

Plads Navn

Klasse

Tid

D-14

1	Mathilde Bobach	Rold Skov OK	26:25											
00:59=	02:25=	04:45=	06:42=	09:38=	10:47=	12:09=	15:58=	18:33=	20:33=	21:43=	23:48=	24:32=	25:49=	26:25=
00:59=	01:26=	02:20=	01:57=	02:56=	01:09=	01:22=	03:49=	02:35=	02:00=	01:10=	02:05=	00:44=	01:17=	00:36=
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=

Beste stræktid for klassen

00:59	01:26	02:20	01:57	02:56	01:09	01:22	03:49	02:35	02:00	01:10	02:05	00:44	01:17	00:36
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

D15-16

1	Andrea Ebert Svenningsen	Rold Skov OK	38:16																
02:07=	03:44=	05:07=	06:39=	08:30=	10:56=	14:57=	15:30=	17:13=	19:29=	20:25=	24:45=	26:06=	26:46=	28:49=	31:23=	33:24=	34:43=	37:36=	38:16=
02:07=	01:37=	01:23=	01:32=	01:51=	02:26=	04:01=	00:33=	01:43=	02:16=	00:56=	04:20=	01:21=	00:40=	02:03=	02:34=	02:01=	01:19=	02:53=	00:40=
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=

Beste stræktid for klassen

02:07	01:37	01:23	01:32	01:51	02:26	04:01	00:33	01:43	02:16	00:56	04:20	01:21	00:40	02:03	02:34	02:01	01:19	02:53	00:40
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

D40

1	Mette Møller Nielsen	AKIF	1:11:32																
02:47=	04:55=	09:52=	12:12=	18:00=	21:20=	24:49=	28:13=	30:40=	35:56=	40:05=	48:04=	49:52=	52:47=	59:31=	63:04=	65:05=	68:18=	70:42=	71:32=
02:47=	02:08=	04:57=	02:20=	05:48=	03:20=	03:29=	03:24=	02:27=	05:16=	04:09=	07:59=	01:48=	02:55=	06:44=	03:33=	02:01=	03:13=	02:24=	00:50=
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	Tine Gade Hansen	Aalborg Orienteringsklub	1:23:41																
03:46+	06:26+	11:26+	14:07+	18:15+	23:35+	31:56+	34:49+	36:55+	43:37+	47:17+	54:46+	55:56+	59:24+	66:12+	72:43+	75:24+	80:04+	82:54+	83:41+
03:46+	02:40+	05:00+	02:41+	04:08-	05:20+	08:21+	02:53-	02:06-	06:42+	03:40-	07:29-	01:10-	03:28+	06:48+	06:31+	02:41+	04:40+	02:50+	00:47-
00:59&	00:32#	00:03+	00:21#	01:40-	02:00&	04:52@	00:31-	00:21-	01:26&	00:29-	00:30-	00:38-	00:33#	00:04+	02:58&	00:40&	01:27&	00:26#	00:03-

3	Hanne Veggerby	Rold Skov OK	1:29:39																
02:54+	06:00+	12:42+	15:35+	26:48+	32:49+	38:06+	41:34+	44:42+	49:17+	54:33+	63:59+	65:21+	68:10+	75:24+	78:57+	81:56+	85:25+	88:57+	89:39+
02:54+	03:06+	06:42+	02:53+	11:13+	06:01+	05:17+	03:28+	03:08+	04:35-	05:16+	09:26+	01:22-	02:49-	07:14+	03:33=	02:59+	03:29+	03:32+	00:42-
00:07+	00:58&	01:45&	00:33#	05:25&	02:41&	01:48&	00:04+	00:41&	00:41-	01:07&	01:27#	00:26-	00:06-	00:30+	00:00=	00:58&	00:16+	01:08&	00:08-

Beste stræktid for klassen

02:47	02:08	04:57	02:20	04:08	03:20	03:29	02:53	02:06	04:35	03:40	07:29	01:10	02:49	06:44	03:33	02:01	03:13	02:24	00:42
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

D50

1	Dorte Filskov	Aalborg Orienteringsklub	58:19												
06:45=	09:31=	14:56=	21:15=	23:06=	25:04=	29:09=	34:43=	40:34=	41:56=	47:36=	50:41=	52:24=	55:00=	57:38=	58:19=
06:45=	02:46=	05:25=	06:19=	01:51=	01:58=	04:05=	05:34=	05:51=	01:22=	05:40=	03:05=	01:43=	02:36=	02:38=	00:41=
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	Grethe Anæus	Viborg OK	1:00:15													
07:46+	10:20+	16:22+	23:35+	26:24+	29:28+	34:09+	36:40+	39:15-	40:49-	42:14-	49:08-	52:21-	54:08-	57:22-	59:33+	60:15+
07:46+	02:34-	06:02+	07:13+	02:49+	03:04+	04:41+	02:31-	02:35-	01:34+	01:25-	06:54+	03:13+	01:47-	03:14+	02:11+	00:42+
01:01#	00:12-	00:37#	00:54#	00:58&	01:06&	00:36#	03:03-	03:16-	00:12#	04:15-	03:49@	01:30&	00:49-	00:36#	01:30@	00:42+

3	Lene Stick Nielsen	Viborg OK	1:09:03												
08:08+	10:49+	18:00+	28:18+	33:48+	36:42+	42:52+	47:58+	49:43+	50:59+	57:06+	59:38+	62:05+	65:11+	68:28+	69:03+
08:08+	02:41-	07:11+	10:18+	05:30+	02:54+	06:10+	05:06-	01:45-	01:16-	06:07+	02:32-	02:27+	03:06+	03:17+	00:35-
01:23#	00:05-	01:46&	03:59&	03:39@	00:56&	02:05&	00:28-	04:06-	00:06-	00:27+	00:33-	00:44&	00:30#	00:39#	00:06-

Class	Navn	Klasse	Tid
4	Ann Dissing	OK Vendelboerne	1:11:02
10:01+	12:53+	20:05+	30:16+
35:54+	38:39+	44:50+	49:55+
51:47+	52:58+	58:58+	61:36+
64:03+	67:04+	70:27+	71:02+
10:01+	02:52+	07:12+	10:11+
05:38+	02:45+	06:11+	05:05-
01:52-	01:11-	06:00+	02:38-
02:27+	03:01+	03:23+	00:35-
03:16&	00:06+	01:47&	03:52&
03:47@	00:47&	02:06&	00:29-
03:59-	00:11-	00:20+	00:27-
00:44&	00:25#	00:45&	00:06-
5	Lajla Præstgaard	Mariager Fjord OK	1:19:47
09:46+	13:26+	22:32+	32:23+
34:06+	37:42+	43:14+	49:38+
50:49+	52:24+	57:23+	60:14+
62:48+	74:00+	79:01+	79:47+
09:46+	03:40+	09:06+	09:51+
01:43-	03:36+	05:32+	06:24+
01:11-	01:35+	04:59-	02:51-
02:34+	11:12+	05:01+	00:46+
03:01&	00:54&	03:41&	03:32&
00:08-	01:38&	01:27&	00:50#
04:40-	00:13#	00:41-	00:14-
00:51&	08:36@	02:23&	00:05#
Beste stræktid for klassen	06:45	02:34	05:25
06:19	01:43	01:58	04:05
02:31	01:11	01:11	01:25
02:32	01:43	01:47	02:38
00:35			

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

D60

1	Gitte Isen	Herning Orienteringsklub	52:30
04:16=	06:40=	10:37=	11:42=
14:57=	17:24=	23:55=	28:04=
33:43=	36:20=	39:08=	43:22=
49:29=	51:46=	52:30=	
04:16=	02:24=	03:57=	01:05=
03:15=	02:27=	06:31=	04:09=
05:39=	02:37=	02:48=	04:14=
06:07=	02:17=	00:44=	
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	Pia Gade	Viborg OK	1:00:39
05:24+	09:58+	14:07+	15:23+
18:57+	24:02+	25:47+	32:24+
34:56+	38:08+	43:23+	49:22+
56:57+	59:57+	60:39+	
05:24+	04:34+	04:09+	01:16+
03:34+	05:05+	01:45-	06:37+
02:32-	03:12+	05:15+	05:59+
07:35+	03:00+	00:42-	
01:08&	02:10&	00:12+	00:11#
00:19+	02:38@	04:46-	02:28&
03:07-	00:35#	02:27&	01:45&
01:28#	00:43&	00:02-	
Beste stræktid for klassen	04:16	02:24	03:57
01:05	03:15	02:27	01:45
04:09	02:32	02:37	02:48
04:14	06:07	02:17	00:42

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

D70

1	Ann Dorrit Hansen	OK Djurs	51:42
03:50=	06:57=	14:00=	25:41=
27:01=	28:11=	32:29=	35:53=
38:53=	42:55=	46:11=	49:15=
50:57=	51:42=		
03:50=	03:07=	07:03=	11:41=
01:20=	01:10=	04:18=	03:24=
03:00=	04:02=	03:16=	03:04=
01:42=	00:45=		
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	Edith Sørensen	Aalborg Orienteringsklub	1:03:09
04:39+	08:07+	11:53-	19:09-
21:41-	23:10-	27:46-	30:02-
35:15-	39:33-	57:21+	60:08+
62:06+	63:09+		
04:39+	03:28+	03:46-	07:16-
02:32+	01:29+	04:36+	02:16-
05:13+	04:18+	17:48+	02:47-
01:58+	01:03+		
00:49#	00:21#	03:17-	04:25-
01:12&	00:19&	00:18+	01:08-
02:13&	00:16+	14:32@	00:17-
00:16#	00:18&		
3	Vivi Arildsen	OK Vendelboerne	1:03:48
07:24+	11:34+	16:16+	33:20+
35:18+	36:58+	41:50+	45:05+
47:28+	51:00+	54:20+	61:05+
62:53+	63:48+		
07:24+	04:10+	04:42-	17:04+
01:58+	01:40+	04:52+	03:15-
02:23-	03:32-	03:20+	06:45+
01:48+	00:55+		
03:34&	01:03&	02:21-	05:23&
00:38&	00:30&	00:34#	00:09-
00:37-	00:30-	00:04+	03:41@
00:06+	00:10#		
4	Ellen Thomsen	OK Vendelboerne	1:11:23
05:55+	11:04+	18:31+	34:23+
36:58+	39:31+	45:28+	49:10+
52:23+	58:18+	64:20+	68:04+
70:07+	71:23+		
05:55+	05:09+	07:27+	15:52+
02:35+	02:33+	05:57+	03:42+
03:13+	05:55+	06:02+	03:44+
02:03+	01:16+		
02:05&	02:02&	00:24+	04:11&
01:15&	01:23@	01:39&	00:18+
00:13+	01:53&	02:46&	00:40#
00:21#	00:31&		
Beste stræktid for klassen	03:50	03:07	03:46
07:16	01:20	01:10	04:18
02:16	02:23	03:32	03:16
02:47	01:42	00:45	

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

Fri1

1	Troels Stausbo	Aalborg Orienteringsklub	1:00:05
08:11=	10:22=	15:57=	23:02=
24:28=	26:43=	32:11=	39:19=
41:15=	42:37=	50:50=	53:09=
54:34=	56:59=	59:26=	60:05=
08:11=	02:11=	05:35=	07:05=
01:26=	02:15=	05:28=	07:08=
01:56=	01:22=	08:13=	02:19=
01:25=	02:25=	02:27=	00:39=
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=

Class	Navn	Klasse										Tid				
-------	------	--------	--	--	--	--	--	--	--	--	--	-----	--	--	--	--

2	Johanne Winther	Aalborg Orienteringsklub										1:02:24				
07:32-	11:02+	18:05+	26:48+	28:31+	31:03+	36:20+	44:11+	46:21+	47:53+	52:46+	55:17+	57:03+	59:26+	61:36+	62:24+	
07:32-	03:30+	07:03+	08:43+	01:43+	02:32+	05:17-	07:51+	02:10+	01:32+	04:53-	02:31+	01:46+	02:23-	02:10-	00:48+	
00:39-	01:19&	01:28&	01:38#	00:17#	00:17#	00:11-	00:43#	00:14#	00:10#	03:20-	00:12+	00:21#	00:02-	00:17-	00:09#	

Beste stræktid for klassen

07:32	02:11	05:35	07:05	01:26	02:15	05:17	07:08	01:56	01:22	04:53	02:19	01:25	02:23	02:10	00:39
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Fri2

1	Sannie Ebert Jacobsen	Rold Skov OK										48:10							
03:34=	06:10=	08:16=	10:11=	12:33=	16:18=	20:43=	21:22=	24:16=	26:32=	27:39=	37:02=	38:21=	39:12=	42:02=	43:34=	45:08=	46:16=	47:40=	48:10=
03:34=	02:36=	02:06=	01:55=	02:22=	03:45=	04:25=	00:39=	02:54=	02:16=	01:07=	09:23=	01:19=	00:51=	02:50=	01:32=	01:34=	01:08=	01:24=	00:30=
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	Helmut Hilden	Rold Skov OK										1:31:35							
05:02+	09:29+	11:58+	15:12+	17:38+	33:26+	39:05+	40:21+	43:18+	57:50+	60:40+	68:53+	71:34+	73:07+	77:09+	79:10+	82:31+	88:40+	90:56+	91:35+
05:02+	04:27+	02:29+	03:14+	02:26+	15:48+	05:39+	01:16+	02:57+	14:32+	02:50+	08:13-	02:41+	01:33+	04:02+	02:01+	03:21+	06:09+	02:16+	00:39+
01:28&	01:51&	00:23#	01:19&	00:04+	12:03@	01:14&	00:37&	00:03+	12:16@	01:43@	01:10-	01:22@	00:42&	01:12&	00:29&	01:47@	05:01@	00:52&	00:09&

3	Lone Jørgensen	Randers OK										1:32:10							
04:58+	07:56+	13:16+	18:52+	22:44+	29:27+	37:46+	39:05+	42:46+	49:57+	53:01+	60:35+	71:32+	73:22+	79:02+	82:12+	86:01+	88:24+	91:07+	92:10+
04:58+	02:58+	05:20+	05:36+	03:52+	06:43+	08:19+	01:19+	03:41+	07:11+	03:04+	07:34-	10:57+	01:50+	05:40+	03:10+	03:49+	02:23+	02:43+	01:03+
01:24&	00:22#	03:14@	03:41@	01:30&	02:58&	03:54&	00:40@	00:47&	04:55@	01:57@	01:49-	09:38@	00:59@	02:50&	01:38@	02:15@	01:15@	01:19&	00:33@

4	Mette Forsberg	Randers OK										1:35:50							
09:02+	11:49+	17:22+	22:44+	26:16+	33:28+	41:16+	42:56+	46:17+	54:03+	57:04+	64:25+	75:20+	77:27+	82:51+	85:38+	89:30+	91:28+	95:03+	95:50+
09:02+	02:47+	05:33+	05:22+	03:32+	07:12+	07:48+	01:40+	03:21+	07:46+	03:01+	07:21-	10:55+	02:07+	05:24+	02:47+	03:52+	01:58+	03:35+	00:47+
05:28@	00:11+	03:27@	03:27@	01:10&	03:27&	03:23&	01:01@	00:27#	05:30@	01:54@	02:02-	09:36@	01:16@	02:34&	01:15&	02:18@	00:50&	02:11@	00:17&

Beste stræktid for klassen

03:34	02:36	02:06	01:55	02:22	03:45	04:25	00:39	02:54	02:16	01:07	07:21	01:19	00:51	02:50	01:32	01:34	01:08	01:24	00:30
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

H-14

1	Aksel Kappel Jensen	Rold Skov OK										24:11				
01:05=	02:57=	04:47=	07:28=	09:24=	10:32=	12:20=	14:51=	17:11=	18:19=	19:23=	21:29=	22:17=	23:42=	24:11=		
01:05=	01:52=	01:50=	02:41=	01:56=	01:08=	01:48=	02:31=	02:20=	01:08=	01:04=	02:06=	00:48=	01:25=	00:29=		
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	Kristian Veggerby Jensen	Rold Skov OK										31:00				
01:00-	02:40-	04:34-	11:40+	13:13+	14:55+	16:20+	19:34+	22:32+	24:14+	25:39+	28:05+	28:53+	30:18+	31:00+		
01:00-	01:40-	01:54+	07:06+	01:33-	01:42+	01:25-	03:14+	02:58+	01:42+	01:25+	02:26+	00:48=	01:25=	00:42+		
00:05-	00:12-	00:04+	04:25@	00:23-	00:34&	00:23-	00:43&	00:38&	00:34&	00:21&	00:20#	00:00=	00:00=	00:13&		

3	Mikkel Popp Bobach	Aalborg Orienteringsklub										48:21				
02:24+	05:46+	08:22+	12:34+	16:14+	18:24+	21:21+	26:33+	32:15+	35:38+	37:58+	43:05+	44:49+	47:16+	48:21+		
02:24+	03:22+	02:36+	04:12+	03:40+	02:10+	02:57+	05:12+	05:42+	03:23+	02:20+	05:07+	01:44+	02:27+	01:05+		
01:19@	01:30&	00:46&	01:31&	01:44&	01:02&	01:09&	02:41@	03:22@	02:15@	01:16@	03:01@	00:56@	01:02&	00:36@		

4	Benjamin Birk Nielsen	Aalborg Orienteringsklub										49:16				
02:14+	04:54+	10:07+	14:19+	17:30+	19:35+	22:20+	28:39+	34:19+	36:44+	38:48+	43:30+	46:20+	48:42+	49:16+		
02:14+	02:40+	05:13+	04:12+	03:11+	02:05+	02:45+	06:19+	05:40+	02:25+	02:04+	04:42+	02:50+	02:22+	00:34+		
01:09@	00:48&	03:23@	01:31&	01:15&	00:57&	00:57&	03:48@	03:20@	01:17@	01:00&	02:36@	02:02@	00:57&	00:05#		

Beste stræktid for klassen

01:00	01:40	01:50	02:41	01:33	01:08	01:25	02:31	02:20	01:08	01:04	02:06	00:48	01:25	00:29
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

H1516

Class	Navn	Klasse	Tid																
1	Christoffer Vang Bobach	Aalborg Orienteringsklub	35:21																
02:02=	03:13=	04:49=	06:26=	08:10=	10:55=	15:22=	15:52=	17:34=	20:49=	21:48=	26:08=	27:08=	27:47=	29:25=	31:05=	32:51=	33:57=	34:51=	35:21=
02:02=	01:11=	01:36=	01:37=	01:44=	02:45=	04:27=	00:30=	01:42=	03:15=	00:59=	04:20=	01:00=	00:39=	01:38=	01:40=	01:46=	01:06=	00:54=	00:30=
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=

Beste stræktid for klassen

02:02 01:11 01:36 01:37 01:44 02:45 04:27 00:30 01:42 03:15 00:59 04:20 01:00 00:39 01:38 01:40 01:46 01:06 00:54 00:30

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

H21

1	Nicolai Zaar Nielsen	Mariager Fjord OK	57:03																						
02:09=	03:50=	05:41=	07:09=	11:17=	12:56=	14:19=	17:09=	19:50=	21:20=	21:56=	23:37=	27:05=	31:42=	32:42=	35:21=	36:54=	39:27=	41:10=	42:31=	46:20=	48:29=	53:11=	54:49=	56:33=	57:03=
02:09=	01:41=	01:51=	01:28=	04:08=	01:39=	01:23=	02:50=	02:41=	01:30=	00:36=	01:41=	03:28=	04:37=	01:00=	02:39=	01:33=	02:33=	01:43=	01:21=	03:49=	02:09=	04:42=	01:38=	01:44=	00:30=
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=

2	Morten Schou	Aalborg Orienteringsklub	59:04																						
02:16+	04:09+	06:24+	07:59+	09:58-	11:46-	13:40-	16:37-	20:04+	21:38+	22:45+	24:45+	28:40+	34:17+	35:29+	37:54+	39:21+	41:05+	42:55+	44:21+	48:07+	50:01+	55:35+	57:13+	58:35+	59:04+
02:16+	01:53+	02:15+	01:35+	01:59-	01:48+	01:54+	02:57+	03:27+	01:34+	01:07+	02:00+	03:55+	05:37+	01:12+	02:25-	01:27-	01:44-	01:50+	01:26+	03:46-	01:54-	05:34+	01:38=	01:22-	00:29-
00:07+	00:12#	00:24#	00:07+	02:09-	00:09+	00:31&	00:07+	00:46&	00:04+	00:31&	00:19#	00:27#	01:00#	00:12#	00:14-	00:06-	00:49-	00:07+	00:05+	00:03-	00:15-	00:52#	00:00=	00:22-	00:01-

3	Allan Reiche	OK Vendelboerne	1:24:46																						
03:46+	06:19+	09:02+	12:44+	15:29+	17:57+	20:08+	24:26+	29:09+	31:09+	32:06+	34:24+	40:26+	46:49+	48:17+	53:07+	55:15+	57:36+	60:03+	62:08+	67:49+	70:58+	79:55+	82:07+	84:03+	84:46+
03:46+	02:33+	02:43+	03:42+	02:45-	02:28+	02:11+	04:18+	04:43+	02:00+	00:57+	02:18+	06:02+	06:23+	01:28+	04:50+	02:08+	02:21-	02:27+	02:05+	05:41+	03:09+	08:57+	02:12+	01:56+	00:43+
01:37&	00:52&	00:52&	02:14@	01:23-	00:49&	00:48&	01:28&	02:02&	00:30&	00:21&	00:37&	02:34&	01:46&	00:28&	02:11&	00:35&	00:12-	00:44&	00:44&	01:52&	01:00&	04:15&	00:34&	00:12#	00:13&

4	Andreas Popp	Aalborg Orienteringsklub	1:28:15																						
03:55+	06:09+	09:00+	10:58+	17:04+	19:24+	22:12+	28:49+	32:48+	35:11+	36:30+	40:24+	45:31+	51:52+	53:12+	56:30+	58:34+	62:23+	65:01+	67:19+	72:05+	76:40+	83:38+	85:50+	87:39+	88:15+
03:55+	02:14+	02:51+	01:58+	06:06+	02:20+	02:48+	06:37+	03:59+	02:23+	01:19+	03:54+	05:07+	06:21+	01:20+	03:18+	02:04+	03:49+	02:38+	02:18+	04:46+	04:35+	06:58+	02:12+	01:49+	00:36+
01:46&	00:33&	01:00&	00:30&	01:58&	00:41&	01:25@	03:47@	01:18&	00:53&	00:43@	02:13@	01:39&	01:44&	00:20&	00:39#	00:31&	01:16&	00:55&	00:57&	00:57#	02:26@	02:16&	00:34&	00:05+	00:06#

Beste stræktid for klassen

02:09 01:41 01:51 01:28 01:59 01:39 01:23 02:50 02:41 01:30 00:36 01:41 03:28 04:37 01:00 02:25 01:27 01:44 01:43 01:21 03:46 01:54 04:42 01:38 01:22 00:29

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

H40

1	Jesper Thy	Rold Skov OK	49:51																
03:39=	05:35=	08:26=	12:02=	16:06=	16:45=	18:35=	22:22=	27:38=	28:45=	30:47=	32:26=	35:28=	37:11=	39:17=	45:14=	46:13=	47:50=	49:22=	49:51=
03:39=	01:56=	02:51=	03:36=	04:04=	00:39=	01:50=	03:47=	05:16=	01:07=	02:02=	01:39=	03:02=	01:43=	02:06=	05:57=	00:59=	01:37=	01:32=	00:29=
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	Claus Bobach	Aalborg Orienteringsklub	51:27																
02:18-	04:17-	06:57-	11:45-	16:30+	17:17+	19:21+	23:50+	29:01+	30:12+	32:31+	34:09+	36:08+	38:37+	40:35+	46:40+	47:45+	49:32+	50:55+	51:27+
02:18-	01:59+	02:40-	04:48+	04:45+	00:47+	02:04+	04:29+	05:11-	01:11+	02:19+	01:38-	01:59-	02:29+	01:58-	06:05+	01:05+	01:47+	01:23-	00:32+
01:21-	00:03+	00:11-	01:12&	00:41#	00:08#	00:14#	00:42#	00:05-	00:04+	00:17#	00:01-	01:03-	00:46&	00:08-	00:08+	00:06#	00:10#	00:09-	00:03#

3	Thorkild Jensen	Randers OK	1:02:28																
04:02+	05:53+	11:15+	17:08+	21:58+	22:55+	24:47+	28:43+	34:08+	35:38+	39:07+	41:15+	44:02+	46:13+	48:47+	55:14+	57:21+	59:21+	62:00+	62:28+
04:02+	01:51-	05:22+	05:53+	04:50+	00:57+	01:52+	03:56+	05:25+	01:30+	03:29+	02:08+	02:47-	02:11+	02:34+	06:27+	02:07+	02:00+	02:39+	00:28-
00:23#	00:05-	02:31&	02:17&	00:46#	00:18&	00:02+	00:09+	00:09+	00:23&	01:27&	00:29&	00:15-	00:28&	00:28#	00:30+	01:08@	00:23#	01:07&	00:01-

4	Carsten Straszek	Aalborg Orienteringsklub	1:03:19																
03:47+	05:42+	09:32+	14:38+	27:51+	29:01+	30:49+	34:39+	39:00+	40:12+	42:12+	43:53+	46:07+	48:14+	50:22+	55:59+	58:47+	60:37+	62:46+	63:19+
03:47+	01:55-	03:50+	05:06+	13:13+	01:10+	01:48-	03:50+	04:21-	01:12+	02:00-	01:41+	02:14-	02:07+	02:08+	05:37-	02:48+	01:50+	02:09+	00:33+
00:08+	00:01-	00:59&	01:30&	09:09@	00:31&	00:02-	00:03+	00:55-	00:05+	00:02-	00:02+	00:48-	00:24#	00:02+	00:20-	01:49@	00:13#	00:37&	00:04#

5	Jørgen Østergaard	Mariager Fjord OK	1:24:58																
06:30+	09:12+	15:05+	21:35+	30:40+	31:51+	34:14+	40:12+	48:39+	50:03+	55:30+	58:04+	62:00+	64:40+	69:24+	77:30+	78:48+	81:17+	84:24+	84:58+
06:30+	02:42+	05:53+	06:30+	09:05+	01:11+	02:23+	05:58+	08:27+	01:24+	05:27+	02:34+	03:56+	02:40+	04:44+	08:06+	01:18+	02:29+	03:07+	00:34+
02:51&	00:46&	03:02@	02:54&	05:01@	00:32&	00:33&	02:11&	03:11&	00:17&	03:25@	00:55&	00:54&	00:57&	02:38@	02:09&	00:19&	00:52&	01:35@	00:05#

Beste stræktid for klassen

02:18 01:51 02:40 03:36 04:04 00:39 01:48 03:47 04:21 01:07 02:00 01:38 01:59 01:43 01:58 05:37 00:59 01:37 01:23 00:28

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

H50

1	Jan Møller	Aalborg Orienteringsklub	46:37																
01:54=	03:36=	06:54=	08:31=	11:12=	13:01=	15:02=	17:09=	18:43=	21:54=	24:43=	29:24=	30:10=	32:15=	36:49=	39:46=	41:34=	43:35=	45:53=	46:37=
01:54=	01:42=	03:18=	01:37=	02:41=	01:49=	02:01=	02:07=	01:34=	03:11=	02:49=	04:41=	00:46=	02:05=	04:34=	02:57=	01:48=	02:01=	02:18=	00:44=
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	Jørgen Schnack	Aalborg Orienteringsklub	47:34																
01:46-	05:42+	08:45+	10:19+	12:52+	14:51+	16:51+	19:12+	20:47+	23:28+	26:12+	31:00+	31:59+	34:18+	38:24+	40:39+	42:57+	45:04+	47:01+	47:34+
01:46-	03:56+	03:03-	01:34-	02:33-	01:59+	02:00-	02:21+	01:35+	02:41-	02:44-	04:48+	00:59+	02:19+	04:06-	02:15-	02:18+	02:07+	01:57-	00:33-
00:08-	02:14@	00:15-	00:03-	00:08-	00:10+	00:01-	00:14#	00:01+	00:30-	00:05-	00:07+	00:13&	00:14#	00:28-	00:42-	00:30&	00:06+	00:21-	00:11-
3	Michael Fischer	Aalborg Orienteringsklub	48:16																
02:05+	03:31-	07:00+	08:26-	11:24+	13:33+	16:00+	18:07+	20:02+	25:29+	27:56+	33:28+	34:08+	36:05+	41:02+	43:01+	44:17+	46:07+	47:45+	48:16+
02:05+	01:26-	03:29+	01:26-	02:58+	02:09+	02:27+	02:07-	01:55+	05:27+	02:27-	05:32+	00:40-	01:57-	04:57+	01:59-	01:16-	01:50-	01:38-	00:31-
00:11+	00:16-	00:11+	00:11-	00:17#	00:20#	00:26#	00:00=	00:21#	02:16&	00:22-	00:51#	00:06-	00:08-	00:23+	00:58-	00:32-	00:11-	00:40-	00:13-
4	Walther Rahbek	Rold Skov OK	51:16																
01:35-	03:43+	06:33-	08:21-	11:09-	13:02+	15:34+	17:46+	19:18+	22:22+	24:56+	31:50+	32:38+	34:41+	39:20+	41:21+	42:53+	48:44+	50:39+	51:16+
01:35-	02:08+	02:50-	01:48+	02:48+	01:53+	02:32+	02:12+	01:32-	03:04-	02:34-	06:54+	00:48+	02:03-	04:39+	02:01-	01:32-	05:51+	01:55-	00:37-
00:19-	00:26&	00:28-	00:11#	00:07+	00:04+	00:31&	00:05+	00:02-	00:07-	00:15-	02:13&	00:02+	00:02-	00:05+	00:56-	00:16-	03:50@	00:23-	00:07-
5	Jes Mose Jensen	AKIF	53:30																
01:51-	03:26-	07:04+	08:41+	11:47+	14:14+	16:23+	18:39+	20:08+	28:40+	31:33+	37:27+	38:10+	40:10+	44:51+	46:46+	48:14+	50:46+	53:02+	53:30+
01:51-	01:35-	03:38+	01:37=	03:06+	02:27+	02:09+	02:16+	01:29-	08:32+	02:53+	05:54+	00:43-	02:00-	04:41+	01:55-	01:28-	02:32+	02:16-	00:28-
00:03-	00:07-	00:20#	00:00=	00:25#	00:38&	00:08+	00:09+	00:05-	05:21@	00:04+	01:13&	00:03-	00:05-	00:07+	01:02-	00:20-	00:31&	00:02-	00:16-
6	Søren Flytkjær	Aalborg Orienteringsklub	57:00																
02:10+	04:19+	08:55+	10:37+	14:14+	16:16+	19:45+	22:05+	24:00+	27:59+	32:49+	38:43+	39:41+	42:19+	47:17+	49:37+	51:25+	54:36+	56:27+	57:00+
02:10+	02:09+	04:36+	01:42+	03:37+	02:02+	03:29+	02:20+	01:55+	03:59+	04:50+	05:54+	00:58+	02:38+	04:58+	02:20-	01:48=	03:11+	01:51-	00:33-
00:16#	00:27&	01:18&	00:05+	00:56&	00:13#	01:28&	00:13#	00:21#	00:48&	02:01&	01:13&	00:12&	00:33&	00:24+	00:37-	00:00=	01:10&	00:27-	00:11-
7	Kjeld Arildsen	OK Vendelboerne	1:07:40																
02:43+	04:50+	10:00+	12:31+	17:19+	20:32+	24:55+	27:45+	30:05+	34:24+	38:03+	45:05+	46:41+	49:28+	55:42+	58:54+	61:10+	63:53+	66:52+	67:40+
02:43+	02:07+	05:10+	02:31+	04:48+	03:13+	04:23+	02:50+	02:20+	04:19+	03:39+	07:02+	01:36+	02:47+	06:14+	03:12+	02:16+	02:43+	02:59+	00:48+
00:49&	00:25#	01:52&	00:54&	02:07&	01:24&	02:22@	00:43&	00:46&	01:08&	00:50&	02:21&	00:50@	00:42&	01:40&	00:15+	00:28&	00:42&	00:41&	00:04+
8	Bo L. Andersen	Aalborg Orienteringsklub	1:08:43																
02:17+	05:48+	09:57+	12:12+	21:35+	24:17+	29:27+	32:07+	33:55+	37:28+	40:32+	46:30+	47:15+	49:51+	55:14+	61:09+	63:35+	65:50+	68:02+	68:43+
02:17+	03:31+	04:09+	02:15+	09:23+	02:42+	05:10+	02:40+	01:48+	03:33+	03:04+	05:58+	00:45-	02:36+	05:23+	05:55+	02:26+	02:15+	02:12-	00:41-
00:23#	01:49@	00:51&	00:38&	06:42@	00:53&	03:09@	00:33&	00:14#	00:22#	00:15+	01:17&	00:01-	00:31#	00:49#	02:58@	00:38&	00:14#	00:06-	00:03-

Beste stræktid for klassen

01:35 01:26 02:50 01:26 02:33 01:49 02:00 02:07 01:29 02:41 02:27 04:41 00:40 01:57 04:06 01:55 01:16 01:50 01:38 00:28

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

H60

1	Søren Bak	Aalborg Orienteringsklub	51:11												
05:40=	07:34=	12:52=	21:18=	22:46=	26:44=	30:52=	34:59=	36:12=	37:19=	40:44=	42:24=	46:01=	48:34=	50:31=	51:11=
05:40=	01:54=	05:18=	08:26=	01:28=	03:58=	04:08=	04:07=	01:13=	01:07=	03:25=	01:40=	03:37=	02:33=	01:57=	00:40=
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	Gert Rebsdorf	Mariager Fjord OK	54:09												
06:49+	09:01+	16:15+	23:25+	25:00+	27:36+	32:47+	38:03+	39:07+	40:39+	44:48+	47:03+	48:31+	51:12+	53:28+	54:09+
06:49+	02:12+	07:14+	07:10-	01:35+	02:36-	05:11+	05:16+	01:04-	01:32+	04:09+	02:15+	01:28-	02:41+	02:16+	00:41+
01:09#	00:18#	01:56&	01:16-	00:07+	01:22-	01:03&	01:09&	00:09-	00:25&	00:44#	00:35&	02:09-	00:08+	00:19#	00:01+
3	Rolf Duedahl Nielsen	OK Djurs	54:36												
07:41+	09:47+	18:00+	27:12+	28:42+	30:24+	34:17+	39:55+	41:24+	42:34+	46:27+	48:18+	50:08+	52:19+	54:06+	54:36+
07:41+	02:06+	08:13+	09:12+	01:30+	01:42-	03:53-	05:38+	01:29+	01:10+	03:53+	01:51+	01:50-	02:11-	01:47-	00:30-
02:01&	00:12#	02:55&	00:46+	00:02+	02:16-	00:15-	01:31&	00:16#	00:03+	00:28#	00:11#	01:47-	00:22-	00:10-	00:10-
4	Keld Gade	Viborg OK	58:30												
06:12+	08:00+	19:52+	30:19+	31:50+	34:29+	38:04+	41:43+	42:33+	43:34+	46:42+	48:43+	50:07+	56:23+	57:56+	58:30+
06:12+	01:48-	11:52+	10:27+	01:31+	02:39-	03:35-	03:39-	00:50-	01:01-	03:08-	02:01+	01:24-	06:16+	01:33-	00:34-
00:32+	00:06-	06:34@	02:01#	00:03+	01:19-	00:33-	00:28-	00:23-	00:06-	00:17-	00:21#	02:13-	03:43@	00:24-	00:06-

Class	Navn	Klasse	Tid
-------	------	--------	-----

5	Jens Christensen	Mariager Fjord OK	1:05:39												
08:38+	11:32+	18:19+	27:21+	29:53+	32:49+	38:54+	45:02+	48:09+	50:00+	54:47+	56:58+	58:49+	61:58+	64:48+	65:39+
08:38+	02:54+	06:47+	09:02+	02:32+	02:56-	06:05+	06:08+	03:07+	01:51+	04:47+	02:11+	01:51-	03:09+	02:50+	00:51+
02:58&	01:00&	01:29&	00:36+	01:04&	01:02-	01:57&	02:01&	01:54@	00:44&	01:22&	00:31&	01:46-	00:36#	00:53&	00:11&

Beste stræktid for klassen

05:40	01:48	05:18	07:10	01:28	01:42	03:35	03:39	00:50	01:01	03:08	01:40	01:24	02:11	01:33	00:30
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

H70

1	Max Hansen	OK Djurs	44:14											
03:22=	05:50=	09:20=	10:18=	13:10=	15:32=	18:59=	25:09=	27:39=	29:40=	31:52=	36:00=	40:59=	42:54=	44:14=
03:22=	02:28=	03:30=	00:58=	02:52=	02:22=	03:27=	06:10=	02:30=	02:01=	02:12=	04:08=	04:59=	01:55=	01:20=
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	Finn Hørup Nielsen	OK Vendelboerne	53:28											
03:49+	07:01+	10:48+	11:51+	15:05+	24:05+	25:50+	28:09+	32:10+	35:12+	37:29+	42:28+	48:49+	52:49+	53:28+
03:49+	03:12+	03:47+	01:03+	03:14+	09:00+	01:45-	02:19-	04:01+	03:02+	02:17+	04:59+	06:21+	04:00+	00:39-
00:27#	00:44&	00:17+	00:05+	00:22#	06:38@	01:42-	03:51-	01:31&	01:01&	00:05+	00:51#	01:22&	02:05@	00:41-

3	Flemming Bindner	Aalborg Orienteringsklub	55:48											
03:39+	05:58+	08:35-	09:31-	12:26-	15:04-	17:03-	23:39-	35:32+	38:38+	41:15+	47:16+	52:52+	55:02+	55:48+
03:39+	02:19-	02:37-	00:56-	02:55+	02:38+	01:59-	06:36+	11:53+	03:06+	02:37+	06:01+	05:36+	02:10+	00:46-
00:17+	00:09-	00:53-	00:02-	00:03+	00:16#	01:28-	00:26+	09:23@	01:05&	00:25#	01:53&	00:37#	00:15#	00:34-

4	Torben Isen	Herning Orienteringsklub	56:33											
04:13+	10:56+	14:16+	15:24+	19:36+	24:23+	26:06+	31:02+	33:41+	36:27+	39:55+	46:35+	53:45+	55:51+	56:33+
04:13+	06:43+	03:20-	01:08+	04:12+	04:47+	01:43-	04:56-	02:39+	02:46+	03:28+	06:40+	07:10+	02:06+	00:42-
00:51&	04:15@	00:10-	00:10#	01:20&	02:25@	01:44-	01:14-	00:09+	00:45&	01:16&	02:32&	02:11&	00:11+	00:38-

5	Steen Frandsen	Viborg OK	56:49											
03:49+	07:01+	10:14+	11:21+	14:30+	22:31+	25:04+	27:24+	30:15+	32:21+	35:37+	46:10+	53:55+	56:02+	56:49+
03:49+	03:12+	03:13-	01:07+	03:09+	08:01+	02:33-	02:20-	02:51+	02:06+	03:16+	10:33+	07:45+	02:07+	00:47-
00:27#	00:44&	00:17-	00:09#	00:17+	05:39@	00:54-	03:50-	00:21#	00:05+	01:04&	06:25@	02:46&	00:12#	00:33-

6	Ole F. Thomsen	OK Vendelboerne	1:00:29											
04:47+	08:16+	11:49+	13:07+	16:48+	19:55+	23:12+	25:36+	33:40+	37:27+	41:38+	49:30+	56:24+	59:31+	60:29+
04:47+	03:29+	03:33+	01:18+	03:41+	03:07+	03:17-	02:24-	08:04+	03:47+	04:11+	07:52+	06:54+	03:07+	00:58-
01:25&	01:01&	00:03+	00:20&	00:49&	00:45&	00:10-	03:46-	05:34@	01:46&	01:59&	03:44&	01:55&	01:12&	00:22-

7	Ulf Mogensen	Aalborg Orienteringsklub	1:16:38
73:07+	76:38+		
73:07+	03:31+		
69:45@	01:03&		

Beste stræktid for klassen

03:22	02:19	02:37	00:56	02:52	02:22	01:43	02:19	02:30	02:01	02:12	04:08	04:59	01:55	00:39
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

H80

1	Terkel Arnfred	Aalborg Orienteringsklub	59:31										
04:28=	10:09=	16:13=	24:22=	26:33=	28:25=	36:10=	38:59=	42:15=	48:06=	52:34=	55:40=	58:12=	59:31=
04:28=	05:41=	06:04=	08:09=	02:11=	01:52=	07:45=	02:49=	03:16=	05:51=	04:28=	03:06=	02:32=	01:19=
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	Per Møller	Aalborg Orienteringsklub	1:00:43										
03:25-	06:13-	11:29-	17:48-	19:35-	20:54-	40:43+	42:48+	50:19+	53:02+	56:14+	58:19+	59:53+	60:43+
03:25-	02:48-	05:16-	06:19-	01:47-	01:19-	19:49+	02:05-	07:31+	02:43-	03:12-	02:05-	01:34-	00:50-
01:03-	02:53-	00:48-	01:50-	00:24-	00:33-	12:04@	00:44-	04:15@	03:08-	01:16-	01:01-	00:58-	00:29-

3	Vagn Lidegaard	Mariager Fjord OK	1:21:44										
04:51+	08:48-	25:35+	38:36+	42:00+	44:02+	51:51+	54:39+	60:50+	65:44+	73:12+	77:47+	80:28+	81:44+
04:51+	03:57-	16:47+	13:01+	03:24+	02:02+	07:49+	02:48-	06:11+	04:54-	07:28+	04:35+	02:41+	01:16-
00:23+	01:44-	10:43@	04:52&	01:13&	00:10+	00:04+	00:01-	02:55&	00:57-	03:00&	01:29&	00:09+	00:03-

Class	Navn	Klasse												Tid
4	Ole Jensen	Rold Skov OK												1:22:04
04:32+	11:09+	18:10+	36:46+	39:25+	41:54+	49:02+	54:55+	62:23+	67:44+	72:28+	76:18+	80:30+	82:04+	
04:32+	06:37+	07:01+	18:36+	02:39+	02:29+	07:08-	05:53+	07:28+	05:21-	04:44+	03:50+	04:12+	01:34+	
00:04+	00:56#	00:57#	10:27@	00:28#	00:37&	00:37-	03:04@	04:12@	00:30-	00:16+	00:44#	01:40&	00:15#	

Beste stræktid for klassen

03:25 02:48 05:16 06:19 01:47 01:19 07:08 02:05 03:16 02:43 03:12 02:05 01:34 00:50

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