

Plads Navn

Klasse

Tid

D21

1	Mette Møller Nielsen	AKIF	1:41:04																
02:50=	06:41=	16:18=	18:16=	24:47=	33:10=	40:19=	44:17=	46:49=	54:18=	58:04=	66:33=	71:51=	82:27=	86:52=	92:45=	95:35=	97:33=	100:04=	101:04=
02:50=	03:51=	09:37=	01:58=	06:31=	08:23=	07:09=	03:58=	02:32=	07:29=	03:46=	08:29=	05:18=	10:36=	04:25=	05:53=	02:50=	01:58=	02:31=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kristine Baagø	Viborg OK	1:52:29																
03:38+	07:31+	17:36+	20:27+	27:31+	43:05+	50:00+	53:32+	56:55+	63:28+	68:25+	77:24+	82:11+	93:26+	98:21+	104:20+	107:09+	109:11+	111:36+	112:29+
03:38+	03:53+	10:05+	02:51+	07:04+	15:34+	06:55-	03:32-	03:23+	06:33-	04:57+	08:59+	04:47-	11:15+	04:55+	05:59+	02:49-	02:02+	02:25-	00:53-
00:48&	00:02+	00:28+	00:53&	00:33+	07:11&	00:14-	00:26-	00:51&	00:56-	01:11&	00:30+	00:31-	00:39+	00:30#	00:06+	00:01-	00:04+	00:06-	00:07-
Beste stræktid for klassen																			
02:50	03:51	09:37	01:58	06:31	08:23	06:55	03:32	02:32	06:33	03:46	08:29	04:47	10:36	04:25	05:53	02:49	01:58	02:25	00:53

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D35

1	Anne Møller Skaug	OK Pan Århus	1:22:48																	
02:10=	05:27=	09:06=	20:08=	22:27=	29:37=	41:19=	43:43=	48:20=	52:16=	64:30=	70:59=	73:56=	75:33=	78:42=	81:47=	82:48=				
02:10=	03:17=	03:39=	11:02=	02:19=	07:10=	11:42=	02:24=	04:37=	03:56=	12:14=	06:29=	02:57=	01:37=	03:09=	03:05=	01:01=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Lina Margrethe Bunk	OK Pan Århus	1:40:08																	
04:26+	08:27+	12:50+	25:54+	29:15+	36:39+	47:46+	51:39+	57:35+	65:55+	80:44+	88:05+	90:55+	92:38+	95:53+	99:09+	100:08+				
04:26+	04:01+	04:23+	13:04+	03:21+	07:24+	11:07-	03:53+	05:56+	08:20+	14:49+	07:21+	02:50-	01:43+	03:15+	03:16+	00:59-				
02:16@	00:44#	00:44#	02:02#	01:02&	00:14+	00:35-	01:29&	01:19&	04:24@	02:35#	00:52#	00:07-	00:06+	00:06+	00:11+	00:02-				
3	Berit Olesen	AKIF	1:43:48																	
02:55+	06:50+	10:33+	23:22+	25:51+	36:44+	47:48+	54:41+	56:51+	62:32+	67:08+	82:35+	89:35+	92:58+	94:41+	99:05+	102:36+	103:48+			
02:55+	03:55+	03:43+	12:49+	02:29+	10:53+	11:04-	06:53+	02:10-	05:41+	04:36-	15:27+	07:00+	03:23+	01:43-	04:24+	03:31+	01:12+			
00:45&	00:38#	00:04+	01:47#	00:10+	03:43&	00:38-	04:29@	02:27-	01:45&	07:38-	08:58@	04:03@	01:46@	01:26-	01:19&	02:30@	01:12+			
4	Anne Rye Madsen	Rold Skov OK	1:55:23																	
02:59+	09:06+	14:45+	33:56+	36:59+	48:55+	59:52+	65:35+	72:58+	80:03+	95:34+	102:57+	106:18+	107:43+	111:00+	114:15+	115:23+				
02:59+	06:07+	05:39+	19:11+	03:03+	11:56+	10:57-	05:43+	07:23+	07:05+	15:31+	07:23+	03:21+	01:25-	03:17+	03:15+	01:08+				
00:49&	02:50&	02:00&	08:09&	00:44&	04:46&	00:45-	03:19@	02:46&	03:09&	03:17&	00:54#	00:24#	00:12-	00:08+	00:10+	00:07#				
5	Jette Dollerup	OK Pan Århus	1:58:29																	
03:17+	07:21+	12:02+	25:58+	29:41+	41:54+	58:20+	61:13+	67:51+	74:21+	92:20+	105:14+	108:39+	110:07+	113:35+	117:23+	118:29+				
03:17+	04:04+	04:41+	13:56+	03:43+	12:13+	16:26+	02:53+	06:38+	06:30+	17:59+	12:54+	03:25+	01:28-	03:28+	03:48+	01:06+				
01:07&	00:47#	01:02&	02:54&	01:24&	05:03&	04:44&	00:29#	02:01&	02:34&	05:45&	06:25&	00:28#	00:09-	00:19#	00:43#	00:05+				
Beste stræktid for klassen				02:10	03:17	03:39	11:02	02:19	07:10	10:57	02:24	02:10	03:56	04:36	06:29	02:50	01:25	01:43	03:05	00:59

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D45

1 Bettina Gjedde Mariager Fjord OK 1:18:48
 03:15= 09:54= 21:10= 23:22= 25:26= 33:03= 42:00= 46:02= 51:32= 56:37= 64:00= 68:58= 72:46= 77:39= 78:48=
 03:15= 06:39= 11:16= 02:12= 02:04= 07:37= 08:57= 04:02= 05:30= 05:05= 07:23= 04:58= 03:48= 04:53= 01:09=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Lene Stick Nielsen Viborg OK 1:19:44
 02:51- 07:23- 18:31- 20:23- 23:06- 29:08- 38:40- 44:46- 52:12+ 57:44+ 64:58+ 70:17+ 73:47+ 78:46+ 79:44+
 02:51- 04:32- 11:08- 01:52- 02:43+ 06:02- 09:32+ 06:06+ 07:26+ 05:32+ 07:14- 05:19+ 03:30- 04:59+ 00:58-
 00:24- 02:07- 00:08- 00:20- 00:39& 01:35- 00:35+ 02:04& 01:56& 00:27+ 00:09- 00:21+ 00:18- 00:06+ 00:11-

3 Helle Nikkel Viborg OK 1:33:26
 03:08- 08:19- 19:50- 25:12+ 28:02+ 34:10+ 47:16+ 52:43+ 60:09+ 66:37+ 74:56+ 82:16+ 86:40+ 92:15+ 93:26+
 03:08- 05:11- 11:31+ 05:22+ 02:50+ 06:08- 13:06+ 05:27+ 07:26+ 06:28+ 08:19+ 07:20+ 04:24+ 05:35+ 01:11+
 00:07- 01:28- 00:15+ 03:10@ 00:46& 01:29- 04:09& 01:25& 01:56& 01:23& 00:56# 02:22& 00:36# 00:42# 00:02+

4 Hanne Bak-Mikkelsen OK Vendelboerne 1:35:16
 04:44+ 13:06+ 26:36+ 30:03+ 33:25+ 43:19+ 55:24+ 60:52+ 66:44+ 72:48+ 80:13+ 86:29+ 89:33+ 94:14+ 95:16+
 04:44+ 08:22+ 13:30+ 03:27+ 03:22+ 09:54+ 12:05+ 05:28+ 05:52+ 06:04+ 07:25+ 06:16+ 03:04- 04:41- 01:02-
 01:29& 01:43& 02:14# 01:15& 01:18& 02:17& 03:08& 01:26& 00:22+ 00:59# 00:02+ 01:18& 00:44- 00:12- 00:07-

Beste stræktid for klassen
 02:51 04:32 11:08 01:52 02:04 06:02 08:57 04:02 05:30 05:05 07:14 04:58 03:04 04:41 00:58

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D55

1	Karin Wæhrens	OK Vendelboerne	54:39
04:00=	09:44= 12:11= 22:00= 26:38= 39:26= 44:34= 50:32= 51:39= 53:54= 54:39=		
04:00=	05:44= 02:27= 09:49= 04:38= 12:48= 05:08= 05:58= 01:07= 02:15= 00:45=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Annlou Husen	Farum OK	59:11
03:06-	08:18- 10:43- 20:22- 26:45+ 40:21+ 45:42+ 53:20+ 55:01+ 58:01+ 59:11+		
03:06-	05:12- 02:25- 09:39- 06:23+ 13:36+ 05:21+ 07:38+ 01:41+ 03:00+ 01:10+		
00:54-	00:32- 00:02- 00:10- 01:45& 00:48+ 00:13+ 01:40& 00:34& 00:45& 00:25&		
3	Pia Gade	Viborg OK	1:08:50
03:13-	09:07- 11:50- 22:46+ 29:47+ 46:16+ 54:00+ 62:15+ 64:20+ 67:45+ 68:50+		
03:13-	05:54+ 02:43+ 10:56+ 07:01+ 16:29+ 07:44+ 08:15+ 02:05+ 03:25+ 01:05+		
00:47-	00:10+ 00:16# 01:07# 02:23& 03:41& 02:36& 02:17& 00:58& 01:10& 00:20&		
4	Hanne H. Poulsen	Mariager Fjord OK	1:10:50
03:11-	08:29- 11:25- 32:09+ 37:11+ 50:44+ 57:02+ 64:34+ 66:29+ 69:38+ 70:50+		
03:11-	05:18- 02:56+ 20:44+ 05:02+ 13:33+ 06:18+ 07:32+ 01:55+ 03:09+ 01:12+		
00:49-	00:26- 00:29# 10:55@ 00:24+ 00:45+ 01:10# 01:34& 00:48& 00:54& 00:27&		
5	Lisbet Nielsen	OK Vendelboerne	1:12:06
04:07+	11:34+ 15:44+ 34:11+ 39:50+ 53:05+ 58:35+ 65:47+ 67:51+ 71:00+ 72:06+		
04:07+	07:27+ 04:10+ 18:27+ 05:39+ 13:15+ 05:30+ 07:12+ 02:04+ 03:09+ 01:06+		
00:07+	01:43& 01:43& 08:38& 01:01# 00:27+ 00:22+ 01:14# 00:57& 00:54& 00:21&		
6	Susanne Christiansen	Farum OK	1:17:46
04:02+	11:26+ 17:40+ 30:27+ 38:46+ 56:33+ 62:40+ 70:34+ 72:28+ 76:33+ 77:46+		
04:02+	07:24+ 06:14+ 12:47+ 08:19+ 17:47+ 06:07+ 07:54+ 01:54+ 04:05+ 01:13+		
00:02+	01:40& 03:47@ 02:58& 03:41& 04:59& 00:59# 01:56& 00:47& 01:50& 00:28&		
7	Hanne Mortensen	Silkeborg OK	1:25:02
05:04+	11:24+ 14:54+ 28:38+ 35:36+ 55:09+ 67:34+ 77:12+ 79:19+ 83:25+ 85:02+		
05:04+	06:20+ 03:30+ 13:44+ 06:58+ 19:33+ 12:25+ 09:38+ 02:07+ 04:06+ 01:37+		
01:04&	00:36# 01:03& 03:55& 02:20& 06:45& 07:17@ 03:40& 01:00& 01:51& 00:52@		

Beste stræktid for klassen

03:06 05:12 02:25 09:39 04:38 12:48 05:08 05:58 01:07 02:15 00:45

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

D65

1	Jane Thode Jensen	Nordvest OK	55:39						
04:24=	09:23=	15:25=	18:20=	30:26=	37:37=	44:52=	50:27=	54:45=	55:39=
04:24=	04:59=	06:02=	02:55=	12:06=	07:11=	07:15=	05:35=	04:18=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Rigmor Schou	Mariager Fjord OK	58:43						
04:00-	09:30+	14:37-	17:16-	33:00+	42:25+	48:14+	52:33+	57:18+	58:43+
04:00-	05:30+	05:07-	02:39-	15:44+	09:25+	05:49-	04:19-	04:45+	01:25+
00:24-	00:31#	00:55-	00:16-	03:38&	02:14&	01:26-	01:16-	00:27#	00:31&
3	Else Hass	OK Pan Århus	1:05:57						
05:02+	10:41+	20:46+	26:26+	39:16+	47:06+	54:37+	58:58+	64:49+	65:57+
05:02+	05:39+	10:05+	05:40+	12:50+	07:50+	07:31+	04:21-	05:51+	01:08+
00:38#	00:40#	04:03&	02:45&	00:44+	00:39+	00:16+	01:14-	01:33&	00:14&
4	Lisbeth Møller Nielsen	OK Pan Århus	1:08:10						
06:19+	12:17+	16:54+	20:16+	35:43+	44:34+	52:45+	57:29+	65:22+	68:10+
06:19+	05:58+	04:37-	03:22+	15:27+	08:51+	08:11+	04:44-	07:53+	02:48+
01:55&	00:59#	01:25-	00:27#	03:21&	01:40#	00:56#	00:51-	03:35&	01:54@
5	Lise Flindt Pedersen	OK Pan Århus	1:18:21						
05:50+	15:32+	21:12+	25:14+	40:47+	52:08+	62:55+	68:16+	76:30+	78:21+
05:50+	09:42+	05:40-	04:02+	15:33+	11:21+	10:47+	05:21-	08:14+	01:51+
01:26&	04:43&	00:22-	01:07&	03:27&	04:10&	03:32&	00:14-	03:56&	00:57@
6	Jytte Larsen	Silkeborg OK	1:56:25						
35:23+	46:01+	56:55+	61:43+	79:48+	91:19+	101:47+	108:36+	114:39+	116:25+
35:23+	10:38+	10:54+	04:48+	18:05+	11:31+	10:28+	06:49+	06:03+	01:46+
30:59@	05:39@	04:52&	01:53&	05:59&	04:20&	03:13&	01:14#	01:45&	00:52&

Beste stræktid for klassen

04:00 04:59 04:37 02:39 12:06 07:11 05:49 04:19 04:18 00:54

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Fri1

1	Rasmus Carlsen	Aalborg OK	1:14:17													
02:03=	05:42=	08:42=	19:22=	21:51=	27:30=	35:00=	37:03=	41:22=	45:11=	57:37=	63:38=	66:19=	67:41=	70:30=	73:22=	74:17=
02:03=	03:39=	03:00=	10:40=	02:29=	05:39=	07:30=	02:03=	04:19=	03:49=	12:26=	06:01=	02:41=	01:22=	02:49=	02:52=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Søren Skovrider	Mariager Fjord OK	1:17:23													
02:15+	05:39-	09:18+	19:35+	21:56+	30:11+	36:54+	39:10+	43:52+	47:49+	59:58+	66:20+	69:17+	70:36+	73:35+	76:23+	77:23+
02:15+	03:24-	03:39+	10:17-	02:21-	08:15+	06:43-	02:16+	04:42+	03:57+	12:09-	06:22+	02:57+	01:19-	02:59+	02:48-	01:00+
00:12+	00:15-	00:39#	00:23-	00:08-	02:36&	00:47-	00:13#	00:23+	00:08+	00:17-	00:21+	00:16+	00:03-	00:10+	00:04-	00:05+

3	Morten Nikkel Andersen	Viborg OK	1:30:16													
02:44+	09:23+	13:17+	26:23+	28:50+	37:15+	45:58+	48:14+	53:32+	58:06+	71:05+	78:01+	81:15+	82:46+	86:05+	89:23+	90:16+
02:44+	06:39+	03:54+	13:06+	02:27-	08:25+	08:43+	02:16+	05:18+	04:34+	12:59+	06:56+	03:14+	01:31+	03:19+	03:18+	00:53-
00:41&	03:00&	00:54&	02:26#	00:02-	02:46&	01:13#	00:13#	00:59#	00:45#	00:33+	00:55#	00:33#	00:09#	00:30#	00:26#	00:02-

4	Kristoffer Ramsgaard	Aalborg OK	2:31:28													
04:16+	08:19+	13:19+	29:47+	32:39+	49:13+	69:07+	72:41+	79:14+	86:06+	103:59+	111:55+	119:52+	121:29+	144:12+	150:33+	151:28+
04:16+	04:03+	05:00+	16:28+	02:52+	16:34+	19:54+	03:34+	06:33+	06:52+	17:53+	07:56+	07:57+	01:37+	22:43+	06:21+	00:55=
02:13@	00:24#	02:00&	05:48&	00:23#	10:55@	12:24@	01:31&	02:14&	03:03&	05:27&	01:55&	05:16@	00:15#	19:54@	03:29@	00:00=

Beste stræktid for klassen

02:03	03:24	03:00	10:17	02:21	05:39	06:43	02:03	04:19	03:49	12:09	06:01	02:41	01:19	02:49	02:48	00:53
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Fri2

1	Hanne Hansen	Mariager Fjord OK	1:01:32							
03:20=	09:16=	12:22=	23:29=	28:27=	41:11=	47:43=	54:51=	56:29=	59:30=	60:32=
03:20=	05:56=	03:06=	11:07=	04:58=	12:44=	06:32=	07:08=	01:38=	03:01=	01:02=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Nicolai Vangsgaard	Rold Skov OK	1:02:24							
02:57-	15:00+	17:07+	31:35+	37:18+	48:03+	52:26+	58:30+	59:32+	61:44+	62:24+
02:57-	12:03+	02:07-	14:28+	05:43+	10:45-	04:23-	06:04-	01:02-	02:12-	00:40-
00:23-	06:07@	00:59-	03:21&	00:45#	01:59-	02:09-	01:04-	00:36-	00:49-	00:22-

3	Per Hauge	OK Vendelboerne	1:07:11							
05:17+	10:55+	13:43+	25:55+	31:22+	44:46+	52:34+	60:58+	62:49+	66:04+	67:11+
05:17+	05:38-	02:48-	12:12+	05:27+	13:24+	07:48+	08:24+	01:51+	03:15+	01:07+
01:57&	00:18-	00:18-	01:05+	00:29+	00:40+	01:16#	01:16#	00:13#	00:14+	00:05+

4	Knud Henriksen	OK Pan Århus	1:16:51							
03:00-	12:59+	16:06+	28:03+	34:08+	50:43+	58:50+	68:03+	71:26+	75:23+	76:51+
03:00-	09:59+	03:07+	11:57+	06:05+	16:35+	08:07+	09:13+	03:23+	03:57+	01:28+
00:20-	04:03&	00:01+	00:50+	01:07#	03:51&	01:35#	02:05&	01:45@	00:56&	00:26&

5	Ole Husen	Farum OK	1:21:03							
03:56+	10:25+	13:32+	27:21+	34:37+	52:52+	60:49+	72:18+	74:35+	79:09+	81:03+
03:56+	06:29+	03:07+	13:49+	07:16+	18:15+	07:57+	11:29+	02:17+	04:34+	01:54+
00:36#	00:33+	00:01+	02:42#	02:18&	05:31&	01:25#	04:21&	00:39&	01:33&	00:52&

Beste stræktid for klassen
 02:57 05:38 02:07 11:07 04:58 10:45 04:23 06:04 01:02 02:12 00:40

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

Fri4

1	Rikke Winther Hansen	Rold Skov OK	19:29
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01:10= 03:36= 05:39= 09:34= 12:18= 15:05= 17:08= 18:28= 19:29=
 01:10= 02:26= 02:03= 03:55= 02:44= 02:47= 02:03= 01:20= 01:01=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2	Søren Møller Skaug	OK Pan Århus	23:28
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00:56- 03:53+ 06:31+ 11:10+ 13:52+ 17:26+ 19:59+ 22:25+ 23:28+
 00:56- 02:57+ 02:38+ 04:39+ 02:42- 03:34+ 02:33+ 02:26+ 01:03+
 00:14- 00:31# 00:35& 00:44# 00:02- 00:47& 00:30# 01:06& 00:02+

3	Isak Egander Grøn	OK Pan Århus	42:38
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01:30+ 07:47+ 11:34+ 20:06+ 25:45+ 33:31+ 38:25+ 41:09+ 42:38+
 01:30+ 06:17+ 03:47+ 08:32+ 05:39+ 07:46+ 04:54+ 02:44+ 01:29+
 00:20& 03:51@ 01:44& 04:37@ 02:55@ 04:59@ 02:51@ 01:24@ 00:28&

Beste stræktid for klassen

00:56 02:26 02:03 03:55 02:42 02:47 02:03 01:20 01:01

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H21

1	Jes Mose Jensen	AKIF	2:15:40																						
02:13=	04:54=	06:53=	08:26=	19:51=	23:23=	34:03=	40:57=	52:56=	57:41=	59:15=	64:31=	74:07=	75:47=	79:38=	83:00=	87:24=	91:52=	104:28=	108:11=	113:55=	115:06=	117:35=	121:45=	125:59=	130:04=
02:13=	02:41=	01:59=	01:33=	11:25=	03:32=	10:40=	06:54=	11:59=	04:45=	01:34=	05:16=	09:36=	01:40=	03:51=	03:22=	04:24=	04:28=	12:36=	03:43=	05:44=	01:11=	02:29=	04:10=	04:14=	04:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
132:10=	134:51=	135:40=																							
02:06=	02:41=	00:49=																							
00:00=	00:00=	00:00=																							

2	Sune Ribergaard Henriksen	OK Pan Århus	2:36:09																						
04:42+	09:37+	11:39+	13:30+	25:14+	29:35+	36:33+	44:13+	57:43+	63:10+	64:59+	71:12+	77:08+	80:07+	85:09+	89:10+	94:38+	105:42+	118:22+	123:25+	130:10+	131:41+	134:35+	139:53+	145:16+	149:44+
04:42+	04:55+	02:02+	01:51+	11:44+	04:21+	06:58-	07:40+	13:30+	05:27+	01:49+	06:13+	05:56-	02:59+	05:02+	04:01+	05:28+	11:04+	12:40+	05:03+	06:45+	01:31+	02:54+	05:18+	05:23+	04:28+
02:29@	02:14&	00:03+	00:18#	00:19+	00:49#	03:42-	00:46#	01:31#	00:42#	00:15#	00:57#	03:40-	01:19&	01:11&	00:39#	01:04#	06:36@	00:04+	01:20&	01:01#	00:20&	00:25#	01:08&	01:09&	00:23+
152:15+	155:14+	156:09+																							
02:31+	02:59+	00:55+																							
00:25#	00:18#	00:06#																							

Beste stræktid for klassen

02:13	02:41	01:59	01:33	11:25	03:32	06:58	06:54	11:59	04:45	01:34	05:16	05:56	01:40	03:51	03:22	04:24	04:28	12:36	03:43	05:44	01:11	02:29	04:10	04:14	04:05	02:06	02:06
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H35

1	Bjarke Rasmussen	Mariager Fjord OK	2:40:17																				
02:45=	05:55=	12:04=	23:09=	34:19=	43:03=	52:44=	57:04=	59:50=	69:46=	79:11=	90:51=	96:46=	99:01=	102:38=	108:18=	116:22=	132:49=	139:03=	147:03=	152:20=	155:06=	159:07=	160:17=
02:45=	03:10=	06:09=	11:05=	11:10=	08:44=	09:41=	04:20=	02:46=	09:56=	09:25=	11:40=	05:55=	02:15=	03:37=	05:40=	08:04=	16:27=	06:14=	08:00=	05:17=	02:46=	04:01=	01:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Heins Rye Madsen	Rold Skov OK	3:21:20																				
05:30+	08:33+	13:45+	24:16+	32:01-	40:38-	48:04-	64:17+	68:06+	80:04+	87:58+	113:06+	118:59+	121:51+	124:49+	131:03+	140:06+	156:31+	162:05+	170:09+	175:33+	194:58+	200:20+	201:20+
05:30+	03:03-	05:12-	10:31-	07:45-	08:37-	07:26-	16:13+	03:49+	11:58+	07:54-	25:08+	05:53-	02:52+	02:58-	06:14+	09:03+	16:25-	05:34-	08:04+	05:24+	19:25+	05:22+	01:00-
02:45&	00:07-	00:57-	00:34-	03:25-	00:07-	02:15-	11:53@	01:03&	02:02#	01:31-	13:28@	00:02-	00:37&	00:39-	00:34#	00:59#	00:02-	00:40-	00:04+	00:07+	16:39@	01:21&	00:10-
Beste stræktid for klassen																							
02:45	03:03	05:12	10:31	07:45	08:37	07:26	04:20	02:46	09:56	07:54	11:40	05:53	02:15	02:58	05:40	08:04	16:25	05:34	08:00	05:17	02:46	04:01	01:00

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H45

1	Jess Rasmussen	Viborg OK	1:32:50																
02:03=	05:58=	14:01=	15:32=	23:58=	29:50=	36:14=	40:06=	43:02=	49:38=	53:29=	61:06=	65:01=	74:48=	79:03=	85:02=	87:46=	89:38=	91:55=	92:50=
02:03=	03:55=	08:03=	01:31=	08:26=	05:52=	06:24=	03:52=	02:56=	06:36=	03:51=	07:37=	03:55=	09:47=	04:15=	05:59=	02:44=	01:52=	02:17=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Henrik Bach	Mariager Fjord OK	2:02:44																
02:28+	06:19+	15:28+	17:02+	23:23-	29:21-	35:41-	43:24+	45:41+	69:41+	76:50+	88:11+	92:24+	103:15+	107:32+	114:32+	117:25+	119:28+	121:55+	122:44+
02:28+	03:51-	09:09+	01:34+	06:21-	05:58+	06:20-	07:43+	02:17-	24:00+	07:09+	11:21+	04:13+	10:51+	04:17+	07:00+	02:53+	02:03+	02:27+	00:49-
00:25#	00:04-	01:06#	00:03+	02:05-	00:06+	00:04-	03:51&	00:39-	17:24@	03:18&	03:44&	00:18+	01:04#	00:02+	01:01#	00:09+	00:11+	00:10+	00:06-

3	Arne Stensgård Poulsen	Rold Skov OK	2:02:49																
03:09+	10:15+	22:53+	24:28+	31:26+	40:29+	47:34+	54:50+	58:37+	68:07+	72:17+	81:34+	87:04+	98:54+	105:14+	113:10+	116:27+	118:38+	121:41+	122:49+
03:09+	07:06+	12:38+	01:35+	06:58-	09:03+	07:05+	07:16+	03:47+	09:30+	04:10+	09:17+	05:30+	11:50+	06:20+	07:56+	03:17+	02:11+	03:03+	01:08+
01:06&	03:11&	04:35&	00:04+	01:28-	03:11&	00:41#	03:24&	00:51&	02:54&	00:19+	01:40#	01:35&	02:03#	02:05&	01:57&	00:33#	00:19#	00:46&	00:13#

4	Allan Baagø	Viborg OK	2:21:47																
03:04+	11:35+	20:36+	22:04+	30:22+	36:59+	44:20+	51:14+	53:33+	88:44+	93:46+	104:14+	108:13+	119:32+	124:38+	131:23+	134:25+	136:39+	140:56+	141:47+
03:04+	08:31+	09:01+	01:28-	08:18-	06:37+	07:21+	06:54+	02:19-	35:11+	05:02+	10:28+	03:59+	11:19+	05:06+	06:45+	03:02+	02:14+	04:17+	00:51-
01:01&	04:36@	00:58#	00:03-	00:08-	00:45#	00:57#	03:02&	00:37-	28:35@	01:11&	02:51&	00:04+	01:32#	00:51#	00:46#	00:18#	00:22#	02:00&	00:04-

5	Palle Cavan	OK West	2:28:36																
03:16+	07:36+	18:28+	20:14+	29:55+	37:36+	47:35+	52:30+	62:32+	83:17+	88:49+	99:10+	105:09+	119:22+	127:09+	136:31+	140:39+	143:41+	147:14+	148:36+
03:16+	04:20+	10:52+	01:46+	09:41+	07:41+	09:59+	04:55+	10:02+	20:45+	05:32+	10:21+	05:59+	14:13+	07:47+	09:22+	04:08+	03:02+	03:33+	01:22+
01:13&	00:25#	02:49&	00:15#	01:15#	01:49&	03:35&	01:03&	07:06@	14:09@	01:41&	02:44&	02:04&	04:26&	03:32&	03:23&	01:24&	01:10&	01:16&	00:27&

Beste stræktid for klassen

02:03	03:51	08:03	01:28	06:21	05:52	06:20	03:52	02:17	06:36	03:51	07:37	03:55	09:47	04:15	05:59	02:44	01:52	02:17	00:49
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= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H55

1	Steffen Alm	Nordvest OK	1:10:29													
02:04=	05:25=	08:27=	18:27=	20:10=	25:52=	32:41=	34:44=	39:46=	44:05=	54:45=	60:08=	62:49=	63:57=	66:42=	69:41=	70:29=
02:04=	03:21=	03:02=	10:00=	01:43=	05:42=	06:49=	02:03=	05:02=	04:19=	10:40=	05:23=	02:41=	01:08=	02:45=	02:59=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Erik Pedersen	OK Vendelboerne	1:12:59													
03:24+	06:43+	09:57+	19:18+	22:05+	28:00+	35:00+	37:24+	41:49+	45:31+	56:17+	62:30+	65:01+	66:09+	69:43+	72:11+	72:59+
03:24+	03:19-	03:14+	09:21-	02:47+	05:55+	07:00+	02:24+	04:25-	03:42-	10:46+	06:13+	02:31-	01:08=	03:34+	02:28-	00:48=
01:20&	00:02-	00:12+	00:39-	01:04&	00:13+	00:11+	00:21#	00:37-	00:37-	00:06+	00:50#	00:10-	00:00=	00:49&	00:31-	00:00=
3	Keld Gade	Viborg OK	1:18:04													
01:57-	05:06-	08:35+	20:20+	22:17+	28:43+	37:22+	39:39+	44:04+	48:48+	59:33+	65:41+	68:16+	69:23+	74:26+	77:09+	78:04+
01:57-	03:09-	03:29+	11:45+	01:57+	06:26+	08:39+	02:17+	04:25-	04:44+	10:45+	06:08+	02:35-	01:07-	05:03+	02:43-	00:55+
00:07-	00:12-	00:27#	01:45#	00:14#	00:44#	01:50&	00:14#	00:37-	00:25+	00:05+	00:45#	00:06-	00:01-	02:18&	00:16-	00:07#
4	Jørgen Bruun	Aalborg OK	1:18:30													
03:26+	06:48+	09:47+	20:46+	23:02+	29:10+	36:13+	38:46+	44:50+	48:21+	58:47+	68:32+	70:59+	72:09+	75:11+	77:36+	78:30+
03:26+	03:22+	02:59-	10:59+	02:16+	06:08+	07:03+	02:33+	06:04+	03:31-	10:26-	09:45+	02:27-	01:10+	03:02+	02:25-	00:54+
01:22&	00:01+	00:03-	00:59+	00:33&	00:26+	00:14+	00:30#	01:02#	00:48-	00:14-	04:22&	00:14-	00:02+	00:17#	00:34-	00:06#
5	Helge Poulsen	Mariager Fjord OK	1:24:18													
02:47+	06:39+	10:23+	21:47+	23:45+	32:02+	40:56+	44:04+	49:02+	53:17+	66:09+	72:57+	75:35+	77:09+	80:14+	83:21+	84:18+
02:47+	03:52+	03:44+	11:24+	01:58+	08:17+	08:54+	03:08+	04:58-	04:15-	12:52+	06:48+	02:38-	01:34+	03:05+	03:07+	00:57+
00:43&	00:31#	00:42#	01:24#	00:15#	02:35&	02:05&	01:05&	00:04-	00:04-	02:12#	01:25&	00:03-	00:26&	00:20#	00:08+	00:09#
6	Petter Næss	Aalborg OK	1:31:10													
02:13+	05:42+	09:31+	22:28+	24:25+	31:10+	37:39+	40:33+	53:26+	57:51+	73:11+	79:11+	81:49+	83:06+	86:53+	90:19+	91:10+
02:13+	03:29+	03:49+	12:57+	01:57+	06:45+	06:29-	02:54+	12:53+	04:25+	15:20+	06:00+	02:38-	01:17+	03:47+	03:26+	00:51+
00:09+	00:08+	00:47&	02:57&	00:14#	01:03#	00:20-	00:51&	07:51@	00:06+	04:40&	00:37#	00:03-	00:09#	01:02&	00:27#	00:03+
7	Stig Barrett	Viborg OK	1:32:09													
02:37+	06:28+	10:09+	20:52+	23:25+	32:29+	45:20+	48:24+	53:38+	58:25+	70:19+	77:22+	80:11+	81:49+	88:02+	91:13+	92:09+
02:37+	03:51+	03:41+	10:43+	02:33+	09:04+	12:51+	03:04+	05:14+	04:47+	11:54+	07:03+	02:49+	01:38+	06:13+	03:11+	00:56+
00:33&	00:30#	00:39#	00:43+	00:50&	03:22&	06:02&	01:01&	00:12+	00:28#	01:14#	01:40&	00:08+	00:30&	03:28@	00:12+	00:08#
8	Carl Malling	Randers OK	1:32:55													
02:19+	07:01+	11:06+	23:03+	25:19+	34:52+	43:27+	45:51+	53:03+	57:32+	71:25+	78:42+	82:03+	83:39+	88:29+	91:49+	92:55+
02:19+	04:42+	04:05+	11:57+	02:16+	09:33+	08:35+	02:24+	07:12+	04:29+	13:53+	07:17+	03:21+	01:36+	04:50+	03:20+	01:06+
00:15#	01:21&	01:03&	01:57#	00:33&	03:51&	01:46&	00:21#	02:10&	00:10+	03:13&	01:54&	00:40#	00:28&	02:05&	00:21#	00:18&
9	Jens Christensen	Mariager Fjord OK	1:36:48													
02:32+	06:28+	10:30+	22:48+	25:24+	35:11+	49:32+	51:44+	56:19+	61:24+	75:28+	82:39+	85:55+	87:30+	91:25+	95:48+	96:48+
02:32+	03:56+	04:02+	12:18+	02:36+	09:47+	14:21+	02:12+	04:35-	05:05+	14:04+	07:11+	03:16+	01:35+	03:55+	04:23+	01:00+
00:28#	00:35#	01:00&	02:18#	00:53&	04:05&	07:32@	00:09+	00:27-	00:46#	03:24&	01:48&	00:35#	00:27&	01:10&	01:24&	00:12#
10	Sven Ove Thimm	OK Vendelboerne	1:38:54													
02:32+	05:26+	09:16+	20:49+	22:48+	32:36+	48:55+	51:05+	57:16+	62:37+	77:33+	84:55+	88:16+	89:50+	94:02+	97:43+	98:54+
02:32+	02:54-	03:50+	11:33+	01:59+	09:48+	16:19+	02:10+	06:11+	05:21+	14:56+	07:22+	03:21+	01:34+	04:12+	03:41+	01:11+
00:28#	00:27-	00:48&	01:33#	00:16#	04:06&	09:30@	00:07+	01:09#	01:02#	04:16&	01:59&	00:40#	00:26&	01:27&	00:42#	00:23&
11	Henning Bak-Mikkelsen	OK Vendelboerne	1:39:43													
02:29+	09:26+	12:54+	26:35+	29:02+	40:36+	53:21+	55:37+	60:21+	64:46+	78:06+	85:13+	87:58+	89:23+	95:37+	98:40+	99:43+
02:29+	06:57+	03:28+	13:41+	02:27+	11:34+	12:45+	02:16+	04:44-	04:25+	13:20+	07:07+	02:45+	01:25+	06:14+	03:03+	01:03+
00:25#	03:36@	00:26#	03:41&	00:44&	05:52@	05:56&	00:13#	00:18-	00:06+	02:40#	01:44&	00:04+	00:17#	03:29@	00:04+	00:15&
12	Poul Egander Grøn	OK Pan Århus	1:43:39													
03:58+	08:06+	12:36+	25:43+	27:56+	40:03+	51:14+	53:42+	60:07+	65:06+	81:54+	89:11+	92:38+	94:31+	98:40+	102:29+	103:39+
03:58+	04:08+	04:30+	13:07+	02:13+	12:07+	11:11+	02:28+	06:25+	04:59+	16:48+	07:17+	03:27+	01:53+	04:09+	03:49+	01:10+
01:54&	00:47#	01:28&	03:07&	00:30&	06:25@	04:22&	00:25#	01:23&	00:40#	06:08&	01:54&	00:46&	00:45&	01:24&	00:50&	00:22&
13	Ulf Mogensen	Aalborg OK	1:49:01													
02:39+	06:55+	11:38+	25:35+	27:51+	38:55+	51:07+	54:05+	60:08+	69:02+	84:53+	93:39+	97:19+	99:13+	103:27+	107:58+	109:01+
02:39+	04:16+	04:43+	13:57+	02:16+	11:04+	12:12+	02:58+	06:03+	08:54+	15:51+	08:46+	03:40+	01:54+	04:14+	04:31+	01:03+
00:35&	00:55&	01:41&	03:57&	00:33&	05:22&	05:23&	00:55&	01:01#	04:35@	05:11&	03:23&	00:59&	00:46&	01:29&	01:32&	00:15&
14	Flemming Bindner	Aalborg OK	1:49:29													
03:02+	07:24+	11:09+	23:30+	25:20+	33:52+	48:58+	51:12+	55:42+	61:36+	76:49+	87:26+	90:36+	92:27+	105:11+	108:34+	109:29+
03:02+	04:22+	03:45+	12:21+	01:50+	08:32+	15:06+	02:14+	04:30-	05:54+	15:13+	10:37+	03:10+	01:51+	12:44+	03:23+	00:55+
00:58&	01:01&	00:43#	02:21#	00:07+	02:50&	08:17@	00:11+	00:32-	01:35&	04:33&	05:14&	00:29#	00:43&	09:59@	00:24#	00:07#

Class	Navn	Klasse												Tid			
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15	Keld Østergaard	Mariager Fjord OK												1:51:25			
02:49+	08:55+	12:59+	32:16+	34:17+	46:06+	61:34+	64:09+	70:21+	75:04+	89:56+	97:05+	100:45+	102:34+	106:30+	110:24+	111:25+	
02:49+	06:06+	04:04+	19:17+	02:01+	11:49+	15:28+	02:35+	06:12+	04:43+	14:52+	07:09+	03:40+	01:49+	03:56+	03:54+	01:01+	
00:45&	02:45&	01:02&	09:17&	00:18#	06:07@	08:39@	00:32&	01:10#	00:24+	04:12&	01:46&	00:59&	00:41&	01:11&	00:55&	00:13&	
16	Ole Christiansen	AKIF												1:55:15			
03:13+	07:44+	11:54+	25:17+	27:54+	35:52+	48:45+	53:10+	55:12+	61:37+	67:24+	87:11+	95:14+	98:59+	101:08+	110:08+	113:58+	115:15+
03:13+	04:31+	04:10+	13:23+	02:37+	07:58+	12:53+	04:25+	02:02-	06:25+	05:47-	19:47+	08:03+	03:45+	02:09-	09:00+	03:50+	01:17+
01:09&	01:10&	01:08&	03:23&	00:54&	02:16&	06:04&	02:22@	03:00-	02:06&	04:53-	14:24@	05:22@	02:37@	00:36-	06:01@	03:02@	01:17+
17	Ole Nielsen	Aalborg OK												1:58:55			
02:55+	09:59+	14:51+	29:13+	32:06+	45:16+	56:33+	60:04+	68:42+	75:50+	94:37+	103:01+	106:46+	108:24+	113:08+	117:47+	118:55+	
02:55+	07:04+	04:52+	14:22+	02:53+	13:10+	11:17+	03:31+	08:38+	07:08+	18:47+	08:24+	03:45+	01:38+	04:44+	04:39+	01:08+	
00:51&	03:43@	01:50&	04:22&	01:10&	07:28@	04:28&	01:28&	03:36&	02:49&	08:07&	03:01&	01:04&	00:30&	01:59&	01:40&	00:20&	

Beste stræktid for klassen
 01:57 02:54 02:59 09:21 01:43 05:42 06:29 02:03 02:02 03:31 05:47 05:23 02:27 01:07 02:09 02:25 00:48

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H65

1	Poul Henning Pedersen	OK Vendelboerne	1:02:51											
02:24=	06:15=	16:04=	19:39=	21:17=	26:10=	32:04=	35:49=	41:01=	44:59=	51:06=	55:13=	58:04=	61:56=	62:51=
02:24=	03:51=	09:49=	03:35=	01:38=	04:53=	05:54=	03:45=	05:12=	03:58=	06:07=	04:07=	02:51=	03:52=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Leif Hansen	Nordvest OK	1:08:02											
02:51+	07:09+	17:08+	18:48-	20:59-	25:27-	35:13+	39:15+	44:07+	49:41+	55:30+	60:04+	63:03+	67:04+	68:02+
02:51+	04:18+	09:59+	01:40-	02:11+	04:28-	09:46+	04:02+	04:52-	05:34+	05:49-	04:34+	02:59+	04:01+	00:58+
00:27#	00:27#	00:10+	01:55-	00:33&	00:25-	03:52&	00:17+	00:20-	01:36&	00:18-	00:27#	00:08+	00:09+	00:03+

3	Hermann P. Jensen	Nordvest OK	1:15:11											
03:26+	07:56+	18:49+	20:57+	23:12+	28:49+	37:46+	42:44+	48:50+	53:48+	60:34+	66:05+	69:45+	74:17+	75:11+
03:26+	04:30+	10:53+	02:08-	02:15+	05:37+	08:57+	04:58+	06:06+	04:58+	06:46+	05:31+	03:40+	04:32+	00:54-
01:02&	00:39#	01:04#	01:27-	00:37&	00:44#	03:03&	01:13&	00:54#	01:00&	00:39#	01:24&	00:49&	00:40#	00:01-

4	Per Jessen-Klixbüll	OK Pan Århus	1:18:20											
03:49+	08:18+	21:19+	23:17+	25:31+	31:04+	39:39+	44:24+	51:25+	56:43+	63:31+	69:00+	72:34+	77:02+	78:20+
03:49+	04:29+	13:01+	01:58-	02:14+	05:33+	08:35+	04:45+	07:01+	05:18+	06:48+	05:29+	03:34+	04:28+	01:18+
01:25&	00:38#	03:12&	01:37-	00:36&	00:40#	02:41&	01:00&	01:49&	01:20&	00:41#	01:22&	00:43&	00:36#	00:23&

5	Kjeld Simonsen	OK Djurs	1:20:43											
03:00+	09:13+	19:34+	21:52+	25:29+	33:08+	41:33+	47:34+	53:14+	58:47+	65:56+	72:07+	75:42+	79:50+	80:43+
03:00+	06:13+	10:21+	02:18-	03:37+	07:39+	08:25+	06:01+	05:40+	05:33+	07:09+	06:11+	03:35+	04:08+	00:53-
00:36#	02:22&	00:32+	01:17-	01:59@	02:46&	02:31&	02:16&	00:28+	01:35&	01:02#	02:04&	00:44&	00:16+	00:02-

6	Finn Hørup Nielsen	OK Vendelboerne	1:21:26											
03:16+	07:07+	23:15+	24:44+	27:30+	32:38+	47:16+	51:43+	56:30+	61:33+	67:30+	72:43+	75:54+	80:31+	81:26+
03:16+	03:51=	16:08+	01:29-	02:46+	05:08+	14:38+	04:27+	04:47-	05:03+	05:57-	05:13+	03:11+	04:37+	00:55=
00:52&	00:00=	06:19&	02:06-	01:08&	00:15+	08:44@	00:42#	00:25-	01:05&	00:10-	01:06&	00:20#	00:45#	00:00=

7	Erik Brühl	Søllerød OK	1:26:10											
03:28+	07:52+	22:15+	24:13+	26:49+	32:23+	40:33+	46:01+	51:42+	59:53+	68:01+	74:21+	79:04+	84:59+	86:10+
03:28+	04:24+	14:23+	01:58-	02:36+	05:34+	08:10+	05:28+	05:41+	08:11+	08:08+	06:20+	04:43+	05:55+	01:11+
01:04&	00:33#	04:34&	01:37-	00:58&	00:41#	02:16&	01:43&	00:29+	04:13@	02:01&	02:13&	01:52&	02:03&	00:16&

8	Ole Christiansen	Farum OK	1:28:51											
02:50+	07:24+	19:04+	21:36+	24:57+	32:53+	43:25+	49:31+	57:27+	63:11+	71:21+	77:42+	82:14+	87:45+	88:51+
02:50+	04:34+	11:40+	02:32-	03:21+	07:56+	10:32+	06:06+	07:56+	05:44+	08:10+	06:21+	04:32+	05:31+	01:06+
00:26#	00:43#	01:51#	01:03-	01:43@	03:03&	04:38&	02:21&	02:44&	01:46&	02:03&	02:14&	01:41&	01:39&	00:11#

9	Erik Anders Jensen	Silkeborg OK	1:31:03											
05:30+	09:17+	23:40+	25:57+	28:35+	34:22+	57:23+	61:27+	66:20+	70:29+	76:55+	83:18+	86:08+	90:00+	91:03+
05:30+	03:47-	14:23+	02:17-	02:38+	05:47+	23:01+	04:04+	04:53-	04:09+	06:26+	06:23+	02:50-	03:52=	01:03+
03:06@	00:04-	04:34&	01:18-	01:00&	00:54#	17:07@	00:19+	00:19-	00:11+	00:19+	02:16&	00:01-	00:00=	00:08#

10	Palle Møller Nielsen	Odense OK	1:32:26											
03:48+	09:13+	22:26+	25:29+	28:18+	35:31+	44:38+	50:34+	57:26+	64:24+	73:36+	80:42+	85:29+	91:12+	92:26+
03:48+	05:25+	13:13+	03:03-	02:49+	07:13+	09:07+	05:56+	06:52+	06:58+	09:12+	07:06+	04:47+	05:43+	01:14+
01:24&	01:34&	03:24&	00:32-	01:11&	02:20&	03:13&	02:11&	01:40&	03:00&	03:05&	02:59&	01:56&	01:51&	00:19&

11	Arne Pedersen	Mariager Fjord OK	1:37:53											
03:56+	09:29+	22:07+	24:40+	27:42+	35:28+	48:42+	54:26+	61:30+	68:08+	77:15+	84:32+	88:58+	96:14+	97:53+
03:56+	05:33+	12:38+	02:33-	03:02+	07:46+	13:14+	05:44+	07:04+	06:38+	09:07+	07:17+	04:26+	07:16+	01:39+
01:32&	01:42&	02:49&	01:02-	01:24&	02:53&	07:20@	01:59&	01:52&	02:40&	03:00&	03:10&	01:35&	03:24&	00:44&

12	Holger Mikkelsen	Odense OK	1:38:26											
03:59+	09:37+	23:52+	29:23+	32:58+	39:45+	51:30+	58:46+	65:36+	72:03+	80:37+	88:16+	92:22+	97:14+	98:26+
03:59+	05:38+	14:15+	05:31+	03:35+	06:47+	11:45+	07:16+	06:50+	06:27+	08:34+	07:39+	04:06+	04:52+	01:12+
01:35&	01:47&	04:26&	01:56&	01:57@	01:54&	05:51&	03:31&	01:38&	02:29&	02:27&	03:32&	01:15&	01:00&	00:17&

13	Bent Nielsen	OK Pan Århus	1:40:15											
07:26+	13:00+	24:52+	29:35+	36:37+	44:30+	54:32+	59:44+	66:34+	72:53+	82:09+	88:42+	93:30+	99:02+	100:15+
07:26+	05:34+	11:52+	04:43+	07:02+	07:53+	10:02+	05:12+	06:50+	06:19+	09:16+	06:33+	04:48+	05:32+	01:13+
05:02@	01:43&	02:03#	01:08&	05:24@	03:00&	04:08&	01:27&	01:38&	02:21&	03:09&	02:26&	01:57&	01:40&	00:18&

14	Henning Olesen	Nordvest OK	1:40:46											
03:43+	08:19+	19:45+	24:33+	26:54+	36:49+	60:12+	66:27+	71:38+	78:03+	85:31+	91:37+	94:55+	99:41+	100:46+
03:43+	04:36+	11:26+	04:48+	02:21+	09:55+	23:23+	06:15+	05:11-	06:25+	07:28+	06:06+	03:18+	04:46+	01:05+
01:19&	00:45#	01:37#	01:13&	00:43&	05:02@	17:29@	02:30&	00:01-	02:27&	01:21#	01:59&	00:27#	00:54#	00:10#

Class	Navn	Klasse													Tid
15	Hans Jørgen Simonsen	OK Pan Århus													1:45:38
04:46+	10:23+	34:55+	37:14+	40:27+	46:33+	56:58+	62:49+	70:19+	76:41+	86:05+	93:27+	97:58+	104:08+	105:38+	
04:46+	05:37+	24:32+	02:19-	03:13+	06:06+	10:25+	05:51+	07:30+	06:22+	09:24+	07:22+	04:31+	06:10+	01:30+	
02:22&	01:46&	14:43@	01:16-	01:35&	01:13#	04:31&	02:06&	02:18&	02:24&	03:17&	03:15&	01:40&	02:18&	00:35&	
16	Terkel Arnfred	Aalborg OK													1:50:49
04:05+	10:36+	26:55+	29:42+	33:09+	40:57+	53:03+	59:56+	68:48+	75:47+	88:57+	96:53+	102:11+	108:49+	110:49+	
04:05+	06:31+	16:19+	02:47-	03:27+	07:48+	12:06+	06:53+	08:52+	06:59+	13:10+	07:56+	05:18+	06:38+	02:00+	
01:41&	02:40&	06:30&	00:48-	01:49@	02:55&	06:12@	03:08&	03:40&	03:01&	07:03@	03:49&	02:27&	02:46&	01:05@	
17	Ole Jensen	Rold Skov OK													1:59:05
03:39+	10:07+	27:58+	30:53+	34:05+	42:07+	54:00+	61:05+	69:34+	78:30+	90:17+	101:41+	111:13+	117:29+	119:05+	
03:39+	06:28+	17:51+	02:55-	03:12+	08:02+	11:53+	07:05+	08:29+	08:56+	11:47+	11:24+	09:32+	06:16+	01:36+	
01:15&	02:37&	08:02&	00:40-	01:34&	03:09&	05:59@	03:20&	03:17&	04:58@	05:40&	07:17@	06:41@	02:24&	00:41&	
Beste stræktid for klassen															
02:24	03:47	09:49	01:29	01:38	04:28	05:54	03:45	04:47	03:58	05:49	04:07	02:50	03:52	00:53	

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.

H75

1	Bendt Frandsen	Farum OK	49:59						
03:29=	07:59=	13:41=	16:00=	27:08=	33:43=	40:42=	43:42=	49:00=	49:59=
03:29=	04:30=	05:42=	02:19=	11:08=	06:35=	06:59=	03:00=	05:18=	00:59=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Vagn Lidegaard	Mariager Fjord OK	57:55						
03:46+	09:31+	14:42+	17:32+	30:38+	39:30+	47:12+	51:28+	56:35+	57:55+
03:46+	05:45+	05:11-	02:50+	13:06+	08:52+	07:42+	04:16+	05:07-	01:20+
00:17+	01:15&	00:31-	00:31#	01:58#	02:17&	00:43#	01:16&	00:11-	00:21&
3	Alfred Bech	OK Pan Århus	1:00:59						
03:02-	08:17+	14:26+	19:47+	33:54+	42:26+	48:47+	54:34+	59:29+	60:59+
03:02-	05:15+	06:09+	05:21+	14:07+	08:32+	06:21-	05:47+	04:55-	01:30+
00:27-	00:45#	00:27+	03:02@	02:59&	01:57&	00:38-	02:47&	00:23-	00:31&
4	Svend Brøns Petersen	OK Vendelboerne	1:16:19						
15:21+	20:21+	25:44+	29:04+	42:46+	52:21+	60:42+	66:01+	73:25+	76:19+
15:21+	05:00+	05:23-	03:20+	13:42+	09:35+	08:21+	05:19+	07:24+	02:54+
11:52@	00:30#	00:19-	01:01&	02:34#	03:00&	01:22#	02:19&	02:06&	01:55@

Beste stræktid for klassen

03:02 04:30 05:11 02:19 11:08 06:35 06:21 03:00 04:55 00:59

= Som klassevinner , - raskere, + senere, # 10% tab, & 25% tab, @ 100% tab.