
| Jesper Kristiansen | | OK Melfar | Ej startet | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
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| – (–) | – (–) | | | | |
| Morten Hass | | OK Sorø | Ej startet | | |
| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
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| – (–) | – (–) | – (–) | – (–) | – (–) | – (–) |
| – (–) | – (–) | | | | |
| Åben 2 | | (21 / 21) | Tid Efter | | |
| 1. Tim Falck Weber | | Tisvilde Hegn OK | 38:25 | | |
| 1:07 (1:07) | 1:23 (2:30) | 2:24 (4:54) | 3:24 (8:18) | 2:19 (10:37) | 1:08 (11:45) |
| 4:49 (16:34) | 1:19 (17:53) | 4:28 (22:21) | 4:33 (26:54) | 2:12 (29:06) | 1:06 (30:12) |
| 5:55 (36:07) | 1:06 (37:13) | 0:48 (38:01) | 0:24 (38:25) | | |
| 2. Jørgen Skaarup | | Ballerup OK | 49:17 +10:52 | | |
| 1:57 (1:57) | 1:33 (3:30) | 3:47 (7:17) | 4:14 (11:31) | 2:33 (14:04) | 1:30 (15:34) |
| 6:26 (22:00) | 1:35 (23:35) | 5:28 (29:03) | 5:28 (34:31) | 2:28 (36:59) | 1:33 (38:32) |
| 8:16 (46:48) | 0:54 (47:42) | 1:01 (48:43) | 0:34 (49:17) | | |
| 3. Gregers Jørgensen | | Ballerup OK | 52:00 +13:35 | | |
| 1:42 (1:42) | 1:35 (3:17) | 2:41 (5:58) | 3:58 (9:56) | 2:41 (12:37) | 5:13 (17:50) |
| 6:24 (24:14) | 1:47 (26:01) | 5:41 (31:42) | 5:53 (37:35) | 2:56 (40:31) | 1:43 (42:14) |
| 7:13 (49:27) | 1:01 (50:28) | 0:57 (51:25) | 0:35 (52:00) | | |
| 4. Torkil Hansen | | PI-København | 54:12 +15:47 | | |
| 2:35 (2:35) | 1:45 (4:20) | 3:06 (7:26) | 5:54 (13:20) | 2:54 (16:14) | 1:57 (18:11) |
| 6:19 (24:30) | 1:41 (26:11) | 5:25 (31:36) | 5:58 (37:34) | 5:24 (42:58) | 1:42 (44:40) |
| 7:06 (51:46) | 1:01 (52:47) | 0:59 (53:46) | 0:26 (54:12) | | |
| 5. Anette Lund | | OK GORM | 54:27 +16:02 | | |
| 1:34 (1:34) | 2:09 (3:43) | 2:54 (6:37) | 5:05 (11:42) | 3:52 (15:34) | 1:40 (17:14) |
| 7:35 (24:49) | 1:44 (26:33) | 5:45 (32:18) | 6:25 (38:43) | 2:32 (41:15) | 2:08 (43:23) |
| 8:16 (51:39) | 1:00 (52:39) | 1:12 (53:51) | 0:36 (54:27) | | |
| 6. Annette Bonde | | Ballerup OK | 58:13 +19:48 | | |
| 1:58 (1:58) | 2:09 (4:07) | 3:19 (7:26) | 5:03 (12:29) | 3:18 (15:47) | 2:50 (18:37) |
| 7:49 (26:26) | 2:07 (28:33) | 6:31 (35:04) | 7:08 (42:12) | 3:39 (45:51) | 1:33 (47:24) |
| 7:50 (55:14) | 1:09 (56:23) | 1:07 (57:30) | 0:43 (58:13) | | |
| 7. Jens Peter Gundorf | | OK ØST Birkerød | 1:00:19 +21:54 | | |
| 2:02 (2:02) | 2:04 (4:06) | 2:56 (7:02) | 4:44 (11:46) | 3:34 (15:20) | 1:38 (16:58) |
| 7:45 (24:43) | 2:00 (26:43) | 6:50 (33:33) | 9:12 (42:45) | 3:04 (45:49) | 3:07 (48:56) |
| 8:17 (57:13) | 1:12 (58:25) | 1:17 (59:42) | 0:37 (1:00:19) | | |
| 7. Niels Torm | | Køge OK | 1:00:19 +21:54 | | |
| 2:03 (2:03) | 1:52 (3:55) | 2:45 (6:40) | 8:06 (14:46) | 3:06 (17:52) | 1:51 (19:43) |
| 7:05 (26:48) | 2:00 (28:48) | 6:23 (35:11) | 9:47 (44:58) | 2:41 (47:39) | 1:37 (49:16) |
| 8:31 (57:47) | 0:53 (58:40) | 1:04 (59:44) | 0:35 (1:00:19) | | |
| 9. Søren A. Nielsen | | Helsingør SOK | 1:05:56 +27:31 | | |
| 4:17 (4:17) | 1:48 (6:05) | 5:00 (11:05) | 7:18 (18:23) | 3:28 (21:51) | 1:27 (23:18) |
| 8:04 (31:22) | 2:17 (33:39) | 6:20 (39:59) | 7:15 (47:14) | 3:09 (50:23) | 1:56 (52:19) |
| 10:08 (1:02:27) | 1:26 (1:03:53) | 1:24 (1:05:17) | 0:39 (1:05:56) | | |
| 10. Bent Aakjær | | Odense OK | 1:08:21 +29:56 | | |
| 2:15 (2:15) | 2:09 (4:24) | 3:21 (7:45) | 8:43 (16:28) | 4:03 (20:31) | 3:15 (23:46) |
| 8:46 (32:32) | 2:12 (34:44) | 6:53 (41:37) | 6:39 (48:16) | 3:05 (51:21) | 2:57 (54:18) |
| 10:18 (1:04:36) | 1:40 (1:06:16) | 1:22 (1:07:38) | 0:43 (1:08:21) | | |
| 11. Mette Marie Lungholt | | Odense OK | 1:12:25 +34:00 | | |
| 2:27 (2:27) | 2:22 (4:49) | 3:22 (8:11) | 6:02 (14:13) | 3:44 (17:57) | 2:05 (20:02) |
| 10:18 (30:20) | 3:27 (33:47) | 9:27 (43:14) | 8:04 (51:18) | 3:39 (54:57) | 2:47 (57:44) |
| 11:01 (1:08:45) | 1:41 (1:10:26) | 1:23 (1:11:49) | 0:36 (1:12:25) | | |

| | | | | | | | |
|---------------|--------------------------|-----------------|------------------|------------------|----------------|----------------|--|
| 12. | Pia Kadziola | | Maribo OK | 1:13:36 +35:11 | | | |
| | 2:06 (2:06) | 2:28 (4:34) | 4:01 (8:35) | 7:13 (15:48) | 5:36 (21:24) | 1:59 (23:23) | |
| | 8:49 (32:12) | 3:22 (35:34) | 10:19 (45:53) | 7:59 (53:52) | 3:35 (57:27) | 2:22 (59:49) | |
| | 10:22 (1:10:11) | 1:30 (1:11:41) | 1:18 (1:12:59) | 0:37 (1:13:36) | | | |
| 13. | Niels Aabye | | Ballerup | 1:28:55 +50:30 | | | |
| | 2:51 (2:51) | 1:55 (4:46) | 3:41 (8:27) | 6:28 (14:55) | 4:48 (19:43) | 2:07 (21:50) | |
| | 13:43 (35:33) | 2:23 (37:56) | 10:33 (48:29) | 14:52 (1:03:21) | 3:30 (1:06:51) | 4:29 (1:11:20) | |
| | 13:28 (1:24:48) | 1:39 (1:26:27) | 1:34 (1:28:01) | 0:54 (1:28:55) | | | |
| 14. | Blassius Chin | | Køge OK | 1:34:15 +55:50 | | | |
| | 3:00 (3:00) | 1:42 (4:42) | 2:35 (7:17) | 8:14 (15:31) | 3:27 (18:58) | 10:58 (29:56) | |
| | 13:40 (43:36) | 2:26 (46:02) | 10:33 (56:35) | 17:17 (1:13:52) | 3:38 (1:17:30) | 3:14 (1:20:44) | |
| | 10:22 (1:31:06) | 1:18 (1:32:24) | 1:11 (1:33:35) | 0:40 (1:34:15) | | | |
| 15. | Johan Söderlund | | O-63 | 1:41:21 +62:56 | | | |
| | 2:13 (2:13) | 2:42 (4:55) | 4:59 (9:54) | 9:18 (19:12) | 3:25 (22:37) | 18:34 (41:11) | |
| | 9:09 (50:20) | 9:24 (59:44) | 9:40 (1:09:24) | 9:55 (1:19:19) | 3:14 (1:22:33) | 2:49 (1:25:22) | |
| | 12:03 (1:37:25) | 1:46 (1:39:11) | 1:35 (1:40:46) | 0:35 (1:41:21) | | | |
| 16. | Lisbet Hansen | | FSK Orientering | 2:12:56 +94:31 | | | |
| | 3:44 (3:44) | 4:23 (8:07) | 11:23 (19:30) | 8:55 (28:25) | 9:12 (37:37) | 6:30 (44:07) | |
| | 13:48 (57:55) | 4:11 (1:02:06) | 14:56 (1:17:02) | 10:20 (1:27:22) | 4:47 (1:32:09) | 2:27 (1:34:36) | |
| | 34:23 (2:08:59) | 1:27 (2:10:26) | 1:48 (2:12:14) | 0:42 (2:12:56) | | | |
| 17. | Birte Langkilde | | Ballerup OK | 2:16:05 +97:40 | | | |
| | 3:31 (3:31) | 3:20 (6:51) | 4:48 (11:39) | 17:36 (29:15) | 9:42 (38:57) | 2:36 (41:33) | |
| | 17:09 (58:42) | 4:31 (1:03:13) | 24:57 (1:28:10) | 12:44 (1:40:54) | 6:27 (1:47:21) | 7:32 (1:54:53) | |
| | 15:20 (2:10:13) | 2:19 (2:12:32) | 2:15 (2:14:47) | 1:18 (2:16:05) | | | |
| | Flemming Vejen | | Ballerup OK | Fejlklip | | | |
| | 2:53 (2:53) | 3:32 (6:25) | 5:46 (12:11) | 12:20 (24:31) | 6:41 (31:12) | 2:49 (34:01) | |
| | 12:28 (46:29) | 3:21 (49:50) | 10:52 (1:00:42) | 11:23 (1:12:05) | — (—) | — (—) | |
| | — (—) | — (—) | — (1:17:20) | 1:35 (1:18:55) | | | |
| | Jannie Nielsen | | Holbæk OK | Fejlklip | | | |
| | 4:58 (4:58) | 2:46 (7:44) | 4:00 (11:44) | 6:46 (18:30) | 5:47 (24:17) | 3:09 (27:26) | |
| | 10:41 (38:07) | 2:47 (40:54) | 19:52 (1:00:46) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (1:08:25) | 0:52 (1:09:17) | | | |
| | Lars Basballe | | FSK Orientering | Ej startet | | | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | | | |
| | Mette Filskov | | OK Sorø | Ej startet | | | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | — (—) | — (—) | |
| | — (—) | — (—) | — (—) | — (—) | | | |
| Åben 3 | | | (17 / 17) | Tid Efter | | | |
| 1. | Gunnar Grue-Sørensen | | Køge OK | 35:52 | | | |
| | 2:21 (2:21) | 3:02 (5:23) | 1:35 (6:58) | 1:56 (8:54) | 4:23 (13:17) | 5:26 (18:43) | |
| | 1:47 (20:30) | 3:09 (23:39) | 1:42 (25:21) | 7:41 (33:02) | 2:10 (35:12) | 0:40 (35:52) | |
| 2. | Steen Fladberg | | Køge OK | 48:28 +12:36 | | | |
| | 3:08 (3:08) | 4:01 (7:09) | 1:44 (8:53) | 2:12 (11:05) | 6:54 (17:59) | 7:03 (25:02) | |
| | 3:01 (28:03) | 5:38 (33:41) | 2:32 (36:13) | 8:21 (44:34) | 3:04 (47:38) | 0:50 (48:28) | |
| 3. | Tage Ebbensgaard | | Køge OK | 49:15 +13:23 | | | |
| | 2:35 (2:35) | 9:07 (11:42) | 1:43 (13:25) | 2:41 (16:06) | 7:33 (23:39) | 8:14 (31:53) | |
| | 1:44 (33:37) | 3:24 (37:01) | 2:26 (39:27) | 6:20 (45:47) | 2:48 (48:35) | 0:40 (49:15) | |
| 4. | Per Steen | | Køge OK | 51:42 +15:50 | | | |
| | 2:44 (2:44) | 4:10 (6:54) | 2:11 (9:05) | 2:04 (11:09) | 14:39 (25:48) | 6:58 (32:46) | |
| | 1:51 (34:37) | 4:23 (39:00) | 1:50 (40:50) | 7:41 (48:31) | 2:37 (51:08) | 0:34 (51:42) | |
| 5. | Gerda Marie Christiansen | | Køge OK | 54:41 +18:49 | | | |
| | 3:16 (3:16) | 3:56 (7:12) | 2:13 (9:25) | 2:40 (12:05) | 6:56 (19:01) | 8:38 (27:39) | |
| | 2:03 (29:42) | 4:10 (33:52) | 2:30 (36:22) | 13:38 (50:00) | 4:01 (54:01) | 0:40 (54:41) | |
| 6. | Jytte Sørensen | | FSK Orientering | 56:04 +20:12 | | | |
| | 3:23 (3:23) | 5:26 (8:49) | 2:28 (11:17) | 3:07 (14:24) | 7:00 (21:24) | 9:41 (31:05) | |
| | 2:31 (33:36) | 5:55 (39:31) | 2:19 (41:50) | 10:09 (51:59) | 3:16 (55:15) | 0:49 (56:04) | |
| 7. | Jannie Sørensen | | Køge OK | 1:07:12 +31:20 | | | |
| | 3:17 (3:17) | 3:46 (7:03) | 2:08 (9:11) | 2:52 (12:03) | 19:07 (31:10) | 9:44 (40:54) | |
| | 2:13 (43:07) | 6:15 (49:22) | 2:40 (52:02) | 10:11 (1:02:13) | 4:14 (1:06:27) | 0:45 (1:07:12) | |
| 8. | Egon Neregaard | | Tisvilde Hegn OK | 1:07:14 +31:22 | | | |
| | 3:55 (3:55) | 5:02 (8:57) | 2:35 (11:32) | 7:45 (19:17) | 11:42 (30:59) | 8:23 (39:22) | |
| | 2:54 (42:16) | 5:58 (48:14) | 2:12 (50:26) | 11:18 (1:01:44) | 4:27 (1:06:11) | 1:03 (1:07:14) | |
| 9. | Peter Bjørn Jensen | | O-63 | 1:08:15 +32:23 | | | |
| | 4:46 (4:46) | 7:23 (12:09) | 2:30 (14:39) | 2:46 (17:25) | 10:02 (27:27) | 13:48 (41:15) | |
| | 3:24 (44:39) | 5:27 (50:06) | 3:54 (54:00) | 9:18 (1:03:18) | 4:09 (1:07:27) | 0:48 (1:08:15) | |
| 10. | Aase Neregaard | | Tisvilde Hegn OK | 1:08:31 +32:39 | | | |
| | 3:44 (3:44) | 8:54 (12:38) | 6:05 (18:43) | 2:17 (21:00) | 11:31 (32:31) | 8:30 (41:01) | |
| | 3:12 (44:13) | 5:12 (49:25) | 2:25 (51:50) | 11:51 (1:03:41) | 4:05 (1:07:46) | 0:45 (1:08:31) | |
| 11. | Ole Rasmussen | | Køge OK | 1:16:55 +41:03 | | | |
| | 3:50 (3:50) | 5:38 (9:28) | 2:45 (12:13) | 3:12 (15:25) | 17:27 (32:52) | 10:38 (43:30) | |
| | 3:32 (47:02) | 6:46 (53:48) | 3:49 (57:37) | 13:49 (1:11:26) | 4:40 (1:16:06) | 0:49 (1:16:55) | |
| 12. | Poul R. Koziara | | Køge OK | 1:21:58 +46:06 | | | |
| | 4:24 (4:24) | 9:53 (14:17) | 3:39 (17:56) | 3:35 (21:31) | 12:40 (34:11) | 11:39 (45:50) | |
| | 3:21 (49:11) | 12:57 (1:02:08) | 3:12 (1:05:20) | 11:12 (1:16:32) | 4:26 (1:20:58) | 1:00 (1:21:58) | |

| | | | | | | |
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| 13. Lise Bertram | | Helsingør SOK | 4:21:28 | +225:36 | | |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (4:21:28) |
| Steffen Nilsson | | Køge OK | Fejlklip | | | |
| 7:13 (7:13) | 17:24 (24:37) | 14:30 (39:07) | 5:38 (44:45) | | 29:10 (1:13:55) | - (-) |
| - (-) | - (-) | - (-) | - (1:21:40) | | 9:30 (1:31:10) | 1:38 (1:32:48) |
| Kuno Rasmussen | | Ballerup OK | Ej startet | | | |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| Palle Bay | | Køge OK | Ej startet | | | |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| Svend Fladberg | | Køge OK | Ej startet | | | |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |

Åben 4

| | | | | | | |
|------------------------------|-----------------|-------------------|------------|----------------|----------------|----------------|
| 1. Andreas Bjerring | | (7 / 7) OK Pan | Tid | Efter | | |
| 1:25 (1:25) | 1:45 (3:10) | 3:15 (6:25) | 55:28 | 2:59 (9:24) | 5:48 (15:12) | 7:14 (22:26) |
| 2:50 (25:16) | 4:03 (29:19) | 1:30 (30:49) | | 2:48 (33:37) | 3:11 (36:48) | 2:56 (39:44) |
| 3:47 (43:31) | 3:42 (47:13) | 2:44 (49:57) | | 1:47 (51:44) | 2:22 (54:06) | 0:44 (54:50) |
| 0:38 (55:28) | | | | | | |
| 2. Siri Klausen | | Ballerup OK | 1:02:19 | +6:51 | | |
| 1:22 (1:22) | 1:52 (3:14) | 3:28 (6:42) | | 2:23 (9:05) | 5:57 (15:02) | 9:37 (24:39) |
| 1:53 (26:32) | 5:11 (31:43) | 2:22 (34:05) | | 3:18 (37:23) | 4:13 (41:36) | 3:14 (44:50) |
| 5:40 (50:30) | 3:50 (54:20) | 1:51 (56:11) | | 1:08 (57:19) | 3:30 (1:00:49) | 0:44 (1:01:33) |
| 0:46 (1:02:19) | | | | | | |
| 3. Jesper Carlsson | | Køge OK | 1:19:34 | +24:06 | | |
| 1:14 (1:14) | 3:13 (4:27) | 4:34 (9:01) | | 2:28 (11:29) | 9:03 (20:32) | 10:45 (31:17) |
| 2:31 (33:48) | 5:46 (39:34) | 2:26 (42:00) | | 3:54 (45:54) | 4:13 (50:07) | 3:55 (54:02) |
| 6:51 (1:00:53) | 10:34 (1:11:27) | 1:46 (1:13:13) | | 1:19 (1:14:32) | 3:29 (1:18:01) | 0:57 (1:18:58) |
| 0:36 (1:19:34) | | | | | | |
| 4. Jens Thorup | | FSK Orientering | 1:23:37 | +28:09 | | |
| 1:18 (1:18) | 2:47 (4:05) | 5:32 (9:37) | | 2:35 (12:12) | 10:38 (22:50) | 14:08 (36:58) |
| 3:36 (40:34) | 4:15 (44:49) | 2:49 (47:38) | | 3:30 (51:08) | 4:18 (55:26) | 3:26 (58:52) |
| 7:38 (1:06:30) | 7:39 (1:14:09) | 2:46 (1:16:55) | | 2:55 (1:19:50) | 2:36 (1:22:26) | 0:34 (1:23:00) |
| 0:37 (1:23:37) | | | | | | |
| 5. Jens Riis | | Køge OK | 1:24:24 | +28:56 | | |
| 1:47 (1:47) | 2:30 (4:17) | 3:09 (7:26) | | 3:14 (10:40) | 14:32 (25:12) | 8:16 (33:28) |
| 1:49 (35:17) | 3:55 (39:12) | 2:24 (41:36) | | 10:00 (51:36) | 3:12 (54:48) | 2:51 (57:39) |
| 7:09 (1:04:48) | 10:45 (1:15:33) | 1:36 (1:17:09) | | 1:01 (1:18:10) | 4:48 (1:22:58) | 0:48 (1:23:46) |
| 0:38 (1:24:24) | | | | | | |
| Line Bisgaard | | Ballerup OK | Ej startet | | | |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | | | | | | |
| Mattias Klostergaard Røkkjær | | Silkeborg OK | Ej startet | | | |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | - (-) | - (-) | - (-) | - (-) | - (-) | - (-) |
| - (-) | | | | | | |

Åben 6

| | | | | | | |
|----------------|--------------|-------------------|-------|--------------|--------------|--------------|
| 1. Liv Særkjer | | (1 / 1) OK Pan | Tid | Efter | | |
| 0:24 (0:24) | 1:28 (1:52) | 0:28 (2:20) | 19:07 | 1:04 (3:24) | 0:47 (4:11) | 2:32 (6:43) |
| 2:00 (8:43) | 1:06 (9:49) | 0:38 (10:27) | | 1:15 (11:42) | 2:00 (13:42) | 2:16 (15:58) |
| 2:45 (18:43) | 0:24 (19:07) | | | | | |